

Five Counties Women's Hockey League

FOUNDED 1988

Essex

Bucks

Cambs

Herts

Beds

HANDBOOK
2010/2011

www.5counties.co.uk

Management Committee

Chair:

Alyson Lord
42 Wilstone Drive
ST ALBANS
Herts AL4 9TT
Tel: 01727 834169
Mob: 07703 491245

Secretary:

Treasurer:

Dan Heydon
137 St Neots Road
Sandy
Herts SG19 1BP
Tel: 07800 532082
E Mail: daniel.heydon@asg.com

Results Secretary:

Umpires Secretary:

Sue Owen
14 Angotts Mead
STEVENAGE
Herts SG1 2NJ
Tel: 01438 221549
Mob: 07759 526247
E Mail: sue.owen@ntlworld.com

Dan Heydon
(as *Treasurer* above)

Committee Members:

Premier – Division 3

PREMIER DIVISION

1. Tring 1
2. West Herts 2
3. Royston 1
4. St Albans 2
5. Broxbourne 2
6. Leighton Buzzard 1
7. Bedford 2
8. Bishops Stortford 2
9. Letchworth 2
10. Luton 1

DIVISION TWO

1. Letchworth 3
2. West Herts 3
3. Royston 2
4. Welwyn 2
5. Hertford 2
6. Tring 2
7. Bedford 3
8. Harpenden 2
9. Broxbourne 3
10. Chess Valley 1

DIVISION ONE

1. Shefford & Sandy 2
2. Vauxhall Chiltern 1
3. Stevenage 2
4. St Neots 2
5. Shefford & Sandy 3
6. Saffron Walden 2
7. Cheshunt 1
8. Luton 2
9. Aylesbury 2
10. Bishops Stortford 3

DIVISION THREE

1. St Albans 3
2. Vauxhall Chiltern 2
3. Leighton Buzzard 2
4. St Neots 3
5. St Albans 4
6. Potters Bar 2
7. Queenswood 1
8. Berkhamsted & Hemel 1
9. Blueharts 2
10. Bishops Stortford 4

Division's Four – Seven

DIVISION FOUR

1. Hertford 3
2. Stevenage 3
3. Harpenden 3
4. St Albans 5
5. Broxbourne 5
6. Saffron Walden 3
7. Welwyn 3
8. Leighton Buzzard 3
9. Enigma
10. Broxbourne 4

DIVISION SIX

1. Saffron Walden 5
2. Spare
3. Royston 3
4. Bedford 4
5. Letchworth 4
6. Leighton Buzzard 4
7. Cheshunt 2
8. Allenburys
9. Rothamsted
10. Spare

DIVISION FIVE

1. Saffron Walden 4
2. Shefford & Sandy 4
3. Luton 3
4. Welwyn 4
5. West Herts 4
6. Tring 3
7. Queenswood 2
8. Stevenage 4
9. Blueharts 3
10. Chess Valley 2

DIVISION SEVEN

1. Saffron Walden 6
2. Stevenage 5
3. Hertford 4
4. Bedford 5
5. Tring 4
6. Potters Bar 3
7. Broxbourne 6
8. Milton Keynes
9. Spare
10. Spare

Fixture Dates 2010/2011

Please see web site for full fixture list

2009

	Week
25-Sep	1
02-Oct	2
09-Oct	3
16-Oct	4
23-Oct	Half Term
30-Oct	Half Term
06-Nov	5
13-Nov	6
20-Nov	7
27-Nov	8
05-Dec	9
11-Dec	10

2010

08-Jan	11
15-Jan	12
22-Jan	13
29-Jan	14
05-Feb	15
12-Feb	16
19-Feb	Half Term
26-Feb	Half Term
05-Mar	17
12-Mar	18
19-Mar	slip
26-Mar	slip



Directory of Clubs

ALLENBURYS

Harris Lane, Ware, Herts. Tel: 01920 882189

Artificial Pitch: Wodson Park Sports Centre, Wadesmill Road, Ware. Tel: 01920 487091.

League Rep: Janet Readitt
Mob: 07939215087
E Mail: jamnet@aol.com

Fixture Secretary: As above.

Club Colours: Blue Shirts, blue socks, blue skirts.

Change Strip: White Shirts

DIRECTIONS TO PITCH – From the A10, Ware/Stevenage A602 junction. From the north exit A10 towards Ware. Wodson Park is the first turning on the left. **From the South** exit A10 and turn right at the roundabout towards Ware. At the bottom of the hill go straight across mini roundabout, then left at large roundabout, follow road to top of hill and Wodson Park is on the right.

TO CLUBHOUSE: From Wodson Park - turn left towards Ware. At the large roundabout at the bottom of the hill, take the second exit (right) then the left hand fork at the mini roundabout at the Worpell public house (Park Road). Follow to the crossroad and turn left into Harris's Lane. The entrance to Allenbury's Sports & Social Club is on the right, immediately before the left hand bend in the road.

AYLESBURY

Aylesbury Tennis & Squash Club, Wendover Road, Aylesbury, Bucks.

Artificial Pitch: Meadowcroft, Aylesbury.

League Rep: Carla Jackson

E Mail: carlajackson24@hotmail.co.uk

Fixtures Secretary: Gillian Nord

Tel. 01296 483157

E Mail: gilliannord@tesco.net

Captain: Kimberley Yeo

Mob: 07908 459538

Club Colours: Club Colours: Red shirts with black trim, Black Skirts, red socks.

Change Strip: White Shirts with red trim, Black skirts, black socks.

DIRECTIONS TO PITCH – From the West, enter Aylesbury on the A41, turn left at the 3rd roundabout onto Meadowcroft (before the MacDonalds/Chiquitos roundabout). The pitch is on the left hand side after about 1/2 mile.

From other directions – Head out of Aylesbury on the A41 towards Bicester, after MacDonalds/Chiquitos roundabout, take the right turn at the next roundabout onto Meadowcroft. The pitch is on the left hand side after about 1/2 mile.

TO CLUBHOUSE – From the South, entering Aylesbury on the A413, head towards the town centre. Go straight over the first roundabout and the clubhouse is on the right hand side where the speed limit changes from 40 to 30mph.

From Other directions – Head out of town towards Wendover/ Amersham on A413. After going straight over at mini roundabout, the clubhouse is on the left hand side where the speed limit changes from 30 to 40mph.

BEDFORD

The Bedford Hockey Centre, Chester Road, Bedford

Tel: 01234 211151

Artificial Pitch: As above.

League Rep: Pauline Woodthorpe

Tel: 01234 720028

Mob: 07930 356514

E Mail: ladiesteams@bedfordhockeyclub.com

Fixture Secretary: Jo Gilmour

Mob: 07808 078174

E Mail jo.gilmour@gmail.com

Club Colours: Maroon/White Sleeved Shirts, Navy Skirts,
Maroon+white hooped socks.

Change Strip: white shirts, Navy Skirts, Maroon+white hooped
socks.

DIRECTIONS TO PITCH - From M1, Jn 13 signposted to Bedford A421. (Note: Major roadworks along this route so exact location or roundabouts & traffic lights subject to change.) Stay on A421 then follow A6 signs to Bedford town centre until you reach a roundabout with Southwing Hospital on left, turn left at roundabout and at traffic lights at the end of this road turn right. At next set of traffic lights (immediately after going over railway line) turn left over the river along Prebend Street. * At next roundabout turn left into Ford End Road (over bridge), *follow road round sharp right hand bend, and go straight over next roundabout. Turn 3rd right into Chester Road, (Hockey Centre is signposted) and at the end of this road turn left and follow road into car park.

From A1 - Leave A1 at Sandy and follow the A603 to Bedford, going straight on at all roundabouts until you've passed Tesco's on the right. At the next roundabout turn left into Rope Walk, at the next roundabout take 3rd exit into Kingsway (towards County Hall), bear left keeping County Hall on your right, at the traffic lights turn right along Prebend Street (over river). Then follow directions from * above.

BERKHAMSTED & HEMEL HEMPSTEAD

Lockharts Field, The Cow Roast, Northchurch, Berkhamsted, Herts.
Tel: 01442 822478 E-mail: bhhhc@hotmail.com

Artificial Pitch: Tring School and Sports Centre, Mortimer Hill, Tring.
Tel: 01442 822353.and Meadowcroft, Aylesbury

League Rep: Helen Savage
Tel: 01442 824320
Mob: 07930 422053
E Mail: Highwaysavages@aol.com

Fixture Secretary: Debbie Potten
Tel: 01442 259875.
Mob: 07768 163372
E Mail: tony@longdean.freemove.co.uk

Club Colours: White Shirts Red + Blue trim, Navy Skirts, Red Socks.

Change Strip: Red Shirts, Navy Skirts, White Socks.

DIRECTIONS: TO GRASS PITCHES AND CLUBHOUSE:

Lockharts Field, The Cow Roast is about two miles north-west of Berkhamstead centre traffic lights on the A4125 (old A41) road to Tring. If you are coming from London on the new A41 go past the Berkhamstead/Chesham turns and take the Tring/Wiggington turn. Go back on the A4125 toward Berkhamstead/North Church. At the Cow Roast turn right up a track next to the car park entrance to the Cow Roast Pub.

TO ARTIFICIAL PITCH: As above take the Tring/Wiggington turn off the A41, but follow Tring centre B4635, turn right at mini roundabout (Robin Hood Pub), then immediately right into Mortimer Hill, centre is 300 yds on left.. (TEAS: At Clubhouse - 5 mins by car).

To Meadowcroft (Aylesbury) Leave M25 at Junc 20 and at roundabout take A41 to Aylesbury. Follow A41 to Aylesbury and turn right at the 'Adams' garage onto the ring road towards Bicester. Go straight over the 1st two roundabouts and at 3rd turn right towards Bicester. After McDonalds on left (after Mercedes and several other car dealers) take the next right into Meadowcroft. Pitch is 600 yds on left.

BISHOPS STORTFORD

Cricketfield Lane, Bishops Stortford Tel: 01279 654463

Artificial Pitch: Hockerill Anglo-European School, Dunmow Road, Bishops Stortford, Tel: 01279 658451.

League Rep: As Fixture Secretary

Fixture Secretary: Teresa Stickland

E Mail: teresa.stickland@sky.com

Club Colours: Royal Blue/White Shirts, Blue Skirts, Red Socks.

Change Strip: Yellow Shirts, Blue Skirts, Yellow Socks.

DIRECTIONS TO PITCH: *From West, A120* – At large roundabout with Tesco's on right, go straight over towards Bishops Stortford, go past Fire Station and Rugby Club (on left), follow road round to the right (passes Cricketfield Lane on left where Clubhouse is situated), now in Hadham Road (A1250), turn right into Causeway Link Road and left into The Causeway, follow the road to traffic lights and go straight over into Dunmow Road, Hockerill School is along this road on left (about 150 yds).

From M11 Jn 8 – Take the A120 to Puckeridge/Bishops Stortford; at next roundabout turn left to town centre; next roundabout go straight across; next (mini) roundabout go straight across; Hockerill school is 100 yards on the right; take 2nd entrance to school, park and walk to rear of school following signs for the astro. (Note: If you hit the traffic lights with the 'Cock Pub' on the right you have gone too far).

TO CLUBHOUSE AND GRASS PITCHES: See directions 'From East – A120' - reverse directions when going from Hockerill School. (Teas: At Clubhouse - 5-10 mins by car).

BLUEHERTS

Lucas Lane, Hitchin, SG5 2J

Artificial Pitch: Hitchin Boys School, Grammer School Walk, Hitchin SG5 1JB

League Rep: Tamzin Wright

Mob: 07789 225277

E Mail: tamzinalderson@yahoo.co.uk

Fixture Secretary: Lizzie Bayley Tel:01462 713198

Mob:07967 167507

E Mail: lizzie.Bayley@shanks.co.uk

Club Colours: Blue Shirts with Gold Cuffs and Collars Blue Socks and Skirts.

Change Strip - Gold shirts with blue cuffs and collars Gold socks and blue skirts.

DIRECTIONS: To artificial pitch - Drive round the town's main one-way system and as you pass Waitrose on the right pull into the left hand lane. After the car park and pelican crossing take a left down Grammar School Walk. Drive ahead until you reach the school gates. Go through the gates and straight ahead down the side of the school building. After the left turn at the end it opens out into a car park. The pitch is found by walking towards the grass pitches and turning right.

To Clubhouse: Follow signs for Bedford round the town's main one-way system and when you reach the traffic lights by the large expanse of grass (known as Butts Close) take a left up Oughtonhead Way. Take 2nd left up Bedford Street and then follow the road all the way up the hill until you reach iron gates. Go ahead through the gates and over the sleeping policeman to find the clubhouse and car park.

BROXBOURNE

Broxbourne Sports Club, Mill Lane Close, Mill Lane, Broxbourne. Tel:
01992 466901

Artificial Pitch: As Above.and 2) John Warner School, Hoddesdon

League Rep: Fiona Copley

Tel: 01920 469944

Mob: 07889 289883

E Mail: fiona.copley@btinternet.com

Fixture Secretary: Marilyn Botheras

Mob: 07841 160479

E Mail: marilynbotheras@hotmail.com

Club Colours: Light Blue Shirts, Navy Skirts, Light Blue with Pink
Top socks.

Change Strip: Raspberry Shirts, Navy Skirts and Raspberry and
Navy Hooped Socks.

DIRECTIONS TO CLUBHOUSE AND ARTIFICIAL PITCH:

From the North: Off A10 at Hoddesdon turn-off, straight over Sun roundabout, at next roundabout turn right, next roundabout straight over, over lights by church, over mini roundabout, over two sets of lights, over lights at crossroads, at White Bear pub turn left into Mill Lane, 1st right into Mill Lane Close, Club at the end. **From South (M25):** Off A10 at Turnford turn-off, at New River Arms roundabout turn left, follow A1170 over 2 sets of lights, over mini roundabout, over 2 sets of lights, over mini roundabout, over lights, at Station Road lights turn right (filter lane with block of flats ahead), 2nd right into Churchfields, pass church, right into Mill Lane, left before Methodist Church into Mill Lane Close, Club at the end.

Directions to John Warner: Take A10 to Hoddesdon Junction. Follow dual carriageway to next roundabout. At Sun Pub roundabout turn left. At next roundabout (petrol station on left) turn right into Duke Street. Take left fork into Stanstead Road (B180). Go over roundabout and after about half mile you come to John Warner school on right. Take first entrance, park in car park, walk to pitch at rear. **Directions to Wodson Park: see under Allenburys.**

CHESHUNT

The Cheshunt Club, Albury Ride, Cheshunt Tel: 01992 623920

Artificial Pitch: Turnford School, Mill Lane, Cheshunt, EN8 0JU

League Rep: Melanie Crawshaw

Tel: 01279 507460 Mob: 07788 637870

E Mail: mel.crawshaw@hotmail.co.uk

Fixture Secretary: As Above

Club Secretary (all correspondence): Mark Tate

Tel: 01707 875543

E mail: mtate@tinyworld.co.uk

Team Captains (for Confirmation):

1st XI - Jackie O'Sullivan

E Mail: jax46uk@yahoo.com

2nd XI - Tess Mills

E Mail: tj38mill@blueyonder.co.uk

Club Colours: White Shirts, Blue Skirts, Red Socks.

Change Strip: Navy Blue Shirts, Blue Skirts, Navy Blue Socks.

DIRECTIONS TO ARTIFICIAL PITCH: *From M25* - south take the A10 northbound at junction 25 (first exit). Proceed over one roundabout and through 2 lots of junction lights. Take the exit A1170 Broxbourne. Follow down to roundabout and take B176 Turnford. Proceed 0.8 miles along the High Road, going over one roundabout. At the Old Anchor Pub, turn left into Mill Lane. The school is at the end of Mill Lane on the right.

From the North (A10) take the exit A1170 Broxbourne and follow instructions above

TO CLUBHOUSE: M25 exit J25 (A10) towards Hertford, turn right at College Road lights, at roundabout with fountain in the middle turn right into Cheshunt High Street, turn right into Albury Ride (Roman Urn Pub on the corner), Clubhouse is at the end of the road.

CHESH VALLEY

Rickmansworth Sports Club, Park Road, Rickmansworth Tel: 01923 445040

Web: www.rickyhockey.co.uk

Artificial Pitch: St Clement Danes School, Chorleywood

League Rep: as below

Fixture Secretary: Gavin Toms

Tel: 07971 014733

E Mail: gavtoms@hotmail.com

Club Colours: Maroon & Gold Shirts, Black Skirts, Gold Socks.

Change Strip: Light Blue Shirts, Black Skirts, Gold Socks.

DIRECTIONS TO CLUBHOUSE AND GRASS PITCHES:

M25 Jn 18 - follow Chorleywood Road into Rickmansworth, at roundabout turn left, at next roundabout bear left and ground is just past the church on the left.

TO ARTIFICIAL PITCH: St Clement Danes School - M25, junction 18, - head north on A404 towards Amersham and Little Chalfont, the school is about 2 miles on the left.

VAUXHALL CHILTERN

Artificial Pitch: Vauxhall's Brache Arena, Gypsy Lane, Luton
Tel: 01582 418860

Artificial Pitch: As above and 2)Dunstable Leisure Centre Court Drive Dunstable LU5 4JD Tel: 01582 608107

League Rep: As below

Fixture Secretary: Lorraine Roberts

Tel: 01582 495279

Mob: 07746 686252

E Mail: loraine.roberts@beds.ac.uk OR loopiter@gmail.com

Club Colours: Primrose yellow Shirts, Navy Skirts, Navy & Yellow hooped socks.

Change Strip: White Shirts, Navy Skirts, White Socks.

Teas are served in the main bar by the car park. If you do not require teas please let the fixture secretary (above) know at least 48 hours beforehand.

DIRECTIONS TO ARTIFICIAL PITCH (1) From M1 Jn 10, come to Jn 10A on the slip road (2nd exit from this round-a-bout).

Continue along dual-carriageway and turn left at lights at bottom of hill into Gypsy Lane. Take first left into Vauxhall Recreation Centre. Park in main car park and walk through to the pitch at the Brache Arena, following small road under the barrier & turn right over the bridge.

Please NB: The pitch is a good 5 minute walk from the car park so please arrive in plenty of time to allow for this. Goalkeepers may ask at reception for barrier to be raised to transport kit. Changing Rooms are adjacent to the pitch.

From Hitchin – Follow A505 towards M1 and follow Brown 'Luton Hoo' signs into Gypsy Lane then as above.

From Bedford – Follow A6 signs (past grass pitches) and A6 Town Centre signs, then A1081 St Albans signs around town centre to Gypsy Lane, then as above (Brache stadium on right)

DIRECTIONS PITCH (2)From Luton, M1 junction 11, follow A505 towards Dunstable town centre, passing Macdonalds/Sainsbury's on the right and Wicks on the left. Continue under railway bridge for

approx 400 yards and take 1st right into Kingsway (Norman King pub on corner). Continue over mini round-a-bout past Dunstable College, road bends round to left and Dunstable Leisure Centre is on the right. There is a small charge for parking. Take a ticket on Saturday's as there are unforgiving traffic wardens about - sorry!

ENIGMA

Tattenhoe Pavilion, Holborn Crescent, Tattenhoe, Milton Keynes
MK4 3EQ E Mail: <http://www.enigmahockey.com>

Artificial Pitch: As above

League Rep & Fixture Sec: Jayne Jones

Tel: (H) 01908 662772

Mob: 07740 067 356

Email: jayne.jones@daimlerchrysler.co.uk

Club Colours: Colours: Jade shirts, black skirts, black socks

Change: White Shirts, Black Skirts, White Socks

DIRECTIONS TO ARTIFICIAL PITCH:

From M1 J 13 Follow A421 into Milton Keynes. Becomes H8 Standing Way. Follow H8 heading west across city. Cross 11 roundabouts. At ç turn right onto V1 Snelshall Street. Take 2nd right into Holborn Crescent. Straight over 1st roundabout and left at 2nd roundabout into Tattenhoe Pavilion entrance

From M1 J 14 Follow H6 Childs Way heading west across city. Cross 13 roundabouts. At Whitney Roundabout turn left onto V1 Snelshall Street. Straight over Kingsmead Roundabout and follow V1 taking 1st left into Holborn Crescent. Straight over 1st roundabout and left at 2nd roundabout into Tattenhoe Pavilion entrance

Travelling from Buckingham on the A421 into Milton Keynes, Straight on at Bottle Dump Roundabout and continue along H8 Standing Way. Turn left at Tattenhoe roundabout and take 2nd right into Holborn Crescent. Straight over 1st roundabout and left at 2nd roundabout into Tattenhoe Pavilion entrance

HARPENDEN

Harpenden Cricket Club Pavilion, The Common, Harpenden.
Tel: 01582 763620

Artificial Pitch: University of Hertfordshire, De Havilland Campus, Hatfield Business Park, Hatfield, Herts, AL10 9EU.

League Rep: Rosemary White

Tel: 01582 834682.

E Mail: ra.white@ntlworld.com

Fixture Secretary: Julie Rees

Tel: 01582 613550

Mob: 07763 320287

E-mail: jrees@hotmail.com. or julie.rees@harpenden.gov.uk

Club Colours: White Shirts with Navy side panel, navy skirts, navy socks.

Change Strip: Navy Shirts, Navy Skirts, White Socks.

DIRECTIONS TO ARTIFICIAL PITCH: See directions under Welwyn Garden City HC. Also via www.hertssportsvillage.co.uk

HERTFORD

Balls Park, Mangrove Road, Hertford SG13 8QF Tel: 01992 581983

Artificial Pitch: As above.

League Rep: Claire Rollins

Tel: 01992 423602.

E Mail: rollins@ntlworld.com

Fixture Secretary: Nick Hoyle

Tel:01992 550336

Mob: 07765 241352

E Mail: nick-hoyle@hotmail.co.uk

Club Colours: Turquoise, navy and yellow trim shirts, navy skirts, navy and yellow socks.

Change Strip: Red Shirts, Blue Skirts, Red Socks.

DIRECTIONS TO CLUB AND ARTIFICIAL PITCH: From A10 -

Take Hertford exit (A414) follow along short length of dual carriageway and at next roundabout take second exit. Dual carriageway immediately drops downhill. After a few hundred yards take slip road on left signposted Balls Park. Bear round to left into Mangrove Road, go past Simon Balle School, to find club on left after 100 yards.

From West: follow A414 through Hertford (dual carriageway with several roundabouts). Pass large church on right and at next roundabout take third exit signposted A414 Harlow. Keep in right hand lane and half way up hill take slip road on right signposted Balls Park. Cross carriageway into Mangrove Road, then as above.

LEIGHTON BUZZARD

Leighton Buzzard Working Men's Club, Grovebury Road, Leighton Buzzard, LU7 4SL

Tel: 01525 372258 *(No Correspondence to this address)*

Artificial Pitch: (1) Van Dyke Upper School, Van Dyke Road, Leighton Buzzard (2) Leon School, Fern Grove, Bletchley, MK2 3HQ

League Rep: Andrea Cook, Mob:07990857497

E Mail: Andrea.Cook78@gmail.com

and Sharon Avola

E Mail: sharon.avola@ntlworld.com

Fixture Secretary: Gemma Jones

Mob: 07809 829052

E Mail: gemmajones@lifesearch.co.uk

and Sarah Ayres

E Mail: Sarahj davidson@hotmail.co.uk

Club Colours: Gold Shirts, Black Skirts, Gold Socks/Black Tops.

Change Strip: White Shirts

DIRECTIONS TO ARTIFICIAL PITCHES: (1) - Follow A5 northbound to Hockcliff and turn left at the traffic lights onto A4012. Follow road into Leighton Buzzard and turn right into Appenine Way. Take 5th right into Meadway. At mini roundabout turn right into Van Dyke Road. School is on the right. **(2)** Will be supplied on confirmation of fixture.

LETCHWORTH

Whitethorn Lane, Letchworth, Herts Tel: 01462 684530

Artificial Pitch: As above.

League Rep: Lesley Saunders. Tel:01462 452096
E Mail: Isaunders@wkhca.co.uk

Fixture Secretary: Anna Pollard
Mob: 07979 833386
E Mail: annapollard80@hotmail.com

Club Colours: Green Shirts, Navy Skirts, Yellow Socks.

Change Strip: White Shirts, Navy Skirts, Navy Socks.

DIRECTIONS TO CLUB: From A1(M) - Leave A1 at Jn 9 (A6141) and follow signs to town centre, after passing Ambulance Station and Shell Garage turn left into Howard Drive, take 3rd turning on right into Whitethorn Lane, driveway to club is about 50 yds on the left.

From A505 (north) – follow signs to Letchworth passing Leisure Centre and Letchworth Football Club, go straight over roundabout passing Church (on right), at traffic lights turn left into Willian Way, continue along road and take 1st left into Whitethorn Lane, driveway to club is about 50 yds on the right **From A505 (south)** – follow signs for Letchworth from Hitchin passing Harkness Roses (on left), continue on to set of traffic lights, turn right into Willian Way, take 1st left into Whitethorn Lane, driveway to club is about 50 yds on the right.

LUTON TOWN

Wardown Park, Old Bedford Road, Luton LU2 7HA

Tel: 01582 727855 Website: www.lutonhockey.com

Artificial Pitch: Lea Manor Recreation Centre, Northwell Drive, Luton. Tel: 01582 599888.

League Rep: As below.

Fixture Secretary: Tricia Murphy:

Tel: 01525 754241

Mob: 07711 511729

E-mail: tricia.murphy5@ntlworld.com

Club Colours: Red Shirts, Black Skirts, Red Socks.

Change Strip: White Shirts, Black Skirts, White Socks.

DIRECTIONS TO ARTIFICIAL PITCH: **From M1** J11 – exit to roundabout, turn right towards Luton. Take first left into Stoneygate Road to roundabout, turn left into Oakley Road, follow road to traffic lights at T junction and turn right, continue through a set of traffic lights under a bridge to a roundabout, go straight across into Bramingham Road, follow road over a roundabout and at the next roundabout turn left into Northwell Drive. The Sports Centre is by the 2nd roundabout. **From Hitchin** – follow A505 into Luton - go over two roundabouts up a small hill to a 3rd roundabout and turn right into Stockingstone Road. Follow this road down a sharp hill through traffic lights* to a roundabout, turn right (signed Bedford A6). At 2nd roundabout (garage on left) turn left into Grasmere Road, at end turn left into Icknield Way. Go up a small hill bearing right at roundabout into Northwell Drive.

TO GRASS PITCH AND CLUBHOUSE: Wardown Park - **From M1** J10 - exit along M1 spur road to roundabout and turn left towards Luton Town Centre. Go over traffic lights, down a long hill, over next lights to a roundabout and turn left onto dual carriageway. Go across traffic lights to roundabout and turn right, at the next roundabout turn left into New Bedford Road (A6). Follow A6 to a roundabout and turn right into Stockingstone Road, at traffic lights turn right and then take 1st right into the Clubhouse, parking is through the archway. **From Hitchin** – Follow directions as above to

point * - at these traffic lights turn left into Old Bedford Road, 1st right into Clubhouse. Parking through the archway.

MILTON KEYNES

Milton Keynes Sports Club, The Pavilion, Newport Road, Woughton
on the Green, Milton Keynes, MK6 3EA Tel: 01908 665337
(clubhouse)

Artificial Pitch: as above

League Rep: Lizanne Muller

Mob: 07736731249

E Mail: chair@mklhc.co.uk

Fixture Secretary: Sue Parady

Mob: 07974 352664

E Mail: fixtures@mklhc.co.uk

Club Colours: Maroon Shirts, Maroon Skirts, Maroon socks

Change Strip: White Shirt, Maroon Skirts, White socks

DIRECTIONS: From M1, Junction 14: Follow signs for Milton Keynes, taking A509 to first roundabout (Northfield roundabout). Take first left A5130 signposted to Woburn Sands for two miles. At next roundabout (Kingston roundabout) with BP garage on left, take fourth exit onto Standing Way (H8). Go straight over the next two roundabouts (Brinklow roundabout and Kents Hill roundabout) and then left into Newport Road, signposted Woughton Park. Take first right and follow the road under Standing Way H8 and then first right again, signposted Woughton Playing Fields.

From M1, Junction 13: Follow signs for Milton Keynes, taking A421 for 3 1/2 miles to the Kingston roundabout. Take third exit onto Standing Way (H8). Go straight over the next two

roundabouts (Brinklow roundabout and Kents Hill roundabout) and then left into Newport Road, signposted Woughton Park Take first right and follow the road under Standing Way H8 and then first right again, signposted Woughton Playing Fields.

From the west (A421 from Buckingham): Go straight over all roundabouts in MK, staying on A421. Eventually come the to hospital roundabout: go straight over this one (staying on A421). Then at next double roundabout, also stay on A421 (signed M1). Then take first left turn, signed Woughton on the Green, then immediately right, signed to Woughton Playing Fields, then 2nd left (just before the bridge) into the carparks.

QUEENSWOOD

Shepherds Way, Brookmans Park, Hatfield, Herts, AL9 6NS. Tel :
01707 602500

Artificial Pitch: as above

League Rep: Jo Wakeley

Tel:01707 602616 Mob: 07748 328545

E Mail:. jo.wakely@queenswood.org

Fixture Secretary: Catharine Sluter

Tel: 01707 602524 Mob: 07824 834196

E Mail: catharine.sluter@queenswood.org

Club Colours: Pink Shirts, Black Skirts, Purple Socks

Change Strip: White Shirts, Black Skirts, White Socks

DIRECTIONS: From North. A1M southbound, exit junction 3 (by Hatfield tunnel) take the 1st exit onto A1000 signed towards Brookmans Park. Continue along the A1000 and you will eventually reach some traffic lights, at the junction with Shepherd's Way. (also signposted to the School) Turn left into Shepherds Way* and at the

top of the hill turn right into the Queenswood Tennis and Hockey centre.

From South. M25 junction 24. Take the A111 Southgate Road towards Potters Bar. At the traffic lights turn right into the High Street. At end of the High Street bear left at the traffic lights onto A1000 Hatfield Road. (which becomes the Great North Road). Continue along the A1000 and you will eventually reach some traffic lights, at the junction with Shepherd's Way. (also signposted to the School) Turn right into Shepherds Way and follow as * above

ROTHAMSTED

Rothamsted Experimental Station, Harpenden

Artificial Pitch: Dunstable Leisure Centre, Court Drive, Dunstable, LU5 4JD

Fixture Secretary: Sue Beasley

Tel: 01582 715858

Mob: 07966 787303

E Mail: rotho@suebeasley.co.uk

League Rep:As fixture secretary.

Club Colours: Black shirts orange trim, Green Shorts, Green and Navy Hooped Socks.

Change Strip: White Shirts Green Shorts, Green/White Socks

TO ARTIFICIAL PITCH: From the M1: At Junction 9, take the A5183 north to Dunstable for approx 8 miles. Straight over traffic lights at the crossroads with the A505. At the next traffic lights (after 2 pandas crossings) turn right, signed Dunstable Leisure Centre.. Continue on, go straight over a roundabout and a panda crossing, tuirn left into Leisure Centre car park (currently signed'Sales Office'). continue on to far end of the bowling car park which is nearest pitch

From M1 J10: see directions under Vauxhall Chiltern

ROYSTON

Heath Sports Club, Baldock Road, Royston, Tel: 01763 243613

Artificial Pitch: (1) Bassingbourn Army Training Barracks. (2) Meridian School, Garden Walk, Royston, SG8 7JH (3G)

League Rep: As below

Fixture Secretary: Sarah Farmer. Tel : 01763 247309

Mob: 07802 667134

E Mail: fixtures@roystonhockey.co.uk

Club Colours: Black Shirts, Black Skirts, Black/ white Socks.

Change Strip: White Shirts, Black Skirts, White Socks.

Directions To Club house and Grass Pitches:

ALL Teams must go to the Club house first where they will be taken to the Astro. Team sheets will need to be handed in on arrival at the Barracks

From A505 - at roundabout by Little Chef go along Baldock Road towards Royston town centre, Clubhouse and grass pitches are about a mile along the road on the right.

TO ARTIFICIAL PITCH (1): From A505 straight over at Little Chef roundabout. At next roundabout (Tesco's on right) go left onto A1198 after approx 2.5 miles go straight over mini roundabout and entrance to Barracks is approx. 1/2 mile on left.

PLEASE NOTE **ALL PLAYERS & OFFICIALS** WILL REQUIRE SOME FORM OF IDENTIFICATION (eg. Drivers licence, passport) TO ENTER THE BARRACKS. THERE ARE NO TOILET OR CHANGING FACILITIES AT THE ASTRO.

Changing and Teas are back at the clubhouse in Royston.

To Artificial Pitch (2):

Travelling from the South: Drive into Royston on the A10. Go straight over the 1st roundabout, Go straight over the 2nd roundabout. Approx. 100 metres turn right into Garden Walk, The school is at the

bottom of the road.

Travelling from the West. Take the A505 to Royston. Take the 1st exit on the Little Chef roundabout. Take the 2nd exit on the Tesco roundabout. At the next roundabout take the 3rd exit - Sign posted A10 to London, Melbourn Road. Straight over the next roundabout, Garden Walk is the 2nd turning on the left.

SAFFRON WALDEN

Newport Grammer School, Bury Water Lane, Newport, Nr Saffron Walden, Essex Tel: 01799 540237

Artificial Pitch: As above.

League Rep: Christine Price.

Tel: 01799 522228.

E Mail: christineprice555@hotmail.co.uk

Fixture Secretary: Robert Doust

Tel: 07887 645 726

E Mail: robertdoust@hotmail.com

Club Colours: Purple Shirts, Navy Skirts, Amber Socks.

Change Strip: White Shirts

DIRECTIONS TO ARTIFICIAL PITCH: *From M11 North* - Leave J10 (Duxford), follow signposts for A505 Newmarket and Haverhill for approx 2 miles. Come to a roundabout (BP garage on right) and take the last exit (A1301) to Stumps Cross and Saffron Walden. Follow along to 4th roundabout and take the B1383 to Newport and Bishops Stortford (passing Audley End House on left). When entering Newport pass the Coach & Horses Pub on left, go under a railway bridge and immediately turn right into Bury Water Lane. Follow the lane and take 1st turning right into school grounds. Follow track to Astro pitch behind school.

From M11 South - Leave J8 (Bishops Stortford) at roundabout take the 2nd exit A120 Hertford & Ware, at the next roundabout go straight on and at the next roundabout take the 3rd exit (B1383) to Stansted Mountfitchet, Newport & Saffron Walden. When entering Newport pass 2 pubs, Hercules and White Horse, on the right, and

about 600yds after that you will see Newport Free Grammer School on the left, turn left into Bury Water Lane and 1st right into school grounds, follow track round to the back of the school for the pitch.

SHEFFORD AND SANDY

Medusa Way, Sandy

Artificial Pitch: Sandy Upper School, Medusa Way, Sandy 01767 681872/680892.

League Rep: Club Captain, Julie Barnes

Tel: 01767 318413

Mob: 07793 018329

Fixture Secretary: Mrs Diane Tipper,

Tel: 01767 261625.

Mob: 07899 844280

E Mail: diane@claremont99.plus.com

Club Colours: Black Shirts (green sleeves), Black Skirts, Black/Green Socks.

Change Strip: White Shirts, Black Skirts, White Socks.

DIRECTIONS TO ARTIFICIAL PITCH: *From A1* - Leave motorway at roundabout Jn with A603 if north bound turn right at this roundabout, if south bound turn left (this takes you into Bedford Road but do not head towards Bedford), at next roundabout turn left into St Neots Road, take 7th turning right into Engayne Avenue, and 2nd left into Medusa Way, School and pitch on right.

POTTERS BAR

The Walk, Potters Bar

Artificial Pitch: Dame Alice Owen School, Dugdale Hill Lane, Potters Bar, Herts. Tel: 01707 643441.

League Rep: Vanessa Porter
Tel: 020 8447 0467
Mob: 07786 081912
E Mail: nessnoo77@hotmail.com

Fixture Secretary: Jenny Milne,
Tel: 01438 813189.

Club Colours: Black Shirts, Red Skirts, Black Socks.

Change Strip: White Shirts, Red Skirts, White Socks.

TO ARTIFICIAL PITCH: *From A111/M25* exit Jn 24, signposted to Potters Bar. At main lights go straight on, over next two set of lights, after approx. quarter of a mile, turn left into Dugdale Hill Lane. Follow the road all the way up to reach the school. *From A1/M25* exit Jn 23, take South Mimms services exit bearing immediately left in front of AA building. At roundabout turn left to Potters Bar, turn right at roundabout. Pass Furzefield Sports Centre on left, over mini roundabout, turn right into Dugdale Hill Lane.

DIRECTIONS TO CLUBHOUSE: *From A111/M25* exit Jn 24, signposted to Potters Bar. Turn right at main traffic lights then left after BP garage into The Walk. Clubhouse approx. 200 yards on left. *From A1/M25* exit Jn 23, as above, but continue past Dugdale Hill Lane, left at traffic lights, under rail bridge and turn right into The Walk opposite railway station.

St ALBANS

Clarence Park, Clarence Road, St Albans

Artificial Pitch: (1) As above. (2) Queenswood School, Hatfield

League Rep: Alyson Lord,

Tel: 01727 834169.

Mob: 07703 491245

E-mail: ajlord60@hotmail.com.

Fixture Secretary: As above.

Confirmation: As League Rep above.

Club Colours: Tangerine Shirts, Navy Skirts and Tangerine Socks.

Change Strip: White Shirts, Navy Skirts, White Socks.

DIRECTIONS TO CLUB: From M1 Jn 6A + M25 Jn 21A signposted St Albans A405, follow signs for St Albans, at Noke roundabout (Noke Hotel on left) take 2nd exit, next roundabout go straight, next roundabout take 3rd exit (A405), after about 3/4 mile take 1st left signposted Sopwell, take left turn into Napsbury Lane, at mini roundabout go right under railway bridge, follow road to Mile House Traffic Lights, take a right turn onto 1081, at 1st set of lights take 1st left into Drakes Drive, at mini roundabout go straight into Ashley Road, at junction with Hatfield Road take immediate left exit, at 1st roundabout go straight, go through pedestrian lights, after 1/4 mile turn right at traffic lights into Clarence Road (Crown Pub on left), entry to Clarence Park is 50yds on left. **From A1** – Follow Signposts for St Albans - from the Comet Motel roundabout in Hatfield follow road past Notcutts Garden Centre on right, at roundabout turn right into Oaklands Lane, next roundabout go straight into Sandpit Lane, straight at next roundabout and straight over traffic lights, at 1st roundabout turn left into Clarence Road, entry to the park is 1/2 mile on right.

TO ARTIFICIAL PITCH: (1) as above. **(2)** Queenswood School - **From A1(M)** - Leave motorway at J3 (South of Hatfield Tunnel) – at roundabout follow signs for A1001 to Potters Bar (from south 3rd exit, from north 1st exit) – Go past Hatfield Lodge Hotel on the left and at the next roundabout turn left. Continue along this road, which eventually becomes A1000, and keep going over roundabouts until you come to a Transmitting Station on your left - follow the road downhill and take the left turn into Shepherds Way (signposted

Queenswood School). Take the 1st entrance to the school on the right (signposted Tennis Centre).

ST NEOTS

Ernulf Recreation centre, Barford Road, St Neots.
Tel 01480 388700. stneotshc.co.uk.

Artificial Pitch: As above.

League Rep: Alison Stubbs

Mob: 07876654569

E Mail: Secretary@StNeotsHC.co.uk

Fixture Secretary: Caroline Storey

Mob: 07840 064132

E Mail: cstorey85@yahoo.co.uk

Club Colours: Sky Blue Shirts, Navy Skirts, Sky Blue Socks/Royal Tops.

Change Strip: Yellow Shirts, Navy Skirts

DIRECTIONS: *From A1* - take the A428 towards Cambridge, at the Tesco's/ EPL/ Little Barford roundabout turn left towards St Neots,* go straight on at the Superstore roundabout and at the next roundabout turn left into the Recreation Centre. From East - come along the A428 heading for Bedford, turn right at the Tesco's /EPL/Little Barford roundabout towards St Neots, then follow directions from* above.

STEVENAGE

Ditchmore Lane, Stevenage Tel: 01438 351075

Artificial Pitch: (1) Nobel School, Mobbsbury Way, Stevenage.(2)
John Henry Newman Leisure Centre, Hitchin Road, StevenageSG1
4AE Tel: 01438 22600

League Rep: Debbie Church:
Mob:07947604801
E Mail: debbi_church@yahoo.com

Fixture Secretary: Catherine Kendall:
Tel: 07879 636111
E Mail: fixtures@stevenagehc.co.uk

Club Colours: Red Shirts, Navy Skirts, Red Socks.

Change Strip: White Shirts, Navy Skirts, White Socks.

DIRECTIONS TO CLUB HOUSE AND GRASS PITCHES:

From A1(M) – exit J8 and take A602 to Stevenage, go straight over 1st roundabout (Lister Hospital on left), go straight over the next roundabout onto a short stretch of dual carriage way. Follow the road onto the one way system and bare round to the right, go past the War Memorial Gardens (on right) and stay in the left hand lane, follow the road round, keeping left as the road splits. At the next roundabout (B&Q on left) go straight over and then take 1st left into Gates Way. Go past the Hotel and turn right into Ditchmore Lane, follow the road to the end. **From A10** – Leave the A10 at the Stevenage/Ware turn off. Follow the signs for Stevenage (A602). When in Stevenage keep going straight over roundabouts until you see the Football Ground on the left. At the next roundabout turn right (retail park on left), at the next roundabout go straight across and at the next roundabout (Swimming Pool on right) turn left . At the next roundabout turn right follow up to the next roundabout (by B&Q) and come back down dual carriageway. Take 1st turning left into Gates Way, by Hotel. Turn right into Ditchmore Lane and follow the road to the end.

To Artificial Pitch:(1) From A1(M) – Follow directions to Clubhouse, at the B&Q roundabout continue across to the next roundabout and turn left into Fairlands Way, go straight on at the next roundabout (Swimming Pool on right) and across a further 4 roundabouts. Then turn right into Mobbsbury Way, Nobel school is

about half a mile on the left. **From A10** – Follow directions to Club house. At the Swimming Pool roundabout turn right and follow directions as above.

To Artificial Pitch:(2) From A1(M): exit J8 and take A602 to Stevenage, go straight over 1st roundabout (Lister Hospital on left). At the next roundabout, go all the way around to return along the same stretch of dual carriageway. The third exit (just before the bus shelter) is the entrance to John Henry Newman Centre.

From A10: Leave the A10 at the Stevenage/Ware turn off. Follow the signs for Stevenage (A602). When in Stevenage keep going straight over roundabouts until you see the Football Ground on the left. Go over one more roundabout and then turn right at the following roundabout (Gunnelswood Road). Go under an underpass and then straight over two roundabouts. At the third roundabout turn left, the third exit along the dual carriageway (just before the bus shelter) is the entrance to John Henry Newman Centre

TRING

Tring Park Cricket/Hockey Club, London Road, Tring
Tel: 01442 823080

Artificial Pitch: Tring School and Sports Centre, Mortimer Hill, Tring

League Rep: Vikki Bentley

Tel: 07769977196

E Mail: vsoneill@doctors.org.uk

Fixture Secretary: Katie Haines

Tel: 07879898645

E Mail: fixturestringhockeyclub@yahoo.co.uk

Club Colours: Royal Blue+White Quartered Shirts, Navy Skirts,
Royal Blue Socks.

Change Strip: Yellow Shirts, Navy Skirts, Red Socks.

DIRECTIONS TO CLUB: *From south M25* – exit at Jn 20 and take A41 signposted Aylesbury and Hemel Hempstead, Take the exit signposted Wiggington/Tring, at first roundabout turn right, at second roundabout take exit signposted Tring, go straight on at next roundabout past Tesco and turn immediately right (signposted Tring Park Cricket Club). ***From Dunstable*** – take B489 to Ivinghoe, at junction turn left on B488 to Bulbourne and then Tring, at junction turn left into Wingrave Road, follow road as it becomes Brook Street, past garage on left to mini roundabout, turn left into London Road, Club on left, opposite Tesco's.

TO ARTIFICIAL PITCH FROM CLUBHOUSE: Turn right out of Club, at mini roundabout turn right into Brook Street, take 1st right into Mortimer Hill, Tring School and Sports Centre is on the left up the hill.

TO HALTON ASTRO FROM CLUBHOUSE: Turn right out of club, at mini roundabout go straight on through Tring High Street. At the roundabout at the end of Tring, take exit towards Aston Clinton (Old A41). Take the first left signposted to Halton. After about 2 miles take right turn, signposted to Halton village/Western Turville. Astro is on left, entrance about 400 yards on the left.

WELWYN GARDEN CITY

Hertfordshire University de Havilland Campus, Hatfield

Artificial Pitch: (1) As above

League Rep: Sue Owen,

Tel: 01438 221549.

Mob: 07759 526247

E-mail: sue.owen@ntlworld.com. or

susan.owen@herts.pnn.police.uk

Fixture Secretary: Simon Walker

E Mail: wgchc_mens_fixtures09@hotmail.co.uk

Club Colours: Royal Blue Shirts, Navy Skirts, White Socks.

Change Strip: White Shirts, Navy Skirts, Navy Socks.

DIRECTIONS: Directions: (1) Herts University de Havilland Campus
-From A1(M) north - leave motorway at Jn 3 (if northbound) at roundabout take the 2nd exit, (if southbound) at roundabout take 3rd exit signed towards Hatfield. At 1st roundabout (by Jarvis Comet Motel) turn left into St Albans Road West then right at the next roundabout into the Hatfield Business Park. Turn left into the de Havilland Campus, go through security barriers and then right at the end of the buildings to run parallel with St Albans Road West. Pitches are beyond last building on the right, which is the de Havilland Sports & Social Club

WEST HERTS

Sun Postal & Social Club, Bellmount Wood Avenue,
Watford, WD17 3BN Tel: 01923 227453
www.watfordhockey.hitshockey.com

Artificial Pitch: (1) The New Field, The New Field Playing Field,
Coningesby Drive, Cassiobury, Watford.
(2) St Michaels School, High Elms Lane, Watford WD25 0SS

League Rep: Amanda Ruggles,
Tel: 01923 262904 (H)
or 01727 750000 (w)
E Mail: amanda.ruggles@gilberts.uk.com

Club Colours: White Shirts, Navy Skirts, Sky Blue Socks.

Change Strip: Navy Shirts, Navy Skirts, Navy Socks.

Directions: From M25: leave at Junction 20 and head towards
Watford on the A41. Take the second exit at the large roundabout
into Hempstead Road, then follow directions below

To Artificial Pitch: (1) At the first set of traffic lights turn right into
Langley Way, following the signs for Old Fullerians Rugby Club. Go
straight over the roundabout and down the hill to a T junction. Turn
right into Coningesby Drive through the entrance to The New Field.
The pitch is in the far corner beyond the car park.

To Artificial Pitch: (2) From M25 J21A -Take A405 towards Watford.
After 2nd set of traffic lights take the next right turning (to turn back
on yourself). The school can now be seen on the left side. Take the
next left turn into High Elms Lane. Astro is at the rear of the school.
school website is www.stmichaelschs.herts.sch.uk



FIVE COUNTIES WOMEN'S HOCKEY LEAGUE

Rules

1. Name

The League shall be known as The Five Counties Women's Hockey League Sponsored by (name) If the sponsor should change, the League will take the name of the new sponsor. If no sponsor is present its title shall thereafter be referred to as The Five Counties Women's Hockey League.

2. Management/Liaison

- a. The League shall be governed by a committee comprising of a minimum of five members.
- b. An A.G.M. shall be held at the end of each season and any club having an item for the agenda must advise the league secretary 14 days in writing before the meeting.
- c. Rules may only be altered at the A.G.M. or at an E.G.M. An E.G.M. must be requested either by the committee or by a minimum of 30% of clubs involved in the league. At least 14 days notice in writing must be given to all clubs together with the business to be transacted at the meeting. Each club will have one vote and at least 30% of clubs must be present at the meeting. A motion will be carried by a simple majority of votes.

3. Membership

All clubs participating must be affiliated to the League and have paid their League subscription.

If subscriptions have not been paid, League matches will be played but no points will be awarded to the non-subscribed teams.

4. Subscriptions

- a. Payable to The Five Counties Women's Hockey League by 1st October, £20 per team, should be sent to:- Mr Dan Heydon, 137 St Neots Road, Sandy,

Herts SG19 1BP.

- b. Failure to meet this deadline will result in a fine of £5 per month after the closing date.
- c. The amount of the subscription shall be reviewed annually.

5. Structure

- a. For the 2010/2011 season there will be 8 divisions, a premier division and divisions 1-7, each with its own winners trophy.
- b. Any club wishing to resign or join the league shall notify the League Secretary by the 31st March.
- c. In the event that 2 teams end on equal points, in line with the East Super League Rules, the following method shall be used:-
 - i. goal difference
 - ii. if still equal - most goals for
 - iii. If still equal - least goals against
 - iv. If still equal - result of the game between the 2 sides
 - v. if still equal - play-off between the 2 sides

6. Scoring

Win = 4 points

Score Draw = 2 points

0-0 Draw = 1 point

Loss = 0 points

7. Umpires

- a. Each team is responsible for providing an umpire who must be capable of officiating within the League system.
- b. Where both teams are in agreement umpires may be provided by one team.
- c. Umpires must not change during the game, except through injury to an umpire. (Penalty - £10 Fine and a deduction of 2 points from the offending team. If the game is played the result stands).
- d. The Premier and Divisions 1, 2 3 & 4 must have the minimum of a level 1 registered umpire. Div. 5 6 & 7 must have a Preliminary umpire. (Penalty - £10 Fine and a deduction of 2 points from the offending team. If the game is played the result stands.)
- e. Umpires must collect the team sheet from both teams before the start of the match with the list of players already filled in.

8. Players

All Clubs must select their teams on playing strength so that the strongest available side is put out at each level commencing with the first team. A club may not gain, or seek to gain, unfair advantage by dropping a player or players to a lower team than that for which they would normally play. If any of a Club's league teams are not involved in a league match, the Club shall not endeavour to strengthen its lower sides by selecting the members of that team and thus potentially gaining an unfair advantage.

- a. All players must be individually numbered and must display the number on their shirt. Clubs must register all their players names and numbers with the Umpires Secretary by the Saturday preceding the 1st League date. Players can only be registered with one Club at any one time. Breach of rule 8a will result in a £10 fine.
- b. All clubs must nominate 6 players from their highest team in the Five Counties League, 7 players from their team in a Territorial League, or if in the National League they shall name 11 players from their team in the National league plus 7 players from their next highest team, who cannot play for a lower team, from that for which they were nominated, in a League game.

These lists to be submitted to the Results Secretary by the Saturday preceding the 1st League date.

If any dispensation is required regarding this rule (e.g. injury) clubs should contact the league committee for verification prior to the game.

Breach of rule 8b will result in a £10 fine and a 2 point deduction from the offending team.

- c. No player may play for more than one league team per weekend, at any level, except when a second game is as a goalkeeper. If a goal keeper plays twice (in goal) then they are not permitted to play more than one team below that which they normally play. Breach of rule 8c will result in a £10 fine and a 2 point deduction from each team.
- d. Named substitutes count as playing a game even if they do not participate in the game. Any resulting weeks suspension from play, through gaining a card will count as having played for that many games. Breach of rule 8d will result in a £10 fine and a 2 point deduction.
- e. A player may not play for a team more than one below the highest team for which she has played in the same season, eg a player who has played for a 1st XI may not subsequently play for a 3rd XI in the same season. Dispensation may be granted as above. Breach of rule 8e will result in a £10 fine and a 2 point deduction from the offending team.
- f. Once a player has played 6 league games for a team , if she subsequently

has to play in a league match for a lower team in the same season, the committee must be notified prior to the game for verification. Breach of rule 8f will result in a £10 fine and a 2 point deduction from the offending team.

- g. If a player transfers to another club mid-season, they must notify the league before playing any further league matches. Breach of rule 8g will result in a £10 fine and a 2 point deduction from the player's "new" Club. A player may make one move per season unless granted special dispensation by the Committee.
- h. If a player should change their name during the season i.e. they get married, they must inform the league before playing any further league games. Breach of rule 8h will result in a £10 fine.
- i. In the event of a colour clash, shirt or socks, the away team MUST change their strip, the game cannot commence unless both umpires and captains agree. Breach of rule 8i will result in a £10 fine.

9. Conduct

The Disciplinary Code of the E.H.A. shall be observed at all times. In the event of a red card being given by any umpire whether qualified or not, a form must be filled in and sent to the league.

10. Matches

- a. All games will be arranged by the league results secretary on the dates decided by the league committee.
- b. Matches must be confirmed 14 days prior to the game, by the home team.
- c. Matches must be arranged by the first name team giving the time, surface and venue.
- d. Premier and Division 1 games must be played on astro turf.
- e. Pitches must comply with the E.H.A. regulations.
- f. The league reserve the right to insist that a team whose pitch does not comply with rule 10e plays all home fixtures away.
- g. Clubs should endeavour to play matches between 10am and 4pm.
- h. Teams wishing to rearrange a fixture, to an alternative date, must endeavour to give their opposition at least two weeks notice. If the opposition is able to agree a mutually convenient date then the results secretary must be notified immediately.
- i. A game can only be claimed as a result of late arrival of teams or umpires when the game cannot be completed within the allotted time (this excludes the late running of prior matches). If the game is unable to be played it would be preferable that the game be rearranged rather than claiming the points. If both teams are agreeable then a reduced game with a minimum

of 25 minutes each way would be allowed providing that sufficient time is available. A team cannot play with less than 7 players, and if, after every effort has been made to play has failed, then a 3-0 win will be awarded to the waiting team

- j. A team who cancel a game during the week before the fixture, due to insufficient players or an Umpire, will forfeit the game, unless there are exceptional circumstances, in which case the committee will decide if the game should be re arranged.

Breach of rule 10 j will result in a 4 point deduction from the offending team.

- k. If a team forfeits more than 2 games over the season then all their results will be made null and void and they will automatically be relegated the following season. Clubs with more than one team would be expected to be able to fulfil their highest team's fixtures ahead of their lowest team.
- l. The league hopes that Clubs will respond favourably to requests for help to cover additional costs incurred for re arranged fixtures (minimum 50%)

11. Postponement

Postponement of matches shall only occur in the event of adverse weather conditions or unplayable pitches. Clubs must contact the league when a match is postponed and inform them of the rearranged date immediately. (Note: Rule 14 still applies as well.) Any outstanding games not played on or before the fourteenth day after the last weekend of fixtures, except where it includes Easter, will be voided i.e. no points, no goals to either side.

12. Abandonment

A game may be abandoned if either umpire feels that conditions have become dangerous. A report must then be sent to the league secretary who with the aid of the league committee will decide the action to be taken. (Note: Rule 14 still applies as well.)

13. Failure to Honour a Fixture

If a club fails to honour a match or forfeits the game, they will be deemed to have lost 0-3 and the opposing team will be awarded the points. (see Rule 10 j also)

14. Notification of Results

HOME teams are responsible for collating results sheets with the following information:-

Result - plus goalscorers

Names of carded players

Signatures (& printed names) of captains & umpires

Completed results sheets should be sent to the Division Reps, (addresses at

the bottom of each Division Team Sheet)

They should arrive no later than the following Wednesday.

EACH CLUB SHOULD APPOINT A REPRESENTATIVE TO E MAIL ALL THEIR TEAMS RESULTS TO THE RESULTS SECRETARY BY 5PM ON THE MONDAY FOLLOWING EACH LEAGUE DATE. Failure to do so will result in a £10 fine

15. Fines

Fines should be paid to the treasurer by 30th April. Failure to do so could result in points being deducted, demotion or expulsion from the League.

16. Failure to Attend the A.G.M.

Failure to attend the A.G.M. will either result in the club being fined, points being deducted from the following season or no longer being represented in the league.

17. Binding Force of Rules

Each club by its entry into the league shall be deemed to have given consent to the Rules of the League and to any amendments which may from time to time be adopted in proper form and shall be deemed to have agreed to abide by the decisions of the League Committee.

18. Disputes/Appeals

Any player or club shall have the right to appeal on any disputed point to the committee whose decision is final.

19. Publicity

Clubs should endeavour to put the league results in their local papers.

Information supplied by the Club Representatives and was correct at the time of going to press. Any change in any detail must be notified to the League Secretary and circulated to any Clubs affected by the change.

Disciplinary Code

Red card offences must be reported on the appropriate form immediately – please visit the Herts & Beds Umpires Association web site for the form and contact details for the relevant area administrator.

www.hbhua.co.uk

Division Winners

Season 2009/10

PREMIER

Shefford & Sandy 1
Tring 1

DIVISION TWO

Shefford & Sandy 3
Aylesbury 2

DIVISION FOUR

Queenswood 1
Potters Bar 2

DIVISION SIX

Saffron Walden 5
Blueharts 3

DIVISION ONE

Royston 1
St Albans 2

DIVISION THREE

West Herts 3
Broxbourne 3

DIVISION FIVE

St Albans 5
Saffron Walden 4

DIVISION SEVEN

Queenswood 3
Rothamsted

Division Representatives

TEAM SHEETS SHOULD BE SENT EACH WEEK TO THE APPROPRIATE DIVISION REP TO ARRIVE NO LATER THAN THE FOLLOWING WEDNESDAY

PREMIER DIVISION

Sue Owen

14, Angotts Mead, Stevenage, Herts, SG1 2NJ

DIVISION ONE

Debbie Church

9 Three Stiles, Benington, Herts SG2 7LD

DIVISION TWO

Hilary Ward

19 Lansdowne Road, Luton, Beds, LU3 1EE

DIVISION THREE

Gina Joseph

15 Bedford Road, Ickleford, Herts, SG5 3XH

DIVISION FOUR

Milly Shand

Millstone House, Mill Lane, Broxbourne, Herts, EN10 7AZ

DIVISION FIVE

Paula Beavis

66 Drury Lane, Houghton Regis, Dunstable, Beds, LU5 5ED

DIVISION SIX

Sue Beasley

7 St James Road, Harpenden, Herts AL5 4NX

DIVISION SEVEN

Sue Owen

14, Angotts Mead, Stevenage, Herts, SG1 2NJ