

Africa Cup of Nations 2013 (W)
18 - 23 Nov 2013
Nairobi (KEN)



Team Details Ghana

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|--------------------------------|--------------------|------|------|
| 1 | MENSAH Grace (GK) | 24 Aug 1973 | 40 | 45 |
| 2 | ADAMPA Janet | 14 Dec 1993 | 19 | 41 |
| 3 | BOAKYE Serwaa | 17 Mar 1993 | 20 | 53 |
| 5 | FOSUAA Emelia | 21 Oct 1993 | 20 | 35 |
| 6 | SAM Georgina (C) | 12 Jul 1974 | 39 | 59 |
| 7 | SASU Linda | 16 Mar 1990 | 23 | 28 |
| 8 | AMOAKO Cecilia | 22 Nov 1993 | 19 | 66 |
| 9 | UMARU Nafisatu | 17 Dec 1993 | 19 | 57 |
| 10 | JOYCE Amakye | | | 0 |
| 11 | ABASS Ramatu | 16 Mar 1981 | 32 | 0 |
| 12 | COFFIE Ernestina | 5 Nov 1993 | 20 | 49 |
| 13 | OPOKU Elizabeth | 2 Feb 1994 | 19 | 64 |
| 14 | TENKORANG Nkansah Lydia | 22 Sep 1989 | 24 | 10 |
| 15 | SWELL-GRANT Monica Reid | 25 Sep 1978 | 35 | 8 |
| 17 | INKOOM Gertrude | 19 Aug 1985 | 28 | 48 |
| 18 | AMUI Gertrude (GK) | 25 Dec 1978 | 34 | 19 |
| 19 | BAMFO Racheal | 9 Apr 1990 | 23 | 59 |
| 20 | MILLS Theresa | 10 Mar 1993 | 20 | 22 |

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2013-11-18

Team Staff

| Role | Name |
|------------------|---------------------------|
| Team Manager | ANKOMAH Grace |
| Stand-In Manager | DZOKOTO Bright |
| Head Coach | BOAKYE-YIADOM Osei |
| Physiotherapist | ADANGABEY Gaetan |

Team Colours

| | |
|-----------|----------------|
| Shirts | Yellow White |
| Skirts | White Black |
| Socks | Black Yellow |
| GK Shirts | Black Red |

Technical Delegate: AKPOKAVIE Richard (GHA)

Africa Cup of Nations 2013 (W)
18 - 23 Nov 2013
Nairobi (KEN)



Team Details Kenya

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|-------------------------------|---------------|------|------|
| 1 | ATARO Josephine (GK) | 22 Dec 1972 | 40 | 0 |
| 2 | AURA Lilian | 23 Mar 1990 | 23 | 50 |
| 3 | NEKESA JUMA Teresa | 23 Dec 1972 | 40 | 87 |
| 4 | OMMALA Betsy (C) | 12 Oct 1989 | 24 | 35 |
| 5 | GUCHU Caroline | 23 Oct 1988 | 25 | 61 |
| 6 | JOW Jacqueline | 26 Jun 1979 | 34 | 29 |
| 7 | NONDI Lorraine | 22 Jan 1986 | 27 | 22 |
| 8 | AGUNDA Anita | 22 Jan 1979 | 34 | 19 |
| 9 | OWOUR Rachel | 9 Apr 1989 | 24 | 23 |
| 10 | AMUTEBI Pauline | 17 Apr 1994 | 19 | 9 |
| 11 | ROTICH Margaret | 10 Oct 1990 | 23 | 13 |
| 12 | OMOTTO Benazir | | | 0 |
| 13 | SIMIYU Barbara | | | 0 |
| 14 | OMAIDO Audrey | 21 Apr 1990 | 23 | 39 |
| 15 | GICHAU Laura | | | 0 |
| 17 | MUTIVA Flavia | 20 Apr 1990 | 23 | 52 |
| 20 | NGARACHU Caroline (GK) | | | 0 |
| 27 | NAMASAKE Glennis | 28 Dec 1986 | 26 | 15 |

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2013-11-18

Team Staff

| Role | Name |
|------------------|-------------------------|
| Team Manager | MASHEDI Alice |
| Stand-In Manager | NYAMOGO Jane |
| Head Coach | FIDHELIS Kimanzi |
| Medical Doctor | OKOTH Carol |
| Physiotherapist | GUANTAI Mina |

Team Colours

| | |
|-----------|----------------|
| Shirts | Red White |
| Skirts | White Black |
| Socks | Red Green |
| GK Shirts | Black Orange |

Technical Delegate: AKPOKAVIE Richard (GHA)

Africa Cup of Nations 2013 (W)
18 - 23 Nov 2013
Nairobi (KEN)



Team Details South Africa

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|------------------------------|---------------|------|------|
| 5 | BRITZ Tanya | 15 Dec 1993 | 19 | 55 |
| 6 | LATEGAN Izelle | 15 Jun 1992 | 21 | 18 |
| 7 | DAVIDS Illse | 26 Mar 1987 | 26 | 176 |
| 9 | HATTINGH Hanli (GK) | 11 Sep 1989 | 24 | 17 |
| 10 | RUSSELL Shelley | | | 0 |
| 11 | KEET Marcelle (C) | 25 Oct 1984 | 29 | 15 |
| 13 | DEETLEFS Lisa-Marie | 8 Sep 1987 | 26 | 285 |
| 14 | MADSEN Kelly | 26 Jun 1989 | 24 | 130 |
| 19 | du PLESSIS Lilian | 17 Dec 1992 | 20 | 158 |
| 20 | TERBLANCHE Nicolene | 22 Feb 1988 | 25 | 215 |
| 23 | COSTON Bernadette | 17 Aug 1989 | 24 | 169 |
| 24 | MBANDE Phumelela (GK) | 8 Mar 1993 | 20 | 79 |
| 26 | FLEMMING Kaila | 7 Jul 1991 | 22 | 20 |
| 27 | MAYNE Jade | 11 May 1989 | 24 | 146 |
| 28 | BOBBS Quanita | 3 Sep 1993 | 20 | 192 |
| 30 | DAMONS Sulette | 30 Oct 1989 | 24 | 198 |
| 31 | EVANS Celia | 18 Jun 1990 | 23 | 193 |
| 32 | ROOS Christine | 11 Jul 1991 | 22 | 26 |

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2013-11-18

Team Staff

| Role | Name |
|------------------|------------------------|
| Team Manager | ROSTRON Sheldon |
| Stand-In Manager | MEINTJIES John |
| Head Coach | GREGORY Fabian |
| Assistant Coach | CERFONTEIN Kurt |
| Medical Doctor | SHANG Gavin |
| Physiotherapist | PILLAY Tanu |

Team Colours

| | |
|-----------|----------------|
| Shirts | Yellow White |
| Skirts | Green White |
| Socks | Yellow Green |
| GK Shirts | Blue Orange |

Technical Delegate: AKPOKAVIE Richard (GHA)

Africa Cup of Nations 2013 (W)
18 - 23 Nov 2013
Nairobi (KEN)



Team Details Tanzania

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|------------------------------|---------------|------|------|
| 1 | SIMBAMKOLE Flora (GK) | | | 0 |
| 2 | MKUCHU Eudia | | | 0 |
| 6 | LUHANGIJA Joyce | | | 0 |
| 7 | NGOMAITARA Mariam | | | 0 |
| 8 | SHAN Leah | | | 0 |
| 9 | GOWELE Winfrida | | | 0 |
| 10 | ABDALLAH Kidawa | 2 Jan 1984 | 29 | 14 |
| 11 | SELEMANI Kahidja | 1 Mar 1986 | 27 | 8 |
| 12 | ZAWADI Mariam | | | 0 |
| 13 | MWAKAPALILA Eva | | | 0 |
| 14 | GASPER Rose | 8 May 1994 | 19 | 14 |
| 15 | MHINA SEMPINDA Mary | 7 Dec 1985 | 27 | 6 |
| 16 | MPAGAMYE Magreth (C) | | | 0 |
| 17 | NGOKO Happy | | | 0 |
| 18 | ELIAS Moncia | | | 0 |
| 22 | CHILIMBE Salome (GK) | | | 0 |

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2013-11-18

Team Staff

| Role | Name |
|--------------|---------------------------|
| Team Manager | MNONDA Magani |
| Head Coach | QUARANTA Valentina |

Team Colours

| | |
|-----------|------------------------|
| Shirts | White Dark Green |
| Skirts | Dark Blue Dark Green |
| Socks | Dark Blue Yellow |
| GK Shirts | Grey Red |

Technical Delegate: AKPOKAVIE Richard (GHA)