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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
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.

Todays Match officials

Match Referee: A. Saini
Assistant Referee: TBC
Assistant Referee: TBC

Observer:

Saturday

Youth training AM @ green lane

Edgware Town v CB Hounslow 1st - 3pm ko Away

CB Hounslow Res v Hackney Marshes – 2pm ko – Main Pitch @ Green Lane (hospitality)

CB Hounslow 3rd v Kodak Res - 2pm ko - Pitch 1 @ Green Lane

Hillingdon Abbotts Res v CB Hounslow 4th/dev – 2pm ko away @ abbotts – County Cup Sunday

CB Hounslow Sunday v North West Jets - 10:30am ko @ Springwest

CB Hounslow u9s v ?? – 10am ko @ Beavers 3g

CB Hounslow u11s v ?? - TBC - Grass Pitch @ Beavers

CB Hounslow Ladies 1st v Harefield Ladies – 2pm ko – Main Pitch @ Green Lane

South East Parakeets v CB Hounslow Ladies Res – 2pm ko – Away

CB Hounslow u15s Tigers v Epsom & Ewell Colts – 11am ko – pitch 2 @ Green Lane

Match Ball Sponsor—Pete Morris

#### **Squad list**



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

#### **Management Team**

Danny James

Alfie Chapman

James Key

<u>Physio</u>

Billy Tutt

#### **Match Secretary**

Ian kelly

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



1	Croydon CWFC Women			6	5	1		0	16	16
2	Wandsworth Borough Wo	Wandsworth Borough Women		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 Dev	elop-		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, Buffa, Tarmac. Mohan's Caterers, AIR Consultants, Time Worldwide Express, Mount Café,

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

Website: www.cbhounslowunitedfc.com

### **Association A Code of Conduct for Football**

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

#### Community

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

#### Equality

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

#### **Participants**

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

#### Young People

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

#### Trust and respect

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

#### Violence

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

#### Fairness

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

#### Integrity and Fair play

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

By order of the council November 1998



#### **Because Youth Matters**























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



CB Hounslow Utd FC EXTERNAL Visitors AGREEMENT

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

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

Whilst using our facility you will -

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

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

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

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

Frank James

Club Secretary & Football Chairman

07958-718930

**CBHounslowunitedfc.com** 

frankjames@cbhounslowfc.com

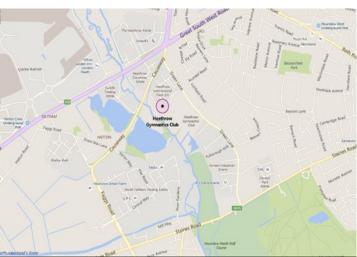












#### **CBHounslowunitedfc.com**

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

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

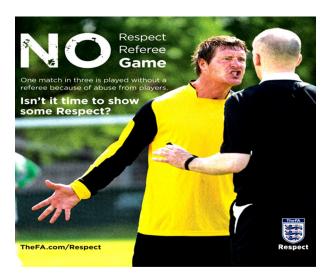
This will help us grow as a Social enterprise, as well as offering training and employment opportunities. In summary the club will become a key focal point for the community for the people both living and working in the area.





**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

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

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>	WOOD	
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.

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

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







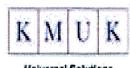


**CBHounslowunitedfc.com** 



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

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



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





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

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

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

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

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



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

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



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

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

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

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

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









Hanworth Villa		Р	W	D	1	F	Α	Pts	GD
St. Panteleimon         9         7         1         1         31         12         22         1           Southall         11         7         1         3         32         16         22         1           Abbey Rangers         8         7         0         1         19         11         21           North Greenford United         11         5         2         4         32         21         17         1           Ascot United         7         5         1         1         21         13         16           Egham Town         8         5         1         2         17         9         16           Edgware Town         9         4         3         2         25         15         15           Windsor         10         4         2         4         19         24         14            Spelthorne Sports         8         4         1         3         13         12         13           Wembley         9         4         0         5         18         17         12           CB Hounslow United         10         3         1				D	L	Г		FLS	
Southall         11         7         1         3         32         16         22         1           Abbey Rangers         8         7         0         1         19         11         21           North Greenford United         11         5         2         4         32         21         17         1           Ascot United         7         5         1         1         21         13         16           Egham Town         8         5         1         2         17         9         16           Edgware Town         9         4         3         2         25         15         15         1           Windsor         10         4         2         4         19         24         14            Spelthorne Sports         8         4         1         3         13         12         13           Wembley         9         4         0         5         18         17         12           CB Hounslow United         10         3         1         6         11         28         10        1           Reading City         10         2	Hanworth Villa	9	7	2	0	26	7	23	19
Abbey Rangers 8 7 0 1 19 11 21  North Greenford United 11 5 2 4 32 21 17 1  Ascot United 7 5 1 1 21 13 16  Egham Town 8 5 1 2 17 9 16  Edgware Town 9 4 3 2 25 15 15 15 15  Windsor 10 4 2 4 19 24 14  Spelthorne Sports 8 4 1 3 13 12 13  Wembley 9 4 0 5 18 17 12  CB Hounslow United 10 3 1 6 11 28 10  Reading City 10 2 3 5 20 27 9  Virginia Water 9 2 2 5 10 18 8  Burnham 10 1 4 5 12 27 7  Wokingham & Emmbrook 8 1 1 6 10 19 4  Holyport 9 1 1 7 11 29 4  Holyport	St. Panteleimon	9	7	1	1	31	12	22	19
North Greenford United         11         5         2         4         32         21         17         1           Ascot United         7         5         1         1         21         13         16           Egham Town         8         5         1         2         17         9         16           Edgware Town         9         4         3         2         25         15         15         1           Windsor         10         4         2         4         19         24         14            Spelthorne Sports         8         4         1         3         13         12         13           Wembley         9         4         0         5         18         17         12           CB Hounslow United         10         3         1         6         11         28         10         -1           Reading City         10         2         3         5         20         27         9         -1           Virginia Water         9         2         2         5         10         18         8         -1           Wokingham & Emmbrook         8 <td>Southall</td> <td>11</td> <td>7</td> <td>1</td> <td>3</td> <td>32</td> <td>16</td> <td>22</td> <td>16</td>	Southall	11	7	1	3	32	16	22	16
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Spelthorne Sports         8         4         1         3         13         12         13           Wembley         9         4         0         5         18         17         12           CB Hounslow United         10         3         1         6         11         28         10         -1           Reading City         10         2         3         5         20         27         9         -1           Virginia Water         9         2         2         5         10         18         8         -1           Burnham         10         1         4         5         12         27         7         -1           Wokingham & Emmbrook         8         1         1         6         10         19         4         -1	Edgware Town	9	4	3	2	25	15	15	10
Wembley       9       4       0       5       18       17       12         CB Hounslow United       10       3       1       6       11       28       10       -1         Reading City       10       2       3       5       20       27       9       -1         Virginia Water       9       2       2       5       10       18       8       -1         Burnham       10       1       4       5       12       27       7       -1         Wokingham & Emmbrook       8       1       1       6       10       19       4       -1         Holyport       9       1       1       7       11       29       4       -1	Windsor	10	4	2	4	19	24	14	-5
CB Hounslow United         10         3         1         6         11         28         10         -1           Reading City         10         2         3         5         20         27         9         -1           Virginia Water         9         2         2         5         10         18         8         -1           Burnham         10         1         4         5         12         27         7         -1           Wokingham & Emmbrook         8         1         1         6         10         19         4         -1           Holyport         9         1         1         7         11         29         4         -1	Spelthorne Sports	8	4	1	3	13	12	13	1
Reading City         10         2         3         5         20         27         9           Virginia Water         9         2         2         5         10         18         8           Burnham         10         1         4         5         12         27         7         -1           Wokingham & Emmbrook         8         1         1         6         10         19         4         -1           Holyport         9         1         1         7         11         29         4         -1	Wembley	9	4	0	5	18	17	12	1
Virginia Water         9         2         2         5         10         18         8           Burnham         10         1         4         5         12         27         7         -1           Wokingham & Emmbrook         8         1         1         6         10         19         4         -1           Holyport         9         1         1         7         11         29         4         -1	CB Hounslow United	10	3	1	6	11	28	10	-17
Burnham         10         1         4         5         12         27         7         -1           Wokingham & Emmbrook         8         1         1         6         10         19         4         -1           Holyport         9         1         1         7         11         29         4         -1	Reading City	10	2	3	5	20	27	9	-7
Wokingham & Emmbrook         8         1         1         6         10         19         4           Holyport         9         1         1         7         11         29         4         -1	Virginia Water	9	2	2	5	10	18	8	-8
Holyport 9 1 1 7 11 29 4 -1	Burnham	10	1	4	5	12	27	7	-15
7 1 1 7 11 25 4 -	Wokingham & Emmbrook	8	1	1	6	10	19	4	-9
Tadley Calleva         11         0         2         9         11         33         2         -2	Holyport	9	1	1	7	11	29	4	-18
	Tadley Calleva	11	0	2	9	11	33	2	-22



MCFL—Premier—Step 7 NLS								
Clapton Community	7	6	0	1	24	18	+6	18
Cricklewood Wanderers	7	5	1	1	20	10	+10	16
FC Soma	8	4	3	1	19	13	+6	15
Brentham	7	4	1	2	12	9	+3	13
Larkspur Rovers	8	3	3	2	18	12	+6	12
Sporting Hackney	7	2	2	3	15	13	+2	8
Pitshanger Dynamo	8	2	2	4	20	22	-2	8
C.B. Hounslow United Reserves		2	2	3	17	22	-5	8
NW London	5	2	1	2	17	14	+3	7
AVA	6	2	1	3	9	11	-2	7
Kensington Dragons	7	1	4	2	14	20	-6	, 7
Indian Gymkhana Club	6	2	1	3	11	17	-6	7
The Wilberforce Wanderers	6	2	0	4	9	10	-1	6
AEK London	7	1	3	3	7	10	-3	6
Stonewall	6	1	0	5	7	18	-11	3
		_	-					
MCFL Div 3	2	2	0	0	4.4		.40	
Old Hat	2	2	0	0	14	4	+10	6
Kodak (Harrow) Reserves	3	2	0	1	7	4	+3	6
Sudbury Court	3	1	2	0	8	7	+1	5
Wiseman West	2	1	1	0	5	3	+2	4
Hillingdon Abbots Reserves	1	1	0	0	8	0	+8	3
Whistlers	2 2	1	0	1	7	6 5	+1	3
Kinja	1	1	0	1	1 2	2	-4	3
Centenary Park	3	0	1	0 2			+0	1
Larkspur Rovers Reserves	3 4	0	1		1	3 24	-2 10	1
C.B. Hounslow United 3rds	-	0	1	3	5		-19	1
Harrow Town Eagles	0	0	0	0	0	0	+0	0
LNER	1	0	0	1	0	0	+0	0
MCFL Jeff Nardin Divisi	<u>on</u>							
Jamrock Shamrock	2	2	0	0	8	1	+7	6
Brent Athletic	3	2	0	1	8	10	-2	6
C.B. Hounslow United 4ths	1	1	0	0	2	1	+1	3
West Palops	1	1	0	0	0	0	+0	3
Rajputs Del Mundo Reserves	2	1	0	1	5	6	-1	3
Ealing Trailfinders	0	0	0	0	0	0	+0	0
Valhalla	0	0	0	0	0	0	+0	0
Kodak (Harrow) 3rds	2	0	0	2	2	3	-1	0
Adamant	1	0	0	1	1	2	-1	0
LPOSSA	1	0	0	1	1	2	-1	0
London Athletic	1	0	0	1	2	4	-2	0



## PHYSICAL THERAPY | SPORTS MASSAGE | REHABILITATION





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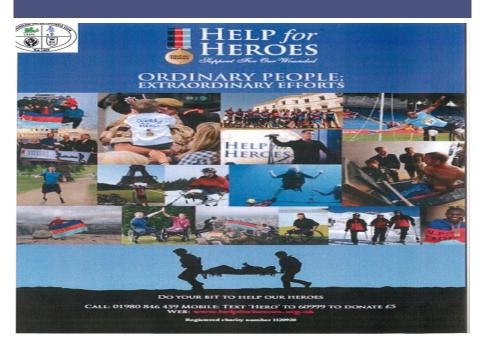
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#### **CB Hounslow Reserves**

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 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		















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**CB Hounslow United Football Club** 

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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.

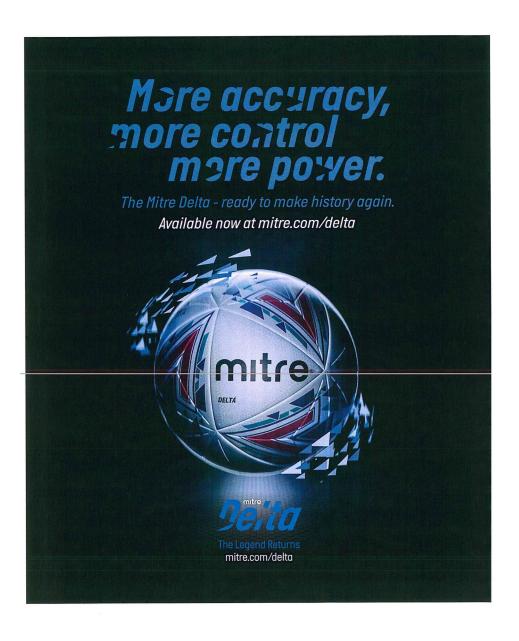
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'We want to be the best flooring contractor not the biggest.'









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## **Sporting Hackney FC History**

Sporting Hackney FC – known as 'The Parrots' have been around for 35 years; Formed in 1986 as Hackney Young People's Unemployment Project with a grant from the London Borough of Hackney. In 1989 the club changed its name to Sporting Hackney FC, joined the London Commercial League and affiliated to the London Football Association. Having entered the LCL with one team in division six, it steadily climbed the league and ended the 2008/09 season with two teams playing in divisions one and two, plus a veterans' team in the London FA Veterans Cup. The 1<sup>st</sup> team eventually got promoted to the MCFL Premier league and have since cemented themselves as mainstays.

Our most successful spell as a club was in 2013/14 when the first team won the league and cup double, followed up the next season (2014/15) when they took home the MCFL Senior Open Cup. The club has U-16; U-18 and two Veterans sides also playing at Hackney Marshes.

**Manager: Peter Harrington** 

**Coach: Dan Portsmouth** 



Bukleb Karim

Dale Alex

Emanuel Luis

Gallagher Henry

George Liam

Edwards Sam

Akuwudike loel

Head James

Higgins Declan

Howley Raif

Instance Isaac

Muzzi Jon

O'Hara Liam

Okoli Stanley

Palata Ritchie

Springer Tyler

Temur Cem

Thompson Ryan

Tousent Joe

Wallace Lewis