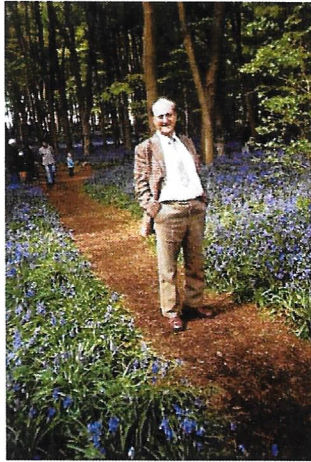




Garrod Charles Grimshaw 14/5/1919 – 14/7/2016.

A Celebration of Life

'Garry' was born in the coal- mining Rhondda Valley, South Wales and as a young man he became interested in physical fitness - a subject which would develop into a life-long passion. In those days the Rhondda was famous for producing boxers and he enthusiastically took up the gloves to emulate his boyhood hero, Tommy Farr. Of course, it would be unusual for a young man brought up in South Wales not to be passionate about rugby too, and following a spell as an army physical training instructor during the second world war he became a PE teacher.

In the 1950s fate drew Garry to Leamington Spa where he trained in a boxing gym with the famous Turpin brothers. After moving to Northampton he is fondly remembered for developing rugby at Trinity School and also for the founding of Trinity Rugby club. It was during this time that he developed his other great passion which was to be for singing. Despite being told that he was 'too old for Covent Garden' he nonetheless won many awards in local competitions and became chairman of Northampton Male voice choir. Indeed, singing was to give him much pleasure even into his mature years.

But Garry was quite not done with physical fitness. Even in his nineties he lead a weekly keep fit class for Age UK. Such was his devotion to physical training he was still leading the class a few weeks before he passed away.

After his 97 years Garry leaves us many memories and we come together as friends to celebrate his life and the many different ways in which he has touched us all.

Cysgwch yn dawel. Sleep tight.