



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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* As of 2024-12-31

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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* As of 2024-12-31

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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* As of 2024-12-31

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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* As of 2024-12-31

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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* As of 2024-12-31

Team Staff

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

Team Colours

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