CYMRU WOMEN'S NATIONAL TEAM CAP LIST

Data correct as of 21 October 2026

CHWARAEWR	CLWB	D.G	CAP	GÔL	GÊM GYNTAF
Amy Richardson	Celtic	05/01/2006 (20)	-	-	-
Angharad James	Seattle Reign	01/06/1994 (32)	147	6	Scotland 2011/12
Ania Denham	Wolverhampton Wanderers	06/03/2007 (19)	-	-	-
Anna Filbey	Watford	11/10/1999 (27)	8	-	Belarus 2019/20
Annie Wilding	Portsmouth	28/02/2004 (22)	-	-	-
Cadi Rodgers	Plymouth Argyle	29/08/2007 (19)	-	-	-
Carrie Jones	IFK Norrköping	04/09/2003 (23)	52	4	Faroe Islands 2019/20
Casi Gregson	Newcastle United	03/11/2007 (18)	1	-	Albania (h) 2026/27
Ceri Holland	Liverpool	12/12/1997 (28)	54	7	Canada 2020/21
Charlie Estcourt	Fulham	27/05/1998 (27)	51	3	Bosnia & Herzegovina 2014/15
Chloe Williams	Wolverhampton Wanderers	22/12/2000 (25)	2	-	Belgium 2021/22
Elena Cole	Bournemouth	08/04/2007 (19)	-	-	-
Elise Hughes	Sunderland	15/04/2001 (25)	43	7	Switzerland 2017/18
Ella Powell	Bristol City	01/02/2000 (26)	17	-	Portugal 2018/19
Ellen Jones	Wolverhampton Wanderers	10/11/2002 (23)	-	-	-
Esther Morgan	Bristol City	28/08/2002 (24)	20	-	Canada 2020/21
Ffion Morgan	West Ham United	11/05/2000 (26)	56	2	Northern Ireland 2016/17
Gemma Evans	Newcastle United	01/08/1996 (30)	92	2	Norway 2015/16
Gwen Zimmerman	Eclipse Select Soccer	24/09/2007 (19)	1	-	Australia 2025/26
Hannah Cain	Everton	11/02/1999 (27)	30	12	Estonia 2021/22
Hayley Ladd	Crystal Palace	06/10/1993 (33)	115	3	New Zealand 2010/11
Heidi Hills	Tottenham Hotspur	11/01/2008 (18)	-	-	-
Josie Green	Crystal Palace	25/04/1993 (33)	42	-	Azerbaijan 2010/11
Laura Hughes	Southampton	06/06/2001 (25)	3	-	Switzerland 2025/26
Lily Woodham	Liverpool	03/09/2000 (26)	52	5	Faroe Islands 2020/21
Lois Joel	Newcastle United	02/06/1999 (26)	13	-	Republic of Ireland 2023/24
Lucy Farrell-Shrouder	Wrexham	11/12/2003 (22)	-	-	-
Mared Griffiths	Manchester United	03/03/2007 (19)	12	4	Italy (a) 2024/25
Mary McAteer	Charlton Athletic	02/01/2004 (22)	9	1	Germany 2023/24
Mayzee Davies	Manchester City	25/08/2006 (20)	10	1	Kosovo 2023/24
Mia Ross	Unattached	28/04/2003 (23)	6	-	Poland 2025/26
Olivia Clark	Leicester City	30/08/2001 (25)	35	-	Scotland 2020/21
Olivia Francis	Plymouth Argyle	20/02/2006 (20)	2	-	Albania (h) 2026/27
Phoebie Poole	Watford	13/05/2004 (22)	2	-	Albania (h) 2025/26
Poppy Soper	Sheffield United	04/05/2002 (24)	-	-	-
Rachel Rowe	Nottingham Forest	13/09/1992 (34)	89	9	Costa Rica 2014/15
Rhiannon Roberts	Sunderland	30/08/1990 (36)	89	4	Austria 2015/16
Safia Middleton-Patel	Watford (On loan from Manchester United)	21/09/2004 (22)	14	-	Philippines 2022/23
Scarlett Hill	Manchester United	09/10/2007 (19)	4	-	Australia 2025/26
Soffia Kelly	Aston Villa	06/03/2007 (19)	-	-	-
Sophie Ingle	Bristol City	02/09/1991 (35)	154	9	Azerbaijan 2009/10
Teagan Scarlett	Mississippi State Soccer	21/09/2007 (18)	1		Poland 2025/26
Tianna Teisar	Watford	24/09/2005 (21)	2	-	Australia 2025/26