



Hertfordshire FA



Sunday Junior Cup Final 2024
Hertford Club De Futbol v Northaw Reserves

Sunday 14th April 2024 3:00pm
The County Ground, Letchworth Garden City

"MY COACH DIDN'T ONLY BUILD ME AS A PLAYER — HE BUILT ME AS A PERSON."

"My ethos was — play with a smile on your face."
— David
Marcus's Grassroots Coach

COACHES. IT STARTS WITH YOU.
STAY POSITIVE. BE SUPPORTIVE. SHOW RESPECT.




Welcome to The County Ground



Our eleventh County Cup Final of 2024

Good afternoon and a warm welcome to The County Ground, home of Hertfordshire FA for today's Sunday Junior Cup Final.

Our congratulations go to the players and management of both Hertford Club De Futbol and Northaw Reserves on reaching the final. We wish you the very best of luck and hope you have a memorable day. We also want to acknowledge the volunteers of both clubs, whose hard work behind the scenes gives these players the opportunity to be part of the game.

Congratulations also to the match officials on your appointment to this game, you thoroughly deserve it and we hope you are able to enjoy the occasion.

Finally we are delighted to welcome Steve Trulock, Member of the Hertfordshire FA Council, as Guest of Honour for today's final. He will meet the teams before the game and also present the medals at the end of the match.

While you are here be sure to make the most of the facilities, including the Pitchside Cafe which is next to the main stand and will be serving hot and cold drinks, food and snacks throughout the day. Should you have a query, our staff will be happy to help you.

Our goal is to create a friendly and welcoming environment for all and therefore ask that you show your appreciation during and after the game in a positive manner.

Graham Phillips,
Chair, Hertfordshire FA

Hertfordshire FA Competitions Committee

Chair	Secretary	Committee Members and Representatives
Graham Phillips	Paddy Donovan	Steve Trulock, Graham Martin, Gary Hollingsworth, Peter Waller, Bob Spooner, Alan Wilson



**THERE'S NO SPACE
FOR HATE IN OUR GAME.**

**ABUSE WILL NOT BE TOLERATED.
DISCRIMINATION WILL BE PUNISHED.**

ENOUGH IS ENOUGH



LOVE FOOTBALL. PROTECT THE GAME

Competition History



This is the 57th Final of the Hertfordshire FA Sunday Junior Cup

The Sunday Junior Cup was introduced in the 1965-66 season, just two years after the Sunday Senior Cup was introduced, reflecting the rapid growth of Sunday football in the county. It is open to teams in the lower divisions of their respective leagues.

It is unusual for a team to win on more than one occasion as they tend to also be promoted within their league and move up to the Sunday Intermediate Cup in subsequent years.

Only three teams have won the cup twice, Northaw, Sheffield House Rangers and St Margaretsbury Reserves. However it is Walkern Social with three consecutive wins between 1986 and 1988 who are the most successful club in this competition.

Whilst Northaw's First Team have claimed the cup previously, the reserves as well as Hertford Club De Futbol will be looking to notch up their first title and in doing so become the 53rd different side to lift this trophy.

Today's match will be 45 minutes each way, with kicks from the penalty mark if necessary to decide the winner. Teams are permitted rolling substitutions from a list of 5 named players.

Recent Finals

The COVID pandemic caused the 2019-20 season to be cut short, with winning semi-finalists Broxbourne and AC Malone declared to have shared the competition. The Sunday Junior Cup was not run in the subsequent season before returning in 2021-22.

2011/12	Oxhey Jets Vets	6 - 4	The Bell
2012/13	Evergreen AFC	3 - 0	Standon and Puckeridge
2013/14	Brookmans Park Reserves	2 - 0	Sandon
2014/15	Echoes	2 - 2 (4 - 2)P	Church End
2015/16	Narankiri Health City	2 - 0	Boxmoor
2016/17	Hexton	5 - 1	Southbury
2017/18	Everett Rovers	4 - 0	Two Chimneys
2018/19	AFC Cheshunt	4 - 4 (5 - 3)P	AFC Leavesden
2021/22	Royston United	0 - 0 (5 - 4)P	Woodside
2022/23	FC Emperors Head	5 - 1	Glenn Sports & Social Club

Club Profile

Hertford Club De Futbol

High-flying league leaders looking to complete the first leg of a potential treble



Hertford Club De Futbol was founded in 2020 by a group of friends in the Hertford area. Since the initial 2020-21 season we have improved each year with our biggest achievement to date being a 1-0 win in the Junior Divisional Shield last season.

We have kept the main core of players throughout the clubs history, with 10 of the players in today's squad appearing in our first ever game in September 2020 (also coincidentally against today's opposition). This includes our top appearance makers Ellis, Omolu and Howard-Akdeniz who have now made over 80 appearances each.

New players have joined throughout the years, with Ben Winter a later addition who has nevertheless gone on to become our third highest scorer, behind his brother Rob and Dominic Byrne. As a club we will continue to maintain the same core of players for coming years and aim to continue to win trophies.



The squad from the club's first ever competitive match, also against Northaw in 2020

League Season

East Herts Corinthian Sunday League, Division 3

As at 10/04/2024

		P	W	D	L	F	A	GD	PTS
1	Hertford Club De Futbol	14	12	0	2	60	12	48	36
2	Bullsmoor United	13	9	2	2	63	30	33	29
3	Bishop's Stortford Wanderers	15	9	1	5	46	36	10	28
4	Hoddesdon FC	14	7	4	3	41	37	4	25
5	Northaw Reserves	13	8	0	5	40	33	7	24
6	The Old Bull FC	13	6	1	6	40	41	-1	19
7	PM	15	5	3	7	45	47	-2	18
8	Bullys Crusaders	17	4	0	13	29	55	-26	12
9	Golden Griffin	17	3	2	12	29	70	-41	11
10	Green Rangers	15	2	3	10	22	54	-32	9

Give us your analysis of the season so far...

We have been in excellent form this season across both league and cup competitions, playing a total of 23 games so far, winning 21 and losing only 3 with 91 goals scored and 26 conceded. Our highest goal scorer is Harry Sewell with 14 in the league.

Our defence has also been very solid, only conceding 11 in the league this season despite losing our star centre half for a long period of time. Overall, the team have shown great spirit throughout the whole of the 26-man squad, with hard work from all areas.

We've had a great run so far in the County Cup, with the most dramatic result being a 2-2 draw, with a last-minute equaliser by Joe Vanders for his second of the game, before our captain Reuben Omolu scored the deciding penalty in a 3-0 shootout win.

We are still competing on three fronts for the League, League Challenge Cup and the County Cup. With our sights set on a treble we are hoping that the same hard work and commitment that got us to the final can help us lift the Sunday Junior Cup.



Hertford Club De Futbol

Currently 1st in East Herts Corinthian Sunday League, Division 3
As at 10/04/2024

League Form

Games Won	12
Games Drawn	0
Games Lost	2
Goals Scored	60
Goals Conceded	12

Leading Scorers

14	Harry Sewell
10	Daniel Hill
9	Dominic Byrne
6	Mark McElligot
6	Reuben Omolu



Northaw Reserves

Currently 5th in East Herts Corinthian Sunday League, Division 3
As at 10/04/2024

League Form

Games Won	8
Games Drawn	0
Games Lost	5
Goals Scored	40
Goals Conceded	33

Leading Scorers

18	Barry-Lee Hastings
15	Liam Nugent
5	Mason Walford
4	Jonny Morris
4	Ben Whittington

Route to the Final

R1		BYE	
R2	WGC Stormers	3 - 5	Hertford Club De Futbol
R3	Hertford Club De Futbol	2 - 0	North Herts Hatters
R4	Hertford Club De Futbol	2 - 2 (3-0) P	Everett Rovers
QF	Hertford Club De Futbol	4 - 1	Hertfordshire Vets
SF	Hertford Club De Futbol	1 - 0	Hoddesdon FC

Route to the Final

R1		BYE	
R2	Northaw Reserves	HW	Hertford Lions
R3	Northaw Reserves	3 - 3 (4-3) P	AC Nextgen
R4	Northaw Reserves	1 - 1 (3-1) P	Abbots Wanderers
QF	Northaw Reserves	5 - 0	Hemel Tudors
SF	Northaw Reserves	5 - 3	Sparta Phoenix

Club Profile

Northaw Reserves

Strong reserve side looking to follow in the footsteps of the first-team.



Northaw FC was originally founded in 1933 and folded in 2013. During that time they won the Sunday Intermediate Cup in 2000 and Sunday Junior Cup in 1999 and 2009.

In 2016 a number of lads who had been playing at Potters Bar Crusaders became 18 and were looking for open age football, and so Northaw FC was reformed. The team affiliated to the Barnet Sunday League where we played for 3 seasons.

In season 2019-20 the team moved to play in the East Herts Corinthians League. Two seasons later another group of players were looking for football so a second team were formed who became the first team calling the original team 'Reserves'.

To date 56 players have played across the club this season, with 25 being the core regular players, three of which were undertaking their first season of open age football. A special thanks to our sponsors Liftworks who provided two home kits and The Red Cow in Cheshunt who contributed to an away kit.



League Season

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Give us your analysis of the season so far...

When I first took up the role as manager of Northaw Reserves back in the 2021-22 season, one thing was clear from the start with this group of players. They had the want and ability to improve, plus the togetherness, and the desire to challenge for moments such as this.

Two cup finals have been reached this season, both massive achievements, but a County Cup final is always special. Our continued efforts and persistence this season, especially in cup competitions have shown just how far this team has come.

Enjoy the occasion lads. Lastly, a huge thank you goes out to those that work hard behind the scenes at the club, to help keep it moving in the right direction. We wouldn't be able to make it to such occasions like this, without you! Thank you also to our regular supporters!

STRONGER TOGETHER

*Creating football opportunities
for the whole community*



ACCREDITED
PART OF ENGLAND FOOTBALL

When it comes to concussion, don't take chances

IF IN DOUBT SIT THEM OUT

BE CONCUSSION AWARE



RECOGNISE

understand signs
and symptoms
of concussion



REMOVE

anyone with suspected
concussion **must** be
removed from play



REST

players must refrain
from exercise and start a
Graduated Return To Play



For additional free resources including
England Football Learning's online
concussion course and guidelines
englandfootball.com/concussion



Tackling Mental Health Issues

Football has an important role to play in helping people be more open about their mental well-being

Tackling the stigma, prejudice and discrimination that can be associated with mental health conditions both in sport and wider society can help save lives

The FA, along with other bodies in both football and sport, has signed the Mental Health Charter for Sport and Recreation, which is a framework setting out how sport can use its collective power to tackle mental ill-health, emphasising the benefits of an active lifestyle.

One in four people experience a mental health problem in any year, which mean there are millions of people involved in grassroots football experiencing a form of it in some way.

It is important football clubs at all levels appreciate this and know how to include people with mental health issues. The FA, along with its partners across the game, is encouraging players, coaches and officials to be confident and comfortable talking about mental health in the same way that people discuss physical injuries.

Football is a great tool in aiding recovery, helps to manage symptoms and can radically improve the quality of people's lives. Whether it is in mainstream, community football clubs, or in specialised sport and mental health projects, football can deliver massive benefits. There are three key ways that football can help:

- Improving people's mental health
- Creating social inclusion
- Helping physical health

To emphasise this, The FA has produced a 36-page mental health guide for coaches and managers in the adult game that can be downloaded below. It's been produced in partnership with Mind, and a mental health advisory group put together by The FA.

The guide has been created to help coaches and managers spot the signs of mental health problems predominantly amongst male players, give them the confidence to support and signpost to specialist help where necessary, including a 24/7 text support service.

Understanding mental health could save lives. For more information, including how to get help if you need it, or how you can support the mental well-being of your friends and team-mates, visit our website.

► hertfordshirefa.com/mentalhealth



KITaid



Years of Transforming Lives

1,000,000

One million items of kit donated since 1998

KitAid takes donations of once loved football kit and distributes it to some of the world's poorest countries, giving young people the opportunity to get involved in sport and helping partner charities to engage with the communities they work in.

To learn more about our work and how you can help with donations of kit visit our website.

www.kitaid.net

RegCharity No. 1113968

Hertfordshire FA County Cup Finals 2024



Saturday 23rd March 10:00am
Under 14 Girls Challenge Cup
Won by Hertford Town Girls

Saturday 23rd March 2:30pm
Under 15 Girls Challenge Cup
Won by Hitchin Belles Youth

Wednesday 27th March 7:45pm
Senior Centenary Trophy
Won by Hoddesdon Town

Friday 29th March 3:00pm
Junior Cup
Won by Sarratt Reserves

Sunday 7th April 10:00am
Under 18 Boys Challenge Cup
Won by Cheshunt Youth

Sunday 7th April 3:00pm
Sunday Intermediate Cup
Won by Brewster Plumbing

Tuesday 9th April 7:45pm*
Senior Challenge Cup
Won by St Albans City

Wednesday 10th April 7:45pm
Charity Shield
Won by Tring Athletic

Sunday 14th April 10:00am
Under 14 Boys Challenge Cup
Sun Sports Youth vs Kings Langley Youth

Sunday 14th April 3:00pm
Sunday Junior Cup
Hertford Club De Futbol vs Northaw Res

Sunday 21st April 10:00am
Under 15 Boys Challenge Cup
Stags vs St Albans City Youth

Sunday 21st April 3:00pm
Women's Senior Challenge Cup
Royston Town vs Watford FC Development

Sunday 28th April 10:00am
Under 16 Boys Challenge Cup
Sun Sports Youth vs Hemel Aces

Sunday 28th April 3:00pm
Sunday Senior Cup
WD Bushey vs Strafford Arms

Saturday 4th May 10:00am
Under 16 Girls Challenge Cup
Stevenage Starlets vs Hitchin Belles Youth

Saturday 4th May 3:00pm
Under 18 Girls Challenge Cup
Garston Ladies Junior vs Oaklands Wolves

Sunday 26th May 10:30am
Women's Trophy
Colney Heath vs Stevenage FC Development

Date to be confirmed*
Charity Cup
Potters Bar Town v St Albans City

Date to be confirmed
Intermediate Cup
Finalists to be confirmed

** All finals to be played at The County Ground, Letchworth, with the exception of the Senior Cup which is to be played at Top Field in Hitchin and the Charity Cup for which the venue is still to be confirmed*



V



Sameer Abdelhamid

Dominic Byrne

Max Ellis

Peter Hale

Ryan Hennessy

Daniel Hill

Aaron Howard-Akdeniz

Jack Matthews

Mark McElligot

George Nicholson

Reuben Omolu

Jack Orchard

Lewis Robins

Jack Sewell

Harry Sewell

George Smith

Elijah Trevers

Joe Vanders

Benjamin Winter

Rob Winter

Alex Outridge

Andrew Harvey

Andrew Marshall

Ashley Thwaites

Ashton White

Barry-Lee Hastings

Ben Whittington

Chris Merry

Colby Lawson

Danny Spence

George Riches

Georgio Phillips

Harry Leighton

Ian Marshall

Jack Leighton

Jonny Morris

Kyle Rogers

Liam Nugent

Luke Jennings

Mason Walford

Matthew Haycock

Nicholas Arkell

Manager: Tom Cottee

Assistant: Mattie Crook

Colours: Blue Shirt, Blue
Shorts, Blue Socks

Manager: Christopher Rider

Assistant: Andrew Marshall

Colours: Red Shirt, Red
Shorts, Red Socks

Referee:
Alfie Watts

Assistants:
James Penwright, Ben Soll

Fourth Official:
David Palfrey