

THE WHITE PAPER #43

KNOW YOUR ENEMY



REAL BEDFORD VS TRING ATHLETIC

SPARTAN PREMIER DIVISION CUP

SAT 6TH APRIL '24 - 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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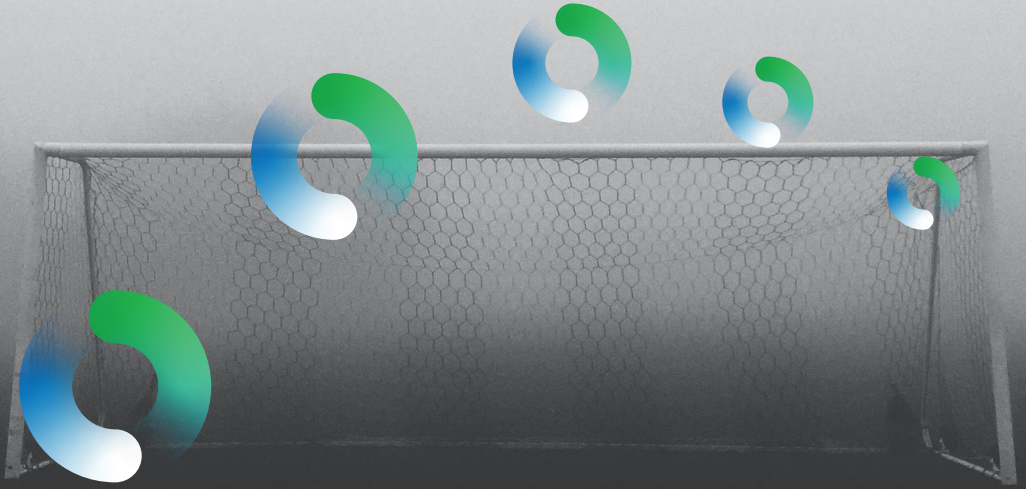
CHAIR: JAY ALLISON

CLUB HONOURS:

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

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FROM THE DUGOUT

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

It is great to reach the semi-final of the League Cup, an exciting tonic to the league season which has produced some dramatic moments.

Having played both previous matches in this cup away from home, we are delighted to host knockout football at McMullen Park for the first time since January. This element of football can create exciting matches and bring the best out of fans. We hope to hear the McMullen Park noise throughout the match this afternoon.

Reflecting on last weekend, it was great to produce a dominant performance over Shefford in the league. Every player did their job well, and that result certainly puts us in good standing heading into the last few matches of the campaign. Although our focus today remains firmly on the League Cup, we hope to see as many of you as possible at the next three matches throughout the coming days as we aim to round off an exciting league season with some positive results at home.

It was great to welcome Mo Ahmed and Ollie Swain back into training this week. Both have worked hard with Lottie, our Lead Sports Therapist, over the last month. Mo has recovered from an ankle injury picked up a few weeks ago, and Ollie is working through an ankle injury sustained against Cockfosters at the start of 2024. The players look sharp, and we have reintroduced them to contact training this week. Hopefully, both will be in action at some point during the closing stages of our season.

Thanks again to all who continue to turn up week in and week out to support the club. As the weather turns and the sun begins to shine again, McMullen Park remains the place to be on a Saturday afternoon or Tuesday evening. That wouldn't be possible without the environment created by those who turn up every matchday.

Thank you to everyone in attendance this afternoon, and enjoy the game.

Rob Sinclair,
Manager



FROM THE BOARDROOM

Welcome back to McMullen Park for this League Cup Semi-Final clash against Tring Athletic.

Reflecting on last week's convincing 4-0 win over Shefford Town, our ambitions for back-to-back promotions are within grasp. With just four league matches remaining, the requirements are clear. If we win three of those last four games, we are almost certainly promoted. But this is football, and we're taking nothing for granted. I expect Rob and his team to approach all of these games with the same professional standards we have become accustomed to.

It is a good time to praise my manager, Rob Sinclair, for getting the team in this position in successive seasons. From our initial meeting in the back of the Embankment, where I explained my vision for the club and he explained his football philosophy, I knew he was the man for the job. People told him that his commitment to a style of play that would dominate teams while playing attractive football could not be done at this level, but this is precisely what he has done. Rob was the only choice, and I didn't need to interview anyone else and this decision is vindicated by where the club is now.

It has been great getting to know Rob. He has taught me so much about how a football club operates, and I am a better chairman for it. I hope Rob is here for many years as the manager, guiding us through the leagues.

It has been another rollercoaster season. After dominating the first half of the season and taking a commanding position in the league, we always had MK Irish chasing our tails, and as I discussed with their chairman this week, it is one hell of a battle. Heading into February with a clear lead at the top of the table, we had our first wobble, losing to Leverstock Green and drawing with Baldock, Dunstable Town, and Biggleswade Town, handing MK Irish the opportunity to overtake us in the league if they won their games in hand.

We then faced MK Irish at their ground, and despite dominating the game, their keeper pulled off several stunning saves to keep the game goalless. After the game, many thought the league was MK's to lose, but our manager, cool as ever, continued to do what he has done since taking over, focusing on the next match and only the next match.



The match against Colney Heath was the perfect example of his management style. Heading into the final minute of the game, 1-0 down, there was no panic; the team was not punting the ball into the box hoping for a mistake; they just continued to play their style of football, and somehow, we came away with all three points as Hitchy scored a late brace. This is what I have come to love about Rob; he is calm and uncompromising, and he does not panic as he believes in himself and his team.

Irish have themselves had a recent wobble, which has given us the advantage putting the result of the season firmly in our hands. As I said, we take nothing for granted, and I know Rob and the team will approach every game that remains with the high professional standards they have all season.

Football is a game of fine margins - late goals, penalties, and missed opportunities can swing a game, but if you do everything right over a season, the best team will usually win the league. If we win the league, it will be because we deserve it and if the Irish win the league, we could not argue that they deserve it.

The emotional journey of football has consumed us all, not just me, but my family, friends and the wider Real Bedford community. It dominates our conversations, drawing us together in a shared journey of hopes and fears. From discussions at breakfast with my father to nightly calls from my son in Kenya, this is the first thing we discuss.

From an idea that took root two years ago, Real Bedford is what I am dedicating my life to. Every action and every decision is made with the club at its heart. Every effort aims to propel Real Bedford to new heights..

To our fans, your role in this journey is indispensable. Your support, faith, and passion are this club's backbone. As we face these crucial fixtures, your presence propels us forward. Hopefully, we will see as many as you as possible in these remaining league matches and push the team towards the title..

Up The Pirates!

Peter McCormack,
Chairman



DUNSTABLE TOWN MATCH REPORT

Real Bedford made it through to the Quarter Final of the League Cup after putting 6 past Dunstable Town at Creasey Park.

The win sees The Pirates head to the Quarter Finals of the Dudley Latham Trophy thanks to a hat-trick from Ben Stevens alongside goals from Joey Evans, Josh Setchell and Charlie Smith.

Despite the resounding scoreline, the hosts struck first inside the opening 5 minutes. After The Pirates lost possession inside the Dunstable half, a quick-thinking Tolu Ikuyinmu played an inch-perfect through ball towards a racing Danny Webb. Dunstable's number 10 evaded the challenge of Drew Richardson before toe-poking it past McGregor to give the hosts an early lead.

The Pirates soon levelled proceedings with a spectacular goal. Ben Stevens picked up on a loose ball from Connor

Coulson, catching the Dunstable keeper in no man's land. Stevens then produced a wonder of a strike off his left foot to lob Coulson into the Dunstable net from 35 yards out.

This moment of magic proved to be the catalyst for The Pirates, and soon after, Mo Ahmed was racing down the by-line after some good defensive work from new signing Brett Longden released the winger. Ahmed's cutback pass found Evans, who squeezed the ball in at Coulson's near post to give Bedford the lead inside the 30-minute mark.

Ahmed was soon causing more trouble in the Dunstable box as he sat down defenders with his dribbling prowess. Ben Sturgess blocked his shot but only as far as Brett Longden, who produced a brilliant pass to Ben Stevens behind the Dunstable defence. Stevens slid the ball back across the face of the goal towards Josh Setchell at the back post, who slot-



ted it into the vacant net for his first goal in 2024.

However, the Pirates weren't done there as they managed to bag another just before the break. Once again, Brett Longden was at the heart of the attack, playing a quick throw-in to Joey Evans, who slid the ball back to Ben Stevens, making it a first-half brace for Bedford's number 10 as he smashed it past the keeper.

Second Half

Despite still having most of the ball in the second half, an altered Dunstable defence proved trickier to unpick until the game's latter stages. Good chances fell to Joey Evans, Archie Jones and Eniola Agemoh-Davies, all smothered by the Dunstable back-line.

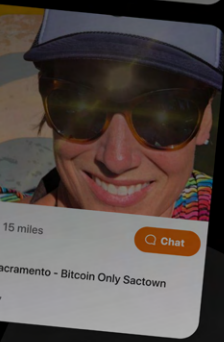
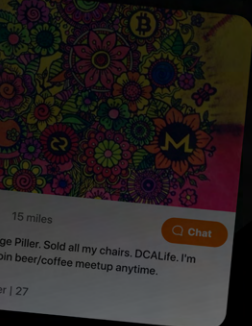
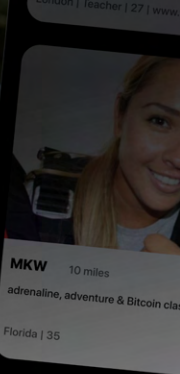
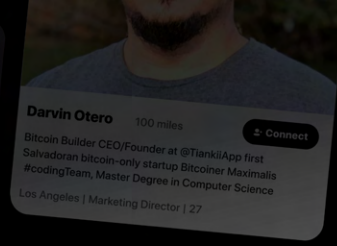
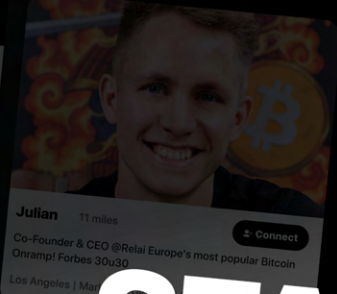
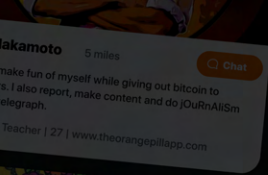
However, with 10 minutes left on the clock, the visitors produced a final flurry.

After some good midfield interplay between Charlie Smith and Archie Jones, Ben Stevens found space on the edge of the area to line up a shot. His effort nestled into the bottom left to complete his hat-trick, making it 35 goals for the midfielder this season.

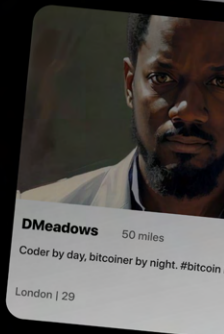
With moments left of the match, Charlie Smith also managed to get on the score sheet, another long-range effort attempt, this time rattling the bottom right of the post before crossing the goalline, signalling Smith's first goal since his half-pitch spectacular against Biggleswade back in October.

RBFC: McGregor, Corbit, Longden, Wood ©, Richardson, Watkins (Jones 69'), Smith, Setchell (Hitchcock 75'), Evans, Stevens, Ahmed (Agemoh-Davies 69')

Unused Subs: J.Ducket, Knight

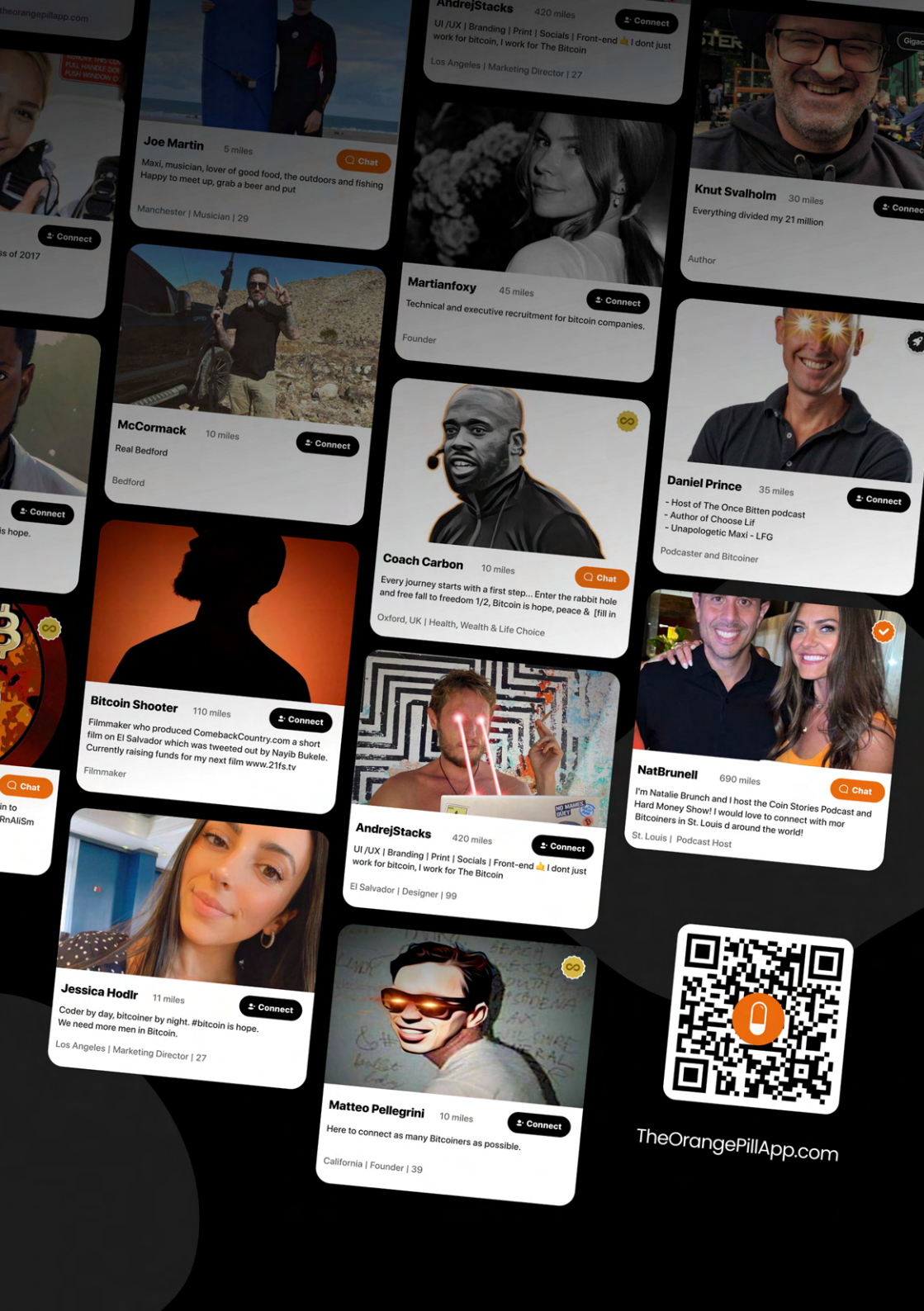


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SHEFFORD TOWN MATCH REPORT

Pirates progress in League Cup after penalty shootout win over Shefford.

A late goal for the hosts forced the game to penalties, where Tyler McGregor became Bedford's hero, saving two attempts from 12 yards to secure Real Bedford a place in the Semi-Final.

The visitors got on the scoresheet first. Some clever play from Archie Jones released Ben Stevens, who wrapped a shot towards goal. His chance smashed against the woodwork, bouncing up in front of an awaiting Tom Hitchcock, who managed to head the ball into a vacant net for an early lead.

The Pirates maintained possession, but Shefford limited the number of clear-cut

chances for the remainder of the half. A blocked shot from Tom Hitchcock and a free-kick attempt from Ben Stevens were not enough to double their lead.

Second Half

Real Bedford continued their dominance into the second half, with more opportunities at goal. Claston Gordon was put through one-on-one with the keeper, who he managed to evade but failed to find the back of the net after a heroic goal-line clearance from Charlie Milton.

Joey Evans was introduced to the game at the hour mark, immediately firing off a warning shot, which Jack Galatis saved in the Shefford net. Eddie Corbit



managed to get off a similar chance with the same outcome, as Galatis smothered the substitute's effort.

In the dying minutes of the game, Shefford produced a late equaliser. Despite having few attacks throughout the 90, they proved clinical in the box. Returning captain Charlie Milton was on hand to bundle the ball into the back of the net as The Pirates failed to clear their lines and maintain their lead, sending the match to penalties.

Luke Knight and Ben Stevens slotted the first two penalties for The Pirates before McGregor made his first save, denying Scott Metcalfe. Joey Evans then hit the post with his effort, but McGregor was on hand to save the

following Shefford attempt, maintaining Bedford's advantage.

Lee Watkins dispatched his attempt before Eddie Corbit stepped up to score the decisive penalty, smashing the ball into the bottom left to send Real Bedford into the league cup semi-final.

RBFC: McGregor, Agemoh-Davies, Longden (Wood 45'), J.Ducket, Burgess, Knight, Gordon (Corbit 68'), Richardson (Watkins 60'), Hitchcock (Walsh 79'), Stevens, Jones (Evans 60')

Unused Subs: Ducket, Burgess, Gordon



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TEAMMATES

BRETT LONGDEN



Who's most likely to leave first on a team night out?

I'll go with Bozzy (Alfie Bozward) for this one.

Worst dress sense?

I've not seen much of the lad's clobber, but I heard Archie Jones wears the same gear every night out, so he's up there!

Which player are you most likely to beat in a 100m race?

Charlie Smith. Only a few people are slower than me, but he certainly is. Bad race that would be too.

Most likely to get an impromptu tattoo?

Luke Knight would probably add

to his awful collection.

You're stranded on a desert island; which player would you like to be stuck with?

It has to be Tom Wood. He can do any impression and has the biggest case of undiagnosed ADHD I've ever seen.

Biggest Coaches Pet?

Lee Watkins. Busiest man, the guy lives in the gym and eats dumbbells.

Best mate in the squad?

It has to be Tom Hitchcock. The guy is a clown, but what a man. Charlie Smith might've been up there, but he didn't put me up a few weeks ago. (Sorry Drew).

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HASH

WE'VE GOT THE

CASH

NOT THAT KIND OF HASH...

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Tunnel Tunes

Tom Hitchcock



Percolator by Cajmere

Shake the Room by Pop Smoke

All Night Long by Mary Jane Girls

Another One Bites the Dust by Queen

Relax My Eyes by ANOTR

TO SEE THE FULL PLAYLIST SCAN THE CODE BELOW IN SPOTIFY





THE AWAY TEAM

Tring Athletic Youth FC were established in March 1958, when the founders contributed towards the purchase of 3.4 acres (14,000 m²) of land at Miswell Lane. The club joined the West Herts Saturday League in the early 1960s, and despite only fielding players under-21, they won the Division One title three times in five years.

Following a spell without success, the age limit was scrapped in 1971 and the club was renamed Tring Athletic. In the mid-1970s the ground was sold to the local council and the club were relegated to Division Three. However, by the mid-1980s they were back in the Premier Division.



In 1988 the club joined Division One of the South Midlands League. They returned to Miswell Lane in 1992. After missing out on the Senior Division title in 1997–98 on goal difference, they won the league in 1999–00. In the same season they also won the Herts Charity Shield, the Herts Senior Centenary Trophy and the Cherry Red Books Trophy.

Due to an inability to install floodlights at Miswell Lane, in 2003 the club absorbed Isthmian League neighbours Tring Town F.C. with an agreement to move to their Pendley ground, which already had floodlights. In 2003–04 they finished fourth in Division One and were promoted to the Premier Division.

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)

SEPTEMBER '23

2	TRING ATHLETIC	0 - 4 (W)
9	SAWBRIDGEMOUTH 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)

OCTOBER '23

7	COLNEY HEATH	8 - 1 (W)
10	BIGGLESWADE UNITED	1 - 5 (W)
14	STANSTED	2 - 0 (W)
21	MK IRISH **	0 - 5 (W)
24	LEIGHTON TOWN FIRST ***	3 - 1 (L)
28	CRAWLEY GREEN	1 - 4 (W)
31	STANSTED	A - A

NOVEMBER '23

4	ARLESEY TOWN	5 - 0 (W)
7	POTTON UNITED	0 - 3 (W)
11	BIGGLESWADE UNITED **	2 - 2 (L) (PENS 6-7)
14	WELLINGBOROUGH W'WORTH ****	5 - 1 (W)
18	AYLESBURY VALE DYNAMOS	5 - 2 (W)
25	BALDOCK TOWN	2 - 0 (W)
28	POTTON UNITED	3 - 1 (W)

* FA CUP MATCH

** FA VASE MATCH

*** BEDS SENIOR COUNTY CUP

**** GLADWISH CHALLENGE CUP

***** PREMIER DIVISION CUP

DECEMBER '23

2	HARPENDEN TOWN	0 - 5 (W)
16	FC ROMANIA	1 - 3 (W)
23	CRAWLEY GREEN	6 - 0 (W)
27	SHEFFORD TOWN & CAMPTON	0 - 7 (W)
30	COCKFOSTERS	3 - 2 (W)

JANUARY '24

9	COCKFOSTERS ****	2 - 1 (W)
13	ST PANTELEIMON	0 - 4 (W)
27	BALDOCK TOWN	2 - 2 (D)
30	STANSTED	0 - 1 (W)

FEBRUARY '24

3	LEVERSTOCK GREEN	2 - 1 (L)
10	DUNSTABLE TOWN *****	1 - 6 (W)
17	BIGGLESWADE UNITED	3 - 3 (D)
20	CODICOTE ****	4 - 3 (L)
27	HARPENDEN TOWN	2 - 1 (W)

MARCH '24

5	DUNSTABLE TOWN	2 - 2 (D)
9	MK IRISH	0 - 0 (D)
16	LEVERSTOCK GREEN	2 - 0 (W)
19	SHEFFORD & CAMPTON *****	1 - 1 (W) (PENS 6-7)
23	DUNSTABLE TOWN	5 - 1 (W)
26	COLNEY HEATH	1 - 2 (W)
30	SHEFFORD & CAMPTON	4 - 0 (W)

APRIL '24

6	TRING ATHLETIC *****	H
9	FC ROMANIA	H
13	TRING ATHLETIC	H
16	LONDON LIONS	H
20	SAWBRIDGEMOUTH TOWN	A

LADIES FIXTURE LIST

AUGUST '23

13	STEVENAGE	4 - 1 (W)
24	AFC DUNSTABLE	0 - 7 (W)

SEPTEMBER '23

3	BARKING	5 - 0 (W)
10	WROXHAM FC	2 - 4 (W)
17	BOWERS & PITSEA	0 - 1 (W)
24	ST ALBANS CITY	4 - 0 (W)

OCTOBER '23

1	HACKNEY WOMENS *	2 - 9 (W)
8	ROYSTON TOWN	4 - 1 (W)
15	KINGS LYNN	13 - 0 (W)
22	STEVENAGE FC *	4 - 0 (W)
29	NEEDHAM MARKET	3 - 1 (W)

NOVEMBER '23

12	BILLERICAY TOWN *	0 - 5 (L)
26	WOOTTON BLUE CROSS **	6 - 1 (W)

DECEMBER '23

3	BARKING	3 - 9 (W)
10	AFC DUNSTABLE **	0 - 2 (W)

JANUARY '24

14	HARINGEY BOROUGH	2 - 3 (W)
21	KINGS LYNN TOWN	0 - 9 (W)
28	WATFORD DEVELOPMENT **	11 - 2 (W)

FEBRUARY '24

4	NEEDHAM MARKET	1 - 3 (W)
25	WOOTTON BC RESERVES ***	17 - 1 (W)

MARCH '24

10	LUTON TOWN **	1 - 2 (W)
17	ST ALBANS CITY	1 - 2 (W)
31	WROXHAM FC	4 - 1 (W)

APRIL '24

7	HARINGEY BOROUGH	H
14	BOWERS & PITSEA	A
25	ROYSTON TOWN	A
28	LUTON TOWN	H

MAY '24

1	LUTON TOWN	A
5	STEVENAGE FC	A
12	AFC DUNSTABLE WOMEN	H
19	WROXHAM FC **	H

* FA CUP MATCH

** LEAGUE CUP

*** COUNTY CUP

MATCHDAY SQUAD



V



PIRATES

TYLER MCGREGOR (GK)

ALFIE BOZWARD (GK)

LEWIS BURGESS

JOE STEELE

TOM WOOD

MATT CLIFFORD

JAMES DUCKET

BRETT LONGDEN

OLLIE SWAIN

BEN WALSH

DREW RICHARDSON

LUKE KNIGHT ©

LEE WATKINS

CHARLIE SMITH

ARCHIE JONES

BEN STEVENS

EDDIE CORBIT

BEN FITZJOHN

ENIOLA AGEMOH-DAVIES

ALIE BANGURA

JOSH SETCHELL

MO AHMED

CLASTON GORDON

TOM HITCHCOCK

JOEY EVANS

MANAGER - ROB SINCLAIR

ASST. MANAGER - MARK DUCKET

COACH - PETER THORNES

GOALKEEPER COACH - IAN BROWN

PHYSIO - LOTTIE BURTON

KITMAN - GERRY MCCORMACK

TRING

CHARLIE BRADSHAW

NOAH BUTLER

GEORGE CARBERY

HARRY CORNICK

GREG DEER

DANIEL GOULD

JACK HARVEY

ELIJAH HEARN

FRANKIE HERCULES

MAX HERCULES

HARRY JONES

BENJAMIN KAKEMBO

HARRISON MEAD

GODLOVE OPPONG

JAMIE OVINGTON

HARRY SHEPHERD

LEE STOBBS

JOEL WHITWORTH

OWEN WILSON

MANAGER - RYAN STURGES

COACH - LEE GROVES

COACH - IAN RICHARDSON

COACH - MICK VIPOND

PHYSIO - HANNAH CHILDS

REFEREE - BEN COMPTON

ASSISTANT - JAMES MELLOR

ASSISTANT - ASHLEY NORRIS