



Team Details Ghana

Shirt No.	Player	Date of Birth	Age*	Caps
1	AZUMAH Bridget (GK)	5 Jun 1993	26	27
3	BOAKYE Serwaa	17 Mar 1993	26	53
4	COFFIE Ernestina	5 Nov 1993	25	49
6	UMARU Nafisatu (C)	17 Dec 1993	25	57
7	SULEMANA Adizatu	27 Dec 1997	21	32
8	AMOAKO Cecilia	22 Nov 1993	25	66
9	WHYTE Debora	10 Aug 1997	22	13
10	OPOKU Elizabeth	2 Feb 1994	25	64
11	AFRIYIE Lydia	6 Sep 1997	21	43
13	ACQUAH Juwaila	22 Dec 1996	22	21
14	BERKO Mavis	13 Jul 1997	22	32
15	KORWU Joanita	25 Jun 1985	34	37
17	NARKUOR Vivian	24 Sep 1999	19	36
18	BOYE Abigail (GK)	24 Sep 1989	29	21
19	BAMFO Racheal	9 Apr 1990	29	59
21	FIADOR Evelyn	3 Jan 1990	29	9
22	OWUSU Roberta	28 Nov 1997	21	23
24	SHAIBU Queensilla	28 Nov 1993	25	16

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

* As of 2019-08-12

Team Staff

Role	Name
Team Manager	ANKOMAH Grace
Stand-In Manager	DZOKOTO Bright
Head Coach	AHADJIE Emmanuel
Assistant Coach	ABASS Ramatu
Physical Trainer	AWAGAH Rejoice

Team Colours

Shirts	Yellow White
Skirts	Black White
Socks	Yellow Black
GK Shirts	Red Apple Green



Team Details Kenya

Shirt No.	Player	Date of Birth	Age*	Caps
1	ONYANGO Cynthia (GK)	20 Nov 1993	25	18
2	GUCHU Caroline	23 Oct 1988	30	61
3	MBUGUA Beatrice	7 Oct 1994	24	21
4	MURAGU Jane	7 Mar 1997	22	9
5	OWITI Alice	5 Mar 2000	19	21
6	OKUMU Gilly (C)	29 Apr 1995	24	24
7	OMINDI Harriette	14 Jul 1993	26	4
8	AKINYI Marion	19 Nov 1995	23	3
9	KUIRA Rhoda	5 Dec 1995	23	17
10	OMWANDHO Leah	28 Jan 1993	26	13
11	WACHIRA Lucy	3 Jan 1993	26	9
12	MAKOKHA Grace	9 Nov 1995	23	11
13	KARANJA Tracy	10 Dec 1992	26	36
14	AURA Lilian	23 Mar 1990	29	50
15	RUTH Leddie	12 Jan 1997	22	4
16	MUTIVA Flavia	20 Apr 1990	29	52
17	OKUMU Maureen	2 Apr 1996	23	28
18	OCHIA Nouvelle (GK)	30 Oct 1998	20	1

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Team Staff

Role	Name
Team Manager	NYAMOGO Jane
Stand-In Manager	MALUNGU Michael
Head Coach	OLAL Thomas
Assistant Coach	JOW Jacqueline
Physiotherapist	KARANI Muriiki
Physical Trainer	NDIRANGU Kanyi

Team Colours

Shirts	White Red
Skirts	Black White
Socks	White Black
GK Shirts	Yellow Light Blue



Team Details Namibia

Shirt No.	Player	Date of Birth	Age*	Caps
1	STOFFBERG Petro (GK)	11 Oct 1996	22	30
3	KRUGER Jahntwa	8 Feb 2000	19	29
4	LUDWIG Sunelle	27 Nov 1998	20	29
6	van ROOYEN Joane	3 Jul 2002	17	19
7	GERBER Phea	27 Aug 1997	21	12
8	KRUGER Jivanka	5 Jul 1997	22	27
9	BARTLETT Jerrica	1 Apr 1990	29	30
10	MENGO Magreth (C)	12 Jun 1984	35	22
11	WESSELS Cele	6 Oct 2002	16	20
12	DEYSEL Jocelle	23 Mar 1994	25	13
13	KASHOPOLA Emilia	13 Jan 1993	26	21
14	MYBURGH Tamarie	19 Dec 2001	17	28
17	LOUIS Ina	27 Sep 1988	30	21
18	DIAMOND Berencia (GK)	15 Jun 1994	25	12
19	VAN STADEN Armin	6 Mar 2003	16	9
21	HERMANUS Gillian	3 Jan 1998	21	20
23	LAUBSCHER Marian	1 Nov 1994	24	4
27	VENTER Marcia	13 May 1992	27	11

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* As of 2019-08-12

Team Staff

Role	Name
Team Manager	STOFFBERG Marietta
Head Coach	HANDURA Erwin
Assistant Coach	COPPELMANS Frederic
Physiotherapist	van VEEN Tania

Team Colours

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



Team Details South Africa

Shirt No.	Player	Date of Birth	Age*	Caps
2	FOURIE Tegan	13 Jul 1998	21	18
3	EVANS Celia	18 Jun 1990	29	185
6	VERSTER Izelle	12 Sep 1994	24	19
8	PATON Kristen	21 Dec 1996	22	72
9	JOHNSON Robyn	7 Dec 1990	28	46
12	CHAMBERLAIN Dirkie	3 Nov 1986	32	243
13	DEETLEFS Lisa-Marie	8 Sep 1987	31	285
14	VETO Nomnikelo	3 Jan 1997	22	26
16	HUNTER Erin (C)	20 Mar 1992	27	105
18	PEARCE Hannah	17 Nov 1998	20	41
19	du PLESSIS Lilian	17 Dec 1992	26	158
21	MALI Ongeziwe	21 May 1999	20	30
24	MBANDE Phumelela (GK)	8 Mar 1993	26	70
28	BOBBS Quanita	3 Sep 1993	25	184
29	GLASBY Tarryn	23 Jan 1995	24	91
32	MODIPANE Mmatshupo (GK)	28 Sep 1989	29	22
37	van JAARSVELDT Sylvia	29 Jul 1989	30	13
38	ZULU Onthatile	14 Mar 2000	19	56

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Team Staff

Role	Name
Team Manager	DOIG Gill
Stand-In Manager	NAIDOO Taren
Head Coach	van GINKEL Robin
Assistant Coach	ZONDI Inky
Physiotherapist	NEL Cindy
Physical Trainer	le ROUX Jacques
Psychologist	DE JAGER Louise

Team Colours

Shirts	Green White
Skirts	Green White
Socks	Yellow Green
GK Shirts	Red Royal Blue



Team Details Zimbabwe

Shirt No.	Player	Date of Birth	Age*	Caps
1	CLIPSTONE Jordyn (GK)	29 May 1995	24	15
2	MATHIESON Jenna (GK)	16 Apr 2001	18	11
3	O'TOOLE Keara	8 Apr 1985	34	4
4	VIVIERS Roxanne	16 Jan 1993	26	21
5	MANNIX Belinda	7 Aug 1986	33	9
6	TERBLANCHE Alexei	13 Sep 2001	17	17
7	HERBST Simone	7 Dec 2000	18	17
8	GRANT Nicolle	10 Mar 1992	27	17
9	ALLARDICE Georgia	1 Nov 2001	17	11
10	WATSON Nicola	11 Sep 1980	38	4
11	CAMPBELL Mary (C)	13 May 1985	34	11
12	POPE Lilian	12 Nov 2001	17	11
13	JOHNSON Iman	5 Nov 1994	24	21
14	McDONALD Sophie	23 Aug 1999	19	6
15	TERBLANCHE Natalie	6 Sep 2000	18	17
16	WILLIAMS Michelle	21 Aug 1990	28	18
17	NENGARE Farirai	17 Jan 1993	26	17
18	SIBANDA Gugulethu	25 Feb 2001	18	4

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* As of 2019-08-12

Team Staff

Role	Name
Team Manager	STEYN Trada
Head Coach	MCVEY Angus
Assistant Coach	HAASBROEK Jaime
Physiotherapist / Stand-In Manager	PLEMMONS Jeremy

Team Colours

Shirts	Red White
Skirts	Black Green
Socks	Red Green
GK Shirts	Orange Pink