VALKYRIES

vs GUERNSEY WOMEN

07 NOV 26

KO 1430

OFFICIAL MATCH DAY PROGRAMME



CRACKERS CORNER



Jordan Cracknell, Director of Rugby, Portsmouth RFC

A warm welcome to everyone joining us at Portsmouth today as we welcome Guernsey for what promises to be another fantastic day of rugby.

It's always a privilege to represent this club, and there is a real sense of momentum and belief building within the squad. After the hard work put in throughout pre-season, it's rewarding to see that effort translating into performances and results on the pitch.

Last weekend's victory over Worthing Rugby Club made it three wins from three. While we're proud of that achievement, we know there is still plenty of rugby ahead of us. Every game presents a new challenge, and we're determined not to become complacent. What has pleased us most is the way this group continues to grow together, work for one another, and uphold the standards we set ourselves.

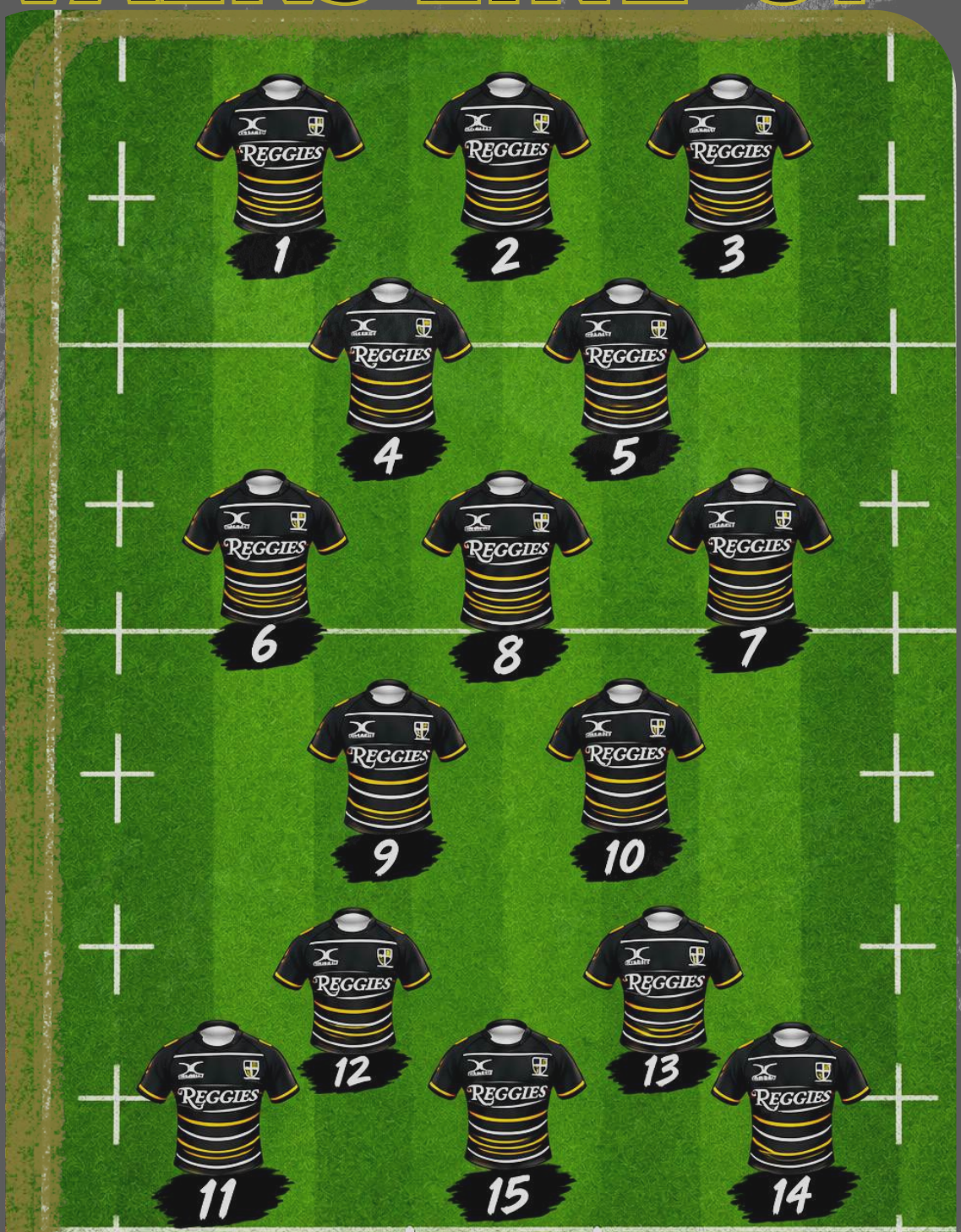
The start to the season has shown the character within this squad. The commitment, resilience, and togetherness displayed by the players have been outstanding, and each week we continue to develop both as individuals and as a team. It's a testament to the hard work being put in both on and off the field by everyone involved with the Valkyries.

Today provides another opportunity to test ourselves against a strong Guernsey side. We know they'll bring plenty of quality and determination, so we'll need to be focused, disciplined, and prepared to work hard from the first whistle to the final play.

We're also delighted to be hosting a pre-match lunch before today's game. Events like these are a great opportunity for the wider club, sponsors, supporters, families, and friends to come together and show their support. The backing we receive both on and off the pitch plays a huge role in what we're building here.

To everyone coming along today, get behind the girls, make yourselves heard, and help create another brilliant atmosphere. Let's keep building, keep improving, and keep the momentum rolling.

VALKS LINE-UP



1. Kacee Knox
2. Paula Robinson
3. Emily Joss
4. Ashleigh Maslen
5. Jordan Wilshire
6. Katie Kimber
7. Keeta Rowlands
8. Elia Morrow
9. Emily Hare (C)
10. Chloe Edwards
11. Maria Jerabek
12. Megan Wright
13. Georgie Harris
14. Bronwyn Miller
15. Laura Ineson

16. Quinn Overall 17. Rosie Staples
18. Amy Parks-Dare 19. Kim Lewis 20. Luna Lewis
21.Amy Hares 22. Nikki Buckingham

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VALKYRIE FOCUS



SHANNON CAREY

"Mud washes off — the smile you have after doesn't."

Valks: Shannon, for anyone who doesn't know you yet, tell us a bit about yourself and your rugby journey.

Shannon: I'm one of the backs and I've loved watching my game develop over the last few seasons. Rugby has given me so much more than I expected when I first joined. Away from the pitch, I do ballet classes and I have a background in gymnastics and gymnastics coaching, which surprises a few people when they find out.

Valks: Every player has ambitions. What are you hoping to achieve over the next couple of seasons?

Shannon: I'd like to understand the game more and keep building my confidence. I want to develop that rugby instinct, knowing when to chase the ball or spot opportunities without needing to be told. Of course I'd love to score a few tries, especially under the posts, and get back to making those big tackles on some of the quicker players. Most importantly, I just want to keep improving and enjoying my rugby.

Valks: What keeps you motivated to keep coming back week after week?

Shannon: Honestly, it's the people. When I joined the Valkyries, I came to play rugby. I wasn't looking for lifelong friendships. What surprised me was how much these women have added to my life. The support on and off the pitch is incredible, and that's what makes the club so special.

Valks: Do you have a favourite Valkyries memory?

Shannon: It's impossible to pick just one from the rugby side because every game and every improvement feels a highlight. Off the pitch, though, our trip to Snowdon and camping together stands out. It was one of those weekends that really showed what this team is about. Winning a Spoon Award for my tackling wasn't bad either!

Valks: Rugby can get pretty muddy at times. What would you say to someone who's thinking about giving it a try but is feeling nervous?

Shannon: I'd tell them not to worry about the mud. Mud washes off. The confidence, friendships and memories stay with you. Everyone starts somewhere, and the Valkyries are a brilliant group to learn with. You'll surprise yourself with what you're capable of.

Valks: Finally, how are you feeling about the season ahead?

Shannon: I'm really excited. The coaching environment has been fantastic and the training has been excellent. There's a genuine belief around the squad at the moment. We're learning, improving and building something together, and I can't wait to see where it takes us.

"The support on and off the pitch is incredible"

LAST TIME OUT: 70-POINT AWAY BLITZ!

Valks delivered the perfect team performance on the road last Sunday matching incredible work rate with clinical execution to secure a ruthless 70-7 victory.

Bronwyn Miller ran riot with a spectacular four-try haul, spearheading an 11-try demolition that secured the Valks' third consecutive win on the bounce.

It was a masterclass in hard graft and high intensity from the first whistle to the last.

The Reggies Sponsored Player of the Match: Emily Joss

To read the full match report:

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THE NEXT GENERATION



**Dan Stoneman,
Junior Chair,
Portsmouth RFC**

As Chair of the Mini and Junior section, one of the things I am particularly proud of is the example our Valkyries set for the girls coming through our age groups. Having strong, visible female role models at the club is incredibly important. Our young players need to see what is possible, to have people to look up to and to understand that there is a pathway for them to continue playing rugby, developing and enjoying the game for many years to come.

The impact is already clear. Our girls' section continues to go from strength to strength, with numbers steadily increasing and more players discovering the enjoyment, friendships and opportunities that rugby brings. Just as importantly, more people are stepping forward to help, coach and support our squads. That growing commitment from parents, volunteers and the wider club community is helping us build something sustainable and exciting for the future.

We have two girls in the Hampshire County U16's squad and Jemima Radborne who is in the England U18 PDG demonstrating the great potential of the next generation of women in our club.

Across the Mini and Junior section, we have made significant progress over recent months. Our boys' sides have enjoyed some excellent results, and there is a real sense of enthusiasm and momentum across all age groups. Results are always pleasing, but just as important are the improvements in confidence.

We are pleased to have several young boys now linked to the Bath RFC PDG across our Under 15's and through to Colts. Good luck boys - you're doing us proud

Our coaches and volunteers remain at the heart of everything we do. We are committed to making sure they have the skills, knowledge and support to give every player the best possible experience. Training and development for our coaches, team managers and volunteers remains a high priority because we recognise that investing in those who give their time to the club is ultimately an investment in our children.

Looking beyond our existing membership, we want Portsmouth Rugby Club to play an even bigger role in our local community. We are exploring opportunities to improve our pitch-side catering and make matchdays an even more welcoming experience for players, families and supporters. We are also looking at offering free rugby sessions to local schools, helping introduce more children to the game and breaking down any barriers that might prevent them from getting involved. There is a huge opportunity to reach more young people and show them that rugby really is a game for everyone.

Inclusivity is another area where we are determined to make progress. As part of our ongoing campaign to get to know our squads better, we have identified that 10 of our teams have players who are neurodivergent. That is something we want to understand, embrace and actively support. Every child is different, and our responsibility is to create an environment where everyone feels welcome, valued and able to enjoy rugby in their own way. We will be providing further training and support for our coaches and volunteers to help ensure that every player, whatever their individual needs, has a positive experience at Portsmouth.

Ultimately, we want to be a club that people are proud to belong to. A club that develops players, supports volunteers, welcomes families and makes a genuine difference in its community. There is plenty still to do, but the enthusiasm, commitment and generosity of the people involved gives us enormous confidence about what lies ahead.

Finally, to our Valkyries, thank you. Thank you for representing Portsmouth so brilliantly, for inspiring the next generation and for showing our girls what can be achieved through dedication, teamwork and a love of the game.

Good luck, Valkyries!

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"My dad used to compare me to Sergio Ramos and Carlos Puyol when I was younger as they both had long hair."

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