

*Active Bedford & Bedford Borough Council Sports Development Unit present...*

# Sports Awards 2019



## Programme

Monday 9<sup>th</sup> December

*Sponsored by...*



Times & Citizen



Bedford Sports Foundation



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# *Welcome to the Active Bedford* **Sports Awards 2019**

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These awards are presented by the Bedford Borough Council Sports Development Unit on behalf of Active Bedford and are sponsored by The Harpur Trust together with many of our other supporters .

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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## Active Bedford

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The Bedford Sports Awards have been running now for 24 years. The awards were initiated in 1995 by Fred Wooding, the then president of Sport Bedford, when Fred offered a Silver Cup as a Perpetual Trophy for the awards. The response to the event has again been encouraging and the awards have become an established part of the Borough's sporting calendar.

Active Bedford is a voluntary organisation, formed in 1986 (as Bedford Local Sports Council). It consists of representatives from a range of local sports clubs/agencies/organisations who meet to advise the Borough Council on local sporting issues.

The group discuss a variety of local sporting issues from facility development to child protection in sport and is very keen to involve a wide range of community groups/representatives in its membership.

If you would like to be kept up to date with all their sports news and included in future consultations you should sign up to the regular Bedford Sport E-bulletin by visiting **[www.bedford.gov.uk](http://www.bedford.gov.uk)** and click on the 'Stay Connected' icon at the top of the web page. This gives you all local sports & leisure information in ONE place.

Active Bedford is supported by the Bedford Borough Council and Sport England. It is able to give grants on their behalf to talented sports people and local coaches. In recent years the group has also been successful in attracting funding that they can award to support disability sport in the Borough. If you would like to apply for funding or know a group or individual that could benefit please contact the Bedford Borough Council Sports Development Unit for more details **01234 718827**.

### Current membership of Active Bedford Executive includes:

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**Howard Darbon (President)**

Bedford & County Athletic Club

**Jim Lloyd (Treasurer)**

Priory Water Sports

**Richard Tapley (Secretary)**

Bedford Borough Council

**Lloyd Conaway**

Team BEDS & LUTON

**Cllr Doug McMurdo**

Bedford Borough Council

Portfolio Holder for Leisure & Culture

**Lyn Parsons**

Star Club (Rowing)

**Kevin Stark**

Association of Traditional Shotokan Karate

**Stuart Duncan**

Fusion Lifestyle

## 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.

### **Tim Amoss**

Lecturer in Sport Sociology and Physical Education, University of Bedfordshire

### **Steve Bampfield**

Co-Founder of R&D Coaching

### **Derek Batchelor**

Hon Vice-President of Badminton England

### **Dr Nigel Brookes**

Immediate Past President of the Rotary Club of Bedford Park

### **Howard Darbon**

President of Active Bedford

### **Stuart Duncan**

Sport and Community Development Manager, Fusion Lifestyle

### **Danita Goodwin**

Community Projects Manager, Faith in Queens Park

### **Jade Horsley**

Satellite Club Link Officer, Team BEDS&LUTON

### **Dr Helen Ives**

Senior Lecturer, University of Bedfordshire

### **Simran Kaur Khinder**

Recovery College Manager, East London NHS Foundation Trust

### **Jim Lloyd**

Treasurer of Active Bedford Priory Water Sports

### **Dr Robert Oakley OBE DL**

Past Chairman, Bedford Sports Foundation

### **Mark Ormerod**

Chairman, SportsAid Eastern

### **Dave Randall**

Sports Tutor & Football Academy Head Coach, Bedford College

### **Gary Richardson**

Limited Edition Sports Coaching

### **Dan Simpson**

Co-Founder of R&D Coaching

### **Sarah Stevens**

Specialist Community Safety Officer, Bedford Borough Council

### **Richard Tapley**

Manager for Sports Development and Leisure, Bedford Borough Council

### **Laura Waller**

Senior Public Health Officer - Healthy Weight & NCMP  
A shared service across Bedford Borough, Central Bedfordshire and Milton Keynes

### **Cara Umney**

Public Health Officer - Healthy Weight & NCMP  
A shared service across Bedford Borough, Central Bedfordshire and Milton Keynes

## 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

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Local sports clubs and volunteers are vital to the provision of sport in Bedford Borough and we can support you in a number of ways.

### Register your local sports clubs on our website

We are receiving an increased number of enquiries about local sport clubs and organisations. There is a comprehensive search facility available via our website which allows visitors to look through a database of local sports clubs and organisations. To make sure your club details are registered on the database, complete a form (available on the site) and register your information. Visit: [www.bedford.gov.uk/sport](http://www.bedford.gov.uk/sport) and click on the A-Z list of sports under the 'information' section.

### Affiliate your sports club to Active Bedford

Active Bedford is a local voluntary organisation that supports and advises on a range of sports related issues. To affiliate your club for FREE visit [www.bedford.gov.uk/sports](http://www.bedford.gov.uk/sports)

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The poster features a dark blue background with a starry night sky. At the top, the word 'noda' is written in a white, cursive font, with the tagline 'Be inspired by amateur theatre' in a smaller font below it. The text 'Bedford Pantomime Company Presents' is written in a white, cursive font. Below that, 'Bradford & Webster's' is written in a white, cursive font. The title 'RAPUNZEL' is written in large, bold, yellow, textured letters. The dates '21st December until 1st January' are written in a yellow, textured font. Below the dates, the word 'Tickets' is written in a yellow, textured font. The ticket prices 'Single : £14 Family : £48' are written in a yellow, textured font. At the bottom, the box office number 'Box Office 01234 718044' is written in a yellow, textured font.

noda  
Be inspired by amateur theatre

Bedford Pantomime Company Presents  
Bradford & Webster's

**RAPUNZEL**

21st December until 1st January

Tickets  
Single : £14 Family : £48

Box Office 01234 718044

## Award Categories

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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:

- **Sports Club of the Year**  
Sponsored by R&D Coaching



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- **Community Club / Group of the Year**  
Sponsored by Bedford Sports Foundation



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- **Sporting School of the Year**  
Sponsored by Sports Development Unit



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- **Junior Sports Personality of the Year (17 or under)**  
Sponsored by The Rotary Club of Bedford Park



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- **Young Volunteer of the Year**  
Sponsored by Team BEDS&LUTON



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- **Sports Team of the Year**  
Sponsored by University of Bedfordshire



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- **Sports Administrator/Outstanding Volunteer of the Year**  
Supported by Fusion Lifestyle



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- **Sports Coach of the Year**  
Sponsored by Bedford College



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- **Disability Sports Award**  
Sponsored by Guidant Group



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- **Adult Sports Personality of the Year**  
Sponsored by The Harpur Trust



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- **Outstanding Achiever**  
Sponsored by Bedford Borough Council





## Nominations for Sports Club of the Year

### Bedford and County Athletic Club

The coaching coordination team are developing all the time and this year they obtained funding to further develop their Track and Field team with 6 members undertaking qualifications. Their members participate in numerous leagues across the country throughout the year and this year there were two records broken by team members.

### Bedford Community Netball Club

Last season out of the 13 teams at Bedford Community Netball Club, every team but 1 came away with a plate, cup, first place win or runners up trophy. This is a big achievement for BCNC who have expanded their teams in a short period of time with members ranging from School Year 3 to over 58 years old. They also currently boast many athletes involved in performance pathways across our region with one earning her place in the England Roses Netball Academy.

### Bedford Harriers Athletic Club

Members of the Club have had many big achievements including: GB Masters Marathon, GB Spartathlon, Ironman World Championships, EnduranceLife, ITU World Triathlon Final, and British and European Triathlon Championships. The Club have 500 members, 50/50 male/female and take part in every running event, to include Bedford Olympic distance Triathlon and Bamberg Run Festival this year.

### Bedford Hockey Club

In the Club's 125th anniversary year Bedford Hockey Club have had seven promotions; Men's 1st joined the Ladies in National League, Ladies' 2s entered Premier League and the Men's 2s Division plus, both 4th and both 5th teams were promoted too. They have had two club youngsters selected for England Girl's U16 and U18, Ladies' 1st won the East Indoor Premier Division and seven members of the club represented International teams at the European Cup.





## Nominations for Sports Club of the Year

### Bedford Ladies and Girls Football Club

The Club is the longest established, largest and most successful all female club in Bedfordshire and aims to develop girls to play at the highest level. Players range from age 6 to adults and the club has good partnerships with local schools. The club train twice a week developing skills, promoting health, improving fitness and wellbeing. Volunteer club officials and parent helpers run the club with older girls mentoring the younger ones.

### Bedford Mighty Eagles Dodgeball Club

The Women's team have won their 6th consecutive Superleague title making them the most successful team in dodgeball history. The Men's 2nd team finished 3rd in the national league and Men's 1st team were 5th in National Superleague. The U16 team have been crowned UK National champions and also won the British Open with 4 players in the England Development Squad together with 4 men, and 8 women from the club.

### DW Fitness First Bedford

DW Fitness First Bedford provides support and encouragement and brings community events into the gym to raise awareness around charity support for cancer and mental health along with promoting mental health wellbeing within the workplace. They support local sports teams such as Bedford Blues and Bedford FC Male and Female with free membership allowing them to train and provide specific classes.

### Falcon S.A. Gymnastics Club

This year Falcons had 3 National Finalists including a bronze place for their Men's Pair. The club boasts Regional and County Champions in multiple disciplines and grades. 4 golds and 5 bronze medals were gained at the Mike Walker National Championships and a gold at the Inter-regional Champions Grade 4 Mixed Pairs. The very inclusive club has 700 members from age 16 months upwards with 22 classes at 4 venues and now incorporates Parkour. They cater for children with autism and physical disabilities together with supporting sessions at 13 local schools.

R&D Coaching have been delivering sport and dance sessions to children in Bedfordshire, Northamptonshire and Cambridgeshire since 2007 and now coach over 70,000 children per year.

We offer before, during and after school clubs, PPA cover PE lessons and sports days in nurseries and primary schools all over the county.

Since our launch in 2007 we have also delivered over 250 fun filled sport and dance birthday parties.

R&D Coaching are also honoured to be working with Bedford Borough Council to deliver table tennis sessions at The Higgins Museum for their Mental Health and Wellbeing Programme as well as school holiday multi sports courses at the John Bunyan Sports and Fitness Centre.

For more information about all of the courses and services we offer please visit our website [www.randd-coaching.co.uk](http://www.randd-coaching.co.uk)



## Nominations for Sports Club of the Year

### Riverside Tennis Club

Riverside have County Champion Mens and Ladies teams. Junior teams won county AEGON Team Tennis at Mini Orange, Mini Green and Boys & Girls 14s, 16s, 18s, and 18s team. Representation for GB vets, a Top 25 place for Dermot Bailey in world wheelchair together with players at Wimbledon in the National Finals. The club offers programmes for all ages, abilities and disabilities with over 60 coaching sessions per week. 2019 has focused on building a 5-10 year vision for the club.

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### Storm Martial Arts

Members of the club have won multiple national and international competitions in Tang Soo Do with their overall medal count bringing the club to number one in the UK. The head instructor and all junior instructors are really supportive of the most junior members accepting children from 3 years old. The club welcomes new members who stay for a long time due to the welcoming and family like atmosphere. Higher level members with black belts act as instructors on a voluntary basis which is inspiring to the younger children.

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### Viking Kayak Club

Viking has a number of paddlers who have formed a ladies junior canoe polo team, the club is currently training them with a view to improving their standing in the leagues. The canoe slalom section is developing with some of the younger members moving up divisions, while the premier paddlers have aspirations for national team membership. There are a number of paddlers who will attempt a long distance race from Devises to Westmister next spring.



## Nominations for Community Club / Group of the Year

### Bedford & District Netball League

Now in its 50th year Bedford & District Netball League provides netball to the community from school ages 5/6 to Youth League to Adult League and in the last two years they have introduced Walking Netball for any age group. The League has 70 adult teams, 34 youth teams and 57 junior teams. They also have over 100 umpires with one becoming the Chair of England Netball and an umpire at international level.

### Bedford Hockey Club's Walking Hockey

An hour long session twice a week provides a highly inclusive, low-impact, competitive sporting arena, for those who simply want to have fun socialise and be active but find mainstream hockey too challenging. Organisers and coaches give their free time to around 18 participants per session varying age from 7-77 years old. Recently two teams competed in a tournament in Braintree and they have been invited to Spalding in the spring.

### Bedford Run Club

Nick Parsons and his team started the Bedford Run Club from scratch. It started with a few friends who would meet to run and then go to the pub. 3 years later there are over 2000 people in the club! Many people come along having little or no running experience and then progress to half or even a full marathon. There are no fees (it is completely free) and the sessions offer different paces and distances to cater for everyone.

### Bedford Walking Netball

Ladies Walking netball sessions are aimed at the 55+ age group and after starting as an 8 week "Active Adults" course it has continued to run for two and half years, with funding support from Bedford & District Netball league. The sessions have made a big difference to the lives of participants and helped increase confidence, and social opportunities, whilst getting fitter and having a laugh. Sessions have expanded to three a week - attracting approximately 50 women.

### Fitnisa Community Group

Fsella Afzal-Pagliari organises the Fitnisa Community Group in Queens Park with a range of volunteers who she mentors and gives confidence. The group average 40 ladies per week from different ethnic minority communities, often with low incomes and mental health issues. The classes are held locally at the community centre and support both the physical and social needs of the women and are an excellent form of social prescribing. Fitnisa was set up in January 2014 and now runs 3 sessions a week.



## Nominations for **Community Club / Group of the Year**

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### **Happy Feet Running Group, Bromham**

Happy Feet are an entirely volunteer run community village running group for anyone who wants to have go. They have been in existence for over 7 years attracting around 35 runners of all abilities and experience encouraging beginners to run 5k park run to international marathons. Members meet socially and raise money for charities at running events. 6-7 volunteers organise planned training runs once a week with additional runs throughout the week and weekends.

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### **Marlins Swimming Club**

Marlins support Children and Adults with a Learning Disability with weekly activities and invite immediate families and carers to an inclusive relaxed fun swim session at the Oasis every Sunday evening. Fund raising helps the club run extra activities throughout the year. The team are so dedicated and all volunteer at the weekly sessions and on the summer trips to Butlins and the seaside.

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### **No Barriers Open Court Club**

The programme offers disability tennis to a wide range of players to take part in standalone sessions and get involved in the other activities at Riverside Lawn Tennis Club. There are 11 weekly sessions that include working with Day Care Centres and have recently received a grant from the Rotary Club to support Adult VI and the Schools programme. A pathway to performance has been achieved with two of the players reaching National Standard.

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### **Shaheedi Sports Council**

The Shaheedi Sports Council Bedford was formed in 1967 holding tournaments in Bedford for all communities and age groups across the country. Sports in these tournaments vary between Football, Hockey, Kabaddi, Volleyball, Cricket, Athletics and Tug of War. These tournaments were a real success all over the country with all community members joining together to celebrate sport. This year the Shaheedi Sports Council Bedford had a girls' team playing football and it was hugely successful.

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### **Spiral Freerun**

Spiral Freerun have set up a dedicated club for children to learn in a professional and safe environment, giving youngsters a place to learn and make friends. The club has been promoted through numerous displays and spreading the word through local radio. It has continued to strive to secure a venue to teach youngsters and it is planning to set up Bedford's first parkour park and to secure sponsorship and funding so that children can continue to train in a safe and fun environment.

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### **Tennis for Free**

This is a project linked with a National Charity who run free tennis sessions for players of all ages and abilities at Addison Howard Park in Kempston. Attendance is on a sign up online basis and since Autumn 2019 there are a regular 20 players at each session. Social Media launched the programme alongside a national campaign from the Tennis for Free charity and Riverside Tennis Foundation subsidise the costs of the coaches with the management of the programme being picked up by their admin team.



## Nominations for Sporting School of the Year

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### Bedford Free School

94% of Bedford Free School's children represented the school in a fixture or extra-curricular club, including 100% of their Year 7 girls. Over a third of their students were sports leaders leading activities at local primary schools and have achieved the Gold School Games Mark for the 5th year running. Bedford Free School's SEN Cricket Team are District Champions and County Bronze Medallists, one of their ex-student is an England U21 Football Goalkeeper, they have 5 girls at County Cricket trials and 2 girls in the National Roller Hockey Squad.

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### Bedford Girls' School

Bedford Girls' School is now ranked 2nd best independent girls' school for sport and offers opportunities in 14 different sports to pupils to participate in extra-curricular clubs before school, at lunchtime and afterschool. Last year saw pupils gain international honours at U16 and U18 in hockey and U23 in cycling. Teams achieved national success in lacrosse at U13; U15 & U19. The U11 rounders team were IAPS national champions. Regional success in hockey at U11 & U12; in netball at U16; together with numerous successes across most age groups at county/district level in hockey and netball.

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### Brickhill Primary School

For the third year running, the school achieved the School Games Gold Award. It continues to enter KS1 and KS2 teams to multi-sports tournaments in the Borough throughout the year. Notable sporting successes this year were achieved by the Yr5/6 Boys and Girls football and cricket teams together with the mixed Yr5/6 Tennis team. Extra-curricular clubs take place with the support of coaches from Bedford Ladies FC and Falcons gymnastics club. A whole school Fit4Fun club targets less active children; and 2 breakfast clubs target disadvantaged children offering archery and cheerleading. School club links offer pupils opportunities in martial arts with ATSK Training; and in Netball with Grangers Netball club.



## Nominations for Sporting School of the Year

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### Castle Newnham School

The school has run a successful inter-class competition across 11 sports within the school and competed against other schools in 17 sports during the year. Participating in a range of district and county events, notable successes have been achieved in table tennis by the U13 girls and U15 boy's teams. Participation remains a key focus for the school and they regularly enter multiple teams into competitions, providing opportunities for all pupils who express an interest in representing the school. The school also encourages pupils to participate in the sports leadership programme in order to develop leadership and employability skills.

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### Goldington Academy

Once again the school were county (4) and district (11) champions in a wide range of sports. They continue to offer an extensive range of extra-curricular clubs (which are open to all pupils and attended by 50% of pupils in the last year) before school at lunch-time and after-school. A Goldington rowing team has been established as a result of a school club link with Star rowing club and all year 8 pupils train to become sports leaders programme is in place where the leaders volunteer to assist in the delivery of clubs and activities for younger children.





## Nominations for Junior Sports Personality of the Year (17 or under)

### Alex Alston – Athletics

Alex came 3rd in the 1500m Steeplechase at the England Athletics U17 Championships, 5th 1500m Steeplechase at the English Schools (U17) Championships, 2nd 2000m Steeplechase Youth Nations Cup, 3rd 1500m Steeplechase at the South of England U17 Championships and is ranked 5th in the UK for U17 1500m Steeplechase. Alex was also the Bedford and County U15s Cross Country Champion.

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### Kallum Anderson-Wilson – Wakeboarding

Earlier this year Kallum came second in the National Championships and 5th in the World Championships in Argentina. He placed first in two events in Slovenia and Croatia securing his top 4 ranking in Europe at senior level and first in the world at U15. Kallum is also ranked 17th in the world in the men's category – an incredible achievement at the age of 15!

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### Maddie Axford – Hockey

In February, Maddie was selected to play for England against Ireland in a 3 match tri-series. She captained the U16 team and then joined the U18 squad for the final match following which, she joined the U18 England age group squad permanently. Maddie also came 3rd with the U18 team in the Six Nations Tournament, she co-captains the 1st team at school and captained Southgate U16s to the National Finals.

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### Eda Colliver – Water Polo

Eda currently plays National League Division 1 for Hucknall; represented the Junior Women's at EU Nations in Brno Czech Republic and represented Great Britain at the Women's European Junior Water Polo Championships. Eda also coaches the U12 players, mentors the up and coming Regional and National Academy player and is currently Head Girl at Bedford Modern School, dedicating many hours to the school at various events.

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### Ellie Cooke – Rowing

Ellie rows in a single scull and also in a double, and this year she has achieved an impressive 14 wins in competitions across the UK and also attended GB Trails in February, banking the experience to move forward. Ellie competed in the British Rowing Junior Championships in July finishing 9th in the country. Ellie is Captain of the Junior Squad at Bedford Rowing Club a position she has earned and completely deserves.

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### Lior Delayahu – Dance

Lior (age 13) was selected from dancers throughout the whole country to represent Team England at the 2019 Dance World Cup in Portugal. This is the biggest dance competition in the world and a huge achievement to be selected for the national team. During this competition Lior came 2nd, bringing home a silver medal for England. He also gained a Highly Commended medal for his Royal Academy of Dance, Ballet exam (highest mark available).

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### Rosie Fordham – Netball

In September, for the second year running, Rosie was selected for the Saracens Mavericks netball Futures Training Academy in Bedford. She has also recently been selected for the Saracens Mavericks U15 Squad. Rosie also plays for Team Beds Netball Club, Bedford Modern School and has qualified as a "C" Award Umpire.

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### Marcus Garcha – Tennis

Marcus qualified for the "Road to Wimbledon" finals held at the All England Lawn Tennis Club by winning the County Round of his tournament. This year Marcus has entered many competitions to improve his rating. His results this year and the dedication that he has shown will undoubtedly stand him in good stead for next year's competitions.

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## Nominations for Junior Sports Personality of the Year (17 or under)

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### Jessica Gear – Tennis

Jessica qualified via the Riverside Tennis Club and then county rounds to get to the prestigious finals of the Road to Wimbledon tournament that was held at the AELTC at Wimbledon. Jessica has entered many tournaments throughout the year and competed against many players older than her to improve her rating.

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### Isabelle Hockey – Taekwondo

Isabelle has risen to a National Champion and Welsh Champion and has also won a Gold medal at the Kinderscouts Championships, Gold medal at the Aquila Open Championships, Gold medal at the Scorpion 1-1 at the Doncaster Dome and won a Gold medal at the Warrior 1-1 County Durham. Isabelle also achieved a Bronze at the Ultimate Open Championships.

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### Maisie Hockey – Taekwondo

Maisie achieved a Silver Medal at the Ultimate Open Championships and is currently a National Champion and Welsh Champion on top of this she has received a Gold medal at the Scorpion Open, Kinderscout Championships, Aquila Open Championships, Scorpion 1-1 at Doncaster, Ultimate 1-1 at the Derby Arena and Warrior 1-1 County Durham.

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### Ruby Isserlis – Canoe Polo

At the age of 15 Ruby has just been accepted onto the GB Women's Under 21 squad. As part of the GB Development Academy Ruby has played at National and International levels. She plays at National Division 1 Level for a Welsh Club and supports her beloved Viking Kayak Club by playing in their National Youth and Regional teams. Ruby has also been selected as a Female Paddling Ambassador by the sport's National Governing Body, British Canoeing.

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### Holly James – Netball

Holly was selected to trial for England Roses Netball Academy and was successfully selected into the U19 squad. Holly is well on her way to being scouted for England and is making a positive name for herself within the performance pathway. She recently received player of the tournament representing Mavericks U17 at the National Performance League Tournament.





## Nominations for Junior Sports Personality of the Year (17 or under)

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### Tia Layne – Gymnastics

Tia has won two Gold Medals at Regional competitions and a Silver in the Team Regional Championships. Tia and her trio competed at the Bristol International Acro Cup and despite stiff competition from other countries came 10th out of 18 countries. Tia also achieved Bronze at the Mike Walker National Championships in Southampton.

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### Sophie Lewis – Cycling

At the UCI World Junior Track Championships Sophie achieved a Silver medal in Madison race and Bronze medal in 4km Team Pursuit. At the European Junior Championships Sophie achieved a Gold medal in Madison and Silver medal in 4km Team Pursuit. Sophie also excels at Road cycling receiving 2nd place in the National Cup with the GB Team, and winner of the Sprint Jersey. Sophie also came 3rd in the National 10 miles time trial and winner of 2 stages in the National Road series.

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### Etienne Maughan – Athletics

Etienne came 4th in the 75m Hurdles and 4th in the Long Jump at the England Athletics Championships (U15), he came 5th in the 100m English Schools (U15), 1st in the 200m in South of England Indoor Championships and 2nd 200m South of England U15 inter-counties. Etienne is ranked 4th in the UK for U15 100m, 4th in the UK for U15 75m hurdles, 7th in the UK for the U15 200m and 9th in the UK for U15 Long Jump.

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### Karis Nisbett-Hadaway – Netball and Rowing

Karis came 4th in the Country in the British Rowing Indoor Championships, 5th at the Women's Henley Regatta and was a winner of the B final at the National Schools Rowing Regatta. She also came 2nd with the U19's team and captained the U17 Wasps team at the Netball Performance League. Karis has also captained her Bedford Girls School team to Nationals, attended England Netball Summer Camp and completed a diploma in Sporting Excellence.

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### Caleb Page – Dragon Boat Racing

Caleb has participated in the National Dragon Boat League for a couple of years and this year was selected for the Great Britain Under 18 national squad and competed in Thailand at the World Dragon Boat Racing Championships. With his crew he won two bronze medals, which was the most successful medal return for any of the national teams. Caleb has contributed significantly to his club, Secklow Hundred, being crowned as National League Champions.

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### Christopher Papageorgiou – Kayaking

Chris is a 13 year old who suffers with agenesis of the corpus callosum in which there is a complete or partial absence of the corpus callosum, with this brings ADHD & DCD which leads to tiredness, lack of body tone, poor balance & coordination. Whilst competing against able bodied people Chris has been promoted to division 3 K1M in slalom and has moved up from 123rd to 87th position. Chris has also been taking part in C2 with his mother.

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### Jessica Read – Rowing

Jess's achievements include being placed 4th in the Junior Girl's Single Scull at the National Schools Regatta, finish 3rd in the GB Junior Team trials leading to selection for the Great Britain Junior National Team at the 2019 Junior World Rowing Championships in Tokyo. To show their commitment the University of California have given Jessica a scholarship to row and study from September 2020.

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## Nominations for Junior Sports Personality of the Year (17 or under)

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### **Roisin Scanlon – Golf**

At the age of 11, Roisin was the youngest finalist in 35 years of the Justin Rose Telegraph Championships in Portugal, plus runner-up at the Weewonders British & Irish 11-12 years Championships, 2nd Net at the English Girls Open Amateur stroke play championships (u14), Bedfordshire Golf Club Junior Champion 2019 and Woburn Golf Club Net Junior Champion 2019, to name a few. To top it off this year Roisin also reduced her handicap from 10 to 3.6.

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### **Stephen Simmons – Athletics**

Stephen came 1st in the English Championships U17 Octathlon and 2nd in the English Athletics Championships U17 100m Hurdles. He is ranked 1st in the UK for Octathlon, 4th in the UK for 100m Hurdles and 7th in the UK for Discus. Stephen has also been selected to represent England Schools in the Pentathlon Internationals and is a member of Bedford School Rugby 1st XV Squad.

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### **Holly Tutt – Skiing**

Holly came 1st in the Panelled Slalom, 2nd Giant Slalom and 3rd in the Slalom at the Ambition International Championships in Austria, 1st in the Giant Slalom at the Welsh Apline Championships, and 3rd in the Combi at the British Alpine Championships. She also came 1st in the Slalom at the Eastern Regional Club Nationals, Hemel Hempstead Club Nationals, Milton Keynes Club Nationals and the British Schoolgirls Championships.

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### **Gracie Wall – Athletics**

In 2019 Gracie turned 14 and moved up an age category to U15, this didn't stop her from achieving the following; 1st English Schools (U15) High Jump, 4th England Athletics Indoor Championships (U15) High Jump, 5th England Athletics Outdoor Championship (U15) High Jump, 1st South of England (U15) Inter Counties High Jump, 3rd South of England (U15) Championships High Jump, 14th in English School (U15) Pentathlon.

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### **Grace Webb – Brazilian Jiu Jitsu**

Grace competes at Brazilian Jiu Jitsu at a high level for her age, weight and belt. This year she has competed in the Junior National Championships and won Gold, the Bedfordshire Brazilian Jiu Jitsu Championships and won Gold and Destory Brazilian Jiu Jitsu Championships and won double Gold. Grace also competed at the Junior European Championships in September and won Gold.

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### **Tia Wilson – Swimming and Running**

Tia is very committed to both running and swimming. This year Tia has achieved the qualifying time for the Olympic trials in 1500m front crawl, she also came 3rd in the 3000m English Schools (U19) Championships, 2nd 3000m Youth Nations Cup, 5th English Schools U19 Cross Country, 4th U17 National Cross Country and 1st in both South of England U17 Cross Country and Intern Counties Cross Country competitions.

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### **Maddy Woolgar – Football**

Maddy has been a part of the Arsenal Ladies set up since she was 14 years old and this year is involved in the England U15 girls team. Maddy has also represented Arsenal U16s and played in 3 FA cup games last season, which Arsenal went on to win. Maddy is held within very high regard both by her peers in school and the PE Department. She regularly assists other girls in PE lessons and give help and guidance passing on her knowledge and using her skills.

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## Nominations for Young Volunteer of the Year

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### **Sophie Beckett – Netball**

Sophie is 15 years old and regularly volunteers in the Bedford Netball Youth and Junior League. She has an administrative role and times the matches, which means being in control of the ‘timing hooter’ and when there are over 100 players depending on you to control the timings of the games this is a big responsibility but Sophie takes it all in her stride. Sophie also collates and records the scores ready for the league tables and the newspapers. She recently became a qualified beginner umpire and will step in to umpire any match if required.

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### **Meli White – Multi Sports**

Meli was previously volunteering in term time for two hours every week, but recently she has increased those hours to four hours weekly, she also helps at holiday clubs during the school holidays. She is happy and confident to lead a multitude of different activities, including, football, rounders and bench ball to name a few. She also volunteers at horse riding sessions for children with a disability. Meli is a confident 13 year old who has developed her skills of coaching and leadership by working with a head sports coach, she has completed her Safeguarding qualification and is now aiming to achieve a sports leader award.



## Nominations for Sports Team of the Year

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### Bedford and County Junior Golf Team

Various members of Bedford and County Golf Team have been selected to represent Bedfordshire Golf Union and Bedfordshire Schools Golf and they have an England Golf Regional member plus an England Ambassador as part of the team. Bedford and County Junior Golf Team also won the Tavistock Trophy 2019.

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### Bedford Eagles Dodgeball U16 Team

This newly formed U16 team made an instant impact by finishing second in their first tournament, they then proceeded to compete in the British Open championships where they took the title, and also became UK National Champions, and they are therefore the best U16 team in the UK. As a result of this success a number of the players have been scouted for the England development pathway. All of these players have been recruited from local schools.

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### Bedford Rowing Club – Junior Squad

This junior rowing squad have had an amazing year, winning gold at the British Indoor Rowing championships, and a silver medal at the junior championships. Their drive and commitment has led to two of the squad being invited to attend GB trials. These juniors come from a wide selection of local schools and help to encourage new athletes into the club and also promote the benefits of how exercise can help maintain physical and mental wellbeing.

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### The Skydive Recruitz

The Skydive Recruitz is a 4-way Junior Indoor Formation Skydiving Team who have flown together for 3 years and are ranked as the UK's top Junior Team. The team of 2 boys and 2 girls with the average age of 14 placed 3rd at the Twinwoods World Challenge (competing against all adult teams), the team were invited by the British Indoor Skydiving Association to represent GB at the World Indoor Skydiving Championship in France, where they came 4th in the World as juniors.

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### Viking Kayak Club A Team

Although predominantly a new squad the team dominated National Division three and won eight out of ten games, they were crowned champions and earned a place at the play offs vying for promotion. Although coming up against some tough opposition they sealed their promotion to National division two, this is the highest level of competition that any team from Viking Kayak club has ever achieved. Several members of this team are involved with running training sessions for all members at the club.



## Nominations for Sports Administrator/Outstanding Volunteer of the Year



### Margaret Appleton – Rugby

Margaret is outings Secretary for Bedford Rugby Followers Association – the away travelling support for Bedford Rugby Club. She books coaches and hotels, whilst managing costs, keeping them low to encourage supporters to travel. She builds strong relationships with venues and hotels. For 2 years running has organised 30 coach loads to support the Blues at Twickenham for the Powergen Shield final. Margaret is a volunteer, working long hours in the office and at home and passionate about encouraging people to support “her boys”.

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### Alison Brightman – Netball

Alison is a coach at Cranfield NC and head scout for Bedfordshire Netball Academy and pivotal to a huge number of performance netballers over the last 10 years. She regularly visits schools to scout netballers and is a role model to coaches helping them with their development. Being a lead coach at Cranfield has added to the success of the club. Over the last 20 years Alison has devoted hours to her club as well as Beds Academy, Beds County Netball Academy and developed Back to Netball activities within the county.

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### Helene Bolton – Running

Helene is the founder/run leader of HLB Runners, all hours being voluntary. She started the group in 2018 as Couch to 5K in her village, meeting 3 times a week with over 50 members. Helene is a BSL interpreter with 5 deaf/hard of hearing runners. She organises Christmas, pub, and breakfast runs and set up the first Maulden Community 5K event attracting 160 runners, raising £1200. This is all alongside voluntary charity work for Access Bedford. HLB runners were awarded RunTogether Group of the month and Helen has won East of England Run Leader of the Year



## Nominations for Sports Administrator/Outstanding Volunteer of the Year



### Kevin Breeze – Rugby Union

Kevin has held the volunteer position of Chair of Bedford Junior Blues for 10 years and responsible for the club/committee offering junior rugby to boys/girls from U6s to U18s with over 550 members. He operates the club committee of volunteers whilst assisting with coaching the U15s squad. He meets management/Committee to ensure the smooth running of the club and supports school liaison ensuring rugby is present in schools. Kevin links in with the governing body for Rugby Union namely East Mids RU, RFU community officers and Bedford Blues,

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### Sean Ellis – parkrun

Sean volunteers at the Bedford Junior parkrun and has helped to set up and now also volunteers at the new Great Denham parkrun. He regularly takes on the role of Run Director at both events, which brings extra responsibility i.e. downloading the results online after the run, plus ensuring the parkrun's have sufficient volunteers (juniors need 17 registered volunteers before event can happen). Sean is also the IT expert and happily sort's problems with the live results if they occur.

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### Richard Evans – Kayaking

Richard is the captain of Viking Kayak Club and coordinates club activities. He is also a member of the management committee and an active lead paddler. Every week he pulls together the different disciplines within the club including slalom, racing, polo and general paddling, provide bulletins to the members and makes sure all sessions are properly coached. Richard is the Stand Up Paddleboard lead, represents the club on the Bedford River Users group.

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### Dee Paterson – Cycling and Canoeing

Dee's role included representation on the Board of Yorkshire 2019 (organising committee for 2019 Cycling World Championships in Yorkshire), the largest sporting event in the UK in 2019. She is also part of the UK government and UK Sport Major Events programme, to include legacy sites for cycling across the UK. A para-world ranking event was held alongside for the first time in the events history. Dee is also a Board member for 2 Sport NGB – British Canoeing and Table Tennis England and previously British Paralympic Association.

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### Nikki Woodworth – Gymnastics

Nikki is Club Welfare Officer, Head of Preschool Gymnastics, Elite Squad coach, and Falcon SA Club Secretary. She works at the club 17 hours per week with these duties together with mentoring younger coaches and goes beyond the call of duty. Her unwavering commitment and honesty makes her an incredible coach. She has 30 years of experience, and involvement with Falcons, and well known with British Gymnastics. Through her work as Assistant Head teacher she has developed the club's strategy for Welfare and Safeguarding children.

## Nominations for Sports Coach of the Year

### Larissa Clarke – Fitness

As a fitness coach Larissa's enthusiasm is contagious, her ethos that exercise not only changes your body, but changes your mind, attitude and mood is relatable to everyone. One of her client's recently called her a miracle worker after she successfully completed a Couch to 5K. Larissa recently organised a fund raising event for Children in need where she completed 24 hours of fitness training supported by friends and clients and raised nearly £2000 for charity.

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### Shelbee Clarke – Football

Shelbee is a fantastic role model to the young team that she Coaches at Bedford Ladies and Girls FC. Shelbee is a talented footballer herself and now plays for a disabled team in Peterborough. The life skills she is conveying to the young girls in her team are invaluable, she is living proof that whatever life throws at you, you can retain your positivity and zest for life and still be yourself.

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### Richard Darwin – Cricket

Rich has restarted the Kempston Hammers Youth Cricket Club after a decade with a youth system. He coaches both boys and girls from 4yrs old all the way up to mens 1st XI. Rich has rebuilt the youth system from scratch with the introduction of All Stars Cricket for 4-8yr olds and added U9 and U11 teams who play in the Beds League whilst also starting an U15 team of the future.

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### Neil Isserlis – Canoe Polo

Neil's interest in Canoe Polo began as a parent of two canoe polo players. Although they have both now progressed to higher levels of the sport Neil was keen to give other young people the chance to experience the benefits the sport had brought to his own children. He now coaches the Youth Canoe Polo Team at Viking Kayak Club encouraging youth players to achieve at Regional and National level.

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### Hayley Mackellar – Netball

Hayley Coaches Team Beds Netball club who play in Division One of the Netball East Regional netball league, the team were promoted to the first Division in September this year. She is also now the assistant coach at the Saracens Mavericks Futures Academy in Bedford. Hayley's enthusiasm, commitment & determination to develop players have been very clear during the last twelve months.



## Nominations for Sports Coach of the Year

### Liam Ross – Acrobatics Gymnastics

Liam is a British Gymnastics Level 4 coach, Liam coaches elite squads as well as recreational sessions, and has a great rapport with the children and young adults; this mutual respect has contributed to him producing county, regional and national champions. His commitment is undeniable as he coaches five days a week, whilst also holding down a full time job. He regularly attends coaching workshops to expand his knowledge and skills, and is also a British Gymnastics club judge

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### Martin Scott – Basketball

Martin is a Level 3 Basketball Coach who has worked consistently to build a coaching programme which has encompassed developing a winning culture, which has undoubtedly helped to progress Bedford Thunder basketball club. Martin's works on club training plans alongside assistant coaches, sharing his knowledge and spending countless hours designing training plans.

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### Claire Southam – Netball

Claire has been a Coach in Bedford for over 20years. She is head coach at Grangers netball club, she coaches weekly Walking Netball sessions; she is assistant coach at the Bedfordshire county netball academy, and also helps with netball at Bedford girl's school. Her regional club team were this year promoted to Netball Easts Regional Division two, and she has had many successes with her adult and junior teams at local league.

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### Desta Wright-Brown – Netball

Desta started as a parent at Bedford community netball club and became more involved as her daughters flourished at the club; she is now Head Coach at the club and took over this role from her mentor and friend Gaye Hill when she sadly passed away in 2017. Desta has been outstanding in this role, her enthusiasm and empathy towards the players in her care is evident for all to see, as is her self-motivation to improve.



## Nominations for Disability Sport Award

### **Dermot Bailey – Wheelchair Tennis**

Dermot has risen from 48 to 25 in the world rankings, he was part of the team who won the “World Team Cup” in May 2019, and is fast heading towards a top twenty ranking. Dermot is a full time tennis player and is hugely committed to his playing and training and is working towards a place in the 2020 Tokyo Olympics. He is an outstanding role model to the Performance 1 training squad and demonstrates what can be achieved against the odds with grit and determination

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### **Varun Bandi – Wheelchair Racing**

Varun continues to make good progress in this sport and was one of the first members of the wheelchair section at Bedford & County athletics club Varun finished 3rd in his age group at the London mini marathon and is showing great potential. He trains weekly and is committed to learning with a calm unassuming demeanour. Varun is also a great role model to others at Bedford & County Athletic club and also to members of Riverside Tennis club where he also participates in wheelchair tennis



## Nominations for Adult Sports Personality of the Year

### Silvia Brown – Fencing

Silvia became the World Champion for Veteran Women’s Sabre (70+); she was also a member of the winning GB Women’s Sabre Team winning two Gold Medals and contributing to the GB team coming 2nd in the Medals table at the Veterans’ World Championships for 2019 in Cairo, Egypt. While there she was awarded the International Fencing Federation Diploma because she participated in 15 Veteran World Championships. Silvia was also the Silver medallist at the Veterans’ European Championships in Cognac, France.

### Ed Castro – Triathlon

Ed took part in the International Triathlon Union World Triathlon Grand Final in Lausanne in September and came away with a fabulous silver medal in his age category. Ed has continued his high standard of performance and built on his previous year’s success of winning triathlon titles at the World Championships in Australia and Glasgow. Ed’s continued success is even more remarkable considering he works full time as the head swimming coach at Bedford Girls’ School.

### Alex Edwards – Freestyle Kayaking

Alex has been selected to represent Great Britain at the highest level in Freestyle Kayaking for the 7th consecutive year. Having won both national team selection events convincingly with world class performances and in the last year Alex has won a World Championships Silver medal in a titanic battle with the defending champion from America. Demonstration his diverse skill Alex also plays Canoe Polo for the Viking Kayak Club A Team.

### Gillian Fullen – Triathlon

Gillian achieved 1st place in her age category in the Ironman World Championship on 12th October 2019, this consist of 2.4 miles open water swim, 112 miles cycle & 26.2 mile run. In previous years Gillian has represented Great Britain in numerous international Duathlons & Triathlons and was the age group winner of the International Triathlons Union and 2018 FYN ITU Duathlon World Championships.

### Emilio Gay – Cricket

At the age of 18, Emilio has been awarded a first-class contract with Northamptonshire County Cricket Club and made his first-class debut against Worcestershire in September. Emilio won the Northamptonshire CCC Academy Player of the Year Award for 2nd season, has scored three 2nd XI centuries and is the leading run scorer for Northamptonshire Cricket League. On top of this Emilio also plays for Bedford Cricket Club.

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## Nominations for Adult Sports Personality of the Year

### Izzy Goode – Cable Wakeboard

Izzy won the National Cable Wakeboard Championships in two categories – Junior Ladies and Open. She was the sole representative for Great Britain in the European and African Open Championships in Poland where she qualified straight through to the finals. Izzy also represented Great Britain at the European and African Championships in the Junior Ladies category and returned with a bronze medal from the team event.

### Ellis Haggith – Basketball

Ellis at age 16 was diagnosed with acute lymphoblastic leukaemia. As his cancer was in his bones he was told he would unlikely be able to walk unassisted let alone play basketball ever again. Not only is he now playing basketball but he has just made his professional debut in the highest league Britain has to offer – British Basketball League.

### Tennyson James – Athletics

Bedford & County athletic Tennyson has achieved outstanding success on the track this year at both National and International level. Earlier in the season he set a new British age group record and Championship best performance in winning the 60m hurdles at the British Masters Indoor Athletics Championships. He went on to take an international title in the 100m hurdles at the European Masters Championships in Venice to become the European Champion 2019.

### Frankie Johnson – Athletics

Frankie has been ranked 1st in the U20 Pole Vault in the UK, 9th in the Senior Men's Pole Vault in the UK, he came 1st in the England Athletics Indoor Championships (U20) and 1st England Athletics Outdoor Championships (U20). Frankie achieved 5th at the British Indoor Senior Championships, 7th British Outdoor Senior Championships, 2nd Senior Inter Counties Championships and he represents Great Britain at the U20 International in Germany.

### Micky Mills – Boxing

Micky has achieved 5 wins out of 5 since becoming a professional boxer. He has massive support from the town of Bedford and keeps his supporters informed on all aspects of his boxing career, his work as a Personal Trainer and his extensive training schedule through his YouTube channel. Micky is a great role model for boxing, he promotes discipline amongst troubled youngsters and he does fantastic work both inside and outside of the ring.



## Nominations for Adult Sports Personality of the Year

### Thomas O'Hara – Kayaking

Tom is very active in many disciplines within Kayaking; Slalom – National Division 1, ranked 12th with events nationwide. Polo – plays in the Viking Kayak Club Teams and Nottingham University Team, where they won their division in a competition based in Belgium. Marathon – he took part in the Bedford Hasler in Division 4 and White Water – Tom took part and helped organise trips to Wales and Austria. Tom encourages people of all ages and abilities to get try and continue with Kayaking.

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### Laura Pagliaro – Boxing

Following on from the Gold medal in 2018 Haringay Box Cup, Laura has won; Gold at the East Midlands Box Cup and Gold at the Celtic Box Cup. She has three up and coming bouts in Wales, Bletchley and the England Boxing Women's Winter Box Cup 2019. Laura started competing 3 years, alone at matches she would befriend boxers so she would have someone in her corner, and now part of Bletchley Boxing Club Laura is determined to fulfil her potential.

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### Alek Swiecicki – Athletics

At the age of 71 Alek took part in the European Masters and came 1st in the (M70) 2000m Steeplechase setting a new British Record (19 seconds faster – 8m24s), 2nd in the (M70) 5000 metres, 3rd in the (M70) Cross Country and his team came 3rd in the (M70) Cross Country. Alek is an inspiration to all those who think that running in general and high level athletics is not just a sport for young people.

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### Matthew Wilson – Canoe Polo

Matt stepped up to play for the Viking Kayak Club A Team for the first time this year, the only junior in the squad. He became an integral part of the team which had a very successful season, winning National Division 3 South East, before sealing promotion to National Division 2 through the playoffs. Matt's sensational goal scoring ability was a big part of the team's success and he played with maturity and stayed calm under pressure and scored the decisive goal in the final game.



## Nominations for Outstanding Achiever Award

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### **Mat Dunkley – Tennis**

Mat is an outstanding and dedicated coach who currently is Head of Performance at Riverside Tennis Club. Through his coaching programmes over the last 20 years, numerous players have achieved county honours, many progressing to national and international levels. Mat has recently become involved in coaching Wheelchair Tennis and also heads up the Local Player Development Centre programme at Riverside. As an Accredited+ coach he has created an environment at Riverside, which has inspired the next generation of coaches at Riverside to develop their coaching careers.

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### **Adrienne Engleman – Golf**

Adrienne is a passionate and dedicated advanced coach working with adults and juniors. She has developed a very successful academy, which includes players of all abilities including those with a visual impairment and those with learning difficulties. Adrienne is currently working towards becoming a golf director, but still gives fully of her time to developing session plans for her students as well as working alongside the club captain and Lynx Golf to develop and raise funds to provide equipment for juniors so that they can develop a lifelong love for golf.

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### **Sam Filipczak – Golf**

Since Sam started at Mowsbury Golf Course he has built his “academy” and they have gone from having very limited juniors playing golf to around 30-40 very enthusiastic players and growing! He is a great role model to the young people and has really helped develop the junior section and the group’s enjoyment of the game. Sam has also started going into schools to try and develop the game from a school level as well as offering free sessions.

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### **Jonathan Katz – Fencing**

Professor Jonathan Katz was awarded Fellowship of the British Association of Sports and Exercise Sciences in November 2018 for his contribution to the delivery of sports psychology in Fencing. He is a 3 Weapon (foil, epee and sabre) Performance Coach and has been senior club coach at Bedford Fencing club for 26 years. His performance coaching includes working with novice juniors and adults; national senior and veteran fencers at centres of excellence around the country as part of the NGB’s Development. He has also been England Head coach at the Commonwealth Fencing Championships.

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### **Bruno Santos – Football**

Bruno has a track record of using football to engage with young people as a diversionary activity, keeping them away from potential harm and gang related activity. Bruno and his Brazilian Soccer School have developed links with Luton Town FC; the Salvation Army; and Bedford Borough Sports Development Team – Just Turn Up project delivering programmes across various communities. In the last year, he has been working on a voluntary basis in Kingsbrook and Cauldwell getting to know the young people and to identify what activities they would like to participate in.

## Nominations for Outstanding Achiever Award

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### Graham Sturge – Running

Graham achieved the amazing feat of running all six major marathons this year (London; New York; Berlin; Chicago; Boston and Tokyo) raising £30,000 for Pancreatic Cancer UK. In addition, he works tirelessly for the charity supporting other fund raising events and mentoring other novice marathon runners since losing his dad to pancreatic cancer several years ago. Despite his marathon running John remains fully supportive of Happy Feet, Bromham’s community running club, turning out each Monday offering encouragement and support to everyone in the group.

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### Peter Thompson – Speed Skipping

During 2019 Pete reached his personal goal, and made a significant contribution to the sport of speed skipping, breaking a Guinness World Record for the most skipping rope crossovers in 60 seconds, recording a score of 117 skips at Towers Gym Bedford. This came after originally achieving the World Record in 2017, with many world level skippers attempting the record, Pete put the score up to hold his title for another year. In November Peter also broke a Guinness World Record for most crossovers skips in 30 seconds.

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### Lisa Wright – Running

Lisa was just 35 years old and a mother of 3 children when she suffered a stroke in November 2009. She discovered running as part of her recovery starting with the couch to 5km programme and parkrun. To date she has completed 155 parkruns in 40 locations and since 2017 run in two London Marathons raising funds for the Stroke Association and Age UK following the loss of her grandma earlier this year. Lisa is well known in the Bedford running community and has developed a popular blog highlighting the trials and tribulations of running.



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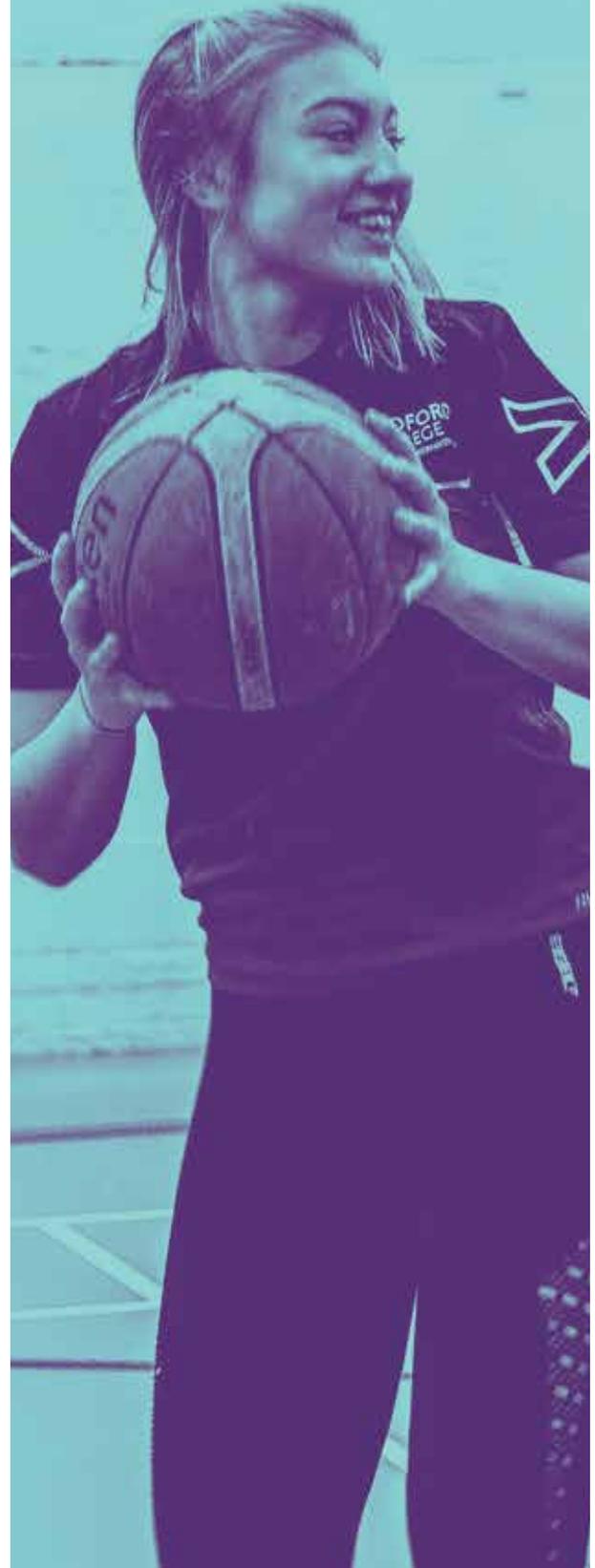


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## About Tonight's Special Sporting Guest



### *James Keothavong – Tennis Umpire*

James Keothavong is among Tennis's best-known Chair Umpires - his CV includes being in the chair for the 2014 and 2018 Wimbledon Men's Singles final, 2016 Wimbledon Women's Singles final, the 2017 and 2019 Australian Open Men's Singles final, and the 2018 French Open Women's Singles final. He also officiated at the Davis Cup finals in 2014, 2016, 2017, 2018 and 2019.

James and his 3 other siblings grew up in Hackney and started playing tennis on the local park courts. Tennis gave them the opportunity to take part in recreational activity as a family. His sister Anne went on to have a 13 year professional tennis career which saw her reach British No 1 and world No 48. She is currently Great Britain's Fed Cup Captain.

James was ranked in the top 10 nationally at 16/U level, but realised he did not have the ability to make it all the way as a player and followed a different calling.

'I was 16 when I worked my first Wimbledon in 1999 as a line judge. The LTA and the All England Club set up an initiative in search of younger eyes as line officials. I was fortunate to pass the recruitment process and got selected - I have worked every Wimbledon since then.'

'One of the biggest perks is travelling and getting to see the world. Meeting new people and experiencing different cultures has helped shaped me into the person I am today. In addition, working alongside some of the best athletes in the world, in a sport I love is extremely rewarding.'

James also gained a degree in Sport Management, and has since gone on to do a full house of Wimbledon finals, and control some of the biggest matches on the tour. He considers his career highlight as being in the chair for the classic 2017 Australian Open final, when Roger Federer came back to edge out Rafael Nadal in five sets.





## **The Bedford Borough Council Sports Development Unit**

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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.

These include:

- **Active Adults - Sports Courses for grown-ups!**
- **GP Exercise Referral - Structured and supervised exercise programmes for patients.**
- **Just Turn Up - For 14 years plus**
- **Mindful Sport - Weekly programmes to support mental health and well being**
- **Over 70s - Gentle exercise classes for over 70s**
- **No Limits - Weekly sports and physical activity sessions for adults with learning and physical difficulties**
- **Sports Zone - A multi sports / skills club for 6-25 year olds with learning and physical disabilities.**
- **Summer Sports Courses - for 6-15 year olds**

For more information:

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## Just Turn Up!



The 'Just Turn Up' programme run by the Bedford Borough Council is a Sport England funded project to deliver affordable community based activities in and around the most deprived wards in the Borough of Bedford.

The programme has offered a range of activities such as roller-skating, boxing, scootering, tough girl, cross fit and cage football. It has reached out to a staggering 3000 different participants both male and female, and has connected with approximately 15 different nationalities, which is testament to the diverse culture that we live in today.

The team is working closely with a range of partners (Salvation Army, Fusion Lifestyle and BIG Local) to create new and sustainable community activities.



If you are interested in knowing more about the programme please contact Alison Brightman: [alison.brightman@bedford.gov.uk](mailto:alison.brightman@bedford.gov.uk) or 01234 718823.



*Active Bedford*

# Sports Awards 2019

*Organised by Bedford Borough Council Sports Development Unit*

<b>6.30pm</b>	<b>Doors Open</b>	
<b>7.05pm</b>	<b>Take your seats please</b>	
<b>7.10pm</b>	<b>Introduction</b>	Richard Tapley, Bedford Borough Council Manager for Sports Development and Leisure
<b>7.15pm</b>	<b>Official Welcome</b>	Dave Hodgson, Mayor of Bedford Borough  The Harpur Trust (Film) The Bedford Borough Sports Development Team (Film)
<b>7.30pm</b>	<b>Award Presentations</b>	How the awards will work and how the judging works
<b>7.40pm</b>	<b>Award Presentations</b>	<i>Presentations will be made by Sponsors &amp; Special Guests</i> Club, Community Club, School, Junior Personality, Young Volunteer
<b>8.00pm</b>	<b>Interval</b>	The Bar will be open during the break
<b>8.20pm</b>	<b>Welcome Back</b>	 <b>James Keothavong</b> Tennis Umpire
<b>8.30pm</b>	<b>Award Presentations</b>	<i>Presentations will be made by Sponsors &amp; Special Guests</i> Team, Admin/Outstanding Volunteer, Coach, Disability, Adult Personality, Outstanding Achiever
<b>8.55pm</b>	<b>Closing Message</b>	Dave Hodgson, 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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