

# Cumberland FA

YOUR GAME, YOUR COUNTY FA...

## COUNTY CUP FINALS 2023-24

Sunday 24 March 2024



### **GIRLS UNDER 16 COUNTY CUP FINAL**

**CARLISLE LIONESSES V WHITEHAVEN AFC U16 GIRLS**

**2:00 pm | Borough Park, Workington AFC**

### **MIXED UNDER 16 COUNTY CUP FINAL**

**WHITEHAVEN AFC YELLOW V WORKINGTON JUNIORS BLACKS**

**2:00pm | Frenchfield Park, Penrith AFC**



**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 2023/24 County Cup Final.**

This is my first season 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 just over a year ago. Fred loved the County Cup finals at all levels. They showcase the fantastic talent we have in the County at all age groups.

At this stage, I would also like to pay tribute to John Rogerson, who stepped into 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 this year, but I would like to take this opportunity to pay tribute to his work and dedication to our beautiful game.

On behalf of all of us at the Cumberland Football Association, I would like to congratulate the six teams involved in today's fixtures. With two Cup Finals in two venues, it should be a fantastic afternoon of football! Firstly, to the four teams who have made it this far in the competitions. I wish all finalists the best of luck in the final. A special mention to the coaches, volunteers and parents 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.

To the third team on the field of play, the match officials. Congratulations on your appointments, and best of luck for today's game, and I hope you enjoy the 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 two host Clubs today, 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 Cup finals. A huge thank you your volunteers for their unwavering support to your club throughout the season. Clubs and communities are run on these unsung hero's, 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 today, please make sure that we show the respect that the game deserves.

Football is for us all!

**Adam Pattison, Cumberland FA Chair**

## ADVICE FOR ANYONE HAVING A HARD TIME

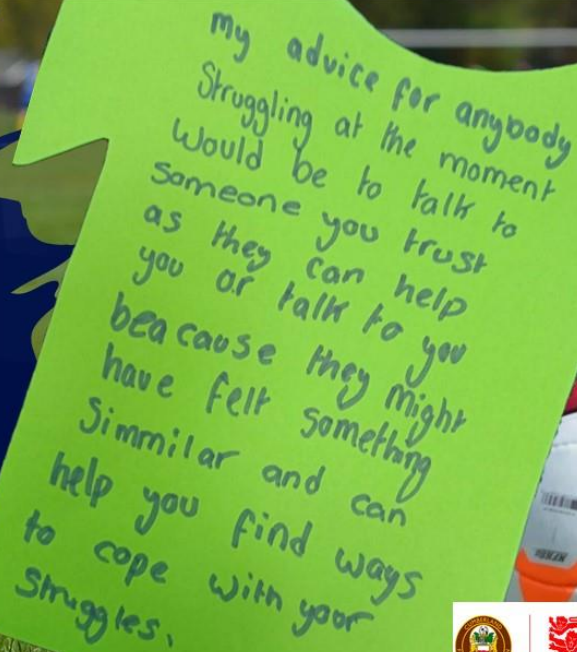
During our recent consultation with children, we asked them:

What advice they would give to other kids if they were having a hard time.

### WHO TO TALK TO:

- Talk to your Coach
- Talk to your Parents / Carer
- Talk to your Teammates / Friends
- Talk to your Teacher
- Ring Childline on 0800 1111

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



my advice for anybody  
Struggling at the moment  
Would be to talk to  
Someone you trust  
as they can help  
you or talk to you  
because they might  
have felt something  
Similar and can  
help you find ways  
to cope with your  
Struggles.



# Thank You

*Cumberland FA would like to give a huge  
Thank You to our host Venue's for today's  
County Cup Finals!*

*Thank you to **Workington AFC** for hosting the Girls  
County Cup Final at Borough Park and to **Penrith  
AFC** for welcoming the Under 16 Mixed County Cup  
Finalists to Frenchfield Park!*

# TODAY'S MATCH OFFICIALS

## Season 2023-24

### 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

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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)

OFFICIALS	UNDER 16 GIRLS CUP
Referee	Adam Sowden
Assistant Referee	Benjamin Carini
	Jacob Moore
Fourth Official	Lillias Hodgson
OFFICIALS	UNDER 16 MIXED CUP
Referee	Leigh Musgrave
Assistant Referee	Aaron Roberts
	Rowan Johnstone
Fourth Official	David Colombi



# GRASSROOTS FOOTBALL AWARDS



**It's time to celebrate the people who make Grassroots Football in Cumberland great for everyone!**

**NOMINATE BEFORE 3 APRIL 2024!**

Visit [www.CumberlandFA.com](http://www.CumberlandFA.com) for more details

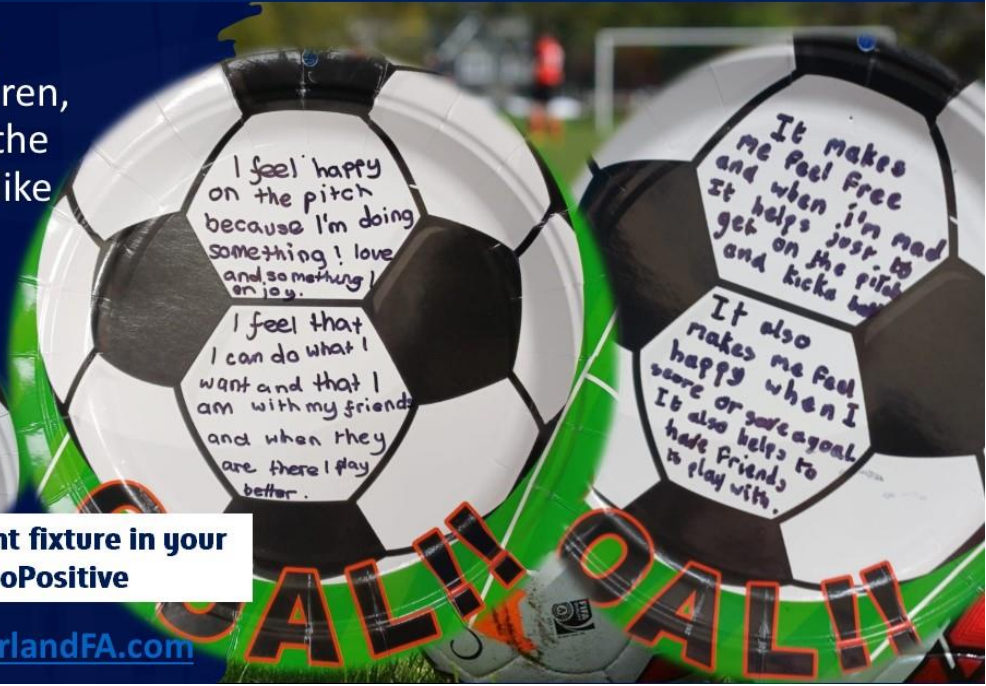
## **THE CATEGORIES**

- Coach of the Year – Female, Male and Disability pathway
- Grounds Team of the Year
- Club of the Year
- Match Official of the Year
- Young Volunteer of the Year
- New Volunteer of the Year
- The Lioness Award
- Positive Football Environment Award



# #WeOnlyDoPositive in Cumberland

During our recent consultation with children, they told us some of the POSITIVE things they like about football.....



**Make Positivity a Permanent fixture in your Football! #WeOnlyDoPositive**

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

We consulted with youth players in Cumberland and asked them several questions about their experiences in football.

Here's some of the feedback we received.

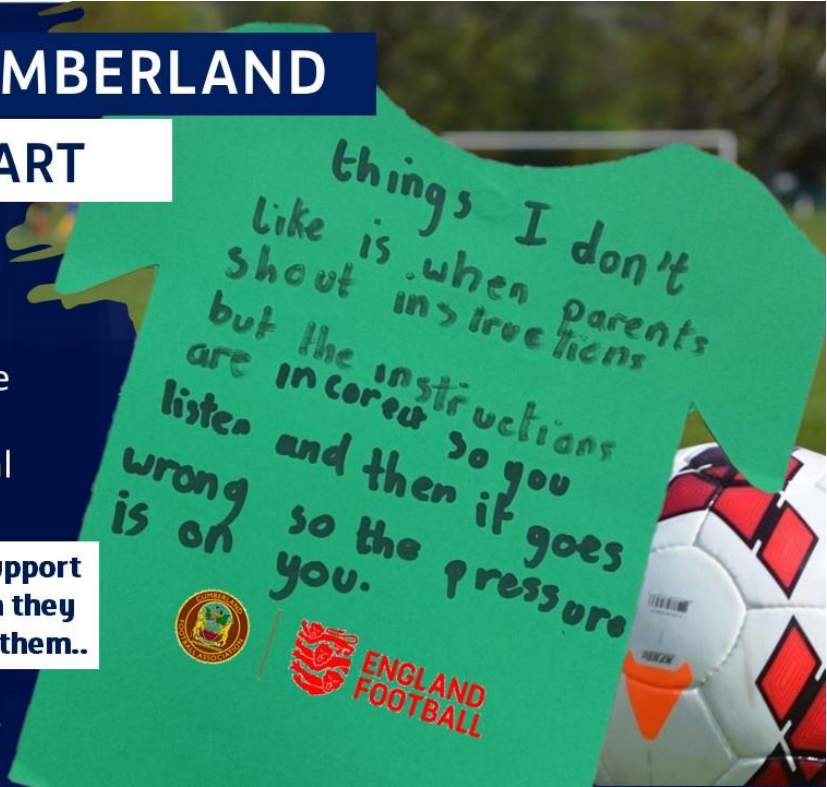
## SPECTATORS in CUMBERLAND

### PLAY YOUR PART

During our recent consultation with children, they overwhelmingly told us that "Excessive shouting and pressure from the side lines is what NEGATIVELY impacts their mental well being the most!"

**We're calling on ALL SPECTATORS to support the Mental Wellbeing of children when they are playing THEIR game by listening to them..**

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



## 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>**

# CUMBERLAND FA & BRITISH HEART FOUNDATION

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.

The partnership has been ongoing throughout the 2023-24 season.

The partnership has meant Cumberland FA has shared 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 have the opportunity to get 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!**

Email [Development@CumberlandFA.com](mailto:Development@CumberlandFA.com) for your Club to get involved!

#CUMBERLANDRESTARTAHEART #RESTARTAHEART  
#SAVEADONATEADONATE



Proud to support



British Heart Foundation



LADIES



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



U9 Whites



REDS LADIES



British Heart Foundation

[DONATE TODAY](#)

[CLICK HERE](#)



# **TEAM NEWS**

**The Route to the Final**

**Coach / Manager**

**Squad**

**A Short History**

**Team Photo**

# UNDER 16 GIRLS CUP FINALIST

2023 / 24

## CARLISLE LIONESSES



### Route to the Final

Round 1	Stanwix JFC U16 Hornets	0 - 3	Carlisle Lionesses
Quarter Final	Carlisle Lionesses	H-W	Moor Row Juniors U16 Girls
Semi Final	Whitehaven AFC U15 Girls	1 - 7	Carlisle Lionesses

COACHING TEAM | Lee Robertson | Will Elliott | Mike Crowther

SQUAD: Ruby Hickson, Eve Porter, Amy Robertson, Lucie Robinson, Jess Russell, Katie Barbour, Niamh Denyer, Izzy Scott Lamont, Jasmine Crowther, Amie Elliott, Izzy Moxon, Sadie Roberts, Josie Wright

**Carlisle Lionesses were formed at the beginning of the 2023/2024 season following a merger between the UniSun Athletic and Northbank Girls' teams who faced each other in last season's Under 14 Girls County Cup Final.**

**In their first season the girls achieved a respectable 3rd place finish in the first phase of the Andrea Buggy Under 16 league.**



# UNDER 16 GIRLS CUP FINALIST

2023 / 24

## WHITEHAVEN AFC U16 GIRLS



### Route to the Final

Round 1	<b>Whitehaven AFC U16</b>	BYE
Quarter Final	Workington Diamonds U16	1 - 7 <b>Whitehaven AFC U16</b>
Semi Final	<b>Whitehaven AFC U16</b>	6 - 3 Allerdale Girls U16 Tigers

**HEAD COACH | Rob Campbell**

**ASSISTANT COACHES | Paul Greeson | Mark Kegg | Graham Gill**

**SQUAD:** Lauren Glynn, Amber Jackson, Molly Blair (Captain), Ava Greeson, Lilia Gill, Erin Duffy, Millie Clark, Katie Kegg, Sophia Conway, Ella Beadsmoore, Destiny Campbell, Emily Llewelyn, Kacey Currie, Aisha Sandwith, Aarleah Robertson, Molly Butler, Abbie Kegg

The team began at Under 7 and the majority of the team has been together from very early on, including 3 of the 4 players to attend the first ever training session of the team. The County Cup is a competition the girls have enjoyed playing in over the years, and this will be their 4th time reaching the Final in 5 attempts, having previously won it as U12s and U14s and Runners up in Penalty Shoot Out as U15s.

The girls have done numerous charity events over the years raising thousands of pounds for both Macmillan Cancer Support locally and for the Staff of the Covid Wards at West Cumberland Hospital.

This will be the second to last game as a youth team after today with the Premier League Cup Final in April as the last one. The team were this week crowned Champions of the Andrea Buggy Under 16 Girls Spring Premier League!



**KOMATSU**  
Creating value together



Ability  
Counts  
League



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.

The Junior Komatsu Ability Counts League begins this weekend, with U8s, U12s and U16s taking part in the festival!

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



## Women's Over 35's Football

### TURN UP & PLAY EVENTS

Sunday 14 April 2024  
Lakes College, WORKINGTON | 2-3:30pm

Sunday 21 April 2024  
Penrith AFC, PENRITH | 10:30am - 12

Sunday 28 April 2024  
Harraby 3G, CARLISLE | 3 - 4:30pm

Sunday 12 May 2024  
Harraby 3G, CARLISLE | 3 - 4:30pm

Sunday 19 May 2024  
Energy Coast UTC, WORKINGTON | 10 - 11:30am



**MORE DETAILS  
& REGISTER** →

Contact

[Development@CumberlandFA.com](mailto:Development@CumberlandFA.com) or call  
Helen on 01900 511800 for more information



SCAN ME

## JUST TURN UP AND PLAY

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.

# UNDER 16 MIXED CUP FINALIST

2023 / 24

## WHITEHAVEN AFC U16 YELLOW



### Route to the Final

Round 1	<b>Whitehaven AFC U16 Yellow</b>	9 - 3	Maryport Amateurs U15
Round 2	<b>Whitehaven AFC U16 Yellow</b>	6 - 0	Whitehaven AFC U15 White
Round 3	<b>Whitehaven AFC U16 Yellow</b>	4 - 1	Maryport Athletic U16
Quarter Final	<b>Whitehaven AFC U16 Yellow</b>	4 - 0	Cockermouth JFC U16 Real
Semi Final	Northbank Juniors U16	3 - 6	<b>Whitehaven AFC Yellow</b>

**MANAGER | Paul Smith**

**COACH | Stephen Kitchen & David Hodgson**

**SQUAD:** Matthew Derbyshire, Kane Davidson, Corben Irvine, Alex Kitchen, Keenan McKay, Charlie Hodgson, Bradley Colaluca, Lennon Pearson, Joe Carney, Kian Larmour, Jake Thompson, Finn McAllister, Donovan McAlone, Alfie Cornish, Dylan Moore

**The majority of team has been together from the age of 5 and is made up of all local lads. The team have won the West Cumbria Youth League 3 time and have been County Cup Champions too.**

**The team are also proud of winning the ESF UK Tournament at St Georges Park**



# UNDER 16 MIXED CUP FINALIST

2023 / 24

## WORKINGTON JUNIORS U16 BLACKS



### Route to the Final

Round 1	Castletown Juniors U16 Warriors	A-W	<b>WORKINGTON JUNIORS BLACKS</b>
Round 2	Aspatria Juniors U15	A-W	<b>WORKINGTON JUNIORS BLACKS</b>
Round 3	<b>WORKINGTON JUNIORS BLACKS</b>	5 - 0	Carlisle Centurions U16
Quarter Final	Unisun Athletic Juniors U16	0 - 2	<b>WORKINGTON JUNIORS BLACKS</b>
Semi Final	<b>WORKINGTON JUNIORS BLACKS</b>	2 - 1	Gillford Park JFC U16 Gillies

**MANAGER | Malcolm Allison**      **COACH | Chris Rosser**

**SQUAD:** Trent Taylor – GK, Harrison Telford - vice captain, Fletcher Sewell – captain, Cameron Allison, Jayden Fulton, Kenley Curwen, Kylan Durham, Dan Rosser, Connor Bell, Miller Wilson, Jaiden Tallantire, Liam Routledge, Jay Thompson, Danny Stewart, Cañar Cakmak, Lewis Fleming

**The team was formed in 2013 as Under 7s and most of the players have stayed with the team through to the Under 16s.**

**The team were last season's Under 15s West Cumbria Youth League Champions.**



**Manager Malcolm commented “We are excited to be part of the County Cup final this year and I'm sure all the lads will enjoy the day and occasion.”**

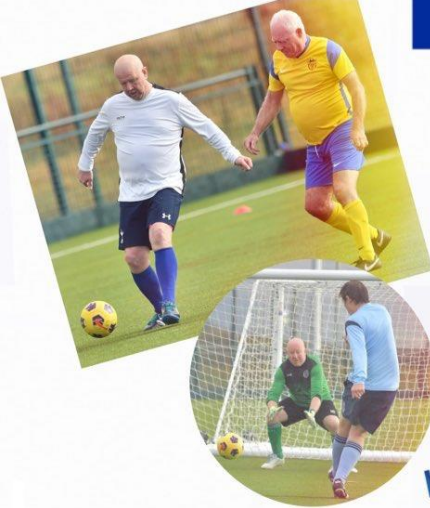
The Cumbria Veterans League offers more than 500 Over 35's an opportunity to play weekly throughout the summer months.

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](mailto:Development@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

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

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



## 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.

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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](http://MHGOALS.COM) OR CALL 01502 711 298



Put it Top Bins.

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#UnlockYourIdentity

## GET IN TOUCH

If you're interested in joining a team or starting your own team, then please contact us on [Development@CumberlandFA.com](mailto:Development@CumberlandFA.com) or call us on 01900 511800

## 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 13 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.





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 Collaborating 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...**
- FREE Half Day Online Training**  
**Suicide Alertness**
  - Getting informed
  - Being Aware
  - Asking Directly
  - Listening Carefully
  - Building Support
  - Checking in
  - Looking after Yourself
- 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**

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://EveryLifeMattersTraining.org.uk)

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](#).

# KOOL PAK<sup>®</sup> + SPORT FIRST AID

First Aid Supplies for Grassroots  
Football at Discount Prices

New  
products  
available for  
the 2023/24  
season

## "IS YOUR FIRST AID KIT MATCH FIT?"

Koolpak has teamed up with your County FA to offer you special discounted prices for our best-selling First Aid essentials so that you are prepared for when you need to treat an injured player

\*Prices include VAT.



Original Ice Pack  
From 78p per pack



Kool Spray  
£2.64



Ice Bag  
£3.94



Elasticated Adhesive  
Bandage  
From £1.38



Team Sports  
First Aid Kit  
£27.76

BEST  
SELLER



Visit the Koolpak Web Portal via the link on the County FA website, to see the full range of products available at great discounted prices

## Veo Cam 3

veo

- ⌕ HDR Video Quality
- ⌕ 5G Streaming
- ⌕ Crisp Sound Quality
- ⌕ Improved Strength & Durability

[Get a discount](#)



## 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.



## BOOK YOUR PLACE ON INTRODUCTION TO COACHING FOOTBALL

Complete the course online and  
at your own pace

Gain confidence and build your  
coaching skills

Create the best environments  
for fun and inclusive football

Just scan the QR code  
to get started:



Or visit: [learn.englishfootball.com](https://learn.englishfootball.com)



### 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

**2 DATES confirmed for The ‘Stepping over the Sidelines’ workshop to support the recruitment of new female volunteers and coaches into the grassroots game.**

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

**CLICK TO FIND OUT MORE**



**Playmaker**  
BY ENGLAND FOOTBALL

An exciting NEW partnership will be announced NEXT week  
to support small sided football!

#StayTuned



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





# 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](http://bhf.org.uk/revivr)

**RevivR™**





# Cumberland FA

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# County Cups

## TEAMS STATS

No.		Sub	Goal	No.		Sub	Goal



Visit us at [www.CumberlandFA.com](http://www.CumberlandFA.com)  
Find us on Facebook [www.facebook.com/cumberlandfa](https://www.facebook.com/cumberlandfa)  
Follow us on Twitter and Instagram @CumberlandFA