

# THE PARK BENCH



## PARKWAY

THE OFFICIAL MATCH DAY PROGRAMME

SATURDAY 24TH APRIL 2021

### JAMIE FROM THE BLOCK

J-Lo returns to help  
guide The Yellows into  
the 5th Round

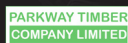
### HEATHEN CHEMISTRY

What will be the final  
formula as Flackwell Heath  
travel to Devon with a Q/F  
spot up for grabs

### CUZ CONTROL

We find out more  
about Yellows head  
coach Matt Cuscack  
who has quickly  
become part of the  
fabric at Bolitho.

PARKWAY V FLACKWELL HEATH  
THE BUILDBASE  
FA VASE 5TH ROUND



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# LISTEN TO LEE

THE MANAGERS NOTES

## THE BIG GAMES ARE UPON US

For the third week running, Lee Hobbs builds up yet another big FA Vase fixture.

Flackwell Heath make the trip to Coach Road as Parkway make a second consecutive appearance in the FA Vase fifth round. Can the dream continue? Listen to Lee now...



#ListenToLee



# LISTEN TO LEE

## THE MANAGERS NOTES



Good afternoon everyone and welcome to Coach Road for this afternoon's 5th round (last 16) FA Vase tie with Hellenic Premier League side Flackwell Heath. I hope all their staff, management and players here today enjoy their time with us and have a safe journey home. Once again we thank the Devon FA for their help, organisation and hospitality whilst hosting our home games.

Flackwell Heath entered the competition at the 1st qualifying round back in September and have reached this stage with 6 wins, a 4-0 away win at Rushden & Higham Utd, a 3-0 home win over Desborough followed by away wins at Frimley Green 0-1, Stansfield 0-3, Chatham Town 0-1 and finally 4-2 on penalties after drawing 1-1 at Lancing last Saturday. In the FA Cup they won 1-2 at Roman Glass St George in the Extra Preliminary Round before going out at home to Cirencester Town 0-3 in the next round.

As well as today's long journey, they have already done a considerable amount of travelling in previous rounds. They were top of their league this season before its curtailment having played 7 games, won 6 and lost just once to 2nd placed

Binfield who coincidentally are also still in the FA Vase. Their last league game was a 0-4 away victory at Shrivenham on the 3rd November. In 15 games in all competitions this season they have scored 32 goals and conceded 9 and after the combination of points gained during the 2019/20 & 2020/21 seasons, they were placed 4th in their league with a points per game average of 1.65.

In the short time available for our preparations, the staff and I have managed to do a bit of research into our opponents and have a fair idea of their strengths, weaknesses, formation and patterns of play. We have prepared as thoroughly as possible and I have no doubt that we will need to be at our very best today if we are to progress to the quarter finals and look to equal last season's achievement. Today's winners will visit either Tavistock or United Services Portsmouth in the quarter finals next Saturday.

I was delighted with the result and more importantly the performance against Clevedon Town last Saturday. I thought we were outstanding in the first half and with more clinical finishing could and should have been 4 or 5 up. The further you go in the competition, the calibre



of the opposition gets stronger and it's likely the goalscoring opportunities become fewer so it's vital those chances are taken. Clevedon pushed us harder in the second half but I felt we were always in control and was disappointed to concede the stoppage time goal due to a lapse in concentration.

As our fitness levels are increasing, I thought we were back to somewhere near our best on Saturday and the improvement from the previous Saturday was noticeable and we looked much sharper all over the pitch. Despite lacking the clinical finishing, the whole squad's attitude, commitment, application and desire was first class and we will need to display those same qualities today if we are to win the game. Training on Wednesday went well with the squad remaining highly motivated and looking forward to today's challenge.

Enjoy the game and may the best team win.

Lee







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## PLYMOUTH PARKWAY

## THE BOARD

The Fantastic Four: Mark Russell (Chairman) Gez Baggott (Vice-Chairman) Genny Turner (Secretary) and Garry Turner (General Manager) have enjoyed a successful working relationship over the past five years. The quadruplet have presided over a period of success and growth across all aspects of the football club. They have built on the fantastic work by many Parkway past legends who worked tirelessly to help build the foundations for this football club to thrive on.



**CHAIRMAN**  
MARK **RUSSELL**



**VICE-CHAIRMAN**  
GEZ **BAGGOTT**



**SECRETARY**  
GENNY **TURNER**



**GENERAL MANAGER**  
GARRY **TURNER**



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## PLYMOUTH PARKWAY

## THE MANAGEMENT

Since taking on the management role at Plymouth Parkway, Lee Hobbs has enjoyed a sustained spell of success and guided Plymouth Parkway into Step Five of the non-league footballing pyramid for the very first time. Lee is joined in the dugout by Matt Cusack who has also enjoyed success in a previous management role. Experienced physio Pete White is a valued member of the team along with well respected coaches including fitness coach Matt Godfree and Goalkeeping coach Sam Doel.



**MANAGER**  
LEE **HOBBS**



**HEAD COACH**  
MATT **CUSACK**



**PHYSIO**  
PETE **WHITE**



**FITNESS COACH**  
MATT **GODFREE**



**GK COACH**  
SAM **DOEL**



# DING DING ROUND FIVE

THE ROAD TO WEMBLEY

PARKWAY  
VERSUS  
FLACKWELL  
HEATH



THE BUILDBASE FA VASE  
FIFTH ROUND  
SATURDAY 24TH APRIL 2021

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MATCH UPDATES ON TWITTER



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# THE PARKWAY

## SOUNDTRACK



MUSIC WAS IMPORTANT  
FOOTBALL WAS THE EASY PART.

### TRACKS BY TRACE

CHRIS TRACE - PARKWAY RESIDENT DJ



#### OFFICIAL PLAYLIST - PARKWAY VS FLACKWELL

##### SATURDAY NIGHT AT THE MOVIES MATCH DAY ANTHEMS

Footloose	Rocket Man	Eye Of The Tiger
KENNY LOGGINS	ELTON JOHN	SURVIVOR
Stuck In The Middle	Jungle Boogie	Dark Night
STEALERS WHEEL	KOOL & THE GANG	THE BLASTERS
Men In Black	Nothing's Gonna Stop Us	Absolute Beginners
WILL SMITH	STARSHIP	DAVID BOWIE
Gangsta's Paradise	Mamma Mia	Round Are Way
COOLIO	ABBA	OASIS

\*For the full playlist, scan the QR code below



Born in Plymouth, made in Ibiza: Chris Trace brings a wealth of musical experience and has transformed how a Plymouth Parkway match day sounds over the course of the past few seasons. Now firmly established as Parkways No.1 DJ, Chris will carefully craft a selected playlist for every game and occasion as he brings a unique and superb soundtrack that enhances the Bolitho Park match day atmosphere. #GeddonChris.



# SWAZ

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## A VIEW FROM THE CROWS NEST

### LOOKING THROUGH THE PARKWAY LENS

A second consecutive 5th Round appearance seems like a good place to start this week's column. In a game full of chances for the Yellows, Lee's men moved into the 5th round with a rather strange final score of 2-1. It would be unfair of me to say you had to be there, but Clevedon hung on and a host of chances were missed along with some good defending that would set up a tense last 15 seconds with the away side getting one back at the death. If the goal had arrived 10 minutes earlier it would have been a nervous finale but alas, we did enough to book our place in the next round.

Yes, we missed some chances, but we looked good. Controlling and managing the game will be hugely important as we move into the business end of the competition and the squad did that perfectly for 93 minutes. Yes, Clevedon nicked one at the death and fair play, them kids did good and will no



doubt continue to improve under Mickey's stewardship. Coach Road is beginning to feel like a weekend holiday. The sun has always been shining and the hospitality has been excellent, and we thank Paul and all at Coach Road for making us feel welcome, we just wish you could be there with us, as they do.

Flackwell Heath up next in the 5th Round and this week, live commentary will be provided by Ian Nockolds, host of the Western League Podcast so even though you can't be at the game, you will be able to listen to this week's cup encounter. Keep an eye out on the Parkway social media feeds for the links. The Heathens booked their place in the 5th Round after a penalty shoot-out win vs Lancing with Watkins producing heroics in the Heath goal. They would concede their first goal in 5 rounds so it shows they have a decent defence. Members of the Hellenic League, they are in the 5th round for a reason and will no doubt be heading to Devon full of confidence. Could it be attack v defence? We shall soon find out just like we have found out about our potential Q/F opponents. Tavistock or United Services of Portsmouth await on away soil so I'm sure we will all be following their Twitter feed on Saturday afternoon. Before all of that, it's Flackwell and that's as far as we should look, much like the other thing we still shouldn't talk about, which we will continue to not talk about!!!



Moving away from the FA Vase and Parkway TV managed to get into Bolitho and find out what's been happening. Inside Bolitho is now available on our YouTube channel and was a joy to put together. A huge sense of excitement and anticipation can be felt walking around the perimeter and seeing all the work that has been taking place. It is going to be very special once it's finished. It was also good to meet our neighbours for next season, Truro City who will be ground sharing and bringing another high standard of football to the city.

That's about it as we conclude for this week. With the next match on away soil, could this be the last column of the season, will the Wembley dream still be alive after Saturday? Over to you Lee and the squad. Good Luck





# THE TWEET DECK

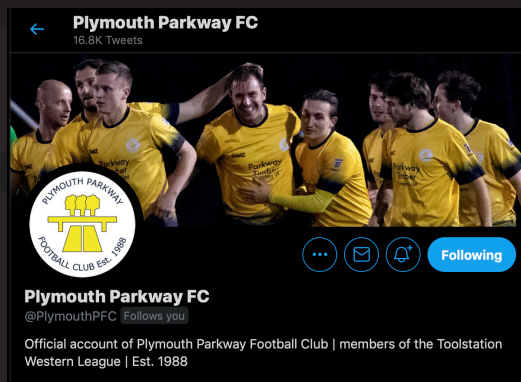
TWEETS IN THE LIFE OF  
PLYMOUTH PARKWAY FC

In a week when a European super league was suggested... We start the Tweet deck with a passionate tweet on the importance of supporting your non-league club.

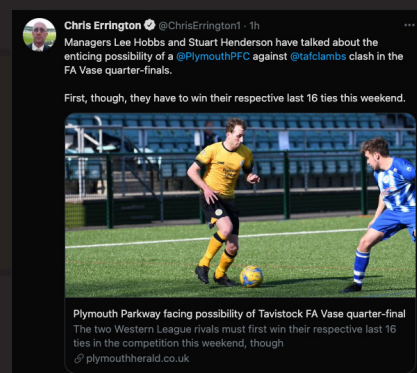
The Q/F draw for the Vase was made which could see the potential of us vs Tavistock but a long way to go yet!

The fixture has already been wildly talked about, easy tigers, big game Saturday first.

And we finish with Insdie Bolitho, as Parkway TV found out about the work taking place as the regeneration of Parkway gathers momentum.



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## LAST TIME OUT

BY GRAHAM LLOYD  
PARKWAY MATCH DAY REPORTER

# Back to back 5th Round appearances with victory over Clevedon Town



## PARKWAY 2

Mikey Williams (13) Allen (41)

## CLEVEDON TOWN 1

Morgan Williams (90+2)

Parkway made one change from last week's victory over Fareham Town with the experienced Jamie Lowry starting in place of the injured Callum Hall. Parkway made a blistering start and could have taken the lead in the first minute. A break on the right saw Matt Wright go clear only to see his angled shot blocked by Harley Wilkinson in the visitor's goal. Parkway continued on the front foot forcing a couple of early corners and on 4 minutes a surging run forward by Harrison Davis saw his cross headed just over by Mikey Williams despite being flagged just offside. Parkway continued to play at a high tempo and control the game forcing the visitors on to the defensive and denying them any forward momentum.

On 8 minutes Ryan Lane powered forward only for his angled shot from around 20 yards to be deflected behind for a corner. Clevedon did manage to break forward on 10 minutes with Will Gould, lacking support, pulling his long range effort well wide. With Billy Palfrey, River Allen and Lowry controlling the midfield with their movement and range of passing, it was no surprise that Parkway took the lead on 13 minutes. A fine diagonal ball from Palfrey found Mikey Williams in space wide on right and his first touch, trickery and pace took him past his marker and into the 18 yard where he deftly sidefooted

across Wilkinson into the far corner for a fine solo goal. It was all Parkway as they threatened to overrun the visitors, dominating possession, looking dangerous with every attack and forcing Clevedon into some desperate defending. They should have increased their lead on 14 minutes. A deep cross from the increasingly influential Lowry found the unmarked Wright whose free header flew agonisingly wide. Lowry himself then saw his shot from around 25 yards fly narrowly over as the visitor's goal bore a charmed life.

On 18 minutes Lane saw his fierce shot pushed behind by Wilkinson with Rob Farkins header from the resultant corner being cleared off the line. Parkway continued to threaten with the impressive Lowry prompting and probing from central midfield with his range and weight of passing constantly finding the spaces between the visitor's lines. On 22 minutes another long, accurate ball by Lane in behind the Clevedon back line put Allen in the clear only for his delicate lob over the onrushing keeper to drift just wide of the right hand post.

Little was seen of Clevedon in their attacking third as they struggled to get men forward with the Parkway defence looking solid and in control with keeper Kyle Moore rarely being tested. Clevedon began to show their frustration with Callum Gould picking up the game's first yellow card on 29 minutes after a reckless challenge. With the Clevedon defence being continually stretched by the constant pace and clever movement of Ryan Richards and Williams on the flanks and the domination of possession in midfield, Parkway continued to create chances. On 34 minutes another period



of pressure resulted in Davis seeing his shot from 25 yards fly narrowly wide. A rare Clevedon break on 36 minutes saw Will Gould go clear on the right but again he lacked support as his cross into the danger area was comfortably defended. Liam Dempsey then saw his tame effort easily gathered by Moore.

On 41 minutes Parkway doubled their lead as their pressure finally paid off. A superb cross field 50 yard ball from Lowry found Williams wide on the right and after a sublime first touch he outpaced his marker and showing good awareness picked out the supporting, unmarked Allen at the far post who tapped in easily from close range. An outstanding half from Parkway who controlled and dominated the game from the start creating numerous chances. Only some fine goalkeeping and desperate defending by the visitors kept the score line at 2 and with more clinical finishing Parkway could and should have been 4 or 5 goals ahead. Clevedon made a double change at half time with Ethan Feltham and Sam Iles replacing Finlay Biggs and Callum Gould.

Clevedon made a more determined start to the half but it was Parkway who created the first chance on 49 minutes with Wright's flicked header finding Richards whose angled drive was deflected behind for a corner from which Farkins again headed narrowly wide. Clevedon gradually came more into the game with Parkway unable to replicate their first half performance. On 51 minutes a Clevedon shot found the side netting before on 53 minutes a break along the right saw them force their first corner of the game.

The game developed into a much more even affair as Clevedon pressed harder denying Parkway the space or time on the ball that they had enjoyed in the first half. However on the hour mark a neat interchange between Lowry and Richards released Williams whose shot was pushed behind by Wilkinson.

With Parkway less dominant and guilty of conceding possession in midfield too often and Clevedon competing much better, play went through a scrappy phase with fewer chances being created. A period of Clevedon pressure saw an Elliot Nicholson shot on 68 minutes deflected for a corner after a vital block by Michael Landricombe followed by a break along the right ending with a Syd Camper shot flying just wide. Parkway made their first change on 71 minutes with Craig Veal replacing Wright.

The game continued to be more even with Clevedon seeing more of the ball in midfield and putting the Parkway defence under a period of pressure with Moore being called into action more frequently. On 76 minutes neat interplay between Veal and Richards set up Williams who twisted and turned inside the 18 yard area with his shot being pushed away by Wilkinson at full stretch.

The visitors continued to create chances of their own and on 78 minutes Camper and Glen Hayer combined well with the latter firing just over. On 80 minutes a powerful run forward from Lane set up Richards whose scuffed shot was comfortably saved by Wilkinson. Steve Colwell replaced Allen on 82 minutes as Parkway looked to run the clock down and manage the game out. Landricombe then headed just wide from a corner. Morgan Williams replaced Camper on 84 minutes as Clevedon continued to press with Parkway looking a bit nervy and edgy. Palfrey was replaced by Shane Krac for his first appearance of the season on 88 minutes and as full time approached Feltham blasted a good chance over after good work by Will Gould.

Clevedon's improved second half performance was eventually rewarded in the second minute of stoppage time when substitute Williams hooked home from close range shortly before the full time whistle.



## PARKWAY STARTING XI

Kyle Moore, Harrison Davis, Ryan Lane, Jamie Lowry, Rob Farkins, Mike Landricombe, Mikey Williams, River Allen, Matt Wright, Billy Palfrey, Ryan Richards

## PARKWAY STAR MAN

Mikey Williams



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## PLYMOUTH PARKWAY FC

SQUAD LIST SEASON 2021-22

KYLE **MOORE**  
HARRISON **DAVIS**  
RYAN **LANE**  
CALLUM **HALL**  
JORDAN **BENTLEY**  
ROB **FARKINS**  
MIKE **LANDRICOMBE**  
MIKEY **WILLIAMS**  
SHANE **KRAC**  
STEVE **COLWELL**  
RYAN **RICHARDS**  
MATT **WRIGHT**  
RIVER **ALLEN**  
BILLY **PALFREY**  
LEVI **LANDRICOMBE**  
CRAIG **VEAL**  
JAMIE **LOWRY**

**SWAZ**



**PARKWAY TIMBER  
COMPANY LIMITED**





## KYLE MOORE

### GOALKEEPER

Kyle has been instrumental in Parkway's transformation and the shot stopper has been an ever present since joining the Yellow's back in 2018. The keeper improves season on season and Kyle has become known as the keeper for the big moments.

Kyle is sponsored by Dave Harry



DAVE  
HARRY

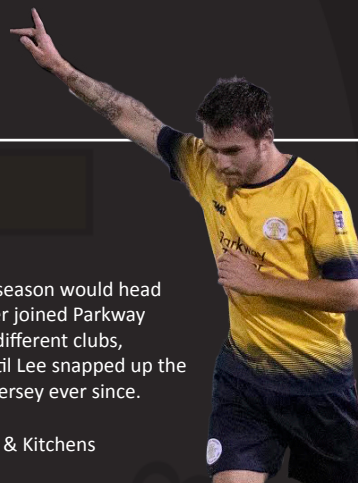


## HARRISON DAVIS

### DEFENDER

The 1st player of the month award of the season would head Harrison's way after the talented youngster joined Parkway in the summer of 2020. After a spell with different clubs, Harrison fell out of love with the game until Lee snapped up the youngster who has flourished in a yellow jersey ever since.

Harrison is sponsored by Better Bathroom & Kitchens



Better Bathrooms  
and Kitchens



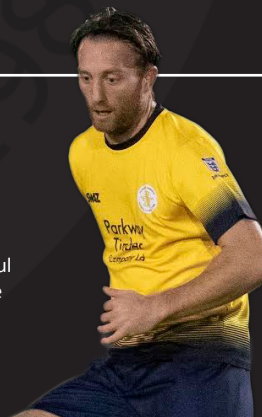
PARKWAY  
SUPPORTERS CLUB

## STEVIE COLWELL

### MIDFIELDER

Stevie Colwell is arguably one of the finest non-league midfielders Plymouth has produced and the statistics can back that up. Returning home to Parkway after a successful spell with Tiverton Town, Stevie will be looking to add one big final chapter to his superb footballing CV.

Stevie is sponsored by PPFC Supporters Club



## RYAN LANE

### DEFENDER

After being released by Plymouth Argyle, Lee Hobbs would be quick to snap up the talented left footer as Ryan looked to reignite his career. Ryan has undergone a transition from midfield into defence and this switch has seen him excel in the yellow of Parkway. Exciting, reliable and quick, Lane ticks all the boxes.

Ryan is sponsored by Gavin & Graham Lloyd



GAVIN & GRAHAM  
LLOYD



## ROB FARKINS

### DEFENDER (VC)

Described as the nuts and bolts of Parkway, Rob has been there and done it. A former Army football captain, Rob is a natural born leader and has firmly established himself as part of the furniture at Bolitho Park. Moving into the twilight of his career, Rob has expressed his desire to finish his playing career in a yellow shirt.

Rob is sponsored by Team Carpy



TEAM  
CARPY



## CALLUM HALL

### MIDFIELDER

Callum's arrival to Bolitho went a little under the radar as more established names took centre stage. This soon changed as he became one of the most focal players of the season to date. His energy and desire are never in doubt and the goal celebration against Devon neighbours Buckland Athletic will live long in the memory.

Callum is sponsored by Marshall Motors





**CRAIG VEAL**  
FORWARD

Craig has enjoyed a fine start to life at Parkway after signing from Willand Rovers at the beginning of the season. Craig has already scored some important goals for the club and along with his excellent work rate, the forward has all the ingredients to excel at Bolitho Park.

Craig is sponsored by Parkway Timber



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**SHANE KRAC**  
MIDFIELDER (C)

Shane Krac's illustrious career at non-league level has been a story within itself and there is still life in the old dog yet. His recent seasons have been described by many as the best football spell of his career before an injury plagued start to the season halted proceedings. Now back fully fit, Shane will look to create a few more memories before he hangs up his boots.

Shane is sponsored by Mike Norton



**MIKE**  
NORTON



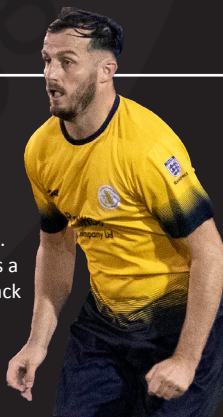
**MICHAEL & GLYNIS**  
SEDGWICK



**MIKE LANDRICOMBE**  
DEFENDER

Every football club has a player who could be described as an unsung hero and no one more suitable than Mike fits that title. Happy to let others take the limelight, the defender rarely puts a foot wrong and has established himself in the middle of the back four after returning home for a second spell with the club.

Mike is sponsored by Michael & Glynis Sedgwick



**BILLY PALFREY**  
MIDFIELDER

After a successful loan spell from Truro City, Billy signed in the summer of 2019 and the midfielder has grown in stature and confidence ever since. Swapping a right back role for a midfield spot, Billy has quickly become the fulcrum of Parkway's attacking prowess and is regarded by his fellow teammates as a pivotal part of the squad.

Billy is sponsored by Roy Randall



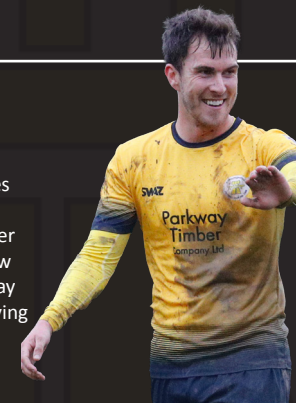
**ROY**  
RANDALL



**RIVER ALLEN**  
MIDFIELDER

Arguably one of the most well-known non-league names around, River joined Parkway at the start of the season from Southern League side Tiverton Town. River's hunger to help take Parkway through the leagues was a big draw for the talented midfielder to wear the Yellow of Parkway as River again plies his trade in his hometown since leaving Plymouth Argyle.

River is sponsored by Marshall Motors



**Marshall Motors SW**



**MIKEY WILLIAMS**  
FORWARD

Known as the Wizard, Mikey Williams has been casting spells at Bolitho Park since arriving in 2017. One of the longest serving members of the squad, Mikey has given fans some memorable moments over the years and is also a well-liked player off the pitch. Moving into the prime of his career, his biggest magic show may be yet to come...

Mikey is sponsored by Mike Norton







**MATT WRIGHT**  
FORWARD

Eyebrows were raised when Lee Hobbs released leading goal scorer Adam Carter last summer, but the manager had an ace up his sleeve with the signature of Taunton Town front man Matt Wright. The No.9 is already a leading figure in the squad and has added an arrogance and swagger that Parkway may have been missing in previous seasons.

Matt is sponsored by Parrish Media



PARRISH MEDIA



**RYAN RICHARDS**  
FORWARD

Local front man Ryan Richards joined Parkway in the summer with one agenda, to score goals. That target has been firmly met as the frontman was in a league of his own in the scoring charts before the season was curtailed. Speculation was rife if Ryan could score goals at a higher level but in true Richards fashion, he has silenced his critics once again.

Ryan is sponsored by AA Concrete and Repairs LTD



MIKE  
NORTON



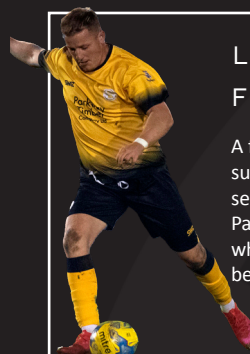
KwikFit



**JORDAN BENTLEY**  
DEFENDER

There was a time when Jordan had the footballing world at his feet, a successful spell with Plymouth Argyle would see him claim first team appearances before a cruel injury ended the boyhood professional football dream. Many would have said enough is enough, but Jordan's mentality has seen him overcome injury as the defender looks to establish himself in the Parkway squad.

Jordan is sponsored by Kwik Fit



**LEVI LANDRICOMBE**  
FORWARD

A folk hero at Bolitho in his first spell with the club, Levi was left surplus to requirements at Tiverton Town and recovering from a serious injury he expressed his desire to return home to Bolitho Park. A natural born goal scorer, Levi has enjoyed scoring goals wherever he has played and now back to full fitness, the striker will be looking to continue that trend with his hometown club.

Levi is sponsored by Optimus-pm



Optimus-pm



**JAMIE LOWRY**  
MIDFIELDER

Former professional footballer Jamie Lowry fills in the gaps when needed for Parkway. The former Crewe, Chesterfield and Plymouth Argyle player is now a youth development coach with Plymouth Argyle but still produces vintage performances when called upon by Lee Hobbs. Although Jamie is not a regular in a Yellow shirt, the midfielder is a joy to watch when called upon.





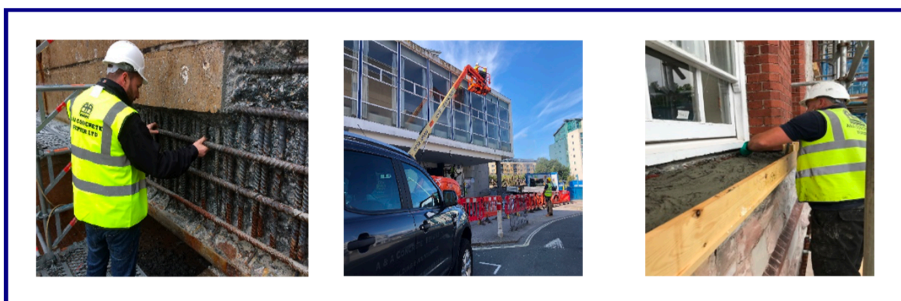
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## THE PARKWAY PROFILE

In every issue of The Park Bench we shift the spotlight on an individual within the club and try to tell their story. Non-league clubs are filled with characters and Parkway are no different. This week, the Parkway Profile falls on Parkway head coach Matt Cusack

## CUZ CONTROL

With non-league football an ever changing landscape, the importance of the coach will always remain the same.

We find out more about summer signing Matt Cusack who is in a league of his own.

MATT CUSACK

@Cuzi80







## MATT CUSACK

It's time for Matt Cusack...

The coach joined in the summer after leaving Saltash United and crossed the Tamar back to his hometown non-league club as life with Parkway has begun in style for the forward-thinking coach.

When Karl Curtis left the Parkway coaching role at the end of the 2019-20 season, many wondered who would fill the void, but Lee Hobbs knew who he wanted for the role.

Across the Tamar, Matt Cusack had been busy rebuilding Saltash United to former glories as he changed the ethos of the football club and returned silverware to their trophy cabinet. After 5 years with the Ashes, Matt would leave the football club having built up a reputation as a coach with a new and fresh vision of how the game should be played at this level.

After finishing runners up in 2017, Matt guided the Ashes to Cornwall Senior Cup glory in 2018, a League Cup triumph along with a charity shield trophy the following year and 2019 would also see him scoop the grassroots coach of the year in Cornwall. These achievements led to Lee Hobbs making him top of his wish list for head coach ahead of the 2020-21 season.

NAME: MATT CUSACK  
NICKNAME: CUZI  
POSITION: COACH  
DOB: 31/10/1980  
AGE: 40  
JOINED: SEASON 2021-22



A native of Plymouth, Matt's schooling was held at Ridgeway School where his football journey began. He would attend Ridgeway 6th form before heading off to Marjon University. A teacher by trade today, Matt's playing career spans a wide range of clubs including: Torpoint, Millbrook, Liskeard, Falmouth, Saltash Utd and of course, the Yellow of Parkway.

Playing under a number of managers may have aided Matt as he witnessed many different coaching techniques during his time in the dressing room. A methodical thinker,



Matt is very eloquent in the way he speaks and conducts himself, both in the dressing room and in front of the press. His brother Aaron is also a well-respected football coach and the pair have become synonymous with in the South West Footballing landscape.

When asked why he left the red and white of Saltash to join the Yellow of Parkway, Matt replied with an honest and statement like response. "I always said I would leave when my ambitions outgrew that of the football club." This was in no way a dig at the football club, but more of a statement of intent of what Matt wants to achieve during his time at Plymouth Parkway.

The Parkway project, as many people know is Southern League football and with the regeneration of Bolitho Park, the club are all set for it. Matt and Lee have bedded in well together despite defeat to his former club in the FA Cup, the pair guided Parkway to 13 games undefeated in the league before the curtailment and are currently on a fascinating journey in this seasons belated FA Vase competition.

As always, Lee has been proven right with the acquisition of Matty who has responded in kind. At their peak this season, Parkway have been unplayable and more resilient than in recent years. What happens next is a question we are all excited to find the answer to.



## FAVOURITE PARKWAY MOMENT

Matty has a few but the current FA Vase run is a particular highlight.

Long may it continue.





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## FROM THE PARKWAY VAULT TALES OF PAST PARKWAY DAYS



In each edition of The Park Bench, we will look back on past matches through the eyes of Parkway's match reporter Graham Lloyd as we pull one of his written reports from the Vault and bring a fixture back to life. This week, with FA Vase fever back in town, we look back on Parkway's first home tie of last season's historic FA Vase run as we welcomed West Auckland town in the 5th round.

SATURDAY 8TH FEBRUARY 2020  
BOLITHO PARK

PARKWAY 2 WEST AUCKLAND 1

Farkins (45) Palfrey (63)



In front of a bumper crowd of 671 Parkway were looking to reach the last 8 of the FA Vase against Northern League side West Auckland Town. 4 changes were made from last week's narrow victory against Wellington with Jamie Lowry, Nick Milton, Shane Krac and Jordan Copp starting in place of Jack Calver, Jordan Bentley, Craig Duff and Tiegan Rosenquest.

Parkway almost had the perfect start when straight from the kick off a Copp cross into the 6 yard area was deflected and grasped by the visitor's keeper Thomas Flynn on the line. Parkway were making the early running and from a free kick on 3 minutes an Adam Carter header was comfortably gathered by Flynn. With both sides feeling their way into the game and playing at a high tempo, Krac picked up a yellow card on 8 minutes. Parkway gradually began to apply some pressure and from a corner on 9 minutes Rob Farkins glanced a header narrowly wide. With the visitors Adam Mitchell impressive and creative in midfield and Amar Purewal looking dangerous in attack, Parkway had a narrow escape on 12 minutes when a cross from the right flashed across the 6 yard box and away to

safety. With Parkway continuing to apply pressure, on 18 minutes good play from Billy Palfrey released Carter who was denied getting his shot away by some last ditch defending.

Play continued to switch from end to end however both defences generally remained on top with clear cut chances few and far between. On 21 minutes a long diagonal crossfield ball from Krac found Mikey Williams on the right who cut inside only to see his shot smothered on the line by Flynn. West Auckland then had a period in the ascendancy gaining some midfield control and on 23 minutes a poor Parkway clearance resulted in a sharp break from Lewis Dodds who shot over when well placed. The visitors continued to threaten and on 29 minutes the lively Liam Hegarty was put clear along the right only to shoot wide from a tight angle. Their pressure eventually paid off on 31 minutes when a slick passing move in midfield saw an Alex Francis through ball put Purewal in the clear who finished clinically with a low shot into the bottom corner to give the visitors the lead. Parkway responded well looking dangerous at set pieces winning the aerial battles in the danger areas with Farkins heading just wide from a corner and then being denied from another by a good save from Flynn. With West Auckland looking to contain and play on the break,



the Parkway back line remained firm with Nick Milton in commanding form and Kyle Moore in the home goal relatively untested.

Parkway continued to push forward and on the cusp of half time grabbed the equaliser their play deserved. Yet another free kick from the left, this time taken by Ryan Lane, caused confusion and hesitation in the 6 yard box with the alert Farkins reacting quickest and pounce to stab the ball home from close range for his long awaited first goal of the season. A tight, competitive, fairly even half with little to choose between the sides with Parkway creating the more chances with West Auckland taking the one clear chance that came their way. Parkway started the second half the sharper applying early pressure with Williams having a shot deflected behind for a corner on 50 minutes after a good passage of play along the right.



From the corner a close range Milton header was acrobatically tipped over by Flynn as Parkway camped in the final third with a series of flowing moves and telling crosses. A Farkins header just wide and a Krac shot being parried by Flynn increased the pressure on the visitors defence and on 53 minutes another cross into the 18 yard box caused a scramble with a penalty being awarded for handball. The normally reliable Carter stepped up only to blaze the spot kick over the bar. This seemed to deflate Parkway briefly and lift the visitors who then enjoyed a period of pressure forcing a couple of corners which were comfortably defended.

Parkway regrouped and increased the tempo of their game showing good energy and intensity. Copp received a yellow card for a foul on 57 minutes with the visitors replacing James Harwood with David Dowson on the hour. With Parkway now forcing the pace they took the lead on 63 minutes. Good work on the right between Krac and Aaron Bentley saw the ball played into Carter who deftly laid the ball off to the supporting Palfrey who calmly slotted home from around 6 yards. With West Auckland being pushed further on the defensive, a Williams shot on 65 minutes



was well saved by Flynn as Parkway continued to dominate. On 74 minutes a smart passage of play along the left saw a teasing cross from Lane partially cleared with the ball dropping to Bentley around 18 yards out who turned sharply and shot just wide.

Duff replaced the hard working Krac on 76 minutes with West Auckland now pushing forward in search of an equaliser. Good work between Francis and Anthony Bell on 77 minutes set up substitute Dowson who shot wildly over as Moore remained generally untested. Parkway created further chances with Williams curling an effort just wide on 79 minutes and his persistence in winning the ball out wide on 81 minutes then saw him set up Copp whose powerful shot was pushed over by Flynn. Rees Greenwood replaced Hegarty on 82 minutes with Rosenquest replacing Copp

shortly afterwards as Parkway looked to retain possession and manage the game out. West Auckland continued to have their fair share of possession but failed to hurt the Parkway defence which remained resolute. The game's final chance fell to Parkway on 86 minutes when a good ball through a tiring defence saw an astute lob by Carter blocked by Flynn on the edge of the 18 yard area. Jordan Bentley replaced the tireless Carter as the game entered 5 minutes of stoppage time with Parkway seeing the game out to earn a famous victory. A pulsating game between two evenly matched sides with Parkway creating the clearer chances and defending solidly with the visitors lacking the cutting edge up front to match their fair share of midfield possession. Monday's quarter final draw is now eagerly awaited by all connected at Parkway who have now been installed as the bookies favourites for the competition. To round off a good day for Parkway, two potential contenders in the league title race Tavistock and Exmouth both lost thereby losing ground on the top two. Parkway's attention now turns back to the league with 5 scheduled fixtures before the quarter final of the FA Vase on 29 February. They start with a visit to Buckland Athletic on Tuesday with Bridgwater Town, one of only 2 teams to defeat them this season, the visitors to Bolitho Park next Saturday.



### PARKWAY STARTING XI

Kyle Moore, Aaron Bentley, Ryan Lane, Jamie Lowry, Rob Farkins, Nick Milton, Mikey Williams, Shane Krac, Adam Carter, Billy Palfrey, Jordan Copp

### PARKWAY STAR MAN

Billy Palfrey





# TODAY'S VISITORS

## FLACKWELL HEATH

We are the Heathens

NAME: FLACKWELL HEATH FOOTBALL CLUB

FOUNDED: ESTABLISHED 1907

HOME: WILKS PARK

NICKNAME: THE HEATHENS

COLOURS: RED

LEAGUE: HELLENIC LEAGUE PREMIER DIVISION

#HEATHENS



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# FLACKWELL HEATH

## SQUAD LIST SEASON 2021-22

AARON WATKINS  
 MUHAMADOU CEESAY  
 STUART GLYNN  
 PHIL PRYOR  
 PATRICK PHILLIPS  
 JAMES BURRELL  
 BRANDON EATON  
 JOHN O'SULLIVAN  
 MARCUS USHIRO-LUMB  
 JACK TAYLOR  
 JOSH BAINES  
 JAMES MANSFIELD  
 CORY HATHAWAY  
 ADAM THOMAS  
 CAMERON GRAY  
 KHALID ZAKARIA SIMMO  
 SIMEON WEEKES  
 EZIO TOURAY  
 ASHLEY HOWELL

MANAGER  
 MARCUS RICHARDSON  
 ASSISTANT MANAGER  
 FABIAN COULTRESS

COACHES  
 SAM LOADES  
 LOUIS KING  
 DECLAN JACOB

GK COACH  
 JOHN O'SULLIVAN

PHYSIO  
 STACIA MURRAY

# FLACKWELL HEATH FOOTBALL CLUB



Flackwell Heath FC was founded in 1907 and the club joined the High Wycombe and District League for its inaugural season. The Heathens proved to be a major force in local football, having won twelve Wycombe League championship titles and fourteen High Wycombe Senior Challenge Cup finals.

In the 1950's Flackwell joined the Great Western Combination League and won this league twice before returning to the Wycombe League. In 1956 the club moved to its current home, the new ground being donated by the Wilks family. Through the 60s and 70's the club continued their success on and off field and the new clubhouse was built in 1974 as the first stage of their rise into senior football. In 1975 The Heathens won the Berks and Bucks Intermediate Cup and the Reading Senior Cup.

In 1977 the club achieved Senior status and moved up into the Hellenic League Division One. Promotion to the Premier Division was achieved at the first attempt. After five seasons in this league, during which time floodlights were installed at Wilks Park, Flackwell were elected into the Athenian League. In 1984 they joined the

expanding Isthmian League. The club's first season in this competition saw them playing in Division Two (North) and against some tough opposition they finished in a respectable eighth position.

The following season Flackwell was switched to Division Two (South) where life turned out to be even tougher. At the end of season 1990-91, after finishing below mid-table, The Heathens found themselves placed in the newly formed Ryman League Division Three.

At this stage the club installed a 150 seater stand to stay in senior football, and new home changing rooms were built to comply with new ground gradings. For the next 10 years the club carried out further ground improvements and they established themselves in senior football.

In 2002/03 for the first time in their history Flackwell reached the 4th qualifying round of the FA Cup losing 4-1 at home against Crawley and finished third in the newly formed Ryman League Division Two, the highest position achieved to date.

In 2003/04 Flackwell won The High Wycombe Senior Challenge Cup for the twelfth time. In season 2004/05 The Heathens reached the 4th



Qualifying Round of the FA Cup for the second time in three years, this time losing 3-0 at Ryman Premier Division Billericay Town and were runners-up in the Ryman League Associate Members Cup, losing 2-1 after extra time to Division Two champions Ilford on their own ground. The Veterans team won the FA Umbro Sunday Cup, lead by Byron Walton a feat which was repeated in 2006 and 2007. After winning the National final the lads went to The Bernabeu Stadium and played against Real Madrid veterans for the European Cup and lost by 3-1.

Flackwell finished fourth in Ryman League Division Two in 2005/06, narrowly missing out on promotion. After the end of 2006/07 the FA reorganised the non-league pyramid and we were due to be relegated into the South Midlands Spartan League until Barking and East Ham United went out of business and we were given the opportunity to take their place in the Ryman Division One (North). Unfortunately we finished bottom of the league and were relegated into the Hellenic Premier Division for season 2008/09.

In 2007/08 season we held our centenary game against Wycombe Wanderers with a crowd of 1300 watching Peter Taylors's first game in charge at Wycombe.

In our first season in the Hellenic League we finished in 9th position and lost 2-1 to Chalfont Wasps in the final of the High Wycombe Senior Challenge Cup at Adams Park. In 2010/11 we got to two cup finals but both were lost on penalty shoot-outs, The Berks & Bucks Trophy to Newport Pagnell and the Reading Senior Cup to Newbury Town.

The 2014/15 season saw us gain promotion into the Southern League Division 1.

However, a late move by the Southern League of us from the Central Division into the South West Division meant FHFC were unable to accept

promotion and we stayed in the Hellenic League Premier Division for season 2015-16. 2014-15 also saw us with places in the final of the Berks & Bucks Trophy (losing to Windsor FC) and the High Wycombe Senior Challenge Cup (winning against Penn & Tylers Green FC). Earlier that season we reached the fourth qualifying round of the FA Cup losing to Conference side Weston Supermare 4-1. For the first time in club history we also reached the last sixteen of the FA Vase losing 3-2 to Shaw Lane Aquaforce.

2015/16 season under the continued management of Graham Malcolm assisted by Paul Shone saw us finish 3rd in the Hellenic League also winning 3 cup finals – the Berks & Bucks Senior Trophy (against Newport Pagnell FC), the uhsport Challenge Cup (against Brackley Town Saints) and the Wycombe Senior Cup (against Pitstone and Ivinghoe FC). The last few seasons have seen a change of management at Wilks Park. In November 2017 Marcus Richardson took over as manager and continues for the 20/21 season.



Wilks Park: Home of Flackwell Heath





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# THE PARKWAY SOCIAL



## THE TEAM BEHIND THE TEAM

With Parkway making huge strides on the pitch and the regeneration of Bolitho Park taking shape, another important factor is the club's online profile. Football and a social media presence go hand in hand in today's climate and Plymouth Parkway pride themselves on their social media and online output. A dedicated team behind the team is in place to help propel Parkway's presence and brand to a wider audience. If you are interested in becoming part of the team, please email [mike@ppfc.co.uk](mailto:mike@ppfc.co.uk) with details about yourself.



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## SPOT THE BALL



This week in Spot the Ball, it's back to happier home times when fans were allowed in and the atmosphere was buzzing. Can you correctly guess the ball from a Cribbs freekick from earlier in the season. We would run out 5-0 winners on the day.



Bit muddy there BILL? Billy would be sliding for Ball C against Cadbury Heath on the muddy Bolitho surface.



## MOORE THAN WORDS



20 words to find yet again, you won't find a European Super League amongst it!!



E	T	D	A	O	R	H	C	A	O	C	T	T	A
S	N	F	L	L	E	W	K	C	A	L	F	O	R
H	O	L	N	N	M	T	W	E	S	T	E	R	N
E	S	P	A	R	K	W	A	Y	D	N	N	A	E
L	D	B	O	L	I	T	H	O	P	A	R	K	R
L	R	D	N	S	M	O	O	R	E	E	H	Y	O
E	A	W	E	S	A	V	A	F	H	O	S	E	Y
N	H	E	N	E	A	E	F	F	B	A	S	R	R
I	C	M	P	A	E	V	A	B	M	W	S	F	P
C	I	B	K	O	O	R	S	O	O	R	D	L	L
A	R	L	H	K	K	H	H	L	F	W	L	A	L
O	A	E	O	I	L	T	L	O	H	R	E	P	R
E	Y	Y	N	S	D	E	V	O	N	V	C	W	L
E	O	S	C	T	Y	H	E	A	T	H	E	N	S

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PARKWAY  
VEAL  
FARKINS  
HEATHENS  
THOMAS  
HOBBS  
MOORE  
FLACKWELL  
WESTERN  
WEMBLEY  
DEVON  
PALFREY

## PHOENIX

## FROM THE FLAMES



We head back to 2009 this week and a trip to Longcross to face Dartmouth on a cold November afternoon. We got the W but who is the keeper making sure we left with all 3 points?

Last weeks answer: Chris Wright



PARKWAY  
INTERACTIVE



## YELLOW SNAP SHOT

17/04/21 - FA VASE VS FLACKWELL HEATH



Tom Finnie Photography

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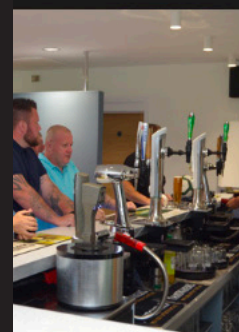
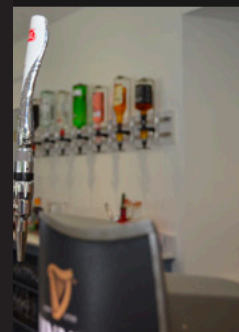
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## FLACKWELL HEATH

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MUHAMADOU **CEESAY**  
STUART **GLYNN**  
PHIL **PRYOR**  
PATRICK **PHILLIPS**  
JAMES **BURRELL**  
BRANDON **EATON**  
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