

THE WHITE PAPER

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



VS LUTTERWORTH ATHLETIC

SAT 1ST OCT '22
KICK OFF: 3:00 PM
ISSUE #5 // £2

#5



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FROM THE DRESSING ROOM

I'd like to give a warm welcome to Lutterworth Athletic directors, management, players and supporters.

Finally, we are back playing at McMullen Park on a Saturday, having not played here on a weekend since the first game of the season. Everyone is excited for what will be a really challenging game against Lutterworth.

Since my last notes, we've played three games, including a home win in the league against Moulton in which the boys were fantastic, producing a comfortable 5 - 0 win. We then had two trips to Amersham, one in The League against Amersham and one in The Division Cup against London Tigers.


Our first trip to Amersham in this short period was brilliant, and we came away with a 3 - 1

win; everyone performed to the best of their ability, and I was proud of the performance.

Our second trip on a Tuesday night wasn't at the level I expected from this group. We had our first defeat of the season, in which London Tigers fully deserved the win. We fell well below the standards we have set for the team and we got what we deserved. Everyone is looking to put this right tonight, get us back on track, and give the fans something to cheer about.

As always, I'd like to thank all the supporters, you have been unbelievable, so please continue to get behind the boys as you have in every game!

Rob Sinclair,
Manager



Ten3

FROM THE BOARDROOM

For a modern football club to be successful, it requires the infrastructure to support teams of all ages across men's and women's football. The senior teams drive revenue, but youth teams, with a pathway to senior football, build a community.

I was immediately aware of the importance of this, and earlier this year, we announced a partnership with the Bedford Park Rangers and Bedford Ladies and Girls. They are the Town's largest groups dedicated to women's and youth football.

However, I have become particularly focused on supporting the women's game. My daughter now trains with the under 13s, so I have seen how the game has developed for girls up close. Jill has done an incredible job building this in Bedford, and I am throwing my full support behind her.

The women's game has grown so much over the last decade. The success of the Lionesses in the Euros is a testament to the work done at all levels to expand the opportunity for girls to play football. I have also become a fan, regu-

larly watching WSL games, and have noticed how the game is different.

While competitive, the game is fairer and lacks much of the nonsense that has become part of the men's game. When I used to play Sunday League, you would often see someone roll around on the floor after a soft tackle, to which you would hear "stop rolling around like a girl", but the girls don't roll around on the floor, so perhaps if this does happen in a girls game, we should be saying "stop rolling around like a man."

On Sunday, I watched the ladies play away against Wroxham Women. Although we suffered a defeat, we have some outstanding players and the foundations of a great team are there.

The journey to Wroxham was over two hours and highlighted that they had bigger travel demands than the men. The lack of competitive teams in the ladies' leagues means more travel, which in turn means higher costs for the players.



With rising fuel costs, the minimum we can do is remove this financial burden and make sure they can focus on the match when they arrive at the ground. Therefore we have agreed to pay players their expenses. This comes on top of the new shirts and tracksuits we provided at the start of the season. Furthermore, we will manage their kits and refreshments and provide them with the same infrastructure the men get so they can focus entirely on their game.

Our intention is to treat the two teams as equal as possible, share ideas and breed a culture of success. Sport is about competition, and competition is about winning and losing. The pain of defeat is matched by the joy of victory. I am not here for participation trophies. I want Bedford to be known as a competitive footballing town, and I know my responsibility in supporting this. Yes, football should be fun, but show me a team losing every week, and I'll show you a team not having fun.

We have seen from the investments made into women's game from Premier League clubs

such as Manchester City, Liverpool, Arsenal and Chelsea that there is growing momentum. And the 53,000 fans who attended the women's North London derby show that there is demand.

What I hope is other clubs do the same. Clubs which do not have a ladies' team start one and create the pathway for young girls to be successful. I hope clubs ensure the ladies' teams are given good pitches to play on, high-quality coaching and financial support, which allows them to focus on their football.

From the fans to the physios to the mums who have washed our kits, women have always been part of the men's game, and the ladies' game is playing catch-up. For years they have supported us, so now it's our turn to give back.

So as you have supported the men's team, please come down and cheer on the ladies.

Peter McCormack,
Chairman

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CAPTAIN'S CORNER

It has been a mixed week for the lads. We faced two tough games against title contenders Moulton and Amersham and came away with six points. While Moulton was a convincing 5 - 0 home win, we showed real character away to Amersham, winning 3 - 1.

The dressing room is getting stronger. The arrival of Eddie Corbit has added creativity to the midfield, and Jim Burnside has brought experience and bite into our attack. Both have added to the dressing room's character, and our determination to succeed is infectious.

We train hard and go into every game wanting a win. While we know there will be tough games, and things won't go our way, we have set really high standards because we know this is required for success.

This week we experienced defeat for the first time this season, losing 2 - 1 away to London Tigers in the cup, which was a wake-up call for the lads. The performance wasn't good enough, and we know there is no room for complacency in the team. We have to ensure that we prepare right for every game and go on that pitch with the right attitude to win.

It is a testament to the lads that each one was buzzing to get back to training and prepare for Lutterworth. Winning our first nine games was an amazing achievement, but that wake-up call against the Tigers will make us stronger because we will have to be on our A game all season to win this league.

**Luke Knight,
Captain**

YOU'VE GOT THE

HASH

WE'VE GOT THE

CASH

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FROM THE PRESS ROOM

It has undoubtedly been a significant week for Real Bedford, experiencing their first loss in all competitions in a re-scheduled mid-week cup match away to London Tigers.

Despite not damaging the perfect record in the league, the loss could halt the momentum built up from the nine-game winning streak.

The defeat means that today's game is all the more important. It's a must-win match against mid-table Lutterworth Athletic, who come to McMullen Park having also crashed out of the league cup on Saturday against Rugby after being the first team to take points off Ampthill Town.

The response must come from the core leadership group, which hasn't been able to build on the field as much as I'm sure they would've liked due to injuries and suspensions.

Now that Knight, Wood, Hitchcock and Walker are all back and raring to go, Rob Sinclair will require them to be the catalyst in ensuring that Real Bedford responds with a convincing performance at home this afternoon.

This game is certainly not one to miss!

Will Roberts,
Real Bedford Commentator



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PLAYER PROFILE

Full name: Kevin Owusu

Nickname: Kev

Date of birth: 15th Feb 1998

Place of birth: Paris

Position: Winger

Previous clubs: MK Dons, Biggleswade United, Buckingham, Aylesbury Vale Dynamos, Winslow

Favourite team: Chelsea & PSG.

Favourite player: N'Golo Kanté.

Most memorable footballing moment: Scoring a hat-trick against Tottenham whilst still on trial at MK Dons. They signed me straight after.

Career highlight: Playing against Chelsea at Stadium MK

Occupation: Sports coach.

Hobby: Playing PS4.





BEDFORD HIT FIVE PAST MAKE IT SEVEN STRAIGHT

Real Bedford won again at home, putting five past Moulton in their toughest test of the season. With Ampthill and Northampton O.N.Chenecks both also winning, it is still tight at the top of the table.

Real Bedford faced their toughest test of the season against Moulton FC under the lights of McMullen Park. Despite good pressure from the away team, Bedford dominated the game, winning 5 - 0.

Newly promoted Moulton's have had an impressive start to the season and were sitting third in the table after five wins and only one defeat. The opening 15 minutes highlighted their pedigree, playing good fast football, and they should have been awarded a penalty early on. Real Bedford goalkeeper Tyler McGregor Clipped George Wingrove in the box, only for the referee to wave their appeals away.

Shortly after, Real took the lead, with Matty

Clifford scoring his first goal of the season. With Bedford awarded a free-kick just outside the area, Clifford stepped up and curled the ball over the wall into the top left-hand corner of the goal. It was a just reward for Clifford's consistent hard work this season.

Moulton may have felt hard done by going behind but continued to pressure Bedford without creating any clear-cut chances and ten minutes later found themselves two goals down after brilliant work from new signing Jim Burnside.

Picking up a cleared ball from a Moulton corner, Burnside ran the ball box to box before passing the ball out wide to Jordan Brown. The hat-trick man from Bedford's last game against Holmer Green became provider, turning Moulton's Cole Mason and squaring the ball for Burnside to bury into the empty net.

Bedford scored a third seven minutes later to cap an impressive first half. Rob Duckett headed



REAL BEDFORD FC TO GET FIVE IN THE LEAGUE

back a Moulton clearance to the feet of Jordan Brown in the box, who was tripped by Ben Jackson, leaving the referee no choice but to point to the spot. Tom Hitchcock converted the penalty and continued his scoring run, which has now seen him net four times in three games.

SECOND HALF

The second half continued much like the first as Moulton continued to play good football without creating many chances. The referee was also kept busy in an increasingly tense match, with eight players booked, including three sent to the sin bin.

Jim Burnside completed his brace in the 52nd minute. Bedford was awarded another free-kick to the left of the box from where Eddie Corbit curled one perfectly onto Burnside's head, who couldn't miss from six yards.

Moulton thought they had pulled one back in the 70th minute when Tyler McGregor parried Derrick Okoye's shot into the path of Wingrove,

but the Moulton player was offside, missing out on a deserved consolation goal.

Bedford made it five in the 89th minute in a move orchestrated by substitutes Raiqwan Joseph and Ty McLeod-Bentley. Ty picked up a through ball from Jordan Brown on the right wing and unleashed a first-time ball perfectly to Joseph, who somehow steered the ball into the net. You will have to watch the video below to figure out how he did it.

While Bedford proved too strong for Moulton, they are a well-organised group and will cause other teams difficulty. For Bedford, it was a job well done, and they maintained their 100% start to the season. It was equally impressive that they have won the last two games without Captain Luke Knight and top scorer Dan Walker, highlighting the depth of the squad that manager Rob Sinclair has put together.



BEDFORD PASS ANOTHER WINNING AWAY AT AMERSHAM

Real Bedford maintained their 100% record in the league in September with an impressive win at Amersham. With other league contenders playing cup matches, Bedford opened a five point lead at the top of the table.

Having beaten third-placed Moulton on Tuesday, Real Bedford faced another challenging game on Saturday against a strong Amersham. Just four days apart, these two fixtures were a real test for Rob Sinclair's side, and despite Dan Walker still sidelined through injury, Bedford followed the Moulton victory with another three points.

Amersham entered the game unbeaten in the league, having picked up four wins and two draws. With Lewis Putman already on ten goals for the season, Amersham signalled their intention for the league, announcing three new signings before the game.

On a much-improved Spratleys Meadow pitch since Bedford's last fixture against London Tigers, the

away side nearly opened the scoring in six minutes. James Ducket floated a ball into the Amersham box, which Kevin Owusu brought down and squared to Tom Hitchcock, whose shot struck the inside of the post and rebounded across the goal line.

With both teams eager to claim dominance, the game developed into a midfield battle with tackles flying in and both sides receiving bookings.

With few clear-cut chances, it took until the 37th for the deadlock to break, with Jordan Brown adding to his tally. A cross cleared from the Amersham box was headed down by Eddie Corbit to Owusu, who floated a ball over the defence for Brown to slot under the keeper from six yards.

With Bedford looking like taking the lead into half-time break, Amersham dragged themselves back level with a wonder strike from Lewis Putman. Jack Smith picked up a loose ball on the halfway line and played a first time ball to the edge of the Bedford box where the prolific Putman followed the ball over



Amersham Town FC 1 - 3 Real Bedford
24th September 2022
Spratley Meadow

OTHER TOUGH TEST AMERSHAM TOWN

his shoulder and hit a first time half volley over the Bedford goalie Tyler McGregor.

SECOND HALF

Both teams came out in the second half looking to take control of the game and it was Amersham nearly took the lead early on 47 minutes. Lewis Putman went for goal with a free-kick awarded 10 yards outside the Bedford box; the effort lacked power but bounced uncomfortably in front of McGregor, bouncing off his arm onto the bar and back into his hands.

With the game in the balance, returning captain Luke Knight scored his first goal of the season and put Bedford back into the lead. With Eddie Corbit fouled in the middle of the park, the ball broke loose to Owsus, and the referee played advantage. Owusu played the ball to the left-hand side of the box to Jim Burnside, who cut back and passed to Knight in the middle of the pitch. Thirty-five yards out, Knight, missing from the previous two games through suspension, drilled the ball past the Amersham

goalie and off the underside of the bar.

While Bedford had the lead, Amersham remained a threat and could have been level again on 77 minutes, but Smith's shot lacked power and went straight into McGregor's arms.

With Putman continuing to pose a threat, Bedford ended any hope of an equaliser with Jim Burnside continuing the impressive start to his Real career, finding his third goal in three games. A long ball from James Duckett found Burnside clear of the home defence; his shot struck the foot of Amersham's Jonny O'Sullivan and looped over the goalie.

While Bedford took all three points, Amersham showed the quality that will cause other teams problems, with stand-out performances from Putman, Barton and Brennan. For Bedford, taking all six points against Moulton and Amersham retains their position at the top of the table with 24 points.



REAL BEDFORD TASTE LONDON TIGERS IN THE

Real Bedford lost their unbeaten run, losing 2 - 1 away to London Tigers in the Division One Cup.

Real Bedford travelled to Spratleys Meadow for the third time in a month to play London Tigers in the Division One Cup. The match was rearranged after the football postponement following Queen Elizabeth's death.

After a successful week in the league, seeing off both Moulton and Amersham and taking a five-point lead at the top of the league, Rob Sinclair made several changes ahead of another demanding month.

Tom Wood and Matty Clifford were rested in defence, with Jack Uttridge coming

in for Clifford and Captain Luke Knight dropping into the centre of defence. The midfield also saw changes with James Duckett, Eddie Corbit, and Tom Hitchcock rested, with Andy Sinclair, Ben McGrath and Ryan Coyle all starting.

Bedford was well aware of London Tigers' pedigree after coming from behind to win 2 - 1 in the league earlier in the month, and this performance suggests that they will cause other teams difficulties this season.

The Tigers started strong and found themselves 1 - 0 up after 12 minutes after pouncing on a defensive mistake to put the home side ahead. And they could have doubled the lead six minutes later, hitting the inside of the post.



London Tigers 2 - 1 Real Bedford
27th September 2022
Spratley Meadow

THE DEFEAT LOSING TO THE DIVISION ONE CUP

Bedford had the opportunity to level the game just before half-time. With Jordan Brown fouled in the box, Jim Burnside stepped up to take the kick, but his penalty went straight into the hands of the Tigers' keeper.

SECOND HALF

While Tigers dominated the first half, Bedford dominated the opening 15 minutes of the second but could not turn possession into clear-cut opportunities. With Ty McLeod-Bentley introduced for Ryan Coyle, Bedford was able to stretch the game and were increasing pressure from the wings.

As the minutes ticked on, Rob Sinclair made changes, introducing Harry Murray and Tom Hitchcock. Despite the Bedford

pressure, London Tigers would score the next goal. Taking advantage of a defensive mix-up, they went 2 - 0 up, and Bedford's unbeaten run was now seriously under threat.

As the game entered the 80th minute and with the game looking gone, Ty McLeod-Bentley pulled one back for Bedford. Breaking free down the left, he crossed into the box, but the ball went straight into the net, giving the visitors an opportunity of taking the game to penalties.

Bedford could not find a second goal, and the home side were worthy winners. Well played Tigers, and good luck in the next round.

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FROM THE TREATMENT ROOM

It has been amazing to be a part of the Real Bedford journey, and it is the perfect time to reflect on an epic start to the season.

It is my first season on the other side of the pitch. I grew up playing football, and it was a dream of mine to run on the pitch as 'Phys' with the 'magic sponge' (it does work, by the way!).

I became even more passionate about sporting injuries when I suffered a few myself. I hung up my playing boots after a serious knee injury and surgery in 2016. I graduated from University and started my business Better Bodies Sports Therapy, a private injury clinic with two locations in Bedford and Sandy.

Rob approached me about joining the team before the pre-season. After kicking a little self-doubt, I jumped head first into the opportunity and haven't looked back since. It has been hectic, a huge learning curve, and slightly overwhelming at times, but I've loved every moment.

As a team, we are passionate about football, and we want to achieve great things, and I am a perfectionist, so it has helped me to be part of an incredible management team that works tirelessly behind the scenes.

No one wants to miss playing time through injury, but in football, unfortunately, they are inevitable; hey, I'd be without a job if we didn't have any! The 'Phys' room may have been busy, but it's been great to see players complete their injury rehabilitation and return to playing, fitter and stronger. That's why I love my job.

I cannot thank Pete, Emma and Tom enough for their continued help and support. They have gone above and beyond to ensure I have everything I may need to do my job and do it well, so thank you.

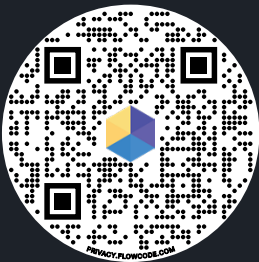
Here's to the rest of the 2022/23 season; I'm excited to see what we can achieve.

Lottie Burton
Head Sports Therapist



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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	(W) 1-2
TUE 23	7:45PM	H	Letchworth Garden City Eagles	(W) 3-0
SEPTEMBER				
SAT 3	3:00PM	A	London Tigers	(W) 1-2
TUE 6	7:45PM	H	Raunds Town (Gladwish Challenge Trophy)	(W) 9-1
SAT 17	3:00PM	A	Holmer Green	(W) 1-4
TUE 20	7:45PM	H	Moulton FC	(W) 5-0
SAT 24	3:00PM	A	Amersham Town	(W) 1-3
TUE 27	7:30PM	A	London Tigers (Division One Cup)	(L) 1-2
OCTOBER				
SAT 1	3:00PM	H	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	Moulton FC	
SAT 29	3:00PM	A	Aylesbury Vale Dynamos (Gladwish Challenge Trophy)	
NOVEMBER				
SAT 5	3:00PM	H	Raunds Town	
SAT 12	3:00PM	A	Thame United Reserve	
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	Ampthill Town	
JANUARY				
MON 2	3:00PM	H	Langford	
SAT 7	3:00PM	A	Northampton Sileby Rangers	
SAT 14	3:00PM	H	Northampton Sileby Rangers	
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	Ampthill Town	
SAT 15	3:00PM	H	Thame United Reserves	
SAT 22	3:00PM	A	Winslow United	



THE AWAY TEAM

Lutterworth Juniors and Youth Football Club was established in 1983 to provide the children and youth of Lutterworth and surrounding villages with the opportunity of playing local league football, at the same time learning both physical and emotional skills and disciplines and, of course, having lots of fun. When the first crop of players graduated to senior football in 1993 Mick English-Terry Waterfield-Steve Rendell set up Lutterworth Athletic, and there has been no looking back for the past 22 years with 5 promotions and 5 local cup final appearances.

In 2013 Lutterworth Athletic moved to the United Counties League from the East Midlands Counties League and finished a very creditable 5th in their first season in Division 1. Athletic then continued to progress, finishing 4th, missing out on Promotion by just 1 point, as well as reaching the semi-finals of the Knock-Out Cup. However, the last few seasons have not been as productive, with three mid-table finishes, and despite winning the UCL Reserve Division at the first time of asking in 2016-17, have seen us having to disband the Reserve Team.

Season 2018-19 saw some significant change at the Top, with Long Term Manager Mick English stepping aside and being replaced by Jordan Halford, a Local manager, which saw the club return to its founding principles of providing football for local players, and this saw the club return to having relative success with the

club finishing 6th, the highest finish in 4 years. However, Jordan Halford resigned prior to the 2019-20 Season and was replaced by our current manager Ross Blockley, a well-known figure in Leicestershire football, who became manager after spending two years as manager of our Youth Team. However, his first two seasons in charge were blighted by the COVID Pandemic, and so despite being at the club for three years, his first full season in charge saw the club finish in 16th Position.

For the 2022-23 Season, the FA moved us from the United Counties League into the Spartan South Midlands League, and we are looking forward to a fresh challenge and meeting new friends, as well as reacquainting ourselves with some old ones.

In 2017 Lutterworth Athletic became a Registered Charity.

FA Charter Standard

The Club have been accredited as a FA Charter Standard Club since the 1st February 2019 after having allowed it to lapse in 2017. The Charter Standard provides recognition by the FA to clubs that are well run and sustainable, with Child Protection and Safety paramount. It also recognises a clubs commitment to coaching, player and coach development, and raising the standards of behaviour in the game.

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MATCHDAY SQUAD



V



REAL BEDFORD

TYLER **MCGREGOR**
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**
JIM **BURNSIDE**
HARRY **MURRAY**
EDDIE **CORBITT**
MATT **CLIFFORD**
FLYNN **BAKER-BOND**
DAN **WALKER**
TOM **HITCHCOCK**
KEVIN **OWUSU**

MANAGER: ROB **SINCLAIR**
ASSISTANT MANAGER: MARK **DUCKET**
GOALKEEPING COACH: IAN **BROWN**
HEAD SPORTS THERAPIST: LOTTIE **BURTON**
KITMAN: JON **DARCEY**

LUTTERWORTH ATHLETIC

MAX **HARBIN**
CHARLIE **ADCOCK**
JESS **ADCOCK**
WILL **BLOCKLEY**
BILLY **BOWES**
OLI **BRADSHAW**
SAM **BURTON**
CHARLES **BUTLER**
JON-JO **CLARKSON**
DANIEL **COLES**
JAKE **GARDNER**
TYLER **GARRARD**
HARRY **HOPKINS-TAMBLYN**
JORDAN **MCCOURT**
LEWIS **MCCLEAN**
NKOSINATHI **NCUBE**
ALEX **RHODES**
JOE **TAYLOR**
KYRAN **TAYLOR**
FIN **THOMAS**
KIAN **TODD**

MANAGER: ROSS **BLOCKLEY**
COACH: NICK **INGRAM**
COACH: SAM **SMITH**
PHYSIO: CHARLOTTE **NUNN**