

| Start S3 | Squad | Team | Order | Change | Note |
|----------|----------------------|-------------------------|-------|-----------|------|
| 1 | ChessPlus | ChessPlus Alpha | 1 | | |
| 2 | Wood Green | Wood Green | 1 | | |
| 3 | Guildford Young Guns | Guildford Young Guns | 1 | | |
| 4 | Chessable White Rose | Chessable White Rose 1 | 1 | | |
| 5 | Barbican | Barbican 4NCL | 1 | | |
| 6 | Wood Green | Wood Green Monarchs | 2 | | |
| 7 | Celtic Tigers | Celtic Tigers & Sharks | 1 | | |
| 8 | Kent KJCA Kestrels | Kent KJCA Kestrels A | 1 | | |
| 9 | Gonzaga | Gonzaga A | 1 | | |
| 10 | West is Best | West is Best A | 1 | | |
| 11 | Chessable White Rose | Chessable White Rose 2 | 2 | | |
| 12 | Watford | Watford 1 | 1 | | |
| 13 | Blackthorne Russia | Blackthorne Russia | 1 | | |
| 14 | Sussex Martlets | Sussex Social Isolators | 1 | | |
| 15 | Anglia Avengers | Anglia Avengers 1 | 1 | | |
| 16 | ChessPlus | ChessPlus Kingston | 2 | | |
| 17 | Oxford | Oxford 1 | 1 | | |
| 18 | Alba | Alba Bon Accord 1 | 2 | | |
| 19 | Alba | Alba | 1 | | |
| 20 | Dundee City | Dundee City A | 1 | | |
| 21 | Warwick University | Warwick University | 1 | | |
| 22 | Gonzaga | Gonzaga B Sharps | 2 | | |
| 23 | Wessex Some Stars | Wessex Some Stars A | 1 | | |
| 24 | Broadland | Broadland Kestrels | 1 | | |
| 25 | CSC | CSC 1 | 1 | Promoted | |
| 26 | Catford Cosmonauts | Catford Cosmonauts 1 | 1 | Promoted | |
| 27 | The Full Ponty | The Full Ponty | 1 | Promoted | |
| 28 | Poisoned Pawns | Poisoned Pawns | 1 | Promoted | |
| 29 | Brentwood | Brentwood A | 1 | Promoted | |
| 30 | Mushrooms | Mushrooms 1 | 1 | Promoted | |
| 31 | Downend & Fishponds | Downend 1 | 1 | Promoted | |
| 32 | Schach Attack | Schach Attack | 1 | Promoted | |
| 33 | Spirit of Atticus | Spirit of Atticus A | 1 | Relegated | |

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|----|-------------------------|---------------------------|---|-----------|
| 34 | Atticus | Atticus A | 1 | Relegated |
| 35 | St Benildus | St Benildus A | 1 | Relegated |
| 36 | Exeter Honey Badgers | Exeter Honey Badgers | 1 | Relegated |
| 37 | Shropshire | Shropshire 1 | 1 | Relegated |
| 38 | Sussex Martlets | Sussex Starlings | 2 | Relegated |
| 39 | Wimbledon | Wimbledon 1 | 1 | Relegated |
| 40 | Wood Green | Wood Green Youth | 3 | Relegated |
| 41 | Harrow 1 | Harrow 1 | 1 | |
| 42 | Hull & Beverley Romans | Hull & Beverley Romans 1 | 1 | |
| 43 | Kent KJCA Kestrels | Kent KJCA Kestrels B | 2 | |
| 44 | Streatham | Streatham A | 1 | |
| 45 | The Rook1Es | The Rook1Es | 1 | |
| 46 | MK Phoenix | MK Phoenix 1 | 1 | |
| 47 | Gonzaga | Gonzaga Cing is Believing | 3 | |
| 48 | West is Best | West is Best B | 2 | |
| 49 | CSC | CSC 2 | 2 | |
| 50 | Wigston | Wigston 1 | 1 | |
| 51 | CSC | CSC 3 | 3 | |
| 52 | White Knights | White Knights | 1 | |
| 53 | Harrow 2 | Harrow 2 | 1 | |
| 54 | Bradford DCA Knights | Bradford DCA Knights A | 1 | |
| 55 | Ashfield Anonymous | Ashfield Anonymous A | 1 | |
| 56 | St Albans | St Albans 1 | 1 | |
| 57 | Catford Cosmonauts | Catford Cosmonauts 2 | 2 | Promoted |
| 58 | Falmouth and Truro | Trelawny's Army | 1 | Promoted |
| 59 | Wessex Some Stars | Wessex Some Stars B | 2 | Promoted |
| 60 | Horsham | Horsham 1 | 1 | Promoted |
| 61 | Kent KJCA Kestrels | Kent KJCA Kestrels C | 3 | Promoted |
| 62 | Fischer's Catch | Fischer's Catch | 1 | Promoted |
| 63 | Mushrooms | Mushrooms 2 | 2 | Promoted |
| 64 | Abergavenny and Friends | Abergavenny and Friends | 1 | Promoted |
| 65 | Malpas & Oswestry | Malpas & Oswestry | 1 | Relegated |
| 66 | Anglia Avengers | Anglia Avengers 2 | 2 | Relegated |

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|----|---------------------------|---------------------------|---|-----------|---------------------------|
| 67 | Shropshire | Shropshire 2 | 2 | Relegated | |
| 68 | Malpas & Oswestry Friends | Malpas & Oswestry Friends | 1 | Relegated | |
| 69 | Hull & Beverley Romans | Hull & Beverley Romans 2 | 2 | Relegated | |
| 70 | Plymouth | Plymouth 1 | 1 | Relegated | |
| 71 | Oxford | Oxford 2 | 2 | Relegated | |
| | Warwick University | Warwick University B | 2 | Relegated | Not Re-Entered |
| 72 | Celtic Tigers | Celtic Tigers | 2 | | |
| 73 | Hatch End | Hatch End A | 1 | | |
| 74 | Stroud Youngies | Stroud Youngies | 1 | | |
| 75 | Morrison | Morrison Alekhine | 1 | | |
| 76 | Warley Quinborne | Warley Mighty Quins | 1 | | |
| 77 | Ashfield Anonymous | Ashfield Anonymous B | 2 | | |
| 78 | MK Phoenix | MK Phoenix 2 | 2 | | |
| 79 | Preston South End | Preston South End | 1 | | |
| 80 | St Benildus | St Benildus B | 2 | | |
| 81 | Alba | Alba Bon Accord 2 | 3 | | |
| 82 | Streatham | Streatham B | 2 | | |
| 83 | Stroud Oldies | Stroud Oldies | 1 | | |
| | CSC | CSC 4 | 4 | | Not Re-Entered |
| 84 | Urmston | Urmston | 1 | | |
| 85 | Chessmates | Chessmates | 1 | | |
| 86 | Warwickshire Bears | Warwickshire Bears A | 1 | | |
| 87 | Hertford | Hertford 1 | 1 | Promoted | |
| 88 | Bolton and Worsley | Bolton and Worsley 1 | 1 | Promoted | |
| 89 | Wessex Some Stars | Wessex Some Stars C | 3 | Promoted | |
| 90 | MCS Oxford | MCS Oxford A | 1 | Promoted | |
| 91 | Shropshire | Shropshire 3 | 3 | Promoted | |
| 92 | Uxbridge Seniors | Uxbridge A Cults | 1 | Promoted | Formerly Uxbridge Knights |
| 93 | Dorking Casuals | Dorking Casuals | 1 | Promoted | |
| 94 | Guildford Gatekeepers | Guildford Gatekeepers | 1 | Promoted | |
| 95 | Cork | Cork | 1 | Relegated | |
| 96 | Watford | Watford 2 | 2 | Relegated | |
| 97 | Crewe | Crewe AOL | 1 | Relegated | |

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|-----|---------------------------|---------------------------|---|-----------|----------------------|
| 98 | Wimbledon | Wimbledon 2 | 2 | Relegated | |
| 99 | Clevedon | Clevedon | 1 | Relegated | |
| 100 | Downend & Fishponds | Downend 2 | 2 | Relegated | |
| 101 | Phones Pals | Phones Pals | 1 | Relegated | |
| 102 | Camborne | Camborne Trevithick | 1 | | |
| 103 | Oxford | Oxford 3 | 3 | | |
| 104 | Wantage | Wantage A | 1 | | |
| 105 | Manchester Juniors | Manchester Juniors A | 1 | | |
| 106 | Catford Cosmonauts | Catford Cosmonauts 3 | 3 | | |
| 107 | Atticus | Atticus B | 2 | | |
| 108 | East Kilbride | East Kilbride Strollers | 1 | | |
| 109 | Kent KJCA Kestrels | Kent KJCA Kestrels D | 4 | | |
| 110 | Doughnuts of Doom | Doughnuts of Doom | 1 | | |
| 111 | War & Piece | War & Piece 1 | 1 | | |
| 112 | Rugeley Rangers | Rugeley Rangers | 1 | | |
| 113 | Bristol Cabot Blackbeards | Bristol Cabot Blackbeards | 1 | | |
| 114 | Gonzaga | Gondaga | 4 | | |
| 115 | Watford Juniors | Watford Juniors A | 1 | | |
| 116 | St Albans | St Albans 2 | 2 | | |
| 117 | Temple Sutton | Temple Sutton | 1 | | |
| 118 | Hackney Thirsty | Hackney Thirsty | 1 | Promoted | Now a separate squad |
| 119 | Barnet Knights | Barnet Knights A | 1 | Promoted | |
| 120 | Maidenhead | Maidenhead 1 | 1 | Promoted | |
| 121 | Crowthorne | Crowthorne 1 | 1 | Promoted | |
| 122 | Manchester Manticores | Manchester Manticores 1 | 1 | Promoted | |
| 123 | Manchester Manticores | Manchester Manticores 2 | 2 | Promoted | |
| 124 | Farnham | Farnham A | 1 | Promoted | |
| 125 | Spirit of Atticus | Spirit of Atticus B | 2 | Promoted | |
| 126 | Bradford DCA Knights | Bradford DCA Knights B | 2 | Relegated | |
| 127 | Bishop Auckland | Bishop Trojans | 1 | Relegated | |
| 128 | Darnall & Handsworth | Darnall & Handsworth | 1 | Relegated | |
| 129 | 4 Gems | 4 Gems | 1 | Relegated | |
| 130 | Manchester Juniors | Manchester Juniors B | 2 | Relegated | |

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|-----|---------------------------|------------------------|---|-----------|----------------------------|
| 131 | Wigston | Wigston 2 | 2 | Relegated | |
| 132 | Warwickshire Bears | Warwickshire Bears B | 2 | Relegated | |
| 133 | Warwickshire Bears | Warwickshire Bears C | 3 | Relegated | |
| 134 | Broken Herts | Broken Herts | 1 | | |
| 135 | Bude Surfers | Bude Surfers | 1 | | |
| 136 | Sheffield Deaf | Sheffield Deaf | 1 | | |
| 137 | Malpas & Oswestry Friends | Cheshire Cats | 3 | | |
| 138 | Streatham | Streatham C | 3 | | |
| 139 | Harrow 4 | Harrow 4 | 1 | | |
| 140 | Wessex Some Stars | Wessex Some Stars D | 4 | | |
| 141 | Grangemouth Gambiteers | Grangemouth Gambiteers | 1 | | |
| 142 | St Albans | St Albans 3 | 3 | | |
| 143 | Woking Warriors | Woking Warriors | 1 | | |
| 144 | Watford | Watford 3 | 3 | | |
| 145 | Hatch End | Hatch End B | 2 | | |
| 146 | Uxbridge Seniors | Uxbridge Bulldogs | 2 | | Formerly Uxbridge Knights |
| 147 | Uxbridge Seniors | Uxbridge Crusaders | 3 | | Formerly Uxbridge Knights |
| 148 | St Albans | St Albans 4 | 4 | | |
| 149 | Warley Quinborne | Warley and Quinborne | 2 | | |
| 150 | Dundee City | Dundee City B | 2 | Promoted | |
| 151 | Ashfield Anonymous | Ashfield Anonymous C | 3 | Promoted | |
| 152 | Chessable White Rose | Chessable White Rose 3 | 3 | Promoted | |
| 153 | Hackney Hackers | Hackney Hackers | 1 | Promoted | Now a separate squad |
| 154 | Guildford Castles | Guildford Castles 1 | 1 | Promoted | |
| 155 | Imperial Kightriders | Imperial Kightriders | 1 | Promoted | |
| 156 | Harborough Cuatro | Harborough Cuatro | 1 | Promoted | |
| 157 | Barnet Knights | Barnet Knights B | 2 | Promoted | |
| 158 | Bishop Auckland | Bishop Knights | 2 | Relegated | |
| 159 | Shropshire | Shropshire 4 | 4 | Relegated | |
| 160 | Uxbridge Seniors | Uxbridge Destroyers | 4 | Relegated | Formerly Uxbridge Knights |
| 161 | Blanchardstown | BCC Foxes | 1 | Relegated | Formerly BCC Penguins team |
| 162 | Manchester Juniors | Manchester Juniors C | 3 | Relegated | |
| 163 | Blanchardstown | BCC Penguins | 2 | Relegated | Formerly BCC Foxes team |

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|-----|----------------------|--------------------------|---|---------------------------------|
| 164 | Watford Juniors | Watford Juniors B | 2 | Relegated |
| 165 | Watford Juniors | Watford Juniors C | 3 | Relegated |
| 166 | Redbridge All Sorts | Redbridge All Sorts 1 | 1 | |
| 167 | Stroud Middles | Stroud Middles | 1 | |
| 168 | Broadland | Broadland Falco Duboisi | 2 | |
| 169 | Enfield | Enfield 1 | 1 | |
| | Anglia Avengers | Anglia Avengers 3 | 3 | Not Re-Entered |
| 170 | Forest Hall Juniors | Forest Hall Juniors | 1 | |
| 171 | Charlton Cobras | Charlton Cobras A | 1 | |
| 172 | Welwyn Hatfield | Welwyn Hatfield | 1 | |
| 173 | Ashfield Anonymous | Ashfield Anonymous D | 4 | |
| 174 | St Benildus | St Benildus C | 3 | |
| 175 | Kent KJCA Kestrels | Kent KJCA Kestrels E | 5 | |
| 176 | Brentwood | Brentwood B | 2 | |
| 177 | Braunstone | Braunstone | 1 | |
| 178 | Calstock and Lerryn | Calstock Killers | 1 | Formerly Artists Formerly Known |
| 179 | KCJS | KCJS 1 | 1 | |
| 180 | Crewe | Crewe BOL | 2 | |
| 181 | Bradford DCA Knights | Bradford DCA Knights C | 3 | |
| 182 | Shropshire | Shropshire 5 | 5 | |
| 183 | Hackney Hungry | Hackney Hungry | 1 | Now a separate squad |
| 184 | Cavan Crusaders | Cavan Crusaders | 1 | |
| 185 | Battersea Juniors | Battersea Juniors | 1 | |
| 186 | Falmouth and Truro | Cornish Pirates | 2 | |
| 187 | Wells Globetrotters | Wells Globetrotters | 1 | |
| 188 | MCS Oxford | MCS Oxford B | 2 | |
| 189 | Hertford | Hertford 2 | 2 | |
| 190 | Redbridge All Sorts | Redbridge All Sorts 2 | 2 | |
| 191 | Camborne | Camborne Pendarves | 2 | |
| 192 | Phones Pals | Phones Pals Rooks | 2 | |
| 193 | Barnet Knights | Barnet Knights C | 3 | |
| 194 | Camborne | Jan Luke's Wrecking Crew | 3 | |
| 195 | MK Phoenix | MK Phoenix 3 | 3 | |

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| 196 | St Benildus | St Benildus D | 4 |
| 197 | Deaf England | Deaf England | 1 |
| 198 | Wolfpack | Wolfpack | 1 |
| 199 | St Andrews White Cross | St Andrews White Cross 1 | 1 |
| 200 | Calstock and Lerryn | Lerryn Clowns | 2 |
| 201 | Horsham | Horsham 2 | 2 |
| 202 | Ashby Ivanhoe | Ashby Ivanhoe | 1 |
| 203 | Maidenhead | Maidenhead 2 | 2 |
| 204 | Ashton | Ashton 1 | 1 |
| 205 | Falmouth and Truro | Cornish Wreckers | 3 |
| 206 | Ashton | Ashton 2 | 2 |
| 207 | Morrison | Morrison Benko | 2 |
| 208 | Farnham | Farnham B | 2 |
| 209 | Wessex Some Stars | Wessex Some Stars E | 5 |
| 210 | Hertford | Hertford 3 | 3 |
| 211 | War & Piece | War & Piece 2 | 2 |
| 212 | Plymouth | Plymouth 2 | 2 |
| 213 | Oadby & Blaby | Oadby & Blaby | 1 |
| 214 | Crowthorne | Crowthorne 2 | 2 |
| 215 | East Kilbride | East Kilbride Rovers | 2 |
| 216 | Celtic Tigers | Celtic Tigers Cubs | 3 |
| | East Kilbride | East Kilbride Wanderers | 3 |
| 217 | Barnet Knights | Barnet Knights D | 4 |
| 218 | Horsham | Horsham 3 | 3 |
| 219 | Barnet Knights | Barnet Knights E | 5 |
| 220 | Enfield | Enfield 2 | 2 |
| 221 | Malpas & Oswestry Friends | Malpas & Croesoswallt | 4 |
| 222 | Uxbridge Seniors | Uxbridge Eagles | 5 |
| 223 | Uxbridge Seniors | Uxbridge Fury | 6 |
| 224 | Hebden Bridge | Hebden Bridge 1 | 1 |
| 225 | Hebden Bridge | Hebden Bridge 2 | 2 |
| 226 | Charlton Cobras | Charlton Cobras B | 2 |
| 227 | Wessex Some Stars | Wessex Some Stars F | 6 |

Formerly Artists Formerly Known

Not Re-Entered

Formerly Uxbridge Knights
Formerly Uxbridge Knights

New
New
New
New

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|-----|------------------------|--------------------------|---|-----|
| 228 | Hackney Spice Boys | Hackney Spice Boys | 1 | New |
| 229 | Dun Laoghaire | Dun Laoghaire | 1 | New |
| 230 | Hackney Go Lucky | Hackney Go Lucky | 1 | New |
| 231 | Dundee City | Dundee City C | 3 | New |
| 232 | Wantage | Wantage B | 2 | New |
| 233 | Wantage | Wantage C | 3 | New |
| 234 | King's Head | King's Head | 1 | New |
| 235 | Redbridge All Sorts | Redbridge All Sorts 3 | 3 | New |
| 236 | Redbridge All Sorts | Redbridge All Sorts 4 | 4 | New |
| 237 | Oxford | Oxford 4 | 4 | New |
| 238 | BCC Dinosaurs | BCC Dinosaurs | 1 | New |
| 239 | Hertford | Hertford 4 | 4 | New |
| 240 | Surbiton Juniors | Surbiton Juniors A | 1 | New |
| 241 | Surbiton Juniors | Surbiton Juniors B | 2 | New |
| 242 | The Hemel's Gambit | The Hemel's Gambit | 1 | New |
| 243 | Guildford Castles | Guildford Castles 2 | 2 | New |
| 244 | Guildford Castles | Guildford Castles 3 | 3 | New |
| 245 | Colchester JFF | Colchester JFF 1 | 1 | New |
| 246 | Colchester JFF | Colchester JFF 2 | 2 | New |
| 247 | Colchester JFF | Colchester JFF 3 | 3 | New |
| 248 | Maidenhead | Maidenhead 3 | 3 | New |
| 249 | Shropshire | Shropshire 6 | 6 | New |
| 250 | St Andrews White Cross | St Andrews White Cross 2 | 2 | New |
| 251 | Aberstywyth University | Aberstywyth University 1 | 1 | New |
| 252 | Aberstywyth University | Aberstywyth University 2 | 2 | New |
| 253 | Bolton and Worsley | Bolton and Worsley 2 | 2 | New |
| 254 | Catford Cosmonauts | Catford Cosmonauts 4 | 4 | New |
| 255 | KCJS | KCJS 2 | 2 | New |