

WELSH HALF MARATHON CHAMPIONSHIPS 2023

Senior Men		
Adam Bowden	01:07:00	Bridgend AC
Rhodri Owen	01:08:03	Meirionydd
Adam Bull	01:08:05	Pontypridd Roadents

Master 35 Men		
Jon Like	01:12:35	Parc Bryn Bach Running Club
Phil Hambleton	01:13:57	Les Croupiers RC
Jamie Parry	01:14:20	Parc Bryn Bach Running Club

Master 40 Men		
Adam Bowden	01:07:00	Bridgend AC
Russell Bentley	01:11:35	Meirionydd
Justin Crocker	01:12:30	Parc Bryn Bach Running Club

Master 45 Men		
James Thie	01:15:46	Pontypridd Roadents
Matthew Jacklin	01:17:18	Aberdare Valley AAC
Mark Jennings	01:18:40	Micky Morris Racing Team

Master 50 Men		
Llyr Apgeraint-Roberts	01:21:49	NWRRC)
Nick Griffiths	01:22:36	Amman Valley Harriers
Matt Govier	01:25:43	Les Croupiers RC

Master 55 Men		
Andy Bowen	01:27:09	1485 Triathlon Club
John Adams	01:28:40	Rhondda Valley Runners
Richie Hart	01:29:31	White Rock Runners

Master 60 Men		
David Warren	01:24:14	Cardigan Running Club
Adrian Mason	01:26:59	Les Croupiers RC

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George Walker	01:29:04	CDF Runners
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Master 65 Men

John Davies	01:40:33	Penarth & Dinas Runners
Adrian Orringe	01:47:46	Griffithstown Harriers
Bernard Henderson	01:49:15	Port Talbot Harriers

Master 70+ Men

David Gibson	01:33:11	Tri Hard Harriers
Michael Foster	01:47:52	Pontypridd Roadents
David Goodall	01:48:21	White Rock Runners

Master 75+ Men

Owen Cooper	02:41:15	Builth & District Running Club
John Blow	02:47:27	Aberdare Valley AAC

Master 80+ Men

Raymond Sharratt	02:24:50	Rhayader Running Club
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Senior Women

Beth Kidger	01:14:11	Brighton Phoenix
Anna Bracegirdle	01:14:43	Salford Harriers
Olivia Tsim	01:17:46	Pontypridd Roadents

Master 35 Women

Louise Flynn	01:21:45	Les Croupiers RC
Joanna callan	01:24:01	Swansea Harriers
Gemma Jones	01:28:37	Lliswery Runners

Master 40 Women

Donna Morris	01:25:53	Builth & Distric AC
Leigh James	01:32:05	Bridgend AC
Kimberley Price	01:37:01	Parc Bryn Bach Running Club

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Master 45 Women		
Kellie Collins	01:29:42	Caerphilly Runners
Katerina Adams	01:30:13	Spirit of Monmouth
Liz May	01:32:51	Pontypridd Roadents AC

Master 50 Women		
Sandra Chipper	01:29:16	Lliswerry Runners
Claire Jacobs	01:29:35	Les Croupiers RC
Susannah Bulpin	01:33:04	San Domenico Running Club

Master 55 Women		
Niki Morgan	01:28:53	Chepstow Harriers
Tracy Jenkins	01:33:34	Porthcawl Runners
Sue Watson	01:34:22	Les Croupiers

Master 60 Women		
Mary Anthony	01:41:16	TROTS
Romana Maine	01:55:49	Porthcawl Runners
Wendi Evans	01:55:51	Eryri Harriers

Master 65 Women		
Andrea Webster	02:01:01	Les Croupiers RC
Janice Harvey	02:18:31	Run4All Neath
Kay Saunders	02:53:51	Clwb Run Wales

Master 70+ Women		
Madeleine Newcomb	02:46:59	Les Croupiers RC
Brenda Evans	02:54:59	Pegasus Running Club
Erika Lina Fitzgibbon	03:07:57	

Master 75+ Women		
Clare Johnson	02:48:54	Les Croupiers RC

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Helen Lloyd Jones

03:37:47

Pegasus Running Club