

## 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  
Sunderland  
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