GWALIA UNITED

# GWALIA UNITED

## AFC STONEHAM

USW SPORT PARK | 4 .10. 2026| 14:00

WOMEN'S FA CUP

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CORI WILLIAMS-MILLS




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We are United 2gether for Women's Football in Wales.

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# GWALIA UNITED

| | |
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| Club Secretary Ysgrifennydd | David Pedler |
| Safeguarding Officer Swyddog Diogelu | Kerry Burrows |
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| Coach-Analyst Hyfforddwr | Tom Davies |
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| USW First Team Analyst Myfyriwr | Evan Rivers |
| Head of Medical Pennaeth Meddygol | Adam Rattenbury |
| Physiotherapist Ffisiotherapydd | Meg Lewis |
| USW Placement S&C Myfyriwr | Evie Charlesworth |
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| Club Pathway Manager Rheolwr Llwybr | Deborah Ball |
| Pathway u17s Coach Hyfforddwr u17 | Rob Craig |
| Gwalia PDC Lead Cydlynydd Datblygiad | Emma Bridgeman |
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| U16s Coach Hyfforddwr u16 | Joel Hutton |

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WOMEN'S FA CUP

# MANAGER'S WELCOME

## WELCOME TO TODAY'S FA CUP FIXTURE AGAINST AFC STONEHAM



It's hard to believe we're already into FA Cup action, and we welcome AFC Stoneham to Trefforest today for an eagerly anticipated fixture.

We come into today's game on the back of a decent run of results, and it was particularly pleasing to come away from our recent game against Wycombe Wanderers with a positive result. The FA Cup gives us another opportunity to test ourselves and take that momentum into a different kind of occasion.

Cup football always brings something extra - a sharper edge, a different kind of pressure, and the chance to write a new chapter. AFC Stoneham will arrive believing they can progress so our focus remains on ourselves: playing with the same discipline, energy and togetherness that has brought us the run of form that we have had.

So thank you, as always, for continuing to get behind us. We hope we can give you a performance that you can be proud of and, most importantly, enjoy another competitive cup contest.

Mwynhewch y gêm.

**CORI WILLIAMS-MILLS**

MANAGER


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# MEET

## KYLIE NOLAN

Most people with a passing interest in Welsh football do not need an introduction to who Kylie Nolan is. A fully capped Wales international with searing pace and a sharp eye for goal, opponents both at club level and on the international stage know her name all too well. Nolan is back at Gwalia, and ready to torment defenders and delight supporters in equal measure.

Her searing pace is the kind that drags centre-backs out of position before they've clocked the danger, and when she's flying, half-chances have a habit of becoming clear-cut ones. Defenders who have faced her before will know exactly what's coming; those who haven't are about to find out.

What makes Nolan’s footballing particularly compelling is the story behind it. A qualified physiotherapist by trade, she brings a rare, insider's understanding of her own body to the physical trials and tribulations of football. It’s perhaps no accident that she is lightening quick in and around the 18-yard box.



Nolan's blend of pace and finishing has repeatedly delivered exactly that throughout her career, both domestically and on the international stage. Her return gives manager Cori Williams-Mills a genuine attacking outlet to call upon - someone who doesn't need a string of chances to make an impact, just one.

*“It’s exciting to get Kylie back for us at Gwalia. She is a player that makes things happen for herself and her team-mates. I’m glad I was her team-mate as I wouldn’t have wanted to play against her”*

**CORI WILLIAMS-MILLS- GWALIA MANAGER.**



Opponents, for their part, will have done their homework. Nolan's reputation precedes her, but knowing what's coming and stopping it are two different things, and few defences have managed the latter when she's at her best.

All of which sets up a fascinating watch this weekend. FA cup games often have the makings of a match where one moment of pace or one clinical finish could decide everything. Supporters will be hoping for exactly that: Kylie Nolan, back among the goals, and defenders once again wishing they'd never heard her name.

Kylie Nolan
Photographed by Ben Brain
July 2026
USW Sport Park, Trefforest

# MATCH REPORT

The FA Women's National League

WYCOMBE WANDERERS™ 0-2

Gwalia United bounced back from their first defeat of the season in style, seeing off Wycombe Wanderers with an impressive 2-0 win at the 1878 Stadium. The visitors set the tone from the off. Issy Newns was a constant menace down the Wycombe flank, and it took only ten minutes for the pressure to tell, as Molly Kehoe drilled a thunderbolt in from the edge of the box to put Gwalia ahead. The lead was doubled on 32 minutes, Manon Pearce finishing off a slick move involving Kehoe and Daisy Ackerman.

Wycombe showed real attacking intent throughout the half, and it was the away team's defence; Callie Jones and Megan Bible in particular; who did much of the work to keep the scoreline clean. Gwalia, for their part, played with a tempo and sharpness that had been missing in the league loss to Moneyfields. Bonnie Gready epitomised that energy, chasing every ball and causing problems all afternoon; on another day her relentless running would have brought a goal or two of her own.






Molly Kehoe attacks against Wycombe Wanbderers. Photos Courtesy of @benbrainphotography

Wycombe began the second half brightly, forcing goalkeeper Benedicte Haaland into an early save to keep the clean sheet intact. Gwalia's response came on 49 minutes when Daisy Ackerman broke clear down the right, though her low cross was gathered by the Wycombe keeper. Manon Pearce made way for Emma Thomas on 52 minutes as the game opened up into an end-to-end contest, with both sides going in search of the next goal.

Haaland was called upon again on 70 minutes, producing a superb save to preserve Gwalia's lead. Two minutes later, Summer Evans did well to send Daisy Ackerman clear, but her curling effort towards the top corner was pushed away acrobatically by the Wycombe goalkeeper.

Ackerman, a threat throughout, was withdrawn on 85 minutes for Ellie-Mai Sanford, while the tireless Bonnie Gready made way for Anya Grunewald as Gwalia saw out the win.

It was a response that will please the Gwalia camp after the setback against Moneyfields, with three wins from four making the journey back down the M4 pleasant with three points secured.

**Tickets for that game available here**

Game report in conjunction with:

Majestic Media



Acrobatics from Bonnie Gready: Photos Courtesy of @benbrainphotography

‘IT’S GREAT TO SEE PLAYERS PUT THEMSELVES FORWARD AND BE ASSERTIVE IN WANTING MAKING THE JERSEY THEIRS.

DRIVING COMPETITION WITHIN THE SQUAD IS WHAT WE WANT”

CORI WILLIAMS-MILLS

BEFORE GWALIA UNITED v WORCESTER CITY WOMEN

# The FA Women's National League

## Division One South West

| Pos | Club | P | W | D | L | GD | PTS |
|---|---|---|---|---|---|---|---|
| 1 | Bridgwater United | 5 | 5 | 0 | 0 | 13 | 15 |
| 2 | Moneyfields | 5 | 4 | 0 | 1 | 12 | 12 |
| 3 | Gwalia United | 4 | 3 | 0 | 1 | 8 | 9 |
| 4 | Bristol Rovers | 5 | 3 | 0 | 2 | 0 | 9 |
| 5 | Wycombe Wanderers | 5 | 3 | 0 | 2 | 0 | 9 |
| 6 | Abingdon United | 5 | 3 | 0 | 2 | -1 | 9 |
| 7 | Torquay United | 4 | 2 | 0 | 2 | 6 | 6 |
| 8 | Bournemouth Sports | 5 | 2 | 0 | 3 | 0 | 6 |
| 9 | Maidenhead United | 5 | 2 | 0 | 3 | -5 | 6 |
| 10 | Keynsham Town | 5 | 1 | 0 | 4 | -2 | 3 |
| 11 | Marine Plymouth Academy | 5 | 1 | 0 | 4 | -7 | 3 |
| 12 | Ascot United | 5 | 0 | 0 | 5 | -24 | 0 |

The FA Women's National League

“I WAS PLEASED WITH MY PERFORMANCE AGAINST WYCOMBE WANDERERS. I AM ENJOYING MY FOOTBALL AND TO BE A PART OF THIS TEAM AT THE MOMENT IS GREAT.”

# KATIE QUICK

**PLAYER OF THE MATCH:** WYCOMBE WANDERERS V GWALIA UNITED

# TODAY'S SQUADS

## CARFANNAU HEDDIW

| | | |
|---|---|---|
| LAURA | **O'SULLIVAN-JONES*** | 1 |
| ELLIE-MAI | **SANFORD*** | 2 |
| ELIN | **THOMAS** | 3 |
| KATIE | **QUICK*** | 4 |
| MEGAN | **BIBLE** | 5 |
| BONNIE | **GREADY** | 7 |
| ANYA | **GRUNEWALD*** | 8 |
| ELIZA | **COLLIE** | 9 |
| MANON | **PEARCE*** | 10 |
| ESME | **KILBURN-THOMPSON** | 11 |
| CORI | **WILLIAMS-MILLS*** | 12 |
| MOLLY | **KEHOE*** | 14 |
| EMMA | **THOMAS*** | 16 |
| DAISY | **ACKERMAN*** | 17 |
| CALLIE | **JONES*** | 19 |
| ISSY | **NEWNS** | 20 |
| SUMMER | **EVANS** | 21 |
| IMI | **SCOURFIELD*** | 22 |
| CERYS | **JONES*** | 23 |
| JESSICA | **COCKAYNE** | 24 |
| BENEDICTE | **HAALAND*** | 26 |
| KYLIE | **NOLAN*** | 27 |
| KATIE | **DAVIES** | 28 |
| AMELIAH | **YARWOOD*** | 31 |

*Age Grade International *Full International

SQUAD TO BE CONFIRMED

**OFFICIALS NOT CONFIRMED AT TIME OF PUBLISHING**

# OUR VALUED PARTNERS

WE GIVE OUR HEARTFELT THANKS AND APPRECIATION TO THE FOLLOWING FOR SUPPORTING WOMEN'S FOOTBALL IN WALES AT GWALIA UNITED

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# PLAYER PARTNERSHIPS




BONNIE GREADY




KATIE QUICK

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SAFETY HORIZON South West

FOR PLAYER PARTNERSHIPS CONTACT
HANNAH@GWALIAUNITED.COM

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# LEAGUE FIXTURES

## AUGUST

| | | | |
|---|---|---|---|
| SUN 16 | (A) | ASCOT UNITED | WON 0-6 |
| **SUN 23** | **(H)** | **BOURNEMOUTH SPORTS** | WON 1-0 |
| SUN 30 | (A) | TORQUAY UNITED | POSTPONED |

## SEPTEMBER

| | | | |
|---|---|---|---|
| **SUN 13** | **(H)** | **MONEYFIELDS** | LOST 1-2 |
| SUN 20 | (A) | WYCOMBE WANDERERS | WON 2-0 |

## OCTOBER

| | | |
|---|---|---|
| **SUN 11** | **(H)** | **KEYNSHAM TOWN** |
| SUN 18 | (A) | MAIDENHEAD UNITED |
| **WED 28** | **(H)** | **BRISTOL ROVERS** |




TheFA Women's National League

GWALIA UNITED

# LEAGUE FIXTURES

TheFA Women's National League

## NOVEMBER

SUN 8 (A) MARINE ACADEMY PLYMOUTH

**SUN 22 (H) ABINGDON UNITED**

SUN 29 (A) BRIDGWATER UNITED

## DECEMBER

SUN 6 (A) BOURNEMOUTH SPORTS

**SUN 13 (H) ASCOT UNITED**

## JANUARY

**SUN 10 (H) TORQUAY UNITED**

SUN 24 (A) MONEYFIELDS



# MATCH DAY MASCOTS

| | | |
|---|---|---|
| 4 Oct | AFC STONEHAM (FA CUP) | Canton u9s |
| 11 Oct | KEYNSHAM TOWN | Portskewett and Sudbrook JFC |
| 25 Oct | FA CUP RD 2 (Fixture Dependent on Results) | Taff's Well u16s |
| 29 Oct | BRISTOL ROVERS | Available |
| 22 Nov | ABINGDON UNITED | Cascade u8s |
| 13 Dec | ASCOT UNITED / FA CUP RD 3 | Available |
| 10 Jan | TORQUAY UNITED | Available |
| 7 Feb | MAIDENHEAD UNITED | Available |
| 28 Feb | MARINE ACADEMY PLYMOUTH | Available |
| 28 Mar | BRIDGEWATER UNITED | Available |
| 11 Apr | WYCOMBE WANDERERS | Available |

TO REGISTER: HANNAH@GWALIAUNITED.COM

# MASCOTS' WELCOME

## FROM WALES AND GWALIA GOALKEEPER

LAURA O'SULLIVAN-JONES

GO. COMPARE



LAURA O'SULLIVAN-JONES
WALES AND GWALIA GOALKEEPER

Hi masotos! We really need your help today on the sidelines to shout and support the players, and it is fantastic that you are here today as our official mascots.

We have a little saying at Gwalia that we hope you enjoy being with us as we enjoy having you with us, and we really mean it.

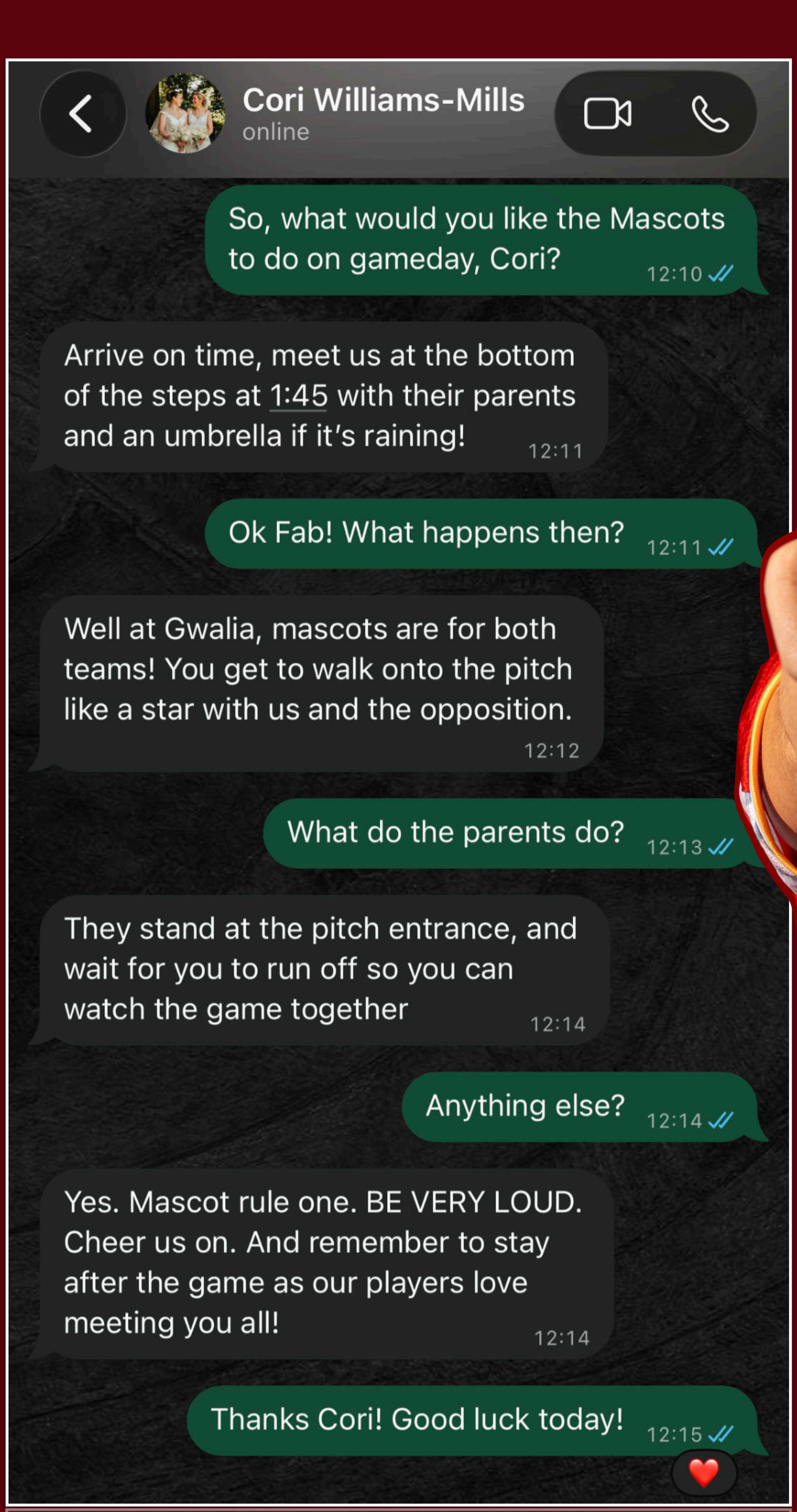
Remember: Rule Number One: when the game is on - shout loudly!!

More importantly however, as a Wales international goalkeeper, I know how important it is for you all as mascots to be in safe hands, and this is why I have asked Cori our manager, and Manon one of our star players to give you a little guide on the next page for you to know what to do and when.

I really hope you enjoy today. It's what our games are all about, and we want you to come back for every single game!

# THIS IS YOUR OFFICIAL MATCHDAY MASCOT BRIEFING

FROM CORI WILLIAMS-MILLS (MANAGER) AND MANON PEARCE (NO.10)



# THAT WINNING FEELING!

SUMMER EVANS - ESME KILBURN-THOMPSON - DAISY ACKERMAN - KATIE QUICK

# GWALIA PATHWAY

When Gwalia United travelled to Worcester City, one member of the party wasn't officially in the matchday squad, yet she experienced all that was on offer and she was treated as if she were.

Under-17s goalkeeper Allana spent the entire away day with the seniors, an experience that shows how closely the club's pathway and first team are now aligned.

Allana's day began early on the team bus, travelling with the senior group from the training base at USW Sport. Her family made the trip along the M4 and M5 to siupport her.

On arrival she saw the behind-the-scenes rhythm of an away fixture: how players settle in, how staff communicate, and how preparation builds towards kick-off. She was dressed in Gwalia kit, took part in the full warm-up, and was included as an unofficial squad member rather than an observer on the fringe.

Cerys Jones, July 2026 Photographed by Ben Brain Photography

That distinction matters. Watching elite football is inspiring, but living the routines around it, the focus, the professionalism and the small details, shows a young player what the standard truly demands.

**“ALLANA HAS WORKED HARD WITH US AND THIS GAVE HER A REAL PICTURE OF WHAT THE NEXT LEVEL LOOKS LIKE”**

**GWALIA UNITED HEAD OF PATHWAYS DEB BALL**

Deb Ball added: “Seeing how the seniors prepare, from the travel to the warm-up, is something we can build on in training for weeks.”

u17s pathway coach Rob Craig added: “You can tell a player about standards, but it lands differently when she has lived them. I want Allana to bring that focus back to our sessions and keep asking questions and developing now that she has had a taste for what it looks like and feels like.”

# BEHIND THE SCENES WITH GWALIA




CERYS, ISSY AND DAISY IN GOOD SPIRITS COMING OUT FOR THE WARM UP AGAINST WORCESTER CITY WOMEN




ELLIE-MAI, BONNIE AND CERYS CHAT BEFORE THE WARM UP PRIOR TO THE GAME AGAINST WORCESTER CITY WOMEN

MEGAN AND SUMMER SHOWING THEIR ATHLETICISM AND ACROBATIC SKILLS AFTER ARRIVING AT SIXWAYS

VIEWS ANSWERS RESPONSES

## FAVOURITE FOOTBALL MEMORY

“Starting for Wales against England at home in Newport, with my family there watching. It was such as special moment and something I’ll never forget. I’ll also never forget that game because I was told to mark Jill Scott for corners — probably the tallest player on the pitch, and I was probably the smallest! 😂 I remember Jill asking for the ball during one of the corners and even mimicking the height difference between us, which was pretty funny.

## ONE THING YOU CANNOT LIVE WITHOUT

My dog Zula...and a flat white!

## FAVOURITE SUBJECT IN SCHOOL

PE. Even from a young age, I had a real passion for sport and physical activity, so PE was always my favourite.

## ALL TIME FAVOURITE MOVIE?

The Gorge on Apple TV or Top Gun: Maverick - I can never choose between the two!

## BEST PLAYER YOU’VE PLAYED WITH

Jess Fishlock or Sophie Ingle - two Welsh GOATs! 🐐



## BEST PLAYER YOU’VE PLAYED AGAINST

Probably one of the England players, like Lucy Bronze, when playing for Wales. It’s always a great challenge playing against players of that level.

## WHAT’S YOUR PRE-MATCH ROUTINE?

I don’t really have one — I’m not superstitious! I just try to get focused, go through the last-minute details and make sure I’m clear on set plays and my role for the game.

## WHAT’S ON YOUR PRE-MATCH PLAYLIST?

Whatever It Takes - Imagine Dragons
Winner - Jamie Foxx

## BIGGEST INFLUENCE ON YOUR CAREER AND WHY

My mum and dad. They’ve supported me throughout my whole career, from taking me to every training session and games when I was younger, to supporting me through the tough times during major injuries.

They’ve always been there for me through the highs and lows, and I definitely wouldn’t be where I am today without them.

## SOMETHING PEOPLE WOULD NOT KNOW ABOUT YOU

I have a Master’s degree... and I have a fear of heights!

SPORT PDC USW

# IF YOU ARE PARKING AT USW SPORT YOU WILL NEED TO DOWNLOAD THE TRUST PARKING APP (LOGO BELOW)

Trust

# NEXT HOME GAME

SUNDAY 11 OCTOBER 2026 2PM

# KEYNSHAM TOWN




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