

12 Days of Christmas 2022 - 4th Winner

Chwaraeon RhCT
Sport RCT

Aberdare Valley Amateur Athletics Club

2022 has been a very successful year for AVAAC. Their membership has grown to 150, with active competitors ranging from 8 to 75 years of age! From international athletes to complete beginners, the club has events for everyone, and they pride themselves on their inclusivity. In the summer several of their athletes achieved the highest honour, by representing Wales. The highlight on the track was when Ben Parker became British Schools Long Jump champion! Their year has ended with 29 members representing South Wales in the Welsh Regional Cross County Championships, many of whom have won medals.

