

Team Details Bangor City 1

Shirt No.	Player	Date of Birth	Age*	Caps
1	PARRY Catrin (GK)	8 Mar 1992	31	1
10	CULLEY Nia	16 Sep 2004	19	3
19	ASHCROFT Nicola	31 Jul 1977	46	3
20	SMITH Jacqueline	24 Mar 1983	40	1
21	REES-WILLIAMS Siwan	29 May 2003	20	1
23	HATTON Tasha (C)	2 Apr 1989	34	1
24	GALLAGHER Jenna	4 Oct 1984	39	1
30	JONES Mared	3 Mar 2001	22	1
38	DODD Ciara	29 Nov 2001	21	1
39	EDWARDS Siwan	8 May 2001	22	1
40	CREER Amelie	8 Jul 2008	15	3
47	JEFFREY Lauren	16 Jan 1997	26	3
52	EVANS Lois (C)	8 Nov 1995	27	1
61	JONES Heledd	30 Aug 1990	33	1

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

* As of 22-10-2023

Team Staff

Role	Name
Team Manager	CULLEY Rhian
Head Coach	MCKEAVENEY Julie

Team Colours

Shirts	Blue / Navy / White Red
Skirts	Navy Navy
Socks	Blue / Navy / Light Blue Hoops Red
GK Shirts	Grey

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Team Details Bangor University 1

Shirt No. Player	Date of Birth	Age*	Caps
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NB: Team lists are subject to change following the tournament briefing meeting

* As of 22-10-2023

Team Staff

		Role	Name
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Team Colours

Shirts	Green & Yellow Purple
Skirts	Green Black
Socks	Green
GK Shirts	Black Green



Team Details Bridgend Ladies

Shirt No. Player	Date of Birth	Age*	Caps
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NB: Team lists are subject to change following the tournament briefing meeting

* As of 22-10-2023

Team Staff

Noie Name

Team Colours

Shirts	
Skirts	
Socks	
GK Shirts	





Team Details Cardiff & Met 4

Shirt No. Player	Date of Birth	Age*	Caps
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NB: Team lists are subject to change following the tournament briefing meeting

* As of 22-10-2023

Team Staff

		Role	Name
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Team Colours

Shirts	Pale Blue Black
Skirts	Black
Socks	Pale Blue Black
GK Shirts	Yellow Green



Team Details Cardiff University 3

Shirt No.	Player	Date of Birth	Age*	Caps
25	ELLIOT Molly (C)	19 Aug 2003	20	2
54	ESPLEN Floss	3 Sep 2002	21	2
58	LAWRENCE Anastasia	11 Aug 2003	20	2
68	HEMMINGS Milly	20 Nov 2003	19	2
71	HALL Phoebe	19 Oct 2003	20	1
91	CLARKE Lexie	3 Aug 2002	21	2
	PARTRIDGE Zoe	18 Jan 2005	18	0
	JAMES Hannah (GK)	24 Jul 2003	20	0
	TEXIER Bo	25 Oct 2004	18	0
	MURIEL Josephine	5 Dec 2004	18	0
	TAYLOR Amy	22 Dec 2001	21	0
	SLATER Esme	13 May 2004	19	0
	WILLIAMS Eve	21 Sep 2004	19	0

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

* As of 22-10-2023

Team Staff

Role	Name	
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Team Colours

Shirts	Red White
Skirts	Black Black
Socks	Red White
GK Shirts	Black Pink

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Team Details Cardiff University 4

Shirt No. Player	Date of Birth	Age*	Caps
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NB: Team lists are subject to change following the tournament briefing meeting

* As of 22-10-2023

Team Staff

Role Name

Team Colours

Shirts	Red White
Skirts	Black Black
Socks	Red White
GK Shirts	Black Pink



Team Details Cardiff University 5

Shirt No. Player	Date of Birth	Age*	Caps
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NB: Team lists are subject to change following the tournament briefing meeting

* As of 22-10-2023

Team Staff

Role Name

Team Colours

Shirts	Red White
Skirts	Black Black
Socks	Red White
GK Shirts	Black Pink



Team Details Clwb Hoci Cymric 1

Snirt No. Player Date of Birth Age" Caps	Shirt No.	Player	Date of Birth	Age*	Caps
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NB: Team lists are subject to change following the tournament briefing meeting

* As of 22-10-2023

Team Staff

Role	Name
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Team Colours

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



Team Details Dysynni HC 1

Shirt No. Player	Date of Birth	Age*	Caps	ĺ
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NB: Team lists are subject to change following the tournament briefing meeting

* As of 22-10-2023

Team Staff

	Role	Name
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Team Colours

Shirts	
Skirts	
Socks	
GK Shirts	



Team Details Eirias Hockey Club 1

Shirt No.	Player	Date of Birth	Age*	Caps
1	CATTELL Kira (GK)	26 Jun 2008	15	1
23	ROBERTS Daloni	10 Dec 2007	15	1
27	HUGHES Martha	25 May 1999	24	1
30	PYVES Jude	4 Jan 1968	55	1
41	DEXTER-LOWE Michelle	10 Dec 2007	15	1
51	ROBERTS Nansi			1
52	DEXTER-LOWE Janelle (C)	7 Mar 1978	45	1
54	PAYNE Charlotte	25 Oct 2008	14	1
56	PIERCE Fflur	3 Oct 2007	16	1
70	JONES Effi	20 Oct 2009	14	1
79	HARRISON Sophie	11 Aug 1993	30	1
99	COPELAND Lily	1 Mar 2009	14	1
108	THOMAS Libby	3 Jun 2007	16	1
121	JONES Beca	11 Oct 2007	16	1

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

* As of 22-10-2023

Team Staff

Role	Name
Team Manager	THOMAS Helen

Team Colours

Shirts	Pale Blue Burgundy
Skirts	Black Black
Socks	Pale Blue Burgundy
GK Shirts	

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Team Details Gwent 3

Shirt No.	Player	Date of Birth	Age*	Caps
82	FIELDEN Yasmin	31 Oct 2000	22	0
90	HALL Isobell	12 Jul 2000	23	1
91	HALL Jasmine	12 Jul 2000	23	1
	WILLIAMS Sian	10 Jul 2001	22	0
	RODWAY Abigail	19 Oct 2006	17	0
	WALKER Lois	19 Mar 2008	15	0
	CRIDDLE Erin	14 Dec 2005	17	0
	LONG Bethan	19 Jun 1997	26	0
	CATHERALL Amanda	18 Jun 1991	32	0
	HIGGINS Rosie	29 Dec 1994	28	1
	MORGAN Rosie (C)	13 Apr 2000	23	0
	CRIDDLE Isabelle	25 Dec 2009	13	0
	PHILLIPS Frances (GK)	23 Mar 1992	31	0
	ROBERTS Menna	14 Oct 2006	17	0
	CHICK Rebecca	29 Dec 1999	23	0

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

* As of 22-10-2023

Team Staff

Role	Name

Team Colours

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

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Team Details Newcastle Emlyn 1

Still No. Flayer Age Caps		Shirt No.	Player	Date of Birth	Age*	Caps
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NB: Team lists are subject to change following the tournament briefing meeting

* As of 22-10-2023

Team Staff

	Role	Name	
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Team Colours

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



Team Details Northop Hall 1

Shirt No. Player	Date of Birth	Age*	Caps
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NB: Team lists are subject to change following the tournament briefing meeting

* As of 22-10-2023

Team Staff

Role Name

Team Colours

Shirts	Royal Blue / White Orange
Skirts	Navy
Socks	Royal Blue / White Orange
GK Shirts	Yellow Black



Team Details Penarth LHC 3

Shirt No.	Player	Date of Birth	Age*	Caps	1

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

* As of 22-10-2023

Team Staff

Role Name

Team Colours

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



Team Details Penarth LHC 4

Shirt No.	Player	Date of Birth	Age*	Caps
13	OWEN Megan	21 Nov 1996	26	0
23	MUDGE Jackie	11 Aug 1960	63	0
50	EVANS Lilwen	9 Feb 2005	18	0
	BISHOP Megan	29 Sep 1996	27	0
	TROTMAN Sian			0
	ROGERS Bev			0
	GREENSLADE Emma	28 Sep 1998	25	0
	FRANCIS Chelsea	23 Apr 1993	30	0
	HOWELLS Carleigh	10 Oct 2006	17	0
	LAUGHARNE Zoe	18 Oct 2001	22	0
	MANLEY Sally			0
	COSBY Justine	19 Aug 1976	47	0
	EL-KHATIB Rachel	2 Sep 2010	13	0
	HATTON Hannah			0

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

* As of 22-10-2023

Team Staff

Rol	Name	
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Team Colours

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

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Team Details Rhondda 1

Shirt No.	Player	Date of Birth	Age*	Caps
1	MORGAN Rebecca (GK)	3 May 2008	15	0
8	JONES Jan			0
9	PRICE Jessica	4 May 1993	30	0
10	REES Emma			0
12	GIBONEY Louise	18 Mar 1985	38	0
17	HARRIS Aimee	3 May 1993	30	0
25	WILLIAMS Eve	30 Jan 2008	15	0
34	PARTINGTON Naiya	17 Feb 2006	17	0
35	DAVIES Lauren	7 Jun 2000	23	0
48	OLIVER Carly	12 Oct 1996	27	0
49	BUNDY Lydia	22 Nov 1996	26	0
56	BROOKING Catrin (C)	18 Apr 1995	28	0
57	EVANS Chloe			0
77	VINCENT Caitlyn	4 Oct 2006	17	0

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

* As of 22-10-2023

Team Staff

	Role	Name	
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Team Colours

Shirts	
Skirts	
Socks	
GK Shirts	

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Team Details Rhuthun HC 1

Shirt No. Player	Date of Birth	Age*	Caps	
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NB: Team lists are subject to change following the tournament briefing meeting

* As of 22-10-2023

Team Staff

	Role	Name
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Team Colours

Shirts	
Skirts	
Socks	
GK Shirts	



Team Details Risca Hockey Club 1

Shirt No. Player	Date of Birth	Age*	Caps
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NB: Team lists are subject to change following the tournament briefing meeting

* As of 22-10-2023

Team Staff

Role	Name
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Team Colours

Shirts	Sky Blue / Navy detailing Orange / Navy & White detailing
Skirts	Navy Navy
Socks	Sky Blue Orange / White detailing
GK Shirts	Neon Green Black



Team Details Whitchurch Saints Hockey Club 4

Shirt No.	Plaver	Date of Birth	Age*	Caps

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

* As of 22-10-2023

Team Staff

Role Name

Team Colours

Shirts	Blue White
Skirts	Blue Blue
Socks	Blue Red Hooped
GK Shirts	Purple Black