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LFC match reports

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Saturday 15th October 2011

IFK Österåker vs LFC 1 - 2

KO: 13:00 Stockholm Cup 2012 Round 1

LFC Squad

Allen (GK); Phillips (LB), Luca (D), Lascelles (D), Ahmed (RB), O'Sullivan @ (CM), Graham (CM), Mcclelland (CM), Leo (LF), Hentmark (CF), Ludde (RF). Subs: Vasile (75)

Spirited Stripes dump IFK Österåker out of Stockholm Cup

Arthur Ashe once said that true heroism is remarkably sober. It is not the urge to surpass all others at whatever cost, but the urge to serve others, at whatever cost. This sentiment more than most captures the essence of Långholmen FC spirit. Against all the odds, on the foreign fields of Åkersberga, this spirit came alive, and dramatically defeated champions IFK Österåker 1-2 in the first round of the 2012 Stockholm Cup.

The long drive out to cow country was spent huddled around Wales' agonising defeat to France in the RWC semi-final. The twelve players pulling on the stripes for the afternoon vowed to show the same brave commitment against a supremely confident Österåker side – a team that will strut about in division 3 next season after running away with the

Many commentators had already written off the Stripes; a number of last minute withdrawals and the absence key players gave the 1st XI a rather unfamiliar look. This gave a welcome opportunity to the title winning LFC Reserve team to step up and prove their credentials at the higher level - an opportunity grasped with both hands (and feet). Defensive discipline was the name of the game for LFC, Manager Stuart Lascelles rolled back the years with a cultured performance at the heart of a 4:5:1 formation. But truth be told, the first 20 minutes of the game were by far the worst for Långholmen; overzealous and thus stretched by the slow-slow-quick passing game of their slimy opponents.

Österåker threatened, and eventually broke the deadlock after fifteen minutes with a textbook move executed with consummate precision. The spritely #7 latched onto a ball inside the fullback, and his pinpoint cross was deflected in at the near post. A shaky start and the travelling fans (one man and his son) could have been forgiven for thinking that this was going to be a long old afternoon.

But some frank words, and astute tactical management team steadied the ship. The Stripes were happy to concede possession and defend deep, which confused their young adversaries into over playing. As stalwart Robbie Graham summed up afterwards "they were more interested in looking good, than playing football".

The Stripes got a grip and started to put their foot in - this was a physical game; not only was it knockout cup football, but also because of the history between the teams from 2009. The 'Alain Rolland' reached for his pocket on numerous occasions in a feisty twenty-minute spell, booking four Stripes for colourful language, one for shoving and another for a leading elbow. But there was a sniff of something positive to take from the half. Leo was running the show on the left, Andy Mac had started to force himself on the game and you just know that Oscar always has a goal in him. Trudging off at halftime, heated conversations with the ref suggested that Långholmen were less than happy with the official's handling of the game. Truth be told, LFC needed to find another gear if they were going to be playing in the Stockholm cup next year.

The Stripes emerged unrecognisable from the first period. Their shape was perfectly balanced; disciplined in defence and potent on the counter attack. With only 35% possession they frustrated their opponents by working incredibly hard as a unit, closing down tirelessly, not giving their six-fingered opponents any space to play at the business end of the pitch. Credit to the whole squad - everyone played their part. At one-nil you always believe you've got a chance, this was the time for big hearts, and nobody went missing - to a man the Långholmen team fronted up. The pivotal moment arrived farcically on 60 minutes; O'Sullivan pounced on a loose ball in midfield, played a one-two with Ludde on the edge of the box and collapsed under a clumsy challenge. He thought it was a penalty. So did everyone else, except the ref who waved play on. Bizarrely one of the home defenders assumed a stoppage in play and calmly picked the ball up, conceding one of the most absurd handball penalties in history. After all that excitement

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1 of 6 14/04/2012 21:07 O'Sullivan stepped up and calmly sent the keeper the wrong way from the spot. 1:1.

near post to send the Stripes into ecstasy with 2 minutes remaining. Stunning.

LFC pin-up Chris Allen deserves a special mention for a highly accomplished display in goal. His all round performance oozed confidence, which spread to the defensive unit in front of him. Both handling and kicking was immaculate and he made a string of difficult saves look easy. The pick of the bunch being a diving one-handed reaction save that was reminiscent of Gordon Banks in the 1970 world cup against Pele. http://www.youtube.com/watch?v=lvqwhDUhkPA. This was followed by a comical red-faced rant at his faceless defenders and much clapping/spitting into gloves. Quality. The stripes were inevitably reduced to 10 men with fifteen minutes to go. Ludde Johnson picking up a soft second yellow for blocking a quick free kick. Mcclelland also departed with a calf injury as the LFC patched up their midfield. But LFC had a foothold and as the game edged away it felt as if Österåker had settled for penalties. The valiant stripes had other ideas: A lightening counter attack down the right found Vasile, his intelligent pass inside

Österåker threw everything forward in the dying seconds but the Stripes held firm. A huge cheer went up at the final whistle as Långholmen completed a memorable and hard fought victory. This might only be the first round of next season's competition, but such was the sense of elation at the end it felt like LFC had just won the cup - The perfect way to round off another successful season. Onwards and upwards.

was nodded over the top by O'Sullivan to Oscar Hentmark in space, who composed himself and volleyed home at the

MOTM – Chris Allen; We called Gordon Banks after the game and he admitted that your save was better than his. Ref Watch – Brilliant because we won. 2/5.

Wednesday 28th September 2011

LFC vs Sollentuna United (4-7)

KO: 20:00

Stockholm Cup Final - Grimsta IP

LFC Squad

Bergquist (GK); Thorell (LB), Lascelles (D), Mcclelland (D), Phillips (RB), Sullivan (CM), Allen (RM), Harkness © (CM), Hentmark (CM), O'Sullivan (LM), Sowe (CF). Subs: Ahmed (80), Leo (45), Burris (70), McConnell (70), Karlsson (45)

Valiant Stripes concede the cup final, but win a lot of new fans in the process.

Långholmen FC faced a very fit and technically gifted Sollentuna United at Grimsta IP, with the division 2 side running out 4-7 winners. The red and black striped nets of IF Brommapojkarna rippled with 11 goals in a thrilling encounter that was a lot closer than the score line suggests. The Stripes failed to convert from the spot three times in 90 minutes, and paid the ultimate penalty as clinical Sollentuna took no prisoners.

The Stripes supporters were in fine voice throughout; their banter played a fundamental part in a legendary night – and the atmosphere they created was described as "the best outside of England" by Sollentuna coach and former Arsenal star Anders Limoar. Praise indeed.

http://www.youtube.com/watch?v=83bAsTrBN7s&feature=player_embedded

LFC had a bi-penalty advantage, tucking one of them away to start the game 1-0 ahead. The lead lasted all of 4 minutes in a frantic opening exchange that set the tempo for the match. A dubious free-kick to Sollentuna was clipped back cross the wall and into the open corner of the net. 1-1.

The bouncebackability from the black and white's was admirable... they immediately rose to the challenge and demonstrated just why they are a tour de force. Paul Sullivan coaxed in a free kick from the right touchline, meeting the darting run of Andrew O'Sullivan who guided a near post header in off the stanchion. Fist pump. 2-1.

The best was yet to come... Supernatural talent Oscar Hentmark playing in an unfamiliar offensive midfield role took a sublime touch to ghost past two defenders and unleashed a fierce drive from all of 30 yards. Unstoppable. 3-1.

Sollentuna were clearly rattled, but to their credit they steadied the ship by dominating possession and their quick passing game started to pay dividends. A wonderfully incisive pass to the orange booted number 9 pulled one back, before a defensive mix up gifted them an equaliser. 3-3 after only 30 minutes.

The Stripes midfield worked very hard, but could not keep the ball. The team seemed to get deeper and deeper, inviting pressure rather then exerting themselves on the game.

Orange boots did it again for the 'Tuna just before the break, latching onto a loose ball and smashing his shot into the far corner. The stripes were reeling... this wasn't http://www.youtube.com/watch?v=xlnP9Gi0xAA&feature=related, but LFC were on the ropes and looking for half-time.

The LFC fans were amazing. They lifted Långholmen off the canvas and never stopped believing in their team. Sollentuna, sponsored by ICA supermarket were called out with chants such as "No Surrender to the ICA" and "We've got Southside, you've got ICA, ooho wooho". Great fun.

The management shuffled the deck and the Stripes came out much tighter in the second half. They took the fight to Sollentuna and were rewarded by a moment of magic from Harkness. A bursting run from the skipper took him to the byline and his fizzing cross was turned into the net by the outstanding Sammba Sowe. 4-4. Game on.

The pivotal moment in the match came after 60 minutes; great build-up and movement down the left involving Thorell, O'Sullivan and Sammba. Sensible play by the Sammba near the corner flag turned the ball back inside to O'Sullivan. His deft flick over the advancing centre back put him goal-side and he was clumsily tackled from behind as he pulled the trigger. A stone wall penalty waved away by the officials.

Langholmen were incensed. Decisively the ball was booted clear and orange boots again showed his class one-on-one with the Stripes defence, powering his way into the box before firing past Bergquist on the angle. 4-5. Harsh. The tackles started to fly in, with both teams seeing yellow in a fully committed 'classici cup final. The game hung in the balance, when the Stripes were awarded a penalty for handball at a corner; An ICA defender getting his angles and limbs all wrong. Sammba stepped up, but he blazed over as the crowd held their breath.

Moments later a wonderful strike from 35 yards put the game beyond LFC, as Sollentuna extended their lead to put one hand on the cup. 4-6. The referee, perhaps regretting an earlier decision gifted the stripes another penalty with 5 minutes remaining for a soft challenge on Chris Allen. The Stripes hit man dusted himself off and took the spot kick himself, only for his scuffed effort to be saved by the diving keepers legs. Heartbreak.

There was something very fishy about Sollentuna's seventh goal; a penalty in injury time. Firstly, Andy Mac would claim

Fun football for children

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2 of 6

he got to the ball fairly, and secondly the player dummied, as he was about to strike the ball. This is illegal (one may dummy in the run up, but not in the shot) but thankfully irrelevant in the result. (http://www.youtube.com/watch?v=6dyXXbo7OXA&feature=related)

The better team won and Sollentuna claimed the title. But the magic of the Stockholm Cup in 2011 was powered by Långholmen FC and their spirited band of merry supporters. The road to the final has been epic; providing some heroic nights of knock-out football, stretched out over many months. Never has the old adage been truer for LFC; this was about the journey rather than the destination. Långholmen FC have arrived, making many friends along the way. We will be back in both the Stockholm and the Swedish cup next year, determined as ever to build forward on the experiences of this year. The journey, continues.

Special Mention – LFC Supporters Club and Fans. Simply the best.

Managers MOTM – Sammba and Oscar. Special talents, both delivered on the big stage Supporters MOTM – Andrew O'Sullivan. Heart, desire and a rare headed goal.

Ref Watch – Firm and fair, but got some big decisions wrong. 3/5.

VIDEO HIGHLIGHTS

 $\label{lem:http://www.youtube.com/watch?v=usPO1cvkpO8\&feature=player_embedded http://www.youtube.com/watch?v=-0gU3kZ-m-Q&feature=related$

QUOTES FROM THE FANS

"Has to go down as the best night as a football supporter since I moved to Sweden, despite the defeat." - Neil M Banks

"Snacka om publik inramning. Så här mycket publik har vi aldrig haft i någon av våra div 2-matcher" - Sollentunatränaren Anders Limpar.

"For my part on the pitch I have to say that the young lads deserve so much credit, Samba and Eric in particular were easily our 2 best players on the night. That's not to say there wasn't some great performances elsewhere, Leo had a cracking 2nd half, and Oscar was superb in an unfamiliar role." – LFC Captain Billy Harkness

"Not often football fans go away from a game seeing their team conceed 7 and still smiling. All round top night, superb atmosphere." – Scot James

"Quite honestly, I think we could have won the game. They were fitter and better in possession but they looked scared when we went at them." - Ciaron McCormack

"Thank you all for last night. A number of people from other clubs have called today and congratulated us on our achievement. Very proud to be a Stripe on occasions like this." - LFC Chairman Mats Gustavsson

"Great performance guys, hard luck. Stratford Haven salutes Langholmen FC. (via Twitter) – SHFC Captain Rob Taylor

"We may have lost, but the lads played their hearts out, and we had more fun..." (via Twitter) - Peter Vinthagen Simpson

"Unlucky lads, great fight" (via Twitter) - James McConnell

"Tough luck boys... keep your heads up..." (via Twitter) - Lieutenant Evan Barnes

 $"Oscar!\ F^{**}king\ great\ goal!\ Well\ played\ lads\ -a\ great\ game\ to\ watch\ against\ a\ tough\ side...\ Proud."\ -\ Richard\ Wright$

"Big thanks to all the people that came down tonight and gave the players a huge boost. You really did make it a night to be proud of and what a fantastic group of people we have supporting this club." – LFC Manager Stuart Lascelles

 $"Definitely tempting. If I can get my name on a chair at Southside, I'm all yours." - Sollentuna \ United \ Captain \ Jens \ \textit{Åberg} \ \textit{Sollentuna} \ \textit{Loss} \ \textit{$

Saturday 17th September 2011

LFC vs Reymersholm IK

KO: 20:00

LFC Squad

Kelly (GK); Phillips (LB), Thornley (D), Mcclelland (D), Thorell (RB), Graham (CM), Karlsson (RM), Harkness © (CM), McConnell (LM), O'Sullivan (CF), Allen (CF). Subs: Lascelles, Sammba (45), Burris (45), Lykke Holm (30)

Stripes march on; 3-0 victors against local rivals Reymersholm

Brilliant sunshine greeted Reymersholm at the Rock, but they left with little else to cheer as Långholmen played them off the park in the first period with a very disciplined performance. The 2-0 half-time lead knocked the stuffing out of the visitors leaving the Stripes to cruise to a 3-0 home win and build some momentum into the Stockholm Cup Final. A bright start and early goal from Wille Karlsson set the tone for the match. The model youngster enjoyed his time in a more advanced attacking role; terrorising the fragile Reymers defenders on both sides of the ball. A good dead ball delivery is often worth a goal, and when the visiting side made a hash of their clearance under pressure, the ball dropped to Wille inside the six-yard box for him to poke home.

Långholmen controlled the tempo of the game and dominated possession throughout the first half. McClelland and Thornley renewed their partnership at the back, winning the physical battle and marshalling the troops well. Phillips and Thorell both worked hard, saw a lot of the ball, and used it very well. They will be happy with the clean sheet as will nomadic keeper Danny Kelly; the Irish gent returning for a brief cameo in the sticks.

Also back in the Stripes squad was Karl Lykke Holm – another maturing young player who grew into the game as it went on; showing his strength and composure on the ball.

Långholmen's second goal was an example of Totaal Voetball; defenders and attackers interchanging some silky one and two touch passes down the right hand-side to create an opening for Chris Allen. Fluid football from Karlsson, McClelland and O'Sullivan carved open the Reymers defence and when the ball was pulled back, the unmarked Stripes hitman drilled his shot through the keepers legs from 12 yards.

The Stripes got behind the visiting defence numerous times in the first half and were unlucky not to add to their tally.

3 of 6 14/04/2012 21:07

The management team would have been very happy at the break and looking for more of the same in the second period. On came Baydi and Otis for LFC, and although Reymers did start to see more of the ball they rarely threatened going forwards as the game drifted towards the inevitable conclusion.

The referee got bored and decided to spice things up a bit. He missed a number of 'off the ball' incidents, denied the visitors a blatant penalty for handball, ordered the stripes manager Lascelles to sit down and very nearly gave Billy Harkness a second yellow card for not wearing a bib on the subs bench. He was guilty of disrupting the game, which frustrated both sets of players.

Långholmen were not as clinical in the second half, squandering a couple of good chances to put the game safe. The decisive third goal coming with just a few minutes left to play. Lykke Holm crossed to the back post where three players were queuing up to score. O'Sullivan initially got an acrobatic volley all wrong; before bouncing up again to slash the ball into the top left bin. Bizarre.

A comfortable home win for the Stripes ends their local rivals run of good results. Now attention switches to the big game against Krukan on Friday night at the Damm. Always a keenly contested and physical fixture, this top of the table clash is also the final opportunity for players to stake a claim for cup final selection.

MOTM – Gary Phillips. Rolling back the years.

Ref Watch - Inconsistently fussy; not a good combination. 2/5.



Saturday 10th September 2011

Skå IK vs LFC

KO: 14:00

LFC Squad

Lascelles (GK); Phillips (LB), Larsson (D), Mcclelland (D), Thorell (RB), Sullivan (CM), McConnell (LM), Harkness © (RM), Graham (CM), O'Sullivan (CF), Allen (CF). Subs: Burris (75), Vasile (80)

Skå draw for Stripes on the road.

It's a funny old game. Skå IK entertained a threadbare Stripes squad on their beautiful grass pitch in Ekerö. This ground, out past the Royal Palace, has classic wood panelled changing rooms lined with the trophies of Skå's past victories – and the game is traditionally a tough, physical affair against the elements and Skå's direct style of football. It is long ball from Skå really... or negative positive football, as we like to call it. It's effective, but not particularly attractive. But if it works, and gets results then who are we to fault them with it. The big grass pitch and swirling wind makes them favourites at home, but on this occasion the Stripes will be kicking themselves for not taking all three points home.

Långholmen fielded a patchwork squad following injuries, suspensions and last minute absentees, and welcomed back Mattias Larsson into the fray. The little general slotted into centre back; fizzing the ball around and looking very comfortable after a few months out of the game.

Welcome also to Vasile, our new Romanian centre-back who filled the bench by himself. Manager Lascelles had to play in goal while Robbie Graham rolled back the years with a bustling performance in the Stripes engine room. Lascelles the cat had a Weston Super in the warm-up but didn't put a foot wrong during the match.

The Stripes, playing with the wind and slope, controlled the game in the first half and deserved their lead at half-time. Chris Allen again showing all the skills that Ipswich Town are missing when he clipped a left foot peach in off the post from 20 yards.

But a one goal lead is never safe. The Skå keeper played a blinder; making a string of top reaction saves to keep his side in the game and then provided the assist for the equaliser. His long punt downfield (wind + slope) was allowed to bounce and the home striker was able to steal in behind the LFC defence.

At 1:1, the Stripes pressed hard for an equaliser. Allen and O'Sullivan both went close, but it was super-sub Vasile who grabbed the headlines. The big defender was thrown on up-front for the last ten minutes and his enthusiasm was rewarded when he latched onto a perfect cross from Otis to nod home with less than 3 minutes left on the clock. And that should have been that. A deserved 3 points and all back to the Southside for the chips of victory. But no, the Stripes needlessly conceded an injury-time corner which was duly converted by an unmarked attacker at the back post. So, heartache for the loyal travelling fans who watch the Stripes lose a draw – but it's not such a bad away draw really against a negative positive team that has beaten both the league leaders at this ground this season. Onwards and unwards

MOTM – Erik Thorell; An old head on young shoulders. Ref Watch At least he was consistent. 3/5.

Wednesday 7th September 2011

Syrianska IF vs LFC

KO: 20:00

LFC Squad

Bergquist (GK); Phillips (LB), Thornley (D), Mcclelland (D), Karlsson (RB), Sullivan (CM), McConnell (CM), Harkness © (CM), O'Sullivan (LF), Sammba (CF), Allen (RF). Subs: Thorell (45), Ahmed, Burris (75)

Super Stripes stun Syrianska to reach Stockholm Cup Final

Make no mistake, this was a huge game for Stockholm's biggest international football club. A win would take Långholmen FC into unchartered territory; at stake not only the privilege of playing in the Stockholm Cup Final for the first time ever but also entry to the Swedish Cup (equivalent of the FA Cup) next season. And the stripes shook off any big game nerves, to power past a spirited Syrianska IF team 2-4 in front of a big hostile crowd.

4 of 6 14/04/2012 21:07

Red flares and the standard colloquial chants were ignited well before the match kicked off proper. The home side granted two penalties before the game to even things up; comfortably slotted home both to give them a 2-0 lead at the start

The Stripes, playing with 3 central midfielders dominated the early exchanges, securing possession and moving the ball around quickly. Syrianska to their credit chased the ball down tirelessly in the first period, putting pressure on all facets of the game; especially limiting the quality of the Långholmen passing in the final third.

After a lot of huffing and puffing, LFC created few clear-cut chances in the first forty five and the travelling fans could have been forgiven for thinking that this might not be a night to remember. But the Stripes have been on a magic cup run this year, dumping out division 2 side Enskede en route to the semi has obviously given the team some belief and the second half display was simply too good for Syrianska to live with.

Chris Allen got the equaliser, powering a header into the net direct from a corner after 50 minutes. Allen was also instrumental in the equaliser, dancing through the defence and rounding the keeper only to be dragged down. The Syrianska keeper was harshly dismissed and Paul Sullivan notched from the spot.

Only one team was going to go on and win it from here, and when McClelland was fouled in the box moments later, the referee made his only mistake of the game when he waved away a stone wall pen. The stripes had the game by the scruff of the neck now, no amount of booing, abuse, car horns or fireworks were going to distract them.

The decisive goal came from the spot once more; O'Sullivan this time running onto a perfect through ball and nicking it away from a clumsy last ditch tackle. Cue swam dive, blatant penalty and a second yellow for the guilty party - the valiant home side were down to 9 men and staring down the barrel. Sullivan stepped up to the plate again and finished his seconds with a cultured left foot finish.

Syrianska had to come out and attack now, but they had nothing left in the tank. Chris Allen rounded off a marvellous evening for Langholem FC when he bagged a superb individual goal on the break; a mazy run across the face of the goal and a powerful drive into the corner put the game safe with ten minutes still to play.

The Stripes can now look forward a mouth-watering final against Anders Limpar's Division 2 Team Sollentuna United FK. To be played on Wednesday 28th September at Grimsta IP KO: 20:00.

MOTM - Chris Allen; Delightful.

Ref Watch - The best we've had all season. 5/5.

Monday 29th August 2011

LFC (1) vs Vasasällskapet (1)

KO: 20:00

Honours Even, as Långholmen and Vasasällskapet draw 1-1

Grumblings about overlapping fixtures framed the Stripes Monday night football; with the Långholmen R1 team facing a pivotal top of the table clash the 1st team squad was down to the bare bones. Not that it mattered that much really; the referee at Stadshagen ensured that the game never got out of second gear and for all the huffing and puffing it ended all square. Still good to see LFC legends Robbie Graham and Deri Thomas donning the shirts, as the average age of the first team peaked for the season. I say shirts... actually it was bibs, since the referee's first moment of brilliance was to decide that he could not tell the difference between black and blue. So the stripes donned fluorescent bibs of the kindergarten kind...

Vasasällskapet are a team of big units. But they collapsed like a house of cards in the tackle and some of their theatricals were shameful. Apart from a long ball they don't carry too much of a threat but they equalled a rather lackluster Stripes in the first period. Both teams created few clear cut chances, as Langholmen struggled to get a foothold in the game. Passing was hurried and sometimes forced, and when they did get behind the Vasa the final ball needed just a bit more quality.

When Wille Karlsson switched to the right wing, he immediately started to have a bit of joy; providing width and pace that troubled the rotund home defence. A couple of times he got behind them and one cross to Allen at the back post provided the best chance of the half. Allen's header fizzing just over the bar. The 19 foot 27 stone Vasa forward then put a header against the top of the bar from a corner, but Ben had it covered.

By this time the referee had booked five or six Långholmen players for a variety of inocuous enough challenges. Any flow or rhythm to the game was completely destroyed and both sets of players were left scratching their heads. He bizarrely booked a Vasa player before the beginning of the second half too, for an unidentified misdemeanor that no one could quite understand. The game needed a goal, and Vasasällskapet delivered it from their fourth or fifth corner of the second half. A deep cross to the back post was volleyed back through a sea of legs to squeak inside the near post. Soft. This was the kick up the ass that the Stripes needed, and from that moment on they dominated. They were much sharper all over the pitch and started to really hurt the tiring home team. Wille played a blinder on the right wing, defensive pairing of Sund and McClelland looked very solid against formidable opponents and Chris Allen was a constant threat. The ref was still whistle whistle; every solid challenge was penalised and he was dishing out cards like Clinton's so it was hugely frustrating experience for the players and fans alike.

The Stripes were chasing the game. They had their tails up, and had turned the momentum of the game firmly in their favour. After sustained pressure, a couple of half chances and good blocks by the keeper, Paul Sullivan slipped a lovely ball in to Chris Allen who took a touch before tucking the ball away on the angle. Tidy. With 15 minutes to play it felt like the Stripes could go on to win it. Sadly the ref had other ideas; Pete McConnell was given his marching orders for a second yellow (for a ball winning challenge in the opposition 18 yard box) when the linesman had actually already flagged for offside. Speechless.

Down to ten men, the stripes continued to swarm forward and Deri Thomas had the chance to seal the win when the ball broke to him inside the box. It was a sharp chance and the keeper did well to block with his legs. In the dying seconds a through ball caught the home keeper (another giant of a man) out of position, and when he collided with Thomas in a 50:50 outside the box the ref whistled and gave the advantage to Vasa with the unguarded goal at the Stripes mercy. It was a horror show, and the Stripes did well to maintain their composure and take a point home.

Overall, disappointing to only get a draw, especially after a strong second half performance. But something to build on as Långholmen look forward to entertaining old rivals and league leaders Ekerö at home on Saturday. A result there will certainly put a shine on the season and build confidence going into the Stockholm Cup semi final on the 7th September All to play for.

LFC Squad

Ben (GK); Ahmed (LB), Sund (D), McClelland (D), Karlsson (RB), Sullivan (CM), Harkness © (RM), Phillips (CM), McConnell (CM), O'Sullivan (CF), Allen (CF). Subs: Graham (85), Thomas (60) MOTM – Wille Karlsson; Stella performance, and the best looking player on the pitch.

Ref Watch – Ruined the game. 0/5



Wednesday 24th August 2011

LFC (1) vs Järla IF FK (2)

KO: 20:00

LFC Squad

Ben (GK); Thorell (LB), Thornley (D), McClelland (D), Karlsson (RB), Sullivan (CM), Ohman (RM), Burris (CM), O'Sullivan © (LM), Sowe (CF), Allen (CF).

Subs: Phillips (6), Hentmark (45)

Långholmen's winning streak comes to an end against Järla.

A lovely evening turned sour for the Stripes when they conceded late on in a hard fought encounter down at the Rock. A young Järla side showed good spirit throughout and deserve credit for their victory, but Långholmen will be disappointed that they let the points slip through their fingers after clawing their way back into the match.

The Stripes started well in an eventful first 20 minutes. The tempo and passing was good and Långholmen looked the more threatening side; but a long diagonal ball over the top caught the LFC defence square and the tricky right winger for Järla went through on goal. He scuffed his shot wide but Ben caught him late and the ref had little option but to point to the spot. The penalty was dispatched with ease into the bottom left to put the away side in the driving seat.

Only two minutes later and the same searching ball over the top sprung the LFC offside trap again. The same winger sprinted through on goal only for Batman to tumble through the back of him and save the day. Unfortunately it was another penalty and probably a red card, but the Argentinean referee had obviously seen much worse on the back streets of Buenos Aires and only issued a yellow. Bizarrely Järla changed their penalty taker, and this time Ben made an excellent save diving high to his right to parry the ball wide. Reminiscent of Dave Beasant's against Ian Rush in the 1998 FA Cup Final. http://www.youtube.com/watch?v=SgUJYQKZAOU (minus the hair).

The Stripes were under the cosh for a while after this, and did well to steady the sh

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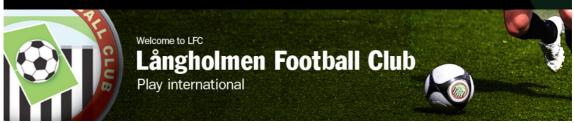
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6 of 6 14/04/2012 21:07



Latest news

ABOUT

CHOOSE TEAM T

Match reports Archived reports Match programs

FORUM

CALENDAR

CONTACT





LFC match reports

The seasons match reports can be found below. Archived reports are found at the bottom of the page. Enjoy.

MEDIA

Friday 5th August 2011

Boo FF (0) vs LFC (3)

Allen (GK); Thorell (LB), Ahmed (D), Mcclelland (D), Karlsson (RB), Harkness© (CM), Goldberg (RM), Sullivan (CM), McConnell (LM), Sammba (CF),

HentmarkCF). Subs: Burris (25), Bergström (35), O'Sullivan (35) Leo (55)

Långholmen FC cruise to 3-0 victory away at Boo FF.

A solid start to the second half of the season earned the Stripes three points and many positives to take forward. A young Boo FF side gave the stripes an early scare when they had a very good shout for a penalty turned down by the referee - but the excellent LFC defence marshalled by McClelland kept the Boo attack in their pocket after this

After sparring for the first 20 minutes Långholmen started to dominate and some sustained possession and territory had their young opponents on the ropes. The fresh partnership of Sammba and Hentmark upfront kept the pressure on the Boo defence high up the pitch, which meant that the stripes midfield could control the game.

After creating a couple of half chances, the pressure finally told when Sammba's telescopic limbs baffled a defender in the box and he was hauled down for a penalty. Harkness stepped up and blasted the ball against the bar, but the writing was on the wall from this point and Långholmen rallied to take the lead in the 35th minute.

Some fine triangulated one touch passing through midfield caressed the ball to Hentmark on the left; he found strike partner Sammba in behind the defence who despite the amorous attentions of a Boo defender volleyed across the keeper and into the onion bag. Instinctive.

The message at halftime was for more of the same, and not to drop the intensity level. Fitness could be a factor following the break but the LFC midfield looked tireless as Paul Sullivan rolled back the years with another excellent display. His ball winning and distribution at the heart of midfield dictated the tempo of the game. Alex Bergström added energy and physicality as he clattered about the pitch on his first team debut, while another new face Leo looked very comfortable on the right hand side of midfield.

With only one goal separating the teams the game opened up in the second half; Boo pushed forward in search of an equaliser, which left gaps for the stripes to exploit. It was end-to-end stuff on a beautiful grass pitch, which was great for football and entertaining to watch. With 20 minutes to go, Ahmed pinged one over the top of the Boo defence, Sammba ran through on goal only to be scythed down from behind on the penalty spot. After some delay, Paul Sullivan stepped up and coolly placed the resulting spot-kick into the top left corner to extend the stripes lead. Consistent.

There was still time left for Sullivan to hit the post with a delicious left foot curler, and collect a booking as he had a busy

The third stripes goal was the icing on the black and white cake; constructed with 'Sensible Soccer™ style precision passing as Bergström slipped O'Sullivan inside the left back and his cut back was rammed into the net with glee by captain Billy

This solid team performance by Långholmen has given the management team a few selection headaches on a balmy evening out in Björknäs. Just the sort of headaches they like.

MOTM - Paul Sullivan. 3 goals in 3 games = rich vein of form. Ref Watch - Very good, and managed the game with a smile on his face. 5/5.



ednesday 15th June 2011

Råsunda (2) vs LFC (4)

LFC Squad:

Ben (GK); Thorell (LB), Ahmed (D), Mcclelland (D), Karlsson (RB), Harkness® (RM), Larsson (CM), Burris (LM), Mcconnell (LM), Kenny (CF), Sammba (CF).

Subs: O'Sullivan (60), Sullivan (45), Flavio (45), Philips (52), One Sock Sund (70)

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andrewos Five St Stripes beat Spår 5-1 at the Rock. http://t.co/ihvC\ @TheLocalSwede @Langholmenfc yesterday · reply · retv favorite



andrewos LFC lat grinds out drama victory at Turkisl http://t.co/0Tm via @TheLocalSw @Langholmenfo yesterday · reply · retv favorite

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LFC win in style to reach the semi-final of the Stockholm Cup

Lowly Råsunda from division seven put up a brave fight against the Stripes who play in 3 leagues above them, but their valiant cup run was cut short by a professional Långholmen performance that exposed the gulf between the two sides. The home team had 3 bonus penalties before the game started; the first was rifled into the net, the second scuffed wide, and the third skidded into the corner despite debut stripes keeper Ben getting a hand to it. So Råsunda (playing in white) started 2 qoals up and looked determined to hang on and create an upset.

Långholmen however hadn't read the giant killing script for this one... and came flying out of the blocks. This fast start was rewarded with two quick goals of their own in the first 15 minutes, and they were both crackers.

Colm Kenny kept the ball in play out on the right, turning his man and found Harkness on the edge of the box. A sublime first touch bought him some space, but rather than shoot he rolled the ball inside to Pete Mac, who slipped it to Burris. Otis took a touch and off balance guided the ball past the statuesque French keeper to reduce the deficit.

The Stripes second goal really embodied the magic of the cup; a magnificent solo effort from young Erik Thorell - his first senior goal for Långholmen. Instant control put him into space down the left flank; cutting inside his quick feet dummied a couple of defenders before smashing a shot inside the near post from an impossible angle. Pure class.

Once parity had been achieved the Stripes continued to dominate, but the cutting edge seemed to be blunted. There was a slight tendency to overplay and the game lacked width at times. There were a couple of headed chances went begging from corners, and shots from distance flew just wide. Råsunda did not offer too much going forwards, but they fought hard for the ball and kept the Stripes honest. The referee seemed keen to even things up too so the Stripes needed to be patient and kept they fought down.

At half-time the Stripes looked comfortable but just maybe should have made their dominance in the first 45 pay. The second forty five started a little sluggishly, and Ben was called on to make an important stop from a defensive error; The keeper saving well with his legs in a 1 on 1 situation to hide some Northern Irish blushes. The stripes were also denied a clear penalty as Thorell was chopped down (and injured) running through on goal only for the whistle man (adding insult to injury) to call it a dive.

That was the wake up call that Långholmen needed; they accelerated through the gears to create a hatful of chances, score two more goals and end any chance of an upset in this quarter final.

The first was a penalty. Kenny was clean through only to be hacked just as he was about to pull the trigger. Up stepped Billy Harkness to send the keeper the wrong way and put the stripes in the driving seat. The second was a fine move that ended with Sammba taking the ball around the keeper and rolling it into the empty net to collect his seventh goal in 3 games. The Stripes rang the changes to conserve some energy for a vital league game on Saturday. Flavio made a powerful contribution full of lethargic energy and sharp indifference. Paul Sullivan stepped into the centre of defence and marshalled things from there. Philips and O'Sullivan jogged up and down the left wing for a bit, and there was a welcome cameo from Vilhelm 'One Sock' Sund who returned after an ankle injury.

There was still time for disco dancing Wille Karlsson to sprint through and chip the keeper from 30 yards, but his shot bounced once and then unluckily hit the bar to deny him a deserved reward for a solid and committed performance.

Fair play to the Råsunda squad, they worked incredibly hard and deserve some credit for pushing the Stripes all the way. But it is Långholmen who are through to the semi-final of the Stockholm Cup, a milestone in itself since this is the furthest that the team have ever progressed in the competition.

The only downside of the evening being the infernal music (identified as hectic swing) blaring from the circus tent behind the dugout - Not that it affected the stripes rhythm and we can look forward to another mouth-watering contest in the semis.

MOTM – Wille Karlsson. Fearless, worked hard and made the right decisions Ref Watch – The less said the better. 1/5.

Saturday 11th June 2011

Spånga IS (3) FK vs LFC (0)

KO: 14:00 Spånga IP.

FC Squad:

Jefferson (GK); Philips (LB), Ahmed (D), Mcclelland (D), Karlsson (RB), Harkness® (RM), Larsson (CM), Burris (LM), Mcconnell (LM), O'Sullivan (CF), Sammbe

(CF). Subs: Kenny (60), Faisel (75), Lascelles

Solid Stripes reboot to win three nil at Spånga

On a bobbly grass pitch the LFC first team put any midweek turbulence behind them and ran out comfortable 3-0 winners against a young Spånga team. Baydi Sowe deservedly getting the plaudits after the match for a fine individual display, but in reality this was a solid and professional team performance without really setting the world alight.

Långholmen lined up in a familiar 442 formation for the first time this season and it seemed like the lads were welcoming back an old friend into the team. Pete Mcconnell looked very accomplished on the left hand side of midfield, and skipper Harkness also was instrumental on the Right. In fact it was his clever jinking run that set up the first goal. His cross was expertly brought down by Sammba 'velcro' Sowe on the edge of the 6-yard box, who finished the move stunningly by flicking the ball into the bottom corner with his back to goal. Remarkable finish.

It was another hot day, so the boys in black and white toiled for long periods without carving out many clear-cut chances. Larsson and Burris both had long-range efforts that fail to find the onion bag. The stripes defended well as a team, kept their shape and frustrated a fit Spånga side who battled to get back into the game.

The second half was a scrappy affair. The pitch made it difficult to knock the ball about on the ground so the game got longer and longer. As always the next goal was going to be crucial, and it was Spånga who pressed hard for an equaliser with umpteen second-half corners. From one set piece header the home side hit the post, but thankfully the ball was gathered by the swift handed Jefferson in goal. There was no Russian linesman on hand to help Spånga, and that was the closest they came.

With 10 minutes to go the deciding goal finally arrived from a corner to the Stripes. Harkness delivered a vicious in-swinger that was bundled over the line by Faisel.

With the pressure lifted, Långholmen added a third with a couple of minutes left. Fine individual skill by Kenny on the left turned a couple of defenders, and his cross was confidently converted on the run by Sammba to put the icing on the cake. Fair play to the travelling support, they made a lot of noise and really lifted the team today. 3 points has lifted the Stripes up the table and gives the players and supporters a much needed boost.

MOTM – Baydi 'Sammba' Sowe. He just keeps getting better and better. Ref Watch – The young man made consistently interesting decisions. 3/5









Marieberg SK Reserves (3) vs LFC Reserves 1 (7)

n (GK); Ely (LB), Ahmed (D), Luca (D), Karlsson (RB), Goldberg© (CM), Larsson (CM), Ebou (LM), Santini (RM), Faisel (CF), Sammba (CF). Sullivan (35), Tomas (75), Gatzakis (30)

Stripes emerge victorious in thrilling ten-goal rollercoaster.

The LFC Reserves showed real character overturning a 1-0 deficit at half time to bang in seven goals against a gifted Marieberg side. The R1 squad started this lazy Sunday evening game by cheering on the Tudor Arms (vets) team who also bounced back from one nil down to win in the final seconds. Subliminal inspiration perhaps for what was to follow, as the Stripes team produced several contenders for goal of the season (and we are only in June) in a remarkable free flowing

Stadshagen is a big pitch, and after a recent upgrade, the surface is perfectly suited to the sort of intricate midfield passing game that Marieberg like to play. And with several of their first team playing MSK edged the opening exchanges as Långholmen were a little off the pace. Goalkeeper Jefferson pulling off a world-class one-handed strawberry-blonde reaction-save to deny a sweet strike from the baldy #10.

The home side did take the lead on 15 minutes when the stripes failed to track their runners. Marieberg played the ball around nicely, working an overlap on the back post that the baldy man stuck away with aplomb.

The Stripes battled back as captain Philip 'Metronome' Goldberg started to dictate play in the middle of the park. His simple combination with Larsson looked very promising for the future and carved out several clear-cut goal-scoring opportunities for the spritely front line. Gatzakis going close with a header and Sammba having one clear off the line after rounding the keeper. The game got a little niggly; with handbags and petulance warranting some yellow before the half time

Marc Evans fired up the troops at half-time with some insightful tactical tweaks and a verbal smearing of the lackadaisical referee. And the pep talk seemed to do the trick as the Stripes got much tighter, more physical, more determined and more confident during the second period; Luca in particular cementing his spot at centre-back with a top performance

Goals change games and the second forty five delivered 9 of them, none more special than the first. The Stripes swung in a corner that was headed clear, only for Wille Karlsson to charge onto the bouncing ball and unleash an unstoppable thunderbolt that would still be rising now if it had not been snared by the top corner of the net. Ronnie Radford would be proud. (http://www.youtube.com/watch?v=vHZWyMFgM80)

Once level, LFC turned the screw. Karlsson again involved as his long throw was flicked back for Sammba to drill a sweet low volley into the bottom corner. At 2:1 the game opened up, MSK came back into it, and with 25 mins to go Goldberg issued a wake up call... "Anything could still happen" was the message... and it did.

Perhaps the defining moment came with 20 minutes to go. Larsson sprung the offside trap, and from just over half way had a clear path to goal. Some say his legs wouldn't have made it... others say it was a sublime piece of vision. Regardless, in one fluid motion he simply unleashed a 5-wood drive that caught the keeper in no-mans-land... and found the ball fizzing into the net from all of 40 yards. (http://www.youtube.com/watch?v=ZL-9 Srmmfo) Then he kissed his boot in celebration

From this moment on it was all Sammba magic. His tireless running exposed the fragile MSK defence as the Stripes were rampant. His second was a penalty; dusting himself down following a foul to tuck the ball away under the despairing keeper's dive. His third was a waltz around the keeper and fourth a delicate chip to complete a man of the match (four goal)

In between Faisel managed to bag superb solo effort, twisting and turning the home defence inside out before drilling a low shot inside the keepers near post. While Marieberg also grabbed a couple of consolation goals to keep the Stripes defence

The game ended 7(seven)-3 to Långholmen and manager Evans will be happy with the start that his young side have made to the league campaign - they seem to be enjoying their football

MOTM – Baydi 'Sammba' Sowe. Power, pace and end product.

Ref Watch – Sadly, not interested. The game and the players deserved better. 1/5.

Turkiska SK (3) vs LFC (1)

LFC Squad:
Kelly (GK), Mcconnell (LB), Mcclelland (D), Ahmed (D), Phillips (RB), Sullivan (CM) Harkness® (CM), Larsson (CM), O'Sullivan (LM), Gatzakis (RM), Flavio (CF).
Subs: Santini (30), Graham (70), Sammba (55)

Stripes suffocate in Saturday sunshine.

Some of the Turkiska players were seen smoking and drinking beer before this match, but on the hottest day of the year it was Långholmen team that hit the self-destruct button shipping 3 goals to a team that has not scored in the previous 360 minutes of football.

Långholmen (as usual) started brightly, and after a smart nod down by Harkness, O'Sullivan whipped in a dangerous cross that Flavio was just unable to direct on target. The big Brazilian with pedigree thighs looked dangerous throughout, but like many LFC players seemed to suffer in the midday sun

Prodigal son Pete McConnell returned to the black and white outfit and put in a rather cultured performance at left back; although he also collected a caution for a typical lunge on his tricky opponent

After dominating for 30 minutes against a distinctly average Turkiska side; LFC were hit by a sucker punch on the counter. A long punt up field and stripes were caught 4 on 4 at the back and a cross from the left was converted at the back post. This was the away sides only real chance of note in the half, so it is hard to see how they deserved it. The half ended 0-1 The Stripes came out firing in the second half, and after just two minutes were rewarded with an equalizer. After a well worked move down the left wing, the ball was worked across to Santini, who slid the ball back inside for O'Sullivan to hit first time from just outside the box. 1:1 and game on

This gave Långholmen a platform to build on, but again the Stripes wilted in the stifling heat. Defensive errors gifted Turkiska two goals in quick succession that completely knocked the stuffing out of the LFC comeback. Sammba produced a bright cameo from the bench, a bright spark in an otherwise dull and dented LFC machine.

D:ream once penned "Things can only get better" which we imagine would just about sum up the feeling in the Stripes dressing room after this latest defeat. Sometimes, you have to go there to come back

MOTM - Not Applicable

Sunday 29th May2011

Ekerö IK (2) vs LFC (2)

Kelly (GK); Thorell (LB), Mcclelland (D), Sund (D), Phillips (RB), Burris (CM) Harkness@ (CM), Larsson (CM), O'Sullivan (LM), Allen (RM), Flavio (CF).
Subs: Sullivan (45), Karlsson (70), Ahmed (47), Hentmark (25)

Two points lost as dominant Långholmen are pegged back by Marieberg SK.

The stripes met old rivals Marieberg in the shadow of St Görans Sjukhus; suffering a couple of injuries of their own in the second half while letting a 2 goal lead slip through their fingers to lose a draw 2-2.

Långholmen started brightly enough, running a their opponents ragged in an opening half hour that saw them score two goals and make numerous gilt edged chances. It seem like the points were there for the taking... but like in recent weeks the curse in front of goal came back to haunt the stripes in the final stages.

With barely 10 minutes on the clock a well-worked short corner between Harkness and Mcclelland squared the ball to Larsson who drilled a first time shot into the bottom corner. All over the pitch the Stripes were on top and a second goal followed shortly after when an inch perfect ball over the top found Allen in acres of space to run in on goal and beat the keeper with a cool finish.

To be fair the Marieberg keeper made a couple of good saves to keep his team in the match, but it seemed like a question of how many - rather than what if - as the stripes bossed the game to lead 2-0 at the interval

But goals change games, and when Sund clattered the Marieberg striker early in the second half (injuring himself in the process) the same quy dusted himself off and hit an unstoppable free kick into the top right hand corner of the goal from 25 vards. Pearler.

. There was no need to panic, and the stripes continued to press forward looking for a goal to kill the game... but as so many times this season they worked themselves into excellent goal scoring positions yet failed to apply the killer touch Allen and Thorell both picked up knocks in a hard but fairly contested encounter - before disaster struck in the last 10 minutes. From another set piece on the right the ball was swung into the stripes box; a comedy of errors ensued, the ball ricocheted around off a few shins and between a few legs before falling kindly to the Marieberg striker who toe poked the ball into the corner

There was enough time left for the stripes to make 2 or 3 more changes to win the game, but there were no heroes today. The game ended 2-2, and the stripes will be kicking themselves (and perhaps missing) tonight.

Stora Essinge IP, saturday 21st May, KO: 14.00

Långholmen FC (2) v Vasasällskapet (3)



Stripes rue missed chances as they fall to Vasasällskapet

On a sunny May afternoon at Stora Essingen, Långholmen's promotion chances took another blow as they lost 3-2 to bottom of the table Vasasällskapet. Pre-match all the talk was about the need to capture 3 points to keep the gap up to the league leaders Ekerö to manageable proportions. But the Stripes were undone by their physical opponents and were left instead ruing what might have been, and have to now be content to sit in the congested mid-table of Division 4 Mellersta. As the church bells chimed across the pitch at kick-off it was surreally quiet in the ground and the pace of the match started in a similarly tame fashion, with neither side really making much headway in the opening exchanges, and passes easily going astray. Vasasällskapet, like Långholmen a team who have yo-yoed up and down from Division 3 in the past couple of years, seemed to be entirely comprised of 6 foot, 90 kilo guys on the wrong side of 30, and the Stripes started to expose their lack of pace in defence, with a couple of dangerous runs down the flanks from Erik and Chris pushing Vasasällskapet

On 14 minutes came one of the talking points of the match. On the edge of the box Colly was well tackled, but to the surprise of everyone in the ground, the referee blew up and pointed to the spot. Vasasällskapet furiously surrounded the referee and persuaded - or rather bullied - him to talk to his assistant on the far side. The decision to reverse the decision is indisputable, but it seems doubtful that he would have even consulted the linesman without the away team's protests. In the end though Långholmen's opening goal was only shortly delayed. Andy O chipped the ball over the top of the ageing Vasasällskapet defence and Colly ran onto to the pass and calmly placed the ball in the bottom corner past the hesitant goalkeeper. The Stripes then started to pile on the pressure and created a number of half chances. Mattias couldn't quite direct his header when he was found open at the back post by Andy O, and a well worked short corner created panic in the box but no ripple of the net. On 35 minutes a linking run by Andy O finished with a left foot effort that rattled the upright. Långholmen were looking assured at the back with the now familiar back four of Erik, Gary, Andy Mc and Sund being well protected by Otis who was distributing the ball simply but effectively

Vasasällskapet slowly started coming back into the match, putting pressure on the Stripes defence with their aerial prowess. Erik made an excellent block to prevent a goal-bound strike, and then a high speculative hoof clipped the crossbar above Danny's head. In the end though it was from a set piece that the damage was done. The ball was launched into the box where the towering number four clambered all over the defenders to win the knock-down and allow the ball to be banged home from close range. From the sidelines it looked like a clear foul, but the referee let this pass, as he continued to do throughout the remainder of the game. There was just enough time for Långholmen to create another golden chance before half time, but the Vasasällskapet keeper made a fine save with his legs to prevent Colly putting the stripes ahead when he was put clear through on goal by a defence splitting Larsson pass.

A number of changes were made at half time by Rodrigo, with the front three of Colly, Chris and Andy O being replaced with Oscar, Flavio and Samba. Otis had also been injured in making the tackle of the game shortly before half time so Ahmed came in at centre back with Andy Mc pushing forward into the defensive midfield role. In the opening minutes of the second half it really seemed to be paying dividends with wave after wave of Långholmen attacks. The keeper made another good save with his legs from Oscar after 48 minutes but had no chance a minute later when Flavio bravely headed home his own crossbar rebound from a Mattias cross. More good work from the Brazilian provided Oscar with another opportunity shortly afterwards but the ball flew agonisingly the wrong side of the far post. Billy then worked himself another good chance from a short corner but once again it was the long limbs of the målvakt that intervened.

Against the run of play the home support were then silenced on 58 minutes when the number nine latched on to a long clearance and got the wrong side of the Stripes defence before classily rounding the keeper and slotting it into the net. The match reporter was too busy discussing the equine qualities of Flavio's legs to see who was at fault in the lead up to the goal, but despite the quality of the finish, it seemed a soft goal to give away

More chances came and went to Langholmen. Samba was involved in a trio of opportunities; first denied in another one on one with the keeper, then just shooting wide when the defence stopped thinking Flavio was offside, and finally forcing the keeper to save at the near post when he seemed certain to score. Sund also came close when he shot from ten yards out following a melee at a corner. But goals not chances win matches, and the missed opportunities were punished soon after when a counter attack from Vasasällskapet ended up with a penalty being awarded on 77 minutes. Andy Mc had dramatically saved on the line with his head, but the follow up shot was then deemed to have been handballed by Sund, despite the fact that it was blasted at him from close range and his hands were doing no more than protecting his face. Yet another referee who doesn't really understand the 'handball 'rule which states that a penalty is only given if a player 'handles the ball deliberately'. (And this is the view of a man who once shouted 'handball' in such a high pitched voice that all the dogs of Essinge were drawn to the ground. It was handball then though.)

The penalty was inevitably tucked home, and despite a flurry of substitutions from Långholmen, the away side tightened their grip on the match, using their experience and physical strength to kill off the clock. The Stripes struggled to get possession and in fact the best chance in the remaining time went to Vasasällskapet, which forced Danny into making a great save to keep the score at 3-2. With a minute to go the number four was sent off for a second bookable offence, but in his eagerness to flash the red card the referee failed to play advantage when Långholmen were in a great attacking position on the edge of the box, much to the frustration of the players and supporters. When the resulting free kick was safely held by the keeper it felt that it was not to be the Stripes' day, and at the final whistle the Långholmen players looked shellshocked as the Vasasällskapet players celebrated their first victory of the season.

MOTM: Gary Philips. Another faultless performance from 'Batman'. Scouts from the 2012 Långholmen Veterans were watching today, but they will be hard pressed to prize him away from the first team squad if he maintains this consistently high standard. MOTIM: Gall Printips: Authorier leatness performance from Behinan. Socious foil in leg 2012 Eargholinen veterlants were waiching loday, during which persessed to prize him away from the first team squad if he maintains this consistently high standard.

Korwarth: Vegetarisk korv has not yet reached the rock so I can't comment, although at 5kr, the kladdkaka can't be knocked. Medical man Lyons was seen sampling a hot dog 'au naturell' and professed himself satisfied with the tasts.

Refwatch: Lost credibility by allowing himself to be swaved by a baying mob (a la Manchester United late 90s). Dubious calls for some of the big decisions, 3/5

Sunday 15th May 2011

Ekerö IK (0) vs LFC (0)

LFC Squad: Kelly (GK); Thorell (LB), Mcclelland (D), Sund (D), Phillips (RB), Burris (CM) Harkness® (CM), Larsson (CM), Baydi (LM), Allen (RM), Kenny (CF).

Honours even as ten-men Långholmen frustrate league leaders

Storm clouds were gathered over Träkvistavallen before this eagerly anticipated clash. The league leaders Ekerö IK have taken maximum points in 2011 and are yet to concede a goal - so the Stripes expected a tough game; but gave as good as they got to claim a point in a hard fought 0-0.

The first period was a rather scrappy affair. The teams circled each other like prizefighters feeling each other out for weaknesses. The stripes struggled to find the fluidity in their passing game but still managed to create chances over the top of the Ekerö defence. Twice the long diagonal ball beat the offside trap but both times the keeper was quick off his line to

Ekerö themselves had come to play, and they had the ball in the net once only for it to be disallowed for offside. Other than that though they rarely threatened as the Stripes defence calmly went about their business.

The second half had more bite to it; the tempo and temperature went up as both teams wrestled for the upper hand. The stripes had their best period of the match, forcing mistakes and looking dangerous on the counter. Långholmen were unlucky not to create more with Ekerö on the back foot. The referee forced to dig into his pocket following a sequence of cynical fouls as the home team broke up the attacks. Chances were few and far between and Ekerö came closest to breaking the deadlock when a shot from distance was deflected onto the post.

The turning point came after 70 minutes. The Ekerö #9, who had been making a nuisance of himself, manhandled Billy Harkness to the floor just as the stripes captain found himself goal side and in a dangerous position. It was a simple yellow card for the Ekerö man, but after a bit of handbags, the linesman got involved and between them they decided that Paul Sullivan had also sinned. It was his second yellow so he had to go and from then on the Stripes had to survive with 10 men

With their backs to the wall, Långolmen did well to hang on. Ekerö made a couple of chances and will probably think that they should have made the extra man count; but the Stripes held their shape very well and defended willfully from front to

So an entertaining game ended goalless between two teams that both have promotion ambitions. The return fixture will be huge and the Stripes look forward to entertaining their black and white rivals on the 3rd of Septem

MOTM - Erik Thorell. Composed and committed; A complete performance. Ref Watch – The young man managed the game well but the sending off rather spoiled things 3/5

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Wednesday 11th May 2011 LFC (5) vs Enskede IK (5) Pen: 4-2

Kelly (GK); Karlsson (LB), Mcclelland (D), Ahmed (D), Phillips (RB), Sullivan (CM) Harkness® (CM), Larsson (CM), O'Sullivan (LM), Baydi (RM), Kenny

(CF). Subs: Flavio (35), Gralla (60), Burris (35), Allen (30)

Magic Långholmen dump favourites Enskede IK out of the cup

Billed as the highest profile game

in their illustrious history, Långholmen delivered a stellar second half performance to beat high-flying Enskede at Kärrtorps IP. The stripes were staring down the barrel at 2-4, but turned things around with a sensational fight back that stunned the visitors; before knocking them out on penalties.

In fact, the match was book-ended by penalty kicks since the handicap system in the Stockholm cup granted LFC two freebees at the start of the match. Captain Harkness and the resurgent Kenny both confidently dispatched their bonuses to give the stripes a 2-0 advantage without a second on the clock; for a bizarre game that turned up 12 penalties in total, this was a sign of things to come.

You would have won

a lot of money betting on a Långholmen victory in this one, and Enskede showed everyone exactly why by dominating the first half with a clinical display of controlled possession, power and pace. They had dangerous players all over the park, putting on a master class of one and two touch football that surely impressed any neutral. The Stripes tactic to try and contain the game lasted about 25 minutes before a lucky break in midfield caught too many LFC players ahead of the ball. Enskede switched play, and after a sublime first touch their striker burst through to cut the lead to 2-1.

From then on it seemed like

the writing was on the wall for Långholmen who were always on the defensive against the league 2 leaders. By pressing high up the pitch they forced a couple of defensive errors and ruthlessly punished the Stripes to lead 2-3 at half time. And it could have been worse; the visitors missing a penalty of their own after keeper Kelly was adjudged to have flattened the number 15 with a late challenge.

People talk a lot about

the $\dot{\text{L}}$ angholmen spirit – a dizzy combination of pride, passion and bloody mindedness that is an integral part of this clubs DNA. Even after going 2-4 down shortly after the break the lads never stopped believing that they could get something out of the game. They never stopped talking; never stopped fighting and nobody went missing in the face of adversity.

When Flavio picked up the ball just inside his own half and set off down the right, few watching could have imagined what the next 30 minutes had in store. That languid running style (a signature so easy on the eye) carried him to the edge of the box, before he dropped a shoulder and ghosted past a couple of defenders to hit the byline and put in a vicious cross. A hapless defender stuck out an arm and it was another spot kick. Up stepped Harkness; bang. 3-4 and the comeback had

The first rule of street fighting

is never taking your eyes off your opponent, and Enskede had just blinked. The words "no respect" boomed across the pitch and Långholmen started to win the battle from then on; aggressive and dogged in a blitz defence that took Enskede by surprise and turned the tide of the tie in

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Midfield General Mattias Larsson intercepted a loose pass out of defense just five minutes later, running a line that opened space for himself and others. A perfectly weighted inside pass put a hungry Colm Kenny through on goal and he gobbled up the opportunity to pull the Stripes level 4-4.

But make no mistake; this was a very very good Enskede side. Unbeaten in 2011, and sitting pretty at the top of division 2. It took a couple of smart saves from Kelly to keep parity as the visitors snapped back into life, forcing LFC onto the back foot again, dominating territory and possession. But what happened next will be reconstructed with salt and peppershakers in the Southside for many vears to come.

Defending stoutly on

the edge of our own box, the ball was cleared to Harkness who found Larsson around the corner. The General charged into space, sliding the ball centrally to Kenny who in turn clipped it first time out wide to Sammba. The boy Baydi held off two defenders, shielding possession really well before checking inside and floating an impossibly good diagonal ball through the eye of a needle to Chris Allen who had sprinted the length of the pitch to meet it. The ball came into Chris at head height and sandwiched between two defenders he bought the ball under his spell with a magic touch on his chest and deftly chipped the keeper to send the stripes players, fans and bench bananas. If Carlsberg did counter attacking goals.

There was still 15 minutes to go.

The lads held on with

everything they had; Paul Sullivan and Otis Burris in particular were rocks out there and Andy Mac was probably the best defender on the field. But of course there was a twist left in the tale, and fair play to Enskede, instead of giving up they forced an equalizer from a near post corner; taking the game into a frantic last 5 minutes. Tackles kept flying in; the players battered and exhausted. Half chances came and went at both ends before Frank Worthington Jnr blew his whistle to signal the end of an epic match 5-5; and the start of a cruel penalty contest to decide the result.

In the huddle, stripes keeper Danny

Kelly revealed that he had never been in a shootout before so the players gave him some rather hastily constructed and contradictory advice on the finer points of saving pens. The reciprocal of Murphy's Law suggesting that from this moment onwards he was destined to be the hero. And so it happened. The players put their hands up and the shoot out unfolded something like this:

PENALTY SHOOTOUT (Looking at the goal)

- Enskede score RHS. Nice height for the keeper. Danny standing alert, but stationary in the middle of the goal.
- Paul Sullivan wanders over and nonchalantly rolls the ball into the bottom left.
- Enskede score LHS. Quite central. Danny still standing patiently in the middle of the goal.
- Mattias Larsson trusts his technique and miss-hits one high to the left of the keeper; who is nowhere.
- · At this point someone give Danny the message that he should try to save the penalties by diving towards the ball.

Enskede miss RHS. Great save by Danny. Strong arms deflecting the ball down into the ground and over the bar; cue circus clown chorus from the

- · Colm Kenny trundles up and completes a hatrick with a bobbler down the middle
- Enskede miss LHS. Blazed over the bar; probably still rising; more circus noises.

Otis Burris steps up and calmly sidefoots the ball into the goal in the manner of a man playing against his 15 month old son; in his living room with a rolled-up sock for a ball.

Langholmen win 9-7 on Penalties.

Glory for Långholmen

and jubilant scenes as the players come to terms with what had just happened. A brief moment of clarity followed to shake the hands and clap the fans before more joy and demented sing song celebrations; including a rendition of Happy Birthday for Långholmen legend Robbie Graham. A night to remember for the self-proclaimed club historian and one that will live long in the memory of

the players and fans.

rday 7th May 2011 LFC (1) vs Skå IK (0) KO: 14:00 Stora Essinge IF

LFC Squad:
Kelly (GK); Thorell (LB), Mcclelland (D), Sund (D), Phillips (RB), Burris (CM) Harkness® (CM), Larsson (CM), O'Sullivan(LM), Allen (RM), Kenny (CF).

Subs: Baydi (30), Flavio (35), Gralla (60), Graham







Another win as the Stripes ease past 10-man Skå

Another blistering Saturday afternoon at Essinge IP, and a first home victory for Långholmen this season as the stripes ran out 1-0 winners. Skå brought some rather exuberant tackling into the first quarter of the game; and their recklessness warranted a red card for a wild lunge on Chris Allen after 15 minutes. Fair play to the visitors, they did not give up but the game was never really in doubt after that and in reality the stripes could

The first half was again impressive from LFC, they dominated possession, passed and moved, and looked dangerous every time they held the ball in opposition territory. Chris Allen continued where he left off last weekend with another strong performance and the triangulation play of Burris Larsson and Harkness is starting to woo the fans.

Indeed, it was a fine flowing move from inside their own half that produced the goal. Kenny and Harkness exchanging passes before threading O'Sullivan through the inside left channel. He unselfishly squared the ball back to the galloping Kenny who rolled the ball into an empty net. Simple

The stripes were well on top but did not quite hit their stride in the second half, and the longer the second goal eluded them, the more Skå started The surjes were were in top but on the quiter in the section that, and the origine the section goal entered to believe that they might get something out of the game. They had a little spell with some dangerous set pieces, and even had the ball in the net at one point only for the ref to correctly rule it out for a mindless shove on Mcclelland. The LFC rearguard was rock solid with Sund particularly impressive considering his tender years; while Phillips rolled back the years with a display of timeless composure.

The linesman on the other hand had clearly left his golden retriever at home and made a string of incorrect offside decisions that frustrated the fans and players alike. And when the Stripes did carve out some clear-out chances, the Skå keeper made a handful of very smart saves to keep his

A solid performance at home, a clean sheet and back-to-back victories will please the Långholmen faithful as they start to climb up the table. Next week, a very tasty clash with rivals Ekerö who are sitting pretty at the top of the league.

MOTM - Vilhelm Sund. Head and shoulders above the rest Ref Watch - The refo was excellent. The lino was pants. 4/5

Sunday 1st May2011 Reymersholms IK (1) vs LFC (3)

KO: 15:00 Zinkensdam IF

El Olygon.
El Olygon.
Thorell (LB), Ahmed (D), Sund (D), Phillips (RB), Burris (CM) Harkness® (CM), Larsson (CM), Baydi (LM), Allen (RM), Kenny (CF).
Subs: O'Sullivan (30), Karlsson (45), Santini (70), Graham (75)

Stripes bounce back in style to thrash local rivals

May 1st and LFC did not disappoint when they put on a razor sharp demonstration of attacking football to make ten man Reymersholms labour

There was a blistering start to the match as Brazilian manager Rodrigo Pinto sent out a team desperate to prove themselves and put right the errors of the week before. The stripes midfield dominated possession and territory, and carved out a handful of good chances in the first te

Baydi had a goal disallowed after a marginal offside decision went against the Stripes and Chris Allen was a constant threat; getting behind the Reymers defence and looking dangerous whenever he was on the ball. A goal was in the post, and Allen bagged it after a delightful first touch and composed finish. 1-0 to LFC and the Stripes were on the march.

Wave after wave of Långholmen attack followed as the black and whites pushed for the vital second goal. Burris holding in midfield gave Larsson and Harkness the freedom to express themselves and it almost paid off in emphatic style as Billy Whizz combined brilliantly with Chris Allen to go through on goal – but his shot flashed just wide of the target. Colm Kenny again worked his socks off up front and after narrowly missing one golden chance, he went clean through the middle of the

Reymersholms defence only to get tackled to the ground by one of the floundering defenders. The ref dished out the inevitable red card and the home side was reduced to 10 men with more than half the game still to go.

You might have thought that this would be the end of the Reymers resistance, but they fought back gamely in a little spell before the break to and drag themselves level. A vicious drive from the edge of the box beat an unsighted Kelly in the stripes goal and the game was poised 1-1 at half

The Stripes had been the better side and they continued to control the game in the second half, moving the ball around and making the most of their man advantage. The writing was on the wall for the home side and when O'Sullivan reacted quickest at a corner, his chip to the back post was firmly met by the head of Sammba Sowe. 1-2 and the Stripes were in the driving seat again.

O'Sullivan picking the keepers pocket to coolly slot into an empty net.
The final whistle was met with generous appliause from both sets of fans, who enjoyed the contest and the touchline banter. And the Stripes will be feeling vindicated after another strong performance was rewarded with three points which gives them something to build on when they host Skâ

MOTM – Chris Allen. So good they named him twice Ref Watch – Elite performance from the officials 5/5.

Monday 25th April 2011

Långholmen FC (1) vs FC Krukan (4)

LFC Squad:
Bergquist (GK): Thorell (RB), Ahmed (D), Mcclelland (D), Phillips (LB), Harkness (CM), Larsson (CM), Samba (LM), Allen (RM), O'Sullivan© (CF), Kenny (CF), Subs: Burris (35), Karlsson (45), Santini (80), Sullivan

Stripes made to suffer in destruction derby

Mad dogs and Englishmen go out in the midday sun and this Noel Coward signature holds more than a little resonance with a Jekyll and Hyde Stripes display down at the island. For all their wit, flamboyance and a sense of style Långholmen were undone by an agricultural Krukan display that ended 1-4 to the visitors.

It was business as usual in the first 45, a Coward-esque combination of cheek and chic, pose and poise, give and go football created a hatful of chances for the home side who dominated possession and looked much the better side in the sweltering heat.

When Samba's cross was cruelly turned into the Krukan net after half an hour the Stripes were on the march, and with a bit of common sense they might well have converted more of their chances in the first period. Kenny was unlucky not to be awarded a penalty after a clumsy challenge by the Krukan keeper, and Chris Allen was a thorn in the Krukan side throughout. Still, 1-0 at the break to LFC was a deserved score-line and the forty stripes fans (and families) watching the game will have been expecting their team to build on that platform. Sadly they were let down in what can only be described as a second half meltdown by a Langholmen team that need to learn how to win ugly.

Krukan are a big physical side, but in the first half they only really threatened Långholmen from long throws or set pieces around the box. So when the referee awarded them a very soft penalty after two minutes of the second half they must have thought that all their Birthdays', Christmas' and Red Days' had come at once; The big bald Krukan striker smashing the spot kick into the stanchion where 3 keepers couldn't have stopped it. At 1:1 the game was balanced, but the Krukan tactics to break up the play was effective since it stopped the stripes getting any rhythm to their passing game. Then came the hammer blow - Krukan converting a scrappy corner (not for the last time this season we reckon) to take the lead and a firm grip on them game. With 36 minutes to play there was plenty of time to get a result - but if tell tike the Langholmen boys had put all their Easter Eggs in one basket as they toiled in the blistering sunshine. As much as the Stripes knocked on the door, they failed to break down a solid, physical and determined Krukan team

This was a local derby and the spirit shown by the Krukan team won the match in the end. Sheer lunacy gifted the away side two goals as the

wheels fell off the LFC wagon in the last 5 minutes. The huge appeal of the beautiful game (and something that Sir Noel Peirce Coward would agree with) is that it is not who you are, but how you perform that matters. The Stripes have something to prove in their next match against local rivals Reymersholms IK.

MOTM – Ahmed did well on his debut against a tough opponent. Ref Watch – Some dodgy decisions, including the penalty. But hey that's football.

Korv Guiden – Not a sausage, the kiosk was closed for business!

False start for Misfiring Stripes

Sunday 17th April 2011, Stora Essinge IP KO: 17.00

Djurgårdsbrunns FC (1) vs Långholmen FC (0)

LFC Squad:
Bergquist (GK): Thorell (RB), Sund (D), Mcclelland (D), Phillips (LB), Harkness (CM), Larsson (CM), Samba (LM), Allen (RM), O'Sullivan© (CF), Kenny (CF).
Subs: Burnis, Gralla (65), Gatzakis (70), Santini, Lascelles.

Confidence breeds confidence, and the Långholmen first team went into the match against Djurgårdsbrunn after a string of wins in their warm up games. However, the footballing Gods write their own script and this was a remarkable match from start to finish. The stripes dominated possession and territory from the first whistle, but ended up losing 1-0 after failing to convert one of their many chances.

Few of the effervescent LFC supporters would have put their house on that result after a frantic start in which Langholmen hit the bar twice. Inside

the first minute the big man Kenny crashed a header off the bar... and the writing seemed to be on the wall for the home side Minutes later, Harkness rattled the woodwork with a free kick from the edge of the box, and it just seemed like a matter of time before LFC took the

lead. But chance after chance came and went, with the strikers guilty of some rather clumsy finishing.

The game was crying out for a goal to settle the nerves, and completely against the run of play Djurgårdsbrunns duly delivered on the stroke of time. Their only chance of the half coming from a corner that was deflected into the stripes net.

At half-time there did not seem to be any reason to panic. LFC were well on top, and were unlucky to be behind. The Stripes needed to remain

composed and keep playing their football since the game was there to be won. But with some hefty challenges flying in and Djurgårdsbrunn putting 9 men behind the ball the game became scrappy which rather suited the home team. Djurgårdsbrunns FC are an experienced outfit, physical and street smart. What they lack in fitness they make up for in fight. Still the Stripes never gave up, and created a host of good chances in the second half – at least one of which should have seen them draw level.

On another day Langholmen could have run out comfortable winners, but the Gods were not smiling on the Stripes and the game slipped away. And after enduring heavy pressure in the last ten minutes Djurgårdsbrunns FC held on and the game ended 1-0

Despite the bright Spring sunshine, the Stripes will be feeling gloomy tonight after letting 3 points slip through their fingers. This is not the start the Stripes wanted and they will be eager to put things right when they face FC Krukan at home on Easter Monday.

MOTM - Andy McClelland didn't put a foot wrong at the back

Ref Watch - Nothing to complain about, but could have been tougher. 3/5.

Wednesday 6th April 2011

Långholmen FC (3) 5 vs Bollstanäs IP (0) 1

KO: 19:30

Elly (GK); Karlsson (RB), Sund (D), Mcclelland (D), Phillips (LB), Harkness (CM), Larsson (CM), Samba (LM), Allen (RM), O'Sullivan@ (CF), Kenny (CF). Subs: Bodini, Gralla (75), Hentmark (30).

Smashing Stripes demolish Bollstanäs 5-1

On a balmy evening at Bollstanäs IP the handful of travelling home fans saw Långholmen FC put on a classy performance to kick-start their 2011 campaign. The Division 4 team outplaying their Division 3 opponents for long periods and made a very good team look rather ordinary by the end.

As is customary in the Stockholm cup the difference in leagues is negated by penalties, so bizarrely LFC were one nil up before the first whistle. Stripes midfielder Harkness coolly sending the keeper the wrong way and slotting the handicap penalty into the bottom left.

The game started at a furious pace with Långholmen having the better of a frantic first 15 minutes. But the young Bollstanäs team, comfortable in possession and dangerous going forwards, soon started to threaten. Chances opened up at both ends in a real ding-dong of a cup battle, with some niggly challenges bringing a flurry of yellow cards from the official Chris Allen and Samba both looked lively for Långholmen, before striker Colm Kenny struck first blood for the stripes five minutes before halftime. It was a scrappy one from a corner, but they all count. Kenny winning the first header, before roofing the rebound inside a crowded 6-vard box.

Three minutes later and more joy for the stripes supporters as captain Andrew O'Sullivan charged onto a loose ball in the box and smashed an unstoppable drive into the top right hand corner of the net.

3-0 at the break to LFC, and stand-in manager Stuart Lascelles looked like the cat who'd got the cream after a very solid team performance in the first 45 minutes.

But goals change football matches, and when Bollstanäs got behind the back four to pull a goal back after 10 minutes of the second half, things did not look quite so rosy for the Långholmen camp.

But spirit is something that defines the classic LFC team; and by closing off the supply to the wide men, knuckling down and winning their individual battles, the stripes closed out the win. The midfield pairing of Larsson and Harkness got better and better as the match progressed, and Bollstanäs simply ran out of ideas and patience in the end.

Stripes goal machine Samba bagged a brace in the last 20 minutes capping off a fine individual performance. The first was a very calm finish under pressure after centre-back Vilhelm Sund had crossed to the back post. His second, coming 5 minutes from time was drilled into the bottom corner after Billy Harkness robbed the ball in midfield and set him free down the inside

A fine team performance from Långholmen should be rated even higher considering the quality of this Bollstanäs team These boys can play and have a very strong youth set-up which was demonstrated by them bringing on some 14 year olds for the last ten minutes - by which time the contest was dead and buried.

Distinction must go to the outstanding centre back pairing of Sund and Mcclelland, both of whom were rock solid all night. While yin and yang full backs Karlsson and Philips both passed a very difficult test on the flanks.

<u>MOTM</u> – It's a cliché, but this goes to the whole LFC squad tonight. <u>Ref Watch</u> – Excellent game from the officials. Firm and fair. 4/5. Korvguiden – Chairman Mats was certainly tucking them away 4/5 Pitch Inspection - Top-notch facility, but the showers were broken. 2/5

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