

# Cumberland FA

YOUR GAME, YOUR COUNTY FA...

**WOMEN'S CUP FINAL 2021-22**



**Friday 6 May 2022**

**STANWIX LADIES**  
**v**  
**PENRITH AFC LADIES**



**ENGLAND  
FOOTBALL**



# Cumberland FA

## County Cups

### A Message from the Chairman of Cumberland FA

#### **Season 2021-22**

##### **Chairman**

Fred Conway

##### **Vice Chairman**

John Rogerson

##### **Directors**

Steve Poole

John Taylor

Ian Parker

Adam Pattison

Jackie Hayhow

Ben Snowdon

##### **Honorary Members**

Fred Dandy, Andrew Jenkins,

Albert Murphy, John Taylor, John

Twentyman, Geoff Turrell, Jack

Williamson, Tommy Jackson, Tony

Barnett, Brian Taylor

##### **FA Representative**

Fred Conway

##### **Chief Executive**

Ben Snowdon

Cumberland Football Association  
Limited

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Email: [info@CumberlandFA.com](mailto:info@CumberlandFA.com)

[www.CumberlandFA.com](http://www.CumberlandFA.com)

On behalf of Cumberland Football Association, I would like to welcome you to the 2021-22 Women's County Cup Final.

With no Cup competitions since the 2019-20 season and with the phased return of football over the last 18 months, we have seen how important the return of football across the County has been to everyone, from players, volunteers, referees and supporters.

Our sincere thanks are also due to the volunteers of the host venue Penrith AFC, who's continued support has enabled us to provide the County Cup Final match day experience for all three Senior Finals this season.

Stanwix Ladies are making their first appearance in the Women's Cup Final while Penrith AFC Ladies are playing in their 8<sup>th</sup>. We wish both teams the best of luck and hope you enjoy the occasion.

Special mention to the match officials who we wish good luck for the Finals. We hope all those in attendance give them support and show respect throughout.

We're expecting some entertaining and quality football to be played in today's Final.

Mr Fred Conway  
Chairman, Cumberland FA

# Cumberland FA Cup Finals

## Season 2021-22

DATE	COMPETITION / VENUE	FIXTURE	OFFICIALS
Sunday 20 March	<b>Under 16 County Cup</b> Penrith AFC	Cleator Moor Celtic U16 - 7 Crusaders U15 - 0	Referee: Austen Davidson Assistant Referees: Georgia Vyse & Geoff Ellison 4th Official: Jake Davidson
Sunday 20 March	<b>Under 16 Girls County Cup</b> Penrith AFC	Northbank 1970 U16 Girls – 2 Cockermouth U16 Girls - 1	Referee: Georgia Vyse Assistant Referees: Jake Davidson & Austen Davidson 4th Official: Geoff Ellison
Tuesday 26 April	<b>Cumberland Cup</b> Penrith AFC	Carlisle City FC - 4 Wetheriggs United FC - 0	Referee: Scott Henry Assistant Referees: Tommy Linford & Scott Taylor 4th Official: John Mulligan
Sunday 1 May 7:00pm	<b>Sunday Cup</b> Penrith AFC	AFC Scotby – 2 Inter Pirelli – 2 Inter Pirelli win 4-2 on penalties	Referee: Mark Hunter Assistant Referees: Dan Forbes & Barney Pannone 4th Official: Colin Varty
Friday 13 May 6:30pm	<b>Under 18 County Cup</b>	Penrith AFC U18 v Whitehaven AFC U18 Yellow	
Saturday 14 May 11:00 am	<b>Under 12 County Cup</b> Keswick FC	Stanwix U12 v Warwick Wanderers U12 Reds	
Saturday 14 May 2:00pm	<b>Under 14 County Cup</b> Keswick FC	Seaton FC U14 Utd v Unisun Athletic U14	
Sunday 15 May 11:00am	<b>Under 12 Girls County Cup</b> Keswick FC	Unisun Athletic JFC v Whitehaven AFC U12 Yellows	
Sunday 15 May 2:00pm	<b>Under 14 Girls County Cup</b> Keswick FC	Whitehaven AFC U14 v Stanwix U14 Girls Hornets	





## Walking 1,800 miles in 100 days around Britain for the Multiple Sclerosis Society

We have been asked to promote a charity walk which is being undertaken by a relative of a Penrith AFC Ladies player in aid of the Multiple Sclerosis Society.

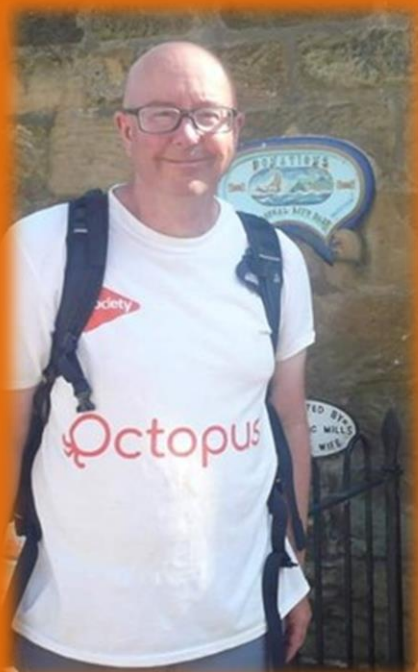
**Gary Rushworth is walking solo around Britain. 1,800 miles in 100 days in memory of his wife, raising funds and awareness for Multiple Sclerosis.**

We will have buckets this evening to support this challenge so if you have any loose change please drop it in the bucket!

Or show your support for Gary via his Just Giving page below.

### Read more:

Gary's Just Giving Page [HERE](#) (Walking across Britain for MS) and follow Gary's journey on Facebook – search for [Walking for MS](#)



Although the Government has now removed all remaining COVID-19 Protocols, there are still steps we can all take to reduce the risk of catching and spreading COVID-19.

Click [HERE](#) to see The FA's latest information on this and the latest government guidance issued 23<sup>rd</sup> February on 'Covid-19 Response: Living with Covid-19' can be found [HERE](#)

**No alcohol or pyrotechnics or flares are allowed and in line with FA regulations action will be taken against clubs if this occurs at the final.**





**SHOW SOME**

**RESPECT**

**#SHOW SOME RESPECT**



ENGLAND  
FOOTBALL

**RESPECT**



Building society with mutual respect





GRASSROOTS  
FOOTBALL  
AWARDS

# NOMINATE YOUR HERO NOW



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## GRASSROOTS FOOTBALL AWARDS

It's time to celebrate the people who make grassroots football in Cumberland great for everyone. Nominate before 16 May 2022!

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

### THE CATEGORIES

Grassroots Coach for Youth  
Grassroots Coach for Adults  
Grassroots Club of the Year  
Grassroots League  
Grassroots Volunteer  
Rising Star (25 and under)  
Grassroots Grounds Team  
Grassroots Project  
Grassroots Match Official  
The Spirit of Grassroots  
Football Award



## 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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**NETS**  
& ACCESSORIES

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PROUD TO SUPPORT **CUMBERLAND FA**  
VISIT **MHGOALS.COM** OR CALL **01502 711 298**

## 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 new 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>**



# WOMEN'S CUP FINALIST

2021 / 22

## STANWIX LADIES



### Route to the Final

Quarter Final	Stanwix Ladies	H-W	Penrith AFC Development
Semi Final	Stanwix Ladies	3 - 1	Whitehaven AFC

COACHES: Paul Mason & Derek Elliot

SQUAD Vicky Buzniak, Evie Atkinson, Abbie Eagling, Faye Comber (Capt), Bea Barber, Ellie Weber, Ellie Garbutt, Rachael McCamish, Jade Williams, Chelsea Murray, Beth Forlow, Abby Walls, Ash Mitchell, Sophie Mason, Emma Elliot, Holly Currie, Kali Hood, Laura Webster, Esther Attwood, Paige Williams, Stacey Davison, Cara O'Roarty

The Ladies team were established in 2018 as their two Under 16 Girls teams moved into open age.

The Club offers a full female player pathway from Under 8's to adult.

This season a second women's Stanwix team, the 'Bees' have entered the Andrea Buggy Women's League offering midweek football throughout the summer months.



The team are second in the LFA Women's Premier Division, playing their home games at Gillford Park and are hoping for a second promotion in two seasons.

They're looking forward to playing in their first Women's County Cup Final!



# WOMEN'S CUP FINALIST

2021 / 22

## PENRITH AFC LADIES



### Route to the Final

Quarter Final      **Carlisle United Ladies**   0 – 1   Penrith AFC Ladies

Semi Final        **Workington Reds Ladies**   0 – 1   Penrith AFC Ladies

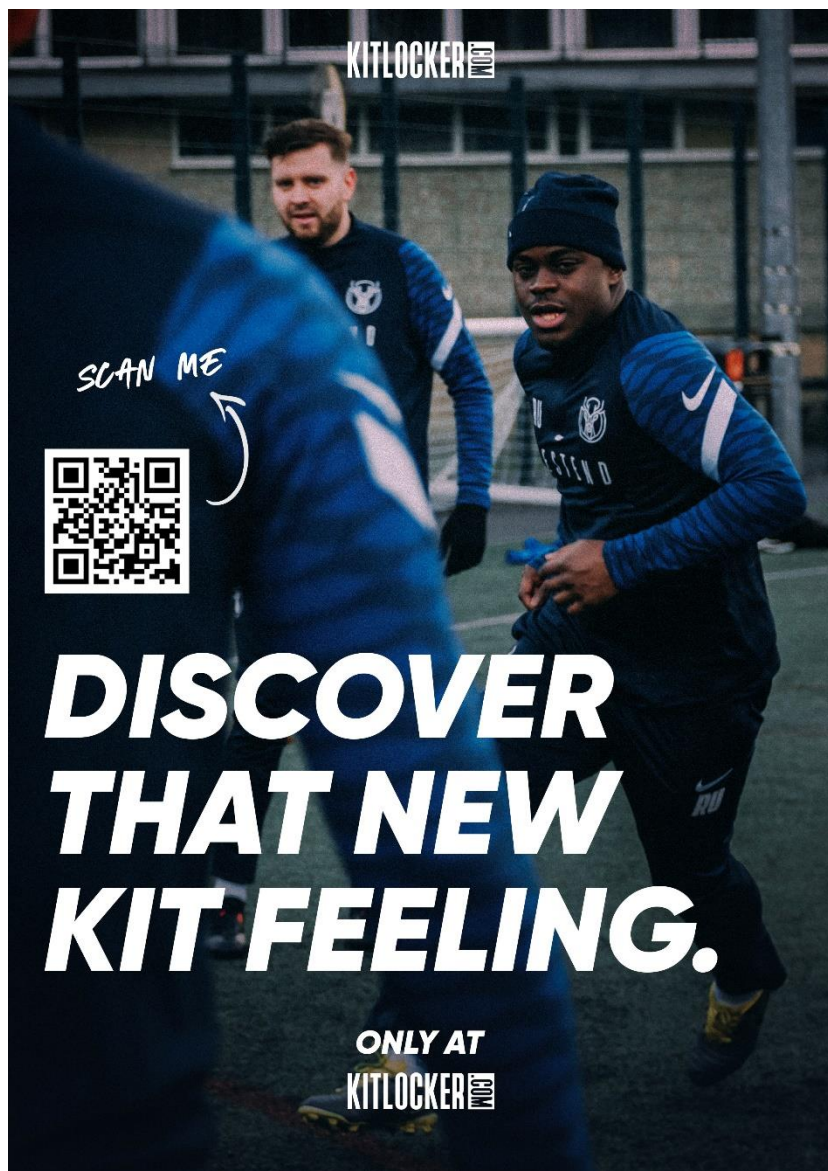
**Manager: Simon Savage | Assistant: Andy Burrell | Keeper Coach: Mark Slee**

**SQUAD:** Kim McCormick (capt), Georgia Campbell, Hannah Coulthard, Lillie Dixon, Cara Dudson, Hannah Fawkes, Heather Fawkes, Abbie Forster, Stacey Harkness-Grant, Ruth Hopton, Hope Lawson, Emily Mason, Jess Nelson, Sharina Robinson, Georgia Smethurst, Charlotte Smith, Sarah Smith, Carly Stevenson

**Three times Women's County Cup Champions, Penrith AFC are playing in their eighth Final this evening.**

**Established in 2000, the Club have a full player pathway with the first team competing in the North West Women's Regional League. Additional women's teams play in the LFA Women's Premier Division and the Andrea Buggy League offering many opportunities for females to play the game at different levels.**





Thanks to Penrith Lions who have donated £100 to sponsor the Match Balls for the Senior Finals.

## 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 2022 there are 11 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 the past couple 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 Summer 2022

**FREE Bitesize Online Training**

### Suicide Awareness

Learn more about suicide and what we can all do to help

- 1 Getting informed
- 2 Being Aware
- 3 Asking Directly
- 4 Listening Carefully
- 5 Building Support

**FREE 1 Hour Information session**

### Supporting childrens mental health and wellbeing

#### For Parents & Carers

- 1 Mental Health
- 2 Self-harm
- 3 Suicide

**FREE Half Day Online Training**

### Self-harm Alertness

- 1 Getting informed
- 2 Cycle of self harm
- 3 Coping Strategies
- 4 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...**

**FREE Half Day Online Training**

### Suicide Alertness

- 1 Getting informed
- 2 Being Aware
- 3 Asking Directly
- 4 Listening Carefully
- 5 Building Support
- 6 Checking in
- 7 Looking after Yourself

**FREE Two Hour Online Training**

### Safety Planning

- 1 My Reasons for Living
- 2 Making my Situation Safer
- 3 My Warning Signs
- 4 Lifting My Mood
- 5 My Emotional Support
- 6 My Distractions
- 7 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:

[Every Life Matters Events | Eventbrite](#)

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](#).

Our partners at  
**Koolpak UK**  
have extended our ongoing  
partnership, meaning #Cumberland  
#Clubs can continue to benefit from  
their specially discounted first aid  
supplies

**ORDER NOW**  
**Before prices go up on 1 June**  
<http://bit.ly/3g6qdLx>

**KOOLPAK<sup>®</sup> + SPORT**  
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for the 2021/22 Season

First Aid Supplies for Grassroots  
Football at Discount Prices

Some Hygiene  
& Infection  
Control Products  
Reduced

**“ IS YOUR FIRST AID KIT RESTOCKED FOR  
THE START OF THE NEW SEASON? ”**

Koolpak has once again 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

**Koolpak Original Ice Pack**  
- As low as 59p per pack

**BEST  
SELLER**

Prices  
include  
VAT.

**Alcohol Hand  
Gel - £4.24**

**Multi Surface Disinfectant  
Wipes - £7.33**

**Team Sports First Aid Kit  
- £20.45**

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

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

## Veo Cam and Analysis Platform

**£25/month\***

+ Veo Cam from £699



\*billed annually

**veo**

With the football season drawing to a close our partners Veo Camera are already getting ready for next season!

Veo are launching a new lower cost subscription as well as offering £200\* off the camera for any new customers and a whopping 50%\* off for current users.

\*Valid until the end of May 2022





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



# Cumberland FA

## County Cups

### TEAMS STATS

No.		Sub	Goal	No.		Sub	Goal

OFFICIALS	CUMBERLAND CUP
Referee	John Burns
Assistant Referee	Georgia Vyse
	Dan Reed
Fourth Official	Adrian Asbridge

Visit us at [www.CumberlandFA.com](http://www.CumberlandFA.com)

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