

# Cardiff City Walking Football Club

## The Bluebird News



### Headlines

- **Discounted Prices at Ocean Park**

Some of you may have noticed that in recent weeks we have been getting discounted teas and coffees, etc after training at Ocean Park. The centre is kindly giving us 15% off our bills as we are such good and regular customers!

- **World Championships Malmo Sweden**

Congratulations and well done in Malmo to our club members who represented Wales over the 5<sup>th</sup> & 6<sup>th</sup> July weekend.

In the 65s - Gatchy Davies, Paul Heginbotham, Jeff White & 70s - Andrew McMath, Bryn Davies. A mention also to squad members Paddy Pope and Steve Grima who were both forced to withdraw due to injuries.

- **International Tournaments**

Cardiff City WFC has agreed to participate in two international tournaments

- Salou Spanish Masters Walking Football Tournament – May 2026, 50/63 & 64+ age groups. Organiser Peter Richards.
- Euro COPA 2026 International Walking Football Tournament - March 2026, 65s age group. Organiser Paul Heginbotham.

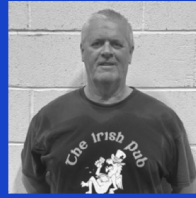
- **Tuesday Evening 50s Training Sessions**

The session for July and August are planned will go ahead with a reduced minimum numbers attending limit. The club have negotiated a discounted pitch fee for the dates Tuesday 22 July to Tuesday 26 August inclusive. This means that 10 players, paying the usual £5 per player can cover the costs. Any 50s player should respond to the Spond invitations in the usual manner. Other members should also watch out for special invitations.

- **The Man in the Middle**

Andrew Diplock progresses as a qualified walking football referee following initial training organised by the club at Ocean Park. He has taken charge, volunteering at both club training sessions and at various friendly matches and tournaments, across both the men and women's game. He recently was one of the referees at Anthony Hughes Memorial Tournament at Merthyr Town's ground in aid of Velindre Cancer Hospital. The club now has 15 referees at various stages of their development following initial training.

# Committee Update



Cardiff City Walking Football Club committee meeting was held on Wednesday 16<sup>th</sup> July. As is normal practice for the club, a summary of the meeting key points will be posted on Spond in due course. The following highlights have been released in advance to club members.

1. Goalkeeper gloves are to be treated as consumables in future, meaning new gloves will be purchased on a regular basis. Anti-bacterial spray and hand sanitiser will be made available for use during the playing sessions.
2. The club are in the process of purchasing two of the new lighter footballs, designed specifically for the walking game with the aim of reducing the impact load on goalkeepers. These will be trialled soon during scheduled squad training sessions. The lighter balls have already received positive reviews from some CCWFC players as well as other walking football clubs.
3. An advertising campaign will be launched aimed at increasing the number of members in the 50s age group. It is hoped this will attract additional players and ease the financial viability of the Tuesday night session
4. AGM provisional date is Wednesday 17th September 7pm at Ocean Park. Full details will be released in the coming months.
5. The committee reaffirmed that anyone playing for CCWFC in any competition be it friendly or otherwise must be a fully 'paid up' member of the club.

Dave Peek, the club treasurer, was pleased to confirm that the club remains in a strong financial position. This is despite the fact that the year-on-year reserves had reduced by around £1k from the £5k reported during the 2024 AGM. The reduction can be attributed to a number of one off expenses, including the purchase of an AED, Automatic External Defibrillator, playing equipment, referee training and the launch of the website. A full set of annual accounts will be presented at the September AGM

# Tournament Report

## Melton Mowbray International Tournament

### Saturday 12<sup>th</sup> July



On Saturday 12<sup>th</sup> July Cardiff City WFC 60s took part in the Melton Mowbray International Tournament.

The team played a total of 6 group games and recorded 2 wins, 2 draws and 2 defeats, which allowed the team to progress to the knock out stage. The Cardiff City goal scorers were Jeff White and Tony Parker with a couple each. An open draw, for the knock out phase, saw the 60s picked against St George's, who they also played and lost against at the group stage. Despite a valiant effort, in this the quarter final, they were unfortunate to lose 2-0.

St George's is a recently launched team that includes current England WFA players and trialists. Competing well against what is a representative team suggests that Cardiff is progressing in the right direction.

A special mention from Paul Heginbotham, who managed the team and was captain on the day, goes to Alun Harris and Pepe Mele, both making their debuts for Cardiff.

During conversations with players from other teams, the squad received many plaudits, not just for their sporting behavior, but also for the style and quality of the football played.

The Cardiff City 60s WFC have been invited back for next year's tournament on the strength of their performance.

<div>Cup Quarter Final 4 - Over 60</div> <div>One</div> <div><div>St George's</div><div>2</div></div> <div><div>Cardiff</div><div>0</div></div> <div>Saturday 12 July</div> <div>Mick Lowley</div> <div>Mick Hill</div>	<div>Group B - Over 60</div> <div>One</div> <div><div>Cardiff</div><div>1</div></div> <div><div>Melton</div><div>0</div></div> <div>Saturday 12 July</div> <div>Mike Wilmore</div> <div>Stuart Saint</div>	<div>Group B - Over 60</div> <div>One</div> <div><div>Cardiff</div><div>1</div></div> <div><div>Nottingham Reds</div><div>0</div></div> <div>Saturday 12 July</div> <div>Dave Bent</div> <div>Stan Jackson</div>
<div>Group B - Over 60</div> <div>One</div> <div><div>Cardiff</div><div>0</div></div> <div><div>Pollok</div><div>2</div></div> <div>Saturday 12 July</div> <div>Dave Bent</div> <div>Stan Jackson</div>	<div>Group B - Over 60</div> <div>One</div> <div><div>Cardiff</div><div>1</div></div> <div><div>Rothley</div><div>1</div></div> <div>Saturday 12 July</div> <div>Stuart Saint</div> <div>Stan Jackson</div>	<div>Group B - Over 60</div> <div>One</div> <div><div>Cardiff</div><div>1</div></div> <div><div>Santos</div><div>1</div></div> <div>Saturday 12 July</div> <div>Stuart Saint</div> <div>Stan Jackson</div>
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Group B		PLD	W	D	L	PTS	GF	GA	GD
1	Pollok	6	4	2	0	14	8	1	7
2	St George's	6	3	3	0	12	5	1	4
3	Rothley	6	1	5	0	8	3	2	1
4	Cardiff	6	2	2	2	8	4	6	-2
5	Melton	6	1	2	3	5	1	5	-4
6	Santos	6	0	4	2	4	2	4	-2
7	Nottingham Reds	6	0	2	4	2	0	4	-4



# Tournament Report

## Clevedon Mini Tournament 60+

### Wednesday 16th July



Under manager Steve Grima the team travelled to Clevedon with a squad of eight for round 3 of the 60+ Clevedon mini league.

The opening games were against the top two sides, and in both games, Cardiff fell behind in the first few minutes, losing 3-0 to CTB and 2-1 to Cirencester with Tony Parker scoring a penalty.

For the third game the team faced Western Rebels, although Cardiff controlled much of the game, they eventually lost 1-0 to a penalty conceded for running offences.



### @Clevedon25 - 60+ mini league Round 2 results & league table

16th July	Western	0	v	0	CTY
G6	Rebels	1	v	0	Taunton
10.30am	Keynsham	3	v	0	Cardiff City
	CTB	1	v	0	Portishead
G7	Keynsham	2	v	0	Western
11.00am	CTY	1	v	0	Rebels
	CTB	2	v	0	Taunton
	Cirencester	2	v	1	Portishead
					Cardiff City
G8	Western	1	v	0	Cardiff City
11.30am	Rebels	0	v	2	CTB
	Taunton	0	v	2	Keynsham
	Portishead	0	v	2	CTY
	Cirencester	0	v	0	
G9	Keynsham	0	v	0	CTY
12.00pm	Taunton	1	v	1	Cardiff City
	Western	1	v	0	Portishead
	Rebels	1	v	0	Cirencester
	CTB	1	v	2	
G10	Cardiff City	1	v	0	Portishead
12.30pm	CTB	3	v	0	CTY
	Taunton	0	v	0	Western
	Keynsham	0	v	1	Rebels
					Cirencester

R2 @Clevedon25 - 60+ League table										
Games 6-10		Pld	W	D	L	F	A	GD	Pts	
1	Cirencester	10	8	2	0	12	4	8	26	
2	CT Blue	10	7	2	1	15	2	13	23	
3	Keynsham	10	5	3	2	9	3	6	18	
4	Western Rebels	10	2	5	3	2	4	-2	11	
5	Portishead	10	3	2	5	4	8	-4	11	
6	Cardiff City	10	3	2	5	5	10	-5	11	
7	CTY	10	1	3	6	1	9	-8	6	
8	Taunton	10	0	3	7	3	11	-8	3	

In the fourth game against Taunton, a number of chances were created, with Vince Driscoll going close, and after trailing Tony Parker chased down the ball, forcing the Taunton defender into a back-pass, which crept through the keepers legs, and levelled the game at 1-1.

The final game against Portishead, was a physical contest; in the end a sublime strike by Alun Harris, saw Cardiff secure a well earned 1-0 victory.



# Focus on Fitness

## Movement and Flexibility

### Tom Harries



Cardiff City Walking Football Club is dedicated to promoting physical health and mental wellbeing among men in their 50's, 60's, 70's and older through the sport of walking football. Members typically start with warm-up sessions involving light stretching to prepare their bodies and prevent injuries. Inspired by a suggestion from Ceri Jones, one of our Parkinson's Boys, the club decided to invite Tom Harries along to the start of the Monday morning sessions to lead the warm up as part of our focus on player welfare and fitness management. Tom is a fitness coach and movement specialist as well as providing sports massage, injury rehabilitation and sports therapy services. The 10-15 minute session usually focusses on a particular muscle set with a series of exercises which goes beyond a traditional warm up. The aim is to prepare our bodies for the strain rigour for the following couple of hours activity. The sessions emphasise the importance of preparing your body for any type of physical activity and will hopefully reduce the number of strain type injuries which are all too common



A number of club members already use Tom's services on a private basis. Tom is based in Penarth, although also offers a home consultation and treatment service.

Should anyone require further information on the treatments available, Tom can be contacted as follows;

Email - [tom@movewellcoach.com](mailto:tom@movewellcoach.com)

WhatsApp - 07912063548

# Focus on Health

## Plantar Fasciitis

### Walking Footballers Beware!



In **Walking Football**, players are encouraged to walk on their heels rather than the more naturally off their toes as when running. The type of the footwear and the firmness of artificial pitches all lead to increased pressure and repetitive use of the planter facia.

**Plantar fasciitis** is a common condition that causes heel and arch pain due to inflammation of the plantar fascia, a thick band of tissue on the bottom of the foot. It often occurs due to overuse or repetitive stress on the plantar fascia, leading to tiny tears and irritation. While it can affect anyone, it's more prevalent in runners, those who are overweight.

#### Causes:

**Overuse:** Repetitive stress from activities like running or standing for long periods.

**Foot structure:** High arches, flat feet, or tight calf muscles can contribute.

**Improper footwear:** Shoes with poor support or cushioning can exacerbate the condition.

**Obesity:** Increased weight puts more strain on the plantar fascia.

**Age:** The condition is more common in older adults.

#### Treatment:

**Rest:** Avoiding activities that aggravate the pain. **Ice:** Applying ice packs to the affected area.

**Stretching:** Regularly stretching the plantar fascia and calf muscles.

**Supportive shoes and orthotics:** Wearing shoes with good arch support or using custom orthotics.

**Pain relievers:** Over-the-counter pain relievers like ibuprofen or naproxen can help reduce pain and inflammation.

**Physical therapy:** A physical therapist can provide tailored exercises and treatment plans. **Injections:** Corticosteroid injections may be considered in some cases.

**Surgery:** Surgery is rarely needed, but may be an option for severe, persistent cases.

#### Symptoms:

Pain on the bottom of the foot, particularly near the heel and arch.

Pain that is worse in the morning or after periods of rest.

Pain that may subside with activity but worsens with prolonged standing or exercise.

Stiffness in the foot, especially upon waking or after sitting.

