

2023 - Women's Championship
2 - 29 Apr 2023
Swansea & Cardiff



Team Details Cardiff & Met 2nds

Shirt No.	Player	Date of Birth	Age*	Caps
	WATTS Meg			0
	BULBRING Jamie			1 (CARDIFF&MET)
	WESTGARTH Niamh		22	1 (CARDIFF&MET)
	CAREY Meg		18	2 (C&M2W 1, CARDIFF&MET 1)
	CARLTON-GREAVES Sophie		20	0
	DUNNE Amy			1
	WHITE Jess		21	1
	THOMAS Married			1
	VENNER Pip		20	1 (CARDIFF&MET)
	ELLIS Liddy		28	1
	BRADLEY Ella		19	1 (CARDIFF&MET)
	WALLER Caitlin		22	0
	HUGHES Rebecca (GK)		28	1
	KNIGHT Dawn		40	2 (C&M2W 1, CARDIFF&MET 1)
	HARRISON Lucy		18	1
	MAYER Millie		19	1
	WHITE Abi			1
	CHIDLEY Rebecca		35	2
	PHILLIPS Sian (C)		25	2 (C&M2W 1, C&M3W 1)
	JACOB Beth		25	1
	HODGES Millie		22	2 (C&M2W 1, CARDIFF&MET 1)
	LARKIN Maddie		21	1
	HATCH Nic (C)		41	3
	BEVAN Hannah			1
	KNOTT Lily (GK)		20	0

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

* As of 02-04-2023

Team Staff

Role	Name
Team Manager	ROBERTS Fran
Stand-In Manager	BEVAN Hannah
Head Coach	WOOD Tom

Team Colours

Shirts	Blue Black
Skirts	Black Black
Socks	Blue Black
GK Shirts	Green Purple

Technical Delegate: TAYLOR John (WAL)

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Team Details Gwent

Shirt No.	Player	Date of Birth	Age*	Caps
1	POWELL Jessica (GK)		15	1
3	MUNDY Alice		36	3
6	DAVEY Rosie (C)		31	4
7	SIMS Abbie		25	1 (CARDIFF&MET)
10	POULTNEY Bethany		28	5
12	LAW Sarah		29	5
13	MEREDITH Emily		43	5
18	MCALLISTER Lynsey		34	1
22	PATTEMORE Dee		34	5
23	ROCKLIFFE-FIDLER Charley		17	0
24	SMITH Sophie		23	1
29	SMITH Chloe		27	5
35	SIMS Libby		22	3 (C&M2W 2, GWENT 1)
43	SOUTHWAY Izzy		22	1
45	HILLIER Rachel		38	2
46	DAVIES Leanne		33	1
47	SPENCER Dani		39	2 (GWENT 1, HOWARDIAN 1)
53	HAMILTON Bess		32	0
66	DAVIES Ellis		29	2 (GWENT 1, PENARTH 1)
67	FARREN Grace		30	0
82	MCBRIEN Rachel		26	0
84	PAGINTON Rebecca		38	1
	HOWELLS Katie (GK)		15	0

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* As of 02-04-2023

Team Staff

Role	Name
Team Manager	TUCKER Rhys
Head Coach	MARSHALL Kerry
Physiotherapist	JACKSON Gaynor

Team Colours

Shirts	Orange White
Skirts	Black Black
Socks	Black Orange
GK Shirts	Black Red

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Team Details Howardian LHC

Shirt No.	Player	Date of Birth	Age*	Caps
2	BENN Mel (GK)			1
3	MOORE Robyn (C)		25	4 (CARDIFF&MET 2, HOWARDIAN 2)
4	PETHERICK Annie		45	3
5	WATERS Sarah		46	1 (CARDIFF&MET)
7	FLETCHER Hollie		16	2
8	BOYD Sarah			2
9	RICHARDS Hayley		35	3
10	GANESH Serian		33	3
11	HOOK Jay		48	2
12	MITCHELL-WILLIAMS Dawn		38	3
15	WINCH Emma		39	1
18	FLECK Becky		60	2
20	NICHOLAS Paris		31	2
21	BADER Charlotte		22	1
23	CLARKSON Elsa		19	0
29	MOORE Liv		23	3
30	LAMMIN Rachel		26	0
34	BUTLER Ruby (GK)		16	2
38	LYNHAM Kirsty		32	0
39	CLARE Joanne		39	4 (GWENT 2, HOWARDIAN 2)
40	PRICE Bethan		35	3
41	WILLIAMS Mari		54	1
45	SALISBURY Claire		48	0
69	UNDERWOOD Katie		23	2
83	FUGE Cath		40	2

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Team Staff

Role	Name
Team Manager	SINGH Jasminder
Head Coach	MOORE Tyrone

Team Colours

Shirts	Black & Cerise White & Cerise
Skirts	Black Black
Socks	Black / Cerise / White hoops Black / Cerise / White
GK Shirts	Yellow Green

Technical Delegate: TAYLOR John (WAL)

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Team Details Penarth LHC

Shirt No.	Player	Date of Birth	Age*	Caps
1	PODMORE Amy (GK)		40	3 (PENARTH 1, PENLHC 2)
6	MORGAN Georgia		27	2
11	TUCKER Carys		32	3 (PENARTH 1, PENLHC 2)
12	DISLEY Rachel		44	3 (PENARTH 1, PENLHC 2)
14	WELSFORD Abi		42	2
15	KIRKWOOD Jasmine		24	4 (CARDIFFU 2, PENLHC 2)
16	TYLER Kate		30	4 (PENARTH 1, PENLHC 3)
18	COLE Tracy		35	3 (PENARTH 1, PENLHC 2)
20	ROPER Kathryn		36	2
21	BARNES Pippa (C)		28	2
23	WILCOCK Harriette		27	3
27	DAVIES Lena		17	2
30	ROBINSON Jemima		17	2 (CARDIFF&MET 1, PENLHC 1)
33	GRABHAM Ella-Rose		15	2 (PENLHC 1, SWANSEAHC 1)
37	BUSHNELL Millicent		25	8 (CARDIFFU 5, PENLHC 3)
61	HALL Mia		16	0
88	PARTRIDGE Amy (GK)		14	0
	DAVIES Cerys		25	0
	MURCHINGTON Jemma (GK)		39	1 (PENARTH)
	EASTERBY Soffia		16	0
	BUNTING Alice		25	1
	BATES Lottie (C)		24	5 (CARDIFFU 4, PENLHC 1)
	CAUNT Fran		41	4 (CARDIFF&MET 2, PENLHC 2)
	NICHOLLS Chloe		25	7 (CARDIFFU 6, PENLHC 1)
	GORDON Carys		39	2
	TEDDER Clare		17	1

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* As of 02-04-2023

Team Staff

Role	Name
Team Manager	RILEY Louise
Head Coach	TOMOS Dafydd
Assistant Coach	GORDON Carys
Physiotherapist	FACKRELL Nick

Team Colours

Shirts	Red Navy
Skirts	Navy Navy
Socks	Red & Navy Hoops Navy
GK Shirts	Green Black

Technical Delegate: TAYLOR John (WAL)