



CNET TRAINING SUFFOLK SENIOR CUP FINAL

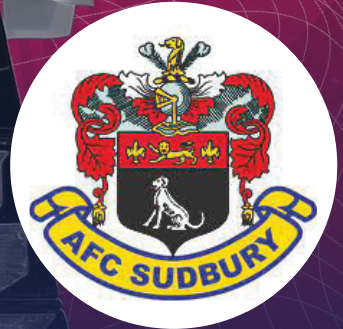


A THRIVING LOCAL GAME



FRAMLINGHAM TOWN

VS



AFC SUDBURY RESERVES



DATE:
Friday 12th May 2023



LOCATION:
Colchester United FC



KICK-OFF:
19:30

£2

Respect Code of Conduct



ENGLAND
FOOTBALL

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)
- 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



Building society with mutual respect



On behalf of the Board, Council and staff of Suffolk FA I wish you a warm welcome to the CNet Training Suffolk Senior 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 teams had two-goal wins in the first round – AFC Sudbury Reserves seeing off Waveney 2-0 and Framlingham Town winning 3-1 at Westerfield United.

They both recorded away wins in round two – AFC Sudbury Reserves 2-1 at Sporting 87 and Framlingham Town 3-1 at East Bergholt United.

A late goal saw the Castlemen edge home 2-1 against Henley Athletic in the quarter-finals, while AFC Sudbury were 3-0 winners at Ransomes Sports.

In the semi-finals, both played in torrential rain, AFC Sudbury Reserves won a five-goal thriller versus Halesworth Town 3-2, and Framlingham Town defeated Claydon 2-0.

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 CNet Training, without whom holding this Final at this ground would not be possible.

CNet Training have been fantastic champions of grassroots football in Suffolk and are celebrating their tenth season of supporting our county cup competitions.

Andrew and his team continue to be very valued and loyal supporters of Suffolk FA and are one of our longest-standing partnerships.

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

SENIOR CUP FINAL ROUTE TO FINAL

FRAMLINGHAM TOWN



Semi - Final

2 - 0
v Claydon

Quarter - Final

2 - 1
v Henley Athletic

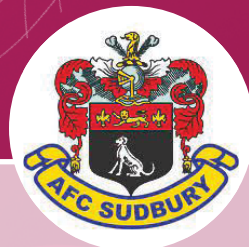
2nd Round

3 - 1
v East Bergholt United

1st Round

3 - 1
v Westerfield United

AFC SUDBURY RESERVES



Semi - Final

3 - 2
v Halesworth Town

Quarter - Final

3 - 0
v Ransomes Sports

2nd Round

2 - 1
v Sporting 87

1st Round

2 - 0
v Waveney



CNET TRAINING SUFFOLK SENIOR CUP FINAL MATCH OFFICIALS (left to right)

John Tythcott, Isabel Chaplin, Jak Clark, Daniel Keeble. Missing from photograph: Adrian Copsey. John Tythcott has had to withdraw and has been replaced by Ralph Hedley.

REFEREE:
Jak Clark

Jak is 28 years of age and lives in Halesworth. He is a level 4 (Step 5/6) match official and so referees in the Eastern Counties League and acts as assistant referee at Steps 3 and 4.

ASSISTANT REFEREE:
Daniel Keeble

Daniel, who is 39, has been a referee of over 25 years. He officiates on the Thurlow Nunn League, Reserve League and Youth leagues. Daniel is currently a Level 5 official but is hoping to have promotion confirmed in due course, allowing him to progress into Step 3 and 4 football next season.

ASSISTANT REFEREE:
Isabel Chaplin

Issy, who is 22, lives in Nedging. She is a Level 6 official on the men's pathway and a Level 2 official on the women's pathway. This season Issy has refereed in the Suffolk & Ipswich League and Women's Championship and been an assistant referee in both the Eastern Counties and Women's Super League.

FOURTH OFFICIAL:
Adrian Copsey

Adrian is a 50-year-old official who lives in Bury St Edmunds. He is a Level 4 official, who has been officiating at Steps 5 and 6 this season, refereeing in the Thurlow Nunn League Premier Division, Division One North and South and Reserve leagues.

REFEREE SUPPORT OFFICER:
Ralph Hedley

Ralph, who is aged 70, played for as long as he could in the north of England. He refereed from 1984-96 and has been an observer since then. He served as an Observer Co-ordinator on the Thurlow Nunn Eastern Counties League until stepping back last year. This season he has served Norfolk FA, Suffolk FA and the Eastern Counties.



FRAMLINGHAM TOWN

MANAGER - LIAM ABRAHAM

Local lad Liam was still registered as a player at the time he was appointed first-team manager in June 2018 as successor to Mel Aldis. Prior to taking over the first-team, Liam was the club's Reserve manager and Under-18s manager, spending four years in charge of the U18s.

He guided the Castlemen to a third-place finish this season in Division One North of the Thurlow Nunn League, before losing 5-4 on penalties to Harwich & Parkeston following a 1-1 draw.

EDYN CUMMINGS

The fines man that doesn't like collecting fines. No.1, who's good with feet and hands. Kept an impressive 13 clean sheets.

JOE POTTER

Goalkeeping coach/back-up keeper. Drives high standards, drives his nan's car.

TOM HUMPHREY

Young up-and-coming centre back. Scores goals, stops goals. Tells you about how he scores goals.

JOE BERRY

Bez, if he doesn't have an ear infection, he's your man. Outstanding performances this season, rock at the back and a great vice-captain.

SIMON POACHER

Club captain. Leader on and off the pitch who's given everything to the club. Helps increase our average age stat.





NIKI SHOPOV

Quickest thing on two feet. First season with us and made a massive impact, scoring bags of goals. Loves a pre-match rub.

KIT MCCAUSLAND

Attacking full back who's got better year on year. At university, so limited games but always does well when he's about.

LEVI CHAPMAN

Great lad who's played in every age group at the club. Solid defender with good pace. The most injured physio ever.

JOSH TYSOE

Sudbury Academy scholar who's had an impressive couple of years back at his home-town club. Longest in the shower.

GEORGE EXWORTH

The second best Exworth in the league. Key player who makes us tick, has an impressive work rate and eye for goal.

ALEX LING

Instafram. If he isn't behind a camera, he's running rings round opposition teams. Has had a great season in midfield.

JAKE CONWAY

For someone that lives in Norwich, he's not too bad. Good lad who has done well since coming in late in the season.

SHANE HAMBLING

Shano loves a beer like no-one else. Great on a night out. Good pedigree of footballer that's added loads to the squad.

ETHAN WHITTINGSTALL

Only player allowed to cut socks. No favouritism, but he's the secretary's favourite player. Bags of talent and has a huge future.

MAX WILLETT

Top goalscorer who loves nothing more than a knee slide. Quick and direct player that can score from any angle.

KIAN WILSON

U18 player who made massive progress in his first year of adult football. Very skilful ex-Norwich Academy prospect who we're lucky to have.

OLI SMITH

What a player to have, at a social. A handful for defenders to deal with, strong, good in the air and knows how to score.





George Exworth (No.8) gives Framlingham Town the lead in their semi-final versus Claydon.
Photograph: Paul Voller



Ethan Whittingstall (right) is congratulated by team-mate Max Willett (left) after scoring Framlingham Town's second goal in their 2-0 semi-final victory over Claydon.
Photograph: Paul Voller



Players from AFC Sudbury Reserves (yellow shirts) and Halesworth Town (black & white striped shirts) take part in the Respect handshake before their semi-final at Bury Town FC.



AFC Sudbury Reserves (yellow shirts) on the attack in their semi-final against Halesworth Town (black & white striped shirts) at Bury Town FC.



AFC SADBURY RESERVES

Yellow shirts, blue shorts, yellow socks

MANAGER - DAVE CANNON

Dave, who was a qualified teacher for 15 years, is the Head Coach of the Reserve side and Head of Education at the Academy. He has a proven track record of spotting and recruiting talent as well as the organisation skills needed for running a development team. He holds the UEFA B Licence.

ALFIE LAMBERT

Has had an excellent season featuring for the U18s, U19s and Reserves.

BEN MONTEITH-WEED

A utility forward player who works hard for the team.

BILLY WALSH

Technically gifted centre midfielder who is brave on the ball.

DYLAN KIRK

He has bundles of pace and has an eye for goal.

BOBBY RAE

All-action exciting player to watch.

BRAE SMITH

Strong and physical with a turn of pace.



JOE CARROLL

No-nonsense left-sided defender with great pace.

JACK CATLEY

Goalkeeper with excellent distribution and ability to start attacks.

JACK LADBROOKE

The team's captain leading by example both on and off the pitch.

JAMIE BENNETT

Exciting to watch and very comfortable on the ball.

JAMIE EVELEIGH

Adds great versatility to the squad comfortable in a number of positions.

KAYA DONAHUE

Fantastic work-rate and hunger through the middle of the pitch.

DAN SMITH

A tough competitor difficult to play against.

He was the U18s captain last season.

LIAM PEARCE

Goalscoring midfielder with a fantastic return of goals this season.

BRADLEY BYRNE

No-nonsense defender who loves a tackle.

LOUIE ARNOLD

An unsung hero of the team who popped up with two goals in the U18s county cup semi-final win.

OLIVER HART

Can play in defence or midfield and is always on the front foot.

REUBEN SWANN

Has had an excellent season featuring for the U18s, U19s, Reserves and first team.

RYAN DUNNE

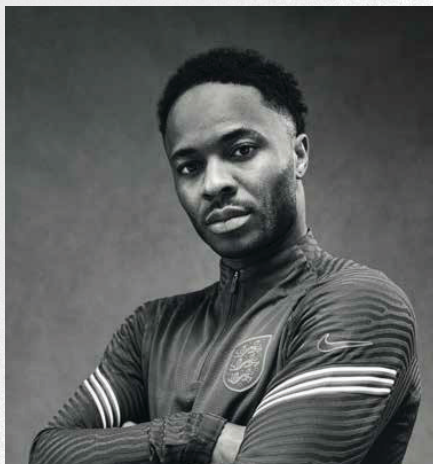
Goalkeeper who pulls off outstanding saves. Tom Chilvers. Solid Defender, very mobile and mature.





**TOGETHER
WE CAN
CHANGE IT**





SHOW SOME

RESPECT

#SHOW SOME RESPECT



Building society with mutual respect

SENIOR CUP FINAL PREVIOUS FINALS

The Suffolk County Football Association was formed in 1885 and purchased a cup for its members to play for in a knock-out competition. Originally called the Suffolk Football Association Challenge Cup, 15 clubs competed in the first season, with Woodbridge defeating Ipswich Town in the final 3-1, after two drawn games. Entry into the Challenge Cup was optional and in 1888 only 14 teams entered the cup from around 36 clubs that were members. Consequently in the 1889-90 season, the County FA started the Suffolk County Football Association Junior Cup competition which immediately attracted 23 entries. The Challenge Cup was renamed the Suffolk County Senior Cup. This continued until 1907 when a split occurred in the governing body, the Football Association.

The original Suffolk County FA used the original Senior Cup trophy. The new FA-affiliated Suffolk County FA used a new Suffolk Senior Cup trophy presented to the association by the FA. The situation continued with two Suffolk Senior cups for seven seasons. Finally, in 1914 the differences between the two associations were resolved with the AFA affiliating to the FA. Incidentally, the AFA still exists as the Amateur Football Alliance.

The First World War then broke out, bringing the process of reconciliation of the two Suffolk County FA's to a temporary halt. It was 1919 before organised football in Suffolk began again, but now there was only one Suffolk County FA and that was affiliated to the Football Association. They held a Senior Cup competition that year in which they presented the only Senior Cup they had, which was that presented to them by the FA. The team that won the trophy that season was Beccles Town.

The original trophy was still in the hands of the late committee of the AFA-affiliated Suffolk County FA but was handed over in 1921. The FA-presented Senior Cup became the Minor Cup in 1924 and has been used as the trophy for that competition ever since. The Suffolk Senior Cup competition continued with its original trophy with all Senior status clubs in Suffolk competing until 1957 (except for the World War Two years), although in the 1944-45 season the final was played over two legs with Bury Town beating Newmarket Town 4-2 on aggregate. In 1956 a new competition for Suffolk clubs in the Eastern Counties League or above was introduced and so the Suffolk Premier Cup was born.

The Suffolk Senior Cup is now open to Suffolk teams in the Eastern Counties League Division One, the Senior Division of the Suffolk & Ipswich League, the Premier Division of the Cambridgeshire League and the Essex & Suffolk Border League and Premier and First Divisions of the Anglian Combination.

1885-86 Woodbridge 3 - 1 Ipswich Town
(after 2-2, 0-0 draws)

1886-87 Ipswich Town 2 - 1 Ipswich School

1887-88 Long Melford 1 - 0 Woodbridge (after 2-2 draw)

1888-89 Ipswich Town 4 - 0 Newmarket

1889-90 Ipswich Town 4 - 1 Long Melford

1890-91 Framlingham College 4 - 0 Stowmarket

1891-92 Beccles College 5 - 1 Leiston

1892-93 Beccles Caxton 2 - 0 Framlingham College

1893-94 Framlingham College 3 - 1 Ipswich Middle School
(Past & Present)

1894-95 Long Melford 2 - 1 Saxmundham

1895-96 Ipswich Town 2 - 0 Beccles Caxton

1896-97 Beccles Caxton 1 - 0 Leiston

1897-98 Beccles Caxton 2 - 0 Kirkley

1898-99 Beccles Caxton 2 - 1 Kirkley (after 0-0, 2-2 draws)

1899-00 Ipswich Town 5 - 1 Beccles College

1900-01 Kirkley 3 - 0 Ipswich Town

1901-02 Kirkley 6 - 0 Haverhill Rovers

1902-03 Lowestoft 2 - 0 Kirkley

1903-04 Ipswich Town 3 - 2 Leiston

1904-05 Ipswich Town 2 - 0 Lowestoft Rovers

1905-06 Ipswich Town 6 - 1 Haverhill Rovers

1906-07 Ipswich Town 2 - 1 Bury Town

1907-08 Ipswich Town 3 - 0 Bury Alexandra

1908-09 Long Melford 1 - 0 Bury Town
(after 2-2 draw)

1909-10 Cambridge Town 3 - 0 Stowmarket
(after 0-0 draw)

1910-11 Suffolk District Asylum (Melton) 1 - 0
Bury Town (after 2-2 draw)

1911-12 Ipswich Town 2 - 1 Haverhill Rovers

1912-13 Ipswich Town 2 - 1 All Saints United

1913-14 Ipswich Town 3 - 0 Ipswich YMCA
(after 1-1 draw)

1920-21 Long Melford 1 - 0 Bury Town

1921-22 Beccles Town 3 - 2 Ipswich GER (after draw)

1922-23 Lowestoft 2 - 0 Stowmarket

1923-24 Lowestoft Town 3 - 1 Beccles Town
(after 3-3 draw)

1924-25 Kirkley 1 - 0 Brantham Athletic
1925-26 Lowestoft Town 2 - 1 Martlesham RAF
1926-27 Brantham Athletic 3 - 0 Lowestoft Town
1927-28 Ipswich Town 2 - 0 HMS Ganges
1928-29 Ipswich Town 5 - 0 Woodbridge Town
1929-30 Ipswich Town 6 - 0 Sudbury Town
1930-31 Stowmarket 3 - 1 Sudbury Town
1931-32 Lowestoft Town 3 - 2 Stowmarket
1932-33 Stowmarket 5 - 2 Kirkley
1933-34 Stowmarket 3 - 0 Bury Town
1934-35 Newmarket Town 3 - 1 Kirkley
1935-36 Lowestoft Town 4 - 1 Ipswich Town
1936-37 Bury Town 2 - 0 Sudbury Town
1937-38 Bury Town 3 - 1 Ipswich Town Reserves
1938-39 Bury Town 4 - 0 Mildenhall RAF
1945-46 Bury Town 4 - 2 Newmarket (on aggregate)
1946-47 Lowestoft Town 3 - 0 Bungay Town
1947-48 Lowestoft Town 3 - 1 Whitton United
1948-49 Lowestoft Town 5 - 0 Leiston
1949-50 Bungay Town 2 - 0 Lowestoft Town
1950-51 Stowmarket 2 - 0 Sudbury Town
1951-52 Stowmarket 4 - 1 Bury Town (after 2-2 draw)
1952-53 Long Melford 1 - 0 Sudbury Town
 (after 1-1 draw)
1953-54 Long Melford 2 - 0 Sudbury
1954-55 Long Melford 2 - 0 Ipswich Town A
1955-56 Lowestoft Town 2 - 1 Long Melford
1956-57 Sudbury Town 3 - 1 Bury Town
1957-58 Stowmarket 2 - 0 Newmarket Town
1958-59 Whitton United 3 - 0 Bungay Town
1959-60 Brantham Athletic 3 - 2 Christchurch Athletic
 (after 1-1 draw)
1960-61 Bungay Town 1 - 0 Orwell Works
 (after 4-4 draw)
1961-62 Stowmarket 2 - 0 Brantham Athletic
1962-63 Whitton United 3 - 0 Bungay Town
1963-64 Grundisburgh 3 - 1 Felixstowe Town
 (after 1-1 draw)
1964-65 Stowmarket 4 - 0 Orwell Works Athletic
1965-66 Oulton Broad 2 - 1 Leiston (after 1-1 draw)
1966-67 Felixstowe Town 3 - 2 Oulton Broad
1967-68 ICI (Paints) 4 - 0 Electric Supply
1968-69 Hadleigh United 3 - 2 Westerfield United
1969-70 Waterside Works 1 - 0 Long Melford
1970-71 Crane (Ipswich) Sports 3 - 1 Needham Market
1971-72 Hadleigh United 1 - 0 ICI (Paints)
1972-73 Heath Row 3 - 2 Birds Eye (Lowestoft)
1973-74 Crane Sports 1 - 0 Heath Row of Rushmere YAC
1974-75 Felixstowe Town 3 - 2 Nicholians Locomotive
1975-76 Brantham Athletic 2 - 1 Hadleigh United
1976-77 Nicholians Locomotive 2 - 1 Hadleigh United
1977-78 Woodbridge Town 2 - 1 Crane Sports
1978-79 Ransomes 3 - 0 Sudbury Wanderers
1979-80 Nicholians Locomotive 3 - 2 Needham Market
 (after 0-0 draw)
1980-81 Ransomes 1 - 0 Westerfield

1981-82 Crane Sports 1 - 0 Wickham Market
1982-83 Hadleigh United 4 - 1 Crane Sports
1983-84 Crane Sports 2 - 1 Ipswich United
1984-85 Bury Town Reserves 1 - 0 Westerfield United
1985-86 Westerfield United 4 - 1 Leiston
1986-87 Sudbury Town Reserves 3 - 0 Ipswich United
1987-88 Grundisburgh 2 - 0 Haughley United
1988-89 Cornard United 1 - 0 Sudbury Wanderers
1989-90 Needham Market 1 - 0 Grundisburgh
1990-91 Sudbury Wanderers 5 - 1 BT Research
1991-92 Whitton United 2 - 0 Long Melford
1992-93 Woodbridge Town 5 - 3 Stonham Aspal
1993-94 Woodbridge Town 4 - 0 Saxmundham Sports
1994-95 Grundisburgh 2 - 0 Whitton United
1995-96 Grundisburgh 3 - 0 Framlingham Town
1996-97 Haverhill Rovers 4 - 1 Ipswich Wanderers
1997-98 Grundisburgh 2 - 1 Stonham Aspal
1998-99 Walton United 1 - 0 Needham Market
1999-00 Grundisburgh 3 - 1 Needham Market
2000-01 Kirkley 3 - 1 Ipswich Athletic
2001-02 Kirkley 4 - 3 Haverhill Rovers (aet)
2002-03 Long Melford 5 - 0 Stanton
2003-04 Hadleigh United 2 - 2 Long Melford
 (7-6 on pens)
2004-05 Needham Market 2 - 1 Walsham-le-Willows
2005-06 Walsham le Willows 4 - 3 Capel Plough (aet)
2006-07 Stowmarket Town 2 - 1 Grundisburgh
2007-08 Grundisburgh 3 - 2 Hadleigh United
2008-09 Beccles Town 1 - 0 Crane Sports
2009-10 Team Bury 2 - 0 Capel Plough
2010-11 Whitton United 1 - 0 Lakenheath
2011-12 Whitton United 2 - 1 Long Melford
2012-13 Ipswich Wanderers 1 - 1 Whitton United
 (3-2 on pens)
2013-14 Whitton United 1 - 0 Ipswich Wanderers
2014-15 Lakenheath 7 - 0 Ipswich Valley Rangers
2015-16 Waveney 3 - 2 Haughley United
2016-17 Achilles 2 - 1 Crane Sports
2017-18 Woodbridge Town 3 - 0 Bungay Town
2018-19 Achilles 4 - 3 Cornard United
2019-20 Ipswich Wanderers 1 - 0 Coplestonians
2020-21 Lakenheath 2 - 0 Bildeston Rangers
2021-22 Ipswich Wanderers 1 - 0 Leiston Reserves

Senior Cup presented by The FA

1907-08 Kirkley 2 - 0 Lowestoft Town
1908-09 Kirkley 4 - 0 Orwell Works
1909-10 Lowestoft Town 2 - 0 Orwell Works
1910-11 Orwell Works 3 - 1 Kirkley
1911-12 Morton (Lowestoft)
1912-13 Leiston Town 3 - 0 Bury United
1913-14 Lowestoft Town 3 - 1 Leiston
1919-20 Beccles Town 5 - 1 Haverhill Rovers



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A THRIVING LOCAL GAME



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