

## AIR Consultants Ltd

c/o 1st Floor  
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Companies that sponsor/partner CB Hounslow Utd FC

# dnata

## SURREY HIRE

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Tel: 0208 538 5480

## CB Hounslow United Football Club



CHARTER STANDARD CLUB

## OFFICIAL MATCHDAY PROGRAMME



# YOUTH FOOTBALL LEAGUE





# 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,

Ian Heffernan

## 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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Dangerous  
Goods



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## Club Honours

Welcome all

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

The Combined Counties FL—Premier League North

MCFL Premier

GLWFL

MCFL Division 3

MCFL 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 v Edgware Town FC

Match Referee: Joe Wright

Assistant Referee; Roger Wells

Assistant Referee: Andy Liddicott

Guest of Honour:

Match Ball Sponsor—Pete Morris

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	Division 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	West London Sunday League			
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	West London Sunday League			
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 Sikes			
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	Intermediate Div Runner up	WMSFL			

Squad list

- Zack Basey
- Terence Cariba
- Joe Smith
- Justin Thompson
- Brandon Jackson
- Thomas Kanek
- Ade Orisagbemi
- Andy Morris
- Trisdon Andrews
- Morgan Elliott - Grouit
- Jahamari Morgan
- Carlos Bain
- Golbert Batousol
- Jack Vincent
- Sam Smith
- Oskar Propok
- Asher Reid
- Mark Sangster
- James Wheeler
- Matteo Milazzo
- Tyrese Cummings
- 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

MCFL Sunday—Div 3

<a href="#">North West Jets</a>	8	7	1	0	49	10	+39	22
<a href="#">London Samurai Rovers</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>	7	5	1	1	40	13	+27	16
<a href="#">AFC Heathrow Reserves</a>	8	3	1	4	27	22	+5	10
<a href="#">Inter Manor</a>	12	3	1	8	23	51	-28	10
<a href="#">Middlesex Arms</a>	8	2	2	4	22	19	+3	8
<a href="#">CB Hounslow United</a>	7	1	2	4	11	29	-18	5
<a href="#">Hearts Of Teddlothian</a>	7	1	1	5	9	46	-37	4
<a href="#">Cowley</a>	7	1	0	6	9	29	-20	3

## 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 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**

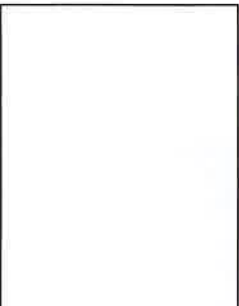
Football is committed to the principle of playing to win consistent its fair play.

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@chounslowfc.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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**INFO@KSTEAMWEAR.CO.UK**





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			YES	YES*	
C-DISSENT = SIN BIN	C = YELLOW CARD		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-DISSENT = SIN BIN	C = YELLOW CARD	YES* CAUTION 1 + YELLOW CARD	NO	NO	
C = YELLOW CARD	C-DISSENT = SIN BIN	C-DISSENT = SIN BIN	NO	NO	
C = YELLOW CARD	C-DISSENT = SIN BIN	YES* CAUTION 1 + YELLOW CARD	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 Raftery  
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](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.



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



The FA



CHARTER STANDARD  
COMMUNITY CLUB



Respect

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

Twitter - @cbhounslow1989

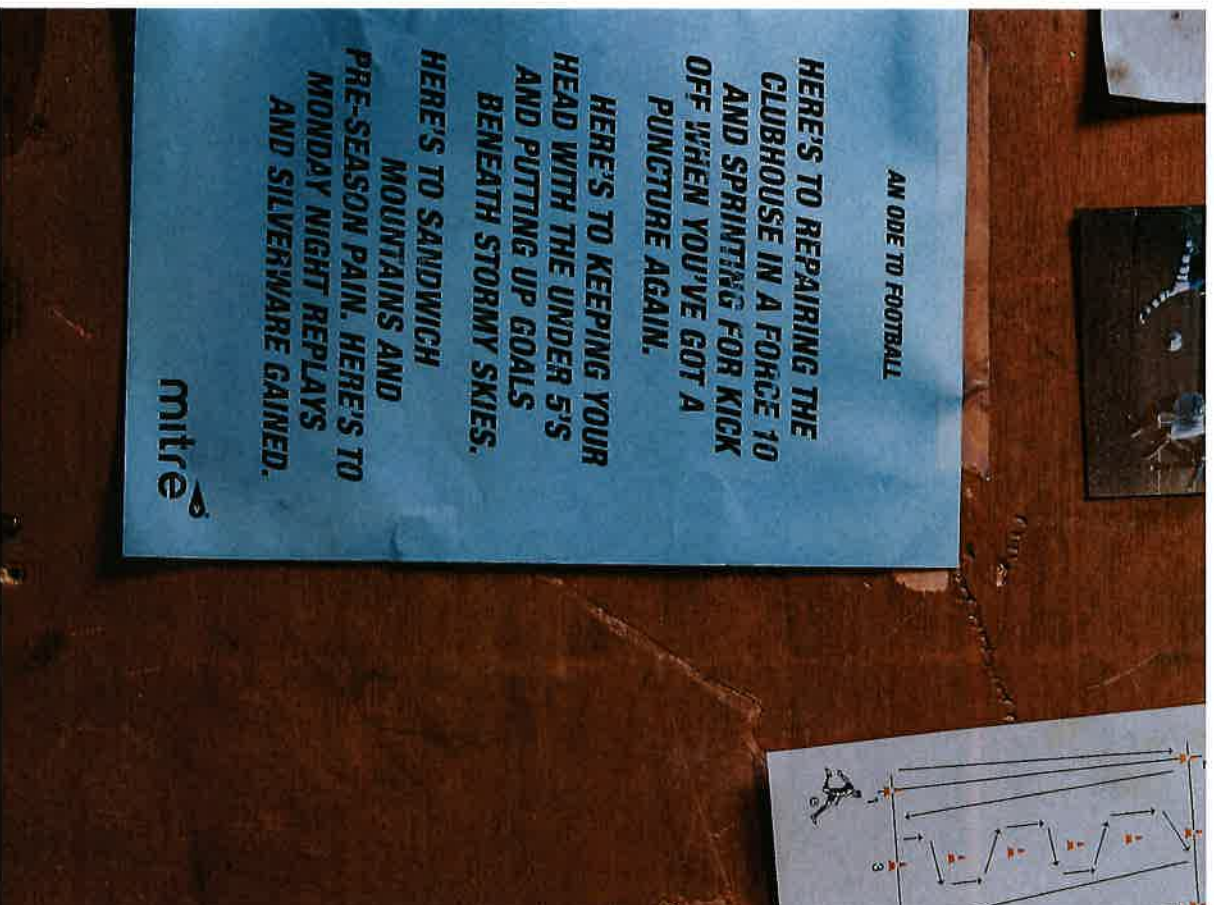
Facebook - CB Hounslow Utd FC







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)



#### Allied Counties Football League

1	<u>North Greenford United</u>	8	8	0	0	33	24
2	<u>Uxbridge</u>	9	5	2	2	6	17
3	<u>Harwell Town</u>	7	5	1	1	26	16
4	<u>CB Hounslow United</u>	7	3	1	3	0	10
5	<u>Harefield United</u>	5	3	0	2	8	9
6	<u>AFC Hayes</u>	9	3	0	6	-7	9
7	<u>Wembley</u>	6	0	0	6	-31	0
8	<u>Hillingdon Borough</u>	7	0	0	7	-35	0

Managers: Mick McGann, James Harrington



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](mailto:SALES@EQUITYNETWORKS.CO.UK)

*Proud Partners of CB Hounslow FC & AIR Consultants*



#### Saturday 15th

Youth training 9am onwards @ Green Lane

CB 1st v Edgware Town – 3pm ko – Main Pitch @ green Lane – Hospitality, gate & café

Wilberforce Wanderers v CB Res (away) – 2pm ko @ New River Sports Centre

LNER v CB 3rds (away) – 1:30pm ko @ LNER

Adamant FC v CB 4ths (away) – 2:00pm ko @ Hackney Marshes

#### Sunday 16th

Wandgas u9s v CB u9s (away) – time tbc

CB u11s v AC Fulham u11s - @ Beavers Sports (grass pitch) time TBC

Mitcham u15s v CB u15s (away) time tbc

CB Ladies 1st v Richmond & Kew ladies – 2pm ko – main pitch @ Green Lane

Islington Ladies Res v CB Ladies Res (away) @ Islington Time tbc

Hearts of Teddlothan v CB Sunday (away) – 10:30am @ King Georges fields



[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.



KMUK 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**

Let's do it right

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.



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# MCFL—Premier—Step 7 NLS

FC Soma	15	9	4	2	39	26	+13	31
Clapton Community	14	8	1	5	35	29	+6	25
Larkspur Rovers	13	6	5	2	32	18	+14	23
Brentham	12	7	2	3	23	20	+3	23
Cricklewood Wanderers	11	7	1	3	25	17	+8	22
NW London	11	7	0	4	35	24	+11	21
Stonewall	13	5	3	5	21	25	-4	18
Sporting Hackney	11	4	3	4	23	19	+4	15
Indian Gymkhana Club	10	4	2	4	24	23	+1	14
Pitchanger Dynamo	10	2	3	5	25	29	-4	12
AVA	12	4	0	8	20	26	-6	12
C.B. Hounslow United Reserves	12	3	2	7	24	37	-13	11
Kensington Dragons	14	2	5	7	27	47	-20	11
The Wilberforce Wanderers	12	1	1	10	21	34	-13	4

## MCFL Div 3

Kodak (Harrow) Reserves	9	6	0	3	27	19	+8	18
Whistlers	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
Kinjia	6	1	1	4	5	14	-9	4
LNER	5	1	0	4	10	14	-4	3

## MCFL Left Nardin Division

Jamrock Shamrock	10	9	1	0	28	10	+18	28
C.B. Hounslow United 4ths	9	8	0	1	45	13	+32	24
Adamant	11	5	2	4	31	20	+11	17
LPOSSA	9	3	3	3	20	23	-3	12
Rajputs Del Mundo Reserves	9	3	0	6	19	30	-11	12
London Athletic	7	3	1	3	17	16	+1	10
Ealing Trailfinders	9	3	1	4	16	21	-5	10
Kodak (Harrow) 3rds	10	3	0	7	20	30	-10	9
Brent Athletic	9	2	0	7	22	48	-26	6
West Palops	11	2	2	6	12	19	-7	5



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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 Young	Warren Williams	Aaron Spencer	Baker Kimera

### CB Hounslow 3rds

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

### 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	Keith Gallagher	

### 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](mailto:frankjames@cbhounslowfc.com)

[rrush@itwx.net](mailto:rrush@itwx.net)

[Jameshc05@icloud.com](mailto:Jameshc05@icloud.com)





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**Zack Bassey** – Very good shot stopper and deserves to play higher but his dad and the coaches will not let him. Until he learns to drive, he hasn't got a choice.

**Thomas Kanek** (captain and player coach) most of his pre-match preparation involves putting half a tub of some sticky slimy hair product into his cherished hair. Dreading the day it starts to thin or he finds a grey hair.

**Ademide Baruwa** – One of the famous Baruwa brothers, not sure where they are famous but when we find out we will put it on twitter.

**Adetola Baruwa** – He is the brains of the double act. Not that he is famous for that though. Neither is his brother, **James Wheeler** – great addition to the squad always positive and enthusiastic (apart from when it is his round) **Trisdon Andrews** – can play almost any position and is very quick, except when it comes to paying his fines!! Smiled once ....it was a few years ago now.

**Brandon Jackson** – not much we can say about him because he never speaks. Just nods and fist pumps. Similar frequency of smiling as Trisdon.

**Adewale Orisagbemi** – studying at Brunel University for something really intellectual which surprised us all because we would not trust him to buy us 20 fags!!

**Gilbaut Batousoi** – got an exotic French sounding name – he can't even kiss in French

**Joe Smith** – the 2nd best looking of the two Smith brothers in the squad. Loves a football quiz.

**Sam Smith** – better looking than Joe but is injured more often as well

**Carlos Bain** – our youngest player. Lives in Shepherds Bush but does not support QPR – unfortunately, that could limit his CB Hounslow career

**Andy Morris** – Also lives very near QPR but supports another club – for this reason, the management team are open to a double transfer with Carlos.....!!

**Asher Reid** – weighs about the same as a wet tea towel but has the strongest handshake ever. God knows how long his hair would be if he took it out of his braids.

**Justin Thompson** – very quick winger who is always happy and laughing which for someone who sits in traffic for a living is incredible.

**Jahmar Morgan** – his closest link to football is that he works in M&S in Teddington and speaks to Paul Merson in there most days.

**Morgan Grouit** – looks like Apollo Creed from Rocky 4 (before he got beat up by Drago). Only scores world class goals.

**Mark Sangster** – would play a lot more often if he a) did not support Fulham and b) did not insist on wearing Fulham merchandise to training. Career limiting decision.

**Tyrese Cummings** – looks like Joleon Lescott with a similar hairstyle (not that a receding hairline is a bad thing of course).

**Danny James** (manager) brings the sock tape, white boards, bananas, and sweets otherwise we would get rid of him. QPR fan.

**Alex Wines** (coach) best Goalkeeper to ever play for the club, now part of the coaching set up. Don't mention that his hair at the front is starting to resemble an island (if you can see that high). QPR fan.

**Harry Churchill** (coach) bit posh for us, teaches PE at a private school and knows big words – he uses smaller words in the dressing room at half time when we are losing.

**James Key** (goalkeeper coach) Looks like Tyson Fury but punches more like Paris Fury. G4S deliver his family allowance in one of those armoured vans.

**Peter Morris** (physio) genuinely the funniest person ever. If marinating and barbecuing chicken was an Olympic sport he would be Steve Redgrave

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History -

The club were founded in 1939 and played in the Middlesex Senior League until joining the Corinthian League in the 1946–47 season. In 1948 they won the Middlesex Senior Cup In 1963 the club transferred to Division One of the Athenian League. They finished third in their first season, and were promoted to the Premier Division. In 1966–67 they finished bottom of the division, and were relegated to Division One. This was followed by a second successive relegation to Division Two as they finished bottom of the table again.

In 1972 the club was renamed Edgware. When the Athenian League disbanded in 1984 they joined the London Spartan League before changing their name back to Edgware Town in 1987. They won the Premier Division of the Spartan League in 1987–88 and 1989–90, and after their second title win, were promoted to Division Two North of the Isthmian League After league re-organisation in 1991 they were placed in Division Three, which they won the following season. They were relegated back to Division Three in 2001.

In 2006 the now-renamed Division Two was disbanded and Edgware were transferred to the Premier Division of the Spartan South Midlands League. They won it at the first attempt, also winning the Premier Cup and the Challenge Trophy. The club was promoted to Division One North of the Isthmian League, but folded at the end of the 2007–08 season due to lack of funds.

In 2014 a group including Dan and Antony Manzi, Daz Bloor and Ken Batten secured the clubs inclusion back into non-league football. After a shaky start to the 2014-15 season, the wares finished a credible 9th and Middx Prem Cup Runners up after the management team of Michael Roche, Fabio Valenti and Peter Grant came in.

The 2015-16 Season saw "The Wares" finish top with only 2 defeats, and lose in the Divisional Cup Final to Crawley Green.

The ground, Silver Jubilee Park has achieved a C grade rating with 3 new stands, new floodlights and extended changing rooms and new perimeter fence. The Ken Batten Stand should be in place shortly and then SJF will have 2 seated stands, 3 standing covered stands with a capacity just shy of 2000. Fabio Valenti took over as 1st team manager in June 2016.

Fergus Moore took over the team in 2017 after the departure of Fabio Valenti, and after a difficult start the team finished 10th which showed a marked improvement from the season before.

The 2018-19 season was another midtable finish with Fergus pretty much on his own but towards the end of the season he was joined by Joe Pascoe who came over from the Hendon U18's and that's how the 2019-20 season will begin.

The 2019-20 season was cut short because of Covid19 but before that happened the Wares were looking pretty good for a top 10 finish in the league, having started the season well the team went through a horrible period losing 13 of their next 14 games before recovering to win 6 of their next 9 games. The 2020-21 season starts with the return of out the winning manager Michael Roche as Fergus's assistant and also arriving on the coaching staff are Scott McGleish, Glen Parry and Julian Darby.

2020-21 was again brutally cut short with the season being abandoned in December but not before there was a managerial change with Rak Hudson replacing Fergus Moore and having had only three competitive before lockdown 2021-22 means Rak can start afresh with a brand new squad

Squad:

Michael Anguzu  
Kleon James  
Luca Boast  
Martin Flannery ©  
Y annick Bitsindou  
Novell Sony-Bruce  
Gustavo Tamayo  
Hafid bounyate  
Nile Waite  
Moe Khadum  
Caolian Mcgettigan  
Samuel Oduoga  
Osman Barkat

15) Richard Achearpong  
16) Adam Hamdi  
17) Aliou Kamara  
Manager: Rak Hudson  
Asst: Steven Eyango Bwanga  
Kit Man Martyn Hyland  
Sports Therapist: Matt Pinhass

Colours: Red and Black Hoops Shirts    White Shorts, Black Socks

Keeper: Grey or purple