2025 Test Matches POL v IRL (M)

19 - 20 Jul 2025
Poznań, Poland

Team Details Ireland

Shirt No.	Player	Date of Birth	Age*	Caps
2	**CARR Jamie (GK)**	13 Jun 1996	29	102
4	**WITHEROW Luke**	10 Aug 1998	26	52
7	**CROSS Tim**	26 Jan 1991	34	87 (AUS 8, IRL 79)
8	**McKEE John**	22 Dec 1996	28	137
9	**NELSON Matthew**	14 Apr 1998	27	126
10	**WALSH Daragh**	27 Aug 1997	27	133
12	**O'DEA Kevin**	3 May 2002	23	45
15	**MARSHALL Kyle (C)**	10 Jul 1998	27	97
17	**MURRAY Sean**	5 May 1997	28	170
18	**MCNELLIS Mark**	28 May 1997	28	52
19	**McKIBBIN Peter**	19 Mar 1997	28	90
20	**DUNCAN Jeremy**	2 Aug 1994	30	155
21	**MILLIKEN James (GK)**	6 Oct 1997	27	26
23	**PASLEY Ben**	21 Feb 2005	20	12
24	**WALKER Benjamin**	13 Jul 1999	26	130
25	**LYNCH Jonathan**	5 Apr 2001	24	72
26	**BROWN Peter**	7 Jul 1994	31	88
28	**NELSON Ben**	2 Feb 2000	25	30
29	**COLE Lee**	21 Feb 1995	30	165
30	**ROWE Louis**	28 Jun 2004	21	36
32	**WALKER Adam**	3 Dec 2002	22	8
35	**EMPEY Conor**	7 Aug 1998	26	42
36	**HYLAND Sam**	23 Dec 1998	26	62
39	**GIBSON Fergus**	24 Feb 2000	25	37
40	**JOHNSON Ben**	1 Aug 2000	24	53
41	**RYDER Benjamin**	9 Mar 2003	22	12
43	**ROLESTON Luke (GK)**	25 Nov 1999	25	15
46	**WILLIAMS Gregory**	14 Jun 2004	21	17
47	**MCALLISTER Adam**	31 Dec 1997	27	24
49	**EMPEY Alistair**	11 Dec 2000	24	33

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

* As of 2025-07-19

Team Staff

Role	Name
Team Manager	**O'SHEA Christine**
Team Manager	**GEDDIS Raymond**
Stand-In Manager	**CUNNIFFE Eoin**
Head Coach	**TUMILTY Mark**
Assistant Coach	**ROTHMAN Neville**
Assistant Coach	**FITZGERALD David**
Assistant Coach	**FREDDY Ashlin**
Physiotherapist	**DOOLIN Orla**

Team Colours

Shirts	Green | White
Shorts	White | Green
Socks	Green | White
GK Shirts	Orange | Navy

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2025 Test Matches POL v IRL (M)

19 - 20 Jul 2025
Poznań, Poland

Team Details Poland

Shirt No.	Player	Date of Birth	Age*	Caps
1	**POPIOŁKOWSKI Mateusz (GK)**	21 Apr 1994	31	77
2	**GŁOWACKI Mikołaj**	18 Mar 1999	26	57
3	**BIEŃKOWSKI Jakub**	25 May 2004	21	3
4	**BEMBENEK Tomasz**	17 Jan 2000	25	55
5	**GUMNY Karol**	24 Jun 2006	19	8
6	**SIKORSKI Mateusz**	12 Jun 2005	20	2
7	**JARZYŃSKI Gracjan**	1 Apr 2001	24	55
8	**GUMNY Mikołaj**	22 Nov 1994	30	112
9	**KUROWSKI Jacek (C)**	17 Apr 1998	27	90
10	**KOPERSKI Maksymilian**	23 Jul 1999	25	61
11	**JARZEMBOWSKI Damian**	2 Feb 1997	28	36
12	**PACANOWSKI Maciej (GK)**	21 Sep 1992	32	5
14	**PAWLAK Robert**	10 May 2003	22	50
16	**JANICKI Jakub**	9 Sep 1996	28	96
17	**PAWLAK Patryk**	19 Nov 1996	28	72
20	**MARCINKOWSKI Aleks**	19 Mar 2005	20	7
21	**CHUMEŃCZUK Jakub**	24 Nov 2000	24	42
22	**RUTKOWSKI Wojciech**	27 Aug 2000	24	13
23	**BEMBENEK Eryk**	25 Nov 2001	23	50
24	**NOWAKOWSKI Mateusz**	23 Feb 1998	27	58
27	**LANGE Michał**	15 Oct 2000	24	50
32	**PAWLAK Maksymilian (GK)**	18 Feb 2005	20	2

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

* As of 2025-07-19

Team Staff

Role	Name
Team Manager	**GRZESZCZAK Robert**
Team Manager	**SNIEZEK Karol**
Head Coach	**RACHWALSKI Dariusz**
Physiotherapist	**MAŁKIEWICZ Oliwia**

Team Colours

Shirts	White | Red
Shorts	White | Red
Socks	White | Red
GK Shirts	Royal Blue | Yellow

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