



SUFFOLK FA WOMEN'S CUP FINAL



A THRIVING LOCAL GAME

PROUDLY SPONSORED BY MH GOALS LTD



**NEEDHAM MARKET
WOMEN**



**BUNGAY TOWN
LADIES**



DATE:
Tuesday, 16th May 2023



LOCATION:
Colchester United FC



KICK-OFF:
19:30

£2

Respect Code of Conduct Spectators



ENGLAND
FOOTBALL

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' decision
- 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
- Obligated to undertake an FA education course
- Obligated 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



FOR ALL

RESPECT



Nationwide

Building society with mutual respect



ENGLAND
FOOTBALL



On behalf of the Board, Council and staff of Suffolk FA I wish you a warm welcome to the MH Goals Suffolk Women's Cup Final here at Colchester United FC.

Once again, we thank all those involved with Colchester United FC for their enthusiasm and commitment to host tonight's final, one of five Suffolk County Cup Finals the club are staging this season and providing a memorable evening for all involved – it is hugely appreciated.

Please enjoy the facilities with respect and gratitude.

The road to this year's final has been as exciting as ever, with both teams in impressive goalscoring form.

While Bungay Town had a bye in the first round, Needham Market were 15-0 winners at Leiston St Margarets.

Bungay Town put seven past Halesworth Town without reply in round two, while Needham Market gained a measure of revenge for last season's final defeat to AFC Sudbury whom they defeated 5-3.

Both sides had strong away wins in the quarter-finals – Needham Market 7-0 at Beccles Town and Bungay Town 6-1 at Ipswich Vale Exiles.

Bungay Town overcame Brett Vale 2-0 in their semi-final tie, with Needham Market running out 6-1 winners versus East Bergholt United.

The third team involved in the Final will be the team of match officials. This is an occasion as much for them to enjoy as it is the teams.

They have been selected to officiate these prestigious matches through merit, and whilst they may well make decisions which you don't agree with, they will make those decisions based on what they see/hear in a split second, without replays or slow motions.

I invite you to carefully read the Spectators' Code of Conduct included within this programme and do everything you can to ensure you and those around you abide by it.

Finally, a huge note of appreciation to our partners MH Goals, without whom holding this Final at this ground would not be possible.

MH Goals have been fantastic champions of grassroots football in Suffolk, as a Football Foundation Approved Supplier of goalposts and equipment as well as sponsoring this competition.

Mark and Matt and their team continue to be very valued and loyal supporters of Suffolk FA.

I hope you enjoy the match and thank you again for passionately but respectfully encouraging your favoured team.

With best regards

Richard Neal

Suffolk FA CEO and Senior Safeguarding Lead



ENGLAND
FOOTBALL



NEEDHAM MARKET WOMEN

Red shirt with black trim, black shorts with red trim, red socks.

MANAGER - WARREN LEWIS-CLAXTON

What a great occasion yet again for us at Needham to reach the county cup final. We are excited for this game and the opportunity of winning the cup for the first time. It's a trophy that had eluded us, but we are still proud to have been in four of five cup finals - reaching the semi-final in the other - in the five years we've entered. Maybe this is our time!

Special mention to Dani Clarke and Abbie Fisher who sustained serious injuries this season with a Ruptured Achilles and ACL tear respectively and won't be able to make the squad.



DAISIE GIBBS. Goalkeeper who joined the club this season. In her first season of adult football and has proved to be a talented shot stopper.

NICOLE PANNIFER. Full back who joined three seasons ago and has brought a wealth of quality and experience to the team.

EVA HUBBARD. Full back who joined us at the start of the season, adding to our threat down the left, bringing both goals and assists.

CHARLOTTE MCGRATH. Defensive midfielder who joined us at the start of the season and has added great composure to our midfield.

LAURA BLOOMFIELD. Laura is a central defender who joined back in 2020 and is proving to be versatile, playing all across the back line.

ELE CATCHPOLE. Ele joined in 2020 and the solid, central defender has become vice-captain this season.



ENGLAND
FOOTBALL

ELLIE ROSSITER. Ellie joined back in the 2020-21 season, and the pacey winger is a key threat in attack, bringing goals and assists.

LOIS BALFOUR. Striker Lois has been at the club since our formation and in that time has become captain and is our record goalscorer.

MIA ETHERIDGE. Mia joined in 2020 and the energetic central midfielder continues to be a key figure in the middle of the pitch.

JO BRAWN. Jo has been with us since last season and is a skilful, attacking-minded player who can play multiple positions.

LEILAH GOODING. Leilah joined in the second half of the season and is a versatile midfielder who has settled in brilliantly.

LINA NAGIB. Winger Lina has been with us for the last four seasons and has been a vital player for the team with her goals and assists.

ELOISE WARD. Central defender Eloise joined the club last season, and she has also contributed to some key goals this season.

LINDSEY COOPER. Central defender Lindsey joined us this season and has brought a wealth of knowledge and experience to the back line.

JODIE SHARP. Jodie has been with us since 2019 and continues to make an impact down either wing.

MOLLY HALL. Molly joined the club last season, and the clinical striker is our top goalscorer this season.

POPPY NUNN. Full back Poppy joined this season, which is her first season at adult football, and has proved herself at despite being just 16.

PAIGE WAKEFIELD. Defensive midfielder Paige joined us last season and has become a key member of the team both on and off the pitch.

AMBER CANTWELL. Amber joined us this season and has added even more energy and creativity to our midfield unit.

NIAMH THOMAS. Niamh has been a part of all our county cup journeys and the versatile defender can play anywhere along the back line.



WOMEN'S CUP FINAL ROUTE TO FINAL

NEEDHAM MARKET WOMEN



Semi - Final

6 - 1

v East Bergholt United

Quarter - Final

7 - 0

v Beccles Town

2nd Round

5 - 3

v AFC Sudbury

1st Round

15 - 0

v Leiston St Margarets

BUNGAY TOWN LADIES



Semi - Final

2 - 0

v Brett Vale

Quarter - Final

6 - 1

v Ipswich Vale Exiles

2nd Round

7 - 0

v Halesworth Town

1st Round

Bye



MH GOALS SUFFOLK WOMEN'S CUP FINAL MATCH OFFICIALS (left to right)
Chris Dale, Niamh Bailey, Tom Ling, Amy Stockley. Missing from photograph: Stephen Baldock

REFEREE:

Tom Ling

Tom, who is 23 and from Ipswich, has been refereeing for eight years and is currently a Level 5 match official, officiating on the Suffolk & Ipswich League as well as on the assistant referee panel for the Eastern Counties League. This is Tom's second Suffolk FA final after previously being Assistant Referee on the U18 Midweek Final in 2019.

ASSISTANT REFEREE:

Niamh Bailey

Niamh Bailey, who is 19, qualified as a Level 7 on the men's pathway and a Level 4 official on the women's pathway in 2020.

She currently officiates in both women's and men's matches as well as grassroots games. Niamh is studying a BSc Honours degree in Sport Performance Analysis at Cardiff Metropolitan University and is particularly interested in football.

ASSISTANT REFEREE:

Amy Stockley

Amy Stockley, who is 17-years-old, has been refereeing for three years now. She is a Level 7 referee and mostly officiates as an assistant in the Senior Division of the Suffolk & Ipswich League. Amy, who lives in Felixstowe, was part of the first all-female team to officiate a men's SIL match.

FOURTH OFFICIAL:

Stephen Baldock

Stephen was born in Luton when Harold McMillian was Prime Minister. His first football game was for the Cub Scouts in 1969. He is currently a Level 5 Referee and officiates in the Eastern Counties League and Eastern Region Women's Football League Premier Division. This is his second cup final this season, but Stephen said he is honoured to have been selected for the MH Goals Suffolk Women's Cup Final.

REFEREE SUPPORT OFFICER:

Chris Dale

Aged 66 and a former Level 4 official, Chris previously refereed the Suffolk Women's Cup Final at Portman Road and officiated on the Eastern Region Women's Football League including the end-of-season play-offs, cup final and plate. He currently mentors newly-qualified officials, and is lead coach at the Suffolk FA Youth Referee Academy, supported by dedicated colleagues, to guide the early development of young officials.



ENGLAND
FOOTBALL



BUNGAY TOWN LADIES

Light blue shirts, black shorts & black socks



MANAGER - DARREN RENWICK

It is with great pride that we are in a position to share this historic day in reaching this final for the first time ever with this squad of ours, and with our loyal supporters.

We are a squad that have a lovely balance of youth and experience but even with so many new faces, they show a togetherness on and off the pitch and have a determination to grow and learn every week. We have experienced some fantastic performances this season, none more special than our semi-final victory, and as a new management team we are proud to be able to be a part of this journey with all involved in the club and hope this is the start of more to come!

MADDIE FLATMAN

Quick off her line, good shot stopper and the back line has total confidence in her ability. She has also scored this season!

ERIN GALER

Solid full back who is comfortable on the ball and protects the ball well. She missed a large portion of the season due to injury.

LYNDSEY ADAMS

Quick and reads the game extremely well, can play anywhere along the back line and remains an important player to the team.

CHARNELLE RIGGALL

Club captain who lives and breathes Bungay Town Ladies. Box-to-box midfielder who never gives up!

SOFIA SERGHIU

Strong, solid defender who is never shy of getting stuck in to defend her goal. Has a great range of passing from the back.



ENGLAND
FOOTBALL

GEMMA FOSTER

Only just back into the squad, a very strong player with natural football ability whether it is in midfield or up front.

LAUREN PURLING

Wide player who has a great work ethic and is a threat going forward. Happy to take on opponents and create opportunities for others.

SELINA ROWLAND

Strong, combative midfielder who is a constant threat and has scored several important goals this season - she can change a game.

LAUREN GOULDER

Has been Bungay's main goal threat this season, gets into important positions on the pitch and can finish from inside/outside the box.

PORSHA RENWICK

Been at the club since 16. Comfortable with either foot and her versatility enables her to play up front as well as at full back.

RUBY ROOS

Young, strong, naturally gifted central defender who joined mid-season and has cemented her place in the starting line-up.

AMBER LEEKS

Confident goalkeeper and is equally comfortable with the ball on the deck as in her hands. A commanding presence between the sticks.

POPPY FENN

Committed solid defender/midfielder who has had injury issues this season that has restricted her appearances. Reliable wherever needed.

LUCY HOOD

Has been asked to play in a number of positions this season and has delivered - a very reliable and consistent player.

ZOE COSSEY

Plays in a free role and is comfortable on the ball, very quick feet and turn of pace has allowed her to score goals from anywhere.

PHOEBE WAKEFIELD

Speedy young winger who has started to add an end product to her runs and weighed in with the odd goal.

KATIE MOORE

Unfortunately unable to feature yet this season due to a long-term injury, looking forward to having her fit again.

CIERA FLATT

Bungay's vice-captain is technically gifted and able to play a through ball from any part of the pitch. Can and has scored from distance.





In November 2016, British football was rocked by a series of high-profile revelations regarding child sexual abuse. Several former professional players bravely waived their right to anonymity to speak out about their past abuse.

A number of those involved, decided to set up the Offside Trust, an organisation committed to supporting survivors and working to make sport safer for children.

Former professional footballer Steve Walters is director of the Offside Trust.

We are proud to work with and support fellow survivors. In addition to Steve, the Offside Trust family includes the amazing ambassadors listed below and several others who wish to remain anonymous:

Gary Cliffe, former youth team player at Manchester City
Dion Raitt, former youth team player at Peterborough United
Alan Arber, former Norwich City player
Callum Hancock, professional boxer

Our aims are:

- To raise awareness of the importance of safeguarding across all sports at all levels
- To provide survivors with advice guidance and resources to aid the healing journey
- To campaign for legal and regulatory changes to improve safeguarding in sport

Our objectives are:

- To secure partnerships with clubs at all levels, in all sports
- To engage with survivors and signpost them to the appropriate professional support
- To engage with survivors within the Offside Trust Support Network
- To support charitable helplines with specific focus on survivors in sport
- To change the law on child sexual abuse being exempt from 'Double Jeopardy'
- To lobby for 'Mandatory Reporting' to be adopted in UK law
- To engage with political and judicial bodies to strengthen legal support for survivors

Since 2016, the Offside Trust has received the support of supporters, clubs, players and former professionals throughout the sporting world. We focus on all sports, not just football. We are grateful for the support that we are getting from everyone including the people in cricket, rugby, golf and boxing, helping to raise further awareness across sport.

The Offside Trust works alongside governing bodies, charities and organisations that deal with safeguarding.

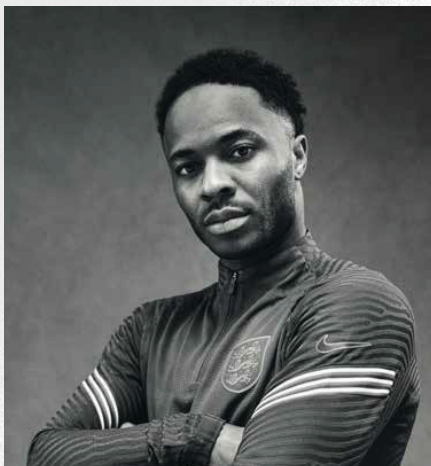
If you are a survivor of child sexual abuse in sport, there are a number of resources available.

The FA have commissioned a dedicated NSPCC helpline for adults who were abused in childhood within the football industry from grassroots to Premier League. If you would like to speak to somebody the free NSPCC helpline for guidance and support is available 24 hours a day on **0800 023 2642**. Our friends at Survivors Manchester (<https://www.survivorsmanchester.org.uk/>) and Samaritans (<https://www.samaritans.org/>) have help and support available if you need to talk.

If you think that a child is in immediate danger please dial 999.

If you are a child who needs help, please call Childline on 0800 11 11.





SHOW SOME

RESPECT

#SHOW SOME RESPECT



ENGLAND
FOOTBALL



Building society with mutual respect



MHGOALS

GREAT SAVINGS

PROUD TO BE SUPPORTING
SUFFOLK FA

We are Suffolk FA's preferred supplier of goal equipment, supporting clubs across the county with high quality goals that meet the latest safety standards.

20% DISCOUNT

As a member of Suffolk FA you can get a 20% discount off a huge range of our goals, from mini soccer to full sized 11v11.

UPGRADE YOUR GROUND TODAY

01502 711298 | MHGOALS.COM