



Team Details Kenya

Shirt No.	Player	Date of Birth	Age*	Caps
1	NASAMBU Rebecca (GK)	23 Dec 2003	21	4
2	WEKESA Marione	2 Feb 2004	20	5
3	OTIENO Velma	14 Apr 2007	17	5
4	SAWANGA Michelle	4 Jan 2003	21	5
5	NYONGESA Wendy	11 Apr 2003	21	5
6	MAGUMBA Munira	26 Sep 2004	20	4
7	RANGA Daughty (C)	5 Jul 2003	21	5
8	ABUKUSE Millicent	20 Oct 2003	21	5
9	JOKEYO Dorah	14 Jan 2003	21	5
10	JEPTOO Joyline	20 Feb 2004	20	5
11	MWAGANDI Brenda	12 Apr 2004	20	5
12	AUMA Cynthia	10 Oct 2010	14	3
14	SENOI Irene	10 Dec 2006	18	5
15	ONG'AYO Lavenda	22 Apr 2007	17	5
16	NAMACHANJA Daina	15 Jan 2007	17	5
17	AMONDI Faith	3 Aug 2004	20	5
18	JELAGAT Abigael	3 Apr 2006	18	5
19	MUKHONGO Prevon	18 Mar 2003	21	2
20	OUMA Sharleen (GK)	1 Apr 2006	18	3

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

* As of 2024-12-31

Team Staff

Role	Name
Team Manager	NAMASAKE Glennis
Head Coach	MBULO Rose
Assistant Coach	OSINO Joseph
Assistant Coach	OKEYO Willis
Medical Doctor	OKOTH Carol
Physiotherapist	KAUMBA Rebecca

Team Colours

Shirts	RED WHITE
Skirts	WHITE NAVY BLUE
Socks	RED BLACK
GK Shirts	GREEN ORANGE



Team Details Namibia

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

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Team Staff

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

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	THERON Lilly-Anne (GK)	25 Aug 2005	19	5
2	SALIS Paige	17 Jun 2004	20	6
4	SPERSHOTT Germanie	23 Mar 2005	19	6
5	PAKENDORF Tara	29 Jun 2006	18	6
6	BLOWS Jodie	13 Dec 2005	19	5
8	FAIRON Amber	28 Aug 2007	17	5
9	MAREE Caylin	21 May 2003	21	9
10	JANSE Ane	20 Mar 2004	20	6
11	BLAAUW Jenna	2 Sep 2004	20	5
13	ISAACS Paris-Gail	25 Aug 2006	18	6
14	ENGELKE Baylee	18 Jul 2005	19	5
16	MZIZI Nomsa	8 Jul 2004	20	5
17	MOKOENA Ntsopa	17 Aug 2004	20	6
18	DE LA REY Teshawn	4 May 2005	19	6
23	VOGEL Angelé	10 Oct 2005	19	6
24	PHUME Reabetswe	16 Mar 2006	18	6
25	NORVAL Richele (GK)	24 Jun 2004	20	6
27	NDUBUEZE Ifeoma	11 Apr 2006	18	5

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Team Staff

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

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	NAMWASE Hajirah (GK)	28 Apr 2004	20	5
2	NANDI Winnie (C)	27 Dec 2005	19	5
3	NANKINGA Stella	7 Dec 2007	17	5
4	AMARA Daniellah	24 Sep 2007	17	5
5	ATIM Irine	25 Apr 2004	20	5
6	BABIRYE Juliet	30 Nov 2006	18	5
7	ATIM Anita	27 Jul 2003	21	5
8	BALONDEMU Hildah (C)	28 Jan 2003	21	5
9	ALIMO Jolly (C)	27 Nov 2006	18	5
10	NINSIIMA Pauline	9 Sep 2003	21	5
11	TEMAIYA Nelly	4 Nov 2007	17	5
12	NABATANZI Juliana	10 Oct 2006	18	5
13	NABAYIJJA Ingrid	20 Sep 2007	17	5
14	NATABO Noeline	25 Dec 2007	17	5
15	BWENGYE Destiny	1 Aug 2008	16	3
16	NAKATO Janet	30 Nov 2006	18	5
17	AHAIRWE Rhemah (GK)	12 Nov 2007	17	1

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Team Staff

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

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	CHUNGU Chengelo (GK)	23 Apr 2006	18	4
2	MALOKOTA Natasha	18 May 2005	19	5
3	TAGWIREYI Prisca	4 Mar 2007	17	5
4	MWEFU Thabita (C)	14 Jul 2006	18	5
5	MWALE Beatrice (C)	13 Dec 2005	19	5
6	PHIRI Anna	28 Jun 2008	16	5
7	KAIRA	28 Feb 2008	16	4
9	CHAYA Memory	25 Sep 2009	15	5
10	CHANDA Rosemary	7 May 2010	14	4
11	MUTAMBO Mercy	8 Jan 2010	14	5
12	MWALE Salome	29 May 2008	16	5
13	KALUBA Christine	15 Oct 2005	19	5
15	MIYATO Delphister	12 Nov 2005	19	5
16	CHIPOLEPOLE Priscilla (GK)	18 Jun 2005	19	3
17	NAKOMBE Racheal	29 Jun 2008	16	5
18	PATEL Tanisha	10 Nov 2009	15	5
19	SOKO Esnart	12 May 2008	16	5
20	BANDA Selina	22 Dec 2006	18	5

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Team Staff

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

Team Colours

Shirts	Red Orange
Skirts	Black
Socks	Black Orange
GK Shirts	Yellow Black



Team Details Zimbabwe

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

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Team Staff

Role	Name
Team Manager	CHINGOKA Chiyevo
Stand-In Manager	CAMPBELL Catherine
Head Coach	HEUER Bradley
Assistant Coach	PONGWENI Tapiwa
Assistant Coach	TAFUMA Kanyawe

Team Colours

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