

1890



PRESIDENT JOHN WINDERS



EASTERN COUNTIES RUGBY UNION HANDBOOK 2019/20

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to acknowledge and to express their gratitude
to the following sponsors: -**

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**We are constantly seeking sponsors, so if you, or your business would like
to discuss funding any of the programmes that we organise, to develop
and sustain Rugby Union within Eastern Counties, please contact: -**

**David Taylor
Sponsorship Manager**

07463 531479

davidtaylor91188@gmail.com

EASTERN COUNTIES RUGBY UNION LIMITED

(Affiliated to the Rugby Football Union) Incorporated 1st May 2001

founded 28th October 1890

Reg. No. 29215 R

Registered Office:

Tomo Industrial Estate, Stowmarket, Suffolk IP14 5AY

SECRETARIAT

ECRU Administration Office:

Lisa Greetham

Admin@ecrurugby.com

Tomo Industrial Estate, Stowmarket, Suffolk IP14 5AY

01449 614674 07432 115469

Eastern Counties was established by Norfolk, Suffolk and Essex on 28th October 1890, with Cambridgeshire joining in 1928. In 2003 Essex departed, leaving Cambridgeshire, Norfolk and Suffolk, the Eastern Counties Rugby Union as it is today.

“To govern, promote and develop the quality of Rugby in Eastern Counties whilst maintaining the game’s core values and ensuring it remains an enjoyable sport for all”

SEASON 2019/2020

Please note that the following information can be obtained electronically from the Eastern Counties Rugby Union website.

1. Eastern Counties Schools Bye Laws
2. Regulations for the Eastern Counties Greene King Leagues
3. Rules (Constitution) of ECRU
4. Competition Rules for the ECRU Youth Cup
5. Eastern Counties Inter-County Cup Rules

FOR THE LATEST INFORMATION ON MATCHES, VENUES, RESULTS, COACHING COURSES AND ALL EVENTS WITHIN EASTERN COUNTIES RUGBY FOOTBALL PLEASE VISIT OUR WEBSITE: -

www.ecrurugby.com

The screenshot shows the homepage of the Eastern Counties Rugby Union website. At the top, there is a navigation bar with the following links: HOME, NEWS, EVENTS, LEAGUES, COMMUNITY RUGBY, VOLUNTEERING, DEVELOPMENT, PLAYING, DISCIPLINE, SAFEGUARDING, ABOUT US. The main header features the Eastern Counties Rugby Union logo (a shield with a black silhouette of a player) and the text "EASTERN COUNTIES RUGBY UNION".

Below the header, there is a "BREAKING NEWS" section with three items: "we head coach - have you got what it takes? Dereham R...", "17 Year Olds Playing Adult Rugby - New Regulation effective from start...", and "Southwold Summer Camp...".

The "What's going on?" section contains three main articles:

- Main Sponsor - Greene King IPA:** Includes the Greene King IPA logo and the text "Main Sponsor - Greene King IPA".
- Latest News:**
 - Dereham RFC seeking new head coach:** "Have you got what it takes? 12 days ago | Sam Carpenter".
 - 17 Year Olds Playing Adult Rugby:** "New Regulation effective from start of the season. The RFCU have introduced a new Regulation effective... 20 days ago | Lee Greenham".
 - Southwold Summer Camp 2019:** "19th - 21st August Southwold RFC will be holding a summer rugby camp from 19th August - 21st August... 20 days ago | James Phillips".
- Twitter News:** A section titled "Twitter News" showing tweets from @ECRURUGBY. The tweets include: "Eastern Counties RU Noteworth", "Age Grade Rugby @AgeGradeRugby" (with text: "Next week we will launch the age grade rugby team. Please register on GMS, the app, Monday 12th from 17:30 to support Age Grade Registrars."), and "View on Twitter".
- Events:** A section titled "Events" listing: "ECU Women 1 Fixture Exchange meeting Thu 28th August: 7:00pm - View full event", "Coaching Committee meeting - CCJ Wed 21st August 2019: 7:00pm", and "ECRU Annual Report > Season 2018-19" and "ECRU Rules > June 2019".

On the right side of the page, there is a large advertisement for Adidas shoes, featuring three different styles of sneakers in pink, blue, and green. The Adidas logo and the text "TAKE THE DEAL" are visible at the bottom of the ad.

ECRU PRESIDENT 2019 – 2021

JOHN WINDERS



First of all, a few words of introduction as the incoming President of Eastern Counties Rugby Union.

Looking at the timeline my story now begins in 1890 with the formation of ECRU. Moving quickly forward over a span of 70 years a die was cast when I first picked up a rugby ball at school in my native North East of England. Following career moves I fortuitously relocated with my wife to the Eastern Counties where, continuing with my interest in the game, I participated in a volunteering role, before being appointed, for a four year spell, as Chairman of the Hadleigh Club in the Town where I live. I have also been involved with Suffolk RU where I served as President during the period 2006-09.

Following these experiences, the jump to Eastern Counties was an easy decision which led to an involvement with Coaching, Community Rugby and the Discipline Panel. For the past seven years I have chaired the Club Development Committee encouraging Clubs to improve the rugby experience for their memberships. It has been very satisfying to be part of a committed team that has helped facilitate this process.

It was an honour to be voted in as the 43rd President of ECRU at our Annual General Meeting in June. I am now charged to act, for a two-year period, as an ambassador for a union of 52 clubs with a total membership approaching 50,000. This is an exciting although at the same time a daunting prospect. Ian Forton my predecessor worked hard to maintain standards and to promote positive links with Clubs. It is my intention to continue in this vein.

At the beginning of a new rugby year I must take the opportunity to draw attention to the aims of ECRU which are to govern, promote and develop Rugby in the Eastern Counties, maintain the games core values and to ensure our sport remains enjoyable for all. We all respect these objectives. However, I know that many of our Clubs are facing strong challenges in their efforts to develop within their communities in an increasingly competitive and demanding world. There is no doubt in my mind that to encourage greater participation and to secure the sustainability of our sport we must all take steps, in our own way, to heighten the rugby experience at our Clubs to make them more attractive to our local communities.

With this thought I wish you all a thoroughly enjoyable and successful season.

MANAGEMENT COMMITTEE 2019-2020



President

John Winders (2011)

01473 824 359

07972 388 028

Development@ecrurugby.com



Chairman

Alasdair Bovaird (2014)

30 Beeches Close, Saffron Walden CB11 4BT

01799 523 578

07711 484 582

Chair@ecrurugby.com



Hon Secretary

Robert Temple (2015)

8 Marlborough Rd, Southwold

IP18 6LR

01502 723 051

07917 025 463

Secretary@ecrurugby.com



Hon Treasurer/Chair Finance & Funding

Pamela Clarke (2012)

162 Angel Rd Norwich NR3 3JB

07775 523 689

Treasurer@ecrurugby.com



RFU Council Member

Roger Pierson (2005)

81 Rectory Lane, Poringland

NR14 7SJ

01508 493 085

07974 619 114

rogerpierson@btinternet.com

**Cambs Representative**

Steve Drawbridge (2010)

07515 119605

CambsRep@ecrurugby.com

**Norfolk Representative**

Steve Knights (2018)

01603 477467

07787 572657

steveknights@virginmedia.com

**Suffolk Representative**

Jeremy Kendall (2018)

01284 703043

SuffolkRep@ecrurugby.com

**Chair Club Development, Funding Facilities
and Volunteer Co-ordination**

John Winders (2011)

01473 824 359

07972 388 028

Development@ecrurugby.com

**Chair of Marketing and Communication**

Russ Clarke (2014)

162 Angel Rd Norwich NR3 3JB

07766 315 506

Marketing@ecrurugby.com

**Chair of Governance Discipline
and Safeguarding**

Richard Watson (2005)

01449 674 891

Governance@ecrurugby.com



**Chair of Community
Game Growth
(including
Competitions)**

Darren Wright (2018)
07970 980440

gamegrowth@ecrurugby.com



**Director of Representative Rugby
Chair of Coaching Sub Committee**

Chris Capps-Jenner (2013)
07917 771 392

Coaching@ecrurugby.com

OTHER OFFICIALS



**Chair of Discipline
(Sub-committee of Governance Committee)**

Declan Gallagher (2015)
01284 701 131
07930 538 907

Discipline@ecrurugby.com

**Safeguarding Manager
(Sub-committee of Governance Committee)**

Malcolm Bell
07501 269548

Safeguarding@ecrurugby.com



International Ticket Administrator

Ian Forton
183 Middletons Lane
Norwich NR6 5SB
01603 400 049
07878 821 524

Tickets@ecrurugby.com

OTHER OFFICIALS (Cont)



Chair of Competitions Committee
(Sub-committee of Community Game Growth)

John Mackay

07775 873 040

Competitions@ecrurugby.com



Chair of Youth and Age Grade Rugby
(Sub-committee of Community Game Growth)

Ross Cowie

07786 332 930

YouthRugby@ecrurugby.com



Colin Edmond

colinmarkedmond@gmail.com

07742453515



Office Administrator

Lisa Greetham

ECRU, Howards, Tomo Industrial
Estate, Stowmarket IP14 5AY

01449 614 674

07432 115 469

Admin@ecrurugby.com



Sponsorship Manager (2018)

David Taylor

Davidtaylor91188@gmail.com

07463 531479



Volunteer Coordinator (2019)

James Phillips

0741 5495164

Phillips120@hotmail.co.uk

ECRU MANAGEMENT COMMITTEE MEETINGS

**Held at: ECRU Office, Tomo Industrial
Estate, Stowmarket IP14 5AY at 7.00pm**

01449 614674

07432 115469

Management Committee

25th July

3rd September

8th October

12 November

10th March 2020

7th April

5th May

A.G.M

Awards Dinner 30th May 2020

Venue to be advised

ECRU COMMITTEES

(NB: Planned dates – please verify before travelling – venue is Stowmarket Office unless otherwise indicated)

Management Committee		
<i>Role</i>	<i>Meeting Venue/Dates</i>	
Chairman	Alasdair Bovaird	See Page 5
Hon. Treasurer	Pamela Clarke	
Hon. Secretary	Rob Temple (S)	
President	John Winders	
RFU Rep	Roger Pierson	
Area	Alan Royer	
Manager	Richard Watson	
Chair Governance	Russ Clarke	
Chair M & C	Darren Wright	
Ch. Game Growth	Chris Capps Jenner	
Dir Rep. Rugby	Jeremy Kendall	
Suffolk Rep	Steve Drawbridge	
Cams Rep	Steve Knights	
Game Growth		
Chair	Darren Wright	As necessary
Playing	Rep. from Sub Coms	
Youth Playing	Ross Cowie	
Adult Playing	TBC	
Women & Girls	TBC	
Schools	T. Grieves/A. Wilesmith	
Coaching	Chris Capps-Jenner	
Refereeing	Colin Edmond	

Coaching Committee (Sub-committee)		
Chair	Chris Capps-Jenner	Wednesdays
Vice Chair	Gary Lee	4 th September
RFU Training	Darren Gourley	4 th December
CCC	Graham Smith (N)	5 th February 2020
CCC	Suffolk	6 th May
CCC	Cambs	
RDO	Sam Carpenter	
RDO	Chloe McMorran	
Competitions Committee (Sub-committee)		
Chair	John Mackay	Mondays
	Gary Lee Roger Pierson	15 th July
	Ian Forton	30 th September
	Rep - Norfolk	25 th November
	Rep - Cambridgeshire	6 th Jan 2020
	Colin Garrod	All Clubs Meetings
	Calvin Joyce	W/C 13 th April 2020
	Alasdair Bovaird	
	Colin Edmonds Rep -Suf	
	2 x RDO's (ex officio)	
Operations Group		
Chair	Alasdair Bovaird	
	Richard Watson	
	Russ Clarke	
	Pamela Clarke	
Marketing and Communications Committee (Operations)		
Chair	Russ Clarke	
	Roger Pierson	
	Lisa Greetham	
	Robert Temple	
	Steve Knights (Norfolk)	
	Steve Drawbridge (Cambs)	

Discipline Panel (Sub-committee of Governance)		Bury St Edmunds RFC Thursday 7pm
Panel Chair	Declan Gallagher	As and when necessary
Secretary	David Broughton	
Panel Member	Graham Feest	
Panel Member	Mike Daniel	
Panel Member	Pamela Clarke	
Panel Member	Peter Wood	
Panel Member	Huw Davies	
Panel Member	Joanna Shields	
Safeguarding Committee (Sub-committee of Governance)		Bury St Edmunds RFC - Saturdays
Chair	Malcolm Bell TBC (C) Sally Lloyd (N) Malcolm Bell (S)	
Finance Committee (Operations)		
Chair	Pamela Clarke Max Pocock (C) David Robinson (N) Barry Male (S)	
Club Development, Funding & Facilities and Volunteering Committee		
Chairman	John Winders	Lead on Dev 19th August 2019 4th November 2019 3rd February 2020 28th April 2020
Vice Chair	John Langford	
RDO	Chloe McMorrان	
RDO	Sam Carpenter	
Cambs	Steve Drawbridge	
Norfolk	John Langford	
Suffolk	Barry Male	
Lead on Fund/Fac	Andy Spetch	
Lead on Vol	James Phillips	
Council Member	Roger Pierson	

Governance Committee (Operations)

Chair	Richard Watson John Mackay Declan Gallagher Roger Pierson Alasdair Bovaird Malcolm Bell	
-------	--	--

Player Development Pathway Committee (PDP)

Chair DPP Liaison Senior & U20's U17/U18's U16's Manager	Chris Capps-Jenner Chris Capps-Jenner Greg Hind Gary Lee Darren Wright	

ECRU Representatives to other Committees

RFU Council Member	Roger Pierson
Eastern Counties Schools	
London RU Coaching	Chris Capps-Jenner
London RU U18	John Mackay
London RU Competitions	John Mackay Ian Forton
London RU Disciplinary	Declan Gallagher David Broughton
London RU Youth	Richard Duckett
Leicester Academy	Chris Capps-Jenner
Northampton Academy	Chris Capps-Jenner

GUIDANCE ON CLUB PROCEDURES FOLLOWING THE SENDING-OFF OF A PLAYER

The attention of Club Secretaries is drawn to Regulation 19.6.3 in of the RFU Handbook, which relates to the procedures and Conduct of Disciplinary Committees.

This requires that the Constituent Body i.e. its Disciplinary Secretary, be notified of the name and address of any player ordered from the playing enclosure within 48 hours of the end of the match. This includes player under the age of 17. There are no exceptions to this, and it applies equally to Society, non-society referees and to those who 'just take up the whistle'.

The RFU and its Constituent Bodies have to comply with this direction, therefore All Clubs Secretaries, Society Referees and Referees **MUST** notify the ECRU Disciplinary Secretary within 48 hours of the end of the match, as per RFU Regulations 19.6.1 and 19.6.3.

Any failure to comply with this will incur a penalty fine of £25. Club secretaries should also note the actions to be taken when dealing with those who are Under 17 at the time of their dismissal. These are to be found in Regulation 19 Appendix 6 in the RFU Handbook.

Reminder: Every club is required to have a properly constituted Disciplinary Committee, which is charged with maintaining the standards of discipline within their own club.

It is strongly recommended that this committee be pro-active rather than re- active especially when action may be required in enforcing Rule 5.12 of the Rules of the RFU.

See contacts overleaf

Discipline Contacts

Hon. Secretary

David Broughton

148 Epsom Drive, Ipswich, Suffolk. IP1 6SU

01473 749748 07711137492

d.broughton@btinternet.com

Disciplinary Hearing Meetings To be arranged as necessary.

All Hearings will take place at Bury St Edmunds RFC, starting at 19:30hrs.

As per last season the Discipline admin charge for attending a full hearing is £100, the administrative costs for the ECRU Discipline Panel accepting a guilty plea and not having to attend a Full Panel Hearing will remain at £40.

Please Note: With New RFU Guidelines this season for “Age-Grade Rugby Disciplinary Guidelines (Appendix 6).

For Youth / Junior & Schools levels, there will be no charge made for Disciplinary Hearings Administration by the RFU or Constituent Bodies.

As a further reminder and as per last season with new IRB directives, any player sent from the field of play is suspended until the outcome of a Disciplinary Hearing, even Club sanctions will need to be verified by the ECRU Disciplinary Panel before any player can resume playing.

Furthermore, in-line with IRB directive to the RFU, any player sent from the field of play is suspended until the outcome of a Disciplinary Hearing. The RFU and its Constituent Bodies must comply with this direction, therefore All Clubs, Society Referees and Referees MUST Notify the ECRU Disciplinary Secretary within 48 hours of the end of the match, as per RFU Regulation 19.6.1 and 19.6.3.

Failure to comply with this will incur a penalty fine of £25. Past history suggests this will not be an issue for referees, as at least the last 2 seasons all have complied, I'm afraid the same can't be said for clubs.

Request please, that ALL CLUBS send me a copy of their Club Disciplinary Panel and current contact details, I've found that these are not always up-to-date with the Handbooks and / or club web pages. Again, this is a RFU requirement under the regulation 19.1.4

DISCIPLINARY REPORTS – ADVICE TO REFEREES

Will you please note the MANDATORY procedure required following ANY PERSON (Player and/or Replacement, and/or Club Official/Spectator) being dismissed from the Playing Enclosure.

1. Note the time into the Match of the Dismissal (eg 22nd. Minute Second Half), the score at that time; a brief note to remind yourself what precisely had occurred, and ensure that the Captain(s) of the side(s) are fully aware that the Player(s) have been ordered from the Playing Enclosure, and why, and confirm the name of the Player dismissed.
2. At the end of the Match re-confirm with the Captain(s) the name of the Player(s) dismissed and their playing position.
3. DO NOT ENTER INTO A DISCUSSION WITH ANYONE AS TO THE CIRCUMSTANCES OF THE DISMISSAL. You can confirm to the

Club that they will receive a copy of your Report in due course.

- 4. DISCIPLINARY REPORTS FOR ALL DISMISSALS** involving Clubs within Eastern Counties should be transmitted, preferably by e-mail on the current Season's form, to: David Broughton details as above.

You are reminded that Referees Report Forms must be received within 48 hours of the Dismissal

In the event of having to use the post, Referees Report Forms should be received within 72 hours of the Dismissal.

For Referees Report Forms for Clubs outside the Eastern Counties, please refer to the above, or your Society Secretary, for correct procedure. The completion timeframe for Reports is identical.

A copy of your Report will be sent to your sub-County Referees Society Secretary by EC Disciplinary Secretary.

5. Immediate and correct procedure is essential to ensure proper action can be taken against offenders, with due regard to due process.
6. DO NOT opt out of your responsibility by quoting 'I will not be sending a report because....' A Dismissal requires a Report to be completed immediately, and irrespective of the level of the Match, or the fact that the Player(s) could be Schoolboys or Youths.
7. Ensure that your Report is clear, concise and fully factual.
8. Please make yourself available to attend a Disciplinary Hearing, when requested to, ESPECIALLY IN CASES OF ALLEGED 'REFEREE ABUSE'.

SAFEGUARDING

Safeguarding Manager	Malcolm Bell 07501 269548 Safeguarding@ecrurugby.com
RugbySafe Lead	Stephen Case-Upton 07905 387022 rugbysafe@ecrurugby.com
Cambridgeshire Safeguarding Manager	TBC safeguarding@cambsrfu.com
Norfolk Safeguarding Manager	Sally Lloyd 01362 850 722 07513 580 746 sally.lloyd2@aol.co.uk
Suffolk Safeguarding Manager	Malcolm Bell 07501 269548 Safeguarding@ecrurugby.com



**ARE
YOU
SAFE?**

Do you work
with children in
your rugby club?

Understand best safeguarding
practice and create a safe
environment for all children.

Touring abroad, receiving a tour from overseas or organising a Festival or Summer Camp?



Clubs **must** apply to the Eastern Counties Committee allowing a minimum of 6 weeks, if you wish to organise any Mini or Youth Festivals/Summer Camps and any Tours including senior or juniors travelling overseas or hosting incoming overseas clubs.

Schools should apply for permission to the relevant county schools union – not to Eastern Counties Rugby Union.

Further information and forms are available here: -

www.ecrugby.com/page/playing/overseas-tours/tour-application-forms-5173/



Southwold RFC - Summer Camp 2018

OUR RFU PARTNERS



Area Manager (Area 4) RDM

Alan Royer

07764 336 706

Rugby House, 200 Whitton Rd, Twickenham
TW2 7BA

AlanRoyer@rfu.com



Rugby Development Officer (Suffolk & Cambs)

Chloe McMorran

07715 856 728

ChloeMcMorran@RFU.com



Rugby Development Officer (Norfolk)

Sam Carpenter

07872 827 151

samuelCarpenter@RFU.com



Community Rugby Coach

Tim Reed

07872 827 158

TimReed@rfu.com

Community Rugby Coach

Details on Web page

<http://www.ecrurugby.com/page/development/contacts/contacts-5150/>

Community Rugby Coach

Details on Web page

<http://www.ecrurugby.com/page/development/contacts/contacts-5150/>

RFU's Area Facilities Manager

Pete Shaw

0773 4070674

petershaw@rfu.com

The Developing Player Programme aims to identify and develop young players and athletes who have the potential to play at the elite levels of the game in England.

Initially identifying emerging talent at the ages of 13-16 within the Counties of Cambridgeshire, Norfolk and Suffolk, the focus is to develop core technical skills together with tactical appreciation of the game. Players will also be educated on the key lifestyle, fitness and mental components which will help them reach the highest levels of performance.

The programme operates in partnership with Leicester Tigers in Norfolk and with Northampton Saints in Cambridgeshire and Suffolk.

There is also the opportunity within the Developing Player Programme to play for a team representing the county be it respectively Cambridgeshire, Norfolk or Suffolk as well as the U16 Eastern Counties representative side.

Similarly, opportunities exist to identify and develop talented coaches within Eastern Counties.

TEAM MANAGEMENT

Senior Men		Coaching team	
Manager	Greg Hind	Lead Coach	Mark Bolton
Assistant Manager	TBC	Forwards Coach	Spencer Williams
		Backs Coach	Ben Penfold
		Physio	Sa Jones
Wanderers		Coaching Team	
Manager	Ian Whitby	Lead Coach	Nick Greenhall
Assistant Manager	TBC	Forwards Coach	Neil Gaffan
		Backs Coach	Max Dominy
		Physio	Ryan Hopkins
Senior Women		Coaching Team	
Manager	Suzanne Allen	Lead Coach	TBC
Assistant Manager	TBC	Forwards Coach	Mark Fernie
		Backs Coach	Ian Milligan
		Physio	Joe Mckenna
Under 20s Men		Coaching Team	
Manager	Greg Hind	Lead Coach	Ben Penfold
Assistant Manager	TBC	Forwards Coach	Rob Conquest
		Physio	Sam Jones
U17/U18 Boys		Coaching Team	
Manager	Steve Avery	Lead Coach	Gareth Streeeter
Assistant Manager	Andy Walker	Forwards Coach	Adrian Cooper
		Physio	Ryan Hopkins
U16 Boys		Coaching Team	
Manager	Darren Wright	Lead Coach	Mark Bolton
Assistant Manager	TBC	Forwards Coach	Spencer Williams
		Backs Coach	Charlie Sadler
		Physio	Ryan Hopkins
U18 Girls		Coaching Team	
Manager	Darren Wright	Lead Coach	Spencer Williams
Assistant Manager	TBC	Backs Coach	Cameron Greenhall
		Physio	Rebecca Mann
U15 Girls		Coaching Team	
Manager	Darren Wright	Lead Coach	TBC
Assistant Manager	TBC	Backs Coach	TBC
		Physio	Rebecca Mann

The full coaching team for each age group will be available on the website when advised.

YOUTH PLAYER REGISTRATION

Youth Registration is now mandatory (by the RFU).

All Players 19 years of age and younger are to be registered with RFU, this can now be done by the club registrar on line direct to the RFU database, provided they have DBS clearance.

Please note that all Coaches of players under the age of 18 must have a DBS clearance - Contact your local Safeguarding Officer (page 22)

COUNTY YOUTH CHAIRS

Cambridgeshire

Chris Mepham

01763 208 620

07842 558495

chrismepham@btinternet.com

Norfolk -

TBC

Suffolk

Darren Wright

07970 980440

darren.suffolkrugby@gmail.com

PAST PRESIDENTS

C.J.B Marriot	1880-1901
E. Temple Gurdon	1901-1922 Norfolk
F.C Potter Irwin	1922-1927 Ilford Wanderers
B. Wells	1927-1947 Chelmsford
A. Bowers	1947-1948 Ilford Wanderers
H. Slade	1948-1950 Leytonstone
B.G Best	1950-1951 Ilford Wanderers
G. Warden	1951-1953 Southend
K.E Fisk	1953-1955 Ipswich
S.C Tucker	1955-1957
J.H.L Muriel	1957-1959 Old Alleynians
L.H Elliott	1958-1961 Cambridge
W.J Turpin	1961-1963
J.S Redmayne	1963-1965 Norwich
A.C Arnold	1965-1967 Bancroft
J.F Wass	1967-1969 Ipswich
E.G Tweedy	1969-1971 Ilford Wanderers
R.F.P Risebrol MA	1971-1973 Cantabrigians
R.A Williams	1973-1975 Norwich Union
R.E.G Jeeps CBE	1975-1976 Cambridge
H.P Crabtree MBE	1976-1978 Westcliff
R.E Law	1978-1980 Sudbury
J.A.E Motum	1980-1982 Colchester
P.L Hawley	1982-1983 Brentwood/Southend
J.N O'Neill	1983-1985 Upper Clapton
P.W Minter	1985-1987 Sudbury
B. Williams	1987-1989 Ipswich YM
J.D Baker	1989-1991 Woodford
B.P Borges	1991-1993 Colchester
W.S Rollings	1993-1995 Swaffham
D.M Robinson	1995-1997 Bury St Edmunds
H.R Cross	1997-1999 Met Police Chigwell
M. Youngman	1999-2001 Norwich Union
M.I Watson	2001-2003 Cantabrigians
R. J. A Holloway	2003-2005 Ipswich/Bancroft
C.N Potter	2005-2007 Diss
R. Jones	2007-2009 Diss

T. McNeill	2009-2011 Sudbury
H. Moore	2011-2013 Ipswich YM
J. Taylor	2013-2015 Newmarket
H. Davies	2016-2017 Metropolitan Police/Diss
I. Forton	2017-2019 Lakenham Hewett

EASTERN COUNTIES PAST CHAIRMEN

M. Watson	2005 – 2008 Cantabrigians
R. Cranna MBE	2008 – 2013 West Norfolk
J. Phoenix	2013 – 2017 Stowmarket
A. Bovaird	2017 – Wendens Ambo

PRESENTATION HONOURS CAPS

*= INTERNATIONAL

1921 – 22	H.A Slade G. Warden	Leytonstone Southend
1922-23	*H. Burton J.H.L Muriel	Bishops Stortford Old Alleynians
1923-24	W.F Gipps N.M Holloway	Lloyds Bank Guy's Hospital
1924-25	C.A Dixon S.C Tucker	Army Civil Service
1925-26	F.D Field N. Monkjones	Hyde Harlequins Bishops Stortford
1926-27	H.W Thorn D. De Maus	Chichester Leytonstone
1927-28	M.L Maley J.F Oliver G.D Harvey	Richmond Blackheath R.A.F
1928-29	*P.W.P Brook G.S Seward	Harlequins Woodford
1929-30	*D.A Kendrew J.W O'Sullivan C. Whitlock R.F Bonallack Carlton Whitlock	London Hospital London Hospital Old Haileyburians Sudbury
1930-31	J.T.C Taylor *R.F Davey	St Bart's Hospital Leytonstone Woodford

1931-32	J.N Payne D.P Manley	Burton Leicester
1932-33	H.A Constantine H.P Crabtree W.F Beale	Old Westcliffians Ilford Wanderers London Hospital
1933-34	A.J.P Coetzee J.P Kingdon J.P. Reidy	St Bart's Hospital London Irish Rosslyn Park
1934-34	F. St.G Unwin *E.J Unwin	Rosslyn Park
1935-36	R. Eidsforth *D.P Hepburn	Bedford Woodford
1947-48	V.J.G Harrison *R. Aitken *P.W Sykes T.A Hall J.B Bland	London Welsh London Scottish Wasps Old Haileyburians Wasps
1948-49	W.D Mark K.A.N Spray	Norwich Cambridge
1949-50	G. Rolands G.M Elliott S. Beaumont	London Hospital Wanstead Old Westcliffians
1950-51	D.J Goddard	Saracens
1951-52	*D.L Sanders *L. Stalder	Ipswich Y.M.C.A Wasps
1952-53	B.M Gray G.A Hockley	Richmond Norwich
1953-54	*R.E.G Jeeps D.A Emms	Northampton Northampton Harlequins
1954-55	*M.L Grant D. Bland	Wasps
1955-56	P.M Young M. Hughes	Norwich Wasps
1956-67	M. Cutter V.J Streeter	Wasps Metropolitan Police
1957-58	G.H Gaine	Old Blues
1958-59	D. Gricks	Norwich
1959-60	R. McPherson	Barking Park OB
1960-61	G.T Janes	Woodford

	J.S Sanders	Ipswich
1961-62	M.A Bryne	London Irish
1962-63	J.A Collingwood	Richmond
1963-64	H. Eden	Harlequins
1964-65	J.M Farrow	Bury St Edmunds
	B.L Arthur	Bury St Edmunds
1965-66	*R. Steven	Ambridge
1966-67	H. Scott	Metropolitan Police
1967-68	J.M.R Wootton	Ipswich
1968-69	J.D Baker	Woodford
	*A.L Bucknall	Richmond
1969-70	*M.P Bullpitt	Blackheath
	A.E Edgar	Old Perseans Bedford
	D. Hart	
	*A.M Jordan	Blackheath
1970-71	I. Hepton	Wasps
1971-72	*J.P.A.G Janion	Richmond
	*J.J. Page	Northampton Rosslyn Park
1972-73	P.d'A. Keith-Roach	
	*N.O Martin	Harlequins
	D.J.K McKay	Rosslyn Park Blackheath
1973-74	P.L Byrne	
1974-75	C.J Bailwood	Bedford
	K.B.P Cairns	Saracens
	A.K Rodgers	Rosslyn Park
	*D.M Wyatt	Bedford Bedford
1977-78	A. Hollins	
	W. Jones	London Irish
	I. Vinter	Bedford Rosslyn Park
1981-82	P. Bate	
	*M. Bailey	Bedford
1982-83	S. Hardy	Wasps
1985-86	S. Easton	Rochford Hundred
1987-88	D. Gradon	Rochford Hundred
	D. Sumner	Sudbury
1990-91	G. Atherton	Sudbury
	J. King	Blackheath
1996-97	R. Hargreaves	N. Walsham

As from 2007 caps have been presented after twelve County Championship appearances.

2007-08	Des Brett Tim Groom G. Rossouw Paul Caley Adrian Ball	Blackheath/Ipswich N. Walsham/Diss N. Walsham/Diss N. Walsham/Diss Norwich
2008 –09	Tom Hughes Tom Holt Shaun Woodhouse Iain Young	Saffron Walden N. Walsham/Diss Norwich/Lowestoft & Yarmouth N. Walsham
2009-10	Chris Kent	Bury St. Ed/N. Walsham
2012-13	Steve Hipwell	Diss/Cambridge
2015-16	Redman Newberry	Shelford
2018-19	Sam Bixby	Bury St Edmunds
2018-19	Ben Penfold	Cambridge

PATRONS

A Alston	Mrs B Ford	J Mackay	P Temple
JW Alston	I W Forton	D Masdin G Masdin	R Temple
C J Anderton	S Gamble	D Martin T McNeill	K Thomas
P J Arnold	R C Gammie	C McQuoid C	N Thulborn
A Atkins	S Gaskin	Mephram	GE Turner
J Baker	B Germany	A Mills	G Underwood
D Barber	I Gibson	Mrs C Mills	M Watson
T Baron	ANH Gilbert	H Moore	M Wenlock
R Baxter	P Gorham	AJ Motts	RF West
NE Bayman L	CDV Gosling	JD Motts	Mrs S. Wickham
Baugh	Mrs L Greetham	C Munro	W Williams
CJ Beardall	V Hathway	DM Neal	J Winders
M Beardall	R Hatch	G Norfolk	WM Winter
NJ Beardall	M Haymon	T O'Connor	Mrs S Woodward
N Beese	J G Hilton	C Osbourn	DG Woodward
H Bevan	J Hipperson	J Page	E Woodward
Mrs T Beven	J Hodgson	K Parker	J Woodward
S Birrell	K Hodgson	R M Peacock	J Wyatt
R Boston	RJA Holloway	J Phoenix	N Younger
A Bovaird	BE Hulse OBE	G Porter	M Youngman
M Bowerman	O Illing	J Powell	
D Broadbent	GT Janes	S R Read	
D Burroughs	S Jarrold	M Redman	
MD Bush	ACL Jones	A Riches	
R Clarke	R Jones	Mrs C Riches	
R M Collins	PJ Keane	WS Rollings	
AJ Cottrell	I Kersey	T W J Ruane	
TM Cracknell	AD Kiddle	MJ Ryland	
RD Cranna MBE	R Lain	T E Sands	
TA Crisp	J Langford	A Sarek	
G Cross	T Lee	S Schneidau	
KB Dabbs DGE	G Lewis	A Signy	
D Davies	A C Line	K Simpson	
H Davies	R Lion	SR Smith	
M Drinkwater	Mrs P Loya	M Stott	
C Emms	Ms G Loya		
D Farrow	Ms T Loya		

PATRONS (cont.)

If your name does not appear and you have paid your subscription, please contact the office.

If you do not receive emails regarding International tickets, please email the ECRU office at Admin@ecrurugby.com please add Patron contact address to the subject line.

Please make a note of the date of the **AGM 1 June 2019 at Diss RFC** as we do not send out a further invite but would welcome your attendance.



BECOME A PATRON

To become a Patron Member of E.C you may either contact the office: -

07432 115469

Admin@ecrurugby.com

or download a form from the Web site (details below) the annual subscription is only £20.00

<http://www.ecrurugby.com/page/finance/affiliation-fees/affiliation-fees-5065/>

EASTERN COUNTIES RUGBY UNION HONORARY LIFE MEMBERS

Mrs S Elliot (Robinson)	c/o Robinson Young Ltd., Ibson House Easton Way Bury St Edmunds IP32 7AB
M. Stott	11 Mill Rd, North Walsham NR28 9EZ
W. S Rollings	41 Garrison Lane Felixstowe, IP11 7RR
M. Youngman	'Tamarind House', Rectory Rd, Coltishall, Norwich NR12 7HL
R. Holloway	'Galeden', North Acres, Willisham Ipswich IP8 4SS
N. Potter	1 Mill Lane, Weybread Diss IP22 4JG

EASTERN COUNTIES RUGBY UNION LIFE MEMBER

T. Mallinson CBE	28 Albion St, London W2 2AX
------------------	-----------------------------



www.cambsrfu.com

County Colours: Royal Blue with Gold Hoops

President: Nigel Faben

01954 250 698

07802 737 104

nigel.faben@btinternet.com

Chairman: Steve Drawbridge

43 Fenland Road, Wisbech, PE13 3QD

07515 119 605

stevedrawbridge@gmail.com

Hon. Secretary: Alex Bovaird

30 Beeches Close, Saffron Walden, CB11 4BT

07547 664825

secretay@cambsrfu.com

Meetings: -

General Committee Meetings commence at 7:30pm, venue to be confirmed:

18 September 2019

30th October

15 January 2020

11 March

29 April

AGM 10 June at Shelford RFC



<http://norfolkrfu.pitchero.com/>

County Colours: Black with Golden central band

President: John Baines

01603 279122 ☎07919 161603

baines35@gmail.com

Hon. Secretary: Val Langford

01502 568836 ☎07960 933 222

val.langford2015@gmail.com

Hon. Treasurer: David Robinson

01508 492848 07790 828242

davidrobinson43@gmail.com

Chairman: Steve Knights

01603 477467 07787 572657

Steveknights@virginmedia.com

Mini Chairman: Neville Drewry

07737688345

nev@orangefoxelectrical.co.uk

Youth Chairman - tbc

Meetings Brook Hotel, 5 Barnard Rd, Norwich NR5 - Mondays

23 September 2019	28 th October
25 th November	27 th January 2020
24 th February	23 rd March*
27 th April	2/3 May
25 th May	22 June AGM tbc



www.suffolkrugby.co.uk

County Colours: Navy Blue

President: Shelagh Tate (2017 – 2020)

Amir, Mill Lane, Bradfield, Manningtree CO11 2UT
01255 870596

sd_tate1@yahoo.co.uk

Chairman: Barry Male

28 Mayes Lane, Ramsey, Harwich CO12 5EJ
01255 886165

barrymale10@hotmail.com

Hon. Secretary: Ed Merry

20 Brewery Drive Halstead CO9 1EF
07932 628994

edmerry@hotmail.com

Treasurer: Barry Male

28 Mayes Lane, Ramsey, Harwich CO12 5EJ
07731 518652

barrymale10@hotmail.com

Youth Chairman: Darren Wright

07970 980440

darren.suffolk@gmail.com

Leagues and Competitions: Colin Garrod

24 Gainsford Ave, Clacton-on-Sea CO15 5AT
01255 434621 07875 616432

colingarrod50@gmail.com

Coaching Co-Ordinator: TBA

DATES OF MANAGEMENT COMMITTEE MEETINGS

9 September 2019

9 December 2019

9 March 2020

All meetings to be held at Ipswich YM, The Street, Rushmere, Ipswich at 7.30pm. A light buffet will be available from 7.00pm.

SUFFOLK RU AGM

To be held at Ipswich YM RFC on Monday 8 June 2020 at 7.30pm

Honorary Vice Presidents and Past Presidents of Suffolk RFU

D. L. Sanders	R. A. Emeny	I. Glyn Evans	S.Hardy
R. E. Law	J. S. Paton-Philip	J. Taylor	W. B. Hakes
J. F. Wass	J. Humphries	J. Barker	M. G. Lubbock
P.W. Minter	B. Williams	C.S. Drake	J. Nice
R. Wyarrt	T. Butler	I.D. Prior	H. C. Moore
G. J. Underwood	R. J. Holloway	T. T. Mullett	B. Male
A. R. Tillett	J. Winders	D. Neal	R. L. Baxter

Honorary Life Members

Martin Peacock 2014

SUFFOLK RFU - VICE PRESIDENTS

D. Akam	Sudbury	S. Lord	Bury St. Eds
D. Alford	Felixstowe	M. Lubbock	Woodbridge
T. Armstrong	Harwich	B. Male	Harwich
S. Ballard	Woodbridge	G. Marfleet	Mersea Is
C. Barbor	Felixstowe	A. McCallum	Diss
J. Barker	Ipswich YM	T. McNeill	Sudbury
R. Baxter	Harwich	W. Meston	Mistley
R. Baxter	Mistley	S. Mills	Harwich
M. Beckett	Sudbury	H. C. Moore	Ipswich YM
S. Bowak	Haverhill	T. Mott	Ipswich
N. Brady	Sudbury	A. Motts	Cambridge
R.	Sudbury	T. T. Mullett	Ipswich
D. Chilver	Harwich	D. Neal	Woodbridge
E. E.	Bury St. Eds	K. Parker	Hadleigh
R. Collins	Sudbury	J. Payce	Felixstowe
D. Connell	Sudbury	R. M. Peacock	Bury St. Eds
A. Cooper	Haverhill	R. Pearce	Sudbury
R. Dakin	Stowmarket	I. Pescott	Felixstowe
R.G. Double	Woodbridge	D. Reekie	Sudbury
D. Finbow	Hadleigh	T. Reeves	Ipswich
G. Garrod	Clacton	J. Rogers	Bury St. Eds
S. Gaskin	Ipswich	W. S. Rollings	Felixstowe
A. Gilbert	Sudbury	S. Russell	Mistley
A. Gray	Bury St. Eds	A. Sarek	Colchester
K. Hanham	Woodbridge	R. Simpson	Woodbridge
R. Holloway	Ipswich	C. Spencer	Haverhill
A. Hope	Haverhill	R. Steed	Sudbury
R. J. Hullis	Ipswich YM	R. Stephenson	Southwold
D. Jaffray	Clacton	E. Tonnar	Bury St. Eds
M. Jury	Haverhill	G. J.	Sudbury
B. W. Kerr	Ipswich	R. Watson	Ipswich YM
J. Kerr	Ipswich	A. Wilesmith	Suffolk Schools
J. R. Law	Hadleigh	P. Williams	Sudbury
R. E. Law	Hadleigh	J. Winders	Hadleigh
T. Leeks	Harwich	A. Line	Colchester

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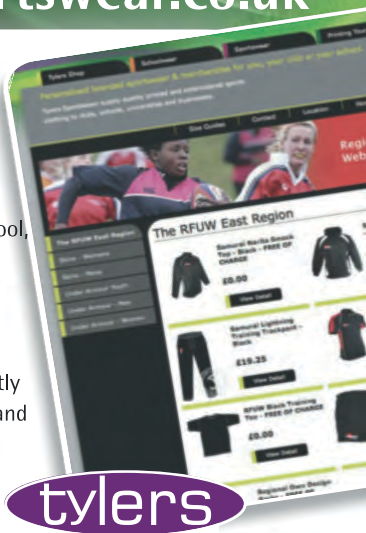
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CLUBS IN MEMBERSHIP

All details taken from the GMS system (27th July 2019); any errors need to be corrected in the club's GMS pages.



ALDEBURGH RFC (SUFFOLK)

Jimmy Robinson Pavilion, Aldeburgh Community Centre, School Field,
Aldeburgh, Suffolk, IP15 5HY

☎ 01728 453 399 🌐 www.pitchero.com/clubs/thorpeness

Colours: White/Green/Red/Black Shorts: White/Green/Red/Black

Directions: See website

President	Kevin Stannard	✉ ☎	President.atrfc@gmail.com 07816 546 800
Chairman	Lee Barber	✉ ☎	Clubchairman.atrfc@gmail.com 01728 830767
Hon. Secretary	Tracy Hateley	✉ ☎	clubsecretary.atrfc@gmail.com 017943 327557
Fix. Secretary	Matthew Deane	✉ ☎	Fixtures.atrfc@gmail.com 07595 0204 140
Mini Contact	Richard Owen	✉ ☎	richard.k.owen@gmail.com 01728 652 942
Youth Contact	Patrick Owen	✉ ☎	Headcoach.atrfc@gmail.com 01728 652 942

BECCLES RUFC (NORFOLK)

Beef Meadow, Common Lane, Common Lane, Beccles, Suffolk, NR34 9BX

☎ 07788 430 625 🌐 www.becclesruffc.co.uk

Colours: Black & Emerald

Directions: Into Beccles from Morrisons r/about (A146), over mini r/about, follow rd left over crossing 1st left is Common Lane. From A12 take A145 to Beccles. Right at first lights then left at next. Right into Grove Rd then right over crossing. 1st left Common Lane

President	Martin Sisley	✉ ☎	myhillsisley@gmail.com 07802 665805
Chairman	Alan Cooper	✉ ☎	alanncooper@gmail.com 07834 599674
Hon. Secretary	Keith Johnstone	✉ ☎	kjohnstone1503@yahoo.co.uk 07788 430 625
Fix. Secretary	David Brown	✉ ☎	davidbrown_7@hotmail.com 07786 234 808
Mini Contact	Nicholas Ford	✉ ☎	nick.ford@fraserwells.com 07557 323267
Youth Contact	Martin Sisley	✉ ☎	myhillsisley@googlemail.com 07802 665 805

BRIGHTLINGSEA RFC (SUFFOLK)

Colne Community School, Church Road, Brightlingsea, Essex, CO7 0QL

☎ 07831 808 219 🌐 www.pitchero.com/clubs/brightlingsearugbyclub**Colours:** Red and Black with Black Shorts**Directions:** Colne School is on the main road as you enter the town.

President	Alan Goggin	✉ ☎	egog@btinternet.com 07860 519 117
Chairman	Colin Gould	✉ ☎	colin.gould57@btinternet.com 07831 808 219
Hon. Secretary	Rhian James	✉ ☎	rhian.james@zimmerbiomet.com 07711 002 197
Fix. Secretary	Graham Williams	✉ ☎	williams562@btinternet.com 07762 208 882
Mini Contact	Claire Lukey	✉	misslukey1275@gmail.com
Youth Contact	Richard Croft	✉ ☎	Rcrofty773@yahoo.co.uk 07397 391515

BURY ST EDMUNDS RUFC (SUFFOLK)The Haberden, Southgate Green, Southgate Green, Bury St Edmunds
Suffolk, IP33 2BL☎ 01284 753 920 🌐 www.pitchero.com/clubs/burystedmunds**Colours:** Green & Gold Shorts: Black Socks: Black**Directions:** Leave A14 on A134 (B.S.E. East & Sudbury), ground is 400yds on right, alongside the BP Petrol Station.

President	Christopher Berry	✉ ☎	chris.berry@sbh.co.uk 01284 724 004
Chairman	David Reid	✉ ☎	david@innet3.co.uk 07801 292581
Hon. Secretary	Simon Lord	✉ ☎	simon.lord@apha.gsi.gov.uk 01394 613 210
Fix. Secretary	Chris Wilbraham	✉	chris.wilbraham@tinyonline.co.uk
Mini Contact	Craig Wilbraham	✉	chris.wilbraham@tinyonline.co.uk
Youth Contact	Justin Cain	✉ ☎	justin@themovablefeast.co.uk 07775 522 494
Women & Girls	Lucy Martin	✉ ☎	Lucyann100@hotmail.co.uk n/a

CAMBOURNE EXILES RFC (CAMBRIDGESHIRE)

Back Lane, Cambourne, Cambridgeshire, CB23 6FY

☎ 07956 410 309 🌐 www.cambourneexiles.com

Colours: Blue / Gold Shorts: Blue / Gold

Directions: Parking for the Rugby Club is in the Sports Centre car park, off Back Lane, Cambourne, CB23 6FY. There is pedestrian access to the clubhouse alongside the Sports Centre heading towards the rugby posts.

President	Ross Mcewan	✉ ☎	rmcewanphs@aol.com 01954 710 213
Chairman	Ben Yeats	✉ ☎	exiles@benyeats.co.uk 07973 700 135
Hon. Secretary	Neil Ingham	✉ ☎	neiljningham@yahoo.co.uk 07956 410 309
Fix. Secretary	Chris Wallis	✉ ☎	chrisnjojo@sky.com 07956 410309
Mini Contact	Neil Ingham	✉ ☎	neiljningham@yahoo.co.uk 07956 410 309
Youth Contact	Neil Ingham	✉ ☎	neiljningham@yahoo.co.uk 07956 410 309

CAMBRIDGE RFC (CAMBRIDGESHIRE)

Volac Park, Grantchester Road, Cambridge, Cambridgeshire
United Kingdom, CB3 9ED

☎ 01223 312 437 🌐 www.crufc.co.uk

Colours: Blood & Sand Shorts: Blue with red flashes

Directions: M11, J12, (A603) to Cambridge. Take 1st right into Grantchester Road (opp. Wolfson College). Ground 300yds on right, just past the last house.

President	Stephen Bowler	✉ ☎	sbowler@yahoo.co.uk 01223 313 935
Chairman	Robert Dean	✉ ☎	rob@saffrondevelopment.co.uk 01223 235 670
Hon. Secretary	Gary Barr	✉	gary.barr@crufc.co.uk n/a
Fix. Secretary	Deborah Barr	✉ ☎	membership@crufc.co.uk 0776 0128161
Mini Contact	Gary Buck	✉ ☎	thebucks@thebucksonline.com 0777 0994882
Youth Contact	Sam Sandercock	✉ ☎	samsandercock@gmail.com 078752 94045
Women & Girls	Catherine Dyble	✉ ☎	donotemail@email.co.uk 07717 411722

CANTABRIGIAN RFC (CAMBRIDGESHIRE)

23 Sedley Taylor Road , Cambridge, Cambridgeshire, CB2 8PW

☎ 01954 250 698 🌐 www.cantabs.co.uk**Colours:** Navy Blue with White Hoops Shorts: Navy Blue with White Hoops**Directions:** Leave M11 exit J11(A1309) to Cambridge. Head towards city centre for 1.5 miles. Right at traffic lights sign-posted Addenbrookes Hospital into Long Road. Left after railway bridge into Sedley Taylor Rd. Clubhouse is down a narrow entrance immediately on the left.

President	Daren Sheward	✉ ☎	Daren.sheward@zeiss.com 0778 555829
Chairman	Laurence Jones	✉ ☎	Laurence_jones@btinternet.com 07747 162059
Hon. Secretary	Will Riggs	✉ ☎	wriggs@cantab.net 0780 6603454
Fix. Secretary	John Edmonds	✉ ☎	johnd40@hotmail.com 07764 268 199
Mini Contact	Will Riggs		As above
Youth Contact	Will Riggs	✉	As above

COLCHESTER RFC (SUFFOLK)

Mill Road, Mile End, Colchester, CO4 5JF

☎ 01206 851 610 🌐 www.colchesterrugby.co.uk**Colours:** Black Shorts: White**Directions:** See website

President	Maggie Whiteman	✉ ☎	maggiew234@gmail.com (0) 1206 571142
Chairman	Karl O'Brien	✉ ☎	karl@barkleyprojects.co.uk 01206 798 112
Hon. Secretary	Kim Waters	✉ ☎	kim@amnesiaflowers.com 07969 301947
Fix. Secretary	Ross Cowie	✉ ☎	rossrugby@btinternet.com 07786 332 930
Mini Contact	Cheryl Bourne	✉ ☎	crcfminichair@gmail.com 07921 555490
Youth Contact	Ross Cowie	✉ ☎	rossrugby@btinternet.com 07786 332 930
Women & Girls	Maggie Whiteman	✉ ☎	maggiew234@gmail.com (0) 1206 571142

COTTENHAM RENEGADES RFC (CAMBRIDGESHIRE)

Cottenham Village College, High Street, Cottenham, Cambridge,
Cambridgeshire, CB24 8UA

☎ 0  www.renegadesrugby.net

Colours: Red/black

Directions: Our home pitch is at Cottenham Village College, High Street, Cottenham, Cambridge CB24 8UA. Post-game hospitality happens at the Cottenham Club, 198 High Street, Cottenham, CB24 8RX.

President	Richard Cowley	✉ ☎	richard@windmillweb.net 01954 261 168
Chairman	Shaun Clark	✉ ☎	Shaunclark157@yahoo.co.uk 01354 749932
Hon. Secretary	Peter Waples	✉ ☎	waples.peter@googlemail.com 07500 867 913
Fix. Secretary	David Cook	✉ ☎	Dave.cook89@hotmail.com 01223 235800
Mini Contact	No Mini Teams		
Youth Contact	No Youth Teams		

CRUSADERS RFC (NORFOLK)

Beckhythe, Little Melton Road, Hethersett, Norwich, Norfolk, NR9 3NP

☎ 01603 898 965  www.crusadersrugbyclub.com

Colours: Green and yellow Socks: Black with yellow/green

Directions: From southern bypass take Watton Road (B1108) heading away from Norwich, turn left past the garden centre to Little Melton. Go through village passing Village Inn pub on right. Turn left at phone box, then first right (to Hethersett), ground is 400 yards

President	Nicholas Kingsley	✉ ☎	nkingsley@sprakekingsley.co.uk 07960 270310
Chairman	Rodney Wood	✉ ☎	r.wood2@btinternet.com 07551 755102
Hon. Secretary	Nicholas Loone	✉ ☎	nickloone00@gmail.com 01603 434 597
Fix. Secretary	Paul Dack	✉ ☎	pauldack56@virginmedia.com 07943 072946
Mini Contact	Martin Alcock	✉ ☎	martinnorwich@hotmail.com 07952524154
Youth Contact	Martin Alcock	✉	martinnorwich@hotmail.com 07952524154

DEREHAM RFC (NORFOLK)

Moorgate Playing Fields. Moorgate Road, Dereham, Norfolk, NR19 1NX

☎ 07837 238 444 🌐 www.pitchero.com/clubs/derehamrugbyclub

Colours: Marroon/Black

Directions: See website

President	Graham Eaglesham	✉ ☎	geaglesham@gmail.com 07919 017651
Chairman	Graham Eaglesham	✉ ☎	geaglesham@gmail.com 07919 017651
Hon. Secretary	Andrew Mash	✉ ☎	andrewmash@me.com 07885 589 810
Fix. Secretary	David Watson	✉	07515 442760
Mini Contact	No Mini Teams		
Youth Contact	No Youth Teams		

DISS RFC (NORFOLK)

Mackenders, Bellrope Lane

Roydon, Diss, Norfolk, IP22 5RG

☎ 01379 642 891 🌐 www.pitchero.com/clubs/dissrugby

Colours: Royal Blue & White

Directions: 1 mile west of Diss on A1066 through Roydon village, at end of 40mph limit turn into Bellrope Lane opposite White Hart pub, club 150 yards on left.

President	Paul Cochrane	✉ ☎	paulcochrane59@hotmail.com 01953 681 807
Chairman	Andrew Jermy	✉ ☎	rugbyandy@btinternet.com 07710 581 849
Hon. Secretary	Paul Mitchell	✉ ☎	mitchdiss@aol.com 01379 650638
Fix. Secretary	Les Newman	✉ ☎	les@newmans-online.co.uk 01379 640 640
Mini Contact	Paul Lewis	✉	paul@hlcwood.co.uk
Youth Contact	Andrew Jermy	✉ ☎	rugbyandy@btinternet.com 07710 581 849

ELY TIGERS RFC (CAMBRIDGESHIRE)

The Playing Fields, Downham Road, Ely, Cambridgeshire, ,CB6 2SH

☎ 01353 664 745 🌐 www.elyrufc.co.uk

Colours: Black shirts with yellow stripe

Directions: Enter through retail/leisure park and follow signs to sports clubs.

President	Serena Storey	✉ ☎	serenastorey@outlook.com 01638 781008
Chairman	Christopher Day	✉ ☎	elyrufc@gmail.com 01353 720 281
Hon. Secretary	Zoe Diaz-Merco	✉ ☎	zoeddm@googlemail.com 07903 675605
Fix. Secretary	Becky Neale	✉ ☎	elytigersfixtures@gmail.com 07766 885280
Mini Contact	Christian Griffin	✉ ☎	Christiangriffin73@gmail.com 07785 950383
Youth Contact	Alexander Skingley	✉ ☎	skindog@live.co.uk 01223 812849

FAKENHAM RFC (NORFOLK)

Old Wells Road, Fakenham, Norfolk, NR21 9RZ

☎ 01328 853 194 🌐 www.fakenhamrugby.com

Colours: Dark and light blue quarters

Directions: see our club site at www.fakenhamrugby.com

President	Peter Colley	✉ ☎	jandpcolley@hotmail.co.uk 01328 855 501
Chairman	Nigel Allen	✉ ☎	Njallen76@gmail.com 07702 131203
Hon. Secretary	Chris Evans	✉ ☎	christopher.evans@talktalk.net 01362 694 537
Fix. Secretary	Howard Kellock	✉ ☎	howard.kellock@gmail.com 07738 165 588
Mini Contact	Amanda Taylor	✉ ☎	Fakenham.youth.rugby@gmail.com 07899 661352
Youth Contact	Amanda Taylor	✉ ☎	Fakenham.youth.rugby@gmail.com 07899 661352

FELIXSTOWE RFC (SUFFOLK)

Coronation Sports Ground, Mill Lane
Mill Lane, Felixstowe, Suffolk, IP11 2LN

☎ 07468 698 766 🌐 www.felixstowerufc.co.uk

Colours: Black and White hoops Shorts: Red Shirts

Directions: See website

President	Stephen Spaggett	✉ ☎	s.spraggs@ymail.com 07504 093 637
Chairman	Robert Brewster	✉ ☎	Rob.Brewster@aol.com 07494 897 862
Hon. Secretary	Zoe Grix	✉ ☎	Zoe.grix@ntlworld.com 07464 753525
Fix. Secretary	Chris Stennett	✉ ☎	chris@burhilllogistics.com 07501 143 833
Mini Contact	Emma Murton	✉ ☎	emma.murton@btinternet.com 07702 272 209
Youth Contact	Emma Murton	✉ ☎	emma.murton@btinternet.com 07702 272 209

GREAT YARMOUTH-BROADLAND RFC (NORFOLK)

Cobholm Playing Field, Cobholm, Great Yarmouth, NR31 0AY

☎ 07895 344 189 🌐 www.greatyarmouth-broadlandrfc.co.uk

Colours: Red, White & Blue Shorts: Yellow with black

Directions: Travelling from Norwich at the end of the Acle straight (A47) take the third exit (A12 towards Lowestoft) and over the new bridge. You all pass the club on your right (no right turn) after the bridge. Proceed to the next roundabout and come back on yourself and take the first slip road off to the club. [Height restrictions may apply on car park entrance].

President	Graeme Thompson	✉ ☎	graemetommo@hotmail.co.uk
Chairman	James Dwyer	✉ ☎	Jamesmccluskey2@aviva.com 07762 275310
Hon. Secretary	James Dudley	✉ ☎	jdudley101@hotmail.com 07983 423 112
Fix. Secretary	James Dudley	✉ ☎	jdudley101@hotmail.com 07983 423 112
Mini Contact	No Mini Teams		
Youth Contact	No Youth Teams		

HADLEIGH RFC (SUFFOLK)

Layham Road Sports Ground, Hadleigh, Ipswich, Suffolk, IP7 5NE

☎ 07770 917 709 🌐 www.hadleighrfc.com

Colours: Maroon & White

Directions:

President	Neil Farrow	✉ ☎	neil@smashing.co.uk 01473 824 768
Chairman	Charles Warburton	✉	cwarburton@gmail.com
Hon. Secretary	Katherine Warburton	✉ ☎	secretary@hadleighrfc.co.uk 01206 322213
Fix. Secretary	Mick Collins	✉ ☎	Mick.collins@scrconsulting.co.uk 01787 227 037
Mini Contact	Marcus Gallagher	✉ ☎	Marcus@gallagherboilers.co.uk 07900 211 666
Youth Contact	Marcus Gallagher	✉ ☎	Marcus@gallagherboilers.co.uk 07900 211 666

HARWICH & DOVERCOURT RFC (SUFFOLK)

Wick Lane, Dovercourt, Harwich, Essex, CO12 3TA

☎ 01255 240255 🌐 www.hdrufc.com

Colours: Black Shirts with one White Hoop Socks: Red Shirts, Red Socks

Directions: A120 from Colchester to Parkeston Roundabout. 3rd exit, to top of hill. Turn left past hospital. Take 3rd right into Highfield Ave. Continue over crossroads into The Drive. Turn right at bottom. Turn immediately left, pass swimming pool. Clubhouse behind Pool.

President	Robert Baxter	✉ ☎	robert.baxter@chassis-cab.co.uk 07801 920 700
Chairman	Barry Male	✉ ☎	barrymale10@hotmail.com 07731 518 652
Hon. Secretary	James Hayter	✉ ☎	jimmynotrain@gmail.com 07540 759 034
Fix. Secretary	Barry Male	✉ ☎	barrymale10@hotmail.com 07731 518 652
Mini Contact	Barry Mason	✉ ☎	Mason1b@btconnect.com 07918 734722
Youth Contact	Barry Mason	✉ ☎	Mason1b@btconnect.com 07918 734722

HAVERHILL AND DISTRICT RFC (SUFFOLK)

Castle Playing Fields, School Lane, Haverhill, Suffolk, CB9 9DE

☎ 01440 702 871 🌐 www.haverhillrfc.co.uk

Colours: Claret & Blue **Shirt Colour:** Claret & Blue **Shorts:** Black **Socks:** Marron

Directions: From Haverhill bypass, take the roundabout exit signed Clements Estate. Take second left up School Lane. Map & details on website.

President	Allan Burnett	✉ ☎	n/a 07903 581714
Chairman	Mitchell Cleary	✉ ☎	Mitchcleary73@gmail.com 0100 714804
Hon. Secretary	Pauline Cleary	✉	Clearypaul70@gmail.com
Fix. Secretary	Adam Hunt	✉ ☎	adam.hunt@morgansindall.com 07872 317 122
Mini Contact	Kelly Wade	✉ ☎	Keis253.kw@gmail.com 07928 106823
Youth Contact	Kelly Wade	✉ ☎	Keis253.kw@gmail.com 07928 106823

HOLT RFC (NORFOLK)

The Clubhouse, Bridge Road, High Kelling, Holt, Norfolk, NR25 6QT

☎ 01263 713 828 🌐 www.holtrfc.com

Colours: Black Socks: White

Directions:

1 1/2 miles from Holt on the A148 road to Cromer, Bridge Road, High Kelling, - adequately signposted

President	Paul Williams	✉ ☎	paulandjanwilliams@gmail.com 01263 479 862
Chairman	Martyn Jackson	✉ ☎	susanellie@aol.com 07748 901228
Hon. Secretary	Jenette Edwards	✉ ☎	Jeanette.edwards64@btinternet.com 01263 710629
Fix. Secretary	Martyn Jackson	✉ ☎	susanellie@aol.com 07748 901228
Mini Contact	Neville Drewry	✉	nev@orangefoxelectrical.co.uk
Youth Contact	Richard Gorrod	✉ ☎	silverbackdruid@gmail.com 07775 684 138
Women & Girls	Ben Jones	✉ ☎	benanitaones@gmail.com 07801 574589

IPSWICH RFC (SUFFOLK)

Humber Doucy Lane, Ipswich, IP4 3PZ

☎ 01473 724 072 🌐 www.pitchero.com/clubs/ipswichymrufc

Colours: Black & Amber Shorts: White & Amber

Directions: See website

President	Peter Jordan	✉ ☎	p.jordan234@btinternet.com 01473 612770
Chairman	Michael Hancock	✉ ☎	michael.cht@gmail.com 07711 402775
Hon. Secretary	Alan Wilkins	✉ ☎	alanwilkins7@hotmail.co.uk 01473 724072
Fix. Secretary	Michelle Blom	✉ ☎	club@ipswichrugby.com 01473 724072
Mini Contact	Robin Patchett	✉ ☎	Robin.irfc@gmail.com 07834 558048
Youth Contact	Reuben Bolton	✉ ☎	reuben@boltonbros.co.uk 0783 6641239
Women & Girls	Henry Gaskin	✉ ☎	Henry.irfc@gmail.com 07813 709867

IPSWICH YM RFC (SUFFOLK)

The Street, Rushmere, Rushmere St Andrew, Ipswich, Suffolk, IP5 1DG

☎ 01394 283 907 🌐 www.ipswichymrugby.org.uk

Colours: Amber & Maroon Hoops

Directions: From Colchester Road turn right/left into Rushmere Road. Straight across cross road past church on left. Club 50 meters on right.

President	Nick Bentley	✉ ☎	nickbentley1@btinternet.com 07720 639922
Chairman	Harry Moore	✉ ☎	hillview36@btconnect.com 01473 830 991
Hon. Secretary	Simon Podd	✉ ☎	ipswichymrugby@yahoo.co.uk 07771 635162
Fix. Secretary	Bob Hullis	✉ ☎	Rob.hullis@kier.co.uk 07900 703790
Mini Contact	Kevin Parrish	✉ ☎	yjchairmanipswichym@gmail.com 01473 325703
Youth Contact	Kevin Parrish	✉ ☎	yjchairmanipswichym@gmail.com 01473 325703

LAKENHAM-HEWETT RFC (NORFOLK)

Hilltop Sports Ground, Main Road, Swardeston, Norwich, Norfolk, NR14 8DU

☎ 01508 578 826 🌐 <http://www.pitchero.com/clubs/lakenhamhewett>

Colours: Red shirts, black Shorts

Directions: Approach Norwich on the Southern bypass, leave on the Norwich/Ipswich exit (A140), head towards Norwich, turn 1st left (B1113), Ground is on right about 1.25 miles

President	Kevin Maddams	✉ ☎	kevin@outlineonline.co.uk 01508 488319
Chairman	Andrew Leech	✉ ☎	andyleech@hotmail.co.uk 07709 538702
Hon. Secretary	Ross Filby	✉ ☎	Rosco9nine9@gmail.co.uk 07842 543161
Fix. Secretary	Justin Williams	✉ ☎	Justin.williams959@gmail.com 07738 954217
Mini Contact	Andy Pullinger	✉ ☎	a.pullinger151@gmail.com 01603 742893
Youth Contact	Andy Pullinger	✉ ☎	a.pullinger151@gmail.com 01603 742893

LOWESTOFT & YARMOUTH RFC (NORFOLK)

Gunton Park, Old Lane, Corton Long Lane, Lowestoft, Suffolk, NR32 5HE

☎ 01502 730 350 🌐 www.pitchero.com/clubs/lowestoftyarmouth/

Colours: Blue & White Shorts: Blue & White Socks: Black & White

Directions: From M25 J29, take slip road on to A127 westbound towards Romford. Take 3rd exit and turn left into Hall Lane towards Upminster. Follow road into Upminster town centre. Go past Railway Station on the left. Turn left at traffic lights into St Marys Lane. Go past The Masons pub on your left. School is on the right hand side.

President	Russell Wilson	✉ ☎	president@lyrufc.club 01493 304 294
Chairman	Russell Wilkinson	✉ ☎	chairman@lyrufc.club 07909 906 066
Hon. Secretary	Amanda Steel	✉ ☎	secretary@lyrufc.club 07900 576 464
Fix. Secretary	Alan Walker	✉ ☎	fixtures@lyrufc.club 07833 052 536
Mini Contact	Daniel Culverwell	✉ ☎	minicoordinator@lyrufc.club 07852 122 892
Youth Contact	Andy Higgins	✉ ☎	youthcoordinator@lyrufc.club 07414 246 570

MARCH BEARS RUFC (CAMBRIDGESHIRE)

Elm Road Sports Pavillion, Elm Road Sports Field, Elm Road, March,
Cambridgeshire, PE15 0BL

☎ 01354 656 937 🌐 www.pitchero.com/clubs/marchbears

Colours: Maroon and White Shorts: Maroon and White

Directions: See website

President	Barry Feetham	✉ ☎	barryfeetham@aol.com 01354 656703
Chairman	Edwin Fey	✉ ☎	edwin@ekml.eu 07766 798156
Hon. Secretary	Clairice Pepper	✉ ☎	safeguarding@cambsrfu.com 07739 512 574
Fix. Secretary	Kristjan Feaviour	✉ ☎	krisfeaviour@gmail.com 07712 700461
Mini Contact	Tayna Porter	✉ ☎	Tanyap79@hotmail.com n/a
Youth Contact	Clairice Pepper	✉ ☎	clairice.pepper@cambsrfu.com 07739 512 574
Women & Girls	Megan Fey		megdrfey@gmail.com

MERSEA ISLAND RFC ()

The Glebe Playing Field, Colchester Road, West Mersea, Colchester
Essex, CO5 8RS

☎ 01206 385218 🌐 www.mersearugby.co.uk

Colours: Light Blue

Directions: Turn right over Causeway coming onto Island (check the tide is not over road). and follow the road up the hill and around the bend, the pitches are on the left about a mile after you come onto the Island.

President	Graham Marfleet	✉ ☎	graham@marfleetandblyth.co.uk 07973 829550
Chairman	Graham Lewis	✉ ☎	Graden2726@gmail.com 07802 645617
Hon. Secretary	Laura White	✉ ☎	Laurasparks30@hotmail.com 07941 678810
Fix. Secretary	Graham Marfleet	✉ ☎	graham@marfleetconstruction.co.uk 01206 385 218
Mini Contact	Stephen Daniels	✉	steve.daniels@solutiondriven.co.uk 07730 509914
Youth Contact, W&G	Stephen Daniels	✉ ☎	steve.daniels@solutiondriven.co.uk 07730 509914

MILDENHALL RED LODGE RFC (CAMBRIDGESHIRE)

Redlodge Sports Club, Hundred Acre Way, Redlodge, Suffolk, IP28 8FQ

☎ 07809 451 357 🌐 <http://www.pitchero.com/clubs/mildenhalleagles>

Colours: Black and Red **Shorts:** Black and Red

Directions: See website

President	Rob Gould	✉ ☎	aquariusvets@btconnect.com 01638 717 871
Chairman	Allison Graveston	✉ ☎	allison.hart@talk21.com 07809 451 357
Hon. Secretary	Allan Hunter	✉ ☎	iainbhunter@hotmail.co.uk 07764 962536
Fix. Secretary	Allison Graveston	✉ ☎	allison.hart@talk21.com 07809 451 357
Mini Contact	No Mini Teams		
Youth Contact	No Youth Teams		

MISTLEY RFC (SUFFOLK)

Furze Hill Playing Fields, Shrublands Road, Mistley, Manningtree,
Essex, CO11 1HS

☎ 01255 870 596 🌐 www.pitchero.com/clubs/mistleyruffc

Colours: Red, white & purple **Socks:** Red & Purple

Directions: From A12 follow signs for Harwich A120 to Horsley Cross, turn left for Mistley, turn right at TV mast, take first left follow road through Mistley Heath, turn left at T - junction into Mistley. Left at first bend and immediate left again.

President	Mark Towler	✉ ☎	towers@hotmail.com 07939 266 802
Chairman	Richard Percival	✉ ☎	service@percivalengineering.co.uk 07850 386 143
Hon. Secretary	Chris Chown	✉ ☎	Chi.chown@hotmail.co.uk 07470 316816
Fix. Secretary	Stephen Betts	✉ ☎	s.betts1971@hotmail.co.uk 07768 805 664
Mini Contact	Simon Carter	✉ ☎	simon.carter3@virgin.net 01206 391 036
Youth Contact	n/a	✉ ☎	
Women & Girls	Claire Martin	✉ ☎	Clairemartin199@btinternet.com 07753 247270

NEWMARKET RFC (CAMBRIDGESHIRE)

Sports Pavillion, Scaltback Middle School, Elizabeth Avenue, Suffolk, CB8 0DJ

☎ 01638 663 082 🌐 www.newmarketrufc.com

Colours: Black Shirts with Emerald Trim Shorts: Green Shirts with Black Trim

Directions: Leave A14 at A142. Head towards Newmarket. Turn right at Tesco's roundabout. Follow road to "T" junction. Turn Left. After Quarter mile, right at traffic lights into Elizabeth Avenue. 100 Yards, turn left into School

President	Guy Pidsley	✉ ☎	guypidsley@yahoo.co.uk 01638 578 857
Chairman	Harvey Bell	✉ ☎	harvey.bell@tattersalls.com 07879 421 005
Hon. Secretary	Maria Marsh	✉ ☎	Theswampies.maria@gmail.com 07890 998345
Fix. Secretary	Gareth Godfrey	✉ ☎	gareth_godfrey@hotmail.com 01638 669 143
Mini Contact	Stephen Kelleher	✉ ☎	stevekatnrufc@icloud.com 07901 374423
Youth Contact	Stephen Kelleher	✉ ☎	stevekatnrufc@icloud.com 07901 374423

NORTH WALSHAM RFC (NORFOLK)

The Club House, Norwich Road, Scottow, Near North Walsham, Norfolk, NR10 5BU

☎ 01692 538 808 🌐 www.pitchero.com/clubs/northwalsham

Colours: Green, black and white jerseys, black Shorts,

Directions: Club House, Norwich Road, Scottow NR105BU. From the A11 or A140 head towards Norwich, turn left onto the ring road and take the B1150 (signposted North Walsham). Keep on the B1150 through Horstead/Coltishall and the Ground is on the LHS just past the Three Horse Shoes PH. Car Parking: Ample Car Parking within the grounds. Please DO NOT park on the road side or in the layby.

President	David Horne	✉ ☎	horne_dave@hotmail.co.uk 01263 734 746
Chairman	Keith Jarvis	✉ ☎	k.jarvis155@btinternet.com 01692 406 429
Hon. Secretary	Paul Alban	✉ ☎	paul_alban@hotmail.com 01263 732 357
Fix. Secretary	Tony Marcantonio	✉ ☎	tony.marcantonio@talktalk.net 01493 751 837
Mini Contact	Kim Hooker	✉	kmhooker9@gmail.com
Youth Contact	Kim Hooker	✉	kmhooker9@gmail.com
Women & Girls	Richard Polley	✉ ☎	Vikingpolls15@gmail.com 01603 701087

NORWICH MEDICS RFC (NORFOLK)

C/O Lakenham Hewett Rfc, Hilltops, Norwich Road, Swardeston, Norwich, Norfolk, NR14 8DU

☎ 01508 578 826 🌐 www.pitchero.com/clubs/norwichmedicsrfc/

Colours: Navy with Red and White Shorts: Red with Navy and White

Directions: From South, East and West of Norwich we recommend using the A47 A47 Westbound (From Great Yarmouth & Beccles) or A47 Eastbound (From Swaffham & Kings Lynn) - Take the Ipswich (A140) Exit off the A47 but head north towards Norwich, proceed straight past the Harford Bridge's Tesco on the right. At the next set of traffic lights before the River Bridge and Marsh Harrier Public House on the right on to the B1113, you're now heading south in the direction of Swardeston & Mulbarton. For clubs travelling up the A11 we would recommend you use the A47 Southern bypass and follow the above directions. From Norwich Centre or North Norwich, using the Outer ring road, A140 travelling anti-clockwise past Notcutts turn right at the next set of traffic lights and head towards Ipswich. From Norwich Centre or North Norwich, using the Outer ring road, A146 travelling clockwise round Norwich past the Hewitt School playing fields turn left at the next set of traffic lights and head towards Ipswich. Travel down the road passing the Shell Filling Station, Holiday Inn, Thurlow Nunn and Marsh Harrier on your left. Just over the River Bridge at the traffic lights turn right on to the B1113 still heading south in the direction of Swardeston & Mulbarton. After passing under the A47 Bridge at the crest of the Hill the club can be found on the Right.

President	Adrian Hendrick	✉ ☎	adrian.hendrick@atcomputersltd.com 07768 874 648
Chairman	William Wise	✉	01494 874 768
Hon. Secretary	Eleanor Leahy	✉ ☎	eileahy@outlook.com n/a
Fix. Secretary	William Wise	✉	01494 874 768
Mini Contact	No Mini Teams		
Youth Contact	No Youth Teams		

NORWICH RFC (NORFOLK)

Beeston Hyrne, Norwich, Norfolk, NR12 7BW

☎ 0 www.lionrugby.com

Colours: Maroon, Gold, Green Hoops

Directions: From Norwich take B1150 toward North Walsham. After passing White Woman Lane and Redmayne Sports Field, ground on left.

President	Michael Srokowski	✉ ☎	Mike.srokowski@hotmail.co.uk 07950 307496
Chairman	Robert Annable	✉ ☎	bobannable@hotmail.co.uk 01603 403 207
Hon. Secretary	Andrew Pott	✉ ☎	apott@hotmail.co.uk 01603 250 381
Fix. Secretary	Michael Phillips	✉ ☎	poolman7@hotmail.com 07941 607 053
Mini Contact	Giles Whiley	✉ ☎	norwichminirugby@gmail.com 07761 096774
Youth Contact	David Regester	✉ ☎	david@regester.me.uk 01603 439 847
Women & Girls	Victoria Regester	✉ ☎	vickyregester@gmail.com 07804 228005

NORWICH UNION RFC (NORFOLK)

Sprowston Cricket Ground, Barkers La, Norwich NR7 8QZ

☎ 01603 404042 www.nurfc.com

Colours: Green and White with Black Shorts

Directions: Ring Road to the North of the city, turn out onto B1150 North Walsham Road. Over the crossroads past Woodman PH, on for approx 800 yards, turn right at the next set of lights into Barkers lane. The entrance to the ground is approx 400 yards on the left.

President	Stuart Riseborough	✉ ☎	President@nurfc.com 07825 023844
Chairman	Stuart Riseborough	✉ ☎	Chairman@nurfc.com 07825 023844
Hon. Secretary	Russell Clarke	✉ ☎	Secretary@nurfc.com 07766 315506
Fix. Secretary	Rachel Lemmon	✉ ☎	Fixtures@nurfc.com 07765 712 625
Mini Contact	No Mini Teams		
Youth Contact	No Youth Teams		

SAFFRON WALDEN RFC (CAMBRIDGESHIRE)

Springgate, Chickney Road, Henham, Hertfordshire, CM22 6BQ

☎ 01279 850 791 📧 www.swrfc.co.uk

Colours: Green shirts, white Shorts Socks: Sky Blue shirts, white Shorts

Directions: The club is situated in Henham village, 7 miles south of Saffron Walden. From Saffron Walden High Street, pass the war memorial & turn left at the mini roundabout onto Debden Road. Follow this road out of the town. Go over the cross roads heading through Debden village. After 2 miles turn right to Henham, follow this road for 3 miles to the club.

President	Kevin Moll	✉ ☎	Kevin.moll@hotmail.co.uk 01799 513318
Chairman	Ian Mckernan	✉ ☎	imck@molprod.com 07802 843 773
Hon. Secretary	Steve Langford	✉ ☎	stevejangford@googlemail.com 07836 738 452
Fix. Secretary	Graham Marshall	✉ ☎	graham.marshall2@ntlworld.com 01799 501 063
Mini Contact	Dominic Russell	✉ ☎	tricorp@consultant.com 07703 532822
Youth Contact	Dominic Russell	✉ ☎	tricorp@consultant.com 07703 532822

SAWSTON RFC (CAMBRIDGESHIRE)

The Club House, Sawston Village College, New Road, Sawston, Cambridge, Cambridgeshire, CB22 3BP

☎ 01223 836 615 📧 www.pitchero.com/clubs/sawston1

Colours: Black, Navy & White Quarters

Directions: Leave M11 at junction 10 (Duxford). Take A505 towards Newmarket. At large roundabout (BP garage/McDonalds) turn left. Follow road (Sawston bypass), and take 2nd right (crossroads). Take 2nd left into New Road. Continue along New Road - Sawston Village

President	Martin Tomlinson	✉ ☎	martin@motor-racing-art.com 01223 561 330
Chairman	Steve Jarvis	✉ ☎	stevejarvis1953@hotmail.co.uk 01223 835 284
Hon. Secretary	Paul Clerke	✉ ☎	paul.clerke@spicers.net 07876 446 198
Fix. Secretary	Mark Pickering	✉ ☎	mark.pickering@anglia.ac.uk 07884 393 600
Mini Contact	No Mini Teams		
Youth Contact	No Youth		

SHELFORD RFC (CAMBRIDGESHIRE)

The Davey Field, Cambridge Road, Cambridge, Cambridgeshire, CB22 5JU

☎ 01223 843 357 🌐 www.shelfordrugby.co.uk

Colours: Maroon & White Hoops, Blue Sho Shorts

Directions: See website

President	Rory Finlayson	✉	rory.finlayson@shandrum.co.uk
		☎	0711 642182
Chairman	Anthony Roberts	✉	anthonyroberts@hotmail.co.uk
		☎	01480 463 725
Hon. Secretary	Mikael Biard	✉	mikaebiard@gmail.com
		☎	07811 167077
Fix. Secretary	Nick Denton	✉	Nik.denton@gmail.com
		☎	07496 546996
Mini Contact	Mark Campbell	✉	mcampbell@boxworthconsultants.com
		☎	07798 702273
Youth Contact	Mark Campbell	✉	mcampbell@boxworthconsultants.com
		☎	07798 702273
Women & Girls	Emily Hogg	✉	Emilyhogg2@gmail.com
		☎	0759 9293174

SOUTHWOLD RFC (SUFFOLK)

William Godell Pavilion, The Common, Southwold, Suffolk, IP18 6TB

🌐 <http://www.pitchero.com/clubs/southwoldrfc>

Colours: Black with Gold Hoop

Directions: From A12 take the A1095 towards Southwold. Pass St. Felix School on your right, carry on into Southwold. Over small bridge, over mini Roundabout (police & fire station on your right) turn right at Kings Head. Rugby club is on your left 800m opposite water

President	Sarah Wickham	✉	s.doddington@hotmail.co.uk
		☎	01502 478 988
Chairman	David Vaughan	✉	vaughan.one@btinternet.com
		☎	07824 772 553
Hon. Secretary	Linda Cayley	✉	linda@cayleys.com
		☎	07977 456717
Fix. Secretary	Anthony Bohncke	✉	anthonydb@hotmail.co.uk
		☎	0798 8090496
Mini Contact	Andy Dyson	✉	Andy.dyson@erith.com
		☎	07818 597387
Youth Contact	Bruce Coleman	✉	Tany.coleman@kiteconsulting.com
		☎	07980 917597
Women & Girls	Michaela Scarle	✉	Michaela.scarle@gmail.com
		☎	07761 447575

STOWMARKET RUFC (SUFFOLK)

Chilton Fields Sports Club, Chilton Way, Stowmarket, Suffolk, IP14 1SZ

☎ 01449 613 181 🌐 www.stowrugby.com Colours: Navy Blue Shorts: Red

Directions: From A14 Eastbound (From Bury St Edmunds, Cambridge and M11) and A14 Westbound (From Ipswich and A12) From A14 Eastbound and A14 Westbound, exit A14 at Junction 49 and follow the sign for A1308 Stowmarket to the roundabout at the bottom of the road. Take the second exit at the roundabout and follow the road into the Chilton Hall Estate (Chilton Way). Stowmarket RUFC is about half a mile up the road on the righthand side.

President	John Phoenix	✉ ☎	johnphoenix@me.com 07775 817 437
Chairman	Thomas Anderson	✉ ☎	tanderson@ignitionselect.com 01449 615 516
Hon. Secretary	Susan Kettle	✉ ☎	susan.kettle15@btinternet.com 07504 827 052
Fix. Secretary	Alan Durrant	✉ ☎	durrantfive@cloud.com 07961 722701
Mini Contact	Jason Rees	✉	jaserrees@yahoo.co.uk
Youth Contact	Jason Rees	✉	Stowrfcyouthchairman@yahoo.com
Women & Girls	Suzanne Allen	✉ ☎	ssgando@gmail.com 01449 676156

SUDBURY RFC (SUFFOLK)

Spicer Way, Great Conard, Sudbury, Suffolk, CO10 0GB

☎ 01787 377 547 🌐 www.pitchero.com/clubs/sudburyrfc

Colours: Navy with White Hooped Shorts, Navy Socks

Directions: From Sudbury B1508 Bures Road at 3rd roundabout left onto Grantham Road, then right onto Spicer Way. Follow to end. From Bures, On B1508 1st roundabout right onto Grantham Road. From A134 Shawlands Roundabout (KFC) proceed along Shawlands Avenue. Turn Right onto Canhams Road into Head Lane. At roundabout left onto B 1508. Left at next roundabout onto Grantham Road

President	Raymond Collins	✉ ☎	mer-zai@zen.co.uk 07815 429 966
Chairman	Lloyd Felton	✉ ☎	lloyd.felton@outlook.com 0797 638 513
Hon. Secretary	Richard Pearce	✉ ☎	rkwjp@hotmail.com 07803 951575
Fix. Secretary	Gregory Underwood	✉ ☎	gjulmu@btinternet.com 01787 373 045
Mini Contact	Lucy Newton	✉ ☎	lucyrobertanewton@gmail.com 07827 083978
Youth Contact	Mr Mark Rogers	✉ ☎	mrogers8@icloud.com 07817 711549

SWAFFHAM RUGBY UNION FOOTBALL CLUB (NORFOLK)

North Pickenham Road, Swaffham, Norfolk, PE37 7QX

☎ 01760 724 829 📧 www.swaffhamrugby.com

Colours: Amber Shirts & Black Shorts Socks: Black Shirts & Black Shorts

Directions: From East or West continue along A47 bypass and turn off at MacDonalds Drive Thru' into Swaffham. Just after 30 mph sign turn LEFT at Lydney House Hotel. Club is 200 yards on right.

President	Michael Fields	✉ mfields@ridgeons.net ☎ 07577 759157
Chairman	David Morrissey	✉ richard@optima-exec.co.uk ☎ 07917 18114
Hon. Secretary	James Crouchman	✉ jamescrouchman@oxbury.co.uk ☎ 01760 724 554
Fix. Secretary	Eric Nye	✉ ejkln@aol.com ☎ 01760 723 377
Mini Contact	Alison Crouchman	✉ alisoncrouchman@btinternet.com ☎ 07757 759157
Youth Contact	Graham Smith	✉ mrgpsmith@gmail.com ☎ 07825 150934
Women & Girls	Derek Lloyd	✉ Deslloyd8@aol.com ☎ 07747 367076

THETFORD RFC (NORFOLK)

Mundford Road, Thetford, Norfolk, IP24 1LZ

☎ 01842 755 176 📧 www.pitchero.com/clubs/thetfordrugbyfootballclub

Colours: Red & White Hoop, White Shorts, Red & White Socks

Directions: From Thetford by-pass at top R/about take A134 King's Lynn Road. 1.5 miles down at bottom of hill on right hand side - concealed entrance. Opposite Rugby club sign

President	Robert Watson	✉ robinorthfarm@yahoo.co.uk ☎ 01842 890229
Chairman	Nigel Goodall	✉ Nige.goodall@gmail.com ☎ 0790 9526563
Hon. Secretary	Paula Groombridge	✉ jadequest@icloud.com ☎ 01953 681 108
Fix. Secretary	Hanah Langham	✉ hannahlangham@hotmail.com ☎ n/a
Mini Contact	Andrew Soanes	✉ andrew.soanes@live.co.uk ☎ 07825 150 934
Youth Contact	Andrew Soanes	✉ andrew.soanes@live.co.uk ☎ 07825 150 934

THURSTON RUFC (SUFFOLK)

Robinson Field, Ixworth Road, Thurston, Suffolk, IP31 3QE

☎ 01359 231 772 📧 www.pitchero.com/clubs/thurston

Colours: Navy and Red Shorts: Navy Socks: Navy

Directions: Take the A14 East from Bury St Edmunds. Take the turning signposted Thurston. Follow the road to the T junction, and turn right under the bridge and right again at mini roundabout. Continue out of the village and clubhouse on the right.

President	Andrew Speed	✉ ☎	aspeed@steds-fs.co.uk 07710 312 007
Chairman	Andrew Butler	✉ ☎	sirandrewbutler@gmail.com 07967 551391
Hon. Secretary	Steve Dewar	✉ ☎	Swervey.dewar@gmail.com 07771 802726
Fix. Secretary	Jeremy Kendall	✉ ☎	Jeremy.kendall@mypostoffice.co.uk 01842 754151
Mini Contact	Mini Teams		
Youth Contact	No Youth		

UNIVERSITY OF EAST ANGLIA RFC (NORFOLK)

Colney Lane, Norwich, Norfolk, NR4 7UY

☎ 01603 592 595 📧 <http://www.pitchero.com/clubs/ueamensrugby>

Colours: Navy & Yellow

Directions: See website

President			
Chairman			
Hon. Secretary	Ian Welch	✉ ☎	i.welch@uea.ac.uk 01603 592 595
Fix. Secretary	Jacki Robinson	✉ ☎	jacki.robinson@uea.ac.uk 01603 592 511
Mini Contact	No Mini Teams		
Youth Contact	No Youth Teams		

WATTON RFC (NORFOLK)

Saham Toney Playing Field, Pages Lane, Saham Toney, Thetford
Norfolk, IP25 7HL

☎ 01953 883 343 🌐 www.redandblackarmy.co.uk

Colours: Red and black quarters, blk Shorts, red & blk sox

Directions: Exit Watton on the Brandon Road, take a Right at the roundabout and head through Saham Toney village. Once you have gone around a sharp right hand bend, climb the hill and take your first right hand turn and you will find us immediately on the right hand side.

President	Anthony Oakley	✉ ☎	n/a 01953 883017
Chairman	Robert Walker	✉ ☎	wattonrugby@icloud.com 07901 552 065
Hon. Secretary	Carol Bayley	✉ ☎	c.bayley@yahoo.co.uk 07712 718 008
Fix. Secretary	Robert Walker	✉ ☎	wattonrugby@icloud.com 07901 552 065
Mini Contact	Paul Mason	✉ ☎	Mason1copsey@aol.com 07717 841142
Youth Contact	Neil Lake	✉ ☎	norfolklake@icloud.com 07717 841142

WENDENS AMBO (CAMBRIDGESHIRE)

Mini/Youth: Carver Barracks Pitch, Elder Street, Wimbish, Essex, CB10 2YA or
Joyce Frankland Academy Newport, CB11 3TR. Adult matches at Saffron
Walden RFC

☎ 01799 523 578 🌐 www.pitchero.com/clubs/wendensambo

Colours: Black with red trim

Directions: See website

President			
Chairman	Grant Anderson	✉ ☎	grant@hgsports.co.uk 07858 499900
Hon. Secretary	Elliott Vigar	✉ ☎	e.vigar@yahoo.co.uk 07989 345712
Fix. Secretary	Anthony Davies	✉ ☎	Digger_davies@hotmail.com 089707 84938
Mini Contact	Grant Anderson	✉ ☎	grant@hgsports.co.uk 07858 499900
Youth Contact	Grant Anderson	✉ ☎	grant@hgsports.co.uk 07858 499900

WEST NORFOLK RUFC (NORFOLK)

Gatehouse Lane, North Wootton, King's Lynn, Norfolk, PE30 3RJ

☎ 01553 631 307 🌐 www.westnorfolkrugby.com

Colours: French grey with broad cerise band, navy Shorts

Directions: A149 King's Lynn bypass towards Hunstanton. A148 towards King's Lynn at roundabout by Knight's Hill Hotel. Right at traffic lights T/right into Castle Rising Road. Left at T-junction s/p to North Wootton. Through village Green and turn left into Gatehouse Lane ground 200 mts on right

President	Robert Cranna	✉ ☎	r.cranna@sky.com 01553 840 328
Chairman	Graham Woodcock	✉ ☎	gwoodcock@hotmail.co.uk 07387 007148
Hon. Secretary	John Mellor	✉ ☎	Mellor479@btinternet.com 0774 7784540
Fix. Secretary	Keith Davis	✉ ☎	krdavis@btinternet.com 07747784540
Mini Contact	Victoria Hopps	✉ ☎	Vjs1973@hotmail.com 07806 994996
Youth Contact	Victoria Hopps	✉ ☎	Vjs1973@hotmail.com 07806 994996

WISBECH RFC (NORFOLK)

Chapel Road, Wisbech, Cambridgeshire, PE13 1RG

☎ 01945 481 500 🌐 www.pitchero.com/clubs/wisbechrufc

Colours: Red Shirts, Blue Shorts

Directions: Along South Brink, (From A47) proceed to Old Market Place, turn left, ground aprox 200yds on right next to hand car wash

President	Pete Turner		
Chairman	Leonard Veenendaal	✉ ☎	wrufc.chairman@outlook.com 07503 417160
Hon. Secretary	Dave Dobson	✉ ☎	wrufc.secretary@outlook.com 01945 461 223
Fix. Secretary	Dave Dobson	✉ ☎	wrufc.secretary@outlook.com 01945 461 223
Mini Contact	Katherine Smith	✉ ☎	mzkatsmith@yahoo.co.uk 07388 521634
Youth Contact	Ian Luck	✉	Luck717@hotmail.co.uk

WOODBIDGE RFC (SUFFOLK)

Hatchley Barn, Orford Road, Bromeswell, Woodbridge, Suffolk, IP12 2PP

☎ 01394 460 630 🌐 www.woodbridgerugbyclub.co.uk

Colours: Blue/Black Shirts, Black Shorts

Directions: From north or south A12 to Woodbridge bypass take the A1152 signed Orford. Follow this road over the Melton crossroads traffic lights and continue over a level crossing. You will pass the Wilford Bridge pub on the left, at the next roundabout turn left keeping on the A1152 for Orford. You will pass the Unruly Pig restaurant on your left, go straight on at a left fork. Ground is approximately a 1/4 mile further on the right.

President	John Stanford	✉ tickets@woodbridgerugby.net ☎ 01473 735715
Chairman	Robert Simpson	✉ chairman@woodbridgerugby.net ☎ 07711 149 924
Hon. Secretary	Christopher Stokes	✉ c.s.stokes@hotmail.com ☎ 07722 003451
Fix. Secretary	Paul Coulson	✉ paulcoulson@uwclub.net ☎ 01394 380 708
Mini Contact	Oliver Johnson	✉ ojohnson@clarkeandsimpson.co.uk ☎ 01394 610130
Youth Contact	Helen Wakeling	✉ juniorfixtures@woodbridgerugby.net ☎ 01394 385986

WYMONDHAM RFC (NORFOLK)

Barnard Fields, Bray Drive (off Reeve Way), Wymondham, NR18 0GQ **NOT SATNAV**

☎ 01953 607 332 🌐 www.wymondhamrugby.com

Colours: Black with red trim Shorts: Black with gold trim

Directions: Clubhouse located in new housing estate. Take B1172 north from 'Waitrose roundabout', turn left into Albin Way, turn first right into Carpenter Close, itself becoming Reeve Way, and turn right into Bray Drive.

President	Robert Barnard	✉ l8rab58@gmail.com ☎ 07850 624635
Chairman	Andrew Kilby	✉ andrewkilby@btinternet.com ☎ 01953 851383
Hon. Secretary	William Good	✉ goodshay@hotmail.com ☎ 01953 453 006
Fix. Secretary	David Coleman	✉ davidcoleman82@btinternet.com ☎ 01953 600 061
Mini Contact	Nicola Pattison	✉ Nicola_pattison@hotmail.com ☎ 01953 607309
Youth Contact	Peter Harris	✉ Harryharris71@hotmail.co.uk ☎ 01953 605402

Amersham Chiltern - HP6 5QU

Ash Grove, Weedon Lane, Amersham HP6 5QU

Phone: 01494 725161

Colours: Claret and White

Bancroft RFC – IG9 6JD Take the A12 towards Brentwood and the M25 Northbound then the M11 towards London. At the M11/A406 “Waterworks” Junction take the 104 to Woodford Green, and then turn right into Broadmead Road by the Castle Public House. At the second set of lights turn left and follow through for one mile. The ground is on the right before the railway bridge (Buckhurst Way).

Barking RFC – RM9 4TX Take the A12 towards Brentwood then the M25 Towards Dartford. At Junction 31 take the A13 Westbound towards Dagenham and London. Go past the Ford Motor Works and take the fourth exit off the next roundabout back onto the opposite side of the A13 dual carriageway. The clubhouse is half a mile on the left-hand side.

Basildon RFC – Gardiners Close, Basildon SS14 3AW

Tel: 01268 533136 www.basildonrfc.co.uk Take the A12 towards Brentwood. On the Chelmsford bypass take the A130 towards Southend. At the A127 go right towards London. Turn left onto the A132, turn right at the second roundabout A1235, right at the first lights (not pedestrian lights) into Gardiners Lane South. Ground is at the end.

Braintree RFC – Robbswood, Beckers Green Road, Braintree, CM7 3PR

Tel: 01376 322282 www.braintreerugbyclub.co.uk Take the A12 towards London. At Marks Tey take the A120 towards Braintree. Turn left at the first roundabout approaching Braintree. At the next roundabout take the fourth exit signposted Braintree. Turn right after about 500yds into Beckers Green Road. Braintree Rugby Club is at the end of this road.

Brentwood RFC – King Georges Playing Field, Ingarve Rd, Brentwood

CM13 2AQ Tel 10277 210267 www.brentwoodrugbyclub.co.uk Take the A12 towards Brentwood. Leave the A12 at the A1023 to Brentwood/Shenfield. Follow the A1023 through traffic lights, Eagle & Child Public House, turn left into Middleton Hall Lane. At the next traffic lights turn left into Ingrave Road (A128). After 800 yards (over rail bridge, just before Pelican lights) entrance to ground on right.

Burnham-on-Crouch RFC – CMO 8HS From Maldon follow the signs to Burnham, picking up the B1010. Turn right at the T junction (large tree) to Town Centre, over railway bridge to Library on right. Entrance to ground immediately on right. Dengie Hundred Sports Centre 150 yards.

Campion RFC – RM7 7AA Take the A12 towards Brentwood, and continue past the M25. At the third set of Traffic Light past Gallows Corner turn left into Mawney Road. At the end before the T junction turn right into Marks Road. The entrance to the ground is first on the left.

Canvey Island RFC – SS8 8EY Take the A12 towards Chelmsford and the A130 towards Basildon. When you get to Canvey go over two roundabouts – Pass Castle View School on left – Take next left turn – Ground 300yds on left. Club Address: Tewkes Creek, Dovervelt Road, Canvey Island

Clacton RFC – Recreation Rd, Clacton-on-Sea CO15 6N

☒ 01255 429762 www.clactonrfc.com Head east out of Colchester and get on the A133 towards Clacton. At the first roundabout in Clacton take the second exit (signed to Frinton, Walton and Gt Clacton) into Valley Road. Keep on this road for a couple of miles until you get to a railway bridge. The ground is on the right after the bridge.

Chelmsford RFC – Coronation Park, Timson Lane, Springfield Rd, CM2 6AF

☒ 01245 261159 www.chelmsfordrugby.com Take the A12 towards London. Take the first exit signposted to Chelmsford and get onto the A138. Take the slip road signposted Springfield and Chelmer Village. At the roundabout at the bottom take the 4th exit to Chelmsford A1113. Follow this road over a roundabout. After 400yds turn left after the Plough public house. Chelmsford Rugby Club is in Coronation Park at the end of the road on the right.

Dagenham RUFC – RM10 8

Eton Manor RFC – The New Wilderness, Nutter Lane, Wanstead E11

☒ 010 8532 2946 www.etonmanor.net

Take the A12 towards London and carry on past Gallows Corner onto Eastern Avenue. Right into Wanstead High Road – First right into Grove Park – Bear right into The Avenue – Right into Leicester Road – Left into Nutter Lane – Follow to end of lane.

Fullerians – WD17 3PB

Coningesby Drive, Watford

Phone: 01923 224483

Colours: Green/Black and White

H.A.C - EC1Y 2BQ

Armoury House, City Rd, London

Phone: 0202 7382 1537

Colours: Red/Black

Harlow – CM20 4BQ

Howard Way, Harlow

Phone: 01279 429750

Directions: From the M11 take the Harlow Exit junction 7 and follow the signs to Harlow.

Follow the A414 and at the second roundabout take the first left onto the A1025.

At the next roundabout take the third exit on to Howard Way and Latton Park is on your right

Huntingdon - PE28 4NL

The Racecourse, Brampton Huntingdon

Phone – N/A

Colours: Green/Yellow/Black

Luton – LU1 4BQ

Newland Rd, Luton, Beds

Phone: 01582 720355

Colours: Green, Red and Black

Maldon RUFC – CM9 4QT

Take the B1022 Maldon Road from Colchester. Carry on past the Zoo, through Tiptree and Gt Totham until you get to Heybridge. At the very first roundabout turn left towards Goldhanger. Grounds is 400 yards on the left past a telephone box.

Old Haberdashers – WD6 4PY

Croxdale Rd, Borehamwood, Herts

Colours: Red/Blue

Phone: n/a

Old Priorian – UB6 8TL

Perivale Lane, Perivale, Greenford

Phone: 07740 336268

Colours: Green/Yellow

Peterborough – PE1 5XA

33 Second Drove, Peterborough

Phone: 01733 569413

Colours: Red/Yellow

Rayleigh Wyverns RFC – SS11 7XY From A127 take the A132 towards Wickford. Follow signs to Wickford until you reach a roundabout with a Somerfields supermarket on the corner. Go straight on over the roundabout onto a dual carriageway and under a railway bridge. At the next roundabout go straight over. Keep on this road, Runwell Road, until you see a sign on the left for Runwell Hospital – take this turning, Runwell Chase. Head straight over roundabout and club house is on the right.

Rochford Hundred RFC – The Rugby Park, Magnolia Rd, Rochford SS4 3AD

www.rochfordhundredrugby.co.uk Take the A12 towards Chelmsford. On the Chelmsford bypass take the A130 towards Basildon and Southend. Take the A127 towards Southend. At the Bell Public House filter left into the B1013 Rochford Road. Continue over the roundabout, bridge and past the station. After 1 mile turn left into Rectory Road and the ground is on the right before the bridge.

Romford & Gidea Park - RM7 0EP Crowlands, Crow Lane, Romford, Essex

Phone: 01708 700521 Colours: Black/Purple

Royston - SG8 9NU Baldock Rd, Royston

Phone: N/A

Colours: Black/White

Ruislip – HA4 6DR

The Clubs House, West End Rd, Ruislip

Phone: 0895 633102

Colours: Maroon/Black



Southend RFC – SS2 5RR Take the A12 towards London. On the Chelmsford bypass take the A130 then the A127 to Southend. Continue into Southend past the Bell Public House to a roundabout where you take the second exit into Priory Crescent. Keep Left over a railway bridge to dual carriageway (Eastern Avenue). Turn left at the roundabout into Sutton Road, go past the Fire Station and the Cemetery to a roundabout where you turn left into and Industrial Estate. Follow the road to the ground at the end.

South Woodham Ferrers RFC – CM3 5T Take the A12 towards Chelmsford. On the Chelmsford bypass take the A130 towards Basildon and Southend. At the Rettendon Turnpike take the A132 to South Woodham Ferrers. Follow the signs to Saltcoats Industrial Estate. The ground is on the left after crossing 3 roundabouts.

St. Ives RFC – Somersham Rd, St. Ives PE27 3LY

www.pitchero.com/clubs/stivesrugbyfootballclub

Fixt. Sec. – Andy Oliver

 07713 250 774  aforugbyref@hotmail.com Exit the A14 at Junction 26 and take a left at the roundabout off the slip road. Go straight ahead at the next three roundabouts. At the 4th roundabout turn left. At the next roundabout (BP garage) turn right. At the next roundabout turn right towards Somersham and Pidley. Rugby club 1/2 mile up this road on the left hand side.

St Neots – PE19 1RU New St, Saint Neots Phone: 07590 586891

Colours: Navy Blue/Sky Blue

Thurrock RFC – RM16 2QH From the M25 Junction 30 take the A13 to 2nd slip road signposted to Grays. At the roundabout take the first exit to Stifford Clays and follow the road for 2 miles to crossroads. Go straight over and the ground is on the right after a block of flats and speed de-restriction sign.

Upminster RFC – RM14 1AU

Take the A12 towards Brentwood. Stay on the A12 to Gallows Corner and turn left onto the A127 Southend Arterial Road. Turn off at the Hall Lane Flyover signed to Upminster. The ground is one mile on the left with the entrance beside the Golf Club entrance.

Wanstead RFC – Roding Lane North, Woodford Green IG8 8JY

☒ 0208 550 1561 www.pitchero.com/clubs/wanstead/location

Westcliff RFC – The Gables, Aviation Way, Southend-on Sea SS2 6UN

☒ 01702 30353

Take the A12 towards London. On the Chelmsford bypass take the A130 towards Basildon and Southend. At the A127 go east towards Southend. Drive past Rayleigh and continue towards Southend. When you see a junction with Kent Elms Health Centre on one corner and a Ford dealership (Perrys) on another turn left into Rayleigh Road. After 50 yards where the road bears left, turn right into Snakes Lane, and at the end continue into Eastwoodbury Lane. At the second roundabout just before a church turn left into Aviation Way. Follow Aviation Way until you come to the clubhouse and ground.

Witham RUFC – CM8 1UN Take the A12 towards Chelmsford. Take exit for Witham, follow road through town centre (Newland Street – Bridge Street). Through 4 sets of lights. Past Bramston Sports Centre on left. At next set of lights turn right into Spinks Lane. At T-Junction turn right into Highfield Road. Follow road round to left. Under railway bridge- then next left.

Woodford RFC – Highams, High Rd, Woodford Green IG8 9LB

☒ 020 8504 6769 www.woodfordrfc.co.uk Take the A12 towards London, then the M25 northbound and then the M11 towards London. Follow the signs for the North Circular Road A406 westbound (towards Heathrow). Once you are on the A406 take the first slip road towards Whipps Cross and Woodford. At the roundabout take the exit towards Epping A104. After about half a mile, when you see Woodford Green on your right, keep a look out for a signpost to the left for Woodford RFC. The club is at the end of the track

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Best wishes to Eastern Counties Rugby Union
For a successful season

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RUGBY WORLD CUP 2019™ JAPAN

RWC 2019 FIXTURES

Sun 22 Sept	Ireland v Scotland	08:45
Sun 22 Sept	England v Tonga	11:15
Mon 23 Sept	Wales v Georgia	11:15
Thurs 26 Sept	England v USA	11:45
Sat 28 Sept	Japan v Ireland	08:45
Sun 29 Sept	Australia v Wales	08:45
Mon 30 Sept	Scotland v Samoa	11:15
Wed 2 Oct	France v USA	08:45
Thurs 3 Oct	Ireland v Russia	11:15
Sat 5 Oct	England v Argentina	09:00
Sun 6 Oct	France v Tonga	08:45
Wed 9 Oct	Scotland v Russia	08:15
Wed 9 Oct	Wales v Fiji	10:45
Sat 12 Oct	England v France	09:15
Sat 12 Oct	Ireland v Samoa	11:45
Sun 13 Oct	Wales v Uruguay	09:15
Sat 19 Oct	Quarter Final 1	08:15
Sat 19 Oct	Quarter Final 2	11:15
Sun 20 Oct	Quarter Final 1	08:15
Sun 20 Oct	Quarter Final 2	11:15
Sat 26 Oct	Semi Final 1	09:00
Sun 27 Oct	Semi Final 2	09:00
Sat 2 Nov	Rugby World Cup Final	09:00



Women's Red Roses match details will be the same weekend as the Men -
venues and times to be confirmed in September

<https://www.englandrugby.com/england/england-women/>

Friday 1 February	Wales v Italy 1415
Sunday 2 February	Ireland v Scotland 1645 France v England 1500
Saturday 8 February	Ireland v Wales 1415 Scotland v England 1645
Sunday 9 February	France v Italy 1500
Saturday 22 February	Italy v Scotland 1415 Wales v France 1645
Sunday 23 February 1500	England v Ireland
Saturday 9 March	Scotland v Wales 1415 England v Italy
1645 Sunday 10 March 1500	Ireland v France
Saturday 16 March	Italy v France 1230 Wales v Ireland 1445 England v Scotland 1700

Match Dates and Venues available at: -

<http://www.ecrugby.com/competitions-297/>

EASTERN COUNTIES REPRESENTATIVE TEAMS' FIXTURES

EC U16's

19 th Jan	EC v Leics – Culford Sch
2 nd Feb	EC v NLD – Thetford RFC
23 rd Feb	EC v East Midlands – The Leys Sch

EC U18's

1 st Dec	Essex v EC – A
15 th Dec	EC v Middx – H
12 th Jan	Herts v E.C A

EC U17's

1 March 2020	EC v NLD – Culford Sch
5 April	EC v East Midlands - A
26 April	EC v Herts – Sudbury RFC

Girls U18's and U15's

23 Feb 2020	EC v NLD
8 March	as 24 February
22 March	as 24 February

Jason Leonard U20 County Championship (Pool 3)

Bill Beaumont Senior Men's County Championship Division 1 – North

EC Wanderers

GILL BURNS COUNTY CHAMPIONSHIP Division 2 – Pool 2

**FOR DETAILS RE VENUES AND KICK OFF TIMES PLEASE CHECK
www.ecrugby.com Playing**

LEAGUE SECRETARIES / RESULTS

David Williams – Chairman of London and S.E Competitions

01992 586 744 chair@rfulondon.com

John Mackay – EC Chairman of Competitions

01508 480 950 07775 873 040 competitions@ecrugby.com

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London 1 South	Barry Myland london1s@rfulondon.com	07958 786164	020 3951 7787
London 2 North East	Mike Stott london2ne@rfulondon.com	07887 903366	020 3951 7787
London 3 E. Counties	Gary Lee london3ec@rfulondon.com	07834 345546	020 3951 7787
Eastern Counties 1 North	Gary Lee ecounties1n@rfulondon.com	07834 345546	03331 210803
Eastern Counties 1 South	Colin Garrod ecounties1s@rfulondon.com	07875 616432	03331 210803
Eastern Counties 1 West	Calvin Joce ecounties1w@rfulondon.com	07979 188641	03331 210803
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Eastern Counties 2 South	Colin Garrod colingarrod50@gmail.com	07875 616432	03331 210803
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Eastern Counties 3 North	Gary Lee glee@indigowaste.co.uk	07834 345546	03331 210803
Eastern Counties 3 South	Colin Garrod colingarrod50@gmail.com	07875 616432	03331 210803



*From Sept. 2019 **Eastern Counties Leagues EC1/2 North, EC1/2/3South and EC1 West** Electronic Match Cards need to be completed prior to the game and results sent using the **GMS Electronic Match Card system** following the game by **5.30pm**.

*If you are having problems sending your electronic match card, you are requested to phone the Result Service, on. **03331 210803** this line opens **ONE HOUR AFTER** normal kick-off time*

The RFU plan to have an Advisory Group for women's rugby, however due to various reasons this group is taking longer to get established than anticipated.

So at the present time, for NC2 leagues and above the main contact is the Competitions team at Twickenham which can be reached at womenscompetitions@RFU.com

For NC3 leagues and Eastern Counties Merit Table contact:-
Chloe McMorran ChloeMcMorran@RFU.com or Ben Ramsey at the RFU BenRamsay@RFU.com

EASTERN COUNTIES TRI-COUNTY CUP 2019-20

30 October 2019	Norfolk v Cambridgeshire
27 th November 2019	Cambridgeshire v Suffolk
5 th February 2020	Suffolk v Norfolk

National 1

Cambridge

National 2 South

Bury St Edmunds

London 1

North

Colchester

Shelford

Sudbury

North Walsham

London 2 North East

Diss

Holt

Ipswich

Norwich

Saffron Walden

Southwold

Stowmarket

Wymondham

London 3 Eastern Counties

Beccles

Cantabrigian

Crusaders

Ely

Fakenham

Ipswich YM

Thetford

Thurston

West Norfolk

Wisbech

Woodbridge

EASTERN COUNTIES GREENE KING LEAGUES



EC1 North	EC1 South	EC1 West
Diss II (Saracens) Holt Norwich Norwich Medics North Walsham II (Vikings) Norwich Union Watton Wymondham	Braintree Colchester III Hadleigh Halstead Templars Ipswich Magpies Mersea Stowmarket Sudbury Talbots	Bury St Edmunds 3 Cambridge Adventurers Cantabrigian II Cottenham Renegades Newmarket Saffron Walden II Shelford III
EC2 North	EC2 South	EC2 West
Broadland Dereham Diss III Crusaders Lowestoft & Yarmouth II Holt II Norwich III Norwich Union II Southwold Swaffham University of East Anglia	Har. & D/court Brightlingsea Felixstowe Colchester 4's Mistley Sudbury 3's Woodbridge 2's Aldeburgh Maldon 2's	Cambs Fire and Rescue Cantabrigian III Ely II Haverhill March Mildenhall Red Lodge Newmarket Vets Sawston Shelford IV Shelford V Wendens Ambo Wisbech II
EC3 North	EC3 South	
Beccles Cantabrigian Crusaders Ely Fakenham II Ipswich YM Thetford Thurston West Norfolk Wisbech Woodbridge	Thurston 2's Mersea Island 2's Bury St Ed 4's Clacton 2's Mistley 2's Ipswich 3's Ipswich YM 2's Colchester 5's	

FIXTURE EXCHANGE

For clubs wishing to arrange fixtures, please use the ECRU Fixture Exchange Facebook Group:-

www.facebook.com/groups/ECFixtureExchange/

KICK OFF TIMES

The following are ECRU recommended standard times for all clubs. Specific notification should be given to opponents and officials if these are varied due to special circumstances.

September/October/March/April/May 3.00pm

November/December/January/February 2.00pm

Please remember that cup matches with the potential for extra time should kick off 30 mins. earlier to allow for this possibility.

Where two clubs mutually agree on a kick-off time outside these times, they must also obtain, in advance, agreement from the relevant League Secretary as the representative of the EC Competitions Committee.

If permission is granted, the home side will be responsible for notifying, in advance, the referee of the agreed kick off time.

This will hopefully standardise times across the CB/ L& SE Leagues and avoid arguments with clubs from adjacent CBs who have not hitherto stipulated KO times.

Full Regulations for Leagues EC2-3 have been published and are available on the EC Website www.ecrurugby.com or via your club website. Regulations for higher leagues (including EC1) can be located at www.rfulondon.com or www.rfu.com

EASTERN COUNTIES INTER-COUNTY CUP WINNERS

EASTERN COUNTIES COUNTY CUP

1952	Cambridgeshire	1980	Essex
1953	Cambridgeshire/Essex	1981	Essex
1954	Essex	1982	Norfolk
1955	Essex	1983	Cambridgeshire
1956	Cambridgeshire	1984	Essex
1957	Essex	1985	Norfolk
1958	Essex	1986	Norfolk
1959	Cambridgeshire	1987	Norfolk
1960	Suffolk	1988	Norfolk
1961	Suffolk	1989	Suffolk
1962	Suffolk	1990	Essex
1963	Essex	1991	Essex
1964	Cambridgeshire	1992	Norfolk
1965	Norfolk	1993	Essex
1966	Cambridgeshire/Norfolk	1994	Suffolk
1967	Triple Tie	1995	Suffolk
1968	Cambridgeshire	1996	Essex
1969	Essex	1995	Suffolk
1970	Essex	1998	Suffolk
1971	Essex	1999	Suffolk
1972	Essex	2000	Norfolk
1973	Suffolk	2001	Norfolk
1974	Cambridgeshire	2002	Essex
1975	Essex	2003	Essex
1976	Essex	2004	Suffolk
1977	Essex/Suffolk	2005	Norfolk
1978	Norfolk	2006	Norfolk
1979	Essex	2007	Norfolk
		2008	Cambridgeshire
		2009	Norfolk
		2010	Suffolk
		2011	Suffolk
		2012	Suffolk
		2013	Suffolk
		2014	Cambridgeshire/Norfolk
		2015	Cambridgeshire
		2016	Norfolk
		2017	Not com
		2018	Norfolk
		2019	Norfolk

EASTERN COUNTIES U17/U19 CUP WINNERS

	U19 (The Peter Francis Cup)	U17
1991-2	Harlow	-
1992-3	Sudbury	Colchester
1993-4	Cambridge	North Walsham
1994-5	Woodford	Harlow
1995-6	Diss	Woodford
1996-7	Sudbury	Woodford
1997-8	Barking	Cambridge
1998-9	Woodford	Billericay
1999-0	Diss	Wymondham
2000-1	Barking	Rochford Hundred
2001-2	Wymondham	Cambridge
2002-3	Cambridge	Colchester
2003-4	Cambridge	Colchester
2004-5	Wymondham	Bury St Edmunds
2005-6	Bury St Edmunds	Cambridge
2006-7	North Walsham	North Walsham
2007-8	Colchester	North Walsham
2008-9	Colchester	Colchester
2009-10	Shelford	North Walsham
2010 -11	Shelford	Colchester
2011 -12	Shelford	Ipswich
2012 -13	Shelford	Shelford

EC U18's COLTS CUP

2013-14	Shelford
2014-15	Colchester
2015-16	Cambridge
2016-17	Woodbridge
2017-18	Woodbridge
2018-19	Wymondham

Runners Up

Colchester
Bury St Edmunds
Bury St Edmunds
Colchester
West Norfolk
Shelford

EC COLTS PLATE

2014-15	Wymondham
2015-16	North Walsham
2016-17	Shelford
2017-18	Sudbury
2018-19	Colchester

Runners Up

Woodbridge
Colchester
Ipswich
Braintree
West Norfolk

.EC COLTS SHIELD

2018-19

.EC COLTS SPOON

2018-19

Winners

Holt

Shelford B

Runners Up

Bury St Edmunds

Lowestoft & Yarmouth

E.C Colts Sevens (Brian Borges Cup)

2013-14	Colchester
2014-15	Ipswich
2015-16	Colchester
2016-17	Woodbridge
2017-18	Woodbridge
2018- 19	Not played

NORMAN POTTER TROPHY

2005	Tom Youngs
2006	Not awarded
2007	Ben Youngs
2008	Michael Haywood
2009	Tom Crozier
2010	Gabriel Carroll
2011	Alex Day
2012	Gabriel Carroll
2013	George Wacokecoko
2014	Lewis Ludlam
2015	Will Owens
2016	Will Evans
2017	Toby Trinder
2018	Alex Rayment
2019	Fin Creighton

NATIONAL 2 SOUTH WINNERS

Cambridge

NATIONAL 3 SOUTH WINNERS

2005-6 Cambridge

2014-15 Bury St Edmunds

LONDON LEAGUE WINNERS

	London 1	London 2 (N)	London 3 (NE)
1987/88		North Walsham	Barking
1988/89			Eton Manor
1989-90	North Walsham	Thurrock	Chingford
1990-91		Eton Manor	Harlow
1991-92	Thurrock		Cambridge
1992-93		Harlow	Brentwood
1993-94	Barking		Romford GP
1994-95			Colchester
1995-96		Billericay/Thurrock	Ipswich
1996-97			Diss
1997-98	Billericay	Woodford	Lowestoft & Yarmouth.
1998-99		Cambridge	Chelmsford
1999-00			Rochford H.
1990-01			Southend
2001-02			Shelford
2002-03	Southend		Romford & GP
2003-04		Cambridge	Shelford
2004-05	Cambridge		
2005-06		Shelford	
2006-07			Bury St Eds.
2007-08			
2008-09	Shelford	Diss	
2009-10			Beccles
2010-11			
2011-12			Holt
2012-13	Bury St. Ed	North Walsham	
2013-14			Ipswich L2NE
2014-15	Colchester	Saffron Walden	Sudbury
2016-17		Diss	
2017-18			Stowmarket
London 4 (NE)			
2000-01	Bury St Edmunds	2002-03	Braintree
2001-02	Saffron Walden	2003-04	
2004-05			
2006-07	Saffron Walden		
2008-09	Colchester		
2009-10	Mersea Island		

EASTERN COUNTIES LEAGUE WINNERS

	EC1	EC2	EC3
1987-88	Met Pol. Chigwell	Basildon	Old Edwardians
1988-89	Harlow	Old Edwardians	Campion
1989-90	Canvey Island	Chelmsford	Bancroft
1990-01	Chelmsford	Campion	Newmarket
1991-92	Rochford Hundred	Maldon	Wymondham
1992-93	Bury St Edmunds	Wymondham	Loughton
1993-94	Maldon	Diss	Old Cooperians
1994-95	Lowestoft & Yarmouth	Ilford Wanderers	Fakenham
1995-96	Diss	Cantabrigians	Hadleigh
1996-97	Basildon	Hadleigh	S.W Ferrers
1997-98	Hadleigh	Met Pol Chigwell	-
1998-99	Thetford	Billericay	-
1999-00	Saffron Walden	Wanstead	-
2000-01	Eton Manor -		-
2001-02	Mersea Island-		-
2002-03	Colchester	Ipswich YM	Broadland
2003-04	Thetford	Crusaders	Swaffham
2004-05	Wisbech	Newmarket	
2005-06	Beccles	Woodbridge	
2006-07	Mersea Island	Cantabrigians	
2008-09	Lowestoft		
2009-10	Newmarket	Harwich & Dovercourt	
2010-11	Stowmarket	Ipswich YM	
2011-12	Cantabrigians		
2012-13	Wymondham	Swaffham	
2013-14	West Norfolk	Thetford	
2014-15	Southwold		
2015-16	Ely		
	Div 1 (N)	Div 1 (S)	
2016-17	Thetford		
2017-18	Norwich Union	Hadleigh	
2018-19	Beccles		
	EC2 (N)	EC2 (S)	EC2 (W)
2000-01	Beccles	Stanford-Le-Hope	
2001-02	Colchester	Wanstead	
2002-03	Ipswich YM	Westcliff	
2008-09	Southwold		
2014-15	Diss 2	Colchester 2	Cantabs. 2
2015-16	Gt Yarmouth-Broadland	Colchester 3	Bury St Edmunds 3
2016-17	Fakenham	Mersea	Cottenham
2017-18	Wymondham II	Halstead Templars	March
2018-19	Holt II	Stowmarket II	Shelford IV

	EC3 (N)	EC3 (S)	EC3 (W)
1997-98	Beccles	Billericay	
1998-99	Wisbech	East London	
1999-2000	Ipswich YM	Stanford Le Hope	
2000-01	Stowmarket	May & Baker	
2001-02	Southwold	Burnham-on-Crouch	
2002-03	Broadland	Ravens	
2014-15	Beccles	Colchester 3	Ely Dev.
2015-16	North Walsham II	Brightlingsea	Sawston
2016-17	Diss 3	Thurston 2	March
2017-18	Dereham	Woodbridge II	Shelford V
2018-19	Southwold	Aledburgh	
	EC4 (N)	EC4 (S)	
1997-98	Wisbech	Old Brentwoods	
1998-99	Brightlingsea	Millwall Albion	
1999-00	Haverhill	Witham	
2014-15	Swaffham	Colchester 4	
2015-16	Fakenham 2	Southwold 2	
2016-17	Thetford 2	Hadleigh 2	
	EC4	EC5	EC6
1987/88	Campion	Bancroft	
1988/89	Bancroft	London Hospital	Thames Sports
1989/90	London Hospital	Haverhill	Old Cooperians
1990/01	Thames SportsDereham	Hadleigh	
1991/92	Haverhill	Ongar	Witham
1992/93	Felixstowe	May & Baker -	
1993/94	Hadleigh	Mersea Island -	
1994/95	Billericay	Sawston	
1995/96	Beccles	Billericay Union	
1996/97	March	Millwall Albion	

EASTERN COUNTIES 2ND XV MERIT TABLE

	Cup	Shield
2006-7	Shelford 2	Ipswich YM
2007-8	Shelford 2	Wymondham
2008-9	Shelford 2	Cantabrigian 2

EASTERN COUNTIES SPICERS CUP WINNERS

1970-1	Ipswich	1984-5	North Walsham
1971-2	Ipswich	1985-6	Sudbury
1972-3	Southend	1986-7	Sudbury
1973-4	Thurrock	1987-8	Sudbury
1974-5	Thurrock	1988-9	North Walsham
1975-6	Thurrock	1989-0	Sudbury
1976-7	Southend	1990-1	Sudbury
1977-8	Ipswich	1991-2	Sudbury
1978-9	Billericay	1992-3	Sudbury
1979-0	Southend	1993-4	Sudbury
1980-1	Thurrock	1994-5	Harlow
1981-2	Billericay	1995-6	Billericay
1982-3	Southend	1996-7	Harlow
1983-4	North Walsham		

**EASTERN COUNTIES BASILDON BOND CUP
WINNERS 'THE DAVID ROBINSON TROPHY'**

1997-8	Billericay
1998-9	Billericay
1999-0	North Walsham
2000-1	North Walsham
2001-2	Barking
2002-3	Barking
2003-4	Cambridge
2004-5	Cambridge
2005-6	Cambridge
2006-7	Shelford

SUB – COUNTIES CHAMPIONSHIP CHALLENGE CUP WINNERS

U21

1990	Suffolk
1991	Cambridgeshire
1992	Essex
1993	Norfolk
1994	Suffolk
1995	Norfolk
1996	Essex

U18

1995	Essex
1996	Essex
1997	Essex
1998	-

U17

1994	Essex
------	-------

U19

1990	Essex
1991	Essex
1992	Essex
1993	Essex
1994	Essex

U16

1995	Cambridgeshire
1996	Suffolk
1997	Essex
1998	-

NATIONAL COLTS PLATE

2006-7	Bury St Edmunds U19
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Vice Chairman – T.B.A.

Honorary Secretary

Matthew Short

[HonSec EasternCounties CSU@EnglandRugby-Schools.com](mailto:HonSec_EasternCounties_CSU@EnglandRugby-Schools.com)

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Toby Grieve & Ross Cowie

England Schools Rep:

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Representative on England Rugby Football Schools Union

Andrew Wilesmith – details above

Representatives on the London & SE Schools RU

Richard Duckett – details as above
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Suffolk Schools Rugby Football Union

Hon. Vice Presidents/Life Members

A. Lewin	1993
D. Bushel	1995
W. Powell	1996
J. Phillips	1997
R. Peaker	2002
R. Whittle	2004

England Schools Rugby Union Services to Schools Award

A. Lewin	1994
A. Withey	2001
R. Duckett	2015
A. Jessop	2016
R. Duckett	2019

Schools Past Presidents

JHL Muriel	1955-1957
LH Elliott	1957-1959
WJ Turpin	1959-1961
TA Hall	1961-1962
JS Redmayne	1962-1963
AC Arnold	1963-1965
JF Wass	1965-1967
EG Tweedy	1967-1969
RFP Risebro MA	1969-1971
RA Williams	1971-1973
REG Jeeps CBE	1973-1975
HP Crabtree	1975-1976
RE Law	1976-1978
JAЕ Motum	1978-1980
PL Hawley	1980-1982
JN O'Neill	1982-1983
PW Minter	1983-1985
B Williams	1985-1987
JD Baker	1987-1989
BP Borges	1989-1991
WS Rollings	1991-1993
DM Robinson	1993-1995
HR Cross	1995-1997
MS Youngman	1997-1999
M Watson	1999-

NORFOLK SCHOOLS RUGBY FOOTBALL UNION

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Hon Secretary: T. Grieves

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richmo@duckett69.freerve.co.uk

Competition Committee:

R. Grove, A. Ogle, S. Mooney and D. Keats

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Hon Secretary: Chris Mepham

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Chairman / EC Rep Graham Smith	01508 595309 07919 577 082 grahamreferee283@gmail.com
Club Liaison Officer	Via Hon. Sec
Chair. of Grading Mark Brown	93 Toftwood, Dereham NR19 1LH 01362 692948 (pref) 07887 800 917 markbrown@whostheref.com
Ed. & Qualifying Officer Vivian Hathway	253 Oulton Road, Lowestoft, NR32 4QX 01502 574259
Training Officer Mark Brown	Details as above

Suffolk & North Essex Rugby Union Referees Society Officers

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Finance Trevor White	07850 652 642 Trevor@whitcom.co.uk
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Appts. Secretary (weekends) Colin Edmond	07742 453 515 Edmond.lockkeeper@gmail.com
Appointments. Secretary (midweek) Colin Edmond	07742 45 3515 colinmarkedmond@gmail.com
Re-Appointments. Secretary Steve Tatam	07738 285 918 Steve_tatam@yahoo.co.uk
Assess & Grading Steve Tatam	07738 28 5918 Steve_tatam@yahoo.co.uk



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OR EMAIL OLIVERJACKSON@GREENEKING.CO.UK



Cambridge University and District Rugby Referees Society Officers

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