



Team Details Ireland

Shirt No.	Player	Date of Birth	Age*	Caps
1	BUCKLEY Emma (GK)	26 Oct 1998	26	31
2	SEYMOUR Caoimhe (GK)	26 Dec 2005	18	3
3	PATTON Sarah	3 Dec 1996	28	37
4	GRAHAM Laura	13 May 2001	23	26
5	SPENCE Caroline	31 May 2000	24	4
6	ROBINSON Ellen	14 Aug 1997	27	9
7	BROWN Chloe	31 Jan 1994	30	36
8	SEGGIE Christine	12 Jul 1997	27	4
9	FOX Orla	27 Sep 1991	33	43
10	PATTON Orla (C)	30 Jan 1994	30	42
11	FULTON Milla	20 Jul 2006	18	13
12	MCCARLIE Jenna	25 Jun 2002	22	13

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

2024 Nkosi Cup (W)
13 - 17 Dec 2024
Cape Town



Team Details Namibia

Shirt No.	Player	Date of Birth	Age*	Caps
1	STOFFBERG Petro (GK)	11 Oct 1996	28	77
3	PHILANDER Azaylee	3 Jan 2004	20	47
4	LUDWIG Sunelle (C)	27 Nov 1998	26	64
5	CORMACK Kiana-Ché	2 Aug 2001	23	28
7	MEYER Danja	25 Jul 2003	21	29
8	KRUGER Jivanka	5 Jul 1997	27	38
9	BARTLETT Jerrica	1 Apr 1990	34	69
10	HENCKERT Jaime (GK)	13 Jan 2004	20	15
15	KRUGER Jahntwa	8 Feb 2000	24	22
19	MYBURGH Tamararie	19 Dec 2001	22	24
20	NEETHLING Marika	16 Mar 2006	18	14

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* 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)

2024 Nkosi Cup (W)
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Team Details South Africa

Shirt No.	Player	Date of Birth	Age*	Caps
2	SOUTHGATE Jamie (C)	23 Mar 1998	26	105
6	DE OLIVEIRA Daniella	11 Jul 2003	21	47
7	MOLIKOE Edith	23 May 2000	24	79
8	DEN BAKKER Cailynn	9 May 2001	23	24
9	de WAAL Kayla	11 Jun 2000	24	60
14	FOURIE Tegan	13 Jul 1998	26	81
15	HAMZA Malikhah	8 Feb 2004	20	30
16	LARDANT Jessica	5 Sep 1997	27	76
17	BRISSET Laikén	27 Mar 2004	20	36
23	GREYVENSTEIN Cheree (GK)	17 Jan 1997	27	75
25	PAGET Sarah (GK)	13 Nov 2001	23	21
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)