



SURF LIFESAVING

DURING SUMMER 2020, CONWY LEISURE SERVICES ACCESSED FUNDING FOR A SERIES OF SURF LIFESAVING TASTER SESSIONS.

The sessions took place during the School Summer Holidays at Porth Eirias, Colwyn Bay and were run in partnership between CCBC Sports Development Unit and Colwyn Bay Surf Lifesaving Club.

The sessions were run on an open access/no charge basis with maximum numbers of 15 participants per session. This was to fall in with strict rules regarding ratios of lifeguards to participants and strict attention had to be paid to comply with Welsh Government regulations regarding group meetings. It also allowed for some slack in the ratios to allow for the inevitable individuals turning up on the day and non-attendees.

Sessions were open to school children aged 8 years and up, provided they could swim a minimum of 25 metres. Most of those attending were from local primary and secondary schools though a small number of visitors to the area also accessed the sessions.

A total of 10 sessions took place with 2 having to be cancelled due to inclement weather and water conditions during late August. The sessions were organised as taster sessions for the activity of Beach/ Surf Lifesaving and allowed for development of skills and progression as sessions developed. 5 fully qualified local lifeguards were engaged to deliver the sessions with support provided by the Sports Development Unit and from volunteers in the Surf Lifesaving Club.



**BUMPER
LOCKDOWN
EDITION**



COLWYN BAY SURF LIFESAVING CLUB

www.colwynslc.com



A strong emphasis was placed on personal safety for participants and looking after themselves and others when on a beach or close to water. Elements regarding weather, tides, dangers to look out for, what to do when things go wrong and simple rescue techniques were all featured.

The equipment necessary to run the sessions including surf rescue boards, surf boards and rescue tubes was all provided by Colwyn Bay Surf Lifesaving Club.

Attendance was excellent with extremely positive feedback being received from participants and parents alike.

One very positive outcome is that enquiries to join Colwyn Bay Surf Lifesaving Club have increased significantly with a number of individuals having now attended club sessions also.

BETWS Y COED GOLF CLUB

Betws Y Coed Golf Club is a small community based golf club - supporting sport in the local area, providing a hub for social interaction and developing an impressive 'new-to-golf' section.

The lockdown set the club massive financial challenges - not least how to keep the whole club going.

Three people deserve credit for rolling up their sleeves and getting on with making things happen:

Robin Hughes - for re-enthusing new to golf players to come to the club for lessons. Regularly in the summer 30+ people. And a full cross section of the local community.

Phil Naylor - volunteered to run the club house throughout the summer, ensuring members and visitors had a social hub to enjoy.

Graham Robbins - who took on the challenge to re-energise the kitchen starting with a full clean-out. And culminating in complimenting the lessons and clubhouse facilities. Providing a real and enjoyable service to members and visitors.

These three people helped the Club get back on its feet after first lockdown and ensured the clubs finances recovered to give hope to get through the winter and continue to provide the local community with a real gem of a social hub.

I would also like to add thanks to Phil's wife **Anwen** who supported him. And a thanks to Graham's wife **Jackie** who definitely got her hands dirty in the kitchen clean up.

Keith Jones – Club Manager



To find out more visit the club website at: www.betws-y-coedgolfclub.co.uk

CONWY EXCELLENCE FUND **£1000**

THE CONWY EXCELLENCE FUND PROVIDES FUNDING
TO INDIVIDUALS LIVING IN CONWY WHO ARE
TALENTED AT SPORT, EDUCATION AND THE ARTS.

ARTS

AWARDS ARE AVAILABLE TO
ASPIRING DANCERS, ACTORS,
MUSICIANS AND VISUAL/
DIGITAL ARTISTS.



SPORTS

AWARDS ARE AVAILABLE
TO ATHLETES WHO
ARE COMPETING AT
A NATIONAL LEVEL.



The aim of the scheme is to help individuals reach their potential through training and development. Grants are available to sportspeople who are competing at a national level and require funding for training costs.

CLOSING DATE FOR APPLICATIONS IS 1ST FEB 2021 — APPLY ONLINE AT:

www.conwy.gov.uk/en/Resident/Leisure-sport-and-health/Leisure-Development/Conwy-Excellence-Fund.aspx

feedback from recipients performing at a national level in sport:

"Alex was able to compete in the Welsh Indoor Athletics championships in Cardiff due to the financial support granted by the fund. He would not have entered this type of event without your support due to the costs of travel and accommodation."

Paul Roberts, parent.

"I would like to express my gratitude for the approval of my application for the Conwy Excellence Fund for 2020. I have been a recipient of the Excellence Grant for the past two years and in that period have represented Wales in Triathlon and Athletics on numerous occasions. The grant has allowed me to travel to races across the UK and compete against the best athletes in my age group. By doing so I have improved significantly and look forward to what the future brings." **Tomos Land, athlete.**

"On behalf of Amelie and myself, please can I thank the Conwy Excellence Fund Working Group very much for the award made to her to pursue her badminton over the coming months. This contribution will really help Amelie to participate in events and training and is much appreciated." **Sam Chandran, parent.**



BE ACTIVE WALES PROGRESS FUND

ELFEN CYNNYDD CRONFA CYMRU ACTIF



Sport Wales has reallocated budgets to create a fund to help support clubs and not-for-profit organisations to protect their sport offer during the pandemic, and to prepare for their reopening.

The new grant fund will be called the Be Active Wales Fund and will be critical in supporting grassroots sport to survive the lock-down and thrive beyond the pandemic.

The Be Active Wales Fund will have the following 3 aims:

PROTECT

Not all forms of activity are safe to restart yet. Until then, this Fund can help get you through the pandemic if your activity is at financial risk.

PREPARE

Some forms of activity can return while others can plan their restart in the future. This Fund can help you to prepare to get back to enjoying your activity safely.

PROGRESS

The 'Progress' element will help take sport and activity to the next step and support with long-term sustainability.

Thanks to the National Lottery and Welsh Government, we can help get communities across Wales active now and in the future.

For more information, please go to www.sport.wales or should you require any assistance with making an application, please contact leisuredevelopment@conwy.gov.uk

BE ACTIVE WALES GRANT - CONWY FUNDING SUCCESSES

Twelve of Conwy's clubs have received funds under the Protect and Prepare element of the fund, to the value of £19,779. Funding was received to cover costs such as insurance and utility bills under the protect element. Funding for the prepare element covered items of PPE, hand sanitising equipment, signage, and costs associated with increased facility hire.

COLWYN CANOE CLUB

PADDLE SPORTS AND COVID IN NORTH WALES

Like many outdoor clubs, Colwyn Canoe Club's activities have been hit quite hard by the restrictions over the last few months. The restrictions on outdoor activities and localised travel bans have meant we have had to bide our time before being able to resume our main activities.

Despite the restrictions, the club and its members have still managed to keep up some activities and continue to grow the club and develop our skills.

We have made a temporary change of membership to help with the financial aspect of COVID that some people are experiencing. When the first lockdown started it was just before our annual membership renewals came in, so it left the committee with a dilemma about asking our members to pay for their membership renewals when, at that moment in time, the club was effectively dormant due to the national restrictions that were in place. Prudent management of club finances over the last few years allowed us room to help our members by extending membership (as a one off gesture) to two years, and allowing any new members to take advantage of the same offer and getting two years for the price of one.

As a club we are at the bottom end of the scale when it comes to membership costs. Family membership is £42, individual adult £31 and junior £18. Ordinarily this is bargain basement prices but now it is a steal, as renewals/new memberships are valid until May 2022.

We are continuing to make progress, adding to our numbers of leaders. We have recently added two British Canoeing, specific discipline paddle boarding coaches to our ranks. We work closely with the Outdoor Partnership and with our Conwy Development Officer, Roger Pierce. This relationship allows us to get funding for training and development of the leaders and coaches we need to go paddling. We currently have an additional 10 members on the pathway for coaching and leadership qualifications in Stand Up Paddle Boarding, Kayak, Canoe and Sea Kayaking disciplines. Our existing coaches, leaders and volunteers also benefit greatly from the Outdoor Partnership support which allows them to keep the qualifications up-to-date to be able to work with the club in remit. All our club volunteers give their valuable time and skills to the club for free without their efforts we could not do what we do.



**WE ARE A REGISTERED CANOE WALES CLUB
ACTIVELY INVOLVED IN DEVELOPING AND
INTRODUCING EXISTING AND NEW
PARTICIPANTS IN PADDLESPOITS.**

One of the big Canoe Wales initiatives in the last 12 months has been the **#Shepaddles** drive to bring improved gender equality in to the sport. This is a focus the club has had for some years, and even prior to the Canoe Wales drive we had already achieved a 50 / 50 male/female ratio of members. As most clubs are lucky to get over 25% female membership in paddlesports, we are very proud of this change we have brought about in the last 5 years. That good level of gender equality is also reflected in our coaching team.

We are an inclusive club and after removing the minimum age restriction of 12 that used to be in place, we take any age of paddler as long as we have the equipment to suit. Our youngest active member joined when she was only 4 years of age. Going forward we will have even more additions to our coaching and leadership team.

Over the last few years the club has increased in size and the membership has doubled thanks to our inclusivity. We welcome everyone from complete beginners to the more experienced. We organise events and trips which bring the whole family together to enjoy a low cost sport in the fabulous North Wales countryside.

One massive honour for the club this year was to be finalists in the Canoe Wales annual awards. The club was nominated for 'Club of the Year' and Andy Jones was nominated for 'Coach of the Year'. We did not win either award but to be mentioned in the same sphere as some of the amazing clubs and coaches within Wales was an amazing honour.

(The Club of the Year award went to our good friends at Amlwch Canoe Club on Anglesey. Well done!).

Colwyn Canoe Club aims to develop and build on the strengths we already have in traditional paddling activities, well as opening up into new areas of paddlesport for our members. All our successes – past and future – are down to members and volunteers, both front of house and those who work away tirelessly in the shadows making the club function. The help, guidance and assistance we have through our relationships with The Outdoor Partnership, Sport Conwy, Canoe Wales and Sport Wales are essential to our existence and future progress, we cannot thank the people in those organisations enough for the work they put in on our behalf.

If you want to give paddling a try and find out more about Colwyn Canoe Club please get in touch: membership@canoecolwyn.org.uk

Andy Jones – Chair

Photos:

*Facing page: Stand Up Paddleboard, Llyn Padarn.
This page top to bottom: Groups Chester Dee, Sea Kayaks, Pool big group, Group Padarn and stand up paddleboard.*

www.colwyncanoeclub.wordpress.com





GOG CHALLENGE IN SUPPORT OF ST DAVIDS HOSPICE

During the month of August, Ceri Hughes from the club decided to do a GOG challenge to cover a certain distance by running, walking or cycling around the Great Orme. It was a 'girl' thing for the month and 15 ladies from the GOGs signed up to help her on her mission.

It was to raise money for St. David's Hospice. Although it is a charity that has touched many Gogs over the years, one of our members had his final care there too, so very close to all our hearts. Every day in August there was at least one member of the club, if not more, making their way around the Orme, come hell or high water!

On the last weekend in August we set about doing a 24 hour GOG relay. This involved all members who wanted to take part and at every minute of the 24 hours, there was always a GOG member running, walking or cycling around the Orme. The support from everyone was amazing and over the month we raised over £4,000 for St. David's. The 15 GOG girls completed a total of 370 laps, 1,850 miles.

The additional 85 GOG Triathlon Club members, friends and family came out in force and completed 136 laps in 24hrs totalling 506 laps. An amazing 2,530 miles in total. "Moments like these are special, but with the GOGs, they aren't unusual! This is what the GOGs do!"

It is a great story. Off the back of this, one member, Llinos Davies noticed that the rubbish was particularly bad in some parts around the Orme and whilst she was out and about took it upon herself to clear the litter. She has gathered together so many binbags of rubbish, she can't keep track, and other GOG members have helped her along the way.

www.gogtriathlon.com

Our Club, Colwyn Bowmen Target Archery Club has had to halt its activity over most of the summer.

A few of our members taking part in online competitions shot at home if it was safe to do so.

Some good news though! Colwyn Bay Rugby Football Club offered to hire a pitch to us at a great time of the year. We shot there for the first time in August. Keeping our distance to 30m and by the end of September some archers had worked their way up to 50m.

We had a grant of £1500 from Sport Wales to keep our club running. We have lost a few members due to not being able to shoot indoors but not as many as we thought we might. Sadly most of these were our archers and club members who would find it difficult to get across the rugby pitches.

COLWYN BAY BOWMEN ARCHERY CLUB

www.colwynbaybowmen.co.uk



**“I STARTED
BACK
RUNNING
IN APRIL
DURING
LOCKDOWN”**

MY LOCKDOWN LIFE! RETURN TO FITNESS

I started going out a couple of times a week (max 5km) followed by a core session at home. I felt that I had to do something for my own sanity as most of my football coaching had stopped because of Covid.

I saw this as my chance to get back into my fitness. I got back into running quite quickly and was soon going out 5 to 6 days a week.

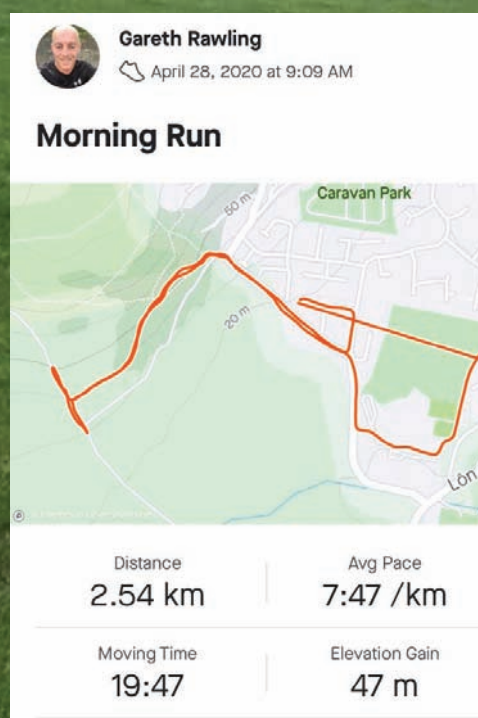
I've seen steady progress, with me reaching 25 mins for 5k after a few months.

I soon set myself a target of sub 20 mins for 5km and I achieved this last week with a time of 19.51. This gave me a great sense of satisfaction.

I'm running between 35k - 40k a week now, a lot of this is off-road on trails around Penrhyn Bay.

Every time I go out it clears my head and this has helped me in so many ways. I am enjoying running again and plan to continue for as long as I can.

GAZ RAWLING





CONWY VALLEY VIXENS

They came together through the BREEZE network of British cycling which supports women to take up and continue cycling. Throughout, they supported each other, offered friendship to each other and are still cycling safely according to the current COVID-19 GUIDELINES set by Welsh Cycling.

There are now over 70 members on the Facebook page and many still attend the BREEZE rides which are far beyond their capabilities. Supporting other women to fulfill their ambition to become confident cyclists.

They have created a strong bond of friendship and they all check in on each others' mental health and well being through social media. Last year, I lost my partner suddenly but they were there to help me carry on.

Through their encouragement and nurturing, many women have completed a lot of challenging rides ... rides they would never have considered before. They have completed 'Sportives' raising money for charity and this year would have seen them complete first-aid training in the event of a cardiac arrest.

Riding out on the road or hitting local mountain bike trails, the Vixens will take on any challenge. As a member of Conwy Valley Vixens I was chosen as one of the top 100 women in cycling in the UK .

The award was in recognition of all their efforts, not just my own. They really are a fantastic supportive group of women and thoroughly deserve the recognition for their efforts.

SAMANTHA WINNETT

www.conwyvalleyvixens.co.uk



TOWYN AND KINMEL BAY MUGA

The Multi Use Games Area was funded through the Places for Sport, Sport Wales grant and funds from Y Morfa sports centre charity, Kinmel Bay and Towyn Sports and Recreation Association (KBTSRA).

In some respects timing was good because the G2 Muga was installed just at the start of the March lockdown so it was ready for resumed training when the Y Morfa sports hall could not be used due to Covid indoor restrictions.

Chair **Bill Darwin** says “Y Morfa and Kinmel Bay FC continue to work and evolve closely together after 18 years and the MUGA while great for football is a ‘Multi Use’ facility and helps deliver our mission for community health and fitness to all ages and abilities across a range of sports and exercises.”

The MUGA surface is a robust, durable, two layer weave and underlay, suitable for moulded studs and filled with a special sand, giving a resilient safe surface, also lending itself efficient infection control measures. The surface is soil free and drains well so equipment can be spray sanitised on the spot, and all coaches follow the hygiene measures.

The pitch has a net divider so two pitches can play – especially good when youngsters are training. Possibly the most significant outcomes are in the confidence the surface offers for energetic commitment to training and the benefit to coaching, since coaches can also confidently plan and execute training sessions with some precision, regardless of the weather.

Paul Denton, Vice Chair of KBFC says “*our training routines benefit from the consistent pitch surface so we can plan and coach exercises for sprinting, endurance, strength, balance and co-ordination, flexibility and injury avoidance. These exercises are not sport dependant, they add to fitness and give the individuals of any ability confidence and character development*”.

Moving forward, as lockdown hopefully eases and a degree of normality returns, the MUGA will see use in returning popular activities like Dodgeball, Futsal, even Tai Chi, and the local school is keen to use the close, safe and fenced pitch.

Y Morfa are also looking to innovate and adapt the G2 for services to less defined areas of the community, those perhaps a bit older or with mobility problems and emerging activities like ‘walking football’ to complement the ‘adult youth club’. On the Wales Index of Multiple Deprivation (WIMD), Towyn and Kinmel Bay rank quite low in health measures and developing a degree of fitness sweeps in social contact, mental health, and wellbeing.



IT'S AMAZING WHAT A MUGA CAN DO!



CYRSIAU / COURSES

Sport Conwy has continued to offer their coach education course throughout the Covid pandemic ...



ensuring that club volunteers and coaches have access to the fundamental courses required for fulfilling their coaching roles. Sport Conwy have hosted UK Coaching Safeguarding Courses and Emergency First Aid Courses.

Here's what people have had to say about the Safeguarding Workshops:

"I am doing this course as a refresher course. It was great, very informative, interactive and a brilliant mix of ways to interact. So we had the chat box, microphone, whiteboard. It was good to hear Kelly's experience and how it relates. The scenarios gave for some good in-depth discussion. Thanks, it was my first online classroom and I will definitely do more."

"Interactive, informative and allowed everyone to be involved."

"Good course, lots of anecdotes and interesting presenter."

To find our more please visit www.sportconwy.org.uk



SWIMCONWY

Over 5 months out of water for Swim Conwy swimmers who would spend a minimum of 8.5 hours training in the pool

The Covid restrictions saw them adapting and turning to alternative ways to keep their fitness levels up for when they would return to water.

From weekly Strength & Conditioning sessions, to Turbo training, and as lockdown eased, some made use of the local lakes and took to the open water for their swimming fix.

August saw the swimmers return to water safely and adapt to a new routine with the support of Coaches, Committee and Volunteers taking on the COVID-19 Officer role, and of course, Llandudno Swimming Centre. During the first phase, swimmers were split into houses – Panthers, Wolves & Phoenix – and new goals were set, along with challenges from nutrition awareness challenge, Halloween challenge, creating their house logo to taking part in a virtual gala!

Prior to the Firebreak, Swim Wales launched the Super Series, a virtual gala and Wales' largest national competition to date. Swim Conwy is one of the 34 clubs across Wales who took part in the first phase and saw many swimmers regain their focus on competing with many placing in the top eight in events. With two phases to go, focus is on training and working towards those PB's!

This has been an incredibly challenging time for the swimmers the swimming programme, but Chris Davies (Head coach) supported by Elsa Best (Assistant Headcoach), Josh Lewis (Coach) and Mark Chan (S&C coach) have been exploring ways of keeping the swimmers motivated and engaged during the pandemic.

Good Luck to our swimmers for the second phase of the Super Series!



 @SwimConwy  @swim_conwy  @swim_conwy_performance

LEISURE DEVELOPMENT UPDATE

1. Walk Leader Training – Family Centres

Roger Pierce (Conwy's Outdoor Development Officer) in discussion with Lesley Millband (Section Manager North and West Family Support, Community Wellbeing Team) agreed to put together a short and informal training course to assist care workers in planning and delivering short community walks for their clients.

They have identified that they obtain far better results and gain more relevant information from clients in an informal and active environment than sat across a table or a desk.

Walking fits their purposes well and works under current Covid guidelines. However none of their staff are trained as walk leaders and nor is there currently a short, concise course available in Wales that fits their purposes. Roger had delivered courses under the **Walking the Way to Health** and **Lets Walk Wales** schemes but this course has ceased to exist. After discussing the requirements with Lesley, Roger adapted what he had previously delivered and came up with a simple plan delivered via two Zoom sessions online and a practical session in Bodlonddeb.

"In these difficult times when we are struggling to be able to see families in their homes or inside family centres. The training you are providing to our family workers will enable our staff to support families through the long winter and into the spring and summer next year. This will enable us to organise small group walks in local communities to encourage families to come with us for a walk, get out in the fresh air, meet other families whilst get support from our staff".

Lesley Millband, Section Manager North and West Family Support, Community Wellbeing Team

2. School Cycle Training

Cycle training returned to schools in September with up to 8 schools now having completed both level 1 and 2 training. This has provided over 160 pupils aged 9-11 the necessary skills needed for on road cycling. Initially there was scepticism from the schools to allow us to offer the training due to the current circumstances. However, due to a limited offer of structured sport currently a handful of schools welcomed the training. Cycling lends itself well to social distancing for obvious reasons and it must be performed outside with no sharing of equipment. Therefore, the sessions have been received positively and we look forward to widening the offer.

3. Cross Border Working – Anglesey County Council

Cycling within the community has also been well received. Currently we have been collaborating with Anglesey mental health to support vulnerable people and people with mental health challenges with ebiking. The outdoor sessions have had a positive impact on a number of the participants. Dan, one of the trainees had this to say:

"I would like to say a big thank you to Tim and his team on raising my confidence on two wheels. Given my visual impairment my balance isn't great. The team really supported me and I feel a lot safer in riding. Given that we have all been stuck inside over the past number of weeks it has been great to get out and about exploring! Please keep it up".

4. Ebiking Sessions with Cartrefi Conwy Residents

The Leisure Development team have been working for a number of years with The Outdoor Partnership on a variety of programmes. Over the last 6 months there has been a growing need to support vulnerable people and their mental health needs. Due to the positive work that has already been undertaken, a new collaboration has been developed with Cartrefi Conwy. The first session took place pre 'Fire Breaker'. The team delivered a very basic taster session on Llandudno Promenade. A number of Cartrefi Conwy residents attended the session. Initially there was much scepticism from the participants and the instructors were also a little concerned as to the ability of the group. However, once the team familiarised the group with the equipment and got them on their bikes it was difficult to stop them. This session was a prime example of hard to reach participants really thriving in the outdoors once given the right support. The contrast between the groups body language pre and post session was astonishing. The team have since booked in a number of further sessions to support the group. Thanks to this multi partnership approach the sessions come at no cost to the authority.

Adult e-bike session





Above: Cerrig Sports

Below: Schools Cycle Training



Above: Visually impaired rider

Below: Bro Aled Cycle Training

Facing page: Gogarth e-bikes



Below: Cycling nr. Llyn Brenig



RURAL SPORTS DEVELOPMENT

A variety of activities were offered in different areas. These included supporting schools hubs during lockdown and providing outdoor activities over the summer period:

SCHOOL LOCKDOWN SPORTS

The sport sessions were offered in a number of schools during lockdown to assist schools with key worker children. These sessions were then extended to run into the summer holidays. The sessions on offer varied from golf to football targeting children aged 5-11.

LLYN BRENIG MOUNTAIN BIKING

The team also offered mountain bike sessions at Llyn Brenig targeting ages 10-16. With support from Welsh Water we have been able offer weekly sessions over the summer based out of the centre. We ran 2 hour sessions each week working on riding skills and adventure experiences in the heart of Rural Conwy.

MENTAL HEALTH E-BIKING

During the easing of lockdown the team were able to offer and run some guided e-bike rides for both vulnerable people and people with mental health challenges. This also included a visually impaired rider.

A variety of activities were offered in different areas that support the development in generic and specific sports. These included supporting schools hubs during lockdown and providing outdoor activities over the summer period:

TESTIMONIALS

"Unfortunately Tomos was unable to make the last session yesterday but has thoroughly enjoyed them and it's been a great way for him to keep in contact with his school friends too. So thanks very much".

Christine Roberts

(Children's Sports programme) - Tal Y Bont

"Mae Caio wedi mwynhau'r sesiynau beicio yma. Diolch yn fawr am trenu! Hwyl".

Ceridwen Williams

(Llyn Brenig Children's Mountain Biking) - Cerrigydrudion

"Just a quick message to thank you for the sessions. Tegid has thoroughly enjoyed the sessions. Please let me know if any further events are running."

Charlen Davies (Llyn Brenig Children's Mountain Biking) - Cerrigydrudion

"Wanted to thank the team for helping myself and my grandson with the cycling at Brenig. We had a fantastic time and we are already planning our next outing."

Bill Roberts (82) – Llyn Brenig Family Rides





KIMMEL BAY FOOTBALL CLUB

PRE-PANDEMIC PLATINUM AND PLANS

The frustration of lockdown and pandemic restrictions takes its toll on our players, supporters, coaches, and volunteers. Inactivity also hampers physical and mental health and damages cash flow, so images here are a small reminder of better times that will return.

KBFC started as a girl's football club in 2002 and as a Platinum Accredited club today, our commitment to girls and boys has strengthened in terms of age groups, numbers, resources, and standards in coaching and safeguarding.

As a principle and policy, KBFC is not elitist or an academy looking only to recruit goal scorers (though skills are welcome). Working closely with the Y Morfa sports centre in Kimmel Bay we are a mixed ability club, anyone wanting to join gets to wear the kit, play, and train, get fit, make friends, develop character and engage with fair play and the respect agenda.

Y Morfa Chair **Bill Darwin** says, *"Our philosophy in working with KBFC is to get coaching, resources and safeguarding right and to continuously improve. Do this and the silverware looks after itself through dedication and motivation. It has taken nearly 20 years of careful development for KBFC to reach this Platinum standard. We have 2nd generation players joining junior teams."*

Our mission is regional as well as local community; our players meet with other teams and this further develops

their ability and experience in ways they would not otherwise obtain.

The KBFC experience in managing, coaching, safeguarding to these high standards is also part of our health and fitness culture which spins off into smaller clubs that use Y Morfa resources."

Coaches can nurture a group of players across several year groups and see these teams through age bands. As players mature, they find levels and at a men's stage, we have reserve and first teams which have been doing very well and are poised for good times once restrictions ease.

Grassroots football starts with a bit of footie and leads to joining a club, quite a big decision and a life changer involving friends and families. Around 500 FAW accredited clubs from standard through bronze, silver, gold (and just a few platinum!) exist across Wales and these follow best practice in safeguarding, coaching, resources, and age ranges inclusive across genders and abilities.

In parallel with football, the resources and approach developed at Y Morfa with KBFC also suits other up-coming activities with Dodgeball being a good example. A fast sport the Y Morfa hall and muga suit the game well as does team working and other elements embedded in the Platinum standard.

For the future, Y Morfa and KBFC are focussed on excellence in community service, affordable fitness in a community possibly one of the least healthy overall in Conwy according to WIMD. The adult youth club serves senior citizens, and we look to innovate with further fitness for all especially with the new MUGA as we emerge from lockdown.

WATCH THIS SPACE!

“anyone wanting to join gets to wear the kit, play, and train, get fit, make friends, develop character and engage with fair play and respect”



*Pictured: Top and facing page - Men's league play
2nd left above: Coaches sanitising kit;
2nd right above: Anne Darwin founder;
Remaining photos - teams / award events*

INSPOrt SERIES BECOMES VIRTUAL!

The insport Series has become an integral part of the sport and physical activity calendar within Conwy over recent years. Offering disabled people, and their family and friends, the chance to try a wide range of sports in one place has proven to be very popular within hundreds of people attending each event.

Although plans were in place to make the 2020 event bigger and better than before, unfortunately due to the current situation with COVID-19 it just was not possible to host a physical event. However the team at Disability Sport Wales worked in partnership with clubs across Wales to organise the first ever set of virtual insport series.

With disability and inclusive club coaches and participants all keen to lend their support it proved to be a successful way of engaging participants whilst at home, giving them easy, adapted ways of getting active.

The first virtual event was ran by clubs in North Wales and included gymnastics, karate, rugby union and wheelchair basketball and offered the opportunity for people all over Wales and beyond to get active with clubs online.

Mark Richards, Conwy's Disability Sport Wales Development Officer, said *"Sport and physical activity have always had many benefits but with the restrictions we all have in our lives at the moment it is especially important that we find new ways of keeping our bodies and our minds active. The virtual insport series is designed to do just that, helping disabled people, as well as their family and friends, to adapt activities with limited equipment at home."*



Four virtual events, featuring clubs from across Wales, have been held since the first event on 12th June.

If you missed these events you can still get involved with the activities at home by visiting www.insportseries.co.uk or searching for Disability Sport Wales' YouTube channel.



DYFFRYN CONWY PADDLERS

DCP IS A FLAT WATER CANOE AND KAYAK CLUB BASED ON THE CONWY ESTUARY.

Members generally use the club's marathon boats or their own marathon or sea boats as both are designed for efficient forward paddling. This means that participants in the Tuesday social paddles can easily travel a reasonable distance to enjoy the different parts of the estuary. These boats are also ideal for the Friday timetrial where paddlers aim to go as fast as they can.

We were delighted to get back on the water in June but still had to miss the first two Tuesday sessions as there was a lot of thunder and lightning about. In these conditions it's a bad idea to be the high point on a relatively flat expanse of water, especially with carbon Kevlar paddles. Since then we have enjoyed generally good conditions on Tuesdays. Light winds on low tide weeks saw us following the channel between the mussel beds out to sea beyond the Perch marker.

On weeks with more water we headed upstream, working out where the sandbanks have moved to and enjoying the views up into the hills. As ever there were plenty of seabirds in both directions and early in the season there were a lot of jellyfish in the water.

The Friday timetrials consist of two laps of a two mile course, starting at our launch point by Benarth and turning round a buoy near the entrance to Conwy Marina. Picking the fastest route through the currents and shallows is an important factor in achieving a good time and the best route changes every year. This year the area behind the sandbank near Ysgol Aberconwy had largely filled in so there was no route to avoid strong outgoing currents at low water. Friday nights also seemed to be cursed with bad weather. Often the wind was either blowing strongly against the tide and pushing up unpleasant waves or blowing across the river, pushing up the waves on the downwind shore and affecting steering. Poor weather and the position of the sandbank meant that times were generally down on previous years, but those who battled through the conditions certainly improved their paddling.

Over the winter we will continue with daytime paddles on the Conwy to enjoy the habitat and the exercise, plus timetrials on Llyn Padarn where we only have to contend with waves and wind but not strong currents. Hopefully next season we will be able to hold the annual Conwy Ascent race and tour and be able to welcome new paddlers to our Tuesday sessions.

***Pictured right - top to bottom:** Squeezing between the boat and sandbank to avoid the current; A well timed time trial as everyone finishes together; Head to head on the time trial through the harbour, Deganwy in calm conditions.*

www.dcpaddlers.co.uk



THE FREEWHEELERS ARE ROLLING AGAIN!

 @conwyfreewheelers

CONWY FREEWHEELERS ADAPTED CYCLING CLUB HOSTED THEIR FIRST SESSION FOR RIDERS SINCE MARCH, ON SUNDAY 14TH NOVEMBER.

The cycling club that caters specifically for disabled people with varying impairments and complex needs allows members to learn to ride and socialise in a safe, inclusive environment.

The club has had to make several significant changes due to COVID-19 to ensure they can host safe sessions for members. As well as additional risk assessments, cleaning routines and social distancing, the club has developed an online booking system, produced clear guidance for members (including a video that explains the new systems in place), and held a test event in September to ensure that all procedures were fit for purpose, allowing them to welcome members back with confidence.

Caroline Dawson was one of the many parents delighted that the club was back - with her daughters thoroughly enjoying the session. Caroline said *"Lottie has got arthritis and we were told by the consultant how good cycling is for her, to keep her active and to keep her limbs moving. So we really appreciate being able to come here as it's a safe environment to cycle and it's brilliant to keep her fit and healthy."*

There was a real buzz around the track at Eirias, from the moment riders arrived all the way through to the last piece of equipment being locked up. The Freewheelers have a dedicated group of volunteers who have worked extremely hard to put everything in place. Club Chairman and Lead Instructor, **Ben Lightowler**, said *"It's so nice to see everybody coming back to the session today. We're really happy seeing people back on the track again and riding. We've put measures in place to make sure everyone's safe and distanced properly. We've got a good group of volunteers that are helping us wipe the bikes down and helping people to be certain and confident about the procedures during the session. We're just so happy to be back and see people enjoying themselves despite the weather today!"*

The club have been supported to return by the Ffit Conwy Leisure Development Team, Disability Sport Wales and Welsh Cycling. In addition the club are grateful recipients of the Be Active Wales fund managed by Sport Wales which has helped support the new systems and structures at the club.



LLINOS RECOVERS FROM CORONAVIRUS TO COMPLETE EXTREME CHALLENGES

A Deganwy-based triathlete, who faced a gradual recovery from several debilitating Coronavirus symptoms, has just run the equivalent of three marathons to complete a demanding task as part of a unique “Mudder Challenge” in memory of her late father.

GOG member Llinos Davies explained her interest in extreme challenges first began during lockdown and admitted that she was trying hard to keep herself motivated and active, after a host of regular races were suddenly cancelled due to this horrific virus.

She said: *“I entered so many events, including the Harlech Triathlon in April, the Gold Rush 8-mile trail run, a standard distance triathlon in June, the Tour de Mon 107-mile bike ride in August, and then, the one I was fearing most – the Snowdon Marathon.*

“My father was a fell runner and took up marathon running in his late 40s. I was always in awe of him doing the Snowdon Marathon but unfortunately he died at the tender age of 58 on 24th October 1988. I thought ... what better way to honour his memory, than to run this marathon at my age now of 60, on 24th October 2020.

“Covid-19, however, had other ideas, and after seeing all my events cancelled, I then developed Coronavirus symptoms at the end of March. My running took a battering as my breathing was so shallow, and it has taken me three months to recover and to be able to run at least 5k.”

Llinos says she then became interested, if not completely hooked, on potentially crazy challenges, and after receiving an email from an event organiser, signed up for a six-month series of bizarre challenges that are generally based on completing long distances.

She confirmed: *“They can include swimming, rowing, running, walking and cycling, so this suited me. They also offered challenges to do with water, and repetitions of set exercises.”* Llinos added that each week a tough “Mudder” would also introduce four obstacles, of which two would be compulsory.

She said: *“Each challenge is then given a different name. The first was called the ‘Grand Canyon’ in July, then the ‘Fiji’ and the ‘European Road Trip’, with this latest one called the ‘Marvel Edition.’*

“I am pleased to say this latest challenge, ‘Marvel Mania’ was indeed a challenge of some 81 miles to be completed in just 21 days. I decided to do this by running 3 x 27 miles per week, and even managed over 8 miles on one of those days.

“So, my running is coming back slowly, and I’m pleased to say that I eventually ran a total distance of 83 miles in just 18 days, which is the equivalent to three full marathons.

“However, I’m not sure what my neighbours thought, seeing me running around my half-mile block at least eight times each night.”

Llinos admitted that the obstacles have been quite crazy in themselves, but said it gave her a unique opportunity, and provided lots of amusement and laughter for her family and friends, with many efforts posted on social media. They included swallowing two whole eggs, eating a tablespoon full of



Llinos Davies (continued)

mustard, and other concoctions, to walking backwards and doing a bear-crawl on the hill just past her house. It also meant crawling under some netting and sliding down into a bath full of ice!

She added: *"It has kept my husband busy constructing some of these obstacles, but there have been some serious moments too. Eco Warrior has really opened my eyes to see how awful litter was. This was then a new challenge to fill a bag with rubbish."*

"So, armed with a couple of carrier bags and gardening gloves, I started walking from my house. Before long, I had filled the bags, when out of the blue, a thick, sturdy black bin-bag blew my way. I continued, and went into the woods behind St David's College, but there to my horror were discarded drink cans, bottles, tins, and so many smashed bottles."

"It broke my heart, there were even old tents and chairs. It was too much for me to cope with alone, so I contacted a few friends who have helped me, and between us, we have collected about two tons of rubbish from these woods."

"Mostyn Estates have helped us by taking away the rubbish we gathered, and I am now thinking of setting up a group to help clean up our area. It is quite disheartening to see how much rubbish there still is everywhere."

As Llinos recovered from this latest challenge, the veteran sportswoman smiled and concluded:

"Even though I didn't manage to run the Snowdon Marathon this year, or many of my other events, 2020 will certainly be a memorable year for me."



LLION MORRIS

The last year has been a strange one as most of the national sailing events that Llion was targeting were cancelled up until the summer. As soon as the Welsh Government started to relax the first lock down restrictions Llion started solo sailing in Colwyn Bay for practice until Llandudno Sailing Club reopened.

Llion transitioned from his Topper sailboat to the Olympic class Laser sailboat and start racing at Llandudno Sailing Club in July and did well against tough competition to win many club trophies. In August he entered the Laser 4.7 UK Nationals in Weymouth National Sailing Centre and after four days of competition came 16th having only sailed the boat eight times.

The rest of the summer and early autumn was spent club sailing and training with RYA Cymru. In October Llion entered the RYA Regional Championships and came 2nd boy. Also in October, Llion entered the first UKLA Laser 4.7 Qualifier event and was positioned 10th (8th boy).

Due to the second lock down the second UKLA Qualifier and British Youth Nationals were cancelled and Llion has been focussing on fitness. Llion received some good news recently, being selected for the RYA Cymru Youth Laser Transition Squad and is looking forward to winter training events.

Next seasons targets will be to succeed in the UK Laser Qualifiers and be selected to represent GBR in the ILCA 4.7 European and World Championships in Germany and Ireland. In addition to club sailing Llion is also looking forward to participating in the British Youth Nationals in a Radial sail, which will be his transition rig in September 2021.



**LLION RECEIVED SOME GOOD NEWS
RECENTLY, BEING SELECTED FOR THE RYA
CYMRU YOUTH LASER TRANSITION SQUAD**

www.llandudno-sailing.com



SPORT CHWARAEON
CONWY

Issue 46 • Autumn 2020

Stopwatch is the official
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