CONFERENCE FOUR

| | CONFERENCE FOUR | |
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| Week | Home | Away |
| | | |
| Week One | Essex Blades | Hertfordshire Hurricanes |
| November 8th | Royal Holloway Bears | Canterbury Chargers |
| | UEA Pirates | Anglia Ruskin Phantoms |
| | Surrey Stingers | Southampton Stags |
| | Imperial Immortals | Portsmouth Destroyers |
| | Brighton Tsunami | , Team Solent |
| | | |
| | | |
| Week Two | Imperial Immortals | Southampton Stags |
| November 15th | Portsmouth Destroyers | Surrey Stingers |
| November 15th | - | Brighton Tsunami |
| | Royal Holloway Bears Hertfordshire Hurricanes | UEA Pirates |
| | | |
| | Bath Killer Bees | Team Solent |
| | Kent Falcons | Canterbury Chargers |
| | Essex Blades | Greenwich Mariners |
| | | |
| | | |
| Week Three | Anglia Ruskin Phantoms | Imperial Immortals |
| November 22nd | Portsmouth Destroyers | Warwick Wolves |
| | Royal Holloway Bears | BNU Buccaneers |
| | Southampton Stags | Brighton Tsunami |
| | UEA Pirates | Canterbury Chargers |
| | Team Solent | Surrey Stingers |
| | Greenwich Mariners | Hertfordshire Hurricanes |
| | | |
| | | |
| Week Four | Southampton Stags | Team Solent |
| November 29th | Brighton Tsunami | Imperial Immortals |
| | Canterbury Chargers | Essex Blades |
| | Royal Holloway Bears | Portsmouth Destroyers |
| | Kent Falcons | UEA Pirates |
| | Anglia Ruskin Phantoms | Greenwich Mariners |
| | | Creenwernwarmers |
| | | |
| Week Five | UEA Pirates | Essex Blades |
| December 6th | Greenwich Mariners | Kent Falcons |
| December oth | Greenwich Mariners | Kent Facons |
| | | |
| Week Six | Canterbury Chargers | Anglia Ruskin Phantoms |
| December 13th | | Royal Holloway Bears |
| December 13(1) | Surrey Stingers | |
| | Greenwich Mariners | Imperial Immortals |
| | Team Solent | Portsmouth Destroyers |
| | UEA Pirates | Brighton Tsunami |
| | Hertfordshire Hurricanes | Kent Falcons |

| Week Seven December 20th | Rain Week One | |
|---------------------------------|--|---|
| Week Eight January 31st 2010 | Essex Blades Hertfordshire Hurricanes Anglia Ruskin Phantoms Surrey Stingers Portsmouth Destroyers Team Solent Canterbury Chargers | UEA Pirates Southampton Stags Kent Falcons Reading Knights Brighton Tsunami Royal Holloway Bears Greenwich Mariners |
| Week Nine Super Bowl Weekend | Saturday for Rain Affected Games | |
| Week Ten February 14th | Birmingham Lions Imperial Immortals Kent Falcons Anglia Ruskin Phantoms Greenwich Mariners Southampton Stags | Hertfordshire Hurricanes Canterbury Chargers Surrey Stingers Essex Blades UEA Pirates Royal Holloway Bears |
| Week Eleven February 21st | Canterbury Chargers Kent Falcons Essex Blades Southampton Stags Imperial Immortals Brighton Tsunami | Hertfordshire Hurricanes Team Solent Surrey Stingers Portsmouth Destroyers Royal Holloway Bears Anglia Ruskin Phantoms |
| Week Twelve February 28th | Hertfordshire Hurricanes Surrey Stingers Portsmouth Destroyers Team Solent Brighton Tsunami BNU Buccaneers | Anglia Ruskin Phantoms Imperial Immortals Kent Falcons Essex Blades Greenwich Mariners Southampton Stags |