

Chwaraeon RhCT  
Sport RCT

*Congratulations..*

**CYNON BACK TO NETBALL**



**12 Days of Christmas 2023  
Winner 11**

# CYNON BACK TO NETBALL

Cynon Back to Netball are a small group of ladies that train weekly in Abercynon. They welcome women of all ages, abilities, and fitness levels. Their current members range in age from 18 to 50 years old. Their back to netball sessions provide an opportunity for women to get in to netball, make friends, get fit, and have fun.

They have been around for just over a year and are in the early stages of their development. They have recently appointed a full committee and are actively trying to promote and progress the club.

The group have progressed really well, with some of the participants eager to play in a more competitive setting. They have established two competitive teams, Cynon Valley Ladies Netball, and play in the A470 league.