

Cardiff City Walking Football Club

The Bluebird News



Headlines

- **Joe Quarini feasts on Sushi and Sashimi**

- Joe Quarini has been selected to represent Wales Vets over 75's at the World Cup in Japan. The tournament is being held in Tokyo from Wednesday 1st to Friday 3rd of October. The Wales 70s squad also are hoping to retain their World Cup Crown as current holders.
STOP PRESS – Wales 75s lose to England in semi-final on penalties and Wales 70s retain World Cup Crown beating US 2-0 in the final.

- **Andy McMath receives a Welsh Walking Football International Cap**

- Congratulations to Cardiff City's Andy McMath on receiving a Welsh International Cap following his participation in the Wales over 70s team in Malmo. The squad also included Bryn Davies.

- **Parkinson's UK Charity Event**

- Parkinson's UK Cardiff are holding a dinner to be accompanied by Deano Martini on the 8th of November for what promises to be a very enjoyable evening. For tickets and more information contact either Neil O'Toole or Sharon Quinn on 07917 752097 or by email - sharonquinn@hotmail.co.uk.

- **Ian Herbert crowned Welsh Triathlon Long Distance Champion**

- Ian, running in aid of Prostrate Cymru is the first Welsh finisher in the Tenby Ironman over 60s and to date has raised over £3000 for a very worthy charity – Full story inside.

- **Cardiff City Walking Football Team Clubman of the Year**

- Following an initial pool of ten nominations for the prestigious CCWFC Clubman of the Year the committee announced a head to head face off between the two club stalwarts, Peter Richards our Welfare Officer and Steve Bright our Social Team Manager, both committee members. It is expected to be a close run race with the winner announced at the club AGM being held at the Cardiff City Leckwith Stadium on Monday 6th October, kick off @ 19.00pm.

Committee Update - 1



A Cardiff City Walking Football Club committee meeting convened two meetings since the publication of the previous newsletter, 27th August and 18th September, with the main order of business focusing on preparation for the forthcoming AGM. The following points of committee business can be noted.

- The date of the AGM was confirmed as Monday 6th October, starting at 7.00pm. Due to number of members who accepted the invitation notification the venue of the meeting was moved to the Cardiff City Stadium Leckwith Road, Fred Keener Room. Entry is via Main Reception with the meeting room located on Level 2
- Member questions & proposals to be sent to Roger Trowbridge in advance of the meeting to help manage and prioritise the agenda.
- A notification was issued requesting nominations for CCWFC Clubman of the Year. The winner will be announced at the AGM.

Nominations for CCWFC Committee

- The term of office for all members of the current committee, with the exception of the club's Life President John Barnes, comes to an end on Monday October 6th 2025--the date of the AGM.
- THE CURRENT COMMITTEE THEREFORE INVITES NOMINATIONS FOR THE 6 COMMITTEE ROLES THAT WILL BECOME VACANT AT THIS TIME. PLEASE READ THE ATTACHMENT TO THIS POST. **Note** Committee Roles and Responsibilities are detailed on the following page.
- It should be noted that our current Chairman, Phil Pepper, will not be standing again in any capacity. Phil has been instrumental in making the club the success it is today. His efforts will be properly recognised in the very near future and there will be more to say at the AGM. With the exception of Phil, all other current committee members will be standing again.
- Nominations are to be sent to Roger on rogertrwbridge@btinternet.com. PLEASE MAKE SURE THAT EACH NOMINATION RELATES TO A SPECIFIC COMMITTEE ROLE.
- Deadline for nominations is 29/9/25 It should be noted that members can nominate themselves as well as other club members.

Committee Update - 2



Cardiff City Walking Football Club Committee Roles and Responsibilities

The committee works collectively to ensure the club is run effectively, fairly, and in the best interests of all members. Each role carries specific responsibilities, but all committee members share accountability for good governance, financial sustainability, and the promotion of an inclusive, safe, and enjoyable environment for walking football. In summary, the roles include but are not limited to the following responsibilities:

Life President

- Acts as a figurehead and ambassador for the club.
- Provides advice, guidance, and support to the committee when required.
- Upholds the values, traditions, and long-term vision of the club.

Chairperson

- Provides leadership to the committee and ensures meetings are well-structured and productive.
- Sets agendas, facilitates discussion, and ensures fair and democratic decision-making.
- Represents the club externally (e.g. leagues, governing bodies, community partners, other stakeholders).

Vice Chair

- Supports the Chairperson and stands in when the Chairperson is unavailable.
- Helps ensure continuity and consistency in leadership,
- Provides additional oversight on key club decisions and activities.

Secretary

- Maintains accurate records including meeting minutes, policies, and correspondence.
- Coordinates meeting schedules, agendas, and official notices.
- Manages communications through email, Spond, and the club website.

Welfare, Health & Safety Officer

- Ensures member welfare on and off the pitch, acts as first point of contact for any concerns.
- Oversees health & safety compliance including risk assessments and accident reporting where applicable.
- Monitors new and existing members, tracks progress with relevant team managers regarding progression.
- Promotes and co-ordinates quality refereeing within the club.

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.

Social Football & Equipment Officer

- Ensures the smooth running of social football sessions and inclusive play, ensures new members are welcomed and introduced to the club.
- Manages and maintains club equipment including balls, bibs, and first aid kits.
- Ensures resources are available for both training sessions and matches.

Match Report 70s Cards & Diffs - Managers Colin Dickens & Peter Richards

Caldicot Summer Tournament – Penydarren Park Merthyr

Thursday 4th September 2025



The 70s Cards WWFF League Champions 2025

Going into the final round of ,The schedule for the day was disrupted by the withdrawal of the Celtic Nations team which resulted the table being adjusted to reflect this turn of events. At stake, was not only the league title, but also qualification for the All Wales National Playoffs on Thursday 23rd of October. At the final whistle Cardiff Cards were clear winners built on resolute defending, conceding only a single goal, in thirteen games with no lost games. Cardiff Diffs finished a credible fourth and also progressed to the National Playoffs.

The table reflects a recurring theme for all of the Cardiff teams competing in leagues this and previous seasons, in that, the top teams concede very few goals, accumulate points by drawing games and rather than losing chasing the game.

Final League Table

	Team	Pld	W	D	L	F	A	GD	Pts
1	Cardiff (Cards)	13	5	8	0	11	1	10	23
2	Merthyr Town	13	4	7	2	7	4	3	19
3	Haverfordwest	13	5	4	4	10	8	2	19
4	Cardiff (Diffs)	13	4	6	3	9	7	2	18
5	Neath Dragons	13	3	6	4	5	7	-2	15
6	Abercynon	13	4	2	7	3	10	-7	14
7	Swansea LC2	13	2	5	6	4	8	-4	11
8	Celtic Nations	7	2	2	3	5	9	-4	8



Tournament Report – Manager Steve Bright

Cwmbran Festival of Football

Sunday 31st August 2025



The recently formed Gwent Walking Football Association held what was billed as a Festival of Walking Football organised with the aim of showcasing the fun and social aspect of the game. The event included social teams with players new to the game, mixed teams showcasing that men and women can play together and individual men and women teams in various age categories. There was also a competition for more experienced league teams which attracted all of the usual suspects, Barry, Abercynon, Merthyr Police and The Celtic Nations to name a few. On this occasion Cardiff decided to only enter our social team under the stewardship of Steve Bright, the committee member responsible for running the club's Wednesday social session.

Manager's Report

We arrived at Cwmbran to amazing facilities and fantastic pitches. The squad comprised of Leighton Elward, Jon Cotterrall, Jeff Jones, Marc Rees, Russell Beer, Dave Porter, Vic Airey, Paul Leverett & Steve Bright.

Game 1 – v Newport County 0-1 The first match was against Newport County the team controlled the early part of the match with a goal disallowed, and a couple of near misses. A momentary lack of concentration in the mid field was punished with Newport scoring. Given this was the first time the team played together it was a creditable performance against a well established team.

Game 2 – v Newport Live 1- 2 Cardiff Took a early lead though a Vic Airey goal though Newport played much better as a team. We started to gel as a team using all our substitutes to try to regain the advantage, however, were punished pushing forward and ended up losing to a late goal.

Game 3 - v Newport Live Two 1-1 By game three we were playing much better as a team and this was our best match, we went a head through a goal by Dave Porter and tried to control the game but again were undone by a late equaliser. Three games on the bounce taking it's toll.

Pete Richards team coaching was exceptional and made the whole experience that much better. Support by Alan Nicholls Summary. • Well organised event • Excellent learning experience • More communication between players. • Developing holding the ball and controlling the game. • Developing playing space, movement, passing, and moving again. • Really good way to spend a Sunday morning.



Phoenix 681 Parkinson's Football Team

The Ray Kennedy Cup

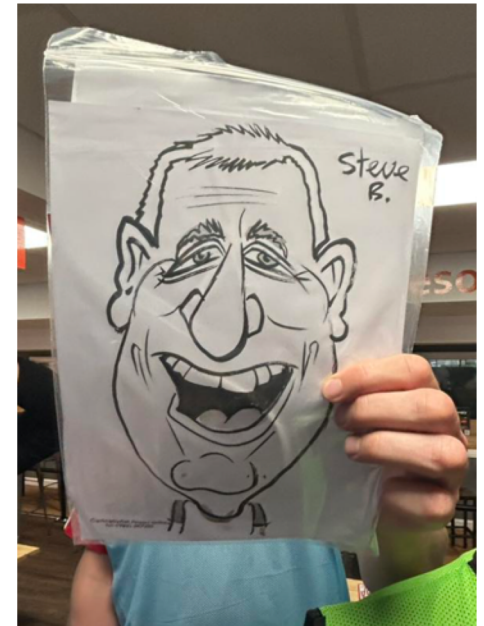
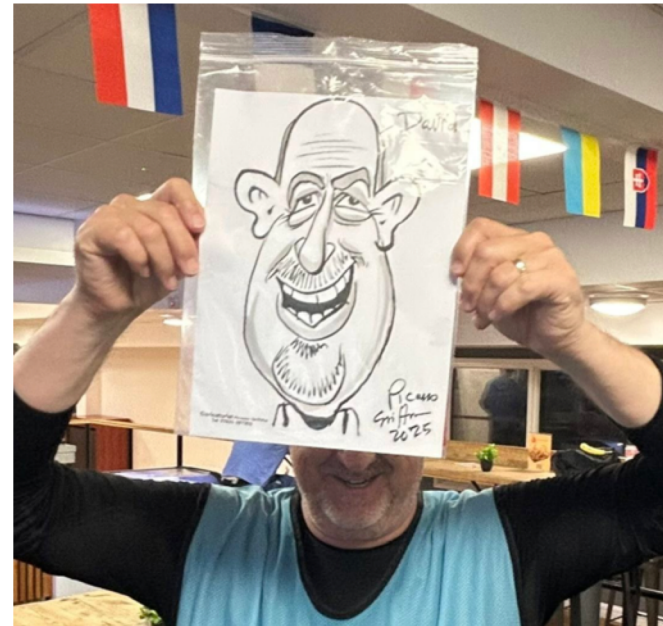
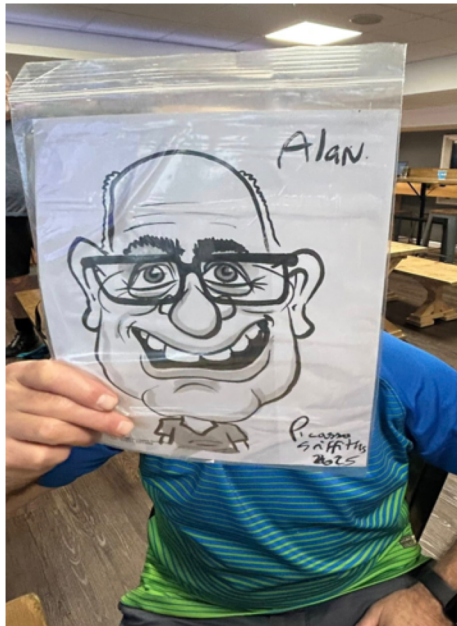
Saturday 6th & Sunday 7th September 2025



Cardiff City WFC were proud and honoured, to support Phoenix 681 Parkinson's Football Team in the running and organization of the Ray Kennedy European Trophies Tournament. The event hosted teams from many European countries, including The Netherlands, Denmark, Norway, Sweden and of course Wales. Saturday was devoted to the Walking Tournament followed by the Running Tournament on Sunday. Check out the match schedule, standings and results with Tournify. By following the attached link.

<https://www.tournifyapp.com/live/raykennedyweekend>

To further support our Parkinson 'family' - a Caricaturist, Picasso Griffiths, was invited to a social training session to draw player caricatures with the aim of raising funds. An very credible £200 was raised at the session and a few of the caricatures are attached. No prizes for putting names to the faces, given the clues! A special mention to Colin Dickens, Steve Ashton and Peter Richards for sticking up their hands to help with some of the unseen hard work



Match Report Cardiff 60s - Managers Tony Parker & Richard Eastman

Wales Walking Football Federation Round 3 – Neath Leisure Centre

Sunday 7th September 2025



The format of the final round of the Wales Walking Football Federation League was scheduled as an end of season cup competition. The format consisted of 8 teams and an initial round of four games, which would divide the teams into the cup and plate semi-finals and then the finals. A number of the original league teams were not able to fulfill all of their remaining fixtures which meant that the league games were completed in rounds one and two. The start of the cup competition was preceded by a league play-off game between Merthyr Police and Trefelin. A very competitive match, not short of some healthy niggles, was eventually won by the police.



The revised format allowed Cardiff to pool all of the available players with previous team registration disregarded. However, it was decided to stick with the core of the players who had previously played for Cardiff and Caerdydd, although late withdrawals required Dave Peek and Alan Woodward being recruited into the Cardiff Team. The rain on the day is best described as 'biblical' and the time gaps between each round made for a challenging day at the office.

Results

Cardiff			Caerdydd		
Opponents	Score	Scorers	Opponents	Score	Scorers
Methyr Police	0-1		Barry	0-0	Won on penalties
Plate			Cup		
Neath	1-0	Tony penalty	Trefelin	0-1	
Barry	0-0	Lost on penalties	Abercynon	1-2	Mike

CCWFC Summary

Cardiff overall played well only losing to the eventual winners, yet again The Police, in open play in a tight game, thus being demoted into the Plate Competition. A good result against Neath led to the Plate final against Barry which was lost on penalties. Caerdydd consigned Barry to the Plate competition, however playing well with a strong team ethic lost their following two matches.

A summary from both managers, Tony and Dickie highlighted defensive errors and a lack of bite in front of goal.

Match Report Cardiff 60s - Manager Paul Heginbothom

Gloucester League Round 1

Thursday 18th September 2025



Managers Report

Cardiff City WFC have once again entered the over 60's Gloucester League, having secured a last minute vacancy due to a side being unable to fulfill their fixtures. The first round of fixtures was on Thursday 18 September and the results are shown below. A squad of 8 was selected but due to an injury Gatchy was forced to pull out at the last minute but admirably he was there to support the rest of the squad. The spectators also included Martin Pritchard who was able to offer advice and guidance throughout the morning. It showed great commitment from both.

Full Results Table

Type	Date / Time	Home Team	Away Team	Competition
+	L 18/09/25 10:00	Abbeyleigh Rovers	0 - 0	Barry Town Over 60s - Group A
+	L 18/09/25 10:00	Abbeyleigh Rovers	0 - 0	Calm Town Over 60s - Group A
+	L 18/09/25 10:00	Abbeyleigh Rovers	1 - 0	Clevedon Town Over 60s - Group A
+	L 18/09/25 10:00	Calm Town	2 - 0	Clevedon Town Over 60s - Group A
+	L 18/09/25 10:00	Calm Town	0 - 0	Swindon Town Over 60s - Group A
+	L 18/09/25 10:00	Clevedon Town	0 - 0	Swindon Town Over 60s - Group A
+	L 18/09/25 10:00	Cardiff City	0 - 1	Clevedon Town Over 60s - Group A
+	L 18/09/25 10:00	Cardiff City	0 - 1	Keynsham Town Reds Over 60s - Group A
+	L 18/09/25 10:00	Cardiff City	1 - 2	Weston super Mare Over 60s - Group A
+	L 18/09/25 10:00	Barry Town	1 - 0	Calm Town Over 60s - Group A
+	L 18/09/25 10:00	Barry Town	0 - 0	Keynsham Town Reds Over 60s - Group A
+	L 18/09/25 10:00	Keynsham Town Reds	1 - 0	Swindon Town Over 60s - Group A
+	L 18/09/25 10:00	Keynsham Town Reds	0 - 1	Weston super Mare Over 60s - Group A
+	L 18/09/25 10:00	Swindon Town	0 - 1	Weston super Mare Over 60s - Group A

Cardiff Results

Game 1 v Weston 1-2
Chris Heavens

Game 2 v Clevedon 0-1

Game 3 v Keynsham Town Reds 0-1

Well done to everyone in the squad on the day. A really enjoyable outing against some very good teams. Unfortunately a predictable and familiar flavour to the results, although as ever it was down to very fine margins and a testament to our teamwork. Thanks to Tony for helping to pulling it all together and again to Martin for his coaching and support from the side lines. It is worth noting that the speed of the game and the level of contact tolerated by some good referees goes way beyond the standard we are attempting to enforce at our club sessions. At the conclusion of the three games there was a discussion amongst the squad and for future sessions in this league there will be a squad of 7 and with just 3 games it means that all players will sit out one half of a game. To dilute the game time any further would be unfair, especially given the time and distance of travelling. Finally, for clarity, the player wearing the non-standard kit and posing like a pop star is Vince Driscoll.

The Story of CCWFC's own Ironman

Ian Herbert

Ironman Wales September 2025 - Tenby



Ian's story,

"As many of you know, in November 2023 I was diagnosed with prostate cancer. I had no real symptoms and only went for a psa test after listening to Paul Bodin, a former professional footballer on the radio talking about his prostate cancer.

After a range of tests I was fortunate to learn it hadn't spread. I had a radical prostatectomy in February 2024 and the results are good from my regular post operative check ups.

I have always engaged in sporting activities of various kinds, and my fitness and training certainly helped me get through this stressful and worrying time. After my latest check up, I decided I wished to attempt the very challenging, Ironman Wales in 2025, to raise funds for Prostate Cancer Cymru.

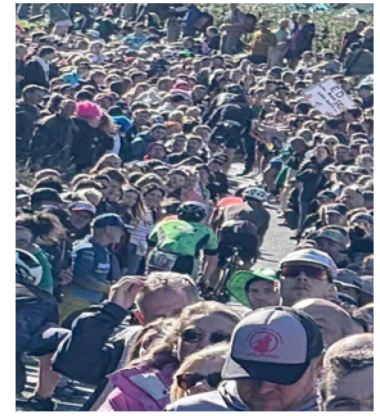
If you can donate anything to this excellent charity it would be very much appreciated.

Thank you for taking the time to read my story

Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving - they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate - saving time and cutting costs for the charity'

To donate use the link below Donations at the time of press were in excess of £3000

<https://www.justgiving.com/page/ian-herbert-1732456428221#supportersList>



The event, Ironman Wales in Tenby comprised a 3.8 km two lap sea swim in North beach, Tenby. This was followed by a 180 km very hilly bike ride with around 2,600 metres of climbing elevation. Then straight into a 4 lap hilly full marathon of 42km. Ian finished in a time of 13:12:30 with a marathon time of 4 hours and 8 minutes. Swim time was 1 hour 20 and bike 7 hours 14. He was placed 8th overall in over 60s category and first Welsh finisher. This race was the Welsh Triathlon long distance championships which resulted in Ian winning that title this year. A huge congratulations for an outstanding performance.

Focus on Health

The Four Numbers That Matter 2 – Blood Pressure & Cholesterol

Dr. Chris Heavens



In my article for the last 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 first 2 of those numbers – blood pressure and cholesterol.

Blood Pressure

Your blood pressure is actually written as two numbers such as 120/80 where the upper number is known as the systolic and represents the pressure when your heart beats and the lower number is the diastolic and represents the pressure when your heart is resting between beats. Your blood pressure will naturally vary during the day and with different activities and also blood pressure tends to increase with age. A 'perfect' blood pressure would be 120/80 but if your blood pressure was over 140/90 consistently then you would have high blood pressure, known as hypertension.

In the vast majority of cases, hypertension causes no symptoms in itself (only if very severe is it likely to cause headaches for example) so you won't know you have it until you were struck by one of the very serious consequences such as stroke, heart failure, kidney disease, sight loss, dementia. (In fact, a friend of mine had a sudden stroke in his mid 50s and only at that point discovered he had very high blood pressure – he has only partially recovered).

So, I say, know your blood pressure so that you can have treatment if it is necessary, before any serious adverse effects occur. Your GP practice nurse can check your blood pressure for you, or you can buy an automatic blood pressure measuring machine yourself and learn how to use it. They are very reasonably priced, simple to use and decent brands (such as Omron) are very accurate and reliable

Cholesterol

Cholesterol is a natural fatty substance that is produced by our livers and is also contained in some types of food. Cholesterol is important in keeping our cells healthy, however high levels of cholesterol in our blood significantly increases our risk of stroke or heart disease. In a similar way to blood pressure, high cholesterol doesn't normally cause any signs or symptoms itself, except if very high there may be some visible fat deposits in the skin or eye.

You can ask your GP practice for a cholesterol check. This is particularly important if you have a strong family history of heart disease or strokes.

You can, in part, help to reduce your own cholesterol level by reducing saturated fats in your diet, keeping active, keeping weight under control and not smoking

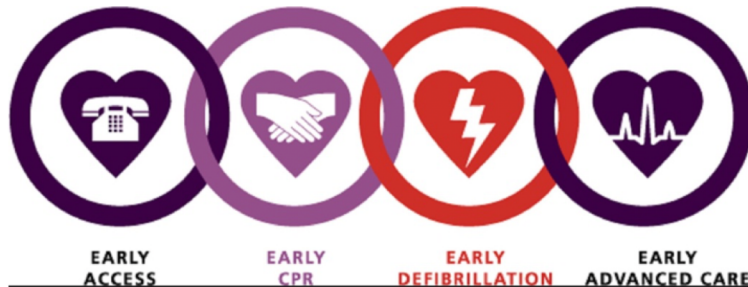
Focus on Health

Emergency First Response – The Chain of Survival

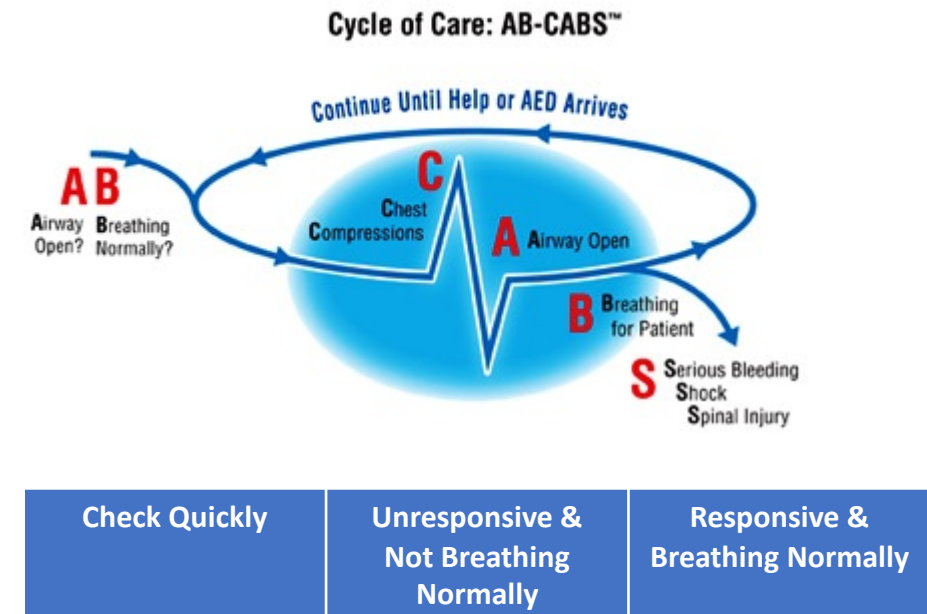
What you need to know



Emergency First Response – The Chain of Survival



Early Recognition & Call for help	Early CPR Cardiopulmonary Resuscitation	Early Defibrillation	Early Advanced & Professional Care
<ul style="list-style-type: none"> Recognise an emergency exists Assess the scene - Is the scene safe to allow assistance? Life threatening problems - Activate EMS rapidly, the Call First concept. Note Care First on submersion 	<ul style="list-style-type: none"> Not breathing normally and no heartbeat – CPR Do not waste time looking for a pulse 	<ul style="list-style-type: none"> Significantly increases probability of survival when in cardiac arrest 	<ul style="list-style-type: none"> EMS provide advanced care. Artificial airways Oxygen Cardiac drugs Alternate defibrillation



Hello? Hello? My name is Jack. I am an Emergency Responder. May I help You?

Note – The ‘Good Samaritan Law’ negates liability provided no criminal offence has been committed and ‘Implied Consent’ can be assumed in the case of an unresponsive victim. It is better to do what you can and act quickly than wait for authorization to help!

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