# JAMES LESTER

**International Experience**

POSITION

**Saltire Sports Management**

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## PERSONAL DATA

**DOB:** 10.11.2006
**Height:** 6ft 2in

**Nationality:** Welsh
**Passport:** British/Trinidad & Tobago
**Current Location:** South Wales

**Gender:** Male
**Favoured Foot:** Right
**Highest Level played:** International

An integral part of the Lanelli Town AFC, Cymru Premier side for the 2025/26 season. Lester benefited from a strong footballing education at a young age with Cardiff City and has carried that technical foundation into senior football. Since joining Llanelli Town, he has impressed with his consistency, professionalism, and calmness in possession. In his 26 games this season, James has showed confidence in defensive duels and positional awareness. His ability to read the game, win aerial battles, remain disciplined defensively and a real threat when in transition, made James an integral figure within the Llanelli squad. This then translated into his first cap for the Trinidad & Tobago senior men's international squad V Bolivia, earlier in the season.

CLUB HISTORY

Cardiff City Academy
2021/24

Lanelli Town AFC
2024/Present

## TRANSFERMARKT

## INTERNATIONAL RECOGNITION

One of the biggest milestones for James so far came with international recognition from Trinidad and Tobago. Lester earned a senior national team call-up in 2026 and made his international debut for the Soca Warriors, highlighting the rapid progress he has made in such a short period of time. His inclusion at international level reflects both his potential and the growing recognition of his performances.

## HIGHLIGHTS FOOTAGE