

# Cumberland FA

YOUR GAME, YOUR COUNTY FA...

## COUNTY VETERAN'S TROPHY FINAL 2022-23



**Friday 28 July 2023 | 7:00pm | Derwent Park**

**Northbank Veterans**

**v**

**Harraby Catholic Club Veterans**



**ENGLAND  
FOOTBALL**



# Cumberland FA

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## County Cups

### A Message from the Chief Executive Officer of Cumberland FA

On behalf of Cumberland Football Association, I would like to welcome you to the 2023 County Veterans Trophy Final.

The fact that I am writing this a little bittersweet for me as this would usually be the task of our late Chair Fred Conway, who we sadly lost towards the end of the 2022 and who we still miss dearly.

Fred was immensely proud of his being a part of Cumberland FA and most latterly his role as Chair, to which he dedicated a large part of his life, time, and energy towards various aspects of the grassroots game.

This was certainly the case when it came to our County Cup Competitions. He loved the fact that these competitions brought teams together from across the county. He loved the Finals and the opportunity to attend different grounds to catch up with and have a good crack with their volunteers, some of whom became close friends of his through this association. He also loved the competitive element and would often be heard telling anyone who would listen, and even some who would not, of his success as manager in leading Mirehouse AFC to three Sunday County Cup victories in a row. However, as competitive as he was, ensuring that the game was played within the right spirit and, whilst he didn't always agree with their decisions, respecting match officials was integral to his philosophy and character.

So on Fred's behalf I would to congratulate the teams who have made it to the Final and thank all of the club officials, team coaches, parents and supporters who will have worked tirelessly behind the scenes to allow the players to have the success on the pitch.

I would also like to thank the volunteers of the host venue Workington RL, who's support has enabled us to provide a suitable and fitting County Cup Final match day experience for this Final.

Finally, a special mention to the match officials who we wish to congratulate on their performances this season, which has led to their appointment to the final.

We hope all those in attendance have a good experience, although often this is very much dependent upon the result and play their part in ensuring that this year's finals are befitting of the memory of Fred.

Regards,  
Ben Snowdon



# Mr Fred Conway

**It is no understatement to say that Fred Conway's life was based around football and more specifically football within Cumberland.**

## Season 2022-23

### **Chairman**

John Rogerson

### **Vice Chairman**

Adam Pattison

### **Directors**

Steve Poole

John Taylor

Ian Parker

Adam Pattison

Jackie Hayhow

Ben Snowdon

### **Honorary Members**

Fred Dandy, Andrew Jenkins, Albert Murphy, John Taylor, Geoff Turrell, Jack Williamson, Tommy Jackson, Tony Barnett, Brian Taylor

### **Chief Executive & FA Representative**

Ben Snowdon

Cumberland Football Association  
Limited

Registered Office:

Unit 3 & 4, Tithe House, Station  
Street, Cockermouth, Cumbria CA13  
9QW

Email: [info@CumberlandFA.com](mailto:info@CumberlandFA.com)

[www.CumberlandFA.com](http://www.CumberlandFA.com)

As with most people his love of the game had been developed from his time playing.

Described as tenacious but talented player, his love affair with the game started when he began playing for the Boys Brigade before moving to Cockermouth Albion Under 18's where he won the Derwent Valley Junior League. His career then moved onto playing within the Wearside league for Marchon on a Saturday and he also had a successful spell at Calder Lions, and then Egremont Athletic in the Sunday League.

Well known for his strong opinions, he was never going to sit back quietly and let others lead, and so when, in the 1980s, an opportunity arose to join the Egremont & District Sunday League Committee he took it.

In the mid-80s Fred passed the basic referee course and registered as a referee. In the late 1990s Fred was elected onto the Cumberland County FA council and in 2004 he was nominated and subsequently voted in as Chair of The County FA.

**It was his position as Chair of Cumberland FA of which he was most proud, and he would often be heard telling new members of the County that the Cumberland FA badge meant more to him than anything else.**

**He was unique, which is why he will be irreplaceable.**

We are eternally grateful for all of your support, not only to the grassroots game as a whole, but also to those individuals within it and particularly the staff team at Cumberland FA.

And between you me and the gatepost, you didn't do bad, for how you commonly and tongue in cheek, referred to yourself, as 'a thick store-man'.

**Mr Chairman. You will be missed but most of all, on behalf of grassroots football and Cumberland FA,**

**Thank you.**



# Cumberland FA Cup Finals

## Season 2022-23



DATE	COMPETITION / VENUE	FIXTURE	OFFICIALS
Sunday 26 March	<b>Under 16 Girls County Cup</b> Cleator Moor Celtic FC	Abbeytown Juniors U16 – 3 Whitehaven AFC Juniors U15 – 3 <i>Abbeytown 5-3 on penalties</i>	Referee: John Burns Assistant Referees: Lillias Hodgson & Seb O'Reilly 4th Official: Jake Davidson
Sunday 26 March	<b>Under 16 County Cup</b> Cleator Moor Celtic FC	Carlisle City Juniors U15 – 1 Crusaders – 1 <i>Crusaders 5-4 on penalties</i>	Referee: Lee Tedford Assistant Referees: Harry Hufton & Austen Davidson 4th Official: John Burns
Tuesday 2 May 7:00pm	<b>Fred Conway Cumberland Cup</b> Carlisle United FC	Penrith AFC – 1 Workington AFC – 9	Referee: John Mulligan Assistant Referees: Kevin Mulraine & Matthew Rogerson 4th Official: Mark Hunter
Wednesday 3 May 7:00pm	<b>Women's County Cup</b> Penrith AFC	Carlisle United Ladies – 2 Penrith AFC Ladies – 2 <i>Carlisle Utd 3-2 on penalties</i>	Referee: Georgia Vyse Assistant Referees: Adrian Ashbridge & Craig Bennison 4th Official: Geoff Ellison





Friday 12 May 6:30pm	<b>Under 18 County Cup Penrith AFC</b>	Crown Newlaithes Juniors U17 - 1 Workington Juniors U18 - 9	Referee: Cameron Sealby Assistant Referees: Paul Stephenson & Christian Ndubuisi 4 <sup>th</sup> Official: Leigh Musgrave
Saturday 13 May 11:00 am	<b>Under 12 County Cup Keswick FC</b>	Cockermouth JFC U12 Cosmos - 0 Dalston Junior Black Reds U12 - 2	Frazer Sealby Ben Willis Tommy Linford
Saturday 13 May 2:00pm	<b>Under 14 County Cup Keswick FC</b>	Northbank Juniors U14 - 3 Whitehaven AFC U14 Blue - 4 <i>AET (2-2 at Full-Time)</i>	
Sunday 14 May 11:00am	<b>Under 12 Girls County Cup Keswick FC</b>	Silloth Juniors U12 Girls - 3 Whitehaven AFC U12 Blue - 1	Jade Taylor Sarah Smith Zara Sandelands
Sunday 14 May 2:00pm	<b>Under 14 Girls County Cup Keswick FC</b>	Northbank Juniors U14 Girls - 3 Unisun Athletic JFC U14 Girls - 0	



## TODAY'S MATCH OFFICIALS

COUNTY VETERANS TROPHY	
Referee	<b>Tommy Linford</b>
Assistant Referee	<b>Mark Kilgour</b>
	<b>Kevin Young</b>
Fourth Official	<b>Graham Turner</b>



# BE THE REFEREE

## Make a Difference to the Game

If you're thinking about taking up the whistle, remember, refereeing is a great way to:

- Give something back to the game you love
- Remain involved in the game after injury or retirement
- Play a vital role in ensuring players enjoy the game
- Increase participation in the sport and make new and lasting friends
  - For anyone aged 14+

Visit [www.CumberlandFA.com/referees/get-into-refereeing](http://www.CumberlandFA.com/referees/get-into-refereeing)

## BOOK NOW

### REFEREE COURSE IN CARLISLE

Monday 4 Sept & Tuesday 5 September 2023

10am - 3pm

VENUE: Carlisle City FC, Petheril Bank Road, Carlisle

**No alcohol or pyrotechnics or flares are allowed and in line with FA regulations action will be taken against Club's if this occurs at the final.**

## NEW PARTNERSHIP LAUNCHED

**Cumberland FA are delighted to team up with the British Heart Foundation to raise awareness of their fantastic work and promote the potentially lifesaving RevivR training across the Cumberland grassroots football community, as well as help raise vital funds for their ground breaking research.**

Beginning now, the partnership will initially span the 2023-24 season.

The partnership will see Cumberland FA provide a calendar throughout the season to support the understanding of health information linked to the heart as well as provide opportunities for Clubs, Teams, Match Officials and Individuals to get involved in fundraising and coordinate the grassroots football community into action.

As part of the partnership, Cumberland Clubs who are at the hub of their communities will have the opportunity to get involved by selling pin badges or housing collection boxes within their club houses (*"Buy a pint for a loved one" donations*) and / or become a hub for BHF charity shop donations collection.

These are just two ideas where there is potentially huge gains for the BHF with little additional work from the Club's themselves. In the midst of the cost-of-living crisis we're keen to offer our support to this vital charity without over burdening our Clubs. **If everyone can do a little, it can go a long way!**

All Clubs should have received an email about how they can get involved.



**[DONATE TODAY](#)**

**[CLICK HERE](#)**



**British Heart  
Foundation**

We're asking clubs across #CumberlandFootball to **Join The Wall** by signing our Positive Football Environment Club Commitment Statement



# JOINTHE WALL

THANK YOU TO THE CLUBS WHO HAVE SIGNED UP TO JOIN THE WALL & PROTECT OUR POSITIVE FOOTBALL ENVIRONMENT!

- |                               |                                 |                                |
|-------------------------------|---------------------------------|--------------------------------|
| ▪ Abbeytown JFC               | ▪ Flimby Social FC              | ▪ St Bees JFC                  |
| ▪ Abbeytown Ladies            | ▪ Gretna 2008 Walking Football  | ▪ Stanwix FC                   |
| ▪ AFC Carlisle                | ▪ Greystoke FC                  | ▪ Stanwix Bees                 |
| ▪ Allerdale Girls FC          | ▪ Kirkoswald FC                 | ▪ Sun Inn Athletic FC          |
| ▪ Alston Moor Football Club   | ▪ Langwathby United             | ▪ Sun Inn FC                   |
| ▪ Aspatria FC                 | ▪ Maryport Athletic             | ▪ Tubby FC                     |
| ▪ Aspatria Juniors FC         | ▪ Mirehouse AFC Juniors         | ▪ Workington Diamonds          |
| ▪ Aspatria Vets FC            | ▪ Moor Row FC                   | ▪ Workington Juniors FC        |
| ▪ Border City Greens          | ▪ Northbank FC                  | ▪ Workington Reds Ladies FC    |
| ▪ Carlisle Reivers FC         | ▪ Penrith Walking Football      | ▪ Whitehaven AFC               |
| ▪ Carlisle United Ladies FC   | ▪ Seaton FC                     | ▪ Whitehaven Miners Social     |
| ▪ Cleator Moor Celtic Juniors | ▪ Silloth AFC                   | ▪ Whitehaven Miners Social JFC |
| ▪ Creighton Rangers           | ▪ Silloth Juniors Football Club | ▪ Xtreme Ladies FC             |

@1pm  
Friday  
14 April  
2023



**In Cumberland 99% of our football played within leagues has been played without any report of misconduct.**

**However**, we are aware that the number of reports is slowly growing, and the perception of the game is under threat and so in order to ensure that we do not see incidents, that have been widely reported in other counties, here in Cumberland, we understand that we must continue to address the problematic few that display undesirable or unacceptable behaviours.

FIND OUT MORE:

<https://www.cumberlandfa.com/news/2023/apr/03/cumberland-clubs-join-the-wall>



## MORE REFEREE COURSES



Cost: £130

Price includes a whistle, flags, red and yellow cards, CFA Referee Registration, 2 years membership of the Referees' Association and the first FA DBS application (worth £10)

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Visit [www.CumberlandFA.com/referees/get-into-refereeing](http://www.CumberlandFA.com/referees/get-into-refereeing)

## BOOK NOW REFEREE COURSE IN PENRITH

Monday 14 August & Tuesday 15 August 2023

10am - 3pm

VENUE: Frenchfield Sports Pavilion, Penrith, CA11 8UU



## GREAT SAVINGS FOR CUMBERLAND FA CLUBS



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**NETS**  
& ACCESSORIES

This offer includes all ball stop and pitch divider netting!

PROUD TO SUPPORT CUMBERLAND FA  
VISIT [MHGOALS.COM](http://MHGOALS.COM) OR CALL 01502 711 298

## REFEREE ARMBAND INITIATIVE

The armbands act as a visual reminder to Coaches, Players and Spectators that the Match Official is New to Refereeing or a Child.

Ben Snowdon, Cumberland FA CEO commented on what the armband initiative brings to Cumberland Football:

“The armbands were devised as part of our commitment to Safeguarding. They act as a visual reminder to coaches, players and spectators that the individual wearing them are new to refereeing, have less experience and, like everyone else learning something new, will make mistakes.

**They support the FA Respect programme and our responsibility to creating the safe and positive environment that in turn leads to an enjoyable experience for all.”**



## RESPECT NEEDS YOU



**The FA's Respect Programme is based on a collective responsibility to promote what is good about football and deal with anything that diminishes the nation's favourite game.**

**Whether you're a Referee, a Player, a Coach, a Parent, a Spectator or a Club or League Official we all have a responsibility to create a fair, safe and enjoyable environment in which children can play football.**

**For more information visit <https://www.EnglandFootball.com/explore/inclusive->**

# **TEAM NEWS**

**The Route to the Final**

**Coach / Manager**

**Squad**

**A Short History**

**Team Photo**

**COUNTY VETERAN'S TROPHY  
FINALIST 2023  
NORTHBANK VETERANS**



**Route to the Final**

Round 1		BYE	
Round 2	NORTHBANK VETERANS	3 – 1	Creighton Rangers Veterans
Q/Final	Clubhouse Veterans	1 – 5	NORTHBANK VETERANS
Semi Final	Senhouse Street Veterans	0 – 1	NORTHBANK VETERANS

**MANAGER | Leo Amato      COACH | Carl Bateson**

**SQUAD:** Martin Purdie, Adrian Hodgson, Richard James, Andy Wood, Philip Harden, Joel Vilchez, Bruno Lapa, Leo Amato, William Osbourne, Shaun Allonby, Mike Vevers, Mike Edgar, Darren Burgess, John Henderson, Chris Kelleher, Scott McArthur



**This is the first year of Northbank Veterans having previously played under other names.**

**The Club originally dates back to 2013 under the name Howard Rangers. The Team will be hoping to pull off a cup upset in this year's final.**

# SUNDAY CUP FINALIST

2022 / 23

## HARRABY CATHOLIC CLUB VETERANS

### Route to the Final

Round 1		BYE	
Round 2	HARRABY CATHOLIC CLUB	3 – 1	Creighton Rangers Veterans
Quarter Final	HARRABY CATHOLIC CLUB	2 – 0	Silloth Veterans
Semi Final	ST Benedicts Veterans	0 – 3	HARRABY CATHOLIC CLUB

### MANAGER | Andrew Hewson

SQUAD: Andrew Casson, Dale Manura, Lee Hoolickin, Dan Greenslade, Kyle May, Martyn Blair, Chris Broome, Jamie Heath, David Hewson, Mark Boyd, Mike Brown, Ian Cumersky, Kyle Armstrong, Ryan Errington, Stephen Archibald, Aaron Taylor, Paul Noble, James Tose

Harraby Catholic Club Veterans were formed in 2015.

The Team are 6-in-a-row winners of the County Veterans Trophy!

The squad has still the same core set of players from 2015, but as some players finish their playing careers, others who come in, carry the same values as those who have left.



Manager Andrew Hewson said *“It goes the same for all Veterans teams in both the East and West Cumbria leagues, all games have a competitive edge, but we are all in it for the same reason, to carry on enjoying playing football together.”*



#UnlockYourIdentity

Put it Top Bins.

KITLOCKER

Formed in 2011, the **Ability Counts League** offers regular playing opportunities to disabled players aged 16 and over. Fixtures are held once a month between March and October, with teams from across Cumberland taking part at a central venue in Carlisle.

With continued support from Cumberland Building Society the League has been renamed 'The **Cumberland Ability Counts League**'

The Cumberland  
In partnership with



The **Cumberland Walking Football League** began across Cumberland in 2019 with players aged 50+ playing regular festival and league fixtures at central venues.

Contact [Ray.Sempill@CumberlandFA.com](mailto:Ray.Sempill@CumberlandFA.com) for more details or 07807 665543

# THE ANDREA BUGGY WOMEN'S LEAGUE

Every  
life  
matters



Supported by Every Life Matters, Cumbria

The 9 v 9 midweek league is played from April to September offering regular playing opportunities for girls and women aged 16 and over across the County.

For 2023 there are 11 teams playing weekly with almost 200 female players enjoying the format of the game.

It's open to all ages (16+) with many players returning to the game or starting their football journey in the League.

ENGLAND FOOTBALL  
LEARNING

## Stepping over the sidelines

Building confidence across historically underrepresented groups to take the step into coaching.

- Addressing pre-conceived ideas of what it means to be a coach.
- Highlighting key attributes and everyday skills that are transferable to coaching.
- Signposting towards next steps and potential opportunities.



The brand new 'Stepping over the Sidelines' workshop will be delivered across the county to support the recruitment of new female volunteers and coaches into the grassroots game.



## FOOTBALL FOR WOMEN AGED OVER 35

Cumberland FA have already delivered 2 FREE taster sessions giving women aged 35 and over an opportunity to come along in a friendly and fun environment to have a kick about.

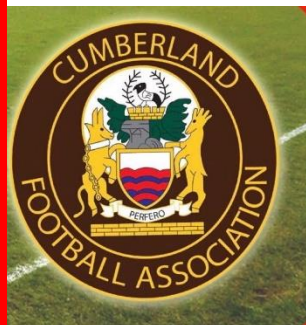
Any women aged 35 and over are invited to come along and play – with any experience welcome – the events are played in a friendly atmosphere as we aim to increase the number of playing opportunities for this age group.

The Cumbria Veterans League offers more than 500  
Over 35's an opportunity to play weekly  
throughout the summer months.

The League operates in two sections keeping the  
mid-week fixtures local while the League Cup and  
Cumbria Veterans Trophy offers cross county ties.

Get in touch if you're interested in 'pulling your  
boots back on in 2024!'

[Development@CumberlandFA.com](mailto:Development@CumberlandFA.com)



# Cumbria Veterans League

## THE JOHN TWENTYMAN SPIRIT OF CUMBERLAND FOOTBALL AWARDS

Nominations will close at 5pm on Friday 19th May

As part of our continued push towards ensuring a  
positive football environment for all involved  
within the game in Cumberland, we want to  
celebrate those who have displayed, through their  
actions, a truly memorable sporting moment that  
you believe deserves recognition.



These awards are open to all involved with an affiliated Cumberland clubs and you can nominate a club, a coach, a player, an official, a club or league volunteer, a spectator, a team or even a whole club, by completing a short nomination form outlining how they have demonstrated the true spirit of the game and why they merit a **John Twentyman Spirit of Cumberland Football Award**.

Nominations are now CLOSED.

THE WINNERS WILL BE ANNOUNCED IN DUE COURSE!

*Who encourages respect for  
players and supporters  
on your match days?*







**Every  
life  
matters** ...

[www.every-life-matters.org.uk](http://www.every-life-matters.org.uk)

**For the past couple of seasons, Cumberland FA have been working in partnership with Every Life Matters who promote suicide safer communities and provide bereavement support across Cumbria.**

We're asking Cumberland Teams to help raise awareness of Every Life Matters, Cumbria amongst players and volunteers as well as having the open conversations which could ultimately support someone in need.

### Every Life Matters Training Courses Summer 2023

<b>Suicide Awareness</b> Learn more about suicide and what we can all do to help ● Getting informed ● Being Aware ● Asking Directly ● Listening Carefully ● Building Support	<b>Supporting childrens mental health and wellbeing</b> <b>For Parents &amp; Carers</b> ● Mental Health ● Self-harm ● Suicide
<b>FREE Half Day Online Training</b> <b>Self-harm Alertness</b> ● Getting informed ● Cycle of self harm ● Coping Strategies ● Safe Plan	<b>FREE Half Day Online Training</b> <b>Emotional Resilience</b> Develop and enhance your own emotional literacy as a way to support others A Coursework With People Training Module Delivered by: <b>Every life matters...</b>
<b>FREE Half Day Online Training</b> <b>Suicide First Aid</b> Understanding Suicide Interventions <b>For people living or working in South Cumbria</b> Delivered by: <b>Every life matters...</b> Orange Button Training	<b>FREE Half Day Online Training</b> <b>Suicide Alertness</b> ● Getting informed ● Being Aware ● Asking Directly ● Listening Carefully ● Building Support ● Checking-in ● Looking after Yourself Orange Button Training
<b>FREE Two Hour Online Training</b> <b>Safety Planning</b> ● My Reasons for Living ● Making my Situation Safer ● My Warning Signs ● Lifting My Mood ● My Informal Support ● My Distractions ● Professional Support Orange Button Training	<b>Orange Button Training</b> Healthier Lancashire & South Cumbria

All these courses are fully funded for people living or working in Cumbria (except Youth MHFA which is heavily subsidised) and can be booked via:

[Every Life Matters Events | Eventbrite](#)

Almost £2000 has been raised by the grassroots football community across the county to support the local charity.

Find out more on how you can support your Club members and donate by clicking [HERE](#).

# First Aid Supplies for Grassroots Football at Discount Prices



RECORD | ANALYSE | The Veo Camera enables football clubs, (big & small) to record & analyse their matches automatically!

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veo

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A free online course to help you play  
a more active role in football.

[CLICK TO FIND OUT MORE](#)



**Playmaker**  
BY ENGLAND FOOTBALL



# Cumberland FA

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## County Cups

### TEAMS STATS

No.		Sub	Goal	No.		Sub	Goal

OFFICIALS	SUNDAY CUP
Referee	Tommy Linford
Assistant Referee	Mark Kilgour
	Kevin Young
Fourth Official	Graham Turner

Visit us at [www.CumberlandFA.com](http://www.CumberlandFA.com)

Find us on Facebook [www.facebook.com/cumberlandfa](https://www.facebook.com/cumberlandfa)

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