

# THE WHITE PAPER

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



**VS RUSHDEN & HIGHAM**

SATURDAY 6TH AUGUST 2022  
KICK OFF: 3:00 PM  
ISSUE #1 // £2



# #1





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# FROM THE DRESSING ROOM

Firstly I'd like to give a warm welcome to Rushden & Higham United directors, management, players and supporters.

I am extremely proud to be managing Real Bedford, which is a club with exciting plans and a huge desire to achieve great things. I'd like to give a big thank you to the committee - Pete, Tom and Emma. Since I have been appointed I couldn't have asked for more, the support they've shown me, the staff and the players has been nothing short of incredible.

I believe we have assembled a group that can achieve a lot this season.

The team behind me is brilliant and they are people I trust and have huge belief in. We have a group of players that will give everything for the football club and most of all a group of really good honest people.

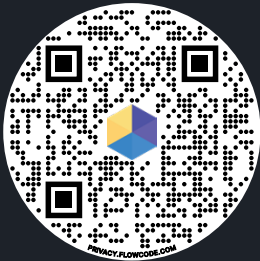
To everyone who supports us, I can't thank you enough and I hope we give you a team you can be proud of.

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



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# CAPTAIN'S CORNER

I'm excited to be captaining such an exciting team. Rob and I are great friends and worked together at Eynesbury. We've brought a lot of that squad to Real Bedford so we can really hit the ground running here.

We have one ambition for this season and that is to be crowned champions. There isn't an option of ending second, we are going to win the league.

As captain, I will do my utmost to get this club promoted, and from me, to the manager, to the squad – we all have the right mentality to achieve that goal.

I'm lucky enough that I have won promotion a

number of times in my career and I have experience of how to guide a team to win the title.

Coming here was not about the level we are playing at but the project itself. The people within the club and the atmosphere around the club means it's a pleasure to come in on a training day, and spend time talking to other players and the backroom staff.

And now I can't wait for us to kick off the season against a strong Rushden & Higham side.

**Luke Knight,**  
**Captain**

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**Dear supporters,**

I hope you are all as excited about this coming season as I am. At the end of last season we set out to appoint a new manager as quickly as possible. We wanted to find someone who understood our mission and Rob Sinclair ticked every box. I'd like to say a massive thanks to Rob and his team for their hard work over the summer building and preparing the team.

We have been very clear on what our goal is, we would like to bring league football to Bedford. As a town with close to 200,000 people we deserve league football and we will do everything we can as a club to make this possible.

We also want to grow football in Bedford at all levels and were pleased with the two partnerships we agreed on over the summer. Firstly, we have partnered with Bedford Ladies & Girls FC, and their senior team will now play their home games at McMullen Park. We have also partnered with the Bedford Park Rangers,

the largest youth setup in Bedford. We are looking forward to working with all the teams to help drive success on the pitch as well as increase the opportunity for boys and girls across Bedford to play football.

Finally, I want to thank you. One of our biggest challenges is building a support base in Bedford, an important component of a successful club, so I'd like to thank you for being part of this journey with us.

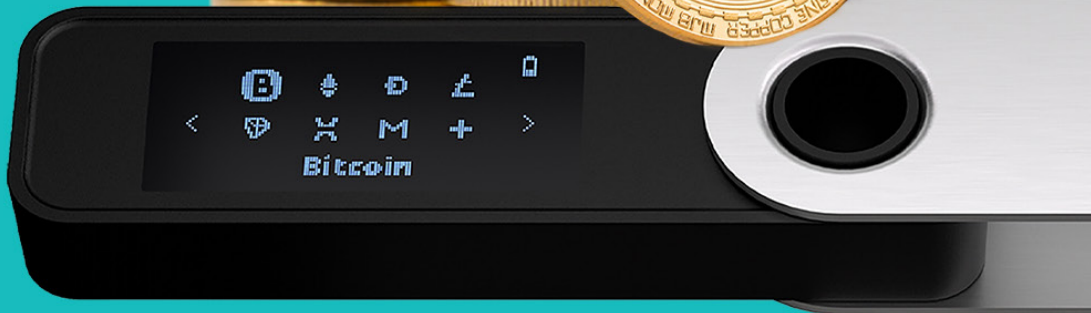
Our doors are always open and we welcome ideas. Please feel free to reach out to me and the club if you have any suggestions or questions.

Thanks,

**Peter McCormack**  
Chairman

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It's very exciting to see the dawn of a new season, even more so after what has been a progressive and promising pre-season showcasing what looks to have been some nifty deals done by new manager Rob Sinclair and his coaching team.

Players such as Tom Wood, Harry Murray, Tom Hitchcock and Kevin Owusu have all shown elements of what they are capable of throughout the pre-season games, something I hope the team are able to replicate once this new season gets underway.

It is also good to see some continuity running through from last season. Kyle Forster, Michael Fisher, Tyrelle McLeod-Bentley and Ben McGrath are all being handed key roles in Sinclair's new set-up having impressed over the course of the last campaign.

As well as all those experienced heads, there

are still many teenagers being given the opportunity to push for places in the starting squad and express themselves early on in their footballing careers.

Off the field, the club is looking fresh and reborn; it seems as though a lick of paint around the ground has done a world of good! A must-visit venue for the year ahead which looks to be a challenging fight against some top-class teams within the league. Exciting times for Real Bedford!

**Will Roberts**  
**Real Bedford Commentator**



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# PLAYER PROFILE

Our captain Luke Knight celebrates his birthday with us on the opening day of the season. Here we learn a little more about him.

**Full name:** Luke Knight

**Nickname:** Knighty

**Date of Birth:** 6 August 1988

**Place of birth:** Luton

**Position:** Central Midfield

**Previous clubs:** Biggleswade, St Ives, St Neots, Kettering, Cambridge City, Slough

**Favourite team:** Chelsea

**Favourite player:** Frank Lampard

**Most memorable footballing moment:** Watching Chelsea win Champions league

**Career highlight:** Captained St Ives to promotion into the Southern Premier League

**Occupation:** PE Teacher

**Hobby:** Playing golf

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# YOUTH UPDATE

As the new chairman of Bedford Park Rangers Youth Football Club, one of my first priorities was to build on the great foundations left by our former chairman Andy Rounding. The aim is to establish a channel for our young players to find a route into adult football.

Since 1978, Bedford Park Rangers has been providing football for the young people of Bedfordshire. We continue to build a fantastic community of coaches, players, parents/carers and volunteers. These sit at the heart of what we do as a community amateur sports club.

In the last 18 months, we have expanded to 20 teams enabling us to provide youth football for over 200 children.

As a club, we believe in football for all, and I am very excited that we have partnered with Real Bedford FC, which will help facilitate a transition from youth to adult football.

Our club, will benefit from a close relationship with Real Bedford's team. This will provide the resources enabling us to grow further, whilst ensuring we can continue to provide an enhanced and enriched experience for our youth.

We are very excited to be embarking on this journey with Real Bedford FC, and we eagerly anticipate the start of the new season.

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

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Bedford Ladies and Girls FC has partnered with Real Bedford and will be playing their home games at McMullen Park on Sundays

We are delighted to have made this partnership with Real Bedford, and we are very excited for the future of both of our clubs as we prepare for the new season. One element of this partnership is that the Ladies First Team will play their home fixtures at Real Bedford's McMullen Park and we will have use of the great facilities the club has to offer. This is a huge benefit for our first team, which has spent too long being bounced from ground to ground. Real Bedford's commitment to the Ladies' team will really help us in our push for promotion this season.

And luckily we have been able to retain most of

our original team including our star striker Natasha Fensome, the league's top scorer again last season, who has been targeted by many other clubs. We have also bolstered our squad with some great new additions, including Katie Hunter who has joined us from Leicester and looks set to have a brilliant future with us.

Our excellent mixture of youth and experience will stand us in good stead for the season and we can't wait to get going.

To learn more about ladies football, from under-8s to the adult game, contact [info@BedfordLadies-girlsfc.org](mailto:info@BedfordLadies-girlsfc.org).

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

# SPARTAN SOUTH MIDLANDS LEAGUE

| AUGUST    |        |   |  |  |
|-----------|--------|---|--|--|
| SAT 6     | 3:00PM | H | Rushden & Higham United                    |  |
| SAT 13    | 3:00PM | A | Buckingham Athletic                        |  |
| SAT 20    | 7:45PM | A | Burton Park Wanderers                      |  |
| TUE 23    | 3:00PM | 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    | 3:00PM | A | Letchworth Garden City Eagles              |  |
| SAT 22    | 3:00PM | A | Northampton Sileby Rangers                 |  |
| SAT 29    | 3:00PM | A | THE GLADWISH CHALLENGE TROPHY 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    | 3:00PM | 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 SQUADS



V



## REAL BEDFORD FC

KYLE FORSTER  
VLADISLAV HOLOVAN  
ROB DUCKET  
JAMES DUCKET  
MICHAEL FISHER  
ANDY SINCLAIR  
JACK UTRIDGE  
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: LEWIS O'NEILL  
HEAD SPORTS THERAPIST: LOTTIE BURTON  
KITMAN: JON DARCEY

## RUSHDEN AND HIGHAM

BEN WESTWOOD  
JORY MANN  
BEN AIDULIS  
DAVID HUNT  
AUSTIN BISHOP  
MITCHELL SHARPE  
ALFIE TAYLOR  
RYAN LOVELL  
HARRY ARUNDEL  
JAKE REYNOLDS  
LEWIS MCMAHON  
LUGA WHITEHEAD  
BEN WATFORD  
RYAN KNOWLES  
LOUIS GRAY  
JAYDEN CARTER  
BEN PEAKES  
HARRY LAWRENCE

MANAGERS: JORY MANN &  
AARON CORMACK  
COACH: MARK FORREST