2026 4 Nations Southgate W40

5 - 7 Jun 2026

Southgate, ENG

Team Details England

Shirt No.	Player	Date of Birth	Age*
1	**ELLIS Sarah (GK)**		43
2	**FLOUCH Caroline**		42
3	**KEATING Emily (C)**		44
4	**EDGWORTH Kate**		41
5	**WOOLDRIDGE Kate**		40
6	**HANKIN Chantal**		43
7	**BRYANT Joey**		44
8	**FRANKS Vicki**		44
9	**KELLETT Nicky**		41
10	**COSTIN Kate**		41
12	**FAIR Hannah**		43
13	**BLAKE Kat**		43
17	**ELLIS Jo**		43
18	**WOOD Sophie**		40
24	**TEDFORD Danni (GK)**		43
25	**CHURCH Nia**		41
26	**GOSDEN Helene**		42
27	**HATELEY-LOWE Sacha**		41

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

* As of 2026-12-31

Team Staff

Role	Name
Team Manager	**DIXON Hebe**
Head Coach	**PERCIVAL Holly**
Assistant Coach	**GATHERER Mandy**
Other	**CROCKETT Paul**

Team Colours

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

Technical Delegate: RIGBY David (ENG)

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Team Details Ireland

Shirt No.	Player	Date of Birth	Age*
1	**RYAN Siobhan (GK)**		45
2	**WRIGHT Heather**		44
3	**HASSETT Liz**		44
5	**DOAK-MCDONNELL Jean (C)**		43
6	**O'MALLEY Aifric**		40
7	**DEVANE Ciara**		42
8	**TEMPLE-JONES Kate**		42
9	**BROWNLEE Jane**		41
11	**O'MALLEY Neassa**		42
13	**PARKE Nikki**		44
14	**HORAN Eimear**		45
15	**McCARTHY Karen**		43
16	**CATTERSON Stacey**		43
18	**COEN Vicky**		40
19	**O'CONNOR KENNEDY Lesley**		45
24	**KENNEDY Jennifer**		45

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

* As of 2026-12-31

Team Staff

Role	Name
Team Manager	**ASHLEY Declan**
Head Coach	**EPSTEIN Benjamin**

Team Colours

Shirts	Green | Navy
Skirts	Green | Navy
Socks	Green | Navy
GK Shirts	Orange | Turquoise

Technical Delegate: RIGBY David (ENG)

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2026 4 Nations Southgate W40

5 - 7 Jun 2026

Southgate, ENG

Team Details Scotland

Shirt No.	Player	Date of Birth	Age*
31	**GUILLOT Chantal (GK)**		54
32	**BROWN Lindsay (C,GK)**		44
33	**ALLAN Sarah**		40
34	**THOMSON Emma**		41
35	**GOSSMAN Jenna**		43
37	**HOLT Alice**		43
38	**HURD Donna**		43
39	**PENMAN Siobhan (C)**		43
40	**McSHERRY Annie**		44
41	**WHILLANS Rachel**		44
42	**KNIGHT Lindsey**		44
43	**EMERSON Jordana**		44
44	**WRIGHT Lynsey**		45
45	**COX Ruth**		45
46	**SMITH Katy**		45
47	**MACKAY Alexis**		46
48	**HOLMES Annie**		46
49	**FRONDIGOUN Clare**		41

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

* As of 2026-12-31

Team Staff

Role	Name
Assistant Manager	**JACKSON Katherine**
Team Manager	**McEWAN Lindsay**
Head Coach	**LOBB Stuart**

Team Colours

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

Technical Delegate: RIGBY David (ENG)

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2026 4 Nations Southgate W40

5 - 7 Jun 2026

Southgate, ENG

Team Details Wales

Shirt No.	Player	Date of Birth	Age*
1	**BUMSTEAD Amy (GK)**		41
30	**HUGHES Nia**		44
31	**ROBERTS Helen**		44
32	**DUNN Amelia**		42
35	**FUGE Cath**		43
36	**VINEY Dona**		43
37	**GIERAK Katrin**		42
38	**GRIFFITHS Joey**		44
39	**GALLAGHER Jenna**		42
40	**ALFORD-SWIFT Louise**		44
41	**CRAMP Noelle**		44
42	**RICHARDS Donna**		43
43	**CANNON Ria**		44
44	**THWAITES Sadie**		40
45	**DOOLIN Wendy (C)**		41
47	**HENN Siobhan (C)**		43
49	**SIBLEY Faye**		42
99	**DAVIES-COX Rebecca (GK)**		40

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

* As of 2026-12-31

Team Staff

Role	Name
Team Manager	**BARRATT Anne**
Head Coach	**ROBINSON Mark**
Assistant Coach	**CAMPLING Cheryl**

Team Colours

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

Technical Delegate: RIGBY David (ENG)

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