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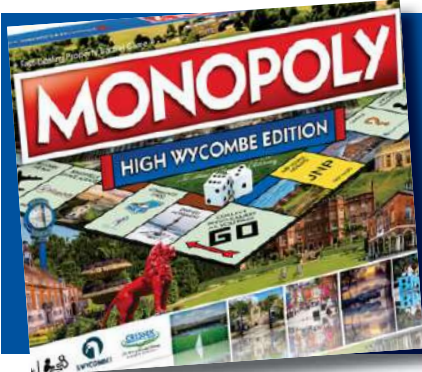
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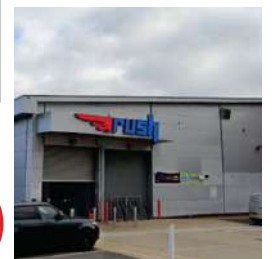
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Bayo's premiere success

MORE than 1,000 people visited the Wycombe Swan Theatre on October 26 as football fans far and wide watched the much-anticipated screening of Adebayo Akinfenwa's Amazon documentary, 'Beast Mode On'.

Supporters of Wycombe Wanderers and some of his other former teams such as Northampton Town and AFC Wimbledon respectively, attended the St Mary's Street location as they watched the near 90-minute film that showcased the highs and lows of his life.

From his experiences of being racially abused during his time in Lithuania, to breaking his leg at Swansea City before being released, to the highs of promotion with Wimbledon and Wycombe, the documentary allowed the crowd to see more about 'the Beast' away from the pitch.

Across two screenings at the Swan, the much-loved striker, along with his brothers in Yemi and Dele, signed autographs, posed for photographs, and expressed their gratitude for those who visited the theatre.

Speaking to the Free Press, Akinfenwa, who achieved two promotions with the club, said: "When you watch the documentary, I want people to know that it's OK to be unapologetically yourself, along with learning a couple of new things about me.

"I didn't plan to be a rulebreaker, I certainly didn't plan to play football professionally until I was 40 but I was meant to take this path.

"Shooting the documentary...it was nice.

"At some moments it was very therapeutic to look back and as an individual during my playing career, I was always asked about how many games I've played and



The first screening of the documentary took place on Wednesday, October 26 at the Wycombe Swan Theatre

how many goals I've scored. "I took stock of all of that so that when I did retire and made the documentary, I really wanted to go back to the beginning and put the mind of 21-year-old me into the 40-year-old me.

"We all have trials and tribulations and when you're young it's the be-all and end-all, but when you look back...it really isn't.

"And when you're older, you look back and those difficult times and realise why you had them.

"That's what I really hope people take away from the documentary as everyone needs to trust the process and be an individual. "I didn't prove anyone wrong, I proved myself right."

Shot over the course of the 2021/22 season, the documentary sees the Akinfenwa, along with his two brothers, reminisce about their past, speak on all things Wycombe, talk about the highs and lows of Adebayo's career as well as entering into new industries for different experiences.



Akinfenwa posed for many pics on the day at the Swan

History for Beaconsfield's youth team



The club play their home games at Holloways Park

BEACONSFIELD Town's Under 18s will play Maidstone in the first round of the FA Youth Cup for the first time in their history.

The Rams progressed to this stage of the competition following a 4-2 win away at Alfold at the start of this month, with their match against their new opponents taking place on October 31.

The Holloway Stadium reach this round of the cup thanks to Kevin Billicki scored a hat-trick on top of a Rylee Holland strike.

Billiki's threesome, which was scored in the first-half, put Beaconsfield in a 3-0 lead before the hosts pulled two goals back either side of half-time.

It wasn't until with five minutes to go that Holland got the Rams' fourth to clinch the tie.

The first team also have a game this weekend, as they face Truro City at home on October 29.

They currently sit in 18th place in the Southern League Premier Division South table.

Away win for Wanderers at Denham

AN own goal, along with strikes from Amy Norfolk and Keira O'Leary gave Wycombe Wanderers Reserves an away 3-2 victory at Denham United Reserves.

The Chairgirls started the brighter team and from a corner, Norfolk was able to bundle the ball into the back of the net to start the game well for Wanderers.

A good attack from the Light and Dark Blue Army on the right hand side then drew a Denham player into a mistake which ended in an own goal.

Wycombe extended their lead to three goals when a smart finish from O'Leary over an advanced goalkeeper.

Denham pulled one back in the first half, a goal that gave them a foot hold going into half time, before they got their second with 11 minutes left.

But Wycombe hung on for the away win

Up next is a 2pm home match against Milton Keynes City on October 30.

Player of the Match: Millie West



Wycombe Wanderers Women's U18s lost Fulham (PA)

Defeated by Fulham

WYCOMBE Wanderers' Woman Under 18s lost 1-0 against a newly formed Fulham side last Saturday in a closely fought encounter.

The first 10 minutes of the game saw pressure from the away side, as they managed to get a cross in which the Chairgirls were unable to clear, and a lucky ricochet found the back of the net. Wycombe immediately

rebounded and created a couple of half chances.

Ceira Moore's debut saw her long-range shot hit the post and a free kick from Char Hill went just wide of the post.

Fulham had a range of experienced players across the park, but a determined Wycombe kept them from creating goals with the game ending 0-1 to the Whites.

FA Cup run ends following defeat against Aylesford

WYCOMBE Wanderers Women endured a frustrating day in their attempts to get into the FA Cup First Round for the first time in their history, as they lost 4-3 at home to Aylesford.

Four goals in the opening half pretty much ended any hope of progressing, but with three replays in the second half, it looked like Wanderers were on the verge of one of the best cup comebacks in recent years.

A slow and nervy start to the match saw Wanderers concede an early penalty after just four minutes.

They failed to settle and some uncharacteristic defending from the Chairgirls saw them concede another two before finally growing into the game.

A sustained period of pressure gave them hope but, just before the break Aylesford scored a fourth goal, seemingly ending the tie.



Wycombe's FA Cup dream has come to an end (PA)

A half-time change of formation and a desire to show their true ability meant Wycombe came out determined to make amends.

The flow of the game was all towards the Aylesford goal and Wycombe finally they got their reward after 70 minutes when Victoria Collett followed up on

a well hit free kick to score.

The girls continued to pile on the pressure and two further goals in the 88th and 92nd minutes from Shannon Read and then Chante Inniss set up a grandstand finish.

The Chairgirls next match is away at Abingdon Town on October 30.

SPORT

Forgotten man to fan favourite



Nick Freeman (PA)

THE last time Nick Freeman visited Stadium MK, he was Phil Catchpole's co-commentator for Wanderers TV.

This was for the play-off semi-final second leg in north Bucks that sent Wycombe to Wembley at the expense of their Buckinghamshire rivals.

The central midfielder was on media duties following a lengthy lay-off after suffering from an ACL injury in the middle of August 2021 which ruled him out for the rest of that season.

Fast forward five-and-a-half months to October; Freeman is back in the main frame, has played 18 times so far this campaign, and scored the winner against MK to secure the Chairboys' third league win in a row.

Speaking on Freeman's performance, Wycombe manager Gareth Ainsworth said: "Nick Freeman is a brilliant player to have in your squad as he can cover so many positions.

"He's learning that my midfielders track, graft, win headers and when he first came here, that wasn't the case.

"He worked so hard last year following his injury that he has now come into this team like he deserves his place."

Ainsworth: 'Possession can do one'

WYCOMBE Wanderers manager Gareth Ainsworth believes his side 'deserved' to beat Milton Keynes following their victory over their Buckinghamshire rivals.

Speaking on the he said: "I think we should have had a few more, maybe three or four and that's not to be disrespectful to MK as there was a period of about 20 minutes where I thought we got through them quite easily and should have capitalized on them.

"Most players play in big possession teams.

"But for me, possession can do one if I'm concerned.

"I'm not bothered about that.

"It's about the goals scored, the chances created and it's about the transitional moments you do when you get the ball.

"It was a great performance and I thought we were the better side."

Wanderers defeat MK with stunner

By James Richings

NICK Freeman's stunning goal secured Wycombe Wanderers' first league win away at Milton Keynes in over 12 years, as they defeated their Buckinghamshire neighbours 1-0 at Stadium MK.

The opening half lacked any real quality as both sides enjoyed large portions of possession.

And despite Max Stryjek easily saving Nathan Holland's strike on four minutes, it was a relatively quiet affair.

The Polish keeper was on hand to again deny Holland with a smothering stop midway through the half, before Zak Jules' header from a Josh McEachran corner went high and wide.

Wanderers did well to absorb the pressure as they found numerous of space down each flank with Garath McCleary and Anis Mehmeti running rings around Dean Lewington, Warren O'Hara and Jules.

And despite Jamie Cumming in the MK goal making fairly comfortable stops from an Alfie Mawson shot and a couple of Sam Vokes attempts, it was a moment of brilliance from Freeman that put Wycombe ahead.

Five minutes before the break, Lewis Wing's corner was headed away to the central midfielder, he took one touch and smashed in a volley from just outside the box.

His shot flew beyond Cumming and it gave Wanderers the lead.

It was his second of the campaign and Wycombe's first in a league fixture at Stadium MK since Stuart Beavon's goal in November 2011, in a 4-3 loss for the Chairboys.

MK were poor during the second period as they gave the ball away on numerous occasions yet incredibly, Gareth Ainsworth's men just couldn't take advantage.



Nick Freeman (pictured in 2020) scored his second goal of the season as Wycombe defeated MK 1-0 at Stadium MK (PA)

Near the hour mark, Sam Vokes' looping header was just about kept out by a scrambling Cumming, Chris Forino headed over and McCleary had two glorious attempts to wrap up the win.

The first saw his rocket shot from a tight angle crash into the side netting, before he inexplicably put Vokes' lay-off wide of the

mark when having the entire goal to aim more.

The win secured the club its third in consecutive league games for the first time over a calendar year.

The result also sent MK to the bottom of the League One table, before they were replaced by Morecambe following the mid-

week results, as they defeated Charlton Athletic 2-0 at the Valley on October 25.

Wycombe's team: Stryjek, Jacobson, Forino, Mawson, Obita, McCarthy, Wing (Wheeler), Mehmeti (Mellor), McCleary, Freeman, Vokes (Hanlan).

Unused substitutes: Blunkell, Horgan, Pattenden and Kaikai



MK boss Liam Manning was not happy after the Wycombe match (PA)

Manning's fury after Wycombe fixture

MILTON Keynes boss Liam Manning believes the officials' behaviour during their 1-0 home loss against Wycombe Wanderers were 'disgraceful'.

The under-pressure manager, whose side were moved to the bottom of the League One table following their 10th defeat in 14 matches this season, has claimed that those in charge of the Bucks derby on October 22 were 'laughing' at the struggling club.

Nick Freeman's brilliant volley on 40 minutes was all that separated the two rivals and despite MK having 63 per

cent possession, they couldn't break down a stubborn Chairboys defence.

Manning also criticised the length of stoppage time that was added on at the end of the contest.

He told the MK Citizen: "Where the officials got four minutes [for stoppage time] from I'll never know.

"That's the frustrating thing - their performance was shocking.

"We've got a group who are fighting and scrapping, then you've got a linesman smiling and laughing at you in the game.

"It's disgraceful to be honest."

On Wanderers' style of play, he added: "When you give Wycombe something to defend and hold on to, they're so difficult to face.

"They do a good job at killing the game.

"They're really difficult to play against, going man-for-man and how extreme they are at it, following you around the pitch.

"It's extremely difficult, and what they want you to do is to load it up and go long."



Cup date confirmed

WYCOMBE Wanderers have confirmed that the Adams Park stand will be shut during their FA Cup first round match against Walsall.

The fixture, which will take place on Saturday, November 5, will kick off at 3pm after not being chosen to be shown live on TV.

It will be the first-ever fixture between the two in the FA Cup, and their first encounter since April 2019.

In the latter, a Jason McCarthy strike sealed an important 1-0 win for the Chairboys over the Midlands side, as this win helped the club stay in League One in what was their first year back

in the division following their promotion 12 months previously.

Overall, the two clubs have met each other 21 times in all competitions with Walsall winning 10 of those matches, Wanderers seven and with there being four draws.

The club are hoping to make amends in this year's competition following last season's disappointment.

Wanderers played Hartlepool in the first round 12 months ago and after saving a 2-2 draw at Victoria Park, the club were knocked out in the replay at Adams Park in front of a nearly empty south Bucks stadium.

Wycombe will play Walsall in the FA Cup on November 5 (PA)

Alan Parry's Preview: Hello, Mr Adams



Derek Adams (PA)

IF you had asked Wycombe fans before the season began which three clubs they would most like to beat, they would have said Peterborough, Oxford and MK Dons.

Job done - and all in the space of two weeks.

Between winning local derbies against Oxford and MK, Wanderers saw off Peterborough, where the local newspaper angered Wycombe fans with a series of derogatory articles about the club.

Following a disappointing start to the season, Chairboys supporters would have celebrated success against any opposition, but to pick up maximum points against their three biggest rivals made those wins doubly satisfying.

Now, attention switches to another game with an unlikely edge to it when Morecambe visit Adams Park on Saturday, October 29.

The 'villain' of the piece in this case is Morecambe manager Derek Adams.

On his first visit to Wanderers as manager of Plymouth Argyle, Adams delayed the kick off by complaining that Wycombe's players were wearing GPS trackers under their jerseys, unaware that they were allowed under the rules.

After the return game in Plymouth, Adams accused Wanderers manager Gareth Ainsworth of refusing to shake his hand and criticised Wycombe for wasting time, committing a lot of fouls, and feigning injuries.

He returned to the theme after another visit to Adams Park when he complained: 'We have seen a lot of stoppages this afternoon.'

'It is the worst I have seen terrible, really terrible.'

'I don't see how you can come here as a football supporter.'

Adams is now in charge of a Morecambe team that is bottom of League One with only two wins in 15 games.

There have been several high-scoring encounters between Wycombe and Morecambe in recent years and although the Chairboys have the better record overall, Morecambe have won three of the last four meetings.

This could be a tougher game for Wanderers than it looks on paper, especially after losing to Cambridge in midweek, but I back them to collect three points and probably upset Mr Adams once again.

'Poor defending' costs the Chairboys the win



Gareth Ainsworth was not happy with his side's defending as Wycombe lost 3-2 at home against Cambridge (PA)

WYCOMBE Wanderers boss Gareth Ainsworth has criticised his side's defending following their shock 3-2 home loss against struggling Cambridge United.

The Chairboys went into the contest off the back of three straight wins in the league, whilst the Us had lost their last five in which they had only scored one goal.

However, strikes from Harvey Knibbs, Jack Lankester and Lloyd Jones ended this positive run.

Goals from Sam Vokes and Lewis Wing, which was the latter's first at Adams Park since his move to Buckinghamshire in January, saw Ainsworth's side lose for only the second time against Cambridge on home soil.

The previous defeat was in February 2001.

Speaking on the goals his side let in, he said: "It was not going good enough."

"Poor defending cost us and it was a poor showing."

"Prior to that, we defended brilliantly in the previous three games but tonight [October 25] we were just poor."

"We always looked dangerous on the attack as we can score goals and we've got players that can do that, but, we should not be having to try and score four goals in a game to win at home."

"We win and lose as a team, and I will never criticize anyone [individually] in public and I never will."

By James Richings

"But we will pick out the bones from the goals Cambridge scored as it was not good enough for a team that has been on a great run, and has performed well in recent games."

"We looked a bit out of sorts defensively."

Wycombe sit 13th place in the table with six wins for their 15 games play so far this season.

During that time, they have also drawn three and lost seven.

As it stands, they are only one of two teams to currently have a goal difference of zero in the league table with 20 goals scored and 20 goals conceded.

The other club to have this is Lincoln City, a side that Wanderers have yet to play so far this season.

The match on Tuesday was the first of four straight games at home for the Chairboys.

Wycombe Wanderers' team: Stryjek, Grimmer (Wheeler), Mawson, Jacobson, McCarthy, Freeman (Horgan), Wing, Obita (Kaikai), McCleary (Hanlan), Mehmeti (Mellor) and Vokes.

Unused substitutes: Blunkell and Wakely

Cambridge United's team: Mannion, Okedina, Rossi, Jones, Williams, Digby, Simper, Okenabirhie (Lankester), Knibbs (Worman), Brophy, Ironside

Unused substitutes: Holden, O'Neil, Tracey, Smith and Janneh

SPORT

Wanderers suffer shock home loss



The manager was not happy (PA)

Ainsworth angry after CUFC defeat

WYCOMBE Wanderers manager Gareth Ainsworth believes his side should have been given a 'stonewall' penalty in their 3-2 home loss against Cambridge United.

Right on the stroke of half-time, Anis Mehmeti was tripped in the box by Lloyd Jones, but referee, Peter Wright, waved away the appeals with the score at 1-1.

Seconds later, the Us went in front thanks to a brilliant strike by Jack Lankester.

Loud boos and jeers for the man in the middle were heard as the half came to a close, yet despite feeling hard done by, Ainsworth insisted that his side needed to 'defend' regardless of the decision not going their way.

He explained: "It was an absolute stonewall penalty but if you don't get it, you don't get it. You have got to defend.

"When the second goal went in, that was a real blow for me as it was right on the stroke of half-time.

"It's a different team talk at half-time so when that went in, we put ourselves behind with the way we defended.

"It looked like we had a hangover from the decision and Cambridge went down the other end and scored.

"We didn't defend the counterattack well and it was poor, really, really poor.

"If we didn't get the penalty, it would have been 1-1 at half-time if we had defended.

"You can't feel aggrieved and not defend.

"We conceded and it was a mountain to climb after going 2-1 down."

Finally, the boss confirmed why Chris Forino was omitted from the squad.

The Chairboys made one change to the game following the victory at Milton Keynes on October 22, with Jack Grimmer coming in to replace the outgoing centre back.

Ainsworth said: "Chris was ill and hopefully he will be back for Saturday."



The defeat was Wycombe's second at home against Cambridge since records began. Their last loss against the Us at Adams Park was in

By James Richings

WYCOMBE Wanderers have lost for the first time in three league games as they fell to a shock home 3-2 defeat against Cambridge United.

The Us had only won one of their previous 12 visits to Adams Park prior to the match on October 25, but goals from Harvey Knibbs, Jack Lankester, and Lloyd Jones made it a memorable day for Mark Bonner's side.

The visitors took the lead on six minutes through a brilliant Knibbs strike.

After Max Stryjek's goal kick went straight out of play, United took a quick throw which saw Joe Ironside put the striker through on goal.

He fired past the goalkeeper for his fourth of the season and his first in a month.

Wycombe responded almost immediately as a Sam Vokes header was disallowed for a foul in the penalty area.

Despite manager Gareth Ainsworth stating that 'possession can do one' after the derby day victory over Milton Keynes on Saturday, the Chairboys bossed the ball with Jordan Obita, Anis Mehmeti and Garath McCleary pulling the strings.

On 17 minutes, Mehmeti struck the post, Lewis Wing had his attempt blocked, whilst Nick Freeman and McCleary also went close.

The Cambridge goal was living a charmed life but moments after Wanderers struck the woodwork, Ironside dragged his shot wide.

However, the ball was very much played in the United half and on 32 minutes, moments after missing a glorious chance, Vokes notched up his third of the campaign with a close-range header.

His goal from a Wing corner was his third of the campaign.

However, controversy ensued on the stroke of half-time as Mehmeti was clearly fouled in the penalty box.

Everyone was expecting to see Paul Wright blow for a spot-kick but instead, he waved away the appeals.

Seconds later, Lankester scored his second of the season with a brilliant bending shot.

Ainsworth was livid as his side went into the break a goal down.

The second period was a frustrating half for Wanderers as they couldn't break down Cambridge's defence.

Little fouls, wayward passes and poor defending was the bane of Wycombe as they fell to their first league defeat in three.

D'Mani Mellor and Sullay Kaikai, who both came off the bench came close to equalising, but in truth, Wanderers were below their best, on top of some questionable refereeing from Wright.

The game was wrapped up midway through the second period when Jones scored his second of the season with a tap in from a Lewis Simper corner.

Wing scored a consolation in the final few seconds, as Wycombe fell to their seventh league loss this season.

Up next for the Chairboys is a home match against bottom-of-the-table Morecambe on October 29.

Attendance: 4,298