



vs Long Melford

Thurlow Nunn Division One North

Wednesday August 5th 2026 Kick-Off: 7:45pm

Official matchday programme Online

vs Dussindale & Hellesdon Rovers

Thurlow Nunn Division One North

Saturday August 8th 2026 Kick-Off: 3.00pm

Official matchday programme Online



DIRECTORY

Club Owner: Ian Booth
Hon Club President: Paul Booth
Chairman: Chris Powell
Vice Chairman: Terry Shadbolt
Director of Football: Aidan Theedom
Club Treasurer: Ian Booth
Head of Commercial: Glenn Chapman
Senior Secretary: Steve Parker
Assistant Secretary: Rosi Webb
Club Welfare Officer: Danielle Booth

Ladies Social Media & Marketing
 Jade Clemmens
Events & Fundraising: Cara Greenley
Programme Editor: Steve Parker

Mens 1st team Manager: Jon Moody
Assistants: Aiden Theedom & Ian Booth
Physio: Matylda Wasilewska

Reserves Manager: Aaron Lyon
Reservs Assistant: Dean Gee
Under 23's Manager: Steve Shadbolt
Under 23's Assistant: Teddy Cowen
Under 18's TNL Manager: Adam Myhill
Under 18's TNL Assistant: Steve Shadbolt

Ladies Manager: TBC
Assistant: TBC

Head of Youth: Ray Turner
Boys Youth Secretary: Carl Booth
Head of Girls Youth & Secretary: Rosi Webb
EJA Fixture Secretary: Terry Shadbolt

RECENT HONOURS

Eastern Counties (ThurLOW Nunn) League
 Div One South Play Off Finalists 2022-23
 Div One South Play Off Semi Finalists 2023-24
 Div One North Runners Up 2024-25
 Div One North Play Off Finalists 2024-25
 Div One North Play Off Finalists 2025-26

Essex & Suffolk Border League
 Premier Division Champions 2021-22
 Knockout Cup Winners: 2021-22

Essex County Womens League
 Premier Division Champions 2022-23
 Division Two Champions 2021-22
 Essex County League Plate Winners 2024/25

RECORDS

Best FA Vase performance:
 4th Round Proper (Last 32)
 Lost 2-1 at Romford FC 13th January 2024

Highest Home Attendance: Stanway School
 399 v Sporting Bengal United, 29th April 2023
 ThurLOW Nunn Division One South Play Off Final

Highest Home Attendance: Coggeshall
 868 v Harwich & Parkeston, 3rd May 2025
 ThurLOW Nunn Division One North Play Off Final

Highest Home League Attendance: Coggeshall
 350 v Harwich & Parkeston, 21st April 2025
 ThurLOW Nunn Division One South

GROUND REGULATIONS

All persons entering the Stadium on match days are only admitted subject to these rules and regulations:

- 1) The Club reserves the right to eject from the ground and prosecute, if thought appropriate, any person within the clubs premises who is considered in breach of the following: **a)** Entering the ground by any means other than through the proper turnstiles or gates. **b)** Entering the field of play before, during or after the game. **c)** Using obscene or abusive language or persistent swearing likely to cause offence. **d)** Using terms of abuse, racial or otherwise, that is likely to offend. **e)** Being drunk or being under the influence of drugs. **f)** Making vulgar or obscene gestures. **g)** Carrying any offensive object or throwing any article onto the field of play.
- 2) The Club reserves the right to refuse admission or eject from the ground any person who refuses to be searched by any servant or agent of the club or any Police Officer.
- 3) No glass bottles, drinking glasses or other such article or object is permitted in the ground and the Club Officials / Stewards will have the right to seize or confiscate any item or article considered to be a danger to others.
- 4) Climbing of the fences, stands and other structures including sitting on the barriers around the pitch is not permitted.
- 5) All vehicles are parked at the owner's risk.
- 6) Only players, officials and club personnel may enter the changing room area.

Firstly we would like to welcome the management team, committee, players and supporters of Long Melford & also Dussindale & Hellesdon Rovers Football Club to Coggeshall.
 We hope you have all had good trips here and all have a safe journey home.

With home games on the Wednesday & Saturday we have done a double header programme.

All tables / fixtures and stats etc are updated as much as we have.

Enjoy the match

Steve Parker
 Programme Editor



1868



TO 2026



Club History

Founded in 1868. The earliest record of Long Melford Football Club is 14th January 1868 on the Church Green in the village against Ipswich Rangers, with Melford winning 5-1, a great start to an illustrious history. Not a selection of balls to choose from! In the early days it was an animal bladder, covered in hessian. The village launched a "Penny a Week" campaign and eventually, a leather ball was purchased. In those starting days the Church was interlinked to the football club with the Rectory being heavily involved.

The team moved to various ground locations in the village. The team became very successful and the 1887/88 season was particularly successful. The total running expenses for the club in that season amounted to £30 with a deficit arising of 10 shillings and 10 pennies which members met from their own pockets.

Just to think, in season 2016/17, expenses for three officials at a match came to over £300! Melford won the Suffolk Senior Cup in 1887 beating Woodbridge Town 1-0 in a replay after beating Ipswich Town in the semi final. One of the Melford players William Nevill 'Nuts' Cobbold was capped by England in the period 1883 to 1888. In 1895 they again won the Suffolk Senior Cup. The third victory in the Suffolk senior Cup came in 1908/09. Melford continued to thrive throughout both war periods playing at different venues throughout the village.

There was always great rivalry between Sudbury and Long Melford and some of the games would attract in excess of 2000 spectators. Lurching from success to almost extinction Melford survived some dramatic years and eventually purchased through public subscription their present ground Stoneylands in the late 1940's. Over the years Melford have had the benefits of having several talented professionals turn out and against at the club. In the late 1940's Alf Chalkley ex West Ham full back who kept the Black Lion PH was appointed player coach.

Soon after this Bert Barlow ex Barnsley/Wolves, Leicester player became player-coach. Barlow won an FA cup winners medal with Portsmouth in 1939 when he scored twogoals in the 4:1 victory over wolves.

Three years on Long Melford won the Suffolk Senior Cup in the early 1950's.

Until 1959 The Cock & Bell PH was used as head quarters and changing rooms for the club, with all players having to walk down the village street for the games at Stoneylands! After this changing rooms were built at Stoneylands by voluntary labour and existed for several decades, prior to the development of a new clubhouse which opened in late 2021.

In recent times Melford despite being a village club, with very limited resources, have progressed to step five of the football pyramid and did play in the Premier Division of the Thurlow Nunn League until relegation last season. This was the highest level the club has played in its long history.

The Villagers won League Challenge Cup following a 1-0 victory against Fakenham Town in the Final played at Diss Town in 2019.



The club was established in 2020 after a merger between Dussindale Rovers and Hellesdon FC. Soon after, teams from Thorpe Rovers and Spowston Ladies were amalgamated into the club.

They now have a variety of teams at all age levels, 26 in all. The first team had a truncated start to life due to the pandemic.

They then finished as runners-up behind Heacham in 2022 before winning the title in their own right in 2023. This, combined with securing a place at The Nest in Norwich meant that they could be promoted to the Eastern Counties D1 North.

Just as in 2022, Heacham would be their nemesis when they made their FA Vase debut this season as they lost 2-0. They play in Horsford, a village six miles north of Norwich which is surrounded by the Horsford Forest and is named after the dried-up section of the River Hor.

Its population has seen a steady increase since the Second World War, growing from 750 in 1945 to 4,163 at the 2011 Census.

There are various explanations of the village name. It is usually said to derive from 'horse ford', but it has also been suggested that it comes from the River Hor on which the village stands (more usually known to



locals as 'the Beck').

A third explanation is that it comes from Horsa, the name of a Saxon chief.

Dussindale Rovers FC were formed in 2010 and played its first five seasons in Sunday football. In 2016 they changed to Saturday Football, winning the Norwich Saturday League in their first season. They then spent a couple of seasons in the Anglian Combination Division 5 North and were champions in 2019.

They spent their final season in the Anglian Combination Division 4 with the season



curtailed due to Covid. The valley known as Dussindale is the site where Kett and his rebels were defeated by the Earl of Warwick's army in August 1549. Boundary Lane now runs along the valley.

Originally, they played out of Thorpe St Andrew, a town and civil parish in the Broadland district of Norfolk. It is situated on the River Yare, two miles east of the centre of Norwich,



and is outside the boundary of the city. The civil parish has a population of just under 15,000

Hellesdon FC was established in 1959, playing in local football initially. They played local football at first, joining the Anglian Combination at some point. The first record of them was in 1996/97 when they were relegated from Division 1.

The following season was no better and by 1998, they were in Division 3. It would take them until 2005 to recover when a 3rd place finish was good enough for promotion to Division 2.

They'd only stay for a single season, being promoted again after a 4th place finish in 2008. This time they would be more successful, finishing as runners-up to Norwich CEYMS to win promotion to Division 1.

In 2017, they would win promotion to the Premier Division where they would remain until the merger.

Hellesdon is a village in the District of Broadland in Norfolk. It lies approximately four miles north-west of Norwich city centre and has a population of 11,132, according to the 2011 Census. Norwich International Airport immediately adjoins the parish. The team played at the community centre up until the merger.

AFC PEGASUS HISTORY



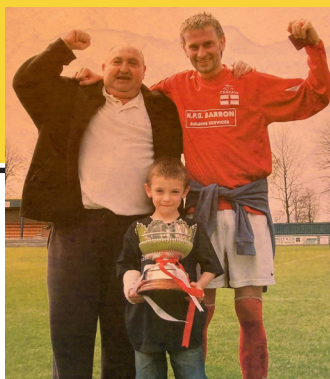
AFC Pegasus Colchester Football Club was derived from the most successful Sunday League side in Colchester history, AFC Pegasus, who won an incredible 64 honours over a period of 30 years with Paul and Heather Booth at the helm for every one of them.

AFC Pegasus in turn was created from Pegasus Youth in 1985 who had a great history in the Colchester Youth League for many years dating back to the early 1970's with the founder being Mr Peter Peters.

When Paul and Heather stepped aside a new era under son, Ian Booth (pictured above in red with Paul) was about to begin and the transition from Sunday League to Saturday football for the senior team in 2018 opened the door for the return of the youth set up at the club.

With a moved to Stanway School the club name was changed to Stanway Pegasus.

With passion and drive to succeed than ever before, both off and off the pitch, we were ready to start that new era. With various youth and men's teams in full swing, our vision is to be one of the biggest clubs in Essex that has men's teams competing at a high level of non-league football who lead



the way for the youth set-up.

This youth set-up will progress through their age groups starting at U6's, all the way through to U18's.

This is what we call 'The Pathway'. Although player development is a key aspect of our philosophy, the aim for the youth is to enjoy playing football for Pegasus and looking at the talented home grown youth squads we have, boys and girls the future is looking very good under the guidance of our Head of Youth Ray Turner.

The Club prides itself hugely on former and current players plus youth managers taking up major roles within the Club whilst surrounding ourselves with people we trust.

Soon to be added to the Pegasus family were the women, girls and recently the Vets as the club proudly sits at over 30 teams have been the fastest growing Club in the area and success is no stranger with many league titles and promotions along with cup success the Club is blossoming into a huge success story and long may it continue.



Senior football for the men's

first team was secured for the first time at the end of the 2021 /22 season with the team gaining promotion from Essex and Suffolk Border Premier League where they

went unbeaten winning the league with 98 points from 34 games scoring 126 goals in the process.

They also beat Tiptree Heath 1-0 in the League Cup Final at Little Oakley. Max Booth was the Division's top goal scorer with 34 (26 league and 8 Cup)

2022/23 Season saw the team in the Eastern Counties Division One South where we narrowly lost out on promotion at the first attempt via a penalty



shoot out after a 2-2 draw against Sporting Bengal.



Although heartbreaking at the time looking back and what a debut season for the club in senior football. Callum Griffith was the Division's top goal scorer with 32 (29 league and 3 Cup / Play offs)

Rosi Webb (Pictured below left) was a revelation for our club during this period being the Men's 1st team manager while also playing in the successful ladies' teams she was indeed Mrs Pego and quite rightly got the accolades she deserved.

From the 2023/24 Season the Men's first team moved sideways from the Eastern Counties Division One South division to the North division while the Men's Reserve team are competing in the Essex and Suffolk Border League's Premier Division.

The ladies have been just as successful in a short period of time with winning the Essex County Woman's Premier League piping by 2 points local rivals Stanway Rovers to seal back to back promotions that now see them competing in the Eastern Region League for the first time as the club looks to push on in all fronts.

A Ladies reserve team was



started up and joined the Essex County Woman's League Division 3.

The club also entered the FA Vase for the first time playing six matches beating Haverhill Borough, Takeley, Halstead Town, Barkingside and London Lions before falling to eventual finalists Romford in the 4th Round proper.

The first team season ended in Play Off defeat for a second season running, this time 3-0 at Holland FC in the Semi Finals.

2024-25 season was the best league season so far, finishing runners up in Eastern Counties Division One North and only missing to in the play off final to Harwich & Parkeston on pens.



In November 2025 after 6 years in charge Rosi Webb moved on to a role in the Charlton Athletic Ladies set up and Jon Moody took on the first team manager role.

After the mixed first half to the season the team picked up and claimed a play off place. After beating Holland FC away in the semi final we lost 3-0 at FC Peterborough in the Final.

For the 2026-27 season a new era began as the club reverted to the name AFC Pegasus Colchester and also started the new side in the Under 18s Thurlow Nunn League.



Photos thanks to TAVSNAPS

FIRST HOME GAME 3-0 VS

2026-27 AFC PEGASUS

NORWICH UNITED



First League goal of the season and a goal of the season contender



LEAGUE CUP DRAW

Round 1

Cannons Wood v. Dunmow Town (5th Aug)

Diss Town v. Norwich United (4th Aug)

FC Baresi v. AS London (5th Aug)

FC Parson Drove v. Newmarket Town Res (5th Aug)

Holbeach United v. Netherton United (5th Aug)

May & Baker EC v. Enfield Borough (4th Aug)

NW London v. Hertford Heath (5th Aug)

Southend Manor v. East Thurrock Community (4th Aug)

Wivenhoe Town v. Needham Market Res (4th Aug)

Round 2

Athletic Newham v. Stansted (25th Aug)

Basildon Town v. Rayleigh Town (26th Aug)

Burnham Ramblers v. Cannons Wood or Dunmow Town (2nd Sep)

Coggeshall Town v. Clacton Town (25th Aug)

Diss Town or Norwich United v. Wroxham Reserves (25th Aug)

FC Parson Drove or Newmarket Tn Res v. Holbeach Utd or Netherton Utd (25th or 26th Aug)

Framlingham Town v. Long Melford (25th Aug)

Halesworth Town v. Gorleston Reserves (25th Aug)

Hoddesdon Town v. NW London or Hertford Heath (25th Aug)

Holland v. AFC Pegasus (25th Aug)

Lymore Gardens v. Southend Manor or East Thurrock Community (26th Aug)

May & Baker EC or Enfield Borough v. FC Baresi or AS London (1st Sep or 26th Aug)

Wivenhoe Town or Needham Market Res v. Hadleigh United (25th Aug)

Round 3 (week beginning 21st September)

Premier Division teams join the competition for this round

Did Not Enter

AFC Sudbury Reserves, Brimsdown, Dereham Town, Dussindale & Hellesdon Rovers, London Fennecs, London Harts United, Marcelona, Whittlesey Athletic

Final currently scheduled to Bank Holiday Monday 3rd May, 3pm at a neutral venue



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By Matthew Badock, Editor of The NLP

REFRESHED, recharged and ready to go – the full 2026-27 season is, at last, officially set for kick-off.

Of course, Step 5&6 clubs are already on the go – some have even played three or four games – ahead of the, slightly later than usual, FA Cup start this weekend.

But as well as the extra preliminary round beginning – and keep an eye out for Step 4 clubs starting cold against lower tiered opponents whose engines are fully running – the new campaign for Steps 1-4 are also under starter's orders.

At last. The World Cup was good in patches but there's nothing quite like a full fixture list.

All the pre-season talk, the hopes and expectations are about to be fully tested when the first ball gets banged into your penalty area with the sun, no doubt, beating down.

Who will get off to a flyer? Who will thrive in the early months but fall away when the weather gets ugly? Who will stumble out of the blocks but regain their composure?

Whatever league you are most interested in, you will have your favourites and dark horses. But the beauty of Non-League football is, despite the annual budget talk, the unexpected always happens.

Can Boreham Wood, minutes away from promotion last term, shake-off any potential hangover and start fast? How will the new Step 4 teams get on? Who will make the most of a reprieve?

This year brings another level of interest with the expansion of the play-offs at Steps 3&4 from four teams to six.

It will mirror the format used by the National League and Steps 1 and 2 that has been largely deemed a success.

The champions will go up as usual with second and third receiving byes into the semi-finals where they will face victors from the fourth v seventh game and fifth v sixth eliminator games.

Is it fair? Well, no play-off system is. But they do keep more seasons alive for longer. When clubs are fighting for every pound note they can get, having plenty at stake at the back end of the season can only be a good thing to draw in the punters.

That's for down the line after the long winter months. For now we'll enjoy watching game with the sun on our necks.

Once again, we're relishing covering every kick along the way in The NLP every Sunday. Along with the usual in-depth coverage our readers have come to expect, we've got some new features up our sleeve to. Make sure you grab a copy each week – even better, subscribe!

So here we go! Have fun and enjoy the season.



HERE WE GO!

NATIONAL LEAGUE 2026-27



11-PAGE PREVIEW PAGES 13-23

IT ALL boils down to this! After 90 days of closed season mayhem, transfer noise and friendly fun in the sun, Non-League clubs at Steps 1-4 now begin their bid for glory. The 2026-27 season in the National League, Northern Premier League, Isthmian League and Southern League kicks off this coming weekend, as well as the FA Cup extra preliminary round. In Non-League's top flight, the quest to try and recreate last year's epic title battle between promoted sides York City and Rochdale begins in earnest on Saturday.

By Jon Couch

● KEVIN HAKE ● ANDY WHING ● GLENN HOWES

Photos thanks to @tsavsnaps

FIRST TEAM ACTION 0-1 AT

2026-27 STANWAY PEGASUS

CLACTON TOWN FC



MEN'S FIRST TEAM



2026/27	OPPOSITION	COMP	RES	ATT	PEGASUS SCORERS
Sat 25 Jul	H Norwich United	TNL	3-0	102	Griffith 2, Clampin
Tue 28 Jul	A Clacton Town	TNL	0-1	133	-
Sat 1 Aug	A Gorleston Reserves	TNL	3-2	18	Griffith, Ager, Sherlock
Weds 5 Aug	H Long Melford	TNL	7.45pm	-	-
Sat 8 Aug	H Dussindale Rovers	TNL	3pm	-	-
Sat 15 Aug	A Needham Market Res	TNL	3pm	-	-
Wed 19 Aug	H Rayleigh Town	ESC 1	7.45pm	-	-BBC Essex Senior Cup 1st Round
Sat 22 Aug	H Wroxham Res	TNL	3pm	-	-
Tue 25 Aug	A Holland	L Cup 2	7.45pm	-	-TNL League Cup 2nd Round
Sat 5 Sept	H Framlingham Town	TNL	3pm	-	-
Sat 12 Sept	H Rayleigh Town	FA Vase Q2	3pm	-	-FA VASE 2nd Qualifying Round
Sat 19 Sept	H Whittlesey Athletic	TNL	3pm	-	-
Sat 26 Sept	A Newmarket Town Res	TNL	3pm	-	-
Sat 3 Oct	H Clacton Town	TNL	3pm	-	-
Weds 7 Oct	H Holland FC	TNL	7.45pm	-	-
Sat 10 Oct	A Wivenhoe Town	TNL	3pm	-	-Or FA VASE 1st Round Proper
Sat 17 Oct	H Netherton United	TNL	3pm	-	-
Tues 20 Oct	A AFC Sudbury Res	TNL	7.45pm	-	-
Sat 24 Oct	A Diss Town	TNL	3pm	-	-
Sat 31 Oct	H FC Parson Drove	TNL	3pm	-	-Or FA VASE 2nd Round Proper
Sat 7 Nov	A Hadleigh United	TNL	3pm	-	-
Sat 14 Nov	H Needham Market Res	TNL	3pm	-	-
Sat 21 Nov	A Halesworth Town	TNL	3pm	-	-
Sat 28 Nov	H AFC Sudbury Res	TNL	3pm	-	-Or FA VASE 3rd Round Proper
Sat 5 Dec	A Holbeach United	TNL	3pm	-	-
Sat 12 Dec	H Hadleigh United	TNL	3pm	-	-
Sat 19 Dec	A Wroxham Res	TNL	3pm	-	-
Mon 28 Dec	H Wivenhoe Town	TNL	3pm	-	-
Sat 2 Jan	A Holland FC	TNL	3pm	-	-
Sat 9 Jan	H Gorleston Res	TNL	3pm	-	-Or FA VASE 4th Round Proper
Sat 16 Jan	A FC Parson Drove	TNL	3pm	-	-
Sat 23 Jan	- spare	TNL	3pm	-	-
Sat 30 Jan	A Framlingham Town	TNL	3pm	-	-
Sat 6 Feb	H Diss Town	TNL	3pm	-	-Or FA VASE 5th Round Proper
Sat 13 Feb	A Dussindale Rovers	TNL	3pm	-	-
Sat 20 Feb	spare	TNL	3pm	-	-
Sat 27 Feb	A Netherton United	TNL	3pm	-	-
Sat 6 Mar	H Newmarket Town Res	TNL	3pm	-	-Or FA VASE 6th Round Proper
Sat 13 Mar	- Spare	TNL	3pm	-	-
Sat 20 Mar	A Norwich United	TNL	3pm	-	-
Sat 27 Mar	A Long Melford	TNL	3pm	-	-
Mon 29 Apr	H Halesworth Town	TNL	3pm	-	-
Sat 3 Apr	- spare	TNL	3pm	-	-Or FA VASE Semi Final 1st Leg
Sat 10 Apr	H Holbeach United	TNL	3pm	-	-Or FA VASE Semi Final 2nd Leg
Sat 17 Apr	A Whittlesey Athletic	TNL	3pm	-	-

Play Off Semi Final 24th April. Final 1st or 2nd May

FIRST TEAM STATS



TO & INC GORLESTON AWAY	LEAGUE			LEAGUE CUP			FA VASE			ESSEX CUP			TOTALS		
	A	SUB	GLS	A	SUB	GLS	A	SUB	GLS	A	SUB	GLS	A	SUB	GLS
Luke Avenell (GK)	3	0	0	0	0	0	0	0	0	0	0	0	3	0	0
Jack McPherson	3	0	0	0	0	0	0	0	0	0	0	0	3	0	0
Samir Rhaiti	3	0	0	0	0	0	0	0	0	0	0	0	3	0	0
Tyler Mouat	3	0	0	0	0	0	0	0	0	0	0	0	3	0	0
Dean Ager	3	0	1	0	0	0	0	0	0	0	0	0	3	0	1
Callum Griffith	3	0	3	0	0	0	0	0	0	0	0	0	3	0	3
Max Sherlock	3	0	1	0	0	0	0	0	0	0	0	0	3	0	1
Jordan Robertson	2	1	0	0	0	0	0	0	0	0	0	0	2	1	0
Harry Thomas	2	1	0	0	0	0	0	0	0	0	0	0	2	1	0
David Falako	1	2	0	0	0	0	0	0	0	0	0	0	1	2	0
Ollie Booth	0	3	0	0	0	0	0	0	0	0	0	0	0	3	0
Keane Tansey	2	0	0	0	0	0	0	0	0	0	0	0	2	0	0
Josh Dillon	2	0	0	0	0	0	0	0	0	0	0	0	2	0	0
Ryan Mahon	1	1	0	0	0	0	0	0	0	0	0	0	1	1	0
George Barron	1	1	0	0	0	0	0	0	0	0	0	0	1	1	0
Jack Clampin	1	0	1	0	0	0	0	0	0	0	0	0	1	0	1
Harry Savage	0	1	0	0	0	0	0	0	0	0	0	0	0	1	0
Jake Dolden	0	1	0	0	0	0	0	0	0	0	0	0	0	1	0
Ronnie Morgan-Eagle	0	1	0	0	0	0	0	0	0	0	0	0	0	1	0
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Own goals for	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Totals	33	12	6	0	0	0	0	0	0	0	0	0	33	12	6
Totals	11	4	3	0	0	0	0	0	0	0	0	0	11	4	3



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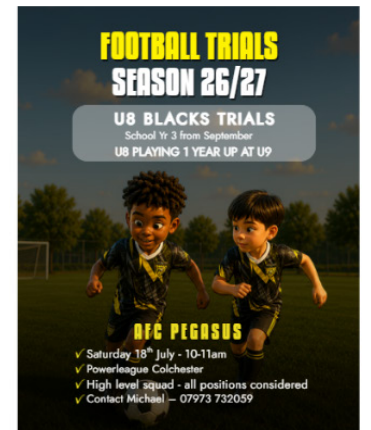
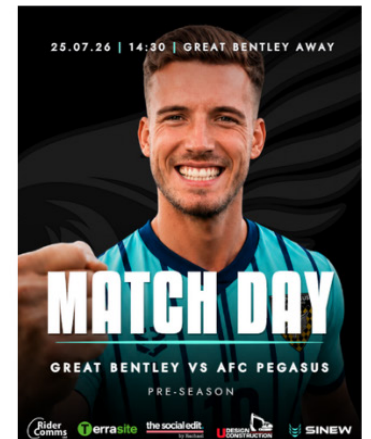
Filming & Editing

the social edit.

by Rachael



07957 530502 |  @THESOCIALEDITBYRACHAEL



AFC RESERVES

CADMAN 
Construction

	ESSEX & SUFFOLK BORDER LEAGUE PREM	P	W	D	L	F	A	GD	Pts
1	AFC Pegasus Reserves	0	0	0	0	0	0	0	0
2	Alresford Colne Rangers First	0	0	0	0	0	0	0	0
3	Clacton Regent First	0	0	0	0	0	0	0	0
4	Cressing United First	0	0	0	0	0	0	0	0
5	Dedham Old Boys First	0	0	0	0	0	0	0	0
6	Earls Colne First	0	0	0	0	0	0	0	0
7	Gas Recreation First	0	0	0	0	0	0	0	0
8	Gosfield United First	0	0	0	0	0	0	0	0
9	Great Bentley First	0	0	0	0	0	0	0	0
10	Hatfield Peverel First	0	0	0	0	0	0	0	0
11	Springfield First	0	0	0	0	0	0	0	0
12	Stanway Rovers Reserves	0	0	0	0	0	0	0	0
13	Sudbury Sports F.C. First	0	0	0	0	0	0	0	0
14	The Rodings and Waltham FC	0	0	0	0	0	0	0	0
15	Thorpe Athletic First	0	0	0	0	0	0	0	0
16	Tiptree Heath First	0	0	0	0	0	0	0	0
17	White Notley Saturday First	0	0	0	0	0	0	0	0

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SCAN ME TO SAVE



2026/27	OPPOSITION	COMP	RES	PEGASUS SCORERS
Sat 22 Aug	H Thetford Town	TNL	3pm -	
Sat 05 Sep	A Debenham	TNL	3pm -	
Sat 12 Sep	H Brantham Athletic	TNL	3pm -	
Sat 19 Sep	A Woodbridge Town	TNL	3pm -	
Sat 26 Sep	H Hadleigh United	TNL	3pm -	
Sat 03 Oct	A Haverhill Rovers	TNL	3pm -	
Sat 10 Oct	H Holland FC	TNL	3pm -	
Sat 17 Oct	A Thetford Town	TNL	3pm -	
Sat 24 Oct	H Walsham Le Willows	TNL	3pm -	
Sat 14 Nov	H Little Oakley	CT	3pm -	
Sat 28 Nov	H Ipswich Wanderers	TNL	3pm -	
Sat 05 Dec	A Ipswich Wanderers	TNL	3pm -	
Sat 19 Dec	A Brantham Athletic	TNL	3pm -	
Sat 02 Jan	A Stowmarket Town	TNL	3pm -	
Sat 09 Jan	H Little Oakley	TNL	3pm -	
Sat 16 Jan	A Needham Market	TNL	3pm -	
Sat 23 Jan	H Debenham	TNL	3pm -	
Sat 30 Jan	A Holland FC	TNL	3pm -	
Sat 06 Feb	A Walsham Le Willows	TNL	3pm -	
Sat 13 Feb	H Woodbridge Town	TNL	3pm -	
Sat 20 Feb	A Hadleigh United	TNL	3pm -	
Sat 27 Feb	H Stowmarket Town	TNL	3pm -	
Sat 13 Mar	H Harwich & Parkeston	TNL	3pm -	
Sat 20 Mar	A Harwich & Parkeston	TNL	3pm -	
Sat 27 Mar	H Haverhill Rovers	TNL	3pm -	
Sat 03 Apr	A Little Oakley	TNL	3pm -	
Sat 10 Apr	H Needham Market	TNL	3pm -	



AFC PEGASUS U23 - 2026/27 COACHES
Steve "Shadders" - Manager
Teddy - Assistant Manager

UNDER 23 SOUTH 2025-26		P	W	D	L	F	A	GD	Pts
1	Halstead Town U23	20	17	0	3	53	51	61	39
2	Stanway Rovers U23	20	16	1	3	76	49	38	39
3	Harwich & Parkeston U23	20	11	2	7	19	35	28	30
4	Ipswich Wanderers U23	20	10	4	6	29	34	-7	28
5	Stanway Pegasus U23	20	10	3	7	5	33	3	27
6	Little Oakley U23	20	8	4	8	-16	28	15	26
7	Hadleigh United U23	20	7	5	8	-5	26	-8	20
8	Wivenhoe Town U23	20	6	4	10	-7	22	-16	20
9	AFC Sudbury U23	20	6	2	12	-20	20	-4	19
10	Holland U23	20	3	2	15	-46	11	-37	11
11	Long Melford U23	20	1	3	16	-88	6	-73	6

WOMEN'S FIRST TEAM

ERL = Eastern Region Womens League, FAC= FA Cup, LC = League Cup, CC = County Cup, LP = League Plate



2025/2026	OPPOSITION	COMP	RES	Goal scorers
Sun 17 Aug	H She Can Play Panthers	ERL	2-4	Weatherby, Jenkins (RESULT VOID. PANTHERS WITHDREW)
Sun 24 Aug	A Hertford Town FC	ERL	1-2	Clark
Sun 31 Aug	H Dunstable Lionesses	LC1	1-2	Horne
Wed 3 Sep	H Colchester United	ERL	3-3	Horne 2, Jenkins
Sun 7 Sep	A Thetford Town	FAC	2-4	OG, Horne
Sun 14 Sep	A Needham Market F.C	ERL	0-1	-
Sun 21 Sep	H Brentwood Town FC	ERL	4-3	Gill 2, Horne, Fisher
Sun 28 Sep	A Southend United	ERL	0-5	-
Sun 5 Oct	H Hashtag United Res	ERL	0-8	-
Sun 12 Oct	H Southend United	ERL	2-0	Horne, Fisher
Sun 19 Oct	A Hutton Reserves	ECC	4-1	Weatherby 2, Clemmens, Long
Sun 26 Oct	H Toby Ladies FC	ERL	4-1	Weatherby, Thompson, Clarke, Breen
Sun 2 Nov	A Toby Ladies FC	ERL	1-3	Weatherby
Sun 9 Nov	A She Can Play Panthers	ERL	PP	(Panthers withdrew from the league)
Sun 16 Nov	A Brentwood Town	ECC	2-7	Hawkins, Howlett
Sun 30 Nov	A Biggleswade United	Cup	2-5	Harding, Weatherby
Sun 7 Dec	A Hashtag United Res	ERL	2-5	Clark, Weatherby
Sun 14 Dec	A Chelmsford City FC	ERL	W-O	Walkover Defeat
Sun 21 Dec	H Epping Town	CC	W-O	Walkover Win
Sun 4 Jan	H Needham Market F.C.	ERL	1-10	Croucher
Sun 11 Jan	H Hutton FC	CC	1-2 aet	Weatherby
Sun 18 Jan	A Brentwood Town FC	ERL	0-5	-
Sun 25 Jan	A Wormley Rovers	ERL	0-5	-
Sun 1 Feb	H Hertford Town FC	ERL	1-1	Weatherby
Sun 8 Feb	H Wormley Rovers	ERL	2-5	Thompson, Weatherby
Sun 15 Feb	H Chelmsford City FC	ERL	W-O	Walkover Defeat
Sun 8 Mar	A Colchester United	ERL	0-5	-

EASTERN REGION WOMENS DIV 1 SOUTH		P	W	D	L	F	A	GD	Pts
1	Hashtag United FC Women Reserves	18	16	1	1	87	27	60	49
2	Chelmsford City Women First	18	13	4	1	49	21	28	43
3	Brentwood Town FC Ladies First	18	8	6	4	44	29	15	30
4	Needham Market FC Women	18	8	4	6	42	33	9	28
5	Wormley Rovers Ladies FC	18	7	4	7	41	43	-2	25
6	Toby FC Women	18	7	2	9	28	40	-12	23
7	Colchester United FC Women	18	5	2	11	39	52	-13	17
8	Hertford Town FC Women	18	3	5	10	21	40	-19	14
9	Southend United Ladies FC	18	4	2	12	24	49	-25	14
10	Stanway Pegasus Women FC	18	3	2	13	21	62	-41	11

TNL UNDER 18's TEAM



2026/27	OPPOSITION	COMP	RES	ATT	PEGASUS SCORERS
03/09/2026	H Witham Town	TNYL	7.45pm	-	- At Coggeshall Town
10/09/2026	H Braintree Town	TNYL	7.45pm	-	- At Coggeshall Town
16/09/2026	A Witham Town	TNYL	7.45pm	-	-
23/09/2026	A Heybridge Swifts	TNYL	7.45pm	-	-
30/09/2026	A Dunmow Town	TNYL	7.45pm	-	-
08/10/2026	H Stanway Rovers	TNYL	7.45pm	-	- At Coggeshall Town
15/10/2026	A Stansted	TNYL	7.45pm	-	-
22/10/2026	H Stansted	TNYL	7.45pm	-	- At Coggeshall Town
29/10/2026	A Stanway Rovers	TNYL	7.45pm	-	-
05/11/2026	H Dunmow Town	TNYL	7.45pm	-	- At Coggeshall Town
12/11/2026	H Heybridge Swifts	TNYL	7.45pm	-	- At Coggeshall Town
19/11/2026	-	TNYL	7.45pm	-	-
26/11/2026	A Braintree Town	TNYL	7.45pm	-	-
03/12/2026	H Bishops Stortford	TNYL	7.45pm	-	- At Coggeshall Town
10/12/2026	-	TNYL	7.45pm	-	-
17/12/2026	A Chelmsford City	TNYL	7.45pm	-	-
24/12/2026	-	TNYL	7.45pm	-	-
31/12/2026	-	TNYL	7.45pm	-	-
07/01/2027	-	TNYL	7.45pm	-	-
12/01/2027	A Bishops Stortford	TNYL	7.45pm	-	-
21/01/2027	H Chelmsford City	TNYL	7.45pm	-	- At Coggeshall Town
28/01/2027	-	TNYL	7.45pm	-	-
04/02/2027	-	TNYL	7.45pm	-	-
11/02/2027	-	TNYL	7.45pm	-	-
18/02/2027	-	TNYL	7.45pm	-	-
25/02/2027	-	TNYL	7.45pm	-	-
04/03/2027	-	TNYL	7.45pm	-	-

UNDER 18 SOUTH EAST		P	W	D	L	F	A	GD	Pts
1	AFC Pegasus Colchester U18	0	0	0	0	0	0	0	0
2	BSC FC Youth U18 Blues	0	0	0	0	0	0	0	0
3	Braintree Town FC U18	0	0	0	0	0	0	0	0
4	Chelmsford City Youth U18	0	0	0	0	0	0	0	0
5	Dunmow Town U18	0	0	0	0	0	0	0	0
6	Heybridge Swifts Youth U18	0	0	0	0	0	0	0	0
7	Stansted Youth U18	0	0	0	0	0	0	0	0
8	Stanway Rovers Youth U18	0	0	0	0	0	0	0	0
9	Witham Town Youth U18	0	0	0	0	0	0	0	0



Thurlow Nunn Premier

	P	W	D	L	F	A	W	D	L	F	A	W	D	L	F	A	GD	Pts	
1	Walsham Le W	3	1	0	0	3	0	2	0	0	5	2	3	0	0	8	2	6	9
2	March Town U	3	1	0	0	2	0	2	0	0	4	0	3	0	0	6	0	6	9
3	Downham Town	3	0	0	0	0	0	2	1	0	7	2	2	1	0	7	2	5	7
4	Ipswich Wands	3	1	1	0	4	2	1	0	0	3	2	2	1	0	7	4	3	7
5	Soham Town	3	1	0	1	2	4	1	0	0	5	1	2	0	1	7	5	2	6
6	Stowmarket Town	3	1	0	0	3	2	1	0	1	3	3	2	0	1	6	5	1	6
7	Great Yarmouth	3	0	2	0	6	6	1	0	0	2	0	1	2	0	8	6	2	5
8	Dereham Town	3	1	0	0	3	2	0	2	0	6	6	1	2	0	9	8	1	5
9	Brantham Athletic	3	1	0	1	4	1	0	1	0	1	1	1	1	1	5	2	3	4
10	Mildenhall Town	3	1	0	1	4	2	0	1	0	3	3	1	1	1	7	5	2	4
11	Harleston Town	3	1	0	1	7	3	0	0	1	0	2	1	0	2	7	5	2	3
12	Thetford Town	1	0	0	0	0	0	1	0	0	2	0	1	0	0	2	0	2	3
13	Ely City	2	0	0	1	2	3	1	0	0	2	0	1	0	1	4	3	1	3
14	Woodbridge	3	1	0	1	2	3	0	0	1	2	3	1	0	2	4	6	-2	3
15	Cornard United	3	0	1	0	1	1	0	1	1	2	6	0	2	1	3	7	-4	2
16	Haverhill Rovers	2	0	1	0	3	3	0	0	1	1	4	0	1	1	4	7	-3	1
17	Kirkley & Pake	3	0	1	0	2	2	0	0	2	1	5	0	1	2	3	7	-4	1
18	Wisbech Town	3	0	0	2	0	4	0	0	1	2	3	0	0	3	2	7	-5	0
19	Lakenheath	3	0	0	2	2	6	0	0	1	1	3	0	0	3	3	9	-6	0
20	Heacham	3	0	0	2	2	9	0	0	1	1	6	0	0	3	3	15	-12	0

Thurlow Nunn Division One South

	P	W	D	L	F	A	W	D	L	F	A	W	D	L	F	A	GD	Pts	
1	London Harts U	2	1	0	0	4	0	1	0	0	8	1	2	0	0	12	1	11	6
2	May & Baker EC	2	2	0	0	6	0	0	0	0	0	2	0	0	6	0	6	6	
3	Lymore Gardens	3	2	0	1	8	6	0	0	0	0	2	0	1	8	6	2	6	
4	Burnham Ramb	2	2	0	0	3	1	0	0	0	0	2	0	0	3	1	2	6	
5	Coggeshall Town	2	2	0	0	3	1	0	0	0	0	2	0	0	3	1	2	6	
6	East Thurrock	3	1	0	1	2	3	1	0	0	2	1	2	0	1	4	4	0	6
7	Hoddesdon Town	2	0	0	0	0	0	1	1	0	4	0	1	1	0	4	0	4	4
8	Marcelona	2	1	0	0	2	0	0	1	0	2	2	1	1	0	4	2	2	4
9	AS London	1	0	0	0	0	0	1	0	0	3	1	1	0	0	3	1	2	3
10	Stansted	2	0	0	0	0	0	1	0	1	5	4	1	0	1	5	4	1	3
11	Southend Manor	2	0	0	0	0	0	1	0	1	1	1	1	0	1	1	1	0	3
12	FC Baresi	3	1	0	2	7	8	0	0	0	0	0	1	0	2	7	8	-1	3
13	Athletic Newham	3	0	0	1	0	1	1	0	1	5	5	1	0	2	5	6	-1	3
14	Hertford Heath	2	0	0	0	0	0	1	0	1	4	5	1	0	1	4	5	-1	3
15	Dunmow Town	3	1	0	1	4	5	0	0	1	1	2	1	0	2	5	7	-2	3
16	Cannons Wood	2	0	1	0	0	0	0	0	1	0	2	0	1	1	0	2	-2	1
17	Rayleigh Town	2	0	1	0	2	2	0	0	1	2	5	0	1	1	4	7	-3	1
18	Basildon Town	2	0	0	0	0	0	0	0	2	1	3	0	0	2	1	3	-2	0
19	Brimsdown	1	0	0	0	0	0	0	0	1	0	2	0	0	1	0	2	-2	0
20	Enfield Borough	2	0	0	0	0	0	0	0	2	1	4	0	0	2	1	4	-3	0
21	London Fennecs	1	0	0	0	0	0	0	0	1	0	4	0	0	1	0	4	-4	0
22	NW London	2	0	0	2	1	12	0	0	0	0	0	0	0	2	1	12	-11	0

Thurlow Nunn Division One North

	P	W	D	L	F	A	W	D	L	F	A	W	D	L	F	A	GD	Pts	
1	Wroxham Res	3	1	0	0	3	1	2	0	0	9	2	3	0	0	12	3	9	9
2	Holland	3	2	0	0	7	4	1	0	0	3	2	3	0	0	10	6	4	9
3	Clacton Town	3	2	0	0	4	1	0	1	0	1	1	2	1	0	5	2	3	7
4	Netherton United	3	1	0	1	5	4	1	0	0	5	1	2	0	1	10	5	5	6
5	Halesworth Town	3	2	0	0	8	1	0	0	1	0	2	2	0	1	8	3	5	6
6	AFC Pegasus	3	1	0	0	3	0	1	0	1	3	3	2	0	1	6	3	3	6
7	Wivenhoe Town	3	1	0	0	5	2	1	0	1	6	7	2	0	1	11	9	2	6
8	Hadleigh United	4	1	0	1	2	5	1	0	1	5	5	2	0	2	7	10	-3	6
9	Norwich United	3	0	1	0	0	0	1	0	1	3	3	1	1	1	3	3	0	4
10	Framlingham T	2	1	0	0	5	2	0	0	1	1	2	1	0	1	6	4	2	3
11	Long Melford	2	1	0	0	1	0	0	0	1	2	3	1	0	1	3	3	0	3
12	Holbeach United	2	1	0	0	3	2	0	0	1	2	5	1	0	1	5	7	-2	3
13	FC Parson Drove	3	0	0	1	2	3	1	0	1	6	8	1	0	2	8	11	-3	3
14	Whittlesey Ath	2	0	0	0	0	0	1	0	1	3	7	1	0	1	3	7	-4	3
15	Newmarket Res	1	0	1	0	1	1	0	0	0	0	0	0	1	0	1	1	0	1
16	Gorleston Res	3	0	0	2	5	7	0	1	0	0	0	0	1	2	5	7	-2	1
17	Diss Town	1	0	0	0	0	0	0	0	1	2	3	0	0	1	2	3	-1	0
18	Dussindale Rvs	2	0	0	1	1	4	0	0	1	1	3	0	0	2	2	7	-5	0
19	AFC Sudbury Res	3	0	0	2	2	7	0	0	1	0	1	0	0	3	2	8	-6	0
20	Needham M Res	3	0	0	2	2	8	0	0	1	0	1	0	0	3	2	9	-7	0

North Teams Fixtures

FAV = FA Vase, ESC = Essex Cup, SSC Suffolk = Senior Cup, LCC = League Cup.

Tue 04 Aug 2026 19:45

FDN AFC Sudbury Res v Hadleigh United 2-4
LCC Diss Town v Norwich United 3-0
FDN Halesworth Town v Framlingham Town 2-1
LCC Wivenhoe Town v Needham Market Res 4-0

Wed 05 Aug 2026 19:45

FDN **AFC Pegasus v Long Melford**
FDN Dussindale Rovers v Gorleston Res
LCC FC Parson Drove v Newmarket Town Res
LCC Holbeach United v Netherton United

Sat 08 Aug 2026 15:00

FDN **AFC Pegasus v Dussindale Rovers**
FDN Clacton Town v FC Parson Drove
FDN Diss Town v Holbeach United
FDN Framlingham Town v Wivenhoe Town
FDN Gorleston Res v Holland
FDN Long Melford v Wroxham Res
FDN Netherton United v AFC Sudbury Res
FDN Newmarket Town Res v Halesworth Town
FDN Norwich United v Needham Market Res
FDN Whittlesey Athletic v Hadleigh United

Wed 12 Aug 2026 19:45

FDN Holbeach United v Whittlesey Athletic

Sat 15 Aug 2026 15:00

FDN AFC Sudbury Res v Gorleston Res
FAV Clapton Community v Long Melford
FAV Diss Town v Stowmarket Town
FDN Dussindale Rovers v Holbeach United
FDN FC Parson Drove v Halesworth Town
FAV Hadleigh United v Sawbridgeworth
FAV Harleston Town v Whittle



AFC PEGASUS

Manager: Jon Moody
Assistants: Aiden Theedom
 & Ian Booth
Physio: Matylda Wasilewska
Shirts: Yellow & Black
Shorts: Black **Socks:** Black

Pl Gls From

☐ ☐ Luke Avenell (GK)

☐ ☐ Keane Tansey

☐ ☐ Samir Rhaiti

☐ ☐ Jack McPherson

☐ ☐ George Barron

☐ ☐ Jordan Robertson

☐ ☐ Dean Ager (C)

☐ ☐ Harry Thomas

☐ ☐ Callum Griffith

☐ ☐ Max Sherlock

☐ ☐ David Falako

☐ ☐ Jake Dolden

☐ ☐ Ryan Mahon

☐ ☐ Ronnie Morgan-Eagle

☐ ☐ Ben Loftus (GK)

☐ ☐ Tyler Mouat

☐ ☐ Harry Savage

☐ ☐ Ollie Booth

☐ ☐ Jack Clampin

☐ ☐

☐ ☐

☐ ☐



LONG MELFORD

Manager: Martin McConnell
Assistant: Craig Jimmy Brown
Physio: Brian Dunster
Shirts: Pink / Cherry
Shorts: Pink / Cherry
Socks: Pink

Pl Gls From

☐ ☐ Benjamin Moye

☐ ☐ Brandon Mckay

☐ ☐ Brandon Salisbury

☐ ☐ Charlie Glover

☐ ☐ Evan Gledhill

☐ ☐ Harry Conway

☐ ☐ Harry Whiting-Noakes

☐ ☐ Jack Brame

☐ ☐ Jack Graham

☐ ☐ Kaine Fryer

☐ ☐ Konnor Oughton

☐ ☐ Liam Knights

☐ ☐ Logan Bell

☐ ☐ Taylor Bunnage

☐ ☐ Toby John

☐ ☐

☐ ☐



DUSSINDALE & HELLESDON ROVERS

Managers: Graeme Bird
 & Alex Ingham
Assistants: Ben Greer
 & Bjorn Starling
Shirts: Claret
Shorts: Navy. **Socks:** Navy

Pl Gls From

☐ ☐ Abbey Sebyala

☐ ☐ Antony Blenkinship

☐ ☐ Benjamin Towers

☐ ☐ Callum Cox

☐ ☐ Charlie Butler

☐ ☐ Charlie Lambe

☐ ☐ Daniel Stevens

☐ ☐ Diogo Jorge

☐ ☐ Dylan Twaits

☐ ☐ George Price

☐ ☐ Isaac Henry Gill

☐ ☐ Jack Bibby

☐ ☐ Josh Malin

☐ ☐ Kyle French

☐ ☐ Liam Ireland

☐ ☐ Oliver Williams

☐ ☐ Ricky Bevis

☐ ☐ Samuel Churchill

☐ ☐ Tom Lyons

☐ ☐ Zach Bournier

☐ ☐

☐ ☐

BESPOKE
 KITCHEN
 WORKTOPS
 01787 844 663
 INFO@TOTALTOPS.CO.UK



MATCH OFFICIALS



Referee:
 Aaron Denikiewicz
Assistants:
 Michael Emmings
 Michael Jarvis



Referee:
 Aaron Mills
Assistants:
 Inez Matty
 David Leeks