

Netball East Under 16 Regional League Fixtures 2009

| Round | Date | Home | Away | Home | Away | Home | Away | No game | | | |
|-------|--|----------------|------|----------------|----------------|------|----------------|-------------------|---|-------------------|----------------|
| 1 | January 10 th /11 th | Cambridgeshire | v | Bedfordshire | Hertfordshire | v | Norfolk | Suffolk | v | East Essex | Essex Thurrock |
| 2 | January 24 th /25 th | Bedfordshire | v | Hertfordshire | Norfolk | v | Suffolk | East Essex | v | Essex Thurrock | Cambridgeshire |
| 3 | January/ February 31 st / 1 st | Hertfordshire | v | Cambridgeshire | Suffolk | v | Bedfordshire | Essex Thurrock | v | Norfolk | East Essex |
| 4 | February / March 28 th /1 st | Cambridgeshire | v | Suffolk | Bedfordshire | v | East Essex | Hertfordshire | v | Essex Thurrock | Norfolk |
| 5 | March 7 th / 8 th | East Essex | v | Cambridgeshire | Norfolk | v | Bedfordshire | Essex Thurrock | v | Suffolk | Hertfordshire |
| 6 | March 14 th / 15 th | Cambridgeshire | v | Norfolk | Bedfordshire | v | Essex Thurrock | East Essex | v | Hertfordshire | Suffolk |
| 7 | March 28 th /29 th | Suffolk | v | Hertfordshire | Essex Thurrock | v | Cambridgeshire | Norfolk | v | East Essex | Bedfordshire |