

THE SQUAD

1. Matthew Walker
2. Craig Minter
3. Adie Cant
4. Abednego Mensah
5. Matt Travell
6. Jack Hayes
7. Andy Fennell
8. Danny Scott
9. Tom Blackwell
10. Mwetsi Matangi
11. Samuel Cripps
12. Billy Coe
14. Liam Thomas
15. George Smith
16. Joshua Dalziel
17. Josce Syrett
18. Sean Radley
19. Cliff Akurang
20. Tom Monk
21. Mitchell Potter



Coggeshall United
Football Club
West Street
Coggeshall
Essex
CO61NT

FIND US ON:



Owner, Chairman & Manager:
Cliff Akurang

Assistant Manager:
Brian Sawyer

OFFICIAL MATCH DAY PROGRAMME
BY MODUS OPERANDI SPORTS



THE WEAVERS

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This month come
see the FIREWORKS
against
Newbury Forest
(03/11), Halstead
Town (17/11) &
Brightlingsea Regent
Reserves (20/11)

LEADING THE WAY
WITH STYLE!

CAPTAIN FANTASTIC

Learn more about United's
driving force!



Thurlow Nunn
League



EASTERN COUNTIES FOOTBALL LEAGUE

SUPPORTING
LEWIS' LITTLE LEGS!



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WELCOME TO WEST STREET

On behalf of the team, both on and off the field, I would like to take this opportunity to welcome you to West Street Stadium and hope that you enjoy your visit today in what is a highly exciting period for the Club. I also hope that you will join us in welcoming all of our opponents this month and look forward to a fantastic series of matches.

I consider myself to be in an extremely privileged position to have got involved with Coggeshall United Football Club, particularly in view of all the excellent work already completed to make this Club an entity that the whole community can be proud of. I hope that you will join us on this journey and help us to achieve our goals, both on and off the pitch, this season and in the years that follow.

Thank you for your support, Andrew Douglas, Club President.



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BRIGHTLINGSEA
REGENT FC

BRIGHTLINGSEA REGENT RESERVES

**2018/19
SQUAD**

AARON SMYTH (GK)
HARRISON BANNER
JORDAN BARNETT
QUINTIN DAILEY
HAYDEN DUTCH
ROCHA FOSKER
LEWIS HARGREAVES
RONNIE HEATHER
JACK HIGGLETON
CHARLIE LINDOE
ASHLEY LING
HARRY MILLER
LEWIS MOUNTENEY
JAKE PHILLIPS
ALEXIS PRYKE
ASHLEY SAUKA
FRANKIE SIMMONS
TYLER SMITH
ALEX TAYLOR
CHARLIE USHER
HARRY WHITE

MANAGER: LEE CLARK
ASSISTANT MANAGER: GLEN LAST
HEAD COACH: ADAM MUNN
COACH: ALAN LONG
PLAYER/COACH: RICHARD MEADOWS

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"It Only Takes A %"



Brightlingsea Regent, previously Brightlingsea United, have completed around 100 years of competitive football. Firstly in the Border League, between 1908/1909 to 1970 when they joined The Essex Senior League for 20 years having much success, before going on to join the then Jewson League in 1990 and then back to the Border League in 2001/2002. Brightlingsea United FC and Regent Park Rangers FC amalgamated at the start of 2005/06 season to become Brightlingsea Regent Football Club. During this time the squad and club have continued to grow and develop, having success in the Border League Division 1 and cup.

In 2009/2010 new Management team James Webster and Mark Gridley guided Regent to a 4th place finish and followed up the following season in 2010/2011 by winning the Kent Blaxill Premier Border League in a superb season by playing 34, winning 31, drawing 2 and losing just 1 game.

In season 2011-12, James Webster added Tom Rothery to the Management team in September and they finished their first season back at step 6 with a creditable 5th place finish. They also reached the quarter-final of the Essex Senior Cup before losing to League 2 side Dagenham & Redbridge. The 2012-13 season was successful for many reasons. Firstly a FA Vase cup run, which was the longest in the club's history before bowing out in round 3 (last 64). The club gained promotion back to step 5 and the Premier Division with a third place finish which included a 22 game unbeaten run during the season. In the final game of the season the team won the First Division KO Cup final with a 1-0 victory over Gt Yarmouth.

The 2013-14 season in the Eastern Counties Premier Division again proved to be successful for Brightlingsea; gaining promotion after finishing Runners-up to Hadleigh Utd, losing out on the final day by goal difference. The club also reached the last 16 of the FA Vase and in doing so again created history.

The 2016-17 season saw Brightlingsea Regent crowned as champions of the Isthmian North Division, notching up an impressive 103 points and finishing 12 points ahead of their closest rivals, ensuring an historic promotion to the Bostik Premier League.

In October 2017 long-standing manager James Webster left the club to be replaced by former assistant manager and coach Tom Rothery, who maintained the R's first team standing at Step 3 in the Bostik Premier League.

The 2018/19 season sees the Brightlingsea Regent Reserves playing their first season in the newly-formed Thurlow Nunn Eastern Counties Division One South at step 6 in the football pyramid, under the management of Lee Clark, his assistant Glen Last and Head Coach Adam Munn.

Honours

1988-1989	Essex Senior League Champions
1989-1990	Essex Senior League Champions
1990-1991	Eastern Counties Division 1 Runners up
2005-2006	Essex Junior Cup Runners Up
2010-2011	Essex Suffolk Border League Premier Division Champions
2011-2012	A V Lee Memorial Trophy Winners
2012-2013	First Division KO Cup Winners
2013-2014	Eastern Counties League Premier Division Runners-up
2016-2017	Isthmian League North Division Champions
2017-2018	Tolleshunt D'Arcy Memorial Cup Winners

www.brightlingsearegentfc.com

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"It Only Takes A %"

CLUB HISTORY

Coggeshall United Football Club was formed in 2017, with former professional footballer, Cliff Akurang, brought in as manager shortly thereafter before taking over as chairman and owner of the club midway through the 2017/2018 season which culminated in the club's promotion. We are currently in our second ever season as a football club in the Thurlow Nunn Eastern Counties League First Division (South). Now, with the support of friend and Club Secretary, Brian Sawyer, has adopted an exciting style of football that brings together a blend of some of the top players at this level with talented young players. As a club, along with success on the field of play, we are looking to engage with the community and become a focal point for all local people, irrespective of their differences, as a place to come together and enjoy the camaraderie that comes with football.



"We follow football in a country where everyone is different and we want to ensure there are no barriers to anyone who wants to support their local team. The community is the heart and soul of our club and young people are our future. So bring your families along on match days and experience our unique club and meet local heroes and potential stars in the making."

Cliff Akurang, Club Owner, Chairman and Manager.

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"It Only Takes A %"

JOIN US FOR AN AWAY DAY!

VS HOLLAND FC

Date: Saturday 10 November 2018

Kick-Off: 3pm

Location: Dulwich Road

VS LITTLE OAKLEY

Date: Saturday 24 November 2018

Kick-Off: 3pm

Location: War Memorial Ground



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HALSTEAD TOWN FC HISTORY

The club was established in 1879. However, due to a lack of rural football infrastructure, the club played only occasional friendlies until they joined the newly formed North Essex League in 1894. In 1901–02 the club won their first trophy, the Essex Junior Cup, with a 2–0 victory over Chingford. During the first half of the 20th century the club played in the Halstead & District League and the Haverhill & District League.

After World War II, the club added "Town" to their name and joined Division Two of the North Essex League. They were swiftly promoted to Division One, before joining the Essex & Suffolk Border League. They were Premier Division runners-up in 1949–50 and again in 1954–55 before winning the league and League Cup double in 1957–58. They were Premier Division runners-up the following season and also retained the League Cup. The club were league runners-up again in 1960–61 before winning a second Premier Division title in 1968–69. They then won the League Cup for a third time in 1973–74. After finishing as runners-up in 1976–77 the club won a third Premier Division title the following season.

In 1980 Halstead joined the Essex Senior League in 1980. In 1988 they were founder members of Division One of the Eastern Counties League, and finished as runners-up, earning promotion to the Premier Division. In 1993-94, they were Premier Division runners-up, and also won the Essex Senior Trophy. They went on to win two consecutive Premier Division titles in 1994-95 and 1995-85, also winning the League Cup in the latter season. The following season they won the Essex Senior Trophy for a second time.

In 2000-01 Halstead were relegated to Division One. They won Division One and the Division One Cup in 2002-03. They won the League Cup in 2004–05, but were relegated again at the end of the 2006-07 season.

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HALSTEAD TOWN FC SQUAD (17 November)

Jack Cherry
Sam Kendle
Curtis Abel
Jamie Baker
Jake Brown
Ryan Carter
Tom Cook
Mark Dallinger
Connel Dunlop
Kane Gilbert
Chris Harris
Joe Jones
Harry Ladlow
Ryan Mahon

Ross McLintosh
Nick Miller
Ben Morgan
Joe Morris
Tom O'Keefe
Jordan Pavett
Charlie Pleace
James Reagan
Harry Salter
Jack Schelvis
Cameron Storie
Callum Vincent
Marcus Warren


Manager:

Mark McLean




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NEWBURY FOREST FC SQUAD (3rd November)

Alex Nicoll
Alex Wallis
Alfie Cross
Alfie Egembah
Andy Adomakoh
Ansa-Effiom Edem
Ashley Davy
Bobby Wise
Bradley Gates
Brandon Burgess
Cameron Lyttle
Courtney Justin
Enoch Freeman
Ferid Medanovic
Freddie Anderson
Jamal Khan
Jason Reynolds-Blanche
Johnny Gallagher
Johnny Knight

Joseph Adewunmi
Kai Heather
Kasey Taylor
Kieren Huddart
Kingdom Dawson
Matheus Medeiros
Matt Connolly
Ollie Bessex
Scott Emmons
Sean Crossley
Thomas Senyah
Tom Prendergast
Tyrell Holder
Tyrone Baker

Manager:

Leo Connolly



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PLAYER PROFILES

Sean Radley

Midfielder - Sean previously played for Coggeshall Town's double-winning side in the Essex and Suffolk Border League and has been with us since the start of last season.

Adie Cant

Defender – A former player for Gas Recreation, Adie has been with us since the start of last season and played so well that he made the Essex and Suffolk Border League Representative Team.

Abednego Mensah

Midfield - Beddy is the club captain and one of the longest serving members of Coggeshall United football and always gives his all for the team and was another of our successful promotion winning squad to represent the Essex and Suffolk Border League Representative Team at the end of last season.

Matt Travell

Defender – Matt was formerly with Braintree town reserves last season who had their best ever campaign last season and a well placed finish.

Joshua Dalziel

Defender - Josh was part of the Coggeshall Town Thurlow Nunn Division One promotion winning side. Last season, Josh started last season with Holland FC before joining Coggeshall Utd after Christmas and became such an important player for us that he also represented the Essex and Suffolk Border League Representative team.

Andrew Fennel

Forward - Andy Joined Coggeshall United from Heybridge Swifts reserves last season and soon impressed both his teammates and our supporters with his exciting style of play before deservedly also representing the Essex and Suffolk Border League Representative team.

Danny Scott

Midfield - Danny was part of both the Coggeshall Town double-winning Essex and Suffolk Border League team and their Thurlow Nunn Division One promotion winning side. Last season, Danny played a number of games for Coggeshall United with distinction.

Sam Cripps

Forward - Cripps joined us midway through the last season as a result of his excellent record as a goal scorer and played so well that he also repre-

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For most of you reading this, the need for you to have a valid Will in place is likely to be the last thing on your mind.

However, you need to be aware that there are risks, for both you and your family, that are recognised as being involved with your **NOT** having a valid Will in place to safeguard your respective interests including:

- (a) Your estate passing to someone that you have no intention of leaving it to under the rules of intestacy, rather than in keeping with what you would otherwise wish to happen with the value of your estate;
 - (b) Not being able to limit (or even eliminate) the need to pay inheritance tax on the value of your estate that would reduce the amount that your beneficiaries will receive;
 - (c) Your children under the age of 18 potentially having to go into care if you have not named a guardian or guardians in a valid Will whilst their guardianship is resolved which could take some considerable time;
- AND**
- (d) The fact you cannot say at what age you want your children to inherit their share of your estate directly so as to safeguard their future.

Contact us now to arrange a **FREE** initial consultation **DAY OR NIGHT** so as to then allow us to help give you and your family the reassurance that you need, both today and in the future.

Contact us now via:

01376 348 997

www.andrewdouglaswills.co.uk

Or adouglas@andrewdouglaswills.co.uk

Office Hours: 9am to 7pm Mon to Fri



sented the Essex and Suffolk Border League Representative team at the end of last season

Mwetsi Matangi

Midfield – Having previously plied his trade for both Braintree Town and Bocking FC, Mo was part of our promotion winning side last season. From the outset, he has proved himself to be a real handful for the opposition with his unique style.

Cliff Akurang

Utility – ‘The Gaffer’ – Having played for both Barnet and Dagenham and Redbridge, along with a broad variety of other non-league clubs, Cliff has shown himself to be willing to play anywhere for the good of the team whenever he is needed.

Tom Monk

Forward - Tom is an extremely talented team player who has joined United on loan from Coggeshall Town for the duration of the 2018/19 season. In the short time that he has been with us, Tom has already shown himself to have a commendable level of ability and drive to help the team to move forward.

Matthew Walker

Goalkeeper - Walks was part of both the Coggeshall Town double-winning Essex and Suffolk Border League team and Thurlow Nunn Division One promotion winning side before playing a major role in Coggeshall United's promotion campaign.

Tom Blackwell

Midfield – This young man is one of our own! As a local lad, Tom came through the ranks at Coggeshall Town and actually did the league and cup double with their under-18s. Despite only being 16, Tom finished last season so strongly for Coggeshall United that he was another of our squad to be selected to represent the Essex and Suffolk Border League Representative team. Clearly, there can be little doubt that Tom will continue to be an exciting part of our squad.

Craig Minter

Defender - Mints is a former Gas Recreation FC player and, having been part of the Essex and Suffolk Border Premier Division and cup winning team, he will clearly add a vital winning mentality to our team for the coming season with his invaluable experience.

Billy Coe

Defender – A former Cornard United FC player, Billy has shown himself to be an impressive player in pre-season and his work-rate, energy and quality will clearly add significantly to our team's resources.

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"It Only Takes A %"

Jack Hayes

Defender – Jack has shown himself to be a consistent performer and big game player never afraid to get hurt with an absolutely massive positive influence upon our dressing room. Jack deservedly ending up being selected to represent the Essex and Suffolk Border League Representative team at the end of last season.

Liam Thomas

Defender—A strong and commanding presence at the back with an excellent ability to read the play. Liam previously played with great distinction for Harlow Town.

George Smith

Forward - George is Talented young player who was a product of the Chelmsford academy. He was at Heybridge Swifts fc last season and had an injury plagued season now he is fit again he will be looking to show the levels of play he is more than capable of.

Josce Syrett

Forward - Ex Colchester academy apprentice Josce has previously been with Coggeshall Towns back to back league winning side in the Thurlow Nunn division one and premier division. He was also part of Coggeshall United's promotion push last season.

Mitch Potter

Goalkeeper - Mitch has a wealth of experience in the Thurlow Nunn level last season was signed by Coggeshall Town. He joins Coggeshall United after a successful pre-season where he impressed the coaches with his ability.

Billy Coe

Josce Syrett

Jack Hayes

Tom Blackwell

Tom Monki

Sean Radley

Liam Thomas

Mitchell Potter

Cliff Akurang

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Brian Sawyer

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To sponsor any Coggeshall United squad or staff member, contact us today via either **01376 562 843** or **secretary@coggeshallunitedfc.co.uk** to find out more about the packages that we have available for you this season.

PLAYER & COACH SPONSORS

Matthew Walker

Craig Minter

Adie Cant

Abednego Mensah

Matt Travell (Sponsor: MARTIN TRAVELL)

Joshua Dalziel

Andy Fennel

Danny Scott

Samuel Luke Cripps

George Smith

Mwetsi Matangi

VOLUNTEERING

**Love football?
Want to be part of our winning team?**

Contact the owner and chairman, Cliff Akurang now on either **07792 984 087** or secretary@coggeshallunitedfc.co.uk to find out more about the fantastic opportunities to volunteer, have fun and get involved with the football club we have available for you.



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FIXTURES

OPPOSITION	DATE	TIME	HOME/ AWAY	VENUE
Little Oakley	D1-1	7:45pm	Home	West Street
Frenford (ES Cup)	W4-3	3:00pm	Away	Frenford Clubs
May & Baker	L2-3	3:00pm	Home	West Street
Benfleet	W5-1	3:00pm	Away	Canvey Island FC
Springfield (TDM Cup)	W5-1	6:00pm	Away	Springfield Hall Park
Hashtag United	L2-3	3:00pm	Home	West Street
West Essex (ES Cup)	L1-1p	7:45pm	Home	West Street
Hackney Wick	D2-2	3:00pm	Away	Old Spotted Dog Stadium
Halstead Town	W4-0	7:45pm	Away	Rosemary Lane
Sawbridgeworth (FA Vase)	L0-4	3:00pm	Home	West Street
Brightlingsea Regent Reserves	Postponed	7:45pm	Home	Coggeshall United First
White Ensign	W4-2	3:00pm	Away	Basildon Sports Village
Brightlingsea Regent Reserves	W5-0	3:00pm	Home	West Street
Halstead Town	W4-1	7:45pm	Away	Rosemary Lane
Braintree Town Reserves	13/10/2018	3:00pm	Away	Cressing Road Terence McMillan Stadium
Lopes Tavares	20/10/2018	3:00pm	Away	Stadium
Harwich and Parkeston	Postponed	3:00pm	Home	West Street
Newbury Forest	03/11/2018	3:00pm	Home	West Street
Holland	10/11/2018	3:00pm	Home	Dulwich Road
Halstead Town	17/11/2018	3:00pm	Home	West Street
Brightlingsea Regent Res	20/11/2018	7:45pm	Home	West Street
Little Oakley	24/11/2018	3:00pm	Away	War Memorial Ground
Frenford	01/12/2018	3:00pm	Home	West Street
Wivenhoe Town	08/12/2018	3:00pm	Home	West Street
Burnham Ramblers	15/12/2018	3:00pm	Away	Leslie Field
Fire United	22/12/2018	3:00pm	Home	West Street
Braintree Town Reserves	26/12/2018	11:00am	Home	West Street
Wormley Rovers	29/12/2018	3:00pm	Away	Wormley Sports Club
Halstead Town	05/01/2019	3:00pm	Home	West Street
Newbury Forest	12/01/2019	3:00pm	Away	Oakside Stadium
May & Baker	19/01/2019	3:00pm	Away	Barking Republic
Brightlingsea Regent Reserves	26/01/2019	3:00pm	Away	Taydal Stadium



HOGIT, founded in 2017, soon transformed from a weekend hobby to something much, much more. After some practise hogs, food testing and a five star Food Hygiene Rating, Josh decided to push his ideas mainstream. Josh's desire was to create excellent food together with high quality service; his innovative and creative ideas were a perfect business model.

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The team can cater for 40 – 400+ customers and with its four hog machines, four BBQs, two vans, a catering truck and a food trailer, team HOGIT are sure to ensure your events goes perfectly.

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Team HOGIT



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Holland	09/02/2019	3:00pm	Away	Dulwich Road
Hackney Wick	02/03/2019	3:00pm	Home	West Street
White Ensign	09/03/2019	3:00pm	Home	West Street
Lopes Tavares	16/03/2019	3:00pm	Home	West Street
Harwich and Parkeston	23/03/2019	3:00pm	Away	Royal Oak
Wormley Rovers	30/03/2019	3:00pm	Home	West Street
Wivenhoe Town	06/04/2019	3:00pm	Away	GMP Plant Hire Stadium
Burnham Ramblers	13/04/2019	3:00pm	Home	West Street
				Terence McMillan Stadium
Fire United	20/04/2019	3:00pm	Away	Stadium
Hashtag United	27/04/2019	3:00pm	Away	Coles Park Stadium

Please note that all of our league fixtures (set out on both this and the preceding page) may be potentially subject to change due to postponements brought about by, for example, adverse weather conditions or other unforeseen circumstances that may arise during the course of the season.



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LEADER OF THE PACK! CAPTAIN FANTASTIC: ABEDNEGO MENSAH

When Manchester United legend, Eric Cantona described current French national team coach, Didier Deschamp as little more than a 'water carrier', little did he know that he was rubbishing a role that has only grown in importance in modern football.

Put simply, just about every successful team now has a player whose job is to disrupt the opposition's play and win the ball for his own team. However, this is not a new idea. When including Nobby Stiles in his successful World Cup winning team, Sir Alf Ramsey is said to have famously told Stiles, "Your job is simple: win the ball and

"He sets the tempo and leads by example from the outset."



"He is like a pocket-dynamo, essential to his team."

give it to Bobby Charlton."

The message was clear and, whilst there is no doubt that the role of a defensive midfielder has clearly progressed since the days of Stiles and, more recently, Deschamps to something that is now given considerably more respect. Such a view is ably supported by the case of N'Golo Kante who plays so effectively in the role, both for his club side, Chelsea and also for his country, France in winning the World Cup earlier this year.

However, the fact that those that play defensive midfield are now given so much more respect for the roles they play is because so.

THE TEAM OFF THE FIELD

CLUB OWNER/CHAIRMAN & MANAGER:
CLIFF AKURANG

VICE CHAIRMAN/CLUB SECRETARY:
BRIAN SAWYER

CLUB PRESIDENT:
ANDREW DOUGLAS

HEAD OF MEDIA:
GARETH DAVIES

CLUB TREASURER:
AMANDA TRACEY

CLUB HOUSE MANAGER:
MEL PYNE

MATCH DAY STEWARDS:
STUART FENNEL & GRAHAM HILDER

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much more is expected from those that play in these roles now. Where once those that play in the position of defensive midfielder used to merely have to sit in front of the defence to provide them with extra support, now the role is significantly more demanding. There is a need to have both the fitness and the concentration to work right across the line to plug the gaps left by their teammates and created by the opposition.

Step forward one Abednego Mensah. Despite his diminutive stature and the fact that he only actually played competitive organised football for the first time when he was 16 years of age, Mensah may best be described as the heartbeat of the team. Like a pocket-dynamo, with his 'go-getting' attitude, he is absolutely essential to his team in not only leading by example, but also by setting the tempo that the rest of his teammates look to follow in working together in support of the greater good: Coggeshall United Football Club.

That last point effectively summarises the way in which Mensah plays the game. He is all about the team and doing whatever is necessary to allow the team to first compete and then stamp its authority over other teams due to their superior work-rate. However, that is not to say that there is anything simple about the way in which Mensah plays his football.

His role in the team is about considerably more than physicality and fitness. To be effective as he is for the team, Mensah has to maintain a degree of concentration and awareness that is verging on other-worldly. As a result, he is able to spot any potential danger that may be posed by the opposition even before it actually arises and snuff it out before it becomes a problem.

Allied to this, the fact that Mensah also retains the wherewithal to lay the ball off short to his more creative and attack minded teammates only further supports the value that he poses to the team. As the great former Liverpool manager, Bob Paisley once said: "It is not about the long ball, or the short ball, it is about the right ball". That is another key area where Mensah excels and, based on his performances to date this season, Coggeshall United Football Club are a far stronger teams with him in their starting 11 than they would be without him.

**OFFICIAL MATCH DAY PROGRAMME
BY MODUS OPERANDI SPORTS**



"It Only Takes A MO"

UNITED FOR LEWIS' LITTLE LEGS!

We hope you will join us in supporting Lewis Weale and his family's amazing cause!

Lewis had a difficult start in life. Not only was he born 10 weeks prematurely but also had an operation a week later because of a twisted bowel. At five months we were told he had Cerebral Palsy. Playing with his big brother, he wants to do all of the fun things that every child has in store for them as they grow up but he can't do this because he is unable to walk. Despite this he is the most kind, funny and determined little boy.

There is no cure for Cerebral Palsy, but there are treatments and operations that can drastically improve his life! He has been told by Great Ormond Street Hospital that he is a good candidate for a life changing operation called SDR. It involves identifying and cutting the dorsal nerves in the spine responsible for sending faulty messages to the lower part of his body. This will remove the tightness in his legs. Lewis will need intensive physio following the operation and for most of his childhood. We are aiming to raise **£60,000** for Just4Children to help our superhero with his dream of walking to become a reality.

Lewis is currently having weekly private physio sessions and is due to have botox which will act as a temporary reduction of spasticity in his legs. He works very hard on his exercises. Our amazing boy is doing 10 sit ups every night and practising hard with his walking sticks. To follow his progress please either go to Facebook (www.facebook.com/lewislittlelegs) or Twitter. Thank you for your support.



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