

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 Katrina		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 Gemma (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

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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 Victoria		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

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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 Nicola		45
30	GLENDINNING Sarah		46
50	PATERSON Lisa		45
52	MACKAY Lesleyann		45
57	LITTLEJOHN Shiona (C)		48
58	FLETCHER Jenny		48

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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		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

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* 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)