

Welsh 10km Road Running Championships - Women



U20

1	Harriet Wright-Nicholas	Rhymney Valley AC	0:45:31
2	Imogen Jones	Rhymney Valley AC	0:51:08

U23

1	Agatha Farlow-Hoare	Pontypridd Roadents AC	0:50:46
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Sen Women

1	Olivia Tsim	Pontypridd Roadents AC	0:35:44
2	Lauren Cooper	Parc Bryn Bach Running Club	0:36:39
3	Alaw Beynon-Thomas	Les Croupiers	0:37:22

W35

1	Donna Morris	Builth & District	0:36:52
2	Louise Muteham	Lliswerry Runners	0:47:22
3	Melissa Morgan	Islwyn RC	0:48:00

W40

1	Katie Beecher	Les Croupiers	0:40:33
2	Llinos Jones	Swansea Harriers	0:40:45
3	Liz May	Pontypridd Roadents AC	0:42:02

W45

1	Ruth Sutton	Pontypridd Roadents AC	0:45:31
2	Sara Williams	Caerphilly Runners	0:46:16
3	Rachel Matthews	Caerphilly Runners	0:49:33

W50

1	Sandra Chipper	Lliswerry Runners	0:38:37
2	Tracy Jenkins	Porthcawl Runners	0:42:48
3	Angela Potter	Lliswerry Runners	0:47:25

W55

1	Niki Morgan	Chepstow Harriers	0:40:10
2	Susan Watson	Les Croupiers	0:42:15
3	Kay Chapman	Les Croupiers	0:44:47

W60

1	Julie Scholey	Les Croupiers	0:51:38
2	Sharon David	Port Talbot Harriers	0:55:08
3	Beverley Warburton	Penarth & Dinas Runners	0:57:58

W65

1	Fiona Davies	Pontypridd Roadents AC	0:53:35
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Welsh 10km Road Running Championships - Men



U20

1	Lloyd Sheppard-Brown	Cardiff Athletics	0:30:57
2	Oliver Price	Cardiff Athletics	0:35:03
3	Ben Hughes	Cardiff Athletics	0:36:00

U23

1	Oliver Bartlett	Sale Harriers	0:37:04
2	Anthony Smets	Cardiff Athletics	0:37:36
3	Isaac Ayres	Carmarthen & District Harriers	0:38:03

Sen Men

1	Dewi Griffiths	Swansea Harriers	0:29:39
2	Abed Teweldebrhan	Newport Harriers	0:30:20
3	Adam Bull	Pontypridd Roadents AC	0:31:10

M35

1	Ben Williams	Swansea Harriers	0:32:38
2	Ross Matthews	Parc Bryn Bach	0:33:31
3	Daniel Triggs	Neath Harriers	0:33:40

M40

1	Symon Murphy	Pontypridd roadents	0:32:52
2	James Thie	Pontypridd Roadents AC	0:34:06
3	Darren Bishop	Pontypridd Roadents AC	0:34:33

M45

1	David Craig	Les Croupiers	0:35:35
2	Richard Wilder	San Domenico RC	0:37:03
3	Darren Lewis	Port Talbot Harriers	0:38:14

M50

1	Matt Turner	Caerleon RC	0:38:37
2	Emyr Morgan	Les Croupiers	0:38:52
3	Paul Chapman	Les Croupiers RC	0:43:55

M55

1	Lee Aherne	Parc Bryn Bach Running Club	0:35:36
2	Steven Hooper	Pontypridd Roadents AC	0:44:55
3	Kevin Jones	Les Croupiers	0:46:07

M60

1	Simon Osborne	Bridgend AC	0:39:59
2	ian bell	San Domenico RC	0:40:49
3	Clive Osmond	Les Croupiers RC	0:46:50

M65

1 Alan Davies	Swansea Harriers	0:37:33
2 Stephen Owen	Chepstow Harriers	0:42:54
3 Graham Mack	Merthyr Running Club	0:44:05

M70

1 Robert Lewis	Caerphilly Runners	0:54:06
2 Owen Cooper	Builth & District	0:55:56
3 Howard Attwood	Llswerry Runners	0:57:59

M80

1 Brian Gough	Pontypridd Roadents AC	0:53:25
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Welsh 10km Road Running Championships - Team Results



	Name	Club	Time	Position
1st	Alaw Beynon-Thomas	Les Croupiers	0:37:22	4
	Katie Beecher	Les Croupiers	0:40:33	7
	Susan Watson	Les Croupiers	0:42:15	<u>12</u>
				23
2nd	Olivia Tsim	Pontypridd Roadents AC	0:35:44	1
	Liz May	Pontypridd Roadents AC	0:42:02	11
	Catherine Powell	Pontypridd Roadents AC	0:43:49	<u>17</u>
				29
3rd	Rachael Baralos	Caerphilly Runners	0:42:16	13
	Naomi Davies	Caerphilly Runners	0:43:17	16
	Claire Kulisa	Caerphilly RC	0:45:37	<u>21</u>
				50
1st	Adam Bull	Pontypridd Roadents AC	0:31:10	4
	Samuel Richards	Pontypridd Roadents AC	0:32:40	8
	Symon Murphy	Pontypridd roadents	0:32:52	9
	James Thie	Pontypridd Roadents AC	0:34:06	<u>15</u>
				36
2nd	Dewi Griffiths	Swansea Harriers	0:29:39	1
	Ben Williams	Swansea Harriers	0:32:38	7
	Jack Turner	Swansea Harriers	0:33:12	10
	Steven Taylor	Swansea Harriers	0:36:04	<u>28</u>
				46
3rd	Ross Matthews	Parc Bryn Bach Running Club	0:33:31	12
	Jamie Parry	Parc Bryn Bach Running Club	0:33:53	14
	Sam Jones	Parc Bryn Bach Running Club	0:34:14	16
	Martin Thomas	Parc Bryn Bach Running Club	0:35:32	<u>22</u>
				64