

Foxes Gazette

September 2015

All the latest news from Uxbridge Amblers, home of the Silver Foxes



*Fellow Amblers,
Welcome to the new look quarterly newsletter, we hope
you find it an interesting read?
If you have any comments or news you want to share,
please let us know, so that we can include it in the
next edition.*

CLUB OFFICERS

Mick Harvey - Chairman
Mick Geraghty - General Secretary
John Handell - Treasurer
Dave Ball - Social and Media Secretary
Graham Barnes - First Aid Officer

FROM THE CHAIR...

As the club approaches its first anniversary, I am amazed on what we have achieved in just 12 months.

The membership has reached a level, which has forced us to stop recruiting new members.

The Friday club nights are always well supported and I've noticed the standard of play has improved as time has gone on. This has been greatly helped by my co-founder Mick Geraghty's enthusiasm and dedication to his role. He is always coming up with new ideas to help player development and I think you will all agree that we can't thank Mick enough for all his efforts.

The competition side of things is also going well with our representative squad still involved in the National Cup. The next round is due to be held in October, date to be confirmed.

The club also sending two squads to the Bisham Abbey tournament later this month.

Socially, we try to arrange an event on a monthly basis, which have also been well supported. The response we get from you all, helps the Club support its chosen charity for this year - Prostate Cancer UK.

All in all a fantastic first year!

I thank you, as members, and my hard working committee for the continued support.

Mick H
Club Chairman

London's First Affiliated Walking Football Club

Coaches Corner

FOOTBALL MATTERS

The last couple of months has seen a number of new members to the Club and to walking football and with an average of 25 players training on a Friday the Club goes from strength to strength.

Since May, 25 players have represented the club in friendlies against Uxbridge Cricket Club, Hereford Scrumpy Boys FC, in the National Cup County Rd against Barnet and the Southern Zone Finals against the Champions of Essex, Bucks, Berks and Herts – Congrats to the lads who have now qualified for the Southern Final against the winners of the Zone league between the Champions of Kent, Hants, Surrey, London and Sussex.

FUTURE FIXTURES

We have entered 2 squads for the forthcoming Berks and Bucks FA 7 aside Cup at Bisham Abbey on Sunday 13th September. I will be arranging a return fixture with Hereford.

This will be an overnight stay and I hope we can get enough players for 2 teams.

I will be visiting the lads from Cove Walking FC in the coming weeks to discuss a 2-touch friendly. Mick Quinn has built a club similar to ours and they only play the 2-touch version of the game.

AMBLERS INTERNATIONAL TOURNAMENT

With the support of Andy Perren and the Middx FA we are hosting our inaugural Tournament next May 28th. We have a team from Holland coming over and with all the clubs in Middx and invited teams from Hereford and Folkestone already registered Walking Football will take centre stage in Hillingdon.

AMBLERS IN THE COMMUNITY

The donation we made to the lads from DASH has enabled them to continue training during the summer at Ruislip Goals. We continue to support their coaching and help with managing a team in the Middx FA Disability League, which kicks off in September.

KIT STORE

The Club track tops look very impressive and I still have 5 XL in stock at £27.50 each.

I'm taking orders for club rain jackets, the cost for these will be £20.00.

The deadline to place your order will be Friday 11th September.

COACHES CORNER

My desire to make Walking Football a serious version of the 'Beautiful Game' means that the continuous theme of communication, retaining possession and 2 touch play both on and off the ball is essential and it is great to see the massive improvement in the quality of the Friday night sessions.

A warm up is key to a successful session and getting the body ready for an hour of continuous play is as much down to the individual as me the coach. If you can get to the pitch 15 minutes early and start to warm up without a ball the benefits will be seen in the session.

BARRY LYNCH

After a 4-month lay off with a knee injury it was great to welcome back Barry to the pitch. Barry's is still some way off from full fitness but with a NO CONTACT condition placed on Barry his recovery will be a short one.

FOX OF THE MONTH

Congratulations to May winner Russell Thatcher, Bunker the Fox for June and Graham Barnes who took the honours in July.

AMBLERS BIRTHDAY CELEBRATION

The 12th of September is our first Birthday as a Club and celebrates a magnificent 12 months all members are invited for a drink and grub in the Cricket Club after training on Friday 18th September. Please let me if you are coming so we can organise the food.

Cheers Mick G

Follow us on [YouTube](#)

National Cup Report

National Cup 2015 - South East Region Zone A - Qualifying Round Hillingdon Sports & Leisure Complex - Sunday 23rd August 2015

Uxbridge Amblers, the only remaining representative and Champions of Middlesex, were joined by teams from Aylesbury (Bucks Champions), Stevenage (Herts Champions), Chelmsford (Essex Champions) and Lambourne (Berks Champions) to compete in the next round of the Walking Football National Cup.

Each game was to last a straight 15 minutes, all teams playing each other in a round robin competition.

Only one team would go through to the South East Regional Final where they would meet the outright winners of Zone B.

After having the advantage of watching all teams play before their first game, Amblers kicked off against a very strong Aylesbury side. Having beaten Chelmsford 3-0 in their first game, Aylesbury were full of confidence. Things seemed to be heading for a 0-0 draw, until Barry Butler broke free and put Uxbridge 1-0 up with only a couple of minutes remaining. Amblers kept their lead and won the points.

The second game was against an equally strong Lambourne team. After a gruelling 15 minutes the match ended in a 0-0 draw.

Although, the Uxbridge attack was by far the strongest, the Lambourne defence coped with everything that was thrown at them.

After a short break Amblers kicked off against a reasonably vocal Chelmsford side. Although managing a 1-0 win, with a goal from Colin Dennison, Uxbridge found it hard to gain any momentum. Again, the Amblers forward play was far superior from that of Chelmsford. The following game between, Lambourne and Aylesbury, ended favourably for Uxbridge, with Aylesbury winning 2-0. This meant that the Amblers simply had to win their last game against Stevenage to qualify for the final.

Amblers did this in style with a convincing 6-0, goals coming from Colin Dennison (3), Ray Crook, Dave Ball and a screamer for local footballing legend Mick Harvey!

Uxbridge Amblers now find themselves as one of only 7 remaining teams in the 2015 National Walking Cup.

The Zone B competition is to be played on Sunday 27th September and will involve teams from Kent, Surrey, London, Hampshire and Sussex.



Back row left to right - Dave Walsh, Alan Mathieson, Mick Geraghty, Steve Rich (Founder of the National Cup),
Dave Richardson, Colin Dennison, Ray Crook, Peter Dean
Front row left to right - Mick Harvey, Barry Butler, Dave Ball

Fox In The Box

**NAME**

Colin Dennison

NICKNAME

Elbow (apparently)

DATE OF BIRTH

22/06/1957

OCCUPATION

Aircraft Technician

MARITAL STATUS

Married

TEAM SUPPORTED

West Ham

MY ALL TIME ROLE MODEL

Jonny Wilkinson

MOST ADMIRED SPORTS PERSON

Bobby Moore

OTHER SPORTS PLAYED

Golf

FAVOURITE MEAL

Sunday Roast

FAVOURITE DRINK

Any Real Ale

FAVOURITE SINGER/BAND

Chas & Dave

IF YOU INVITED 3 PEOPLE TO DINNER WHO WOULD THEY BE

Mickey Flanagan

Winston Churchill

Linda Lusardi

WANTED TO GROW UP TO BE

Footballer

I AM FRIGHTENED BY

Walshy's name on the team sheet

FAVOURITE MOVIE

Black Hawk Down

FAVOURITE TV PROGRAMME

Sopranos

Follow us on [Instagram](#)

Fox Of The Month



Russell Thatcher - May 2015



Alan Mathieson - June 2015



Graham Barnes - July 2015

Charity Update

Beachy Head Marathon

A big thank you to all of you who have kindly sponsored me. We're well on the way to achieving the goal of £500.00.

If you haven't yet sponsored, it's not too late.

Simply click on the title of this article or on the Yahoo logo, top right on our website homepage, just follow the instructions.

www.uxbridgeamblers.net

Thanking you in advance

Bally



2015 Charity Donations

So far this year the Club has raised the following monies for charity -

£1575.00 - Prostate Cancer UK (02/09/2015)

£200.00 - DASH

£150.00 - Jimmy Greaves Appeal

£50.00 - Cancer Research

You really are special people, Well Done Guys,

Please keep it going!

Johnny H

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