30 Jun - 4 Jul 2025 Stellenbosch



Team Details Central University of Technology

Shirt No.	Player	Date of Birth	Age*
1	ntete Sandisiwe (GK)		21
2	LAMANE Anathi		23
3	MONTSO Lebohang		20
4	LIDZIYA Mandisa		20
5	STILO Ronaldine		23
6	MOKONE Merisione		19
9	MTHOMBENI Thandokazi		25
10	LETOANE Bonolo (C)		23
11	NKOBA Katleho		23
12	BLAIR Tamlyn		24
13	BOUWER Monique		22
16	HOOGENDOORN Elisha		26
21	CLOETE Candice		27
22	MAKEHLE Sesethu		21
23	JONES Stacey		22
24	OLIN Heraldine (C)		27

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

* As of 2025-06-30

Team Staff

Role	Name
Team Manager	ERASMUS Kia-Leigh
Head Coach	RAMSDEN Tarrin
Assistant Coach	TERBLANCHE Casey-Jean

Shirts	Navy&Red Red&Yellow
Skirts	Navy Red
Socks	Navy Yellow
GK Shirts	Orange Green



30 Jun - 4 Jul 2025 Stellenbosch



Team Details Nelson Mandela Metropolitan University

Shirt No.	Player	Date of Birth	Age*
1	O'HALLORAN Jade (GK)		20
3	FREDERICKS Hannah		21
4	VUSANI Indiphile		21
5	LOTTERING Keagan		19
6	ANDREWS Jorja		19
7	MNIKINA Zanokuhle		19
8	SINGLETON Jade		22
10	VENTER Simone (C)		20
11	CAMPHER Kacey		18
12	MOSTERT Zoe		19
14	BONNASSE Iman		19
15	BOSCH Taytum-page		19
18	FILANDER Alyssa (C)		21
20	MHLABA Senamile (GK)		20
22	GRIFFIN Hannah		19
23	ROCKMAN Gabrielle		23
24	WILMANS Jacqueline		23
96	GILLIES Caitlin		21

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

* As of 2025-06-30

Team Staff

Role	Name
Team Manager	DIKHUDU Hildah
Head Coach	NOAH Gerrard
Assistant Coach	KAGOCHI Moses

Shirts	Yellow Navy
Skirts	Yellow Navy
Socks	Navy Yellow
GK Shirts	Green Orange



30 Jun - 4 Jul 2025 Stellenbosch



Team Details Sol Plaaje University

Shirt No.	Player	Date of Birth	Age*
1	MINNIES Shade (C,GK)		22
2	BROOKER Jayda		19
3	ALEXANDER Devournay		22
4	JACKSON Justine		31
5	BROOKER Jordan (C)		21
6	NDLOVU Mpho		20
7	ANDREWS Kirsty		22
8	MANOTO Oratile		19
9	MABASA Ayanda		20
10	KOEBERG Cassidy		20
11	WELDHAGEN Mariska		33
12	VAN WYK Annique		18
13	VAN HEERDEN Lauren		24
14	NETSHIENDEULU Pretty		19
16	SIBIYA Lusanda		
81	WEIDEMAN Bianca (GK)		24
99	JACOBS Deandre (GK)		18

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

* As of 2025-06-30

Team Staff

Role	Name
Team Manager	PETRUS Chante
Head Coach	ARTHUR Maxine

Shirts	Red Beige
Skirts	Red Beige
Socks	Red Navy, Orange Stripes/Beige
GK Shirts	Blue Pink



30 Jun - 4 Jul 2025 Stellenbosch



Team Details Tshwane University of Technology

		Shirt No.	Player	Date of Birth	Age*	
--	--	-----------	--------	---------------	------	--

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

* As of 2025-06-30

Team Staff

Role Name

Shirts	Red Royal
Skirts	Red Royal
Socks	Red Royal
GK Shirts	

30 Jun - 4 Jul 2025 Stellenbosch



Team Details University of Kwa-Zulu Natal

Shirt No. Player Date of Birth	Age*
--------------------------------	------

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

* As of 2025-06-30

Team Staff

Role	Name
------	------

Shirts	White Black
Skirts	Black Black
Socks	Black White
GK Shirts	



30 Jun - 4 Jul 2025 Stellenbosch



Team Details University of the Western Cape

Shirt No.	Player	Date of Birth	Age*
	WOODMAN Saarrah		20
	SEPTEMBER Wren		21
	POOLE Mia		20
	OLIPHANT Omphile		19
	NEL Cara-Faye		19
	MKHWANE Ziyanda		22
	MALAN Jessica (GK)		18
	MAGGOTT Shana		19
	HUNT Keegan (C)		27
	HANS Zoe		22
	GATES Emma		19
	FRANCIS Kelsey		25
	CUPIDO Jaylynn		21
	COLYN Milan		22
	COETZEE Jada		19
	CARLSEN Amirah		22
	ARINZE Gift		18
	ADAMS Emily (GK)		20

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

* As of 2025-06-30

Team Staff

Role	Name
Team Manager	HANKEY Micah
Head Coach	DE VRIES Candice
Assistant Coach	ABRAHAMSE Lynn

Shirts	White, Navy
Skirts	Navy
Socks	Navy, Yellow
GK Shirts	Purple

