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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Altius rt

2026 4 Nations Southgate W45

5 - 7 Jun 2026

Southgate, ENG

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

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

* 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

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

* As of 2026-12-31

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

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

* 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)

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