

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	34
3	BOAKYE Serwaa	17 Mar 1993	20	53
5	FOSUAA Emelia	21 Oct 1993	20	34
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	6
15	SWELL-GRANT Monica Reid	25 Sep 1978	35	4
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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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	61
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	17
10	AMUTEBI Pauline	17 Apr 1994	19	5
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

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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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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	14
7	DAVIDS Illse	26 Mar 1987	26	176
9	HATTINGH Hanli (GK)	11 Sep 1989	24	13
10	RUSSELL Shelley			0
11	KEET Marcelle (C)	25 Oct 1984	29	11
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	158
20	TERBLANCHE Nicolene	22 Feb 1988	25	215
23	COSTON Bernadette	17 Aug 1989	24	169
24	MBANDE Phumelela (GK)	8 Mar 1993	20	70
26	FLEMMING Kaila	7 Jul 1991	22	19
27	MAYNE Jade	11 May 1989	24	146
28	BOBBS Quanita	3 Sep 1993	20	187
30	DAMONS Sulette	30 Oct 1989	24	198
31	EVANS Celia	18 Jun 1990	23	188
32	ROOS Christine	11 Jul 1991	22	26

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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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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	5
16	MPAGAMYE Magreth (C)			0
17	NGOKO Happy			0
18	ELIAS Moncia			0
22	CHILIMBE Salome (GK)			0

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* 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)