

2026 4 Nations Southgate W45
5 - 7 Jun 2026
Southgate, ENG



Team Details England

Shirt No.	Player	Date of Birth	Age*
1	PORTER Joanna (GK)		45
2	PARISH Jo (GK)		48
3	CLARKE Sarah		47
4	GARCIA MORITAN Mariana		47
5	WOOLFORD Vicky (C)		45
6	DOWNER Marianne		47
7	VALE Zoe (C)		47
8	BINGHAM Kelly		48
9	GILL Victoria		46
10	KING Clare		46
11	NURSE Gemma		48
12	EASTER Carol		48
13	WESTON Jo (C)		49
14	STANLEY Jenny		47
15	WHEELHOUSE Lizzy		47
16	LUCKETT Kerry		48
20	LANE Alice		46
21	JAMES Sarah		46

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

* As of 2026-12-31

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
Socks	Red Navy
GK Shirts	Green Yellow

Technical Delegate: RIGBY David (ENG)

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Team Details Ireland

Shirt No.	Player	Date of Birth	Age*
1	GRILLS Claire (GK)		48
2	WALSHE Fiona (C)		49
3	CAVE Anne-Marie		49
5	ANSLOW Amy (C)		46
6	JONES Vicky		49
7	GOULDING Caroline		45
9	LEE Joanna		48
11	O'MAHONEY Sylvia		47
14	RUSHE Kate		46
17	CLARKE Lisa		45
19	HIGGINS Edel		47
20	ENGLISH Alison		47
21	O'LEARY Ciara		48
22	KINCH Jenny		46
24	McHUGH Julie		48
32	BUTTLE Marie		47

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* As of 2026-12-31

Team Staff

Role	Name
Team Manager	CULLEN Nikkey
Head Coach	HARDING Ross

Team Colours

Shirts	Green Navy
Skirts	Green
Socks	Green Navy
GK Shirts	Sky Blue Orange

Technical Delegate: RIGBY David (ENG)

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Team Details Scotland

Shirt No.	Player	Date of Birth	Age*
1	HENDERSON Lou (GK)		47
2	POOLE Ruth (GK)		48
3	MACKAY Lesleyann		47
4	FREEMAN-YOUNG Stacey		48
5	MASSIE Debbie		49
6	THOMSON Lynsey		47
7	PATERSON Lisa (C)		47
8	SCOLLAY Lynne		48
9	JOHN Lisa		47
10	GLENDINNING Sarah		48
11	DESCAMPS Katharine		48
12	McLEAN Laura		46
14	MOIR Gayle		46
15	HILL Celia		47
17	AITCHISON Nikki		47
18	ENDERLE Karen		48
19	BOOKLESS Stacy		47
21	McGREGOR Laura		46

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Team Staff

Role	Name
Team Manager	BLACKWOOD Donna
Head Coach	DAVIDSON Gordon

Team Colours

Shirts	Royal Blue White
Skirts	Royal Blue Navy
Socks	Royal Blue White
GK Shirts	Pink Green

Technical Delegate: RIGBY David (ENG)

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Team Details Wales

Shirt No.	Player	Date of Birth	Age*
2	BENN Mel (GK)		48
3	BRYCE Kirstin		46
4	SMITH Donna (C)		45
5	DEXTER-LOWE Janelle (C)		48
6	LEWIS Jane		46
7	BOWYER Eve		45
8	JONES Pippa		45
9	PAICE Eleri		46
10	WILLIAMS Manon Lloyd		48
11	WRIGHT Jenny		45
13	DATHAN Rachel (C)		46
14	WELSFORD Abi		45
16	THOMAS Kate		47
18	KNIGHT Hannah		47
20	CHAPMAN Leanne (GK)		47
21	WILLIAMS Jess		48
23	LUCKMAN Naomi		47
24	BROWN Medi		45

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* As of 2026-12-31

Team Staff

Role	Name
Team Manager	BAINBRIDGE Helen
Head Coach	HOLLAND Andy
Assistant Coach	ROSE Kirk

Team Colours

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

Technical Delegate: RIGBY David (ENG)