



Lawford Football Club

THE EXTRA TIMES

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First Team Promoted

Next season will see Lawford's First Team back in the Premier Division of the Essex & Suffolk Border League. The team's return to the top tier was confirmed at the end of March after League leaders, Great Bentley beat third placed Brightlingsea Regent ensuring that Lawford would take the second promotion place.

Andy Young has been 100% focused on securing promotion since he joined the Club as First Team Manager at the start of the season. According to Andy this "means everything to the team and that promotion will ensure that the team will stay together." With the players very much looking forward to next season, Young feels that this season's success will "inspire the team to play even better and with a level of consistency that the Premier league requires." And, of course, there will also be the local derby with Brantham to look forward to.

Andy is quick to acknowledge the support from Club, particularly John O'Mara and Dave Atton. He describes John, who is moving to Northern Ireland, as "Lawford" through and through. The Team wish John all the best for the future.

James Thompson, Captain, flags the work Andy has done to build a "high quality team with many local players" and says the coaching Paul Skingley adds is "invaluable." He also highlights the commitment by the whole team and the support of many others including Dave, John, Jason and Paul Bowers. James describes Lawford as a "good family club" with first class facilities.

Club Chairman, John Duchars adds "The promotion of the First Team is fantastic and reflects their hard work and commitment. Congratulations to all involved, with so many local 'Lawford' players too!"



Andy Young

Many thanks to Schofield Removals for sponsoring the First Team track suits



Many thanks to Rose Builders for sponsoring the First Team kit



First team captain James Thompson



Short Corner

News from around the Club

Lawford Ladies

Many congratulations to our Ladies Team who have reached the final of the Essex County Women's Football League Cup after winning 3-2 their semi-final against Frontier Ladies.

Lawford play Corringham Cosmos in the final which will be held on Sunday 13 May at St Lukes Park, Runwell. Kick-off is at 2pm. Please go along and support the team.

Good progress for Lawford U9s

The U9s moved up to the 7v7 format this season, after playing a season at 5v5. This has given the team more space, players and time on the pitch. They adapted really quickly to the format in the early stages of the season and have improved as the season has progressed.



There are currently 12 players in the squad, with a good balance throughout the team to fill all positions. The team have recently switched training to a Thursday evening, where the boys have the benefit of three coaches to encourage and guide them.



The team are fortunate enough to have two sponsors - Frutarom, a local company based in Lawford, who sponsor the kit and Boxford Fencing, sponsoring the rain jackets and beanie hats.

In their last home game against St Edmunds the team managed to come back from behind to secure a win. The game was played in good spirits, with two evenly matched teams. There is a strong team spirit throughout the side, all the boys are local lads enjoying playing their football at School Lane.

Thrilling Season for U13s

With one game left to play, Lawford U13s are certain to be promoted from Division C and remain in contention to be Division winners. The team have had a fantastic season, only losing one match of the 21 games played so far. Both Lawford and Elmden Rovers Blues are on 60 points at the top of the table, with prospect of a play-off for the top spot.

The U13s have gone from strength to strength this year, guided by the coaching trio of Matt Cossor, Mark Simons and Scott Styles. The team always has plenty of vocal support from the side lines at every game, which is much appreciated.

Full size images can be found at www.lawfordfc.co.uk

Forthcoming Events

Senior Awards:
Saturday 12 May

Ladies League Cup Final:
Sunday 13 May

Youth & Junior Awards:
Sunday 10 June

Lawford FC AGM:
Tuesday 12 June

5-a-side Tournament:
Sunday 8 July

Registration—Youth &
Junior: Sunday 15 July

U10s Players Wanted

Our Under 10's Team (Year 5) are looking for more players to join the squad, as they move up to 9 aside football next Season. Please could any parents interested contact our Under 10's coach - David Gray on 07802 488131 or at david.gray@mannisland.co.uk

New Sponsor for U15s



A huge thank you to the Bengal Diner in Fox Street, Ardleigh who have sponsored new rain jackets for all the U15s players and coaches



Ninety seconds with John Duchars, Chairman & Reserves Team Manager

How did you first become involved in the Club?

The second of my three sons started as an U9 in 2000

Other than Lawford FC, which team do you support? West Ham Utd

What has been the highlight of your time at the Club so far?

There are several to be honest: Achieving FA Charter Status; The new Pavilion; amalgamating as 'One Club'

What is your all time football highlight?

Beating Germany 5-1 at the Munich Olympic Stadium in Sept 2001. It all clicked that day. Even Heskey scored

If you could change one thing about the game what would it be?

Make sure grassroots football and facilities are properly invested in by the FA

Bacon butty or ham & cheese panini?

Bacon sandwich

How many pairs of football boots do you own? None...they were hung up a long time ago

Do you have a football nickname?

Tony Pulis (I made the mistake of wearing a cap at one of the U18s games)

Who is your football hero?

Paolo Di Canio

Outside of football how do you spend your spare time?

I like Cinema & West End Shows

What is the best advice you've been given?

There's always a positive to take from everything that happens.

If you could choose one piece of music to be played as you come on to the pitch what would it be?

Kashmir by Led Zeppelin

Thank you, John



John Duchars

5 A-side Tournament

The Lawford Football Club 5-a-side Fun Day will be held on Sunday 8th July 2018. The competition will be affiliated to the Essex County F.A. It is intended to run age groups for U7, U8, U9, U10, U12, U13, U15. Each age group will be limited to twelve teams and the age groups will be as per the 2017/18 season. Please visit our website for entry forms.

The Tournament is an important fund raiser for the Club and we always need extra help on the day. If you offer some time to help support the event, please let your team manager or any Club Official know.

U8s Visit to Colchester United FC

Lawford U8 Reds and Blues visited Colchester United on Saturday 28 April for an end of season treat. After a tour of the stadium, and an hour's coaching, the team watched Colchester play Swindon. Pictured are both Lawford teams with Ben Seaman (Blues Manager), Charlie Garland (Reds Manager) & Martin Joy (Parent).





End of an Era for Lawford FC Farewell to Grassroots Hero

Sadly, John O'Mara is stepping down as the Secretary of the Senior Section after over 27 years of service to football at Lawford. He and his wife Gillian are moving to Ireland, where we wish them both much happiness in their new surroundings.

organising such things as FA Emergency First Aid courses at the Pavilion. In 2009 he helped set up a ladies team at Lawford who play in the Premier Division of Essex County Women's Football League.

He has also represented Lawford FC over the years on the parish council, with his role as a parish councillor. John always advocated 'One Club'. His help and support played a significant role to finally see it over the line in 2015.

All in all, he's been a bit lazy. 😊

On behalf of everyone at the Club, thank you so much John for everything you have done over the years and being our grassroots hero.



John Duchars, Club Chairman

In 1991 John was a manager for a team with Lawford Juniors and went on to win the league at U15. He moved to Lawford Lads in 1996 to take over as Secretary and held that post to date. 22 years! In 1997 he became a committee member of the Essex & Suffolk Border League and in 2014 became their ground standards officer.

In 2015, he helped the same league achieve FA Charter Standard, helping member clubs to that status by



Lawford FC Clubhouse

Five Facts about John

Colchester United is John's other team

He has lost count of how pairs of football boots that he owns

Getting our fantastic Clubhouse built is regarded by John as the highlight of his time at Lawford FC

His signature tune is Tchaikovsky's 1812 Overture (very grand!)

John knows that there are many uses for the Club's tractor ...including parking it in the middle of the main pitch to stop any unscheduled games

New Sponsor Wanted for First Team

Following promotion to the Premier Division, the First Team are looking for a new sponsor for next season. Please contact Andy Young for more information. andy26young@yahoo.co.uk

Our sponsors

