

EXPERIENCE DRIVES US



RFS











Overland Secure

Temperature controlled

Outsize

Dangerous Goods

For your transport needs visit www.wallenborn.com



SURREY HIRE YOU REQUIRE IT - WE HIRE IT

CB Hounslow United Football Club

Founder

Frank James

Patron

Max Lea MBE

Chairman—Board of the Club

Dave Fuller

President

David Brown

Life Vice Presidents

Gary Bridges, Keith Head, Ray Forde, Barry Chapman, Steve Donnelly, Reuben Longdon-Hughes, Pete Morris, Craig Elliott, Tracy Elliott, Andy Blows

Chairman of Football Activities/Club Secretary

Frank James

Vice Chairman

Roy Wright

Director Ladies & Girls Football

Rob Rush

Youth Chairman/Youth Secretary

James Harrington/Vijay Kumar

Chairman's Assistant Leagues

Keith Head

Vice Youth Chairman

Frank James

Welfare Officer

Tracy Elliott/Frank James

Fund Raiser/Charity

Vijay Kumar

CB Club Committee Members

Keith Head, Steve Donnelly, Pete Morris, Ian kelly

Match Day Secretary

Ian Kelly—Keith Head—Steve Donnelly

Andy Pocock

Discipline Committee

Team Captains





Welcome all

Today we welcome ALL to Green Lane for CB Hounslow United FC home game in the

The FA Vase
The Combined Counties FL—Premier League
MCFL Premier

A warm welcome goes out to the clubs Board, club officials, managers and players.

We at CB hope you all have an enjoyable day here at the ground and enjoy the facilities.

Todays Match officials

Match Referee: William Douglas
Assistant Referee: Noel Glavin
Assistant Referee: Lewis Rescoria

Observer:

Thursday 19th CB Hounslow Res v Indian Gymkhana

Match Referee; Mark Sellars
Assistant Referee: Nigel Hickes
Assistant Referee: Dave lea

This Weekends games:

Match Ball Sponsor—Pete Morris

Squad list



Zack Basey Chris Allen Ollie De Jesus Joe Smith James Greenwood Brandon Jackson Thomas Kanek Sid Dack Okera Lewis Jerome Edwards Danny Callan **Lewis Wood** Alfie Lal Trisdon Andrews Luke Dunn Callum Deverill Morgan Elliott - Grout Jahamari Morgan Dominic Gbembo **David Robinson** Harry Driver Thomas Kanek Wayne Elliott

Management Team

Danny James

Alfie Chapman

James Key

<u>Physio</u>

Billy Tutt

Match Secretary

Ian kelly

Team colours: All Grey or Green/Black – Black/Green



1	CB Hounslow United Women Res		0	0	0		0	0	
2	Croydon CWFC Women			0	0	0	0 0		0
3	Kenningwell United Women FC		0	0	0	0		0	
4	South East Parakeets FC Develop Wome		0	0	0 0		0	0	
5	South London Womens Reserves		0	0 0			0	0	
6	Sporting Duet Ladies		0	0	0		0	0	
7	Sutton United Women U21		0	0	0		0	0	
8	Tooting Bec Women Developmen		0	0	0		0	0	
9	Wandsworth Borough Women		0	0	0	0 (0	
Ν	ACFL Sunday								
<u>A</u>	AFC Heathrow Reserves	0	0	0	0	0	0	+0	0
	CB Hounslow United (Sunday)		0	0	0	0	0	+0	0
-	<u>Sanday)</u> <u>Chairboys</u>	0	0	0	0	0	0	+0	0
<u>C</u>	<u>Cowley</u>	0	0	0	0	0	0	+0	0
<u> </u>	<u> Iarrow Hive</u>	0	0	0	0	0	0	+0	0
<u> </u>	learts Of Teddlothian	0	0	0	0	0	0	+0	0
<u>Inter Manor FC</u> 0				0	0	0	0	+0	0
	<u>London Samurai Rovers</u> ((Sunday)		0	0	0	0	0	+0	0
-	lorth West Jets	0	0	0	0	0	0	+0	0
<u>R</u>	Roxeth District Albion	0	0	0	0	0	0	+0	0
West London Dynasty 0			0	0	0	0	0	+0	0

0

0

0

0

0

0

0

0

0

History of CB Hounslow United

CB Hounslow United F.C is a Football club based in the London Borough of Hounslow. The team was originally named Richmond Rangers, and was a collection of friends and local troubled youth that where losing their path in life.

In season 1987/88 Richmond Rangers where disbanded and reformed in 1988/89 under the name of CB united.

CB Hounslow United FC carry the community flag for football and support in Hounslow, since the demise of the historic Hounslow FC which was formed in 1884. Community support is the essence of what we do as a club.

Currently the club supports Promise Academy for 16 to 18 year olds. With a sports and educational programme. Promise Academy Mini Kickers and OHM Sports Mini Kickers

CB stands for 'Cater Bank' which was the company co-owned by the late father of our Chairman/founder Frank James. CB Hounslow played in the Hounslow & District Football League with some distinction, and after 5 successful years we were promoted to the Middlesex county Football League (MCFL) in 1994/95 that is when we then took our present name CB Hounslow United. The club still have 3 sides that play in the MCFL and the 1st team playing in the Premier of Combined Counties FL @ Step 5.

CB Hounslow United 1st team played for 11 years in the MCFL before being promoted to the Combined Counties in 2005/6 season. The club is now affiliated to the Combined Counties League, Middlesex County FL, West Middlesex Sunday League, Allied Counties Youth League, Surrey Youth League, West Middlesex Youth League and Harrow Youth League and Greater London Womens league.

This season and going forward the club has now a Patron: Mr Max Lea MBE a stalwart in football, who come up through the referee ranks and played football for Old Parmiterians Football Club. His support to Club is hugely appreciated and can only benefit the club going forward.

Also Frank the owner of CB has handed the reigns over to Mr Dave Fuller who will become the Chairman of the board and handle non on the pitch matters for the club. Allowing Frank to concentrate on just football matters as he enjoys running a team. Dave comes with a huge amount of experience. He is a MCFA Councillor and has officiated in Middlesex for over 50 years and CB itself for 20 years.

The club this season will be competing in The FA Cup, The FA Vase, The FA Youth Cup and MCFA Senior Charity Cup amongst many other Cups.

As always I would like to thank our numerous sponsors, who donate to the Youth & Ladies teams and the main body of the club and also help greatly with the fundraising. The club continues to grow its partnership with DNATA, United Airlines, Buffa, Tarmac. Mohan's Caterers, AIR Consultants, Time Worldwide Express, Mount Café,

As a club we are blessed with having over 50 volunteers who make up our management, coaching and secretarial staff who without them the club wouldn't be where it is now.

Website: www.cbhounslowunitedfc.com

Association A Code of Conduct for Football

Football is the National Game. All those involved with the game at every level and whether as a player, match official, coach owner or administrator, have a responsibility, above and beyond compliance with the la, to act according to the highest standards of integrity, and to ensure applies to all those involved in football under the auspices of the football associating.

Community

Football, at all levels, is a vital part of the community. Football will take Into account community feeling when making decisions.

Equality

Football is opposed to discrimination of a form and will promote Measures to prevent it, in whatever form, from being expressed.

Participants

Football recognize the sense of ownership felt by those who participate at all levels of the game. This includes those who play, those who coach or help in any, and those who officiate, as well as administrators and supporters consultation.

Young People

Football Acknowledges the extent of the extent of its influence over young People and pledges to set a positive example.

Trust and respect

Football will uphold a relationship of trust and respect between all involved in the game, whether they are individuals, clubs or other organizations.

Violence

Football rejects the use of Violence of any nature by anyone involved in the game.

Fairness

Football is committed to Fairness in its dealings with all involved in the Games.

Integrity and Fair play

Football is committed to the principle of playing to win consistent its fair play.

By order of the council November 1998



Because Youth Matters





















For more info: T: 0208 538 5480 CBHounslowunitedfc.com



CB Hounslow Utd FC EXTERNAL Visitors AGREEMENT

This written agreement is between CB Hounslow Utd FC and all external hirers. It sets out below what is expected from all visitors whilst they are using our facility –

We have also attached our risk assessment which we would encourage you to read.

Whilst using our facility you will -

- Self-assess yourself and will ask everyone else who falls under your jurisdiction to do the same. This includes asking the opposition team if you are booking friendlies as well as referees, spectators, or anyone else that is at the facility with you
- You will complete the sign in form which will be at the ground. You will ensure all persons under your jurisdiction including opposition teams, parents, spectators, referees do the same.
- You will inform the club asap if you are aware of anyone that has used our facility has
- o Symptoms of COVID-19
- o Has had a positive test for COVID-19
- o Has been in contact with anyone who has symptoms of COVID 19
- You will adhere to any one-way system and ensure everyone under your jurisdiction does so
- You will ensure that before and after your session/game you clean all the equipment you have used; this includes wiping down goal posts and corner flags
- You will remove all your rubbish and belongings from the ground after your session/game
- You will follow all the instructions given in the risk assessment and pass this information on to all the participants of your session/game
- You will send home any persons find to be suffering with symptoms of COVID-19 and inform us immediately

If you have any questions about this guidance or would like to discuss anything further please do contact our COVID-19 officer.

By continuing with your session/game you are agreeing to follow these conditions and those set out in our risk assessment.

Anyone found not adhering to these conditions will be removed from the facility and it may affect your chances of revisiting us

Frank James

Club Secretary & Football Chairman

07958-718930

CBHounslowunitedfc.com

frankjames@cbhounslowfc.com

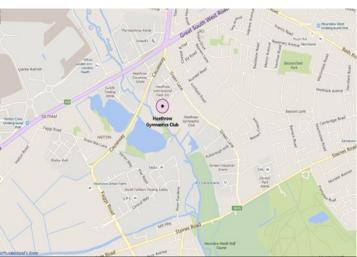












CBHounslowunitedfc.com

The club will grow from 290 to over 700 Regular member, many coming from the Hounslow Area, most of whom will not have been members of a sports club before.

There will also be opportunities for more informal participation for many other residents in the area.

This will help us grow as a Social enterprise, as well as offering training and employment opportunities. In summary the club will become a key focal point for the community for the people both living and working in the area.

				SUBSTITUTED
C-DISSENT = SIN BIN			YES	YES*
C-DISSENT = SIN BIN	C = YELLOW CARD		YES	YES*
C-DISSENT = SIN BIN	C-DISSENT = SIN BIN	All the same	NO	YES*
C = YELLOW CARD	C-DISSENT = SIN BIN		YES	YES*
C-DISSENT = SIN BIN	C = YELLOW CARD	C-DISSENT = SIN BIN	NO	NO
C-DISSENT = SIN BIN	C = YELLOW CARD	2 ^{NO} CAUTION = SENDING OFF	NO	NO
C = YELLOW CARD	C-DISSENT = SIN BIN	C-DISSENT = SIN BIN	NO	NO
C = YELLOW CARD	C-DISSENT = SIN BIN	2 ND CAUTION = SENDING OFF	NO	NO
	C - other	cautionable offences.		



CBHounslowunitedfc.com

1	Actonians Ladies Development	0	0	0	0	0	0
2	CB Hounslow United Women	0	0	0	0	0	0
3	Camden Town (Womens) Red	0	0	0	0	0	0
4	Hammersmith Football Club Wom- en	0	0	0	0	0	0
5	Hilltop Womens	0	0	0	0	0	0
6	Hounslow Women FC Development	0	0	0	0	0	0
7	Islington Borough Ladies FC Reserves	0	0	0	0	0	0
8	Regents Park (Adults) Womens	0	0	0	0	0	0



BE

CB Hounslow Ladies FC

Megan Curran
Megan king Martin
Donna Osmond
Tori Waters
Sharna Davison
Lucy Easton
Ellie Cullen
Kianni Mae o'Garro
Elizabeth Waters

Ella Benson Isis Manzi McCuaig Chloe McCarthy Ellen Scheer Elisha Timms Emma Spencer Megan Price

Sabrina Alves de Souza Mae Rush Sasha Treadaway

Alice McGann
Michelle Figueroa
Zoe Rafferty
Tiegan Watson
Amy O'sullivan
Abi Scupholme
Eleanor field
Holly Roaf
Francine Goncalves





At In Time Worldwide Express we are football crazy! At last count we were following 15 teams between us, from Stevenage F.C. (The 'mighty' Boro) to New York City, where we have an office. As one of Heathrow's leading logistics companies, we are proud to support and be involved with a local team, and what better than one managed by our very own Transport and Warehouse Manager, Rob Rush! Come on United!!!@@In Time Worldwide Express

Air, ocean, road and rail freight solutions, and specialists in time-critical cargo.

www.itwx.co.uk

Well run Family
business .When visiting this
cafe, it's a must to try good
coffee. Most reviewers say
that the staff is gracious
here. If you want to
experience fast service, you
should go to Mount Cafe.
Delicious dishes at low
prices are provided here.







CHARTER STANDARD COMMUNITY CLUB



Website - cbhounslowunitedfc.com

Twitter - @cbhounslow1989

Facebook - CB Hounslow Utd FC





Website: cbhounslowunitedfc.com

Twitter: @cbhounslow1989 Facebook: CB Hounslow Utd FC

Promise Football Academy is a sports education college programme available to 16-19 year old students seeking a future in sport. Our students spend their 2 college years training like a professional athlete whilst securing an education to cement careers and pathways.

Boasting a plethora of opportunity for each and every young adult that embarks on the 'Promise' journey.

Directly from our programme, students have -Progressed into pro football Progressed into semi-pro football Gone onto University Pursued extended education abroad in the States Gone straight into full time employment

Become physiotherapists Become sports coaches

Become personal trainers

Worked in sports analysis ... To name just a few of the many possibilities.

Check us out - @Promise Football Academy





FOOTBALL FOR ALL said Frank James & Barry Chapman! Before embarking on a relationship and close friendship with Promise Sports Coaching's lead coach Tom Kanek (TK).

Promise Sports Coaching set out with dreams matched by those of Frank and Barry to offer affordable child care and sports entertainment packages to each and every family possible!

True to their name; Promise Sports Coaching were blessed to be surrounded by supportive people with similar dreams that allowed them to deliver on the very foundations they promised from the beginning.

The mantra at 'Promise', has been and forever will be the same -

EVERY child is different & **EVERY child matters!**

Offering -

- Primary & Secondary school PE coverage
- Lunch time and after school clubs
- School holiday camps
- Private sports 1 to 1 sessions
- Child birthday party entertainment
- Mini kicker sessions
- Direct links to age group appropriate team participation

..... And much, much more!







Smart AC Solutions: Are a Heating ventilation and air conditioning company founded in 2019. The company's directors Daniel Sines and Aaron Lockwood are strong supporters in the youth system that CB Hounslow operates and have overseen many youth players over the years achieve there dreams of playing a high level of football if it be at other football academy's or CB Hounslow itself and are delighted to be sponsoring CB Hounslow under 18's in the coming season.

At Smart AC Solutions, we work with you to create the perfect environment for innovation and success by designing and installing air conditioning, heating and ventilation systems.

We are experts in our industry, so we can combine your mechanical and HVAC systems into one efficient and cost-effective climate control package. We take the risk out of your project because our quotes are guaranteed, giving you complete peace of mind.

Find us at smartacsolutions.co.uk



U'18s Al-

Allied Counties Football League

lied

1	CB Hounslow United	0	0	0	0	0	0
2	Hanwell Town	0	0	0	0	0	0
3	Harefield United	0	0	0	0	0	0
4	Hillingdon Borough	0	0	0	0	0	0
5	North Greenford United	0	0	0	0	0	0
6	AFC Hayes	0	0	0	0	0	0
7	<u>Uxbridge</u>	0	0	0	0	0	0
8	Wembley	0	0	0	0	0	0

Managers: Mick McGann, Anthony Morgan



Equity Networks is a leading UK IT & Telecoms Service provider. For more information on our services or to find out about our special offers for CB Hounslow supporters & associates, please get in touch on the details below.

TEL • 01753 668668 • EMAIL • SALES@EQUITYNETWORKS.CO.UK

Proud Partners of CB Hounslow FC & AIR Consultants



MCFL Div

Acton Ealing Whistlers	0	0	0	0	0	0	+0	0
Adamant	0	0	0	0	0	0	+0	0
Brent Athletic	0	0	0	0	0	0	+0	0
C.B.Hounslow 4ths Development	0	0	0	0	0	0	+0	0
Kinja	0	0	0	0	0	0	+0	0
Kodak (Harrow) 3rds	0	0	0	0	0	0	+0	0
LPOSSA	0	0	0	0	0	0	+0	0
Pinner United	0	0	0	0	0	0	+0	0
Rajputs Del Mundo Reserves	0	0	0	0	0	0	+0	0
Starlight Reserves	0	0	0	0	0	0	+0	0
West Palops	0	0	0	0	0	0	+0	0



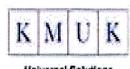


CBHounslowunitedfc.com



Walker Construction (UK) Ltd is a multi-disciplined construction company delivering Building, Civil and Rail projects across a diverse range of industry sectors, including but not restricted to; Education, Healthcare, Industrial, Retail, Refurbishment, Leisure, Infrastructure, Section 106 agreement. Section 278 agreements.

We understand and respect our client's needs and expectations on every project we deliver, whilst utilising Professional In-House Design & Build Services, Experience and Technical Innovation, Research and Development alongside Sustainable Construction Solutions. We aim to be the preferred construction contractor of choice for our clients, assured by the delivery of excellence, quality of service and by carefully selecting new opportunities with clients aligned to our core beliefs and objectives.







KUMK provide its customers with transparent, optimal distribution solutions with its partners and services worldwide, We strive to find unique processes for a unique market. KMUK has the resources and contracts to compile tailor made solutions along with utilising the resources which it has built over many years of experience.

Our goal is to be creative and focus on partnerships with both our customers and vendors, to provide speed to market whilst meeting all our customer expectations. KMUK aim to place ourselves strategically between our customers and vendors, to offer both value for money and benefits which will grow our business. Unique partnerships provide unique challenges



Mohans Catering was established in 1989 and has been serving the Middlesex and wider London community for over 20 years with its distribution of Indian snacks and outdoor catering services. Founded upon a family ethos and professional work ethic Mohans have prided themselves on excellent customer service, creative cuisine, as well as warm and effective client relationships. With Head Chef Pankaj Makol at the forefront, Mohans over the last decade have built up an extensive network of event services that enable them to provide their clients with the best possible catering and dining experiences. They have provided food services all over the United Kingdom and have been fortunate enough to supply and extend their services internationally into parts of Europe. Year by year the Mohans team are continually adapting to the latest cuisine styles and changes within the industry, while simultaneously incorporating their own and unique innovative twist to their menus and special dishes. Mohans Catering has also expanded in other areas by increasing their distribution of snack products by providing groceries, market stalls and restaurants with Mohans original handmade samosas. In addition to this, since 2009 Mohan's have produced their own line of Indian sweets and are currently working on introducing their own branded line of special sauces.



We have over 40 years' experience working with both the trade and DIYers. We have formed strong, loyal partnerships with many large corporations and have helped millions of people complete their projects, both in the home and the garden. Whether you need to bulk order building supplies, or just a couple of pots of paint for the living room, we've got it covered. And with over 230 stores nationwide, you won't have to travel far for what you need. Our team of specialists understand the challenges you face and strive to offer a solution, that you too, will be proud to put your name to.







AIR Consultants is a reputable and rapidly growing Staffing, Training & Auditing

Solutions Services Company being established over 10 years. We specialise in working within the Freight Forwarding, Courier, Logistics & Shipping Industries.

Our client base is continually expanding and we enjoy successful partnerships with other recruitment agencies and training associations which when joined together give us over 40 years of industry experience.

When affording AIR Consultants the opportunity to take care of all your Staffing,

Training & Auditing needs, you can rest assured that you are placing your needs in the hands of a professional team who will endeavour to provide you with an exceptional service at all times.



Tarmac, a CRH company, is the UK's leading sustainable building materials and

construction solutions business. Our innovative services and solutions help to deliver the infrastructure needed to grow the economy today and create a more sustainable built environment to support our future prosperity.



dnata are a performance driven organisation and a global player in niche markets. We currently operate out of 131 airports across 6 continents, providing service excellence for over 400 airlines

This makes dnata one of the worlds largest service providers. Our vision is to become the most admired, not necessarily the biggest but unequivocally the best in the eyes of our customers

dnata's operations in The United Kingdom began in 2010. The company was founded with the mission of providing industry-leading ground handling at London Heathrow airport.

In 2011, Plane Handling was rebranded as dnata as part of a global initiative to unify the company's international businesses.

Today dnata in the United Kingdom employs around 2200 staff at 7 airports and provides ground handling and cargo to more than +34 international airlines









18 Ascot United



MCFL Premier—Step 7

								Pitshanger Dynamo	1	1	0	0	5	2	+3	3
								Cricklewood Wanderers	1	1	0	0	5	3	+2	3
								FC Soma	1	1	0	0	4	2	+2	3
								Larkspur Rovers	1	1	0	0	2	0	+2	3
								NW London	1	1	0	0	3	2	+1	3
		_		_	_	_	_	AEK London	1	0	1	0	1	1	+0	1
1	St Panteleimon	2	2	0	0	6	6	Sporting Hackney	1	0	1	0	1	1	+0	1
_		_	•	•	•			AVA	0	0	0	0	0	0	+0	0
2	Abbey Rangers	2	2	0	0	4	6	C.B. Hounslow Reserves	0	0	0	0	0	0	+0	0
•	0 "		•	•	_	_		PFC Victoria London	0	0	0	0	0	0	+0	0
3	Southall	4	2	0	2	2	6	Stonewall	0	0	0	0	0	0	+0	0
	107	•	•	•	•	•	0	Brentham	1	0	0	1	2	3	-1	0
4	Windsor	2	2	0	0	2	6	Kensington Dragons	1	0	0	1	3	5	-2	0
_				•	•	_	3	Clapton Community	1	0	0	1	2	4	-2	0
5	Edgware Town	1	1	0	0	3		The Wilberforce Wanderers	1	0	0	1	0	2	-2	0
								Indian Gymkhana Club	1	0	0	1	2	5	-3	0
6	North Greenford United	2	1	0	1	2	3	MCFL Div 3								
								C.B. Hounslow 3rds	0	0	0	0	0	0	+0	0
7	Egham Town	2	1	0	1	2	3	Centenary Park	0	0	0	0	0	0	+0	0
								Hillingdon Abbots Reserves	0	0	0	0	0	0	+0	0
8	Spelthorne Sports	2	1	0	1	-1	3	Kodak (Harrow) Reserves	0	0	0	0	0	0	+0	0
								Larkspur Rovers Reserves	0	0	0	0	0	0	+0	0
9	CB Hounslow United	2	1	0	1	-1	3	LNER	0	0	0	0	0	0	+0	0
9	CB Hourisiow Officed	_	'	U	'	-1	3	Old Hat	0	0	0	0	0	0	+0	0
								Old Kingsburians	0	0	0	0	0	0	+0	0
10	Reading City	3	1	0	2	-2	3	Sudbury Court	0	0	0	0	0	0	+0	0
								Whistlers	0	0	0	0	0	0	+0	0
11	<u>Holyport</u>	2	1	0	1	-2	3	Wiseman West	0	0	0	0	0	0	+0	0
12	Burnham	1	0	1	0	0	1	MCFL Jeff Nardin Division	<u>on</u>							
								Adamant	0	0	0	0	0	0	+0	0
13	Hanworth Villa	1	0	1	0	0	1	Brent Athletic	0	0	0	0	0	0	+0	0
								C.B. Hounslow 4ths Developmen	nt O	0	0	0	0	0	+0	0
4.4	_\-\-\-\-\-\-\-\-\-\-\-\-\-\-\-\-\-\	4	0	0	4	4	0	Jamrock Youth Man FC	0	0	0	0	0	0	+0	0
14	Wokingham & Emmbrook	1	0	0	1	-1	0	Kodak (Harrow) 3rds	0	0	0	0	0	0	+0	0
								London Athletic	0	0	0	0	0	0	+0	0
15	Tadley Calleva	1	0	0	1	-2	0	LPOSSA	0	0	0	0	0	0	+0	0
								Rajputs Del Mundo Reserves	0	0	0	0	0	0	+0	0
16	<u>Virginia Water</u>	1	0	0	1	-3	0	Starlight Reserves	0	0	0	0	0	0	+0	0
-		-	-	=	-	-	-	Vahalla	0	0	0	0	0	0	+0	0
17	Wembley	2	0	0	2	-4	0	West Palops	0	0	0	0	0	0	+0	0
			-	-			-									



PHYSICAL THERAPY | SPORTS MASSAGE | REHABILITATION





LOCATION: CB HOUNSLOW SPORTS CLUB, GREEN LANE, TW4 6JF

At **ZEN Anatomy sports therapy**, we put the patient first. From the initial point of contact and consultation, to the aftercare service you receive after your treatment.

Every service we provide is personalised to your specifications using the most up to date evidence-based practices to ensure you recover as swiftly as possible

OFFERING

Pain relief: using manual therapy; Joint & soft tissue mobilisation, trigger point therapy, Muscle energy techniques (METs) & muscle stimulation.

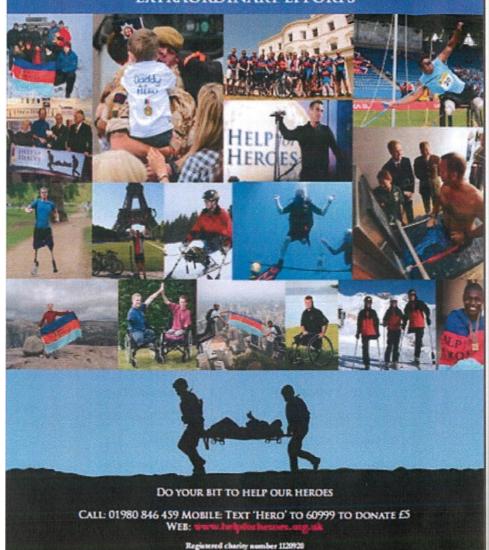
Corrective exercise prescription: Muscle strengthening, flexibility & postural correction.

**** 07788 550 591

WWW.ZENANATOMY.CO.UK | INFO@ZENANATOMY.CO.UK



ORDINARY PEOPLE; EXTRAORDINARY EFFORTS

















unlocking potential















WS Planning & Architecture are very proud to support

CB Hounslow United Football Club

Whether you are seeking to extend your property or uplift the value of land or buildings, we can provide that early expert guidance. #unlockingpotential







We are respected flooring contractors since 1992 and have built our business on quality, reliability and pride ourselves in developing long standing relationships with our customers, who trust us to deliver and be proactive throughout the process.

Our aim is to re-enforce our beliefs to our current and future employees and offer training where required so we can all stay at the top of our game. Middlesex Flooring Limited staff, are aware of our goals and help achieve them so that customers get a first class service from beginning to end, and return to us time and time again for future works.

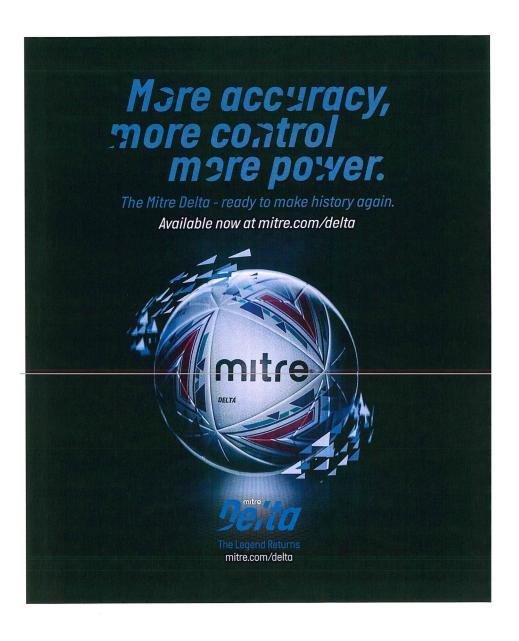
We want all employees to feel pride in working for Middlesex Flooring

Limited, knowing that we offer great job security, benefits and get rewarded for the work that they put in.

'We want to be the best flooring contractor not the biggest.'









Biffo South Central

Service that's streets ahead

From our iconic red bins to our food waste recycling services, Biffa have got you covered.

At Biffa, we've been providing waste disposal services to businesses across the UK for more than a century – you've probably seen us around!

From general waste collection to food waste disposal, recycling services and specialist industrial cleaning, we can tailor our solutions to your individual waste management needs.

Businesses require a professional approach to waste and recycling.



We work with businesses of varying sizes and within all sectors across the UK, to help you decide which waste and recycling services best fit your needs.

We can help you reduce, reuse and recycle with our efficient and competitive service. By offering you a full range of containers to suit your waste production and your available space and using the latest transport and disposal technologies.

Our waste collection packages are competitively priced against local and national suppliers.

Contact us direct on 01494 427 200 or email our sales team, SouthCentralSalesTeam@biffa.co.uk



Summer 2011 and it's rather ironic that 100 years of senior football at Stag Meadow should be celebrated by the birth of a brand new club, Windsor FC, which came to be following the sad demise after 118 years of Windsor & Eton FC. During the final death throes of the previous club it became apparent, following several well attended supporters' meetings, that the will was there to continue to host a senior football club in Windsor for the community to embrace and, therefore, on February 4th 2011 WFC Football Community Development Ltd was registered with Companies House with the aim of achieving that objective. Founding Director Kevin Stott and a newly-appointed management committee then set about the long and sometimes arduous task of turning that dream into a reality. A business plan centred around self-sustainability was formulated and presented to the Football Association which eventually led to acceptance for the new club at level 5 of the non-league system and an allocation to compete in the Premier Division of the Cherry Red Records Combined Counties League for season 2011/12. Now the new club had been accepted it needed a name and invitations

Self-sustaining and community are the two key elements behind the ethos of the new setup and the provision of a 3rd generation artificial surface training area/small-sided games pitches at the Great Park end of the ground, when completed, will form the first brick in the foundations of the self-sustainability module as well as providing a much-needed facility for the community to use. The other main development thus far on the community side is welcoming on board the 34 teams and over 300 players of New Windsor Youth FC who will now be known as Windsor FC Youth, adopting the club badge and colours and providing a progression pathway from small-sided through to senior football for the youth of the town of Windsor.

were extended to the people of Windsor to nominate and then vote on the new

naming process and thus Windsor FC was born.

Other innovative community involvement schemes saw a charity partner displayed on our shirts instead of a sponsors' name and we were proud to be involved with Alexander Devine Children's Hospice Service.

We continue to support both local and national charities by way of our Free Entry matches, most recently fundraising for the Windsor Homeless Project.

We also have our very own club mascot 'Scotty the Stag' who regularly appears at local school fetes and other events publicising the club as well as supporting the fund raising activities of the club in general. In his spare time Scotty is becoming a bit of a celebrity taking part in races such as the Mascot Grand National and despite some close finishes is yet to claim his first win but if medals were given for effort then Scotty would be No.1 on the podium!



Our founding season turned out to be a very exciting one, eventually finishing as runnersup to worthy Champions Guildford City in the league and we also made it to the semifinals of the Berks & Bucks Senior Trophy so it was close but no silverware to show for it, although that is not entirely true as Ryan O'Toole won the Golden Boot as top scorer in the Premier Division and Hayden Wheelers' efforts in editing our programme led to it being voted best programme in the Premier Division.

Several weeks into season 2012/2013 a major decision to operate without a budget was taken to free up funds for the regeneration plans at the ground and the management team and all but three of the playing squad left immediately. Mick Woodham was appointed as our new manager and had two days to get together a squad before our next league game. Despite some heavy defeats early in his tenure as he built a squad of local youngsters the club never lost faith and Mick eventually put together a squad that was to finish a very creditable 6th in the league as well as another appearance in the semi-finals of the county Senior Trophy competition whilst our Under 18's side made it all the way to the CCL's Grant McLellan Youth Cup Final eventually losing to a very strong Camberley Town side.

Recognition from the league away from football itself was achieved with a Groundsman of the Year award for the CCL and this was added to in August 2013 when our groundsman Lewis Clements won the FA Groundsman of the Year Award for the whole of Step 5 and 6 football nationally, something both he and the club are justifiably proud of whilst also giving some extra publicity to the CCL.

This building process continued in 2013/14, and it was in this season that Mick Woodham guided us to our first ever trophy. A resounding 3-0 victory over Reading Town in the Berks & Bucks Senior Trophy Final. The success was repeated the following season when Woodham's young guns defeated a talented Flackwell Heath side 3-2 in the final at Burnham FC's Gore ground.

The football club experimented with a Senior Reserve side for one season before committing to a long-term link up with the Cox Green Academy and the re-focusing on an Under 18 team. The aim to offer a clear path to all youngsters to the Senior First team.

Over the past two seasons this approach has paid huge dividends. In 2017/18 Windsor FC made it through seven rounds of the FA Vase before losing to eventual runners-up Stockton Town in the Quarter Finals.

2018/19 saw another good FA Vase run making it through to the last 16 and a top 6 finish in the league. At the end of the season manager Mick Woodham decided to leave the club which saw the appointment of Mark Cooper as manager.

Both 2019/20 and 2020/21 were seriously disrupted by the COVID-19 pandemic leaving Cooper and his team two incomplete seasons.

2021/22 will hopefully see a full season completed with Copper in charge with the chance to show what his squad is capable of.