

## WELSH 5KM CHAMPIONSHIPS 2023



WELSH ATHLETICS  
ATHLETAU CYMRU

### U17M

1	Henry Evans	Newport Harriers	15:14
2	Joshua Sanders	Cardiff Athletics	15:48
3	Miguel Jenkins	Menai T & F	15:52

### U20M

1	Lloyd Sheppard	Cardiff Athletics	14:27
2	Ben Hughes	Cardiff Athletics	15:40
3	Dion Griffith	Menai T&F	15:42

### U23M

1	Alex Jackson	Cardiff Athletics	14:35
2	Euan Coney	Deeside AAC	15:45
3	Callum Campion	Llanelli AAC	16:00

### Senior Men

1	Jonathan Butler	Swansea Harriers	14:23
2	Lloyd Sheppard	Cardiff Athletics	14:27
3	Dan Nash	Cardiff Athletics	14:30

### M35

1	Luke Northall	Wrexham AAC	15:27
2	Oliver Williams	Les Croupiers	15:29
3	Jon Like	Parc Bryn Bach RC	15:44

### M40

1	Owain Jones	Bristol & West AC	15:33
2	Matthew Harvey	Swansea Harriers	15:42
3	David Williams	Les Croupiers	15:43

### M45

1	Vaughan Edwards	Les Croupiers	15:56
2	Andrew How	Pontypridd Roadents AC	16:08
3	Matthew Jacklin	Aberdare Valley AAC	16:48

1	Huw Evans	Parc Bryn Bach RC	16:10
2	Richard Ross	Les Croupiers RC	16:45
3	Steven Davies	Parc Bryn Bach RC	17:07

### M55

1	Lee Aherne	Parc Bryn Bach RC	16:33
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2	Jeff Wherlock	Lliswerry Runners	16:37
3	Colin Williams	Les Croupiers	17:53

### **M60**

1	Royston Whitehouse	Neath Harriers	18:03
3	David Williams	Guildford & Godalming	18:15
	Peter Coles	Pontypridd Roadents AC	19:00

### **M65**

1	David James	Les Croupiers	18:21
2	Stephen Dallow	Parc Bryn Bach RC	21:59
3	Elio Lepore	Les Croupiers	22:08

### **M70**

1	Peter Turner	Cornelly Striders	22:11
2	Keith Powell	Cornelly Striders	22:13
3	Robert Evans	Les Croupiers	22:31

### **M75**

1	Andrew Clive Lawrence	Parc Bryn Bach RC	26:34:00
2	Paul Allen	Halesown AC	28:38:00
3	Jeffrey Aston	Les Croupiers RC	38:31:00

### **M80**

1	Brian Gough	Pontypridd Roadents	25:41:00
2	Michael Lewis	Parc Bryn Bach RC	36:16:00