GWALIA UNITED

GWALIA UNITED

YATE TOWN

USW SPORT PARK | 25 .10. 2026| 14:00

WOMEN'S FA CUP

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“THE FA CUP IS THE BIGGEST AND BEST CLUB SPORTING COMPETITION IN THE WORLD. EVERY TEAM WANTS TO SAMPLE ITS MAGIC - INCLUDING OURSELVES”

CORI WILLIAMS-MILLS

TRYCHINEB **ABERFAN** DISASTER

21 | 10 | 1966

THIS WEEK MARKED THE 60TH ANNIVERSARY OF THE ABERFAN DISASTER.

WE WILL NEVER FORGET THOSE WHO LOST THEIR LIVES AND THE COMMUNITY THAT WAS FOREVER CHANGED



On 21 October 1966, a colliery spoil tip above the village of Aberfan collapsed after days of heavy rain, engulfing Pantglas Junior School and nearby homes. The disaster claimed 144 lives, including 116 children.

Aberfan is only seven miles from today’s ground.

The tragedy is part of the landscape and memory of the communities around us. This is a region shaped by shared experience, close-knit communities and a strong sense of solidarity. We will always remember them.

Dim ond saith milltir sydd rhwng Aberfan a’r gêm heddiw. Rydym heddiw mewn ardal sydd wedi’i lunio gan brofiadau, cymunedau clos ac ymdeimlad cryf o gydsefyll. Byddwn yn cofio amdanynt.



100 WELSH BUSINESSES. 2 SEASON TICKETS. ONE SHARED COMMITMENT.

ONLY £120.

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
First Team Manager Rheolwr	Cori Williams-Mills
Coach-Analyst Hyfforddwr	Keehlan Panayiotou
Coach-Analyst Hyfforddwr	Tom Davies
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
Conditoining Coach Cyflyrwr	Ellis Frangos
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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WOMEN'S FA CUP

MANAGER'S WELCOME

CROESO Y RHEOLWR

WELCOME TO TODAY'S FA CUP FIXTURE AGAINST YATE TOWN.

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

Sport is meant to be an emotional rollercoaster. It is part of why we love it so much as players, fans and staff. The highs can be tantalising and the lows devastating, and I cannot think of any sporting parallel to the FA Cup in that regard. The games can be nail-biting, nervous affairs, and since every single round is an opportunity for teams to get closer to a dream fixture, the magic of the cup not only presents itself on the field (the cup itself being synonymous with giant-killing) but also off the field.

Having come through the last round with a professional and composed performance against AFC Stoneham, myself as Manager, Julian as owner and the playing group were glued to the FA Cup YouTube channel to discover who awaited us in the next round. I cannot think of any other sport that makes the next round draw as anxious and spine-tingling an affair as the game itself. It is utterly wonderful.

Which, of course, both Yate Town and ourselves will be vying for today. We want our name in the hat for the next round, and today's encounter will be I am sure a competitive tussle in what is, undoubtedly, the world's best sporting competition.

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.

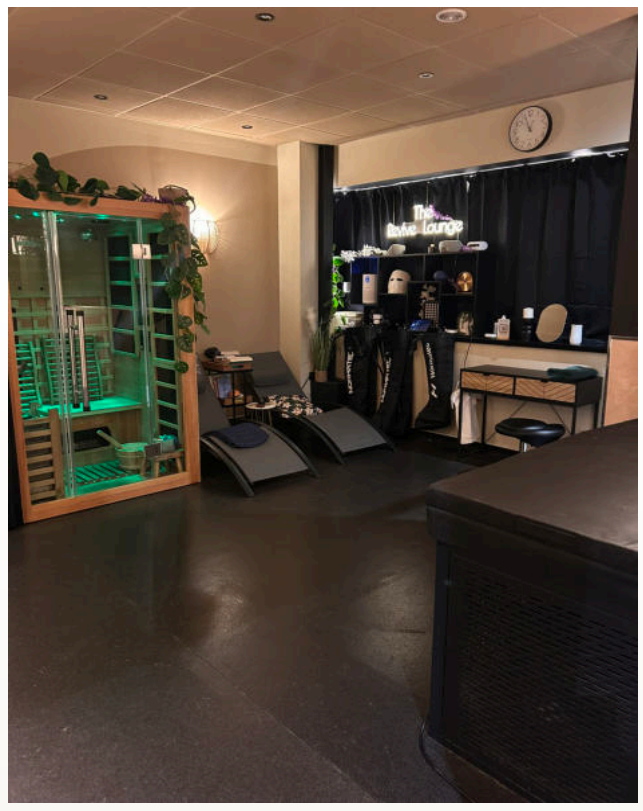
CORI WILLIAMS-MILLS



THE WELLNESS Lounge







“Paul and his staff have been so welcoming to the Gwalia squad and the facilities at the wellness lounge are outstanding”

CORI WILLIAMS-MILLS, MANAGER, GWALIA UNITED

This season, *The Wellness Lounge Cardiff* has partnered with Gwalia and it has proven to be one of the best signings done in the off-season, with players able to use their fantastic facilities from ice baths to saunas without forgetting the post-recovery matcha in the cafe

“It’s a great provision and the players really enjoy going”

CERYS JONES, CAPTAIN, GWALIA UNITED

For more details, click here: cardiffwellnesslounge.com


GWALIA UNITED
GO
COMPARA

MEET

BENNI HÅLAND

GWALIA UNITED

Norwegian goalkeeper Benedicte Håland has taken an unusual route to football in Wales. Born in Ålesund, she began her senior career at 17 with Arna-Bjørnar, before spells with Sandviken and clubs across Switzerland, Iceland, Italy, Scotland and England.

Håland first moved to England in 2020, joining Bristol City. After gaining experience abroad, she returned to the club in 2023, then signed for Southampton in January 2024. The following year, she joined Gwalia United.

Håland has also represented Norway at under-17 and under-19 level. Now part of Gwalia United's goalkeeping group, she brings a wealth of experience to the club - and a career shaped by adapting to new teams, countries and challenges.

Benni brings calm authority and athleticism to the heart of Gwalia United's defence. A commanding presence in goal, she combines remarkable agility with the composure to organise those in front of her and the bravery to make decisive interventions. With Håland behind them, the whole side can defend with greater belief.



Her route has been anything but ordinary: from Norway's west coast to a Hearts derby, via five countries. For a goalkeeper, that breadth of experience may be its own kind of preparation - learning to settle quickly, read the game and make the next save count.

She won Gwalia United's coveted Player of the Season Award for season 2025-26, and also the Player's Player of the Season Trophy, cementing not only her ability but also what her fellow squad members think of her as a person and player.

"Benni has been fantastic for us since her arrival. Her standards are an example to every single one of our players. She demands the best out of herself and that kind of attitude is infectious"

CORI WILLIAMS-MILLS- GWALIA MANAGER.

Those with a keen eye might notice also that from a grammatical standpoint, some would require clarity. Benni reassures us that "Håland / Haaland" to be interchangeable in Norwegian, for those interested, but whichever way the name is spelt, seeing Haaland 26 lining up in goal for Gwalia spells problems for opposition forwards.



Benedicte Haaland
Photographed by Ben Brain
July 2026
USW Sport Park, Trefforest

MATCH REPORT

TheFA Women's National League

MAIDENHEAD UNITED FOOTBALL CLUB 18 70

1-3

Gwalia United extended their unbeaten run to five matches in all competitions with a determined 3—1 victory away to Maidenhead United.

The visitors began brightly, but both sides created opportunities during an open first 15 minutes. Gwalia looked dangerous going forward, while Maidenhead worked to find space around the visitors' defence. The early exchanges suggested that neither side would be content to sit back.

Gwalia broke the deadlock in the 22nd minute through Manon Pearce. Receiving the ball outside the penalty area, Pearce struck a beautifully placed shot that travelled through a crowd of defenders and beat Maidenhead goalkeeper Cherry Preisner, finding its way into the top of the net. The goal rewarded Gwalia's positive start and gave them an important foothold in the match.

There were further chances at both ends as the first half went on. Gwalia's midfield combination of Emma Thomas and Kylie Nolan helped the visitors link play and build attacks, and their interplay contributed to the second goal. Daisy Ackerman finished calmly to make it 2—0, continuing an extraordinary run of form. She has now scored eight goals in four games and found the net in each of Gwalia's last four fixtures in all competitions, an absolutely remarkable vein of form for the former Arsenal forward.

Maidenhead responded immediately. From a corner, the hosts forced the ball over the line only after Gwalia believed they had cleared it. Mae Golden was credited with the goal, with the assistant referee indicating that the ball had crossed. The quick reply brought Maidenhead back into the contest and left Gwalia with work to do. The visitors nevertheless held their lead, going into the break 2—1 ahead.



Issy Newns. Photo Courtesy of @benbrainphotography

Gwalia regained their two-goal advantage with 20 minutes remaining. Daisy Ackerman, once again, stepped up to take a free-kick and struck it sweetly. The effort took a wicked deflection from Esme Kilburn-Thompson, wrong-footing Preisner and leaving the goalkeeper stranded as the ball found the net. It was a timely goal for the visitors, who had been under pressure to keep Maidenhead at bay.

Kilburn-Thompson was soon substituted, with Bonnie Gready coming on to bring fresh pace and energy to Gwalia's attack. Issy Newns also entered the match in midfield, replacing Pearce as the visitors made changes to manage the final stages.

The closing 10 minutes brought another challenge for Gwalia when Gready was sent off. The dismissal meant the visitors had to see out the match with 10 players, marking their second red card in as many games. Maidenhead had an opportunity to press with a numerical advantage, but Gwalia stayed organised and worked hard to protect their two-goal cushion.

Substitutes Imi Scourfield and Elle-Mai Sanford helped the visitors through the closing stages as Gwalia battled to preserve their lead. They held firm until the final whistle, securing a 3—1 win on the road. The result keeps Gwalia's unbeaten run alive, while Ackerman's remarkable scoring streak remains one of the standout stories of their season so far.

Gwalia's next game is against Bristol Rovers this thursday.

Tickets for that game available here

Game report in conjunction with:

Majestic Media

GWALIAUNITED.COM



Ellie Mai Sanford: Photos Courtesy of @benbrainphotography

“WE ARE HAPPY WITH OUR CURRENT FORM. GOING UNBEATEN IN FIVE GAMES IS PLEASING, BUT THE STANDARDS THAT THE SQUAD HAS SET ITSELF IS DELIBERATELY HIGH.”

CORI WILLIAMS-MILLS

BEFORE GWALIA UNITED v YATE TOWN

TheFA Women's National League

RESULTS

Division One South West

ABINGDON UNITED	2	-	1	ASCOT UNITED
BRIDGWATER UNITED	3	-	2	BOURNEMOUTH SPORTS
BRISTOL ROVERS	2	-	3	KEYNSHAM TOWN
MAIDENHEAD UNITED	1	-	3	GWALIA UNITED
MARINE ACADEMY PLYMOUTH	0	-	1	WYCOMBE WANDERERS
MONEYFIELDS	3	-	1	TORQUAY UNITED

“I’M ENJOYING MY FOOTBALL AT THE MOMENT AND THE SQUAD IS DETERMINED TO ACHIEVE THINGS THIS SEASON. I AM EXCITED TO BE A PART OF THAT”

SUMMER EVANS

PLAYER OF THE MATCH: GWALIA UNITED V AFC STONEHAM (FA CUP)

FUN FACT: SUMMER HAS NOW HAD TWO POTM AWARDS IN EIGHT GAMES

TODAY'S SQUADS

CARFANNAU HEDDIW

LAURA **O'SULLIVAN-JONES***	1	SHAWNA **HANNAM**
ELLIE-MAI **SANFORD***	2	MELODY **LEWIS**
ELIN **THOMAS**	3	RUBY **HILL**
KATIE **QUICK***	4	LIBERTY **GOATER**
MEGAN **BIBLE**	5	GEORGIA **VANDRIES**
BONNIE **GREADY**	7	CHLOE **ROGERS**
ANYA **GRUNEWALD***	8	NIAMH **HAGUE**
ELIZA **COLLIE**	9	SOPHIE **SWEET**
MANON **PEARCE***	10	ELEANOR **CHILD**
ESME **KILBURN-THOMPSON**	11	AMY **JEFFRIES**
CORI **WILLIAMS-MILLS***	12	JESS **WERRETT**
MOLLY **KEHOE***	14	JESS **FRAZER**
EMMA **THOMAS***	16	FLISS **WINTERS**
DAISY **ACKERMAN***	17	LEXI **BERRY**
CALLIE **JONES***	19	EMMA **PLANT**
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

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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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GWALIA UNITED

PROUDLY SERVING CUP OF CASA COFFEE AT HOME GAMES

CASA

PLAYER PARTNERSHIPS



BONNIE GREADY



KATIE QUICK

P&D TRADING AS PL KITCHENS AND BEDROOMS

SAFETY HORIZON South West

FOR PLAYER PARTNERSHIPS CONTACT
HANNAH@GWALIAUNITED.COM

GWALIA UNITED

LEAGUE FIXTURES

AUGUST

SUN 16 (A) ASCOT UNITED
SUN 23 (H) BOURNEMOUTH SPORTS
SUN 30 (A) TORQUAY UNITED

SEPTEMBER

SUN 13 (H) MONEYFIELDS
SUN 20 (A) WYCOMBE WANDERERS

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	YATE TOWN (FA CUP)	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.

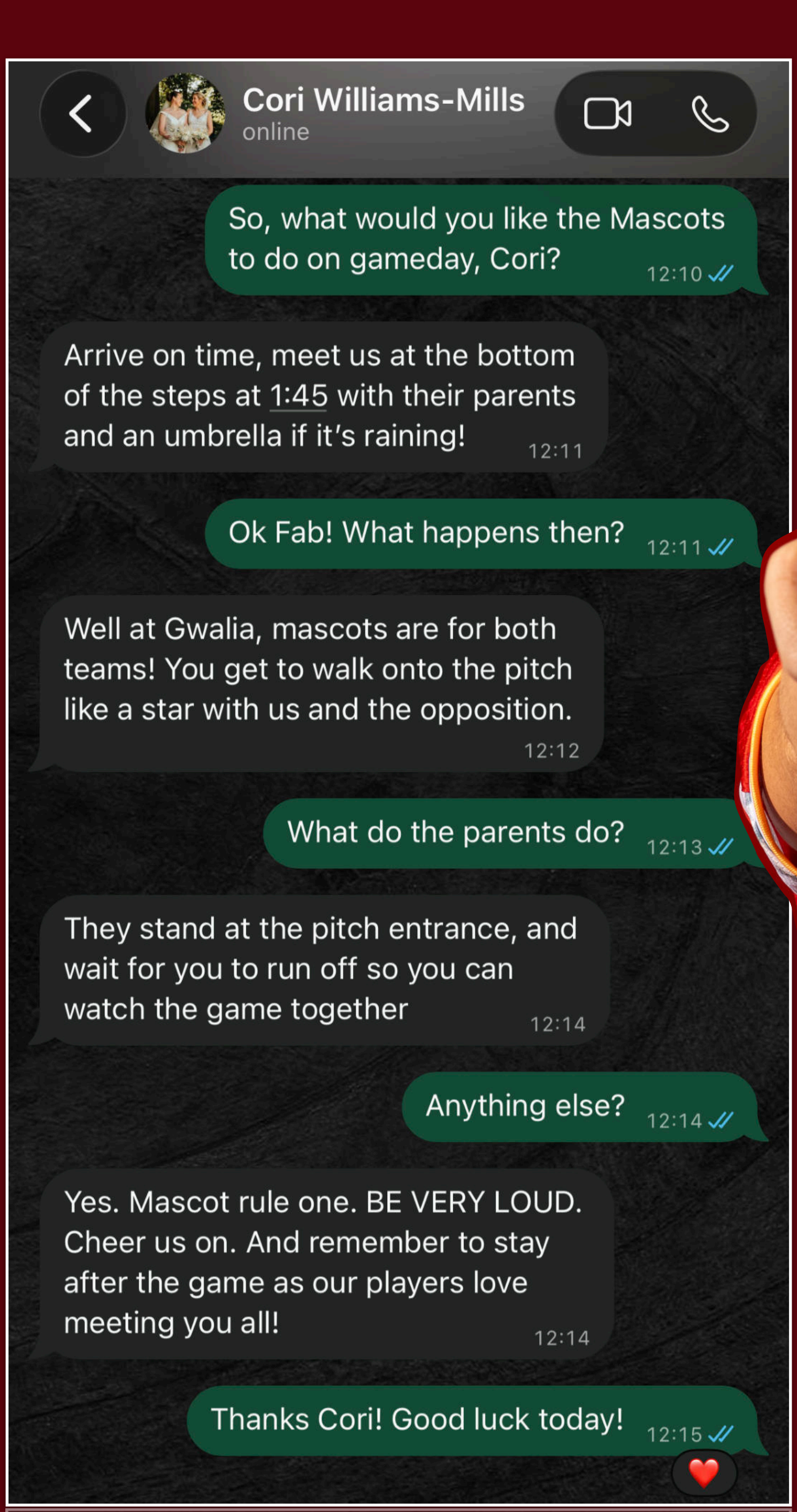
Remember: Rule Number One: when the game is on - shout loudly!!

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)



Est. 2005

CWMCARN ATHLETIC FC



Today’s Mascots Cwmcarn Athletic girls will today be wearing red bows in their hair to show their support for Gwalia and to help spread the message of Action Cymru, supported by the FAW and Show Racism the Red Card, raising awareness of racism and promoting inclusion.

We think this is be a lovely way for the girls to show their support for both Gwalia and such an important message.

PLEASE GIVE THEM YOUR SUPPORT!

GWALIA U17S SHOW PROMISE

Gwalia produced a much-improved performance but were left to rue missed chances after falling to a disappointing defeat to Pontypridd u17s last Sunday

There was a clear difference from their previous outing, with the team showing greater confidence, composure and determination from the opening whistle. Gwalia enjoyed long spells of possession, moved the ball with purpose and created a string of opportunities, keeping the opposition goalkeeper busy throughout.

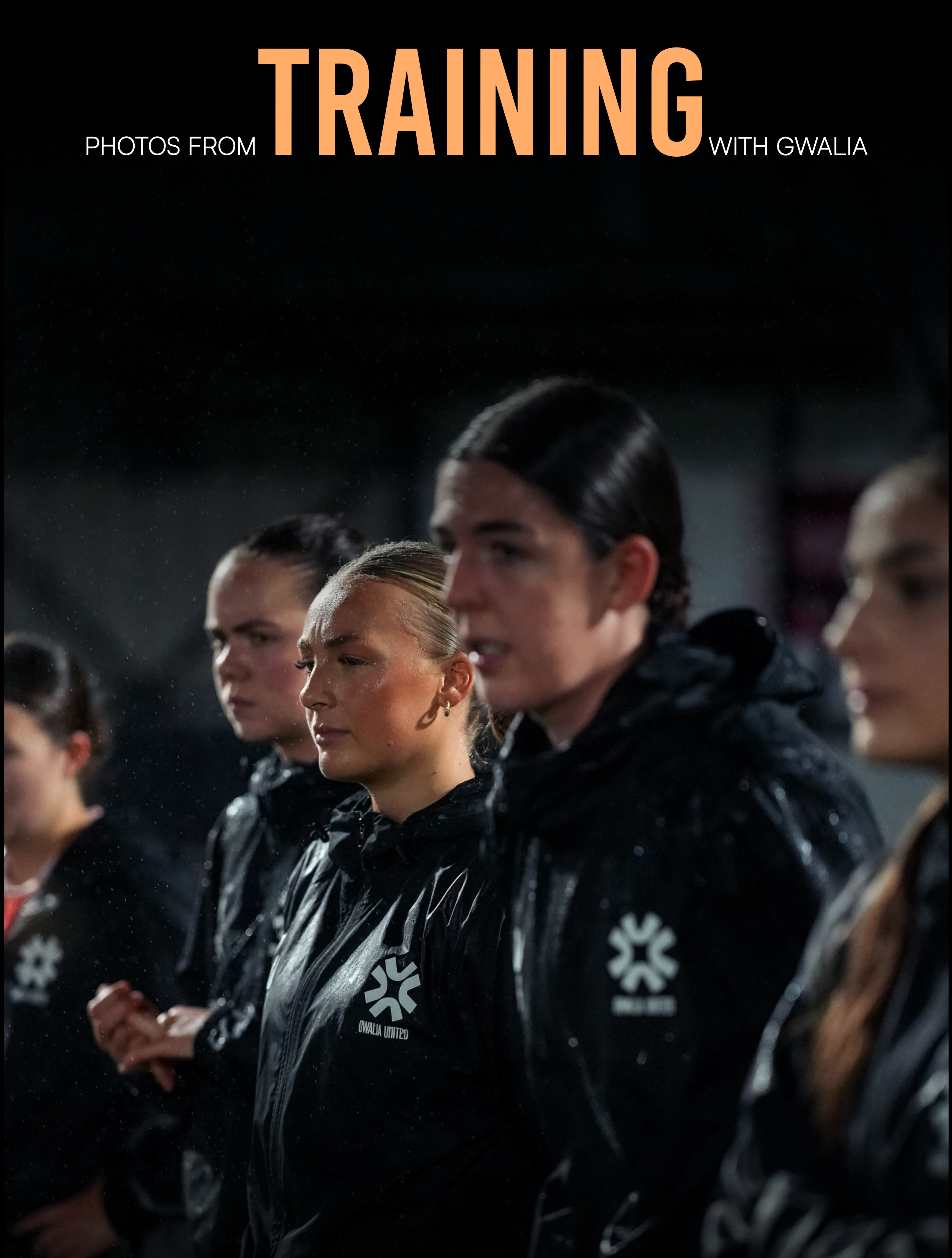
An early goal against them was a setback, but Gwalia responded well and continued to play positive, end-to-end football. They came close on several occasions, only to be denied by important saves and a lack of a finishing touch. A second goal, conceded after a breakdown in communication and ownership, left them with more work to do.

The contest remained entertaining, with both sides enjoying spells of pressure. Gwalia matched their opponents' intensity and looked dangerous whenever they moved forward. They thought they had pulled a goal back earlier, only for a contentious offside decision to rule it out.

Their persistence was eventually rewarded when Sienna produced a fantastic finish to get Gwalia on the scoresheet. It was a deserved breakthrough after a spirited display, though the result did not reflect the quality of their performance.

There were plenty of positives for the team to take forward. This was a significant step on from their last outing, and if Gwalia can avoid conceding early goals, they will have a better chance to dictate matches rather than chase them.

PHOTOS FROM TRAINING WITH GWALIA



ESME KILBURN-THOMPSON AND EMMA THOMAS GETTING SOAKED IN THE WONDERFUL WELSH WEATHER

PHOTO BY BEN BRAIN PHOTOGRAPHY

MEGAN BIBLE AND SUMMER EVANS KEEP SPIRITS HIGH IN THE DOWNPOUR

PHOTO BY BEN BRAIN PHOTOGRAPHY



MANAGER CORI WILLIAMS-MILLS

PHOTO BY BEN BRAIN PHOTOGRAPHY

FAVOURITE FOOTBALL MEMORY
Playing against Arsenal at St Mary's

ONE THING YOU CANNOT LIVE WITHOUT
Coffee

FAVOURITE SUBJECT IN SCHOOL
Languages and PE

ALL TIME FAVOURITE MOVIE?
Tarzan

BEST PLAYER YOU'VE PLAYED WITH
Too many good ones to pick!

BEST PLAYER YOU'VE PLAYED AGAINST
Probably Lauren James, and the Chelsea team

WHAT'S YOUR PRE-MATCH ROUTINE?
Homemade fluffy pancakes with Greek yogurt, berries and maple syrup + nice coffee in the morning. At the grounds it would be making sure I get my stretching done, and putting on shin pads and boots left to right

WHAT'S ON YOUR PRE-MATCH PLAYLIST?
- try everything, shakira
- til you can't, cody johnson
- can't hold us, macklemore and ryan lewis

BIGGEST INFLUENCE ON YOUR CAREER AND WHY
My parents Wouldn't have been able to follow my dreams without their support and the love for physical activity they instilled in me and my siblings. Words will never be enough!

Ola, my best friend's dad. Tragically not with us anymore. But probably the reason I've been able to play football as a job and had the experiences I've had. He was my football coach during some pivotal years as a teenager. I had mainly been an outfielder until I started playing for his team, however he sent me on a goalkeeper camp that led me to be selected for the U15 national team. We struck a deal that if I played in goal in the first half, he'd let me play up front in the second half - a win for us both! He had so much faith in me and created an environment around his team that was competitive, but the joy of the sport was front and centre.

SOMETHING PEOPLE WOULD NOT KNOW ABOUT YOU
That I volunteer as a photographer for a dog rescue!

SPORT PDC USW

For parking at USW Sport download the Trust app:

Trust



Gwalia United is continuing its commitment to supporting local causes through its involvement in the Rat Run, a charity drive raising funds and awareness for Velindre Cancer Centre.

The Rat Run is an adventure with a difference: teams travel from the UK to Benidorm in cars worth no more than £600. The roughly 1,300-mile route is designed to bring people together for a challenge filled with teamwork, creativity and fundraising. Participants take on the journey in their budget cars while supporting a charity close to their hearts.

For Gwalia United, taking part is another way to connect football with the wider community and support people and organisations making a difference. Velindre provides specialist cancer care and support, and the club is proud to help raise the profile of its work through this fundraising effort.



The initiative follows the club's support for Sepsis Charity Rachel's Day last season. That event brought people together around an important cause and showed how the Gwalia United community can make a positive contribution beyond the pitch. This season, the club is building on that spirit by supporting Velindre through the Rat Run.

The challenge promises plenty of memorable moments along the way, with the journey to Benidorm offering a colourful backdrop to the fundraising. But at its heart, the Rat Run is about more than the drive: it is an opportunity to raise awareness, support charity and show what can be achieved when people work together.

NEXT HOME GAME

THURSDAY 29 OCTOBER 2026 7:45PM

UNIVERSITY OF SOUTH WALES SPORT PARK

BRISTOL ROVERS

GWALIAUNITED.COM