2023 Indoor Finals

28 - 29 Jan 2023

Swansea

Team Details Cardiff & Met Ladies

Shirt No.	Player	Date of Birth	Age*	Caps
1	**KNOTT Lily (GK)**	22 Jul 2002	20	0
3	**HATCH Nic**	1 Oct 1981	41	2
24	**CHIDLEY Rebecca**	7 Oct 1987	35	6
30	**HUGHES Rebecca (GK)**	10 Oct 1994	28	6
31	**JACOB Beth**	28 Nov 1997	25	2
36	**THOMAS Suzanne**	28 May 1979	43	4
51	**TURNER Olivia**	29 Dec 1995	27	4
54	**BOWEN-EVANS Sophie**	16 Apr 2003	19	2
57	**LEWIS Emma**	28 Feb 1997	25	0
97	**HAMILTON Charlotte**	25 Nov 1999	23	0
	LARKIN Maddie	20 Dec 2001	21	2
	MAYER Millie	4 Nov 2003	19	0
	ESSEX India	7 May 2000	22	0

NB: Team lists are subject to change following the tournament briefing meeting

* As of 28-01-2023

Team Staff

Role	Name
Team Manager	**CHIDLEY Rebecca**
Team Manager	**WOOD Tom**

Team Colours

Shirts	Blue | Black
Shorts	Black | Black
Socks	Blue | Black
GK Shirts	Green | Purple

Technical Delegate: TAYLOR John (WAL)

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Team Details Cardiff & Met - Men

Shirt No.	Player	Date of Birth	Age*	Caps
5	**DINNIE Alf**	1 Dec 1994	28	0
6	**RAYMOND William**	3 Nov 1998	24	4
7	**BENNETT John**	27 Jul 2003	19	2
9	**DAVIES Ieuan**	9 Aug 1992	30	6
10	**GOWMAN Rhys (C)**	10 Dec 1991	31	2
13	**SHARP Ben**	20 Oct 2003	19	4
15	**DOLAN-GRAY Owain**	17 Dec 1990	32	6
17	**HUNTE Charles**	17 Oct 1993	29	4
18	**COLLOFF Cameron**	25 Jun 2002	20	0
19	**WOOD Tom**	19 Mar 1998	24	0
20	**RILEY Will**	6 Apr 2000	22	4
20	**ASPRAY David**	21 Jun 2002	20	2
23	**MCDERMID Angus**	3 Apr 2000	22	2
25	**HARDY Chris**	4 Jun 1991	31	0
26	**WINDLEY Isaac**	5 Jun 2001	21	0
29	**MORGAN Nicholas**	5 Jan 2002	21	2
30	**PHILPOT Mark (GK)**	6 Jan 1993	30	6
33	**GEORGE Matty**	24 Mar 2003	19	7
53	**LANGSTON Duncan**	22 Aug 1998	24	4 (DYSHC)
66	**OXENHAM Emlyn (GK)**	8 Aug 2000	22	0

NB: Team lists are subject to change following the tournament briefing meeting

* As of 28-01-2023

Team Staff

Role	Name
Team Manager	**KRANZ Bent**
Team Manager	**DANIELS Rebecca**
Head Coach	**BROOMFIELD Adam**
Head Coach	**ABDO Walid**
Physiotherapist	**MASON Deb**

Team Colours

Shirts	Black | Sky Blue
Shorts	Black | White
Socks	Black | Sky Blue
GK Shirts	Red | Yellow

Technical Delegate: TAYLOR John (WAL)

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Team Details Cardiff University

Shirt No.	Player	Date of Birth	Age*	Caps
1	**FARROW Bethany (GK)**	1 Mar 2002	20	1
4	**SWINBURNE Tali**	28 Sep 2000	22	1
5	**JONES Hannah (C)**	23 Nov 2002	20	1
9	**HERBERT Poppy**	21 Feb 2003	19	1
11	**MACDONALD Maisie**	7 Aug 2001	21	1
14	**WILDE Naomi**	20 Jun 2002	20	2 (PENLHC)
15	**KING Sarah**	8 Oct 2001	21	1
20	**COOPER Bobs**	1 Mar 2002	20	1
21	**HARTLEY Georgina**	24 Sep 2001	21	1
33	**REID Abigail**	22 Jun 2004	18	1
40	**STONEHOUSE Grace**	6 Dec 2001	21	1
44	**BEARDSALL Lizzie**	9 Jan 2003	20	1

NB: Team lists are subject to change following the tournament briefing meeting

* As of 28-01-2023

Team Staff

Role	Name
Team Manager	**ATTRIDGE Charlotte**
Head Coach	**HARDY Chris**
Assistant Coach	**PENROSE Will**
Physiotherapist	**WILDE Naomi**

Team Colours

Shirts	Red | White
Shorts	Black | Black
Socks	Red | White
GK Shirts	Yellow

Technical Delegate: TAYLOR John (WAL)

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Team Details Dowlais Ladies HC

Shirt No.	Player	Date of Birth	Age*	Caps
1	**DERHAM Michelle (GK)**	11 Mar 1983	39	0
2	**HUGHES Laurie**	14 Jan 1984	39	0
3	**THOMAS Janine**	26 Mar 1971	51	0
6	**ELLISS Charlotte**	2 Apr 1985	37	2
7	**HAGERTY Carly**	10 Oct 1987	35	0
8	**smith Ciona**	22 May 1994	28	0
9	**THOMAS Holly**	11 Dec 1997	25	4
11	**BOW Jane**	3 Oct 1975	47	4
13	**DAVIES Chloe**	6 Jan 2001	22	2
14	**PARKER Caryn (C)**	25 Nov 1977	45	4
18	**MORGAN Kate**	19 Oct 1986	36	0
19	**TOOMEY Zoe**	6 Nov 1992	30	2
	FEW Alice	27 Oct 1989	33	2
	MITCHEL Lauren	30 Jun 1991	31	0
	TYLER Kate	2 Aug 1992	30	2 (PENLHC)
	DALEY Alicia	6 Jul 2002	20	1
	PASS Becky	5 Mar 1974	48	2
	THOMAS Amy (GK)	21 Dec 1987	35	0
	ELLIS Morgan (GK)	17 Jun 1998	24	2
	GRIFFITHS Rebecca	15 Jun 1985	37	0

NB: Team lists are subject to change following the tournament briefing meeting

* As of 28-01-2023

Team Staff

Role	Name
Team Manager	**TREHARNE Clive**
Head Coach	**GREENMAN Phillipa**
Physiotherapist	**DI LORIO Hannah**

Team Colours

Shirts	Black/Green | Green/Black
Shorts	Black | Green/Black
Socks	Black | Black/Green Hoops
GK Shirts	Orange | Black/White

Technical Delegate: TAYLOR John (WAL)

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Team Details Gwent

Shirt No.	Player	Date of Birth	Age*	Caps
1	**POWELL Jessica (GK)**	8 Apr 2007	15	1
3	**MUNDY Alice**	7 Apr 1986	36	1
6	**DAVEY Rosie (C)**	9 Nov 1991	31	3
10	**POULTNEY Bethany**	16 May 1994	28	3
11	**PHILLIPS Frances (GK)**	23 Mar 1992	30	0
12	**LAW Sarah**	22 Nov 1993	29	0
18	**MCALLISTER Lynsey**	21 Nov 1988	34	0
22	**PATTEMORE Dee**	11 Jan 1989	34	0
24	**SMITH Sophie**	30 Jun 1999	23	0
29	**SMITH Chloe**	17 May 1995	27	1
30	**STRANSOM Esme**	11 May 2007	15	1
41	**HYNES April**	22 Apr 1990	32	0
43	**SOUTHWAY Izzy**	12 Jul 2000	22	0
46	**HANDY Leanne**	8 Jul 1989	33	3
47	**SPENCER Dani**	29 Feb 1984	38	0
53	**HAMILTON Bess**	12 Dec 1990	32	0
67	**FARREN Grace**	23 Nov 1992	30	1
74	**DAVIES Connie**	10 Sep 2005	17	0
103	**FAIRLESS Andrea**	9 Sep 1965	57	1
	HOWELLS Katie	13 Aug 2007	15	0

NB: Team lists are subject to change following the tournament briefing meeting

* As of 28-01-2023

Team Staff

Role	Name
Team Manager	**MEREDITH Emily**
Head Coach	**PATTEMORE Dee**

Team Colours

Shirts	Black/Orange | White/Orange
Shorts	Black | Black
Socks	Black | Orange
GK Shirts	Black | Red

Technical Delegate: TAYLOR John (WAL)

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Team Details Penarth LHC

Shirt No.	Player	Date of Birth	Age*	Caps
1	**PARTRIDGE Amy**	8 Apr 2008	14	6 (CARDIFF&MET 4, PENLHC 2)
1	**PODMORE Amy (GK)**	15 Dec 1982	40	3
6	**MORGAN Georgia**	10 Nov 1995	27	0
7	**BATES Lottie**	27 Sep 1998	24	2
7	**EDWARDS Naomi**	12 Nov 1983	39	3
11	**TUCKER Carys**	10 Oct 1990	32	0
13	**TEDDER Kirsten**	11 Nov 1969	53	3
14	**WELSFORD Abi (C)**	30 Mar 1981	41	3
16	**GIERAK Katrin**	24 Apr 1984	38	3
19	**GORDON Carys**	5 Jan 1984	39	5
20	**ROPER Kathryn**	1 Aug 1986	36	1
21	**BARNES Pippa**	7 Mar 1995	27	2
23	**WILCOCK Harriette**	18 Mar 1996	26	4
23	**WILSON Beth**	8 May 1984	38	0
28	**BUNTING Alice**	4 Sep 1997	25	0
29	**NICHOLLS Chloe**	14 Jun 1997	25	2
30	**ROBINSON Jemima**	23 May 2005	17	0
31	**TEDDER Clare**	23 Aug 2005	17	2
37	**BUSHNELL Millicent**	**28 Jan 1998**	25	0
	JAMES Medi	24 Apr 1981	41	0

NB: Team lists are subject to change following the tournament briefing meeting

* As of 28-01-2023

Team Staff

Role	Name
Team Manager	**TOMOS Dafydd**
Team Manager	**FACKRELL Nick**

Team Colours

Shirts	Red | Navy
Shorts	Navy | Navy
Socks	Navy/Red hoops | Navy
GK Shirts	

Technical Delegate: TAYLOR John (WAL)

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Team Details Rhondda

Shirt No.	Player	Date of Birth	Age*	Caps
	GIBBINS Cerys	2 May 2007	15	0
	POTTER Megan	14 Apr 1993	29	2
	TYLER Kay	13 Dec 1959	63	5
	CLARKE Kelsey (C)	21 Dec 1994	28	4
	DAVIES Lauren	7 Jun 2000	22	0
	HARRIS Emma	22 Feb 1972	50	0
	HARRIS Aimee	3 May 1993	29	3
	KELLY Elisha	1 Jun 1996	26	2
	BROOKING Catrin	18 Apr 1995	27	1
	DURHAM Lowri	28 Aug 2001	21	5
	JONES Joanne (GK)	17 Apr 1973	49	3

NB: Team lists are subject to change following the tournament briefing meeting

* As of 28-01-2023

Team Staff

Role	Name
Team Manager	**PRICE Jessica**
Head Coach	**HARRIS Ceryn**

Team Colours

Shirts	Red/Navy | White/Navy
Shorts	Navy/Red | Navy/White
Socks	Red | White
GK Shirts	Yellow | Yellow

Technical Delegate: TAYLOR John (WAL)

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Team Details Swansea HC - Ladies

Shirt No.	Player	Date of Birth	Age*	Caps
2	**JACKSON Ella (GK)**	30 May 1995	27	2
2	**WOOD Beth**	7 Nov 2000	22	0
4	**JONES Rosie**	25 May 2006	16	2
6	**LOUGHLIN Louise**	14 Nov 2001	21	4
8	**BARKER Harriet**	23 Sep 1998	24	6 (CARDIFF&MET 2, SWANSEAHC 4)
10	**BEARD Mckenzy**	25 Dec 2006	16	0
11	**TREHARNE Rebecca (C)**	11 Jan 1992	31	2
13	**BALDWIN-CHARLES Maddie**	18 Apr 2004	18	4
15	**GALLAGHER Fleur**	6 Apr 2002	20	6
17	**FOREY Olivia**	5 Jan 2007	16	6
19	**BROWN Amy**	31 Oct 1999	23	2
20	**LANGLEY Meg**	11 Dec 2002	20	4
21	**SAVASTANO Emily**	18 Mar 2005	17	2
22	**COLLIER Bethan**	13 Apr 2001	21	6
23	**ROE Jess**	30 Jul 1998	24	2
30	**DIAMOND Grace (GK)**	5 Jul 2006	16	6

NB: Team lists are subject to change following the tournament briefing meeting

* As of 28-01-2023

Team Staff

Role	Name
Team Manager	**FOREY Jonathan**
Head Coach	**EDWARDS Paul**
Physiotherapist	**MILDENSTEIN Alyssa**

Team Colours

Shirts	White | Black
Shorts	Green | Black
Socks	White | Black
GK Shirts	Green | Orange

Technical Delegate: TAYLOR John (WAL)

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Team Details Swansea HC - Men

Shirt No.	Player	Date of Birth	Age*	Caps
1	**CHAPMAN Callum (GK)**			8
4	**TOMOS Dafydd**	2 Nov 1987	35	1
5	**MILLARD Dominic (GK)**	18 Dec 2003	19	4
6	**VINEY Tom (C)**	26 Apr 1985	37	6
9	**BOWYER Max**	16 Mar 2001	21	6
10	**GRIFFITHS Rhys**	4 Oct 1997	25	2
21	**BIGGAR Ross**	27 Jun 1997	25	2
23	**HARMAN Flynn**			2
31	**DEAN Nathan**	16 Mar 2003	19	6
45	**WOOD Oscar**	12 Feb 2004	18	2
88	**DUTTON Euan**	31 Mar 2006	16	2
93	**BROOK Ollie**	25 May 2000	22	2

NB: Team lists are subject to change following the tournament briefing meeting

* As of 28-01-2023

Team Staff

Role	Name
Team Manager	**JUDGE Tom**
Head Coach	**GEACH Danny**

Team Colours

Shirts	White
Shorts	Green
Socks	White
GK Shirts	

Technical Delegate: TAYLOR John (WAL)

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Team Details Whitchurch

Shirt No.	Player	Date of Birth	Age*	Caps
1	**GERRARD Michael (GK)**	16 Jan 1994	29	0
3	**COLCLOUGH Freddie**	30 Oct 2000	22	4 (SWANSEAHC 2, WHC 2)
4	**LEWIS Rhodri**	17 Jun 2002	20	4
5	**KOLK Oskar**	9 Jan 1997	26	2
8	**BOURN Alex (C)**	4 May 1996	26	4
10	**TASKER Jacques**	28 Nov 1996	26	2
12	**DENMAN James**	18 Jul 1998	24	4
16	**MIDDLETON Nick**	14 Oct 1992	30	2
17	**CARR Ed**			2
39	**MORGAN Will (GK)**	1 Dec 2004	18	2
99	**SUMNER Morgan**	9 May 2006	16	0
	WILLIAMS Tomos	28 Feb 2006	16	0
	SIMS Nick	5 Feb 1989	33	0
	CULLING Toby	7 Sep 2000	22	0
	MCLEAN Ben	24 Oct 2006	16	0

NB: Team lists are subject to change following the tournament briefing meeting

* As of 28-01-2023

Team Staff

Role	Name
Team Manager	**COLCLOUGH Nicola**

Team Colours

Shirts	Royal/Navy Blue stripes | White/Grey stripes
Shorts	Navy Blue | White
Socks	Blue/White Hoops | Red/White Hoops
GK Shirts	Black | Red

Technical Delegate: TAYLOR John (WAL)

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Team Details Whitchurch Saints Hockey Club

Shirt No.	Player	Date of Birth	Age*	Caps
1	**COULTER Hannah (GK)**	6 Mar 2002	20	3
1	**OLIVARI Emma (GK)**	30 Jul 1966	56	0
2	**JONES Lili**	15 Dec 2005	17	1
3	**BEAN Seren**	6 Dec 2006	16	0
9	**JAMES Megan (C)**	14 Sep 1996	26	3
11	**HERRON Georgia**	22 Dec 1993	29	3
14	**FENTON Catrin**	10 Jul 1980	42	2
26	**STROUD Vikki**	30 May 1980	42	3
	RICHARDS Menai	9 Feb 1997	25	2 (PENLHC)
	RAWLE Sarah	16 Sep 1998	24	2
	RODERICK Iona	25 Sep 2006	16	3 (SWANSEAHC 2, WSHC 1)
	CRAMP Noelle	6 Jan 1982	41	0
	MARSTON Molly	12 Sep 2007	15	0
	SHAND Megan	20 Aug 1997	25	0
	HILL Fflur	25 Sep 2003	19	0
	SMITHERMAN Jade	6 Jun 1988	34	0
	THOMAS Rosie	3 Jun 2005	17	0
	WILLIAMS Joanne	20 Sep 1993	29	0
	LAXTON Liv	17 May 1994	28	0

NB: Team lists are subject to change following the tournament briefing meeting

* As of 28-01-2023

Team Staff

Role	Name
Team Manager	**LAXTON Liv**

Team Colours

Shirts	Royal/Navy Blue Stripes | White/Grey Striped
Shorts	Navy Blue | White
Socks	Blue/White Hoops | Red/White Hoops
GK Shirts	Black | Pink

Technical Delegate: TAYLOR John (WAL)

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