



BEDFORD
BOROUGH COUNCIL

BEDFORD SPORTS & PHYSICAL ACTIVITY AWARDS 2023

Monday 11th December

Bedford Borough Council Sports Development Unit



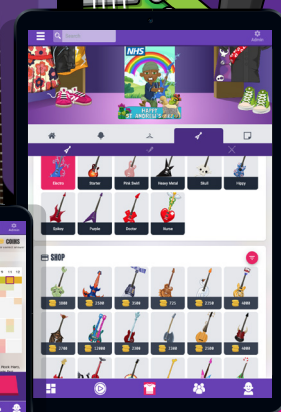
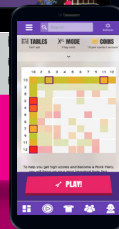
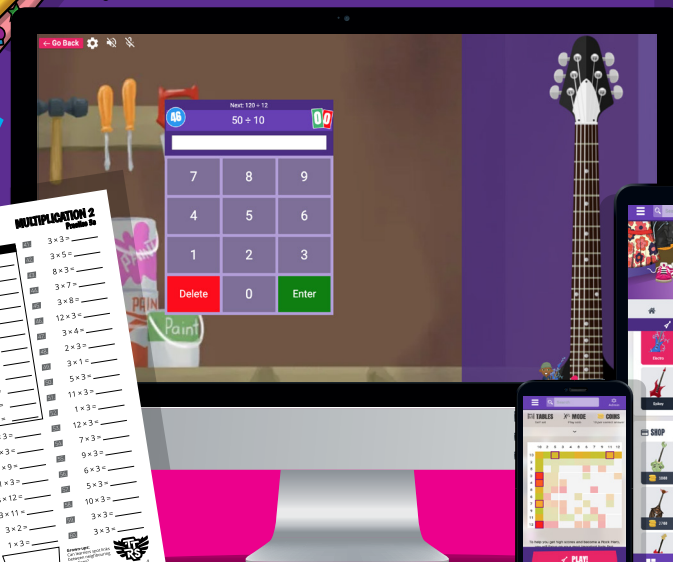
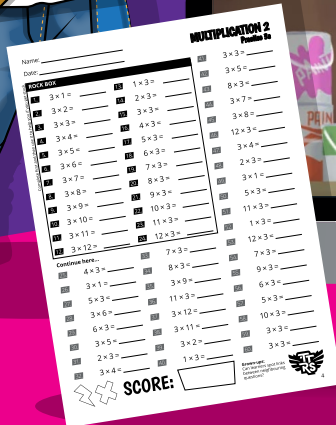
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Welcome to the **BEDFORD SPORTS & PHYSICAL ACTIVITY AWARDS 2023**

These awards are presented by the Bedford Borough Council Sports Development Unit on behalf of Bedford Borough Council and are sponsored by many local companies and organisations.

They recognise the numerous and varied achievements of individuals and groups performing in local sports. They are not necessarily awarded for individual prowess, but also aim to reward the loyal, selfless work that enables others to experience enjoyment and fulfilment in sports and physical activity.

In recognition of the wide diversity in size, profile and resources available to many clubs, our stated aim is that individual differences shall be taken into account when judging the merit of each case, and that all nominations are afforded an equal chance of winning.

In order to recognise the wide range of talent and dedication to sport that we have here within the Borough, as many nominations as possible were invited from local clubs, schools, county governing bodies and members of the public. The merits of each individual or group application were judged according to the criteria listed under each category heading, and prizes awarded to each category winner.

We sincerely hope that you have a pleasant evening and continue to enjoy your sporting experience within the Borough.

Bedford Borough Council Sports Development Unit

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History of the Awards

The Bedford Sports Awards have been running now for 29 years. The awards were initiated in 1995 by Fred Wooding, the then President of the Bedford Local Sports Council, when Fred offered a Silver Cup as a perpetual Trophy for the awards.

The event was supported by the Local Sports Council, later to become “Active Bedford”, who have worked in partnership with the Borough Council Sports Development Team over the years on a wide range of local initiatives.

The awards have grown from a first attendance of 14 people and only one category to what they are today and are now an established and high-profile part of the Boroughs sporting calendar.

The many trophies now on offer are engraved with the names of all the previous winners and show the extraordinary level of talent we have in the Borough. It is interesting to see the names of some of the junior winners subsequently engraved on the senior awards cups as they progress!

Over the years, the awards have recognised the success of 1000s of local people from World and Olympic Champions like Paula Radcliffe, Tim Foster, Gail Emms and Etienne Stott to the equally inspirational community volunteers, coaches, clubs teams and schools, all of whom have inspired and supported the Bedford Borough community to increase their participation in sport and physical activity.



APPLICATIONS NOW OPEN

CALLING BEDFORD ATHLETES, BE PART OF THE LARGEST INDEPENDENT ATHLETE SUPPORT SCHEME IN THE UK

From the 1 February GLL, a charitable social enterprise and the UK's largest service provider in the leisure industry, is delighted to be running centres in Bedford. As part of this we're helping aspiring athletes to reach their goals and realise their sporting potential.

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BETTER GLL

Meet the Judges

The judges are drawn from a range of local and County organisations associated with sport and physical activity together with representatives of our sponsors, partners and local coaches. Our intention has been to recruit a diverse selection of judges from several different areas of expertise in order to help us ensure that the process remains as representative as possible.

Derek Batchelor

Hon Vice-President
of Badminton England

Lila Begum

Senior Equality, Diversity
and Inclusion Officer,
Bedford Borough Council

Aisling Callaghan

CAMHS Service User
Participation Lead

Larissa Clarke

Project Support Officer,
Bedford Blues Foundation

Lindsay Ephgrave

Marketing & Business
Development, Bedford Heights

Richard Kerr

Sport and Physical Activity Skills
Hub Manager, CIMSPA

Jim Lloyd

Priory Water Sports Association

Gill Morrow

Senior Relationship Manager –
Children & Young People
Be Active

Dr Robert Oakley OBE DL

Past Chairman,
Bedford Sports Foundation

Tim O'Leary

Treasurer,
Rotary Club of Bedford Park

Tim Pain

CEO, Verve Developments Ltd
(owners of Bedford Heights)

Ann Peace

East of England Regional Support
Officer, Sported

Jen Pierce

Community Engagement Lead,
Times Tables Rock Stars

Kelly Rolfe

Partnership Development
Manager,
Bedford Borough School Sport
Partnerships

Laura Rouse

Community Matters Programme,
Waitrose

Johnathan Rudland

Senior Relationship Manager -
People, Be Active

Brian Stanbridge

Vice Chair, Bedfordshire
Canoeists Association

Deborah Shrimpton

Community Engagement and
Social Action Support Officer,
Bedford Borough Council

Sarah Stevens

Manager for Community
Safety & Resilience,
Bedford Borough Council

Richard Tapley

Manager for Sports Development
and Leisure,
Bedford Borough Council

Dario Viglione

Design and Marketing Executive,
Times Tables Rock Stars

Stuart Wilson

University of Bedfordshire

Tom Harwood

Bedford Blues Foundation

How does the Judging work?

The judges are aware that there is a very wide diversity in the size, profile and resources available to many local clubs, individuals and teams. All these differences are taken into account when the judging takes place. Nominations from all local clubs / teams and sports have an equal chance of winning!

It is essential for the credibility of the awards that the judging is as fair, neutral and transparent as possible.

The judges looked at each award category in turn and marked each nominee against the specified criteria for that award. At the end of the marking for each category the total from each judge is added together and the nominee with the highest mark wins.

Judges who are members of, belong to, or have strong associations with any particular club/individual/school, are not able to vote for them and an average is taken from the remaining judges for their score.

Support for Local Sports Clubs

Local Sports clubs and volunteers are vital to the provision of sport in Bedford Borough and in partnership with several local and national organisations we can support you in a number of ways.

Register your activity, session or club on the Be Active website.

Looking for a way to tell more people about your activity, session or club? Register your session on the Be Active Activity Finder which will not only show on this website but lots of other activity finders on many other websites.



www.beactivebeds.co.uk/activity-finder

Upskill your coaches and volunteers with the latest training including First Aid and Safeguarding.

Be Active offer a wide range of workshops and training opportunities for all in Bedfordshire.

These include First Aid, Safeguarding, Club Welfare Officer training as well as other training courses around physical activity and Unconscious Bias training.



<https://www.beactivebeds.co.uk/coursesworkshops>

Help secure vital funding for your club or organisation

We understand that clubs and organisations need support in different ways. Be Active could

help your organisation or club improve your facilities, or support with funding for new opportunities for people to be more active?



<https://www.beactivebeds.co.uk/funding-support>

Need support and guidance around running a club or organisation.

Access our wide range of tools, guidance and resources that cover all aspects of running a

sports club or group – Sport England's Club Matters resources are free, bitesize and simple to use. They also offer training and workshops all free of charge too.



www.sportenglandclubmatters.com

Does your sports club or organisation work with Young People?

Sported are the UK's largest network of community groups supporting half a million young people to overcome barriers to reach their full potential. Sported's role is to empower the local heroes

running these groups by providing much-needed professional expertise, resources and operational support, free of charge, to help their group survive and thrive.



<https://sported.org.uk>

Looking for the latest safeguarding support for both adults and children.

Be Active are committed to safeguarding the welfare of children, young people and adults by working to provide a safe and enjoyable experience for all in Bedfordshire. If you need

guidance for best practice at your club or organisations find our more via the Be Active website.



<https://www.beactivebeds.co.uk/safeguarding>

Award Categories

The judges have received a great amount of detail on each nominee, highlighting their significant efforts and achievements in a wide range of sports. This evening is about recognising these nominees and enabling us all to see the huge commitment, talent and dedication of our local sports people.

Over the course of the evening the sponsors of each category will read out a list of all the nominees before announcing the winners. A brief outline of just some of the key facts relating to all of our nominees is presented on the following pages in the category order that the awards will be announced this evening:

- **Club of the Year**
Sponsored by Be Active 
- **Community Sport and Physical Activity Award**
Sponsored by Bedford Sports Foundation 
- **Primary School of the Year**
Sponsored by Times Tables Rock Stars 
- **Secondary School of the Year**
Sponsored by Bedford Blues Foundation 
- **Young Volunteer of the Year**
Sponsored by Waitrose 
- **Junior Disability Sports Personality of the Year**
Sponsored by Bedford Heights, Verve Developments Ltd 
- **Adult Disability Sports Personality of the Year**
Sponsored by Bedford Borough Council 
- **Junior Personality of the Year**
Sponsored by the Rotary Club of Bedford Park 
- **Team of the Year**
Sponsored by University of Bedfordshire 
- **Unsung Hero**
Sponsored by the Harpur Trust 
- **Coach of the Year**
Sponsored by the Bedford College Group 
- **Adult Personality of the Year**
Sponsored by Jewson Partnership Solutions 
- **Service to Sport**
Sponsored by Bedford Borough Council 

Nominations for **Club of the Year**

Bedford Blues Women – Rugby Union

With only 3 years of competition, the team are top of their National Conference Division 2 League, with the hope of promotion at the end of the season. Bedford Blues Women have currently won 100% of their games this season! They are also competing in the Papa John's Junior Cup, whose finalists will play at Twickenham. The team's players range from 18-45, supporting women's sport within the community. Everyone is treated the same, supporting and promoting wellbeing and fitness within a competitive environment.

Bedford Cricket Clubs

The newly formed Girls U11-U13s team came first in the inaugural Bedfordshire Girls U11-U13 League. Leanne George, of Bedford Cricket Club's female coaches, won the Cricket Collective Award in the 'Inspired to Play' category. The Junior U15 team reached the Regional T20 finals, getting through the semi-final to narrowly lose by 2 runs! The Bedford Cricket Club's Women's Team reached the Super 8s finals in their first season playing hardball league cricket and came 3rd in the indoor softball league and finally the Men's Sunday Team reached the Bedfordshire County Cricket League Premier Division play offs, having won Division 1.



Bedford Tigers RLFC – Rugby League

In 2023 the Tigers ran Men's, Women's, and Wheelchair sections at the Club. Both Men's and Women's sections saw increased growth with both second teams dominating their respective League and Cup competitions. Bedford Tigers RLFC Men's 1st team continue to compete in the Southern Conference League (tier 4) while the impressive Women's team made the playoffs of the Women's Super League (South) competition following their strongest league performance since forming just 3 years ago. International Honours were achieved by Storm Cobain (Ireland), Connor O'Brien (Ireland "A") and Nicky Gross (England "A").



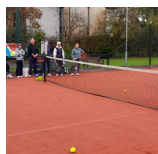
Edusports – Multi Sports

Throughout the year, the Edusports clubs have achieved multiple achievements. Developing confidence, communication and the ability for life-skills is all key to Edusports, helping to progress the level and training that it provides to their participants. It offers a variety of awards to their participants including the Duke of Edinburgh Awards, First Aid, Paddle sports, Sailing and many more. Edusports is Youth-Led. Any new initiatives, and programmes are always run past the current participants gaining their views at every step of the way, including its very own Instructor Academy - a programme designed to help teenagers gain life skills and start the road to becoming an instructor over the course of 3 years.

Queens Park Crescent F.C

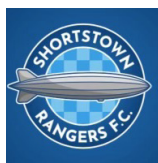
Queens Park Crescent FC is working with children in one of the most deprived areas in Bedford to offer them the opportunity to play football. They offer sessions at the lowest possible prices so that everyone can find it affordable and target kids who wouldn't normally get a chance to play football. Queens Park Crescent have created 8 youth teams as well as two adult teams, one being a development team. This has helped many families and individuals to grow in confidence and helps to build the community.

Nominations for **Club of the Year**



Riverside Tennis Club

Riverside's numerous teams compete in local club leagues including in the top divisions. Several of their junior and adult players represent Bedfordshire in County Competitions and their top performance players compete in National Competitions, and several have won a number of County / Regional level Tournaments. One member is currently ranked no. 55 in the U16 Girl's age group Nationally and won the Bedfordshire Ladies Senior Championships in 2023 in both singles and doubles. Finally, one of their coaches was recognised by the High Sheriff of Bedfordshire for leading the 'No Barriers' Disability Programme and his service to the community.



Shortstown Rangers F.C.

This season SRFC have grown considerably in size with an additional 4 teams starting this season, giving them a soccer school over 2 age groups. All their teams are going from strength to strength, and they have run their 2nd annual football festival. Shortstown Rangers F.C. have been able to offer 2 funded spaces for children who want to take part in sport and otherwise would be unable to do so. They have been recognised by their league for their sportsperson like conduct and currently have 2 teams in the top three of the competitive league, who are both on course for promotion at the end of the season.

Verve Gymnastics

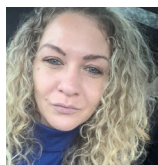
Verve Gymnastics' philosophy is 'small club, big heart' and their wish is to reach as many aspiring gymnasts as possible in the local area. Based at the Bunyan Centre, the club try and keep the costs affordable to reduce barriers of economic inequality, they also actively encourage gymnasts with special needs to participate. For the first time, the club has built a squad who have competed in Lowestoft, Milton Keynes, and Windsor. Several of their gymnasts have brought home medals for their achievements and four of their older squad travelled to Scotland to perform a display with gymnasts from another club, winning the 'Friendliest Team' Award.



Viking Kayak Club

Viking Kayak Club sees volunteers offer canoeing, kayaking, stand-up paddleboarding, marathon racing, slalom, kayak polo and whitewater paddling. VKC hosts two annual national slalom events at Priory Country Park's Cardington Slalom Course. This year's autumn event incorporated British Canoeing's National Slalom Inter-Clubs competition, attracting 170 competitors from 13 UK clubs. The club has just been awarded ShePaddles Club status by British Canoeing in response to the work done by the club to increase the number of women and girls involved in paddling. Viking Kayak Club have 160 members, 42 of them joining in 2023.

Nominations for **Community Sport and Physical Activity Award**



Camille Angol – Fitness

Camille works within Bedford Borough sharing her knowledge of fitness with various groups of people, she will regularly be seen in Bedford Park training groups of ladies on the grass. Camille tutors three weekly classes of Live Longer Better which is aimed at people aged 60yrs+. The people who attend these classes have noted a significant change in their lifestyle, one of our regulars commenting “Camille’s strength training has improved my mobility - getting up from a seat is much easier. With improving strength and balance, this in turn allows me more freedom to benefit from the outdoors working on my allotment with more confidence”. As part of the Live Longer Better group Camille has also started an Over 60s running club.



Canoe Trail Adventure School – Kayaking, Canoeing and Climbing

Canoe Trail Adventure School is a water sports and adventure programme for young people from Bedford and is delivered through schools, community groups, charities, and Holiday Activities programmes. The programme was developed with Sport England Innovation Funding and has now gone from strength to strength with over 4500 young people participating this year. This year CTAS introduced record cards and certificates as well as resources from Inspired Life CIC which was a London 2012 Inspired Mark Project.



Alex Goulding – Fitness

Alex is the holder of 15 Guinness World Records, and he uses this platform of achievement to recognise the positive impact of physical activity on mental health and wellbeing. Alex volunteers with the Bedfordshire Rural Communities Charit (BRCC) to coordinate MEET (Men, Engage, Exercise, Talk) a mental health and wellbeing group. Alex also delivers Menopausal Marines A class specifically designed for those going through menopause, reducing impact and focusing on ‘what works for them’. Alex has organised several Charity events alongside his World Record attempt events and raised money for Bedford Hospital Charities amongst other causes.

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Nominations for **Community Sport and Physical Activity Award**



Kempston Park Indoor Bowls Club

Volunteer coaches offer weekly coaching to a variety of groups in the local community, with Open Days and sessions as part of the Active Adults programme. Kempston Park Indoor Bowls Club also offer a group for disabled bowlers, known as 'Wheelstars', with special adapted wheelchairs which allow everyone to bowl. They offer bowls to those suffering from dementia and have a very active group of circa 25 who with their careers come weekly to bowl and have lunch offering respite to their carers. KPIBC also hosted a group of 24 youngsters from Holland to introduce them to bowls.



Mike's Line Dancing

Mike's Line Dancing run lots of classes in the local community but also are wonderful when it comes to raising money for charities and growing people's confidence. The club often have opportunities to participate in fundraising activities, such as 20 dances in an hour, in a bid to help support local charities. The group also has a demonstration team who regularly turn out at local events in the summer with a display of fun dances to entertain the locals. Participants feel they have grown in confidence, kept active and made friends.



NoBarriers

The NoBarriers Programme runs 13 sessions a week across a full range disabilities for 80 people including mental health sessions, VI Tennis, Wheelchair Tennis, Autism Tennis, Learning Disability Tennis, Down Syndrome Tennis. They work with charities, day care centres, schools, groups, and individuals to provide the opportunity for people to be active, socialise and have fun alongside a performance pathway for those who want to pursue the sport of tennis more.



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Nominations for **Community Sport and Physical Activity Award**

Johnathan Ogilvy – Basketball

Johnathan has made a substantial impact on physical activities in Bedford by facilitating affordable access for youngsters at All Saints Basketball Club. Though his efforts, he has ensured that cost is not a barrier to their participation, opening doors to many who might otherwise be excluded. His commitment to subsidising these activities has not only promoted physical well-being but also fostered a sense of inclusivity and community amongst the youth in Bedford. By making sport and other physical pursuits more accessible, Jonathan has played a key role in enhancing the overall health and social development of the younger generation in the area.



Priory Sailing Club

Priory Sailing Club is a not-for-profit Community Amateur Sports Club (CASC) and their philosophy is that sailing should be accessible to all, no matter what your background or circumstances. Everyone is welcome and encouraged at Priory Sailing Club. The club provides excellent facilities, all equipment and coaching for both adults and children, most of which is free. Priory Sailing Club hold annual open days so that the local community can try sailing, windsurfing or stand-up paddle boarding. This year, the club provided 270 individual 'experiences'. The club has around 50 boats which members can sail free of charge and offer a Ladies Sailing Group which is run by volunteers.



Rainbow Bedfordshire – Multi Sports

Mack and Pat have worked tirelessly to set up the LGBTQi+ Trans Swimming and Multisport Club. They have both volunteered endless hours to launch the inclusive sessions. The Trans Swim is only the second of its kind in the UK and previously people were travelling to London from Peterborough for such sessions. The Trans Swim, based at Trinity, has a regular 10 participants and the Multi Sports session at the Athletics Stadium welcomes a regular 8-10 people. These sessions have been designed to ensure that people who identify as part of the LGBTQi+ community can exercise and feel safe in a welcoming environment.



Charan Sekhon MBE – Physical Fitness and Yoga

Bedford has over approximately 35% of residents from BAME backgrounds and yet there are significantly less BAME adults who are involved in sports activities. BAME adult females especially 40+ are least likely to get involved in sports due to lack of suitable clubs that can meet needs of ethnic communities who play such large part on local economy & all other fields. To fill this gap Charan Sekhon started free yoga & fitness classes over 15 years and been helping local communities to stay fit and practice yoga. In past 12 months he has helped over 200 participants to practice yoga by organising weekly classes at London Rd Community Centre & online classes supported by all non-paid volunteers' local communities.

Nominations for **Community Sport and Physical Activity Award**



Mahnoor Saleem and Nadia Sattar – Football

Mahnoor Saleem (Noori) and her friend Nadia Sattar came up with an idea in July to build a recreational football team called Queens Park Ladies. Since a young age Noori has always wanted to have a safe space to play football and felt there is a lot of ethnic minority girls who would like to play but do not come out of their comfort zone. In July 2023 they made a poster, purchased footballs, bibs and cones, and invited the girls in the community to come down for a football match. Some of these girls had never kicked a ball in their life, since then they have played every week for 5 months.



Sandeep and Sharan Sira – Hockey

Since Sandeep and Sharan have been organising the Sunday Junior Sessions at Bedford Hockey Club, there has been improved organisation, opportunity for more fixtures against other teams and even more structure to the training. Sunday Juniors were brilliant before, but Sandeep and Sharan's dedication has improved it further. They have promoted the sessions more and there for have had increase participation. They have also introduced and implemented a documented system to check all have paid and wish to continue after their free trial session.



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Nominations for **Community Sport and Physical Activity Award**



Spiral Freerun CIC

Spiral Freerun have made a large impact, certainly since 2017, solely responsible for the sport becoming more widely recognised and accessible. They have worked with 15 different schools within the borough, bringing freerunning to schools/clubs. They have been contracted to work for F4YP

working with vulnerable kids and children who would not be able to access this valuable service due to financial constraints and vulnerability. They have been contracted by Bedford Blues to hold classes and workshops. PLACE have also booked Spirals services to give home schooled children access to the sport. They are the only club within a 50-mile radius to have a level 2 coach, the highest level achievable.



Walking Hockey

Since its inception in 2018, Walking Hockey has created an added dimension to the Club, bringing in new members who may not previously have considered participating in hockey, or any other regular sporting activity, facilitating a return to hockey for others (after a 40-year gap for some), as well

as enabling players recovering from or living with health issues to continue to play, or take up the sport. Partners can participate in sport together as well as parents alongside children. The opportunity to stop for refreshments and a chat brings social gains, combined with the physical and mental health benefits.



Chris Watson – Disability Football

Since beginning the Celestials Club, Chris has managed to engage over 75 children and young people with a huge range of disabilities and barriers into weekly football sessions. It has grown from one small group of four to multiple sessions per week and currently over 50 registered players. These sessions provide a genuine club environment for a group of

our community that were not able to access before and has also received national recognition via the Bobby Moore Coaching Award for one of Chris' volunteer coaches.



Kevin Wyld – Exercise Clinic

Kevin manages and runs various community exercise group sessions at the University of Bedfordshire. These sessions are weekly and are run throughout the year to improve the health, both physical and mental, of community members. Interaction is encouraged by Kevin between group members, students and himself to lead sessions which improve

community members strength and fitness in a fun environment. Kevin handles referrals from GP's, the NHS, charities, and members of the community with varying health issues including cancer, heart disease, diabetes, and dementia to encourage better physical and mental health through planned exercise programs.



University of Bedfordshire, Neuro Community Exercise Group

The group was established this year for people living in the Bedford community with complex physical disabilities caused by brain injury. The

impact of this exercise group for the 24+ participants so far has been incredible, some participants would say 'life changing'. The individual support and encouragement offered by the tutors and students who support the participants, has created an environment where, despite adversity, true determination to use exercise to feel healthier and achieve personal physical goals is seen. On top of the physical benefits the social and mental aspects have made an impact on everyone involved making participants feel less isolated and more connected to the community.



Nominations for Primary School of the Year



Great Denham Primary School

The PE team at Great Denham Primary School work hard to ensure that all children get two PE sessions a week at school, and they also expose the children to a wide range of sports and activities ensuring they include all abilities and interest levels. They involve all year groups in creating 5 minutes 'get active' videos and encourage teachers to play these in classrooms regularly to give kid's brains a break and get moving during the school day. Great Denham Primary School are keen to promote mental and physical health and well-being, their energy and enthusiasm is infectious, and they really are fantastic role models for the children.



Great Ouse Primary School

Great Ouse Primary School's curriculum offer is a minimum of 2 hours PE a week, delivered by a PE specialist. EYFS have the opportunity to take part in Forest School activities as additional timetable enrichment. Pre-School children have a weekly movement and music session with Mr Piccolo. Additional offering of clubs at Great Ouse includes Foundation Sports (Football), Three Key Performance (Dance and drama), Taekwondo and Cheerleading. They celebrate physical activity not just through PE lessons but through other initiatives such as Mental Health Day where the whole school took part in a runathon. They also work with Chance to Shine Cricket Community work and Riverside Tennis.



Livingstone Primary School

Livingstone attend all School multi-sport competitions offered across the year, and also submit teams into all afterschool fixtures. This means a commitment twice a week usually until 6pm to allow pupils as many opportunities as possible to take part in physical activities, and as a lot of the children have no means of transport this requires dedication i.e., travelling by taxi each time. They attend the county inclusive competition programme which allows their students with special educational needs and disabilities a chance to participate with other students with similar needs. Back at school, Active lunchtimes are encouraged through the use of Sports Leaders and a varied programme of extra-curricular activities offered.



Pinchmill Primary School

For a small school Pinchmill works hard to give their children the same opportunities as children in larger schools. The children of Pinchmill Primary School are fortunate to have at least 2 hours a week of engagement in a regular physical activity. The school includes the Pre-School children who are 2 years old, and they experience a PE lesson like everyone else, which is amazing that the fundamentals are being taught from the minute the children start school. Lessons are versatile, creative and fun for all. For a small school the PE lead has used funding to be able to provide a large variety of equipment and apparatus to be used during lessons and break time for all ages and abilities.



Scott Primary School

Scott Primary School were awarded the School Games Platinum Mark in recognition of providing the students with a wide selection of sporting opportunities. They showed a holistic approach to Physical Education, School Sports and Physical Activity (PESSPA) throughout the academic year and run a variety of sports clubs after school and every lunchtime. The school have 30 Year 5-6 Playground Pals trained and given leadership roles during every break to assist lower KS1 and 2 students with play and support. They encourage a grown mind-set from their students when they approach PESSPA.

Nominations for Secondary School of the Year

Biddenham International School and Sports College

The school offer a different sporting/exercise club every day at lunch break and after school, these are run on an open access basis. Handball is one of their more unique opportunities. Head of PE (Michael Evans) took the opportunity to bring students to a taster rugby training session at Bedford Blues where they also participated in the Guard of Honour at a Blues match, a similar opportunity is now planned for the female students at a women's match. Sport and wellbeing are included in the curriculum and PE incorporates aspects of PHSE. Students are given the opportunity to enjoy sport both as participants and also as spectators with visits to fixtures, sports grounds and tournaments arranged.

Castle Newnham School

PE is taught through a range of pedagogical models, for all pupils to have a chance to access PE and find enjoyment; include Sport Ed, Cooperative Learning and Teaching Games for Understanding (TGfU). Pupils have access to extracurricular clubs before and after school, these sports include dodgeball, football, netball, hockey, table tennis, tennis, athletics, rounders, rugby, volleyball, futsal, indoor rowing and basketball. They also have a plethora of opportunities to engage in competitive scenarios with the above sports both through inter and intra competitions.



Daubeney Academy

Daubeney Academy offers an extensive PE provision both in and out of the classroom. Sports offered include Football, Rugby, Netball, Basketball, Tennis, Table Tennis, Volleyball, Athletics (In and outdoor), Cricket, Rounders, Fitness and more. They also have inclusive offers to allow students who may have difficulty accessing the curriculum an opportunity to represent the school and develop their skills. On top of that, they have introduced a student leaders programme which involves all students leading their year group and going out in the local community helping younger children develop PE skills too.

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Nominations for Young Volunteer of the Year

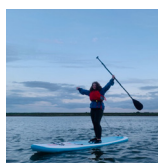


Freddie Cox – Multi Sports

Freddie has developed himself over the last year to become a key member of the Edusports Instructor Academy. During this time, he has focussed on where he would like to develop as an instructor and has also been keen and eager to volunteer in a wide variety of sessions covering a wide range of sports. Freddie has been keen to get involved in conversations which help to direct his future and help to build the future of Edusports, providing a youth led view into the business. Sports he has been involved with include climbing, paddle-sport, and team-building activities.

Daisy Flemons – Exercise Clinic

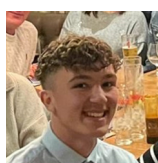
Spends a day a week volunteering at the University of Bedfordshire Community Exercise Clinic, for the past 8 months, helping GP referral patients recovering from long term health conditions with physical activity interventions. Daisy is responsible for running the sessions and is well known for her strong rapport between herself and the clients. She particularly encourages physical activity with dementia clients and geriatric clients. Daisy always cheers people up with her positive 'can do' attitude and has encouraged so many clients to choose a healthier happier lifestyle.



Anwen Jones – Canoeing

Viking Kayak Club committee invited under 18-year-old members to vote for a youth leader to sit on their committee, and Anwen, age 15, was elected as the Youth Leader. Anwen actively participates in monthly online committee meetings where she advocates for the interests of the younger generation of paddlers offering a fresh perspective.

Anwen's contributions go beyond committee work. Anwen achieved her British Canoeing Paddle Sport Instructor qualification this year, enabling her to lead club members on the water. She is a valuable asset to the club, and Viking Kayak Club eagerly anticipate her future accomplishments.



Lewis Knox – Football

Lewis is a keen footballer himself and at the start of the 23/24 season jumped at the opportunity to help the Head coach as a volunteer with coaching our newly formed Shortstown Rangers FC U12's Dolphins Team. Lewis attends every training session with the boys, as well as attending all games home and away to help with warmups and coaching. In addition to this Lewis has also stepped up and volunteers with our soccer school coaching our 4- and 5-year-olds when the coaches need additional help.

Archie Wood – Paddle Sports

Archie has spent a number of weeks volunteering his time willingly. Whenever he has turned up for an activity, he has been ready to go and eager to participate proving that he is going to be a great instructor. For Archie no task is too hard or too difficult and he will always find a way! He has volunteered with Edusports now for a number of different projects which is only showing his ability to be able to lead further and show his instructing capability. He has also started to get further involved with a number of their programmes.

Nominations for **Junior Disability Sports Personality of the Year**



Sean Chigumba – Wheelchair Racing and Basketball

Sean lives for sport. He started wheelchair racing two years ago and has already set club records in his category of disability for 100m, 200m, 400m and 800m. He also plays basketball regularly in Milton Keynes and is a member of his age group national training squad. His performances in wheelchair racing have also resulted in his selection for the England Athletics Youth Talent programme and a national ranking of first in the season's list in his category for 100m, 200m 400m and 800m. He also holds the club records for these events.



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Nominations for **Adult Disability Sports Personality of the Year**



Varun Bandi – Wheelchair Racing

Since becoming the founder member of the Wheelchair Racing Team at Bedford and County Athletics Club, Varun has been amazing; training at every opportunity and setting the benchmark for other members. Varun has participated in many track meetings during the year and achieved a level of success that totally inspires other wheelchair users. He currently leads in

the England Under 20 age group rankings for his category in two events, the 800m and 1500m for Wheelchair Racing. The icing on the cake has been him becoming a member of England Athletics future Paralympic training squad. Varun has also joined a Wheelchair Basketball Club.



Christopher Bradley – Equestrian Dressage for riders with an Intellectual Disability

Chris was born with a rare chromosome disorder with associated learning disabilities and is also autistic. Chris works extremely hard at his sport, training and tending his horses every day. He has had remarkable success in his equestrian career, overcoming many obstacles. At this year's Riding for the Disabled Association (RDA) Championship Chris won two Grade 7 National Dressage Championships. After selection for Virtus GB he came fifth at the Virtus Global Games in France and then surpassed this by being selected for the

Special Olympics GB equestrian team for the Special Olympics 2023 World Games in Berlin, where he won gold medals in all 3 of his classes.



Gary Cox – Wheelchair Tennis

Gary plays tennis at Riverside Tennis Club and this year has also made his Team GB debut at the World Team Cup in Turkey, where he became champion in both the Quad Singles and Doubles. He qualified to play at the Eastbourne International and was the Abingdon International Tennis Federation (IFT) futures Doubles Champion and Singles Runner Up. Gary's goal is for him to break into the world top twenty. To help achieve this, Riverside Tennis Club have been raising funds to support his goals to increase his training programme and help him to travel abroad to compete and therefore be in with a chance of gaining world ranking points.



John Hollowell – Indoor and Outdoor Bowls

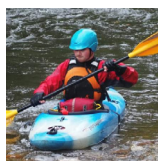
After a life changing sight loss in 2020, John started playing bowls and has now become dedicated to the sport. He plays at least 3-4 times a week at Bridgman Bowls Club in Harrold and also travels all over the country. John is improving every game he plays, and his goals are to compete at the highest levels including the Commonwealth Games and the International Blind Bowls World Championships. Being active lifted John from a dark place to now having many goals within the game and making some great friends who have been in the same position losing their sight.

Nominations for Junior Personality of the Year



Ben Agbenu – Rugby Union

Ben is part of the England U18 Squad for the Six Nations and this will be attending his 4th England Camp this year. He is a part of Northampton Saints U18 academy and has had a training day with the Senior First team and has been invited back to train more with them over the Christmas holidays. Ben is currently the only player for Northampton Saints to play every minute in for the U18's in the Junior Academy league. On top of this Ben is also in the Bedford School Rugby Team.



Nathaniel Barker – Kayaking, Canoeing and Climbing

Nathaniel has continued to develop his coaching and leadership skills in paddling and climbing during the year. As a Canoe Trail employee, he has further developed his skills by volunteering to shadow and assist experienced coaches on qualifications, attending expeditions on the River Tweed; Derwent; around the UK and also training at Lee Valley and Nene White Water Courses. Nathaniel has been coached by Senior Coaches at Canoe Trail and by top 5 Kayaker in the world Bren Orton. Nathaniel learnt to roll in the pool and has now developed on big white water rivers.



Eve Barnes – Water Polo

Eve has competed in high performance water polo for several years. She is a current member of the Great Britain U17 women's squad, who in the Summer of 2023, competed at the European Championships in Turkey. Having competed to such a high standard consistently, Eve is now a member of the Great Britain U19 squad, training regularly as part of the national squad. She continues to be an outstanding role model to her peers at Bedford Modern School and is hopeful for future selection in her new age category.



Lola Bracey – Football

In January Lola set up a petition to get more girls playing football in schools. This petition hit over 60k signatures and Lola won a national award - The Lionesses Legacy Award - Let Girls Play. Lola loves football and at her Girls Club has recently won the Midfielder of the Year award. Lola works hard at football training and playing 7 days a week. Lola plays for a girls under 11s team, a boys under 11 team, she is also a member of her school football and futsal team. Lola is currently working to organise a two day tournament next year which she hopes all Schools in Bedford will be a part of.



Eric Breslin – Gymnastics

Eric competed at the England championships finishing 16th, with 3 top 10 apparatus finishes, which qualified him for the British Championship and the Men's London Open. Eric finished 20th in the all round British Championships with 4 top 10 apparatus finishes. At the Mone's London Open he finished 7th all round with a new personal all-round record of 69.1, as well as getting a silver medal on the vault and top 8 finishes on two other apparatus. Eric does demonstrations for the younger groups at his local club. Being the oldest gymnast in his group as well as one of the top performers, not only does he help those younger but also those in his own group, often helping them out in competition also.



Nominations for Junior Personality of the Year



Ed Carpenter – Water Polo

Ed has been playing water polo since he could swim and is currently a member of the Bedford Water Polo club and plays for Watford WPC. In addition to this Ed also plays Water Polo for his school training two mornings and 4 evenings every week with the three clubs. During the last 12 months Ed was selected as part of the Swim England Talent Centre, based at the Hucknall Regional Centre, then represented the Eastern Region at the U18 Championships where he was awarded 'Most Valuable Player'. Ed was the selected to train as part of the U18 GB Development Squad. With Ed's dedication and talent he is likely to play for the GB U18 European Championships in 2025.



Ryan Close – Swimming

2023 has been a fantastic year for Ryan in the pool. Qualified to compete in 5 events at the Swim England National Winter Championships in December (Open Age). Ryan competed at the British Summer Championships (15 years) in the 100m and 200m Backstroke and was 8th in the 50m Fly and 5th in the 100m Fly at the English Nationals. Ryan won Gold in the 100m Back; Silver 50m and 200m Back and Bronze in the 50m Fly at the East Regional Championships and had 4 individual age group Golds and 4 Junior (16) titles at the Bedfordshire ASA County Championships.



Eloise Cole – Swimming

Eloise has had a phenomenal year in the pool. Represented England at the U15 ISF World Schools Games in Rio, she won Silver in the 50m Fly final and both a Gold and Silver in relay events. She qualified and competed at Senior Championships, including the British Championships in April and was the only 15 year old to make the 50m Fly Junior Final (Female U18). Eloise won the Gold 50m Fly at the British Summer Championships, 50m Freestyle at the English Nationals and 50m fly at the East Regional Championships. She also won 6 Junior U16 County Titles and 6 Senior Open Age Titles.



Lyla Danobrega – Athletics

Lyla is a very committed athlete looking to build on the success of 2023 where she came second in the 1500m Steeplechase at the Schools International Athletics Board (SIAB) and second in the 1500m Women's Steeplechase at the English Schools' Athletic Association (ESAA) Championships. Lyla is ranked 6th in the UK for U17 1500m Steeplechase and third in the UK for 1000m Steeplechase. Lyla was third in the U15 5K National Road Race and 1st in the Eastern Cross-County Championships.



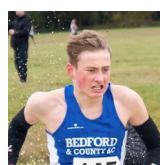
Hannah Dove – Football

For the 2022-23 season Hannah signed for Leicester City FC and for the 2023-24 season Hannah signed for Watford Ladies FC, where she is currently the top goal scorer. Hannah also plays for Bedfordshire Schools, and for her own School, Lincroft Academy, who are doing well in the Meridian Cup and the County Cup. On top of this Hannah is also working towards getting a coaching qualification and has recently been selected for an England Talent Pathway event.

Nominations for Junior Personality of the Year

Jessica Gear – Tennis

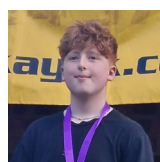
Jessica Gear, 16, has won 60 out of her 95 matches played so far in 2023. She is currently ranked 55 for U16 girls in the UK and ranked 83 for 18U girls. In 2023, Jess competed in LTA British Tour events, a tennis circuit for young professional players wanting to compete on home soil, where she won matches in the qualifying rounds to reach the main draw at some events. During the year, Jessica has won Women's Singles and 18U Grade 3 Regional Level tournaments. In 2023, she played a key role representing Bedfordshire Ladies Senior County Cup Team and Riverside in the Ladies and Mixed A Teams. She also retained her title as the Riverside Ladies Singles and Mixed Doubles Club Champions.



Archie Henderson – Swimming, Athletics and Cross Country

Archie is the East Regional Open Water 2km champion and Bedfordshire 800m champion. He was awarded the Bedfordshire AAA County Badge for representing the county in both cross country and 1500m. Archie is 2nd place Bedfordshire for the 1500m and won 6th place in the East Regional Cross Country Championships. Archie also is the Bedford Junior

Parkrun course record holder and the Bedford Junior Aquathlon winner. Archie trains with Modernians and with Bedford and County.



Dylan Hobson – Canoeing and Kayaking

Dylan is an extremely natural and versatile paddler. This year, age 14, Dylan competed for the first time in National Slalom events, held throughout the year around the UK. He finished 25th out of 120 earning him a promotion to Division 3, the highest-placed male junior in Viking Kayak Club. He also took part in the 6km Bedford Marathon Canoe Race, a national event, and placed 9th out of 25 in his category. Dylan is passionate about all sorts of canoeing: clubnight, slalom training, polo on the river and in the pool, marathon racing, playboating, open-canadian. Rain, shine, sun, darkness – nothing stops him from training and participating.

Lowri Hurd – Table Tennis

Lowri has represented Bedfordshire in the last twelve months at junior level table tennis and she has represented Wales at the Austrian Open where she won silver with her partner in the team event. Lowri was also part of the team that went to the European Youth Championships and last weekend she won gold in the Home National doubles event, silver in the under 19 team and silver in the under 19 individual event. Lowri attends training camps in Germany and Sweden and is in the Welsh performance squad.

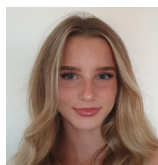


Callum Inkson – Gymnastics

Callum competed at the Tumbling British Championships in September this year and came 4th in the Men's Junior (age 13-16). He represented England at the international Loulé Cup in Portugal in October and won the individual Junior Men's Gold. Callum qualified and competed for GBR at the Trampoline World Age Group Championships in Birmingham in November where he came 9th. Callum hopes to be named in the main GBR junior squad next year after his performance at the World Championships.



Nominations for Junior Personality of the Year



Thaila-Jade Mason – Athletics

In Long Jump Thaila-Jade came second in the Schools International v Scotland, Ireland and Wales, second in the English Schools Championships, first in the South of England Championships and is ranked third in the UK U17s. (Her personal best being 6.00 metres) Thaila-Jade won the South of England Heptathlon Championship and is ranked 14th in the UK U17 in Heptathlon, her personal best being 4503 points. Thaila-Jade is very committed and has been recognised by selection for the English Schools International Team and gets coaching support from the Beagles Youth Athlete Scheme.



Daniel Meier – Swimming

Daniel has represented Bedfordshire this past year at the National Inter County Championships and competed in Regionals and was a finalist in this competition. Daniel was the National English Schools Swimming Association (ESSA) swimming winner 3 times and came second 3 times also. Daniel has also broken 3 club records this year. Daniel helps out the younger swimmers at his local swimming club showing them how to train effectively in order to be able to compete with those at the highest level. Daniel also is a rower at Bedford School.



Olly Meier – Swimming and Water Polo

In swimming, Olly finished 5th in the 200m freestyle at the Regionals. At the County Championships he won gold in the 50m and 100m freestyle events, silver in the 200m and 400m freestyle and bronze in the 800m freestyle, 1500m freestyle, 50m fly and 100m fly. In October Olly represented Bedfordshire at the inter-county championships in Sheffield. In Water Polo, Olly has represented the East Region at Inter-Regionals and awarded a place at the Water Polo Talent Centre East.



Isaac Raddan – Running

Isaac is part of the winning U15 Chiltern league Cross Country Team for 2022/23, which is a Regional Competition. He competed in the National Road Relays in Sutton Coldfield, the National Cross Country Relays in Mansfield and the England AA Youth Athletes Relay Championships. Isaac has improved his Parkrun personal best to 18.54 mins. Isaac trains with Bedford and County and also volunteers at the Junior Parkrun events.



Isla Walker – Football

Isla plays for Phoenix Football Club and Wixams Academy Football Team. Last season she scored 64 goals leading her team to win the league. She was also awarded the Golden Boot, collected the Managers Player Award, was presented the Players Player Award and received Parents Player Award. She pioneered an all girls team, the first in 75 years to join the all boys Chiltern League and they are currently top of the league. Isla has also been put forward for the Lionesses Programme.

Nominations for Junior Personality of the Year



Gracie Wall – Athletics

After returning from a serious back injury in Autumn 2022, Gracie is a high jumper with a personal best performance of 1.78 Metres, she is ranked third in the UK as an U20. Gracie won a Bronze medal in the U20 Indoor Internationals representing England in Czech Republic and a Gold medal at the England U20 Championships, setting a new personal best. Gracie is 4th English Schools Champion and 7th in the British Senior Championships. Gracie has been selected for the England U20 Internationals and also onto the England Athletics Youth Talent Programme, with the goal of selection for the 2024 World Junior Championships.



Jonny Weimann – Rugby Union

Jonny is in the England U18 Six Nations Squad, Northampton Saints U18 team and is currently training with the Northampton Saints 1st Team. Jonny also plays for Bedford School too. Jonny is looking to be in the Final England Under 18 Rugby Squad for the Six nations in Italy in 2024 and is also hoping to gain a professional contract from Northampton Saints at the end of the Academy Season in 2024. At School Jonny takes the Scrum Half's throughout the school for 1-on-1 sessions so the boys get the chance to practice individual position specific skills.



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Nominations for **Team of the Year**



Bedford Ladies Tug of War Team

Building on the success of 2022, Bedford Ladies Tug of War team competed at the English National Championships in Yorkshire this June, where they won all 4 weight classes (500,520,540,560kg). In August they attended the British & Irish Championships in Scotland, bringing home 3 Gold and 1 Silver medal. The season culminated with them competing at the World Championships in Switzerland, where they were placed fourth. The Team now have their sights set on qualifying for the 2024 World Championships in Germany. If they make the top 4 at these championships they'll be selected to represent Great Britain at The World Games in China in 2025.



Great Ouse Primary Academy, Year 6 Netball Team

School Sports Partnership Netball League, Year 6 Winners out of 7 other schools. The girls won 4 games, drew 1 and 1 game postponed which was accepted as a draw due to only needing 1 point to secure their group. Great Ouse Primary Academy, Year 6 Netball Team scored 51 goals, conceding just 15 in the 5 games that took place, giving them an overall goal difference of +36. Winners' certificates were awarded from the School Sports Partnership and school certificates/awards will be given at the end of the academic year at the schools sports celebration evening.



Ladies' 7s – Hockey

The Ladies' 7s are based at Bedford Hockey Club and participate in the East Women's Division 6 South West. Whilst the aim is to win, the priority of the team is to provide an inclusive, supportive, fun arena for girls and women to play hockey. The team currently has an age range of 13 to 75 and includes several mothers and daughters playing on pitch together (the coach is one of the fathers, who plays for the Men's team). The greatest success for the team is to see a player develop their skills and confidence, whilst enjoying physical, emotional and social well-being.



Shortstown Rangers FC U9's Sharks – Football

Shortstown Rangers U9's is a team that has progressed massively since forming as a new team after lockdown in 2021. It consists of team players and training members; children aged 8-9 years, both boys and girls. There have been many achievements; the team formed from scratch, coming together with some of the players being very new to football. All skills, techniques and teamwork needed developing; of which all players assertively took on with confidence and determination. One of the team's biggest achievements collectively to date is being crowned tournament winners and bringing home a trophy (the first piece of silverware for the club) in May 2023.



Nominations for **Unsung Hero**

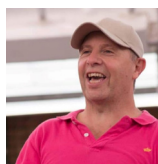


Vicki Barrett – Cricket

A year ago, Bedford Cricket Club had never played a Women's or Girls' fixture and now they have completed a very successful summer, all thanks to Vicki's coordination, dedication, leadership and inspiration. She has been at the forefront and driving force behind cricket in the town being played by Women and Girls. The Club have expressed their total admiration for how her enthusiasm and dedication has enabled women's cricket in Bedford to start, grow and flourish and will continue to do so for years to come.

Emma Coombes – Athletics

Emma is the Endurance Squad Coach for Bedford and County, Team Manager for the Senior Ladies Athletics and Cross Country Teams, Track Official for most weekends for most of the summer athletics season and Team Manager for Bedfordshire Women's Cross Country Team. Emma is an invaluable support to all people involved with athletics and cross country across Bedfordshire. Emma has been involved with the Bedford and County Athletics Club for many years, at least over 20...



Mike Del-Boyer – Line Dancing

Mike has been teaching for over 30 years and regardless of whether he's taught a dance a million times, or for the first time, he will teach it with the same enthusiasm and joy every time. On top of a very busy weekly schedule of Line Dancing sessions, he is very good at organising fundraisers or turning a class into a challenge to raise money to help support local charities. Mike is a very caring and kind hearted person and is always approachable and supportive to all dancers. He encourages everyone to have faith in themselves and give people the confidence to keep active and feel good.



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Nominations for **Unsung Hero**

Joanna Gray – Rugby

Joanna is the Team Manager for Bedford Blues Women (an unpaid, completely voluntary position). This role is a wide ranging position and sees Joanna involved in every facet of the team's journey - team logistics, travel arrangements, sponsorship manager, matchday lead, training co-ordinator and much more besides. She is a truly important cog of the team; Bedford Blues Women are a community club open to anyone, and as such are reliant on their volunteers to function appropriately and they would be lost without Joanna.



Steve Hawkins 1959-2023 – Hockey

Subscription Officer, Clubhouse Renovator, Grounds Maintenance, Assisting the Club House and Sideline Supporter, Steve was one of those unsung heroes who just go on and did, without fuss or bother. People saw the end result of his labour but not the hours and hours of time, talent and energy that went into it. Steven was one those rare jewels that every club longs for, but whose worth isn't always fully valued until they are no longer there. A man of immense talent who, has left his mark on the very fabric of Bedford Hockey Club and a cavernous loss with his passing.



Matt Hopkins – Kayaking and Canoeing

Matt has volunteered as a Paddlesports Instructor and Outdoor Instructor for Canoe Trail, gifting his time during the past few years to help coach and develop young people at Kempston Outdoor Centre. Matt is a serving Police Officer and former Surf Instructor who has a real gift at sharing practical outdoor skills and important life skills. Matt has helped keep his local communities safe through his police role plus helping to develop people skills and confidence at Canoe Trail. Nothing is ever too much trouble for Matt, he takes time to help people learn new activities with patience and kind supportive words.



Johanna Jarvis – Multi Sports

As the Programmes Manager and one of the Lead Instructors for Edusports, Jo has been key in helping Edusports to develop where it is today - a position she has well and truly earned from initially having a t-shirt chucked at her! Without Jo, it's very clear, Edusports, would not be as successful as it is without her being able to sift through ideas identifying the great ones, and not so-great ones. Jo has been instrumental in helping to write policies (something her Director is not so good at), but is also keen to get involved in as much of the business as possible.



Debbie Jones – Canoeing

Debbie is incredibly passionate about ensuring Viking Kayak Club is fun, friendly and inclusive. She works tirelessly to ensure new and potential members understand what the club has to offer, and anyone joining is made to feel welcome. To encourage engagement, Debbie often organises themes for club nights or events, such as picnics in the summer and a light-up Halloween paddle in the October half-term. These have been incredibly successful and bring together members of all ages and abilities. She believes that every paddler matters and gives them each personal attention to enable them to engage with Viking Kayak Club and paddle sports.

Nominations for **Unsung Hero**

Adnan Khan – Football

Adnan's commitment to the Queens Park Crescents F.C. has elevated football in Queens Park, helping establish 10 teams in the community including a youth set up and development team. Adnan has invested countless hours into Queens Park Crescents, on top of his day job, being Club Secretary, organising the adults' teams, dealing with the finance and even set up the pitches and ensuring all kids that a kit. He made football affordable to the kids by looking for funding from charities and sponsorship as the club is founded in the most socially deprived area in Bedford.



Michael Wigg – Football

Michael is Club Chairperson and Founder of Shortstown Rangers FC. He is involved in every aspect of running the club from marking lines, completing player registrations, to making policy decisions and organising the club's annual football festival, as well as coaching his own team and running the Shortstown Rangers Soccer School. Michael puts in hours and hours of work as a volunteer in these roles.



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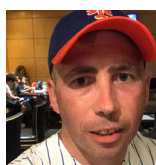


Nominations for Coach of the Year



Jamie Bain – Rugby

Jamie is the Strength and Conditioning Coach for Bedford Blues Rugby, he has been a Strength and Conditioning Coach in professional sport for 15 years working for The Ospreys, Gloucester Rugby, Worcester Rugby, England Rugby, and Bedford Rugby. He is continually working and developing himself, his programme and rehabilitation techniques for both the club players and private clients. He has a MSC in strength and conditioning and well as coaching. Furthermore, year on year Jamie works with interns on their own self-development and mentoring them into the world of professional sport.



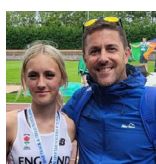
Michael Blunt – Wheelchair Racing

Michael has been with Bedford Wheelchair Racing since it started 5 years ago. During this period, he has gained the event group athletics coach award - the highest it is possible to achieve. His commitment to Wheelchair Racing cannot be faulted. He runs three training sessions at Bedford Athletics track each week - around 10 hours in total. In addition, he acts as technician for the racing chairs, carrying out repairs when necessary, and ensuring that they are set up correctly. Two of Michael's athletes have been accepted on to the England Athletics Talent Development programme for future potential Paralympians.



Ellie Chick – Gymnastics

Ellie dedicates herself wholeheartedly into coaching a variety of gymnasts at Verve Gymnastics. She works with recreational gymnasts in the evenings, pre-school gymnasts during the day and disability gymnasts at the weekend. She has run a one-on-one session for an autistic gymnast until recently. Ellie has completed her level 1 coaching award and is now working towards her level 2. Ellie commits approximately 8 hours, and all her work is voluntary.



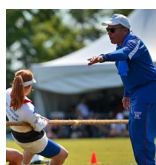
James Danobrega – Athletics

James coaches Boys and Girls Teams at Bedford and County Athletics Club. His Under 15's won the Chiltern league 2022/23 season and one of his team represented England at the Schools International Athletics Board (SIAB) Steeplechase. James puts together and shares a weekly training programme for his groups. He will use his own time to get additional training sessions in and always attends and supports fixtures where work allows. He has built a great team with the other coaches and there is a great team ethos within the squad.



Ben Hammond – Multi Sports

Ben is currently leading Sharnbrook U15's Youth Football Team and coaching Sharnbrook Men's 1st Team. Both teams are now thriving, reaching cup finals, and having strong league campaigns. He continues in the role as Treasurer of Sharnbrook FC, aged 23. Ben has been recognised by Great Ouse Primary Academy and Sharnbrook FC for his coaching talents across his employment and voluntary roles. Ben's dedication and impact has been hugely appreciated by Sharnbrook FC.



Geoff Hollyhead – Tug of War

Geoff is the Coach of Bedford Ladies Tug of War Team and over the past 5 years he has managed the development and growth of the team. Having pulled and competed at prestigious championships himself, he's been able to draw on his 40+ years of experience to guide the Ladies to compete at the highest level possible. In 2022 they represented Great Britain at The World Games in Alabama (USA), after qualifying in 2021.

Nominations for Coach of the Year

Danyaal Iqbal – Football

Danyaal has helped increase the youth teams at Queens Park Crescent from 1 to 8 teams, while coaching two teams as well at the same time. He has created a few development teams and has made training available to children who wouldn't normally get a chance to play, giving under privileged children a chance to play at an affordable price. Danyaal has mentored 7 new coaches as well as running all the administrative aspects of running the Queens Park Crescent FC.



Jack Isserlis – Canoeing

Jack joined Viking Kayak Club in 2013, at the age of 12, and has been a key member of the Canoe Polo Team ever since. At the age of 14, Jack became the team captain, as well as the club's goalkeeper. As part of the youth team, Jack had the opportunity to play canoe polo nationally and internationally, coping with the highs and lows and learning to improve his skills. And he just kept playing. Since Covid, Jack became a qualified Canoe Polo Coach with British Canoeing, fitting it around his busy schedule as a student nurse at Bedford Hospital.



Oliver Lattimer – Rugby

Oliver's has been a driving force behind the boys' rugby team, leading them to numerous victories and honing their skills to producing winning results. Equally impressive Mr Lattimer has recently coached the girls' team to their very first rugby final, marking a historic moment for the school. His ability to inspire, teach and mentor young athletes is evident in his achievements, highlighting his adaptability as a coach and his impact on both male and female players.



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Nominations for Coach of the Year

Hayley Mackellar – Netball

Hayley is a level 2 coach, as well as coaching and mentoring coaches at all 7 age groups at Team Beds Netball Club she has been instrumental in leading coaching at Bedfordshire County. Hayley has also progressed to coaching at the highest levels within netball coaching at Netball Super league for Severn Stars and Internationally as the Scotland U21 Head Coach, this included taking the squad to the commonwealth games and more recently working with the Scotland Senior squad.

Mohammed Mamunur Rahman – Football

On top of Mohammed's busy work commitments, he also coaches 2 teams, the Queens Park Crescents U10's and U12's. He leads the teams on match days and coordinates and runs training sessions. Mohammed spends a lot of time mentoring the children and provides support to other coaches in his team. The children in his team have improved significantly and are now extremely confident in themselves, this is down to the engagement, empathy, and kindness that Mohammed shows them.



Zara Nolan – Football

Zara is an amazing coach who is very committed to her role. She has come through the Real Bedford Ladies and Girls teams as a player and devotes hours each week to make sure all young girls can play sport and have a positive role model. Zara not only runs an Under 11s Team, but she also oversees the youth teams. One participant said "She is a good coach because she is supportive, she is kind and funny. She makes it fun, and I love her so much. I'm glad she is our coach. I have learnt so many things from her she is the best and such a good footballer. I don't know what I would do without her."



Claire Southam – Netball

Claire is a very busy coach to say the least, she coaches locally at the Bedford Junior, Youth and Senior League, plus she coaches her own club, Junior, and Senior Monday Marvels plus various sessions of Walking Netball. Claire has coached youngsters that have gone on to represent England at Junior and Senior Levels over the Years. Last season her U16s won the Regional Division 3 and this season her adult regional team were promoted to Division 1 making them the highest-ranking Bedfordshire Club Team. Also, her Walking Netball Groups were both finalists in a well-attended tournament.



Rob Stean – Tennis

Coach Rob deserves some long overdue recognition. Rob is an LTA Accredited+ Level 4 Coach and has progressed through his coaching career during the past 20 years at Riverside Tennis Club. He has individually coached 10 x Bedfordshire Junior County Champions during the past two years (including 5 winners at the 2023 Beds Junior County Championships). Rob was the county coach for the 18U Bedfordshire Girls' County Team when they competed in Devon for County Cup in 2023. For the past 18 years, Rob has successfully organised and refereed LTA sanctioned tournaments at Riverside. In 2023, Rob decided to step down in his role as Competitions Manager and will be greatly missed in this role.

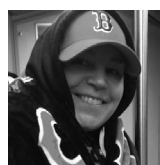
Nominations for Coach of the Year

Calum Steel – Kayaking and Canoeing

Calum is an advanced Canoe Leader, Kayak Leader, and moderate Water Endorsed Coach, making him one of the most qualified coaches in the country and region. He has recently become a tutor for several NGB courses delivering Paddle Sports Leader, Touring Leader, and safety courses for British Canoeing. Calum has led expeditions and trips to Scotland, England, and Wales in different disciplines on big white water. Calum also has led sessions with Canoe Trails working with schools and corporate companies.

Ian Walton – Duke of Edinburgh Award

Ian is a qualified DofE Supervisor and Assessor. His passion for always improving his own ability and qualifications is admiral. Currently, holding his Mountain Training Lowland Leader Award, he already has his sights on higher qualifications, like the Hill and Moorland Training, as well as biking qualifications, in addition to other navigation courses. Ian is continually looking at ways to be able to improve his knowledge, getting out to be able to practice new skills and further develop himself. Ian participates in a variety of activities within the Edusports programme, mainly focussing on the Duke of Edinburgh Award.

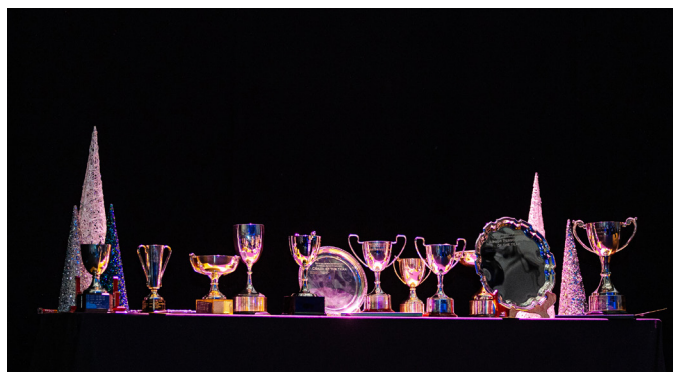


Debbie Wilson – Hockey and Netball

Debbie is a level 2 coach, over the years, she has provided age-specific coaching in boys' and girls' hockey in ages from Under 8s through to Under 18s. The juniors frequently attend tournaments, and the under 14s, 16s and 18s play within local leagues. Her area of specialty, (besides helping youngsters to develop performance skills) is aiding them with transitioning to adult sport, a critical juncture in determining if a youngster is likely to continue engaging with sport into adulthood. Her main emphasis is on having fun and to try and foster a life-time engagement with sport.

Mark Wood – Football

Mark took on Bedford Park Rangers Under 11's Hurricanes 2 years ago and at the time had never coached football. Since then, he has developed an amazing bond with the boys and coached them into a wonderful team that regularly wins their games. In June he managed to get sponsorship so all the boys could play at Leicester City Football Club, and it was an amazing experience that all the boys will never forget. Mark gives up so much of his time making the club better, encourages the boys and grows their confidence.



Nominations for Adult Personality of the Year



Callum Brittain – Football

In July last year Callum made the move from Barnsley FC when he was signed by Blackburn Rovers. Blackburn who play in the Championship league awarded him player of the month in October and he also won 'Goal of the Month' for a fantastic goal he scored in a match against Millwall. Callum has risen progressively from MK Dons who play in Football division 2, to Barnsley who play in Division One, to Blackburn who are in the championship, along the way he was selected to play for England U20s.



Steph Daniels – Hockey

Steph played County Hockey as a school girl, however returned after a 40 year gap joining Walking Hockey, which she still participates in twice a week. Steph then progressed to the Back to Hockey Course and then onto Bedford Hockey Club's Ladies' 7s. She has now attended trials for the England Women's Over 70s squad and been invited back for further training sessions. She is also a regular player for the Bedford Hockey Club in the East Women's Division 6 South West.



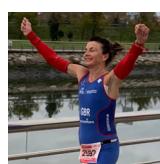
Bethany Dix – Netball

Bethany has played Netball in Scotland for the last two years, she has played Super League Netball for Sirens who are a Glasgow based Super League Club. She also plays in the England Premier League for New Campbell. The Netball Super League is the United Kingdom's top level, elite netball competition featuring ten teams from England, Scotland and Wales. Bethany was made co-captain for the 22-23 season and was voted 'Player of the match' on many occasions, with Sky pundits acknowledging her play on court as "game changing".



Jamie Dunk – Cricket

Jamie scored 1,054 runs this year during the Summer for Bedford School at an average of 50 runs per game. He scored 141 for Leicestershire Academy vs Northamptonshire Academy and was awarded Coaches 'Player of the Year'. Jamie played for Scotland U19's in the U19 Cricket World Cup qualifiers scoring 225 runs in 4 games gaining 'Player of the Tournament' and contributing to Scotland's qualification for the U19 Cricket World Cup in January. Jamie also made his debut for Scotland Men's 'A' in the European T10 Championship in October.



Nora Haggart – Running

Nora has competed in 17 events so far in 2023, including the Berlin and Chicago Marathon only 2 weeks apart. Nora Haggart bettered the F65 best time for 10k at the Silverstone 10k with a time of 45:03, she bettered the F65 best time for 5k at the Doug Anderson with a time of 22:48 and improved her own F65 best time for the marathon at the Berlin Marathon with a time of 3:43:46. Finally she has achieved a Harriers Club Best Time for her age group for both marathons. All this at the young age of 67!



Neil Guess – Touch Rugby

During the previous 12 months Neil has competed in Touch Rugby (over 35's) at local level with Bedford Eagles, regional level with the East Midlands Team and National level representing England at the European Championships in Vichy, France gaining seven international caps. Neil has demonstrated an outstanding level of dedication, together with tenacity and professionalism, by making sacrifices in many ways. He is currently training with the Regional and National Development Squads working towards playing at the World Championships in Nottingham 2024.

Nominations for Adult Personality of the Year



Rihanna Luke – Netball

Rihanna was originally selected for Saracens Mavericks U15's and has gone from strength to strength and has now, this year, been appointed as the U19 Squad Captain. Rihanna was spotted as having potential from a young age, she has worked hard and been dedicated to her sport and deserves her Captaincy this season. She also plays club netball at weekends for Team Beds who are a performance club playing in the Regional League. In August this year Rihanna was invited to attend the England Netball Roses Summer Selection Camp.



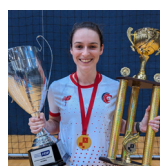
Luke Pollen-Brooks – Kite Surfing

Luke has competed internationally at the Junior World Kite Surfing Championships in Gizzeria, Italy over the summer school break and is currently Ranked 5th in the GB team. Luke is a pupil at Bedford School and does Rowing and Rugby and so has a busy schedule. He used to train most weekends but now trains twice a month at Weymouth and Poole. Luke helps to coach and give advice to aspiring youth aged 9-14 to get into the GB team and is looking to be selected for the 2028 LA Olympic Games.



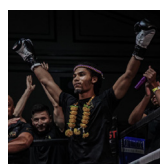
Jake Scott – Football

Jake started with the Luton Town Football Club in a part time capacity last year and has quickly established himself as a full time member of the sport science support team, helping the club gain the first experience in premier ship football. Jake continually goes above and beyond to support players across the club and also remains a significant ambassador to the University of Bedfordshire teams, an inspiration to many. In addition to his support role at the club, Jake continues with his PhD in football and we have no doubt that he will become a leading football expert in the coming years.



Sarah Town – Dodgeball

Sarah is part of the England Lions Dodgeball Women's Team that won the gold medal at the recent European Championships. This was their (her) seventh year of trying (the previous six years they won silver, all against Austria). Sarah was also part of the Bedford Eagles Team that won the 2023 Women's British Dodgeball Championships. Sarah has been playing at National Level for a number of Years and was part of the gold winning team at the World Championships in New York in 2018.



Zayaan Williamson – Kick Boxer

Pre Covid, Zayaan was World Champion at two weights, however then suffered an injury. After a lot of dedication and perseverance he has had two fights in the past twelve months. At York Hall he comprehensively beat his opponent and last month he fought on the Muay Thai Grand Prix (MTGP) Undercard. This was a Semi Pro bout with no shin pads and won via a unanimous points decision. Zayaan is really disciplined in everything he does, including running his own cleaning business and studying at University.



Nominations for Service to Sport



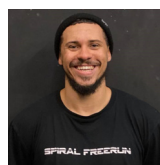
Rob Ashton – Rugby League

Rob has been actively involved with the club for 18 of the 20 years the Bedford Tigers RLFC have been in existence. As Director of Rugby he has overseen growth of the club and brand from one men's team to two men's teams, two women's teams, women's netball team and a mixed wheelchair rugby league team. In addition Rob has coached the Cambridge University Rugby League team for a number of seasons with another success in the Varsity against Oxford in March of this year. His positivity surrounding the sport of rugby league has led to a number of players, particularly in the women's section to trial for and ultimately to gain international honours for England, Ireland and England Community Lions, with one player recently returning from a two match tour in Serbia.



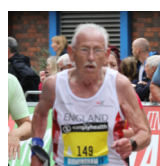
Kevin Breeze – Rugby

Kevin has been involved as a volunteer at Bedford Junior Blues for over 23 years. It started when he joined the club when his son was 7. Since then he has been involved at the club in various roles, Age Group Head Coach, Referee, Coaching Co-ordinator and, for the last 15 years, Chair. He has supported the team of volunteers providing rugby for girls and boys from U6s through to U18s. He was also involved in the introduction of the Bedford Athletic Colts Rugby Team, ensuring a definitive pathway for players into the adult game. Kevin has also been heavily involved with the Bedford Ladies Rugby Team. His dedicated enthusiasm and hard work have ensured the growth and success of one of UK's most successful Junior Rugby Clubs and provided rugby for thousands of children over the years.



Luke Brown – Parkour

Luke started Spiral Freerun in 2012 and started professional training in 2016 alongside running his company. In 2020 Luke took on the business full time and since then Spiral Freerun has grown massively becoming a Community Interest Company (CIC) in 2021 and finally getting their own gym in October 2023. With his team, Luke offers up to 26 sessions a week and also works with local schools. Luke has trained up 7 junior coaches with no previous qualifications and has put them forward for official parkour training. Luke has the ability to get the best out of everyone from staff to participants and is always there developing people's confidence and fitness.



Larry Corkrey – Running

Larry is 86. He started parkrun in 2014, and to date, he has completed 323 parkruns. On top of the 30 parkruns he has finished this year, Larry has completed a 5K run, five 5 miles runs, five 10K runs and two half marathons, all in a reasonable time and almost always winning his age category. Larry has set Bedford Harriers Athletics Club's best times in his age group at 5 mile and 10 miles this year as well as setting the club's best time in his age group in 5k, 10k, and half marathon last year. Not many octogenarians can achieve that many races in one year and with times much younger members are jealous of and are inspired to achieve.



Kate Costin – Hockey

Kate joined Bedford Hockey Club as a 14-year-old and is approaching 25 years of giving absolute commitment to BHC. Her personal playing career has seen her progress from a junior playing in the 4th XI to now playing for the Ladies' 1s in National League, previously captaining the team for two seasons. Kate also plays for Bedford Hockey Club's Championship-winning Masters O35s and has multiple caps for World Champions England Masters O35s. 11-years-ago, Kate stepped up to being Ladies' Club Captain, a position she currently still holds. Under her guidance, the Ladies' section has grown from 5 to 7 league teams.

Nominations for Service to Sport



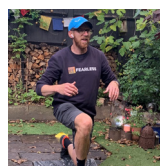
Howard Darbon – Multi Sports

Howard's contribution and commitment to sport in Bedford has been evidenced over the last 40 years as both a professional with Sport England and as an enthusiastic volunteer at Beds and County AC where he is championing the development wheelchair racing.

Attending numerous activities and function with one of the racing chairs he never misses an opportunity to raise the profile of the sport or the opportunity to raise funds to help the participants buy the chairs. A large number of people have a deep respect for Howard for all he has done and for the impact he has had on so many lives and careers.

Tasha Fensome – Football

Tasha has played football for Bedford Ladies FA for over two decades, she has been not only a player but coach to the younger girls with up-and-coming futures in football. This season alone she has already scored over 15 goals in the first 12 games, what a fantastic role model! Even with the temptation of bigger clubs scouting her, her heart has always been at Bedford. Tasha graduated and became a PE teacher in a Bedford school, sharing her love and knowledge of sport with the younger generation. She is an inspiration to the new generation of young female footballers, with her dedication and love for the game, its infectious. With her caring attitude there is no doubt that more youngsters will thrive to follow in her footsteps.



Neil Frankel – Tennis

Neil has worked tirelessly for Riverside Tennis Club over the past 25 years firstly as Coaching Director for 20 years of this time and now as our Disability Tennis Manager. He has developed a highly valued disability programme at Riverside through the LTA Open Court Programme. Neil coaches Gary Cox, an elite quad wheelchair tennis player and

is supporting him throughout his performance journey as he progresses through World Rankings. In 2023, Neil was recognised by the High Sheriff of Bedfordshire for his services to the community. The award recognised the appreciation of Neil's services and his contribution in enhancing the life of the community specifically through our Open Court Disability Programme at Riverside.



Patrick O'Hara – Canoeing

Patrick has volunteered for the Viking Kayak Club (VKC) for over 10 years and as Club Treasurer for the past 4 years. Since 2016, He has coordinated two annual national slalom events at the Cardington Slalom Course, enabling over 10,000 competitive runs despite never once paddling the course himself. This year, the event was selected by British

Canoeing to host the National Slalom InterClubs competition attracting participants from 13 other UK clubs and over 170 competitors. Patrick was accountable for the smooth running of the event and coordinating the army of volunteers needed.



Julie Wilkinson – Netball

Julie has been involved in playing, coaching, umpiring and volunteering for netball in Bedfordshire for over 25 years. For a large part of her netball life she was an active member of Cranfield Netball Club. She was a Regional player and also used to support the growth of the club with coaching and mentoring umpires. In recent years Julie has set

up a new team Accord which now has 2 very successful teams playing in the Bedford League. Julie is a familiar face in Bedford Netball, giving up countless hours to the sport. Julie supports at all local events and tournaments in any way needed from umpiring to administration and last year was instrumental in organising the Bedfordshire Netball Celebration Day.

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EMPLOYED
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The Bedford Borough Council Sports Development Unit

It's been a busy year with many new programmes starting across the Borough...

The team have been running a wide range of initiatives to encourage more people from across the Borough to take part in sport and physical activity. As well as these programmes the team are working closely with a range of partners to help support and deliver the many community benefits associated with sport and physical activity.

Programmes

- Active Adults - Sports Courses for grown-ups! (run 3 times a year)
- GP Exercise Referral - Structured and supervised exercise programmes for patients.
- Mindful Sport - Weekly programmes to support mental health and well being
- Live Longer Better Bedford - Gentle exercise classes for over 60s
- Summer Sports Courses - for 6-15 year olds
- engAGE together - online, chair based, live stream activity sessions for over 65s and group accommodation settings.




Events

- Aquathlon - Children's Swim and Run competition for 6-16 year olds
- Sports Village - Village within the River Festival which showcases local clubs and organisations
- Sports and Physical Activity Awards - Celebrating the achievements and dedication of sports people and clubs across Bedford Borough.
- Yoga and Wellbeing in the Park - Free Yoga sessions and wellbeing advice based in Bedford Park.
- World Mental Health Day - A free taster event offering table tennis, Yoga and mindfulness workshops.
- A mindful workforce: Mental health and wellbeing training events

Support:

- No Limits - Weekly sports and physical activity sessions for adults with learning and physical difficulties
- Ageing Well Festival - annual exhibition with "come & try" activities held at the Corn Exchange
- Trans Swimming - Rainbow Bedfordshire's LGBTQ+ inclusive swimming programme

For more information:

 www.bedford.gov.uk/sport  01234 718827  sport@bedford.gov.uk
 Twitter: [@boroughsports](https://twitter.com/boroughsports)  Facebook: [bedfordsportsdevelopment](https://facebook.com/bedfordsportsdevelopment)



CIMSPA - Chartered Institute for the Management of Sport and Physical Activity

CIMSPA is the professional development body for the UK's sport and physical activity sector, committed to shaping a recognised, valued and inclusive sector that everyone can be a part of.

CIMSPA works on behalf of the whole sport and physical activity sector – supporting, developing and enabling professionals to succeed and, as a result, inspire our nation to be more active through:

- **Professional Standards Engagement** – we support organisations to embed professional standards. Plus, support the development of the workforce by giving you expert input into developing individual professional standards through professional development committees and professional standard consultations.
- **Enhanced Network Links** – increase networks of contacts in the sector by accessing CIMSPA's wider partner network of awarding organisations, training providers, higher education institutions and sector specialists.
- **Local Skills** – the right training, delivered in the right place, at the right time. Our local skills project is bringing together employers, education providers and employability-focused organisations to effectively and efficiently match supply and demand– find out more at www.cimspa.co.uk/localskills/
- **CIMSPA Membership** – becoming a CIMSPA member signals an individual's dedication to best practice, developing themselves and being qualified to tackle the challenges faced by the sector and the nation.

Find out more about CIMSPA by scanning the QR code or by visiting www.cimspa.co.uk



BEDFORD SPORTS & PHYSICAL ACTIVITY AWARDS 2023

Organised by Bedford Borough Council Sports Development Unit

6.30pm	Doors Open	
7.05pm	Take your seats please	
7.10pm	Introduction	Richard Tapley, Bedford Borough Council Manager for Sports Development and Leisure
7.15pm	Official Welcome	Tom Wootton, Mayor of Bedford Borough
	The Bedford Borough Sports Development Team (Film)	
7.30pm	Award Presentations	<i>Presentations will be made by Sponsors & Special Guests</i> Club, Community Award, Primary School, Secondary School, Young Volunteer, Junior Disability, Adult Disability, Junior Personality
8.00pm	Interval	The Bar will be open during the break
8.20pm	Welcome Back	Sport England, Uniting the Movement (Film) GLL - Sports Foundation
8.30pm	Award Presentations	<i>Presentations will be made by Sponsors & Special Guests</i> Team, Unsung Hero, Coach, Adult Personality, Service to Sport
8.55pm	Closing Message	Tom Wootton, Mayor of Bedford Borough

IMPORTANT INFORMATION

Please could all nominees stand up when their name is called out by the category announcer. Could all award winners assemble next to the stage straight after the Mayor's closing message for the official photographs.



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