NATIONAL GOVERNING BODY · WORLD LACROSSE MEMBER

SOUTH AFRICA ANNOUNCES MEN'S AND WOMEN'S SQUADS FOR THE 2026 AFRICAN SIXES LACROSSE CHAMPIONSHIPS

FOR IMMEDIATE RELEASE · South Africa Lacrosse Association (SALA) | 9 October 2026

JOHANNESBURG, South Africa – The South Africa Lacrosse Association (SALA) today announced the Men's and Women's squads from which the national teams will be selected for the 2026 African Sixes Lacrosse Championships, to be held in Johannesburg from 2 to 5 December 2026.

The championships will be played on the Ridgeway Oval at St Stithians College, bringing together the continent's best lacrosse players for the first African Sixes Championships of their kind. Organised by the African Association of Lacrosse (AAL) with the support of World Lacrosse, the event marks a major milestone in the growth of the sport across Africa.

WOMEN'S SIXES LONG SQUAD

The following 24 players have been named in the South Africa Women's Sixes Long Squad and will go forward for final selection:

LUCY AMSEL	ANNABEL RAVEN	HANNAH TAGGART
CALEIGH BARLOW	EMILY STEVEN JENNINGS	CAITLIN HITCHCOX
HANNAH LANSDELL	ELLA TROWBRIDGE	IRMA STRUWIG
IRIS BOWDEN STONE	THALIA BOWDEN STONE	GEORGIA DIXON
LILA BOTHA	OLIVIA DIXON	ERIN GREGORY

ANNIE FERRIS	ADI GREEN	ALEX O'KANE
LEANE BEUKES	GRACE DAVISON	FATIMA MOYO
JEAN-NIKA VAN DER WESTHUIZEN	MARCHELLE VAN DER WESTHUIZEN	TARA VOSLOO

The Women's National Team will be led by head coach Natasha Dale, supported by assistant coaches Charlotte Baker and Katherine O'Connell, following their appointment by the SALA Board.

MEN'S TRAINING SQUAD

The following 22 players have been named in the South Africa Men's Training Squad and will go forward for final selection:

CHARLES DE LA PASTURE	FREDDIE LECHALALA	HAPPY MPELELE
KGOTHATO LETLHAKA	KLAAS PHOKELA	TSHAPISO MATLOU
MICHAEL MASANGO	SELLO MOREBA	LUCAS LAHUTSO
JASON GRANNUM	JOSH GRANNUM	ANDREAS ROUX
DAVE LIMBOURIS	OLIVER LYON	CHRISTIAN BERTRAND
SEAN PATON	JOEL RAYMER	WILL PHILLIPS
TIMOTHY PHILLIPS	MARC BENNIE	DANIEL COOK
LAURENCE ZAHN		

TOURNAMENT SCHEDULE

The championships open on Wednesday 2 December and conclude with the Gold medal games and closing ceremony on Saturday 5 December. Four men's teams (Ghana, Kenya, South Africa and Uganda) and three women's teams (Kenya, South Africa and Uganda) will play a round robin on the championship pitch, with the top two teams in each pool going through to the Gold medal games.

DAY	TIME	EVENT
Day 0 – Wednesday 2 December	15:00	Opening ceremony
Day 0 – Wednesday 2 December	16:30	Men: Kenya vs Ghana
Day 1 – Thursday 3 December	09:00	Men: Kenya vs South Africa
Day 1 – Thursday 3 December	11:00	Women: Kenya vs South Africa
Day 1 – Thursday 3 December	14:00	Men: South Africa vs Uganda
Day 1 – Thursday 3 December	16:00	Women: South Africa vs Uganda
Day 2 – Friday 4 December	09:30	Men: South Africa vs Ghana
Day 2 – Friday 4 December	11:30	Men: Uganda vs Kenya
Day 2 – Friday 4 December	13:30	Women: Uganda vs Kenya
Day 2 – Friday 4 December	16:30	Men: Ghana vs Uganda
Day 3 – Saturday 5 December	14:00	**Women's Gold medal game**
Day 3 – Saturday 5 December	16:00	**Men's Gold medal game**
Day 3 – Saturday 5 December	17:30	Closing ceremony

WHAT HAPPENS NEXT

Both squads will now enter their preparation phase ahead of the championships. Final playing squads will be confirmed by the selectors and the team management closer to the tournament. Selection to the squads does not guarantee a place in the final 2026 African Sixes team.

A WORD FROM THE SALA PRESIDENT

"We are so proud to have won the bid to host these championships and to show South Africa off to the world. We want to use this event as a massive promotion of lacrosse to everyone in South Africa – as a sport South Africans can excel at.

We love fast, physical and technical sports, and the speed and power of lacrosse is so suited to our athletes. Our growth towards the Olympics is becoming a reality, and we are excelling both on and off the field. Hopefully, we will also qualify for the World Sixes Championships! I wish all of these athletes the very best of luck as they attempt to be selected by our high performance men's and women's team staff, and the South Africa Lacrosse Association will support them every step of the way."



LUCAS MONARENG, President, South Africa Lacrosse Association (SALA)

ABOUT THE 2026 AFRICAN SIXES LACROSSE CHAMPIONSHIPS

The 2026 African Sixes Lacrosse Championships will take place from 2 to 5 December 2026 at St Stithians College, Johannesburg. Sixes is the fast-paced, Olympic format of lacrosse, and the championships form part of the AAL's long-term strategy to grow the sport across the continent.

ABOUT THE SOUTH AFRICA LACROSSE ASSOCIATION

The South Africa Lacrosse Association (SALA) is the national governing body for lacrosse in South Africa, responsible for the national teams and for developing the sport at community, school and provincial level.

MEDIA ENQUIRIES

Brucie Morris,
Secretary General, South Africa Lacrosse Association
info@salacrosse.co.za

Images and logos available on request.

ENDS