



### Team Details Ghana

Shirt No.	Player	Date of Birth	Age*	Caps
1	<b>AZUMAH Bridget (GK)</b>	5 Jun 1993	26	27
3	<b>BOAKYE Serwaa</b>	17 Mar 1993	26	53
4	<b>COFFIE Ernestina</b>	5 Nov 1993	25	49
6	<b>UMARU Nafisatu (C)</b>	17 Dec 1993	25	57
7	<b>SULEMANA Adizatu</b>	27 Dec 1997	21	32
8	<b>AMOAKO Cecilia</b>	22 Nov 1993	25	66
9	<b>WHYTE Debora</b>	10 Aug 1997	22	13
10	<b>OPOKU Elizabeth</b>	2 Feb 1994	25	64
11	<b>AFRIYIE Lydia</b>	6 Sep 1997	21	43
13	<b>ACQUAH Juwaila</b>	22 Dec 1996	22	21
14	<b>BERKO Mavis</b>	13 Jul 1997	22	32
15	<b>KORWU Joanita</b>	25 Jun 1985	34	37
17	<b>NARKUOR Vivian</b>	24 Sep 1999	19	36
18	<b>BOYE Abigail (GK)</b>	24 Sep 1989	29	21
19	<b>BAMFO Racheal</b>	9 Apr 1990	29	59
21	<b>FIADOR Evelyn</b>	3 Jan 1990	29	9
22	<b>OWUSU Roberta</b>	28 Nov 1997	21	23
24	<b>SHAIBU Queensilla</b>	28 Nov 1993	25	16

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

\* As of 2019-08-12

### Team Staff

Role	Name
Team Manager	<b>ANKOMAH Grace</b>
Stand-In Manager	<b>DZOKOTO Bright</b>
Head Coach	<b>AHADJIE Emmanuel</b>
Assistant Coach	<b>ABASS Ramatu</b>
Physical Trainer	<b>AWAGAH Rejoice</b>

### Team Colours

Shirts	Yellow   White
Skirts	Black   White
Socks	Yellow   Black
GK Shirts	Red   Apple Green



### Team Details Kenya

Shirt No.	Player	Date of Birth	Age*	Caps
1	<b>ONYANGO Cynthia (GK)</b>	20 Nov 1993	25	19
2	<b>GUCHU Caroline</b>	23 Oct 1988	30	61
3	<b>MBUGUA Beatrice</b>	7 Oct 1994	24	21
4	<b>MURAGU Jane</b>	7 Mar 1997	22	9
5	<b>OWITI Alice</b>	5 Mar 2000	19	21
6	<b>OKUMU Gilly (C)</b>	29 Apr 1995	24	24
7	<b>OMINDI Harriette</b>	14 Jul 1993	26	4
8	<b>AKINYI Marion</b>	19 Nov 1995	23	3
9	<b>KUIRA Rhoda</b>	5 Dec 1995	23	17
10	<b>OMWANDHO Leah</b>	28 Jan 1993	26	13
11	<b>WACHIRA Lucy</b>	3 Jan 1993	26	9
12	<b>MAKOKHA Grace</b>	9 Nov 1995	23	11
13	<b>KARANJA Tracy</b>	10 Dec 1992	26	36
14	<b>AURA Lilian</b>	23 Mar 1990	29	50
15	<b>RUTH Leddie</b>	12 Jan 1997	22	4
16	<b>MUTIVA Flavia</b>	20 Apr 1990	29	52
17	<b>OKUMU Maureen</b>	2 Apr 1996	23	28
18	<b>OCHIA Nouvelle (GK)</b>	30 Oct 1998	20	1

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### Team Staff

Role	Name
Team Manager	<b>NYAMOGO Jane</b>
Stand-In Manager	<b>MALUNGU Michael</b>
Head Coach	<b>OLAL Thomas</b>
Assistant Coach	<b>JOW Jacqueline</b>
Physiotherapist	<b>KARANI Muriiki</b>
Physical Trainer	<b>NDIRANGU Kanyi</b>

### Team Colours

Shirts	White   Red
Skirts	Black   White
Socks	White   Black
GK Shirts	Yellow   Light Blue



### Team Details Namibia

Shirt No.	Player	Date of Birth	Age*	Caps
1	<b>STOFFBERG Petro (GK)</b>	11 Oct 1996	22	30
3	<b>KRUGER Jahntwa</b>	8 Feb 2000	19	29
4	<b>LUDWIG Sunelle</b>	27 Nov 1998	20	29
6	<b>van ROOYEN Joane</b>	3 Jul 2002	17	19
7	<b>GERBER Phea</b>	27 Aug 1997	21	12
8	<b>KRUGER Jivanka</b>	5 Jul 1997	22	27
9	<b>BARTLETT Jerrica</b>	1 Apr 1990	29	30
10	<b>MENGO Magreth (C)</b>	12 Jun 1984	35	22
11	<b>WESSELS Cele</b>	6 Oct 2002	16	20
12	<b>DEYSEL Jocelle</b>	23 Mar 1994	25	13
13	<b>KASHOPOLA Emilia</b>	13 Jan 1993	26	21
14	<b>MYBURGH Tamarie</b>	19 Dec 2001	17	28
17	<b>LOUIS Ina</b>	27 Sep 1988	30	21
18	<b>DIAMOND Berencia (GK)</b>	15 Jun 1994	25	12
19	<b>VAN STADEN Armin</b>	6 Mar 2003	16	9
21	<b>HERMANUS Gillian</b>	3 Jan 1998	21	20
23	<b>LAUBSCHER Marian</b>	1 Nov 1994	24	4
27	<b>VENTER Marcia</b>	13 May 1992	27	11

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### Team Staff

Role	Name
Team Manager	<b>STOFFBERG Marietta</b>
Head Coach	<b>HANDURA Erwin</b>
Assistant Coach	<b>COPPELMANS Frederic</b>
Physiotherapist	<b>van VEEN Tania</b>

### Team Colours

Shirts	White   Red
Skirts	White   Red
Socks	White   Red
GK Shirts	Black   Yellow



### Team Details South Africa

Shirt No.	Player	Date of Birth	Age*	Caps
2	<b>FOURIE Tegan</b>	13 Jul 1998	21	18
3	<b>EVANS Celia</b>	18 Jun 1990	29	188
6	<b>VERSTER Izelle</b>	12 Sep 1994	24	19
8	<b>PATON Kristen</b>	21 Dec 1996	22	75
9	<b>JOHNSON Robyn</b>	7 Dec 1990	28	46
12	<b>CHAMBERLAIN Dirkie</b>	3 Nov 1986	32	246
13	<b>DEETLEFS Lisa-Marie</b>	8 Sep 1987	31	285
14	<b>VETO Nomnikelo</b>	3 Jan 1997	22	26
16	<b>HUNTER Erin (C)</b>	20 Mar 1992	27	108
18	<b>PEARCE Hannah</b>	17 Nov 1998	20	44
19	<b>du PLESSIS Lilian</b>	17 Dec 1992	26	158
21	<b>MALI Ongeziwe</b>	21 May 1999	20	33
24	<b>MBANDE Phumelela (GK)</b>	8 Mar 1993	26	79
28	<b>BOBBS Quanita</b>	3 Sep 1993	25	187
29	<b>GLASBY Tarryn</b>	23 Jan 1995	24	91
32	<b>MODIPANE Mmatshupo (GK)</b>	28 Sep 1989	29	22
37	<b>van JAARSVELDT Sylvia</b>	29 Jul 1989	30	13
38	<b>ZULU Onthatile</b>	14 Mar 2000	19	59

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### Team Staff

Role	Name
Team Manager	<b>DOIG Gill</b>
Stand-In Manager	<b>NAIDOO Taren</b>
Head Coach	<b>van GINKEL Robin</b>
Assistant Coach	<b>ZONDI Inky</b>
Physiotherapist	<b>NEL Cindy</b>
Physical Trainer	<b>le ROUX Jacques</b>
Psychologist	<b>DE JAGER Louise</b>

### Team Colours

Shirts	Green   White
Skirts	Green   White
Socks	Yellow   Green
GK Shirts	Red   Royal Blue



### Team Details Zimbabwe

Shirt No.	Player	Date of Birth	Age*	Caps
1	<b>CLIPSTONE Jordyn (GK)</b>	29 May 1995	24	15
2	<b>MATHIESON Jenna (GK)</b>	16 Apr 2001	18	11
3	<b>O'TOOLE Keara</b>	8 Apr 1985	34	4
4	<b>VIVIERS Roxanne</b>	16 Jan 1993	26	21
5	<b>MANNIX Belinda</b>	7 Aug 1986	33	9
6	<b>TERBLANCHE Alexei</b>	13 Sep 2001	17	17
7	<b>HERBST Simone</b>	7 Dec 2000	18	17
8	<b>GRANT Nicolle</b>	10 Mar 1992	27	17
9	<b>ALLARDICE Georgia</b>	1 Nov 2001	17	11
10	<b>WATSON Nicola</b>	11 Sep 1980	38	4
11	<b>CAMPBELL Mary (C)</b>	13 May 1985	34	11
12	<b>POPE Lilian</b>	12 Nov 2001	17	11
13	<b>JOHNSON Iman</b>	5 Nov 1994	24	21
14	<b>McDONALD Sophie</b>	23 Aug 1999	19	6
15	<b>TERBLANCHE Natalie</b>	6 Sep 2000	18	17
16	<b>WILLIAMS Michelle</b>	21 Aug 1990	28	18
17	<b>NENGARE Farirai</b>	17 Jan 1993	26	17
18	<b>SIBANDA Gugulethu</b>	25 Feb 2001	18	4

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### Team Staff

Role	Name
Team Manager	<b>STEYN Trada</b>
Head Coach	<b>MCVEY Angus</b>
Assistant Coach	<b>HAASBROEK Jaime</b>
Physiotherapist / Stand-In Manager	<b>PLEMMONS Jeremy</b>

### Team Colours

Shirts	Red   White
Skirts	Black   Green
Socks	Red   Green
GK Shirts	Orange   Pink