



WELSH ATHLETICS
ATHLETAU CYMRU

Welsh 5km Road Championship 2024

Male Categories

U17M

1	Rhys Pladdy	Cardiff Athletics	16:02
2	Samuel Boyce	Cardiff Athletics	16:17
3	Thomas Loynes	Neath Harriers	16:30

U20M

1	Jacob Parry	Neath Harriers AC	15:37
2	Ifan Bowen	Carmarthen & District Harriers AC	15:39
3	Leo Stark	Newport Harriers AC	16:01

U23M

1	Ben Reynolds	Cardiff Athletics	14:20
2	Samuel Roberts	Retford AC	14:36
3	Dafyd Jay	Swansea Harriers	15:10

SENM

1	Dewi Griffiths	Swansea Harriers	14:03
2	Ben Reynolds	Cardiff Athletics	14:20
3	James Heneghan	Pontypridd Roadents AC	14:26

M35

1	Jonathan Butler	Swansea Harriers AC	14:38
2	Luke Williams	Mickey Morris Racing Team	15:11
3	Ryan Davis	Wrexham AAC	15:12

M40

1	Jonathan Phillips	Bridgend AC	15:49
2	Mark Emery	Bridgend AC	16:15
3	Neale Denton	CDF Runners	16:20

M45

1	Jerome Edwards	Les Croupiers RC	16:02
2	Paul White	Parc Bryn Bach RC	16:44
3	Jon Belcher	Lliswerry Runners	17:00

M50

1	Steven Davies	Parc Bryn Bach RC	16:47
2	Eddie Campbell-Adams	Lliswerry Runners	16:53
3	Llyr Apgeraint Roberts	North Wales Road Runners	17:55

M55

1	Jeff Wherlock	Lliswerry Runners	16:35
2	Michael Jones	Overton Harriers	18:00
3	Andy Pearce	Penarth & Dinas	18:20

M60

1	Kevin Chalke	Penarth & Dinas Runners	19:11
2	Paul Llewellyn	Swansea Harriers AC	19:39
3	Philip Hodge	Les Croupiers RC	19:43

M65

1	David James	Les Croupiers RC	18:56
2	Keith Brewer	Parc Bryn Bach RC	20:09
3	Christopher Purse	Springfield Striders RC	20:43

M70

1	Alan Davies	Swansea Harriers AC	18:08
2	David Gibson	Tri Hard Harriers	19:19
3	David Cundy	Les Croupiers RC	21:23

M75

1	Paul Allen	Halesowen A & CC	28:22
2	Jeffrey Aston	Les Croupiers RC	37:45

M80

1	Michael Lewis	Parc Bryn Bach RC	34:50
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Female Categories

U17W

1	Bryony Boyce	Cardiff Athletics	17:06
2	Millie Gold	Cardiff Archers	17:29
3	Sioned John	Cardiff Athletics	17:51

U20W

1	Ella Davies	Swansea Harriers	19:29
2	Bethan Hardmen	Bridgend AC	21:45
3	Amelia Davies	Pontypool & District Runners	22:35

U23W

1	Ffion Higginson	Bridgend AC	18:01
2	Niamh McDonald	Cardiff university AC	19:15
3	Niamh James	Cardiff university AC	21:00

SENW

1	Clara Evans	Pontypridd Roadents AC	15:35
2	Jenny Nesbitt	Pontypridd Roadents AC	15:40
3	Alaw Evans	Les Croupiers RC	16:14

W35

1	Laura Davies	Llswerry Runners	19:22
2	Bethan Butler-madden	Pontypridd Roadents AC	20:08
3	Rachael Baralos	Caerphilly RC	21:00

W40

1	Donna Morris	Builth and District	17:37
2	Louise Flynn	Les Croupiers RC	17:38
3	Emma Palfrey	Sarn Helen	18:57

W45

1	Katerina Adams	Spirit of Monmouth	19:41
2	Janneke Van Beijnum	Les Croupiers RC	19:42
3	Catherine Barker	Penarth & Dinas Runners	19:58

W50

1	Nicola Jukes	Parc Bryn Bach RC	19:54
2	Emilia Davies	Cardiff AAC	20:48
3	Suzanne Tew	Parc Bryn Bach RC	21:28

W55

1	Tracy Jenkins	Porthcawl Runners	19:33
2	Angela Potter	Lliswerry Runners	21:48
3	Michelle Gooch	Pont-y-pwl & District runners	22:54

W60

1	Keran Talbot	Lliswerry Runners	23:55
2	Elizabeth Sims	Caerleon RC	24:02
3	Georgina Seed	Parc Bryn Bach RC	25:02

W65

1	Andrea Webster	Les Croupiers RC	25:51
2	Susan Lawrence	Pont-y-pwl & District runners	31:07
3	Kathleen Jervis	Parc Bryn Bach RC	31:44

W70

1	Jacky Miles	Parc Bryn Bach	25:54
2	Jackie Lewis	Ogmore Phoenix	30:44
3	Nicola Mason	Les Croupiers RC	31:13

W75

1	Sandra Stevens	Merthyr Running Club	34:08
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Women's Team

	Name	Club	Position	
1st	Clara Evans	Pontypridd Roadents AC	1	
	Jenny Nesbitt	Pontypridd Roadents AC	2	
	Issy Morris	Pontypridd Roadents AC	4	
				7
2nd	Alaw Evans	Les Croupiers RC	3	
	Louise Flynn	Les Croupiers RC	9	
	Emily Jones	Les Croupiers RC	14	
				26
3rd	Bryony Boyce	Cardiff Athletics	5	
	Sioned John	Cardiff Athletics	11	
	Imogen Davies	Cardiff Athletics	17	
				33

Men's Team

	Name	Club	Position	
1st	Dewi Griffiths	Swansea Harriers	1	
	Jonathan Butler	Swansea Harriers	5	
	Matthew Verran	Swansea Harriers	8	
	Dafyd Jay	Swansea Harriers	9	
				23
2nd	Dylan Nazareth	Les Croupiers	6	
	Tristan Rees	Les Croupiers	20	
	Phil Hambleton	Les Croupiers	22	
	Edward Foster	Les Croupiers	24	
				72
3rd	Jake Smith	Pontypridd Roadents	2	
	James Heneghan	Pontypridd Roadents	4	
	Jarrad Rowlands	Pontypridd Roadents	35	
	Symon Murphy	Pontypridd Roadents	38	
				79