"I started playing football in primary school mainly kick arounds with my brothers, but took a more avid interest in my mid-teens. When I first started out not many girls played the game and I was often the only one, playing among the boys. Nowadays it's completely different with a lot more young girls taking part in the game. I think it's because there have been a lot of women that have lifted the taboo of playing the game, which has led to a lot more parents putting their daughters into football clubs, and therefore increased the level of grassroots activity in the game. Schools have also made the game more inclusive for young women. For me personally that's the thing I love about football the most, the inclusivity, anybody from any walk of life can relate to football."

"I have two footballing idols Ronaldinho and in particular Eni Aluko. I think that she has done a lot for young females by breaking down a lot of barriers, especially in the African and Caribbean community, where making a living playing football is still taboo. I'm really inspired by both her efforts and her mentality."

"I began coaching at 16, but I took it a lot more seriously when I studied at South Bank University. I was part of the South Bank Ambassadors team and learned to coach in a variety of different environments. I'm one of the football coaches at Football Beyond Borders Warriors. The Warriors team is a really interesting blend of women from every walk of life and many different abilities. The Warriors is very inclusive, it's for women who want to play fun competitive football. We're really looking forward to our forthcoming event at Champion Hill in May."

"International Women's Day is a great opportunity to celebrate the achievements of women around the world."



SUPPORTERS' TRUST



@renafootballfbb (coach)