

Team Information/Gwybodaeth Tim

Afan Nedd Tawe

Team Captains: Tomos Slade, Bethany Moule

Team Managers: Andrew Jenkins, Zane Maynard, Nicole Evans,
Peter Walton

Cardiff & the Vale of Glamorgan

Team Captains: Jay Morse, Ben Hillman, Ben Farrell, George Snaith,
Lana Culliford, Aimee Callow, Gwenno Goode

Team Managers: Ian Dwight, Dai Williams, Shaun James, Rhys Beynon,
Mathew Collins, Gareth Jones
Sarah Moore, Sian Harries, Gwennan Harries

Dyfed

Team Captains: Ben Thomas, Thea Jenkins

Team Managers: Hedydd Davies, Delyth Rees, Nathan Jones, Jo Salmon,
Kelly Griffiths

Eryri

Team Captains: Tomos Land, Jennifer Townley

Team Managers: Alun Roberts, Iola Jones, Mark Ward, Elin Evans, Carl Williams

Glamorgan Valleys

Team Captains: Steffan Jones, Ffion Higginson

Team Managers: Mark Addis, Tom Longden, Victoria Clements
Naomi Davies, Jo Warner, Chris Brooks

North East Wales

Team Captains: Rhys Jones, Lauren Watchorn

Team Managers: Aimee Jones, Jonathan Tonks, Mark Hanson, Jude Bennett

Powys

Team Captains: Carwyn Owen, Kate Pugh

Team Managers: Gareth Oldham, Rhys Stephens, Elin Wozencraft, Charlie Northey,

South East Wales

Team Captains: Remilekun Adebisi, Gwen Lewis

Team Managers: Sharon Fletcher, Kath Sage, Geraint Davies