

## Pontypridd Park Relays 2023 - Results (Ladies)

Place	Bib	Team	Club Name	Cat.	AG	ChipTime	GunTime	Leg A Name	Leg A	Leg B Name	Leg B	Leg C Name	Leg C	Leg D Name	Leg D
1	26	Let's be AAVACing u!	Aberdare Valley AAC	Ladies	SEN	31:21	31:22	Nia Reddy	08:35	Chloe Piggott	08:11	Caitlin Jones	07:27	Megan Williams	07:08
2	45	CDF Runners Gals	CDF Runners	Ladies	SEN	37:13	37:16	Kat Nguyen	08:46	Katherine Axten	09:36	Sioned Thomas	09:27	Juliana Reimberg	09:24
3	42	Return of the AVAAC	Aberdare Valley AAC	Ladies	SEN	37:18	37:19	Holli Jehu	09:16	Caitlin Cartlidge	10:12	Louise Fairbank	09:37	Carys Thomas	08:13
4	44	HAVAAC A NICE DAY	Aberdare Valley AAC	Ladies	VET	37:30	37:32	Lyndsey Reddy	08:45	Louise Lloyd	09:35	Kathryn Williams	10:53	Lauren Mackie	08:17
5	33	The Kel's and Co.	The Kel's and Co.	Ladies	VET	37:32	37:33	Kelly Langford	08:36	Esther Sowerby	09:48	Kelli Winter	10:27	Sara Williams	08:41
6	29	Caerphilly Terrors	Caerphilly Triers	Ladies	VET	37:41	37:45	Sarah Moody	08:31	Jackie Frary	09:55	Jo Hopkins	10:00	Penny Holborn	09:15
7	41	Causing AVAAC!	Aberdare Valley AAC	Ladies	VET	39:01	39:02	Deborah Evans	09:25	Sian Wigley	10:02	Sarah Mainwaring	09:07	Hayley Carey	10:27
8	36	Rhose Runners 2	Rhose Runners	Ladies	SEN	39:03	39:05	Carol Oswell	09:19	Lucy Daly	10:27	Ceri Jones-Mathias	09:08	Jen Davies	10:09
9	35	Barking Mad	Barking Mad	Ladies	VET	39:11	39:14	Fiona Drysdale	09:35	Jane Goddard	09:31	Cath James	09:52	Vanessa Turnbull	10:13
10	28	RVR B	Rhondda Valley Runners	Ladies	VET	39:15	39:16	Joanne Ryan	09:05	Kirsty Williams	09:43	Natalie Bartlett	10:10	Rebecca Davies	10:17
11	31	Pegs (Women)	Pegasus RC	Ladies	SEN	39:33	39:36	Em Bissex	10:13	Sarah Lyle	09:15	Abby Groves	09:50	Lauren Old	10:15
12	43	Ferry Flatliners (Women)	Ferry Flatliners	Ladies	VET	39:46	39:49	Nina Brocklebank	09:37	Amanda Smith	10:43	Sara Davies	09:37	Carrie Ann John	09:49
13	38	Dragons Ladies #1	Dragons Running Club	Ladies	VET	40:00	40:02	Susie Allen	09:29	Laura Sheldon	10:03	Rhian John	11:11	Gail Evans	09:17
14	39	Dragons Ladies #2	Dragons Running Club	Ladies	VET	43:58	44:03	Kirsty Shellard	11:11	Ruth Walters	12:11	Suzie Luker-Davies	10:39	Deborah Conway	09:57
15	47	PRR Ladies	Pontyclun Road Runners	Ladies	SEN	44:17	44:19	Kayleigh Michael	09:38	Emma Shewring	12:06	Melanie Evans	13:20	Sarah Passmore	09:13
16	34	BRF Ladies	BRF Running Club	Ladies	VET	44:30	44:34	Linda Greenfield	12:11	Lisa Chichester	10:48	Julie Broughton	10:03	Sherald Waterhouse-Trew	11:28
17	30	RVR C	Rhondda Valley Runners	Ladies	SEN	45:49	45:53	Becky Evans	11:01	Elise Manning	13:45	Rachel Walters	10:59	Alexandra Palmer	10:04
18	37	GoodGym2	GoodGym	Ladies	SEN	47:35	47:39	Fiona Guy	11:30	Emma Wilkins	12:01	Ellen Perry	12:52	Sophie Hastings	11:12
19	32	BRF Nifty Fifties	BRF Running Club	Ladies	VET	48:04	48:08	Cathryn Ferris	11:54	Wendy McTavish	12:36	Kay Rogers	11:50	Tracey Moreton	11:44
20	27	RVR A	Rhondda Valley Runners	Ladies	VET	48:08	48:12	Brenda Evans	11:58	Lesley Matthews	11:45	Natalie Johnson	11:15	Debra Lewis	13:10
21	46	Roadents Newbies	Pontypridd Roadents AC	Ladies	SEN	48:44	48:48	Amy Williams	10:56	Hayley Dunne	13:54	Debra Panes	12:35	Aimee Panes	11:19
22	40	The Talkers	Dark in the Park	Ladies	VET	49:44	49:48	Paula Johnson	12:11	Alison Jones	13:34	Julie Bolderson	12:36	Wendy Voleinik	11:23