

# Keynsham Town Ladies F.C.



**FA WOMEN'S NATIONAL LEAGUE  
DIVISION ONE SOUTH WEST**

**EXETER CITY**

**Sunday 7th April 2024  
Kick off 2 p.m.**

**£5**



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# COMING TO KEYNSHAM SOON



Contact Stewart West on [stewartwest@leisureleagues.net](mailto:stewartwest@leisureleagues.net) for more details

# Manager's Notes...

We complete our tough run of successive fixtures with today's match against Exeter. The run has included away trips to Swindon (where we just had a real off day) and the magnificent performance at Bournemouth, where we graced the Vitality Stadium by being only the second team to take a point from Bournemouth. Apparently, they were told they could have just two home games at the Premier League ground and selected the fixtures against Portishead and ourselves, being teams they presumed they could demolish and look good in front of a big crowd of supporters. It worked in the game against Portishead, which ended 4-0 and looking at our outcome at Swindon, they anticipated a 6 or 7 goal run away victory in front of the 6,500 spectators. It was a great day out for us and we shocked them by taking a 1-0 lead in the 20th minute. Bournemouth huffed and puffed and did we have to defend in the second half, not equalling until the 80th minute and then failing to make any more progress as the referee played 9 minutes of mystery 'injury' time.



The race for promotion to Tier 3 between Exeter and Bournemouth is going right to the wire with the last game on May 5th when they play each other for the second time. I always think it is better to have the points rather than the games in hand as the catch up in the last few games of the season can be a period of intense pressure. Today's game will give us a good guide to their relative qualities. Whichever team comes second will be highly disappointed being faced with another season in Tier 4.

It was disappointing to find that our Senior County Cup Final was postponed on Thursday against Yeovil. It was, however, not a surprise. Paulton Rovers ground is not the best pitch, although the infrastructure is fine and the persistent rain last week was too much for the pitch to cope with. There is no indication yet as to the replacement date. I guess it will again be at Paulton, probably in a week or two and probably again on a Thursday evening.

**\*\* STOP PRESS \*\*** Since these notes were written, we have received confirmation from the Somerset FA will now be played on Thursday 25 April (7.30pm), again at Paulton.

Many will have caught up with the news that Mia Daly has been unable to complete the season and could not get an extension to her visa and so has flown home. Mia has an effervescent personality and has been a big influence in our defence, especially in recent weeks. She will be missed, but hopes to return to Keynsham at some time in the future. She has also been important in editing our match day programme; a task that now falls back to myself for the remaining three home fixtures this season.

On a more positive front, we have resigned our former player, Kerry Bartlett, who had a short stint at our opponents today. Kerry rejoins Keynsham for the third time and holds the club record for the most goals scored in a season. A natural finisher, she is a welcome addition to the squad.

Our Reserve side travel to Cheltenham today. Sven says he has a fairly strong squad, especially in defence and the Reserves will finish the month with a couple of arranged friendlies.

It just remains for me to wish all supporters a flowing and entertaining game this afternoon. Our next home match is next Sunday, 14th April, when Abingdon Utd are our visitors.

# Secretary's Views...

Today we welcome Exeter City Women to the AJN Stadium. Exeter City are in a two horse race for promotion to tier 3 with AFC Bournemouth, so they will be all out to win today, especially as they just missed out to Cardiff City Ladies last season. We did them a massive favour with a 1-1 draw against Bournemouth at the Vitality Stadium last Sunday. This was a tremendous experience for our players in front of 6,000 plus spectators. Our girls rose to the challenge and were magnificent. I was very proud of them as I watched the last 20 minutes on the small screen of my mobile phone.

This year the League AGM is being held online. The cynical part of me says this saves the FA costs on venue hire, hospitality etc. The rest of me is happy however, not to have to travel long distances to the meeting but not sure how this will work out practically. Also there were often workshops after the AGM which will no longer take place. Tomorrow we have a teams online meeting to discuss the main topics, which are normally decided on at the AGM, so presumably this is a sort of pre agenda meeting. Also any proposed rule changes that may arise as a consequence have to be submitted in advance.

We have been given a new date for the Somerset FA Women's Senior Cup which will now take place on Thursday 25th April, at Paulton Rovers FC ground at 7.30pm. Let's hope no more rain. You may wonder why none of the many County Cup games ever take place on our FIFA approved artificial pitch. So do we but then the Somerset FA make up the rules as they go along.

**PAM NEWTON**



*Not this time... Sophie Price's shot is blocked against Southampton  
(Women's Soccer Scene)*

# Today's Teams.....



## KEYNSHAM TOWN

Green & Black shirts  
Black shorts, Black socks

<b>GK</b>	<b>Charlotte Haynes</b>
<b>2</b>	<b>Lily Withers</b>
<b>3</b>	<b>Celyn Garton</b>
<b>4</b>	<b>Jade Radburn</b>
<b>7</b>	<b>Vicky Vipond</b>
<b>8</b>	<b>Brooke Stirrup</b>
<b>9</b>	<b>Naomi Clipston (Capt)</b>
<b>10</b>	<b>Justine Lorton</b>
<b>11</b>	<b>Lily Reed</b>
<b>12</b>	<b>Sophie Price</b>
<b>14</b>	<b>Kerry Bartlett</b>
<b>15</b>	<b>Hannah Price</b>
<b>19</b>	<b>Issy Amphlett</b>
<b>21</b>	<b>Olivia Bees</b>
<b>23</b>	<b>Nellie Bullock</b>
<b>24</b>	<b>Alexandra Hurst</b>

**Manager** - Barrie Newton  
**Coach** - Avril Cooke  
**Coach** - Mark Graham  
**Physio** - Callum Barnfield  
**GK Coach** - Liam Jacques

## EXETER CITY

Light Grey shirts  
Charcoal shorts, Dark Charcoal socks

<b>1</b>	<b>Abbi Bond</b>
<b>2</b>	<b>Bow Jackson</b>
<b>5</b>	<b>Manfy Sharpe</b>
<b>6</b>	<b>Jess Sandland</b>
<b>7</b>	<b>Phoebe Baker</b>
<b>8</b>	<b>Beth Ireland</b>
<b>9</b>	<b>Jenna Markham</b>
<b>10</b>	<b>Sarah Stacey</b>
<b>11</b>	<b>Steph Beck</b>
<b>12</b>	<b>Katie Grigg</b>
<b>14</b>	<b>Georgie-Marie B'r-Gresham</b>
<b>15</b>	<b>Ishbel Zuurmond</b>
<b>16</b>	<b>Zoe Watkins</b>
<b>17</b>	<b>Zoe Cunningham</b>
<b>18</b>	<b>Connie Pengelly</b>
<b>19</b>	<b>Mollie Taylor</b>
<b>21</b>	<b>Sophie Gillies</b>
<b>23</b>	<b>Amber Pollock</b>
<b>31</b>	<b>Ellen Dixon</b>
<b>32</b>	<b>Jessica Cockayne</b>

**Managers** - Abbie Britton &  
Aaron Wakley  
**Physio** - Vanessa Yates

### Today's Match Officials

#### REFEREE

**Mr. Harry Organ (Birmingham FA)**  
**Assistant Referees -**  
**Mr. Luke Fabry (Wiltshire FA)**  
**Mr. John Hookway (Gloucestershire FA)**

# At the AJN Today ...

## **Exeter City Women F.C.**

Exeter City Women's team was launched in 1971, playing under the name Exeter City 'Ladies' until 1989. The team changed to Exeter Rangers before a move to Tiverton saw the team exist under the name Elmore Eagles. 2001 saw the beginning of the team in its current existence, with 2019 seeing the team officially branded Exeter City 'Women.'



Led by a Management team of Abbie Britton and Aaron Wakley, the team plays under the Exeter City Football Club badge and is coordinated by the Charitable partner of the football Club, Exeter City Community Trust. The Community Trust is the driving force behind Girls and Women's football and oversees all aspects of female participation for Exeter City.

The 2023/2024 side are led by Captain Manfy Sharpe, a player who has been a constant in the Women's team for the past six seasons. Emily Toogood, Connie Pengelly, Jess Sandland, Jenna Markham, Matilda Franchi, Sophie Gillies, Georgie Barbour-Gresham, Katie Grigg and Ellen Dixon are all players who have developed through the Club's Girls Development Centre.

Experienced players Mollie Taylor, Abbi Bond, Zoe Watkins, Sarah Stacey, Zoe Cunningham, Bow Jackson and Steph Beck make the core of the Grecians squad whilst the talent and experience of Phoebe Baker, Ishbel Zuurmond, Amber Pollock, Beth Ireland and Jaydee Seman complete an impressive City squad.



*Keynsham defend a corner in depth against Exeter last season!  
(Women's Soccer Scene)*

# Football Quiz

Q1: Which three clubs have won the Spanish League (La Liga) just once?

Q2: Which football club is known as 'The Clarets' ?

Q3: In which year did the Premier League start? Was it 1992, 1993 or 1994?

Q4: Kevin Phillips won the Premier League 'Golden Boot' in season 1999 – 2000.  
who was the next English born player to win it?

Q6: Which Football League Division One club plays at the Crown Ground?

Q7: Is Tottenham Hotspur's new ground, on the site of White Hart Lane, the largest capacity club ground in the capital?

Q8: Which manager has managed Swansea City in Wales and Reading, Liverpool and Leicester City in England?

Q9: Which club was relegated in season 1996-97 from the Premier League, after being deducted three points?

Q10: Which England Women player has the most caps?

....Answers Later in the Programme

## Interesting Fact

**In 2022, England's women's team won the European Championship for the first time in over 50 years!**

Match programme produced on behalf of Keynsham Town Ladies FC by

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We can also turn your programme into a

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# Women's football in Taiwan

Taiwan has recently been in the news because of a terrible earthquake, despite its history for its effective anti earthquake building expertise. Its position in world football for women is less well known.

The Chinese Taipei women's national football team represents Taiwan (the Republic of China) in international women's football and is controlled by the Chinese Taipei Football Association, the governing body for football in Taiwan.

The Chinese Taipei women's national football team has been known or nicknamed as "Mulan". The nickname was adopted by the national federation during the tenure of then-chairman General ChengWei-yuan in 1975 after the Chinese folk heroine Hua Mulan. After the CTFA adopted a new logo featuring a Formosan blue magpie in the 2010s, the Blue Magpies has also been used as an unofficial moniker.

The team play in an all blue kit at home and an all white away kit. The side are ranked 40 in the FIFA International List of Countries and to put that into a UK context, Wales are ranked 32 and Northern Ireland at 46. Taiwan is often overshadowed by its much larger China (ChinaPR) which has a FIFA ranking of 15 at present.

Taiwan was a very early adopter of women's football in the modern era and Taiwan became one of the unheralded giants of Asian women's football from the late 1970s to the late 1990s.

After the Mulan were formed in the mid-1970s, the Taiwanese went on to become three-time Asian Cup champions between 1977 and 1981, and finished no due to its dominance, Chinese Taipei was one of just three Asian teams to qualify for the first-ever Women's World Cup in 1991, joining Japan and hosts China. They finished third in their four-team group after defeating Nigeria 2-0 on the final match day, and made it through to the quarter-final where they lost to eventual winners USA, finishing 8th overall.

## Quiz answers

A1: Real Betis Seville (1935), Sevilla (1946) and Deportivo La Coruna (2000).

A2: Burnley.

A3: 1992.

A4: Harry Kane.

A6: Accrington Stanley.

A7: Yes.

A8: Brendan Rodgers.

A9: Middlesbrough.

A10: Fara Williams with 170 caps.





# KEYNSHAM TOWN LADIES F.C. 2023-24

# **The female player's burden..**

1 in 19 females playing soccer rupture their ACL, making it a well-known burden to the population. Over the years, there has been a significant increase in ACL surgeries done on female varsity and adolescent athletes, which could potentially exceed \$650 million annually. Despite this, surgery is still seen as a more cost-effective option than non-operative physical therapy treatment. The effectiveness of surgical vs. non-operative treatment regarding post-traumatic osteoarthritis as well as patient reported knee scores is still lacking. Additionally, female soccer athletes have increased rates of graft tear and contralateral ACL tear compared with similar non-soccer athletes. This could be due to athletes not reaching baseline joint health or function before returning, and has led to suggestions of extending the typical return to play from 9-12 months to 2 years. Although this may be a safer option, it does not gain back lost time from sport for athletes.

Developing early-onset osteoarthritis (OA) is a debilitating long-term consequence of ACL injuries. A follow up study done 12 years post-ACL injury on women soccer players showed 51% of subjects presented OA while 82% showed signs of developing OA. OA has also been associated with significantly poorer quality of life when compared to healthy individuals. Individuals with OA reported increased incidences of pain, low energy levels, poor physical mobility, poor sleep, and poor emotional reaction<sup>1</sup>. The prevalence of this injury and high stakes that it presents has led researchers to study mechanisms that may challenge the ACL's integrity as well as identify the common factors in females, however, mechanisms have not been clearly defined for specific populations.

## **Risk Factors of ACL Injury in Female Soccer Players**

It is established in the literature that females tend to suffer from ACL injuries more frequently than their male counterparts<sup>4</sup>, facing a 2- to 10-fold increased risk. Biomechanical profile related to injury risk has manifested as early as pre-pubertal stages in females. This is likely due not only to external movement factors such as weather, type and condition of playing surface, and footwear<sup>8</sup>, but also intrinsic factors that tend to differ between sexes.

Women tend to have a higher body mass index (BMI) than males, meaning they have more weight distributed over a given height. A higher-than-normal BMI has been associated with increased risk of injury due to potentially causing higher ground reaction forces (GRF). Sex-specific hormones and the menstrual cycle are also theorised to affect injury risk, with some research showing increased risks in post-menarche groups. Evidence suggesting that sex hormones cyclically increase knee laxity, which may predispose the ACL to a stretched state. Their research also suggests that more injuries occur immediately following menstruation and just before ovulation, however more recent literature does not support this claim. Analysis of several studies found them difficult to compare due to inconsistencies in defining cycle phase categorisation and different measurement techniques, ultimately concluding that more research is needed in this area. Furthermore, females are reported as predisposed due to anatomical disadvantages including decreased intercondylar

femoral notch size, increased posterior slope of the tibial plateau, anterior-posterior knee laxity, and several others.

### **Conclusion**

Lower extremity musculoskeletal injuries are a lingering threat to all female soccer athletes. The unpredictable, fast pace of the game paired with sex-specific disadvantages frequently lead to unwanted mechanics that tend to cause injury. Although this population faces several common injuries, it seems the ACL injury is one of the most detrimental in terms of need for surgery, return-to-play time, and long-term joint health. Based on current knowledge, there is a lack of understanding regarding ACL injury risk specifically in female soccer athletes, a rapidly developing population.

There appears to be a lack of population-specific research making it difficult to conclude specific kinematic, kinetic, and muscle activation patterns for female soccer athletes. The contribution of several kinematic and kinetic mechanisms as well as muscle activation patterns to ACL injury risk have not been solidified in the literature, making it difficult to apply these results to specific populations. Additionally, there is a clear need to develop more specific prevention programs for female soccer athletes, which may be able to produce positive results and potentially boost compliance.

ACL injury risk for female soccer athletes should be closer examined so that more specific injury risks can be established, and effective protective measures can be taken. Raised awareness of this need may capture attention in the research and medical communities, potentially stimulating research and thus, the development of strategies that limit future ACL injury and thus the challenges it brings to the high-risk female soccer athlete.

## **KTLFC on Instagram**

Keynsham Town LFC are now on Instagram! Simply click on the QR code below to take yourself to our home page.....



## KEYNSHAM TOWN LFC FIXTURES SEASON 2023-24

Date	Opponents			Goalscorers
<b>2023</b>				<b>goalscorers</b>
<b>AUG</b> Sun 20	<b>MAIDENHEAD UTD</b>	H	L 3-4	H.Price, Clipston, og
Sun 27	<b>QUEEN'S PARK RGS (LCDR)</b>	H	L 1-2	Vipond
<b>SEP</b> Sun 3	Southampton Women	A	W 1-0	Stirrup
Thu 7	<b>SWINDON TOWN (7.45pm)</b>	H	D 0-0	
Sun 10	<b>PORTISHEAD TOWN</b>	H	W 7-1	Clipston 4, Vipond 2, og
Sun 17	Torquay Utd	A	W 2-1	Clipston, S.Price
Sun 24	<b>SELSEY WOMEN</b>	H	W 10-0	Clipston 4, Vipond 3, H.Price, Radburn
<b>OCT</b> Sun 1				
Sun 8	Moneyfields	A	L 0-8	
Sun 15				
Sun 22	<b>BOURNEMOUTH SPTS (FAC)</b>	H	W 1-0	Clipston
Sun 29	Cambridge Utd (LP2)	A	L 1-2	Clipston
<b>NOV</b> Sun 5	Exeter City	A	L 2-5	Clipston, H.Price
Sun 12				
Sun 19				
Sun 26	<b>MARINE ACADEMY (FAC1)</b>	H	D 3-3*	Lorton, Vipond, Clipston (won 8-7 on pens)
<b>DEC</b> Sun 3	Bristol Rovers (FAC2)	A	W 2-1	Lorton, Clipston
Sun 10				
Sun 17	Luton Town (FAC3)	A	L 0-1	
<b>2024</b>				
<b>JAN</b> Sun 7				
Sun 14	Portishead Town	A	W 3-2	H.Price, Stirrup, og
Sun 21				
Sun 28	<b>TORQUAY UTD</b>	H	W 3-1	Clipston, H.Price, Vipond
<b>FEB</b> Sun 4	Bridgwater Utd	A	D 1-1	Vipond
Sun 11	Selsey Women	A	W 5-0	Vipond 2, Stirrup 2, Garton
Sun 25	<b>AFC BOURNEMOUTH</b>	H	L 1-3	Vipond
<b>MAR</b> Sun 3	<b>PORTISHEAD TOWN (SCSF)</b>	H	W 5-1	Vipond 2, Lorton, Clipston, Stirrup
Sun 10	<b>MONEYFIELDS</b>	H	W 2-1	Amphlett, Clipston
Sun 17	<b>SOUTHAMPTON WOMEN</b>	H	D 0-0	
Thu 21	Swindon Town	A	L 0-5	
Sun 24	AFC Bournemouth	A	D 1-1	Vipond
Sun 31				
<b>APR</b> Sun 7	<b>EXETER CITY</b>	H		
Sun 14	<b>ABINGDON UTD</b>	H		
Sun 21	Maidenhead Utd	A		
Thurs 25	Yeovil Town (SSWC FINAL)	N		at Paulton Rovers F.C.
Sun 28	Abingdon Utd	A		
<b>MAY</b> Sun 5	<b>BRIDGWATER UTD</b>	H		

### FA WOMEN'S NATIONAL LEAGUE DIVISION 1 SOUTH WEST

	P	W	D	L	F	A	Pts	GD
EXETER CITY	18	17	1	0	99	14	52	85
AFC BOURNEMOUTH	16	14	2	0	70	9	44	61
MONEYFIELDS	18	11	3	4	80	27	36	53
SWINDON TOWN	20	11	2	7	91	31	35	60
BRIDGWATER UTD	18	9	2	7	32	30	29	2
<b>KEYNSHAM TOWN</b>	<b>17</b>	<b>8</b>	<b>4</b>	<b>5</b>	<b>41</b>	<b>33</b>	<b>28</b>	<b>8</b>
ABINGDON UTD	17	8	2	7	32	32	26	0
MAIDENHEAD UTD	19	7	3	9	38	45	24	-7
SOUTHAMPTON WOMEN	19	3	5	11	22	47	14	-25
PORTISHEAD TOWN	18	4	2	12	26	67	14	-41
TORQUAY UTD	19	3	2	14	28	53	11	-25
SELSEY WOMEN	19	0	0	19	2	173	0	-171

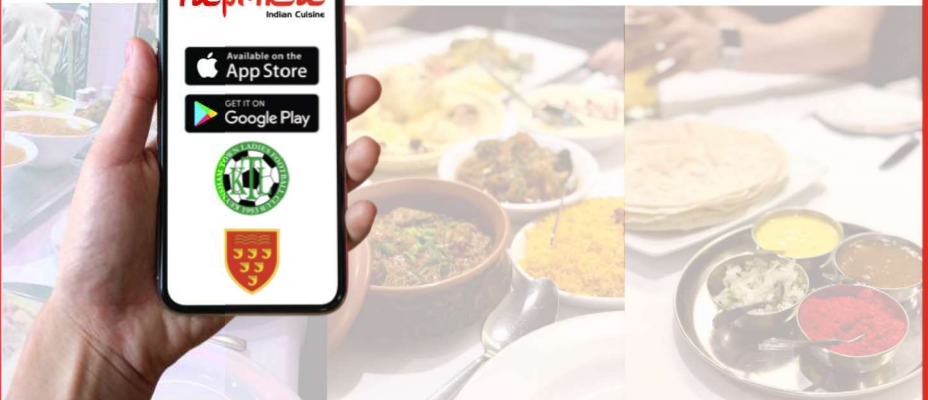
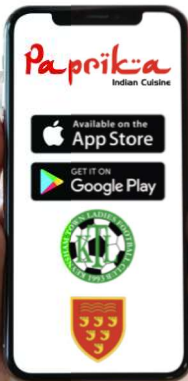


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***\*Photos from Paprika\****

***Review on Paprika from player Justine Lorton:***

***After being introduced to Tan (the manager) I promised him we'd go to Paprika for our quarterly curry club meet up (with 4 ex-KTLFC players).***

***It was really busy when we arrived, which is always a good sign. Tan and the staff were very welcoming and friendly throughout the meal. The food was perfect and what really stuck out was the presentation, it was gourmet level and very reasonably priced. It was so nice in-fact, that I took the leftovers home and ate it the next day! I would highly recommend Paprika for an amazing dining experience and will definitely go again.***

**Paprika**  
Indian Cuisine

# New kits...



*Today's new playing kit carries a 30 Year badge at the top of the back of the shirts. The club was originally founded as a 6-a-side team playing indoor football in 1993.*

*The players came mostly from Chandag Junior School in Keynsham and were all under 11 years at the time. Only one, Linette Zerk remains playing today as an emergency goalkeeper when required, although the club is in contact with most of these 'Original' players.*

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## The FA Respect Code of Conduct – Spectators



**Respect**

**Keynsham Town Ladies Football Club  
Keynsham Town Development Football Club  
Keynsham Town Girls Football Club  
Respect Code of Conduct for  
spectators and parents/carers**

We all have a responsibility to promote high standards of behaviour in the game.

This club is supporting The FA's Respect programme to ensure football can be enjoyed in a safe, positive environment.

**I understand that if I do not follow the Code, and/all of the following actions may be taken by my club, County FA, league of The FA.**

**I may be:**

- Issued with a verbal warning from a club or league official
- Required to meet with the club, League or CFA Welfare Officer
- Required to meet with the club committee
- Obligated to undertake an FA education course
- Obligated to leave the match venue by the club
- Requested by the club not to attend future games
- Suspended or have my club membership removed
- Required to leave the club along with any dependents

**In addition:**

- The FA / County FA could impose a fine and / or suspension on the club

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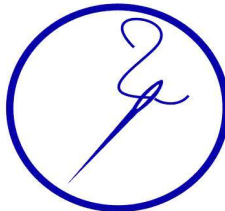
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## Football Jokes

What do you call an ant who fights crime?  
A vigilANTE!

Why are snails slow?  
Because they're carrying a house on their back!

What does a storm cloud wear under his raincoat?  
Thunderwear!.

How does the ocean say hi?  
It waves!

What do you call a couple of chimpanzees sharing an Amazon account?  
PRIME-mates.





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# New Signs

Thanks to our sponsor, Paprika, we were able to install our new fixture sign!

