

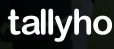


v GWALIA UNITED

Adobe Women's FA Cup - Second Round

Sunday, 23 November, 2025

2pm Kick-Off





EVERGREEN

BE THE DIFFERENCE



JOIN TODAY

AND BE THE DIFFERENCE



Head Coach

MARIE HOURIHAN

Hi everyone, welcome to this afternoon's Adobe Women's FA Cup match against Gwalia United at Home Park.

For the second time in a few weeks, we extend a welcome to all of the coaches, players, officials, and supporters of Gwalia today, and wish you all a safe trip home afterwards.

We have an exciting opportunity in front of us this weekend, with the chance to reach the third round of the FA Cup and potentially put ourselves up against a WSL 2 team in the coming weeks.

One thing I stated from the start is how we want to compete with the best, fight for victories and league position, and progress

through many a cup competition to really prove what we're about here at Argyle. So far, I think we've done a good job, but we're not finished just yet.

14 games unbeaten in all competitions is an exciting thing to say, but we still know that we can continue to improve our performances and style of play on the pitch, in the final games before a small winter break.

Our training has intensified, and we're working on many ways to continue to move forward in all aspects, both on and off the pitch, and I'm very proud of what we've achieved so far, but progression into the third round of the cup this weekend will be a big indicator of what to expect.

We're delighted to be back at Home Park this weekend, and I just want to say a quick thank you to the Green Army. You were excellent in the stands for our matches against Gwalia and Oxford United in recent weeks, and really drove us on, especially for our comeback, which secured our place in the FAWNL Cup quarter-final.

Please do continue to show support to all of us, no matter the weather, venue, or day. We can't thank you enough and hope to continue our exciting brand of football and unbeaten run at Home Park this afternoon!

Enjoy the game!

Marie.







Argyle Women extended their unbeaten record at Home Park and moved up to third in the FAWNL Southern Premier Division table with a confident 5-1 victory over Gwalia United in October.

A Charlotte Whitmore brace followed goals from Tamara Wilcock, Tianna Teisar and Ellie Noble, and moved the Pilgrims ahead of Real Bedford in the standings.

The game plan from the Greens was easy to understand from the get-go – attack, attack, attack, and it was clearly on show. Tidy team football was visible to all, moving the ball and playing forward, but Marie Hourihan's side had nothing to show for it through the first quarter of an hour if you looked at shots on goal.

Katie Wilson was shown a yellow card early on, for dragging back forward Eliza Collie, but the defender's performance for

the remainder of the tie was outstanding and disciplined.

For the next 15 minutes, Argyle had chances in front of goal through Phoebe Poole and Noble, but neither player could find the important strike to take the lead, with the pressure continuing to mount on the Welsh visitors.

Then, the Greens broke the deadlock. 36 minutes in, several back-to-back-to-back attacking phases presented Wilcock with the opportunity to strike towards goal from inside the area, and she did so confidently, scoring her first for Argyle since joining in the summer. A blocked effort from Noble bounced perfectly in front of the Argyle number 15, allowing her to half-volley the ball home through a crowd of bodies and take the lead in PL2.

Teisar came close to adding a second just minutes before the break, but had to watch her effort strike the crossbar and >>



>> go out of play for a goal kick after driving towards goal, causing issues for the Gwalia backline.

After half-time, Argyle's attacking pressure furthered with Teisar and Noble adding a second and third goal before the 70th minute.

The visitors did well to initially block shots at goal from Whitmore and Poole, one being off the goal line, but the looping deflection was directed perfectly to Teisar at the back post to head home, doubling the Greens' lead.

As for Noble's goal, the midfielder picked up the ball from Wilcock, shifted possession onto her left foot, and comfortably placed the effort into the far corner of the goal, keeping Gwalia's goalkeeper, Benedicte Haaland, rooted to the spot in the process.

The Welsh side did get a goal back through Casi Gregson, after the forward stole the ball from Caitlin Smith and found the back of the net but, in the final 10 minutes of the game, Whitmore's brace sealed the deal.

The first came with a slotted finish through the legs of the onrushing Haaland, and the second with a superb, guided finish across goal into the far corner.

After the celebrations died down, a few minutes went by before referee Abigail Freuliet blew for full-time and Argyle claimed three points at Home Park, once again.





JUNIOR

7

PILGRIMS



SPOT THE BALL

Can you guess the
correct ball?



WORD SEARCH

Can you find the Argyle
Womens players?

**Cull, Proctor, Poole,
Dalton, Noble, Teisar,
Suttie, Dolbel**

D	S	P	C	U	L	L	N	E	J
O	R	Y	E	E	N	H	K	T	T
N	I	L	R	O	T	C	O	R	P
I	F	O	E	L	O	O	P	I	E
L	E	B	L	O	D	L	W	P	I
J	H	N	L	K	F	Z	D	T	T
M	L	E	T	E	I	S	A	R	T
H	W	Q	N	E	R	I	A	T	U
R	Q	N	O	T	L	A	D	X	S
E	L	B	O	N	D	C	X	F	E





*Olivia
Francis*

REAL BEDFORD POSTPONEMENT

Our Celebration of Women and Girls in Sport event and Argyle Women's match against Real Bedford at Home Park have been postponed until a later date.

While we are disappointed to delay what should be a tremendous event, the postponement is for a very pleasing reason – in fact, it is something to celebrate, as is the reason for the event in the first place.

We are delighted to be able to share the news that Olivia Francis, Phoebe Poole, and Tianna Teisar have all received call-ups to Wales' next international training camp, in the coming days.

For Phoebe this is her first call-up for their country at the senior level, whilst Tianna receives another after making her international debut in October and Olivia gets another training camp invitation.

This is an extremely exciting opportunity for all the players, and for the club, to have three players called for international duty for the first time. Sadly, this means we will need to postpone our FAWNL Southern Premier Division tie, and therefore the Celebration event, but we will ensure that communication of a new date for both will be shared as soon as we are able.

If you have a ticket for the Celebration event and the

Bedford game, your tickets can be used for Argyle's Adobe Women's FA Cup match on Sunday, 23 November, against Gwalia United, at Home Park, as well as for the rearranged Real Bedford fixture. Just show your ticket at the gate when attending this Sunday's game to gain entry.



Phoebie
Poole



Tianna
Teisar





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



Gwalia United were founded in 1975 as Llanedeyrn Ladies Football Club after a local charity match. After a few years in the South West League and a lot of success gained in five-a-side competitions, the club decided to change its name to Cardiff and later that season won the All England five-a-side trophy, becoming the first club to take the trophy outside of England, a record still held today.

Over its 48 years, the club has had many name changes before becoming Cardiff City Ladies FC in 1999. It has always been an independent club owned by its members, apart from a short time in 2002/03 when it linked with the men's outfit.

In 92/93, the FA of Wales took an interest in women's football for the first time by inaugurating the Welsh Women's Cup. Cardiff were successful in getting to the final at the Principality Stadium, and went on to win the competition on 11 occasions, a record which is still held.

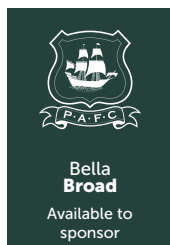
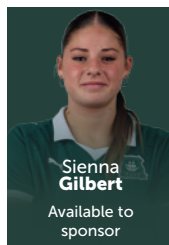
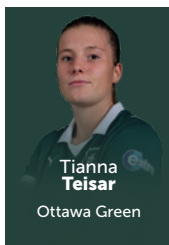
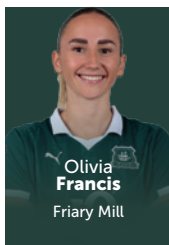
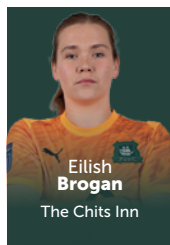
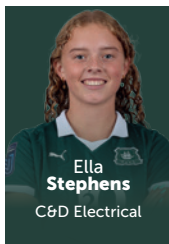
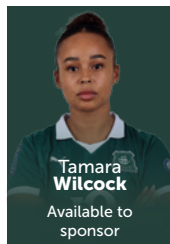
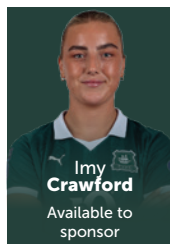
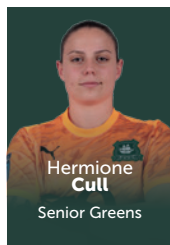
This brought entry into the Champions League, allowing Cardiff to play international club football against the best teams from all over Europe in Poland, Croatia, Portugal, Slovakia, and Denmark.

In 2006, Cardiff City Ladies won the FA Women's Premier League Southern Division and were promoted to the National Division for the first time. After being relegated in the 2007/08 season, the club was again promoted to the National Division in 2010/11.

Ahead of the 2024/25 season, the team undertook an identity change, becoming the Gwalia United we face today. The decision to change the identity was to help celebrate the footballing past and future of the club. The team carries the Gwalia name as a declaration of who they are - a club deeply rooted in Welsh heritage, striving towards a future where our history and football achievements are intertwined.



2025/26 ARGYLE WOMEN PLAYER SPONSORS



Want to sponsor a player?

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@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 4-0

October

Sun 5 Cheltenham Town W 2-0
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 W 1-0
Sun 30 Real Bedford (H) P-P

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 FIXTURES

August *Group Stage*

Thu 21 Marine Academy Plymouth W 5-1

September

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

October *Knock out stages*

Sun 19 Watford W 3-0

November

Sun 9 Oxford United W 3-2

January

Sun 11 Lewes (A)

2025/26 ADOBE FA CUP

October

Sun 26 Maidstone United R1 W 7-0

November

Sun 23 Gwalia United R2 (H)



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**



GWALIA UNITED

Manager Stevie McCarthy-Campbell

- 1 Laura **O'Sullivan** 🍀
- 2 Ellie-Mae **Sanford**
- 3 Tia **Asker**
- 4 Katie **Quick**
- 7 Bonnie **Gready**
- 8 Beth **McGowan**
- 9 Eliza **Collie**
- 10 Georgia **Walters**
- 11 Jessie **Taylor**
- 12 Cori **Williams-Mills**
- 13 Amina **Vine**
- 14 Issy **Caunt**
- 15 Shurima **Vine**
- 16 Emma **Thomas**
- 17 Daisy **Ackerman**
- 18 Manon **Pearce**
- 19 Callie **Jones**
- 21 Emily **McGowan**
- 23 Cerys **Jones**
- 25 Keira **O'Keefe**
- 26 Benedicte **Haaland** 🍀
- 28 Casi **Gregson**
- 31 Ameliah **Yarwood-Emmott** 🍀

OFFICIALS

Referee **David Sellars**

Assistant Referee 1 **David Kennedy**

Assistant Referee 2 **Millie Wheeler-Foulkes**



NEXT UP AT HOME PARK

Watford

Sunday, 4 January, 2026 2pm

Womens National League