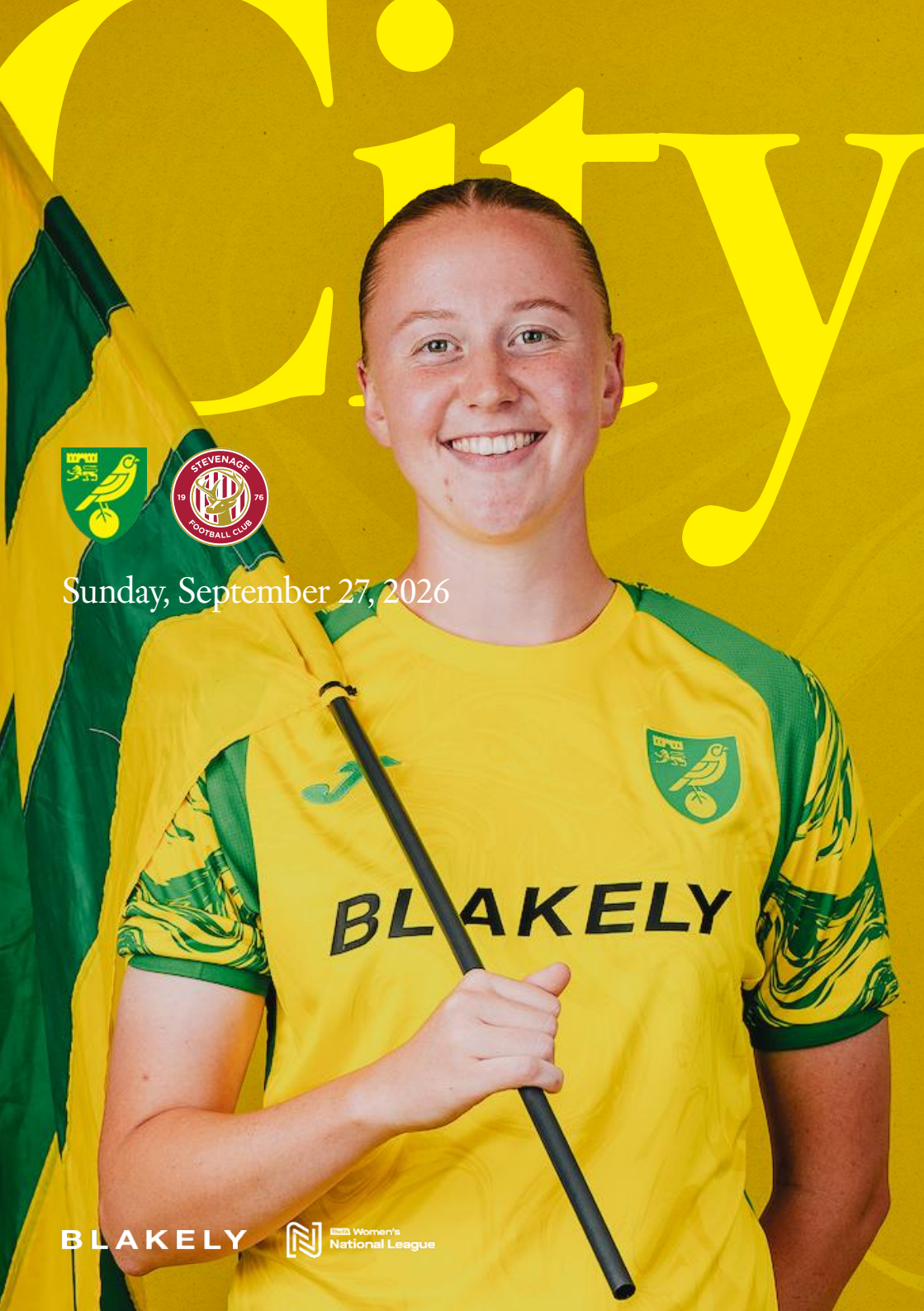




Sunday, September 27, 2026

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WNL Women's
National League



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Notes from **Flo Allen**

Good afternoon and welcome back to The Nest for today's FA Women's National League Cup group stage fixture against Stevenage.



Last weekend's 1-1 draw with Stoke City was another well-deserved point.

I was particularly pleased with the way our players and staff approached the game.

We competed throughout and demonstrated that we are more than capable of matching teams in this division. The performance yet again reinforced the progress this squad is making.

As always, there are areas we must continually improve on, but the signs remain extremely encouraging.

Today's final FA WNL League Cup group stage fixture against Stevenage is set up for the winner of the game to top the group and to automatically progress to the knockout stages of the League Cup.

It's exactly the type of competitive fixture our players want to be involved in and one that should make for an exciting afternoon of football for all in attendance.

Thank you, as always, for your outstanding support, enjoy today's game.

OTBC

Head Coach Notes from Perry Northeast

Head coach Perry Northeast felt Norwich City Women's draw with Stoke City at The Nest on Sunday was a great contest.

"Once again, a very competitive game between two sides that I felt really wanted to go and attack the game and win the game from the first minute.

"I think both sides can take pride in that, in their stance and how they went to try and put plans in place to obtain three points.

"And by doing that, I felt in both halves, both teams had opportunities and overall, on reflection, I think a point is fair.

"More to the point, us and the opposition both wanted to really attack the game from minute one which hopefully provided an entertaining encounter for everybody.

"Something that Stoke are very good at is their physical stature, their athleticism and their ability to go from back to front very quickly.

"So, we in turn wanted to ensure that we could match that level of intensity and ensure that we were able to press with intensity from the front and I feel the players did that very well.

"It does sometimes mean then you're slightly more vulnerable at the back but I also felt on the whole again we marshalled that.

"That being said, there's still some times where they broke our pressure and we'll work on that in the week in terms of our attack and control but on the balance of play, I feel it was two sides who had a high amount of intensity and gave everything in the game to make it such a good encounter all round."

City have now drawn three of their opening five league fixtures. "We're new to the league, so we have to ensure that one of the first things we do is create a style out of possession that makes us hard to beat.

"That doesn't mean a mid to low block team, it just means we put strategies in place to do





exactly that, become hard to beat.

"We want to also ensure we're on the front foot to attack and win games at the same time.

"So, we've just said in the changing room what we really now need to do and feel hungry to do is turn these one-point games into three-point games.

"There are fine margins in how we can improve in all areas of the field and I feel if we do that we will soon be picking up wins as well as draws in the future."

On this weekend's cup action against Stevenage, Northeast said:

"I look forward to the cup games, it is a good opportunity for us to rotate players and give players minutes who deserve them because everybody trains at such a good intensity and a high intensity.

"Unfortunately, it doesn't always materialise to a high level of minutes for every player on the pitch.

"So, it does give us an opportunity to look at a few different things.

"We also know Stevenage have done very well in the competition so far, we will treat them with the same level of respect that we do any opponent and look forward to the game next week."

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Feature Interview: Freya Symonds

Norwich City Women's Freya Symonds reflected on Sunday's draw against Stoke City, confirming that they knew how to manage the game and were pleased with at least a point.

"It was a battle; I think we knew that coming into it, that was the expectation of the game.

"We know that Stoke are a very well-established Tier 3 side with experienced players across the board.

"They're a very physical side, so we knew that coming into the game and I think we nullified their threat very well.

"I think we had lots of phases of possession, which is obviously what Perry (Northeast) wants to get out of the team this season.

"I think they had moments and tried to counter us but across the board, I thought it was a great performance.

"You have to have that fire in your belly to compete and win your duels.

"We went player for player today, winning our duels and 1v1 battles.

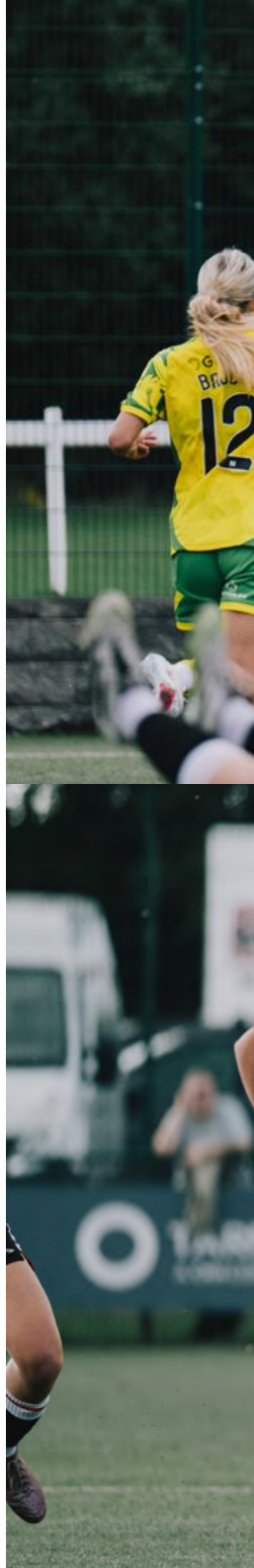
"I think we showed that in the frustration at the end of the game to not get the three points and only come away with one."

On her new, more defensive role in midfield, Symonds said: "I think it's been great, it's not too much of a change.

"You just play with a player in front of you rather than beside and behind you.

"Perry, Megan (Todd) and the rest of the staff have been really good to coach me through it and help through.

"It's been good to have Eloise (King) alongside to kind of help me through that as well."





“

You have to have that fire in
your belly to compete and
win your duels

”



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The Visitors: Stevenage

Newly promoted Division One South East side Stevenage are today's visitors in our final FAWNL Cup group stage game.

Boro currently sit top of Group G on goal difference, after impressive wins against both Luton Town and Cambridge United.

Stevenage have had a steady start to life in Tier 4, opening their 2026/27 campaign with a win, draw and loss before back-to-back defeats in September.

Their four points were collected in a 4-2 win against Dartford and a 1-1 draw against Chatham Town, both played out in August.

Olivia Oshodi is the club's top scorer with five goals so far.

These two sides met last season in the first round of the FA Cup, the Canaries coming out on top in a dramatic seven-goal thriller on the road.

After Evie Williams opened the scoring in the 14th minute, the scores were tied before the half-hour mark and City went in behind at the break.

Holly Kennard was at the double in the second half, scoring two in six minutes to retake the lead for the visitors.

An 80th minute goal from the home side brought it back to 3-3, until a 97th minute lob from Natasha Snelling that was tipped behind by the Stevenage stopper sealed the win for the Yellows.

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Head Coach: Perry Northeast

- | | | | |
|----|-----------------|----|---------------|
| 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 | | |

