

# Inaugural Scottish Walking Football League continues tomorrow at Ravenscraig



The second round of fixtures for the inaugural Scottish Walking Football League takes place at Ravenscraig tomorrow.

Hearts are fielding two teams, named after Scottish Cup winning years.

Hearts 56 face Stirling, Ayr United and Fife Wanderers whilst Hearts 98 face Stenhousemuir, Stirling and Ayr United.

After tomorrow's games, the league will shut down for June and July to allow for summer holidays.

Billy Singh, Walking Football Development Officer, Paths for All says: "Walking football has seen a massive growth over the last few years with over 600 players taking part in games across Scotland on a weekly basis. We already have a national walking football festival and regional festivals so it made sense to pilot a national league. The benefits of playing walking football include improving physical and mental well-being, building new friendships and signposting to other activities in their local area. All players will be given pedometers to calculate how many steps are taken during games and to encourage players to build walking into their daily routine. I would encourage people to come along and support the teams and to find to out more about walking football."

Former player Craig Dargo and now SFA Football Development Officer for North Lanarkshire Leisure says: "We are delighted to be hosting the National walking football league in partnership with NHS Lanarkshire. Walking Football has proved

a great success in North Lanarkshire and is a fantastic way to keep in shape, socialise and to play the game we love. Not only was the quality of games in the opening league meetings fantastic, the manner in which the games were played in made it an enjoyable spectacle to watch and im sure to play in.

Walking Football ambassador Davie Hay says: "It's great to see so many teams from all over Scotland competing in the national walking football league. The growth of this version of the beautiful game has been phenomenal and I am heartened by the fact that we have so many people still playing football in their later years."

Week 2 Fixtures – 24<sup>th</sup> May 2017

#### Game 1

Tullibody Community FC v North Lanarkshire

Stenhousemuir v Hearts 98

Stirling v Hearts 56

Ayr United v Greater Glasgow United

Fife Wanderers v Gala Fairydean Rovers

#### Game 2

Gala Fairydean Rovers v Tullibody Community FC

Greater Glasgow United v Fife Wanderers

Hearts 56 v Ayr United

Hearts 98 v Stirling

North Lanarkshire v Stenhousemuir

#### Game 3

Tullibody Community FC v Stenhousemuir

Stirling v North Lanarkshire

Ayr United v Hearts 98

Fife Wanderers v Hearts 56

Gala Fairydean Rovers v Greater Glasgow United