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## **CHELMSFORD CITY WALKING FOOTBALL CLUB NEWSLETTER, No.15**

**OCT 2018**

Welcome to Newsletter No15.

Thanks for the positive feedback on the September newsletter!!

In this edition we continue with our 'Player Profile' and 'Chris' Corner' features and add a new feature called 'Footie Quiz' – 10 questions each month to test your footie knowledge.

As always I hope you enjoy the read.

## **FORTHCOMING FIXTURES FOR YOUR DIARY**

DATE	VENUE	TIME	EVENT	VERSUS
Wed 3 <sup>rd</sup> Oct 2018	Melbourne 3G pitch Chelmsford	10.00	EWFL o65'	Various
Sat 13 <sup>th</sup> Oct 2018	Melbourne 3G pitch Chelmsford	10.00	EWFL o50'	Various
Tues 16 <sup>th</sup> Oct 2018	Len Forge Centre, Southend	14.00	EWFL o65'	Various
Tues 30 <sup>th</sup> Oct 2018	Melbourne 3G pitch Chelmsford	10.00	EWFL o60'	Various

Unless otherwise advised please arrive at the venue at least 30 minutes prior to kick-off to allow for registration, changing etc. In the event that you are unable to play in any match that you have been selected for, please make sure you notify your team manager without delay. Referees are instructed that anyone not wearing shin-pads will not be allowed to play. As always, please check on our website <http://www.chelmsfordcityfc.com/teams/136556> for further information on the above fixtures.

## RECENT MATCHES

### Wednesday 9th September– EWFL o50'



The o50' continue to put up a good fight but results aren't going their way.

They played 4 games on the 9<sup>th</sup> Sept and unfortunately lost in 3 league games 0-1 to Foxash; 0-3 to Romford; and 2-3 in a closer game against Leyton Orient. The boys also lost 0-1 in a friendly. This has been a tough season for the o50' but spirits remain high!

### Wednesday 26<sup>th</sup> September – EWFL o60'



Both the Clarets and Blues o60' sides were in Essex League action at the Douglas Ayre ground, Walthamstow. Wow what a day for the club!! The Clarets won all four games and now have an unassailable lead at the top of the o60' division – they are o60' Essex League champions!!!

The blues won 3 out of their 4 games, giving their best display of the season so far. Overall the club won 7 out of 8 games scoring 12 goals and conceding just one goal from a penalty. A real top-notch club performance.

Here is the match detail

#### **o60' Clarets**

#### **Chelmsford Clarets 1 - 0 Eastwood Falcons Blues**

This was an unconvincing start by Clarets as they were unable to convert any of the many chances that they created throughout the game. While Mark was relatively untroubled in goal, the Blues keeper was proving difficult to beat until a powerful shot by Spencer from a tight angle with only two minutes remaining proved to be the winner.

### **Chelmsford Clarets 2 - 0 Leyton Orient**

The score line did not fully reflect the closeness of this match as both teams had chances during a hard fought encounter. Clarets took an early lead with another fine shot by Spencer. George & Jim in defence held firm against increasing pressure, with Mark being called upon to make a couple of fine saves.

A penalty shout for Clarets was turned down by the referee after the O's keeper appeared to play the ball outside the area but shortly afterwards Terry played a fine ball to Spencer whose pass was converted by Peter to secure the win

### **Chelmsford Clarets 5 - 0 Grays**

After being made to work really hard during the first two games, Clarets managed a comfortable win against Grays with a well taken hat trick by Peter sandwiched between two goals by Spencer. At one point midway through the game Clarets were left with only three outfield players after Terry was given a 2 minute sin bin blue card for raising a boot in a challenge, and then almost immediately after Peter was awarded the same sanction for committing three 'running' offences.

### **Chelmsford Clarets 1 - 0 Eastwood Falcons Yellows (Friendly)**

Both teams were feeling the effects of 3 league matches in the late September heat but despite this they both engaged fully in a tussle that was won by Clarets with a fine strike by strike by Spencer midway through the friendly.

### **060' Blues**

### **Chelmsford Blues 1 – Grays Athletic 0 (Friendly)**

This was a very physical game with a lot of early pressure. Terry came on for Gary in goal mid way through the game. The Blues maintained some excellent shape getting good linkage from back to front. The tenacity was rewarded when Brian fired in a well-taken goal. A great first performance of the day.

### **Chelmsford Blues 1- Eastwood Blues 0 (Friendly)**

This was a tough challenge, Eastwood were lying 4<sup>th</sup> in the table and are strong side. It was a strong tussle in the middle of the park with both keepers making good saves. Eventually Kevin broke the dead lock with a very well taken goal following a good first save from the keeper. Eastwood pressured but the defence held firm and the Blues gained a great victory.

### **Chelmsford Blues 1 – Little Oakley 0 (League)**

The Blues were on a roll, but would it hold up in a tough league game against mid –table Oakley? This was a tough, open game, well controlled by the Blues giving Oakley a limited number of chances. Terry again made some great saves, whilst Chris and Bill H worked well across the back together. But ultimately it was some great midfield inter – play that released Brian to leave the keeper with no chance. Job done and 3 points!

### **Chelmsford Blues – Dagenham & Redbridge 0 (League)**

Confidence was high and again the game got physical very quickly. Our D&R friends were playing on the edge. The Blues slowly took control with a number of narrow misses, then a niggly little incident which saw Chris step into the penalty area changed the game. Sadly D&R scored from the penalty kick despite a great effort from Terry. The Blues deserved at least a draw but it wasn't to be.

## Over 60's Division

POS		P	W	D	L	GD	PTS
1	Chelmsford City Clarets	17	16	1	0	34	49
2	Eastwood Falcons Yellows	17	12	2	3	26	38
3	Southend V&F Blacks	18	10	4	4	8	34
4	Eastwood Falcons Blues	17	7	6	4	9	27
5	Leyton Orient	17	7	5	5	6	26
6	Little Oakley	17	6	7	4	9	25
7	Grays Athletic	17	4	5	8	-10	17
8	Dagenham & Redbridge	17	4	4	9	-12	16
9	Chelmsford City Blues	17	3	6	8	-11	15
10	Concord Rangers Blues	17	2	2	13	-20	8
11	Southend V&F Reds	17	1	2	14	-39	5

League | Table

Well folks here it is in black and white (or black and green), o60' Clarets are champions, only dropping 1 point so far (and that was to CC Blues!!). There are 3 games to play. The champagne corks are ready to pop.

The Blues have got stronger as the season has gone on, a good push in the last 3 games will hopefully see them at mid-table, a great achievement from a slow start.

## TRAINING DATES & TIMES

Tuesday 10.00 to 12.00 outside on the 3G pitch at Melbourne Park (boots with moulded studs must be worn – no trainers of any type are allowed). Also remember that shin pads are now mandatory.

Thursday 11.00 – 13.00 inside at Chelmsford Sports Centre.

Always remember to check on the Chelmsford City Walking FC website for further up to date information as these times and dates can be changed due to tournaments or poor weather.

## OTHER NEWS

### England 2-1 win over Wales

England took on Wales at Jenner Park, Barry FC in their second international of the year. Only a string of saves by the Welsh keeper kept the 'boys from the valleys' in it. England had a great defender in Alan Kennedy who played over 500 times for Newcastle and Liverpool (where he won 14 honours, including 2 European Cup medals) he also gained 2 England caps. In fact Alan' second and last senior England cap (34 years ago) was against... you guessed it, Wales.

Having great defenders is important, but ultimately you need match winners. Enter our very own Spence, with the game finely poised he hit the winner and as they say, the rest is history. Well-done Spence and all of the England lads!!



*Spence with former Liverpool and England legend Alan Kennedy*





*Spence on the rampage in Barry*



*the victorious over 60' England team*

## Social activities

At the time of issuing this newsletter we have 48 members / friends and family who are signed up for the **2<sup>nd</sup> November quiz /fun /celebration night** 7.30 – 11.00 at the Chelmsford City upstairs lounge.

**I will be collecting money at the 9<sup>th</sup> and 11<sup>th</sup> October training sessions. Remember it is £10 per person.**

I have some team entries; in other instances we are creating teams where we have couples wanting tickets.

It will be a fun night and a celebration of the club's contribution to Essex League football in 2018.

**There is still a chance to grab tickets:** Please contact me on 07850 725691, drop me an e-mail on [chris.jullings1@btinternet.com](mailto:chris.jullings1@btinternet.com) or speak to me at training.

Different subject ... at the moment I have 7 people interested the Foot Golf idea. It is an 18 hole course (about 2500 yards), so a couple of hours to get round. It is at Brentwood and will cost £18 per person. There is a bar and food available. Interested so far are (me, Bill S, Spence, Lance, Paul, Terry, Jim P). If anyone else is interested please let me know (usual contact details per this Newsletter). I will then firm up a date with folks and get booking.

## Autumn / winter monthly mini-tournament

Many of you will remember that we had a club mini tournament on 21<sup>st</sup> August with a bit of a social catch up afterwards. The Committee has discussed and agreed to introduce a monthly mini tournament over the autumn / winter period. (during the Essex League closed season). We will pick teams of mixed age /ability from the club and have an open invitation for a guest team or two from outside the club. The mini tournament will use one of our Tuesday training slots at Melbourne each month. The first two dates are **Tuesday the 13<sup>th</sup> November and Tuesday 11<sup>th</sup> December.**

We will arrange a bit of food at the club for after the games so we can talk through 'why we almost scored or almost saved it!!' together with the usual 'my injury is definitely worse than yours' chat.

On an associated note, we are also exploring how to introduce a bit of structured coaching, more on this in due course.

## Essex 'fair play' league – 17/18

We are all competitive and whilst we say winning isn't important it's about the taking part (yeah yeah yeah) there is clear evidence that for Chelmsford City WFC it is true. The recently released 'fair play' league for 17/18 shows Claret's and Blues over 60' at 1 and 2 in the league table. Taking a look at 18/19 fair play league we might have reverted to winning being more important!! Fair play league or not it feels like all teams in the club play the game in the right spirit.

## Wearing shin pads – last reminder

As you know it has always been mandatory to wear shin pads in Essex League games. You will also be aware that as a club we have extended this to our outdoor training. We also recommend wearing pads indoors, but the nature of the footwear and game means there is less risk of injury (hence a recommendation rather than mandatory approach indoors).

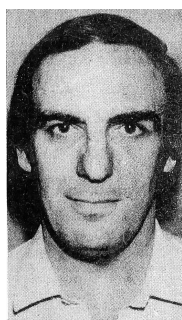
We have had one or two instances of folks forgetting their shin pads on Tuesdays. I think we are now past the honeymoon period. Failure to have shin pads (as with failure to have appropriate footwear) will now result in you being unable to play on the day. Clearly this is about us all taking responsibility to minimise injuries. Thank you.

## PLAYER PROFILE

In this edition we profile **Lance Gooch**.

Born 1942 in Chelmsford.

Played for Chelmsford City 1964 -69; Grays Athletic; a number of Sunday League sides including Roblin Sports.



Lance was born in Chelmsford and attended the senior Technical School here. He started off as a left half and has pretty much stayed as a defender all of his footballing life. Geoff Hurst went to the same school and was in the same year as Lance but Lance doesn't remember playing against him (probably because he would have been long gone before he went to tackle him!!)

Lance then went to play for Baddow & Roxwell before getting picked up by Chelmsford City where he played as centre – half between 1964 -1969. (Sir Geoff of course had gone off with the boys of '66 to upset the Germans!).

Lance thoroughly enjoyed his time at Chelmsford City, remembering games against Tottenham and West Ham teams.

In a game against Tottenham at the City ground he remembers some feller called Mike England, who of course went on to be capped 44 times for Wales. Fortunately Mike was a defender too, so a long way down the field from Lance!!

The other memorable game was against West Ham in a two –legged final, having lost 2-1 at home Chelmsford City embarked on the challenge of the second leg at West Hams ground. It didn't start well, being 3-0 down at half time.

But the battling Chelmsford City got it back to 3-3 with a last gasp equaliser, sadly they lost 5-4 on aggregate, but a memorable two games to play in! (as here we are talking about 50 years later!!).

There was a period when Chelmsford City were playing at other grounds (like Billericay and Maldon), in this period of uncertainty Lance and 3 other Chelmsford City players moved to Grays Athletic where Lance saw out his more senior playing career.



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But of course (as walking football proves) the boots never truly get hung up!! Lance embarked on his Sunday League career playing for Taurus and Saracens before being approached by Peter Taylor (yes that Peter Taylor – Tottenham player, England caretaker manager etc) to play for Roblin Sports.

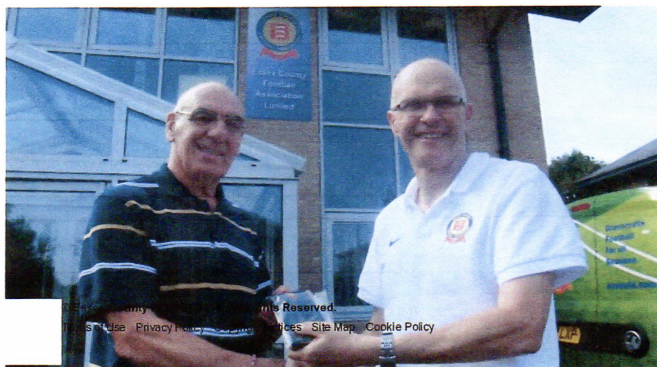
Lance remembers the first friendly against Harold Wood with two new Tottenham players stood on the line watching. They were Ricky Villa and Ossie Ardiles. Apparently Peter Taylor was their mentor at Tottenham and was getting them out and about. Lance still reflects on how strange it felt having these two watching him rather than him watching them!! That did change very soon when Peter Taylor fixed a few tickets for the Roblin lads to watch Tottenham v Liverpool.

The Roblin Sports side won the treble for 3 consecutive seasons between 1979 -82, Lance was still playing centre half and aged nearly 40 (obviously why its still so blinking difficult to get round him!!!).

Lance was selected to play for Essex on numerous occasions and played in the successful sides of 1968, 70 and 71 (obviously he didn't try very hard in 1969!!) and was man of the match at 3 Divisional cup finals. In fact he was presented with an Essex representative tie in 1982/83 season for 20 years of Essex representative football. This all sounds fabulous, but sadly the story takes a worrying turn for the worse.

The prized tie was proudly kept in the family trophy cabinet. One day his wife Ann was having a clear out (you know the sought of thing that happens!) and Lances tie headed for the dustbin. 'Why have you thrown it away?' asked Lance 'Well I threw it away because you never wear it!!' said Ann. It sought of has a logic, but .....

Lance contacted the Essex County FA and bless their hearts they replaced it with a new one (see photo below)



Relieved former Chelmsford City and Grays Athletic footballer Lance Gooch has been presented with a brand new Essex representative tie to replace the original, which was unknowingly disposed of by his wife during a spring clean at his home earlier in the year!

After this little episode it is quite surprising that Lance and Ann have been married for 53 years (on a serious note, it is a wonderful achievement - congratulations). They have 2 sons and 5 grandsons.

Lance had a long and successful career with the Prudential, where he retired in 1992 as Divisional Manager. He says he had a couple of years playing golf before going back to work at the local Bringy Furniture where he helped run the business until its recent closure.

Lance has had a rich footballing career and its great that his passion continues to burn bright playing walking football.

**Next month' player profile: Jim Prophet**

### **FOOTIE QUIZ**

This is a new feature, giving you a chance to test you footie knowledge. The answers are at the very end of the newsletter (no cheating and taking a peak before you get started!!!)

1. In 1997, which player was the first to score a hat trick of headers in the Premier League?
2. The FIFA Ballon d'Or is awarded to the world's best men's player, what is the translation of the French word d'Or?
3. Which English League team' name (they play in London if it helps) starts with 5 consonants?
4. From which club did Rangers sign Graham Roberts in 1986?

5. Since the formation of the Premier League in 1992 (and ending May 2018) there have been 108 English managers in the league. Which nation is in second place with 56?
6. Which unfortunate act unites Giorgio Chiellini, Otman Bakkal and Branislav Ivanovic?
7. What do Preston North End and Arsenal FC have in common that will take some beating?
8. Who were the last team to win the FA Cup wearing red and white strip shirts?
9. Who was the first goalkeeper to save a penalty in the FA Cup final?
10. Whilst on the penalty theme, which year saw the first World Cup decided by penalties?

### **CHRIS' CORNER**

Well folks two thoughts this month (so the brain cells are really working overtime). A bit about keeping ourselves out on the pitch and a little item about unlikely goalkeepers.....

So keeping ourselves out on the pitch..... I emerged from my daydream (in the last 'Chris' Corner') where I briefly relived my 6 year old self imagining that I was Lev Yasin (the greatest goalkeeper who ever lived!!). You can see why it was a daydream.

As reality struck a chord, my 64 year old self landed flat out face down with a mouthful of those little 3G black rubber bits and the echo of people congratulating Spence on another wonderful strike. Could I have stretched that little bit more? Why does my thigh twinge? What's that dull ache in my knee?

When I was 6 years old I bounced off the concrete in the schoolyard as I flung myself around – now I don't bounce so well!! Which brings me to staying on the pitch.

I'm 64 not 6 I need to think about how I properly prepare for training and more importantly for the intensity of league action. The simplicity is that very few of us warm up or warm down properly (if at all). It all makes sense in our heads, but we're not so good at the practice. The result is that we are more susceptible to muscle strains and tears and as we all know it takes much longer to recover.

So as a club we have to move this up our list of priorities, it is a fundamental part of being a fit and injury free bunch of footballers. You will have noticed that we have started back down this path, doing warm ups before training.

However ..... at the end of the day it's our personal responsibility. So here are a few tips to be considering (and practicing).

#### **March on the spot – keep going for 3 minutes**



Start off marching on the spot and then march forwards and backwards. Pump your arms up and down in rhythm with your steps, keeping the elbows bent and the fists soft.



### Heel digs – aim for 60 heel digs in 60 seconds



For heel digs, place alternate heels to the front, keeping the front foot pointing up, and punch out with each heel dig. Keep a slight bend in the supporting leg.

### Knee lifts – aim for 30 knee lifts in 30 seconds



To do knee lifts, stand tall; bring up alternate knees to touch the opposite hand. Keep your abs tight and back straight. Keep a slight bend in the supporting leg.

### Shoulder rolls – 2 sets of 10 repetitions



For shoulder rolls, keep marching on the spot. Roll your shoulders forwards 5 times and backwards 5 times. Let your arms hang loose by your sides

### Knee bends – 10 repetitions



To do knee bends, stand with your feet shoulder-width apart and your hands stretched out. Lower yourself no more than 10cm by bending your knees. Come up and repeat.

**Source: NHS Exercise website – How to warm up before exercising.**

Obviously you don't have to do all these warm up exercises, you can mix and match to suit your own body and current levels of fitness – you know your body best. What is important is that we all think about (and practice) warm-ups before playing.

The experts say that just a 1-2 degree rise in the temperature of your muscles prior to playing is generally enough to help minimise some of those niggles, so it makes real sense to do it!!

The second thing on my mind is an observation, which I'm calling 'unlikely goalkeepers'

We have some recognisable goalkeepers at the club, but we also have some unexpected hero's.

We have recently seen some splendid displays and I wanted to share 2 of them from training.

In a recent training session Bill Harvey kept Spence at bay with 5 magnificent saves (including a penalty save) to leave Bills team winning 1-0.

It's not the first time that Bill has shown his agility (well getting down, getting up is a different story) and his prowess in goal. Of course Bill denies all knowledge of being a goalkeeper and shares his passion for being a defender!!!

Another dark horse is Terry O. There have been several training sessions (and recent League games) where Terry has ambled towards the sticks only to suddenly take on the altered ego of Gordon Banks or David Seaman.

In a recent training game he had a string of cat like saves. However, I draw the line at him using his glasses to flip one over the bar. Looking like he was getting a clean sheet he got beat in the last minute by Spence (I'm thinking its time the goalkeepers got together and locked Spence in the dressing room before training!!). Terry swears he is an outfield player (I'm going to search his bag for a copy of 'everything you need to know about goalkeeping and was afraid to ask').

All joking aside it is wonderful that so many folks show versatility and try different playing positions; it makes for a rich and diverse bunch of footballers and can only help create even more depth for the club.

Well done to all our 'unlikely goalkeepers' and everyone else who tries playing in an unfamiliar position.

**Chris Jullings**

chris.jullings1@btinternet.com

07850 725691

#### **USEFUL LINKS**

Walking Football United:

<http://www.walkingfootballunited.co.uk/>

Chelmsford City Walking FC:

<http://www.chelmsfordcityfc.com/teams/136556>

Essex Walking Football League:

<https://www.essexwalkingfootballleague.org/>

Chelmsford City FC:

<http://www.chelmsfordcityfc.com/>

#### **Answers to the Footie Quiz**

1. Duncan Ferguson for Everton v Bolton

2. Golden

3. Crystal Palace

4. Tottenham Hotspur

5. Scotland

6. They were all bitten by Luis Suarez

7. Both teams went a whole season in the top division unbeaten

8. Sunderland (1973 v Leeds)

9. Dave Beasant (Wimbledon)

10. (1973 v Leeds) 1994 (Brazil 0 Italy 0 after extra time, Brazil won 3-2 on penalties).