

Junior rugby union

YOUNGSTERS at a Northumberland rugby club gained tips on how to improve their game from a top professional player.

Newcastle Falcons ace Jonny Golding visited Blyth Rugby Club to spend time coaching players in the youth section.

Golding, who has been a prop at the Kingston Park club for six years, participated in drills and passed on tips to the youngsters aged from six to 17 before watching the under-14 clash between Blyth and Ashington.

The 30-year-old from Morpeth said: "It was fantastic to be able to get involved in the youngsters' training.

Golding opportunity for Town's starlets!

"Hopefully, I was able to give some help and advice which will be useful to them.

"It would be great to think from the talent I have seen there could be one or two stars of the future who could be playing at Newcastle Falcons in years to come.

"The club look in really good

order for the future with youngsters from all ages training here, which is fantastic to see."

The club were recently given a Queen's Award for Voluntary Service at a special ceremony at Alnwick Castle.

Golding added: "Blyth's Queen's Award is well deserved as without the volun-

teers I have seen working hard here the youth section would not be in the position it is today."

Max Proud, chairman of the youth section at Blyth Rugby Club, said: "I am very pleased to see the relationship between Newcastle Falcons and Blyth RFC continuing with the visit

from Jonny Golding. He made a fantastic impression on all of our youngsters.

"He is someone a lot of the young people look up to and aspire to be like, so it is great they were able to spend time with him and get to know what it is like to be a professional in the sport."



GOLD-EN BOYS Youngsters from Blyth Rugby Club's youth section (above) who took part in the coaching session with the Falcons' Jonny Golding and (right) Golding passes on some training tips Pictures: STEVE MILLER

