

REGIONAL ONE 2025-26

NORTH WEST

Anselmians
Blackburn
Bowdon
Burton
Derby
Huddersfield
Leek
Long Eaton
Manchester
Rochdale
Stockport
Wirral

NORTH EAST

Alnwick
Blaydon
Cleckheaton
Driffield
Harrogate
Heath
Ilkley
Kendal
Middlesbrough
Penrith
Sandal
York

MIDLANDS

Banbury
Bournville
Bridgnorth
Bromsgrove
Drybrook
Dudley Kingswinford
Lichfield
Lutterworth
Newent
Newport (Salop)
Nuneaton
Stourbridge

SOUTH WEST

Brixham
Chew Valley
Devonport S.
Exmouth
Launceston
Lydney
Marlborough
Matson
Royal W. Bassett
Sidmouth
St. Austell
Topsham

SOUTH CENTRAL

Bracknell
Camberley
CS Stags 1863
Farnham
Hammersmith & F
Jersey RFC
L. Scottish Lions
Maidenhead
O. Alleynians
Tunbridge Wells
Wimbledon
Worthing

SOUTH EAST

Amersham & C
Colchester
Hertford
HUEL Tring
Letchworth GC
Medway
North Walsham
O. Northamptonians
Shelford
Southend Saxons
Sudbury
Westcliff

REGIONAL TWO 2025-26

NORTH WEST

Altrincham Kersal
Birkenhead Pk.
Burnage
Douglas (I-o-M)
Firwood Waterloo
Northwich
N. Ribblesdale
Sandbach
Vale of Lune
West Pk. St. Helens
Widnes
Winnington Park

NORTH

Aspatia
Consett
Durham City
Guisborough
Keswick
Morpeth
Northern
Percy Park
Sunderland
Upper Eden
West Hartlepool
Wigton

NORTH EAST

Bradford Salem
Doncaster Phoenix
Malton & Norton
Moortown
Morley
O. Crossleyans
O. Brodleians
Pocklington
Ponterfract
Scarborough
Selby
Wetherby

MIDLANDS North

Belgrave
Dronfield
Ilkeston
Matlock
Melbourne
Newark
O. Saltleians
Paviors
Stoke-on-Trent
Sutton Coldfield
Walsall
West Bridgford

MIDLANDS West

Edwardian
Hereford
Kenilworth
Luctonians II
Ludlow
Malvern
Moseley Oak
O. Halesonians
Shipston on Stour
Silhillians
Stow on the Wold
Stratford on Avon

MIDLANDS East

Bedford Athletic
Broadstreet
Daventry
Kettering
Market Harborough
Northampton OS
O. Coventrians
Oadby Wyggest'ns
Olney
Peterborough
Stamford
Wellingborough

SOUTH WEST

Crediton
Cullompton
Ivybridge
North Petherton
Okehampton
Pirates Ams
Teignmouth
Tiverton
Wadebridge C
Wellington
Weston-s-Mare
Winscombe

SEVERN

Chippenham
Cheltenham
Cleve
Keynsham
Longlevens
Newbury Blues
North Dorset
O. Centralians
Royal Wotton B II
Thornbury
Trowbridge
Witney

S. CENTRAL

Bournemouth
Chobham
Ellingham & R
Guildford
Havant II
O. Tiffinians
Petersfield
Reeds Weybridge
Tottonians
Twickenham
Wimborne
Winchester

THAMES

Aylesbury
Beaconsfield
Belsize Park
Brunel Univ
Grasshoppers
Harpenden
L. Irish W Geese
Marlow
O. Priorians
Oxford Quins II
Teddington
Windsor

ANGLIA

Braintree
Brentwood
Chelmsford
Eton Manor
HAC
Harlow
Holt
Norwich
Rochford Hundred
Wanstead
Woodford
Wymondham

SOUTH EAST

Brighton
Battersea Ironsides
Beckenham
Bromley
Canterbury II
Dartfordians
Gravesend
Horsham
O. Colfeians
O. Reigatians
Sidcup
Sutton & Epsom