



DELYTH WYN JONES

COLWYN NETBALL CLUB PAYS TRIBUTE

Delyth Wyn Jones, a well-respected player, coach, umpire and chairperson of Colwyn Netball Club, sadly passed away on 24th September 2019.

Her kind and caring attitude, and dedication to developing young players are just two of the reasons she was the heart and soul of the Club. Without Delyth, Colwyn Netball Club is not the same place.

We miss her infectious laugh and sense of humour. We miss her voice booming around the sports hall. We miss her ability to know the name of every single club member.

We miss the support and attention she gave the juniors. We miss her love for everything netball.

To recognise Delyth's passion for competitive sport, but also her desire to make sport inclusive and accessible for everyone, we are hosting two annual events in her honour.

The first is a competitive netball tournament to be co-hosted with the North West Wales Netball League for those who currently play in the league.

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.... The tournament was due to have taken place on Sunday 26th April, but due to the Covid 19 restrictions currently in place (at the time this edition of Stopwatch goes to press), the event has been postponed to a future date, which will be advised in due course.

The second planned event is a fun multi-sports tournament to be held at Rydal Penrhos on Sunday 23rd August 2020 - circumstances permitting. It will be open to everyone involved with Colwyn Netball Club, irrespective of age, gender and ability.

We hope that both will become annual events in the sporting calendar and help continue Delyth's legacy.

colwynnetballclub.co.uk

A NEW CHARITY LAUNCHED IN MEMORY OF A HIGHLY RESPECTED PE TEACHER

Delyth Wyn Jones worked as a PE teacher at Ysgol Bryn Elian for 24 years, where she was also a Welsh teacher and Assistant Head. Friends and pupils have spoken of how Delyth would do everything in her power to make sport accessible to all.

She died suddenly last September from a pulmonary embolism. Miss Wyn Jones was a well-respected player, coach and had been chair of Colwyn Netball Club and was much loved by young people across the county.

She was the daughter of Buddug and the late Gwyn, and sister to Bethan, Elen and Mike. At her funeral at Capel y Rhos, in Rhos on Sea, the congregation wore something blue as Miss Wyn Jones was an ardent Everton fan.

The Delyth Wyn Jones Foundation will help fund bags for schools across Conwy County filled with basic but essential sports needs such as shin pads and gum shields, so that every child can participate in sport, no matter their financial position.

To find out more, please visit www.delythwynjones.org

PÊL-FASGED / BASKETBALL

GREAT BRITAIN WHEELCHAIR BASKETBALL UNDER 24 ACADEMY

At Conwy Thunder we are exceptionally proud of our three young players who have been selected for the Great Britain Under 24 Academy at the English Institute of Sport in Sheffield.

Sara Millband, Rebecca Ganley and Alex Wilson (pictured below) were selected due to their development, talent and commitment to the sport. It is great to see players from Conwy Thunder (who also represent North Wales knights in the National League Division 1,2, U18s and Womens league) involved within the GB system. The Academy players attend training camps throughout the year, where they develop their skills, knowledge and further tactics. They have also attended a classification camp which focuses on the skills for their classification points.

On 27th & 28th December, Alex Wilson was selected to play in a series of games for the GB Academy in Sheffield. The GB academy players played 5 games at the EIS in Sheffield against Spain's U22 team.

The Conwy Thunder players are joined by others from the North Wales Knights system. **Francesca Antoniazzi** (Anglesey Hawks) and **Anastasia Blease** (Rhyl Raptors) have also been selected to be part of the Great Britain Wheelchair basketball academy system.

www.conwythunder.co.uk



WELSH NATIONAL BADMINTON CHAMPIONSHIPS

Local Conwy County league players made the journey down to Cardiff on the first weekend of February 2020, to participate in this prestigious tournament.

Phill Eastwood and Sammy Hutt who represent the local Stella Maris Badminton Club were the eventual victors in the mixed doubles event to become the overall Welsh champions., a fantastic achievement.

For the men's doubles event Phill entered with **Joe Cotterill**, who, up until he left the Conwy area to study in Chester, played at the Great Orme Club and also represents Stella Maris in the Chester league. They too did exceptionally well by reaching the semi final .



Pictured above: **Phill Eastwood and Sammy Hutt**

Pictured right: **Sammy Hutt and Georgia Hughes**

In the ladies double competition Sammy partnered **Georgia Hughes** who represents Great Orme Badminton Club in the Conwy league and Stella Maris in the Chester league, successfully reaching the final where they were narrowly beaten.



If you are interested in starting badminton or maybe playing again after a break from the game, feel free to give us a call:

Pam Gibbons (07743 293358) or Gina Marsh (07763 937430).



KINMEL BAY FOOTBALL CLUB ACHIEVE FAW PLATINUM CLUB ACCREDITATION AWARD

Kinmel Bay Football Club has achieved the new Top Platinum Club Award for 2019-20 from the Football Association of Wales for their high standards of coaching and welfare.

There are 5 Levels to the awards, Standard, Bronze, Silver, Gold and now Platinum, which help the FAW grow the game in Wales in a safe, effective and responsible manner. This ensures the club has more and better coaches, all their qualifications are valid and the correct safeguarding and procedures are in place which leads to a Top Club structure.

Kinmel Bay FC started as a girls only football club in 2002 under the guidance of **Bill and Anne Darwin** who also helped develop the Girls & Womens Football Leagues in North Wales.

In 2011 when boys teams were introduced into the club, Kinmel Bay FC became the first and only football club in Wales to be awarded the Gold Club Standard Award by the Football Association Of Wales the then highest award possible. Liverpool and Wales legend **Ian Rush** visited Kinmel Bay to present their Award.

Kinmel Bay FC improved these standards by introducing and including their own high values of respect, fair play and most important full inclusiveness for their club showing the children the full worth of team work and team spirit. Making the club a better place for the children to learn football was top priority,

Over the years they retained these values until sadly in 2018 Anne passed away and Bill retired. The club has managed to continue and improve under the new leadership of **Frank Standing, Paul Denton** and **Kelly Prior**, with the achievement of this award introduced this season 2019-2020. It has been awarded along with another 10 clubs nationwide ensuring that Kinmel Bay FC stay in the Top 1% of Clubs in Wales.

Inclusiveness is what the club is all about – for the absolute beginner, the disabled and any gender while – retaining the values of respect.

Besides this, prestigious Platinum Award, Cymru TV made a dedicated program to the club and its achievements and this can be seen on YouTube by typing in **Cymru TV Kinmel Bay**.

Well Done Kinmel Bay FC!



Pictured:

top - Under 12s Girls Team

Middle - Frank Standing and Kelly Prior

Bottom- Ian Rush visits club to present award

Below - Kelly Prior and Paul Denton

www.kinmelbayfootballclub.com





MEMBERS OF COLWYN BAY SURF LIFE SAVING CLUB ENJOYED A FANTASTIC EVENING AT THE SEARCH AND RESCUE HELICOPTER RESCUE BASE NEAR CAERNARFON

This is the operating headquarters for the red and white helicopters that we all see flying over the hills and sea of North Wales carrying out rescues on behalf of Her Majesty's Coast Guard.

Over 20 young members of the club plus volunteers were hosted by the Crew of the rescue helicopters and give a fantastic warm welcome and the opportunity to learn about the Search and Rescue Team, their role and their equipment.

Following a tour of the base, which included visiting the radio room and learning what happens when an actual emergency call is received, the group got to inspect the rescue helicopters at close quarters, examine all the equipment used by the Crew and to ask any questions.

It was a fantastic and educational evening and the club wishes to pass its sincere thanks to all the team at **Bristows Search and Rescue Helicopter** base for allowing us to visit them and making us so welcome.

To find out more about the club, please visit our facebook page at: www.facebook.com/colwynbaysurflifesavingclub



FAT LADS FOOTBALL

ALEX BENTLEY @BENTLEGS INTERVIEWS FLF FOUNDER PHIL SALISBURY

The most beautiful thing about football is Pirlo's beard. The second most beautiful thing about football is that anybody can play. Some people are better than others, but anybody can kick a ball about. Bunch of lads that don't know each other? Give them a footy, and in no time they'll soon be mates. Or opponents. Whichever it is, they'll be interacting.

So with that in mind, imagine how good it'd be if somebody set up footy games for a bunch of people regardless of size, shape, age, or ability solely just for the fun of a kickabout. It'd be boss, and if you live in North Wales, you're in luck.

I caught up with Phil Salisbury, the man behind 'Fat Lads Football', to ask him a bit about what he does and why he does it:

"It started about 18 months ago. I was initially wanting to lose weight for my future wedding – I'd tried the gym and found it a bit boring and intimidating (surrounded by lycra-clad fit people, that know how the machines work). I'd also tried a couple of free kick-boxing lessons, but was put off by the £60 a month commitment. Plus, I'm not a fan of being punched in the face repeatedly.

"I tried to think of something that was fun and commitment free, where it didn't matter if you were any good or not, and I ended up booking a local indoor pitch for 2 weeks time, throwing a Facebook page together and started advertising in the hope some people would actually turn up.

"That first week I nervously anticipated an empty pitch and a very expensive game of keepy-uppeys."

"I was new to the area, having only moved there the previous year, but managed to drag along the 3 or 4 fellas I knew, and was well chuffed to see a dozen blokes rock up. The early days were a blur, with it taking off immediately, news spreading fast and people bringing along their friends.

"It must've been a slow news week, because days after setting up the Facebook page a local newspaper contacted me to do an article. Following that, things got bigger and better, and I had to set up a second weekly



game after 30 lads turned up one week. That'd be too many for 11-a-side, but we were on a 7-a-side pitch! We kept getting people turning up, and some lads offered to run sessions in different places across North Wales, and two became four!"

Being a mate of Phil's I got to see his social media posts for Fat Lads Football, when I noticed a couple of celebrities popping up.

"I just blagged it tagging them into tweets and Instagram posts, then just crossing my fingers that they see and respond to it. Neil 'Razor' Ruddock was our second ever follower, Neville Southall has retweeted some posts, and Sian Lloyd of TV weathergirl fame has liked some posts, so y'know ... we're kind of a big deal."

"I asked Phil if there was a minimum weight to play, and if he was worried that everyone would lose weight and he'd have to change the name to Lads Football. Or Football."

"Despite the name Fat Lads Football, it was just a name that I put 2 seconds of thought into (something snazzy and eye-catching). Had I put more time into actually thinking up a name, I would've gone with something more inclusive.

"Everyone plays at Fat Lads Football. You don't have to be 'Fat' or a 'Lad', and ability and fitness levels have always varied widely. I've had a local minister play with his two sons, fellas that play in a 6-a-side league (and play with us as it's a chilled break to their normal game), people that haven't played in years, and we even had a

Colwyn Bay Striker – Julian Williams – play with us. “There are older guys that have played at a higher-level previously, they might have lost some pace, but not lost their touch and skill. On the other end of the spectrum, there’s young players on their way up playing with us, improving their abilities, and moving onto bigger and better things. Unfortunately I can’t take any credit for this, as they were already decent players.

“Folk rock up, I decide on who will be on which team keeping abilities as even as possible, then we crack on with playing. Most people (including myself) don’t keep track of the score, as there’s no prizes, just a bunch of people chasing after a ball and getting a sweat on. We try to be the niche between proper 5-a-side and Walking Football.

“On a personal level I started Fat Lads Football at 21 stone, and now weigh 18 stone. Just one more and BUPA will be happy. I was on the cusp of having Type-2 Diabetes and my doctor said I needed to change my lifestyle to reverse it, which was the kick up the arse I needed to start something like Fat Lads Football.

“On another side, I’m not much of a confident person, quite shy, and starting this has forced me out of my comfort zone. Being in charge of something like this is not something I would’ve imagined a few years ago.”

This lead me on to asking if he’s had any people that have opened up to him about it bringing them out of their shell a bit, and got them doing something that they previously thought that they couldn’t.

“I’ve lost count of the number of stories like this. Loads of people are in the same boat as me. They want to play football, but not where people care if you win, play a bad ball, or miss a

sitter. We couldn’t care less if you score a hat-trick, or if you blast the ball over the 15-foot-high fence ... as long as you go and get the thing!

I’ve had people message me advising of mental health issues, and I’m always supportive in encouraging them to attend. I had one fella that messaged me with anxiety issues, saying he’d be there Monday. Monday came and went and he didn’t show. I got home to a message from him saying he was there in his car, but just froze and drove home. After some back and forth messages he said he would come the next Wednesday. I was pleased to spot him in the corridor before we started playing. I introduced myself, had a chat, then we went off and played as part of our regular chilled kickaround.”

I can see the appeal of this, and when I’m next in North Wales I’m going to try and get to a game. It’ll be interesting to see what happens next.

“The possibilities are endless, Fat Lads Football seems to have universal appeal, it’s just a case of me having enough time to commit to making my ideas a reality. I’m currently working with companies to design and create our own bespoke football shirt and speaking with different agencies applying for funding to create more Fat Lads Football around the UK.”

If you like the sound of it and want to get involved, they have regular games across North Wales (Rhos-on-Sea, Llandudno, St Asaph & Llanrwst). Check out the Facebook page for times, dates and stuff like that. Or just chuck Phil a message - he’s sound!



Don’t let the name put you off ... you don’t have to be ‘fat’ or a ‘lad’!



School Cycle Training

Children attending primary schools in Conwy are once again taking part in the 'Bikeability' cycle training (years 5 and 6). During 2018/19 over 860 participants took part and we achieved a participation rate of 60% uptake within Conwy as a county. This year we aim to achieve a 70% uptake with the assistance of hire bikes for children to access.

Pre Pedal

A number of after school clubs are enjoying the 'Pre Pedal' programme. The sessions involved young children testing out their balancing skills and through specialist instruction are able to develop their cycling skills. There are currently over 120 reception aged children participating each week!

E-bikes

Conwy's leisure development team have been busy working with a number of community group's to offer e-bike taster sessions. The sessions can be booked for a one off or a 6 week programme. E-biking has been used as a tool to create a better sense of wellbeing and a method of improving fitness

Mountain Bike Holiday Programme

In recent months, the rural team have run a number of Mountain Biking sessions at Nant Bwlch yr Haearn education centre. These sessions support young people aged 10 -16 to improve their riding ability and awareness.



For more information contact tim.ballam@conwy.gov.uk

CONWY CYCLING PROGRAMME



COMMUNITY CHEST



Conwy Community Chest panel has invested over £72,000 within Conwy during 2019/20. This supported over 65 projects including 30 different sports/activities.

The main purpose of community chest is to support good projects which will create new or improve sport and physical activity opportunities. These activities must be additional to what is already in place and be activities which are only feasible with the help of a grant.

Apply online at www.sport.wales/communitychest
Closing dates are as follows:

Closing date for applications	2nd June 2020
Panel Meeting	16th June 2020

Closing date for applications	28th July 2020
Panel Meeting	11th August 2020

Closing date for applications	29th September 2020
Panel Meeting	13th October 2020

Closing date for applications	24th November 2020
Panel Meeting	8th December 2020

Closing date for applications	19th January 2021
Panel Meeting	2nd February 2021

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FROM A
SINGLE
ENTHUSIAST
FOR CELTIC
LONG BOAT
ROWING,
WE'VE GROWN
TO ABOUT
40 MEMBERS

DEGANWY ROWERS IS NOW 18 MONTHS OLD

It started with Martin moving into the area and finding it too far to drive to his old club in Caernarfon so deciding to start something new.

The first step was to get a boat and the WSRA agreed to lend **Ysbryd y Mor** to the club for a few months. Unfortunately this was in late September and despite Martin standing for hours by the boat every Saturday trying to drum up business it was a slow start. It was only by February that a small core group started going out a couple to times a week if we could.

The estuary of the Conwy river lends itself to all year round rowing with some shelter from most weather and enabling the group to row consistently. Word spread and by summer there was enough rowers to enter a few races. We were all very inexperienced but the Celtic Longboat clubs are very welcoming and supportive so by year end we had done three league races, the Great River Race and a few 'Adventure' rows.

Somewhere towards the end of the year we had a couple of Lady rowers wanting to join in and by November there was enough to push off with an all-female crew. It obviously suited them as word of mouth spread and by the end of January 2020 we had 20 women rowers and were running three sessions back to back on Saturdays and mixed crews on a Wednesday and Sunday. The Ladies were planning evening rows once the daylight hours improve with preparation for a busy racing season. Along the way we've been busy creating a development plan, producing the necessary Risk Assessments, attending a safe guarding course and running local coxing courses.

The biggest single challenge has been the boat. The loan boats are given for about two months which is too short a period to develop and sustain a new group of rowers and the fund raising for the considerable cost a new boat, kit and trailer takes time.

We started with help from our local County Sports Development Officer but it was only by July 2019 that we had things lined up. There's a lot to learn about grant applications but with help and guidance we secured a large grant from Gwynt y Mor, the local wind farm. Other grants then came in from the Community Chest, a local Housing Association and the Town Council.

All take time, all are linked and nothing can move until all are secured, so the order for our first boat was only made in January 2020. The **'Mary Meldrum'** was due to arrive in late April, and if the demand were to continue as it was, then a second boat will be needed.

Until recently the club was rowing 6- 9 sessions a week and this would have increased as the weather improved. Even though the future is uncertain for all of us with the current Covid 19 restrictions in place there remains a real buzz about the next season - whenever that may begin ...

THE LESSONS LEARNED FROM THE CLUB'S FIRST 18 MONTHS

- It needs someone with real passion and the patience to keep going at the beginning. It takes time!
- Start with a simple development plan quickly and engage with WSRA from the start.
- Engage with your local Sports Development Officer as soon as you can.
- The fund raising takes much more time than you think. Put that in the plan.

www.conwayyachtclub.com



CLWB RYGBI ABERGELE

Abergele men made good start to the season and reached the quarter finals of the North Wales Bowl. The highlight so far being the re-emergence of the 2nd XV.

At the time of writing a mix of newer and more experienced players have played 11 games winning five so far.

Off the field, the club were pleased to be asked again to help out with the Christmas Float, a chance to become one of Santa's Little Helpers in the three weeks before Christmas.

A great opportunity for us to give something back to the community which gives us such great support.

Here at Clwb Rygbi Abergele we would like to express our thanks to all key workers at this unprecedented time. Not only putting themselves at risk for our benefit, but always putting the needs of others at the centre of their focus. Let's all stick together and unite - #StayAtHome - and we can stop the spread of this deadly virus together. Please visit our social media platforms where you can find a video of thanks from all sections of our Club.

www.abergele.rfc.wales

 @CRAbergele

 @ClwbRygbiAbergele



SPORT·CHWARAEON
CONWY

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on 01492 575557
sportconwy@conwy.gov.uk

