

Welsh Half Marathon Championships 2024

Cardiff Half Marathon

SENIOR MEN		
Dan Nash	01:05:13	Pontypridd Roadents
Dan Hamilton	01:05:50	Pontypridd Roadents
Ciaran Lewis	01:06:31	Les Croupiers RC

Master 35 Men		
Jon Butler	01:07:20	Swansea Harriers
Matthew Rees	01:10:13	Swansea Harriers
Llyr Gruffydd	01:12:54	Eryri Harriers

Master 40 Men		
Mark Harrison	01:13:25	Clwb Run Wales
Owain Schiavone	01:14:00	Aberystwyth AC
Neale Denton	01:14:24	CDF Runners

Master 45 Men		
Simon Lewis	01:12:17	Pontypridd Roadents
James Thie	01:13:54	Pontypridd Roadents
Andrew How	01:14:45	Pontypridd Roadents

Master 50 Men		
Richard Jones	01:19:58	Llisbury Runners
Andrew Brain	01:20:48	Run4All Neath
Matt Turner	01:23:21	Caerleon RC

Master 55 Men		
Paul Williams	01:22:57	Aberystwyth AC
Paul Rees	01:23:42	Port Talbot Harriers
Andy Pearce	01:24:19	Penarth & Dinas Runners

Master 60 Men		
David Warren	01:22:03	Cardigan Running Club
Andrew Blair	01:22:07	Les Croupiers RC
Phillip Hodge	01:28:38	Les Croupiers RC

Master 65 Men		
Alan Matthews	01:43:44	Dragons RC now Aberdare
Colin Wilmott	01:44:57	Griffithstown Harriers
Anthony Gale	01:45:33	Penarth & Dinas Runners

Master 70+ Men		
Keith Brewer	01:39:38	Parc Bryn Bach RC
Stephen Owen	01:40:52	Chepstow Harriers
David Goodall	01:47:18	White Rock Runners

Master 75+ Men		
Owen Cooper	02:39:07	Builth & District RC
John Blow	03:07:26	Aberdare Valley

Master 80+ Men		
Raymond Sharratt	03:05:20	Rhayader & District AC

Senior Women		
Clara Evans Graham	01:15:42	Pontypridd Roadents
Olivia Tsim	01:16:52	Pontypridd Roadents
Louise Flynn	01:19:09	Les Croupiers RC

Master 35 Women		
Liz Dimond	01:21:51	Lliswerry Runners
Kate Roberts	01:22:36	Swansea Harriers
Abby Lewis	01:23:46	Swansea Harriers

Master 40 Women		
Louise Flynn	01:19:09	Les Croupiers RC
Stephanie Gibson	01:21:31	Tri Hard Harriers
Laura Jones	01:26:59	Les Croupiers RC

Master 45 Women		
Clare Patterson	01:24:43	Parc Bryn Bach RC
Liz May	01:30:09	Pontypridd Roadents
Janneke Van Beijnum	01:30:28	Les Croupiers

Master 50 Women		
Jen Coleman	01:33:13	Les Croupiers RC
Susannah Bulpin	01:34:36	San Domenico RRC
Carole Goddard	01:44:51	Les Croupiers RC

Master 55 Women		
Tracy Jenkins	01:27:36	Porthcawl Runners
Niki Morgan	01:30:25	Chepstow Harriers
Joanne Hudson	01:36:13	Caerphilly Runners

Master 60 Women		
Mary Anthony	01:41:33	TROTS
Jayne Evans	01:43:52	Caerphilly Runners
Caroline Morgan	01:53:14	Swansea Harriers

Master 65 Women		
Lon Morgan	02:50:02	TROTS
Carolyn Foley	02:54:57	Port Talbot Harriers
Stephanie Morgan	03:00:36	Builth & District RC

Master 70+ Women		
Brenda Evans	02:53:22	Rhondda Valley Runners
Erika Fitzgibbon	02:55:06	Women Running Penarth
Ruth Francis	03:02:59	Maldwyn Harriers

Master 75+ Women		
Helen Lloyd Jones	04:26:33	Pegasus RC