

Blue Division			
Ealing A	Finchley A	London Welsh A	Rosslyn Park A
Ruislip A	Saracens A	Teddington A	Twickenham

Round 1 - 12th November

A (hosts)	B	C	D
Twickenham	Teddington A	Ruislip A	Ealing A
Saracens A	Rosslyn Park A	Finchley A	London Welsh A

Round 2 - 10th December

A (hosts)	B	C	D
Teddington A	Ruislip A	Saracens A	London Welsh A
Rosslyn Park A	Finchley A	Twickenham	Ealing A

Round 3 - 14th January

A (hosts)	B	C	D
Ruislip A	Rosslyn Park A	Finchley A	Teddington A
London Welsh A	Ealing A	Twickenham	Saracens A

Final Round - 11th February

A (hosts)	B	C	D
1st (hosts)	2nd	3rd	4th
5th (hosts)	6th	7th	8th

Note : where a host cannot provide pitches please agree a host from within the group selected for that day but keep the A, B, C running order the same so that clubs don't end up playing each other twice.

White Division			
Bank Of England	Ealing B	Hackney Bulls	H'smith & F'ham A
Hampstead	London Scottish A	Regents Park Royals A	Rosslyn Park B
Saracens B	Teddington B	Wasps	

Round 1 - 12th November

A (hosts)	B	C	D
Bank Of England	Regents Park Royals A	Hampstead	Wasps
London Scottish A	Saracens B	Teddington B	Ealing B
H'smith & F'ham A	Hackney Bulls	Rosslyn Park B	

Round 2 - 10th December

A (hosts)	B	C	D
Hampstead	Saracens B	Teddington B	Rosslyn Park B
Regents Park Royals A	Hackney Bulls	London Scottish A	Wasps
Ealing B	Bank Of England	H'smith & F'ham A	

Round 3 - 14th January

A (hosts)	B	C	D
Hackney Bulls	Hampstead	Ealing B	Regents Park Royals A
Saracens B	Teddington B	London Scottish A	H'smith & F'ham A
Wasps	Bank Of England	Rosslyn Park B	

Final Round - 11th February

A (hosts)	B	C	D
1st (hosts)	2nd	3rd	4th
5th (hosts)	6th	7th	8th
9th (hosts)	10th	11th	

4 team meeting with 2 60m x 43m pitches available			
Time	Pitch	Teams	Ref
10:00	1	A v B	D
10:00	2	C v D	A
11:15	1	A v C	B
11:15	2	B v D	C

Note : The second kick-off time may be brought forward provided all teams get the minimum 30 minutes recovery time between games.

4 team meeting with 1 60m x 43m pitch available		
Time	Teams	Ref
10:00	A v B	D
10:35	C v D	A
11:40	A v C	B
12:15	B v D	C

Note :The delay between the second and third match must allow Team C 30 minutes recovery time. This was put in by Middlesex for the players' welfare and should not be overridden.

3 team meeting - only 1 60m x 43m pitch required		
Time	Teams	Ref
10:00	A v B	C
11:05	A v C	B
12:10	B v C	A

Note : The timings allow for the 30 minute recovery time. In the case of a match finish delayed through injury the 30 minute minimum recovery time should still be applied.

Gold Division			
Ealing C	H'smith & F'ham B	Harlequins	Kilburn Cosmos
London Scottish B	London Welsh B	Old Grammarians	Regents Park Royals B
Rosslyn Park C	Ruislip B	Teddington C	

Round 1 - 12th November

A (hosts)	B	C	D
Teddington C	Ruislip B	Old Grammarians	London Welsh B
Harlequins	Regents Park Royals B	Rosslyn Park C	London Scottish B
Ealing C	Kilburn Cosmos	H'smith & F'ham B	

Round 2 - 10th December

A (hosts)	B	C	D
Old Grammarians	Regents Park Royals B	Rosslyn Park C	H'smith & F'ham B
Ruislip B	Kilburn Cosmos	Harlequins	London Welsh B
London Scottish B	Teddington C	Ealing C	

Round 3 - 14th January

A (hosts)	B	C	D
Kilburn Cosmos	Old Grammarians	London Scottish B	Ruislip B
Regents Park Royals B	Rosslyn Park C	Harlequins	Ealing C
London Welsh B	Teddington C	H'smith & F'ham B	

Final Round - 11th February

A (hosts)	B	C	D
1st (hosts)	2nd	3rd	4th
5th (hosts)	6th	7th	8th
9th (hosts)	10th	11th	