

Extra extra...

This week in history

Drink driving laws are introduced in Britain in 1965. The World Cup begins in 1994, a little known fact is that Sweden finished third in that tournament which was held in the USA. England beat Paraguay 3-0 at the Mexico World Cup in 1986, Gary Lineker scoring twice. The Fugees top the pop charts world wide with their song "Killing me Softly". England star Frank Lampard is born in 1978 and on 17 June 2007 Långholmen defeated Tullinge by 3-1. Andy O'Sullivan, Deri Thomas and Ciaran McCormack got the goals in front of 57 spectators at Gubbängen IP. ▲



Next away match... + misc



Next away match:

Date/time: 2010-06-24, 19.30
Spårvägens FF vs Långholmen FC
Skarpnäcks Sportsfält

Next home match:

Date/time: 2010-06-29, 20:00
Långholmen FC vs Spårvägens FF
Essinge IP

Today's fundraising Challenge

The Supporters club are raising money to hire a coach for our official away day at Enhörna in August. The aim is that the coach will be completely free of charge to all Långholmen Supporters on what promises to be a great away day.



The aim is to kick the ball from the centre spot towards the goal line. The ball that lands closest to the line without going over it wins.
50Kkr for 2 attempts.



A quick message from the Wedding Couple

As we all know today is the Royal Wedding and with it comes both joy and sadness for the happy couple. Daniel and Victoria are dismayed that they will miss the game today but send this message:
"We are royally gutted that we are missing the match against Älvsjö today, we tried to change the date of our wedding but the King said no. We will however have some of our security people contact Essinge via sms for updates. Come on Stripes!!!"



Answers to Phill's sports quiz: 1 (Blackburn Rovers), 2 (Wales), 3 (The Owls), 4 (Barcelona), 5 (BK Häcken)

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Many thanks to Scot James, Phil, skinna, Per, Richie, Mats and Stff for their contributions to this match programme.



Långholmen FC

versus

Älvsjö AIK FF

Division 3 Östra Svealand

Saturday 19th June 2010, Essinge IP, KO: 14.00

Today's match is sponsored by The Regents Pub



THE REGENTS PUB is a pub situated at 88 Regeringsgatan in Stockholm. The Regents pride themselves on a good selection of beers and friendly service. They have a great reputation for their fantastic lunches and a superb à la carte menu in the evening. The Regents have live music from Wednesday through to Saturday. Martin and his staff welcome you.

www.regentpub.se

Match squad



Långholmen FC

- 1 Steve Jefferson
- 2 Andy McClelland
- 3 Stuart Lascelles
- 6 Billy Harkness
- 7 Chris Allen
- 9 Andy O'Sullivan
- 10 Colm Kenny
- 11 Paul Sullivan
- 12 Oscar Hentmark
- 13 Pete McConnell
- 14 Wilhelm Karlsson
- 15 Alex Bergström
- 17 Stewart Norwood
- 18 Baris Kececi
- 20 Alex Bodini

Manager: Stu Lascelles
Coach: Max Hallberg



Älvsjö AIK FF

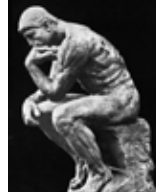
ÄLVSJÖ CAN PROUDLY BOAST

being one of Stockholms biggest football organisations and who also celebrate 95 years in the game this year. The club has a fine history, with promotion to the old division 2 in 1968 among their merits. The club were relegated from Div 2 Södra Svealand last season after a play off.

So far this season they have gathered only 10 points, so 3 points today is critical if they are to try and make up some ground on the teams at the top. Number 12 Joel Skaarat is the man to look out for today as he is their leading scorer this season.

Phil's match day quiz

Ok, here's another 5 more brain teasers for you to think about, supplied by our very own Phil Hopkin. The answers are on the back page. No cheating.



1. Alan Shearer won his one and only Premier League champions medal in 1995 playing for which team?
2. Derby County skipper Robbie Savage won 39 International caps playing for which country?
3. What is the nickname of Sheffield Wednesday FC?
4. Espanyol football club play their home matches in which city?
5. At which Swedish football club did Kim Källström start his pro career?

Classic match remembered



LÅNGHOLMEN FC (2) 3 VIGGBYHOLM IK (2) 2

Stora Essingen IP, Saturday 14th June 2008 KO 14.30

STRIPES SHOW TRUE GRIT AND TAKE ALL THREE

DERI THOMAS PUNCHED THE AIR in delight as his 82nd minute goal sealed the points for Långholmen and gave them their first home victory of the season. There were shouts of offside from the Viggbyholm bench but these were to no avail as Thomas's effort nestled behind the stand in keeper.

It was a nightmare start for the Stripes as they went a goal down in four minutes when Teo Fagerström hit a cross-cum-shot which eluded Edvin Bergqvist in goal, the big keeper caught completely unawares. The Stripes then found their feet and started to move the ball well and were unlucky not to level when Andy O'Sullivan crashed the ball against the upright after a fantastic move from midfield. Viggbyholm came with a real sucker punch on the half hour mark when Stuart Lascelles showed too much hesitation and let in the on coming attacker gain possession and slot past Bergqvist for two nil. O'Sullivan once again created a good chance when he ran on to a fine through ball, his lobbed effort narrowly went past the upright. He was then rewarded for his endeavours on 42 minutes when some nice close

Other LFC club fixtures..

RESERVES 1:

2010-08-06, 20:00 Långholmen FC vs Srbija FF Essinge IP

RESERVES 2:

2010-06-20, 18:00 Långholmen FC vs Älta IF, Gubbängens IP

DIV5 LADIES:

2010-06-20, 18:00 BK Sol vs Långholmen FC, Hammarbyhöjdens BP

K1:

2010-06-19 16.15 Långholmen FC A - Stockholms Höjder, Skarpnåcks Sp.fält

K2:

2010-06-20, 17.30 Fantastiska Tian - Långholmen FC B, Skarpnåcks Sp.fält

K-LADIES:

2010-06-22, 19.00 LO - Långholmen FK, Bandhagen BP.

control saw him create a shooting opportunity, he steadied himself and shot firmly past the keeper for a justified counter.

Only a minute later and things were all square when Oscar Hentmark scrambled the ball over the line and into the net much to the dismay of the away teams defence and to the delight of the home fans.

It was a bit of a lack lustre start to the second half which some some tough challenges and a real midfield battle. New boy Paul Sullivan cleverly cooled things down and gave the middle a base to work from, the Irishman had a splendid debut and is a great addition to the squad.

The game reached the fifty minute mark when Viggbyholm were forced to put an out field player between the sticks after their keeper was unable to continue. The away side had very little in the way of chances in the second half, finding it difficult to break down the home side. Långholmen stuck to their guns and were rewarded with that finish by Thomas eight minutes from the whistle. ▲

Season 2010 - Div3 (s) teams... LEAGUE TABLE AS OF 15TH JUNE

Tabell	Totalt						
Lag	S	V	O	F	GM-IM	D	P
Spårvägens FF	9	6	2	1	19-5	13	20
Konyaspor KIF	9	6	2	1	17-9	8	20
Assyriska FF Ungdom	9	6	1	2	25-16	9	19
IK Tellus	10	4	3	3	22-17	5	15
Vagnhäreds SK	9	4	3	2	14-11	3	15
Huddinge IF	9	5	0	4	14-14	0	15
Älvsjö AIK FF	9	3	4	2	21-15	6	13
Tyresö FF	9	3	3	3	15-15	0	12
Enhörna IF	10	2	2	6	16-21	-5	8
Långholmen FC	9	1	4	4	15-19	-4	7
Mälärhöjdens IK	9	2	0	7	8-26	-18	6
Panellinos IF	9	0	2	7	6-23	-17	2

Kommande matcher	
Tid	Match
2010-06-18 19:00	IK Tellus - Huddinge IF
2010-06-18 19:00	Konyaspor KIF - Panellinos IF
2010-06-18 19:30	Vagnhäreds SK - Mälärhöjdens IK
2010-06-19 14:00	Tyresö FF - Enhörna IF
2010-06-19 14:00	Långholmen FC - Älvsjö AIK FF
2010-06-19 17:30	Assyriska FF Ungdom - Spårvägens FF
2010-06-23 19:00	Huddinge IF - Panellinos IF
2010-06-23 19:00	Älvsjö AIK FF - Vagnhäreds SK
2010-06-23 19:00	Mälärhöjdens IK - Tyresö FF
2010-06-23 19:00	Enhörna IF - IK Tellus
2010-06-24 19:00	Assyriska FF Ungdom - Konyaspor KIF
2010-06-24 19:30	Spårvägens FF - Långholmen FC

The Boss has a word...

I WOULD LIKE TO START by welcoming Älvsjö AIK FF to Essingen today for a match which is very important for both teams. We have just enjoyed our first win in DIV3 which has been coming the past weeks so I am delighted for all the players who have put in a lot of effort. We have some injuries and holidays to deal with for today's game so that means other players will be given a chance to show what they can do and keep the shirt. As it is well known we have goalkeeper problems so the club is actively looking for re-inforcements in this department. I expect another high tempo match this afternoon and of course 3 points to get ourselves back towards the other mid-table teams. Come on you Stripes! ▲



Division 3 round up

THE STRIPES FINALLY got their first win of the season after a fine performance against fellow strugglers Mälärhöjden last week. Today's opponents Älvsjö had a superb win at home to Assyriska and this will give them a big lift. Huddinge won by a single goal in their match against Tyresö. Vagnhärad won their derby match against Enhörna easily enough. Panellinos are in real trouble at the bottom after getting thumped 4-1 against Tellus and Konyaspor and Spårvägen drew in a dull 0-0 match. There are only two matches left after today's fixtures then it is the summer break. ▲



Recent photos by Per Hägglund

