



PITCH PERFECT

YOUR HARINGEY BOROUGH WOMEN NEWSLETTER



MORE THAN A TEAM

Issue 10 | March 26



TRIUMPHS, TRIBUTES, AND THE ROAD TO THE FINAL

We head into the season's end with momentum, highlighted by the upcoming League Plate Final against Wroxham on May 10th and hope for a strong finish in our final league fixtures.

The Haringey Girls Academy continues to shine, with the U18s recently crowned League Champions and the U14s securing a spot in their cup final.

This issue also features midfielder Zara Kirstein and celebrates the club's ongoing commitment to player development from the academy to the senior level.

Beyond competition, we honour the memory of player Amelia Aplin and celebrate International Women's Day.

We celebrate the release of the 2025 Football Blacklist, noting our previous winners Bobby Cato and Karla Parker.

We hope you enjoy the March edition!

#UpTheBoro



Dave Jackson

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Ever wonder what players take about on the bench?



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HBWFC



HBWFC1

www.haringeyboroughfc.net

MESSAGE FROM THE GAFFER

As we near the end of the season, we're hoping to finish the football season strong with two league games left in April.

This month, we had really tough matches away to Dussindale and Hellesdon and at home to St. Albans and were only able to get one point out of the two games.

We have a few breaks in between games but it looks like we will have a full squad for the two remaining League games - Royston at home on 5th April and St. Albans away on 12th April.

We will then look forward to the League Plate Final against Wroxham on the 10th May at Bedford Town FC.

I'd also like to thank our supporters for their continued backing. Whether home or away, your energy makes a real difference to the players and staff alike. We encourage as many of you as possible to come down and support the team over the coming weeks—it truly does give the players that extra push.



HARINGEY GIRLS ACADEMY

Another month and more of the same from the girls academy!



U13s - Cemented their place at the top of the league and have a couple of games left to stay strong and keep at the top. There have been some great performances from all the girls this year!

U14s - Like our women, are cup finalists after beating Doncaster in the semi final. They will now travel to Corby Town for the final up against Sittingbourne who are unbeaten this season! It will be a tremendous effort for the girls. They are also 2nd in the league to an excellent West Ham side so another good year!

U16s - Finally shown their true ability by winning their last 4 games and putting teams to the sword. They have got all their players back to fitness and are showing their abilities.

U18s - LEAGUE CHAMPIONS. After a dominant display against Leyton Orient (and every other team in the league) our oldest girls (which include the majority of our senior team) have won the league and will now play a league playoff championship against Derby County Academy. Another great achievement for the girls after just missing out on the final with a semi final penalty defeat to Peterborough!

A great time to be a part of the academy where we continue to provide the women's side with players and a pathway to develop.

Trials are now announced for next season and can be found on our website www.haringeygirlsacademy.co.uk



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David Gray



PLAYBOOK
PROJECT



Support the Women's Team from as little as £50!

<https://www.snapsponsorship.com/rights-owners/football/haringey-borough-womens-football-club>

Celebrating International Women's Day

March marks an important moment in the calendar with International Women's Day - 8 March—a chance to celebrate the achievements, dedication, and impact of women across all areas of the game.

At Haringey Borough WFC, that impact is felt every single day.

From the players who represent the badge on matchdays to the staff working tirelessly behind the scenes, the club is built on passion, commitment, and a shared belief in growing the women's game at a local level.

Our players balance football with work, studies, and family life, yet continue to give everything for the team. Their dedication is what drives standards higher each week and inspires the next generation of girls coming through grassroots football in Haringey.

Behind the scenes, the contribution is just as vital. Coaches, physios, volunteers, and organisers all play a crucial role in creating an environment where players can thrive.

Matchdays don't happen without them—and their work often goes unseen.

This month is also about looking forward. Women's football continues to grow at every level, and clubs like ours are a key part of that journey



By providing opportunities, building pathways, and strengthening our connection with the local community, we're helping shape the future of the game.

To everyone involved with Haringey Borough WFC—on and off the pitch—thank you. Your efforts, big and small, are what make this club special.

Let's continue to support, celebrate, and push the women's game forward—together

PLAYER FOCUS - Zara Kirstein

FULL NAME: Zara Poppy Louisa Kirstein

BORN: 7 October

NATIONALITY: English

FAMILY: Parents, sister and dog

CAR: White Volkswagen Polo

JOB OUTSIDE FOOTBALL: Still in school

JOINED BORO IN: 2024/25 season

PREVIOUS CLUBS: Haringey Girls Academy and London Bees

FAVOURITE PLAYER: Micky Van de Ven

"OTHER" TEAM: Tottenham

MOST MEMORABLE GAME: Playing Arsenal U21s last season

WORST THING ABOUT FOOTBALL: Getting studded especially when it's cold

FOOD: Burritos/Fajitas

BEVERAGE: Appletiser

PIZZA TOPPING: Cheese and sweetcorn

CRISP FLAVOUR: Salt & vinegar

CHOCOLATE BAR: Toblerone

HOLIDAY DESTINATION: Costa Rica

FILM: Zootopia

TV SHOW: Prison Break

MUSICIAN: Olivia Dean

BOOKS: And then there were none - Agatha Christie

HOBBIES: Spending time with my friends

CLAIM TO FAME: When I first joined my school Justin Bieber was on tour in London so was staying really close so he came and joined in with some of our football training

DISLIKES: Mushrooms and physics

BIGGEST INFLUENCE: My mum



Celebrating Excellence: The 2025 Football Blacklist

The release of the Football Blacklist 2025 marks another important moment of recognition and celebration across the game. Since its inception, the Football Blacklist has highlighted the outstanding contributions of Black individuals at every level of football, driving inclusion, leadership, and progress both on and off the pitch.

This year's list continues that legacy, showcasing pioneers, changemakers, and rising stars shaping the future of the sport. The celebration event on 14 April 2026 will bring together figures from across football to honour those making a real impact.

It also offers a chance to reflect on past achievements. In 2024, Bobby Cato, Women's First Team Manager, was recognised at the London Regional event, while Karla Parker, Women's General Manager and Secretary, received national recognition and contributed as a judge for this year's awards.

Their recognition highlighted not only individual excellence but also the growing influence of people from Black African and Caribbean heritage at all levels in football.

This year's event will undoubtedly be a moment of pride and inspiration, reminding us all that progress in football is driven not just by talent, but by dedication, diversity, and the courage to lead change.



In Loving Memory of Amelia Aplin

Everyone at Haringey Borough WFC is deeply saddened by the tragic passing of Amelia Aplin, who died while playing the game she loved.

Amelia's loss has sent shockwaves through the football community. A dedicated player, teammate, and friend, she embodied the very spirit of the sport — passion, commitment, and unity. To lose someone in such circumstances, on the pitch where so many joyful moments are shared, makes this tragedy all the more profound.

At Haringey Borough WFC, our thoughts and heartfelt condolences are with Amelia's family, friends, teammates, and all those who had the privilege of knowing her.

In moments like these, football becomes secondary, and what remains is the strength of community and the importance of supporting one another.

Amelia will be remembered not only for her love of the game, but for the impact she had on those around her. She will never be forgotten.

Rest in peace, Amelia.





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WANT TO SUPPORT THE CLUB WHILE ALSO PROMOTING YOUR COMPANY?

We're delighted to announce that we've now partnered with SNAP Sponsorship and we're looking for sponsors.



Why Sponsor Us?

In order to continually improve our facilities for the local community and drive the club forward, we're keen to build relationships with new and exciting businesses and work alongside you to explore opportunities and mutual benefits.

Increased brand awareness, raising the profile of your business in our community

Do you want to raise the profile of your business or organisation?

Sponsoring us will raise the profile of your business and benefit you in the following ways:

- Exposure to hundreds in the local area and players and spectators from visiting teams
- Increased brand awareness on our website and social media accounts
- Satisfaction from giving back to and supporting the local community.

All revenue raised will be returned to the club to improve facilities for our players and spectators who love football.

Engage with our many members and capitalise on our strong social media following

Based in the heart of the community with links to a sizeable audience base surrounding the club. In addition to our large membership and extensive supporter network, we're also active on social media and use our website, Twitter, Facebook and Instagram to promote our club, fixtures and sponsors.

We're an extremely social club who pride themselves on being warm, friendly and family-orientated. We regularly host events throughout the year and we'd be happy to host a sponsored networking event if desired.

We have an array of sponsorship opportunities which can be tailored to meet your objectives. Through sponsorship, our club will promote your company in a wide variety of ways enriching the profile of your business in our community.

Help to empower women and forge an equal playing field through football sponsorship

More than 365 million people watched the 2022 UEFA Women's Euro football championship and 50 million watched England beat Germany in the final.

Sponsoring women's sport involves much more than a financial investment in players because it demonstrates an investment in equality and meaningful change within the sporting arena. With such large audiences of women's sporting events, sponsorships can help leverage equal visibility – and this can help drive further female participation in sport.

By supporting early talent and grassroots clubs, companies help increase the number of girls participating in sport – and this has both a long-term benefit of creating star players and also a short-term benefit in increasing confidence, teamwork and health.

Contact us now to find out more and explore what we can offer you!

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VOLUNTEER

ONSITE & REMOTE ROLES INCLUDING
FUNDRAISING, FOOD SERVICE & EVENTS



SCAN THE CODE
OR VISIT
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LEAGUE TABLE AND RESULTS

Pos	Team	P	W	D	L	F	A	GD	PTS
1	Stevenage FC Women	19	17	2	0	73	11	62	53
2	Atletico London Women FC	21	12	2	7	50	33	17	38
3	Wroxham FC Women	18	12	2	4	38	23	15	38
4	Royston Town FC Women	18	10	4	4	46	28	18	34
5	Dussindale & Hellesdon Rovers FC Women	22	9	3	10	34	35	-1	30
6	Haringey Borough FC Women	20	8	4	8	47	39	8	28
7	Bowers & Pitsea Ladies FC	19	8	2	9	40	36	4	26
8	St Albans City FC Women	20	7	4	9	32	34	-2	25
9	Watford Ladies Development FC	20	7	2	11	31	61	-30	23
10	Harpenden Town FC Women	19	6	2	11	39	51	-12	20
11	Hutton FC Women	21	4	2	15	21	49	-28	14
12	Enfield Town Ladies FC	19	2	3	14	23	74	-51	9

Type	Date / Time	Home Team	Score	Away Team
PD	22/03/26 14:00	Haringey Borough FC Women	0 - 2	St Albans City FC Women
PD	08/03/26 14:00	Dussindale & Hellesdon Rovers FC Women	1 - 1	Haringey Borough FC Women
Cup	01/03/26 14:00	Haringey Borough FC Women	4 - 0	Brentwood Town FC Ladies First
PD	22/02/26 14:00	Haringey Borough FC Women	2 - 3	Hutton FC Women
PD	08/02/26 14:00	Haringey Borough FC Women	1 - 2	Dussindale & Hellesdon Rovers FC Women
Cup	01/02/26 14:00	Haringey Borough FC Women	11 - 1	Dunstable Town Lionesses Women
PD	25/01/26 15:00	Bowers & Pitsea Ladies FC	4 - 0	Haringey Borough FC Women
PD	18/01/26 15:00	Watford Ladies Development FC	2 - 2	Haringey Borough FC Women
PD	11/01/26 14:00	Harpenden Town FC Women	2 - 4	Haringey Borough FC Women
PD	04/01/26 14:00	Hutton FC Women	2 - 5	Haringey Borough FC Women
PD	14/12/25 14:00	Haringey Borough FC Women	1 - 4	Stevenage FC Women
PD	07/12/25 14:00	Haringey Borough FC Women	5 - 0	Watford Ladies Development FC
Cup	30/11/25 13:30	Wormley Rovers Ladies FC	1 - 2	Haringey Borough FC Women
PD	23/11/25 14:00	Haringey Borough FC Women	2 - 1	Atletico London Women FC
CC	16/11/25 14:00	Haringey Borough FC Women	1 - 3 (HT 0-2)	Atletico London Women FC
PD	09/11/25 14:00	Haringey Borough FC Women	6 - 0	Enfield Town Ladies FC

UPCOMING FIXTURES

Type	Date / Time	Home Team	Away Team	Venue
PD	05/04/26 14:00	Haringey Borough FC Women	VS Royston Town FC Women	HARINGEY BOROUGH FOOTBALL CLUB
PD	12/04/26 14:00	St Albans City FC Women	VS Haringey Borough FC Women	ST ALBANS CITY FOOTBALL CLUB
Cup	10/05/26 10:30	Wroxham FC Women	VS Haringey Borough FC Women	BEDFORD TOWN FOOTBALL CLUB (THE EYRIE)

BENCH BANTER

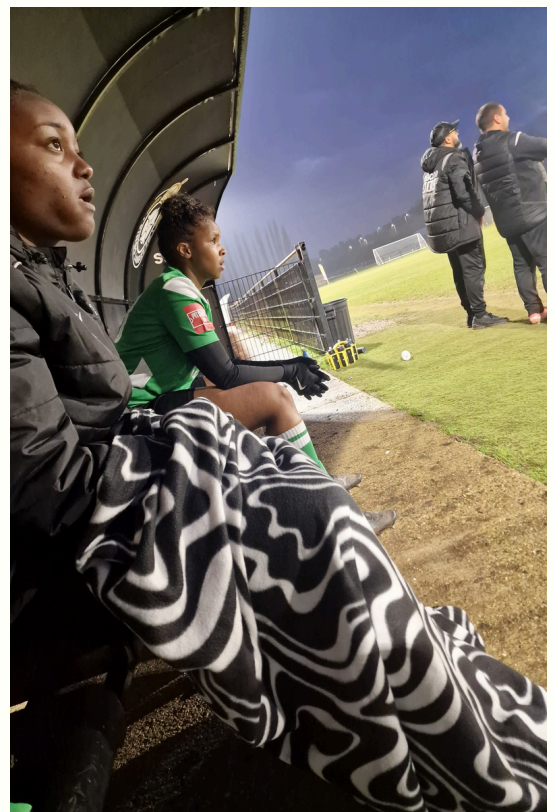
Ever wonder what players and staff talk about on the bench?
Here's a few snippets....

"She signed up for this though..."

"Is it supposed to be this sweaty"

"She actually scares me..."

"Why does the sun have to be so bright??"



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“

*Mum, I'm hungry...
there's nothing to eat.*

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- **20,000+** people helped weekly
- **5000** children fed every week
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“

**I only have one
meal a day so that
my children can eat**

”


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Thank you!

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ABOUT HARINGEY BOROUGH WFC

Haringey Borough WFC is in the heart of the community with links to a sizeable audience base surrounding the club.

In addition to our large membership and extensive supporter network, we're also active on social media and use our website, Twitter, Facebook and Instagram to promote our club, fixtures and sponsors to a total following of nearly 6,000 people.

We're an extremely social club who pride themselves on being warm, friendly and family-orientated. We regularly host events throughout the year and we'd be happy to host a sponsored networking event if desired.

Haringey Borough WFC has an array of sponsorship opportunities which can be tailored to meet your objectives. Through sponsorship, our club will promote your company in a wide variety of ways enriching the profile of your business in our community.

In order to continually improve our facilities for the local community and drive the club forward, we're keen to build relationships with new and exciting businesses and work alongside you to explore opportunities and mutual benefits.

With membership and crowd attendances rising, we have ambitious plans to continue to develop the infrastructure at the club, grow our teams and gain promotion into the National League.

Naturally, we want to support our sponsors and build them in to our club on a strategic level – allowing all of our partners to benefit from our ever-improving facilities, expanding audience and our community involvement.

<https://www.snapsponsorship.com/rights-owners/football/haringey-borough-womens-football-club>

OUR HISTORY

Although Haringey Borough FC was formed in 1973, the Women's team wasn't formed until the start of season 1999/2000 and played only occasional "friendlies" in that first season.

In the summer of 2000 we merged with Mill Hill United and were accepted into Division 2 of the Eastern Region League for season 1999/2000, gaining promotion to Division 1 as runners-up to Saffron Walden Town while based at the rather bleak Donkey Lane Playing Fields in Enfield.

The merged Club adopted the name of Haringey Borough and re-located to the Coles Park stadium of the Spartan South Midlands League club, founded in 1907, in White Hart Lane, Tottenham.

2000/2001 – 16 unbeaten League matches but finished third on goal difference. Eliminated two Greater London League sides in the Women's FA Cup.

2001/2002 – 9 unbeaten League games and promotion to the Premier Division as runners-up. The League Plate was garnered with a 4-1 victory over Cottenham United and a regional 5-a-side trophy.

2002/03 – we led the League for two weeks in mid-season, before finishing a comfortable 4th, retaining the regional 5-a-side trophy.

2003/04 – the team were rocked by a sudden spate of long-term injuries and departures of erstwhile regular players but with a late burst succeeded in preserving its Premier Division status.

2004/05 – the team appeared in the finals of five small sided competitions and finished in a safe mid-table position.

2005/06 – the Club progressed through two preliminary rounds of the Women's FA Cup finishing mid-table again and were finalists in the League Cup losing by a late goal against the League Champions Norwich City Canaries.

2006/07 – the team finished third despite a slow start and early dismissal from all knock-out competitions.

2007/08 – the team lost three long serving players to National Premier Division sides and played most of the season with a very small squad. Despite that the team had three London County Cup victories including victory over local rivals Tottenham Hotspur in the quarter final. We went on to reach another semi-final in the League Cup.

2008/09 – an extraordinary season where in mid-March relegation looked a likely outcome but an astonishing turnaround saw the team suffer only one defeat in the remaining 12 games and had that game been won, the runners-up spot would have been secured instead of 4th place.

2009/10 – notable for the 5-match run in the Women's FA Cup. In December, the team led the Premier Division and looked favourites to win the Championship but an unexpected deterioration in form finally resulted in a mid-table finish.

OUR HISTORY CONTINUED...

2010/11 – a very challenging season including loss of established players and a series of long-term injuries. The team saw several successful rounds in the Women's FA Cup but the lack of depth in the squad meant that relegation could not be avoided.

2011/12 – a slow start in Division One but as our campaign gathered pace we eventually finished second and thus earned promotion back to the Premier Division at the first attempt.

2013/14 – a major development took place when the Club was struggling midway through this season with the appointment of Steve Browne as Manager and he brought with him his highly successful S & T Academy Girls who in their mid and late teens were becoming too old to continue in Youth football.

2015/16 – mid-table position was easily secured.

2016/17 – the team were runaway League leaders only to be thrown off course at Christmas by the tragic early death of Manager Steve Browne on New Year's Day. After a shaky period we re-asserted ourselves to win the League Championship on the last day of the season and with it, promotion to the Women's Premier League. We followed that up by adding the League Cup with a 5-1 win to complete the double.

2017/18 – several of the top players were lost to USA Scholarships and other Premier League teams and a torrid time ensued in Division One South-East and the team returned to the Eastern Region League.

2018/19 – the team began to rebuild only to see the newly appointed manager accept a role in his home Country of Greece at Christmas. A new manager was appointed and the coronavirus pandemic put a premature end to the season with results being deemed null and void.

2019/20 – The appointment of Bob Cato, formerly of Derby County Ladies, Leicester City WFC and a former Haringey Borough player, has brought about much needed leadership and strategy to the team's play. A refreshed side with new players brought in through partnership with Haringey Girls Academy means that there is now a full pathway from Wildcats to Women's football and much needed depth in the squad with 30+ players at training every week.

2022/23 – the season started strong with a team consisting of predominantly under 18s. Borough remain a contender to win the league as well as reaching the quarter finals of the Capital Women's Cup having beaten tier 4 side London Seaward en-route. Borough narrowly lost out to tier 3 side London Bees whose clinical finishing in front of goal proved to be the deciding factor.

2023/24 - another strong season saw Borough finish 3rd place in the league convincingly beating league winners Real Bedford and Capital Womens Senior Cup runners up in addition to winning the 106 Yeomanry Regiment Royal Artillery Community 6-a-side Cup in the summer break.

2024/25 - an early exit from the WFA Cup meant a focus on league games. Despite injury, Boro finished 4th with striker Shawna Harvey scoring 25 goals. Boro also won the Harry Garrett 5 aside tournament in the close season.

MENS FIRST TEAM LEAGUE TABLE & RESULTS

Pos	Team	P	W	D	L	F	A	GD	PTS
1	Winslow United	34	25	3	6	87	40	47	78
2	Haringey Borough	35	23	8	4	92	38	54	77
3	Risborough Rangers	35	22	6	7	80	47	33	72
4	Biggleswade United	34	19	12	3	71	37	34	69
5	Kings Langley	35	21	4	10	79	41	38	67
6	Cockfosters FC	31	20	5	6	49	26	23	65
7	Tring Athletic	34	16	8	10	67	44	23	56
8	Sawbridgeworth Town	35	17	5	13	71	62	9	56
9	Harpden Town	34	14	7	13	75	61	14	49
10	Arlesey Town	36	15	4	17	56	60	-4	49
11	Wormley Rovers	36	15	3	18	56	67	-11	48
12	Colney Heath	35	11	8	16	42	55	-13	41
13	AFC Welwyn	33	11	7	15	47	55	-8	39*
14	Aylesbury Vale Dynamos	35	11	4	20	45	64	-19	37
15	Baldock Town	35	8	7	20	47	81	-34	31
16	Harlow Town	33	11	7	15	48	55	-7	30*
17	Potton United	36	6	10	20	40	74	-34	28
18	Kempston Rovers	34	6	7	21	34	74	-40	25
19	Dunstable Town	34	5	9	20	46	85	-39	24
20	Crawley Green	36	4	6	26	44	110	-66	18

Type	Date / Time	Home Team	Score	Away Team
PREM	24/03/26 19:45	Risborough Rangers	2-3	Haringey Borough
PREM	21/03/26 15:00	Haringey Borough	2-1	Winslow United
PDCP	17/03/26 19:45	Haringey Borough	3-2	Biggleswade United
PREM	14/03/26 15:00	Colney Heath	2-4	Haringey Borough
PREM	10/03/26 19:45	Aylesbury Vale Dynamos	0-0	Haringey Borough
PREM	07/03/26 15:00	Baldock Town	1-4	Haringey Borough
PREM	03/03/26 19:45	Kings Langley	0-3	Haringey Borough
PREM	28/02/26 15:00	Haringey Borough	2-1	AFC Welwyn
PREM	24/02/26 19:45	Harlow Town	3-6	Haringey Borough
PREM	21/02/26 15:00	Haringey Borough	5-0	Arlesey Town
PREM	17/02/26 19:45	Haringey Borough	2-1	Harpden Town
PREM	14/02/26 15:00	Kempston Rovers	0-1	Haringey Borough
PREM	07/02/26 15:00	Haringey Borough	3-0	Aylesbury Vale Dynamos
PREM	31/01/26 15:00	Haringey Borough	4-0	Potton United
PDCP	27/01/26 19:45	Colney Heath	1-3	Haringey Borough
PREM	24/01/26 15:00	Tring Athletic	3-1 (HT 2-0)	Haringey Borough

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