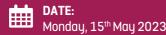


SUFFOLK FA JUNIOR CUP FINAL











KICK-OFF: 19:30

Respect Code of Conduct





Spectators

We all have a responsibility to promote high standards of behaviour in the game.

This club is supporting The FA's Respect programme to ensure football can be enjoyed in a safe, positive environment.

Play your part and observe The FA's Respect Code of Conduct for spectators

I will:

- Applaud effort and good play as well as success
- Always Respect the match officials' decision
- Remain outside the field of play and within the Designated Spectators' Area (where provided)
- Left the coach do their job and not confuse the players by telling them what to do
- Encourage the players to Respect the opposition, referee and match officials
- Avoid criticising a player for making a mistake - mistakes are part of learning
- Never engage in, or tolerate, offensive, insulting, or abusive language or behaviour

I understand that if I do not follow the Code, any/all of the following actions may be taken by my club, County FA or The FA:

I may be:

- Issued with a verbal warning from a club or league official
- Required to meet with the club committee
- Obligated to undertake an FA education course
- Obligated to leave the match venue by the club
- Requested by the club not to attend future games
- Suspended or have my club membership removed
- Required to leave the club along with any dependents

In addition

• The FA/County FA could impose a fine and/or suspension on the club





Building society with mutual respect





On behalf of the Board, Council and staff of Suffolk FA I wish you a warm welcome to the Parkers Pitches Suffolk Junior Cup Final here at Colchester United FC.

Once again, we thank all those involved with Colchester United FC for their enthusiasm and commitment to host tonight's final, one of five Suffolk County Cup Finals the club are staging this season and providing a memorable evening for all involved – it is hugely appreciated.

Please enjoy the facilities with respect and gratitude.

The road to this year's final has been as exciting as ever.

Both sides received a bye in their first round, before AFC Kesgrave won 2-1 at Beccles Caxton and Mutford & Wrentham put five goals past Capel Plough without reply in round two.

AFC Kesgrave defeated Tattingstone United 3-0 in the third round, while Mutford & Wrentham were 4-0 winners at Bramford Road Old Boys; good wins for both sides against good opposition.

Mutford & Wrentham returned 5-3 winners from Stowupland Falcons, the team who had beaten them in each of the two previous finals, at the quarter-final stage, with AFC Kesgrave edging a close contest 2-1 at Stanton.

AFC Kesgrave knocked out Cockfield United by the same scoreline in their semi-final tie, while Mutford & Wrentham came from 3-0 down to defeat Thurston 4-3.

The third team involved in the Final will be the team of match officials. This is an occasion as much for them to enjoy as it is the teams.

They have been selected to officiate these prestigious matches through merit, and whilst they may well make decisions which you don't agree with, they will make those decisions based on what they see/hear in a split second, without replays or slow motions.

I invite you to carefully read the Spectators' Code of Conduct included within this programme and do everything you can to ensure you and those around you abide by it.

Finally, a huge note of appreciation to our partners Parkers Pitches, without whom holding this Final at this ground would not be possible.

Parkers Pitches have been fantastic champions of grassroots football in Suffolk in helping clubs to improve their playing surfaces as well as sponsoring this competition.

Will and his team continue to be very valued and loyal supporters of Suffolk FA, also helping to judge our Grounds Team of the Year competition.

I hope you enjoy the matches and thank you again for passionately but respectfully encouraging your favoured team.

With best regards **Richard Neal** Suffolk FA CEO and Senior Safeguarding Lead

JUNIOR CUP FINAL ROUTE TO FINAL

MUTFORD & WRENTHAM



Semi - Final

4 - 3 v Thurston

Quarter - Final

5 - 3 v Stowupland Falcons

3rd Round

4 - 0 v Bramford Road Old Boys

2nd Round

5 - 0 v Capel Plough

1st Round

Bye

AFC KESGRAVE



Semi - Final

2 - 1 v Cockfield United

Quarter - Final

2 - 1 v Stanton

3rd Round

3 - 0 v Tattingstone United

2nd Round

2 - 1 v Beccles Caxton

1st Round

Bye



REFEREE: Paul Staddon

Paul, who celebrated his 50th birthday last month, lives in Elmswell. He is currently a Level 5 referee on promotion to Level 4 next season and has been officiating on the Thurlow Nunn League, Thurlow Nunn Reserve League, Thurlow Nunn Youth League and Bury & District Sunday League this season.

ASSISTANT REFEREE: Calin Rogojan

Calin, who is based in Ipswich and is aged 43, previously played semi-professional football in Romania. He is an FA Level 2 outfield coach, FA Level 2 goalkeeper coach and FA module 3 Youth coach, with more than 10 years' coaching at grassroots level. He is a Level 7 referee now going to Level 6. He has been refereeing in the Eastern Region Women's League, the SIL Senior Division and all Youth levels.

ASSISTANT REFEREE: lan Hardy

lan, who is originally from Essex, now lives in Stowmarket with his wife and two sons. The 56-year-old is a Level 5 referee officiating in the Suffolk & Ipswich League and Thurlow Nunn Youth League. He is a vehicle damage assessor with a large insurance company. Ian is an ex-mechanic, keen motorcyclist and not bad at DIY!

FOURTH OFFICIAL: Darren Stobbart

Darren is 50-years-old and lives in Bury St Edmunds. He has officiated in the Suffolk & Ipswich League this season.

REFEREE SUPPORT OFFICER: Mark Potkins

After retiring from active refereeing last year, Mark is now in a position to help his colleagues whether it is in the CORE programme, assessing or mentoring to achieve their goals.





MUTFORD & WRENTHAM

Black & white striped shirts, black shorts, black socks.



The joint management team of Paul Rose and Ryan Grimmer have enjoyed a great first season together, combining the experience that Paul has of over 20 years in management from Youth football and 14 seasons as manager at Mutford and Wrentham and Ryan, who has begun his managerial career this season after leading Mutford & Wrentham to consecutive County Cup Finals as club captain and deciding to hang up his boots.

It's definitely about evolution rather than revolution at the club as we look to continue the journey towards Senior football.

LOUIS AYERS. Our big No.1 in all ways. An imposing goalkeeper who always takes control. A vital member of this year's quest for gold!

DOM SMITH. A new face for MWFC this year, the beating heart of our midfield. Tasted glory before in other teams and now looking to help us.

JAMIE BESFORD. The Marathon Man - our left-back who completed the London Marathon in 3:06! When not at university, he's vital to our team.

CHRIS HEALEY. Our captain and leader! The glue in our defence, and vital to our successes in recent years.

JARRED BLAKE. Versatile player who has played in various roles this year. Bleeds MWFC and will do that's needed! All round good guy.

SAM ATKINS. The Ice Man - the cool head in midfield, great feet and vision. Another player who has been vital to our success.







MACCA WESTOBY. Our little whippet. He's been a fantastic asset for MWFC in various postions this season. He's found his feet down the right.

NATHAN MOORE. Je M'appelle Nath. Another new face for this season, who has grown into his positions and been consistent all year.

SAM CLAY. Roadrunner! Much like the cartoon, catch him if you can. He's been unreal for the team all year, assists and goals - he has it all.

HARLEY THOMPSON. Goal Machine. Another year with MWFC and been a menace in front of goal and scored some vital ones along the way! Great hair too...

LIAM HARVEY-COOPER. He's been a fantastic asset this year, scored some unreal goals and gives us everything when playing.

DECLAN McAVOY. Another new face this year for MWFC, who came with a wealth of football knowledge and a wand of a left foot!

OLLIE HALL. The pantomime villain. He's been with MWFC from the start and still plays his part, scored some great goals to secure wins.

MORGAN JONES. Midge has not played as much as we'd like this season but still a class full back - come back full time, Midgey?

TAYLOR BOYD. BBB has been fantastic this season. Happy to play where he's asked and always gives it his all. He's improved a lot this year.

JORDAN GISSING. The Golden One. Possibly the most versatile player we have. Unbelievable scoring ability. One of the first names on the teamsheet.

SAM SHEPHERD. The Old Dog. Like a magnet to the back of the net, he can find the goal from anywhere. Played his part in our success this season.

KIERAN COOK. Our back-up goalkeeper this season who has certainly played his part in our success. All at MWFC thank Kieran for his efforts this year.

TONY BAXTER. Another player who's played when required and always given 100%. A popular member of the club, and we all thank Tony for his efforts.

TARREN GRINT. A new face recently at MWFC but one who we believe will play his part in our future success. Welcome Tarren.



JUNIOR CUP FINAL PREVIOUS FINALS

The Junior Cup has been in existence since the 1889-90 season.

However, in 1907 there was a split in the way football was run in the countu.

The existing Suffolk County FA, who owned the Junior Cup, voted to affiliate to the Amateur Football Association.

Consequently, a second Suffolk County FA was formed that was affiliated to the Football Association.

The FA presented a trophy to the new Suffolk County FA for their Junior Cup competition.

This meant that there were two Junior Cup competitions for several seasons.

In 1913 the FA and AFA resolved their differences, but the outbreak of the First World War meant that the local situation could not be resolved at that time.

The Junior Cup was not played for again until the 1919-20 season by which time only one Suffolk County FA existed, affiliated to the FA.

The original Junior Cup was still with the people who ran the AFA affiliated Suffolk County FA, but an agreement was reached and they handed it over after the 1919-20 cup final. It is therefore the original Suffolk Junior Cup trophy that is played for today.

So the 1919-20 season was the only season in which the FA presented Junior Cup was the only Junior Cup that was plaued for.

1889-90 Ipswich Town Reserves 4 - 1 Leiston (after 2-2 draw)

1890-91 Halesworth 4 - 3 Haverhill Town

1891-92 Bungau Chaucer Press 4 - 1 Brantham Athletic

1892-93 Landguard Ford 2 - 0 Bury Alexandra

1893-94 Kirkleu 2 - 1 Haverhill Town

1894-95 Leiston 2 - 0 Sudburu

1895-96 Beccles Red Star 5 - 0 Brantham Athletic Reserves 1913-14 Stoke Athletic 2 - 0 Egerton Amateurs

1896-97 Woodbridge Old St Mary's 1 - 0 Ipswich

St Matthew's

1897-98 Kirkley Res 4 - 1 Long Melford Reserves (after 1-1 draw)

1898-99 *Brantham Athletic 3 - 2 Lowestoft Reserves (*Following a protest, a replay, resulting in a draw, and the Association ruled that each club should hold the cup for six months)

1899-00 Mildenhall 4 - 1 Southwold RA Volunteers

1900-01 Lowestoft Town Reserves 4 - 0 Newmarket Town (after 2-2 draw)

1901-02 Haverhill Royers Reserves 2 - 0 Orford & District (after 0-0 draw)

1902-03 Lowestoft IOGT 3 - 0 Ipswich Town Reserves 1903-04 Southwold 4 - 1 Trinity Old Boys (Ipswich)

1904-05 Orwell Works 2 - 1 Newmarket (after 1-1 draw)

1905-06 Halesworth Town 2 - 0 Newmarket

(after 2-2 draw)

1906-07 Ipswich Town Reserves 4 - 0 Stowmarket

1907-08 Stowmarket 5 - 1 Westbourne Mills

1908-09 Woodbridge 2 - 1 RFA (Ipswich) (after 1-1 draw)

1909-10 Orford 2 - 0 Lavenham

1910-11 Sudburu Brigade Utd 3 - 1 Newmarket Town Reserves

1911-12 All Saints United (Ipswich)

1920-21 St Mary Elms Old Boys (Ipswich) 2 - 0 **Beccles Town Reserves**

1921-22 Egerton Amateurs 2 - 1 Bramford

1922-23 Lowestoft Town Reserves 2 - 0 West End Athletic (Ipswich)

1923-24 Halesworth Town 3 - 0 Exning United

1924-25 Leiston St Margarets 5 - 0 Haverhill Rovers Res.

1925-26 Woodbridge Town 4 - 2 Southwold Town

1926-27 Newmarket Town Reserves 2 - 1 Beccles Caxton

1927-28 Brantham Athletic Reserves 4 - 3 Bungay Town

1928-29 United Services (Lowestoft) 3 - 1 Ipswich Town Reserves (after 1-1, 1-1 draws)

1929-30 Old Nactonians 2-1 Beccles Caxton

1930-31 Exning United beat Bungay after a draw 3-3

1931-32 Melton St Andrew's 1 - 0 Lowestoft Town Res.

1932-33 Kirkley Reserves 2 - 1 Lowestoft St Margaret's

1933-34 Eastern Counties United Reserves 1 - 0 **Ipswich Town Reserves**

1934-35 Eastern Counties United Reserves 2 - 1 Atlas Works (Ipswich)

1935-36 Eastern Counties United Reserves 2 - 1 1989-90 Walsham-le-Willows 2 - 1 Leiston St Marga-Needham Market • • rets 1936-37 Lakenheath 1 - 0 Life Brigade OB 1990-91 Saxmundham Sports 1 - 0 Beccles Caxton (after 1-1 draw) 1991-92 Newburu United 4 - 3 Willis Corroon 1937-38 Mildenhall RAF 8 - 0 Wickham Market 1992-93 Newbury United 2 - 0 Ipswich Athletic 1938-39 Beccles Town-5 -0 Old Grammarians 1993-94 Stanton 2 - 0 Ipswich Athletic 1945-46 Brooke Marine 4 - 0 Bradfield St George 1994-95 Wenhaston United 2 - 1 Stonham Aspal Res. 1946-47 Lowestoft Town Reserves 4 - 0 1995-96 Haughleu United Reserves 2 - 1 Haverhill Rovers Reserves Ipswich Athletic 1947-48 Lowestoft Town-Reserves 6 - 2 1996-97 Cavendish 3 - 1 Bungay Town Lowestoft Corinthians 1997-98 Tuddenham Rovers 3 - 2 Thurston 1948-49 Leiston St Margarets 4 - 3 Brandon Town 1998-99 Tuddenham Rovers 4 - 3 Corton (aet) 1999-00 Tuddenham Rovers 5 - 3 Cockfield (after 2-2 draw) 1949-50 Lowestoft Town Reserves 1 - 0 Grundisburgh 2000-01 Bramford United 4 - 2 Westerfield United 1950-51 Buru East Athletic (aet) 1951-52 Town Street, Brandon 3 - 0 Lowestoft CWS 2001-02 Westerfield United 1 - 0 Framlingham Town 1952-53 Landseer Youth Club 4 - 2 Bradfield St George 2002-03 Cockfield United 2 - 1 Framlingham Town 1953-54 Lowestoft CWS 2 - 1 Stanton 2003-04 Hearts of Oak 3 - 1 Hadleigh United Reserves 1954-55 Brandon Town 4 - 2 Beck Row 2004-05 Leiston St Margarets 0 - 0 Southwold Town 1955-56 Grundisburgh 2 - 0 Lowestoft Town Reserves (6-5 on pens) 1956-57 Beccles Caxton 8 - 0 Debenham and District 2005-06 AFC Sudbury Reserves 1 - 0 Stowupland 1957-58 Beccles Caxton 8 - 0 Corton 2006-07 Stonham Aspal 3 - 0 Hundon 2007-08 Old Newton United 2 - 1 Cockfield United 1958-59 Beaconsfield 4 - 2 Wetheringsett 1959-60 Castle Hill Youth Club 3 - 1 Haughley United 2008-09 Achilles 5 - 2 Old Newton United (aet) 1960-61 Southwold Town 4 - 0 Westerfield United 2009-10 Bacton United 89 2 - 1 Sudbury Athletic 1961-62 RAF Honington 3 - 2 Finningham 2010-11 Glemsford & Cavendish United 3 - 1 1962-63 Oulton Broad 2 - 0 Halesworth Town **Leiston St Margarets** 1963-64 Finningham 2 - 1 Melton United 2011-12 Westerfield United 2 - 1 Bartons 1964-65 Finningham 4 - 3 Southwold Town 2012-13 Oulton Broad 2 - 2 Waveneu (4-2 on pens) 1965-66 Finningham 5 - 2 Wortham 2013-14 Oulton Broad 2 - 1 Claudon 1966-67 Brandon Town 3 - 2 Wetheringsett 2014-15 Ipswich Athletic 1 - 0 Benhall St Mary 1967-68 Finningham 4 - 0 Halesworth Town 2015-16 AFC Hoxne 2 - 0 Henley Athletic 2016-17 Bacton United 3 - 2 Oulton Broad (aet) 1968-69 Finningham 4 - 0 Elmswell 1969-70 Old Lowestoftians 5 - 3 Finningham 2017-18 AFC Kesgrave 3 - 2 Trimley Red Devils 1970-71 Woodbridge Town 2 - 1 Lake Lothing 2018 -19 Bildeston Rangers 4 - 2 Bacton United 89 1971-72 Lake Lothing 4 - 2 St Edmunds RCYC 2019-20 Halesworth Town 6 - 4 Sudburu Sports 1972-73 St Edmunds RCYC 4 - 3 Carlton Colville 2020-21 Stowupland Falcons 2 - 1 1973-74 Murrayside 2 - 1 Walsham-le-Willows Mutford & Wrentham 1974-75 Lakenheath 3 - 2 Wenhaston United 2021-22 Stowupland Falcons 1 - 0 Mutford & Wrentham 1975-76 Alan Road 3 - 2 Elmswell 1976-77 St Edmunds RCYC 1 - 0 Haughleu United 1977-78 St Edmunds RCYC 4 - 1 Alan Road JUNIOR CUP PRESENTED BY THE FA 1907-08 IOGT Lowestoft 2 - 0 Brantham Athletic (after 2-2 draw) 1978-79 Murrayside 4 - 1 Coplestonians 1908-09 Leiston Reserves 4 - 0 1979-80 St Edmunds RCYC 2 - 0 Haughley United Res. Haverhill Old Independent Institute 1980-81 Brandon Town 4 - 0 Haughley United Reserves 1909-10 HMS Ganges 2 - 0 Lowestoft Town Reserves 1981-82 Post Office Research 2 - 0 Ransomes Reserves 1910-11 Thetford (after 1-1, 2-2 draws) 1911-12 Leiston Alexandra 4 - 2 Leiston Reserves 1982-83 Leiston 2 - 0 Southwold (aet, after 1-1 draw) 1983-84 Leiston 1 - 0 Barrow 1912-13 Ipswich RHA 1984-85 Needham Market 1 - 0 Cornard United 1913-14 Brantham Athletic 4 - 0 1985-86 Ashlea 2 - 1 Fonnereau Athletic Lowestoft Town Reserves 1986-87 Woodbridge Town 4 - 1 Elmswell 1919-20 Brantham Athletic 2 - 0 Lowestoft Labour

1987-88 Walsham-le-Willows 5 - 0

Westerfield United Reserves

1988-89 Walsham-le-Willows 1 - 0 Halesworth Town





AFC KESGRAVE

Blue & red striped shirts, blue socks, blue shorts

MANAGER - FRAZER LORD

As the manager of AFC Kesgrave, I am incredibly proud of my players and their hard work to make it to this occasion.

Today's match promises to be an exciting and fiercely contested encounter, with both teams eager to claim the title of Junior Cup champions. I know that our opponents will provide a tough challenge, but I have every confidence in the ability and determination of my team to rise to the occasion.

I would like to thank everyone for your support and enthusiasm throughout the season. Let's play fair, let's play hard, and may the best team win!

OLIVER WATERS. The Salmon. His high-flying saves have helped get us to the final. Ollie has been a great asset to the club.

MATT OLDFIELD. The Skipper. Mr on time every time, anything less and it's a fine. Plays multiple positions to help the team.

KAMRON LORD. Workhorse who covers every blade of grass on the pitch and has a never-say-die attitude. Kam has been immense this season.

BEN DEACON. The Teacher. Ben hasn't been with us for long, but he has had a massive impact on this team, passing on his knowledge.

KRISTIAN HAMMOND. The cup man. Kris has scored in every round of the cup so far with a few being match-winners.







NABARD MAHMOUD. The Nice Guy. Nabs hit the ground running when he joined late into the season but instantly became a favourite amongst the squad.

ANDREW GARNHAM. Right Place, Right Time. Garney has been a huge player for us over and has stopped the opposition's attacks countless times.

EMMETT KLIPALO. Cool, calm and collected on and off the pitch. Dominates in both penalty areas. A key player who deserves a trophy.

CURTIS ANDREWS. King of the mind games, Curt has had big performances this season in multiple positions.

OWEN RICHARDSON. Determined and spirited, rising through the ranks from 'A' team to first-team regular.

CHARLIE BIXBY. The Tough Tackler. Stepped up from the 'A' team last season and hasn't looked back. Worked hard to get over early season injury.

DAN HALL. Tekkers, King of the Ping with an eye for goal. Best goalscoring season to date and a character everyone loves in the sauad.

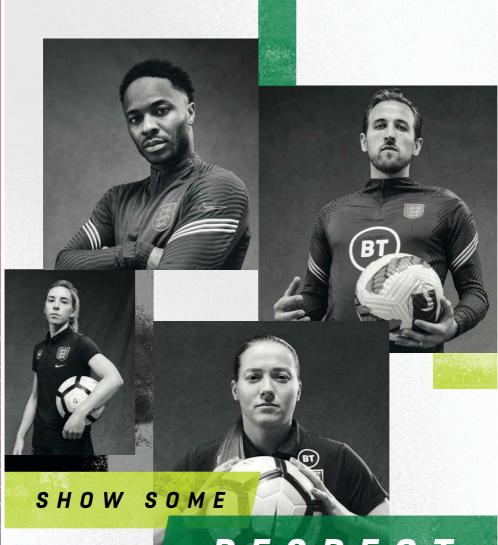
EUAN CHILDS. Red Bull and two paracetamol and he can play for hours. Balanced and honest, keeps a calm head.

ROB BIRD. Infectious, loveable and a grafter, gives his all no matter if it's one minute or 90 minutes.

BEN DOWDESWELL. The Vet who has played for all 4 men's teams this season and is the club penalty king when it comes to saving them.

SAM LYALL. Can Sam become an AFC Kesgrave legend and help lift the Trophu? Simple, creative and drives team forward.





RESPECT

#SHOW SOME RESPECT



Building society with mutual respect







STANTON (red shirts) in action in their 5-0 victory over Ipswich Athletic (green & black striped shirts) in the third round of this season's competition



THURSTON (blue shirts) challenging for the ball during their 4-1 win at Bacton United 89 in the third round of this season's competition



In November 2016, British football was rocked by a series of high-profile revelations regarding child sexual abuse. Several former professional players bravely waived their right to anonymity to speak out about their past abuse.

A number of those involved, decided to set up the Offside Trust, an organisation committed to supporting survivors and working to make sport safer for children.

Former professional footballer Steve Walters is director of the Offside Trust.

We are proud to work with and support fellow survivors. In addition to Steve, the Offside Trust family includes the amazing ambassadors listed below and several others who wish to remain anonymous:

Gary Cliffe, former youth team player at Manchester City Dion Raitt, former youth team player at Peterborough United Alan Arber, former Norwich City player Callum Hancock, professional boxer

Our aims are:

- To raise awareness of the importance of safeguarding across all sports at all levels
- To provide survivors with advice guidance and resources to aid the healing journey
- To campaign for legal and regulatory changes to improve safeguarding in sport

Our objectives are:

- . To secure partnerships with clubs at all levels, in all sports
- · To engage with survivors and signpost them to the appropriate professional support
- . To engage with survivors within the Offside Trust Support Network
- To support charitable helplines with specific focus on survivors in sport
- To change the law on child sexual abuse being exempt from 'Double Jeopardy'
- . To lobby for 'Mandatory Reporting' to be adopted in UK law
- To engage with political and judicial bodies to strengthen legal support for survivors

Since 2016, the Offside Trust has received the support of supporters, clubs, players and former professionals throughout the sporting world. We focus on all sports, not just football. We are grateful for the support that we are getting from everyone including the people in cricket, rugby, golf and boxing, helping to raise further awareness across sport.

The Offside Trust works alongside governing bodies, charities and organisations that deal with safeguarding.

If you are a survivor of child sexual abuse in sport, there are a number of resources available. The FA have commissioned a dedicated NSPCC helpline for adults who were abused in childhood within the football industry from grassroots to Premier League. If you would like to speak to somebody the free NSPCC helpline for guidance and support is available 24 hours a day on **0800 023 2642**. Our friends at Survivors Manchester (https://www.survivorsmanchester.org.uk/) and Samaritans (https://www.samaritans.org/) have help and support available if you need to talk.

If you think that a child is in immediate danger please dial 999.

If you are a child who needs help, please call Childline on 0800 11 11.





