

**Africa Cup of Nations 2013 (W)**  
18 - 23 Nov 2013  
Nairobi (KEN)



**Team Details Ghana**

Shirt No.	Player	Date of Birth	Age*	Caps
1	<b>MENSAH Grace (GK)</b>	24 Aug 1973	40	45
2	<b>ADAMPA Janet</b>	14 Dec 1993	19	41
3	<b>BOAKYE Serwaa</b>	17 Mar 1993	20	53
5	<b>FOSUAA Emelia</b>	21 Oct 1993	20	35
6	<b>SAM Georgina (C)</b>	12 Jul 1974	39	59
7	<b>SASU Linda</b>	16 Mar 1990	23	28
8	<b>AMOAKO Cecilia</b>	<b>22 Nov 1993</b>	19	66
9	<b>UMARU Nafisatu</b>	17 Dec 1993	19	57
10	<b>JOYCE Amakye</b>			0
11	<b>ABASS Ramatu</b>	16 Mar 1981	32	0
12	<b>COFFIE Ernestina</b>	5 Nov 1993	20	49
13	<b>OPOKU Elizabeth</b>	2 Feb 1994	19	64
14	<b>TENKORANG Nkansah Lydia</b>	22 Sep 1989	24	10
15	<b>SWELL-GRANT Monica Reid</b>	25 Sep 1978	35	8
17	<b>INKOOM Gertrude</b>	19 Aug 1985	28	48
18	<b>AMUI Gertrude (GK)</b>	25 Dec 1978	34	19
19	<b>BAMFO Racheal</b>	9 Apr 1990	23	59
20	<b>MILLS Theresa</b>	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	<b>ANKOMAH Grace</b>
Stand-In Manager	<b>DZOKOTO Bright</b>
Head Coach	<b>BOAKYE-YIADOM Osei</b>
Physiotherapist	<b>ADANGABEY Gaetan</b>

**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	<b>ATARO Josephine (GK)</b>	22 Dec 1972	40	0
2	<b>AURA Lilian</b>	23 Mar 1990	23	50
3	<b>NEKESA JUMA Teresa</b>	23 Dec 1972	40	87
4	<b>OMMALA Betsy (C)</b>	12 Oct 1989	24	35
5	<b>GUCHU Caroline</b>	23 Oct 1988	25	61
6	<b>JOW Jacqueline</b>	26 Jun 1979	34	29
7	<b>NONDI Lorraine</b>	22 Jan 1986	27	22
8	<b>AGUNDA Anita</b>	22 Jan 1979	34	19
9	<b>OWOUR Rachel</b>	9 Apr 1989	24	23
10	<b>AMUTEBI Pauline</b>	17 Apr 1994	19	9
11	<b>ROTICH Margaret</b>	10 Oct 1990	23	13
12	<b>OMOTTO Benazir</b>			0
13	<b>SIMIYU Barbara</b>			0
14	<b>OMAI DO Audrey</b>	21 Apr 1990	23	39
15	<b>GICHAU Laura</b>			0
17	<b>MUTIVA Flavia</b>	20 Apr 1990	23	52
20	<b>NGARACHU Caroline (GK)</b>			0
27	<b>NAMASAKE Glennis</b>	28 Dec 1986	26	15

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**Team Staff**

Role	Name
Team Manager	<b>MASHEDI Alice</b>
Stand-In Manager	<b>NYAMOGO Jane</b>
Head Coach	<b>FIDHELIS Kimanzi</b>
Medical Doctor	<b>OKOTH Carol</b>
Physiotherapist	<b>GUANTAI Mina</b>

**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	<b>BRITZ Tanya</b>	15 Dec 1993	19	55
6	<b>LATEGAN Izelle</b>	15 Jun 1992	21	18
7	<b>DAVIDS Illse</b>	26 Mar 1987	26	176
9	<b>HATTINGH Hanli (GK)</b>	11 Sep 1989	24	17
10	<b>RUSSELL Shelley</b>			0
11	<b>KEET Marcelle (C)</b>	25 Oct 1984	29	15
13	<b>DEETLEFS Lisa-Marie</b>	8 Sep 1987	26	285
14	<b>MADSEN Kelly</b>	26 Jun 1989	24	130
19	<b>du PLESSIS Lilian</b>	17 Dec 1992	20	158
20	<b>TERBLANCHE Nicolene</b>	22 Feb 1988	25	215
23	<b>COSTON Bernadette</b>	17 Aug 1989	24	169
24	<b>MBANDE Phumelela (GK)</b>	8 Mar 1993	20	79
26	<b>FLEMMING Kaila</b>	7 Jul 1991	22	20
27	<b>MAYNE Jade</b>	11 May 1989	24	146
28	<b>BOBBS Quanita</b>	3 Sep 1993	20	192
30	<b>DAMONS Sulette</b>	30 Oct 1989	24	198
31	<b>EVANS Celia</b>	18 Jun 1990	23	193
32	<b>ROOS Christine</b>	11 Jul 1991	22	26

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**Team Staff**

Role	Name
Team Manager	<b>ROSTRON Sheldon</b>
Stand-In Manager	<b>MEINTJIES John</b>
Head Coach	<b>GREGORY Fabian</b>
Assistant Coach	<b>CERFONTEIN Kurt</b>
Medical Doctor	<b>SHANG Gavin</b>
Physiotherapist	<b>PILLAY Tanu</b>

**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	<b>SIMBAMKOLE Flora (GK)</b>			0
2	<b>MKUCHU Eudia</b>			0
6	<b>LUHANGIJA Joyce</b>			0
7	<b>NGOMAITARA Mariam</b>			0
8	<b>SHAN Leah</b>			0
9	<b>GOWELE Winfrida</b>			0
10	<b>ABDALLAH Kidawa</b>	2 Jan 1984	29	14
11	<b>SELEMANI Kahidja</b>	1 Mar 1986	27	8
12	<b>ZAWADI Mariam</b>			0
13	<b>MWAKAPALILA Eva</b>			0
14	<b>GASPER Rose</b>	8 May 1994	19	14
15	<b>MHINA SEMPINDA Mary</b>	7 Dec 1985	27	6
16	<b>MPAGAMYE Magreth (C)</b>			0
17	<b>NGOKO Happy</b>			0
18	<b>ELIAS Moncia</b>			0
22	<b>CHILIMBE Salome (GK)</b>			0

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**Team Staff**

Role	Name
Team Manager	<b>MNONDA Magani</b>
Head Coach	<b>QUARANTA Valentina</b>

**Team Colours**

Shirts	White   Dark Green
Skirts	Dark Blue   Dark Green
Socks	Dark Blue   Yellow
GK Shirts	Grey   Red

Technical Delegate: AKPOKAVIE Richard (GHA)