

Cardiff City Walking Football Club

The Bluebird News



[CCWFC Website](#)

Headlines

- **John Barnes**, club Life President, has decided to step back from the management committee, although will remain an active club member and continue to support the club and join members at our regular sessions.
- **Andrew Diplock** was elected as the club's vice chairperson following the club AGM.
- **Gary Rix**, club member, plays in an international walking football event representing Cyprus as captain in both the 60s and 65s teams against England. The event took place in Cyprus, Gary's second home.
- Wales, captained by **Joe Quarini**, over 75s Vets Football team were beaten 0-2 by England, played in Newmarket on November 26th. [Click here for full details.](#)
- A new feature has been added to the newsletter. Readers are now able to link directly with the club's website by simply clicking on the link in the top right hand corner of each page. This will give access to additional information related to articles featured in the newsletter and all other club news, announcements and picture gallery. In line with the club's communication strategy, league and tournament managers will be asked to send their match report directly to **Andrew Diplock**, in order to make the news more quickly available. Summary reports will continue to be published in the newsletter.

AGM 6th October Highlights



[CCWFC Website](#)

The full details of the event can be found on Spond and highlights on the Website - Click the Link! Headlines given below

- John Barnes, as Life President welcomed all members and thanked everyone for their continued support and attendance.
- Phil Pepper as current Chair reported a successful year on and off the field, including strong attendance at training sessions and at various tournaments across the UK and in Portugal. The club continues to grow, with over 115 members, a significant expansion from the origins of the club over 5 years ago. Emphasis is still placed on enjoyment, inclusion, fitness and for those that want it, a competitive element also. The Chair congratulated those individuals that have excelled in representing Wales at Walking Football and the success of the 70s team in winning the league. Two awards were presented as follows: Clubman of the Year as voted for by members –awarded to Steve Bright for his contribution to organising the Wednesday Social Football session and welcoming new members to the club. Chairman's Award, a new initiative introduced this year, was awarded to Alan Nicholls for his outstanding contribution in organising social events and for his loyal commitment to all aspect of club life.
- The Treasurer presented the 2024–25 accounts to 31 August 2025. The club remains in a healthy financial position albeit reserves reduced in the year mainly due to investment in equipment. Main expenses were kit, pitch hire, tournament entry fees, and equipment. Members were reminded of the importance of prompt and accurate payments via the club's bank account. A full breakdown of financials can be requested by members from the Treasurer.
- John Barnes will remain as Life President, other officers were elected as follows:

Role	Elected Member	Role	Elected Member
Chairperson	Roger Trowbridge	Welfare, Health & Safety	Peter Richards
Secretary	Andrew Diplock	Competitions Officer	Paul Heginbothom
Treasurer	Dave Peek	Social Football & Equipment	Steve Bright

Committee Update



[CCWFC Website](#)

The first committee meeting following the club AGM was held on Tuesday 11th of November. Main points agreed are given in the following summary

- John Barnes resigned his position on the management committee and was thanked by the chair for his past service and contribution to growing the club, the support he has given through the life of the club. It was noted that in his position as Life President he intended to continue to participate in club activities.
- Andrew Diplock was elected as vice chairman
- Paul Heginbothom was welcomed to his first committee meeting in his role as competitions officer. He will oversee the entry of all age group sides in leagues and tournaments. He will also consult with all members on their availability and interest in representing CCWFC in competitive and social matches.
- Anyone who was recently joined the club for a fee of £10 and who is interested in buying a club jersey should contact Roger Trowbridge
- All sessions at Ocean Park are now two hours long and cost the club £145 per session.
- The membership fee for 2026 was confirmed at £15 per person.
- Steve Bright in his role as equipment officer will oversee the purchase of some new goalkeeping gloves, glove liners and pitch markers.

Committee Update



Paul Heginbotham is appointed to the Cardiff City Walking Football Club Committee as the first Competitions Officer.

The Role of the Competitions Officer

- Organises and administers club participation in leagues, friendlies, and tournaments.
- Appoints and supports season and temporary team managers for competitive events.
- Liaises with organisers, referees, and opposition teams to ensure smooth delivery.

On accepting the role Paul made a few initial comments

"When the position of Competitions Officer was first mooted the appeal of getting our club into more tournaments certainly appealed to me and I also started to think how we could achieve an upturn in results. What followed was some fact finding both inside and outside the club to see how we could best position ourselves and there's a plan in place that'll hopefully see the best players competing for league and tournament success. What I do recognise is that there will be members who will be disappointed at not being selected but they should seek out the reasons why and then endeavour to make themselves a better player and ensure they get selected in the future. What would be beneficial is that we have non playing managers for the 60's and 70's squads and should anyone have the burning decision to be considered, please send me a message or speak to me at one of the club sessions. You will have seen my first post and the individual messages regarding squad consideration will be sent, on Spond, to each member over the next few days. Please keep your eyes peeled and respond asap."



Paul Heginbotham

Social Event – Marie Curie Charity Quiz Night

Report by Peter Richards

Friday 10th October 2025



The Bluebirds Quiz Team



Alan George and wife Pauline

Alan Nicolls - CCWFC Social Manager

Leanne and Ceri Jones

Bernard Edwards

Jon Bennetts

Cardiff City Walking Football club embrace community life and try to support charities and events where and whenever possible . Friday October 10th was no different.

The Marie Curie Charity quiz night was held at Penarth Cons Club - organised by club member , and quiz host - Chris Goldini.

With Cardiff City Walking Football Club once again entering a team and suitably named 'The Bluebirds' With no previous success at these superbly organised Marie Curie quiz nights - the 'Bluebirds' faced stiff competition from 23 other teams . Over a number of rounds subjects included sport, films, pictures and general knowledge. Although billed as 'social' the atmosphere was competitive and intense. No surprise there! With the final round approaching ' The Bluebirds' felt confident, with victory expected, following the final checking of the scores.

And YES! The Bluebirds had won, victorious over 23 other teams . A great result from the Bluebirds. A comment from deep in the crowd suggested The Bluebirds should give up football and focus on winning quizzes.

Of course, there was an even 'bigger winner' the evening had raised over £1,000 for the Marie Curie Cancer Charity . And a huge thank you to all attending and supporting Marie Curie from everyone at CCWFC.

Tournament Report – Cardiff Yellows - Manager Ian Herbert

Crickhowell Mini-Tournament

Sunday 18th October 2025



The Squad

Richard 'Dickie' Eastman (GK), Ian Herbert (C)
Stuart Critcher (VC), Patrick Chichester, Kevin Williams, Phil Green & Alan Nichols

Cardiff yellows were drawn in a tough group of Cwmbran A, Barry Town A and Wannabees B.. Patrick and Phil were making their competitive debuts for Cardiff City Walking Football Club.

The team played really well in the group matches, scoring four goals with none conceded. It was a strong defensive display built on good organisation and excellent communication and the ability to put the ball in the net at the other end. As is often said walking football is a simple game when played well! The undefeated performances qualified the team for the cup competition where Cardiff Yellow were pitched against fellow side, the Cardiff Blues in the semi-final. A place in the final was assured with a 4-1 victory.

In the final the Yellows went 2-0 down and having fought back well with another goal from Phil began to dominate the game, but could not quite find the equaliser. A disappointing 2-1 defeat to end a very good day. Highlight was the ability to balance attack and defend well and have patience in possession waiting for the right opportunity to attack.

Group Matches			Semi Final		
Opponents	Score	Scorers	Opponents	Score	Scorers
Cwmbran A	1-0	Stuart	Cardiff Blues	4-1	Phil 3, Patrick
Barry A	1-0	Phil		Final	
Wannabees B	2-0	Phil - 2	Cwmbran A	1-2	Phil

Match Report Cardiff 70s - Managers Paul Heginbothom & Peter Richards

Wales Walking Football Federation All Wales Playoff – Latham Park Newtown

Thursday 23rd October 2025



WWFF Playoffs 23 October			Over 70s	Newtown		Points						
Time	Pitch 1	Result	Pitch 2	Result	Pitch 3	Result	Cadiff A (Cards)	Cadiff B (Diffs)	Coed poeth	Deeside	Hav'west	Merthyr Town
12.15	Cardiff A (Cards) v pm Cardiff B (Diffs)	2-1.	Haverfordwest v Deeside	0-2	Coedpoeth v Merthyr Town	2-1.	3	0	3	3	0	0
12.45	Coedpoeth v pm Cardiff A (Cards)	1-1.	Deeside v Cardiff B (Diffs)	2-0	Haverfordwest v Merthyr Town	1-0	1	0	1	3	3	0
13.15	Merthyr Town v pm Deeside	1-0	Cardiff A (Cards) v Haverfordwest	0-0	Cardiff B (Diffs) v Coedpoeth	1-0	1	3	0	0	1	3
13.45	Cardiff A (Cards) v pm Merthyr Town	0=0	Cardiff B (Diffs) v Haverfordwest	1-2.	Deeside v Coedpoeth	0-0	1	0	1	1	3	1
14.15	Haverfordwest v pm Coedpoeth	0-0	Cardiff B v Merthyr Town	0-2	Cardiff A (Cards) v Deeside	0-1	0	0	1	3	1	3
					Total		6	3	6	10	8	7
Winners												



The 'Cards' as South Wales champions, travelled north to Latham Park, Newtown mainly in good spirits but mindful of having a bare squad of 6 and in the knowledge that they would be facing 5 tough play off games, each game of 20 minute duration, to decide the best over 70's club side in Wales. They were joined by the 'Diffs' who qualified in one of the South Wales league runner up spots. As anticipated the day proved difficult for both teams as the table of results reveals, leaving the 'Diffs' propping up the final table have collected only three points from their single victory against Coedpoeth. The 'Cards' finished with a much more creditable total of 6 points, comprising one win, three draws and one loss to the eventual champions Deeside. The 0-1 loss against Deeside, as is often the case was a result that could have gone either way and as it turned was the Championship shoot-out given the outcomes of the games involving the other contenders. When the dust had settled and the disappointment subsided, reflecting on the day the team should take great credit from the fact that they were able to overcome the unfortunate injury to Andy McMath early in game two, which initially meant Andy pulling on the goalkeeping gloves and Dave Tracy filling in the gap this left in midfield. This was for Dave, with a knee replacement operation looming, a challenge to say the least. Colin Dickens co-manager, who had played in the last round of the South Wales league was spectating, immediately set about finding his kit and when able he replaced Andy in goal who was then passed over the medical staff. It was a great team effort and testament to the spirit the 'Cards' have shown throughout the campaign. It is worth noting that this defeat was the first and only defeat of the season and the players can rightly hold their heads up with pride.

Match Report Cardiff 60s - Manager Paul Heginbothom

Gloucester League Round 2

Thursday 18th September 2025



Cardiff City WFC sent a strong over 60's squad to Bristol for the 2nd Round of fixtures in the Gloucester League. The fixture list wasn't kind and we found ourselves lining up against Weston once again. The team started brightly and the Weston keeper was called into action many times but as in all football if you don't score then the opposition grows in confidence, not that Weston needed any encouragement in that department and they took two opportunities presented to them and ran out winners in the first game. It was straight into the next game against Calne and it's safe to say that we didn't get going and Calne scored at regular intervals and ran out worthy winners 3-0. Game three saw us face Swindon in what turned out to be a frustrating and feisty affair that the referee failed to control from the first whistle to the last. There was way too much 'not walking' and for a game that's supposed to be non contact, it resembled a wrestling contest at times. Swindon scored the all important first goal and literally held onto their lead.

Overall it was day to forget with defensive lapses, poor positional play and wayward shooting. Round 3 is being played on November 20th.

Over 60s - Group A

Pos	Team	Home						Away						Overall					
		P	W	D	L	F	A	W	D	L	F	A	W	D	L	F	A	GD	PTS
1	Weston-Super-Mare	7	0	0	0	0	0	6	1	0	10	2	6	1	0	10	2	8	19
2	Barry Town	7	3	3	0	6	2	0	1	0	0	0	3	4	0	6	2	4	13
3	Calne Town	7	2	1	1	5	1	0	2	1	0	1	2	3	2	5	2	3	9
4	Swindon Town	8	0	0	1	0	1	2	3	2	3	3	2	3	3	3	4	-1	9
5	Keynsham Town Reds	8	1	0	2	2	4	1	3	1	2	4	2	3	3	4	8	-4	9
6	Clevedon Town	7	1	2	0	3	0	1	0	3	2	5	2	2	3	5	5	0	8
7	Abbeymead Rovers	6	1	4	1	1	2	0	0	0	0	0	1	4	1	1	2	-1	7
8	Cardiff City	6	0	0	5	1	7	0	0	1	0	3	0	0	6	1	10	-9	0

Cardiff Results

Game 1 v Weston 0-2

Game 2 v Calne 0-3

Game 3 v Swindon 0-1

Match Report Cardiff 60s - Manager Paul Heginbothom

Gloucester League Round 3

Thursday 20th November 2025



Another Thursday excursion to the Gloucester League started with -4 temperatures in South Wales but all players arrived in time and readied themselves for the games ahead. First up were Swindon and the team took the game to their robust opponents and three good chances were created but none hit the net and at the end of the game the first point of the season had been secured by means of a 0-0 draw. It was a game that we should have won but it was also a game that we could have lost in the last seconds that saw Swindon have a corner and for some inexplicable reason, three Swindon players were left unmarked on the edge of the box but thankfully the shot went wide of the goal. Lesson to learnt here is that a referee will not change their minds do keep focused at all times. Game two saw us facing our local rivals Barry Town and as usual it was a cagey affair. Barry fielded 4 players from the recent Wales over 60's squad and it was one of those players that scored what proved to be the only goal of the game. Game three and it was Clevedon who we were facing. It was a game where players were way off the pace, marking was poor and movement was at a premium and the final score of 0-4 was a fair reflection of the game. The fourth and final game saw us up against Weston for the third and final time and with the two previous games being tight encounters it was hoped that this would be the same, especially as Weston were without some first team regulars. Cardiff had some great possession in the first two minutes but as soon as Weston mounted a meaningful attack they scored and it was quickly followed by two more. At 0-3 down, the lads rallied and following a good shot by Roger Trowbridge the save by the Weston keeper fell kindly to Chris Heavens who steered the ball into the open net. The teams changed ends at half time with a 1-3 score line but any hope of a comeback was extinguished when our club chairman marked his recent appointment by doing something extremely rare in walking football and that's to score an Own Goal! A 5th goal followed and there's bound to be some reflection on what transpired during the day.

Cardiff Results

Game 1 v Swindon 0-0

Game 2 v Barry 0-1

Game 3 v Clevedon 0-4

Game 4 v Weston 1-5

Squad

Graham Rees, Paul Heginbothom, Roger Trowbridge

Jack MacLachlan, Robert Firth, Ian Herbert, Chris Heavens, Stuart McDermott.

Pos	Team	P	W	D	L	GD	PTS
1	Weston-Super-Mare	11	8	1	2	10	25
2	Barry Town	10	5	5	0	6	20
3	Clevedon Town	10	4	2	4	6	14
4	Calne Town	10	3	4	3	3	13
5	Abbeymead Rovers	9	3	4	2	-1	13
6	Swindon Town	11	2	6	3	-1	12
7	Keynsham Town Reds	11	2	5	4	-5	11
8	Cardiff City	10	0	1	9	-18	1

International Match Report

Walking Football - Cyprus v England 60s & 65s

Club Member Feature – Gary Rix



Gary Rix recently played two games against England at 60 and 65 level captaining both teams. The over 65s went in at half time 1-1 but ultimately ran out 4-1 losers against a very well drilled and powerful England side. In the 60s Cyprus went 1-0 up from a corner and led till the 53rd minute when an errant back pass found the England CF who equalised. Gary would like to stress if wasn't his pass. "The game was incredibly fractious I don't think England were used to losing a game so deep into it". This was Cyprus 60s men's first International game and an incredible result. The final game saw a potent Cyprus 50s team beat England 3-0. Cyprus is now on the walking football map and we hope to reinforce this in France next May.



[Click here for a full report and match pictures](#)

Focus on Health

The Four Numbers That Matter 3 – Focus on Diabetes

Dr. Chris Heavens



In my first article for the newsletter, I mentioned the 4 numbers you should know about your body to prevent serious health issues. In this newsletter I'm concentrating on the third of those numbers – Blood Glucose level.

The third important number to know about your health is your blood glucose level, or more precisely your HbA1c level which reflects your average blood glucose levels over the previous 6 weeks. It is this level that is used to diagnose and monitor diabetes. There are two main types of diabetes, type 2 being the most common by far and it is this condition on which I will concentrate in this article. Type 2 diabetes is a condition where the body can't use glucose properly leading to elevated glucose levels in the blood which over the long term can lead to several very serious health consequences.

In the UK 4.3 million people have diabetes, and it is estimated that there are a further 1 million who have diabetes but are not aware of it. In addition, it is estimated that there are 6.3 million people with pre-diabetes, with glucose levels just below diabetic levels but many of whom will progress to develop full diabetes. Therefore, in total there may well be 1 in 12 of the adult population at risk.

Diabetes may present with symptoms of urinary frequency, thirst, excessive tiredness, involuntary weight loss, recurrent infections or blurred vision but also in its early stages, diabetes may have no symptoms at all, which is why it is important to find out your glucose levels. This is particularly important if you are at higher risk because you are overweight or have a parent or sibling already diagnosed with diabetes. Risk also increases with age or if you have a South Asian or Black African heritage.

Over the years someone with untreated diabetes may develop serious complications such as heart disease, strokes, poor blood circulation to the legs leading possibly to amputation, blindness or kidney disease.

The complications are serious and potentially life changing, but the GOOD NEWS is that diabetes can be effectively treated with lifestyle change and medication (very few would actually need insulin). In fact, in the very early stage and with pre-diabetes the condition can in some cases be completely reversed with just dietary changes and exercise.

You can reduce your risk of diabetes by keeping active, having a low sugar diet, and keeping your weight, or more accurately, your waist measurement, under control.

I would think that most GP practice nurses would be willing to check your HbA1c, which is a simple blood test, particularly if you are at increased risk. Knowing that your glucose levels are high and then doing something about it could be one of the most important actions you could take to help maintain good health into the future.

Cardiff City Walking Football Club

Laws of the Game & Refereeing

A Player's Guide by Andrew Diplock – The Man in the Middle



[CCWFC Website](#)

Laws of the Game

As members will be aware, our club plays the majority of the time to the FA Walking Football Laws of the Game, a copy of which can be found on our website:

<https://cardiffcitywalkingfootball.org/laws-of-the-game>

You will also notice that we have now published a simplified interpretation of the Laws of the Game on the same website page for members' ease of reference.

Key Areas

Not Walking

- Players must walk: one foot in contact with the ground at all times.
- Running, jogging, or skipping is a foul — posture and gait are key indicators.
- Most breaches happen during quick movements like chasing or shooting.

Contact

- No deliberate physical contact — it's a non-contact sport.
- Incidental contact must be minimal and not used to gain advantage.
- Blocking or impeding with the body is not allowed unless stationary.

No running - just walk

No Contact

No slide tackling or tackling from behind

No heading the ball and the ball must not go above 2m (or height of crossbar)

No playing the ball if kneeling, sitting lying on the ground

No backing into a defender when in possession of the ball

No offsides

Freekicks are always indirect – corners and penalties are direct

No abusing the referee, teammates or opposing players

Refereeing

The club is committed to raising the standard of refereeing generally in the game and developing a pool of referees to aid the development of playing members in competitive environments and to ensure safety at all times. Note....not all refs look like this guy, but we do like a whistle!!

Please contact **Peter Richards** or **Andrew Diplock** if you are interested in becoming a club referee or have any questions.

The Toybox Referee



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