Africa Cup of Nations 2013 (W)

18 - 23 Nov 2013
Nairobi (KEN)

Team Details Ghana

Shirt No.	Player	Date of Birth	Age*	Caps
1	**MENSAH Grace (GK)**	24 Aug 1973	40	45
2	**ADAMPA Janet**	14 Dec 1993	19	41
3	**BOAKYE Serwaa**	17 Mar 1993	20	53
5	**FOSUAA Emelia**	21 Oct 1993	20	35
6	**SAM Georgina (C)**	12 Jul 1974	39	59
7	**SASU Linda**	16 Mar 1990	23	28
8	**AMOAKO Cecilia**	**22 Nov 1993**	19	66
9	**UMARU Nafisatu**	17 Dec 1993	19	57
10	**JOYCE Amakye**			0
11	**ABASS Ramatu**	16 Mar 1981	32	0
12	**COFFIE Ernestina**	5 Nov 1993	20	49
13	**OPOKU Elizabeth**	2 Feb 1994	19	64
14	**TENKORANG Nkansah Lydia**	22 Sep 1989	24	10
15	**SWELL-GRANT Monica Reid**	25 Sep 1978	35	8
17	**INKOOM Gertrude**	19 Aug 1985	28	48
18	**AMUI Gertrude (GK)**	25 Dec 1978	34	19
19	**BAMFO Racheal**	9 Apr 1990	23	59
20	**MILLS Theresa**	10 Mar 1993	20	22

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

* As of 2013-11-18

Team Staff

Role	Name
Team Manager	**ANKOMAH Grace**
Stand-In Manager	**DZOKOTO Bright**
Head Coach	**BOAKYE-YIADOM Osei**
Physiotherapist	**ADANGABEY Gaetan**

Team Colours

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

Technical Delegate: AKPOKAVIE Richard (GHA)

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Africa Cup of Nations 2013 (W)
18 - 23 Nov 2013
Nairobi (KEN)

Team Details Kenya

Shirt No.	Player	Date of Birth	Age*	Caps
1	**ATARO Josephine (GK)**	22 Dec 1972	40	0
2	**AURA Lilian**	23 Mar 1990	23	50
3	**NEKESA JUMA Teresa**	23 Dec 1972	40	87
4	**OMMALA Betsy (C)**	12 Oct 1989	24	35
5	**GUCHU Caroline**	23 Oct 1988	25	66
6	**JOW Jacqueline**	26 Jun 1979	34	29
7	**NONDI Lorraine**	22 Jan 1986	27	22
8	**AGUNDA Anita**	22 Jan 1979	34	19
9	**OWOUR Rachel**	9 Apr 1989	24	23
10	**AMUTEBI Pauline**	17 Apr 1994	19	9
11	**ROTICH Margaret**	10 Oct 1990	23	13
12	**OMOTTO Benazir**			0
13	**SIMIYU Barbara**			0
14	**OMAIDO Audrey**	21 Apr 1990	23	39
15	**GICHAU Laura**			0
17	**MUTIVA Flavia**	20 Apr 1990	23	52
20	**NGARACHU Caroline (GK)**			0
27	**NAMASAKE Glennis**	28 Dec 1986	26	15

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

* As of 2013-11-18

Team Staff

Role	Name
Team Manager	**MASHEDI Alice**
Stand-In Manager	**NYAMOGO Jane**
Head Coach	**FIDHELIS Kimanzi**
Medical Doctor	**OKOTH Carol**
Physiotherapist	**GUANTAI Mina**

Team Colours

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

Technical Delegate: AKPOKAVIE Richard (GHA)

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Africa Cup of Nations 2013 (W)
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Nairobi (KEN)

Team Details South Africa

Shirt No.	Player	Date of Birth	Age*	Caps
5	**BRITZ Tanya**	15 Dec 1993	19	55
6	**LATEGAN Izelle**	15 Jun 1992	21	18
7	**DAVIDS Illse**	26 Mar 1987	26	176
9	**HATTINGH Hanli (GK)**	11 Sep 1989	24	17
10	**RUSSELL Shelley**			0
11	**KEET Marcelle (C)**	25 Oct 1984	29	15
13	**DEETLEFS Lisa-Marie**	8 Sep 1987	26	285
14	**MADSEN Kelly**	26 Jun 1989	24	130
19	**du PLESSIS Lilian**	17 Dec 1992	20	159
20	**TERBLANCHE Nicolene**	22 Feb 1988	25	215
23	**COSTON Bernadette**	17 Aug 1989	24	169
24	**MBANDE Phumelela (GK)**	8 Mar 1993	20	79
26	**FLEMMING Kaila**	7 Jul 1991	22	20
27	**MAYNE Jade**	11 May 1989	24	146
28	**BOBBS Quanita**	3 Sep 1993	20	202
30	**DAMONS Sulette**	30 Oct 1989	24	198
31	**EVANS Celia**	18 Jun 1990	23	193
32	**ROOS Christine**	11 Jul 1991	22	26

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

* As of 2013-11-18

Team Staff

Role	Name
Team Manager	**ROSTRON Sheldon**
Stand-In Manager	**MEINTJIES John**
Head Coach	**GREGORY Fabian**
Assistant Coach	**CERFONTEIN Kurt**
Medical Doctor	**SHANG Gavin**
Physiotherapist	**PILLAY Tanu**

Team Colours

Shirts	Yellow | White
Skirts	Green | White
Socks	Yellow | Green
GK Shirts	Blue | Orange

Technical Delegate: AKPOKAVIE Richard (GHA)

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Africa Cup of Nations 2013 (W)

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Nairobi (KEN)

Team Details Tanzania

Shirt No.	Player	Date of Birth	Age*	Caps
1	**SIMBAMKOLE Flora (GK)**			0
2	**MKUCHU Eudia**			0
6	**LUHANGIJA Joyce**			0
7	**NGOMAITARA Mariam**			0
8	**SHAN Leah**			0
9	**GOWELE Winfrida**			0
10	**ABDALLAH Kidawa**	2 Jan 1984	29	14
11	**SELEMANI Kahidja**	1 Mar 1986	27	8
12	**ZAWADI Mariam**			0
13	**MWAKAPALILA Eva**			0
14	**GASPER Rose**	8 May 1994	19	14
15	**MHINA SEMPINDA Mary**	7 Dec 1985	27	6
16	**MPAGAMYE Magreth (C)**			0
17	**NGOKO Happy**			0
18	**ELIAS Moncia**			0
22	**CHILIMBE Salome (GK)**			0

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

* As of 2013-11-18

Team Staff

Role	Name
Team Manager	**MNONDA Magani**
Head Coach	**QUARANTA Valentina**

Team Colours

Shirts	White | Dark Green
Skirts	Dark Blue | Dark Green
Socks	Dark Blue | Yellow
GK Shirts	Grey | Red

Technical Delegate: AKPOKAVIE Richard (GHA)

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