

# Scottish Walking Football League resumes tomorrow at Ravenscraig



The Scottish Walking Football League resumes tomorrow at Ravenscraig after a two month summer break.

Ten teams from throughout Scotland are taking part in the inaugural tournament with participation limited to men and women aged over 50.

Each team will play three games of 18 minutes duration.

After six games Gala Fairydean Rovers top the table with maximum points and a goal difference of plus 22 closely followed by Hearts 56 who also have 18 points and a goal difference of plus 21..

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.