



v OXFORD UNITED

The FA Women's National League Cup
Sunday, 9 November, 2025
2pm Kick-Off





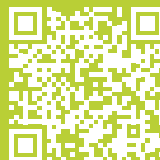
EVERGREEN

BE THE DIFFERENCE



JOIN TODAY

AND BE THE DIFFERENCE



Head Coach



PLYMOUTH
MARJON
UNIVERSITY

MARIE HOURIHAN

Hi everyone, welcome to this afternoon's game against Oxford United at Home Park.

We extend a welcome to all of the coaches, players, officials and supporters of the U's today, and we wish you all a safe trip home afterwards.

This weekend is slightly different for us, because we haven't played a League Cup game at Home Park since early September, but we're extremely excited for the match and the opportunity at hand.

One thing I set out from my arrival here in the South West

in the summer was to be as successful as possible in all competitions, matches, or aspects of the season – and we have a great chance to continue that today.

Our professional and impressive performance away to Watford, after three superb games in the group stages, has put us in the position to reach the final eight of the cup when facing Oxford today. Yes, they are a new opposition to us this season, but we are, of course, as prepared as ever to go out onto the pitch at Home Park and play some exciting and expansive football like always.

We are going to go into a block of fixtures now where we're getting into the last stages of competitions, and performances are going to really matter. We need to have that consistency and that little bit of ruthlessness, so our preparation this week has been tailored to place us in the best possible position this afternoon.

Thank you, again, for your support, Green Army. It does not go unnoticed!

Enjoy the game,

Marie.



LEAGUE CUP SO FAR

Argyle are hoping to reach the quarter-finals of the FA Women's National League Cup on Sunday afternoon when facing Oxford United, and continue further on into the competition, but how exactly did the Greens get to this position?





GROUP STAGES

Argyle started their FAWNL Cup campaign in September, with a 5-1 victory against Marine Academy Plymouth.

Goals from Phoebe Poole, Roisin Kivel, Charlotte Whitmore, Olivia Francis, and an own goal propelled the Greens to victory at Erme Valley, the home of Ivybridge Town.

Despite Argyle having most of the possession through the opening stages of the tie and creating chances in and around the MAP final third, it was the hosts that took the lead in the 21st minute, through Skye Macdonald-Brown.

However, from that point, Argyle did not look back and stormed to victory confidently.

The second tie saw the Greens host Bridgwater United at Home Park, and a replica result of the opening game ensued.

An Imy Crawford brace and goals from Francis, Poole, and Whitmore helped secure the victory for Argyle in PL2, with the visitors' consolation goal coming two minutes from the full-time whistle, as Connie Pengelly converted a spot-kick.

Marie Hourihan's side still needed to secure a result away from home, against Bristol Rovers, in the final group stage game to confirm a spot in the knockout stages, and they did exactly that.

Katie Wilson's first-half free-kick, goals from Katie Dickson, Tianna Teisar, Giota Papaioannou and a Francis brace, handed Argyle an emphatic 6-0 victory over the Gas in Yate.

FIRST ROUND

Argyle secured progression into the last 16 of the FA Women's National League Cup with a 3-0 win away to Watford in October.

Another Francis brace and Tianna Teisar's goal propelled the Greens to a comfortable and professional victory against the Golden Girls at the Orbital Fasteners Stadium.

Confident play was on show from Marie Hourihan's side from the get-go, with multiple chances coming in front of goal for the Greens' frontline. Watford, however, were able to block efforts from Teisar, Poole and others in the opening stages of the first half, but could not stop Argyle taking the lead, through Francis, just minutes before the break.

Teisar's close-range finish and a tidy across-goal strike from Francis in the opening seven minutes of the second 45 stunned Watford, with controlled play and defending pushing Argyle to victory and setting up the tie against Oxford United.





JUNIOR

7

PILGRIMS



**GUESS
THE
PLAYER!**

**SPOT
THE
BALL**

Can you guess the
correct ball?



SPOT THE BALL: Tennis ball. GUESS THE PLAYER: Paris Dalton.



WOMEN AND GIRLS CELEBRATIONS EVENT

Get ready for an action-packed celebration of sport, health, and community at our upcoming Celebration of Women and Girls in Sport event at Home Park Stadium.

Join us for a free family day on Sunday, 30 November, featuring a variety of sports clubs and live demonstrations for everyone to enjoy.

Discover new sports, meet local teams, and try activities like cheerleading, boxing, football, and water sports.

Alongside the sporting action, a dedicated Health and Wellbeing Zone will offer practical advice on looking after both physical and mental health, as well as raising important awareness around violence against women and girls.

As part of the day's activities, your free ticket gives you entry to Argyle's FA Women's National League clash against Real Bedford at the Theatre of Greens. Make sure you stay around, get behind and cheer on Marie Hourihan's side from the stands!

The Celebration of Women and Girls in Sport opens its doors at

11am and finishes at 1.45pm, 15 minutes before Argyle's league match gets underway, and will include:

- A wide range of sports on show; athletics, cheerleading, boxing, football, rugby, and cricket to name a few.
- Live demonstrations and exhibition matches from local clubs and organisations.

- Interactive stands for visitors to try out new sports and speak to coaches.
- A Health and Wellbeing Zone with expert advice on physical and mental health.
- Awareness raising around violence against women and girls.
- Many clubs, teams and organisations will be attending to showcasing their activities and offering support and opportunities to all at Home Park. These include:

- Plymouth Argyle Football Club
- Plymouth Raiders Basketball Club
- Plymouth Albion Community Foundation
- Martial Arts Academy
- Devon FA
- Argyle Community Trust
- Devon Cricket
- Plymouth Sound National
- Active Devon

And many more!

Food and drink will be available to purchase on-site, with some free tasters from Taco Bell and Turtle Bay also accessible.

Councillor Sue Dann, Plymouth City Council's Cabinet Member with responsibility for sport and leisure, said: "This is a brilliant initiative, bringing local sports and wellbeing providers together

to both celebrate women's sporting achievements and showcase the opportunities on offer here in Plymouth.

"It's important for women and girls to feel that they have a place in sport and can continue to progress in their chosen activities or even start something completely new, whether competitively or just for fun.

"I can't wait to see sports clubs and organisations from across the city join together at Home Park to share their stories and tell people more about their passions and projects."

Christian Kent, Executive Lead for Women's Football at Argyle, said: "We are delighted to be able to host this event at Home Park. Women's sport, not just football, has seen a significant rise in popularity over the past few years, culminating in wins for the Lionesses and Red Roses on a global stage.

"At Argyle, we have also seen a significant rise in attendances and interest in our Women's team and we are therefore excited about the prospect of celebrating all of Women's and Girls sport in Plymouth in a hope to inspire a future generation. We'd like to thank all of the different sports clubs, leisure institutions and Plymouth City Council for supporting this vision."

Tickets can be booked via the QR code below





FREE
COMMUNITY
EVENT



HOME PARK

CELEBRATION OF WOMEN AND GIRLS IN SPORT

Sunday, 30 November
11am - 1.45pm



PLYMOUTH
CITY COUNCIL



PLYMOUTH
Britain's Ocean City



GAME CHANGERS

Dobwalls Dingos U12s
 Perranwell FC U8s
 Indian Queens U8s
 Indian Queens Juniors U13s
 Perranporth Youth Pirates U7s
 Perranporth Youth Supersonics U9s
 Perranporth Youth Predators U11s
 Perranporth Youth Timberwolves U12s
 Perranporth Youth Thunder U14s
 Falmouth United Girls U12s
 Troon Ladies
 St Agnes Kestrels U12s
 Truro City Youth Lionesses U10s
 Ludgvan Lions U7s
 St Agnes Dynamos U10s
 Morley Rangers Mermaids U13s
 Truro City Youth Panthers U12s
 Looe Town U8s
 Bodmin Beasts U12s
 Bodmin Youth U16s
 Big Shots Youth U7s

Big Shots Youth U8s
 Big Shots Youth U9s
 Big Shots Youth U10s
 Big Shots Youth U11s
 Big Shots Youth U12s
 Big Shots Youth U14s
 Big Shots Youth U16s
 Saltash United Juniors Lionesses U13s
 Saltash United Juniors Sabres U13s
 Saltash United Juniors Flames U15
 Saltash United Juniors Wildcats U17s
 Hayle AFC Lionesses U14s
 St Day Choughs
 Dobwalls Juniors U13s
 Plymouth United Dragons U12s
 Manstow U13 Girls
 Elevate Pencoy's YFC U12s
 Bude Town Youth U12s
 Padstow Panthers U10s
 Biscovey U14 Girls
 St Agnes Dynamos U14s Giants



Opposition

OXFORD UNITED

Founded in 2005, Oxford United have been a feature in the women's football set-up in England. Featuring as one of the inaugural members of the Women's Championship in 2014, the U's spent several years in the league but were relegated to the FA Women's National League Southern Premier Division for the 2018/19 season, the same year Argyle got promoted back into the league.

From that point, the two have battled it out, albeit typically on different sides of the table, but this does not mean that the ties were not close between the two sides. Two seasons ago, the FA Cup third-round game at Coach Road was one that people will never forget. Argyle came away as penalty victors after Imy Crawford's goal in extra time handed the Greens the lifeline they needed.

In both league fixtures last season, Oxford came away victorious, with a 3-1 victory at Home Park and a 1-0 triumph at the RAW Charging Stadium.

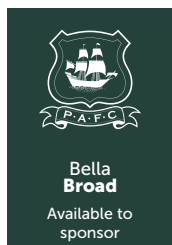
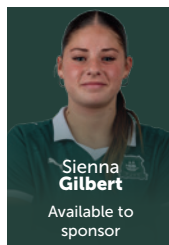
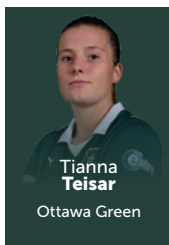
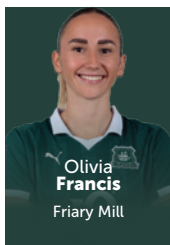
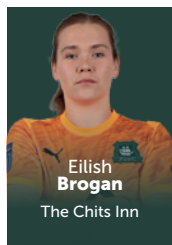
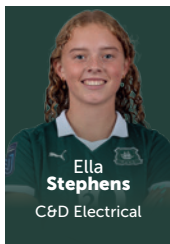
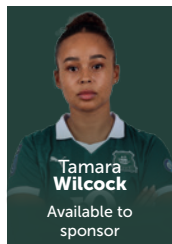
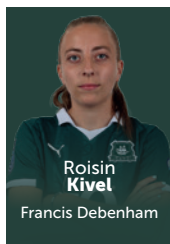
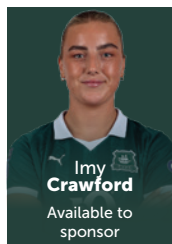
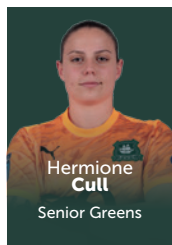
Sam Rose was Oxford Women's first-ever full-time First Team Manager, joining the team in November 2023, but left the role via mutual consent at the end of October. Rose worked as an assistant manager for Women's Super League side Aston Villa, and guided Oxford to 44 points and fifth in the table in his first season in charge.

Oxford have now turned to the current backroom staff to lead the side in the interim, with coach Shaun Green taking the lead, whilst the U's sit in seventh in the league table on 11 points.

A 4-0 victory over Chelsea Academy in the first round of the cup set up the tie against Argyle at Home Park this weekend. Those with a keen eye on the fixtures will have noticed that the Greens travel to Oxfordshire next weekend, to face the U's again, but this time in league play.



2025/26 ARGYLE WOMEN PLAYER SPONSORS



Want to sponsor a player?

email commercial
@pafc.co.uk

2025/26 FA WOMEN'S NATIONAL LEAGUE SOUTHERN PREMIER DIVISION FIXTURES

August

Sun 17 Hashtag United W 3-0
Sun 24 Watford L 2-0
Sun 31 Billericay Town W 9-0

September

Sun 14 AFC Wimbledon D 1-1
Sun 21 Lewes FC W 0-4

October

Sun 5 Cheltenham Town W 0-2
Sun 12 AFC Bournemouth D 0-0
Wed 29 Exeter City D 1-1

November

Sun 2 Gwalia United W 5-1
Sun 16 Oxford United (A)
Sun 30 Real Bedford (H)

December

Sun 7 Hashtag United (A)

January

Sun 4 Watford (H)
Sun 25 Billericay Town (A)

February

Sun 8 Gwalia United (A)
Wed 18 Exeter City (H)
Sun 22 AFC Wimbledon (A)

March

Sun 8 Lewes (H)
Sun 22 AFC Bournemouth (A)
Sun 29 Cheltenham Town (H)

April

Sun 12 Oxford United (H)
Sun 26 Real Bedford (A)

2025/26 FAWNL CUP GROUP STAGE FIXTURES

August

Thu 21 Marine Academy Plymouth W 1-5

September

Sun 7 Bridgwater United W 5-1
Sun 28 Bristol Rovers W 0-6

October

Sun 19 Watford W 0-3

November

Sun 9 Oxford United (H)

2025/26 ADOBE FA CUP

October

Sun 26 Maidstone United R1 W 7-0

November

Sun 23 Gwalia United R2 (H)

PLAYER OF THE MONTH

Argyle Women's forward Tianna Teisar has been voted the club's Player of the Month for October.

Teisar netted twice in the month, with her goals coming in an important League Cup victory against Watford and in the Devon Derby draw with Exeter City at St James Park.

Tianna won the supporters' poll with 37% of the vote, ahead of Charlotte Whitmore (31%), Hermione Cull (21%) and Ellie Noble (11%).

Teisar said: "I'm overjoyed to have been voted Player of the Month for October, so thank you to all who voted for me.

"I was overwhelmed with the welcome I received when I joined Argyle in September, so this award is a credit to everyone at the club for the culture and environment they've created, which has allowed me to express myself and enjoy my football.

"I personally want to thank Marie [Hourihan] and the club for the belief and support they've provided to me, which has definitely transferred onto the pitch and made me feel confident and driven my performances positively.

"I'm really enjoying my time at Argyle so far. My goal is to honour all the support everyone has given me and, hopefully, this can translate into big performances and results, and continue our challenge at the top of the table. We're all working very hard on the grass and are focused for the next big month ahead!"

TIANNA
TEISAR



ARGYLE

Head Coach Marie Hourihan

- 1 Hermione **Cull** 🍀
- 2 Katie **Dickson**
- 4 Amii **Kearley**
- 5 Giota **Papaioannou**
- 6 Layla **Proctor**
- 7 Charlotte **Whitmore**
- 8 Imy **Crawford**
- 9 Phoebe **Poole**
- 10 Lulu **Jarvis**
- 11 Roisin **Kivel**
- 14 Katie **Wilson**
- 15 Tamara **Wilcock**
- 16 Ella **Stephens**
- 17 Paris **Dalton**
- 18 Caitlin **Smith**
- 19 Ellie **Noble**
- 21 Eilish **Brogan** 🍀
- 23 Olivia **Francis**
- 24 Tianna **Teisar**
- 26 Arabella **Suttie**
- 27 Sienna **Gilbert**
- 28 Bella **Broad**
- 29 Chloe **Ingrouille**
- 30 Shana **Dolbel**



OXFORD UNITED

Coach Shaun Green

- 1 Beth Wookey
- 2 Nicola Gibson
- 3 Shelly Provan
- 4 Kate Wiseman
- 5 Naomi Bedeau
- 6 Riva Casley
- 7 Nicole Barrett
- 8 Jenna Legg
- 9 Holly Turner
- 10 Emma Thompson
- 11 Ruby Sealey
- 12 Shaunna Jenkins
- 13 Maddison Millington-Stanbury
- 14 Adele Lindbaek
- 15 Ellie-Mae Richardson
- 17 Olivia Smith
- 18 Grace Palmer
- 19 Olivia Sieradzka
- 20 Lucy Trinder
- 21 Maisy Barker

OFFICIALS

Referee **Gareth Dunn**

Assistant Referee 1 **Matthew Petherbridge**

Assistant Referee 2 **Brandon Heller**



NEXT UP AT HOME PARK

Gwalia United

Sunday, 23 November, 2025 2pm

Adobe FA Cup