

# Cardiff City Walking Football Club

## The Bluebird News



[CCWFC Website](#)

| Contents |   |
|----------|---|
| 1        | Headlines   |
| 2        | Committee Updates                                   |
| 3        | Manager Announcements                               |
| 4        | Selection of League and Tournaments Squads for 2026 |
| 5        | Matches and Tournaments                             |
| 6        | Member Profiles                                     |
| 7        | Focus on Health                                     |
| 8        | The Automated External Defibrillator                |
| 9        | Code of Conduct                                     |

# Cardiff City Walking Football Club

## The Bluebird News



### Headlines

- Membership registration completed for 2026 on Spond.
- Club Membership increases to over 130 members.
- Annual Membership Fee confirmed at £15.
- Additional club sessions announced to facilitate squad coaching and satisfy increasing demand for places in the existing sessions. This means 4 weekly sessions, Monday, Wednesday, Thursday and Friday, and a monthly evening session.
- Changes to the Laws of the Game announced by UEFA are adopted by Cardiff City Walking Football Club.
- Squad Managers announces for club 60s and 70s league and tournaments.
- Selection of 60s and 70s squad players confirmed for 2026.

# Committee Update - 1



[CCWFC Website](#)

## Member Registration and 2026 Annual Membership Fee

In December members received a message on Spond asking them to register their club membership for 2026 and to pay the annual membership fee which is £15.

The committee are exploring more extensive use of Spond for club administration and are using this registration as a trial for making payments through Spond.

The message included a link, directing members to the registration page which asked for key information the club needs to bring member records up to date.

In addition, members were asked to confirm their adherence to the club's policies which are available on the club website. At this stage members can follow a link to the club's website to see the policies they are signing up to. When the registration form is completed, members were directed to the payment page which required them to make the £15 payment through Spond using a credit or debit card.

As this was a trial process, members were reminded not to pay direct to the club bank account.

Whilst some members experienced difficulties with the payment process, the committee deemed the trial a success and will be looking to expand the use of Spond's payment functionality. Spond are aware of the software bugs and are in the process of preparing an updated version for release in the near future.

A reminder of the club Values, Standards and Behaviour associated with the club Code of Conduct has been included in the Newsletter as a reminder.

# Committee Update - 2



[CCWFC Website](#)

## Monthly Advanced Payments

For those who wish to, the club offers members the option to make advanced payments for sessions to take advantage of the generous discounts. At the moment there are the following number of sessions which are eligible for advance payments. 4 x Monday-social 4 x Wednesday-social 4 x Thursday-squads. In addition there are Friday morning sessions which for the time being will be pay as you go and also 1 evening squad training session which is also pay as you go.

To pay in advance members must nominate the day or days, Monday, Wednesday or Thursday, that are being are paid for. For one day it is £18, for two days, which is the maximum members can prepay, it is £36. If a members subsequently play on a day they have not nominated, then they must pay separately for that.

Online payments are much preferred. Account details: Name: CPCDC CCWFC No: 20492383 Sort: 52-21-07

Please use the payment reference to indicate which days you are paying for. Pay as you go for daytime sessions remains £7 per session. It's £5 for the evening session.

## Additional Training & Coaching Session

The Committee have agreed to support an additional training and coaching session for all squad players. Although not compulsory, there is an expectation that squad players should attend these one-hour sessions that will initially run once a month. The format will be different to Thursday training sessions and will be more focused and coach-led. The first session was outdoors on Wednesday 14th January from 9-10pm, held at Ocean Park. Paul Heginbothom will invite all squad players in the usual manner with an availability request on Spond.

## Committee Update - 3



[CCWFC Website](#)

### Using Spond to communicate and stay informed

The efficient use of Spond is essential for accurate and informed communication within our club. The great majority of our members use Spond appropriately and are kept informed of events and activities that affect them and other members. Unfortunately some members are not so rigorous in their use of the app! If, for example, a training session is full, members can still indicate their interest in attending and will be placed on a waiting list. Often someone drops out of a session and those on the waiting list will be automatically assigned a place, BUT THEY MUST STILL ACCEPT THE INVITATION ON SPOND. If a training session is full and no spaces become available, members are urged to consider putting their name down for the Friday session(s). With the growing membership of CCWFC it is essential that everyone takes responsibility for themselves in terms of communicating with others through the Spond app. Please speak to a committee member if you have any issues over the use of Spond and please remember it is not a social media platform!

### Important Change to Laws of the Game

Wales Walking Football Federation has made the following announcement: "Please would all clubs pass on the message that from 1st March onwards, all WWFF competitive games will be played with the four touch rule (the referee will award a free kick to the opposition if any player makes more than four consecutive touches of the ball). This decision was reached by the management committee following input from the referees group and others, in the belief that the new rule will reduce the number of running offences, encourage more passing of the ball, and reduce the number and severity of any "accidental" impacts - thereby increasing safety for all players. The change also aligns the laws of the game used in WWFF competitive games to those now being promoted by UEFA - who are now taking an interest in walking football." AS A CONSEQUENCE AND WITH IMMEDIATE EFFECT ALL FUTURE CCWFC TRAINING SESSIONS WILL ADOPT THIS NEW LAW

## Committee Update - 1



[CCWFC Website](#)

### **Additional training session at Ocean Park**

As everyone knows, the club has grown considerably in recent months. Although just about coping with the three training sessions, these have had to be capped due to pressure of numbers. Consequently the committee were able to have negotiate with Ocean Park a trial extra session which will be open to all members.

This began on Friday 6th February 2026 and will run from 10am for 2 hours. It will be run along the same lines as Monday sessions. The Friday sessions will run initially on an experimental basis to assess take-up and viability going forward. Everyone will receive an invitation on Spond in the normal way. Please accept or decline the invitations as they 'ping' into your inbox.

**Update** – At the time of publishing the Newsletter currently the Friday session has not proved to be as popular as was hoped, resulting in cancellations. The message from the committee is one of 'use it or lose it.'

# Team Managers Announced for 2026

## Paul Heginbothom – Competitions Officer



[CCWFC Website](#)

### **Colin Dickens - 60s A and & 70s A Squads**

“As many of you will already know Colin Dickens has been a long standing participant in the Cardiff City WF over 60 and 65 squads. He has also represented Wales WF at World Championship level. Due to impending knee surgery, Colin has decided to take a back seat from playing activities at league and tournament level until he’s completed his rehabilitation programme. Colin has volunteered his services to manage both the over 60’s A and over 70’s A squads in the South Wales league. Colin has a wealth of walking football knowledge and I’m sure you all wish him the very best as he takes on these roles.”

### **Richard Eastman – 60s B Squad**

“I’m pleased to announce that Richard Eastman aka Dickie, has volunteered to manage the 60’s B squad for the league campaign in 2026. Dickie had knee surgery just 3 weeks ago and that’ll rule him out of competitive football for a while. Dickie is no stranger to the managerial hot seat and he’s currently managing the Pontyclun over 65’s team in the Vets league.”

### **Joe Quarini – 70s B Squad**

“Joe Quarini has stepped up to be player / manager of the Cardiff 70’s B squad. Joe was originally named in the A squad and the 70’s A manager has now replaced Joe with Eric Charlton.”

# League and Tournament Squads Announced for 2026

## Paul Heginbothom – Competitions Officer



[CCWFC Website](http://CCWFC Website)

| 60s squads for League & Tournaments 2026 |                        | 70s squads for League & Tournaments 2026 |                      |
|--|------------------------|--|----------------------|
| A  | B                      | A  | B                    |
| <b>Colin Dickens</b>                     | <b>Richard Eastman</b> | <b>Colin Dickens</b>                     | <b>Joe Quarini</b>   |
| Phil Jones (GK)                          | Graham Rees (GK)       | Graham Rees (GK)                         | Leighton Elward (GK) |
| Alun Harris                              | Alan George            | William Barnett                          | Steve Grima          |
| Colin Blick                              | Alan Woodward          | Bryn Davies                              | Howard Jacobson      |
| Gatchy Davis                             | Chris Heavens          | Gatchy Davis                             | Andy McMath          |
| Ian Herbert                              | David Porter           | Paul Heginbothom                         | Alan Nicholls        |
| Jeff White                               | Jim Fitzpatrick        | Les Hughes                               | Patrick Penketh      |
| Jack MacLachlan                          | John Macnamara         | Graham North                             | Phil Pepper          |
| Patrick Pope                             | Jonathan Winter        | Dave Peek                                | Byron Rees           |
| Paul Heginbothom                         | Mike McCandless        | Eric Charlton                            | Peter Richards       |
| Phil Green                               | Robert Firth           | Steve Taylor                             | Kevin Williams       |
| Ray Sharp                                | Roger Trowbridge       |  |                      |
| Tony Parker                              | Stewart McDermott      |  |                      |

# Match Report – Manager Martin Pritchard

## Warm up Friendly v Wannabe Warriors

### Sunday 22<sup>nd</sup> February 2026



[CCWFC Website](#)

### Manager's comments;

“So the 50s took on Wannabe Warriors today in a friendly. New players Jason Pallister and Nathan Hemmings enjoyed their first bit of game action and both scoring on their debuts. Dave as always dependable in net.

In closely fought games we drew twice vs 50s and a draw and a win vs 60s, this follows the draw vs Taffs Well.

We brought new guys in and they did a job. Wannabes are a premiership team and we did well to hold them over 40 mins

The pre season is going well with everyone getting mins and gelling. We need to be more in tune with working back and marking. We move forward to our away match vs Taffs Well on Tues night.”



# Tournament Round Up

## Clevedon Winter League Round 5

### Wednesday 4th March 2026



## Summary

The fifth round of the Clevedon Winter League is scheduled to take place on Wednesday 4<sup>th</sup> of March. The league table shows that in the previous rounds CCWFC had some mixed results although still remains in touching distance of a top half finish.

### League after Round 4

| @Clevedon 65 league |                |     |   |   |    |    |    |     |     |
|---------------------|----------------|-----|---|---|----|----|----|-----|-----|
| G13-15              |                | Pld | W | D | L  | F  | A  | GD  | Pts |
| 1                   | Peasedown      | 15  | 9 | 3 | 3  | 22 | 12 | 10  | 30  |
| 2                   | Keynsham       | 15  | 7 | 6 | 2  | 16 | 8  | 8   | 27  |
| 3                   | Clevedon       | 15  | 6 | 7 | 2  | 11 | 6  | 5   | 25  |
| 4                   | Portishead     | 15  | 5 | 7 | 3  | 19 | 15 | 4   | 22  |
| 5                   | Western Rebels | 15  | 4 | 5 | 6  | 7  | 9  | -2  | 17  |
| 6                   | Cardiff City   | 15  | 4 | 5 | 6  | 10 | 15 | -5  | 17  |
| 7                   | Abbeymead      | 15  | 3 | 3 | 9  | 6  | 17 | -11 | 12  |
| 8                   | WSM            | 15  | 3 | 2 | 10 | 8  | 17 | -9  | 11  |

### Round 5 Fixtures

| G16 4th Mar  |            |  |   |  |                |
|--------------|------------|--|---|--|----------------|
| 10.30am      | Peasedown  |  | v |  | Clevedon       |
|              | Keynsham   |  | v |  | WSM            |
| 30 min games | Portishead |  | v |  | Western Rebels |
|              | Abbeymead  |  | v |  | Cardiff City   |
| G17          |            |  |   |  |                |
| 11.15am      | Portishead |  | v |  | Keynsham       |
|              | Abbeymead  |  | v |  | Clevedon       |
|              | Peasedown  |  | v |  | Cardiff City   |
|              | WSM        |  | v |  | Western Rebels |
| G18          |            |  |   |  |                |
| 12.00pm      | Peasedown  |  | v |  | Western Rebels |
|              | Portishead |  | v |  | WSM            |
|              | Abbeymead  |  | v |  | Keynsham       |
|              | Clevedon   |  | v |  | Cardiff City   |

All Cardiff games will be played on the Orange pitch and will last 30 minutes.

### Cardiff City Squad

| No | Players              |
|----|----------------------|
| 1  | Leighton Elward (GK) |
| 2  | Alun Harris (C)      |
| 3  | Gatchy Davis         |
| 4  | Jeff White           |
| 5  | Jack MacLachlan      |
| 6  | Paul Heginbothom     |
| 7  | Roger Trowbridge     |
| 8  | Chris Heavens        |

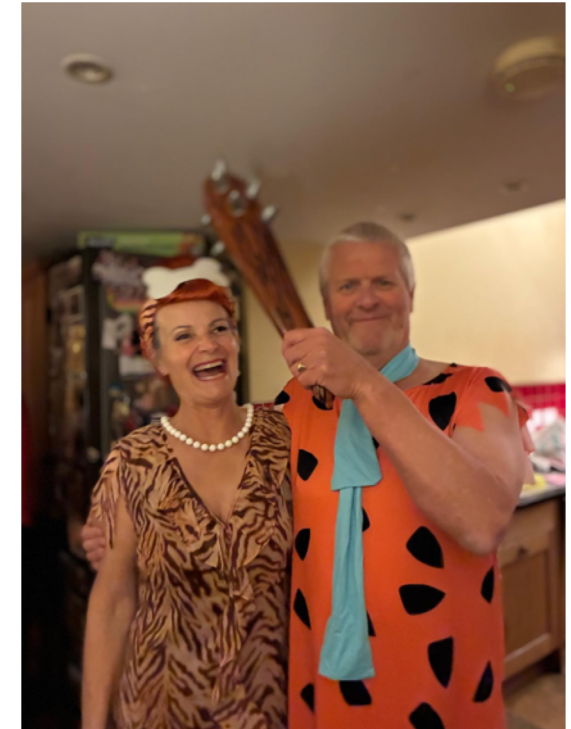
# Focus on our Club Members

## Personal stories in their own words

### Roger Trowbridge (65) – Born in Cardiff



|                              |   |
|------------------------------|---|
| <b>Home Life</b>             | I live in Cardiff with my wife, Lisa. We have been married for very nearly 40 years and have two children and three grandchildren.  |
| <b>Work Life</b>             | After doing well at school where I was head boy, I dropped out of university, twice!, before settling down and qualifying as a math teacher. I was a teacher in Wiltshire with spells as Assistant Headteacher and Head of Department for 34 years. |
| <b>Favourite Team</b>        | Liverpool   |
| <b>Football Career</b>       | I played in defence for my primary school and for my secondary school. I also played a lot of 5-a- side against 6th formers whilst a teacher in Devizes in Wiltshire.   |
| <b>Best Moment</b>           | Scoring my first goal in walking football in the Clevedon league.   |
| <b>Worst Moment</b>          | Scoring an own goal in the Gloucester league!   |
| <b>Beyond Football</b>       | I also play walking rugby for Cardiff Barbarians. I am a keen birdwatcher and photographer and my wife and I are lucky to have travelled around the world.  |
| <b>Why Walking Football?</b> | Why not? Nothing is better for body and soul. The social life is pretty good too with lots of new friendships developed along the way.  |
| <b>Best Moment WF</b>        | Becoming chairman of CCWFC and working with a great team to develop our wonderful club.   |
| <b>Football Heroes</b>       | Steven Gerrard & Bobby Charlton   |
| <b>The Future</b>            | I hope to continue playing walking sports well into my 70s.   |



**Fact** – The Flintstones was first broadcast in 1960, the same year Roger was born!

# Focus on our Club Members

## Personal stories in their own words

### Gary Rix (68) – Born Holbeach, Lincolnshire.



|                              |  |
|------------------------------|--|
| <b>Home Life</b>             | I recently moved from Cardiff to North Wales but I also live in Cyprus. Married with 3 step children and 3 grand kiddies.  |
| <b>Work Life</b>             | I trained as a Psychiatric Nurse in London before moving to Cardiff where I worked in management. General Manager for Mental Health and latterly Woman and Children’s Services which I really hated! |
| <b>Favourite Team</b>        | I supported Spurs but at the age of 8 was threatened with violence if I didn’t support Man United so being a coward I switched allegiance.   |
| <b>Football Career</b>       | Uninspiring - right back for the school some Sunday league in the 80s and 5 a side in my 50s. Never any good. Played in the Vets League last year - Also never any good.                             |
| <b>Best Moment</b>           | Getting a head injury and spending 3 hrs in A&E getting stitched up. It was at that point I gave up Sunday League.   |
| <b>Worst Moment</b>          | Breaking my leg playing 5 a side. It was at that point I gave up 5 a side.   |
| <b>Beyond Football</b>       | I play a bit of Padel, I read ,do my weights, but basically bugger all.  |
| <b>Why Walking Football?</b> | A club started in Cyprus so I tried it enjoyed it and from there found CCWF.   |
| <b>Best Moment WF</b>        | Captaining Cyprus I would say captaining Cardiff but nobody could decide if I was captain for more than a week.  |
| <b>Football Heroes</b>       | Vince Driscoll- so little talent and spread so thinly. Joe “Elbows” Quarini an inspiration and a mafia don. Colin Dickens - got me to the World Nations Cup and always supportive.                   |
| <b>The Future</b>            | I’ve started refereeing, but I’m looking for an over 70s team in the north. Hope to represent Cyprus in France next year.  |



**Fact** - Did you know that Geoff Capes was also born in Holbeach Lincolnshire?

## Focus on Health

# The Four Numbers That Matter 4 – PSA Focus on Prostate Cancer 1

Dr. Chris Heavens



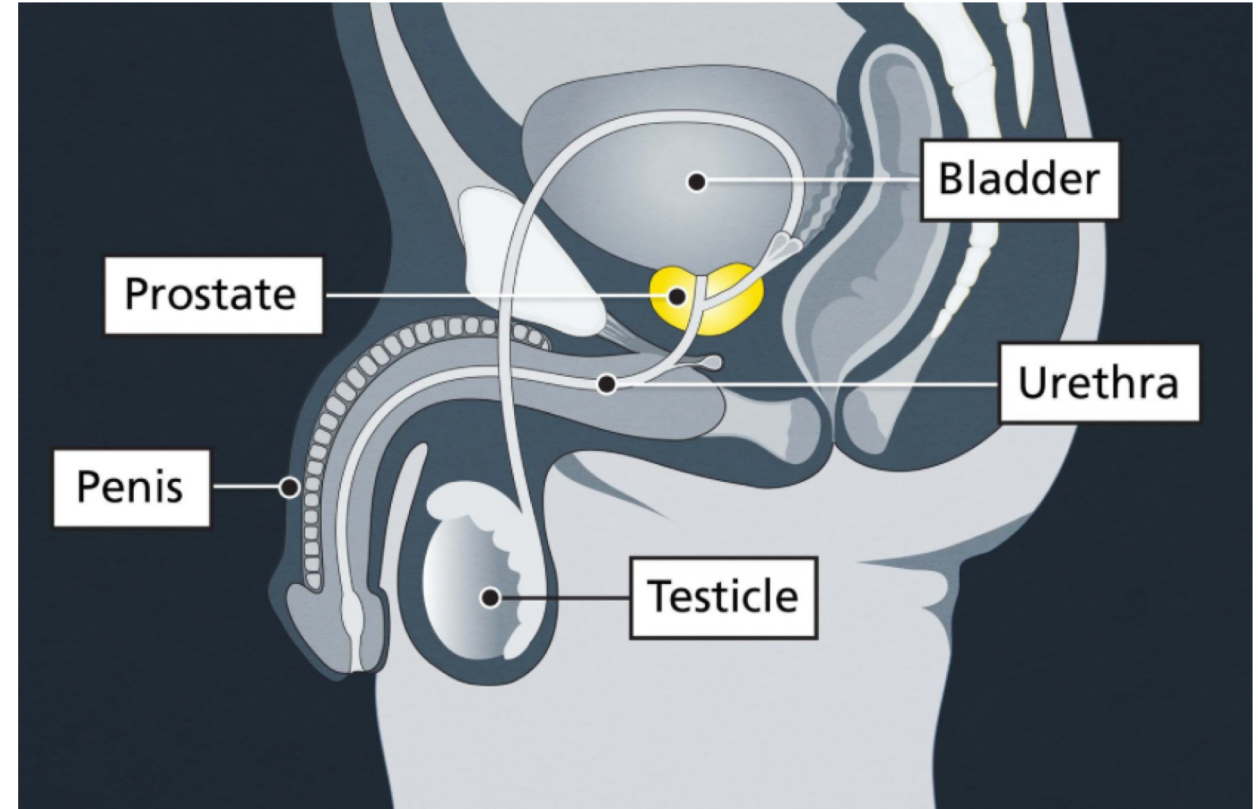
[CCWFC Website](#)

This is the last in my series of numbers that you should know about yourself, and this number is a little controversial. I'm talking of course, about your PSA (Prostate Specific Antigen) level.

Prostate cancer has often been in the news recently with several well-known personalities announcing they have been diagnosed with this cancer and calling either for a national screening program, or at least for men to seek the test themselves.

A general national screening does not seem likely after a recent government review so it is down to individual men seek the test (which is a simple blood test) themselves.

There are complications with testing for prostate cancer. Unfortunately, PSA is a less than perfect test and generally can't give a definitive yes or no as to whether a man has prostate cancer. It is used to indicate a probability of cancer and the likelihood of requirement for further testing such as an MRI or biopsy of the prostate (where several small samples of the prostate are taken for analysis).



## Focus on Health

# The Four Numbers That Matter 4 – PSA Focus on Prostate Cancer 2

Dr. Chris Heavens



[CCWFC Website](#)

Prostate cancer is the most common male cancer with an estimated 1 in 8 men being affected at some point in their lives. If you have a close relative with prostate cancer, or if you are of Afro-Caribbean descent, your risk is higher. Risk also increases with age.

Actually, many cases of prostate cancer will run a benign course and never cause the man any problems, but some cancers are much more aggressive and will spread and lead to much ill health and possibly death. Because treatment itself for prostate cancer can lead to several temporary and long-term health problems, unnecessary treatment should be avoided. Deciding which type of cancer (benign or aggressive) is usually determined by the MRI and biopsy.

Prostate cancer is often without symptoms until it is advanced. Occasionally a man may get urinary symptoms but these are much more commonly caused by the natural enlargement of the prostate with age. Certainly though, if you experience any persistent problems with your 'waterworks' you should consult your GP.

This isn't straightforward, but my personal view is that all men over 50 (and over 45 for those at higher risk) should request a PSA from their GP. They will want to counsel you about the consequences and some may feel differently to me, but they are required ultimately to agree to give you the test. I feel also that it is reasonable to have the test repeated about every 2 years unless your results are more borderline, when an increased frequency might be more appropriate.

## Summary

1. Prostate cancer affects the prostate gland.
2. The prostate is a small, walnut-size gland under the bladder. It produces a thick, white fluid that mixes with sperm to make semen.
3. Prostate cancer is most common in men over the age of 50 or from a Black African or Caribbean background. Anyone with a prostate can get it.
4. How serious prostate cancer is depends on if it's spread to other parts of the body.
5. Prostate cancer can be successfully treated if it's diagnosed at an early stage.
6. Prostate cancer does not usually have any signs or symptoms at first. Later signs may include back, hip or pelvis pain, or difficulty maintaining an erection. You may also have problems peeing, but this could be a sign of other prostate problems.

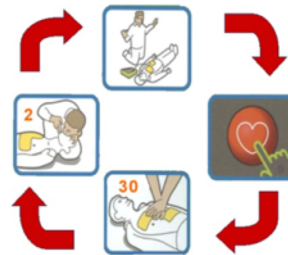
# Focus on Health

## 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 |
|------------------------------------|-------------|------------|---------------------|-------------------------------|--------------------------------|---|--|

#### **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.

# Cardiff City Walking Football Club

## Code of Conduct

### Values, Standards & Behaviours



## Value

Ensure everyone enjoys walking football in a safe, fair, and welcoming environment whilst promoting respect, inclusivity and the protection of the club's spirit and reputation.

| Standard                | Behaviour  |
|-------------------------|--|
| Respect for All         | Treat teammates, opponents, officials, and spectators with courtesy                                  |
| Fair Play               | Follow the Laws of Walking Football, always walk, never run, and respect officials' decisions        |
| Inclusivity             | Welcome all over-50s regardless of background or ability. No discrimination, harassment, or bullying |
| Safety & Health         | Prioritise wellbeing, follow safety guidelines, and promote fitness                                  |
| Team Spirit             | Encourage cooperation, camaraderie, and positive morale  |
| Conflict Resolution     | Resolve issues respectfully and involve the committee when needed                                    |
| Integrity               | Be honest, uphold the club's reputation, and report unethical behaviour                              |
| Support & Encouragement | Help players of all levels, celebrate effort and achievements  |
| Compliance              | Follow club policies, membership, and fee requirements   |
| Lead by Example         | Be a role model on and off the pitch   |

**⚠ Failure to follow the Code may result in disciplinary action!**

**There is a separate policy on this.**

As a reminder, all policies and key documents that relate to our club can be found on the website:

[www.cardiffcitywalkingfootball.org](http://www.cardiffcitywalkingfootball.org)