



## Les Phillips Cup Final Four Round-up:

**Semi Finals:** **Helston** completed their passage through to the final thanks to a 2-0 win away at **Ilfracombe**. On the first day in May, Rikki Sheppard scored a quickfire brace midway through the second half to give Helston an opportunity to end their season with some silverware. Two days later, **Shepton Mallet** overturned an early deficit to progress from the last four after seeing off First Division champions **Brislington**. Mallet had no form to talk of heading into Wednesday's game, and they started slowly, falling behind to an eighth minute effort from Oaklan Buck. They responded well however, and with 21 minutes on the clock, they managed to get back on level terms with Joe Morgan finding the back of the net. They then completed their turnaround early in the second half when Jacob Sloggett powered home, with Danny Constable wrong-footing the visiting keeper 20 minutes from time to end Brislington's hopes.

**Final:** At the home of **Tiverton Town**, **Helston** completed a cup double thanks to a 2-0 win over **Shepton Mallet**. Having beaten the same opponents by a slim one-goal margin on the final day of the league season, Helston proved to be too strong for Mallet, becoming the first Cornish side to take home the Les Phillips Cup. Their first goal came midway through the first half with Rubin Wilson on hand to poke the ball home after Tom Payne had seen his long-range chip come back off the crossbar. Athletic then strengthened their position at the beginning of the second half, with Rikki Sheppard following up his double in the semi-final with another important goal. After being slid through, Sheppard rounded Shepton keeper Tom Easterbrook with a drop of the shoulder before slotting home to put the Blues in control. They held out for the remainder of the afternoon, grabbing their second trophy of a very fruitful campaign following on from their Cornwall Senior Cup triumph over Millbrook on penalties last month.

### Final Four Results

Monday 1<sup>st</sup> May

Les Phillips Cup Semi Final

Ilfracombe Town            0-2            **Helston Athletic**

Wednesday 3<sup>rd</sup> May

Les Phillips Cup Semi Final

Shepton Mallet            3-1            **Brislington**

Saturday 13<sup>th</sup> May

Les Phillips Cup Final @ Tiverton Town FC

**Helston Athletic**            2-0            Shepton Mallet            311





## Les Phillips Cup Final Photo Gallery – Courtesy of John Newport









## League Constitutions for 2023/24 season:

On Monday afternoon, the FA unveiled the league constitutions for competitions at Steps 5 and 6 of the National League System for the 2023/24 season.

There are a fair few changes, with **Middlezoy Rovers** and **Cribbs Reserves** joining the First Division along with relegated duo **Cadbury Heath** (voluntary) and **Keynsham. Bitton** also re-join at this level, with **Bradford Town** dropping down from the Hellenic League Premier.

The Premier Division welcomes a pair of champion sides, with **Brixham** and **St Blazey** making the move following their title-winning seasons in the South West Peninsula's East and West Divisions respectively. **Mangotsfield United** move laterally from the Hellenic Premier, where they will be joined by the promoted duo of **Oldland Abbotonians** and **Nailsea & Tickenham**.

The Western League wishes all departing clubs the very best, and looks forward to working all new member clubs.

*The allocations below are subject to both FA Council ratification and any subsequent appeals. Any amendments will be confirmed in due course.*

Western League	
Step 5 – Premier Division (WLP)	
1	Barnstaple Town
2	Bridgwater United
3	<b>Brixham</b> SWPE
4	Buckland Athletic
5	Clevedon Town
6	Falmouth Town
7	Helston Athletic
8	Ifracombe Town
9	<b>Mangotsfield United</b> HLP
10	Millbrook AFC
11	<b>Nailsea &amp; Tickenham</b> WL1
12	<b>Oldland Abbotonians</b> WL1
13	Saltash United
14	Shepton Mallet
15	<b>St Blazey</b> SWPW
16	Street
17	Torpoint Athletic
18	Wellington
19	Welton Rovers

Western League	
Step 6 – Division One (WL1)	
1	AEK Boco FC
2	Bishop Sutton
3	<b>Bitton<sup>6</sup></b>
4	<b>Bradford Town</b> HLP
5	Brislington FC
6	Bristol Telephones
7	<b>Cadbury Heath<sup>7</sup></b> VR
8	Cheddar
9	<b>Cribbs Reserves</b> GPL
10	Gillingham Town
11	Hallen
12	Hengrove Athletic
13	<b>Keynsham Town</b> WLP
14	Longwell Green Sports
15	<b>Middlezoy Rovers FC</b> SCPL
16	Odd Down (Bath)
17	Portishead Town
18	Radstock Town
19	Shirehampton FC
20	Warminster Town
21	Wells City
22	Wincanton Town

### Key

<span style="display: inline-block; width: 15px; height: 10px; background-color: green; border: 1px solid black;"></span>	Promoted
<span style="display: inline-block; width: 15px; height: 10px; background-color: red; border: 1px solid black;"></span>	Relegated
<span style="display: inline-block; width: 15px; height: 10px; background-color: yellow; border: 1px solid black;"></span>	Lateral Movement
<span style="display: inline-block; width: 15px; height: 10px; background-color: cyan; border: 1px solid black;"></span>	Voluntary Relegation
<span style="display: inline-block; width: 15px; height: 10px; background-color: purple; border: 1px solid black;"></span>	New Club/Reapplication
<span style="display: inline-block; width: 15px; height: 10px; background-color: pink; border: 1px solid black;"></span>	Reprieve
<b>WD</b>	Withdrawn



Episode 38 of the Western League Podcast includes an interview with Saltash United boss, **Danny Lewis**, who explains why this season has been the best of times and the worst of times for the Ashes. Lewis reflects on an extraordinary campaign where perseverance and loyalty helped to propel his side to within touching distance of the Premier Division title.

There is also a conversation with Oldland Assistant Manager, **Lee Lintern**, who celebrates his sides' epic passage through the First Division Play Offs, and describes why this is only the beginning for the Abbots, both on and off the pitch.

[Season 2022/23 Podcast Episode 38 | Toolstation Western League \(toolstationleague.com\)](https://www.toolstationleague.com/podcast/episode-38)

The most recent episode sees Ian catch up with Nailsea & Tickenham management duo **Jamie Smith** and **Nic Steadman**. The Swags coaching staff explain why supporting people and making them better has been integral in their ascension from County League to Step 5 football.

The second half of the podcast then centres on a conversation with RefSupport CEO, **Martin Cassidy**. Martin gives a no holds barred assessment of the state of match official abuse at all levels of the game, as well as reflecting on the positive things that are being done to help us all Love the Whistle.

[Season 2022/23 Podcast Episode 39 | Toolstation Western League \(toolstationleague.com\)](https://www.toolstationleague.com/podcast/episode-39)

### Leading Goalscorers *(Stats courtesy of FA Fulltime Website)*

#### Premier Division

Curtis Damerell (Torpoint) – 25  
Hayden Turner (Mousehole) – 24  
Harry Foster (Street) – 21  
Rubin Wilson (Helston) – 18  
Ryan Richards (Torpoint) - 16  
Jacob Brown (Bridgwater) – 16  
Adam Carter (Saltash) -16  
Stu Bowker (Barnstaple) – 16  
Harry Stevens (Ilfracombe) – 14  
Josh Webber (Buckland) – 14  
Tim Nixon (Falmouth) - 14

#### First Division

Scott Bamford (Shirehampton) – 36  
Sacha Tong (FC Bristol) – 32  
Luke Bryan (Odd Down) – 31  
Adam Wright (Wells) – 30  
Luke Osgood (Nailsea) - 24  
Matt Garner (Wincanton) – 24  
Craig Wilson (Bishop Sutton) – 24  
Joe Berry (Nailsea&Tickenham) - 23  
Elliot Gardner (Hallen) - 22  
Mason Davis (Oldland) – 22  
George Jones (Brislington) – 21

#### All Competitions

Scott Bamford (Shirehampton) – 42  
Sacha Tong (FC Bristol) – 34  
Curtis Damerell (Torpoint) – 32  
Adam Wright (Wells) – 32  
Luke Bryan (Odd Down) – 31  
Jack Thorne (Bridgwater/N&T) – 29  
Hayden Turner (Mousehole) - 28  
Matt Garner (Wincanton) – 28  
Asa White (Brislington) – 25  
Craig Wilson (Bishop Sutton) - 25

PREMIER DIVISION		Played	Won	Drawn	Lost	GD	Points
C	Mousehole	36	26	8	2	61	86
2	Saltash United	36	26	6	4	59	84
3	Barnstaple Town	36	24	3	9	28	75
4	Bridgwater United	36	20	9	7	43	69
5	Buckland Athletic	36	22	2	12	21	68
6	Helston Athletic	36	18	12	6	22	66
7	Falmouth Town	36	16	8	12	14	56
8	Shepton Mallet	36	15	10	11	13	55
9	Street	36	15	10	13	-14	49
10	Ashton & Backwell United	36	14	6	16	8	48
11	Clevedon Town	36	13	7	16	-11	46
12	Torpoint Athletic	36	12	9	15	-7	45
13	Millbrook	36	11	7	18	-14	40
14	Welton Rovers	36	10	6	20	-36	36
15	Wellington	36	9	8	19	-21	35
16	Ilfracombe Town	36	7	11	18	-18	32
17	Sherborne Town	36	8	7	21	-23	31
VR	Cadbury Heath	36	4	6	26	-53	18
R	Keynsham Town	36	5	3	28	-74	18

FIRST DIVISION		Played	Won	Drawn	Lost	GD	Points
C	Brislington	42	36	2	4	95	110
P	Nailsea & Tickenham	42	31	5	6	75	98
3	Wells City	42	29	9	4	56	96
PO	Oldland Abbotonians	42	24	9	9	39	81
5	Wincanton Town	42	22	5	15	22	71
6	Shirehampton	42	21	6	15	19	69
7	Bishop Sutton	42	19	9	14	7	66
8	FC Bristol	42	19	4	19	-3	61
9	Hallen	42	16	17	15	7	59
10	Warminster Town	42	16	10	16	-1	58
11	AEK Boco	42	17	4	21	-15	55
12	Longwell Green Sports	42	16	5	21	-18	53
13	Portishead Town	42	15	7	20	-15	52
14	Odd Down	42	13	12	17	0	51
15	Hengrove Athletic	42	14	8	20	-4	50
16	Bristol Telephones	42	14	11	17	-9	50*
17	Gillingham Town	42	11	8	23	-28	41
18	Cheddar	42	10	9	23	-19	39
19	Radstock Town	42	8	13	21	-22	37
20	Tytherington Rocks	42	9	9	24	-56	36
21	Bishops Lydeard	42	8	8	26	-56	32
R	Almondsbury	42	7	10	25	-74	31