

Lacrosse after University

Now that you have finished university there is still plenty of opportunity for you to continue playing lacrosse, whether you have been playing less than a year or since you were 11, the right club is out there for you. There are over 40 in England waiting to hear from you. Here is a list of all the clubs with women's teams, as well as a bit about them and who to get in contact with.

West League

The West League is made up of 1 division.

Bath	Caro Wedgwood	info@bathladieslacrosse.co.uk www.bathladieslacrosse.co.uk	Based in Bath at the Rec. 1 women's team with a link to the Bath men's club.
Bristol	Lauren Smith	Lauren_16_2@hotmail.co.uk www.bomerslacrosse.co.uk	A new club last year based in Bristol . Runs both men's and women's sections. They have 1 women's team.
Cardiff	Tony Higginson	tony.higginson@ntlworld.com	Lacrosse club based in Cardiff .
Cardiff Harlequins	Ester Laugharne	elaugharne@hotmail.com www.cardifflacrosse.co.uk	A club based in North Cardiff running 1 women's and 2 men's team.
Cheltenham Cougars	Sarah Roberts	sarahannroberts@hotmail.com	Club based in Cheltenham and Gloucester running men's and women's sections.
Southampton	Bryony Mitchell	mitchbpf@hotmail.com	Club in Southampton running 1 women's team.
Swansea	Stefani Goodrem	stef_goody13@msn.com	Lacrosse club in Swansea
3 Counties	Stephen van Praag	svp@3-counties-lacrosse.co.uk www.3-counties-lacrosse.co.uk	A new lacrosse club based at Malvern St James school. They play in the west league.

North League

The North League has a Premiership, First Division and a cup competition.

Brooklands	Jane Ellston	janeellston@hotmail.com www.brooklandslax.com	A club based in Sale. It is part of a multi-sports club and runs 4 sections, men's, women's, boys, girls.
Heaton Mersey	Fiona Graham	fiona_graham@yahoo.com www.mersey-lax.co.uk	A club based in South Manchester, part of a multi-sports club. It has 4 men's teams and a women's team.
Leeds	Jo Crickson	leedslacrosse@hotmail.co.uk www.leedslacrosse.co.uk http://twitter.com/Leedslacrosse	A club based in Leeds. Looking for players and a coach. 1 women's team.
Liverpool	Linda Musker	linda.musker@btinternet.com www.liverpoolcricketclub.co.uk	Based in Liverpool and part of a multi-sport club. Runs 1 women's team and 1 men's team.
Mellor	Liz Faram	lizfaram@yahoo.co.uk Facebook – Mellor Ladies Lacrosse	A South Manchester club part of a multi sports facility. Runs men's, women's, boys and girls.
Sheffield	Charlotte Grayhurst	charlotte.grayhurst@sky.com www.freewebs.com/sheffieldlax/	A club based in Sheffield and part of a multi-sports club. A newly formed women's section competing in league for first time this season.
Stockport	Kari Jones	jones_kari@hotmail.com www.stockportlacrosse.co.uk	A club based in Stockport as part of a multi-sports club. League winners in 08, runner's up 09. Run men's, women's, boys and girls. Running a second women's team for the first time this season.
Timperley	Steph Tyler	steph_tyler@hotmail.com www.timperleylacrosse.co.uk	Based in Timperley at a multi-sports club facility with astroturf. Runs men's, women's, boy's, girl's including 2 women's teams.
Wilmslow	Caz Cornwall-Legh	cazno1@hotmail.com www.wilmslow-lacrosse.co.uk	Based in Wilmslow at a multi-sport club. Runs men's, women's, boys and girls.
Wirral	Carina Baxter	caseysvending@hotmail.com www.pitchero.com/clubs/wirralacrosseclub/	Based in Wirral, just outside Liverpool at a multi-sports club. Runs both men's and women's sections.
Birmingham	Alice Briggs	abriggs23@hotmail.com www.blclacrosse.co.uk	A new club last year in the northern league. Based at Edgbaston High School. Has both men's and women's sections.

South East League

The South East league is made up of a Premiership and First Division. There is also a completion called the Rosebowl which is a recreational level league which some clubs also compete in.

Inside M25

Beckenham	Pippa Nevard	Beckenham.lax@gmail.com www.pitchero.com/lacrosse/ beckenhamlacrosse	A club based in South East London with links with Croydon men and the Foxes junior club. Play in the First Division.
Blackheath	Emily Chong	captain@blackheathlacrosse.co.uk www.blackheathlacrosse.co.uk	Based in central London , train by King's Cross and match pitch on Regent's Park. Run 2 women's teams and junior girls. A full time coach for next season. Play in the Premiership, First Division and Rosebowl.
Blues	Theresa Whitmarsh	treetop21@hotmail.com www.blueslacrosse.com	Based at a multi-sport club in Surrey and hosts of the infamous Bluesfest. Train outdoors on grass under lights. Run men's, women's, boys and girls. Have a full time coach.
Centaurs	Laura Pollard	laura.pollard@vodafone.com	A club based at LEH school in Hampton with indoor training. Run 2 women's teams, 1 in Premiership and 1 in Rosebowl.
Clapham	Camilla Green	camilla@camillagreen.co.uk www.claphamlacrosse.co.uk	A club based in South London , training at Oval and home games on Clapham Common. Run 1 team that plays in the First Division.
Cobham	Paul Reynolds	paul@the-reynolds.com www.cobhamsports.com/ lacrosse	Based in Cobham at a multi-sports club with a strong junior section. Not currently playing in the league but looking to start and adult team this year. Have a full time coach.
Hatch End	Lara Owen	lara.owen@mouchel.com www.hatchendhawks.co.uk	Based in Rickmansworth at the Masonic Girls School with indoor training. Runs 1 team that plays in the Premiership and 1 in the Rosebowl. Looking to form a second team to play in the league.
Putney	Amy Jordon	a7jordan@hotmail.com www.putneylacrosse.co.uk	Based in Putney with 2 teams. They play in the Premiership, First Division and Rosebowl. Indoor training in Putney.

Rosemeadians	Dordie Brett	dordie@hotmail.com www.pitchero.com/clubs/ rosemeadianslacrosseclub/	A club based in Hammersmith that play in the Rosebowl. They have 1 team and are looking to recruit lots of players.
West London	Sophie Le Hardy	westlondonlacrosse@yahoo.co.uk www.westlondonlacrosse.co.uk	Club based in Barnes that train indoors. They run 2 teams playing in the Premiership, First Division and Rosebowl. Over 18s only in the club. Tour every year.

Outside M25

Harpenden	Lucy Wray	harpendenlacrosse@gmail.com Facebook – Harpenden Ladies Lacrosse Club	Club based at St George’s Harpenden School with training at St Alban’s High School. Run 1 team playing in the Premiership and juniors.
Hitchin Sprites	Nicola Downing	ndowning@atriummed.com www.hitchinlacrosse.com	Club based in Hitchin with outdoor floodlit astro training. Train all year round. Play in the First Division. Have a men’s, women’s and boys section.
Pendley	Suzy Eul-Brown	pendleylacrosse@gmail.com Facebook – Pendley Lacrosse Club	Club based at Berkhamsted school. Run 1 team playing in the Premiership.
Welwyn	Kyle Witt	Lax1399@gmail.com www.welwynwarriorlacrosse.co.uk	Club based in Welwyn at University of Hertfordshire. Run 1 women’s team as well as men’s, boys and girls. They play in the first division.
Reading	Tracy Averies	tracyaveries@hotmail.com www.readinglacrosse.moonfruit.com	A club in Reading based at a multi-sport club. Runs men’s, women’s, boys and girls. Play in the first division on the SE league.

Invicta League

The Invicta League is an 8-side league that runs in Kent area, with a mixture of clubs and universities competing.

Canterbury	Maddy Booth	Madalyn.booth@gmail.com	A new club in Canterbury , based at King's School. Both men's and women's sections
Cranbrook	Giles Clark	giles@splashpr.co.uk www.cranbrooklacrosse.co.uk	Lacrosse club based at Cranbrook school, running juniors and women's.
Maidstone	Giles Clark	www.maidstonelacrosse.co.uk	A new club in Maidstone looking to start a women's section.
Reigate Priory	Ray Wood	zenith.sport@yahoo.co.uk www.reigatelacrosse.co.uk	A new club in Reigate running 1 team.
Sevenoaks	Ali Earnshaw-Punnett	alison_ep@yahoo.co.uk coyoteslacrosse.clubbz.com	A new club in Sevenoaks based at Walthamstow Hall school. Running a women's team and a junior girls team.

If you would like more information on any of the above clubs or there isn't a club in your area please contact:

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