

THE WHITE PAPER #27

KNOW YOUR ENEMY



REAL BEDFORD VS FLACKWELL HEATH

THE ISUZU FA VASE

SAT 23RD SEPTEMBER '23 - 3.00 PM

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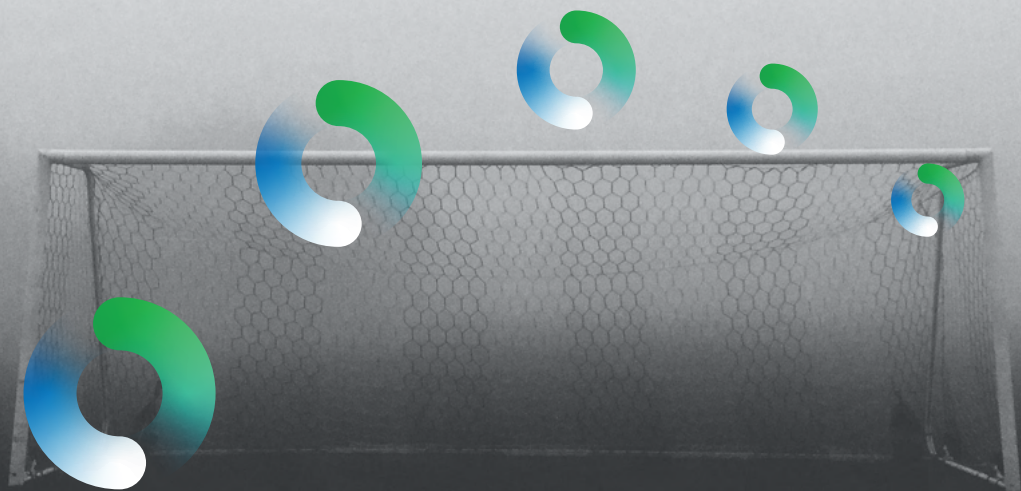
CHAIR: JAY ALLIBON

CLUB HONOURS:

22/23 SPARTAN DIVISION ONE WINNERS
22/23 BEDS COUNTY CUP WINNERS

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FROM THE DRESSING ROOM

I want to give a warm welcome to the manager, staff, players, and directors of Flackwell Heath.

Congratulations must go to our visitors on their great start to the season. Today's FA Vase clash will be a difficult test but one as a club we are very much looking forward to.

It was disappointing to lose our first league match of the season last weekend against a strong St. Pantelimon side. The game has given us all a chance to reflect. Knowing this is a long season, and not everything will go our way is a good lesson at this point in the campaign. With the luxury of a full week of training, the boys have jumped at the opportunity to improve and have trained well ahead of today's game in positive spirits.

Knockout football is a thrilling yet challenging prospect. It emphasises the need for mental and physical strength across the 90 minutes,

knowing that every action can affect the fate of the football club within this exciting competition. This strength in mindset is something I have always admired in rugby union, and with the Rugby World Cup currently taking place in France, it has been fascinating to watch the attitudes and mentality of these elite athletes in extremely high-pressure and physical games. Despite being a different sport, we can learn a lot from the mindsets these players show, which is required to succeed in knockout competitions.

I would also like to thank our fans for their support. The collective support and positivity shown, no matter the game's conditions or result, makes this club so special.

Thank you for your support, and enjoy today's game.

Rob Sinclair,
Manager



Real Bedford Lose Unbeaten League Record at Home to St. Panteleimon.

The Pirates experienced their first league defeat of the season on Saturday, falling 4-1 at home to St. Panteleimon. An own goal from the visitors wasn't enough to keep Bedford in the fight, as two late goals punished Rob Sinclair's men in a cagey affair.

St. Panteleimon only took 8 minutes to get on the score sheet. Courtney Massey intercepted a loose pass at the back from Luke Knight and took his time to line up a powerful shot, beating Tyler McGregor to fire the away side into an early lead.

Four minutes later, the Pirates were back on level terms. Goalkeeper Tyler McGregor quickly launched a counterattack following a St. Panteleimon corner, and after some

well worked hold up play from Mo Ahmed, the ball was sprayed out wide to Ben Stevens. The winger delivered a cross, which was met by the head of the Saints defender Renzo Alves, misdirecting the keeper as the ball flew into the back of the St. Panteleimon net.

St. Panteleimon didn't take long to restore their lead. A direct run into the area from Flavio Gyanu resulted in a shot parried by Tyler McGregor only as far as Javarn Bernard, who was then taken down in the area by Luke Knight, resulting in the referee pointing to the spot. Courtney Massey dispatched the spot kick despite McGregor's best efforts, putting the away side back into the lead before the break.

Bedford seemed to start the second half with fighting spirit, leading to their first chance of the half just four minutes after the restart. A



strong run from James Duckett down the flank put Mo Ahmed in space, who crossed to Archie Jones, who hit the target but not with enough force to test Lincoln Marques in the St. Panteleimon goal.

Bedford were soon in again, this time off a set piece. A quick corner from Lee Watkins left Ben Stevens with time to pick out a cross toward the Saints box, finding Lewis Burgess, whose header struck the crossbar, leaving Real Bedford fans with their heads in their hands. The chances kept coming for The Pirates, and moments later, James Duckett's header was inches away from finding the target off of another well-worked Bedford move.

However, St. Panteleimon absorbed the threats well and were clinical in attack, and a swift counterattacking play saw Hamza Miezou and Flavio Gyawu link up, with the latter

smashing the ball past McGregor at the second time of asking to double the visitor's lead.

The final goal was to come late on in the game, as Real Bedford desperately pushed for a goal to drag themselves back into the game. On another counter, Joao Praes took a gamble at the other end of the pitch, hitting a long-range shot from outside the area, which flew past McGregor for a spectacular fourth Saints goal.

RBFC: McGregor, J.Duckett (Corbit 75'), Burgess, Wood, Knight ©, Smith, Stevens (Setchell 70'), Watkins, Evans, Jones, Ahmed

Unused Subs: Bozward, Gordon, Clifford



FROM THE BOARDROOM

Having just touched down from my recent trips to Australia and Lebanon, I can't wait to return to live football. It amazes me that I encounter Real Bedford supporters no matter how far I travel. From the five supporters donning our merch at an event in Australia to the Lebanese Bitcoiners in Beirut, it's evident that our project has a global footprint.

I can't miss games when away, so whatever our schedule is, through the miracles of technology, I find a way. I want to start by discussing the ladies first, as I managed to catch both games – one from a hotel room in Australia and the other in Zahlé, Lebanon, a small town on the border with Syria where I tethered to my friend Ralph's phone, via my phone to my laptop. After a long day of filming, everyone drank a beer while I hid in the corner, biting my nails. (Note: the photo above is the view from where I watched us against Bowers & Pitsea).

The ladies maintained their perfect start to the season - five consecutive wins where, in each game, they have shown their determination, resilience, and team spirit. Their performances against Wroxham and Bowers & Pitsea were especially

pleasing, two tough games on the road where they had to dig deep to bring the points home.

From the beginning of this project, my vision for Real Bedford was to create a club transcending gender, age, or ability. It was always about football. We started with the men's team we acquired but quickly moved to build a relationship with Bedford Ladies and Girls. I want to thank Jill Upton, the Ladies' chair, for her support and trust in allowing me to get deeply involved with her club. I am so proud that they now play as Real Bedford, and I hope we can reward her trust with a trophy or two this season.

The results we've achieved under Dean Perrett and his coaching team are a testament to the hard work of everyone involved. There is a long way to go, but we have already achieved more points than we did all of last season. Tomorrow, they take on St Albans at home, and if you haven't come down to watch them, what else will you do this Sunday?

Whether it's our men's or ladies' team, my goals remain consistent: to turn Bedford into a football force. Both squads are



equally crucial to this project and our little town, and I will support them all the way.

I also want to congratulate Emma Firman, Real Bedford's chief executive and my boss. I have worked with Emma for four years now. She joined as my assistant during COVID-19 but quickly proved she is capable of big things. When I explained the project, she threw herself into it despite her not really caring about football.

Emma is the most diligent person I have worked with, and more importantly, she doesn't let me get away with anything and will pull me up on things that others won't. These are essential skills in running a football club, so this week, I was proud of her for attending the Women in Football Leadership course, helping her develop her skills and build her network in football. She was the only representative from grassroots football, which shows her dedication to the club and how much we support her.

Sadly, after five wins on the bounce, the men experienced their first defeat in the league last Saturday. I take losses personally, primarily because Bedford means so much to me. As last year showed us,

you can't win every game. I remember our first defeat in the league to Rugby Borough and how we bounced back, a testament to Rob, his team and their meticulous approach to winning.

You can learn as much from defeat as winning, maybe more, and when we lose, I reflect on what I am doing at the club. What more can I do to support Rob and his staff? So, if you see me going on about this club on social media all the time or harassing you to bring your friends to a game, it is because this is the most important thing I have ever done.

Today's match against Flackwell Heath promises to be a thrilling encounter in The Isuzu Vase. Let's hope for a win and another step closer to Wembley.

Thank you for being so supportive. I appreciate every one of you.

Up The Pirates!

Peter McCormack,
Chairman



THE BIG INTERVIEW

This week, we sat down with Ben Stevens. Having impressed in his first few months at McMullen Park, Stevens talks about his successes on and off the field in football - maintaining a business, coaching the next generation and how it affects his time on the pitch.

It was a tough game last weekend. What has been the main takeaway from the loss to St. Panteleimon?

It was a tough game and certainly an eye-opener for what we can expect in this league. We know it's not all going to be smooth sailing, and with the sheer number of games we will play this season, we can't expect to win them all, but now it is about how we bounce back and improve this weekend.

You joined The Pirates in the summer. How have you found your time at McMullen Park so far?

I have loved it. It is such a professional environment. The coaches are incredible and always push us to new and better levels. The playing squad are also quality both on and off the pitch. It has just been

a great experience so far overall.

Away from your time at McMullen Park, your involvement with football doesn't stop. How did you come about running a Futsal company?

Well, it was initially a bit of a Plan B. During my time at Luton Town, I decided to get into a bit of coaching on the side at Mid Beds Futsal, and when my time at Luton came to a close, I was enjoying my coaching so much that I decided to continue with it full time. The opportunity arose for me to buy into the business, and after a fair amount of consideration, I decided to jump at the opportunity and have loved it ever since.

At still a young age in your footballing career, what made you want to pursue this entrepreneurial opportunity?

It wasn't an easy decision, for sure. I knew that buying into the business would mean a lot more work. But I was really enjoying my coaching, and to be honest, last year when I made my decision, my football had stalled a little bit, so it just came at the right time for me.



WITH BEN STEVENS

What's been your biggest learning curve in managing a business alongside football? Do they compliment each other?

It has certainly been a big jump from just coaching at Mid Beds Futsal. We run weekly sessions with kids and summer camps in the holidays, so the admin, advertising and everything in between is pretty much non-stop. I'd say, therefore, the biggest learning I have taken from it is certainly my time management and communication skills. Days are usually pretty full-on, so it's important that I get stuff done at the right time, which pushes me to work even harder and improve the business as a whole. That being said, it is hard work, but I wouldn't want to do anything else. I feel super lucky that my job means I get to be outside and active all the time. That's certainly a way it complements my on-field play.

How much do you take from the coaching and culture at the club when teaching the next generation of players at Mid Beds Futsal?

I have learnt so much from all the Real

Bedford coaches. The positivity instilled by Rob in training sessions, games and beyond fills me with confidence and facilitates me to play at the top of my game. That positive mindset and encouragement to express yourself on the pitch is something I try to translate into my coaching, especially with the younger kids.

What are you expecting from our visitors, Flackwell Heath, today?

It'll be another challenge for us at home. They are a fairly unknown entity, being a part of a different league, but we know their strengths within their squad, and they have started the season very well. The prospect of the FA Vase is also something that will inspire the squad today. It's no secret that this competition leads to a game at Wembley, but it'll be down to us to take it a game at a time and give it all to beat what will be a very strong Flackwell Heath outfit.



FROM THE CLUBHOUSE

This week, I was honoured to attend a two-day course with Women in Football Leadership at Brentford FC. I connected and worked with 16 other incredible ladies from the Football and sporting industries from The FA, The Premier League, Brentford FC, Fulham FC, Brighton & Hove Albion and many others. I was the only lady from Grassroots football.

The level of talent and experience in this one room was overwhelming, and I feel privileged to be a part of an amazing group of leaders from within football.

We were fortunate to be given a tour of the Brentford Community Stadium, from the plunge pools in the changing rooms to the pitch side. It was fascinating to see the ins and outs of an established Premier League club first-hand. During the course, we covered many aspects of being a woman in

football and learned new skills and techniques to apply in the industry. On day 2, I had to give a presentation on my journey into football, and I believe I was the only one who fell into it with no football passion at the time. I covered my career from aviation to football and spoke about my role at Real Bedford, the club's story, and community, including the successes of our men's, ladies and youth teams to date. We now have new supporters keen to come to our club in Bedford and experience a match day.

The second part of the course will take place in Manchester in early November, and I look forward to meeting another group of powerful ladies. I have also received an invite to attend a WIF event at Wembley Stadium in 2 weeks. I feel welcomed and part of something extremely influential within women's football. I want to thank



Peter for encouraging me to attend these events and everyone at the club who - they are my biggest supporters. The environment created at McMullen Park allows for such development and progress for staff like myself.


Women In football is an incredible organisation of professionals working in and around the football industry who support and champion their peers. It is inspiring that groups like Women In Football are not only set up but now thrive with partners such as Barclays and The FA in full support of their goals and recognise the work that needs to be done within the women's game on and off the field.

It is an excellent time to turn attention to our ladies' team, who deserve huge congratulations for continuing their perfect start to this campaign. An inspiring group of Ladies whom we are fortunate

to host for match days here at McMullen Park, we look forward to seeing them grow and prosper with the help and aid of Real Bedford to ensure that women and girls in Bedford have access to elite football on their doorstep. They are in action tomorrow at McMullen Park against St. Albans City Women. Please come down to continue the support of this exciting Real Bedford team.

I am so proud of what we have achieved locally and globally in the women's game, but there is still much more to do. Please visit the Women In Football website to learn more about their incredible work and support the journey of all those striving to make a difference in football. Women do empower women.

Emma Firman,
CEO



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HASH
WE'VE GOT THE
CASH

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TEAMMATES

TOM HITCHCOCK



Who's most likely to be late for training?

Mo Ahmed, the fines committee's favourite.

Most skilful in the squad?

Ben Stevens or Mo Ahmed, take your pick. You're not stopping either of them.

Best hair?

Lewis Burgess, I can't fault the ginger locks.

Worst dress sense?

Ben Walsh. He took one outfit for four days in Ibiza.

Who is the biggest coach's pet?

Eddie Corbit always does as he's told.

You find yourself stranded on a deserted island. Which teammate would you most like to be stuck with?

Luke Knight

Messiest in the changing room?

Josh Setchell always leaves a mess.

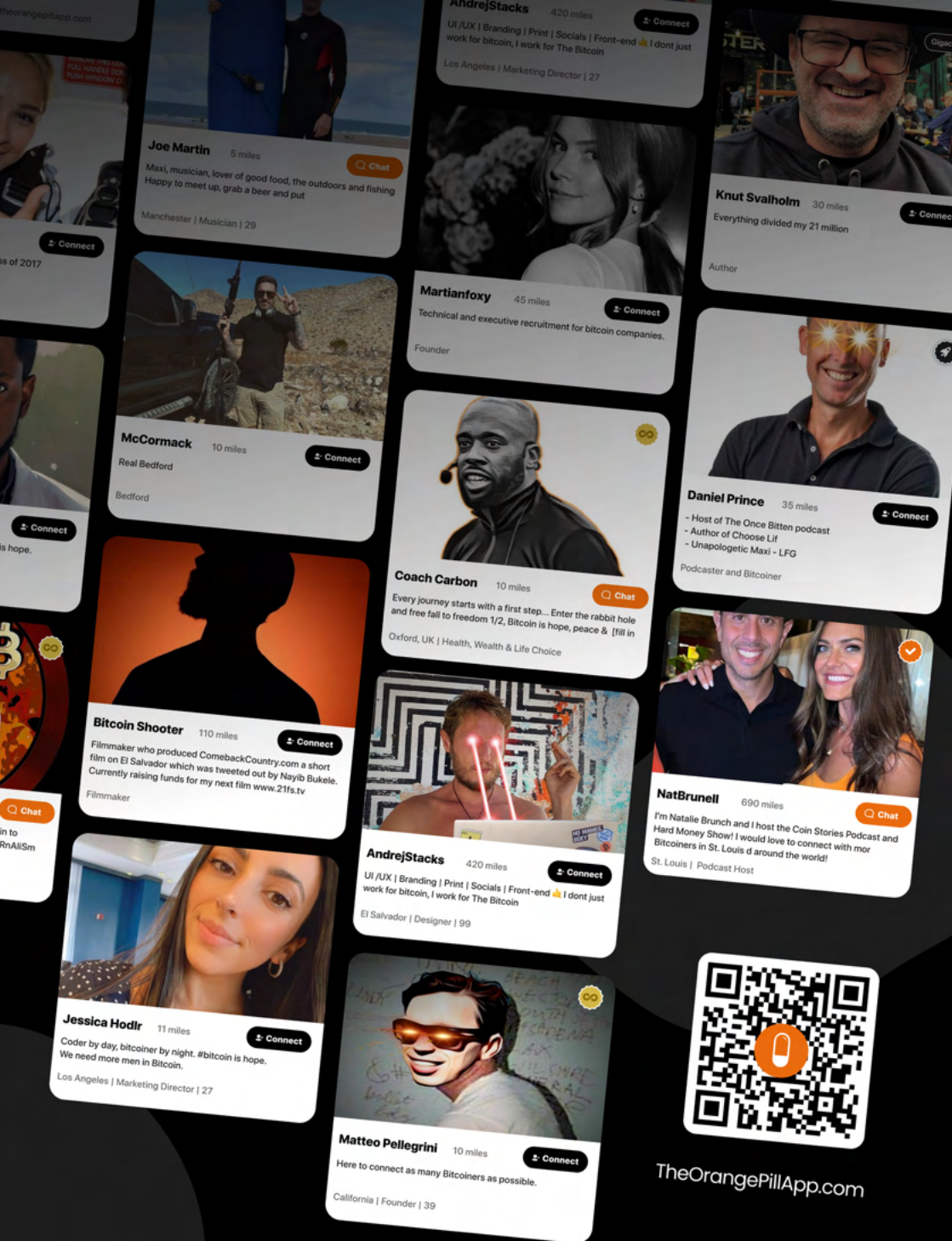
Who is your best mate in the squad?

Luke Knight.

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Knut Svalholm 30 miles

Everything divided my 21 million

Author

Connect

45 miles

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Founder

10 miles

Connect

McCormack

Real Bedford

Bedford

Connect

35 miles

Connect

Daniel Prince

- Host of The Once Bitten podcast
- Author of Choose Life
- Unapologetic Maxi - LFG

Podcaster and Bitcoiner

10 miles

Coach Carbon

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Bitcoin Shooter

Filmmaker who produced ComebackCountry.com a short film on El Salvador which was tweeted out by Nayib Bukele. Currently raising funds for my next film www.21fs.tv

Filmmaker

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NatBrunell

I'm Natalie Brunch and I host the Coin Stories Podcast and Hard Money Show! I would love to connect with mor Bitcoiners in St. Louis d around the world!

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AndrejStacks

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El Salvador | Designer | 99

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Jessica Hodlr

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Los Angeles | Marketing Director | 27

10 miles

Connect

Matteo Pellegrini

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THE AWAY TEAM

Flackwell Heath F.C. was established in 1907 and joined the High Wycombe and District League. They went on to win the league twelve times, as well as winning the High Wycombe Senior Challenge Cup twelve times. In 1950 the club moved up to Division Two of the Great Western Combination, which they won at the first attempt to earn promotion to Division One. This was renamed the Premier Division in 1954, and the club were runners-up in 1956–57 before winning the league in 1957–58. They were champions again in 1962–63. However, the league folded at the end of the 1963–64 season,

resulting in the club returning to the High Wycombe and District League.

In 1974–75 Flackwell Heath won both the Reading Senior Cup and the Berks & Bucks Intermediate Cup. In 1976 they moved up to Division One of the Hellenic League and were runners-up in their first season in the division, earning promotion to the Premier Division. In 1982 they switched to the Athenian League, but it folded at the end of the 1983–84 season, with the club joining Division Two North of the Isthmian League instead. At the end of the 1984–85 season they were



transferred to Division Two South, where they remained until league restructuring saw them placed in Division Three in 1991. The division was re-named Division Two in 2002, and when it was abolished in 2006, the club were initially due to be transferred to the Spartan South Midlands League, but East Ham United folding led to the club being restored to the Isthmian League and placed in Division One North.

The 2006–07 season saw Flackwell Heath finish bottom of Division One North, resulting in relegation to the Premier Division of the Hellenic

League. They won the league in 2014–15 and were set to be promoted to Division One Central of the Southern League. However, after Clevedon Town were demoted, they were provisionally placed in Division One South & West and subsequently declined promotion due to increased travelling costs. In 2015–16 the club won the Berks & Bucks Senior Trophy, beating Newport Pagnell Town 2–0 in the final. At the end of the 2020–21 season they were transferred to the Premier Division of the Spartan South Midlands League.

FIXTURE LIST

AUGUST '23

1	MK IRISH	1 - 0 (W)
5	FC CLACTON *	2 - 2 (D)
12	COCKFOSTERS	1 - 1 (D)
15	FC CLACTON *	4 - 1 (W)
19	MK IRISH *	3 - 4 (L)
26	ROTHWELL CORINTHIANS **	9 - 1 (W)
29	ARLESEY TOWN	0 - 3 (W)

DECEMBER '23

2	HARPENDEN TOWN	A
9	LEVERSTOCK GREEN	A
16	FC ROMANIA	A
23	CRAWLEY GREEN	H
27	SHEFFORD TOWN & CAMPTON	A
30	COCKFOSTERS	H

SEPTEMBER '23

2	TRING ATHLETIC	0 - 4 (W)
9	SAWBRIDGEWORTH TOWN	7 - 0 (W)
12	AYLESBURY VALE DYNAMOS	1 - 4 (W)
16	ST PANTELEIMON	1 - 4 (L)
23	FLACKWELL HEATH **	H
30	LONDON LIONS	A

JANUARY '24

6	LEVERSTOCK GREEN	H
13	ST PANTELEIMON	A
20	DUNSTABLE TOWN	H

OCTOBER '23

7	COLNEY HEATH	H
10	BIGGLESWADE UNITED	A
14	STANSTED	H
24	LEIGHTON TOWN FIRST ***	H
28	CRAWLEY GREEN	A
31	STANSTED	A

FEBRUARY '24

10	HARPENDEN TOWN	H
17	BIGGLESWADE UNITED	H
20	DUNSTABLE TOWN	A
24	FC ROMANIA	H

NOVEMBER '23

4	ARLESEY TOWN	H
18	AYLESBURY VALE DYNAMOS	H
25	BALDOCK TOWN	A
28	POTTON UNITED	H

MARCH '24

12	LONDON LIONS	H
12	MK IRISH	A
12	COLNEY HEATH	A
12	SHEFFORD TOWN & CAMPTON	H

APRIL '24

2	POTTON UNITED	A
6	TRING ATHLETIC	H
6	TRING ATHLETIC	H
20	SAWBRIDGEWORTH TOWN	A

* FA CUP MATCH

** FA VASE MATCH

*** BEDS SENIOR COUNTY CUP

PLAYER PROFILE

Full name: Charlie Smith

Nickname: Chaz

Date of Birth: 7th September 1995

Place of Birth: Hemel Hempstead

Previous Clubs: Biggleswade Town, Barton Rovers, Hitchin Town, Hendon, St Albans City and Luton Town

Favourite Team: Manchester United (unfortunately)

Favourite Player: Leo Messi

Most memorable footballing moment: Making my debut at 16 for Luton Town

Occupation: Buying and procurement for a construction contractor

Hobby: Golf



MATCHDAY SQUAD



V



REAL BEDFORD

TYLER **MCGREGOR**
ALFIE **BOZWARD**
LEWIS **BURGESS**
JOE **STEELE**
TOM **WOOD**
CURTIS **HARTLEY**
MATT **CLIFFORD**
JAMES **DUCKET**
OLLIE **SWAIN**
BEN **WALSH**
REV **KALEK**
LUKE **KNIGHT** ©
LEE **WATKINS**
CHARLIE **SMITH**
ARCHIE **JONES**
BEN **STEVENS**
EDDIE **CORBIT**
BEN **FITZJOHN**
JOSHUA **SETCHELL**
MO **AHMED**
CLASTON **GORDON**
KEVIN **OWUSU**
ANDY **SINCLAIR**
TOM **HITCHCOCK**
JOEY **EVANS**

MANAGER - ROB **SINCLAIR**
ASSISTANT MANAGER - MARK **DUCKET**
COACH - PETER **THORNES**
GOALKEEPER COACH - IAN **BROWN**
PHYSIO - LOTTIE **BURTON**
KITMAN - GERRY **MCCORMACK**

FLACKWELL HEATH

JACK **CASEY**
KEIRAN **JORDAN**
RYAN **AVERY**
JAMES **KEELEY**
CALLUM **MAPLEY**
MARK **NISBET**
HARRY **MEPHAM**
JAMIE **AYRES**
MARCUS **MEALING**
JACK **SHAKESPEARE**
JETHRO **ODUMOSU**
CHARLIE **MALIN**
CORY **HATHAWAY**
ABDELLAH EL **JALAOUI**
FABIAN **DRIFILL**
LOUIS **FOUNTAIN**
BEN **FRASER**
PHIL **PRYOR**
JAMIE **ESSEX**
MATTHEW **AYRES**

MANAGER: CHRIS **AYRES**
ASSISTANT MANAGER: PAUL **SHONE**
COACH: KEITH **RYAN**
COACH: TOM **BURTON**
ASSISTANT COACH : JAMES **BURRELL**
PHYSIO: STACIA **MURRAY**

REFEREE: ANDREW **HITCHCOX**
ASSISTANT 1: FREDDIE **FAULKNER**
ASSISTANT 2: BENJAMIN **CROSSLAND**