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# CB Hounslow United Football Club



CHARTER STANDARD CLUB

## OFFICIAL MATCHDAY PROGRAMME



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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,

Ian Hefferman

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



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Welcome all

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

The Combined Counties FL—Premier League

MCFE Premier

GLWFL

MCFE Division 3

MCFE Reserve Division

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.

### Today's Match officials

CB Hounslow FC 1st v Spelthorne Sports FC

Match Referee: Simon Weston

Assistant Referee: Aiden Farrelly

Assistant Referee: Andy Mirza

Guest of Honour:

Match Ball Sponsor—Pete Morris

### Club Honours

1989/90	Junior Trophy Finalist	Middlesex County F.A	2008/09	Under 16's Division champions	Hayes & District Youth League
1990/91	Fred Barnard Cup Finalist	Hounslow & District F.L	2008/09	Under 11's Division runner up	Hayes & District Youth League
1991/92	Junior Trophy Finalist	Middlesex County F.A	2008/09	Intermediate Division Champions	WMSFL
1992/93	Division One R/U	Hounslow & District F.L	2009/10	Under four Finalist	WMSFL
1994/95	Junior Cup Finalist	Middlesex County F.A	2009/10	Under 9's champions	Hayes & District Youth
1995/96	Fred Barnard Cup Finalist	Hounslow & District F.L	2009/10	Under 9's Premier div runner up	Hayes & District youth
1995/96	Premier Division R/U	Hounslow & District F.L	2009/10	Under 12's premier Div runner up	Hayes & District Youth
1995/96	Division Three R/U	Hounslow & District F.L	2010 to 2015	— honours to be updated	
1995/96	Ben Little 6 aside Winners	Hounslow & District F.L	2015/16	Secretary of the year	Combined Counties FL
1996/97	Fred Barnard Cup Winners	Hounslow & District F.L	2015/16	Div 1 Champions	Combined Counties FL
1997/98	Division Four Champions	Hounslow & District F.L	2016/17	premier Cup Finalist	Combined Counties FL
1997/98	Presidents Cup Finalist	Middlesex County F.L			
1998/99	Division One R/U	Harrow Sunday League			
1998/99	Jubilee Cup Winners	Hounslow & District F.L			
1998/99	Intermediate Cup Winners	Middlesex County F.A			
1999/00	Fred Barnard Cup Finalist	Hounslow & District F.L			
1999/00	Plate Trophy 6 aside Finalist	Hounslow & District F.L			
1999/00	Premier Cup Finalist	Hounslow & District F.L			
2000/01	Premier Cup Winners	West London Sunday League			
2000/01	Premier Division Champions	West London Sunday League			
2000/01	Ben Little 6 aside Winners	Hounslow & District F.L			
2001/02	Premier Cup Winners	Hounslow & District F.L			
2001/02	Ben Little 6 aside Champions	Hounslow & District F.L			
2001/02	Ben Little 6 aside R/U	Hounslow & District F.L			
2001/02	Fred Barnard Cup Winners	Hounslow & District F.L			
2001/02	Division Four Champions	Hayes & District Sunday F.L			
2001/02	Chairman's Cup Winners	Hayes & District Sunday F.L			
2001/02	Junior Trophy Cup Winners Sun	Middlesex County F.A			
2001/02	Secretary of the Year—B.Lawlor	West London Sunday League			
2002/03	Junior Cup Winners Sunday	Middlesex County F.A			
2002/03	Federation Cup Finalist	Middlesex County F.L			
2002/03	Division Two R/U	Middlesex County F.L			
2002/03	Division Two Cup R/U	Middlesex County F.L			
2002/03	JSC Cup R/U	Middlesex County F.L			
2002/03	Division Two R/U	Hayes & District Sunday F.L			
2002/03	6 aside Cup Winners	Soccer Sixes			
2002/03	5 aside R/U	West London Sunday F.L			
2002/03	5 aside R/U under 13's	Hayes & District Youth League			
2003/04	Division One Champions	Hayes & District Sunday F.L			
2003/04	Senior Reserves Finalist	Middlesex County F.L			
2004/05	Premier Division R/U	Middlesex County F.L			
2004/05	Senior Res Division R/U	Middlesex County F.L			
2004/05	Junior Trophy Cup Winner	Middlesex County F.A			
2004/05	Jubilee Cup Winners	Hounslow & District F.L			
2004/05	Division One Cup Finalist	Hayes & District Sunday F.L			
2005/06	Under 13's Division champions	Hayes & District Youth League			
2005/06	Under 16's Cup Finalists	Hayes & District Youth League			
2005/06	Sportsmanship Trophy	Hayes & District Youth League			
2005/06	Division 5 Champions	Hayes & District Sunday F.L			
2005/06	Division 5 Cup Winners	Hayes & District Sunday F.L			
2005/06	Vice Presidents Cup Winners	Hayes & District Sunday F.L			
2005/06	Junior Trophy Finalist	Middlesex County F.A			
2005/06	Junior Res Div Runner Up	Middlesex County F.L			
2005/06	Junior Res Cup Winners	Middlesex County F.L			
2005/06	Senior Res Div Champions	Middlesex County F.L			
2005/06	Premier Div Runner Up	Middlesex County F.L			
2006/07	Reserve Div Runner-up	Middlesex County FL			
2006/07	Jubilee Cup Finalist	Hounslow & District FL			
2006/07	Ben Little 6 aside Champions	Hounslow & District FL			
2007/08	Reserve Div Cup Winner	Middlesex County FL			
2007/08	Reserve Div Runner-up	Middlesex County FL			
2007/08	Intermediate Div Runner up	WMSFL			

Squad list

Zack Basey  
Terence Cariba  
Joe Smith  
Justin Thompson  
Brandon Jackson  
Thomas Kanek  
Sid Dack  
Dan Fleming  
Lewis Wood  
Gilbert Batousol  
Trisdon Andrews  
Morgan Elliott - Grout  
Jahamari Morgan  
Thomas Kanek  
Jack Vincent  
Sam Smith  
Oskar Propok  
Asher Reid  
Sulaiman Azzouz

Management Team

Danny James  
Thomas Kanek  
Alex Wines  
James Key  
Physio  
Billy Tutt

Match Secretary

Ian Kelly

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

1	<a href="#">Croydon CWFC Women</a>	8	7	1	0	20	22
2	<a href="#">Sutton United Women U21</a>	8	5	2	1	25	17
3	<a href="#">Wandsworth Borough Women</a>	8	5	1	2	19	16
4	<a href="#">Civil Service Women</a>	9	5	1	3	14	16
5	<a href="#">Kenningwell United Women FC</a>	8	5	0	3	22	15
6	<a href="#">South London Womens Reserves</a>	8	4	1	3	10	13
7	<a href="#">CB Hounslow United Women Reserves</a>	10	2	0	8	-30	6
8	<a href="#">Tooting Bec Women Development</a>	8	1	0	7	-23	3
9	<a href="#">South East Parakeets FC Development Wome</a>	9	1	0	8	-57	3

MCFI Sunday—Div 3

<a href="#">North West Jets</a>	8	7	1	0	49	10	+39	22
<a href="#">London Samurai Rovers (Sunday)</a>	10	6	2	2	38	26	+12	20
<a href="#">Chairboys</a>	8	6	1	1	31	14	+17	19
<a href="#">Court Park Utd</a>	6	4	1	1	33	10	+23	13
<a href="#">AFC Heathrow Reserves</a>	7	3	1	3	24	15	+9	10
<a href="#">Inter Manor</a>	10	3	1	6	21	46	-25	10
<a href="#">Middlesex Arms</a>	8	2	2	4	22	19	+3	8
<a href="#">Cowley</a>	7	1	0	6	9	29	-20	3
<a href="#">CB Hounslow United (Sunday)</a>	6	0	2	4	9	28	-19	2
<a href="#">Hearts Of Teddlothian</a>	6	0	1	5	6	45	-39	1

## 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. We currently run our own mini kickers programme midweek and support Promise coaching on Saturdays

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.

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 Parmeritians 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, InTime 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](http://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 law, 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



### 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 re-visiting us

Frank James

Club Secretary & Football Chairman

07958-718930

frankjames@cbhounslowfc.com

For more info: T: 0208 538 5480

[CBHounslowunitedfc.com](http://CBHounslowunitedfc.com)

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# Becoming the leading Community Sports Club



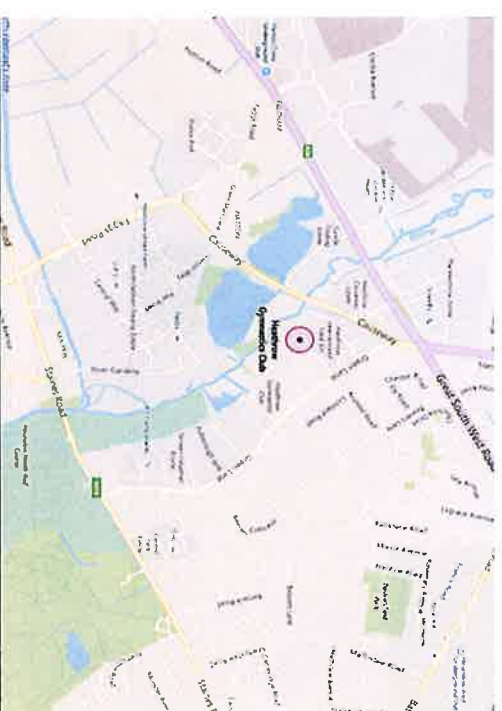
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The club will grow from 290 to over 700 Regular member, many coming from the Hounslow Area, most of whom will not have been members of a sports club before.

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.

MATRIX FOR CLUBS					
CAUTION 1	CAUTION 2	CAUTION 3	CAN RE-ENTER	CAN BE SUBSTITUTED	
C-DISSENT = SIN BIN	C = YELLOW CARD		YES	YES*	
C-DISSENT = SIN BIN	C-DISSENT = SIN BIN		YES	YES*	
C-DISSENT = SIN BIN	C-DISSENT = SIN BIN		NO	YES*	
C = YELLOW CARD	C-DISSENT = SIN BIN		YES	YES*	
C-DISSENT = SIN BIN	C = YELLOW CARD		NO	NO	
C-DISSENT = SIN BIN	C = YELLOW CARD	C-DISSENT = SIN BIN	NO	NO	
C = YELLOW CARD	C-DISSENT = SIN BIN	PRE CAUTION 1 - STOPPING OFF	NO	NO	
C = YELLOW CARD	C-DISSENT = SIN BIN	C-DISSENT = SIN BIN	NO	NO	
C = YELLOW CARD	C-DISSENT = SIN BIN	PRE CAUTION 1 - STOPPING OFF	NO	NO	

\* Substitution only allowed after Sin Bin period has been served and provided the team has not used all permitted substitutions.



1	<a href="#">Hammersmith Football Club Women</a>	9	7	2	0	29	23
2	<a href="#">Actonians Ladies Development</a>	10	7	2	1	24	23
3	<a href="#">CB Hounslow United Women</a>	9	7	1	1	25	22
4	<a href="#">Hilltop Womens</a>	10	4	1	5	-2	13
5	<a href="#">Regents Park (Adults) Womens</a>	9	3	2	4	4	11
6	<a href="#">Islington Borough Ladies FC Re-serves</a>	9	2	1	6	-20	7
7	<a href="#">Hounslow Women FC Development</a>	10	2	0	8	-20	6
8	<a href="#">Camden Town (Womens) Red</a>	10	1	1	8	-40	4



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  
 Tiegann 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](http://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.



The FA



CHARTER STANDARD  
 COMMUNITY CLUB



Respect

Website - [cbhounslowunitedfc.com](http://cbhounslowunitedfc.com)

Twitter - @cbhounslow1989

Facebook - CB Hounslow Utd FC

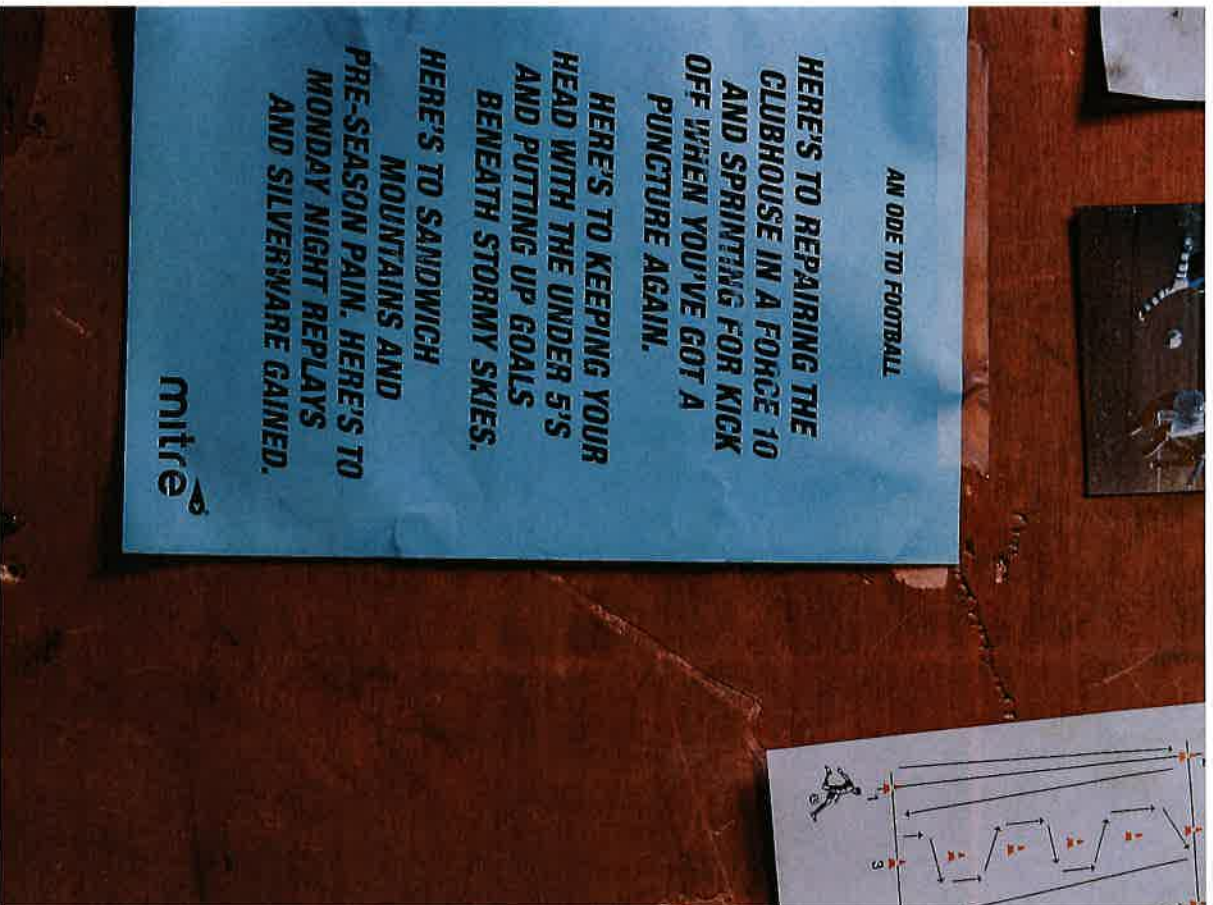
[CBHounslowunitedfc.com](http://CBHounslowunitedfc.com)







Website: [cbhounslowunitedfc.com](http://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](http://smartacsolutions.co.uk)

#### Saturday

U11s team meeting indoors @ green lane – 9:30am  
 CB 1<sup>st</sup> v Spelthorne Sports – 3pm ko – main pitch @ Green lane – hospitality & gate  
 FC Soma v CB Res – 2pm ko away @ banister Sports Centre  
 London titans v CB 3rds – 1:30pm ko @ Riverside, Chiswick – Cup game  
 CB 4<sup>th</sup> v West Palops – 2pm ko – pitch 1 @ green lane

#### Sunday

CB u9s v Motspur park u9 – 10am – 3g @ beavers  
 CB u11s v Lyne u11s – 10am – Grass @ Beavers  
 CB u15s v Mitcham park u15s – 10:30am ko – pitch 2 @ Green lane  
 CB Sunday v Inter Manor – 10:30am ko – pitch 1 @ Green lane  
 CB ladies res v Croydon ladies – 2pm ko – main pitch @ Green lane  
 Tooting Bec ladies v CB Ladies 1<sup>st</sup> – Ko TBC



#### Allied Counties Football League

1	<u>North Greenford United</u>	7	7	0	0	32	21
2	<u>Hanwell Town</u>	7	5	1	1	26	16
3	<u>Uxbridge</u>	7	3	2	2	-2	11
4	<u>Harefield United</u>	5	3	0	2	8	9
5	<u>AFC Hayes</u>	7	3	0	4	-3	9
6	<u>CB Hounslow United</u>	5	1	1	3	-5	4
7	<u>Wembley</u>	4	0	0	4	-22	0
8	<u>Hillingdon Borough</u>	6	0	0	6	-34	0

Managers: Mick McGann, Anthony Morgan



TELECOMS • INTERNET • CLOUD SERVICES • IT SUPPORT

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*





#### Saturday

Reading City v CB Hounslow 1st Away – 3pm ko @ Reading  
 CB Hounslow Res v Clapton FC – 2:30pm ko – main pitch @ Green lane (hospitality)  
 Old Hat FC v CB Hounslow 3rd Away – 2pm ko @ Perivale Park  
 CB Hounslow 4th v LPOSSA – 2pm ko – pitch 1 @ green lane

#### Sunday

CB u11s v Hampton & Richmond u11s – 11am ko (TBC) @ Beavers – grass pitch  
 CB u15s v iiii – 11am ko – Pitch 2 @ Green Lane  
 Court Park Utd v CB Hounslow Sunday – Away – 10:30am ko @ Harlington sports Centre – QF  
 Sporting Duet ladies v CB Hounslow ladies 1st - @ Kings house, chiswick  
 Islington Borough ladies Res v CB Hounslow ladies Res - @ Islington

#### Tuesday 7th Dec

CB u18s v Wembley u18s – 7:45pm ko @ bedfont sports – TBC

[CBHounslowunitedfc.com](http://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

**Wickes**

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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.







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	P	W	D	L	F	A	Pts	GD
Hanworth Villa	17	14	3	0	44	11	45	33
Southall	16	11	2	3	47	21	35	26
North Greenford United	17	10	3	4	62	27	33	35
Abbey Rangers	15	10	1	4	26	22	31	4
St. Panteleimon	16	9	3	4	41	25	30	16
Egham Town	16	8	5	3	27	12	29	15
Ascot United	15	7	4	4	32	26	25	6
Windsor	18	7	4	7	34	39	25	-5
Edgware Town	15	6	6	3	37	21	24	16
Wembley	18	6	6	6	32	26	24	6
Spelthorne Sports	17	5	4	8	22	29	19	-7
Reading City	17	4	6	7	33	37	18	-4
Burnham	16	4	5	7	28	43	17	-15
Virginia Water	17	4	2	11	15	37	14	-22
CB Hounslow United	18	4	2	12	15	53	14	-38
Wokingham & Emmbrook	15	3	3	9	17	29	12	-12
Tadley Calleva	19	3	3	13	29	52	12	-23
Holypport	18	3	2	13	19	50	1	-31

#### MCFL—Premier—Step 7 NLS

FC Soma	15	9	4	2	38	25	+13	31
Ciaption Community	13	8	1	4	36	27	+9	25
Larkspur Rovers	13	6	5	2	32	18	+14	23
NW London	11	7	1	3	37	25	+12	22
Cricklewood Wanderers	11	7	1	3	25	17	+8	22
Brentham	11	6	2	3	19	18	+1	20
Indian Gymkhana Club	12	5	3	4	28	24	+4	18
Stonewall	13	5	2	6	19	26	-7	17
Sporting Hackney	11	4	3	4	23	19	+4	15
Pitshanger Dynamo	12	3	4	5	28	29	-1	13
AVA	12	4	1	7	21	24	-3	13
C.B. Hounslow United Reserves	11	3	2	6	22	33	-11	11
Kensington Dragons	14	2	5	7	27	47	-20	11
The Wilberforce Wanderers	13	2	1	10	21	34	-13	7
AEK London	10	1	3	6	10	20	-10	3

#### MCFL Div 3

Kodak (Harrow) Reserves	9	6	0	3	27	19	+8	18
Whitfers	6	5	0	1	22	8	+14	15
Wiseman West	7	4	1	2	15	13	+2	13
Sudbury Court	8	3	3	2	15	13	+2	12
Old Hat	3	3	0	0	18	6	+12	9
Hillingdon Abbots Reserves	5	3	0	2	26	16	+10	9
Harrow Town Eagles	5	2	1	2	10	7	+3	7
Centenary Park	6	2	1	3	14	17	-3	7
C.B. Hounslow United 3rds	9	2	1	6	11	39	-28	7
Larkspur Rovers Reserves	7	1	2	4	9	16	-7	5
Kinja	6	1	1	4	5	14	-9	4
LNER	5	1	0	4	10	14	-4	3

#### MCFL Jeff Nardin Division

Jamrock Shamrock	7	6	1	0	16	5	+11	19
C.B. Hounslow United 4ths	5	5	0	0	35	5	+30	15
Adamant	8	4	2	2	29	15	+14	14
LPOSSA	6	3	2	1	16	13	+3	11
London Athletic	6	3	1	2	16	13	+3	10
West Palops	8	2	3	3	11	12	-1	9
Rajputs Del Mundo Reserves	7	2	0	5	16	30	-14	6
Brent Athletic	7	2	0	5	20	39	-19	6
Ealing Trailfinders	5	1	1	3	8	16	-8	4
Kodak (Harrow) 3rds	7	0	0	7	6	25	-19	0



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### 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 Owolana
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 Kanjeh	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		





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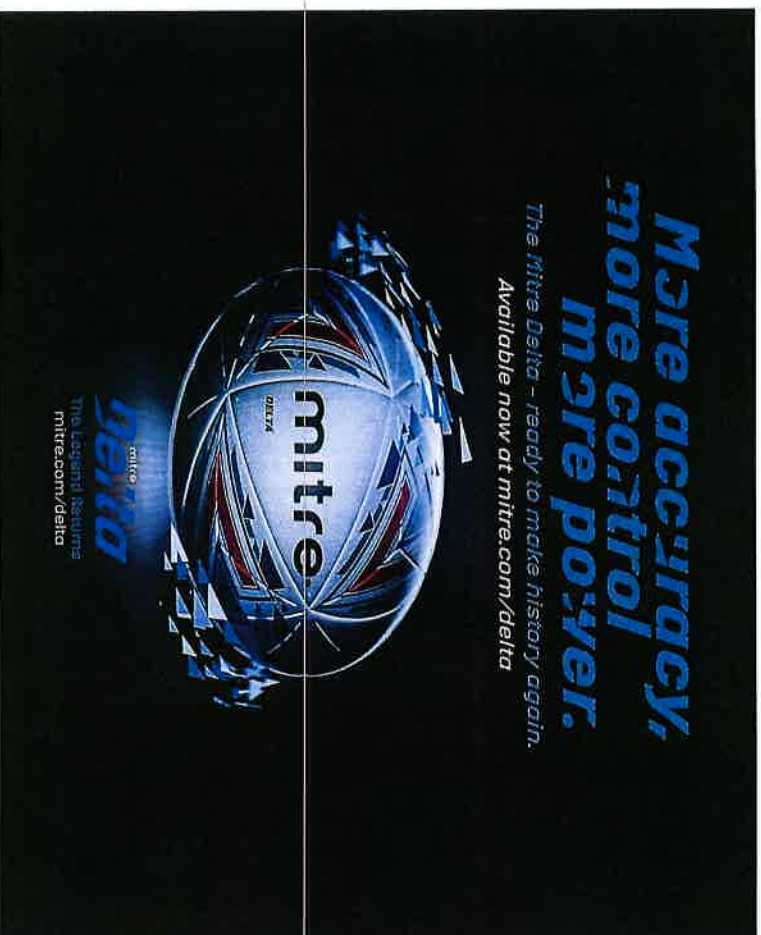


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### CB Hounslow Youth

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  
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Manager Coach Physio Secretary//Media & Sponsorship Home Colours Away Colours	<u>Mark Harper</u> Andy Viney/Jason Tucker Devon West Yvonne Hunter Sky /Navy shorts/Navy socks Red / Red / Red Grey/Black/Black Green (H) /Orange (A) Blue (A)
GK	



Spelthorne Sports Club was founded in 1922 having purchased around 11 acres of land and has been providing sports for the local community ever since. We currently have 2 full sized football pitches and field 3 adult football teams and 2 Sunday teams along with a Youth Section covering Little Kickers through to the Mid-week Flood Lit Under 18's, a total of 21 youth teams competing every Sunday in the Surrey Youth and Surrey Primary Leagues. The Youth Section was awarded the FA Charter Standard in March 2010 and the Annual Youth Tournament draws in many local teams since its inauguration in 2010.

In season 1998-99, Richard Ford and Micky Fisher took control of their 1st full season and saw them rise up the table. Both players were long serving Spelly players and had now moved into the management side. The team were led by Paul Fernandez with Paul Wilson in goal and Ian & Nick Croxford playing their 1st seasons with Spelly. We finished the season in 3rd spot and reached the final of the Russell Grant cup, where Sports did their usual thing of blowing it and lost to Northolt Saints 2-0 in the final at Uxbridge after they had beaten and drawn with them earlier in the season. (P18 W10 D5 L3 F35 A18 P35)

2001 was the first season of the new management team of Paul Martyn Jones (Trigger) and Ian Croxford. The team had the two scoring machines of James (OGGY) Hogg and Nick Croxford playing up front and with eventual player of the year Wes Coles in goal, this was the most successful season for many a year. The team went from October through to April without losing a league game taking the league title in front of Willesden Constantine by 5 points, they were on the road to a league and cup double but were beat in the semi-finals by Willesden with future professional footballer Enoch Showammi smashing home a 25-yard free kick.

In 2007, after many great years playing in the Middlesex league it was decided that a move to the Surrey League was required. The main driving force for this was that the league had expanded in such that games were across London and for an amateur side an away trip to Bethnal Green was an all-day event. The move to the Surrey Western was a change that was needed with pleasant drives through the country playing village teams rather than long hauls across London. With the management now in the hands of Steve Flatman, a long-time player and member of the club, the team saw a steady growth, and this must be credited to Steve. The first season saw Sports finish 7th (P26 W10 D10 L6 F50 A39 P40) with Horsley running away with the league.

The next season saw some old faces come back into the team to support the young bucks with OGGY, Mike Jenkins and Ian Croxford coming back to support the team. The team finished second behind Ripley with Rob Smith finishing top league scorer with 21 and Lee Staples not far behind on 19. The season had its climax when Sports played their 1st final in many a year against Abbey Rangers at a very dusty Cobham FC and with the team leading 1-0 at half time through a Jake Flatman goal, they somehow grabbed defeat from the jaws of victory losing 2-1 with a spectacular 20-yard own goal from Aaron Stewart.

In 2009, Spelthorne Sports again moved leagues for the second time in three seasons as we progressed up through the FA pyramid system, this time to the Surrey Elite league. The season started well but it was discovered that a (nameless) player had played with a ban from his now disbanded Sunday team. This resulted with Spelly being deducted all points that had been awarded while he was playing that season, 9 in total. Spelly finished the season 5th (P28 W17 D1 L10 F70 A52 P43) if we had not lost the points, we could possibly have finished third or even higher as the disappointment of losing these points was a bitter pill to swallow.

In the 2010-11 season Spelthorne Sports Football Club 1st Eleven Completed a league and cup double victory by winning the Surrey Elite Intermediate League and the Surrey Intermediate Challenge cup. Their league success means they won promotion to the combined counties league which covers levels 9 and 10 of the English Football League System. Steve Flatman continues to be involved with the football section and is always on call!

In 2013-14, the Spelly won the Middlesex FA Intermediate Cup, beating Middlesex County Premier side Cricklewood Wanderers 3-0 in the Final. On 16 April 2014, Spelthorne Sports were crowned Combined Counties Division One Champions with a 2-1 win away to Epsom Athletic. They lifted the trophy 3 days later following an emphatic 7-0 win at home to local rivals Staines Lammas. The Spelly also won the RFL Records Division One Challenge Cup against Staines Lammas at Windsor FC on 5 May 2014. A single second half Lee Staples goal was enough to make sure The Spelly lifted the trophy, winning the league and cup treble in the process.

The team went on a phenomenal 46 game unbeaten run in all competitions that season, beating teams in cup competitions from higher divisions such as Frimley Green, Staines Town (on pens), Walton Casuals, Wembley, and Epsom & Ewell (on pens). That unbeaten run finally came to an end on 7 May 2014 when they played Combined Counties Premier Division side Hanworth Villa in the Southern Combination Cup Final, losing 1-0. The game was played at home and marked the club's first ever game under the newly installed floodlights. The lads then suffered their second defeat of the season to the same opposition when the sides met again 3 days later in the Cherry Red Records Premier Challenge Cup Final, again losing 1-0.

The 2013-14 season was extremely successful for Spelthorne Sports. Winning two cup finals and finishing runners-up in another two cup finals. However, the biggest achievement by far was winning the league without losing a single game in the process. Winning 22, drawing 8, losing 0, scoring 92, and conceding 23.

Season 2015/16 saw our first appearance in the FA CUP with a 2-1 home win against Stotfold. We then travelled to Cogenhoe only to lose 3-0. The season continued with a change of management back under the control of Steve Flatman with support from Paul Burgess and Mark Harper.

Season 2016/17 saw us off to a great start in the FA Cup beating CCL Winners Hartley Wintney 4-3, only to fall at the next hurdle losing 2-3 at home to Andover Town. Season 2017/18 ended in us reaching our first Senior Cup Final against local rivals Hanworth Villa, only to narrowly lose 3-2 on the day. Season 2018/19 saw our best ever FA Cup runs and our highest Premier Division finish (6th place), having finished 8th, 9th, and 10th in our first 3.

Season 2019/20 will be remembered as the one that wasn't! However, we shall remember it as being 2nd in the table with Mark Harper, Darren Bulman & Andy Viney at the helm. Following this, we again had to deal with the COVID pandemic, and another cut short season. This season sees a re-shuffle of step 5 leagues with Combined Counties now having North & South Premier Divisions. We are in the North Div and welcome some new opponents to THE SPELLY! We would also like to welcome Jason Tucker to the coaching team.

2021/2022 also sees the start of an U23 squad for the first time at the Spelly under the joint management of Dan Green & Myles Hook. Dave Knox will be assisting. We hope to build on that this coming year!

## Squad 2021/22

HENRY POOLE GK  
JOSH REMEDIOS  
CONOR LEE  
OLLIE DAVISON  
JACK BUCKLE  
JAMIE FULLER  
JORDAN PINDER  
JACK MILLS  
TANAKA GABAZA  
RAYAN DJOUADI  
JAKE BROWN  
DAN LEWIS  
SEKANI MCCALMON  
JOSEPH AXTEN  
BEN DYETT  
ELLIS PRINGLE  
KELVIN KARANJA  
CAMERON SHAWYER  
JOE WOTTEN  
JAKE BROWN  
LOUIS SPEARING

