

# Cumberland FA

YOUR GAME, YOUR COUNTY FA...

## YOUTH WEEKENDER – COUNTY CUP FINALS

2023-24

SATURDAY 11 MAY 2024

**U12 Mixed County Cup**  
Crusaders U12 Blue

v

**Workington Juniors U12 Reds**  
11:00am

**U14 Mixed County Cup**  
Stanwix Juniors U14 FC

v

**Windscale Juniors U14 Blues**  
2:00pm

SUNDAY 12 MAY 2024

**U12 Girls County Cup**  
Whitehaven AFC U11 Girls Blues

v

**Stanwix U12 Girls FC**  
11:00am

**U14 Girls County Cup**  
Silloth Juniors U13 Girls

v

**Unison Athletic JFC U14 Girls**  
2:00pm



**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 County Cup Weekender.**

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 Finals 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 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 12 teams involved across the weekend fixtures. Firstly, to the eight teams who have made it this far in their respective competition. I wish all playing teams the best of luck in their 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.

.....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, congratulations on your appointment, and best of luck for your game this weekend. 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 Keswick FC 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 Weekender.

A huge thank you 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**

**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



# STILL TO PLAY

## Cumberland FA Cup Finals | Season 2023-24

Friday 10 May 7:00pm	<b>Under 18 County Cup</b> Penrith AFC	Workington Juniors U17 Whites v Whitehaven AFC Juniors U18	Referee: Trevor Bethwaite Assistant Referees: Ben Whitfield & Sarah-Jayne Smith 4 <sup>th</sup> Official: Paul McDermott
----------------------------	---	--	---

## The Weekend.....

Saturday 11 May 11:00 am	<b>Under 12 County Cup</b> Keswick FC	Crusaders U12 Blue v Workington Juniors U12 Reds
Saturday 11 May 2:00pm	<b>Under 14 County Cup</b> Keswick FC	Stanwix Juniors U14 FC v Windscale Juniors U14 Blues
Sunday 12 May 11:00am	<b>Under 12 Girls County Cup</b> Keswick FC	Whitehaven AFC U11 Girls Blues v Stanwix U12 Girls FC
Sunday 12 May 2:00pm	<b>Under 14 Girls County Cup</b> Keswick FC	Silloth Juniors U13 Girls v Unisun Athletic JFC U14 Girls



*Cumberland FA would like to give a huge Thank You to our host's **Keswick FC** for once again hosting our Youth Weekender Finals !*

# The Weekend's MATCH OFFICIALS

<b>UNDER 12 COUNTY CUP</b>	
Referee	<b>Ben McDermott</b>
Assistant Referee	<b>Matthew McClean</b>
	<b>Jak Little</b>
Fourth Official	<b>Thomas Doswell</b>
<b>UNDER 14 COUNTY CUP</b>	
Referee	<b>Thomas Doswell</b>
Assistant Referee	<b>Matthew McClean</b>
	<b>Jak Little</b>
Fourth Official	<b>Scott Taylor</b>
<b>UNDER 12 GIRLS COUNTY CUP</b>	
Referee	<b>Josie Wright</b>
Assistant Referee	<b>Lillias Hodgson</b>
	<b>Izzy Scott-Lamont</b>
Fourth Official	<b>Jade Taylor</b>
<b>UNDER 14 GIRLS COUNTY CUP</b>	
Referee	<b>Jade Taylor</b>
Assistant Referee	<b>Lillias Hodgson</b>
	<b>Izzy Scott-Lamont</b>
Fourth Official	<b>Josie Wright</b>

# 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."

**A couple of weeks ago, 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](mailto:Development@CumberlandFA.com) for your Club to get involved!

#CUMBERLANDRESTARTAHEART #RESTARTAHEART  
#SAVEADONATEINOMINATE!



LADIES



British Heart  
Foundation



Proud to support



British Heart  
Foundation

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



U9 Whites

REDS LADIES

[DONATE TODAY](#)

[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->**

**SATURDAY  
TEAM  
NEWS**

**The Route to the Final**

**Coach / Manager**

**Squad**

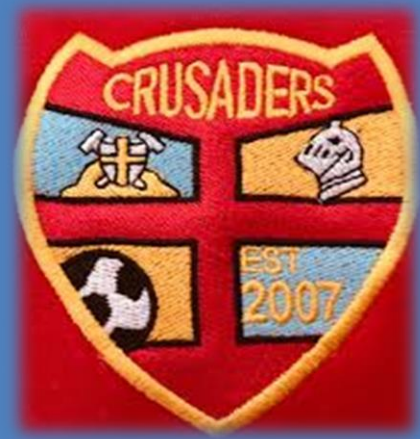
**A Short History**

**Team Photo**

# UNDER 12 COUNTY CUP FINALIST

2023 / 24

**Crusaders U12 Blue**



## Route to the Final

Round 1	Penrith AFC Puma's	0 - 9	<b>Crusaders U12 Blue</b>
Round 2	Abbeytown JFC	0 - 4	<b>Crusaders U12 Blue</b>
Round 3	<b>Crusaders U12 Blue</b>	9 - 0	Warwick Wanderers Blue
Q/Final	Northbank JFC	1 - 7	<b>Crusaders U12 Blue</b>
Semi Final	<b>Crusaders U12 Blue</b>	3 - 2	Cleator Moor Celtic White

**COACHES | Paul Boertien | Craig Thompson**

## THE SQUAD WILL BE CHOSEN FROM THE FOLLOWING PLAYERS:

1. Ben Brown,
2. Charley Boertien,
3. Ethan Dennis,
4. Frankie-Thomas,
- Hogarth-Morley,
5. Isaac Donohoe,
6. Joey Armstrong,
7. Finn Sawyers,
8. George Hadley,
9. Jayden Nixon,
10. Samuel Thompson,
11. Dayne Cooper,
14. Eddie Anderson

The Team have been together since u7 age, great group of kids who work really hard and love playing football.



# UNDER 12 COUNTY CUP FINALIST

2023 / 24

Workington Juniors U12 Reds



## Route to the Final

Round 1	Castletown JFC Jets	0 – 2	Workington Juniors Reds
Round 2	Gillford Park	1 – 9	Workington Juniors Reds
Round 3	Workington Juniors Reds	6 – 2	Crusaders U12 Reds
Quarter Final	Stanwix FC	0 – 4	Workington Juniors Reds
Semi Final	Workington Juniors Reds	2 – 1	Gillford Park Gillies

**COACHES | Dave Gee | Craig Holliday**

**THE SQUAD WILL BE CHOSEN FROM THE FOLLOWING PLAYERS:**

GK - Lucas Metherall, DR - Oliver Garrett, DR - George Hewitt, DR - Cohan Holiday, DR - Billy Lyndsay, DR - Charile Rutter, MD - Riley Hutton, MD - Hayden Hodgson, MD - Tyler Heskett, MD - Archie Moyle, MD - Rhys Weston, ST - Olly Sib, ST - Mason Bell, ST - Archie Cowling

The team have been together throughout 23/24 season and is made up of under 11s and 12s from within the Club. Each season, the lads have developed allowing them to surpass all expectations. That said, we come into this game as the underdog to complete against a very strong Crusaders Blue team.

Our journey to the County Cup final has been really interesting and enjoyable and the lads will give it their all again.



# UNDER 14 COUNTY CUP FINALIST

2023 / 24

Stanwix Juniors U14 FC



## Route to the Final

Round 1	Stanwix Juniors U14 FC	9 – 0	Silloth Juniors U14
Round 2	Abbeytown JFC U14	0 - 8	Stanwix Juniors U14 FC
Round 3	Stanwix Juniors U14 FC	7 – 0	Carlisle City U14
Q/Final	Dalston Junior Black Reds	0 - 5	Stanwix Juniors U14 FC
Semi Final	Stanwix Juniors U14 FC	3 – 1	Warwick Wanderers Reds

**MANAGER | Graeme Lupton**

## THE SQUAD WILL BE CHOSEN FROM THE FOLLOWING PLAYERS:

1. Taylor Stevenson, 2. Thomas Corrieri, 5. Liam Kenyon, 6. Fletcher Ulliyart, 7. Will Ritson, 8. Harvey Murray, 9. George Lupton, 10. Max McPhillips, 11. Max Porowski, 12. Bailey Murphy, 13. Connor Morris, 14. Dylan Boertein (Captain), 15. Joey Wright, 17. Oscar Davidson

The team was formed in Summer 2016 by Graeme Lupton and Mark Eagling and still has players involved from very first training session.

The team has grown through the different game format sizes and has been successful winning a few trophies along the way.

**Coach Graeme Lupton said:** *“The focus from an early age was to try and develop players to play attractive fun football and we are extremely proud of the project we are building and we have helped players move on to Academy level at CUFC.”*



# UNDER 14 COUNTY CUP FINALIST

2023 / 24

**Windscale Juniors U14 Blues**



## Route to the Final

Round 1	<b>Windscale U14 Blues</b>	9 – 0	Whitehaven AFC U13 Blues
Round 2	Salterbeck Juniors	1 – 9	<b>Windscale U14 Blues</b>
Round 3	<b>Windscale U14 Blues</b>	9 – 1	Penrith AFC Eagles
Q/Final	<b>Windscale U14 Blues</b>	3 – 0	Whitehaven AFC Blue
Semi Final	Northbank U14	2 – 6	<b>Windscale U14 Blues</b>

**MANAGER | Matt Henney**

**COACHES | Simon Young | Gavin Bainbridge | Matt Young**

## THE SQUAD WILL BE CHOSEN FROM THE FOLLOWING PLAYERS:

Maxwell Young, Oliver Stalker, Jay Bainbridge, Will Clarke, Joseph Dixon, Jaydon Allan, Jacob Tyson, Layton Jackson, Alister Wilson, Owen Williamson, Jake Henney, Alfie Storey, George Thompson, Kyan Milton, Reagan Robinson - Murray

**The team have been together since the age of 5 years old.**

**In 2022-23 the team won the League and League cup without losing a game!**

Manager Matt Henney said: *“This season they are on course to try and secure a treble, again without losing but understand that tough opposition awaits, and nothing taken for granted. The team and coaching staff are honoured and privileged to be representing West Cumbria in this County Cup final!”*



# **SUNDAY TEAM NEWS**

**The Route to the Final**

**Coach / Manager**

**Squad**

**A Short History**

**Team Photo**



# UNDER 12 GIRLS COUNTY CUP FINALIST

2023 / 24

**Whitehaven AFC U11 Girls Blues**



## Route to the Final

Round 1	<b>Whitehaven AFC U11 Girls Blues</b>	4 – 0	Whitehaven U12 Blue
Round 2	Dalston JBR Blacks	0 – 6	<b>Whitehaven AFC U11 Girls Blues</b>
Q/Final	<b>Whitehaven AFC U11 Girls Blues</b>	3 – 0	Warwick Wanderers Lionesses
Semi Final	<b>Whitehaven AFC U11 Girls Blues</b>	9 – 0	Dalston JBR U12

**COACHES | Adam Robson | Craig Docherty**

## THE SQUAD WILL BE CHOSEN FROM THE FOLLOWING PLAYERS:

Kayla Currie, Ruby Johnston, Loe Rudd Eilbeck, Neve Smith, Aurora Postlethwaite, Millie Huck, Lucy Henderson, Sadie Hawley, Farran Docherty, Polly Clements

The Whitehaven Amateurs U11 Blues formed as a team in 2019 and have competed in both the West Cumbria Youth Mixed and Girls Leagues over recent years.

The girls are enjoying a great season so far leading up to their first County Cup Final. They finished in a respectable 3rd place in the WCYL girls league and also made a milestone achievement by reaching the WCYL Mixed League (Blue) Cup Final.

**Coach Adam said:** *“The team is made up of talented players who have a great attitude towards the game and are looking forward to a great day out.”*



# UNDER 12 GIRLS COUNTY CUP FINALIST

2023 / 24

**Stanwix U12 Girls FC**



## Route to the Final

Round 1	Penrith AFC Jaguars	2 – 4 AET	<b>Stanwix U12 Girls FC</b>
Round 2	<b>Stanwix U12 Girls FC</b>	6 – 3	Penrith AFC Wildcats
Q/Final	<b>Stanwix U12 Girls FC</b>	3 – 0	Allerdale Jaguars
Semi Final	<b>Stanwix U12 Girls FC</b>	<sup>1-1</sup> 3 – 1 PENS	Northbank JFC

**HEAD COACH | Craig Johnston ASSISTANT COACH | Scott Christian**

## THE SQUAD WILL BE CHOSEN FROM THE FOLLOWING PLAYERS:

Betsy Hickson, Amelia Eilbeck-Dixon, Emily Culley, Clara Rae, Holly Pithers, Lily Thompson, Olivia Tanner, Holly Elliott, Kyla Miller, Sophie Lessels, Grace Taylor, Emily Bond

Our manager Dean started the team when his daughter Holly wanted to play football for a girls' team. 5 of the girls in the team today have been with us from the start with the rest of the girls joining at U10.

The addition of our dedicated goalkeeper made a great asset to the team and the girls have developed each season through hard work at training and always having the most amazing attitude to their games.

It is fantastic to see them enjoying their football, supporting each other and beginning to have the success that they totally deserve.



# UNDER 14 GIRLS COUNTY CUP FINALIST

2023 / 24

Silloth Juniors U13 Girls



## Route to the Final

Round 1	Stanwix U14 Hornets	2 – 6	Silloth Juniors U13 Girls
Round 2	Whitehaven AFC Yellow	A – W	Silloth Juniors U13 Girls
Q/Final	Workington Diamonds U14 Red	0 – 2	Silloth Juniors U13 Girls
Semi Final	Penrith AFC Falcons	0 - 3	Silloth Juniors U13 Girls

**MANAGER | Pete Wise**

## THE SQUAD WILL BE CHOSEN FROM THE FOLLOWING PLAYERS:

Bella Henderson [GK], Rebecca Slater, Jess Ismay, Ali Deans, Rosie Morris, Freya Hagan [C], Rebecca Williamson, Olivia Whyte, Hannah Paton, Phoebe Ferguson, Hannah Wise, Grace Chennells

The Silloth U13 girls were founded back in 2019 joining the West Cumbria Youth League. The team have worked hard over the last several years and continue to grow and evolve as a group, setting ourselves new targets and goals along the way. The team had an exceptional season last year winning the treble and we are extremely proud of the girl's achievement this season in again reaching the County Cup Final! Our U13 Girls are the oldest [girls] team in the Club and their work ethic and commitment have made them fantastic role models for the younger teams and players. We at Silloth Juniors Football Club, parents and coach are all extremely proud of the girls and wish them luck.



# UNDER 14 GIRLS COUNTY CUP FINALIST

2023 / 24

Unisun Athletic JFC U14 Girls



## Route to the Final

Round 1	<b>Unisun Athletic JFC U14 Girls</b>	4 – 0	Cockermouth U14
Round 2	<b>Unisun Athletic JFC U14 Girls</b>	7 – 2	Whitehaven AFC U14 Blue
Q/Final	Carlisle Reivers	1 -9	<b>Unisun Athletic JFC U14 Girls</b>
Semi Final	<b>Unisun Athletic JFC U14 Girls</b>	9 – 0	Whitehaven AFC U13 Blue

**MANAGER | Craig Coady**

## THE SQUAD WILL BE CHOSEN FROM THE FOLLOWING PLAYERS:

1. Scarlett Bowman, 6. Macey Austin, 4. Rebecca Bell, 9. Erin Blyth, 99. Chloe Brown, 21. Imogen Coady, 7. Abbie Handford, 25. Nicole Jeffrey, 8. Ellie Lindsley, 10. Lola McAleney, 59. Ava Simpson, 11. Naomi Tait, 12. Eden Varah, 3. Ella Whiteley

The team has been playing since they were Under 9 and have won several pieces of silverware over the last 5 years including The Longhorn Youth League and Youth League Cup. They competed in the County Cup final at the U12 age group but lost out to Whitehaven in a tight, tense final. This season they have already completed the league and cup double and are looking to make it a treble winning season when they travel to Keswick to play Silloth.





Put it Top Bins.

KITLOCKER

#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 last 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.



## 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



SCAN ME

Contact

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

## 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.

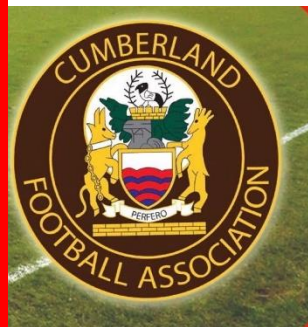
The sessions are a perfect way to get some exercise, have some laughs and meet new people. Women aged 35 and over are invited to come along and play – with any experience welcome.

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](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  
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](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



## MHGOALS.COM

# 20%

### OFF A RANGE OF GOALS

USE CODE **CUMBERLANDFA**



### FOOTBALL FOUNDATION GRANTS AVAILABLE



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...**
- 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://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?*



## 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)



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

## RevivR™



