

WELSH 5KM CHAMPIONSHIPS 2023



WELSH ATHLETICS
ATHLETAU CYMRU

U17W

1	Millie Gold	Cardiff Athletics	17:06
2	Sioned John	Cardiff Athletics	17:53
3	Imogen Davies	Cardiff Athletics	17:58

U20W

1	Gwenno Goode	Cardiff Athletics Club	18:18
2	Mia Goddard	Les Croupiers	20:01
3	Kelcy Hooper	Llanelli AC	20:20

Senior Women

1	Clara Evans	Pontypridd Roadents AC	15:54
2	Olivia Gwynn	Swansea Harriers	17:06
3	Olivia Tsim	Pontypridd Roadents AC	17:15

W35

1	Donna Morris	Builth & District RC	17:32
3	Laura Davies	Llisbury Runners	18:41
4	Louise Flynn	Les Croupiers RC	18:47

W40

1	Clare Patterson	Parc Bryn Bach Running Club	19:00
2	Llinos Jones	Swansea Harriers	19:09
3	Helen Sharpe	Penarth and Dinas Running Club	19:23

W45

1	Liz May	Pontypridd Roadents AC	19:46
2	Catherine Barker	Penarth and Dinas Running Club	21:00
3	Leonie Roberts	Fairwater Runners Cwmbran	21:32

W50

1	Sandra Chipper	Llisbury Runners	19:18
2	Maria Zubizarreta	Les Croupiers RC	19:37
3	Tracy Jenkins	Porthcawl Runners	19:42

W55

1	Niki Morgan	Chepstow Harriers	20:24
2	Angie Ridge	Run 4 All Neath	22:56
3	Yvonne Bullen	Les Croupiers RC	23:27

W60

1	Denise Bradley	Ogmore Phoenix Runners	25:06
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2 Sharon Woods	Pontypool District Runners	26:09
3 Julie Scholey	Les Croupiers RC	27:35

W65

1 Rose Trigg	Islwyn RC	28:48
2 Susan Lawrence	Pont-Y-Pwl & District Runners	31:27
3 Kath Jervis	Parc Bryn Bach Running Club	32:51

W70

1 Jan Parry	Parc Bryn Bach Running Club	42:21
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