

THE WHITE PAPER #28

KNOW YOUR ENEMY



REAL BEDFORD VS COLNEY HEATH

SPARTAN PREMIER DIVISION

SAT 7TH OCTOBER '23 - 3.00 PM

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ASSISTANT MANAGER: MARK DUCKET
COACH: PETE THORNES
GOALKEEPING COACH: IAN BROWN
PHYSIO: LOTTIE BURTON
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GOALKEEPING COACH: JOHN FROST
PHYSIO: TREVOR FROST

BEDFORD PARK RANGERS:

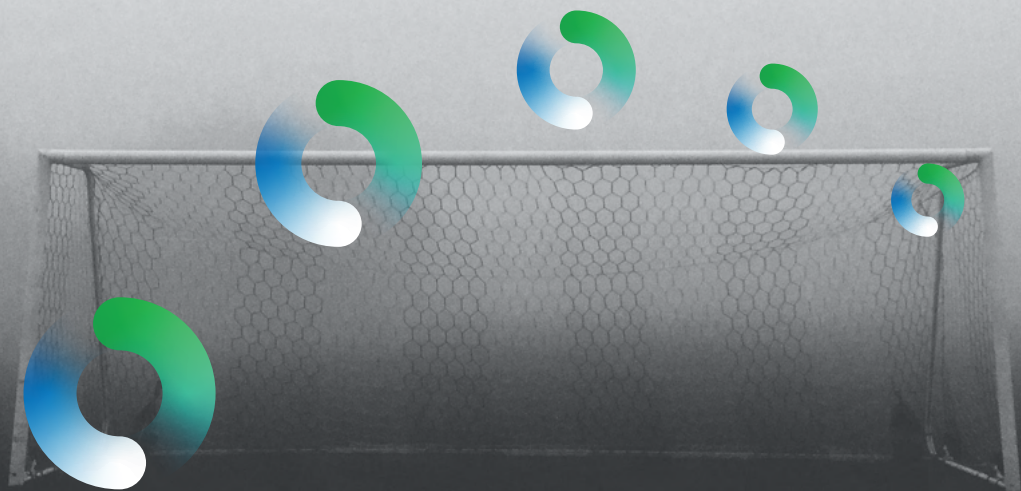
CHAIR: JAY ALLISON

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 Colney Heath.

Cooney Heath present an exciting challenge for us this afternoon, coming into this game off a tough run of matches, and their positive recent performances are a credit to the way they play. We understand the dangers they pose today at McMullen Park, but we, as a team, are excited by the prospect. The boys have trained well in the week and are ready to perform this afternoon.

Reflecting on our last outing at McMullen Park, I was proud of the character shown by the players in our crucial FA Vase tie with Flackwell Heath. The boys showed class both with and without the ball, and to keep a clean sheet against such opposition is no mean feat. I must congratulate Tyler McGregor, who has been a crucial cog in the recent run of clean sheets and also surpassed 50 appearances for the club, becoming the first player in Real Bedford colours to achieve this. It is a historic achievement, with hopefully many more appearances to come.

Having progressed through the FA Vase, we have drawn MK Irish in the next round, a contest we know well from our earlier meetings this season and one we certainly look forward to. It is exciting to

draw another superb side in this knockout competition, and we revel in the opportunity to play them, particularly away from home.

Drawing from our most recent league performance seven days ago, I was impressed at the dominant performance by the boys, achieving a 3-0 win over London Lions on the road. Although we felt chances were left out there on the pitch, denying the home side possession and limited opportunities is a credit to the players' hard work on a match day and on the training field.

I wish midfielder Archie Jones all the best after his recent injury during the Flackwell game. An injury of that nature is never nice for such a young, ambitious player, especially considering he only joined the club just over a month ago. However, I know Archie will bounce back stronger thanks to his positive attitude and his hard work towards his rehabilitation process with Lottie. He should, therefore, be back in a Pirates shirt very soon.

Thank you for your continued support of the team, and enjoy today's game.

Rob Sinclair,
Manager



Real Bedford claim another win on the road against London Lions.

Goals from Joey Evans, Ben Stevens and Mo Ahmed capped off a dominant performance from The Pirates, who extended their win streak on the road at Maccabi Sports Ground.

The pitch was in idyllic condition, lending to Bedford's attacking style, which was on display from the start of the game. Within 15 minutes, Real created their first clear chance when Charlie Smith's set piece forced a save out of London Lions' Nathan Bloohn. The follow-up cross from Matt Clifford was also close, hitting the bar just in front of an awaiting Tom Wood, who was ready to tap it into an empty net.

The next chance came 5 minutes later. A long ball over the top from Tom Wood found Josh Setchell on the flank, who broke free and delivered a low cross into the penalty area. Despite an initial block by James Gershfield, Ben Stevens and Joey Evans managed shots towards goal that the hosts kept out.

Stevens and Evans were at it again soon after, Stevens providing Evans with the ball inside

the area; however, The Pirates' leading goal scorer couldn't get a shot away before Austin Lipman diverted the ball for a Bedford corner.

Stevens didn't stop providing chances from midfield, and the next opportunity for the Pirates fell as he played the ball wide to Matt Clifford who delivered a tempting cross from the left-hand side of the pitch toward Mo Ahmed who couldn't quite beat goalkeeper Nathan Bloohn to the ball in front of the vacant net.

The Pirates were in complete control of the game, creating all the chances, yet still hadn't broken the deadlock. However, just before half-time, Ben Stevens stole possession from London Lions in the midfield before playing a well-weighted through ball to Evans, who beat the keeper to the ball, chipping it past Bloohn and into the back of the net. Bedford would take a well-deserved lead into the break.

Second Half

London Lions returned to the field with more intent in the second half, creating their best opportunity of the game in the 50-minute. Felix Shalom picked up the ball on the edge of



the area, producing a curling effort towards goal on the turn, forcing McGregor to punch the ball over the bar.

A few minutes later, the Pirates regained control of the game. A long throw-in by Lewis Burgess caused trouble for the London Lions' defence, finding Tom Wood, who got a free header towards goal, only to be denied by the crossbar.

Real Bedford doubled their lead shortly after. McGregor's floated pass found Clifford on the touchline, the fullback heading the ball in field towards Ahmed, who, with limited time and space, threaded a perfect ball through to Ben Stevens in the box, who dispatched the ball into the back of the net with real style to give The Pirates a 2-0 lead.

Soon after Stevens nearly had a brace, Eddie Corbit chipped a ball over Teddie Levenfiche to find Bedford's number 10. His half-volley rattled the goal's stanchion instead of the netting. The third goal came moments after. Lewis Burgess, this time with a long ball towards the penalty area, found Mo Ahmed, who controlled it before lobbing the keeper and

Levenfiche on the line, who, despite getting a cynical hand to the ball, couldn't stop Ahmed from widening the deficit between the sides.

Chances came and went throughout the final 15 minutes for Bedford. Mo Ahmed's shot from just outside the box was off-target, Joey Evans found himself in a one-on-one with Bloohn moments later but couldn't find the goal, and Luke Knight's late set-piece found Hitchcock with a free header, but the substitute couldn't find the target in the air.

Despite the missed chances, Real Bedford managed to keep a clean sheet and add 3 points to their league tally, giving them good momentum heading into a tough October.

RBFC: McGregor, Corbit, Clifford, Wood ©, Burgess, Smith (Knight 85'), Setchell (Gordon 79'), Watkins, Evans, Stevens (Hitchcock 74'), Ahmed

Unused Subs: Bozward, J.Ducket



FROM THE BOARDROOM

As you may know, my work commitments have kept me on the move this year. As I write this, I'm currently in Los Angeles and will travel to New York on Monday. In both cities, I'll be following the ladies' and men's games via the stream alongside the supporters' groups and fans in these cities.

It always feels strange being so far away, but knowing that the club is in the capable hands of our dedicated team reassures me that we can keep delivering on our goals wherever I am.

I am grateful to the Real Bedford team, who have come on this journey with me and worked so hard while I am away. Our Chief Executive, Emma Firman, has diligently managed the club's daily operations. Neil McCormack is meticulously working on the infrastructure strategy that promises to set the course for the club over the next decade. Will Roberts is brilliantly spearheading our media and awareness initiatives. Conor McCormack, our Vice Chairman, has been the

linchpin in ensuring our kit and equipment needs of the men's, ladies and youth are met. Truly, their hard work and dedication as a group of volunteers dedicated to footballing excellence in Bedford reflect the essence of our club.

Again, I must congratulate my men's first team manager, Rob Sinclair, and his team for their outstanding win against the London Lions. The solid start to the season following promotion last year is a testament to his determination and commitment. Rob has taught me so much about football, and I am grateful for everything he has done and continues to do for the club.

Equally commendable is the progress of our ladies' team under the leadership of Dean Perrett. Their unbroken winning streak, including the 9-2 triumph against Hackney Women in the FA Cup on Sunday, deserves recognition.



I am pleased to inform you that we've received our training team wear following the delays with our kit supplier, Macron. I'm excited to return and see our junior girls don the Pirates colours.

Our dedication to youth football grows with each season. Real Bedford is not just about senior football; we're about nurturing young talents and moulding them for the future. I want to establish an academy that rivals those in Luton, Milton Keynes, and Cambridge so that the best talent is developed in our town and plays for our teams.

We have discussed our plans with the council and hope to find a suitable location to establish a first-class training centre and academy. I am also working on funding this, and I hope to share the plans shortly with the town.

While football is our heartbeat, I am passionate about supporting a variety of sports in Bedford. I have held meetings with people working on

developing Rugby, netball, and motor racing within our town, and I am excited by the good people working to create opportunities for sporting excellence here.

Today, we are up against Colney Heath, where we aim to continue our winning momentum. Our unstoppable ladies' team will face Royston tomorrow, hoping to preserve their 100% record. The results of both teams are evident that with the proper backing and infrastructure, Bedford has the potential to be a sporting powerhouse.

However, the success only works with your support, so again, I thank you for coming down to support the team.

Up The Pirates!

Peter McCormack,
Chairman



THE BIG INTERVIEW

This week, we sat down with Luke Knight. Club captain and one of the star players within the double-winning side of 2022/23, we talk to Luke Knight about his illustrious career in non-league football, with over 750 competitive games, we wanted to know what's next as he approaches retirement and his ever-changing role within the squad.

We saw a strong performance from the boys on the road last time out. What would you take away from the game against London Lions?

To come away with all the points, having also kept a clean sheet is a positive outcome; the boys created so many chances and opportunities. We know we weren't able to put all of them away, and arguably, we should've won by a lot more, but the fact we have those chances in the first place is certainly positive.

You are part of a select few who have been at the club since its inception. How would you describe this journey so far?

It's been amazing. When I initially joined, there was a fair amount of outside speculation and scrutiny over whether the project would work or not, but I knew that if Rob saw something in it, then I would too, and it's turned out

great. To captain the team last season to two trophies was a real honour. We have had great players pull on the Real Bedford shirt. Lots of eyes have been on us, but we have also had the chance to prove a fair few people wrong.

A lot has changed at the club in that time. Have you felt a sense of progression at McMullen Park?

There's definitely been a positive trajectory, both on and off the pitch the club has been growing. The quality of football and the development of players has increased so much, which is down to the sessions in the week that Mark and Rob create. The ambition is also matched in the clubhouse. The whole infrastructure of the club has had real improvements and now almost feels like a professional outfit.

You have had quite the career leading up to your time at Real Bedford. What have you taken from your time in football over the past 15 years?

It's been a rollercoaster for sure. I was certainly very lucky in how I ended up getting the start I did. I was brought into a struggling Bedford Town side at Step 2 when I was 17 and given a lot of game time to show what



WITH LUKE KNIGHT

I could do, but once I had that opportunity, I just didn't look back and worked really hard to maintain being at the levels I got to. It's certainly not been a linear journey, and I have had to work hard to get the successes I've had, but I can certainly look back and be happy with the career I was dealt.

As you enter the latter stages of your playing career, is it tricky to part from something that's been a part of your life for so long?

In all honesty, I don't really know how I'll react. I obviously know it'll be tough to step away eventually, but I don't think it'll be too sudden. I'll be fortunate enough to make it a gradual process. I am lucky, though, to have someone like Rob who has experienced that feeling of retiring. To have him not only as my manager but as my best friend means that I can get lots of help from him and those around me. But for now, my full focus is on the campaign at hand. To go out with back-to-back promotions if I were to retire at the end of this season would be some way to do it.

You are consistently praised by other players, particularly the younger core of the group, for your leadership and tutoring on the field. What benefits do you get from

that?

Well, it was something I experienced myself as I was coming through the ranks, and I always appreciated it. I'm aware boys look to the more experienced players in the changing room, especially when things aren't going their way, so it's important for me to guide them as others have guided me in the past. I have always had that leadership quality, but I've been able to refine it a lot when given the captaincy at various clubs, and you learn how to deal with different players in different ways. At the end of the day, it's a two-way street. The respect is mutual. I want them to think of me as a good player but also a good person. Both are very important to me.

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

It'll be another challenge for us at home, as with a lot of clubs at this level, we don't really know too much about them, which just allows us to focus on our own game. If we get our bits right, I'm sure with the quality we have on the pitch week in and week out. We can put on a good performance in front of the McMullen Park crowd this afternoon.



FROM THE MEDIA DESK

I want to give a warm welcome to all the fans who join us today to support both Colney Heath and Real Bedford here at McMullen Park. Despite having put together each programme so far this season, I have not yet contributed with my own column so far this season.

Since my last piece in a match day programme, a lot has changed within my role at the club. I joined 18 months ago as a young commentator, and now I talk to you as a young media and communications manager. There has been some transformation at the club over that period, and I am delighted that I

have been able to join the team full-time to help aid the running of media and comms at McMullen Park.

I have always believed that what makes football special isn't the game but the people who play it. Part of my role means I have to showcase those people to the broader world with various pieces of content, writing and stories made up of the fabric that holds this club together. Perception can be a dangerous thing. Of course, the name 'Real Bedford' invokes various reactions within Bedford and the wider football community. But those who have




stepped through the gates of McMullen Park know exactly how special this club is. Our challenge now is to get more people to take that step as the club develops and progresses both on and off the pitch.

I am incredibly excited about the work we will continue to do to raise the club's profile and the town of Bedford, which, as a born and bred local, means a lot to me. The dedication shown by the players, coaches and staff tells you all you need to know about where this project is heading. I am excited to announce we are further extending our coverage of our

Ladies team. We will be adding segments to our programme, live-streaming important games and raising the profile of the players as they also push for promotion this season.

So, continue to nag your friends to come down, get a conversation started about The Pirates at your local pub and keep joining us at McMullen Park for an exciting adventure for the town.

**Will Roberts,
Head of Media**



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TEAMMATES

JOE STEELE



Who has the biggest football brain?

Tom Hitchcock, he knows ball.

Who is the biggest eater?

I'm unsure if this is in the rules, but Ian Brown loves food.

Who is the best in stressful situations?

Mo Ahmed, never seen him stressed.

Who is the most immature?

Tom Wood is always doing Fortnite dances in the changing room.

Who's always layered up during evening training?

Claston Gordon wore a balaclava to August's pre-season training. No words.

Biggest gym rat?

It has to be Claston Gordon. I've heard he's lifting 7.5kg these days.

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

Luke Knight, he's a leader. He'll know what to do.

First to leave on a night out?

Probably Ben Stevens.

Who is your best mate in the squad?

Tom Hitchcock, I have known him for the longest.

STACK FRIENDS WHO STACK SATS

Orange Pill App



This image is a collage featuring several profile cards from 'The Orange Pill App' and a large QR code at the bottom right. The profiles are arranged in a grid-like fashion, overlapping slightly. Each card includes a profile picture, a name, a distance (e.g., '5 miles'), a bio, and a 'Connect' button. Some cards also have a 'Chat' button or a gold coin icon. The profiles include:

- Joe Martin**: 5 miles. Bio: 'Maxi, musician, lover of good food, the outdoors and fishing. Happy to meet up, grab a beer and put'. Location: Manchester | Musician | 29.
- Martianfoxy**: 45 miles. Bio: 'Technical and executive recruitment for bitcoin companies.' Location: Founder.
- McCormack**: 10 miles. Bio: 'Real Bedford'. Location: Bedford.
- Coach Carbon**: 10 miles. Bio: 'Every journey starts with a first step... Enter the rabbit hole and free fall to freedom 1/2, Bitcoin is hope, peace & [fill in]'. Location: Oxford, UK | Health, Wealth & Life Choice.
- Bitcoin Shooter**: 110 miles. Bio: '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'. Location: Filmmaker.
- Jessica Hodlr**: 11 miles. Bio: 'Coder by day, bitcoiner by night. #bitcoin is hope. We need more men in Bitcoin.' Location: Los Angeles | Marketing Director | 27.
- Matteo Pellegrini**: 10 miles. Bio: 'Here to connect as many Bitcoiners as possible.' Location: California | Founder | 39.
- AndrejStacks**: 420 miles. Bio: 'UI / UX | Branding | Print | Socials | Front-end I dont just work for bitcoin, I work for The Bitcoin'. Location: El Salvador | Designer | 99.
- Knut Svalholm**: 30 miles. Bio: 'Everything divided my 21 million'. Location: Author.
- Daniel Prince**: 35 miles. Bio: '- Host of The Once Bitten podcast - Author of Choose Lifi - Unapologetic Maxi - LFG'. Location: Podcaster and Bitcoiner.
- NatBrunell**: 690 miles. Bio: '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!'. Location: St. Louis | Podcast Host.

The QR code at the bottom right has a gold pill icon in the center and links to 'TheOrangePillApp.com'.



TheOrangePillApp.com



THE AWAY TEAM

The “Magpies” were founded in 1907 and played their early football in the Hatfield District League. After the 1st World War, they joined the Mid Herts League, where the 3rd team played until recently. Earlier records indicate the winning of a Harcourt Cup, but it is believed that this was Junior football some 18 months earlier, in 1905-6. Earlier matches were played on two grounds in Coursers Road (the Meadow and the Warren).

Success was a long time coming - in 1935-36, and it was disrupted by the 2nd World War. The golden era of football came from 1946 through to 1960 when the club won the Mid Herts Benevolent Shield twice, the Bingham Cox Cup, Division 1, and Premier Division titles. In 1952, the switch was made from Fuzzen Field to the Recreation Ground, and they entered the Herts County League. Division Two was won at the first attempt, and success continued with two Playing Fields Cups, the Aubrey Cup twice, Divi-

sion 1, and Premier titles. This culminated over the Easter weekend in 1960 with the Herts Intermediate Cup and Aubrey Cup double. The Reserve side also completed a double in 1958, winning both Cup and League.

In 1965-66, 1968-69, and 1975-76, they saw relegations and a slip down to Division 3. Promotions in 1979-80, 1983-84, and 1985-86 saw a return to the Premier Division after a 20-year gap, only to be relegated back immediately. Odd trophies were picked up in the 60s, 70s, and 80s, but these were pretty barren years on the field.

In August 1988, while modernizing the building, the club burnt down. Without a clubhouse, the Magpies, playing from a Portacabin, regained entry to the Premier Division, winning the Division 1 title. A new clubhouse was built in 1989, and an extension was added in 1993, along with post and rails. Floodlights were erected in



February 2000.

South Midlands football eluded the club with 3rd, 3rd, 4th, 4th finishes from 1994 - 1998 when second place would have been enough. Centenary Trophies back-to-back and another Aubrey Cup were won, but the Herts County title only came in 1999/2000, coming from 15 points behind in January to win by 10 points from rivals, Wormley.

The club's ambition was to gain Premier Division status and with it FA Cup entry. Finishes of 5th, 3rd, 5th, 6th, and 5th were not enough in the initial seasons, despite numerous semi-final appearances and consecutive Charity Cup successes in the season (2001/2 and 2002/3). The South Midland Reserve Challenge trophy was collected in 2004/5. The First Division title eventually came in 2005/6. With this came the Premier Division and the FA Cup. They had 15 happy seasons and steadily improved, picking up the Premier

Division Cup in 2010/11 with a 2-0 win against Leverstock Green. Their FA Vase run of 2013/14 saw them to a 3rd round replay, which was followed up by being thrown out of the competition in 2014/15, a troubled season with many managerial changes. The last few seasons have continued with changes for the better, with Ryan 'Tomo' Thompson installing togetherness across the club and an FA Cup run that may take some beating in future years and the little reward of second and third Charity Shield wins in 2017-18 and 2018-19. Their aim of promotion was achieved by an FA restructure with the appropriate fencing and turnstiles for step 4. They only stayed one year, being relegated back to the SSML. With the support of local authorities and sponsors, they hope to continue to make the small village proud for many years to come.

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 **	2 - 0 (W)
30	LONDON LIONS	0 - 3 (W)

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
21	MK IRISH **	A
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
14	WELLINGBOROUGH WHITWORTH	H
18	AYLESBURY VALE DYNAMOS	H
25	BALDOCK TOWN	A
28	POTTON UNITED	H

MARCH '24

2	LONDON LIONS	H
9	MK IRISH	A
23	COLNEY HEATH	A
30	SHEFFORD TOWN & CAMPTON	H

APRIL '24

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

* FA CUP MATCH

** FA VASE MATCH

*** BEDS SENIOR COUNTY CUP

**** GLADWISH CHALLENGE CUP



Tunnel Tunes

Josh Setchell



Moon by Locklead
Midtown Playground by Chris Stussy
Let's Groove by George Morel
Big Business by Elliot Schooling
Feel It by Rossie

TO SEE THE FULL PLAYLIST SCAN THE CODE BELOW IN SPOTIFY



MATCHDAY SQUAD



V



REAL BEDFORD

TYLER MCGREGOR
ALFIE BOZWARD
LEWIS BURGESS
JOE STEELE
TOM WOOD
CURTIS HARTLEY
MATT CLIFFORD
JAMES DUCKETT
OLLIE SWAIN
BEN WALSH
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 DUCKETT
COACH - PETER THORNES
GOALKEEPER COACH - IAN BROWN
PHYSIO - LOTTIE BURTON
KITMAN - GERRY MCCORMACK

COLNEY HEATH

CONNOR SANSOM ©
DOMINIC KNAGGS
JACK PERCY
JAMIE WILLING
SAM DOOLAN
SAN DENHAM
JACK WOODS
GODFREY OPOKU
OLLIE LAWFORDE
IBRAHIM CAMARA
SAM EJJAYHA
KAI THOMAS-FRASER
CHAD KING
ARCHIE HOBBS
JAMES SAMWAYS
HARRY LEWIS
ADAM WALLACE
LEWIS CROUCHER
BILLY OWEN
JORDAN KINOSHI
GEORGE IRONS
HARRY MALORET

MANAGER - MATT DAY
ASST MANAGER - TOMMY BURNS
COACH - STEVE MACARTY
FITNESS COACH - ADAM WALLACE
GOALKEEPER COACH - BEN YPEY

REFEREE - JAMES SEDLEY
ASSISTANT 1 - JONATHAN LAM
ASSISTANT 2 - LENNARD FRANCIS