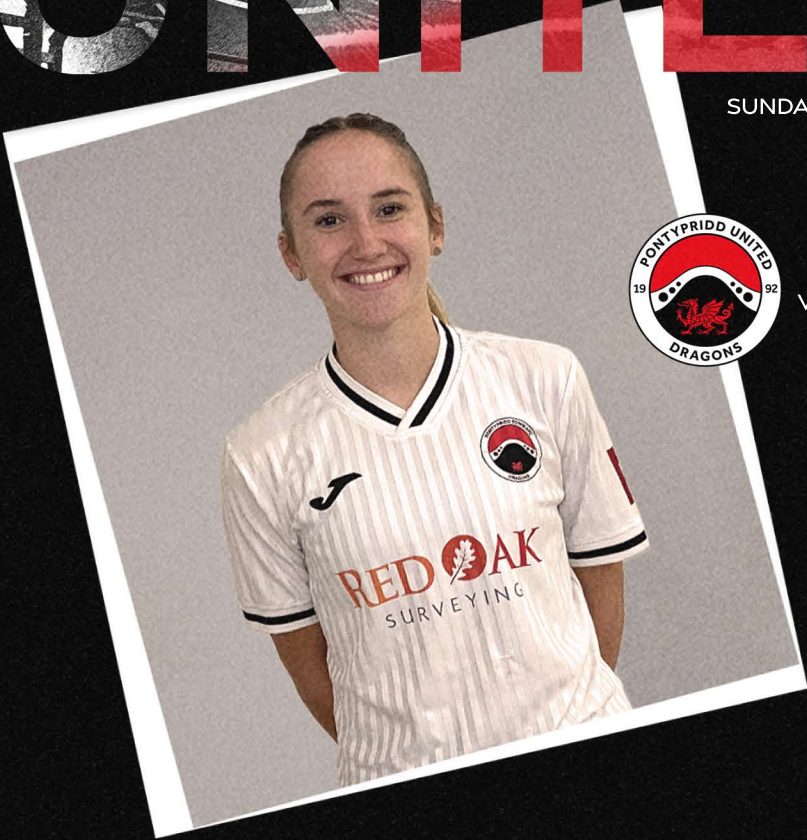


OFFICIAL MATCHDAY PROGRAMME ISSUE.20

# PONTYPRIDD UNITED

SUNDAY, 2PM, 16/10/2022



VS



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# CONTENTS

**04** MATCH DAY  
PREVIEW

**05** MATCH DAY  
SQUAD LIST

**06** VS BARRY TOWN UNITED  
MATCH REPORT

**07** VS BARRY TOWN UNITED  
MATCH REPORT

**08** FIRST TEAMS  
FIXTURES & RESULTS

**09** SUPPORT  
THE DRAGONS

**10** THE DRAGONS SQUAD  
2022/23 SEASON

**11** THE DRAGONS SQUAD  
2022/23 SEASON

**12** COMING UP  
NEXT

**13** PLAYER GRAPHIC  
FT ANAIS TRINCI

**14** JONOTHAN  
SPYROPOULOS

**15** JONOTHAN  
SPYROPOULOS

**16** SHOW RACISM  
THE RED CARD

**17** #15 OLIVIA  
FRANCIS



**#THEDRAGONS #WEAREUNITED #ONECLUB**



# MATCH DAY PREVIEW

# #THE DRAGONS

THIS WEEK WE ARE BACK TO LEAGUE ACTION WITH A MATCH-UP AGAINST ABERGAVENNY! THE GAME KICKS OFF AT 14:00 AT USW SPORT PARK. THIS IS ABERGAVENNY'S FIRST SEASON IN THE NEW ADRAN PREMIER AFTER PLAYING IN AND WINNING THE ADRAN SOUTH LAST YEAR FOLLOWING THE LEAGUE RESTRUCTURE.



By Eloise Martin

Abergavenny have had a tough start to the season losing to Aberystwyth, Cardiff City, Barry Town United and The New Saints. Despite this they beat Swansea University 3-1 last week in the cup so will be looking to build on this win. The Dragons are coming off of the back of a 5-0 win against Barry in the FAW Women's Cup last week and are looking to continue their winning form. They have secured one win in the league so far against Aberystwyth having faced Cardiff Met, Cardiff City and Swansea all in the other opening four games!

Having not played each other in a long time both teams will have made drastic changes and it is sure to be an exciting matchup and a game that neither team will want to lose.



Speaking to manager James Fishlock ahead of Sunday he said:

"We will take confidence from last week, the girls have worked hard again this week and hopefully we can continue our good form.

"We know Abergavenny will be a difficult challenge and they will come wanting to take points off us but I'm confident."

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# SQUAD LISTS

## #WEAREUNITED



- #1 MAISIE JONES (GK)
- #2 SHANNON GREENWAY
- #3 JESSICA OSBORNE
- #4 MILLIE JONES
- #5 CLARE DALEY
- #6 HOLLY BROAD (C)
- #8 RENÉE DAY
- #7 EMILY BAYLISS
- #9 ELLIE GUNNEY
- #10 ANAIS TRINCI
- #11 KIRSTIE PERVIN-DAVIES
- #12 BROOKE EVANS
- #13 ELEANOR BROOK (GK)
- #14 ALISON WITTS
- #15 OLIVIA FRANCIS
- #16 EFA PREECE-JONES
- #18 PAIGE WARD
- #19 ERIN PARRY
- #20 CARYS BUFTON
- #21 HOLLY SALMONS
- #22 SOPHIE BEVAN
- #23 JASMINE TURNER

MANAGER - JAMES FISHLOCK  
ASSISTANT MANAGER - JONATHAN SPYROPOULOS  
GK COACH - MICHELLE PERVIN-DAVIES  
ANALYST - CALUM O'NEIL  
SPORTS THERAPIST - TESSA HEPBURN



- #1 CHARLOTTE HASTINGS
- #2 SIAN BULL
- #3 FFION SIMMONDS
- #4 MALI SUMMERS
- #5 ELENA SCRIVENS
- #6 OLIVIA BARNES
- #7 CERI HUDSON (C)
- #8 KATIE WILLIAMS
- #9 ALANA MURPHY
- #10 CAITLIN DAVIES
- #11 ELIZA ATKINS
- #15 CARYS GITTINS
- #12 GRACIE GROSVENOR
- #16 ELLIE BIDHENDY
- #17 LAUREN BOYD
- #18 ELLIS LUNN
- #19 MIA SHERRARD
- #20 SCARLETT TEAGUE

MANAGER - JOSH ANDERSON  
ASSISTANT MANAGER - C.MORGAN-HILL  
COACH - TIM GROSVENDOR  
COACH - S.SHERRARD  
SPORTS THERAPIST - G. O'REILLY

# BARRY TOWN UNITED VS PONTYPRIDD UNITED

# MATCH REPORT

**Pontypridd United sailed through to the next round of the FAW Women's Cup after a 5-0 victory over Barry Town United. A first-half hat-trick from player of the match Alison Witts and goals from Olivia Francis and Ellie Gunney all contributed to the excellent team performance. The win also saw Paige Ward make her first senior start!**

*By Eloise Martin*

It took the Dragons 16 minutes before they'd settled into the game and scored their first goal of many. Alison Witts initially sent a header into the goal mouth, but a Barry defender cleared it off the goal line. She fired it straight back at Witts whose body forced it into the top corner. Only a few minutes later Olivia Francis struck, and her shot was just wide! With the Dragons only 1-0 ahead Barry pushed for an equaliser. Mackenzie Olden was played through on goal but rushed her shot which flew over the crossbar.

The Dragons were playing with intensity and around the half-hour mark, Witt's found her second of the game. Jasmine Turner sent in a cross following a free kick on the edge of the box, Witts was waiting at the far post and headed the ball into the opposite corner to double their lead! Only three minutes later did Witts strike again! Turner's cross found Witts in the six-yard box and she bagged hat-trick! Barry still had their chances but Pontypridd



VS



United went into half time with a comfortable 3-0 lead.

The Dragons maintained their dominance in the second half, Ellie Gunney sent in a ball to Olivia Francis who was brought down in the box and the referee gave her a corner. 25 minutes into the half the Dragons were yet to add another to their tally.



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# BARRY TOWN UNITED VS PONTYPRIDD UNITED

# MATCH REPORT

Until Francis found herself 1v1 with the keeper who had come off her line, she found her way straight around her and calmly slotted the ball into an open goal. An unfortunate injury for the Barry goalkeeper Erin Brennan forced an outfield player, Lauren Harris to take place in her position. Pontypridd United were still as hungry as ever and Gunney found a fifth with a minute of play left to spare. Anais Trinci's corner found Gunney in the box who guided it past the new keeper with her head.

Overall, it was a ruthless performance from the Dragons to knock Barry Town United out of the FAW Women's Cup. Pontypridd United will now face Cardiff City in the next round on the 30th of October.



Manager James Fishlock was more than happy after the game and said: "I'm really happy, I thought we were fantastic. Some of the football we played today was exceptional.

"We moved about well, and we created a lot of chances in the final third and I'm so happy for the girls that they got that result and we are through to the next round of the cup."



Alison Witts was awarded player of the match and after the game she said:

"We have played four games and I hadn't got a goal so a really good start to the season to get three in one day!

# FIXTURES & RESULTS #THEDRAGONS

## WOMENS

genero



04 SEPTEMBER 2022 14:00  
11 SEPTEMBER 2022 14:00  
18 SEPTEMBER 2022 14:00  
25 SEPTEMBER 2022 14:00  
02 OCTOBER 2022 14:00  
16 OCTOBER 2022 14:00  
23 OCTOBER 2022 14:00  
06 NOVEMBER 2022 14:00  
13 NOVEMBER 2022 14:00  
27 NOVEMBER 2022 14:00  
04 DECEMBER 2022 14:00  
18 DECEMBER 2022 14:00  
22 JANUARY 2023 14:00  
29 JANUARY 2023 14:00

CARDIFF CITY 2-0 PONTYPRIDD UNITED  
PONTYPRIDD UNITED PP THE NEW SAINTS  
ABERYSTWYTH TOWN 1-2 PONTYPRIDD UNITED  
PONTYPRIDD UNITED 3-4 CARDIFF MET  
SWANSEA CITY 4-0 PONTYPRIDD UNITED  
PONTYPRIDD UNITED VS ABERGAVENNY  
BARRY TOWN UNITED VS PONTYPRIDD UNITED  
PONTYPRIDD UNITED VS CARDIFF CITY  
THE NEW SAINTS VS PONTYPRIDD UNITED  
PONTYPRIDD UNITED VS ABERYSTWYTH TOWN  
CARDIFF MET VS PONTYPRIDD UNITED  
PONTYPRIDD UNITED VS SWANSEA CITY  
ABERGAVENNY VS PONTYPRIDD UNITED  
PONTYPRIDD UNITED VS BARRY TOWN UNITED

## MENS



CYMRU  
PREMIER

13 AUGUST 2022 14:30  
20 AUGUST 2022 14:30  
27 AUGUST 2022 14:30  
30 AUGUST 2022 19:45  
03 SEPTEMBER 2022 14:30  
10 SEPTEMBER 2022 14:30  
17 SEPTEMBER 2022 14:30  
24 SEPTEMBER 2022 14:30  
27 SEPTEMBER 2022 19:45  
01 OCTOBER 2022 14:30  
14 OCTOBER 2022 19:45  
22 OCTOBER 2022 14:30  
29 OCTOBER 2022 14:30  
06 NOVEMBER 2022 14:30  
18 NOVEMBER 2022 20:00  
02 DECEMBER 2022 19:45  
11 DECEMBER 2022 14:30  
16 DECEMBER 2022 19:45  
23 DECEMBER 2022 19:45  
26 DECEMBER 2022 14:30  
31 DECEMBER 2022 14:30  
07 JANUARY 2023 14:30

PONTYPRIDD UNITED 0-1 FLINT TOWN UNITED  
CAERNARFON TOWN 2-0 PONTYPRIDD UNITED  
PONTYPRIDD UNITED 2-1 ABERYSTWYTH TOWN  
CARDIFF MET 3-0 PONTYPRIDD UNITED  
PONTYPRIDD UNITED 0-2 THE NEW SAINTS  
BALA TOWN PP PONTYPRIDD UNITED  
PONTYPRIDD UNITED 1-0 AIRBUS UK BROUGHTON  
CONNAH'S QUAY NOMADS 1-0 PONTYPRIDD UNITED  
PENYBONT 1-1 PONTYPRIDD UNITED  
PONTYPRIDD UNITED 3-1 CAERNARFON TOWN  
PONTYPRIDD UNITED VS NEWTOWN  
THE NEW SAINTS VS PONTYPRIDD UNITED  
AIRBUS UK BROUGHTON VS PONTYPRIDD UNITED  
PONTYPRIDD UNITED VS CONNAH'S QUAY NOMADS  
ABERYSTWYTH TOWN VS PONTYPRIDD UNITED  
PONTYPRIDD UNITED VS CARDIFF MET  
PONTYPRIDD UNITED VS BALA TOWN  
NEWTOWN VS PONTYPRIDD UNITED  
PONTYPRIDD UNITED VS PENYBONT  
PONTYPRIDD UNITED VS HAVERFORDWEST COUNTY  
HAVERFORDWEST COUNTY VS PONTYPRIDD UNITED  
FLINT TOWN UNITED VS PONTYPRIDD UNITED

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Pontypridd Town AFC newly named to Pontypridd United was established 29 years ago with a single men's team. The club now has a progressive Mens First Team, Womens First Team, Youth Academy and extensive Boys and Girls Junior sections. Both the Men's and Women's First teams have been fortunate to taste many successes over the years. With the Men's First gaining promotion in the 2021/22 season they will be playing in the top tier in Wales, JD Cymru Premier. The Women's First secured their 7th season in the top tier in Wales, Genero Adran Premier, with the winner of the Adran Premier progressing to the UEFA Champions League.

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# 2022/23 SEASON THE DRAGONS

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#22 SOPHIE BEVAN



#23 JASMINE TURNER

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# PONTYPRIDD UNITED COMING UP NEXT

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## WOMENS FIRST TEAM - GENERO ADRAN PREMIER



VS



SUNDAY, 23 OCTOBER  
KICK OFF: 2PM



VS



SUNDAY, 6 NOVEMBER  
KICK OFF: 2PM

## WOMENS UI9S TEAM - GENERO ADRAN SOUTH UI9S



VS



FRIDAY, 21 OCTOBER  
KICK OFF: 19:45PM



VS



FRIDAY, 28 OCTOBER  
KICK OFF: 19:45PM

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12

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**THE DRAGONS**



**TRINCI**

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# JONATHAN SPYROPOULOS ASSISTANT MANAGER

**WE CAUGHT UP WITH NEW ASSISTANT MANAGER JONATHON SPRYOPOULOS WHO JOINED THIS SEASON WITH JAMES FISHLICK TO HEAR ALL ABOUT HOW HE GOT INTO COACHING AND HIS EXPERIENCE AT PONTYPRIDD UNITED SO FAR!**

*By Eloise Martin*

## **How did you get into coaching?**

After I finished my A levels, I didn't know what I wanted to do with life, so I took a gap year and applied for the Arsenal Gap Year Programme. Thankfully, I managed to get a place on it, cause the programme kick-started my coaching journey really, and that led me to the Football Coaching and Performance BSc at USW.

## **How have you found your first couple of months at Pontypridd United?**

It's been brilliant. Everyone at the club has been so welcoming, and to be honest it feels like I've been here for years. I've settled in really well.

## **What attracted you to the club?**

Well having been involved in Welsh Women's football for several years now, I was very aware of Pontypridd United and the set-up here, and as a coach looking from the outside in, I hugely admired the work Fern and her staff had done here. On top of that, having gone through my BSc and more recently MSc with USW, I know how world-class the facilities are so that

All of this made it an exciting project for me.

## **How have you found working with the players so far?**

I honestly can't speak highly enough of every single one of them. Not only do they give 100% every single session and match, but they also effectively challenge and make sure the coaching staff are kept on their toes. This ensures high standards are kept, making us better coaches. The speed of their development over the last few months has been spectacular really. It's a really special group of players, and what's amazing is that there's still more to come from all of us!

©PENALTYPHOTOGRAPHICS



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# JONATHAN SPYROPOULOS ASSISTANT MANAGER

## How do you think the season is going so far?

I think it's hugely positive. We had a tough 4 games to start the season, playing the top 4 teams from last season. But we proved that we can compete with them every step of the way. The cup game on the weekend was a special one for us as a coaching staff, because it showed all the work everyone has put in, the players and staff have clicked. It showed just how good this team is and how far we can go.

## What are your goals for the rest of the season?

As a team, we want to continue to push and develop, by doing so the sky is the limit. From a personal standpoint, it's to make sure I continue to develop and learn as a coach, to make sure I'm giving the very best of my ability to the players so they can continue their development.

#MightyDragons  
#OneClub  
#WeAreUnited

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# PONTYPRIDD UNITED X SHOW RACISM THE RED CARD



CHANGE HEARTS. CHANGE MINDS.  
CHANGE LIVES. EVERY HEART AND  
EVERY MIND THAT WE CHANGE,  
CHANGES AT LEAST ONE LIFE BUT  
HAS THE CAPACITY TO CHANGE  
HUNDREDS, IF NOT THOUSANDS OF  
OTHERS.

**BE A PROUD ANTI-RACIST. BE THE  
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Show Racism the Red Card (SRtRC) is the UK's leading anti-racism educational charity. It was established in January 1996, thanks in part to a donation by then Newcastle United goalkeeper Shaka Hislop.

During October clubs in Wales are showing their support for the Show Racism the Red Card Month of Action as a vehicle to deliver an Anti-Racism message to the community through the power of sport.

Show Racism the Red Card is the UK's leading anti-racism educational charity. The organisation utilises the high-profile status of football and football players to help tackle racism in society. The campaign delivers educational workshops to young people and adults in their schools, workplaces and at events held in stadiums.

**We Pontypridd United are supporting Show Racism the Red Card's Month of Action at today's game to raise awareness and challenge racism in football and society! Football is a sport that is followed by all, and should be an enjoyable experience for all, whatever their racial or ethnic background.**

**We hope you enjoy the game today and ask you to support the player's action and join us in saying NO to racism!**



X





# OLIVIA FRANCIS #WEAREUNITED

## WE CAUGHT UP WITH OUR NEW NUMBER 15 OLIVIA FRANCIS FOLLOWING SUNDAY'S CUP WIN.

*By Alison Witts*

**Liv, congratulations on the 5-0 win, clean sheet, and a goal. Great performance, how did you find the game?**

Really happy to come away with a strong win against a good Barry side. It was great game to play in, was nice to have plenty of the possession for majority of the game and we were clinical all over the pitch allowing us to get some quality goals in the back of the net.

**How important was it to put in that kind of performance and come away with the 3 points on Sunday?**

I feel it's very important to execute our opportunities when the team is so dominant with possession. The girls played great football and we were able to take on what we've been working on in training for the past couple of week and produce in excellently in a game environment.

**Looking forward to this Sundays game vs Abergavenny, how are you feeling and what are you expecting?**

Feeling excited and looking forward to repeating last week's performance. Hopefully we can score some goals again and come away with the 3 points and climb the league table.

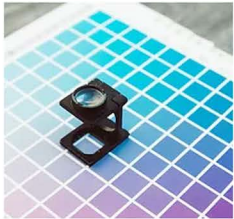


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