

The official match programme of Sevenoaks Town FC

Sevenoaks Town Vs VCD Athletic

Season 2021/2022 Issue 18- £2



Pitching In Isthmian South East Division

Saturday March 19th, 2022, kick-off 3pm

Respect



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Assistant manager: Mark Dacey
Goalkeeper Coach: Julian Leigh
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Press Officer/ PA announcer: Andrew Gidley
Club Photographer, App and Social Media: Adam Beaumont
Programme Editor: Fred Atkins - Back Page Media

Club Address:
 The Bourne Stadium,
 Mill Lane,
 Sevenoaks,
 Kent.
 TN14 5BX

Twitter @Sevenoakstownfc
Website: www.sevenoakstownfc.co.uk
Instagram sevenoakstownfc
Email info@sevenoakstownfc.co.uk

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From the chairman

Hello everybody and welcome to the Bourne Stadium for today's Pitching In Isthmian League South East fixture against VCD.

We extend the same to their officials, players and supporters who have made the trip to be here this afternoon - and to our three match officials.

We hope for the same performance and result as against Herne Bay here a fortnight ago.

Eleven new players out of a squad of 16 all made their debuts in the game, with two of them Freddie Parker and Yaha Bamba scoring their first goals in a Sevenoaks shirt

We invited our under-eights and under-nines as our mascots and they enjoyed their day with us along with their families.

With a big crowd of nearly 300 here

it was a great atmosphere and the sort we want to generate in our remaining home games this season.

The defeat at Chichester last weekend was disappointing, but results elsewhere maintained the belief that on their day any team can beat any other in our league, highlighted by away wins for Phoenix Sports and Whitehawk over Ashford United and today's opponents VCD respectively.

Two more new signings Bradley Wilson and Matthew Weaire made their debuts, and with another friendly against Dulwich Hamlet, which was due to take place on Wednesday night, there may be more new faces in the squad today.

Enjoy the game.

Paul Lansdale



Oaks falter as rivals win

Chichester City 1 Sevenoaks Town 0

By Andrew Gidley

Harry Hudson tasted defeat for the first time as Sevenoaks Town manager on another day of twists and turns in the battle to avoid the drop in Pitching In Isthmian League South East.

Relegation rivals Phoenix Sports and Whitehawk both won at Ashford and VCD - who visit Oaks on Saturday - two stand out results - leaving East Grinstead and Hythe as the two strugglers now in Oaks' sights.

Josh Clack's ninth minute goal decided the outcome, but Oaks finished strongly, forcing four late corners with Freddie Parker and substitute Kevat Serbonij both having shots blocked deep into stoppage time.

Hudson included two more new signings in his starting line - up - Bradley Wilson and defender Matthew Weaire.

Wilson has linked up with Hudson for a fourth time, while Weaire has joined from Premier Division Lewes for the rest of the season.

The 20-year-old former Brighton and Colchester defender, capped by Denmark at youth team level, courtesy of his mother's nationality, made an impressive debut with

three last ditch defensive blocks in the first half, and one in the second.

Wilson put an early chance wide before City went in front, keeper Tyler McCarthy couldn't hold Callum Overton's shot, and Clack reacted quickest to score from the rebound.

Weaire was also involved in Oaks' first chance three minutes before half-time, home keeper Kieran Magee saving his near post header from Tola Jonah's long throw. The game was then held up for several minutes after a home spectator was taken ill, but happily recovered later.

Jonah and Joe Bingham then set-up another chance following the restart, Wilson seeing his fierce strike pushed away by Magee. Overton headed wide soon after the delayed half-time break before Oaks had strong claims for a penalty turned down when Yaya Bamba went down in the box. Frustration at the decision Wilson earned lectures for both Wilson and boss Hudson from referee Alex Bradley.

Oaks kept pressing but their late rally proved in vain as City held out to record their first win in five games.

Sevenoaks Town: Tyler McCarthy, Ryan Palmer, Charles Banya (Jon Pilbeam 46 mins), Corey Holder, Matt Weaire, Tolo Jonah, Joe Bingham, (Lesley Duru (63 mins), Reece Gillies (Kevat Serbonij (57 mins), Freddie Parker, Bradley Wilson, Yaya Bamba

Sevenoaks Town 3 Herne Bay 1

By Andrew Gidley

Harry Hudson oversaw his first win in charge as two late goals settled the contest against play-off contenders Herne Bay. Hudson's much changed squad saw 11 of the 16-man squad make their home debuts, ending a winless run, stretching back to January 22, in front of a best of the season near 300 crowd. Bay went close twice early on through Kieron Campbell, before Ryan Palmer put Oaks in front after 13 minutes with his second goal of

the season.

The wing back's burst into the box included an impressive step-over before producing a powerful angled finish into the roof of the net. Oaks keeper Tyler McCarthy saved from Bay debutant Tyler Cox, before defender Dan Johnson headed wide close to half-time.

Rory Smith put the visitors level 13 minutes after the break, heading in from close range, before top scorer Zac Ansah flicked another effort just wide.

Freddie Parker's effort was blocked with the game still in the balance, before Oaks hit the two late goals in the space of three minutes, to

clinch things.

Kyle De Silva claimex assists in both - knocked Tola Jonah's throw-in into the path of substitute Yaha Bamba to outpace Bay skipper Laurence Harvey, before shooting under keeper Billy Johnson. Parker got the third, played in on the edge of he exchanged a one-two with De Silva, chesting down the return before shooting home.

Sevenoaks Town: Tyler McCarthy, Ryan Palmer (Yaha Bamba 61 mins) Charles Banya, Kevat Serbonij, Tolu Jonah, Corey Holder, Kyle De Silva, Reece Gillies, Freddie Parker, Jefferey Oredein (Joe Bingham 62 mins), Lesley Duru

Dacey's Diary

Good afternoon everyone and welcome to the Bourne Stadium for this isthmian League South East fixture against our visitors VCD.

With the gaffer Harry Hudson away - we spoke to Assistant Manager Mark Dacey to reflect on the past month

"Harry and I are both super excited to be given the opportunity to come to Sevenoaks and everybody has been very welcoming since we arrived last month - we haven't quite been able to embrace that enough because of the job in hand and going at it at full throttle.

"The defeat at Chichester on Saturday was a bitter pill to swallow last week for all of us.

"There were more twists and turns involving teams in the battle to avoid relegation - Phoenix Sports and Whitehawk were feeling the same way we were the week before, and I think it could be any three out of the bottom eight.

"Our reaction to the defeat was this is a wake up call and that we are very much in a battle till the end."

What was your path into football - then coaching?

"I gained my UEFA licence at the age of 22, and I'm a former England six-a-side international.

"I went into coaching after a short playing career. Sixteen years later I have had spells at a string of non-league sides under my belt including Bromley, Cray Wanderers and more recently Dulwich Hamlet.

Harry and you have worked together for 18 months.



"I was delighted when Harry asked me to join him as his assistant at Whyteleafe - it was a very easy decision for me to make - just saying 'when do we start.'

"Harry is a very genuine person - his man-management is excellent and is a massive student of the game. Away from the field he is a great friend who's been there for me through some rough times.

And finally Mark - a quick view on today's game

"Today's opponents VCD have a similar philosophy to us. They like to get the ball down and play, so the fixture could be a cracker and it will be down to who is better on the day. "We're looking forward to welcoming the fans back and we hope they all enjoy it, like they did against Herne Bay.

Interview by Andrew Gidley



United move nine points clear as Cray slip up

by Ian Townsend

Hastings United's title credentials faced a severe test at **Cray Valley PM**, but they came through it after a battle at the Artic Stadium.

Ali Tumkaya gave the Millers a first half lead, and they held on to it until just after the hour, when an own goal drew the visitors level. Fourteen minutes from time Jack Dixon made it two-one and they held out to go 10 points clear.

Ashford United looked to be the only side likely to have the chance to challenge Hastings for automatic promotion, but that now looks even less likely, as strugglers **Phoenix Sports** left with maximum points in one of the stand-out results of the day.

A goal in each half for the visitors - Malaki Toussaint after a quarter of an hour and ex-Oaks man Byron Walker with twenty minutes left, saw the Sports boosting their chances of escaping the drop.

Ramsgate beat Lancing 4-0. **Ashley Miller** got the first two, and then right at the end Oliver Bate made it three, and Bobby Dunn who left us recently, got the fourth.

Haywards Heath are fourth after a 1-0 win over **Hythe Town**. - Tom Cadman netting 10 minutes before the break.

Herne Bay beat **Faversham Town** 2-0 - moving to within two points of fifth place Cray Valley.

Dan Johnson got the first on fifty seven minutes, with Rory Smith getting the second 17 minutes from time

- it was only their third win in the last 10 games.

VCD Athletic welcomed relegation-threatened **Whitehawk**, who emerged 3-2 winners in another upset - their first win in 10 games.

Kevin Lisbie put Vickers in front on 37 mins before Ashley Wadhams put the Hawks level. Javaun Splatt then got a second for the visitors only for Jeff Duah-Kessie to equalise almost immediately.

The winner came with one minute to go, Splatt getting his second as the Hawks jumped to 14th.

Sittingbourne drew 1-1 at one of the form sides, **Three Bridges**.

The two had already met twice, in league and cup - only separated by a penalty shootout- and that statistic remains.

Skipper Kane Rowland got an 89th minute equaliser for the Brickies, after Charlie Lambert had given Bridges an early lead.

Harvey Smith scored twice as **Corinthian** beat **East Grinstead** 3-1.

Kie Douglas put Grinstead in front but Lekan Majoyegbe equalised on 25 minutes, before Smith's second half double settled the contest.

The only game on Tuesday night saw **Ramsgate** lose 3-1 at home to **Corinthian**.

Harvey Smith put Corinthian in front and although Joshua Ajayi soon equalised, an Oscar Housego penalty restored Corinthian's lead just before the break and Jack Holland clinched the win with the visitors' third, five minutes from time.



Saturday 12th March 2022

Ashford United	0	2	Phoenix Sports	331
			Toussaint 15, Walker 69	
Burgess Hill Town	0	0	Whitstable Town	406
Chichester City	1	0	Sevenoaks Town	201
Clack 9				
Corinthian	3	1	East Grinstead Town	89
Majoyegbe 25, Smith 58, 90			Douglas 7	
Cray Valley PM	1	2	Hastings United	286
Tumkaya 31			Tumkaya 62 og, Dixon 76	
Herne Bay	2	0	Faversham Town	488
Johnson 57, Smith 73				
Hythe Town	0	1	Haywards Heath Town	135
			Cadman 35	
Ramsgate	4	0	Lancing	812
Miller 9, 23, Bate 87, Dunn 90				
Three Bridges	1	1	Sittingbourne	136
Lambert 14			Rowland 89	
VCD Athletic	2	3	Whitehawk	101
Lisbie 37, Duah-Kessie 87			Wadhams 62, Lawson 85, Splatt 89	

Tuesday 15th March 2022

Ramsgate	1	3	Corinthian	457				
Ajayi 28			Smith 20, Housego, 45, Holland 85					
	P	W	D	L	F	A	GD	Pts
Hastings United	31	23	2	6	69	30	+39	71
Ashford United	31	19	4	8	65	36	+29	61
Ramsgate	31	18	5	8	68	39	+29	59
Haywards Heath	31	17	7	7	45	28	+17	58
Cray Valley PM	31	16	8	7	59	37	+22	56
Herne Bay	30	16	6	8	48	30	+18	54
Burgess Hill Town	31	14	6	11	45	40	+5	48
Sittingbourne	31	14	5	12	44	38	+6	47
VCD Athletic	31	13	7	11	56	39	+17	46
Corinthian	31	12	9	10	39	37	+2	45
Chichester City	30	12	7	11	39	31	+8	43
Three Bridges	31	10	11	10	52	58	-6	41
Faversham Town	29	9	5	15	31	46	-15	32
Whitehawk	30	7	10	13	33	43	-10	31
Lancing	31	8	7	16	29	52	-23	31
Hythe Town	31	8	6	17	34	67	-33	30
East Grinstead	31	7	8	16	27	57	-30	29
Sevenoaks Town	31	8	3	20	36	63	-27	27
Phoenix Sports	31	7	5	19	31	52	-21	26
Whitstable Town	30	6	5	19	33	60	-27	23

Table includes Tuesday night's result.



VCD Athletic History

VCD Athletic FC is one of only a few clubs to have originated during the Great War when, in **1916** it was formed by workers employed at the Vickers armaments factory in Crayford.

The club have played at the firm's sports ground, Oakwood, in Old Road, Crayford, from the outset right up to the present time, except for eight seasons spent ground sharing whilst trying to get permission for the erection of floodlights.

In the early days, only friendly matches were played as there were no official competitions during the war years, and records show that a club called Vickers (Erith) joined the re-formed Kent League in **1919**, changing their name to Vickers (Crayford) a year later. In their first season in the Kent League they visited Maidstone United on Boxing Day and played in front of a crowd of 13,500. The Vickers team that day contained seven Arsenal players who were finishing off their war service. Two years later, Vickers joined the Dartford & District League, followed by entry into the newly formed Kent Amateur League, Division One in **1923**. Their first trophies came in **1927** when they won the Kent FA Junior Cup and the Kent Benevolent Cup.

It was a further 25 years before more silverware came their way, when they won the Kent Division One title in **1953**. The Kent Amateur Cup was won in **1962** and in **1964** but the following season saw a spectacular slump and relegation, with a record of P24 W0 D2 L22, goals for 25, goals against 199.

Promotion was gained in **1969**, but after a mediocre period during the 1970s, they were relegated in **1980** back to Division Two. A season later they were promoted back to Division One and in **1985** won the championship, gaining promotion to the restructured Premier Division. By now the Kent Amateur League had changed its name to the Kent County League and the club enjoyed further success when they won the Kent FA Intermediate Shield in **1988**. In the same year the club played involved in the last ever match at Maidstone United's London Road ground when they won the West Kent Challenge Cup.

In **1993**, Martin Ford joined the club as

manager and, in season **1995/1996** a unique cup treble was achieved with wins in the Kent Intermediate Shield, Kent County League Cup, and the Erith Hospitals Cup. Season **1996/1997** then saw the club win the Kent County Premier Division title for the first time in their history, and by a record 15 points.

Senior status was awarded that same year and a successful application was made to join the Kent League where, in their first season in modern times, VCD finished in a creditable ninth place. The following season saw the club begin a ground-share with Thamesmead Town, finishing up in seventh place but also reaching the final of the Kent League Cup, where they lost 1-0 to Deal Town in a closely fought match.

A season later the club went one better, beating Faversham Town 4-0 in the final to bring the club a first ever senior trophy. The club eventually spent five seasons as tenants of Thamesmead Town before Lordswood FC kindly took their place for two seasons. Then the club embarked on a one year term with near neighbours Greenwich Borough, and despite the handicap of having to ground-share, VCD were consistently one of the league's strongest members during their time in the league.

The club reached the final of the League Cup in **2002/2003**, but on the day there was no celebration as VCD were comfortably beaten 2-0 by Cray Wanderers. The following season was a disappointment as far as the cups were concerned, but a creditable third place was achieved in the league. Further cup success followed however when, in season **2005/2006** the club reached the final of the Kent Senior Trophy for the second time. Having suffered a loss in the first final on penalties, there was a reversal of fortune this time when, after having drawn 1-1 with Tunbridge Wells at the end of extra time, the VCD players held their nerve to win the penalty shoot-out 3-1.

During **2005** planning permission for floodlights and the development of the Oakwood ground was granted by Bexley Council. This, together with a substantial grant from the Football Stadia Improve-

ment Fund, part of the Football Foundation, enabled work to commence early in 2006.

At the end of the **2007** season Martin Ford resigned as manager, and Head coach Dean Frost took over as caretaker manager, and under his guidance the club obtained runners up spot in the league, narrowly missing out to Whitstable Town, and then the following season Paul Foley was appointed manager of the first team, with Dean Frost reverting to his former position of head coach.

Under their stewardship the club finished runners up once more. A year later, the club finally won the Kent League Premier Division title together with the Kent Senior Trophy, culminating in the long awaited promotion to the Ryman Football League.

The first season was a success with an 8th place finish, but the club were left stunned when the Ryman League deemed ground issues warranted demotion, and despite an appeal to the Football Association, the decision was upheld and the club went back to the Kent League.

Foley resigned to join Chatham Town, taking virtually the whole team with him, and the club appointed former reserve team manager Ricky Bennett his replacement. VCD achieved third place in his first season, and the season after the team was also challenging for honours and, but for a disappointing end to the campaign we certainly would have given Herne Bay a closer run to their title.

Once again third place was attained but this time we had the added bonus of winning the Kent League Cup, beating Corinthian 2-0 in the final. We also lifted a second trophy with a 3-2 victory over league champions Herne Bay in the Kent League Challenge Shield which gave the club a pre-season boost.

Midway through season **2012/2013** Ricky Bennett left the club due to outside pressures, and in his place Tony Russell, produced a magnificent record breaking run of 17 victories and 2 draws in the last 19 league fixtures to once more gain promotion to the Ryman Football League Division 1 North. Starting as favourites for relegation, the club had a stunning run, winning the first 15 games and heading the table for all but a couple of weeks throughout the campaign, and on the last

day of the season, sitting in 2nd place the Vickers defeated Romford FC 6-0 while leaders Witham Town could only draw their last game which saw us secure the title by a point, taking the club to the Premier Division, its highest ever level in the pyramid.

The club struggled for a lot of the season, spending most of the time in the relegation places but winning the last 6 games saw us climb to safety, finally finishing in 18th position to maintain our place in the division.

Russell immediately resigned, but the club acted quickly to secure the services of Keith McMahon as new First Team Manager for the **2015/2016** season. Despite some good performances we were unable to find the consistency needed in the Premier Division and were relegated back to Division 1 (North).

More inconsistency during the following seasons saw us finish around the mid-table positions before we were placed in the reconstructed South East Division where we finished just shy of the play-off positions before, with last season cut short due to the Covid 19 situation we again looked to be finishing around mid-table. At the start of the **2020-2021** season Nick Davis took over as manager, but having assembled a strong squad, the continuation of the pandemic thwarted the completion of fixtures once more when we were placed second in the table.

THE LAST TIME WE MET

Saturday September 25 2021
Pitching In Isthmian League South East

VCD Athletic 5

Smith 13 og, Elliott 28, Adesite 66, Bamba 76, Bingham 88

Sevenoaks Town 0

Attendance: 81

Sevenoaks Town: Ben Bridle-Card, Danny Divine, Conrad Lee, Stefan Wright (Bradley Schafer 84 mins), Steve Smith, Dean Gunner, Frankie Sawyer (46 mins), Luke Leppard, Jason Thompson, Louis Collins, Kyle De Silva (Lamin Bah 46 mins)



Welcome to Greatness!

There have been, to put it mildly, a few personnel changes at Greatness Park over the last few weeks.

Here's a selection of the new faces you'll be seeing around Sevenoaks Town ...



SEVENOAKS TOWN FC

MICHAEL AZIAYA
MIDFIELDER



SEVENOAKS TOWN FC

BRADLEY WILSON
MIDFIELDER



SEVENOAKS TOWN FC

JEFFERY OREDEIN
WINGER



SEVENOAKS TOWN FC

DEAN GUNNER
DEFENDER



SEVENOAKS TOWN FC

YAHYA BAMBA
WINGER



SEVENOAKS TOWN FC

TOLU JONAH
DEFENDER



SEVENOAKS TOWN FC

COREY HOLDER
DEFENDER



LESLEY DURU
DEFENDER



MATT WEAIRE
DEFENDER



SEVENOAKS TOWN FC

JOE BINGHAM
MIDFIELDER



SEVENOAKS TOWN FC

JEDD SMITH
MIDFIELDER



SEVENOAKS TOWN FC

FREDDIE PARKER
FORWARD



RYAN PALMER
MIDFIELDER



REECE GILLIES
MIDFIELDER



MARK DACEY
ASST MANAGER



DANNY ROSE
COACH



TERRY GROOM
COACH



JULIAN LEIGH
COACH



JADE SHAW
PHYSIO



KEVIN RAWLINSON
ANALYST

VCD player profiles

Nick Davis: Manager

A former VCD favourite as a player, Nick re-joined the club last year after furthering his career in the game with spells at Maidstone United and Tonbridge Angels. Has managerial experience with Sittingbourne and Ramsgate and knows the Isthmian League well. Well respected at Oakwood he brings that knowledge to the Vickers as we begin a new chapter, in the hope that we can regain the unity of the club that we were in danger of

Sam Mott: Goalkeeper

Highly experienced goalkeeper who joined the club at the start of this season. Has a commanding presence and is good in the air and gives great vocal support to our defenders. A good shot stopper who kicks well and will prove a good asset to the club. Previous experience with Thamesmead Town, Hornchurch, Ashford United and Welling United.

Theodore McKenzie: Defender

Made the step up from our Under 18 side and put in some impressive performances. A solid defender with great pace and technical ability who likes to get forward, but is always mindful of his defensive responsibilities. Has not looked out of place at this level and should become an integral part of our

squad. It is up to him how far he wants to progress in the game.

Chris Edwards: Defender

A new addition to the squad who signed last season and brings experience and composure to our back line. Has pace getting forward and looks to support our attacking play whilst aware of defensive responsibilities. Has slotted in well and looks to be a good acquisition to the club. Previous experience with Thamesmead Town, Glebe, Sheppey United and Sevenoaks Town.

Andrew Dythe: Defender

Joined the Vickers this season, making the short journey over from neighbours Phoenix Sports and looks to be an excellent acquisition. An accomplished left sided defender who is strong in the tackle, a good passer of the ball and has settled well into the team. With a cultured left foot has given us balance across the back four and added to our strength at the back.

Mohammed Oshilaja: Defender

Joined the Vickers at the start of last season and made an immediate impression with his pace and composure in defence. Good under pressure and with great aerial ability he will be a valuable asset at the heart of our defence.

Previous experience with Dulwich Hamlet, Carshalton Athletic and Beckenham Town.

Jack Berry: Defender

An experienced defender who joined us at the beginning of last season, having made the short move over from fup attacking moves. Organises the back line well with good leadership skills and is a good acquisition for the club. Also has previous experience with Thamesmead Town.

Ben Gorham: Defender

Re-joined the Vickers this season from Ashford United where he captained the side. Had a long period away from the club having initially come through our youth ranks, but now makes a welcome return. A tall commanding defender who is dominant in the air, a strong tackler and good organiser, and will be a good acquisition. Also has an eye for goal at set pieces. After earlier leaving the club he spent time with Sittingbourne, Herne Bay and Ashford United.

Jamie Watson: Defender

Signed from Bromley and looks to be a good acquisition for the squad. A tall strong defender/midfielder who has great composure on the ball. Reads the game well and looks comfortable in possession. Strong in the tackle and

VCD player profiles

good in the air and will be looking to cement a regular place in the side.

Lea Dawson: Midfield

A member of the Vickers side when we won promotion from the Ryman League Northern Division before leaving to join Cray Wanderers for another promotion. An experienced player who marshals our midfield well giving good protection to the defence. Strong in the tackle and a good passer of the ball who gives us a presence in the centre of midfield. Has previous experience with Ashford United and Horsham from where he joined us.

Ayman Elmogharbel: Midfield

A player with great stamina who never gives up a lost cause. Has pace, is technically good with an eye for goal, and links well with his colleagues. On the radar of a number of clubs but has shown his loyalty to the Vickers and is showing excellent development as he gains experience. Never gives opponents time to settle and is a valuable member of the squad.

Charles Etumnu: Midfield

A new signing who joined the Vickers last season and has slotted seamlessly into our midfield. Brings strength and a physical presence to the side and compliments his

other midfield colleagues. Strong in the tackle and a difficult opponent to face. Previous clubs include Cray Wanderers and Whitstable Town.

Sonny Black: Midfield

Joined the Vickers this season and has impressed in our pre-season games. An imposing presence in midfield who tackles well and is good in the air. Has good mobility coupled with excellent passing ability and will be looking to establish a regular place in the side. Previous clubs include Westfield and Walton Casuals.

Youssef Bamba: Forward

Signed for the Vickers at the start of the season and brings a wealth of experience to the club. An attacking wide player who has an eye for goal and an impressive record with his former clubs. Brings another dimension to our attack and should prove a great acquisition to club. Previous experience with Farnborough, Walton Casuals, Westfield and Kingstonian.

Jeff Duah-Kessie: Forward

Joined the Vickers this season from near neighbours Phoenix Sports and gives us different options in attack. A tall, strong player with speed, who holds the ball up well bringing other players into

the game. Good in the air with an eye for goal who should prove a valuable member of the squad.

Anthony Adesite: Forward

A wide player with pace and strength who joined the Vickers last season and has made an immediate impression. Gives defenders a hard time with his direct play and adds to our attacking options. Has an eye for goal and will be an asset to the club. Previous clubs include Faversham Town and Cray Wanderers.

Jason Williams: Forward

A strong powerful forward who brings great experience to the Vickers squad. Holds the ball up well and brings other people into the game. Has an eye for goal and will bring another dimension to our attacking play. Former clubs include Tonbridge Angels, Boreham Wood, Chelmsford, Welling United and Concord Rangers

Courtney Barrington: Forward

A young wide player with great trickery and pace who put in some excellent performances in his first spell at the club before his development was curtailed by injury. Having returned to the club we will be looking for more of the same as he looks to claim a regular place in the squad.



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Oaks join Wellbeing in Mental Health initiative

Wellbeing and Mental Health are two subjects highlighted by the pandemic.

Wellbeing Football combines the two and is the idea of local man Matt Bromley who is bringing it to Sevenoaks Town, having been involved in a previously successful project on the Isle of Sheppey.

Matt, a Mental Health Social Prescriber based in the town working for Tunbridge Wells based charity IMAGO said: "I founded it in 2014 to help people with mental health challenges to have a release from their thoughts and stresses by using football.

"Twenty plus years of coaching/playing sport has helped me manage my own mental health more times than I can count and at times stopped me going into crisis.

"In addition to the many benefits of being physically active, it has opened my eyes to understanding that I will always have my mental/physical health challenges, but have the ability to manage them.

"Sport is a fantastic way of me do this and is the main driving force in me bringing it to the club."

He added "Football has incredible social benefits. It is an opportunity to meet new people, to be part of a group, and to rekindle a sense of camaraderie within a team environment.

"Team sport builds confidence, develops friendships, and encourages social opportunities away from the football pitch. "Most of our sessions are followed by a visit to the clubhouse which gives everyone an opportunity to foster relationships off the field."

The five-a-side sessions will take place every Friday evening starting at 7pm, tailored for those experiencing mental health challenges.

Chairman Paul Lansdale said: "I am really pleased

to be able to begin these sessions.

"After a difficult few years, the benefits of playing football and being active have never been clearer.

"Football is a powerful tool, and we want to introduce this football experience to help those in our local community."

"Anyone who signs up can trust they'll be warmly welcomed in a safe space which we hope will become one they look forward to visiting regularly.

"There is no pressure applied whilst our aspiration is to expand upon the social elements of the football training, as the sessions build."

"Football can serve as a means of breaking down barriers and stigma around mental health."

"Football can serve as a means of breaking down barriers and stigma around mental health.

"By adding these sessions to our weekly provision of football, we will support our community and be able to welcome even more faces to Greatness Park."

Players - male and female - must be over the age of 18 - those who attend the session are required to wear boots which are appropriate for a 3G surface. If you require support with sourcing boots or cannot afford a pair, please get in touch with the club in advance.

For further information, please contact Matthew on 07920753806 - or email wellbeing@sevenoakstownfc.co.uk

Zero tolerance for racism

"The Isthmian Football League strongly supports the FA statement that there should be a zero-tolerance approach against racism and all forms of discrimination. Accordingly, any form of discriminatory abuse whether it by reason of age, disability, gender reassignment, race, religion and belief, marriage and civil partnership, pregnancy and maternity, sex and sexual orientation or any other form of abuse will be reported

to The Football Association for action by that Association." (The FA 0800 085 0508 / Kick it Out 020 7253 0162).The Isthmian League and all Member Clubs in the League are committed to promoting equality by treating people fairly and with respect, by recognising that inequalities may exist, by taking steps to address them and providing access and opportunities for all members of the community."

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Player Profile

Ryan Palmer



Age: 30

Born: Lewisham

Home: Gravesend

Occupation: Teacher

Previous Clubs: (including) Margate, Sittingbourne, Chatham, Ashford – Fisher was first senior club – this is my second spell at Sevenoaks

Club Supported: Liverpool

Favourite Player: All Time: Ronaldinho

This Season: Lionel Messi

Best Pal in Football: George Kamurasi

Best Goal Scored: I was playing for SE Dons against Rebel FC two seasons ago – and scored from the halfway line – the ball hit the crossbar and going in

Best Thing About Football: Takes away all the stresses of normal life.

Worst Thing About Football: My expectations and putting pressure on myself.

You formed SE Dons in 2014.

Yes with my brother-in law Andrew McHugh – he was an underground rapper at the time, played football and wanted to get back into it

We lost most of our games in the first two seasons – he knew a very good camera-man who started recorded games and put them on YouTube – and it just took off.

We had no plans – business or long-term – but it started to grow – and now due to social media we have a great following.

We play in the Orpington and Bromley District League and want to win everything in Sunday football and once that's conquered, the goal posts will have moved, and we will look to be part of the non league pyramid with more junior teams for boys and girls and disabilities.

Thoughts on coming to Sevenoaks: It was part of an agreement between Margate and the club to get me more minutes in games.

"I wanted to give my best, re-discovering the best view of myself, become more established in the team, and trying to get us out of relegation trouble.

Favourite Drink: Guinness Punch

Favourite Food: Chicken and Rice

Favourite Film: Game of Thrones

Favourite TV Programme: Don't Tell The Bride – I was on it the year I got married in 2017.



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Today's team sheets

Sevenoaks Town

1: Tyler McCarthy

2: Ryan Palmer

3: Charles Banya

4: Matthew Weaire

5: Tolu Jonah

6: Corey Holder

7: Joe Bingham

8: Reece Gillies

9: Freddie Parker

10: Bradley Wilson

11: Yahaya Bamba

12: Michael Aziaza

14: Jordan Johnson

15: Jon Pilbeam

16: Kervat Serbonij

17: Jeffrey Oredein

VCD Athletic FC

1: Sam Mott

2: Chris Edwards

3: Ashley Proberts

4: Theo McKenzie

5: Mohammed Oshilaja

6: Andrew Dythe

7: Ben Gorham

8: Lea Dawson

9: Charles Etumnu

10: Ayman El-Mogharbel

11: Jamie Watson

12: Sonny Black

14: Youssef Bamba

15: Kevin Lisbie

16: Jeff Duah-Kessie

17: Jason Willams



Saturday Match 19th 3pm. Pitching In Isthmian South-East Division, Sevenoaks v VCD Athletic

Referee: Jamaal Horne

Assistant 1: Joshua Howard

Assistant 2: Dane Johnstone

Next home match: Saturday April 2nd 3pm.
Pitching In Isthmian South-East Division,
Sevenoaks v Favresham Town

