

THE WHITE PAPER #34

KNOW YOUR ENEMY



REAL BEDFORD VS POTTON UNITED

SPARTAN PREMIER DIVISION

TUE 28TH NOVEMBER '23 - 7.45 PM

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ASSISTANT MANAGER: MARK DUCKET
COACH: PETE THORNES
GOALKEEPING COACH: IAN BROWN
PHYSIO: LOTTIE BURTON
KITMAN: GERRY MCCORMACK
GROUNDKEEPER: JACK MUDGE
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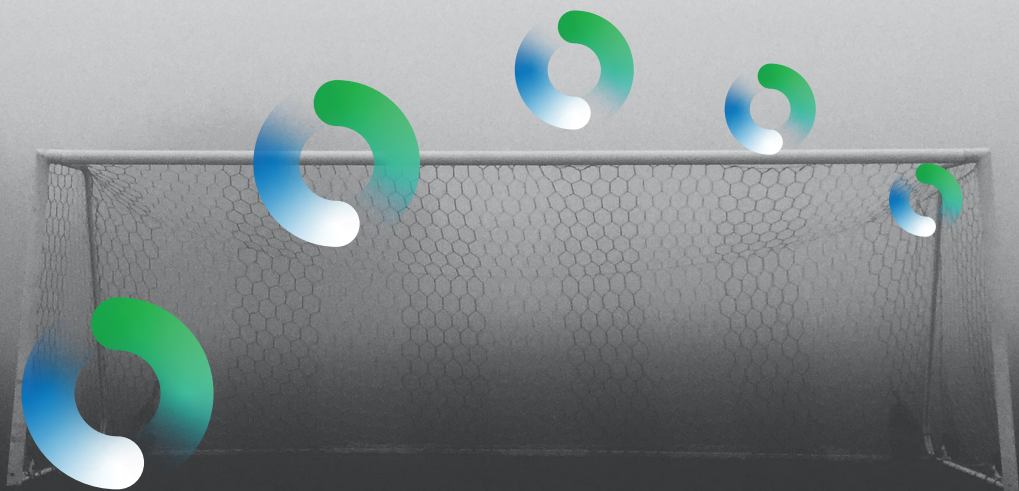
CHAIR: JAY ALLISON

CLUB HONOURS:

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

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FROM THE DRESSING ROOM

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

Reflecting on Saturday's game, I was pleased with the character shown by the group throughout the 90 minutes. Baldock Town were strong-willed and proved tricky to break down at times. But to leave that game with all 3 points gives us great momentum heading into tonight's fixture.

With a congested schedule to round off November, the focus for the squad this week has been on rest and recovery to ensure that the team can again put on a strong performance this evening. With most players in full-time work alongside football, it can be a struggle to keep players fresh and injury-free heading into the packed winter months.

The club has been great at helping the players wherever possible. We recently installed ice baths in the changing rooms, which help players with post-match and training recov-

ery. This, alongside the great work done by Lottie Burton, gives players the best chance to stay match-fit for consecutive games.

After this evening's game, we head into the crucial run-up to Christmas with away fixtures against tough opposition. This block is topped off by three games around Christmas, with the team returning to McMullen Park on 23rd December to face Crawley Green. It's an exciting set of fixtures that we, as a group, hope to get the most out of. Hopefully, you can join us on the road or back at home for our festive clash on the 23rd.

Thank you again to all the fans who continue to support come rain or shine. As we head into months with more rain and less shine, your unwavering support is very much appreciated by the playing squad.

Thank you, and enjoy tonight's game.

Rob Sinclair,
Manager



BALDOCK TOWN MATCH REPORT

Real Bedford secured three more points to stay at the top of the table against a stubborn Baldock Town.

Both teams came to play football, but there were few chances in the opening half. It wasn't until deep into the first half that either goal was threatened. There was a loose Arnold Matshazi attempt for the away side, while the only notable chance for The Pirates was an in-swinging Charlie Smith cross, turned shot. The midfielder's attempt-

ed assist nearly found the top corner.

Bedford pushed for a goal before half-time, which nearly led to a goal—Abdullah Javaid's pass was intercepted, where Stevens and Setchell passed the ball well between themselves, leading to a Setchell cross inches away from a rising Joey Evans.

Second Half

The second half begged for



goals, and goals came.

After 60 minutes of stalemate, Ben Stevens collected the ball off an astray Dominik Robertson back pass and threaded Joey Evans through, who finished effortlessly. The goal was crucial for the Pirates' momentum.

Baldock pushed to get back in the game. Still, minutes later, a struggling Abdullah Javaid was intercepted again, this time by Eddie Corbit, who drove the ball up the pitch, later finding an-

other Joey Evans run, the striker bagging a brace with a first-time shot which nestled into the bottom left.

Both teams pushed for goals in the game's final minutes, but the score remained at 2-0.

RBFC: McGregor, Corbit, Swain, Wood ©, Richardson, Smith, Setchell, Watkins, Evans, Stevens, Ahmed (Hitchcock 78')
Unused Subs: J.Ducket, Sinclair, Walsh, Knight



FROM THE BOARDROOM

Welcome back to McMullen Park. Hopefully, it isn't too cold for you all this evening as we face Potton in the league.

I am pleased to share the latest developments and our vision for the future of youth football with Real Bedford Football Club.

Yesterday, I met with the committee of Bedford Park Rangers, the largest youth football group in Bedford. We are in our second year as partner clubs. I asked our ladies' Vice Chair, Bex Fhalora, to join the meeting as I want to ensure that we can share ideas and develop youth football across all the clubs under the Real Bedford umbrella.

The importance of youth football cannot be overstated; it's a foundational element for character building, teamwork, and healthy living with young people. At Real Bedford, nurturing youth football

is a priority, as we recognise its role in developing young talent and, hopefully, future Real Bedford legends.

Our partnerships with Bedford Park Rangers and Real Bedford Ladies, previously known as Bedford Ladies & Girls, are central to our commitment to youth football. These collaborations exist as we want to support the fostering of talent in Bedford. We support both teams by providing football kits and funding for coaching qualifications, and we have established a hardship fund to ensure that financial constraints do not prevent any child in Bedford from playing football.

The work done by both teams in building youth football in Bedford has been extraordinary. Their efforts have laid a strong foundation for the sport's future in our community, and we're dedicated to helping them in any way we can.



We will work with both teams to help them create a clear pathway for junior players towards senior first-team football. This involves investment in coaching, entering teams in higher-standard leagues, and providing all necessary support to achieve these goals. However, my ultimate ambition is to establish a football academy right here in Bedford; this will enable our talented youth to pursue their football dreams locally. However, this is a challenging, long-term project requiring substantial funding, facilities, dedicated volunteers, and community support.

While we have successfully attracted sponsorships, it is crucial to develop diverse revenue streams; this includes enhancing income from facilities, services, e-commerce, and match-day revenues. Community support, especially during match days, is essential for the sustainability of our club.

As I commit to building these foundations, I urge the local community to rally behind us. By attending games and supporting our teams, you are helping support our investment in youth football.

Also, a huge thank you goes out to all the staff and volunteers contributing tirelessly to youth football in Bedford. Your efforts are allowing countless kids to play and grow through football.

Turning to today's match against Potton United, we anticipate another tough game, just as we experienced a few weeks ago at their place. The changing weather presents additional challenges, so the club must give a big thanks to Mudge for all his hard work repairing our pitch after games.

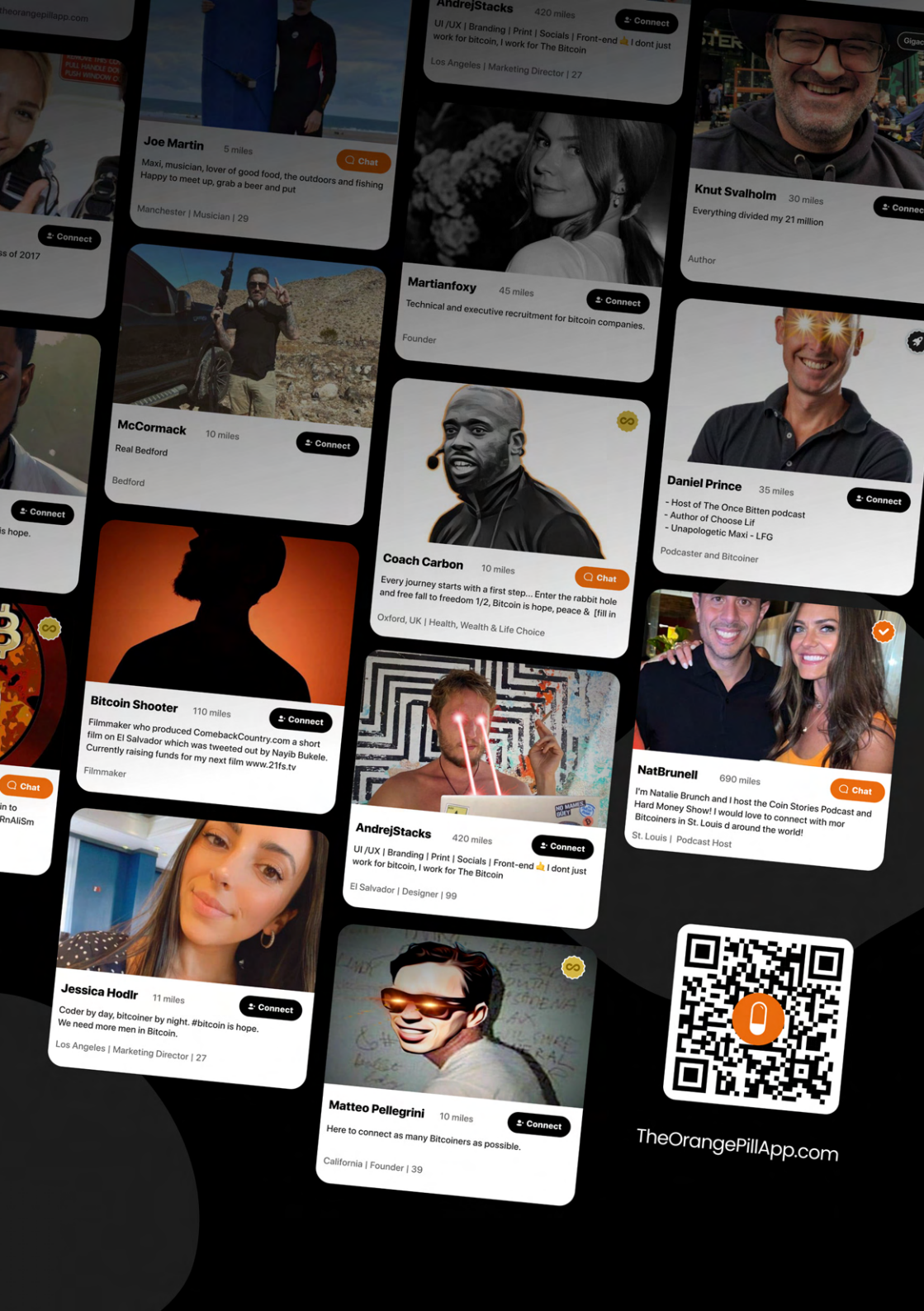
Up The Pirates!

Peter McCormack,
Chairman

STACK FRIENDS WHO STACK SATS

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in to
RnAlSm

AndrejStacks

420 miles

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Los Angeles | Marketing Director | 27

Joe Martin

5 miles

Maxi, musician, lover of good food, the outdoors and fishing
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Manchester | Musician | 29

Knut Svalholm

30 miles

Everything divided my 21 million

Author

McCormack

10 miles

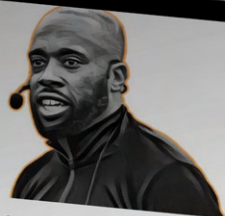
Real Bedford

Bedford

Martianfoxy

45 miles

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Founder



Coach Carbon

10 miles

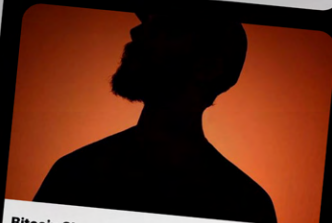
Every journey starts with a first step... Enter the rabbit hole and free fall to freedom 1/2, Bitcoin is hope, peace & [fill in
Oxford, UK | Health, Wealth & Life Choice

Daniel Prince

35 miles

- Host of The Once Bitten podcast
- Author of Choose Lif
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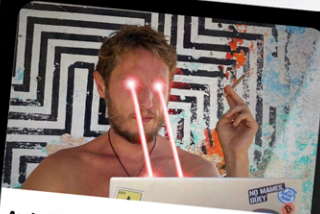


Bitcoin Shooter

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Filmmaker who produced ComebackCountry.com a short film on El Salvador which was tweeted out by Nayib Bukele. Currently raising funds for my next film www.21fs.tv

Filmmaker



AndrejStacks

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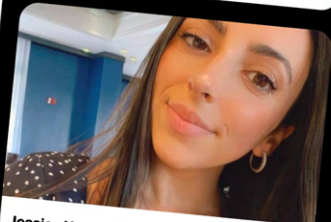
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El Salvador | Designer | 99



NatBrunell

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I'm Natalie Brunch and I host the Coin Stories Podcast and Hard Money Show! I would love to connect with mor Bitcoiners in St. Louis d around the world!
St. Louis | Podcast Host



Jessica Hodlr

11 miles

Coder by day, bitcoiner by night. #bitcoin is hope. We need more men in Bitcoin.

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Here to connect as many Bitcoiners as possible.

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Real Bedford Ladies progress in the League Cup with a win over Wootton Blue Cross.

The Pirates secured the win with a healthy 5-goal lead at halftime. The result was a strong confidence boost from the FA Cup exit a fortnight ago.

The hosts started fast with two early goals inside the first few minutes. Both were poachers' efforts from Bedford's starting strikers. Tasha Fensome was first to bag a goal, having been put through one-on-one, where she calmly slotted home. Neve Mayes quickly followed, rounding the keeper seconds later to double the early advantage.

Wootton Blue Cross then settled into the fixture, denying Real Bedford further chances to extend their lead. Particular credit is given to Blue Cross captain Hannah Payne, who pulled off some great saves to stop Gemma Croucher and Tasha Fensome from range.

After relentless pressure throughout the half, Bedford finally made it three. Fensome picked the pocket of Payne and managed to nab the ball unopposed, tapping it home for her brace. Five minutes later, nearing halftime, Amber Smith delivered an inch-perfect cross to Chloe Martin, who arrived at the back post, cushioning it down into the back of the net with a well-timed header.



Moments later, The Pirates had their fifth just before the halftime whistle. Erin Price took a well-positioned free-kick. The midfielder managed to slide the ball underneath the jumping wall and nestle it into the bottom left, leaving the hosts with a healthy advantage heading into the break.

Second Half

The second half threw up more challenges for Bedford as Wootton Blue Cross seemed to sure up their defence. Despite many chances for the Pirates, the home team were denied by a combination of good defensive work and the woodwork.

As Bedford struggled to increase

their lead, the visitors' confidence grew, and they started to create chances, finally getting a consolation effort late into the game; a corner taken by Louisa McCay found Holly Tyrell, who bundled the ball into the back of the net.

Bedford responded soon after with another goal from Neve Mayes. The striker took her chance on the turn to bag a brace and seal the win for Real Bedford.

Real Bedford Ladies return to league action next weekend with a visit to Barking FC on Sunday, 3rd December.



THE BIG INTERVIEW

This week, we sat down with Andy Sinclair. He has recently recovered from a long-term knee issue and other minor injuries that curtailed his season last year. Andy talks about his newfound role in the squad, the familial culture at the club and the development of his relationship with his brother and manager, Rob Sinclair.

Reflecting on this weekend, what did the team take from Saturday's performance?

It was a tough win, and we showed a lot of character. We had to stay patient, and then the goals came. Every game we play could be like that, and we are under no illusion that any game will be easy. We had to show patience, and that's what we did.

You have had a consistent run of games for the first time in almost a year. What have you taken from the last few weeks of football?

For me, it's been about regaining fitness. It's been a long battle back, and now I'm just focused on getting as many minutes under my belt as possible. I had a few weeks just training and working my way back, and now I'm playing, often coming off the bench; I want to make an impact.

What are the mental hurdles you have overcome when dealing with persisting long-term injuries?

Being out for a long time certainly takes its toll on you mentally. Because it's never a straight line, it's not A to B. There is a rollercoaster effect where you sometimes feel good and other times feel terrible. It feels close and then a long way away. I took myself away from football to try and keep my morale up for the rest of the squad. You need to show the positives to the boys and not suck energy away with negativity. It's a real challenge.



WITH ANDY SINCLAIR

A season into having Rob as manager at Real Bedford, how's your relationship been with him in a managerial position?

It's not easy. From the start, you need to understand the definition and separation between being brothers and then working together. You have to respect that. I have to respect what he does, and he has to do the same for me. There's a lot of pressure on him, and I see that. And just being sensible and professional really helps.


With so many young players around your position in the squad, what benefits do you get from being one of the older heads in the squad now?

Everyone advances the squad, the young and old. I mean, keeping up with the youngsters certainly keeps me fitter. One of our benefits is that the squad comes from various backgrounds, and we all feed into the

same team. We all offer different things; the key is ensuring you are open to all those ideas and viewpoints. I have a different role this year compared to last year, which I knew heading into the start of the campaign, but the talent we have in this squad is just so enjoyable to be a part of.

What are you expecting from Potton United, our visitors tonight?

It will be similar to when we played at their place. They will come quickly out of the blocks and try to catch us on the break. We have to be switched on, not complacent. This is a good Potton side and thinking anything else could be a big problem. We must focus on what we do well and prepare like we do for every game.



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THE AWAY TEAM

The club was established in 1943 and won the Bedfordshire Intermediate Cup in 1944. After World War II, they joined the South Midlands League.

In 1955, the club applied to join the Parthenon League but were rejected. After a season without league fix-

tures, they joined Division One South of the Central Alliance. In 1961, they joined the United Counties League (UCL).

They won the Premier Division of the UCL in 1986–87 and again in 1988–89. They were relegated to Division One at the end of the 2000–01



season but were promoted back to the Premier Division after winning Division One in 2003-04. They finished as runners-up in both of their first two seasons back in the Premier Division. However, they were relegated back to Division One at the end of the 2008-09 season.

After an eight-year absence, they were promoted back to the Premier Division after finishing second in the 2017-18 United Counties League Division One.

The club play their football at The Hollow in central Bedfordshire and are managed by Gary Jackson.

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HASH
WE'VE GOT THE
CASH

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Tunnel Tunes

Claston Gordon



Awodi by Asake
Real Spill by Lil Baby
Mnike by Tyler ICU
Monalise by Lojay
Faneto by Chief Keef

TO SEE THE FULL PLAYLIST SCAN THE CODE BELOW IN SPOTIFY



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) |

DECEMBER '23

| | | |
|----|-------------------------|---|
| 2 | HARPENDEN TOWN | A |
| 9 | DUNSTABLE TOWN | A |
| 16 | FC ROMANIA | A |
| 23 | CRAWLEY GREEN | H |
| 27 | SHEFFORD TOWN & CAMPTON | A |
| 30 | COCKFOSTERS | H |

SEPTEMBER '23

| | | |
|----|------------------------|-----------|
| 2 | TRING ATHLETIC | 0 - 4 (W) |
| 9 | SAWBRIDGEWORTH 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) |

JANUARY '24

| | | |
|----|----------------------|---|
| 6 | LEVERSTOCK GREEN | H |
| 9 | COCKFOSTERS **** | H |
| 13 | ST PANTELEIMON | A |
| 16 | DUNSTABLE TOWN ***** | A |
| 20 | DUNSTABLE TOWN | H |
| 27 | BALDOCK TOWN | A |

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 |

FEBRUARY '24

| | | |
|----|--------------------|---|
| 3 | LEVERSTOCK GREEN | A |
| 10 | HARPENDEN TOWN | H |
| 17 | BIGGLESWADE UNITED | H |
| 24 | FC ROMANIA | H |

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 | H |

MARCH '24

| | | |
|----|-------------------------|---|
| 2 | LONDON LIONS | H |
| 9 | MK IRISH | A |
| 23 | COLNEY HEATH | A |
| 30 | SHEFFORD TOWN & CAMPTON | H |

APRIL '24

| | | |
|----|---------------------|---|
| 13 | TRING ATHLETIC | H |
| 20 | SAWBRIDGEWORTH TOWN | A |

* FA CUP MATCH

** FA VASE MATCH

*** BEDS SENIOR COUNTY CUP

**** GLADWISH CHALLENGE CUP

***** PREMIER DIVISION CUP

LADIES FIXTURE LIST

AUGUST '23

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

DECEMBER '23

| | | |
|----|------------------|---|
| 3 | BARKING | A |
| 10 | AFC DUNSTABLE ** | A |
| 17 | BOWERS & PITSEA | H |

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) | |
| 7 | ST ALBANS CITY | | A |
| 14 | HARINGEY BOROUGH | | A |
| 21 | KINGS LYNN TOWN | | A |
| 28 | LUTON TOWN | | H |

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) | |
| 24 | NEEDHAM MARKET | | |
| 4 | NEEDHAM MARKET | | A |
| 11 | STEVENAGE FC | | A |
| 18 | WOOTTON BC RESERVES *** | | H |
| 25 | LUTON TOWN | | A |

NOVEMBER '23

| | | | |
|----|-----------------------|-----------|---|
| 12 | BILLERICAY TOWN * | 0 - 5 (L) | |
| 26 | WOOTTON BLUE CROSS ** | 6 - 1 (W) | |
| 3 | AFC DUNSTABLE WOMEN | | H |
| 10 | ROYSTON TOWN | | A |
| 17 | WROXHAM FC | | H |

MARCH '24

APRIL '24

| | | |
|----|------------------|---|
| 14 | HARINGEY BOROUGH | H |
|----|------------------|---|

* FA CUP MATCH
** LEAGUE CUP
*** COUNTY CUP

MATCHDAY SQUAD



V



PIRATES

TYLER MCGREGOR
ALFIE BOZWARD
LEWIS BURGESS
JOE STEELE
TOM WOOD
CURTIS HARTLEY
MATT CLIFFORD
HARRY HURST
JAMES DUCKET
OLLIE SWAIN
BEN WALSH
DREW RICHARDSON
LUKE KNIGHT ©
LEE WATKINS
CHARLIE SMITH
ARCHIE JONES
BEN STEVENS
EDDIE CORBIT
BEN FITZJOHN
JOSH SETCHELL
MO AHMED
CLASTON GORDON
ANDY SINCLAIR
TOM HITCHCOCK
JOEY EVANS

MANAGER - ROB SINCLAIR
ASST. MANAGER - MARK DUCKET
COACH - PETER THORNES
GOALKEEPER COACH - IAN BROWN
PHYSIO - LOTTIE BURTON
KITMAN - GERRY MCCORMACK

POTTON UNITED

JAMES HOSKINS
LOUIS OCTAVE
JACK THOMAS
JORDAN STEVENSON
JOHN SONUGA
MIKE EVANS
COLE BUTLER
MICHAEL KING
SHANE FOX
LEWIS LYNN
NATHAN MULLINGS
JAIDEN FITZPATRICK
HARRY FORDE
JAMES SMITH
RICHARD CHADWICK
MATTIA D'ANGELO

MANAGER - GARY JACKSON
ASST - MARK GEARING
COACH - NEIL MORRIS
PHYSIO - CONOR SEAMAN

REFEREE - NATHAN CURREY
ASSISTANT 1 - CHRIS GEELAN
ASSISTANT 2 - MARK MELLOR