

Cumberland FA

YOUR GAME, YOUR COUNTY FA...

YOUTH WEEKENDER COUNTY CUP FINALS 2022-23



SATURDAY 13 MAY 2023

U12 Mixed County Cup

Cockermouth U12 Cosmos

v

Dalston Junior Black Reds U12

11:00am

U14 Mixed County Cup

Northbank U14

v

Whitehaven AFC U14 Blue

2:00pm

SUNDAY 14 MAY 2023

U12 Girls County Cup

Silloth U12 Girls

v

Whitehaven AFC U12 Girls Blue

11:00am

U14 Girls County Cup

Northbank U14 Girls

v

Unisun Athletic U14 Girls

2:00pm



**ENGLAND
FOOTBALL**



Cumberland FA

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 2022-23 Youth County Cup Weekender!

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 respective Finals 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 Keswick FC, who's support has enabled us to provide a suitable and fitting County Cup Final match day experience for these Finals.

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 finals.

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

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.

Ben Snowdon: *"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	Under 16 Girls County Cup 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	Under 16 County Cup 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	Fred Conway Cumberland Cup 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	Women's County Cup 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



SUNDAY CUP – RECORD BREAKERS

Inter Pirelli have won Cumberland FA Sunday Cup for the previous 4 season's, the first Cumberland Team to win 4 in a row – surpassing the feat of Mirehouse AFC (2004 – 2005 – 2006).

Sunday 7 May 11:00am	Sunday Cup Carlisle City FC	Inter Pirelli – 3 Scotby - 0	Referee: Ben Whitfield Assistant Referees: Colin Varty & Colin Heron 4 th Official: Waine Davidson
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STILL TO PLAY

Cumberland FA Cup Finals | Season 2022-23

Friday 12 May 6:30pm	Under 18 County Cup Penrith AFC	Crown Newlathes Juniors U17 v Workington Juniors U18
Saturday 13 May 11:00 am	Under 12 County Cup Keswick FC	Cockermouth JFC U12 Cosmos v Dalston Junior Black Reds U12
Saturday 13 May 2:00pm	Under 14 County Cup Keswick FC	Northbank Juniors U14 v Whitehaven AFC U14 Blue
Sunday 14 May 11:00am	Under 12 Girls County Cup Keswick FC	Silloth Juniors U12 Girls v Whitehaven AFC U12 Blue
Sunday 14 May 2:00pm	Under 14 Girls County Cup Keswick FC	Northbank Juniors U14 Girls v Unisun Athletic Juniors U14 Girls

THIS WEEKEND'S MATCH OFFICIALS

UNDER 12 COUNTY CUP

Cockermouth JFC U12 Cosmos v Dalston Junior Black Reds

Referee	Frazer Sealby
Assistant Referee	Ben Willis
	Oliver McMurdo
Fourth Official	Tommy Linford

UNDER 14 COUNTY CUP

Northbank U14 v Whitehaven AFC U14 Blue

Referee	Tommy Linford
Assistant Referee	Ben Willis
	Christian Ndubuisi
Fourth Official	Frazer Sealby

UNDER 12 GIRLS COUNTY CUP

Silloth U12 Girls v Whitehaven AFC U12 Blue

Referee	Zara Sandelands
Assistant Referee	Jade Taylor
	Jak Little
Fourth Official	Sarah Smith

UNDER 14 GIRLS COUNTY CUP

Northbank U14 Girls v Unisun Athletic U14 Girls

Referee	Sarah Smith
Assistant Referee	Jade Taylor
	Jak Little
Fourth Official	Zara Sandelands



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)

BE THE REFEREE

Make a Difference to the Game

In partnership with the local leagues, Cumberland FA are delighted to confirm an additional Referee course in June to support the recruitment of match officials for the older age groups and into adult football.

There is support available from the Carlisle Glass Longhorn Youth Football League for the cost of the course for attendees completing the course and officiating a set number of Sunday games for the CGLYFL.

Visit www.CumberlandFA.com/referees/get-into-refereeing

ADULT ONLY COURSE

DATES*: Tuesday 20 and 27 June 2023

TIMES – 6:00pm – 10:00pm | **VENUE** - Harraby 3G, Carlisle

*Attendance on both dates is essential

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 groundbreaking 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!**

Following the launch of the partnership, we will be communicating with Clubs to move forward in time for the new season.



[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!

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

@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



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

NEXT COURSE DATES

Course 1: Friday 14 July (5 – 8pm) & Saturday 15 July (10am – 4pm)

VENUE: • Workington (St Joseph's Catholic High School)

Course 2: Monday 24 July & Tuesday 25 July 2023 10am-3pm

VENUE: St Benedict's Catholic High School, Whitehaven

Course 3: Monday 4 Sept & Tuesday 5 Sept 2023 10am-4pm

VENUE: Gillford Park Stadium, Petteril Bank Road, Carlisle

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

Make positivity a permanent fixture in your football.

The FA For All RESPECT Nationwide

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->

MHGOALS

GREAT SAVINGS FOR CUMBERLAND FA CLUBS

When it comes to making goalposts, we are one of the industry leaders. Our goals are built, tested and delivered by our team of experts, guaranteeing you a perfect product, every time.

You may not be Premier League (yet!) but the goals you use can be. The goals we make for Premiership clubs and the goals we make for you are no different. Not sure which goal is best for you? Contact our knowledgeable sales team today.

20% OFF GOALS & LINE MARKERS

All pairs of aluminium and steel goal packages and all transfer wheel line markers, including the industry leading Dimple Marker.

10% OFF NETS & ACCESSORIES

This offer includes all ball stop and pitch divider netting!

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

TEAM NEWS

The Route to the Final

Coach / Manager

Squad

A Short History

Team Photo

UNDER 12 COUNTY CUP FINALIST

2022 / 23

COCKERMOUTH JFC U12 COSMOS



Route to the Final

Round 1	COCKERMOUTH JFC COSMOS	7 - 0	Seaton FC Village
Round 2	COCKERMOUTH JFC COSMOS	5 - 1	Calthwaite
Round 3	Mirehouse U12 Red	1 - 9	COCKERMOUTH JFC COSMOS
Q/Final	COCKERMOUTH JFC COSMOS	1 - 0	Crusaders U12
Semi Final	COCKERMOUTH JFC COSMOS	3 - 0	Unisun Athletic U12

COACHES | Paul Kitchin | Stephen Stewart, Gareth Hughes & Matt Taylor

SQUAD: Jack Smith, Harry Corrin, Tom Hughes, Sam Hughes, Matthew Smillie, Toby Kitchin, Sam Taylor, Bailey Lyttleton, Alfie Whitworth, Harry McNeil, Solomon Penman, Kian Stewart, Joe Ditchburn



Most of the players in our Cosmos team have been a part of the club since they were 6 years old. It has been a privilege to watch them all develop and grow over the years. Each player brings their own unique skills, qualities, and personality to the group. The current Cosmos squad was formed in preparation for U12's and they have certainly enjoyed their first season of competitive football together. Finishing runners up in both league competitions and losing out in the semi-final of the League Cup.

UNDER 12 COUNTY CUP FINALIST

2022 / 23

DALSTON JUNIOR BLACK REDS U12



Route to the Final

Round 1	Castletown Warriors	0 - 9	DALSTON JUNIOR BLACK REDS
Round 2	Cockermouth JFC Comets	1 - 8	DALSTON JUNIOR BLACK REDS
Round 3	Crusaders Blue	0 - 7	DALSTON JUNIOR BLACK REDS
Q/ Final	Kingstown United	2 - 7	DALSTON JUNIOR BLACK REDS
Semi Final	DALSTON JUNIOR BLACK REDS	3 - 0	Whitehaven AFC Blue

HEAD COACH | Neil Dickinson

SQUAD: Joey McRea, Oscar Smillie, Billy Price, Ollie Thwaites, Robson Campbell, Tim Fuggle, Harry Dickinson, Arthur Martin, Ollly Hurren, Codie Elliot, Thomas Dixon, Jake Wilson, Harry Medling (Cup Tied), Finn Nicholson

Coach Neil Dickinson:

“This team is the reason I got into coaching in the first place, coaching my son comes with challenges for both of us but the rewards and bond we have as a result far outweigh the negatives.

Since reception the main group have been together and has been added to over the years as the formats have required. The players and parents who have joined are all equally fitting to the team togetherness and ethos of fair play, hard work and desire to do well as a group. They work hard for each other and as a result the success they have is the result of this.”



UNDER 14 COUNTY CUP FINALIST

2022 / 23

NORTHBANK JUNIORS U14



Route to the Final

Round 1	NORTHBANK JUNIORS U14	BYE	
Round 2	NORTHBANK JUNIORS U14	H – W	Whitehaven AFC U13 Blue
Round 3	Castletown U14 Warriors	A – W	NORTHBANK JUNIORS U14
Q/Final	NORTHBANK JUNIORS U14	6 – 0	Cleator Moor Celtic U14
Semi Final	Calthwaite U14	0 - 2	NORTHBANK JUNIORS U14

COACHES | Lee Telford COACH | Graham Jackson

SQUAD: Alfie Archibald, Jack Davidson, Charlie Mcadam (capt), Gonçalo Reis, Theo Rankine, Mason McKenzie, Matthew Jackson, Patrick Boyce, Louie Titterington, Harry Doswell, Ewan Tedford, Jayden Ingleton, Jonathan Dunlop, Alfie Day, Charlie Dodd



This has been the first season as 11 a-side and for Northbank Juniors U14 it has been really successful! The team have won the League title for the first time and are in both the League and County Cup Finals.

Last year despite being only a 9v9 side in their local league the team reached the Quarter Finals of the County Cup beating 3 teams on route.

UNDER 14 COUNTY CUP FINALIST

2022 / 23

WHITEHAVEN AFC U14 BLUE



Route to the Final

Round 1	WHITEHAVEN AFC U14 BLUE	BYE	
Round 2	WHITEHAVEN AFC U14 BLUE	H – W	Cockermouth U13 Yellows
Round 3	St Bees U14	0 - 9	WHITEHAVEN AFC U14 BLUE
Q/ Final	WHITEHAVEN AFC U14 BLUE	9 – 0	Warwick Wanderers U14 Reds
Semi Final	Cockermouth U14 JFC	0 - 8	WHITEHAVEN AFC U14 BLUE

MANAGER | Craig Kitchen COACH | Graham Hodgson

SQUAD: Ciaran Hodgson, Finn Miller, 8. Ollie Kitchen, Charlie Ennis, Ace Savage, Billy Joe Towers, Tieran Donnan, Harvey Jay Shaw, Kaleb Crosby, Jake Taylor, Tyce Walmsley (C), Eddie Calvin, Quinn Ennis, Taylor Cueto, Evan Laverick, Tobias Ely (GK)

Coaches Craig Kitchen and Graham Hodgson have watched the team develop from U6's to League and Cup winner's last season. The team are keen to add their name to the County Cup.

Although the team has seen a lot of success over the years their focus is to develop well rounded young people with a positive attitude and high work ethic both on and off the field.



UNDER 12 GIRLS COUNTY CUP FINALIST

2022 / 23

SILLOTH JUNIORS U12 GIRLS



Route to the Final

Round 1	SILLOTH JUNIORS U12 GIRLS	BYE	
Round 2	Workington Diamonds White	2 - 6	SILLOTH JUNIORS U12 GIRLS
Q/Final	Penrith AFC Jets	0 - 2	SILLOTH JUNIORS U12 GIRLS
Semi Final	SILLOTH JUNIORS U12 GIRLS	6 - 0	Gillford Park Gillies

COACH | Peter Wise

SQUAD: Hannah Wise [C], Rebecca Slater, Bella Henderson, Phoebe Ferguson, Olivia Whyte, Rosie Morris, Freya Hagan, Rebecca Williamson, Grace Chennells



The Silloth U12 girls was founded in 2019 just prior to the Covid pandemic and joined the West Cumbria Youth League at U10's. The team was predominantly made up of girls new to football and through their training and determination have grown from strength to strength over the seasons.

Peter Wise commented "It's fantastic to see such great dedication and commitment from such a young team rewarded by reaching the finals of the County Cup, something as a Club, Coach and parents we are all extremely proud of."

UNDER 12 GIRLS COUNTY CUP FINALIST

2022 / 23

WHITEHAVEN AFC U12 BLUE



Route to the Final

Round 1	WHITEHAVEN AFC U12 BLUE	9 - 1	Cleator Moor Celtic Green
Round 2	WHITEHAVEN AFC U12 BLUE	6 - 2	Moor Row Black
Q/ Final	Cleator Moor Celtic U12	0 - 3	WHITEHAVEN AFC U12 BLUE
Semi Final	WHITEHAVEN AFC U12 BLUE	3 - 2	Allerdale Girls Jaguars

MANAGER | James Telford | COACHES | Steven Hewitt & Gay Frankland

SQUAD: Jasmine O'Hagan, Leah McLuskey-Towl, Ella Agnew, Bella Shackley, Morgan Leeson, Ava Lawson, Erin Heaney, Eva Frankland, Indie Hewitt, Sophie Sisson

James Telford commented:

Most of the girls have been together from Under 6's and are a fantastic group of girls. They are all great friends outside of football spending time together off the field.

They have been through an unbelievably difficult period last year when WAFC Coach Darren Buchanan suddenly passed away and left a big hole in the hearts of the girls. They went on to win the League last year in his memory and have continued to do him proud this year, falling a close 2nd in the league, semi-final of the League Cup and most impressively reaching the County Cup Final.



UNDER 14 COUNTY CUP FINALIST

2022 / 23

NORTHBANK JUNIORS U14 GIRLS



Route to the Final

Round 1	Penrith AFC Sapphires	1 - 9	NORTHBANK JUNIORS U14
Round 2	Unison Athletic U14 Yellow	3 - 8	NORTHBANK JUNIORS U14
Q/Final	NORTHBANK JUNIORS U14	4 - 2	Whitehaven AFC U14
Semi Final	NORTHBANK JUNIORS U14	5 - 1	Allerdale Girls Tigers

COACHES | Lee Robertson

COACH | Nick Wright & Mike Crowther

SQUAD: Ruby Hickson, Amy Robertson, Sarah Thompson, Eve Porter, Jasmine Crowther, Betsy Morgan, Izzy Moxon, Josie Wright, Niamh Denyer, Sadie Holliday



This team was created as a brand new Under 10 girls team following a major uplift in interest from girls wanting to get involved in the game.

The squad has evolved through the years with a core of the team being from the original U10's. New faces have come and some players have left however, they have adapted and formed strong friendships. Their first taste of success was winning the League at u12's. The girls have also fended off tight opposition this year to again be successful and be crowned League Champions. All the girls are really looking forward to being involved in their first County Cup final and enjoying the event.

UNDER 14 COUNTY CUP FINALIST

2022 / 23

UNISUN ATHLETIC JUNIORS U14 GIRLS



Route to the Final

Round 1	UNISUN ATHLETIC U14 GIRLS	BYE	
Round 2	UNISUN ATHLETIC U14 GIRLS	9 – 1	Stanwix U13 Hornets
Q/ Final	UNISUN ATHLETIC U14 GIRLS	H – W	Cleator Moor Celtic U14
Semi Final	UNISUN ATHLETIC U14 GIRLS	4 – 2	Cockermouth U13 Girls

MANAGERS | Simon Robinson & Will Elliott | COACH | Jonathan Knott

SQUAD: Alisha Whittaker (GK), Ella Farish, Lainey Johnson, Jess Russell, Lucie Robinson, Annaliese Newton-Kerr, Amie Elliott, Izzy Scott-Lamont, Katie Barbour, Hannah Ryan, Hollie Robinson, Sadie Roberts

UniSun Athletic Girls have had a successful history with many of the current U14 squad playing for the club from U7.

They regularly fight for honours and have won the Carlisle Glass Longhorn Youth League, several League cups and were in the County Cup final 2 years ago.


Several of the girls represented the club in the National Futsal finals in Birmingham having won the North West regional and Cumberland finals.





#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 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.

Two dates have been arranged – visit our website for details and to register.



Women's Over 35's Football

TURN UP & PLAY EVENTS

Sunday 21 May 2023
Carlisle: Harraby 3G (pens)
10:00 – 12:00pm

MORE DATES TO
FOLLOW!

Contact

Development@CumberlandFA.com or call Helen on 01900 511800 for more information or to register an interest



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!' 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**.

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





Every
life
matters ...

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

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

With the football season drawing to a close our partners Veo Camera are already getting ready for next season!

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