

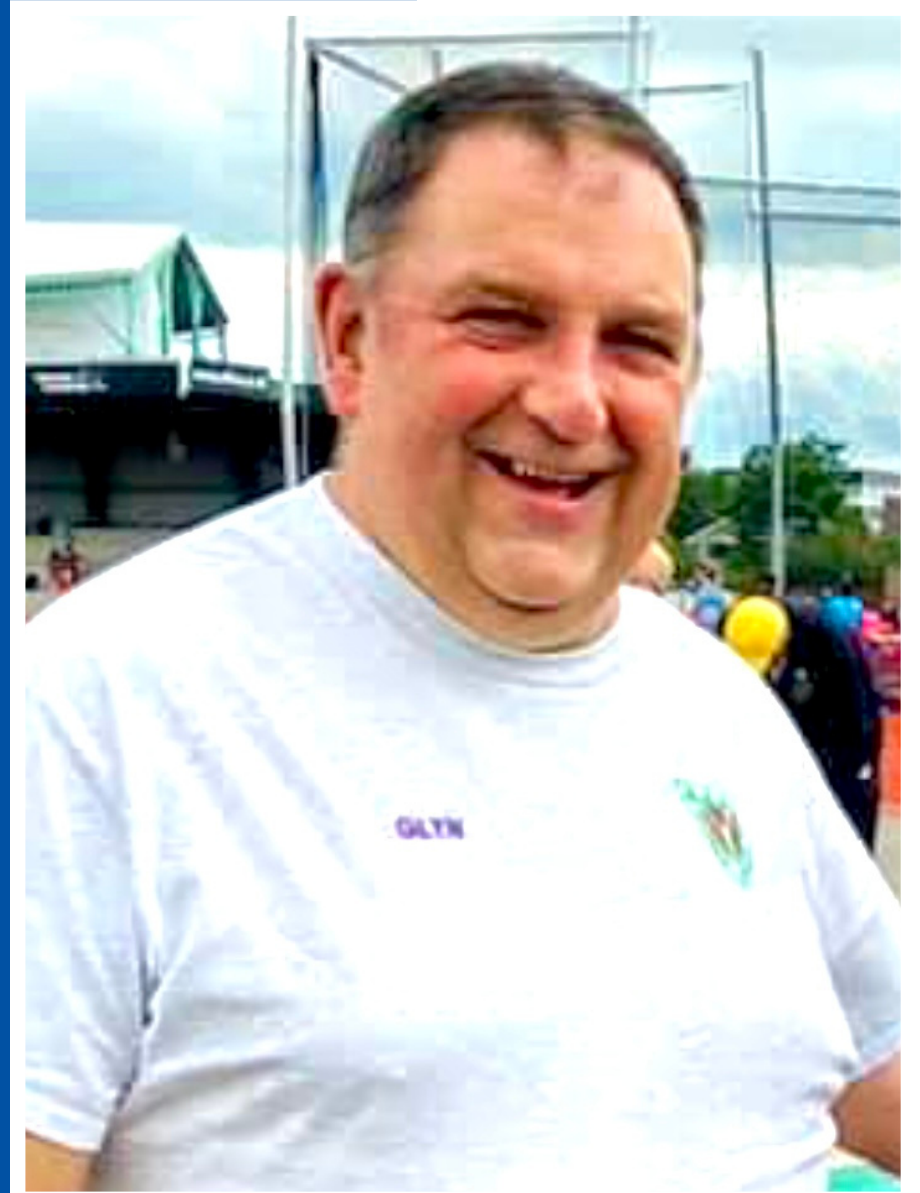
GLYNDWR PUGH

RHONDDA ATHLETIC CLUB

Glyn has been a member of Rhondda Athletic Club for 50 years. He joined the club as a boy competing in throwing events and is still competing to this day as a master athlete.

Over the years, he has given an immense amount of time back to the club. Glyn coaches three days a week and attends all competitions to support club athletes. He has had great success as a coach and has continued the club record of producing a Welsh Champion or International athlete every year since the club was formed. At competitions he will often be seen on the field officiating, as a Grade 2 athletics official.

Glyn is also the club chairman and he devotes countless hours per week to running the club with his wife Pauline. He is an absolute credit to the club!



Chwaraeon RhCT
Sport RCT

**VOLUNTEER
OF THE MONTH**
APRIL 2023