

RYAN CHRISTOPHER

ABERDARE AMATEUR BOXING CLUB

Formed in April 2023, Aberdare ABC provides boxing for children aged 8-18. As the club's Head Coach, Ryan dedicates up to 7 nights a week training the children, juggling his work and family life. He delivers three training sessions each week, and on the other evenings he arranges sparring sessions at other clubs. In the lead up to a fight Ryan organises extra training, taking boxers running and walking up Pen y Fan.

Ryan has worked hard to fund and source kit, ensuring children have the necessary kit and equipment to compete. He provides extra support to those children from deprived families, often at his own expense. Ryan lives and breathes boxing and has an incredible work ethic and attitude. All members of the club are extremely grateful to him.



Chwaraeon RhCT
Sport RCT

**VOLUNTEER
OF THE MONTH**
MARCH 2024