



Louise Charman, Catrin Alexandra & Claire Molly



Onyema Law, Amanda Protheroe Thomas & Cheryl Hicks



Emma Thomas & Rachel Cable



Sam Scott, Amanda Tyre & Sharon Lenahan

QUEENIE'S TRUST BALL AT THE VALE HOTEL

Sporting stars Colin Jackson, Jamie Baulch and Steve Robinson lent their support to the Queenie's Trust's aim of setting up the Keep on Track Sports Academy in the summer of 2010 for foster children in Cardiff. The black tie dinner was held at the Vale Hotel Golf & Spa Resort. Keep on Track will offer foster children the opportunity to get involved in sports, including mentoring by established athletes from many different disciplines.



Aaron Holloway, Sarah Holloway & Chuck Amadi Holloway



Sean Davies & Danna Ali



Jacquie & Keith Orrell



Liz Haywood & Natalie Blake



Helena Jones & Tracy Williams



Anna Chalkway, Brittany Downs & Dr Tei Sheraton



Rosie Swale Pope



Suzi Hunt & Dr Vida Kolahi

SUPERWOMAN EVENING SEMINAR

The charity networking event for businesswomen at the Copthorne Hotel, Cardiff, now in its fifth year, was organised by solicitor Bethan Darwin and Darwin Gray Solicitors. Speakers included Rosie Swale Pope, whose run around the world took five years! The event was attended by 150 women and raised £4,725 for charity.



Jen Davies & Jane Egan



Leanne Waring, Julia Zorab & Sarah Pratley



Gill Murphey, Karen Phillips & Tracy Hunter