Suffolk Women's Cup Final

HEEDHAM MARA

OTBALL C

Tuesday, May 7th 2019



at Portman Road, Ipswich Town FC

Kick-Off 7.30pm

Official Souvenir Programme £1.00

Sponsored by



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Respect Code of Conduct



Spectators

We all have a responsibility to promote high standards of behaviour in the game

This club is supporting The FA's **Respect** programme to ensure football can be enjoyed in a safe, positive environment.

Play your part and observe The FA's **Respect** Code of Conduct for spectators

I will:

- Applaud effort and good play as well as success
- Always Respect the match officials' decisions
- Remain outside the field of play and within the Designated Spectators' Area (where provided)
- Let the coach do their job and not confuse the players by telling them what to do
- Encourage the players to Respect the opposition, referee and match officials
- Avoid criticising a player for making a mistake

 mistakes are part of learning
- Never engage in, or tolerate, offensive, insulting, or abusive language or behaviour

I understand that if I do not follow the Code, any/ all of the following actions may be taken by my club, County FA or The FA:

I may be:

- Issued with a verbal warning from a club or league official
- Required to meet with the club committee
- Obliged to undertake an FA education course
- Obliged to leave the match venue by the club
- Requested by the club not to attend future games
- Suspended or have my club membership removed
- Required to leave the club along with any dependents

In addition:

 The FA/County FA could impose a fine and/or suspension on the club

TheFA.com/Respect

Welcome



Good evening ladies and gentlemen, and a warm welcome to the final of the HomeStore Self Storage Suffolk Women's Cup here at Ipswich Town FC.

Thank you to all our colleagues at Ipswich Town for their hard work, time and commitment in staging tonight's showpiece final to another Suffolk football season.

This competition has been played since 1988-89 and the road to this year's final has been as exciting as ever. Reaching this final crowns successful seasons for the two teams. Ipswich Town, who compete in the FA Women's National League South East Division One, will be appearing in their fifth successive final this season.

Needham Market have enjoyed a successful first season in the Suffolk Girls' & Women's League, finishing in second place, and also reaching the League Cup Final. My congratulations go out to both teams for reaching this final, and best wishes for the game.

Please remember there is a third team involved in tonight's match. Our team of officials have been appointed as a result of their performances throughout the season and deserve to be involved in this stage of the competition as much as the two playing teams.

The game is sure to be tense and competitive and could be decided bu the smallest of margins. Whilst we're unlikely to all agree with every decision the officials make. please rest assured that decisions will be made with the best of intentions. Therefore I trust you as spectators, players and team officials will join the match officials in adhering to RESPECT Codes of Conduct at all times; a Spectators' Code of Conduct is included within this programme and Codes of Conduct applying to all match participants are displayed in the respective changing rooms.

If the scores are level at the end of normal time, we go straight to a penalty shoot-out. So please do save any fingernails just in case!

Football should be the best experience For All. Please cheer, congratulate and encourage as much as possible in a respectful manner for all involved. Let the game begin...

#AThrivingLocalGame

Richard Neal Chief Executive Officer Suffolk Football Association HomeStore Self Storage are delighted to sponsor the Suffolk FA Women's Cup for a fourth consecutive season.

Our agreement with Suffolk FA sees HomeStore Self Storage sponsor the Advanced Coaching Centre and the Girls' Development Centre, which are based in Needham Market and Ipswich respectively, as well as the Suffolk Women's Cup.

As a business operating in Ipswich and Bury St Edmunds, we are delighted to be able to support the work of Suffolk FA.

The Women's Cup is the most prestigious Women's Cup in Suffolk. It is the equivalent of the FA Women's Cup for local clubs, and we are delighted that the final is returning to Portman Road this season.

Suffolk FA work hard to govern and develop the game in our county, and we are pleased to be able to play a part in helping them to achieve their objectives.

Martin Tuck Managing Director





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Cup Competitions Manager



I once worked with a northern lad who supported Everton. I used to ask him the Everton result every time they lost and then on one occasion I tried to wind him up by saying 'Never mind, it's only a game'. His reply was instant. 'Aye, but it's a passionate game'. How right he was.

Tonight's final sees the culmination of hard work, skill, determination, some luck and plenty of passion, but that's just the two teams playing on the pitch. For me, I cannot organise the Suffolk FA County Cups without a team with no less passion, but no-one sees them and without them occasions like tonight would not take place.

My squad consists of the referee co-ordinators Ian Smillie, Graham Apperley, Ian Atkins, Mel Stickland and Alan Dale. Darryn Marsh, Bruce Badcock and Richard Neal are alongside myself when the tough, and not always popular, decisions have to be made, and Ruth Ward makes sure the administration for the finals is fully in control. Then there are the County Representatives attending each semi final and final making sure the County standards are met and a special thanks to all host clubs who have so readily agreed to host County matches.

I would also like to make a special mention of David Mayes of the Thurlow Nunn League whose help is always valued throughout the rounds in identifying available venues causing the least amount of disruption for our partner leagues. Radio Suffolk has seen the coverage of our live semi-final draws on the Non-League hour of their Thursday Night Sports Social programme reach bigger audiences thanks to the enthusiasm of Graeme Mac and David Mann and, of course, our own Nick Garnham whose passion for the County Cup competitions is truly admirable.

My own football career never reached great heights. I played in a Primary Cup Semi-Final but didn't make the final squad but one of my team-mates looked back at his time in local football when our club celebrated an anniversary and wrote the most sincere and heart warming sentiments about this wonderful game that we play in our most beautiful County. He wrote: "Without the enthusiasm of the people that run our club, it is unlikely that we would be here tonight. From a personal point of view I would have missed out on some of the happiest and proudest moments of my life, moments that I have shared with people that have become my closest friends. Who said football was only a game? It's far more important than that."

Adrian Moye County Cup Competitions Manager Suffolk FA

Competition History

A cup for women's football teams was first introduced for the 1998-99 season by both the Suffolk and Norfolk County FA's with the Norfolk and Suffolk Women's Cup. This was played for by teams from both Suffolk and Norfolk.

Suffolk clubs did well in this competition, with eight winners in the 12 seasons it ran and only one final having no Suffolk club in it.

Stowmarket were the most successful team in this period as Stowmarket Ladies, Stowmarket Sophtlogic and Sophtlogic Ladies won five times and were runners-up once.

Their first win in 2001 by 8-0 is also the equal biggest winning score in the final, Ipswich Town defeating Kirkley & Pakefield by the same margin in 2015-16.

In 2010 Norfolk and Suffolk went their separate ways and the Suffolk Women's Cup was born.

Since then Ipswich Town have dominated the competition, winning six of the last seven finals.



Ipswich Town captain Amanda Crump with the cup and the match ball after scoring a hat-trick in her side's 8-0 victory over Kirkley & Pakefield in the 2016 final at Ipswich Town FC.

Previous Finals -

1998-99 HP Needham Market Ladies 3 -2 Norwich City Ladies

1999-00 City Racers 6 - 3 Stowmarket Ladies

2000-01 Stowmarket Ladies 8 - 0 Haverhill Rovers Ladies

2001-02 Stowmarket Ladies 4 - 0 Norwich City Racers

2002-03 Stowmarket Sophlogic 1 - 0 Norwich City Racers

2003-04 Stowmarket Sophtlogic 3 - 2 Norwich City Ladies

2004-05 Sophtlogic Ladies 1 - 0 Norwich City Canaries

2005-06 Ipswich Town Women 5 - 4 Norwich City Ladies (aet)

2006-07 Norwich City Ladies 2 - 2 Ipswich Town Women (4-3 on pens)

2007-08 Ipswich Town Women 3 - 0 Norwich City Ladies

2008-09 Norwich City Ladies 5 - 0 West Lynn Ladies

2009-10 Norwich City Ladies 1 - 0 Ipswich Town Women

2010-11 Ipswich Town Women 6 - 0 Haverhill Rovers Ladies

2012-13 Ipswich Town Women 6 - 1 Lowestoft Town Ladies

2013-14 AFC Sudbury Ladies 5 - 0 Brandon Town Ladies

2014-15 Ipswich Town Women 2 - 0 AFC Sudbury Ladies

2015-16 Ipswich Town Women 8 - 0 Kirkley & Pakefield Ladies

2016-17 Ipswich Town Women 5 - 0 Lowestoft Town Ladies

2017-18 Ipswich Town Women 5 - 1 AFC Sudbury Ladies

Route to the Final



Ipswich Town striker Natasha Thomas scores in last season's 5-1 victory over AFC Sudbury in the final at Colchester United FC.

First round: Ipswich Wanderers 1 Ipswich Town 2, Needham Market – bye.

Second round: Needham Market v University of Suffolk – Home Win Walkover, Chantry Grasshoppers v Ipswich Town – Away Walkover Win. **Quarter-Finals:** Ipswich Town 14 Brantham Athletic 0, Needham Market 3 East Bergholt United 2.

Semi-Finals: Ipswich Town v AFC Sudbury – Home Win Walkover, Needham Market 4 Haverhill Rovers 1.

Charlotte Churchman scores for AFC Sudbury in their 5-0 win against Brandon Town in the 2014 final at Bury Town FC.

Ipswich Town

Jordan Arnoup – Centre Back. Jordan joined lpswich Town from bitter rivals Norwich City in September 2017 and quickly established herself in the starting line-up. Having initially joined as a central-midfielder, she has converted to a centre half.

Jac Ball – Right Back. Jac is the kind of player that every manager would dream of coaching – hardworking, reliable, experienced and incredibly consistent. She has been key part of the Ipswich Town defence for many seasons.

Georgia Box – Striker. Georgia joined Town from Billericay Town in February. Known for her electric pace and technical ability, Georgia presents a huge threat when it comes to stretching defences and getting in behind.

Flo Cage – Centre Back. Flo re-joined Ipswich Town from Lowestoft Town during the 2015-16 season, having initially progressed through the club's Centre of Excellence.

Danni Clarke – Goalkeeper. Danni began her Ipswich Town career as goalkeeper for Town's development team. Her consistent performances saw her transition into the first-team during this season as back-up to Sian Fagg.

Lindsey Cooper – Centre Back. Lindsey is a longserving stalwart who joined the club in 2001. She progressed through the Youth ranks before breaking into the first-team in 2005. Known for her dominant aerial ability and leadership qualities.

Zoe Cossey – Winger. Zoe is one of the most electrifying players in the league. With lightening pace and unbelievable ball control, Zoe has the ability to go past defenders and score trademark goals – cutting in from the left and letting fly into the top corner.

Amanda Crump – Central Midfielder. Amanda is the beating heart and captain of Ipswich Town. Having joined the club as a Youth-player in 2000, Amanda has been an ever present in the Town midfield for many seasons.

Sian Fagg – Goalkeeper. An ultra-reliable shotstopper and strong character amongst the girls, Sian is a pivotal part of the squad. She has previously played for Colchester United and Plymouth Argyle.

Ciera Flatt – Central Midfielder. A lifelong Ipswich Town fan, Ciera secured a dream move from Acle United in January this year. A combative and creative midfielder, she has recently established herself in the starting line-up.

Amy Nash – Winger. Amy joined Ipswich Town in 2019 from Billericay Ladies. She is a character both on and off the pitch and has brought a wealth of skill and game knowledge to the club.

Nicole Pannifer – Left Back. Nicole joined Ipswich Town at the age of ten and progressed through the Centre of Excellence before making her first-team debut in 2010, aged 16. She joined the University of Loughborough whilst studying for her degree but rejoined the Blues upon graduation four years later.

Harriet Petley – Centre Back. Harriet joined Ipswich Town in September 2017, initially as part of the development team. After two appearances, she broke into the first-team, after turning 16 the week before.

Natasha Thomas – Striker. Natasha has been a revelation since joining lpswich Town from Lowestoft Town. A pure athlete and clinical finisher, Natasha lit up the division last season with an impressive 30 goals in all competitions.

Paige Wakefield – Central Midfielder. The powerful deep-lying playmaker officially put pen to paper with Ipswich Town after initially joining the club on trial last summer. She has been a regular starter in the Town midfield.

Ipswich Town

Toni-Anne Wayne – Striker. Toni joined Ipswich Town as a forward last summer having previously enjoyed a largely successful career as a goalkeeper with Tottenham Hotspur. Her experience and physical presence has been a real asset to the Blues. **Sophie Welton** – Winger. Sophie re-joined Ipswich Town in 2015, having previously been with the club before her time at Sheffield Hallam University. Her hard work and determination has resulted in Sophie establishing herself as a key part of the attack.



Ipswich Town Ladies. Back row (left to right): Alex Beavens (Fitness Coach), Paige Shorten (Assistant Coach & Secretary) Amanda Crump (Captain), Nicole Pannifer, Harriet Petley, Lindsey Cooper, Danni Clarke, Sian Fagg, Natasha Thomas, Paige Wakefield, Aimee Stretch, Ciera Flatt, Joe Sheehan (Manager).

Front row: Flo Cage, Georgia Box, Amy Nash, Sophie Welton, Zoe Cossey, Charlotte Kellett, Eva Hubbard.

The Teams

Tuesday, May 7th 2019 @ Portman Road

Penalties

If the match is still level after full-time, the winner shall be determined by penalty kicks.

Ipswich Town Blue Shirts, White Shorts, Blue Socks

Needham Market Red Shirts, Red Shorts, Red Socks

Referee Lorraine Catchpole

Assistant Referees Patrick Case Christopher Swiader

> Fourth Official Emily Heaslip

Referee Support Officer Chris Dale



Ipswich Town

Sian Fagg Danni Clarke lac Ball Nicole Pannifer Lindseu Cooper Jordan Arnoup Harriet Petleu Flo Cage Amanda Crump Ciera Flatt Paige Wakefield Amy Nash Georgia Box Natasha Thomas Toni-Anne Waune Sophie Welton Zoe Cosseu

Manager: Joe Sheehan Assistant Manager: Paige Shorten Goalkeeping Coach: Tony O'Neill Fitness Coach: Alex Bevens



Needham Market

Lois Balfour Milly Carter Isabel Chaplin Amy Dunn Ashleigh Goddard Nicola Henderson Amber Leeks Jemma Mortimer Francesca Rainbird Boni Shepherd Maria Smith Amber Sparkes **Emily Steward** Megan Stock Niamh Thomas Amy Trenter Laura Tuleu Jemma Wessels Abbie Wilkinson Elysia Young

Manager: Freya Louis Assistant Manager: Robbie Walker Head Coach: Warren Lewis-Claxton Sports Therapist: Kim Baldwin

Match Officials

Tuesday, May 7th 2019 @ Portman Road

Tonight's referee is Lorraine Catchpole from Lowestoft who regularly officiates on many different leagues including the National Women's Football League, Eastern Region Women's Football League and the Norfolk Women's & Girls' League.

Former Great Britain hockey player Lorraine took up refereeing to help out and has since achieved her promotion to Level 6.

She will be assisted by regular officials on the Suffolk Girls' and Women's League in Patrick Case and Christopher Swiader.

Everton fan Patrick began refereeing to support his son, Andrew, who was also a referee. In addition to the SGWFL, 'Pat' now also officiates on the Thurlow Nunn Reserve and Bury Sunday Leagues.

Christopher set himself a target to officiate at Portman Road and is delighted to have tonight's well-deserved opportunity after this year assisting on the Thurlow Nunn League and the Suffolk & Ipswich League. The fourth official is 2016-17 Suffolk Women's Cup Final Referee Emily Heaslip. Emily is a Level 4 referee, officiating as a referee on the Thurlow Nunn League Division One and as an assistant on the Contributory Leagues.

She has this season also been officiating on the Women's Super League and Women's National League, being rewarded by being appointed as an assistant in the Women's FA Cup Semi-Final between Reading Ladies and West Ham United and refereeing the Women's Super League Academy Plate Final.

The Referee Support Officer for the final is Chris Dale, who has spent this season offering his support and experience to new officials in his role as a Referee Mentor and to the county's promising officials within the Youth Referees' Academy.



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Needham Market

Lois Balfour – Striker. Lois is a strong striker with an impressive left foot. She's third top goalscorer at Needham and joint second for assists in the league.

Milly Carter – Striker. Milly comes from Needham's Academy and is in her first season in the women's league. The striker's technical ability gives her an advantage over the opposition.

Isabel Chaplin – Centre Midfield. Isabel is one of Needham's calmest players on the ball. She's quick at reading games and able to adapt accordingly, creating opportunities not only for herself but her team-mates too.

Amy Dunn – Striker. Amy has had a strong start in her first season in the women's league, a strong defender who never shies away from a tackle. Her physical strength never goes unnoticed in a game.

Ashleigh Goddard – Right Back. Ashleigh is a right back who likes to get forward. She never shies away from wanting the ball and is comfortable travelling up pitch.

Nicola Henderson – Centre Midfield. Nicola is Needham's Canadian-born midfielder. She is the legs in midfield and the most experienced player in the squad. She is a true motivator and gets the team going.

Amber Leeks – Goalkeeper. AKA 'Bam' is the newest player in the squad. Originally a striker at her previous club, Felixstowe & Walton United Ladies FC, Bam has embarked on a new challenge and has become Needham's first choice goalkeeper. **Francesca Rainbird** – Left Winger. AKA 'Cesca' is a quick, efficient and skilful player who dominates the left wing. She travels from university in Cambridge each week to ensure Needham are never short of their winger and is currently top goalscorer at Needham.

Boni Shepherd – Right Winger. Boni is Needham's skilful right winger. She loves to beat a player and is very attacking-oriented.

Maria Smith – Centre Back. Maria has transformed from a midfielder to a centre back. She is not scared to put in a physical challenge and is consistent at reading the game.

Amber Sparkes – Centre Midfield. Amber has an exceptional level of skill and continues to wow the crowd with her extraordinary goals from outside the box. The central midfielder is Needham's key penalty and free-kick taker and has the knack for out-skilling opposition.

Emily Steward – Striker. Emily is a vocal striker and dictates play in the final third. Her experience in football is also a key asset in the squad.

Megan Stock – Centre Back. AKA 'Stocky' is a tough-tackling and vocal full-back who isn't shy of a strong header. She is the first player to ever captain a women's team at Needham.

Needham Market

Niamh Thomas – Right Back. Niamh is a quick right back who excels in positioning and awareness. She times her tackles perfectly and halts the opposition's attack.

Amy Trenter – Centre Midfield. AKA 'Trenter' is experienced, calm midfielder who has a defensive mindset. She is a player who breaks up play and starts the attack.

Laura Tuley – Right Wing. Laura is an experienced player who is capable of playing the ball effortlessly around opponents. She's a smart player who knows when to hold a ball up and look for the perfect pass.

Abbie Wilkinson – Striker. Abbie is one of Needham's bubbliest players. The striker is part of the academy at Needham and continues to grow into the women's league.

Elysia Young – Centre Midfield. Elysia is the core of the squad. The central midfielder always puts her head into every game, displays talented play and enjoys a goal from time to time.



Needham Market. Back row (left to right): Robbie Walker (Assistant Manager), Warren Lewis-Claxton (Head Coach), Isabel Chaplin, Abbie Wilkinson, Boni Shepherd, Ashleigh Goddard, Megan Stock (Captain), Amber Leeks, Niamh Thomas, Emily Steward, Milly Carter, Elysia Young, Jemma Mortimer, Freya Louis (Team Manager).

Front row: Jemma Wessels, Lois Balfour, Amber Sparkes, Francesca Rainbird, Amy Dunn, Maria Smith, Amy Tenter, Nicola Henderson, Charley Mussle-White.



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Forthcoming Final Fixtures

TONIGHT'S final is the first of six Suffolk FA County Cup Finals to be hosted at the home of Ipswich Town FC this season.

Details for the remaining five finals at Portman Road, which will all kick-off at 7.30pm, are as follows, with the first-named team having the home changing room.

Wednesday, May 8th

KBB NEFF Suffolk Premier Cup Final: Felixstowe & Walton United (red & white) v Leiston (blue). Adults £12, concessions £6, children £1.

Thursday, May 9th

KBB NEFF Suffolk Boys' Under-18 Midweek Cup Final: AFC Sudbury U18 (red) v Walsham-le-Willows U18 (yellow). Adults £5, concessions £3, children £1.

Friday, May 10th

CNet Training Suffolk Senior Cup Final: Achilles (red & black) v Cornard United (blue). Adults £8, concessions £4, children £1.

Monday, May 13th

KBB NEFF Suffolk Primary Cup Final: AFC Sudbury A (red) v Old Newton United Res (yellow). Adults £5, concessions £3, children £1.

Tuesday, May 14th

KBB NEFF Suffolk Junior Cup Final: Bildeston Rangers (blue & white) v Bacton Utd '89 (red & green). Adults £6, concessions £3, children £1.



AFC Kesgrave celebrate after defeating Trimley Red Devils 3-2 to win last season's Suffolk Junior Cup Final at Portman Road

International Appointment



SUFFOLK official Emily Heaslip says her biggest appointment so far will be a 'great learning curve' in her career.

The 25-year-old from Bury St Edmunds has been appointed as fourth official for the Women's International Friendly between England and UEFA Euro 2017 runners-up Denmark at The Banks' Stadium, home of Walsall FC, on Saturday, May 25th.

The three other officials are all Swiss – referee Desiree Grundbacher and assistant referees Linda Schmid and Emilie Aubry – in what will be England's penultimate fixture ahead of the Women's World Cup in France this summer.

It is the latest high-profile appointment for Emily, who also has a couple of end-of-season cup finals to look forward to and recently officiated in her first match live on TV.

She was an assistant referee for Liverpool's 5-1 defeat at home to Arsenal in the FA Women's Super League which was broadcast on BT Sport.

Emily, who was told of her international appointment in a phone call from The FA, said: "Obviously I was extremely pleased to get the phone call and be selected for this opportunity.

"It will be a great learning curve and insight into officiating at the full senior international level.

"I am looking forward to working with three female FIFA officials from another country. Hopefully I can use a little bit of my French I've been practicing, but I trust it won't be anywhere near as good as their English!"

Before then Emily was fourth official for the Thurlow Nunn League Division One Cup Final between Harleston and Holland at Woodbridge Town FC on Friday, April 26th. Suffolk official Stephen Baldock was also part of the team as an assistant referee.

Following that Emily is the fourth official at tonight's HomeStore Self Storage Suffolk Women's Cup Final between Ipswich Town and Needham Market at Portman Road - one of six county cup finals to be staged at the ground this season.

For All Awards

19 GRASSROOTS FOOTBALL WARDS

The FA and McDonald's Grassroots Football awards are back!

Suffolk FA will be celebrating those people, clubs and leagues who make a positive difference across their communities. This is your chance to celebrate work that goes into the grassroots.

Nominations are now open until May 10th 2019. Anyone can make a nomination. Individuals should be nominated by someone else (not themselves), while anyone can nominate their own club and/ or league.

The awards are split into 10 categories:

- Grassroots Coach of the Year
- Grassroots Supporter of the Year
- Grounds Team of the Year
- Grassroots Club of the Year
- Volunteer of the Year
- Rising Star of the Year
- We Only Do Positive Respect
- Grassroots Project of the Year
- Grassroots Match Official of the Year
 - Grassroots League of the Year

Suffolk referee George Byrne not only won the county award last year, but went on to win the national award.

To make a nomination go to the home page on the Suffolk FA website: www. suffolkfa.com

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KBB Grassroots Festival 2019



SUFFOLK FA have pulled off a coup with England legend Kelly Smith agreeing to attend this year's KBB Suffolk FA Grassroots Festival.

Smith, England's all-time leading scorer with 46 goals, is to visit the two-day festival at Whitton United FC on Saturday, May 18th. The festival will continue on the Sunday.

The former striker, who was England's first professional female footballer, won 117 caps in an illustrious career and played in six major tournaments, including representing Great Britain at the 2012 London Olympics.

Smith, who won five FA Cups, scoring six times in those five finals, said: "I'm really looking forward to visiting the KBB Suffolk FA Grassroots Festival.

"Grassroots football and tournaments like these are so important to the development of the players and the future prosperity of the game, so I am pleased to be able to attend."

Suffolk FA Mini Soccer & Youth Football Development Officer James Morley, who is co-organising the festival, said: "We are really pleased to have Kelly Smith attending this year's KBB Grassroots Festival. "Our festival will be themed around the FIFA Women's World Cup which is taking place in France and to have Kelly in attendance provides a great opportunity for all the young girls to meet someone who has played and achieved everything at the highest level.

"This season is tracking to be the biggest festival we have ever organised, with more teams being able to attend than ever before and new festivals including walking football and disability football.

"Having Kelly in attendance as well is going to help us create the biggest and best festival by far. We now can't until May for the festival to be here."

Roger Peck, a director of festival sponsors KBB, said: "Kelly Smith's presence at this year's festival is testament to the hard work and dedication that has gone into the festival over the years.

"The fact that the popularity and the exposure that the festival gets is now encouraging big names like Kelly to get involved makes us very proud."



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