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WE WILL REVIEWBER THEM

This weekend, clubs throughout our four divisions will be will be paying tribute to the work done by our Armed Forces and remember those who have given their lives in service.

The life and freedoms we are privileged to lead and enjoy are brought into perspective at this time of year as we remember those who have given the ultimate sacrifice for our country.

Rightly, football seems insignificant when contrasted with the work of our Armed Forces both in the past and to the present day, and we will think of them all as we bow our heads together in silence before kick-off on Saturday afternoon and show our respect.

We will all wear the symbol of the poppy on our chest with pride, lest we forget the heroes they represent.

For The Fallen

They went with songs to the battle, they were young, Straight of limb, true of eye, steady and aglow. They were staunch to the end against odds uncounted: They fell with their faces to the foe.

They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning We will remember them.

They mingle not with their laughing comrades again; They sit no more at familiar tables of home; They have no lot in our labour of the day-time; They sleep beyond England's foam.

But where our desires are and our hopes profound, Felt as a well-spring that is hidden from sight, To the innermost heart of their own land they are known As the stars are known to the Night

As the stars that shall be bright when we are dust, Moving in marches upon the heavenly plain; As the stars that are starry in the time of our darkness, To the end, to the end, they remain



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or on our iOS & Android apps, where you'll find the full list of games to be live streamed.







Premier Division South

•	CILIOI DIVIDI		~											
#	Team	Р	W	D	L	F	Α	W	D	L	F	Α	GD	PTS
1	Walton & Hersham	14	7	0	0	21	6	5	1	1	15	8	22	37
2	Gloucester City	14	6	1	0	19	9	3	2	2	15	11	14	30
3	Poole Town	14	4	2	1	13	4	4	1	2	14	12	11	27
4	Uxbridge	14	5	2	0	15	9	1	5	1	12	14	4	25
5	Wimborne Town	13	5	2	0	20	8	2	1	3	6	5	13	24
6	Gosport Borough	14	4	1	2	19	13	3	2	2	12	10	8	24
7	Sholing	14	4	3	0	21	12	2	3	2	6	7	8	24
8	Berkhamsted	14	4	1	2	9	10	2	3	2	8	9	-2	22
9	Farnham Town	12	2	3	2	14	11	3	2	0	13	7	9	20
10	Evesham United	14	3	2	2	11	6	2	2	3	10	11	4	19
11	Taunton Town	14	2	2	3	8	10	3	1	3	15	13	0	18
12	Chertsey Town	14	1	3	3	8	10	3	1	3	8	8	-2	16
13	Plymouth Parkway	14	4	1	2	9	8	0	3	4	10	16	-5	16
14	Hanwell Town	13	2	1	3	6	9	2	2	3	9	9	-3	15
15	Basingstoke Town	14	3	1	3	12	13	1	2	4	10	13	-4	15
16	Hungerford Town	14	2	3	2	8	10	2	0	5	11	16	-7	15
17	Weymouth	14	1	3	3	8	12	2	2	3	8	15	-11	14
18	Yate Town	15	2	4	1	6	5	1	1	6	10	22	-11	14
19	Dorchester Town	14	2	1	4	9	15	1	3	3	7	10	-9	13
20	Havant & Waterlooville	12	1	1	3	9	11	2	1	4	10	13	-5	11
21	Bracknell Town	13	1	2	4	13	17	0	2	4	3	12	-13	7
22	Tiverton Town	14	1	1	5	6	10	1	0	6	6	23	-21	7

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Weekend A
Basingstoke Town v Berkhamsted
Dorchester Town v Chertsey Town
Evesham United v Farnham Town
Gloucester City v Havant & Waterloov
Hanwell Town v Tiverton Town
Hungerford Town v Wimborne Town
Plymouth Parkway v Uxbridge
Sholing v Bracknell Town
v Bracknett Town

Taunton Town v Gosport Borough

Walton & Hersham v Weymouth

Yate Town v Poole Town

Premier Division Central

#	Team	Р	W	D	L	F	Α	W	D	L	F	Α	GD	PTS
1	Spalding United	14	2	1	0	10	2	7	2	2	24	15	17	30
2	Harborough Town	12	4	3	0	10	2	4	1	0	11	3	16	28
3	Quorn	14	3	2	2	13	9	5	1	1	17	10	11	27
4	Redditch United	14	5	1	1	14	6	3	1	3	9	10	7	26
5	Real Bedford	13	4	1	2	11	8	3	2	1	12	7	8	24
6	Halesowen Town	14	5	0	2	12	9	1	5	1	10	8	5	23
7	Needham Market	14	4	1	2	13	9	2	3	2	8	10	2	22
8	Leiston	14	2	4	1	15	12	3	2	2	9	9	3	21
9	Kettering Town	14	3	2	3	11	9	3	1	2	9	10	1	21
10	Alvechurch	14	3	0	4	10	10	3	2	2	6	4	2	20
11	Bishop's Stortford	13	4	0	4	16	13	2	1	2	8	6	5	19
12	Stratford Town	14	3	2	2	12	11	2	2	3	7	10	-2	19
13	Worcester City	13	2	3	2	9	7	2	2	2	12	5	9	17
14	St Ives Town	13	3	3	0	8	3	1	2	4	8	9	4	17
15	Bury Town	14	4	0	3	7	7	1	2	4	8	14	-6	17
16	Bromsgrove Sporting	14	3	1	4	11	15	2	0	4	5	10	-9	16
17	Barwell	13	2	1	3	7	8	2	2	3	12	13	-2	15
18	Banbury United	12	2	2	3	10	14	1	1	3	7	9	-6	12
19	Stourbridge	13	1	2	2	6	7	1	2	5	8	17	-10	10
20	Royston Town	14	0	3	4	8	16	1	2	4	5	13	-16	8
21	AFC Sudbury	13	2	2	2	6	13	0	0	7	3	20	-24	8
22	Stamford	13	0	3	4	3	13	1	1	4	5	10	-15	7

Weekend Action

Al C Judbul y
v Barwell
Bishop's Stortford
v Banbury United
Bromsgrove Sportir
v Royston Town
Bury Town

v Halesowen Town Harborough Town v Alvechurch

Needham Market v Redditch United

Quorn v Kettering Town

Spalding United v St Ives Town

Stamford v Real Bedford Stratford Town

v Stourbridge Worcester City

v Leiston

Division One South

#	Team	Р	W	D	L	F	Α	W	D	L	F	Α	GD	PTS
1	Portishead Town	13	5	1	1	20	4	5	0	1	14	8	22	31
2	Bishops Cleeve	12	5	2	0	15	6	4	1	0	13	5	17	30
3	Frome Town	13	4	1	1	11	6	5	1	1	16	3	18	29
1	Winchester City	14	4	3	0	15	6	4	1	2	15	9	15	28
5	Shaftesbury	13	6	0	1	17	9	3	0	3	15	10	13	27
6	Exmouth Town	14	5	1	1	17	8	3	2	2	8	12	5	27
7	Malvern Town	13	4	0	3	16	15	4	1	1	10	5	6	25
3	Westbury United	12	3	0	2	5	3	3	2	2	7	7	2	20
9	Larkhall Athletic	14	4	2	1	15	11	2	0	5	9	12	1	20
10	Hartpury	13	4	1	2	25	10	2	0	4	11	11	15	19
11	Sporting Club Inkberrow	14	4	0	3	9	8	1	2	4	7	16	-8	17
12	Didcot Town	14	1	2	4	9	16	3	1	3	8	12	-11	15
13	Swindon Supermarine	12	3	0	3	13	11	1	2	3	6	8	0	14
14	Mousehole	13	3	0	4	9	10	1	2	3	7	9	-3	14
15	Falmouth Town	14	2	3	2	11	8	1	2	4	6	15	-6	14
16	Bashley	13	0	3	4	3	10	3	1	2	9	7	-5	13
17	Willand Rovers	14	2	2	3	7	9	1	2	4	9	22	-15	13
18	Bristol Manor Farm	13	1	2	2	5	9	2	1	5	14	21	-11	12
19	Bideford	13	2	1	3	7	8	1	2	4	4	14	-11	12
20	Melksham Town	14	2	3	2	11	11	0	2	5	5	13	-8	11
21	Tavistock	14	2	0	5	5	11	1	2	4	4	12	-14	11
22	Brixham	13	1	1	4	6	16	1	1	5	8	20	-22	8

Weekend Action

Bristol Manor Farm v Bideford AFC

Brixham AFC v Melksham Town

Didcot Town

v Willand Rovers

Exmouth Town v Sporting Club Inkberrow

Frome Town v Hartpury

Malvern Town v Bashley

Portishead Town

v Bishops Cleeve

Shaftesbury v Larkhall Athletic

Swindon Supermarine

v Mousehole Westbury United

v Tavistock AFC

Winchester City v Falmouth Town

Division One Central

#	Team	Р	W	D	L	F	Α	W	D	L	F	Α	GD	PTS
1	Leighton Town	14	5	2	0	17	5	6	1	0	20	6	26	36
2	Hertford Town	14	4	0	3	15	11	5	1	1	16	7	13	28
3	Hitchin Town	14	3	2	2	8	8	5	2	0	17	4	13	28
4	Barton Rovers	14	4	2	1	15	8	3	3	1	11	7	11	26
5	Biggleswade	13	2	3	0	9	6	5	2	1	16	9	10	26
6	Ware	14	3	1	2	15	11	5	1	2	19	17	6	26
7	Hadley	13	4	1	2	21	17	3	3	0	11	6	9	25
8	Biggleswade Town	14	2	3	2	11	10	4	1	2	20	10	11	22
9	Beaconsfield Town	14	2	3	2	12	10	3	3	1	13	10	5	21
10	Welwyn Garden City	14	3	1	3	7	8	3	2	2	12	10	1	21
11	Thame United	13	3	1	3	11	15	3	0	3	11	9	-2	19
12	Stotfold	14	4	0	3	15	9	2	0	5	13	20	-1	18
13	Milton Keynes Irish	13	2	1	4	14	19	3	0	3	11	11	-5	16
14	Flackwell Heath	12	2	2	3	12	10	2	1	2	7	5	4	15
15	Leverstock Green	14	1	3	2	9	10	1	4	3	11	15	-5	13
16	London Lions	14	4	0	3	17	18	0	1	6	7	16	-10	13
17	Marlow	13	3	0	3	13	13	1	1	5	5	19	-14	13
18	Aylesbury United	13	0	2	4	4	11	3	0	4	12	17	-12	11
19	AFC Dunstable	14	1	3	3	7	11	1	1	5	7	15	-12	10
20	Northwood	13	0	2	6	6	21	1	4	0	8	7	-14	9
21	Enfield	13	1	1	5	10	19	1	1	4	8	11	-12	8
22	Rayners Lane	12	1	0	5	3	12	1	1	4	7	20	-22	7

Weekend Action

Beaconsfield Town v Hitchin Town

Biggleswade Town v Rayners Lane

Flackwell Heath v Barton Rovers

Hertford Town

v AFC Dunstable Leighton Town v Hadley

Leverstock Green v Biggleswade FC

London Lions

v Marlow

Milton Keynes Irish v Stotfold

Thame United v Enfield

Ware

v Aylesbury United

Welwyn Garden City v Northwood

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PITCHING IN SOUTHERN LEAGUE

PREMIER DIVISION **SOUTH**



Featured Match

GLOUCESTER CITY v HAVANT & WATERLOOVILLE

On-loan Gloucester City defender, Mitchell Roberts, made his first League start for the club last weekend.

It ultimately proved to be a disappointing afternoon with tenman City succumbing to a 4-3 defeat at Uxbridge as the hosts grabbed a stoppage time winner.

"Obviously the way the game went was extremely frustrating," Roberts told us. "It looked like we had done just enough to get a point out of it and then they hit us right at the death.

"Despite last Saturday's set-back, I'm enjoying my time at the club; the environment here has surprised me in a good way - the coaching, analysis, training standards, it's all really professional.

"The staff and the lads have been class with me, made me feel part of the group straight away and the fan base has been brilliant.

"It's a club with ambition and standards, and I'm glad to be part of that, however long it lasts. Every game for me is an opportunity to show what I can do and make an impact.

"For me, it's all about being able to contribute to keeping standards high here and winning games of football."

Not only is Roberts doing all he can to make an impact on the pitch at The KMM Energy Stadium, he is also using his own lived experiences to help young footballers make the transition when they come out of the professional game through his company, Athlete Impact.

"I'd been in a professional environment from the age of 11 at Birmingham City," he explained. "The structure of full-time football was all I'd ever known.

"Then when I left the club at the age of 22, I had a few things lined up and expected to be at a new club pretty much straight away.

"But then two months into the new season, I was still without a club. It was the first time in my life that I was seeing my bank balance going down every week instead of up.

"It wasn't just the football side of things — it was the lack of routine, the uncertainty and the feeling of not knowing when, or if, the phone would ring.

"You go from being part of a changing room, playing in front of fans, to sitting at home at 3pm on a Saturday watching your mates play. That's when the real transition starts, and there's very little support for it.

"The initial spark for Athlete Impact came when I was working with my mentor, Rob Blackburne. He helped me massively during that period out of the game, and it made me realise how powerful the right support can be when you're in that in-between place as

"But the actual lightbulb moment was random — a Wednesday evening when I booked a space on an Astro-turf pitch, promoted a free football session for kids and no-one turned up. I'd spent £7 on the pitch and could've just gone home, but instead I called

> a mate, coached him one-to-one, filmed it and made use of the

"The next day I was in a school doing some coaching and told a member of staff [Mechak] about it we ended up talking for hours about football, young people, mentoring, psychology and how no-one is properly helping athletes outside of their sport. "By the end of the conversation we'd agreed to create Athlete His 15+ years in psychology and my journey in football



"At Athlete Impact we do three main things:

Sports Mentoring Programmes – we place current and former athletes into schools and community settings to mentor young people using sport as the engagement tool. Every programme is bespoke; trauma-informed and built using psychology-backed

Training and Workforce Pathway for Athletes – we train, yet and fully support athletes to step into roles in education, either part-time alongside football or full-time if they're transitioning

Ongoing Support and Community – every athlete has access to myself and our in-house psychologist for safeguarding, guidance and general support. What starts as 'work' often becomes a community — lads realise they're not the only ones going through the same things.

"It's free for athletes to join, because the funding comes from schools, councils and our own internal investment — something I wish existed when I left full-time football.

"It's huge that the participants know that I have been through exactly the same experiences that they have. That's why I put my face to the brand — I'm not interested in being a silent director behind a logo. Lads open up quickly because they know I'm not speaking at them; I'm speaking from experience.

"There's a massive pressure in football around 'making it' and lads disappearing when they drop levels. When they walk into an Athlete Impact on-boarding session and realise every other

person in the room has lived through the same thing — it changes the conversation completely.

"They're not judged, they're understood. And that's when progress actually happens.

"To be able to give something back and fill a gap in the market that wasn't there when I was in this situation is honestly the best feeling.

"When I sit in a room with the lads at training days, I can see younger versions of myself — players who still love football but just need structure, income and a bit of direction again.

"We're already expanding what we do, but the focus is on doing it properly — not just quickly. More athletes, more schools, more sports, more support systems. The long-term vision is big, but for now we're taking it day by day, building strong foundations and letting reputation lead the growth."

You can find out more about Athlete Impact via: athleteimpact.co.uk

As City look to bounce back from only their second League defeat of the season last weekend, opponents Havant & Waterlooville arrive having gone five League games without a win. They lost 2-1 at Berkhamsted in their latest outing and sit three off the bottom with 11 points from 12 games.

The two teams recently met in the Isuzu FA Trophy with City running out narrow 1-0 winners.

THE REST OF THE ACTION

Sitting seven points clear at the top of the table following last weekend's results, Walton & Hersham play host to a Weymouth outfit who are looking to kick-start their season following a tough start to the campaign.

Having succumbed to a 1-0 home defeat at the hands of Gosport Borough last weekend, thirdplace Poole Town will be aiming to respond in the right way as they go to Yate Town, who themselves snatched a point from a 2-2 draw at Weymouth in their last game, thanks to a goal deep into stoppage time.

The solid start to life at Step 3 continued for Uxbridge as they hit a stoppage time winner to beat Gloucester City 4-3 last weekend. It means that they have tasted defeat just once from their 14 games so far and on Saturday they head down to Plymouth Parkway, who themselves will be boosted by their 1-0 triumph over Evesham United.

Sitting just inside the top five are Wimborne Town thanks to their 4-1 victory over Chertsey Town. They face a tricky-looking trip to Hungerford Town who are feeling the glow of the capture of former Premier League striker, Charlie Austin, during the course of the week. He returns to a club he previously served on 2007/08.

Just outside the play-off places, Gosport Borough, head to a Taunton Town outfit who made a return to winning ways in their last game as they started November on the right foot following a disappointing month of October. Also pushing for a place in the top five are Sholing and they take on Bracknell Town, who were able to pull themselves off the bottom of the table with their 2-2 draw at Dorchester Town last weekend.

Hitting bottom spot were Tiverton Town, who were well beaten



at Walton & Hersham. They go to Hanwell Town who themselves are looking to recover from a heavy home reverse at the hands of

Sitting in the bottom four currently are Dorchester Town. They are at home to Chertsey Town who go into the game just three points above their hosts.

Just one point separates Evesham United and Farnham Town as they go head-to-head in Worcestershire, meanwhile Basingstoke Town welcome Berkhamsted in what is sure to be a weekend full of thrills and spills.

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PITCHING IN SOUTHERN LEAGUE

PREMIER DIVISION CENTRAL



Featured Match

STRATFORD TOWN v STOURBRIDGE

For their Premier Central home clash with Stourbridge on Saturday, Stratford Town will be staging their first-ever One Club Day.

It will be a special event dedicated to community, solidarity, and paying respects on this Remembrance weekend.

Various local councillors from all parties, schools, junior teams and members of the armed forces, past and present, have been invited.

"It's a day to show respect for our heritage and for each other,"

446

tratford Town will be honouring the fallen at their One Club Day on Saturday

Chairman, Jed McCrory, told us. "This is more than a match; it's a celebration of the entire Stratford Town FC family.

"We are bringing together every team—from our youngest juniors and women's sides to our walking football, veterans and pan-disability teams—to stand together as one united club.

"The day will be a poignant and powerful occasion, centred around a Remembrance ceremony.

"We have also invited the family of the club's founder, past players, volunteers, and representatives from the Royal British

"A Bardy Bugler will perform the Last Post, leading into a perfectly observed minute's silence ahead of kick-off.

"This is our chance to show the strength and unity that defines our club. We want to honour the fallen, celebrate our incredible community, and create an unrivalled atmosphere to support our team.

"It's a day for everyone connected to Stratford Town to come together and show what it truly means to be 'One Club'."

It's been a steady climb up the table this season for the Bards as they recovered from a poor start to find some form.

On Tuesday evening, they shared the spoils with Needham Market in a 2-2 draw despite suffering at the hands of injury and illness.

"It was a case of throw it up in the air and see what lands in terms of team selection," admitted manager, Paul Davis. "We thought we had the line-up decided the previous day and then it all had to change a few times in the lead up to kick-off.

"It wasn't the ideal preparation, but we took our goals well on the night and battled out a point having found ourselves behind going into half-time.

"During the interval, we spoke about how we could hurt them and fair play to the lads because they went out and did it in the second half.

"I was disappointed in the manner of the goals we conceded and we also seemed to sit off a bit after our goals, which is unlike us, but as I say, the spirit that we showed to come through adversity and get something out of the game has to be commended.

"Now we look ahead to Saturday. It's going to be a big day for the club with all of the activities that have been arranged. There will be a big crowd and it will be a nice occasion, but my job is to ensure that we are able to put in a performance and create an atmosphere.

"Stourbridge will come here determined to bounce back from their recent disappointments and it's sure to be a hardfought game, one that we will be doing all we can to take three points from.

The visitors arrive on the back of a 3-1 home loss at the hands of Stamford AFC last weekend. It was their opponents' first win of the season as the Glassboys find themselves in the bottom four and on the back of three straight defeats.

They continue to be blighted by off the field issues concerning their ground. "Whilst on the face of it there appears to be little happening, behind-the-scenes there is a lot going on," ViceChairman, Andy Bullingham told us. "We are unable to begin any of the necessary works until a longer lease is in place and discussions about this are ongoing.

"We are beholding to the decision-makers at the local council as we seek to have a lease agreement in place with a fair and reasonable rent.

"The deadline for ground works to be underway is the end of March, so the need for us to get things moving is paramount."

THE REST OF THE ACTION



Sitting in top spot remains Spalding United who were held to a home draw by Quorn on Tuesday evening. They are straight back into home action with the visit of St. Ives Town on Saturday. They are fresh from holding Kettering Town to a goalless draw in Liam McDonald's first game at the helm.

Just below them and still undefeated in the League are Harborough Town, who also have home advantage as they take on Alvechurch. Last weekend saw Harborough secure a 2-0 away triumph at Royston Town as Church succumbed at home to highflying Spalding United.

There is a mouth-watering contest in prospect at Quorn as they lock horns with Kettering Town. The hosts go into the game in third place following a solid start to life in Step 3, whilst their visitors are looking for a new manager 'bounce' to give them a kick-start.

Occupying one of the play-off places right now are Redditch United and they head to a Needham Market outfit whose climb up the table sees them now on the fringes of the top five. Also amongst the current top five, Real Bedford, will take their impressive form to Stamford AFC, who will be buoyed by finally getting their first League win of the season last weekend, at the 13th attempt.

Also on the fringes of the leading pack are Halesowen Town, who go to a Bury Town side who left it late to beat Banbury United in their last outing, with winning goalscorer, Tommy Hughes, telling us that they are now starting to get the points to back-up their performances. Therefore, a tough test awaits the Yeltz.

Glowing from a 6-0 away win at AFC Sudbury last weekend, Worcester City are on something of a roll and they welcome Leiston to Sixways Stadium in what is expected to be a hard-fought tussle.

That disappointing result for AFC Sudbury leaves them one place off the bottom of the table and they issued a statement this week to outline the struggles they face both on and off the field. On Saturday they take on Barwell who are looking to move away from the lower reaches of the table.

Also amongst the bottom four are Royston Town, who go to Bromsgrove Sporting. Their hosts are one of a cluster of teams just above them that they are hoping that they don't start to get too cut adrift from, so this is an important fixture for them in that sense.

Sitting just above the bottom four are Banbury United, who go to a Bishops Stortford outfit whose form has fallen away since the early weeks of the campaign.

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DIVISION ONE SOUTH



Featured Match

FROME TOWN V HARTPURY

Louis Manning could not have picked a better way to mark his 100th game for Hartpury FC last weekend.

The talented front-runner helped himself to a hat-trick in an emphatic 7-1 victory over Brixham AFC to take his total number of goals and assists to 65 from that century of outings.

The result leaves the students just inside the top ten with six wins and six defeats from their opening 13 League games and ended a run of three straight losses as they continue to get to grips with life at Step 4 for the first time.

"It was great first and foremost to get back into winning ways," said a delighted Manning. "It's been a tough period recently, there's no getting away from that, but all teams go through spells like this from time to time, just look at Liverpool!

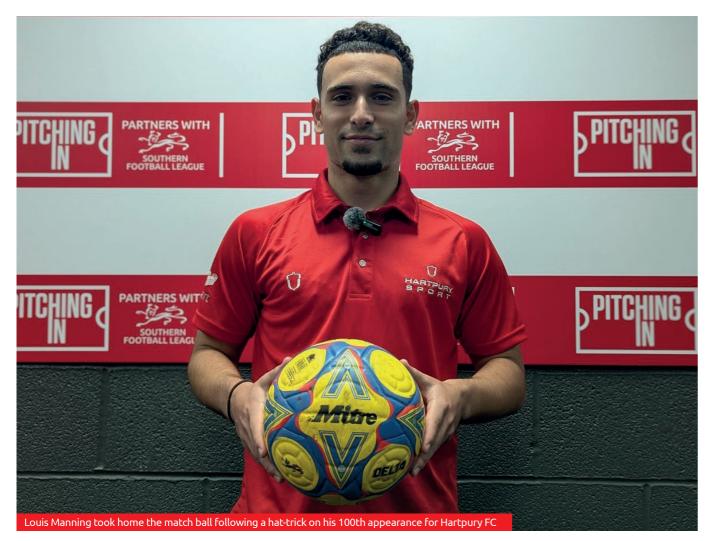
"We want to continue this form now. To score seven at any level is fantastic and for me to get a hat-trick really was the icing on the cake, especially in my 100th game.

"There's a great bunch of lads here and a great coaching staff backing us all of the way. That's why we've been able to turn things around and come back so strongly.

"We've been focussing on the positives despite losing the previous three games and everything came together really well last weekend.

"For all of the accolades about my hat-trick and 100 games, the only thing that really mattered was getting those three points.

"We also showed a ruthless streak to keep going and adding to our tally.



"That's four goals in two games for me, which is nice, and now I am looking forward to the test that Frome Town will provide.

"They are a strong team with plenty of quality and are expected to challenge for an immediate promotion back into Step 3.

"But the focus is on ourselves and what we can do. All of the boys are up for it and ready to build on last week's display and show what we are capable of."

Frome Town go into the game in third place in the table, just a couple of points off the lead having responded to their home

reverse at the hands of Larkhall Athletic by winning 2-0 at Bideford AFC last weekend.

This is the first of two tricky quick-fire fixtures for them as hot on the heels of Saturday, they head to fellow high-flyers, Bishops Cleeve, on Tuesday evening.

THE REST OF THE ACTION



Still top of the pile are Portishead Town who strengthened their position with a convincing 4-0 away win at Melksham Town last weekend. They are holding off a challenge from Bishops Cleeve, who remain unbeaten and have a game in hand over their rivals. A Toby Holland hat-trick saw them come from behind to beat Melksham Town 3-1 on Tuesday.

Melksham Town are hoping to see an upturn in fortunes as they face fellow strugglers, Brixham AFC, on Saturday

Winchester City also tasted victory during the week as their 2-0 triumph over Bideford AFC left them in fourth place. They are back at home on Saturday as they face a Falmouth Town outfit keen to respond to their home loss at the hands of Malvern Town last weekend.

Making up the top five are Shaftesbury who had to battle out a 3-2 success at Sporting Club Inkberrow in their last outing. They welcome Larkhall Athletic on Saturday with their opponents one of a number of teams who are sat just outside the top five. This group also includes Exmouth Town, who are at home to Sporting Club Inkberrow, and Malvern Town who entertain Bashley.

There's a battle at the bottom as Brixham AFC look to bounce back from a heavy defeat at Hartpury in their last outing with a home game against a Melksham Town side who lost twice this week to leave them three off the bottom with seven defeats from their 14 games.

One place off the bottom are Tavistock AFC, who went down to a 1-0 reverse at home to an improving Didcot Town in their last outing. They find themselves on the road to Westbury United and desperate to find a winning formula.

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Talking of Didcot Town, they welcome a Willand Rovers outfit who sit just a couple of points behind them. Meanwhile Bristol Manor Farm and Bideford AFC, who both sit on the 12-point mark, go head-to-head in what is sure to be a close and hard-fought encounter.

Finally, two teams who are looking up the table hoping to start to make a challenge, Swindon Supermarine and Mousehole AFC, face each other to complete what is sure to be another exciting afternoon of action in Division One South.

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DIVISION ONE CENTRAL



Featured Match

BEACONSFIELD TOWN v HITCHIN TOWN

It will take quite an effort to beat last weekend for Zak Fraser-Grante.

The talented midfielder hit all four of Beaconsfield Town's goals as they went to Thame United and came home with a commanding 4-1 away win, to end a run of six Division One Central games without a victory.

"It was a fantastic performance by the lads from start to finish," the 20 year-old told us. "We responded well to what was a particularly disappointing home loss at the hands of Aylesbury United in our previous game on Wednesday.

"We were delighted with the three points and it was nice to contribute with all four goals from a personal point of view.

"I've not scored four in a game since I was playing junior football, so it was a great achievement for me and one that I look upon with a tremendous amount of pride.

"I've struggled with injury for much of the season so far and it's been frustrating, but this has given my confidence a massive boost and I am determined to really kick on from here now and get a good run of games under my belt.

"We know that as a team there is plenty of room for improvement. There have been some good aspects, and just three defeats from our 14 League games proves that, but if we are to get to where we want to be, we have to be able to turn some of the draws into wins.

"It's fine margins as we take on the challenge of what is a strong League with some difficult opponents, each of whom poses a different kind of threat.

"We want to keep climbing the table and get as many wins as we can. We've proven to be a difficult team to beat, so I'd like to think that we can be up there challenging for the play-off places when it counts.

"Personally, if I can add more goals and assists then I will be extremely happy. The standard has been set now!"

Fraser-Grante's performance left manager, Sam Togwell, beaming from ear to ear.

"I said to him before the game that his season will be judged on goals and assists," he said. "It's the same for all of the attacking lads, but Zak stepped up to the plate and was superb.

"The same can be said of the rest of the team; everyone played their part. I could

go through the whole team and heap praise because we were that good.

"After a couple of poor results, we simplified things going into the game. We knew that we had to take our chances and with quality that Zak has, he was able to do that to secure a big win against one of the form teams in the division.

"I think they went into the game having won five of their last six, so it makes our performance even better.

"We've stepped up the levels and set the standard now ahead of what will be another really tough game against Hitchin Town on Saturday." The visitors arrive in third place in the table on the back of a hard-fought 2-1 win in their last game against Leverstock Green where they came from behind to snatch a stoppage time winner and make it eight League games without defeat as their momentum starts to build.

There will be no quarter given in this one as the home side look to build on their last performance and keep in touch with the top five.

THE REST OF THE ACTION



Unbeaten leaders, Leighton Town, are sure to be tested to the limit as they host a free-scoring Hadley. The visitors have hit ten goals in their two games this week, with Lenny Asamoah helping himself to six of them. They face hosts who battled out a 2-1 triumph at Flackwell Heath on Tuesday to make it 14 games without defeat.

Also flying high are Hertford Town who picked up a 2-1 success at Enfield on Bonfire Night to go alongside the point they gained from a 2-2 draw at Barton Rovers. They host an AFC Dunstable outfit who have dropped into the bottom four and are in need of a spark.

Barton Rovers head to Flackwell Heath to take on opponents who have been unable to build upon the success they enjoyed in their first season at this level last term. Barton arrive in fourth spot whilst for their hosts, they find themselves in the lower half of the table.

Making up the rest of the top five are Biggleswade FC. They had to come from two goals down to share the spoils from a 2-2 home draw with London Lions on Monday. They go to Leverstock Green who were unlucky not to take anything out of their clash at Hitchin Town and have two wins from 15 outings to their name.

Part of a group of teams just outside the play-offs places are Ware, who were hit for six at Hadley on Tuesday, so they will be looking for a response when they host an Aylesbury United outfit under new management and just outside the bottom four. Aylesbury were beaten 3-0 at home to Biggleswade Town on Sunday.

At the bottom, Rayners Lane face a difficult excursion to Biggleswade Town, whilst second-bottom, Northwood, are also on the road as they travel to Welwyn Garden City. Finally, MK Irish and Stotfold battle it out with only a couple of points separating the two teams.

Zak Fraser-Grante was in good four-m last weekend

and he will be looking for more of the same on Saturd

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