

FC CYMRU



THE FAW WOMEN'S CUP FINAL



**ABERGAVENNY
WOMEN
v
CARDIFF MET
LADIES**

14.04.19 KO 2PM
DRAGON PARK, NEWPORT

THE HISTORY OF THE FAW WOMEN'S CUP

The first FAW Women's Cup was won by Pilkington (Rhyl) in 1993 thanks to a 1-0 victory over Inter Cardiff Ladies at the old National Stadium in the capital. The final was played at the venue in the first three years of the competition before being moved around the country, while Cardiff City Ladies have been the most dominant force having lifted the cup on 11 separate occasions, including a run of eight consecutive victories between 2003 and 2010. Here's the full list of results since the competition was formed.

WINNERS			
1992/93	PILKINGTON (RHYL)	1-0	INTER CARDIFF LADIES
1993/94	PILKINGTON (RHYL)	2-2	INTER CARDIFF LADIES (4-2 PENS)
1994/95	INTER CARDIFF LADIES	1-1	BANGOR CITY GIRLS (4-3 PENS)
1995/96	NEWPORT STRIKERS LADIES	1-0	BANGOR CITY GIRLS (AET)
1996/97	BANGOR CITY GIRLS	3-0	NEWCASTLE EMLYN LADIES
1997/98	BARRY TOWN LADIES	3-0	BANGOR CITY GIRLS
1998/99	BARRY TOWN LADIES	3-0	NEWPORT STRIKERS LADIES
1999/00	BARRY TOWN LADIES	2-2	BANGOR CITY GIRLS (3-0 PENS)
2000/01	BARRY TOWN LADIES	3-0	NEWPORT STRIKERS LADIES
2001/02	BANGOR CITY GIRLS	3-0	NEWPORT COUNTY LADIES
2002/03	CARDIFF CITY LADIES	1-0	BANGOR CITY GIRLS
2003/04	CARDIFF CITY LADIES	4-0	NEWTOWN LADIES
2004/05	CARDIFF CITY LADIES	4-1	CARDIFF CITY BLUEBIRDS LADIES
2005/06	CARDIFF CITY LADIES	11-0	PWLLHELI LADIES
2006/07	CARDIFF CITY LADIES	6-1	CAERNARFON TOWN LADIES
2007/08	CARDIFF CITY LADIES	9-0	NEWI WREXHAM LADIES
2008/09	CARDIFF CITY LADIES	3-0	CAERPHILLY CASTLE LADIES
2009/10	CARDIFF CITY LADIES	6-0	UWIC LADIES
2010/11	SWANSEA CITY LADIES	3-0	CAERNARFON TOWN LADIES
2011/12	CARDIFF CITY LADIES	1-1	UWIC LADIES (4-2 PENS)
2012/13	CARDIFF CITY LADIES	3-1	CARDIFF MET LADIES
2013/14	CARDIFF MET LADIES	4-0	SWANSEA CITY LADIES
2014/15	SWANSEA CITY LADIES	4-2	CARDIFF CITY WOMEN
2015/16	CARDIFF CITY LADIES	5-2	MBI LLANDUDNO
2016/17	CARDIFF MET LADIES	2-2	SWANSEA CITY LADIES (5-4 PENS)
2017/18	SWANSEA CITY LADIES	2-1	CARDIFF CITY WOMEN

CYMRU

FC CYMRU OUR FOOTBALL CLUB

From Bala to Bale and everything in between

WELCOME TO FC CYMRU – THE MATCHDAY MAGAZINE FOR TODAY'S FAW WOMEN'S CUP FINAL.

FC Cymru brings you features and details on the Final opponents as Abergavenny Women and Cardiff Met Ladies go head-to-head.

Remember that you can also catch the regular FC Cymru webshow across the FA Wales website, Facebook page and YouTube channel for even more features on football in Wales.

Welsh football is wonderfully eclectic, diverse, and full of amazing people doing fantastic things. Mostly completely off their own backs, giving up their time for their love of the game and their love of their community. FC Cymru is here to tell that story.

We wish all the teams the very best of luck and really hope that the team and players enjoy the experience regardless of the result.

Diolch,
The Editor

Use your smartphone to scan the QR code to watch FC Cymru - the webshow



FC CYMRU EIN CLWB PÊL-DROED

O'r Bala i Bale a phopeth rhwng y ddau

CROESO I FC CYMRU – Y RHAGLEN
GYLCHGRAWN AR GYFER ROWND
TERFYNNOL CWPAN MERCHED CBDC
HEDDIW.

Mae gan FC Cymru bortreadau a manylion am y ddau dîm wrth i Ferched Abergafenni a Merched Met Caerdydd gystadlu am y gwpan.

Cofiwch y gallwch chi hefyd wyllo rhaglen FC Cymru ar y we ar wefan, tudalen Facebook a sianel YouTube CBD Cymru ar gyfer rhagor o straeon am bêl-droed yng Nghymru.

Mae pêl-droed Cymru yn eclectig, amrywiol ac yn llawn pobl anhygoel yn gwneud gwaith gwyd. Yn aml iawn, maen nhw'n gwneud hynny yn wirfoddol, gan roi eu hamser oherwydd cariad at y gêm a'u cymuned. Mae FC Cymru yma i ddweud y straeon hynny.

Hoffwn ddymuno pob lwc i'r timau a gobeithio i'r chwaraewyr a'u cefnogwyr fwynhau'r profiad beth bynnag fydd y canlyniad.

Diolch,
Y Golygydd

CYMRU

CLUB HISTORY

ABERGAVENNY WOMEN

ABERGAVENNY WOMEN, FORMALLY KNOWN AS PILCS LADIES, ARE IN JUST THEIR EIGHTH SEASON AS A SENIOR CLUB AND HAVE ENJOYED HUGE SUCCESS.



The club won the South Wales Women's League Division 2 in 2011/12, and followed it up the following season by lifting the Division 1 title to gain promotion to the Orchard Welsh Premier Women's League. Since taking their place in the domestic top-flight, the club has finished in the top half of the table in every season, and ended as runners-up in 2013/14, their highest-ever finish.

Abergavenny have also enjoyed domestic cup success, reaching the final of the Welsh Premier Women's League Cup on three occasions, lifting the trophy in 2014/15 with a thrilling 3-2 victory against Swansea City Ladies. However, the club have twice been denied a place in the final of the FAW Women's Cup, suffering semi-final defeats against Cardiff City Ladies and UWIC. The aim this season is to go at least one step better.



Photos courtesy of Will Cheshire



HANES Y CLWB

MERCHED Y FENNI

MAE MERCHED Y FENNI, NEU FERCHED PILCS GYNT, YN CYSTADLU YN EU WYTHFED TYMOR FEL CLWB UWCH, AC MAENT WEDI PROFI LLWYDDIANT YSGUBOL.

Enillodd y clwb Is-adran 2 Cynghair Merched De Cymru 2011/12, a chipio cynghair Is-adran 1 y tymor dilynol ac ennill dyrchafiad i Uwch Gynghrair Merched Cymru Orchard. Ers cyrraedd y brif gynghrair yng Nghymru, mae'r clwb wedi gorffen yn hanner uchaf y tabl bob tymor, a daethant yn ail yn 2013/14, eu safle uchaf erioed.

Mae'r Fenni hefyd wedi llwyddo mewn cwpanau domestig, gan gyrraedd rownd derfynol Cwpan Uwch Gynghrair Merched Cymru dair gwaith, a chodi'r tlws yn 2014/15 gyda buddugoliaeth wfreiddiol 3-2 dros Ferched Abertawe. Fodd bynnag, mae'r clwb wedi'u hatal ddwywaith rhag cyrraedd rownd derfynol Cwpan Merched CBDC, gan gollu yn y rownd gynderfynol yn erbyn Merched Caerdydd ac UWIC. Y nod y tymor hwn yw mynd un cam ymhellach.

THE ROAD TO THE FINAL

ROUND 1	21/10	WILLOW LADIES	0-8	ABERGAVENNY WOMEN
ROUND 2	18/11	ABERGAVENNY WOMEN	1-0	CASCADE YOUTH CLUB
QUARTER FINALS	10/02	LLANDUDNO LADIES	1-2	ABERGAVENNY WOMEN
SEMI FINALS	31/03	ABERGAVENNY WOMEN	2-0	CARDIFF CITY WOMEN



CLUB HISTORY

CARDIFF MET LADIES

THE MOST SUCCESSFUL TEAM IN THE HISTORY OF THE ORCHARD WELSH PREMIER WOMEN'S LEAGUE, CARDIFF MET WOMEN ARE REGULAR COMPETITORS IN THE UEFA WOMEN'S CHAMPIONS LEAGUE.

The team have won the WPWL title on five occasions and have claimed the WPWL Cup twice. The Archers have also enjoyed success in the FAW Women's Cup, lifting the trophy in 2013/14 and 2016/17. The club completed the domestic treble in 2013/14 to make it their most successful season, and also hosted their UWCL qualifying round fixtures in 2016/17 when the final of the competition was held in Cardiff. Current senior Welsh internationals Nadia Lawrence, Natasha Harding and captain Sophie Ingle have all represented the club in the past.



HANES Y CLWB

MERCHED MET CAERDYDD

MAE MET CAERDYDD, Y TÎM MWYAF LLWYDDIANNUS YN HANES UWCH GYNGHRAIR MERCHED CYMRU ORCHARD, YN CYSTADLU'N RHEOLAIDD YNG NGHYNHRAIR PENCAMPWYR MERCHED UEFA. MAE'R TÎM WEDI ENNILL UWCH GYNGHRAIR MERCHED CYMRU BUM GWAITH A CHWPAN UWCH GYNGHRAIR MERCHED CYMRU DDWYWAITH.

Mae'r Archers hefyd wedi llwyddo yng Nghwpan Merched CBDC, gan godi'r tlws yn 2013/14 a 2016/17. Enillodd y clwb y trebl domestig yn 2013/14, eu tymor mwyaf llwyddiannus erioed. Fe wnaethon nhw hefyd gynnal eu gemau yn rownd ragbrofol Cynghrair Pencampwyr Merched UEFA yn 2016/17 pan gynhaliwyd rownd derfynol y gystadleuaeth yng Nghaerdydd. Mae chwaraewyr presennol tîm merched Cymru Nadia Lawrence, Natasha Harding a'r capten Sophie Ingle oll wedi cynrychioli'r clwb yn y gorffennol.

THE ROAD TO THE FINAL

ROUND 1	14/10	CARDIFF MET LADIES	6-0	CALDICOT TOWN
ROUND 2	18/11	CARDIFF MET LADIES	2-1	SWANSEA CITY LADIES
QUARTER FINALS	10/02	CYNCOED	0-5	CARDIFF MET LADIES
SEMI-FINALS	17/03	CARDIFF MET LADIES	3-2	BRITON FERRY LLANSAWEL

Photos courtesy of Will Cheshire

MANAGER'S NOTES

RICHIE JEREMIAH AND DR KERRY HARRIS GO HEAD-TO-HEAD FOR THE FAW WOMEN'S CUP AND FC CYMRU SPOKE TO BOTH MANAGERS DURING THE COURSE OF THE CAMPAIGN TO TALK ABOUT THE IMPORTANCE OF THE CUP TO THEIR RESPECTIVE CLUBS. HERE'S WHAT THE TWO MANAGERS HAD TO SAY ON THE SUBJECT



"The FAW Women's Cup games have been really good for us this season," explained Abergavenny Women's manager Richie Jeremiah. "It has been good for our confidence and hopefully we can build from that in the remaining games. I think our biggest strength is the fact that we have local girls which brings with it a togetherness in the squad. We're also a real threat going forward. Over recent years we haven't performed as well as we would have liked in the Welsh Cup, and one of our targets at the start of the season was to improve on that."

Cardiff Met have already claimed the Orchard Welsh Premier League title during what has already been another memorable season for the Archers. "The current squad we have is excellent," said Dr Kerry Harris. "But they've all had some big shoes to fill and I think this has inspired them to take it to the next level. The girls have worked very hard on and off the field and it's paid off. We're certainly a lot more aggressive and athletic than we have been in previous years due to our new signings. We put our everything into any competition we play in, but this one is quite special to us. The Welsh Cup final is always an exciting game and a great advert for women's football in Wales."

SEMI-FINAL HERO

Top scorer Kate Jeremiah was again the star for the Pennies in the semi-final win over Cardiff City Women, scoring both goals before half-time in the 2-0 win.

SEMI-FINAL HERO

It proved to be a tight match between Cardiff Met and Briton Ferry Llansawel Ladies in the semi-final, but Naomi Clipston's third goal for the Archers from the penalty spot proved decisive in the 3-2 victory.

SGWRS Â'R RHEOLWYR

BYDD RICHIE JEREMIAH A DR KERRY HARRIS YN MYND BENBEN AM GWPAN MENYWOD CBDC Y TYMOR YMA A CHAFODD FC CYMRU SGWRS Â'R DDAU REOLWR YN YSTOD YR YMGYRCH I DRAFOD PWYSIGRWYDD Y GWPAN I'W CLYBIAU NHW. DYMA BETH OEDD GAN Y DDAU REOLWR I'W DDWEUD AR Y PWNC.



"Mae gemau Cwpan Merched CBDC wedi bod yn dda iawn i ni'r tymor hwn," eglurodd rheolwr Merched y Fenni, Richie Jeremiah. "Mae wedi bod yn dda i'n hyder ni a gobeithio y gallwn ni adeiladu ar hynny. Dwi'n meddwl mai ein cryfder mwyaf ni yw'r ffaith fod gennym ni ferched lleol, sy'n dwyn y garfan ynghyd. Rydyn ni hefyd yn fygythiad go iawn wrth ymosod. Dros y blynyddoedd diwethaf, dydyn ni heb berfformio fel y bydden ni wedi ei oibeithio yng Nghwpan Cymru, ac un o'n targedau ddechrau'r tymor oedd gwella ar hynny."

Mae Met Caerdydd eisoes wedi ennill Uwch Gynghrair Cymru Orchard yn ystod tymor bythgofiadwy arall i'r Archers. "Mae'r garfan bresennol sydd gennym ni yn wych," meddai Dr Kerry Harris "Ond maen nhw wedi gorfod llenwi esgidiau mawr iawn a dwi'n meddwl bod hynny wedi'u hysbrydoli i fynd â phethau i'r lefel nesaf. Mae'r merched wedi gweithio'n galed iawn ar y cae, ac oddi arno, ac mae hynny wedi talu ar ei ganfed. Rydyn ni bendant yn fwy ymosodol ac athletaidd na'r ydym ni wedi bod yn flaenorol oherwydd ein chwaraewyr newydd. Rydyn ni'n rhoi'r cyfan i mewn i bob cystadleuaeth, ond mae hon yn eithaf arbennig i ni. Mae rownd derfynol Cwpan Cymru bob tro yn gêm gyffrous ac yn hysbyseb wych i bêl-droed benywaidd yng Nghymru."

ARWRES Y ROWND GYNDERFYNOL

Eu prif sgoriwr, Kate Jeremiah, oedd seren y sioe unwaith eto i'r Pennies yn y fuddugoliaeth dros Ddinas Caerdydd yn y rownd gynderfynol gan sgorio'r ddwy gôl cyn hanner amser mewn buddugoliaeth 2-0.

ARWRES Y ROWND GYNDERFYNOL

Roedd hi'n gêm agos iawn rhwng Met Caerdydd a Llansawel yn y rownd gynderfynol, ond profodd trydedd gôl Naomi Clipston i'r Archers o'r smotyn i fod yn dyngedfennol yn y fuddugoliaeth 3-2.



FLASHBACK TO THE 2018 FINAL

SWANS BEAT RIVALS

Cardiff City Women **1-2** Swansea City Ladies 15th April 2018 Cardiff City Stadium

GOALS FROM JODIE PASSMORE AND KATY HOSFORD ENSURED SWANSEA CITY WOULD LIFT THE 2018 FAW WOMEN'S CUP IN AN ENTERTAINING FINAL AT THE CARDIFF CITY STADIUM.

It had been a tight and nervy affair in the first half of this domestic showpiece final with the best chances only being created as half-time approached. Ian Owen's Swans were the first to go close when Passmore's free kick was well hit, but matched by the save of Cardiff goalkeeper Ceryn Chamberlain. Shortly afterwards, Swansea were denied again but on this occasion it was Cardiff captain Siobhan Walsh who defended superbly to block an effort from close range.

The entertainment levels increased during the second half and Cardiff City put themselves in front with a well-worked goal. After Shannon Evans advanced with the ball up the right, she executed a well-timed pass to teammate Alana Murphy, who finished well

to make it 1-0 to the Bluebirds. Following a foul in the Cardiff City area just 10 minutes later, Swansea were awarded a penalty, and with it a way back into the match. Passmore stepped up to make it 1-1 with a confident strike from the spot.

With the tide turning in their favour, the Swans making increasingly dangerous in attack, but what would turn out to be the winning goal came from an unlikely position out on left wing as a speculative effort from Hosford into the area beat Chamberlain at her near post to give the Swans a 2-1 lead. Despite five minutes of added time and Cardiff pushing forward, Swansea held their nerve, and their lead, to eventually lift the trophy.



BWRW GOLWG YN ÔL AR
ROWND DERFYNOL 2018 WRTH I

ABERTAW E GURO CAERDYDD

Dinas Caerdydd **1-2** Dinas Abertawe 15 Ebrill 2018 Stadiwm Dinas Caerdydd

DAETH GOLIAU GAN JODIE PASSMORE A KATY HOSFORD I GIPIO CWPAN MENYWOD CBDC 2018 I ABERTAW E MEWN ROWND DERFYNOL WEFREIDDIOL YN STADIWM DINAS CAERDYDD.

Roedd hi'n hanner cyntaf eithaf agos a thynn, a phawb ar bigau'r drain. Dim ond wrth i hanner amser nesau y daeth y cyfleoedd gorau. Elyrch Ian Owen oedd y cyntaf i fynd yn agos gyda chic rydd wych gan Passmore, ond roedd arbediad gôl-geidwad Caerdydd, Ceryn Chamberlain, llawn cystal. Ychydig wedyn, cafodd Abertawe eu gwadu eto gyda chapten Caerdydd, Siobhan Walsh, yn amddiffyn yn gadarn i roi stop ar ymdrech o agos.

Cynyddu a wnaeth y diddanwch yn ystod yr ail hanner ac fe aeth Caerdydd ar y blaen gyda gôl a ddaeth o ganlyniad i gydweithio gwych. Ar ôl i Shannon Evans fynd ymlaen gyda'r bêl ar y dde, amserodd ei phas yn arbennig i Alana Murphy, a daeth chwip o ergyd ganddi i gefn y rhwyd a'i gwneud hi'n 1-0 i'r Adar

Gleision. Ar ôl trosedd yn ardal Caerdydd dim ond 10 munud yn ddiweddarach, cafodd Abertawe gic o'r smotyn, a ffordd yn ôl i mewn i'r gêm. Camodd Passmore ymlaen i'w gwneud hi'n 1-1 gydag ergyd hyderus o'r smotyn.

Gyda'r llanw'n troi o'u plaid nhw, dechreuodd Abertawe edrych yn fwyfwy peryglus wrth ymosod, ond daeth y gôl fuddugol o safle annhebygol ar yr asgell chwith wrth i ymdrech fentrus gan Hosford i'r ardal drechu Chamberlain yn ei phostyn agosaf a rhoi'r Elyrch ar y blaen 2-1. Er gwaethaf pum munud o amser anafiadau a Chaerdydd yn gwthio'n galed i unioni'r sgôr, llwyddodd Abertawe i ddal eu gafael ar y fantais – a chodi'r tlws.

FAW FEMALE REFEREE COURSE



THE FOOTBALL ASSOCIATION OF WALES WILL HOST IT'S FIRST FEMALE REFEREE COURSE NEXT MONTH. THE COURSE IS SPECIALLY FOCUSED ON FEMALES WHO WISH TO START OFFICIATING, WITH A NUMBER OF ELITE FEMALE, FIFA QUALIFIED REFEREES TAKING THE FINAL SESSION. WE SPOKE TO TWO OF OUR OWN FEMALE FIFA OFFICIALS ABOUT THE INITIATIVE RECENTLY AS FC CYMRU CAUGHT-UP WITH CHERYL FOSTER AND LAURA GRIFFITHS.

"It's great to see how much backing the FAW are giving to females in football," said Foster. "The all-female FAW coaching courses have been a success with a high number of participants, so it would be great to get the same numbers for a referees course. The course I attended was all male, and most I have been to are male dominant. This is the same across all of Wales. It's likely that this will have put off some females in the past as it can be intimidating. Countries across Europe have been running all female courses, training and conferences for years and their number of female officials is much larger, so it proves it works and has a high success rate of participation. Now we are doing the same, it will encourage females to try the course out with their peers and see if they enjoy it and hopefully we have more girls officiating in our leagues."

As a former Welsh international herself, Foster took up the whistle in order to stay involved in the game following her retirement, and has

now progressed to the FIFA list and officiates in the JD Welsh Premier League. Meanwhile, Griffiths became a FIFA assistant referee in 2017 and officiates both domestically and across Europe following her decision to pursue an alternative career in the game.

"With the interest of the women's game ever increasing in popularity, this is a perfect opportunity to recruit female officials," added Griffiths. "It's very important. The main benefits include being role models to other females to then hopefully, with enough interest, run another female course in the future. Personally, refereeing has helped me massively. I have become a much more confident person. Over the years, I have made some friends for life through refereeing. With the right attitude and commitment, you can progress quickly up through the football pyramid. Just remember, there is always support out there, whether it be through your fellow colleagues or the FAW."

Find out more about the course, and other refereeing courses run by the FAW, at

www.becomearef.wales



THE GAME NEEDS YOU!



FEMALE ONLY REFEREE COURSE SUNDAY 12 MAY DRAGON PARK, NEWPORT

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Candidates will need to complete a number of online modules prior to the practical delivery day on 12 May (approx 10hrs)
Delivered by a team of female only instructors

Certificate on completion

Full referee kit included

Great opportunities to progress with full mentoring support

No previous experience needed

For more information or to register:
www.becomearef.wales



CWRS CBD AR GYFER DYFARNWYR BENYWAIDD

BYDD CYMDEITHAS BÊL-DROED CYMRU YN CYNNAL EI CHWRS DYFARNU CYNTAF AR GYFER MENYWOD YM MIS MAI. MAE'R CWRS YN CANOLBWYNTIO'N BENODOL AR FENYWOD SY'N DYMUNO BOD YN SWYDDOGION, GYDA NIFER O DDYFARNWYR CYMWYS ELÏT BENYWAIDD FIFA YN CYMRYD Y SESIWN OLAF. FE SGWRSION NI Â DWY O'N SWYDDOGION FIFA EIN HUNAIN AM Y FENTER YN DDIWEDDAR WRTH I FC CYMRU GWRDD Â CHERYL FOSTER A LAURA GRIFFITHS.

"Mae'n wych gweld cymaint o gefnogaeth mae CBDC yn ei rhoi i ferched mewn pêl-droed," meddai Foster. "Mae cyrsiau hyfforddi CBDC ar gyfer merched yn unig wedi bod yn llwyddiant gyda llawer iawn yn cymryd rhan, felly byddai'n dda cael yr un rhifau ar gyfer cwrs i ddyfarnwyr. Fi oedd yr unig ferch yn fy nghwrs i, ac mae'r rhan fwyaf o'r cyrsiau dwi wedi bod yn rhan ohonynt nhw wedi bod yn llawn dynion. Mae hyn yn wir dros Gymru gyfan. Mae'n siŵr bod hyn wedi atal rhai merched yn flaenorol, gan fod y sesiynau yn gallu bod yn eithaf brawychus. Mae gwledydd ledled Ewrop wedi bod yn cynnal cyrsiau, hyfforddiant a chynadleddau i fenywod yn unig am nifer o flynyddoedd, ac mae ganddyn nhw lawer mwy o ddyfarnwyr benywaidd. Felly dyma brofi bod hyn yn gweithio, a'i fod yn sicrhau lefelau cymryd rhan uwch. Nawr ein bod ni'n gwneud yr un peth, bydd yn annog merched i roi cynnig ar y cwrs gyda'u cyfoedion a gweld a fyddant yn mwynhau. Gan obeithio y byddwn ni'n gweld mwy o swyddogion benywaidd yn ein gêm."

Fel cyn chwaraewr rhyngwladol ei hun, penderfynodd Foster gamu mewn i'r byd dyfarnu er mwyn parhau i gymryd rhan yn y gêm ar ôl ymddeol, ac mae hi bellach wedi datblygu i restr FIFA ac yn dyfarnu yn Uwch Gyngair Cymru JD. Ar y llaw arall, daeth Griffiths yn ddyfarnwr cynorthwyol FIFA yn 2017 ac mae hi'n dyfarnu yn ddomestig ac ar draws Ewrop ar ôl iddi benderfynu mynd ar drywydd gyrfarall yn y gêm.

"Gyda diddordeb yng ngêm y merched yn cynyddu bob dydd, mae hwn yn gyfle perffaith i recriwtio swyddogion benywaidd," ychwanegodd Griffiths. "Mae'n bwysig iawn. Mae'r prif fanteision yn cynnwys bod yn fodolau rôl i ferched eraill, ac yna gobeithio, os bydd digon o ddiddordeb, cynnal cwrs arall i fenywod yn y dyfodol. Yn bersonol, mae dyfarnu wedi fy helpu i gryn dipyn. Rydw i wedi dod yn berson llawer mwy hyderus. Dros y blynyddoedd, rydw i wedi gwneud ffrindiau oes drwy ddyfarnu. Gyda'r agwedd iawn a'r ymrwymiad, fe allwch chi ddatblygu'n gyflym drwy'r pyramid pêl-droed. Cofiwch, mae cefnogaeth lu allan yna, boed hynny drwy eich cydweithwyr neu drwy CBDC."

I ddysgu rhagor am y cwrs, a chysiau dyfarnu eraill a gynhelir gan CBDC, ewch i

www.becomearef.wales

INTERNATIONAL
CHALLENGE MATCH

WALES v NEW ZEALAND

LECKWITH STADIUM, CARDIFF

04.06.2019

19:00

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FAW WOMEN'S CUP FINAL SQUADS



CARDIFF MET LADIES

Stacey Ayling
Naomi Clipston
Grace Corne
Aimee Dagnal
Lucy Finch
Alice Griffiths
Ffion Llewellyn
Rebecca Mathias
Kenneshia Nanette
Robyn Pinder
Estelle Randall
Jess Rees
Tlja Richardson
Madison Schupbach
Charlotte Smith
Olivia Thompson
Chloe Tiley
Lauren Townsend
Steph Turner
Ellie Walker Smith
Kitty Wells
Jessica Westhoff

Manager

Dr Kerry Harris

v



ABERGAVENNY WOMEN

Charlotte Hastings
Bethan Owen
Megan Jones
Ashleigh Mackenzie
Katie Adams
Mali Summers
Abigail Powell
Sian Bull
Lauren Daniels
Rebecca Lane
Ffion David
Eliza Atkins
Kate Jeremiah
Ceri Hudson
Laura Davies
Lyndsey Davies
Naomi Cook
Lauren Boyd
Katrina French
Gabi Hughes

Manager

Richie Jeremiah

14/04/19 - KO 2pm
Dragon Park, Newport

Referee **Cheryl Foster**
Assistant **Ceri Louise Williams**
Assistant **Lindsey Brown**
4th Official **Arthur Smallman**