

Cumberland FA

YOUR GAME, YOUR COUNTY FA...

WOMEN'S COUNTY CUP FINAL 2023-24



Wednesday 1 May 2024

**Workington Reds Ladies
v
Penrith AFC Ladies**



**ENGLAND
FOOTBALL**



Cumberland FA

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 Women's 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. We all know just how much the County Cup competitions 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 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.

Congratulations to Workington Reds Ladies and to Penrith FC Ladies for making it to the final. Both the teams played each other in the FA Cup earlier this season in a close and tight affair, so we expect the game to be similar this evening.

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.

.....Continued.....



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

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, Craig Bennison, Christian Ndubuisi, Claire Hebdige and Ryan Dougan, congratulations on your appointment, and best of luck for today'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 Workington 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 Women's County Cup 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 today, please make sure that we show the respect that the game deserves.

Adam Pattison

Chair, Cumberland FA



Cumberland FA would like to give a huge Thank You to our host's Workington AFC for today's Women's County Cup Final!

Workington AFC will be hosting all 3 Senior Finals this season!



Cumberland FA Cup Finals

Season 2023-24



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



TODAY'S MATCH OFFICIALS

| WOMEN'S COUNTY CUP | |
|--------------------|--------------------|
| Referee | Craig Bennison |
| Assistant Referee | Christian Ndubuisi |
| | Claire Hebdige |
| Fourth Official | Ryan Dougan |

Workington Reds Ladies are currently 5th in the North West Women's Regional League Division 1 North and are unbeaten in 9 matches going into this evening's County Cup Final.

Penrith AFC Ladies are on course to finish runners up in the North West Women's Regional League Division 1 North and have won 4 in a row including the County Cup Semi-Final.

This will be the fourth meeting of the two teams this season, with Penrith AFC Ladies winning all three (1 League games and The Women's FA Cup tie).

In 2018-19 Workington Reds Ladies and Penrith AFC Ladies played a fantastic **County Cup Final at Brunton Park**, home of Carlisle United FC in front on 357 supporters. The Reds equalised with almost the last kick of the game to take it into extra time and then they went on to win 5-4 on penalties!

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.

Mr Fred Conway

It is coming up to 18 months since the death of Fred and the recent 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 18 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."

Last week, 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 have 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 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 for your Club to get involved!

#CUMBERLANDRESTARTAHEART #RESTARTAHEART
#SAVEADONATEADOMINATE!



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British Heart
Foundation



LADIES



U9 Whites



REDS LADIES



British Heart
Foundation



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Get your 20% discount on all BazookaGoal products

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**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](https://www.bazookagoal.co.uk/), 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

WOMEN'S CUP FINALIST

2023 / 24

WORKINGTON REDS LADIES



Route to the Final

| | | |
|------------|-------------------------------|-------------------------------------|
| Q/Final | WORKINGTON REDS LADIES | BYE |
| Semi Final | Abbeytown Ladies | 0 – 4 WORKINGTON REDS LADIES |

MANAGER | Paul Mackenzie

COACH | Rebecca Scott

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

Beatrix Barber
Olivia Bennett
Sophie Birkett
Hayley Bracken
Lauren Campbell
Leah Cottier
Linzi Donaldson
Sophie Douglas
Naomi Foster
Hannah Geen
Megan Hay
Chloe Henderson
Keeley Holliday
Natalie Hooper

Laura Ivison
Alice Kemp
Eleanor McDonald
Morgan McGrady
Laura Miller
Olivia Paice
Holly Redmond
Jessica Reid
Hannah Ridgewell
Sarah Smith
Helen Wagstaff
Kayce Whineray
Rowan Williams
Megan Yarnold

This season Workington Reds Ladies supported our British Heart Foundation partnership through our 50 for 50 programme and donated £50 towards the vital fundraising from their programme sales and raising awareness!

Thank you!





Workington Reds Ladies FC was formed in 2012 beginning life in the Cumbria Women's League before gaining promotion to the North West Regional League, North.

More than 90 players have been associated with the Club during this time, and the figure will increase next season when the club launches its first ever Reserve Team competing in the Lancashire Women's Football League.

Workington Reds Ladies FC have won the Women's County Cup twice, in 2015-16 (*defeating Carlisle United 1-0*) and 2018-19 (*winning 5-4 on penalties against tonight's opponents Penrith AFC Ladies after the score was 2-2 AET*).

This evening's Cup Final will be the last time the players take to the field wearing the red strip and representing Workington Reds Ladies FC. At the beginning of next season, the club will change their name to Workington Town Women FC and will adopt blue and white as their home colours.

WOMEN'S CUP FINALIST

2023 / 24

PENRITH AFC LADIES



Route to the Final

| | | | |
|---------------|---------------------------|-------|---------------------------|
| Quarter Final | Stanwix Ladies | 0 - 7 | PENRITH AFC LADIES |
| Semi Final | PENRITH AFC LADIES | 2 - 1 | Carlisle United Ladies FC |

HEAD COACH | Jamie Fitzwilliam

ASSISTANT COACH | Georgia Smethurst

GOALKEEPER COACH | Mark Slee

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

Kim McCormick (capt)
Georgia Campbell
Cara Dubson
Jodie English
Heather Fawkes
Abbie Forster
Ellie Gallacher
Carly Green
Chloe Grisedale
Stacey Harkness-Grant
Hope Lawson
Emily Mason
Jess Nelson
Chloe Patterson
Sharena Robinson
Charlotte Smith
Kayleigh Wharton



Formed in 2000 following a number of taster sessions to gauge interest in the women's game, the enthusiasm, energy and passion has seen Penrith AFC Ladies play their 24th season in the North West Regional League.

The Team sits at the top of the Club with girls from Under 6 to Under 16 training and / or playing regularly with a women's development team bridging the gap between girls and women's football.

The Ladies now play their home games on the newly laid 3G Astro turf pitch at the Leo Group Stadium (Frenchfield Park), the home of Penrith AFC.

Penrith AFC have won the Women's County Cup four times, winning three in a row from 2012 to 2014 and then more recently in 2021-22.

To date Penrith AFC Ladies have played 597 competitive games, winning 322 of them. The club has given more than 200 females players the opportunity to play women's football.

Current captain Kim McCormick leads the way having played an amazing 335 matches for the club while Lily Gaulton tops the scoring records with 332 goals in only 224 matches. (Lily scored her 324th goal in the 2018-19 Women's County Cup Final against Workington Reds Ladies at Brunton Park)



Put it Top Bins.

KITLOCKER.COM

#UnlockYourIdentity

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 initial seeding event took place last month with the first League fixture event taking place on Tuesday 14 May.

The Junior Komatsu Ability Counts League has begun with U8s, U12s and U16s taking part in the opening festival in Penrith last month – and this month we saw the most participants ever in #Event2 !

KOMATSU
Creating value together



**Ability
Counts
League**



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 12 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 '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 summer – visit our website for details and to register.



ENGLAND
FOOTBALL

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
Lakes College, WORKINGTON | 11am – 12:30pm



MORE DETAILS
& REGISTER

Contact

Development@CumberlandFA.com or call
Helen on 01900 511800 for more information



SCAN ME

FOOTBALL FOR WOMEN AGED OVER 35

Cumberland FA have delivered 15 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 since March 2023 with more than 100 women taking part across the county.

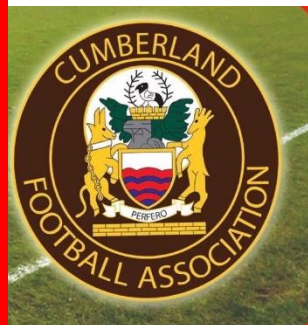
The sessions are a perfect way to get some exercise, have some laughs and meet new people. Women aged 35 and over are invited to come along and play – with any experience welcome.

The events are played in a friendly atmosphere as we aim to increase the number of playing opportunities for this age group.

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



ENGLAND
FOOTBALL

Cumberland FA Walking Football Programme 2024

SEASON OPENER FESTIVAL TEAM ENTRIES

Carlisle United Blues
Carlisle United Greens
Cockermouth

Gretna Walking Football
Millom Ironworks

WAFC 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

for more details or 01900
511800

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



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Every life matters...

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 Continuing 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 Emotional 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

[Every Life Matters Training](http://www.every-life-matters.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](#).

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



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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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Complete the course online and
at your own pace

Gain confidence and build your
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Create the best environments
for fun and inclusive football

Just scan the QR code
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a more active role in football.

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What would you do if somebody's heart stopped?

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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

RevivR™



© British Heart Foundation 2022, a registered charity in England and Wales (225572) and Scotland (SC039426)

**For the first time, BBC Radio
Cumbria will be providing online
coverage of the 2023-24 Women's
County Cup Final!**

 Live on @BBCSport website and app

 Match reaction on @BBCSounds





Cumberland FA

County Cups

TEAMS STATS

| No. | | Sub | Goal | No. | | Sub | Goal |
|-----|--|-----|------|-----|--|-----|------|
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| OFFICIALS | FRED CONWAY CUMBERLAND CUP |
|-------------------|----------------------------|
| Referee | Craig Bennison |
| Assistant Referee | Christian Ndubuisi |
| | Claire Hebdige |
| Fourth Official | Ryan Dougan |

Visit us at www.CumberlandFA.com

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