

Team Details Ireland

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|--------------------------|---------------|------|------|
| 1 | BUCKLEY Emma (GK) | 26 Oct 1998 | 25 | 31 |
| 2 | O'HOGAN Kate (GK) | 6 May 2000 | 23 | 8 |
| 3 | PATTON Sarah | 3 Dec 1996 | 27 | 37 |
| 4 | GRAHAM Laura | 13 May 2001 | 22 | 26 |
| 5 | POWER Mikayla | 17 Jan 2005 | 18 | 27 |
| 7 | BROWN Chloe | 31 Jan 1994 | 29 | 36 |
| 9 | FOX Orla | 27 Sep 1991 | 32 | 43 |
| 10 | PATTON Orla (C) | 30 Jan 1994 | 29 | 42 |
| 11 | FULTON Milla | 20 Jul 2006 | 17 | 13 |
| 12 | MCCARLIE Jenna | 25 Jun 2002 | 21 | 13 |
| 13 | LLOYD Lily | 30 Dec 1999 | 23 | 22 |
| 14 | KIMBER Katie | 25 Nov 2003 | 20 | 9 |

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

* As of 2023-12-15

Team Staff

| Role | Name |
|-----------------|-----------------------|
| Team Manager | MYBURGH Gareth |
| Head Coach | ABBOTT Rob |
| Assistant Coach | FULTON Natalie |

Team Colours

| | |
|-----------|-------------------|
| Shirts | Green White |
| Skirts | Green White |
| Socks | White Green |
| GK Shirts | Mint Green Pink |

Team Details Namibia

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|-----------------------------|--------------------|------|------|
| 1 | STOFFBERG Petro (GK) | 11 Oct 1996 | 27 | 68 |
| 2 | WESSELS Jocelle | 23 Mar 1994 | 29 | 34 |
| 3 | PHILANDER Azaylee | 3 Jan 2004 | 19 | 38 |
| 4 | LUDWIG Sunelle | 27 Nov 1998 | 25 | 55 |
| 5 | CORMACK Kiana-Che | 2 Aug 2001 | 22 | 19 |
| 8 | VENTER Marcia | 13 May 1992 | 31 | 53 |
| 9 | BARTLETT Jerrica | 1 Apr 1990 | 33 | 60 |
| 10 | HENCKERT Jaime (GK) | 13 Jan 2004 | 19 | 9 |
| 12 | HERMANUS Gillian (C) | 3 Jan 1998 | 25 | 49 |
| 16 | DERCKSEN Amber | 16 Jul 2002 | 21 | 13 |
| 19 | MYBURGH Tamarie | 19 Dec 2001 | 21 | 15 |

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* As of 2023-12-15

Team Staff

| Role | Name |
|------------------|------------------------------|
| Team Manager | ABRAHAMS Shaheed |
| Stand-In Manager | HANSEN Mary |
| Head Coach | CORMACK Shayne |
| Assistant Coach | GROGLI Andrea |
| Physiotherapist | VAN DER VENT Amy-Jade |

Team Colours

| | |
|-----------|--------------------|
| Shirts | Royal Blue White |
| Skirts | Red Royal Blue |
| Socks | Red Royal Blue |
| GK Shirts | Black Red |

Team Details South Africa

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|---------------------------------|---------------|------|------|
| 2 | SOUTHGATE Jamie (C) | 23 Mar 1998 | 25 | 100 |
| 4 | SWANEPOEL Kelsey | 14 Aug 2000 | 23 | 6 |
| 6 | DE OLIVEIRA Daniela | 11 Jul 2003 | 20 | 42 |
| 7 | MOLIKOE Edith | 23 May 2000 | 23 | 74 |
| 8 | DEN BAKKER Cailynn | 9 May 2001 | 22 | 19 |
| 9 | de WAAL Kayla | 11 Jun 2000 | 23 | 55 |
| 14 | FOURIE Tegan | 13 Jul 1998 | 25 | 76 |
| 15 | HAMZA Malikhah | 8 Feb 2004 | 19 | 25 |
| 16 | LARDANT Jessica | 5 Sep 1997 | 26 | 71 |
| 17 | BRISSET Laiken | 27 Mar 2004 | 19 | 31 |
| 23 | GREYVENSTEIN Cheree (GK) | 17 Jan 1997 | 26 | 73 |
| 25 | PAGET Sarah (GK) | 11 Nov 2001 | 22 | 17 |
| 27 | MOABI Bonolo | 27 Aug 2002 | 21 | 20 |
| 29 | DAVIDS Laylaa | 20 Sep 2001 | 22 | 13 |

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

* As of 2023-12-15

Team Staff

| Role | Name |
|------------------|---------------------------|
| Team Manager | FLOWERS Tracey |
| Head Coach | SPIERINGSHOEK A.J. |
| Assistant Coach | PRICE Calvin |
| Medical Doctor | RAS Minjon |
| Medical Doctor | D'ALTON Caroline |
| Physiotherapist | SILAL Sandhya |
| Physical Trainer | RAMDIN Shahil |

Team Colours

| | |
|-----------|-----------------|
| Shirts | Green White |
| Skirts | Green White |
| Socks | Yellow Green |
| GK Shirts | Red Navy Blue |