

# Cardiff City Walking Football Club

## The Bluebird News



### Headlines

- **Ray Kennedy Cup**

The Phoenix 681 Parkinson's football team are hosting the Ray Kennedy Cup an international Parkinson's running and walking football tournament being played out at Ocean Park Arena on the weekend 6/7 September. Any club member who would like to support this event can take part in a fundraising drive. Simply contact Roger Hampton, or any of the Parkinson's players, make a selection from a sheet of 25 teams at £5/team, cash only, to have a chance to win £25. Your support will be appreciated. CCWFC will be also supporting the tournament with club referee John Barnes, blowing his whistle.

- **Gwent FA Festival of Walking Football**

Cardiff City Walking Football Club will be participating in the Gwent FA Festival of Football. The event will take place on Sunday 31<sup>st</sup> of August from 10.00am - 16.00pm, hosted by Cwmbran Celtic WFC, at Llantarnam Primary School Llantarnam Road NP44 3XB. The festival is designed to be a celebration of walking football aimed at teams new to the sport and with this in mind Cardiff will field a team from their social players managed by Steve Bright. The day will have a woman's competition as well as games for experienced teams, with all the usual suspects scheduled to compete. Andrew Diplock will also be participating in the festival as a tournament referee.

- **A Night of Celebration in The Old Arcade**

It was 'au revoir' rather than 'goodbye' for our very own Gary Rix who has decided to up sticks, heading to North Wales in order to be closer to his family. He is determined to continue with his walking football adventures where ever that might lead, whilst remaining a member of CCWFC. He will be greatly missed for his humour, dedication to the club and many theatrical 'tumbles' usually initiated by his own dubious deft footwork.

It was also a night when the 'evergreen' Joe Quarini celebrated his 79<sup>th</sup> birthday; yes let's say that again 79<sup>th</sup> birthday! Calling Joe a stalwart of the club would not be doing him justice, being a Welsh international veteran in both the running and walking forms of the game. As ever Joe was at the top his game, elbowing his way past the crowd to the front of the bar making way for whoever was paying!



# Committee Update



A Cardiff City Walking Football Club committee meeting was not convened since the publication of the previous newsletter in July however the following points of committee business can be noted.














- The committee has announced the dates for the next two meetings
  - Wednesday 27<sup>th</sup> August
  - Thursday 18<sup>th</sup> September
- In addition to the usual club business, both meetings will be used to prepare for the club Annual General Meeting. The date for the AGM has now been agreed and will be held in Ocean Park on the evening of Monday 6<sup>th</sup> of October. An event notice will be published on Spond inviting all club members to attend in the next few weeks which will include a request for member's questions to be considered for discussion at the meeting.
- A final agenda, including the normal standing items, including the annual finance report and the election of club officials will be published following the committee meeting in September.
- Whilst the AGM is an important event in the club calendar it is worth noting that should any member have questions or concerns related to club business at anytime, these can, and should be raised with any committee members the time in order to effect a speedy response and implement any necessary and agreed actions.

# Tournament Report

## Wales Walking Football League South 60s

### Season Summary



S Wales 60s		PLD	W	D	L	PTS	GF	GA	GD
1	 Abercynon	13	9	3	1	30	18	5	13
2	 Barry Town United A	13	8	2	3	26	12	6	6
3	 Merthyr Police	13	8	2	3	26	12	7	5
4	 Trefelin	13	7	4	2	25	15	3	12
5	 Neath Dragons	13	6	3	4	21	12	8	4
6	 Merthyr Town	13	5	4	4	19	12	9	3
7	 Barry Town United B	13	4	5	4	17	12	14	-2
8	 Aberafon Sandrabbits	13	4	4	5	16	8	11	-3
9	 Cardiff City A	13	4	3	6	15	12	11	1
10	 Cwmbran Celtic	13	2	7	4	13	7	12	-5
11	 Cardiff City B	13	2	6	5	12	6	12	-6
12	 Caldicot	13	3	2	8	11	7	16	-9
13	 Haverfordwest	13	1	5	7	8	8	16	-8
14	 New Hedges	13	1	4	8	7	5	16	-11

The final set of league fixtures in the Wales Walking Football League South for the Cardiff City 60s teams was held at Haverfordwest on Sunday July 20<sup>th</sup>. This season saw a departure from the previous two league format of east and west leagues into a combined single league competition consisting of 14 teams played over three rounds in Neath & Haverfordwest. Whilst some would consider this a disappointing season it is worth noting the final league positions were a marked improvement over the previous year. The coaching and preparation for the start of the league fixtures resulted in neither team losing in the first round of games. However, this level of performance was not sustained for the remainder of the season. A detailed examination of the league table exposes the areas that both teams need to work on if further improvement is to be achieved.. In the case of Cardiff City A, four of the 6 losses were in the final round and all by a single goal and overall with only 12 goals scored in the 13 matches the resulting mid-table position should not be a surprise. The results for Cardiff B, having scored only 6 goals, whilst conceding nearly the same number of goals as the A team, masks a number of hard earned draws, whilst disappointingly gaining only two wins. Going forward the teams need to find a solution to the over-reliance of only a few capable goalkeepers, build variety and consistency in the style of play and work on converting more of the chances created into goals which will hopefully turn 1-0 defeats into at least draws, if not wins.

# Tournament Report

## Wales Walking Football League Fixtures 60s Round 3

### Sunday 20<sup>th</sup> July 2025



## Cardiff



The Cardiff City 60s team went into the last round of league games at the Haverfordwest FC ground knowing that only wins would enable the team to finish in a mid-table position or perhaps even higher if other results were to go in their favour.

The team started well with a 2-1 win v Cwmbrian with Jeff White scoring both the Cardiff goals. This was followed shortly afterwards beating Aberavon 2-1, Jeff white again on the scoresheet along with Ian Herbert. The other four fixtures versus Neath, Abercynon, Barry A and Merthyr Police, all teams who finished in the top 5, saw the team on the wrong side of a 0-1 defeat in each game.

Paul Heginbotham, manager and captain for the day commented, “ Yes those defeats were disappointing, but the squad was very good in all of those games and it was only resolute defending and excellent goalkeeping by the opposition that kept us from scoring.”

The final table showed Cardiff City in 9<sup>th</sup> position and whilst this represents an improvement on previous seasons, it is still below the expectations set by the team at the beginning of the campaign.

Leighton Elward was mentioned in dispatches for responding to the last minute SOS call when Graham Rees had to withdraw at very short notice. He did not let the team down.

The squad will now plan for the 60s cup competition, scheduled for 7<sup>th</sup> September at Neath

S Wales 60sPitch 1 - Haverfordwest

Cardiff City A

0

Merthyr Police

1

Sunday 20 July

S Wales 60sPitch 1 - Haverfordwest

Cardiff City A

0

Barry Town United A

1

Sunday 20 July

S Wales 60sPitch 3 - Haverfordwest

Cardiff City A

0

Abercynon

1

Sunday 20 July

S Wales 60sPitch 2 - Haverfordwest

Cardiff City A

0

Neath Dragons

1

Sunday 20 July

S Wales 60sPitch 4 - Haverfordwest

Aberafon Sandrabbits

0

Cardiff City A

2

Sunday 20 July

S Wales 60sPitch 2 - Haverfordwest

Cwmbrian Celtic

1

Cardiff City A

2

Sunday 20 July

# Tournament Report

## Wales Walking Football League Fixtures 60s Round 3

### Sunday 20<sup>th</sup> July 2025



### Caerdydd



It was a disappointing start to the day with a 0-2 loss to Aberavon. Cardiff controlled possession for the first 10 minutes without creating many opportunities. A defensive lapse led to Aberavon's first goal. Rob Firth, usually deadly from the spot, then missed a well saved penalty before Aberavon scored again following a deflection.

Despite playing much better in a very even game against Caldicot, at 1-1 with a minute left on the clock, a defensive lapse led to the opposition's winning goal. Rob Firth scoring the only Cardiff goal of the day.

In a competitive game 3 finished with a 0-0 draw. Despite the fact that Merthyr created a number of chances, a combination of poor finishing and good goal keeping resulted in a well earned point.

In the penultimate match, Cardiff came across the very well drilled and disciplined Trefelin, resulting in a 0-3 loss. It was a deserved win by the opposition who showed good movement and clinical finishing.

The day was completed with a 0-0 draw against New Hedges in what was probably the team's best performance, better accuracy in front of goal would likely have resulted in 3 points.

In summary, the team spirit was excellent and well managed by Roger on the day, with captain Dickie constantly giving encouragement and direction from the goal line. The team never gave up against some stiff competition and kept good discipline despite a style of refereeing which seemed lenient at times compared to the Thursday squad sessions. Defensive lapses and inconsistency in front of goal were the team's Achilles' heel.

S Wales 60s Pitch 1 - Haverfordwest	S Wales 60s Pitch 1 - Haverfordwest	S Wales 60s Pitch 1 - Haverfordwest
Cardiff City B 0	Cardiff City B 0	Cardiff City B 0
New Hedges 0	Trefelin 3	Merthyr Town 0
Sunday 20 July	Sunday 20 July	Sunday 20 July

S Wales 60s Pitch 1 - Haverfordwest	S Wales 60s Pitch 1 - Haverfordwest	S Wales 60s Neath Pitch 1 - Neath
Cardiff City B 1	Aberafon Sandrabbits 2	Haverfordwest 0
Caldicot 2	Cardiff City B 0	Cardiff City B 1
Sunday 20 July	Sunday 20 July	Sunday 11 May

# Tournament Report

## Wales Walking Football League Fixtures Over 70s Round 3

### Thursday 25<sup>th</sup> July 2025



Cardiff



League Table 25/07/25

RANK		Played	won	drawn	lost	GF	GA	Goal difference	Points
1	Cardiff (Cards)	10	3	7	0	9	1	8	16
2	Merthyr Town	10	3	6	1	5	2	3	15
3	Haverfordwest	10	4	3	3	7	5	2	15
4	Cardiff (Diffs)	10	3	5	2	8	6	2	14
5	Neath Dragons	10	3	4	3	5	6	-1	13
6	Abercynon	10	4	0	6	4	12	-8	12
7	Celtic Nations	10	2	4	4	4	7	-3	10
8	Swansea LC2	10	1	5	4	2	5	-3	8

Round 3 Fixtures

WWFF Over 70s 4 September 2025 at Merthyr (20 minute games)				
4	12 midday	Merthyr Town v Diffs	Neath Dragons v Swansea LC2	Cards v Haverfordwest
5	12.30 pm	Celtic Nations v Merthyr Town	Diffs v Abercynon	Neath Dragons v Cards
6	13.00 pm	Swansea LC2 v Diffs	Celtic Nations v Cards	Neath Dragons v Abercynon
7	13.30 p.m	Abercynon v Cards	Celtic Nations v Diffs	Haverfordwest v Neath Dragons

Caerdydd



The third set of fixtures in the Wales Walking Football League was held at Penydarren Park, on Thursday 24th July, hosted by Merthyr Town FC. Unfortunately the number of fixtures was reduced to only three matches for each team due to the number of referees who were able to officiate. The league table shows both teams well placed going into the final set of fixtures with the Cards topping the table and the Diffs trailing in fourth position only 2 points adrift. In such a tight battle, with only three points separating the top 5 teams, the final set of fixtures should provide a number of table topping clashes.

# Match Report Cardiff - Manager Paul Heginbothom

## Wales Walking Football League Fixtures Over 70s Round 3

### Thursday 24<sup>th</sup> July 2025



## Cardiff



The Cards started the day in 4th place of the 70's league, having played 7 games to date with 1 win and 6 draws. They had only conceded 1 goal in those 7 games and it's clearly evident that there's a very solid defense with sound goalkeeping.

Due to a shortage of referees the match day schedule was revised with teams only playing 3 games with the remainder now scheduled in for September. First up for the Cards was the local derby against the Diffs. It came as no surprise that the game was at times a feisty affair but the score line remained at 0-0 until late on when following good work by Steve Taylor that allowed Andy McMath to find some space in front of goal, Andy made no mistake by scoring the opening goal at the near post. The Cards controlled the remainder of the game and won the game 1-0. Next up was Merthyr and the Cards gave the opposition too much respect in the first 5 minutes and they were second best but they slowly came into the game and finished the stronger team but without causing the Merthyr keeper many anxious moments. The Cards shot-stopper, Dave Tracey pulled off one great save late on from a blocked and deflected shot that made the save an even better one. The 0-0 final score was if truth be told a fair reflection of the game.

The Cards final game of the day was against Swansea. The 'boys' came out with a purpose, Bill Barnett was keeping things bolted down at the back, the midfield probing and patience from the trio of Andy McMath, captain Joe Quarini and Kevin Williams and with Steve Taylor causing chaos up front with his intelligent movement and first time shots. The Cards were totally dominant and hit the crossbar and they soon followed by shots against both posts. Despite these setbacks the pressure remained intense and some great interplay ended with space and time for Joe to fire home the opening goal. Tim Knighton entered the fray and soon as he stepped onto the pitch he put through a slide rule ball forward to Steve who in turn found Andy on the right wing and Andy shot with precision into the corner of the net. Such was the control of the game that keeper Dave only had to deal with back passes. All in all a great day for the Cards and they now look forward to the games in September.

# Match Report Caerdydd - Manager Peter Richards

## Wales Walking Football League Fixtures Over 70s Round 3

### Thursday 24<sup>th</sup> July 2025



## Caerdydd

The Cardiff City derby was up first, with the following fixtures against well known teams; Neath and Haverfordwest.

### **Cardiff Diffs 0 Cardiff Cards 1**

Following a tentative start both teams began to find their passing skills although with each side committing 3 running offences the match was still evenly balanced at 0-0. With Paddy Penketh linking well with Bryn Davies the Cards defence were impenetrable and started to dominate the match. In the end a Joe Quarini passed to Andy McNab on the edge of the area who threaded the a low shot to score the only goal of the game.

### **Cardiff Cards 2 Neath Dragons 0**

Neath were top of the league going into the fixtures. The match started well for The Diffs, keeping possession and pressuring Neath into their own half. Consistent pressing forced Neath mistakes, unable to get out of their own half, and constantly passing back to their keeper, the first goal seemed inevitable. A flowing passing move, involving Les and Howard, playing out of defence, to Bryn Davies and finally to Paddy Penketh for the opening goal. Making their dominance pay against an unusually tentative Neath side, Phil Pepper put the result beyond doubt with a powerful shot into the top corner.

### **Cardiff Diffs 0 Haverfordwest 2**

The final game brought the Diffs up against improving Haverfordwest, who seemed unaffected by the long journey east. Both teams were tentative in early stages though showed enough commitment to the win, resulting in the referee warning both sides for unacceptable physicality. Most of the possession was with the Diffs but the match looked like moving towards a stalemate. But following an attack by Haverfordwest, Howard was deemed to have stepped into the Diff's goal, resulting in a penalty. However, the in form Leighton reacted superbly, to produce a finger tip save pushing the ball over the bar. Haverfordwest continued to push the ball up field and from a free kick the resulting shot gave them a 1-0 lead. The Diffs looked for the equaliser and pushing forward left a gap at the back leaving the Haverfordwest striker to make the final score 2-0.



# Match Report Cardiff 50s - Manager Martin Pritchard

## Caldicot Summer Tournament – Caldicot Leisure Centre

### Saturday 16<sup>th</sup> August 2025



#### Manager's thoughts

A learning curve in small margins . We held the winners of the competition to a well deserved draw but we're beaten by lesser teams. If you don't score the most you'll get is a draw. We do have goals in the team but just not today. Other than the last game we were very competitive. Shooting practice on Tuesday. Final note was the interaction from the team with each other. Good laugh today . No cards . No penalties. The team did really well.

#### Game 1 vs. Bracknell 0 – 0

Very tight affair limited chances against a very good team who eventually went on to win the league.

#### Game 2 vs Chepstow 0 – 1

Another tight affair with Cardiff being edged out by a single goal going in between 'Dave the Cat and the post.

#### Game 3 vs Cwmbran 0 - 0

A feisty affair considering it was a friendly tournament. Tempers started to fray in front the the officials, with both teams at fault. As the match continued play eventually settled down with the game ending in a draw.

#### Game 4 vs Melksham 0 – 1

Again another tight affair. Shots and goals being of a premium. The team played well but were undone again by a single goal.

#### Game 5 vs Wannabe Warriors 0 - 2

Old foes but great mates Warriors took an early lead. That said Cardiff kept plugging away and got caught on the break to make it two nil. Warriors keeper had a lot to say about the result, pulling off a couple of great saves as well as Cardiff hitting the post.

#### Game 6 vs Caldicot 0 - 3

A game too far for the 50s. Cardiff set about Caldicot but were warm and tired resulting our one substitute coming into play. The team lacked defensive discipline and were comprehensively beaten.

# Match Report Cardiff 60s A&B - Managers Gareth Davis & Peter Richards

## Caldicot Summer Tournament – Caldicot Leisure Centre

### Saturday 16<sup>th</sup> August 2025



## Cardiff 60s A&B



## Results

Cardiff A			Cardiff B		
Opponents	Score	Scorers	Opponents	Score	Scorers
Barry	2-3	Gatchy, Paddy	Caldicot	1-3	Pete
Cwmbran	2-1	Gatchy, Eric	Bracknell	1-4	Pete (P)
Hartshill	0-3		Wannabe	1-1	Pete (P)
Cwmbran	1-1	Paddy	Cwmbran	0-3	

Cardiff A took a squad of 7 players, which was deemed perfect for the four matches. This allowed two players having a ten-minute break in rotation. Interestingly, the average age of the squad was close to seventy, with a few players turning out in Cardiff colours for the first time. Whilst not the strongest squad fielded by Cardiff, however, this was indicative of the approach taken by the other Welsh teams, who were also below full strength. The final table shows a mixed set of results, with Graham Rees in goals helping to keep the score lines respectable and Gatchy scoring goals at the other end. In summary, the team were complimented by their opponents for their ability to keep possession and could not be faulted for effort. Lapses in defensive concentration inevitable were punished by the opposition which could not be cancelled out at the other end with some weak shooting on goal. Overall it was an enjoyable afternoon in the sun in which all of the players should benefit from the experience.

The Cardiff B team results reflect a more challenging afternoon. Conceding eleven goals in four matches was always going to make it difficult. At the other end the evergreen Pete Richards scored all of the Cardiff's three goals two of which came from the penalty spot. Reports suggest that the oppressive heat played a big part in the overall performance with games bizarrely being extended in order to fully utilize the available time.

# Match Report Cardiff 60s - Manager John MacNamara

## Clevedon Mini Tournament Round 3

### Wednesday 13<sup>th</sup> August 2025



## Cardiff



## Round 3 Results

Cardiff A		
Opponents	Score	Scorers
CTY	2-3	Gatchy -2
Keysham	1-3	Gatchy
CT Blue	1-2	Alun Harries
Cirencester	1-4	John Mac

## Final League Table

	Team	Pld	W	D	L	F	A	GD	Pts
1	Cirencester	14	11	3	0	18	5	13	36
2	CT Blue	14	9	4	1	19	5	14	31
3	Keysham	14	8	4	2	19	7	12	28
4	CTY	14	4	4	6	6	12	-6	16
5	Western	14	2	6	6	2	9	-7	12
6	Cardiff	14	3	2	9	10	22	-12	11
7	Portished	14	3	2	9	4	8	-4	11
8	Taunton	14	1	5	8	5	15	-10	8

The final round of games in the Clevedon Mini Tournament proved to be a difficult day for Cardiff losing all four games to the top 4 clubs. Whilst disappointing, manager for the day John Mac, commented that he thought the team played some decent football, were comfortable in possession, though it was maintaining momentum in the second half of each game which proved to be their 'Achille's' heel. As in previous rounds, the goals conceded reflected defensive lapses against good teams who would not hesitate to take advantage of any errors. Special mention to Gatchy scoring three of the five Cardiff goals and Alun Harries and Chris Heavens, who 'put in a shift' in the words of the manager.

Cardiff finishing the league sixth out of eight is clearly as a result of losing nine of the fourteen games played. Whilst looking for the positives, the players who put their hand up and represented the team should be commended. Overall, the goals conceded needs to be addressed with Cardiff finishing with the worse defensive record in the league, conceding twenty two goals. It should be noted that the top three teams conceded only seventeen goals in total, no doubt with a combination of good goalkeeping, few defensive errors and tight marking in their own half of the pitch.

# Focus on Health

## The Four Numbers That Matter

Dr. Chris Heavens



A little while ago Alan Woodward and I were invited to speak before a football session, about some health issues that would be relevant to men of our age. I'm pleased now to have the chance in this newsletter to revisit what was said then and expand on some of the details.

It's a fact that men generally are less likely to seek medical advice, and that as we pass the age of 50, the incidence of many serious medical conditions starts to rise. You may feel it is too late to take effective action to prevent the onset of these diseases – but you would be wrong. Even in later life preventative action either through lifestyle change or by treatment can be very effective in reducing the chances of early death or serious life changing disease.

I believe that our Walking Football Club is an excellent way through physical activity and social interaction to improve physical and mental health, barring injuries sustained of course!

Before going on to talk about specifics it would be wrong of me not to mention the lifestyle changes that are the foundation of a healthy later life. I suspect you will know many if not all of them, but their real importance means they bear repeating.

Physical activity, greater than just our football sessions, controlling weight to a healthy level, sensible diet restricting sugars and fats, moderate alcohol and not smoking.

### **The 4 numbers you should know about yourself**

- 1. Blood Pressure (Bp)**
- 2. Average Blood Sugar Level (HbA1c)**
- 3. Cholesterol Level (lipids)**
- 4. Prostate Specific Antigen (PSA)**

Look out for articles in the next newsletters where I will explain more and give advice on these important 4 numbers.

Many of you will be working hard to keep yourselves fit and healthy, and there is always a balance between enjoying life and being as healthy as possible, but we all want to be fit and healthy enough to be playing football into advanced old age and we have some great examples to emulate within the club.

The focus of my talk and of these articles is just on 4 numbers that we should start by knowing about our own bodies. These numbers can tell us whether diseases are starting in our body and therefore can give us an opportunity to correct the problem or manage the issue before we develop serious and possibly irreversible consequences. Therefore, it's not about just knowing these 4 numbers but of knowing if they are abnormal and if necessary, of taking action, with medical help, to deal with issues those numbers may be revealing.

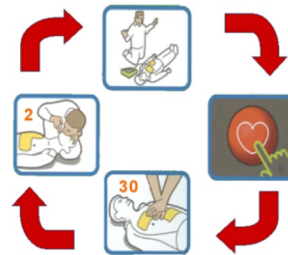
# Focus on Health

## Automatic External Defibrillator - AED

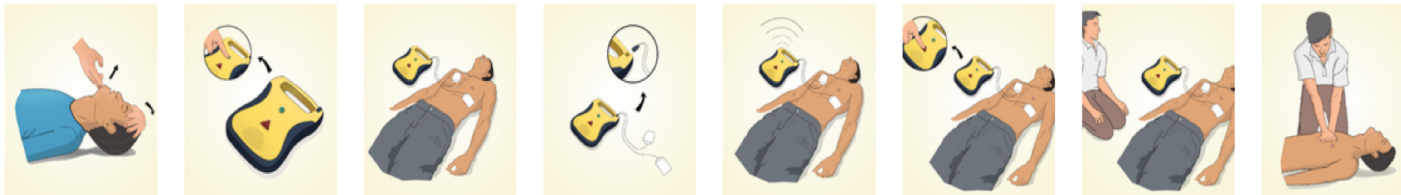
### What you need to know



An **Automated External Defibrillator** (AED) is a portable electronic device that analyses the heart rhythm of a person experiencing sudden cardiac arrest and, if necessary, delivers an electrical shock to help the heart re-establish a regular rhythm. AEDs are designed to be user-friendly and can be operated by individuals with minimal or no formal training.



**Note – It is dangerous to use an AED in the presence of water**



Open Airway Confirm Cardiac Arrest	Turn on AED	Apply Pads	Connect Pads to AED	AED will analyse heart rhythm	Shock patient if AED instructs	Ensure everyone is clear if shock is required	If patient is still not breathing repeat CPR 30-2 then AED cycle again
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#### Purpose:

AEDs are specifically designed to treat sudden cardiac arrest, a life-threatening condition where the heart suddenly stops beating effectively.

#### How it works:

AEDs analyse the heart's rhythm through electrodes, pads, placed on the chest. If a shockable rhythm is detected, the AED will prompt the user to deliver an electrical shock to the heart.

#### User-friendly:

AEDs provide clear, step-by-step voice prompts and visual instructions to guide the user through the process.

#### Accessibility:

AEDs are often found in public places like schools, airports, and workplaces, making them readily available in emergencies.

#### Importance:

Prompt use of an AED, along with CPR, can significantly increase the chances of survival for someone experiencing sudden cardiac arrest.

#### No prior training required:

While formal training can be beneficial, anyone can use an AED in an emergency situation.