

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	87
4	WITHEROW Luke	10 Aug 1998	26	45
7	CROSS Tim	26 Jan 1991	34	83 (AUS 8, IRL 75)
8	McKEE John	22 Dec 1996	28	123
9	NELSON Matthew	14 Apr 1998	27	107
10	WALSH Daragh	27 Aug 1997	27	124
12	O'DEA Kevin	3 May 2002	23	45
15	MARSHALL Kyle (C)	10 Jul 1998	27	78
17	MURRAY Sean	5 May 1997	28	155
18	MCNELLIS Mark	28 May 1997	28	39
19	McKIBBIN Peter	19 Mar 1997	28	71
20	DUNCAN Jeremy	2 Aug 1994	30	135
21	MILLIKEN James (GK)	6 Oct 1997	27	25
23	PASLEY Ben	21 Feb 2005	20	12
24	WALKER Benjamin	13 Jul 1999	26	114
25	LYNCH Jonathan	5 Apr 2001	24	57
26	BROWN Peter	7 Jul 1994	31	68
28	NELSON Ben	2 Feb 2000	25	22
29	COLE Lee	21 Feb 1995	30	146
30	ROWE Louis	28 Jun 2004	21	22
32	WALKER Adam	3 Dec 2002	22	8
35	EMPEY Conor	7 Aug 1998	26	42
36	HYLAND Sam	23 Dec 1998	26	51
39	GIBSON Fergus	24 Feb 2000	25	18
40	JOHNSON Ben	1 Aug 2000	24	49
41	RYDER Benjamin	9 Mar 2003	22	8
43	ROLESTON Luke (GK)	25 Nov 1999	25	9
46	WILLIAMS Gregory	14 Jun 2004	21	2
47	MCALLISTER Adam	31 Dec 1997	27	9
49	EMPEY Alistair	11 Dec 2000	24	18

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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Team Details Poland

Shirt No.	Player	Date of Birth	Age*	Caps
1	POPIOŁKOWSKI Mateusz (GK)	21 Apr 1994	31	67
2	GŁOWACKI Mikołaj	18 Mar 1999	26	47
3	BIENKOWSKI Jakub	25 May 2004	21	3
4	BEMBENEK Tomasz	17 Jan 2000	25	45
5	GUMNY Karol	24 Jun 2006	19	8
6	SIKORSKI Mateusz	12 Jun 2005	20	2
7	JARZYŃSKI Gracjan	1 Apr 2001	24	45
8	GUMNY Mikołaj	22 Nov 1994	30	102
9	KUROWSKI Jacek (C)	17 Apr 1998	27	80
10	KOPERSKI Maksymilian	23 Jul 1999	25	51
11	JARZEMBOWSKI Damian	2 Feb 1997	28	26
12	PACANOWSKI Maciej (GK)	21 Sep 1992	32	3
14	PAWLAK Robert	10 May 2003	22	40
16	JANICKI Jakub	9 Sep 1996	28	86
17	PAWLAK Patryk	19 Nov 1996	28	62
20	MARCINKOWSKI Aleks	19 Mar 2005	20	7
21	CHUMENCZUK Jakub	24 Nov 2000	24	32
22	RUTKOWSKI Wojciech	27 Aug 2000	24	3
23	BEMBENEK Eryk	25 Nov 2001	23	40
24	NOWAKOWSKI Mateusz	23 Feb 1998	27	51
27	LANGE Michał	15 Oct 2000	24	40
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