

Sport RCT Case Study

Getting adults more active – Rhondda Womens Rounders League

MyRounders leagues offer men and women aged 16+ an opportunity to come together to enjoy and play social rounders. The MyRounders founder Julie set up the first league in South West Wales in 2022. She was new to the area, having moved from England just before Covid lockdown, and wanted to meet people through sport. Just two and a half years later MyRounders have 6,000 registered players, 26 leagues running over 16 venues, and over 100 trained umpires.

Julie was keen to establish a league in RCT, and she began talking to Rebecca (a Rhondda resident that was playing in the Neath league). They pulled together a plan, and with some financial support from us, three taster sessions were organised for October 2024. The taster sessions went really well, and soon the league had six teams ready to play. The new Rhondda women's league officially started on the 7th of November 2024. Players can join the league with a group of friends, as a team, or join as an individual.

Once the league was established, Rebecca started a weekly training session, open to players from all teams. Our Community Sport fund helped to cover initial facility hire, and we also provided start up equipment. The sessions are a great opportunity for the teams to train and play together, outside of the competitive league format. An average of 25 women attend each week.

12 women currently take part in the league, and 21% of those were inactive before joining. They told us that rounders appealed to them because of the fun, social and inclusive nature of the sessions.



“Rounders to me, means friendship. We have become such a close group who all support and encourage one another. I feel like my team mates are people I’ve known for a lifetime. Accepting all our quirks. It’s so inclusive and accepting of everyone.”

Player

“It brings back so many memories from my childhood! Joining rounders has been so much fun. I’ve made new friendships and the girls are just lush; encouraging and supportive. I am growing in confidence each week and have learned so much about the game.”

Player



112
new participants



96%
feel healthier



98%
are more likely to
continue being
physically active



21%
were inactive
before



92%
feel more
confident



96%
are now more
active, more often



100%
feel happier



100%
made new friends