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Notes from **Flo Allen**

Welcome back to Carrow Road for today's FAWNL fixture against Liverpool Feds.



It's great to be back playing in front of our supporters at Carrow Road. Thank you for the fantastic backing you continue to give the team and to all club staff who have worked hard behind the scenes to make today's fixture possible.

We come into this afternoon's game off the back of a positive week last week, remaining unbeaten across three matches and progressing in both FA Cup and WNL Cup competitions. It was unique that we played Peterborough twice in the space of four days, but last weekend's performance was a fantastic show of attacking quality and great to keep a clean sheet at The Nest, which was our first at home of the season.

This afternoon's game against Liverpool Feds is the first encounter between the two sides and we know that they will provide another tough challenge. Liverpool Feds are a side who have competed well in Tier 3 this season, but I know our City side will give it their all to hopefully earn all three points by the end of the game today.

Thank you for your continued support and enjoy the game. OTBC!

Assistant Coach Notes from **Megan Todd**

Norwich City Women assistant coach Megan Todd assessed City's impressive display against Peterborough United last weekend in the League Cup and looked ahead to the Carrow Road tie.



"It was a brilliant performance from the girls; Peterborough caused us problems in the beginning of the first half but we prepared for that in the week and I was really pleased to see what we worked on come to life.

"We managed to get a clean sheet and different goal scorers as well, so we're really pleased after such a big week.

"It's really good to see some milestones in terms of first goals for players in the club this week. So, to see that again today for competitive goals from Poppy Groves and Elliana is brilliant.

"But not only that, the way we created the goals and the things we spoke about between Wednesday and Sunday, the girls really took that on board and really worked on that.

"To see that come to life is great because it shows that real togetherness within the group.

"Everyone has played their part in that result on the day and throughout the week when we needed them.

"We spoke about wanting to keep pushing and applying pressure before we went out, which is exactly what we did scoring three goals in five minutes.

"We're getting ourselves in brilliant positions and we needed to be more ruthless to finish the attack, so we talked about that desire of wanting to score.

"And they did exactly that. The press from Elliana to create her goal for us was fantastic.

"I was so pleased to see the involvement from everyone in the goals as well."

The win not only secured City's place in the second round of the competition but registered only the second clean sheet of the season.



"It was also really important to keep a clean sheet, especially after having to defend two set pieces right at the end as well and the goal we conceded against them on Wednesday.

"So, that was really, really important and that's credit to Hugh and the work he's done between Wednesday and Sunday to make sure we're solid on set pieces as well.

"Once we got the goals, we obviously wanted more like always but it was about getting that clean sheet and the importance of that as well."

On playing at Carrow Road this weekend, she added: "The whole group is really excited to showcase themselves and the football we've been playing on the pitch at Carrow Road. It will be fantastic.

"The girls love playing there and we just love being there.

"It's now about getting ready and prepped for that game to put on a really good performance, coming away with three points."

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Eva-Jean Young



Faith Harrison



Poppy Groves



Emily Wallace



Lara Densley



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Feature Interview: **Poppy Irvine**

City stopper Poppy Irvine was between the sticks for the Canaries' comfortable 4-0 win over Peterborough United last weekend, helping the Yellows to a clean sheet and a place in the second round of the competition. Irvine made the switch from WSL side Birmingham City as the Canaries' first signing of this summer. Having settled into life in Norfolk well, she reflected on the cup tie and what playing at Carrow Road meant to the squad.

"It was a really good game and I thought the girls were absolutely amazing – you couldn't fault any of them.

"Even people who didn't get the chance to come on, we could hear them from the sidelines.

"The staff were amazing and set us up so well for the tie, so, I don't think it could have been a better game for us.

"I'm buzzing to have helped the team to a clean sheet.

"The back line and I are especially pleased with ourselves, but it's a credit to everyone, not just the defence or me. It came from everyone's hard work.

"It's my first one of the season and the first one in 12 games.

"It was a busy game for me and I had to make some big saves, especially at 0-0.

"I think part of that comes from keeping your concentration.

"Again, credit to the girls for not switching off.

"When the substitutes came on, they knew their jobs and everyone did absolutely amazing.

"Near the end of the game, when it started to get a bit frantic, I heard the ref say 7 minutes left, so, I thought 'we better keep our calm'.

"Both sides had chance after chance and no one gave up.

"Every City player put their bodies on the line and got us a clean sheet to accompany the win."

This weekend's Carrow Road tie will be Irvine's first time at the stadium. On potentially playing on the big stage, she said: "Everyone is buzzing.

"I think this is the highest and closest we've ever been as a group.

"We get on really well and that showed today in our performance and hopefully we can take that into next week.

"Thank you to the fans who have bought tickets to support us at Carrow Road and we can't wait to show you what we're made of!"







> I'm buzzing to have helped the team to a clean sheet



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The Visitors: **Liverpool Feds**

This afternoon we welcome Liverpool Feds to Carrow Road in our final league home game of 2026.

Our visitors have travelled 250 miles to Norwich and arrive from fifth place in the Northern Premier Division.

The Feds' last outing saw them take a point away from Huddersfield Town in a 1-1 draw on home turf.

The previous Sunday had them pick up maximum points against Loughborough Lightning on the road, having suffered back-to-back 3-0 defeats to Stoke City and Rugby Borough the two weeks prior.

In nine league games played, Feds have four wins, one draw and four losses.

Jessica Dawn Brady is the club's top scorer with seven goals in 12 appearances in all competitions.

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