This was the last friendly before the league starts next week. If the game the previous week was an appetiser, then this match against a team from the league above was the main course.

OC ladies started with hunger launching attack after attack on the Richmond ramparts. Much was rebuffed, but three were not – Georgie, Liz and Katie R all took their chances well. With the OC midfield dominant, the defence tight and the attack on song, it felt like a home fixture going in to the break, 3-1 up.

Stunned in to action by the vibrancy of the lower league opposition, Richmond fought back in the 2nd period. But still OC's didn't wilt. Two goals were pinched back, but without ever achieving dominance. Yup passes went amiss as concentration cracked, but OC's weren't cowed by the lofty opposition.

A final score 3-3 seems scant reward for a decent display. But it was an away draw, and for most that's a result. New energy and new patterns have started to bear fruit. The summer 'rust' has been shaken off, skills are starting to hum and confidence is beginning to course the veins.

Surely just a pinch more fitness and a sprinkle of finesse are the only seasoning missing from making a memorable start to the season.