

## CJCL Composition, 2010

<b>U11</b> <b>14 weeks</b>	<b>Western</b>	<b>Central</b>	<b>Eastern</b>	
	Cleator	Caldbeck	Appleby	
	Cockermouth	Carlisle Blue	Arthuret/Esk	
	Egremont	Keswick	Carlisle Green	
	Seascale	Penrith Gold	Great Corby	
	Whitehaven	Threlkeld	Lanercost	
	Workington	Wigton	Nunwick	
Workington Blue		Penrith Green		
<b>U13</b> <b>10 Weeks</b>	<b>West Prem</b>	<b>West One</b>	<b>East Prem</b>	<b>East One</b>
	Cleator	Cockermouth Green	Appleby	Caldbeck
	Cockermouth Gold	Egremont	Carlisle Green	Carlisle Blue
	Keswick	Seascale	Great Corby	Lanercost
	Whitehaven Gold	Whitehaven Blue	Penrith Gold	Nunwick
Workington	Workington Blue	Wigton	Penrith Green	
			Threlkeld	
<b>U15 - Option 1</b> <b>10 weeks</b>	<b>Western</b>	<b>East Prem</b>	<b>East One</b>	
	Cleator	Appleby	Carlisle Blue	
	Cockermouth Green	Carlisle Green	Great Corby	
	Cockermouth Gold	Keswick	Kirkby Stephen	
	Egremont	Penrith Gold	Lanercost	
	Whitehaven	Penrith Green	Nunwick	
	Workington Blue	Wigton	Stainton/Threlkeld	
Workington				
<b>U15 - Option 2</b> <b>11 weeks</b>	<b>Western</b>	<b>Eastern</b>		
	Cleator	Appleby		
	Cockermouth Green	Carlisle Green		
	Cockermouth Gold	Carlisle Blue		
	Egremont	Great Corby		
	Keswick	Kirkby Stephen		
	Whitehaven	Lanercost		
	Workington Blue	Nunwick		
Workington	Penrith Gold			
	Penrith Green			
	Stainton/Threlkeld			
	Wigton			

## League & Cup Dates, 2010

Monday	U11	Friday	U15	Sunday	U13
				25/04/2010	League Week 1
26/04/2010	League Week 1	30/04/2010	League Week 1	02/05/2010	League Week 2
03/05/2010	League Week 2	07/05/2010	League Week 2	09/05/2010	U13 County Cup R1
10/05/2010	League Week 3	14/05/2010	U15 County Cup R1	16/05/2010	League Week 3
17/05/2010	League Week 4	21/05/2010	League Week 3	23/05/2010	League Week 4
24/05/2010	League Week 5	28/05/2010	League Week 4	30/05/2010	U13 County Cup R2
31/05/2010	N Lancs Fixtures	04/06/2010	U15 County Cup R2	06/06/2010	League Week 5
07/06/2010	League Week 6	11/06/2010	League Week 5	13/06/2010	League Week 6
14/06/2010	League Week 7	18/06/2010	League Week 6	20/06/2010	U13 League Cup R1
21/06/2010	League Week 8	25/06/2010	U15 League Cup R1	27/06/2010	League Week 7
28/06/2010	League Week 9	02/07/2010	League Week 7	04/07/2010	League Week 8
05/07/2010	League Week 10	09/07/2010	League Week 8	11/07/2010	League Week 9
12/07/2010	League Week 11	16/07/2010	League Week 9	18/07/2010	U13 League Cup R2
19/07/2010	League Week 12	23/07/2010	U15 League Cup R2	25/07/2010	League Week 10
26/07/2010	League Week 13	30/07/2010	League Week 10	01/08/2010	Ten10 Practice Week
02/08/2010	League Week 14	06/08/2010	(League Week 11)	08/08/2010	Ten10 Round 1
09/08/2010	U11 League Cup R1	13/08/2010		15/08/2010	Ten10 Semis
16/08/2010	U11 League Cup R2	20/08/2010		22/08/2010	Ten10 Reserve Week
23/08/2010		27/08/2010		29/08/2010	
30/08/2010		03/09/2010		05/09/2010	
06/09/2010		10/09/2010		12/09/2010	
13/09/2010		17/09/2010		19/09/2010	

## U11 Fixtures, 2010

		<b>U11 Western</b>	<b>U11 Central</b>	<b>U11 Eastern</b>
<b>26/04/2010</b>	League Week 1	Bye v Workington Seascale v Cockermouth Whitehaven v Cleator Workington Blue v Egremont	Caldbeck v Wigton Carlisle Blue v Bye Keswick v Threlkeld Penrith Gold v Bye	Appleby v Bye Arthuret/Esk v Nunwick Great Corby v Penrith Green Lanercost v Carlisle Green
<b>03/05/2010</b>	League Week 2	Cleator v Workington Cockermouth v Whitehaven Egremont v Seascale Workington Blue v Bye	Bye v Caldbeck Bye v Threlkeld Carlisle Blue v Penrith Gold Wigton v Keswick	Appleby v Arthuret/Esk Bye v Carlisle Green Nunwick v Great Corby Penrith Green v Lanercost
<b>10/05/2010</b>	League Week 3	Bye v Cleator Seascale v Workington Blue Whitehaven v Egremont Workington v Cockermouth	Caldbeck v Carlisle Blue Keswick v Bye Penrith Gold v Bye Threlkeld v Wigton	Arthuret/Esk v Bye Carlisle Green v Penrith Green Great Corby v Appleby Lanercost v Nunwick
<b>17/05/2010</b>	League Week 4	Cockermouth v Cleator Egremont v Workington Seascale v Bye Workington Blue v Whitehaven	Bye v Threlkeld Bye v Wigton Carlisle Blue v Keswick Penrith Gold v Caldbeck	Appleby v Lanercost Arthuret/Esk v Great Corby Bye v Penrith Green Nunwick v Carlisle Green
<b>24/05/2010</b>	League Week 5	Bye v Cockermouth Cleator v Egremont Whitehaven v Seascale Workington v Workington Blue	Caldbeck v Bye Keswick v Penrith Gold Threlkeld v Carlisle Blue Wigton v Bye	Carlisle Green v Appleby Great Corby v Bye Lanercost v Arthuret/Esk Penrith Green v Nunwick
<b>31/05/2010</b>	<b>N Lancs Fixtures</b>			
<b>07/06/2010</b>	League Week 6	Egremont v Cockermouth Seascale v Workington Whitehaven v Bye Workington Blue v Cleator	Bye v Bye Caldbeck v Keswick Carlisle Blue v Wigton Penrith Gold v Threlkeld	Appleby v Penrith Green Arthuret/Esk v Carlisle Green Bye v Nunwick Great Corby v Lanercost
<b>14/06/2010</b>	League Week 7	Bye v Egremont Cleator v Seascale Cockermouth v Workington Blue Workington v Whitehaven	Bye v Carlisle Blue Keswick v Bye Threlkeld v Caldbeck Wigton v Penrith Gold	Carlisle Green v Great Corby Lanercost v Bye Nunwick v Appleby Penrith Green v Arthuret/Esk
<b>21/06/2010</b>	League Week 8	Cleator v Whitehaven Cockermouth v Seascale Egremont v Workington Blue Workington v Bye	Bye v Carlisle Blue Bye v Penrith Gold Threlkeld v Keswick Wigton v Caldbeck	Bye v Appleby Carlisle Green v Lanercost Nunwick v Arthuret/Esk Penrith Green v Great Corby
<b>28/06/2010</b>	League Week 9	Bye v Workington Blue Seascale v Egremont Whitehaven v Cockermouth Workington v Cleator	Caldbeck v Bye Keswick v Wigton Penrith Gold v Carlisle Blue Threlkeld v Bye	Arthuret/Esk v Appleby Carlisle Green v Bye Great Corby v Nunwick Lanercost v Penrith Green
<b>05/07/2010</b>	League Week 10	Cleator v Bye Cockermouth v Workington Egremont v Whitehaven Workington Blue v Seascale	Bye v Keswick Bye v Penrith Gold Carlisle Blue v Caldbeck Wigton v Threlkeld	Appleby v Great Corby Bye v Arthuret/Esk Nunwick v Lanercost Penrith Green v Carlisle Green
<b>12/07/2010</b>	League Week 11	Bye v Seascale	Caldbeck v Penrith Gold	Carlisle Green v Nunwick

## U11 Fixtures, 2010

		Cleator v Cockermouth	Keswick v Carlisle Blue	Great Corby v Arthuret/Esk
		Whitehaven v Workington Blue	Threlkeld v Bye	Lanercost v Appleby
		Workington v Egremont	Wigton v Bye	Penrith Green v Bye
<b>19/07/2010</b>	League Week 12	Cockermouth v Bye	Bye v Caldbeck	Appleby v Carlisle Green
		Egremont v Cleator	Bye v Wigton	Arthuret/Esk v Lanercost
		Seascale v Whitehaven	Carlisle Blue v Threlkeld	Bye v Great Corby
		Workington Blue v Workington	Penrith Gold v Keswick	Nunwick v Penrith Green
<b>26/07/2010</b>	League Week 13	Bye v Whitehaven	Bye v Bye	Carlisle Green v Arthuret/Esk
		Cleator v Workington Blue	Keswick v Caldbeck	Lanercost v Great Corby
		Cockermouth v Egremont	Threlkeld v Penrith Gold	Nunwick v Bye
		Workington v Seascale	Wigton v Carlisle Blue	Penrith Green v Appleby
<b>02/08/2010</b>	League Week 14	Egremont v Bye	Bye v Keswick	Appleby v Nunwick
		Seascale v Cleator	Caldbeck v Threlkeld	Arthuret/Esk v Penrith Green
		Whitehaven v Workington	Carlisle Blue v Bye	Bye v Lanercost
		Workington Blue v Cockermouth	Penrith Gold v Wigton	Great Corby v Carlisle Green
<b>09/08/2010</b>	<a href="#">U11 Lge Cup R1</a>	Ties to be completed on Monday 9th August, or in event of rain-off, before Sunday 15 <sup>th</sup> August)		
<b>16/08/2010</b>	<a href="#">U11 Lge Cup R2</a>	Ties to be completed on Monday 16th August, or in event of rain-off, before Saturday 21 <sup>st</sup> August)		
<b>22/08/2010</b>	<a href="#">U11 Lge Cup SF</a>	Semi Finals to be completed on Sunday/Monday 22 <sup>nd</sup> /23 <sup>rd</sup> August		
<b>29/08/2010</b>	<a href="#">Finals</a>			
<b>30/08/2010</b>	<a href="#">Finals</a>			
<b>05/09/2010</b>	<a href="#">Finals – Reserve Week</a>			

## U13 Fixtures, 2010

		<b>U13 Western Prem</b>	<b>U13 Western One</b>	<b>U13 Eastern Prem</b>	<b>U13 Eastern One</b>
<b>25/04/2010</b>	League Week 1	C'mouth Gold v Work'ton Cleator v Bye Keswick v W'haven Blue	Egremont v Seascale W'haven Gold v Bye Work'ton Blue v C'mouth Green	Appleby v Bye Carlisle Green v Penrith Gold Great Corby v Wigton	Caldbeck v Lanercost Nunwick v Threlkeld Penrith Green v Carlisle Blue
<b>02/05/2010</b>	League Week 2	Bye v W'haven Blue Cleator v C'mouth Gold Work'ton v Keswick	Bye v Seascale C'mouth Green v Egremont W'haven Gold v Work'ton Blue	Appleby v Carlisle Green Bye v Wigton Penrith Gold v Great Corby	Carlisle Blue v Caldbeck Nunwick v Penrith Green Threlkeld v Lanercost
<b>09/05/2010</b>	<a href="#">U13 County Cup R1</a>	Ties to be completed on Sunday 9th May, or in event of rain-off, before Sunday 23 <sup>rd</sup> May			
<b>16/05/2010</b>	League Week 3	C'mouth Gold v Bye Keswick v Cleator W'haven Blue v Work'ton	Egremont v W'haven Gold Seascale v C'mouth Green Work'ton Blue v Bye	Carlisle Green v Bye Great Corby v Appleby Wigton v Penrith Gold	Caldbeck v Nunwick Lanercost v Carlisle Blue Penrith Green v Threlkeld
<b>23/05/2010</b>	League Week 4	Bye v Work'ton C'mouth Gold v Keswick Cleator v W'haven Blue	Bye v C'mouth Green W'haven Gold v Seascale Work'ton Blue v Egremont	Appleby v Wigton Bye v Penrith Gold Carlisle Green v Great Corby	Nunwick v Lanercost Penrith Green v Caldbeck Threlkeld v Carlisle Blue
<b>30/05/2010</b>	<a href="#">U13 County Cup R2</a> <a href="#">County Cup SF</a>	Ties to be completed on Sunday 30th May, or in event of rain-off, before Sunday 13 <sup>th</sup> June To be played before Sunday 20 <sup>th</sup> June, Final to be played before Sunday 27 <sup>th</sup> June			
<b>06/06/2010</b>	League Week 5	Keswick v Bye W'haven Blue v C'mouth Gold Work'ton v Cleator	C'mouth Green v W'haven Gold Egremont v Bye Seascale v Work'ton Blue	Great Corby v Bye Penrith Gold v Appleby Wigton v Carlisle Green	Caldbeck v Threlkeld Carlisle Blue v Nunwick Lanercost v Penrith Green
<b>13/06/2010</b>	League Week 6	Bye v Cleator W'haven Blue v Keswick Work'ton v C'mouth Gold	Bye v W'haven Gold C'mouth Green v Work'ton Blue Seascale v Egremont	Bye v Appleby Penrith Gold v Carlisle Green Wigton v Great Corby	Carlisle Blue v Penrith Green Lanercost v Caldbeck Threlkeld v Nunwick
<b>20/06/2010</b>	<a href="#">U13 League Cup R1</a>	Play prelims by 13/6/10. Ties to be completed on Sunday 20 <sup>th</sup> June, or in event of rain-off, before Sunday 4 <sup>th</sup> July			
<b>27/06/2010</b>	League Week 7	C'mouth Gold v Cleator Keswick v Work'ton W'haven Blue v Bye	Egremont v C'mouth Green Seascale v Bye Work'ton Blue v W'haven Gold	Carlisle Green v Appleby Great Corby v Penrith Gold Wigton v Bye	Caldbeck v Carlisle Blue Lanercost v Threlkeld Penrith Green v Nunwick
<b>04/07/2010</b>	League Week 8	Bye v C'mouth Gold Cleator v Keswick	Bye v Work'ton Blue C'mouth Green v Seascale	Appleby v Great Corby Bye v Carlisle Green	Carlisle Blue v Lanercost Nunwick v Caldbeck

## U13 Fixtures, 2010

		Work'ton v W'haven Blue	W'haven Gold v Egremont	Penrith Gold v Wigton	Threlkeld v Penrith Green
<b>11/07/2010</b>	League Week 9	Keswick v C'mouth Gold W'haven Blue v Cleator Work'ton v Bye	C'mouth Green v Bye Egremont v Work'ton Blue Seascale v W'haven Gold	Great Corby v Carlisle Green Penrith Gold v Bye Wigton v Appleby	Caldbeck v Penrith Green Carlisle Blue v Threlkeld Lanercost v Nunwick
<b>18/07/2010</b>	<a href="#">U13 League Cup R2</a>	Ties to be completed on Sunday 18 <sup>th</sup> July, or in event of rain-off, before Sunday 1 <sup>st</sup> August			
<b>25/07/2010</b>	League Week 10	Bye v Keswick C'mouth Gold v W'haven Blue Cleator v Work'ton	Bye v Egremont W'haven Gold v C'mouth Green Work'ton Blue v Seascale	Appleby v Penrith Gold Bye v Great Corby Carlisle Green v Wigton	Nunwick v Carlisle Blue Penrith Green v Lanercost Threlkeld v Caldbeck
<b>01/08/2010</b>	<a href="#">Ten10 Practice Week/U13 League Cup SF's</a>				
<b>08/08/2010</b>	<a href="#">Ten10 Round 1</a>				
<b>15/08/2010</b>	<a href="#">Ten10 Semis</a>				
<b>22/08/2010</b>	<a href="#">Ten10 Reserve Week/U13 League Cup Final</a>				
<b>29/08/2010</b>	Finals				
<b>30/08/2010</b>	Finals				
<b>05/09/2010</b>	<a href="#">Finals – Reserve Week</a>				

## U15 Fixtures, 2010

		<b>U15 Western</b>	<b>U15 Eastern Prem</b>	<b>U15 Eastern One</b>
<b>30/04/2010</b>	League Week 1	C'mouth Green v Bye Cleator v Work'ton Blue Egremont v C'mouth Gold Work'ton v W'haven	Appleby v Keswick Carlisle Green v Wigton Penrith Gold v Penrith Green	Great Corby v Stainton & Threlkeld Kirkby Stephen v Nunwick Lanercost v Carlisle Blue
<b>07/05/2010</b>	League Week 2	Bye v C'mouth Gold C'mouth Green v Work'ton W'haven v Cleator Work'ton Blue v Egremont	Carlisle Green v Penrith Gold Penrith Green v Appleby Wigton v Keswick	Great Corby v Kirkby Stephen Nunwick v Lanercost Stainton & Threlkeld v Carlisle Blue
<b>14/05/2010</b>	<a href="#">U15 County Cup R1</a>	Ties to be completed on Friday 14 <sup>th</sup> May, or in event of rain-off, before Sunday 30 <sup>th</sup> May		
<b>21/05/2010</b>	League Week 3	C'mouth Gold v Work'ton Blue Cleator v C'mouth Green Egremont v W'haven Work'ton v Bye	Appleby v Carlisle Green Keswick v Penrith Green Penrith Gold v Wigton	Carlisle Blue v Nunwick Kirkby Stephen v Stainton & Threlkeld Lanercost v Great Corby
<b>28/05/2010</b>	League Week 4	Bye v Work'ton Blue C'mouth Green v Egremont W'haven v C'mouth Gold Work'ton v Cleator	Carlisle Green v Keswick Penrith Gold v Appleby Wigton v Penrith Green	Great Corby v Carlisle Blue Kirkby Stephen v Lanercost Stainton & Threlkeld v Nunwick
<b>04/06/2010</b>	<a href="#">U15 County Cup R2</a> <a href="#">County Cup SF</a>	Ties to be completed on Friday 4 <sup>th</sup> June, or in event of rain-off, before Sunday 13 <sup>th</sup> June To be played before Sunday 20 <sup>th</sup> June, Final to be played before Sunday 27 <sup>th</sup> June		
<b>11/06/2010</b>	League Week 5	C'mouth Gold v C'mouth Green Cleator v Bye Egremont v Work'ton Work'ton Blue v W'haven	Appleby v Wigton Keswick v Penrith Gold Penrith Green v Carlisle Green	Carlisle Blue v Kirkby Stephen Lanercost v Stainton & Threlkeld Nunwick v Great Corby
<b>18/06/2010</b>	League Week 6	Bye v W'haven C'mouth Green v Work'ton Blue Cleator v Egremont Work'ton v C'mouth Gold	Keswick v Appleby Penrith Green v Penrith Gold Wigton v Carlisle Green	Carlisle Blue v Lanercost Nunwick v Kirkby Stephen Stainton & Threlkeld v Great Corby
<b>25/06/2010</b>	<a href="#">U15 League Cup R1</a>	Play prelims by 13/6/10. Ties to be completed on Friday 25 <sup>th</sup> June, or in event of rain-off, before Sunday 11 <sup>th</sup> July		
<b>02/07/2010</b>	League Week 7	C'mouth Gold v Cleator Egremont v Bye W'haven v C'mouth Green Work'ton Blue v Work'ton	Appleby v Penrith Green Keswick v Wigton Penrith Gold v Carlisle Green	Carlisle Blue v Stainton & Threlkeld Kirkby Stephen v Great Corby Lanercost v Nunwick
<b>09/07/2010</b>	League Week 8	Top 4/Bottom 3 Play Off	Carlisle Green v Appleby Penrith Green v Keswick Wigton v Penrith Gold	Great Corby v Lanercost Nunwick v Carlisle Blue Stainton & Threlkeld v Kirkby Stephen
<b>16/07/2010</b>	League Week 9	Top 4/Bottom 3 Play Off	Appleby v Penrith Gold Keswick v Carlisle Green Penrith Green v Wigton	Carlisle Blue v Great Corby Lanercost v Kirkby Stephen Nunwick v Stainton & Threlkeld
<b>23/07/2010</b>	<a href="#">U15 League Cup R2</a>	Ties to be completed on Friday 23 <sup>rd</sup> July, or in event of rain-off, before Sunday 1 <sup>st</sup> August		
<b>30/07/2010</b>	League Week 10	Top 4/Bottom 3 Play Off	Carlisle Green v Penrith Green Penrith Gold v Keswick Wigton v Appleby	Great Corby v Nunwick Kirkby Stephen v Carlisle Blue Stainton & Threlkeld v Lanercost
<b>06/08/2010</b>	<a href="#">U15 League Cup SF</a>			
<b>22/08/2010</b>	<a href="#">Finals</a>			
<b>29/08/2010</b>	<a href="#">Finals – Reserve Weekend</a>			
<b>30/08/2010</b>	<a href="#">Finals – Reserve Weekend</a>			