

EAST HOCKEY

ERHA

EAST REGION HOCKEY ASSOCIATION



EAST HOCKEY HANDBOOK 2018 - 2019

EAST LEAGUE RESULTS

Reporting

In both Men's and Women's Leagues the home club must input the result to the East Leagues website by 7pm on the day of the match. When a website problem prevents a result being input the home club must report both the problem and the result to their League Manager by 7.30pm on the day of the match.

When games are played on a re-arranged date the results must be telephoned to their League Manager by 7pm on the day the game is played.

When any game is cancelled at short notice or abandoned this must be advised to the League Manager by telephone by 7pm on the day of the game.

Teamsheets

Both teamsheets must be sent by the home club to the appropriate East League Manager by 1st class post to arrive by the Wednesday after the match.

In addition, Clubs with their 1st team in the EHL must send a copy of the signed EHL MO Teamsheet for any EHL match in the same weekend to the League Manager of their highest East League team by the same deadline.

Men's and Women's East League Manager telephone numbers and addresses can be found in the East League Section.

EML Division

Prem A & B
1, 2N, 2S
3-5NW
6NW(N)/(S)
3-4NE
5NE, 6NE(N)/(S)
3-4SE, 3SW
5-6SE
7-8SE
9-10SE & 9SW
4-5SW
6-8SW

Manager

Russell Nutter
Pritpal Sagoo
Barry Harness
Jade Bloomfield
David Burt
Richard Malone
Ali Smyth
Phil Churchman
Marc Lloyd
Chris Perry
Andy Bourke
Sarah Farmer

EWL Division

Prem
1N & 4NWN
1S & 2SE
2NE
2NW & 2SW
3NW
4NWS & 5NWS

Shaun Dewing
Christina Dewing
Nicola Wilkes
Sarah Mann
Vicky Benedikz
Rosemary Prince
Kishor Shah

CONTENTS

Foreword by the President of ERHA	4
East Region Hockey Association	
East Board	5
Vice Presidents and Honorary Vice-Presidents	5
Other East Officers	5
Board, League, Youth, and Umpire committee meeting dates	6
Other East Information	6
England Hockey East	6
Technical Officiating	6
East Performance Group	7
Youth Competitions	7
Indoor Hockey	8
Masters Hockey	8-9
East Region Umpiring Association	10
County HA's and HUA's	11 - 13
Discipline & Match Control	14 - 15
East Leagues	
Management Committee	16
League Rules	17 - 28
Club Information	30 - 47

Editor's Note

Our previous editor, Ed Stubbing, has relocated abroad after producing several successful handbooks and we wish him well in his new endeavours.

In this edition, officer addresses have generally been omitted in favour of email addresses, except for those officers where post is essential to the role and postal addresses are known - Secretaries, Treasurers, DA's and League Managers for example. The pdf version of the East Handbook will again be included in the East Hockey website and this will be updated during the season to show changes in Committee contact details where known. Any suggestions for further improvements in future editions will be very welcome.

Thanks are due to all those who have helped with this edition of the Handbook, to Adnams brewery who continue to support us by advertising on our back page, and to the club photographers who submitted cover pictures. Selecting the cover photo was, as ever, a difficult choice.

Trevor Williams

01992 463953 op131@btinternet.com

Cover: an attack in a game between Upminster 1 and Old Loughtonians 2, courtesy of Don Triggs.

Handbook produced by: Perfect Print, 81 High Street, Dunstable, LU6 3SF
www.perfect-print.co.uk



FOREWORD

I would like to express my appreciation to all East Hockey committee members for the additional time and effort that has been spent in 2017/18, as a result of the extended season due to the poor weather. However, we are still in need of more umpires, coaches and technical officials in our Region to meet the demand posed by the increase in participation and subsequent matches and competitions.

We are sad to say goodbye to 3 stalwarts of the ERHA who are retiring from their positions: John Hendy – Development Director, Trevor Williams – Treasurer and Martin Williams – Performance Director, all of whom are owed a huge debt of gratitude for their commitment to East Hockey. Trevor will remain as Web Master and

Handbook Coordinator.

I am delighted to welcome the following to ERHA:

Stuart Burnside is the new Development Director, who has already been advising us on GDPR issues and looking into the Governance review which EH are undertaking. Emily Radcliffe is Treasurer and Judith Masters is Secretary, both of whom play East Masters hockey. The Performance team has tripled, which reflects how much the role has grown in recent years: Performance Director - Chris Townson; Deputy Performance Director – Samantha (Sam) Tea; Coaching Director within Performance – David Grammer. I look forward to working with all of them in the coming year.

As I write, The Vitality World Cup is about to take place at Lee Valley and huge efforts have gone in to making this an unmissable experience for hockey fans. We wish the England team every success.

We look forward to experiencing the new 3 pitch venue in Cambridge, home to Cambridge City and Cambridge University, which should be ready for September.

More changes will occur during the next couple of seasons with the introduction of the Pro League in 2019, affecting the structure of our East League in 2019/20 and adding to the workload of our busy League committee. In addition, the EH Governance review is a long term project affecting all committees who will be required to review their structure and possibly implement some changes.

Finally, I hope the new season brings enjoyment and success to both young and old in whatever role you play within hockey.

Sally Tippen
President

EAST REGION HOCKEY ASSOCIATION

ERHA BOARD

(meetings:19 Sept, 28 Nov, 27 Feb, 22 May. AGM 19 Sept)

Executive Officers

President: **Sally Tippen:** legend_st@hotmail.co.uk 01223 880728

Deputy President: **Loraine Bant:** bantie1@sky.com 07835 330562

Secretary: **Judith Masters:** judithannemasters@gmail.com 01379 588435 07919 084109
Greengate House, Wingfield Road, Weybread, Diss IP21 5UL

Treasurer: **Emily Radcliffe:** emilyradcliffe0@gmail.com 01638 780831 07712 0800321
45 Sun Street, Isleham, Ely, CB7 5RU

Directorate Chairs

Development: **Stuart Burnside:** erhadevelopment@gmail.com 07768 500609

East Leagues: **Rosemary Prince:** chairman@east-leagues.co.uk 01206 752898, 0771 3272717

Indoor: **Ben Whibley:** 07719 331848 bwhibley@hotmail.com

Masters: **Kim Hansen:** kim1980hansen@gmail.com 01277 416146 07765 402973

Performance: **Chris Townson:** chris@walnutwell.co.uk 07793 653777

Youth Competitions: **Sally Tippen** - see above

Other Chairs

Appeals: **Peter Leaton:** peter.leaton@btinternet.com 01733 245851 07780 915266

East Umpires: **Barry Smith:** barrykevinsmith@msn.com 01582 613550 07885 742512

EH Relationship Managers:

Charlie Farrow, Andrew Dale, Steve Turner (see England Hockey East for details)

County Representatives

One each from Beds, Cambs, Essex, Herts, Kent, Lincs, Norfolk, Suffolk

OTHER EAST OFFICERS

Regional Disciplinary Administrator: **Mick Pullin:** mwpsa2@aol.com 01708 226492, 07729 870204

Technical Officiating Coordinator: **Janet Sutton:** 07885 476923 janetsutton@blueyonder.co.uk

Handbook Editor & Webmaster: **Trevor Williams:** op131@btinternet.com 01992 463953

ERHA VICE-PRESIDENTS

Jenny Cardwell, Bernie Cotton, Ann Cunningham, Sheila Elden(d), Bill Felton, Sheila George, Janet Goody(d), John Helliwell, John Hendy, Ken Lochhead(d), Sarah Mann, Ros Marsh, Margaret McCall, Daphne Menear, Donna Mills, Richard Munns, Russell Nutter, Rob Oakley, Brian Perks, Rosemary Prince, Mike Trett, Gill Warwick, Fiona Wheeler, Martin Williams, Trevor Williams

ERHA HONORARY VICE-PRESIDENTS

B M Anderson, P S Andrews, P J Barber, A J Barton, D E W Bennett(d), Miss M Birch**, SWP Blake(d)*, LA Bone(d), NF Borrett(d)*, J P Bradley, G Britton, Miss P Bullock**, J F Cadman, Mrs M Carpenter(d)**, J F Carrick, N M Carter*, J S Chaplin, HJ Chrystal(d)*, J A Cockett, D B Colman*, N J Cox, R Creasey*, M J B Crowe, C J Davis(d), R A Davis, R Dear, M Denham, R D A Dodds OBE, A H Ekins, Mrs W Firman(d)**, J C French, L Goulding, S F Guyton, RJ Hagen(d), J R Harland, Miss M Harris**, K S Hayward*, J M Helliwell*, D H S Hobbs, R T Hodder, M Huckle, Mrs A Hughes**, J A Hurst, JFB Ivens(d)*, C I M Jones, K S A Lochhead(d), J Macdonald(d), T J Machin, Miss TM Maddison**, Mrs R Marsh**, Mrs M McCall**, Mrs O Middleton**, P S Nash*, Miss P Nisbet MBE(d)**, J Oakshatt, B A Perks*, MG Quinton(d), Mrs M Rosenway(d)*, R M Sagrott, FG Self(d)*, Miss D Taylor(d)*, Miss E Taylor(d)*, DF Vinson(d), GT Ward(d)*, J Watson, Mrs L Webb**, R L Webb, D B Whitaker OBE, G Wickens, P Worth.

*President, ECHA **Life Member EAWHA (d) deceased

DATES AND VENUES OF COMMITTEE MEETINGS 2018-19

East Board: Stansted Airport Novotel Hotel CM24 1SF - 19 Sept, 28 Nov, 27 Feb, 22 May (AGM:19 Sept)

East League Management Committee: Stansted Novotel - 27 Sept, 6 Dec, 7 Feb, provisional 4 Apr (AGM: tba)

Youth Competitions Committee: Stansted Novotel - 9 Aug, 20 Nov, 5 Feb, 7 May

East Umpires Committee: Red Lion Hotel, Whittlesford, CB22 4NL - 24 Oct, 23 Jan, 20 Mar (AGM 17 July)

OTHER EAST INFORMATION

East Constitution: see East Hockey website.

Affiliation fees: ERHA £10 per club team, East Leagues £16 per team.

EHRA financial year is now 1 Aug - 31 July *East Auditor:* tba

East Hockey website: <http://www.east-hockey.com>

East Leagues website: <http://www.east-hockey.com/leagues2/>

East Umpires website: <https://www.erhua.co.uk/>

East Archives: Archive Centre, Norfolk Record Office, Martineau Lane, Norwich, NR1 2DQ

01603 222599 norfrecc@norfolk.gov.uk:

Men's Eastern Counties HA: ACC 2006/59;

East Anglian Women's HA: ACC 2006/95, 2007/278, and 2009/83.

ENGLAND HOCKEY - EAST

Regional Office: The Hockey Pavilion, Loughborough University, Ashby Rd, Loughborough LE11 3TU

Relationship Managers:

Essex, Kent, Norfolk, Suffolk: **Charlie Farrow:** charlie.farrow@englandhockey.org 07811 336895

Beds, Cambs, Lincs: **Andrew Dale:** andrew.dale@englandhockey.co.org 07725 432013

Herts: **Steve Turner:** steve.turner@englandhockey.co.org 07718 980515

Regional Administrator:

Melanie Hart: east@englandhockey.co.uk 01509 228674, 07718 980509

TECHNICAL OFFICIATING

Each Region in England appoints a Technical Officiating Coordinator whose role is to:

- act as the link between EH Technical Appointments Panel (TAP) and the Regions;
- undertake recruitment and training of regional technical officials;
- co-ordinate and appoint regional technical officials for all regional events as required;
- recommend regional officials to TAP for inclusion in the national programme.

To volunteer as a Technical Officer within East, contact the East Regional Technical Officiating Co-Ordinator, Janet Sutton 07885 476923 janetsutton@blueyonder.co.uk

You can also find much more about wider opportunities for development as a Technical Official on the England Hockey website within the Officiate section.

EAST PERFORMANCE GROUP

Director:

Chris Townson: chris@walnutwell.co.uk 07793 653777

Deputy Director:

Samantha Tea: teahockey@outlook.com 07834 557022

Coaching Director:

David Grammer: financeefficiency@aol.com 07974 34903

YOUTH COMPETITIONS

Management Committee

(meetings 9 Aug, 20 Nov, 5 Feb, 7 May)

Chair: to be confirmed

Secretary and Budget Officer:

Fiona Wheeler, 38 The Clump, Chorleywood, Rickmansworth WD3 4BQ
01923 776858 07720 259400 fmwheeler@sky.com

East Competitions Organiser:

Daphne Menear: 01394 384659 07969 396460 daphnemenear@hotmail.com

Bedfordshire Representative:

Heather Gilbert: 01234 303376 07815 987599 hgilbert@bedmod.co.uk

Cambridgeshire Representative:

Sally Tippen: 01223 880728 07866 197752 legend_st@hotmail.co.uk

Essex Representative:

Robert Gotobed: 01279 864173 0773 4262591 Robert.gotobed@gmail.com

Hertfordshire Representatives:

Anne May: 07490 525288 HertsHockeySSA@outlook.com

Roger Barrett: 07785 548407 rojobar@virginmedia.com

Kent Representative:

Loraine Bant: 01843 836396 07835 330562 bantie1@sky.com

Norfolk Representative:

Andrea Glover: 07557 057995 andreaglover4@gmail.com

Lincolnshire Representative:

Frances Dalton: 07834 279152 lincshockey1@hotmail.co.uk

Suffolk Representative:

Mark Dudley: 01787 379732 07947 500744 mdudley@suffolk-hockey.org

EAST INDOOR

Management Committee

Chair: **Ben Whibley:** 07719 331848 bwhibley@hotmail.com
Steven Sieff: 07779 721609 eastindoorhockey@gmail.com
Chris Row: 07930 492457 chris.row1@binternet.com
Jo Davey: 01227 623091 joannedavey@yahoo.co.uk
David Robeson: 07969 312221 david_robeson@hotmail.com
David Burt: 07881 815567 walfix@aol.com

National League Qualifiers

Qualified for 2017/8 national league via East qualifier

Men: Bedford

Ladies: Bedford, West Herts (East awarded an additional national league place)

East Senior Indoor Programme 2018/9 to be held at UEA Norwich
8th/9th December – Ladies East Premier Division (qualifier) and Division 1
15th/16th December – Men's East Premier Division (qualifier) and Division 1

Already qualified for national league 2018/9

M Prem -

M D1 – Harleston Magpies, Ipswich, St Albans

M D2 – West Herts, Bedford

L Prem -

L D1 – Chelmsford, Harleston Magpies

L D2 – St Albans, Ipswich, Cambridge City

EAST MASTERS

Management Committee

Chairman:

Kim Hansen: 01277 416146 07765 402973 kim1980hansen@gmail.com

Budget Officer & Lincolnshire Rep:

Steve Seymour: 01507 527503 07831 182332 steve.seymour53@gmail.com

East Masters Representative Working Group Liaison:

David Gill: 01376 562697 07801 050249 david@purplex.net

Ladies Elite Rep:

Pippa Bull: 07528 858325 bull.pippa@gmail.com

Mens Elite Rep:

Matthew Leedham: 07787 574244 matthewleedham@btconnect.com

Bedfordshire Rep:

Rob Oakley: 01234 219448 07721 336329 robertoakley1@hotmail.com

Cambridgeshire Reps:

Sally Tippen: 01223 880728 07866 197752 legend_st@hotmail.co.uk

Tim Ireland: 01954 782367 07817 497289 tpireland@gmail.com

Essex Rep:

Richard Butcher: 07850 332764 01702 549992 richard.boutcher@hotmail.co.uk

Hertfordshire Rep:

Stephane Port: 07905 939598 01727 872657 Steph.Port@Homecall.co.uk

Kent Ladies Rep:

Annie Hare: 01227 771275 07793 799870 annie@harebuilders.co.uk

Norfolk Rep:

Peter Wright: 01842 755319 07798 786347 peterwright@brettenhammanor.co.uk

Suffolk Men's Rep:

Peter Newnham: 07748 501270 01502 475116 p.g.n@btinternet.com

Suffolk Ladies Rep:

Katie Bedford: 07880 811013 katie@stonelodge.me.uk

cont/...

REGIONAL TOURNAMENTS 2018/19

Players of the relevant age who live, were born or play hockey in the East can apply to attend. Ages are as at the end of the tournament year. Trials are normally held from January onwards - contacts for further details are below.

Men

Over 35s: tbc - see Masters' Section of the East Website or contact Kim Hansen

Over 40s: Nick Wilyman
07545 841940 nwilyman@me.com

Over 45s: tbc - see Masters' Section of the East Website or contact Kim Hansen

Over 50s: Matthew Leedham
07787 574244 matthewleedham@btconnect.com

Over 55s: Martin Collcott
07583 399553 martin.collcott@btopenworld.com

Over 60s Grand Masters: Graeme Welch
01923 232731 07759 417518 gwelch@btinternet.com

Over 65s Great Grand Masters: Chris Blake
01440 761195 07836 315679 cxfb44@btinternet.com

Over 70s Senior Grand Masters: Norman Ballard
07780 609412 nj_ballard@yahoo.co.uk

Over 75s Vintage Grand Masters: Graham George
07879 403425 a8mgm@sky.com

Ladies

Over 35s: Helen Rose
07817 734457 empower.hrose@gmail.com

Over 40s: Ann-Marie Davenport
adavenport@outlook.com

Over 45s: tbc - see Masters' Section of the East Website or contact Sally Tippen

Over 50s: Maria Whelan
macwheelie@hotmail.com

Over 55s: Pippa Bull
07786 125363 bull.pippa@gmail.com

Over 60s: Sally Tippen
01223 880728 07866 197752 legend_st@hotmail.co.uk

EAST REGION HOCKEY UMPIRING ASSOCIATION

MANAGEMENT COMMITTEE

(meetings 24 Oct, 23 Jan, 20 Mar. AGM 17 July)

President:

Alan Budd: 01480 812306 07780 670364 alan.budd44@btinternet.com

Chairman:

Barry Smith: 01582 613550 07885 742512 barrykevinsmith@msn.com

Secretary:

Mary Baker: 01787 248078 07730 421212 mary.baker400@gmail.com

Treasurer:

Tim Martin: 01733 262078 07584 930704 timcmartin6@aol.co.uk

Chief Coach and Chair Coaching and Development Sub-Committee:

Grant Douglas: 01799 520085 07787 161887 gdouglas@swchs.net

Chairman, Assessment and Appointments Sub-Committee:

Ray Allum: 07713 555965 ray.allum@btinternet.com

Chairman, East Regional Young Umpiring Action Group:

Will Davey: 01277 623091 07948 566633 william.davey@outlook.com

Elected members:

Alan Baker, Matthew Pilgrim

Event Organiser:

Chris Row: 07930 492457 chrisrowhockey@gmail.com

County Representatives:

David Roberts (Cams), **Miles Dowdell** (Essex), **Barry Smith** (Herts & Beds), **Jason Davies** (Kent), **Stuart Birkett** (Lincs), **Alan Jones** (Norfolk), **Steve Mayhew** (Suffolk)

Webmaster:

Trevor Norman: 01986 788100 07940 493032 trevdnorman@hotmail.com

SUBCOMMITTEES

Coaching and Development:

Grant Douglas (Chief Coach), **Mary Baker, Stuart Birkett, Will Davey**
ex-officio **Alan Budd, Barry Smith**

Assessment and Appointments Sub-Committee:

Ray Allum (Chair) **Bev Budd, Debbie Garner, Trevor Norman, Chris Row**
ex-officio **Alan Budd, Barry Smith, Grant Douglas**

Representatives to other Committees

Representative to East Leagues:

David Roberts: 07980 606157 david.roberts4@btconnect.com

League Umpire and Non-League Umpire Appointments Co-ordinator:

Chris Row: 07930 492457 chrisrowhockey@gmail.com.

LIFE MEMBERS

Tarsem Chagger, Tim Crafer, Simon Dye, Sheila George, Jackie Gibbs, Steve Graham, Peter Halliday, Norman Hart, Allan Holliwel, Barry Smith, Mike Trett, Jack Warner

VICE PRESIDENTS

Richard Munns, Liz Pelling, Gill Waple

HONORARY LIFE MEMBERS

Barry Anderson, Brian Humphrey, Roger Webb

HONORARY VICE PRESIDENTS

Jennifer Bath, John Breen, Ian Bryce, Pauline Bullock, Roger Dear, Mike Denham, Jo Everington, Ray Fretten, Mary Harris, Ursula Heelis, Bruce Henderson, Bettine Howes, Sue Hughes, Philip Ingall, Peter Lake, Frank Lockhart, Ros Marsh, Dyl Powell, Tony Watson

COUNTY HOCKEY ASSOCIATIONS

BEDFORDSHIRE

President and Assistant DA:

Nigel Brookes: 01234 341663 nigel.brookes4@gmail.com

Chairman, Masters County Rep:

Robert Oakley: 01234 219448 07721 336329 robertoakley1@hotmail.com

Secretary:

Harris Mir: 07932 643152 harrismir19@hotmail.com

Treasurer:

Philip Joyce: 01767 641190 07971 164195 pjoyce@talk21.com

6 Ivy Close, Tempsford SG19 2AU

County Disciplinary Administrator:

James Wallis: 07540 742080 wallisy2j@me.com

Chairman Youth:

Heather Gilbert: 01234 303376 07815 987599 hgilbert@bedmod.co.uk

CAMBRIDGESHIRE

Chairman:

Kishor Shah: 01480 351685 07759 134524 kishor.shah@ntlworld.com

Treasurer:

Tony Cropper: 07918 664304 tonymcropper@btinternet.com

Disciplinary Administrator:

Chris Hillsdon: 01487 842286 crhillsdon@gmail.com

La Glace, High St, Colne, Huntingdon PE28 3ND

Schools and Youth:

Sally Tippen: 01223 880728 07866 197752 legend_st@hotmail.co.uk

Director of Coaching/Performance & Single System Lead:

Dain Lewis: 07780 607885 dain@dltotalhockey.com

Player Pathway Administrators:

Fiona Matthews: 07914 585675 hockey@thematthewsfamily.org.uk

Nadine Jones: 07595 369096 cambridgeshirehockey@gmail.com

Masters Representative:

Tim Ireland: 07817 497289 tpireland@gmail.com

ESSEX

President and Coaching & Youth Contact:

Robert Gotobed: 07734 262591 robert.gotobed@gmail.com

Deputy President:

Samantha Menear: 07714 237722 samantha.menear@ntlworld.com

Treasurer:

Gill Cooper: 07768 067631 essexhockey@blueyonder.co.uk

76 North Crescent, Southend-on-sea SS2 6TJ

Coaching & Youth Contact:

Robert Gotobed: see above

Disciplinary Administrator:

Mark Oldfield: 07444 461956 discipline@essexcha.com 36 Melba Court, Chelmsford CM1 3EW

HERTFORDSHIRE

Chairman:

John Barrett: john.x.barrett@gsk.com

Secretary and Disciplinary Administrator:

Peter Goulton: 01462 683881 pgoulton357@btinternet.com 22 Lapwing Dell, Letchworth SG6 2TE

Treasurer:

Colin Meadows: 01992 306979 07732 723164 murphy.cm@ntlworld.com

11 Chilworth Gate, Silverfield, Broxbourne EN10 6NN

Director of Coaching:

Roger Barrett: 01462 612744 07785 548407 rojobar@virginmedia.com

KENT

President:

Adrian Kearney: 01634 850822 07885 933749 president@kenthockey.org.uk

Secretary:

Sarah Bancroft: 07711 766930 bancroft.sa@gmail.com

First floor flat, 37 Leyland Road, London SE12 8DS

Communications Secretary:

Brad Visser: 02082 491338 07860 385981 honsec@kenthockey.org.uk

Treasurer:

Charles Derby: hontreasurer@kenthockey.org.uk

Disciplinary Administrator:

Alan Sargent: 01322 293266 07703 491586 discipline@kenthockey.org.uk

LINCOLNSHIRE

Chairman and Disciplinary Administrator:

Philip Ingall: 01636 705006 07973 705006 philip@ingalluk.com

Crown Cottage, Main Street, Farndon, Newark NG24 3SA

Vice Chairman and Lincs CHUA Representative:

Matthew Pilgrim: 07525 239120 matthew.pilgrim@bakkavor.com

Secretary:

Cheryl Pawson: 07758 250701 cheryl.pawson@lincolnshire.gov.uk

22 Hundleby Road, Spilsby PE23 5LP

Treasurer:

John Cunningham: 01754 764497 john10453@live.co.uk

Five Acres, Addlethorpe, Skegness PE24 4TY

East Management Meeting Representative:

Jill Warrick: 01775 724727

Assistant CDA:

Bob Ellis: Ravensgate Lodge, Holbeach St John, Spalding PE12 8RD

NORFOLK

President:

Ali Wardale: 01603 812216 07798 862956 aliwardale@aol.com

Chair/Schools & Youth Representative:

Mary Cheesman: 01692 404624 07956 864076 maryec@btinternet.com

Honorary Secretary/Treasurer:

Avril Mallett: 01603 411352 07840 203851 info@norfolk-hockey.co.uk

37 Eversley Road, Hellesdon, Norwich NR6 6TA

Norfolk League Representative (Women):

Chris Williamson: 01493 780525 leaverwilliamson@aol.co.uk

Single System Administrator:

Andrea Glover: 01366 500111 07557 057995 ssa@norfolk-hockey.co.uk

Umpiring Representative:

Phil Skinner: 01603 788125 07795364617 yewmorinoak_57@hotmail.co.uk

Masters Representative Men:

Peter Wright: 01842 755319 beetwright@talktalkbusiness.net

Masters Representative Women:

Katy Harris: 07989538207 katyharris77@icloud.com

County Discipline Officer:

Rod Larwood: 01953 717937 rodlar88@btinternet.com

The Oaks, Larling, Norwich NR16 2QS

SUFFOLK

Chairman:

Donna Mills: 01206 395830 07850 581531 donnamills1@nyworld.co.uk

Secretary:

Sophie Southgate: 07725636168 sophie.southgate@hdhs.school

Treasurer:

Chris Hatch: 01473 625172 07703 502193 chris.hatch@openreach.co.uk

Disciplinary Administrator:

Steve Mayhew: 01449 771231 07813 722021 hoci.ump0854@hotmail.co.uk

COUNTY UMPIRES ASSOCIATIONS

CAMBRIDGESHIRE

Secretary:

David Roberts: 01799 530260 07980606157 david.roberts4@btconnect.com

Rectory Farm, Lt. Chesterford, Saffron Walden CB10 1UD

Pool Secretary:

Josh Blanchard: 07988 829174 jgb@cantab.net

ESSEX

Secretary:

Chris Row: 07930 492457 chris.row1@btinternet.com

Summerville, Fort William Road, Basildon SS16 5JX

Men's Pool Secretary:

Jade Bloomfield: 07599 437125 Jade.bloomfield@me.com

Women's Pool Secretary:

Julie Pearce: 07973 562032 womenspoolsec@essexhua.com

HERTFORDSHIRE & BEDFORDSHIRE

Secretary:

Quentin Keeling: 01727 764008 07931 787846 quenn.keeling@ntlworld.com

Appointments Secretary:

Graham King: 01787 237712 07796 773745 appointments@hbhua.co.uk

KENT

Secretary: **Ken Slater:** 07960 417198

Pavilion Flat, Kent County Cricket Club, Worsley Bridge Rd, Beckenham BR3 1RL

Pool Secretary:

David Smithard: 01303 241461 07828 062078

LINCOLNSHIRE

Secretary:

Eliot Bates: 01778 393305 07540957425 eliot_bates@talktalk.net

32 Stephenson Way, Bourne PE109DA

Pool Secretary:

Paul Watts: 01205 760330 07814 086826 appointments@lchua.co.uk

NORFOLK

Secretary & Pool Secretary:

Peter Williams: 01502 572552 07979 093269 cwm.rhonda@btopenworld.com

Hillingdon, Gunton Cliff, Lowestoft NR32 4PF

SUFFOLK

Secretary:

John Wilkinson: 01473 715495 j.wilky@ntlworld.com

Pool Secretary:

Dave Charles: 07786 942374 hockeydmc@ymail.com

DISCIPLINE AND MATCH CONTROL

GUIDANCE NOTES FOR PITCHSIDE CONDUCT

Clubs are responsible for ensuring that good manners and courtesy prevail towards opposition, umpires and other officials before, during and after the game. Once the pitch is available, the Match Delegate or home Captain shall assume authority for the pitch and its surrounding area. Clubs should have adequate insurance cover and should be aware of local health and safety legislation regarding the pitch and facilities.

1. Captains, Umpires and Match Delegates (if appointed) should: Agree the location of managers, coaches, substitutes and suspended players during their suspension and from where substitutions will take place; Satisfy themselves as to the quality and safety of the pitch and its facilities and ensure that other pitch side furniture is removed to the safest location; Check the availability and location of an emergency telephone and first aid; Agree with home team officials the location of spectators.
2. Substitutes should warm up in an agreed pitchside area, and in colours different from the playing teams.
3. Coaches and managers must remain in their designated area.
4. Vocal communication by team officials and players on the bench must not, in any way, be directed at umpires or players of the opposing team.
5. Players not taking part in the game or those in subsequent or previous matches must not knock up or cool down on or near the pitch whilst the match is in progress.
6. Post match inquests should be held away from the pitch.
7. Spectators should be advised, if necessary, of matters relating to their conduct and particularly in so far as this affects the game in hand.
8. Small children should not be allowed to wander freely around the perimeter of the pitch whilst games are in progress. Children should remain under the control of the parent/guardian at all times.
9. Babies in push chairs should not be left parked on the side of the pitch.
10. Captains, coaches and managers are responsible for their own and their players conduct at all times

RED CARDS AND MATCH DAY MISCONDUCT OFFENCES (MMO)

This summary explains aspects of the EH Disciplinary Code relevant to most club players and umpires. Anyone involved in a disciplinary process should however consult the full Code on the EH website.

A red card may only be issued for an offence from the start of a match up to its finish, including half-time, any breaks in play, extra time, or penalty stroke competitions. It can be issued to a player, a substitute, or a team official whether or not listed on a teamsheet, and the person receiving a red card is permanently suspended from further participation in the match. If issued to a team official or to a player who is not playing at the time, the team must withdraw a player from the field of play for the remainder of the match.

An MMO is issued if a match umpire decides that behaviour would have led to a red card had it occurred during the match. It may only be issued on the day of a match, excluding the time from the start to the finish of the match, and it can be issued to any intended or actual participant in the match. Examples of when MMOs are issued include such things as verbal abuse to an umpire or players threatening or fighting with each other after the final whistle has gone, and aggressive or abusive incidents away from the pitch or in the pavilion after the match.

A red card may be withdrawn after the match if the umpire who issued the card is satisfied there has been a case of mistaken identity, but for no other reason. If the umpire then identifies the actual offender, an MMO can be issued to that person.

The recipient of a red card or MMO and the club must provide the umpire with information that is reasonably needed to complete a Report Form. The Umpire will send the completed form within 3 days to the appropriate Disciplinary Administrator (DA) who will start the necessary procedures and keep the relevant persons informed. For club games with qualified umpires the DA will usually be the County DA of the club's county.

Within 3 days the DA will inform the offender's club whether the 16-day suspension is the entire penalty, or if an additional penalty is under consideration. If the latter, the club may submit mitigating evidence to the DA, but no later than 4pm on Day 10 of the 16-day suspension. If an additional penalty is applied, the DA will notify this within a further 3 days. The offender then has 7 days to appeal the additional penalty. An appeal does not automatically suspend a penalty, but the Appeal Panel Chairman may do so.

Penalties: The recipient of a red card or an MMO is immediately suspended for a mandatory minimum of 16 consecutive days from playing, umpiring, or acting as a team coach, team official, or match official during any hockey match or event. The day of the match is day 1 of the suspension.

There are mandatory minimum periods of suspension (all incorporating the initial 16 days):

- where physical violence is not used, attempted or threatened: 16 days
- where physical violence is used, attempted or threatened to a player or other person: 30 days
- where physical violence is used, attempted or threatened to an umpire/match official: 60 days
- and if this is a second or subsequent red card or MMO in a 12 month period, these minimum periods of suspension are doubled.

Additional penalties can be imposed at the discretion of the DA. You should refer to the EH Code for details of these, but note that: there may be breaks in a suspension to avoid it being served in holiday periods or out of the league season; personal insults to umpires or officials, the use of a stick, punching or kicking, and group violence will be severely penalised; and breaches of a suspension will lead to additional suspensions.

Note: The procedures summarised here relate to red cards and MMOs issued by fully qualified umpires. If a red card is issued by an unqualified umpire to a club member, the club must apply the same penalties to its member and advise its County DA of the action taken. An unqualified umpire cannot issue an MMO (but may make a Disrepute Complaint under the Disrepute Offence Regulations).

Contact details for the East Regional Disciplinary Administrator can be found on the East Management Committee page, and for all of the County Disciplinary Administrators on the County Hockey Association pages.

**EAST LEAGUE
MANAGEMENT COMMITTEE 2018-19**

(meetings: 27 Sept, 6 Dec, 7 Feb, provisional 4 Apr) (for Divisional responsibilities see inside front cover)

Chairman:

Rosemary Prince: 12 Valley View Close, Colchester, CO4 9UN
01206 752898 07713 272717 rosemary.prince@btinternet.com

East Leagues Secretary:

Neil Liversedge: 11 Campbell Way, March, PE15 8RG
01354 658657 07886 978329 n.liversedge1@btinternet.com

Budgets Officer:

Vicky Benedikz: 92 Manderson Road, Newmarket CB8 0NS
07815 751238 vickybenedikz@hotmail.co.uk

Men's League Managers:

Andy Bourke: 16 Millfield, Old Harlow CM17 0BL
07960 058946 andrew.bourke@firststate.co.uk

Jade Bloomfield: 92 Nyland Court, Naomi Street, Surrey Quays, London SE8 5EW
07599 437125 jade.bloomfield@gmail.com

David Burt: 1 Broomfield Courtyard, Haverhill CB9 8GY
07881 815567 dabur@bas.ac.uk

Phil Churchman: 23 Stoke Avenue, Ilford IG6 3ED
02082 205287 07811 370336 phil.churchman@outlook.com

Sarah Farmer: 4 Spenser Close, Royston, SG8 5TB
07802 667134 sarahfarmer@btconnect.com

Barry Harness: 55 Orchard Close, Hail Weston, St Neots, PE19 5LF
01480 407062 07961 352214 barryharness@hotmail.com

Marc Lloyd: 8 Langdale Close, Felixstowe IP11 9SR
07415 723241 lloyd.fhc@gmail.com

Richard Malone: 131 Black Hamlet, Ipswich IP3 8AW
07732 092040 richardmalone@outlook.com

Russell Nutter: 46 The Maples, Hitchin, SG4 9HA
01462 452266 russellnutter@btinternet.com

Chris Perry: 74 Port Vale, Hertford SG14 3AF
07979 693518 chris.perry48@yahoo.com

Pritpal Sagoo: 37 Parham Drive, Gants Hill, Ilford, IG2 6NB
07845 542909 pritpal.sagoo33@gmail.com

Ali Smyth: 2 Cozens-Wiley Road, Little Plumstead, Norwich, NR13 5GA
07832 253985 AliSmyth1984@gmail.com

Women's League Managers:

Vicki Benedikz: see above

Christina Dewing: 9 Henson Close, Spalding, PE11 2FW
01775 248516 07889 385640 christinadewing@gmail.com

Shaun Dewing: 9 Henson Close, Spalding, PE11 2FW
01775 248516 07590 999261 sdewing67@googlemail.com

Sarah Mann: Sexton Cottage, Tiptree Road, Great Braxted, Witham CM8 3EJ
01621 892821 sarahm66@btinternet.com

Rosemary Prince: see above

Kishor Shah: 63 Burstellers, St Ives, Huntingdon, PE27 3YN
01480 351685 07759 134524 kishor.shah@ntlworld.com

Nicola Wilkes: 11 Beech Hill Road, Eltham, London SE9 1HJ
07841 433338 nicolawilkes99@icloud.com

Results Co-ordinators:

Sarah Mann: see above

Richard Munns: 1 Milner Close, March, PE15 8LH 01354 653714 richard.munns1@btinternet.com

ERHUA Representative:

David Roberts: 01799 530260 david.roberts4@btconnect.com

LEAGUE RULES 2018-19

The approved Rule Changes apply to Rules 3.2, 4.3.3. Due to the expansion of the England Hockey National League commencing in the 2019/20 season there are temporary rules regarding Rules 6.1 and 6.2 promotions and relegations that will be in place for 1 season only, all other principles of these rules remain the same.

Changes in bold italics.

1. League title, officers, management committee, and rules
2. League clubs
3. Players and team selection
4. Matches
5. Umpires
6. League structure, promotions, relegations
7. Discipline and penalties
8. Constitution and management of the leagues

1. LEAGUE TITLE, OFFICERS, MANAGEMENT COMMITTEE, AND RULES

The Leagues shall be known as the East Men's League (EML) and the East Women's League (EWL), modified if necessary to reflect sponsorship.

The League Officers are the League Chairman, the East Leagues Secretary (ELS), the Budgets Officer, the Divisional League Managers, and the Results Coordinators. The League Management Committee consists of all the League Officers plus a representative of the East Region Hockey Umpires Association (ERHUA).

Rules 1 and 8 apply to all East Leagues, rules 2-7 apply only to the East Men's and East Women's Leagues. No amendment to these rules or to the structure of the East Leagues may be made after September 1st of the season in which either the rules or the structure apply, except that changes arising from decisions of the England Hockey Board (EHB) or changes already indicated in the wording of a rule may be implemented without delay.

2. LEAGUE CLUBS

2.1 Eligibility

All clubs based in counties in the East Region are eligible to play in the East Leagues. Other clubs located near the region may be invited to play by the League Management Committee. Clubs disaffiliated by a County, Region, or England will forfeit their league fixtures 0-5 during the period of disaffiliation.

2.2 Registering for the Leagues and Consent to Rules

Clubs playing in the EML must register their teams by 31st May each season. New teams may not be accepted if registration is late. Teams from East Clubs in the London League may be admitted, but other than 1st teams may not play higher than Division 3.

Clubs in all Leagues must register their officers for the coming season by 30th June. Officers must include a Club Liaison Officer, a League Liaison Officer and a Fixtures Secretary for each League in which the club plays, and an Umpiring Liaison Officer. There must be at least two different named officers for each league. Late registration will increase league fees by 50%.

By registering for the East Leagues a Club consents to all the league rules, undertakes to ensure that all its officers are fully conversant with the rules by the start of the season, and takes responsibility for the actions of its players, officers, and members in relation to league matches.

2.3 Fees and other payments

League fees and other outstanding payments must be paid before the start of the league season. If a club incurs a fine or payment to a league during the season and a payment reminder notice is issued, payment must be made within 7 days of the notice. Failure to meet either of these payment deadlines will make a club ineligible to play league matches and all fixtures during the period from deadline to payment will be forfeited 0-5. Such late payments to one league will not make a club ineligible to play in another.

2.4 Captains and Vice-Captains

A team must send the telephone numbers and email addresses of its Captain and Vice-Captain to its East League Manager before its first league fixture, failing which it may be fined £20 by the League Manager.

2.5 Fixture Cards.

Clubs with paper fixture cards must send a copy to the ELS, and if using electronic cards must email the file.

2.6 Press reports

To support sponsors Clubs may be asked to include sponsor names in published newspaper match reports and to send such reports for each League to the ELS twice each season by set deadlines, on penalty of £20 fines. This rule only applies when clubs are notified by the start of the season that reports are needed.

2.7 League Meetings

A Club shall send a representative to the AGM and any SGM.

2.8 Presentation Day

Division winners must attend Presentation Day for the awards ceremony, on penalty of a £100 fine. Trophies must be returned by the end of March, on penalty of a £50 fine.

2.9 Authority to extend deadlines and apply penalties

The ELS may extend deadlines and apply the specified penalties in any part of rule 2 except 2.4.

3. PLAYERS AND TEAM SELECTION

3.1 Club membership and gender

Players must be bone fide club members and of the same gender as the League in which they play. University students playing only BUCS hockey (not county or regional league hockey) may play East League hockey for their clubs out of term time with the prior consent of the League Manager. The player must still be associated with the club and the match cannot be in a higher division or be crucial to relegation or promotion, all as determined by the League Manager.

3.2 Premier Division player registration and eligibility

A team playing in EML Premier A or EWL Premier must register all its players with the appropriate League Manager by the Monday before the start of the season using the official Registration Form. There is no limit to the number of players, and additions can be made up to Jan 31st providing there is compliance with the transfer rule. All new registrations must be received by the League Manager by the Monday before the weekend in which the player first appears in an East League match.

During the season, and subject to the current Player Transfer deadlines stated in Rule 3.3, at any time two players may be registered who would not comply with the current England Hockey League definition of eligible overseas players. Failure makes a team ineligible for promotion into the national league. (The EHL regulations are available on the England Hockey website).

3.3 Player Transfers

An East League transfer process must be completed before new players can play for a club in an East League match if they have played outdoor league hockey for another club in the current season or last played any hockey in another country. Note that it is playing for the previous club that is the issue; the formal membership status of the player at that club is not relevant.

If a transfer is from one East League Club to another, the receiving club must start the process using the East League website player transfer system. If the player is moving from a club elsewhere, the receiving club must email details of the player's name and previous club to the ELS and ask for a transfer. Any transfer requires the agreement of the club losing the player. Transfers cannot be started after Jan 31st.

The player cannot play for the new club before the Completion Date published on the East League website. The player can play for the present club up to, but not on or after, that date. A player may not play East League hockey again for a previous club during the season, and cannot play East League hockey for more than two clubs in a season.

Notes: (1) A transfer is not required when a player changes clubs between league seasons. (2) A transfer is not required when a player moves from playing only junior hockey with one club to senior hockey with another club. (3) The ELS will allow some flexibility in transfers at lower levels of the league, e.g. in cases of inadequate or misleading information, but only on request and when this does not give unfair advantage.

3.4 Team selection: general principles

All teams must be selected on playing strength so that the strongest available side is put out at each level commencing with the highest team. If a team has a lack of available regular players, it shall use players from lower teams to make up the deficiency, and so on down the Club. (A "team" is the

squad of up to 16 players listed on the League Teamsheet before the start of the match). If a team is not involved in a match, the Club shall select its East League teams as if all teams were in fact playing, and shall not unfairly strengthen lower sides by including players from the squad of a higher team without a match.

There are specific restrictions on the selection of EHL squad players for East League matches, and these are set out in rule 3.5 below.

If there is a player shortage due to an unexpected unavailability, teams may double up players to make up the shortfall, subject to Rule 3.6 below. Clubs must not use this to unfairly strengthen lower sides, and this will be closely monitored by the League.

3.5 Team selection: EHL Clubs

A club in the English Hockey League may not play 13 of the 1st team players listed on an EHL teamsheet in an East League match in the same weekend. If there is no EHL match in a weekend the restriction must be based on the teamsheet for the last EHL match played, except that during the EHL winter break when 13 of the of the squad listed on the last two EHL teamsheets in November may not play in the East League. When EHL matches are played on a Sunday, Saturday East League team selections must anticipate the Sunday EHL teamsheet. First team players allowed under this rule to play for a lower team in the East League may only do so subject additionally to Rule 3.6.1. League Managers will monitor compliance by checking EHL teamsheets.

3.6 Team selection: Playing down

A player may only play for one team in one day unless in exceptional circumstances. These circumstances are set out in Sections 3.6.1 and 3.6.2. In each case the an officer of the club using a player provided by another team within that club must advise the League Manager of the receiving team by 8pm on the day before the game where the selection is made in advance or by 7pm of the day of the game when the selection has been caused by a short term match day emergency (e.g. a player not arriving). In all cases the Captain of a team using a player provided by another team must advise the opposing Captain of this before the game and shall endorse the back of the teamsheet. The League will monitor the application of this rule very carefully to ensure that there is no unfair strengthening. In the event of a dispute the club MUST prove that the doubling up was due to a genuine and unexpected shortage of players and was not not planned in advance to gain unfair advantage.

3.6.1 Bench players in Divisions 2 or higher: Bench players who do not usually have significant pitch time may play for a lower team in the East League in the same weekend to obtain match practice, providing the lower team is not more than two teams lower than the team for which he or she is a bench player. This allowance also applies to regular bench players in an EHL 1st team, but subject to rule 3.5.

3.6.2 Team shortages in divisions 3 or lower: Teams short of players may double up players from another team, subject to the restrictions set out below. This is only to enable a team to fulfill a fixture when otherwise it would have less than 11 players or is short of a goalkeeper.

- (a) A goalkeeper may double up as often as needed as a goalkeeper.
- (b) A team short of a field player may receive one player from one other team playing on the same day, but the providing team must not be more than two teams higher, e.g. a 2nd team player can double up in the 4th but not the 5th team.
- (c) The bottom team of a club may receive up to a further three players (so four altogether) from other teams to make up 11 players provided the other teams are not more than two higher in club ranking, and providing approval is obtained from the League Manager by 8 pm on the Friday before the match.

Doubling up field players must not result in the receiving team having more than 11 players, i.e. no substitutes are allowed. However doubling up a goalkeeper, or a field player as a goalkeeper, does not prevent the receiving team having field player substitutes, providing the player is kitted as a full goalkeeper throughout the match.

The order of play does not determine which team is providing the player to the other. The higher team is the provider and the lower team the receiver, even if the player plays regularly for the lower team.

3.7 Penalties

If a team includes a player ineligible under any part of Rule 3 or banned under a disciplinary process or under Rule 7.3, the minimum penalty will be the award of the match to the opposition 5-0 or actual score to nil, whichever is the greater.

If a Club does not select a team but still fields lower teams, players in the lower teams are deemed ineligible and the same penalty will be applied to each lower team.

3.8 Authority to extend deadlines and apply penalties

League Managers may extend deadlines and apply specified penalties in any part of rules 3.2 and 3.4 - 3.7. The League Management Committee may extend the transfer deadline in rule 3.3.

4. MATCHES

4.1 Rules

All matches shall be played under the current FIH rules of hockey.

4.2 Pitches.

All matches in all divisions must be played on astro pitches of a standard approved for hockey by EH, except that approved 3G pitches may only be used for matches in the lowest two divisions of any quadrant of the EML and in Divisions 3 or lower in the EWL.

The home team must ensure that pitch facilities, including marking, goals, nets, and condition of floodlighting, are in good condition. If the umpires abandon a game because pitch facilities are inadequate, the home Club will be fined £20. The home club must inspect pitches during bad weather early enough to stop opponents travelling if match is cancelled because of pitch conditions (see also rule 4.7).

4.3 Dates, times, and venues

4.3.1 Dates and Slip Dates

Matches must be played on the dates set out by the Leagues at the start of the season. However if a Division has less than 12 teams its League Manager may, on request, allow a fixture to be switched to a League Saturday that is blank.

Where any game is postponed, for any reason, clubs shall complete the administration process of agreeing a new date for the game to be replayed within 14 days of the original game being postponed. Failure to do so may result in one or both clubs being issued with a fine of £20. Clubs should also note that any games postponed, for any reason, during the first half of the season (September to December), must be played by the second Sunday after the start of the second half of the season.

Any games postponed, for any reason, during the second half of the season (Jan to Mar), must be played by the second Sunday after the last scheduled fixture weekend.

4.3.2 Times

Unless otherwise agreed by the League Manager, matches in EML Divisions 2 upwards of both EML and EML must have a starting time 11am - 4pm in Sept, Oct, Feb, Mar, and Apr and 11am-3pm in Nov, Dec, and Jan. For other divisions start times must be 10.00am - 5pm.

Home clubs must consider the distance the away side has to travel when setting start times for matches, and must also allow for an adequate warm up period on the playing surface.

If a team is not ready to play 15 minutes after the official start time or by the time the pitch is free for use, whichever is the later, and as a result a game is not played, the League Manager may award the match 0-5 to the opposition. The umpires should inform the home Captain when 15 minutes after the official start time is reached, and if a game is not played the Home Captain must inform the League Manager. Note that significant travel problems beyond the team's control may excuse late arrival.

4.3.3 Notifying times and venues

At least 4 weeks before the start of the season, a club must input to the league website details of the venues and start times of all its home league matches to be played up to the mid-season break. The same information must be provided by the end of November for all matches after the break. Failure to meet these deadlines may result in the League Manager imposing a fine of £5 per fixture, though this may be waived under exceptional circumstances. ***The start of the season is defined as the first East league game to take place.***

Changes made after this cut-off must be input to the league website and also notified directly and immediately to opposition clubs and umpiring pool organisers. Messages left without response and emails without answers are not acceptable as notifications. An away team should not refuse time or venue changes notified at least a week before the fixture. An away team in need of information is expected to contact the home club.

If failure to give sufficient notice to all parties leads to a match not being played, the League Manager may decide on a postponement, award the match 0-5, or void the match.

4.4 Playing Colours and Numbers.

Teams should normally wear colours as notified to the League at the start of the season. Players shall wear shirts numbered as per teamsheet, goalkeepers shall wear a numbered shirt of contrasting

colour, and captains shall wear an armband. The away team must have alternative colour shirts and socks and shall wear them if required by an umpire.

4.5 Teamsheets and Results Notifications.

4.5.1 Teamsheets

Teamsheets listing the full squads and their numbers must be handed to the umpires before the match. After the match the scores, scorers, and details of red and yellow cards must be added to the Home sheet. Both Captains must sign both sheets, and both Umpires must sign the Home sheet. Both sheets must be sent by the Home Club to the League Manager to arrive by the Wednesday following the match. EHL Clubs must also send their 1st team EHL teamsheet from the same weekend to the League Manager responsible for the highest division in which they play in the East League, by the same deadline.

4.5.2 Results notification

In both the EML and EWL the home club must input the result to the East Hockey website by 7pm on the day of the match. Where a problem prevents a result being input directly to the website the home club must report both the problem and the result to their League Manager by 7.30pm on the day of the match. Where games are played on a re-arranged date the results must be telephoned into their League Manager by 7pm on the day the game is played. Where a game is cancelled at short notice or abandoned once started this must be advised to the relevant League Manager by 7pm on the day the game is played.

4.5.3 Penalties

Failing to provide a match result or to notify a postponement or abandonment on time, failing to fully complete a teamsheet, or failing to send a teamsheet to arrive on time is a Reporting Failure. After a first Reporting Failure the team will be given a formal warning by the League Manager. For a second Reporting Failure a £20 fine will be imposed, payable to the League Budget Officer within 14 days (failure to pay on time will lead to a 1 point deduction). For a third or subsequent Reporting Failure the team will be deducted 1 point.

4.6 Postponements

4.6.1 Indoor postponements

Subject to the prior agreement of the League Manager, a Club playing in the Men's or Women's East or EHB indoor competition in December or January may postpone an East League 1st team match on the same date. The postponement must be agreed with the League Manager by the end of October, and the slip date match must be agreed with the other club by the same date, including notification to the umpires and an update to the League website venues and times section. The earliest slip date available to both clubs must be used for the match.

No postponement will be agreed after the end of October, except as follows. A Club qualifying for a later round in either of these competitions may postpone at short notice its 1st team East League match on the date of the next round. The postponement must be notified to the League Manager and the other Club by the day after qualifying, otherwise the postponement will not be allowed. The match must be rearranged to the next slip date free for both Clubs.

No postponements will be allowed for junior indoor commitments except for an EHB Club Competition Finals weekend, i.e. the culminating matches of a National Competition. This must be notified to the League Manager and the other club by the day after qualifying for the Finals weekend, otherwise no postponement will be allowed. The match must be rearranged to the next slip date free for both Clubs.

4.6.2 Other postponements

A League Manager has discretion to agree postponements for such events as a national or religious holiday, an EH outdoor knockout fixture clashing in date or being on a Sunday requiring travel on Saturday. League Managers will be as accommodating as possible, but are unlikely to grant a postponement if the request is made at short notice, and will never grant a postponement because a team is simply short of players.

4.7 Abandonments and cancellations

When matches are cancelled at short notice or abandoned during play the League Manager will decide whether the match should be rearranged, awarded 0-5, or voided. Rearrangements are normally allowed for events such as the pitch being deemed unplayable by the home club because of weather conditions, an umpire failing to arrive and no replacement being found, a significant proportion of the visiting team failing to arrive because of major travel problems outside their control, or the umpires deciding that the game cannot start or continue because of weather conditions, loss of light, injury to a player, etc.

If pitch or ground conditions are debatable around the time a match is due to start, both Captains and both Umpires must agree that conditions are safe for play before the match can commence. Once started, only the umpires can agree to abandon a match.

If a home club cancels a league match because of pitch or ground problems but fails to properly notify the cancellation in time to prevent the away team from travelling, or if a match start is delayed for an hour or more for similar reasons and the league match is not played, the League Manager will review the circumstances and may require that the home team reimburse the reasonable travelling expenses of the away team (failure to do so will lead to a £50 fine) and/or award the match 0-5 against the home side.

4.8 Slip matches

Matches rearranged from the first half of the league season must be played by the second Sunday after the start of the second half of the season. Unless otherwise specified the cut-off date for the season shall be the second Sunday after the last scheduled fixture weekend. Matches not played by the league cut-off date will be void. In regard to slip matches any free Saturday should be used as first priority but any Sunday may be used.

Note: Clubs allowed a cancellation due to indoor hockey commitments are encouraged to re-arrange the cancelled fixture to a date prior to the cancellation date. The reason for this is that club indoor hockey usually takes place in December and January. The weather in the months leading up to the indoor season is usually fair; therefore a build-up of fixtures in the second half of the season can be avoided

4.9 Failure to Honour a Fixture

If a team fails to honour a fixture because of lack of numbers or disinclination to travel or similar reason, the League Manager will normally award the match 0-5 against and will also deduct 3 points. However, under exceptional circumstances the League Manager may instead decide that such a match is not forfeit and should be rearranged or voided. A Home Club may charge the cost of pitch hire to a visiting side that has failed to honour a fixture and has not notified the Home Club at least two full days before the day of the match, e.g. by Wednesday for Saturday.

A team that fails to honour four matches will be automatically withdrawn from the League and all previous results will be rendered void.

4.10 Post match hospitality

Home clubs must provide acceptable post-match hospitality to visiting teams, officials and umpires. Away teams must inform the Home Club at least two days before the day of the match if full teas are not required; failure to do so may result in costs being recharged by the Home Club.

4.11 Authority to extend deadlines and apply penalties

League Managers may extend deadlines and apply specified penalties in any part of rule 4.

5. UMPIRES

5.1 Pool umpiring

5.1.1 Mandatory

The ERHUA Pool will appoint to all matches in EML Prem A, Prem B, and EWL Prem, and County Pools will appoint to all matches in EML 1, 2N and 2S and EWL 1N and 1S.

A club must nominate an appropriately qualified umpire each week to either the East pool or its County pool for each team in these divisions. An umpire must be named to the pool organiser by the local appointments deadline, but need not be the same umpire each week. Umpires will not normally be appointed to their own clubs. An umpire who is promoted to the national pool will continue to count as a nomination for the purposes of this rule for the remainder of the season.

If a club regularly fails to provide pool umpires, regularly fails to provide time and venue information as required by rule 4.3.3, or has a team that regularly behaves unacceptably towards pool umpires, a pool may refuse to provide umpires to a team in these divisions. When this happens the League Management Committee will review the circumstances and may award the match 0-5 against the offending team (whether or not the match is played using another umpire). Persistently offending clubs may incur further penalties.

5.1.2 Additional provision

County Hockey Umpire Association (CHUA) pools may provide umpires to lower divisions. This may be on a partial basis, for example one-in/one-out arrangements with some clubs, or on a full basis by preseason agreement with the East League. If a lower division spans more than one county, it will be acceptable for it to be pool umpired in one county whilst being club umpired or mixed pool/club umpired in another county. Umpiring may be arranged on a two-home umpire basis. Clubs should accept that umpiring arrangements may differ between counties, and should support their local County pools as fully as possible.

5.2 Club umpiring.

Clubs must use their own umpires for matches in other divisions. Umpires in all matches in EWL Divisions 2 and above and in EML 3NE, 4NW, 5SE, and 4SW and above must be fully qualified Club

Umpire (Assessed) or higher. In lower divisions Club Umpire (Unassessed).

A Club Umpire (Unassessed) may be used in EWL Div. 2 and EML 3NE, 4NW, 5SE and 4SW games if they are being assessed for their full Club Umpire (Assessed) qualification. In games of this nature it is the responsibility of the club of the umpire being assessed to inform the League Manager at least 48 hours prior to the game taking place. (Clubs should note that the League Management Committee expect as a courtesy, clubs should notify their opposition of this assessment).

Clubs must have twice as many Club Umpires as league teams, of which up to half may be registered Club Umpires (Unassessed). Before the start of the season, all clubs must input the list of their umpires on the East Hockey website. This list must be kept up to date during the season. Listed umpires must be EH registered and be members of a CHUA. An umpire should only be listed by one club

Using a club umpire in a league match who is not listed or is not a CHUA member will result in the match being awarded by the League Manager to the opposing side 0-5 or 0-score, whichever is the greater.

5.3 Umpiring Liaison Officers.

All clubs must appoint an Umpiring Liaison Officer (ULO) with whom pool secretaries and other clubs can communicate on umpiring arrangements. Details of the ULO must be included in the club's annual application to join the League. For clubs receiving pool umpires, the ULO must operate according to the ERHUA job definition document.

5.4 Umpire replacements and changes.

If an umpire unexpectedly fails to arrive, the captains shall try to find a replacement. If a qualified umpire is required and only an unqualified or candidate umpire is available but is acceptable to both teams and is covered by club or umpiring association or individual liability insurance, the match may go ahead. Responsibility for ensuring that the proposed umpire is insured rests with the two Captains and their Clubs. The home club must inform the League Manager of these circumstances when reporting the result and also include an explanatory note on the home teamsheet.

If captains cannot reach agreement regarding a replacement umpire, the League fixture must be abandoned (see also rule 4.7).

Umpires should not normally be changed during any matches in EWL Division 2 and above, nor in EML matches in divisions 4NE, 4NW, 5SE, and 5SW and above. However, a change may be made if an umpire is incapacitated during a match or if a temporary umpire is needed until a delayed umpire arrives. In lower EML divisions, umpires may be changed once, at half time, if the captains agree before the start of the match.

5.5 Umpires and the Leagues

Umpires must not adjudicate on League rules unless they are also East League officials. The Leagues will not adjudicate on umpiring decisions in matches.

6. LEAGUE STRUCTURE, PROMOTIONS, RELEGATIONS

Temporary for the 2018-19 season only, due to the expansion of the England Hockey National League.

6.1 East Women's League Structure

The EWL normally has seven divisions of 12 teams. Only 1st teams and EHL Club 2nd teams can play in EWL Premier. If a club has more than one team at division 1 level, or in the quadrant divisions 2, they will be placed in the same division.

Promotions and relegations are based on the general principle that there should be two promotions from any division. At the end of each season the Premier champion or highest eligible team is promoted to the EHL, the champions or highest eligible teams of the seven County Leagues within East are promoted into the EWL, one or more teams may be relegated from the EHL back to the EWL, and sufficient teams are relegated from the EWL to the County Leagues to maintain East League team numbers at 12 per division.

If a County champion or highest eligible team is unwilling to accept promotion into EWL, the next highest placed eligible team may be offered the promotion if EWL considers it is of sufficient playing strength. If not, the place may be offered to a team of appropriate strength in another County League.

2018-19		
Division	Promotions	Relegations
Premier	4	2
1N, 1S	3, 3	4, 4
2NE, 2SE, 2C	2, 2, 2	4 in total*
2NW	2	2
3NW	2	4
4NWN	2	
4NWS	2	2
5NWS	2	

* all in 12th place and the lowest 11th place team.

6.2 East Men's League Structure

The EML is an open league with the number of divisions depending on the number of teams entering. Divisions will usually consist of 12 teams, but circumstances may cause some lower divisions to have different numbers. Only 1st teams and EHL Club 2nd teams can play in Premier A. All the teams from a club playing at or below division 3 levels will be placed in the same quadrant, NE, NW, SE, or SW.

Promotions and relegations are based on the general principle that there should be two promotions from Divisions 5 or higher and three from lower divisions. However, when divisions have less than 12 teams, promotions will be reduced by one for divisions with 9 or 10 teams, and by two for divisions with fewer teams.

At the end of the season the Premier A champion or highest eligible team is promoted to the EHL, and one or more teams may be relegated from the EHL back to the EML.

Changes in team numbers between seasons may mean that a team is moved to a different division than that in which it was placed by the promotion and relegation processes at the end of the previous season.

2018-19					
Division	Promotions	Relegations	Division	Promotions	Relegations
Prem A	4	1	3SE	2	2
Prem B	5	1	4SE	2	2
1	5	2	5SE	2	3
2N, 2S	3	2	6SE	3	3
			7SE	3	3
3NE	2	2	8SE** *	3	3
4NE	2	2	9SE**	3	3
5NE	2	2	10SE**	3	
6NE(N)°	1*		3SW	2	2
6NE(S)°	1*		4SW	2	2
			5SW	2	3
3NW	2	2	6SW	2	3
4NW	2	2	7SW	2	3
5NW	2	3	8SW	2	3
6NW(N)°	1*		9SW	3	3
6NW(S)°	1*			3	

* 1 up plus best placed 3rd placed team.

** Promotions and relegations dependent on team numbers entered into each division

6.3 League positions

League positions are determined by the award of 3 points for a win, 1 for a draw, and 0 for a defeat. In divisions where teams do not have equal numbers of fixtures, positions will be determined by percentages, i.e. points gained as a % of maximum points possible.

After points or percentages, positions will be determined first by goal difference, then by goals for, then by the aggregate result of matches between the two clubs with away goals counting double. Teams that are still equal will share the position, unless there is a championship, promotion or relegation issue, when a play-off will be arranged by the League Manager on a neutral ground on the first available date. If there are more than two teams in a play-off, there will be a draw to determine who plays who, with a bye if there is an odd number of teams, and so on round by round until there is a final between two teams. If in any play-off match the scores are level at full time, no extra time shall be played, but a penalty stroke competition shall be used to determine the winner.

6.4 Promotions and relegations

Promotions and relegations are by one division.

If a team is unable or unwilling to accept promotion, the next highest placed eligible team may be offered the promotion if of sufficient playing strength – if not, the League may reduce relegations from the division above, or take other action to adjust divisional sizes.

If it is necessary to choose between teams in equivalent Divisions for a relegation or promotion, selection will be based on a comparison of points or percentages, goal difference, etc, as set out in section 6.3.

Additional relegations and promotions may also arise from the factors set out below.

6.4.1.EHL promotions and relegations

If the overall effect of promotions and relegations into and from the EHL is a net gain of clubs to EML Prem A or to EWL Prem, there will be extra relegations to maintain divisions at the normal size, including extra relegations from the EWL to the County Leagues.

If EHL promotions and relegations lead to a net loss of clubs, there will be additional promotions to maintain divisions at normal size, and additionally in the EWL the number of relegations to County Leagues will be reduced.

6.4.2 Teams from the same club in the same division

No more than two teams from one club may usually play in the same division. If the relegation of a team means there would be more than two such teams in a division, the team with the lowest club ranking of those teams will be relegated irrespective of finishing position. If the promotion of a team would lead to more than two teams from a club in a division, the promotion will not be allowed. There can however be more than two teams from one club in the bottom division of a quadrant in either League.

6.4.3 Quadrant structure in EML

Teams relegated from divisions 2N and 2S will be placed in their Club quadrants. As a consequence three or more teams may be relegated into the same division 3, in which case there will be additional relegations from that division 3 and from lower divisions in the same quadrant to maintain as many as possible at 12 teams. Likewise, if there is only one or no relegation into a Division 3, there will be additional promotions from lower divisions in the same quadrant to maintain as many as possible at 12 teams.

6.4.4 New clubs and new teams in EML

Teams from new clubs joining EML will be placed in divisions based on estimated playing strength. An additional team from an existing EML club will usually be placed in the lowest division of its quadrant, but may be placed higher if of exceptional playing strength. As a result of either there may be extra relegations.

Clubs that merge will maintain their collective divisional positions.

6.5 Geographical splits

Following promotions and relegations from and into 2N and 2S in the EML, the teams will be rearranged between these two divisions to minimise travelling. This may mean a team switching from one division to the other. The same procedure will apply in EWL to 1N/1S and 2NE/2NW/2SE/2SW.

6.6 Withdrawals

If a club wishes to withdraw a team during the season, the team removed must be its lowest playing in the league. No exceptions will be made. The team will remain in the league table with all matches void and will occupy a relegation place. Teams withdrawn during the season would usually be placed in the bottom division if allowed to rejoin the league in the following season.

If a club wishes to withdraw a team between seasons, that team would normally be its lowest playing

in the league; however, if the club wishes to withdraw a higher team the league may agree if the change can be accommodated without significant adverse effects on other clubs, and if the request is made to the League before the deadline for entries of May 31st.

7. DISCIPLINE AND PENALTIES

Clubs must abide by the intended spirit of how the game should be played; observe EHB guidelines and procedures for discipline and pitch-side conduct; ensure that players, officials and spectators treat umpires with respect before, during and after matches; and not put disparaging remarks about leagues or opponents in press reports or on the internet. The Leagues will apply severe penalties in cases of umpire abuse.

7.1 Application of penalties

The League Management Committee has authority to apply any penalty specified in any rule. In addition, League Officers have authorities to apply specific penalties as described in each rule. If a Rule does not include specific penalties, a first offence will lead to a written warning and a subsequent offence to a 1-point deduction, unless subject to Rule 7.2.

7.2 Additional penalties.

The League Management Committee may take action against any club, team, player, or other individual persistently or seriously breaking the rules of the Leagues, bringing the Leagues into disrepute, or acting in any way contrary to the interests of the Leagues. Penalties may include fines, the deduction of points, the reversal of results, the suspension of players from East League hockey, the relegation of teams, or the expulsion of teams or clubs from the League. The Committee will also use its authorities under this rule to support recommendations made by any relevant Disciplinary Body under the provisions of any regulation included in the EHB Code of Ethics.

7.3 Yellow cards

A player who receives a fourth yellow card in the season in East League matches shall be automatically suspended by his club for the next league day, and likewise each subsequent yellow card received. If a ban cannot be completed by the end of the season, it is carried forward to the beginning of the next league season.

A league day is a Saturday in the League Fixture List or a day on which the club is playing a slip. If the team for which the player normally plays has no fixture on the next league day, the penalty shall be applied to the next league day on which the team has a fixture or slip.

If a player is selected to play contrary to this rule, the penalties set out in rule 3.7 will apply, and further penalties may be considered under rule 7.2.

7.4 Appeals.

A club may appeal against a decision or penalty set by the League by sending an Appeal Notice to the ELS not later than 7 days after the appellant was notified of the decision or penalty to be appealed against. There must be annexed to the Appeal Notice copies of all documents that the Appellant intends to rely on in the Appeal, including the written statements of any witnesses. A deposit of £120 must be sent to the ELS within 7 days of the date of the sending of the appeal.

7.4.1: Appeals against League Manager or ELS decisions

Appeals against a decision or penalty set by a League Manager or the ELS will be heard as soon as possible by the League Appeals Panel comprising three League Managers not involved in the decision being appealed. The Appeals Panel at its own discretion may hold a written or an oral hearing. The decision of the Appeals Panel shall be final.

7.4.2: Appeals against League Management Committee decisions

Appeals against a decision or penalty set by the LMC will be forwarded to the East Regional HA Appeals Committee, which will hear the appeal under its established procedures. The decision of the East Appeals Committee shall be final.

8. CONSTITUTION AND MANAGEMENT OF THE LEAGUES

The Annual General Meeting of the league clubs appoints all league officers, determines all rule changes, and sets annual league fees.

The Leagues are managed by a League Management Committee consisting of all the East League officers and a Representative of ERHUA.

The Chairman of the League is a member by right of the Management Committee of the East Region Hockey Association.

8.1 Annual General Meeting

The AGM is held each year by 30 June. Notice of the AGM, nominations for Officers, fee proposals, and an agenda are sent to league clubs at least 14 days before the meeting. Budget details, explanatory notes on rule changes, and the minutes of the previous AGM are also made available to

clubs by the same date.

The business to be transacted at an AGM is the annual report of the League Chairman, the election of Officers, the setting of league fees, amendments to league rules, and other agenda proposals. The meeting is chaired by the League Chairman, but if absent the meeting will elect a member of the League Management Committee. Those entitled to attend and vote are the clubs playing in the Leagues at the end of the previous season, an ERHA representative, and an ERHUA representative. A quorum shall be 25 votes present.

8.1.1 Voting: A club has 1 vote for each East League in which it plays, and votes may be cast at the meeting or by post. Postal voting papers will be circulated with the Notice of the AGM, and must be completed and returned to the ELS before the meeting. The ERHA and ERHUA Representatives have 1 vote each, to be cast at the meeting. Voting will be organised so that clubs only vote on matters affecting a league in which they play. To be passed, proposals must gain more than 50% of the votes cast, except that changes in League Rule 8 require at least 75%.

8.1.2 Electing Officers: Nominations may be made by the League Management Committee or by a League Club. Club nominations must be sent in writing to the ELS by 30 April, and must include the written consent of the nominee and a written secondment by another League Club. Nominations will not be accepted after 30 April.

8.1.3 Amending League Rules: Proposals from Clubs to amend League Rules must be submitted to the ELS by 31 Mar. All proposals will be reviewed at the April meeting of the League Management Committee along with rule changes proposed by the Committee, and a composite draft Rules Proposal will be prepared and made available to clubs as much in advance of the AGM as possible. Proposals will be amended in light of club comments, and a final version circulated with the AGM papers. Agreed rule changes will usually be implemented in the season following, but with the agreement of the AGM major changes may be implemented later.

8.1.4 Other Proposals: may be submitted to the AGM by the League Committee or by a Club participating in the League, subject to the same deadline dates and secondments as specified for rule changes. Such proposals will be made available to clubs as much in advance of the AGM as possible, and will be circulated with the AGM papers.

8.1.5 Amendments to Proposals: To maintain the validity of postal votes no substantial amendments to proposals are allowed, but the AGM may agree minor changes to wording that do not change the intent of the proposal nor invalidate the basis on which postal votes were cast. The Chairman of the meeting is the sole arbiter of what is acceptable.

8.2 Special General Meetings

An SGM may be called by the League Management Committee, or within a month of receiving a request signed by the Chairmen of 25 participating clubs (Men's, Women's and Joint Clubs each being counted as one club) clearly stating the reasons for the meeting. At least 14 days notice of the SGM shall be sent to all those entitled to vote. No other business shall be conducted at the meeting. Relevant procedures for an AGM apply.

8.3 Financial Policies

The financial policies of the Leagues are: to break even; to require participating clubs to pay a league fee per team; to apply a 50% surcharge to fees paid by clubs with late application forms; and to treat fines as unbudgeted income.

8.4 League Management Committee

The committee is responsible for all aspects of the East Leagues, subject to the overall authority of the AGM of the League Clubs.

It will meet to review league performance, resolve problems, and make decisions on any matter concerning the leagues. It may revise the structure of the leagues in the interest of all clubs and for the benefit of hockey in the region, consulting clubs and submitting any new structure to a General Meeting. It will organise the AGM, Presentation Day, and any SGM.

The committee will meet at least three times a year. A quorum is four members, one of whom must be the League Chairman or ELS. In the absence of the Chairman, the committee shall elect one of the members present as chair. The committee will appoint replacements to fill any vacancies in its membership.

The committee will endeavour to operate by consensus, but in the event of a vote the officers of one league will not vote on another league's business. All may vote on joint business. The Chairman, ELS and Budgets Officer may vote on any business. Proposals shall be passed by a majority of those present and voting, with the chair having a casting vote if needed.

The Committee may impose penalties and vary deadlines under any rule.

8.5 East League Secretary

The Leagues are managed overall by the ELS, subject to the authority of the League Management Committee. The duties of the ELS include: ensuring that all divisions are efficiently and consistently managed and that decisions are consistent with league rules; representing the East Leagues at EHB and Regional League liaison meetings; liaising with Umpiring Associations on matters affecting the leagues; ensuring that Clubs are kept informed of and consulted on relevant league matters; and carrying out league administration including club affiliations, preparing the league section of the East Hockey Handbook, preparing league material for the East Hockey website, and organising League Management Committee meetings and minutes.

The ELS may impose penalties and vary deadlines as specified in individual rules.

8.6 League Managers

Each League Division is managed by a League Manager, whose duties include maintaining close liaison with the division's clubs and teams to help ensure the smooth running of the League, ensuring observance of league rules, resolving all issues that arise during the season, applying penalties where necessary, collecting and reporting match results and liaising with the League Results Coordinator, keeping accurate records of results and disciplinary cards, and presenting a full report of divisional issues to every League Management Committee meeting.

League Managers may impose penalties and vary deadlines as specified in individual rules.

8.7 Budgets Officer

The Budgets Officer shall agree a budget with ERHA Hon. Treasurer by 1st May each season, shall invoice and collect league fees, and shall collect league fines.

8.8 Results Coordinators

Each League has a Results Coordinator responsible for: ensuring that all published match results and league tables are accurate and current; applying match awards and penalty point deductions as agreed and advised by League Managers, the ELS, or the League Management Committee; and finalising promotion and relegation positions at the end of the season. The Results Coordinators of the Leagues shall work together to produce divisional allocations and fixtures for each new season.

CLUB INFORMATION

SEC=Club Secretary MLO/WLO=Mens, Womens League Liaison Officers
MFS/WFS=Mens, Womens Fixtures Secretaries ULO=Umpiring Liaison Officer
G/C: Ground/Clubhouse G/A1: Ground and Home Astro A... : Other astros
Colours: shirts, shorts or skirts, socks Telephone: (O) office *emergency only

Alford & District

EML: 4NW 6NW(N)
EWL: 2NW 4NW(N)

m: maroon, white, maroon
w: pink, pink, pink

SEC/MFS/WFS/ULO: John Pickett 01754 810278 jhpickett@btinternet.com
MLO: Hans Mitchell 0795626331 MarlboroMitch@Gmail.com
WLO: Chloe Bolland 07756794048 c.e.bolland@hotmail.co.uk
G/C: No clubhouse
A1: Skegness Grammar School, Vernon Rd, Skegness PE25 2QS 01754 610000

Ashford

EWL: 1S

w: blue-red, blue, red

SEC: Jeremy Paterson 07773 049037 jeremy@patersons.info
WLO: Sophie Hunt 07791 112280
WFS: Ben Dawson 07751 230619 b_dawson27@yahoo.co.uk
ULO: Matt Goodwin goodershc@gmail.com
G/A1: Ashford HC, Ball Lane, Kennington, Ashford TN25 4EB 01233 631315

Basildon

EML: 6SE
EWL: 2SE

m: white, red, white
w: white, red, white

SEC: Jenny Pearce 07712 575838 jpearce6@ford.com; jpearce006@gmail.com
MLO: Toby Arnett 07713 854929 / Michael Sparks 07958143009
toby.arnett1993@hotmail.com / watchthesparksfly@btinternet.com
WLO: Laura Chiswell 07717 410801 lauraannparkin@hotmail.com
MFS/WFS: Jenny Pearce 07712 575838
jpearce6@ford.com jpearce006@gmail.com
G/C: no clubhouse
A1: Gloucester Park, Cranes Farm Road, Basildon, SS14 3GR

Beccles

Norfolk League club- see: <https://www.norfolkhockey.co.uk/clubs/>

Bedford

EML: A 2S 3SW 5SW 7SW 7SW 9SW 9SW
EWL: 1N

m: maroon-white, white, maroon-white
w: maroon-white, black, maroon-white

SEC: Steve Bilham 07813 077 950 papabilham@gmail.com
MLO/MFS: Jon Lord 07977 463205 jonlord412@gmail.com
WLO/WFS: Kate Costin 07513 025712 katecostin@btinternet.com
ULO: Gary Fuller 07976 526124 garyfuller23@gmail.com
G/A1: Bedford Sports Centre, Chester Rd, Bedford MK40 4HL 01234 211151

Berkhamsted

EML: 3SW 4SW 5SW 6SW 9SW

m: white, blue, red

SEC: Stefany Langdon 07824 168069 stefany.abson@hotmail.co.uk
MLO: Roger Macklin 07715 993743 rogermacklin1@aol.com
MFS: Rebecca Wells 07414 658917 rebecca.thorogood@gmail.com
ULO: Paul Dubenski 07768 033798 paul.dubenski@uk.bp.com
G/C: Lockharts Field, Cow Roast, Tring Rd, Berkhamsted, HP23 5RF
A1: Meadowcroft, Aylesbury HP19 9HH 01296 397231(M-F) 07976 757715(S-S)
A2: RAF Halton, Nuffield Pavillion Halton Aylesbury Bucks
A3: St Michaels High School, High Elms Lane, Watford, Herts. WD25 0SS
A4: Tring Sports Centre, Mortimer Hill, Tring, HP23 5JU 01442 228957

Bishops Stortford

EML: 2S 4SW 5SW 6SW 7SW

m: royal blue, white, red

EWL: 1S

w: royal blue, navy, red

SEC/MLO/MFS: Richard Temple 07946 671552 rtemple@jaa-media.co.uk

WLO/WFS: Hollie Laidlaw 07747 802066 HollieLaidlaw@hotmail.co.uk

ULO: Alison Clifton 07775 598939 alisonclifton82@yahoo.co.uk

G/C: Cricketfield Lane, Bishop's Stortford, CM23 2TD 01279 654463

A1: Bishops Stortford College, Maze Green Road, Bishop Stortford, CM23 2PJ

A2: Hockerill College, Dunmow Road, Bishop's Stortford, Herts. CM23 5HX

Blueharts

EML: B 2S 3SW 4SW 6SW 7SW 9SW

m: blue, dark blue, blue

EWL: 1S

w: blue, dark blue, blue

SEC: Jess Marsh 07949 031505 jessmilesrocks@hotmail.com

MLO: Adam Wells 07841 416479 wells575@hotmail.com

WLO: Nikki Baxter 07785 750484 nikkijlewis@hotmail.com

MFS: Simon Leeson 07771 528347 simon.leeson@hotmail.co.uk

WFS: Jo Floor 0788 1361985 joanna.floor@ntlworld.com

ULO: Dan Fair (acting) 07737 552535 dfblueharts@outlook.com

G/C: Lucas Lane, Hitchin, SG5 2JA. Being rebuilt no access until end 2018.

A1: Hitchin Boys School, Grammar School Walk, Hitchin, SG5 1JB

Bourne Deeping

EML: B 2N 4NW 5NW 6NW(N) 6NW(N)

m: black, black, black-white

EWL: 2NW 4NW(N) 4NW(N)

w: black, black, black-white

SEC: Caroline Geddes 07468 583409 carolinegeddes88@outlook.com

MLO: Richard Collins 07528 680935 rcollins84@sky.com

WLO: Nadine Curtis 07903 267271 whisperingmk@sky.com

MFS/WFS: James Tavernor 07881 226202 jtav33@gmail.com

ULO: Eliot Bates 07540 957425 eliot_bates@talktalk.net

G/C: No Clubhouse – change at pitch. Teas at Blue Bell pub, Helpston PE6 7ED

A1: Arthur Mellows College, Helpston Rd, Glinton, Peterborough PE6 7JX

A2: Leisure Centre, Park Road, Deeping St James, PE6 8NF 01778 344072

A3: Voyager School, Mountsteven Avenue, Walton, Cambs, PE4 6HX

Braintree

EML: 3SE 6SE 7SE 8SE 10SE

m: white-gold, blue, blue-white-gold

SEC/MLO/WLO: Kevin Welsh 07736 792333 kwelsh1@btinternet.com

MFS/WFS: Darren Webb 01376 552454 Darrenwebb2@aol.com

ULO: Piers Douglas 07720 931509 piersdouglas100@gmail.com

G/A1: The Four Releet, Church Street, Braintree CM7 5LJ 01376 550069

A2: Dunmow Leisure Centre, Helena Romanes School, Parsonage Downs, Gt Dunmow, CM6 2AU 01371 8737

Breckland

Norfolk League club - see: <https://www.norfolkhockey.co.uk/clubs/>

Brentwood

EML: 3SE 3SE 4SE 6SE 8SE 8SE

m: red, blue, blue-red

EWL: 2SW

w: red, blue, blue-red

SEC: Chris Wilks 07771 978096 wilksc2@btinternet.com

MLO: Jak Taylor 07896 132171 Jaktaylor149@hotmail.com

WLO: Gemma Brimson 07912 560077 gemmabrimson@hotmail.co.uk

MFS: Simon Chambers 07739 342978 simonjchambers@hotmail.com

WFS: Haylee Adams 07877 573119 haylee_adams@yahoo.co.uk

ULO: Lorna Parsons umpireliaisonbrentwood@gmail.com

G/C: Old County Cricket Ground, Shenfield Rd, Brentwood, CM15 8AJ 01277 212580 (match days only)

A1: Becket Keys School, Sawyers Hall Lane, Brentwood, CM15 9DA

A2: Brentwood School, Middleton Hall Lane, Brentwood CM15 8EE 01277 243344 (2 pitches)

Broadland

Norfolk League club - see: <https://www.norfolkhockey.co.uk/clubs/>

Bromley & Beckenham

EWL: Prem 2SE

w: white, blue, white

SEC/WLO: Charlotte Ridout 07891306747 womens@brombeckhc.co.uk
WFS/WLO: Nicky Wilkes 0208 850 6308 078414 33338 womens.fixtures@brombeckhc.co.uk
G/C: Beckenham CC, 19 Foxgrove Road, Beckenham, BR3 5AS 02086 500266
A1: Bromley High School, Blackbrook Lane, Bickley, Bromley, BR1 2TW
A2: Langley Park School, Hawksbrook Lane, South Eden Park Rd, Beckenham, BR3 3BE
020 8249 0290

Broxbourne

EML: 1 3SW 4SW 5SW 8SW

m: light blue, dark blue, light blue

EWL: Prem

w: light blue, dark blue, light blue

SEC: Mark Pannell 07885 286232 mark.pannell@uk.tesco.com
MLO: Hayden Adams 07967 326133 hayden@scuffnchips.co.uk
WLO: Lisa Stamford ljs99@hotmail.com
MFS/WFS/WLO: Andy Bourke 07960 058946 andrew.bourke@firststate.co.uk
G/A1: Broxbourne Sports Club, Mill Lane Close, Mill Lane, Broxbourne EN10 7BA 01992 466901

Burnt Ash

EWL: 2SE

w: red-navy, navy, red

SEC: Tony Wilkinson 07976 485000 Tony.bahockey@gmail.com
WLO/WLO: Alan Atkin 01322 804096 07877 603158 alanatkin@ymail.com
WFS: Kara Wilkinson 07816 483832 karawilko@outlook.com
G/C: Manor Way, Bexley, Kent, DA5 3HR 01322 524159
A1: Chislehurst & Sidcup Grammar School, Hurst Rd, Sidcup, Kent DA15 9AG
A2: Dartford Technical College, Heath Lane (Lower), Dartford, DA1 2LY
A3: Erith School, Avenue Road, Erith, Kent, DA8 3BN
A4: Hurstmere School, Hurst Road, Sidcup, Kent DA15 9AW

Bury St Edmunds

EML: 2N 3NE 4NE 5NE 6NE(S) 6NE(S) 6NE(S)

m: orange, blue, orange

EWL: 2NE 3NW 4NW(S) 5NW(S)

w: orange, blue, orange

SEC: Georgina Kelly 01284 811221 secretary@bsehockeyclub.co.uk
MLO: Paul Lawrence 07745 457221 Brummie1903@live.com
WLO: Adele Pope 07843 414863 a_delly@hotmail.co.uk
MFS/WFS/WLO: Andrew Kelly 01359 242645 07932 720104
G/A1: Culford Hockey Centre, Culford, Bury St Edmunds IP28 6TX 01284 385370

Cambridge City

EML: A 1 3NW 3NW 4NW 5NW

m: red, white, red

EWL: Prem 1N 2NW 4NW(S) 5NW(S)

w: red, navy, red

SEC: Lucy Mulderrig info@cambridgecityhc.org
MLO/WLO/MFS/WFS: Mark Sanderson 01223 971049 07507 012957 ms14@sanger.ac.uk
WLO: Nicola Valentine 07701 073433 nicvalentine83@gmail.com
G/A1: University Clubhouse and Astro, Wilberforce Road, Cambridge, CB3 0EQ
A2: Coldhams Common, Abbey Pool, Whitehill Rd, Cambridge CB5 8NT
A3: Leys School, Trumpington Rd, Cambridge, CB2 2AD
A4: Long Road Sixth Form College, Long Road, Cambridge, CB2 8PX
A5: Perse Boys School, Hills Road, Cambridge, CB2 2QF 01223 568404
A6: Peter Boizot Astro, St Catherines College, Grantchester Road, Cambridge

Cambridge Nomads

EML: 2N 4NW 6NW(S)

m: blue, white, blue

EWL: 2NW 4NW(S)

w: blue-white, navy, blue-white

SEC/MLO/WLO: Rachel Gooch 01353 610086 07918 608040 secretary@nomadshc.co.uk
MFS: Felix Polonius - by phone contact Rachel Gooch mensfixtures@nomadshc.co.uk
WFS: Liz Freeman 07714 753436 ladiesfixtures@nomadshc.co.uk
WLO: Rick Mort 07793 420809 mensumpiring@nomadshc.co.uk
Rachel Gooch 07918 608040 ladiesumpiring@nomadshc.co.uk

G/A1: Abbey Pool, Whitehill Road, Cambridge CB5 8NT 01223 213352
A2: Leys School, Trumpington Rd, Cambridge, CB2 2AD
A3: Perse Boys School, Hills Road, Cambridge, CB2 2QF 01223 568404
A4: Peter Boizot Astro, St Catherines College, Grantchester Road, Cambridge

Cambridge South

EML: 2S 4NW 4NW 5NW(S) 6NW(S) m: purple, navy blue, purple
EWL: 2NW 4NW(S) 4NW(S) 5NW(S) w: purple, navy blue, purple
SEC: Neil Sneade 07967 610911 secretary@cambridgesouthhockeyclub.co.uk
MLO/ULO: Rob Barton 07903 274823 mlo@cambridgesouthhockeyclub.co.uk
WLO: Ellie Raffan 07971 802346 wlo@cambridgesouthhockeyclub.co.uk
MFS/WFS: Jan Brynjolfsson 07730 406688 fixtures@cambridgesouthhockeyclub.co.uk
G/C: Cantabrigians RFC, Sedley Taylor Rd, Cambridge, CB2 8PR
A1: Long Road Sixth Form College, Long Road, Cambridge, CB2 8PX

Cambridge University

EML: A 1 3NW m: light blue, white, white
EWL: 1N 1N 3NW w: light blue, black, white
SEC /MLO/MFS: Jonathan Parke 07787228540 jjp54@cam.ac.uk
SEC(W)/WLO: Alicia Murphy 07879777840 hb480@cam.ac.uk
ULO: Ollie Rose 07903 683683 273@cam.ac.uk
ULO(W): Vivi Way 07544575097 vjw27@cam.ac.uk
G/A1: Univ Sports Centre, Wilberforce Rd, Cambridge CB3 0EQ 01223 335996
A2: Ely Outdoor Sports Association, Downham Road, Ely, 01353 662363
A3: Leys School, Trumpington Rd, Cambridge, CB2 2AD
A4: Peter Boizot Astro, St Catherines College, Grantchester Road, Cambridge
A5: St Johns College Sports Ground, Queens Rd, Cambridge, CB3 9AQ

Canterbury

EWL: Prem 1S w: white-green, green, green
SEC/WLO/ULO: Alex Hooker 01622 884710 07702 217858 alexhooker@btinternet.com
WFS: Kate Jain 01227 471360 07789 003747 kjain@kentcollege.co.uk
G/A1: Polo Farm Sports, Littlebourne Rd, Canterbury, CT3 4AF 01227 769159

Carrow

Norfolk League club - see: <https://www.norfolkhockey.co.uk/clubs/>

Castaways

Suffolk League club - see: <http://suffolkhockey.pitchero.com/page/clubs-1240/>

Chelmsford

EML: A 2S 4SE 6SE 6SE 7SE 10SE m: green, navy blue, green
EWL: Prem 1S w: green, navy blue, green
SEC: Ursula Heelis 01245 351615 Ursulaheelis@btinternet.com
MLO: Angus Rayner 07802 422765 angusrrayner@btinternet.com
WLO: Marie Kirkham 01245 690660 07815 796395 mariearbs@hotmail.com
MFS/WFS: Wendy Daden 07715 553222 dadenw@icloud.com
ULO: Sheila King 07710 968754 bunny.king@btinternet.com
G/A1: Chelmer Park, Beehive Lane, Galleywood, Chelmsford CM2 8RL 07973 401335
A2: County High School For Girls, Broomfield Rd, Chelmsford CM1 1RW
A3: William de Ferrers Centre, Trinity Sq, South Woodham Ferrers, CM3 5JX

Cheshunt

EML: 3SW 5SW 8SW m: white, navy blue, red
SEC/MLO/ULO: Mark Tate 07843 387702 mark.j.tate@sky.com
MFS: Jamie McCabe 07875 195508 jamie.mccabe66@googlemail.com
G/C: The Cheshunt Club, Albury Ride, Cheshunt EN8 8XG 01992 623920
A1: Goffs School, Goffs Lane, Cheshunt, Herts, EN7 5QW 01992 629688
A2: Turnford School, Mill Lane, Turnford, Herts, EN8 0JU 01992 308104

Chiltern

Beds League club - see: <http://www.hbhua.co.uk/public/clubsmenu>

Christchurch

EWL: 2NE

w: navy-green-white, navy, navy-green-white

SEC/WLO/WFS: Helen Dickenson 07752631138 helen@planethelen.com
ULO: Sandra Hawes 07946 386901 01206 391159 shaweseng@aol.com
G/C: No Clubhouse
A1: Chantry School, Mallard Way, Ipswich, IP2 9LR
A2: Ipswich High School, Woolverstone, Suffolk IP9 1AZ
A3: St Joseph's College, Belstead Road, Ipswich, IP2 9DR

City of Peterborough

EML: B 2N 3NW 3NW 4NW 6NW(N) 6NW(S) m: red, navy, red

EWL: Prem 2NW 3NW 4NW(N) w: red, navy, red

SEC/MLO/WLO/MFS/WFS: Neil Webb 07776 255243 nawebb12351@gmail.com
ULO: Alan Selby 01780 764631 07449 989651 alanselby19@hotmail.co.uk
G/A1: DALROD Sports, Bretton Gate, Peterborough PE3 9UZ 01733 262202
A2: Thomas Deacon Academy, Queen's Garden, Peterborough, PE1 2UW
A3: Voyager School, Mountsteven Avenue, Walton, Cambs, PE4 6HX

Clacton

EML: 3SE 5SE

m: light blue, blue, orange

SEC/MLO/MFS/ULO: Dennis Donovan 07577 404611 denzil.donovan@aol.co.uk
G/C: No Clubhouse
A1: Clacton Leisure Centre, Valence Way, Vista Rd, Clacton-on-Sea CO15 6AT
A2: Swimming Pool, Low Road, Dovercourt, Harwich, CO12 3TA

Cliftonville

Kent League - see: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>

Cobdown - now K Sports

Kent League - see: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>

Colchester

EML: 2S 4SE 6SE 8SE

m: white, navy, red

EWL: 1S

w: white, navy, red

SEC: Annette Thorpe 01206 231232 07850 41794 annette.thorpe02@gmail.com
MLO: Andy Bryant
WLO: Lyn Gunn
MFS/WFS: Aisling (Ash) Miller 07747 192551 Aislingmiller68@yahoo.com
G/A1: Colchester Garrison, Circular Rd North, Colchester CO2 7GZ 01206 570301

Colne

Essex League club - see: https://www.essexcha.co.uk/clubs_competitions/

County Wanderers

Essex League club - see: https://www.essexcha.co.uk/clubs_competitions/

Croxtyn

EML: 1 3SE 5SE 9SE

m: purple, white, purple

EWL: 1S

w: purple, purple, purple

SEC: Lisa Dixon 07769 698588 lisadixon72@gmail.com
MLO/WLO/MFS/WFS: Anna Lawes 07870 536042 annalawes@outlook.com
ULO: David Matson 07951 458946 davidmmatson@aol.com
G/C: Woodford Wells Club, Monkams Lane, Woodford Green, IG8 0NL
A1: Ashton Playing Fields, 598 Chigwell Road, Woodford Green, IG8 8AA
A2: Chigwell School, High Road, Chigwell, Essex, IG7 6QF
A3: Lee Valley Hockey/Tennis Centre, Eton Manor, Leadmill Lane, Olympic Park, London, E20 3AD
A4: Peter May Centre, Wadham Rd, Walthamstow E17 4HR 0208 5319358

Dartford

Kent League club: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>

Deal

Kent League club: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>

Dereham

EML: B 2N 5NE 6NE(N)

m: red, blue, red

EWL: 1N 2NE

w: white, red, red-white

SEC: Paula Turner 01362 694321 07732 194093 rjplturner@gmail.com
MLO/WLO: Andrew Waters 01362 668966 andrew_waters1@sky.com
MFS/WFS: Rebecca Taylor 07584 304138 becca_taylor_@hotmail.com
ULO: Francesca Grapes 07763 065024 frankie.grapes@hotmail.co.uk
G/A1: Dereham HC, 22 Greenfield Rd, East Dereham NR20 3TE 01362 696096

Diss

Norfolk League club - see: <https://www.norfolkhockey.co.uk/clubs/>

East London

EML: B 2S 3SE 4SE 5SE 6SE 6SE 8SE 10SE

m: orange, blue, blue-orange-white

EWL: 1S 2SW

w: orange, blue, blue-orange-white

SEC: Amy MacKenzie 07403 372468 elhcsec@gmail.com
MLO/WLO: Joe Fryer 07814 532049 joseph.fryer@yahoo.co.uk
MFS/WFS: Fiona Isacsson 07947 320418 elhcfixtures@gmail.com
ULO: Iain Isacsson 07811 284911 elhcupires@gmail.com
G/C: The Castle, 44 Commercial Road, London E1 1LN
A1: Lee Valley Hockey/Tennis Centre, Eton Manor, Leadmill Lane, Olympic Park, London E20 3AD
A2: Mile End Stadium, Rhodeswell Road, Poplar, London E14 7TW
A3: Redbridge Sports, Forest Rd, Barkingside, Ilford IG6 3HD 0208 498 1000

Edenbridge

Kent League club: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>

Ely City

EML: 3NW 6NW(S) 6NW(S)

m: green-yellow, black, black

EWL: 3NW 5NW(S) 5SW(S)

w: green-yellow, black, green

SEC: Fran Flack 07715 708660 fran@freenetname.co.uk
MLO/WLO: Helen Parks 07801 703522 parks.blunty@btinternet.com
MFS/WFS: Fiona Bartley 07900 677399 Fbartley21@gmail.com
ULO: Rachel Carpenter 07772 365764 ely_umpiring@hotmail.co.uk
G/A1: Ely Outdoor Sports, Downham Rd, Ely, Cambs, CB6 2SH 01353 662363

Evergreens

Norfolk League club - see: <https://www.norfolkhockey.co.uk/clubs/>

Faversham

Kent League club: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>

Felixstowe

EML: 2S 4NE 5NE 6NE(S)

m: white-red, black, white

EWL: 2NE

w: white-red, black, white

SEC: Tanya Ruffles 07383 516702 chairman@felixstowehockeyclub.co.uk
MLO/MFS/WFS: Steve Taylor 07739 530614 mens.captain@felixstowehockeyclub.co.uk
WLO: Hayley Rose 07944 174182 ladies.captain@felixstowehockeyclub.co.uk
umpire.liaison@felixstowehockeyclub.co.uk
G/A1: Community Hub, Maidstone Rd, Felixstowe IP11 9EF 07764 487151

Folkestone

EWL: 2SE

w: royal blue, dark blue, royal blue

SEC: Rachel Brazier 07834 830791 rachel_brazier@hotmail.com
WLO: Kay Parsons 01303 489797 07779876217 kdparsons@hotmail.co.uk
WFS: Charlie Martin-Stuart 07718 149492 fixturesfohc@gmail.com
ULO: David Smithard 07828062078 dgsstroke@hotmail.co.uk
G/A1: Three Hills Sports Park, Cheriton Road, Folkestone, CT19 5JU 01303 846020
01303 253366

Gillingham Anchorians

Kent League club: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>

Gore Court

Kent League club: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>

Grasshoppers Ladies

Suffolk League club - see: <http://suffolkhockey.pitchero.com/page/clubs-1240/>

Gravesend

Kent League club: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>

Harleston Magpies

EML: A 1 3NE 4NE 5NE 6NE(S)

m: white-black, black, white-black

EWL: Prem 2NE

w: white-black, black, white-black

SEC: Daphne Beckett 01508 482448 07850 709297

secretary@magpies-hockey.co.uk

MLO: Adam Lascelles 07749 968781 mensclubcaptain@magpies-hockey.co.uk

WLO: Lucy Whiting 07870 911950 ladiesclubcaptain@magpies-hockey.co.uk

MFS: Tom Miller 07917 006670 01508 813398

mensfixtures@magpies-hockey.co.uk

WFS: Lauren Barber 07919 622487 ladiesfixtures@magpies-hockey.co.uk

ULO: Andrew Bedwell 07725 851426 umpires@magpies-hockey.co.uk

G/A1: Shotford Heath, Harleston, Norfolk, IP21 5UF 01379 853706

Harpenden

EML: 2S 4SW 7SW 8SW

m: white, navy, navy

EWL: 2SW

w: white, navy, navy

SEC/MFS/WFS: Jon Pagan 07896 632298 jwpagan1@gmail.com

MLO: Nick McLean 07903 934956 xnicholasmclean@hotmail.com

WLO: Vicki Michael 07799 264618 victoriakmichael@yahoo.co.uk

ULO: Vijay Patel 07939 017770 vijaydundee@ntlworld.com

G/C: Teas at the Plough & Harrow, 88 Southdown Rd, Harpenden AL5 1PR

A1: Clarence Park, Clarence Road, St Albans, AL1 4NF 01727 850388

A2: Oaklands College, South Drive, Off Hatfield Road, St Albans AL4 0JA

A3: Sir Frederic Osborn School, Hern Lane, Welwyn Garden City, AL7 2AF

A4: Univ Hertfordshire, Hatfield Business Park, St Albans Rd West, Hatfield AL10 9EU

A5: The Woollam Playing Field, 160 Harpenden Road, St Albans AL3 6BZ

Harwich & Dovercourt

Suffolk League club - see: <http://suffolkhockey.pitchero.com/page/clubs-1240/>

Haverhill Ladies

EWL: 3NW 4NW(S)

w: black-yellow, black, yellow

SEC: Helen Salter 07979 745033 helen@skelts.co.uk

WLO/ULO: Tina Bunch 07761 054102 tina.bunch@sky.com

WFS: Nicole Sisson 07725 592202 nicolebailey1@hotmail.co.uk

G/C: Cricket & Bowls Club, Manor Rd, Haverhill CB9 0EP 01440 702486

A1: Leisure Centre, Ehringshausen Way, Haverhill CB9 0ER 01440 702548

Haivering

EML: B 4SE 7SE 9SE

m: black-red, black, black-red

EWL: 2SE

w: black-red, black, black-red

SEC/MLO/CLO: Pat Johnson 01375 643248 07760 227794 patjohnson_52@hotmail.co.uk

MFS/WFS: Gill Defroand gill.defroand1@virginmedia.com

ULO: Nicki Cast 07930 312069 nicki.cast@btinternet.com

G/C: Harrow Lodge Park, Hornchurch Rd, Hornchurch RM11 1ET 01708 447841

A1: Champion School, Wingletye Lane, Hornchurch RM11 3BX 01708 452332

A2: Robert Clack Centre, Gosfield Road, Dagenham, RM8 1JU 0208 2704200

Herne Bay

Kent League club: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>

Hertford

EML: 2S 4SW 5SW 6SW 7SW 9SW

m: red, black, red

SEC/MLO: Nik Bentley 07810515471 hhclubsecretary@gmail.com
WLO: Kim Barber 07767 703888 hhcladiescaptain@gmail.com
MFS/WFS: Helen Owen 07718 905414 hhcfxturesecretary@gmail.com
ULO: Elliot Barling 07794 131258 hertfordhculo@gmail.com
G/C: Hertford Cricket & Hockey Association, Mangrove Rd, Hertford SG13 8AJ 01992 581983
A1: Simon Balle School, Mangrove Road, Hertford, SG13 8AJ 01992 581983
A2: Sir Frederic Osborne School, Hern Lane, Welwyn Garden City, AL7 2AF
A3: Haileybury School, Haileybury, Hertford SG13 7NU

Holcombe

EWL: 2SE

w: red, black, red

SEC: Gill Griffiths 01634 221416 07764 344953 gillg1968@hotmail.com
WLO: Carmel Sutton 07595 840496 holcombeladieschair@gmail.com
WFS: Richard Russell 07588 000615 rich.holcombehc@blueyonder.co.uk
ULO: Adrian Hull 07508 312910 adrian@lakeview-accountants.co.uk
G/A1: Holcombe Park, Curtis Way, off Marconi Way, Rochester ME1 2XQ 01634 409515

Horncastle

EML: 23NW 5NW

m: yellow, black, yellow

EWL: 3NW 4NW(N)

w: yellow, black, yellow

SEC: Maria Elliott 07787 839916 01507 523776 horncastlehc.secretary@gmail.com
MLO: Rob Scott 07886 493475 robertscott_510@hotmail.com
WLO: Laura Neame 07984 655110 laura.neame@outlook.com
MFS/WFS/ULO: Dave Seymour 07891 904283 01507 534718 seymour_dave@hotmail.co.uk
G/A1: Playing Fields, Coronation Walk, Horncastle, LN9 6EB 01507 526742

Hornets

Norfolk League club - see: <https://www.norfolkhockey.co.uk/clubs/>

Huntingdon

EWL: 3NW 5NW(S)

w: black-white, black, black-white

SEC/WLO: Vicky Wakefield 07860 410075 huntingdonhockeyclub@gmail.com
WFS: Pam Begg 07912 117636 Pam.begg@yahoo.co.uk
ULO: Kath Perkins 07960 460637 kathyperky@hotmail.com
G/A1: Paula Radcliffe Centre, Odell Rd, Sharnbrook MK44 1JL 01234 783801

Ipswich

EML: A 3NE 4NE 6NE(S)

m: dark blue, dark blue, dark blue

EWL: 1N

w: dark blue, dark blue, dark blue

SEC/ULO: Kate Wingar 07977 633075 katewingar@hotmail.co.uk
MLO: Robin Swindin robin.swindin@aon.co.uk
WLO: Kat Blake 07782 195769 kwrinch@hotmail.com
MFS/WFS: Kristine Ayling 01473 251143 kris.ayling@gmx.net
G/A1: Tuddenham Road, Ipswich, IP4 3QJ 01473 259060
G/A2: Henley Road, Ipswich IP1 4NJ 01473 251143
A3: Ipswich School, The Street, Rushmere St Andrew, Ipswich IP5 1DE
A4: St Joseph's College, Belstead Road, Ipswich, IP2 9DR

Ipswich Cranes

EML: 6NE(S)

m: gold, black, black

SEC/MLO/MFS/ULO: James Stephenson 07891 441606 ipswichcranes@outlook.com
G/C: No clubhouse
A1: Gainsborough Sports Centre, 5 Braziers Wood Road, Ipswich, IP3 OSP 01473 433644
A2: St Joseph's College, Belstead Road, Ipswich, IP2 9DR

Ipswich-East Suffolk

EML: B 2S 3NE 4NE 5NE 6NE(S)

m: red, black, black, red-white

EWL: 1N

w: red, black, black, red-white

SEC: Katrina Howard 01473 412168 07894 744263 trinyneooow@gmail.com

MLO/MFS/WFS: Chris Hatch 01473 625172 07484 845603 chris.hatch@btinternet.com
WLO: Abi Elsom 01473 785957 07557 121134 abs_43@hotmail.com
ULO: Barrie Whelpton 01394 384090 07712 541430 barriewhel@hotmail.com
G/A1: Ipswich School, The Street, Rushmere St Andrew, Ipswich IP5 1DE 01473 272525
A2: Ipswich Sports Club, Tuddenham Road, Ipswich, IP4 3QJ 01473 259060
A3: Woodbridge School, Burkitt Road, Woodbridge, IP12 4JH 01394 385547

K Sports (was Cobdown)

Kent League - see: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>

Kettering

EML: 2N 4NW 6NW(S) 6NW(S)

m: blue, blue, blue

SEC: Liz Metcalfe 01536 725335 07775 758786 secretary@ketteringhockeyclub.co.uk
MLO: Neil Manley 01536 355508 07768 752633 men3rd@ketteringhockeyclub.co.uk
MFS: Nathan Thomas 07758 248212 natoono@hotmail.co.uk
ULO: Sophie Reynolds 07955 674617 sophie.reynolds86@gmail.com
G/C: Off Lake Avenue, Kettering, Northants, NN15 7JT 01536 514373
A1: Bishops Stopford School, Headlands, Kettering, NN15 6BJ
A2: Kettering AstroTurf, Thurston Drive, Kettering, NN15 6PB
A3: Kimbolton School, Kimbolton, Huntingdon, PE28 0EA

King's and Alleyn's

EWL: 2SE

w: navy, navy, blue-brown

SEC: Kathryn Lang 07738180424 kahcsecretary@gmail.com
WLO: Sophie McCrow 07511957029 kahcladiescc@gmail.com
WFS: 07736 310768 kahcfixtures@gmail.com
ULO: Sherry Parnell
G/A1: Brockley Rise Sports Ground, Brockley Rise, London, SE23 1NW.

Leadenham

EML: 3NW 5NW 6NW(N)

m: black, black, black

EWL: 4NW(N)

w: Black, Black, Black

SEC: Sally Cade 07866 939268 salcade@hotmail.com
MLO/WLO: Sam MacAllister 07581 421492 Sam_MacAllister@hotmail.com
WLO/MFS/WFS: Sophie Walker 07772 048810 shwalker414@gmail.com
ULO: Dean Newell 07712 461253 leadenhamhockeyclub@hotmail.co.uk
G/C: No clubhouse
A1: Peter Paine Sports Centre, Mayflower Sports & Social Club, Rosebery Ave, Boston
PE21 7QR 01205 362351
A2: RAF Cranwell, Sleaford, Lincolnshire, NG34 8HB.

Leighton Buzzard

EWL: 2SW

w: yellow, black, yellow

SEC: Clare Jackson 07984 469607* clarejacko13@sky.com
WLO: Clare Fitzboydon 07949 268935 cfitzboydon@googlemail.com
WFS: Sarah Ayres 07973 527753* sarahjayres@outlook.com
G/C: no clubhouse
A1: Vandyke Upper School, Vandyke Road, Leighton Buzzard, LU7 3DY

Letchworth

EML: A 3SW 5SW 7SW 9SW 9SW

m: green, dark blue, yellow

EWL: 2SW

w: green, dark blue, yellow

SEC: Peter Goulton 01462 683881 pgoulton357@btinternet.com
MLO: Russell Nutter 01462 452266 russellnutter@btinternet.com
WLO/MFS/WFS: Gary Pond 01462 835810 01442 208774(O) gary.pond@bt.com
ULO: Iain Fletcher iain.fletcher@bench-mark.co.uk
G/A1: Whitethorn Lane, Letchworth Garden City, SG6 2DN 01462 684530

Loddon

Norfolk League club - see: <https://www.norfolkhockey.co.uk/clubs/>

London Royals*EML: 9SE**m: dark blue- red, dark blue, red*

SEC: Cleo Lyn 07814 766352 committee@londonroyals.co.uk
 MLO/MFS/ULO: Dan Westley 07824 379759 danwestley86@hotmail.com
 G/C: No clubhouse
 A1: City of London Academy, 240 Lynton Road, London, SE1 5LA
 A2: John Orwell Sports Centre, Tench Street, Wapping, E1W 2QD
 A3: Mile End Stadium, Rhodeswell Road, Poplar, London, E14 7TW
 A4: Redbridge Sports, Forest Rd, Barkingside, Ilford, IG6 3HD 0208 498 10

Long Sutton*EML: 2N 4NW 6NW(N)**m: green-white, white, green-white**EWL: 2NW 4NW(N)**w: green-white, green, green-white*

SEC: Tania White 07890 179909 taniakw@gmail.com
 MLO/MFS: Nick Ellis 01406 540532 07764 339414 nick@poplarfarmflowers.co.uk
 WLO/WFS: Lorraine Wallis 01945 466146 07810 123310 lorraine-wallis@sky.com
 ULO: Harry Braginton 07484 135439 harryblsulo@gmail.com
 G/C: Paradise Field, Park Road, Long Sutton, PE12 9LE N/A
 A1: Peele School, 84 Little London, Long Sutton, PE12 9LF by phone contact Nick Worth
 01406 701420

Louth*EML: 5NW 6NW(N)**m: navy-green , navy, navy**EWL: 4NW(N)**w: navy-green, navy, navy*

SEC/MLO/WLO: Ann Ordish 01507 601175 07900604923 annie.eo@hotmail.co
 MFS/WFS: Joski McGarel 07717 022240 joskimcgarel@gmail.com
 ULO: Richard Hill 07977 484292 richard.hill.07@hotmail.co.uk
 G/A1: London Road, Louth, LN11 9QP 01507 605968

Lowestoft Ladies*EWL: 1N**w: red, navy, red*

SEC: Nicky Richardson dumbo_king@hotmail.co.uk
 WLO/WFS/ULO: Alex Bond 07760 166977 a_bonduk@yahoo.com
 G/C: No Clubhouse
 A1: East Point Academy, Kirkley Run, Lowestoft NR33 OUQ 01502 525350

Lowestoft Railway*EML: 3NE 5NE**m: amber/black, black, black**w: amber/black, black, black*

SEC: Kevin Barnard 07795 494804 kipper.barnard@gmail.com
 MLO/WLO: Peter Newnham 07748 501270 p.g.n@btinternet.com
 MFS: Matt Payne 07754 592958 matthewpayne007@aol.com
 WFS: Laura Gell 075158 70504 railwaylaura@hotmail.com
 ULO: Gary Bloodworth 07771 567217 drive121@aol.com
 G/C: Lowestoft Railway Bowls and Social Club, 123a Carlton Rd, Lowestoft NR33 0LZ
 01502 560172
 A1: East Point Academy, Kirkley Run, Lowestoft NR33 OUQ 01502 525350

Luton Town*EML: 3SW 5SW 7SW 9SW**m: red, black, red*

SEC: Emma Whitehall 07864 307096 secretary@lutontownhc.com
 MLO: Garry Newman 07821 945716 men.clubcaptain@lutontownhc.com
 WLO: Ella Dagnall ladies.clubcaptain@lutontownhc.com
 MFS/WFS: Katie Gray 07595 762530 mens.fixtures@lutontownhc.com
 ULO: Siobhan Barden 07490 217952 umpiring.liaison@lutontownhc.com
 G/C: Luton Town & Indians Cricket Club, Old Bedford Road, Luton, LU2 7HP 01582 727855
 A1: Chailney Girls School, Addington Way, Luton LU4 9FJ
 A2: Luton Sixth Form College, Bradgers Hill Road, Luton, LU2 7EW

Maidstone*EWL: 1S**w: navy/yellow, navy, yellow*

SEC: Nicky Bourne 01622 744534 07957 564541 thebournies@hotmail.com
 WLO/ULO: Hannah Durston 07886 460985 durston5@hotmail.com
 WFS: Louise Cassey 07732 070048 louiseCASSEY@hotmail.com
 G/A1: Maidstone HC, Armstrong Road, Maidstone, ME15 6AZ 01622 754682

Maldon*EML: 3SE 6SE 9SE**m: orange, navy, white*

SEC: Vincent Felton 01245 280934 alison.felton@yahoo.co.uk
 MLO/MFS: Gary Pipe 01621 858844 01621 855666 (O) 07985 69210 garypipe@hotmail.co.uk
 WFS: Stella Pipe 01621 331307 07885 932455 stellapipe@aol.com
 ULO: Roy Pipe 01621 858333 07850 297040 piperoy@aol.com
 G/A1: Maldon Town FC, Wallace Binder Field, Park Drive, Maldon CM9 5JQ 01621 853762

March Town*EML: 3NW 5NW**m: amber, black, amber**EWL: 3NW**w: amber, black, amber*

SEC: Lauren Lakey 07850 281603 Lauren.lakey7@gmail.com
 MLO: Charlie Boughton 07921 367336 oldgoat@fieldsendfishing.co.uk
 WLO: Felicity Allen 07515177348 felicity.allen27@gmail.com
 MFS/WFS: Peter Lakey 01354 655233 07968 094750 plakey66@gmail.com
 ULO: Rachel Howsam 07707 445578 rachelhowsam@googlemail.com
 G/A1: Neale Wade Community College, Wimblington Road, March PE15 9PX 01354 651329 (M-F)

Marden Russets*Kent League club: <http://www.kenthockey.org.uk/club-details/club-details-a-z>***MBDA***EML: 8SW**m: red-black, black, red*

SEC: Ross Williams 07766 937723 r123.williams@hotmail.co.uk
 MLO: Jeremy Turner 07543 785299 jezhotshoes@hotmail.com
 MFS: David Owen 07971 190493 Dave.o_3@hotmail.co.uk
 G/C: Stevenage Cricket & Hockey Club, Ditchmore Lane, Stevenage SG1 3LJ 01438 351075
 A1: John Henry Newman Centre, Hitchin Road, Stevenage SG1 4AE 01438 218791

Meopham*Kent League club: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>***New Beccehamian***Kent League club: <http://www.kenthockey.org.uk/club-details/club-details-a-z>***Newmarket***EML: 3NE 4NE 6NE(S)**m: yellow-dark blue, blue, yellow-blue**EWL: 2NW 4NW(S) 5NW(S) 5NW(S)**w: yellow-dark blue, blue, yellow-blue*

SEC: Peter Booth 07415 101765 peter_k_booth@btinternet.com
 MLO: Andrew Baker 07957 243639 andrewbaker99@hotmail.com
 WLO: Di Farrell-Thomas 07947 378578 di_thomas123@yahoo.co.uk
 MFS/WFS/: Sue Bullimore 07897 577772 nhcfixtursecretary@hotmail.co.uk
 ULO: Andy Beardon 07967 105753 andybeardon@gmail.com
 G/C: No Clubhouse
 A1: Newmarket Leisure Centre, Exning Road, Newmarket CB8 0EA

Norfolk Nomads*EML: 6NE(N) 6NE(N)**m: white-blue, dark blue, red(2nd team orange)*

SEC: Julian Halls 01953 600720 07849 915609 julian.halls@talktalk.net
 MLO/MFS/ULO: Roger Hibbins 01603 951315/07963 9751 roger11@ntlworld.com
 G/C: no clubhouse
 A1: UEA HC astro, University Sports Park, University Drive, Norwich NR4 7TJ

North Norfolk

EML: 3NE 5NE 6NE(N)

EWL: 2NE

m: pink-blue, blue, blue

w: blue-pink, blue, blue- pink

SEC/MLO: Natasha Mills 07983 672099 natashamills90@outlook.com
WLO: Sarah Powell 07867 803313 info@northnorfolkhockey.co.uk
MFS: Ian Roberson 07876 193547 fixtures@northnorfolkhockey.co.uk
WFS: Hanna Hall 07795 414625 fixtures@northnorfolkhockey.co.uk
ULO: Lisa Trussell 07766 118496 fumblesjt@hotmail.com
G/C: Cromer Tennis Club, Norwich Road, Cromer NR27 0EX 01263 513741
A1: Cromer High School, Norwich Road, Cromer NR27 0EX 01263 515669
A2: Greshams School, Cromer Road, Holt NR25 6EA 01263 713271

Norwich City

EML: A 1 2N 4NE 4NE 5NE 6NE(N)

EWL: Prem 2NE

m: yellow-green, black, yellow

w: yellow-green, green, yellow

SEC/MLO/WLO/WFS: Ali Wardale 01603 812216 07798 862956 aliwardale@aol.com
MFS: Clive Crichton 01603 259003 07748 485307
mensfixtures@norwichcityhc.co.uk
ULO: Paul Gallop 07786 390108 ulo@norwichcityhc.co.uk
G/A1: Taverham Recreation Facility, High School, Beech Avenue, Taverham, Norwich, NR8 6HP
A2: University Sports Park, University Drive, Norwich, NR4 7TJ

Norwich Dragons

EML: 2N 3NE 3NE 4NE 6NE(N) 6NE(N)

EWL: 1N 2NE 2NE

m: red, black, green

w: red, green, green

SEC/WLO: Jane Morton 01508 470778 07762 023081
info@norwichdragonshc.co.uk
MLO/MFS/WFS/ULO: Andrew Cross 01603 270047 07778 031716
ac@plummers.co.uk
G/A1: TCH Dragons Den, Hall Rd, Norwich NR1 2PL (SatNav NR1 2SE)

Norwich Exiles

EML: 5NE

m: green-black-white, black, green-black

SEC/MLO: Tim Aldous 01603 754459 07733 320078 tim.aldous@talk21.co
MFS: Ken Shaddock 07789123175 kennethshaddock@hotmail.com
ULO: Terry Ransom 07885 682854 terryransom@hotmail.co.uk
G/A1: Taverham High School, Beech Avenue, Taverham Norwich NR8 6HP

Oakway

Essex League club - see: https://www.essexcha.co.uk/clubs_competitions/

Old Bordenian

Kent League club: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>

Old Buckenham

Norfolk League club - see: <https://www.norfolkhockey.co.uk/clubs/>

Old Loughtonians

EML: 6SE 7SE 9SE 10SE

EWL: Prem 2SW

m: purple-white, dark blue, dark blue

w: purple-white, dark blue, dark blue

SEC: Jo Davey 0208 504 4010 olhc@oldloughtonians.co.uk
MLO: Gerry Smith 07894512366 Gerry.Smith@whiskers.co.uk
WLO: tbc 02085 044010 olhc@oldloughtonians.co.uk
MFS: Gerry Smith 0208 5061915 Gerry.Smith@whiskers.co.uk
WFS: Rachel Paddon 07795 177099 rachelpaddon@icloud.com
ULO: Ian Padfield 07785 550073 ulo@oldloughtonians.co.uk
G/A1: OLHC, Luxborough Lane, Chigwell, IG7 5AB 0208 504 4010
A2: Chigwell School, High Road, Chigwell, Essex, IG7 6QF

Old Southendian

EML: 1 4SE 5SE 8SE 8SE 10SE

m: gold, black, black-gold

SEC/MLO/MFS: Suzanne Armitage 01702 781780 01702 385427 (O)
07811 815554 Suzanne.Armitage@southend.nhs.uk suzanne.armitage@talktalk.

ULO: Brant Chapman 07796 257850 brantc@talktalk.net
G/A1: Warners Bridge Park, Chandlers Way, Southend on Sea SS2 5RE
01702 549000
A2: St Thomas More School, Kenilworth Gardens, Westcliff-on-Sea, SS0 0BW

Old Williamsonsians

Kent League club: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>

Pelicans

EML: 2N 4NE 5NE 6NE(N) *m: black-purple, black, black-white*
EWL: 2NW *w: black-purple, black, black-white*

SEC: Nicola Pluck 07725 462271 nicolapluck@hotmail.com
MLO/WLO: Charlie Lankfer 01553 842377 07717 340014
charles.lankfer@gleadell.co.uk
MFS: Bob King 01553 636632 07802 203112 bob.king@crispmalt.com
WFS: Amy Anderson 07807 557875 amy_anderson89@hotmail.com
ULO: Sean Kerry 07771 542354 seankerry@btinternet.com
G/A1: Lynnsport, Green Park Avenue, Kings Lynn 07717 340014

Plashet

EML: 4SE *m: orange, black, orange*

SEC/MLO/MFS/ULO: Sandeep Gahir 07946 334 020 sandzgahir@hotmail.com
G/C: No Clubhouse
A1: Castle Green, Gale Street, Dagenham, RM9 4UN
A2: Redbridge Sports, Forest Rd, Barkingside, Ilford, IG6 3HD 0208 498 1000
A3: Robert Clack Centre, Gosfield Road, Dagenham, RM8 1JU 0208 270 4200

Potters Bar

EML: 1 4SW 6SW 8SW *m: black, black, red*
w: black, red, black

SEC: Anthony Levy 07904 309926 anthony.d.levy@btinternet.com
MLO/WLO: Paul Brady 07966 135360 mail@pauljobrady.plus.com
MFS: Mark Turpin mensfirstteam@pottersbarhockey.club
WFS: Jenny Milne 01438 813189 07710 272161 jennifermilne21@yahoo.com
ULO: Jon Elms 07891 102438D umpires@pottersbarhockey.club
G/C: The Walk, Potters Bar, Herts. EN6 1QE
A1: Aldenham School, Aldenham Road, Elstree, WD6 3AJ
A2: Dame Alice Owen School, Dugdale Hill Lane, Potters Bar EN6 2DU
01707 643441
A3: Haileybury School, Haileybury, Hertford, SG13 7NU

Queenswood

Herts League club - see: <http://www.hbhua.co.uk/public/clubsmenu.php>

Redbridge & Ilford

EML: 3SE 5SE 7SE *m: Red, Green, Red*
EWL: 2SE *w: Red, Green, Red*

SEC/MLO/WLO: Helen Clark 07977 233962 redbridgehc@gmail.com
MFS/WFS: Bronwyn Woods 07881 613633 bronwynwood@icloud.com
ULO: Roger de Graaf 07779 337078 degraaf.roger@gmail.com
G/A1: Redbridge Sports, Forest Rd, Barkingside, Ilford IG6 3HD 02084 981000

Reepham

Norfolk League club - see: <https://www.norfolkhockey.co.uk/clubs/>

Remnants

Kent League club: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>

Rickmansworth

EML: 5SW 6SW 9SW *m: maroon, black, gold*

SEC: Steve Mander 01923 777374 07887475538 stephen.mander1@ntlworld.com

MLO/MFS/ULO: Gavin Toms 07971014733 gavtoms@hotmail.com
WLO: Maxine O'Kelly 07815 763295 maxokelly@ic24.net
G/C: Rickmansworth Club, Park Rd, Rickmansworth, WD3 1HU 01923 445040
A1: Royal Masonic School for Girls, Rickmansworth Park, WD3 4HF
A2: St Clement Danes School, Chenies Road, Chorleywood, Rickmansworth WD3 6E

Rochford

EML: 5SE 9SE *m: royal blue, black, royal blue*

SEC: Steve Cooke 01702 343549 07972 195152 cookesteve@live.co.uk
MLO: Richard Mothersole 07837 644847 01268 572837 rmothe01@sky.com
MFS: Ian Howitt 07833 158785 ianhowitt@btinternet.com
ULO: Charlie Wright 07824 642583 charliealan92@gmail.com
G/C: no clubhouse
A1: King Edmund School, Vaughan Close, Rochford, SS4 1TL 01702 545771

Romford

EML: 4SE 8SE 10SE *m: dark blue, dark blue, gold*

SEC/MLO: Julian Smith 01708 446489 07957 228932 joolzsmith@talk21.com
MFS/WFS/ULO: Dave Brazier 07910 452116 yetirhc@hotmail.com
G/C: Gidea Park Sports Ground, Main Road, Gallows Corner, Gidea Park, Romford, RM2 6NP
A1: Robert Clack Centre, Gosfield Road, Dagenham, RM8 1JU 0208 270 4200

Royston

EML: 3SW 6SW 7SW *m: black-white, black, black*
EWL: 3NW 4NW(S) *w: black-white, black, black*

SEC: Caroline Biddlecombe 01763 249195 secretary@roystonhockey.co.uk
MLO/WLO: Bob Biddlecombe 01763 249195 menscapt@roystonhockey.co.uk
MFS/WFS: Sarah Farmer 07802 667134 sarahfarmer@btconnect.com
ULO: Miles Dickens 07968 568511 miles.dickens@matthey.com
G/C: Heath Sports Centre, Baldock Road, Royston, SG8 5BG 01763 243613
A1: Bassingbourn Barracks Royston Rd, Bassingbourn SG8 5LX 01223 204223
A2: Meridian School, Garden Walk, Royston, SG8 7JH
A3: One Leisure-St. Neots, Barford Road, Eynesbury, St Neots, PE19 2SA
A4: Peter Boizot Astro, St Catherines College, Grantchester Road, Cambridge

Saffron Walden

EML: A 3SW 4SE 6SE 7SE 7SE 8SE 10SE *m: purple, black-navy, amber*
EWL: 3NW *w: purple, purple, white*
w: purple, navy, amber

SEC: Amanda Lindsell 01799 542569 amandallindsell@hotmail.co.uk
MLO: Roger Wilmott 07967 698519 rdwillmott@hotmail.com
WLO: Vanessa Hill 07790 313116 ladies@saffronwaldenhockey.co.uk
MFS/WFS: Nicky Bareham 07762 513893
mensfixtures@saffronwaldenhockey.co.uk
ULO: Peter Bray 07807 318009 umpires@saffronwaldenhockey.co.uk
pete.bray112@gmail.com
G/A1: Joyce Frankland Academy, Bury Water Lane, Newport CB11 3TR
01799 540237
A2: Meridian School, Garden Walk, Royston, SG8 7JH
A3: Saffron Walden County High School, Audley End Rd, Saffron Walden CB11 4UH
01799 524295

Sevenoaks

EWL: Prem 2SE *w: purple-white, purple, purple-white*

SEC: Sarah Eversfield 07792 098418 sarah.eversfield@gmail.com
MLO/WLO: Sarah-Jane Marshall 07790 861077 Sj_marshall1@hotmail.com
WFS: Sarah Burnham 01892 822375 07756 863539 sburnhampembury@hotmail.com
ULO: Jackie Gibbs 01689 862061 07850 223552 jackiegibbs1@hotmail.co.uk
G/C: The Vine Pavillion, The Vine, Sevenoaks, TN13 3UH 01732 453945
A1: Knole Academy, Seal Hollow Road, Sevenoaks, TN13 3SN
A2: Hollybush Astro, Hollybush Lane, Sevenoaks, TN13 3UX 01732 451889
A3: Sevenoaks School, Solfield Road, Sevenoaks, TN13 1HU
A4: Tonbridge School, High Street, Tonbridge, TN9 1JP

Shefford & Sandy*EML: B 4SW 6SW 9SW**m: black, black, green-black**EWL: 2SW**w: black, black, green-black*

SEC: Tony Payne 01767 260998 07713 540469 tony.ajp.payne@gmail.com
 MLO: Steve Ashdown 07865 049486 steveashdown@rocketmail.com
 WLO: Jo Hare 07793141471 Littlejoey27@live.co.uk
 MFS/WFS: Hannah Bartram 01767 260998 07473 052107
 Hannah_Bartram@hotmail.com
 ULO: Tessa Chiswell 07787 970810 tessa.chiswell@ntlworld.com
 G/A1: Sandy Upper School, Off Medusa Drive, Engayne Avenue, Sandy SG19 1BL
 01767 681872

Southend*EML: 3SE 5SE 9SE**m: blue, blue, blue**EWL: 2SE**w: blue, blue, blue*

SEC: Louise Wall 07716 380729 frodolou@yahoo.co.uk
 MLO: Phil Puncher 07903 544729 Phillippuncher20@hotmail.co.uk
 WLO: Mel Taylor-Lamb 07725 366556 mel_lamb@hotmail.co.uk
 MFS/WFS: Valerie Ottoway 07717 797569
 ULO: Barry Puncher 07767 890741 barrypuncher@me.com
 G/C: Belfairs Sports & Social Club, Eastwood Rd North, Leigh-on-Sea SS9 4LR
 A1: High School For Girls, Broomfield Rd, Chelmsford CM1 1RW 01245 352592
 A2: King Edmund School, Vaughan Close, Rochford, SS4 1TL 01702 545771
 A3: St Thomas More School, Kenilworth Gardens, Westcliff-on-Sea, SS0 0BW

Southend and Benfleet*EWL: 2SE**w: black, black, pink*

SEC: Claire Sutton 07990 013240 secretary-southendandbenfleethc@outlook.com
 WLO: Claire King 07773 074252 ccaptain-sandbhc@outlook.com
 WFS: Lisa Hawkins 07773 717001 fixtures-sandbhc@outlook.com
 ULO: Jordan Woodman 07854 578872 ulo-sandbhc@outlook.com
 G/C: No Clubhouse, teas at Marlborough Head, 71 West St, Rochford, SS4 1AX
 A1: King Edmund School, Vaughan Close, Rochford, SS4 1TL 01702 54577

Southgate*EML: 6SW 7SW 8SW 8SW**m: red, black, red*

SEC/MLO: Mike Fitter 07973 857 237 Mike@FDProjects.co.uk
 MFS: Robin Tullo 07909 901731 robin.tullo@btinternet.com
 ULO: Mark Langley 07811 399464 umpires@southgatehc.org.uk
 G/A1: Trent Park, Snakes Lane, Barnet, EN4 0PS 0208 440 7574

Southgate Adelaide*EML: 5SW 8SW 9SW**m: blue-amber, black, blue-amber*

SEC/MLO: Mike Lord 02082 458962 07581 370313 (O) lordmandj@gmail.com
 MFS: Rashmi Vyas 07890 532058 rashmi_vyas@hotmail.com
 ULO: Berl Goldbart 07816 036411 berl.dorffbart@gmail.com
 G/C: Walker Ground, Waterfall Rd, Southgate, London, N14 7JZ 0208 886 8381
 A1: Ashmole Academy, Cecil Road, Southgate, London N14 5RJ

Spalding*EML: B 4NW 4NW 5NW 6NW(N)**m: maroon-blue-white, maroon, maroon-blue-white**EWL: 2NW 3NW 4NW(N)**w: maroon-blue-white, maroon, maroon-blue-white*

SEC: Ryan Mountney 07957 973873 ryanmountney@outlook.com
 MLO/WLO/MFS/WFS: Shaun Dewing 07590 999261 sdewing67@googlemail.com
 ULO: Matthew Pilgrim matthew.pilgrim@bakkavor.com
 G/A1: Glen Park, Station Road, Surfleet, PE11 4DB
 A2: Peter Paine Centre, Mayflower Club, Rosebery Avenue, Boston PE21 7QR 01205 362351

Spilsby*EML: 4NW(N)**w: purple, navy-black, purple*

SEC/WLO: Cheryl Pawson 07758 250701 cheryl.pawson@lincolnshire.gov.uk

WFS: Susan Maddison 01790 754570 07827 818421 madcook@btinternet.com
ULO: Philip Maddison 07827 850885 madgardener@btinternet.com
G/A1: Skegness Grammar, Vernon Rd, Skegness PE25 2QS (by phone Cheryl Pawson)
A2: Christs Hospital School, Wragby Road, Lincoln, LN2 4PN

St Albans

EML: A 4SW 4SW 5SW 7SW 8SW 8SW 9SW *m: tangerine, navy, tangerine*
EWL: Prem 2SW *w: tangerine, navy, tangerine*

SEC/MFS: Mike Grainger 07904 306898 mike.grainger2@gmail.com
MLO: Dillet Gilkes 07500554422* dilletgilkes@gmail.com
WLO: Alyson Lord 01727 834169 07703 491245 ajlord60@hotmail.com
ULO: Nick James 07730 614236 jamesnp@aol.com
G/A1: Oaklands College, South Drive, Hatfield Road, St Albans, AL4 0JA
A2: Beaumont School, Oakwood Drive, St Albans, AL4 0XB.

St Ives

EML: 2N 3NW 5NW 6NW(S) 6NW(S) *m: green, navy-green, navy*
EWL: 2NW 2NW 4NW(S) 5NW(S) *w: green, navy-green, navy*

SEC/WLO: Ben Scarrow 07752 737689 secretary@stiveshockeyclub.co.uk
MLO/MFS/WFS/ULO: Charles Budgett 01487 841879 07768 573801
fixtures@stiveshockeyclub.co.uk
G/A1: One Leisure St Ives, California Road, St Ives PE27 6SJ 01480 388556

St Neots

EML: 3NW 5NW 5NW 6NW(S) 6NW(S) *m: light blue, dark blue, light blue*
EWL: 1N 4NW(S) *w: light blue, dark blue, light blue*

SEC/WLO: Sarah Leyshon 07952 712407 sarah.leyshon@aol.co.uk
MLO: Geoff Watts 01480 215551 watts-g4@sky.com
MFS/WFS: Tim Bates 07761 006136 Tim.bates@btinternet.com
ULO: Jonathan Percival 07881 917060 beccypercival@hotmail.com
G/C: Teas at The Anchor, High St, Little Paxton PE19 6HA
A1: Longsands School, Longsands Road, St Neots, PE19 1LQ

Stevenage

EML: 3SW 5SW 6SW 8SW 9SW *m: red, navy, red*
EWL: 2SW *w: red, navy, red*

SEC: Leanne Baily 07805 203069 secretary@stevenagehc.co.uk
MLO/WLO/MFS/WFS: Emma Houlihan 07785 254507 ehoulihan@theiet.org
ULO: umpires@stevenagehc.co.uk
G/C: Stevenage Cricket & Hockey Club, Ditchmore Lane, Stevenage SG1 3LJ 01438 351075
A1: John Henry Newman, Hitchin Rd, Stevenage SG1 4AE 01438 218791
A2: Nobel School, Mobbsbury Way, Stevenage SG2 0HS 01438 352467

Sudbury

EML: 1 3NE 5NE 6NE(S) *m: red-white, black, white-red-black*
EWL: 1N 4NW(S) 5NW(S) *w: red-white, black, white-red-black*

SEC: Tim Blackburn 07777 630877 blackers64@btinternet.com
MLO: Alastair Ward 07904 278266 wardsudbury@outlook.com
WLO: Liz Kiddy 01787 277984 07795 103684 ekiddy@btinternet.com
MFS/WFS: Collette Williams-Brown 07843 309877
collette.williams-brown@outlook.com
ULO: John Anderson 07777 659741 john@vielweb.com
G/C: Quay Lane, Sudbury Suffolk, CO10 2AN 01787 377553
A1: Great Cornard Sports Centre, Head Lane, Gt. Cornard, Sudbury, CO10 0JU

Thetford Town

EML: 4NE *m: blue-yellow, blue, blue*

SEC/MLO/MFS/ULO: Richard Smith 01638 711457
richardandjill@smith3b.plus.com
G/C: No clubhouse
A1: Thetford Sports Centre, Croxton Road, Thetford, IP24 1JD

Thurrock*EML: 5SE 8SE**m: black-yellow, black, yellow**w: black-yellow, black, yellow*

SEC: Emily Wynne 07985 778216 wynne.emily@googlemail.com
 MLO: Derek Staton 01375 674619 0794 7777841 d.staton@btinternet.com
 WLO: Charlotte Adnams charlotte.adnams@hsf.com
 MFS: Derek Staton d.staton@btinternet.com
 WFS: Debbie Lakey 01375 857244 debbielakey@hotmail.co.uk
 ULO: Michael Fleming 07713329673 Michaelffleming1983@msn.com
 G/A1: Palmer's College, Chadwell Road, Grays RM17 5TD 01375 898613

Tower Hamlets*EML: 8SE**m: red, white, red*

SEC: Shuhel Malique 07961 300594 shuhel.malique@thysf.org
 MLO: Abdul Wahid 07886 396295 abdulwahid@yahoo.co.uk
 MFS/ULO: Rej Haque 07530 592036 rejhaque@gmail.com
 G/C: No Clubhouse
 A1: John Orwell Sports Centre, Tench Street, Wapping, E1W 2QD
 A2: Lee Valley Hockey & Tennis Centre, Eton Manor, Leadmill Lane, Olympic Park, London, E20 3AD

Tunbridge Wells*EWL: 1S 2SE**w: white-red, navy blue, red-white*

SEC/WLO/WFS: Rebecca Watson 07821 711011
 rebecca.watson.twhc@gmail.com
 G/C: Nevill Ground, Nevill Gate, Warwick Park, Tunbridge Wells TN2 5ES
 A1: Hawkenbury Recreation Ground, Hawkenbury Road, Tunbridge Wells 01892 534472
 A2: Tonbridge School, Tonbridge School, High Street, Tonbridge, TN9 1JP

University of East Anglia Men*EML: 3NE 3NE 5NE 6NE(N)**m: navy-gold, navy, navy-gold*

SEC/MLO: Fraser Smith 07480 410426 infoueamenshockey@gmail.com
 MFS: Liam Postance-Eamer 07788 319652 secretaryueamenshockey@gmail.com
 ULO: Arthur Graham 07526 992360 uloueamenshockey@gmail.com
 G/A1: UEA Sportspark, University Drive, Earlham Road, Norwich, NR4 7TJ

University of East Anglia Women*EWL: 2NE**w: navy, navy-black, navy*

SEC/WLO: Katie Beauchamp 07906 822743 katie.beauchamp@hotmail.co.uk
 WFS: Amy Jones 07772 772303 amy.e.jones@uea.ac.uk
 ULO: Izzi Mumbray 0759 0115899 i.mumbray@uea.ac.uk
 G/A1: Sportspark, University of East Anglia, Norwich, NR4 7TJ, 01603 592 398

University of Essex*Essex League club - see: https://www.essexcha.co.uk/clubs_competitions/***University of Kent***kent League club: <http://www.kenthockey.org.uk/clubs/club-details-a-to-z/>***Upminster***EML: 1 3SE 5SE 7SE 9SE**m: blue-gold, blue, blue**EWL: 1S**w: blue-gold, blue, blue*

SEC: Andrew Berry 01708 220601 07787 430974 honsec@upminsterhc.co.uk
 MLO: Lester Farrant 01708 222626 07771 998358 mlo@upminsterhc.co.uk
 WLO/MFS/WFS: Jill Wright 01708 250879 07903 743042 wlo@upminsterhc.co.uk
 ULO: Colin Wright ulo@upminsterhc.co.uk
 G/C: Upminster Recreation Ground, Corbets Tey Rd, Upminster RM14 2AF 01708 220070
 A1: Coopers Coborn School, St Mary's Lane, Upminster RM14 3HS
 01708 250500
 A2: Emerson Park Academy, Wych Elm Road, Hornchurch, RM11 3AD
 A3: Frances Bardsley School, Brentwood Road, Romford, RM1 2RR
 A4: Robert Clack Centre, Gosfield Road, Dagenham, RM8 1JU 0208 270 4200

Vauxhall*EML: 4SW**m: amber, blue, blue-amber*

SEC/MLO: Raza Kazim 07903 053362 rkazim@hotmail.com
 MFS/ULO: Waseem Parkar 07808 773324 waseemparkar@hotmail.com
 G/A1: Luton 6th Form College, Bradgers Hill Rd, Luton LU2 7EW 07808 773324

Waltham Forest*EML: B 4SE 5SE 7SE 10SE**m: white-green, blue, green**EWL: 2SW**w: white-green, blue, green*

SEC: Kate Sampson 07515549553 secretary@walthamforesthc.co.uk
 MLO: Jack Rumbold mlo@walthamforesthc.co.uk
 WLO: Dudzai Pswarayi wlo@walthamforesthc.co.uk
 MFS/WFS: Katherine Barraclough fixtures@walthamforesthc.co.uk
 ULO: Gary Joy ulo@walthamforesthc.co.uk
 G/C: Wadham Lodge, Kitchener Rd, Walthamstow E17 4JP 020 8527 2444
 A1: Lee Valley Tennis & Hockey Centre, Eton Manor, Leadmill Lane, Olympic Park, London, E20 3AD
 A2: Walthamstow Academy, Billet Road, Walthamstow, London, E17 5DP

Wapping*EML: A B 1 2S 3SE 3SE 4SE 5SE 6SE 7SE 8SE**m: maroon, black, maroon**EWL: Prem 2SW**w: maroon, black, maroon*

SEC: Matthew Patterson 07412 933811 chairman@wappinghockeyclub.com
 MLO: Iain Davidson 07568 559376 MCC.WHC@gmail.com
 WLO: Ellie Brooke 07531 965056 wappinglcc@gmail.com
 MFS: David George 07976 429244 wappingfixtures@gmail.com
 WFS: Cerys Jenkins 07711 299379 wappingfixtures@gmail.com
 ULO: Sharon Law 07989 300401 wappingulo@gmail.com
 G/A1: Lee Valley Hockey & Tennis Centre, Eton Manor, Leadmill Lane, Olympic Park, London E20 3A 03000 030 614
 A2: John Orwell Sports Centre, Tench Street, Wapping, E1W 2QD

Watton*EML: 4NE 6NE(N)**m: navy, navy, navy**EWL: 2NE**w: navy, navy, navy*

SEC/MLO: Grant Harwood 01760 622087 07487 760067 gnharwood@gmail.com
 WLO: Rachael Kittell 07771 716944 rachaelkerr@yahoo.com
 MFS: Beatrice Hinchliffe 07925 823164 beahinchliffe@yahoo.co.uk
 ULO: Chris Hallum 07930 352188 chrish@uesystems.com
 G/A1: Watton Sports, Dereham Rd, Watton, Thetford IP25 6EZ 01953 8812

Wellingborough*EML: 5NW**m: red, green, red*

SEC: Sheila Nunn 07984783777 shennun@googlemail.com
 MLO: Paul Smith 07880314199 13.torso@gmail.com
 G/A1: Wrenn School, London Rd, Wellingborough NN8 2BX 07880314199
 A2: Wellingborough School, Irthlingborough Road, Wellingborough, NN8 2BX

Welwyn Garden City*EML: 3SW 6SW 8SW**m: royal blue, navy, white**w: royal blue, navy, white*

SEC: Fiona Rowe 07760 998857 secretary@wgchockeyclub.co.uk
 MLO: 07815 146188 chairman@wgchockeyclub.co.uk
 WLO: Kim Hoptroff 07581288804 ladies.captain@wgchockeyclub.co.uk
 MFS/WFS: Alan Clarke 07722 938337 fixtures@wgchockeyclub.co.uk
 ULO: Patrick Thomas umpire.liaison@wgchockeyclub.co.uk
 G/A1: University of Hertfordshire, Hatfield Business Park, St Albans Rd West, Hatfield AL10 9RJ 0785 9245498

West Herts*EML: A B 3SW 6SW 7SW 9SW**m: white, dark blue, light blue**EWL: Prem 2SW**w: white, dark blue, light blue*

SEC: Helen Humphreys 07736 042974 3camels@googlemail.com
 MLO: Ralph Darvill 01923 235255 07884 264247 captain_ralph55@hotmail.com
 WLO/WFS: Amanda Ruggles 01923 262904 01727 750000 (O) 07748 001093
 amanda.ruggles03@gmail.com
 MFS: Henk Vrijheid 07881 515384 henk.vrijheid@gmail.com
 ULO: Stuart Day 07708 940753 stuartday78@gmail.com
 G/A1: New Field Playing Field, Coningesby Drive, Watford WD17 3BD
 A2: Aldenham School, Aldenham Road, Elstree, WD6 3AJ
 A3: St Michaels High School, High Elms Lane, Watford, Herts. WD25 0SS

Winchmore Hill & Enfield*EML: 4SW 8SW**m: white, black, purple*

SEC/MLO/MFS: Chris Putt 01992 421696 07721 452835

chris_putt43@hotmail.com

G/C: Winchmore Hill Cricket Club, The Paulin Ground, Firs Lane, N21 3ER

A1: Aylward Academy, Windmill Road, Edmonoton, LONDON N18 1NB

A2: Highlands School, 148 World's End Lane, LONDON N21 1QQ.

A3: Southbury Leisure, Southbury Road, Enfield, EN1 1YP 020 8245 3201

Wisbech Town*EML: 1 3NW 4NW 6NW(S)**m: red, black, red-black**EWL: 1N 3NW 5NW(S)**w: red, black, red-black*

SEC/MFS/WFS: Ellie Cobb 07734 872663 ellie_cobb@hotmail.com

MLO: Gary Freear 07834 436345 garyfreear21@aol.com

WLO: Lorraine Parker 07528 433644 lorraine.pkr@icloud

ULO: Lisa Lowe 07786 866180 lisajlowe69@gmail.com

G/A1: Wisbech Town Cricket & Hockey, Harecroft Road, Wisbech, PE13 1RR

Witham*EML: 2S 4SE 5SE 7SE 7SE**m: amber, black, amber*

SEC: Jane Bellehewe 01376 512778 jbellhewe@yahoo.co.uk

MLO/MFS: Clare Ledwell 01376 514538 07800 773463 bellehewe_87@yahoo.co.uk

ULO: Cheryl Tadd 01376 514265 cheryl_tadd@btinternet.com

G/C: The Park Pavilion, Maldon Road, Witham, CM8 1HN 01376 519777

A1: Witham Sports Ground, Spinks Lane, Witham, CM8 1EP

Woodhall Spa*EML: 4NW(N)**w: royal blue, navy blue, royal blue*

SEC/WLO: Alison (Flo) Hazelwood 07917 275447 01522 501357 flohazelwood@gmail.com

WFS: Gillian Pearson 07788 404161 01526 861472 jonopearson6@aol.com

ULO: Clare Gilman-Abel 07960 462211 fcga@sky.com

G/A1: Yarborough Leisure Centre Sports Hub, Riseholme Road, Lincoln LN1 3SP

A2: Christs Hospital School, Wragby Road, Lincoln, LN2 4PN

Yarmouth*EML: 2NE**w: navy, navy, white*

SEC/ULO: Rae Aldous 01493 490405 07909 546987 rae.williamson@talk21.com

WLO/WFS: Klaire Stanley 01502 732064 07765 881924 akstanley@btinternet.com

G/C: No Clubhouse - hospitality after match at Cliff Park Community Pitch

A1: Cliff Park Community Pitch, Kennedy Ave, Gorleston, NR31 6TA 01493 661504

ADNAMS.
SOUTHWOLD
GHOST SHIP
ALCOHOL FREE 0.5%

NEW...

It's Ghost Ship, but
not as you know it...

100% taste at 0.5%
abv, it's a Win Win!

AVAILABLE TO BUY AT ADNAMS.CO.UK

   @adnams