GWALIA UNITED

TheFA Women's National League

GWALIA UNITED

BRISTOL ROVERS

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MANAGER'S WELCOME

The FA Women's National League

WELCOME TO TODAY'S FA WOMEN'S NATIONAL LEAGUE FIXTURE AGAINST BRISTOL ROVERS.

Welcome to Gwalia, and a warm welcome to Bristol Rovers manager Nathan Hallett-Young and his team. Thank you to our wonderful supporters for joining us yet again. Our attendances this season have grown and we are thankful for your support during what is hopefully a period of growth for us as a club on and off the field.

Today's fixture has an extra edge: a Severn Bridge Derby of sorts. In a remarkable turn of fate, we'll meet Bristol Rovers again on Sunday, this time in the League Cup Plate competition. Two games against the same opponents in three days is quite a prospect, and we know both sides will be eager to make the most of the occasion.

For today, our focus is on bringing the 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

GWALIA UNITED

MEET
SUMMER EVANS

GWALIA UNITED

At 17, Summer Evans has already given Gwalia United plenty to be excited about.

The Cardigan-born midfielder joined the club over the summer and made an immediate impression in senior women's football. In her first FAWNL game, against Ascot, she scored a superb free kick — an eye-catching introduction to a new level and a new team.

That goal might have settled any opening-game nerves. Since then, Evans has brought the same confidence and enthusiasm to her performances. She has scored once, been part of a side that has kept four clean sheets and recorded four assists in consecutive games. Those contributions have helped make her a regular part of manager Cori Williams-Mills's plans.

Evans is a central midfielder, but her impact reaches across the pitch. She has pace to carry the ball forward, tenacity in the challenge and the stamina to keep contributing. Her natural ability is clear, but so is her willingness to work for the team. She has quickly shown she can be relied upon, whether Gwalia need energy in midfield or a decisive pass in attack.

She is also vocal. Evans says she talks a lot before matches and on the pitch, helping to bring her personality into the team. That confidence has been matched by her performances: four assists in four consecutive games is a remarkable return for a player at the start of her senior career.

Her commitment is clear in the journey she makes to train. Evans travels from Cardigan to train, a significant trip for a young player, and credit goes to her parents for their support and faith in her, (her father having always been a big influence - he played football himself and coached local teams when she was growing up). That encouragement has helped Evans take an important step with Gwalia. She would admit that for the first season, her aim was simply to get consistent game time, but she has propelled herself already into FAWNL and played in the FA Cup.

Evans is a native Welsh speaker who is proud of her Cardigan roots. Since joining Gwalia, she has embraced the chance to develop, making an immediate impression in her early performances. Despite her rapid rise into senior football, she is humble enough to look up to teammates such as Daisy Ackerman and Kylie Nolan. But her impact has already earned her the chance to play alongside Manon Pearce and Molly Kehoe - and she has shown she belongs there.

The free kick against Ascot may have been the moment that first caught the eye, but Evans has done much more than score a memorable first goal. Her work rate, speed and durability have helped her become a consistent presence, while her assists have shown the quality she can bring in the final third. Summer may have joined over the summer, but the welcome she has received - and the impact she has made - have been anything but seasonal.

DYMA SUMMER

Yn 17 oed, mae Summer Evans eisoes wedi rhoi digon o resymau i Gwalia United edrych ymlaen at yr hyn sydd i ddod.

Ymunodd y chwaraewraig ganol cae, a aned yng Ngheredigion, â'r clwb dros yr haf, a gwnaeth argraff ar unwaith. Yn ei gêm gyntaf yn FAWNL, yn erbyn Ascot, sgoriodd gic rydd wych - cyflwyniad trawiadol i lefel newydd ac i'w thîm newydd.

Efallai fod y gôl honno wedi tawelu unrhyw nerfau cyn ei gêm gyntaf. Ers hynny, mae Evans wedi dangos yr un hyder a brwdfrydedd yn ei pherfformiadau. Mae hi wedi sgorio unwaith, wedi helpu'r tîm i gadw pedair gêm heb ildio gôl, ac wedi creu pedair gôl mewn pedair gêm yn olynol. Mae'r cyfraniadau hyn wedi helpu i sicrhau ei lle yng nghynlluniau'r rheolwr Cori Williams-Mills.

Chwaraewraig ganol cae yw Evans, ond mae ei dylanwad yn ymestyn ar draws y cae. Mae ganddi'r cyflymder i symud y bêl ymlaen, y dycnwch i gystadlu am y bêl a'r stamina i gyfrannu drwy'r gêm. Mae ei dawn naturiol yn amlwg, ond felly hefyd ei pharodrwydd i weithio dros y tîm. Mae hi wedi dangos yn gyflym y gellir dibynnu arni, boed angen egni yng nghanol y cae neu bas pendant wrth ymosod ar Gwalia.

Mae ei hymroddiad yn amlwg yn y daith y mae'n ei gwneud i ymarfer. Mae Evans yn teithio o Aberteifi i ymarfer - taith sylweddol - ac mae'r clod yn perthyn i'w rhieni am eu cefnogaeth a'u ffydd ynddi. Mae ei thad wedi bod yn ddylanwad mawr erioed: chwaraeodd yntau bêl-droed a hyfforddodd dimau lleol pan oedd hi'n tyfu i fyny. Mae'r anogaeth honno wedi helpu Evans i gymryd cam pwysig gyda Gwalia. Byddai'n cyfaddef mai'r nod ar gyfer y tymor cyntaf oedd cael amser chwarae cyson yn unig, ond mae hi eisoes wedi camu ymlaen i FAWNL ac wedi chwarae yng Nghwpan FA.

Siaradwraig Gymraeg frodorol yw Evans, ac mae'n falch o'i gwreiddiau yn Aberteifi. Ers ymuno â Gwalia, mae hi wedi manteisio ar y cyfle i ddatblygu ac wedi gwneud argraff ar unwaith yn ei pherfformiadau cynnar. Mae'n ddigon gostyngedig i edmygu cyd-chwaraewyr fel Daisy Ackerman a Kylie Nolan. Ond mae ei chyfraniad eisoes wedi ennill cyfle iddi chwarae ochr yn ochr â Manon Pearce a Molly Kehoe - ac mae hi wedi dangos ei bod yn haeddu bod yno.

Efallai mai'r gic rydd yn erbyn Ascot oedd yr eiliad a ddenodd sylw gyntaf, ond mae Evans wedi gwneud llawer mwy na sgorio gôl gyntaf gofiadwy. Mae ei gallu, ei chyflymder a'i stamina wedi ei helpu i ddod yn bresenoldeb cyson. Efallai bod Summer wedi ymuno dros yr haf, ond mae'r croeso a gafodd - a'r effaith y mae wedi'i chael - wedi bod yn unrhyw beth ond tymhorol.





“SUMMER HAS MADE AN EXCELLENT IMPRESSION SINCE JOINING US. SHE HAS CONSIDERABLE POTENTIAL AS A PLAYER, AND HER ABILITY AND ATTITUDE ARE PARTICULARLY IMPRESSIVE FOR SOMEONE OF HER AGE.”

CORI WILLIAMS-MILLS
MANAGER, GWALIA UNITED

DAISY ACKERMAN'S GOAL AGAINST YATE LAST WEEK MEANT THAT SHE HAS SCORED IN 5 GAMES CONSECUTIVELY WHICH IS A GWALIA UNITED RECORD

DAISY ACKERMAN

MATCH REPORT

Gwalia United produced a commanding second-half performance to beat Yate Town 5-0 and progress in the Women's FA Cup, writes Chloe Evans.

WOMEN'S FA CUP

5-0

Emma Thomas opened the scoring after just one minute, then added a spectacular second-half strike to complete her brace. Summer Evans, Daisy Ackerman and Manon Pearce also scored as Gwalia pulled away after the break.

Thomas gave the hosts the perfect start, converting from a corner by Evans. Gwalia pressed for a second, with Kylie Nolan testing the Yate goalkeeper in the 19th minute before sending another effort over the crossbar. Nolan was brought down in the penalty area in the 10th minute, but the referee waved away Gwalia's appeal. Ellie Mai Sanford had earlier sent a cross wide, and later headed off target as the home side continued to look for a second goal.



Ellie-Mai Sanford celebrates with Summer Evans. Photos Courtesy of @benbrainphotography

Gwalia came closest to extending their lead midway through the first half. Ackerman struck the bar in the 35th minute and, within two minutes, Esme Kilburn-Thompson also hit the woodwork. Yate survived that spell and reached half-time trailing by only one goal.

The hosts made their pressure count three minutes after the restart. Nolan did excellent work to create an opportunity for Evans, who finished to make it 2-0 in the 48th minute.

Ackerman then added Gwalia's third, giving them a more comfortable cushion. Thomas followed with a 30-yard wonder strike from outside the box that scorched into the top left corner of the goal to double her tally and put the result beyond Yate's reach. Pearce completed the scoring to seal a 5-0 victory. Yate had defended resolutely in the first half, but the second goal shifted the contest decisively in Gwalia's favour. The home side took control, added three more goals and finished with a convincing cup win.

"EMMA'S GOAL WAS ONE OF THE BEST GOALS YOU WILL EVER SEE ON A FOOTBALL PITCH. HOPEFULLY THAT WILL GIVE HER THE CONFIDENCE THAT SHE HAS AN ABILITY WHERE SHE CAN AFFECT GAMES AND RESULTS"

CORI WILLIAMS-MILLS
MANAGER, GWALIA UNITED

Game report in conjunction with:

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Emma Thomas celebrates her wonderstrike:
Photos Courtesy of @benbrainphotography

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WOMEN'S FA CUP

FA CUP

ROUND 2 DRAW

15 NOVEMBER 2026 2PM USW SPORT PARK

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CHAPTER TWO

Issy Newns is back at Gwalia. The centre-forward who has spent much of this season playing in midfield, is back in a different shade of red having returned from Cheltenham Town. The change in club, and the slight chage in role has not stopped her from making an immediate impact, highlighted by the winning goal against Worcester City Women at Sixways last month.

Newns has been an effective part of the team's system, helping link play and keep possession moving. In the modern game, where every sinew of data is measured and analysed for both home team and opponents, and her pass completion has been a particular strength, giving Gwalia a reliable option through the middle and helping the team build attacks.

In a game where teams increasingly analyse every pass and movement, that consistency matters. Newns has shown she can take care of the ball and make the right choices under pressure. Her contribution has also been reflected in the end product, with a couple of assists this season.

One of her most important moments came against Worcester City Women, when she scored the winning goal. For a player whose work often involves helping others get into attacking positions, it was a decisive contribution of her own.

That return brings her career to a new stage. Having played as a forward, she has had to adapt to spending more time in midfield this season. The positions demand different things: a forward looks for space close to goal, while a midfielder must read the game, offer passing options and help the team move the ball between defence and attack.

Her connection to football began with her father, who inspired her to play. Newns says her parents have been the biggest influence on her career and that she would not be where she is without them.

One of her favourite football memories dates back to her youth career, when she had the chance to play against Arsenal. As a Tottenham supporter, she already had a special connection to the fixture, and facing a major rival from north London made the occasion even more exciting and memorable.

Away from football, Newns has an unusual skill: she is a black belt in karate. She enjoys R&B and hip-hop, and when she is not playing, she is often watching football or going for walks with her dog.

Newns's return has added experience and flexibility to the squad. She may be a centre-forward by trade, but her work in midfield has made her a valuable part of how Gwalia play this season. With her passing, her assists and a match-winning goal already to her name, she is helping the team turn that role into a real strength.

"IT IS GREAT TO HAVE ISSY BACK. SHE BRINGS A LOT OF EXPERIENCE TO THE TEAM. WE WANT PLAYERS THAT ARE DETERMINED TO ACHIEVE THINGS AND ISSY IS CERTAINLY ONE OF THOSE"

CORI WILLIAMS-MILLS
MANAGER, GWALIA UNITED

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TODAY'S SQUADS

CARFANNAU HEDDIW

CORI WILLIAMS-MILLS **MANAGERS** NATHAN HALLETT-YOUNG

LAURA **O'SULLIVAN-JONES***	1	1	GEORGE **HUNT**
ELLIE-MAI **SANFORD***	2	31	IMOGEN **DAVIES**
ELIN **THOMAS**	3	2	LAYLAH **DOUGLAS**
KATIE **QUICK***	4	3	POPPY **WARREN**
MEGAN **BIBLE**	5	2	LILY **WITHERS**
BONNIE **GREADY**	7	4	BECKY **MOISES**
ANYA **GRUNEWALD***	8	6	FREYA **GORDON**
ELIZA **COLLIE**	9	18	EMILY **WILKINSON**
MANON **PEARCE***	10	25	CHLOE **ESMOND**
ESME **KILBURN-THOMPSON**	11	8	JODIE **EXLEY**
CORI **WILLIAMS-MILLS***	12	10	NIA **REES**
MOLLY **KEHOE***	14	14	ANAIS **TRINCI**
EMMA **THOMAS***	16	15	ANNA **WILLIAMS**
DAISY **ACKERMAN***	17	16	ANNYS **TURNER**
CALLIE **JONES***	19	17	RIANNE **BOURNE-HALLETT**
ISSY **NEWNS**	20	21	RUBY **SCAHILL**
SUMMER **EVANS**	21	23	GRACE **CLARK**
IMI **SCOURFIELD***	22	24	EMILY **ARÉVALO**
CERYS **JONES***	23	34	AMELIE **GOULD**
JESSICA **COCKAYNE**	24		
BENEDICTE **HAALAND***	26		
KYLIE **NOLAN***	27		
KATIE **DAVIES**	28		
AMELIAH **YARWOOD***	31		

*Age Grade International *Full International

ANTHONY BLATCHFORD (REFEREE)
AMITH WASANA GUNARATHNA (ASSISTANT REFEREE)
BRIAN BISHOP (ASSISTANT REFEREE)

The FA Women's National League

Division One South West

Pos	Club	P	W	D	L	GD	PTS
1	Bridgwater United	7	7	0	0	16	21
2	Moneyfields	7	5	0	2	12	15
3	Wycombe Wanderers	7	5	0	2	7	15
4	Gwalia United	6	4	1	1	10	13
5	Bristol Rovers	7	4	0	3	1	12
6	Abingdon United	7	4	0	3	-2	12
7	Torquay United	6	3	0	3	7	9
8	Keynsham Town	7	2	1	4	-1	7
9	Maidenhead United	7	2	1	4	-7	7
10	Bournemouth Sports	7	2	0	5	-4	6
11	Marine Plymouth Academy	7	1	1	5	-8	4
12	Ascot United	7	0	0	7	-31	0

The FA Women's National League



IT WAS GREAT TO BOUNCE BACK FROM THE DRAW AGAINST KEYNSHAM AND SHOW THE HUNGER AND DESIRE WE HAD AS A GROUP TO GET THE WIN AND KEEP PUSHING FOR GOALS. WE KNOW HOW IMPORTANT THE NEXT FEW LEAGUE FIXTURES ARE. WE'RE READY TO GIVE EVERYTHING, STICK TOGETHER AS A TEAM AND TAKE THAT MOMENTUM INTO THE UPCOMING GAMES.

CERYS JONES

POTM AGAINST MAIDENHEAD UNITED

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

LEAGUE FIXTURES

AUGUST

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

SEPTEMBER

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

OCTOBER

SUN 11 (H) KEYNSHAM TOWN (D)
SUN 18 (A) MAIDENHEAD UNITED (W)
THU 29 (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

11 Oct	KEYNSHAM TOWN	Portskewett and Sudbrook JFC
25 Oct	YATE TOWN - FA Cup	Cwmcarn u9
29 Oct	BRISTOL ROVERS (Game TBC)	Treorchy Boys and Girls Club
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



SHAMANON PEARCE'S SHIRT HANGS READY BEFORE THE GAME

THE CHANGING ROOM MASTERFULY SET UP BY GARETH EDWARDS GWALIA'S LOGISTICS

Photo by Ben Brain Photography



DAISY ACKERMAN ARRIVES FOR THE GAME AGAINST YATE TOWN IN THE WOMEN'S FA CUP

21 YEARS 7 MONTHS AND 19 DAYS*

This average age of Gwalia's starting line-up against Yate Town in last week's FA Cup is more than a statistic. That stat showed young players taking responsibility in a senior match, facing the pace and pressure of the FA Cup and showing they belonged there.

Talent development is often misunderstood. It is not about making the route to senior football as easy as possible. It is about creating an environment where the challenge is demanding and the support is strong enough to help players meet it.

Emma Thomas (pictured) captured that blend of potential and readiness. Her goal against Yate was a spectacular strike, but her progress is about more than one moment. Only 17 months into her senior career, she already looks at home at FAWNL level. The next step is not simply to praise her promise; it is to keep giving her the challenges and support that help her turn promise into consistent performance.

That idea is increasingly central to Gwalia United. The club wants to take its team as high as possible, and developing players is an important part of that ambition. The two ambitions belong together: a demanding senior team can be a proving ground, while the progress of its players can strengthen the team itself.

Gwalia's history already includes bringing through players such as Jess Fishlock, Sophie Ingle and Gwennan Harries. That legacy is a prologue. The more compelling question is what the present group can become. The evidence is visible in the current squad. Two Gwalia players are now members of Wales' under-19 set-up; last year, three players were involved.



Casi Gregson, who began her senior women's career at Gwalia just 24 months ago, has just been capped by the Wales senior side. Elena Cole, now with AFC Bournemouth, has also featured in a senior camp.

This year's examples include this week's programme cover Summer Evans and Anya Grunewald (pictured, left). Both have stepped into the deep end of FAWNL football with Gwalia. Ask anyone involved at the sharp elite end of any Talent Identification and Development model, and they will reinforce a fact that the experience of such an adjustment is demanding by design. The 'rocky road' to success should involve challenges, problems to solve and a bar that is high on purpose.

Senior sport asks young players to make decisions under pressure, recover quickly from mistakes and compete against experienced opponents. A player may thrive immediately, or may need time to find her footing. Either way, the learning comes from being trusted with a meaningful role and supported through the difficult parts.

Gwalia's owners, Damien Singh and Julian Jenkins, have made that ambition a significant part of the club's identity. Their aim is to raise the standards around the women's team, including its resources, facilities, expertise and analysis. The comparison with the men's side is not simply about matching a number or copying a structure. It is about taking the women's programme seriously enough to examine what players need, invest in the environment and keep improving the quality of the work.

Jenkins' experience at Cardiff City during his time in the Premier League is relevant here. Investment in a football operation does not guarantee an instant turnaround. Building standards and capability takes time, and progress can be uneven. Where we are now proves that, as last season certainly was not part of the club's plan. Gwalia's relegation shows why challenge matters in player development. Despite the fact five teams could have gone down on the final day; Gwalia - remarkably, could even have finished seventh - but over a full season, the table tells a clear story.

Five players from that relegated squad have since either joined Wales' under-23 set-up or reached the international scene. That is a real achievement for them and for the standards of the FAWNL. The league gave those players a tough test, and found the deep end of the FAWNL equal to -if not more of - a challenge to test themselves at an early age. The perfect breeding ground for experience, if you will.

The club's task is to keep making that progress sustainable. Ambition needs resources, but it also needs patience. Young players need chances, but those chances must come with standards and guidance. And a development programme cannot be measured by age alone: it must be judged by whether players are improving, whether the team is competing and whether individuals are prepared for the next challenge.

Gwalia's younger players are already giving that process a human face. Defender Megan Bible, who is Welsh-qualified, has impressed with her appearances and performances this season. If she continues at this level, she is likely to attract more attention. Elin Thomas is also showing the attitude and capability required to progress.

Even players who might seem established within such a young group are still early in their careers. Imi Scourfield is 20; Callie Jones is only 19! Both are building their senior appearance counts, learning the demands of regular football while still having plenty of development ahead of them.

Gwalia United's reason for being is to take its team as high as it can. Developing players is not a distraction from that goal; it is one of the ways the club intends to reach it. The players coming through now are making the future look bright, not because their path will be easy, but because they are already being asked to meet the real demands of senior football.

The next generation will learn from what goes right and what goes wrong. At Gwalia, they are getting the opportunity to do both- and the support to turn those experiences into progress.

VAR

VIEWS ANSWERS RESPONSES

FAVOURITE FOOTBALL MEMORY

Being able to represent Welsh schools 2 years in a row and even scoring a free kick against England from 30 yards out.

ONE THING YOU CANNOT LIVE WITHOUT

Squares Bars and my family.

FAVOURITE SUBJECT IN SCHOOL

PE

ALL TIME FAVOURITE MOVIE?

Chronicles of Narnia : prince Caspian

BEST PLAYER YOU'VE PLAYED WITH

Kylie Nolan

BEST PLAYER YOU'VE PLAYED AGAINST

Faye Knox

WHAT'S YOUR PRE-MATCH ROUTINE?

Good music , physio room for treatment , quick chat with some of the girls and then warm up kit on and squares bar before out for warm up

WHAT'S ON YOUR PRE-MATCH PLAYLIST?

Bit of everything - Sam Fender , Kingfishr , Olivia Dean for the drive up but in the changing rooms it's whatever is on the speakers helps gets me ready

BIGGEST INFLUENCE ON YOUR CAREER AND WHY

My dad , I wouldn't be the player I am without him . The hours he puts in on the road to get me up and down the country for training and games , the support, commitment and much needed encouragement sometimes ...he's always pushed me to be better and never given up on helping me through my footballing journey

SOMETHING PEOPLE WOULD NOT KNOW ABOUT YOU

I played in goal for my county in a national cup final and kept a clean sheet for a 3-0 win

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GWALIA UNITED v OXFORD UNITED

USW SPORT PARK

NOVEMBER 15 2PM



WOMEN'S FA CUP

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