

KEYNSHAM TOWN Ladies

FA Women's
National League
Division One South West



ASCOT UNITED

Sunday 16 November 2025 - 3.00pm



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MANAGER'S NOTES

Good afternoon, everyone, and a warm welcome back to the AJN Stadium for today's match against Ascot United.

I'd like to extend a sincere welcome to the players, staff, and travelling supporters from Ascot. We hope you enjoy your visit with us and that you have a safe trip home afterwards. It's always great to host clubs who contribute to the game in the right way, and we look forward to a competitive and enjoyable afternoon of football.

For our team, today marks another important opportunity to continue building on the strong foundations we've been putting in place. Over the last few weeks, the players have shown real commitment to improving every day. Their attitude in training has been first-class, and there's a growing sense of unity within the group that has been fantastic to see. The way they look after each other on and off the pitch is becoming a real strength of ours.



What I've asked from the players this afternoon is straightforward:

enjoy the occasion, trust the work we've done, and show the energy and desire that represents this club with pride.

When we play with confidence and togetherness, we bring a fantastic intensity and spirit that reflects who we are becoming as a group. We're on a journey, and although there will always be challenges along the way, this team is taking positive steps every single week.

To our supporters—thank you once again for your unwavering backing. Whether here at home or on the road, your support means a great deal to the players and staff. Your energy lifts the team, especially in the moments when they need it most, and it really helps create an atmosphere the players love playing in.

Let's enjoy the afternoon, create a positive environment, and get right behind the players from the first whistle to the last. Here's to a great game and another memorable day at the AJN Stadium.

Mark Graham

Manager – Keynsham Town LFC

SEC'S OFFICE

A couple of weeks back you may have noticed a large green tractor, arrive in the car park, and wondered what was going on. No it wasn't Lily Withers or her Dad. Soon after the game had started the tractor, with a raised forklift on the front and a roller on the back, reversed through the car park entrance and continued to reverse very expertly round the car park and finally parked in the bays alongside the rugby football clubhouse.

Facilities management walked across and remarked to the driver that tractors weren't seen very often in the car park. Turned out the transmission had gone on the tractor and he could only drive backwards! So the driver paid his parking fee and was going to return later for the tractor when the roads were quieter.

There have been surveys sent to some football clubs recently on green sustainability at grass roots level and how clubs could achieve this. Some of their suggestions such as segregating waste are already covered by our local authority, Bath and North East Somerset who are a front runner in sustainability. Net Zero, recycling and sustainability could well be the next demand for compliance by the FA. There are already voluntary initiatives in place. Don't throw those old football boots away. There are organisations that will take them.

It's been a busy week juggling and reorganising fixtures and referees having been given two games at the same time. Thanks to cooperation from opponents and the approval of the Somerset FA both games have been accommodated. So the A team kick off against Cheddar Ladies at 12 noon in the Somerset FA Women's Junior Cup, followed by the First team against Ascot at 3pm. Many thanks to both those teams.



Mia Mugford in possession during our recent home game against Portishead Town.

(Photo - Women's Soccer Scene)

TODAY'S TEAMS



KEYNSHAM TOWN

Green & White shirts
Black shorts, Black socks

GK	Chloe Jones
2	Lily Withers
8	Brooke Stirrup
9	Georgia Galley
11	Lily Reed
12	Irene Aguado
15	Abi Todd
16	Liz Fogarty
18	Mia Mugford
27	Jenna Bakehouse
37	Freya Mist
38	Megan Bible
44	Jessie Amphlett
45	Amelie Collins



ASCOT UNITED

Yellow shirts
Blue shorts, Yellow socks

GK	Cherry Preisner
2	Alice Curr
3	Bella Cox
4	Hattie Kettle
5	Katelyn Wort
6	Ellie Luscombe
7	Poppy Dearlove
8	Kate Fox
9	Beth Lloyd (Capt)
10	Mia Delaney
11	Jacey Lane
12	Alice Balaam
14	Dani Dias
15	Erin Huntley
16	Leah Littlechild
17	Libby Doyle
18	Mae Goulden
19	Anaisa Harney
20	Darcey Maxted

Manager - Mark Graham

Coach - Jo Johnson-Taylor

Physio - Callum Barnfield

Goalkeeper Coach - Liam Jacques

Manager - Andy Cox

Today's Match Officials

REFEREE

Mr. Mark Dobrijevic (Devon FA)

Assistant Referees -

Mr. Lucas Bomela (Army FA)

Mr. Ian MacDonald (Wiltshire FA)

AT THE AJN TODAY...

Ascot United as we know it, was founded in 1965 by a men's team who played their games at Sunninghill with "after match meetings" in The Wells in Cheapside village (now Mikado's). Teams played as long ago as 1928 under the name "Ascot United" but nothing to link them directly to the current club. In 1965, the club had gained permission from the Ascot Racecourse Trustees to convert the land east of coach park 10 into a football pitch. A wooden clubhouse was built, and this team went on to win many prestigious trophies in the years that followed.



The club has enjoyed much success at all levels particularly in the Women's and Girls Section. Our Senior Women won promotion to the Premier Division of the Southern Region Women's Football League in 2017-18 where they were runners-up in both 2022-23 and 2023-24. However, an unbeaten league campaign saw them crowned champions in 2024-25, earning them promotion to the National League at Step 4 for the 2025-26 campaign. Our Women's Phoenix side achieved back-to-back promotions from the Thames Valley League to take their place at Step 6 in 2023-24, and the Junior Premier League (U18s) also won their league title in 2022-23 and 2024-25.

Ascot United has grown to become one of the largest Community football clubs in the UK with over 1,000 registered players and over 90 teams playing every weekend embracing all ages and abilities from 5 year olds through to veterans. We are also extremely proud to have a mixed-ability team representing our club, the Ascot United Warriors, who are affiliated with Special Olympics GB.

ADOBE WOMEN'S FA CUP DRAW

Draw for the Second Round of the Adobe Women's FA Cup (local ties):

Bridgwater United v Royston Town

AFC Portchester v Worthing

Cheltenham Town v Lewes

Leyton Orient v AFC Bournemouth

London Bees v Portishead Town

Dartford v Keynsham Town

Exeter City v Chatham Town

Oxford United v Luton Town

Bristol Rovers v Fulham

Oxford City v Swindon Town

Plymouth Argyle v Gwalia United



FOOTBALL QUIZ

- Q1: Which National League club play at Spotland?
 Q2: Which Scottish club is known as the 'Saints'?
 Q3: The singer, Nicky Byrne, in the Irish band, Westlife, once played for Leeds United. True or false?
 Q4: I was the first Liverpool player to win the Ballon d'Or. I scored 40 goals for England and played in both England and Spain. Who am I?
 Q5: Manchester United play in Red, but what were their previous colours?
 Q6: Which MLS franchise does David Beckham own?
 Q7: Which player holds the Bundesliga record for goals scored with 365 goals?
 Q8: Which Club has won the most Champions League titles?
 Q9: Which club was formerly Shaddongate United?
 Q10: Lionel Messi has played for Barcelona as a professional, but which was his team as a junior player?



Answers later in the programme!

INTERESTING FACT...

Owen Hargreaves is the only player to have represented the England senior team without having previously resided in the United Kingdom.

Hargreaves played for Wales U19s, was raised in Canada, and was playing in Germany when his first call-up to the England squad arrived.

Match programme produced on behalf of Keynsham Town Ladies FC by

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The views expressed by individuals in this programme are those held by the contributor and not necessarily those held by Keynsham Town Ladies FC or the publishers

PLAYER REGULATIONS 25-26

1, Training will be on Tuesdays and Thursdays. Allowance for work, travel and other commitments, but players need to make every effort to attend. Communication via Spond is essential, so sessions can be properly planned.

2. Management will make video coverage of matches where possible. Players will need to watch any footage available and participate in any other performance analysis provided. The club is investigating the provision of log books for each registered player and the possibility of reactivating the Cityplay tracking system.

3.Players will be allocated playing and training kit plus a club travel jacket. It will be obligatory to wear these at training and matches and when travelling. It is the players' responsibility to take good care of their kit.

4, The club will set objectives for each team at the start of the season. Personal objectives may be set for individual players.

5.Where possible, a record of appearances, goals and assists will be recorded through Full Time.

6.All players must remain on site on match days after each home game for at least 30 minutes, unless permission is obtained from the appropriate manager. This will be good for team spirit and save food wastage.

7.The club reserves the right to levy small fines for repeated wearing of wrong kit at training or on match days.

8. Management will explore the best way of nominating a 'Player of the Match at each game.

9.Players need to advise managers and coaches of match availability in good time. A target will be 14 days before the game, if players are away and unavailable.

10.If players are unhappy with any aspect of their football at Keynsham, then they should contact their manager or coach for a discussion. Only if they are still not happy, they may contact the club welfare officer or raise the matter with the CEO.

11. Should any player receive an approach from another club or person linked to another club, they should inform both their manager and the CEO at once. Should a player leave the club, then all kit must be returned to the manager or the CEO on departure. Under no circumstances should kit be returned via a third party, including another player. That can lead to lost and unchecked items.

12. Where the club provides transport for away matches, all players should intend to travel that way. If a player is geographically inconveniently located on that match day or there are other reasons to travel directly to the opponent's ground, then permission must be sought from the manager 7 days prior to the game not to be on the team bus. That permission will only be given in clearly defined situations. Travelling together as a team has many benefits for a team.

13. At all matches and training, players should assist managers and coaches by helping to collect equipment during and after the session.

14 Players need to ensure that any criticisms after matches are constructive and not in any way critical of team mates or management.

CEO DEPT's NOTES

First and most important, I must extend a big 'thank you' for both Cheddar and Ascot Utd for their considerable cooperation in re-arranging the kick off times for the two fixtures today. We were faced with a real problem when our 'A' team were handed a home tie against Cheddar in the Somerset Junior Cup. Cheddar were quite prepared to kick off earlier at 12 noon and Ascot Utd accommodating with their agreement to start the FAWNLL game at 3pm. All the referees, the FAWNLL and the County FA were also helpful in making the changes. So a 12 noon match and another at 3pm to give a full afternoon of football for spectators.

Development of coaches with additional qualifications has always been a club objective and funding for coach development is the reason for our recent application for a new FAWNLL funding grant. We await the outcome on the 21st November and will keep everyone in touch with the result of the application.

This week has seen a couple of interesting letters about our iconic player / coach, Justine Lorton. Here are the details of each e mail received by us and now passed on to Justine.

A Blast From The Past For Justine (From Michael Heylligar)

Good morning, Keynsham Town! Would you mind passing along this message to Justine Lorton?

Hi Justine, I hope you remember me.

I used to be your London regional manager. It's such a pleasure to let you know that I've chosen you as my U14 Captain, and I also recall being your manager at Vixens, the club you were about to join before Millwall stepped in.

I always enjoyed watching all your England matches- they truly bring us so much joy. I'll never forget the day I named you as captain; it was so special. It's worth mentioning that when I did, some of the top clubs, including Millwall, raised concerns because you weren't playing for a recognised club.

I wanted to reach out sooner but wasn't quite sure what to say.

Congratulations on continuing to play football past 50 - what a fantastic achievement!

Now even the FA Journalists are taking notice....

Hi Barrie, Hope all is well?

I work across the Women and Girls' Game media and communications team at The FA, and we've had a journalist enquiry looking to write a piece on players in the 40 – 50+ age bracket still active in football, they're looking to focus on their lifestyles and why they continue to play football.

We've been in touch with the Women's National Team who notified us that you have former Lioness, Justine Lorton (aged 51) registered at Keynsham Town – wondered if Justine would be happy to be put forward for this potential story and share a few details on her story?

Let me know and I can just send across a few questions via email to fill out and send back to the journalist.

Thanks, Lizzie Alexander, Women's and Girls' Game Communications Executive

Justine and manager Sven Kierk are away today with the Development team at Moneyfields. Let's hope they return with 3 points. Justine will be taking her 'C' licence badge in the early New Year.



GLASGOW'S WORLD CUP BID

Glasgow has launched a bid to host football matches during the Fifa Women's World Cup in 2035.

Hampden, Parkhead and Ibrox all have the capability to stage games for the tournament, which is expected to see 48 teams take part.

Fifa will make a decision on the UK's bid - the only bid to host the tournament - by April 2026. It will then decide on the final selection of between 14 and 16 host cities in 2030.

Other cities hoping to host include Leeds, Birmingham and Nottingham.

Glasgow councillors have been asked to back the bid, which will be presented to the city administration committee on Thursday.

They have been recommended to agree that responsibility for delivering the event would be handed to Glasgow Life, which runs the council's sport operations.

Glasgow City Council has committed to spending £6.2m to host the competition. The UK government has pledged to cover 60% of costs and the Scottish government would cover 15%.

Council papers on the bid said: "Glasgow has the opportunity to be one of the host cities for the Fifa Women's World Cup in 2035, with three stadia capable of meeting the hosting requirements (Hampden, Ibrox and Celtic Park).

"As the national football stadium, Hampden would be expected to be a first choice to be put forward, though the stadium selection is ultimately a Fifa decision."

If successful, Glasgow would also be required to propose two "central and iconic locations" suitable for staging the Fifa Fan Festival - where people can watch public screenings of matches as well as cultural entertainment.

The papers added: "Attracting this high-profile women's sporting event would continue to build the city's vibrant and inclusive events portfolio and further strengthen the city's reputation and profile as a major sports and events city.

"Building a pipeline of football events would be key to leveraging its success, developing participation and audiences through events and activation in the lead up, including with Euro 2028."

The tournament will take place over 39 days. It has previously seen 32 teams compete. However, Fifa recently indicated that from 2031 it will increase to 48 teams.

Glasgow Life's director of culture, tourism and events, Billy Garrett, said: "Our city has a long-established track record as an expert, trusted and welcoming host for major international events. Glasgow is also renowned for its love of sport and football.

"We were therefore delighted to have been invited to consider if the city could be involved in the FA-led bid to secure the FIFA Women's World Cup."



CHRISTMAS MENU

Here is the Christmas menu for the club's Christmas dinner for players and staff at the Swan at Swinford:



2 COURSES £32
3 COURSES £35

Festive Menu

Starters

CELERIAC & TRUFFLE SOUP	GF* VG VE
SERVED WITH VEGAN SPREAD & TOASTED CIABATTA	
STILTON CROQUETTE	VG
SERVED WITH PICKLED FENNEL, GOLDEN BEETROOT & BEETROOT PEARLS	
SMOKED MACKEREL PATE	GF*
SERVED WITH HORSERADISH CREME FRAICHE, PICKLED FENNEL, DRESSED LEAVES & TOASTED CIABATTA	
BAKED CAMEMBERT	GF*
SERVED WITH CRANBERRY SAUCE, BUTTER & TOASTED CIABATTA	

Main Courses

TURKEY ROAST	GF*
SERVED WITH ROAST POTATOES, PIGS IN BLANKETS, STUFFING & SEASONAL VEGETABLES	
BRAISED SHORT RIBS	GF
SERVED WITH CREAMY HORSERADISH MASH, SEASONAL VEGETABLES & RED WINE JUS	
ROASTED BUTTERNUT, MUSHROOM AND LEEK PARCEL	VG VE
SERVED WITH ROSEMARY AND GARLIC ROAST POTATOES, SEASONAL VEGETABLES & VEGETARIAN GRAVY	
PANFRIED MONKFISH	GF
SERVED WITH VEGETABLE RAGOUT, SAMPHIRE, DILL & CIDER BEURRE BLANC	

Desserts

SPICED PUMPKIN CHEESE CAKE	VG
SERVED WITH VANILLA ICE CREAM & PUMPKIN SEED CARAMEL SHARD	
CHOCOLATE TORTE	VG
SERVED WITH HONEY COMBE	
CHRISTMAS PUDDING	VG
SERVED WITH SALTED CARAMEL SAUCE & VANILLA ICE CREAM	
CRUMBLE OF THE DAY	GF VG VE
APPLE BASE CRUMBLE, SERVED WITH CUSTARD	

THIS MENU IS AVAILABLE 1ST - 24TH DECEMBER 2025
TABLES MUST BE BOOKED IN ADVANCE WITH A PRE ORDER SUBMITTED AND A £5 PER HEAD DEPOSIT

KEYNSHAM TOWN LFC FIXTURES SEASON 2025-26

Date	Opponents			Goalscorers
2025				goalscorers
AUG Sun 17	MARINE ACADEMY PLYM'TH	H	W 2-0	Radburn, Galley
Sun 24	Maidenhead Utd	A	D 1-1	Stirrup
Sun 31	BRIDGWATER UTD	H	L 1-4	Lundy
SEP Sun 7	Swindon Town (LC)	A	L 1-3	Todd
Sun 14	Bournemouth Sports	A	D 1-1	Galley
Thu 18	GWALIA UTD (LC)	H	L 0-1	
Sun 21	SWINDON TOWN	H	L 1-4	Costa
Sun 28	BRISTOL CITY ACADEMY (LC)	H	L 0-3	
OCT Sun 5	MANGOTSFIELD UTD (FAC)	H	W 6-0	Todd 2, Galley, Stirrup, Fogarty, Mugford
Sun 12	Abingdon Utd	A	L 1-4	Bakehouse
Sun 19				
Sun 26	BOURNEMOUTH SP. (FAC1)	H	W 1-0	Stirrup
Thu 30	PORTISHEAD TOWN	H	D 2-2	Fogarty, Todd
NOV Sun 2	Moneyfields	A	L 0-6	
Sun 9				
Sun 16	ASCOT UTD	H		
Sun 23	Dartford (FAC2)	A		
Sun 30	BRISTOL ROVERS	H		
DEC Sun 7	Worthing	A		
Sun 14	Marine Academy Plymouth	A		
2026				
JAN Sun 4	MAIDENHEAD UTD	H		
Sun 11				
Sun 18				
Sun 25	BOURNEMOUTH SPORTS	H		
FEB Sun 1				
Sun 8	Bridgwater Utd	A		
Sun 15				
Thu 19	Portishead Town	A		
Sun 22	ABINGDON UTD	H		
MAR Sun 1				
Sun 8	Swindon Town	A		
Sun 15				
Sun 22	MONEYFIELDS	H		
Sun 29	Ascot Utd	A		
APR Sun 5				
Sun 12	WORTHING	H		
Sun 19				
Sun 26	Bristol Rovers	A		
MAY Sun 3				
Sun 10				

FA WOMEN'S NATIONAL LEAGUE DIVISION ONE SOUTH WEST

	P	W	D	L	F	A	Pts	GD
SWINDON TOWN	8	8	0	0	26	5	24	21
MONEYFIELDS	8	7	1	0	36	5	22	31
BRISTOL ROVERS	8	6	1	1	23	4	19	19
BRIDGWATER UTD	8	5	2	1	18	9	17	9
ABINGDON UTD	9	3	2	4	17	24	11	-7
BOURNEMOUTH SPORTS	8	3	1	4	8	20	10	-12
MAIDENHEAD UTD	8	2	3	3	12	15	9	-3
ASCOT UTD	8	2	2	4	8	12	8	-4
MARINE ACADEMY P'MTH	8	2	1	5	14	15	7	-1
KEYNSHAM TOWN	8	1	3	4	9	22	6	-13
WORTHING	9	1	1	7	11	34	4	-23
PORTISHEAD TOWN	8	0	1	7	8	25	1	-17

DEVELOPMENT TEAM FIXTURES SEASON 2025-26

[illegible]

FA WOMEN'S NATIONAL LEAGUE RESERVES SOUTH WEST DIVISION

	P	W	D	L	F	A	Pts	GD
SWINDON TOWN	7	6	0	1	24	4	18	20
AFC BOURNEMOUTH	6	6	0	0	19	5	18	14
KEYNSHAM TOWN	6	3	1	2	22	17	10	5
BRIDGWATER UTD	5	1	1	3	10	17	4	-7
CHELTENHAM TOWN	7	1	0	6	9	24	3	-15
MONEYFIELDS	5	0	0	5	0	17	0	-17

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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

Code of Conduct



Keynsham Town Ladies F.C.

Respect

Respect Code of Conduct for spectators and parents/carers

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

Keynsham Town Football Club is supporting The FA's Respect programme to ensure football can be enjoyed by everyone in a safe and positive environment.

I shall:

- Remain outside the field of play and behind the Designated Spectator Area (where provided).
- Never engage in, or tolerate, offensive, insulting, or abusive language or behaviour
- Always respect the match officials' decisions
- Refrain from smoking unless in a designated area
- Follow safety guidelines or instructions provided by club officials

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

I may be:

- Issued with a verbal warning from a club or league official
- Required to meet with the club, league, or County Welfare Officer
- Required to meet with the club committee
- Required to attend an FA education course
- Required to leave the stadium during the match
- Suspended by the club from attending matches
- Suspended or fined by the County FA
- Required to leave the club along with any dependants



RESPECT

GOOD BEHAVIOUR MAKES FOR A GREAT GAME





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‘A’ TEAM FIXTURES SEASON 2025-26

[illegible]

CORSHAM PRINT WILTSHIRE COUNTY WOMEN'S LEAGUE PREMIER DIVISION

	P	W	D	L	F	A	Pts	GD
MARLBOROUGH TOWN	7	6	0	1	27	9	18	18
MELKSHAM TOWN	8	5	1	2	32	11	16	21
KEYNSHAM TOWN 'A'	5	5	0	0	38	1	12	37
FC ABBEY MEADS	5	4	0	1	22	5	12	17
PURTON KINGSDOWN	8	3	0	5	33	23	9	10
CALNE TOWN	6	2	1	3	10	27	7	-17
WESTBURY LADIES	6	1	1	4	10	18	4	-8
HIGHWORTH TOWN	4	1	0	3	3	14	3	-11
SWINDON SUPERMARINE	5	0	2	3	7	28	0	-21
BARFORD HORNETS	6	0	1	5	7	53	0	-46

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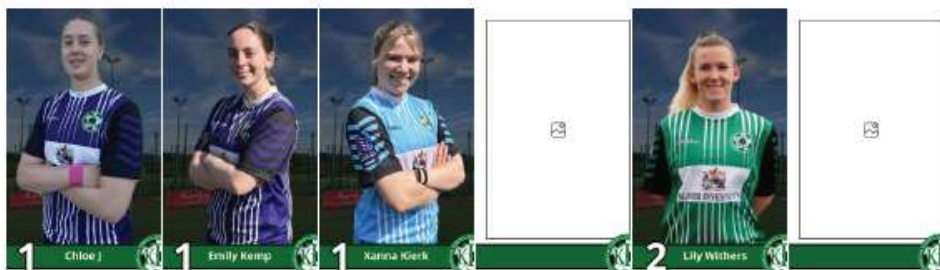


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FOOTBALL QUIZ ANSWERS

A1: Rochdale FC.
A2: St Johnstone.
A3: True.
A4: Michael Owen.
A5: Green and Gold.
A6: Inter Miami.

A7: Gerd Muller.
A8: Real Madrid with 15.
A9: Carlisle United.
A10: Newell's Old Boys

PLAYER SPONSORSHIPS 25-26



PLAYER SPONSORSHIPS 25-26



WELFARE OFFICER

ALL PLAYERS AND PARENTS OF UNDER 18 YEAR OLD PLAYERS SHOULD CONTACT OUR LADIES CLUB WELFARE OFFICER IF THEY WISH TO RAISE CONCERNS REGARDING WELFARE ISSUES. THE WELFARE OFFICER IS MRS. PAMELA NEWTON -
Tel 077 39398383. E Mail silverapples@mail.com



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New Signs

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

