

# Cumberland FA

YOUR GAME, YOUR COUNTY FA...

## SUNDAY CUP FINAL 2022-23



**Sunday 7 May 2023 | 11:00am | Carlisle City FC**

**Inter Pirelli  
v  
Scotby**



**ENGLAND  
FOOTBALL**



# Cumberland FA

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## County Cups

### A Message from the Chief Executive Officer of Cumberland FA

On behalf of Cumberland Football Association, I would like to welcome you to the 2022-23 Sunday Cup Final.

The fact that I am writing this a little bittersweet for me as this would usually be the task of our late Chair Fred Conway, who we sadly lost towards the end of the 2022 and who we still miss dearly.

Fred was immensely proud of his being a part of Cumberland FA and most latterly his role as Chair, to which he dedicated a large part of his life, time, and energy towards various aspects of the grassroots game.

This was certainly the case when it came to our County Cup Competitions. He loved the fact that these competitions brought teams together from across the county. He loved the Finals and the opportunity to attend different grounds to catch up with and have a good crack with their volunteers, some of whom became close friends of his through this association. He also loved the competitive element and would often be heard telling anyone who would listen, and even some who would not, of his success as manager in leading Mirehouse AFC to three Sunday County Cup victories in a row. However, as competitive as he was, ensuring that the game was played within the right spirit and, whilst he didn't always agree with their decisions, respecting match officials was integral to his philosophy and character.

So on Fred's behalf I would to congratulate the teams who have made it to the Final and thank all of the club officials, team coaches, parents and supporters who will have worked tirelessly behind the scenes to allow the players to have the success on the pitch.

I would also like to thank the volunteers of the host venue Carlisle City FC, who's support has enabled us to provide a suitable and fitting County Cup Final match day experience for this Final.

Finally, a special mention to the match officials who we wish to congratulate on their performances this season, which has led to their appointment to the final.

We hope all those in attendance have a good experience, although often this is very much dependent upon the result and play their part in ensuring that this year's finals are befitting of the memory of Fred.

Regards,  
Ben Snowdon



# Mr Fred Conway

**It is no understatement to say that Fred Conway's life was based around football and more specifically football within Cumberland.**

## Season 2022-23

### **Chairman**

John Rogerson

### **Vice Chairman**

Adam Pattison

### **Directors**

Steve Poole

John Taylor

Ian Parker

Adam Pattison

Jackie Hayhow

Ben Snowdon

### **Honorary Members**

Fred Dandy, Andrew Jenkins, Albert Murphy, John Taylor, Geoff Turrell, Jack Williamson, Tommy Jackson, Tony Barnett, 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

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

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

As with most people his love of the game had been developed from his time playing.

Described as tenacious but talented player, his love affair with the game started when he began playing for the Boys Brigade before moving to Cockermouth Albion Under 18's where he won the Derwent Valley Junior League. His career then moved onto playing within the Wearside league for Marchon on a Saturday and he also had a successful spell at Calder Lions, and then Egremont Athletic in the Sunday League.

Well known for his strong opinions, he was never going to sit back quietly and let others lead, and so when, in the 1980s, an opportunity arose to join the Egremont & District Sunday League Committee he took it.

In the mid-80s Fred passed the basic referee course and registered as a referee. In the late 1990s Fred was elected onto the Cumberland County FA council and in 2004 he was nominated and subsequently voted in as Chair of The County FA.

**It was his position as Chair of Cumberland FA of which he was most proud, and he would often be heard telling new members of the County that the Cumberland FA badge meant more to him than anything else.**

**He was unique, which is why he will be irreplaceable.**

We are eternally grateful for all of your support, not only to the grassroots game as a whole, but also to those individuals within it and particularly the staff team at Cumberland FA.

And between you me and the gatepost, you didn't do bad, for how you commonly and tongue in cheek, referred to yourself, as 'a thick store-man'.

**Mr Chairman. You will be missed but most of all, on behalf of grassroots football and Cumberland FA,**

**Thank you.**





# Cumberland FA Cup Finals

## Season 2022-23



DATE	COMPETITION / VENUE	FIXTURE	OFFICIALS
Sunday 26 March	<b>Under 16 Girls County Cup</b> Cleator Moor Celtic FC	Abbeytown Juniors U16 – 3 Whitehaven AFC Juniors U15 – 3 <i>Abbeytown 5-3 on penalties</i>	Referee: John Burns Assistant Referees: Lillias Hodgson & Seb O'Reilly 4th Official: Jake Davidson
Sunday 26 March	<b>Under 16 County Cup</b> Cleator Moor Celtic FC	Carlisle City Juniors U15 – 1 Crusaders – 1 <i>Crusaders 5-4 on penalties</i>	Referee: Lee Tedford Assistant Referees: Harry Hufton & Austen Davidson 4th Official: John Burns
Tuesday 2 May 7:00pm	<b>Fred Conway Cumberland Cup</b> Carlisle United FC	Penrith AFC – 1 Workington AFC – 9	Referee: John Mulligan Assistant Referees: Kevin Mulraine & Matthew Rogerson 4th Official: Mark Hunter
Wednesday 3 May 7:00pm	<b>Women's County Cup</b> Penrith AFC	Carlisle United Ladies – 2 Penrith AFC Ladies – 2 <i>Carlisle Utd 3-2 on penalties</i>	Referee: Georgia Vyse Assistant Referees: Adrian Ashbridge & Craig Bennison 4th Official: Geoff Ellison



## SUNDAY CUP

Inter Pirelli have won Cumberland FA Sunday Cup for the previous 3 season's – equalling the feat of Mirehouse AFC (2004 – 2005 – 2006).

Should Inter Pirelli lift the Trophy on Sunday, they will break the record and become the first Cumberland Team to win 4 in a row!



*"Top team full of quality and top lads who were all good friends never any hassle just got on with it even when we played 20 games in 31 days. Simply the best bunch of lads over the 3 years I have been involved with." Fred Conway*

## STILL TO PLAY

### Cumberland FA Cup Finals | Season 2022-23

Friday 12 May 6:30pm	<b>Under 18 County Cup</b> Penrith AFC	Crown Newlaithes Juniors U17 v Workington Juniors U18	Referee: Cameron Sealby Assistant Referees: Paul Stephenson & Christian Ndubuisi 4 <sup>th</sup> Official: Leigh Musgrave
Saturday 13 May 11:00 am	<b>Under 12 County Cup</b> Keswick FC	Cockermouth JFC U12 Cosmos v Dalston Junior Black Reds U12	Frazer Sealby Ben Willis Tommy Linford
Saturday 13 May 2:00pm	<b>Under 14 County Cup</b> Keswick FC	Northbank Juniors U14 v Whitehaven AFC U14 Blue	
Sunday 14 May 11:00am	<b>Under 12 Girls County Cup</b> Keswick FC	Silloth Juniors U12 Girls v Whitehaven AFC U12 Blue	Jade Taylor Sarah Smith Zara Sandelands
Sunday 14 May 2:00pm	<b>Under 14 Girls County Cup</b> Keswick FC	Northbank Juniors U14 Girls v Unisun Athletic Juniors U14 Girls	



## TODAY'S MATCH OFFICIALS

SUNDAY CUP	
Referee	<b>Ben Whitfield</b>
Assistant Referee	<b>Colin Varty</b>
	<b>Colin Heron</b>
Fourth Official	<b>Waine Davidson</b>



Cost: £130

Price includes a whistle, flags, red and yellow cards, CFA Referee Registration, 2 years membership of the Referees' Association and the first FA DBS application (worth £10)

## BE THE REFEREE

### Make a Difference to the Game

In partnership with the local leagues, Cumberland FA are delighted to confirm an additional Referee course in June to support the recruitment of match officials for the older age groups and into adult football.

There is support available from the Carlisle Glass Longhorn Youth Football League for the cost of the course for attendees completing the course and officiating a set number of Sunday games for the CGLYFL.

Visit [www.CumberlandFA.com/referees/get-into-refereeing](http://www.CumberlandFA.com/referees/get-into-refereeing)

### ADULT ONLY COURSE

DATES\*: Tuesday 20 and 27 June 2023

TIMES – 6:00pm – 10:00pm | VENUE - Harraby 3G, Carlisle

\*Attendance on both dates is essential

**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.**

## NEW PARTNERSHIP LAUNCHED

**Cumberland FA are delighted to team 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 ground breaking research.**

Beginning now, the partnership will initially span the 2023-24 season.

The partnership will see Cumberland FA provide a calendar 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 will have the opportunity to get involved by selling pin badges or housing collection boxes within their club houses (*"Buy a pint for a loved one" donations*) and / or become a hub for BHF charity shop donations collection.

These are just two ideas where there is 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!**

Following the launch of the partnership, we will be communicating with Clubs to move forward in time for the new season.



**[DONATE TODAY](#)**  
**[CLICK HERE](#)**



We're asking clubs across #CumberlandFootball to ***Join The Wall*** by signing our Positive Football Environment Club Commitment Statement



**JOINTHE WALL**  
**THANK YOU TO THE CLUBS WHO HAVE  
SIGNED UP TO JOIN THE WALL & PROTECT  
OUR POSITIVE FOOTBALL ENVIRONMENT!**

- |                               |                                 |                                |
|-------------------------------|---------------------------------|--------------------------------|
| ▪ Abbeytown JFC               | ▪ Eden Academicals              | ▪ St Bees JFC                  |
| ▪ Abbeytown Ladies            | ▪ Flimby Social FC              | ▪ Stanwix FC                   |
| ▪ AFC Carlisle                | ▪ Gretna 2008 Walking Football  | ▪ Stanwix Bees                 |
| ▪ Allerdale Girls FC          | ▪ Greystoke FC                  | ▪ Sun Inn Athletic FC          |
| ▪ Alston Moor Football Club   | ▪ Kirkoswald FC                 | ▪ Sun Inn FC                   |
| ▪ Aspatria FC                 | ▪ Langwathby United             | ▪ Tubby FC                     |
| ▪ Aspatria Juniors FC         | ▪ Maryport Athletic             | ▪ Workington Diamonds          |
| ▪ Aspatria Vets FC            | ▪ Mirehouse AFC Juniors         | ▪ Workington Juniors FC        |
| ▪ Border City Greens          | ▪ Moor Row FC                   | ▪ Workington Reds Ladies FC    |
| ▪ Carlisle Reivers FC         | ▪ Northbank FC                  | ▪ Whitehaven AFC               |
| ▪ Carlisle United Ladies FC   | ▪ Penrith Walking Football      | ▪ Whitehaven Miners Social     |
| ▪ Cleator Moor Celtic Juniors | ▪ Seaton FC                     | ▪ Whitehaven Miners Social JFC |
| ▪ Creighton Rangers           | ▪ Silloth AFC                   | ▪ Xtreme Ladies FC             |
|                               | ▪ Silloth Juniors Football Club |                                |

@1pm  
Friday  
14 April  
2023



**In Cumberland 99% of our football played within leagues has been played without any report of misconduct.**

**However**, we are aware that the number of reports is slowly growing, and the perception of the game is under threat and so in order to ensure that we do not see incidents, that have been widely reported in other counties, here in Cumberland, we understand that we must continue to address the problematic few that display undesirable or unacceptable behaviours.

FIND OUT MORE:

<https://www.cumberlandfa.com/news/2023/apr/03/cumberland-clubs-join-the-wall>



## MORE REFEREE COURSES



# BE THE REFEREE

## Make a Difference to the Game

If you're thinking about taking up the whistle, remember, refereeing is a great way to:

- Give something back to the game you love
- Remain involved in the game after injury or retirement
- Play a vital role in ensuring players enjoy the game
- Increase participation in the sport and make new and lasting friends
  - For anyone aged 14+

Visit [www.CumberlandFA.com/referees/get-into-refereeing](http://www.CumberlandFA.com/referees/get-into-refereeing)

### NEXT COURSE DATES

**Course 1: Friday 14 July (5 – 8pm) & Saturday 15 July (10am – 4pm)**

**VENUE:** • Workington (St Joseph's Catholic High School)

**Course 2: Monday 24 July & Tuesday 25 July 2023 10am-3pm**

**VENUE:** St Benedict's Catholic High School, Whitehaven

**Course 3: Monday 4 Sept & Tuesday 5 Sept 2023 10am-4pm**

**VENUE:** Gillford Park Stadium, Petteril Bank Road, Carlisle



## 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.

**20% OFF**  
**GOALS**  
& LINE MARKERS

All pairs of aluminium and steel goal packages and all transfer wheel line markers, including the industry leading Dimple Marker.



**10% OFF**  
**NETS**  
& ACCESSORIES

This offer includes all ball stop and pitch divider netting!

**PROUD TO SUPPORT CUMBERLAND FA**  
**VISIT [MHGOALS.COM](http://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 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.englishfootball.com/explore/inclusive->**

# **TEAM NEWS**

**The Route to the Final**

**Coach / Manager**

**Squad**

**A Short History**

**Team Photo**



# SUNDAY CUP FINALIST

2022 / 23

INTER PIRELLI



## Route to the Final

Round 1	Jovial Sailor	2 – 4	INTER PIRELLI
Round 2	INTER PIRELLI	13 – 1	AFC Gretna
Round 3	INTER PIRELLI	3 – 0	Museum Inn
Q/Final	FC Cosmos	3 – 4	INTER PIRELLI
Semi Final	Denton Holme FC	1 – 6	INTER PIRELLI

## MANAGER | Duncan Adams

SQUAD: Jordan Atkinson, Sean Bannon, James Best, Kieron Blair, Tyler Bowman, Ben Campbell, Philip Crothers, Ben Davidson, James Davidson, Jordan Irving, Ellis James (C), Kelvin James, Andrew Lewis, Craig McCue, Sam Metcalfe, Luke Miller, Lewis Mitchinson, Ellis Pearson, Jordan Pritchard-Farish, Daniel Smailes, Jamie Stalker



Formed in 2013, the team play in the Carlisle City Sunday League, winning the League title for the last 5 seasons.

Holders of the Cumberland FA Sunday Cup for the last three competitions (the competition was not held in season 2020-21), Inter Pirelli FC are aiming for a record breaking 4 wins in a row!

# SUNDAY CUP FINALIST

2022 / 23

SCOTBY



## Route to the Final

Round 1	SCOTBY	BYE	
Round 2	Currock	1 - 3	SCOTBY
Round 3	SCOTBY	4 - 0	Longtown FC
Quarter Final	Lowca Pirates	0 - 2	SCOTBY
Semi Final	Northside	1 - 4	SCOTBY

## COACHES | M Hand, J Simpson, T Earl, M Purdie

SQUAD: Dan Swann, Mike Ballantyne, Callam Plunkett, Jack Little, Kev McKenna, John McKenna, Dan Wood, Michael Gilsenan, Will Bell, Ben Harkness, Benn Atkinson, Martin Purdie, Josh Tyson, Thomas Earl, John Simpson, Ronan Irving, Adam Cox, Matthew Moynan, Liam Lightfoot, Tom McDonald, Flynn McGee, Jake Simpson, Mark Hutchinson, Tom Hill, Ell Travers, Lewis Hand, Ethan Scott, Joe Robinson, Tom Schofield

Formed in 2013, in the summer Scotby FC celebrate their ten-year anniversary. A community club with strong links to the village including youth football clubs, the school and the village pub. Sponsored by businesses local to the area, Inter Fresh, BK Screenprint and The Royal Oak.

After a tricky start to the league season, Scotby had an excellent run which included overcoming two tricky away ties in the Sunday Cup Quarter and Semi-Final to get to the Final.



Scotby are proud to reach their second consecutive County Cup Final and hope to go one better this time having narrowly lost out on penalties last season.



Put it Top Bins.

KITLOCKER.COM

#UnlockYourIdentity

Formed in 2011, the **Ability Counts League** offers regular playing opportunities to disabled players aged 16 and over. Fixtures are held once a month between March and October, with teams from across Cumberland taking part at a central venue in Carlisle.

With continued support from Cumberland Building Society the League has been renamed 'The **Cumberland Ability Counts League**'

The Cumberland  
In partnership with



The **Cumberland 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 07807 665543



# 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 2023 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.

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 brand new '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 – visit our website for details and to register.



## Women's Over 35's Football

### TURN UP & PLAY EVENTS

Sunday 21 May 2023  
Carlisle: Harraby 3G (pens)  
10:00 – 12:00pm

MORE DATES TO  
FOLLOW!

Contact

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



### FOOTBALL FOR WOMEN AGED OVER 35

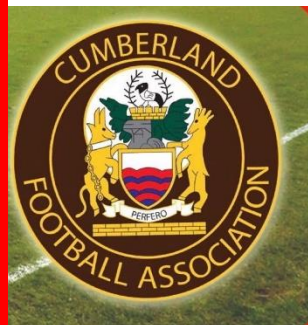
Cumberland FA have already delivered 2 FREE taster sessions giving women aged 35 and over an opportunity to come along in a friendly and fun environment to have a kick about.

Any 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

## THE JOHN TWENTYMAN SPIRIT OF CUMBERLAND FOOTBALL AWARDS

Nominations will close at 5pm on Friday 19th May

As part of our continued push towards ensuring a  
positive football environment for all involved  
within the game in Cumberland, we want to  
celebrate those who have displayed, through their  
actions, a truly memorable sporting moment that  
you believe deserves recognition.



These awards are open to all involved with an affiliated Cumberland clubs and you  
can nominate a club, a coach, a player, an official, a club or league volunteer, a  
spectator, a team or even a whole club, by completing a short nomination form  
outlining how they have demonstrated the true spirit of the game and why they merit  
a **John Twentyman Spirit of Cumberland Football Award**.

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







**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 2023**

**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

**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...**  
**Orange Button Training**

**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  
**Orange Button Training**

**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](#).**



# First Aid Supplies for Grassroots Football at Discount Prices



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

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

Veo have launched a new lower cost subscription as well as offering £200\* off the for Cumberland FA Affiliated Clubs

## 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.Englandfootball.com](https://learn.Englandfootball.com)



A free online course to help you play  
a more active role in football.

**CLICK TO FIND OUT MORE**





# Cumberland FA

## County Cups

### TEAMS STATS

No.		Sub	Goal	No.		Sub	Goal

OFFICIALS	SUNDAY CUP
Referee	Ben Whitfield
Assistant Referee	Colin Varty
	Colin Heron
Fourth Official	Waine Davidson

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

Find us on Facebook [www.facebook.com/cumberlandfa](https://www.facebook.com/cumberlandfa)

Follow us on Twitter and Instagram @CumberlandFA