



Terry Buck: Chairman, Team Manager 65+  
 Peter Osborne: Secretary, Joint Team Manager 60+  
 Gary Murphy: Kit Manager, Joint Team Manager 50+, 60+  
 Mark Elnaugh: Treasurer, Joint Team Manager 50+  
 George Keogh: Social Secretary  
 Bob Willis: Committee Member

**CHELMSFORD CITY WALKING FOOTBALL CLUB NEWSLETTER,**

**No.10**

**MARCH 2018**

**FORTHCOMING FIXTURES FOR YOUR DIARY**

DATE	VENUE	TIME	EVENT	VERSUS
Wednesday, 14 <sup>th</sup> Mar 2018	Melbourne 3G pitch, Chelmsford	10.00	EWFL 65+ League	Various
Sunday, 18 <sup>th</sup> Mar 2018	Play Football Romford, K.G. Playing Fields, Eastern Ave.	11.00	EWFL 50+ League	Various
Wednesday, 4 <sup>th</sup> April	Len Forge Centre, Southend	10.30	EWFL 60+ League	Various
Wednesday, 25 <sup>th</sup> Apr 2018	Memorial Ground, Little Oakley, C012 5ED	10.30	EWFL 65+ League	Various
Saturday, 28 <sup>th</sup> Apr 2018	Melbourne 3G pitch, Chelmsford	10.00	EWFL 50+ League	Various
Sunday, 13 <sup>th</sup> May 2018	Margate FC, Hartsdown Road, Margate CT9 5QZ	12.00	Dave Bambridge Memorial Cup	Various
30 <sup>th</sup> May - 1 <sup>st</sup> June 2018	Almelo, The Netherlands	t.b.a.	Almelo City Cup	Various

As you can see from the above, the fixtures calendar is beginning to get busy after the relatively quiet winter months so please be sure to note the above dates in your diary and don't forget to check our website <http://www.chelmsfordcityfc.com/teams/136556> for up to date information & amendments.

**IMPORTANT:** Please note that with the very tight scheduling of these games and with more fixtures being constantly added, it is more essential than ever that all kit is returned as instructed in order that it is then available for the next game. If you have any questions about returning kit please contact Gary at one of the training sessions or any other committee member if he is not around.

Unless otherwise advised please arrive at the venue at least 30 minutes prior to kick-off to allow for registration, changing etc. In the event that you are unable to play in any match for which you have been selected, please make sure you notify your team manager without delay. Referees are instructed that anyone not wearing shin-pads will not be allowed to play.

## **RECENT MATCHES**

Wednesday 14<sup>th</sup> February 2018 - Eastwood Falcons friendly tournament.

In this Valentines day fixture the Clarets put in a fine performance, winning four of their five games and only losing one game to the eventual winners and hosts, Eastwood Falcons.

Match report: <http://www.chelmsfordcityfc.com/teams/136556/match-centre/0-3953352>

Sunday 18<sup>th</sup> February 2018 – Shooters 50+, 5-a-side tournament.

Match report: t.b.a.

## **OTHER NEWS**

Bob and Peter have produced a video demonstrating the up to date basic rules of walking football, concentrating on the non-contact and walking side of our game. You are all invited to have a look at the video, "**How to Play and Not Play Walking Football**" which is available on the website at <http://www.chelmsfordcityfc.com/news/how-to-play-not-play-walking-football-2207688.html>

We are also hoping to arrange for photo stills from the video to be displayed at all our sessions so that there should be no excuses for not playing to the rules. A pdf guide is also available from the link above.

Many thanks to Bob & Peter for taking the time and effort to make the video presentation which we are hoping may also be used by other clubs that we regularly play against. Hopefully we can all get back to the right reasons for us playing again at our tenders ages and stay fit & healthy!

## **TRAINING DATES & TIMES**

Tuesday 10.00 to 12.00 outside on the 3G pitch at Melbourne Park (boots with moulded studs must be worn – no trainers of any type are allowed).

Thursday 11.00 – 13.00 inside at Chelmsford Sports Centre.

Always remember to check on the Chelmsford City Walking FC website for further up to date information as these times and dates can be changed due to tournaments etc.

**GEORGE KEOGH**

[georgekeogh@hotmail.com](mailto:georgekeogh@hotmail.com)

## **USEFUL LINKS**

Walking Football United:

<http://www.walkingfootballunited.co.uk/>

Chelmsford City Walking FC:

<http://www.chelmsfordcityfc.com/teams/136556>

Essex Walking Football League:

<https://www.essexwalkingfootballleague.org/>

Chelmsford City FC:

<http://www.chelmsfordcityfc.com/>