

After a successful 2016, James Honeyman reflected on a year for the MK Dons Ladies that has left them in prime position to compete for promotion from the league, and perhaps even add a trophy to their cabinet.

Honeyman said: "We've won a big chunk of our games, I'm looking forward to the FA Cup game, I'm hoping to retain the County Cup and I really think we can push for promotion.

"Our last game against Stevenage Ladies puts us two points off top and into a situation where we're in a dogfight to go up."

The Dons ended their 2016 with a 2-0 win against Stevenage Ladies at Willen Road, a win that not only helped them in the league but kept the side's recent unbeaten run intact. In the last seven games of the year the Dons went unbeaten, and more impressively managed to win six of them. The Dons saw off Lowestoft Town Ladies, Ipswich Town Ladies and Denham United Ladies with brilliant performances during this period. The only game they failed to win in this dominant run was away to Actonians Ladies, who they achieved a well earned 1-1 draw against.

This spell of seven games also saw the Dons go further than ever before in the SSE Women's FA Cup, defeating Hemel Hempstead to qualify for the second round of the tournament. The Dons' first game of 2017 is their Women's FA Cup second round tie away to Coventry United Ladies on 8th January, where they hope to go even further in the contest.

Their recent unbeaten run still applies even if you exclude cup games out of the team's fixture list, having gone seven games unbeaten in the league as well. The Dons last tasted league defeat in September to local rivals Luton Town Ladies at Kenilworth Road, before getting revenge and beating them an impressive 5-1, only a week later.

Honeyman sees the loss to Luton Town Ladies as the turning point in the side's fortunes in 2016, as well as the 5-1 thrashing being the side's highlight of the year. He said: "I think beating Luton 5-1 at Willen Road was a highlight, we knew we let ourselves down the week before.

"The 5-1 game at Willen Road was a big moment for us, it allowed us to bury some demons and we were really impressive then."

The 5-1 win was not the only massive victory for the Dons in 2016, as the team found their goal scoring form this year. In the 18 games, across cup and league, the Dons have scored 64 goals while only conceding 24. Heather McDonnell ended 2016 as the leading scorer for the Dons, having bagged 14 goals in 16 games, with last season's top goal scorer Leah Cudone just behind her with 12 goals in 17 games.

The Dons will be hoping the goals from 2016 continue in 2017, when they travel to play Coventry United Ladies on 8th January in their first game of the year.