

Team	Shirt Colour	Ground	Postcode
AFC Hoxne	Red/Black	Heckfield Green, Hoxne	IP21 5AD
AFC Kesgrave	Red/Blue stripes	Kesgrave Comm Centre, Twelve Acre Approach, Kesgrave	IP5 1JF
AFC Sudbury	Yellow/blue	The MEL Group Stadium, Brundon Lane, Sudbury,	CO10 7HN
Aldeburgh Town	Hi-Vis Yellow	Aldeburgh Community & Sports Centre, Kings Field, Aldeburgh	IP15 5HY
Belton	Grey	Sprts & Leisure Centre, New Road, Belton, Great Yarmouth	NR31 9JW
Bramford Phoenix United	Red	Acton Road, Bramford	IP8 4HU
Bury Town	Blue/Navy	Ram Meadow, Cotton Lane	IP33 1XP
Bury Town Reserves	Blue	Northumberland Avenue, Bury St Edmunds	IP32 6ND
Cockfield United	Blue	Great Green, Cockfield	IP30 0HJ
Coplestonians	Maroon	Copleston School, Copleston Road (Foxhall Road entrance), Ipswich	IP3 8LJ
Coplestonians Reserves	Sky Blue	Copleston School, Copleston Road (Foxhall Road entrance), Ipswich	IP3 8LJ
Cromer Crab	Dark Blue/Sky blue	Cabbell Park, Mill Road, Cromer	NR27 0BG
Diss Heywood	Orange	Diss High School,Walcot Road	IP22 4DB
ETC Lowestoft	Green	Ormiston Denes Academy, Yarmouth Road, Lowestoft	NR32 4AH
Eye Saints	Royal Blue + White trim	Eye Town Moors Community Centre, Magdalen Street, Eye	IP23 7AJ
Foxhall Town	Navy Blue	Pauls Social Club, 33 Salmet Close, Ipswich	IP2 9BA
Framlingham Town	Green/White	Sports Field, Badingham Road	IP13 9HS
Gorleston FC	Green	Mill Lane, Bradwell	NR31 8HS
Hadleigh United	Navy/White	The Millfield, Tinkers Lane	IP7 5NF
Henley Athletic	Green	Church Meadows, Henley	IP6 0RP
Ipswich Magpies	Black and White	Chelmondiston Village Playing Field	IP9 1HX
Ipswich Park	Black/Blue	Gainsborough Sports Centre, 5 Braziers Wood Road, Ipswich	IP3 0SP
Ipswich Revolution	Blue/Black	Gainsborough Sports Centre, 5 Braziers Wood Road, Ipswich	IP3 0SP
Ipswich Vale Exiles	Red/Black stripes	Bourne Vale SSC, Halifax Road	IP2 8RE
Ipswich Vale Exiles Reserves	Red/Black stripes	Bourne Vale SSC, Halifax Road	IP2 8RE
Ipswich Wanderers	Blue	SHE Sports Ground, Humber Doucy Lane, Ipswich	IP4 3NR
Kesgrave Kestrels	Royal Blue/white stripes	Kesgrave Comm Centre, Twelve Acre Approach, Kesgrave	IP5 1JF
Kings Arms Crusaders	White	Beaconsfield Recreation Ground, Sandown Road, Gt.Yarmouth	NR30 1EY
Long Melford	Light Blue/White stripes	Stoneylands, New Road, Long Melford	CO10 9JZ
Loddon United	Yellow	Jubilee Hall Playing Field, George Lane, Loddon	NR14 6NB
Lowestoft Town	Royal Blue	Amber Dew Events Arena, Love Road, Lowestoft	NR32 2PG
Martlesham Old Boys	Orange/Black	Suffolk Police HQ, Portal Avenue, Martlesham, Ipswich	IP5 3QS
Mendlesham	Green/Black	Community Centre, Old Station Rd	IP14 5RT
Norton Athletic	Yellow/blue	The Highfield, Loddon Road, Norton Subcourse	NR14 6RY
Occold	Red/Black	Community Centre, Shop Street, Worlingworth	IP13 7HG
Ransomes Sports	Red	Ransomes Sports Ground, Sidegate Avenue, Ipswich	IP4 4JJ
Sole Bay United	Red	Southwold Common	IP18 6TB
Somersham	Red/Black	Main Road, Somersham	IP8 4PD
Spexhall Huntsman & Hounds	White	Rose Farm, Stone Street	IP19 0RN
Stoke Old Boys	Orange	UEA, Colney Lane Pavilion, Norwich	NR4 7UL
Stowupland Falcons	Yellow	Stowupland School Pitch, Church Road, Stowupland	IP14 4BQ
Tramways	Black/Blue stripes	Cliff Park High School, Kennedy Avenue, Gorleston	NR32 6TA
Trimley Sports SC	Sky Blue	High Road, Trimley St Martin	IP11 0RJ
Trimley Sports SC Reserves	Sky and Navy Blue	High Road, Trimley St Martin	IP11 0RJ
Walsham Le Willows	Red/Yellow stripes	Summer Road, Walsham le Willows	IP31 3AH
Waveney	Gold	Dip Farm, Corton Road,Lowestoft	NR32 4LD
Waveney Athletic (Re-United)	Black and Grey	Pitch 1, Normanston Park, Peto Way (Jesters), Lowestoft	NR32 2QB
Westbourne Warriors	Green/Black stripes	SHE Sports Ground, Humber Doucy Lane, Ipswich	IP4 3NR
West Gate Elks	Red/Black stripes	Hardwick Heath,Hardwick Lane, Bury St Edmunds	IP33 1XP
Whitton United	Green/White stripes	The King George V, Old Norwich Road, Ipswich	IP1 6LE
Wickham Market	Navy Blue	High Street, Wickham Market	IP13 0HE
Woodbridge Town	Black/White stripes	Notcutts Park, 17 Fynn Road	IP12 4LS