

# 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

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### Editor's Note

Corrections since publication are highlighted in red.

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.

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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

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### **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

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### **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 Rosenoway(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/leagues/>

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

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

01603 222599 [norfrec@norfolk.gov.uk](mailto:norfrec@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](mailto:charlie.farrow@englandhockey.org) 07811 336895

*Beds, Cambs, Lincs:* **Andrew Dale:** [andrew.dale@englandhockey.co.org](mailto:andrew.dale@englandhockey.co.org) 07725 432013

*Herts:* **Steve Turner:** [steve.turner@englandhockey.co.org](mailto:steve.turner@englandhockey.co.org) 07718 980515

*Regional Administrator:*

**Melanie Hart:** [east@englandhockey.co.uk](mailto: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](mailto: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 cpfb44@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 hockey@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 Grace, 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 07484 845603 chris.hatch@openreach.co.uk

*Disciplinary Administrator:*

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

## **COUNTY UMPIRES ASSOCIATIONS**

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## **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) (fDivision Managers: inside front cover)

### *Chairman:*

**Rosemary Prince:** 12 Valley View Close, Colchester, CO4 9UN  
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### *East Leagues Secretary:*

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### *Budgets Officer:*

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### *Men's League Managers:*

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### *Women's League Managers:*

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### *Results Co-ordinators:*

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**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 pre-season 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 wellsy575@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 jpp54@cam.ac.uk  
SEC(W)/WLO: Alicia Murphy 07879777840 hb480@cam.ac.uk  
ULO: Ollie Rose 07903 683683 obr22@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/](https://www.essexcha.co.uk/clubs_competitions/)

### **County Wanderers**

Essex League club - see: [https://www.essexcha.co.uk/clubs\\_competitions/](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 Isacson 07947 320418 elhcfixtures@gmail.com  
ULO: Iain Isacson 07811 284911 elhcumpires@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

### **HaVERING**

*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 trinyneoo@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: **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: **Kings College 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 jezhotoshoes@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/](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* *(1's: 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***EWL: 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 Michael.fleming1983@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/](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 &amp; 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 &amp; 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, Edmonston, 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 &amp; Hockey, Harecroft Road, Wisbech, PE13 1RR

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

SEC: Jane Bellehewe 01376 512778 jbellehewe@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***EWL: 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***EWL: 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

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