



Goalkeeper: Cohen Riella Age 25, New signing from Grange Harlequins, an exceptional keeper with quick reactions, could also play outfield. A good new signing



Defender: Jon Carpentier Age 29, Club Appearances 35 Second spell at the club, very strong defender and shows consistency throughout a season



Defender: Michael Osbourne Age 26, Club Appearances 15, second season at the club, strong defender and good in the air, his claim to fame is that his best mate is Gareth Bale.



Defender: Martyn Giles Age 31, Ex Cardiff City, Hereford United, Carmarthen Town, Port Talbot, Newport County, & Grange Qunis, great signing for the club with a wealth of experience, great organisational skills and will be a big asset to the club.



Defender: Sion Anstee Age 27 Club Appearances 150 (Known as Shaggy) This will be his 7th season at the club a very reliable Left Back



Defender: Mike Lewis Age 29 Club Appearances 32 Another Signing from Welsh league Division 2 side Dinas Powys. 2nd Season at the club. A good defender



Lewis Tanner Defender Age 21 Defender Ex bath University Captain. Big strong player who reads the game well, good in the air and in the tackle. Very consistent player.



Defender: Gianluca Palladino Age 26 Ex Cardiff City Schoolboys, Welsh League 1st Division with Bridgend and Caerau (Ely) another great addition to the squad.



Defender/Midfield: Oliver Dalton Age 24 Club Appearances 101
This will be Oli's 4th season with the club. Massively improving Left back with plenty of pace. He could become the best Left Back in the Welsh League, can also play midfield.



Midfield: Nicholas Davison Age 28 Club Appearances 179
(Known as Cheggars) Long serving player took 2 years out when he went travelling around Australia. Joint Player of the year voted by opposing managers last season



Midfield/Forward: Joseph Hinds Age 27 Club Appearances 66
Joined the club 4 seasons ago from Dinas Powys had a spell back with them before re-signing last season. A strong midfielder who can score goals.



Midfield: Jamal Easter Age 27, Cardiff City, Bristol Rovers & Torquay (on Loan) Carmarthen Town, Newport County, Taffs Wells, and Bridgend Town. Another great signing for the club with football league experience.



Forward: Lloyd Allen Age 20, New Signing from Barry Town
A young player who is quick and can cross a good ball. Another youngster who will do well long term at the club



Forward: Ryan Allen Age 17, New Signing from Barry Town
A tall strong forward who adds a little difference to the side. Another youngster who will do well long term at the club.



Forward: Drew Fahiyah Age 26 Club Appearances 68
(Known as Fish) Has played for Port Talbot and scored in a Welsh Cup final and has also played European football, adds pace to the side and a good motivator. Joint Player of the year and Players Player last season, and is now club Captain.



Forward: Nathan White Age 25 Ex Grange Quins, Pontypridd Town, Taffs Wells, Afan Lido and Bridgend Town. Great movement and hold up play can score goals for fun.



Defender: Adam Govier age 42 the old head in the side. Captain Sully sports with back to back 1st division SWSL championships. Previous clubs Pontypridd Town, Grange Harlequins and Bridgend Street. A reliable signing.



Defender/Midfield: Gareth Powner Age 29
Club Appearances 152 Another player that has been with the club from the age of 12 Gareth is a very strong defender, did not play for the club much last year because of work commitments.

TEAM MANAGEMENT



Manager: Paul Giles
Professional footballer for Cardiff City, Excelsior (Dutch League), Plymouth Argyle, Exeter City, & Newport County. Managed Barry Town, Inter Cardiff, Ebbw Vale, Merthyr Town, Dinas Powys, Grange Quinns & Youth Team Swansea City.



Assistant Manager: Steve Hill played for Barry Town, Bridgend Town Bideford, Taffs Wells before becoming player manager for SWSL Side Sully, where he won back to back titles. He was with Sully for 10 years before making the switch to Rhoose



Coach : Dickie Batt played for Barry Town and Merthyr Tydfil. Was Player manager for Barry Athletic for 15 years and managed Merthyr Town. When they were in the welsh league for three years.



Coach: Tony Bird: Ex Cardiff City, Barry Town, Swansea City, Kidderminster, St Patrick's Ireland Grange Quins, Bath City and Haverfordwest County, was a prolific goal scorer and will be a massive asset to Gilo and the coaching staff, especially with his new ideas.



Physio: Catriona Davies (Cat) age 21 works alongside the strength and conditioning coaches at Elite Fitness fairwater, where she is based with Baseline Physiotherapy. Cat will attend every home and away game and is a valuable addition to the Management team