

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

# Sports Awards 2018



## Programme

Monday 10<sup>th</sup> December

*Sponsored by...*



Times & Citizen



GUIDANT GROUP

Bedford Sports Foundation



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# Welcome to the Active Bedford Sports Awards 2018

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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 23 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 Sarah-Jayne Gallagher**

Bedford Borough Council

Portfolio Holder for Leisure & Culture

**Lyn Parsons**

Star Club (Rowing)

**Steve Savva**

Bedford Borough Council

**Kevin Stark**

Association of Traditional Shotokan Karate

**Lisa Simpson**

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.

### **Steve Bampfield**

Co-Founder of R&D Coaching

### **Derek Batchelor**

Chair of Para-Badminton Europe Confederation

### **Nigel Brookes**

President of the Rotary Club of Bedford Park

### **Felicity Candler-O'Donnell**

Vice Chair of Sport MK

### **Jackie Golding**

Public Health Manager, Bedford Borough Council

### **Danita Goodwin**

Community Projects Manager, Faith in Queens Park

### **Simran Kaur Khinder**

Recovery College Manager, East London NHS Foundation Trust

### **Bert Klemmer**

Satellite Club Link Officer, Team BEDS&LUTON

### **Jim Lloyd**

Treasurer of Active Bedford Priory Water Sports

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

Past Chairman, Bedford Sports Foundation

### **Dave Randall**

Sports Tutor & Football Academy Head Coach, Bedford College

### **Gary Richardson**

Community Catalysts Consulting, Bedford Cricket Club

### **Dan Simpson**

Co-Founder of R&D Coaching

### **Brian Stanbridge**

Bedfordshire Canoeists Association

### **Sarah Stevens**

Community Safety Analyst, Bedford Borough Council

### **Richard Tapley**

Manager for Sports Development and Leisure, Bedford Borough Council

### **Laura Waller**

Senior Public Health Officer, Healthy Weight, Bedford Borough Council

### **Stuart Wilson**

Senior Lecturer, University of Bedfordshire

## 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 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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### Christmas Panto - Aladdin

**22nd December 2018  
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Feel the magic of Christmas at Bedford Corn Exchange with traditional family Panto – Aladdin. Get ready for a stage show full of live music, slapstick and mayhem where the audience are invited to join in the fun to cheer the goodies and boo the badies and even join the cast on stage in a special sing-a-long. It's a special treat for the whole family to enjoy.

Afternoon and evening matinees are available via our Box Office (01234 718044) or online: [www.bedfordcornexchange.co.uk/events/whats-on](http://www.bedfordcornexchange.co.uk/events/whats-on)

## 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 Sports Award**  
Sponsored by Bedford Sports Foundation



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- **Sporting School of the Year**  
Sponsored by The Harpur Trust



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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 Award**  
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/Club Person 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 Bedford Borough Council





## Nominations for Sports Club of the Year

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### **Bedford Hockey Club**

The Club was founded in 1893 and is one of the oldest, largest and most successful Hockey clubs in the region with over 500 members – which is a 10% increase for this year! The Club have many teams but a mention must be given to the ladies' 1st team who sustained National League status (the first time in over a decade). The Ladies' & Men's 4s were promoted this season and the U16s were tier 2 Midlands area Winners. The club had two U18s selected for the Hockey for Heroes squad and nine juniors were selected for the England Regional Performance Centre. The club have also recently started running Walking Hockey sessions which they hope to continue in 2019. The wide range of teams helps guarantee that all available players can be selected for competitive hockey.

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### **Bedford Mighty Eagles - Dodgeball**

Bedford Mighty Eagles have had a successful year, the Ladies won five championships and the National Cup, they also retained the British Championship title for the third year, and they have also won the Super league title five years in a row. The men's team came third in the league and second in the Derby Championships. The club also had International success with six women and three men selected to play for England at the Dodgeball World Cup in New York. Two of the clubs players were named as the Male & Female captains for the England sides. The club are expanding and have representatives visiting local schools to encourage young people to get involved in dodgeball, with an emphasis on children who are currently inactive. The club sponsors volunteers within the club to take Level 1 & Referee qualifications - so aiding their personal development.

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### **Bedford Rink Hockey Club**

The Rink Hockey Club have grown extensively since they formed with three members in 2017; they now have 30 members, and have entered two teams into the Eastern Counties league. Twelve of their players are attending National training. They have formed a committee of 15 parents, volunteers and coaches. The members are from a wide range of diverse communities, different cultures / religions and the club aims to provide this non-traditional unique sport as a vehicle to bring communities together and keep youngsters focused and off of the streets.

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### **Eagle Bowman of Bedford - Archery**

Eagle Bowman have had their best medal haul this year with over 100 medals and national records in 2018 - Ben, Nicki and Hayden were recognised by the National Governing Body, Archery GB and were also awarded Volunteer of the Year Awards for the amount of time and effort spent progressing archery as a sport across the country. They set up the club in Bedford and now run this thriving archery club at Goldington Academy, which caters for a fully inclusive range of ages and abilities, including Beginners sessions. Many of those who attend the club also compete nationally. The Ledwick family have really put Bedford on the map for high levels of archery coaching.

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### **Falcon SA Gymnastics Club**

Over the past twelve months Falcon's acrobatics elite squad has competed within the County, Region and Nationally. Due to the hard work and dedication of the coaches, gymnasts and their parents the Club has improved hugely on previous years performances. At the Regional Preliminaries Falcon won eight Gold, seven Silver & twelve Bronze medals and had eight gymnasts represent the club at National finals in May, where our Grade 3 Men's 4 gained the Bronze medal. Falcon took a team of 19 gymnasts to a National event in Southampton in October and with strong competition from clubs around Great Britain walked away with four Silver and eight bronze medals. Falcon's ethos has always been that gymnastics should be available to anyone wishing to take part regardless of finance, ability, race or background.



## Nominations for Sports Club of the Year

### Kempston Rugby Football Club

In the past 12 months the Club have gained a large number of new members, both playing members and social members. Last season Kempston won their Merit League and also won the Merit League trophy, the club have gained promotion into the East Midlands 4 South League after being away from it for nearly 5 years. It has been through the hard work of particular individuals who have worked to rebuild the club after it nearly folded that they are finally back where they belong. The club offer fitness sessions for club members as well as weekly rugby training sessions. They also offer free use of their sports therapist and gym as part of their membership package. They have links to MAGPAS and have run fundraising events to support them.

### No Limits - Multi Activity Sports Club

The club has continued to grow and develop into a focal point for adults with a disability or additional need, allowing these individuals to participate in sport and physical activity. The club attracts high levels of attendance on a weekly basis, offering a variety of sports where individuals can try different sports to find something they enjoy. The club has also managed to successfully establish football teams that competes in a County league and was also involved in a National competition. The main aim of the club is to offer opportunities for the service users to meet and socialise with new people.

### Priory Sailing Club

This year, Priory Sailing Club excelled in 'Bart's Bash', a global event in which sailing clubs hold races simultaneously. Priory Sailing was one of 642 clubs taking part from around the world, and had the ninth largest number of boats on the water! The club is proud of the achievements of its volunteers, at an event in May they threw the club open to non-members, to "come and try sailing" and the volunteers provided six hundred individual sessions on the water! Priory Sailing Club is known for being friendly and has an inclusive culture; their aim is to encourage anyone to sail or windsurf, sailing is a sport in which gender and age convey no advantage. The Club training programmes include courses for beginners, improvers and master-classes, plus sessions for partially sighted sailors, and at weekends they hold courses specifically for juniors.

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

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### Riverside Tennis Club

Riverside Tennis Club have a wide range of programmes catering for all ages from Tennis 4Tots to Over 60s coaching, plus wheelchair tennis for adults and juniors, they also run Coaching sessions for Autism Beds. The smooth running of all of these programmes is overseen by the committee, including a Development subcommittee who have ensured new LED floodlights were installed, they have also applied successfully to the LTA for funding to train the next generation of athletes. The clubs volunteers are their lifeblood who undertake a huge role in the club, the club have over 500 members and over 1000 juniors attended the holiday camps in 2018.

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### Shinpi Izuma Ju Jitsu Club

Shinpi Izuma Ju Jitsu Club provides a diverse opportunity for all to be active. Individuals are continually encouraged and supported in their progress, achieving grades and certificates with ease. Shinpi Izuma take huge pride in their diverse array of participants, whilst providing opportunities for Ju Jitsu to help build self-confidence and give them focus as well as teach self-discipline and team spirit. All instructors are professional in their approach to developing individual skill sets and knowledge base in many different parameters.

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### Siam Eagles - Thai Boxing

Siam Eagles is the official home gym for IMBA GB- International Muay Boran Academy and is the official UK representative for the USMTA- United States Muay Thai Association. Andre Tringham is the Chief Instructor at the club who also represents Great Britain for the IMBA and USMTA. The club is committed to lifelong learning and this year they have run 4 open seminars on Muay Boran with international tutors as well as teaching Edge Weapon Awareness in Finland. Siam Eagles delivers one to one classes which are well planned and suited to each individual's ability.

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### Storm Martial Arts

In 2018 Storm Martial Arts took part in the Regional Storm Championships and came back with 17 gold medals, 7 Silver, and 8 Bronze. In August they completed in the 5th World Championship at the Olympic park and 19 members came back with medals. The team is currently preparing for the British championships next year. The Storm Martial Arts instructor is also Team GB Coach. Storm Martial Arts Club caters for all age groups, there are many family groups who take part together and the club prides itself on fostering a family atmosphere both at Club and in social gatherings



## Nominations for Community Sports Award

### Bedford & County Wheelchair Athletics Racing Section

This relatively new section of the Athletics Club was formed as a direct result of the London 2012 Paralympic Games. It has taken endless hard work to be in a position where the section is up and running, with various fund raising being achieved providing opportunities for potential racers. Coaches have been recruited and the club has started organising regular training sessions. There is no other wheelchair racing club between Bedford and Bristol, Cambridge, Corby and the Midlands or Hertfordshire and the town is ideally located to fulfil British Athletics suggestion that it becomes a regional centre for the sport. The infrastructure is now in place and efforts will soon begin to attract other racers to Bedford.

### Bedford Hockey Club - Walking Hockey

Bedford Hockey Club has decided to offer a new sporting opportunity- walking hockey! The club wanted to tackle various issues surrounding physical and mental wellbeing as well as social inclusion. The walking hockey was launched in the summer and over 50 people have participated. The sessions are run by three volunteers from the club with tea and cake offered after the session. To begin with the club offered taster sessions, following its success, four evening sessions followed and it is now advertised through the local press and social media. The session is low impact, mixed gender and open for all ages, making it inclusive. The club hope to continue expanding the sessions, with the potential of seeking an indoor venue which would increase accessibility.

### Bedford Thunder Basketball Club

Bedford Thunder now have a men's, women's, junior and wheelchair team, the committee of volunteers has grown to include a group of people who have an excellent skill set and are able to make real contributions to the running of the club. The number of hours committed to Bedford Thunder by the volunteers on the committee and those involved with coaching are vast. The club run a range of sessions every week and have just started a new dedicated #ThisGirlCan session on Saturdays to encourage more girls to take part in Basketball. Inclusivity and making the sport accessible to all is a key driver for them and their aim is to make the club something that is part of Bedford's history as well as very much part of Bedford's future.

### Toby Chinn - parkrun

Toby has set up a new parkrun in Great Denham and acts as run director most Saturday mornings. Hundreds of people attend the parkrun with a range of ages from children to pensioners! Toby also volunteers a large amount of time to help run the Priory Sailing Club, sitting on their Committee. In order to set up the parkrun, Toby sought out sponsorship which allowed him to successfully set up the parkrun which is a huge benefit to the community.



## Nominations for Community Sports Award

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### Larissa Clarke - Fitness Instructor

Larissa is a shining example of a personal trainer who goes above and beyond to support people into healthy lifestyles. Larissa has increased the diversity and profile of her clients with a positive attitude to unique projects. She has welcomed the opportunity to work in a number of care homes and has delivered engaging activity sessions to elderly residents over the last 12 months. Larissa is one of those rare people who can inspire others into doing what they thought impossible, as one of Larissa's clients commented "Larissa has not just focused on the health and fitness side of her work she also dedicates time and energy to the social wellbeing that boosts the mood and self-esteem of her clients."

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### Spiral Freerun

Spiral Freerun make a difference in the community, they put on 2/3 classes a week of free running to teach people a new skill, as well as helping young people get active. The aim of Spiral Freerun is to share their passion with others. Having started the club in 2012 they have built up the club and have worked hard to see the progress and development. Their promotion comes from performances and flyers as well as having a stand at the Bedford River Festival 2018 with an air track for people to practice their skills. Spiral Freerun put unlimited amounts of hours in to improve themselves, learning new skills and combinations for when they do performances. Spirals' future aspiration is to keep engaging with the community and giving them the opportunity to get involved with free running, no matter the age or ability level of participants.

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### Fun 4 Young People

The project is aimed at young underprivileged children in Kempston and the surrounding Bedford area, providing them with incredibly affordable sports sessions after school and during half terms and school holidays. The activities done are all centred on the children's preferences and choices of sports, although they are all encouraged to try new things. They plan to keep delivering great quality sessions for all the children involved, expanding the activities on offer and increasing numbers. Volunteers and employees alike give up huge amounts of their time, whether it is a few hours after school for clubs or 5 days a week over the holidays, they are all dedicated and supportive.

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### Sean Ellis - parkrun

Sean has been a volunteer at the weekly Bedford Junior and Great Denham parkrun since the beginning. He has since taken on a number of informative roles, including playing an important lead in accessing funding to set-up the new adult parkrun in Great Denham, where he is now Run Director as well as voluntarily taking on the administrative role staying after the run has finished and inputting all data into the parkrun results system. Families at the Junior parkrun acknowledge Sean as a friend as he has volunteered at nearly every run, building relationships with those who attend. His fun and enthusiastic approach has encouraged a positive lifestyle change for many who attend the Junior parkrun. Sean's dedication to the parkrun has been second to none and he is continually appreciated by the participants and the run team!

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### Happy Feet Running

The Happy Feet Running group is helping the community to get more active, encouraging individuals to run in the village and the surrounding Bedford area. The group run together regularly on Mondays, with some individuals training for races and nearly the entire group are fundraising for different charities. Some of the group volunteer, giving support and helping out in races.

## Nominations for Community Sports Award

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### No Barriers Disability Tennis Club

The No Barriers Tennis Club is aimed at all ages and abilities, catering for both adult and junior wheelchair individuals. On average the club run 6 sessions per week and they are hoping to expand this in conjunction with MIND in 2019. They have successfully applied for a grant from Tennis Foundation to subsidise the sessions and receive financial support from The Rotary Club to fund their schools programme. The focus for 2019 will be to expand the #nobarriers programme into wellbeing and mental health, setting up taster sessions to promote the health benefits of tennis to a wider audience.

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### Robert Neville - Walking and Table Tennis

Robert got involved with the Mindful Sport project after registering as a volunteer at the Higgins Museum. He began as a volunteer with the free Mindful walks group in April 2017. The Mindful walking group is a free guided walk that supports people with various mental health needs to take part in an informal and social activity. Robert started by volunteering twice a month for 6 months, but now volunteers every week. In the past 18 months he has contributed over 100 hours to the project. Robert has also volunteered his time at the Mindful Table Tennis session. He is a confident and proactive person and his attention to details is second to none. He has also helped to train a new volunteer walk leader and has supported him in promoting the walk to the wider community.

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### Dominika Pawlik - Netball

Dominika is a 18 year old youth member representing her local netball club of 145 plus members, Dominika umpires for Bedford League Youth as well as Adult Netball, encouraging other youth members to volunteer. Dominika is currently in the nomination process for Club Youth Representative and has secured her beginners award and supported various fundraising. She is the only youth volunteer and completes numerous volunteering, umpiring matches and supporting training sessions. Dominika aspires to achieve her C award in umpiring and become an umpire mentor as well as a level 1 coach.



## Nominations for Community Sports Award

### Matt Phelan - Football and Multi Sports

Matt has made fantastic achievements regarding his works with R & D Coaching, having helped the expansion of the business by offering their coaching services in more schools in the area as well as running holiday clubs for young individuals. Matt has since taken on more of a senior position supporting the management of the company, as well as expanding his role as a coach. Matt's profile has progressed to regional level as well as local as he works in and around Bedfordshire building close relationships with those he works with to ensure his services are of the best standard. Matt always goes above and beyond to understand the needs of his children, particularly those with disabilities or learning difficulties. Matt is also very keen to volunteer hours working with individuals with autism so he is able to provide coaching services for all without difficulty.

### Phoenix Starr Dance Academy - Dance

Inspired by teachers who have all worked in the dance industry, the academy makes going to a club 'cool' and helps prevent people from the temptations of gang life. The academy has opened up classes in Bedford with no funding assistance and are planning a dance show in December to show case the students and the teachers abilities, where various fund raising activities will be taking place to gain some money towards a new venue. The academy offers not only vocational qualifications but also teaches students general life lessons. Jazmin has access to some of the best dancers and choreographers in the industry, she is dedicated to bringing those instructors to Bedford, and she works seven days a week trying to make the academy a success in Bedford.

### Carl Roberts - Mini Soccer Football

Bedford Mini Soccer has been in operation for many years. There is no obligation to attend every week; the children can pay on the day. All of the coaches are volunteers who help coach the boys and girls. Carl Roberts is there every Saturday from before 9am to set everything up and never leaves until 1pm. There are numerous volunteers including parents who help register the children. The children look forward to attending because they have so much fun, whilst learning and they all make huge progress. At 10 attendances the children get a certificate and medal, at 25 attendances a small trophy and certificate. The group often run extra events to raise money for various charities. Carl is a fantastic role model and his coaching helps children gain confidence and also gives them skills to develop their football.



## Nominations for Community Sports Award

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### **The Salvation Army - Multi Sports**

The Salvation Army in Bedford are located in an area where the surrounding streets have a higher crime rate than elsewhere in Bedford. This makes the facilities and services that the Salvation Army provides even more valuable to the lives of the young people and families in the area. At least 50 children make use of the cage each week in structured Football sessions, the community cohesion that is created by the football sessions is remarkable.

At times there will be nine different nationalities all playing together in mixed up teams, with the café facility open to the young people this is an amazing resource and has supported refugee integration and the development of language skills. The Salvation Army organised various fund raising events this year to collect money which was used with grants from local Charities to match fund a grant for resurfacing the court.

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### **Shaheedi Sports Council - Bedford**

Shaheedi Sports Council Bedford was formed in 1967 holding sports tournaments in Bedford for all communities and age groups across the country. Sports in these tournaments were Football, Hockey, Kabaddi, Volleyball, Cricket, Athletics and Tug of War. Langar (a free meal to all the visitors) would be served on the day by the Sikh Gurdwara volunteers. These tournaments were a real success all over the country with all communities joining together to celebrate sport. When we had the Bedford Tournament in July 2018 the whole community joined in to help and make the tournament a success. Families came together to watch the sport, listen to the music and have the langar making it a family day for all age groups.

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### **Star Rowing Club - Old Gents Quad**

Star Old Gents squad supports older people within the club who through physical challenge or cognitive change would otherwise be unable to access a sport they love and are passionate about. The squad enables them to stay fit, active and enjoy a valued social life. At the Star regatta last summer the Old Gents Quad was invited to a prestigious 'row past' showing spectators and younger rowers with great dignity that sport can be enjoyed and high standards achieved despite age and physical or cognitive challenges. The Star Old Gents squad intend to stay together, welcoming new members and supporting the local community with fundraising, whilst continuing to challenge perceptions- showing anything is achievable regardless of age.

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### **Walking Football League - Bedford**

Walking Football BEDFORD is aimed at all sections of the community who wish to play, but historically has attracted older players unable to take up or to continue five aside or 11 aside football, or has been part of rehabilitation for people with health issues or post heart attack, for example. The men's team has grown significantly the last few years and runs three sessions which attract approx. 130 players, they have now also set a women's team which is growing steadily, the women are diverse in age (20s to early 60s) and include beginners to very experienced players including some with health issues otherwise unable to play football, the club has worked really hard to promote the women's session to women of all ages via flyers, social media, videos etc. The club supports many charities, raising funds via activities, and raises awareness of good causes.

## Nominations for Sporting School of the Year

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### Bedford Free School

The School have gained a range of achievements this year; District Handball Girls U15 Champions, U16 Girl's Table Tennis Champions and District Champions U16 Basketball which saw them taking third place in the county placings. The school offers a wide range of sports including Water Sports; chance to shine Cricket and promoting students to be sports leaders in Primary Schools. With limited onsite facilities the school utilises local sports centres and clubs with numerous links such as; Bedford Ladies Football, Viking Kayak and Ouse Valley Eagles American Football.

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### Goldington Academy

The school offers a range of extra-curricular clubs such as, Football, Netball, Rugby, Table Tennis and many more, one of which includes a club link with Star Rowing Club with some pupils now rowing competitively. Alongside its extra-curricular activities the school has regional representation in the following; Hockey, Girls football for which they are County Cup winners, sports hall Athletics with District winners and Tennis. The school participated in Girls Active programme and ran Active Angels within school, working with Youth Sport Trust/Bedford Borough Council and the University of Bedfordshire which led to national Case Study on GAs successful programme.

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### St Thomas More Catholic School

The school gained the Gold School Games Mark meaning 60% of pupils from across the whole school (years 7 to 13 male & female) represented the school in one or more sporting activity. The school have gained numerous achievements such as; Basketball U16 boys and U13 girls District and County Champions, Rounder's Winners of U12, U13 and U15 leagues as well as Netball U16 District Champions. The school's sports hall and playing fields are used to hold sports events for primary schools with the school also linking up with Riverside Tennis Club to run competitions to encourage pupils to become members.





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

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### Laura Allen - Judo

Laura's commitment and dedication to her sport is second to none – her achievements this year include British Schools Silver U44k, London Area Silver U44k and Eastern Area Schools Qualifier Silver (U48k). The medals Laura has won display her potential to achieve higher positions within the sports NGB. When not competing, Laura attends all competitions with those from her club, giving calming reassurance to the younger Judoka. Laura has given up huge amounts of her time to help with general administration as well as being acknowledged as a perfect role model to all new members.

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### Maddie Axford - Hockey

Maddie is an outstanding all round sports woman, she represented England in the England Hockey U16 team who played in the six nations tournament in Germany where they earned a bronze medal. She also plays Club hockey, Netball for Wasps U17 super league squad and trains with the U19 England lacrosse national academy and was selected for the Home Internationals in April 2018. Maddie is dedicated to her training, her work ethic is exemplary and at 15yrs she is the youngest player, yet highest goal scorer in the Bedford Ladies Hockey 1st team.

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### Elizabeth Bown - BMX

Elizabeth is a dedicated young lady who trains three times a week in all weathers, as well as travelling all over the country covering 100's miles to race. She is a member of the Elite Factory Team- Pure Bicycle Company and was awarded rider of the year 2018 alongside achieving female rider of the year for the second year running by her BMX Club. Some of Elizabeth's achievements include; British BMX Championships 2nd Place Girls, HSBC National BMX Series 2nd Place Girls, representing Team GB in France and she is currently ranked world number 5 in her category.

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### Raph Bouju - Athletics

Raph's commitment to his athletics training and competition has recently gained him an invitation to the Dutch Athletic Federation to attend their National squad. Raph is recognised as a very independent, bright and self-motivated individual and this shows in his sporting achievements as he is the European 18 100m Champion, English Schools U17 100m Champion as well as England Indoor U17 100m Champion to name a few! Raph also contributes to coaching as he is an assistant coach at Bedford & County AC Beagles Club. His outstanding success, popularity and modest demeanour make him a great role model.

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### Tomas Deloubes - Ju Jitsu

Shinpi Izumi Ju Jitsu Club are immensely proud of the achievements that Tomas has achieved this year, including his Brown Belt grading at adult level which is fantastic at such a young age! Tomas is incredibly committed, and over the last 8 years has been dedicated to his training sessions, even attending sessions that he does not need to attend. Tomas is currently in training to enter for his 'Sho Dan Ho' grade – again at adult level.

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### William Henderson - Roller Hockey

William was awarded 'Club Player of the Year' at his club – Bedford Rink Hockey. He is also an ambassador for the club as he is one of the players who have attended National Training at Level 3 after only one year of training! Over the past year, William has been highly dedicated to improving his skating skills, committing himself to training and Summer Camps to do so. William is recognised by his club and National coaches as having the potential to join the England under 17 Development Squad in June 2019. He is a positive role model.

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

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### Holly James - Netball

Holly has competed at U19's and U17's as part of the National Netball Performance League for Mavericks Netball Club; she also represents her club at regional level. Holly represented the Mavericks at the National School Games competition in Loughborough, playing in every game with the squad achieving Silver. Holly is fully committed to the training programme, where she trains twice a week which includes strength and conditioning. Not only is Holly a role model on the court but also off, where she volunteers at camps to help younger players learn and develop new skills. Holly is on a performance pathway and is continually monitored by England Netball on her progress.

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### Frankie Johnson - Athletics

Frankie's sporting achievements are phenomenal! With some of them including: England U20 Pole Vault Champion, England U20 Indoor Pole Vault Champion as well as Best Performance by U20 athlete in Bedford and County. Frankie trains up to 4-5 days a week for up to two hours each day, with his dedication taking his personal best from 3.01M in 2013 to 4.93M in 2018. Frankie is keen to travel considerable distances in order to face more challenging competition and whilst balancing an apprenticeship and training, he is most certainly a role model and inspiration to existing young members in his athletic club and also peer athletes.

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### Hayden Ledwick - Archery

Hayden is ranked 9th in the UK for the 2018 season, he also placed 5th in the Junior Nationals and won a team gold medal at the Archery GB Youth Festival. Hayden has won various gold medals at both county and regional level in all three disciplines as a junior. As well as training four times a week, Hayden has been awarded Junior Volunteer of the Year by Archery GB; he has recently qualified as a coach. Hayden is always willing to share his knowledge and assist; he is part of the On Target Hub (AGB pilot initiative) coaching team.

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### Sophie Lewis - Cycling

Over the last year, Sophie became the National Madison Champion as well as claiming two Silver Medals and a Bronze Medal at the National Track Championships and winning the National Road Race at Hillingdon. Sophie's cycling career started at a club where she is now recognised as a coach for the younger children which she does alongside her training 8-9 times a week! Sophie is currently on the Great Britain Junior Cycling Team which will allow her to race for Great Britain as well as her home cycle team - Cycle Team OnForm.





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

### Jack Manley - Golf

Jacks accolades are many he is: Bedfordshire under 21 Colts Champion, Runner up in the Men's County championship, Selected for the England Regional squad, Bedford & County Golf Club Junior Club Champion 2018. He represented England Schools against Scotland and is a Member of Bedfordshire County Elite squad. Jack has worked hard with his exercise and practice to reduce his handicap from 4 to 0.8, and has been dedicated to his sport from a very young age; he is a Junior Ambassador of Bedford & County golf club and is a perfect role model for other young golfers.

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### Elise Nixon - Tae Kwando

Elise started Tae Kwando at the age of six and has continued to make huge commitments to the sport having dedicated herself to a Summer Holiday Camp to then be awarded with an extra grading. Elise always seeks to perform at her best, and is a supportive role model to all Tae Kwando students, both children and adults. Her dedication has resulted in her gaining a place on the shortlist to join the Proaction Martial Arts Young Leaders Programme when it begins. Elise has worked so hard on her mental strength to overcome her fear of injury, whilst demonstrating high levels of perseverance and self-control in practice and competition.

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### Leon Price - Ju Jitsu

Having joined Shinpi Imuzi Martial Arts Club at the age of 4, Leon has already achieved his adult grade brown belt at 16 years old and is on course to become the clubs youngest ever black belt! This has come from Leon's levels of dedication and determination to the art of Jui Jitsu. Leon continues to devote the majority of his spare time to practice, and training as well as teaching both junior and adult classes. Shinpi Imuzi have been advised to enter Leon into both National and International competitions due to his talents and the level he performs at.

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### Tanvir Rahoia - Gymnastics

Tanvir's dedication to gymnastics is amazing – at the age of 12 he trains up to 8 hours a week (including weekends) ... and more if he can! He is a superb role model to members of his club, his coaches and all young people. Having competed in three competitions this year, Tranvir has brought home many medals including a gold and silver medal at the Roses competition, as well as further medals at his home competitions. Tanvir is always keen to learn and develop, aiming for his aspiration of becoming a professional gymnast.

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### Rajah Thai Singh Rayat - Roller Hockey

Rajah's effort to his sport are recognised as outstanding as he travels long distances to attend training sessions, summer and Christmas camps held by the National Roller Hockey Association. Rajah played for England under 11 squad in February in Portugal where his commitment and dedication payed off! Rajah is recognised as a respectful and attentive member of the England Roller Hockey Squad; his England National coach considers him to be a key asset to the squad and his highly respected by his peers and coaches. Rajah is a great ambassador for his club and has helped promote the club in local community.

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### Roisin Scanlon - Golf

Roisin has been extremely successful in her golfing career recently, bringing home a number of 1st place trophies including Ladies Easter Region Trophy. She is now recognised as the best 10 year old in Britain and Ireland after gaining an incredible first place in the Wee Wonders British and Irish Championships. Roisin dedicates a huge amount of time to golf, even during the holidays. Roisin continues to contribute to the golfing world inside and outside of school as she has put forwards ideas to adapt gold in a way that is more appealing to help attract new members.

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

### Georgia Staroscik - Golf

Georgia has had a phenomenal year in Golf; she is captain of the Bedfordshire Junior County team and is Junior County Champion, Senior Ladies Champion, as well as Woburn GC Junior Champion. In September, Georgia was selected to play for England's Schools V Scotland Schools competition where she won all of her matches. When Georgia isn't studying for her A Levels, she is competing or training – often travelling as far as Suffolk for East of England training. Georgia also qualified through County and Regional competitions to be crowned England Golf's Champion of Champions at Woodhall Spa earlier this year.

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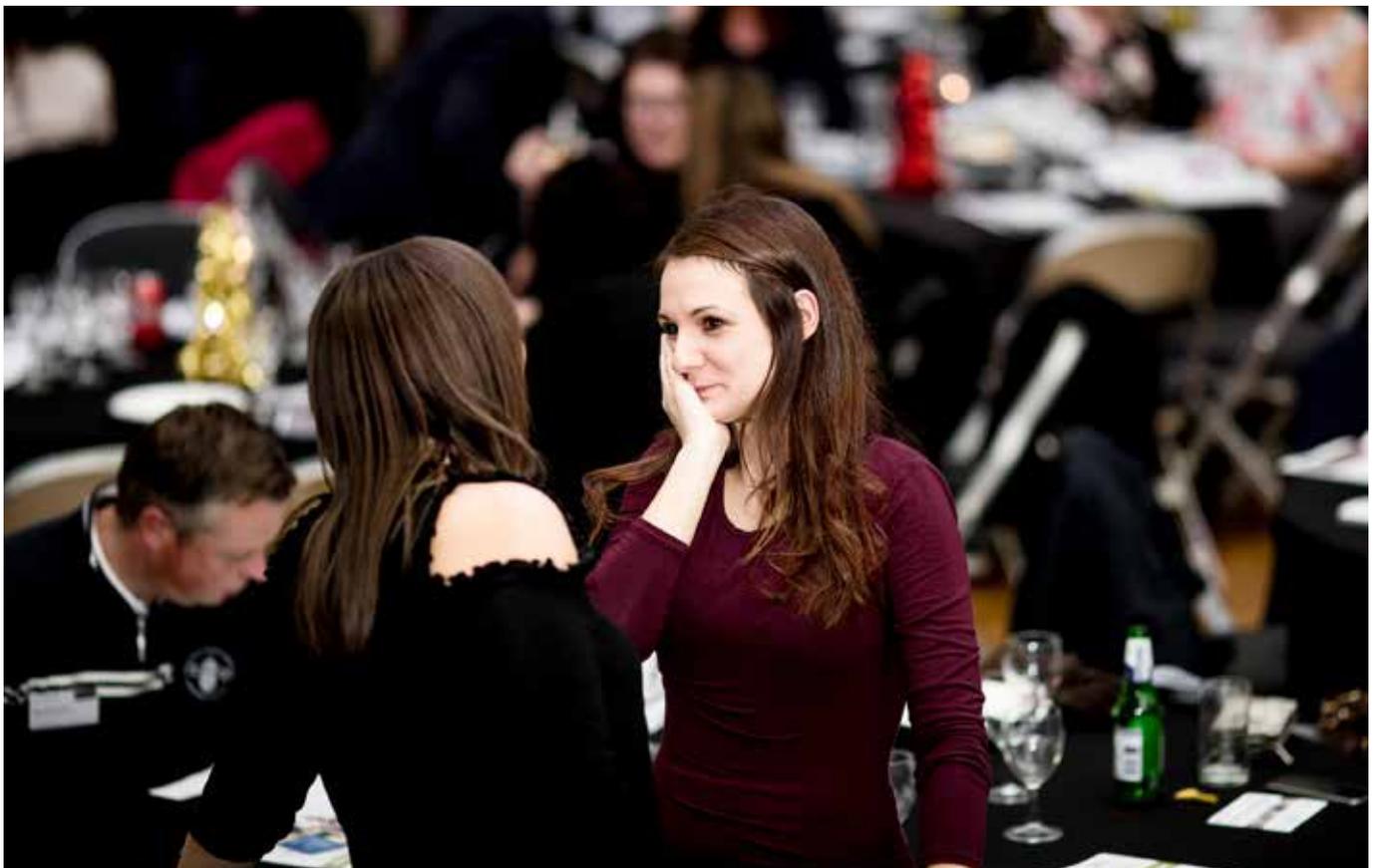
### Cheyenne Stonebridge - Bedford junior parkrun

Cheyenne is recognised as a significant individual at the weekly parkruns in Bedford, where she started out as a non-runner and has now run consistently each week since the Junior Parkrun started. Cheyenne's runtime has improved from 29 minutes when we started and now her fastest is 13.07 minutes! Bedford Junior parkrun will hold their 100th run on 16th December where Cheyenne will be presented her 100th run award – this is a huge achievement for Cheyenne, she is the only young person who has run every one of the 100 runs. Cheyenne often forfeits her own run to run alongside other young children who are struggling. Cheyenne volunteers to help set up and assist the Run Director every week at the beginning of the run without fail.

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### Jaden Thompson - Kickboxing

Jaden won the World Kickboxing championships in Jamaica winning gold and two bronze medals. He was crowned English champion in November this year. Jaden is committed to his training and trains five or six times a week. Jaden helps Coach Juniors at club once or twice a week, and also raises the profile of the sport in schools. Jaden plans to fundraise for MIND & the Kings Arms Project as a thank you for the sponsorship he received which enabled him to go to Jamaica to the World championships



## Nominations for Young Volunteer Award

### Jena Theed - Netball and Disability Horse Riding

Jena has been involved with Grangers Netball Club since she was 11 years old, both as an active player and as a volunteer. Jena now coaches young players, umpires for Club and also helps with the youth Netball teams at her school. Jena also commits time to the Elizabeth Curtis Riding for the Disabled School at weekends. In total, Jena gives up around nine hours a week for volunteering, showing huge amounts of dedication and commitment, especially at the age of 17! Jena's commitment hasn't gone unnoticed as she was awarded the Young Netball Leader Award at her Netball Club and was also appointed the Senior Volunteer Leader' role at her school.

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### Amelia White - Multi Sports

Throughout the year Amelia has volunteered at the Bedford Modern School holiday courses, working eight hour days for five weeks throughout the summer, and has also helped at the Easter courses too. She now continues to volunteer at Fun4youngpeople where she has been involved in delivering and supporting various multi sports for children, sometimes for those older than herself including football, basketball, swimming and quad biking. Amelia is keen to give up her time to ensure others are learning, developing and enjoying the world of sports. Amelia is known for actively seeking out opportunities to have fun and make an impact on the people around her and those of whom she volunteers with.



## Nominations for Sports Team of the Year

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### Bedford Hockey Girls U16's

Bedford HC Girls U16's team has become the most successful junior team in the clubs history after winning the Tier 2 Midlands Area finals competition in April this year. The team went through the local qualifiers unbeaten scoring over 23 goals and only conceding 4, they're hugely committed to training regularly each week as well as attending summer camps. The U16 girls have also been supported by members of the first team who umpire games, with the club actively encouraging its members to help out throughout the club. The U16's HC all have fantastic potential to develop their hockey at Bedford. The captain Ellie Scott has already played for the first team at the age of just 15 and a number of the other girls are progressing up to our 7 a side teams.

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### Bedford Ladies Tug of War Team

The Bedford Ladies Tug of War Team remains undefeated National Champions in the 500kg weight category having not been beaten since 2010. They have competed both nationally and internationally, winning silver and bronze medals at the British and Irish Championships. The team then went on to represent England at the World Championships in South Africa where they came away with two bronze medals. The Bedford Ladies are active within the Young Farmer Community, supporting local clubs with coaching and training. The team also assist with the training of teams for the annual House of Lords V's House of Commons Macmillan Fundraiser in London. We are always looking to promote the sport and we are proud to be advocates of women in sport.

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### Bedford Rowing Club Juniors

The junior squads have had numerous successes at local regattas this year, and have also entered several national events. The junior athletes in the Club originate from a wide selection of local schools, and the Club also offer "learn to row" courses in the school holidays that are aimed at recruiting new young people into rowing. The juniors are involved in the "learn to row" sessions helping to teach the new recruits and make them welcome. The junior squads are committed to four training sessions a week, led by a professional coach plus parent helpers and other Club members. This year two of the junior rowers have secured places at Hartpury College in Gloucestershire which will hopefully give them a place on the GB Start Rowing programme.

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### Eagle Bowman Juniors (Eaglets) - Archery

80% of the junior squad represent their county with various achievements this year such as; Double UK National record holder, National Gold Team Medallist County Champions and all of the junior archers achieving top 10 places at the National Junior Championships. The junior squad show their commitment and desire to the sport training regularly with their individual coaches and all archers are able to move up an age category successfully without hesitation. Other awards for the squad include; NGB award for Youth Volunteer of the Year 2018, two of the juniors recognised for Youth Festival entry and five following talent development programmes.



## Nominations for Sports Administrator/Club Person of the Year



### Richard Evans - Kayaking

Richard has shown his enthusiasm and devotion to the club, expanding the club in numerous areas. He organises training on a regular basis as well as trips and general club operation. Richard spends a lot of time at the club even when he is not paddling. He has expanded the stand-up paddle board experiences and organises new members joining the club.

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### Abid Hussain - Cricket

Abid is the head coach, as well as the team and match organiser; he is also the Chair of the Steering Committee. Abid has been involved with the club for over 10 years and is extremely dedicated and motivated to lead the youngsters. The club continues to thrive under Abid's leadership. This year, around 70 youngsters aged 5-18 enrolled in the club, with some of the older club members taking their ECB level 1 qualification to become coaches and help out within the club. Abid was also awarded a certificate for Outstanding Services to cricket in the Bedfordshire area by Cricket East.

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### Victoria Newman - Roller Hockey

Over the past year, Victoria had gone above and beyond her voluntary commitment as club secretary and shown compassion, given support and had been a great addition to our club! She often motivates other parents. Victoria has gone above and beyond in her club secretary role, helping to open bank accounts and get charity status. She has spent a large amount of time completing application forms for funding and processing admin work, as well as creating links with Bedford Borough Council and Team BEDS&LUTON enabling advertisement and promotion of the sport. Victoria continues to help out with fundraising, financial accounts and organise promotional events; she is an asset to our club.

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### Heather Nolan - Netball

Heather is the Chair of the Bedfordshire League, supporting the adult and youth leagues that run in Bedford weekly throughout the year. Within Heathers role as Chair, she is responsible for heading meetings, ensuring good communication between her committee, and also has the responsibility as a Publicity Officer ensuring that the press are aware of results and match reports. Heather is a volunteer and does not get paid for any aspects of her two roles. She also supports other netball programmes such as walking netball, community netball, and Back 2 netball programmes. Heather has been an active volunteer in Bedford Netball for over 20 years offering her time and knowledge supporting the local netball community.

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### Dee Patterson - Multi-Sports

Dee's main sport is canoeing where she combines her knowledge of the sport gained over 30 years. She is also Elected English Representative to the Board of British Canoeing. Dee attends board meetings, and sub-committee meetings in an unpaid manner, having to balance her own sport commitments as well as her full time career. Her commitment to clean and fair sport is demonstrated through her education of clean sport and endeavours for Canoeing, as well as promoting equality. Dee also competes at the highest level representing Great Britain at 2018 World Cup in Freestyle kayaking.

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### Tom Trinder - Rugby

Tom's official role at Kempston Rugby Club is Fixture Secretary, meaning he minutes committee meetings and organises the team's fixtures. However, Tom goes above and beyond this. In a completely voluntary capacity, Tom works tirelessly throughout the week and texts/calls players to ensure training and match day availability, liaise with match day officials, support coaching staff with advice and arrange post-match refreshments. Tom has been at the club for about 20 years and he has been the clubs link to the East Midlands RFU. Through writing letters and pestering chairman the club has gained entry back into the National Leagues and Tom has also met with local schools to start work on a player pathway scheme.

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## Nominations for Sports Coach of the Year

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### Allen Adamson - Athletics

Allen has made a significant contribution to Athletics for more than 35 years in a variety of roles at various levels. Allen commits a significant amount of time to coaching a variety of athletes across all ages at Bedford & County AC where he also serves as Honorary Secretary and Coaching Coordinator; in addition he is also the Coordinator of the Bedfordshire Athletics Network on behalf of England Athletics. As well as this, Allen finds time to be an active member of England Athletics National Coach Development Programme (NCDP).

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### Sam Brightman - Netball

Alongside her full-time job as Head of Netball at Bedford Modern School, Sam is working towards her Level 3 Coaching Award as she voluntarily coaches the Swiss National Squad, travelling to Switzerland monthly to lead the coaching sessions. She has recently accompanied the U17 Swiss Squad to the Netball Europe U17 Championships where the squad came home as runners up! This voluntary role has given Sam an insight into elite coaching; combined with her knowledge and experience, Sam is also able to find time to mentor other coaches at the Mavericks Netball Futures Academy Hub in Bedford. Sam's commitment to coaching is second to none as she voluntarily gives up a lot of her time to help others be the best coaches they can be.

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### Melly Burrell - Triathlon

Melly encouraged all participants to compete in Bedfordshire Sprint Triathlon in July 2018, in which the Bedford Harriers won a trophy for the most athletes taking part as a result of the training course which Melly coaches. Melly provided much needed support throughout this event, with some participants winning events in their age categories. Melly has dedicated a large proportion of her time to coaching courses as well as making herself available for anyone who needed advice, support and encouragement.

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### Ashley Haley - Rugby

Ashley works with various age groups and abilities from U7's to U13's. He adapts his coaching styles, making sure the children are motivated during training drills as well as ensuring they maintain their enthusiasm for the game. Ashley has helped some children to gain a place at a sporting school and he is currently supporting children to gain access on a Developing Players Programme. He gives up every Sunday morning to lead coaching sessions as well as evenings during the week.



## Nominations for Sports Coach of the Year

### Robbie and Jonny Woolf - Tennis

Both Robbie and Jonny coach children of all abilities in Tennis, leading them from the start of their Tennis journey right through to those who reach county and regional level. They dedicate huge amounts of their time to coaching, running sessions during term time and as well as holiday camps at Riverside Tennis Club and their own coaching services 'Woolfy Tennis and County Coaches'. The two brothers have built individuals confidence levels, providing support throughout their sporting careers.

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### Hayley Mackellar - Netball

Hayley is a level 2/3 netball coach, coaching various ages and abilities including Team Beds development squad. She is dedicated to the sport completing over 30 hours of unpaid coaching and mentoring to girls and women who want to progress through the netball pathway from grassroots to national level. Hayley has developed Team Beds Club from a 1 team organisation to a 5 team club of high quality, with a development pathway. Not only has Hayley been a mentor to other coaches but she has also played at a high level herself, representing Scotland at International Level.

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### Nigel Mitchell - Football

Nigel has voluntarily supported local schools and clubs with his coaching abilities for a considerable amount of time; he is now based at Bedford Ladies & Girls Football Club where he is recognised as a highly respectable coach. Nigel encourages the values of sport to channel energy for positive personal development relating to attributes such as commitment, positivity, confidence and team working. All players leave with detailed match analysis and team feedback. Nigel's dedication to his coaching career resulted in him taking the selfless decision to stepdown in his personal work life to spend more time helping his team develop as footballers and individuals.

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### Claire Southam - Netball

Claire is the Lead Coach for Grangers Netball Club; she coaches individuals of all ages and abilities from young children who have just started to play netball through to adult regional players at the Club. Claire's coaching role is voluntary and with her committing up to 25 hours per week of coaching time to her club, Claire has encouraged high standards of Netball within Grangers Netball at Bedford Leagues, club competition as well as regional level. Over Claire's time as coach, she has actively used the opportunity to develop her knowledge through attending CPD courses and workshops, enabling her to take her passion for netball further through hosting Walking Netball sessions in the community.



## Nominations for Disability Sport Award

### Stephen Ames - Bedford junior parkrun

Stephen's achievements are momentous purely because he runs/walks the whole Junior Park run course each week- Stephen was born with hip problems and he has learning difficulties, some weeks walking is an effort for him. He thoroughly looks forward to coming each week and Stephen loves to make new friends and socialise. The group are so supportive and cheer when Stephen finishes the race; he is a role model to other young people who may have disabilities proving that anything is possible.

### Varun Bandi - Wheelchair Athletics

Inspired by Bedford's legacy from London 2012, an annual Wheelchair relay was established to aid disability sport. Varun participated regularly and soon showed great promise to the extent that one of the leading British coaches is encouraging him to participate in the mini London marathon next year. Varun is very dedicated and learns new skills quickly, after only 3 sessions he is now out training along footpaths by the river in Bedford and his coaches are absolutely delighted with his progress. After the wheelchair racing training sessions, he goes to Riverside Tennis Club for coaching in his other main sport - wheelchair tennis, where again progress has been remarkable.

### Gary Cox - Wheelchair Tennis

Gary has been selected for the Wheelchair Tennis Foundation Team GB, he is part of their Talent ID squad. This year Gary has been given his first world ranking and is now officially ranked 94 in the singles and 55 in the doubles. Gary attends training camps and takes part in competitions as directed by his Talent ID coach, he is determined to progress through the GB selection process and move up the rankings. Gary is a positive role model within the club and always conducts himself in a professional manner and leads by example.

### Access Bedford Park Runners

The group Access Bedford have made it possible for their members who are deaf or have a hearing impairment to participate in the Bedford parkrun by providing BSL (British Sign Language) and guide runners. The runners are great role models and ambassadors for individuals who are deaf or have hearing impairments, showing determination and courage. The group has huge potential for development from joining a local community running club to attending events such as; 10K runs as well as the Bedford Half Marathon.

### Matthew Tembey - Disability Football

Matt has achieved a lot this past year; his disability football team retained the Premiership title in the Bedfordshire ability counts league through teamwork, development and positive attitudes. Matt was also awarded an 'Outstanding Contribution' award from Bedfordshire FA having made such a big impact in his team and the league. Matt is a committed and passionate individual, supporting others and leading by example. Matt's positive attitude and performance levels put him in a good position for selection in the 2019 FA's People Cup.

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## Nominations for Adult Sports Personality of the Year



### Edward Castro - Triathlon

Edward started his sporting life as a swimmer and qualified for trials for the 200m butterfly at the 2012 London Olympics, but he unfortunately suffered a shoulder injury and was forced to retire from competitive swimming. Ed then took up Triathlon, and has been hugely successful. This year he won Gold in the 30-34 category of the European Sprint and was 3rd overall. Ed won both of his races at the World Championships in Australia, finishing 2nd overall and has had major success in domestic competitions. Edward works at Bedford Girls School as Head of Swimming and promotes the disciplines of his sports to his pupils.

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### Alex Edwards - Freestyle Kayaking

Alex represents Great Britain at the highest level of Freestyle Kayak; this year he won a World Championship Silver Medal in Argentina and went on to win Gold Medals at both of the World Cup events in Spain achieving the overall World Cup Champion 2018 (for the second time). As an example of his talent Alex also plays canoe polo at National level for Viking Kayak club. Alex undertakes inspirational speaking to young people in schools and works with manufacturers to help develop kayaks and equipment. He helps to coach other GB athletes and is considered one of the best competitors in the sport.

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### Izzy Goode - Wakeboarding

Izzy has had a range of successful results in 2018 including, National Championships Junior Ladies (1st place), Welsh Open (2nd place), Cable Ties Open (1st place) and is now ranked number two in the world! Izzy completes off water training every day and is a member of Box End Club in Kempston, where she regularly trains. Her hard work and determination is evident in the sport, with Izzy helping to run and support Talent Spotting days and coaching juniors. Izzy has also achieved her level 3 judging qualification and judged three national competitions held in the UK this year. She has also received a General Lascelles Award from British Water Ski & Wakeboard and is also supported by Sport England and Sports aid.

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### Tennyson James - Athletics

Tennyson is a highly driven athlete, committing to regular training 6 days a week. He has had an exceptional season as a Master's athlete, representing GB in the Men's over 60 age group, after beginning his season by taking the 400m gold medal at the European Indoor Athletics Championship in Madrid. Tennyson finished his season as a World Masters Champion after winning the 100m hurdles in 15.55 seconds. He is an inspiration and positive role model for athletes of all ages at Bedford Athletics Club; he continually demonstrates energy and passion for the sport.

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### Sarah Kerr - Triathlon

Sarah qualified this year to represent Team GB in the European Championships in Glasgow in the sprint triathlon where she finished 16th. Her achievements are many one of which include the Bedfordshire Road Cycling Clubs "Queen of the Mountains" Sarah also holds records in and around Bedford and Durham where she has been based at University. Sarah competed in the British Universities College Team Event in April and came 9th overall. She is also an active member of Bedfordshire Road Cycling Club and is showing high levels of determination and dedication in her training. This year she has captained the Durham University Triathlon club and played a lead role in training sessions.

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### Micky Mills - Boxing

Micky has so far won all of his four professional fights; he fights with pure grit and determination and always shows a tremendous competitive spirit. His level of commitment to his fitness schedule and diet regime is outstanding and he constantly strives to keep himself at the top of his game. Micky gave up his career as a Teacher to become a full time Personal Trainer and Boxing Coach, he is passionate about the disciplines associated with boxing and keen to teach children as young as 5yrs old, he is currently working out of Studio 281 in Kempston where he has grown to become a significant role model for both adults and children.

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## Nominations for Adult Sports Personality of the Year



### Joe Mullen - Sailing

Joe has had phenomenal success on his journey to becoming a member of the British Sailing Team; including a Gold Medal at the 2018 Youth National Championships as well as Silver Medal at the Senior National Championships. He is extremely keen and motivated and is now on a six year journey to be selected for the Paris 2024 Olympics. Joe's success is as a result of his dedication and commitment to the sport, having given up many evenings and weekends for training and competitions as well as sail craft; all whilst studying marine engineering at university!

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### Rebecca Murray - Athletics

Rebecca is a committed athlete who trains by running between 75-100 miles a week! Rebecca is a member of Bedford & County Athletic Club and travels up and down the Country competing for her Club, University, England & GB. She was selected for the World Half Marathon Championships. She finished the London Marathon as the 3rd British Woman and was the 12th Woman overall in the British Marathon Championships. Due to her determination and commitment she has made steady improvement over a number of years, and is an inspiration to other members of the Club. Rebecca also visits local schools to talk to young people about athletics and the value of sport as a whole.

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### Rob Price - Ju Jitsu

Rob has achieved a 3rd Dan Black Belt. He helps teach Ju Jitsu to children with learning difficulties, which improve their confidence and helps them build self-awareness, he also encourages them to achieve a high standard in Ju Jitsu. He has selflessly run the school for many years, in fact the Ju Jitsu club members believe the club would not have survived without him, as he continuously puts other people's needs before his own.

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### Ellie Rattu - Netball

Ellie plays Netball in the National Premier League and also for the Birmingham University First Team, where she is studying biomedical science. She is a talented sports woman, who has been recognised in various sports: including representing England at Rounders' as well as playing Regional level Hockey. Her Netball talent was recognised early and her rise up the Performance Pathway has been rapid and successful. She has played for Mavericks U19 squad and was vice captain of the U21s. Whilst playing for England U17s she was part of the Gold Medal winning team at Netball Europe. This summer she went on tour with the England U19s to Australia, and was recently named as a reserve for the England U21 squad for their Netball Europe Competition.



## Nominations for Adult Sports Personality of the Year



### Lottie Robinson - Netball

Lottie is a talented netball player who excels at her sport and has moved rapidly up the Performance Pathway. Lottie played netball locally for Grangers Netball Club until recently when she moved to Team Beds to play in their Regional Squad. Lottie represented Bedfordshire until she was 15 years old and then moved to the Mavericks Super League U17 squad: She moved swiftly through these age groups and is now part of the Mavericks U21 squad. Lottie is fully committed, training five or six times a week, playing competitive games and working part-time, and somehow manages to fit in her A level studies.

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### Peter Smith - Bodybuilding

Peter has just been crowned 'Mr Bedford,' having won WABBA GB battle as well as the Masters over 40 winner. Peter is dedicated to his bodybuilding, attending the gym twice a day alongside, providing help and advice to other gym members. He has just started to receive sponsorship and recognition from many sources connected to his health/fitness and bodybuilding.

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### Peter Thompson - Speed Skipping

Peter is the current Guinness World Record holder for the most 'double crossovers' in 60 seconds. Peter's commitment to the sport and his works are outstanding, dedicating a huge amount of time daily to training and holding skipping workshops in schools. Peter is acknowledged by many as an exceptional role model, putting his own innovative physical activity system into practice, particularly when working in schools with students and young people. His programme is inclusive and aids students in their life choices through enjoyment in sport and physical activity combined with positive attitudes and healthy living.

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### Sarah Town - Dodgeball

Sarah plays dodgeball for the Bedford Mighty Eagles Ladies team as well as England Ladies who are currently World Champions and European Silver Medallists. She attends training once a week, alongside training at the gym to ensure she is in peak condition. Sarah was selected to play for England this year and travelled to New York to play as part of the team who won the World Championships. Sarah is also a guide leader, running sessions to encourage participation; as well as being a keen ambassador for her club and the community, successfully representing her Country at the highest level of the sport.



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# BEDFORD SPORTS AWARDS 2018



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## About Tonight's Special Sporting Guests - "This Girl Can"

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### *Maggie Jackson MBE – Netball Europe Technical Director*

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Maggie has played at the top level of Netball, representing England in the National Netball Squad Between 1984 -1987. The highlights of her playing career included participation in a World Games in 1985 and a World Championships in 1987.

Maggie was appointed as the assistant England coach for the Commonwealth Games (Australia) in 2006 and then appointed as the Interim Head Coach at the 2010 Commonwealth Games in Delhi. She was also the Assistant Head Coach at the World Cup in Singapore in 2011 before being given the role of the High Performance Manager for England Netball in the same year.

She is a Co-Founder of Mavericks Super league Netball where she is now their Coach mentor. Maggie now works independently in both the educational sector and the sporting environment with a focus on coaching and mentoring. She is currently Netball Europe's Technical Director.



### *Ellie Rattu – England U19 Netball Squad & Wasps U21 Netball Squad*

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Ellie has played Netball both at school and as part of Grangers Netball Club since she was 8 years old. She now plays for Turnford Netball Club, who play in the National Premier League, and for Birmingham University first team, where she is studying biomedical science.

She is a talented sports woman, who has been recognised in numerous sports: she has represented England at Rounders and has played regional level Hockey winning the Futures Cup.

Her Netball talent was recognised at an early age and her rise up the Performance Pathway has been rapid and hugely successful. She has played for Mavericks U19 squad and was vice captain of the U21s last year

At England U17 level, she was part of the gold medal winning team at Netball Europe. This summer she went on tour with the England U19s to Australia, where the squad played various games against other Australian Talented Athletes. She was recently named as a reserve for the England U21 squad for their Netball Europe competition.



### *Bethany Dix – England Women's & Mixed Dodgeball Squads & Wasps Netball senior squad member*

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Bethany is a talented all round sports woman – she has played Netball from an early age for both Club & School, her talent was recognised early and she played Regional netball from a very young age, and was then selected for the Mavericks U17s. She became Captain of the Mavericks U21 squad and has since moved on to play for Surrey Storm and most recently joined Wasps as part of their senior squad in the Super League.

Bethany achieved a Gold Medal playing for England Netball Nets at the World championships in Australia.

The sport of Dodgeball is where she has really excelled. Bethany, played for England and won Gold in the World Championships at Maddison Square Gardens in New York this year. She was voted "Most Valued Player" of the tournament at the recent European Championships in Italy.

Bethany's Dodgeball Club Bedford Mighty Eagles have been influential in supporting her along her talent pathway, and she has achieved great things with them. The Bedford Mighty Eagles are four times unbeaten Super league champions and are three times National champions.



### *Gail Emms MBE – Badminton – Olympic Silver Medallist*

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Gail has achieved international and Olympic success at Badminton! A badminton player since the age of four, Gail was first chosen to represent England in 1995 and regularly played for her country until her retirement from professional sport in 2008.

She attended the Dame Alice Harpur School in Bedford, & went on to graduate from Kingston University with a BSc (Hons) in Sports Science. After graduating she became a full-time professional badminton player with the help of national lottery funded grants.

Her many impressive career achievements include: A bronze medal at the 2002 Commonwealth Games in Manchester in the women's doubles and gold as part of the England team in the mixed team event. She also took the World Badminton Grand Prix title in 2003 with Nathan Robertson. Gail won gold at the 2006 World Championships in Madrid and an Olympic silver medal at the 2004 Olympic Games, partnering Nathan Robertson in the mixed doubles. In the English National Badminton Championships she won the mixed doubles three times and the women's doubles twice.

After her retirement in 2008 Gail has engaged in badminton coaching, motivational speaking, media activities and TV commentary. She has worked as a TV presenter and commentator for the BBC, Sky and BT Sport.

In 2013 she was appointed to the Badminton England coaching staff with a remit to develop young female prospects and mixed doubles pairs.

Gail has spoken openly about the lack of support for elite athletes when they reach the end of their professional careers, and is also an advocate of funding for grass roots sport, rather than the current predisposition of only funding elite sport based on medal results.



### *Tara Adams – Captain of Bedford Ladies Tug of War 2x Bronze medals at World Championships*

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Tara captains the Bedford Ladies Tug of War Team, who train regularly at Cutler Hammer sports ground in Kempston. She has spent most of her life in Bedford, having worked and lived away but always gravitates back to her family. "I guess you could say I come from a tug of war family, my Mother used to pull & so did my Step-Father. Growing up with the sport I guess it was a natural progression for me to do it. My Mother used to compete regularly & represented England on several occasions. I've been pulling tug of war for approx. 23yrs, my first European competition was at the age of 15yrs. It was reassuring to have my Mother there competing alongside me".

Over the last couple of decades Tara has competed at both National & International level, representing England on numerous occasions. The Bedford team won both weight categories at the National Championships which enabled them to represent England, where they went on to win silver & a bronze medal at the UK & Irish Championships. The pinnacle of their season was coming back from the World Championships in South Africa with 2 bronze medals.

Tara also rowed across the Atlantic in 2015 and was the only female in a 5 person crew! It was part of an epic fundraiser for Macmillan Cancer Support, After 52 days at sea they had rowed over 3700 miles. Tara observed "It was an amazing experience that I'll never forget, after completing this there's nothing I can't do - My friends & family have always supported me in whatever I choose to do. It's their belief in me which helps me achieve my goals. This girl can!

## 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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 Twitter: [@boroughsports](https://twitter.com/boroughsports)  Facebook: [bedfordsportsdevelopment](https://www.facebook.com/bedfordsportsdevelopment)

## 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 Steve Savva, Project Manager: [steve.savva@bedford.gov.uk](mailto:steve.savva@bedford.gov.uk) or 01234 718836.



*Active Bedford*

# Sports Awards 2018

*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 Bedford Charity (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 Award, 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>	 “Strong Women” This Girl Can (Film) Maggie Jackson MBE talks to some local talented sports women Tara Adams, Gail Emms MBE, Bethany Dix, and Ellie Rattu
<b>8.30pm</b>	<b>Award Presentations</b>	<i>Presentations will be made by Sponsors &amp; Special Guests</i> Team, Admin/Club Person, Coach, Disability, Adult Personality
<b>8.55pm</b>	<b>Closing Message</b>	Dave Hodgson, Mayor of Bedford Borough

*The organisers would like to thank the Salvation Army for providing the carols on arrival.*

## 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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