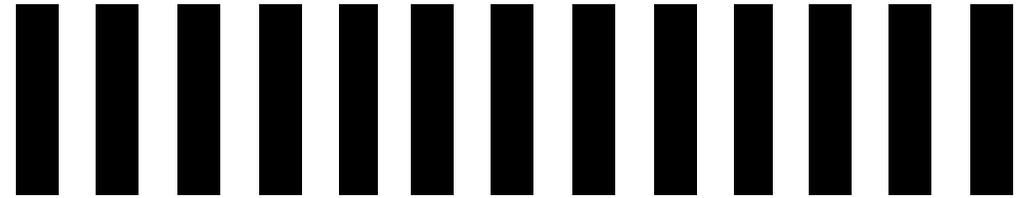


Many thanks to our sponsors:



Långholmen FC

vs

**FC Krukan
Lo Scudetto**

Division 4

Saturday 22nd August 2009, Essinge IP, KO: 14.00



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www.langholmenfootball.com / langholmenfootball@gmail.com



Långholmen FC

- 1 Edwin Bergquist
- 2 Andy McClelland
- 3 Billy Harkness
- 4 Stuart Lascelles
- 5 Ciaran McCormack
- 6 Mattias Larsson
- 7 Chris Allen
- 8 Deri Thomas
- 9 Andy O Sullivan
- 10 Robbie Graham
- 11 Colm Kenny
- 12 Oscar Hentmark
- 13 Pete McConnell
- 14 Wilhelm Karlsson
- 15 Phillip Männer
- 16 Anton Björlund
- 17 Gary Phillips
- 18 Evan Barnes
- 19 Paul Sullivan
- 20 Guy Woodhead

Manager: Chris Latham

Coach: Mark O'Sullivan



Skå IK

- 1 Emil Fnine
- 2 Peter Fogelklou
- 4 Alexander Moberg
- 5 Henrik Igström
- 6 Fredrik Ekblom
- 7 Morgan Palmborg
- 8 Ivan Skoglund
- 9 Hampus Gerlach
- 10 Johannes Eriksson (C)
- 12 Rikard Blom
- 13 Niklas Nilsson-Ahlm
- 14 Patrik Nilsson-Ahlm
- 15 Patrik Steenhouwer
- 16 Sebastian Persson
- 17 Johannes Pajala
- 18 Olle Hjort
- 21 Johan Nilsson-Ahlm

Manager:

Björn Dahlman

Stripes kickback... Small bits of news, gossip and info for the terraces.

The lads returned to training a couple of weeks back and have been working very hard to get their fitness back for the second half of the season. Billy Harkness has joined us from Division 2 side Sollentuna United and although we have a strong midfield already this will bring even more competition for places and not to mention increase our overall quality. To talk of winning the league would be silly at this stage of the season but we can promise our supporters that we are setting our sights high rather than low. We now start a very hectic period with three games in a week, today, Wednesday - away to Boo and also next Saturday - away to Ängby.

As for today's match, well we have already beaten Skå in "their own back yard" so you would think this should be an easy task but having watched Skå play last week I saw a well organised side with some good talent and they are not an easy team to open up. They are one game down the line than us from a fitness prospective so this will be no easy afternoon.

We remember the other game against Skå in the rain with our supporters travelling out there and then cheering us onto victory so we are asking you lot to play your part again.

– Chris Latham/manager D4

A note from the chairman half way through the season

The first half of 2009 was great for the men's teams we have in the league system. Div 4 and both reserve teams all top their respective divisions. The ladies had a tougher start, with mostly a new squad, but the results have started to come for them too. The korpen sides have had uncharacteristically tough first half seasons, but will surely crack on as they always do. The most important thing for the club though, is to get R3 into R2 next season, and we seem well on course for that.

It feels like we have got the organization right for where we are, both at team levels and at club level. This doesn't mean that we don't need to improve, but we seem to be on track at the moment. It is also very nice to see the improved interest in the club and the many people that turn up for matches, no matter what the conditions are.

A big THANK YOU to all sponsors, supporters, managers, players, committee members and other people helping out for what looks like a very good year for Långholmen Football Club.

Go Stripes!

With a hope of an equally successful second half of the 2009 season,

– Mats Gustavsson/LFC Chairman

Player profile: GARY PHILLIPS Position: Defender Age: 32

◆ Who has been the most influential person in your footballing career ?

- Mr. Swift. My Junior school head teacher and football coach. At the tender age of 11 Mr. Swift forced me to play on the left and use my left foot (against my will). In the long term this move has proved beneficial.

◆ **As a defender you don't score many goals, but can you tell us about the best one you have scored and why you remember it so well.**

- A last minute winner for my old club Gregorians FC (Manchester) against rivals Bolton County. The rain was pouring down. I managed to get myself up at the far post and direct a header back across the keeper. Highly unlikely, but a true story. I remember it so well because we had a strong dislike for Bolton (in general).

◆ **If you could play in any stadium which one would it be ?**

- Nou Camp (against Barcelona)

◆ **Which is your favourite club apart from Långholmen?**

- Man Utd, or on a more personal level, my old club back home, Gregorians FC.

◆ **What is your ideal pre match meal ?**

- Beans on Toast. A hearty breakfast which also gives your opposite number something to think about.

◆ **Who is the player you most enjoying playing with at present ?**

- That's a difficult one, as there are lots of quality footballers at Långholmen at the moment. Earlier this season I played half a game at left back with Andy O in front of me. I remember this half being a piece of cake defensively, due to Andy's work rate and link play. Paul Sullivan is also a quality footballer, always talking and always available.

◆ **And finally Gary if you could have a beer with any famous person in the world at the Southside Pub who would it be and why ?**

- Howard Marks. He'd have lots of great stories (Bl.a.)



Latest Div4 (m) table positions

| AKTUELL TABELL | | | | | | | |
|-------------------|----|---|---|----|----|------|--------|
| onsdag 5 / 8 2009 | | | | | | | |
| Långholmen | 11 | 9 | 0 | 2 | 30 | - 13 | 17 27 |
| Marieberg | 12 | 8 | 2 | 2 | 35 | - 12 | 23 26 |
| Ängby | 12 | 7 | 0 | 5 | 33 | - 18 | 15 21 |
| Ekerö | 12 | 6 | 3 | 3 | 25 | - 18 | 7 21 |
| Reymersholm | 12 | 7 | 0 | 5 | 28 | - 22 | 6 21 |
| Boo FF | 12 | 5 | 3 | 4 | 22 | - 21 | 1 18 |
| Järla | 12 | 6 | 0 | 6 | 22 | - 34 | -12 18 |
| Skå | 12 | 5 | 2 | 5 | 19 | - 19 | 0 17 |
| FCK/LS | 12 | 4 | 2 | 6 | 24 | - 24 | 0 14 |
| Olympiacos | 11 | 4 | 2 | 5 | 19 | - 23 | -4 14 |
| Stuvsta | 12 | 2 | 1 | 9 | 23 | - 37 | -14 7 |
| Bromsten | 12 | 0 | 1 | 11 | 13 | - 52 | -39 1 |

This week in the club history:

Långholmen hosted Roslagskulla on 6th Aug 2008. Planted firmly at the bottom of the table all looked lost for the Stripes as they headed into the second half of the season. Roslagskulla had already beaten Långholmen on home soil and were slight favourites for this match. The Stripes didn't let their fans down though and destroyed Roslagskulla with what was described at the time as "propaganda football". Goals were supplied by new signings Colm Kenny and Chris Allen. With Deri Thomas notching a double. The match was watched by 54 spectators. (An archived match report PDF can be found on the LFC website)



Next home match:

Långholmen FC vs FC Krukan Lo Scudetto,

14.00 Essinge IP -

Saturday 22nd August 2009

Next away match:

Boo FF vs Långholmen FC, 20.00

Boovallen - Wednesday 12th August 2009