GWALIA UNITED

TheFA Women's National League

GWALIA UNITED

KEYNSHAM TOWN

USW SPORT PARK | 11 .10. 2026 | 14:00

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Join Gwalia United 2gether and stand proudly for women's football in Wales.

- two 2026/27 season tickets covering all home league games,
- our Gwalia United newsletter
- Recognition on the dedicated United 2gether page in our matchday programme and website
- invitations to special member events throughout the year.

Use the tickets for staff, clients or customers, or join simply because you believe in helping women's football grow.

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

JOIN UNITED 2GETHER BY CLICKING HERE

GWALIA UNITED

Owners Perchnogion	Julian Jenkins & Damien Singh
Club Chair Cadeirydd	Michele Adams MBE
Board Member Aeold Bwrdd	Karen Jones MBE
Club Secretary Ysgrifennydd	David Pedler
Safeguarding Officer Swyddog Diogelu	Kerry Burrows
General Manager Rheolwr Cyffredinol	Trystan Bevan
Team Support Coordinator Cydlynydd Tîm	Denise Jenkins
Logistics & Operations Logitseg	Gareth Edwards
Club Photographer Ffotograffydd	Ian Lovell
Social Media & Photography Gwasg / Dyluniant	Benjamin Brain
Commercial & Partnerships Partneriaethau Masnachol	Hannah Mills
Visual Media Placement Gwasg / Dyluniant	Chloe Evans
First Team Manager Rheolwr	Cori Williams-Mills
Coach-Analyst Hyfforddwr	Keehlan Panayiotou
Coach Hyfforddwr	Lou Hutton
GK Coach Hyfforddwr	Jamie Lloyd Davies
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
Club Pathway Manager Rheolwr Llwybr	Deborah Ball
Pathway u17s Coach Hyfforddwr u17	Rob Craig
Gwalia PDC Lead Cydlynydd Datblygiad	Emma Bridgeman
U16s Coach Hyfforddwr u16	Martin Chick
U16s Coach Hyfforddwr u16	Joel Hutton

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MANAGER'S WELCOME

The FA Women's National League

WELCOME TO TODAY'S FA WOMEN'S NATIONAL LEAGUE FIXTURE AGAINST KEYNSHAM TOWN.

Welcome to Keynsham Town, and thank you to our wonderful fan base again for joining us this week.

It has been a really positive few weeks for Gwalia. Last weekend's 6-0 FA Cup win over AFC Stoneham earned us a place in the draw for the first round, where we'll face Yate Town on 25 October. We've also recorded league wins over Worcester City Women, 3-2, and Wycombe Wanderers, 2-0.

The team is in a good place. The only setback in our last ten games came against Moneyfields, where a below-par performance saw us lose 2-1. We know there is plenty to keep working on, but the players have shown great character, quality and togetherness throughout this run.

Now our focus turns to today's game. We know Keynsham Town will make us work for every opportunity, and we'll need to bring the same commitment and energy that have served us so well in recent weeks. We want the players to enjoy the occasion, compete for every ball and show what they can do.

Thank you, as always, for your support. The encouragement from the stands means a great deal to the players, and we hope we can give you a performance to enjoy.

Mwynhewch y gêm.

CORI WILLIAMS-MILLS

MANAGER




tur.
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MEET

BONNIE GREADY

GWALIA UNITED



Ask a defender about Bonnie Gready and the first thing they might mention is the pressure. She presses, chases, closes down and goes again. Watch Gwalia United for long enough and you can start to wonder whether there are two Bonnies on the pitch: one harrying a defender near the touchline, the other already sprinting into the space behind. Gready, in the kindest and most complimentary sense as a footballer, is a nightmare for defenders.

Signing for Gwalia during the 2025-26 season from Bristol City, the Striker from Somerset has proven to be a shrewd acquisition. That relentless energy has become a defining feature of her game. Gready's pace and tenacity unsettle back lines, forcing rushed decisions and mistakes. On more than one occasion, that pressure has lead to goals for herself or her team. Her reputation in fact has long been that of a natural scorer: alert in the box, quick to spot a loose ball and ready to turn half a chance into a goal. The instincts of a poacher are still there, but recently Gready's contribution has grown beyond the final touch.

She has become an important link between midfield and the forwards, using her movement to draw defenders out of position and open routes for teammates. Either way, opponents have to account for her, and somehow or other try and keep an eye on her.

Bonnie Gready is sponsored by:

P&D TRADING AS PL KITCHENS AND BEDROOMS

That evolution has come after spells of frustration with injury. For a player whose greatest strengths depend on sharpness, speed and repeated bursts of effort, time out can be especially difficult. Now, though, she looks to be enjoying her football more than ever. The joy is visible in the way she plays: with a spring in her stride, a willingness to take on defenders and an infectious appetite to get involved.

That attitude might well have been magnified even more from frustrations of being sidlelined injured, but Gready's energy and ability these days energy is not confined to her own performance; it visibly lifts the players around her. One of the key factors this season is that Gready has become a player keen on giving the whole team a licence to work harder. A teammate who sees her sprint after a lost cause has a reason to chase too. Her enthusiasm becomes part of Gwalia's collective work rate, and, when the press clicks, a way of turning effort into attacking opportunities.

For opponents, that means there is no comfortable spell when they can switch off. For Gwalia, it means a forward whose influence is measured not only in goals, but in the chances, space and belief she helps create.



Bonnie Gready is sponsored by:



“I AM FEELING REALLY POSITIVE WITH MY FORM AT THE BEGINNING OF THIS SEASON, HAPPY TO HAVE ANOTHER 90 MINS IN THE BAG. I’M CONFIDENT THAT GWALIA AND FAWNL WILL SEE WHAT I PERSONALLY, AND THE TEAM CAN ACHIEVE THIS COMING SEASON”

BONNIE GREADY

MATCH REPORT

WOMEN'S FA CUP

6-0

Daisy Ackerman scored her second hat-trick in as many weeks as Gwalia United eased into the next round of the Women's FA Cup with a convincing win over AFC Stoneham. Gwalia led 2-0 at half-time thanks to first-half goals from Esme Kilburn Thompson and Ellie-Mai Sanford, before Ackerman took centre stage after the break. Her three goals took her tally to six in two matches, while Kylie Nolan also got on the scoresheet as Gwalia pulled clear.

Gwalia made their intent clear from the first whistle, pressing high and moving the ball with purpose. Kilburn Thompson and Sanford both found the net before the interval, and the two-goal cushion was the least the hosts deserved for their early performance. Katie Quick was a constant threat down the wing creating chances for her teammates.



Ellie-Mai Sanford scores against AFC Stoneham. Photos Courtesy of @benbrainphotography

Stoneham were far from overwhelmed in that opening 45 minutes, though. They stayed organised, competed for every second ball and gave Gwalia plenty to think about, which made the half-time lead feel earned. After the restart, it was Ackerman's afternoon. Her movement troubled the AFC Stoneham back line, her finishing was clinical, and once she found her range there was no way back for the visitors. Nolan's long chipped goal added to the gloss on the result as Gwalia's attacking quality told across the pitch.

Katie Davies and Megan Bible were among Gwalia's standout performers, controlling the tempo and keeping the side's rhythm throughout. Their work in and out of possession gave the forwards the platform to flourish, and their influence on the game grew as the afternoon went on.

For manager Cori Williams-Mills, the priority was progression.

"Going through to the next round is so important for us," she said. "The FA Cup is such a prestigious competition and everyone wants to keep going in it.

"Stoneham gave a good account of themselves today and made us work for it, so I'm really proud of how the players responded. We're delighted to be through and we look forward to seeing who we draw next."

Tickets for that game available here

Game report in conjunction with:

Majestic Media

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Daisy Ackerman celebrates: Photos Courtesy of @benbrainphotography



LAURA RETURNS

The afternoon against AFC Stoneham in the FA Cup carried added significance with the return to action of Wales international goalkeeper Laura O'Sullivan Jones. She was injured in the build-up to Euro 2025 and has fought hard to get back to fitness, making this appearance a milestone in a long recovery.

Her return was a welcome sight for everyone connected with the club, and a reminder of the resilience required to come back from such a setback. Manager Williams-Mills was keen to highlight the goalkeeper's journey.

"It was absolutely delightful to see Laura back out there," she said. "She has worked so hard to come back from injury, and the determination she has shown has been brilliant. Everyone at the club is so pleased for her, and it was a really special moment to see her return to action in such an important game."

LAURA'S DETERMINATION TO RETURN AFTER SUFFERING THE CRUELEST OF FATES, ON THE EVE OF HER GREATEST SPORTING ACHIEVEMENT, IS A TESTAMENT TO HER CHARACTER. IT'S HARD TO PUT INTO WORDS THE RESPECT WE HAVE FOR HER, BOTH AS A PERSON AND AS A PLAYER.

DAMIEN SINGH
CO-OWNER, GWALIA UNITED

"WE ARE IN A GOOD PLACE AT THE MOMENT. APART FROM THE ONE GAME AGAINST MONEYFIELDS WHERE WE WEREN'T QUITE OURSELVES, WE HAVE BEEN CLOSE TO THE TEAM THAT WE KNOW WE CAN BE"

CORI WILLIAMS-MILLS

ADOBE WOMEN'S FA CUP

USW SPORT PARK

GWALIA UNITED v YATE TOWN

WOMEN'S FA CUP



SUNDAY 25 OCTOBER 2PM

CLICK HERE FOR TICKETS

TODAY'S SQUADS

CARFANNAU HEDDIW

LAURA **O'SULLIVAN-JONES***	1	1	LILY **L**
ELLIE-MAI **SANFORD***	2	1	FREYA **JONES-GRIFFITHS**
ELIN **THOMAS**	3	1	EMILY **KEMP**
KATIE **QUICK***	4	1	XANNA **KIERK**
MEGAN **BIBLE**	5	2	LILY **WITHERS**
BONNIE **GREADY**	7	3	AMELIE **COLLINS**
ANYA **GRUNEWALD***	8	4	ANGHARAD **BEMAN**
ELIZA **COLLIE**	9	5	EMMA **NORRIS**
MANON **PEARCE***	10	6	HOLLY **JENKINS**
ESME **KILBURN-THOMPSON**	11	7	VICKY **VIPOND**
CORI **WILLIAMS-MILLS***	12	8	BROOKE **STIRRUP**
MOLLY **KEHOE***	14	9	MIA **MUGFORD**
EMMA **THOMAS***	16	10	JUSTINE **LAWTON**
DAISY **ACKERMAN***	17	11	LILY **REED**
CALLIE **JONES***	19	12	FFION **MARTINEZ**
ISSY **NEWNS**	20	14	SIERRA **LUNDY**
SUMMER **EVANS**	21	15	ABI **TODD**
IMI **SCOURFIELD***	22	17	HANNAH **CARPENTER**
CERYS **JONES***	23	18	EMILY **NICHOLSON**
JESSICA **COCKAYNE**	24	19	MIA **PARKIN**
BENEDICTE **HAALAND***	26	21	OLIVIA **BEES**
KYLIE **NOLAN***	27	22	IMI **STOCKER**
KATIE **DAVIES**	28	23	SACHI **KANEKO-GRUN**
AMELIAH **YARWOOD***	31		

*Age Grade International *Full International

TEAM TAKEN FROM KEYNSHAM WEBSITE

RYAN JENNINGS (REFEREE)
JAMES JOHNSON (ASSISTANT REFEREE)
PAUL SPARROW (ASSISTANT REFEREE)

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

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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



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KATIE QUICK

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FOR PLAYER PARTNERSHIPS CONTACT
HANNAH@GWALIAUNITED.COM

GWALIA UNITED

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 2-1
SUN 20	(A)	WYCOMBE WANDERERS	WON 2-0

OCTOBER

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



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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

11 Oct	KEYNSHAM TOWN	Portskewett and Sudbrook JFC
25 Oct	YATE TOWN - FA Cup	Taff's Well u16s
29 Oct	BRISTOL ROVERS (Game TBC)	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

LAURA O'SULLIVAN-JONES
WALES AND GWALIA GOALKEEPER

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)



BEHIND THE SCENES WITH GWALIA



THE MOST WELCOME RETURN IN WELSH FOOTBALL.

LAURA O'SULLIVAN JONES WARMS UP PRIOR TO THE GAME

Photo by Ben Brain Photography



THE NEXT GENERATION OF GWALIA PLAYERS
Photo by Ben Brain Photography



DAISY AND CORI CELEBRATE (ANOTHER) HAT-TRICK
Photo by Ben Brain Photography

VIEWS ANSWERS RESPONSES

FAVOURITE FOOTBALL MEMORY

Travelling to rome to play for england colleges and receiving player of the tournament

ONE THING YOU CANNOT LIVE WITHOUT

Family and my dogs

FAVOURITE SUBJECT IN SCHOOL

Sports science

ALL TIME FAVOURITE MOVIE?

Titanic

BEST PLAYER YOU'VE PLAYED WITH

Brooke Aspin

BEST PLAYER YOU'VE PLAYED AGAINST

Michelle Agyemang

WHAT'S YOUR PRE-MATCH ROUTINE?

Good coffee, good music, calm atmosphere

WHAT'S ON YOUR PRE-MATCH PLAYLIST?

R&B Music

BIGGEST INFLUENCE ON YOUR CAREER AND WHY

my parents... continued support from a young age travelling up and down the country and my dad's knowledge and experience within the game constantly giving good

SOMETHING PEOPLE WOULD NOT KNOW ABOUT YOU

I prefer 60s music to new music



SPORT PDC USW

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NEXT HOME GAME

SUNDAY 25 OCTOBER 2026 2PM

YATE TOWN

WOMEN'S FA CUP ROUND ONE

WOMEN'S FA CUP



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