

# Ipswich HOCKEY CLUB

## Fixture List 2008-2009



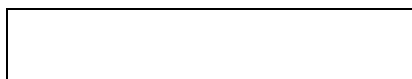
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Ipswich Hockey Club  
Henley Road  
Ipswich, Suffolk  
IPI 4NJ

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East Region Hockey  
Association



Suffolk Hockey Association

# Club Officers & Information

<b>Chair Person:</b>	James Wrinch	<a href="mailto:james.wrinch@greenvale.co.uk">james.wrinch@greenvale.co.uk</a>	07889568449
<b>Vice-Chair:</b>	Emma Millar	<a href="mailto:info@ipswichhockeyclub.co.uk">info@ipswichhockeyclub.co.uk</a>	01473 231824
<b>Secretary:</b>	Lucy Gallagher	<a href="mailto:gallagherlucy@hotmail.com">gallagherlucy@hotmail.com</a>	07790734049
<b>Communications Officer:</b>	Lucy Gallagher	<a href="mailto:gallagherlucy@hotmail.com">gallagherlucy@hotmail.com</a>	07790734049
<b>Junior Representative:</b>	Elton D'Souza	<a href="mailto:elton.dsouza@bt.com">elton.dsouza@bt.com</a>	01473 658255
<b>Suffolk Representative:</b>	Donna Mills	<a href="mailto:DonnaMills1@tinyworld.co.uk">DonnaMills1@tinyworld.co.uk</a>	01206 395830
<b>Social Representative:</b>	Hannah Tallent	<a href="mailto:tallent4@yahoo.com">tallent4@yahoo.com</a>	07920048527
<b>Treasurer:</b>	Andy Yorke	<a href="mailto:manager@ipswichsports.co.uk">manager@ipswichsports.co.uk</a>	01473 251143

<b>Club Captain:</b>	Claire Gould	<a href="mailto:claire.gould@paconsulting.com">claire.gould@paconsulting.com</a>	07718904485
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<b>Men's East League Liaison:</b>	Russell Williams	<a href="mailto:russell.williams@ipswich.gov.uk">russell.williams@ipswich.gov.uk</a>	01473 211580
<b>Men's 1<sup>st</sup> Team Captain:</b>	Ivan Smith	<a href="mailto:ivan.smith@mscuk.com">ivan.smith@mscuk.com</a>	07815077390
<b>Men's 2<sup>nd</sup> Team Captain:</b>	Geoff Reed	<a href="mailto:geoff.reed@ingletonwood.co.uk">geoff.reed@ingletonwood.co.uk</a>	07951063441
<b>Men's 3<sup>rd</sup> Team Captain:</b>	Sam Gibson	<a href="mailto:sam@alliancesports.co.uk">sam@alliancesports.co.uk</a>	07878974677
<b>Men's 4<sup>th</sup> Team Captain:</b>	Richard Swain	<a href="mailto:richard.swain@virgin.net">richard.swain@virgin.net</a>	07795 100711
<b>Men's 5<sup>th</sup> Team Captain:</b>	Howard Walker	<a href="mailto:howard.walker@ipswichhospital.nhs.uk">howard.walker@ipswichhospital.nhs.uk</a>	07900600533
<b>Men's Vets Team Captain:</b>	Johnny Gordon	<a href="mailto:vets@ipswichhockeyclub.co.uk">vets@ipswichhockeyclub.co.uk</a>	01473 461587

<b>Women's East League Liaison:</b>	Jenny Ellis	<a href="mailto:ellisj@willis.com">ellisj@willis.com</a>	07714753310
<b>Women's 1<sup>st</sup> Team Captain:</b>	Kirsten Spencer	<a href="mailto:kirsten.spencer@lineone.net">kirsten.spencer@lineone.net</a>	07816077213
<b>Women's 2<sup>nd</sup> Team Captain:</b>	Anni Broster	<a href="mailto:ahbros@essex.ac.uk">ahbros@essex.ac.uk</a>	07977473396
<b>Women's 3<sup>rd</sup> Team Captain:</b>	Sarah Logan	<a href="mailto:loganse@btinternet.com">loganse@btinternet.com</a>	07739280163
<b>Women's 4<sup>th</sup> Team Captain:</b>	Nic Tucker	<a href="mailto:nictucker@btinternet.com">nictucker@btinternet.com</a>	07974233810
<b>Women's 5<sup>th</sup> Team Captain:</b>	Adele Pope	<a href="mailto:adele.pope@roche.com">adele.pope@roche.com</a>	07843414863

<b>Mixed Team Captain:</b>	Lizzy Aldous	<a href="mailto:lizzyaldous@hotmail.com">lizzyaldous@hotmail.com</a>	07909966961
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<b>Umpire Liaison Officer:</b>	Russell Williams	<a href="mailto:russell.williams@ipswich.gov.uk">russell.williams@ipswich.gov.uk</a>	01473 211580
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<b>Club Postal Address:</b>	Ipswich Sports Club, Henley Road, Ipswich, Suffolk, IPI 4NJ
<b>Club Website:</b>	<a href="http://www.ipswichhockeyclub.co.uk">http://www.ipswichhockeyclub.co.uk</a>
<b>Club Email:</b>	<a href="mailto:info@ipswichhockeyclub.co.uk">info@ipswichhockeyclub.co.uk</a>
<b>Club Telephone:</b>	01473 251143

<b>Astro Turf Pitches:</b>	Henley Road IPI 4NJ Tuddenham Road IP4 3QJ
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## **Dates for the diary**

### Social

- Halloween 25<sup>th</sup> October
- Quiz Night 29<sup>th</sup> November
- Club Dinner 6<sup>th</sup> June 2009

### Match Sponsor Days

- Sat 27<sup>th</sup> September Sponsor Day  
17.00 Men v Sevenoaks
- Sunday 8<sup>th</sup> March Sponsor day  
14.00 Women v Slough



## Women's 1<sup>st</sup> Team

**League:** Slazenger England Hockey League Premier Division  
**Coach:** Royce Waters [roycewatershockey@hotmail.com](mailto:roycewatershockey@hotmail.com) 07739013058  
**Manager:** Donna Mills [DonnaMills1@tinyworld.co.uk](mailto:DonnaMills1@tinyworld.co.uk) 01206 395830  
**Captain:** Kirsten Spencer [kirsten.spencer@lineone.net](mailto:kirsten.spencer@lineone.net) 07816077213  
**Key:** Home Games in Red Indoor  
**Pitch Location:** All Home games to be played at Tuddenham Road

League & Cup Fixtures	
<b>Saturday 27<sup>th</sup> September</b> Clifton v Ipswich	<b>Saturday 10<sup>th</sup> January 09</b> EHL Premier League Indoor
<b>Sunday 5<sup>th</sup> October</b> Olton & West Warwick v Ipswich	<b>Sunday 11<sup>th</sup> January 09</b> EHL Premier League Indoor
<b>Saturday 11<sup>th</sup> October</b> Ipswich v Bowdon Hightown (14.00)	<b>Sunday 27<sup>th</sup> January 09</b> Indoor Finals Night-National Indoor Arena
<b>Saturday 18<sup>th</sup> October</b> Leicester v Ipswich	<b>Saturday 31<sup>st</sup> January 09</b> Ipswich v Clifton (14.00)
<b>Saturday 25<sup>th</sup> October</b> Ipswich v Trojans (14.00)	<b>Saturday 7<sup>th</sup> February 09</b> Ipswich v Olton & West Warwick (14.00)
<b>Saturday 8<sup>th</sup> November</b> Slough v Ipswich	<b>Sunday 15<sup>th</sup> February 09</b> Bowdon v Ipswich
<b>Saturday 15<sup>th</sup> November</b> Ipswich v Canterbury (14.00)	<b>Saturday 21<sup>st</sup> February 09</b> Ipswich v Leicester (14.00)
<b>Sunday 23<sup>rd</sup> November</b> Poynton v Ipswich	<b>Saturday 28<sup>th</sup> February 09</b> Trojans v Ipswich
<b>Saturday 29<sup>th</sup> November</b> Ipswich v Chelmsford (14.00)	<b>Sunday 8<sup>th</sup> March 09</b> Ipswich v Slough (14.00)
<b>Saturday 13<sup>th</sup> December</b> EHL Premier League Indoor	<b>Saturday 14<sup>th</sup> March 09</b> Canterbury v Ipswich
<b>Sunday 14<sup>th</sup> December</b> EHL Premier League Indoor	<b>Saturday 21<sup>st</sup> March 09</b> Ipswich v Poynton (14.00)
	<b>Saturday 28<sup>th</sup> March</b> Chelmsford v Ipswich (12.00)

\* The top 2 sides in the League qualify for Europe.

## Men's 1st Team

**League:** Slazenger England Hockey League East Conference  
**Coach:** Ian Gall [lainipswich@aol.com](mailto:lainipswich@aol.com)  
**Captain:** Ivan Smith [ivan.smith@mscuk.com](mailto:ivan.smith@mscuk.com) 07815077390  
**Manager:** Graham Underwood [graham.underwood@acpo.pnn.police.uk](mailto:graham.underwood@acpo.pnn.police.uk) 07921582390  
**Key:** Home Games in Red  
**Pitch Location:** All Home games to be played at Tuddenham Road

<b>League &amp; Cup Fixtures</b>	
<b>Saturday 27<sup>th</sup> September</b> <b>Ipswich v Sevenoaks (17.00)</b>	<b>Sunday 1<sup>st</sup> February 09</b> Sevenoaks v Ipswich
<b>Saturday 4<sup>th</sup> October</b> Oxted v Ipswich	<b>Sunday 8<sup>th</sup> February 09</b> Oxted v Ipswich
<b>Sunday 12<sup>th</sup> October</b> Bromley & Beckenham v Ipswich (14.00)	<b>Saturday 14<sup>th</sup> February 09</b> <b>Ipswich v Bromley &amp; Beckenham (13.30)</b>
<b>Sunday 19<sup>th</sup> October</b> <b>Ipswich v Indian Gymkhana (13.30)</b>	<b>Sunday 22<sup>nd</sup> February 09</b> Indian Gymkhana v Ipswich
<b>Sunday 26<sup>th</sup> October</b> Peterborough v Ipswich	<b>Sunday 1<sup>st</sup> March 09</b> <b>Ipswich v Peterborough (13.30)</b>
<b>Sunday 9<sup>th</sup> November</b> <b>Ipswich v Old Loughtonians (13.30)</b>	<b>Saturday 7<sup>th</sup> March 09</b> Old Loughtonians v Ipswich
<b>Sunday 16<sup>th</sup> November</b> Canterbury v Ipswich	<b>Sunday 15<sup>th</sup> March 09</b> <b>Ipswich v Canterbury (13.30)</b>
<b>Saturday 22<sup>nd</sup> November</b> <b>Ipswich v Holcombe (13.30)</b>	<b>Sunday 22<sup>nd</sup> March 09</b> Holcombe v Ipswich (13.30)
<b>Sunday 30<sup>th</sup> November</b> Chelmsford v Ipswich (14.00)	<b>Sunday 29<sup>th</sup> March 09</b> <b>Ipswich v Chelmsford (13.30)</b>

\* The League winner is automatically promoted to EHL Premier; runner up enters 4 team play-off for remaining promotion place.

## Women's 2nd Team

<b>League:</b>	NE14hockey.com East Div 1North		
<b>Coach:</b>	Mark Wheelhouse		
<b>Captain:</b>	Anni Broster	<a href="mailto:ahbros@essex.ac.uk">ahbros@essex.ac.uk</a>	07977473396
<b>Liaison Officer:</b>	Jenny Ellis	<a href="mailto:ellisj@willis.com">ellisj@willis.com</a>	07714753310
<b>Key:</b>	Home Games in Red      Cup games shaded		
<b>Pitch Location:</b>	All Home games to be played at Tuddenham Road		

League & Cup Fixtures	
<b>Saturday 20<sup>th</sup> September</b> IES v Ipswich 2's	<b>Saturday 10<sup>th</sup> January 09</b> Ipswich 2's v IES (13.00)
<b>Saturday 27<sup>th</sup> September</b> Watton v Ipswich 2's (13.00)	<b>Saturday 17<sup>th</sup> January 09</b> Ipswich 2's v Watton (13.00)
<b>Saturday 4<sup>th</sup> October</b> Ipswich 2's v March (11.30)	<b>Saturday 24<sup>th</sup> January 09</b> March v Ipswich 2's
<b>Sunday 5<sup>th</sup> October</b> Holcombe 2's v Ipswich 2's	<b>Saturday 31<sup>st</sup> January 09</b> Ipswich 2's v Bourne (11.30)
<b>Saturday 11<sup>th</sup> October</b> Bourne v Ipswich 2's	<b>Sunday 1<sup>st</sup> February 09</b> Cup Quarter Final
<b>Saturday 18<sup>th</sup> October</b> Ipswich 2's v St Ives (13.00)	<b>Saturday 7<sup>th</sup> February 09</b> St Ives v Ipswich 2's
<b>Saturday 25<sup>th</sup> October</b> Old Buckenham v Ipswich 2's	<b>Saturday 14<sup>th</sup> February 09</b> Ipswich 2's v Old Buckenham (11.30)
<b>Saturday 8<sup>th</sup> November</b> Ipswich 2's v Wisbech (13.00)	<b>Saturday 28<sup>th</sup> February 09</b> Wisbech v Ipswich 2's
<b>Sunday 9<sup>th</sup> November</b> Cup Round 2	<b>Saturday 7<sup>th</sup> March 09</b> Ipswich 2's v Saffron Walden (13.00)
<b>Saturday 15<sup>th</sup> November</b> Saffron Walden v Ipswich 2's	<b>Sunday 8<sup>th</sup> March 09</b> Cup Semi Final
<b>Saturday 22<sup>nd</sup> November</b> Ipswich 2's v Colchester (11.30)	<b>Saturday 14<sup>th</sup> March 09</b> Colchester v Ipswich 2's
<b>Saturday 29<sup>th</sup> November</b> Peterborough v Ipswich 2's	<b>Saturday 21<sup>st</sup> March 09</b> Ipswich 2's v Peterborough (11.30)
<b>Saturday 6<sup>th</sup> December</b> Ipswich 2's v Braintree (13.00)	<b>Saturday 28<sup>th</sup> March 09</b> Braintree v Ipswich 2's
	<b>Sunday 10<sup>th</sup> May 09</b> Cup Final

East Region HA and East Leagues information, including contacts and results, can be found at:  
[www.east-hockey.co.uk](http://www.east-hockey.co.uk)

## Men's 2nd Team

**League:** NE14hockey.com East Premier A  
**Coach:**  
**Captain:** Geoff Reed [geoff.reed@ingletonwood.co.uk](mailto:geoff.reed@ingletonwood.co.uk) 07951063441  
**Liaison Officer:** Russell Williams [russell.williams@ipswich.gov.uk](mailto:russell.williams@ipswich.gov.uk) 01473 211580  
**Key:** Home Games in Red  
**Pitch Location:** All Home games to be played at Henley Road

<b>League &amp; Cup Fixtures</b>	
<b>Saturday 27<sup>th</sup> September</b> Bluehearts v Ipswich 2's	<b>Saturday 17<sup>th</sup> January 09</b> Ipswich 2's v Bluehearts (13.00)
<b>Saturday 4<sup>th</sup> October</b> Ipswich 2's v Wisbech (13.00)	<b>Saturday 24<sup>th</sup> January 09</b> Wisbech v Ipswich 2's
<b>Saturday 11<sup>th</sup> October</b> Bishops Stortford v Ipswich 2's	<b>Saturday 31<sup>st</sup> January 09</b> Ipswich 2's v Bishops Stortford (13.00)
<b>Saturday 18<sup>th</sup> October</b> Ipswich 2's v St Albans (13.00)	<b>Sunday 1<sup>st</sup> February 09</b> Cup Quarter Final
<b>Saturday 25<sup>th</sup> October</b> Harleston v Ipswich 2's	<b>Saturday 7<sup>th</sup> February 09</b> St Albans v Ipswich 2's
<b>Saturday 1<sup>st</sup> November</b> Cambridge City v Ipswich 2's	<b>Saturday 14<sup>th</sup> February 09</b> Ipswich 2's v Harleston (13.00)
<b>Saturday 8<sup>th</sup> November</b> Ipswich 2's v Bedford (13.00)	<b>Saturday 21<sup>st</sup> February 09</b> Ipswich 2's v Cambridge City (13.00)
<b>Saturday 15<sup>th</sup> November</b> Havering v Ipswich 2's	<b>Saturday 28<sup>th</sup> February 09</b> Bedford v Ipswich 2's
<b>Sunday 16<sup>th</sup> November</b> Cup Round 2	<b>Saturday 7<sup>th</sup> March 09</b> Ipswich 2's v Havering (13.00)
<b>Saturday 22<sup>nd</sup> November</b> Ipswich 2's v Dereham (13.00)	<b>Sunday 8<sup>th</sup> March 09</b> Cup Semi Final
<b>Saturday 29<sup>th</sup> November</b> Peterborough 2's v Ipswich 2's	<b>Saturday 14<sup>th</sup> March 09</b> Dereham v Ipswich 2's
<b>Saturday 6<sup>th</sup> December</b> Ipswich 2's v Cambridge University (13.00)	<b>Saturday 21<sup>st</sup> March 09</b> Ipswich 2's v Peterborough 2 (13.00)
	<b>Saturday 28<sup>th</sup> March 09</b> Cambridge University v Ipswich 2's
	<b>Sunday 10<sup>th</sup> May 09</b> Cup Final

East Region HA and East Leagues information, including contacts and results, can be found at:  
[www.east-hockey.co.uk](http://www.east-hockey.co.uk)

## Women's 3rd Team

**League:** NE14hockey.com East Division 2 NE  
**Coach:** Ian Driver [ikdriver@doctors.org.uk](mailto:ikdriver@doctors.org.uk)  
**Captain:** Sarah Logan [loganse@btinternet.com](mailto:loganse@btinternet.com) 07739280163  
**Liaison Officer:** Jenny Ellis [ellisj@willis.com](mailto:ellisj@willis.com) 07714753310  
**Key:** Home Games in Red  
**Pitch Location:** All Home games to be played at Tuddenham Road

### League Fixtures

<b>Saturday 20<sup>th</sup> September</b> Ipswich 3's v Dereham 2's (13.00)	<b>Saturday 10<sup>th</sup> January 09</b> Dereham 2's v Ipswich 3's
<b>Saturday 27<sup>th</sup> September</b> Ipswich 3's v Harleston 2's (13.00)	<b>Saturday 17<sup>th</sup> January 09</b> Harleston 2's v Ipswich 3's
<b>Saturday 4<sup>th</sup> October</b> Sudbury 2 v Ipswich	<b>Saturday 24<sup>th</sup> January 09</b> Ipswich 3's v Sudbury 2 (11.30)
<b>Saturday 11<sup>th</sup> October</b> Ipswich 3's v Evergreens (11.45)	<b>Saturday 31<sup>st</sup> January 09</b> Evergreens v Ipswich 3's
<b>Saturday 18<sup>th</sup> October</b> North Walsham v Ipswich 3's	<b>Saturday 7<sup>th</sup> February 09</b> Ipswich 3's v North Walsham (11.45)
<b>Saturday 25<sup>th</sup> October</b> Ipswich 3's v Norwich Dragons 2 (11.45)	<b>Saturday 14<sup>th</sup> February 09</b> Norwich Dragon 2's v Ipswich 3's
<b>Saturday 8<sup>th</sup> November</b> Norwich City v Ipswich 3's	<b>Saturday 28<sup>th</sup> February</b> Ipswich 3's v Norwich City (13.00)
<b>Saturday 15<sup>th</sup> November</b> Ipswich 3's v UEA (11.45)	<b>Saturday 7<sup>th</sup> March 09</b> UEA v Ipswich 3's
<b>Saturday 22<sup>nd</sup> November</b> Yarmouth v Ipswich 3's	<b>Saturday 14<sup>th</sup> March 09</b> Ipswich 3's v Yarmouth (13.00)
<b>Saturday 29<sup>th</sup> November</b> Ipswich 3's v Norwich Dragons 1's (15.30)	<b>Saturday 21<sup>st</sup> March 09</b> Norwich Dragons 1's v Ipswich 3's
<b>Saturday 6<sup>th</sup> December</b> Bury St Edmunds 2's v Ipswich	<b>Saturday 28<sup>th</sup> March 09</b> Ipswich 3's v Bury St Edmunds 2's (13.00)

East Region HA and East Leagues information, including contacts and results, can be found at:  
[www.east-hockey.co.uk](http://www.east-hockey.co.uk)

## Men's 3rd Team

**League:** NE14hockey.com East Division I  
**Coach:**  
**Captain:** Sam Gibson [sam@alliancesports.co.uk](mailto:sam@alliancesports.co.uk) 07878974677  
**Liaison Officer:** Russell Williams [russell.williams@ipswich.gov.uk](mailto:russell.williams@ipswich.gov.uk) 01473 211580  
**Key:** Home Games in Red  
**Pitch Location:** All Home games to be played at Henley Road

### League Fixtures

<b>Saturday 27<sup>th</sup> September</b> Ipswich 3's v Redbridge & Ilford (13.00)	<b>Saturday 17<sup>th</sup> January 09</b> Redbridge & Ilford v Ipswich 3's
<b>Saturday 4<sup>th</sup> October</b> St Neots v Ipswich 2's	<b>Saturday 24<sup>th</sup> January 09</b> Ipswich 3's v St Neots (13.00)
<b>Saturday 11<sup>th</sup> October</b> Ipswich 3's v Vauxhall (13.00)	<b>Saturday 31<sup>st</sup> January 09</b> Vauxhall v Ipswich 3's
<b>Saturday 18<sup>th</sup> October</b> Harleston 2's v Ipswich 3's	<b>Saturday 7<sup>th</sup> February 09</b> Ipswich 3's v Harleston 2's (13.00)
<b>Saturday 25<sup>th</sup> October</b> Ipswich 3's v Letchworth (13.00)	<b>Saturday 14<sup>th</sup> February 09</b> Letchworth v Ipswich 3's
<b>Saturday 1<sup>st</sup> November</b> Ipswich 3's v Brentwood (13.00)	<b>Saturday 21<sup>st</sup> February 09</b> Brentwood v Ipswich 3's
<b>Saturday 8<sup>th</sup> November</b> Cambridge City 2's v Ipswich 3's	<b>Saturday 28<sup>th</sup> February 09</b> Ipswich 3's v Cambridge City 2's (13.00)
<b>Saturday 15<sup>th</sup> November</b> Ipswich 3's v St Ives (13.00)	<b>Saturday 7<sup>th</sup> March 09</b> St Ives v Ipswich 3's
<b>Saturday 22<sup>nd</sup> November</b> Wapping 2's v Ipswich 3's	<b>Saturday 14<sup>th</sup> March 09</b> Ipswich 3's v Wapping 2's (13.00)
<b>Saturday 29<sup>th</sup> November</b> Ipswich 3's v Witham (13.00)	<b>Saturday 21<sup>st</sup> March 09</b> Witham v Ipswich 3's
<b>Saturday 6<sup>th</sup> December</b> Cambridge University 2's v Ipswich 3's	<b>Saturday 28<sup>th</sup> March 09</b> Ipswich 3's v Cambridge University (13.00)

East Region HA and East Leagues information, including contacts and results, can be found at:  
[www.east-hockey.co.uk](http://www.east-hockey.co.uk)

## Women's 4th Team

**League:** Suffolk Premier League  
**Coach:** Jane Cook  
**Captain:** Nicola Tucker [nictucker@btinternet.com](mailto:nictucker@btinternet.com) 07974233810  
**Key:** Home Games in Red  
 TR = Tuddenham Road Pitch HR= Henley Road Pitch

### League Fixtures

<b>Saturday 27<sup>th</sup> September</b> <b>Ipswich 4s v Felixstowe (11.30 HR)</b>	<b>Saturday 17<sup>th</sup> January 09</b> <b>Felixstowe v Ipswich 4's</b>
<b>Saturday 4<sup>th</sup> October</b> <b>Carlton Park v Ipswich 4's</b>	<b>Saturday 24<sup>th</sup> January 09</b> <b>Ipswich 4's v Carlton Park (13.00 TR)</b>
<b>Saturday 11<sup>th</sup> October</b> <b>Ipswich 4's v IES 2's (10.00 HR)</b>	<b>Saturday 31<sup>st</sup> January 09</b> <b>IES 2's v Ipswich 4's</b>
<b>Saturday 18<sup>th</sup> October</b> <b>Ipswich 4's v Sudbury 3' (11.30 TR)</b>	<b>Saturday 7<sup>th</sup> February 09</b> <b>Sudbury 3's v Ipswich 4's</b>
<b>Saturday 25<sup>th</sup> October</b> <b>Castaways v Ipswich 4's</b>	<b>Saturday 14<sup>th</sup> February 09</b> <b>Ipswich 4's v Castaways (11.30 HR)</b>
<b>Saturday 1<sup>st</sup> November</b> <b>No Game</b>	<b>Saturday 21<sup>st</sup> February 09</b> <b>No Game</b>
<b>Saturday 8<sup>th</sup> November</b> <b>Ipswich 4's v Lowestoft 2's (14.30 TR)</b>	<b>Saturday 28<sup>th</sup> February 09</b> <b>Lowestoft 2's v Ipswich 4's v</b>
<b>Saturday 15<sup>th</sup> November</b> <b>Bury St Edmunds 3's v Ipswich 4's</b>	<b>Saturday 7<sup>th</sup> March 09</b> <b>Ipswich 4's v Bury St Edmunds 3's (11.30 TR)</b>
<b>Saturday 22<sup>nd</sup> November</b> <b>Ipswich 4's v Grasshoppers (10.00 TR)</b>	<b>Saturday 14<sup>th</sup> March 09</b> <b>Grasshoppers v Ipswich 4's</b>
<b>Saturday 29<sup>th</sup> November</b> <b>Christchurch v Ipswich 4's</b>	<b>Saturday 21<sup>st</sup> March 09</b> <b>Ipswich 4's v Christchurch (11.30 HR)</b>
<b>Saturday 6<sup>th</sup> December</b> <b>Ipswich 4's v Harwich (11.30 TR)</b>	<b>Saturday 28<sup>th</sup> March 09</b> <b>Harwich v Ipswich 4's</b>

## Men's 4th Team

**League:** NE14hockey.com East Div 3 NE  
**Coach:**  
**Captain:** Richard Swain [richard.swain@virgin.net](mailto:richard.swain@virgin.net)  
**Liaison Officer:** Russell Williams [russell.williams@ipswich.gov.uk](mailto:russell.williams@ipswich.gov.uk) 01473 211580  
**Key:** Home Games in Red  
**Pitch Location:** All Home games to be played at Henley Road

### League Fixtures

<b>Saturday 27<sup>th</sup> September</b> Ipswich 4's v Pelicans 2's (14.30)	<b>Saturday 17<sup>th</sup> January 09</b> Pelicans 2's v Ipswich 4's
<b>Saturday 4<sup>th</sup> October</b> Felixstowe v Ipswich 2's	<b>Saturday 24<sup>th</sup> January 09</b> Ipswich 4's v Felixstowe (10.00)
<b>Saturday 11<sup>th</sup> October</b> Ipswich 4's v Anglia 2's (14.30)	<b>Saturday 31<sup>st</sup> January 09</b> No Game
<b>Saturday 18<sup>th</sup> October</b> Lowestoft Town v Ipswich 4's	<b>Saturday 7<sup>th</sup> February 09</b> Ipswich 4's v Lowestoft Town (11.30)
<b>Saturday 25<sup>th</sup> October</b> Ipswich 4's v Harleston 4's (14.30)	<b>Saturday 14<sup>th</sup> February 09</b> Harleston 4's v Ipswich 4's
<b>Saturday 1<sup>st</sup> November</b> Gorleston v Ipswich	<b>Saturday 21<sup>st</sup> February 09</b> Ipswich 4's v Gorleston (11.30)
<b>Saturday 8<sup>th</sup> November</b> Ipswich 4's v Bury St Edmunds 2's (11.30)	<b>Saturday 28<sup>th</sup> February 09</b> Bury St Edmunds 2's v Ipswich 4's
<b>Saturday 15<sup>th</sup> November</b> Ipswich 4's v Harleston 3's (11.30)	<b>Saturday 7<sup>th</sup> March 09</b> Harleston 3's v Ipswich 4's
<b>Saturday 22<sup>nd</sup> November</b> No Game	<b>Saturday 14<sup>th</sup> March 09</b> Ipswich 4's v Anglia 2's (11.30)
<b>Saturday 29<sup>th</sup> November</b> Ipswich 4's v Norwich City 3's (11.30)	<b>Saturday 21<sup>st</sup> March 09</b> Norwich City 3's v Ipswich 4's
<b>Saturday 6<sup>th</sup> December</b> Norwich Dragons 2's v Ipswich 4's	<b>Saturday 28<sup>th</sup> March 09</b> Ipswich 4's v Norwich Dragon 2's (11.30)

East Region HA and East Leagues information, including contacts and results, can be found at:  
[www.east-hockey.co.uk](http://www.east-hockey.co.uk)

## Women's 5th Team

**League:** Suffolk Div I  
**Coach:** Jane Cook  
**Captain:** Adele Pope [adele.pope@roche.com](mailto:adele.pope@roche.com) 07843414863  
**Key:** Home Games in Red  
 TR = Tuddenham Road Pitch HR= Henley Road Pitch

### League Fixtures

<b>Saturday 20<sup>th</sup> September</b> Ipswich 5's v East Bergholt (11.30 TR)	<b>Saturday 10<sup>th</sup> January 09</b> East Bergholt v Ipswich 5's
<b>Saturday 27<sup>th</sup> September</b> Felixstowe 2's v Ipswich 5's	<b>Saturday 17<sup>th</sup> January 09</b> Ipswich 5's v Felixstowe 2's (11.30 TR)
<b>Saturday 4<sup>th</sup> October</b> Ipswich 5's v IES 3's (11.30 HR)	<b>Saturday 24<sup>th</sup> January 09</b> IES 3's v Ipswich 5's
<b>Saturday 11<sup>th</sup> October</b> Carlton Park 2's v Ipswich 5's	<b>Saturday 31<sup>st</sup> January 09</b> Ipswich 5's v Carlton Park 2's (11.30 HR)
<b>Saturday 18<sup>th</sup> October</b> Sudbury 4's v Ipswich 5's	<b>Saturday 7<sup>th</sup> February 09</b> Ipswich 5's v Sudbury 4 (10.00 HR)
<b>Saturday 25<sup>th</sup> October</b> Ipswich 5's v Haverhill 2 (10.00 HR)	<b>Saturday 14<sup>th</sup> February 09</b> Haverhill 2's v Ipswich 5's
<b>Saturday 1<sup>st</sup> November</b> No Game	<b>Saturday 28<sup>th</sup> February 09</b> Ipswich 5's v Mildenhall (11.30 TR)
<b>Saturday 8<sup>th</sup> November</b> Mildenhall v Ipswich 5's	<b>Saturday 7<sup>th</sup> March 09</b> Lowestoft 3's v Ipswich 5's
<b>Saturday 15<sup>th</sup> November</b> Ipswich 5's v Lowestoft 3's (10.00 HR)	<b>Saturday 14<sup>th</sup> March 09</b> Ipswich 5's v Grasshoppers 2's (14.30 TR)
<b>Saturday 22<sup>nd</sup> November</b> Grasshoppers 2's v Ipswich 5's	<b>Saturday 21<sup>st</sup> March 09</b> Christchurch 2's v Ipswich 5's
<b>Saturday 29<sup>th</sup> November</b> Ipswich 5's v Christchurch 2's (10.00 HR)	<b>Saturday 28<sup>th</sup> March 09</b> No Game
<b>Saturday 6<sup>th</sup> December</b> No Game	

## Men's 5th Team

**League:** NE14hockey.com East Div 5 NE  
**Coach:**  
**Captain:** Howard Walker [howard.walker@ipswichhospital.nhs.uk](mailto:howard.walker@ipswichhospital.nhs.uk) 07900 600533  
**Liaison Officer:** Russell Williams [russell.williams@ipswich.gov.uk](mailto:russell.williams@ipswich.gov.uk) 01473 211580  
**Key:** Home Games in Red  
**Pitch Location:** All Home games to be played at Henley Road

### League Fixtures

<b>Saturday 27<sup>th</sup> September</b> Bury St Edmunds 4's v Ipswich 5's	<b>Saturday 17<sup>th</sup> January 09</b> Ipswich 5's v Bury St Edmunds 4's (11.30)
<b>Saturday 4<sup>th</sup> October</b> Ipswich 5's v Felixstowe 2's (10.00)	<b>Saturday 24<sup>th</sup> January 09</b> Felixstowe 2's v Ipswich 5's
<b>Saturday 11<sup>th</sup> October</b> Lowestoft Railway 2's v Ipswich 5's	<b>Saturday 31<sup>st</sup> January 09</b> Ipswich 5's v Lowestoft Railway 2's (10.00)
<b>Saturday 18<sup>th</sup> October</b> Ipswich 5's v North Walsham 2's (11.30)	<b>Saturday 7<sup>th</sup> February 09</b> North Walsham 2's v Ipswich 5's
<b>Saturday 25<sup>th</sup> October</b> Norwich Dragons 4's v Ipswich 5's	<b>Saturday 14<sup>th</sup> February 09</b> Ipswich 5's v Norwich Dragons 4's (10.00)
<b>Saturday 1<sup>st</sup> November</b> Ipswich 5's v Bury St Edmunds 5's (11.30)	<b>Saturday 21<sup>st</sup> February 09</b> Bury St Edmunds 5's v Ipswich 5's
<b>Saturday 8<sup>th</sup> November</b> Harleston 5's v Ipswich 5's	<b>Saturday 28<sup>th</sup> February 09</b> Ipswich 5's v Harleston 5's (11.30)
<b>Saturday 15<sup>th</sup> November</b> Anglia 3 v Ipswich 5's	<b>Saturday 7<sup>th</sup> March 09</b> Ipswich 5's v Anglia 3's (11.30)
<b>Saturday 22<sup>nd</sup> November</b> Ipswich 5's v Norwich City 4's (11.30)	<b>Saturday 14<sup>th</sup> March 09</b> Norwich City 4's v Ipswich 5's
<b>Saturday 29<sup>th</sup> November</b> Harleston 6's v Ipswich 5's	<b>Saturday 21<sup>st</sup> March 09</b> Ipswich 5's v Harleston 6's (10.00)
<b>Saturday 6<sup>th</sup> December</b> Ipswich 5's v Sudbury 3's (11.30)	<b>Saturday 28<sup>th</sup> March 09</b> Sudbury 3' v Ipswich 5's

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[www.east-hockey.co.uk](http://www.east-hockey.co.uk)

## Men's Vet' Team

**League:** East Veterans League

**Captain:** Johnny Gordon 01473 461587

**Key:** Home Games in Red

**F(Friendly)** TR = Tuddenham Road Pitch

HR= Henley Road Pitch

<b>Friendly &amp; League Fixtures</b>	
<b>Saturday 27<sup>th</sup> September</b> Ipswich v Cambridge City (11.30 TR)	<b>Saturday 17<sup>th</sup> January 09</b> Cambridge City v Ipswich
<b>Saturday 4<sup>th</sup> October</b> Bedford Town v Ipswich 2's	<b>Saturday 24<sup>th</sup> January 09</b> Ipswich 4's v Bedford (11.30 HR)
<b>Saturday 11<sup>th</sup> October</b> Ipswich v Pelicans (11.30 HR)	<b>Saturday 31<sup>st</sup> January 09</b> Pelicans v Ipswich
<b>Sunday 12<sup>th</sup> October</b> Veterans Cup Round 1	<b>Saturday 7<sup>th</sup> February 09</b> No Game
<b>Saturday 18<sup>th</sup> October</b> No Game	<b>Saturday 14<sup>th</sup> February 09</b> City of Peterborough v Ipswich
<b>Saturday 25<sup>th</sup> October</b> Ipswich v City of Peterborough (11.30 HR)	<b>Sunday 15<sup>th</sup> February 09</b> Vintage Cup Round 3
<b>Saturday 1<sup>st</sup> November</b> Ipswich v Harleston (12.00 TR)	<b>Saturday 21<sup>st</sup> February 09</b> Harleston v Ipswich
<b>Sunday 2<sup>nd</sup> November</b> Vintage Cup Round 1	<b>Sunday 22<sup>nd</sup> February 09</b> Veterans Cup Round 4
<b>Saturday 8<sup>th</sup> November</b> Shefford & Sandy v Ipswich	<b>Saturday 28<sup>th</sup> February 09</b> Ipswich v Shefford & Sandy (14.30 TR)
<b>Sunday 9<sup>th</sup> November</b> Veterans Cup Round 2	<b>Saturday 7<sup>th</sup> March 09</b> Chelmsford v Ipswich
<b>Saturday 15<sup>th</sup> November</b> Ipswich v Chelmsford (15.30 TR)	<b>Sunday 8<sup>th</sup> March 09</b> Vintage Cup Quarter Finals
<b>Saturday 22<sup>nd</sup> November</b> Bishop's Stortford v Ipswich	<b>Saturday 14<sup>th</sup> March 09</b> Ipswich v Bishop's Stortford (11.30 TR)
<b>Saturday 29<sup>th</sup> November</b> Ipswich 4's v Norwich Exiles (11.00 TR)	<b>Sunday 15<sup>th</sup> March 09</b> Veterans Cup Quarter Finals
<b>Sunday 30<sup>th</sup> November</b> Vintage Cup Round 2	<b>Saturday 21<sup>st</sup> March 09</b> Norwich Exiles v Ipswich
<b>Saturday 6<sup>th</sup> December</b> Bury St Edmunds v Ipswich	<b>Saturday 28<sup>th</sup> March 09</b> Ipswich 4's v Bury St Edmunds (11.30 TR)
<b>Sunday 7<sup>th</sup> December</b> Veterans Cup Round 2	<b>Sunday 29<sup>th</sup> March 09</b> Veterans Cup Semi Finals
	<b>Sunday 5<sup>th</sup> April 09</b> Vintage Cup Semi Finals
	<b>Sunday 26<sup>th</sup> April 09</b> Veterans Cup Finals
	<b>Sunday 26<sup>th</sup> April 09</b> Vintage Cup Finals

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## Mixed Team

*Entered in Mixed Trophy but if knocked out will enter Plate*

**Captain:** Lizzy Aldous      [lizzyaldous@hotmail.com](mailto:lizzyaldous@hotmail.com)      07909966961

**Key:**                      **Home Games in Red**  
TR = Tuddenham Road Pitch                      HR= Henley Road Pitch

<b>Fixtures</b>
<b>Sunday 7<sup>th</sup> December 08</b> Round 1
<b>Sunday 5<sup>th</sup> February 09</b> Round 2
<b>Sunday 1<sup>st</sup> March 09</b> Round 3
<b>Sunday 15<sup>th</sup> March 09</b> Round 4
<b>Sunday 5<sup>th</sup> April 09</b> Round 5
<b>Sunday 26<sup>th</sup> April 09</b> Quarter Finals
<b>Saturday 13<sup>th</sup> June 09</b> Semi-final
<b>Sunday 14<sup>th</sup> June 09</b> Final

## Junior Teams

***Entered in Trophy but if knocked out will enter Plate***

**Girls U18 Contact:** Issy Sheldrake      Please contact Mandy Hearne: 01473 312235  
**Girls U15 Contact:** Hannah Tallent      Please contact Mandy Hearne: 01473 312235  
**Boys U18 Contact:** Geoff Reed      Please contact Mandy Hearne: 01473 312235  
**Boys U15 Contact:** Toby Lever      Please contact Mandy Hearne: 01473 312235

<b>U18/U15 Girls Fixtures</b>	<b>U18/U15 Boys Fixtures</b>
<b>Sunday 5<sup>th</sup> October 08</b> Round 1	<b>Sunday 5<sup>th</sup> October 08</b> Round 1
<b>Sunday 9<sup>th</sup> November 07</b> Round 2	<b>Sunday 9<sup>th</sup> November 07</b> Round 2
<b>Sunday 30<sup>th</sup> November 07</b> Round 3	<b>Sunday 30<sup>th</sup> November 07</b> Round 3
<b>Sunday 1<sup>st</sup> March 09</b> Round 4	<b>Sunday 1<sup>st</sup> March 09</b> Round 4
<b>Sunday 15<sup>th</sup> March 09</b> Round 5	<b>Sunday 15<sup>th</sup> March 09</b> Round 5
<b>Sunday 6<sup>th</sup> 29<sup>th</sup> March 09</b> Round 6	<b>Sunday 6<sup>th</sup> 29<sup>th</sup> March 09</b> Round 6
<b>Saturday 25<sup>th</sup> April 09</b> Final	<b>Saturday 25<sup>th</sup> April 09</b> Final