

2024 Nkosi Cup (W)

13 - 17 Dec 2024

Cape Town



Team Details Ireland

Shirt No.	Player	Date of Birth	Age*	Caps
1	BUCKLEY Emma (GK)	26 Oct 1998	26	31
2	SEYMOUR Caoimhe (GK)	26 Dec 2005	18	3
3	PATTON Sarah	3 Dec 1996	28	37
4	GRAHAM Laura	13 May 2001	23	26
5	SPENCE Caroline	31 May 2000	24	4
6	ROBINSON Ellen	14 Aug 1997	27	9
7	BROWN Chloe	31 Jan 1994	30	36
8	SEGGIE Christine	12 Jul 1997	27	4
9	FOX Orla	27 Sep 1991	33	43
10	PATTON Orla (C)	30 Jan 1994	30	42
11	FULTON Milla	20 Jul 2006	18	13
12	MCCARLIE Jenna	25 Jun 2002	22	13

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

* As of 2024-12-13

Team Staff

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

Team Colours

Shirts	Green Navy Blue
Skirts	Green Navy Blue
Socks	Green Navy Blue
GK Shirts	Light Blue Red

Technical Delegate: BENNETT Sarah (ZIM)

2024 Nkosi Cup (W)

13 - 17 Dec 2024

Cape Town



Team Details Namibia

Shirt No.	Player	Date of Birth	Age*	Caps
1	STOFFBERG Petro (GK)	11 Oct 1996	28	68
3	PHILANDER Azaylee	3 Jan 2004	20	38
4	LUDWIG Sunelle (C)	27 Nov 1998	26	55
5	CORMACK Kiana-Che	2 Aug 2001	23	19
7	MEYER Danja	25 Jul 2003	21	20
8	KRUGER Jivanka	5 Jul 1997	27	29
9	BARTLETT Jerrica	1 Apr 1990	34	60
10	HENCKERT Jaime (GK)	13 Jan 2004	20	9
15	KRUGER Jahntwa	8 Feb 2000	24	13
19	MYBURGH Tamarie	19 Dec 2001	22	15
20	NEETHLING Marika	16 Mar 2006	18	5

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

* As of 2024-12-13

Team Staff

Role	Name
Team Manager	ZEHRT Taryn
Head Coach	CORMACK Shayne
Assistant Coach	PRICE Calvin
Physiotherapist	SMIT Joseph
Psychologist	LANGHE Siegfried

Team Colours

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

Technical Delegate: BENNETT Sarah (ZIM)

2024 Nkosi Cup (W)

13 - 17 Dec 2024

Cape Town

**Team Details South Africa**

Shirt No.	Player	Date of Birth	Age*	Caps
2	SOUTHGATE Jamie (C)	23 Mar 1998	26	100
6	DE OLIVEIRA Daniela	11 Jul 2003	21	42
7	MOLIKOE Edith	23 May 2000	24	74
8	DEN BAKKER Cailynn	9 May 2001	23	19
9	de WAAL Kayla	11 Jun 2000	24	55
14	FOURIE Tegan	13 Jul 1998	26	76
15	HAMZA Malikhah	8 Feb 2004	20	25
16	LARDANT Jessica	5 Sep 1997	27	71
17	BRISSET Laiken	27 Mar 2004	20	31
23	GREYVENSTEIN Cheree (GK)	17 Jan 1997	27	73
25	PAGET Sarah (GK)	11 Nov 2001	23	17
29	DAVIDS Laylaa	20 Sep 2001	23	13

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

* As of 2024-12-13

Team Staff

Role	Name
Team Manager	FLOWERS Tracey
Head Coach	SPIERINGSHOEK A.J.
Assistant Coach	RAMDIN Shahil
Assistant Coach	WEST Bryce
Physiotherapist	BENNETT Miche

Team Colours

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

Technical Delegate: BENNETT Sarah (ZIM)