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# 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**

Vacant

#### Vice Youth Chairman

Frank James

#### **Welfare Officer**

Tracy Elliott/Frank James

#### Fund Raiser/Charity

Vijay Kumar

#### **CB Club Committee Members**

Steve Donnelly, Pete Morris, Ian kelly

#### Match Day Secretary

Ian Kelly—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 Combined Counties FL—Premier League
MCFL Premier
GLWFL
MCFL Division 3

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**

MCFL Reserve Division

1st team v North Greenford Utd FC
Match Referee: James Hall
Assistant Referee; Matt Swinburn
Assistant Referee: Andy Mirza
Match Ball Sponsor—Pete Morris

Saturday 6th Nov

Youth training am @ Green Lane

CB 1st v North Greenford Utd – 3pm ko – main pitch @ green lane – hospitality and gate Larkspur rovers v CB Hounslow Res – 2pm ko away @ Lords halysbury, Northolt Centenary Park v CB 3rds – 2pm ko away @ London Marathon Playing fields, Greenford CB 4th v Kodak 3rds – 2pm ko – pitch 1 @ green lane

Sunday 7th

Court park v CB Sunday – 10:30am ko @ Harlington
CB u15s v Bessingby Park Rangers u15s – 10;30am ko – pitch 2 @ green lane
Sheen Lions u9s v CB u9s (away)
CB u11s v Croygas Falcons – 11am ko (TBC) – grass pitch @ Beavers Sports Lodge
CB Ladies 1st v Camden town – 2pm ko – main pitch @ green lane (time tbc) as both ladies at home
CB Ladies Res v South East parakets – 2pm – pitch 1 or 12 noon main pitch (tbc) waiting on league ruling



### North Greenford United Squad details for the last match:



1 Sam House 12 Billy Leonard

2 Harrison Okwu 14 Christopher Martin Thomas

3 Ethan Relf 15 Alex Atkinson

4 Sam Olanipekun 16 Kai John Charles

5 Connor Butler 17 Sam Molyneaux

6 Conor Molyneaux 18 Kai Omoko Brosnan

7 Kevin Maresi

8 Georgie Brown

9 Charlie Mitchell

10 Harvey Killeen

11 Joe Mills

Colours	Royal Blue &	Royal Blue	Royal Blue	Goalkeeper:				
	White shirts	shorts	socks	Lime Green				
Change colours	Grey & Red	Red shorts	Grey socks	or				
Colours	shirts			Orange				
	Paul Mills & Gary Brown							
Manager								
		Mark W	arwick (GK)					
Coaches		Dino	Pashias					
		Danr	ıy Glock					
	Simon Wright							
Physio	Chris Paladino							

## **Squad list**



Zack Basey Ollie De Jesus Joe Smith James Greenwood Brandon Jackson Thomas Kanek Sid Dack Jerome Edwards **Lewis Wood** Alfie Lal Trisdon Andrews Luke Dunn Morgan Elliott - Grout Jahamari Morgan Thomas Kanek Jack Vincent Sam Smith

# **Management Team**

Danny James

Thomas Kanek

**Alex Wines** 

James Key

<u>Physio</u>

Billy Tutt

#### **Match Secretary**

Ian kelly

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



1	Croydon CWFC Women			6	5	1		0	16	16
2	Wandsworth Borough Wo	<u>omen</u>	(	6	4	1		1	16	13
3	Kenningwell United Wom	<u>ien</u>		5	4	0		1	21	12
4	Sutton United Women U2	<u>21</u>		5	3	1		1	14	10
5	Civil Service Women		(	6	3	1		2	7	10
6	South London Womens Reserves			5	2	0		3	4	6
7	CB Hounslow United Women Reserves			5	1	0		4	-21	3
8	Tooting Bec Women Develop- ment			5	0	0		5	-13	0
9	South East Parakeets FC velopment Wome	De-		5	0	0		5	-44	0
ſ	MCFL Sunday									
	ondon Samurai Rovers Sunday)	2	2	0	0	8	2	+6	6	
1	North West Jets	1	1	0	0	16	1	+15	3	
<u>/</u>	AFC Heathrow Reserves	1	1	0	0	4	1	+3	3	
1	inter Manor FC	2	1	0	1	5	4	+1	3	
1	<u> Middlesex Arms</u>	1	1	0	0	4	3	+1	3	
(	<u>Chairboys</u>	0	0	0	0	0	0	+0	0	
<u>(</u>	Court Park Utd	2	0	0	2	5	8	-3	0	
	CB Hounslow United Sunday)	1	0	0	1	0	4	-4	0	
	<u>Cowley</u>	1	0	0	1	0	4	-4	0	
<u> </u>	Hearts Of Teddlothian	1	0	0	1	1	16	-15	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, Biffa, Tarmac. Mohan's Caterers, AIR Consultants, Time Worldwide Express, Mount Café,

As a club we are blessed with have many 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

Twitter: @cbhounslow1989

# **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.

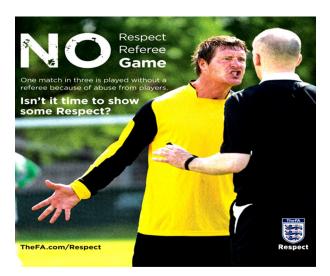
This will help us grow as a Social enterprise, as well as offering training and employment opportunities. In summary the club will become a key focal point for the community for the people both living and working in the area.





**CBHounslowunitedfc.com** 

1	Hammersmith Football Club Women	6	6	0	0	21	18
2	Actonians Ladies Development	6	5	0	1	20	15
3	CB Hounslow United Women	6	5	0	1	19	15
4	Hilltop Womens	6	4	0	2	6	12
5	Regents Park (Adults) Womens	6	1	1	4	-4	4
6	Hounslow Women FC Development	5	1	0	4	-10	3
7	Islington Borough Ladies FC Reserves	6	0	1	5	-22	1
8	Camden Town (Womens) Red	5	0	0	5	-30	0



# **BE WARNED!!!!!**

As a Club we do not allow alcohol around the pitch whilst a match is in progress–this is a FIFA– UEFA & FA Rule.

# **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

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www.itwx.co.uk







# 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





#### **Allied Counties Football League**

M		
<b>JOUNSIO</b>	WORK	
EST	1989	
POOTBE	IL CLUB	

1	Hanwell Town	2	2	0	0	11	6
2	Harefield United	2	2	0	0	11	6
3	North Greenford United	2	2	0	0	9	6
4	CB Hounslow United	2	1	0	1	2	3
5	<u>Uxbridge</u>	2	1	0	1	-2	3
6	Hillingdon Borough	2	0	0	2	-16	0
7	AFC Hayes	2	0	0	2	-4	0
8	Wembley	2	0	0	2	-11	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.

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**Proud Partners of CB Hounslow FC & AIR Consultants** 









**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



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.



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.







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









	Р	W	D	L	F	Α	Pts	GD
Hanworth Villa	12	9	3	0	32	8	30	24
Southall	12	8	1	3	38	18	25	20
St. Panteleimon	11	8	1	2	36	18	25	18
Abbey Rangers	10	8	0	2	22	17	24	5
North Greenford United	13	7	2	4	44	22	23	22
Edgware Town	11	6	3	2	33	16	21	17
Egham Town	10	6	2	2	20	10	20	10
Windsor	13	5	4	4	26	29	19	-3
Ascot United	9	5	2	2	23	17	17	6
Wembley	12	5	1	6	22	22	16	0
Spelthorne Sports	11	4	2	5	15	18	14	-3
Reading City	12	3	4	5	23	28	13	-5
CB Hounslow United	13	3	1	9	12	38	10	-26
Virginia Water	11	2	2	7	10	24	8	-14
Tadley Calleva	14	2	2	10	19	36	8	-17
Burnham	11	1	4	6	14	33	7	-19
Wokingham & Emmbrook	9	1	2	6	10	19	5	-9
Holyport	12	1	2	9	14	40	5	-26



MCFL—Premier—Step 7 NLS	_	_					_	
Clapton Community	7	6	0	1	24	18	+6	18
Cricklewood Wanderers	8	5	1	2	21	13	+8	16
Brentham	8	5	1	2	15	10	+5	16
Larkspur Rovers	9	4	3	2	22	14	+8	15
FC Soma	9	4	3	2	21	16	+5	15
Sporting Hackney	8	3	2	3	19	15	+4	11
NW London	6	3	1	2	20	16	+4	10
AVA	7	3	1	3	14	13	+1	10
Indian Gymkhana Club	7	3	1	3	15	18	-3	10
Pitshanger Dynamo	9	2	2	5	22	26	-4	8
C.B. Hounslow United Reserve	s 8	2	2	4	19	26	-7	8
Kensington Dragons	8	1	4	3	16	26	-10	7
The Wilberforce Wanderers	7	2	0	5	11	15	-4	6
AEK London	8	1	3	4	8	14	-6	6
Stonewall	7	2	0	5	13	20	-7	6
MCFL Div 3								
Kodak (Harrow) Reserves	6	4	0	2	16	11	+5	12
Wiseman West	4	3	1	0	9	5	+4	10
Old Hat	3	3	0	0	18	6	+12	9
Whistlers	4	3	0	1	17	6	+11	9
Sudbury Court	5	2	2	1	10	9	+1	8
Larkspur Rovers Reserves	5	1	2	2	7	6	+1	5
C.B. Hounslow United 3rds	6	1	1	4	9	30	-21	4
Hillingdon Abbots Reserves	2	1	0	1	10	4	+6	3
Kinja	4	1	0	3	2	10	-8	3
Harrow Town Eagles	2	0	1	1	3	4	-1	1
Centenary Park	3	0	1	2	3	11	-8	1
LNER	2	0	0	2	2	4	-2	0
2.12.1	-	Ü	ŭ	_	_	•	_	Ü
MCFL Jeff Nardin Divis	<u>sion</u>							
Jamrock Shamrock	5	4	1	0	12	4	+8	13
C.B. Hounslow United 4ths	3	3	0	0	19	3	+16	9
Adamant	4	2	1	1	18	8	+10	7
LPOSSA	3	2	0	1	8	7	+1	6
Rajputs Del Mundo Reserves	5	2	0	3	13	18	-5	6
Brent Athletic	6	2	0	4	18	35	-17	6
London Athletic	3	1	1	1	9	7	+2	4
West Palops	4	1	1	2	4	6	-2	4
Ealing Trailfinders	2	1	0	1	7	15	-8	3
Valhalla	0	0	0	0	0	0	+0	0
Kodak (Harrow) 3rds	5	0	0	5	5	10	-5	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

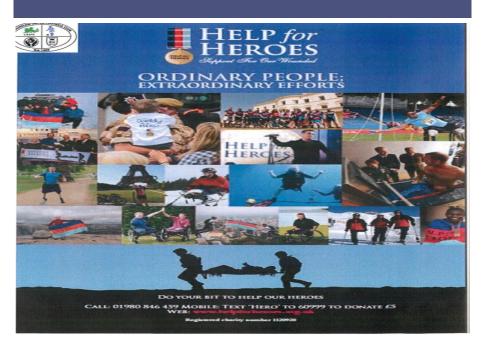
Pain relief: using manual therapy; Joint & soft tissue mobilisation, trigger point therapy, Muscle energy techniques (METs) & muscle stimulation.

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



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



#### **CB Hounslow Reserves**

Lee Brompton	Stef Livingstone	Shane O'Connell	Alfie Saunders
Andre Martin	Alex Hilton	Jerome Edwards	Nathan Rose
Nathan Munroe	Alex D'Riggs	Connor Miller	Ade Owalana
Jon Lloyd	Umar Brown	Luke Gilbert	Tyreek Kasim
Adam Knight	David Pinto	Asher Reid	Mark Peters
Ross Mullady	Warren Williams	Aaron Spencer	Baker Kimera

#### **CB Hounslow 3rds**

Rhys Pottle	Sean McDermott	Jamie Knight	Blair N'Zeza
Omid Ghassemi	Egidio Anastasio	Al Badr	Michael Barima
Abdel Bendif	Bruno Cane	Ryan Evans	Iman Ghassemi
Saboor Jayasuriya	Ahmed Kamjeh	Miah Rahul	A Thirukeswarew
MD Ullah	Joe Williams	Prince Amo	

#### **CB Hounslow 4th**

Daniel Austin	Mo Berghout	Chris Bridgeman	Dale Bridges
Jack Bridges	Je Vonte Deabreau	Billy Hall	Kieron Horrill
Dean Knight	Matt Mullins	Joshua Osbourne	Oskar Prokop
Callum Walter	Yassen Mohamed	Jonathan Zola	Daniel Pocock
Garratt Mark	Farid Bainur		















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.

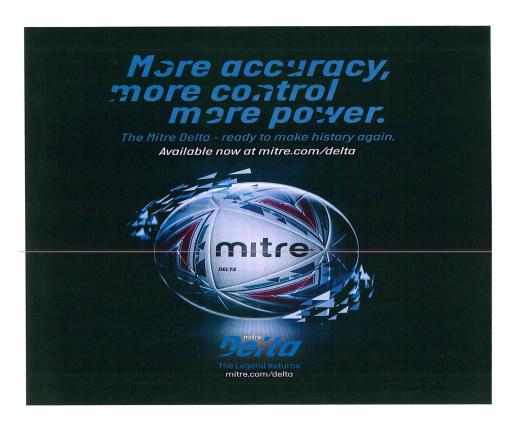
We want all employees to feel pride in working for Middlesex Flooring

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.'







#### **CB Hounslow Youth**

We as a club are embarking of the regrowth of our youth section. The club has lost some 15 sides since 2018/19 with the effect of Covid 19 and parents and players losing interest with football.

We are looking to develop extra teams at the following age groups for season 2022/23 with this season them doing mini-kickers and training/training games;

u7, u8, u9, u11, u13, u14, u15

We are also with the success of our 2 ladies sides we are starting on developing our Wildcats from

U10, u12, u14, u16

We also require coaches to assist with these groups

If you or anyone that are interested please contact: frankjames@cbhounslowfc.com

rrush@itwx.net

Jameshc05@icloud.com vj88ok@yahoo.co.uk



# Biffo South Central

# Service that's streets ahead

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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!

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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.

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#### History of North Greenford United F.C.

The club was founded in September 1944 as a youth team. The following season saw the formation of a senior side with the club entering the Harrow League and later the Middlesex County League. In 1983 the club was promoted to the Spartan League but in 1994 it resigned to re-join the Middlesex League. Keen to regain Senior Status, ground improvements were undertaken, including the installation of floodlights, and in 2002 the club was elected to the Combined Counties League.

In 2003/04, managed by Steve Hawkins, the club were runners up in the Premier Challenge Cup losing 4-1 to AFC Wimbledon in front of a crowd of over 5,000 at Woking FC. In 2004/05 the club finished League runners-up and in the following year reached the League Cup semi-final. In 2006/07 the team, under Mick Harvey, went one better, but unfortunately lost 4-1 to Merstham in the final.

Steve Ringrose took over the Manager's job at the beginning of season 2008/09. In his first season Steve led the team to second place in the Premier League with the club finishing Runners-up to Bedfont Green. Season 2009/10 proved the most successful in the club's history when the First Team became Combined Counties Champions, earning promotion to the newly-formed Southern Football League Division One Central, as well as winning the MFA Charity Cup beating Enfield Town 1-0 at Hampton & Richmond's ground in front of a large crowd.

Despite having a difficult first season at the higher level the First Team succeeded in retaining its Step 4 status. However, despite notable cup successes, the first half of season 2011/12 saw the club struggling in the league. Steve Ringrose was replaced by Neil Shipperley in December 2011 and Shipps managed to successfully steer the side away from the threat of relegation.

Experiencing an even more difficult time at the start of season 2012/13, Neil Shipperley was reappointed for a second term replacing Jon-Barrie Bates as First Team Manager. However, the team continued to struggle and, having lost 14 league matches on the trot, our only consolation was that Woodford United had still failed to notch up a single point. Our campaign that year was saved by an amazing end-of-season run which saw the team finish 19<sup>th</sup> – above the relegation places.

We were hoping to continue where we left off at the start of the following season but, again after excellent cup runs, we struggled in the league and narrowly escaped the drop after crucial wins against our two fellow relegation contenders, Chertsey and Ashford Town (Middx). Reserve Team Manager Paul Palmer, supported by Don Bennett, replaced Shipps following Neil's resignation midway through the season.

Following an indifferent start to the 2014/15 campaign it was decided to part company with Paul and ask Don to take over. Results though did not improve and in December 2014 Don tendered his resignation. Reserve Manager Barry Morris took over assisted by coaches George Bouhet and Fitzroy McLeod. After an initial struggle another impressive end-of-season run saw the team finish four points clear of bottom club AFC Hayes, and we were granted a reprieve by the FA.

Barry and his team were re-appointed for the forthcoming campaign, but in September Barry resigned and George took over. Unfortunately, poor results again left the club rooted at the bottom of the table, and in November 2015 the committee appointed two ex-Greenford players – Ricky Pither and Danny Bennell – as joint First Team managers to replace George. Despite some promising performances, results still did not improve and four wins and six draws were not enough to secure the points needed to avoid the drop. On this occasion there was to be no chance of another reprieve.

We were offered a place in the Combined Counties Premier Division after successfully appealing against an FA decision to place the club in the Hellenic League and, with their wide knowledge of local clubs and players, Ricky and Danny's team were invited to continue in their roles, with Mark Chandler taking over as joint manager following Danny's resignation. Unfortunately, due to poor league results which left the club languishing at the foot of the CCL Premier Division table, the NGU committee reluctantly decided to part company with Ricky and Mark at the beginning of October 2016.

The experienced management team of Danny Vincent and Colin Murphy were offered and accepted the position. They were duly appointed in time to take charge of the Chertsey Town home game on 11<sup>th</sup> October. After the poor start the club eventually finished the 2016/17 season in a creditable 13<sup>th</sup> position on 58 points, and with Danny and Colin still in charge, assisted by Terry Schofield who had joined the First XI management team, we were looking for a higher finish the following season.

Unfortunately, after an excellent start with a fine FA Cup away win against Welwyn Garden City, during the earlier part of the 2017/18 campaign we became the league's draw specialists dropping points in games we should have won. From the turn of the year the season will be most remembered for some of the worst weather conditions in living memory with the season extended to the second week in May 2018. Despite ending the campaign on a high with four wins on the spin, overall 2017/18 was a disappointing season with the team again finishing 13<sup>th</sup> but with fewer points than the previous year.

Two major changes were then forced on the club during the close season. First last season's management team unexpectedly resigned, and this was followed by an FA decision to move us to the Spartan League Premier Division. On the management side we were quick to re-appoint Paul Palmer and Matt Penfold who had just won promotion from the SSMFL Division One with Southall. Neither Paul nor Matt were new to the club. Matt served here for two terms under Neil Shipperley and Paul took over from Shipps after his resignation in February 2014. With the experienced squad they brought to the club, we had high expectations at the start of the 2018/19 campaign.

Unfortunately, these were not realized, and the team became embroiled in a relegation fight. Although three late wins helped secure our survival as a Step 5 club, a 16<sup>th</sup> place finish with just 34 points on the board left the committee with no choice but to make managerial changes. Following an impressive interview and an extremely successful 2 seasons as Under 18's manager, the decision was taken to offer the First Team post to Colin Jones a position which Colin, supported by his full Youth management team, accepted. That team, led by Colin, remained in post, with Dino Pashias taking over the role of Youth Team manager, hoping the re-run of the Covid-19 abandoned 2019/20 season would lead to a much improved league performance!

Unfortunately, a further Covid-19 lockdown again led to the early termination of the 2020/21 season, the highlight of which was a magnificent run in the FA Vase when, for the first time in the club's history, the First Team reached the Third Round Proper. In what turned out to be the final game of that season, played on December 19th, the team came agonisingly close to extending that run with an excellent away performance at an unwelcoming and hostile Lancing club, only to lose out 5-3 in the penalty shootout.

In April 2021 Colin Jones decided, for personal reasons, to resign as First Team Manager. The Committee met shortly afterwards and agreed unanimously to offer the position to Assistant Managers Paul Mills and Gary Brown. Paul and Gary accepted the offer, agreeing with each other to share the responsibilities of the post.

Having decided to go ahead with their NLS re-structuring plans, begun during the 2018/19 season, it was confirmed in May that, as expected, the club would be placed in the newly formed Combined Counties Premier Division North, returning to the league we had been moved away from to join the Spartan League at the start of the 2018/19 season. The club is looking forward to re-joining the CCFL confident we will do well with Paul and Gary at the helm.