

1999



2019

AFC SUDBURY RESERVES

OFFICIAL MATCHDAY PROGRAMME



3PM

SATURDAY

18TH JANUARY 2020

VS LAKENHEATH FC

THURLOW NUNN DIVISON 1N

**Thurlow Nunn
League**



EASTERN COUNTIES FOOTBALL LEAGUE

WHO ARE WE ?

AFC (Amalgamated Football Club) Sudbury was formed on Tuesday 1st June 1999 from the amalgamation of Sudbury Town (founded 1885) and Sudbury Wanderers (founded 1958) making it then the newest senior club in East Anglia.

The first ever game was played at The Priory Stadium (the previous home of Town) on 17th July 1999 against a full Colchester United side in the Harwich Charity Cup Centenary Shield Semi-Final, and saw a 2-4 defeat after extra time in front of 397 spectators.

The club now plays at King's Marsh, Brundon Lane, Sudbury, which Wanderers purchased in 1972 and were previously water meadows, from which two pitches and a training area were created. The clubhouse was opened in 1985 and the dressing rooms in 1991. Floodlights were added in 1992 and the following year a 200-seat stand was built in addition to the two areas behind the goals being covered. In 2000 a new stand, 'The Shed', was opened and caters for 300 standing fans. In 2016 seating was added into The Shed stand as well.



AFC Sudbury's Academy was launched in 2015/16 and has very quickly become one of the best academy's in the region with numerous silverware in the trophy cabinet and players now studying in USA and playing professional football. AFC Sudbury Girls Academy was launched in 2019 and has proved an immensely popular option for girls interested in studying and playing sport post sixteen.

The AFC Sudbury Women's team has a rich and colourful history, the latest chapter of which begun in late 2018 following a restructure. Now under new leadership and guidance, the future of women's football in Suffolk looks very exciting at AFC Sudbury.

CLUB HONOURS

First Team

Ryman North Champions: 2015/16

Eastern Counties League Premier Division Champions: 2000/01, 2001/02, 2002/03, 2003/04, 2004/05

Eastern Counties League Cup Winners: 2005/06

Suffolk Premier Cup Winners: 2001/02, 2002/03, 2003/04 (Finalists 2000/01)

FA Cup First Round Proper: 2000/01

F A Challenge Vase Finalists: 2002/03, 2003/04, 2004/05 (Semi-Finalists 2001/02)

FA Trophy Second Round Proper: 2016/17

FA Trophy First Round Proper: 2006/07, 2009/10, 2011/12 2013/14

Ryman League Division One North Play-Off Finalists: 2006/07 (Semi-Finalists 2007/08 and 2014/15)

Ryman League Cup Finalists: 2007/08, 2013/14

Academy

Suffolk U18 Midweek Cup Winners: 2015/16, 2016/17, 2017/18, 2018/19

Thurlow Nunn South League Winners: 2015/16, 2016/17, 2017/18, 2018/19

Thurlow Nunn Youth League Cup Winners: 2015/16, 2016/17

Thurlow Nunn Youth League Playoff Finalists: 2015/16

Thurlow Nunn Youth League Playoff Winners: 2016/17, 2017/18, 2018/19

Thurlow Nunn Youth League Cup Runners Up: 2017/18

AOC U19 Eastern Region College League Winners: 2017/18, 2018/19

Southwest Soccer Club Tournament Winners: 2017/18

ECFA National Knockout Trophy Finalists: 2018/19

Suffolk Primary Cup Winners: 2018/19

ESBL Tommy Thompson Cup Winners: 2018/19

ESBL Knockout Finalists: 2018/19

ESBL League Runners Up: 2018/19

WELCOME TO AFC

Everyone at AFC Sudbury would like to welcome the players, officials and supporters of **Lakenheath FC** to the Mel Group Stadium.

We hope you enjoy our hospitality and have a safe journey home. Players, officials and supporters please feel free to use our kitchen & bar area for all your refreshment needs.

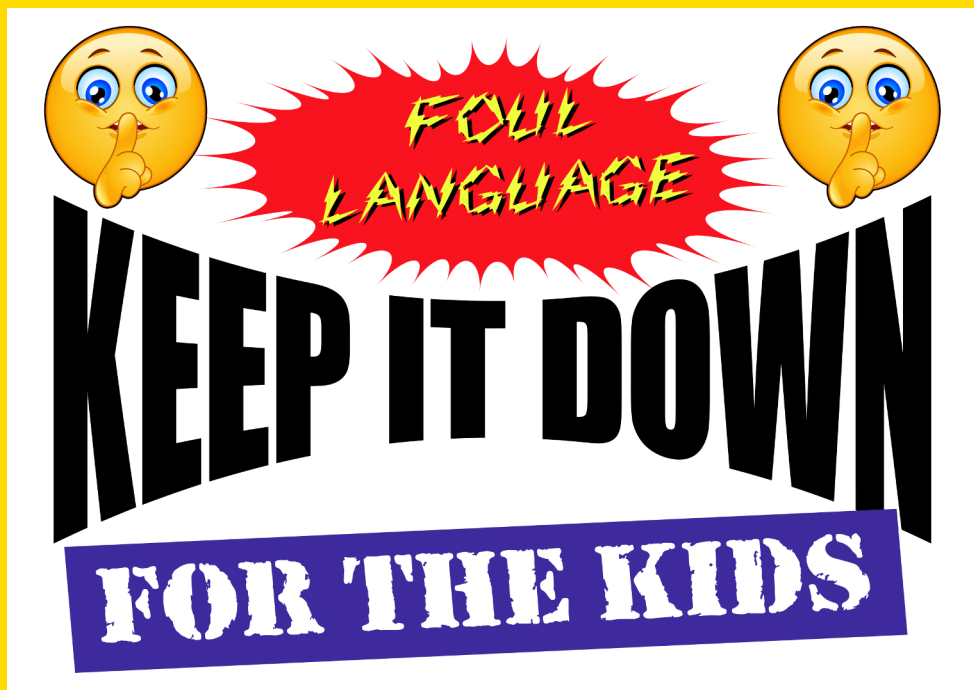
We also extend a warm welcome to today's match officials:

Nathan Oakes

Jake Molloy

Phil Molloy

Enjoy the game!



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Official Government Test Environmental Data. Fuel consumption figures mpg (l/100km) and CO₂ emissions (g/km). Vauxhall range: Urban: 12.7 (22.3) - 74.3 (3.8), Extra-urban: 23.9 (11.8) - 91.1 (3.1), Combined: 18.0 (15.7) - 85.6 (3.3). CO₂ emissions: 373 - 88g/km.

The official fuel consumption in mpg (l/100km) and CO₂ emissions (g/km) for the PEUGEOT range: Urban 34.9 - 80.7 (8.1 - 3.5), Extra Urban 53.3 - 104.6 (4.9 - 2.9), Combined 46.3 - 94.2 (6.1 - 3.0) and CO₂ 136 - 95 (g/km). Figures are achieved under official EU test conditions, intended as a guide for comparative purposes only, and may not reflect actual on-the-road driving conditions.

ACADEMY OVERVIEW

We are the only Football and Education Post 16 Scheme that provides the unique 'player performance pathway' where players are taught together, coached together and play together.

Every one of our coaches is also trained to degree level and therefore fulfills the role of coach and class teacher and instructor.

Our four Academy League Teams, AFC Sudbury Reserves, A, U19s and U18s only consist of players who are members of the Academy, we do not draw upon players who attend a different school or work or who plays for someone else. Similarly all our players only play for AFC Sudbury and no one else. We feel this is the only way to ensure your son develops alongside his peers and with the same coaches.

This may sound common but is unique in schemes such as this.

This unique program exposes our players to a high level of adult football from 16 years of age weekly in two leagues as well as regular age group football in our U18s and U19s. Because we do not balloon players in from outside the program a suitable volume of game time is available to maximise your two years with us.



PARTNERS 8

AFC Sudbury Academy would like to thank the following partners:



& SPONSORS



AFC Sudbury Academy Player Sponsors 2019/12 & 2020/21

	Alfie Adams	<i>Sponsorship Available</i>		Liam Bennett	<i>Sponsorship Available</i>
	Ben Adams	<i>Sponsorship Available</i>		Harry Critchley	<i>Sponsorship Available</i>
	Dejaa Allen	<i>Sponsorship Available</i>		Ellis Girling	WJ Green LTD
	Josh Ambrose	<i>Sponsorship Available</i>		Sam Girling	Girling Property Development LTD
	Jake Banyard	<i>Sponsorship Available</i>		Jake Horlock	<i>Sponsorship Available</i>
	Josh Blunkell	Scott Myles Interiors UK LTD		Josh Hughes	Rob & Emma Hughes
	Kasey Brannan	<i>Sponsorship Available</i>		Rauf Kabangu	Chris Levitt
	Sam Cooke	<i>Sponsorship Available</i>		Fred King	<i>Sponsorship Available</i>
	Luke Craigie	<i>Sponsorship Available</i>		Reece Langridge	<i>Sponsorship Available</i>
	Callum Field-Mullins	<i>Sponsorship Available</i>		Ethan Mayhew	<i>Sponsorship Available</i>
	Joe Gunn	<i>Sponsorship Available</i>		Lewis O'Malley	Classic Marks Sports Cars LTD
	Curtis Harvey	<i>Sponsorship Available</i>		Jack Renwick	<i>Sponsorship Available</i>
	Luke Hipkin	<i>Sponsorship Available</i>		Josh Tysoe	<i>Sponsorship Available</i>
	Owen Lennie	<i>Sponsorship Available</i>		Matt Woolridge	<i>Sponsorship Available</i>
	Finley Long	<i>Sponsorship Available</i>		Sam Wright	<i>Sponsorship Available</i>
	Jack Palmer	<i>Sponsorship Available</i>	<p>If you would like to become an Academy partner or explore different ways of getting involved with the AFC Sudbury Academy or any section of the club, please contact Gavin Peters via strikersltd@aol.com or speak to a member of staff. Sponsorship of an AFC Sudbury Academy Player for their two-year academy program is available for only £50.00.</p>		
	Ted Penn	Mason Law Racing			
	Shane Temple	<i>Sponsorship Available</i>			

AFC SUDBURY FOOTBALL PARTY PACKAGES

CHAMPIONSHIP FOOTBALL PARTY

- £95 for 10 players
- AFC Sudbury 3G pitch/equipment hire
- 1 hr 30 mins of fun games & matches
- FA qualified coach



PREMIERSHIP FOOTBALL PARTY

- £125 for 10 players
- AFC Sudbury 3G pitch/equipment hire
- 2 hours of fun games & matches
- Community Lounge hire (bring your own food)
- FA qualified coach



1ST TEAM MATCHDAY FOOTBALL PARTY

- £175 for 10 players
- Includes 1 hr 30 mins Championship Party
- Birthday cake
- All players are matchday mascots
- Free entry for 1 parent per player



£10 per extra player - 10% off all bookings made 30 days in advance
Add hot food for £4.50 per head - choose from sausage & chips, fish fingers & chips or pasta bake

T: 01787 376213 E: afcudbury.ftc@gmail.com W: www.afcsudbury.co.uk S: @AFCSudburyFTC #improveyourskills

AFC SUDBURY FOOTBALL DEVELOPMENT CENTRE & GOALKEEPER DEVELOPMENT CENTRE

TUESDAYS 10th SEP - 12th MAY

4:30 - 5:30pm (U6-U12)
5:30 - 6:30pm (GKs 13+)
£4 per session - GKs £5
AFC Sudbury 3G, CO10 7HN



T: 01787 376213 E: afcudbury.ftc@gmail.com W: www.afcsudbury.co.uk S: @AFCSudburyFTC #improveyourskills

A promotional poster for AFC Sudbury's New Year Football Camp. The background is a photograph of four young footballers in yellow and blue kits running on a field at night. The text 'AFC SUDBURY'S...' is at the top in yellow. Below it, 'NEW YEAR FOOTBALL CAMP' is written in large, bold yellow letters. Two soccer balls are positioned on either side of the main title. At the bottom, the event details are listed in yellow text: 'Monday 30th December - 10am - 3pm', 'AFC Sudbury, CO10 7HN', 'Boys & Girls aged 5 - 12 years', and '£15 for the day'. The AFC Sudbury crest is visible in the bottom left and right corners of the image area.

AFC SUDBURY'S...

**NEW YEAR
FOOTBALL CAMP**

Monday 30th December - 10am - 3pm
AFC Sudbury, CO10 7HN
Boys & Girls aged 5 - 12 years
£15 for the day

AFC Sudbury New Year Football Camp

Monday 30th December 2019

10am - 3pm

For boys & girls aged 5 - 12 years

Just £15 for the day

To book online visit: www.afcsudbury.co.uk

ACADEMY NEWS

A 2-1 victory over Bowers and Pitsea FC booked AFC Sudbury U18s a trip to professional football club Bristol Rovers FC in the FA Youth Cup Second Round. Goals from Rauf Kabangu and 1st year player Jack Palmer saw off the gallant effort of the visiting EJA side who led at the break through a speculative effort following a counter attack.



AFC Sudbury proved to have too much firepower for the away side in the second half and travelled to Bristol on Tuesday 5th November for a 7pm kick off at the Memorial Stadium.

GIRLS ACADEMY NEWS

The AFC Sudbury Girls Academy traveled to St George's Park - the home of the England national teams - to take part in the national football youth league trophy. This was their first time taking part in this tournament and they performed very well, recording a loss, draw and victory in their games against national opposition.



EJA News

In Focus: AFC Sudbury U16 EJA

Coaches: Chris Smith & Matt Norman

Games Played: 7

Points: 13

Goal Difference: 8

Position in Table: 4th

Last Fixture: 4-0 vs Needham Market (H)

Next Fixture: 5th Jan vs Wroxham FC (H)



YOUTH NEWS

AFC Sudbury U11s are delighted with their new away kit, kindly sponsored by RDH Construction.



AFC Sudbury U11 (2019-20)

Match	Date	Venue	Opponents	Ground	Post Code
1	08/09/2019	H	Capel Plough	MEL Group Stadium, Brundon Lane, Sudbury	CO10 7HN
3	29/09/2019	H	DAFA Youth	MEL Group Stadium, Brundon Lane, Sudbury	CO10 7HN
4	06/10/2019	A	Diss Town	Bressingham Playing Fields, Common Road, Diss	IP22 2AT
5	13/10/2019	H	Haughley United	MEL Group Stadium, Brundon Lane, Sudbury	CO10 7HN
2	20/10/2019	A	Cornard United	Delphi Sports & Social Club, Alexandra Road, Sudbury	CO10 2RR
6	27/10/2019	A	Ipswich Phoenix	Westbourne Academy, Ipswich	IP1 5JN
7	03/11/2019	H	Walsham le Willows	MEL Group Stadium, Brundon Lane, Sudbury	CO10 7HN
8	10/11/2019	A	Walsham le Willows	Sumner Road, Bury St Edmunds	IP31 3AH
9	24/11/2019	A	Capel Plough	Friars, Capel St Mary, Ipswich	IP9 2XS
10	01/12/2019	H	Cornard United	MEL Group Stadium, Brundon Lane, Sudbury	CO10 7HN
11	08/12/2019	A	DAFA Youth	Chantry Academy Sports Centre, Mallard Way, Ipswich	IP2 9LR
12	15/12/2019	H	Diss Town	MEL Group Stadium, Brundon Lane, Sudbury	CO10 7HN
13	05/01/2020	A	Haughley United	Wetherden Playing Fields, Stowmarket	IP14 3JS
14	12/01/2020	H	Ipswich Phoenix	MEL Group Stadium, Brundon Lane, Sudbury	CO10 7HN
15	26/01/2020	H	Haughley United	MEL Group Stadium, Brundon Lane, Sudbury	CO10 7HN
16	02/02/2020	A	Capel Plough	Friars, Capel St Mary, Ipswich	IP9 2XS
17	09/02/2020	H	DAFA Youth	MEL Group Stadium, Brundon Lane, Sudbury	CO10 7HN
18	16/02/2020	A	Cornard United	Delphi Sports & Social Club, Alexandra Road, Sudbury	CO10 2RR
19	23/02/2020	H	Walsham le Willows	MEL Group Stadium, Brundon Lane, Sudbury	CO10 7HN
20	01/03/2020	A	Diss Town	Bressingham Playing Fields, Common Road, Diss	IP22 2AT
21	08/03/2020	H	Ipswich Phoenix	MEL Group Stadium, Brundon Lane, Sudbury	CO10 7HN

MEN'S FIRST TEAM NEWS

AFC Sudbury are pleased to announce the appointment of their new goalkeeping coach. Filling the role recently vacated by Darren Gould is Kevin 'Moley' Holland, a player well known to the Suffolk non league community. Our manager Mark Morsley said 'Danny mentioned Moley to me which was interesting as he played for me some years back at Needham Market. He is a really infectious guy who i like immensely and will not only be excellent for Paul Walker, he'll also have a 'presence' in the dressing room.'



WOMEN'S FIRST TEAM NEWS

AFC Sudbury Women made it two wins on the bounce as they ran out winners against Gorleston FC last Sunday, following on from their resounding 4-2 comeback victory against East Bergholt United the week before.



TODAY'S VISITING TEAM

The 'Heath' was founded in the early years of 20th Century, around 1907-08. There's a bit of confusion as to our original colours as there are a few 'original' shirts still around including blue and gold stripes as well as black and old quarters. Since then we've changed a few times including green and gold quarters, green and white, blue and black stripes and lately yellow. This year we have gone back to our 60's colours of green and white.

We've had various 'homes' including somewhere close to the playing fields and also to the right of the old British Legion. We arrived at the 'Nest' around the time of the 2nd World War, when, after the chalk was quarried for the construction of various local roads, the land owner, Sir Charlton Briscoe, gave the quarry, also known as 'The Pit' to the village football club, on a long lease and in the mid 50's the brick stand was built. In the early 60's following Sir Charlton's passing, his son kindly offered the pit to the football club for a 'very small fee' which was gladly accepted and the place has grown since then.

From what little information is known about the club, we've not had a great deal of success over the years until fairly recently. We played in the Ouse Valley League in the early days and then the Essex and Suffolk Border league before becoming one of the founder members of the Norwich based Anglian Combination League in the early 60's, with our Reserve side playing in the Bury and District League. In the late 90's both sides joined the Cambs League where we have been until 2017-18 and indeed our Reserves side remain and are in Senior B. Most of our success has come in the last 20 years, although our 1st ever County success was in

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1970 when we won the under 18's Suffolk Minor Cup. Our 1st Team won the Suffolk Junior Cup in the 70's and our Reserves also won back to back Suffolk Primary Cups in the early 90's.

The last ten years has seen the club establish itself in the upper echelons of Cambridgeshire football winning Senior A in 2008/9 and gaining promotion to Step 7. For the next 9 years we have finished in the top 3 of the Premier Division 6 times, winning the trophy in 2010/11. In 2015 our 1st Team won Suffolk Senior Cup with a record 7-0 score in the final against Ipswich Valley Rangers. I think we are among a handful of clubs that have won each of the County Cups available to us, maybe the only club!

The club appointed Ben Cowling as manager in the Spring of 2018 and he has overseen a dramatic overhaul of the clubs playing staff. On the pitch the clubs first ever season at Step 6 saw them finishing a creditable 5th place. One standout result was a league record away win when the club won 15-0 at Wisbech St Mary's.

2018-19 also saw a significant investment and improvement in the clubs facilities with Floodlights being installed at the ground for the first time, these were followed by new hard standing and dugouts as the club achieved a 'G' ground grading from the FA.

Other significant developments include the formation of the clubs U18 side who will compete in the Thurlow Nunn Midweek Youth League for the first time and the club will also make its debut in the FA Vase this coming season.

TODAY'S VISITING TEAM

LAKENHEATH FC PEN-PICS

Tom Coombe (25), Tom is a recent signing from Fakenham Town, where he made a clean sweep of the players awards last season, he has also previously represented Walsham le Willows, Gorleston and Haverhill Rovers. A superb shot stopper with great hands he will undoubtedly quickly become a fans favourite.

Finlay Logan (22), A tenacious full back signed from Ely City where he had played for both the First team and the Reserves. Has fitted quickly into the team, is very good at defending 1 on 1 and likes to get forward as often as possible.

Tommy Hardwick (26), Tommy joined the club in the Autumn from Steeple Bumpstead in the Cambridgeshire League. Another very good defensive full back Tommy has won promotion from this division before with Haverhill Borough.

Tom Williams (26), Tom is a new signing, joining us from Ely City in December. A wholehearted defender with bags of experience and an eye for goal Tom will be a big boost to the group.

Ryan Geoghegan (26) A new arrival having signed in the summer from Premier Division Haverhill Rovers. Ryan is blessed with pace and is very good 1 v1, he will be looking to use his experience at this level and the one above to the clubs advantage.

Dean Grogan (22) Tenacious Centre half, who impressed the management with his desire to defend and will to win.

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Dean arrived at the club in 2017 from Chatteris Town and has now established himself as the heartbeat of the team.

Sam Hawley (24) Sam begins his second season at the club and has been promoted to Captain of the side. Sam is very calm on the pitch and rarely gets booked despite being a CH or Holding CM by trade. Good range of passing and reads the game very well. An excellent addition to the squad and will often pop up with a vital goal or two.

Aaron Forshaw (25), Aaron joined the club in December 2018 from Haverhill Borough where he was Captain. A playmaker who often chips in with vital goals and very rarely loses possession Aaron is also not afraid to put a tackle in.

Reece Clarke (24) A classy playmaker, Reece has plenty of Thurlow Nunn experience at Steps 5&6 with Long Melford and Walsham Le Willows. Reece begins his second season with the club looking to drive the club forward.

Shane Leech (31) A tenacious midfielder who has links to the club going back many years having won the Suffolk Senior Cup with the club in 2016. Bags of energy and a desire to win make him an important asset to the club.

Kelvin Enaro (26), Kelvin begins his second season with the club as Vice-Captain having finished top scorer last season with 28 goals. Previous clubs include Newmarket, Mildenhall and Ely City. Quick and strong, Kelvin is a real fans favourite with his tricks and ability to take players on, certainly one to watch this year.

Ryan Weaver (26), Ryan rejoins the club following a brief spell at Haverhill rovers towards the end of last season. Able to operate through the middle or either wing Ryan brings

TODAY'S VISITING TEAM

energy, desire and enthusiasm to the club and will form part of an exciting attack having scored 11 goals for the club last year.

Shaun Avis (27), Shaun re-joined the club from Newmarket Town in March last season and managed to score an impressive 15 goals in 8 games - having already scored 13 goals in the Premier Division. A predator in the box Shaun will be looking to fire the club to success. Very experienced player with former clubs including Mildenhall Town, Saffron Walden Town & Halstead Town.

Jack Gould (25), Jack has now made over 100 first team appearances for the club despite having seen last season ravaged by an ankle injury. Blessed with a very good left foot Jack has an excellent cross in his locker and the ability to score goals.

Rhys Mazey (20), A new signing, Rhys joins us from Ely City/Ely City Reserves. A versatile player with bags of energy who has impressed in pre season will look to make his mark on the team this year.

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AFC SUDBURY

- 1. Sam Wright**
- 2. Ellis Girling**
- 3. Harry Critchley**
- 4. Lewis O'Malley**
- 5. Reece Langridge**
- 6. Matt Woolridge**
- 7. Ethan Mayhew**
- 8. Sam Girling**
- 9. Jake Horlock**
- 10. Jack Renwick**
- 11. Rauf Kabangu**
- 12. Josh Hughes**
- 14. Josh Tysoe**
- 15. Freddie King**

**Coaches: Gavin Peters, Liam Aves, Brett Girling,
Louis Hrebeniak**

LAKENHEATH FC

Tom Coombe
James Buckmaster
Callum Bush
Sam Hawley
Dean Grogan
Tom Williams
Aaron Forshaw
Reece Clarke
Shaun Avis
Kelvin Enaro
Rhys Mazey
Tobi Lawal
Ryan Weaver
Ryan Sanders
Fin Logan
Rafa Wozniak

CONTACT DETAILS

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