



COLWYN CANOE CLUB

Colwyn Canoe Club was formed in the early 1990s and, as with all such organisations, has altered over the years as the needs of the members have changed.

However, the core ethos of being family orientated and introducing people to paddle sports has remained throughout. Some of our founder members are still with the club and paddle regularly. We have recently invested in kit to fit the smallest paddlers and now have members aged from around 4 and upwards.

We are based in Colwyn Bay, North Wales, but our members come from a wide area, stretching from Cheshire, over the border in England, to Anglesey and down to Bala. The club doesn't have a fixed location and uses many places in North Wales. We have active groups in all the main paddling disciplines, and our coaches regularly run a variety of trips; for example, sea kayaking on the North Wales coast, open boat and SUP paddling at Llyn Padarn, and white water kayaking and canoeing on the Rivers Dee and Tryweryn.

Because Colwyn Canoe Club is all about inclusion and family paddling, we keep our membership fees to a minimum to enable as many people as possible to join us, regardless of income; for example we only charge £42 per year for a family membership and £31 for an individual adult. An added bonus for members is free use of our club boats and paddling kit.



We have recently bought some Soul boats, which are the smallest white water style kayaks available worldwide, and some very small paddles, BAs and helmets. If we have the kit to fit the paddler, then anybody of any age size or shape is welcome to come along and join the fun. We supplement our outdoor paddling by running pool sessions in late autumn and winter at Eirias Park Leisure Centre in Colwyn Bay. We are grateful to our coaches who give their time freely so we can just charge members enough to cover pool hire, in order to keep the cost of pool sessions down.

The club's committee has made significant changes in how we operate behind the scenes. With around 150 members currently, it would be a full time job to do all the administration if we used old paper systems. Therefore, we have gone paperless and implemented online, cloud based systems for our membership and finances, reducing the burden on our volunteer committee members.

We are fortunate to have a dedicated team of coaches, leaders and volunteers who all help to run paddles and trips, and keep the club running smoothly. COVID has had a big impact over the last couple of years but we are gradually building up our levels of activity again. We have managed to run two full 10 week courses of pool sessions over the 2021-22 winter, and our outdoor activities are gradually increasing. Hopefully, as the impact of COVID declines and the weather improves, we will get back to where we were a couple of years ago.

We are very lucky to have support from the Outdoor Partnership and Sport Conwy who help fund our coaches and leaders to gain their qualifications and credentials, and subsequently keep them up to date. The support from Conwy Council and Sport Conwy helps us in areas such as safeguarding and grant applications. We run at no profit so invest in new capital equipment mainly by using grant funding. We have just been approved for a £5000 grant for extra sea kayaks from the Gwyn Ty Mor community fund.

The day-to-day function of the club is primarily through Facebook. Love it or hate it, it is an invaluable tool for communicating with potential and existing members, and organising events. We have a closed, members' only group as well as a public Facebook group. We also have a website but these days, the majority of enquiries come via social media or searches on the Sport Conwy, British Canoeing or Canoe Wales web sites.

We are possibly getting to the point where we have the maximum number of club members that we can realistically support. Membership has risen from around 40 to around 150 in the last 10 years or so and it is a constant challenge to keep the momentum and get new paddlers involved, while still engaging existing members and allowing time for the leaders and coaches to do their own paddling and maintain or improve their qualifications.

Being involved in the management of a club like ours can be very challenging and demanding but infinitely rewarding. There's nothing better than introducing complete beginners of all ages to our sport and seeing them enjoy it and progress, especially when they go on to become lifelong paddlers. Our emphasis is on introduction to the sport and where it can take you for your physical and mental well being. We are not a competitive sports club but a group of paddlers who want to get out with great friends and enjoy the fantastic surroundings of North Wales.

www.canoecolwyn.org.uk





LE SPORT

HEALTH & FITNESS

LE SPORT HEALTH & FITNESS IS A FAMILY RUN HEALTH CLUB THAT HAS BEEN BASED IN RHOS ON SEA SINCE JULY 1996.

Starting out as a seven squash court facility, they began expanding their gym until they were down to two squash courts in total. When COVID and the first national lockdown came, like many other businesses, this was a challenge Le Sport did not expect to have to deal with! But throughout the first lockdown, while members were following the Le Sport online workouts at home, refurbishment and decorating was happening behind closed doors to make every piece of gym equipment two meters apart and generally revamp Le Sport's whole 'look' with the aim of having members feel they were returning to a new gym altogether.

Dedicated training rooms were laid out to make life easy for people training and limiting the risk of mixing around the facility too much. 25% more gym space was created by taking out the last hardback squash court and making it a brand new dedicated dumbbell room and by making their Rig Room (previously used as a private class/ personal training room) part of the gym for members to freely use when those sessions weren't happening.

The first reopening in August 2020 was a success and Le Sport were able to attract new members as well as welcoming back current ones. Sports clubs made use of the facility and services of the strength and conditioning coaches and athletes - ranging from power/weightlifters to professional squash players - were able to start training again when their facilities hadn't been able to reopen fully.

However, Le Sport are "Never satisfied". A phrase used frequently by Le Sport manager Adam Whitlock.

Following the second lockdown, Le Sport planned to expand and refurbish the facility on a whole new scale. The in house physio, Oliver Cook from The Physio & Sports Injury Clinic was relocated onto the ground floor making access easier for his patients and the area encompassing the old physio room, a large part of the reception/lounge and all of the tiered seating for the championship glassback squash court, were redesigned to incorporate Le Sport 2.0 - a bespoke training center with the best strength equipment from all over the world.

The £250,000 refurbishment has meant that Le Sport can cater for everyone. As an independent business, the Whitlock family, who run Le Sport, have dedicated so much time to create a fantastic training environment and facility for the whole community.

As well as catering for individuals, Le Sport's highly qualified trainers provide sessions for groups and teams to help improve their performance in their respective sports. If your sports club needs a facility to train in, or is looking for extra strength and conditioning sessions, get in touch!

Phone:
01492 547046

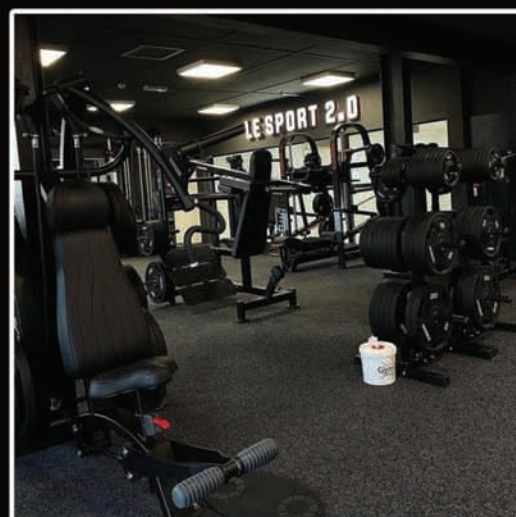
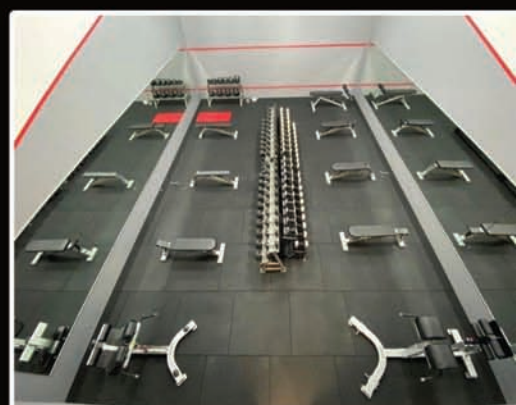
Email:
info@lesporthealthandfitness.co.uk

Instagram:
[@lesporthealthandfitness](https://www.instagram.com/lesporthealthandfitness)

Facebook:
[@lesporthealthandfitness](https://www.facebook.com/lesporthealthandfitness)

Twitter:
[@LeSportRhos1](https://twitter.com/LeSportRhos1)

Le Sport Health & Fitness • Colwyn Avenue • Rhos on Sea • Conwy • LL28 4RB



IN AN EFFORT TO GET LOCAL YOUNGSTERS MORE ACTIVE, LE SPORT IS HOSTING A SPORTS WEEK FROM 20TH TO 24TH JUNE 2022, WHERE CHILDREN CAN BOOK IN FOR FREE SESSIONS IN A RANGE OF ACTIVITIES.

COLWYN BAY ATHLETIC CLUB



After the last couple of years of Covid restrictions affecting cross country racing and track & field competitions, Colwyn Bay AC are hitting the ground running in 2022 and are optimistically preparing themselves for an exciting season ahead.

The club unveiled new competition vests in January and they already seem to be helping athletes earn their stripes, as the winter season has produced a haul of Welsh and North Wales medals. The indoor track season produced three Welsh champions and nineteen North Wales indoor champions while in cross country, there were individual and team medals in the North Wales championships and the North Wales league.

In the Welsh Indoor championships held in Cardiff earlier this year, **Alfie Shiland** ran his first race in the under 15 age group, smashing his 1500m race in 4.49.10 claiming a national bronze in a quality race. **Cari Roberts** (U13) missed out on a gold medal by the smallest of margins (0.01 seconds) to finish 4th in her first ever championships. **Jacob Edghill** (under 20) earned bronze in the long jump with a jump of 6.01m whilst **Kane Smart** (U17) snatched an amazing gold in a hugely competitive race in a time of 23.38 earning a new club record and the fastest 200m time for his age group in Wales so far this year.

The early cross country season continued to be plagued by postponements, Covid restrictions and dangerous high winds. Amazing creative work by the league organisers however ensured that four league races for the juniors and seniors were able to proceed with the final league race doubling up as the North Wales championships. Alfie Shiland once again triumphed claiming individual gold for the league and championships in his age group.

The under 15 boys dominated the team competition in their age group winning a silver in the championship and an amazing gold in the league while the Under 11 boys claimed a silver in the North Wales championships. Additionally, seven club athletes were selected to run for the North Wales team in Loughborough at the British Inter-counties xc championships and four qualified for the Welsh Schools XC Championships in Brecon.

In the senior cross country league, **Anne Mynott** (VW55) won silver in the league for her age group whilst **Maureen** (VW80) – claimed gold in her age group in the league. Maureen, at the age of 82 ran all four of the gruelling 5km+ cross country courses across North Wales this winter.

A club athlete has also enjoyed success overseas in the USA. Last September **Bryn Woodall** (U20) earned a full scholarship to Milligan University, Tennessee based upon his athletics achievements. Since his arrival in the USA, Bryn has continued to build upon his form and was able to prove his mettle in the NAIA indoor track national championships storming to an amazing bronze in the final of the 3000m. Bryn's time of 8.19.68 is the 2nd fastest 3000m in his age group by a UK athlete this year.

Colwyn Bay Athletics Club trains at Eirias Athletics track in Colwyn Bay on Monday and Wednesday evenings. They cater for athletes in school year 3 and upwards. For those wishing to compete there is a full calendar of competition for all abilities and ages. Younger athletes and those new to the sport are encouraged to develop skills in a fun and progressive way as they sample all aspects of 'run, jump and throw', developing a foundation of strength, speed and agility before specialising in specific events. There are no waiting lists at present. Enquires for joining the club and attending sessions can be made via the club website.

www.colwynbayathletics.org.uk



ALFIE



CARI



BRYN

WOODDALL

6 SPORT CHWARAEON CONWY
NAIA ALL-AMERICAN (3K)



KANE



ELLA



UNDER 11 BOYS



LUCY



UNDER 15 BOYS



CYCLE TRAINING FOR PRIMARY SCHOOLS

Since September the leisure team have delivered to over 35 schools and almost 600 pupils. The 'Bikeability' training includes learning both on and off road safety skills, riding positions and general Highway Code principals.

CONWY CYCLING PROGRAMME



Children are back
on their bikes!
Cycle training is
back delivering to
all year 5 and 6
pupils in Conwy.

ELECTRIC BIKES

Conwy's leisure development team are continuing to deliver the electric bike scheme.

This is now an integral part of the rural leisure offer, whereby people can decide to join the circuits class or go along for the e-bike ride!

This project is in partnership The National Trust. The team deliver 2 sessions per week in a variety of locations. Guided rides are a great way for people to feel safe during their first experience of an e-bike.



PRE PEDAL

Many local schools have been receiving pre-pedal training this year.

The sessions involve young children under the age of 7 testing out their balancing skills and through specialist instruction are able to develop their cycling skills. We have currently delivered to over 295 reception aged children.



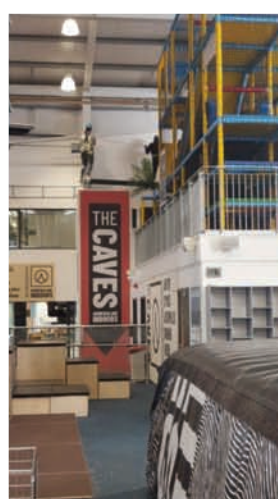
HIGH SCHOOL MOUNTAIN BIKING

Ysgol Dyffryn Conwy have recently received some winter training for year 7/8 students.

The project included both learn to ride and general coaching practices on the local school field. Over 120 students took part.

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





SCHOOL SPORTS

The team have been delivering a number of school sport sessions in partnership with The School Sports Team. This includes a number of schools receiving 6 weeks of sport to a number of school years including gymnastics, football, multisport and more!

ALN SESSIONS

Additional Learning Needs sessions have been taking place thanks to a number of partners including Conwy Education Services, Ysgol y Gogarth, The Outdoor Partnership, Ysgol Ddraig Goch and The Leisure Development Section.

This project focused on getting young people with additional needs to access the outdoors in a number of ways. Most recently Ysgol Gogarth have been tackling the indoor high ropes course at Adventure Park Snowdonia and have been pushing their confidence on the course.



RURAL FITNESS OUTREACH PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.45am TAL Y BONT Studio Cycling <i>with Sam Griffiths</i>	6.15pm CERRIGYDRUDION Pilates <i>with Jamie Virano Jones</i>	5.30pm EGLYWSBACH Studio Cycling <i>with Sam Griffiths</i>	6.45am TAL Y BONT Studio Cycling <i>with Sam Griffiths</i>	10am LLANRWST E-Biking
5.30pm LLANFAIR T.H HIIT <i>with Leon Doran</i>	7.30pm PENTREFOELAS Legs, Bums & Tums <i>with Jamie Virano Jones</i>	5.45pm DOLWYDELAN Body Conditioning <i>with Leon Doran</i>	7.30pm 'ZOOM' ONLINE Hatha Yoga <i>with Helen Jackson</i>	
6.15pm LLANFAIR T.H Hatha Yoga <i>with Helen Jackson</i>	8pm PENTREFOELAS Studio Cycling <i>with Jamie Virano Jones</i>	6pm LLANGERNWYW Circuit Training <i>with Jamie Virano Jones</i>	Anytime YOUTUBE VIDEO Circuits <i>to be used all week</i>	
6.30pm LLANGERNYW HIIT <i>with Leon Doran</i>	Anytime YOUTUBE VIDEO Pilates <i>to be used all week</i>	7pm LLANSANNAN Studio Cycling * <i>with Jamie Virano Jones</i>	Anytime YOUTUBE VIDEO Pilates <i>to be used all week</i>	
7.15pm LLANGERNYW Hatha Yoga <i>with Helen Jackson</i>		7.15pm LLANNEYDD Body Conditioning <i>with Leon Doran</i>		
Anytime YOUTUBE VIDEO Pilates <i>to be used all week</i>		7.30pm LLANSANNAN Studio Cycling ** <i>with Jamie Virano Jones</i>		
1pm LLYN BRENIG E-Biking		Anytime YOUTUBE VIDEO Pilates <i>to be used all week</i>		

RURAL CONWY CLASSES ONLY - £21 per month
Pay as you go - £7 per session

FFIT CONWY MEMBERSHIP - £38.50
(all sessions, leisure centres and pools in Conwy)

For more information or to register, please contact
Rural Leisure Officer **TIM BALLAM** on 01492 575556
Email: tim.ballam@conwy.gov.uk

THE PERSONAL DEVELOPMENT
GRANT SUPPORTS ATHLETES
COMPETING AT A REGIONAL LEVEL.

PERSONAL DEVELOPMENT GRANT



AND SPORTS INJURY GRANT

Apply for financial assistance of up to £300 through the Personal Development Grant - to assist with travel costs, accommodation, equipment, training, clothing.

The Sports Injury Grant provides up to £100 towards the cost of injury treatment.

Available to athletes residing in the County Borough of Conwy who are members of clubs affiliated to Sport Conwy.

APPLY ONLINE: [SPORTCONWY.ORG.UK/WHAT-IS-SPORT-CONWY/TALENTED-ATHLETE-SUPPORT](https://sportconwy.org.uk/what-is-sport-conwy/taunted-athlete-support)

OR CALL 01492 575557

CONWY TALENTED ATHLETE SCHEME

The Conwy Talented Athlete Scheme provides assistance to talented sports people who are competing at a National level in their sport.

The scheme offers free access to Conwy's leisure facilities for training purposes.

ELIGIBILITY

- Resident of Conwy.
- Must be a current member of a NATIONAL SQUAD of a Welsh Sports Governing Body.



TO FIND OUT MORE **CLICK HERE** OR CALL **01492 575557**

SPORT CONWY COVID SUPPORT GRANT

Sport Conwy allocated £10k to assist clubs during the Covid Pandemic. The support grant looked to support clubs with items that other funders wouldn't ordinarily assist with.

In total two rounds of the support grant saw 17 clubs (Mochdre Junior FC, Old Colwyn Bowling Club, Craig Y Don Croquet Club, Llanrwst Canoe Club, Abergele Cricket Club, Rhos Park Bowling Club, Llanfairfechan Town FC, Ysgol Y Gogarth Adventure Club, Betws Y Coed Golf Club, Colwyn Bay Athletics Club, Llanfairfechan Croquet Club, Tristars Conwy, Eirias Hockey Club, Colwyn Bay Junior FC, Kinmel Bay FC, North Wales Snowsports, Llanfairfechan Bowling Club) supported to undertake a number of projects.

These projects were essential to ensuring the sustainability of the clubs and included: the purchase of equipment, maintenance to bowling greens, maintenance to mowers and equipment, contributions towards the purchase of storage facilities and trailers, shelving for storage units, clubhouse repairs and the purchase of helmets and bike repairs.



After an enforced 2yr break due to the pandemic, Sport Conwy will be the main sponsor at the Conwy Sports Awards.

The date of the awards is Friday 25th November 2022.

Watch this space for more info in due course...



CONWY EXCELLENCE FUND **£1000**

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

CONWY EXCELLENCE FUND SUPPORTED THE FOLLOWING ATHLETES TO THE TUNE OF £10,300

Amy Richardson	Football	Member of the Wales U17s football squad
Josh Chan	Hockey	Selected to the National Age Group U16s hockey squad
Lucian Barnett	Hockey	Selected to the National Age Group U16s hockey squad
Madi Haerr	Dressage	Competed for Team Wales at U21 British Dressage competition
Morgan Haerr	Dressage	Competing for Wales in dressage
Casey Bedford	Cricket	Member of Cricket Wales U13 squad
Sam Humberstone	Climbing	Represented Wales at the UK Youth Climbing Series
Llion Morris	Sailing	Member of the RYA Cymru Wales performance sailing pathway
Ffion Mair Roberts	Athletics	Member of National Welsh Athletics team
Deborah Robinson	Triathlon	Selected to the GB Age Group Team
Malcolm Harrison	Triathlon	Selected to the GB Age Group team
Emily Whitlock	Squash	Current world ranking of 18
Megan Hughes	Athletics	3rd fastest U17 athlete in Wales and 17th fastest in the UK
Alfie Shiland	Athletics	Welsh Athletics Endurance Eliminator Champion, the U13 Welsh Champion at 800m

ALFIE HERBERT

As an active and avid mountain biker, the restrictions at the start of the COVID pandemic curtailed Alfie's activities on the trails.

Keen to keep his fitness up he decided to hop on a road bike (on a trainer in the and start his road career on a popular online cycling platform.

Alfie soon discovered he really enjoyed spinning, working hard and bashing the pedals and even entered a few online races to find he was competitive even in adult races.

Once the COVID restrictions permitted exercise from home he ventured out onto the roads in and around the Conwy valley then further afield into Snowdonia to tick off some off the classic roads and climbs.

Keen to join a club Alfie went along to Marsh Tracks to join Rhyl CC when the club restarted, and really enjoyed being in the bunch. He entered several one hour crit races in the North of England to finish them all in the bunch sprint. He also raced in his first national series race in Scarborough at Olivers Mount to finish a very credible 28th place out of over 90 riders.

The last circuit race of the season was at his home circuit of Marsh Tracks in Rhyl where he picked up 8th place in the Welsh national circuit champs. With the road/circuit racing coming to a close Alfie turned his attention to the hill climbing championships.

First was the Welsh National championship on 'The Tumble' near Abergavenny where Alfie was the fastest under 16 and 13th overall across all age groups.

Then onto the iconic Winnats Pass in the Peak District for the British championship – another outstanding result for a debut season where he finished 5th in his age group and 160th out of 360 riders across all ages.

With excitement about next season already building he's busy with lots of 'base' training (as well as revising for his GCSEs!) and hoping to improve on this season's results with the first races at the end of January.





OSIAN CURTIS

Osian's interest in biking had started a few years before the Covid pandemic took hold in the UK. He had started to ride more and more at local tracks and hang out with like minded people that enjoyed not only riding but building tracks. Osh was learning all the skills required to become a competent MTB rider, it was a very informal environment and bags of fun.

Osian enjoys the chilled scene that the MTB community seems to have, he loves his team sports and the discipline of swimming 6 days a week, but MTB gave him freedom to choose a riding style or bike setup for a particular track.

When the lockdown in Wales was introduced, Osian worried about his fitness and the wider benefits of having an active lifestyle being taken away. He very quickly took matters into his own hands, making sure his mental and physical health didn't suffer. Within the limits of lockdown rules, he continued to ride his bike on the hills. If he couldn't get to the tracks or mountains he would develop his bike handling skills in the garden. He would go for long walks on the Carneddau mountains with his camera and take pictures of whatever took his interest.

Osian constantly watched the Pros racing on their media channels and seemed to take lots of inspiration from this element of the sport. He started to ask about racing and whether he could take part in the Welsh Enduro series. Not knowing what we were doing, we signed him up for all five events over the season. Each race normally consists of four stages varying in length from 90 seconds of downhill to a few minutes. Once at the bottom of the stage you then generally ride up a huge hill to get to the start of the next stage. All times are recorded with an electronic tag and accumulated to give an overall time. Fastest wins. Osian was in the Hardtail group which was a mixed aged category. He loved it and it terrified both his parents. The commitment that Osian and all the participants showed to try and get down the courses as fast as possible was amazing. At the end of his first season, Osian won the hardtail category overall. He was delighted, and could see that all his hard work during the pandemic had really paid off.

Osian's biking journey continues, and next season can not get here fast enough!

SPORT FOR THE COMMUNITY

Mochdre Sports Association is entering its 46th year as a proud sporting and social venue for the whole community. Entirely run by many volunteers, we provide facilities for Football and Cricket at senior level down to Juniors, plus the added social activities.

For this reason we have emphasised "Community" in the heading as without the support of the local community we could not carry out our aims. With this in mind we endeavour to support and help the area whenever possible, and over the last 18 months Mochdre Sports Association has organised a Foodbank weekend for Conwy Foodbank, a hugely successful Ukraine Aid Collection, and supported local organisations with our facilities.

Our main function is obviously providing sport for all, and to this end many volunteers provide facilities and coaching from seniors to the Juniors. Covid has been a tremendous strain on society and communities in general, and sports Clubs are not immune. We are therefore pleased that at Mochdre Sports Association we have increased membership over the period of Covid, again this is down

to the hard work of so many. We would like to thank all who have supported us over the years and we hope we have given something back.

Mochdre Sports Association are proud of the fabulous Clubhouse and facilities which we have built up over the years, including an all weather floodlit multi games area, and an excellent veranda seating area. The Clubhouse and facilities can be hired for parties and meetings. Please contact 01492 546661 or info@mochdre-sports.co.uk

Chris Colman

Chairman - Mochdre Sports Association

FOOTBALL UPDATE

Mochdre Sports F.C. already offers its Junior, Senior and Lionesses football members fantastic facilities and equipment and after having introduced two FAW qualified goalkeeper coaches to the junior set-up two years ago the club has now started to take things to the next level by introducing the VEO automated game recording system which enables players to review and analyse their own performances in games. The club house is always a hive of activity with the junior section socialising before and



after games over a game of pool or watching a game on the big screen but we are now seeing a real desire and enjoyment from our young players to come and watch and analyse recordings of their own games on the big screen in our club house.

The club is now working on the next stage of its footballing transformation by upgrading all junior goals to metal, adding more drainage to the three junior football pitches and continuing to invest in innovative equipment to make the football learning experience more engaging and enjoyable for all age groups. The junior section is also building new relationships by travelling to play clubs further afield, such as Davenham in Cheshire during February, providing players with new and challenging experiences.

MOCHDRE CRICKET CLUB

.... have just finished their winter nets, in preparation for an exciting summer of cricket. We are running junior groups at all ages, alongside our All Stars group. Outdoor sessions will begin soon, once the lighter evenings kick in, with junior practise held on Fridays between 6 and 7pm. All our coaches are qualified and adhere to the ECB safeguarding guidelines. Our club carries the ECB Clubmark, again, a measure of successfully meeting ECB guidelines, health and safety and organisation.

Our first eleven begin their exciting new season at home on the 24th April. We will also continue to play a second eleven, and a Sunday development squad. We would love to see new players come through our ranks at Mochdre - players of any age or ability are always welcome - senior practise is Thursday at 6pm. There are twitter and facebook pages for Mochdre Cricket Club.

www.mochdre-sports.com



EIRIAS HOCKEY CLUB

Eirias Hockey Club's U14s are North Wales Champions. The girls won all five of their games to win the North Wales Tournament in Mold.

This is a fantastic achievement, and the team will complete at the Welsh National Finals in Swansea on May 7th.

In the group games they beat Caernarfon 4-1, Bangor 1-0 and Bala 1-0 to top the group. The semi-final saw them overcome a very strong Llanfair Caereinion team 2-0 before a thrilling Final against Pwllheli saw them crowned North Wales champions with a dominant 2-0 win.

Well done to all the girls who played and thank you to Jude Pyves for coaching this fabulous squad of players.

Eirias Hockey Club can reflect on what a successful 2021/22 season for the Club as a whole. Since its formation with the amalgamation of the Llandudno and Colwyn Bay clubs in 2018, the new club endured a difficult first year, better second year followed by the Pandemic year in which very little activity took place.

It has been a year of consolidation as all the teams found themselves in a rearranged league structure and up against teams they had never previously faced. The three established mens team and the ladies first team all play in the England

Hockey Association North West Region and their competitors include teams as far away as Lancaster and Macclesfield, as well as some closer to home in North Wales. The Divisions typically consist of twelve teams meaning there is a program of 22 league fixtures each.

The mens first team struggled to field a consistent side for various reasons throughout the season and as a result look likely to finish in ninth position out of their twelve in North West Division Two but with sufficient points to be well clear of any relegation issues. The seconds fared considerably better should finish either a creditable fourth or fifth. One of the main objectives for the Club was to get the Mens third team up from the bottom division into Division Five and ultimately it was a task they accomplished with ease finishing in second place behind a very strong Wrexham side.

Hopefully, taking their place in Division Six will be a newly formed fourth team which has already played a number of fixtures on an ad hoc friendly basis this season.

The ladies first team were placed in a league several place higher than the one they were in prior to the reorganisation and there were concerns that they might struggle initially. Those fears proved to be unfounded as they proved a force to be reckoned with. A well deserved third place finish is on the cards and amongst the notable victories notched up was a 3-1 win at home to runaway leaders Northop Hall, one of only two fixtures they lost all season.



The Ladies second team feature in North Wales Division Two. Their league program has been significantly smaller than the other sides due to the lack of participating teams. This very young team strengthened, supported and guided by a handful of senior players have finished in a solid midtable position and were tremendous ambassadors for the Club.

The policy throughout the Club has been to promote players on merit and as a result many young talented players have graduated to playing in the Senior teams and without exception have given a good account of themselves. A number of them have played in North Wales representative sides with half a dozen of them progressing to feature in National Age Group squads and travel to Cardiff for specialised training. They are a credit to themselves and the Club.

In addition to the Senior sides the Club are also regularly represented by Junior teams at under 10, 12, 14 and 16 levels at monthly North Wales regional tournaments and always feature well against their peers. The under 16 boys and girls both won their respective North Wales Championships and only just failed to make the National Finals at the hands of teams from Cardiff, Swansea and Newport.

Behind all these teams there is an army of dedicated volunteers, coaches, umpires, managers, organisers and administrators covering all the aspects that are required to run a successful club. All this hockey activity comes at a priced with pitch hire costs for training alone amounting to over £10,000 this year.

Sponsorship plays a big part in supporting the financial affairs of the Club and we are very grateful and appreciative of the generous contributions afforded to us by Cartrefi Conwy, Supertemps and Exile Sportswear who are our exclusive kit suppliers.

In less than four years the club has doubled its membership. Monday night training for under 12s regularly has as many as 50 boys and girls participating. With first class care and training these children are allowed to develop their talents at their own pace through the various age groups and will in due course feed into the Senior sides. The future is looking bright for Eirias Hockey Club.

www.hockeyeirias.co.uk





SUPER NEW DISABILITY CRICKET PROGRAMME LAUNCHED IN CONWY

The Lord Taverner's Super 1's is coming to Wales with one of three projects across the nation landing in Conwy. The Super 1's is disability specific cricket programme that gives young disabled people between 12 and 25 years of age the chance to play regular competitive cricket whilst improving their confidence and independence.

Weekly sessions will be held at both indoor and outdoor venues with young disabled people being encouraged to attend and give it a go. You do not need to have a cricket background or played before, all the equipment is provided and the coaches are very experienced.

Mark Richards, Conwy's Disability Sport Wales Development Officer, said "We're really pleased that we can host the Super 1's programme in Conwy. This is a North Wales Hub and I would love to see disabled people from all over the region taking advantage of the scheme. We have had some fantastic disability sporting opportunities based in Conwy over the years but it has proven difficult to sustain these throughout the Covid pandemic so it's fantastic that we can add a new opportunity to enhance the current offer."

The Super 1's welcomes disabled people of all impairments and all abilities. Cricket can be an extremely inclusive sport and the aim of the project is to not only offer disabled people a chance to learn and enjoy the sport but more importantly, an opportunity to make friends and learn valuable life skills.

Sue Wells, Cricket Wales' Area Manager for North Wales, added "Cricket Wales are delighted to be working in partnership with Ffit Conwy, Disability Sport Wales, Lord's Taverner's & the ECB to launch the first Super 1's programme in North Wales to offer cricket to young people aged between 12-25 with a disability. This will link into our disability champion cricket club at Colwyn Bay Cricket club but is open to all participants across North Wales. We are excited to see the project progress across the summer as we look to make cricket more inclusive for young people in the area."

To register your interest and be kept up to date with session confirmations and any potential cancellations please contact Mark Richards on either mark.richards@conwy.gov.uk or 07733 013004.

FFIT CONWY PLAY DEVELOPMENT

PLAYING OUT

Playing out is the chance to play, have fun, get wet, messy and muddy and make friends.

All sessions are open access, which means that children are able to come and go as they please. During half term the Play Team ran 40 sessions across 5 days with over 250 children attending across Conwy.

Sessions continue to run from 3.30pm to 5pm on weekdays, after school during term time.

PLAYFUL PARENTS

Playful Parents sessions provide play opportunities for children aged 0-5 years.

An opportunity to get wet and messy and make lots of friends. Sessions are facilitated by the play development team, who have a variety of items of equipment on offer. The sessions are child led, so they choose what they want to do, or what equipment they use. Sessions are a great social opportunity for parents and children.

Sessions are free and run across Conwy every morning!

SKATE EVENTS

During half-term, as part of the 'Winter of Wellbeing' King Ramps supported Play Development in providing free events at many skate parks across Conwy.

The skate events were extremely popular and children ranging from 3 to 15 years attended throughout the week. A team of professionals carried out demos and competitions for the children to show off their new skills.

ACTIVE PLAYTIMES CHALLENGE

As part of a new pilot programme, funded by Betsi Cadwaladr, Play Development have been working with schools to enhance playtimes.

Through staff training, UNCRC workshops and support from play workers, we have been working with local schools to support





www.disabilityskiingwales.co.uk



PARA SNOW SPORTS WALES
CHWARAEON EIRA PARA CYMRU

PARASNOWSPORTSWALES

is going from strength to strength after a long period of being unable to ski due to lockdown ...

our patron **MENNA FITZPATRICK**

again brings home more medals after the Paralympics making her the most decorated Paralyzation. What an inspiration she is to all our members!

SPORT·CHWARAEON **CONWY**

**SPORT CONWY IS TRYING TO
PROMOTE MORE OF ITS WORK
AND BENEFITS THROUGH THE
USE OF SOCIAL MEDIA.**

**PLEASE HELP US TO SPREAD
THE WORD AND FOLLOW
AND LIKE US ON FACEBOOK
AND TWITTER.**

 @SportConwy

 @Sportconwy

www.sportconwy.org.uk



SPORT·CHWARAEON
CONWY

Issue 48 • Spring 2022

Stopwatch is the official
newsletter of Sport Conwy
Articles to Caroline Jones (Secretary)
on 01492 575557
sportconwy@conwy.gov.uk