

# THE WHITE PAPER

THE OFFICIAL MATCH DAY PROGRAMME OF **REAL BEDFORD FC**



# #2



**VS LETCHWORTH GARDEN CITY EAGLES**

TUESDAY 23RD AUGUST 2022

KICK OFF: 7:45 PM

ISSUE #2 // £2



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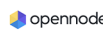
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# FROM THE DRESSING ROOM

Firstly I'd like to give a warm welcome to Letchworth Garden City Eagles directors, management, players and supporters.

Letchworth will be another tough test for us and bring us different challenges throughout tonight's game, but our focus is on being positive and getting the win.

Looking back to our first game of the season, I would like to thank everyone who turned up to support the boys. Going forward, your support will be massive for us, and I know all the team will greatly appreciate it.

It was a fantastic day, and it was a good start

on the pitch with us getting the three points.

Our first two fixtures have been positive, with us getting 6 points and scoring 10 whilst only conceding the one goal. I have mentioned previously no game in football is easy, so I'm extremely proud of everyone involved with the start we have had. It's now up to us as a group to keep the momentum going.

Once again, thank you for the support and keep getting behind the boys!

**Rob Sinclair,**  
**Manager**



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# FROM THE BOARDROOM

At the time of writing this, we are two games in with two wins and sit top of the league, but the print deadline means I must write this before Saturday's game against Burton. Hopefully, it will be another win.

I know what you are thinking, the table doesn't matter after two games, and you are right, but still, it is nice to see the name Real Bedford at the top.

When we took over the club, we had the vision to bring league football to Bedford, and we knew this would be a huge challenge. For our opening game against Rushden, we wanted to reward the players with a big crowd, and we had a record attendance of 273 join us at McMullen Park. Building a community around the club will likely be our biggest challenge but

also our most important goal. So to everyone who came down, bought a shirt or a burger and cheered on the team, I want to thank you for supporting us.

This weekend also sees Bedford Ladies and Girls kick off their season away against Harlow. I will be there, and I hope some of you can join us in supporting their campaign. We are one club but two teams and our goal is to help both bring footballing success to Bedford.

It will be a long season, but it could not have started better. Please feel free to contact me and the club if you have any suggestions or questions.

**Peter McCormack,**  
Chairman



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What a great start to the season. Two really strong performances, starting off at home in front of an amazing home crowd. As a player, a good crowd really pushes us on and makes it even more enjoyable when we win in front of our home fans.

Then on Saturday to go away in such hot conditions and to win so convincingly after a shaky start really does keep the momentum going. Scoring seven is amazing but the high standard that we set ourselves meant that we were disappointed we didn't get more and were frustrating that we conceded a goal as well. But the ball just bobbled over our keeper Tyler, and there was nothing he could do about it.

We do set ourselves very high standards and during our last team meeting with players and staff, we set out targets of what points we want to get. We put season into blocks of 4 games and assess how many points we should come away with per four games.

We obviously keep that target quiet because we might shoot ourselves in the foot if we don't achieve those targets – especially as

we are such a high profile club with so many people watching. But those targets will be kept in house and ticked off as we hit them.

I have been in many promotion winning teams and the team has to buy into what the managers do. Everyone has bought into what Rob and Ducks want to do here, which is so important. It's a great group and really close and it shows the morale we have after games – everyone stays and has a drink together.

Winning games keeps everyone happy and we know it's not going to be this straightforward all season – we will have bumps along the road but if everyone is together then it makes those bumps easier to ride out.

Our start has been amazing and training has been going in the right direction. Now we need everyone to stay focused and tick games off one at a time.

**Luke Knight,  
Captain**

**YOU'VE GOT THE**

**HASH**

**WE'VE GOT THE**

**CASH**

**NOT THAT KIND OF HASH...**

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The Eagles were founded in 1978/9 as a junior club known as Westbury United, based on the estate where most players lived. They later changed their name to Letchworth Garden City Eagles and now have over 600 registered junior players, in addition to a ladies team and 3 adult male teams

In 2006 the club completed new changing and clubroom facilities at its home ground of Pixmore Playing Fields, and facilities have been further improved as the senior teams of the club progress. A new lounge and bar opened in August 2016 and floodlights were erected in 2017. A second covered spectator stand was added in 2022.

In 2008/9 the club entered 2 adult teams in the Herts Senior County League for the first time in order to provide an exit route for its youth players.

In 2010/11 the team was promoted to the Premier Division of HSCL. They were league champions in 2018/19 season and promoted to level 6 for the first time for the 2021/22 season, competing in division 1 of the Spartan South Midland Football League. The 2021/22 season also marked another major change for the club with the replacement of the reserve side by an u23 team, and the completion of a development pathway by the introduction of an u21 side, enabling a smoother transition from youth football to adult level.

The club is an FA Charter Standard Development Club and in 2008/9 it was named as Herts FA Charter Standard Development Club of the year. It now has FA accredited status level 3.



# PLAYER PROFILE BEN MCGRATH

Ben McGrath is the engine of Real Bedford and this is his fifth season with the club.

**Full name:** Ben Mcgrath

**Nickname:** Macca

**Date of Birth:** 14 December 1997

**Place of birth:** Bedford

**Position:** Central Midfield

**Previous clubs:** Kempston Rovers

**Favourite team:** Liverpool

**Favourite player:** Steven Gerrard

**Occupation:** Dry liner





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**Buckingham Athletic 1-7 Real Bedford**  
**August 13th 2022**  
**Stratford Fields**

# SEVEN GOALS TAKES U

## **Match Report:**

### **Buckingham Athletic 1 - 7 Real Bedford**

Real Bedford maintained their 100% start to the season with a dominant display away to Buckingham Athletic.

Two goals from Dan Walker, Jordan Brown and Kevin Owusu and a goal for Rob Ducket followed Buckingham's opener and took Bedford to the top of Spartan South Midlands Division One.

With the temperature topping 33°C, both teams took time to settle into the conditions, and it was Buckingham who took the lead on 22 minutes. Striker Rory Busby broke free of

the Real Bedford defence and hit a shot that bounced over stand-in Bedford goalkeeper Tyler McGregor.

It was the first goal Real had conceded, but the team responded and pulled level after great work from Jordan Brown, turning the Buckingham defence before cutting the ball back to Kevin Owusu to slot home on 27 minutes.

Within two minutes, Bedford was in the lead, and again, Brown was instrumental. Rob Ducket put Brown clear of the Buckingham defence where he cut the ball back to Andy Sinclair, but after a rash challenge from the Buckingham defence gave Bedford a penalty. Dan Walker confidently stepped up to put the





ball in the bottom left-hand corner.

Brown was rewarded for his hard work with his own goal in first half injury time. The striker pounced on a mistake from the Buckingham defence and rounded the keeper, chipping the ball into the net.

Bedford got off to a blistering start to the second half hitting three more goals within three minutes of the whistle.

Firstly Rob Duckett headed home a cross from Dan Walker on 46 minutes. A minute later, Dan Walker got his second of the match, slotting home after Jordan Brown played him clear

before Brown also scored a second after excellent work on the wing from Kevin Owusu.

For Buckingham, it was a devastating start to the half, but they managed to hold up the defence until the 81st minute when Kevin Owusu scored his second of the game, a hard low shot from outside of the box.

It could have been much worse for Buckingham but the linesman flagged Tom Hitchcock offside after he smashed the ball into the back of the net.

The result sent Bedford to the top of the table and hopefully signals where the team will be in April.

**Real Bedford 3-0 Rushden & Higham United**  
**August 6th 2022**  
**McMullen Park**



# A BRACE FROM WALKER NETS ALL THREE POINTS

**Match Report:**  
**Real Bedford 3 - 0 Rushden & Higham United**

Real Bedford launched the league campaign with a home win against Rushden & Higham United at McMullen Park in front of a record crowd of 273.

After just two minutes, Owusu collected the ball from captain Luke Knight from the edge of the box and hit an unstoppable shot over the Rushden goalkeeper into the top right-hand corner. With the crowd settling down from Owusu's goal, Dan Walker doubled the lead.

Rushden responded to Bedford's fast start and nearly pulled one back in late in the first half as Ryan Lowell's edge of the box shot beat Kyle

Forster only to bounce back off the bar but Bedford continued to pressure the Rushden defence while the away team were restricted to long-range efforts as they attempted to get back into the game.

Bedford's dominance grew in the second half, with Dan Walker causing problems all afternoon for the Rushden Defence. And Dan's persistence was rewarded in the 75th minute when he coolly slotted his second into the bottom right hand corner.

It capped off an excellent afternoon for the Bedford striker, who proved a handful for the Rushden defence.





# YOUTH UPDATE

Soon it will be the turn of the youth to start their season and we can't wait to get going.

It's been a hot summer, the boys are starting to return from their holidays with preseason already well underway for most of our teams.

We are over subscribed in most age groups, which is a testament to our organisation, so we are actively looking for more volunteer coaches to give more boys the opportunity to play football.

At Bedford Park Rangers we believe in football for all and we're pleased to announce we will be working on project with the Refugee Council to offer support for boys who want to play football. Watch this space for more news.

We have started to take delivery of our new kit and with the help of Real Bedford we were able to design something that captured the heritage of Bedford Park Rangers but also ushered in the new era. Our players and coaches are extremely excited and cannot wait to start playing in it.

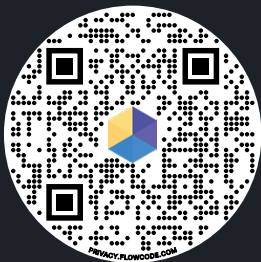
Feel free to reach out to me on [Chairman@bedfordparkrangers.co.uk](mailto:Chairman@bedfordparkrangers.co.uk) if you would like to learn more about how you or your boys can join one of our youth teams.

**James Allison,**  
**Chairman**  
**Bedford Park Rangers**



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# BEDFORD LADIES & GIRLS

Our Pre-Season ended with a good result in our final friendly. All four goals came from our youth players in the first team - Aliya Bhatti, Lauren Coppin, Destiny Pap and Weronika Kruszyna - three of whom are homegrown through the Bedford Ladies & Girls Youth Teams.

Our new players have gelled well with the team and have strengthened and added depth to our squad.

The season kicks off this Sunday away against Harlow Town at 2pm. The game will be a good test for us, as Harlow were relegated from the National Premier League, where we aim to be next season.

We continue to train hard and are feeling positive in the lead-up to this game. Let's go

**Zara Carroll,**  
Bedford Ladies and Girls FC

## BEDFORD LADIES 2022/23 FIXTURES

Harlow Town

Bedford Ladies



2<sup>nd</sup> Aug

VS



Bedford Ladies

Luton Town



2<sup>8</sup>th Aug

VS



Needham Market

Bedford Ladies



4<sup>th</sup> Sep

VS



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# SPARTAN SOUTH MIDLANDS LEAGUE FIXTURES 2022/23

AUGUST				
SAT 6	3:00PM	H	Rushden & Higham United	(W) 3-0
SAT 13	3:00PM	A	Buckingham Athletic	(W) 1-7
SAT 20	3:00PM	A	Burton Park Wanderers	
TUE 23	7:45PM	H	Letchworth Garden City Eagles	
SEPTEMBER				
SAT 3	3:00PM	A	London Tigers	
TUE 6	7:45PM	H	*Raunds Town	
SAT 10	3:00PM	A	*London Tigers	
SAT 17	3:00PM	H	Holmer Green	
TUE 20	7:45PM	H	Moulton FC	
OCTOBER				
SAT 1	3:00PM	A	Lutterworth Athletic	
TUE 4	7:45PM	A	Raunds Town	
SAT 8	3:00PM	H	Winslow United	
SAT 15	3:00PM	H	Rugby Borough	
TUE 18	7:45PM	A	Letchworth Garden City Eagles	
SAT 22	3:00PM	A	Northampton Sileby Rangers	
SAT 29	3:00PM	A	THE GLADWISH CHALLENGETROPHY Second Round	
NOVEMBER				
SAT 5	3:00PM	H	Raunds Town	
SAT 12	3:00PM	A	Thame United Reserve	
TUE 15	7:45PM	A	Moulton FC	
SAT 19	3:00PM	H	Eaton Socon	
SAT 26	3:00PM	H	London Tigers	
DECEMBER				
SAT 3	3:00PM	H	Northampton ON Chenecks	
SAT 10	3:00PM	A	Wellingborough Whitworth	
SAT 17	3:00PM	H	Amersham Town	
TUE 27	7:45PM	A	Amphill Town	
JANUARY				
MON 2	3:00PM	H	Langford	
SAT 14	3:00PM	H	Northampton Sileby Rangers	
SAT 21	3:00PM	A	Amersham Town	
WED 21	7:45PM	A	Eaton Socon	
SAT 28	3:00PM	H	Wellingborough Whitworth	
FEBRUARY				
SAT 18	3:00PM	H	Buckingham Athletic	
SAT 25	3:00PM	A	Rugby Borough	
MARCH				
SAT 4	3:00PM	H	Holmer Green	
SAT 11	3:00PM	H	Burton Park Wanderers	
SAT 18	3:00PM	A	Rushden & Higham United	
SAT 25	3:00PM	H	Lutterworth Athletic	
APRIL				
SAT 1	3:00PM	A	Northampton ON Chenecks	
SAT 8	3:00PM	A	Langford	
MON 10	3:00PM	H	Amphill Town	
SAT 15	3:00PM	H	Thame United Reserves	
SAT 22	3:00PM	A	Winslow United	

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# MATCHDAY SQUAD



V



## REAL BEDFORD

KYLE **FORSTER**  
VLADISLAV **HOLOVAN**  
ROB **DUCKET**  
JAMES **DUCKET**  
MICHAEL **FISHER**  
ANDY **SINCLAIR**  
JACK **UTTRIDGE**  
TOM **WOOD**  
BEN **WALSH**  
LUKE **KNIGHT (C)**  
BEN **MCGRATH**  
STANLEY **AYRE**  
TYRELLE **MCLEOD BENTLEY**  
JAMIE **SYLVESTER**  
HARRY **MURRAY**  
TYLER **MCGREGOR**  
MATT **CLIFFORD**  
FLYNN **BAKER-BOND**  
DAN **WALKER**  
TOM **HITCHCOCK**  
KEVIN **OWUSU**

MANAGER: ROB **SINCLAIR**

ASSISTANT MANAGER: MARK **DUCKET**

GOALKEEPING COACH: LOUIS **O'NEILL**

HEAD SPORTS THERAPIST: LOTTIE **BURTON**

KITMAN: JON **DARCEY**

## LETCWORTH GCE

RONNIE **BATES**  
KAIN **BROWN**  
DANIEL **CHARLES**  
SONNY **COUGHLIN-BROWN**  
HARRY **DOLLIMORE**  
FLAVIUS **DRESCANU**  
LUKAS **GERELTAUSKAS**  
NATHAN **GODFREY**  
NATHAN **HALL**  
LEWIS **HUNT**  
SAMUEL **JAMES**  
SHAY **KELLY**  
RICHARD **MARVELL**  
THEO **NOBBS**  
MICHAEL **PAYNE**  
LUKE **SHIMELL**  
MARK **SUMMERS**  
OLIVER **TROTT**

MANAGERS: MARVIN **SAMUEL** &

MATTY **FISHER**

SPORTS THERAPIST: NEIL **BITTING**