

THE NEW SAINTS

WOMEN

OFFICIAL MATCH PROGRAMME



genero  ADRAN
PREMIER



v SWANSEA CITY
GENERO ADRAN PREMIER
SUNDAY 1 MARCH 2026 • 2:00PM

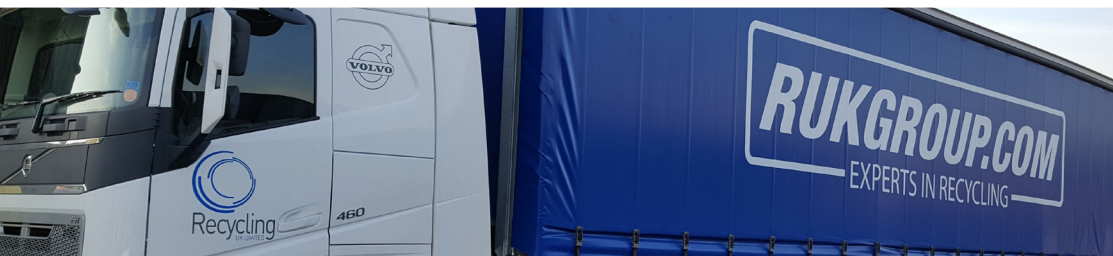
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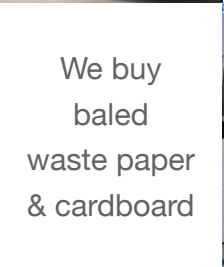
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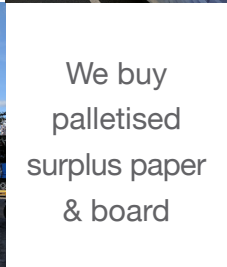
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Lia Lewis Ahead of today's game, read the latest insight from team captain Lia.



Jack Ellis The Saints' assistant head coach shares his thoughts ahead of kick-off.



Matchday poster A new poster in every issue for you to download throughout the season.



Stats Goals. Apps. Tables. Fixtures. Essential reading ahead of today's Adran Premier fixture.

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Sporting Director: Gary Brabin **Chief Operating Officer:** Ian Williams
Club Secretary: Jacob Williams **Head Coach:** Kieran Lee-Birch
Media and Communications Officer: Sam Wood

WITH THANKS TO

Brian Jones, Andrew Donnison, Football Association of Wales and Craig Thomas.

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LIA LEWIS

TEAM CAPTAIN LIA SAYS THE MOOD WITHIN THE CAMP HAS BEEN STRONG AS THE SAINTS AIM FOR A RETURN TO WINNING WAYS

Good afternoon and welcome back to Park Hall. It's fantastic to have you with us once again, and on behalf of the squad, thank you for your continued support. The backing we receive week in, week out genuinely makes a difference and gives us that extra push when we need it most.

After a weekend without a fixture, we've had important time to reset, recover and prepare properly for today's challenge against Swansea City. We've faced them twice already this season, both home and away, so we know exactly the level they bring.

They've had the better of those meetings, and we're fully aware of the standards required to compete with them. Swansea are organised, disciplined and clinical in key moments, so we understand it will take a strong, complete performance from us to take three points.

The mood in the camp has been positive and focused. Training has been intense, competitive and detailed, with real emphasis on improving the areas we know can make the difference. We've worked hard on recognising where we can hurt Swansea while also making sure we manage the key moments better than we have in previous fixtures.

The belief within the group is strong - it's about channeling that in the right way and playing with confidence and bravery.

Phase two is now underway, and this is the stage of



Swansea City have had the better of the two previous meetings this season, securing 2-1 and 3-0 victories.

the season where every point carries even greater significance. We've earned our place in the top four, but we don't want to stop there.

Our aim is to keep pushing, competing with the best sides, and finishing as high as possible. Consistency, discipline and togetherness will be crucial in the weeks ahead.

There have been plenty of moments this season that show what this team is capable of. Now it's about delivering that level regularly and responding positively to every challenge in front of us.

Enjoy the game, get right behind the team, and let's make Park Hall a difficult place for any opposition to visit!





SWANS EDGE PARK HALL ENCOUNTER...

When The New Saints and Swansea City met at Park Hall earlier this season, it was the visitors who claimed a 2-1 victory after a closely fought encounter. The Saints made the perfect start in the 25th minute when summer signing Zara Gibbs headed her side in front after Maria Francis-Jones' effort had been saved by the goalkeeper. The visitors responded just two minutes later though, as a powerful free-kick from Chloe Chivers struck the crossbar and rebounded in off TNS 'keeper Mackenzie Haydn-Jones. Long-serving striker Stacey John then calmly converted from the penalty spot to send the Swans into the break with a 2-1 lead. The Saints had chances to respond after the restart, with Chantelle Teare striking the post and Francis-Jones going close with an audacious effort from distance. However, despite TNS pressure, the Swans' defence stood firm to see out the contest.

JACK ELLIS

AFTER WORKING HARD TO SECURE A TOP FOUR PLACE, JACK SAYS IT'S NOW ABOUT DELIVERING PERFORMANCES TO MATCH

Good afternoon and welcome back to Park Hall for today's Genero Adran Premier fixture against Swansea City. It's great to see you here once again, and on behalf of everyone at the club, thank you for your continued support.

I'd also like to extend a warm welcome to the players, staff, and supporters of Swansea City as we look forward to what should be a competitive game.

In our last league outing, we suffered a 5-1 defeat against Cardiff City, which was a disappointing afternoon for us. We pride ourselves on high standards, and we know we didn't meet them in key moments during that game.

At this level, small details and decision-making can shape the outcome, and Cardiff were clinical when their opportunities came. It was important that we reviewed the performance honestly, took responsibility, and focused on how we respond.

With no fixture last weekend, we instead took on Cheadle Town Stingers in what proved to be a really useful and competitive midweek friendly.

It was a valuable exercise for the group, giving players important

minutes, while also allowing us to continue working on the details we've emphasised in training. The attitude and application were strong, and it ensured we remained fully prepared for today's challenge.

The response over the past two weeks has been positive. Training has been intense, focused, and purposeful, and the players have shown a real determination to improve and a willingness to address the areas we know must be better. That mindset is crucial as we move further into phase two, where consistency and resilience are vital.

Swansea City will provide another tough test today. They are organised, competitive, and capable of capitalising on lapses in concentration, so our focus is on managing key moments more effectively, playing with confidence in possession, and showing the intensity required across the full 90 minutes.

Every game at this stage of the season carries significance, and while we've worked hard to earn our position in the top four, it's now about delivering performances that reflect our ambition and quality.

Thank you again for your support. Let's make Park Hall a positive and energetic place this afternoon as we aim to put in a performance to be proud of!

Jack Ellis





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2025/26 POSTER
ORLA HOWARD

THE SQUAD 2025/26

GOALKEEPER



13

**ORLA
HOWARD**

Born: 16 January 2008
Nationality: Welsh
TNS apps/goals: 2/0

GOALKEEPER



22

**MEGAN
BOWEN**

Born: 30 May 2008
Nationality: Welsh
TNS apps/goals: 6/0

DEFENDER



4

**MIA
DAVIES**

Born: 25 February 2008
Nationality: Welsh
TNS apps/goals: 25/0

DEFENDER



5

**TIGGY
WEBB**

Born: 22 February 2002
Nationality: English
TNS apps/goals: 46/8

DEFENDER



6

**KAY
BAKER**

Born: 4 January 1997
Nationality: English
TNS apps/goals: 40/7

DEFENDER



7

**GRACE
DUNKERLEY**

Born: 27 September 2006
Nationality: Welsh
TNS apps/goals: 51/5

DEFENDER



16

**MATILDA
EDGE**

Born: 2 August 2007
Nationality: English
TNS apps/goals: 54/1

DEFENDER



47

**AVA
HOMER**

Born: 20 October 2008
Nationality: English
TNS apps/goals: 1/0

MIDFIELDER



3

**ZARA
GIBBS**

Born: 2 March 2004
Nationality: English
TNS apps/goals: 19/5

MIDFIELDER



8

**KELSEY
RICHARDSON**

Born: 18 February 1999
Nationality: English
TNS apps/goals: 17/0

MIDFIELDER



10

**LEXIE
HARRISON**

Born: 21 January 2002
Nationality: English
TNS apps/goals: 51/18

MIDFIELDER



14

**LIA
LEWIS**

Born: 31 October 1996
Nationality: Welsh
TNS apps/goals: 118/12

FORWARD



9

**CHANTELLE
TEARE**

Born: 25 May 2001
Nationality: English
TNS apps/goals: 86/44

FORWARD



18

**AMBER
LIGHTFOOT**

Born: 8 October 2002
Nationality: English
TNS apps/goals: 3/0

FORWARD



20

**GRACE
THOMAS**

Born: 15 September 2008
Nationality: English
TNS apps/goals: 11/1

MIDFIELDER



11

**LEXI
JONES**

Born: 9 June 2007
Nationality: Welsh
TNS apps/goals: 40/14

MIDFIELDER



15

**YASMIN
EVANS**

Born: 12 November 2001
Nationality: English
TNS apps/goals: 10/1

FORWARD



17

**CAITLIN
CHAPMAN**

Born: 3 July 2003
Nationality: Gibraltarian
TNS apps/goals: 105/41

FORWARD



19

**CHARLOTTE
CREES**

Born: 12 April 2006
Nationality: English
TNS apps/goals: 16/4

FORWARD



23

**OLIVIA
BUCKLAND**

Born: 08 March 2007
Nationality: English
TNS apps/goals: 32/5

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STATS
AT THE BACK

GOALS. APPS. TABLES. FIXTURES

• GENERO ADTRAN PREMIER TABLE, 2025/26

TEAM	P	W	D	L	GD	PTS
1 Cardiff City	15	12	2	1	44	38
2 Wrexham	14	11	1	2	30	34
3 Swansea City	14	10	0	4	28	30
4 THE NEW SAINTS	15	7	2	6	8	23
5 Briton Ferry Llansawel	14	5	1	8	-8	16
6 Barry Town United	15	5	1	9	-22	16
7 Aberystwyth Town	15	4	1	10	-20	13
8 Pontypridd United	14	0	0	14	-60	0



• ADTRAN PREMIER TOP SCORERS, 2025/26

Katie Barker (Wrexham)	15
Chloe Chivers (Swansea City)	14
Laura Curnock (Cardiff City)	11
Aimee Deacon (Swansea City)	10
Caitlin Chapman (The New Saints)	10
Madison Lloyd (Cardiff City)	10
Mackenzie Olden (Cardiff City)	9
Rosie Hughes (Wrexham)	9

• ADTRAN PREMIER TOP ASSISTS, 2025/26

Mikayla Cook (Cardiff City)	10
Mackenzie Olden (Cardiff City)	10
Taite Trivett (Swansea City)	8
Megan Kearle (Briton Ferry Llansawel)	7
Ava Suckley (Wrexham)	6
Katie Barker (Wrexham)	6

• THE NEW SAINTS APPEARANCES AND GOALS, 2025/26

PLAYER	ADTRAN PREMIER		ADTRAN TROPHY		WELSH CUP		TOTAL	
	APP	GLS	APP	GLS	APP	GLS	APP	GLS
Kay Baker	12(3)	4	2	0	3	1	17(3)	5
Megan Bowen	2	0	0	0	0	0	2	0
Olivia Buckland	1(7)	0	1(1)	0	2(2)	1	3(10)	1
Caitlin Chapman	14(2)	10	1(1)	0	3	4	18(3)	14
Charlotte Crees	4(9)	1	1	2	1(1)	1	6(10)	4
Mia Davies	13(2)	0	2	0	2	0	17(2)	0
Grace Dunkerley	8(2)	0	1	0	3	0	12(2)	0
Matilda Edge	2(6)	0	0(2)	0	2(1)	0	4(9)	0
Becca Elliott	4	0	0	0	0	0	4	0
Yasmin Evans	1(5)	0	0(1)	0	1(2)	1	2(8)	1
Maria Francis-Jones	14	1	2	1	1(1)	3	17(1)	5
Zara Gibbs	12(3)	3	1(1)	0	2	0	15(4)	5
Lexie Harrison	10(2)	4	1	1	1(1)	1	12(3)	6
M. Haydn-Jones	6	0	2	0	1	0	9	0
Ava Homer	0	0	0	0	0(1)	0	0(1)	0
Orla Howard	1	0	0	0	1	0	2	0
Lexi Jones	6(5)	0	0(2)	1	1	0	7(7)	2
Soffia Jones	0(1)	0	0	0	0	0	0(1)	0
Lia Lewis	16	2	2	0	3	0	21	2
Amber Lightfoot	2(1)	0	0	0	0	0	2(1)	0
Safia Paraiso	2(4)	0	1	0	1	0	4(4)	0
Kelsey Richardson	15(1)	0	1(1)	0	1(1)	0	17(3)	0
Charlie Scott	3(1)	0	0	0	1	0	4(1)	0
Chantelle Teare	13	6	1	0	1	0	15	6
Grace Thomas	0(8)	1	1	0	0(2)	0	1(10)	1
Tiggy Webb	15(1)	1	1(1)	0	3	5	18(2)	6

• ALL-TIME RECORDS: GAMES

	APPS
Lia Lewis	118
Caitlin Chapman	105
Helen Evans	89
Chantelle Teare	86
Beth Lewis	72
Emily Ridge	70
Tia Lockley	61
Matilda Edge	54
Grace Dunkerley	51
Lexie Harrison	51
Izzy Redding	50
Tiggy Webb	47
Sarah Parkes	45
Nicole Samson	45
Maria Francis-Jones	45
Lexi Jones	40
Kay Baker	40
Megan Kearle	38
Evie Williams	37
Jen Jarvie	32

• ALL-TIME RECORD: GOALS

	GLS
Chantelle Teare	44
Caitlin Chapman	41
Emily Ridge	34
Lexie Harrison	19
Helen Evans	17
Lexi Jones	14
Beth Lewis	13
Lia Lewis	11
Maria Francis-Jones	10
Lucie Platt	9
Tiggy Webb	8
Dani Staley	7
Georgia Griffiths	7
Izzy Redding	7
Kay Baker	7
Ella Hartley	6
Molly Havard	5
Grace Dunkerley	5
Olivia Buckland	5
Zara Gibbs	5



FIXTURES & RESULTS

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COMPETITION	DATE	OPPOSITION	SCORE	LINE-UP	SUBS USED
SEPTEMBER					
GAP	Sun 7	Cardiff City (H) 5:35pm	1-0	Elliott Edge Webb Baker Francis-Jones Lewis Richardson Lightfoot L. Jones Harrison Teare Chapman Gibbs Crees - -	
GAP	Sun 14	Aberystwyth Town (A) 2pm	0-1	Elliott Edge Webb Baker Francis-Jones Lewis Richardson Lightfoot L. Jones Harrison Teare Chapman Davies Gibbs Crees - -	
GAP	Sun 21	Wrexham (H) 2pm	4-2	Elliott Davies Webb Baker Francis-Jones Lewis Richardson Chapman 2 Gibbs Harrison Teare Crees Thomas S. Jones - -	
GAP	Sun 28	Briton Ferry Llansawel (A) 2pm	1-3	Elliott Davies Webb Harrison Francis-Jones Lewis Richardson Chapman Gibbs Crees Teare Baker Buckland Paraiso Edge - -	
OCTOBER					
GAP	Sun 05	Pontypridd United (H) 2pm	6-1	Haydn-Jones Davies Webb Paraiso Francis-Jones Lewis Richardson Baker Chapman 2 Gibbs Teare 2 Jones Edge Thomas Buckland Crees	
GAP	Sun 12	Swansea City (H) 2pm	1-2	Haydn-Jones Paraiso Webb Baker Francis-Jones Lewis Richardson Chapman Gibbs Harrison Teare Davies Crees Thomas - -	
GAP	Sun 26	Barry Town United (A) 2pm	4-2	Scott Davies Webb Baker Francis-Jones Lewis Richardson L. Jones Gibbs Crees Teare Buckland Dunkerley Thomas - -	
NOVEMBER					
GAP	Sun 02	Wrexham (A) 2pm	0-2	Haydn-Jones Davies Webb Baker Francis-Jones Lewis Richardson Chapman Gibbs Crees Teare Dunkerley L. Jones Thomas Lightfoot Paraiso	
GAT	Sun 09	Llanfair United (A) 2pm	5-4	Haydn-Jones Davies Paraiso Baker Francis-Jones Lewis Buckland L. Jones Harrison Crees 2 Thomas Webb Richardson Chapman Edge Gibbs	
GAP	Sun 16	Briton Ferry Llansawel (H) 2pm	3-2	Haydn-Jones Davies Webb Dunkerley Francis-Jones Lewis Richardson Chapman Gibbs Harrison Teare Thomas Crees L. Jones Evans -	
BEC	Sun 23	Bangor (H) 2pm	10-0	Haydn-Jones Paraiso Webb 4 Baker Edge Lewis Harrison Dunkerley Gibbs Crees Chapman 3 Richardson Buckland Thomas Evans Francis-Jones	
GAP	Sun 30	Cardiff City (A) 2pm	3-3	Haydn-Jones Davies Webb Baker Francis-Jones Lewis Richardson Dunkerley Gibbs Harrison Chapman Crees Evans Scott - -	
DECEMBER					
GAP	Sun 07	Barry Town United (H) 2pm	1-1	Scott Davies Webb Baker Francis-Jones Lewis Richardson Dunkerley Gibbs Harrison Chapman Crees L. Jones Thomas - -	
GAT	Sun 14	Pontypridd United (H) 2pm	5-1	Scott Davies Webb Baker Francis-Jones Lewis Richardson Dunkerley Crees Harrison Chapman Edge Evans Paraiso Buckland Thomas	
BEC	Sun 21	Cambrian United (A) 2pm	7-0	Scott Davies Webb Baker Francis-Jones 2 Lewis Edge Dunkerley Paraiso Buckland Chapman Evans Crees Thomas Homer -	
JANUARY					
GAP	Wed 14	Swansea City (A) 7:45pm	0-3	Haydn-Jones Davies Webb Baker Francis-Jones Lewis Richardson Dunkerley L. Jones Chapman Teare Gibbs Evans Buckland - -	
GAT	Sun 18	Cardiff City (H) 2pm	0-3	Haydn-Jones Davies Webb Baker Francis-Jones Lewis Richardson Dunkerley Gibbs Chapman Teare L. Jones Evans Edge Buckland -	
GAP	Sun 25	Aberystwyth Town (H) 5:10pm	2-0	Bowen Davies Gibbs Baker Francis-Jones Lewis Richardson Dunkerley L. Jones Chapman Teare Evans Webb Harrison Buckland Edge	
FEBRUARY					
GAP	Sun 01	Pontypridd United (A) 5:10pm	8-0	Bowen Davies Webb Evans Gibbs Lewis Buckland Dunkerley L. Jones Chapman 2 Teare 2 Harrison Baker 2 Richardson Edge Paraiso	
BEC	Sun 08	Cardiff City (A) 2pm	0-3	Howard Davies Webb Baker Gibbs Lewis Richardson Dunkerley L. Jones Chapman Teare Harrison Evans Edge Buckland -	
GAP	Sun 15	Cardiff City (H) 2pm	1-5	Howard Davies Webb Shepley Gibbs Lewis Richardson Dunkerley Harrison Chapman Teare Edge L. Jones Baker Crees Buckland	
MARCH					
GAP	Sun 01	Swansea City (H) 2pm			
GAP	Sun 15	Wrexham (A) 2pm			
GAP	Sun 22	Wrexham (H) 2pm			
GAP	Sun 29	Swansea City (A) 2pm			
APRIL					
GAP	Sun 05	Cardiff City (A) 4:45pm			



KEY: GAP - Genero Adran Premier GAT - Genero Adran Trophy BEC - Bute Energy Welsh Cup Scorers **Bold**
Penalty * *won/lost on penalties Subs used: 1st 2nd 3rd 4th 5th Yellow/red card

(The New Saints' score listed first. All fixtures subject to change - visit tnsfc.co.uk for the latest fixture information)



THE NEW SAINTS WOMEN

Head Coach: **Kieran Lee-Birch**

Mackenzie Haydn-Jones (GK)	1	☐
Zara Gibbs	3	☐
Mia Davies	4	☐
Tiggy Webb	5	☐
Kay Baker	6	☐
Grace Dunkerley	7	☐
Kelsey Richardson	8	☐
Chantelle Teare	9	☐
Lexie Harrison	10	☐
Lexi Jones	11	☐
Orla Howard (GK)	13	☐
Lia Lewis	14	☐
Yasmin Evans	15	☐
Matilda Edge	16	☐
Caitlin Chapman	17	☐
Amber Lightfoot	18	☐
Charlotte Crees	19	☐
Grace Thomas	20	☐
Safia Paraiso	21	☐
Megan Bowen (GK)	22	☐
Olivia Buckland	23	☐
Ava Homer	47	☐

SWANSEA CITY WOMEN



Manager: **Yzzy Taylor**

☐	1	Amelia Forkings (GK)
☐	2	Lauren Davies
☐	3	Lucy Finch
☐	4	Maddy Murray
☐	5	Steph Turner
☐	6	Emily Richards
☐	7	Maisie Miller
☐	8	Sammy Wynne
☐	9	Aimee Deacon
☐	10	Chloe Chivers
☐	11	Katy Hosford
☐	12	Stacey John
☐	13	Opal Rayner (GK)
☐	14	Caitlin Seaborne
☐	15	Ellie Lake
☐	16	Eilish Mitchell
☐	17	Monet Legall
☐	18	Taite Trivett
☐	20	Caitlin Williams
☐	21	Emily Thomas
☐	23	Jessica Williams

MATCH OFFICIALS

Referee: **Conor Charlton-Fleming** • Assistants: **Ryan Hughes, Lilah Thomas**
Fourth official: **Richard Wright**