

Pontyclun Walking Rugby

Pontyclun Walking Rugby welcome men and women of all abilities and ages, from ex-players to complete novices, from late teens to mid-70s. The group provides a good social network for all involved.

Following the pandemic, they have bounced back well this year, and have returned to offering two sessions a week.

Their sessions have been well attended and they have participated in a number of Walking Rugby tournaments in Cardiff, Crickhowell, Cwmbran and Taffs Well. They also hosted their own event in Pontyclun which was a great success. At each event they promote their values, giving everyone equal game time, and focussing on participation, not winning.

