

Cumberland FA

YOUR GAME, YOUR COUNTY FA...

WOMEN'S COUNTY CUP FINAL 2022-23



Wednesday 3 May 2023

Carlisle United Ladies

v

Penrith AFC Ladies



**ENGLAND
FOOTBALL**



Cumberland FA

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 Women's County 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 Penrith AFC, 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

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	Under 16 Girls County Cup 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	Under 16 County Cup 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	Fred Conway Cumberland Cup Carlisle United FC	Penrith AFC – 1 Workington AFC – 9	Referee: John Mulligan Assistant Referees: Kevin Mulraine & Matthew Rogerson 4th Official: Mark Hunter
Sunday 7 May 11:00am	Sunday Cup Carlisle City FC	Inter Pirelli v AFC Scotby	Referee: Ben Whitfield Assistant Referees: Colin Varty & Ben Kinnersley 4th Official: Colin Heron
Friday 12 May 6:30pm	Under 18 County Cup Penrith AFC	Crown Newlaithes Juniors U17 v Workington Juniors U18	Referee: Cameron Sealby Assistant Referees: Paul Stephenson & Christian Ndubuisi 4th Official: Leigh Musgrave
Saturday 13 May 11:00 am	Under 12 County Cup Keswick FC	Cockermouth JFC U12 Cosmos v Dalston Junior Black Reds U12	Frazer Sealby Ben Willis Tommy Linford
Saturday 13 May 2:00pm	Under 14 County Cup Keswick FC	Northbank Juniors U14 v Whitehaven AFC U14 Blue	
Sunday 14 May 11:00am	Under 12 Girls County Cup Keswick FC	Silloth Juniors U12 Girls v Whitehaven AFC U12 Blue	Jade Taylor Sarah Smith Zara Sandelands
Sunday 14 May 2:00pm	Under 14 Girls County Cup Keswick FC	Northbank Juniors U14 Girls v Unisun Athletic Juniors U14 Girls	



TODAY'S MATCH OFFICIALS

WOMEN'S COUNTY CUP	
Referee	Georgia Vyse
Assistant Referee	Adrian Ashbridge
	Craig Bennison
Fourth Official	Geoff Ellison



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

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

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



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& ACCESSORIES

This offer includes all ball stop and pitch divider netting!

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 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->

TEAM NEWS

The Route to the Final

Coach / Manager

Squad

A Short History

Team Photo

WOMEN'S CUP FINALIST

2022 / 23

CARLISLE UNITED LADIES



Route to the Final

Q/Final	Abbeytown Ladies	0 – 2	CARLISLE UNITED LADIES
Semi Final	CARLISLE UNITED LADIES	1 – 0	Workington Reds Ladies

MANAGER | Tracy Gannon

SQUAD: Chelsea Norris, Melissa Mallin, Sarah Nixon, Emma Blenkinship (Captain), Ciara Bland, Sammi Norman, Charlotte Murray, Sharena Robinson, Kerri Mallinson, Rachel Blaylock, Janice Alderson, Paris Alderson, Lauren Ulliyart, Nataly Mason, Chelsea Browbank, Emma Morton, Lauren Campbell, Jamie-Lee Bell, Amy Boyd, Rachel Deer, Alice Heaton, Ruth Hopton, Emma Kenyon, Keely McDowell, Gillian Telford, Katherine Johnston, Jessica Cleasby, Alicia Messenger



Carlisle United Ladies play in the North West Women's Regional League, competing across the region in Division One North. For 2023 the Club have entered a team into the Andrea Buggy League (Summer League)

The Blues lifted the Cumberland FA Women's County Cup in 2015, 2017 and 2018.

WOMEN'S CUP FINALIST

2022 / 23

PENRITH AFC LADIES



Route to the Final

Quarter Final

BYE

Semi Final

PENRITH AFC LADIES

3 – 1

Stanwix Ladies

MANAGER | Jamie Fitzwilliam

ASSISTANT MANAGER | Rob Dixon

COACH | Georgia Smethurst

SQUAD: Kim McCormick (Captain), Georgia Campbell, Bethany Cater, Hannah Coulthard, Darcie Dixon, Cara Dudson, Heather Fawkes, Abbie Forster, Jess Forster, Carly Green, Chloe Grisedale, Stacey Harkness-Grant, Hope Lawson, Jess Nelson, Chantelle Peart, Amy Shepherd, Georgia Smethurst, Charlotte Smith, Sarah Smith

Formed in 2000 Penrith AFC Ladies have been Cumberland FA Women's County Cup Champions 4 times and runners up 5 times.


The Club has a strong girl's section, with the women's 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.





#UnlockYourIdentity

Put it Top Bins.

KITLOCKER 

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 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 or call Helen on 01900 511800 for more information or to register an interest



FOOTBALL FOR WOMEN AGED OVER 35

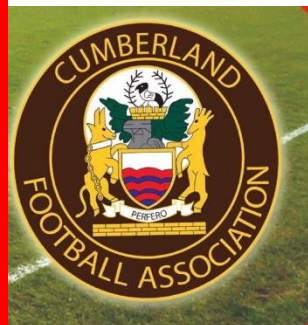
Cumberland FA have already delivered 2 FREE taster sessions giving women aged 35 and over an opportunity to come along in a friendly and fun environment to have a kick about.

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



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

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

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 Collaborating 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

- Getting informed
- Being Aware
- Asking Directly
- Listening Carefully
- Building Support
- Checking-in
- Looking after Yourself

Orange Button Training

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

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



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Playmaker
BY ENGLAND FOOTBALL

