



SCWLA

Handbook

Beckenham (East)

Ground: Old Elthamians Sports Club, Foxbury Avenue (off Perry Street), Chislehurst, Kent BR7 6HA

Directions: From M25 take Jct 3 onto the Swanley by-pass (A20 - signposted London), take A222 (Perry Street) towards Chislehurst and Bromley. Foxbury Avenue is on the right after about 1 mile. The ground is at the far end of Foxbury Avenue along the unmade road.

From Bromley take the A222 all the way to Chislehurst, through the lights at Chislehurst War Memorial. Foxbury Avenue is the 3rd turning on the left off Perry Street, about half a mile past the War Memorial cross roads.

Public Transport

Rail from Charing Cross or London Bridge to Chislehurst Railway Station, then the 269 bus from the up-hill side of the road.

Buses 160, 269 and 683 pass the end of Foxbury Avenue.

Contact: Kelly Bennett kn_bennett@hotmail.com

Berkshire Wanderers (West)

Ground: Queen Anne's School, 6 Henely Road, Caversham, Reading RG4 6DX

Directions: **From the East (M4 - J10)**

Follow the A329M towards Reading - Take slip road off for A4 Reading and Maidenhead - Follow A4 towards Maidenhead - across two roundabouts - At third roundabout turn left onto the B4446 towards Sonning (on Thames) - down to 'T' junction and turn right, then immediately left at mini roundabout onto the B478 - Follow through Sonning Village and across river Thames - across roundabout - turn left at 2nd roundabout for A4155 to Reading - continue for 1.7 miles and the school is on your right between 2 prominent islands in the road.

From the South (M4 - J11)

Head towards Reading on the new main A33 dual carriageway which passes the Madjeski Football Stadium - follow the dual carriageway which will lead directly on to the Inner Distribution Ring Road heading north towards Caversham. Follow directions below "From Ring Road".

From the West (M4 - J12)

Follow the main A4 towards Reading until you find a large roundabout with an underpass and Thames Valley Police building - turn left at roundabout and down slip road - Join the dual carriageway at the bottom towards Caversham. Follow directions below "From Ring Road".

From Ring Road

Follow the dual carriageway Inner Ring Road - Under railway bridge and past fire station - bear left at roundabout by TGI Fridays signed A4155 / Caversham - across next roundabout and over River Thames - after bridge, bear right at traffic lights - turn left at next mini roundabout into Prospect Street - bear right along Henley Rd at the traffic lights by the Prince of Wales - the school entrance is about 200 yards on the left, between 2 prominent islands as the road dips.

Contact: Emily Garvey emilygarvey@yahoo.co.uk

Blackheath (East)

Ground: Goffers Road, Blackheath Common, London SE3 0UA

Directions: **From Blackheath Village:** Follow the road through the village past Blackheath station heading towards Blackheath common. After the station carry on straight up Tranquil Vale which will then become Goffers Road. You will eventually come to an intersection with Talbot Place on your right hand side and a path (Mounts Pond Rd)

on your left. The pitch will be on the left hand side of Goffers Road just beyond this intersection and behind the rough grass on the roadside.

From the A2: Heading east on Shooters Hill (A2), turn right onto Goffers Road. The first intersection will be Talbot Place on your left and a path (Mounts Pond Rd) on the right. The pitch will be on your right hand side just before the intersection and behind the rough grass on the roadside.

Contact: Hannah Durden captain@blackheathlacrosse.co.uk

Centaurs

Ground: Lady Eleanor Holes School, Hanworth Road, Hampton, Middlesex TW12 3HF
 Directions: **From M3** At J1 continue onto A316. Take the A312/A305 exit, and at the roundabout continue all the way round onto the A305. On the A305 keep to the left hand lane (the right hand lane goes back onto the A316 South). Continue on Swan Rd, turn first left into Hampton Lane, which turns into Hanworth Rd. The School is on the left.
 Secretary: Jules Phillips j.phillips@put.gds.net
 Captain: Emma Jamieson emma.jamieson@stcatherines.info
 Vice-Captain: Nat Lomas Natalie.lomas@caterhamschool.co.uk

Clapham

Ground: The Spencer Sports Club, Fieldview, Wandsworth, London SW18 3HF
 Directions: The club is 10 minutes walk from Earlsfield Station, which is one stop south of Clapham Junction. Trains are every 10-15 minutes from Waterloo (stopping at Clapham Junction) and take only 12 minutes. Left out of the station and first left onto Magdalen Road. Take the fifth right onto Fieldview. Clubhouse is approx 500 yds on the right.

Important Those driving, please park on Fieldview alongside the ground and not on the side with houses. Wandsworth Council will tolerate parking on the pavement as long as there is sufficient space left to allow a wheelchair or double buggy past without going on to the road. This is deemed to be 1.2m. If you don't, you may get a parking ticket!

Club Captain: Emma Lloyd-Williams e.lloydwilliams@tinies.com
 Captain: Milly Must millymust@hotmail.com
 Vice-Captain: Emma Howeson ehowseson@gmail.com
 Fixtures Secretary: Naomi Jansen naomijanssen@hotmail.com
 Secretary: Sophie von Maltzahn Sophie_maltzahn@hotmail.com

Harpenden (East)

Ground: St George's School, Sun Lane, Harpenden, Hertfordshire AL5 4TD
 Directions: From M1 Jct 10 follow signs to Harpenden - When entering the town's High Street turn left at the 1st roundabout which is Sun Lane, over the bridge and immediately right then left into the school
 Contact: Lucy Wray lucy.wray@rtltd.com

Hatch End Hawks

Ground: Royal Masonic School, Chorleywood Road, Rickmansworth, Hertfordshire WD3 4HF
 Directions: Exit M25 Jct 18 onto the A404 towards Rickmansworth. The entrance to the school is after approx half a mile on the left through large iron entrance gates, soon after the sign to Loudwater. If you get to the roundabout you've gone too far! Playing fields are to the right of the sports centre.

By Rail/Underground

Rickmansworth Station is on the Metropolitan and Chiltern Lines. There is a frequent service of Underground trains from London (Baker Street) and British Rail (Marylebone). The journey takes approximately 30 minutes. Turn right out of

Rickmansworth Station and in a few yards left through the subway beneath the A412. Emerge on the right of the Long Island Exchange and keep ahead. In a few yards bear right and ascend to a footbridge over the A404 road. Cross and keep left along an avenue of trees for 400 yards until you reach the school.

Secretary: Briony Sutcliffe briony.sutcliffe@btinternet.com
 Captain: Claire Smoothy Bananasmoothy@yahoo.com
 Fixtures Secretary: [Mrs] Sonia Kelleher sonia_kelleher@anardarko.com

Hitchin (East)

Ground: Blueharts Hockey Club, Lucas Lane, Hitchin, Hertfordshire SG5 2JA
 Directions: **From A1(M)** exit Jct 8 onto A602 into Hitchin. Follow directions for one-way system below.
From M1 North exit Jct 12 (signposted Flitwick and Ampthill). Follow the A5120 for a short distance towards Ampthill; take the second right signposted Harlington and Barton. After about 2 miles you come to a T-junction. Turn left towards Barton le Clay and Hitchin. At Barton village, follow the signs to Hitchin - you have to turn right at the mini-roundabout and then left onto the B655, signposted to Hitchin. Follow directions for one-way system below.
From M1 South exit Jct 10, follow the A1081/A505 all the way round Luton to Hitchin. Follow directions for one-way system below.
From Hitchin one-way system Follow signs for Bedford round the town's main one-way system and when you reach the traffic lights by the large expanse of grass (known as Butts Close) take a left up Oughton Head Way. Take 2nd left up Bedford Street and then follow the road all the way up the hill until you reach iron gates. Go ahead through the gates and over the sleeping policeman to find the clubhouse and car park.
 Contact: Alison Leigh alison@page-leigh.freemove.co.uk

London University

Ground: University of London Athletic Ground, Motspur Park, New Malden, Surrey KT3 6PT
 Directions: **From M25:** Take A3 towards London. After about 10 miles take the exit signposted Worcester Park A2043 (Malden Junction). At the end of the slip road turn right at the roundabout back over the A3 onto the A2043. After 1/4 mile (just after pedestrian crossing) turn left into Motspur Park. Ground is on your left after 0.3 miles.
By Train: South West Trains from Waterloo/Clapham Junction/Wimbledon to Motspur Park. Turn right out of the station into Station Road, right into W Barnes Lane, which turns into Motspur Park - the ground is on your right after 500 yds.
 Captain: Annabel Kiddle bellakiddle@hotmail.com
 Captain: Viv Hannon viv1hannon@hotmail.com
 Secretary: Si Okano sayaka_okano@hotmail.com

Pendley (East)

Ground: Berkhamstead Collegiate Ground, Chesham Road, Berkhamstead HP4 3BW
 Directions: From South. Take Exit 20 of the M25 onto the A41 (2 lane bypass) towards Aylesbury. After a couple of miles on the bypass (you see a McDonalds and Travel Inn on your right) take Exit signposted towards Chesham. As soon as you come off onto the slip road there is a small roundabout. Turn left, which takes you over the bypass to another larger roundabout. Take the 2nd exit, straight ahead onto Chesham Road. The sport pitches are on your left and you should be able to park along the left hand side of the road up against the fence.
 Contact: Anita Thorose neatley@gmail.com

Purley

Ground: Old Walcountians Association, Carshalton Road, Woodmansterne, Surrey SM7 3HU
 Tel: 01737 354348

Directions: M25 to A217, Reigate turnoff. Go towards London and from the A217 traffic lights at Banstead, take the A2022 Winkworth Road towards Purley. Go straight-on at the mini-roundabout, straight on at the proper roundabout and continue along this road (Croydon Lane). Turn right at the next mini-roundabout and the ground is on your left shortly after entering Woodmansterne village.

Alternatively from Purley take Foxley Lane towards Banstead. Go straight ahead at the first mini-roundabout, along Little Woodcote Lane and then Woodmansterne Lane. Turn left at the second of two mini-roundabouts onto Carshalton Road and the ground is on your left shortly after entering Woodmansterne village.

Secretary: Miss Debbie Clarke debbie.clarke@mercer.com
Captain: Mrs Karen Owen karenowen@royal.surrey.sch.uk
Captain: Miss Nicky Tilbury tilbury@lehs.org.uk

Putney

Ground: Wibbandune Sports Club (Colliers Wood United FC), Robin Hood Way, London SW20 0AA

Directions: The ground is on the A3 Southbound between Robin Hood Gate (A308) and Raynes Park (A238 Coombe Lane) junction. Turn immediately left at the 3rd footbridge from Robin Hood Gate junction. No vehicular access from northbound A3, follow signs to ASDA Superstore and head back south.

Via Public Transport

The 265 bus stops at Wibbandune Sports Club, and takes approx 24 minutes from Putney Bridge Station (District Line) or 17 minutes from Barnes Station (South West Trains). They run every 15-20 minutes on a Sunday.

General Contact: putneylacrosse@yahoo.co.uk
1st Team Captain: Charlotte Kiddle charlottekiddle@hotmail.com
2nd Team Captain: Emily Reddy [reddys@talktalk.net](mailto:red dys@talktalk.net)

Rosemeadians

Ground: Gunnersbury Park, Popes Lane, London W3 8LQ
Directions: From the A406 (North Circular) turn West onto the B4491 Popes Lane (midway between Ealing and Chiswick). Gunnersbury Park is on the left after 300 yards.
Captain: Kate Stanley katestanley@MTTConsulting.com
Vice-Captain: Jemma Lynch JLynch@brydenwood.co.uk
Secretary: Amber Robinson amberrobinson@hotmail.co.uk
Fixtures Co-ordinator: Annelies de Koning Annelies.dekoning@tfl-buses.co.uk
Rosebowl Captain: Alex Wood alextrix@hotmail.com

Welwyn Warriors

Ground: Playing Fields, Ottway Walk, Welwyn, Hertfordshire AL6 9AT

Directions: **From A1(M) South**
 Leave the A1(M) at Jct 6 (A1000/ Welwyn). Turn left at the slip road roundabout signposted towards Stanborough. In about 200 yards turn right into London Road just past the BP garage. Ottway Walk is on your left in about 400 yards, opposite The Steamer public house and just before the hill down into the village.

From A1(M) North

Leave the A1(M) at Jct 6 (A1000/ Welwyn) then turn right at the slip road roundabout and go back under the A1(M). Almost immediately filter left, (just under the second bridge), into Welwyn village. Follow the road around the left hand bend to a T-junction. Turn left up the hill and Ottway Walk will be on your right at the top of the hill.

Fixtures: Sue Clegg 07775 864968 (M) cleggs@btconnect.com

West London

Ground: Barnes Sports Club, Lonsdale Road, Barnes, London SW13 9QL
Directions: British Rail - Barnes Bridge Station
Bus - 209 or 419 from Richmond or Hammersmith
Car - Parking on Lonsdale Road (B350)
General Contact: You can contact all committee members through this address
westlondonlacrosse@yahoo.co.uk
1st Team Captain: Annabel Thorburn annabel.thorburn@uk.tesco.com
2nd Team Captain: Monette Montague monette.montagu@tiscali.co.uk