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Friday, October 3, 2025

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WOMAN TREATED AFTER CAR AND VAN COLLISION

RESIDENTS 'FED UP' WITH CONSTANT FLY-TIPPING: P6

Parent's death crash 'ruined my life'

Man tells inquest about panic attacks after police told him about accident



By James Richings

A MAN has said his life was 'ruined' after both his parents were killed in a horror eight-car crash on the M40 at High Wycombe.

Jagdish Singh Bhogal, 70, and Jaswinder Kaur Bhogal, 68, both died in the incident involving eight cars and a coach on Sunday, January 22, 2023.

Ten other people also suffered minor injuries in the incident, which happened between Junction 5 Stokenchurch and Junction 4 Handy Cross.

Now Jagdish and Jaswinder's son, Inderjit Singh Bhogal, has spoken of the impact his parent's death has had on him at an inquest into their death at Beaconsfield Coroners Court.

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A woman with short brown hair, wearing green overalls over a white t-shirt, is smiling and holding a potted plant. The background is a solid green color.

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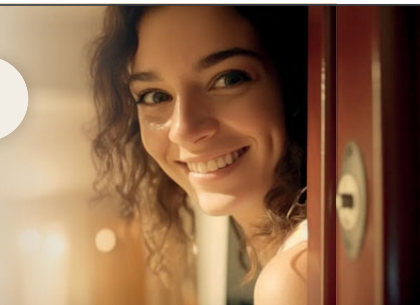
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Sport

FOOTBALL

Beaconsfield climb to second in table

BEACONSFIELD town won two games in a row to climb to second in the league, writes ARRAN WHITE.

Beaconsfield were ruthless to see off Milton Keynes Irish on Saturday.

They found a breakthrough from the penalty spot after Oke-William was brought down, and captain James Dobson calmly slotted away.

They quickly doubled the lead when Charlie Smith went on a great run before playing in Ade Gbolahan who smashed

home.

Into the second half and Beaconsfield showed a ruthless side in front of goal, and played some great football to go on to extend their lead.

Onto Tuesday and Beaconsfield beat London Lions 2-1 to send themselves second in the league.

Beaconsfield found a breakthrough when a high press resulted in Manu Oke-William stealing the ball from London Lions goalkeeper Nathan Bloohn, he then slotted the ball calmly

into the net.

A deflected shot found its way into the top corner to see the tie level at 1-1 at the interval.

Beaconsfield retook the lead when Zidan Akers run into the box resulted in him squaring the ball to Ade Gbolahan to slide onto and tap home to restore his sides lead.

The hosts earned a penalty after Oke-William was dragged back in the box, however his effort from the spot was saved by Bloohn to keep the away side in the contest entering the final stages.



Beaconsfield are now second in the table

ATHLETICS

How home brewing helps Paralympic javelin champ

DAN Pembroke, a javelin star and home brewer, is eyeing a third consecutive gold medal at the World Para Athletics Championships in New Delhi.

The 31-year-old from Buckinghamshire has already clinched two Paralympic golds in Paris and Tokyo.

But Pembroke is not just about javelin throws; he's an enthusiastic home brewer too.

Since last summer, he's been experimenting with innovative beverages.

His passion for brewing was sparked by his coach, John Trower, who encouraged him to 'visualise' victory.

Pembroke teamed up with Siren Craft Brewery in Wokingham to create 'Paris Gold', a pale ale to commemorate his success at the Games.

Pembroke said: "Athletics and brewing beer is a bit unusual - but sometimes you've got to do that to turn heads."

"It was all about manifesting what I wanted and visualising."

"I'm only going to celebrate with a beer, so why not make that beer?"

His brewing project extends to a West Coast IPA for the 2028 Los Angeles Games.

For now, he is focusing on leading Britain's 30-strong team of athletes in India.

Pembroke said: "To know that my team have voted me in again is a huge honour - I hope I did well for them in Paris."

Reflecting on last year's achievements, he added:

Gemma Parry

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"Last year was the pinnacle of my career - setting two world records in one night and getting the gold medal."

Despite the challenges of maintaining motivation post-Paris, Pembroke is ready for another successful season.

He said: "When a dream comes true to the absolutely finest detail - it's difficult to find hunger after that."

"But you have to be ready to do that - I got that hunger back, it kicked in and I wanted to push the world record further."

The championships in New Delhi began this weekend, with former Paralympic champion Hollie Arnold winning Britain's first medal in the F46 javelin on Saturday morning.

However, Pembroke will have to wait until the following weekend to begin his pursuit of a third global crown.

The F13 javelin, in which Pembroke competes, is one of the final events.

He said: "That fire in my belly is there, the mission has started and I've got a really good team behind me."

"I can't wait to hopefully put a big throw out there in Delhi and celebrate with my team."

Pembroke also uses the beer as a means to make the world more inclusive for individuals with visual impairments, hoping his story will inspire change.



Dan Pembroke, F13 Javelin, captured during Kitting Out Day for GB&NI Para Athletics Team Image: Sam Mellish

FOOTBALL

Holmer rue missed chances in defeat

HOLMER suffered their fourth consecutive league defeat in a frustrating encounter that saw them unable to convert chances into goals.

The visitors faced a challenging situation, with skipper Harrison Holbrook and Callum Gray forming an unfamiliar centre-back pairing due to Liam Butters' recent car accident.

Despite their solid defensive efforts, the midfield lacked creativity, and the forwards struggled to penetrate the home defence until late in the game.

The match reflected the league positions of both teams, who are now separated only by goal difference.

While the previous outing against PFC Victoria showcased quality football, this contest was marred by a lack of clinical finishing.

The only goal came late in the match and was an unfortunate own goal, highlighting the importance of scoring opportunities.

Without goals, it is difficult to secure points, and the visitors were left to rue missed chances.

The first half was largely uneventful, with few notable moments.

The first significant action was recorded at the twenty-fifth minute, when Freddie Peplow delivered a cross that troubled the home side's defence, but no one in green was alert to capitalise.

An injury to Sam Bell, caused by an opponent, went unpunished, as the referee opted not to issue a yellow card.

The half concluded with a lack of excitement, ending at nil-nil.

After the break, Holmer appeared more determined, possibly buoyed by a change in wind direction.

However, their efforts were thwarted when a corner from Peplow went unchallenged.

The game settled into a pattern of missed opportunities for both sides, with the home goalkeeper proving to be a reliable presence.

The visitors' attacks often fell short, either too close to the keeper or lacking precision.

The decisive moment came from a needless free-kick conceded by Holmer.

A long delivery found no defender to claim it, and the ball was headed across the goal where it crossed the line via the unfortunate Holbrook.

The visitors rallied in the closing stages, creating several chances to equalise, but it was ultimately too little, too late.

Holmer will need to address their scoring woes quickly if they hope to improve on last season's seventh-place finish.

Former Wycombe manager Ainsworth to have heart surgery

FORMER Wycombe Wanderers player and manager Gareth Ainsworth is to undergo heart surgery later this week.

The 52-year-old, who spent 13-and-a-bit years at Adams Park between November 2009 and February 2023, had 'routine tests carried out' as part of the LMA's health checks in the spring.

Ainsworth is currently manager of League Two Gillingham, and before last weekend's 1-0 home defeat to Harrogate Town, he had not lost any of his opening 20 games in charge – winning 10 and drawing 10.

Whilst he recuperates from the surgery, ex-Wycombe assistant manager Richard Dobson will take interim charge of the Gills.

No date has been given for when Ainsworth will return to the dugout for the Kent-based team.

In an official statement issued by Gillingham, the Wycombe legend said: "I went for the LMA health check in May and they found something with my heart.

"I've got to have heart surgery this week. It sounds dramatic, but it's a routine thing they do.

"This has all been planned. "Get behind Dobbo and the team, they will be stepping up.

"I'll be off for a few weeks, and then I'll be back."

Owner and chairman Brad Galinson added: "We've known for many weeks about Gareth's upcoming surgery.

"In typical Gareth style, he was deliberating about the best time to have it, but



Former Wycombe Wanderers manager Gareth Ainsworth on the touchline. Image: PA

Shannon and I were concerned about only one thing – Gareth getting the surgery as early as possible.

"His health alone is the priority here, so it was not a conversation as far as we were concerned.

"When we appointed the best manager in League Two back in March, we also

felt we were getting the best Assistant Manager in the league, so we have no doubt the team is in safe hands in Gareth's absence.

"We ask now that the fans, as they always do, get right behind the boys and Dobbo."

During his time with Wycombe, Ainsworth was involved in 668 matches - 118 as

a player and 550 as manager.

He achieved promotion as a player with the club from League Two to League One in 2011, and completed the same feat as manager in 2018.

Two years later, he master-minded Wanderers' greatest success story by orchestrating promotion to the Championship in 2020, by beating

Thames Valley rivals Oxford United in the League One play-off final.

He also took the Chairboys to the 2015 League Two play-off final, which ended in defeat against Southend United, and to the 2022 League One play-off final, which saw Wycombe lose to Sunderland.

FOOTBALL Club send message after death of player

WYCOMBE Wanderers have been one of many clubs to send their condolences to Non League Chichester City following the death of one of their players.

Billy Vigar, 21, passed away on Thursday, September 25, five days after suffering a 'significant brain injury' in his team's away match at Wingate and Finchley.

In the opening stages of the contest, the ex-Arsenal youth academy player attempted to keep the ball in play, but collided with a brick wall next to the pitch.

Medics were immediately called to help Vigar before the contest was eventually abandoned after 13 minutes.

After being taken to hospital, he was put in an induced coma and operated on, but sadly succumbed to his injuries, with the news being confirmed late on Thursday evening.

A statement that Chichester published on behalf of the 21-year-old's family read: "After sustaining a significant brain injury last Saturday [September 20], Billy Vigar was put in an induced coma.

"On Tuesday [September 23], he needed an operation to aid any chances of recovery.

"Although this helped, the injury proved too much for him and he passed away on Thursday [September 25] morning."

It continued: "His family are devastated that this happened whilst he was playing the sport that he loved."

Following the announcement, hundreds of clubs have sent their well-wishes to the West Sussex club, which includes Wycombe Wanderers.

The Chairboys said: "The condolences of everyone here at Wycombe Wanderers are with Billy's friends, family and team-mates at this very sad time."

Former Wanderers right-back Jasper Pattenden said: "Absolutely devastatingly tragic news.

"Thoughts are well and truly with Billy's friends and family through this incredibly difficult time."

Buckinghamshire Non League outfit Beaconsfield Town also passed on their condolences by saying: "Everyone at Beaconsfield Town is devastated to hear about Billy's passing.

"All of our thoughts and prayers are with his family and friends at this difficult time."

FOOTBALL

Wycombe lose for first time under Duff

WYCOMBE Wanderers lost for the first time under new head coach Michael Duff as they were defeated 2-1 by newly promoted AFC Wimbledon at Plough Lane.

The Chairboys kept with the same 11 that defeated Northampton Town a week earlier, but despite winning two on the bounce under the new man in charge, the Adams Park side looked completely flat.

Myles Hippolyte, the man who scored the Wombles' winner in the Play-off final back in May that secured the London-based team promotion, found himself one-on-one with Wycombe goalkeeper Mikki van Sas.

He shrugged off Jack Grimmer and was through on goal, but inexplicably, he dragged his shot wide.

This miss didn't seem to have too much of a bearing on Wimbledon's confidence, as they took the lead on 11 minutes.

Steve Seddon's free-kick delivery was headed in by Omar Bugiel for his second of

the season, but his first in the league.

He also scored against Wycombe in the previous campaign when the two teams met in the EFL Trophy.

It was then 2-0 after 32 minutes, and it was the same two players who combined, but the other way around as Bugiel laid it off to Seddon, who buried it low beyond van Sas. Wanderers looked out of ideas as they went into the break two goals down.

The Chairboys must have had the hairdryer treatment from Duff as they came out firing in the second half, where they pulled one back on the hour mark, thanks to Ewan Henderson's first goal for the club.

A cross from Fred Onyedinma hit the Scotsman on the knee, with the ball looping beyond ex-Wycombe keeper Nathan Bishop, before hitting the post and going in.

The result means that in the 14 league meetings the two teams have had, Wycombe have won just one.



Wycombe lost to Wimbledon

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Date set for when Wycombe Wanderers play Fulham

Fulham's Emile Smith Rowe celebrates scoring the winning goal in the Carabao Cup third round match against Cambridge United at Craven Cottage. Image: Adam Davy/PA



A DATE has been set for when Wycombe Wanderers will play Fulham in the fourth round of the Carabao Cup.

The Chairboys have progressed into the last 16 of the competition for only the second time in their history.

The first and only time they reached this stage was during the 2006/07 season – the year they reached the semi-finals and lost to eventual winners, Chelsea.

Now, a date against the Blues' West London neighbours has been set, as the Whites will travel to Adams Park on Tuesday, October 28, kicking off at 7.45 pm.

There have been 12 meetings against Wycombe and Fulham in all competitions, with the Cottages securing victory on six occasions, Wanderers two, and four draws.

Additionally, by the time Wycombe face Marco Silva's side at the end of October, the Chairboys would have played Fulham's U21 team in the EFL Trophy.

The latter would be the fourth time the two sides would have met in the competition, with the previous encounters taking place in the 2018/19, 2019/20 and 2023/24 campaigns respectively.

All 25 squad members keen to play, says Duff

WYCOMBE Wanderers head coach Michael Duff has admitted that his team 'hasn't settled yet', as he continues to 'learn' about his new players.

The 47-year-old took over as the Chairboys' main man in charge on September 18 – the same day the Adams Park side fired Mike Dodds after a run of nine wins in 31 games.

Since arriving in Buckinghamshire, Duff has had three matches at the helm, with two ending in victories and one in defeat.

The latter came last weekend when Wycombe lost 2-1 away at AFC Wimbledon, despite keeping with the same starting 11 that beat Northampton Town 2-0 a week earlier.

The ex-Barnsley manager, who Wanderers face this weekend, said that the players 'have been open to listening' to his ideas, as he wants to 'create a learning and winning environment'.

Speaking to Wycombe Sound and to Free Press, he said: "There are 25 footballers here and they all want to play."

"They all have different agendas, so it's getting an understanding of what I think success looks like."

"I have had several promotions during my career as a player and manager, so I know what a dressing room should look like."

"I know what the culture and mentality should look like, too."

"Passing that information on to the players, combined with their talents, is what we want to do day to day."

"Players need to earn trust, and they need to earn my trust. I need to know what I am going to get from certain players."

James Richings

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"I don't want players who will turn up for three to four minutes a game."

"With the greatest respect in the world, we don't have Lionel Messi here, we can't do, 'he can do whatever he wants, and the other 10 can fill in for him'."

"That's not about players at this club – it's players at this level."

The ex-Northern Irish international is expected to make some changes to the 11 following the defeat away at the Dons.

Players who have sporadic appearances this season could make an appearance versus the Tykes, as he continues to find his preferred starting line-up.

He added: "The players have been really good since I have been with them, as they have been willing to listen to new information, and they are having a go."

"The team hasn't settled yet, as some players think they should be playing and rightly so, because if they didn't think they should be playing, they shouldn't be in."

"Normally, when you get into a rhythm, players will know why they are not in the team and will work on certain things, but at the moment, everyone is chomping at the bit as football moves quickly."

"I need to know what they are going to give me and if they can do that with and without the ball and in transition, which is where we want to get to."

"We will create a learning and winning environment."



Wycombe Wanderers' Anders Hagelskjaer in action against Exeter City. Image: Adam Davy/PA

'We need to show that fight,' says boss

WYCOMBE Wanderers head coach Michael Duff wants his players 'to show fight' following their 2-1 away loss at AFC Wimbledon.

The Chairboys found themselves 2-0 inside 32 minutes thanks to an Omar Bugiel header and a well-taken first-time strike from Steve Seddon, with both players assisting each other.

Wanderers did not offer anything in what was a poor opening 45 minutes, but largely improved during the second half, with Ewan Henderson pulling a goal back for the Adams Park team.

Luke Leahy hit the crossbar, Caolan Boyd-Munce hit a shot wide, and Bradley Fink had a goal disallowed in the dying embers of the contest.

Speaking at full-time, Duff said: "I'm learning about the group and they are learning about me."

"I told them even though I'm not throwing water bottles and smashing crates against the wall, it doesn't mean I'm not steaming inside."

"I think there is a way to do it, and I think Monday is the day to do it, because the players are not stupid."

"And whilst we will have an off day, I don't think today [September 27] was in terms of things that didn't fall for us – we were outfought."

In the three games he has taken charge following Mike Dodds' sacking on September 18, Duff has won twice and lost once, scoring five goals and conceding two in that time.

Up next is a home clash against his former club Barnsley this weekend.

He continued: "No-one walks along and gets three points."

"We have got some good players, but we need to show that fight, and when they do it, like they did last week, as they have a new headmaster in town, they can show they are good players."

"When you start focusing solely on the ball [possession], you will get beaten up."

"We will be playing against a different shape next week [against Barnsley], so we'll pick the bones out of today and hopefully we will get a better result."