

2019 Welsh 10k Road Championships results



WELSH ATHLETICS
ATHLETAU CYMRU

Welsh 10km Championships - Women

U20	Laura Wright	Cardiff AC	00:39:54
	Katrin Higginson	Bridgend AC	00:40:44
	Mia Goddard	Cardiff AC	00:41:12
U23			
	1 Paige Luff	Caldicot RC	00:54:35
	2 Carys Dawe	Caerphilly Runners	00:55:46
	3 Emma Maloney	Lliswerry Runners	00:56:17
Senior Women			
	1 Charlotte Arter	Cardiff AC	00:32:49
	2 Clara Evans	Cardiff AC	00:33:26
	3 Alaw Beynon-Thomas	Swansea Harriers	00:34:59
MW35			
	1 Llinos Jones	Swansea Harriers	00:39:55
	2 Janneke Van Beijnum	Les Croupiers RC	00:41:02
	3 Ruth Cann	Penarth & Dinas Runners	00:45:19
MW40			
	1 Helen-Marie Davies	Swansea Harriers	00:40:07
	2 Katie Beecher	Les Croupiers RC	00:40:26
	3 Georgina Dando	Bridgend AC	00:42:25
MW45			
	1 Clare Corten	Lliswerry Runners	00:42:34
	2 Deborah Roberts	Porthcawl Runners	00:43:42
	3 Catherine Stephens	Bridgend AC	00:43:58
MW50			
	1 Nicola Morgan	Chepstow Harriers	00:40:08
	2 Angela Potter	Lliswerry Runners	00:44:30
	3 Susan Watson	Les Croupiers RC	00:44:36
MW55			
	1 Yvonne Bullen	Les Croupiers RC	00:46:08
	2 Julie Scholey	Les Croupiers RC	00:47:16
	3 Romana Maine	Porthcawl Runners	00:48:10
MW60			
	1 Jacqueline Brace	Bridgend AC	00:43:44
	2 Kath Jervis	Parc Bryn Bach RC	00:57:05
	3 Jan Williams	Run4all Neath	01:07:53
MW65			
	1 Brenda Avery	Chepstow Harriers	00:52:39
	2 Gillian Murphy	Les Croupiers RC	00:59:31
	3 Jill Matthews	Parc Bryn Bach RC	01:00:33
MW70			
	1 Clare Johnson	Les Croupiers RC	01:05:25
	2 Judith Colston	Pembrokeshire Harriers	01:08:56
	3 Helen Lloyd Jones	Pegasus RC	01:41:19



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Welsh 10km Championships - Men

U20	1 Lloyd	Sheppard	Cardiff AC	00:32:59
	2 Joseph	Reardon	Aberdare Valley	00:34:27
	3 James	Fishlock	Neath Harriers	00:35:21
U23	1 Ciaran	Lewis	Cardiff AC	00:29:48
	2 James	Hunt	Cardiff AC	00:30:18
	3 Abed	Teweldebrhan	Newport Harriers	00:30:51
Senior Men				
	1 Josh	Griffiths	Swansea Harriers	00:29:34
	2 Ieuan	Thomas	Cardiff AC	00:29:35
	3 Ciaran	Lewis	Cardiff AC	00:29:48
M35	1 Owain	Jones	Bristol & West AC	00:31:50
	2 Phil	Matthews	Swansea Harriers	00:31:54
	3 Tom	Griffiths	Guildford & Godalming AC	00:32:46
M40	1 Aled	Hughes	Les Croupiers RC	00:33:44
	2 Doug	Nicholls	Les Croupiers RC	00:33:53
	3 Edward	Land	Aberystwyth AC	00:34:37
M45	1 Matthew	Hurford	Les Croupiers RC	00:35:27
	2 Robert	Davies	Pontypridd Roadents	00:36:53
	3 Nigel	Davies	Sarn Helen	00:40:12
M50	1 Lee	Aherne	Parc Bryn Bach RC	00:34:56
	2 Andrew	Pearce	Penarth & Dinas RC	00:38:44
	3 Mike	Evans	Les Croupiers	00:41:03
M55	1 Ifan	Lloyd	Swansea Harriers	00:36:03
	2 Robert	Hunt	Bridgend AC	00:37:49
	3 Richard	Bullen	Les Croupiers RC	00:39:06
M60	1 Kneath	Philippart	Swansea Harriers	00:41:13
	2 David	Walker	Les Croupiers RC	00:41:14
	3 Colin	Wilmott	Grisffithstown Harriers	00:43:40
M65	1 Stephen	Owen	Chepstow Harriers	00:40:51
	2 Mike	Murphy	Les Croupiers RC	00:42:57
	3 David	Goodall	White Rock Runners	00:45:25
M70	1 David	Waters	Port Talbot Harriers	00:57:47
M75	1 Keith	Paterson	San Domenico RC	00:50:21
	2 Michael	Lewis	Parc Bryn Bach RC	01:02:43



WELSH ATHLETICS
ATHLETAU CYMRU

Welsh 10km Championships - Teams

	Forename	Surname	Club	Position
1st	James	Hunt	Cardiff AC	6
	Lloyd	Sheppard	Cardiff AC	17
	Joel	Redman	Cardiff AC	18
	Mukhtaar	Faarhan	Cardiff AC	22
				63
2nd	Jon	Hopkins	Swansea Harriers	5
	Dan	Rothwell	Swansea Harriers	9
	Phil	Matthews	Swansea Harriers	12
	Ifan	Lloyd	Swansea Harriers	52
				78
3rd	Aled	Hughes	Les Croupiers RC	25
	Doug	Nicholls	Les Croupiers RC	26
	David	Williams	Les Croupiers RC	34
	Matthew	Hurford	Les Croupiers RC	43
				128
Women				
1st Team	Charlotte	Arter	Cardiff AC	1
	Clara	Evans	Cardiff AC	2
	Lucy	Marland	Cardiff AC	4
2nd Team	Alaw	Beynon-Thomas	Swansea Harriers	3
	Rachel	Davies	Swansea Harriers	5
	Luticia	Thomas	Swansea Harriers	6
3rd Team	Elizabeth	Dimond	Lliswerry Runners	16
	Nicky	Collin	Lliswerry Runners	17
	Clare	Corten	Lliswerry Runners	22
				55