

THE LOCOMOTIVE

INVERURIE LOCO LADIES MATCHDAY PROGRAMME



**INVERURIE LOCOS
VS
EDINBURGH
CALEDONIA**

ISSUE 1

SCOTTISH WOMENS FOOTBALL LEAGUE ONE

TEAM

	P	W	D	L	PTS
ARMADALE	11	9	0	2	27
BONNYRIGG ROSE	11	9	0	2	27
ST MIRREN	11	8	1	2	25
INVERURIE LOCOS	11	8	1	2	25
QUEEN OF THE SOUTH	11	6	0	5	18
DUNIPACE	11	5	0	6	15
EDINBURGH CALEDONIA	11	3	1	7	10
KILWINNING	11	1	5	5	8
AIRDRIE LADIES	11	2	2	7	8
GIFFNOCK SC	11	1	2	8	5
DUNDEE WEST	11	0	2	9	2

Last 5 matches Inverurie:

DUNIPACE H 5-2 W

DUNDEE WEST H 7-0 W

BONNYRIGG ROSE A 1-2 W

ARMADALE H 3-0 W

AIRDRIE A 1-2 W

Last 5 matches Edinburgh

GIFFNOCK SC A 2-1 L

DUNIPACE A 3-1 L

DUNDEE WEST H 3-0 W

BONNYRIGG ROSE A 4-0 L

ARMADALE H 1-6 L

FIRST MATCH AGAINST EDINBURGH CALEDONIA

MATCH SUMMARY:

We started the game well and created a few chances but wasn't able to take any of them and Edinburgh found themselves 2-0 up. First, following in on a cleared shot and then from a corner. We got a goal back from the penalty spot through Vikki. Edinburgh got the 2 goal lead back after a good shot from the edge of the box.

half time

1-3

2nd half

we quickly got back in the game, a cross by Leigh and set up by Cat to lay on Vikki to score. Vikki got us level after scoring another penalty and complete her hattrick. 2 corners got our 4th and 5th, both scored by Defenders , first Jodie and then Louise. Bethan rounded off the scoring after being set up by Charlie to conclude an excellent 2nd half,
Final Score 6-3

Veo Stats (Inverurie locos)

possession 71%

Shots 27

Goals 6

Penalties 2

SEASON UPDATE

VIEWS OF THE MANAGER

Over the summer we lost 8 players due to various reasons such as the travel to matches, moving to uni etc and I took the view of taking our time to replace them and to get quality in and finding the right players for how we play. We started the season with a top half finish as a target in our first season in championship league one.

We quickly found ourselves top of the league after winning our first 3 games and drawing the fourth after being in a winning position. 2 tough games against good opposition ended in defeat and saw us drop to fifth and 8 points behind the leaders. An excellent run of 5 wins beating the top 2 teams included in them, has seen us rise to 4th just 2 points off top. Our Scottish cup came to an end at the hands of Inverness Caledonian Thistle, a team sitting 2nd in the league above, in a game which could have gone either way.

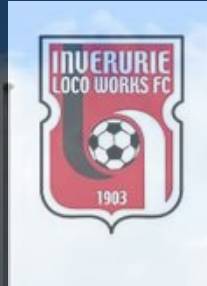
We did finally beat a championship team in a competitive game, beating Dryburgh to get us through the SWF national league cup semifinal to be played next year.

A great start to our life in the new league but with 3 other teams around us being very consistent and every game being very competitive, we need to keep improving and showing the same application if we want to progress this season. I believe we have a squad that can do it as long as we keep working hard to do this. We have a very young squad with the majority of the team 19 years of age or younger, so we will have dips but I always feel it is how we react to these that defines the team.

I'm looking forward to an exciting 2nd half of the season to see what it brings

Stuart

UPCOMING FIXTURES



**INVERURIE LOCOS VS GIFFNOCK
HARLAW PARK 19/01/2025**

**KILWINNING VS INVERURIE LOCOS
AWAY 09/02/2025**

**INVERURIE LOCOS VS QUEEN OF THE
SOUTH
HARLAW PARK 16/02/2025**

**INVERURIE LOCOS VS RENFREW LC
SEMI FINAL HARLAW PARK
23/02/2025**

SCOTTISH NATIONAL LEAGUE CUP

RESULTS:

GIFFNOCK 1 VS 4 INVERURIE LOCOS

SOPHIE 3, 47

VIKKI 4, 80

1/4 FINAL

DRYBURGH 0 VS 1 INVERURIE LOCOS

CHARLIE 120

SEMI FINAL: INVERURIE LOCOS VS RENFREW WOMEN
23RD FEB HARLAW PARK



TEAM MAIN SPONSOR

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BOLTING**



SUPPLIES

NORTH EAST BOLTING SUPPLIES

**OUR MAIN SPONSOR. BASED IN ALTENS, ABERDEEN,
SUPPLYING THE MAIN TEAM STRIP, TRAINING AND TRAVEL
KIT, ALSO FUNDING THE GENERAL RUNNING OF THE TEAM.
THEY SUPPLY BOLTS, NUTS, GENERAL FASTENERS AND
FIXINGS TO THE PUBLIC IN AND AROUND ABERDEEN, AS
WELL AS COMPANIES WORLDWIDE.**

THEY ALSO SPONSOR LOCOS NO.10 BETHAN WOOD

TEL: 01224 894700

EMAIL:STUART@NORTHEASTBOTING.COM



PLAYER PROFILE

ABI BURNETT

WHAT IS YOUR BEST MOMENT IN FOOTBALL?

SIGNING WITH INVERURIE LOCOS

DESCRIBE YOUR MATCH DAY PREPARATION

TO MAKE SURE I'M HYDRATED AND ALWAYS TO MAKE SURE I EAT A BANANA

WHAT IS YOUR FAVOURITE FILM AND FOOD?

HOME ALONE 2 AND A STEAK

WHATS THE BEST CONCERT YOU HAVE BEEN TOO AND WHAT MUSIC DO YOU LIKE?

LITTLE MIX AND MOSTLY POP MUSIC

WHAT FOOTBALL TEAM DO YOU SUPPORT AND DO YOU HAVE A PLAYER THAT YOU LIKE?

SCOTLAND NATIONAL TEAM AND ERIN CUTHBERT

WHAT A PERFECT NIGHT IN OR OUT FOR YOU?

A NIGHT OUT WITH MY FRIENDS



ABI HANDING
OUT MEDALS TO
THE YOUNG
COLONY PLAYERS
AT THEIR END OF
SEASON AWARDS
NIGHT



PLAYER PROFILE

ABI BURNETT

HOW DO YOU THINK YOUR TEAM MATES WOULD DESCRIBE YOU?
OUTGOING, FRIENDLY AND NICE

YOUR BEST MOMENT AT LOCOS SO FAR?
OUR OVERNIGHT STAY AT QUEEN OF THE SOUTH SPENT AS A TEAM

WHAT TEAM MATES WILL HELP CHEER YOU UP IF YOU WERE HAVING A BAD DAY?
LOUISE AND CHARLIE ARE ALWAYS EASY TO TALK TO AND PUT A SMILE ON MY FACE

FINALLY WHATS YOUR AMBITION FOR THE FUTURE?
WIN A STARTING PLACE AND GET MORE MINUTES

ABI'S SPONSOR
Michael Lawson

Michael
Lawson

Specialises in New builds, home extensions and renovations from full design to completion and fully project managed. Based in Westhill

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Mobile: 07710168263



CLUB NEWS

MANAGER WINS SWFL AWARD

Stuart received the award for The SWFL manager of the year. This was in recognition for his part in guiding the team to the unbeaten league title winning season and also reaching the league cup semi final.



GARIOCH SPORTS CENTRE

With continued use of facilities we will be playing matches at the new astro for games when Harlaw park isn't available and continued use for training, as well as using the gym for strength and conditioning sessions



YOUTH DEVELOPMENT

With our player pathway through Colony park we are giving the opportunity for them to join in the first team training, We are also expanding this to local talent. Kintore Girls got to play their final game of the season under floodlights at Harlaw park and players have also had the opportunity to train with us.





KEY SPONSOR:

MCLEISH IS AN AWARD WINNING FAMILY RUN CONVENIENT STORE ON THE HIGH STREET IN INVERURIE.

WITH A BIG CONTRIBUTION TO HELP KEEP THE MINIBUS ON THE ROAD AS WELL AS SUPPLYING DRINKS FOR THE TEAM ON MATCH DAY AND SPONSORING OUR #1 LILY GRAHAM.





#1 Lily Graham
Mcleish
Buckingham charles



#2 Morgan bailey
sponsor available



#3 Abbie gordon
Smg Safety



#4 Niamh Anderson
James milne



#5 Catriona Mckerell
Sobie Spark
Caledonian cooper



#6 Leigh Walsh
Sponsor available



#7 Courtney Shirran
Brufab



#8 Sophie Jamieson
Thomson partnership



#9 Antonia Adams
Cryozest



Assistant
Coach
Scott
Graham



Manager
Stuart wood



#10 Bethan Wood
North East Bolting Sup



#11 Freya Smith
Tek2 Hair and Nails



#12 Louise Proctor
Cryozest



#14 Isi Orlishausen
Sponsor Available



#15 Abi Burnett
Michael Lawson



#16 Daisy Wilson



#17 Sofia Ross
Ross Bakery



#19 Vikki Riddell
Cryozest



#20 Jodie Strachan
Motive



#22 Charlie Elliott
Mathieson school of dance
(Theatre of dreams)
Thomson Roofing



#23 Erin McKenzie
Cowie plumbing



#27 Emily Gallacher
Sponsor Available



Our 2nd visit to Spear Physio therapy at the Aberdeen sports villiage Using the VALD Performance Forcedecks and dynamometer to test the muscles and football specific dynamics movements. This information shapes S&C programmes and training going forward, and gives the players great feedback on the hard work done so far this season. Time is precious and information is power. This info helps players train smarter, hitting the key areas that are important for their performance



**SPEAR ALSO
SPONSORED OUR
PLAYERS JACKETS
FOR THIS SEASON
AND HELP WITH OUR
PLAYER REHAB.**



Jill Runcie Match-Day Photos





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SOCIAL, INFORMAL & ENJOYABLE
WEEKLY SESSIONS FOR 18+ WOMEN
OF ALL ABILITIES THAT DON'T
CURRENTLY PLAY FOR A TEAM

**EVERY TUESDAY 7PM TO 8PM INVERURIE ACADEMY
£2.00 PER SESSION. NEW PLAYERS WELCOME.
Contact: secretary@locoladies.com**

COLONY PARK GIRLS U18 AND 16'S RECRUITING PLAYERS UEFA C LICENSED COACHES TO AID DEVELOPMENT

Players Wanted



Colony Locos U18 Girls are looking to expand our current squad and are keen to recruit additional players in advance of the new season with a view to moving into ladies development football in 2025. Players of all positions will be considered.

We currently train on Monday and Wednesday evenings within Inverurie and surrounding area and will play matches at Strathburn Park in the new season.

Our coaches hold current SFA qualifications including UEFA C licence, SFA Grassroots Leader Award and SFA Goalkeeper Coaching Awards and are First Aid trained with full PVG checks completed.

If interested please contact Susan Raeburn
(suzraeburn78@gmail.com) / 07833 794614



New U16 Team for 2025 Season

Colony Park U16 girls are looking for new additions to their squad for the 2025 season. This is an exciting opportunity to work with a talented team, UEFA qualified coaches, and a player pathway to Inverurie Loco's Ladies team. Please contact girlsfootball@colonypark.org.uk for more information

PLAYER SURNAME WORDSEARCH

CAN YOU FIND ALL 20 PLAYERS? ONE PLAYER IS MISSING, FIND OUT WHO AND
EMAIL SECRETARY@LOCOLADIES.COM TO ENTER A PRIZE DRAW



CRYOZEST°

HAIR, HEALTH & WELLBEING



Sponsor:

One of our key sponsors is Cryozest. they help sponsor 3 players, Antonia, Louise and Vikki.

Based in Westhill, their facility boasts an hair salon and a cryo health unit. cryotherapy boosts performance as well as helping with a cool down before and after training. It also help with recovery after injury.

website: <https://cryozest.co.uk/>

email: enquiries@cryozest.co.uk



Key Sponsor:

SMG Safety is based in central Aberdeenshire in Inverurie and deliver First Aid/Mental Health training and Public Access Defibrillators. We have over 25 year's experience and are locally placed to provide you with excellent customer service. SMG SAFETY sponsor both home and away shirts as well as our #3 Abbie Gordon



IF ANYONE WANTS TO ADVERTISE IN THE NEXT PROGRAMME
PLEASE CONTACT SECRETARY@LOCOLADIES.COM