



The Centurion
Lacrosse Club

Handbook
2011 - 2012

The Centurion Lacrosse Club

(Founded 1954)

www.centurionlacrosse.org.uk

COMMITTEE

President	Peter Mundy
Hon. Secretary	Rob Collinge
Hon. Treasurer	Neil Forsyth
General Committee	Ron Balls, Amit Biswas, Mick Chennell, Denis Hanks, John Maynard, Roger Okill, Dave Slaughter, Geoff Wilkinson, Stephen Williams

Communications to:

Rob Collinge secretary@centurionlacrosse.org.uk
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FOUNDER MEMBERS

Lt. Col. E.E. Jones O.B.E., T.D	S. V. Court	L. Attenborough
R. Baird	G.H. Bark	E. Barnes
C.D. Coppock	T.E. Cresswell	F.D. Ewen
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R.T. Glennly C.B.E	J.W. Heawood	T.F. Holder
J. Horsefield	E.G. Lee	F. Marsh
G.W. Mellor	F.J.L. Pamment	K.O. Peachey
N.A. Pearson	H.W. Ramsey	C.A. Shewell
E.A. Shillito C.B	M.F. Swinstead	J.F. Usherwood
A. Wesley	G. Wilkinson	

PRESIDENTS

1954 H W Ramsay	1955 W A Johnson	1956 G H Bark
1957 J A Barber	1958 A J Milsted	1959 J Horsfield
1960 S V Court	1961 J Winkley Heaword	1962 H J Forrest
1963 R Baird	1964 J R Gomersall	1965 E Barnes
1966 G W Mellor	1967 T F Holder	1968 D S Shaw
1969 A M Harker	1970 K McMinn	1971 J Wilkinson
1972 D G Lumb	1973 V Martin	1974 C A Shewell
1975 J P Bamber	1976 K O Peachey	1977 J D Holiday
1978 L G Macy	1979 G H Emery	1980 F Marsh
1981 C D Walkden	1982-84 R F Zimmern	1984-86 J B Wayne
1986-88 S B Smith	1988-91 G H Metcalfe	1991-93 R S Redfern
1993-95 R B Hodgson	1995-98 D C Hanks	1998-2001 P J Nadin
2001-04 N R Forsyth	2004-06 G Wilkinson	2006-2009 J Maynard
2009-2010 J Harrop	2010- P Mundy	

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INTRODUCTION

This handbook is intended for Centurion Members and others who wish to keep in contact with lacrosse by watching occasional matches. The North of England Men's Lacrosse Association (NEMLA) publishes full details of League North fixtures on its website at englishlacrosse.leaguerepublic.co.uk, the South of England Men's Lacrosse Association (SEMLA) publishes League South fixtures on its website at www.southlacrosse.org.uk, and The English Lacrosse Association Ltd. (ELA) has more details on its website at www.englishlacrosse.co.uk. However, many of our club members do not have access to computer facilities and this handbook enables visits to matches to be planned.

The purpose of this handbook is to provide information to our members (and other interested people) by publishing details of matches scheduled for the 2011 - 2012 season (at the time of publication).

Matches may be postponed, cancelled or rescheduled at any time during the season. Readers are urged to check before they set off to travel to any match. The Centurion Lacrosse Club is not responsible for such changes and will not be informed about them. Please check directly with club contacts.

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RECRUIT A NEW MEMBER

The Centurions have been instrumental in assisting many Universities in starting Lacrosse over the past four years by providing them with equipment.

In order to continue with our development work we need more members. Please use the form overleaf to recruit a new Centurion. Our subscriptions help to fund our development activities, so the more members we have the more we can do to help spread Lacrosse throughout the country.



The Centurion Lacrosse Club

Membership Application Form

Name _____

Address _____

_____ Postcode _____

Telephone _____

E-mail _____

Please indicate the Lacrosse Clubs that you have been or are currently associated with

Are you an active playing member of your club ? Yes ___ / No ___

Please list those offices you have held in any lacrosse organisation

Signature of applicant _____

Date _____

Please send this form, when completed, together with a remittance in the sum of £30.00, being the annual subscription (cheques made payable to the 'Centurion Lacrosse Club') to:

Rob Collinge
Hon. Secretary Centurion Lacrosse Club
89 St Gabriel's Road
London NW2 4DU

CENTURION SUPPORT

Universities

Our current venture is to assist students starting lacrosse in their chosen universities. Over 100 universities, to which the government intend to send about 50% of all young people, provide a fruitful source of players and leaders for our present clubs or as pioneers to start new clubs.

Over the past few years the Centurions have supported the introduction of Lacrosse at the following Universities:

Aberystwyth	Bangor	Bath
Birmingham	Brighton	Bristol
Brunel	Bournemouth	Cardiff
Canterbury Christ Church	College of St Mark & St John	East Anglia
Exeter	Gloucester	Hertfordshire
Keele	Kent	Leicester
Lincoln	Manchester	Newcastle
Northumbria	Northampton	Plymouth
Portsmouth	Royal Holloway College	Staffordshire
Swansea	Swindon	University of the West of England

University of Wales Institute, Warwick
Cardiff (UWIC)

The game flourishes even though the original leaders have completed their studies because we try to ensure that the leaders whom we support find and develop their successors.

We provide equipment, videotapes, a CD produced by the Canadian Lacrosse Association, and lacrosse posters to assist new leaders to recruit players at the annual Freshers Fairs. Bristol recently obtained 105 expressions of interest – perhaps creating a problem if they all persist but what a wonderful problem that all clubs would like to have!

Juniors and Club Support

In the past few years we have provided support to:

Bath Juniors	East Coast (Norwich) LC	Glasgow LC
Hull LC Schools Programme	Langley School, Norwich	Norwich LC
Plymouth LC Schools Programme	Royal Navy Lacrosse Association	Settlebeck School, Sedburgh
Spencer LC	Walcountian Blues LC u19s	Woodcote Schools Partnership

SPECIAL EVENTS

September 2011

3rd Bath 8s

11th Cheshire v Lancs U16

11th Referees' Trophy (Wilmslow)

24th League North commences

October 2011

1st League South commences

9th Eng U19 exhibition game (Lincoln)

2nd Ted Donnet U19 Tournament
(Brooklands)

22nd-23rd European Club Championship
(Hamburg)

February 2012

5th U19 Cup Finals

25th Cambridge v Oxford

22nd BUCS Semi-Finals

March 2012

3rd South Flags & Plate Semi-Finals

8th BUCS Finals

24th LN David Beesley & Nigel Wayne
Semis

31st League South County Tournament

4th National U12 & U16 Tournament

11th LN Lancs Cup & Junior Flags Semis

25th LN Stockport Cup & Senior Flags Semis

April 2012

8th-9th Stockport Easter 8s

14th League South Veterans Game

21st South Flags & Plate Finals

28th LS Loser Play Off v 9th Place

14th League South East v West play off

14th-15th North Flags Festival Weekend
(Rochdale)

28th South Six-a-Sides

May 2012

5th British National Championships
(Wilmslow)

19th Iroquois Cup (South venue)

13th Wilkinson Sword (North venue)

June 2012

9th-10th Bluesfest

24th National Pop Finals

20th-1st Jul European Championships
(Amsterdam)

CLUB CONTACTS & GROUNDS

NORTH

Ashton

Ground: Ashton Rugby Club, St Albans Avenue, Ashton-under-Lyne, Lancashire OL6 8TU
Tel: 0161 330 1361

Directions: **From the South** Exit M60 at Jct 23, then follow A6140 for Ashton-under-Lyne and take inside lane. At lights, turn left and keep to inside lane for straight on at next lights for Town Centre and Ashton Moss (not left-turn filter). At next lights turn right onto dual carriageway, Lord Sheldon Way.

Straight on through next lights to roundabout and follow A6140 Town Centre. Go straight on at next lights, with IKEA right in front, to roundabout. Follow main road round with IKEA on the left, then at next lights turn left on A627 for Oldham. Follow this for about half a mile, with church on left, to lights with Peugeot dealer on right. Turn right into Wilshaw Lane. Go up the hill, over the bridge to roundabout and take first left into Alt Road which becomes St. Alban's Avenue. The ground is approx 1/4 mile on right. Rugby posts are obvious.

From the North Exit M60 at Jct 23, take right hand lane on slip road and turn right along A635 signed Manchester. Stay in right hand lane and turn right at next lights and right again into dual-carriageway Lord Sheldon Way, then follow directions as above.

Match Secretary: Roger Ambler 07709 254296 (M) rogerambler@onetel.com

Boardman & Eccles

Ground: Monton Sports Club, Welbeck Road, Monton, Eccles, Manchester M30 9EH
Tel: 0161 789 0377

Directions: **From M60** exit Jct 2 turn left onto B5229 (Half Edge Lane) for approx 3/4 mile. Sign for Monton Sports Club on left - turn right onto Cavendish Road. Welbeck Road is on the left after approximately 500m

Match Secretary: John Grubisic 07787 402275 (M) jgrubisic@hotmail.co.uk
Secretary: Dennis McCulloch 07834 510988 (M) dmcculloch51@gmail.com

Brooklands Hulmeians

Ground: Brooklands Sports Club, Whitehall Road, Sale, Cheshire M33 3NL
Tel: 0161 972 8999

Directions: **From M60** Exit Jct 6 and take the A6144 for Sale. Go straight on at the traffic lights, then join a one-way system and bear right at a traffic island. Move into the left-hand lane and continue down Marsland Road. After half a mile pass Sale Grammar School) on the right and turn next left into Georges Road. Go to the end of Georges Road and the entrance to club is directly opposite.

From A56 Leave at the junction with Marsland Road and Harboro Way (traffic lights). Turn onto Marsland Road and continue up the hill passing Sale Cemetery. At the top of the hill, turn right onto Brooklands Road, then take the third left onto Whitehall Road. Pass Alcester Road on your right, and the club entrance is the next on your right, opposite Georges Road.

Match Secretary: Russell Stead 07768 278413 (M) russell.stead@environment-agency.gov.uk

Cheadle

Ground: Cheadle (Kingsway) Sports Club, 225 Kingsway, Cheadle, Cheshire SK8 1LA
Tel: 0161 428 5881

Directions: **From M6/M56 West** Immediately after M56 Jct 3 take exit for Cheadle, Stockport, Wythenshawe on A560. Follow Congleton signs for A34 and A560 for Cheadle. After 3

miles pass under railway bridge, then turn right at Kingsway lights onto A34 Wilmslow, Congleton and the ground is on the left in 200 yards.

From M60 Exit at Jct 3 for A34 Cheadle / Wilmslow. Go through Kingsway lights and the ground is on left in 200 yards.

Match Secretary: Pete Jones 07738 158060 (M) groundstar@sky.com
Secretary: Steve Bottrill 07812 339789 (M) steve@bottrill.org.uk

Cheadle Hulme

Ground: Ladybridge Sports and Social Club, Ladybridge Road, Cheadle Hulme, Cheshire SK8 5NZ
Tel: 0161 485 5068
Directions: From M60 exit Jct 2 (A560). At roundabout turn right onto A560 towards Cheadle. At traffic lights at Queens Arms, turn left on Councillor Lane. To next set of traffic lights, at The Greyhound Pub, turn right onto Ladybridge Road. Entrance to the ground half a mile on right at lower end of Meadway Road.
Match Secretary: Pat Moore 07888 829829 (M) pjmphone@hotmail.com
Secretary: Colin Windeler 07951 053805 (M) cwindeler@boltblue.com

Chester Romans

Ground: Cheshire County Sports Club, Plas Newton Lane, Chester CH2 1PR
Tel: 01244 318167
Directions: **From the motorway** Take M56 and then M53 to Chester, exit at Jct 12. Turn right onto A56, following signs for City Centre to next large roundabout. Take 3rd exit right for A41 Upton. Stay in the left hand lane, as after 1/2 mile it filters left just before the footbridge into Plas Newton Lane (signed Newton). The club is immediately on the right.
From A41 Pass Chester Zoo and after approx. 1 1/4 miles turn right at the traffic lights right after the metal footbridge into Plas Newton Lane. The club is immediately on the right.
Match Secretary: Stephen Roger 07525 718342 (M) stephenroger@ymail.com
Secretary: Dave Nash 07825 600773 (M) plainnash@gmail.com

Heaton Mersey

Ground: The Heaton Sports Club, Green Lane, Heaton Moor, Stockport, Cheshire SK4 2NF
Tel: 07892 834284
Directions: **From M60** exit at Jct 1 (Stockport Centre) and take sharp left turn signposted for Didsbury. In 3/4 of a mile, turn right at traffic lights in to B5169 Bankhall Road which becomes Moorside Road. In half a mile at traffic lights, turn right into Green Lane and the entrance to the club is approximately 600 yards up on the left.
Match Secretary: Alan Hunns 07887 796208 (M) HunnsA@fanucrobotics.co.uk
Secretary: Andrew bain 07748 105751 (M) Andrew-bain@ntlworld.com

Heaton Mersey Guild

Ground: Heaton Mersey Sports & Social Club, Harwood Road, Heaton Mersey, Stockport, Cheshire SK4 3AW
Tel: 01614 320279
Directions: Exit M56 at Jct 1 (signposted M'cr city centre, Didsbury), then merge onto A34 Kingsway
After about a mile turn right at lights opposite the large Tesco's onto the A5145 (signposted Heaton Mersey). After approx 1/2 mile turn left onto Harwood Road (Griffin Pub on corner). Club is 200 yds on the right.
Match Secretary: Andy Morten-Smith 07917 857919 (M) andrewmortonsmith@btinternet.com
Secretary: Bob Altoft 07957 340240 (M) raltoft@hotmail.co.uk

Hull

Ground: Hull University Sports and Fitness Centre, West Campus, Inglemire Lane, Hull, East Yorkshire HU6 7RX

Directions: From the East - follow the M62, which becomes the A63. After approx. 16 miles turn left onto A1079 (Toys-R-U's on right at Junction). Stay on A1079 through two major junctions. About 300 yds further on look for Endsleigh School on left (Large walled surround). Turn immediately left at junction onto Inglemire Lane. The Sports Centre is approx 1 mile down on left.

Match Secretary: Jack Stamford 07735 071159 (M) jacko_choy@hotmail.com

Secretary: Dean Johnstone 07544 122866 (M) deanieb81@hotmail.co.uk

Leeds

Ground: Adel Sports and Social Club, Church Lane, Adel, Leeds, West Yorkshire LS16 8DE

Directions: **From the M1** exit at Jct 43 onto M621 towards Leeds City Centre. Leave at Jct 2 and turn right along A643, through the early tunnels to the big Gas board roundabout. Continue onto Inner Ring Road, (A58). At the end of the long tunnel take immediate left exit marked University. Turn left then right onto A660 and pass the front of the University on the left. Carry straight on for the next 4 miles, through Headingley, straight on over Lawnswood Leeds Outer Ring road roundabout, along Otley Road. Pass the cemetery and Esso station and on for another 500 yards. Then turn right at Farrar lane traffic lights. Immediate left onto Church Lane. The ground + car park appear on your right.

From M62 Eastbound take Jct 27 onto M621. Leave at Jct 2, and turn left onto A643, and follow directions above.

From A1 leave at sign to Leeds A63, A58 or A61. When you reach the ringroad A6120 follow the signs to Bradford. After you cross over the roundabout with the A61, carry on straight over the next roundabout at Moor Allerton (Sainsbury's is on your right and David Lloyd Centre is on your left). Go through the next set of traffic lights and as you go up the hill get into the offside lane as you will be turning right at the next set of traffic lights, signposted Adel. Take the 1st left (Church Lane) immediately after coming off ring road. The club is a mile along the road on the right hand side.

Match Secretary: David Trasler 07834 357693 (M) dtrasler@yahoo.com

Secretary: Ric Jones 07946 806620 (M) ricjones100@hotmail.com

Liverpool

Ground: Liverpool Cricket Club, Aigburth Road, Liverpool L19 3QF
Tel: 0151 427 2930

Directions: **From M62** Exit at Jct 6 onto the A5300 heading towards Runcorn Bridge, continue until the very end. At the roundabout take the 3rd exit onto the A561 and follow the signs for Liverpool Airport. Continue for approx 5 miles along, the road becomes Speke Boulevard (the Jaguar factory will be on your right side), this road continues on and passes the Marriott Hotel and David Lloyd Centre on your left. Continue along and the road becomes Aigburth Road, stay on Aigburth Road until you see Liverpool Cricket Club on your left side. The entrance is a sharp left after the traffic lights at the junction of Riversdale Road.

From M56/Runcorn Bridge Follow signs for the A561. Upon the A561 follow the signs for Liverpool Airport, and follow directions as above.

Public Transport From Liverpool City Centre

By bus – Take 82 or 82A bus (every few minutes) from Paradise Street Bus Station and ask to alight at Liverpool Cricket Club (on the opposite side of the road), this will take approx. 15 mins

By rail – Board the Hunts Cross bound train from Moorfields or Central Station (every 15 mins). Alight at Aigburth Station, exit the station onto Mersey Road take a right and

walk 400 yards to Aigburth Road, take another right and continue along Aigburth Road for 1/2 mile and Liverpool Cricket Club is straight ahead.

Match Secretary: Simon Daly 07789 848704 (M) s_daly@live.co.uk

Manchester Waconians

Ground: Didsbury Cricket Club, Wilmslow Road, Didsbury, Manchester M20 2RY
Tel: 0161 445 5347

Directions: **From the M56**, south of Manchester, keep in left hand lane at Junction 3 following sign for Didsbury. Leave at Jct 1 (signposted Manchester city centre and Didsbury) and merge onto A34 (Kingsway). Branch left onto A5145 (signposted Didsbury). The ground is 1/4 mile on your left.

From the M60, north and east of Manchester, leave the M60 at Jct 1 (Stockport West), take the A5145 for Didsbury and continue straight for 2 miles. At the traffic lights at the junction with the A34 (Tesco ahead on the right) continue straight over following the A5145 to Didsbury and turn right at the T-junction. The ground is 1/4 mile on your left.

From the M602, west of Manchester, proceed to the end of the M602, join the A57(M) (Mancunian Way) and follow the road from the Mancunian Way round to the left to join the dual carriageway (Upper Brook Street), continue for 2 miles to the roundabout and take the first exit for A34. Immediately take the second exit at the second roundabout onto the A34 (signposted Congleton, Wilmslow) and after a further 2 miles turn right at the traffic signals (by Tesco) onto the A5145 (signposted Didsbury). The ground is 1/4 mile on your left.

By Train Trains run from Piccadilly and Oxford Road stations to East Didsbury station. Walk west along Wilmslow Road (towards Didsbury Village and Manchester City Centre, away from Tesco supermarket), and the ground is 200yds on your left.

Match Secretary: Alan Boyle 07790 121766 (M) boyle.alan@sky.com

Mellor

Ground: Mellor Sports Club, 215 - 217 Longhurst Lane, Mellor, Stockport, Cheshire SK6 5PN
Tel: 0161 449 0729

Directions: **From M60 North** Exit Jct 25 follow signs for Bredbury and Romiley. From Romiley follow the main road, heading for Compstall and Marple Bridge (A626). At Marple Bridge (by Norfolk Arms) turn left into Town Street (Longhust Lane) and follow the signs for Mellor. The ground is after almost a mile on the left.

From M60 South/West Exit Jct 27 and follow A626 signposted Marple. At Marple Bridge (by Norfolk Arms) turn right into Town Street (Longhust Lane) and follow the signs for Mellor. The ground is after almost a mile on the left.

Match Secretary: David McAllister 07743 669310 (M) davidmcallister95@yahoo.co.uk
Secretary: Sue Hallam 07733 441897 (M) sue-hallam@talktalk.net

Newcastle

Ground: Newcastle City Sports Club, Broadway West, Gosforth, Newcastle upon Tyne, Tyne and Wear NE3 2HY

Directions: Driving from the South: Follow A1 up to Newcastle, take exit sign posted City (North)/Gosforth. Go towards the city, take the 1st exit at the Wansbeck Road roundabout and the ground is about 150 yds on the left.

Match Secretary: Ed Davenport 07870 881969 (M) nutlax@hotmail.com
Secretary: Andy Higginbottom 07736 815931 (M) nutlax@hotmail.com

Norbury

Ground: Norbury Sports Club, Chester Road, Hazel Grove, Stockport, Cheshire SK7 6NT

Directions: **From Stockport** Go along the A6 (Buxton Road) from Stockport heading to Buxton. You will pass Stockport Grammar School on your right, and eventually a Sainsburys on your left.
Keep heading along the A6 until you see an American Golf store on your right. Turn right directly before the golf shop onto Chester Road (sign-posted Hazel Grove Train Station. If you reach McDonalds, you have gone too far.)
Bear to the left at the next junction and keep going up over the bridge. You will see a railway bridge going over your road, and the track leading to the grounds is on the right directly after that bridge.
Keep going to the end of the track and you will see the clubhouse.

From Buxton Head along the A6 towards Stockport.

As you get into Hazel Grove you will pass the Rising Sun pub on your left, then a church, then a Macdonalds and finally an American Golf store. Turn left directly after the golf store onto Chester Road (sign-posted Hazel Grove Train Station).

Follow directions as above From Stockport.

Match Secretary: Phil Holland 07789 030496 (M) philzzholland@hotmail.com
Secretary: June Platt 07914 893304 (M) june.platt2@ntlworld.com

Nottingham

Ground: Highfield Sports Club, University Boulevard, Nottingham NG7 2PS
Directions: From M1 junction 25, follow the A52 towards Nottingham. At the 3rd roundabout (after approx 6 miles) take the 3rd exit onto the A6464 signposted Beeston. Pass the University on your left and at the second roundabout turn left onto the A6005 University Boulevard. After approx 1/2 a mile turn right into Highfields Sports Club/Beeston Hockey Club.

Match Secretary: Matt Ball 07835 165327 (M) whopead@hotmail.com
Secretary: Bob McEwen 07715 107115 (M) bob.mcewen@ntlworld.com

Oldham

Ground: Oldham Sports and Community Club, Broadbent Road, Oldham OL1 4HY
Tel: 0161 624 2694

Directions: **From M60** exit at Jct 22 and follow the A62 towards Oldham. Follow the A62 through Oldham, and following the signs for Huddersfield). Fork left onto the A672 (Ripponden Road). Go up the hill for about half a mile, and turn left into Broadbent Road, immediately after a Puffin Crossing. The ground is on the left after 300 yds.

Match Secretary: Matt Ball 07971 506285 (M) Matthew.Taylor@oldham.gov.uk
Secretary: Christopher Taylor 07807 878028 (M) christopher.taylor@bentley.co.uk

Poynton

Ground: Poynton Sports Club, London Road North, Poynton, Cheshire SK12 1AG
Club is located on the north side of Poynton village on A534.

Directions: **From M60** exit Jct 1 for Stockport central (A6), and follow signs to Buxton A6. After passing through Hazel Grove, bear right at the Rising Sun pub onto the A534 for approx 1.5 miles. Club is on the left opposite a Police Station

Match Secretary: John Farmer johnmichael49@hotmail.co.uk

Rochdale

Ground: Rochdale Cricket, Lacrosse and Squash Club, Bridgefold Road, Rochdale, Lancashire OL11 5BX
Tel: 01706 646343

Directions: **From M62** exit Jct 20 and take the A627(M) towards Rochdale. Continue following signs to Rochdale/town centre onto the A664, then A58. Just before the Asda superstore turn left into the A6060. After 3/4 mile turn left at the mini roundabout into Bridgefold Road, and the club is on the left after 1/4 mile.

Match Secretary: Matthew Nugent 07717 327558 (M) m.nugent@me.com
Secretary: Paul O'Callaghan 07719 946147 (M) paul.ocallaghan@pat.nhs.uk

Sheffield Steelers

Ground: Abbeydale Park Sports Club, Abbeydale Road South, Dore, Sheffield S17 3LJ
Tel: 0114 236 7011

Directions: **From Sheffield** head south on the A61 towards Chesterfield Road. Turn right onto the A621 towards Bakewell. The club is on the right after 3.5 miles, not long after Dore train station.

From the West take the A57 towards Sheffield. Turn right across the reservoir onto the A6013 (Bamford). Turn left onto the A6187 towards Sheffield. Continue following this road, which becomes the A625, for 8 miles. Turn right onto the B6375 (signed M1,M18 Chesterfield), and then right onto the A621 towards Bakewell. The club is on the right in under a mile, not long after Dore train station.

Match Secretary: Scott Appleyard 07990 501579 (M) scott.sacaps@virgin.net
Secretary: Mike Evans 07788 916838 (M) mike@atherton-evans.com

Sheffield University

Ground: Norton Playing Fields, Warminster Road, Norton, Sheffield S8 8PS

Directions: From Snake Pass, follow A57 through Broomhill to University Roundabout. Take 4th exit onto the A61 towards Chesterfield. Continue over the next roundabout, and at next roundabout take 3rd exit into Bramhall Lane (A621). Turn right on the A61 towards Chesterfield, and stay in left lane, passing retail park on right. After pedestrian lights, take left into Derbyshire Road, then left into Norton Lees Road with post box on corner. At crossroads go straight on into Warminster Road up hill and past a pub. The ground is on the left.

Match Secretary: Jason Armstrong 07818 698524 (M) jasonarmstrong@btconnect.com
Secretary: Mike Armstrong 07906 580380 (M) mitchlax@hotmail.com

Stockport

Ground: 75 Beach Road, Cale Green, Stockport, Cheshire SK3 8HD
Tel: 0161 480 2766

Directions: **From M60** exit Jct 1 for Stockport. At the roundabout take the A5145 towards Stokport. At the next roundabout take the 3rd exit A560 towards Buxton (A6). At roundabout take 2nd exit onto Shaw Heath (B5465). Bear right at 2nd set of traffic lights, then after approx 1/2 mile turn right into Beech Avenue (as road bears left), the ground is directly opposite the end of Beech Avenue.

Match Secretary: Peter Aiton 07941 005881 (M) peter.aiton@ntlworld.com
Secretary: Anton Bryant 07977 214620 (M) anneandanton@ntlworld.com

Stopfordians

Ground: Disley Amalgamated Sports Club, 29 Jacksons Edge Road, Disley, Stockport SK12 2JR
Tel: 01663 763092

Directions: **From M60** exit Jct 1 for Stockport central (A6), and follow signs to Buxton A6. After passing through Hazel Grove take the left fork to stay on the A6 (keeping the Rising Sun pub to your RHS). After the 2.3 miles pass the Red Lion Hotel on the right, and in 200m take the left hand fork at Carr Brow. Go 1/2 mile to top of hill, and the Club is on the right on the corner.

Match Secretary: David Withington 0161 439 3073 (H) withington.d@sky.com
Secretary: Peter Woodhead 07977 048813 (M) peter.woodhead@selden.co.uk

Timperley

Ground: Timperley Sports Club, Stockport Road, Altrincham, Cheshire WA15 7LU
Tel: 0161 980 4397

Directions: **From the South** Leave the M6 motorway at Jct 19 and take the A556 to Altrincham. After you cross over the M56, continue over the next roundabout onto the A56 (Altrincham).

Continue to follow signs for Altrincham. As you reach the town, the road turns sharp left. 100 yds further on turn right at the lights onto the A560. The club is approx. 3/4 mile on your right opposite a Shell petrol station.

From the North & West Exit the M6 at Jct 20 onto the M56 towards Manchester Airport. Exit at the next junction (no. 7), and at the roundabout take the 3rd exit for Altrincham (A56). Follow directions above "From the South" from A56.

From the East From M60 follow signs for Stockport in a clockwise direction. Follow signs for the M56 & Manchester Airport. Leave the M56 at Jct 2 and follow the A560 for Altrincham.

Continue along the A560 for 3.5 miles, the club is immediately on the left after the traffic lights by the Hare and Hounds, opposite a Shell petrol station.

Match Secretary:
Secretary:

Paul Winters 07984 064285 (M) p.winters@btinternet.com
Alan Holdsworth 07770 856029 (M) timplax@hotmail.co.uk

Wilmslow

Ground:

Wilmslow Phoenix Sports Club, Styal Road, Wilmslow, Cheshire SK9 4HP
Tel: 01625 536277

Directions:

From M56 exit Jct 5(Manchester Airport). Stay left when approaching airport, so as not to enter the airport itself.

Follow signs for Heald Green / Styal / Wilmslow. When you reach a T-junction with traffic lights (Texaco petrol station on right) turn right into Styal Road (B5166). The club is approx. 1 mile on the left.

From A34 follow towards Wilmslow / Handforth until you reach a roundabout with the A538 (there is a large Ford dealer on it called Polar Ford). Head into Wilmslow on the A538. At next roundabout turn right onto B5166 Manchester Road.

Take 3rd left into Styal Road (also B5166). The club is approx. 1 mile on the right.

Match Secretary:
Secretary:

Andrew Worth 07917 154162 (M) andrew.worth@gaskandhawley.com
Clive Perrin 07767 426345 (M) cliveperrin@sky.com

York University

Ground:

22 Acres, Holmefield Lane, Heslington, York YO10 5DD
Tel: 01904 434114

Directions:

The is no parking allowed on Holmefield Lane, so park in Campus South pay and display car park, and change at Sports Centre.

The easiest route to the University (avoiding the City centre and known traffic blackspots) is to take the outer ring road (A64 on the south and east sides of the city, A1237 around the north and west) to the junction with the Hull/Bridlington roads (A1079/A166). Turn off at the exit marked University and follow the signs past Grimston Bar and down Field Lane. Go past the first entrance to the University (Campus Central and North), and after 1/3 mile you will reach Holmefield Lane and the playing fields on your left. Take the next right, and park in the South Car Park. Changing is available at the Sports Centre, which is around the all-weather pitch.

Match Secretary:
Secretary:

Gareth Ball 07545 864085 (M) gb535@york.ac.uk
Philip Harrold 07773 177763 (M) ph539@york.ac.uk

SOUTH

Aberystwyth University

Ground:

Vicarage Playing Fields, Llanbadarn Fawr, Aberystwyth SY23 1HA

Directions:

From the South

The A487 from Llanrhystud takes you into Aberystwyth - Turn right at the first roundabout onto the A4120 - Straight across the Safeway's roundabout (the Blaendolau

playing fields are on the right) - Left at the next junction onto the A44, the Vicarage Playing Fields are approximately one kilometer along, on the left.

From the East

Take the A470 from Newtown - At Llangurig, take the A44 all the way into Aberystwyth - The Vicarage Playing Fields are approximately 1km beyond the junction with the A4120 in Llanbadarn Fawr.

Club President: Samuel Pike sap8@aber.ac.uk
Captain: Richard Macey 07984 260409 (M) rgm2@aber.ac.uk
Vice-Captain: Nick Pearce 07896 261084 (M) nip1@aber.ac.uk

Bath

Ground: Bath Recreation Ground, William St, off Great Pulteney Street, Bath BA2 4DE
Directions: From M4 Jct 18 - Follow signs to Bath, entering Bath on the A4. Turn left at the first main set of traffic lights into Cleveland Place/Bathwick Street. Turn right at the roundabout at the end. Turn second right into Great Pulteney Street, then second left in to William Street.
1st Team Captain: Will Finlayson 07890 588013 (M) wbfmfinlayson@gmail.com
2nd Team Captain: Nik Roberts 01225 769297 (H) 07734 725258 (M) nik.roberts@bathlacrosse.com
Secretary: Simon Griffiths 07703 538246 (M) simon.griffiths@bathlacrosse.com

Birmingham City

Ground: Metchley Park Road, Edgbaston, Birmingham B15 2QU
Note: 3G Astroturf pitch: please bring appropriate footwear
Directions: **From the NW or SE along the M6** Leave at Jct 6 (Birmingham Central) to join the A38. At the end of the motorway keep to the right, go over a flyover, then through three underpasses to join the A38 Bristol Road. Two and a half miles from the city centre follow the signs for the University right into Edgbaston Park Road. Take the first proper left (not the one into the Uni) on to Pritchatts Road, cross a narrow railway bridge, and go straight over the mini roundabout. After 300 yds turn left into Pritchatts Park Village, continue all the way down the hill, turn left and park next to Ashcroft. The game will either being played on the astro that is visible ahead, or the pitch just behind it.

From the M42 North Leave at Jct 8 to join the M6 northbound and follow the instructions above.

From the SW along M5 Leave the M5 at Junction 4 (signposted Birmingham SW) to join the A38. Approx 8 miles from the motorway follow the signs for the University left into Edgbaston Park Road, and follow directions above.

From the M40 It is easier to turn south on the M42 and leave at Jct 1, heading north on the A38 Bristol Road. Approx 8 miles from the motorway follow the signs for the University left into Edgbaston Park Road, and follow directions above.

Ground: Edgbaston High School For Girls Playing Fields, Richmond Hill Road, Birmingham B15 3RL
Directions: Follow directions above for Metchley Park, but at the turn for Pritchatts Park Village instead continue straight on. At the mini roundabout continue straight over into Richmond Hill Road, and the ground is on the right after 0.4 miles just opposite Brook Road, and down a single track drive.
Club Captain : David Abini 07743 220307 (M) d.abini@englishlacrosse.co.uk
Captain: Andrew Hodgkiss 07934 899039 (M) hodgy182@hotmail.com
Vice Captain: Mikey Barlow barlow626@hotmail.com

Bournemouth University

Ground: Chapel Gate, East Parley, Christchurch, Dorset BH23 6BL

Tel: 01202 581933

Directions:

From north/east From the A31, take a left on to Bournemouth Spur Road (A338) following signs for Bournemouth International Airport at all times. After about 5 miles take the exit for the B3073, and at the T-junction turn right towards the Airport. After about a mile take the 1st exit at the roundabout to stay on the B3073. Continue for about 2 miles, and at the Chapel Gate roundabout take the 2nd exit right into Chapel Gate, and the ground is immediately on the left.

From west From say about Bere Regis (A35), it is less complicated to head for Wimborne on the A31. Take Wimborne bypass (A31) heading for Southampton. At the Canford Bottom Roundabout take the fifth exit onto the B3073 towards Bournemouth International Airport. At the roundabout with the A348 turn left at the first roundabout, and then immediately right at the next, to stay on the B3073. After about 2 miles take the left lane to go straight over the Chapel Gate roundabout, and the ground is immediately on the left.

See Chapel Gate website for details.

Chair/Captain:

Ben Piper 07952 926097 (M) b.piper91@hotmail.com

Secretary:

Emma Fish i7938534@bournemouth.ac.uk

Brighton Panthers

Ground:

Hillbrow Sports Centre, University of Brighton, Denton Road, Eastbourne, Sussex BN20 7SU

Directions:

From London (M25) : the A22 (Jct 6) connects London to Eastbourne. As you approach Eastbourne, the A22 intersects the A27. Continue straight over the roundabout onto the A27 towards Brighton. After 2/3 mile keep in the left lane to join the A2270. Continue following this road into Eastbourne, and at Station Roundabout (just before the station) take the 3rd exit into Grove Road, and immediately keep left at the fork. As you approach the church keep in the right hand lane, and turn right. After 1/2 mile turn right into Carlisle Road. After 0.2 miles turn left into Gaudick Rd, and the immediately right into Denton Road. The Sports Centre is immediately on your left.

President:

Valerie Hedges 07733 473713 (M) vhedges1@hotmail.com

Captain:

Matt Chapman 07734 841310 (M) mtc16@uni.brighton.ac.uk

Co-Captain:

Scott Flanagan 07740 944500 (M) s.flanagan1@uni.brighton.ac.uk

Bristol Bombers

Ground:

Oldbury Court Park, Oldbury Court Road, Fishponds, Bristol BS16 2JH

Directions:

From the M32 Jct 1 take the 1st exit onto the A4174 signposted Kingswood/Yate. At the next roundabout take the 2nd exit signposted Downend. Continue straight over the double mini roundabout and turn right at the T junction onto the A432. After 1/2 mile turn right immediately past the zebra crossing into Oldbury Court Road, and then immediate left to stay on Oldbury Court Road. Follow this all the way to the entrance to the park, with car parking to the right side of the entrance. The changing rooms are at the far end of the park, past the large Children's Play Area.

General Contact:

bristolbombers@hotmail.co.uk

Captain:

Guy Oldring 07990 570247 (M) goldring@colnlakes.com

Vice-Captain:

Michael White 07545 191242 (M) m.white@googlemail.com

2nd Team Captain:

Toby Price 07792 867104 (M)

Buckhurst Hill

Ground:

Roding Lane, Buckhurst Hill, Essex IG9 6BJ

Tel: 020 8504 5652

Directions:

From M25

At Jct 26 take the A121 South towards Loughton. After 5 miles turn left down Palmerston Road (B170) that becomes Roding Lane. Go past Buckhurst Hill Central Line station (on right), through traffic lights and continue for approximately 600 yards.

The ground is on the left immediately beyond a small bridge and opposite football pitches.

From Buckhurst Hill tube station (Central Line)

Turn right out of the tube station into Victoria Road, and then immediately right into Roding Lane. The ground is on the left at the bottom of the hill.

Captain: Chris Merritt 07984 136595 (M) cmerritt_05@yahoo.co.uk
Secretary: David Mason 07906 066743 (M) dbm502@gmail.com

Cambridge University

Ground: Queens' College Sports Ground, Barton Road, Cambridge CB3 9LL
Directions: By car or bicycle, take the A603 Barton Road out of Cambridge. After passing a major lay-by, the Sports Ground entrance is on the left, preceded by a small deceleration lane.

If approaching from outside Cambridge, take exit 12 from the M11 and approach Cambridge on the A603. The Sports Ground entrance is hidden behind the first large hedge on the right.

Parking is available at the Sports Ground for bona fide users of the facilities there.

Captain: Carl Tilbury 07717 682240 (M) cjt63@cam.ac.uk
Vice-Captain: Josh Findlay 07545 313568 (M) jaf65@cam.ac.uk
Secretary: Sohaib Chaudhry 07411 172221 (M) sohaib12451@hotmail.com

Canterbury Christ Church University

Ground: Stodmarsh Playing Fields, Stodmarsh Road, Canterbury, Kent CT3 4AR

Directions: **Coast Bound From M2**
Leave the M2 at Jct 7 and turn right on to the A2 (signed Dover, [A2] Canterbury, Channel Tunnel) - Take the exit for the A2050 - After 0.8 miles take the 2nd Exit (right) off the St Peters Roundabout into A290 (Rheims Way) - After 466 yards take the 2nd Exit (straight on) off the Wincheap Roundabout into A28 (Pin Hill) - After 779 yards take the 2nd Exit (right) off the St Georges Roundabout into A257 (St Georges Place) - Continue on the A257. After about 1.5 miles (just after the golf course) turn left onto Stodmarsh Road - The ground is about 1 mile up this road.

London Bound From A2

Leave at Canterbury Junction (A2050) - Turn right into A257 - After about 1.5 miles (just after the golf course) turn left onto Stodmarsh Road - the ground is about 1 mile up this road.

President: Steven Riley 077584 076767 (M)
Captain: Tristan Clemence 07917 605800 (M) t.clemence153@canterbury.ac.uk

Cardiff Harlequins

Ground: Cardiff High School Old Boys RFC, Diamond Sports Ground, Forest Farm Road, Whitchurch, Cardiff CF14 7JH
Tel: 029 2069 3552

Directions: From M4 Junction 32, take exit signposted A4054 Whitchurch. Follow road for approx 1 mile, passing hospital on right-hand side. At roundabout, take 4th exit onto Velindre Road (with Barber's on your left). Continue straight over mini roundabout, and follow road past housing estates on both sides and past Whitchurch RFC on left. Road bends to the right and continues onto single track road - Cardiff Harlequins LC is on the right hand side.

1st Team Captain: Adam Grey 07875 493963 (M) adamgrey09@gmail.com
2nd Team Captain: Gareth Willis 07919 262298 (M) garethwillis20@gmail.com
Secretary: Andy Morgan 07789 684314 (M) andyramorgan@gmail.com

Cheltenham Cougars

Ground: The Springbank Community Resource Centre, Springbank Way, Cheltenham, Gloucestershire GL51 0LG

Directions: **From M5 South** Exit Jct 11 and follow the A40 to Cheltenham. At the 2nd roundabout take the 1st exit onto the A4013. At Coronation Square take the 1st exit (signed Hesters Way) into Marsland Rd. After 3/4 mile turn left at the mini roundabout into Hesters Way Lane. As you approach the school turn right into Springbank Way, and the Community Resource Centre is at the end of this road.

From M5 North Exit at Jct 10 and follow the A4019 to Cheltenham. At the roundabout take the 3rd exit onto the A4013. After 3/4 mile turn right into Hester's Way Road, and right at the mini roundabout into Hester's Way Lane. As you approach the school turn right into Springbank Way, and the Community Resource Centre is at the end of this road.

From A40 (Oxford) Follow the A40 through Cheltenham and towards Gloucester. At Benhall Roundabout take the 2nd exit onto the A4013, and follow directions as for From M5 South.

Secretary: Mark Armstrong 07841 651726 (M) mark2110@gmail.com

Chichester Crusaders

Ground: Chichester University, College Lane, Cavendish Road, Chichester PO19 6PE

Directions: **From West:** leave the A27 at Fishbourne Roundabout (this is the first roundabout on the A27). Take first exit into Chichester. At the next roundabout take the 3rd, Via Ravenna. Over the small roundabout by the Westgate Leisure Centre, then 1st exit at the bigger roundabout onto Avenue de Chartres. Straight over the next roundabout (Westgate Roundabout) and follow the road round to a large roundabout with a fire station in the middle (Northgate Roundabout). Take the 3rd exit, which is just past a car park. At the next roundabout take the first exit and turn immediately left, opposite the Hope pub. This is College Lane and the Campus is the first right, a few hundred yards up the road. Turn into the campus and follow the road round to the left, past a small car park until you see a large car park on the left. Park in there and the pitch is to your left.

From the East: leave the A27 at the first roundabout and take the second exit, signposted Chichester. At the next roundabout take the first exit. After a few hundred yards, you will come to two roundabouts. Go straight over the first and right at the second, following signs to the hospital. At the next roundabout go straightover. Past pedestrian traffic lights and past a right turn to the hospital. Shortly after the hospital is right turn, opposite the Hope pub. Take this right turn up College Lane and follow directions from West.

Captain: Daniel Sawyer 07796 695568 (M) dansawyer66@gmail.com

Secretary: Luke Proudfoot 07525 480062 (M) lproudfoot@hotmail.co.uk

Colchester

Ground: University of Essex Sports Centre, Wivenhoe Park, Colchester, Essex CO4 3SQ

Directions: If approaching from London/the South take the A12 (M25 Jct 28) towards Chelmsford, take the exit marked Colchester (A133). If approaching from Ipswich and the North on the A12, take the exit marked Colchester. From Colchester, the University is off the A133 to Clacton. The University visitors' car park operates on a pay and display basis.

Via public transport

Take the train to Colchester - they run from Liverpool Street every 20-30 minutes. From Colchester station take bus no. 61, 62 or 74, which all go straight to the University Sports Centre.

Captain: Ben Parkes 07738 681770 (M) bparkes1@gmail.com

Vice-Captain: Josh Pearson 07530 173956 (M) josh_p_12345@hotmail.co.uk
Secretary: Sam Clegg 07526 029518 (M) sdiazc@essex.ac.uk

Croydon

Ground: Bromley Cricket Club, 98 Plaistow Lane, Bromley, Kent BR1 3AS
Tel: 020 8460 0281

Directions: **From M25 Jct 3** onto Swanley by-pass, (signposted London) then take the A222 (Perry Street) towards Chislehurst and Bromley. Go through Chislehurst past the War Memorial, down the hill past Chislehurst Station, up the other side and at mini roundabout turn right staying on the A222 towards Bromley. Straight over the next set of traffic lights, over the mini roundabout, down a small hill towards traffic lights where you turn right into Plaistow Lane. The ground is on the left about half a mile down Plaistow Lane.
From M25 Jct 4, take the A21 towards Bromley, turn right in Bromley onto the A222 Widmore Road towards Bickley and Chislehurst and Plaistow Lane is on the left at the first set of traffic lights.

Public Transport Nearest main line station is **Bromley South** then take the 162 bus towards Chislehurst to the Wanstead Road stop. Walk back down Widmore Road for 200 yds, and just before the Tamasha Hotel/Restaurant there is a small track signposted Bromley Cricket Club that brings you to the ground via the back gate. Alternatively the back gate is a 15/20 minute walk from the station via Widmore Road.

Captain: Dominic Adameyk 07977 409619 (M) poppadom20@hotmail.com
Vice-Captain: Neil Duffy 07915 663830 (M) n.duffy88@googlemail.com
Secretary: Mick Chennell 07757 416816 (M) 020 8658 0523 (H) chennem@ntlworld.com

East Grinstead

Ground: East Grinstead Sports Club, The Pavilion, Saint Hill Road, East Grinstead, West Sussex RH19 4JU

Note: The pitch is rubber crumb astro turf. No studs, but moulded cleats are allowed.

Approaching from the North and West

From Jct 6 (M25) or Jct 10 (M23) follow signs towards East Grinstead. Proceed to two sets of traffic lights at the Felbridge (Ramada Jarvis) Hotel (junction of A22 and A264). At the second set of lights turn right into Imberhorne Lane and following the brown tourist direction signs to East Grinstead Rugby Football Club. At the end of Imberhorne Lane go straight over the staggered crossroads, the Club is approx 500 yards on the right.

Approaching from the South and East

From East Grinstead take the A22 towards London. At the first set of traffic lights (before the Felbridge Hotel) turn left into Imberhorne Lane. At the end of Imberhorne Lane go straight over the staggered crossroads, the Club is approx 500 yards on the right.

1st Team Captain: Neil Robertson 07739 322503 (M) menscaptain@eglc.co.uk
1st Team Vice-Captain: Muz Tuach 07779 088710 (M) mensvicecaptain@eglc.co.uk
2nd Team Captain: Kevin Coster 07766 726797 (M) 2ndteamcaptain@eglc.co.uk
2nd Team Vice-Captain: Steve Cooper 07786 541621 (M) 2ndteamvicecaptain@eglc.co.uk
Secretary: John Pordum 07711 487178 (M) secretary@eglc.co.uk

Epsom

Ground: Epsom Sports Club, Francis Schnadhorst Memorial Ground, Woodcote Road, Epsom, Surrey KT18 7QN

Directions: **From M25** Take Jct 9, Leatherhead exit, and follow the A24 towards London. Continue through Ashted towards Epsom, eventually passing Epsom Hospital on the right. Just after hospital, turn right at traffic lights by BP garage into Woodcote Road. Entrance to ground is 1/4 mile on right.

From London (A3) Come off A3 at Tolworth exit (A24), and follow A24 towards Epsom and Dorking. Follow A24 through Epsom town centre along Epsom High

Street. Follow the one way system along Ashley Avenue and follow the A24 towards Leatherhead and Dorking. At traffic lights by BP garage, turn left into Woodcote Road. Entrance to ground is 1/4 mile on right.

General Contact: epsomlax@gmail.com
Club Captain: Jonathan Schofield 07980 672217 (M) jschofield17@hotmail.com
Captain: Dan Funnell djfunnell@ybs.co.uk

Exeter University

Ground: Duckes Meadow Playing Fields, Salmon Pool Lane, off Topsham Road, Exeter, Devon EX2 4SN

Directions: Exit the M5 at Jct 30 and take the A379 to the Countess Wear roundabout, Take the third exit onto the Topsham Road and continue along this road, Turn left into Salmonpool Lane after the traffic lights and opposite the Buckrell Lodge Hotel. As Salmonpool Lane bends to the left slow down and take the sharp left down the narrow road between the two hedges.

Club Captain: Joe Batten 07817 072610 (M) jb415@ex.ac.uk
Secretary: Joe Almond 07795 018349 (M) ja290@ex.ac.uk

Hampstead

Ground: Westway Sports Centre, 1 Crowthorne Road, London W10 6RP
Tel: 0208 969 0992
Note: Please bring moulded cleats as screw-ins are not allowed!
Westway's full size pitch has a brand-new, state-of-the-art Tiger Challenger artificial surface with playing characteristics almost identical to grass (i.e. not sand or water based).

Directions: **By London Underground**
Latimer Road station is on the Hammersmith & City Line. Leave the station and cross the road in front of you, this is Bramley Road. Turn right and walk up Bramley Road, under the Westway flyover, and turn left into Crowthorne Road.

By bus
The number 295, 316 bus stops in Bramley Road and the number 7 bus stops nearby in Cambridge Gardens.

Car parking
The car parking is in the Centre's own underground car park (below the full-size football/lacrosse pitch) and you pay only £1.50 for up to five hours parking, for periods over five hours a daily charge of £5 is made.

From the north or west
Approach along the Westway (A40). Take the exit marked Hammersmith & Shepherds Bush (A3220). The road comes down to Holland Park Roundabout, take the first exit signed Central London.
Immediately turn left into Royal Crescent and immediately left again into St Ann's Villas. Bear slightly right at the junction before the railway bridge, and after you pass under the A40 flyover turn immediately left into Crowthorne Road - the car park entrance ramp is then immediately in front of you.

From the south
Approach on the one-way system that comes past the Earl's Court Exhibition Centre (Warwick Road) - follow the system up Holland Road to the major roundabout (Holland Park Roundabout) with a central glass tower. Take the third exit signed Notting Hill Gate (A402). As you exit the roundabout ensure that you are in the left lane, because you need to turn left almost immediately; turn left into Royal Crescent, and follow directions above from north or west.

www.westwaysportscentre.org.uk
Captain: Payson Bullard thepayson@gmail.com
Captain: Peter Dunits peter.dunits2@bbc.com
Captain: James Mitchell jswmitchell@btinternet.com

Hillcroft

Ground: Haydons Road Recreation Ground, Haydons Road, London SW19 1EZ
Note: There are changing facilities and public toilets available, but no showers.
Directions: **Via Tube** the ground is 10 mins walk from South Wimbledon Station (Northern Line). From the tube, walk up Merton Road towards South Wimbledon. Walk past the first right (Hamilton Road) and take the second right (Quicks Road). Walk down Quicks Road for approximately 100m. The ground is on the left-hand side.

Also walkable from Hadyons Road overland and Wimbledon (overland and tube)

Buses: 57, 131, 219 (buses terminate at bottom of Haydons Road), 200 (passes the ground)

1st Team Captain: Duncan Trenholme 07771 740 339 (M) duncan.trenholme@googlemail.com
1st Team Captain: James McManus 07774 505 943 (M) jamesmcmanus@aol.com
2nd Team Captain: Lee Christensen 07796 896 444 (M) leecau@gmail.com
2nd Team Captain: Ken Koi 07739 580 572 (M) kjk2085@gmail.com

Hitchin

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.
1st Team Captain: Jonathan Mills 07885 976842 (M) mens1@hitchinlacrosse.com
2nd Team Captain: Giles Gibson mens2@hitchinlacrosse.com
Secretary: TBA secretary@hitchinlacrosse.com

London University

Ground: Finsbury Park, Seven Sisters Road, London N4 2NQ
Note: All games start at 1pm in order to allow access to showers/changing rooms.
Directions: The pitch is in the south east of Finsbury Park. The nearest landmark is McKenzie Pavilion, which is shown on most maps on public information boards in the park.
From Finsbury Park Station (Piccadilly and Victoria tube, First Capital Connect to Kings Cross and northbound on lines to Welwyn Garden City, Hertford, Peterborough and Cambridge). Exit the station onto Seven Sisters Road, turning left. Walk approximately 600m north east along Seven Sisters Road and use the entrance to the park opposite to Alexandra Grove (just after the pelican crossing). The ground is the raised pitch 70m into the park from the road.

By car The park is on the A503. Access to pay & display parking within Finsbury Park via the Hornsey Gate entrance, which is on the B150 Upper Tollington Place/Endymion Road. The Park is closed to all vehicles on days when major events take place.

President: Mike Scott 07525 399252 (M) president.ulmlc@gmail.com
Captain: Ali Mackay 07761 990665 (M) captain.ulmlc@gmail.com

Maidstone Red Wolves

Ground: Sutton Valence Village Hall, North Street, Sutton Valence, Kent ME17 3HT
Directions: **From M20** Exit Jct 8 and head East on the A20 towards Lenham, following signs for Leeds Castle. After 1/2 mile take the 2nd exit at the roundabout onto the B2163 towards Leeds and Sutton Valence. At the T-junction turn left onto the A274 towards Sutton Valence, and the ground is on the left after 0.7 miles, just as you enter Sutton Valence.
Captain: Aaron Hatherill-Smith 07787 417235 (M)
Captain: Hugh Mitchison 07840 434277 (M) hughmitchison@hotmail.co.uk
Secretary: Joe Burnett 07828 380329 (M) joeyb_101@hotmail.co.uk

Northampton Town

Ground: Old Scouts Rugby Club, Rushmere Road, Northampton NN1 5RY
Directions: **From North and South**
Exit M1 on junction 15, at the roundabout take 3rd exit onto the A45, follow this road until the second roundabout, branch left then at Bedford Road roundabout take the 2nd exit onto the A5095. Follow the A5095 until you cross the river then the Old Scouts Rugby Club car parks are directly on the right and left.

From East

On A14 take junction 13 to the A45, stay on A45 signposted to Northampton. When Approaching Northampton the A45 will merge into three lanes, stay on the inside lane and take the exit sign posted Town Centre, at the Bedford Road roundabout take 4th exit onto the A4509. Follow the A5095 until you cross the river then the Old Scouts Rugby Club car parks are directly on the right and left.

Chairman: Tom Kreffer 07584 293335 (M) tomkreffer85@hotmail.com
Captain: Matt Storr 07805 078200 (M) matthew.storr@sky.com

Norwich

Ground: Hewitt School, Cecil Rd, Norwich, Norfolk NR1 2PL
Directions: The best entrance to park is off Hall Road, not Cecil Road.
From the West From the A14 exit at Jct 38 onto the A11 for Norwich. As you approach Norwich continue across the A47, 2 1/2 miles after that turn right onto the A140. Go straight at the traffic lights then at the next roundabout turn left and the school entrance will be on your left.
From the South-West Exit the M11 at Jct 9 onto the A11. After a while this merges with the A14. Follow directions as from the West.
From the South Take the A140 and follow signs to Norwich. Go straight ahead at the Harford Park and Ride roundabout, following the A140/Ipswich Road and go through 5 sets of traffic lights, and at the 6th set turn right onto the A146 Lakenham Rd. At the roundabout turn left and the school entrance is on your left.
Captain: Michael Person mrrmperson@gmail.com
Secretary: Nicholas Spacey 07425 150633 (M) nick.spacey@yahoo.co.uk

Oxford University

Ground: University Pavilion, University Parks, South Parks Road, Oxford OX1 3RF
Directions: **From M40 South East**
Exit at J8 (A40). Continue for 6 miles until you reach the ring road roundabout, and continue straight on (A420). Continue for 2.3 miles, and at the next roundabout take the 3rd exit onto The Plain. Take the next right into Longwall St, which becomes St Cross

Rd. The Parks entrance (South Lodge) is straight on at the 90 degree left turn where the road becomes South Parks Rd.

From M40 North

Exit at J9 and take the 3rd exit (Oxford A34). After 6.3 miles take the exit for the A44, and at the roundabout take the 2nd exit (Oxford A44). At the next roundabout take the 3rd exit (A4144 Woodstock Road), then turn left on to B4495 (Moreton Road), turn right on to A4165 Banbury Road, and after about 1 mile turn left at the traffic light into Parks Rd. Bear right to continue along Parks Rd, and take the next left into South Parks Rd, and the Parks entrance (South Lodge) is on the left at the 90 degree right turn where the road becomes St Cross Rd.

If you cannot park in the small car park at South Lodge you may find it easier to park near one of the other entrances. There are also 2 entrances on the west side of the park: on Parks Road at the junction with Keble Rd, and on Parks Road adjacent to Norham Gardens; and on the north side at the end of Norham Gardens.

The pitch itself is in the centre of the Parks; the Pavilion is visible from most entrances.

For more details see www.parks.ox.ac.uk

Captain: Michael Davis 07824 517983 (M) michael.davis@balliol.ox.ac.uk

Secretary: Stephen Gaw 07795 058303 (M) stephen.gaw@balliol.ox.ac.uk

Penarth

Ground: Penarth Athletic Ground, Lavernock Road, Penarth CF64 3NZ

Directions: From M4 take Jct 33 onto the A4232 (Barry and Penarth). Leave at the third exit, and take the A4055 (Barry and Penarth). Go across large roundabout, through next traffic lights, and bear left at the traffic lights onto B4267 (Sully Rd). Go through 2 sets of traffic lights, and just ahead you'll see the houses on the left set back from the road with the Post Box on the entrance to the lane into the ground.

Captain: Ceri Hill 07976 826073 (M) cez100@msn.com

Secretary: Michael Vodden mvodden@yahoo.com

Portsmouth University

Ground: Langstone Campus, Furze Lane, off Locksway Road, Portsmouth PO4 8LW

Directions: Take the A2030 Eastern Road into Portsmouth (signed 'Portsmouth East') whether approaching from the east (A3(M)/A27) or the west (M27). NB if approaching from M27 ignore junction signed to M275.

Continue along the A2030 through several sets of traffic lights to the junction by Liningtons Renault Garage. Turn left along Milton Road keeping in the left lane. After the zebra crossing take the fourth road left into Locksway Road just before the next set of traffic lights. Continue along Locksway Road and turn left into Furze Lane.

President: Ken Li 07739 072673 (M) phb50579@myport.ac.uk

Club Captain: James Pinkerton 07966 949744 (M) james_pinkerton@hotmail.co.uk

1st Team Captain: Chris Willson 07927 657077 (M) chris.willson@tiscali.co.uk

2nd Team Captain: Chris Starkey 07917 108424 (M) mde70187@port.ac.uk

Purley

Ground: Warlingham RFC, Limpsfield Road, Hamsey Green, Warlingham, Surrey CR6 9RB
Tel: 01883 622825

Directions: **From M25** Jct 6 head north on the A22 towards Caterham. At the first roundabout take the 4th exit into Succomb's Hill (there is a 6' 6" width restriction, so wide loads will need to seek an alternate route). When you reach the top turn right at the T junction into Westhall Road. At the shops round the Green in Warlingham turn left into the B269 towards Croydon, and the ground is after 1/2 mile on the left, 30 yds past the bus stop.

From Croydon

Head south on the A235 Brighton Road towards Purley. At the Red Dear pub bear left onto the B269 towards Sanderstead. At the next roundabout take the 2nd exit to continue on the B269 (Limpsfield Road), signed Hamsey Green. After about 1 1/4 miles you will see The Good Companions Pub on the right, and the ground is on the right after about 400 yds - there's a sign on the left just before the ground.

By Public Transport

Take the train to Sanderstead from London Victoria (every 30 minutes, journey time 21 minutes).

Then take the number 403 bus towards Warlingham Sainsbury's (every 12 minutes, journey time 15 minutes), and get off at the Warlingham, Verdayne Gardens stop. The ground is 100 yards back up the road, on the opposite side.

The 403 runs from West Croydon Bus Station, calling at Fairfield Halls, Swan & Sugar Loaf, Sanderstead Station, Sanderstead Church and Warlingham Green.

Captain:

Andy Davies 07530 041429 (M) captain@purleylax.co.uk

Vice-Captain:

Hamish Dickson 07817 541139 (M) vice-captain@purleylax.co.uk

Fixtures Secretary:

Hamish Dickson 07817 541139 (M) fixtures@purleylax.co.uk

Secretary:

Roger (Gus) Govus 01322 862 405 (H) secretary@purleylax.co.uk

RAF Marham

Ground:

RAF Marham, King's Lynn, Norfolk PE33 9NP

Tel: 01760 337261

Note: IMPORTANT

Send a list of the players' and visitors' names and their car registrations to the Secretary about **a week in advance to get clearance.**

All visitors must bring either a **passport or photo id**, and are required to go to the main guardroom and ask for them to contact the lacrosse team.

Directions:

From the A10 head East on the A1122 at Downham Market, and from there RAF Marham is signposted. Follow the signs for the guardroom, and ask for them to contact the lacrosse team.

Captain & Secretary:

James Hodgson (Hodge) 07515 653520 (M) jameshodgson105@yahoo.com

Reading Wildcats

Ground:

Prudential Ibis Sports Club, Scours Lane, Tilehurst, Reading RG30 6AY

Tel: 0118 942 4130

Directions:

From M4

Exit at Jct 12, and take the A4 towards Reading - Proceed straight over the first two roundabouts - At the traffic lights, turn left towards Tilehurst, up Langley Hill crossing all the roundabouts - Turn Right at the first set of traffic lights into Norcot Road - On reaching the bottom of the hill, take the first exit at the roundabout left towards Oxford and Pangbourne (A329) - Turn immediately right into Scours Lane - Go under the Railway Bridge and turn right - Go between the 2 pillars and up the drive which leads you to the Prudential Ibis Club.

From Reading

Head West out of Reading centre on the A329 Oxford Road towards Pangbourne

- Eventually you'll hit a roundabout with a Pizza Hut on it - Go straight on at this

roundabout (still towards Pangbourne) - Turn immediately right into Scours Lane - Go under the Railway Bridge and turn right

From Oxford

Proceed towards Reading on the A329. Pass a large Waitrose and just before the Tilehurst roundabout turn left into Scours Lane, under the railway bridge and turn right.

Match Secretary: Trevor Rogers 0118 946 1688 (H) 07892 938139 (M) throgers@hotmail.co.uk
1st Team Captain: Paul Milner 07709 121307 (M) milnerpaul@hotmail.com
2nd Team Captain: Ash Smith 07720 989062 (M) ashsmith@gmail.com
3rd Team Captain: Phil Garthside 07921 487289 (M) phil.garthside@btopenworld.com
Secretary: Dave Maycock 07766 104698 (M) djmaycock@hotmail.com

Royal Holloway

Ground: Royal Holloway Sports Centre, Prune Hill, Egham, Surrey TW20 0EX
Directions: From M25 take J13 and head for Egham A30. Follow signs for Royal Holloway University of London along the A30, passing the Ferrari garage and BP station going up Egham Hill. Ignore the main entrance for the University, and continue to a set of lights. At the lights turn left into Bakeham Lane (University should now be on the left hand side). After about 300 meters the road will fork. Turn left here into Prune Hill, and follow this small road until just at the bottom there is a left turn into the Sports Centre.
Captain: Jonathan Burch jakkburch@hotmail.co.uk
Secretary: Kirsty Skinner kirsty.skinner@hotmail.co.uk

Royal Military Academy, Sandhurst

Ground: The Royal Military Academy Sandhurst, Camberley, Surrey GU15 4PQ
Directions: From M4: Jct 10 to A329M to Basingstoke, Follow A322 through Basingstoke to Bagshot and pick up the A30 to Camberley. At Camberley come to a set of traffic lights with 'The Staff' public house on the left. RMAS is on the right immediately after the lights.

From M3: Jct 4 to A3095 Camberley. At roundabout follow A30 Camberley (London Road). This takes you along the southern boundary of RMAS. The entrance is about 1.5 miles along, immediately before the war memorial but it is set back and not easy to spot. (If you reach a set of traffic lights with 'The Staff' pub on your right, you have gone too far. Do not attempt to back track through the town centre, you will get snarled up in the One Way system. Go on to the next lights and turn right at 'The Cambridge' pub. There are plenty of places to turn down this road.)

Security All civilian visitors must be cleared into RMAS and details (Name and vehicle registrations) must be provided at least 48 hours prior to matches either by Fax to 01276 412249 (For the attention of Major A M Hart) or by e-mail to leadership@rmas.mod.uk. Passes and detailed RV directions will be available at the gate on entry.

Southampton Tridents

Ground: Wide Lane Sports Grounds, Wide Lane, Eastleigh, Hampshire SO50 5PE
Note: Please bring moulded cleats as screw-ins are not allowed!!!

Games are played on the rubber crumb pitch. This synthetic surface, unlike Astro turf allows the use of moulded studs. In practice, trainers are perfectly acceptable for play (untested on wet surface) so hopefully this will not cause anyone undue distress.

Allowed: Football boots with moulded studs or moulded 'blades', Lacrosse cleats, Astro turf boots, trainers

Not allowed: Long screw in studs, rugby boots

Directions: From M27 Jct 5 take the A335 towards Eastleigh (signposted Airport). At the roundabout take the first left into Wide Lane. The University Sports Grounds can be found on the left 180 metres from the roundabout, 50 metres past the entrance to the Parkway Railway Station and just beyond the pelican crossing.

1st Team Captain: Andrew Pelly 07801 546831 (M) ap28g10@soton.ac.uk
1st Team Captain: Lewis Anderson 07899 932213 (M) la4g10@soton.ac.uk

Secretary: Sam Hall 07962 181226 (M) srh1v07@soton.ac.uk

Southampton City

Ground: Cantell College, Violet Road, Southampton SO16 3GJ
Note: Pitch is astroturf so bring appropriate footwear

Directions: **From M3** Exit at Jct 14 towards Southampton onto the A33. Continue straight over the roundabout on the A33, then after 0.4 miles turn left into Glen Eyre Road. After 0.4 miles turn left at the mini roundabout into Violet Road, and Cantell College is on your left.

From M27 Exit at Jct 5 towards Southampton City onto the A335 (Stoneham Way). After about half a mile you pass under a footbridge. At the next junction continue straight on as the road becomes the A35 (the A335 filters left here). Continue over the next junction, then get in the right hand lane and filter right at the McDonalds into A35 Burgess Road (signposted University). After just over half a mile turn right at the traffic lights into Violet Road. The Cantell College is on your right after the crossroads.

Do not get off the M27 at any junction except number 5 even if your satnav says so, as it will be a longer journey through bad traffic areas!

Captain: Matt Watson 07739 463884 (M) mattwakes@hotmail.com

Secretary: Mathew Leslie 07841 533752 (M) mat.leslie@gmail.com

Spencer

Ground: The Spencer Sports Club, Fieldview, Wandsworth, London SW18 3HF
Note: Spencer 2nd & 3rd team games will be played at King George's Park.

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!

Ground: King George's Park, Burr Road, Earlsfield, London SW18 4LY

Note: Car parking is available at this venue. Changing facilities are available but are primitive. We'll go back to the Spencer Club, 5 mins drive away, for post-game food/drinks.

Directions: The ground is under 10 minutes walk from Earlsfield Station (see above for more details) or Southfields tube (District Line).

From Earlsfield: Right out of the station into Garrett Lane. After about 1/3 mile turn left into Lydden Rd. At the end of the road continue straight across the footbridge over the Wandle River, and the changing rooms are directly in front of you.

From Southfields: Left out of the station and cross road into Pirbright Road, follow to end and cross into Burr Road.

If driving Burr Road can be accessed either directly from the A218 Merton Road, or from the A217 Garratt Lane via Kimber Rd and left into Burr Rd.

Match Secretary: Robert Gooch 01908 214704 (H) 07867 505873 (M) robert.gooch@gmail.com

1st Team Captain: Liam McCreavy 07985 569480 (M) mcgreavy6@hotmail.com

1st Team Vice-Captain: Rob Arnott 07786 414943 (M) rob.arnott@fd.com

2nd Team Captain: Josh Puddle 07900 224714 (M) joshua.puddle@gmail.com

2nd Team Vice-Captain: Nick Flew 07824 391182 (M) nick.flew@hotmail.co.uk

3rd Team Captain: Gavin Park 07955 963174 (M) gavpark7@yahoo.co.uk

3rd Team Vice-Captain: Colin Byrne 07768 165862 (M) colinbyrne@aol.com

Secretary: Fred Snowball 07791 606035 (M) fredsnowball@hotmail.com

Swansea Hawks

Ground: The Phoenix, Paradise Park, Powys Avenue, Townhill, Swansea SA1 6PJ
Note: Pitch is astroturf so bring appropriate footwear

Directions: From M4 Jct 42, exit onto A483 towards Swansea - Go through 1 roundabout 4.6 mi - Continue on A4067/Quay Parade 0.3 mi - Turn right at B4489/Wind St Continue to follow B4489 0.3 mi - Turn left at College St 233 ft - At the roundabout, take the 2nd exit onto Belle Vue Way 0.1 mi - Turn left at A4118/Grove Pl 243 ft - Turn right at Grove Pl 36 ft - Continue on Mt Pleasant 0.3 mi - Mt Pleasant turns slightly left and becomes Terrace Rd 0.2 mi - Continue on Penygraig Rd 0.3 mi - Turn left at Dyfed Ave 0.3 mi - At the roundabout, take the 4th exit into the Phoenix Centre.

Avoiding central Swansea

From M4 Jct 42, exit onto A483 towards Swansea - Follow the dual carriageway for 4.5 miles - As you approach Swansea you will cross a bridge - Continue straight on to the A4067 signed City Centre West and Gower - after 2 miles you will pass the University on your right hand side - take the next right onto the A4216 towards Carmarthen - keep following this road for 1.5 miles until you reach two adjacent mini roundabouts - At the first mini roundabout turn left signposted Llanelli (A4216), and at the second take the second exit into Townhill Rd - Continue up the hill, and at the next roundabout take the 3rd exit into Powys Ave - at the next roundabout take the 1st exit into the Phoenix Centre.

Captain: Chris Webborn 07545 010385 (M) chris_to_fari16@hotmail.com
Secretary: Aaron Marenske 07788 247591 (M) acm_marenske@hotmail.co.uk

Walcourtian Blues

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

Directions: From M25 exit at Jct 8 onto the A217, heading North towards London. 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 the A2022 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.

1st Team Captain: David Howie 07877 751679 (M) dthowie@gmail.com
1st Team Vice-Captain: Tom Fewson 07904 943538 (M) tfewson@gmail.com
2nd Team Captain: Paul Clayton 07949 473759 (M) theothermanfromuncle@hotmail.com
2nd Team Vice-Captain: Ian Wakeford 07814 175466 (M)
3rd Team Captain: John Wigmore 07721 503168 (M) johnwigmore@hotmail.com
Secretary: Natalie Davis fudgecake1985@hotmail.com

Warwick University

Ground: Cryfield Sports Pitches, Warwick University, Gibbet Hill Road, Coventry CV4 7AL

Directions: **From the North**
From the M69/M6 interchange (M6 Jct 2) take A46 towards Warwick and Coventry S & E. - After approximately 3.5 miles you will reach Tollbar End roundabout (junction with A45). At the roundabout, follow signs for A45 Birmingham. - After approximately 3 miles turn left onto the A429 (Kenilworth Road) - After 1.2 miles turn right at the traffic light onto Gibbet Hill Road - At the first roundabout take the first exit up an access road to the pavilion.

From the South

From M40 Jct 15 take A46 towards Coventry - After approximately 8 miles turn left at junction signposted 'University of Warwick and Stoneleigh' - After a further 1.5 miles you will cross the A429 (Kenilworth Road). At the first roundabout take the first exit up an access road to the pavilion.

From the South East

From M1 Jct 17 take the M45. At Jct 1 take A45 towards Coventry - After approximately 7 miles you will reach Tollbar End roundabout (junction with A46) follow signs for A45 Birmingham - Now follow directions as for arriving from the North

From the West

From M42 Jct 6 take A45 towards Coventry - After approximately 9 miles you will pass a large Sainsbury's store on your left. At the next roundabout (Fire Station on right) take the right-hand exit, signposted 'University and Canley' - Follow signs for University of Warwick (and Warwick Arts Centre) across two roundabouts - At the next roundabout take the first exit into Gibbet Hill Road - Go across the next roundabout - At the next roundabout take the third exit up an access road to the pavilion.

Captain: Simon Alfred 07584 414516 (M) simonpaulalfred@gmail.com
Secretary: Matt Jones 07707 891740 (M) Matthew.W.Jones@warwick.ac.uk

Welwyn Warriors

Ground: Monk's Walk School, Knightsfield, Welwyn Garden City, Hertfordshire AL8 7NL

Note: Most men's games will be played here, and **start at 1:30pm.**

Directions: **From the South** Exit A1(M) Jct 6, and at roundabout take the 2nd exit onto the A1000 to Welwyn Garden City. At the next roundabout take the 3rd exit to continue on the A1000. Got through the next roundabout, and follow directions as from the North.

From the North Exit A1(M) Jct 6, and at roundabout take the 1st exit for A1000 heading to Welwyn Garden City.

At the next roundabout, take the 2nd exit to continue on the A1000. Take the 2nd right into Knightsfield (signed Monk's Walk School), and the School is on the right in just over 1/3 mile.

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

Note: Possibly used for some men's games.

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.

Chairperson: Steve Groves 07725 973753 (M) 01727 760329 (H) steve.groves1@ntlworld.com
1st Team Captain: Dan Reid 07425 178534 (M) danr84@hotmail.com
2nd Team Captain: Steve Groves 07725 973753 (M) 01727 760329 (H) steve.groves1@ntlworld.com
3rd Team Captain: Andrew Abbey 07801 794959 (M) andrew.abbey@scottishwidows.co.uk

FIXTURES LEAGUE NORTH

All games start at 2pm unless specified.

24 Sep 2011

Prem 1

Boardman & Eccles	v	Timperley
Cheadle	v	Heaton Mersey
Manchester Wacs	v	Rochdale
Sheffield Steelers	v	Stockport

Prem 2

Brooklands	v	Mellor
Norbury	v	Stopfordians
Nottingham	v	Newcastle

Prem 3

Ashton	v	Oldham
Hull	v	Cheadle Hulme

North 1

Heaton Mersey A	v	Cheadle A
Mellor A	v	Sheffield Steelers A
Rochdale A	v	Manchester Wacs A
Stockport A	v	Boardman & Eccles A
Timperley A	v	Brooklands A

North 2

Heaton Mersey B	v	Brooklands Ex A
Mellor B	v	Poynton A
Stockport B	v	Wilmslow A
Timperley B	v	Cheadle B

North 3

Boardman & Eccles B	v	Timperley C
Brooklands B	v	Ashton A
Cheadle Hulme A	v	Heaton Mersey C
Rochdale B	v	Norbury A

1 Oct 2011

Prem 1

Heaton Mersey	v	Boardman & Eccles
Rochdale	v	Cheadle
Sheffield University	v	Sheffield Steelers
Stockport	v	Manchester Wacs
Timperley	v	Wilmslow

Prem 2

Liverpool	v	Nottingham
Mellor	v	Norbury
Newcastle	v	Brooklands
Stopfordians	v	Poynton

Prem 3

Cheadle Hulme	v	Chester
Oldham	v	Hull

North 1

Boardman & Eccles A	v	Timperley A
Brooklands A	v	Heaton Mersey A

Cheadle A	v	Rochdale A
Manchester Wacs A	v	Mellor A
Sheffield Steelers A	v	Stockport A

North 2

Brooklands Ex A	v	Manchester Wacs B
Cheadle B	v	Mellor B
Poynton A	v	Heaton Mersey B
Wilmslow A	v	Timperley B

North 3

Ashton A	v	Poynton B
Heaton Mersey C	v	Brooklands B
Norbury A	v	Cheadle Hulme A
Timperley C	v	Rochdale B

8 Oct 2011

Prem 1

Boardman & Eccles	v	Rochdale
Cheadle	v	Stockport
Manchester Wacs	v	Sheffield Steelers
Timperley	v	Sheffield University
Wilmslow	v	Heaton Mersey

Prem 2

Brooklands	v	Liverpool
Newcastle	v	Mellor
Poynton	v	Norbury

Prem 3

Chester	v	Hull
Heaton Mersey Guild	v	Cheadle Hulme

North 1

Heaton Mersey A	v	Timperley A
Mellor A	v	Cheadle A
Rochdale A	v	Brooklands A
Sheffield Steelers A	v	Boardman & Eccles A
Stockport A	v	Manchester Wacs A

North 2

Heaton Mersey B	v	Cheadle B
Manchester Wacs B	v	Poynton A
Mellor B	v	Wilmslow A
Timperley B	v	Stockport B

North 3

Boardman & Eccles B	v	Ashton A
Cheadle Hulme A	v	Timperley C
Norbury A	v	Heaton Mersey C
Poynton B	v	Brooklands B

15 Oct 2011

Prem 1

Heaton Mersey	v	Timperley
Rochdale	v	Wilmslow
Sheffield Steelers	v	Cheadle

Sheffield University v Manchester Wacs
Stockport v Boardman & Eccles

Prem 2

Liverpool v Newcastle
Mellor v Poynton
Stopfordians v Nottingham

Prem 3

Cheadle Hulme v Leeds
Hull v Heaton Mersey Guild
Oldham v Chester

North 1

Boardman & Eccles A v Heaton Mersey A
Brooklands A v Mellor A
Cheadle A v Stockport A
Manchester Wacs A v Sheffield Steelers A
Timperley A v Rochdale A

North 2

Cheadle B v Manchester Wacs B
Poynton A v Brooklands Ex A
Stockport B v Mellor B
Wilmslow A v Heaton Mersey B

North 3

Ashton A v Rochdale B
Brooklands B v Boardman & Eccles B
Heaton Mersey C v Poynton B
Timperley C v Norbury A

22 Oct 2011

Prem 1

Boardman & Eccles v Sheffield Steelers
Cheadle v Manchester Wacs
Heaton Mersey v Sheffield University
Timperley v Rochdale
Wilmslow v Stockport

Prem 2

Brooklands v Stopfordians
Liverpool v Mellor
Nottingham v Norbury

Prem 3

Ashton v Cheadle Hulme
Heaton Mersey Guild v Chester
Leeds v Hull

North 1

Manchester Wacs A v Boardman & Eccles A
Mellor A v Timperley A
Rochdale A v Heaton Mersey A
Sheffield Steelers A v Cheadle A
Stockport A v Brooklands A

North 2

Brooklands Ex A v Cheadle B
Heaton Mersey B v Stockport B

Manchester Wacs B v Wilmslow A
Mellor B v Timperley B

North 3

Boardman & Eccles B v Poynton B
Cheadle Hulme A v Ashton A
Rochdale B v Brooklands B
Timperley C v Heaton Mersey C

29 Oct 2011

Prem 1

Manchester Wacs v Boardman & Eccles
Rochdale v Heaton Mersey
Sheffield Steelers v Wilmslow
Sheffield University v Cheadle
Stockport v Timperley

Prem 2

Norbury v Brooklands
Poynton v Nottingham
Stopfordians v Newcastle

Prem 3

Chester v Leeds
Hull v Ashton
Oldham v Heaton Mersey Guild

North 1

Boardman & Eccles A v Rochdale A
Brooklands A v Sheffield Steelers A
Cheadle A v Manchester Wacs A
Heaton Mersey A v Mellor A
Timperley A v Stockport A

North 2

Cheadle B v Poynton A
Stockport B v Manchester Wacs B
Timperley B v Heaton Mersey B
Wilmslow A v Brooklands Ex A

North 3

Ashton A v Norbury A
Brooklands B v Cheadle Hulme A
Heaton Mersey C v Boardman & Eccles B
Poynton B v Rochdale B

5 Nov 2011

Prem 1

Boardman & Eccles v Cheadle
Heaton Mersey v Stockport
Rochdale v Sheffield University
Timperley v Sheffield Steelers
Wilmslow v Manchester Wacs

Prem 2

Brooklands v Poynton
Liverpool v Stopfordians
Newcastle v Norbury

Prem 3

Ashton v Chester
Leeds v Heaton Mersey Guild

North 1

Cheadle A v Boardman & Eccles A
Manchester Wacs A v Brooklands A
Mellor A v Rochdale A
Sheffield Steelers A v Timperley A
Stockport A v Heaton Mersey A

North 2

Brooklands Ex A v Stockport B
Heaton Mersey B v Mellor B
Manchester Wacs B v Timperley B
Poynton A v Wilmslow A

North 3

Cheadle Hulme A v Poynton B
Norbury A v Brooklands B
Rochdale B v Boardman & Eccles B
Timperley C v Ashton A

12 Nov 2011

Prem 1

Cheadle v Wilmslow
Manchester Wacs v Timperley
Sheffield Steelers v Heaton Mersey
Sheffield University v Boardman & Eccles
Stockport v Rochdale

Prem 2

Mellor v Nottingham
Norbury v Liverpool
Poynton v Newcastle

Prem 3

Heaton Mersey Guild v Ashton
Oldham v Leeds

North 1

Boardman & Eccles A v Mellor A
Brooklands A v Cheadle A
Heaton Mersey A v Sheffield Steelers A
Rochdale A v Stockport A
Timperley A v Manchester Wacs A

North 2

Mellor B v Manchester Wacs B
Stockport B v Poynton A
Timperley B v Brooklands Ex A
Wilmslow A v Cheadle B

North 3

Boardman & Eccles B v Cheadle Hulme A
Brooklands B v Timperley C
Heaton Mersey C v Rochdale B
Poynton B v Norbury A

19 Nov 2011

Prem 1

Heaton Mersey v Manchester Wacs
Rochdale v Sheffield Steelers
Sheffield University v Stockport
Timperley v Cheadle
Wilmslow v Boardman & Eccles

Prem 2

Brooklands v Nottingham
Liverpool v Poynton
Mellor v Stopfordians

Prem 3

Ashton v Leeds
Oldham v Cheadle Hulme

North 1

Boardman & Eccles A v Brooklands A
Cheadle A v Timperley A
Manchester Wacs A v Heaton Mersey A
Sheffield Steelers A v Rochdale A
Stockport A v Mellor A

North 2

Brooklands Ex A v Mellor B
Cheadle B v Stockport B
Manchester Wacs B v Heaton Mersey B
Poynton A v Timperley B

North 3

Cheadle Hulme A v Rochdale B
Heaton Mersey C v Ashton A
Norbury A v Boardman & Eccles B
Timperley C v Poynton B

26 Nov 2011

Prem 1

Heaton Mersey v Cheadle
Rochdale v Manchester Wacs
Sheffield University v Wilmslow
Stockport v Sheffield Steelers
Timperley v Boardman & Eccles

North 1

Boardman & Eccles A v Stockport A
Brooklands A v Timperley A
Cheadle A v Heaton Mersey A
Manchester Wacs A v Rochdale A
Sheffield Steelers A v Mellor A

North 2

Brooklands Ex A v Heaton Mersey B
Cheadle B v Timperley B
Poynton A v Mellor B
Wilmslow A v Stockport B

North 3

Ashton A	v Brooklands B
Heaton Mersey C	v Cheadle Hulme A
Norbury A	v Rochdale B
Timperley C	v Boardman & Eccles B

3 Dec 2011

Prem 1

Boardman & Eccles	v Heaton Mersey
Cheadle	v Rochdale
Manchester Wacs	v Stockport
Sheffield Steelers	v Sheffield University
Wilmslow	v Timperley

Prem 2

Brooklands	v Newcastle
Norbury	v Mellor
Nottingham	v Liverpool
Poynton	v Stopfordians

Prem 3

Chester	v Cheadle Hulme
Hull	v Oldham

North 1

Heaton Mersey A	v Brooklands A
Mellor A	v Manchester Wacs A
Rochdale A	v Cheadle A
Stockport A	v Sheffield Steelers A
Timperley A	v Boardman & Eccles A

North 2

Heaton Mersey B	v Poynton A
Manchester Wacs B	v Brooklands Ex A
Mellor B	v Cheadle B
Timperley B	v Wilmslow A

North 3

Brooklands B	v Heaton Mersey C
Cheadle Hulme A	v Norbury A
Poynton B	v Ashton A
Rochdale B	v Timperley C

10 Dec 2011

Prem 1

Heaton Mersey	v Wilmslow
Rochdale	v Boardman & Eccles
Sheffield Steelers	v Manchester Wacs
Sheffield University	v Timperley
Stockport	v Cheadle

Prem 2

Liverpool	v Brooklands
Mellor	v Newcastle
Norbury	v Poynton

Prem 3

Cheadle Hulme	v Heaton Mersey Guild
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Hull

v Chester

North 1

Boardman & Eccles A	v Sheffield Steelers A
Brooklands A	v Rochdale A
Cheadle A	v Mellor A
Manchester Wacs A	v Stockport A
Timperley A	v Heaton Mersey A

North 2

Cheadle B	v Heaton Mersey B
Poynton A	v Manchester Wacs B
Stockport B	v Timperley B
Wilmslow A	v Mellor B

North 3

Ashton A	v Boardman & Eccles B
Brooklands B	v Poynton B
Heaton Mersey C	v Norbury A
Timperley C	v Cheadle Hulme A

17 Dec 2011

Prem 1

Boardman & Eccles	v Stockport
Cheadle	v Sheffield Steelers
Manchester Wacs	v Sheffield University
Timperley	v Heaton Mersey
Wilmslow	v Rochdale

Prem 2

Newcastle	v Liverpool
Nottingham	v Stopfordians
Poynton	v Mellor

Prem 3

Chester	v Oldham
Heaton Mersey Guild	v Hull
Leeds	v Cheadle Hulme

North 1

Heaton Mersey A	v Boardman & Eccles A
Mellor A	v Brooklands A
Rochdale A	v Timperley A
Sheffield Steelers A	v Manchester Wacs A
Stockport A	v Cheadle A

North 2

Brooklands Ex A	v Poynton A
Heaton Mersey B	v Wilmslow A
Manchester Wacs B	v Cheadle B
Mellor B	v Stockport B

North 3

Boardman & Eccles B	v Brooklands B
Norbury A	v Timperley C
Poynton B	v Heaton Mersey C
Rochdale B	v Ashton A

14 Jan 2012

Prem 1

Manchester Wacs v Cheadle
Rochdale v Timperley
Sheffield Steelers v Boardman & Eccles
Sheffield University v Heaton Mersey
Stockport v Wilmslow

Prem 2

Mellor v Liverpool
Norbury v Nottingham
Stopfordians v Brooklands

Prem 3

Cheadle Hulme v Ashton
Chester v Heaton Mersey Guild
Hull v Leeds

North 1

Boardman & Eccles A v Manchester Wacs A
Brooklands A v Stockport A
Cheadle A v Sheffield Steelers A
Heaton Mersey A v Rochdale A
Timperley A v Mellor A

North 2

Cheadle B v Brooklands Ex A
Stockport B v Heaton Mersey B
Timperley B v Mellor B
Wilmslow A v Manchester Wacs B

North 3

Ashton A v Cheadle Hulme A
Brooklands B v Rochdale B
Heaton Mersey C v Timperley C
Poynton B v Boardman & Eccles B

21 Jan 2012

Prem 1

Boardman & Eccles v Manchester Wacs
Cheadle v Sheffield University
Heaton Mersey v Rochdale
Timperley v Stockport
Wilmslow v Sheffield Steelers

Prem 2

Brooklands v Norbury
Newcastle v Stopfordians
Nottingham v Poynton

Prem 3

Ashton v Hull
Heaton Mersey Guild v Oldham
Leeds v Chester

North 1

Manchester Wacs A v Cheadle A
Mellor A v Heaton Mersey A

Rochdale A v Boardman & Eccles A
Sheffield Steelers A v Brooklands A
Stockport A v Timperley A

North 2

Brooklands Ex A v Wilmslow A
Heaton Mersey B v Timperley B
Manchester Wacs B v Stockport B
Poynton A v Cheadle B

North 3

Boardman & Eccles B v Heaton Mersey C
Cheadle Hulme A v Brooklands B
Norbury A v Ashton A
Rochdale B v Poynton B

11 Feb 2012

Prem 1

Cheadle v Boardman & Eccles
Manchester Wacs v Wilmslow
Sheffield Steelers v Timperley
Sheffield University v Rochdale
Stockport v Heaton Mersey

Prem 2

Norbury v Newcastle
Poynton v Brooklands
Stopfordians v Liverpool

Prem 3

Chester v Ashton
Heaton Mersey Guild v Leeds

North 1

Boardman & Eccles A v Cheadle A
Brooklands A v Manchester Wacs A
Heaton Mersey A v Stockport A
Rochdale A v Mellor A
Timperley A v Sheffield Steelers A

North 2

Mellor B v Heaton Mersey B
Stockport B v Brooklands Ex A
Timperley B v Manchester Wacs B
Wilmslow A v Poynton A

North 3

Ashton A v Timperley C
Boardman & Eccles B v Rochdale B
Brooklands B v Norbury A
Poynton B v Cheadle Hulme A

25 Feb 2012

Prem 1

Boardman & Eccles v Sheffield University
Heaton Mersey v Sheffield Steelers
Rochdale v Stockport
Timperley v Manchester Wacs
Wilmslow v Cheadle

Prem 2

Liverpool v Norbury
 Newcastle v Poynton
 Nottingham v Mellor

Prem 3

Ashton v Heaton Mersey Guild
 Leeds v Oldham

North 1

Cheadle A v Brooklands A
 Manchester Wacs A v Timperley A
 Mellor A v Boardman & Eccles A
 Sheffield Steelers A v Heaton Mersey A
 Stockport A v Rochdale A

North 2

Brooklands Ex A v Timperley B
 Cheadle B v Wilmslow A
 Manchester Wacs B v Mellor B
 Poynton A v Stockport B

North 3

Cheadle Hulme A v Boardman & Eccles B
 Norbury A v Poynton B
 Rochdale B v Heaton Mersey C
 Timperley C v Brooklands B

3 Mar 2012

Prem 1

Boardman & Eccles v Wilmslow
 Cheadle v Timperley
 Manchester Wacs v Heaton Mersey
 Sheffield Steelers v Rochdale
 Stockport v Sheffield University

Prem 2

Nottingham v Brooklands
 Poynton v Liverpool
 Stopfordians v Mellor

Prem 3

Cheadle Hulme v Oldham
 Leeds v Ashton

North 1

Brooklands A v Boardman & Eccles A
 Heaton Mersey A v Manchester Wacs A
 Mellor A v Stockport A
 Rochdale A v Sheffield Steelers A

North 2

Heaton Mersey B v Manchester Wacs B
 Mellor B v Brooklands Ex A
 Stockport B v Cheadle B

North 3

Ashton A v Heaton Mersey C
 Boardman & Eccles B v Norbury A

Poynton B

v Timperley C

10 Mar 2012

Prem 2

Mellor v Brooklands
 Newcastle v Nottingham

Prem 3

Cheadle Hulme v Hull

FIXTURES LEAGUE SOUTH

All games start at 2pm unless specified.

1 Oct 2011

Premier

Hampstead	v	Welwyn Warriors
Purley	v	Hillcroft
Reading Wildcats	v	Cardiff Harlequins
Spencer	v	Bristol Bombers
Walcourtian Blues	v	Hitchin

East 1

Buckhurst Hill	v	Croydon
East Grinstead	v	Reading Wildcats 2
Walcourtian Blues 2	v	Colchester
Welwyn Warriors 2	1:30pm	Spencer 2

East 2

East Grinstead A	v	Maidstone Red Wolves
Epsom	v	Oxford Univ.
Northampton Town	v	Hillcroft A
Spencer 3	v	Canterbury

East 3

Hitchin A	v	Reading Wildcats 3
Norwich	v	Walcourtian Blues 3
RAF Marham	v	Chichester Crusaders
Welwyn Warriors 3	1:30pm	Royal Holloway

West 1

Bristol Bombers 2	v	Cardiff Harlequins A
Penarth	v	Bath
Portsmouth Univ.	v	Warwick Univ.

West 2

Bath 2	v	Portsmouth Univ. 2
Cheltenham Cougars	v	Aberystwyth Univ.
Exeter Univ.	v	Southampton Tridents

8 Oct 2011

Premier

Bristol Bombers	v	Reading Wildcats
Cardiff Harlequins	v	Purley
Hillcroft	v	Walcourtian Blues
Hitchin	v	Hampstead
Welwyn Warriors	1:30pm	Spencer

East 1

Colchester	v	Brighton Panthers
Croydon	v	Walcourtian Blues 2
East Grinstead	v	Buckhurst Hill
Reading Wildcats 2	v	Welwyn Warriors 2
Spencer 2	v	Cambridge Univ.

East 2

Canterbury	v	Northampton Town
Hillcroft A	v	London Univ.
Maidstone Red Wolves	v	Spencer 3

Oxford Univ.	v	East Grinstead A
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East 3

Royal Holloway	v	Reading Wildcats 3
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West 2

Swansea Hawks	v	Bournemouth Univ.
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15 Oct 2011

Premier

Hillcroft	v	Hitchin
Purley	v	Bristol Bombers
Reading Wildcats	v	Welwyn Warriors
Spencer	v	Hampstead
Walcourtian Blues	v	Cardiff Harlequins

East 1

Brighton Panthers	v	Croydon
Cambridge Univ.	v	Reading Wildcats 2
Spencer 2	v	East Grinstead
Walcourtian Blues 2	v	Buckhurst Hill
Welwyn Warriors 2	1:30pm	Colchester

East 2

East Grinstead A	v	Epsom
London Univ.	1:00pm	Canterbury
Northampton Town	v	Maidstone Red Wolves
Oxford Univ.	v	Spencer 3

East 3

Chichester Crusaders	v	Welwyn Warriors 3
Norwich	v	Hitchin A
Reading Wildcats 3	v	Walcourtian Blues 3
Royal Holloway	v	RAF Marham

West 1

Bath	v	Bristol Bombers 2
Birmingham City	v	Portsmouth Univ.
Cardiff Harlequins A	v	Penarth
Warwick Univ.	v	Southampton City

West 2

Aberystwyth Univ.	v	Bath 2
Bournemouth Univ.	v	Exeter Univ.
Portsmouth Univ. 2	v	Cheltenham Cougars
Southampton Tridents	v	Swansea Hawks

16 Oct 2011

West 2

Portsmouth Univ. 2	v	Swansea Hawks
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22 Oct 2011

East 1

Brighton Panthers	v	Colchester
Cambridge Univ.	v	East Grinstead

West 1

Southampton City	v	Birmingham City
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Snr Flags Prelims

Cardiff Harlequins	v	Bristol Bombers
Welwyn Warriors	1:30pm	Hampstead

Int Flags Prelims

Bath	v	Cardiff Harlequins A
Reading Wildcats 2	v	Welwyn Warriors 2

Mnr Flags Prelims

Bath 2	v	Maidstone Red Wolves
Canterbury	v	Aberystwyth Univ.
Epsom	v	Reading Wildcats 3
Hillcroft A	v	Chichester Crusaders
Hitchin A	v	Exeter Univ.
London Univ.	1:00pm	Northampton Town
Norwich	v	Bournemouth Univ.
Oxford Univ.	v	East Grinstead A
RAF Marham	v	Walcourtian Blues 3
Royal Holloway	v	Portsmouth Univ. 2
Southampton Tridents	v	Cheltenham Cougars
Spencer 3	v	RMAS
Welwyn Warriors 3	1:30pm	Swansea Hawks

29 Oct 2011

Premier

Bristol Bombers	v	Walcourtian Blues
Cardiff Harlequins	v	Hitchin
Hampstead	v	Hillcroft
Spencer	v	Reading Wildcats
Welwyn Warriors	1:30pm	Purley

East 1

Buckhurst Hill	v	Spencer 2
Colchester	v	Cambridge Univ.
Croydon	v	Welwyn Warriors 2
Reading Wildcats 2	v	East Grinstead
Walcourtian Blues 2	v	Brighton Panthers

East 2

East Grinstead A	v	Spencer 3
Epsom	v	Hillcroft A
Maidstone Red Wolves	v	London Univ.
Oxford Univ.	v	Northampton Town

East 3

Hitchin A	v	Chichester Crusaders
RAF Marham	v	Norwich
Walcourtian Blues 3	v	Royal Holloway
Welwyn Warriors 3	1:30pm	Reading Wildcats 3

5 Nov 2011

Premier

Hillcroft	v	Cardiff Harlequins
Hitchin	v	Bristol Bombers
Purley	v	Spencer

Reading Wildcats	v	Hampstead
Walcourtian Blues	v	Welwyn Warriors

East 1

Brighton Panthers	v	Buckhurst Hill
Cambridge Univ.	v	Croydon
East Grinstead	v	Colchester
Spencer 2	v	Reading Wildcats 2
Welwyn Warriors 2	1:30pm	Walcourtian Blues 2

East 2

Epsom	v	Spencer 3
Hillcroft A	v	Canterbury
London Univ.	1:00pm	Oxford Univ.
Northampton Town	v	East Grinstead A

East 3

Chichester Crusaders	v	Walcourtian Blues 3
Norwich	v	Welwyn Warriors 3
Reading Wildcats 3	v	RAF Marham
Royal Holloway	v	Hitchin A

West 1

Bristol Bombers 2	v	Warwick Univ.
Penarth	v	Birmingham City
Portsmouth Univ.	v	Bath
Southampton City	v	Cardiff Harlequins A

West 2

Bath 2	v	Bournemouth Univ.
Cheltenham Cougars	v	Southampton Tridents
Exeter Univ.	v	Portsmouth Univ. 2
Swansea Hawks	v	Aberystwyth Univ.

12 Nov 2011

Premier

Bristol Bombers	v	Hillcroft
Hampstead	v	Cardiff Harlequins
Reading Wildcats	v	Purley
Spencer	v	Walcourtian Blues
Welwyn Warriors	1:30pm	Hitchin

East 1

Brighton Panthers	v	Welwyn Warriors 2
Buckhurst Hill	v	Reading Wildcats 2
Colchester	v	Spencer 2
Croydon	v	East Grinstead
Walcourtian Blues 2	v	Cambridge Univ.

East 2

East Grinstead A	v	London Univ.
Epsom	v	Canterbury
Maidstone Red Wolves	v	Hillcroft A
Spencer 3	v	Northampton Town

East 3

Hitchin A	v	RAF Marham
Norwich	v	Chichester Crusaders
Welwyn Warriors 3	1:30pm	Walcourtian Blues 3

West 1

Bath	v	Southampton City
Birmingham City	v	Bristol Bombers 2
Cardiff Harlequins A	v	Portsmouth Univ.
Warwick Univ.	v	Penarth

West 2

Aberystwyth Univ.	v	Exeter Univ.
Bournemouth Univ.	v	Cheltenham Cougars
Portsmouth Univ. 2	v	Swansea Hawks
Southampton Tridents	v	Bath 2

19 Nov 2011

West 2

Portsmouth Univ. 2	v	Cheltenham Cougars
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Snr Flags R1

Hitchin	v	Bristol Bombers
Reading Wildcats	v	Purley
Spencer	v	Hampstead
Walcourtian Blues	v	Hillcroft

Int Flags R1

Bath	v	Penarth
Brighton Panthers	v	Walcourtian Blues 2
Bristol Bombers 2	v	Colchester
Buckhurst Hill	v	Birmingham City
East Grinstead	v	Croydon
Reading Wildcats 2	v	Warwick Univ.
Southampton City	v	Portsmouth Univ.
Spencer 2	v	Cambridge Univ.

Mnr Flags R1

Bath 2	v	East Grinstead A
Cheltenham Cougars	v	Bye
Epsom	v	Bye
Hillcroft A	v	Spencer 3
London Univ.	1:00pm	Exeter Univ.
Portsmouth Univ. 2	v	Bye
Walcourtian Blues 3	v	Norwich
Welwyn Warriors 3	1:30pm	Aberystwyth Univ.

Mnr Plate R1

Bournemouth Univ.	v	Bye
Bye	v	Canterbury
Maidstone Red Wolves	v	Oxford Univ.
Northampton Town	v	Hitchin A
Reading Wildcats 3	v	Bye
Royal Holloway	v	Bye
Southampton Tridents	v	Bye
Swansea Hawks	v	Chichester Crusaders

26 Nov 2011

Premier

Cardiff Harlequins	v	Bristol Bombers
Hillcroft	v	Welwyn Warriors
Hitchin	v	Spencer

Purley	v	Hampstead
Walcourtian Blues	v	Reading Wildcats

East 1

Cambridge Univ.	v	Brighton Panthers
East Grinstead	v	Walcourtian Blues 2
Reading Wildcats 2	v	Colchester
Spencer 2	v	Croydon
Welwyn Warriors 2	1:30pm	Buckhurst Hill

East 2

Canterbury	v	Maidstone Red Wolves
Hillcroft A	v	Oxford Univ.
London Univ.	1:00pm	Spencer 3
Northampton Town	v	Epsom

East 3

Chichester Crusaders	v	Royal Holloway
RAF Marham	v	Welwyn Warriors 3
Reading Wildcats 3	v	Norwich
Walcourtian Blues 3	v	Hitchin A

West 1

Birmingham City	v	Bath
Bristol Bombers 2	v	Southampton City
Cardiff Harlequins A	v	Warwick Univ.
Portsmouth Univ.	v	Penarth

West 2

Bath 2	v	Exeter Univ.
Bournemouth Univ.	v	Portsmouth Univ. 2
Southampton Tridents	v	Aberystwyth Univ.
Swansea Hawks	v	Cheltenham Cougars

3 Dec 2011

Premier

Bristol Bombers	v	Welwyn Warriors
Hillcroft	v	Reading Wildcats
Hitchin	v	Purley
Spencer	v	Cardiff Harlequins
Walcourtian Blues	v	Hampstead

East 1

Cambridge Univ.	v	Buckhurst Hill
Colchester	v	Croydon
East Grinstead	v	Welwyn Warriors 2
Reading Wildcats 2	v	Walcourtian Blues 2
Spencer 2	v	Brighton Panthers

East 2

Canterbury	v	East Grinstead A
Hillcroft A	v	Spencer 3
London Univ.	1:00pm	Epsom
Maidstone Red Wolves	v	Oxford Univ.

East 3

Chichester Crusaders	v	Reading Wildcats 3
Norwich	v	Royal Holloway
RAF Marham	v	Walcourtian Blues 3

Welwyn Warriors 3 1:30pm Hitchin A Spencer 2 v Welwyn Warriors 2

West 1

Bath v Cardiff Harlequins A
Penarth v Bristol Bombers 2
Southampton City v Portsmouth Univ.
Warwick Univ. v Birmingham City

West 2

Bournemouth Univ. v Southampton Tridents
Cheltenham Cougars v Bath 2
Exeter Univ. v Swansea Hawks
Portsmouth Univ. 2 v Aberystwyth Univ.

10 Dec 2011

Premier

Hampstead v Bristol Bombers
Purley v Walcourtian Blues
Reading Wildcats v Hitchin
Spencer v Hillcroft
Welwyn Warriors 1:30pm Cardiff Harlequins

East 1

Brighton Panthers v East Grinstead
Buckhurst Hill v Colchester
Croydon v Reading Wildcats 2
Walcourtian Blues 2 v Spencer 2
Welwyn Warriors 2 1:30pm Cambridge Univ.

East 2

East Grinstead A v Hillcroft A
Epsom v Maidstone Red Wolves
Northampton Town v London Univ.
Oxford Univ. v Canterbury

East 3

Chichester Crusaders v RAF Marham
Reading Wildcats 3 v Hitchin A
Royal Holloway v Welwyn Warriors 3
Walcourtian Blues 3 v Norwich

West 1

Bath v Warwick Univ.
Birmingham City v Cardiff Harlequins A
Bristol Bombers 2 v Portsmouth Univ.
Penarth v Southampton City

West 2

Aberystwyth Univ. v Bournemouth Univ.
Bath 2 v Swansea Hawks
Cheltenham Cougars v Exeter Univ.
Portsmouth Univ. 2 v Southampton Tridents

7 Jan 2012

East 1

Colchester v Walcourtian Blues 2
Croydon v Buckhurst Hill
East Grinstead v Cambridge Univ.
Reading Wildcats 2 v Brighton Panthers

East 2

Canterbury v Spencer 3
Hillcroft A v Northampton Town
Maidstone Red Wolves v East Grinstead A
Oxford Univ. v Epsom

14 Jan 2012

Premier

Bristol Bombers v Spencer
Cardiff Harlequins v Reading Wildcats
Hillcroft v Purley
Hitchin v Walcourtian Blues
Welwyn Warriors 1:30pm Hampstead

East 1

Buckhurst Hill v East Grinstead
Cambridge Univ. v Spencer 2
Walcourtian Blues 2 v Croydon
Welwyn Warriors 2 1:30pm Reading Wildcats 2

East 2

East Grinstead A v Oxford Univ.
London Univ. 1:00pm Hillcroft A
Northampton Town v Canterbury
Spencer 3 v Maidstone Red Wolves

East 3

Hitchin A v Norwich
RAF Marham v Royal Holloway
Walcourtian Blues 3 v Reading Wildcats 3
Welwyn Warriors 3 1:30pm Chichester Crusaders

West 1

Bath v Penarth
Birmingham City v Southampton City
Cardiff Harlequins A v Bristol Bombers 2
Warwick Univ. v Portsmouth Univ.

West 2

Aberystwyth Univ. v Cheltenham Cougars
Bournemouth Univ. v Swansea Hawks
Portsmouth Univ. 2 v Bath 2
Southampton Tridents v Exeter Univ.

21 Jan 2012

Premier

Hampstead v Hitchin
Purley v Cardiff Harlequins
Reading Wildcats v Bristol Bombers
Spencer v Welwyn Warriors
Walcourtian Blues v Hillcroft

East 1

Buckhurst Hill v Walcourtian Blues 2
Colchester v Welwyn Warriors 2
Croydon v Brighton Panthers
East Grinstead v Spencer 2

Reading Wildcats 2 v Cambridge Univ.

East 2

Canterbury v London Univ.
Epsom v East Grinstead A
Maidstone Red Wolves v Northampton Town
Spencer 3 v Oxford Univ.

East 3

Chichester Crusaders v Hitchin A
Norwich v RAF Marham
Reading Wildcats 3 v Welwyn Warriors 3
Royal Holloway v Walscourtian Blues 3

West 1

Bristol Bombers 2 v Bath
Penarth v Cardiff Harlequins A
Portsmouth Univ. v Birmingham City
Southampton City v Warwick Univ.

West 2

Bath 2 v Aberystwyth Univ.
Cheltenham Cougars v Portsmouth Univ. 2
Exeter Univ. v Bournemouth Univ.
Swansea Hawks v Southampton Tridents

28 Jan 2012

East 1

Welwyn Warriors 2 1:30pm Cambridge Univ.

Int Flags R2

Bath v Portsmouth Univ.
Bristol Bombers 2 v Buckhurst Hill
East Grinstead v Reading Wildcats 2
Spencer 2 v Walscourtian Blues 2

Mnr Flags R2

Cheltenham Cougars v Walscourtian Blues 3
East Grinstead A v Epsom
Portsmouth Univ. 2 v Exeter Univ.
Welwyn Warriors 3 1:30pm Hillcroft A

Mnr Plate R2

Canterbury v Swansea Hawks
Maidstone Red Wolves v Reading Wildcats 3
Royal Holloway v Hitchin A
Southampton Tridents v Bournemouth Univ.

4 Feb 2012

Premier

Bristol Bombers v Purley
Cardiff Harlequins v Walscourtian Blues
Hampstead v Spencer
Hitchin v Hillcroft
Welwyn Warriors 1:30pm Reading Wildcats

East 1

Brighton Panthers v Reading Wildcats 2
Cambridge Univ. v Walscourtian Blues 2

East 2

London Univ. 1:00pm Northampton Town
Oxford Univ. v Maidstone Red Wolves

East 3

Welwyn Warriors 3 1:30pm Chichester Crusaders

West 1

Bath v Warwick Univ.

5 Feb 2012

East 1

East Grinstead v Cambridge Univ.

11 Feb 2012

Premier

Hillcroft v Hampstead
Hitchin v Cardiff Harlequins
Purley v Welwyn Warriors
Reading Wildcats v Spencer
Walscourtian Blues v Bristol Bombers

East 1

Brighton Panthers v Walscourtian Blues 2
Cambridge Univ. v Colchester
Spencer 2 v Buckhurst Hill
Welwyn Warriors 2 1:30pm Croydon

East 2

Hillcroft A v Epsom
London Univ. 1:00pm Maidstone Red Wolves
Northampton Town v Oxford Univ.
Spencer 3 v East Grinstead A

East 3

Hitchin A v Royal Holloway
RAF Marham v Reading Wildcats 3
Walscourtian Blues 3 v Chichester Crusaders
Welwyn Warriors 3 1:30pm Norwich

West 1

Bath v Portsmouth Univ.
Birmingham City v Penarth
Cardiff Harlequins A v Southampton City
Warwick Univ. v Bristol Bombers 2

West 2

Aberystwyth Univ. v Swansea Hawks
Bournemouth Univ. v Bath 2
Portsmouth Univ. 2 v Exeter Univ.
Southampton Tridents v Cheltenham Cougars

12 Feb 2012

West 2

Southampton Tridents v Exeter Univ.

18 Feb 2012

Premier

Bristol Bombers v Hitchin
Cardiff Harlequins v Hillcroft
Hampstead v Reading Wildcats
Spencer v Purley
Welwyn Warriors 1:30pm Walcountian Blues

East 1

Buckhurst Hill v Brighton Panthers
Colchester v East Grinstead
Croydon v Cambridge Univ.
Reading Wildcats 2 v Spencer 2
Walcountian Blues 2 v Welwyn Warriors 2

East 2

Canterbury v Hillcroft A
East Grinstead A v Northampton Town
Oxford Univ. v London Univ.
Spencer 3 v Epsom

East 3

Hitchin A v Walcountian Blues 3
Norwich v Reading Wildcats 3
Royal Holloway v Chichester Crusaders
Welwyn Warriors 3 1:30pm RAF Marham

West 1

Bristol Bombers 2 v Birmingham City
Penarth v Warwick Univ.
Portsmouth Univ. v Cardiff Harlequins A
Southampton City v Bath

West 2

Bath 2 v Southampton Tridents
Cheltenham Cougars v Bournemouth Univ.
Exeter Univ. v Aberystwyth Univ.
Swansea Hawks v Portsmouth Univ. 2

25 Feb 2012

Premier

Cardiff Harlequins v Hampstead
Hillcroft v Bristol Bombers
Hitchin v Welwyn Warriors
Purley v Reading Wildcats
Walcountian Blues v Spencer

East 1

East Grinstead v Croydon
Reading Wildcats 2 v Buckhurst Hill
Spencer 2 v Colchester
Welwyn Warriors 2 1:30pm Brighton Panthers

East 2

Canterbury v Epsom
Hillcroft A v Maidstone Red Wolves
London Univ. 1:00pm East Grinstead A
Northampton Town v Spencer 3

East 3

Norwich v Welwyn Warriors 3

West 1

Birmingham City v Warwick Univ.
Bristol Bombers 2 v Penarth
Cardiff Harlequins A v Bath
Portsmouth Univ. v Southampton City

West 2

Aberystwyth Univ. v Portsmouth Univ. 2
Bath 2 v Cheltenham Cougars
Southampton Tridents v Bournemouth Univ.
Swansea Hawks v Exeter Univ.

Varsity

Cambridge Univ. v Oxford Univ.

3 Mar 2012

Premier

Purley v Welwyn Warriors

East 1

Cambridge Univ. v Brighton Panthers
Welwyn Warriors 2 1:30pm Croydon

East 3

Welwyn Warriors 3 1:30pm Norwich

Snr Flags SF

Spencer v Reading Wildcats
Walcountian Blues v Hitchin

Int Flags SF

Bath v Buckhurst Hill
Spencer 2 v East Grinstead

Mnr Flags SF

Cheltenham Cougars v Hillcroft A
Epsom v Portsmouth Univ. 2

Mnr Plate SF

Bournemouth Univ. v Swansea Hawks
Maidstone Red Wolves v Hitchin A

4 Mar 2012

West 2

Bath 2 v Aberystwyth Univ.

10 Mar 2012

Premier

Bristol Bombers v Cardiff Harlequins
Hampstead v Purley
Reading Wildcats v Walcountian Blues
Spencer v Hitchin
Welwyn Warriors 1:30pm Hillcroft

East 1

Brighton Panthers v Cambridge Univ.
Buckhurst Hill v Welwyn Warriors 2

Colchester v Reading Wildcats 2
 Croydon v Spencer 2
 Walscountian Blues 2 v East Grinstead

East 2

Epsom v Northampton Town
 Maidstone Red Wolves v Canterbury
 Oxford Univ. v Hillcroft A
 Spencer 3 v London Univ.

East 3

Chichester Crusaders v Norwich
 RAF Marham v Hitchin A
 Reading Wildcats 3 v Royal Holloway
 Walscountian Blues 3 v Welwyn Warriors 3

West 1

Bath v Birmingham City
 Penarth v Portsmouth Univ.
 Southampton City v Bristol Bombers 2
 Warwick Univ. v Cardiff Harlequins A

West 2

Aberystwyth Univ. v Southampton Tridents
 Cheltenham Cougars v Swansea Hawks
 Exeter Univ. v Bath 2
 Portsmouth Univ. 2 v Bournemouth Univ.

11 Mar 2012

West 2

Cheltenham Cougars v Southampton Tridents

17 Mar 2012

Premier

Bristol Bombers v Hampstead
 Cardiff Harlequins v Welwyn Warriors
 Hillcroft v Spencer
 Hitchin v Reading Wildcats
 Walscountian Blues v Purley

East 1

Cambridge Univ. v Welwyn Warriors 2
 Colchester v Buckhurst Hill
 East Grinstead v Brighton Panthers
 Reading Wildcats 2 v Croydon
 Spencer 2 v Walscountian Blues 2

East 2

Canterbury v Oxford Univ.
 Hillcroft A v East Grinstead A
 Maidstone Red Wolves v Epsom

East 3

Reading Wildcats 3 v Royal Holloway
 Welwyn Warriors 3 1:30pm Chichester Crusaders

West 1

Cardiff Harlequins A v Birmingham City
 Portsmouth Univ. v Bristol Bombers 2

Southampton City v Penarth
 Warwick Univ. v Bath

West 2

Bournemouth Univ. v Aberystwyth Univ.
 Exeter Univ. v Cheltenham Cougars
 Southampton Tridents v Portsmouth Univ. 2
 Swansea Hawks v Bath 2

18 Mar 2012

East 1

Cambridge Univ. v Walscountian Blues 2

West 2

Swansea Hawks v Exeter Univ.

24 Mar 2012

Premier

Cardiff Harlequins v Spencer
 Hampstead v Walscountian Blues
 Purley v Hitchin
 Reading Wildcats v Hillcroft
 Welwyn Warriors 1:30pm Bristol Bombers

East 1

Brighton Panthers v Spencer 2
 Buckhurst Hill v Cambridge Univ.
 Croydon v Colchester
 Walscountian Blues 2 v Reading Wildcats 2
 Welwyn Warriors 2 1:30pm East Grinstead

East 2

East Grinstead A v Canterbury
 Epsom v London Univ.
 Spencer 3 v Hillcroft A

East 3

Hitchin A v Welwyn Warriors 3
 Reading Wildcats 3 v Chichester Crusaders
 Royal Holloway v Norwich
 Walscountian Blues 3 v RAF Marham

25 Mar 2012

Premier

Welwyn Warriors 1:30pm Reading Wildcats

East 1

East Grinstead v Cambridge Univ.

31 Mar 2012

Premier

Bristol Bombers v Purley
 Hitchin v Cardiff Harlequins
 Reading Wildcats v Spencer

East 1

Colchester v Walscountian Blues 2

14 Apr 2012

Premier

Welwyn Warriors 1:30pm Walcountian Blues

East 2

Oxford Univ. v Maidstone Red Wolves

21 Apr 2012

Snr Flags Final

Walcountian Blues 15:00 Spencer

Int Flags Final

Bath 12:30 East Grinstead

Mnr Flags Final

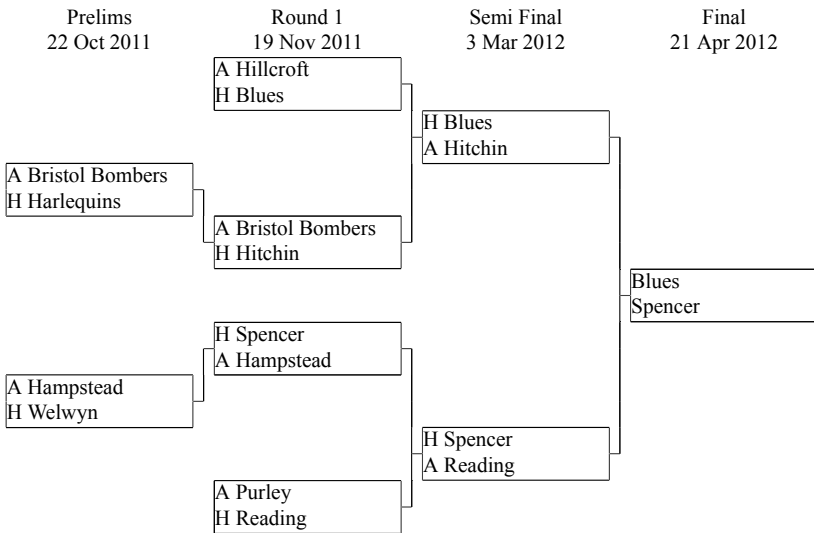
Epsom 12:30 Hillcroft A

Mnr Plate Final

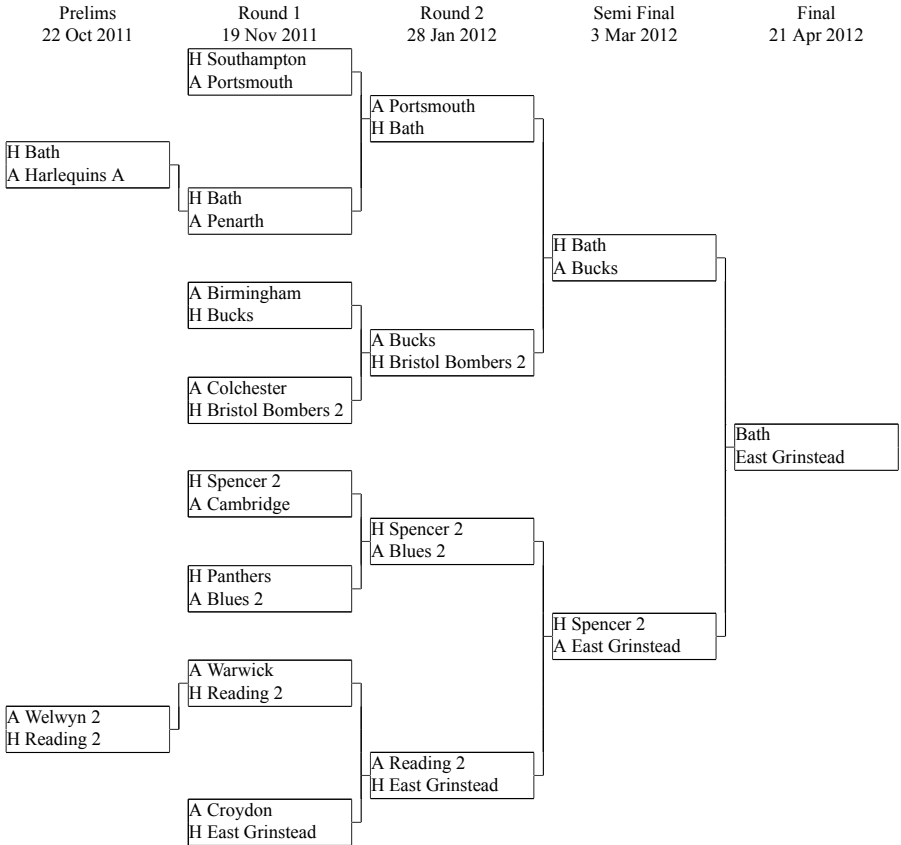
Maidstone Red Wolves 12:30 Swansea Hawks

LEAGUE SOUTH FLAGS & PLATE

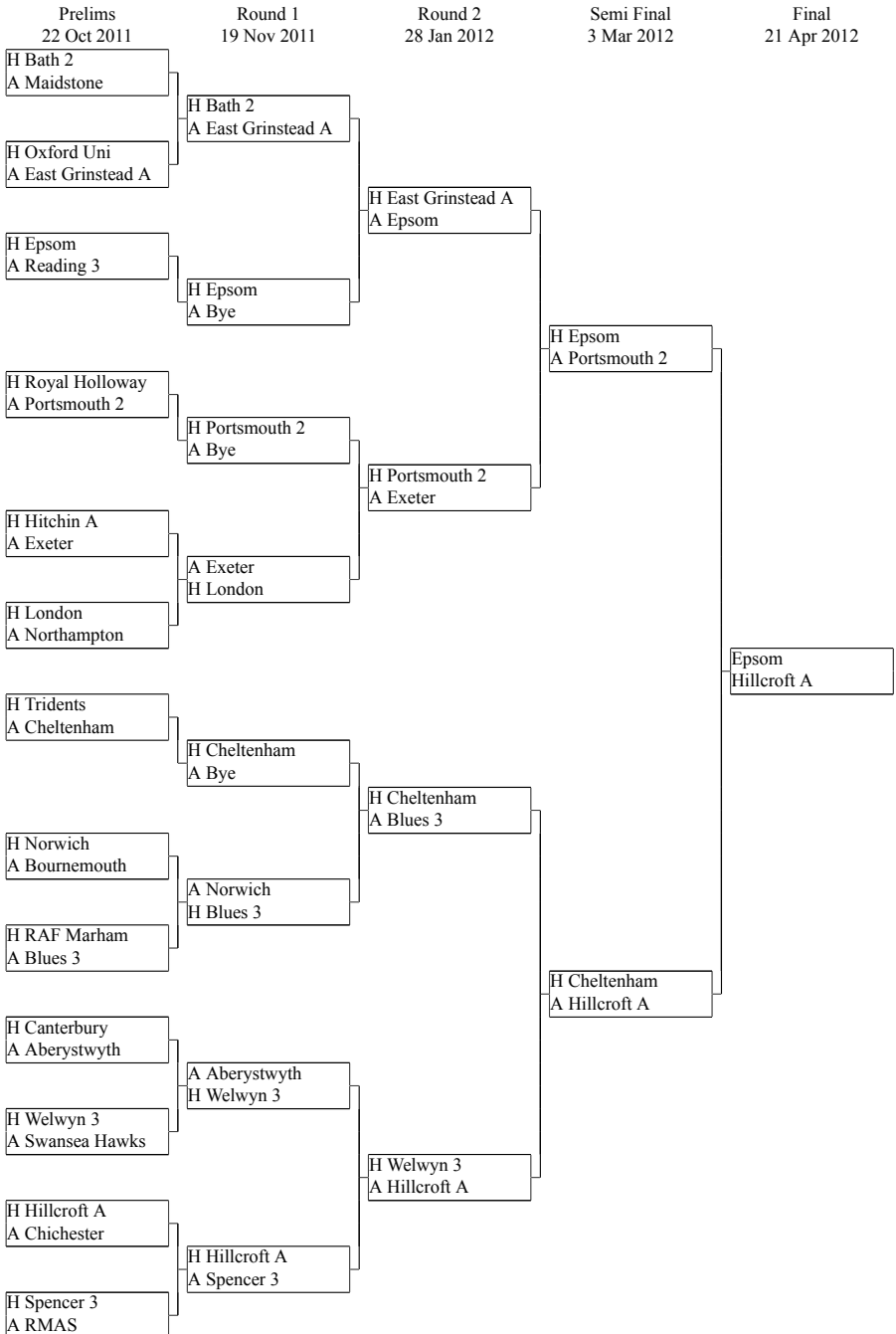
Senior Flags



Intermediate Flags



Minor Flags



Minor Plate



CENTURION AWARD FOR SERVICE TO LACROSSE

1985	Norman Barber, Bill Downes, Les Grainger, Peter Mundy
1986	H.J. "Tommy" Tomkins, Bob Forrester
1988	E. Stanley Thelwall T.D, John Chester Yates
1989	Ron Balls, Syd Rhodes, Vaughan Wilcock
1990	John Buckland, Geoff Paulson
1991	Keith Whitehead, David R. Withington
1992	Brian Costello, Stan Smith
1993	Michael Aspinall, Neil Crosby
1994	Michael F. Dunham, Rick Purnell
1995	William A. Baird
1996	Alan Heath, Mike Nicholls
1997	Alan Dyer, Peter Griffiths
1998	Anthony Battersby, David Marsden
1999	Peter Compton
2000	Frank Tewson
Millennium	Peter Mundy, Mike Roberts
2002	David Walkden, Gerald B. Wilson
2004	David Shuttleworth, Rick Summers
2006	Gordon Shumack
2010	Jonathan Cooper, Richard Ambler

STAN SMITH AWARD

2007	Chris White
2008	Peter Compton
2011	Tom Brunner