

# SUFFOLK FA SUPER SUNDAY



A THRIVING LOCAL GAME

## Best Badges Suffolk Sunday Cup Final

10:30 kick off  
(grass pitch)



KITCHENER TAVERNERS

VS



MORETON HALL YOUTH  
FERALS

## Best Badges Suffolk Sunday Trophy Final

11:00 kick off  
(3G pitch)



BARTON MILLS

VS



GARDENERS ARMS

## Best Badges Suffolk Veterans' Cup Final

14:30 kick off  
(grass pitch)



RANSOMES SPORTS

VS



WHITTON COLTS

## Best Badges Suffolk Sunday Shield Final

15:00 kick off  
(3G pitch)



BURY BOWL

VS



THETFORD WANDERERS



# Respect Code of Conduct

## Spectators



ENGLAND  
FOOTBALL

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)
- Let 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



For All

**RESPECT**



Nationwide

Building society with mutual respect





ENGLAND  
FOOTBALL



On behalf of the Board, Council and staff of Suffolk FA I wish you a warm welcome to 'Suffolk Super Sunday' here at Needham Market FC. Once again, we thank all those involved with the Marketmen for their enthusiasm and commitment to host these finals and provide a memorable day for all involved – it is hugely appreciated.

Please enjoy the facilities with respect and gratitude.

Today will see the Finals of the Best Badges Suffolk Sunday Cup and Best Badges Suffolk Sunday Trophy played in the morning, on the grass and 3G pitch respectively, with the Best Badges Suffolk Veterans' Cup Final and Best Badges Suffolk Sunday Shield Final being held this afternoon.

The road to this year's finals has been as exciting as ever. Reaching the finals crowns a successful season for all eight sides.

The Sunday Cup will see holders Moreton Hall Youth Ferals face Kitchener Taverners, the side who defeated them in the final two years ago.

There's another West versus East encounter in the Sunday Trophy Final as Barton Mills meet Gardeners Arms, while the Sunday Shield will be an all-Bury & District Sunday League affair between Bury Bowl and Thetford Wanderers.

Just as in the Shield and Trophy, we have two new teams contesting the final as Ransomes Sports line-up against another Ipswich-based side in Whitton Colts.

The other teams involved in the Finals 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 sponsor Best Badges. They are a local company offering bespoke medals, badges, and other types of promotional material. Indeed, the County Cup medals are produced by Best Badges.

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

# SUNDAY CUP FINAL ROUTE TO FINAL



**KITCHENER TAVERNERS**

## **Semi - Final**

**3 - 0**

v Bourne Vale United

## **Quarter - Final**

**4 - 0**

v Borussia Martlesham

## **2<sup>nd</sup> Round**

**4 - 0**

v Occold

## **1<sup>st</sup> Round**

**Walkover**  
v Mellis



**MORETON HALL YOUTH  
FERALS**

## **Semi - Final**

**4 - 0**

v Godolphin

## **Quarter - Final**

**3 - 0**

v Bacton United 89

## **2<sup>nd</sup> Round**

**9 - 2**

v Fat Cat

## **1<sup>st</sup> Round**

**Bye**





**BEST BADGES SUFFOLK SUNDAY CUP FINAL MATCH OFFICIALS** (left to right) Stephen Gray, James Tebbit, Pat Case. Missing from photograph: Adam Burroughs

**REFEREE:**  
**James Tebbit**

James is a 44-year-old from Bury St Edmunds who is in his thirteenth season as a match official. He is a Level 5 referee, officiating in the Thurlow Nunn league on Saturdays and Bury & District Sunday League on Sundays, where he also serves on the league committee. James is a Liverpool fan and proud father of Jasmine and Lewis.

**ASSISTANT REFEREE:**  
**Patrick Case**

Pat lives in Elmswell and referees on the Bury & District Sunday League. He is a senior county Level 5 referee and has been a referee for 25 plus years. Pat has been involved in football for 59 years as a player, coach and referee. He is a lifelong Everton fan.

**ASSISTANT REFEREE:**  
**Stephen Gray**

Stephen, who lives in Ipswich, qualified as a referee in March 2022. He is currently a Level 7 referee, but on the brink of promotion to Level 6. So far he has officiated in the Suffolk Youth Football League, ranging from U11s to U18s, the Ipswich & Suffolk Youth League, Suffolk Girls' & Women's League and the Norfolk & Suffolk Veterans' League and ITFC Academy.

**FOURTH OFFICIAL:**  
**Adam Burroughs**

Adam Burroughs is 30-years-old and lives in Bury St Edmunds. He has been refereeing for 12 years and is a Level 6 seeking promotion to Level 5 this season. He primarily officiates in the Bury & District Sunday League but also on the Suffolk & Ipswich League and Thurlow Nunn Youth League.



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# KITCHENER TAVERNERS

Red shirts, black shorts, black socks

## MANAGER - LEE LAPARVLO

I am not a man of many words but I would like to welcome everyone to the final today and hope you enjoy the game ahead.

The Kitchener (Kitch) is a like a family, We are all friends or family members that have grown up together and gone through the good and bad times supporting each other in football and life.

It's also not only the players that pull on the shirt each week but everyone who does their bits behind the scenes that make us what we are so a big thank you to Deano, Turkey, Byron, Jerome, Kingy and Big Vin.

Uppa Klitch #Kitcharmy



**JOSH HENDER** Aka Safe Hands. Hender has proved to be one of if not the best keepers in the county.

**LLOYD CLARKE** Great full back but if you ask him he sees himself more as a striker (less running for him!)

**OLLIE FAIRS** Ollie has been retiring for the last three years at the ripe old age of 27. Have a word with yourself mate.

**JARRODON HAYNES** A great defender. Also has a side hussle as an Andy Carroll look-a-like.

**TOM WARREN** You'll never beat Tom Warren!

**MARCUS FOLKES** Loves turning up with a hangover.

**MILO GRIMES** Our boy from Essex. Loud and vocal - and that's just in the pubs and clubs!

**GAV VAN OENE** Gavlar has been a great addition to the team, Can someone lend him some socks?





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**IVAN BUXTON** The Del boy of the group, or is he more like Rodney?

**ETHAN CLARKE** Our captain, our leader. Loves a nutmeg, You've been warned.

**DYLAN BUXTON** Nephew of Ivan, but definitely the better Buxton!

**BRETT SMY** Loves a tackle, loves the Kitch but more than that, loves a night out.

**CHARLIE HOOLEY** Get your money on Hooley in your bet builder for over 10+ shots a game.

**HARRY BLACKBURN** Not so much of a hot head now, dreams about Phil Foden every night.

**KYRON ANDREWS** The quiet one of the team, but you know what they say about the quiet ones!

**ZEHN YOUNG** Chilled and calm on and off the pitch. He has been with the club since it started.

**REUMEL CODRINGTON** The beast. Loves a tackle, loves a goal, Definitely spends longest in the changing room.

**ASA MILLIARD** Strength of a bear, Feet like a ballerina. What more can you say?

**ANTON PRINCE** Can often be found trying to defeat his nemesis Mario.

**ELLIOTT CROWE** Rumoured to be a relative of ex-Spurs and England star Darren Anderton (based on his injury record).





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FOOTBALL

# MORETON HALL YOUTH FERALS

Blue shirts, blue shorts, blue and  
white hooped socks



## MANAGER - ADRIAN CROWE

This will be our third appearance in the Suffolk Sunday Cup final in the last three years.

After losing 3-1 to Kitchener Taverners in the 2021-22 season, we defeated Mellis 1-0 in last year's final.

**ASTON FALLOW** Playing in his 10th full season with us, great shot stopper and slightly eccentric!

**SAM WATERSON** First of the original players who has played nearly 400 games for us. He can play anywhere down the spine of the team.

**TAYLOR WATERSON** The younger brother of Sam. He is good on the ball and plays at the back.

**CALLUM DONGRAY** A man mountain, who is strong on the ball and is effective in both boxes. Scored our winner here in last season's final.

**CALLUM DOVE** Quick and nippy striker with an eye for a goal.

**CHARLIE GLOVER** Another Feral with an eye for a goal, on his day he is unplayable.

**LEWIS KEMP** The oldest and probably the fittest member of the side. Every season is going to be his last!

**CHARLIE LARTER** He has had a great season after missing most of the last one. Charlie captains the side.

**BEN NEWDICK** A versatile player who can play in a number of positions.

**JAKE PEASGOOD** Another player with an eye for a goal and loves to score a 'worldy' goal.





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## FREDDIE STEWART-HOGG

Another one of the original players, who is approaching 400 appearances. The Duracell bunny of the side, who never stops running.

**KIERAN TWINN** Front man with a sweet left foot.

**CASEY UNDERWOOD** Suffered with injuries over the past two seasons, but hopefully will play a part today. Strong in the air and good on the ball.

**CAMERON NICHOLLS** Record Ferals goalscorer who will hopefully play a part in today's final.

**GEORGE TALBOT** Came into the side as a 16-year-old and has blossomed into a very good player.

**KIERAN WALLER** Joined this season and has made a real difference in the opposing half. He is quick and direct with the ball at his feet.

**HARRY WHITING-NOAKES** The terrier of the side who is good on the ball and a strong tackler.

**GEORGE CROWE** The last of the original Ferals with over 450 appearances. A solid defender with a sweet left foot.

## JACK BRAME

He has won this competition five times, four with Gym United and once with us, but he will never tell you about it!

**JAMES BUCKMASTER** Full back with a sweet right foot. His season has been ruined by injuries, but hopefully they are behind him now.



# SUNDAY TROPHY FINAL

## ROUTE TO FINAL



**BARTON MILLS**



**GARDENERS ARMS**

### **Semi - Final**

**1 - 1**

(5-4 on pens)  
v Risby Greens

### **Quarter - Final**

**3 - 1**

v Eye Saints Youth

### **3<sup>rd</sup> Round**

**4 - 1**

v Martlesham Old Boys

### **2<sup>nd</sup> Round**

**4 - 1**

v Bury Wanderers

### **1<sup>st</sup> Round**

**Bye**

### **Semi - Final**

**2 - 1**

v Haverhill Ex-Servicemen's  
Club

### **Quarter - Final**

**6 - 1**

v Chedburgh

### **3<sup>rd</sup> Round**

**3 - 2**

v Rattlesden

### **2<sup>nd</sup> Round**

**7 - 0**

v Ipswich Athletic

### **1<sup>st</sup> Round**

**7 - 2**

v Playford





**BEST BADGES SUFFOLK SUNDAY TROPHY FINAL MATCH OFFICIALS** (left to right) Ashley Moore, Les King. Missing from photograph: Bryan Allen and Ian Evans

**REFEREE:**  
**Ashley Moore**

Ashely, who is 52, lives in Cockfield. He played at Clare Town and Haverhill Rovers until he was 35. He then became secretary at Clare Town FC and coached U15s-18s at Sporting 87 FC. He has been a referee since 2018 and is now a Level 5 promotion candidate. Ashely officiates in the Thurlow Nunn league, Bury & District Sunday League and the Suffolk Youth Football League.

**ASSISTANT REFEREE:**  
**Bryan Allen**

Bryan Allen is a 52-year-old Level 7 official from Ipswich. He most regularly officiates on Thursdays in the Thurlow Nunn Youth League and various leagues on a Saturday and Sunday, but enjoys Veterans' matches the most.

**ASSISTANT REFEREE:**  
**Ian Evans**

Ian is a Level 7 referee and has been officiating games across different ages and leagues for nearly 10 years. He lives in Ipswich and support Town – Luton Town! He is 56 years of age and still plays football regularly, helping to maintain a flagging fitness. He started refereeing to help his son's team who struggled to get referees at under 11 and 12s.

**FOURTH OFFICIAL:**  
**Les King**

Les, who has been officiating since 1994, is still going strong at the age of 77. He is an official on the SIL, Thurlow Nunn League and his favourite, the Eastern Junior Alliance. He also helps Ipswich Town with the new apprentices at Needham Market, which he considers his second home.



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# BARTON MILLS

Blue shirts, blue shorts, blue socks

## MANAGER - MANGER STEVEN WILSON, ASSISTANT MANAGER MARK MORLEY

Barton Mills FC are a club with a great history that all involved this season are happy to be a part of.

This is my first managerial role and what a privilege it has been to manage this team, with the help of my assistant Mark and our player-chairmen Kieran.

We are delighted to be where we are today in our first season together. Together we hope we can build on this season and continue to grow as a team together.

Up the Mills!

**TOM SHEEHAN** The Captain! This guy does it all, and a privilege to have on the team. Never lets you down, unless there's an Easter egg hunt going on!

**MATT WEBB** Vice captain and goalkeeper! To say this guy is the reason we are here today would be an understatement. The Cat!

**CONOR GORDON** Never stops running and has a never-give-up attitude. The only position he hasn't played is in goal.

**CALUM MADDIX** Solid as they come. He never stops pushing the team to get the best out of everyone.

**CONNOR VICCARS** Mr Reliable. Never misses a game, just the goal! He did once hit the post though and he is adamant his goal in a friendly counts.

**ZAK MORLEY** Daddy's boy! He never loses a header and scores his fair share of goals too. Still only 20 as well, a great talent.







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**SPIKE MURKIN** The Barton De Bruyne. This guy has done it all, and never not scored with new boots. Favourite meal is an Indian plate.

**GARETH BORRETT** Great character but terrible cushion choice! If he's not playing today he's probably on the floor calling for a foul.

**SEAN HEBB** Great vision. One of those players every club dreams of, always available and just gets on with it! A pleasure to have as part of the team.

**HARVEY HAYCOCK** Barking mad! Only 18 years old but his composure in the middle is unbelievable. Let's hope he's barking in the final.

**LEWIS STEVENS** One of the more experienced players in the team. Get on your bike for that through ball.

**RYAN WILSON** Catch him if you can. Almost as quick and strong as his brother. When he turns it on there's not many better! Loves a red head.

**LIAM GARRATT** Clubman of the Year? A joy to watch this guy when he's on the ball, everything is simple and elegant.

**KIERAN HAYDEN** The finisher! Top goalscorer this season, ask him for a goal he'll get you one! A special talent.

**LOGAN HALES** The Stow brick! Slogibear! Warrior! Monster can! This guy is a joy to watch, just brushes people aside!

**HARRY Warburton** A Jack Russell! He doesn't stop running as soon as he's on that pitch! A great asset to the team.

**ROBBIE SCRIVENER** The Isleham Pele. Technically gifted wherever he plays. He does his job with zero fuss.

**JOSHUA STRICKLAND** Mr Cool, Calm and Collected. Keeps everything so simple, magical left peg!

**JAKE MANELS** Creator of the false 17 role who is pivotal to our season. Also our No. 2 goalkeeper.

**KUSHINGA BENYU** The potential Kush has is special. He almost broke the goalpost in his first game. Thunderbolt.





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# GARDENERS ARMS

Red shirts, red shorts, red socks

## MANAGER - MATTHEW SHAW

Gardeners Arms, the Garmy Army, is a new pub-sponsored Sunday men's team based in Ipswich.

We have only been going for a single season so far.

We are a group of like-minded footballing men who want to enjoy playing regularly.

This season has been phenomenal and a county cup run to the final is a testament to the hard work every player puts into performing for themselves and their team-mates.

Our style of football is solid defending combined with quick counter-attacks, with the ability to hold the ball whenever we switch to controlling a game.

**JACK DILLON** Assistant manager and combative midfielder. Does the hard yards and dirty work but also plays with a calm finesse on the ball.

**JAMES INGHAM** El Capitan, scored a 95th minute winner in the semi-final. Right back with an eye for a tackle and a pinpoint pass.

**BEN HICKS** Goalkeeper. Nimble as a fox, and only a tad bigger. Safest hands in Ipswich. Also a darts champion.

**MICHAEL JAMES** Known as Bear. Powerful runner with the ball. Best on the left wing. A devastating goalscorer with over 30 goals so far this season.

**LEE KERRY** When he reaches up he can touch the moon. Right winger with pace and a low, hard shot. Sunday league stalwart.

**TOBY ROSE** The best centre back in the business. He'd slide through a JCB if he could. Monstrous left peg for both passing and scoring free-kicks.







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**DANIEL MCLAUGHLIN** Already won two county cups. A cool, calm and collected centre midfielder. Always finds space and has a passing accuracy of 112%.

**WILLIAM BOOSEY** Dependable, reliable centre back or defensive midfielder. He is always there when called upon. Get past the human wall if you can.

**JORDAN ROWE** More engine than man, this centre midfielder never stops running. The only thing he loves more than football is his mirror. OK singer.

**JOE DILLON** Part man, part ox! Attacking midfielder with a combative style. He twists and turns more than a roller coaster, plays like one too.

**ALEX HUNT** Another engine. Centre midfielder or winger, who keeps running. Tidy footballer, tidy coach. Crucial player in this cup run and season.

**DANIEL INGHAM** Iceman who has never lost his cool. This top-class defender freezes attackers out of the game. He can play all along the back.

**CRAIG SUTTON** Left sided, can attack or defend. Late addition to the squad but a crucial player. Never lets the side down.

**JACK YOUNG** Super sub, striker, match winner. Always gets a goal. When he turns sideways you can't see him, that's how he gets past defences.

**JORDAN HOUSDEN** Known as Wasp. He buzzes around the opposition with more energy than the Duracell bunny. Scored some outrageous goals from the wing.

**JORDAN BELL** PC plod has put away a few goals this year. Winger by trade. Suffered an injury powering the Garmy Army to the next round.

**ANTHONY COCKERILL** Defensive midfielder but can fill in defence. Ever-present and hard-working. Garmy Army's own Viking wants silverware.

**RIJAN HAQUE** Small, nimble and incisive. Quickest off the blocks and selfless with his assists from the wing. A late addition but vital all the same.

**CONNOR PADMORE** Maverick on the ball. Attacking midfielder splits defences like a hot knife through butter. Great vision when on the attack.

**MATTHEW SHAW** Manager, leader, legend. The wardrobe plays centre back. Try running through him and you'll end up in Narnia. Surprisingly quick.





"MY COACH KEPT ME  
SMILING ON THE PITCH  
- THAT'S WHEN  
I'M MOST  
DANGEROUS."



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





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# VETERANS' CUP FINAL ROUTE TO FINAL



**RANSOMES SPORTS**



**WHITTON COLTS**

## **Semi - Final**

**6 - 2**

v Woodbridge Town

## **Quarter - Final**

**Walkover**

v Ipswich Vale Exiles  
Reserves

## **3<sup>rd</sup> Round**

**8 - 2**

v Ipswich Wanderers

## **2<sup>nd</sup> Round**

**5 - 0**

v Martlesham Old Boys

## **1<sup>st</sup> Round**

**Bye**

## **Semi - Final**

**3 - 2**

v Moulton

## **Quarter - Final**

**4 - 1**

v AFC Hoxne

## **3<sup>rd</sup> Round**

**Walkover**

v Bury Town Reserves

## **2<sup>nd</sup> Round**

**4 - 1**

v AFC Kesgrave

## **1<sup>st</sup> Round**

**Bye**





**BEST BADGES SUFFOLK VETERANS' CUP FINAL MATCH OFFICIALS** (left to right) Saxon Binks, Gary High, Julian Gibbons. Missing from photograph: George Rampling

**REFEREE:**  
**George Rampling**

George has been refereeing for seven seasons and is a Level 5 Referee based in Ipswich. This season he has worked on a variety of leagues in East Anglia including the SIL and Thurlow Nunn Leagues, as well as the Norfolk & Suffolk Veterans' League. He has previously been involved in the Women's FA Cup Fourth Round, the Chell Trophy Final and the Suffolk Senior Reserve Cup Final as an Assistant Referee.

**ASSISTANT REFEREE:**  
**Julian Gibbons**

Julian has been refereeing now for 25 years. He now does mainly SIL on Saturdays and Veterans' and Women's matches on Sundays. After having to come off last year's final through injury, Julian was delighted to be appointed to this year's final. He lives in Needham Market so will be not have far to travel.

**ASSISTANT REFEREE:**  
**Saxon Binks**

Saxon is 23-years-old and lives in Lowestoft. He is in his first season as a referee so is currently working at Level 7. He has been refereeing in the Suffolk Veterans' leagues and the Norfolk Sunday leagues.

**FOURTH OFFICIAL:**  
**Gary High**

Gary, who is nearing 65, says football has always been his life. He has been refereeing for 23 years, was a Level 4 referee for five years before dropping down to Level 5. He is proud of the fact that he is closing in on 2,000 games as a match official.



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# RANSOMES SPORTS

Red shirts, black shorts, red socks

## MANAGER - CRAIG RUMENS

This is the second season for Ransomes Sports Vets, and after winning Division Two in our first season we were looking for progression. Our season started poorly with two league defeats. Our first win of the season came against today's opponents in October, starting a run of eight straight wins in league and cup. You could say we have been going about our business under the radar.

Comfortable wins of 5-0, 8-2 and 6-2 have brought us to the final today. We are delighted to be involved in the finals day and hoping for a victory to put the club back on the map. Good luck to Whitton, I am sure it will be a good game again today.

**ADAM BOND** Brave goalkeeper with a hammer of a right foot. Our very own 'Mean Machine'.

**ADAM KELLY** Loves a tackle. A versatile player who can play anywhere across the midfield or back line. Eye for a pass and ferocious in the tackle.

**ADAM OXBOROUGH** No messing full back, with the heart of a lion and is a serial winner.

**JAMES NICKLESS** Very versatile player, who has played many positions this season. Great delivery with an eye for goal.

**ARRAN SHEPPARD** Calm and collected centre back or full back and a good leader among the group.

**SHERIDAN DRIVER** Mr Versatile, who can and has played nearly every position on the pitch. Tenacious winner with a never-say-die attitude.







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**STEPHEN MORRISON** No-nonsense centre back with a great touch and wand of a left foot.

**MARK VAN OENE** One of the 35-year-olds in the squad. Cultured defender with a great passing range.

**SIMON BETTS** Veteran of the veterans who is an ex-professional defender. Rolls Royce of a player and a great influence on the squad.

**LIAM SCOPES** Woodbridge Town legend who is a stylish midfielder with an eye for goal and an aggressive streak.

**TOM FOWKES** Club captain and Mr Reliable, who is a consistent performer. Fit as a fiddle and has scored some important goals.

**DANNY THROWER** Easy-on-the-eye play-maker who plays the game with a smile on his face. Sees passes others don't.

**JOE FRANCIS** Westerfield legend who can play on either wing and is a big game player. Has got back a yard of pace following a recent haircut.

**DANNY ALLEN** Left winger who is still in great shape and has a turn of pace. Loves a tackle and leaves nothing on the pitch in a Ransomes shirt.

**DARREN MILLS** Another one of the 35-year-olds. Strong and aggressive striker who leads the line well. He scored five times in 60 minutes on his debut.

**CARLOS EDWARDS** Ex-pro and International. Can play anywhere and gives 100% for the team. Still as fit as anyone and knows how to look after the ball.

**MATT COLLINS** Ex-pro and international schoolboy. All-round complete midfielder with a tan and a set of teeth to die for.

**MO FIKE** Pacey striker with an unbelievable work rate and heart of a lion. Missed a lot of games due to a serious injury. Great addition to the squad.

**KEITH HETHERINGTON** Mr Happy. Life and soul of the party. He has a touch like Berbatov and a body like Molby. Knows where the goal is and plays to win.

**NICKY TIGGES** Striker who has scored 100s of goals. Consistent performer for the Reserves and when called into the first team has performed very well.





ENGLAND  
FOOTBALL

# WHITTON COLTS

Gold & black shirts, black shorts, black socks

## MANAGER - DAMIAN BROWN

Our inaugural season has been a good one thus far and with the treble still on the Whitton Colts machine is in full swing.

It has the foundations of passion, spirit and winners.

With a revitalised group of old but extremely talented footballers, they uphold the club's values on and off the pitch.

Our club serves as a reminder of the positives that football can bring to a community. Massive thanks to the committee and volunteers without whom none of this would be possible. Uppa Colts!

**ADAM WILSON** Goalkeeper. Excellent shot stopper with a commanding presence. Our last line is secure. Adele and Scarlett will want another clean sheet.

**GAVIN SADLER** Right back. Ex-Cranes stalwart 'Sads' keeps the group happy by leading by example. Barney and Bobby will expect another trophy.

**MARK ROPER** Centre back. What to say about skip? He brings a wealth of winning experience. Rudy and Rex will want another winner's medal.

**LEE CAHILLANE** Centre back. A Saturday football veteran with a London Marathon under his belt. A vital member of the squad.

**GAVIN FLURRIE** Centre back. Still performing at Step 6 for Whitton United despite his tender years. Be on the lookout for a no-look pass.

**DANIEL WADE** Left back. A former Whitton United Colt at U14 level, and a Whitton United and Hadleigh United legend.







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**MATT CUNNINGHAM** Left back/centre back. Perennial winner with Cranes, Grundisburgh and Whitton United. Jeanie, Maisie and Romy will be cheering dad on.

**DANIEL CUNNINGHAM** Centre midfield. He has played for all of Suffolk's top clubs and won medals galore. Cruz & Remi will expect another winner's medal.

**NATHAN WOOLLARD** Centre midfield. Never misses a beat. Ex-Cranes. Oakley, Rayarn and Dele will want another winner's photograph with dad.

**MICHAEL VELZIAN** Centre back/centre midfield. Bramford and Achilles legend. A great range of passing and shooting. Isabelle will be cheering him on.

**ANTON CLARKE** Centre midfield. Integral to Ipswich Wanderers' back-to-back promotions. Provides energy and bite. Monroe will want more medals from dad.

**GARY BRADLAUGH** Centre midfield. If you need a kitchen fitted then call him. Kearnae, Anayah, India and Arya will want a win.

**ZEHN YOUNG** Centre midfield. Zion is the better brother but his silky touch and vision keeps us ticking. Mimi will be rooting for dad and the Colts.

**AIDEN WOODS** Left back/midfield. Former Hadleigh and Ipswich Wanderers player. Looks like dynamite and he is! Avaiya and Teddy will be cheering him on.

**CHRIS LAY** Wide forward. With his wand of a left foot, Chrissy has been the purveyor of some superb finishing. Harrison will be expecting more goals.

**KRIS ROSE** Centre back/centre forward. Hadleigh United and Ipswich Wanderers legend. Dilan, Gracie-Mae and Evie-Bella will want another trophy.

**AARON OSBORN** Wide forward. An engine that never stops. Ozzy has been invaluable to the team this season.

**JAMES CROOKS** Wide forward. Non-stop work rate and sharp finishing has been key this year. Kyla, Leon and Mason will be cheering dad on.

**ROSS LANE** Left back. His neat passing and cultured left foot has brought a new dimension to the Colts. He has had some bad luck with injuries.

**JORDAN BEAUMONT** Right back/centre midfield. Very versatile. His quality and loyalty are always on show. Ellis will want dad on the winning side.





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.







# TOGETHER WE CAN CHANGE IT



A THRIVING LOCAL GAME



# SUNDAY SHIELD FINAL

## ROUTE TO FINAL



**BURY BOWL**



**THETFORD WANDERERS**

### **Semi - Final**

**4 - 0**

v Taverners

### **Quarter - Final**

**4 - 1**

v Shotley Rose

### **2<sup>nd</sup> Round**

**4 - 4**

(5-4 on pens)  
v Red Star UK

### **1<sup>st</sup> Round**

**Bye**

### **Semi - Final**

**2 - 2**

(5-3 on pens)  
v Bedfield

### **Quarter - Final**

**0 - 0**

(4-2 on pens)  
v Moreton Hall Youth 96

### **2<sup>nd</sup> Round**

**9 - 0**

v Panthers

### **1<sup>st</sup> Round**

**3 - 2**

v Lakenheath





**BEST BADGES SUFFOLK SUNDAY SHIELD FINAL MATCH OFFICIALS** (left to right)  
Dave Primus, Carl Phillips and Darren Cooper. Missing from photograph: Jerry Thompson

**REFEREE:**  
**Carl Phillips**

Carl is a 45-year-old Level 5 referee, who lives in Rushmere St Andrew on the outskirts of Ipswich. He has been a referee for 10 years and officiates on the Suffolk & Ipswich League, Ipswich Sunday Football League, Suffolk Girls' & Women's league and the Norfolk & Suffolk Veterans' League.

**ASSISTANT REFEREE:**  
**Dave Primus**

Dave, who is based in Ipswich, is now in his 20th season as an official, having taken a course in 2003 encouraged by lads in the Needham Market Youth team after running the line. Now aged 59, Dave is a Level 6, officiating on the Suffolk Youth league and the SIL on Saturdays and the Ipswich Sunday Football League, Suffolk Girls' & Women's League and the Norfolk & Suffolk Veterans' League on Sundays.

**ASSISTANT REFEREE:**  
**Darren Cooper**

Darren Cooper is aged 57 and has been refereeing for three years after five years of Youth coaching. He lives in Stutton, near Ipswich where he referees mainly in the Suffolk Youth League, Suffolk & Ipswich League and Suffolk Girls' & Women's Leagues, currently at L7/4W whilst working towards promotion to L6/3W.

**FOURTH OFFICIAL:**  
**Jerry Thompson**

Jerry, who is 60-years-old, has been refereeing for 12 years and is currently a Level 6 official. He referees at Youth, boys and girls, and also adult level, both men and women and also Veterans. Jerry, who lives in Woodbridge, is proud to have officiated in quite a few Cup Finals at all levels. This is his final season due to ongoing health issues.



ENGLAND  
FOOTBALL

# BURY BOWL

Red/white striped shirts, blue shorts, red socks

## MANAGER - STEVE CLARKE

Steve Clarke is the manager/first-aider/secretary/kitman and even player when required.

He's been in charge since the club's formation alongside Wayne Stonebridge, who helped set up the club back in 2006.

Since then they have seen several rebuilds of the squad, winning the Division Four Cup, Division Two Cup and Division Two twice, Floodlit Cup and four St Nicholas Hospice Plates.

The club could not function without their sponsors Bury Bowl, Fraser Groundworks and Civils, Hazelton Construction and Autocar by Ronnie Wright.

**CHARLIE COPE** Goalkeeper. The first name on the teamsheet. Great handling, a superb shot stopper and a rocket of a goal kick! A manager's dream!

**JAIDEN HAZELTON** Full back. Can play anywhere along the back, wing back, midfield too, leads by example. One of our number of captains too!

**TOM CALVER** Full back. Only played half a season but already a firm favourite. Tough tackler, reads the game well, wand of a left foot!

**LUIS BUCHAN** Full back. A versatile, attacking full back, who loves to get forward and pops up with a goal now and then too!

**TYEREKE LANGFORD-FOX** Centre back. One of the longest-serving players in the squad. Good in the air and on the deck, great last-ditch tackler!

**KERRIN LAWRENCE** Centre back. Been unfortunate with injuries but a monster when available, unstoppable in the air and a good ball player too!







ENGLAND  
FOOTBALL

**JAY PROCTOR** Centre back. Only signed in the new year and looks a real player! Wins everything in the air and on the floor with precise tackling.

**ASH READ** Centre back. One of the old guard in a young squad. Been there and won the lot over the years. Provides invaluable experience at the back.

**MATT SMITH** Centre midfield. Captain and leader of the side. Barks his orders and covers every blade of grass. It's been great to have him back!

**GUY BAILEY** Centre midfield. Just like a little Smithy, never stops running, great tackler, good in the air, an old head on young shoulders!

**CONNOR SUCKLEY** Centre midfield. The creativity in the middle. Great feet, seems like the ball is glued to his feet at times!

**HARVEY SANDRY** Midfield/wing. Another creative player who can play literally anywhere, his crossing and ability from set pieces is superb.

**JAKE FISHER** Midfield/wing. Another who's had an injury-hit campaign but his delivery, pace and goals are what we have missed at times this season.

**ARTHUR MCCOURT** Midfield/wing. Another who signed in the new year, has shown what he can do and looks an exciting player. Great feet and creativity.

**BRANDON SALISBURY** Striker. Top-scorer with 19 and counting. Revelation this season, just stinks of goals! Dangerous from distance and in the box.

**VASH CLARKE** Striker. Big and powerful, pacey too, just bundles his way past people! His work rate is exceptional too!

**CONNOR MANTLE** Striker. Another of our captains, one of our top strikers, powerful shot, good in the air and always gives 110%.

**ASH MACDONALD** Striker. Club captain and the longest-serving player who has won everything under us. With 227 goals he is the all-time leading scorer!

**WAYNE PROCTOR** Striker. Had an injury-hit season but when available he's one of the best! He is a clinical finisher who loves a chip!

**CONNOR REYNOLDS** Reserve goal-keeper. Not featured much this season but when called upon produces superb saves, as seen in the shoot-out in round one.





ENGLAND  
FOOTBALL

# THETFORD WANDERERS

Navy shirts, navy shorts, navy socks

## MANAGER - DEAN ROBERTS

It's a massive privilege to manage such a talented bunch of players who play the game the right way and are all natural winners.

I am also helped by the great coaches and volunteers that have made the last three years so great.

Over my time as manager I couldn't be prouder of the achievements the club have reached so far and hopefully continue to do so in the future.

**JAMIE HUMPHREY** One of the best keepers in the area, shot stopping and distribution as good as it gets.

**JAMES SILLET** The most gifted footballer in the side in terms of natural flair, very experienced and leads by example every week.

**KEHAN WHITBY** Very calm on the ball and lots of experience for a younger player. A real powerhouse in the back line.

**STEVEN DAVIES** Club captain and the oldest player in the team aged 43, but runs like an 18-year-old. He loves a moan about everything and everyone.

**JORDAN PIGGOTT** Always reliable and an absolute beast of a centre back, but very calm playing out and has a great passing range.

**LUKE LAMPON** Played for the manager since U9s and has become a very good full back over the years. Will run his socks off and is strong in the tackle.

**JAYDEN RAMM** Another player who has has been with the manager from U9s and has a good football brain defensively.

**LUKE HUNT** Big game player, with bags of ability and his quality is known throughout the local area. He can play in any position.





**RUI MARTINS** In and out of the team a lot this season, but works hard and doesn't over play. A very likeable character.

**HALEN SMITH** The scariest bloke you can meet on a pitch, but a big friendly giant. A fantastic player who should be playing at a higher level.

**JOSH UNDERWOOD** Maturing as a player all the time. He is a workhorse and loves a tackle.

**HARRY HUTT** Incredible footwork, worries defenders when he gets on the ball. A joy to watch play and has that match-winning ability.

**ELLIOT GIBSON** Not many stronger players in the area. He controls the midfield and wins everything in the air. Long throw specialist.

**LIAM LEVY TWOMEY** Runs himself into the ground. He is the linchpin between defence and attack, who sometimes under-estimates his own talent.

**TOM MCDONALD** Super sub but a total all-round player anywhere he plays and never lets you down. Very good with the ball at his feet.

**ADAM MEEN** Tricky winger who has bags of pace and loves to beat his full back and can finish as well. Another that under-estimates his own ability.

**JAMES DEAN** A goal machine and one of the most likeable players in the team but loves a moan.

**IAN FANCETT** He has a wand of a left foot that will trouble the best keepers and has lots of experience at a higher level.

**PEDRO FORTES** Total engine and very quick with the ball at his feet driving at defenders. He has been with the manager since Youth level.

**BRADLEY SANDELL** Very talented and a great football brain, Great on the ball, runs constantly and can score from pretty much any angle. Massive talent.



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