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vs Luton Town

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JOHN WARD

PERHAPS THE MONEY THAT GOES INTO THE TOP LEAGUE CAN FIND ITS WAY DOWN TO THE LUTON TOWNS OF THE THIS WORLD WHO NEED A LITTLE HELP AT TIMES. IT IS IN THE INTEREST OF THE GAME IN GENERAL TO KEEP OUR FOUR LEAGUES INTACT



Welcome back to Brunton Park for our second home game in four days. We were very pleased to take maximum points on Saturday against Brighton with a good all round performance. I was concerned that we may start to believe our own hype after the compliments aimed at the team following the win at Forest, which continued all the way into Saturday's fixture. To their tremendous credit the team were entirely focused on the Brighton game and came through with a very thorough performance in very difficult windy conditions.

It is my pleasure to welcome Mick Hartford here today with his Luton Town team. Mick and I were team mates at Lincoln City in the late seventies and I am pleased to see him continuing his career as a good coach. Mick has inherited many internal problems at Luton Town who have already entered administration, lost 10 points as a consequence, and dipped into the bottom four, after seeing some of their best players sold off to pay the debts. That is enough to test the patience of a saint let alone us football managers but in Mick they have a very shrewd character who will galvanise the players and the club to become stronger in adversity. We will have to show

great strength and ability ourselves if we are to overcome today's opponents.

The FA Cup has displayed the magic that the competition is famous for. There have already been many good stories in the competition and they are continuing all the way to the semi finals and no doubt the FA Cup final itself. It just goes to show that the game of football is alive and well down here in the Football League. The Premier League wallows in the coverage of the games and is awash with the cash benefits that follow that interest but the three divisions below provides a great amount of interest, attitude and ability to the many who regularly watch at our levels. Perhaps the money that goes into the top league can find its way down to the Luton Towns of the this world who need a little help at times. It is in the interest of the game in general to keep our four leagues intact and providing the entertainment that the FA Cup has highlighted. Come on football - Look beyond the big boys and appreciate that we all have a part to play in the modern game.

Meanwhile, enjoy the game.

John Ward

JW

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THE FARMERS MATCH

A word with the Chairman



Tonight's visitors, Luton Town, have indeed experienced a difficult season as they fell into administration and suffered the loss of points. I do sympathise with them and extend to their officials, players and supporters a very warm welcome to Brunton Park.

What an experience it was last Monday evening at Nottingham when our players turned in a strong performance for the third game in succession. The group of players we have at present is one of the best there has been in my time at the club, and the bond to succeed as a team comes out very strong. I think we have seen this in recent games and, together with John, Gregg and Dennis out-thinking the opposition tactically, it has been a great advantage.

The only black spot at Nottingham to spoil the evening was due to a drugs test. The team coach did not leave the city ground until 11.30 pm and it was after 3am when we arrived back at Brunton Park. You do not know when these tests are going to come along but, on arriving at the ground, we found at that it was happening, and two players from each team had to be selected to go through the procedure after the game. It is well known that these tests can take well over two hours and this turned out to be the fact on Monday.

I think the FA drugs section are completely out of order in selecting tests to be carried out at games, especially evening matches, when clubs, as we did, have long journeys home. I did approach the drugs team and expressed my displeasure,

saying that we had a 3 hour journey home, but was told I could do nothing except write to the FA, which we will do. I did say our driver was running out of permitted hours and the reply was that if the test lasted over another half hour they would provide the players with taxis home. I couldn't believe what I was hearing.

One of the latest topics raising its head again in football is police charges and the league are fighting back in an effort to protect clubs. It is an extra cost that we, as a club, are unable to stand, especially when we have no control as to which matches and how many officers are to attend. Many clubs feel that football clubs provide enough services within the community for the police to provide their services at no extra cost.

It is only a few years ago that we were being told by the Football Licensing Authority that clubs would be replacing police with their own stewards, as at other entertainment events. This has been carried out and Carlisle United now have approximately one hundred stewards on their books, who are all trained to the recommended standard. It does appear to me that the police authorities are looking for ways to raise money and football clubs, like motorists, are an easy target. I would say that at Carlisle we have a pretty good relationship with the police, and I hope it can be kept that way.

Enjoy the game.

Andrew Jenkins

IT IS ONLY A FEW YEARS AGO THAT WE WERE BEING TOLD BY THE FOOTBALL LICENSING AUTHORITY THAT CLUBS WOULD BE REPLACING POLICE WITH THEIR OWN STEWARDS

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TicketNews

Carlisle United v Northampton Town
Monday 24 March 2008, Kick Off: 3pm

Please pay attention to the opening hours over the Easter period:

Dates of Sale:

Date of sale	Main Ticket Office	BS 2
Monday 10 March 08	10am - 5pm	9.30am - 5.30pm
Tuesday 11 March 08	10am - 5pm	9am - 5.30pm
Wednesday 12 March 08	10am - 5pm	9am - 5.30pm
Thursday 13 March 08	10am - 5pm	9am - 5.30pm
Friday 14 March 08	10am - 5pm	9am - 5.30pm
Saturday 15 March 08	Closed	10am - 5pm
Sunday 16 March 08	Closed	12pm - 4pm
Monday 17 March 08	10am - 5pm	9.30am - 5.30pm
Tuesday 18 March 08	10am - 5pm	9am - 5.30pm
Wednesday 19 March 08	10am - 5pm	9am - 5.30pm
Thursday 20 March 08	10am - 5pm	9am - 5.30pm
Friday 21 March 08	10am - 2pm	10am - 4.30pm
Saturday 22 March 08	Closed	10am - 5pm
Sunday 23 March 08	Closed	Closed
Monday 24 March 08	*10am - kick off	*10am - 1.30pm

Normal Match Prices:

	Seating	Terracing	*Seating	*Terracing
Adult	£18	£14	£20	£16
Senior (65 +)	£12	£10	£14	£12
CUFC Students	£12	£10	£14	£12
Juniors 11 -17	£8	£7	£10	£9
Child U 11	£4	£3	£4	£3
Wheel Chair	£2	N/A	£2	N/A
Carer	Free	Free	Free	Free

To buy your tickets:

In person - Queue at the ticket office at Brunton Park or BS 2. You can pay cash, cheque with guarantee card or debit card. Credit cards have an additional £1 charge per transaction.

Post - send in a cheque for correct amount, a covering letter stating the age criteria you wish to purchase, and stamped addressed envelope for return.

Phone - ring the ticket office 01228 526 237 (option 1) at the designated times, and pay with a credit / debit card. Please note - to post tickets ordered over the phone there is an additional charge of 50p, and all credit cards used will incur a £1 surcharge. The last day tickets will be

posted is 5pm on Tuesday 18 March 08.

Easter Ticket Promotion

In conjunction with the above prices advertised, we are also running a promotion for this fixture, whereby every child under the age of 11 can gain FREE entrance (providing they are accompanied by a full paying adult). Tickets must be purchased at the same time and the ratio will be (1:1).

Additional child tickets can be purchased at the original price as above. This promotion will also apply to a full paying adult season ticket holder, when applying for the child ticket. Season ticket holders must be able to provide their membership number.



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 Chris Reay, Dick Thompson
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 George Thomson
 Club Secretary: Sarah McKnight
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 Assistant: Dennis Booth
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 Club Doctor: Dr John Haworth
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 Keeping Coach: Simon Smith
 Kit Man: Andy Horn
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 Barry Keal, Matt Graham
 Reserve and Youth team Physiotherapist:
 Geoff Haugh
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 Promotions and Lottery: Ewan Wood
 Blues Store: Sonia Anderson
 Hospitality and Bars: Dawn Baker (Azure)
 Media Department: Andy Hall &
 Barbara Abbott
 Media Assistant: Martin Routledge
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 Club Photographer: Mark Fuller
 Associate Photographer: Paul Mortimer
 Club Chaplain: Rev Alun Jones
 Safety Officer: John Little
 Deputy Safety Officer: Tim Wordsworth
 Assistant Safety Officer: Claude Jones
 Kit Ladies: Ann Nichol and Julie Rotherham
 Main Switchboard: 01228 526 237
 Fax: 01228 554 141
 Blues Store: 01228 554 138
 email: enquiries@carlisleunited.co.uk
 media@carlisleunited.co.uk

Please ring the Main Switchboard to contact
 any Department within the club

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**A WARM WELCOME TO OUR SPONSORS -
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If you have any comments to make on the Matchday Magazine then please email media@carlisleunited.co.uk and for up to date news and reaction visit www.carlisleunited.co.uk

POLICY ON THE THROWING OF OBJECTS FROM THE CROWD

Due to a number of high profile incidents that have occurred at matches in recent months, where players and a match official have been struck by coins thrown from the crowd, Carlisle United would like to remind supporters that the throwing of any object within the stadium is a criminal offence and strong action will be taken against anyone committing such an offence. We encourage supporters to report any misconduct they might witness to the club.

CUSC RACISM POLICY

Carlisle United Football Club wishes to stress that it will not tolerate any form of racist behaviour whatsoever. Anyone using racist behaviour will be ejected from the Stadium and reported to the relevant authorities. If you hear or see racist behaviour at Brunton Park please report it to the nearest Steward and help us to Kick Racism out of Football.

EMERGENCY PROCEDURE

In the event of an emergency occurring at the Stadium the Public Address system will be used to broadcast information and instructions to the spectators. Such broadcasts will be preceded by a three-tone chime. When the chimes are heard please be silent, pay attention to what is said and obey any instructions. An example of this alert will be carried out just before kick off and at half time and it will be clearly stated that the announcement is for instructive purposes only.

**IF YOU WOULD LIKE TO SPONSOR A PAGE IN THIS SEASON'S
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**IT COSTS JUST £25 FOR THE WHOLE SEASON, AND IS A
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IN TO THE MAGAZINE, AND IS A UNIQUE WAY FOR YOU TO
SHOW YOUR SUPPORT FOR THE CLUB.**

**Thanks to our main Matchday Magazine Sponsors
for 2007 / 08 - CUSC London Branch**



**IN THE MEAN TIME,
THANKS TO
EVERYONE WHO
WRITES FOR IT, SITS
DOWN TO
INTERVIEWS, SENDS
IN PHOTOGRAPHS
AND SUGGESTIONS
AND, MOST
IMPORTANTLY OF
ALL, BUYS IT**



Mediamatters

Matchday Magazine

It goes without saying that we were all delighted to hear about the recognition that the Magazine has received from Programme Monthly this season.

For those who aren't aware, we finished second overall in the Best Programme Awards and we were voted as the Most Improved Programme of 2007 / 08.

Plenty of hard work goes in to it, with myself, Barbara and Tino compiling the bulk of the copy, ably assisted by a willing and enthusiastic group of contributors (including the players and staff at all levels of the club). If we're honest, it is they who make the Magazine in to what it is with the quality of their articles and interviews, and we can't thank them enough for the work that they do.

A massive thanks, of course, has to go to the London Branch. Knowing that we had a new product to test, and new relationships to build up with a new print and design firm, they decided to take the plunge anyway and become our Main Matchday Magazine Sponsor for the season. Hopefully they'll take as much credit for the awards as they deserve, and will also feel that they made the right decision.

The final editing process for these Magazines is completed by myself, with our dedicated designer, Darren Gillick, turning the copy I send to him in to a professional looking end product. That's not bad when you consider that, for his sins, he's a Luton Town supporter and could easily stitch us up!

Quite a few of the Directors have enquired as to how many hours actually goes in to putting it together (the one you see before you, for example) and I find it an almost impossible question to answer. There have been times when I've worked through until about 4am in the morning, as has Barbara (particularly when there have been back to back issues to sort out), grabbed a couple of hours sleep and then dragged myself in to work at half six the next morning.

Those long nights are few and far between (thankfully) but they do still come around, usually when there are two first team games within the space of three days, a transfer window, a reserve game ... and a youth game or two thrown in for good measure.

It definitely keeps the Media trio at the club

busy, that's for certain, as one Magazine often melts in to the next as the deadlines continue to flow.

Talks will be conducted over the course of the next six weeks or so to see what we are doing with it all next season (print firm, content, pagination, etc) and, hopefully, I'll be able to give you some kind of heads up on it before we sign off for the campaign.

In the mean time, thanks to everyone who writes for it, sits down to interviews, sends in photographs and suggestions and, most importantly of all, buys it and supports it with their custom. After all, there's no point at all if folk don't want to read it!

United World Extended Highlights

Those who subscribe to United World will have seen that we are using the home games to trial a new extended highlights package.

This trial would not have been possible without sponsorship from Tony Little, a member of the London Branch and a keen supporter of the club.

In conjunction with Peter Hoskin at Pro-Cam, we can guarantee at least 9 minutes of action from each home game for the remainder of the season, and we hope to have it posted and live on the website within 72 hours of the final whistle. Please bear with us if we slip outside of these timings, as we are still ironing out the wrinkles of the procedure, but I hope that you all find that it has improved the United World service by at least ten-fold. Between us we seem to have sorted out the issues of resolution, frame speed and screen size, and the clips that we are uploading are near DVD quality, which is excellent.

Sponsorship will be required for next season, if we are to keep the service going, but I'll be working on securing that as soon as we are happy that it is a service that is having a positive impact. As it stands, at this early stage, it looks like it is, which is good news for us all.

Many thanks to Tony for his support of this trial for this season (see his advert on page 19, and please support our Sponsors).

If you have any burning questions for the Media team, send them to media@carlisleunited.co.uk and we'll do our best to answer them for you.

Andy Hall



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Meet the Hatters



Ground name - Kenilworth Road
Ground capacity - 9975
Nickname - The Hatters
Year formed - 1885



CLUB RECORDS

ATTENDANCE	30069: VS BLACKPOOL 04/03/1959 FA CUP R6 REPLAY
GATE RECEIPTS	115541: VS WEST HAM UNITED 23/03/1994 FA CUP R6
BEST LEAGUE WIN	12 - 0: VS BRISTOL ROVERS 13/04/1936 DIVISION 3S
WORST LEAGUE LOSS	0 - 9: VS BIRMINGHAM CITY 12/11/1898 DIVISION 2
BEST CUP WIN	9 - 0: VS CLAPTON 30/11/1927 FA CUP R1
WORST CUP LOSS	3 - 8: VS FULHAM 11/01/1908 FA CUP R1
MOST CAPPED PLAYER	MAL DONAGHY: 58 NORTHERN IRELAND
LEAGUE APPEARANCES	BOB MORTON: 494 1948/64
LEAGUE GOALS	GORDON TURNER: 243 1949/64
GOALS IN A SEASON	JOE PAYNE: 55 1936/37 DIVISION 3S
TRANSFER FEE RECEIVED	£3,000,000: CURTIS DAVIES WEST BROM 31 AUGUST 2005
TRANSFER FEE PAID	£850,000: LARS ELSTRUP AUG 1989

LEAGUE HONOURS

LEVEL 2 (CHAMPIONSHIP, LEAGUE DIVISION ONE, SECOND DIVISION)	CHAMPIONS 1981/1982
	RUNNERS-UP 1954/1955, 1973/1974
LEVEL 3 (LEAGUE ONE, LEAGUE DIVISION TWO, THIRD DIVISION, THIRD DIVISION)	CHAMPIONS 2004/2005
	RUNNERS-UP 1969/1970
LEVEL 3 (THIRD DIVISION (SOUTH))	CHAMPIONS 1936/1937
	RUNNERS-UP 1935/1936
LEVEL 4 (LEAGUE TWO, LEAGUE DIVISION THREE, FOURTH DIVISION)	CHAMPIONS 1967/1968
	RUNNERS-UP 2001/2002

Head to head

	CARLISLE UNITED WINS	DRAWS	LUTON TOWN WINS
League	5	8	8
Total	5	8	8

2007/2008

Football League One Luton Town 0-0 Carlisle United 06-11-2007

2001/2002

Football League Two Luton Town 1-1 Carlisle United 19-01-2002

Football League Two Carlisle United 0-2 Luton Town 11-08-2001

1997/1998

Football League One Luton Town 3-2 Carlisle United 02-05-1998

Football League One Carlisle United 0-1 Luton Town 21-10-1997

1976/1977

English Division 2 (old) Luton Town 5-0 Carlisle United 26-03-1977

English Division 2 (old) Carlisle United 1-1 Luton Town 16-10-1976

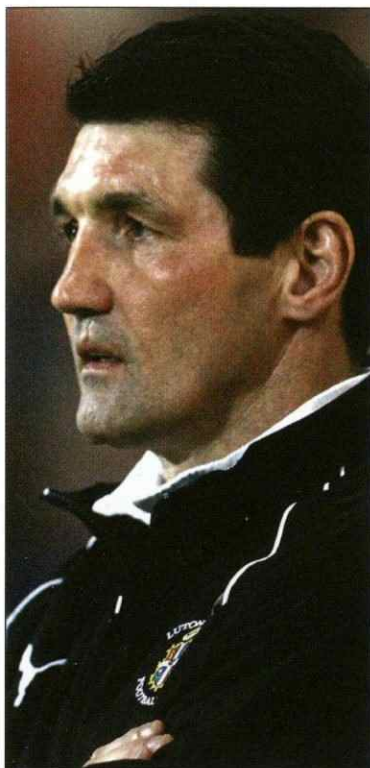
StarMan

KEITH KEANE
Midfielder

Having made his debut as a 16-year-old in November 2003, Keith Keane went on to enjoy an extended run in the side. Such was the contribution he made that the return of Foley didn't signal the end of his involvement at first-team level and he finished the season with fourteen appearances under his belt, all this whilst still in the first year of his scholarship. Another of the youth team who regularly appears for the Republic of Ireland at schoolboy level, he joined the Hatters at the age of nine, demonstrating enough potential to convince Milne Newell to give him his first taste of senior action.



Meet the Manager



MICK HARFORD

Since hanging up his boots, Mick Harford has twice had a spell on the coaching staff at Luton, initially as Assistant Manager under Joe Kinnear and more recently as Director of Football for Mike Newell.

During his first spell at the Club he helped mastermind the Hatters' promotion back to the Second Division in 2001/02 and as Director of Football and First Team Coach he played his part in building the side that secured promotion to the Championship, running away with the League One title during 2004/05.

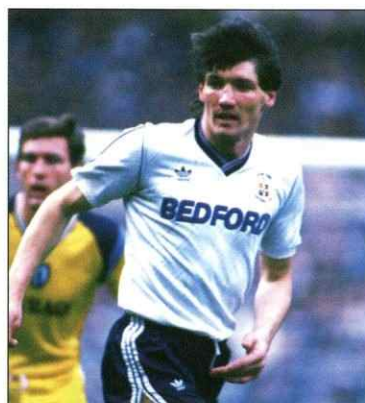
Harford left the Hatters in November 2004 to be re-united with Kinnear at Nottingham Forest. He then took over as Caretaker Manager at Forest in December 2004, replacing Kinnear, for a total of six matches before Gary Megson was confirmed as the new manager at the City Ground.

Having left Forest in January 2005, he had intended to spend the rest of the season helping out old friend Andy King at Swindon Town, however, after a couple of months at the County Ground, he became Manager at Rotherham United, whose relegation from what is now the Championship had already been confirmed.

The eight month spell in charge at Millmoor was the first managerial job he held in his own right and on leaving the club, he had a short spell coaching the forwards at Millwall before he hooked up with his former Derby County team-mate, Geriant Williams at Colchester United in Summer 2006, as his number two, a position he held for a year before the opportunity arrived to join John Gregory - again as an Assistant Manager - at Queens Park Rangers in June 2007.

In October 2007, Harford took caretaker charge at QPR for one month following Gregory's dismissal, losing only once in five games before he himself left the Club when Luigi De Canio took over as a manager.

He will now be in charge of Luton Town until the end of the season 2007/08 season and will be assisted by former Portsmouth and QPR defender Warren Neill.



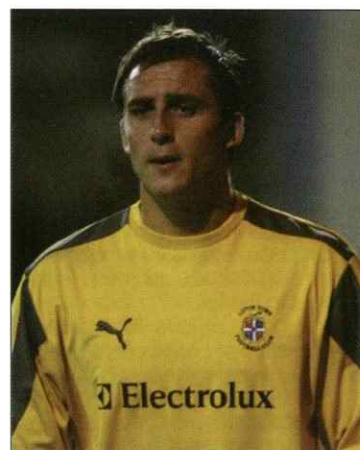
PLAYING CAREER

Club	From	To	Fee	League	FA Cup	League cup	Other
MK Dons	18-08-1994	31-05-1998	£ 50000	37 (23) 9	9 (4) 1	2 (7) 1	0 (0) 0
Coventry	12-07-1993	18-08-1994	£ 200000	0 (1) 1	0 (0) 0	0 (0) 0	0 (0) 0
Sunderland	18-03-1993	12-07-1993	£ 250000	10 (1) 2	0 (0) 0	0 (0) 0	0 (0) 0
Chelsea	13-08-1992	18-03-1993	£ 300000	27 (1) 9	1 (0) 0	5 (0) 2	0 (0) 0
Luton	12-09-1991	13-08-1992	£ 325000	29 (0) 12	0 (0) 0	1 (0) 0	1 (0) 0
Derby	18-01-1990	12-09-1991	£ 450000	58 (0) 15	1 (0) 0	7 (0) 3	2 (0) 0
Luton	13-12-1984	18-01-1990	£ 250000	135 (4) 57	27 (0) 11	16 (0) 10	4 (0) 3
Birmingham	26-03-1982	13-12-1984	£ 100000	92 (0) 25	7 (0) 2	10 (0) 6	0 (0) 0
Bristol C	24-08-1981	26-03-1982	£ 160000	30 (0) 11	5 (0) 2	5 (0) 1	0 (0) 0
Newcastle	24-12-1980	24-08-1981	£ 180000	18 (1) 4	0 (0) 0	0 (0) 0	0 (0) 0
Lincoln	06-07-1977	24-12-1980	Free	109 (6) 41	3 (0) 0	8 (0) 5	0 (0) 0

MANAGERIAL CAREER

From	Team
2004-2005	Nottingham Forest (caretaker)
2005	Rotherham United
2007	Queens Park Rangers (caretaker)
2008-	Luton Town

The Hatters squad



CALVIN ANDREW

After scoring an incredible eight goals in three games for the Under-18 side, Calvin Andrew made his Luton debut in September 2004, making 11 appearances. Andrew was sent out on loan to Grimsby and Bristol City during the 2005-06 season. He scored his first Luton goal in April 2006 but injury at the start of the 2006-07 season hampered his progress under former boss Mike Newell, before he enjoyed an extended run-out during the back end of the season.

ED ASAFU-ADJAYE

Ed Asafu-Adjaye is in his first year as a professional footballer having made significant progress through the Club's youth set-up. The full-back, who spent a short time on-loan at non-league side Walton & Hersham, made the breakthrough into the first team under former boss Mike Newell. Kevin Blackwell gave him a one-year contract.

RICHARD LANGLEY

Richard Langley signed for Luton Town in July 2006 after being released by former club QPR. A hard working midfielder, Langley started his career at Loftus Road after progressing through their youth ranks. He became a firm favourite at QPR and it was his form that year which prompted Cardiff to splash out £200,000 for the midfielder and which led to him gaining international caps for Jamaica. At the start of the 2003/04 season, Langley scored for Jamaica in international friendlies against Cuba and Paraguay and went on to score six goals for his new club that season. Unfortunately, Langley couldn't repeat that form for Cardiff in the following season and was transferred back to QPR in August 2005. During his first season at Kenilworth Road, Langley made 21 first-team starts.

SOL DAVIS

It was a huge disappointment to Swindon Town, and a coup for Luton, when the highly-rated defender decided to leave the County Ground after his contract expired at the end of the 2001/02 season. Davis had joined Swindon as a trainee in the summer of 1998, and made rapid

progress through the youth and reserve teams to become a regular in the Nationwide League. Sol was unfortunately involved in a serious incident during the 2006/07 season when he suffered a stroke on the team bus prior to the Club's visit to Ipswich Town. Sol however made a miraculous recovery and was back in action against Cardiff City on New Years Day, 2007.

DARREN CURRIE

Darren Currie became Kevin Blackwell's third signing of the summer when he signed a two-year deal at Kenilworth Road in July 2007. The experienced midfielder started his career at West Ham United as a trainee. His first senior appearance was with Shrewsbury Town, where he made 66 appearances at Gay Meadow, scoring eight goals during two years at the Shropshire club. An unsuccessful spell at Plymouth followed. During four years at Barnet Currie scored 21 goals in 141 appearances before being transferred to Wycombe in a £200,000 deal, where he scored 20 goals in 143 appearances. After four years at Wycombe, Currie moved to Brighton. His impressive form alerted the attentions of Ipswich boss Joe Royle, who signed the midfielder in a £250,000 deal.



The Hatters squad

LEWIS EMANUEL

Lewis Emanuel arrived at Kenilworth Road in the summer of 2006 after deciding to leave his home town club Bradford City, the place where the defender started his career. Lewis made over 150 appearances for Bradford in six-years at the club, scoring four goals. In his first season at Kenilworth Road he made 40 appearances, scoring twice.



PAUL FURLONG

Paul Furlong became the fourth signing by Hatters boss Kevin Blackwell. The striker started his career with non-league Enfield before moving to Coventry City in a £130,000 deal. During his year spent at Coventry, Furlong made 44 appearances, scoring four goals as the Club managed to stave off relegation from Division One during the 1991-92 season. A move to Watford followed and during his time at Vicarage Road he made 92 appearances, hitting the target 41 times before a money spinning move to Chelsea followed. The London club splashed out £2.3 million on the striker and during two years of playing in the Premiership he made 85 appearances and scored 17 times. Birmingham City broke their record transfer fee in July 1996 and took Furlong to St Andrews when they splashed out £1.5 million for his services. At Loftus Road, Furlong became a real fans' favourite. After a

frustrating start to his career at the London club due to injury, he made just short of 200 appearances, scoring 55 goals.

ALAN GOODALL

Alan, who signed a two-year contract at Kenilworth Road, started his career at Welsh club Bangor City in 2001, spending four years at Farrar Road, where he scored ten goals in 91 games. Goodall has also tasted European football as he was part of the Bangor side that lost to Serbia side FK Smederevo in their 2002-03 UEFA Cup campaign. The defender moved to Rochdale in 2004 and went on to become a fans favourite at Spotland, making 131 appearances and scoring eight goals.

DON HUTCHISON

Don Hutchison became Kevin Blackwell's seventh signing of the summer after he impressed on a trial at the Club during a pre-season tour of Norway. The experienced midfielder signed a one-year contract at the Club as Luton became his ninth club of his illustrious career. Hutchison started his career at Hartlepool United as a trainee, but was quickly spotted by Liverpool in 1990, before moving to Sheffield United and Sunderland. The midfielder signed for West Ham United for a club record transfer fee of £5 million in August 2001. He had previously broken the club's record transfer fee - £1.5 million - when he signed for his spell at the club in August 1994. He joined Millwall in August 2005 after being released at the start of the 2005-06 season by West Ham. He left Millwall in November 2005 and signed for Coventry. During his career, Hutchison played 26 times for Scotland, scoring six goals.

RICHARD JACKSON

Richard Jackson, one of nine summer signings made by Kevin Blackwell prior to the start of the season, had a distinguished career at Derby County. The full-back was the longest serving player at Pride Park prior to completing a signing a two year deal at Kenilworth Road. Jackson joined Derby in March 1999 from Scarborough after playing only 24

senior games for the Seaside club.

PAUL MCVEIGH

McVeigh, who signed a two-year contract at Kenilworth Road, started his career at Tottenham Hotspur where he made three appearances, before he enjoyed a successful career with Norwich. He joined Norwich in March 2000 on a free transfer and helped Norwich win promotion to the Premiership the following season. During his spells at Tottenham and Norwich, he was capped by Northern Ireland 20 times in total.

DEAN MORGAN

Morgan moved to Kenilworth Stadium from Reading in July 2005 after seeing his opportunities limited at the Madjeski Stadium. The former Colchester striker scored three league goals in 13 starting appearances for the Royals. Morgan, who once had a trial with the Hatters earlier in his career, came through the ranks at Colchester where he scored six goals in 25 appearances. Dean is a skilful midfielder who likes to get forward at every opportunity.

STEPHEN O'LEARY

Stephen O'Leary is a skilful midfielder, who has spent time on-loan with Tranmere Rovers. O'Leary joined Luton as a 13-year-old, when he was spotted playing for Barnet Schools and he was awarded a Scholarship in the summer of 2001 along with Kevin Foley. During his time with the Hatters he has also been a regular at schoolboy level for the Republic of Ireland. He was rewarded for his displays at the end of the 2006/07 season when boss Kevin Blackwell handed him a one-year contract.

SAM PARKIN

Ex-Chelsea trainee Sam Parkin is a forward with a prolific goalscoring record. Unfortunately, Sam's career at Kenilworth Road has yet to get going after a serious injury meant he played only eight games since signing under former boss Mike Newell. After signing for League One side Swindon Town in August 2002, Parkin set the Football League world alight, scoring 67 league goals in 120

appearances. Parkin signed for Ipswich Town in the summer of 2005 for £550,000. Following Joe Royle's departure at the end of last season, the new Blues boss Jim Magilton made it clear that Parkin would not get regular football at Portman Road. After fees were agreed with both Preston and Luton, he signed a three-year deal at Kenilworth Road, costing the club £340,000.

CHRIS PERRY

Chris Perry brought plenty of experience with him when he signed a two-year contract at Kenilworth Road. In 1991 Perry started his career at Wimbledon and went on to make more than 200 appearances for the club before moving to Tottenham Hotspur in 1999. He joined Charlton Athletic in September 2003. During his time at White Hart Lane, Perry made 146 appearances, scoring four times. After initially joining Charlton on-loan, a £100,000 fee was agreed and he became a popular figure at the Valley, making 76 appearances during his three-year stay. Perry later he joined West Bromwich Albion on a two-year deal.



DAVID BELL

Talented young midfielder David Bell signed a three and a half year contract with the Hatters in mid-January 2006 after joining from Rushden & Diamonds. He rose through the ranks at Diamonds to quickly establish himself as a firm favourite at Nene Park. Bell, who has been capped by Republic of Ireland at U19 and U21 level, made 121 starting appearances for Rushden,

scoring ten goals. Bell can play in the centre, left and right side of midfield and his performances for Rushden led to two trial spells with Middlesbrough.

PAUL PESCHISOLDO

Experienced striker Paul Peschisoldo joined Luton on a one-year deal in July 2007. The Canadian-born striker joined from Derby, where he played a big part in lifting the Rams into the Premiership, playing the first hour of the 1-0 Play-Off final victory over West Brom in May. Peschisoldo is vastly experienced, with more than 500 appearances in English football, in a career spanning almost 15 years. After starting his career in the Canadian Soccer League with the Toronto Blizzard, Peschisoldo joined Birmingham City, where he scored 16 league goals in 43 appearances. Stoke City paid £400,000 for him in 1994. After a brief return to Birmingham, he then moved on to West Bromwich Albion, then on to Fulham in October 1997, for a £1.1 million transfer fee. A succession of loan spells followed, as he enjoyed spells at QPR, Norwich and Sheffield United. He made a permanent move to Sheffield United in 2001. In March 2004, Peschisoldo joined Derby County.

STEVE ROBINSON

Luton paid £50,000 to Preston North End in the summer of 2002 for a player who had been capped five times by Northern Ireland. He had made his name at Bournemouth after joining the Cherries on a free transfer from Spurs. Preston paid £375,000 for him but he failed to make the same impact in two years at Deepdale, and jumped at the chance to get his career moving again when Luton came in for him.

MATTHEW SPRING

Matthew Spring returned to Kenilworth Road in January 2007 after leaving the club in 2004 to join Leeds United. Matthew had been at Luton since he was a schoolboy. After a league debut when still only seventeen, he soon became a regular in Luton's Second Division

team, and his first 100 appearances were clocked up while he was only twenty. Matthew joined Watford in August 2005 where he rediscovered his form from the early stages of his career, helping the Hornets into the Premiership in 2006. Matthew joined Luton on a two-and-a-half year contract in a deal worth £200,000.



DREW TALBOT

Drew Talbot signed for Luton Town in a £250,000 deal in January 2007 from Sheffield Wednesday. Originally on the books of Barnsley, Talbot drifted out of football after injury but came back with Sheffield Wednesday's academy in the 2003/04 season. During the January 2007 transfer window, Talbot signed a loan-contract with League One promotion-chasers Scunthorpe United before signing at Kenilworth Road.

PAUL UNDERWOOD

Luton Town fought off competition from a number of clubs to complete the free transfer signing of Paul Underwood from Rushden & Diamonds on transfer deadline day. The Wimbledon-born defender joined Rushden for £50,000 in the summer of 1997 from Enfield. During his time at Nene Park he was a regular in England semi-professional squad as Diamonds progressed up the non-league pyramid and in 2002/03 he led the club to the Third Division Championship and was named as Rushden's Player of the Season. Paul's career with Luton has been put in some doubt when he contracted a blood infection after undergoing a routine operation last summer and as a result missed the entire 2006/07 season.

MANAGERIAL RECORDS

John Ward	Mick Harford
Played 24 Won 14 Drawn 4 Lost 6 For 35 Against 23	Played 10 Won 0 Drawn 2 Lost 8 For 7 Against 20
Av Pts/game 1.92	Av Pts/game 0.20
Biggest Win(s) Carlisle 4 Hartlepool 2 (01/01/2008). Biggest Loss(es) Bristol Rvs 3 Carlisle 0 (29/12/2007).	Biggest Win(s) No wins found Biggest Loss(es) Hartlepool 4 Luton 0 (02/02/2008).

MANAGER HEAD TO HEAD RECORD

Played ...0	John Ward0	Mick Harford0
Draws ...0	Goals 0	Goals 0

Player with the most...	shots	shots on target	shots off target	assists	crosses	fouls	free-kicks-won
Joe Garner 88	Joe Garner 47	Joe Garner 41	Marc Bridge-Wilkinson 7	Simon Hackney 80	Joe Garner 56	Joe Garner 107	
Player with the most...	shots	shots on target	shots off target	assists	crosses	fouls	free-kicks-won
David Bell 48	Matthew Spring 28	David Bell 25	Darren Currie 8	David Bell 91	Paul Furlong 62	Paul Furlong 36	

SHARP SHOOTERS

Carlisle	CCFL Cup	Tot	Luton	CCFL Cup	Tot
Joe Garner	14	0 14	Paul Furlong	8	4 12
Danny Graham	11	2 13	Matthew Spring	6	3 9
Simon Hackney	7	0 7	David Edwards	4	0 4

TEAM HEAD TO HEAD RECORD

Played ...21	Carlisle wins5	Luton wins8
Draws8	Goals 21 (1.0 per game)	Goals 33 (1.6 per game)
0-0's2	Times failed to score 6	Times failed to score 7

Biggest League win at Carlisle for each team:
 31/03/1973 & 01/01/1974 Carlisle 2-0 Luton
 11/08/2001 Carlisle 0-2 Luton



2007/08 LEAGUE STATS

3 Position 23	33 Played 34
18 Won 9	7 Drawn 8
8 Lost 17	47 Goals For 33
31 Goals Against 47	61 Points 25

W	D	L	RANK	W	D	L	RANK
8	2	5	3	3	5	10	19

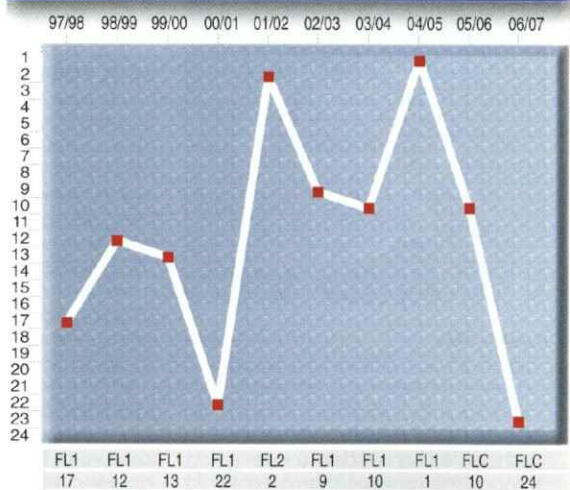
W	D	L	RANK	W	D	L	RANK
10	5	3	6	6	3	7	20

W	D	L	RANK	W	D	L	RANK
14	5	2	4	9	1	1	18

W	D	L	RANK	W	D	L	RANK
4	1	6	1	0	4	16	24

Wins:	Losses:	Draws:
1-0[8], 2-0[2], 2-1[2], 3-0[1], 3-1[2], 3-2[1], 4-0[1], 4-2[1]	0-1[6], 0-2[2], 0-4[1], 1-2[4], 0-1[3], 0-2[2], 0-3[1], 1-2[2]	0-0[1], 1-1[3], 2-2[3]

LUTON - TEN SEASON RECORD



*up to and including 05/03/2008

We've Met Before

HEAD TO HEAD



6 November 2007
League One
HATTERS 0 - 0 UNITED
Att - 5,462

United Boss John Ward was forced in to making one change to the starting eleven that sent Leeds United packing at Brunton Park on Saturday with Kev Gall coming in to replace Joe Anyinsah on the right hand side.

Luton created the first half chance of the night in the 4th minute when Bell got a yard of space on the right and whipped the ball in. Andrew moved towards it, but he was well marshalled by Murphy and Livesey and he couldn't quite make a connection.

Bell almost scored from nothing in the 6th minute when his cross, from tight on the touchline, curled wickedly and dipped towards the far post. Westwood scrambled, but he was able to watch in relief as it went behind for the goal kick.

United broke quickly themselves in the 11th minute, forcing the Hatters in to a defensive error that gave Hackney the chance to cross early. His ball in fell between the keeper and his back line and they were happy to see it away for a corner as Garner steamed in.

The Cumbrians could have taken the lead in the 18th minute when Garner spotted Gall on the overlap on the right hand side. He found him with an accurate pass, but the first touch let the United man down and the chance was gone.

Superb football brought a fantastic save from Brill in the 20th minute, sparked by an incisive pass from Bridge-Wilkinson. Graham shielded it and got it out to Hackney, and his cross was met on the full by a rising Joe Garner. It was a cushioned header, and the keeper rose to full stretch to tip it over the bar.

Bridge-Wilkinson drilled a low 23rd minute effort wide as Carlisle settled

in to their game, but they still had to be wary as Bell was finding joy out wide. Andrew was denied a header on target in their next attack as Raven got to it moments before him.

A Murphy mistake on 25 minutes left Westwood exposed and he was stranded as Currie latched on to it 6 yards out. With just Raven to beat it was heroics from the Cumbrians right back as he spread himself and blocked what was a certain goal.

David Edwards almost took Westwood by surprise on 37 minutes with a 40 yard dipping volley that appeared to be heading for the top corner. The Carlisle stopper remained calm, and watched with disinterest as it missed his nets by some margin.

Edwards was the man on the spot again as half time approached when he cushioned a long ball forward with his right foot before spinning, 12 yards out, and shooting early. It was a decent piece of skill, but he couldn't keep it down and it angled towards the United fans behind the goal.

Hackney opened the second 45 minutes with a hopeful, over the shoulder volley that was difficult for him to control, followed by a chip from the edge of the box after a tussle for possession from Garner. Neither effort had enough on it to trouble Brill. Play was then placed on pause as youths outside the ground threw fireworks in to the ground, putting the stewards in real danger.

Carlisle broke at pace in the 48th minute when Lumsdon made the ball his own in midfield. He fed it to Graham, but he delayed the shot and it was deflected wide when it came.

It was another great game for Westwood and he somehow pulled off a magical save on the hour when Calvin Andrew trapped the ball and spun quickly. His shot cannoned off Murphy, and it headed goalwards until the athletic stopper intervened and pushed it away.

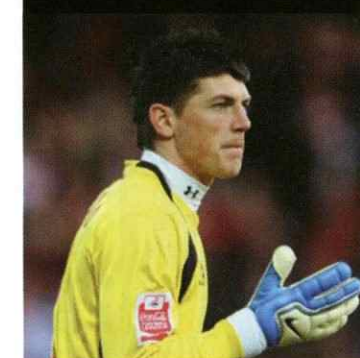
Luton were looking good with the ball and Coyne was next to go close when he made a far post free kick his own, nodding towards the top corner. Westwood had to get there again to palm it away.

Carlisle crafted a great chance in the 89th minute when Raven skipped through 3 challenges and pushed it out wide for Graham. He went for the bottom corner, but he pulled it back too far and it ran wide of the target.

LUTON - Brill, Perry, Coyne, Bell, Currie (Talbot 72), Jackson, Robinson, Edwards (Morgan 81), Andrew, Spring, Fojut. Subs - Hutchison, O'Leary, McVeigh.

UNITED - Westwood, Raven, Livesey, Murphy, Aranalde, Gall, Bridge-Wilkinson, Lumsdon, Hackney (Smith 72), Garner, Graham. Subs - Howarth, Carlton, McDermott, Arnison.

IT WAS ANOTHER GREAT GAME FOR WESTWOOD AND HE SOMEHOW PULLED OFF A MAGICAL SAVE ON THE HOUR WHEN CALVIN ANDREW TRAPPED THE BALL AND SPUN QUICKLY



What's Happening at... ...Kenilworth Road



HOWEVER, ONCE WE EXIT THIS FINAL PERIOD OF ADMINISTRATION, LUTON TOWN WILL IN BE CONTROL OF ITS OWN DESTINY

Luton manager Mick Harford has warned his players their "reputations are on the line" as they slip ever closer to relegation from League One.

Harford has yet to oversee a win at Kenilworth Road since taking over from Kevin Blackwell in January and the club are now 11 points from safety with the prospect of a further points deduction to come.

Harford said: "The whole team is feeling sorry for themselves and they are down at the moment. We get one good game out of them and then one poor game. It is very frustrating but the players' reputations are on the line and there has to be a massive improvement from them."

Luton Town are close to being taken over by a consortium fronted by TV presenter Nick Owen after a deal was reached with the club's administrators.

The Luton Town Football Club 2020 Limited, led by Owen, has had an offer for the club conditionally accepted. Contracts were exchanged before Luton's 1-1 draw with Millwall on Tuesday and the Football League is expected to confirm the deal in the next few weeks.

"We are on the way to being owners," Owen told BBC Radio 5 Live. "The bottom line is that Luton Town Football Club is secure and will live to fight another 100 years."

Luton remain in administration and the consortium will not take control until the takeover is completed. The Hatters suffered a 10-point deduction after going into administration and have seen several players sold to balance the books during a difficult period for the club.

"Basically we are in and it's a very exciting thought but we still have to get out of administration and that takes time," added Owen, who is the public face of LTFC 2020 Limited. There will be people from our consortium working in the offices and taking decisions now. Unfortunately we won't be able to sign players, even on loan, before the deadline which is a real blow as we've

lost half a team. I would never say we're resigned to relegation but it does remain a huge possibility - we have to keep going despite the 10-point deduction and the fact that we're down to 15 or 16 fit players."

Luton boss Mick Harford, who replaced Kevin Blackwell at the helm in January, said the development was a major boost to the club.

"I'm absolutely thrilled for the 2020 lads. They have worked tirelessly for the club behind the scenes over the last seven or eight months," he said. "I know it is fronted by Nick but there are a lot of others there too and I can say to the fans that the club is in great hands and has a safe future as far as I'm concerned. They have got a magnificent business plan and prospectus which I have read at length and they are keen to secure a new stadium and put the club on the right road."

The administrator for Luton has admitted that it could take until the end of the season for the club's takeover to officially go through.

Under Football League rules, clubs exiting administration have to be awarded back their football share - which permits them to take part in the league - and Guilfoyle has admitted that this could take some time.

Leeds were docked 15 further points by the League last summer for not complying fully with the process and that penalty could still be handed out to the Hatters as well.

Administrator Brendan Guilfoyle said: "The future of the club has been settled. However, the administration process is quite long and still has a way to go."

"I will formally hand over the club to LTFC 2020 once the Football League reissues the club with the 'Golden Share'. We expect this to happen sometime between Easter and the end of the season, as both the Football League and the previous managements' creditors have a large say in the timescales. However, once we exit this final period of administration, Luton Town will in be control of its own destiny."

Tarmac



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Marketing templates?



As I write these notes I am smiling like the proverbial Cheshire cat after witnessing what has to be one of the best team performances from a Carlisle team in recent times, I'm talking of course of the 1-0 victory at Nottingham Forest, courtesy of a Danny Graham strike. It truly was a pleasure to see the team play with such confidence and as one unit, for me there were eleven men of the match. The team has now firmly established itself as genuine contenders for promotion, and whilst it is still way too early to contemplate such things, I believe that promotion, be it through an automatic place or via the play-offs is very much in our own hands, or feet as the case may be.

For sure, I would prefer the automatic position, as it is somewhat easier on the heart and less of a lottery. I may be old fashioned in my thinking but I still think that the final league table speaks for itself, a football season is long enough and maybe, instead of the play-offs it should simply be the case that the top three go up. Although no one can deny the wonderful emotion of winning the play-offs, I'm thinking of our days in non-league football here. Yet what of the losers, it must be soul destroying for them, how do they pick themselves up for a challenge the following season? It must be hellish to know that potentially, over an entire season you have won more points and games than the team that may eventually win through and possibly three league places higher too. How hard must that be to take! No give me automatic promotion every time please.

I want to mention the blues support who attended the Nottingham Forest fixture last week, it was outstanding considering it was a Monday night and live on sky or and on the radio, it was a fine turn out, noisy, passionate and enthusiastic throughout they deserve high praise. So who says attendances are falling are as result of live football on television? I think the almost full house at the City Ground has determined that to be something

of an urban legend. There are many incentives football clubs can implement to attract new support, be it home or away. The Forest idea of charging an entrance fee of five pounds only undoubtedly paid dividends, programme sales would soar. Matchday purchases (food, drinks, merchandise) vastly increased and more importantly, the club had a captive audience to sell its ambition to, an opportunity to get new supporters onboard. The policing and stewarding costs may increase as a result of the bigger attendances, but the overall profit margin and benefits a significantly larger crowd brings outweigh such costs.

As an additional part to my current role in the Scottish game I am carrying out a full review of attendances throughout football and what the clubs are doing locally to address the falling attendance syndrome. In essence it's all about refreshing the club image and proper marketing techniques, selling to a whole new audience and making the whole matchday experience unique and special. Clearly each club has different demographic circumstances that is unique to its own district or area, thus the marketing has to be different in every case. There is no generic marketing template that will or can provide solutions. In many cases I have found the clubs tend to blame it on a variety of reasons; the local economy, apathy within the community, live football on television, smoking in public bans, even cases of inclement weather, there was a with one club being honest enough to state that the football on offer was poor with little hope of improvement in the immediate future!

I am aware that similar concerns are being expressed in the English game with many clubs committed to finding a generic solution, this, as stated previously, does not exist. It's clear that in general, football is no longer just a part-time interest for investors it's business, in many cases, big business. It's curious to note how some serious investors in football run their clubs, one

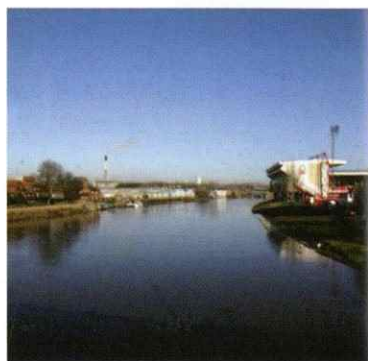
would assume that a successful business person would be careful to run an equally profitable football club. In many cases they seem blinded by the desire to succeed and look to win popularity among the fan base, all but forgetting the basic objectives of running a business. Sadly, from my perspective, the marketing and communication aspect is one of the most obvious omissions to what is a team of more than able volunteers.

In the Premier League football clubs are properly marketed, it's a full time business, maintaining the clubs profile, both locally and nationally even internationally. Some are good at it, others not so good. Professional Marketing directors or Managers have become an accepted part of the game and gradually such roles are being created throughout the football pyramid. At our level Doncaster Rovers is the most recent club to create and look to appoint to such a position. At Carlisle we are somewhat fortunate to have a football club that is run successfully both on and off the field with astute directors and club staff continually looking to the future and who are adaptable to change, marketing in such an environment is not an issue.

Three points this evening against a resilient Luton Town team would be most welcome.

See you soon.

Paul H



Thanks to Tony Little for these pictures of his lad in action at a recent game.

Remember to get in touch with Gayle (Carlisle) or Ian Jardine (London Branch) if you would like to be a Mascot at one of our games.



The Ball boys today, sponsored by Hunters Engineering and Welding, are Carlisle City Girls

Easter Half-Term Fun

Tullie House Museum & Art Gallery

FREE Drop Ins!*

No need to book! 1pm - 4pm

Tuesday 25 March & Tuesday 1 April
Gallery Drop In - Spring Celebration

Wednesday 26 March
Body Space Drop In 1

Thursday 27 March & Thursday 3 April
Gallery Drop In - Family Life

Friday 28 March
Funky Foam Egg Cosies

Monday 31 March
Decorate an Egg

Wednesday 2 April
Body Space Drop In 2

Friday 4 April
Nature Collage

Decorate your own Easter Egg

Saturday 22 March 10.30am-12.30pm or 1.30pm-3.30pm

15 places on each session suitable for anyone aged 8+.

Tickets: £5 (£3 concessions) per session.

Arts & Environment: Creature Climates - Make a Claymation film

Tuesday 25 March 10.30am - 4pm

12 places for ages 8 - 14.

Tickets: £18 (£14 concessions).

Exploring Climate Change

Thursday 27 March

10am-12pm: **Fossil Fools**

12 places for ages 6 - 9 years. Tickets: £7 (£5 concessions).

1pm - 4pm: **Greenhouse Rhythms & Rhymes**

12 places for ages 9 - 14 years. Tickets: £9.

Endangered Animals - Animal Handling Sessions

Saturday 29 March 11am/ 12pm/ 2pm/ 3pm

35 places per session for anyone aged 3+.

Tickets: £2.50.

April Fools & Tricks

Tuesday 1 April 11am/ 12.30pm/ 2.30pm

15 places per session for anyone aged 4+.

Tickets: £2 (£1 concessions).

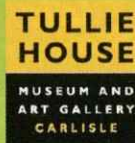


*Please note: for drop-in sessions, children aged 8 and under must be accompanied by an adult

For more information on Easter Events, please call
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"Premier Club Corporate" will promote your company's name and telephone number in our members list on our large matchday colour screen at every game, in our quality matchday magazine 5 times per season and on a poster permanently displayed outside the ground plus a basic listing in the new Carlisle United business directory (published December).

Your details would be entered into daily draws here at Brunton Park with cash prizes from £100 to an annual jackpot of £10,000 plus monthly draws where you could win one of three new cars, matchball sponsorship packages, Directors Away Days, London Weekend trip and boardroom hospitality.

Each month there will also be an exclusive corporate draw with a prize of matchday hospitality for 4. This includes a prematch meal in our newly refurbished Foxys restaurant, the best seats for the game, bar and betting facilities. An ideal way to close that business deal!

You will also receive 2 leather Premier Club writing cases with quality pens, pin badges and car stickers, priority on big match tickets and 5% discount in Blues Stores (t&c's apply).

Membership costs only £230.00 for 1 year with a 2 year option available for just £435.00.

To join please complete and return the application form below or contact Ewan Wood (promotions manager) by telephone 01228 526237 or email lottery @ carlisleunited.co.uk.

Please hurry. This offer is limited to the first 350 applicants only!

PREMIER CLUB CORPORATE APPLICATION FORM

Name Business Name

Address

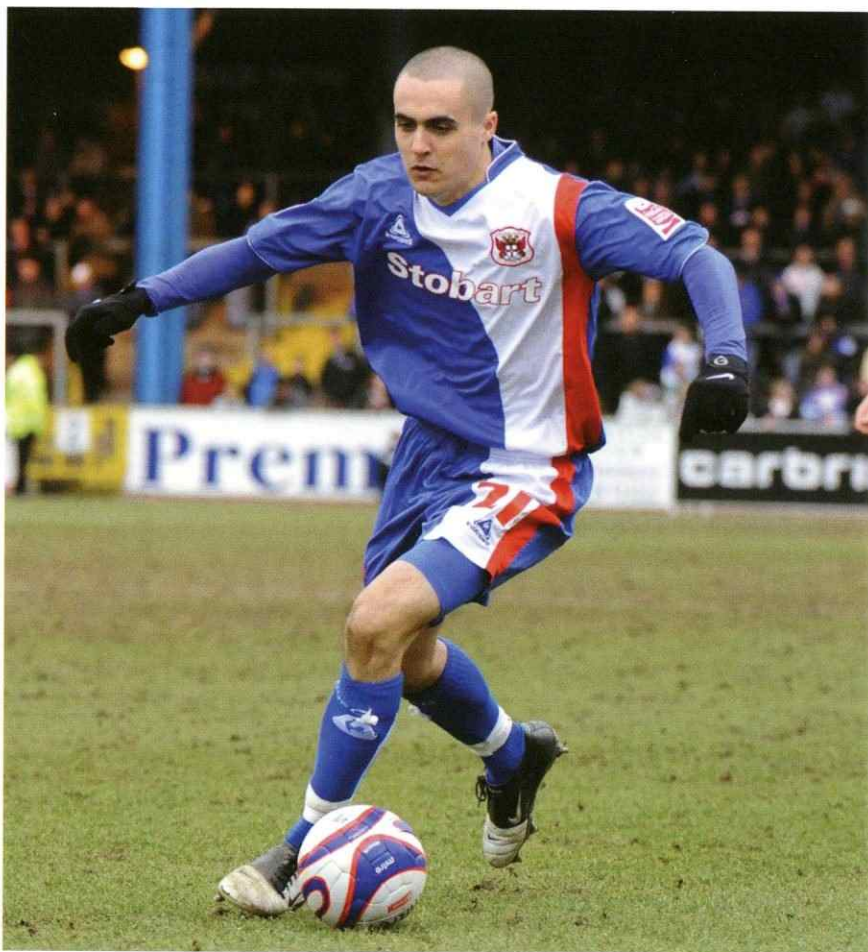
Tel Number.....

I wish to purchase: 1 years membership £230 / 2 years membership £435 (please delete)

I enclose a cheque payable to "Carlisle United Premier Club"

Please return to Premier Club Corporate, Brunton Park, Warwick Road, Carlisle CA1 1LL.

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OUR MATCHBALL SPONSOR - SOLID STATE SECURITY

Today we welcome members of the NFU Mutual, our Match Sponsors. The farming community have always supported the Club and it's nice to see them back here again..

Our Associate Sponsor is Tarmac Ltd, who sponsored the Swindon game earlier in the season, and we welcome them back. Hopefully today's game will end in a similar result.

Solid State Security are our Matchball Sponsors today. Ray Park is known to all at Brunton Park as both a supporter and sponsor, and it's good to have so many local companies showing their loyalty to our Cumbrian club.

With Easter just around the corner I would like to remind you that we have our own Easter Eggs in both the Blues Store and BS2. Whilst

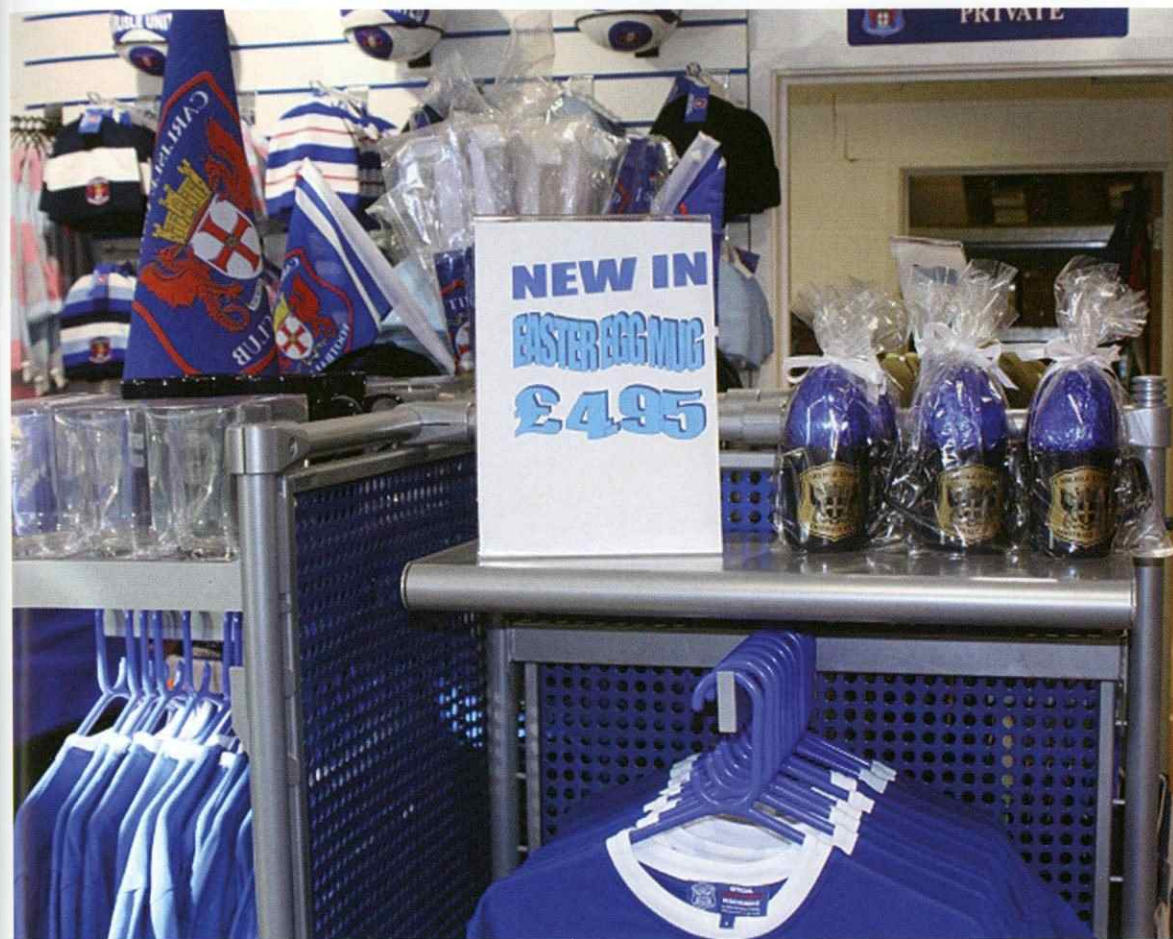
the chocolate may only last a short time, your tea and coffee will taste so much better in the Carlisle United mug! Print deadlines mean we couldn't show photos from the Sponsors Lounge at the Brighton game in this Magazine, but we will have photos from then and tonight in the Northampton issue.

It's been a great few weeks to be a United supporter, seeing the lads on SKY and winning games home and away. Let's hope it continues!

Enjoy the game,

Jenny

Contact the Commercial department on (01228) 554 155 for more details on all of our sponsorship packages, or check the Commercial section at www.carlisleunited.co.uk



All-New Sponsorship - Get on Board

In the Commercial Department we have been working hard to get new deals in place for next season, as well as continuing with long standing associations.

We are very pleased that Stobarts have agreed a further two year deal to be our shirt sponsor, and it is great to have such a long association with one of the foremost businesses in the country.

New sponsors are also taking the opportunity to come on board, getting in early by signing on for the end of this season and then onwards through the next. The RAF are sponsoring the Easter Soccer Schools programme, organised by Football in the Community. We also hope to have another visit from a helicopter before the end of the season.

Carlisle City Council has taken space on the rotating ground boards, and Nicholson Properties have taken a new ground board for this season and next. B and C stands are going to be sponsored by Brunton Bet, who will also provide betting facilities for the club. I will have more on this in a later Magazine.

My phone has been really busy with enquiries from new companies, as well as old friends wanting to continue their association. Before we really start next years push for sponsorship, anyone interested should contact me as soon as they can. I'm sure we will be able to arrange a package to fit your requirements.

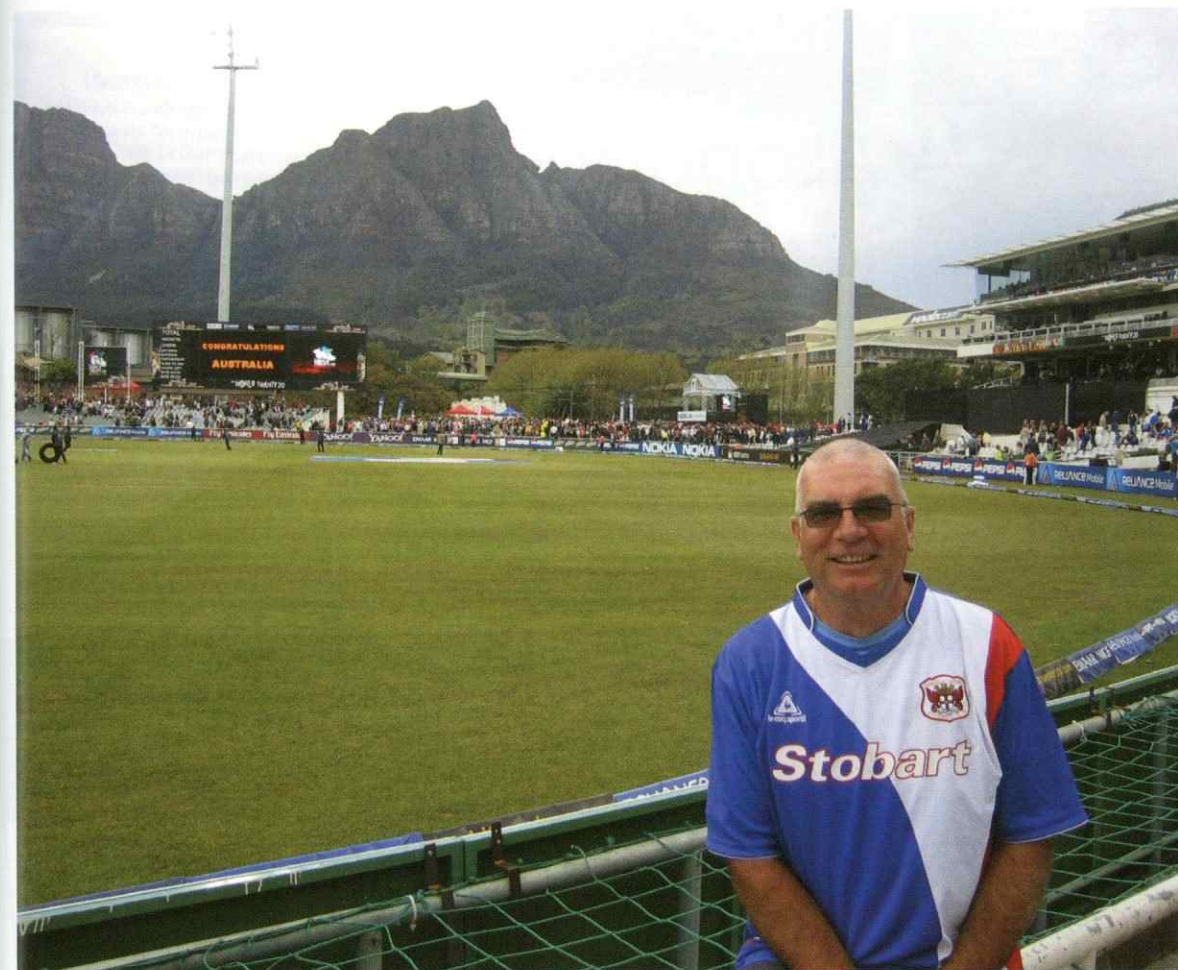
Get on board and let's continue this fantastic journey together!!



TAKE IT TO THE STREET



CUFCContour



This is one of those features that was extremely popular last season, and we hope we will be able to run it in every Matchday Magazine this time round as well.

As ever, we need your input if we are to achieve that.

What we want to see are those happy snaps of you, your family, friends or acquaintances showing a real bit of pride in the side ... whether at an away game, on holiday or even whilst doing something a little bit different at home.

If you would like to see your picture featured in the CUFC On Tour section of the Magazine then you can post it to the Media Department, Brunton Park, Warwick Road, Carlisle, CA1 1LL, email it in to media@carlisleunited.co.uk or drop it off

at club reception, and we'll do the rest.

All we need to know, when you send your picture, is who is actually in it, where it is taken and as much about the circumstances surrounding the photo as you wish to tell us.

This afternoon we see Brian Carr ... who clearly knows how to celebrate a birthday in style!

To see in his 50th he took himself off to South Africa to watch England take on Australia in the 20-20 World Cup.

The setting is magnificent, the scenery looks superb - the only thing we're not too sure about is that message on the score board in the background.

Anyway, thanks for the picture Brian, and a very (belated) happy birthday from us all.

SEND US YOUR
PHOTOS TO FEATURE
ON THIS PAGE



... IF YOU ONLY
HAVE ENOUGH
TO BUY ANDY
HORN'S SOCKS

TheExiles

A Londoneye

The regular London Branch monthly meeting in February started on a low and never recovered. The current venue was chosen as it served, at least, a limited selection of real ales each month. At 7.45 pm the barman pulled the spluttering remains of the last barrel. The manager had warned that he was closing for refurbishment at the beginning of March but had badly misjudged his stock by about two weeks. Given the state he was in when he came to explain what was happening after the refurbishment we must be thankful that the pub had any stock. He apologised profusely for the fact that the upstairs room would become a restaurant and as a consequence we were on the street.

This had immediate consequences on the plan to hold a meeting there in March and so all the discussion on alternative days and places had come to nothing given the meeting will be held on Easter Saturday at Orient. The search for another venue is already under way but suggested establishments with a room that could be used have so far demanded at least £200 for the privilege. £200 each month would effectively eat up all the money that the Branch currently raises for Carlisle United. The Branch knows what it would rather do with its money. The best offer was a pub that offered a room for £240 but the drinks would be free. A quick calculation threw up the fact that this would require at least 20 people each month, each drinking at least four pints. Some members selflessly, it should be said, were willing to throw themselves into the breach and fill in for those who could not manage the whole of their quota.

In truth the refurbishment is long overdue and many members will be pleased to leave the place behind. The wobbling tables, either due to the uneven floor and carpet or missing screws, and the rickety chairs with loose legs and wayward arms had always

made the start of the meeting something of an adventure.

The meeting put these problems behind it and got on with the business in hand. One of those issues happened to be the sponsorship of Carlisle United next season. It is useful if members know where their money is likely to go as they feel they are doing something where they can see a result. It is also possible at about this time of the financial year to make a good guess as to how much is going to be available. No point in offering to build a new Waterworks stand if you only have enough to buy Andy Horn's socks.

The main feature of the nights meeting was a presentation by Andy Dobinson on the proposed Summer Trip to Krakow in Poland. Andrew's wife is Polish and he she lived near there so he has visited the city a number of times himself. He provided basic information but was able to offer crucial tips based upon experience. He warned everyone to get the best exchange rates when they got there and not to change money in advance. At Christmas, whilst in Poland, Andrew booked a coach to take the party to Auschwitz. He also used his wife to negotiate a meal at a hotel in the nearby town. She was desperate to order the best that Poland could offer, as she wanted to ensure everyone left with a good impression. Andrew was worried about the cost and insisted that they get some idea how much all of this three-course meal and drinks would come to. This was translated into Polish. The Manageress started a long process of addition and calculation. There was a great deal of head shaking and sharp intakes of breath. It was looking bad. She then very apologetically explained that the whole meal with a free drink thrown in, and the band, would work out at just under 25 zlotys. With roughly 5 zlotys to the pound it was going to cost the diners a fiver. That's why Poland appealed to the Cumbrians.

CUSC LONDON BRANCH, PROUD TO BE MAIN SPONSORS OF THE 2007 / 08 MATCHDAY MAGAZINE

LONDON BRANCH FOOTBALLERS

The London Branch attempts to play supporters of teams in the South East before away fixtures. Orient, on Easter Saturday, will yet again provide friendly rivalry on Hackney Marshes. The team is always glad to hear from anyone who would like to play, particularly goalkeepers. The Easter holiday will reduce the number of regulars available. The Orient game has become the one to look forward to as it leads to select location to celebrate.

DONATIONS

This season, the London Branch member's donations to Carlisle United have almost reached £1000. When members renew their membership they are invited to make a donation that will be passed on to the club. Many members simply calculate all the fees, which include Brunton Blues, competitions and Ticket Deposit Scheme and then round it all up to a convenient figure on their cheque. Every little helps.

LONDON BRANCH



If you would like to know more about the London Branch of the Carlisle United Supporters Club then contact: Bob Brookes, 51, Lavender Grove, York. YO26 5RX or 01904 780 697



NOT the THIRD THURSDAY OF THE MONTH

All Carlisle United fans are welcome to join the London Branch members meeting at Orient. The regular meeting would have been only two days before and so has been moved. Usually if you are in London on the third Thursday of the month you can contact the London Branch and join them at about 6.30 p.m. for their usual pre-meeting meal and drink at a venue near Victoria station.

KRAKOW WEEKENDER

London Branch members have targeted Krakow, Poland's second city, as the venue for their summer trip in 2008. Already over 20 members are booked into a city centre hotel. There are long standing links with Poland through some members of the London Branch and this will enable the group to plan their weekend including a coach trip to Auschwitz.

Members who are going have trawled through the flights available from the airport of their choice, as they will be setting off from Scotland, Northern England and the Midlands as well as the London region.

GILLINGHAM MASCOT

Leading out the team at Gillingham will be 11 year old Jacob Little who lives near Gatwick Airport where his parents run a bed and breakfast. He has been playing for 8 years and a Carlisle fan nearly as long. He plays midfield or forward for his school first team. Simon Hackney is his favourite player.





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Man Of The Match Awards

MOM WINNERS SEASON 2007/2008



It's us against them

Us against Them is the prediction competition where the fans take on the Pro's as we try to find out who really does know most about the beautiful game.

The rules couldn't be easier - our participants tell us whether each game will end as Home win (H), Away win (A) or a Draw (D). If they get it right, they get a point.

If they get it wrong, they get absolutely nothing. The tables below will show the results they opted for whilst also allowing us to keep tabs on the most successful team.

There'll be a different member of the playing staff, including the players, having a go on behalf of the Pro's each week and there are almost 100 fans waiting to trip them up, so there is plenty to keep track of.

Current Standings (will appear here)

	Pro	Team A	Team B	Team C	Team D	Team E
Points	78	72	65	60	64	75

Weekly Prediction Table

Game	Pro	Team A	Team B	Team C	Team D	Team E
	Joe Garner	Paul Wright	Martin Denovellis	Steve Shepherd	Jonny Shepherd	Heather Willis
Crewe v Port Vale	H	X	D	X	X	H
Doncaster v Gillingham	H	X	H	X	X	H
Hartlepool v Huddersfield	D	X	D	X	X	H
Leeds v Cheltenham	H	X	H	X	X	H
Leyton Orient v Swindon	D	X	D	X	X	H
Oldham v Bournemouth	H	X	H	X	X	H
Southend v Nottm Forest	A	X	A	X	X	H
Swansea v Tranmere	H	X	H	X	X	H
Walsall v Brighton	D	X	A	X	X	H
Yeovil v Millwall	H	X	D	X	X	H

Who's Playing Who?

Game	Pro	Team A	Team B	Team C	Team D	Team E
Oldham Athletic	Paul Thirlwell - 5	Robert Calvert - 7	Joanne Merrie - 2	Michelle Hall - 3	Carol Merrie - 3	Robbie Welsh - 4
Cheltenham Town	Danny Livesey - 4	Andy Dixon - 4	Mark Robinson - 5	Jamie Robinson - 0	Mike Halford - 0	Jamie Dinsdale - 4
Tranmere Rovers	Kev Gall - 3	Josh McStay - 3	Mark Brown - 0	Lee Gardner - 3	Adam Sheridan - 5	Stu Whiteman - 4
Bristol Rovers	Shaun Vipond - 4	SPK - 7	Graeme Moore - 6	Oliver Moore - 3	Richard Mullen - 6	Steve Chapman - 5
Millwall	Danny Carlton - 5	Bill Hayton - 6	Joan Hayton - 3	Alistair Graham - 0	Simon Clarkson - 6	Rob Gale - 2
Gillingham	Peter Murphy - 3	Dave Noble - 0	Richard Piggford - 4	Nigel Hunter - 8	Martin Robson - 5	usablu - 2
Leeds United	Greg Abbott - 4	Graham Watt - 0	Mark Fawcett - 6	Calum Lynch - 5	delcufic - 0	Martin Doweck - 4
Nottingham Forest	Scott Dobie - 5	Paddy Gorill - 5	Stuart Kerr - 6	Wukkie - 5	Matty Crook - 7	Martin Pugh - 6
Swindon Town	Nade McDermott - 5	Steve Coyles - 2	Maggie Bell - 4	Molly Claringbold - 4	Michael Shepherd - 3	Liam Crook - 5
Leyton Orient	Richard Keogh - 4	Jayne McCuskey - 5	Nobby Nobkin - 2	Karlari - 0	Kevan Blackadder - 2	Ewan Little - 5
Swansea City	Simon Hackney - 6	Simon Timperley - 6	Russell Cook - 6	Paul Kidd - 5	Ian Bone - 5	Simon Davison - 5
Hartlepool United	Keiren Westwood - 4	Josh Briggs - 4	Mick Martin - 3	Mike Booth - 0	Richard Dawson - 2	Peter Booth - 3
Port Vale	Chris Lumsdon - 2	Robbie George - 2	Bobby Irving - 0	Pokeyblue - 6	Harrogateblue - 4	Diane Brooks - 2
Crewe Alexandra	Luke Joyce - 3	Andrew Penn - 6	David Kidd - 0	Matthew Shepherd - 5	Graham Carrick - 5	Martin Hall - 4
Walsall	Zigor Aranda - 7	John Tilley - 5	Chris Batty - 6	Moylesey - 6	Steve Lyttis - 0	Edblu - 5
Huddersfield Town	Youth Team - 4	Chris Billy - 0	Dean Little - 7	Kev McGeorge - 3	Antony Reay - 4	Margaret Willis - 5
Doncaster Rovers	Danny Graham - 4	Craig Mattinson - 3	Peter Hines - 2	Tommy Heenan - 0	Chemical - 3	John Willis - 4
Brighton & Hove Albion	Peter Murphy	Alex McGeorge	Aaron Bell	David Plimmer	Paddock	Jonny Willis
Luton Town	Joe Garner	Paul Wright	Martin Denovellis	Steve Shepherd	Jonny Shepherd	Heather Willis
Northampton Town		Benbecula Blue	Dan Cleminson	Harry Cornish	Alison Tilley	Dave Charles
Yeovil Town		UnksBlue	Martin Taylor	Graeme Thomson	Tommy Lane	Ryan Massey
Southend United		Brian Strong	James Malikie	Chrissy Robertson	Shepherdblue	Ryan Bricklebank
Bournemouth		Graham Thompson	Jennifer Reed	Hughie Jackson	Tom Lumb	Thomas Davison
Grimsby Town (FA 1)	Joe Anyinsah - 6	Ewan Poole - 7	Matt Reed - 3	Len Priestley - 4	Andy Watson - 4	Mike Martin - 7

IF YOU DON'T REPLY TO THE EMAIL YOUR TEAM WILL NOT SCORE FOR THAT WEEK!



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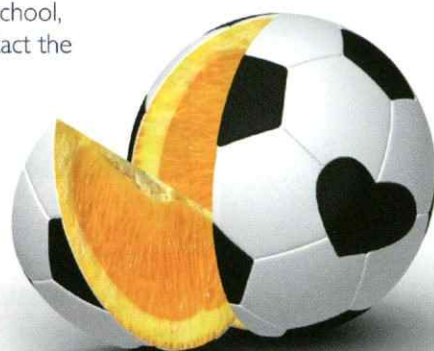
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Matt Duffy

I THINK WHAT SUMMED IT UP FOR ME WAS THAT I WENT IN THE BOARDROOM AFTERWARDS AND THE CHAIRMAN SAID THAT HE WISHED HE'D HAD SIXTEEN WATCHES TO GIVE OUT, BECAUSE HE THOUGHT WE ALL DESERVED ONE

suppose there's only really one place to start and that's the Youth Cup.

It was an unbelievable run while we were in it, and to beat the sides of the calibre we have is something that I'm sure none of us will ever forget. Everyone will always pick out the Man United game, but I look at the whole competition and we had Sheffield Wednesday and Southend as well, who were very, very good sides.

Those games helped lift our whole season. Every so often with the Cup run we'd beat someone else and get this massive lift, and we've just carried that right through. When we got knocked out we were all really disappointed, but then you sit down and look at the crowd that was there and you realise that they came down to watch you. They came down to support us because we were doing well, and that is unbelievable. It shows you what a good reputation our side is building for itself.

I think it also makes us realise just what a good side and even what good players we are. Sometimes I think you can fall into a lull and start thinking: 'Oh well, they must be better than us because they play for a Premiership side, or an academy,' and then you play against them and beat them and you start thinking: 'Well, actually, why shouldn't we be playing and winning!' I suppose that's what confidence does for you.

I looked back at the Villa game, and even though we were beaten we still made as many chances as them, and I don't think we were outclassed. We had a very bad first ten minutes, which has cost us, but I look at the other 80 minutes and we held our own.

People have mentioned the penalty and the referee, but we didn't defend as well as we should and we got punished, so you can't look back and blame other people. I didn't even see the handball that their lad is meant to have made in the second half. We had our chances and we didn't take them, and as I say at the other end we didn't defend as well as we would have liked for the first ten minutes. After the second goal went in we got together as the defence,

and we played much better. Ultimately it just wasn't our night, and give Villa some credit because they had some excellent players.

At the end of the night I was gutted, and then I found out I'd got Man of the Match, so I was a bit taken aback. It was nice to win though, because there were some important football people there, but I think what summed it up for me was that I went in the boardroom afterwards and the Chairman said that he wished he'd had sixteen watches to give out, because he thought we all deserved one. I have to say, I think he's right. We're a close bunch of lads and we play, win and lose as a team. I think the award and the watch is definitely something I'll hold on to, I probably won't even wear it, I'll just keep it in the box as a memento, because it means a lot.

What we have to do now though is to use our experiences to keep our season going, because it's not all over for us and I think we're all determined not just to let the season slide away, just because we've had one disappointment. As an individual, part of that is down to yourself not to take your foot off the gas. This season has been great for me and I don't want to regret anything at the end.

At the start of the season I found it a little bit difficult to adjust to the full-time nature of the course. I had to get used to being here, day in day out, and working and training, because before that my experience of football had simply been to go in to an academy one or two days a week.

It's like anything else though, you get used to it and you start enjoying it, and before long you feel like a professional. The club runs the course in such a way that you feel like a footballer and you begin living for the games at the weekend. Ok, we're only a centre of excellence, but people shouldn't be fooled because it feels like a professional environment when you come here, and it is run in a professional way. Everything is focused towards your footballing ability and developing that, and that's the way it should be, because at the end of the day that's what it all comes down to.

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Sport for All

Huge strides have been made in the last hundred years to promote the equality of men and women in society.

The suffragette movement at the beginning of the last century led by Emily Pankhurst campaigned for many things on behalf of women, not least that women should have the right to vote in political elections. This came about in 1928, though we may now look back with amazement asking ourselves why women should have been denied the right to vote in the first place! Inequality and injustice always seem easier to identify when looking back in history.

The 'Emily Pankhurst' of the football world was a woman called Nettie Honeyball who founded the earliest recorded women's football team in England in 1894 who were called the British Ladies Football Club. The FA had been founded in 1863 who then introduced rules to stop violence on the pitch, which then made it much more acceptable for women to play the game. The first women's match recorded by the Scottish FA took place in Glasgow in 1892 and by the English FA in 1895.

When the first world war broke out the role of women changed dramatically as men left jobs to go off to war. As a result the number of women employed increased from 3,224,600 in 1914 to 4,814,600 in 1918 and the vast majority of the increase of working women went into munitions factories. Women's football first became popular on a large scale during the first world war when munitions factories put together women's football teams and the most famous of these teams was the Dick, Kerr's Ladies, of Preston. Mr Dick and Mr Kerr were two Scottish factory owners who allowed and encouraged women to play football to keep up moral during the war period. Despite playing to crowds of 53,000 at times and being widely popular in the years following the war the English FA and the Scottish FA banned women's football in 1921 declaring it was bad for their health! Though the women were banned from

playing on FA controlled club grounds they formed their own English Ladies Football Association and continued to play in parks and some rugby grounds, slowly the popularity of women's football diminished but importantly still continued.

We would be forgiven for thinking that the development of women's football was a recent one, but as we can see this isn't the case. After the interest generated following the 1966 world cup success of the men's team the English Women's FA was formed in 1969 and the FA's ban on women playing on FA controlled grounds was lifted in 1971, fifty years after it was imposed. Italy were the first country with professional women players though they were part time, and the USA were the first country to have full time women team, and so the revival rather than the beginnings of women's football began.

The first women's world cup was held in china in 1991 and was won by the USA The third cup was held in the USA in 1999 and drew world wide television audiences and the final was won by The USA in front of a 90000 crowd at Los Angeles. The current Women's football world champions are Germany who won in China last year with England reaching the quarter finals. The Women's FA is now affiliated to the FA and the women's game is now so strong it has long had its own leagues including a premiership league which is at the moment headed by Arsenal. Football is the top female sport and in the 'active people survey' of 2006 there were 250,000 women and 1.1 million girls playing some form of football in the UK, with some 26 million women playing football world wide of which 4.1 million are playing affiliated football for clubs. So let's get it right women's football has been going on since the very inception of the FA and football in this country, and why not. Through the football in the community programme at Carlisle United and other local teams girls and women are active in football, and playing at all levels of the game. Emily Pankhurst and Nettie Honeyball would be proud of them all.



EMILY PANKHURST OF THE FOOTBALL WORLD WAS A WOMEN CALLED NETTIE HONEYBALL WHO FOUNDED THE EARLIEST RECORDED WOMEN'S FOOTBALL TEAM IN ENGLAND IN 1894 WHO WERE CALLED THE BRITISH LADIES FOOTBALL CLUB



Player appearances

	League		FA Cup		Other Cup		Total	
	Apps	Gls	Apps	Gls	Apps	Gls	Apps	Gls
Joe Anyinsah	10 (2)	3	0	0	2	0	12 (2)	3
Zigor Aranalde	107 (1)	6	3	1	14	0	124 (1)	7
Paul Arison	85 (31)	1	3	0	19	0	107 (31)	1
Adam Bradley	0	0	0	0	0	0	0	0
Marc Bridge-Wilkinson	37 (3)	4	2	0	3	1	42 (3)	5
Martin Brittain	0 (1)	0	0	0	1	0	1 (1)	0
Darren Campion	0	0	0	0	0	0	0	0
Danny Carlton	5 (19)	0	0 (2)	0	2 (2)	0	7 (23)	0
Grant Carson	0	0	0	0	0	0	0	0
Ged Dalton	0	0	0	0	0	0	0	0
Scott Dobie	104 (38)	27	4 (1)	2	8 (7)	0	116 (46)	29
Kev Gall	54 (12)	9	3	0	4 (3)	2	61 (15)	11
Joe Garner	47 (2)	19	2	0	1 (1)	0	50 (3)	19
Danny Graham	38 (6)	19	2	0	4	2	44 (6)	21
Simon Hackney	49 (31)	15	2 (1)	0	8 (8)	0	59 (40)	15
Stephen Hindmarch	0 (7)	0	0 (1)	0	0 (2)	0	0 (10)	0
Evan Horwood	7	0	0	0	0	0	7	0
Chris Howarth	0	0	0	0	0	0	0	0
Luke Joyce	8 (10)	2	0	0	0	0	8 (10)	2
Richard Keogh	7	0	0	0	0	0	7	0
Dan Kirkup	0	0	0	0	1	0	1	0
Danny Livesey	119 (4)	12	3 (1)	0	16	1	138 (5)	13
Chris Lumsdon	138 (6)	17	8	0	20	0	166 (6)	17
Gary Madine	0 (2)	0	0	0	0	0	0 (2)	0
Neale McDermott	6 (9)	3	0	0	1 (2)	0	7 (11)	3
Peter Murphy	251 (13)	15	12	0	25 (2)	1	288 (15)	16
David Raven	69	0	3	0	4	0	76	0
Grant Smith	4 (1)	0	0	0	0	0	4 (1)	0
Jeff Smith	30 (7)	2	1 (1)	0	3 (1)	0	34 (9)	2
Cleveland Taylor	6 (1)	0	0	0	0	0	6 (1)	0
Paul Thirlwell	38 (4)	0	1	0	3 (1)	0	42 (5)	0
Shaun Vipond	1 (3)	0	0	0	0	0	1 (3)	0
Keiren Westwood	119	0	4	0	16	0	139	0
Harry Worley	1	0	0	0	0	0	1	0



Back Row (L to R): Danny Carlton, Martin Brittain, Neale McDermott, Danny Graham, David Raven, Shaun Vipond, Ged Dalton, Simon Hackney
 Middle Row (L to R): Neil Dalton, Simon Smith, Dan Kirkup, Danny Livesey, Adam Bradley, Keiren Westwood, Chris Howarth, Luke Joyce, Marc Bridge-Wilkinson, Eric Kinder
 Front Row (L to R): Joe Garner, Paul Arison, Jeff Smith, Chris Lumsdon, Dennis Booth, Greg Abbott, Paul Thirlwell, Zigor Aranalde, Kevin Gall, Peter Murphy

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Season appearances 2007/8

Coca Cola League One Table

As at 8 March 2008	Pld	Home					Away					Overall					Pts	Gd
		W	D	L	F	A	W	D	L	F	A	W	D	L	F	A		
1 Swansea City	34	12	3	3	29	13	10	4	2	33	14	22	7	5	62	27	73	+35
2 Doncaster Rovers	35	10	3	4	26	15	9	5	4	26	15	19	8	8	52	30	65	+22
3 Carlisle United	34	14	1	1	31	9	5	6	7	18	22	19	7	8	49	31	64	+18
4 Nottingham Forest	34	10	5	2	28	8	5	7	5	19	16	15	12	7	47	24	57	+23
5 Walsall	35	6	7	4	20	16	8	6	4	22	13	14	13	8	42	29	55	+13
6 Southend United	35	10	2	5	28	16	6	4	8	27	31	16	6	13	55	47	54	+8
7 Leeds United (-15)	35	12	3	3	33	13	8	5	4	22	16	20	8	7	55	29	53	+26
8 Tranmere Rovers	36	9	4	5	24	14	5	6	7	16	21	14	10	12	40	35	52	+5
9 Oldham Athletic	36	6	6	6	21	18	7	5	6	21	15	13	11	12	42	33	50	+9
10 Northampton Town	36	8	6	4	27	15	5	5	8	17	27	13	11	12	44	42	50	+2
11 Leyton Orient	36	7	5	6	21	21	6	6	6	19	25	13	11	12	40	46	50	-6
12 Brighton & Hove Albion	34	9	6	3	30	19	4	4	8	14	19	13	10	11	44	38	49	+6
13 Swindon Town	35	9	4	5	28	20	3	7	7	17	23	12	11	12	45	43	47	+2
14 Hartlepool United	36	9	5	4	35	20	4	2	12	18	30	13	7	16	53	50	46	+3
15 Huddersfield Town	35	8	3	6	20	17	6	1	11	15	32	14	4	17	35	49	46	-14
16 Yeovil Town	36	8	3	7	17	21	4	6	8	14	22	12	9	15	31	43	45	-12
17 Bristol Rovers	32	5	7	4	21	20	6	4	6	14	14	11	11	10	35	34	44	+1
18 Millwall	36	8	2	8	26	22	3	5	10	11	29	11	7	18	37	51	40	-14
19 Crewe Alexandra	36	6	6	6	19	22	2	7	9	12	28	8	13	15	31	50	37	-19
20 Cheltenham Town	36	7	7	4	17	17	2	3	13	13	33	9	10	17	30	50	37	-20
21 Gillingham	35	7	7	3	20	14	2	2	14	13	43	9	9	17	33	57	36	-24
22 Bournemouth (-10)	36	5	4	9	22	33	5	2	11	24	30	10	6	20	46	63	26	-17
23 Luton Town (-10)	35	8	4	6	22	20	1	4	12	11	29	9	8	18	33	49	25	-16
24 Port Vale	36	3	5	10	17	28	2	2	14	15	35	5	7	24	32	63	22	-3

	League Apps	Gls	Cup Apps	Gls	Total Gls
Joe Anyinsah	10 (2)	3	2		3
Zigor Aranalde	27		6	1	1
Paul Arison	5 (8)		3		
Adam Bradley					
Marc Bridge-Wilkinson	33	4	5	1	5
Martin Brittain	0 (1)		1		
Darren Campion					
Danny Carlton	5 (19)		2 (4)		
Grant Carson					
Ged Dalton					
Scott Dobie	3 (3)	1			1
Kev Gall	10 (11)	1	4 (2)	2	3
Joe Garner	30 (1)	14	3 (1)		14
Danny Graham	27 (6)	12	6	2	14
Simon Hackney	27 (4)	7	3 (3)		7
Evan Horwood	7				
Chris Howarth					
Stephen Hindmarch					
Luke Joyce	1 (1)	1			1
Richard Keogh	7				
Dan Kirkup					
Danny Livesey	34	4	6		4
Chris Lumsdon	26 (2)		5		
Gary Madine	0 (2)				
Neale McDermott			0 (1)		
Peter Murphy	22 (2)		3		
Grant Smith	4 (1)				
Jeff Smith	13 (7)	1	5 (1)		1
David Raven	33		6		
Cleveland Taylor	6 (1)				
Paul Thirlwell	9 (3)		2		
Shaun Vipond					
Keiren Westwood	34		6		
Harry Worley	1				

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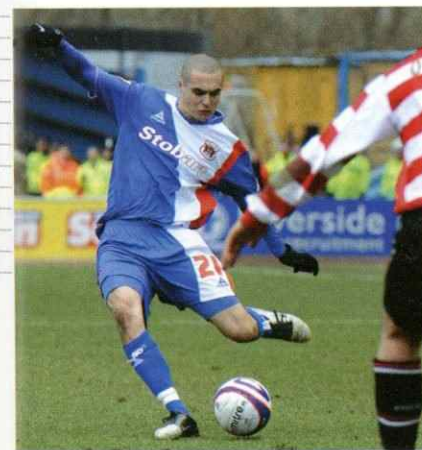
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YOUR MATCHDAY
MAGAZINE

DATE	OPPONENTS	KO	RES	POS	PTS	SHIRT	ATT	AWAY FANS	GK	PLAYER 2	PLAYER 3	PLAYER 4	PLAYER 5
AUGUST													
Sat 11	Walsall	A	1500 1-1	8	1	B	6933	1391	Westwood	Raven	Livesey	Murphy	Aranalde
Tue 14	Bury (League Cup 1)	A	1945 1-0			R	2213	561	Westwood	Arnison	Raven	Livesey	Aranalde
SAT 18	OLDHAM ATHLETIC	H	1500 1-0	5	4	B	7777	982	Westwood	Arnison	Raven	Livesey	Aranalde
SAT 25	HUDDESFIELD TOWN	A	1500 2-0	2	7	R	10,022	1181	Westwood	Arnison	Raven	Livesey	Aranalde
TUE 28	COVENTRY CITY (LEAGUE CUP 2) H		1945 0-2			B	5744	428	Westwood	Arnison	Raven	Livesey	Aranalde
SEPTEMBER													
SAT 1	CHELTENHAM TOWN	H	1500 1-0	2	10	B	6125	141	Westwood	Raven	Worley	Livesey	Aranalde
SAT 8	TRANMERE ROVERS	H	1500 0-1	3	10	B	6556	459	Westwood	Arnison	Raven	Livesey	Aranalde
Fri 14	Swansea City	A	1945 1-2	4	10	B	11,354	190	Westwood	Arnison	Raven	Livesey	Aranalde
SAT 22	BRISTOL ROVERS	H	1500 1-1	6	11	B	6106	345	Westwood	Raven	Murphy	Livesey	Aranalde
Sat 29	Bournemouth	A	1500 3-1	4	14	B	4940	447	Westwood	Raven	Murphy	Livesey	Aranalde
OCTOBER													
Tue 2	Hartlepool United	A	1945 2-2	4	15	R	5359	924	Westwood	Raven	Murphy	Livesey	Aranalde
SAT 6	MILLWALL	H	1500 4-0	3	18	B	7022	244	Westwood	Raven	Murphy	Livesey	Aranalde
TUE 9	CHESTER CITY (JPT 2)	H	1945 4-2			B	3154	86	Westwood	Arnison	Raven	Livesey	Aranalde
Sat 13	Yeovil Town	A	1300 1-2	6	18	B	4757	245	Westwood	Raven	Murphy	Livesey	Aranalde
SAT 20	GILLINGHAM	H	1500 2-0	3	21	B	6461	175	Westwood	Raven	Murphy	Livesey	Aranalde
SAT 27	Southend United	A	1500 1-0	1	24	R	9281	650	Westwood	Raven	Murphy	Livesey	Aranalde
NOVEMBER													
SAT 3	LEEDS UNITED	H	1500 3-1	1	27	B	16,668	3400	Westwood	Raven	Murphy	Livesey	Aranalde
Tue 6	Luton Town	A	1945 0-0	1	28	B	5462	408	Westwood	Raven	Murphy	Livesey	Aranalde
SAT 10	GRIMSBY TOWN (FA 1)	H	1500 1-1			B	5128	130	Westwood	Raven	Murphy	Livesey	Aranalde
TUE 13	STOCKPORT COUNTY (JPT AGF) H		1915 0-3			B	3395	123	Westwood	Raven	Murphy	Livesey	Aranalde
SUN 18	NOTTINGHAM FOREST	P-P											
Tue 20	Grimsby Town (FA 1 Rep)	A	1945 0-1			B	2008	180	Westwood	Raven	Murphy	Livesey	Aranalde
Sat 24	Brighton & Hove Albion	A	1500 2-2	3	29	R	5390	407	Westwood	Raven	Keogh	Livesey	Aranalde
DECEMBER													
TUE 4	SWINDON TOWN	H	1945 3-0	2	32	B	5477	216	Westwood	Raven	Keogh	Livesey	Aranalde
SAT 8	Northampton Town	A	1500 2-2	4	33	B	4908	732	Westwood	Raven	Keogh	Livesey	Aranalde
SAT 15	LEYTON ORIENT	H	1500 1-0	2	36	B	6843	189	Westwood	Raven	Keogh	Livesey	Aranalde
SAT 22	SWANSEA CITY	P-P											
Wed 26	Tranmere Rovers	A	1500 0-2	4	36	B	8516	1599	Westwood	Raven	Keogh	Livesey	Aranalde
Sat 29	Bristol Rovers	A	1500 0-3	5	36	R	6254	432	Westwood	Raven	Keogh	Livesey	Aranalde
JANUARY													
TUE 1	HARTLEPOOL UNITED	H	1300 4-2	3	39	B	7496	701	Westwood	Raven	Keogh	Livesey	Aranalde
SAT 5	PORT VALE	H	1500 3-2	2	42	B	6313	148	Westwood	Raven	Murphy	Livesey	Aranalde
SAT 12	Doncaster Rovers	A	1500 0-1	3	42	B	8197	1242	Westwood	Raven	Murphy	Livesey	Aranalde
SAT 19	CREWE ALEXANDRA	H	1500 1-0	2	45	B	6449	222	Westwood	Raven	Murphy	Livesey	Aranalde
Fri 25	Cheltenham Town	A	1945 0-1	3	45	B	4221	511	Westwood	Raven	Murphy	Livesey	Aranalde
Tue 29	Oldham Athletic	A	1945 0-2	5	45	R	4701	874	Westwood	Raven	Murphy	Livesey	Aranalde
FEBRUARY													
SAT 2	WALSALL	H	1500 2-1	3	48	B	6220	356	Westwood	Arnison	Murphy	Livesey	Horwood
Sat 9	Port Vale	A	1500 1-1	4	49	B	4221	879	Westwood	Raven	Murphy	Livesey	Horwood
TUE 12	HUDDESFIELD TOWN	H	1945 2-1	3	52	B	6196	394	Westwood	Raven	Murphy	Livesey	Horwood
Sat 16	Crewe Alexandra	A	1500 P-P										
TUE 19	NOTTINGHAM FOREST	H	1945 P-P										
SAT 23	DONCASTER ROVERS	H	1500 1-0	4	55	B	8390	1278	Westwood	Raven	Murphy	Livesey	Horwood
Tue 26	Crewe Alexandra	A	1945 1-0	2	58	B	4786	TBC	Westwood	Raven	Murphy	Livesey	Horwood
MARCH													
Mon 3	Nottingham Forest	A	1945 1-0	2	61	B	28,487	822	Westwood	Raven	Murphy	Livesey	Horwood
SAT 8	BRIGHTON & HOVE ALBION	H	1500 2-0	3	64	B	6793	358	Westwood	Raven	Murphy	Livesey	Horwood
TUE 11	LUTON TOWN	H	1945										
Sat 15	Swindon Town	A	1500										
Sat 22	Leyton Orient	A	1500										
MON 24	NORTHAMPTON TOWN	H	1500										
Sat 29	Gillingham	A	1500										
APRIL													
TUE 1	NOTTINGHAM FOREST	H	1945										
SAT 5	YEovil TOWN	H	1500										
TUE 8	SWANSEA CITY	H	1945										
SAT 12	Leeds United	A	1500										
SAT 19	SOUTHEND UNITED	H	1500										
Sat 26	Millwall	A	1500										
MAY													
SAT 3	BOURNEMOUTH	H	1500										



This page is sponsored by Paul and Jackie Norton, South Lakeland Blues

PLAYER 6	PLAYER 7	PLAYER 8	PLAYER 9	PLAYER 10	PLAYER 11	SUB 1	SUB 2	SUB 3	SUB 4	SUB 5	REFEREE
Bridge-Wilkinson	Thirlwell	Smith	Hackney	Graham	Gall	Howarth	Arnison (P4)	Carlton (P10)	Gamer (P9)	McDermott	A Bates
Bridge-Wilkinson	Thirlwell	Smith	Gamer	Graham	Gall	Howarth	Hackney (P8)	Carlton (P9)	Lumsdon	Brittain	D Drysdale
Bridge-Wilkinson	Thirlwell	Smith	Gamer	Graham	Gall	Howarth	Hackney	Carlton (P10)	Lumsdon	Brittain (P11)	N Miller
Bridge-Wilkinson	Thirlwell	Smith	Gamer	Graham	Gall	Howarth	Hackney	Carlton (P9)	Lumsdon (P10)	Brittain	C Boyeson
Lumsdon	Thirlwell	Hackney	Carlton	Graham	Brittain	Howarth	Kirkup	Smith (P8)	Gall (P10)	McDermott (P7)	J Moss
Bridge-Wilkinson	Thirlwell	Smith	Gamer	Graham	Gall	Howarth	Hackney (P8)	Carlton	Lumsdon	Arnison (P3)	C Webster
Bridge-Wilkinson	Thirlwell	Smith	Gamer	Graham	Gall	Howarth	Hackney (P8)	Carlton (P11)	Lumsdon (P6)	Worley	E Ilderfont
Bridge-Wilkinson	Thirlwell	Smith	Gamer	Lumsdon	Gall	Howarth	Hackney	Carlton (P11)	Graham (P7)	Murphy (P9)	C Penton
Bridge-Wilkinson	Lumsdon	Smith	Gamer	Graham	Gall	Howarth	Arnison	Carlton (P9)	Hackney (P8)	Anyinsah (P11)	C Oliver
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Graham	Anyinsah	Howarth	Arnison	Carlton (P10)	Gall (P11)	Smith (P8)	S Tanner
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Graham	Anyinsah	Howarth	Arnison	Carlton (P9)	Gall (P11)	Smith (P8)	M Pike
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Graham	Anyinsah	Howarth	Arnison (P3)	Carlton (P11)	Gall (P9)	Smith	G Laws
Bridge-Wilkinson	Lumsdon	Smith	Gamer	Graham	Anyinsah	Howarth	Murphy	Carlton (P10)	Hackney (P11)	Gamer	N Swarbrick
Bridge-Wilkinson	Lumsdon	Smith	Gamer	Graham	Anyinsah	Howarth	Arnison	Carlton (P10)	Anyinsah (P8)	McDermott	G Hegley
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Graham	Anyinsah	Howarth	Arnison	Carlton	Gall (P11)	McDermott	D Foster
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Graham	Anyinsah	Howarth	Arnison (P5)	Carlton	Gall	McDermott	D Whitestone
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Graham	Anyinsah	Howarth	Arnison	Carlton (P9)	Gall (P11)	Smith	P Dowd
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Graham	Gall	Howarth	Arnison	Carlton	McDermott	Smith (P8)	G Ward
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Graham	Gall	Howarth	Arnison	Carlton (P10)	McDermott	Smith (P8)	A Taylor
Bridge-Wilkinson	Lumsdon	Smith	Carlton	Graham	Anyinsah	Howarth	Arnison	Gamer (P9)	Gall (P11)	Hackney (P5)	J Moss
Bridge-Wilkinson	Lumsdon	Smith	Gamer	Graham	Gall	Howarth	Arnison	Carlton (P11)	Joyce	Hackney (P8)	N Miller
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Carlton	Anyinsah	Howarth	Murphy	Graham (P10)	Gall (P9)	Smith	S Attwell
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Carlton	Anyinsah	Howarth	Murphy	Graham (P10)	Gall (11)	Thirlwell (P6)	M Oliver
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Carlton	Anyinsah	Howarth	Murphy	Graham (P9)	Gall (10)	Thirlwell (P8)	T Kettle
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Carlton	Anyinsah	Howarth	Murphy	Graham	Gall	Thirlwell (P11)	S Mathieson
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Graham	Thirlwell	Howarth	Murphy (P2)	Smith	Gall (P7)	Arnison	G Salisbury
Bridge-Wilkinson	Gall	Hackney	Gamer	Graham	Thirlwell	Howarth	Murphy	Smith	Carlton	Arnison	R East
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Graham	Carlton	Howarth	Murphy	Smith (P10)	Gall (P11)	Arnison	M Jones
Smith	Lumsdon	Hackney	Gamer	Graham	Thirlwell	Howarth	Joyce (P11)	Carlton	Gall	Arnison (P6)	M Haywood
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Graham	Smith	Howarth	Joyce	Carlton (P8)	Gall (P2)	Arnison	L Mason
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Graham	Smith	Howarth	Joyce	Carlton	Gall	Arnison (P8)	C Webster
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Graham	Smith	Howarth	Joyce	Carlton (P10)	Doble (P8)	Arnison	R Shoebridge
Bridge-Wilkinson	Lumsdon	Joyce	Gamer	Doble	Smith	Howarth	Hackney (P8)	Carlton (P10)	Graham (P11)	Arnison	A D'Urso
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Doble	Taylor	Howarth	Joyce	Carlton (P10)	Graham (P11)	Raven	E Ilderfont
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Graham	Doble	Howarth	G Smith (P8)	Carlton (P11)	Taylor (P9)	Arnison	K Evans
Bridge-Wilkinson	Lumsdon	Hackney	Gamer	Graham	Taylor	Howarth	G Smith	Carlton (P9)	J Smith	Arnison	A Haines
Bridge-Wilkinson	G Smith	Hackney	Gamer	Graham	Taylor	Howarth	Doble (P9)	Carlton	J Smith (P10)	Arnison (P5)	L Probert
Bridge-Wilkinson	G Smith	Hackney	Gamer	Graham	Taylor	Howarth	Doble (P9)	Lumsdon	J Smith	Arnison (P11)	P Taylor
Bridge-Wilkinson	G Smith	Hackney	Lumsdon	Graham	Taylor	Howarth	Madine (P10)	Carlton (P8)	J Smith (P7)	Arnison	M Atkinson
Bridge-Wilkinson	G Smith	Hackney	Lumsdon	Graham	Taylor	Howarth	Madine (P10)	Carlton (P11)	J Smith (P7)	Arnison	M Pike



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**CLEVELAND TAYLOR**

Age: 24
Previous Clubs: Bolton, Exeter, Scarborough, Scunthorpe.
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**SCOTT DOBIE**

Age: 29
Position: Forward
Previous Clubs: United, Clydebank (loan), WBA, Millwall, Nott'm Forest
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**DARREN CAMPION**

Age: 19
Position: Defender
Previous Clubs: Birmingham City
Sponsored by:
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**GED DALTON**

Age: 17
Position: Midfielder
Previous Clubs: Scarborough
Sponsored by:
FourFourTwo and EA Sports

**JOE GARNER**

Age: 19
Position: Striker
Previous Clubs: Blackburn
Sponsored by:
David Allen Chartered Accountants

**DAVID RAVEN**

Age: 23
Position: Defender
Previous Clubs: Liverpool, Tranmere
Sponsored by:
Solid State Security

**KEIREN WESTWOOD**

Age: 23
Position: Goalkeeper
Previous Clubs: Manchester City, Oldham
Sponsored by:
Makiko Kato Brookes

**MARC BRIDGE-WILKINSON**

Age: 28
Position: Midfielder
Previous Clubs: Port Vale, Carlisle (loan) Bradford, Stockport, Derby
Sponsored by:
Stephen Irving

**ZIGOR ARANALDE**

Age: 35
Position: Left Back
Previous Clubs: Sheffield Wednesday, Walsall
Sponsored by:
Jessica Lang

**PETER MURPHY**

Age: 27
Position: Defender
Previous Clubs: Blackburn, Halifax
Sponsored by:
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**DANNY LIVESEY**

Age: 23
Position: Centre Half
Previous Clubs: Blackpool, Bolton, Notts County, Rochdale
Sponsored by:
Messengers Coaches

**CHRIS LUMSDON**

Age: 28
Position: Central Midfield
Previous Clubs: Barnsley, Blackpool, Crewe, Sunderland
Sponsored by: **Lord Clark of Windermere and Catherine Clark**

**KEVIN GALL**

Age: 26
Position: Striker
Previous Clubs: Newcastle, Bristol Rovers, Yeovil
Sponsored by:
Advanced Paving

**DANNY CARLTON**

Age: 24
Position: Striker
Previous Clubs: Morecambe
Sponsored by:
Sophie and Michael Cairns (Blackpool)

**PAUL THIRLWELL**

Age: 29
Position: Midfielder
Previous Clubs: Sunderland, Sheff Utd, Swindon, Derby
Sponsored by: **CUSC**

**LUKE JOYCE**

Age: 20
Position: Midfielder
Previous Clubs: Wigan
Sponsored by:
Anne Kenny Childminding Services

**ADAM BRADLEY**

Age: 19
Position: Goalkeeper
Previous Clubs: Trainee
Sponsored by:
D&D McWilliams Opticians

**PAUL ARNISON**

Age: 30
Position: Right Back / Right Midfield
Previous clubs: Hartlepool, Newcastle
Sponsored by: **Pete Blue**

**JEFF SMITH**

Age: 27
Position: Midfielder
Previous Clubs: Preston, Scunthorpe, Bolton, Port Vale, Rochdale, Macclesfield, Newcastle
Sponsored by:
Mike Cairns (Blackpool)

**NEALE MCDERMOTT**

Age: 23
Position: Midfielder
Previous Clubs: Newcastle, Fulham, Swindon, Darlington
Sponsored by: **Kristina Carr and Mark Townsley**

**SIMON HACKNEY**

Age: 24
Position: Attacking Midfield
Previous Clubs: Woodley Sports
Sponsored by:
Bob's Bargains CUSC Away Travel

**CHRIS HOWARTH**

Age: 21
Position: Goalkeeper
Previous Clubs: Oldham, Bolton
Sponsored by: **Helen, Alex and Lauren Haley**

**DAN KIRKUP**

Age: 19
Position: Defender
Previous Clubs: Trainee
Sponsored by:
Richard Oliver

**SHAUN VIPOND**

Age: 19
Position: Midfielder
Previous Clubs: Trainee
Sponsored by: **cufconline**

**STEVE HINDMARCH**

Age: 18
Position: Striker
Previous Clubs: Trainee
Sponsored by:
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**GARY MADINE**

Age: 17
Position: Striker
Previous Clubs: Trainee
Sponsored by: **Helen, Alex and Lauren Haley**

**DANNY GRAHAM**

Age: 22
Position: Striker
Previous Clubs: Derby, Blackpool, Leeds, Middlesbrough
Sponsored by: **Alaric and Carol Dickinson**



Football in the community



Good evening and welcome to this Coca Cola League 1 match against Luton Town FC.

Our Easter soccer Schools are just 3 weeks away, and the dates, times and venues are as follows:

Carlisle One - 26 to 28 March - St Aidans Secondary - 10am until 3pm each day.

Penrith - 26 to 28 March - Penrith Leisure Centre - 10am until 3pm each day.

Carlisle Two - 2 to 4 April - St Aidans Secondary - 10am until 3pm each day.

Wigton - 31 March to 1 April - Nelson Thomlinson Secondary - 10am until 3pm each day.

Wigton and Penrith will be open to both boys and girls aged 5-12 years, and Carlisle will be open to boys and girls 5-11 years.

All schools will be from 10.00am until 3.00pm each day.

I would like to take this opportunity to thank the RAF for supporting the above

Soccer Schools.

Congratulations to St Aidans County High for winning through to the Regional Finals of the Football League under 13s Girls Cup, to be played at Tranmere Rovers. Should they win through their next journey will be to Wembley to play before the Johnstone's Paint Final at the end of March.

Our boys under 11s Cup will take place at the Sands on Wednesday 5 March. Schools from all over Cumbria will take part and I will inform you of the winning School, and their progress throughout the competition, in future notes.

Our Saturday match day club has proved to be very popular. Why not come along and spend a full match day at Carlisle United. The day commences at 12 noon with a ground tour and coaching, then on to the first team match.

Should you require any added information on the above courses please call on 01228 554 169.

Up the Blues,
Halpy



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Club News

**Swindon Town v Carlisle United
County Ground
Saturday 15 March, kick off 3pm**

This game is not all ticket, however, savings can be made by buying tickets in advance.

We have an initial batch of 300 tickets, but further tickets are available if required. Tickets for this fixture are for the Arkells North Stand which is at the side of the pitch down to one corner.

Prices if bought in advance:

Adults - £18, Senior Citizens and Students with valid NUS card - £13, 15 years old and under - £7.

Prices in all of the above categories are £2 dearer if bought on the day.

Disabled wheelchair tickets are priced at £10 and the carer is free (there are 10 spaces available). These can be booked in advance via Swindon's Box Office on 0871 2232 300, or purchased on the match day for the same price.

Car Parking is available on match day:
Coaches - £15 and Cars - £5.

Tickets are on sale at Brunton Park on the following days:

Wednesday 12 March - Friday 14 March, from 10am - 5pm from the Main Ticket Office.

Tickets will also be on sale for half and hour after the Luton match on 11 March.

Ways to Buy:

In person - come to the main ticket office at the designated time.

Post - send in a cheque for correct amount, a covering letter and a stamped addressed envelope.

Phone - ring the ticket office 01228 526 237 (option 1) at the designated times, and pay with a credit / debit card. Please note - to post tickets that have been ordered over

the phone incurs an additional charge of 50p, and all credit cards used will incur a £1 surcharge. The last day for tickets to be posted is 5pm on Wednesday 13 February.

Blues Travel will be running transport to this game. The coach leaves Wigton at 6.45am, picking up at Brunton Park at 7.30am, Penrith station at 7.50am and Crooklands at 8.30am. Prices are: Adults £19, concessions £17.

Carlisle United Football Club would like to set up a representative committee, consisting of a cross section of fans, that would provide useful feedback on all aspects of the Brunton Park experience.

It is intended that they should meet at the ground, every six to eight weeks, to discuss and put forward ideas on improvements that can be made in and around the stadium, or to any aspect of the match day experience.

It should provide an excellent opportunity for the fans to have their say on issues that really matter in a comfortable and relaxed environment.

The group will be made up of fans both young and old, male and female, and who are both Season Ticket holders and pay on the day supporters.


Present at the regular meetings, representing the club, will be the Owner, Managing Director, Business Operations Manager and Media Department, with other club personalities attending on an invitation basis.

If you feel that you would like to become part of the Feedback Group please send an email to media@carlisleunited.co.uk giving the following details - Name, Age, Sex: M / F, Area of the ground you usually watch the match, Season ticket holder: Y / N.

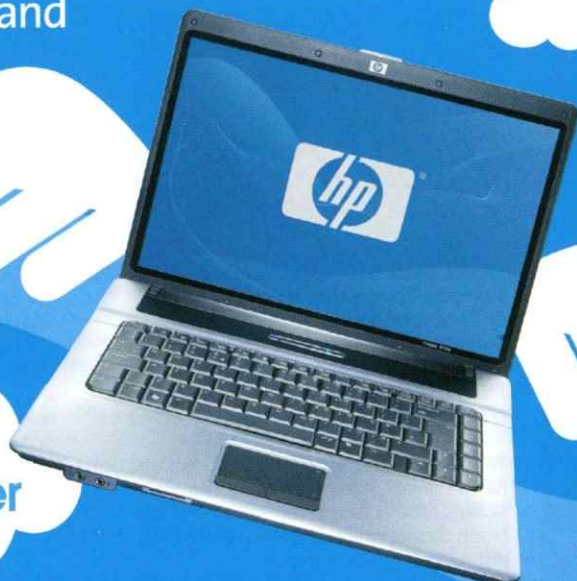
Those selected to form the group will be notified by email on Friday 14 March 2008.



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Centre of Excellence

With Easter coming up it's the time of year where we have to give intention to players with regard to retention and release so, obviously, at the moment we are having meetings with the coaches and analysing how players have performed over the season. We will assess the potential that we feel they have, and we can make our decisions from there.

Obviously there will be one or two that haven't quite hit the sort of form and performance that we would have liked, so we will have to think about letting them go. It's something we are always reluctant to do, but it is a natural part of football. Some players kick on and some fall away during the season, for different reasons, and we feel that it's not fair on the player to persevere when we are asking for a standard that he is unable to achieve.

Over the last couple of weeks we have just started our U8 development and trial programme at the Neil Centre. I've been quite impressed at the standard that some of the players achieved, so it looks as though we will have a strong group to start next season, which is encouraging.

We don't have any games over the Easter weekend, but as you read these notes we



will have just played Hartlepool, and next weekend we have games with Bury. After Easter our first fixtures are against Wigan. By that time we should have formulated our retention lists, and we will have written to those we wish to keep on for next season.

Our coaches are also working to improve their qualifications. By the end of this summer we should have everyone with a level B coaching badge, as a minimum. Some of the lads will be doing a course with the local FA, while some of the others will have to elsewhere, as we can't get everyone on to the Cumberland FA course.

Nick Rigg is also taking his A licence, something he's looking forward to, and I'm sure he will get a lot out of that.



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YouthTeam

update

United Youth Boss Eric Kinder spoke to us about the busy end to the season:

"If I'm being honest, I would have to say that the amount of games that we still have left to play is bordering on the ridiculous.

All we are hoping is that it doesn't take the gloss off what has been a really good season for the lads. They all enjoy playing, that is not the issue at all, but we do have to keep reminding ourselves that they are still very young players, and they are all still developing.

Having said that, they are all up for it and they are determined to do as well as they can in the competitions that they are still involved in.

As for what the lads are going to achieve, I have left that in their hands. They all still want to do things in the League, which is fine by me, and I'll give them as much support as I can. As I write this we are still in the Youth Alliance Cup, but that game will have come and gone by the time you read these notes. I fully expect the game against Wigan to be a tough one, as they have a very good side, but I know that the lads are more than a match for them if they play to their potential. No doubt I'll be discussing our performance in the next Matchday Magazine.

We are at the stage of the season where we start to look at new intake, and it has been good for me to welcome three players in to the fold already. I have said for a while that we only needed five in readiness for next season, but that doesn't necessarily mean that we'll stop there. If the right kind of player crops up then we will take a look at him as, in my opinion, we would be foolish not to.

So far we have James Wood, a right-back who came on recommendation from Middlesbrough, and he is a player who I think will please a lot of people. He's a hard worker, and I'm looking forward to working with him.

From our own Centre of Excellence we have signed central midfielder Shaun Law and centre forward Ryan Bowman. It's always good to see young lads come through our own system, and it is a big pat on the back for the work that is done by all of the staff when it happens.

That leaves us with two to find, and the work on that continues as we come

towards the end of the Youth season.

Thanks for the support you have shown us recently, we've all really appreciated it and I hope that we have repaid you with some decent and entertaining football."

North West Conference

	Pld	W	D	L	For	Agst	Pts
1 Blackpool	20	13	3	4	52	39	42
2 Macclesfield	20	11	4	5	44	25	37
3 Walsall	18	11	4	3	41	24	37
4 Wigan Athletic	18	11	3	4	37	14	36
5 Carlisle United	18	11	2	5	39	25	35
6 Bury	20	10	4	6	40	38	34
7 Oldham Athletic	20	10	3	7	51	44	33
8 Wrexham	21	8	6	7	32	26	30
9 Chester City	22	8	5	9	27	27	29
10 Stockport County	22	9	2	11	35	41	29
11 Burnley	17	9	1	7	41	31	28
12 Tranmere Rovers	20	7	6	7	32	31	27
13 Preston North End	17	7	2	8	36	34	23
14 Port Vale	19	5	6	8	29	33	21
15 Accrington Stanley	19	4	2	13	22	57	14
16 Rochdale	16	3	4	9	30	42	13
17 Morecambe	19	3	3	13	34	52	12
18 Shrewsbury	22	2	4	16	20	59	10

Fixtures

Sat Aug 18	12pm	Walsall	A	3-2
Sat Sep 1	11am	Accrington Stanley	H	2-2
Sat Sep 8	11am	Preston North End	A	2-3
Sat Sep 15	11am	Bury	H	2-2
Sat Sep 22	11am	Oldham Athletic	A	1-2
Sat Sep 29	11am	Blackpool	A	2-1
Sat Oct 6	11am	Rochdale	H	3-1
Sat Oct 13	11am	Burnley	A	0-3
Sat Oct 20	11am	Darlington (NC 1)	A	4-0
Sat Oct 27	11am	Morecambe	H	4-0
Fri Nov 2	12pm	Oldham Athletic	H	4-1
Sat Nov 10	11am	Bury	A	2-0
Sat Nov 17	11am	Rochdale	A	1-0
Sat Nov 24	1pm	Chesterfield (NC2)	H	5-2
Tue Nov 27	7pm	Mansfield (FAYC)	A	4-1
Sat Dec 1	11am	Blackpool	H	P-P
Sat Dec 8	11am	Morecambe	A	P-P
Tue Dec 11	7pm	Sheffield Wed	H	1-1 (4-2 pens)
Sat Dec 15	11am	Burnley	H	P-P
Sat Jan 5	11am	Chester City	H	2-1
Sat Jan 12	11am	Accrington Stanley	A	0-1
Wed Jan 16	7pm	Manchester United	A	2-1
Sat Jan 19	11am	Preston North End	H	P-P
Sat Jan 26	11am	Macclesfield	A	2-3
Wed Jan 30	7pm	Southend United	H	2-0
Sat Feb 2	11am	Stockport County	H	3-2
Sat Feb 9	12.30am	Shrewsbury Town	A	3-0
Thu Feb 14	7pm	Aston Villa	H	0-2
Sat Feb 16	12pm	Port Vale	H	3-1
Sat Feb 23	10.30am	Wigan (YAC)	H	P-P
Fri Mar 7	2pm	Wigan (YAC)	H	Sheepmount
Mon Mar 10	2pm	Chester City	H	Sheepmount
Sat Mar 15	12pm	Wrexham	A	
Sat Mar 22	11am	Blackpool	H	tbc
Sat Mar 29	11am	Wigan Athletic	H	tbc
Sat Apr 5	12pm	Walsall	A	
Sat Apr 12	11am	Morecambe	A	tbc
Sat Apr 19	11am	Tranmere Rovers	H	tbc
Sat Apr 26	11am	Burnley	H	tbc
Sat May 3	11am	Preston North End	H	tbc



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Captain's diary

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More from the Youth team captain:

We will have come through a busy three days when you read this, with the Youth Alliance Cup last Friday and a League game v Chester City yesterday.

It goes without saying that I hope that we have won them both, as we still feel that we have a chance in the League. What we really want is to get the rearranged games out of the way so that we can really see where we are at, but the weather has not been kind to us at all recently.

Some teams have played four more games than us now, so you find yourself doing the maths and second guessing where you could be if the results go your way. As interesting as it is to do that, we'd still rather have the points on the table.

I think we've got to play something like 13 games in 8 weeks, and that's assuming that we don't have any more games called off. It's going to be busy, but I really don't mind at all. The rest of the players are the same, because we are all here to play football. We also have to consider that some of those games were called off due to the run that we were having in the FA Cup, so it wasn't all bad news.

The game against Wigan last Friday was one that we had been looking forward to for a while. They're a very good team, and they are right up there beside us in the League table. We were expecting it to be as big a test as some of the FA Cup games were, because Eric has spoken very highly of them, and I know that they will have seen the opportunity of doing really well in the competition, just as we have. We were feeling confident going in to it, so I can only hope that you have already heard about us progressing in to the next round.

Despite the run of weather that we've

had, Eric has managed to make sure that we have completed all of our training sessions. We have been outside whenever possible, and we have also had full use of the Neil Centre. Sometimes you find that you get one of the sessions outdoors, only for the weather to close in, sending us inside for the second one. Obviously there is the gym, for the work that we have to do in there anyway and, like I say, Eric always seems to manage to dream something up, to keep us on our toes.

As well as the training and jobs around the club, we also have our college work to complete. I have found that to be very enjoyable, and it has the added bonus that it gives us some very useful qualifications when we complete the programme.

It is the equivalent to two A results at A level, so it is well worth doing. Along with the other work that I have done, it has brought me offers from both Loughborough and Liverpool University. Obviously my first choice would be to stay in football, but it's good that there are other options there for me if I don't.

In addition to that, part of the BTEC qualification is our level 2 coaching badge. That isn't as easy as it sounds, but it's something that I look forward to and enjoy working towards very much. It's also something that I would like to build on in the future, so it's great to be getting it under my belt now.

All in all I have found that the club has looked after me extremely well. The chance to do these qualifications, as well as the coaching badge, whilst also playing football for the club, has been superb.

Enjoy the game,

Brownny

This page is sponsored by Mr Robert H William from Ayrshire



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YOU COULDN'T
ASK FOR ANY
MORE, IT WAS
JUST ONE OF
THOSE NIGHTS
WHERE EVERY
CHANCE THAT WE
GOT SEEMED TO
GO ASTRAY

//

InReserve

Reserve Boss Eric Kinder talks about the 1-0 win over Rochdale:

It was one of those games where, after the first 15 minutes or so, we've had 3 or four good chances and we haven't taken them. It's also a cold, wet, blustery night, and you start to think that it's going to be one of those nights.

We had a senior side out, and we were playing against a fairly young side in Rochdale. They were younger than they were last time that we played them, but they were much better and more composed this time. They played some older professionals in the last one, and they didn't really do it for them, so we were able to roll them over. In all fairness, we did that again this time, but the simple fact was that we couldn't score.

I think the only way that we were going to get one last Wednesday was in the fashion that we did. It was a complete mix up between the keeper and the centre half. Danny Carlton took his chance well, but if you look back there were probably fifteen or sixteen other decent chances, and we ended up scoring a scruffy goal.

We have a winning mentality now at the club, which is good. The first team are winning, the Reserve team are winning and the Youth team are winning, and that's what we want. You can't really expect to play well every week, and if you end up winning games like we have done with this one, then you can take it and move on.

The attitude of the senior pro's was spot on. You couldn't ask for any more, it was just one of those nights where every chance that we got seemed to go astray. When it's 1-0 anything can happen, and you only need a freak long range shot or a set piece and all your hard work and all the chances you created count for nothing - but we got away with it. We deserved to win the game by several goals, but it just wasn't our night in front of goal.

Like I say, the senior players' attitude was spot on. It's difficult for them, some of them were part of the great win at Forest in front of 28000, then they come back home and have to play in front of a handful of people on a blustery night.

This type of night does come along, though, and I thought we dealt with it well. We



handled ourselves fine and if we'd taken our chances we could have won easily. Then we'd be talking about how excellent it all was, so we can't really complain.

The manager likes his teams to be winning at this club. If all three teams can keep it going for another six or seven weeks, then it will be a very successful end to the campaign.

Division One West									
	Pld	W	D	L	F	A	Pts		
1 Preston North End	16	9	2	5	36	29	29		
2 Morecambe	13	7	4	2	21	13	25		
3 Blackpool	14	7	3	4	29	17	24		
4 Manchester City	14	7	2	5	35	25	23		
5 Wrexham	15	7	2	6	31	30	23		
6 Carlisle United	14	6	4	4	32	22	22		
7 Tranmere	15	6	2	7	16	23	20		
8 Chester	14	5	3	6	15	26	18		
9 Burnley	12	5	2	5	21	23	17		
10 Accrington Stanley	15	5	1	9	23	34	16		
11 Bury	12	3	3	6	18	22	12		
12 Rochdale	16	3	2	11	25	38	11		

Fixtures									
22-Aug Wed	19:00	Morecambe		H	1-2				
27-Aug Mon	14:00	Wrexham		A	Postponed				
5-Sep Wed	14:00	Wrexham		A	2-2				
11-Sep Tue	14:00	Tranmere Rovers		H	3-0				
19-Sep Wed	19:00	Burnley		A	Postponed				
26-Sep Wed	14:00	Chester City		H	2-4				
10-Oct Wed	19:00	Accrington Stanley		A	2-4				
24-Oct Wed	19:00	Preston North End		H	2-1				
31-Oct Wed	14:00	Bury		A	1-1				
14-Nov Wed	19:00	Kirkoswald (Cumb Cup)		H	7-0				
28-Nov Wed	14:00	Blackpool		H	2-2				
4-Dec Tue	14:00	Manchester City		A	Postponed				
12-Dec Wed	19:00	Rochdale		H	Postponed				
17-Dec Mon	19:00	Morecambe		A	Postponed				
9-Jan Wed	14:00	Wrexham		H	5-3				
14-Jan Mon	14:00	Chester City		A	1-1				
22-Jan Tue	19:00	Accrington Stanley		H	3-0				
6-Feb Wed	14:00	Preston North End		A	5-1				
13-Feb Wed	14:00	Morecambe		A	0-1				
20-Feb Wed	14:00	Bury		H	Postponed				
25 Feb Mon	19:30	Cleator Moor (Cumb Cup)		3-0					
27-Feb Wed	14:00	Rochdale		A	3-0				
5-Mar Wed	19:00	Rochdale		H	1-0				
12-Mar Wed	14:00	Manchester City		A					
19-Mar Wed	19:00	Blackpool		A					
26-Mar Wed	19:00	Manchester City		H					
2-Apr Wed	19:00	Burnley		A					
9-Apr Wed	19:00	Tranmere Rovers		A					
23-Apr Wed	19:00	Burnley		H					
28-Apr Mon	14:00	Bury		H					

Joe Garner in action



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with Colin Paterson

BRISTOL CITY might not reach the promised land of the Premiership this season - but one day in the not too distant future, their manager will.

When Gary Johnson, the former Yeovil Town and Latvia boss, took over at Ashton Gate, he inherited a mess and a club staring at a long, painful battle against relegation.

It took time to turn things around. For many weeks, the Robins sat near the foot of the table with little sign of improvement - but Johnston didn't panic.

He knew it would work out. Looking at him, you can see he is a man who trusts his judgement and ability, you can see that he is a determined fighter who believes he will benefit from the end result.

And several seasons on, the first shoots of recovery have blossomed into something bright, colourful and exciting. Bristol City have been re-energised, given a huge injection of confidence and are eyeing the top-flight.

With their local rivals Rovers enjoying a magnificent FA Cup run, it is fair to say that football in this part of the world is alive and well.

As for Johnson? He will be far from content at stopping now. His focus will now be on claiming the ultimate prize. Don't bet against City upsetting the odds and rubbing shoulders with Arsenal and Manchester United next term.

WHAT a game. What a result.

I thoroughly enjoyed watching Carlisle United go to Nottingham Forest's City Ground last Monday night and come away with an absolutely priceless 1-0 victory.

It was a result that showed so much - the quality of player currently at Brunton Park, how good a job John Ward and his coaching staff are doing and how far the club have come since the days of the Football Conference. Surely no Blues fan here tonight would have allowed themselves to believe that their Carlisle could be on the verge of The Championship, when they were travelling to the outposts of Crawley Town and Leigh RMI?

Yet, as the situation stands, that is the reality. Carlisle may manage promotion to the second tier of English Football and that

would be an unbelievable achievement and something well worth celebrating.

Who knows, perhaps next season's big derby game will be against Newcastle United. Why not? The Blues have proved over the past few seasons that anything really is possible.

THE Gretna story, part 783. The soap opera that is the club along the road continues to intrigue and the latest developments have been as amusing as they have been farcical.

To enter the Scottish Premier League (SPL) you must have an all-seater stadium comprising of 6,000 seats and undersoil heating as well as a reserve and youth team set-up. Of course, as we know, the Black and Whites do not have the ground and currently share with Motherwell FC, an agreement that has done nothing to alleviate the suffering of the battered Fir Park pitch.

With relegation very much on the radar, thoughts have already turned to the 2008-09 season and the Scottish Football League (SFL) are getting in touch with Gretna asking how they plan on bringing Raydale Park up to an acceptable standard.

A complaint was apparently made to the authorities by Patrick Thistle after the Glasgow outfit's fans raised concerns at the state of the ground. They believed supporter safety was possibly at risk and having spoken to fans of other teams, it is a common viewpoint.

So we could have the bizarre situation of Gretna, the club that "lives the dream" being refused entry to the First Division should they come down. That would be a real sore one in the eye, that's for sure. What would happen next is anyone's guess although I would imagine that Gretna will put in place anything that would prevent such an embarrassing episode.

Club owner Brooks Milesen - who has been seriously ill recently - has done a lot for his club and football across the north of England with the amount of money he has invested in terms of sponsorship with the Northern League a case in point.

Hopefully he will return to full health as soon as possible for that is the most important thing. As for Gretna, it is going to take a while for them to be given the all-clear, particularly if they suffer the dreaded drop.

with Peter Scholes

The Blues on the Big screen

It is not often I get the chance to go to the cinema but last week I thought I would go and see Cloverfield and see what all the fuss was about.

Personally I enjoyed the film although (I am so easily distracted) the feeling of watching a group of Americans running through the streets of Manhattan filming Kevin Gray through a wobbly camcorder got me thinking. How many other films have parallels or similarities with goings on down at Brunton Park?

One that sticks out in my mind is ET (Extra Terrestrial). There is a scene towards the end of that film where half the American army seem to be chasing a group of hooded school kids on BMX bikes across the city as they tried to save the Alien from certain death on Earth. This was almost identical to the goings on after our home match against Millwall last season when every Chav in Carlisle followed the Millwall supporters up to the train station to wave them off with a few dozen police in hot pursuit. That said I can't remember whether or not the Chavs had Eric Gates in their basket on the front of their bikes or not!

If I closed my eyes and concentrated hard enough I could see Rorkes Drift morph into the Keepmoat Stadium at Doncaster as John Ward (in the role of Michael Caine) tried to re-enact the film ZULU in South Yorkshire. Having dragged all the men back into the 18 yard box ready for the Doncaster onslaught I could almost hear him whisper to Greg Abbott, "Donny Reds, farsands of em" before they banged one in with five minutes to go.

If we merged The Commitments with Raging Bull we might have a good indication of what life was like under Roddy Collins. Lots of Irish coming together to produce what will surely/hopefully be the most talented collection of performers this city had ever seen, throw in a boxing ring where once we had a gym, a bit of infighting and a sad ending where everyone goes back to a boring day job with the odd exception (Peter Murphy). It was a rollercoaster while it lasted but ultimately another case of what might have been!

During the Conference season we had

'Finding Nemo' as Brunton Park went underwater. Well, it was more like finding a Goldfish but let's not get picky.

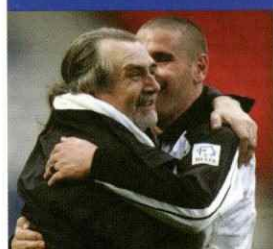
I don't know whether or not he would take it as a compliment but Andrew Jenkins has been the Carlisle United Godfather ever since I was a kid. Pretenders to his throne have come and gone but he remains there as Chairman. Let's hope this comparison does not find me hanging upside down from a meat hook in one of the Pioneer freezers. I mean no offence Don Jenkins! I won't even think of having a go at Fred Story - only because I can't remember if they made the BFG into a film! Would Zigor make a good Zorro or am I just getting a bit too desperate now? So what other classic films could we have had at Brunton Park?

We could have had 'The Invisible Man' played by Keith Mincher. 'Jekyll and Hyde' starring Richard Prokas. 'The Good the Bad and the Ugly' starring John Courtenay. Michael Knighton and Stephen Brown and who could forget 'The Great Escape' starring everybody's hero Sir James Glass.

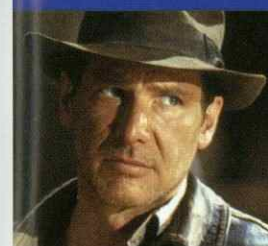
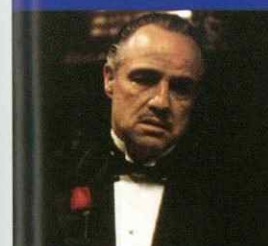
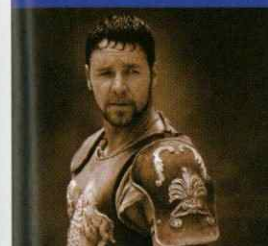
One film we at Carlisle United can never associate ourselves with would be 'Groundhog Day' as no two days are ever the same at our club. Mundane is not a word we can be associated with.

The next film I was planning to go and see was Indiana Jones. I wonder if that film will draw any parallels with the club and its players. Well Harrison Ford is now getting on a bit but still up for a scrap in his usual all-action way. I can't help but think this could be another one for Kevin Gray!

So there you have it. Carlisle United will be, well in my mind anyway, forever linked with the stars of the silver screen. Let's hope we carry on the good form this season as we search for the Holy Grail (The Championship). It's a Titanic ask, all the squad will need to be Goodfellas if we are going to make it there but it would certainly be a Wonderful Life if we make it. We certainly don't need any Flash Gordon's or Mavericks now. Just a Braveheart, a few Gladiators and perhaps a lot of Love Actually because if we fall at the final hurdle it will all have been Much Ado About Nothing and we don't want that do we?



CARLISLE MAY MANAGE PROMOTION TO THE SECOND TIER OF ENGLISH FOOTBALL AND THAT WOULD BE AN UNBELIEVABLE ACHIEVEMENT AND SOMETHING WELL WORTH CELEBRATING



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with Andy Hall

It was interesting, when using the 'listen again' feature on the Radio Cumbria website last week, to hear Derek Lacey, James Phillips and Paul Newton discuss the fact that Joe Garner had returned to the field of play down at Crewe, despite the fact that he'd suffered an injury as serious as the one that our in-form striker had picked up on that night.

Now, I'm no expert, and I would never pretend to be, but I can speak from a position of some authority when it comes to anterior cruciate ligament injuries, because I've been there myself.

Back in the days when I played the game at amateur level, in what we thought was a half decent team, we reached the semi-finals of a fairly prestigious cup competition and, if I'm being honest, had that arrogant feeling that we were the only team in it.

Our opponents in the semis were from the Republic of Ireland, and they had a widespread reputation for 'mixing things up.' We'd never played them before, but the manager of the team they'd knocked out was a very good friend of our manager, and he filled him with stories of scything tackles, flailing elbows and tactics that would have had Norman Hunter cringing.

So be it, we thought ... if that's what they wanted, then that's what they were going to get, and we all continued to plan our Cup Final goal celebrations as if we were already there.

The day of the game brought the usual nerves, but I started to feel much better once I saw the lad who was going to be making me. Short and ... err ... chubby, is probably the best description.

Being a left winger of the 'hug the touchline and don't move unless it's put on a plate in front of me' variety I envisioned a comfortable afternoon of tapping the ball beyond him, racing past him with a wave, all to be followed by a delivery of Beckham-like quality for our striker to nod in to the top corner. Visualisation, such a wonderful thing.

Actually, the first time I received the ball, that's pretty much what happened. Minus the Beckham-like cross. I sent it to the far post whilst our centre forward cut across his marker to the near post, and the moment was gone. Never mind.

Anyway, when walking past my friendly little marker he said something along the

lines of: "You won't be doing that again." Some verbals followed, and we came to the conclusion that we didn't really like each other.

About two or three minutes later we broke from a corner and, spotting that I was one on one with the weeble, I screamed for the ball. Over it came. The intention was to trap it, turn quickly and then leave him in my dust as I headed gloriously for goal. Well, as the ball came towards me, at chest height, all I could hear behind me was what sounded like the 7.32 West Coast express as it comes down off Shap. Next thing I knew, I was on the floor, in pain. Lots of pain.

This is where the conversation that the Radio Cumbria lads had fits in. Initially, I hadn't felt anything like it. I thought the bottom half of my leg had been ripped off, or at least smashed, because it refused to budge for a good 30 seconds or so. However, over the course of the next few minutes, and particularly following the application of the sponge from our physio, it started to ease off.

My fears that I was severely damaged began to subside rapidly, and I made the usual comment of 'give me five minutes, I think it's alright' and gingerly got up to test the water. A quick jog up and down the touchline left me feeling more than encouraged, and back on I went.

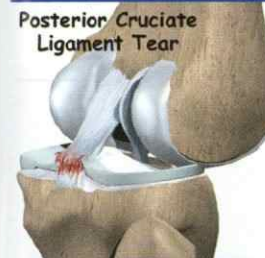
Shortly after that I made one run towards the ball, which brought no reaction whatsoever, and was at the point where it was all but forgotten. I'd even managed to throw a bit more abuse at my nemesis, in to the bargain.

That's when it all went wrong. By now I'd been back on the pitch, following treatment, for about 5 minutes. We broke down the right, so I cut in to the box from my wide position to give another option for the cross and, with absolutely nobody else even within touching distance, I felt a jolt of pain that was like a bolt of lightning to the knee, and ended up in a heap on the floor. That, for me, was game over. Follow up scans showed that Jabba the Hut had not only managed to snap my anterior cruciate, but he'd added a tear to my medial ligament and stretched the posterior cruciate as well.

So, there you go, that's why Joe was able to get up and carry on. Something, I have no idea what, masks the pain and damage immediately after the injury occurs, and before the swelling sets in, that fools you in to thinking that it might not be that serious after all. I know that, because it happened to me.



Anterior
Cruciate
Ligament
Tear



Posterior Cruciate
Ligament
Tear

SOMETHING, I HAVE NO IDEA WHAT, MASKS THE PAIN AND DAMAGE IMMEDIATELY AFTER THE INJURY OCCURS



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ROYAL AIR FORCE



LAST SEASON, WHEN WE PLAYED AT THE CITY GROUND, I WAS ON THE BENCH, SO IT WAS PARTICULARLY GOOD TO START THIS ONE



Captain's log

United captain Danny Livesey continues with his regular diary update:

After the Crewe game we had an extra couple of days off before the next away game at Forest. We travelled there on the day, and we left quite early so that we could get something to eat and get a sleep before the game. We'd trained on both the Saturday and the Sunday, which was a little bit different to the normal routine, so we didn't train on the day.

We stopped in a good hotel, as we normally do. Andy Horn tries his best to get us a decent one. A couple of times we haven't had SKY TV in the rooms and we've given him a bit of stick about that, so now I think it's the first thing he asks for when he plans the trips.

We got to the ground about quarter past six, which is the usual routine really. Last season, when we played at the City Ground, I was on the bench, so it was particularly good to start this one.

To be honest, as far as facilities go in this league they are all pretty similar, although each ground is unique in its own way. It's like when teams come up here, I don't think most players think a great deal about it. It is good down there though, as it's a lovely ground, and when you go out there and see 28,000 people you really can't wait to get started.

Of course there is a little bit more edge with them having a big reputation. You really don't want to lose any game, but when there is such a big crowd and TV cameras as well, you definitely don't want to lose those games. Thankfully we got the right result and I think we all enjoyed it. Before hand I would say that we were slightly more nervous than usual, but once the game starts you just don't think about it.

Afterwards though, when your phone goes

mad, and you get caned off your mates for being on telly ... and when people you haven't spoken to for ages start to ring and text, and they tell you that you played well, then it starts to feel quite good. That's when it sinks in that you've been on TV, so it was quite a big night for everyone. It's good that people want to watch you play and I'm sure that our fans, who couldn't go with it being on a week night, enjoyed the chance to see the game.

I think I've been on SKY 3 times now since I've been here. Against Morecambe we were terrible and, if I'm going to be totally honest, I don't really think that we played that well in the Conference final, even though we did win it. That's why I'm glad that we put on a decent performance in front of what must have been a fairly big audience. The most important thing from it is that we got another 3 points, and that makes you want the next game to come along even quicker, so that you can keep the momentum going.

We had Tuesday and Wednesday off this week, which was a nice change, and it gave us time to relax and recuperate. It's not often we get two days off together, and I'm sure the lads enjoyed that.

When we played Luton at Kenilworth Road it ended all square, with no goals scored, and I thought that it was a very tough game. As a defender, it's always good to get a clean sheet, and particularly at a tough away venue like that. It was also the night of the fireworks, when people outside threw them in to the ground, and that made it all a very strange experience for a while.

They've been through a lot of changes since then, and we fully expect another tough game tonight. We need the points now, for obvious reasons, and we want to keep our winning run going for as long as we possibly can.

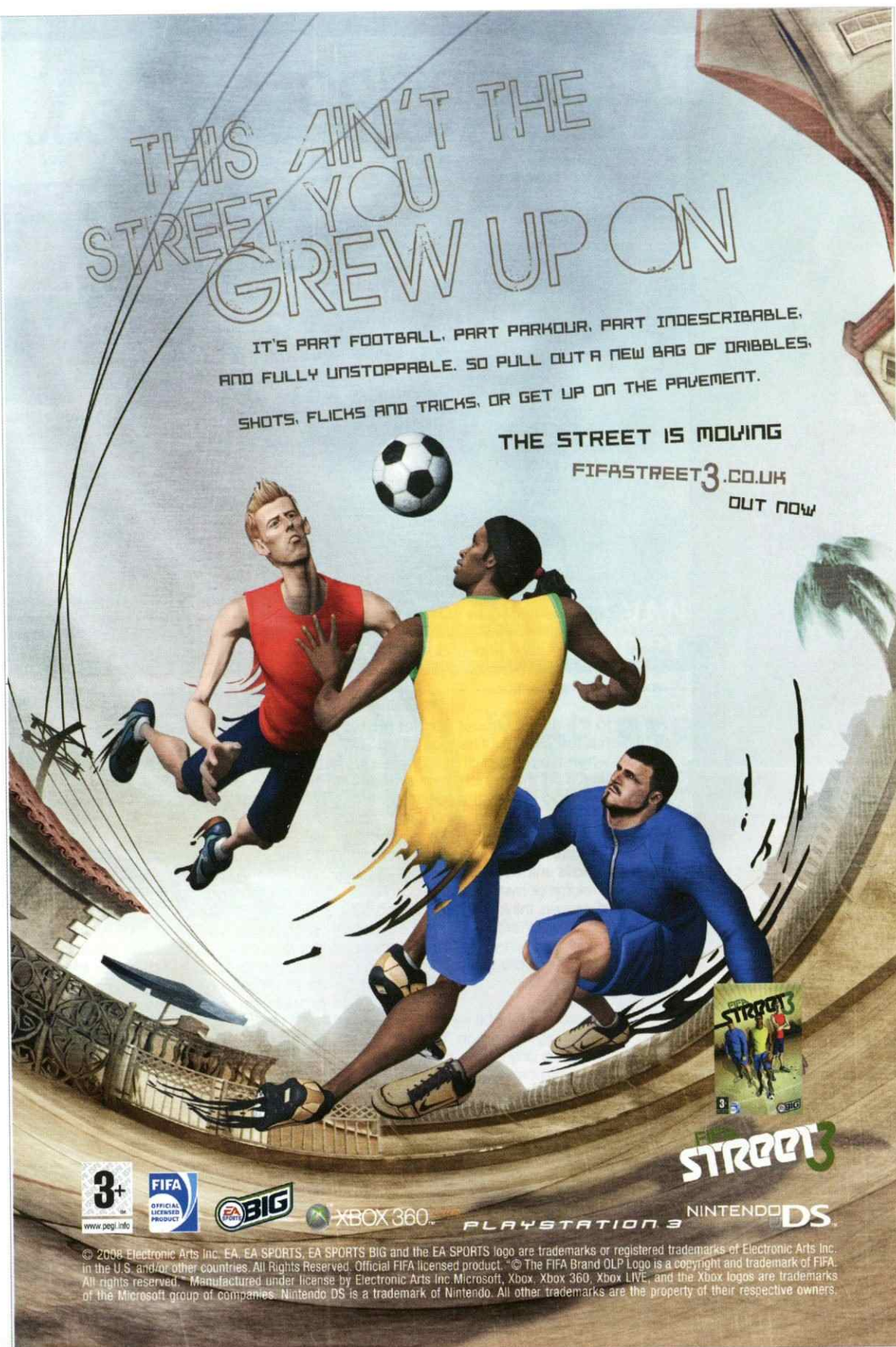
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TECHNOLOGY IS
SURELY THERE TO
BE USED,
OTHERWISE WHAT
IS THE POINT OF
INVENTING IT IN
THE FIRST PLACE?



PaddockPatter

Watching the Championship game on SKY between QPR and Stoke at Loftus Road last weekend got me thinking, perhaps that's why I got a headache and needed a sleep two minutes later. The incident that got the rusty old hamster wheel turning being the red card shown by referee Andy D'Urso to Potters defender Luke Griffin for what was actually a perfectly legitimate challenge on Rangers winger Hogan Ephraim.

The three match suspension has since been rescinded after Stoke's appeal to the Football Association, so all is well and good from that perspective but what about the actual game itself? Now Stoke were already 2-0 down when Griffin got his marching orders so it could be argued that City being reduced to ten men just before half-time made little difference to the actual result of the game. Who are we to know that though?, teams come back from two goal deficits all the time.

What can we do about it then? Just because it was QPR 2-0 Stoke in the Championship it doesn't mean that the same couldn't happen in a play-off final or the last match of the regular season, games which are extremely important and can make or break a club in some instances. Imagine Carlisle at Wembley in May, well don't actually - imagine us being promoted automatically, and one of the United players being sent off incorrectly and it might change your mind on having TV replays in the game.

Now I know that a lot of you (the three of you) reading this will think that American Football is Rugby Union for big softies who have wear pads and helmets to tackle but they have a very good replay challenge system that works well. Although one quick point is that coaches in the NFL can be punished for incorrect appeals by the loss of a timeout, something that we obviously don't have in football in this country.

Both teams are allowed two challenges per half where they are allowed to get a decision overturned if it is deemed wrong by the referee who watches a replay of the incident on a sideline camera, and if they get both challenges right then they are awarded another one. As already mentioned, if they get one wrong then they lose one of the three timeouts that they are

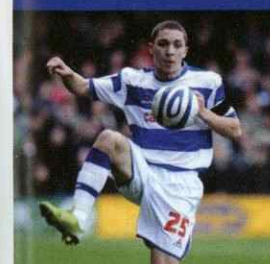
allowed per half, so making the coaches have a good think about it before they decide to risk making a challenge.

The difference between the two sports is obviously where the system would need a bit of tinkering if you wanted to use it. American Football is a stop-start game whereas English football isn't, but in the time that Griffin made his way from the scene of the non-foul across the pitch to the tunnel TV replays had already showed that the decision to send him off was wrong. So there is plenty of time to look at such things, especially after goals have been scored as well.

Goals change games they say, which always seems to be one of the most obviously correct cliches, so what is to stop us having a quick look at a goal to check it while the scoring team trots off celebrating and the conceding side wait for the kick-off. Goals and sending-offs are the only things really that I'd like to see checked, bearing in mind the stoppage of the game anyway, you wouldn't even need to have to such a thing as a challenge system anyway.

The speed of the game has got much faster now, and although some referees are full-time you can still hardly expect a 40-year old to be able to keep right up with play when running after a 21-year old professional footballer. It's also worth realising that a retina retains an image for 1/16th of a second before a new image can be imposed on it. So even if the official is in the right place it's possible to miss it, and then you have to bring basic human error into the equation.

Technology is surely there to be used, otherwise what is the point of inventing it in the first place? It's surely time to stick a camera underneath (or in) the crossbar to check whether or not a "goal" has crossed the line. To me, although the media themselves have to take some of the blame, football has become so big these days financially that taking a look at a sending-off or a goal, and not really stopping the clock doing it, seems a sensible idea. Don't forget the ex-Carlisle manager who once said: "Some people believe football is a matter of life and death. I'm very disappointed with that attitude. I can assure you it is much, much more important than that."



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Refwatch

At time of going to press Graham Laws (Tyne & Wear) had been in charge of 24 games, showing a total of 61 yellow cards and 2 reds.

Our first record of a meeting with him was way back in December 1998, when Cambridge came calling. It was a difficult period for the club, so a goal from Paul McGregor lifted spirits as he earned a 1-1 draw in a game with no bookings.

We met up with Mr Laws three times during the 02/03 campaign. October 2002 brought Swansea up here, and 8 yellows were flashed in this clash. Baldacchino, Birch, Byrne, Murphy and Taylor had their names taken for the Cumbrians, whilst Magennis and Farrell scored the goals to help claim a 2-2 draw.

Later that season we lost 2-1 at Hartlepool, and only Lee Maddison was booked on this occasion. Jamie Burt scored our goal.

5 yellows were produced in our League Trophy meeting with Shrewsbury in February 2003, as Adam Rundle scored the only goal of the tie. We met again in April 2004 when

Kidderminster came North, but we sent them packing, with a Craig Farrell goal enough to snatch the much needed points. No cards on this occasion.

October 2005 brought a depressing 3-1 home defeat at the hands of Bristol Rovers, and Alan O'Brien scored his only goal for the club as we got off to a great start. Bookings for Aranalde and Murphy did little to improve the atmosphere.

We came across Mr Laws twice last season - once at home and once away. He was in the middle for our 2-1 defeat at the hands of Millwall in October 2006, when Jermaine Beckford both scored and got himself booked. We also saw him at Blackpool, in another 2-1 defeat, at the end of December. Hawley scored our goal, and Lumsdon, McDermott and Raven saw yellow.

Our last meeting with him was the 4-0 October victory over Millwall (John Ward's first game in charge and the start of our epic home run). Garner, Graham (2) and Bridge-Wilkinson got the goals with Joe Garner also going in the book.

Abigwelcometo today's mascot



Joel Main (7)

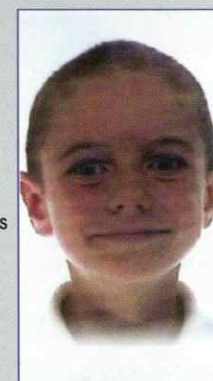
from Carlisle

Favourite Carlisle player: Peter Murphy and Luke Joyce

Favourite other team: Everton and MK Dons

Favourite other players: James Beattie and Didier Drogba

Favourite TV Programme: SKY Sports News



Owen Main (10)

from Carlisle

Favourite Carlisle player: Zigor Aranalde

Favourite other teams: Newcastle and Gretna

Favourite other players: Shay Given, Brendan McGill

Favourite TV Programme: SKY Sports News

HAVE A GREAT DAY LADS!!



with Andy Dixon

TV HAS ITS ROLE TO PLAY IN THE MODERN GAME, BUT I HAVE A CERTAIN NOSTALGIA FOR WHEN MATCH OF THE DAY HIGHLIGHTS ON SATURDAY NIGHT COVERED 3 GAMES OF FOOTBALL

The Big Number 9

There used to be a time when going to football gave you bragging rights. Be that at work, home, pub or school.

If you didn't go, you were left out of the conversation and debate. After match discussions - Questions like: 'Was the big number 9 really offside when the ref disallowed that 'goal'? 'Was that foul really inside the box?' 'When that ball hit the bar and bounced down, was it really over the line?' And finally 'Was Paul Bannon really only one yard from goal, when he hit the back of the stand?'

When was the last time a Premier League fan could use the argument: 'I know cos I was there?' or 'What do you know, you weren't even there?' when having a debate about football? The questions sometimes didn't even wait for the pub, they were often the subject of many a half time discussion over a luke warm pie, a cup of dodgy Bovril, and a bag of Tudor crisps (remember those?). Football really was a matter of opinion.

Nowadays the answers to the questions are sent via text half a dozen times, by someone watching the game on TV!

Example:-

1970's - 25th minute - Was the big number 9 really offside when the ref disallowed that 'goal'? I'm not sure, we can debate it at half time, or in the pub later. We can discuss it for weeks, and even skit each other about our opinion for weeks afterwards. Whole friendships were built on whose side of the debate you are on, and lifelong enemies were made if you disagreed. You would meet someone in the street weeks after the game, and your first remark would be 'He was never off'.

2008 - 25th minute - Was the big number 9 really offside when the ref disallowed that 'goal'? Well first of all, the chances of it being number 9 are remote. It's more likely to be number 49, 69 or 99 (which player will make history by becoming the first to wear a three digit number on his shirt?) By the 26th minute, the incident has been replayed 5 times on television in super slo mo. You will have been sent a text or 6 by mates watching at home, or in the pub, who will have cast iron evidence about whether he was or wasn't offside.

The sad thing is that by the time you get to

the pub to join your mates, you already know the answer, and the debate has ended. In fact by going to the game, you are suddenly the outcast, because you have not had the benefit of a hundred TV replays and an Andy Gray dissection.

TV has its role to play in the modern game, but I have a certain nostalgia for when Match of the Day highlights on Saturday night covered 3 games of football, and all four divisions got a look in over the course of the season. The Big Match on Sunday, broadcast highlights of your local team depending on the ITV area you resided in. Wednesday nights you had Sportsnight with Coleman (eerrrrr ... remarkable), which showed highlights of major European ties and cup replays as well as a wider sporting selection. That was pretty much it - The FA Cup Final, the annual England/Scotland international, and major European Finals were the only games broadcast live in their entirety. Then every four years came the bonanza of the World Cup Finals.

It was rugby supporter Max Boyce who coined the phrase 'I know cos I was there ...' Perhaps he would like to re-consider that phrase, and change it to something more modern like 'I don't know cos I was there' or 'I know cos I saw it on the telly' or even 'I know cos my mate watching on telly sent me a text'.

At Crewe, Carlisle finally managed an away win after 4 months of trying. The tremors were felt throughout the country, literally, as it was followed a few hours later by Britain's biggest earthquake for 25 years. I'm sure that the two events weren't connected. The away section at Crewe was rocking at times but come on ... it started with a small tremor in Nottingham, and the shockwaves were felt in Swansea, Leeds, Doncaster, Tranmere and Walsall.

Wouldn't it be great if after shocks can be planned for Cardiff, Wolverhampton, Norwich, Hull, Crystal Palace, Fulham and Derby et al next season. If a win at Crewe can generate such energy, then I dread to think what's in store should/if/(when?) the Mighty Blues be playing in the Championship next season. Batten down the hatches!

Those of us who were at Luton in November witnessed a tedious 0-0 draw. A game where the fireworks were thrown onto the pitch from outside the ground. Let's hope that today we are kept warm by events generated by the players, and remember if the big Luton number 9 does score, we won't need a television replay to know he was miles offside.

THE HATTERS, ACCORDING TO TV PRESENTER NICK OWEN WHO IS FRONTING THE CONSORTIUM, STILL WON'T BE ABLE TO SIGN PLAYERS ON LOAN

Mad as Hatters

Our opponents tonight are yet another club who have hit hard times of late financially having gone into administration in late November. The obvious consequences of that being the ten point penalty and subsequent player sales in the January transfer window that have seen the Hatters drop down from a mid-table slot to a seeming three-way fight for the League One wooden spoon with fellow ten point victims Bournemouth and Port Vale.

A deal with The Luton Town Football Club 2020 Limited has recently been accepted by administrators The P&A Partnership though and the Kenilworth Road club look likely to come out of administration within the next few weeks, the two recent FA cup ties with Liverpool no doubt helping matters. The Hatters, according to TV presenter Nick Owen who is fronting the consortium, still won't be able to sign players on loan ahead of the traditional Football League deadline Thursday near the end of March however.

That makes it seem even more obvious that the end of this season will simply be a case of tidying up the books and getting things back on an even keel for the 2020 consortium. Also rumbling on in the background is a proposal from Cliff Bassett, and a construction company, to push through plans for a new ground on green belt land near Junction 12 of the M1. The potential stadium, near the Bedfordshire village of Harlington, being a suggested 20,000 all-seater that would cost around the £30 million mark. As if things weren't complicated enough, 2020 haven't actually given their backing to these plans, as they want to conduct site feasibility studies ahead of any agreement.

Like many clubs have found recently though, especially Brighton in their efforts to leave the Withdean Stadium, opposition comes from all quarters with mid-Bedfordshire MP Nadine Dorries actually presenting a 3,100 strong name petition to parliament to try to stop Luton Town in their tracks. Dorries commenting on the potential new ground:

"Once the application has been submitted I will be encouraging local residents to make their representations to the planners opposing this development. This is the wrong development in the wrong place and would severely undermine the quality of life for residents in Toddington and Harlington."

The 2020 consortium say that they are ahead of target though, as they hope to submit their planning application in July after initially expecting to be setting the wheels in motion

later in the year. It looks like being a long fight between the Hatters, the planners and local residents however, with villagers from the area desperate to retain a strip of treasured green belt land which provides a natural barrier between Harlington and the M1.

Bournemouth are another club under severe financial pressure in the bottom reaches of League One that we still have to play at Brunton Park this season. After many years of continuing struggles to pay the bills the Cherries finally went into administration at the start of last month with debts at around the £4 million mark. The appointed administrator to the club being the infamous Gerald Krasner of Leeds United fame.

The Dorset side having little option but to hit the ten point penalty buffers after being issued with a winding-up petition from HM Revenue and Customs. Chairman Jeff Mostyn commenting: "We are extremely disappointed at the stance taken by the Revenue in issuing the petition without any consultation or negotiation to reach a reduced settlement. We understand the stance taken by the Revenue applies to all football clubs in as much as they will not negotiate unless they receive preferred status."

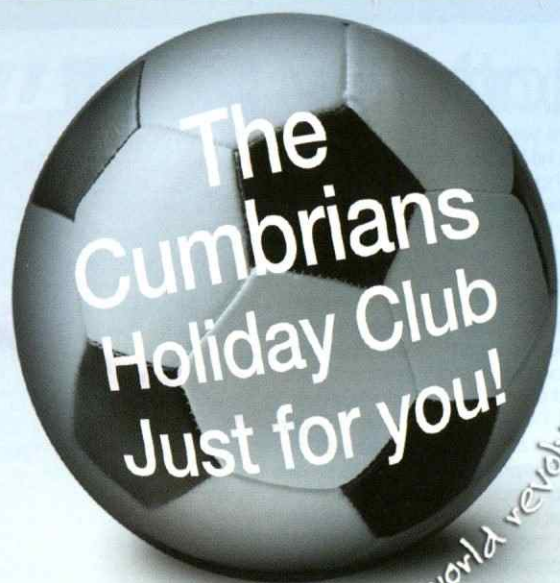
The Cherries were forced to take their medicine though with Krasner actually revealing that the club could have gone into liquidation without the recent injection of a six-figure sum from Mostyn to keep the wolves at the door. All this despite their Dean Court ground being sold to London-based property company Structadene in December 2005 in a desperate attempt to keep AFC Bournemouth afloat and pay off some of their reported £6.5 million worth of debts at the time.

Gillingham are a side we travel to play at the end of this month who are also down at the wrong end of the table, and they are another side whose ground has recently changed hands. Chairman Paul Scally selling the Priestfield Stadium to a company of which he is the sole owner, for \$9.8 million - and then leasing it back to the club. The deal seeing just under 74% of the football club's £13.3m debt transferred to Priestfield Developments Limited.

That will now reduce the club's running debt to no more than £3.5m, with interest payments also falling from £800,000 a year to £200,000, the lease of the stadium back to the Gills being for an initial ten years. Scally planning to stabilise debts at the Kent outfit before making some progress towards planning and building a new ground, with the Priestfield Stadium then presumably being sold for housing. Tim Graham

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nearby street parking and several match
day car parks.

Food and drink: The Cricket Club, behind
the Arkell Stand welcomes away supporters
and the Frying Fish Chippy on Drove Road
caters for away fans. Alcohol is available
to away fans in the Arkell Stand.

Next Up at Brunton Park United v Northampton Town

Monday 24 March,
kick off 3pm



The Cobblers travel up to Cumbria on Easter
Monday still hoping that their recent revival
in form can get them to the play offs.

Leading scorer for Northampton in the
League is Andy Kirk, on 8 goals, with Poul
Hubertz one behind on 7.

The front men now face competition from
Adebayo Akinfenwa. United fans will
remember Akinfenwa from his time at
Swansea. A badly broken leg last February
ended his 06/07 season, and his time with
the Swans, but after a recent spell with
Millwall he joined Northampton in the
January transfer window. He has 4 goals in 5
appearances so far, and the big front man
appears to be on the way back to his best.

Northampton followed United up to League
One for the start of last season and finished
comfortably in mid-table at the end of the
campaign. Games against the Cobblers
are always hard fought and, with both
teams still having plenty to play for, this
should be an exciting game.



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Inside LeagueOne

with Mark Mandale

With only a quarter of the season remaining the battle for promotion and survival is heating up. As clubs battle for every point, time is slowing running out for clubs to achieve their goal. Meanwhile some clubs are already planning for the future and for next season.



Brighton & Hove Albion have completed the signing of Leeds midfielder **Ian Westlake** on loan until 5th April for their hectic spell of nine league games in a month. The 24-year-old former Ipswich man had signed in time to feature in the game against Gillingham at the Withdean last Tuesday. Manager Dean Wilkins said, "He is exactly the calibre of player we want to bring in to strengthen the squad." Westlake is not eligible to take on Leeds at Elland Road on 29th March under the terms of the loan deal.

Brighton striker Glenn Murray has been named as League One's player of the month for February. Murray, signed from Rochdale in late January, scored four goals in five games for the Seagulls during February. Including games for Rochdale, the in-form front man has scored 10 goals in his last 14 appearances. The other contenders for the award were Southend forward Lee Barnard, Bristol Rovers striker Rickie Lambert and Blues striker Danny Graham.



Leeds United's **Jermaine Beckford** has been named League One Player of the Year at the Football League Awards. The 24-year-old striker received the award after being ranked 24th in the Top 50 Football League players, announced in London last Sunday evening. He also won goal of the year for his strike against Rotherham United last year while on loan at Scunthorpe. "I didn't set any targets at the start of the season, other than to prove myself," he said.

Meanwhile, the club are waiting on the results of a scan on new loan signing Stephen O'Halloran's knee injury. The 20-year-old Republic of Ireland left-back injured himself in the warm-up ahead of Leeds' win at Swindon. It would have been the Aston

Villa player's debut for the West Yorkshire club, but he was forced to watch from the sidelines on crutches. "We've informed Villa and our fingers are crossed that it's not too bad," said Leeds boss Gary McAllister.



Leyton Orient defender **Alton Thelwell** has put his knee operation on hold in order to try and help Martin Ling's side reach the play-offs. The 27-year-old former Tottenham man made his first appearance for two months against Brighton last weekend, and believes he has had enough rest for the troublesome knee to get through to the end of the season without requiring an op. Thelwell said, "I had a couple of injections that helped settle it down, we will look at things again at the end of the season and I may have to have an operation then if it still isn't right. But at the moment I feel comfortable with it and I'm sure it won't be a problem for me to last until May. It feels the right thing to do, because we still have a chance of securing a play-off place and hopefully I can help us get back on track."

Former Orient player Carl Hoddle has sadly passed away of a suspected heart attack at the age of 40. Hoddle, the younger brother of former England manager Glenn, played 29 games for the O's between 1989 and 1991 before returning to Barnet, the club he joined after leaving Tottenham Hotspur. His best ever performance in an O's shirt came on October 21st 1989, where he produced a sparkling display and a goal against Reading. Prior to that Hoddle like his brother Glenn had been a talented midfielder with Spurs. He was with the north London club as a youth and reserve team player from 1983 to 1989. He faced Glenn in 1994 when Barnet took on Chelsea in an FA Cup tie and later worked with him as a scout and coach at Wolverhampton Wanderers.



Millwall striker **Neil Harris** has been told he will not be offered a new contract and does not feature in boss Kenny Jackett's first-team plans. Harris approached Jackett in a bid to resolve his long-term future as his current deal expires

in the summer. Jackett told Millwall's official website, "I told him I could not offer him a contract and that also, at the moment, he is not going to feature in my first eleven, if he wants to go out on loan I am happy for him to do that." But the door has not been completely closed on Harris, who is in his second spell at the club. Jackett added: "If he wants to stay here and fight for a place in the team, I would be equally pleased. There is still a long way to go this season, and our experience with injuries and suspensions suggests there will be opportunities for players who are not currently in the team."

Defender Krystian Pearce has extended his loan spell at Port Vale for a further month. Parent club Birmingham have given the green light for the centre-back to continue his stay at Vale Park. Manager Lee Sinnott told a local radio station, "He is mature beyond his years and he is learning all the time he is here. We are pleased he is staying." The 18-year-old, who has made four appearances for Vale, will now stay on at the club until the end of March.



Southend United striker **Alex Revell** is set to miss at least a month of the season because of injury. Revell, a £150,000 January signing from Brighton, missed his side's 2-1 win against Bournemouth and is likely to need surgery on a hernia problem. Boss Steve Tilson told the club's website, "We're pretty certain Alex has a hernia and is will be out for a month, it's obviously disappointing because he's only just come to the club but it's best to get it sorted right now."

Swindon Town have awarded nine youth team players professional contracts ahead of their FA Youth Cup fifth-round tie at Charlton. Swindon's youngsters have been attracting a lot of interest from bigger clubs in the last 12 months. Striker Lukas Jutkiewicz joined Everton last summer while defender Ben Tozer joined Newcastle in January. Youth team boss Paul Bodin said, "It's great news for the kids, they're all very talented with great potential. They still have to do their academic stuff and their apprenticeship but they're on the first rung of the ladder in terms of professionalism." The players who have been awarded contracts are: Kurt Hammonds, Jake Hyde, Ben Joyce, Callum Kennedy, Lloyd Macklin, Sam Morris, Shaun Morrison, Mark Scott and Jack Winter.

Meanwhile, Weymouth have signed young Swindon striker Jake Hyde on loan until the end of the season. Hyde was recently handed a professional contract at the County Ground, which will see him tied to the Robins until the summer of 2009. Swindon boss Maurice Malpas told the club's official website, "He needs to go out and get some experience. Weymouth could be the ideal place for him to get some games under his belt."



Walsall have completed the signing of former Aston Villa striker **Stefan Moore** after he impressed on a week's trial. The 24-year-old was released by QPR in January, and Saddlers boss Richard Money admits he is happy to bring back Birmingham-born Moore to the Midlands. He said, "Stefan is a very intelligent front man. I have known him for a long time and know what he's capable of. His movement is excellent and he will get into the right positions to score goals." Moore started his career at Villa alongside younger brother Luke, who has just joined Walsall's neighbours West Bromwich Albion on loan. They were both part of the Villa team who saw off an Everton team including Wayne Rooney to win the FA Youth Cup in 2002. After making 30 first team appearances for Villa, Moore went on to enjoy loan spells at Chesterfield, Millwall and Leicester City before joining QPR in the 2005 close season.



Walsall defender **Rhys Weston** has signed an extension to his contract that will keep him at the club until 2010. The 27-year-old initially signed for a year when he joined the Saddlers from Port Vale in the summer of 2007 and is thrilled to be staying. Weston said, "I'm delighted. It's a nice feeling to have my future sorted out and I can now concentrate on the run-in and helping this club get promoted. I've had a great start to my Walsall career so far." The Wales international has also had spells with Arsenal and in Norway with Viking FK and has been an integral figure in Walsall's bid to win promotion to the Championship this season. Saddlers' boss Richard Money added, "Rhys has become an important member of the team, his performances have become more and more consistent as the season has progressed and we hope that, over the next two years, he will continue to be an important player for Walsall."

Football League Awards - League One Winners

Player of the Year
Jermaine Beckford (Leeds United)

Wickes Young Apprentice Award
Daniel Broadbent (Huddersfield Town)

Best Community Initiative
Brighton & Hove Albion

Family Club of the Year
Huddersfield Town

Fan of the Year
Paul Samrah (Brighton & Hove Albion)

LEEDS UNITED'S
JERMAINE
BECKFORD HAS
BEEN NAMED
LEAGUE ONE
PLAYER OF THE YEAR
AT THE FOOTBALL
LEAGUE AWARDS



INJURY TIME

CLUB PHYSIO DOLLY WILL BE KEEPING US UP TO DATE WITH ALL OF THE GOINGS ON IN THE TREATMENT ROOM THIS SEASON:

I'm doing these notes before the Brighton game ... so, touch wood, we have come through that one with no problems. We also came out unscathed from the Forest game and the Reserve game v Rochdale last Wednesday.

Simon Hackney came off in the Forest game with a bit of cramp, but that can happen with the extra emotion and adrenaline involved in a big game. He's fine though, and has trained since with no problems at all.

Both Joe Garner and Paul Thirlwell have been having treatment over the course of

the last week. With Paul, we are concentrating on his ankle, whereas with Joe we are trying to get the swelling down. By the time you read this, Joe will have travelled down to Bingley and the surgeon will have done his stuff.

In preparation, he has been doing some light work on his quads, simply because that will help him once he starts to recover from the surgery. Any work that you can do beforehand does help, so we have been doing as much as we can with him.

Enjoy the game today and keep well, Dolly



HINTS AND TIPS

THE TOPIC THIS WEEK IS ...

SPORTS MASSAGE THERAPY

An athlete, before a performance, is under immense stress emotionally and physically and the body is also prone to injuries. Practices before the event lead to constant build-up of tension in the muscles and cause stress on joints, ligaments, tendons, as well as the muscles themselves. Apart from muscle tension, the athlete is also bogged down with fatigue and injuries which may hamper the main performance. Sports massage is the answer to emotional and physical well being for an athlete before, after and during a performance.

Sports Massage is a specific type of massage which is generally rendered before, during, and after athletic events to help prepare the athlete for desired performance, to relax the nerves and prevent injuries. This type of massage can be rendered only by a professional who has a thorough understanding of anatomy and physiology and particularly the muscular and skeletal systems.

Sports Massage works deep to eliminate toxins embedded in muscle fibers, remove adhesions, and minimize scar tissue buildup. Muscle lengthening in sports

massage helps restore a range of motion and overall flexibility. Sports massage also leads to improved circulation which aids better cell nutrition, greater elasticity of muscle fiber, and reduced recovery time.

Sports Massage is a blend of Swedish massage and Shiatsu specifically designed to cater to the needs of professional athletes. Depending on the needs of the athlete, a variety of techniques are used including classic Swedish strokes, cross-fiber friction, pressure-point work, and joint mobilization.

TYPES OF SPORTS MASSAGE

Sports massage therapy includes pre-event, post-event, maintenance and rehabilitation techniques that promote greater athletic endurance and performance, reduced chances of injury and faster healing.

Pre-Event

Pre-Event sports massage helps warm up the muscles by stretching them and making them flexible for optimal athletic performance. A pre-event massage also stimulates the flow of blood and nutrients to the muscle, reduces muscle tension, loosen the muscles and produce a feeling of psychological readiness. A pre-event

massage is best done up to two days prior to the main event.

Post-Event

Post-event massage focuses on relieving muscle soreness, minimizing the effects of fatigue and reducing the stress levels in the body. It also helps reduce swelling, maintain flexibility, promote blood flow to the muscle to remove lactic acid and waste build-up and reduce cramping. This also helps faster healing.

Prevention

This is more of a maintenance massage which can be done at least once a week as a regular part of athletic training programs. Preventive massage increases the flow of blood and nutrients to the muscle and helps repair small tears due to strenuous physical activity. It also keeps tissue loose so that different layers of muscle slide over each other.

Rehabilitation

Sports massage is also used as a last resort in the event of injury. Sports massage helps rehabilitate by minimizing the adverse effects of scar tissue and adhesions caused to the athlete and helps regain lost flexibility and strength.

Techniques in Sports Massage

There are three main techniques of massage frequently used in sport, namely effleurage, petrissage and frictions. Most of the massage techniques ensure the main pressure is directed towards the heart to increase the venous and lymphatic flow. The strokes also ensure that excess pressure does not cause any damage to blood vessels. While effleurage is a preparatory background stroke, petrissage allows detail work on the body in releasing tension followed by friction.

Benefits of Sports Massage

The benefits of sports massage impact the physical, physiological and psychological levels. A state of well being is achieved only when all the three aspects are in balance.

Physical effects of massage are:

- Deep massage causes the pores in tissue membranes to open, enabling fluids and nutrients to pass through enabling removal of waste products such as lactic acid.
- Deep massage encourages the muscles to take up oxygen and nutrients which promote faster healing
- Sports massage stretches muscles to release tension or stress caused due to excess physical activity
- Sports massage helps break down scar tissues which usually affect the muscle, tendons and ligaments which impair performance.
- Sports massage helps improve elasticity of tissues.

Physiological effects of sports massage are:

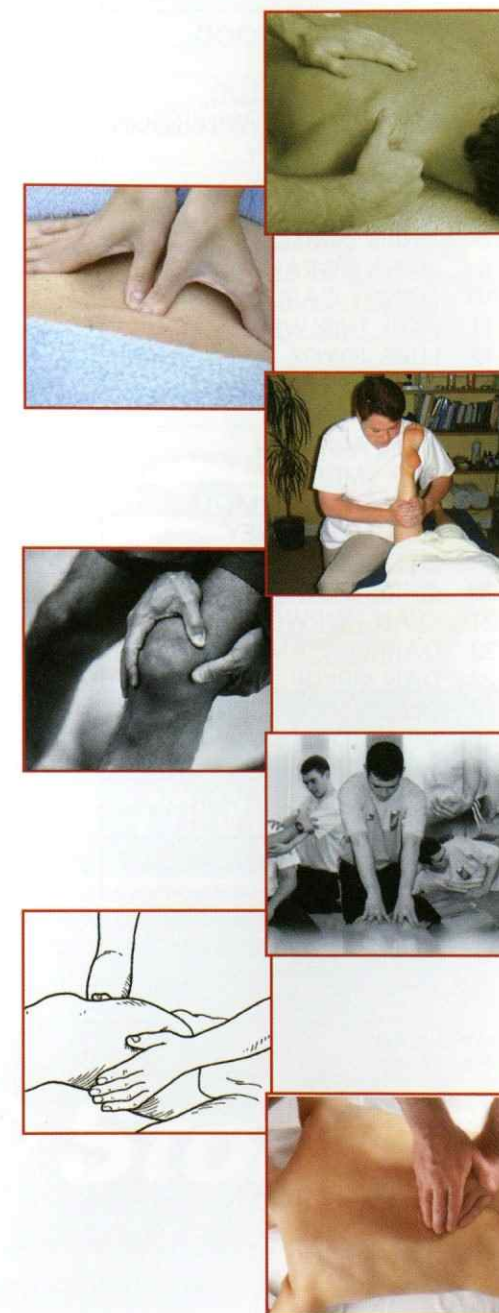
- Sports massage helps reduce pain.
- Muscles are relaxed after a sports massage

Psychological effects of sports massage include:

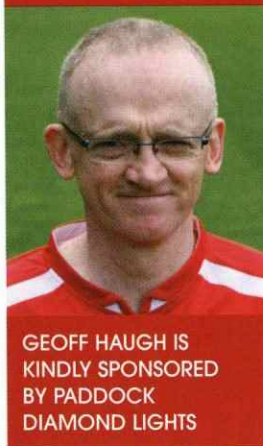
- Reduced levels of anxiety and stress caused due to relaxed muscles and nerves.
- Sports massage stimulates a sense of well being and health.

For more information visit:

<http://www.healthandgoodness.com/Therapies/massage-sports.html>



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- 12 LUKE JOYCE
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- 27 CLEVELAND TAYLOR
- 28 GARY MADINE

LUTON TOWN



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Mick Harford

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- 28 PAUL MCVEIGH
- 29 PAUL FURLONG
- 32 RYAN CHARLES
- 35 MARLON BERESFORD
- 37 GEORGE BEVAN
- ED ASAFU-ADJAYE
- ZAC BARRETT

PLAYING TODAY

Crewe v Port Vale
Doncaster v Gillingham
Hartlepool v Huddersfield
Leeds v Cheltenham
Leyton Orient v Swindon
Oldham v Bournemouth
Southend v Nottm Forest
Swansea v Tranmere
Walsall v Brighton
Yeovil v Millwall

MATCH OFFICIAL DETAILS

Referee - Mr G Laws
Assistant Referee - Mr G Atkins
Assistant Referee - Mr DJ Roberts
Fourth Official - Mr G Wallace

NEXT HOME LEAGUE GAME

Northampton Town, Monday 24 March, 3pm

NEXT AWAY LEAGUE GAME

Swindon Town, Saturday 15 March, 3pm

OFFICIAL MATCHDAY PROGRAMME EDITORS: Andy Hall & Barbara Abbott

CONTRIBUTORS: Claire Burgess, Gayle Davidson, Andy Dixon, Paul Harrison, Ian Jardine, Rev. Alun Jones, Mark Mandale, Dave Mitchell, Colin Paterson, Martin Routledge, Peter Scholes, Rob Scott-Buccleuch, Adam Sheridan.

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