

WELSH 5KM CHAMPIONSHIPS 2023



WELSH ATHLETICS
ATHLETAU CYMRU

Women's Team

	Name	Club	Time	Position
1st	Olivia Gwynn	Swansea Harriers	17:06	2
	Kate Roberts	Swansea Harriers	17:30	6
	Hannah Williams	Swansea Harriers	18:00	11
				19
2nd	Millie Gold	Cardiff Athletics	17:06	3
	Sioned John	Cardiff Athletics	17:53	9
	Imogen Davies	Cardiff Athletics	17:58	10
				22
3rd	Clara Evans	Pontypridd Roadents	15:54	1
	Olivia Tsim	Pontypridd Roadents	17:15	4
	Katie Ohare	Pontypridd Roadents	19:05	22
				27

Men's Team

	Name	Club	Time	Position
1st	Lloyd Sheppard	Cardiff Athletics	14:27	2
	Dan Nash	Cardiff Athletics	14:30	3
	Alex Jackson	Cardiff Athletics	14:35	4
	Ben Hughes	Cardiff Athletics	15:40	13
				22
2nd	Adam Bull	Pontypridd Roadents	14:46	5
	Daniel Hamilton	Pontypridd Roadents	14:52	7
	Thomas Baird	Pontypridd Roadents	15:31	11
	Samuel Richards	Pontypridd Roadents	16:01	26
				49
3rd	Jonathan Butler	Swansea Harriers	14:23	1
	Jonathan Hopkins	Swansea Harriers	14:46	6
	Matthew Harvey	Swansea Harriers	15:42	14
	Andrew Cleverly	Swansea Harriers	16:35	47
				68