

DIVISIONAL LINE UP FOR 2024-25 SEASON**NORTH EAST****Division one**

Downsman Dragons

Horley Hawks

Mannings Heath

Horsham Blue

Upper Beeding

Promoted from D2

West Chiltington

Promoted from D2

Division Two

Cowfold

Relegated from D1

Horsham Yellow

Relegated from D1

Ashington

Horsham Dragons

Horsham White

Promoted from D3

Horley Robins

Promoted from D3

Division Three

Southwater Sharks

Relegated from D2

Haywards Heath Rollers

Relegated from D2

Thakeham

Horley Ravens

Ardingly

Returning club

SOUTH WEST**Division One**

Infinity

Fittleworth Bears

Southbourne

Norfolk Lions

Bognor Hurricanes

Promoted from D2

East Preston Blue

Promoted from D2

Division Two

Arundel Mullets

Relegated from D1

Norfolk Tigers

Relegated from D1

Crablands Avocets

Fittleworth Swans

Arundel Swallows*

Crablands Bitterns

Promoted from D3

Lavant

Promoted from D3

Division Three

Crablands Cormorants

Nyetimber Bears

East Preston Yellow

Wittering Waves

New Club

Nyetimber Lions

Additional team

East Preston Green

Additional team

* Retain slot in D2 due to increase in size of Division.

CUP ENTRIES FOR 2024-25

Ashington

Mannings Heath

Southwater Sharks

Thakeham

Downsman Dingos

Cowfold

Horsham Lions

Horsham Panthers

Horsham Cheetahs

Ardingly

Horley Hawks

Horley Robins

Horley Ravens

Lavant

Arundel Gold

Arundel Blue

Wittering Waves

East Preston Beavers

East Preston Cubs

Norfolk Lions

Norfolk Tigers

Southbourne

Crablands Gulls

Crablands Terns

Infinity

Fittleworth Wasps

Fittleworth Hornets

Draw to follow