

WE ARE UNITED



COLCHESTER UNITED WOMEN vs HASHTAG UNITED WOMEN RESERVES

Sunday 15th September 2024

Kick-off: 2:00pm

Essex County Women's Football League



ISSUE
02



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— HEAD COACH —

SIMON KING

Good afternoon and welcome to The Garrison for our second game of the season, it was great to see so many people supporting us last week for our opening fixture.

I'm sure you'll agree that the work the ground staff did over the break was exceptional and allowed for a great game of football.

Last weekend we were all disappointed to only come away from the game against Brentwood with a draw as we created so many chances, especially in the first half, but couldn't seem to find the back of the net. We welcomed new signings Learna, Jasmine and Louise who all played their first league game for the club.

The performance from the team was fantastic and just shows the progress that has been made, as to draw against a side that played in tier six last season is a very good start. We were able to display the physical and tactical work that had gone into pre-season.

This week we welcome Hashtag Reserves to the ground. We will look to build on last week's performance and hopefully come away with another positive display and result.

Thanks again for your continued support.

Up the U's!
Simon

"THE PERFORMANCE FROM THE TEAM WAS FANTASTIC AND JUST SHOWS THE PROGRESS THAT HAS BEEN MADE, AS TO DRAW AGAINST A SIDE THAT PLAYED IN TIER SIX LAST SEASON IS A VERY GOOD START"

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CAPTAIN

CASSIE

CRADDOCK-

BALL

Stepping up two divisions naturally meant that the level of competition would be far superior this season, than last. Our pre-season preparation had put us in a strong position to be successful from the first game and we were very excited in anticipation of the start of the season!

Firstly, I'd like to kick off with a big shout-out to our most recent announcements of sponsors. Without our sponsors, we wouldn't be here. Thank you to Electrical Solutions Group, Rhotic Media, John Fowler Solicitors and Grit.Consultancy for your support.

On reflection, last week was a good point and a good start to the season. Over the 90 minutes we played the better football and imposed our style of play and tempo. It was frustrating not to have come away with three points, considering the amount of chances that we had, but it's something we can learn and build from, moving into our game against Hashtag United this weekend.

Like all of our competitors this season, Hashtag will prove to be a strong opponent. Their first team play in the FA Women's National League and their reserve team will be looking for opportunities to represent at that level. We are prepared for a battle and will be looking to capitalise on last week's performance, take our chances and walk away with the three points.

Thanks for heading down to the Garrison to cheer us on! We are very grateful for your support.

Come on you U's!
Cassie

JUNIOR U'S

WITH EDDIE THE EAGLE



FIND EDDIE



WORDSEARCH

How to play:

- » Find and circle the words from the list hidden in the puzzle.
- » Words can be hidden horizontally and vertically.
- » Have fun and cheer for Colchester United Women!

C	O	L	C	H	E	S	T	E	R	G
O	W	O	M	E	N	F	O	O	T	B
L	O	F	A	C	L	A	T	E	A	L
U	N	I	T	E	D	O	S	I	N	U
S	T	E	A	M	N	D	A	I	U	I
T	A	D	I	U	M	A	G	O	A	L
R	B	L	U	E	W	L	I	C	H	O
P	W	I	N	O	A	L	C	E	N	L

- COLCHESTER
- UNITED
- WOMEN
- GOAL
- CHEER
- TEAM
- WIN
- STADIUM
- BLUE
- U'S

WHO AM I?



ANSWERS

WHO AM I? Lindsey Morgan



SUNDAY 8TH SEPTEMBER 2024 • ECWFL PREMIER DIVISION

The U's women kicked off the 24/25 season at The Garrison with a hard-fought battle against Brentwood FC Women. Joining us from the Eastern Region, the visitors made it clear they had their eyes set on promotion with physicality and pace from the outset.

Despite the U's having significantly more opportunities, the first goal came from the visitors midway through the second half, but the scales were balanced soon after, courtesy of a finish from newcomer Jasmine Cox.

Early pressure from Greenleaf revealed hurried clearances that invited punishment from the U's, meaning a lot of attacks at goal worked their way along the left wing. Vinton and Morgan also became a part of the action, inviting more physicality from Brentwood in midfield to regain possession. Pope found herself in the thick of the action in the sixth minute, but came out from a strong challenge to head down the right wing and send a ball in. Vinton followed up two minutes later on the opposite wing, finding Morgan to square for J Craddock-Ball to send a rocket at goal, only to hit Vinton on its way through. The opening minutes showed a strong home side who were winning most challenges and looking more comfortable when attacking.

It was Craddock-Ball again who found herself with an opportunity in the twenty-third minute, denied by an outstanding save to tip the ball around the bottom of the post. With a goal looking likely, the U's continued to pile on the pressure, looking for aerial balls mostly to a waiting Greenleaf who only found herself offside a couple of times by the keen-eyed linesman.

As the thirty-minute mark approached, Greenleaf was gifted with two attempts in short succession, both again denied by the agility of the visitors' keeper.

As time wore on, Brentwood became more established on either wing, especially their number seven who displayed incredible pace and strength to give Farrow and newcomer Louise Kane a hard time. Her ability to step away from marking territory shortly before a long ball caught the U's out several times, making her the target player for almost all of the visitors' attacks. Any challenges through the middle were typically ruled out, with Newstead characteristically quick off her line to clear any opportunities.

Despite the threat, the U's continued to have the overwhelming majority of possession with more shots on goal either grazing the post or being denied by the keeper's gloves. A corner in the thirty-third minute resulted in a superb finish for the U's, only for the linesman to rule the ball had curled out of play during its delivery. A short conversation with the referee didn't overturn the decision, but with more corners and attacks dominating the action to half-time, the home team and their supporters were confident of a breakthrough in the second.

Brentwood entered the pitch in the forty-sixth minute with renewed vigour and a slight change in formation to allow more

pressure on the wings. This was noticeable from the outset, with number seven again punishing slack marking and mistimed challenges. Despite dominating the wing, the U's were solid in denying her goal-bound crosses, getting the ball back out to midfield.

With focus almost entirely on the wings for Brentwood, the U's looked much healthier in midfield and appeared to have more options for their own attacks. Morgan showed this in the fifty-third minute, clean through on goal with her shot tipped just wide by the keeper. Substitute Cox also found herself increasingly with the ball once she came onto the pitch, showing great agility and pace to upset the defence. This in turn gave the home team another outlet, Cox linking up well with Morgan and Vinton to give promise that a goal was on the cards.

Brentwood upset the prediction at the other end in the fifty-ninth minute however, number seven being supplied with a perfectly-timed ball, skipping past a U's challenge to eat up the wing. Turning diagonally towards goal, her pace allowed her to be one-on-one with Newstead to nestle a quality hard and low finish into the bottom corner.

U's heads failed to drop and pressure was mounted immediately by more attacks from Morgan and Cox in particular. Following more denials from the keeper and a few shots that perhaps could have been taken with more composure and less hurry, Cox evened the scoresheet with a grasscutter that found its way under the keeper in the sixty-seventh minute.

The remainder of possession rested mostly with the U's, but shots almost entirely were at the keeper and didn't cause much alarm. Play stopped for a significant time following injuries to both Farrow and the visiting number seven, and the final minute of play saw the U's scrambling to clear a last-minute attack in the goal area.

The U's should be disappointed not to have come away with all three points given the overwhelming amount of chances at goal. However, with new faces on the team and coach King seeing how best to utilise strength available to him on the pitch and the bench, the U's should be confident that this weekend's display bodes well for another good season. They will undoubtedly be tested more over the coming months than last year which in turn will generate a new level of quality for the U's.

U's: J Craddock-Ball, C Craddock-Ball, Daniels, Farrow, Gamble, Greenleaf, Kaine, Morgan, Newstead, Pope, Vinton

Subs: Adams, Ager, Cahill, Cox, Howlett

Player of the Match: J Craddock-Ball



COLCHESTER U

2024



CHESTER UNITED WOMEN

4/25



VOLUNTEERING

ANDY DRAKE | VICE-CHAIR

Last season was an amazing success, but success doesn't come by chance, and I wanted to take some time to thank those individuals behind the scenes. They perform key roles in ensuring that matches go ahead, and that the players and coaching staff are free to do exactly that.



"IT HAS BEEN ONE OF THE MOST REWARDING AND WORTHWHILE OPPORTUNITIES I HAVE EVER TAKEN UP, SEEING THE CLUB AND PLAYERS GROW AND TO HELP IT CONTINUE TO BE SUCCESSFUL"

The committee is made up of a team of volunteers who offer their time and skills to enable the women's team to function. We are always seeking new people to join the ranks of either our match day volunteer cohort, whose roles vary from putting out corner flags, helping organise the ball collectors, to helping supporters and running the line. The committee is more focused on the running of the club in line with the league rules, and looking after the financial aspect to ensure that we have a successful and ambitious club for many years to come.

The opportunity for me to become involved occurred just over a year ago, and I jumped at the chance to become involved in project that I felt had worth and was an opportunity to use skills from my professional life, but learn about a whole new area as well. It has been one of the most rewarding and

worthwhile opportunities I have ever taken up, seeing the club and players grow and to help it continue to be successful and provide opportunities to players from the local community.

We currently have several volunteer opportunities available for the season (and beyond), ranging from social media, photography, fundraising, and assisting on a matchday. If you have any other skill, you think would be of benefit then please contact us, we are always open to new and unique ideas.

If you are interested in volunteering or just want to find out some more information, then please contact us on CUWFC@colchesterunited.net.

Up The U's!

Andy Drake
Vice Chair
Colchester United Women



JOHN FOWLERS GET BEHIND THE COLCHESTER UNITED WOMEN'S TEAM

Colchester United are delighted to announce that John Fowlers will be coming on board as Back of Shirt sponsors for the 2024/25 and 2025/26 seasons.

John Fowlers LLP, who are currently celebrating 100 years of operation, have become a leading firm of Colchester-based solicitors with offices in Colchester, West Mersea and Brightlingsea.

The Back of Shirt sponsorship, which runs until the end of the 2025/26 campaign, will see John Fowlers branding displayed prominently on the Women's shirts as they look to build on last season's league and cup winning success.

Colchester United Women's Team Chair, Dani Warnes, said of the deal: "I am delighted to announce a new agreement with John Fowlers Solicitors, a partnership that highlights a collective commitment to the growth of women's football

locally. The firm's commitment to community sports mirrors with our foundation's goals, furthering our vision to motivate the youth through the success of our women's team."

Michael Kennedy, Head of Business Development & Marketing of John Fowlers, added: "As someone who's

"SHE SHOWED ME HOW MASSIVE THE WOMEN'S GAME COULD BE. I CANNOT WAIT TO SEE WHERE THE NEXT TWO YEARS TAKE BOTH JOHN FOWLERS AND COLCHESTER UNITED WOMEN"

had the opportunity to help be a driving force behind women's football over the last five years, I'm truly delighted that an opportunity has become available to support Colchester United Women.

"For me personally this comes from a real place of passion as one of my former coaches who worked with the community arm of Colchester United was Kate Longhurst. It's fair to say that twelve years ago she showed me how massive the women's game could be. I cannot wait to see where the next two years take both John Fowlers and Colchester United Women. Up the U's."

More information on John Fowlers can be found at www.johnfowlers.co.uk.



PLAYER & MANAGEMENT TEAM SPONSORS

cuwfc@colchesterunited.net



01



**JAMIE
NEWSTEAD**



02



**JAC
CRADDOCK-BALL**



03



**SOPHIE
FARROW**



04



**CASSIE
CRADDOCK-BALL**



05



**NIAME
GAMBLE**



06



**DEBEN
HOWLETT**



07



**RUBY
VINTON**



08



**THALIA
ADAMS**



09



**RUBY
GREENLEAF**



10



**LINDSEY
MORGAN**



11

**EMILY
AGER**



12

**LOUISE
KAINE**



13

**ROSA
DEVALL**



14

**KARYS
PATON**



15

**LEARNA
DANIELS**



16

**JASMINE
COX**



17

**LEAH
POPE**



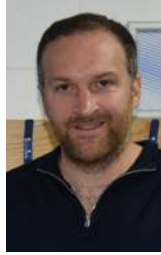
18

**ELLA
CAHILL**



21

**LUCY
YEWMAN**



**HEAD COACH:
SIMON KING**



**ASSISTANT HEAD COACH:
MILLY MORGAN**



**GOALKEEPER COACH:
CARL OLIVER**

ELECTRICAL SOLUTIONS GROUP SPONSOR FRONT OF SHIRT, TRAINING AND TRAVEL WEAR FOR WOMEN'S TEAM



Colchester United are delighted to announce that Electrical Solutions Group will be partnering with Colchester United Women as Front of Shirt sponsors for the 2024/25 season and Training and Travel Wear sponsors for the 2024/25 and 2025/26 seasons.

Following a successful League and Cup winning double, Colchester United Women will wear Essex-based Electrical Solutions Group on the front of their shirts as they attempt to repeat last season's success. The branding will also feature on the training and travel wear for the next two seasons.

Electrical Solutions Group are a family run team of fully qualified City and Guilds electricians, experienced in commercial, industrial and domestic environments, whom specialise in renewable energy.

Colchester United Women's Team Chair, Dani Warnes said of the deal: "I am excited to announce our new partnership with Electrical Solutions Group have joined us our main front of shirt sponsor. Their commitment to excellence and innovation in the electrical industry aligns with what we are striving

for both on and off the pitch. I am excited about this partnership and look forward to the positive impact it will have on our community."

Glen Andrews, Director of Electrical Solutions Group added: "When we heard about the fantastic chance to partner with Colchester United Women and provide sponsorship for them, we jumped at the chance, having a son and daughter who play grassroots football and as a family who regularly follow women's football, we thought it was a great change to show our support and commitment to the team. We look forward to seeing them play this coming season and build on from what was an amazing first season last year."

To learn more about Electrical Solutions Group, visit electricalsolutionsgroup.co.uk.

SITE MAP



ALL PARKING TO BE IN THE OVERFLOW CAR PARK



CAR PARKING DIRECTIONS

- Head towards Garrison A Cricket Ground Colchester via Circular Road East off of Circular Road North and Napier Road.
- Do not enter the cricket car park, but follow road to end and bear right after approximately 50 metres
- Once there you will see an open playing field
- On your left, park on the grass
- Entrance through silver foot gate, see blue
- Matches to be played on Pitch B
- Club house located next to Hockey Pitch: Phoenix Club
- Foot gate marked by the orange triangle

THROWBACK: FORMER U'S

We look back at two players who represented the Colchester United Ladies team and who have gone on to successful careers within the game.

Nikita Runnacles, who is currently the First Team Lead Goalkeeper Coach of WSL side Brighton and Hove Albion, said of her time with the U's: "Colchester United was home for me, it built the foundations that have formed the progress I've had in my coaching career. A special place, with special people."

Since leaving the U's, Nikita has worked at London City Lionesses while also coaching at the England Youth National Team Pathway.

The next player is **Kate Longhurst** who currently represents Nottingham Forest Women. Since leaving the U's she has gone on to represent sides such as Chelsea, Liverpool and West Ham, and being part of the WSL-winning side whilst with Liverpool.

Of her time with the U's, Kate said: "I'm always proud to say that I started my career with Colchester United. It gave me my first start into women's football and was an environment that allowed me to make mistakes but always learn and develop. And, more importantly, I still have friends for life who I played with!"

The U's are proud to have been able to play a small part in the successful careers both Nikita and Kate have.

Thank you to Nikita and Kate for allowing us to feature them today.



Nikita Runnacles



Kate Longhurst

**"COLCHESTER UNITED
WAS HOME FOR
ME, IT BUILT THE
FOUNDATIONS THAT
HAVE FORMED THE
PROGRESS I'VE HAD IN
MY COACHING CAREER"**



2024/25 FIXTURES



DATE	OPPOSITION	VENUE	COMPETITION	KICK OFF/RES
Sunday 8th September	Brentwood Town FC Ladies	Home	ECWFL Premier Division	1-1
Sunday 15th September	Hashtag United FC Women Reserves	Home	ECWFL Premier Division	14:00
Sunday 22nd September	Brightlingsea Regent Ladies FC	Away	ECWFL Premier Division	14:00
Sunday 29th September	Southminster United Ladies FC	Home	ECWFL Premier Division	14:00
Sunday 6th October	Chigwell Women FC	Away	ECWFL Premier Division	14:00
Sunday 13th October	She Can Play Panthers	Away	ECWFL Premier Division	14:00
Sunday 20th October	Alresford Colne Rangers Ladies First	Away	BBC Essex Women's Cup	13:30
Sunday 27th October	Brentwood Town FC Ladies	Away	ECWFL Premier Division	14:00
Sunday 3rd November	Hashtag United FC Women Reserves	Away	ECWFL Premier Division	14:00
Sunday 10th November	Brightlingsea Regent Ladies FC	Home	ECWFL Premier Division	14:00
Sunday 17th November	Southminster United Ladies FC	Away	ECWFL Premier Division	14:00
Sunday 24th November	Chigwell Women FC	Home	ECWFL Premier Division	14:00
Sunday 1st December	She Can Play Panthers	Home	ECWFL Premier Division	14:00
Sunday 8th December	Hutton FC Women Reserves	Away	ECWFL Premier Division	14:00
TBA	Hutton FC Women Reserves	Home	ECWFL Premier Division	P-P



COLCHESTER UNITED WOMEN



1 Jamie **NEWSTEAD** ○

2 Jac **CRADDOCK-BALL** ○

3 Sophie **FARROW** ○

4 Cassie **CRADDOCK-BALL** ○

5 Niamh **GAMBLE** ○

6 Deben **HOWLETT** ○

7 Ruby **VINTON** ○

8 Thalia **ADAMS** ○

9 Ruby **GREENLEAF** ○

10 Lindsey **MORGAN** ○

11 Emily **AGER** ○

12 Louise **KAINE** ○

13 Rosa **DEVALL** ○

14 Karys **PATON** ○

15 Learna **DANIELS** ○

16 Jasmine **COX** ○

17 Leah **POPE** ○

18 Ella **CAHILL** ○

21 Lucy **YEWMAN** ○

NEXT UP AT THE GARRISON



SOUTHMINSTER UNITED LADIES

Sunday 29th September 2024

Kick-off: 2:00pm

Essex County Women's Football League



BRIGHTLINGSEA REGENT LADIES

Sunday 10th November 2024

Kick-off: 2:00pm

Essex County Women's Football League