

2024 Nkosi Cup (W)  
13 - 17 Dec 2024  
Cape Town



**Team Details Ireland**

Shirt No.	Player	Date of Birth	Age*	Caps
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NB: Team lists are subject to change following the tournament briefing meeting

\* As of 2024-12-13

**Team Staff**

Role	Name
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**Team Colours**

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

Technical Delegate: BENNETT Sarah (ZIM)

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**Team Details Namibia**

Shirt No.	Player	Date of Birth	Age*	Caps
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NB: Team lists are subject to change following the tournament briefing meeting

\* As of 2024-12-13

**Team Staff**

Role	Name
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**Team Colours**

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

Technical Delegate: BENNETT Sarah (ZIM)

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**Team Details South Africa**

Shirt No.	Player	Date of Birth	Age*	Caps
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NB: Team lists are subject to change following the tournament briefing meeting

\* As of 2024-12-13

**Team Staff**

Role	Name
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**Team Colours**

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

Technical Delegate: BENNETT Sarah (ZIM)