

## Welsh 10km Road Running Championships - Women



### U20

1	Chloe Hartley-Green	Swansea Harriers	00:43:30
2	Sophie Hartley-Green	Swansea Harriers	00:43:32
3	Lottie Robinson	Swansea Harriers	00:44:52

### U23

1	Megan Williams	Swansea Harriers	00:37:10
2	Ellie Robinson	Newport Harriers	00:37:12
3	Eden O'Dea	Deeside AAC	00:37:28

### Sen Women

1	Lauren Cooper	Western Tempo	00:35:28
2	Donna Morris	Builth & District	00:35:40
3	Megan Carter-Davies	Swansea Harriers	00:36:14

### W35

1	Caryl Edwards	Swansea Harriers	00:36:24
2	Ewelina Cieselska	Parc Bryn Bach Running Club	00:38:09
3	Haley Lawton	3M Gorseinon Road Runners	00:38:37

### W40

1	Donna Morris	Builth & District	00:35:40
2	Teresa Penhorwood	Tri Hard Harriers	00:39:52
3	Leigh James	Les Croupiers RC	00:41:00

### W45

1	Janneke Van Beijnum	Les Croupiers RC	00:40:49
2	Tracey Breedon	Aberystwyth AC	00:41:08
3	Katie Williams	3M Gorseinon Road Runners	00:41:35

### W50

1	Joanne Rees	Builth & District	00:44:02
2	Catherine Stephens	Bridgend Athletics	00:45:34
3	Julie Hartley-Green	Swansea Harriers	00:45:35

### W55

1	Tracy Jenkins	Porthcawl Runners	00:39:48
2	Niki Morgan	Chepstow Harriers	00:41:20
3	Susan Watson	Les Croupiers RC	00:43:59

### W60

1	Sarah Barham	3M Gorseinon Road Runners	00:49:55
2	Claire Williams	Clwb Rhedeg Pontardawe RC	00:59:38
3	Glenda Edwards	Les Croupiers RC	01:02:47

### W65

1	Beverley Jones	Pontypridd Roadents AC	00:57:25
2	Chris Thomas	Builth & District	00:59:51
3	Carolyn Foley	Port Talbot Harriers	01:11:20

W70

1	Gillian Murphy	Les Croupiers RC	01:02:17
2	Elaine Gibbs	Run4All Neath	01:06:48
3	June John	Paul Popham Running Club	01:42:05

W75

1	Annie Conroy	Les Croupiers RC	01:18:56
2	Angela Weeks	Les Croupiers RC	01:39:59

## Welsh 10km Road Running Championships - Men



### U20

1 Steffan Davies	Carmarthen & District Harriers	00:34:06
2 Leroy Griffiths	Rhondda AAC	00:34:34
3 Jake Lynock	Carmarthen & District Harriers	00:34:40

### U23

1 Euan Coney	Cardiff Athletics	00:33:58
2 Ollie George	Sarn Helen	00:35:39
3 Jack Reddy	Aberdare Valley AAC	00:35:52

### Sen Men

1 Dewi Griffiths	Swansea Harriers	00:28:21
2 Joshua Griffiths	Swansea Harriers	00:29:55
3 Jonathan Butler	Swansea Harriers	00:30:28

### M35

1 Jonathan Butler	Swansea Harriers	00:30:28
2 Craig Merriman-Foley	Port Talbot Harriers	00:32:54
3 Jonathan Astley	Parc Bryn Bach Running Club	00:34:07

### M40

1 Neale Denton	CDF Runners	00:34:00
2 Dylan Lewis	Sarn Helen	00:34:09
3 Andrew Reynolds	Pontypridd Roadents AC	00:34:43

### M45

1 Phillip Matthews	Parc Bryn Bach	00:32:26
2 Edward Donovan	Les Croupiers	00:34:58
3 Matthew Jacklin	Aberdare Valley AAC	00:35:37

### M50

1 Nicholas Grinnell	Neath Harriers	00:35:40
2 Mike Gleeson	Swansea Harriers	00:38:00
3 Emyr Morgan	Les Croupiers	00:38:31

### M55

1 Lee Aherne	Parc Bryn Bach Running Club	00:35:18
2 Paul Williams	Aberystwyth AC	00:36:52
3 Martyn Hughes-Dowdle	Swansea Harriers	00:38:36

### M60

1 Ifan Lloyd	Swansea Harriers	00:36:04
2 David Warren	Cardigan RC	00:37:39
3 Andrew Blair	Les Croupiers	00:37:56

### M65

1 Graham Mack	Merthyr Running Club	00:45:22
2 Stephen Williams	Neath Harriers	00:45:53
3 Michael McGeoch	Les Croupiers	00:48:56

M70

1 Alan Davies	Swansea Harriers	00:37:07
2 David Gibson	Tri Hard Harriers	00:39:30
3 Keith Brewer	Parc Bryn Bach Running Club	00:44:16

# Welsh 10km Road Running Championships - Team Results



	Name	Club	Time	Position
1st	Megan Carter-Davies	Swansea Harriers	00:36:14	3
	Caryl Edwards	Swansea Harriers	00:36:24	4
	Gemma Tutton	Swansea Harriers	00:36:42	5
				<u>12</u>
2nd	Megan Williams	Swansea Harriers B	00:37:10	6
	Emily Barnett	Swansea Harriers B	00:40:29	15
	Jemima Osborn-Nash	Swansea Harriers B	00:40:58	17
				<u>38</u>
3rd	Janneke Van-Beijnum	Les Croupiers RC	00:40:49	16
	Leigh James	Les Croupiers RC	00:41:00	18
	Emma Seaward	Les Croupiers RC	00:42:34	26
				<u>60</u>
1st	Dewi Griffiths	Swansea Harriers	00:28:21	1
	Joshua Griffiths	Swansea Harriers	00:29:55	2
	Jonathan Butler	Swansea Harriers	00:30:28	3
	Matthew Verran	Swansea Harriers	00:32:36	7
				<u>13</u>
2nd	Craig merriman-Foley	Port Talbot Harriers	00:32:54	8
	Joe O'Shea	Port Talbot Harriers	00:35:35	27
	Sam Figgures	Port Talbot Harriers	00:35:47	34
	Gareth Poston	Port Talbot Harriers	00:36:18	41
				<u>110</u>
3rd	Craig Seaman	Swansea Harriers B	00:33:59	11
	Daniel Morgan	Swansea Harriers B	00:35:46	33
	Ifan Lloyd	Swansea Harriers B	00:36:04	37
	Jack Sullivan	Swansea Harriers B	00:36:18	42
				<u>123</u>