

# LOS MARINEROS – WALKING FOOTBALL IN LA MARINA



**Have you seen a bunch of guys in the park kicking a ball about and thought what? Do you miss the Weekend game with your mates but don't think you can run for 90 minutes anymore? Or thought about getting out of the house and being a bit more mobile? Then maybe you should consider walking football. Played by both sexes it is for the over 50's.**

Walking football is a great way to meet new friends and to get some exercise. Played with sportsmanship at its heart and without the physical contact of normal football many senior players find it is a new outlet for their talents. Our players are from many different countries including, holiday makers, those who are regular visitors and those who live in and around the La Marina area.

The rules, as the name implies, do not permit running. Many players find it a challenge to fight the urge to run. However when told, that four offences give a penalty to the opposition, they see the incentive to stop and soon learn to control the urge to run. Also with no high balls or tackling from the side and behind the risk of injury is greatly reduced making the game ideal for us oldies.

Los Marineros play at 9.15. Friday mornings at the polideportivo on Calle Azorin on La Marina Urb. Anyone is welcome to

watch or play so feel free to come along!. For those who want a more competitive game, we are in the local league here on the Costa Blanca. The Spanish National Walking football team is based here on the Costa and residents are eligible. So set your sights even higher!



Alongside the monthly Costa Blanca League game we try to arrange friendly games against other local teams, endeavouring to give a competitive game three weeks out of four. With the tournaments that are arranged on the Costa and with visiting teams from across Europe there is a rich selection of games to be had. With each local team hosting a social event after the game or tournament, it gives you a chance to meet others from the surrounding areas.

This Year Spanish Walking Football will host the Cup of Nations with over one hundred teams from all over the world, of both sexes, competing for the Trophies.

## **LOS MARINEROS La Marina Walking Football**

**Every Friday at 9.15am  
at the Polideportivo on**

**Calle Azorinon, La Marina Urb**

**Find us on Facebook: Los Marineros,  
La Marina - Walking Football**