2023 Nkosi Cup (W)
15 - 19 Dec 2023
Cape Town, South Africa

Team Details Ireland

Shirt No.	Player	Date of Birth	Age*	Caps
1	**BUCKLEY Emma (GK)**	26 Oct 1998	25	35
2	**O'HOGAN Kate (GK)**	6 May 2000	23	8
3	**PATTON Sarah**	3 Dec 1996	27	46
4	**GRAHAM Laura**	13 May 2001	22	35
5	**POWER Mikayla**	17 Jan 2005	18	27
7	**BROWN Chloe**	31 Jan 1994	29	41
9	**FOX Orla**	27 Sep 1991	32	52
10	**PATTON Orla (C)**	30 Jan 1994	29	51
11	**FULTON Milla**	20 Jul 2006	17	13
12	**MCCARLIE Jenna**	25 Jun 2002	21	22
13	**LLOYD Lily**	30 Dec 1999	23	22
14	**KIMBER Katie**	25 Nov 2003	20	18

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

* As of 2023-12-15

Team Staff

Role	Name
Team Manager	**MYBURGH Gareth**
Head Coach	**ABBOTT Rob**
Assistant Coach	**FULTON Natalie**

Team Colours

Shirts	Green | White
Skirts	Green | White
Socks	White | Green
GK Shirts	Mint Green | Pink

Technical Delegate: GRAAFF Lorna (RSA)

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Team Details Namibia

Shirt No.	Player	Date of Birth	Age*	Caps
1	**STOFFBERG Petro (GK)**	11 Oct 1996	27	88
2	**WESSELS Jocelle**	23 Mar 1994	29	34
3	**PHILANDER Azaylee**	3 Jan 2004	19	52
4	**LUDWIG Sunelle**	27 Nov 1998	25	75
5	**CORMACK Kiana-Ché**	2 Aug 2001	22	34
8	**VENTER Marcia**	13 May 1992	31	53
9	**BARTLETT Jerrica**	1 Apr 1990	33	75
10	**HENCKERT Jaime (GK)**	13 Jan 2004	19	15
12	**HERMANUS Gillian (C)**	3 Jan 1998	25	63
16	**DERCKSEN Amber**	16 Jul 2002	21	23
19	**MYBURGH Taramarie**	**19 Dec 2001**	21	24

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

* As of 2023-12-15

Team Staff

Role	Name
Team Manager	**ABRAHAMS Shaheed**
Stand-In Manager	**HANSEN Mary**
Head Coach	**CORMACK Shayne**
Assistant Coach	**GROGLI Andrea**
Physiotherapist	**VAN DER VENT Amy-Jade**

Team Colours

Shirts	Royal Blue | White
Skirts	Red | Royal Blue
Socks	Red | Royal Blue
GK Shirts	Black | Red

Technical Delegate: GRAAFF Lorna (RSA)

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Team Details South Africa

Shirt No.	Player	Date of Birth	Age*	Caps
2	**SOUTHGATE Jamie (C)**	23 Mar 1998	25	116
4	**SWANEPOEL Kelsey**	14 Aug 2000	23	6
6	**DE OLIVEIRA Daniella**	11 Jul 2003	20	53
7	**MOLIKOE Edith**	23 May 2000	23	90
8	**DEN BAKKER Cailynn**	9 May 2001	22	28
9	**de WAAL Kayla**	11 Jun 2000	23	60
14	**FOURIE Tegan**	13 Jul 1998	25	86
15	**HAMZA Malikah**	8 Feb 2004	19	40
16	**LARDANT Jessica**	5 Sep 1997	26	82
17	**BRISSET Laikén**	27 Mar 2004	19	42
23	**GREYVENSTEIN Cheree (GK)**	17 Jan 1997	26	75
25	**PAGET Sarah (GK)**	13 Nov 2001	22	32
27	**MOABI Bonolo**	27 Aug 2002	21	22
29	**DAVIDS Laylaa**	20 Sep 2001	22	18

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

* As of 2023-12-15

Team Staff

Role	Name
Team Manager	**FLOWERS Tracey**
Head Coach	**SPIERINGSHOEK A.J.**
Assistant Coach	**PRICE Calvin**
Medical Doctor	**RAS Minjon**
Medical Doctor	**D'ALTON Caroline**
Physiotherapist	**SILAL Sandhya**
Physical Trainer	**RAMDIN Shahil**

Team Colours

Shirts	Green | White
Skirts	Green | White
Socks	Yellow | Green
GK Shirts	Red | Navy Blue

Technical Delegate: GRAAFF Lorna (RSA)

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