

Welsh 10k Road Championships 2025

Admiral Swansea Bay 10k



Overall	Name	Club	Gun Time
1	Dewi Griffiths	Swansea Harriers	29:46
2	Josh Griffiths	Swansea Harriers	30:16
3	Jonathan Butler	Swansea Harriers	30:27

Overall	Name	Club	Gun Time
1	Olivia Tsim	Pontypridd Roadents AC	34:09
2	Eden Odea	Deeside AAC	34:58
3	Donna Morris	Builth and District	36:07

U20	Name	Club	Gun Time
1	Samuel Boyce	Cardiff Athletics	33:13
2	Leroy Griffiths	Rhondda AC	34:45
3	Joshua Barnett	Carmarthen Harriers	36:17

U20	Name	Club	Gun Time
1	Lily Williams	Celtic Tri	40:34
2	Mai Davies	Swansea Harriers	40:50
3	Chloe Hartley-Green	Swansea Harriers	42:22

U23	Name	Club	Gun Time
1	Steffan Davies	Carmarthen Harriers	32:49
2	Ed Slaughter	Porthcawl Runners	33:18
3			

U23	Name	Club	Gun Time
1	Eden Odea	Deeside AAC	34:58
2			
3			

V35	Name	Club	Gun Time
1	Jonathan Butler	Swansea Harriers	30:27
2	Michael Roderick	Tri Hard Harriers	32:09
3	Lewys Winfield Young	Bridgend Athletics	34:28

V35	Name	Club	Gun Time
1	Gabriella Booth	Porthcawl Runners	37:14
2	Luticia Thomas	Swansea Harriers	39:49
3	Louisa Willmott	Team GJE	43:12

V40	Name	Club	Gun Time
1	Ross Purchase	Porthcawl Runners	32:48
2	Neale Denton	CDF Runners	33:57
3	Daniel Otteson	Neath Harriers	34:16

V40	Name	Club	Gun Time
1	Donna Morris	Builth and District	36:07
2	Louise Flynn	Les Croupiers	36:43
3	Heidi Waters	Port Talbot Harriers	41:52

V45	Name	Club	Gun Time
1	Phillip Matthews	Parc Bryn Bach Running Club	31:38
2	Christopher Williams	Aberdare Valley AAC	34:01
3	Matthew Harvey	Swansea Harriers	34:01

V45	Name	Club	Gun Time
1	Rachel Bowen	Lliswerry Runners	42:21
2	Katie Williams	3M Gorseinon Road Runners	43:05
3	Janneke Van Beijnum	Les Croupiers	43:10

V50	Name	Club	Gun Time
1	Steven Davies	Parc Bryn Bach Running Club	34:44
2	Nicholas Grinnell	Neath Harriers	35:18
3	Huw Evans	Parc Bryn Bach Running Club	35:24

V50	Name	Club	Gun Time
1	Catherine Stephens	Bridgend Athletics	45:52
2	Rowena White	San Domenico RC	46:11
3	Amanda Davies	Porthcawl Runners	56:36

V55	Name	Club	Gun Time
1	Peter Lloyd	3M Gorseinon Road Runners	39:30
2	Douglas Briggs	Chepstow Harriers	39:38
3	Ian Clark	Aberdare Valley AAC	39:40

V55	Name	Club	Gun Time
1	Susan Watson	Les Croupiers	45:02
2	Michelle Gooch	Pony-Y-Pwl & District Runners	47:15
3	Julie Archer	3M Gorseinon Road Runners	53:04

V60	Name	Club	Gun Time
1	Andrew Blair	Les Croupiers	37:33
2	Nigel Barnes	Port Talbot Harriers	38:24
3	Adrian Mason	Les Croupiers	38:57

V60	Name	Club	Gun Time
1	Lindy Geyer	TROTS	43:18
2	Mary Anthony	TROTS	45:01
3	Sarah Barham	3M Gorseinon Road Runners	51:37

V65	Name	Club	Gun Time
1	David Warren	Cardigan RC	37:20
2	Christopher Purse	Springfield Striders RC	42:29
3	David Coles	Les Croupiers	43:32

V65	Name	Club	Gun Time
1	Julie Scholey	Les Croupiers	53:13
2	Chris Thomas	Builth & District	58:15
3	Beverley Jones	3M Gorseinon Road Runners	58:33

V70	Name	Club	Gun Time
1	Keith Brewer	Parc Bryn Bach Running Club	42:38
2	Malc Gonnella	Builth and District	44:41
3	Michael Tabor	Les Croupiers	51:40

V70	Name	Club	Gun Time
1	Medeline Newcomb	Spirit of Monmouth	1:11:45
2	Elaine Gibbs	Run4All Neath	1:13:50
3	June John	Paul Popham RC	1:20:27

V75	Name	Club	Gun Time
1	David Cundy	Les Croupiers	44:57
2	Richard Marks	Sarn Helen	48:33
3	Andrew Lawrence	Parc Bryn Bach Running Club	50:51

V75	Name	Club	Gun Time
1	Helen Lloyd Jones	Pegasus RC	1:50:06
2			
3			

V80	Name	Club	Gun Time
1	Clare Johnson	Les Croupiers	1:21:52
2			
3			

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Team Results

Men	Name	Club	Position
1	Dewi Griffiths	Swansea Harriers	1
	Joshua Griffiths	Swansea Harriers	2
	Jonathan Butler	Swansea Harriers	3
	Matthew Verran	Swansea Harriers	7
			13
2	Phillip Matthews	Parc Bryn Bach RC	5
	Daniel Bodman	Parc Bryn Bach RC	19
	Dane Williams	Parc Bryn Bach RC	23
	Steven Davies	Parc Bryn Bach RC	34
			81
3	Shane Williams	Neath Harriers	17
	Scott Williams	Neath Harriers	18
	Jacob Parry	Neath Harriers	21
	Daniel Otteson	Neath Harriers	28
			84

Women	Name	Club	Position
1	Emily Smith	Swansea Harriers	15
	Luticia Thomas	Swansea Harriers	17
	Mai Davies	Swansea Harriers	21
			53
2	Ffion Davies	Port Talbot	20
	Emma Colwill	Port Talbot	22
	Heidi Waters	Port Talbot	25
			67
3	Louise Flynn	Les Croupiers	6
	Janneke Van Beijnum	Les Croupiers	33
	Emily Jones	Les Croupiers	37
			76