

2003-2004

Men's Club

Women's Club

(Last update 17 April 2004)

Men's

Division 1

20/3/04

Norwich Union 4

Cambridgeshire Nomads 3

A storming second half performance by Norwich Union saw them score three unanswered goals and turn the tide after at one point being three nil down. The result keeps them in with a chance of the third and final promotion spot in this close Division as it goes into the final regular weekend of fixtures. Unions scorers were Josh Mylne 2, Ben Miles and captain Neil Harrison.

Division 3NE

6/3/04

Norwich Union III 2

Lowestoft Railway 1

Norwich Union III produced a determined display to record a rare win, by 2-1 against Lowestoft Railway. After a goalless first half, in which both Hant and Brooks were unlucky not to score, Union opened the scoring through a good finish by Phil York-Smith. Railway continued to press and equalised when a short corner wasn't successfully cleared. With time running out, Union were awarded a flick, which Bruce McQuade converted.

Division 1

6/3/04

Norwich Union 3

Havering 3

A missed penalty flick at the death denied Norwich Union, at one point 3-1 down, a memorable victory over division leaders Havering. Unions scorers were Mylne, Snelling and Green.

Division 3NE

6/12/03

Norwich Union III 1

Bury St. Edmunds III 3

The first half of this match saw a fairly even contest with Bury taking the lead about mid way through. Their goal was somewhat scrappy as Union were caught napping following what they believed was foul in their area. Union battled well in midfield but were unable to take their chances. Early in the second half Bury scored from a short corner after a controversial umpiring decision. This stung Union into a reply with Rutledge bulldozing his way into the area and placing his shot wide of the Bury keeper. Unfortunately for Union they then conceded another goal after some careless work in defence and this time there was no way back as Bury were able to contain the game quite comfortably.

Division 3NE

29/11/03

Broadland 6

Norwich Union III 1

At the start of this match the sides were fairly evenly matched in terms of possession and it seemed as though it was likely to be a close contest. Broadland scored their first goal about mid way through the first half after a fairly gentle shot from the right side of the D was deflected past the man on the line. Union replied almost immediately with a stunning shot from Browne fizzing into the top corner of the Broadland goal. Broadland then increased their goal tally scoring from a short corner and then from open play after Union gave away possession too easily and failed to make crucial tackles in defence. Any hopes Union might have had were crushed early in the second half when Broadland scored from another well struck short corner. After this Union heads dropped and Broadland dominated the game scoring their fifth goal with some slick forward play. To complete a miserable afternoon for Union they scored an own goal in the dying minutes following a goalmouth scramble. An easy game for Broadland and one, which Union must learn from.

Division 1

1/11/03

Cambridge University II 2

Norwich Union 1

Norwich Union faced a fit University side, who passed the ball well, gaining a lot of early possession. Union defended well however and were unlucky when a penalty stroke was awarded against them after a scramble in the D led to the ball hitting a foot. Although Cambridge converted this, it acted as a spark to Norwich, who came in to the match more and created a couple of good chances. Union fought hard and were rewarded late in the second half when Miles and Mylne combined to level the scores. The away side then failed to hold on to the ball, allowing Cambridge a last minute short corner which was forced over the line to give the University side all 3 points, and sending Norwich home with a lot to think about.

Division 3NE

25/10/03

Bury St. Edmunds III 0

Norwich Union II 3

Bury started the brighter of the two sides, but a traditionally solid defensive performance from Union allowed the visitors to exert control overall. Midfield pressure and good work up front won a series of short corners which allowed NU to open the scoring through Parsons. The final score reflected the difference between the finishing of the two sides, with Kemp, Wolfe (2) and Simmonds adding to the tally, despite Norwich at one point being down to nine men following yellow cards to both Simmonds and Wilkinson.

Division 1

25/10/03

Norwich Union 5

Shefford & Sandy 2

Norwich Union were disappointed not to take more advantage of relatively weak opposition, as they failed to convert chances into goals at home. It was Union who took the lead through a Norman short corner strike which beat the keeper for pace, but Shefford were allowed back into the game after poor marking gave the opposition too much time and a mishit shot beat the Norwich keeper. The home side were then awarded a penalty after the ball struck a defenders foot on the goalline, which Norman converted, and it looked as though Union would walk away with the match. Poor positional play allowed a breakaway to out number the Norwich defenders and Shefford equalised as a shot was deflected in off a defender. This led to sustained pressure with Snelling and Taylor scoring from short corners. The level dropped in the second half and although Snelling added his second, poor finishing meant the score remained 5-2.

Division 5NE

25/10/03

UEA III 1

Norwich Union IV 2

Goals at either end of the game by Gribben & Birch gave Union their first win of the season. UEA pressed hard between goals but excellent defending limited them to just one reply.

Division 3NE

25/10/03

Norwich Union III 2

Dereham II 2

A game of which swung several times saw NU start brightly and take a deserved lead about halfway through the first half after a goalmouth scramble. Dereham responded by passing the ball much more fluently and putting together some dangerous counter attacks. Their enterprise was rewarded when they scored from a short corner after a period of sustained pressure on the NU defence. This pressure continued and NU continued to give the ball away too cheaply so it was not surprising when Dereham increased their lead deflecting the ball in from close range following a short corner.

The second goal actually caused NU to relax a little and regain their shape and passing. They equalised with about a quarter of the game left with a deft finish after a clever through ball. They continued to move the ball well and were disappointed not to win after a late goal was disallowed.

Division 3NE

18/10/03

Norwich Union II 3

Broadland 2

An untidy game overall, characterised by lots of turnover of possession. Union started the better of the 2 sides and had a number of chances, which Broadland did well to prevent. The deadlock was broken when a penalty stroke was converted by Mares just before half-time. The second half saw Broadland play much stronger hockey, and they duly scored 2 quick goals to take the advantage. Union finally got back to grips with the game, and Mares equalised after some nice individual play. This was followed not long after by another penalty stroke, this time converted by Wolfe.

Division 1

18/10/03

Redbridge and Ilford 2

Norwich Union 4

Norwich Union produced a battling display to take all three points in Redbridge. The home side started quickly utilising some fancy skills to immediately win several short corners, all defended well by Union, before a Norwich breakaway led to a short corner at the other end. A Snelling flick flew into the net to give Union the lead, against the run of play. A lot of pressure was applied but Redbridge were unable to convert any chances. The start of the second half saw Norwich play some good counter attacking hockey and a second short corner led to another goal from Norman. The highlight of the game followed as the ball was moved from one end of the pitch to the other with fast passes before Mylne finished with a first time deflection to lead 3-0. Redbridge showed some life, clawing back two goals before Green finished the game with a shot through a crowd of players.

Division 3NE

18/10/03

UEA II 2

Norwich Union III 3

The first half of this game was dominated by N.U who opened the scoring about mid way through bundling the ball in following a short corner. Despite constant pressure they were unable to add to this and at half time were just one goal up. UEA by contrast rarely threatened and it looked to be an easy afternoon for the NU defence. At the start of the second half NU were caught napping by a controversial UEA free hit which was pushed in from short range. This equaliser lifted UEA's spirits and they began to find their rhythm particularly in mid field. They converted this pressure into a goal from a short corner the shot being drilled into the inside of the post. NU surprised at finding themselves a goal down fought back well and were rewarded for some more adventurous play

when York Smith flicked in from the left side after an assist from McQuade. Then with left than five minutes to go the evergreen Palmer out paced the UEA defence to score with a push past the left hand side of the onrushing UEA keepe. NU defended resolutely for the remaining few minutes to record thier first win of the season.

Division 1

11/10/03

Norwich Union 6

Ipswich & East Suffolk 0

A strong start from Norwich Union saw them dominate against local opponents IES. Norwich took the lead after a clever deflection from Mylne looped over the Ipswich Keeper. This was quickly added to by goals from Green, Norman and Miles to give Union a comfortable lead after only fifteen minutes. With the game effectively over Norwich started to pass the ball well, testing the Ipswich defence without adding to the scoreline. IES came out with more resolve from their half time talk, but once Green increased his tally all resistance left, and Norwich were able to control the game. The woodwork was tested on several occasions and a second Norman strike disallowed before Taylor finally scored the sixth. This was a good performance after the disappointment of the previous week.

Division 1

4/10/03

Luton Town 2

Norwich Union 1

Norwich Union suffered their first loss of the season away to Luton Town. Luton started brightly and put immediate pressure on Union who were slow to get going. They were rewarded when the ball struck a foot in the D and the umpire awarded a penalty stroke, which was duely converted. A second penalty was conceded midway through the half after a clumsy tackle on Luton's attacker. This left Norwich 0-2 down at half time. After the break Union looked much more competitive and it wasn't long until they were on the score board. A mazy run from David Foxall beat 6 Luton defenders and committed the keeper before Alex Browne tapped in to score. Norwich continued to apply pressure for the rest of the half, but a fine performance from the Luton keeper allowed the home side to hang on and take the points.

Division 1

27/9/03

Norwich Union 7

Berkhamsted 0

Norwich Union made an excellent start to their Div 1 campaign, comfortably beating their London opponents. Although the first half was close it was Union who had the bulk of the possession, but were unable to convert their dominance into goals. A Mylne goal allowed a small amount of comfort at half time, but much more was demanded. The response was immediate, with Mylne claiming a second, quickly followed by a devastating strike from Norman. More pressure followed and it wasn't long before Mylne achieved his hatrick and Browne, Dickenson and Green all added to the tally. This excellent result leaves Union high up the table after the first round of matches, providing encouragement for the coming season.

Women's

East Premier Division 1

3/4/04

Norwich Union 2

Bishop Stortford 2

Union looked a little weary in this, their final game of the season. Bishop Stortford, battling to avoid relegation, started much the brighter and took an early deserved lead. Union Captain Hannah Austin and Coach Robert Wagstaff had some stern words at half-time, and the Team responded magnificently, equalising early on through short corner expert Gail Thomas. Union continued to pile on the pressure and were rewarded with a second following good work from Kate Nichols, who found Shelly Garrod who struck a magnificent strike from an acute angle. With just a minute to go, Bishop Stortford, who never gave up battling, secured a point with a fine effort, ensuring they continue to play hockey in Division One East next season.

Norfolk Premier Division

3/4/04

Norwich Union II 8

North Walsham 1

Union played their last rearranged game of the season at home to North Walsham and rounded of the season with a 8-1 victory. Union had done their home work on Walsham and knew what to expect. From the off Union pressed Walsham back into the area, passing the ball from left to right, probing the opposition's area, looking for the final ball to score. Minutes into the half Union's dominance payed off, with good passing and movement off the ball opening up Walsham's defence, and allowing Union to open the scoring. Union kept up the momentum and finished the half 6-1 up, and still hungry for more. Union added two more goals in the second half, one from a flick taken by Captain Sally Small and the other from open play. Union midfielder Becks Dungay was sent off for ten minuets towards the end of the game, but this had no effect on the final score. Union's Scorer's - Captain Sally Small 4, Nat Beal 1, Lynn Price 1, Becks Dungay 1, Hayley Stammers 1. Union's Player of the match was Beck's Dungay.

East Premier Division 1

27/3/04

Chelmsford 1

Norwich Union 1

After securing promotion last week Union came into this game playing for pride and to boost their points tally. Chelmsford, however were battling to secure the 3rd place promotion place. Union started well and forced a number of short corners in the first half - Gail Thomas unlucky with one effort which was adjudged to be too high. Union also earnt a flick through some good play, however Union Captain Hannah Austin failed to convert. The

second half saw Chelmsford start to exert more pressure and they too were awarded a flick, however this was brilliantly saved by Player of the Match Sam Jelliff. A quick break away move saw Unions Gemma Nicholls slot an excellent pass through to Shelly Garrod, who finished coolly through the keepers legs. The lead was short lived however, with Chelmsford coming back from a short corner. A far result in a hard battling game.

Norfolk Premier Division

27/3/04

Norwich Union II 3

Pelican 2

Union played at home to Pelicans, and came away with another three points. Union's Captain Sally Small opened the scoring in the first few minuets, from a cross from Hayley Stammers, which allowed Small to rattle the back board. Union controlled the first half, until minuets before half time Pelicans equalised ending the half all square. The second half saw Union gain confidence and pass the ball around fluently. Their second goal came from Becks Dungay to put Union back in front. Union then added a third with a goal by Nat Beal. Pelicans fought back and scored their second, but time was not on their side, as Union earned another three points, and played some of their best hockey of the season. Union's Player of the match was the whole Team.

Norfolk Premier Division

20/3/04

Norwich Union II 6

Sprowston 1

Union played at home to Sprowston, and came away with the three points. Union strove from the off, and although they were restricted to a one nil lead at half time (goal Hayley Stammers allegedly) their efforts were rewarded in the second half as great ball control and positioning enabled goals to flow. Hayley Stammers scored the second goal early in the second half, closely followed by a goal from Bex Dungay. Union were now on a roll, with all member of the team contributing. Good interplay saw Hayley Stammers score two more goals to make her total four, whilst shortly after Sprowston scored a consolation goal from an acute angle. Just before the end, Nat Beal was fouled in the area and awarded a flick, which she converted. Union's Player of the match was Hayley Stammers.

East Premier Division 1

20/3/04

Norwich Union 6

Peterborough 0

Norwich Union gained promotion into the East League Premier Division with an emphatic team performance beating Peterborough 6-0 at Pinebanks. Gemma Nicholls opened the scoring in the first half with a reverse stick shot effort beating the keeper at the far post. Claire Baker added a second just before half time, with a devastating shot from the edge of the area assisted by Sam Jelliff. The second half saw NU step up another level with Kate Nichols scoring the third by cooling taking the ball round the keeper and slotting into an empty net. Gail Thomas got Unions fourth from another fluid short corner move, watched safely in by Captain Hannah Austin. Shelly Garrod added a fifth with a sweeping effort giving the keeper no chance. The scoring rout was completed by Lizzie Willimott after more good work from Hannah Austin. Unions team ethic was outstanding in a match which meant so much to all involved.

East Premier Division 1

13/3/04

Old Loughtonians 0

Norwich Union 0

Union continue to work themselves back into form with another vital point away from home at Old Loughtonians. Rachel Suckling had an excellent game in the Union defence and Union were pleased to have Lizzie Willimott back in the heart of midfield. Union dominated the first half and had a good effort from Gail Thomas cleared off the line. Rachel Miles was again Player of the Match with some fine work in midfield. The second half was more even with Sam Jelliff making some good saves in the Union goal to earn a point, leaving it all to play for in the last 3 games.

Norfolk Premier Division

13/3/04

Harleston Magpies III 3

Norwich Union II 4

Union played away to Magpies again, but this time we came away with a well deserved win. Magpies came out determined to beat Union, and had some chances in the first half, running the ball up the wings and crossing in to the defensive d. However, Union's defence held strong. Union fought and battled and were rewarded with a goal by Nat Beal, followed by one from Sally Small. 5 minutes before half time Union's central defender Sarah Wagstaff suffered a nasty head wound, and was conveyed to hospital. The second half saw Magpies scoring three goals on the break. Union responded with goals by Bex Dungay and Sarah Flatt. Union's play and determination showed in this game and were rewarded with their first win of 2004. Union's player of the match was defender Sally Bassett.

East Premier Division 1

6/3/04

Norwich Union 1

St. Ives 1

Despite dominating the game, Union had to settle for a point in this tough encounter at Pinebanks. St Ives always looked dangerous on the break and were rewarded with a goal from a penalty flick midway through the first half. Union continued to pile on the pressure, and had a series of short corners, but failed to convert. The second half saw a similar pattern of play, with Union hitting the post and testing the St Ives Keeper. Finally Union were rewarded with a goal from Player of the Match Rachel Miles, whose form gets better and better. Sam Jelliff made an important save mid way through the second half to ensure Union took a point from a game where they probably deserved all three.

Norfolk Premier Division

6/3/04

Harleston Colts 3

Norwich Union II 1

Union played away to Magpies Colts on an overcast Saturday morning on their water based pitch. Magpies came out on top in the first half, but were unable to score due to Union's defence, and goal keeper Manda Shinn. Union had chances themselves from a couple of corners but alas at half time it remained goalless for both teams. Union found themselves under pressure from the whistle in the second half, but a break down in Magpies' attack saw a long ball through to Hayley Stummer who ran into the Magpies defensive circle, with only the keeper to beat, but was fouled by defender and Union were awarded a flick. The resulting penalty flick was dispatched into the top right hand corner. Union were unable to hold on to their lead as five minutes later, Magpies equalised, to make it all square. Play began to open up, as Magpies scored their second. Their third and final goal came as Magpies played a through ball into the top right hand side of the defensive corner. Union's keeper came out and pushed the

player wide, and retreated back to her goal while the Maggie player lifted the ball over the keeper's head in to the top corner. Magpies were denied two goals from Union's Sarah Wagstaff on the goal line. Union will learn from this game and come out stronger next and their player of the match was Manda Shinn.

East Premier Division 1

28/2/04

Thurrock 2

Norwich Union 2

Union started this important top of the table clash in fine fashion, putting Thurrock under severe pressure for most of the first half. Union found some of their best passing form, and forced a series of short corners, one of which was superbly despatched by Gail Thomas for Unions first goal. The second half saw Thurrock start to exert more pressure on Union, whose Player of the Match, Hazel Medler made some outstanding tackles. A second goal came following good build up work involving Gemma Nicholls and Rachel Miles, who fired the ball in to the D for Hannah Austin to see the ball home. Thurrock, however, then had a good spell and pegged Union back with two late goals. Union can only be heartened by a fine team performance, which deserved all 3 points.

Friendly

21/2/04

Norwich Union II 5

Norwich City II 1

A well deserved victory by Norwich Union, who piled on the pressure from the start with some slick passing and quick breaks from defence. Anne Taylor had a great game in goal, with Rowan and Sara W having great games in the defence.

East Premier Division 1

21/2/04

Norwich Union 2

Anchorians 1

Anchorians battled hard in this tightly fought game at Pinebanks and took an early lead somewhat against the run of play. Despite unsettling them, Union showed some character and forced an equaliser from a short corner, neatly finished by the hard working Rachel Miles. After the break Union settled and put a lot of pressure on Anchorians without forcing too many clear cut chances, however their hard work and persistence payed off, forcing another short corner late on which was well despatched by Gemma Nicholls. Shelly Garrod Unions' player of the match typified Unions work rate and desire. An excellent and vital 3 points for Union in what was a very tough encounter.

East Premier Division 1

14/2/04

Maidstone 5

Norwich Union 1

Union started the brighter of the two teams and forced a couple of early short corners which concerned the league leaders, however Maidstone were the team to make their chances count scoring two before the break. Union again came out the brighter after the break, however, once again Maidstone made their chances count with two further clinical strikes. Following excellent work on the left, Gemma Nicolls squared the ball for Shelly Garrod who converted neatly to pull one back for Union. A late penalty flick completed the scoring for Maidstone, largely thanks to some fine work in the Union goal from Ann Taylor. Union now have to quickly get back to winning ways if they are to continue to press for promotion in this very tight league.

Norfolk Division 2

7/2/04

Norwich Union III 1

Thetford 1

Norwich Union Ladies played Thetford on 7/02/04 with the score being 1-1. Both teams played well with goal keeper Ann Taylor for Norwich Union making good saves. Rosie Lingham scored the first goal of the match for Thetford. Thetford gave Norwich Union a good game and Jo Tilson scored for Norwich Union from a short corner in the second half to equalise. Susan Lansdell came close to scoring the winning goal for Norwich Union. Good defending by Sally Leak and player of the match goes to Jo Tilson.

East Premier Division 1

7/2/04

Norwich Union 1

St Albans 1

In windy conditions at Pinebanks, Norwich Union started the brighter of the two teams, however it was in-form St Albans who opened the scoring. With Union only half clearing a short corner, this was scrambled in at the far post. Union kept their shape and forced a couple of short corners themselves, Gail Thomas striking an excellent shot to level the score. The second half was end to end, with Union having to defend well with Rachel Clarke and Sam Jelliff making notable contributions. A point a piece was probably a fair result in difficult conditions. Union now look forward to an away tie with league leaders Maidstone.

Norfolk Premier Division

7/2/04

Dereham II 4

Norwich Union II 0

Union played away to Dereham and looked to repeat the 3-0 home win earlier in the season. Dereham began strongly, dominating the first half as Union were left defending and unable to get the ball out of their own half. Dereham had a large amount of corners from which one goal was scored, and the other from open play just before half time a Union own goal saw Dereham 3-0 up. Union's belief and confidence showed in the second half as we played to the ability that we know we can play. Union dominated the second half, with good positive running and hard work which pushed Dereham back. A goal was scored in the second half, an own goal by union which gifted Dereham a 4-0 win. Player of the match - Sally Bassett.

East Premier Division 1

24/1/04

Broxbourne 0

Norwich Union 3

Union maintained the pressure at the top of Division One with a battling victory away to Broxbourne. Union started brightly with some good attacks and finally broke down the Broxbourne defence following a good attack, clinically finished by Kate Nichols. Broxbourne came back into the game well and forced a penalty flick, which they put wide and a series of short corners. The Union defence however battled hard and then broke quickly and scored a well taken goal against the run of play from Claire Baker. This settled any lingering nerves, with Union then putting on the pressure and forcing a third through Lizzie Willimott. Unions midfield forced this victory through hard work and determination, typified by player of the match Rachel Miles.

Norfolk Premier Division

24/1/04

Evergreens 3

Norwich Union II 1

Union played away to Evergreens in Holt on a Winter's morning. From the start Union pressed Evergreens back into their own half of the field, but lost possession and Evergreens counter attacked, worked a two on one on the keeper and scored. Union work rate increased in the second half, winning a series of corners and grabbed a goal by a well struck hit from Bex Dungay. However, they were unable to maintain the same level of performance and ultimately lost the game 3 -1. Union have lost their winning way, and confidence has dropped in the last few weeks. One good performance and we can turn our frustration in to goals. Player of the match, Kate Urwin.

Womens Trophy Round Four

18/1/04

Eastcote 3

Norwich Union 0

Union matched this tough Middlesex Team in a tight first half, with neither team creating too many chances. In the 2nd half Eastcote had a clinical 10 minute spell when they put together some sharp moves and finished well, scoring 3 good goals. Union composed themselves and had a good spell of their own, with Kate Nicols coming close, however the Eastcote keeper made some excellent saves. Union can take heart from a decent cup run, but can now concentrate on their league campaign.

East Premier Division 1

17/1/04

Norwich Union 6

Wisbech 1

In appalling conditions at Pinebanks, Norwich Union started the second half of their league campaign in style. An early goal from Claire Baker opened proceedings before Wisbech came back strongly from a well taken short corner. Two more well taken strikes from the impressive Claire Baker made it 3 - 1 by half-time and saw her complete a great first half hatrick. The second half saw Union take control of the game, with yet another goal from Player of the Match Baker, followed by further goals by Kate Nichols and Hannah Austin. An excellent team performance, given the conditions, and one to provide great encouragement for the rest of the season.

Norfolk Premier Division

17/1/04

Yarmouth 2

Norwich Union II 1

Union played away to Yarmouth on a wet and chilli afternoon. From the off Union pressured Yarmouth back into their 25, where a mishit from the Yarmouth 16 yard line by their centre back saw Unions Nat Beal react first to pounce and slip the ball past the keeper for the opening goal. Union's pressure continued for a further 20 minuets then Yarmouth woke up and pressured Unions goal, with half a dozen corners, with a disallowed goal. Union's possession was below par in the second half, with only a few corners, and not much pressure on the Yarmouth defence. Unions defence had a busy second half, defending a large amount of corners, from which Yarmouth's opening goal came, inside the right hand post a little later, they got their second. Shortly after Yarmouth were awarded a flick, from which Keeper Amanda Shinn saved. The game finished 2-1 to Yarmouth, Union now need to pick themselves up, and learn from this game. Player of the match, Amanda Shinn.

Friendly

10/1/04

Norwich Union 6

Bury St. Edmunds 4

After the Christmas break, NU were looking to a poitive start to the second half of the season with a friendly against Bury. They were not disappointed with 3 very good first half goals - two from open play (Claire Baker and Lizzie Willimott) and a well taken short corner effort from Rachel Miles. The second half proved to be more of an end to end game with Miles getting her second (replica of her first!) before Bury scoring 3 quick goals to reduce the deficit. Union increased their lead through another short corner clinically finished by Kate Nichols. Bury pulled another back to make it 5-4, Union finished the game off strongly with Baker getting her second.

Friendly

10/1/04

Norwich Union II 0

Norwich City II 1

Norwich Union lost the opening years league game at home against Norwich city II. The first half was evenly match until City found the back of the net 10 minutes before time. The second saw Union win a large amount of possession, and corners were flowing, but we could not find the equaliser. City came at us near the end but Unions defence held firm, Union had a corner just before full time but the final touch was not there. Union played well and a draw would have been a fair result. Unions player of the match Was Hayley Stammers.

East Premier Division 1

6/12/03

Norwich Union 4

Chelmsford II 2

Union got off to the perfect start at Pinebanks with a fine goal inside the first minute from Vice Captain Lizzie Willimott. They continued to put Chelmsford under pressure and were rewarded from a short corner routine well converted by Rachel Miles. Chelmsford were always dangerous on the break and scored before the break. Union continued their determined play and went 3 - 1 ahead following a smart strike from Gemma Nicolls, which was deflected in by Rachel Miles. Player of the Match Angela Murgatroyd put in another strong performance, however Chelmsford clawed

another goal back from a short corner strike. Union continued to press and were unfortunate to have a Gail Thomas strike disallowed, however shortly after they were rewarded with a penalty flick, converted by Hannah Austin.

Some good performances and teamwork through the first half of the season has seen Union rewarded with a move back up to second place.

Norfolk Premier Division

6/12/03

Sprowston 2

Norwich Union II 3

Norwich Union were fortunate to edge a 3-2 victory away to Sprowston. Although goals from Nat Beal and Bex Dungay gave Union a 2-0 lead halfway through the first half. Sprowston fought back strongly to reduce the deficit before the break and then equalise as the game entered the closing stages. However, Union were able to mount one more series of attacks and Nat Beal's goal from a short corner claimed the points. Player of the match was keeper Manda Shinn for a series of important 2nd half saves.

Norfolk Division 2

6/12/03

Norwich Union III 2

Sprowston II 0

Norwich Union Ladies III were hungry for a victory. In the first half of the match with only a few minutes gone, pushing the ball into the left hand corner of the goal. Tara Catchpole gave Union a head start. Both teams defended and attacked well with good saves from both goal keepers. However, Norwich Union Ladies gained another goal from a penalty corner scored by Jo Tilson. Player of the match for Norwich Union was Kath Mares with solid tackles and strong running throughout the game.

Womens Trophy Round Three

30/11/03

Norwich Union 2

Milton Keynes 0

performance against strong opposition in the 2nd round of the cup. They took an early lead through the hard working Kate Nichols, and then continued to pile on the pressure, however couldn't quite force home their advantage. Both Teams had a penalty flick saved - Union conceding late in the game but player of the match Sam Jelliff pulled off a vital save to ensure the game wasn't forced into extra time. Finally Union made their pressure count with a second goal late on, following a great run from Lizzie Willimott, finished off well by Gail Thomas.

East Premier Division 1

29/11/03

Peterborough 3

Norwich Union 0

Union will be very disappointed to come away from Peterborough with no points, however their opposition were stronger in most areas of the pitch and made their chances count with some clinical finishing. Kate Nichols was outstanding for Union in their midfield, however even her tireless work could not turn the game round for Union, despite a battling second half performance.

Norfolk Premier Division

29/11/03

Norwich Union II 5

Harleston Magpies III 0

Union played host to Magpies III at Pine Banks on Saturday. Union dominated the game finding the back of the net five times with Union's pressure forcing Magpies to play in their own half 90% of the game. Nat Beal scored a hat-trick with the other goals coming from Kelly Smith and Lynn Price. A sixth goal for the home side, and fourth for Beal, was unfortunately disallowed. An excellent all round game from Union allowed flowing subs to come on to increase the pressure, and to award the team with three points. Union's Player of the Match was Kate Urwin.

Norfolk Premier Division

22/11/03

Norwich Union II 0

Harleston Magpies Colts A 3

Union played host to Magpies Colts in driving rain on Saturday. Magpies came out on top in a flowing game in which Union put together some fine moves but were unable to find a finish. Magpies' forwards were able to capitalise on their opportunities to post a 2-0 half time lead, with a further goal added after the break. The three goal deficit belied a good performance by Union in which Sally Small won player of the match.

Norfolk Division 2

22/11/03

Norwich Union III 2

Harleston Magpies B 2

Norwich Union played at home against Magpies Colts B drawing 2-2. It was a very close match from the beginning. Clare Baker scored the first goal for Union in the first half followed by a solid strike from Shirley McAllen. Strong defence throughout the game by Norwich Union helping the forwards in the second half to gain another goal also by Clare Baker and what a great hit it was as well. Soon after, Colts B player Artemis Clark tapped one in making it a draw. Nikki Mann gave a skilful performance and was Norwich Unions player of the match.

East Premier Division 1

15/11/03

St. Ives 2

Norwich Union 2

Despite battling hard against a tough team, Union left with just a point, despite having the ball in the net no less than 5 occasions. Umpires decisions failed to go their way which left NU a little frustrated! Having fallen behind early on following a clash between Lizzie Willimott and Sam Jelliff, Union then rallied and turned on the pressure. Despite having a penalty flick ruled out, Union kept pressing and got a deserved equaliser through player of the match Rachel Miles. After the break St Ives scored from a deflected short corner, however Union kept pressing and scored from a short corner of their own, sharply taken by Rachel Miles. Twice more Union had the ball in the net, both were ruled out however. Despite continued pressure union couldn't quite force home the winner they deserved.

Norfolk Premier Division

15/11/03

North Walsham 1

Norwich Union II 4

Union collected another 3 points, with an well deserved win over North Walsham, at Cromer. The teams were on level terms until Walsham were awarded with an deflected own goal to go 1-0 up. Union upped the pressure and forced a corner 10 minutes before half time from which Captain Sally Small struck the back board to level the score at half time. Union's all-round game play and strength showed in the second half as Hayley Stammers add two more goals to Unions score sheet to lead 3-1. Unions last and forth goal came from a strong reverse stick shot from Bex Dungay was Unions player of the Match.

East Premier Division 1

8/11/03

Norwich Union 4

Thurrock 2

There were high expectations coming into this game with union having played consistently well in the previous few matches. It had promised to be tough physically as well as mentally and it certainly did not disappoint. The hockey, however, left a lot to be desired, and the ladies in green finished the first half two goals to one down, with Rachel Suckling coming in on the overlap to put in her first goal ever at club level hockey (the wicked deflection all part of her cunning plan).

After severe words from Spike and a jolly good kick up the backside from manager Susan, the girls took a change of tact and started to play hockey. Some neat and determined work from both Taff and Lizzie gave Kate the opening the team needed and saw the girls in green draw level once more. Gaining impetus from this the team quickly slotted two more goals past the extremely frustrated Thurrock to eventually clinch the maximum three points. The third goal came from a crisp short corner routine which was deflected in by Kate; the fourth came minutes later when more gritty work by Taff was rewarded when Shelly 'Beater' was able to slam the ball into the backboard.

Although the performance was not one to write home about, the team should be pleased with the victory and the way they were able to turn the game around. The three points are valuable in keeping the leaders Maidstone within reach.

Lessons Learnt: Don't mess with Spike and you have to stop the ball before you can do anything else!

Norfolk Premier Division

8/11/03

Norwich Union II 3

Dereham II 0

Norwich Union registered their first win of the season with a 3-0 home victory against Dereham. Dereham began strongly, dominating the early exchanges but Union fought back, and finished the half on level terms thanks to a fine save from a penalty flick by keeper Manda Shinn. The second half saw Union take control after an early goal by Hayley Stammers, who finished off a fine right wing move. Nat Beal extended the lead a few minutes later and Lyn Price made the points safe with a sharp finish in the closing stages. A fine all-round team performance by Union thoroughly merited the three points. Player of the match - Manda Shinn.

East Premier Division 1

1/11/03

Anchorians 1

Norwich Union 4

Union had sealed the game by half time thanks to a hatrick from player of the match Hannah Austin and a fine solo effort from Gemma Nicholls. An excellent all round team performance saw some graet passing moves.

Friendly

1/11/03

Yarmouth 3

Norwich Union II 4

Yarmouth struck first scoring in the first five minutes from a corner, although the score didn't reflect the 90% possession that union had over Yarmouth, with good strong all-round play from a committed Union team. Although Union were encamped in in Yarmouth's half, Yarmouth broke through and were awarded a corner from which they scored.

Union came out fired up in the second half and were rewarded with a free hit which found its way to Stammers who first controlled the ball and struck it into goal. Union then scored a second to level the score, with a run from Sally Small who made the keeper commit and slipped the ball to an on running Nat Beal who scored. Yarmouth went ahead with a scrappy/ disputed goal lifted over Unions keeper. Unions commitment showed as union came back again in the game to level the score at three all with a well struck corner by Hayley Stammers. Unions Scored the winner in the last 30 seconds with a goal from a corner slipped to Deb Smith, back to Sally Small whose shot at goal was saved by the keeper, but deflected to Nat Beal who smacked it into the goal. Unions Game play and determination earned them a brilliant win and an excellent team performance. Unions player of the match was Hayley Stammers. The only dissappointment was that it was not a league game.

East Premier Division 1

25/10/03

Norwich Union 2

Maidstone 3

Union were unlucky not to come away with a point after a determined second half display. Maidstone had taken a 2 - 0 in the first half but goals from Gail Thomas and Hannah Austin brought the tema level. With a minute to go Maidstone broke quickly and a well taken strike gave them all 3 points. Union should take many positives from an excellent team and individual performances, especially from player of the match Kate Nichols.

Friendly

25/10/03

Norwich Union II 1

Norwich City II 1

Norwich Union played host to Norwich city, for their second meeting of the season, in a lively friendly at Pine banks. Union enjoyed plenty of possession in the first half and took the lead just before half time with a goal coming from a well struck corner from skipper Sally Small. Union's play was much improved from previous weeks, but clear cut chances were few, although union forced a series of corners. However City rode their

luck 5 minutes from time, catching Union's defence ball watching with a deft through ball that resulted in a sharp finish that span off the diving keepers stick into the goal. Union's disappointment at the late equaliser should be balanced by satisfaction at a much improved team display, in which player of the match Tricia Hagan put in an energetic and skilful mid field performance.

Womens Trophy Round Two

19/10/03

Norwich Union 4

Sudbury 1

Union progressed into the second round of the HA Trophy with a 4 - 1 win over Sudbury. Union took the lead after a determined run over 50yards by Claire Baker whos pin point cross found Hannah Austin who slotted home the ball. A well worked short corner saw Hayley Stammers slot home the second. Sudbury then pressured well and were rewarded with a goal before the interval. The second half saw some great mid field work from player of the match Rachel Miles, the pressure was rewarded with two more goals from Gail Thomas and Sally Small

East Premier Division 1

18/10/03

St. Albans 1

Norwich Union 4

Union got back to winning ways after a super second half team performance in this Printwise east League Division 1 fixture. St Albans had taken an early lead in the first half only for Union to quickly equalise through Lizzie Willimott. Tireless work from Gemma Nicholls helped union create further chances and they deservedly took the lead early in the second half through a Gail Thomas short corner strike. A cleverly taken effort from Hannah Austin increased Union's lead and the scoring was completed by a second from Lizzie Willimott.

East Premier Division 1

11/10/03

Bishop Stortford 4

Norwich Union 2

Union went a goal down early on, but fought back well through two excellent goals from their player of the match Lizzie Willimott.

After the break, however, Bishop Stortford increased the tempo of their game and hit back with 3 goals in a 10 minute spell. Union continued to battle hard, and had the greater percentage of possession, but could not convert this into goals.

Norfolk Premier Division

4/10/03

Norwich Union II 2

Great Yarmouth 2

Despite seeming to have most of the possession in the first half, Norwich Union found themselves 2 nil down at half time. The half time team talk worked as within the first 10 minutes of the second half, Hayley Stammers was on target twice to bring the scores level.

With a good sized crowd on the side line, Union continued to press but despite alot of pressure, some great movement and passing, and great individual performances from Debs Smith, Kim Ridl and Trish Hagen, the game ended in a 2 all draw.

East Premier Division 1

4/10/03

Norwich Union 4

Broxbourne 0

Union will be encouraged by a fine team performance taking them to 2nd place in Division 1.

After some good early pressure they went ahead through a smartly worked short corner converted by Claire Baker. Following the break Union's dominance continued and they made this count through an excellent strike by player of the match Gail Thomas. A fine individual effort from Kate Nichols and another from Nikki Moulson completed a great result.

Norfolk Premier Division

27/9/03

Norwich City II 3

Norwich Union II 1

Dispite a promising start, with slick quick passing and great movement and a goal for Norwich Union in the first 2 minutes (Hayley Stammers), Norwich City got back into the game equalising before half time.

Norwich City continued to improve scoring 2 more goals in the second half. In the last 15 minutes Norwich Union found the passing and movement and eagerness which they had at the start of the match, forcing 5 or 6 short corners in a row, but failed to score dispite Kelly Page hitting the post after some good build up work.

East Premier Division 1

27/9/03

Wisbech 1

Norwich Union 2

Norwich Union got their league season off to a winning start, thanks to some excellent defensive play, in particular from Player of the Match Angela Murgatroyd. Union scored from two well taken efforts after the break, having had most of the possession in the first half. Goals were scored by Claire Baker, on her return from injury and Gemma Nicholls, onher league debut.

Union had to survive a frantic last 10 minutes, after having conceded a scrappy goal, however they held on to take all 3 points and start their league season off well.

Norfolk Division 2

27/9/03

Norwich City III 2

Norwich Union III 1

Despite exceptional performances from Emma Blackham with her fast running and Sara Flatt with her precision passing, Norwich Union Ladies put in a good performance with Sally Leake fighting right until the final whistle. First half was tough and second half got better with a cracking goal from Natasha Blythe which contributed to a memorable game.

Friendly

20/9/03

Bury St. Edmunds 3

Norwich Union 2

Union were stunned very early on going a goal down in the first 20 seconds of the game! Despite a lot of first half pressure, Union could not convert this into goals, and found themselves 3 - 0 down as Bury made their chances count. However Union did not let their heads go down and pulled one back just before the break, following good work and an excellent strike from 'man of the match' Gemma Nicholls.

The second half was dominated by Norwich Union, and they nearly earned themselves a deserved draw, scoring a second through Hannah Austin, however Bury held out.

Friendly

15/9/03

Dereham 3

Norwich Union 1

Union held the lead for much of the first half through the highly influential Lizzie Willimott. Dereham equalised before half time and then stepped up the pressure in the 2nd half with a couple more goals. Again the result doesn't reflect the work rate and the chances NU created, but another good work out against a team a league above.

Friendly

13/9/03

Norwich Union 4

Old Buckenham 2

Despite having a significant amount of early possession, Union failed to capitalise and were stunned as Old Buckenham scored 2 goals in quick succession to take a 2 goal lead. Union regained their composure, and scored from an excellent short corner strike from Gail Thomas just before half time.

2nd half saw Union start to dominate, turning their pressure into goals, with two from Hannah Austin and another from Nikki Moulson. Whilst Union could have scored more, they did well to turn around the early two goal deficit.

Friendly

6/9/03

Harleston II 3

Norwich Union 0

Whilst 3 - 0 was not fully reflective of the game, Harlestone's slicker passing and more clinical finishing was the difference between the teams. Union fielded a number of new players, who all fitted in excellently, which bodes well for the new season.

Friendly

13/9/03

Harleston Colts A 0

Norwich Union II 2

A good start for the Norwich Union 2's under new captain Sally Small. The team was mostly unchanged from last year's, with Kate McCabe and Rebecca Mary Dungay giving great performances on their debuts and Sara Flatt having an excellent match on her return after a year out. Hayley Stammers had an excellent game, playing for the second team after spending last season with the third team. The goals came after great team work in the build up, one in each half, both scored by Natalie Beal.

Amanda Shinn in goal made some great saves to give herself and the team a well deserved clean sheet. With a great team spirit and a great all round team performance, Norwich Union 2's look forward to the league matches ahead.