2024 4 Nations Cork Women O45

31 May - 2 Jun 2024
Cork, IRL

Team Details England O45

Shirt No.	Player	Date of Birth	Age*
1	**BILLINGTON Amanda (GK)**		49
2	**PARISH Jo (GK)**		46
3	**STOCKFORD Kat**		47
4	**GARCIA MORITAN Mariana**		45
5	**MAAN Sandeep**		46
6	**DOWNER Marianne**		45
7	**VALE Zoe (C)**		45
8	**BINGHAM Kelly**		46
9	**BOND Chanre**		49
10	**LEONARD Charlie**		47
11	**JONES Jemma (C)**		48
12	**SIMILIEN Sara**		49
13	**WESTON Jo (C)**		47
14	**FALCONE Sabina**		47
15	**WHEELHOUSE Lizzy**		45
16	**GAMBLING Sarah**		48
17	**NURSE Gemma**		46
18	**STANLEY Jenny**		45

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

* As of 2024-12-31

Team Staff

Role	Name
Team Manager	**HANHAM Kay**
Head Coach	**SUTTON Sue**
Assistant Coach	**PROWSE Tracey**
Physiotherapist	**ALLAN Lucy**

Team Colours

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

Tournament Director: DENNIS John (IRL)

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Team Details Ireland O45

Shirt No.	Player	Date of Birth	Age*
1	**GRILLS Claire (GK)**		46
2	**WALSHE Fiona (C)**		47
3	**LEE Joanna**		46
4	**SPRATT-O'SHEA Niamh**		49
5	**DAHL Zanya**		49
6	**JONES Vicky**		47
7	**FENTON Vivienne**		48
8	**McCARTHY Aoife**		46
9	**JONES Stephanie**		47
10	**GRANT Leonie**		47
12	**HOBSON Wendy**		48
14	**Brady Norma**		47
15	**WALSH E.J.**		46
16	**MAHER Linda**		45
21	**HEDLEY Lisa**		46
22	**DOYLE Triona**		46

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

* As of 2024-12-31

Team Staff

Role	Name
Team Manager	**RYAN-DOYLE Emilie**
Head Coach	**HARDING Ross**

Team Colours

Shirts	Green
Skirts	Green
Socks	Green
GK Shirts	Pale blue

Tournament Director: DENNIS John (IRL)

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Team Details Scotland O45

Shirt No.	Player	Date of Birth	Age*
1	**CRAIG Sheona (GK)**		50
2	**HOSIE Ali (GK)**		50
5	**McCONNELL Shona**		48
6	**REID Colleen**		49
7	**HUTCHISON Sheona**		49
8	**McFARLANE Katrina**		49
9	**FRANCIS Katie**		49
10	**HALL Sally**		49
22	**HALL Janet**		48
26	**DESCAMPS Katharine**		46
27	**BLACKWOOD Donna**		46
28	**PHILIP Lesley**		49
29	**AITCHISON Nikki**		45
30	**GLENDINNING Sarah**		46
50	**PATERSON Lisa**		45
52	**MACKAY Lesleyann**		45
57	**LITTLEJOHN Shiona (C)**		48
58	**FLETCHER Jenny**		48

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

* As of 2024-12-31

Team Staff

Role	Name
Team Manager	**BEATTIE Rona**
Head Coach	**DAVIDSON Gordon**

Team Colours

Shirts	Royal Blue | White
Skirts	Royal Blue | Navy
Socks	Royal Blue | White
GK Shirts	Yellow | Orange

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Team Details Wales O45

Shirt No.	Player	Date of Birth	Age*
2	**BENN Mel (GK)**		46
4	**DONE Emma (C)**		48
5	**DEXTER-LOWE Janelle**		46
6	**PETHERICK Annie (C)**		47
9	**WATERS Sarah**		48
10	**HANCOCK Michelle**		48
14	**WILLIAMS Manon Lloyd**		46
15	**THOMAS Suzanna**		45
16	**THOMAS Kate**		45
17	**POUPON Johanna**		48
20	**CHAPMAN Leanne (GK)**		45
22	**BAINBRIDGE Helen**		46
23	**LUCKMAN Naomi**		45
26	**BUBB Karen**		45
34	**KNIGHT Hannah**		45
36	**NICHOLSON Kate**		45
42	**WILLIAMS Jess**		46

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

* As of 2024-12-31

Team Staff

Role	Name
Team Manager	**TREHARNE Linda**
Head Coach	**HOLLAND Andy**
Assistant Coach	**HERBERT Joanne**

Team Colours

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

Tournament Director: DENNIS John (IRL)

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