

WELSH ATHLETICS CHAMPIONS

2019

ATHLETAU CYMRU PENCAIMPWYR



WELSH ATHLETICS
ATHLETAU CYMRU

WELSH INDOOR TRACK & FIELD CHAMPIONS 2019

U13 Girls

60m	Nell DESIR, Cardiff Archers	8.23
200m	Olivia GILLESPIE, Newport Harriers	26.93
800m	Madeleine SINFIELD, Menai T&F	02:35.0
1500m	Frances MACKIE, Camarthen Harriers	05:19.8
60m Hurdles	Callie JONES, Cwmbrian Harriers	10.42
High Jump	Ruby JONES, Swansea Harriers	1.40
Long Jump	-	-
Shot Put (2.72kg)	Lily FORD, Swansea Harriers	8.47

U15 Girls

60m	Ella WINTLE, Pembrokeshire Harriers	8.08
200m	Ella WINTLE, Pembrokeshire Harriers	25.78
300m	Ella WINTLE, Pembrokeshire Harriers	42.59
800m	Evie WATKINS, Cardiff AAC	02:19.1
1500m	Daisy THOMPSON, Carmarthen Harriers	05:08.0
3000m	Lily HART, Newport Harriers	11:19.0
60m Hurdles	-	-
High Jump	Seren GRIFFITHS, Cardiff Archers	13.26
Pole Vault	Millie CARTER, Swansea Harriers	2.73
Long Jump	Hannah FORKUUOH, Llanelli AC	4.91
Shot Put (3.00kg)	Amelia FETTIS, Newport Harriers	9.86

U17 Women

60m	Emmanuella KONE, Cardiff AAC	7.77
200m	Emmanuella KONE, Cardiff AAC	26.19
300m	Macey MORRIS, Swansea Harriers	41.51
800m	Moli LYONS, Cardiff AAC	02:17.0
1500m	Nia CLATWORTHY, Cardiff AAC	04:46.2
3000m	Emily WILCOX, Newport Harriers	12:17.0
60m Hurdles	Ellie-Rose ISAAC, Cardiff Archers	9.01
High Jump	Lili CHURCH, Carmarthen Harriers	07:12.0
Pole Vault	-	-
Long Jump	-	-
Triple Jump	Beca ROBERTS, Carmarthen Harriers	10.82
Shot Put (3.00kg)	-	-

U20 Women

60m	Issie TUSTIN, Cardiff AAC	7.71
200m	Issie TUSTIN, Cardiff AAC	25.3
400m	Ffion Mair ROBERTS, Colwyn Bay AC	57.93
800m	Naomi REID-THOMAS, Cardiff AAC	02:20.0
1500m	Holly ROBERTS, Colwyn Bay AC	04:56.0
3000m	-	-
60m Hurdles	-	-
High Jump	Emily STEER, Cardiff AAC	1.53
Pole Vault	-	-
Long Jump	-	-
Triple Jump	Emily THOMAS, Cardiff Archers	10.75
Shot Put (4.00kg)	-	-



Issie Tustin
U20 Women's 60m & 200m Welsh Champion 2019

Senior Women

60m Hurdles	Olivia WALKER, Cannock & Stafford AC	8.68
200m	Melissa ROBERTS, Birchfield Harriers	24.37
400m	Laura TURLEY, West Cheshire AC	55.94
800m	Rachel MCCLAY, Bracknell AC	2:10.8
1500m	Kate SEARY, Cardiff AAC	4:31.0
3000m	<i>International</i>	-
High Jump	Lili CHURCH, Carmarthen Harriers AND Lauren EVANS, Cardiff AAC	1.66
Pole Vault	Clare MAURER, Woking	3.75
Long Jump	-	-
Triple Jump	Sian SWANSON, Cardiff AAC	11.6
Shot Put (4.00kg)	Adele NICOLL, Birchfield Harriers	15.14

WELSH INDOOR TRACK & FIELD CHAMPIONS 2019

U13 Boys

60m	Joseph BERRY, Newport Harriers	7.95
200m	Joseph BERRY, Newport Harriers	25.99
800m	Henry DAWES, Newport Harriers	02:29.0
1500m	Henry DAWES, Newport Harriers	04:57.8
60m Hurdles	Cameron ELEY, Newport Harriers	10.35
High Jump	-	-
Long Jump	Cameron ELEY, Newport Harriers	4.76
Shot Put (3.25kg)	Oliver PATTERSON, Swansea Harriers	7.28

U15 Boys

60m	Arthur POWELL, Maldwyn Harriers	7.29
200m	Thomas MAGUIRE, Deeside AAC	24.19
300m	Thomas MAGUIRE, Deeside AAC	39.07
800m	Roman HODGSON, Colwyn Bay AC	02:07.2
1500m	-	-
3000m	Frank Morgan, Carmarthen Harriers	09:38.1
60m Hurdles	Zac DAVIES, Swansea Harriers	8.99
High Jump	-	-
Pole Vault	William TROTT, Swansea Harriers	3.63
Long Jump	Zac DAVIES, Swansea Harriers	5.45
Shot Put (4.00kg)	Morgan KEEN WILLIAMS, Newport Harriers	8.84

U17 Men

60m	Thomas PAYNE, Swansea Harriers	7.11
200m	Llien MORGAN, Neath Harriers	23.02
400m	Joseph REYNOLDS, Pembrokeshire Harriers	53.39
800m	Benjamin REYNOLDS, Cardiff AAC	01:56.0
1500m	-	-
3000m	Lloyd SHEPPARD, Cardiff AAC	09:02.1
60m Hurdles	-	-
High Jump	-	-
Pole Vault	Ben HILLMAN, Cardiff AAC	3.83
Long Jump	Ben HILLMAN, Cardiff AAC	6.25
Triple Jump	-	-
Shot Put (5.00kg)	George DUN, Swansea Harriers	13.05

U20 Men

60m	Jeremiah AZU, Cardiff AAC	6.79
200m	Zack PRICE, Menai T&F	22.69
400m	Steffan DYLAN JONES, Swansea Harriers	50.48
800m	Remi ADEBIYI, Newport Harriers	01:57.5
1500m	David LOCKE, Cardiff AAC	04:01.0
3000m	Samuel ROBERTS, City of Sheffield and Dearne AC	-
60m Hurdles	Tom SLADE, Swansea Harriers	8.11
High Jump	-	-
Pole Vault	Mark MELLOR, Cardiff Archers	4.23
Long Jump	Daniel MURATHODZIC, Cardiff Archers	24:00.0
Triple Jump	Rhys JONES, Wrexham AAC	11.69
Shot Put (6.00kg)	Nicholas YOUNG, Manchester Harriers & AC	15.91

Senior Men

60m	Harry HILLMAN, Cardiff AAC	8.42
200m	Ben PARIS, Swansea Harriers	22.09
400m	Steffan DYLAN JONES, Swansea Harriers	50.75
800m	Kyran ROBERTS, Camarthen Harriers	1:56.0
1500m	-	-
3000m	-	-
60m Hurdles	-	-
High Jump	William EDWARDS, Cardiff AAC	2.05
Pole Vault	Mark MELLOR, Cardiff Archers	4.15
Long Jump	Ceirion HOPKINS, Neath Harriers	7.21
Triple Jump	Thomas WALLEY, Wrexham AAC	14.44
Shot Put (7.26kg)	Patrick SWAN, Cornwall AC	15.75

WELSH OUTDOOR TRACK & FIELD CHAMPIONS 2019

U13 Girls

100m	Nell DESIR, Cardiff Athletics	12.96
200m	Olivia GILLESPIE, Newport Harriers	26.34
800m	Madeleine SINFIELD, Menai Track and Field	02:31
1500m	Amy GARROD, Newport Harriers	05:16
70m Hurdles	Carys LEYSHON, Crawley	12.02
High Jump	Ruby JONES, Swansea Harriers	1.5
Long Jump	Nia POWELL, Pontyclun AC	4.67
Shot Put (2.72kg)	Matilda QUICK, Swansea Harriers	8.15
Discus (0.75kg)	Carys LEYSHON, Crawley	21.89
Javelin (400g)	Evie AITCHISON, Neath	28.37

U15 Girls

100m	Ella WINTLE, Pembrokeshire	12.72
200m	Ella WINTLE, Pembrokeshire	25.29
300m	Lucy WINTLE, Pembrokeshire	41.67
800m	Evie WATKINS, Cardiff Athletics	02:21.22
1500m	Maddison GRIFFITHS, Maldwyn	04:57.59
75m Hurdles	Sophie LISK, Cardiff Athletics	11.68
High Jump	Sophie LISK, Cardiff Athletics	1.6
Pole Vault	Ellie-Mae WAINWRIGHT, Newport Harriers	3.21
Long Jump	Sarah LYONS, Swansea Harriers	4.97
Triple Jump	Sophie DAVIES, Cardiff Athletics	8.75
Shot Put (3.00kg)	Jasmine HALE, Neath Harriers	11.04
Discus (1.00kg)	Whitney TUCKER, Desside AAC	23.7
Hammer (3.00kg)	Cate DAVIES, Newport Harriers	30.33
Javelin (500g)	Cordelia WALKER, Carmarthen Harriers	32.28

U17 Women

100m	Sadie GRAHAM-MULVANEY, Cardiff	12.81
200m	Macey MORRIS, Swansea Harriers	25.54
300m	Ella WINTLE, Pembrokeshire	40.75
800m	Ellen Mary KEARNEY, Wirral	02:13.51
1500m	Samia JONES, Menai Track and field	04:35.84
1500m s/c	Ellen Mary KEARNEY, Wirral	05:09.96
80m Hurdles	Ellie-Rose ISAAC, Cardiff Athletics	12.12
300m Hurdles	Macey MORRIS, Swansea Harriers	45.30
High Jump	Ellie-Rose ISAAC, Cardiff Athletics	1.50
Pole Vault	Isabel May THOMAS, Cardiff Athletics	3.41
Long Jump	Ellie-Rose ISAAC, Cardiff Athletes	5.14
Triple Jump	Beca ROBERTS, Carmarthen Harriers	10.88
Shot Put (3.00kg)	Bree CRONIN, Cardiff Athletics	12.25
Discus (1.00kg)	Bree CRONIN, Cardiff Athletics	39.44
Hammer (3.00kg)	Cassey GRIMWADE, Swansea Harriers	46.35
Javelin (500g)	Holly PEMBERTON, Wrexham AAC	41.06

U20 Women

100m	Issie Tustin, Cardiff Athletics	12.22
200m	Issie Tustin, Cardiff Athletics	25.83
400m	Ffion Mair Roberts, Cardiff Metropolitan University	57.93
800m	Nia Riley, Cardiff Archers	02:15.41
1500m	Holly Roberts, Colwyn Bay	04:51.27
2000m s/c	Ffion Higginson, Bridgend AC	07:24.59
100m Hurdles	Isabel Breeden, Cardiff Athletics	15.20
400m Hurdles	No Competitors	
High Jump	Emily Steer, Cardiff Athletics	1.50
Pole Vault	Caitlin Leggett, Cardiff Athletics	2.81
Long Jump	Grace Morgan, Cardiff Athletics	5.2
Triple Jump	Bethan Evans, Telford AC	10.80
Shot Put (4.00kg)	Gwennan Lewis, Swansea Harriers	11.16
Discus 1kg)	Gwennan Lewis, Swansea Harriers	25.20
Hammer (4.00kg)	Ffion Palmer, Cardiff Athletics	53.28
Javelin (600g)	Phoebe Brown, Blaenau Gwent	38.56

WELSH OUTDOOR TRACK & FIELD CHAMPIONS 2019

Senior Women

100m	Hannah WILLIAMS, Bristol and West	11.78
200m	Amy ODUNAIYA, Wrexham	24.95
400m	Lauren WILLIAMS, Swansea Harriers	55.99
800m	Jade WILLIAMS, Amman Valley	02:09.00
1500m	Jade WILLIAMS, Amman Valley	04:26.51
3000m	Vicky JACKSON, Run4All Neath	10:59.42
3000m s/c	Lauren COOPER, Parc Bryn Bach	10:57.13
100m Hurdles	Sophie HAY, Cardiff Athletics	13.99
400m Hurdles	Lauren WILLIAMS, Swansea Harriers	59.31
High Jump	Lauren EVANS, Cardiff Athletics	1.65
Pole Vault	Clare MAURER, Woking	3.65
Long Jump	Sarah ABRAMS, Blackheath & Bromely	6.23
Triple Jump	Macey JONES, Swansea Harriers	11.30
Shot Put (4.00kg)	Adele NICOLL, Birchfield Harriers	16.34
Discus (1kg)	Adele NICOLL, Birchfield Harriers	43.02
Hammer (4.00kg)	Amber SIMPSON, Deeside	55.85
Javelin (600g)	Bethan REES, Cannock & Stafford	46.16

U13 Boys

100m	Joseph BERRY, Newport Harriers	12.54
200m	Joseph BERRY, Newport Harriers	25.33
800m	Henry DAWES, Newport Harriers	02:21.13
1500m	Henry DAWES, Newport Harriers	04:49.83
75m Hurdles	Cameron ELEY, Newport Harriers	14.46
High Jump	Benjamin PARKER, Aberdare Valley	1.45
Long Jump	Harry BRADLEY, Newport Harriers	4.66
Shot Put (3.25kg)	Codey O'DONNELL, Menai Track and Field	9.33
Discus (1.00kg)	Lewie JONES, Swansea Harriers	23.45
Javelin (400g)	Henry ORGAN, Brecon Athletic Club	32.58

U15 Boys

100m	Liam TOPP, Pembrokeshire	11.33
200m	Liam TOPP, Pembrokeshire	23.14
300m	Liam TOPP, Pembrokeshire	36.53
800m	Ben FARRELL, Cardiff Athletics	02:03.30
1500m	Frank MORGAN, Carmarthen & District Harriers	04:16.04
80m Hurdles	Zac DAVIES, Swansea Harriers	11.98
High Jump	Osian ROBERTS, Carmarthen Harriers	1.75
Pole Vault	William TROTT, Swansea Harriers	3.70
Long Jump	Dylan MORGAN, Swansea Harriers	5.87
Triple Jump	Dylan MORGAN, Swansea Harriers	10.96
Shot Put (4.00kg)	Dafydd PAWLETT, Pembrokeshire	15.01
Discus (1.00kg)	Morgan Keen WILLIAMS, Newport Harriers	28.62
Hammer (4.00kg)	Caleb RICHARDSON, Rhondda	33.05
Javelin (600g)	George SNAITH, Swansea Harriers	44.83

U17 Men

100m	Thomas PAYNE, Swansea Harriers	11.13
200m	Thomas PAYNE, Swansea Harriers	22.49
400m	Joseph REYNOLDS, Pembrokeshire Harriers	51.81
800m	Benjamin REYNOLDS, Cardiff Athletics	01:57.98
1500m	Benjamin REYNOLDS, Cardiff Athletics	04:00.65
100m Hurdles	Bryn WOODALL, Colwyn Bay	04:53.49
400m Hurdles	Tyree THOMPSON, Pembrokeshire Harriers	14.23
1500m s/c	Owain CLARKE, Swansea Harriers	01:00.99
High Jump	Oliver WATKINS, Cardiff Archers	1.80
Pole Vault	Noah OSBORNE, Swansea Harriers	3.05
Long Jump	Llien MORGAN, Neath Harriers	6.34
Triple Jump	Ryan PRICE, Swansea Harriers	11.93
Shot Put (5.00kg)	Dylan PHILLIPS, Pembrokeshire Harriers	13.18
Discus (1.50kg)	Harry DAVIES, Neath Harriers	48.05
Hammer (5.00kg)	James WILLIAMS, Brecon Athletic Club	37.00
Javelin (700g)	Brett PARKINSON, Menai Track and Field	51.54

WELSH OUTDOOR TRACK & FIELD CHAMPIONS 2019

U20 Men

100m	Owain Lloyd HUGHES, Neath	11.01
200m	Owain Lloyd HUGHES, Neath	22.19
400m	Steffan JONES, Swansea harriers	50.04
800m	James PENROSE, Cardiff Athletics	01:59.45
1500m	James PENROSE, Cardiff Archers	04:09.88
2000m s/c	Owain EDWARDS, Cardiff Athletics	06:35.91
110m Hurdles	Thomas WILCOCK, Northampton	15.50
400m Hurdles	Ben MCINTYRE, Swindon	01:00.09
High Jump	Iwan BEGGS, Swansea harriers	1.95
Pole Vault	Ieuan HOSGOOD, Swansea harriers	4.15
Long Jump	<i>No Competitors</i>	
Triple Jump	Rhys JONES, Wrexham	12.85
Shot Put (6.00kg)	Patrick HARRIS, Menai Track and field	14.27
Discus (1.75kg)	Ben MCINTYRE, Swindon	26.80
Hammer (6.00kg)	Kyle DAVIES, Brecon Athletic Club	35.22
Javelin (800g)	Tom HEWSON, Andover	66.01

Senior Men

100m	Samuel GORDON, Cardiff	10.08
200m	Leon GREENWOOD, Swansea	21.30
400m	Owen SMITH, Cardiff Athletics	47.57
800m	David LOCKE, Cardiff Athletics	01:59.20
1500m	Ieuan THOMAS, Cardiff Athletics	03:49.27
3000m	Larry RYAN, Cardiff Athletics	08:46.89
3000m s/c	Daniel ROTHWELL, Swansea Harriers	09:30.78
110m Hurdles	Harry HILLMAN, Cardiff Athletics	16.08
400m Hurdles	Ryan COOPER, Cardiff Athletics	57.98
High Jump	Jonathan BAILEY, Cardiff Athletics	1.99
Pole Vault	Thomas WALLEY, Wrexham	4.86
Long Jump	Ceirion HOPKINS, Neath	6.98
Triple Jump	Thomas WALLEY, Wrexham	14.08
Shot Put (6.00kg)	Patrick SWAN, Cornwall	16.12
Discus (1.75kg)	Brett MORSE, Cardiff Athletics	56.79
Hammer (6.00kg)	Jac PALMER, Cardiff Athletics	70.01
Javelin (800g)	Jason COPSEY, Cardiff Athletics	63.62

10,000M CHAMPIONSHIPS

Senior Men	Daniel BODMAN, Aberdare Valley AAC	00:31:44
Senior Women	Lorraine EVANS, Les Croupiers RC	00:47:15

JUNIOR 3000M CHAMPIONSHIPS

U20M	Samuel ROBERTS, Sheffield & Dearne	00:08:48
U20W	Lauren WATCHORN, Deeside AAC	00:10:47
U17M	Lloyd SHEPPARD, Cardiff Athletics	00:08:59
U17W	Sioned CORDINER, Wrexham	00:10:46
U15B	Frank MORGAN, Carmarthen Harriers	00:09:13
U15G	Maddison GRIFFITHS, Maldwyn Harriers	00:11:00

Welsh Junior League Plate Winners	Neath Harriers
Welsh Junior League Cup Winners	Swansea Harriers
Welsh Athletics Senior League Winners	Swansea Harriers



Thomas Walley
Senior Men's Pole Vault & Triple Jump Welsh Champion 2019

WELSH COMBINED EVENTS CHAMPIONS 2019

Indoor – Quadrathlon

U13 Girls	Callie JONES, Cwmbiran	1580
U13 Boys	Abdul AFOLABI, Cardiff Archers	1059

Indoor – Pentathlon

U15 Girls	Sophie LISK, Cardiff Archers	3025
U17 Women	Gabby DICKISON, Cardiff Athletics	3100
U15 Boys	Zac DAVIES, Swansea Harriers	2412
U17 Boys	Ben HILLMAN, Cardiff Athletics	4903

Indoor – Heptathlon

U20 Women	Lauren EVANS, Cardiff Athletics	3421
Senior Women	<i>No Competitors</i>	
U20 Men		
U23 Men	Harry HILLMAN, Cardiff Athletics	4627
Senior Men	Benjamin GREGORY, Birchfield Harriers	5422

Outdoor – Decathlon

U15 Boys	John BENNETT, Brecon AC	2,937
U17 Men	<i>No Competitors</i>	
U20 Men	Jonathan EVANS, Team Bath AC	5,153
U23 Men	Harry HILLMAN, Cardiff Athletics	6,196
Senior Men	Benjamin GREGORY, Birchfield Harriers	7,282

Outdoor – Heptathlon

U15 Girls	<i>No Competitors</i>	
U17 Women	Ellie-Rose ISAAC, Cardiff Archers	3,649
U20 Women	Lauren EVANS, Cardiff Athletics	4,811
U23 Women	Jodi BEYNON, Cardiff Archers	4,373
Senior Women	Jodi BEYNON, Cardiff Archers	4,373

Outdoor – Quadrathlon

U13 Boys	<i>No Competitors</i>
U13 Girls	<i>No Competitors</i>

WELSH RACE WALK CHAMPIONS 2019

1000m

U13 Boys	Fraser HIGGINSON, Bridgend AC	00:07:41
U13 Girls	Millie GOLD, Cardiff Athletics	00:06:24
U15 Boys	<i>No Competitors</i>	
U15 Girls	Gracie GRIFFITHS, Pembrokeshire Harriers	00:06:17

3000m

U17W	Kasia COOK, Pembrokeshire harriers	00:18:09
	<i>No Competitors</i>	
U20M	Daniel MCKERLICH, Cardiff Athletics	00:16:22
U20W	Megan STRATTON-THOMAS, Swansea	00:16:20

5000m

Senior Women	Heather LEWIS, Pembrokeshire	00:21:41
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20km Road

Senior Women	Heather LEWIS, Pembrokeshire	01:34:00
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Heather Lewis
Senior Women's 5000m & 20km Welsh Race Walk Champion 2019

WELSH ROAD RUNNING CHAMPIONS 2019

Road Running Marathon

Senior Men	Dewi GRIFFITHS, Swansea	02:11:46
Senior Women	Natasha COCKRAM, Micky Morris Racing Team	02:40:31

Road Running 10km

U20 Women	Laura WRIGHT, Cardiff Athletics	39:54:00
U23 Women	Paige LUFF, Caldicot RC	54:35:00
Senior Women	Charlotte ARTER, Cardiff Athletics	32:49:00
U20 Men	Lloyd SHEPPARD, Cardiff Athletics	32:59:00
U23 Men	Ciaran LEWIS, Cardiff Athletics	29:48:00
Senior Men	Josh GRIFFITHS, Swansea Harriers	29:34:00
Masters Women 35+	Llinos JONES, Swansea Harriers	39:55:00
Masters Women 40+	Helen-Marie DAVIES, Swansea Harriers	40:07:00
Masters Women 45+	Clare CORTEN, Lliswerry Runners	42:34:00
Masters Women 50+	Nicola MORGAN, Chepstow Harriers	40:08:00
Masters Women 55+	Yvonne BULLEN, Les Croupiers RC	46:08:00
Masters Women 60+	Jacqueline BRACE, Bridgend AC	43:44:00
Masters Women 65+	Brenda AVERY, Chepstow Harriers	52:39:00
Masters Women 70+	Clare JOHNSON, Les Croupiers RC	01:05:25
Masters Men 35+	Owain JONES, Bristol & West AC	31:50:00
Masters Men 40+	Aled HUGHES, Les Croupiers RC	33:44:00
Masters Men 45+	Matthew HURFORD, Les Croupiers RC	35:27:00
Masters Men 50+	Lee AHERNE, Parc Bryn Bach RC	34:56:00
Masters Men 55+	Ifan LLOYD, Swansea Harriers	36:03:00
Masters Men 60+	Kneath PHILIPPART, Swansea Harriers	41:13:00
Masters Men 65+	Stephen OWEN, Chepstow Harriers	40:51:00
Masters Men 70+	David WATERS, Port Talbot Harriers	57:47:00
Masters Men 75+	Keith PATERSON, San Domenico RC	50:21:00

Road Running 5km

U17 Women	Moli LYONS, Cardiff Athletics	17:50
U20 Women	Megan TUCKER, Brecon AC	19:32
U23 Women	Emma MALONEY, Lliswerry Runners	24:13:00
Senior Women	Clara EVANS, Cardiff Athletics	16:04
U17 Men	Morgan Henry JAMES, Cardiff Athletics	15:13
U20 Men	Dominic SMITH, Swansea Harriers	15:12
U23 Men	Abed TEWELDEBRHAN, Newport Harriers	14:41
Senior Men	Ieuan THOMAS, Cardiff Athletics	14:18
Masters Women 35+	Emily BROWN, Cardiff Athletics	19:28
Masters Women 40+	Katie BEECHER, Les Croupiers RC	19:35
Masters Women 45+	Joanne EDWARDS, Cornelly Striders	21:32
Masters Women 50+	Joanne HUDSON, Caerphilly Runners	20:49
Masters Women 55+	Yvonne BULLEN, Les Croupiers RC	22:28
Masters Women 60+	Jacqueline BRACE, Bridgend AC	21:20
Masters Women 65+	Gillian MURPHY, Les Croupiers RC	26:45:00
Masters Women 70+	No Competitors	
Masters Women 75+	No Competitors	
Masters Women 80+	No Competitors	
Masters Men 35+	Marc HOBBS, Swansea Harriers	14:48
Masters Men 40+	Matthew JACKLIN, Aberdare Valley AAC	16:18
Masters Men 45+	Richard ROSS, Les Croupiers RC	16:25
Masters Men 50+	Lee AHERNE, Parc Bryn Bach RC	17:05
Masters Men 55+	Peter COLES, Pontypridd Roadents	17:37
Masters Men 60+	Mike DAVIES, CDF Runners	20:02
Masters Men 65+	Elio LEPORE, Les Croupiers RC	19:10
Masters Men 70+	Jeff DAVIES, Meirionnydd RC	26:45:00
Masters Men 75+	Brian GOUGH, Pontypridd Roadents	23:20
Masters Men 80+	Allan SMITH, 3Ms Gorseinon	37:09:00

WELSH CROSS COUNTRY CHAMPIONS 2019

CROSS COUNTRY WELSH CHAMPIONS 2019

U13 Girls	Ceri GRIFFITHS, Newport Harriers
U15 Girls	Gwenno GOODE, Cardiff Archers
U17 Women	Ashleigh WILLIS, Swansea Harriers
U20 Women	Katrin HIGGINSON, Bridgend AC
Senior Women	Jennifer NESBITT, Cardiff Athletics

U13 Boys	Callum MORGAN, Maldwyn Harriers
U15 Boys	Adam BEER, Llanelli AC
U17 Men	Osian PERRIN, Menai Track and Field
U20 Men	Conor SMITH, Swansea Harriers
Senior Men	Dewi GRIFFITHS, Swansea Harriers

Masters Women 35+	Helen MARSHALL, Swansea Harriers
Masters Women 40+	Wendy PRICE, Carmarthen Harriers
Masters Women 45+	Sandra CHIPPER, Lliswerry Runners
Masters Women 50+	Melissa WATSON, Trots
Masters Women 55+	Lindy EYNON, Trots
Masters Women 60+	Fiona DAVIES, Pontypridd Roadents AC
Masters Women 65+	Eirian ARWYN, Les Croupiers
Masters Women 70+	Barbara THOMAS, Pembrokeshire Harriers
Masters Women 75+	<i>No Competitors</i>
Masters Women 80+	<i>No Competitors</i>

Masters Men 35+	Jonathan PUGH, Builth & District
Masters Men 40+	James THIE, Cardiff Athletics
Masters Men 45+	Huw EVANS, Les Croupiers
Masters Men 50+	Austin DAVIES, Brecon AC
Masters Men 55+	Ifan LLOYD, Swansea Harriers
Masters Men 60+	Kneath PHILIPPART, Swansea Harriers
Masters Men 65+	Alan DAVIES, Llanelli AC
Masters Men 70+	<i>No Competitors</i>
Masters Men 75+	<i>No Competitors</i>
Masters Men 80+	<i>No Competitors</i>



Jenny Nesbitt, Senior Women's Cross Country Welsh Champion 2019

WELSH TRAIL RUNNING CHAMPIONS 2019

Short Course

Senior Women	Hannah JARVIS, Mynydd Ddu	Senior Men	Dan NASH, Cardiff Athletics
Masters Women 35+	Llinos JONES, Swansea Harriers	Masters Men 35+	David PRICE, Brackla Harriers
Masters Women 40+	Katie BEECHER, Les Croupiers RC	Masters Men 40+	Mark HORSMAN, Pontypridd
Masters Women 45+	Sandra CHIPPER, Lliswerry Runners	Masters Men 45+	Daryl JOHN, Pembrokeshire Harriers
Masters Women 50+	Niki MORGAN, Chepstow Harrie	Masters Men 50+	Justin BAIRD-MURRAY, Rhayader Running Club
Masters Women 55+	Judy MCCOSH, Rhayader running club	Masters Men 55+	David BLENKHARN, Croft Ambrey RC
Masters Women 60+	No Competitors	Masters Men 60+	Simon CROWTHER, Penarth and Dinas Runners
Masters Women 65+	Rose THOMAS, Rhayader Running Club	Masters Men 65+	Malcolm BRADLEY, Penarth and Dinas Runner
Masters Women 70+	No Competitors	Masters Men 70+	John EVANS, Aberystwyth AC
Masters Women 75+	Brenda JONES, Bro Dysynni AC	Masters Men 75+	No Competitors
Masters Women 80+	No Competitors	Masters Men 80+	No Competitors

Long Course

Senior Women	Elliw HAF, Eryri Harriers	Senior Men	Tomos ROBERTS, Meirionnydd
Masters Women 35+	Jessica BRUCE, Sarn Helen	Masters Men 35+	Alun WILLIAMS, Meirionnydd
Masters Women 40+	Elizabeth WALSH, Fairwater Cwmbran	Masters Men 40+	Richard ROBERTS, Eryri Harriers
Masters Women 45+	Ceri LANE, Rhedwyr Hebog	Masters Men 45+	Daryl JOHN, Pembrokeshire Harriers
Masters Women 50+	Delyth CRIMES, Sarn helen	Masters Men 50+	Chris FULCHER, Neath Harriers
Masters Women 55+	Rachel BUTLER, Maldwyn Harriers	Masters Men 55+	Ifan LLOYD, Swansea Harriers
Masters Women 60+	Ann NIXON, Forest of Dean AC	Masters Men 60+	Kevin FOWLER, Pegasus RC
Masters Women 65+	Rose THOMAS, Rhayader	Masters Men 65+	No Competitors
Masters Women 70+	No Competitors	Masters Men 70+	John Gwyn EVANS, Aberystwyth AC
Masters Women 75+	No Competitors	Masters Men 75+	No Competitors
Masters Women 80+	No Competitors	Masters Men 80+	No Competitors

Junior

U15 Girls	Maddison GRIFFITHS	U15 Boys	Oliver JONES
U17 Women	Gwyneth PARRY	U17 Men	Joseph REARDON
U20 Women	Alisha HAYES	U20 Men	Shaun PINCH

WELSH MOUNTAIN RUNNING CHAMPIONS 2019

U16 Girls	No Competitors
U18 Women	Samia JONES, Menai Track & Field
U20 Women	Jenna BAGNELL, Prestatyn RC
U23 Women	Lois LEE, St David's College/Prestatyn RC
Senior Women	Miranda GRANT, Eryri Harriers
Masters Women 40+	Nia ALBISTON, Eryri Harriers
Masters Women 50+	Sarah BARNWELL, Eryri Harriers
Masters Women 60+	Hazel DAVIES, Cardigan
Masters Women 70+	Maggie OLIVER, Eryri Harriers

U16 Boys	Oliver JONES, Maldwyn Harriers
U18 Men	Mike SPILL, Menai Track & Field
U20 Men	Joe REARDON, Aberdare
U23 Men	Tom WOOD, Eryri Harriers
Senior Men	Gareth HUGHES, Mercia
Masters Men 40+	Richard ROBERTS, Eryri Harriers
Masters Men 50+	Irfon ROWLANDS, Cybi Striders
Masters Men 60+	Russell OWEN, Eryri Harriers
Masters Men 70+	Emyr DAVIES, Hebog



Mike Spill, U18 Men's Mountain Running Champion

WELSH ATHLETE OF THE YEAR AWARDS

Senior Male Track & Field Athlete of the Year	Ieuan THOMAS, Cardiff AAC
Senior Female Track & Field Athlete of the Year	Melissa COURTNEY, Shaftesbury Barnet Harriers
Senior Male Endurance Athlete of the Year	Dewi GRIFFITHS, Swansea Harriers
Senior Female Endurance Athlete of the Year	Bethan DAVIES, Cardiff AAC
Junior Male Track & Field Athlete of the Year	Jake HEYWARD, Cardiff AAC
Junior Female Track & Field Athlete of the Year	Bethan REES, Cannock & Stafford AC
Junior Male Endurance Athlete of the Year	Matthew WILLIS, Wrexham AAC
Junior Female Endurance Athlete of the Year	Cari HUGHES, Swansea Harriers



WELSH ATHLETICS
ATHLETAU CYMRU

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