

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	4
30	HUGHES Rebecca (GK)	10 Oct 1994	28	4
31	JACOB Beth	28 Nov 1997	25	2
36	THOMAS Suzanne	28 May 1979	43	2
51	TURNER Olivia	29 Dec 1995	27	2
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

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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	25 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	4
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	2
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	6
53	LANGSTON Duncan			2 (DYSHC)
66	OXENHAM Emlyn (GK)	8 Aug 2000	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)

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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

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* 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	2
11	BOW Jane	3 Oct 1975	47	2
13	DAVIES Chloe	6 Jan 2001	22	2
14	PARKER Caryn (C)	25 Nov 1977	45	2
18	MORGAN Kate	19 Oct 1986	36	0
19	TOOMEY Zoe	6 Nov 1992	30	0
	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	0
	PASS Becky	5 Mar 1974	48	0
	THOMAS Amy (GK)	21 Dec 1987	35	0
	ELLIS Morgan (GK)	17 Jun 1998	24	0
	GRIFFITHS Rebecca	15 Jun 1985	37	0

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* 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	1
10	POULTNEY Bethany	16 May 1994	28	1
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	DAVIES Leanne	8 Jul 1989	33	1
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

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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

Technical Delegate: TAYLOR John (WAL)

Team Details Penarth LHC

Shirt No.	Player	Date of Birth	Age*	Caps
1	PARTRIDGE Amy	8 Apr 2008	14	4 (CARDIFF&MET 2, 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	1
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

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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	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

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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)	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	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

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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	2 Nov 1987	35	1
5	MILLARD Dominic (GK)	18 Dec 2003	19	4
6	VINEY Tom (C)	26 Apr 1985	37	4
9	BOWYER Max	16 Mar 2001	21	4
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

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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)	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

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* 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)