Team Details Eswatini

Shirt No.	Player	Date of Birth	Age*	Caps
1	**HLOPHE Nina (GK)**	21 Sep 2006	17	4
2	**HENWOOD Kayleigh**	28 Jul 2009	15	4
3	**HENWOOD Laiken**	26 Jun 2006	18	4
4	**THWALA Mvali**	22 Jan 2006	18	4
5	**DLAMINI Sakhelwe**	16 Sep 2009	14	4
6	**CARMICHAEL Leila**	26 Sep 2005	18	4
7	**MAPHOSA Tiffany**	18 Dec 2010	13	4
8	**THWALA Temnotfo**	28 May 2009	15	4
9	**HULLEY Taylor**	7 Oct 2009	14	3
10	**Siphiwokuhle Sihlelelwe**	16 May 2006	18	4
11	**MELVIN Amy**	15 Apr 2009	15	4
13	**NGCAMPHALALA Neliswa**	25 Sep 2005	18	4
14	**BOYD Chloe**	18 Jul 2008	16	4
15	**DLAMINI Lomave**	25 Mar 2005	19	4
16	**MBINGO Wandziswa**	1 Nov 2006	17	4

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

* As of 2024-08-17

Team Staff

Role	Name
Team Manager	**CHEEREN Thompson**
Head Coach	**SIKISA Luckson**
Assistant Coach	**MUSHAVI Tinavo**
Physiotherapist	**MELVIN Teresa**

Team Colours

Shirts	Sky Blue/white | Red
Skirts	Skyblue | Red
Socks	Red | Blue
GK Shirts	White | Turkuise/ Black

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Team Details Namibia

Shirt No.	Player	Date of Birth	Age*	Caps
1	**STOFFBERG Petro (C,GK)**	11 Oct 1996	27	38
2	**MEYER Adoré**	10 Oct 2000	23	9
3	**PHILANDER Azaylee**	3 Jan 2004	20	10
4	**LUDWIG Sunelle**	27 Nov 1998	25	36
5	**CORMACK Kiana-Ché (C)**	2 Aug 2001	23	11
6	**HIGGS Annica**	6 Mar 2006	18	4
7	**MEYER Danja**	25 Jul 2003	21	15
9	**BARTLETT Jerrica**	1 Apr 1990	34	34
10	**MALAN Milah**	29 May 2006	18	4
11	**LANDSBERG Kyla**	30 Mar 2006	18	4
12	**HERMANUS Gillian**	3 Jan 1998	26	26
14	**le ROUX Anine**	13 Mar 2006	18	4
16	**DIAMOND Berencia (GK)**	15 Jun 1994	30	15
17	**KARSTEN Mia**	12 Apr 2006	18	4
19	**MYBURGH Taramarie**	19 Dec 2001	22	36
20	**NEETHLING Marika**	16 Mar 2006	18	8
23	**ELS Anri**	23 Nov 1998	25	9
24	**RIX Charlize**	12 Sep 2001	22	21

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

* As of 2024-08-17

Team Staff

Role	Name
Team Manager	**LIMAN Brenda**
Head Coach	**CORMACK Trevor**
Physiotherapist	**MANYAYA Pauline**

Team Colours

Shirts	Blue & Red | White & Blue
Skirts	Blue | White
Socks	Blue | White
GK Shirts	Orange & Black | Lime Green & Black

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Team Details Zambia

Shirt No.	Player	Date of Birth	Age*	Caps
1	**CHIPOLEPOLE Priscilla (GK)**	18 Jun 2005	19	4
2	**KALUNGA Brenda**	12 Oct 1996	27	20
3	**ZULU Falesy**	1 Jan 2002	22	11
4	**MWEWA Mary**	19 Jul 2001	23	11
5	**MWACHUNGA BEAUTY**	8 Oct 2002	21	10
8	**KALOMO Martha**	8 Jan 1992	32	8
9	**CHAYA Memory**	25 Sep 2009	14	8
10	**MAMBWE Eniless**	10 Mar 1997	27	20
11	**NANKALA Martha (C)**	10 Oct 1996	27	15
12	**MUTANGAMA Harriet**	17 Feb 2003	21	13
13	**BWANGA Cleopatra**	5 Sep 2001	22	6
14	**MUNSANDA Winaa**	4 Oct 1997	26	12
15	**MIYATO Delphister**	12 Nov 2005	18	7
16	**MWALE Esther (GK)**	4 Mar 1996	28	13
17	**MUDENDA Loveness**	11 Dec 1999	24	18
18	**NAKOMBE Carol**	6 Dec 1999	24	20

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

* As of 2024-08-17

Team Staff

Role	Name
Team Manager	**LWANDO Godfrey**
Head Coach	**KUMWENDA Bikilon**

Team Colours

Shirts	Orange | Green
Skirts	Black | Green
Socks	Orange | Green
GK Shirts	Black | Yellow

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Team Details Zimbabwe

Shirt No.	Player	Date of Birth	Age*	Caps
1	**MUTARAMUSWA Tanatswa (GK)**	9 Jan 2003	21	7
2	**CHINGOMBE Theodora (GK)**	13 Jun 2007	17	3
3	**ZIMUTO Rumbidzi**	11 Jun 2000	24	4
4	**REILLY Emma**	7 Sep 2006	17	4
5	**MUSHAVI Ruvarashe**	9 Jan 2007	17	4
6	**MUSAKARUKA Alea**	2 Aug 2005	19	4
7	**MUJIBA Athina**	6 Apr 2002	22	4
8	**NYAMAPFEKA Nicole**	11 Jun 2004	20	4
9	**MATAMBO Mufarowashe**	28 Apr 2007	17	4
10	**NDORO Kelcy**	15 Jan 2002	22	3
11	**TOZANA Amber**	23 Oct 2005	18	4
12	**JOHNSON Iman**	5 Nov 1994	29	25
13	**ELIJAH Tinodiwanashe**	7 Apr 2005	19	12
14	**MUKUMBA Trish**	31 Jan 2006	18	4
15	**NYAGUZE Nyasha**	26 Dec 2005	18	4
16	**CHADZINYA Tsungai**	7 Apr 1992	32	4
17	**NENGARE Farirai (C)**	17 Jan 1993	31	21
18	**MURAHWI Sheunopa**	9 Aug 2002	22	4

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

* As of 2024-08-17

Team Staff

Role	Name
Team Manager	**WEBB Tracy**
Stand-In Manager	**BENNETT Sarah**
Stand-In Manager	**REILLY Bridget**
Head Coach	**MAREDZA Tendayi**
Assistant Coach	**TAFUMA Kanyiwe**

Team Colours

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

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