**Women’s football – Sarah Adams**

**(Dan Lewis)**

Sarah Adams is set to stand down as manager of the women’s football team - just weeks after celebrating a league and cup double.

Glamorgan won every game as they cruised to the top of the Western 2B table, picking up the Western Conference Cup last month to round-off another successful season under the management of Adams.

After finishing second in both competitions in the 2011/2012 season, Adams used this disappointment as the key motivation to dominate both league and cup this time around – with a 10 – 0 victory against rivals Swansea sticking out as a personal highlight for the Bristolian.

Speaking to *GlamSport,* Adams said: “There was a clear motivation from the players that they were going to work hard to avoid the same disappointment as last season, and that desire to win shows in our results this year.

“My personal highlight was our victory over Swansea’s 1st team. For me this win highlights the hard work we have all put in over the last three years. Whereas four seasons ago it was us that faced a 10 – 0 defeat in the same fixture, it was now the other way around.”

“Though unfortunately this season will be my last as I feel I have taken the team as far as I can. I am massively proud of what we have achieved over the past three years and wish them all the best as they continue to grow.”

In Adams’ three years at the helm, football at Glamorgan in terms of female football has well and truly pushed on, with this season’s promotion the pick of the accolades. This is down to a number of long-term goals put in place by Adams, which in turn comes down to the hours of hard work carried out by her players.

“The standard of Female Football at Glamorgan has improved drastically in my time here,” Adams said.

“When I started I set a number of long term goals – the first of which was to increase the opportunity for females to participate in football at Glamorgan, which we have now done with the resent inclusion of a second team who have proved to be a solid side who will continue to improve.

“Secondly we set out a playing philosophy which we have stuck to and trained week-in week-out to give us that edge over other teams.

“Our success has not been down to luck or individual players it has been possible because of the hard work, determination and will to achieve from everyone, which has seen us triumph in both competitions.”

It was last month’s cup success which truly put the icing on the cake of what has been a memorable season for all involved in women’s football at Glamorgan. Scoring 20 goals without a single goal being conceded in the three rounds to the final, Glam not only won the cup, but won it in true style.

It culminated in the 8-0 victory against UWE, which the soon to be ex-manager again puts down to the organisation and hard work of her squad.

“We weren't tested with our opponents and sailed through until the final,” Adams continued.

We have played UWE twice in the league and have come out on top both times afters very tough competitive games, so we knew we would have to be organised and prepared to get the win.

“We worked hard in the weeks leading up to the game and this showed as the girls played incredibly and deserved the eight goal winning margin.”

The success of the women’s football team hasn’t gone unnoticed, with Adams’ side picking up the Team of the Year award at last month’s Glamorgan sport gala. Following the event, Head of Sport, Tudor Williams said: “Sarah has made a fantastic contribution to the Women’s football programme at the University.

“The results for the first team this year has been superb and Sarah has been extremely dedicated in her coaching of the team. For the first time this year we also had a second women’s team in the BUCS programme and they finished third in the league in their first season.

“I am very sorry that Sarah is stepping down this year after many years of commitment to the university football team. Sarah can be very proud of her achievements particularly this year winning the ‘double’ - getting the first team promoted, being unbeaten all year and having a successful second team.

“Sarah leaves the University team in very good health and I am extremely grateful for all her hard work.”