

Team Details Cardiff & Met Ladies

Shirt No.	Player	Date of Birth	Age*	Caps
1	KNOTT Lily (GK)		20	0
3	HATCH Nic		41	2
24	CHIDLEY Rebecca		35	4
30	HUGHES Rebecca (GK)		28	4
31	JACOB Beth		25	2
36	THOMAS Suzanne		43	2
51	TURNER Olivia		27	2
54	BOWEN-EVANS Sophie		19	2
57	LEWIS Emma		25	0
97	HAMILTON Charlotte		23	0
	LARKIN Maddie		21	2
	MAYER Millie		19	0
	ESSEX India		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

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Team Details Cardiff & Met - Men

Shirt No.	Player	Date of Birth	Age*	Caps
5	DINNIE Alf		28	0
6	RAYMOND William		24	4
7	BENNETT John		19	2
9	DAVIES Ieuan		30	6
10	GOWMAN Rhys (C)		31	2
13	SHARP Ben		19	4
15	DOLAN-GRAY Owain		32	4
17	HUNTE Charles		29	4
18	COLLOFF Cameron		20	0
19	WOOD Tom		24	0
20	RILEY Will		22	2
20	ASPRAY David		20	2
23	MCDERMID Angus		22	2
25	HARDY Chris		31	0
26	WINDLEY Isaac		21	0
29	MORGAN Nicholas		21	2
30	PHILPOT Mark (GK)		30	6
33	GEORGE Matty		19	6
53	LANGSTON Duncan			2 (DYSHC)
66	OXENHAM Emlyn (GK)		22	0

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* 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)

Team Details Cardiff University

Shirt No.	Player	Date of Birth	Age*	Caps
1	FARROW Bethany (GK)		20	1
4	SWINBURNE Tali		22	1
5	JONES Hannah (C)		20	1
9	HERBERT Poppy		19	1
11	MACDONALD Maisie		21	1
14	WILDE Naomi		20	2 (PENLHC)
15	KING Sarah		21	1
20	COOPER Bobs		20	1
21	HARTLEY Georgina		21	1
33	REID Abigail		18	1
40	STONEHOUSE Grace		21	1
44	BEARDSALL Lizzie		20	1

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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

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Team Details Dowlais Ladies HC

Shirt No.	Player	Date of Birth	Age*	Caps
1	DERHAM Michelle (GK)		39	0
2	HUGHES Laurie		39	0
3	THOMAS Janine		51	0
6	ELLISS Charlotte		37	2
7	HAGERTY Carly		35	0
8	smith Ciona		28	0
9	THOMAS Holly		25	2
11	BOW Jane		47	2
13	DAVIES Chloe		22	2
14	PARKER Caryn (C)		45	2
18	MORGAN Kate		36	0
19	TOOMEY Zoe		30	0
	FEW Alice		33	2
	MITCHEL Lauren		31	0
	TYLER Kate		30	2 (PENLHC)
	DALEY Alicia		20	0
	PASS Becky		48	0
	THOMAS Amy (GK)		35	0
	ELLIS Morgan (GK)		24	0
	GRIFFITHS Rebecca		37	0

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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)

Team Details Gwent

Shirt No.	Player	Date of Birth	Age*	Caps
1	POWELL Jessica (GK)		15	1
3	MUNDY Alice		36	1
6	DAVEY Rosie (C)		31	1
10	POULTNEY Bethany		28	1
11	PHILLIPS Frances (GK)		30	0
12	LAW Sarah		29	0
18	MCALLISTER Lynsey		34	0
22	PATTEMORE Dee		34	0
24	SMITH Sophie		23	0
29	SMITH Chloe		27	1
30	STRANSOM Esme		15	1
41	HYNES April		32	0
43	SOUTHWAY Izzy		22	0
46	DAVIES Leanne		33	1
47	SPENCER Dani		38	0
53	HAMILTON Bess		32	0
67	FARREN Grace		30	1
74	DAVIES Connie		17	0
103	FAIRLESS Andrea		57	1
	HOWELLS Katie		15	0

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* 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

Team Details Penarth LHC

Shirt No.	Player	Date of Birth	Age*	Caps
1	PARTRIDGE Amy		14	4 (CARDIFF&MET 2, PENLHC 2)
1	PODMORE Amy (GK)		40	3
6	MORGAN Georgia		27	0
7	BATES Lottie		24	2
7	EDWARDS Naomi		39	3
11	TUCKER Carys		32	0
13	TEDDER Kirsten		53	1
14	WELSFORD Abi (C)		41	3
16	GIERAK Katrin		38	3
19	GORDON Carys		39	5
20	ROPER Kathryn		36	1
21	BARNES Pippa		27	2
23	WILCOCK Harriette		26	4
23	WILSON Beth		38	0
28	BUNTING Alice		25	0
29	NICHOLLS Chloe		25	2
30	ROBINSON Jemima		17	0
31	TEDDER Clare		17	2
37	BUSHNELL Millicent		25	0
	JAMES Medi		41	0

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* 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	

Team Details Rhondda

Shirt No.	Player	Date of Birth	Age*	Caps
	GIBBINS Cerys		15	0
	POTTER Megan		29	2
	TYLER Kay		63	5
	CLARKE Kelsey (C)		28	4
	DAVIES Lauren		22	0
	HARRIS Emma		50	0
	HARRIS Aimee		29	3
	KELLY Elisha		26	2
	BROOKING Catrin		27	1
	DURHAM Lowri		21	5
	JONES Joanne (GK)		49	3

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* 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

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Team Details Swansea HC - Ladies

Shirt No.	Player	Date of Birth	Age*	Caps
2	JACKSON Ella (GK)		27	2
2	WOOD Beth		22	0
4	JONES Rosie		16	2
6	LOUGHLIN Louise		21	4
8	BARKER Harriet		24	4
10	BEARD Mckenzy		16	0
11	TREHARNE Rebecca (C)		31	2
13	BALDWIN-CHARLES Maddie		18	4
15	GALLAGHER Fleur		20	6
17	FOREY Olivia		16	6
19	BROWN Amy		23	2
20	LANGLEY Meg		20	4
21	SAVASTANO Emily		17	2
22	COLLIER Bethan		21	6
23	ROE Jess		24	2
30	DIAMOND Grace (GK)		16	6

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* 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)

Team Details Swansea HC - Men

Shirt No.	Player	Date of Birth	Age*	Caps
1	CHAPMAN Callum (GK)			6
4	TOMOS Dafydd		35	1
5	MILLARD Dominic (GK)		19	4
6	VINEY Tom (C)		37	4
9	BOWYER Max		21	4
10	GRIFFITHS Rhys		25	2
21	BIGGAR Ross		25	2
23	HARMAN Flynn			2
31	DEAN Nathan		19	6
45	WOOD Oscar		18	2
88	DUTTON Euan		16	2
93	BROOK Ollie		22	2

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* 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	

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Team Details Whitchurch

Shirt No.	Player	Date of Birth	Age*	Caps
1	GERRARD Michael (GK)		29	0
3	COLCLOUGH Freddie		22	4 (SWANSEAHC 2, WHC 2)
4	LEWIS Rhodri		20	4
5	KOLK Oskar		26	2
8	BOURN Alex (C)		26	4
10	TASKER Jacques		26	2
12	DENMAN James		24	4
16	MIDDLETON Nick		30	2
17	CARR Ed			2
39	MORGAN Will (GK)		18	2
99	SUMNER Morgan		16	0
	WILLIAMS Tomos		16	0
	SIMS Nick		33	0
	CULLING Toby		22	0
	MCLEAN Ben		16	0

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* 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)

Team Details Whitchurch Saints Hockey Club

Shirt No.	Player	Date of Birth	Age*	Caps
1	COULTER Hannah (GK)		20	3
1	OLIVARI Emma (GK)		56	0
2	JONES Lili		17	1
3	BEAN Seren		16	0
9	JAMES Megan (C)		26	3
11	HERRON Georgia		29	3
14	FENTON Catrin		42	2
26	STROUD Vikki		42	3
	RICHARDS Menai		25	2 (PENLHC)
	RAWLE Sarah		24	2
	RODERICK Iona		16	3 (SWANSEAHC 2, WSHC 1)
	CRAMP Noelle		41	0
	MARSTON Molly		15	0
	SHAND Megan		25	0
	HILL Fflur		19	0
	SMITHERMAN Jade		34	0
	THOMAS Rosie		17	0
	WILLIAMS Joanne		29	0
	LAXTON Liv		28	0

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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