

WELSH
ATHLETICS
CHAMPIONS

2018

ATHLETAU
CYMRU
PENCCAMPWYR



WELSH ATHLETICS
ATHLETAU CYMRU

WELSH INDOOR TRACK & FIELD CHAMPIONS 2018

U13 Girls

60m	Tiwaah BOATENG, Newport Harriers	8.27
200m	Tiwaah BOATENG, Newport Harriers	27.68
800m	Ceri GRIFFITHS, Newport Harriers	02:34.4
1500m	Chloe HALE, Blaenau Gwent AC	05:17.4
60m Hurdles	Sophie LISK, Cardiff Archers	9.89
High Jump	Sophie LISK, Cardiff Archers	1.40
Long Jump	Sarah LYONS, Swansea Harriers	4.54
Shot Put (2.72kg)	Caitlin SEABOURNE, Rhymney Valley AC	7.98

U15 Girls

60m	Gabby DICKINSON, Cardiff AAC	8.13
200m	Ella WINTLE, Pembrokeshire Harriers	26.93
300m	Ella WINTLE, Pembrokeshire Harriers	43.13
800m	Daisy THOMPSON, Carmarthen Harriers	02:19.1
1500m	Daisy THOMPSON, Carmarthen Harriers	04:53.6
3000m	<i>Event Cancelled</i>	-
60m Hurdles	Ellie-Rose ISAAC, Cardiff Archers	9.39
High Jump	Rosie DOMICAN, Cardiff Archers	1.57
Pole Vault	Isabel THOMAS, Cardiff AAC	2.50
Long Jump	Carys POOLE, Swansea Harriers	5.20
Shot Put (3.00kg)	Amelia FETTIS, Newport Harriers	9.70

U17 Women

60m	Emmauella KONE, Cardiff AAC	7.68
200m	Macey MORRIS, Swansea Harriers	25.09
300m	Isabel DAVIES, Swansea Harriers	42.85
800m	Nia RILEY, Cardiff Archers	02:20.8
1500m	Nia RILEY, Cardiff Archers	04:51.2
3000m	<i>Event Cancelled</i>	-
60m Hurdles	Grace MORGAN, Cardiff Archers	8.69
High Jump	Amy JENKINS, Newport Harriers	1.55
Pole Vault	Elin HAWKE, Deeside AC	2.95
Long Jump	Caitlyn MAPPS, Cardiff Archers	5.65
Triple Jump	Charlotte CAMPION, Swansea Harriers	10.49
Shot Put (3.00kg)	Chloe Rose FOX, Pembrokeshire Harriers	11.02

U20 Women

60m	Alicia Samuel, Carmarthen Harriers	7.77
200m	Hannah Longden, Cardiff AAC	25.73
400m	Ffion Mair Roberts, Colwyn Bay AC	58.51
800m	Naomi Reid, Cardiff AAC	02:14.5
1500m	Holly Roberts, Colwyn Bay AC	04:48.8
3000m	<i>Event Cancelled</i>	-
60m Hurdles	Mia Evans, Swansea Harriers	8.86
High Jump	Thean Jenkins/Shani Evans, Pembrokeshire Harriers/Cardiff AAC	12:00
Pole Vault	Lois Hillman, Cardiff AAC	3.20
Long Jump	Emily Thomas, Cardiff Archers	5.74
Triple Jump	Macey Jones, Cwmbran Harriers	11.73
Shot Put (4.00kg)	Gwennan Lewis, Newport Harriers	10.68

Senior Women

60m	Melissa ROBERTS, Birchfield Harriers	7.62
200m	Hannah LONGDEN, Cardiff AAC	25.61
400m	Laura TURLEY, West Cheshire AC	55.97
800m	Rachel MCCLAY, Bracknell AC	2:11.05
1500m	Bethan KIDGER, Brighton Phoenix	4:29.27
3000m	Kiara FRIZELLE, Cardiff AAC	9:52.19
60m Hurdles	Mia EVANS, Swansea Harriers	8.86
High Jump	Abigail BUXTON, Pembrokeshire Harriers	1.60
Pole Vault	Sally PEAKE, Birchfield Harriers	4.27
Long Jump	Emily THOMAS, Cardiff Archers	5.79
Triple Jump	Sian SWANSON, Swansea Harriers	11.51
Shot Put (4.00kg)	Adele NICOLL, Birchfield Harriers	15.18



Charlotte Campion, U17 Women's Triple Jump Champion

WELSH INDOOR TRACK & FIELD CHAMPIONS 2018

U13 Boys

60m	Oliver CLARKSON, Swansea Harriers	8.31
200m	Charlie STOCKLEY-JONES, Cardiff AAC	28.11
800m	Jack ORGAN, Brecon AC	02:23.9
1500m	Tudur HARPER LLOYD, Menai T&F	04:47.9
60m Hurdles	Rhys LLOYD-ROBERTS, Pembrokeshire Harriers	11.35
High Jump	Aneurin PATERSON, Rhymney Valley AC	1.25
Long Jump	Joshua BEECHER, Cardiff AAC	4.17
Shot Put (3.25kg)	Ethan WITCHELL, Cardiff AAC	9.42

U15 Boys

60m	Arthur POWELL, Maldwyn Harriers	7.39
200m	Sam PETHERBRIDGE, Swansea Harriers	24.04
300m	Charlie HOLLAND, Swansea Harriers	38.27
800m	Charlie HOLLAND, Swansea Harriers	02:04.4
1500m	Jacob RYNOLDS, Cardiff AAC	04:24.4
3000m	<i>Event Cancelled</i>	-
60m Hurdles	Sam PETHERBRIDGE, Swansea Harriers	19:12
High Jump	Ellis JONES, Menai T&F	12:00
Pole Vault	William TROTT, Swansea Harriers	3.30
Long Jump	Ben VINCENT, Cardiff AAC	5.72
Shot Put (4.00kg)	Oscar DUN, Swansea Harriers	10.75

U17 Men

60m	Zachary PRICE, Menai T&F	6.99
200m	Zachary PRICE, Menai T&F	22.85
400m	Harvey REYNOLDS, Cardiff AAC	52.19
800m	James PENROSE, Cardiff Archers	2:02.11
1500m	Benjamin REYNOLDS, Cardiff AAC	4:07.82
3000m	<i>Event Cancelled</i>	-
60m Hurdles	Ben HILLMAN, Cardiff AAC	8.42
High Jump	Rhys JONES, Wrexham AAC	1.75
Pole Vault	Mark MELLOR, Cardiff Archers	3.80
Long Jump	Ben HILLMAN, Cardiff AAC	6.44
Triple Jump	Kristo ELLIS, Cardiff AAC	12.24
Shot Put (5.00kg)	Dylan BEVAN, Newport Harriers	14.98

U20 Men

60m	Jeremiah AZU, Cardiff AAC	6.83
200m	Jeremiah AZU, Cardiff AAC	22.00
400m	Seth KELLY, Cardiff AAC	52.50
800m	Owen LOCKE, Newport Harriers	01:59
1500m	James VINCENT, Cardiff AAC	04:05.2
3000m	<i>Event Cancelled</i>	-
60m Hurdles	Chinua EBEREONWU, Cardiff Archers	8.28
High Jump	Jack MOORE, Yate & District AC	1.90
Pole Vault	Ieuan HOSGOOD, Swansea Harriers	3.90
Long Jump	Ceirion HOPKINS, Neath Harriers	7.14
Triple Jump	Cameron PAMMENT, Cardiff AAC	11.69
Shot Put (6.00kg)	Nicholas YOUNG, Sale Harriers Manchester	15.24

Senior Men

60m	Sam GORDON, Cardiff AAC	6.71
200m	Ben PARIS, Cardiff Archers	22.24
400m	Seth KELLY, Cardiff AAC	52.34
800m	Tom MARSHALL, Cardiff AAC	1:55.19
1500m	Ieuan THOMAS, Cardiff AAC	3:53.89
3000m	Jake HEYWARD, Cardiff AAC	8:00.93
60m Hurdles	Michael WILSON, Swansea Harriers	8.38
High Jump	Jonathan BAILEY, Cardiff AAC	2.02
Pole Vault	Ben GREGORY, Birchfield Harriers	5.01
Long Jump	Ceirion HOPKINS, Neath Harriers	6.71
Triple Jump	Gage FRANCIS, Cardiff AAC	13.99
Shot Put (7.26kg)	Patrick SWAN, Cornwall AC	14.07



James Penrose, U17 Mens 800m Champion

WELSH OUTDOOR TRACK & FIELD CHAMPIONS 2018

U13 Girls

100m	Tiwaah BOATENG, Newport Harriers	13.15
200m	Olivia GILLESPIE, Newport Harriers	27.31
800m	Lucy WINTLE, Pembrokeshire Harriers	2:27.03
1500m	Maddison GRIFFITHS, Maldwyn Harriers	5:09.51
70m Hurdles	Sophie LISK, Cardiff Archers	11.52
High Jump	Seren GRIFFITHS, Cardiff Archers	1.50
Long Jump	Hannah FORKUH, Llanelli AC	4.81
Shot Put (2.72kg)	Caitlin SEABOURNE, Rhymney Valley AC	8.90
Discus (0.75kg)	Caitlin SEABOURNE, Rhymney Valley AC	20.19
Javelin (400g)	Cordelia WALKER, Carmarthen Harriers	32.16

U15 Girls

100m	Ella WINTLE, Pembrokeshire Harriers	12.77
200m	Ella WINTLE, Pembrokeshire Harriers	25.87
300m	Ella WINTLE, Pembrokeshire Harriers	41.12
800m	Ellen Mary KEARNEY, Wirral AC	2:15.82
1500m	Samia JONES, Menai T&F	4:34.29
75m Hurdles	Carys POOLE, Swansea Harriers	11.41
High Jump	Rosie DOMICAN, Cardiff Archers	1.55
Pole Vault	Isabel THOMAS, Cardiff AAC	2.94
Long Jump	Carys POOLE, Swansea Harriers	5.17
Shot Put (3.00kg)	Amelia FETTIS, Newport Harriers	10.45
Discus (1.00kg)	Ella JACKSON, Cardiff Archers	24.38
Hammer (3.00kg)	Emily COLLINS, Swansea Harriers	26.49
Javelin (500g)	Lily GREGSON, Cardiff AAC	28.36



Emmanuella Kone, U17 Womens 200m Champion

U17 Women

100m	Caitlyn MAPPS, Cardiff Archers	12.50
200m	Emmanuella KONE, Cardiff AAC	25.50
300m	India JENKINS, Cwmbran Harriers	41.85
800m	Mia ROBERTS, Deeside AAC	2:18.49
1500m	Sioned CORDINER, Wrexham AAC	4:57.55
80m Hurdles	Grace MORGAN, Cardiff Archers	11.22
300m Hurdles	Niamh ROBERTS, Llanelli AC	49.32
1500m s/c	Bronwen STRATTON-THOMAS, Swansea Harriers	5:40.14
High Jump	Emily STEER, Cardiff AAC	1.60
Pole Vault	Maddi HAMER, Cardiff Archers	2.70
Long Jump	Caitlyn MAPPS, Cardiff Archers	5.36
Triple Jump	Beca ROBERTS, Carmarthen Harriers	11.46
Shot Put (3.00kg)	Molly GREENMAN, Cardiff Archers	11.20
Discus (1.00kg)	Bree CRONIN, Cardiff AAC	25.56
Hammer (3.00kg)	Cassey GRIMWADE, Cardiff AAC	50.90
Javelin (500g)	Bethany MOULE, Neath Harriers	35.98

U20 Women

100m	Alicia Samuel, Carmarthen Harriers	12.25
200m	Hannah Longden, Cardiff AAC	25.41
400m	Ffion Mair Roberts, Colwyn Bay AC	57.25
800m	Naomi Reid, Cardiff AAC	2:15.05
1500m	Holly Roberts, Colwyn Bay AC	4:48.99
100m Hurdles	<i>No Competitors</i>	-
400m Hurdles	Lana Culliford, Cardiff AAC	65.62
2000m s/c	Lucy Lawrence, Menai T&F	6:11.06
High Jump	Lauren Evans, Cardiff AAC	1.65
Pole Vault	Lois Hillman, Cardiff AAC	3.24
Long Jump	Emily Thomas, Cardiff Archers	5.62
Triple Jump	Macey Jones, Swansea Harriers	11.82
Shot Put (4.00kg)	Sarah Omoregie, Cardiff AAC	13.62
Discus (1.00kg)	Amber Simpson, Deeside AAC	37.27
Hammer (4.00kg)	Amber Simpson, Deeside AAC	54.54
Javelin (600g)	Bethan Rees, Cannock & Stafford AC	47.22

WELSH OUTDOOR TRACK & FIELD CHAMPIONS 2018

Senior Women

100m	Hannah Brier, Swansea Harriers	12.06
200m	Amy Odunaiya, Wrexham AAC	24.66
400m	Lauren Williams, Swansea Harriers	55.01
800m	Jade Williams, Amman Valley	2:07.86
1500m	Ffion Price, Cardiff AAC	4:19.17
3000m	Emily Kearney, Wirral AC	10:10.52
2000m S/C	Lauren Cooper, Parc Bryn Bach RC	7:41.76
100m Hurdles	Lauren Evans, Cardiff AAC	14.86
400m Hurdles	<i>No Competitors</i>	-
High Jump	Lauren Evans, Cardiff AAC	1.65
Pole Vault	Megan Hodgson, Cardiff AAC	3.45
Long Jump	Rebecca Chapman, Cardiff AAC	6.34
Triple Jump	Sian Swanson, Swansea Harriers	11.63
Shot Put (4.00kg)	Adele Nicoll, Birchfield Harriers	14.97
Discus (1.00kg)	Adele Nicoll, Birchfield Harriers	44.84
Hammer (4.00kg)	Amber Simpson, Deeside AAC	56.67
Javelin (600g)	Bethan Rees, Cannock & Stafford AC	45.75

U13 Boys

100m	Ryan CLARKE, Cardiff Archers	13.43
200m	Ryan CLARKE, Cardiff Archers	26.66
800m	Jack ORGAN, Brecon AC	2:20.32
1500m	Loui CAMILLERI, Cardiff Archers	4:55.03
75m Hurdles	Osian ROBERTS, Carmarthen Harriers	13.30
High Jump	Osian ROBERTS, Carmarthen Harriers	1.45
Long Jump	Joshua BEECHER, Cardiff AAC	4.58
Shot Put (3.25kg)	Macsen HOLLAND, Swansea Harriers	8.81
Discus (1.00kg)	Ethan WITCHELL, Cardiff AAC	33.33
Javelin (400g)	Finlay Wrey BROWN, Winchester & District AC	32.53

U15 Boys

100m	Evan JONES, Bridgend AC	11.42
200m	Evan JONES, Bridgend AC,	22.86
300m	Charlie HOLLAND, Swansea Harriers	36.63
800m	Charlie HOLLAND, Swansea Harriers	2:02.96
1500m	Jacob REYNOLDS, Cardiff AAC	4:10.50
80m Hurdles	Zak WALL, Cardiff Archers	11.52
High Jump	Finlay SAVAGE, Deeside AAC	1.65
Pole Vault	William TROTT, Swansea Harriers	3.54
Long Jump	Ben VINCENT, Cardiff AAC	6.24
Shot Put (4.00kg)	Dafydd PAWLETT, Pembrokeshire Harriers	13.18
Discus (1.25kg)	Jake KNIGHT, Cardiff Archers	35.52
Hammer (4.00kg)	Evan JONES, Cardiff AAC	25.62
Javelin (600kg)	George SNAITH, Barry & Vale Harriers	41.88

U17 Men

100m	Zachary PRICE, Menai T&F	11.08
200m	Zachary PRICE, Menai T&F	22.31
400m	Steffan JONES, Swansea Harriers	50.56
800m	David LOCKE, Newport Harriers	1:56.31
1500m	Benjamin REYNOLDS, Cardiff AAC	4:15.78
100m Hurdles	Ben HILLMAN, Cardiff AAC	13.97
400m Hurdles	Harvey REYNOLDS, Cardiff AAC	57.23
1500m s/c	James GOLD, Cardiff AAC	4:49.70
High Jump	Ben HILLMAN, Cardiff AAC	1.80
Pole Vault	Mark MELLOR, Cardiff Archers	3.84
Long Jump	Ben HILLMAN, Cardiff AAC	6.01
Triple Jump	Rhys JONES, Wrexham AAC	12.59
Shot Put (5.00kg)	Dylan BEVAN, Newport Harriers	12.48
Discus (1.50kg)	Harry DAVIES, Neath Harriers	42.70
Hammer (5.00kg)	Kyle DAVIES, Brecon AC	46.64
Javelin (700g)	Lloyd CLARKE, Cardiff AAC	49.24

WELSH OUTDOOR TRACK & FIELD CHAMPIONS 2018

U20 Men

100m	Dylan PARRY, Swansea Harriers	11.97
200m	Adam GREY, Cwmbran Harriers	24.19
400m	Andrew HILL, Southend on Sea AC	50.14
800m	Iestyn WILLIAMS, Carmarthen Harriers	1:57.92
1500m	James VINCENT, Cardiff AAC	4:10.06
110m Hurdles	Tomos SLADE, Swansea Harriers	14.27
400m Hurdles	<i>No Competitors</i>	-
2000m s/c	Owain EDWARDS, Cardiff AAC	6:58.52
High Jump	Iwan BEGGS, Swansea Harriers	1.85
Pole Vault	Ieuan HOSGOOD, Swansea Harriers	3.84
Long Jump	Tomos SLADE, Swansea Harriers	6.60
Triple Jump	Thomas ATKINSON, Cardiff AAC	13.73
Shot Put (6.00kg)	Nicholas YOUNG, Sale Harriers Manchester	16.64
Discus (1.75kg)	Nicholas YOUNG, Sale Harriers Manchester	44.28
Hammer (6.00kg)	<i>No Competitors</i>	-
Javelin (800g)	Tom Hewson, Andover AC	64.04

Senior Men

100m	Joshua BROWN, Cardiff AAC	10.87
200m	Kristian JONES, Cardiff AAC	21.72
400m	Owen SMITH, Cardiff AAC	47.32
800m	Elliot SLADE, Cardiff AAC	1:50.48
1500m	Ieuan THOMAS, Cardiff AAC	3:46.44
3000m	Remi ADEBIYI, Newport Harriers,	8:43.40
110m Hurdles	Harry HILLMAN, Cardiff AAC	16.17
400m Hurdles	Brychan PRICE-DAVIES, Brecon AC	60.41
2000m S/C	Brychan PRICE-DAVIES, Brecon AC	6:32.28
High Jump	Jonathan BAILEY, Cardiff AAC	1.99
Pole Vault	Thomas WALLEY, Wrexham AAC	4.25
Long Jump	Richard TSANG, Birchfield Harriers	6.77
Triple Jump	Thomas WALLEY, Wrexham AAC	14.29
Shot Put (7.26kg)	Patrick SWAN, Cornwall AC	15.14
Discus (2.00kg)	Patrick SWAN, Cornwall AC	44.99
Hammer (7.26kg)	Osian JONES, Liverpool Harriers & AC	71.08
Javelin (800g)	Jason COPSEY, Cardiff AAC	66.14

10,000M CHAMPIONSHIPS

Senior Men	Matthew REES, Swansea Harriers	32:28
Senior Women	Claire JACOBS, Les Croupiers	43:06.60

JUNIOR 3000M CHAMPIONSHIPS

U20M	Jac SMITH, Cardiff AAC	8:58.01
U20W	Katrin HIGGINSON, Bridgend AC	10:42.32
U17M	Lloyd SHEPPARD, Cardiff AAC	9:01.70
U17W	Ashleigh WILLIS, Swansea Harriers	10:29.73
U15B	Adam BEER, Llanelli AC	9:18.43
U15G	Alanah HILL, Cardiff Archers	10:26.01

Welsh Junior League Plate Winners	Neath Harriers
Welsh Junior League Cup Winners	Swansea Harriers
Welsh Athletics Senior League Winners	Swansea Harriers



Joshua Brown, Senior Mens 100m Champion

WELSH COMBINED EVENTS CHAMPIONS 2018

Indoor – Quadrathlon

U13 Girls	Amber PEARN, Cardiff Archers	1503
U13 Boys	Sean HOPKINS, Cardiff Archers	746

Indoor – Pentathlon

U15 Girls	Carys POOLE, Swansea Harriers	3004
U17 Women	Grace MORGAN, Cardiff Archers	3264
U20 Women	Lauren EVANS, Cardiff AAC	3266
Senior Women	Becky OWEN, Brighton & Hove City AC	3387
U15 Boys	Adetokunbo AKANBI-MORTIMER, Rhymney Valley AC	2911

Indoor – Heptathlon

U17 Men	Ben HILLMAN, Cardiff AAC	2262
U20 Men	<i>No Competitors</i>	-
Senior Men	Harry HILLMAN, Cardiff AAC	3899

Outdoor – Quadrathlon

U13 Boys	Dylan LAWLOR, YG Cwm Rhymnu Y Gwyndy	1256
U13 Girls	Sophie LISK, Cardiff Archers	1974

Outdoor – Decathlon

U20 Men	Michael THOMPSON, Swansea Harriers	4929
Senior Men	Ben GREGORY, Birchfield Harriers	7517

Outdoor – Heptathlon

U20 Women	Lauren Evans, Cardiff AAC	4536
Senior Women	<i>No Competitors</i>	-



Carys Poole, U15 Girls Indoor Pentathlon Champion

WELSH RACE WALK CHAMPIONS 2018

1000m

U13 Boys	Thomas GILBERT, Brecon AC	5:51.67
U13 Girls	Bethan JONES, Cardiff AAC,	6:15.73
U15 Boys	Daniel GILBERT, Brecon AC	5:22.91
U15 Girls	Kasia COOKE, Pembrokeshire Harriers	5:28.18

20KM Road

Senior Men	Guy Thomas, Tonbridge AC	1:29.32
Senior Women	Bethan Davies, Cardiff AAC	1:36.55

3000m

U17W	Mollie DAINTON, Llanelli AC	18:16.61
U20M	Jordan PRICE, Brecon AC	16:27.75
U20W	Megan STRATTON-THOMAS, Swansea Harriers	15:58.56
Senior Men	Mark Williams, BIRCHFIELD HARRIERS	15:46.26
Senior Women	Bethan Davies, Cardiff AAC	12:42.46

WELSH ROAD RUNNING CHAMPIONS 2018

Road Running Marathon

Senior Men	Russell BENTLEY, Eryri Harriers	2:29.41
Senior Women	Clara EVANS, Chepstow Harriers	2:59.48

Road Running 10km

Senior Men	Andrew DAVIES, Stockport Harriers	32:36
Senior Women	Bronwen JENKINSON, Eryri,	38:56
U23 Men	Jack TURNER, Stroud	34:38
U23 Women	Bronwen JENKINSON, Eryri	38:56
U20 Men	Gethin DAVIES, Menai T&F	40:52
U20 Women	Eden O'DEA, Wrexham AAC	41:39
Masters Men 35+	Andrew DAVIES, Stockport Harriers	32:36
Masters Women 35+	Anest MULLER, West Cheshire AC	44:35
Masters Men 40+	Martin GREEN, N.W.R.R.C	35:09
Masters Women 40+	Andrea ROWLANDS, Eryri	41:04
Masters Men 45+	Darren BLAZIER, Abergele Harriers	38:58
Masters Women 45+	Carla GREEN, N.W.R.R.C	44:44
Masters Men 50+	Geran HUGHES, Gog Tri	41:07
Masters Women 50+	Ceri COOK, Buckley Runners	44:02
Masters Men 55+	Michael ROBBINS, Wrexham AAC	40:40
Masters Women 55+	Emma COLLINS, Denbigh Harriers	47:36
Masters Men 60+	Iwan EDGAR, Eryri	45:10
Masters Women 60+	Vivienne EDWARDS, Eryri Harriers	64:10
Masters Men 65+	Don HALE, N.W.R.R.C	50:48
Masters Men 70+	Michael DAVIES, Prestatyn	54:29
Masters Women 70+	Chris BIRCH, Abergele Harriers	64:10
Masters Men 75+	Jack THOMAS, Buckley Runners	60:51
Masters Men 80+	Roger HARRISON-JONES, Prestatyn	59:57

Road Running 5km

Senior Men	Jonathan HOPKINS, Swansea Harriers,	14:18
Senior Women	Charlotte ARTER, Cardiff AAC	15:40
U20 Men	Jac SMITH, Cardiff AAC	15:39
U20 Women	Megan BOWEN, Cardiff AAC	20:04
U17 Men	Samuel ROBERTS, City of Sheffield & Dearne AC	16:27
U17 Women	Alanah HILL, Cardiff Archers	19:04
Masters Men 35+	Doug NICHOLLS, Les Croupiers RC,	16:14
Masters Women 35+	Llinos JONES, Swansea Harriers	19:40
Masters Men 40+	Simon LEWIS, Pontypridd Roadents	16:18
Masters Women 40+	Helen-Marie DAVIES, Swansea Harriers	20:23
Masters Men 45+	Huw EVANS, Les Croupiers RC	16:22
Masters Women 45+	Sandra CHIPPER, Liswerry Runners	18:48
Masters Men 50+	Steven SMITH, Aberdare VAAC	18:32
Masters Women 50+	Lou SUMMERS, Pont-y-Pwl & District Runners	20:45
Masters Men 55+	Stephen WILLIAMS, Parc Bryn Bach RC	19:14
Masters Women 55+	Deb CHICK, Port Talbot Runners	20:23
Masters Men 60+	Graham MACK, Merthyr RC	21:23
Masters Women 60+	Kath JERVIS, Parc Bryn Bach RC	28:04
Masters Men 65+	Robert EVANS, Les Croupiers RC	20:38
Masters Women 65+	Margrett MONK, Parc Bryn Bach RC	27:16
Masters Women 70+	Sandra STEVENS, Merthyr RC	30:57
Masters Men 75+	Brian GOUGH, Pontypridd Roadents	23:31

WELSH CROSS COUNTRY CHAMPIONS 2018

CROSS COUNTRY WELSH CHMPIONS 2018

U13 Boys	Frank MORGAN, Menai T&F
U13 Girls	Neisha ROBERTS, Deeside AAC,
U15 Boys	Mike SPILL, Menai T&F
U15 Girls	Samia JONES, Menai T&F
U17 Men	Larry RYAN, Cardiff AAC
U17 Women	Abi FISHER, Cardiff AAC
U20 Men	Conor SMITH, Swansea Harriers
U20 Women	Megan BOWEN, Cardiff AAC
Senior Men	James HUNT, Cardiff AAC
Senior Women	Bronwen OWEN, Scarborough AC
Masters Men 35+	Phillip MATTHEWS, Swansea Harriers
Masters Women 35+	Llinos JONES, Amman Valley Harriers
Masters Men 40+	Richard GARDINER, Aberdare VAAC
Masters Women 40+	Wendy PRICE, Carmarthen Harriers
Masters Men 45+	Huw EVANS, Les Croupiers RC

Masters Women 45+	Sandra CHIPPER, Liswerry Runners
Masters Men 50+	Jeff WERLOCK, Liswerry Runners
Masters Women 50+	Judith OAKLEY, Vegan Runners UK
Masters Men 55+	Ifan LLOYD, Swansea Harriers
Masters Women 55+	Julie SCHOLEY, Les Croupiers RC
Masters Men 60+	Dave JAMES, Les Croupiers RC
Masters Women 60+	Eirian ARWYN, Les Croupiers RC
Masters Men 65+	Alan DAVIES, Llanelli AC
Masters Women 65+	Margrett MONK, Parc Bryn Bach RC
Masters Men 70+	Paul ALLEN, Halesowen AAC

WELSH ATHLETE OF THE YEAR AWARDS

Male Junior Track & Field Athlete of the Year	Jake Heyward, Cardiff AAC
Female Junior Track & Field Athlete of the Year	Bethan Rees, Cannock & Stafford AAC
Male Junior Endurance Athlete of the Year	Matt Willis, Wrexham AAC
Female Junior Endurance Athlete of the Year	Cari Hughes, Swansea Harriers
Male Track & Field Athlete of the Year	Ieuan Thomas, Cardiff AAC
Female Track & Field Athlete of the Year	Melissa Courtney, Shaftsbury & Barnet Harriers
Male Endurance Athlete of the Year	Dewi Griffiths, Swansea Harriers
Female Endurance Athlete of the Year	Bethan Davies, Cardiff AAC



Senior Track & Endurance Athletes of the year; Ieuan Thomas, Bethan Davies, Melissa Courtney and Dewi Griffiths



WELSH ATHLETICS
ATHLETAU CYMRU

welshathletics.org

Welsh Athletics | Cardiff International Sports Campus
Leckwith Road | Cardiff | CF11 8AZ