



SUFFOLK FA WOMEN'S CUP FINAL



A THRIVING LOCAL GAME

PROUDLY SPONSORED BY MH GOALS LTD



AFC SADBURY



STOWUPLAND FALCONS



DATE:
Tuesday 21st May 2024



LOCATION:
Ipswich Town FC



KICK-OFF:
19:30

£2

Respect Code of Conduct Spectators



ENGLAND
FOOTBALL

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.

Play your part and observe The FA's Respect Code of Conduct for spectators

I will:

- Applaud effort and good play as well as success
- Always Respect the match officials' decision
- Remain outside the field of play and within the Designated Spectators' Area (where provided)
- Let the coach do their job and not confuse the players by telling them what to do
- Encourage the players to Respect the opposition, referee and match officials
- Avoid criticising a player for making a mistake - mistakes are part of learning
- Never engage in, or tolerate, offensive, insulting, or abusive language or behaviour

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

I may be:

- Issued with a verbal warning from a club or league official
- 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



Building society with mutual respect



ENGLAND
FOOTBALL



On behalf of the Board, Council and staff of Suffolk FA I wish you a warm welcome to the MH Goals Suffolk Women's Cup Final here at Ipswich Town FC.

We thank all those involved with Ipswich Town FC for their enthusiasm and commitment to host tonight's final, one of three Suffolk County Cup Finals the club are staging this season and providing a memorable evening for all involved – it is hugely appreciated. Please enjoy the facilities with respect and gratitude.

The road to this year's final has been as exciting as ever. Both teams had big away wins in round one - AFC Sudbury beating Bury Town Community 16-0 and Stowupland Falcons returning 7-1 winners from Sudbury Sports.

Both teams were among the goals again in home ties in the second round, with AFC Sudbury defeating AFC Kesgrave 10-0 and Stowupland Falcons seeing off Ipswich Valley Rangers 11-0.

They both enjoyed home advantage in the quarter-finals, AFC Sudbury winning 5-0 versus Woodbridge Town and Stowupland Falcons overcoming Needham Market's Development side 2-1.

AFC Sudbury were 4-0 winners against last year's winners Needham Market in the semi-finals, while Stowupland Falcons beat Brantham Athletic 3-1 to reach the final for the first time.

The third team involved in the Final will be the team of match officials. This is an occasion as much for them to enjoy as it is the teams.

They have been selected to officiate this prestigious match through merit, and whilst they may well make decisions which you don't agree with, they will make those decisions based on what they see/hear in a split second, without replays or slow motions.

I invite you to carefully read the Spectators' Code of Conduct included within this programme and do everything you can to ensure you and those around you abide by it. Finally, a huge note of appreciation to our partners MH Goals, without whom holding this Final at this ground would not be possible.

MH Goals have been fantastic champions of grassroots football in Suffolk, as a Football Foundation Approved Supplier of goalposts and equipment as well as sponsoring this competition.

Mark and Matt and their team continue to be very valued and loyal supporters of Suffolk FA. I hope you enjoy the matches and thank you again for passionately but respectfully encouraging your favoured team.

With best regards

Richard Neal
Suffolk FA CEO and Senior Safeguarding Lead



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AFC SUDBURY

Fuchsia Shirts, Navy Shorts, Fuchsia Socks

MANAGER - LUKE MALLET

The season has been a really great experience for us in our first as a Tier 4 club. Staying in the league was always our main goal and we have shown how far we have come as a group and a club by securing our status for next season.

Now we have the opportunity to follow that up by bringing the County Cup back to Sudbury. To do so would be the icing on the cake for the players, management, supporters and everyone else involved with the club. It would be another platform for us to build on for next year.

MILLIE CARTER - A strong goalkeeper who has been with the club from Tier 6. Known for her bravery and outstanding shot-stopping ability.

LILLIA PRIOR - Young goalkeeper who made her debut for the first team this year. A reliable and courageous keeper for her young years.

AMBER PROVAN - Strong defender who is good on the ball and when called upon is reliable anywhere across the back four.

KAYLEE DODD - Pacy and strong full back who has been asked to play a number of positions and has done this superbly with no complaints.

JESS EGAN - Hard-working defender who is not afraid of the physical side of the game. She has progressed well through the Academy and Reserves.

JODIE DONLEY - Tough-tackling, no-nonsense defender who can play either right or left back. She is a good communicator.

RONNI HARRISON - Captain and leader on and off the pitch. Another Academy alumni who can play across the back four.





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AMY JARVIS - Calm and strong centre back, another that leads by example. Able to work to play off of both feet and first thought is to play forward.

ALIYAT LAMBE - Powerful and dominant defender. Brilliant on the ball and very rarely lets her opponent get the beating of her.

MAISIE GOODWIN - Brilliant technical central midfielder with an eye for a pass. She has come through some nasty injuries in previous years.

KATE EDWARDS - Currently injured long-term. She was playing to her best prior to the injury. She should be fully fit at some point next season.

EVA FRAZZONI - Bermuda international who is silky yet combative. She is the driver for high standards on and off the pitch, with incredible work rate.

LEONNIE BEZANT - Classy, ball playing central midfielder who is great with both feet and the ability to find a pass. She has a tremendous work ethic.

AVA JOUVENEL - Marauding central midfielder who has settled in well since joining. Loves to be on the ball and driving at defenders.

CHLOE BRAME - Strong and combative midfielder/striker. Has popped up with some key goals this season and has grown from playing in the Reserves.

SOPHIE JEFFREY - Tricky and resilient winger who can also play at full back. Always striving for more from herself and others.

ALEX PENNY - Pacey wide player who can deliver a cross as well as beat her player one v one. She has been fantastic since returning from an ACL injury.

ELLA EDWARDS - Another tricky and direct running winger who has been a good addition when available. She never backs away from a challenge.

JESS ALLEN - Pacey central striker/winger who continues to develop. Loves playing with either space behind the back line or holding the ball up.

YASMIN DRAKE - Strong, quick central striker who has developed and come through the Academy. Brilliant finishing ability and has a trick or two.



SUFFOLK FA WOMEN'S CUP FINAL ROUTE TO FINAL



AFC SUDBURY

Semi - Final

4 - 0

v Needham Market

Quarter - Final

5 - 0

v Woodbridge Town

2nd Round

10 - 0

v AFC Kesgrave

1st Round

16 - 0

v Bury Town Community



STOWUPLAND FALCONS

Semi - Final

3 - 1

v Brantham Athletic

Quarter - Final

2 - 1

v Needham Market
Development

2nd Round

11 - 0

v Ipswich Valley Rangers

1st Round

7 - 1

v Sudbury Sports



MH GOALS SUFFOLK WOMEN'S CUP FINAL MATCH OFFICIALS (left to right)
 Chris Dale, Victoria Anderson, Inez Matty, Sarah Sullivan-Clark.
 Missing from photograph: Isabel Chaplin

REFEREE:
Isabel Chaplin

Isabel is 23-year-old and lives in Nedging. As a Level 5 and 2W referee, she has officiated in the Suffolk & Ipswich League, FA Women's Championship and FA Women's Super League throughout this season. Earlier in the season, she was an assistant referee on two Women's Champions League qualifying fixtures in Austria and an Under-17 UEFA Euro Qualifying Tournament in Albania.

ASSISTANT REFEREE:
Victoria Anderson

Vicky is 26-years-old and from Bury St Edmunds. She started the season as a Level 7 and 4W and is now a Level 5 and hoping to get 3W by the end of the season. This season she has refereed on the Suffolk Girls' & Women's League, the FA Women's National Reserve League, the Suffolk & Ipswich League, the Bury & District Sunday League and Thurlow Nunn Youth League.

ASSISTANT REFEREE:
Inez Matty

Inez, who is now 17, started refereeing aged 14. She is currently a Level 4W but working towards promotion. She has been officiating on the FA Women's National League, Thurlow Nunn Youth League and local Youth leagues. She is also part of the Women's Emerging Talent pathway. She lives in Ipswich and plays football in her spare time.

FOURTH OFFICIAL:
Sarah Sullivan-Clark

Sarah is aged 38 and lives in Framlingham. This season she has been an assistant referee on the Suffolk & Ipswich League on Saturdays and has been refereeing on both the Suffolk Girls' & Women's League and the Norfolk & Suffolk Veterans' League on Sundays.

REFEREE SUPPORT OFFICER:
Chris Dale

Chris, who is 67, is a former Level 4 referee. He previously refereed the Women's Cup Final at Portman Road and officiated on the East Region Women's Football League including the play-offs, cup final and plate. He currently mentors newly-qualified officials, observes, and is lead coach at the SCFA Youth Referee Academy, supported by dedicated colleagues, to guide the early development of young officials.



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STOWUPLAND FALCONS

Yellow Shirts, Royal Blue Shorts, Royal Blue Socks

MANAGERS - MARTIN HUGGINS AND SIMON GANT

We are looking forward to this evening's game and are so proud of our team for reaching the final. We know we go into the game as huge underdogs, but believe that our players can go out and give a good account of themselves. We have the core of last season's SGWFL Premiership winning squad still with us, joined by some young new recruits.

The team have exceeded our expectations and at the time of writing are still on course to win back-to-back league titles! As a small village club playing at our level, opportunities like this don't come around too often, so we hope that the players, their families and all our supporters enjoy the occasion.

EMILY HUGGINS - 16-year-old keeper, only her second full season in goal. Played for Waveney, Suffolk Schools & Stonham Aspal last season.

LUCY DALY - Speedy left winger with Falcons since U12s. Has played for Ipswich Town JPL. Part of our SGWFL Premiership winning team last season.

ELOISE FLACK - Tough-tackling right back. Also plays for Ipswich Town post-16s. Struggles to play 90 minutes without getting cramp or getting booked!

ELLIS RABEY - Creative midfielder. Joined in February 2023. Played for Eastbourne United and won 2021-22 Sussex County Cup and played Fulham in FA Cup.

ANYA WILLIAMS - Centre back 'Leah Williamson' Wannabe! Won the treble once so must be doing something right! Scored one goal and taking it to the grave!

EBONIE CALVERT - Centre back. A product of our Youth set up, winning league, league cup and county cup! Another of last season's league winners.



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MILLY GANT - Two-footed left back and penalty taker! With us since 2012 and won league, cup and county cup at Youth level and league winner last year.

AMY GILSON - Centre forward who uses both feet; where the ball ends up is often more luck than judgment! Most likely to be seen rolling on the floor!

LAURA BRAME - Experienced midfielder who has won Suffolk, Norfolk and Eastern Regional Leagues and Cups with former clubs and league with us.

CLARE BEVAN - Centre midfielder and captain. Won league with us last year. Previously with Henley and Debenham. Goes to sleep dreaming of headers!

LYDIA DENNY - Skilful and quick right winger. Second season in women's football after coming through our Youth ranks. Part of our league winning team.

CAITLIN PARKER - Left winger who joined us in February. Dual signed with Lawford in Eastern Regional League. Scoring goals at both levels.

ENYA MOORE - All-round forward with a prolific scoring record at various levels in women's game. Scored the winner in our quarter-final.

MOLLIE FROST - Hard-working winger, with some great 'deliveries' this season! Another member of our SGWFL Premiership winning side last year.

PORSCHA RAMPLEY - Two-footed attacker, only just turned 16. Was with Falcons at U8s before past few seasons with Stonham Aspal. Natural goalscorer.

ABBY DURRANT - Hard-working midfielder who has been with our team since the start and was part of our Premiership winning team last season.

MOLLY BAKER - Left winger, scores goals galore when not injured. Survives 90 minutes on pre-workout and caffeine. Shouts 'Clare!' before every corner!

PAIGE BATRAM - Strong and quick right-sided player, started with Stowmarket Town at Youth level. Part of our SGWFL Premiership winning team last year.

EMILY BATES - Midfield playmaker, Third season with Falcons. Short spell with Ipswich Town U21s. Won National University Cup with Loughborough.

MILLIE BLOOM - Versatile right-sided player. Also with Ipswich post-16s, helping her gain confidence. Runner-up in U16 Cup last year with Stonham Aspal.





In November 2016, British football was rocked by a series of high-profile revelations regarding child sexual abuse. Several former professional players bravely waived their right to anonymity to speak out about their past abuse.

A number of those involved, decided to set up the Offside Trust, an organisation committed to supporting survivors and working to make sport safer for children.

Former professional footballer Steve Walters is director of the Offside Trust.

We are proud to work with and support fellow survivors. In addition to Steve, the Offside Trust family includes the amazing ambassadors listed below and several others who wish to remain anonymous:

Gary Cliffe, former youth team player at Manchester City
Dion Raitt, former youth team player at Peterborough United
Alan Arber, former Norwich City player
Callum Hancock, professional boxer

Our aims are:

- To raise awareness of the importance of safeguarding across all sports at all levels
- To provide survivors with advice guidance and resources to aid the healing journey
- To campaign for legal and regulatory changes to improve safeguarding in sport

Our objectives are:

- To secure partnerships with clubs at all levels, in all sports
- To engage with survivors and signpost them to the appropriate professional support
- To engage with survivors within the Offside Trust Support Network
- To support charitable helplines with specific focus on survivors in sport
- To change the law on child sexual abuse being exempt from 'Double Jeopardy'
- To lobby for 'Mandatory Reporting' to be adopted in UK law
- To engage with political and judicial bodies to strengthen legal support for survivors

Since 2016, the Offside Trust has received the support of supporters, clubs, players and former professionals throughout the sporting world. We focus on all sports, not just football. We are grateful for the support that we are getting from everyone including the people in cricket, rugby, golf and boxing, helping to raise further awareness across sport.

The Offside Trust works alongside governing bodies, charities and organisations that deal with safeguarding.

If you are a survivor of child sexual abuse in sport, there are a number of resources available.

The FA have commissioned a dedicated NSPCC helpline for adults who were abused in childhood within the football industry from grassroots to Premier League. If you would like to speak to somebody the free NSPCC helpline for guidance and support is available 24 hours a day on **0800 023 2642**. Our friends at Survivors Manchester (<https://www.survivorsmanchester.org.uk/>) and Samaritans (<https://www.samaritans.org/>) have help and support available if you need to talk.

If you think that a child is in immediate danger please dial 999.

If you are a child who needs help, please call Childline on 0800 11 11.





TOGETHER WE CAN CHANGE IT



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