

Blue Division			
Bank of England A	Ealing A	Hammersmith & Fulham A	Rosslyn Park A
Rosslyn Park B	Saracens A	Teddington A	Wasps A

Round 1 - 11th November

A (hosts)	B	C	D
Rosslyn Park A	Ealing A	Teddington A	Saracens A
Hammersmith & Fulham A	Bank of England A	Rosslyn Park B	Wasps A

Round 2 - 16th December

A (hosts)	B	C	D
Ealing A	Teddington A	Hammersmith & Fulham A	Wasps A
Bank of England A	Rosslyn Park B	Rosslyn Park A	Saracens A

Round 3 - 13th January

A (hosts)	B	C	D
Teddington A	Bank of England A	Rosslyn Park B	Ealing A
Wasps A	Saracens A	Rosslyn Park A	Hammersmith & Fulham A

Final Round - 10th 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			
Ealing B	Finchley	Hampstead	Harlequins
Hillingdon	London Welsh A	Old Grammarians	Regents Park
Rosslyn Park C	Staines	Teddington B	Twickenham

Round 1 - 11th November

A (hosts)	B	C	D
Finchley	Twickenham	Harlequins	Rosslyn Park C
Old Grammarians	Staines	Ealing B	Hampstead
Regents Park	London Welsh A	Hillingdon	Teddington B

Round 2 - 16th December

A (hosts)	B	C	D
Twickenham	Harlequins	Old Grammarians	Teddington B
Staines	Ealing B	Finchley	Regents Park
London Welsh A	Hillingdon	Rosslyn Park C	Hampstead

Round 3 - 13th January

A (hosts)	B	C	D
Harlequins	Hillingdon	Regents Park	Twickenham
Rosslyn Park C	Staines	Old Grammarians	London Welsh A
Ealing B	Teddington B	Finchley	Hampstead

Final Round - 10th February

A (hosts)	B	C	D
1st (hosts)	2nd	3rd	4th
5th (hosts)	6th	7th	8th
9th (hosts)	10th	11th	12th

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			
Bank of England B	Chiswick	Hackney Bulls	Hammersmith & Fulham B
Haringey Rhinos	London Welsh B	London Scottish	Harrow
Ruislip	Saracens B	Teddington C	Wasps B

Round 1 - 11th November

A (hosts)	B	C	D
Ruislip	Haringey Rhinos	Hackney Bulls	London Scottish
Chiswick	London Welsh B	Bank of England B	Saracens B
Harrow	Teddington C	Hammersmith & Fulham B	Wasps B

Round 2 - 16th December

A (hosts)	B	C	D
Haringey Rhinos	Hackney Bulls	Chiswick	Wasps B
London Welsh B	Bank of England B	Ruislip	Harrow
Teddington C	Hammersmith & Fulham B	London Scottish	Saracens B

Round 3 - 13th January

A (hosts)	B	C	D
Hackney Bulls	Hammersmith & Fulham B	Harrow	Haringey Rhinos
London Scottish	London Welsh B	Chiswick	Teddington C
Bank of England B	Wasps B	Ruislip	Saracens B

Final Round - 10th February

A (hosts)	B	C	D
1st (hosts)	2nd	3rd	4th
5th (hosts)	6th	7th	8th
9th (hosts)	10th	11th	12th