

## Welsh 5km Championships 2022



### Women

#### U17

1	Rebeca Harries	Cardiff Athletics	00:18:58
2	Rebeca Derrick	Cardiff Athletics	00:19:22
3	Sioned John	Cardiff Athletics	00:19:59

#### U20

1	Moli Lyons	Cardiff Athletics	00:17:11
2	Lily Williams	Newport Harriers	00:19:31
3	Gwenno Goode	Cardiff Athletics	00:20:00

#### U23

1	Hannah Jenkins	Porthcawl Runners	00:19:11
2	Abi Ghuman	Pontypridd Roadents AC	00:24:15
3	Beth Jones	Parc Bryn Bach Running Club	00:26:36

#### SENW

1	Anna Bracegirdle	Salford Harriers & AC	00:16:10
2	Olivia Tsim	Pontypridd Roadents AC	00:16:40
3	Rachel Davies	Swansea Harriers	00:17:48

#### W35

1	Louise Flynn	Les Croupiers	00:19:03
2	Sian George	Swansea Harriers	00:19:26
3	Emma Price Stephens	Pontypool District Runners	00:19:33

#### W40

1	Llinos Jones	Swansea Harriers	00:19:39
2	Elinor Keetch	Pontypridd Roadents	00:20:24
3	Janneke van Beijnum	Les Croupiers	00:20:27

#### W45

1	Helen-Marie Davies	Swansea Harriers	00:20:04
2	Leonie Roberts	Fairwater Runners Cwmbran	00:20:06
3	Susan Bowes	Les Croupiers	00:20:58

#### W50

1	Sandra Chipper	Lliswerry Runners	00:18:42
2	Nicola Jukes	Parc Bryn Bach Running Club	00:19:50
3	Tracy Jenkins	Porthcawl Runners	00:19:57

#### W55

1	Kay Chapman	Les Croupiers	00:21:07
2	Hayley Morgan	Pontyclun Road Runners	00:21:30
3	Jacqueline Underwood	Lliswerry Runners	00:22:55

#### W60

1	Deb Chick	Amman Valley Harriers	00:21:26
2	Julie Scholey	Les Croupiers	00:24:33
3	Liz Denton	Les Croupiers	00:27:13

#### W65

1	Julie Lewis	Les Croupiers	00:28:17
2	Susan Lawrence	Pont-Y-Pwl & District Runners	00:31:48

Welsh 5km Championships 2022 - Men



U17	1 Kobe Beltran	Cardiff Athletics	00:17:14
	2 Jake Lynock	Carmarthen & District Harriers	00:17:24
	3 Lucas Salvage	Lliswerry Runners	00:17:42
U20	1 Lloyd Sheppard	Cardiff Athletics	00:14:33
	2 Finley Hines	Swansea Harriers	00:14:49
	3 Jacob Reynolds	Cardiff Athletics	00:15:08
U23	1 Alex Jackson	Cardiff Athletics	00:14:45
	2 Dylan Nazareth	Les Croupiers	00:15:29
	3 Thomas Callard	Neath Harriers	00:15:51
Sen	1 Abed Teweldebrhan	Newport Harriers	00:14:31
	2 Jonathan Butler	Swansea Harriers	00:14:43
	3 Paul Graham	Pontypridd Roadents AC	00:14:44
M35	1 Luke Northall	Wrexham AAC	00:15:21
	2 Ben Williams	Swansea Harriers	00:15:37
	3 James Peters	Pontypridd Roadents AC	00:15:48
M40	1 Owain Jones	Bristol & West AC	00:15:05
	2 Justin Crocker	Parc Bryn Bach Running Club	00:15:34
	3 Joe Thomas	Pontypridd Roadents	00:16:01
M45	1 Matthew Jacklin	Aberdare Valley AAC	00:16:14
	2 Sean Taylor	Griffithstown Harriers	00:16:23
	3 David Craig	Les Croupiers	00:16:50
M50	1 Richard Jones	Lliswerry Runners	00:16:08
	2 Huw Evans	Parc Bryn Bach Running Club	00:16:24
	3 Gareth Richards	Ogmore Phoenix Runners	00:17:44
M55	1 Lee Aherne	Parc Bryn Bach Running Club	00:16:05
	2 Colin Williams	Les Croupiers	00:18:13
	3 Andy Pearce	Penarth & Dinas Runners	00:18:31
M60	1 David James	Les Croupiers	00:17:49
	2 Rob Sheen	Leicester Coritanian AC	00:18:35
	3 Steve Davies	Pont-Y-Pwl & District Runners	00:19:04
M65	1 Alan Davies	Swansea Harriers	00:18:10
	2 Elio Lepore	Les Croupiers	00:21:55
	3 Cyril Williams	Parc Bryn Bach Running Club	00:22:02
M70	1 Peter Turner	Cornelly Striders AC	00:21:48

2 Ronald Morris	San Domenico RC	00:21:50
3 Malcolm Bradley	Penarth & Dinas Runners	00:23:26

M80

1 Brian Gough	Pontypridd Roadents AC	00:25:01
2 Michael Lewis	Parc Bryn Bach Running Club	00:30:12

# Welsh 5km Championships - Teams



## Men

Team Position	Name	Club	Time	Position
1	Jake Smith	Cardiff Athletics	00:13:59	1
	Lloyd Sheppard	Cardiff Athletics	00:14:33	3
	Alex Jackson	Cardiff Athletics	00:14:45	6
	Jacob Reynolds	Cardiff Athletics	00:15:08	11
				21
2	Jonathan Butler	Swansea Harriers	00:14:43	4
	Finley Hines	Swansea Harriers	00:14:49	8
	Ben Williams	Swansea Harriers	00:15:37	21
	Jack Turner	Swansea Harriers	00:15:44	24
				57
3	Paul Graham	Pontypridd Roadents AC	00:14:44	15
	Adam Bull	Pontypridd Roadents AC	00:14:45	18
	James Peters	Pontypridd Roadents AC	00:15:48	28
	Joe Thomas	Pontypridd Roadents AC	00:16:01	35
				96

## Women

Team Position	Name	Club	Time	Position
1	Moli Lyons	Cardiff Athletics	00:17:11	3
	Bryony Boyce	Cardiff Athletics	00:17:29	4
	Rebeca Harries	Cardiff Athletics	00:18:58	10
				17
2	Rachel Davies	Swansea Harriers	00:17:48	5
	Megan Clements	Swansea Harriers	00:19:25	15
	Sian George	Swansea Harriers	00:19:26	16
				36
3	Amy Griffiths	Les Croupiers	00:18:49	9
	Louise Flynn	Les Croupiers	00:19:03	11
	Janneke van Beijnum	Les Croupiers	00:20:27	34
				54