

SAT 21ST MARCH 2026 15:00PM

FROW DIGITAL



WELCOME TO JUBILEE FIELD



WELCOME FROM THE CHAIRMAN

Good afternoon to the players, management team, committee and travelling supporters of Seaford Town, welcome to Jubilee Field.

And as always, a big welcome back to the Frow faithful.

Without diving too deep into the stats, I believe Seaford may be the only side to have faced us across all three of our ground shares in the County League era. I'm not sure we can get a plaque sorted in time to mark such an occasion, but it's always great to see familiar faces.

We've had some brilliant encounters with Seaford over the years, and our league record is closely split; Seaford with 6 wins to Frow's 3. Last season saw both clubs go toe-to-toe for the Division One title, with Seaford edging it on the final day. Both sides have had an interesting season adapting to life in the SCFL Premier, but today's fixture will no doubt be another classic.

One memorable encounter saw me step into the dugout following a managerial departure, doing my best Gianluca Vialli impression as a player-coach in a chaotic 6-2 game. Thankfully, we're in far more capable hands this time around.

As we approach the end of the season, planning is already well underway for the 2026/27 campaign. We're in discussions with new sponsors, looking to strengthen the committee, and continuing to build a fantastic group of volunteers behind the scenes. If you'd like to get involved with the club, please don't hesitate to reach out—chairman@frowfc.com.

Our 2nd team are also in action today away at Newhaven 2nds in the MSFL Division One, as they push for back-to-back promotions—best of luck to Brett and the lads. Our 2nd team and U23 side are always on the look for new players to join and welcome any interested players to come to training on Tuesday and Thursday nights.

Enjoy the game, get behind the boys, and let's push for another big three points.

Up the Frow

Elliot

A WORD FROM THE GAFFER

I'd like to start by extending a warm welcome to the players, staff, and supporters of Seaford Town. We always look forward to these matchups, and I hope everyone enjoys the hospitality here today.

Our last outing away at Little Common was, to put it mildly, a frustrating afternoon. For the second week running, we felt hard done by as a questionable officiating decision gifted the opposition an opening goal.

However, I cannot fault the character this group showed. To play on a surface that was incredibly difficult and still maintain the high standards we set for ourselves shows exactly what this squad is made of. In this league, you aren't just playing against the eleven men on the pitch; you're managing the elements, the pitch, and the luck of the draw. On paper, it's a game we should be winning comfortably, but football at this level rarely follows the script.

Squad Update: Arrivals & Departures

I am absolutely delighted to welcome Tommy Seale back to the club from East Grinstead Town. Tommy is a fantastic young talent who brings exactly the kind of energy and technical ability on the ball that we want in our engine room. I'm sure you'll all join me in giving him a warm welcome home today.

On the flip side, Ben Aubrey has departed to join Peacehaven for the remainder of the campaign. Ben has the opportunity to assist them in their playoff push, and we wish him the very best of luck for the rest of the season.

Looking Ahead

As we enter the final seven games of the season, our focus is split between finishing as high as possible and building for the future. Plans for next season are already well underway. We've had some very exciting conversations behind the scenes as we look to bolster the squad.

Make no mistake, next year in the SCFL Premier is going to be a massive challenge. With some "big hitters" set to join the league, we need to ensure we are prepared for a very tough battle. The work starts now.

Enjoy the game, get behind the lads, and let's aim for the three points

Enjoy the game.

Ian Nicholls





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SCFL PREMIER DIVISION TABLE

POS	Team	P	W	D	L	F	A	GD	PTS
1	Steyning Town	31	24	5	2	100	36	64	77
2	Haywards Heath Town	30	24	2	4	97	26	71	74
3	Guernsey	30	23	0	7	103	59	44	69
4	Horsham YM	31	22	2	7	83	35	48	68
5	Peacehaven & Tels.	31	21	4	6	66	27	39	67
6	Pagham	31	17	6	8	64	38	26	57
7	Newhaven	32	18	3	11	72	67	5	57
8	Eastbourne United	31	17	5	9	72	34	38	56
9	Bexhill United	31	15	3	13	67	61	6	48
10	Roffey	30	12	6	12	53	60	-7	42
11	Forest Row	31	12	4	15	62	66	-4	40
12	Seaford Town	30	10	5	15	54	71	-17	35
13	Little Common	31	9	5	17	36	67	-31	32
14	Crawley Down Gatwick	31	7	6	18	51	71	-20	27
15	Wick	31	9	3	19	38	72	-34	27*
16	Midhurst & Ease.	30	5	10	15	39	59	-20	25
17	Lingfield	32	6	6	20	45	83	-38	24
18	AFC Vardeanians	31	4	7	20	26	65	-39	19
19	Lancing	30	5	3	22	33	94	-61	18
20	Shoreham	31	5	1	25	42	112	-70	16

TODAY'S TEAMS LATEST RESULTS

PREM	14/03/26	15:00	Little Common		2 - 2 (HT 2-2)		Forest Row
PREM	28/02/26	15:00	Steyning Town		2 - 0 (HT 0-0)		Forest Row
PREM	14/03/26	15:00	Seaford Town		1 - 3 (HT 1-0)		Wick
PREM	10/03/26	20:00	Seaford Town		0 - 0 (HT 0-0)		Peacehaven & Tels.



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CURRENT FROW 1ST TEAM STATS

PLAYER	POSITION	APPS	GOALS
Will Irwin	Defender	196	17
Matthew Burroughs	Midfielder	169	38
Elliot Benton	Midfielder	166	20
Matty Feeney-Hill	Midfielder	84	32
Zack Lamont	Defender	67	1
James Young	Defender	52	6
Callum Donaghey	Defender	52	7
Ben Aubrey	Forward	50	12
Diego Carmo	Defender	48	6
Ethan McGrath	Goalkeeper	29	0
Donn Street	Midfielder	20	0
George Cousins	Forward	20	4
Ryan Green	Defender	19	5
Pacey Bean	Midfielder	17	2
Yashua Smith	Forward	16	3
Terrique Hall-Anderson	Forward	16	3
Alex Felipe	Defender	15	2
Alessio Akabuogu	Defender	14	0
Gabe Darby	Midfielder	14	1
Jamie McCoy	Goalkeeper	11	0
Tiago Andrade	Forward	11	2
Matt Weaire	Defender	11	0
Aamir Daniels	Defender	9	0
George Aires	Goalkeeper	8	0
Powell Ukah	Midfielder	7	0
Jaiden Chang	Midfielder	6	0
Rasheed Aleka	Defender	5	0
Oliver Spinks	Midfielder	4	1
Connor Hayden-Pickering	Midfielder	4	1
Oliver Cowdrey	Midfielder	4	0
Bradley Campbell Francis	Midfielder	3	0
Ibrahim Bah	Forward	3	0
Ashton Morris	Forward	2	0



TODAY'S OPPONENTS

SEAFORD TOWN FC

Seaford Town FC joined the Sussex County League Division Two in 1952, earning promotion to Division One in 1963-64 after finishing runners-up. They spent seven seasons in the top tier, achieving a best finish of 4th in 1965-66, before being relegated in 1971.

After leaving the County League in 1978, the club returned in 1983 as founder members of Division Three, winning promotion in 1985-86 and later the Division Two title in 1988-89. However, their return to Division One was short-lived, with relegation in 1990-91 and a further drop out of senior football by 1992-93.

Seaford exited the County League again in 1997, briefly playing in the East Sussex League before returning. The club merged with Seaford Seagulls Youth FC in 1999, dropping "Town" from its name, before reinstating it in 2005 alongside a return to their traditional all-red colours.

Promotion to Division Two followed in 2000-01, with a best finish of 6th in 2006-07. A major step forward came in 2015 with a merger with Seaford WASPS Junior FC, strengthening the club's youth pathway.

In 2024/25, Seaford Town were crowned SCFL Division One champions, securing a return to Step 5 for the first time in over 30 years. The following season, they marked their FA Cup return after a record 114-year absence with a 1-0 victory over Sutton Athletic.

Today, the club continues to build for the future, developing facilities at The Crouch and running a strong football programme across all levels — from youth teams (U6–U16) through to senior sides, including First Team, U23s, U18s, Veterans, Ladies teams, and an inclusive team — all underpinned by a focus on community and enjoyment.

These things the club's committee have tried to ensure that most importantly all involved enjoy their time at STFC.

FROW'S CORPORATE SPONSORS

A huge thank you to all companies that have donated club and player sponsorships over the past few years. Sponsoring a club like Frow is a great way to get your business' name out there, and to give back to your local community.

We have ½ season player and management team sponsorship options available. Give the Frow lads a huge push for the remainder of the season.

For more information, please email chairman@frowfc.com

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Connor Hayden-Pickering
Pacey Bean
Gabe Darby
Terrique Hall-Anderson
Yashua Smith
George Cousins
Tiago Andrade
Oliver Cowdrey
Callum Donaghey
Ibrahim Bah
Ashton Morris

Manager: Ian Nicholls
Coach: Cameron Finlay
Coach: Carl Pennifold
Coach: James Young
Asst Coach: Jamie McCoy
Physio: Ben Gorman



SEAFORD TOWN

Wester Young (GK)
Jack Webb (GK)
Josh Bradley
Toby Potter-Drake
Ryan Knight
Matt Simpson
Ollie Lee
James Kendall
Alex Saunders
Hayden Beaconsfield
Tom Shelley
Josh Wright
Callum Connor
Tyler Capon
Max Vardy
Max Howell
Josh Woodward
Alfie Headland
Jack Samways
Rio Quaye

Co-Manager: Ben Dartnall
Co-Manager: Craig Pooley
Physio: Darcey Russell

Match Officials:

Dylan Bailey, Alex Barron, Neil Wallace (subject to change)



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