

Chwaraeon RhCT
Sport RCT

Congratulations..

LLANTWIT FARDRE LADIES RUNNING CLUB



12 Days of Christmas 2023
Winner 9

LLANTWIT FARDRE LADIES RC

Llantwit Fardre Ladies Running Club started 6 years ago. It is a free, fun, social club aimed at supporting more women to take up running. They cater for all abilities, from Couch to 5k, to ultra marathon runners. Members can join an organised session or post on the Facebook page to find a buddy to run with.

With over 700 members, the club has various groups to cater for different abilities and interests. This year they have fundraised to allow more members to complete the Welsh Athletics Run Leader qualification.

Twice a year the club 'takeover' at Pontypridd parkrun and deliver themed events. This year they delivered Wimbledon and Halloween events. Their members also volunteer regularly for events such as the Cardiff Half Marathon.