



**Junior Africa Cup [JAC] 2024 (W)**  
 18 - 25 Apr 2025  
 Windhoek



**Team Details Kenya**

Shirt No.	Player	Date of Birth	Age*	Caps
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NB: Team lists are subject to change following the tournament briefing meeting

\* As of 2024-12-31

**Team Staff**

Role	Name
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**Team Colours**

Shirts	Sky Blue   RED
Skirts	NAVY BLUE   BLACK
Socks	WHITE   BLACK
GK Shirts	RED   JUNGLE GREEN

Technical Delegate: GRAAFF Lorna (RSA)



**Team Details Namibia**

Shirt No.	Player	Date of Birth	Age*	Caps
1	<b>CARTWRIGHT Jasmine (GK)</b>	13 Mar 2008	16	0
2	<b>COETZEE Marlene</b>	22 Jan 2008	16	0
3	<b>PHILANDER Azaylee (C)</b>	3 Jan 2004	20	0
4	<b>SEMEDO Tisha</b>	24 Nov 2003	21	0
5	<b>BEZUIDENHOUT Onique</b>	10 Jan 2007	17	0
6	<b>ROWLES Abigail</b>	10 Feb 2009	15	0
7	<b>NEETHLING Marika</b>	16 Mar 2006	18	0
8	<b>GRESSE Jessica</b>	<b>20 Apr 2008</b>	16	0
9	<b>FOURIE Nicola</b>	<b>19 Apr 2007</b>	17	0
10	<b>GILLE Kyla</b>	1 Mar 2006	18	0
11	<b>ROWLES Alice</b>	3 Apr 2007	17	0
12	<b>COETZEE Anthea</b>	9 Dec 2004	20	0
13	<b>MALAN Milah</b>	29 May 2006	18	0
14	<b>KRUGER Maryke</b>	14 Aug 2009	15	0
15	<b>HIGGS Annica</b>	6 Mar 2006	18	0
16	<b>MCCARTHY Louise</b>	13 Jun 2008	16	0
17	<b>KARSTEN Mia</b>	12 Apr 2006	18	0
18	<b>JACOBS Anri (GK)</b>	<b>20 Apr 2007</b>	17	0

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**Team Staff**

Role	Name
Team Manager	<b>du RAAN Charlene</b>
Team Manager	<b>DREYER wynand</b>
Head Coach	<b>MAKATI Sedtric</b>
Assistant Coach	<b>DU RAAN Christoffel</b>

**Team Colours**

Shirts	Royal Blue   White
Skirts	Royal Blue   Red
Socks	Royal Blue   Red
GK Shirts	Bright Yellow   Black



### Team Details South Africa

Shirt No.	Player	Date of Birth	Age*	Caps
1	<b>THERON Lilly-Anne (GK)</b>	25 Aug 2006	18	0
2	<b>SALIS Paige</b>	17 Jun 2004	20	0
4	<b>SPERSHOTT Germarie</b>	23 Mar 2005	19	0
5	<b>PAKENDORF Tara</b>	29 Jun 2006	18	0
6	<b>BLOWS Jodie</b>	13 Dec 2005	19	0
8	<b>FAIRON Amber</b>	28 Aug 2007	17	0
9	<b>MAREE Caylin</b>	21 May 2003	21	3
10	<b>JANSE Ane</b>	20 Mar 2004	20	0
11	<b>BLAAUW Jenna</b>	2 Sep 2004	20	0
13	<b>ISAACS Paris-Gail</b>	25 Aug 2006	18	0
14	<b>ENGELKE Baylee</b>	18 Jul 2005	19	0
16	<b>MZIZI Nomsa</b>	8 Jul 2004	20	0
17	<b>MOKOENA Ntsopa</b>	17 Aug 2004	20	0
18	<b>DE LA REY Teshawn</b>	4 May 2005	19	0
23	<b>VOGEL Angelé</b>	10 Oct 2005	19	0
24	<b>PHUME Reabetswe</b>	16 Mar 2006	18	0
25	<b>NORVAL Richele (GK)</b>	24 Jun 2004	20	0
27	<b>NDUBUEZE Ifeoma</b>	11 Apr 2006	18	0

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### Team Staff

Role	Name
Team Manager	<b>LAMONT Marcel</b>
Head Coach	<b>BROWN Cindy</b>
Assistant Coach	<b>NKABINDE Nolwazi</b>
Physical Trainer	<b>BOTHA Ciara</b>

### Team Colours

Shirts	Green   White
Skirts	Green   White
Socks	Yellow   Green
GK Shirts	Mint   Coral



### Team Details Uganda

Shirt No.	Player	Date of Birth	Age*	Caps
1	<b>NAMWASE Hajirah (GK)</b>	28 Apr 2004	20	0
2	<b>NANDI Winnie (C)</b>	27 Dec 2005	19	0
3	<b>NANKINGA Stella</b>	7 Dec 2007	17	0
4	<b>AMARA Daniellah</b>	24 Sep 2007	17	0
5	<b>ATIM Irine</b>	<b>25 Apr 2004</b>	20	0
6	<b>BABIRYE Juliet</b>	30 Nov 2006	18	0
7	<b>ATIM Anita</b>	27 Jul 2003	21	0
8	<b>BALONDEMU Hildah (C)</b>	28 Jan 2003	21	0
9	<b>ALIMO Jolly (C)</b>	27 Nov 2006	18	0
10	<b>NINSIIMA Pauline</b>	9 Sep 2005	19	0
11	<b>TEMAIYA Nelly</b>	4 Nov 2007	17	0
12	<b>NABATANZI Juliana</b>	10 Oct 2006	18	0
13	<b>NABAYIJJA Ingrid</b>	20 Sep 2007	17	0
14	<b>NATABO Noeline</b>	25 Dec 2007	17	0
15	<b>BWENGYE Destiny</b>	1 Aug 2008	16	0
16	<b>NAKATO Janet</b>	30 Nov 2006	18	0
17	<b>AHAIRWE Rhemah (GK)</b>	12 Nov 2007	17	0

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### Team Staff

Role	Name
Team Manager	<b>BAINE Bridget</b>
Head Coach	<b>NSEREKO Moses</b>
Assistant Coach	<b>OKELLO Martin</b>
Medical Doctor	<b>EWOCHU Emmanuel</b>
Physiotherapist	<b>DAVIS Nku</b>

### Team Colours

Shirts	Yellow   Red
Skirts	Black   Black
Socks	Yellow   Black
GK Shirts	Blue   Green



**Team Details Zambia**

Shirt No.	Player	Date of Birth	Age*	Caps
1	<b>CHUNGU Chengelo (GK)</b>	<b>23 Apr 2006</b>	18	0
2	<b>MALOKOTA Natasha</b>	18 May 2005	19	0
3	<b>BANDA Selina</b>	22 Dec 2006	18	0
4	<b>MWEFU Thabita (C)</b>	14 Jul 2006	18	0
5	<b>MWALE Beatrice (C)</b>	13 Dec 2005	19	0
6	<b>PHIRI Anna</b>	28 Jun 2008	16	0
7	<b>KAIRA</b>	28 Feb 2008	16	0
8	<b>SOKO Esnart</b>	12 May 2008	16	0
9	<b>CHAYA Memory</b>	25 Sep 2009	15	0
10	<b>CHANDA Rosemary</b>	7 May 2010	14	0
11	<b>MUTAMBO Mercy</b>	8 Jan 2010	14	0
12	<b>MWALE Salome</b>	29 May 2008	16	0
13	<b>KALUBA Christine</b>	15 Oct 2005	19	0
14	<b>TAGWIREYI Prisca</b>	4 Mar 2007	17	0
15	<b>MIYATO Delphister</b>	12 Nov 2005	19	0
16	<b>CHIPOLEPOLE Priscilla (GK)</b>	18 Jun 2005	19	0
17	<b>NAKOMBE Racheal</b>	29 Jun 2008	16	0
18	<b>PATEL Tanisha</b>	10 Nov 2009	15	0

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**Team Staff**

Role	Name
Team Manager	<b>KATOKA Rita</b>
Head Coach	<b>LWANDO Godfrey</b>
Assistant Coach	<b>MWANZA Peter</b>
Assistant Coach	<b>KUMWENDA Bikilon</b>
Physiotherapist	<b>MUMBA Maulisho</b>

**Team Colours**

Shirts	
Skirts	
Socks	
GK Shirts	



**Team Details Zimbabwe**

Shirt No.	Player	Date of Birth	Age*	Caps
1	<b>MUTARAMUSWA Tanatswa (GK)</b>	9 Jan 2003	21	0
2	<b>WIGHTMAN Janelle (GK)</b>	30 Sep 2007	17	0
3	<b>MUNYAWARARA Tawana</b>	21 Oct 2007	17	0
4	<b>FERNANDES Marilena</b>	16 Dec 2006	18	0
5	<b>MATAMBO Mufarowashe</b>	28 Apr 2007	17	0
6	<b>NYAGUZE Nyasha</b>	26 Dec 2005	19	0
7	<b>MUNYONGA Chidochashe</b>	31 Jul 2006	18	0
8	<b>TOZANA Amber</b>	23 Oct 2005	19	0
9	<b>MUSHAVI Ruvarashe</b>	9 Jan 2007	17	0
10	<b>ORFORD Jessica</b>	15 Feb 2007	17	0
11	<b>KAMBADZA Panaka</b>	1 Mar 2005	19	0
12	<b>WINSOR Rebeca</b>	10 Sep 2008	16	0
13	<b>ELIJAH Tinodiwanashe (C)</b>	7 Apr 2005	19	5
14	<b>GODFREY Hannah</b>	29 Mar 2007	17	0
15	<b>ELLERMAN Tayla</b>	<b>23 Apr 2006</b>	18	0
16	<b>MUSIYIWA Mutsawashe</b>	5 Aug 2006	18	0
17	<b>BWERINOFA Stephanie</b>	2 Sep 2007	17	0
18	<b>MUKOTEKWA Tanatswa</b>	24 Jan 2005	19	0

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**Team Staff**

Role	Name
Team Manager	<b>CHINGOKA Chiyevo</b>
Stand-In Manager	<b>CAMPBELL Catherine</b>
Head Coach	<b>HEUER Bradley</b>
Assistant Coach	<b>PONGWENI Tapiwa</b>
Assistant Coach	<b>TAFUMA Kanyiwe</b>

**Team Colours**

Shirts	Black   White
Skirts	Black   Green
Socks	Red   Bottle Green
GK Shirts	Purple   Blue