

Mile Road Championships & Open Races &
British Masters Mile Races



WELSH ATHLETICS
ATHLETAU CYMRU

Race 1 - Under 11 Girls Road Mile

| Pos | Bib | Name | Club | Time |
|-----|-----|-----------------|-------------------------------|------|
| 1 | 15 | Alice Davies | Cardiff Amateur Athletic Club | 6.11 |
| 2 | 19 | Graice Ling | Cardiff Archers | 6.21 |
| 3 | 17 | Millie Gold | Cardiff Amateur Athletic Club | 6.26 |
| 4 | 14 | Anya Brady | Newport Harriers | 6.44 |
| 5 | 20 | Mali Wakley | | 7.02 |
| 6 | 18 | Paige Hughes | Newport Harriers | 7.33 |
| 7 | 16 | Erin Beth Evans | Cardiff Archers | 7.42 |



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WELSH ATHLETICS
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Race 2 - Under 11 Boys Road Mile

| Pos | Bib | Name | Club | Time |
|-----|-----|--------------------|---------------------|------|
| 1 | 30 | Iwan Thomas | Carmarthen Harriers | 5.42 |
| 2 | 21 | Ifan Bowen | Carmarthen Harriers | 5.46 |
| 3 | 32 | Liam Upton-Boorman | Carmarthen Harriers | 5.52 |
| 4 | 26 | Vaughn Hughes | Newport Harriers | 5.52 |
| 5 | 28 | Jake Lynock | Carmarthen Harriers | 5.55 |
| 6 | 25 | Nathan Hill | Cardiff Archers | 6.02 |
| 7 | 27 | Rhys Jones | Llisbury Runners | 6.20 |
| 8 | 22 | Spencer English | Llisbury Runners | 6.48 |
| 9 | 24 | Rory Griffiths | | 7.01 |
| 10 | 29 | Jacob Powell | Newport Harriers | 7.25 |
| 11 | 50A | Solomon Dean | Plymouth AC | 8.48 |



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WELSH ATHLETICS
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Race 3 - Under 13 Girls Road Mile

| Pos | Bib | Name | Club | Time |
|-----|-----|-----------------|-------------------------------|------|
| 1 | 40 | Tiffany Rees | Swansea Harriers AC | 5.40 |
| 2 | 35 | Ella Davies | Swansea Harriers AC | 5.52 |
| 3 | 41 | Jemima Robinson | Cardiff Amateur Athletic Club | 5.54 |
| 4 | 42 | Evie Watkins | Barry & Vale Harriers | 6.03 |
| 5 | 39 | Sophie Knoyle | Cardiff Archers | 6.05 |
| 6 | 34 | Mai Davies | Swansea Harriers AC | 6.16 |
| 7 | 37 | Emily Dent | Cardiff Archers | 6.20 |
| 8 | 36 | Sophie Davies | Cardiff Archers | 7.14 |



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WELSH ATHLETICS
ATHLETAU CYMRU

Race 4 - Under 13 Boys Road Mile

| Pos | Bib | Name | Club | Time |
|-----|-----|--------------|-------------------------------|------|
| 1 | 82 | frank Morgan | Carmarthen Harriers | 5.19 |
| 2 | 50 | Ben Macey | Cardiff Amateur Athletic Club | 5.29 |
| 3 | 46 | Ben Farrell | Cardiff Amateur Athletic Club | 5.35 |
| 4 | 47 | Ben Hughes | Cardiff Amateur Athletic Club | 5.41 |
| 5 | 51 | Jack Thomas | Carmarthen Harriers | 5.43 |
| 6 | 48 | Lewis Jacobs | Rhondda Athletics Club | 5.44 |
| 7 | 45 | Henry Davies | | 6.17 |



Mile Road Championships & Open Races &
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Race 4 - Senior Men/ Under 20 Men Road Mile



WELSH ATHLETICS
ATHLETAU CYMRU

| Pos | Bib | Name | Club | Time | Age Group | Age Position |
|-----|-----|---------------------|-------------------------------|------|-----------|--------------|
| 1 | 6 | Tom Marshall | Cardiff AAC | 4.15 | Senior | 1 - Senior |
| 2 | 31 | Jonathan Tobin | Swansea Harriers AC | 4.19 | Senior | 2 - Senior |
| 3 | 13 | Ieuan Thomas | Cardiff Amateur Athletic Club | 4.22 | Senior | 3 - Senior |
| 4 | 3 | Samuel Blake | Cardiff Amateur Athletic Club | 4.22 | Senior | 4 - Senior |
| 5 | 12 | Abed Teweldebrhan* | Newport Harriers | 4.26 | Senior | 5 - Senior |
| 6 | 101 | James Thie | Cardiff Amateur Athletic Club | 4.34 | Senior | 6 - Senior |
| 7 | 5 | Sam Lloyd-Perks | Cardiff Amateur Athletic Club | 4.42 | Senior | 7 - Senior |
| 8 | 88 | Owen Locke | Newport Harriers | 4.42 | U20 | 1 - U20 |
| 9 | 10 | Olly Sheppard* | Emersons Green Running Club | 4.50 | Senior | 8 - Senior |
| 10 | 8 | Leighton Rawlinson | Micky Morris Racing Team | 4.57 | Senior | 9 - Senior |
| 11 | 11 | Gabrielius Stuokus* | Les Croupiers | 5.18 | Senior | 10 - Senior |
| 12 | 7 | Richard Perry | Caerleon Running Club | 5.38 | Senior | 11 - Senior |
| 13 | 24 | Rory Griffiths | Parc Bryn Bach Running Club | 6.18 | Senior | 12 - Senior |



Mile Road Championships & Open Races &
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Race 11 - Senior Women/ U20 Women Road Mile



WELSH ATHLETIC
ATHLETAU CYMR

| Pos | Bib | Name | Club | Time | Age Group | Age Position |
|-----|-----|--------------------|-------------------------------|------|-----------|--------------|
| 1 | 87 | Isobel Parry-Jones | Cwmbran Harriers | 5.19 | U20 | 1 - U20 |
| 2 | 1 | Emily Brown | Cardiff Amateur Athletic Club | 5.25 | Senior | 1 - Senior |
| 3 | 2 | Aimee Ferguson | Aberdare Valley AAC | 6.16 | Senior | 2 - Senior |



Mile Road Championships & Open Races &
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Race 12 - Under 15 Girls Road Mile



WELSH ATHLETICS
ATHLETAU CYMRU

| Pos | Bib | Name | Club | Time |
|-----|-----|------------------|-------------------------------|------|
| 1 | 53 | Nia Clatworthy | Cardiff Amateur Athletic Club | 5.24 |
| 2 | 58 | Moli Lyons | Barry & Vale Harriers | 5.29 |
| 3 | 56 | Alanah Hill | Cardiff Archers | 5.31 |
| 4 | 55 | Bethany Gold | Cardiff Amateur Athletic Club | 5.54 |
| 5 | 52 | Darcie Bass | Swansea Harriers AC | 5.59 |
| 6 | 57 | Anya Lennon | Cardiff Archers | 6.03 |
| 7 | 54 | Georgina Edwards | Cardiff Amateur Athletic Club | 6.39 |
| 8 | 61 | Constance Wood | Cardiff Amateur Athletic Club | 7.11 |



Mile Road Championships & Open Races &
British Masters Mile Races

Race 13 - Under 15 Boys Road Mile



WELSH ATHLETICS
ATHLETAU CYMRU

| Pos | Bib | Name | Club | Time |
|-----|-----|-----------------|-------------------------------|------|
| 1 | 66 | Jacob Reynolds | Cardiff Amateur Athletic Club | 4.54 |
| 2 | 62 | James Griffiths | Neath Harriers | 4.59 |
| 3 | 70 | Lloyd Sheppard | Rhymney Valley Athletic Club | 5.03 |
| 4 | 68 | Huw Riley | Cardiff Archers | 5.40 |



Mile Road Championships & Open Races &
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Race 14 - Under 17 Woman Road Mile



WELSH ATHLETICS
ATHLETAU CYMRU

| Pos | Bib | Name | Club | Time |
|-----|-----|-------------------------|-------------------------------|------|
| 1 | 72 | Mollie Jones | Swansea Harriers AC | 5.26 |
| 2 | 74 | Nia Riley | Cardiff Archers | 5.26 |
| 3 | 75 | Bronwen Stratton-Thomas | Swansea Harriers AC | 5.38 |
| 4 | 71 | Caitlin Chapman | Cardiff Amateur Athletic Club | 6.36 |
| 5 | 73 | Grace Page | Carmarthen Harriers | 6.54 |



Mile Road Championships & Open Races &
British Masters Mile Races

Race 15 - Under 17 Mens Road Mile



WELSH ATHLETICS
ATHLETAU CYMRU

| Pos | Bib | Name | Club | Time |
|-----|-----|-----------------|-------------------------------|------|
| 1 | 86 | Ben Thomas | Carmarthen Harriers | 4.33 |
| 2 | 69 | Larry Ryan | Cardiff Amateur Athletic Club | 4.34 |
| 3 | 83 | Tomos Rees | Carmarthen Harriers | 4.43 |
| 4 | 85 | Spencer Smith | Newport Harriers | 4.45 |
| 5 | 81 | Sebastian Lewis | Neath Harriers | 4.51 |
| 6 | 80 | Trystan Leech | Carmarthen Harriers | 5.00 |
| 7 | 79 | James Gold | Cardiff Amateur Athletic Club | 5.02 |
| 8 | 78 | Iestyn Edwards | Cardiff Amateur Athletic Club | 5.12 |
| 9 | 76 | Thomas Callard | Neath Harriers | 5.13 |



Mile Road Championships & Open Races &
British Masters Mile Races

Race 16 - Masters Men 35/40/45 Road Mile



WELSH ATHLETICS
ATHLETAU CYMRU

| Pos | Bib | Name | Club | Time | Age Position |
|-----|-----|-----------------|-------------------------------|------|---------------|
| 1 | 101 | James Thie | Cardiff Amateur Athletic Club | 4.31 | 1 - Master 35 |
| 2 | 102 | David Williams | Les croupiers RC | 4.34 | 2 - Master 35 |
| 3 | 94 | Mark Gardner | Lancaster & Morecambe AC | 4.46 | 3 - Master 35 |
| 4 | 100 | Doug Nicholls | Les Croupiers RC | 4.46 | 4 - Master 35 |
| 5 | 93 | Paul Clarke | Carmarthen Harriers | 4.47 | 5 - Master 35 |
| 6 | 117 | Gavin McDermott | Hermitage Harriers | 4.50 | 1 - Master 45 |
| 7 | 105 | Matt Adcock | Hermitage Harriers | 4.51 | 1 - Master 40 |
| 8 | 108 | Marc Turner | Halesowen | 4.53 | 2 - Master 40 |
| 9 | 97 | Edward Land | Aberystwyth AC | 4.59 | 6 - Master 35 |
| 10 | 110 | Charles Walsh | Swansea harriers | 5.00 | 3 - Master 40 |
| 11 | 96 | Dean Kane | Inverness Harriers AAC | 5.01 | 7 - Master 35 |
| 12 | 118 | David Smith | Wolverhampton and Bilston AC | 5.07 | 2 - Master 45 |
| 13 | 116 | Adrian Lewis | Aberdare Valley AC | 5.10 | 3 - Master 45 |
| 14 | 95 | Mark Horsman | Cardigan Running Club | 5.12 | 8 - Master 35 |
| 15 | 109 | Stuart Wadlow | Les Croupiers | 5.18 | 4 - Master 40 |
| 16 | 106 | Andy Jones | GOG Triathlon Club | 5.31 | 5 - Master 40 |
| 17 | 107 | Bleddyn Jones | Islwyn Runners | 5.50 | 6 - Master 40 |

| British Masters Championships | Welsh Masters Championships |
|-------------------------------|-----------------------------|
| 1-Master 35 | 1-Master 35 |
| 2-Master 35 | 2-Master 35 |
| 3-Master 35 | |
| 4-Master 35 | 3-Master 35 |
| 5-Master 35 | 4-Master 35 |
| 1-Master 45 | |
| 1-Master 40 | |
| 2-Master 40 | |
| | 5-Master 35 |
| 3-Master 40 | 1-Master 40 |
| 6-Master 35 | |
| 2-Master 45 | |
| 3-Master 45 | 1-Master 45 |
| 7-Master 35 | 6-Master 35 |
| 4-Master 40 | 2-Master 40 |
| | 3-Master 40 |
| 5-Master 40 | 4-Master 40 |



Mile Road Championships & Open Races &
British Masters Mile Races

Race 17 - Masters Men 50/55/60 Road Mile



WELSH ATHLETICS
ATHLETAU CYMRU

| Pos | Bib | Name | Club | Time | Age Position |
|-----|-----|------------------|-------------------------------------|------|---------------|
| 1 | 121 | Lee Aherne | Parc Bryn Bach Running Club | 5.04 | 1 - Master 50 |
| 2 | 135 | Steve Toogood | Buckley Runners | 5.13 | 1 - Master 55 |
| 3 | 124 | Anthony Roper | Bristol & West AC | 5.16 | 2 - Master 50 |
| 4 | 125 | David Wilkinson | South West Veterans AC | 5.24 | 3 - Master 50 |
| 5 | 139 | David Bedwell | Bristol & West | 5.25 | 1 - Master 60 |
| 6 | 138 | Kevin Archer | Weymouth St. Pauls Harriers and AC. | 5.33 | 2 - Master 60 |
| 7 | 131 | Ken Ham | Westbury Harriers | 5.37 | 2 - Master 55 |
| 8 | 143 | Peter Mountain | Bristol and West A/C | 5.38 | 3 - Master 60 |
| 9 | 129 | Steven Doxey | Swinton Running Club | 5.39 | 3 - Master 55 |
| 10 | 134 | Kevin Pye | Charnwood AC | 5.40 | 4 - Master 55 |
| 11 | 142 | Kieran McDonnell | Les Croupiers RC | 5.54 | 4 - Master 60 |
| 12 | 126 | Laurence Worth | Pembrokeshire Harriers | 6.00 | 4 - Master 50 |
| 13 | 140 | Roger Davis | Bridgend AC | 6.01 | 5 - Master 60 |
| 14 | 123 | Adrian Mathias | Agile Therapy Run | 6.12 | 5 - Master 50 |
| 15 | 146 | Ian Wright | Cornwall AC | 6.14 | 6 - Master 60 |
| 16 | 133 | Clive Osmond | Les Croupiers Running Club | 6.17 | 5 - Master 55 |
| 17 | 144 | Alan Robertson | Scottish Veteran Harriers | 6.19 | 7 - Master 60 |
| 18 | 132 | Jeffrey Hanson | Rhondda AC | 6.25 | 6 - Master 55 |
| 19 | 145 | John Watkins | Newport Harriers | 7.06 | 8 - Master 60 |
| 20 | 141 | Kevin Dillon | Manchester | 7.57 | 9 - Master 60 |

| BM | WM |
|-------------|-------------|
| 1-Master 50 | 1-Master 50 |
| 1-Master 55 | 1-Master 55 |
| 2-Master 50 | |
| 3-Master 50 | |
| 1-Master 60 | |
| 2-Master 60 | |
| 2-Master 55 | |
| 3-Master 60 | |
| 3-Master 55 | |
| 4-Master 55 | |
| 4-Master 60 | 1-Master 60 |
| 4-Master 50 | 2-Master 50 |
| 5-Master 60 | 2-Master 60 |
| | 3-Master 50 |
| 6-Master 60 | |
| 5-Master 55 | 2-Master 55 |
| 7-Master 60 | |
| | 3-Master 55 |
| 8-Master 60 | 3-Master 60 |
| 9-Master 60 | |



Mile Road Championships & Open Races &
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**Race 18 - Masters Women 35/40/45/50/55/60/65/70/75
& Masters Men 65/70/75**



WELSH ATHLETICS
ATHLETAU CYMRU

| Pos | Bib | Name | Club | Time | Age Position |
|-----|-----|--------------------|-----------------------------|------|----------------------|
| 1 | 90 | Eliza McDermott | MMAC | 5.41 | 1 - Master 35 Female |
| 2 | 119 | Sarah Everitt | Bristol & West AC | 5.45 | 1 - Master 50 Female |
| 3 | 92 | Katherine Wellam | Sale Harriers Manchester | 5.52 | 2 - Master 35 Female |
| 4 | 114 | Sharon Leech | carmarthen harriers | 5.56 | 1 - Master 45 Female |
| 5 | 103 | Helen-Marie Davies | Swansea Harriers | 5.58 | 1 - Master 40 Female |
| 6 | 104 | Rachel Lewis | Parc Bryn Bach Running club | 6.06 | 2 - Master 40 Female |
| 7 | 120 | Penny Kennedy | Swansea Harriers AC | 6.27 | 2 - Master 50 Female |
| 8 | 113 | Keri-Lyn Jones | Parc Bryn Bach RC | 6.29 | 2 - Master 45 Female |
| 9 | 147 | Ros Tabor | Dulwich runners | 6.43 | 1 - Master 65 Female |
| 10 | 111 | Lisa Carpenter | Cirencester AC | 6.52 | 3 - Master 45 Female |
| 11 | 127 | Jeanette Jenkins | Fairwater Runners Cwmbran | 6.54 | 1 - Master 55 Female |
| 12 | 128 | Julie Scholey | Les Croupiers RC | 6.55 | 2 - Master 55 Female |
| 13 | 151 | John Gardener | Pembrokeshire Harriers | 7.00 | 1 - Master 75 Male |
| 14 | 150 | Barrie Roberts | Bournville Harriers | 7.16 | 1 - Master 70 Male |
| 15 | 152 | Edmond Simpson | Overton Harriers and AC | 7.38 | 1 - Master 80+ Male |
| 16 | 137 | Marian Yallop | South West Veterans AC | 8.59 | 1 - Master 60 Female |
| 17 | 149 | Ian Swanson | Port Talbot Harriers | 9.00 | 1 - Master 65 Male |
| 18 | 153 | Sydney Wheeler | Chepstow Harriers | 9.18 | 2 - Master 75 Male |

| British Masters Championships | Welsh Masters Championships |
|-------------------------------|-----------------------------|
| 1 - Master 35 Female | |
| 1 - Master 50 Female | |
| 2 - Master 35 Female | |
| 1 - Master 45 Female | 1 - Master 45 Female |
| 1 - Master 40 Female | 1 - Master 40 Female |
| 2 - Master 40 Female | 2 - Master 40 Female |
| 2 - Master 50 Female | 1 - Master 50 Female |
| 2 - Master 45 Female | 2 - Master 45 Female |
| 1 - Master 65 Female | |
| 3 - Master 45 Female | |
| 1 - Master 55 Female | 1 - Master 55 Female |
| 2 - Master 55 Female | 2 - Master 55 Female |
| 1 - Master 75 Male | 1 - Master 75 Male |
| 1 - Master 70 Male | 1 - Master 70 Male |
| 1 - Master 80+ Male | |
| 1 - Master 60 Female | |
| 1 - Master 65 Male | 1 - Master 65 Male |
| 2 - Master 75 Male | 2 - Master 75 Male |