

Sport RCT Case Study

Getting adults more active – Wannabe Warriors Walking Football

Wannabe Warriors are a walking football group based in Tonyrefail. Their aim is to offer men a regular opportunity to either start or get back into playing football, helping them to improve their physical fitness and mental wellbeing and socialise and meet new people. At the start of 2024 their founder Nick contacted us for support to start the group because he was tired of travelling to play elsewhere. We helped Nick with governance, funding, and promotion and sessions began a few months later. We provided resources and templates, and our Community Sport fund covered some start up equipment and the first 20 weeks of pitch hire. We have provided ongoing support and advice, and have helped them through our Club Accreditation scheme for the last two years.

They started with one weekly training session and 12 players. They now have two sessions a week, and **45** registered members. They have 3 teams that play competitively as Under 50's, Over 50's and Over 60's. 25% of their players were inactive before joining, and an additional 29% were only active once a week.

The group have established themselves

locally and secured a number of local sponsors and grants. They have affiliated with the Welsh Walking Football Federation, and have played in many friendlies and competitions with other clubs and participated in events such as the annual Anglo-Saxon competition held at Solihull Moors FC. They organise regular social events and they have formed strong bonds, where they encourage and support each other.

“Joining walking football has reignited my joy of life. Its like being a kid again, going out to play. I look forward to the sessions, and no matter what the weather is doing, I always come away feeling fantastic and with a smile on my face. Since I started walking football I have more energy throughout the day and I sleep better at night too.” - Player

“Having a weekly focus to go to and unwind doing something I love, can't beat it. Great social atmosphere with a good bunch of lads.” - Player



45
members



92%
feel healthier



100%
will continue
to be active



25%
were inactive
before joining



96%
feel more
confident



100%
are now more
active, more often



100%
feel happier



100%
made new friends