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**BEDFORD LADIES & GIRLS FC MAKE IT A CUP HAT TRICK AS THE U12S WIN THE BHWFL LEAGUE CUP**

*PROUDLY SPONSORED BY St Andrew’s Lodge &*

*The ZipYard Bedford, 76 High Street, Bedford, MK40 1NN, Tel: 01234 217771*

The League Cup Final between Bedford Ladies & Girls U12s and AFC Kempston Colts u12s started to an electric atmosphere.

Kempston started stronger and scored a cracking goal in the first ten minutes of the game, Bedford’s goalkeeper, Ketija Skapste did not stand a chance.

Antonia Mitchell, Bedford’s Coach, calmed the girls and reminded them to play passing football. Following a tactical change by the coach Bedford equalised the match to the roar of the fans, with the first of three goals from Alicja Olszanska.

Kempston kept pressing but just before half time Alicja scored her second.

The second half started with Bedford in command and they kept pressing but missed two more chances at goal. But it was was not long before Alicja scored the third of her well deserved hat-trick.

The whole team played well and the match ended with a 3-1 win to Bedford and another Cup win for the Club.

This is Antonia Mitchell’s second season at coaching this side having taken them on when she was only sixteen. In her first season the girls reached the finals and this year they claimed the trophy.

Antonia not only coaches the girls twice weekly and takes them for Saturday matches but also plays for Bedford Ladies Reserves and the First Team.

Bedford Ladies & Girls FC is a development Club and encourages all the girls to take up coaching and refereeing.

They train twice weekly and anyone interested in joining the Club please come along to our trials to be held Monday 19 and 26 May and Thursday 23 and 30 May at Westfield Middle School grounds, Chester Road from 6-7pm for 7-13 year olds and 6:30-dusk for 14s and up. If you would like to attend or want any more information on the Club please see our website Bedfordladies-girls.org or text to Annette on 07970 650 573

or Jill on 07850 054 631