2024 Nkosi Cup (W)

13 - 17 Dec 2024

Cape Town

Team Details Ireland

Shirt No.	Player	Date of Birth	Age*	Caps
1	**BUCKLEY Emma (GK)**	26 Oct 1998	26	35
2	**SEYMOUR Caoimhe (GK)**	26 Dec 2005	18	3
3	**PATTON Sarah**	3 Dec 1996	28	46
4	**GRAHAM Laura**	13 May 2001	23	35
5	**SPENCE Caroline**	31 May 2000	24	12
6	**ROBINSON Ellen**	14 Aug 1997	27	13
7	**BROWN Chloe**	31 Jan 1994	30	41
8	**SEGGIE Christine**	12 Jul 1997	27	4
9	**FOX Orla**	27 Sep 1991	33	52
10	**PATTON Orla (C)**	30 Jan 1994	30	51
11	**FULTON Milla**	20 Jul 2006	18	13
12	**MCCARLIE Jenna**	25 Jun 2002	22	22

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

* As of 2024-12-13

Team Staff

Role	Name
Team Manager	**MYBURGH Gareth**
Head Coach	**ABBOTT Rob**
Assistant Coach	**FULTON Natalie**

Team Colours

Shirts	Green | Navy Blue
Skirts	Green | Navy Blue
Socks	Green | Navy Blue
GK Shirts	Light Blue | Red

Technical Delegate: BENNETT Sarah (ZIM)

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Team Details Namibia

Shirt No.	Player	Date of Birth	Age*	Caps
1	**STOFFBERG Petro (GK)**	11 Oct 1996	28	88
3	**PHILANDER Azaylee**	3 Jan 2004	20	52
4	**LUDWIG Sunelle (C)**	27 Nov 1998	26	75
5	**CORMACK Kiana-Ché**	2 Aug 2001	23	34
7	**MEYER Danja**	25 Jul 2003	21	35
8	**KRUGER Jivanka**	5 Jul 1997	27	43
9	**BARTLETT Jerrica**	1 Apr 1990	34	75
10	**HENCKERT Jaime (GK)**	13 Jan 2004	20	15
15	**KRUGER Jahntwa**	8 Feb 2000	24	27
19	**MYBURGH Taramarie**	19 Dec 2001	22	24
20	**NEETHLING Marika**	16 Mar 2006	18	18

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

* As of 2024-12-13

Team Staff

Role	Name
Team Manager	**ZEHRT Taryn**
Head Coach	**CORMACK Shayne**
Assistant Coach	**PRICE Calvin**
Physiotherapist	**SMIT Joseph**
Psychologist	**LANGE Siegfried**

Team Colours

Shirts	White | Royal Blue
Skirts	White | Royal Blue
Socks	White | Royal Blue
GK Shirts	Black | Red

Technical Delegate: BENNETT Sarah (ZIM)

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Team Details South Africa

Shirt No.	Player	Date of Birth	Age*	Caps
2	**SOUTHGATE Jamie (C)**	23 Mar 1998	26	116
6	**DE OLIVEIRA Daniella**	11 Jul 2003	21	53
7	**MOLIKOE Edith**	23 May 2000	24	90
8	**DEN BAKKER Cailynn**	9 May 2001	23	28
9	**de WAAL Kayla**	11 Jun 2000	24	60
14	**FOURIE Tegan**	13 Jul 1998	26	86
15	**HAMZA Malikah**	8 Feb 2004	20	40
16	**LARDANT Jessica**	5 Sep 1997	27	82
17	**BRISSET Laikén**	27 Mar 2004	20	42
23	**GREYVENSTEIN Cheree (GK)**	17 Jan 1997	27	75
25	**PAGET Sarah (GK)**	13 Nov 2001	23	32
29	**DAVIDS Laylaa**	20 Sep 2001	23	18

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

* As of 2024-12-13

Team Staff

Role	Name
Team Manager	**FLOWERS Tracey**
Head Coach	**SPIERINGSHOEK A.J.**
Assistant Coach	**RAMDIN Shahil**
Assistant Coach	**WEST Bryce**
Physiotherapist	**BENNETT Miche**

Team Colours

Shirts	Green | White
Skirts	Green | White
Socks	Yellow | Green
GK Shirts	Red | Navy Blue

Technical Delegate: BENNETT Sarah (ZIM)

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