

2024 Women's Championship
15 Oct - 4 May 2024
Various



Team Details Cardiff & Met 1

Shirt No.	Player	Date of Birth	Age*	Caps
1	MORGAN Dan (GK)	17 Mar 1991	32	3 (C&M2W 2, CARDIFF&MET 1)
5	ATKINSON Lottie	17 Nov 2002	20	1
7	BRADLEY Ella	21 Dec 2003	19	1
8	BELLIS-ELKIN Amy (C)	20 Oct 1991	31	2
9	YEOMANS Jayne (C)	28 May 1990	33	3
11	HAWKER Rhiannon	1 Oct 1991	32	2
12	ATKIN Anja			1
19	BULBRING Jamie			1
20	CAREY Meg	7 May 2004	19	2 (C&M2W 1, CARDIFF&MET 1)
21	MILDENSTEIN Alyssa			1
22	KEYWORTH Lucy	29 Feb 1996	27	1
23	ROBINSON Jemima	23 May 2005	18	2 (CARDIFF&MET 1, PENLHC 1)
28	WESTGARTH Niamh	17 Mar 2001	22	1
32	VENNER Pip	13 Sep 2002	21	1
33	HODGES Millie	13 Sep 2000	23	2 (C&M2W 1, CARDIFF&MET 1)
38	CROMPTON Lucy	20 Nov 2003	19	1
43	CHANDLER Anita	18 Jul 1992	31	1
220	KNOTT Lily (GK)	22 Jul 2002	21	0

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

* As of 15-10-2023

Team Staff

Role	Name
Team Manager	ROBERTS Fran
Head Coach	HAWKER Luke
Physiotherapist	HOGAN Cora

Team Colours

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

Technical Delegate: TAYLOR John (WAL)

2024 Women's Championship
15 Oct - 4 May 2024
Various



Team Details Cardiff & Met 2

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 15-10-2023

Team Staff

Role	Name
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Team Colours

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

Technical Delegate: TAYLOR John (WAL)

2024 Women's Championship
15 Oct - 4 May 2024
Various



Team Details Cardiff & Met 3

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 15-10-2023

Team Staff

Role	Name
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Team Colours

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

Technical Delegate: TAYLOR John (WAL)

2024 Women's Championship
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Team Details Cardiff 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 15-10-2023

Team Staff

Role	Name
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Team Colours

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

Technical Delegate: TAYLOR John (WAL)

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Team Details Cardiff University 2

Shirt No.	Player	Date of Birth	Age*	Caps
	BUTLER-FELTON Flo			0
	JONES Emma			0
	JOHNSON Catherine			0
	DENHAM Emily	12 Apr 2003	20	0
	MILLER Sian			0
	FAULKNER Beth			0
	MCILVEEN Kathy			0
	REID Abigail	22 Jun 2004	19	0
	PAYNE Elizabeth			0
	WELLINGS Charlotte			0
	WHITTLESTONE Connie			0
	GOODGE Teona			0
	BOULTER Orla			0
	TANNER Amelia			0
	MCEWEN Cara			0
	WILLIAMS Georgia			0

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

* As of 15-10-2023

Team Staff

Role	Name
------	------

Team Colours

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

Technical Delegate: TAYLOR John (WAL)

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Team Details Carmarthen 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 15-10-2023

Team Staff

Role	Name
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Team Colours

Shirts	Black Red
Skirts	Black
Socks	Black Red
GK Shirts	Blue Green

Technical Delegate: TAYLOR John (WAL)

2024 Women's Championship
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Various



Team Details Gwent 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 15-10-2023

Team Staff

Role	Name
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Team Colours

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

Technical Delegate: TAYLOR John (WAL)

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Various



Team Details Gwent 2

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 15-10-2023

Team Staff

Role	Name
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Team Colours

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

Technical Delegate: TAYLOR John (WAL)

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Team Details Howardian LHC 1

Shirt No.	Player	Date of Birth	Age*	Caps
3	MOORE Robyn (C)	17 Sep 1997	26	4 (CARDIFF&MET 2, HOWARDIAN 2)
4	PETHERICK Annie	24 Apr 1977	46	3
7	FLETCHER Hollie	14 Aug 2006	17	2
9	RICHARDS Hayley	19 Jun 1987	36	3
10	GANESH Serian	5 Jun 1989	34	3
12	MITCHELL-WILLIAMS Dawn	12 Jan 1985	38	3
18	FLECK Becky	10 Feb 1963	60	2
20	NICHOLAS Paris	8 May 1991	32	2
29	MOORE Liv	17 Oct 1999	23	3
39	CLARE Joanne	4 Nov 1983	39	4 (GWENT 2, HOWARDIAN 2)
40	PRICE Bethan	29 Feb 1988	35	3
69	UNDERWOOD Katie	31 Dec 1999	23	2
83	FUGE Cath	8 Jan 1983	40	2
	RICHARDSON Rebecca			0
	HOOK Janet			0
	ROBINSON Ellie			0
	HARRIES Charlotte	8 Mar 1994	29	0
	BUTLER Ruby (GK)	13 Nov 2006	16	2

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

* As of 15-10-2023

Team Staff

Role	Name
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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 1

Shirt No.	Player	Date of Birth	Age*	Caps
4	HIRD Caragh (GK)			1
7	BATES Lottie (C)	27 Sep 1998	25	5 (CARDIFFU 4, PENLHC 1)
14	MCKANE Claire	26 Mar 2001	22	0
15	THOMAS Hebe			0
16	TYLER Kate	2 Aug 1992	31	4 (PENARTH 1, PENLHC 3)
19	GORDON Carys	5 Jan 1984	39	2
21	BARNES Pippa (C)	7 Mar 1995	28	2
22	THOMAS Mae	20 Apr 2005	18	2
23	WILCOCK Harriette	18 Mar 1996	27	3
24	CAUNT Fran	8 Jun 1981	42	4 (CARDIFF&MET 2, PENLHC 2)
27	DAVIES Lena	25 May 2005	18	2
28	RICHARDS Menai	9 Feb 1997	26	3 (PENLHC 1, SWANSEAUNI 2)
29	WILDE Naomi	20 Jun 2002	21	1
37	BUSHNELL Millicent	28 Jan 1998	25	8 (CARDIFFU 5, PENLHC 3)
62	HADLEY Freya	9 Apr 2009	14	0
99	GILDER Lucy			0

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

* As of 15-10-2023

Team Staff

Role	Name
Team Manager	PARTRIDGE Michelle
Stand-In Manager	FACKRELL Nick
Stand-In Manager	TEDDER Kirsten
Head Coach	TOMOS Dafydd

Team Colours

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

Technical Delegate: TAYLOR John (WAL)

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Team Details Penarth LHC 2

Shirt No.	Player	Date of Birth	Age*	Caps
2	DAVIES Naomi	5 May 1994	29	0
8	MCKANE Claire	26 Mar 2001	22	0
13	TEDDER Kirsten	11 Nov 1969	53	1 (PENARTH)
14	JAMES Medi	24 Apr 1981	42	0
22	DISLEY Louise	20 Jan 2010	13	0
24	HADLEY Freya	9 Apr 2009	14	0
35	ROBINSON Florence	22 Aug 2008	15	1
36	HASTINGS Megan	21 Apr 2005	18	0
38	NORTON Gwen	5 Jun 2009	14	0
39	THOMAS Mae	20 Apr 2005	18	2
	HIRD Caragh			1
	WILSON Beth	8 May 1984	39	0
	COSBY Nia	14 Sep 2007	16	0
	O'FLAHERTY Kate	9 Mar 2008	15	0
	EVANS Alys	3 Jul 2008	15	0

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

* As of 15-10-2023

Team Staff

Role	Name
Stand-In Manager	TEDDER Kirsten

Team Colours

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

Technical Delegate: TAYLOR John (WAL)

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Team Details Swansea HC 1

Shirt No.	Player	Date of Birth	Age*	Caps
1	JACKSON Ella (C,GK)	30 May 1995	28	1
2	BOWE Ruth	12 Jan 1995	28	1
3	WISEMAN Lucy			1
4	JONES Rosie	25 May 2006	17	1
5	POTTS Connie			1
6	BROWN Amy	31 Oct 1999	23	3 (CARDIFFU 2, SWANSEAHC 1)
8	BARKER Harriet	23 Sep 1998	25	3 (SWANSEAHC 1, SWANSEAUNI 2)
9	RODERICK Iona	25 Sep 2006	17	1
10	GRABHAM Ella-Rose	25 Feb 2008	15	2 (PENLHC 1, SWANSEAHC 1)
11	SLOANE-LUCAS Sarah	16 Mar 1986	37	1
12	ATKINS Tiggy	7 May 2004	19	1
15	GALLAGHER Fleur	6 Apr 2002	21	1
17	FOREY Olivia	5 Jan 2007	16	1
21	BEAN Seren	6 Dec 2006	16	1
22	COLLIER Bethan (C)	13 Apr 2001	22	1
25	STRANSOM Esme	11 May 2007	16	1
40	DIAMOND Grace (GK)	5 Jul 2006	17	0
40	OSWIN-HERITAGE Orla	24 Aug 2007	16	1

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

* As of 15-10-2023

Team Staff

Role	Name
Team Manager	FOREY Jonathan
Head Coach	SAMAK Mo
Assistant Coach	MARSHALL Lee

Team Colours

Shirts	White/Orange Black
Skirts	Green Black
Socks	White Back
GK Shirts	Black Red

Technical Delegate: TAYLOR John (WAL)

2024 Women's Championship
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Various



Team Details Swansea HC 2

Shirt No.	Player	Date of Birth	Age*	Caps
	DIAMOND Grace	5 Jul 2006	17	0
	RICHARDS Amie	9 Jun 1993	30	0
	HAYWOOD Emily	1 Nov 2004	18	0
	BINGHAM Cath			0
	EVANS Gwen	6 Aug 1992	31	1 (LLANDYSUL)
	COOK Sophie			0
	IRVINE Katie			0
	WISEMAN Lucy			1
	RODERICK Iona	25 Sep 2006	17	1
	BRETTEL Chloe	12 Sep 2008	15	0
	GREENHALGH Esta			0
	FLOWERDEW Amber			0
	WADDINGTON Jess	10 Nov 2003	19	0
	POTTS Connie			1
	HENNESSY Carys	29 Nov 2006	16	0
	MELLALIEU Sadie	7 Jul 1986	37	0

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

* As of 15-10-2023

Team Staff

Role	Name
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Team Colours

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

Technical Delegate: TAYLOR John (WAL)

2024 Women's Championship
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Various



Team Details Swansea HC 3

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 15-10-2023

Team Staff

Role	Name
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Team Colours

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

Technical Delegate: TAYLOR John (WAL)

2024 Women's Championship
15 Oct - 4 May 2024
Various



Team Details Whitchurch Saints 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 15-10-2023

Team Staff

Role	Name
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Team Colours

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

Technical Delegate: TAYLOR John (WAL)

2024 Women's Championship
15 Oct - 4 May 2024
Various



Team Details Whitchurch Saints Hockey Club 2

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 15-10-2023

Team Staff

Role	Name
Team Manager	STROUD Vikki

Team Colours

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

Technical Delegate: TAYLOR John (WAL)