

Team Details Ardudwy

Shirt No.	Player	Date of Birth	Age*	Caps
1	LEWIS Michelle (GK)	25 Jul 1980	36	3
1	PARRY Catrin (GK)	8 Mar 1992	24	5
2	HUME Anna	7 May 1999	17	3
4	ROWLANDS Heledd	30 Aug 1990	26	8
7	SMITH Jacqueline (C)	24 Mar 1983	33	8
8	LATHAM Katy	17 Jun 1983	33	3
10	BARWOOD Clare	7 Nov 1992	24	8
18	EVANS Lois	8 Nov 1995	21	7 (ARDUDWY 3, DYSHC 4)
20	DAVIES Cari	26 Dec 2000	16	5
21	JONES Catrin	19 Jun 1990	26	7 (ARDUDWY 3, DYSHC 4)
23	REDMAN Jo	31 Mar 1982	34	3

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

* As of 28-01-2017

Team Staff

Role	Name
Team Manager	ASHCROFT Nicola
Head Coach	DAVIES Catrin
Assistant Coach	PARRY Catrin

Team Colours

Shirts	Green/Blue Purple
Skirts	Green/Blue Navy
Socks	Green/Blue Navy
GK Shirts	Blue, white, orange Black or Orange

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Team Details Dowlais Ladies HC

Shirt No.	Player	Date of Birth	Age*	Caps
1	JONES Carly (GK)	5 Oct 1985	31	4
2	HUGHES Laurie	14 Jan 1984	33	12
3	THOMAS Janine (C)	26 Mar 1971	45	13
5	HALSEY Trudy	5 Dec 1971	45	3
6	TYLER Kate	2 Aug 1992	24	15
7	HAGERTY Carly	10 Oct 1987	29	2
9	THOMAS Holly	11 Dec 1997	19	11
11	BOW Jane	3 Oct 1975	41	15
12	MORGAN Hannah	2 Apr 1992	24	4
13	GREENMAN Phillipa	5 Jan 1990	27	15
14	PARKER Caryn	25 Nov 1977	39	15
19	TOOMEY Zoe	6 Nov 1992	24	9

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Team Staff

Role	Name
Team Manager	TREHARNE Clive
Head Coach	POWELL Marcus

Team Colours

Shirts	Green Black
Skirts	Black Black
Socks	Green hoops Black
GK Shirts	Black and White Orange

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^{*} As of 28-01-2017



Team Details Gwent

Shirt No.	Player	Date of Birth	Age*	Caps
1	MARSH Isabel (GK)	5 Aug 1994	22	3
3	MUNDY Alice	7 Apr 1986	30	9
8	SMITH Chloe	17 May 1995	21	15
12	DAVEY Rosie	9 Nov 1991	25	15
18	DIMMICK Shannon	20 Mar 1994	22	3
24	HARRIS Joanne	24 May 1962	54	3
26	OZGUL Ayse	24 Sep 1996	20	0
29	POULTNEY Bethany (C)	16 May 1994	22	15
33	RITTER Hannah	13 Mar 1991	25	2
34	LAW Sarah	22 Nov 1993	23	13
54	CLARE Joanne	4 Nov 1983	33	3 (HOWARDIAN)

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

* As of 28-01-2017

Team Staff

Role	Name
Team Manager	PATTEMORE Dee

Team Colours

Shirts	Black & orange White
Skirts	Black & orange Black
Socks	Black & orange Orange
GK Shirts	Yellow Blue

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Team Details Howardian LHC

Shirt No.	Player	Date of Birth	Age*	Caps
1	RICHARDS Emma (GK)	1 Jun 1989	27	10
3	FLECK Catherine	14 Feb 1997	19	2
5	BURTON Amy	30 Aug 1995	21	8 (SWANSEAHC)
16	SPENCER Dani	29 Feb 1984	32	3
18	WILLIAMS Tryphena	11 Nov 1988	28	7
19	FLECK Becky	10 Feb 1963	53	10
20	REID Izzy	23 Feb 1973	43	1
25	MOORE Liv	17 Oct 1999	17	10
27	THOMAS Maree (C)	22 Nov 1971	45	7
32	GANESH Serian	5 Jun 1989	27	10
34	RICHARDS Hayley	19 Jun 1987	29	6
44	PETHERICK Annie	24 Apr 1977	39	10

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

Team Staff

Role	Name
Team Manager	RICHARDS Hayley
Team Manager	MOORE Tyrone
Head Coach	MOORE Tyrone

Team Colours

Shirts	Black White
Skirts	Black Black
Socks	Black White
GK Shirts	Green Black

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^{*} As of 28-01-2017



Team Details Penarth HC

Shirt No.	Player	Date of Birth	Age*	Caps
1	PODMORE Amy (GK)	15 Dec 1982	34	5
3	WILSON Penny	18 Jul 1986	30	5
4	JOHN Rachel	20 Jan 1991	26	9
5	CLAYTON Emma	10 Sep 1993	23	5
6	CAPLE Natalie	5 Aug 1994	22	6
7	EDWARDS Naomi (C)	12 Nov 1983	33	9
8	FISHER Beth	19 Jan 1983	34	3
12	OWENS Bethan	8 May 1984	32	2
13	TEDDER Kirsten	11 Nov 1969	47	7
14	JAMES Medi	24 Apr 1981	35	3
16	CLAYTON Sophie	20 Sep 1991	25	3
19	NORTH Sophie	2 Feb 1994	22	5

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

Team Staff

Role	Name
Team Manager	TOMOS Dafydd

Team Colours

Shirts	Red Navy
Skirts	Navy Navy
Socks	Navy/red hoop Navy
GK Shirts	Black Green

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^{*} As of 28-01-2017



Team Details Whitchurch Saints Hockey Club

Shirt No.	Player	Date of Birth	Age*	Caps
8	BROOK Amy (C)	15 Mar 1993	23	12
13	HUNTER Katherine	13 Sep 1989	27	13
17	PRESTON Katy	28 Jan 1995	22	4
26	STROUD Vikki	30 May 1980	36	15
27	THORPE Katie	11 Jan 1998	19	4
136	LAXTON Liv	17 May 1994	22	11
	CLARKE Phoebe	24 Nov 1994	22	4
	LONG Amy	22 May 1995	21	15
	DAGLEY Maddie (GK)	8 Dec 1995	21	6
	HORRELL Ffion (GK)	22 Jun 2002	14	6 (GWENT 4, WSHC 2)
	STUART-SMITH Jen	29 Dec 1991	25	4

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

* As of 28-01-2017

Team Staff

Role	Name
Team Manager	BLAKE Megan
Head Coach	BROOMFIELD Adam
Assistant Coach	FULTON-BROWN Scott

Team Colours

Shirts	Navy/Blue White/Grey
Skirts	Navy Navy
Socks	Navy/Blue/White Red
GK Shirts	Black Red

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