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Tuesday, August 25, 2026



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Notes from Flo Allen

Good evening and welcome back to The Nest for tonight's fixture against Cambridge United.



Cup football always brings a different kind of challenge and tonight presents another opportunity for us to continue building momentum against a Cambridge United side that will be eager to test themselves and progress in this competition. I would also like to extend a warm welcome back to former assistant coach Ethan Scott, along with all the former Canaries players returning this evening. Each of them played an important role in the development of this club and it is fantastic to see them back at The Nest.

Reflecting on Sunday's victory over Hull, it was a landmark afternoon for the club as we secured our first win and three points at Tier 3 of the women's football pyramid. With a new coaching team, several new faces in the squad and the challenge of stepping up a level, the opening weeks of the season have

been incredibly encouraging. The attitude, commitment and togetherness shown by the players and staff has been superb.

I would also like to take this opportunity to congratulate our loan player, Bryony Brodie, who recently represented Arsenal Under-19s in the Future Stars Cup. Bryony played a key role in Arsenal lifting the trophy and was named player of the tournament; a fantastic achievement.

Finally, a word for our fantastic supporters. Tonight marks our second game in just 48 hours and your backing this evening will be important. We will need your energy and support throughout tonight's game as we look to continue our positive start to the campaign.

Enjoy the game, OTBC!

Head Coach Notes from **Perry Northeast**

Norwich City Women head coach Perry Northeast was delighted with the performance in Sunday's 2-0 victory away at Hull City and looked ahead to tonight's game against Cambridge United.



"It was a very similar game to last week in the sense that it was competitive from minute one.

"Two teams that were structurally set up to try and limit each other's threats both with and without the ball.

"I felt Hull were competitive, they were strong, they were close to duels, so, in that sense it was a really tough encounter for us.

"We just had to try and keep the ball away from them for periods of time to try and nullify their pressing threats, which I felt we did well at times but we still can improve this under slightly higher levels of pressure.

"That being said, to come away from home after a long weekend with a clean sheet and two goals and one of our forwards now opening her account for the season, we must take some pride and happiness in that."

Northeast was also pleased to see the team pick up their first clean sheet of the season at the Versa Sportswear Stadium

"We addressed the goal that we conceded last week against Huddersfield. One of the reasons why the players have been such a joy to work with this year is they seem to take on information really well and they take on little tweaks and changes to how we want to either defend situations or go forward in situations.

"I was quite comfortable with the fact that we were able then to, again, nullify the threats in that sense.

"We can always be happy with clean sheets."

Summer signings Elliana Martin and Zofia Szczech made their debuts against the Tigers, whilst Niyah Dunbar opened her account for the club.



"The new signings have integrated well, they have been fortunate to be integrated well as well by the players who have been pre-existing within the squad and they've inherited the new players very well on and off the pitch.

"For Niyah today, she didn't have everything her own way.

"It was a tough game, a physical encounter and she had to mentally stay in the game as well as technically and tactically.

"Again, just a few different tweaks to her game and the opportunity she then had at the end was very well deserved for the work rate and the effort she had to put into the 90 minutes."

The team stayed overnight prior to the fixture allowing the squad and staff to gel off the pitch as well as on it.

"It's my first weekend away with the team as well. So, just looking at habits and how the players prepare for the game, I felt comfortable coming into today knowing that they had a calm and assured professionalism about them.

"I feel they understood the brief and what we had to try and do.

"Off the pitch, in terms of the technical planning and the tactical meetings, I would say you can just feel a really nice vibe and a really nice culture between players and staff."

City had just 48 hours to recover ahead of tonight's tie against Cambridge United in the FAWNL Cup group stage.

"It's a quick turnaround for both us and Cambridge and I've got no doubt that Cambridge would have had a tough game like ourselves today.

"So, we'll prepare for this game, hopefully give some opportunities to players that maybe haven't had as many minutes yet this season, so they have an opportunity to showcase as well.

"We go again and there's nothing better than games in quick succession for players, for staff, for fans and that's why you work so hard in pre-season periods for these moments."

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Grace Riglar



Natalie Johnson



Eloise King



Evie Williams



Eloise Hall



Millie Daviss



Ellie Smith



Elliana Martin



Holly Kennard



Bryony Brodie



Eva-Jean Young



Faith Harrison



Poppy Groves



Emily Wallace



Lara Densley



Freya Symonds



Lauren Hailes



Issy Moore



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Zofia Szczech



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Feature Interview: Eva-Jean Young

New City stopper Eva-Jean Young has made an immediate impact at the club since her arrival to Norfolk earlier this month, settling in between the sticks with ease.

"I'm really excited to have signed with such an ambitious club and such a great group of players and coaching staff.

"The facilities are amazing and the standards are super professional in every area.

"I know we're aiming high this season and I'm just happy to be a part of this journey.

"This level is great, everyone's got a great attitude and it's really competitive.

"You can expect me to be explosive, I love shot-stopping and just try to keep it nice and calm at the back by not being phased by anything."

On City's first win and clean sheet of the season against Hull City on Sunday, Young said: "It was an amazing shift from all the girls, the whole 90 minutes.

"Everyone was just working hard, doing what we've been working on so hard in training and just left it all on the pitch.

"I am delighted with the clean sheet and the defence put in a good shift as well, not just me.

"The whole team did well, so it's the whole team's clean sheet.

The City stopper pulled out one of the moments of the match, turning a goal bound strike onto the crossbar with her fingertips at full stretch while the score was 1-0.

Speaking on that save Young said: "I just saw it coming across and thought 'I'm going to go for that, see if I can get a save' and luckily it went on the crossbar and we cleared it away."

Young has started both games since arriving from Lewes in the

summer and is enjoying getting to know her new teammates, particularly on the overnight stay before this fixture.

"I absolutely love it here; all my teammates and all the coaching staff.

"I really feel at home here so I'm excited for the rest of the season.

"The trip to Hull was lots of fun with a great group.

"There were lots of games and jokes, so, I'm looking forward to more away trips. Keep them coming!"





“

You can expect me to be explosive, I love shot-stopping and just try to keep it nice and calm at the back by not being phased by anything

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The Visitors: Cambridge United

This evening we welcome Cambridge United Women to The Nest in the first tie of our FAWNLCup group stage games.

United started their 2026/27 Tier 4 campaign with a 4-0 win away from home against Billericay Town.

Two goals came in the first half from Tally Miles and Renai Bennett.

Ella Gambell then claimed the third and fourth goals in the 87th and 90th minutes.

They faced London Bees in their second game but fell short, losing 1-0 at their new home, Grange Road.

Their opening results see them sat fifth in the table.

The U's have secured several new editions to their side for their 2026/27 campaign.

Former Norwich City defenders Ceri Flye and Hope Strauss signed earlier in the summer, alongside forward Olivia Cook.

Three other familiar faces for the U's to City fans include Shannon Shaw, Lauren Tomlinson and Ella Gambell.

Another name making the switch across East Anglia to United is City's former assistant coach Ethan Scott, who was appointed U's head coach in May.

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Head Coach: Perry Northeast

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|----|-----------------|----|---------------|
| 1 | Poppy Irvine | 16 | Emily Wallace |
| 2 | Grace Riglar | 17 | Lara Densley |
| 3 | Natalie Johnson | 18 | Freya Symonds |
| 4 | Eloise King | 19 | Lauren Hailes |
| 6 | Evie Williams | 20 | Issy Moore |
| 7 | Eloise Hall | 21 | Amber Locker |
| 8 | Millie Daviss | 22 | Poppy Francis |
| 9 | Ellie Smith | 23 | Zofia Szczech |
| 10 | Elliana Martin | 24 | Drew Wilson |
| 11 | Holly Kennard | 25 | Niyah Dunbar |
| 12 | Bryony Brodie | 26 | Sienna Booty |
| 13 | Eva-Jean Young | 27 | Megan Frary |
| 14 | Faith Harrison | 28 | Abi Calver |
| 15 | Poppy Groves | | |

