

# Cumberland FA

YOUR GAME, YOUR COUNTY FA...

## COUNTY VETERANS TROPHY FINAL 2024



Friday 13 September 2024

**Harraby Catholic Club Veterans**

VS

**Cleator Moor Celtic Veterans**



**ENGLAND  
FOOTBALL**



# Cumberland FA

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## County Cups

### A Message from the Chair of Cumberland FA

**On behalf of the Cumberland Football Association, I would like to welcome you to the 2024 County Veterans Trophy Final.**

Last season was my first in the role as Chair, and the County Cup finals are the pinnacle of the season. As Ben Snowdon, CEO, mentioned in his notes last year, and as another season passes, it would be remiss of us to further remember our late Chair, Fred Conway, who passed away almost 2 years ago. We all know just how much the County Cup's meant to Fred, having dedicated a large part of his life to the various aspects of the grassroots game.

I would also like to pay tribute to John Rogerson, who stepped in to the shoes of Chair, following the untimely loss of Fred. Steering the ship of the Cumberland Football Association following this, was never going to be an easy task, as we were left to pick up the pieces. However, John, with his experience, friendliness, and passion for the game (of course mentioning the walking football, which John is an instrumental figurehead in), he was able to lead us in one of our most challenging times as an organisation. John stepped aside as Chair formally at our AGM last year, but I would like to take this opportunity to pay tribute to his work and dedication to our beautiful game.

Congratulations to Harraby Catholic Club Veterans and Cleator Moor Celtic Veterans. Both teams will be looking for their first silverware of the season, and is a repeat of the 2019 Final.

A special mention to the coaches, volunteers and supporters for their unwavering dedication to grassroots football throughout the season, and I hope you enjoy the game. The game would not be possible without your support, hard work, and I thank you for all your sacrifices you have made over the season.

.....Continued.....



## **Season 2024**

### **Chair**

Adam Pattison

### **Senior INED and Interim Board Safeguarding Champion**

Jackie Rudd

### **Directors**

John Rogerson

Steve Poole

Ian Parker

Nigel Davidson

Ben Snowdon

### **Honorary Members**

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

To the third team on the field of play, the match officials, Dan Forbes, Colin Varty, Aaron Roberts and George Carter congratulations on your appointment, and best of luck for tonight's game. As an active match official myself, I know only too well how special these appointments are. They are earned on merit, performance, and availability throughout the season. Very best of luck for the game and for the next season!

**A special mention to our hosts today Penrith AFC for providing first class hospitality to our teams, match officials and spectators.** Our thanks to you all for looking after us, and for hosting the County Veterans Trophy Final. A huge thank you to your volunteers for their unwavering support to your club throughout the season. Clubs and communities are run on these unsung heroes, who make the match day experience possible, and without them too, this wouldn't be the game that we love.

Finally, I just wanted to say, that Football is for us all. We all have a part to play in the beautiful game to make this an enjoyable experience for all involved. **Irrespective of the result tonight, please make sure that we show the respect that the game deserves.**

Adam Pattison

Chair, Cumberland FA

**NO ALCOHOL, PYROTECHNICS OR FLARES are allowed to be brought into the ground and in line with FA regulations action will be taken against Club's if this occurs at the Final.**





# Cumberland FA Cup Finals

## Season 2023-24



DATE	COMPETITION / VENUE	FIXTURE	OFFICIALS
Sunday 24 March	<b>Under 16 Girls County Cup</b> Workington AFC	<b>Carlisle Lionesses - 2</b> Whitehaven AFC Juniors U16 – 1	Referee: Adam Sowden Assistant Referees: Benjamin Carini & Jacob Moore 4th Official: Lillias Hodgson
Sunday 24 March	<b>Under 16 County Cup</b> Penrith AFC	Whitehaven AFC Yellow – 2 <b>Workington Juniors Blacks - 4</b>	Referee: Leigh Musgrave Assistant Referees: Aaron Roberts & Rowan Johnstone 4th Official: David Colombi
Tuesday 23 April 7:00pm	<b>Fred Conway Cumberland Cup</b> Workington AFC	<b>Workington AFC – 1</b> Carlisle United FC - 0	Referee: Scott Henry Assistant Referees: Paul Stephenson & Michael Studholme 4th Official: Callum Black
Sunday 1 May 7:00pm	<b>Women's Cup</b> Workington AFC	Workington Reds Ladies - 1 <b>Penrith AFC Ladies - 2</b>	Referee: Craig Bennison Assistant Referees: Christian Ndubuisi & Claire Hebdige 4th Official: Ryan Dougan
Sunday 5 May 11:00am	<b>Sunday Cup</b> Workington AFC	<b>Parkside FC – 5</b> Northside FC - 3	Referee: Paul Stephenson Assistant Referees: Cameron Sealby & Austen Davidson 4th Official: Ian Millburn
Friday 10 May 6:30pm	<b>Under 18 County Cup</b> Penrith AFC	Workington Jnrs U17 Whites - 2 <b>Whitehaven AFC Juniors U18 - 3</b>	Referee: Trevor Bethwaite Assistant Referees: Ben Whitfield & Sarah-Jayne Smith 4th Official: Graham Young
Saturday 11 May 11:00 am	<b>Under 12 County Cup</b> Keswick FC	Crusaders U12 Blue - 2 <b>Workington Jnrs U12 Reds - 3</b>	Referee: Ben McDermott Assistant Referees: Matthew McClean & Jak Little 4th Official: Thomas Doswell
Saturday 11 May 2:00pm	<b>Under 14 County Cup</b> Keswick FC	<b>Stanwix Juniors U14 FC - 8</b> Windscale Juniors U14 Blues - 1	Referee: Thomas Doswell Assistant Referees: Matthew McClean & Jak Little 4th Official: Scott Taylor
Sunday 12 May 11:00am	<b>Under 12 Girls County Cup</b> Keswick FC	<b>Whitehaven AFC U11 Girls - 3</b> Stanwix U12 Girls FC - 1	Referee: Josie Wright Assistant Referees: Lillias Hodgson & Izzy Scott-Lamont 4th Official: Jade Taylor
Sunday 12 May 2:00pm	<b>Under 14 Girls County Cup</b> Keswick FC	Silloth Juniors U13 Girls - 3 <b>Unisun Athletic JFC U14 Girls - 5</b>	Referee: Jade Taylor Assistant Referees: Lillias Hodgson & Izzy Scott-Lamont 4th Official: Josie Wright



# Cumberland FA Cup Finals

## Season 2023-24



## TODAY'S MATCH OFFICIALS

SUNDAY COUNTY CUP	
Referee	Dan Forbes
Assistant Referee	Colin Varty
	Aaron Roberts
Fourth Official	George Carter

Harraby Catholic Club Veterans have appeared in the last 8 County Veterans Trophy Finals (*no competition in 2020 and 2021*) and have won every one!

The Carlisle based team have won the most County Cup Finals in a row (7) and will be going for an eighth straight victory this evening!

In their way are Cleator Moor Celtic Veterans, West League and Cup Winners from 2023!  
Tonight's game is a repeat of the 2019 County Veterans Trophy Final.

Both defending Champions Harraby Catholic Club and Cleator Moor Celtic Veterans finished runners up in the 2024 North/East and West League respectively.



*Cumberland FA would like to give a huge Thank You to our host's Penrith AFC for tonight's County Veterans Trophy Final!*







# Mr Fred Conway

**It is 20 months since the death of Fred and the Cumberland Cup Final was the second since the competition was named in his honour.**

Whilst it makes no sense, in all honesty reflecting back, the shock of his sudden passing seems like it was only yesterday, but at the same time it feels like it has been a lot longer than 20 months.

Don't get me wrong there have been a number of occasions during this time when him not being here has probably saved me an expletive based rant about something within the grassroots game that he, shall we say didn't quite like or agree with.

However, there have been so many more times when I would give anything for the door to my office to fly open and for a profanity laced exchange to occur.

It has understandably taken individuals and the County FA time to try and process the loss of Fred. However, more than anyone, he would want to ensure that life and more specifically the County FA and the grassroots game, which he devoted his life too, continued without him.

And, whilst I know he would not be happy with everything in the game at the moment, I hope and think that he would know that the influence he has had on the staff, board and wider grassroots football community, means that his desire to place the best interests of the game, and more specifically the interest of the game in Cumberland above anything else, continues to drive our shared passion and direction.

**The All Blacks Rugby Union team speak about being a good ancestor by planting trees that you'll never see, this follows the philosophy that we are all standing on the shoulders of giants and must take responsibility in playing our part in making a better future.**

They also receive a small black book when joining the team, which details on each page the jersey's of the All Black teams from the 1905 originals, right up to the modern day. These pages are layered with meaning. They remind you of the legacy you are about to step into.

**I think, in a way, this is why Fred loved the competition so much. It reminded him of the huge characters that have gone before him and their influence upon the principles, values, standards, and overall character of Cumberland FA.**

The next few pages of this book are left blank in order for you to write your legacy, or as the author James Kerr states within his fantastic book, Legacy, that, "It's time to make your mark. Your contribution. It's time to leave a legacy. Your legacy. It's your time."

**The final of the Fred Conway Cumberland Cup not only give us all a chance to reflect on Fred's impact, but to also ask ourselves what legacy will we leave to future generations.....**



**Words by Ben Snowdon**

# CUMBERLAND FA & BRITISH HEART FOUNDATION

Cumberland FA teamed 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.

The partnership throughout the 2023-24 season and we will continue to promote their tireless work.

The partnership enabled Cumberland FA to share information 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 got involved by selling pin badges or housing collection boxes within their club houses (*"Buy a drink for a loved one"* donations) and / or become a hub for BHF charity shop donations collection.

These are just two ideas where there are 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!**

#CUMBERLAND RESTART A HEART #RESTART A HEART  
#SAVE DONATE NOMINATE!



LADIES

Proud to support



British Heart Foundation

Proud to Support the British Heart Foundation with the 50 for 50 Campaign



U9 Whites

REDS LADIES



British Heart Foundation



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[CLICK HERE](#)



# BAZOOKA GOALS JOINS THE TEAM!

Get your 20% discount on all BazookaGoal products

BAZOOKAGOAL

DISCOUNTED PRICES ON  
SMALL-SIDED FOOTBALL GOALS

ORDER HERE

We're delighted to announce our new small-sided goal partnership, which benefits Cumberland Clubs and Players

Through our brand-new partnership with [BazookaGoal](#), Cumberland FA affiliated members (Clubs and Leagues) will be eligible to receive a **20% discount** on all BazookaGoal products!

BazookaGoal is a new generation solid frame pop up goal. It is ideal for skills training and is used by clubs and academies all over Europe.

## First Aid Supplies for Grassroots Football at Discount Prices



## 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-football/Respect>**



# **TEAM NEWS**

**The Route to the Final**

**Coach / Manager**

**Squad**

**A Short History**

**Team Photo**

# COUNTY VETERANS TROPHY

## FINALIST 2024

### HARRABY CATHOLIC CLUB VETERANS



#### Route to the Final

Round 1	Harraby Catholic Club Veterans	3 – 1	Museum Veterans FC
Round 2	Harraby Catholic Club Veterans	3 – 3 (Pens 8-7)	Carlisle City Veterans
Q/Final	Silloth FC Veterans	1 – 1 (Pens 4-5)	Harraby Catholic Club Veterans
Semi Final	Penrith Vets	2 – 5	Harraby Catholic Club Veterans

**MANAGER | Andrew Hewson**

#### TONIGHT'S SQUAD WILL BE CHOSEN FROM THE FOLLOWING PLAYERS:

Stephen Archibald	Richard Faustino	Tom Newton
Martyn Blair	Daniel Greenslade	Paul Noble
Joe Blaylock	Jamie Heath	Harvey Reay
Christopher Bowes	Andrew Hewson	Michael Reed
Jack Boyd	David Hewson	Barrie Robinson
Lewis Boyd	Lee Hoolickin	David Seggie
Mark Boyd	Stephen Hoolickin	Brett Swift
Christopher Broome	Dean Lamonby	Michael Swift
Michael Brown	David Lynn	Aaran Taylor
Alan Casey	Dale Maniura	James Tose
Andrew Casson	Kyle May	Stephen (Kyle)
Lewis Casson	Ian Milburn	Townsley
Ian Cumersky	Darren Moynan	Simon Tucker
Grant Davidson		Mark Worrall
Ryan Errington		





**Harraby Catholic Club Veterans were formed in 2015.**

**The Team are 7-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.”*

# COUNTY VETERANS TROPHY

## FINALIST 2024

### CLEATOR MOOR CELTIC VETERANS



#### Route to the Final

Round 1	Aspatia Veterans	1 – 5	Cleator Moor Celtic Veterans
Round 2	St Benedicts Veterans	2 – 3	Cleator Moor Celtic Veterans
Quarter Final	Cleator Moor Celtic Veterans	9 – 0	Moor Row Veterans
Semi Final	Silloth Veterans	1 – 6	Cleator Moor Celtic Veterans

**MANAGEMENT | Bryan Bowes and Dave Hall**

**TONIGHT'S SQUAD WILL BE CHOSEN FROM THE FOLLOWING PLAYERS:**

Craig Devine (GK)	John Murphy	Damien Skillen
Tom Sharpe (GK)	Gary George (Capt)	Martyn King
Barry Fowler	Craig Padley	Rob Fowler
Ben Bateson	Mark Callan	Michael Fidler
Jamie Devine	Carl McGrady	Leigh Dunn
Gareth McCarron	Barry Armfield	Gareth Evans
Darren Johnston	Micheal Stones	Steve Grieve
Peter Maxwell	Stuart Shaw	Glen Meagan
Phil Coyles	David Byers	Mark Connery
Glyn Edwards	Wayne Grove	Ryan Woods
Seb Zurek		





Cleator Moor Celtic Veterans were formed in 2017 and have won the West Veterans League on 5 occasions since they were formed.



#UnlockYourIdentity

Put it Top Bins.

KITLOCKER

Formed in 2011, the Adult **Ability Counts League** offers regular playing opportunities to disabled players aged 16 and over. The Junior section began the monthly fixture programme in 2019 following some fantastic work from the local Club network offering youth players the opportunity to play regularly.

We're delighted to welcome onboard Komatsu this year to support the Leagues which have been renamed '**The Komatsu Ability Counts League**'

Fixtures are held once a month between March and October, with teams from across Cumberland taking part at a central venue.

The Adult Komatsu Ability Counts League has had another successful season, with the Junior Komatsu Ability Counts League providing playing opportunities for U8s, U12s and U16s.

**KOMATSU**  
Creating value together



Ability  
Counts  
League





# A FEW WORDS

## Les 'Ted' Sharkey

Today also marks the day the football community say goodbye to Ted Sharkey.

Les, who was commonly known within the footballing community as Ted, will be well known to lots of people having fulfilled various roles throughout his long and distinguished involvement with the game.



Ted was heavily involved with Thornhill FC as both a player and behind the scenes. He was also involved for a long period of time as the press officer for The Cumberland County League and his business sponsored a few local leagues, **including the Cumbria Veterans League**. However, he will probably be best known for his time as the matchday physio for Workington AFC, a position that gave him great pride and the opportunity to run out, onto the pitch at his beloved Borough Park.

After leaving this position and following some 'gentle' persuasion from a long-term friend (Fred Conway), who was also the manager of The CFA U18 Representative Side and just happened to also be The CFA Chair, Ted took on the role of physio for the Cumberland FA's youth team.

This saw him becoming a mainstay of the backroom staff for the U18s side, travelling all over the country for Northern Counties and FA County Youth Cup Fixtures, often accompanied by supplies of mars bars and Lucozade sport that he had taken from the store he ran in Egremont. His time coincided with what was reported as the most successful period in modern times for the County Representative side, including reaching the final of the Northern Counties Competition in the 2013-14 season. During his time with the County Squad his role was so much more than that of physio. He was a trusted adult who the players could openly and honestly speak to. He was a motivator, speaking to the players on the bench and preparing them for their role in the game ahead. He was often a peacemaker, defusing situations when emotions could run high, but equally he was on rare occasions instructed to be a Firestarter tasked with delivering some 'constructive feedback' to the match officials or opposition coaches as, informed by Mr Conway, 'they aren't going to send the physio off are they?' Most importantly he was there, bringing with him his personality, his passion, and his sincerity, making him an indispensable part of creating a positive environment that will have unquestionably impacted so many players across the grassroots game and beyond.

Alongside his role as physio, Ted also became an FA tutor delivering first aid courses for the County FA in line with its Coach Education Programme. Motivated by his passion for people, he delivered courses right the county providing vital knowledge to those involved in the game around planning for emergencies and giving them the basic skills to save a life should it be required. Something he had, had to do himself following a game at Borough Park when he provided CPR to a supporter, ultimately saving their life.

Due to ill health Ted stepped down from his CFA roles and was subsequently made an Honorary member of The Cumberland FA, in recognition of his service to the County.

***"He will be truly missed but not forgotten by those who knew and loved him."***

# 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 2024 there are 10 teams played 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 '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 this month – visit our website for details and to register.



## FOOTBALL FOR WOMEN AGED OVER 35

Almost 80 women took part in the recent Nat Broad Physiotherapy Over 35s Cup in Penrith!

'Veterans' age women can now access playing opportunities across the county!

Since March 2023 with more than 150 women have played in a 'Just Play Centre' delivered by Cumberland FA. The Centre's in Carlisle, Penrith, Workington and Whitehaven are now run by a selection of volunteers to make them sustainable! A centre in Brampton will also be running through the winter.

**The sessions are a perfect way to get some exercise, have some laughs and meet new people.** 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.

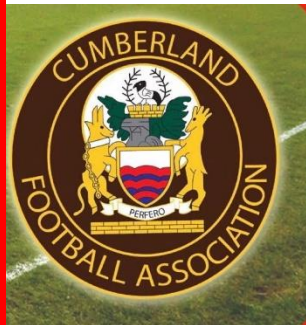
Contact [Helen.Aitchison@CumberlandFA.com](mailto:Helen.Aitchison@CumberlandFA.com) to find out more



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!' [info@CumberlandFA.com](mailto:info@CumberlandFA.com)



# Cumbria Veterans League



## Cumberland FA Walking Football Programme 2024

### SEASON OPENER FESTIVAL TEAM ENTRIES

Carlisle United Blues  
Carlisle United Greens  
Cockermouth

Gretna Walking Football  
Millom Ironworks  
W AFC Strollers  
Workington St Joseph's Blue  
Workington St Joseph's Black

The Cumberland FA 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 01900 511800

If you'd like to join a team or find out more email [Development@CumberlandFA.com](mailto:Development@CumberlandFA.com) or call Ray on 01900 511800



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Every  
life  
matters ...

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

For a number 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

**FREE Bitesize Online Training**  
**Suicide Awareness**  
Learn more about suicide and what we can all do to help

- Getting informed
- Being Aware
- Asking Directly
- Listening Carefully
- Building Support

**FREE 1 Hour Information session**  
**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 Eventbrite or For in-house sessions or other enquiries [training@every-life-matters.org.uk](mailto:training@every-life-matters.org.uk)

[Every Life Matters Training](http://Every Life Matters Training)

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](#).



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



## Veo Cam 3

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## RECORD | ANALYSE

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

Cumberland FA Clubs, Coaches, Teams and Members are entitled to claim a £200 discount on the purchase of a Veo camera through our strategic partnership.



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Create the best environments  
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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



# What would you do if somebody's heart stopped?

Many of us will witness a cardiac arrest in our lifetime.  
Be ready for that day.

Learn CPR in 15 minutes  
for free with just your mobile  
and a cushion.

Scan the QR code or visit  
[bhf.org.uk/revivr](https://bhf.org.uk/revivr)

RevivR™



## **RECORD BREAKERS**

Harraby Catholic Club Veterans have won the most County Cup Finals in a row  
(7) in Cumberland!

2023 v Northbank (5-0), 2022 v Carlisle City (1-0), 2019 v Cleator Moor Celtic (6-0), 2018 v Wethersheaf Wetheral (4-1), 2017 v Carlisle City (4-1), 2016 v Creighton Rangers (2-1) and 2015 v Hall Park Hotel (2-0)

Inter Pirelli FC have won 4 Sunday Cup Final's in a row  
2018-19 (v Bransty Rangers), 2019-20 (v Northside), 2021-22 (v AFC Scotby) and 2022-23 (v AFC Scotby)

Mirehouse AFC have won 3 Sunday Cup Final's in a row (2004 – 2005 – 2006).



