



| | TEAMS | GROUP |
|----|-------------------------|-------|
| 1 | London Irish | A |
| 2 | Harlequins | B |
| 3 | Saracens | C |
| 4 | The Army | D |
| 5 | London Wasps | A |
| 6 | Cambridge University | B |
| 7 | Richmond | C |
| 8 | Loughborough University | D |
| 9 | London Scottish | A |
| 10 | Esher | B |
| 11 | Rosslyn Park | C |
| 12 | Help For Heroes VII | D |

| Start Time | Pool Matches | | Pool | Semi-Final | Final |
|------------|----------------------|----------------------|------|------------|------------------|
| 5.00 | London Irish | London Wasps | A | | |
| 5.20 | Harlequins | Cambridge University | B | | |
| 5.40 | Saracens | Richmond | C | | |
| 6.00 | The Army | Loughborough Uni | D | 9.00 | Pool A Winner |
| 6.20 | London Wasps | London Scottish | A | | Pool B Winner |
| 6.40 | Cambridge University | Esher | B | | Winner of A vs B |
| 7.00 | Richmond | Rosslyn Park | C | | 10.30 |
| 7.20 | Loughborough Uni | Help For Heroes VII | D | | Winner of C vs D |
| 7.40 | London Scottish | London Irish | A | 9.20 | Pool C Winner |
| 8.00 | Esher | Harlequins | B | | Pool D Winner |
| 8.20 | Rosslyn Park | Saracens | C | | |
| 8.40 | Help For Heroes VII | The Army | D | | |