

# Sport Caerphilly Community Volunteer Awards Evening 2016

Tuesday 26th January 2016

Bryn Meadows Golf Club,  
Maesycwmmmer



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[www.sportcaerphilly.org.uk](http://www.sportcaerphilly.org.uk)

## Order of Ceremony - Trefn y Seremoni

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6:15	Arrival
6:30	Welcome by Ben Hammond Kelly Davies – Speech Young Volunteer of the Year award presented by Kelly Davies Arriva Trains Wales Disability Coach of the Year award presented by Michelle Daltry Inclusive Coach of the Year award presented by Kelly Davies
8:00	Dinner to be served Raffle Volunteer of the Year award presented by Kelly Davies Community Coach of the Year award presented by Kelly Davies Outstanding Contribution award presented by Kelly Davies Club of the Year award presented by Kelly Davies
10:00	Closing Speech from Jared Lougher
10:10	Photographs
10:15	Networking opportunity

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6.15	Cyrraedd
6.30	Croeso gan Ben Hammond Araith - Kelly Davies Hyfforddwr Ifanc y Flwyddyn a gyflwynir gan Kelly Davies Hyfforddwr anabledd y Flwyddyn Trenau Arriva Cymru a gyflwynir fan Michelle Daltry Hyfforddwr Cynhwysol y Flwyddyn a gyflwynir gan Kelly Davies
8.00	Cinio i'w gweini Raffl Gwirfoddolwr y Flwyddyn a gyflwynir gan Kelly Davies Hyfforddwr Cymunedol y Flwyddyn a gyflwynir gan Kelly Davies Gwobr Cyfraniad Rhagorol a gyflwynir gan Kelly Davies Clwb y Flwyddyn a gyflwynir gan Kelly Davies
10.00	Araith caeedig gan Jared Lougher
10.10	Lluniau
10.15	Cyfle i rwydweithio

## Welcome - Croeso

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Welcome to the Sport Caerphilly Volunteer Awards Evening 2016. Volunteers and coaches are the lifeblood of the sporting industry and their dedication to promoting the benefits of sport deserve to be celebrated. We hope you enjoy the evening's event and join us in congratulating every person who has been nominated and in particular the fabulous finalists for each category.

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Croeso i Noson Wobrwyo Gwirfoddolwyr Chwaraeon Caerffili 2016. Gwirfoddolwyr a hyfforddwyr yw asgwrn cefn y diwydiant chwaraeon ac mae eu hymrwymiad i hyrwyddo buddion chwaraeon yn haeddu cael ei ddathlu. Gobeithiwn y byddech yn mwynhau digwyddiad y noson ac ymuno â ni i longyfarch bob person sydd wedi cael eu henwebu ac yn arbennig y terfynwyr gwych ar gyfer pob categori.

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## Guest Speaker Kelly Davies

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Former Arsenal and Liverpool Ladies footballer Kelly Davies won 36 caps for Wales during an accomplished professional career. Kelly is also the youngest woman to obtain an MBA in the Football Industries and came up with the idea of Vi-Ability while writing her dissertation titled "The viability of a commercial department for a football association or club". She decided to form a social business that could simultaneously tackle the issues of commercially unsustainable football clubs and youth disengagement from education.

5 years on - Vi-Ability is now the UK Social Enterprise of the Year. Has a multi-million turnover, with operational programmes across Wales, London, the EU and India. They have changed 3000 lives to date, and reinvested £2.8m back into transforming individuals, clubs and communities.

In 2015 Kelly won the INSPIRE Wales Sport Award, was named Social Entrepreneur of the Year and received the Big Society Award from the UK Prime Minister David Cameron.

Kelly considers herself as 'an entrepreneur working in the sports industry' who thinks 'out of the box' - seeing clubs as businesses, and individuals as 'potential'. Her everyday motto is: Be the Reason Someone Smiles.

## Young Volunteer of the Year Award Gwirfoddolwr Ifanc y Flwyddyn

Over the last year **Kate Flower** has excelled in her role as a Coach of the Future, Gold and Platinum Ambassador. Within this role Kate has attended regional and local authority meetings. Also, as part of her Platinum ambassador regional role, Kate led on the recent Silver and Gold ambassador conferences. Kate has also delivered sessions regularly for the 5x60 programme and assisted the P.E department with their extracurricular programme. Alongside these commitments, Kate also was part of the working group for the Caerphilly 10k and delivers Physical Literacy Athletic Tots sessions. Overall, Kate is a great advocate for sport in Caerphilly and has continually demonstrated the ability to go above and beyond in making a considerable impact.

Dros y flwyddyn ddiwethaf, mae **Kate Flower** wedi tyfu yn ei rôl fel Hyfforddwraig y dyfodol, Llysgennad Aur a phlatinwm. O fewn y rôl mae Kate wedi mynychu cyfarfodydd rhanbarthol ac awdurdod lleol rheolaidd. Hefyd, fel rhan o'i rôl Llysgennad Platinwm, fe arweinodd Kate ar y gynhadledd ar gyfer Llysgenhaddon Arian. Mae Kate hefyd wedi darparu sesiynau ar ôl Ysgol yn ei hysgol. Ymhlih y cyfrifoldebau hyn, roedd Kate yn rhan o'r grŵp gweithio ar gyfer 10c Caerffili ac yn darparu sesiynau Twldod Ahletau. Wedi'r cyfan, Mae Kate yn eiriolwr ar gyfer chwaraeon yng Nghaerffili ac yn dangos yn gyson y gallu i fynd tu hwnt y gofynion i wneud gwahaniaeth yng Nghaerffili.

**Robert Hughes** has volunteered and assisted within the 5x60 programme and sessions for the Urdd during the past year. Rob also volunteers at Risca Academy on a weekly basis, which demonstrates his ability to coach at a variety of levels, from 'participation' through to 'elite' level. Alongside these commitments, Rob also has been selected as a Gold Ambassador and attends all development workshops when possible. During the summer Rob voluntarily committed over 180 hours and supported a weeklong trip to Llangranog.

Mae **Robert Hughes** wedi gwirfoddoli a chynorthwyo gyda'r rhaglenn 5x60 a sesiynau gyda'r Urdd dros y flwyddyn ddiwethaf. Mae Rob hefyd yn gwirfoddoli gydag Academi Risca yn wythnosol, sy'n dangos ei allu fel hyfforddwr ar wahanol lefelau, o cyfranogiaeth drwyddo i level uchel. Yn ogystal â hyn mae Rob wedi cael ei ddewis fel Llysgennad Aur ac yn mynychu gweithdai datblygiadol pan yn bosib. Yn ystod yr haf fe wnaeth Rob wirfoddoli dros 180 awr a chefnogodd drip wythnos i Llangranog.

Since the start of the year **Elin Drake** has been volunteering in Gwyndy gymnastics sessions for children from reception to year 6. Elin also regularly helps run Netball Tots sessions whilst committing herself fully to the Coach of the Future programme. Elin has also been successful in becoming a Gold Ambassador for Caerphilly and within her role; she is taking a lead on Women and Girls Rugby. Overall, Elin completely devotes herself to all aspects of volunteering and coaching sport within the local community.

Ers dechrau'r flwyddyn mae **Elin Drake** wedi bod yn gwirfoddoli yng Nghwlb Gymnasteg y Gwyndy i blant derbyn-blwyddyn 6. Mae Elin hefyd yn cynorthwyo gyda sesiynau twdlod pêl-rwyd tra'n ymrwmo i raglan Hyfforddwyr y Dyfodol. Mae Elin hefyd wedi bod yn llwyddiannus yn dod yn Llysgennad Aur dros Gaerffili o fewn ei rôl; mae'n edrych ar gynrychioli disgyblion mewn Rygbi i ferched a menywod. Mae Elin yn neilltuo ei hun i bob elfin o wirfoddoli a hyfforddi mewn chwaraeon yn ei chymuned leol.

**Hedd-wyn Boyles** volunteers and coaches up to 10 hours a week for Caerphilly County Swim Squad. Within these hours Hedd's commitment and dedication allows her to take up many roles, including coaching of swim strokes, assists with providing technical programmes and attended swimming competitions as a junior coach. These experiences and opportunities have assisted Hedd to successfully pass her Swimming Level 1 qualification along with gaining her Level 2 Community Sport Leadership Award. Hedd has also become a mentor for the young swimmers, which highlights her ability in being an excellent role model to others at the club.

Mae **Hedd-Wyn Boyles** yn gwirfoddoli a hyfforddi hyd at 10 awr yr wythnos gyda Sgwad Nofio Sir Gaerffili. Gyda'r oriau hyn, mae ymrwymiad Hedd yn galluogi iddi ymgymryd â sawl rôl, gan gynnwys hyfforddi nofio, cynorthwyo gyda darparu rhaglenni technegol a mynychu cystadleuaethau nofio fel hyfforddwraig ifanc. Mae'r profiadau a chyfleoedd hyn wedi cynorthwyo Hedd i basio ei chymhwyster Lefel 1 mewn Nofio yn llwyddiannus yn ogystal ag ennill ei Gwobr Arweinydd Chwaraeon yn y Gymuned Lefel 2. Mae Hedd hefyd yn fentor ar gyfer nofio ifanc, sy'n dangos ei gallu i fod yn fodel rôl arbenig ar gyfer y clwb.

Over the past 12 months **Lucy Hurrell** has excelled in her role as Head Coach at Risca Hockey Club via the Coach of the Future programme. As part of her role Lucy takes responsibility for planning sessions, taking registers and links with other clubs for fixtures. Lucy continually strives to develop herself as a coach with receiving regular mentoring and attends workshops on the clubs behalf. Lucy has increased numbers participating at the club; by establishing great relationships Risca Comprehensive School and P.E Department, to allow her to deliver taster sessions and signposting pupils to the club. Lucy demonstrates great enthusiasm and passion to coach and allow children to have the opportunity to access sport and physical activity.

Dros y flwyddyn ddiwethaf, mae **Lucy Hurrell** wedi arbenigo yn ei rôl fel hyfforddwraig gyda Chwlb Hoci Risca drwy raglan Hyfforddwyr y Dyfodol. Fel rhan o'i rôl mae Lucy yn cymryd cyfrifoldeb am gynllunio sesiynau, cymryd cofrestrai a cysylltu gyda chlybiau eraill i drefnu gemau. Mae Lucy yn ymdrechu i ddatblygu ei hun fel hyfforddwraig wrth dderbyn mentora rheolaidd a mynychu gweithdaiar ran y clwb. Mae Lucy wedi cynyddu nifer aelodaeth y clwb, wrth sefydlu perthnysau da gydag Ysgol Gyfun Risca i alluogi iddi ddarparu sesiynau a chysylltu nhw â'r clwb. Mae Lucy yn dangos brwydfrydedd mawr a hygerdd i hyfforddi i alluogi plant i gael y cyfle i gymryd rhan mewn chwaraeon.

## Arriva Trains Wales Disability Coach of the Year Award Gwobr Hyfforddwr Anabledd y Flwyddyn Trenau Arriva Cymru

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**Callum Sapey** is an exceptional young coach who has shown a considerable dedication to disability sport within Caerphilly. His passion for working with children and young adults in Caerphilly is something that many other coaches should aspire too. Callum runs Pont Dragons Disability Football every Friday night. He walks over a mile to get to the session as he doesn't drive. His dedication is second to none and he recognises the importance of children with additional needs taking part in sport.

Mae **Callum Sapey** yn hyfforddwr ifan arbennig sydd wedi dangos ymrwymiad sylweddol i chwaraeon anabl yng Nghaerffili. Mae ei angerdd tuag at weithio gyda plant a phobl ifanc yng Nghaerffili yn rhywbeth y dylai sawl hyfforddwr arall edmygu. Mae Callum yn rhedeg Clwb Pêl-droed Dreigiau Pont bob Nos Wener. Mae'n gerdded dros filltir i gyrraedd i'r sesiwn gan nad yw'n gyrru. Mae ei ymrymiad yn hynod o werthfawr ac mae'n gydnabod y bwysigrwydd o blant gydag anghenion arbennig yn cymryd rhan mewn chwaraeon.

**Peter Hey** is the head coach of the Dragons Disability Swim Squad and has been for the past 11 years. He has recently coached Lewis Edwards, who narrowly missed out on being selected at the Para Commonwealth Games in Glasgow 2014. Peter kept Lewis motivated after his downturn and he went on to win four gold medals at the Invictus Games. He has also coached David Roberts to a world record in the 400m Freestyle and world champion S7 in the 100m freestyle. Without this club, such athletes would not get a chance to compete on a world stage.

Prif hyfforddwr Sgwad Nofio Anabledd y Dreigiau yw **Peter Hey** ac mae ef wedi bod ers 11 mlynedd. Mae ef wedi hyfforddi Lewis Edwards, a wnaeth gollu allan o drwch blewyn ar gael ei ddewis ar gyfer Gemau Paralympaidd y Gymanwlad yn Glasgow 2014. Ysgoddodd Peter Lewis wedi'r siom ac aeth e ymlaen i ennill 4 medal aur yn y Gemau Invictus. Mae e hefyd wedi hyfforddi David Roberts i ennill record y byd yn y ras rhydd 400m a phencampwr y byd S7 yn y ras rhydd 100m. Heb y clwb hwn, ni fyddai'r nofwyr yn gallu cystadlu ar lwyfan y byd.

## Inclusive Coach of the Year Award Gwobr Hyfforddwr Cynhwysol y Flwyddyn

**Clare Chetland** has been volunteering within Netball for many years and the impact she makes is invaluable. She dedicates her time to organising the South East Wales Netball league, umpiring, coaching at Newbridge Junior Netball Coach, Head Coach of Caerphilly U13's Hub and also mentors new umpires. Her dedication allows so many women and girls to participate within sport at both a recreational and elite level. If she didn't commit this time then over 1000 Women and girls would be unable to access sport.

Mae **Clare Chetland** wedi bod yn gwirfoddoli o fewn Pêl-rwyd ers blyneddau maith ac mae'r effaith mae'n cael yn anghredadwy. Mae'n ymrywmo ei hamser i drefnu Cynghrair Pêl-rwyd y De-Dwyrain, dyfarnu, hyfforddi yng Nghlwb Pêl-rwyd Iau Trecelyn, Prif hyfforddwraig o HUB D13 Caerffili a hefyd yn mentora dyfarnwyr newydd. Mae ei hymrywmiad yn galluogi cymaint o fenywod a merched i gymryd rhan mewn chwaraeon ar lefel hamddenol a lefel elitaidd. Petasai hi ddim ymrywmo'r amser hyn, ni fyddai dros 1000 o ferched a menywod yn gallu chwarae'r gêm.

**Becky Barry** had made a huge impact within the Caerphilly Basin working with underprivileged groups, especially with Women and Girls. Becky gets the girls involved in activities to develop confidence, well being, provide opportunities and get them involved in sport. Becky has worked with a number of organisations in order to engage children from disadvantaged areas. Becky has gone above and beyond within her role and has been a great coach, mentor and role model for many of the young people she has come into contact with.

Mae **Becky Barry** wedi cael effaith mawr o fewn Sir Gaerffili wrth weithio gyda grwpiau difreintedig, yn enwedig merched a genthod. Mae Becky yn helpu'r merched i gymryd rhan mewn chwaraeon i gynyddu eu hyder, ffordd o fyw a darparu cyfleoedd iddynt gymryd rhan mewn chwaraeon. Mae Becky yn gweithio gyda nifer o sefydliadau er mwyn ymgysylltu plant o ardaloedd difreintedig gyda chwaraeon. Mae Becky wedi mynd tu hwnt i'r disgwyliadau o fewn ei rôl ac wedi bod yn hyfforddwraig, mentor a model rôl gwych i'r pobl ifanc mae'n gweithio gyda nhw.

**Callum Sapey** is an exceptional young coach who has shown a considerable dedication to disability sport within Caerphilly. His passion for working with children and young adults in Caerphilly is something that many other coaches should aspire too. Callum runs Pont Dragons Disability Football every Friday night. He walks over a mile to get to the session as he doesn't drive. His dedication is second to none and he recognises the importance of children with additional needs taking part in sport.



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**Peter Key** is the head coach of the Dragons Disability Swim Squad and has been for the past 11 years. He has recently coached Lewis Edwards, who narrowly missed out on being selected at the Para Commonwealth Games in Glasgow 2014. Peter kept Lewis motivated after his downturn and he went on to win four gold medals at the Invictus Games. He has also coached David Roberts to a world record in the 400m Freestyle and world champion S7 in the 100m freestyle. Without this club, such athletes would not get a chance to compete on a world stage.

Prif hyfforddwr Sgwad Nofio Anabledd y Dreigiau yw **Peter Key** ac mae ef wedi bod ers 11 mlynedd. Mae ef wedi hyfforddi Lewis Edwards, a wnaeth gollu allan o drwch blewyn ar gael ei ddewis ar gyfer Gemau Paralympaidd y Gymanwlad yn Glasgow 2014. Ysgoddodd Peter Lewis wedi'r siom ac aeth e ymlaen i ennill 4 medal aur yn y Gemau Invictus. Mae e hefyd wedi hyfforddi David Roberts i ennill record y byd yn y ras rhydd 400m a phencampwr y byd S7 yn y ras rhydd 100m. Heb y clwb hwn, ni fyddai'r nofwyr yn gallu cystadlu ar lwyfan y byd.

**Emily Paynter** is one of those volunteers that every club would love to have. Nothing is ever too much trouble for her and she gives a lot of her time to Caerphilly Castle Girls FC, balancing this with her day job. She is always eager to attend as many competitions as she can to recruit new players for her club. Emily has taken on numerous roles within the club and puts the players first and for these reasons deserves to be nominated for this award.

Un o'r gwirfoddol sydd eisiau ar bob clwb yw **Emily Paynter**. Nid oes tasg rhy fawr neu'n ormod o drafferth iddi ac mae'n ymroi llawer o amser yng Nghlwb Pêl-droed Merched Castell Caerffili, yn ogystal â gweithio llawn amser. Mae hi wastad yn awyddus i fynychu cystadleuthau fel ei body n gallu recriwtio chwaraewyr newydd i'r chlwb. Mae Emily yn ymgymryd â nifer o rolau o fewn y clwb ac yn rhoi'r chwaraewyr yn gyntaf ac yn haeddau cael ei nomineddio am y wobwr hon oherwydd hynny.

**CAERPHILLY**  
COUNTY BOROUGH COUNCIL  
CYNGOR BWRDEISTREF SIROL  
**CAERFFILI**

## Volunteer of the Year Award Gwobr Gwirfoddolwr y Flwyddyn

**Debra Faulkner** volunteers with Caerphilly County Swim Squad, helping competitive swimmers develop their stroke technique. She coaches swimming every week day evening and also volunteers at many competitions, giving up her weekends so the children can compete. On top of all the coaching and competitions, Debbie also helps the club with fundraising activities.

Mae **Debra Faulkner** yn gwirfoddoli gyda Sgwad Nofio Sir Gaerffili, yn cynorthwyo nofwyr cystadleuol i ddatblygu eu technegau strôc. Mae'n hyfforddi nofio bob nos a hefyd yn gwirfoddoli mewn llawer o gystadleuthau, yn rhoi ei phenwythnosau i fyny fel bod y plant yn gallu cystadlu. Ar ben yr holl hyfforddi a chystadleuthau, mae Debbie hefyd yn helpu'r clwb gyda gweithgareddau codi arian.

**Tony Wilding** has dedicated several years to Machen Devils. Nothing is ever too much trouble for him and he balances his voluntary commitment with his day job as a secondary school teacher. He delivers numerous roles within the club and kept the club together when Roger Small retired. His reputation amongst the other volunteers at the club and other local clubs is a well respected one and they will tell you the amount of work he does even though he always maintains that it is a massive team effort. Tony will always put the players first and for these reasons deserves to be nominated for this award.

Mae **Tony Wilding** wedi ymrywmo sawl blwyddyn i Machen Devils. Mae'n edrych ar ôl y clwb yn wirfoddol yn cydbwysu ei amser gyda body n athro Ysgol uwchradd. Mae'n darparu sawl rôl o fewn y clwb ac wedi cadw'r clwb gyda'i gilydd pan wnaeth Roger Small ymddeol. Mae ei enw da ymhlith y gwirfoddolwyr eraill yn y clwb a chlybiau lleol eraill yn un sydd yn barchus a fe wnewn nhw ddweud faint o waith mae ef yn ei wneud, er ei fod yn mynnu mai ymdrech tîm ydyw. Mae Tony o hyd yn rhoi'r chwaraewyr yn gyntaf a dyma pam mae'n haeddu cael ei nomineiddio am y wobr.

**Ben Hammond** has dedicated in excess of 12 hours a week to Risca Football Academy. He always ensures that his sessions are at a high quality. Ben is a role model for his team, showing great commitment, punctuality and desire to improve the players and squad he is coaching. Ben gives up most weekends and travels to various locations. He attends workshops and mentoring to improve himself as a coach and ensure that he has the skills and knowledge to make him the best coach he can be.

Mae **Ben Hammond** yn ymroi mwy na 12 awr yr wythnos i Academi Pêl-droed Risga. Mae'n sicrhau bod ei sesiynau o ansawdd uchel. Mae'n Ben yn fodel rô ar gyfer ei dîm, wrth ddangos ymrywmiad mawr, prydlondeb a dymuniad i wella'r chwaraewyr a sgwad mae'n hyfforddi. Mae'n mynychu gweithdai a mentora i wella ei hun fel hyfforddwr i sicrhau bod ei sgiliau a gwybodaeth i wneud iddo'r hyfforddwr gorau gallai fod.

**Deb Howell** is a very committed coach to Rhymney Valley Athletic Club and always goes the extra mile to ensure that all participants experience high quality sessions each week. She not only finds time to deliver her own session, but supports and mentors others within the club. Deb is very passionate to ensure that all children within the club get the best experience. The time she has dedicated to the club over the last year has resulted in more children being able to attend and enjoy the sport of athletics. The club continues to develop and grow and due to the impact Deb has on the club through her dedication, enthusiasm and passion for coaching has an effective impact on the members and coaches alike.

Mae **Deb Howell** yn hyfforddwraig ymroddedig i Glwb Athletau Cwm Rhymni ac yn mynd tu hwnt i ddisgwyliadau i sichrau bod pob cyfranogwr yn profi sesiynau o ansawdd uchel yn wythnosol. Dydy hi ddim ond yn gwneud amser i hyfforddi sesiynau ei hun, ond mae'n cynorthwyo a menora h eraill o fewn y clwb. Mae Deb yn angerddol i sichrau bod pob plentyn yn cael y profiad gorau posib. Mae'r amser mae hi wedi rhoi i'r clwb dros y flwyddyn ddiwethaf wedi arwain at fwy o blant yn cymryd rhan mewn athletau. Mae'r clwb yn parhau i ddatblygu a thyfu oherwydd yr effaith mae Deb wedi cael ar y clwb drwy ei brwdfrydedd ac angerdd am hyfforddi.

The impact that **Ruth Powell** has made on Rhymney Valley Athletic club is overwhelming, she has dedicated so much of her time to get the club where it is today. When Ruth first started volunteering at the club membership was very low and there was no workforce in place. Since September last year club membership has significantly increased from 22 members to 210 in such a short period of time. This has been down to the work she has been doing within schools, local community and through social media to attract all the members they currently have. She has also recruited a strong workforce of 26 coaches and 22 committee members whom she has ensured received the correct up skilling through courses, in house training and mentoring sessions.

Mae'r effaith mae **Ruth Powell** wedi cael ar Glwb Athletau Cwm Rhymni yn anghredadwy. Mae hi wedi ymrywmo sut gymaint o amser i gael y clwb lle mae fe heddiw. Pan ddechreuodd Ruth wirfoddoli'n gyntaf, roedd aelodaeth y clwb yn isel iawn a doedd dim gweithlu yn ei le. Ers mis Medi llynedd mae aelodaeth y clwb wedi cynyddu'n sylweddol o 22 o aelodau i 210 mewn amser brin iawn.. Mae hyn oherwydd y gwaith mae hi wedi gwneud gydag ysgolion, y gymuned leol a thrwy ddefnyddio cyfryngau cymdeithasol i ddenu'r aelodaeth sydd gyda nhw nawr. Mae hi hefyd wedi recriwtio gweithlu cryf o 26 hyffordwr a 22 aelod ar y pwyllgor, ac mae'n sichrau eu bod yn derbyn cefnogaeth ac uwchsgilio cywir a sesiynau mentora.

## Community Coach of the Year Award Gwobr Hyfforddwr Cymunedol Y Flwyddyn

**Sophie Wallington** is a very positive, pro-active person who thrives on her voluntary roles and her sole focus is ensuring participants get as much out of their sporting pathway as possible. Sophie is part of Sport Caerphilly's COTF programme and coaches at Cwmbran Youth Netball Club, Risca Youth Netball Club and Rhymney Valley Athletic Club which shows her diversity as a coach. Sophie is an outstanding candidate who goes above and beyond what is expected to ensure she seizes every opportunity.

Mae **Sophie Wallington** yn berson cadarnhaol a gweithgar sydd yn mwynhau eirola gwrfoddol a phrif ffocws hi yw sicrhau bod y cyfranogwyr yn cael cymaint allan o'u profiadau ag sy'n bosib. Mae Sophie yn rhan o raglane Hyfforddwyr y Dyfodol Chwaraeon Caerffili ac yn hyfforddi yng Nghlwb Pêl-rwyd Cwmbran, Clwb Pêl-rwyd Risga a Chlwb Athletau Cwm Rhymni sydd yn dangos ei hyblygrwydd fel hyfforddwraig. Mae Sophie yn ymgeisydd arbennig sydd yn mynd tu hwnt i'r disgwyliadau i sicrhau bod hi'n gafael ar bob cyfle.

**Zoe Roberts** is very dedicated to Valleys Gymnastics Academy and spends a lot of her own time doing things that will benefit the club. She has increased girls participation in sport and has started cheerleading sessions in various secondary schools across the borough. She is incredibly enthusiastic and passionate with everything she undertakes. She consistently promotes the club and her activities via social media platforms. Zoe is a valuable component of the club and is thoroughly deserving of winning this award for her dedication and passion for Gymnastics.

Mae **Zoe Roberts** yn ymrywmo ei hamser i Academi Gymnasteg y Cymoedd ac yn treulio eu hamser yn gwneud pethau sydd o fudd i'r clwb. Mae hi wedi cynyddu cyfranogaeth ymysg merched mewn chwaraeon ac wedi dechrau rhedeg sesiynau codi hwyl mewn sawl Ysgol uwchradd yn y sir. Mae'n frwdfrydig dros ben ac yn angerddol dros unrhywbeth mae'n gwneud. Mae hi'n hybu'r clybiau a'i gweithgareddau'n gyson drwy cyfryngau cymdeithasau. Mae Zoe yn aelod gwerthfawr o'r clwb ac yn haeddu ennill y wobwr hon am ei hymrywmiad ac angerdd am gymnasteg.

**Emily New** has truly blossomed as a coach this year. She is part of Sport Caerphilly's COTF Programme. She developed as a coach in Caerphilly Netball Club and has recently been appointed as head coach. She has helped increase the numbers within the club and gives up her time to coach the girls on the weekend at their fixtures. Not only is Emily a fantastic coach, she is also a superb role model for all the females she is coaching taking every opportunity she can to ensure they develop a lifelong passion for sport and all the life skills this brings.

Mae **Emily New** wedi blodeuo fel hyfforddwraig eleni. Mae'n rhan o raglan Hyfforddwyr y Dyfodol Chwaraeon Caerffili. Mae hi wedi datblygu fel hyfforddwraig i Glwb Pêl-rwyd Caerffili ac wedi cael ei phenodi fel hyfforddwraig. Mae hi wedi helpu cynyddu'r niferoedd o fewn y clwb a'n rhoi ei hamser i fyny i hyfforddi'r merched ar y penwythnos ar gyfer eu gemau. Nid yw Emily ond yn hyfforddwraig wych, mae hi hefyd yn fodel rôl i'r merched mae'n hyfforddi a'n cymryd bob cyfle mae'n gallu i sicrhau eu body n datblygu angerdd dros cymryd rhan mewn chwaraeon.

**Deb Howells** dedicates more than 8 hours a week in various roles at Rhymney Valley Athletic Club. She's responsible for the development of the mini and junior section which is something other Athletics Clubs haven't considered, but have now adopted. She has developed the Young Leaders Scheme within the club and coaches the cross country team and is a throws coach within the club. Deb is a true inspiration and has been responsible for the development of our athletes and coaches to go on to achieve great results.

Mae **Deb Howells** yn ymrywmo mwy nag 8 awr yr wythnos mewn gwahanol rolau yng Nglwb Rygbi Cwm Rhymni. Mae'n gyfrifol am ddatblygiad yr adran ieuencid sy'n rhywbeth nad yw clybiau eraill wedi ystyried. Mae hi wedi datblygu'r cyllun Arweinwyr Chwaraeon o fewn y clwb. Mae Deb yn wir ysbrydoliaeth ac wedi body n gyfrifol am lwyddiant rhai o'r athletwyr yn y clwb.

**Jonathan Morgan** is the Head Coach at Caerphilly Tennis Club and has continually devoted his time to coordinating community and school club links to not only increase membership figures at the club, but also to develop and promote tennis across CCBC. He coaches for over 30 hours a week and has recently provided tennis provision in Ystrad Mynach through his outreach programme to bring tennis to various parts of the borough. Jonathan is one of the nicest guys, and has contributed so much to his club and the overall development of the sport across CCBC.

Prif hyfforddwr Clwb Tennis Caerffili yw **Jonathan Morgan** ac yn neilltuo ei amser yn cydlynu cysylltiadau rhwng yr ysgolion a chlwb i ddim ond cynyddu'r nifer o aelodau ond i ddatblygu a hybu tenis ar draws Sir Gaerffili. Mae'n hyfforddi dros 30 awr yr wythnos ac yn ddiweddar mae ef wedi darparu tenis yn Ystrad Mynach drwy ei raglan allgymorth i ddod â thenis i rannau eraill o'r sir. Mae Jonathan yn ddyn hyfryd, ac mae ef wedi cyfrannu cymaint i'w glwb a datblygiad y camp ar draws Caerffili.

## Outstanding Contribution Award Gwobr Cyfraniad Rhagorol

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**Ruth Powell** has worked tirelessly for Rhymney Valley Athletic Club in ensuring the club has developed and grown into a flourishing and growing club that caters for over 210 members. Ruth is the chair of the club and supports and encourages all the volunteers and athletes within the club, even offering lifts for athletes to compete in competitions. Alongside her work for the club, Ruth also is an East Wales representative on Welsh Athletics Track and Field Committee and attends all meetings regularly. Ruth's commitment and dedication to the club and the sport is evident by her regularly devoting up to 30 hours a week on a voluntary basis and is an outstanding individual who is an inspiration to all.

Mae **Ruth Powell** wedi gweithio yn ddi-baid dros Clwb Athletau Cwm Rhymni i sicrhau bod y clwb wedi datblygu i fod yn glwb ffynniannus sy'n tyfu i fod yn glwb gyda 210 o aelodau. Cadeirydd y clwb yw Ruth sy'n cefnogi ac annog pob gwirfoddolwr ac athletwr yn y clwb, mae hi hyd yn oed yn cynnig lift i athletwyr gystadlu mewn cystadleuthau. Ochr yn ochr â'i gwaith ar gyfer y clwb, mae Ruth hefyd yn gynrychiolydd De-Dwyrain Cymru ar Bwyllgor Trac a Chau Athletau Cymru ac yn mynychu cyfarfodydd yn rheolaidd. Mae ymrymiad Ruth i'r clwb a'r camp yn amlwg gyda hi'n rhoi hyd at 30 awr yr wythnos yn wirfoddol ac yn unigolyn rhagorol sydd yn ysbrydoliaeth i bawb.

The amount of time and effort that **Sally Corden** has dedicated to Bedwas Gymnastics again this year is unprecedented. Sally has been key to the club being signed up to Welsh Gymnastics 'My Leadership Academy' and continues to support the Thriving Clubs project. Due to Sally's persistent commitment and dedication the club have secured a development grant which will allow the club to move to a new facility. During this year Sally has also contacted local schools to ensure young people are trained through their Sport Leader's Gymnastics specific Level 1, to assist with the club. Sally is valued by everyone within the club through the excellent professionalism and time that she dedicates to the club and sport.

Mae'r amser mae **Sally Corden** wedi ymrymo i Glwb Gymnasteg Bedwas yn rhyfeddol. Mae Sally wedi body n allweddol i'r clwb yn arwyddo i fyny i Academi Arweinyddiaeth Gymnasteg Cymru ac yn parhau i gefnogi'r prosiect Clybiau Ffynniannus. Oherwydd ymrymiad parhaus Sally, mae'r clwb wedi sicrhau grant datblydiadol a fydd yn galluogi'r clwb symud i gyfleuster newydd. Yn ystod y flwyddyn mae Sally wedi cysylltu ag ysgolion lleol i sicrhau bod pobl ifanc yn derbyn hyfforddiant drwy Gymnastge Lefel 1 i gynorthwyo o fewn y clwb. Gwerthfawrogir Sally gan bawb yn y clwb oherwydd ei phroffesiynoldeb a'r amser mae'n ymroi i'r clwb a'r camp.

**Claire Chetland** has been volunteering within Netball for many years however, specifically this year Claire has taken on many extra roles and responsibilities which include, being the lead organiser of the South East Wales Netball League, Umpiring in 5 different leagues, Volunteers as head coach for U.13's Caerphilly Hub team and mentors for all new umpires that have completed their umpiring courses.

These responsibilities result in Claire dedicating up to 20 hours a week. Claire's dedication allows so many women and young girls to participate within sport through Netball in a recreational but also an elite level and without her dedication to the sport many women and girls wouldn't have that opportunity.

Mae **Claire Chetland** wedi gwirfoddoli ym Mhêl-rwyd am sawl blwyddyn, fodd bynnag eleni yn enwedig mae hi wedi ymgymryd â wy o rolau a chyfrifoldebau sy'n gynnwys: prif trefnydd ar gyfer Cynghrair De-Dwyrain Cymru, dyfarnu mewn 5 cynghrair gwahanol, gwirfoddoli fel prif hyffordwraig HUB Caerffili o dan 13 ac yn fentor i bob dyfarnwraig newydd sydd wedi cwblhau cwrs dyfarnu. Mae cyfrifoldebau hyn yn gwneud i Claire ymwymo dros 20 awr yr wythnos. Mae ymrymiad Claire yn galluogi cymaint o ferched a menywod i gymryd rhan mewn chwaraeon drwy bêl-rwyd yn hamddenol ond hefyd yn gystadleuol a heb ei hymrywmiad i'r chwaraeon, ni fyddai gan y merched y cyfle.

Volunteering up to 3 hours a night each night of the week and sessions on the weekend, **Sian Boyles** has demonstrated that she is a dedicated, hard working volunteer who is passionate for Swimming opportunities for young people. In addition to her coaching commitments, Sian is a member of the club's committee and undertakes the role of club secretary. Alongside this role, Sian controls all of the social media for the club and has developed close links with schools to assist and supervise pupils entering competitions throughout the year. Sian is a visible and vital member of the club to all and ensures that Swimming is a positive and enjoyable environment for all.

Gwirfoddoli hyd at 3 awr bob noson yr wythnos a sesiynau ar y penwythnos, mae **Sian Boyles** wedi dangos ei bod yn wirfoddolwraig ymroddedig a gweithgar sydd yn angerddol dros gyfleoedd nofio i bobl ifanc. Yn ychwanegol i'w hymrywiadau hyfforddi, mae Sian yn aelod o bwyllgor y clwb ac yn ymgymryd â rôl yr ysgrifennydd. Ochr yn ochr â hyn mae Sian yn rheoli cyfryngau cymdeithasau i'r clwb ac wedi datblygu cysylltiadau cryf gydag ysgolion i gynorthwyo a goruwchwilio disgyblion sydd yn cystadlu mewn cystadleuthau drwy gydol y flwyddyn. Mae Sian yn aelod gweladwy a phwysig ar gyfer y clwb i sicrhau bod nofio yn hwyl a chadarnhaol i bawb.

**Lyn Cushing** is a very dedicated volunteer within Rhymney Valley Athletic Club who has been involved with the club for many years including when the club was going to fold a few years ago. However, Lyn was the only committee member to remain and fought to keep the club. With the re-launch of the club Lyn has many key responsibilities within the club, Membership Co-ordinator, Fixture Secretary, General Secretary for the club and is involved in a number of Welsh Athletic groups. Lyn is widely regarded by all at the club as someone who can always be relied on, and is always willing to support all of the volunteers, coaches and athletes at all times.

Mae **Lyn Cushing** yn wirfoddolwraig ymroddedig gyda Chlwb Rhymni Cwm Rhymni sydd wedi bod yn rhan o'r clwb ers blynyddoedd hyd yn oed pan oedd y clwb yn mynd i derfyn. Lyn oedd unig aelod y pwyllgor i aros ac fe ymladdodd i gadw'r clwb. Gydag ail-lansiad y clwb mae gan Lyn sawl prif chyfrifoldebau o fewn y clwb: Cydlynnydd aelodaeth, Ysgrifennydd gemau a'n rhan o grwpiau Athletau Cymru. Mae Lyn yn cael ei hadnabaod o fewn y clwb fel rhywun sydd yn ddibynadwy, ac wastad yn fodlon i gefnogi gwirfoddolwyr, hyfforddwr ac athletwyr.

## Club of the Year Award

### Gwobr Club y Flwyddyn

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**Caerphilly Cycling Club** was formed in April 2015 and has size and impact has continued to grow. The club membership has already reached 83, even though the target was only 25. The club offers sessions for all needs and abilities, including intermediate, advanced and ladies only rides. Whilst the club has grown significantly, the goal for the club was to set up a junior section. This goal has started to be achieved with the club recruiting and training cycling coaches who were able to run the first junior sessions (kids club) later in the year, with these sessions flourishing and continuing into the New Year.

Ffurfiwyd **Clwb Seiclo Caerffili** yn Ebrill 2015 ac mae ei faint ac effaith wedi parhau i dyfu. Mae aelodaeth y clwb wedi cyrraedd 83 yn barod, er mai 25 oedd y targed yn y flwyddyn gyntaf. Mae'r clwb yn cynnig sesiynau i bob gallu ac anghenion gan gynnwys canolradd, uwch a reidiau menywod yn unig. Prif nod y clwb oedd i ddatblygu adran ieuencid i'r clwb. Mae'r nod hwn wedi dechrau cael ei gyflawni gyda'r clwb yn recriwtio a hyfforddi hyfforddwyr seiclo sydd yn gallu rhedeg sesiynau cyntaf yr adran ieuencid yn hwyrach yn y flwyddyn, gyda'r sesoynau hyn yn ffynnu a pharhau yn y flwyddyn newydd.

During the last year **Treowen Stars** have developed the club to incorporate Girl's football within the club. The club realised that the addition of the Girls teams within the club would make a difference and have a great impact on the local community. They promoted the new Girl's football club across all primary schools and the use of social media, in which week by week numbers increased regularly and were able to set up varying teams across different age groups. The club has been able to apply for Community Chest grants and have a partnership with Cardiff City Ladies FC.

Yn ystod y flwyddyn ddiwethaf mae **Treowen Stars** wedi datblygu eu clwb i gynnwys pêl-droed o fewn y clwb. Sylweddolodd y clwb bod ychwanegu adran i ferched yn gwneud gwahaniaeth mawr i'r gymuned leol. Fe hysbysebwyd y clwb ar draws ysgolion cynradd y sir ac wrth ddefnyddio cyfryngau cymdeithasau, a gododd y nifer o ferched yn rheolaidd yn wythnosol a gwnaeth arwain iddynt sefydlu timoedd dros oedrannau gwahanol. Mae'r clwb wedi ceisio am grantiau cist cymunedol ac mae ganddynt bartneriaeth dda gyda Chlwb Pêl-droed Merched Dinas Caerdydd.

**Risca Hockey Club** have created a new junior section of their community club which delivered by local volunteers with strong links with the local schools and community. The junior section of the club now has over 30 members and continually to grow. The club has been successful in gaining grant funding to allow volunteers to attend coaching courses and help support many young volunteers who assist with the club. To help raise the profile and increase membership of the club, coaches at the club have delivered taster sessions and worked with Hockey Wales Hockey Agents. Risca Hockey Club attends regular regional meetings and is part of Hockey Wales mentoring programme. Risca Hockey Club has proven that a small team of committed individuals can achieve great impact within community sport.



Mae **Clwb Hoci Risga** wedi creu adran ieuencid o'u clwb cymunedol sydd yn cael eu darparu gan wirfoddolwyr lleol gyda chysylltiadau cryf gydag ysgolion lleol a'r gymuned. Mae'r adran ieuencid wedi tyfu i gael 30 o aelodau ac yn dal i dyfu. Mae'r clwb wedi body n llwyddiannus mewn ennill arian i alluogi gwirfoddolwyr i fynychu cyrsiau hyfforddi a helpu i gefnogi llawer o wirfoddolwyr ifanc sydd yn cynorthwyo gyda'r clwb. Er mwyn codi proffil y clwb a chynyddu aelodaeth, mae hyfforddwyr y clwb wedi darparu sesiynau blasu a gweithio gyda swyddogion Hoci Cymru. Mae Clwb Hoci Risga yn mynychu cyfarfodydd rhanbarthol ac yn rhan o raglan mentora Hoci Cymru. Mae Clwb Hoci Risga wedi profi fod tim fach o aelodau ymroddedig yn gallu cyflawni pethau mawr mewn chwaraeon cymunedol.

The commitment, hard work and dedication of all coaching staff, committee, parents and athletes has ensured **Rhymney Valley Athletic Club** is currently leading the way in athletics within the South Wales Area. Since the club re-launched membership has grown from 22 to over 210 members, ages ranging from 3 to 18+ year olds. Due to the high level of membership the club has worked hard to increase their workforce of volunteers and created a coaching pathway within the club. The club is at the heart of the community and the drive, enthusiasm and commitment from all at the club ensures that the club has a positive impact on many young children and young adults. This has all resulted in the club becoming one of the fastest growing clubs within South East Wales.

Mae'r gwaith called ac ymroddiad o bob staff hyfforddedig, pwyllgor, rhieni ac athletwyr wedi sicrhau bod **Clwb Athletau Cwm Rhymni** yn arwydd y ffordd mewn athletau o fewn De Cymru. Ers ail-lansio'r clwb, mae aelodaeth wedi tyfu o 22 i 210 o aelodau, oedranau yn amrywio o 3 i 18 oed. Oherwydd lefel uchel aelodaeth mae'r clwb wedi gweithio i gynyddu eu gweithlu o wirfoddolwyr ac wedi creu llwbr arweinyddiaeth yn y clwb. Mae'r clwb yn graidd i'r gymuned, ac mae'r brwdfrydedd a ddengys gan y clwb yn sicrhau bod gan y clwb effaith cadarhaol ar bobl ifanc. Mae hyn i gyd wedi golygu bod y clwb wedi dod yn glwb sy'n tyfu'n gyflymach yn Ne-Nwyrain Cymru.

**Gilfach Netball Club** over the last year has increased from 1 junior team in the South East Wales League to now entering 4 teams. Alongside these teams the club have 8 squads ranging from U.10's to U.15's. To assist with the growth of the club, members of the committee and coaches are receiving mentoring and attending coaching and umpiring courses. The club gained 3 new sponsorships during the past year and designed new playing and training kits for all members. As well as the junior section of the club growing, also the senior section has increased members and the amount of teams. With the growth of the club continually to grow, the club has formed a full committee to assist with all matters of the club. Within the club they also run a Tiny Tots session and encourage players from the older age groups to assist at those sessions, ensuring the club offers a sport for all philosophy within the community.

Mae **Clwb Pêl-rwyd Gilfach** wedi cynyddu o gael 1 t m ieuencid yng nghyngair De-Dwyrain i 4 t m bellach. Yn ogystal â'r tîmoedd hyn mae gan y clwb 8 sgwad yn amrywio o D10 i D15. I gynorthwyo gyda thyfiant y clwb, mae aeloday'r pwyllgor wedi derbyn mentora ac wedi mynychu cyrsiau hyfforddi a dyfarnu. Mae'r clwb wedi ennill 3 noddwr sydd wedi dilynio cit chwarae newydd. Yn ogystal â'r clwb ieuencid yn tyfu, mae'r adran hyn wedi cynyddu eu niferoedd gyda'r nifer o dimoedd. Mae'r clwb wedi datblygu sesiynau i blant bach ac meant yn annog chwaraewyr o'r oedran hyn i gynorthwyo yn y sesiynau hynny, yn sicrhau bod y clwb yn cynnig athroniaeth chwaraeon o fewn y gymuned.

## Recognition - Cydnabyddiaeth

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**Adrian Weston**

**Alice Verrier**

**Andy Barham**

**Bleddyn Jones**

**Brennig Neal**

**Carolyn Moore**

**Chris Horswill**

**Claire Seabourne**

**Daniel Rees**

**Danielle Self**

**Dawn Jarman**

**Dionne Connor**

**Eliza Bingham**

**Emily Millard**

**Gethyn Davies**

**Isabel Richards**

**Isobel Williams**

**Jack Osbourne**

**Jackie Reynolds**

**Jasmine Dunn**

**Jeff Greenhouse**

**Kelsey Price**

**Lauren Ridd**

**Leah O'Sullivan**

**Lilly Jones**

**Luke Carpenter**

**Luke Jones**

**Megan Williams**

**Mina Cho**

**Rhys Meredith**

**Robert Sadler**

**Sam Hughes**

**Sean Haddock**

**Sian Price**

**Toby Robinson**





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