



Team Details Malawi

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|-----------------------------|---------------|------|------|
| 1 | MATENGELE Eva (GK) | | | 2 |
| 2 | KAMPIRA Eliza | | | 2 |
| 3 | NGUNDE Enles | | | 2 |
| 4 | SAZUZE Eluby | | | 2 |
| 5 | LINYAMA Esnarth | | | 2 |
| 6 | KADANGO Lilian (C) | | | 2 |
| 7 | KALINGA Fainala | | | 2 |
| 8 | MAKUNGANYA Keziah | | | 2 |
| 9 | MPHWINIZA Jacqueline | | | 2 |
| 10 | PADAMBO Swilanga | | | 2 |
| 11 | THOMSON Mary | | | 2 |
| 12 | PHOYA Alice | | | 2 |
| 13 | JANA Grace | | | 2 |
| 14 | PHIRI Vanessa (GK) | | | 0 |
| 15 | JAMALI Chisomo | | | 2 |
| 16 | KUMWENDA Martha | | | 2 |
| 17 | CHAFUWA Immaculate | | | 2 |
| 18 | NYIRENDA Martha | | | 2 |

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

* As of 2022-08-31

Team Staff

| Role | Name |
|-----------------|------------------------|
| Team Manager | MSISKA Joyce |
| Head Coach | BIYA Geoffery |
| Assistant Coach | CHAURA Benjamin |
| Physiotherapist | PIPE Sarai |

Team Colours

| | |
|-----------|---------------------|
| Shirts | red green White |
| Skirts | black red green |
| Socks | red green |
| GK Shirts | Lime Green black |



Team Details Namibia

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|------------------------------|---------------|------|------|
| 1 | STOFFBERG Petro (GK) | 11 Oct 1996 | 25 | 34 |
| 3 | PHILANDER Azaylee | 3 Jan 2004 | 18 | 7 |
| 4 | LUDWIG Sunelle | 27 Nov 1998 | 23 | 32 |
| 5 | GILLIES Caitlin | 15 Mar 2004 | 18 | 3 |
| 8 | KRUGER Jivanka | 5 Jul 1997 | 25 | 27 |
| 9 | BARTLETT Jerrica | 1 Apr 1990 | 32 | 34 |
| 12 | HERMANUS Gillian | 3 Jan 1998 | 24 | 22 |
| 14 | GILLIES Jaime | 16 Aug 2005 | 17 | 3 |
| 16 | DIAMOND Berencia (GK) | 15 Jun 1994 | 28 | 15 |
| 18 | SCHOEMAN Vanessa | 22 May 2001 | 21 | 13 |
| 19 | MYBURGH Tamarie | 19 Dec 2001 | 20 | 32 |
| 20 | SCHIMMING Kaela | 24 Jan 2001 | 21 | 5 |
| 21 | COETZEE Anthea | 9 Dec 2004 | 17 | 13 |
| 24 | RIX Charlize | 12 Sep 2001 | 20 | 17 |
| 25 | MARTINS Xena | 22 Jul 2002 | 20 | 13 |
| 26 | SEMEDO Tisha | 24 Nov 2003 | 18 | 13 |
| 28 | VENTER Marcia | 13 May 1992 | 30 | 11 |
| 33 | KRUGER Jahntwa | 8 Feb 2000 | 22 | 29 |

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* As of 2022-08-31

Team Staff

| Role | Name |
|-----------------|------------------------|
| Team Manager | WEYHE Johann |
| Head Coach | GILLIES Melissa |
| Assistant Coach | MAKATI Sedtric |

Team Colours

| | |
|-----------|----------------|
| Shirts | Blue Red |
| Skirts | Blue Red |
| Socks | Blue Red |
| GK Shirts | Orange Green |



Team Details Zimbabwe

| Shirt No. | Player | Date of Birth | Age* | Caps |
|-----------|-----------------------------|---------------|------|------|
| 1 | HAASBROEK Jaime (GK) | 21 Nov 1986 | 35 | 7 |
| 2 | MATHIESON Jenna (GK) | 16 Apr 2001 | 21 | 11 |
| 3 | TRIVELLA Taya | 16 Sep 2001 | 20 | 6 |
| 4 | VIVIERS Roxanne | 16 Jan 1993 | 29 | 21 |
| 5 | BEEKES Mercedes | 19 Oct 2001 | 20 | 6 |
| 6 | TERBLANCHE Alexei | 13 Sep 2001 | 20 | 17 |
| 7 | HERBST Simone | 7 Dec 2000 | 21 | 17 |
| 8 | GRANT Nicolle | 10 Mar 1992 | 30 | 17 |
| 9 | LEVEY Amy-Lee (C) | 19 Feb 1988 | 34 | 8 |
| 10 | DIPLOCK Kelly | 11 May 1998 | 24 | 12 |
| 11 | HESS Natasha | 29 Sep 1984 | 37 | 8 |
| 12 | MASWERA Tatenda | 13 Nov 2003 | 18 | 6 |
| 13 | MZIZI Khanyisile | 30 Mar 2004 | 18 | 3 |
| 14 | TERBLANCHE Natalie | 6 Sep 2000 | 21 | 17 |
| 15 | ELIJAH Tinodiwanashe | 7 Apr 2005 | 17 | 12 |
| 16 | JOHNSON Iman | 5 Nov 1994 | 27 | 25 |
| 17 | NENGARE Farirai | 17 Jan 1993 | 29 | 21 |
| 18 | ZIMUTO Rumbidzai | 6 Nov 2000 | 21 | 6 |

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

* As of 2022-08-31

Team Staff

| Role | Name |
|------------------|---------------------------|
| Team Manager | WEBB Tracy |
| Stand-In Manager | LOWE Jacqui |
| Head Coach | CHAUHAN Bhavik |
| Assistant Coach | REILLY Bridget |
| Assistant Coach | FOURIE Christopher |
| Physiotherapist | STEFFENS Sophia |

Team Colours

| | |
|-----------|-------------------|
| Shirts | Black/Red White |
| Skirts | Black/Red Green |
| Socks | Black Green |
| GK Shirts | Blue Pink |