

THE WHITE PAPER

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



VS THAME UNITED RESERVES

SAT 15TH APR '23
KICK OFF: 3:00 PM
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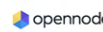
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FROM THE DRESSING ROOM

I'd like to give a warm welcome to the Thame United Reserves directors, management, players and supporters.

Wow, what an amazing season this has been. I have so many people to thank for this incredible journey, but firstly to the players, what a special group they are. They have been a pleasure to work with, and I can't thank them enough for their commitment and hard work. They should be proud of what they've achieved this season. Thank you boys. Enjoy being a champion. Love football, and football loves you back.

Onto the staff - Mark, Ian, Lottie, Gerry and Pete Thornes. The support you've shown me and the work you've put in have been remarkable. Thank you. All the players and staff families who have shown us incredible support this season haven't gone unnoticed either, so thank you.

Thanks to my family, who support me and have come to every game. Chantelle, who has to live with me talking about football every day and speaking to Pete and Mark all day and night, your support has been amazing.

Big thank you to Pete, who gave me this won-

derful opportunity. I see how hard you work every day to build this amazing community club. The ridiculous number of phone calls or messages we exchange daily is because you want what's best for this town. Thank you Pete. Emma and Tom, who are by Pete's side, also work tirelessly. You've been amazing and have been a huge part of making this football club so special to work at.

Thank you to all the volunteers who turn up every week to support us and help. A football club doesn't work without its volunteers. You are a special group of people.

You, the fans, thank you. None of this is possible without the support you have given us all. We've had attendances touching 300, which is rare at step 6. Please keep coming and talking about this amazing football club in the town. We all have one goal: to keep being successful and build a successful community club.

I hope everyone has a great day and enjoys the celebrations.

Thank you.

Rob Sinclair,
Manager



FROM THE BOARDROOM

A few weeks ago, I was invited to the Boat Race by our sponsor Gemini to ride on the launch boat. We were joined on the boat by the race alumni, and I asked one previous winner what it was like to win the race, she said to me that it was a relief, and I now know what she means.

When I entered the world of football, I made some pretty bold claims, and whether you took my pitch of getting Bedford to the Premier League seriously or not (I was), this project requires promotions. Now that we have completed our first one, I mainly feel relieved that our season ends with what we set out to achieve and that we can now get to work on planning next season.

I have received so many lovely messages congratulating me on winning the league, but the truth is, this league title was won by Rob, his team and the players. They did this. They turned up week in and week out and won the games required to bring the title home.

Having completed an entire season, I now understand what people meant when they said that winning leagues is hard. While a good budget can help, it does not guarantee success. We have dropped points this season in games that we were expected to win, and if we had not bounced back from these results, we could have been facing the playoffs. Winning leagues is hard because there are always teams chasing you down. It requires a relentless dedication to winning, which our team has displayed.

I have a lot of people to thank, and I have no doubt I will forget many. Firstly I want to thank my Gaffer, Rob Sinclair. When I met Rob, I knew he was the man for this project and offered him the job immediately, but I was

also clear that his goal was to win the league, and he has delivered. People who know me know how hard I work, and with Rob, I have met someone with a similar dedication to success. So many times, we have been texting at 2am discussing everything from players we want to sign to the state of the pitch. Real Bedford has the most exciting manager in non-league football, and I can't see we can achieve together next season.

I also want to thank Ducks for his brutal honesty, he never shies away from giving me a serving of truth, and I've often had to accept what he's telling me and adapt humbly. I also need to thank the rest of his team; Brownie and Lottie have dedicated themselves to the team, sacrificing their personal time to help deliver this project. And who can forget my old man Gezza? He came over for Christmas, and I asked him to be our kitman and stay until the end of the season. His support has been invaluable to me.

I can't speak more highly of the team of players who won this league. I don't want to pick anyone out because the team did this together, but I want to thank our captain Luke for leading the team to this title. Luke leaves nothing on the pitch, and despite most of them being penalties and arguably a couple of his goals probably being own goals, he hit the target he promised me for the season.

I need to thank my team. Firstly Tom, who has been beavering away on all the essential infrastructure requirements for a growing club and apologising to the various football authorities after I politely explain why I think they are doing things wrong. Also, I need to thank Emma, who essentially runs my life and makes me a better and more organised human. The amount of stuff



she does to allow me to operate my various companies is insane. She never lets me down and has proven capable of being the next Karen Brady.

I want to give a special thanks to our commentator Will who has delivered his unique commentary on the live streams and has become a favourite of the international supporters. Not only that, but he does our pre and post-match interviews and writes our match reports. So good has he been that I have offered him a full-time job and thankfully he has accepted. Also, a quick note to thank my podcast producer, Danny, who has ran the show while I have been focused on the club. Despite supporting Man United, he's alright.

I must give a massive shoutout to our groundsman Mudge who has worked tirelessly to keep the pitch playable and is often out in the rain ensuring matches are not postponed. Mudge is an essential member of the team, and his work has been invaluable to Real Bedford.

None of what we have achieved could be done without the volunteers who support our match days, but specific mentions are needed for Wendy and her fantastic cooking for the team, Karen for being there every game and Emma's boy Seb for running the gate. But so many other volunteers help in the background. Thanks, I love you all.

I also need to thank the fans, all of you, from those who come to support us home and away to the crazy international following we have built up. Our home crowds have grown from an average of 50 last season to 180 this season, with three crowds of just under 300. A growing following is required to get us towards sus-

tainability. We need this to keep growing, our big focus next season. Our international following is insane. This week we have people flying in from all over the world to watch us and have hundreds tuning in each week to the streams. You're all mad, and I thank you so much for getting behind this project.

I need to thank our sponsors because their support has allowed us to invest in the team and the infrastructure, so Gemini, Hut8, Ledger, Fortris, Compass Mining, Casa, BCB Group, Luxor, OpenNode and Ledn, thanks. Honestly, thank you so much for supporting this vision.

Lastly, I need to thank my family for their support. My sister Lorraine has come up so many times to help volunteer behind the bar, and my brother would have come more, but for the great work, he does supporting youth rugby in his home town. My ex-wife, Clare, for having the kids whenever I need to deliver this project and to my children, Conor and Scarlett, for your help on match days and putting up with a father who doesn't shut up about football.

So what now? Well, I am going to enjoy Saturday, celebrate this win and then on Monday, I am back to work. We have another title to win, and I will meet with my manager Rob to figure out how we do it.

I love this town. LFG Bedford!

Peter McCormack,
Chairman

HACKED. STACKED.

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CAPTAIN'S CORNER

We did it, we won the league!

When Rob took over as manager of Real Bedford and built the squad, he got us all together at the start of the season to set out the goal and expectations. The chairman was very clear with Rob, promotion was the primary goal and he would back him with the support and resources required.

When Rob put together the squad, I already knew many of the players, and I knew that we had players capable of winning the league. But winning a league does not just come down to technical ability. Many good teams have failed to win leagues, whether it is bad luck, a lack of togetherness, a poor management team or mental strength.

Winning leagues is hard. In our division there is only one spot for direct promotion and the next four go into the play-offs where anything can happen.

We got off to the perfect start with 11 straight wins, before we lost at home to Rugby Borough. We bounced back from that defeat with another 8 straight league wins. This set the standard for the season, whenever we lost, we bounced back. When we lost to Langford we came back and beat Chenecks and after drop-

ping four points against Wellingborough and Amersham, we came back and beat Rugby away and went on another run of 7 straight wins.

This relentless winning energy is what won us the league, whenever a challenger for the title had a sniff of closing the gap, we came back strong. Without hard work, togetherness, honest conversations and mental strength, we could have fallen away at any point. Chenecks and Rugby ran us hard all season and would have pounced on any opportunity, we didn't give it to them and that is commendable work from all the lads.

I have so many people to thank and I'll forget loads. Firstly my friends and family for supporting me all year, to the fans who have come week in week out, to the chairman, Emma and Tom, to the gaffer and his team and to the lads who have delivered relentlessly this season.

We will enjoy the next two games and the summer break before prepping for next season to go again.

Up The Pirates!

**Luke Knight,
Captain**



FROM THE OFFICE

Earlier in the week, a draw with Amptill was enough for us to clinch the title – 13 points clear and with two games to spare. Our cup final next week could see us do the double. It's plain to see that all the hours of training, the opposition research – all the hard work that Rob, Mark and the team have put in over the last nine months have paid off. Mission accomplished.

It's incredible to think that this mission only began less than a year ago. Off the pitch, we have made extensive and much-needed renovations to the clubhouse and grounds, including new roofing, electrics, pipework, drainage and the building of a management office, store room, and treatment room for Lottie, our physio. The stands have had a lick of paint and new chairs put in, the water tower has been brought back to life and had a makeover, and of course, some decorative work has been done to the player's tunnel.

This summer will see a major pitch renovation, spearheaded by Groundsman Jack, who has made McMullen Park one of the best pitches to play on – not just in our league, but it is now a pitch that would compete well, several leagues above too. And Jack has ensured it is playable in nearly all conditions.

Also, this summer, we will see the installation of new LED floodlights and a new stand, ensuring we are in good stead for Step 5 football. And finally, a new 99-year lease has been signed with the council ensuring McMullen Park will be part of the Real Bedford framework for many years to come.

The relationships we seeded with other local grassroots clubs last year have blossomed,

and those relationships will deepen for the next season showing Real Bedford's commitment to youth and women's football. New relationships will be forged as conversations with other teams and community groups continue.

But as well as all the physical development and the on-pitch victories, other successes have been the learnings we have made and the relationships we have built on this journey. It's no secret that many of us at Real Bedford had little experience running a semi-professional football club. But I have quickly discovered that part-time football is a full-time job – with a lot to learn. The patient support of our players and management team, the Spartan South Midlands League, The Bedfordshire FA, and the officials from many other local clubs – that have all guided me, has been hugely valuable. Those learnings have been huge, and in that short year, I have learnt so much, so thanks for that support, and of course, the support from the fans here in Bedford and around the world who have given tips, provided suggestions and made the whole process a thoroughly enjoyable experience.

It's easy to argue that a cash injection can win a league, but a club is more than just its team. From the facilities and infrastructure, local partnerships and community outreach to international marketing and club branding, Real Bedford is built on solid foundations, and I expect our team to go much further.

Tom Pattinson,
CEO



FROM THE CLUBHOUSE

Where has the season gone? Rewind a year when I knew very little about football and running a club, and look how far we have come, achieving the goal we set out to achieve, winning the League. It has been such an incredible year.

When Pete asked me to get involved with Real Bedford, I knew I was entering a male-dominated environment, but I think I've held my own. However, having Rob and Mark on hand to give the best advice and guidance along the way has been so helpful.

Over the season, I have taken on more responsibilities at the club, and Peter has made it clear that he needs this to continue. Recently, I was lucky to attend an event at Watford Football Club a few weeks ago, catching up with the Commercial director Paul O'Brian and looking back on our year and what we set out to do. I got to meet various people across the football network and have been invited to a Woman in Football Association event. It is exciting to see where this adventure is taking me.

Thank you again to everyone who gave up their time to come along and help as volunteers, Karen, Wendy, Mark, Jim, Lorraine, Jacek., my son Seb and Peter's children Conor and Scarlett, you've all been the best support, and we really couldn't do it and make it happen without you all, so thank you.

Getting to know the team has been an enormous pleasure; they are a great bunch of lads. I have watched their highs and occasional

lows and have been impressed with their dedication this season.

Rob, Mark, Ian, Brownie, Gerry and Mudge - what a team. Your hard work and dedication have inspired me, and I hope I have supported you well.

I've been told many times to enjoy every second of the celebrations, and these are such wise words. Winning the League and celebrating last weekend, I couldn't have been prouder to be part of something so special with the most amazing people. I'm still buzzing from it all.

Thank you to Seb for putting up with a stressed mum now and again, giving up all our weekends to make this all happen. Lastly, thanks to Peter and Tom, I know how hard we have all worked. Thank you for putting up with my sweat, tears and tantrums. It's been worth every second.

Peter, thank you for all your guidance over the past year and all the trust you put in me, we've come a very long way, and it's only the beginning. I am looking forward to a short break. Meanwhile, next season's planning begins, so let's go and do it all again next season. LFG!!

Emma Firman,
COO

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The last time I wrote in the programme, I explained how I had no desire to get back involved in football. Life was good, and my business was doing well. I certainly didn't need the distraction of football again, so it would have to be something special for me to get involved again. When Rob got in touch, I was happy to take the call but expected to thank him and decline any offer. But when Rob explained his and the chairman's vision, I knew this was an opportunity I had to be part of.

Real Bedford is run in a way I have never experienced, not just at this level but at any level. Many clubs have the ambition of playing league football, but the chairman and his team have a real plan that can deliver it. The level of ambition is met with professionalism that clubs at much higher levels can't match. Everything from the business side to the international outreach to the support given to the first team has been far beyond what I expected, and this has all played a part in allowing Rob, me, the rest of the management team and the players to focus on the goal of winning football matches.

Don't be fooled by the praise that is coming in now. Everyone wanted us to fail. Pete came into football like a freight train, and like others, I didn't know what to make of him, but he said from day one that Bedford should have a team in the football league, and he is going to do everything to make it happen. While others on the outside doubt him, and many want him to fail, he is the real deal, he loves this town, and I believe he will do it.

Now we have won the league, it is important to thank everyone involved. Firstly I want to

thank Emma and Tom, who work alongside Pete. Nothing is too much, and with little experience in football, they have adapted to the demands of running a successful team, structurally making my job easier. I also want to thank the volunteers, who are the lifeblood of a match day. They ensure that our home matches run without issue, helping the fans have a great experience.

Now to the players, the exceptional squad that Rob has built. From those signed at the start of the season to the new signings who have helped us over the line, they have been nothing short of amazing. Without everyone pulling in the right direction, none of this would be possible, and I believe this is the first of many trophies and promotions for this football club. There is no limit to how far Pete can take this project.

There have been highs and lows. We lost Walshy to a serious injury pre-season, were ejected from the Gladwish for a clerical error and experienced suspensions at crucial times. Still, we have won the league and have a cup final next week.

I want to finish by thanking the gaffer, Sinco, for giving me this opportunity. Despite the claims of why I took the role, the truth is I took it because I have a passion for helping teams improve on the pitch, and this was a project where I knew I could make a difference, and Rob has given me all the support I need. I'm looking forward to going again next season, but everyone has earned a deserved rest right now.

Mark Duckett,
Assistant Manager



FROM THE PENALTY BOX

Good afternoon everyone. So glad you could be here on such a wonderful day for the club.

Football seasons can be long and tough, especially in non-league football, but days like today make it all worth it. To win a league at any level needs lots of things to work, but the togetherness of players and staff and a strong foundation are essential, and Real Bedford has all of that and more.

To come in early in the season and to see and be a small part of what Peter, Rob and all the staff have put together has been an absolute pleasure. All the players have bought into what Rob wants to do on the pitch, and how they

have implemented it across the season has been a joy to watch, and I am so glad to have been part of it.

Everyone at the clubs needs to enjoy every bit of this success as it such a fantastic achievement, going into every game knowing you have a target on your back because everyone wants to beat you and to still overcome all that and win the league shows what these boys and this club are about

Enjoy today, and I look forward to next year and continuing the journey

Ian Brown,
Goalkeeping Coach

**KICK
OUT**



FROM THE KIT ROOM

Due to Covid and my involvement with Donegal Golf Club, I had not visited the UK for several years. So when I came over for Christmas and New Year to spend some time with the kids, I intended to only stay for a few weeks.

I had been following the team from Ireland, watching the streams, and I was excited to see them play. But during my first week, Peter made me Kitman for Real Bedford, and that was when he informed me that I now had to stay until the end of the season.

Me and the washing machine plus the ironing board have become the best of friends, and I have tried on several occasions to explain to the players that it would help me greatly if they did not do any slide tackles, especially on muddy pitches, as it makes the kit very hard to clean but do they listen?

I have to say that I have loved every minute of being involved with the team. The Manager Rob, Assistant Manager Ducks, Lottie and Brownie, and the players, welcomed me with open arms, and I have the greatest respect for every one of them. It has been a fantastic season, and everyone involved with the club deserves huge credit.

All being well, I hope to return next season and seeing first-hand the commitment shown by everyone at this great club, I'm sure we will be celebrating another league title this time next year.

I want to thank everyone for giving me the greatest experience of my life. It's been emotional.

**Gerard McCormack,
Kitman**



When Rob and I sat down in the pre-season to speak about the organisation he wanted in place for the next season, it inevitably led to scouting. Although few teams scout at step 6, we were in a league we knew little about, and even if we did, teams and players change quickly. So, when the fixtures came out, I looked at the games to come and set out to watch the teams in the upcoming weeks, giving the coaching team some basics on formations, strengths, philosophy etc.

I've enjoyed the process, to be honest. It's meant Rob and Ducks can tinker with training to prepare; it's also meant Rob can tactically tweak too. Hand warmers were an essential investment in the winter, and I've rediscovered a love of Bovril! I tried to get the report done the same day based on my notes, so it's fresh in my mind. Some games have been entertaining, and some definitely haven't.

I think, like many others, it's been motivating to be part of a journey with the club that's trying to do things the right way and differently from other non-league clubs. Pete and Emma have been really supportive, and when I've tried to get up to training and home games, it's clear the lads are such a great bunch. I know it was important to Rob and Mark to get the right type of people as well as players, and I think that's been a key factor in the mental strength needed to win tight games and bounce back from setbacks.

I'm excited and motivated about the future of the club and the challenges to come. It's been a fantastic season, and I believe this is just the start.

Pete Thornes,
Scout

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PLAYER PROFILE

Full name: Lewis Burgess

Nickname: Burge

Date of birth: 23rd June 1997

Place of birth: Kettering

Previous clubs: Daventry, Harborough Town, Corby Town.

Favourite team: Arsenal.

Favourite player: Thierry Henry.

Most memorable footballing moment: Playing at Carrington (Manchester United's training ground) vs Man U u23's.

Career Highlight: Playing for England Universities for 2 years and winning a nations cup between England, Scotland and Wales.

Occupation: P.E Teacher.

Hobby: Gym, music festivals & snooker.





REAL BEDFORD CLINCH DRAW AGAINST AMPHILL

Real Bedford secured the league title with a nail-biting draw at McMullen Park against local rivals Ampthill Town. The two sides battled in windy conditions, but there was little to separate the teams. But the one point was enough to confirm the Pirates as Spartan Midlands Division One Champions, triggering celebrations long into the evening.

The game started slow, with both teams taking time to adapt to the wind, with Ampthill creating the first big chance of the game. Sam Holmes, their top goal scorer, pounced on a loose ball in the Real Bedford half and put his shot into the side netting, an early warning sign that the required point may not come easy for Bedford.

However, Bedford did take the lead from McGregor's subsequent goal kick. James Ducket, Curtis Hartley and Dan Walker all moving the ball upfield in great build-up play before Ducket pulled the trigger with a through ball towards a racing Eddie Corbit who managed to get around the Ampthill defence and smash the ball between the legs of the Ampthill keeper to send McMullen Park into delirium. It was a vital goal to give Real Bedford a significant chance to seal the title.

Ampthill came back fighting, wanting to spoil the party for Bedford and were soon level with a well-worked goal. Sam Holmes dribbled his way past Lewis Burgess before laying the ball off to former Bedford player Mark Bunker who fed



Real Bedford 1 - 1 Ampt Hill Town
10th April 2023
McMullen Park

THE TITLE WITH 1-1 HILL TOWN

Fullerton, who smashed the ball past McGregor with his first touch.

SECOND HALF

Despite only needing one point to secure the title, it was clear that Rob Sinclair's men were keen to secure the title with a win and pushed hard for another goal. The record Real Bedford crowd of 293 thought the goal had come early in the second half. A Lewis Burgess long throw causing headaches for the Ampt Hill defenders ended up finding the back of the net after a deflection from Curtis Hartley; however, the referee blew for a handball muting the celebrations from the home crowd.

With the clock ticking down,

nerves began building around the ground. While Bedford held most of the possession, they could not find the net, and Ampt Hill breakaways posed a constant threat.

Another chance came in the 65th minute. Curtis Hartley found space on the wing by Claston Gordon and drove into the area before pulling it back for Hitchcock, who was a few inches away from finding the target.

With few other chances of note, Bedford managed to hold out and seal the draw, clinching the league title at the first time of asking.



THE AWAY TEAM

Thame United were formed in 1883 making it one of Oxfordshires' oldest clubs. The early years were spent in various Oxfordshire Leagues and in 1906, 1909 and 1910 Thame won the Oxfordshire Senior Cup and the Senior League in 1907, 1908, 1910, 1930 and 1931. A switch to the Hellenic League then brought further success culminating in the Hellenic League title in 1961-62 and 1969-70, as well as being runners up in 1960-61, 1976-77 and 1980-81. The Oxfordshire Senior Cup was won in both 1976 and 1981 but a poor spell in the mid eighties preceded a crossing of the pyramid in 1988-89 to join the South Midlands League. The Club finished runners up in both 1988-89 and 1989-90 before eventually winning the title in 1990-91.

Thame received the green light to join the Diadora League in 1991/92. 1994-95 saw the Club win the Division 2 Championship with 93 points - an 11 point margin. In 1995/96 the Club reached the 3rd Round Qualifying in the FA Cup and the FA Trophy. In the league we finished a creditable 13th in our first ever season in the Isthmian League Division One. Andy Sinnott was appointed first team manager in June 1997 and, with a dramatically reduced operating budget, the side were relegated into Ryman Division Two. The Club bounced straight back into Ryman Division One and reached the semi-finals of the FA Vase. 1999/2000 saw the Club come within two points of achieving promotion to the Premier Division.

2000/2001 season the team lead the way for most of the season, putting together a club record of 12 consecutive league wins but a slump in form in the latter part of the season resulted in a 5th place finish. A mid-table finish followed in 2001/2002 season but the Oxfordshire Senior Cup was retained. Mark West was appointed player/manager when Andy left United during the Summer of 2003. In October 2003 the Club reached the 4th qualifying round of the FA Cup for the first time in its history, before being beaten 1-2 by Conference side Farnborough Town. After a mid-table finish the Club moved to the newly formed Southern League, Division 1 West. In October 2004 the Club again reached the FA Cup 4th qualifying round and finished the season 11th in the league. Mark West left to join Slough Town and defender Tony Joyce was appointed player / manager.

By July 2005 the Club were in financial trouble and, following a visit from Bailiffs acting on behalf of HMRC, the landlord enforced a clause in the tenancy agreement and evicted the club from Windmill Road. However, shortly thereafter Thame United reached a formal agreement with the new owners of Windmill Road that secured £1.7 million to enable a new facility to be constructed in the town and, after several options had been explored and found to be available, settled on Church Farm on the northern edge of the town.



Whilst the Club progressed procurement of the new site, and the necessary planning permission, a ground share agreement was reached with neighbours Aylesbury United and, with the side struggling at the foot of the Southern League Division 1 West, Tony Joyce resigned in December 2005, with a new joint managerial partnership of Richard Searl and Alan Thorne appointed. Relegation to the Hellenic League was confirmed later in the season. A ground share agreement was reached with AFC Wallingford for the 2006/07 season. Mark West returned to the Club mid-way through the season but could not save the Club from relegation to the Hellenic League Division 1 East. The 2007/08 season provided greater stability for the Club, with Mark West and new assistant, Frank Thompson, looking after first team affairs. A mid-table finish resulted, which was followed by a ninth placed finish in 2008/09. 2009/10 saw the Club win the Division 1 East title by six points and reclaim their place in the Premier Division.

The 2010/11 season was the most significant in the Club's recent history. With work on a new £3.1m ground at Meadow View Park commencing in March 2010, United returned to Thame at the ASM Stadium on 11 December 2010, just over five years after their enforced eviction from the town. Boasting eight pitches, a floodlit 3G training pitch and 8000sqft clubhouse, United now have one of the best sporting facilities in the County. The official opening against Oxford United on 18th January 2011 set a record

crowd of 1,382.

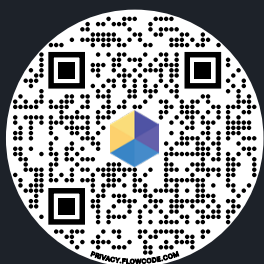
Season 2016-17 was one of the most successful in the recent history of the Club. Going the whole league season without losing at home, United were crowned Hellenic League Premier Division Champions on the final day of the season, defeating Henley Town 9-0 to over-turn a seven goal deficit. United were duly promoted to the Southern Football League, returning after a spell of twelve years away. In the first season back at Step 4, United finished in a comfortable mid-table position, enjoying a successful run in the FA Trophy. In 2018/19 United secured an 8th place finish with the side occupying a mid-table position when the 2019/20 season was curtailed due to the pandemic. The 2020/21 season never really got going, with only seven league matches completed before the league was again curtailed, although the side reached the First Round Proper of the FA Trophy before losing out to Bognor Regis Town.

Prior to the 2021/22 significant enhancements were completed to Meadow View Park, including a new full-size 3G training pitch, together with associated organisational changes. Last season, after a slow start, United finished eighth in Division One Central, and until the final month of the season were within touching distance of a play-off place.



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SPARTAN SOUTH MIDLANDS LEAGUE

DIV 1 - 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	(W) 1-0	
TUE 4	7:45PM	A	Raunds Town	(W) 0-2	
SAT 8	3:00PM	H	Winslow United	(W) 4-1	
SAT 15	3:00PM	H	Rugby Borough	(L) 2-1	
TUE 18	7:45PM	A	Letchworth Garden City Eagles	(W) 0-2	
SAT 22	3:00PM	A	Moulton FC	(W) 1-2	
SAT 29	3:00PM	A	Aylesbury Vale Dynamos (Gladwish Challenge Trophy)	(W) 0-1	
NOVEMBER					
SAT 5	3:00PM	H	Raunds Town	(W) 9-0	
SAT 19	3:00PM	H	Eaton Socon	(W) 2-1	
SAT 26	3:00PM	H	London Tigers	(W) 4-0	
DECEMBER					
SAT 3	2:00PM	A	Flitwick Town First (Bedfordshire County Cup)	(W) 0-3	
TUE 6	7:45PM	A	Thame Reserves	(W) 2-6	
SAT 10	3:00PM	A	Wellingborough Whitworth	(W) 2-5	
TUE 27	7:45PM	A	Amphill Town	(W) 1-3	
JANUARY					
MON 2	3:00PM	H	Langford	(L) 1-3	
TUE 10	7:45PM	H	Northampton ON Chenecks	(W) 3-1	
SAT 21	2:00PM	A	AFC Caddington S&S First (Bedfordshire County Cup)	(W) 0-13	
TUE 31	7:45PM	A	Eaton Socon	(W) 0-3	
FEBRUARY					
SAT 11	3:00PM	H	Northampton Sibley Rangers	(W) 2-1	
TUE 14	7:45PM	H	Wellingborough Whitworth	(L) 0-2	
SAT 18	2:30PM	A	Leighton Town Reserves (Bedfordshire County Cup)	(W) 1-4	
TUE 21	7:45PM	H	Amersham Town	(D) 0-0	
SAT 25	3:00PM	A	Rugby Borough	(W) 0-2	
TUE 28	3:00PM	H	Buckingham Athletic	(W) 6-0	
MARCH					
SAT 4	3:00PM	H	Holmer Green	(W) 7-1	
SAT 11	3:00PM	H	Burton Park Wanderers	(W) 5-1	
SAT 18	3:00PM	A	Rushden & Higham United	(W) 0-5	
TUE 21	7:45PM	A	Northampton Sibley Rangers	(W) 0-3	
SAT 25	3:00PM	H	Lutterworth Athletic	(W) 2-4	
APRIL					
SAT 1	3:00PM	A	Northampton ON Chenecks	(D) 1-1	
SAT 8	3:00PM	A	Langford	(W) 0-1	
MON 10	3:00PM	H	Amphill Town	(D) 1-1	
SAT 15	3:00PM	H	Thame United Reserves		
THUR 20	7:30PM	CF	Elstow Abbey (Bedfordshire County Cup Final)		
SAT 22	3:00PM	A	Winslow United		

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LUKE **KNIGHT (C)**
RICCARDO **AGACI**
BEN **MCGRATH**
JORDAN **BROWN**
CURTIS **HARTLEY**
TYRELLE **MCLEOD BENTLEY**
JAMIE **SYLVESTER**
ARCHIE **CULLEY**
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FLYNN **BAKER-BOND**
DAN **WALKER**
TOM **HITCHCOCK**
KEVIN **OWUSU**
CLASTON **GORDON**
BEN **FITZJOHN**
LEWIS **BURGESS**

THAME UNITED RESERVES

LUKE **STANBRIDGE**
OLLIE **WILKINS**
JACK **PEMBER**
THEO **RANSBY**
JOSH **RUSSELL**
MICHAEL **GARN**
LEWIS **CROSS**
JAMIESON **HUNT**
HAYDEN **BEADLE**
TOM **COVE**
JAMIESON **HUNT**
JAMES **CARR**
SAM **TANNER**
LUKE **COLLINS**
CHARLIE **LAY**
LOIK **HELMER**

MANAGER: CALVIN **EVANS**
COACH: EDDIE **WRIGHT**
COACH/PHYSIO: RICHARD **ELLIOTT**

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