

Palace For Life Women's Walking Football

Highlights 2019



People's Cup 2019

Highlights included

- Sue discovering she is not only a great goal keeper but she enjoys it too
- Reaching the final stages and playing at St George's Park
- Despite playing below par and narrowly missing out on a semi-final place the team still managed to celebrate in style,
- Meeting Gareth Southgate



Still smiling after playing in the Fulham Foundation festival on one of the hottest days of the year



Supporting the Lionesses at Wembley



Together after playing in randomly selected teams at the Portsmouth Festival

Palace Player selected for England



Juliet was deservedly selected to play for the 40+ England Walking Football Team versus Wales in November this year. This was the very first England Match and she earned her first cap in a run away 7-1 victory. Let's hope it's the first of many appearances.

CONGRATULATIONS JULES!



Whilst Jules was playing in Wales for England, other members of the Palace For Life Walking Football Team played in a 5 a-side competition hosted by the Spurs Foundation. Although beating the eventual winners Arsenal 2-0 in the league stages we met them again in the semi-final stages only to lose on penalties after a 0-0 draw at full time.

Boot on the Other Foot

During the summer Niamh took over from Anton as the Palace for Life Walking Football coach. Along with volunteer Jack, Niamh has continued to help develop the team through fun and well planned sessions. To help boost numbers Niamh convinced her mum Mary to attend the weekly training sessions. After years of supporting Niamh through her football playing days, Mary is now accepting advice and encouragement from her daughter even to the extent of using discarded boots found in the loft...



What the players say...

'I have enjoyed making new friends and increased levels of fitness'

'I never thought I'd be starting to play football at my age! It's great fun, my fitness has improved and there is a fantastic team spirit'

'...After a particularly hard year it was great to find a team sport I could do with an amazing bunch of people which has helped me mentally as well as physically...

'..you can put aside the demands of work, family and life's ups and downs..it allows you to walk back into your house feeling better having had fun and shared laughter.'

'..I get a buzz being part of a team, playing the game I love, meeting new friends, learning new skills and getting the exercise I need-just love to play football'

Anyone interested in joining should contact
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THANK YOU PALACE FOR LIFE FOUNDATION

