



## GRADUATES' CLUB HANDBOOK 2020-2021





# INTRO & CONTENTS

Graduating this year? Recently graduated? And want to continue playing lacrosse after uni?

This document has been designed to contain information for every lacrosse club in the UK with basic details of the club as well as contact information and social media pages to make it easy for recent graduates and students to get involved with their local clubs post uni!

The following clubs have been included (all clubs in the UK!):

Ashton Under Lyne	<i>North</i>	Leeds Penguins	<i>North</i>
Bath	<i>South West</i>	Leicester Badgers	<i>Midlands</i>
Birmingham	<i>Midlands</i>	Lincoln City	<i>Midlands</i>
Boardman & Eccles	<i>North</i>	Liverpool	<i>North</i>
Border City	<i>North</i>	London Raptors	<i>South East</i>
Bournemouth	<i>South West</i>	Manchester Waconians	<i>North</i>
Bristol Bombers	<i>South West</i>	Mellor	<i>North</i>
Brooklands	<i>North</i>	Milton Keynes Minotaurs	<i>South East</i>
Buckhurst Hill	<i>South East</i>	New Stars	<i>South East</i>
Camden Capybaras	<i>South East</i>	Newbury	<i>South East</i>
Canterbury City	<i>South East</i>	Newcastle upon Tyne	<i>North</i>
Cardiff	<i>Wales</i>	Norbury	<i>North</i>
Caterham Cougars	<i>South East</i>	Nuneaton	<i>Midlands</i>
Centaurs	<i>South East</i>	Oxford City	<i>South West</i>
Central London	<i>South East</i>	Oxton	<i>North</i>
Cheadle	<i>North</i>	Plymouth Privateers	<i>South West</i>
Cheadle Hulme	<i>North</i>	Portsmouth Pythons	<i>South West</i>
Cheltenham	<i>South West</i>	Poynton	<i>North</i>
City of Stoke	<i>Midlands</i>	Purley	<i>South East</i>
Clapham	<i>South East</i>	Putney	<i>South East</i>
Cobham	<i>South East</i>	Rainbow Rexes	<i>Nationally</i>
East Grinstead	<i>South East</i>	Reading	<i>South East</i>
Edinburgh Capital	<i>Scotland</i>	Reigate	<i>South East</i>
Edinburgh City	<i>Scotland</i>	Rochdale	<i>North</i>
Edinburgh Thistle	<i>Scotland</i>	Sheffield Steelers	<i>North</i>



Glasgow City	Scotland	Southampton	South West
Guildford Gators	South East	Spencer	South East
Hampstead 1882	South East	Stirling Stags	Scotland
Harpenden	South East	Stockport	North
Hawks	South East	Timperley	North
Heaton Mersey	North	Walcountian Blues	South East
Hillcroft	South East	Welwyn Warriors	South East
Hitchin	South East	West London	South East
Huddersfield	North	Wilmslow	North
Hull	North		

After the club information there is also information on:

National Governing Bodies, Regional Associations and Leagues  
University Lacrosse Club Index

#### AMENDMENT:

There are some universities that enter teams into the SEMLA/NEMLA leagues and competitions and so are allowed to field non-university players, not all do so it is worth getting in touch with them to find out more (see Univeristy Lacrosse Club pages at the back of this document). For the 2019-2020 season these were:

- Bath University
- Birmingham University
- Cambridge University
- Exeter University
- Imperial College
- Loughborough University
- Oxford Univeristy
- Plymouth University
- Sheffield University
- University of London
- Warwick University



# ASHTON UNDER LYNE

**GENDERS:** MEN'S

**REGION:** NORTH

## TEAMS INFO:

Ashton under Lyne currently has one men's team.

The team is part of NEMLA and competes in the 'North 2' league which is usually made up of other teams from the Manchester area.

The club enjoys a rich history having been established in 1896 but is currently looking for new players to join the club!

## SOCIAL SCENE:

Social events happen 3 or 4 times a year as well as after every game!

## GET INVOLVED:

To get involved with this historic club, please email David on [david7qn@gmail.com](mailto:david7qn@gmail.com)

## LOCATION:

Ashton Rugby Club

## TRAINING TIMES:

Tuesday evenings

## MATCHES:

Matches are usually weekly, played on a Saturday throughout the season. Home games are played at Ashton Rugby Club and away games are usually reasonably local in the Manchester area.



## FINAL COMMENT:

"Everyone is made to feel welcome, where enjoyment of playing is more important than skill levels."

## SOCIAL MEDIA:

 Ashton Lacrosse Club



# BATH

**GENDERS:** MEN'S & WOMEN'S

**REGION:** SOUTH WEST

## TEAMS INFO:

Bath currently has one men's team and one women's team. They are planning to introduce a mixed team next year.

The men's team is part of SEMLA and in the 2019-20 season they played in the 'West' league and the 'Cotswolds D1' Local League. They won the 'West' league and have earned a promotion play off before the 2020-21 season.

The women's team play in the SW Premier League and Invitational Cup competitions - providing tournaments and full length matches each month throughout the season.

Both teams welcome players of all abilities and they encourage new players to come along and be supported by more experienced players of regional and national standards.

## SOCIAL SCENE:

"Socialising tends to be on an ad hoc basis such as quick trips to the pub after training, although everyone likes to celebrate Christmas and the culmination of the season!"

## GET INVOLVED:

The best way to get in touch with the club is through their Facebook page - 'Bath Lacrosse Club' or to email one of the coaches - [victoria.westwood1@gmail.com](mailto:victoria.westwood1@gmail.com)



## LOCATION:

Odd Down Sports Ground 3G, Bath

## TRAINING TIMES:

Tuesday evenings 9.00 - 10 pm, both men and women.

## MATCHES:

The men play weekly, usually on Saturdays with home games played at Odd Down 3G.

The women's monthly tournament is currently at Westonbirt and home Invitational Cup matches are also played at Odd Down on the grass pitches. Both competitions are usually on Sundays, once each per month.



## FINAL COMMENT:

"We are a really chilled club with players of all ages and abilities who just love getting out on the pitch together!"

## SOCIAL MEDIA:

 Bath Lacrosse

 @bath\_lacrosse

W: [www.bathlacrosse.com](http://www.bathlacrosse.com)



# BIRMINGHAM

**GENDERS:** WOMEN'S

**REGION:** MIDLANDS

## TEAMS INFO:

Birmingham currently have one women's team who play in the SW Premier League providing tournaments each month throughout the season. The team welcomes players of all abilities and they encourage new players to come along and be supported by more experienced players.



## TRAINING:

Training is held at Lordswood Girls School, Knightlow Road, Harborne, Birmingham B17 8QB on Thursday evenings from 7-8.30pm.

## MATCHES:

They are part of Southwest Lacrosse League - matches played in tournament style days, monthly on Sundays - usually at Westonbirt School, Tetbury, Gloucestershire.



## SOCIAL SCENE:

Socialising tends to be fairly low key, with occasional trips to the pub after training for a bite to eat and orange juice and lemonade! There's always a Christmas social and they try to get a couple of other socials in through the year, as well as some random weekend drinks. They have also recently established a small group of ParkRun and brunchers for Saturday mornings.



## FINAL COMMENT:

"We are a super friendly club with players of all ages and abilities. We love to welcome newbies to the sport, Birmingham or the club and enjoy spending time together both on and off the pitch!"

## GET INVOLVED:

The best way to get in touch with the club is to email the committee ([birminghamlacrosseclub@gmail.com](mailto:birminghamlacrosseclub@gmail.com)) or message them on Instagram (@birminghamlacrosse)

## SOCIAL MEDIA:

 Birmingham Lacrosse Club  
 @Birminghamlacrosse



# BOARDMAN & ECCLES

**GENDERS:** MEN'S

**REGION:** NORTH

## TEAMS INFO:

Boardman & Eccles LC currently have two men's teams that compete in NEMLA. The first team play in the second division ('Premier 2') and the 'A' team play in the fifth division ('North 2').

The club is "very welcoming, social and friendly" and enjoy great facilities!



## SOCIAL SCENE:


Social events happen weekly during the season and several times throughout the off season.

## GET INVOLVED:

To get in touch with the club to find out more look for their Facebook page - 'Boardman & Eccles Lacrosse Club' or email Oliver on [oliver.forbesleith@btinternet.com](mailto:oliver.forbesleith@btinternet.com)

## SOCIAL MEDIA:

 Boardman & Eccles Lacrosse Club

 @boardmanbulldogs

W: [www.montonsportsclub.co.uk/sports/clubs/lacrosse](http://www.montonsportsclub.co.uk/sports/clubs/lacrosse)

## TRAINING:

Training has been held at Eccles College on Monday evenings but the club is currently looking for a new training venue for the 2020-21 season.

## MATCHES:

Matches are held on Saturday afternoons. Home games take place at Monton Sports Club, Eccles. Other teams in the league are also from the Manchester area.





# BORDER CITY LACROSSE

**GENDERS:** MEN'S & WOMEN'S

**REGION:** NORTH

## TEAMS INFO:

Border City currently have one established mens team and are in the process of forming a women's team at the moment.

The mens team currently plays in the Lacrosse Scotland Men's league, playing against teams from Edinburgh, Glasgow, Stirling and more. They also entered the Stockport Cup and Lancashire Cup in the 2019-2020 season.

The women's team play friendlies throughout the year

It is the only club that in Cumbria and the Borders and is a friendly club suitable for all levels. Members of the club get involved with developing the game in the area such as coaching at junior 'pop' lacrosse tournaments so they have opportunities for everyone!

## SOCIAL SCENE:

Socials are held occasionally.



## GET INVOLVED:

To get involved, contact the club through their Facebook page - Border City Lacrosse -, their instagram page - @bordercitylax or via email - [cumbrialax@gmail.com](mailto:cumbrialax@gmail.com)

## TRAINING:

Training is held at William Howard School, Brampton, Cumbria. The women's team train on Monday evenings (7-9pm)

## MATCHES:



The mens team have matches on Saturdays. Home games are held in Brampton, Cumbria. Away games are played across Glasgow, Edinburgh and Stirling as well as some games in the Manchester area.



## FINAL COMMENT:

"Everyone is made welcome!"

## SOCIAL MEDIA:

 Border City Lacrosse  
 @bordercitylax

# BOURNEMOUTH

**GENDERS:** WOMEN'S

**REGION:** SOUTH WEST

## TEAMS INFO:

Bournemouth currently have one women's team who play in the South West Invitational Cup providing matches each month throughout the season. Players of all abilities are more than welcome and they new players are encouraged to come along and be supported by more experienced players. A fun, chilled out environment is fostered at Bournemouth!



## TRAINING:

Training is held at Meyrick Park, Bournemouth. Days vary throughout the summer and winter training is yet to be confirmed.

## MATCHES:

Matches are played at Canford School on Saturdays or Sundays, about once a month throughout the season. The team plays friendlies against clubs and schools and participates in the SW Invitational Cup against other clubs from across the South West.





## SOCIAL SCENE:

Social events happen around every quarter!

## GET INVOLVED:

To get involved join their Facebook group 'Bournemouth Women's Lacrosse Club' or message them on instagram to find out more!

## SOCIAL MEDIA:

 Bournemouth Womens Lacrosse Club  
 @bournemouthlacrosseclub



# BRISTOL BOMBERS

**GENDERS:** MEN'S & WOMEN'S

**REGION:** SOUTH WEST

## TEAMS INFO:

Bristol have 1 or 2 women's teams and 1 or 2 men's teams each year.

The men's team are part of SEMLA and in the 2019-20 season they played in Division 1 and the 'Cotswolds D1' Local League.

The women's teams play in the SW Premier League and Invitational Cup competitions - providing both tournaments and full length matches each month throughout the season. They have won the Premiership regularly in the past few years.

"All abilities are welcome" and they have a "friendly atmosphere".

## SOCIAL SCENE:

Social events are held reasonably regularly, normally every month.

## GET INVOLVED:

The best way to get in touch with the club is through their Facebook page - 'Bristol Bombers Lacrosse Club'



## WOMENS TRAINING

The women's teams train on a Wednesday evening (7.30 - 8pm) at Fairfield School in Bristol

## MENS TRAINING

The men's teams train on a Thursday evening (8-10 pm) at Coombe Dingle, Bristol.



## MATCHES:

Home games are played at Filton Leisure Centre for the mens teams.

The women's monthly tournament is currently at Westonbirt and Invitational Cup fixtures are played across the South West. Both competitions usually have a monthly fixture on a Sunday throughout the season.



## SOCIAL MEDIA:

 Bristol Bombers Lacrosse Club  
 @bristolbomberslacrosse

W: <https://www.pitchero.com/clubs/bristolbombers/>

# BROOKLANDS

**GENDERS:** WOMEN'S

**REGION:** NORTH

## TEAMS INFO:

Brooklands have 4 teams in total with 3 men's teams and 1 ladies team.

The mens teams compete in NEMLA with the first team in 'Premiership 1', the 'A' team in 'Premiership 2' and the 'XA' team in 'North 2'.

The ladies team competes in the NWLA league against other women's teams from the North.

The senior section is reasonably young which are growing in strength and ability, but the club is inclusive and everyone will get a game!

## TRAINING:

Training is currently on Wednesday and Friday evenings and also looking to bring in Monday evenings. They're held at Brooklands Sports Club, Whitehall Road, Sale, M33 2BR.

## MATCHES:

Matches are held on Saturday afternoons throughout the season. Home games also take place at Brooklands Sports Club. Away games vary depending on league but are mainly in the Manchester area but also against clubs in the rest of the North West of England.



## SOCIAL SCENE:

Social events happen on a monthly basis.



## GET INVOLVED:

Find out more and get involved by emailing [alison.cara@gmail.com](mailto:alison.cara@gmail.com)

## FINAL COMMENT:

"We would encourage players to come and give us a try! We have a great coaching set up and the highest number of senior players playing representative lacrosse."

## SOCIAL MEDIA:

 Brooklands Hulemians Lacrosse Club  
 @brooklandslax



# BUCKHURST HILL CRICKET & LACROSSE CLUB

**GENDERS:** MEN'S

**REGION:** SOUTH EAST

## TEAMS INFO:

Buckhurst Hill have a men's team that enjoys playing in the SEMLA 'East (North)' league and 'London D3' local league.

The club has a proud lacrosse history with a team of newcomers, veteran players and everything in between so that they can play lacrosse at an enjoyable but still competitive level.

## TRAINING TIMES:

During the summer in the off season, training is on a Sunday at the club (Buckhurst Hill Cricket & Lacrosse Club, Roding Lane, Buckhurst Hill, IG9 6BJ). During the season training is at different locations across Essex and east London.

## MATCHES:

Matches are played on Saturdays. Home games are held at 2pm at the club. The club is looking to have a 2nd pitch within the next year or so. Away games are played around London and the South East.



## FINAL COMMENT:


"Buckhurst Hill has had a lacrosse team since 1912. The sport and the world has changed greatly since then, but here we are over a 100 years later still playing games on a Saturday afternoon. We welcome anyone to get in contact, to come and meet the team and to get involved."

## GET INVOLVED:

Contact the club via email ([buckhursthill.lax@gmail.com](mailto:buckhursthill.lax@gmail.com)) or through all the main social media platforms (see below)

## SOCIAL MEDIA:

 Buckhurst Hill Lacrosse Club

 @bucks lacrosse

W: [www.bucks lacrosse.co.uk](http://www.bucks lacrosse.co.uk)

# CAMDEN

**GENDERS:** MEN'S

**REGION:** LONDON

## TEAMS INFO:

Camden run 3 mens teams. The first team competes in SEMLA 'Division 2' and 'London D2' leagues. The second team also competes in SEMLA competitions - 'East (North)' and 'London D4'.

The club caters for all levels from 'participation' to 'performance'. They describe themselves as "fun, wholesome and inclusive" and have a good group of players who are looking to play at the top level that they can. They claim to be the "third largest men's club in south England!"



## SOCIAL SCENE:

Social events are held monthly.

## FINAL COMMENT:

"LGBT & BAME friendly, and the best stash full stop."

## GET INVOLVED:

Get in touch with the club through their instagram page - @camdenacapybaras

## TRAINING:

Training is on Tuesday evenings at either The Bridge School, Holloway or Middlesex University.


## MATCHES:

Home matches are held at either Mill Hill Park or at Middlesex University and usually on a Saturday. Away games are across London and the South East, depending on the league the team is playing in.



## SOCIAL MEDIA:

 Camden Lacrosse

 @camdencapybaras



# CANTERBURY CITY

**GENDERS:** MEN'S

**REGION:** SOUTH EAST

## TEAMS INFO:

Canterbury City have one men's team. The team plays in SEMLA competitions. In the 2019-20 season they won the 'East (South)' division and also played in the 'Home Counties' Local League.

The club is a mix of university players and old Maidstone club players and is welcoming but competitive.



## SOCIAL SCENE:

Social events happen monthly throughout the season.

## GET INVOLVED:

Contact them on social media to find out more information - Facebook is usually best.

## TRAINING:

Training is held in Canterbury, time and day are to be confirmed for the 2020-2021 season.

## MATCHES:



Matches are on Saturdays afternoons with home games played at The Langton Grammar School for Boys, Langton Lane, Nackington Road, Canterbury, CT4 7AS. Away games are usually against other teams south of London as well as the occasional one from Surrey or slightly further afield!



## FINAL COMMENT:

"Always welcoming new players of any experience!"

## SOCIAL MEDIA:

 Canterbury City Lacrosse Club  
 @city\_lacrosse

# CARDIFF

**GENDERS:** WOMEN'S

**REGION:** WALES

## **TEAMS INFO:**

Cardiff provides women's, mixed and youth opportunities for all ages and levels of ability including beginners. Everyone is welcome to this friendly club!

The women's team is entered into the South West Competitions, participating in the League Tournaments and in the Invitational Cup competition, ensuring a variety of opposition and something for everyone!

## **TRAINING:**

Training is held at Cardiff Met University on Tuesday evenings.

## **MATCHES:**

Matches are played on Sundays, about once a month, usually in a tournament style as part of the South West Women's League. Full length matches are also provided through the Invitational Cup tournament. The League tournaments are held at Westonbirt School, Tetbury. Home Invitational Cup matches are played in Cardiff at various locations.

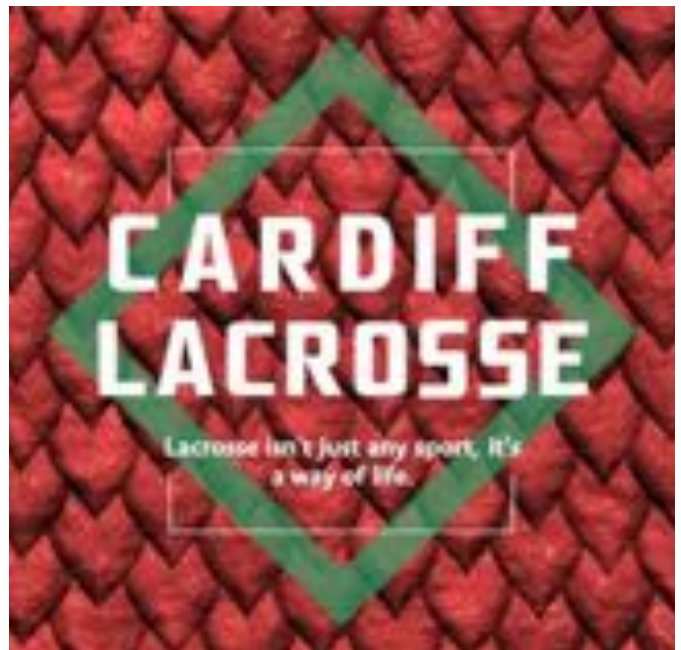


## **SOCIAL SCENE:**

Social events happen in an ad hoc way throughout the season.

## **GET INVOLVED:**

The best way to get in touch is via email - [tony.higginson13@gmail.com](mailto:tony.higginson13@gmail.com) or message the club on Facebook - 'Cardiff Lacrosse Club'.



## **SOCIAL MEDIA:**

 Cardiff Lacrosse Club



# CATERHAM COUGARS

**GENDERS:** WOMEN'S

**REGION:** SOUTH EAST

## TEAMS INFO:

Caterham Cougars have both junior and senior women's teams.

The senior team plays in the South East Women's Leagues in 'Division 1'.

They are primarily a local/school club with most of the players coming up from the junior section. The core of the team is made up of strong 15-18 year olds as well as local university players.

The junior section provides umpiring and coaching opportunities for senior players.



## GET INVOLVED:

Check out their website for more information and how to get in touch! [www.catslax.co.uk](http://www.catslax.co.uk)

## TRAINING:

The junior teams train on Sunday mornings. The senior teams don't train, just play matches!

## MATCHES:

Matches are on Sundays. Home games are played at Caterham School. Away games are played across the South East & London.



## SOCIAL MEDIA:

 Caterham Cougars Lacrosse Club

# CENTAURS

**GENDERS:** WOMEN'S

**REGION:** LONDON

## TEAMS INFO:

Centaur's run 2 women's teams and an U15/18 team as well as a Rosebowl team.

The first team is very successful in the South East Premiership and next season they are looking at entering the second team into the league (South East 2nd Division). Teams in these leagues are from across London and the South East.

Centaur's are the current European Champions and prides themselves on "blending performance with a nurturing, kind, caring, inclusive environment; which allows talented juniors to develop their skills and adult/university players wanting to continue to play at the highest level to thrive."

## TRAINING:

Training is held at Lady Eleanor Holles School, Hanworth Road, Hampton, Middlesex, TW12 3HR on a Wednesday evening (7.30-9pm).

## MATCHES:

Home matches are also held at LEH with games usually played on Sundays at around 11am, although this is subject to change as there will be two matches at the same venue on match days.



## SOCIAL SCENE:

Pub lunches after home games (and some away games) as well as a Christmas and an End of Season Party plus ad hoc events in between.

## FINAL COMMENT:


"As we are entering a 2nd team into the league this year we are really keen to increase our numbers so please do get in touch!"

## GET INVOLVED:

The best way to find out more is by emailing [centaurslacrosse@gmail.com](mailto:centaurslacrosse@gmail.com) or by contacting them through their social media pages (see below).

## SOCIAL MEDIA:

 Centaur's Lacrosse Club

 @centaurslax

W: [www.centaurslacrosse.com](http://www.centaurslacrosse.com)



# CENTRAL LONDON

**GENDERS:** WOMEN'S

**REGION:** LONDON

## TEAMS INFO:

Central London have 3 women's teams and a development squad. They enter a team into all three levels of the South East leagues - Premiership, Division 1 and Division 2 North - so there is something for everyone!

They describe themselves as the "friendliest club in London!"

## TRAINING:

Training is held in Sommers Town (between King's Cross, Euston and Camden) on a Tuesday evening from 7-9pm.

## MATCHES:



Home pitch is at Regent's Park. They play in the South East League so away matches are anywhere in London or the South East.



## SOCIAL SCENE:

Social events happen about once a month!

## SOCIAL MEDIA:

 Central London Lacrosse Club  
 @centrallondonlacrosse

W: [www.centrallondonlacrosse.co.uk](http://www.centrallondonlacrosse.co.uk)



## GET INVOLVED:

To get involved fill out the enquiry form on our website - [www.centrallondonlacrosse.co.uk](http://www.centrallondonlacrosse.co.uk)

## FINAL COMMENT:

"We've got a great mix of girls from all over the country and with all levels of playing experience!"

# CHEADLE

**GENDERS:** MEN'S & WOMEN'S

**REGION:** NORTH

## TEAMS INFO:

Cheadle has 4 senior mens teams as well as junior boys and girls teams. They are looking to develop a senior ladies team in near future!

The first team had a perfect season in 2019-2020 - winning all games in NEMLA 'Premier 1'. The 'A' team won 'Premier 2', the 'B' team compete very successfully in 'North 1' and the 'C' team enjoy 'North 2'.

They have players representing county, regional and England teams in both men's and women's sections. The club enjoys great success, winning leagues and FLAGS competitions each year.

It is a historic, successful, thriving lacrosse club, catering for all levels of ability and ages with a great club house and atmosphere too!

## TRAINING:

Training is held at Cheadle Lacrosse Club. The girls train on Monday evenings and the Mens usually train on Wednesdays.

## MATCHES:

Matches are on Saturdays with home games played at Cheadle Lacrosse Club. Away games are usually at clubs in the surrounding area but vary depending on the league a team is entered into.



## SOCIAL SCENE:

The teams socialise after every game. There are events held throughout the year, including a summer ball, Halloween, Christmas Cheese and Wine and many more.



## FINAL COMMENT:

"All welcome (we also have tennis, cricket and bowls too if you fancy it!!)"

## GET INVOLVED:

Facebook is usually the best way to get in contact with the club - Cheadle Lacrosse.

## SOCIAL MEDIA:

 Cheadle Lacrosse  
 @cheadlelacrosse



# CHEADLE HULME

**GENDERS:** MEN'S & WOMEN'S

**REGION:** NORTH

## TEAMS INFO:

Cheadle Hulme has one established senior mens team and are looking to enter a second league team next season! They also have a strong junior section with 4 boys teams and a girls team.

The mens team plays in NEMLA 'Premier 3' and competes against teams from across the North of England.



## TRAINING:

Summer training is at Cheadle Hulme Amalgamated Sports Club and in the winter it is at Cheadle Hulme School on Tuesday nights and Saturday mornings.

## MATCHES:

Matches are on Saturdays afternoons with home games played at Cheadle Hulme Amalgamated Sports Club, Ladybridge Road in Cheadle Hulme. Away games are played at clubs across the local area and the North.





## SOCIAL SCENE:

Social events happen after matches and then about 4 times a year outside of that.

## GET INVOLVED:

Facebook is usually the best way to get in contact with the club - Cheadle Hulme Lacrosse or email them at [chlc.secretary@gmail.com](mailto:chlc.secretary@gmail.com)

## SOCIAL MEDIA:

 Cheadle Hulme Lacrosse Club  
 @cheadle\_hulme\_lc

# CHELTENHAM

**GENDERS:** MEN'S & WOMEN'S

**REGION:** SOUTH WEST

## TEAMS INFO:

Cheltenham have one men's team and one women's team.

The men's team competes in SEMLA competitions, entering 'Division 2' and 'Cotswold D1', playing teams from both the local area and also further afield, providing plenty of competitive opportunities.

The women's team enters the South West competitions, playing in both the League tournaments and the Invitational Cup, seeing great success in both, normally finishing in the top 2!

Cheltenham is an inclusive club, with a real family aspect - they draw on a wide demographic that includes Bristol, Worcestershire, Gloucestershire, Oxfordshire and more! Everyone is welcome!



## TRAINING:

Training is at CACSSA, Tewkesbury Road, Cheltenham on Monday and Thursday nights.

## MATCHES:

The mens team plays matches on a Saturday, with home games at CACSSA. Away games can be anywhere in the South of England, but the local leagues ensure there are games in the area.

The women's team plays its monthly tournaments on Sundays at Westonbirt School.



## SOCIAL SCENE:

Social events vary on demand but happen throughout the year!



## FINAL COMMENT:

"Players of all backgrounds welcome!"

## GET INVOLVED:

Email the club to find out more and get involved - [cheltenhamlacrosse@gmail.com](mailto:cheltenhamlacrosse@gmail.com)

## SOCIAL MEDIA:

 Cheltenham Lacrosse Club  
 @CheltenhamLax



# CITY OF STOKE

**GENDERS:** MEN'S & WOMEN'S

**REGION:** MIDLANDS

## TEAMS INFO:

Stoke have 2 men's teams and 1 women's team.

The men's first team is part of NEMLA and competes in the 'Premier 3' league against other clubs from across the North of England. The men's second team is part of SEMLA and plays in the 'Midlands' local league against clubs and universities from the area.

The women's team plays in the Northern League against team from Manchester, Liverpool and other areas in the north.

It is a friendly, welcoming club that is growing year on year as they look to establish themselves in the Northern Leagues.

## TRAINING:

Both men's and women's teams train on Saturday from 2pm at JCB Lakeside Club, ST14 5JA.

## MATCHES:

The men's first team and the women's team play matches on Saturdays at JCB Lakeside club. The men's second team play in the Midlands league every 3 weeks on Sundays with 2 games per match day. Away games for the first teams are across the North.



## FINAL COMMENT:

"We are always looking for players of any ability to join any of our teams. Our player base is from all across Staffordshire and Derbyshire, and even a few from Leicestershire and Cheshire, so there is likely to be somebody in your area playing already that is travelling in to the club to play!"

## SOCIAL SCENE:

Events happen 2 or 3 times a year, but are looking to increase this as have been popular!

## GET INVOLVED:

Message their Facebook or instagram pages or email them on [cityofstokelacrosse@talktalk.net](mailto:cityofstokelacrosse@talktalk.net)

## SOCIAL MEDIA:



City of Stoke Lacrosse Club



@cityofstokelacrosse

W: [https://www.pitchero.com/clubs/cityofstokelacrosse/?fbclid=IwAR070JnWXRdHV5CdhmLUN0emSw-EYGbOFVx5gbrB\\_OAAAEWGus89nmBy70](https://www.pitchero.com/clubs/cityofstokelacrosse/?fbclid=IwAR070JnWXRdHV5CdhmLUN0emSw-EYGbOFVx5gbrB_OAAAEWGus89nmBy70)

# CLAPHAM

**GENDERS:** WOMEN'S

**REGION:** LONDON

## TEAMS INFO:

Clapham have three women's teams that they enter into the South East Leagues. The first team competes in the 'Premier' division, the second team plays in 'Division 1' and the third in 'Division 2 South'.

"Clapham Lacrosse Club is all about playing competitive lacrosse in a relaxed, inclusive environment with every player getting the same warm welcome. New players are paired up with existing members as soon as they get in touch, which means everyone is part of everything straightaway. So, no worrying about that first training session, game or post-match pizza/drink."



## GET INVOLVED:

The best way to get in touch with the club is through their website:  
[www.claphamlacrosse.com](http://www.claphamlacrosse.com)



## TRAINING TIMES:

In the summer training is on Clapham Common and in the winter it is at Kennington Astro, both on Tuesday evenings.

## MATCHES:

Matches are on Sunday mornings with home games played at Haydon's Road, South Wimbledon. Away games vary in location depending on the team but are usually against teams from across south London and the rest of the South East.



## SOCIAL SCENE:

Social events are held regularly with post match pizzas a favourite!

## FINAL COMMENT:

"A recent new member's feedback: "It's a real privilege to feel part of the team. Clapham are particularly welcoming and everyone feels involved and valued whilst taking the actual game seriously. This encourages a high level of loyalty, which I appreciate!""

## SOCIAL MEDIA:



Clapham Ladies Lacrosse



@clapham\_ladies\_lacrosse

W: [www.claphamlacrosse.com](http://www.claphamlacrosse.com)



# COBHAM

**GENDERS:** WOMEN'S

**REGION:** LONDON

## TEAMS INFO:

Cobham have one women's team and 4 junior teams.

The women's team enters South East League, playing in Division 1 against other teams from London and the South East. The team is primarily made up of enthusiastic sixth formers and university players.

## TRAINING TIMES:

Training is in Cobham on Saturday afternoons.

## MATCHES:

Matches are on Sunday mornings with home games played in Cobham. Away games are played primarily against teams in Surrey, London and Hertfordshire.



## GET INVOLVED:

Email [cobham.membership@outlook.com](mailto:cobham.membership@outlook.com) to get in touch and find out more!

## FINAL COMMENT:

The club offers opportunities for senior players to get involved and coach the junior players!



## SOCIAL MEDIA:



Cobham Lacrosse Club



@clapham\_ladies\_lacrosse

W: [www.claphamlacrosse.com](http://www.claphamlacrosse.com)

# EAST GRINSTEAD

**GENDERS:** MEN'S & WOMEN'S

**REGION:** SOUTH EAST

## TEAMS INFO:

East Grinstead LC have two men's teams and a women's team.

Both the mens teams are a part of SEMLA. The first team plays in 'Division 2' and the 'Home Counties' Local League. The 'A' team plays in the 'South Central' Local League.

The women's team plays in 'Division 2' of the SE Women's League (SEWLA).

The club is described as being fun, friendly and enjoyable for all abilities!



## SOCIAL SCENE:

The club hosts at least four 'official' events throughout the year. These include Christmas Social, End of Season Awards Evening and a Summer social. The teams try to organise dinner/drinks depending on when our matches are and when we can get all teams in one place at one time.

## GET INVOLVED:

The best way to get in touch with the club is through their Facebook page - 'East Grinstead Lacrosse Club' or by emailing them at [info@eglc.co.uk](mailto:info@eglc.co.uk)

## TRAINING

Training is on a Tuesday evening at Hazelwick School, Crawley, West Sussex.


## MATCHES:


Home matches for both the men and women are held at East Grinstead Sports Club, West Sussex.

The men's teams play a wide range of teams from across the South of England. The women's team usually play against clubs in South London or in Sussex or Surrey. Matches are usually on Saturdays for the men and Sundays for the women most weeks but it varies.



## SOCIAL MEDIA:

 East Grinstead Lacrosse Club

 @eastgrinsteadlacrosseclub

W: <https://www.pitchero.com/clubs/eastgrinsteadlacrosseclub2/>



# EDINBURGH CAPITAL

**GENDERS:** WOMEN'S

**REGION:** SCOTLAND

## TEAM INFO:

Edinburgh Capital currently have two women's teams. They play in the Lacrosse Scotland Women's League but they also try to play against every club and university in Scotland, organising lots of friendlies to suit every level - from school level all the way up to playing touring American teams.



They describe the club as being 'super friendly, social and inclusive of everyone - from total beginners all the way up to internationalists!'



## FINAL COMMENT:

"Lots of our members join after university when they move to Edinburgh, we have a really lovely community of 40-50 players who have made friends for life through the club. We hold 'Passing & Pints' taster sessions every month, and you can join or come along at any point throughout the year."

## SOCIAL MEDIA:

 Capital Lacrosse Club Edinburgh  
 @edinburghcapitallax

## TRAINING:

Training is Broughton High School, Edinburgh on Tuesday (7-8 pm) and Thursday evenings (7 - 8.30pm).

## MATCHES:

League matches are usually held on Saturdays and Sundays against teams mainly from the Edinburgh/Glasgow areas but also from Aberdeen and St Andrews. The team play in a lot of friendlies throughout the year which are at weekends or sometimes on weeknights. Home matches are played at Broughton High School in Edinburgh.

## SOCIAL SCENE:

The club has a busy social calendar with a mix of drinking and non-drinking events throughout the year - including themed pub crawls, pot luck evenings, seasonal dinners and much more.



## GET INVOLVED:

To get involved, contact the club via email ([edinburghcapitallax@gmail.com](mailto:edinburghcapitallax@gmail.com)) or through their social media pages on instagram (@edinburghcapitallax) or on Facebook.

# EDINBURGH CITY

**GENDERS:** MEN'S

**REGION:** SCOTLAND

## TEAM INFO:

Edinburgh City run one men's team that they enter into the Scotland League. They are a competitive club that enjoy playing together. They won both the league and the cup in the 2019-2020 season!



## TRAINING:

Training is Broughton High School, Edinburgh on Thursday evenings (7 - 8.30pm).

## MATCHES:

Matches are at the weekends and home games are held at Broughton High School. Away games are held at clubs and universities across Edinburgh, Glasgow, Stirling and Carlisle. On each match day, teams get multiple games.





## SOCIAL SCENE:

Social events are run regularly.



## SOCIAL MEDIA:

 Edinburgh City Men's Lacrosse Team  
 @edinburghcitylax

## GET INVOLVED:

To find out more, get in touch with the club through Facebook and Instagram.



# EDINBURGH THISTLE

**GENDERS:** WOMEN'S

**REGION:** SCOTLAND

## TEAMS INFO:

Edinburgh Thistle have one women's team. They play in the Lacrosse Scotland Women's League which covers a wide range of abilities so has something for everyone! They have players of all abilities from beginners and juniors up to international level.



## FINAL COMMENT:

"We have a wide range of ages including a good group of recent graduates and current students, but also lucky enough to have current and former Scotland players who have a huge amount of knowledge to share! We've also recently established a junior section so there are opportunities to get involved in coaching/mentoring the younger players - it's definitely rewarding to see how much they're improving!"

## GET INVOLVED:

The best way to get in touch with the club is through their Instagram page - @thistle\_lax - or by email - [edinburghthistlelax@gmail.com](mailto:edinburghthistlelax@gmail.com). More information for new members can be found at: <https://www.pitchero.com/clubs/edinburghthistlelacrosseclub/news/welcome-to-team-thistle-info-for-new-members-2019-2466860.html>

## SOCIAL MEDIA:

 Edinburgh Thistle Lacrosse Club  
 thistle\_lax

W: <https://www.pitchero.com/clubs/edinburghthistlelacrosseclub/>

## TRAINING:

Training is at Mary Erskine School, Edinburgh, EH3 4NT on a Wednesday evening - 7.30-9pm.

## MATCHES:

Matches are held on Saturdays or Sundays against teams mainly from the Edinburgh/Glasgow areas but also from Aberdeen and St Andrews. Home matches are played at Peffermill Playing Fields, Edinburgh, EH16 5LL.

## SOCIAL SCENE:

The team goes for food after each match and the club organises socials every couple of months. The Burns' Night Ceilidh each year is a definite highlight!



# GLASGOW CITY WOMEN

**GENDERS:** WOMEN'S

**REGION:** SCOTLAND

## TEAM INFO:

Glasgow City currently has one women's team. They play in the Lacrosse Scotland Women's League against clubs and universities from across Scotland.

Glasgow City is a completely mixed ability club, some of their players had never picked up a stick before joining, some will have played through uni and some play for Scotland - this huge mix of players means they're really inclusive and always keen for new members to come along and give it a go!

They are a fun and inclusive club who enjoy training, matches and meeting new members!

## TRAINING:

Training is at Jordanhill School pitches from 8-9pm on Tuesday nights.

## MATCHES:

They play matches on the weekend as part of the Lacrosse Scotland Women's club league, last season these were arranged for Saturdays. Where possible we also look to play friendlies on the weekends too. Our home games take place at Garscube astro pitch in Glasgow.

There are normally tournaments that happen throughout the year which we also get involved in.

## SOCIAL SCENE:

Everyone is always keen for a bite to eat or a drink after a match as well as adhoc socials. Their last social was due to be crazy golf back in March but Covid shut that down pretty swiftly!





## FINAL COMMENT:

"We'd love you to come and join us, if you're moving to the area please just give us a message!"



## SOCIAL MEDIA:

 Glasgow City Women's Lacrosse  
 @glasgowcitywomenslax

## GET INVOLVED:

The best way to get in touch is to message us on Facebook at Glasgow City Women's Lacrosse or to email the committee at [glasgowcitywomen@gmail.com](mailto:glasgowcitywomen@gmail.com)



# GUILDFORD GATORS

**GENDERS:** MEN'S & WOMEN'S

**REGION:** SOUTH EAST

## TEAMS INFO:

Guildford Gators run men's, women's and junior teams. The men's team compete in SEMLA 'East (South)' and 'South Central' leagues. The women's team competes in the South East Division 2 South league.

Guildford Gators is a welcoming club for beginners and experienced players, always looking for new talent and people eager to learn more!

## TRAINING:

Training is held at King's College, Guildford on Tuesday evenings from 8-9.30pm.

## MATCHES:

Matches are on Saturdays for the men's team and on Sunday's for the women's team. Home games are played at Stoke Park, Guildford for both teams.



## SOCIAL SCENE:

Joint socials with the men's and women's teams are organised about once a month.

## GET INVOLVED:

Email [guildfordlacrosseclub@gmail.com](mailto:guildfordlacrosseclub@gmail.com) or message them on Facebook or instagram (see below) to get in touch with the club and find out more!

## SOCIAL MEDIA:

 Guildford Gators Lacrosse Club

 @guildfordlacrosse

W: <https://www.pitchero.com/clubs/guildfordlacrosseclub>

# HAMPSTEAD 1882

**GENDERS:** MEN'S

**REGION:** LONDON

## TEAMS INFO:

Hampstead 1882 have one men's team that competes in the Premier Division. It is mainly an 'ex-pat' team of experienced players from the US, Canada, Australia, New Zealand, Japan, Jamaica & Thailand as well as a solid core of UK players, all with international experience. The Club has, for several seasons, included university lax scholars from Durham, Nottingham, Nottingham Trent & Bristol. The Club is considering starting a Second Team in the coming year for university lax graduates moving to London. Thanks to the experience of the players they see great success in the SEMLA's 'Premier' and 'London D1' leagues, completing a perfect season in 2019-2020. They are currently the National Club Champions of England and current European Club Champions, playing at the highest level possible in club lacrosse in the UK.

The proposed second team will have a dedicated coach who has previously coached both the Norwegian and Danish National Teams and played for the NZ team! As well as being supported by other first team players.

The club enjoys great success on the pitch but they also enjoy social events - "they play hard and party harder".



## TRAINING TIMES:

Given the experience of the players and their work/family/personal commitments, the club does not train or practise. Players see to their own fitness and training.

However the second team will have practises with the club's experienced international coaches, location and time to be confirmed.

## MATCHES:

Games are played on Saturday afternoons with home games on 3G at Westway Sports & Fitness Centre, London, W10 6RP. Away games for both teams are held across London & the South East.

## FINAL COMMENT:

"The proposed Second Team is aimed at good uni players moving to London who would like to improve their lax skills through excellent coaching and good competition and be able to socialise with teammates in an informal way!"

## GET INVOLVED:

If you're interested in the club and want to find out more, particularly about the new second team then get in touch with Nick Ravenhall who will be in charge of the second team - [nick.ravenhall@gmail.com](mailto:nick.ravenhall@gmail.com)



## SOCIAL SCENE:

End of season & Christmas parties as well as informal post match & ad hoc events make up the social calendar of the club! The proposed second team would have monthly social events!

## SOCIAL MEDIA:



Hampstead Lacrosse Club, London, UK



@hampsteadlaxuk



# HARPENDEN LADIES

**GENDERS:** WOMEN'S

**REGION:** SOUTH EAST

## TEAMS INFO:

Harpenden has one women's team and a flourishing junior section. The women's team plays in the South East Division 1.

The club is described as "a friendly and welcoming club with a senior team that ranges from school students up to ex international players."

The junior section provides coaching opportunities for senior players to get involved.



## SOCIAL SCENE:

Social events are held at least once a term.



## TRAINING:

Training is held at Woolhams Playing Fields, St Albans on Thursdays, 7.45-9pm.

## MATCHES:


Home games are played at Woolhams Playing Fields, St Albans. Matches are played on Sunday mornings against teams from across the South East and London.




## GET INVOLVED:

Get involved by emailing [harpendenlacrosse seniors@hotmail.co.uk](mailto:harpendenlacrosse seniors@hotmail.co.uk)

## SOCIAL MEDIA:

 Harpenden Lacrosse Club

 @harpendenlacrosseclub

W: <https://www.pitchero.com/clubs/harpenden>

# HAWKS

**GENDERS:** WOMEN'S

**REGION:** SOUTH EAST

## TEAMS INFO:

Hawks run 1 or 2 women's teams as well as a couple of junior sides.

The first team is successful (3rd in the 2019-2020 season) in the South East Premiership and the second team competes in Division 1.

The club provides "friendly lax for all - a chance to socialise and get a good session in whilst having fun!"

## TRAINING:

Training is outside on Wednesday evenings at Royal Masonic School, Rickmansworth, 7.30-9pm. The first half an hour is optional fitness inside.

## MATCHES:

Matches are played on Sundays. Home games are played at Tring Park Cricket Club near Berkhamsted.



## SOCIAL SCENE:

Social events happen typically once a term at Christmas and end of season, but often have pub lunches after matches too. The club also goes on a European tour over the summer which is a definite highlight! Previous locations have been Amsterdam and Vienna.



## FINAL COMMENT:

"We're also hoping to run some meet ups over the summer as well, so do get in touch if you're in the North London/Hertfordshire area and want a chuck about!"

## GET INVOLVED:

Get in touch via email to [playhawkslacrosse@gmail.com](mailto:playhawkslacrosse@gmail.com) or contact Captain Debs Owen ([deborahowen286@gmail.com](mailto:deborahowen286@gmail.com)).

## SOCIAL MEDIA:

 Hawks Lacrosse Club  
 @hawkslacrosseclub

W: <https://www.hawkslacrosse.club/news>



# HEATON MERSEY

**GENDERS:** MEN'S & WOMEN'S

**REGION:** NORTH

## TEAMS INFO:

Heaton Mersey have a women's team and 3 men's teams as well as a strong junior section.

The women's team competes in the NEWLA league, playing against teams from across Manchester and the North.

The men's teams all play in NEMLA - with the first team very successful in 'Premier 1', the 'A' team in 'Premier 2' and the 'B' team in 'North 2'.

Some of the club's players enjoy playing for their county or for the North region, as well as various England squads.

The club has a complete mixed ability of players, providing something for everyone. It's a very friendly club that are looking to build their membership.



## SOCIAL SCENE:

After home games the team usually has a drink at the club. There are also club socials a couple of times each half of the season.

## GET INVOLVED:

Get in touch via email - [harriet\\_pritchard88@hotmail.co.uk](mailto:harriet_pritchard88@hotmail.co.uk) - to find out more!

## TRAINING:

Training is usually on a Monday evening at the club throughout the winter and location varies in the summer/pre season so get in touch with the club for more info!


## MATCHES:

Matches are on Saturdays, with home games played at the Heaton's Sports Club. Away games vary on location depending on which league a team is in.



## SOCIAL MEDIA:

 Heaton Mersey Lacrosse

 @heatonmerseylacrosseclub

W: <http://www.heatonmerseylacrosse.co.uk>

# HILLCROFT

**GENDERS:** MEN'S & WOMEN'S

**REGION:** LONDON

## TEAMS INFO:

Based in South London, Hillcroft Lacrosse Club boasts three men's teams, one women's team and an amazing social scene. They welcome players of all abilities, whether you've only just picked up a stick, or have played at an international level.

The men's first team plays in SEMLA 'Premier Division' and 'London D1' with great success. The 'A' team plays in 'Division 1' and 'London D2' whilst the 'B' team competes in 'East (South)' and 'London D3'.

The women's team competes in South East Division 2 North, looking to be promoted in the 2020/21 season.

As one of the larger clubs in the South East, they have something for everyone, whether you've only recently picked up a stick (a number of members have learnt lacrosse with the club), have played for a few years or have represented their country on the international stage.

They're regulars at a range of tournaments, and are looking to get a mixed team and a more active tour scene going in the 2020/21 season so lots of reasons to get involved!



## GET INVOLVED:

Check out their website for up to date information and to contact them. Or message their social media pages!

## TRAINING:

They train at their home ground every Tuesday evening, on a full sized 3G floodlit field. Our women's team train from 8pm to 9.30pm and the men's teams train from 8pm to 10pm. Their home ground is based at Imperial Sports Ground, Tooting & Mitcham Community Sports Club, Bishopsford Road, Morden, SM4 6BF.

## MATCHES:

The mens teams play weekly on Saturdays and our women's teams play on Sundays at our home ground or away against other teams in London and the South East.



## SOCIAL SCENE:

They pride themselves on being a sociable club, with quality performances both on and off the field. They hold regular socials including an epic Club Christmas Curry and there's always post game drinks.

## SOCIAL MEDIA:

 Hillcroft Lacrosse

 @hillcroftlacrosse

W: [www.hillcroftlacrosse.com](http://www.hillcroftlacrosse.com)



# HITCHIN

**GENDERS:** MEN'S & WOMEN'S

**REGION:** SOUTH EAST

## TEAMS INFO:

Hitchin have a women's team and 2 men's teams.

The women's team competes in the South East leagues and for the 2020-21 season will play in 'Division 2 North'.

The men's teams all play in SEMLA - with the first team competes in 'Premier Division' and 'East Anglia D1' and the 'A' team gained promotion to 'Division 2' for the 2020-21 season and competes in 'East Anglia D2'.

Hitchin Lacrosse is an enthusiastic and friendly club with active men's and ladies teams welcoming players of all abilities.

## TRAINING:

Training takes place on Wednesday evenings from 8-10pm at Kingshott School, Hitchin.

## MATCHES:

The men's teams play on Saturdays at Tower Close, Little Wymondley, Hitchin, SG4 7JG. The ladies team plays on Sunday mornings at Princess Helena College, Preston, Hertfordshire, SG4 7RG. Away games for both teams are dependent on league but are against teams both in the local area and further afield in the South East.



## SOCIAL SCENE:


Informal socials after matches throughout the season, as well as an annual Christmas Jumper Curry and End of Season club meal.

## GET INVOLVED:

Email the club on [hitchinlacrosse.lc@gmail.com](mailto:hitchinlacrosse.lc@gmail.com) to find out more and get involved!

## SOCIAL MEDIA:

 Hitchin Lacrosse Club

 @hitchin.ladies.lacrosse

W: [www.hitchinlacrosse.com](http://www.hitchinlacrosse.com)

# HUDDERSFIELD

**GENDERS:** MEN'S & WOMEN'S

**REGION:** NORTH

## TEAMS INFO:

Huddersfield has both a men's team and a women's team.

Neither team is currently entered into a league as the club has only just been set up. They are looking for lots of competitive friendlies in the 2020-2021 season before entering the leagues in 2021-2022.

The club is open to all abilities and is made up of fun and energetic players who are willing to learn and develop as the club grows quickly and loves the inclusion of both men and ladies together.

## TRAINING:

Training is currently every Saturday 10am to 11.30am at the Astro Turf, Storthes Hall Lane, Huddersfield, HD8 0WA.



## SOCIAL SCENE:

The club organises monthly social events throughout the year.




## GET INVOLVED:

Contact the club chairman, Charlie Ridings on 07587959191 or email them on [huddersfield.lacrosse@hotmail.com](mailto:huddersfield.lacrosse@hotmail.com)

## SOCIAL MEDIA:

 Huddersfield Lacrosse

 @huddersfield\_lax



# HULL

**GENDERS:** MEN'S & WOMEN'S

**REGION:** NORTH

## TEAMS INFO:

Hull Lacrosse Club have one women's team and one men's team.

The women's team plays in the North Women's Lacrosse Association League, playing teams from lacrosse the North of England. The team has a mix of abilities, ranging from players who have played for years to those who have just begun playing recently.

The men's team play in NEMLA 'Premier 3' against clubs and universities from the across the North and is open to all ages and abilities.

The club is comprised of a friendly, inclusive and diverse group of players. They "are passionate about developing our lacrosse skills in a team where our achievements are recognised both on and off the pitch."



## SOCIAL SCENE:

After every home match the club arranges team teas in the University of Hull's Student Union Bar (Sanctuary Bar). They have regular pub nights, particularly after matches, like to join in with some of the University events (eg Bongos Bingo), and have club meals as well as other more chilled events such as film nights.

## GET INVOLVED:

There are lots of ways of getting in touch with the club. The best way is through their Facebook pages - 'Hull City Women's Lacrosse Club' & 'Hull Lacrosse Club' or by emailing their Chair on [darcy\\_clark@live.co.uk](mailto:darcy_clark@live.co.uk)

## TRAINING:

Training is held at the University of Hull Sports and Fitness Centre, Inglemire Lane, Hull, HU6 7TR. Training times and pitches details are to be confirmed after the pandemic but in previous seasons were on a Monday evening 8.30-10pm.

## MATCHES:

The team plays matches weekly on Saturdays throughout the season. Home games are held at West Campus, Inglemire Lane, Hull, HU6 7TR.




## FINAL COMMENT:

"We offer competitive opportunities in lacrosse with the ethos of developing and enhancing the skill and abilities of our players. Our aim is to promote the awareness of the sport across Hull & East Riding."

## SOCIAL MEDIA:

 Hull City Women's Lacrosse Club & Hull Lacrosse Club

 @hull\_lacrosse

# LEEDS PENGUINS

**GENDERS:** MEN'S & WOMEN'S

**REGION:** NORTH

## TEAMS INFO:

Leeds Penguins have a women's team and a men's team.

The women's team compete in the North Women's league against other clubs in the area and also further afield in Manchester.

The men's team plays in NEMLA in 'Premier 3' against other clubs and universities both in Yorkshire and the rest of the North.

The Club is friendly, competitive and sociable!

## TRAINING:

Training takes place on Mondays at Adel Sports & Social Club. In the summer they organise informal sessions in Roundhay Park.

## MATCHES:

Matches are on Saturdays with home games for both teams at Adel Sports & Social Club. Away games vary on league but are usually in the Manchester area and elsewhere in the North, including Yorkshire.



## SOCIAL SCENE:

There are social events about every couple of months!



## GET INVOLVED:

Email the club on [leedslacrosse@hotmail.co.uk](mailto:leedslacrosse@hotmail.co.uk) or message the club on Facebook.

## SOCIAL MEDIA:

 Leeds Penguins Lacrosse

 @penguinslax

W: [www.leedslacrosse.com](http://www.leedslacrosse.com)



# LEICESTER CITY

**GENDERS:** MEN'S

**REGION:** MIDLANDS

## TEAMS INFO:

Leicester City run one men's team that competes in SEMLA's local league 'Midlands'. This league provides competitive fixtures whilst also making it accessible for relatively new players as well.

The club is made up of "a bunch of good lads who just want to play as much lacrosse as possible."



## TRAINING:

Training times and days are to be confirmed later in the year so check out their social media accounts for updated information.

## MATCHES:

Matches are on Sundays about once a month. Multiple games are played on one day. When hosting, these games are played at either Beaumont Park (DMU's pitches) or at Stoughton Playing Fields (University of Leicester's pitches).



## SOCIAL SCENE:

Social events happen after every game day and more formal events happen depending on interest!



## GET INVOLVED:

Message their instagram or Facebook page - Leicester City Lacrosse Club - to get involved and to find out up to date information.

## SOCIAL MEDIA:



Leicester City Lacrosse Club



Leicester City Lacrosse

# LINCOLN CITY

**GENDERS:** MEN'S

**REGION:** MIDLANDS

## TEAMS INFO:

Lincoln City run one men's team that competes in SEMLA Midlands local league. This league provides a good level for experienced and developmental players.

"We try to punch above our weight and if we don't succeed they enjoy it anyway!"

## TRAINING:

Training is at Yarborough Leisure Centre on Thursday evenings 8-10pm.

## MATCHES:

Matches are on Sundays every 2-3 weeks against two other teams each day.



## SOCIAL SCENE:

Social events happen at least a couple of times a season as well as post games drinks.

## GET INVOLVED:

Contact Lincoln City Lacrosse on Facebook or contact the Chairman Ferg Schadenfreude (not his real surname) on Facebook.

## FINAL COMMENT:

"We have grown enormously from an also-ran team to a team that's difficult to play because of the hard work we put in as a team and because of how hard we work for each other. We mentor our players, we value hard work and we laugh at and encourage each other in equal measure. We don't take ourselves seriously off the pitch, but we take our opposition seriously."

## SOCIAL MEDIA:

 Lincoln City Lacrosse Club



# LIVERPOOL

**GENDERS:** MEN'S & WOMEN'S

**REGION:** NORTH

## TEAMS INFO:

Liverpool have both men's and women's teams as well as a junior section.

The women's team play in North Women's league against other teams from the North, particularly the Manchester area and Yorkshire.

The men's team play in NEMLA 'Premier 3' division, against a wide range of Northern clubs and universities.

Everyone is welcome at Liverpool - the only thing you need is "just to love playing lax!"



## TRAINING:

Training is at Liverpool Cricket Club, Aigburth Road, Liverpool, L19 3QF on Wednesday evenings for all teams.

## MATCHES:

Saturdays at 2pm for seniors. Home games are also at the Liverpool Cricket Club. Away games are both local around Liverpool and Manchester as well as further afield in Leeds & Yorkshire.



## SOCIAL SCENE:

They hold end of season and Christmas socials as well as ad-hoc post game and regular fundraising/pub golf nights out!

## FINAL COMMENT:


"We are part of Liverpool Cricket Club who hold a number of events and multi sport opportunities throughout the year."

## GET INVOLVED:

Get involved by emailing [secretary@liverpoollacrosse.com](mailto:secretary@liverpoollacrosse.com) and [liverpoollacrosse@gmail.com](mailto:liverpoollacrosse@gmail.com)

## SOCIAL MEDIA:

 Liverpool Lacrosse

 liverpoollacrosse

W: [www.liverpoollacrosse.com](http://www.liverpoollacrosse.com)

# LONDON RAPTORS

**GENDERS:** MEN'S

**REGION:** LONDON

## TEAMS INFO:

London Raptors run two men's teams. Both teams play in SEMLA leagues - the first team compete in the 'Premier Division' & 'London D2' and the second team are in promotion playoffs for both 'Division 2' and 'London D3' before the 2020-2021 season.

The club fosters a strong inclusive identity and are always looking for new players to get involved in the club!

## TRAINING:

Training is on Friday evenings from 6.30-8pm at Rotherhithe, SE16 6AT.

## MATCHES:

Matches are on Saturday afternoons from about 12pm onwards. Home games are held at Bacon's College, SE16 6AT. Away games are against teams from across London and the South East including some of the London universities.



## SOCIAL SCENE:


Post game drinks after all home games - Belushi's London Bridge is a regular fixture in the social calendar!

## GET INVOLVED:

Message their instagram page to get involved - @londonraptors.

## SOCIAL MEDIA:

 London Raptors Lacrosse Club

 @londonraptors

W: [www.londonraptors.com](http://www.londonraptors.com)



# MANCHESTER WACONIANS

**GENDERS:** MEN'S

**REGION:** NORTH

## TEAMS INFO:

Manchester Waconians run two men's teams. Both teams play in NEMLA leagues - the first team compete in 'Premier 2' and the 'A' team are in 'North 1'. The other teams in the leagues are usually around the Manchester area, particularly for the first team, the second team occasionally plays teams from further east in Sheffield.

The teams are competitive at their level and are "a good group of lads".



## TRAINING:

Training is on Tuesday evenings at Cheadle Hulme School.

## MATCHES:

Matches are on Saturday afternoons. Home games are at Didsbury Cricket Club and away games are within a 30 min drive.



## SOCIAL SCENE:

Socials are at least one a month with food or beers after games. They also hold regular beer pong tournaments!



## FINAL COMMENT:

"We are happy to have anyone who wants a run out at any level or frequency. You'll find a home playing for Wacs!"

## GET INVOLVED:

Call or text Dom on 07798707288 to find out more and get involved!

## SOCIAL MEDIA:

 Manchester Wacs Lacrosse  
 @waconians

# MELLOR

**GENDERS:** MEN'S & WOMEN'S

**REGION:** NORTH

## TEAMS INFO:

Mellor have 4 men's teams and one women's team.

The men's teams enter the NEMLA leagues - the first team are in 'Premier 1', the 'A' team in 'Premier 2', the 'B' team in 'North 1' and the 'C' team in 'North 2'.

The women play in the North Women's league against the other women's teams in the North.

Mellor are well respected club with a strong history that are friendly and welcoming to all!



## SOCIAL SCENE:

Social events are held quarterly!

## GET INVOLVED:

Check out their website - [www.mellorlacrosseclub.co.uk](http://www.mellorlacrosseclub.co.uk) or message them on Facebook - Mellor Lacrosse.

## TRAINING:

Training is on a Monday for the men's teams and on a Wednesday for the women's team.

## MATCHES:

Matches are on Saturday afternoons for the men's teams and on Sundays for the women's. Home games are at Mellor Sports Club and most away games are nearby in the Manchester area and some are further afield in Sheffield and Yorkshire.



## FINAL COMMENT:

"We can cater for all abilities and levels from our social men's C team to our 1st team who are pushing for trophies in the premiership! Our ladies team are always keen to welcome fresh faces!"

## SOCIAL MEDIA:

 Mellor Lacrosse

 @mellorladieslax

W: [www.mellorlacrosseclub.co.uk](http://www.mellorlacrosseclub.co.uk)



# MILTON KEYNES MINOTAURS

**GENDERS:** MEN'S & WOMEN'S

**REGION:** SOUTH EAST

## TEAMS INFO:

Milton Keynes Minotaurs have one mens team and are currently establishing a women's team.

The men's team participate in SEMLA leagues, playing in 'East (North)' and 'East Anglia D2' local league, winning the latter in the 2019-2020 season. Participating in both structures give plenty match opportunity both in the local area and slightly further afield in North London. Players in these leagues contain a mix of players from beginner/novice through to current and previous international players so providing something for everyone.

Milton Keynes is a small club with a growing group of players mostly in their 20's, half played at Uni, half started as beginners with the club, including some with significant experience and a current England international.



## SOCIAL SCENE:

During the season they socialise after every game and organise a club social approximately once a month.

## GET INVOLVED:

Email [miltonkeynes.lacrosse@gmail.com](mailto:miltonkeynes.lacrosse@gmail.com) to get involved.

## TRAINING:

During the season training is at Stantonbury Campus 3G, Milton Keynes on Tuesdays 8-9pm. During the summer off season, times vary and various grass fields are used around Milton Keynes.

## MATCHES:



Matches are on Saturday afternoons for the men's team. Home games are at Stantonbury 3G. Away games are in the local area and North London.



## FINAL COMMENT:

"Our home pitch is a new 3G and one of the best playing surfaces in the south. We also have players active with box/indoor lacrosse. We have a small core of women players, desperate to find more players to form a team and play competitive games."

## SOCIAL MEDIA:

 Milton Keynes Lacrosse Club  
 @mkminotaurs

# NEW STARS

**GENDERS:** WOMEN'S

**REGION:** SOUTH EAST

## TEAMS INFO:

New Stars have 2 women's team as well as lots of juniors.

The first team have been promoted for the 2020-2021 season to the South East League 'Premiership' and the second team play in 'Division 2 North' winning it in the 2019-2020 season.

New Stars is still a very new club but with lots of spirit! Our first team have had two full seasons so far and have been promoted back to back! The club prides itself on being fun and flexible and there is no pressure to train every week. They "just want people who love the game!"



## SOCIAL SCENE:

Post game meals and nights out are popular social events in the calendar!

## GET INVOLVED:

Message them on instagram to get involved - @newstars\_lax\_net

## TRAINING:

Seniors currently train on Monday evenings but this might change.

## MATCHES:

Matches are on Sundays with home games in Mill Hill/Hendon/Herts Uni and away games across the South East, depending on team and league.



## SOCIAL MEDIA:



New Stars



@newstars\_lax\_net



# NEWBURY ROYALS

**GENDERS:** WOMEN'S

**REGION:** SOUTH EAST

## TEAMS INFO:

Newbury Royals have one women's team that competes in the South East League, 'Division 1'.

Newbury is welcoming, competitive and really friendly! They want to be a club that performs well whilst having a great time.



## TRAINING:

Training is on Wednesday evenings from 8-9pm at St Bartholomew's School, Newbury, Berkshire.

## MATCHES:

Matches are on Sundays with home games at St Bartholomew's School and away games across the South East and London.



## SOCIAL SCENE:



They have socials at the beginning, middle and end of the season!



## GET INVOLVED:

Message them on instagram - @newburyroyals - or on Facebook - 'Newbury Royals Lacrosse Club'.

## SOCIAL MEDIA:

 Newbury Royals Lacrosse Club  
 @newburyroyals

# NEWCASTLE UPON TYNE

**GENDERS: MEN'S & WOMEN'S**

**REGION: NORTH**

## TEAMS INFO:

Newcastle - 'The Knights' - have two permanent teams - a men's and a women's. They put together a mixed team for some tournaments.

The men's team enters the NEMLA leagues and is currently in 'Premier 3'. The women are looking to join NEWLA.

The Knights are an open and inclusive club, who want to compete at a high level while having a fun, social and welcoming atmosphere.



## SOCIAL SCENE:

In normal times, socials happen about twice a month, although does vary!

## GET INVOLVED:

Facebook, instagram and email are all equally looked at and responded to.

## TRAINING:

During the season, training is at Gateshead International Stadium. In the off season training is at Highfield in West Jesmond. All year its on a Monday from 7 - 8.30pm.

## MATCHES:

The men's team currently plays on Saturdays, and home games are at Newcastle University's Longbenton Sports Ground. Away games are across the North. The women's team is currently not in the league (this is going to change) so matches are more sporadic but are usually on Saturdays.



## FINAL COMMENT:

"As a relatively young club (both in terms of the club and the players), and being a club that is looking to grow and develop the sport in the region, we're always happy to welcome any and all players!"

## SOCIAL MEDIA:

 Newcastle Knights Lacrosse

 @nutlax

W: [www.nutlax.com](http://www.nutlax.com)



# NORBURY

**GENDERS:** MEN'S

**REGION:** NORTH

## TEAMS INFO:

Norbury have a large girls and boys junior section to complement their senior mens teams.

The men's teams enter the NEMLA leagues. The first team is in 'Premier 1' and the 'A' team is in 'North 1'.

Norbury is "friendly, fun & everyone's opinion counts!"



## SOCIAL SCENE:

Socials are mainly post game drinks with the occasional more formal event.

## GET INVOLVED:

Message them on Facebook - Norbury Lacrosse Club

## TRAINING:

Throughout the year training is at Hazel Grove, Stockport. In the summer the days change but throughout the season its on Tuesday or Wednesday evenings.

## MATCHES:

The men's teams play on Saturdays. Away games are across the North. The women's team is currently not in the league (this is going to change) so matches are more sporadic but are usually on Saturdays.




## FINAL COMMENT:

"More info here <https://norburylacrosse.teamapp.com>"

## SOCIAL MEDIA:

 Norbury Lacrosse Club

 @norbury\_lacrosse\_club\_uk

W: [www.norburylacrosse.teamapp.com](http://www.norburylacrosse.teamapp.com)

# NUNEATON

**GENDERS:** MEN'S & WOMEN'S

**REGION:** MIDLANDS

## TEAMS INFO:

Nuneaton currently have a men's team and are in the process of developing a women's team.

The men's team are part of SEMLA and they play in the 'Midlands' local league against clubs and universities from across the area. The level across the league varies and the team has players of all levels from beginners to national players, providing something for everyone.

They're an open and friendly team that's always up for a laugh on and off the field.

## TRAINING:

Training is normally on a Monday evening. The location tends to vary. During the summer months it is at Paul's Land Park and during the winter it tends to be at Jubilee Sports Centre.

## MATCHES:

Due to the league structure, games aren't every weekend but there are often two games a day on match days. Home games are played at Nuneaton Academy Sports Centre. The league consists of teams from around the Midlands including Leicester and Stoke but also against local universities in Birmingham, Warwick and Loughborough.





## SOCIAL SCENE:

"We try and organise them every other month"

## GET INVOLVED:

To get involved the best way to contact the club is by messaging them through their Facebook page - Nuneaton Lacrosse Club.

## SOCIAL MEDIA:

 Nuneaton Lacrosse Club  
 @nuneaton\_lacrosse\_club





# OXFORD CITY

**GENDERS:** MEN'S & WOMEN'S

**REGION:** SOUTH WEST

## TEAMS INFO:

Oxford City have a men's team, a women's team, a junior girls team and a social mixed/6s/8s team so have something for everyone!

The men's team are part of SEMLA and play in the 'Cotswolds D1' against teams from Bath, Bristol and Cheltenham. They won the league for the 2019-20 season!

The women's team play in the SW Premier League which plays in a tournament style competition each month throughout the season.

The club has fantastic facilities, full time international coaches running high energy training and welcomes a huge mix of ages. All of which provide opportunities to grow as a player, coach and official!

## SOCIAL SCENE:

The senior squad socialises twice per term and usually weekly during the summer.



## GET INVOLVED:

To find out more information and to get in touch with the club then please email [oxfordcitylacrosse@hotmail.com](mailto:oxfordcitylacrosse@hotmail.com)

## TRAINING:

Training is held on a Monday evening throughout the winter at Oxford Academy 3G, Sandy Lane West, Oxford. Throughout the summer they have training on a weeknight at West Oxford Community Centre grass lacrosse pitch.

## MATCHES:

The men play weekly, usually on Saturdays with home games played at Oxford Academy 3G or Horspath Athletic Ground inner track (grass) pitch.

The women's monthly tournament is currently at Westonbirt School and are held on Sundays throughout the season.



## SOCIAL MEDIA:



Oxford City Lacrosse Club



@oxfordcitylacrosse

W: [www.oxfordcitylacrosse.co.uk](http://www.oxfordcitylacrosse.co.uk)

# OXTON

**GENDERS:** WOMEN'S

**REGION:** NORTH

## TEAMS INFO:

Oxton (formerly Wirral) have one or two women's teams as well as 3-4 junior teams.

The women's team enters the North Women's League and are the current league champions for the 10<sup>th</sup> consecutive year. They're also the 5 time European Club Champions but they welcome all, from beginner to elite players!

Oxton is a "warm & welcoming, supporting & sporting, competitive & determined" club that provides a family for its members.



## TRAINING:

Training is held on a Monday evening at the Oxton Cricket & Sports Club, Wirral.

## MATCHES:

Games are played on Saturdays at the Oxton Cricket & Sports Club. Away games are usually across the Liverpool/Manchester area.



## SOCIAL SCENE:

Social events happen throughout the year!



## GET INVOLVED:

Email [carina.walsh@hotmail.co.uk](mailto:carina.walsh@hotmail.co.uk) to get in touch and find out more!

## SOCIAL MEDIA:

 Oxton Lacrosse

 @oxtonlacrosse

W: [www.oxtoncricketclub.com/a/lacrosse-section-44710.html](http://www.oxtoncricketclub.com/a/lacrosse-section-44710.html)



# PLYMOUTH PRIVATEERS

**GENDERS:** MEN'S

**REGION:** SOUTH WEST

## TEAMS INFO:

Plymouth Privateers have one mens team. The team enters into SEMLA competitions, playing in the 'West' Division and in the 'Peninsula' local league, which they won in the 2019-2020 season.

The team has strong links with Marjon University and many of their players play for the club.

## TRAINING:

The team doesn't currently train but get in touch with them to get up to date information.

## MATCHES:

Games are played on Saturdays in Central Park Plymouth. Away games are against usually against local universities and clubs.



## SOCIAL SCENE:



Social events happen around once a year!



## GET INVOLVED:

Join the Facebook group - Plymouth Privateers Lacrosse Club.

## SOCIAL MEDIA:

 Plymouth Privateers Lacrosse Club  
 @privateersuk

# PORTSMOUTH PYTHONS

**GENDERS:** MEN'S

**REGION:** SOUTH WEST

## **TEAMS INFO:**

Portsmouth Pythons currently only have a junior boys team but are hoping to start a senior men's team.

The club is going from strength to strength and are growing quickly!

## **TRAINING:**

Training is on a Saturday morning.

## **MATCHES:**

Matches would be on a Saturday for the potential senior team and home games are currently held on the Astro at Petersfield School.



## **SOCIAL SCENE:**

Social events happen about three times a year!



## **GET INVOLVED:**

Email the club to find out more - [juliabose65@gmail.com](mailto:juliabose65@gmail.com)

## **SOCIAL MEDIA:**

 Portsmouth Pythons Lacrosse



# POYNTON

**GENDERS:** MEN'S

**REGION:** NORTH

## TEAMS INFO:

Poynton have two men's senior teams as well as 6 junior boys and girls teams.

Both men's teams enter NEMLA leagues - the first team plays in 'Premier 1' and the 'A' team in 'North 1'. They are the 4 time NEMLA Senior Flags champions and won NEMLA Premiership in the 2017-2018 season. They were crowned European Club Champions in 2018.

Each team is coached by fully-qualified coaches and they are proud to have multiple existing and former international athletes coaching the junior programme to develop the next generation! Their senior teams are ran by international coaches and former & existing International captains.

Poynton is a "community led, fun club covering all ages and abilities."

## TRAINING:

Training for the senior men's teams is on Thursday evenings from 7.45 pm at Cheadle Hulme School. Junior training is on various evenings and Poynton Sports Club.

## MATCHES:

The senior teams play on Saturday afternoons with home games at Poynton Sports Club. Away games are usually in the Manchester area, with occasional games slightly further afield in Yorkshire.

## SOCIAL SCENE:

Informal socials each week and official events monthly.



## FINAL COMMENT:



"We welcome players of all ability level and provide a fun environment to learn and grow the game of lacrosse."



## GET INVOLVED:

To find out more information and to get in touch with the club then please email [info@poyntonlacrosse.co.uk](mailto:info@poyntonlacrosse.co.uk)

## SOCIAL MEDIA:

 Poynton Lacrosse Club  
 @poyntonlax

# PURLEY

**GENDERS:** MEN'S

**REGION:** LONDON

## TEAMS INFO:

Purley have one men's team that they enter into SEMLA competitions. The team plays in 'Division 2' and in the 'Home Counties' local league.

Purley is a fun and welcoming club, that includes members from many different playing backgrounds who are always keen to introduce new people in.



## SOCIAL SCENE:

Post-match drinks every game day, alongside an end of season social and AGM.



## GET INVOLVED:

Message their instagram page - @purleylacrosse - or email [secretary@purleylax.co.uk](mailto:secretary@purleylax.co.uk)

## TRAINING:

Training is TBC for the 2020/21 season but last season had optional HIIT gym class on Wednesdays nights and training pre game on Saturdays at their group in Mottingham (25 mins from London Bridge).


## MATCHES:

Face-off is usually 2pm on Saturdays. Address is Coldharbour Leisure Centre, Chapel Farm Road, New Eltham, London, SE9 3LX. Away games are usually in London or Kent but there are occasional games further afield in the South.



## SOCIAL MEDIA:

 Purley Lacrosse

 @purleylacrosse



# PUTNEY

**GENDERS:** WOMEN'S

**REGION:** LONDON

## TEAMS INFO:

Putney has a women's team that competes in the SEWLA Premiership, playing against teams from around London.

The team is fun, friendly and enjoyable.



## SOCIAL SCENE:

Socials happen throughout the year.



## GET INVOLVED:

The best way to get involved is by emailing the club at [putneylacrosse@gmail.com](mailto:putneylacrosse@gmail.com)

## TRAINING:


Training has historically been held at Putney High School on a Tuesday evening from 7.30pm. However this might change dependent on letting availability due to the virus.


## MATCHES:

Matches are played on Sundays. Home games are usually at Haydons Road Recreational Grounds in Wimbledon but the club is currently looking for an astro pitch for matches.



## SOCIAL MEDIA:

 Putney Lacrosse Club

 @putney\_lacrosse

W: [www.pitchero.com/clubs/putneylacrosseclub](http://www.pitchero.com/clubs/putneylacrosseclub)

# RAINBOW REXES

**GENDERS:** MEN'S, WOMEN'S, MIXED

**REGION:** NATIONAL

## TEAMS INFO:

Rainbow Rexes “are the world’s only club founded to support LGBTQ+ players, we are nationwide but open to any LGBTQA who are 18+. Players can identify as they wish as we have a lot of allies who are essential to our success and impact. We’ve grown incredibly in 2 years (around 100 members now), but don’t have trainings and leagues, but we partner with clubs to provide safe supportive environments for players.”

The Rexes currently run 3 teams - a mens, a mixed and a women’s team and are looking to add a second men’s team for the 2020-21 season. One would be more competitive and one more social.

The club has a complete mix of abilities and has something for everyone - “some of us are good at lacrosse, some of us are aggressively mediocre, but we all welcome anyone and everyone into what’s really just a big group of mates who love playing”.

## TRAINING:

The Rexes don’t currently train as a group, instead some players are also associated with another club for training and league games.

## MATCHES:

They enter any tournaments they can and hold exhibition matches with teams across the country.



## SOCIAL SCENE:

“As often as we can, usually not following much of a schedule. Since we’re not in a league, every match usually doubles as an excuse to have a social afterwards.”

## FINAL COMMENT:



“We are currently working with the ELF and building bridges in the States to make the Rexes more and more international!”



## GET INVOLVED:

Message their instagram page @rainbowrexelax and one of their captains will get back to you and give you more information on how to get involved.

## SOCIAL MEDIA:

 Rainbow Rexes Lacrosse  
 @rainbowrexelax



# READING WILDCATS

**GENDERS:** MEN'S & WOMEN'S

**REGION:** SOUTH EAST

## TEAMS INFO:

Reading Wildcats Lacrosse welcomes players of all standards and complete beginners.

The Club has three senior teams with two men's teams and a women's team. The club also operates a Juniors section.

Both men's teams compete in SEMLA competitions. The men's firsts have been promoted to the 'Premier' Division for the 2020-21 season and also play in the 'London D2' local league. The men's seconds compete in the 'East (South)' Division and the 'South Central' local league.

The women's team are currently growing and so don't enter a league, instead enjoy a number of friendlies throughout the year.

## SOCIAL SCENE:

Socials are on a semi-regular basis (normally 4 or 5 a year) and there is always an end of season dinner. They also enjoy post match food/pub after every game and next year they hope to have a tour to a European tournament!



## GET INVOLVED:

More details on the team are on their website:  
[www.readinglacrosse.co.uk](http://www.readinglacrosse.co.uk)

## TRAINING:



Club training is on Tuesday nights from 7.30-9.30pm on rubber crumb astroturf at John Madejski Academy, Northumberland Avenue, Reading RG2 8AF.

## MATCHES:

Men's league matches are on Saturdays and Ladies friendlies are usually on Sundays.



## SOCIAL MEDIA:

 Reading Wildcats Lacrosse  
 @readinglacrosse

# REIGATE PRIORY

**GENDERS:** WOMEN'S

**REGION:** SOUTH EAST

## TEAMS INFO:

Reigate Priory have one senior women's team. The team enters the South East Women's Leagues and competes in 'Division 2 South' against other teams mainly from Kent and Surrey.

Reigate is a friendly club that encourages players of all abilities to play a great game.

## TRAINING:

Training is on Sundays in Reigate and on Wednesday nights in a nearby village.

## MATCHES:

Matches are on Sundays with home games at Reigate Cricket Club ground. Away games are across London and the South East.



## SOCIAL SCENE:

Social events are about 3 or 4 times a year.



## GET INVOLVED:

To find out more information and to get in touch with the club then please email [womensreigatelax@outlook.com](mailto:womensreigatelax@outlook.com)

## SOCIAL MEDIA:

 Reigate Priory Lacrosse Club

 @reigatelax

W: [www.reigatelax.co.uk](http://www.reigatelax.co.uk)



# ROCHDALE

**GENDERS:** MEN'S & WOMEN'S

**REGION:** NORTH

## TEAMS INFO:

Rochdale have 3 men's teams and one women's team. The mens first team won NEMLA's 'Premier 3 Division' in the 2019-2020 season, the 'A' team competes in 'North 1' and the 'B' team in 'North 2'.

The club is open to all, accommodating and friendly - it's all about lacrosse!



## TRAINING:

Training is on a Monday night at Matthew Moss High School from 7-9pm.

## MATCHES:

Home games are at Rochdale Sports Club and away games are across the North West and Yorkshire, depending on the league. All leagues play on Saturdays.



## SOCIAL SCENE:

Socials are as often as possible, around every month! Boxing Day is the big family and social day. They also host the North of England Festival Weekend at the end of April each year.



## FINAL COMMENT:


"A welcoming club, open to any level of ability with a quickly growing ladies section!"

## GET INVOLVED:

Message their Facebook page - "Rochdale Lacrosse Club".

## SOCIAL MEDIA:

 Rochdale Lacrosse Club

 @rochdalelax

W: [www.rochdalelacrosse.co.uk](http://www.rochdalelacrosse.co.uk)

# SHEFFIELD STEELERS

**GENDERS:** MEN'S

**REGION:** NORTH

## TEAMS INFO:

Sheffield have 2 senior men's teams and 3 junior boys teams. The mens first team plays in NEMLA's 'Premier 1 Division' and the 'A' team won 'North 1' in the 2019-2020 season.

The club is a "family that welcomes experienced and less experienced players with open arms."

## TRAINING:

Training is at Fir Vale School, Owlter Lane, Sheffield from 8-9.30pm on Thursday nights from September.

## MATCHES:

Home games are at Sheffield Hallam University Sports Park, Bawtry Road on Saturdays at 2pm. Away games are across the North West and Yorkshire, depending on the league. Both leagues play on Saturdays.



## SOCIAL SCENE:

Socials are held regularly throughout the year.

## FINAL COMMENT:

"We have players ranging from uni starters to full international. Our second team provides the opportunity for players to play competitive lacrosse in an environment where effort and enthusiasm are valued more than current skill levels. Our first team provides top level lacrosse for those that possess all of the above!"

## GET INVOLVED:

Message their Facebook page - "Sheffield Steelers Lacrosse Club".

## SOCIAL MEDIA:

 Sheffield Steelers Lacrosse Club



# SOUTHAMPTON LADIES LACROSSE

**GENDERS:** WOMEN'S

**REGION:** SOUTH WEST

## TEAMS INFO:

Southampton Ladies Lacrosse currently have one women's team. The team is very fortunate to have a National Level coach.

The women's team are successful in the SW Premier League and Invitational Cup competitions - providing tournaments and full length matches each month throughout the season.

The club is well established, welcoming, enthusiastic, fun, friendly and inclusive.



## SOCIAL SCENE:

They have four main events throughout the year as well as lots of ad hoc opportunities such as dinner or drinks after games and practices.



## GET INVOLVED:

Their Facebook page is normally the best way to get in touch with the club - 'Southampton Ladies Lacrosse' - or email them at [southamptonladieslacrosse@gmail.com](mailto:southamptonladieslacrosse@gmail.com)

## LOCATION:

Crestwood School, Chandlers Ford, Southampton

## TRAINING TIMES:

Thursday evenings from 7.30 to 9pm.

## MATCHES:



The women's monthly tournament is currently at Westonbirt and home Invitational Cup matches are usually played in Winchester. Both competitions are usually played on a Sunday and are around once a month throughout the season.



## FINAL COMMENT:

"We love meeting new players and really want to grow the game in the region and are also looking to start developing a junior section this season."

## SOCIAL MEDIA:

 Southampton Ladies Lacrosse  
 @southamptonladieslacrosse

# SPENCER - LONDON

**GENDERS:** MEN'S & WOMEN'S

**REGION:** LONDON

## TEAMS INFO:

Spencer currently have four men's teams and two women's teams as well as a thriving junior girls and boys sections.

The men's team are part of SEMLA and have teams in all levels. The first team is very competitive in the Premier Division. The second and third teams both won their leagues (Div 1 and 2) in the 2019-20 season. The fourth team competes in the East (South) division.

The women's teams play in SEWLA and for the 2020-21 season Spencer will have a team in both Division 1 and Division 2.

The club is described as being 'inclusive and fun!' It provides games for everyone with teams at all levels of competition.

## GET INVOLVED:

The best way to get in touch with the club is through their website:  
[www.spencerlax.co.uk](http://www.spencerlax.co.uk)



## TRAINING TIMES:

Men's teams train at Spencer Lacrosse Club, Fieldview, Earlsfield, London on Monday evenings.

Women's teams train at Battersea Park, London on Tuesday evenings.

## MATCHES:

The men play on Saturdays and the women play on Sundays. Both play their home games at Spencer Lacrosse Club, Earlsfield. All teams play against teams from across London and the South East.

## SOCIAL SCENE:


They hold social events every month throughout the year and they normally have post game beers each week.

## FINAL COMMENT:

"New players are welcome at all levels!"

## SOCIAL MEDIA:

 Spencer Lacrosse Club

 @spencer\_lacrosse

W: [www.spencerlax.co.uk](http://www.spencerlax.co.uk)





# STIRLING CITY STAGS

**GENDERS:** MEN'S

**REGION:** SCOTLAND

## TEAMS INFO:

Stirling City Stags have one men's team. They play in the Scottish Men's League. In the 2019-2020 season they won the League Plate.

It is a club that caters to all levels in the heart of Scotland.



## TRAINING:

Training is at Stirling University on Friday evenings 6.30 - 8.30pm.

## MATCHES:

Home games are also at Stirling University. Games are on Saturdays. Away games across Scotland but mainly in Edinburgh and Glasgow against clubs and universities. Each game day the team plays against 2 other sides, providing plenty of competition!



## SOCIAL SCENE:



Socials are held 3 or 4 times throughout the year as well as regular post training/game food and drinks.



## GET INVOLVED:

Message them through their Instagram page - @stircitystagslax

## SOCIAL MEDIA:

 Stirling City Stags Lacrosse Club  
 @stircitystagslax

# STOCKPORT

**GENDERS:** MEN'S & WOMEN'S

**REGION:** NORTH

## TEAMS INFO:

Stockport have three senior men's teams and a women's team as well as lots of junior teams.

The men's team enter NEMLA competitions with the first team playing in the 'Premier 1 Division', the 'A' team in the 'Premier 2 Division' and the 'B' team in the 'North 1 Division'.

The women's team enters into the North Women's League, coming second in 2019-2020 season.

It is a competitive community based club, looking to progress and get people playing.

## SOCIAL SCENE:

There is a clubhouse attached to the club, so informal socials every Saturday after a game. Formal socials are arranged by the social committee about once a month.

## TRAINING:

Preseason is at Stockport Lacrosse Club and during the season training is at Cheadle Hulme School's 3G pitch on Tuesday evenings.

## MATCHES:

Games are on Saturday afternoons, with home games at Stockport Lacrosse Club, SK3 8HD. Away games are across Manchester and the North West.



## FINAL COMMENT:

"As a club we feel we have a variety of teams to suit all abilities upon returning from university. This year, we had 3 graduates from Kent and Aberystwyth Universities who have been great additions!"



## GET INVOLVED:

Message them through their Facebook page or get in touch via their website: <https://www.pitchero.com/clubs/stockportlacrosseclub>

## SOCIAL MEDIA:



Stockport Lacrosse Club



@stockportlacrosseclub



# TIMPERLEY

**GENDERS:** MEN'S & WOMEN'S

**REGION:** NORTH

## TEAMS INFO:

Timperley have two men's teams and one women's team.

The men's team enter NEMLA competitions with the first team playing in the 'Premier 1 Division' and the 'A' team in the 'Premier 2 Division'.

The women's team enters into the North Women's League, playing teams from across Manchester and the North West.

The club is part of a multi sports club with a modern Club House and good social side.

## SOCIAL SCENE:

Socials happen regularly throughout the year.

## TRAINING:

Training is at Timperley Sports Club, WA15 7LU. They run summer sessions on week nights.

## MATCHES:

Games are on Saturday afternoons with home games also held at Timperley Sports Club. Away games are across Manchester and the North West, varying on league.



## FINAL COMMENT:

"We welcome new players!"



## GET INVOLVED:

Email Alan Holdsworth on [timplax@hotmail.co.uk](mailto:timplax@hotmail.co.uk)

## SOCIAL MEDIA:



Timperley Lacrosse Club



@timperleylacrosseclub

# WALCOUNTIAN BLUES

**GENDERS:** MEN'S & WOMEN'S

**REGION:** SOUTH EAST

## TEAMS INFO:

Blues have two women's teams and one men's team.

The men's team enter SEMLA competitions, playing in the 'Premier Division' and the 'Home Counties' local league.

The women's teams enter into the South East Women's Leagues with the first team in the Premiership and the second team in 'Division 2 South'.

Blues is a very sociable club (home of Blues Fest!) with a great link between the men's and women's teams and all teams consistently perform well within their leagues.

## SOCIAL SCENE:

Socials are often, usually with a few socials throughout the season and always a big joint Christmas social and obviously Blues Fest!

## TRAINING:

Training is at Walcounatian Blues Sports Club, 2 Carshalton Road, Woodmansterne, Banstead, SM7 3HU.

## MATCHES:

The women's teams play on Sunday and the mens on Saturdays. Home games for all three teams are at Walcounatian Blues Sports Club. Away games for all teams are across the South East and London.



## FINAL COMMENT:

"We have lots of players travel from central/west London to play here so we do a lot of list sharing and helping each other out!"



## GET INVOLVED:

Email [blueswlax@hotmail.com](mailto:blueswlax@hotmail.com) to find out more and get involved.

## SOCIAL MEDIA:

 Blues Lacrosse  
 @blueslax



# WELWYN WARRIORS

**GENDERS:** MEN'S & WOMEN'S

**REGION:** SOUTH EAST

## TEAMS INFO:

Welwyn Warriors have two men's teams and one women's team.

The both men's teams enter SEMLA competitions. The first team play in the 'Premier Division' and the 'East Anglia D1' local league. The second team play in 'East (North)' and 'East Anglia D2'.

The women's team enter into the South East Women's Leagues, playing in 'Division 2 North'.

Welwyn is a friendly club of mixed ages and abilities.

## SOCIAL SCENE:

Socials are at least twice per season.

## TRAINING:

Training is at the University of Hertfordshire, Hatfield, Herts.

## MATCHES:

The women's teams play on Sunday with home games at Bishops Hatfield Girls School. The men's teams play on Saturdays with home games at the University of Hertfordshire.



## FINAL COMMENT:



"We are a family friendly club for all!"



## GET INVOLVED:

Get in touch through their website  
[www.welwynlax.com](http://www.welwynlax.com)

## SOCIAL MEDIA:

 Welwyn Warriors Lacrosse Club  
 @welwynwomenslax

# WEST LONDON

**GENDERS:** WOMEN'S

**REGION:** LONDON

## TEAMS INFO:

West London have two women's teams. Both teams play in the South East Women's Leagues. The first team are in the 'Premiership' and the second team are in 'Division 2 North'.

The club has a total range of players from international who play in their 1<sup>st</sup> team, to those who have played at county level, university, school etc. In the 2019-2020 season they finished 3<sup>rd</sup> in the Premiership and 2<sup>nd</sup> in Division 2 North.

They claim to be "the friendliest club in London!"

## SOCIAL SCENE:

"As well as playing together we love a lunch and evening drink in the pub. The annual tour is an excellent weekend away and along with the End of Season dinner and many other impromptu social sessions there are plenty of opportunities to get to know your team mates!"

## TRAINING:

Training is on a Thursday evening at Putney High School, South West London.

## MATCHES:

Games are on Sundays between September and April. Home games are at Wormwood Scrubs near White City. Away games are usually in London or across the South East.



## FINAL COMMENT:

"We are always looking for new talent to join our club, so please do get in touch! You are more than welcome to come along and join a few training sessions before deciding whether to join."



## SOCIAL MEDIA:

 West London Lacrosse

 @westlondonlacrosse



## GET INVOLVED:

Message them on Instagram @westlondonlacrosse or email them on [westlondon@westlondonlacrosse.co.uk](mailto:westlondon@westlondonlacrosse.co.uk)



# WILMSLOW

**GENDERS:** MEN'S

**REGION:** NORTH

## TEAMS INFO:

Wilmslow have 2 senior mens teams as well as U19 and Junior boys teams. The senior men's teams enter NEMLA competitions. The first team is in 'Premier 2' and the second team is in 'North 1'.

Wilmslow is a friendly lacrosse club, open to all with amazing facilities.

## SOCIAL SCENE:

Socials are every other week during the playing season and once a month throughout the summer!



## GET INVOLVED:

Message them on Facebook - Wilmslow Lacrosse Club.

## TRAINING:

Club training is on Thursday evenings at Wilmslow Phoenix Sports Club. Other training sessions at weekends vary throughout the season.

## MATCHES:

Matches are on Saturdays, with home games at Wilmslow Phoenix Sports Club. Away games are against other teams in the North West.





## FINAL COMMENT:

"We host various events throughout the year, including the Nick Kehoe International, UK Masters and Manchester 6s Men's & Women's Tournament."



## SOCIAL MEDIA:

 Wilmslow Lacrosse Club  
 @wilmslowlacrosseclub

# NATIONAL GOVERNING BODIES, REGIONAL ASSOCIATIONS & LEAGUES

## NATIONAL GOVERNING BODIES (NGBs)

England Lacrosse  
[www.englishlacrosse.co.uk](http://www.englishlacrosse.co.uk)

Lacrosse Scotland  
[www.lacrossescotland.com](http://www.lacrossescotland.com)

Wales Lacrosse Association  
[www.welshlacrosse.co.uk](http://www.welshlacrosse.co.uk)

## REGIONAL ASSOCIATIONS (ENGLAND) & LEAGUES

Each Regional Association runs the leagues and other competitions for their area, so find out more on their websites.

North Women's  
<https://northlacrosse.leaguerepublic.com/l/index.html>

NEMLA (North of England Men's Lacrosse Association)  
<https://englishlacrosse.leaguerepublic.com/l/index.html>

South East Women's Lacrosse Association  
<http://southeastlacrosse.pitchero.com>

SEMLA (South of England Men's Lacrosse Association)  
<http://www.southlacrosse.org.uk>

South West Women's Lacrosse Association  
<http://www.southwestlacrosse.co.uk>

The Welsh teams enter the South West Women's League and SEMLA as appropriate.

Lacrosse Scotland have both a men's and a women's league that they run for the Scottish Clubs and some English clubs enter.



# UNIVERSITY CLUBS

On the following pages you will find a list of all the universities that entered clubs into BUCS in the 2019-2020 season along with the Facebook page name for each club, often the best way to contact them if a club wants to make links with a university team. Contact can also be made via their Students' Union or Athletic Union. There may be other universities who have not entered teams into BUCS but who are running lacrosse clubs and who may benefit from links with local clubs.

University	Region	BUCS women's teams	BUCS men's teams	Facebook Page Name
Aberdeen	Scotland	2	1	Aberdeen University Men's Lacrosse Club // Aberdeen University Women's Lacrosse
Aberystwyth	Wales	1	1	Aberystwyth University Lacrosse
Bangor	Wales	1	1	Bangor University Lacrosse Club
Bath	South West	2	2	University of Bath Lacrosse Club
Birmingham	Midlands	4	2	University of Birmingham Lacrosse
Bournemouth	South West	2	1	BULC - Bournemouth University Lacrosse Club
Bradford	North	1	1	University of Bradford Lacrosse Club
Brighton	South East	1	1	
Bristol	South West	3	3	University of Bristol Lacrosse
Brunel	London	2	1	Brunel Lacrosse
Cambridge	Midlands	2	1	Cambridge University Lacrosse Club // Cambridge University Women's Lacrosse Club
Canterbury CC	South East	1	1	
Cardiff	Wales	3	1	Cardiff University Lacrosse
Cardiff Met	Wales	1	1	
Chester	North	2	1	University of Chester Lacrosse Team // University of Chester Women's Lacrosse
Chichester	South East	1	1	UCSU Men's and Women's Lacrosse
Coventry	Midlands	1	-	Coventry University Lacrosse
De Montfort	Midlands	1	1	DMU Eagles Lacrosse Team
Derby	Midlands	1	1	University of Derby Lacrosse Club
Dundee	Scotland	1	-	Dundee University Lacrosse Club

Durham	North	6	3	Durham University Women's Lacrosse Club // Durham Men's Lacrosse
East Anglia	Midlands	2	1	UEA Lacrosse
Edinburgh	Scotland	5	1	Edinburgh University Women's Lacrosse Club // Edinburgh University Men's Lacrosse Club
Essex	South East	1	1	Essex Blades Lacrosse Club
Exeter	South West	5	3	University of Exeter Lacrosse Club
Glasgow	Scotland	2	1	Glasgow University Lacrosse Club
Gloucestershire	South West	1	1	University of Gloucestershire Lacrosse Club
Hertfordshire	South East	1	1	University of Hertfordshire Lacrosse Club
Hull	North	2	2	Hull University Women's Lacrosse // Hull University Lacrosse
Imperial	London	2	2	Imperial Lacrosse
Keele	Midlands	2	1	Keele University Women's Lacrosse // Keele Mens Lacrosse
Kent	South East	3	2	University of Kent Women's Lacrosse Club
Kings	London	2	2	King's College London Lacrosse
Kingston	London	1	1	Kingston University Lacrosse
Lancaster	North	1	1	Lancaster University Lacrosse Club
Leeds Beckett	North	2	2	Leeds Beckett Women's Lacrosse
Leeds	North	2	2	Leeds University Women's Lacrosse
Leicester	Midlands	2	1	ULLAX - University of Leicester Lacrosse Club
Lincoln	Midlands	1	1	Univeristy of Lincoln Lacrosse Club (ULLC)
Liverpool Hope	North	1	-	
Liverpool John Moores	North	1	-	
Liverpool	North	2	1	University of Liverpool Lacrosse Club
Loughborough	Midlands	4	2	Loughborough Students Lacrosse
Manchester	North	2	2	University of Manchester Men's Lacrosse Club //University of Manchester Women's Lacrosse Club



Manchester Met	North	1	1	
Marjon	South West	1	1	
Middlesex	South East	-	1	Middlesex University Lacrosse
Newcastle	North	3	2	Newcastle University Women's Lacrosse //Newcastle University Men's Lacrosse
Northampton	Midlands	1	-	University of Northampton Women's Lacrosse
Northumbria	North	1	1	Northumbria Women's Lacrosse
Nottingham	Midlands	4	4	University of Nottingham Lacrosse
Nottingham Trent	Midlands	2	2	Nottingham Trent Lacrosse
Oxford Brookes	Midlands	2	2	Oxford Brookes Lacrosse
Oxford	Midlands	2	2	Oxford University Lacrosse Club
Plymouth	South West	1	1	Plymouth Lacrosse
Portsmouth	South West	1	1	UoP Lacrosse
Reading	South East	2	2	Reading University Lacrosse Club
Royal Agricultural	South West	1	-	
Royal Holloway	South East	2	1	Royal Holloway Lacrosse
Sheffield Hallam	North	2	2	Hallam Men's Lacrosse
Sheffield	North	2	2	Sheffield University Lacrosse Club
Southampton	South West	2	1	Southampton University Ladies Lacrosse Club //Southampton University Tridents Lacrosse Club
St Andrews	Scotland	2	1	University of St Andrews Women's Lacrosse Club / University of St Andrews Lacrosse Club //University of St Andrews Mens Lacrosse Club
St Mary's	London	1	1	St Mary's University Lacrosse Club
Staffordshire	Midlands	1	1	
Stirling	Scotland	1	1	Stirling University Womens Lacrosse //Stirling Men's Lacrosse
Strathclyde	Scotland	1	1	Strathclyde University Lacrosse Club
Surrey	South East	1	1	
Sussex	South East	2	1	University of Sussex Lacrosse

Swansea	Wales	2	2	Swansea University Lacrosse Club
UCL	London	2	2	UCL Lacrosse
USW	Wales	1	1	USW Lacrosse Club
UWE	South West	2	1	UWE Lacrosse
Warwick	Midlands	2	2	Warwick Lacrosse
York	North	2	2	University of York Lacrosse Club

University competitions are organised by BUCS - more information is on their website: [www.bucs.org.uk](http://www.bucs.org.uk)

All information was correct at time of publication (August 2020). Please refer to individual clubs' websites and social media to get up to date information. Please contact Iona Westwood on [iona.r.westwood@durham.ac.uk](mailto:iona.r.westwood@durham.ac.uk) to correct any significant errors or to find out more information on this project.