

## Welsh 5km Championships 2025 - Women



### U17

|                   |                   |       |
|-------------------|-------------------|-------|
| 1 Bryony Boyce    | Cardiff Athletics | 16:52 |
| 2 Rebeca Harries  | Cardiff Athletics | 17:01 |
| 3 Holly Humphreys | Swansea Harriers  | 17:35 |

### U20

|                   |                  |       |
|-------------------|------------------|-------|
| 1 Hollie Lewis    | Swansea Harriers | 18:14 |
| 2 Emily Walker    | Newport Harriers | 19:33 |
| 3 Grace Griffiths | Rhondda AC       | 22:11 |

### U23

|                  |                     |       |
|------------------|---------------------|-------|
| 1 Eden O Dea     | Deeside             | 18:06 |
| 2 Niamh McDonald | Les Croupiers RC    | 18:24 |
| 3 Olivia Murray  | Pontypridd Roadents | 20:21 |

### Senior

|                      |                     |       |
|----------------------|---------------------|-------|
| 1 Sophie Pikett      | Elswick Harriers    | 16:14 |
| 2 Kayley Price       | Newport Harriers    | 16:32 |
| 3 Clara Evans-Graham | Pontypridd Roadents | 16:35 |

### W35

|                      |                   |       |
|----------------------|-------------------|-------|
| 1 Alaw Evans         | Les Croupiers RC  | 16:42 |
| 2 Ewelina Ciesielska | Parc Bryn Bach RC | 18:41 |
| 3 Carly Stone        | Lliswerry Runners | 19:13 |

### W40

|                 |                  |       |
|-----------------|------------------|-------|
| 1 Louise Flynn  | Les Croupiers RC | 17:56 |
| 2 Maria Kowal   | Swansea Harriers | 18:51 |
| 3 Hannah Thomas | Maldwyn Harriers | 19:15 |

### W45

|                       |                         |       |
|-----------------------|-------------------------|-------|
| 1 Laura Jones         | Les Croupiers RC        | 19:20 |
| 2 Catherine Barker    | Penarth & Dinas Runners | 20:25 |
| 3 Janneke van Beijnum | Les Croupiers           | 21:04 |

### W50

|                    |                       |       |
|--------------------|-----------------------|-------|
| 1 Rowena White     | San Domenico RC       | 22:01 |
| 2 Michelle Wachter | Caldicot Running Club | 22:07 |
| 3 Joanne Kilby     | Parc Bryn Bach RC     | 22:10 |

### W55

|                   |                                |       |
|-------------------|--------------------------------|-------|
| 1 Joanne Hudson   | Caerphilly RC                  | 20:55 |
| 2 Annette Sanford | Lliswerry Runners              | 21:35 |
| 3 Michelle Gooch  | Pontypool and District Runners | 22:34 |

### W60

|                  |                   |       |
|------------------|-------------------|-------|
| 1 Elizabeth Sims | Caerleon RC       | 23:24 |
| 2 Georgina Seed  | Parc Bryn Bach RC | 24:13 |

|   |               |                  |       |
|---|---------------|------------------|-------|
| 3 | Yvonne Bullen | Les Croupiers RC | 24:23 |
|---|---------------|------------------|-------|

W65

|   |               |                   |       |
|---|---------------|-------------------|-------|
| 1 | Judi Rhys     | Les Croupiers RC  | 24:05 |
| 2 | Mike Rossiter | Les Croupiers RC  | 24:59 |
| 3 | Helen Brown   | Fairwater Runners | 32:33 |

W70

|   |                |                                |       |
|---|----------------|--------------------------------|-------|
| 1 | Nicola Mason   | Les Croupiers RC               | 32:10 |
| 2 | Susan Lawrence | Pontypool and District Runners | 32:30 |
| 3 | Jan Parry      | Parc Bryn Bach RC              | 48:45 |

## Welsh 5km Championships 2025 - Men



|            |                      |                                   |       |
|------------|----------------------|-----------------------------------|-------|
| U17M       | 1 Christopher Benson | Maldwyn Harriers                  | 16:00 |
|            | 2 Lucas Salvage      | Newport Harriers                  | 16:14 |
|            | 3 Harry Osborne      | Cardiff Athletics                 | 28:00 |
| U20M       | 1 Matt Benson        | Maldwyn Harriers                  | 15:22 |
|            | 2 Ifan Bowen         | Carmarthen & District Harriers    | 15:27 |
|            | 3 Steffan Davies     | Carmarthen & District Harriers    | 15:43 |
| U23M       | 1 Jacob Parry        | Neath Harriers                    | 15:13 |
|            | 2 Morgan Kendall     | Meirionnydd RC                    | 15:23 |
|            | 3 Rhys Simmonds      | Cardiff Athletics                 | 15:32 |
| Senior Men | 1 James Heneghan     | Pontypridd Roadents               | 14:21 |
|            | 2 Jonathan Butler    | Swansea Harriers                  | 14:21 |
|            | 3 Michael Ward       | Cardiff Athletics                 | 14:26 |
| M35        | 1 Jonathan Butler    | Swansea Harriers                  | 14:21 |
|            | 2 Tomos Roberts      | Meirionnydd RC                    | 14:55 |
|            | 3 Matthew Rees       | Swansea Harriers                  | 15:14 |
| M40        | 1 Jonathan Phillips  | Bridgend AC                       | 16:00 |
|            | 2 Chris Oxley        | San Domenico RC                   | 16:22 |
|            | 3 David Jones        | Pontypridd Roadents               | 16:30 |
| M45        | 1 Phil Matthews      | Parc Bryn Bach RC                 | 14:47 |
|            | 2 Vaughan Edwards    | Les Croupiers RC                  | 16:00 |
|            | 3 Doug Nicholls      | Pontypridd Roadents               | 16:12 |
| M50        | 1 Jerome Edwards     | Les Croupiers RC                  | 16:01 |
|            | 2 Huw Evans          | Parc Bryn Bach RC                 | 16:28 |
|            | 3 Duncan Sheldon     | Penarth & Dinas Runners           | 17:43 |
| M55        | 1 Ross Flanigan      | Penarth & Dinas Runners           | 18:23 |
|            | 2 Andy Pearce        | Penarth & Dinas Runners           | 18:33 |
|            | 3 Huw Davies         | Carmarthen & District Harriers AC | 19:46 |
| M60        | 1 Kevin Chalke       | Penarth & Dinas Runners           | 19:04 |
|            | 2 Peter Coles        | Pontypridd Roadents               | 19:40 |

|     |                         |                   |       |
|-----|-------------------------|-------------------|-------|
|     | 3 Stephen Avery         | Lliswerry Runners | 19:43 |
| M65 |                         |                   |       |
|     | 1 David James           | Les Croupiers RC  | 19:35 |
|     | 2 John Hickman          | Caerphilly RC     | 19:35 |
|     | 3 John Foster           | Lliswerry Runners | 20:22 |
| M70 |                         |                   |       |
|     | 1 Alan Davies           | Swansea Harriers  | 18:20 |
|     | 2 David Gibson          | Tri Hard Harriers | 19:57 |
|     | 3 Keith Brewer          | Parc Bryn Bach RC | 19:57 |
| M75 |                         |                   |       |
|     | 1 Michael H Davies      | Les Croupiers RC  | 26:03 |
|     | 2 Andrew Clive Lawrence | Parc Bryn Bach RC | 28:14 |
|     | 3 Arthur Hayes          | San Domenico RC   | 29:47 |

## Welsh 5km Championships 2025 - Teams



### Women's Team

|     | Name            | Club              | Position  |
|-----|-----------------|-------------------|-----------|
| 1st | Bryony Boyce    | Cardiff Athletics | 2         |
|     | Rebeca Harries  | Cardiff Athletics | 4         |
|     | Charlotte Dobbs | Cardiff Athletics | 14        |
|     |                 |                   | <b>20</b> |
| 2nd | Alaw Evans      | Les Croupiers RC  | 4         |
|     | Louise Flynn    | Les Croupiers RC  | 10        |
|     | Niamh McDonald  | Les Croupiers RC  | 14        |
|     |                 |                   | 28        |
| 3rd | Holly Humphreys | Swansea Harriers  | 8         |
|     | Hollie Lewis    | Swansea Harriers  | 12        |
|     | Maria Kowal     | Swansea Harriers  | 19        |
|     |                 |                   | <b>39</b> |

### Men's Team

|     | Name            | Club                | Position  |
|-----|-----------------|---------------------|-----------|
| 1st | James Heneghan  | Pontypridd Roadents | 1         |
|     | Michael Ward    | Pontypridd Roadents | 3         |
|     | Adam Bull       | Pontypridd Roadents | 9         |
|     | Daniel Smith    | Pontypridd Roadents | 21        |
|     |                 |                     | <b>34</b> |
| 2nd | Dion Griffith   | Meirionnydd RC      | 6         |
|     | Tomos Roberts   | Meirionnydd RC      | 11        |
|     | Morgan Kendall  | Meirionnydd RC      | 19        |
|     | John Davies     | Meirionnydd RC      | 31        |
|     |                 |                     | <b>67</b> |
| 3rd | Jonathan Butler | Swansea Harriers    | 2         |
|     | Matthew Rees    | Swansea Harriers    | 15        |
|     | Matthew Verran  | Swansea Harriers    | 17        |
|     | Andrew How      | Swansea Harriers    | 50        |
|     |                 |                     | <b>84</b> |