

Team Details Bangor City 2

Shirt No.	Player	Date of Birth	Age*	Caps
1	STOCKALL Grace (GK)	17 Oct 2009	13	3
9	CULLEY Rhian	9 Jan 1973	50	3
10	LONGMAN Olivia	6 Jun 2006	17	1
17	MCKEAVENEY Julie	7 Nov 1983	39	3
18	ROBERTS Katie	6 Oct 1968	55	3
19	JOHNSON Siobhan (C)	4 May 1978	45	3
21	BOYMAN Emily	19 Sep 1996	27	1
22	FRANCIS Lara	18 Jun 2008	15	1
23	HATTON-JONES Mela	26 Dec 2009	13	1
24	THOMAS Meinir	28 Jun 1965	58	3
30	MOSS Elliw	11 Dec 2008	14	1
38	HUGHES Non	6 Oct 2008	15	1
39	BROWN Holly (C)	13 May 2005	18	2
47	OWEN Ella	28 Jan 2006	17	3
52	THOMAS Nicola	3 Oct 1989	34	3
61	ROBERTS Mali	13 Oct 2006	17	2

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

* As of 15-10-2023

Team Staff

Role	Name
Team Manager	PROUDLOVE Keith
Head Coach	CULLEY Rhys

Team Colours

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

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Team Details Bridgend Ladies 2

Shirt No.	Player	Date of Birth	Age*	Caps
	HAYMAN Lauren	13 Feb 1987	36	0
	TRISCOTT Claire	18 Mar 1980	43	0
	WEBB Phoebe	16 Jan 2010	13	0
	RILEY Maia	13 May 1966	57	0
	PEARCE Jessica	24 Aug 1991	32	0
	SHAWCROSS Sherry	26 Nov 1955	67	0
	HARRIS Holly	10 Nov 1980	42	0
	JONES Maddy	17 Aug 2009	14	0
	HILL Angharad	30 Nov 1988	34	0
	HARRISON Pauline	25 Feb 1964	59	0
	SAINSBURY Bev	29 Dec 1960	62	0
	COWLAND Tegan-Louise	18 Oct 2009	13	0
	POUPON Jo (C)			0

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* As of 15-10-2023

Team Staff

Role	Name
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Team Colours

Shirts	
Skirts	
Socks	
GK Shirts	



Team Details Cardiff University 6

Shirt No.	Player	Date of Birth	Age*	Caps
	MACFARLANE Poppy	25 Feb 2003	20	0
	MAYER Isabelle	5 Jan 2002	21	0
	NEWMAN Zara	21 May 2003	20	0
	WALKER Hannah	1 Oct 2002	21	0
	SCHLICH Issy	11 May 2004	19	0
	OLD Maddie	14 Nov 2004	18	0
	LEAKEY Imogen	10 Oct 2002	21	0
	NIXON Holly	3 Dec 2002	20	0
	ROGERS Elsa	2 Dec 2002	20	0
	LONG Rhiannah	8 May 2003	20	0
	SMITH Chloe (C)	6 Dec 2001	21	1
	MIDDLEMISS Lara	29 Mar 2003	20	0
	ALLWOOD-HASLAM Ellen (GK)	5 Mar 2002	21	1
	WERGAN Juliette (C)	3 Jul 2002	21	0

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* 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

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Team Details Cowbridge HC 1

Shirt No.	Player	Date of Birth	Age*	Caps
	HAMMETT Georgia	19 Sep 2006	17	0
	SMART Imogen	1 Jul 2009	14	0
	MACPHAIL Caitlin	9 Nov 2005	17	0
	JONES Megan	16 Dec 2008	14	0
	PENKETH Serian	20 May 2008	15	0
	LUCAS Joanna	11 Jul 1974	49	0
	PUGHE Isabella	4 Oct 2008	15	0
	TREHARNE Katy	8 May 2007	16	0
	SMALE Isobel	16 Jan 2007	16	0
	DAVIES Mabli (C)	18 Jun 2006	17	0
	BUICK Camellia	9 Feb 2009	14	0
	ISLES Hannah	15 Dec 2006	16	0
	JONES Jane	2 Oct 1980	43	0
	VAUGHAN Elodie	24 Jun 2008	15	0

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* As of 15-10-2023

Team Staff

Role	Name	
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Team Colours

Shirts	
Skirts	
Socks	
GK Shirts	

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Team Details Fishguard & Goodwick HC 1

Shirt No.	Player	Date of Birth	Age*	Caps
1	HARRIES Ffion (GK)	25 Oct 1997	25	1
2	ROUSE Chloe	22 Aug 2005	18	1
3	HARRIES Kira	22 May 2009	14	1
5	LERWILL Thea	10 Jul 2006	17	1
6	JAMES Carys (C)	22 Sep 1998	25	1
7	HULL Alannah	19 Aug 2009	14	1
8	JONES Cerys	17 Mar 1999	24	1
9	COLELLA Nia	19 Nov 2000	22	1
11	EVANS Efa	21 Dec 2008	14	1
12	DELANEY Ellen	13 Nov 2003	19	1
14	WILLIAMS-MEANEY Jasmine	25 Nov 1999	23	1
15	NICHOLAS Megan	18 Feb 2010	13	1
16	WILLIAMS Mari	2 Jun 2010	13	1
17	RAYMOND Isabel	19 Mar 2010	13	1
18	DAVIES Lleucu	6 Aug 2009	14	1
22	MURPHY Jodie (C)	22 Mar 1993	30	1
	DAVIES Sophie	3 Jan 1996	27	0
	NOOTT Phoebe	24 Nov 2003	19	0

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* As of 15-10-2023

Team Staff

Role	Name
Team Manager	MORRIS Gethin
Head Coach	CODD Robert
Physiotherapist	EVANS Caitlin

Team Colours

Shirts	Royal Blue
Skirts	Navy Blue
Socks	Royal Blue
GK Shirts	

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Team Details Gwent 4

Shirt No.	Player	Date of Birth	Age*	Caps
	HUMPHREYS Bryony	22 Nov 2007	15	0
	HUMPHREYS Tiggy	6 Jan 2010	13	0
	WALKER Lois	19 Mar 2008	15	0
	WILLIAMS Gwen	2 Dec 2008	14	0
	HURFORD Rachel	22 Nov 1961	61	0
	PARRY Meredith	1 Apr 2008	15	0
	PAYNE Amelie	16 Nov 2007	15	0
	GRIFFITHS Samantha	24 Jun 1995	28	0
	PRIDDLE Emily	3 Mar 2010	13	0
	GOUGH Erin	1 Aug 1993	30	1 (CARDIFF&MET)
	WHEELER Danielle	4 Apr 1990	33	0
	WAKEFIELD Jade	16 Oct 1989	33	0
	PHILLIPS Frances (GK)	23 Mar 1992	31	0
	VINCENT Sarah (C)	30 Aug 1991	32	1

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* 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

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Team Details Northop Hall Dev.

Shirt No. Player	Date of Birth	Age*	Caps
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* As of 15-10-2023

Team Staff

Tions Trains		Role	Name
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Team Colours

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

Technical Delegate: TAYLOR John (WAL)



Team Details Risca Hockey Club 2

Shirt No.	Player	Date of Birth	Age*	Caps
8	HYDE Lydia	3 Sep 2000	23	1
16	FOWLER Sian	21 Jan 2008	15	1
33	MORRIS Jenny	26 Feb 1996	27	1
36	AXFORD Grace	11 Sep 2007	16	1
42	EVERSON-BAKER Amelia	20 Apr 2008	15	1
49	WILLIAMS Bethan	23 Mar 1993	30	1
54	JENKINSON Ava	18 Mar 2008	15	1
56	MORRIS Rebecca (C)	22 Feb 2000	23	1
	PRICE Chloe	3 Apr 1995	28	0
	SZEKELY Sydney	27 Apr 2006	17	0
	HURLEY Elspeth			0
	SZEKELY Lily	22 Jul 2008	15	0
	JONES Laura	6 Apr 1998	25	0

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* As of 15-10-2023

Team Staff

Role	Name

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	

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