BLUE THRU AND THRU - OFFICIAL PROGRAMME OF



\$F



SATURDAY MARCH 30TH 2024 ESSEX SENIOR LEAGUE KICK OFF 3PM



EDITOR'S CORNER Barking V Frenford

Good afternoon everyone, and welcome to Lawtech Stadium for this Essex Senior League tie against Frenford!

We come into today's game after a difficult run of fixtures in both league and cup action, starting with a 4-0 victory over Saffron Walden Town in the league (Bademosi, Hirst x3), before beating Hullbridge Sports 1-0 (Rowland) to progress to the semi-finals of the Peter Butcher Memorial Trophy. Last Saturday saw another 1-0 scoreline as a first goal for Shaye La-Rose saw us gain another 3 points away to Halstead Town before a rainsoaked Tuesday saw us draw 1-1 with league leaders Tilbury,



Luke Hirst on the scoresheet. Reports for the latter 3 fixtures can be found in this programme, alongside information about some exciting events taking place at the Lawtech Stadium!

We would also like to wish all fans and players of Frenfords as well as the officials and any neutrals a safe journey home from Lawtech Stadium today.

Come on you Blues!

Penned by programme editor Trevor Gilbert

Disclaimer: Please note any opinion, statement or views expressed in this programme are those of the various contributors and are not necessarily endorsed by Barking Football Club.

LAWTECH STADIUM GROUND RULES

All persons entering Lawtech Stadium on match days are only admitted subject to these rules and regulations. The club reserves the right to eject from the ground, and prosecute if thought appropriate; any person who within the club's premises is considered by the club to be in breach of the following:

- 1: Entering the ground by any means other than through the proper turnstiles or gates.
- 2: Entering the field of play before, during or after the game.
- 3: Using obscene or abusive language or persistent swearing likely to cause offence.
- 4: Using terms of abuse, racial or otherwise, likely to offend.
- 5: Being drunk or under the influence of alcohol or drugs.
- 6: Making vulgar or obscene gestures.
- 7: Carrying any offensive object or throwing any article onto the field of play.
- 8: No glass bottles, drinking glasses or other such article or object to be permitted.
- 9: Sitting on the perimeter fence is not permitted. All vehicles are parked at the owner's/ driver's risk.
- 10: Spectators are not permitted to bring or play with Footballs in the stadium

CLUB HONOURS

Barking FC are steeped in history and below are our major honours, for a full list please visit www.barking-fc.co.uk

Isthmian League - Champions	1978/79
Essex Senior League - Champions	2016/17
Athenian League - Champions	1934/35
London League Premier - Champions	1920/21
London League Division One - Champions	1909-10
FA Non-League Team of the Year	1978/79
FA Cup - Second Round Proper	1978/79, 1979/80, 1981/82, 1983/84
FA Amateur Cup - Runners Up	1926/27
FA Trophy best - Second Round	1979/80
FA Vase Best - Fifth Round (Last 16)	1996/97
London Senior Cup - Winners	1911/12, 1920/21, 1926/27, 1978/79
Essex Senior Cup – Winners	1893/94, 1895/96, 1919/20, 1945/46, 1962/63,
East Anglian Cup - Winners	1969/70, 1989/90
Essex Thameside Trophy – Winners	1937/38, 1953/54 (Shared)
Gordon Brasted Trophy - Winners	1952/53 (Shared), 1956/57, 1958/59, 1996/97
Errington Challenge Cup – Winners	2014/15
Dylon Shield Winners	2022/23
Essex Senior League Reserve	1979/80
Division – Champions	2011/12

The club has also been Champions in the following competitions:

Essex Elizabethan Trophy, Essex Intermediate Cup, East Anglian Cup, South Essex League, Leyton & District League, London Charity Cup/ Eastern Floodlight Cup, Essex Floodlight Cup, Mithras Cup and the Premier Midweek league.



TILBURY 1-1 BARKING

Tuesday 26 March 2024 – Essex Senior League – Report by Terry Gilbert

Barking and league leaders Tilbury braved the relentless rain in a hard-earned draw. The match played in challenging conditions, with both teams fighting for control amidst the continual pouring rain..

The game began with Barking showing early promise, after two minutes Luke Hirst set up Kenedi Dariri for a chance, only for his shot to be directed straight at Tilbury (and former Barking) goalkeeper Harry Girling.

However, it was Tilbury who struck first on 22nd minutes, capitalising on a defensive slip by Joe Clark and Shea Hutchison seized the opportunity to score, leaving Barking goalkeeper Max Spence stranded and finishing into an unguarded net. It should be noted this was only the fifth league goal conceded by the Blues in 2024. The goal seemed to deflate Barking momentarily, allowing Tilbury to maintain control and dictate the tempo of the game for the remainder of the first half. Despite their efforts, Barking struggled to regain their footing in the match and were content to hear the halftime whistle, hoping to regroup and mount a comeback in the second half.

The start of the second half mirrored the first, with Tilbury threatening early on, but Barking gradually clawed their way back into the game. On 52 minutes, Jack Folan played a decisive through ball to **Luke Hirst**, who outpaced the last defender and fired home the equaliser from an acute angle for his 20th goal of the season.

As the game wore on, both teams grappled with the challenging conditions, with the ball skidding across the waterlogged pitch and getting stuck in puddles from short passes. Tilbury continued to press forward, earning a number of set pieces, but Barking's defence, with some excellent clearances from Clark and Pat Ahern, held firm to keep the score level. Other defensive highlights were Junior Kaffo making a superb defensive header from one corner and from another Max Spence getting down well to smother the ball and snuff out the danger from another. In the closing stages of the game, both teams pushed for a winner, on 81 a clever pass from Sam Dowridge freed Izzy Bademosi but Girling denied him by getting to the ball first. There was a late penalty shout for handball from Barking but the referee remained unmoved, ultimately both teams settled for a point and the game concluded as it began in pouring rain.





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12TH MAN SCHEME

Barking FC are delighted to announce that their 12th man scheme is officially OPEN, meaning that fans will be able to contribute to the club financially, with the money ringfenced for the first team playing budget. Importantly, these funds will not be used to replace money that is already in the budget, all monies raised will be an **addition** to our current budget.

There are a few ways you can contribute:

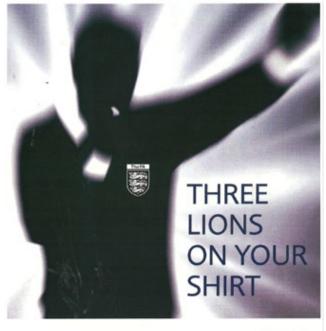
 Online Banking – use your online account to set up a monthly standing order. Here are all the details you need:

Name: Barking FC 12th Man Account Sort Code: 30-93-23 Account Number: 26420160

2) You can also set up a standing order by going into the local branch of your chosen bank. You may be able to set it up solely using the details above, but we would recommend filling out a standing order form and taking that into your branch. The form can be collected on a matchday or found online on the club website.

 By Post – Some banks also accept postal standing orders –please visit our website and contact your bank for more information.

BARKING FC 12TH MAN



Due to the ongoing interest in football we are looking for more referees. Should you be interested in getting involved and would like more information, we would like to hear from you.

More details can be found on www.londonfa.com

Contact: Adrian Shorter (London FA) Tel: 020 7610 8375 to request an Information Pack Email: adrian.shorter@londonfa.com

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ESSEX SENIOR LEAGUE TABLE

Pos	Team	Р	w	D	L	GD	PTS
1	Tilbury FC	33	24	5	4	48	77
2	Woodford Town FC	32	20	7	5	32	67
3	Romford First	32	21	4	7	30	67
4	Barking FC	33	17	8	8	23	59
5	Sporting Bengal United First	33	17	6	10	14	57
6	Hullbridge Sports FC	33	14	7	12	1	49
7	Saffron Walden Town First	31	15	4	12	-1	49
8	Stanway Rovers Community First	32	14	6	12	13	48
9	Halstead Town FC	34	14	6	14	3	48
10	Athletic Newham FC	32	15	2	15	7	47
11	Little Oakley First	34	12	10	12	4	46
12	Great Wakering Rovers FC	28	13	6	9	25	45
13	West Essex FC	32	11	8	13	10	41
14	FC Clacton First	33	10	9	14	-14	39
15	White Ensign FC	33	9	9	15	-15	36
16	Buckhurst Hill FC	33	11	2	20	-21	35
17	Takeley FC	30	8	9	13	-14	33
18	Frenford FC	33	8	7	18	-27	31
19	Ilford FC	33	6	5	22	-55	23
20	Coggeshall Town FC	34	3	4	27	-63	13





MATCH CENTRE

DATE	OPPONENTS	СОМР	SCORE	ATT	GOAL SCORERS
29 Jul 23	Buckhurst Hill	ESL	1-0	136	Adu-Gyamfi
2 Aug 23	White Ensign	ESL	0-0	91	
5 Aug 23	Cockfosters	FAC EPR	1-0	170	Oloko
8 Aug 23	Tilbury	ESL	0-2	107	
12 Aug 23	Stanway Rovers	ESL	4-2	53	Dariri, Mabassa, Nyanja, Isioma
15 Aug 23	Romford	ESL	2-2	154	Okoye, Okah
19 Aug 23	Heybridge Swifts	FAC PR	0-2	214	
26 Aug 23	Potton United	FAV 1QR	0-3	114	
28 Aug 23	Sporting Bengal	ESL	1-3	79	Spencer (pen)
9 Sept 23	Little Oakley	ESL	1-2	76	Tuohy (pen)
12 Sept 23	Great Wakering Rovers	ESL	2-2	82	Rowland, Hirst
16 Sept 23	Coggeshall Town	ESL	3-2	74	Rowland, Hirst, Tuohy
28 Sept 23	Frenford	ESC 1R	2-1	82	Haysman, Kileba
30 Sept 23	FC Clacton	ESL	0-5	61	
7 Oct 23	West Essex	ESL	0-2	127	
10 Oct 23	Hullbridge Sports	ESL	1-3	64	Tuohy
14 Oct 23	Takeley	ESL	3-2	61	Kileba, Dickinson x2
21 Oct 23	Ilford	ESL	5-1	52	Troubridge, Hirst x2, Gordon, Kileba
24 Oct 23	Buckhurst Hill	ESC 2R	1-2		Dickinson
28 Oct 23	Halstead Town	ESL	0-6	47	
4 Nov 23	Saffron Walden Town	ESL	2-2	202	Hirst, Akpele (pen)
11 Nov 23	Frenford	ESL	4-0	46	Nche x3, Martin
14 Nov 23	Leyton Orient	LSC 1R	1-0	137	Folan
17 Nov 23	Buckhurst Hill	ESL	2-0	106	Martin, Hirst
25 Nov 23	Stanway Rovers	ESL	2-0	100	K. Kayembe, Akpele
6 Dec 23	Woodford Town	ESL	1-1	89	K. Kayembe
16 Dec 23	Little Oakley	ESL	1-1	62	Shaban
19 Dec 23	Haringey Borough	LSC 2R	3-1	132	Dickinson, Hirst, Shabam
23 Dec 23	Coggeshall Town	ESL	3-0	55	Hirst x2, K. Kayembe
6 Jan 24	Woodford Town	ESL	3-0	92	Hirst, K. Kayembe, W. Kayembe (pen)
13 Jan 24	White Ensign	ESL	6-0	79	Hirst x2, Dickinson, Martin x3
20 Jan 24	Sporting Bengal	ESL	2-1	45	Martin (pen), Hirst
27 Jan 24	Great Wakering Rovers	ESL	0-0	131	
30 Jan 24	Coggeshall Town	PBMT 2R	1-0	44	Dowridge
3 Feb 24	White Ensign	ECC 1R	4-0	63	Hirst, Martin x3 (1 pen)
17 Feb 24	Hullbridge Sports	ESL	4-0	56	Martin x2, Rowland, Hirst
24 Feb 24	Ilford	ESL	5-0	107	Martin x2, Hirst, Dickinson, Ademi
2 Mar 24	Romford	ESL	0-2	147	
5 Mar 24	Charlton Athletic U23	LSC QF	3-4		Martin, K. Kayembe, Forrest
9 Mar 24	Athletic Newham	ESL	2-1	84	Rowland, Dowridge (pen)
12 Mar 24	Tilbury	ECC 2R	2-0	67	Bademosi, K. Dariri
16 Mar 24	Saffron Walden Town	ESL	4-0	61	Bademosi, Hirst x3
19 Mar 24	Hullbridge Sports	PBMT QF	1-0	59	Rowland
23 Mar 24	Halstead Town	ESL	1-0	290	La-Rose
26 Mar 24	Tilbury	ESL	1-1	130	Hirst
30 Mar 24	Frenford	ESL			
6 Apr 24	Takeley	ESL		1	
9 Apr 24	Saffron Walden Town	ECC QF		1	
13 Apr 24	West Essex	ESL		1	
20 Apr 24	Athletic Newham	ESL			
27 Apr 24	FC Clacton	ESL			

SATURDAY 13TH APRIL 2024

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#WEAREBARKING

FRENFORD

Frenford clubs was founded in 1928 by Jack Carter, originally as a boys club. By 1930 it had grown into a sports and social club and during the war years Frenford Senior Football Section was started, playing in the local football league in various venues in Ilford and the surrounding area. Up until the 1970s Frenford had only one men's side. In the early 70s Frenford reserve side was started mostly made up of the under 18s boys team. We now run a number of teams who play in The Essex Senior Reserve Football League, The Essex Alliance League and The Essex Vets League. On the field the club has enjoyed many successful seasons in the leagues in which they have played and are now one of the most well-known clubs in this area. No club of any sporting interest can withstand the test of time without the support of its members and their families. Perhaps one of the clubs greatest strengths is its ability and willingness to call upon its members for an environment of friendship and team spirit. Therefore it can certainly be said that this clubs greatest asset are its members and their families.

Over the past 10 years Frenford has developed its Youth and Women's section, adding to our 5 Saturday Teams. Frenford now has a record 30 teams across all sections and has an enormous presence in the Community delivering projects at various venues, schools and most notably working with the Police to support and deter young people from crime.

Our First teams reached new heights and made History, by winning the Thurlow Nunn South Division League in the 2022/23 season and were promoted into the Essex Senior League.



Our journey continues....

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PHOTO REVIEW: TILBURY 1-1 BARKING

Tuesday 26 March 2024 – Essex Senior League – Report by Terry Gilbert









Any form of discriminatory abuse whether it by reason of age, disability, gender reassignment, race, religion and belief, marriage and civil partnership, pregnancy and maternity, sex and sexual orientation or any other form of abuse will be reported to The Football Association for action by that Association." (The FA 0800 085 0508 / Kick it Out 020 7253 0162).

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#WEAREDARKING

HAVEN'T WE MET BEFORE?

Our previous meetings with Frenford compiled by Terry Gilbert

November 11th 2023 - Essex Senior League Frenford 0

Barking 4 (Declan Nche 3, Tony Martin) **Barking:** Ben Lane, Brad Rowland, Mo Amghar, Jack Folan, Kenedi Dariri, Fahad Nyanja, Greg Akpele, Declan Nche, Tony Martin, Luke Hirst, Shaye La-Rose Subs: Bleron Ademi, Jack Dickinson, Karl Kayembe, Joshua Fisayo, Chris Manangu

September 26th 2023 - Essex Senior Cup First Round Frenford 1

Barking 2 (Kai Haysman, Gael Kileba)

Barking: Miraldie Ndunzi, Joe Clark, Henry Mabassa, Ciaran Burke, Ehizojie Onoabhagbe, Jack Dickinson, Harvey Brown, David Owiredu, Gael Kileba, Martin Tuohy, Kai Haysman Subs: Yassier Nazor, Tom Troubridge, Godwin Fuma, Addae Paponette, Kenedi Dariri

April 10th 2021 - Len Cordell Memorial Cup Group D Frenford 1

Barking 1 (Isaac Westendorf) **Barking:** Ollie Pain, Ricky Tarbard, Kane Munday,

Barking: Ollie Pain, Ricky Tarbard, Kane Munday, Keaton Moore, Jacob Adeyemi, Jess Norey, Sam Owusu, Michael Tweed, Isaac Westendorf, Johnny Ashman, Max Bradford Subs: Jeremy Boakye-Afiriyie, Ben O'Brien, George Okoye, Louis Dillon, Kai Peters

ON THIS DAY

A selection of Barking games from this day in the past by Terry Gilbert

March 30th 2019 - Isthmian League North Division Barking 0 Bury Town 2

March 30th 2016 - Essex Senior League London Bari 2 Barking 2 (Jay Taylor, Lamar Reynolds)

March 30th 2001 - Isthmian League Division 1 Barking & EHU 2 (Stewart Moody, Jay Murray) Aylesbury United 1

March 30th 1996 - Isthmian League Division 1 Marlow 2 Barking 0

March 30th 1985 - Isthmian Isthmian League Premier Division Wokingham Town 0 Barking 1 (Jon Bolle)

March 30th 1976 - Isthmian League Sutton United 3 Barking 2 (Laurie Abrahams, Peter Burton)

March 30th 1968 - Isthmian League Sutton United 1 Barking 1 (Bobby Page)

March 30th 1957 - Isthmian League Walthamstow Avenue 4 Barking 0

HALSTEAD TOWN 0-1 BARKING

Saturday 23 March 2024 – Essex Senior League – Report by Terry Gilbert

We were seeking to erase the memory of the 6-0 drubbing suffered back on October 28th, which ultimately led to the change in management and fortunes. However, we did manage to secure a narrow victory by just one goal scored by Shaye La-Rose, his first for the club in 23 appearances as we won 1-0 for the second match in a row.

Credit must be given to Halstead Town, who despite being reduced to ten men six minutes before half time, continued to push on and resist, even hitting our bar late in the game. But in the end we were not to be denied our fifth consecutive win in league and cup matches.

Pat Ahern, who has been signed on a dual registration from Witham Town, made his debut and contributed towards the team's clean sheet.

Both teams struggled to find their rhythm early on, which was characterised by a flurry of activity around each other's penalty areas. Dan Purdue did face a setback due to a collision while attempting to thwart a scoring opportunity, but he managed to shake off the effects as the half progressed. The flow of the game was disrupted by a series of niggly fouls, stopping any significant momentum for either side. At the 23rd minute mark, Connor Witherspoon won the ball and fed it to Luke Hirst whose shot was saved by Halstead keeper Jack Cherry, albeit after a second attempt. Halstead pushed forward with purpose on 32, when a slick passing move found Joel Older but his attempt from a tight angle went wide. Barking retaliated with intent, pressing forward themselves with seven minutes of the half left when another good passing move ends with Fahad Nyanja heading on for Izzy Bademosi who fires in a shot and although Cherry spills the ball Jack Dickinson can't take advantage of the slight error. However, a reckless challenge on Hirst by Lewis Cunliffe of Halstead, results in a straight red card for the home player after 39th minutes and reduces Halstead's player count for the remainder of the match. There is not much to report for the rest of the half, except for a sudden shower of hail which prompted supporters to quickly seek shelter in the stand.

As the second half commenced, Barking tried to seize the initiative, applying pressure on Halstead's defence to try to make the man advantage count. Even after making two substitutions, Barking couldn't convert their efforts into clear-cut opportunities, while Halstead seemed to be moving closer and closer back to their own box. After 63 minutes the visitors had their most promising attack to date when Shaye La-Rose found Nyanja who ran into the area and delivered a tempting cross into the box which narrowly evaded the foot of Sam Dowridge. The breakthrough finally came after 73 minutes, as Pat Ahern found **Shaye La-Rose** who ran down the line, cutting across the penalty area to unleash a powerful shot past the stranded Cherry into the net.

The goal sends Barking off seeking a second, with 75 gone Hirst finds Dowridge but he can only shoot wide of the target, four minutes later Hirst robs Cherry in the area and with the goal unguarded his shot finds only the side of the net.

With a minute left there was a nervy moment as a Halstead corner was cleared, but not far enough and a looping shot thankfully drops on to the bar and goes over. That was the last chance for either side and after four added minutes the final whistle blew to give us our fifth consecutive victory.

HULLBRIDGE SPORTS 0-1 BARKING

Tuesday 19 March – Peter Butcher Memorial Trophy Quarter Final – Report by Terry Gilbert

Barking secured a spot in the semifinals of the Peter Butcher Memorial Trophy for the second consecutive year. Victory was clinched by a narrow 1-0 scoreline, Brad Rowland's goal in the 42nd minute ultimately proving to be the decisive factor in the match.

Barking fielded a strong starting eleven, backed up by an equally strong bench that was fully utilised in the second half.

The game kicked off with a brisk pace, but neither goalkeeper was truly tested for most of the first half. However, on 14 minutes, a Hullbridge free kick caused some trouble for



Barking keeper Max Spence problems as he turned the ball round the post and he was then forced into another save.to keep the score level. Barking started to assert themselves with shots from Sam Dowridge and Brad Rowland, although neither found the target. In the 28th minute, a promising passage of play ended with Warren Kayembe heading over, this was followed by Rowland delivering to Luke Hirst whose flick header was comfortably collected by Brad Davison in the home goal. As the first half progressed, both teams struggled to create clear-cut chances until three minutes before halftime when Dowridge found **Brad Rowland**, who took the ball on the run and confidently drilled the ball past Davison to give Barking the lead and score his fifth goal of the season in the process.

The goal injected some energy into Barking's play and they created a couple of chances in added time, with Hirst's shot saved and Karl Kayembe's effort narrowly missing the target.

Half time Hullbridge Sports 0 Barking 1.

Early in the second half, Hullbridge pressed for an equaliser while Barking looked to capitalise on the break. Tobi Coker of Hullbridge had a half chance but couldn't find a teammate with his cross. Hullbridge then came agonisingly close to levelling the score on the hour mark when a shot hit the post. Barking's first notable break in a while came in the 68th minute when substitute Izzy Bademosi displayed skillful footwork to create space, but his cross eluded fellow sub Jack Dickinson. Hullbridge continued to push for an equaliser and on 74 thought they had one when a long cross into the box was headed goalward by Oscar Onuorah and Max Spence who seemed to be going the wrong way managed to get something on the ball and it was subsequently cleared. Five minutes later Hullbridge have another chance through Coker which is deflected behind for a corner and from that a Spence punch produces another and finally there is a Hullbridge shot sailed over the bar, but Barking's defence held firm. As the game approached its conclusion, neither goalkeeper was seriously tested and Barking successfully saw out the remaining minutes of normal and added time to qualify for the semi-final.

Barking Football Club

Lawtech Stadium, Lodge Avenue, Dagenham, Essex, RM8 2JR

Tel:07961 323 320Website:www.barking-fc.co.ukE-Mail:secretary@barking-fc.co.uk



Barking FC are an unincorporated association run by a committee.

Club Personnel

President Dave Blewitt

Life Vice Presidents Eddie McClusky, John Wilson, Derek Pedder, John Harrison

Club Chairman: Rob O'Brien Vice Chairman: Mick O'Shea Club Secretary, Match Day Secretary & Treasurer: Keith Whittington Website Editor & Archivist (on-line archives): Terry Gilbert Match Day Programme Editor & Press Officer: Trevor Gilbert Archivist (written and printed archives): Derek Pedder Public Address System: Dave Blewitt Boardroom Hospitality: Maureen Debenham Clubhouse Hospitality: Debbie O'Brien & Mark Harris Head Groundsmen: Rob O'Brien & Mick O'Shea Ground Maintenance: Keith Whittington Match Day Dressing Room Security: Archie Buckland Club Safety Officer: John Hockley Equality & Diversity Officer: Anna Russell Matchday and Social Media Content Creator: Harry Bamotra

> First Team Joint-Manager: Jonny Fowell First Team Joint-Manager: Michael Walther

> > Under 23s Manager: Mel Ramsay

Academy Director: Mick O'Shea Head of Youth Football & Welfare Officer: Anna Russell

> Sunday Team Manager: Joe Blewitt Sunday Team Secretary: Julie Ricketts

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Essex Senior League Saturday 30 March 2024 Kick Off 3:00pm



	Barking FC	No.	Frenford				
	Max Spence	1.	Lee Haylock				
	Bradleigh Rowland	2.	Liam Foster				
	Fahad Nyanja	3.	Orlando Bethmann				
	Kenedi Dariri	4.	Jake Barlow				
	George Forrest	5.	Tom Troubridge				
	Jack Folan	6.	Sam Cross				
	Shaye La-Rose	7.	Tyler Morgan				
	Jack Dickinson	8.	Huseyin Yildiz				
	Luke Hirst	9.	Nick Reynolds				
	Anthony Martin	10.	Jordan Eloneo				
	Karl Kayembe	11.	George Fairhead				
	Greg Akpele	12.	Bobby Dailly				
	Giovanni Palmer	14.	Kai Haysman				
	Bleron Ademi	15.	Samir Sedauou				
	Warren Kayembe	16.	Sandro Cama <mark>r</mark> a				
	Ezekiel Bademosi	17.	Tom Potter				

Jonny Fowell (Joint-Manager) Michael Walther (Joint-Manager) David Forbes (Manager) Lee Forbes (Assistant Manager)

Alan Steward

Paul Roberts Rasmus Adamah

NEXT UP AT LAWTECH STADIUM SATURDAY 13 APRIL 2024 3PM WEST ESSEX ESSEX SENIOR LEAGUE