

ALL-STAR WEEKEND

#cardiff23



29TH - 30TH JULY 2023

VINDICO ARENA, CARDIFF

OFFICIAL PROGRAMME - £3.00



**PROSTATE
CANCER UK**



WEEKEND SCHEDULE

Friday Evening

**Meet and Greet
Race Night**

Saturday

**12PM - 7PM
Day 1 Action**

**From 7PM
Allstars Party - Proud Mary**

Sunday

**12PM - 7PM
Day 2 Action**





WELCOME FROM THE COMMITTEE

Hello and welcome to the 14th edition of the UK Charity Allstars weekend, here at the Vindico Arena. We hope everyone has had a safe journey to South Wales, as we all come together to celebrate another year of fundraising by our fantastic allstars.

So last year, the first event post C**** how much fun was it to be all back together? Thankfully this year we have been able to do more in terms of fundraising, seeing players do several walks, quiz's BBQ's music gigs and a host of other different events to raise funds for their respective causes. It's been a joy to see how engaged everyone has been for the causes through these events and they've all looked like a lot of fun (even the more physically enduring tasks...)

In the build up to Cardiff 23, we were hugely proud to announce that the event has passed the £1 million mark in funds raised for all the respective charities, since our event started in 2008. We still can't get our head around the fact that this achievement has been done, but this could only be achieved through the efforts and determination of every single person who has worn an all-star sweater, those supporters off ice in their generosity in time and money through donations and all of the corporate support that this event has received over the years.

Whether you are lacing them up this year or you took part in any of the previous 13 weekends, I hope you can take a moment to take stock of this achievement and be proud of the team effort everyone has put in to pass £1 million pounds raised.

Last year saw the Barbarians finally make their debut at the Allstars weekend, a concept which opened up further opportunities to many other charities and it's fair to say that last year was a success. Once again they'll be hitting the ice and supporting a range of charities with the same energy that you see from the other seven teams, and we look forward to seeing the stories about the charities that are being supported by our Barbarians.

We have a thank you page at the end of the program to give thanks to everyone who has contributed to this weekend (trust me, there is a number) but we cannot give a special thanks to the 8 captains of this years event. To a person not only have they all been fantastic to work with, but to see the collaborations and help offered from all the captains to any cause has been wonderful to see and all done with a smile on their faces. We hope you have enjoyed this years campaign, and thank you for everything you have done towards Cardiff 23.

So without further ado, time to finally drop that puck and get this weekend started. If this is your first experience on/off ice of the Allstars weekend, we hope you enjoy it and it won't be your last. If it's the last time that we see you on Allstars ice then thank you for all of your efforts, but don't be a stranger to the weekend. Pick your team, cheer them onto victory but everyone who skates deserves a round of applause for all the work that they have done towards this years event.

Yours in Hockey

David, Gareth, Geraint, James, Kelly, Steve
UK Charity Allstars Organising Committee



CAPTAIN: **DAVID WILLIAMS**

It's finally here, Allstars weekend 2023!

I'd like to start by saying being Captain of the Barbarians team this year has been such an honor. Being a part of an incredible team of people, not just the Barbarians team but the team of captains, has been a fantastic experience.

This year, we have been fundraising for 17 charities across the UK. We're seeing the return of Blue Cross to Allstars in 2023. Keith Hinde is representing them for the third time and he says this time is particularly important as "a boom in pet acquisition during lockdown has become a tsunami of pet abandonment during the cost of living crisis, pushing animal welfare organisations to their limits."

Paul Wright is supporting 2Wish which provides bereavement support for families who have traumatically lost a child or young adult. The charity was set up by Paul's neighbour Rhian Mannings after suddenly losing her one-year-old son and husband within five days of each other. Tragedy also

hit Paul's family when his brother found his 17-year-old son, Joseph, dead a week before Christmas during lockdown.

Netminder Tim Coe is playing for Treetops Hospice, a Derbyshire based charity providing nursing care and emotional support for anyone affected by a life-limiting illness or bereavement. He says, "My family connection to Treetops Hospice goes back to its initial founding 40 years ago. My grandparents, Jean and Fergus Anderson, volunteered from the beginning of Treetops' journey, and it was a big part of our family life growing up."

Over the last few months, our players have been doing the weird and wonderful as part of their fundraising efforts from running the Cardiff Half Marathon in full kit, quiz nights, gin nights, and raffles to placing bets in Las Vegas!

All the players and off ice fundraisers, not just from team Barbarians but everyone involved in Allstars weekend, have put in an incredible effort over the last few months. Now let's enjoy some hockey!

BARBARIANS TEAM

10	CLAIRE FAY
11	LEE JONES
16	ABI FAY
17	SAM PHILLIPS
19	SY LENNOX
27	SAM GOSPEL
30	TIM COE
40	DYLAN PHILLIPS
47	KEITH HINDE
47	DANIEL FAY
50	JONNO DOWLING
61	SIMON PHILLIPS
64	ELENA STONER
68	MIKE FAY
71	KIAN ROGERS
75	PAUL WRIGHT
91	GARETH HUBBACK

THE 2023
ALLSTARS
JERSEYS



Organised fun

When David Grant, erstwhile co-founder and organiser of this great enterprise, messaged me at 7.30am on a Saturday morning, I assumed one of two things was happening; he wanted something, or he was in trouble. Walking towards my wallet assuming I was potentially needed to wire some money to whatever 2-star Czech hotel he'd woken up in without either his Visa card or his trousers, thankfully he just wanted me to write for this programme that you're reading.

Though tenuous, my link to All Stars is well established. Mine and Dave's on ice handbag fight at All Stars 2008 in Basingstoke is one of those things that reappears in Facebook memories and social media posts from time to time. I'm also probably one of the most prolific writers about the sport in the country at this point and I've known Dave since 2006. It's not an unreasonable thing to ask of me to write for this. After all, you don't keep a dog and bark yourself.

Then the next part of the message thread came through.

"We're trying to be organised for once"

That line struck me. As I was stood there in my kitchen re-reading it, tea brewing behind me to the soundtrack of my son practicing being a Power Ranger, I couldn't help but feel that in that one sentence, my old friend has sold himself and his cohorts incredibly short.

There is a very real chance that by the end of the year, perhaps even by the time this article makes it to print that All Stars will have surpassed having raised £1 million. Stop and think about that for a moment. Whilst £1million is about a month's wages for a half decent footballer or the cost of 3 sets of branded bedding and a teddy bear from the Sheffield Steelers' merchandise shop, for most people like you and I, that's a lot of money.

It's also not just a lot of money dumped in a pile as Dave, Gareth and their helpers wave high the flag of self-praise. That's money to organisations that have done and are doing important work on the ground for people that you know and love. It's money to causes like cancer research, heart disease research and mental health support. It's not money wasted on a fad or the next big restructuring or a chucked down a hole, it's money that's been put to good use.

I get why it might feel like things are disorganised when it comes to All Stars. Any weekend like this has a moving part for every pound it raises. It can be a bit chaotic but at the end of the day it's a ton of fun and I think that's why All Stars as a weekend has continued for as long as it has. All Stars has, what I believe to be one of the key components of life that sometimes British hockey lacks. It takes what it does seriously without taking itself too seriously.

One of my personal bugbears with British hockey is that at times it seems people watching it, playing it and running it forget

that at its base, hockey is a game. It's meant to be fun. Yes, that tension and drama is part of it. Yes, I preach a lot that hockey cannot exist in a vacuum from the politics of the day. Yes, the sport needs to be run professionally and to benefit the whole sport; OF COURSE, THE ELITE LEAGUE HAS A RESPONSIBILITY TO DEVELOP PLAYERS *cough* sorry, where was I?

However, at times it feels that people are too quick to be defensive about stuff. Something goes wrong, someone says it, it's taken as a personal attack rather than being a reasoned critique. Don't get me wrong, some people on the internet try to argue with all the nuance of a breeze block thrown at a greenhouse but too often rather than realising that someone has a point, people pushback because they can't fathom being seen to not be right.

If I've learned anything from the folk involved with this event is when stuff doesn't work, they change it. When people have good ideas, they take it on. They've tried to keep this event well run and fun.

It's never going to rival the Stanley Cup for quality but reader you have the sport you love at your fingertips run in the right spirit and raising money to help people who need the help. The fact that this event is close to raising £1million isn't just a testament of hard work, but that hard work is the best work.

I wish everyone a fantastic weekend. Skate hard, play hard, at least pretend to drink responsibly and remember that if something doesn't go the way it planned in the next couple of days that it doesn't matter; it's just a bit of fun.

Anthony Russell launched his site *Banners On The Wall* in 2011 to write about the *Basingstoke Bison* and has now expanded to writing, podcasting and streaming about the *Bison* and the *NIHL*. You can read anything he writes over at <https://bannersonthewall.wordpress.com>. During the season you can catch up with all the news from across the *NIHL* at 8pm on Wednesdays on the *What's Current Stream* at [YouTube.com/@BannersOnTheWall](https://www.youtube.com/@BannersOnTheWall)

RESPONSIVE – PROFESSIONAL – CARING – PASSIONATE

GRAHAM
PEST CONTROL
“protecting your business”



• Pest Prevention & Control • Kitchen Ducting/Equipment Deep Cleaning • Greasetrap Emptying •
• Washroom Services & Products • Fire Extinguisher Supply & Servicing • PAT Testing •



BREAST CANCER NOW

The research
& care charity

CAPTAIN: **JANU MICALLEF**

It's been a long road but time to relax!!!
The biggest event of the year has finally arrived!!!

First of all - I want to say a huge thank you to everyone who has supported the All Stars since it started, without your support none of this would be possible.

I have to say that being asked to be captain for a second year running is such an honour, not just to represent the All Stars but also Breast Cancer Now. It's a cause I feel passionately about and I'm so happy to be given the opportunity to make a difference to people living with such a horrendous disease.

The team this year has been incredible with their fundraising efforts. A few of the players have taken on some gruelling challenges to raise money and awareness. Four of the players ran the Cardiff Bay 10k in full ice hockey kit. One of our players (Orla Kate) took part in the Birmingham Half Marathon in full ice

hockey kit. Another player climbed the 3 peaks. The players have also carried out events, IE quiz nights, raffles, auctions, there are far too many to list!!! What the team has done this year to raise money is nothing short of amazing. They have gone above and beyond to raise as much money as possible, whilst juggling family and work duties.

This years All Stars has been truly AMAZING!!! All of the Players, the Committee and the Off ice officials have helped everyone so much to reach their goals. Everyone involved has been incredible and should be proud. I know that I am massively proud of all of you.

I personally would like to say thank you to everyone that has sponsored their chosen charity. You guys have helped to make a massive difference to peoples lives.

Thanks everyone for their continued support throughout the year.

Thank you to our sponsors,
Tool Raptors - NIA Facilities
Management - Penarth
Tyres

Now lets play some puck.

Gooo TeamBoobies!



**TOOL
RAPTORS**



BREAST CANCER NOW TEAM

- 7 **ANN MACLEAN**
- 12 **HEATHER METCALF**
- 13 **DYLAN WEBB**
- 16 **ARCHIE NELSON**
- 19 **STEVE MORIA**
- 23 **ANDY WAY**
- 25 **CHRIS CRONIN**
- 28 **JANU MICALLEF (C)**
- 32 **BEX HARDING-SMITH**
- 39 **MACKENZIE MACNAMARA**
- 43 **ORLA RYAN**
- 45 **AIMEE PARFITT**
- 62 **LEWIS PHILLIPS**
- 67 **JOSEF TOMLINSON**
- 76 **CORMAC O'KEEFE**
- 88 **DOMINIC GALEA**
- 90 **RHYS LEWIS**



CAPTAIN: **GARETH DUTTON**

Good morning, Good afternoon and Good evening, depending on what time you're reading this. Captain Gareth Dutton (Greth) speaking and I hope you've all been keeping well over the past year.

I would like to start off with saying thank you to the committee for thinking of myself when coming up with who should be the next Team BHF Captain, I couldn't be prouder to step onto the ice wearing the C and honouring Family members of everyone on our jersey.

The team since the announcement of who's going to be representing the beautiful team BHF have been working towards raising money for the British Heart foundation in numerous ways, from travelling to work in multiple different ways of which only one could be used and cannot be re-used to going vegan for the month.

Whilst doing so, we've also had the creation of the BHF Big Bash finally come into action, after the idea was thought of back

in 2020. The event itself was a big success, with over £500 being raised via a 3 on 3 style tournament. A massive thank you to loana for this idea and for all the hard work that was done behind the scenes

As a team we've been building ourselves up for the allstars weekend, with quizzes and the odd joke or two in the team's what's app group chat. It's something we've all been looking forward to, from returnees to new players on the team.

With this being said, I believe I speak for the whole team in thanking two of our players who are retiring from playing at allstars after the weekend is done.

The first-person being Jay Whitehead, who was the very first captain of Team BHF, we thank you for everything you've done for the team in the past and I'm sure you will not be a stranger next year to the team or the event. Also, as a reminder for this year if you've not read this by now don't step onto the ice with skate guards on...

The second person I/we would like to thank is our very own Phil Kessel of the team, David Eaton. As a line mate and a team mate, I'm sure I can speak for everyone you've played on the same team as, be that on team prostate or all your years on team BHF, you've been a pleasure to share the locker room and play the game with, I am going to miss having yourself as my line mate in years to come.

We cannot wait to hit the ice Infront of the many amazing people at the newly named Vindico Arena, I also hope you have your dancing shoes ready for our chosen goal music as for those who watch Eurovision, you'll be in for a treat.

Cha Cha Cha, Gareth Dutton #88
(Sorry I'm not Joey Martin to the Cardiff Devil fans at the event)

BHF TEAM

- 4 **KEVIN MCGLYNN**
- 10 **IOANA GAGEA**
- 16 **DUSTIN LEGA**
- 20 **LUKE BECKER**
- 21 **ORLANDO BECKETT**
- 23 **CHARLES DOWELL**
- 25 **ANDY STAFFORD**
- 26 **JORDAN PHIPPS**
- 28 **JO BYRNE**
- 48 **JAY WHITEHEAD**
- 58 **MICHAEL DUNN**
- 62 **SAM MEAD**
- 66 **WILL JORDAN**
- 72 **BENNO THOMPSON**
- 85 **DAVID GRANT**
- 88 **GARETH DUTTON (C)**
- 89 **DAVID EATON**



PATRICK SMYTH

#HockeyFamily

Let's be frank, it's a phrase that makes me puke. If you are on social media as much as I am (and those that know me know that's far too much for anyone's mental wellbeing) you see it used in both a positive and negative connotation.

"So much for the "hockey family"?" cry those who feel hard done by or persecuted by opposing fanbases. Yet when a cause is deemed worthy, the spirit of good will and togetherness allows those wanting to be part of something bigger to bask in the joy of that "#HockeyFamily".

Now before you jump down my throat for being overtly negative in a programme for an event that so wonderfully celebrates what can be achieved when fanbases come together in this sport, take a moment to reflect on the realities outside of a social media bubble.

There is always and has always been a camaraderie in hockey that permeates through so many minority sports. The battles on the ice inspire tribal emotions that are left in the seats of the arenas or rinks when the final buzzer sounds. Were this football, those emotive feelings bring staunch divisions that many struggle to get beyond. Yet in hockey, like rugby or cricket, there is a real feeling that the game is the game, and we have more in common that divides.

So here we are, at another wonderful UK Hockey All Stars weekend where this camaraderie is in full display. One that EIHL

and NIHL fans alike have every April when they rock up to Nottingham or Coventry and spend a weekend reacquainting themselves with friends or meeting new fans of opposing teams, strengthening the bond across the sport and having fun while we are at it.

The generosity of the UK Ice Hockey Community is obvious throughout the season and has been a keystone to the success of this very event. When one of our own is in trouble, the fanbase rally round. There have been events both tragic and challenging over the years that have tested the will and togetherness of us all. Not least in the last number of years when we all looked for distraction and comfort while Covid19 took its toll on all our lives.

This is a weekend where the craic on and off the ice bring a welcome break to the long off season, and the opportunity to raise some much-needed money for so many worthy charities. The work put in behind the scenes to make this such a long running and successful event should not go un-noticed. It goes a long way to enhancing the reputation of our great sport and our great fanbase. All involved should be rightly congratulated and thanked for their hard work.

Times are tough, but the escape the game offers us, with friends alongside is too important not to be recognised, not to be celebrated, not to be enjoyed.

One thing being locked in our homes for months on end should have taught us is that we need to enjoy these events at every opportunity, and I have no doubt all at this weekend's games will do just that.

But is this a good example of the realities of the #HockeyFamily? I don't know, but the term still makes me want to puke.

JONO BULLARD

How I Met Your Mother

This is a love story of sorts, It's the tale of how I met my wife Helen in 2006. We have been married for 9 years and have an 8 year-old daughter, Lucy. As some of you may or may not know, I support the Nottingham Panthers and I am their webcast commentator. As you also may or may not know, my wife supports the Sheffield Steelers.

Unfortunately, my daughter has decided to choose the orange path rather than take the light side and support the team of the city where she was born. This can be quite traumatic for me. Every time she pulls on one of those ghastly orange jerseys a piece of my soul dies, a part of my heart breaks, then I question my ability as a parent and why I have failed so badly at it!

But how did a single Batchelor from Nottingham end up meeting a single girl from Sheffield? You'll not be surprised to hear that it was through hockey, but perhaps not in the conventional way.

Although I have proudly taken part in the UK Charity Allstars event, 17 years ago in 2006, there was a charity ice hockey game in Nottingham at the NIC between a Nottingham team and a Sheffield team. Leading up to the event on Sunday August 20th, there were several training sessions at Ice Sheffield. It was very mixed ability, from the barely beginners to seasoned rec & EPL players, so the training sessions were very much needed.

As the weeks went on, it became very noticeable that Helen was paying me a

lot of attention. Friends were telling me it was obvious to them she was interested, including my team-mate Neil Thomas who appraised the situation with a comment that I cannot possibly repeat on here!

The final training session took place in Nottingham a week before the game and Helen & I had arranged to go for a drink after. After a couple of drinks, something to eat and conversation, we kissed for the first time and the rest of my life began that fateful night.

The game took place a week later at the Olympic Rink in the NIC. A capacity crowd watched the home side take the victory and also a bench clearance in the second period, standard Nottingham v Sheffield fare really! The most important thing was that over £10,000 was raised for Cancer Research UK and, much like the All-Stars Weekend, it was obvious the good that hockey, the fans and the people who play it can do. It was a phenomenal amount of money for a game of that standard to raise, and it blows my mind to see the amounts that get raised at these weekends now. You all deserve the highest of praise and gratitude, it really is incredible.

Now here we are nearly 17 years later, 9 years married and with an 8 year-old child. I don't think either of us could predict that playing on opposite sides in a charity hockey game could lead to a happy life together despite the team choices but here we are. So, if you are here at the weekend and you are single, never fear. Maybe your soulmate is here as well and you never know, the rest of your life could be right ahead of you.

THE NEW TROPHIES



The 2023 Allstars new award names recognising contributions to the Allstars.

Every year the aim is fundraising and raising awareness, but this is sport so there must be a trophy!!! We all want to raise one and have that winning photo no matter if it's in front of 10 people or 100,000.

We have always had a trophy for each final and only two have had names before, so, 2023 will see the introduction of new trophies to play for recognising and reflecting on contributions to the event.

The overall team winners this year will be playing for the **Grant-Gray Cup**.

This trophy represents the first winners of the Grant-Hubback award and where the only two people that had trophies already named after them, in Sharon Grant and Susan Gray.

The support we have had, and continue to get, from Sharon and Susan is one of the main reasons behind the creation of the Grant-Gray Cup.

The 3rd placed team will lift the **Allstars Memorial Cup**.

This trophy represents everyone for we have sadly lost and has had an impact on the event. We celebrate this people annually at the start of the event, but this will be a permanent reflection for us all and for the teams and charities to mark individuals they have lost as well.

Everyone who is remembered with this award will be credited on the events website soon.

The 5th placed team will lift the **Allstars Captains Shield**.

This trophy represents all the people that have led their teams during the All Stars since 2008 and we will be adding a section soon to the website naming each so their efforts are always remembered.

Everyone who has been a captain at the Allstars weekend credited on the events website soon.



The 7th placed team will lift the Cross Check Clothing Shield.

This trophy represents our long-standing relationship with Cross Check and recognises all they have done to help grow the event and their commitment to charity.

The Grant-Hubback Award

On top of the team awards we also award the Grant-Hubback award to someone for has gone over and above the event and demonstrates all the qualities of being an Allstar. It can be during a long period of time of over the year from the previous event.

The award is named after the event founders' fathers who were a big influence on the first event starting and its continuous since. Both Owen and Roy in their lives were dedicated to the service of others and charity, this is what the event is all about.

This year we are also adding a brand-new award.

**We are honoured to
announce...**

“The Scarlett Cup”

This will be awarded to the person who over the Weekend has epitomised the spirit of the weekend and is named after Scarlett who lived life with the sparkle and left a huge impression on all that met her, especially everyone at the Allstars.

Scarlett was a mascot for Ty Hafan and her family have been long term supporters and participants.



SATURDAY'S FIXTURES

TIME	GAME	TEAM 1	TEAM 2
12:00		PHOTOS	
12:10	1	Prostate Cancer Care	Mind
12:31	2	British Heart Foundation	Help 4 Heroes
12:52	3	Ty Hafan	Breast Cancer Now
13:13		ICE CUT	
13:28	4	Dreams Come True	Barbarians
13:49	5	Breast Cancer Now	Mind
14:10	6	British Heart Foundation	Ty Hafan
14:31		ICE CUT	
14:46	7	Dreams Come True	Help 4 Heroes
15:07	8	Barbarians	Prostate Cancer UK
15:28	9	British Heart Foundation	Mind
15:49		ICE CUT	
16:04	10	Prostate Cancer Care	Breast Cancer Now
16:25	11	Dreams Come True	Ty Hafan
16:46	12	Barbarians	Help 4 Heroes
17:07		ICE CUT	
17:22	13	British Heart Foundation	Breast Cancer Now
17:43	14	Dreams Come True	Mind
18:04		ICE CUT	
18:19	15	Ty Hafan	Barbarians
18:40	16	Prostate Cancer Care	Help 4 Heroes
19:00		FINISH	

SUNDAY'S FIXTURES

TIME	GAME	TEAM 1	TEAM 2
12:00	17	Ty Hafan	Help 4 Heroes
12:21	18	Breast Cancer Now	Dreams Come True
12:42	19	Prostate Cancer Care	British Heart Foundation
13:03		ICE CUT	
13:18	20	Mind	Barbarians
13:39	21	Ty Hafan	Prostate Cancer Care
14:00	22	Dreams Come True	British Heart Foundation
14:21		ICE CUT	
14:36	23	Help 4 Heroes	Mind
14:57	24	Breast Cancer Now	Barbarians
15:18	25	Dreams Come True	Prostate Cancer Care
15:39		ICE CUT	
15:54	26	Ty Hafan	Mind
16:15	27	British Heart Foundation	Barbarians
16:36	28	Help 4 Heroes	Breast Cancer Now
16:57		ICE CUT	
17:12	29	7th PLACE	8th PLACE
17:42	30	5th PLACE	6th PLACE
18:12		ICE CUT	
18:27	31	3rd PLACE	4th PLACE
18:57	32	1st PLACE	2nd PLACE
19:27		FINISH	



CAPTAIN: **GERAINT WALTERS**

Back in 2012 after being attacked by hacksaw Jim Duggan in the cupboard helping setup the BBQ at the Big Blue Tent, my life changed for the better! Helping that weekend after being on a public skate and knew a few people involved in the event, it seemed right up my street.

The Allstars is that huge release from the everyday life of work and it's a huge part of me.

Going into my 9th Allstars playing and on the committee along with it being my 3rd as captain of Dreams Come True, it's a privilege to be able to play the sport we love and give back to help others. To lead this team out means a hell of a lot and couldn't think of a better bunch of beauties to share the ice with.

This year the team have been covering various aspects of fundraising from

BBQs at pub's, quizzes, money from scrimmages, Shirt raffles etc. Another successful year for the team with fundraising which will help grant more Dreams to many kids who need them.

With the fundraising from 2022, we nominated Dáithí to be granted a wish and this took place a few weeks ago at the WWE in London. You may know of Dáithí from Belfast with the Organ Donation campaign as he waits on a heart transplant. We can't thank everyone enough for their support which enables us to help others with memorable trips like this and others we've granted in the past. There may be a second nomination this year before we get to Cardiff, we're just waiting on more information before announcing this.

I hope you like the shirts we've came up with this year, after seeing the Orlando Solar Bears tie dye shirts, this give me

inspiration to try it with Dreams and with the charity's approval, it was good to go.

We look forward to seeing you all at Vindico arena this weekend and supporting all the teams along the

way. Don't expect to see me lighting the lamp unless it's Ovechkin style on his backside like last year (Didn't know I scored) but you'll always see me on the ice with a smile on my face.

G #7

Dreams Come True

DREAMS COME TRUE TEAM

- 3 **HOBIE BLAIR**
- 4 **ASH TAYLOR**
- 7 **GERAINT WALTERS (C)**
- 11 **DAVY BROWN**
- 13 **ADAM BAILEY**
- 18 **DAVID MILLAR**
- 22 **JENN HEPP**
- 24 **CRAIG POYNTER**
- 37 **KURT TAROFF**
- 39 **JASON BAILEY**
- 40 **KEVIN PORTER**
- 46 **MO HAGGERTY**
- 77 **EVA HARRISON**
- 89 **BRIAN MCCALLUM**
- 89 **CHRIS MILLAR**
- 96 **JORDAN SIMPSON**
- 96 **GEMMA DAVIES**

HELP for HEROES

SUPPORT FOR OUR WOUNDED

CAPTAIN: **MELISSA HEMMING-BOSWORTH**

Team Heroes have had an exciting build up to Allstars 2023. Sadly, we had to say “until next time” to some of our experienced players whilst they focus on work, studies and bringing little Troopers into the world. On a positive note, this has given us the opportunity to bring in some fresh players who will get to experience the magic of Allstars for the first time!

I’m really happy to be welcoming back Team Heroes very own father and son duo Pete & Ozzie Frith who have been playing for Allstars for many, many years and will be back on the ice together this year.

As a Team, we’re spread out all over the UK but despite this we’re all pretty close and spend most weekends catching up on social media and spurring each other on with our fundraising efforts. We’re really lucky to have a real mix of talents on the Team, which people have turned to their advantage when it comes to fundraising.

The lovely Jess Leslie spends her spare time singing around her local town of Southampton to hit her fundraising target. Michael Courts is a stock car racer who’s been making the most of the race track to maximize his fundraising. A couple of our crazy team mates from Scotland will be taking on the infamous 3 Peak Challenge all in aid of Help for Heroes. People really are going all out this year to give back to our Troops.

Despite the fact that we only get to be together as a Team once a year for Allstars, Team Heroes are always there for each other and it’s been such an honour to Captain this group of amazing people this year. I am just so proud of how they have pulled together through this past year to support each other and smash our fundraising target.

This year the Heroes will be lead out on the ice by our mini mascot Calvin Courts, who’s dad Michael was seriously injured on tour in Afghanistan...we’re honoured to have

Michael play for Heroes. We're also joined by Mark Hemming who will be representing the charity as our off ice Veteran after he was medically discharged from the Royal Air Force following a career ending injury.

Mark and his family will be with us as a reminder as to why we give do what we do for Help for Heroes.

Help for Heroes truly is an essential charity that we all care deeply about and can't wait to get on the ice to give our all through blood, sweat, tears and laughter for those that gave their all for us!

Go Heroes!!!!

HELP FOR HEROES TEAM

- 5 **DAVE WANMER**
- 5 **SALLY WILLIAMS**
- 13 **OZZIE FRITH**
- 14 **MELISSA HEMMING-BOSWORTH (C)**
- 16 **MICHAEL LORIMER**
- 19 **STEPHEN LEWIS**
- 26 **JOSH LESLIE**
- 27 **JEFF COVERDALE**
- 30 **MARK PALMER**
- 30 **LEIGH MCHATTON**
- 34 **DAVID WILLIS**
- 65 **PETE P FRITH**
- 65 **JAKE BROUGH**
- 70 **JESS LESLIE**
- 75 **MICHAEL COURTS**
- 77 **RICHARD WILLIAMS**
- 94 **BARRY FEE**

A VIEW FROM THE BOX

It's an honour to be on the mic for my fourth All Stars weekend, my third here in Cardiff after making my 'debut' in Sheffield in 2018.

If you're a regular at All Stars the following statement won't come as a surprise: Djing at All Stars is unlike any other hockey event I've been part of!

Playing music during the gameplay, live commentary where needed, marriage proposals, GoT "Walk of Shame" around the arena and much more! This on top of 16 fast-paced games each day with changes on the fly - sometimes including goalies which is unreal fun! - and an amazing amount of money raised for fantastic charities.

There's also the 'pinch me' moment for someone who's watched hockey in the UK leagues for many years - announcing a goal scored by number 19 Steve Moria in the rink where his number hangs in the rafters.

The scorers/penalty bench at Vindico Arena is incredibly busy on All Star weekend. In addition to the music and announcements, there's also the scoreboard controls as well as the buzzer to mark the end of each shift during the games. And there's the game sheets, stats, results and tables - all done live throughout the weekend. The team in the box is Sarah, Andrew and Graham alongside myself.

We're very privileged to be so close to the action, seeing and hearing a lot of what goes on at ice level. The weekend is in reality the end of the All Stars journey for the year, an 11-month odyssey of events, fundraising, promotion, more fundraising and so on.

This year I've also been able to speak with people involved in the event with interviews going up on the All Stars YouTube channel. The captains are an amazing group of people, each with a story about how they became involved.

Funnily enough many of them said they got involved 'by accident' but as we discussed with them once you're in, All Stars doesn't let go. That goes for players, captains, coaches, volunteers, fundraisers, fans, officials.

After my first in Sheffield, the weekend has always been one of, if not the, first thing in my diary for the following season. It's a perfect time of year about four-six weeks before the new season so an ideal way of getting back into hockey after the summer.

There's the cast of characters you perhaps see once or twice in-season but you're always talking with them online. And then you see them at All Stars and you catch up like forever friends for the few days together before heading your separate ways again after the event.

So what I'm saying in a roundabout way - this weekend is special. All Stars is special. All Stars people are special. Make the most of it - come say hi to us in the box, ask for a song or a shoutout. Talk to the players about their charity, their teams, their hockey. Go see the charities in the bar and find out more about how they have been helped in the past 15 years and how you could help.

Definitely go and see the crew from Cross Check on their stand, buy a jersey or a t-shirt or something else. Or just say hi.

If you've been to many of these then thanks for staying around. If you're new here you'll very quickly realise that it's unlike any other charity hockey game/tournament/event you've ever been to. It's possibly the most uplifting weekend of your hockey life.

And once you're in, you're an All Star. Forever.





CAPTAIN: **RACHEL MILES**

Back in 2019, I was at a very low point and really struggling to see the positives in life. Whilst lying in the garden, watching the world go by, I checked my phone to see a message from Phil Jones asking if I wanted to come down to the rink for a scrimmage in aid of Mind.

If truth be told, I really wasn't in the mood to go but something gave me enough of a kick to head down to the rink. After playing a fun scrimmage with some lush people, Phil introduced me to Clarky, the Team Mind Captain, a lovely charismatic guy from Essex. He asked if I wanted to play for Mind in the UK Charity Allstars tournament. Not quite knowing what I was letting myself in for...I said yes.

So here we are in 2023, my third Allstars and I'm now the very proud Captain of Team Mind....how wild is that?! To represent Team Mind in anyway is an absolute privilege, but to have the honour of being Captain...just wow. I was truly blown away when David Grant rang me back last Summer to offer me the Captaincy. I had huge shoes to fill after the incredible work Clarky had done and

I truly felt the pressure. I am so grateful to my amazing Team, Friends and Family who have supported me every step of the way. Without your help I wouldn't have been able to have achieved as many cool things such as doing a podcast with Let's Be Frank, going up to Widnes for their Mental Health Awareness game and so many more things so far out of my comfort zone. Thanks to you all I have been able to focus on raising loads of awareness for Mental Health as well as connecting with more mental health communities so that people struggling know that they are not alone and can find the help they need.

For those of you who don't know, I lost my beautiful Dad to suicide in 2015. He was the most amazing man whose smile could brighten up anyone's day. Allstars is a bittersweet weekend for me as it always falls on the dates that we lost Dad. So being Captain this time is going to be extra emotional. All Team Mind are united by the pain of losing loved ones to suicide, and struggle with their Mental health also, so I really couldn't be surrounded by more understanding, compassionate and empathetic people.

I am so lucky that Allstars saved me all those years ago, as I have been able to meet people who understand the struggles of mental health and it has certainly made me feel less alone. I am also so grateful to Allstars for providing me with an incredible platform to fundraise for Mind UK and to raise awareness in the hope that people don't have to struggle alone.

Team Mind have really been pushing themselves out of their comfort zones to raise money and awareness for Mind and mental health this year. We've had 'Juicy' Tattoos, Duck Races, barefoot running, full ice hockey kit 'fun' runs, sweepstakes, quizzes, hockey stick and jersey auctions to

name a few awesome fundraisers this year. As a team we have really been focusing on connecting with others and spreading as much awareness for Mental Health as we possibly can. We've been open and honest with each other when we are struggling and reached out for help when we have needed it. I am so proud of Team Mind and all we have achieved together this year. We all cannot wait to celebrate all our hard work with the other amazing teams on Allstars weekend.

To my beautiful friends and family, I love you so much, thank you for always being there for me.

Rach x

MIND TEAM

4 **WILL FRY**
10 **RACHEL MILES (C)**
11 **VIKKI ALEXANDER**
14 **LEWIS ASTILL**
16 **ROSS HUTCHINSON**
17 **JANNE VIRTANEN**
20 **JONNY MORGAN**
22 **DANNY LANGHORN**
25 **STEVE MERRY**
27 **PAIGE AITKEN**
30 **ADAM WOODLIFFE**
33 **KIERAN MILES**

38 **WEZ SPURRETT**
66 **JAMES MORGAN**
77 **KATIE EDGINTON**
96 **MATTHEW SALISBURY**
97 **ANDRE NORRIS**





**PROSTATE
CANCER UK**

CAPTAIN: **JOSH CUMMINGS**

Where to even begin...

First it was the pandemic, then the war in Ukraine and all the price hikes that came with that, the cost of living crisis.... But for one weekend a year - IT'S ALLSTARS WEEKEND AND WE ARE GONNA HAVE SOME FUN!!!

On a serious note, I would like to thank each and every person that has donated not just to ourselves, but to every team, player and off ice fundraiser involved in Allstars. We all know times are tough and money is very tight, so having all of you spare a few quid for these great causes is absolutely wonderful and we all thank you from the bottom of our hearts!

It's been an absolute honour to be selected as Captain of PCUK Hockey for this year and it's been one of the best experiences of my life! I'm so lucky and honoured to have such an awesome team of people putting in all the graft

and hard work to raise as much money and awareness for this great charity.

We've had some great fundraising events through the year including jersey sales, 10k fun runs in full kit and also GB Ice Hockey getting involved and donating a huge chunk of money from their 50/50 sales at this year's World Championships in Nottingham.

Now we all get to enjoy ourselves on the ice after all the hard work for the past year and hope you all enjoy the fun and shenanigans happening on the ice and also feel free to join in the fun going on off the ice too!

Huge thanks again and enjoy the weekend!

Josh Cummings #90

#FORTHEBOYS

PROSTATE CANCER UK TEAM

5	KIM LOGSDON
7	ANDREW DAVIE
15	ELLIOT COX
15	JEZ PORTER
16	CHRIS MEE
24	LUCAS MORGAN-DSOUZA
27	LAURA DANCE
28	STEVE BOSWORTH
34	RICHARD DEAN
39	JAMES GUEST
41	DAN PERKINS
51	ROSS TOOMEY
55	ALEX WYATT
59	KEVIN LOGSDON
81	CARL GRAHAM
90	GARETH SMITH
90	JOSH CUMMINGS (C)





supporting
tŷ hafan

CAPTAIN: **JAMES PEPPER**

What can I say, it's been an immense honour to captain the Ty Hafan team for my third and final time, also to represent such an amazing charity and to skate out on to the ice at the Vindico Arena with an amazing group of individuals.

The team: Ty Hafan hockey team hasn't changed much from the team that took us to the final against team Mind last year. However, this year our penalty shot expert Simon Cannon wasn't available due to injury, Ty Hafan stalwart Suzi Grieve wasn't able to travel due to now living in France and our line one power house Andrew Davies couldn't commit due to his preparations for team GB roller hockey.

The team have brought in a few Allstars newbies as replacements, on line 3 we are honoured to be joined by a Ty Hafan fundraising legend Chris Thomas. Chris is the father of our mascot Scarlett. Chris and his wife Clair will always be an inspiration to us all. Scarlett was a beautiful little girl who frequently enjoyed visits to Ty Hafan with her parents and joined us on the ice for a lap of honour in the 2016 Allstars. Tragically Scarlett passed away, but is forever in our

minds and will always be present in spirit whenever her beloved Cardiff Devils take to the ice. Each year Ty Hafan hockey wear the rocket design that Scarlett's dad created in memory of Scarlett, we place this design closest to our hearts.

This year, if you have purchased the 2023 jersey you will also notice that we have the words #TeamScarlett printed on the inside of our Jersey collar. This year's jersey, we think it's the best yet! Team crosscheck have knocked it out of the arena yet again. We decided to go for the Blackout look and it looks amazing with the lime green of Ty Hafan.

We are also joined by replacements Matt Sisnett and Michael Hutchings, please do give them both a warm welcome.

The charity: Ty Hafan, like most charities have been badly affected by the challenges that the UK has faced over the last few years and now need our support more than ever, its important to note that they are not part of the NHS, they depend on fundraising and donations. I work closely with Ty Hafan and have been a trustee

since 2019, it's been a very difficult few years throughout which they have provided support for children with life limiting illness and their families.

Our fundraising: Thank you to everyone that has donated, you really are incredible human beings. Also, thanks to our amazing sponsors Vista Technology Support, Reggies Raw, MRM and sons, SPD loft conversions

and Cardiff frame company, you all have made an incredible difference.

It's never too late to donate and every penny raised really does help, please scan the QR code below and donate to any of the team, they will really appreciate the support.

All the Best, Pep

(Ty Hafan Ice Hockey captain)

TY HAFAN TEAM

- 5 **EMMA ADAMS**
- 13 **CHRIS THOMAS**
- 14 **MIKE MCCRUDDEN**
- 16 **MIKE HUTCHINGS**
- 19 **LIV TAYLOR**
- 23 **MATTHEW KNIGHT**
- 25 **JAMES FRAYLING**
- 28 **DAMIAN HARTY**
- 29 **BLAINE BURBIDGE-SMITH**
- 35 **JOHN SISNETT**
- 39 **EVAN COLES**
- 50 **JON MCCARTHY**
- 55 **JAMES PEPPER (C)**
- 58 **RICK STRANG**
- 60 **SCOTT BURBIDGE-SMITH**
- 77 **THOMAS DE LA NOUGEREDE**
- 89 **CRAIG WEBB**





THANK YOU

Events like this weekend cannot happen without a number of supporters, both personal and corporate and we have a massive thank you to the following:

Mind UK	Unicorn Collective
Brainzyme	Bracknell Bees ice hockey club
Cardiff Windows and Doors	Widnes Wild ice hockey club
Hockey is Diversity	Chris Fletcher plumbing, gas and home improvements
Her Game Too	Edge coffee
Toybox Project	Hockey Station
IJS Images	Evolve commercial
Megxsketch	Graham's Pest Control
Bauer	RT Electrical Solutions
Carl Carling Media	Uncial
Edge2Edge Skate Sharpening	SMP
Floors on Floors	Vindico Arena
Rejuvenate Clinics	Cross Check Clothing
Clueless Moomin	Sharon Grant
Focused Recruitment	Deborah Gilday
2Sisters Haulage LTD	Susan Gray
Llyfrau'r Enfys	Sarah Davies
Jacama Yacht	Andrew Davies
HighLife Promotions	Graham Collins
Hutch House	Craig Simson
Martin's Bookkeeping and Accountancy	Jason Coles
Services LTD	Huw Polton
NKPT Online	Nathan Ormand
Pretty Hot & Tattoo'd	Andrew Jarvie
Command Rooms	Lee Freeman (Freeman Design)
AVSS	Vindico Arena Staff
HiStakes Photography	Cardiff PAT Test
Noonan Photography	The Glantaff Inn
MaxContact	Redditch Music School
MLA Supply and Service	Menzies Aviation
Patterson's Roofing and Building	

For your contribution in making Cardiff 23 the success that it is.



Cubo

MORE THAN WORK

MORE THAN WORK!

Founded in the East Midlands, Cubo has made its name challenging the idea of a 'traditional workplace' by creating a flexible working concept that offers its members far more than just a desk and four walls. Cubo is now the location of choice for a growing number of SMEs and tech companies who require the best Grade A office space in each location.

Cubo currently has sites in Nottingham, Derby, Birmingham, Sheffield, Leeds and Edinburgh with more sites opening in the near future. As well as private offices, coworking memberships are also available.

Since Cubo Nottingham opened its doors in 2020, it has provided members with the best facilities, including: meeting rooms, networking events, coworking and chill-out areas, a free barista service, not to mention the beer and Fizz on tap! Its location in Fenchurch House on King street is ideal for access to the city's many restaurant and bar options, and easily reached by train, bus, or tram.

IN DEMAND!

The second Cubo hub in Nottingham is due to open in August 2023 on Standard Hill near Nottingham Castle, in what was formerly Nottingham General Hospital.

The building is a total of 50,000 sq ft over four floors, complete with all the same amenities as our other locations but with one major difference - this is the first Cubo site to have a Cubo Wellness Centre, complete with gym and spa! Exclusive to Cubo members only.

If you are looking for a new office in Nottingham don't miss out! Enquire for the forthcoming Standard Court location and secure your membership today!



GET IN TOUCH

enquiries@cubowork.com

0800 038 9797

www.cubowork.com



SECURE. TECHNOLOGY. PROCUREMENT.

We are a technology procurement and supply chain specialist within the secure domain supporting both public and private sector clients. Our commercial experts support clients on a wide range of complex commercial challenges.

**WE'RE
RECRUITING**



contact@evolvecommercial.co.uk

Evolve
Commercial

 Follow us on
LinkedIn