

Mile Road Championships & Open Races
&
British Masters Mile Races



WELSH ATHLETICS
ATHLETAU CYMRU

Race 1 - U11 Girls 1 Mile Challenge

Pos	Bib	Name	Club	Time	Champs	Open
1	4	Kiera Griffiths	Aberdare Valley AAC	06:40	1	
2	2	Ella Davies	Llanelli AC	06:46	2	
3	6	Jemima Victoria Robinson	Cardiff Amateur Athletic Club	06:48	3	
4	7	Mia Sklavounos	Cardiff Archers	07:30	4	
5	3	Mai Davies	Llanelli AC	07:32	5	
6	201	Olivia Evans		07:46		1
7	1	Abigail Burton		09:02	6	



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Race 2 - U11 Boys 1 Mile Challenge



WELSH ATHLETICS
ATHLETAU CYMRU

Pos	Bib	Name	Club	Time	Champs	Open
1	17	Frank Morgan	Carmarthen Harriers	05:38	1	
2	14	Ben Macey	Barry & Vale Harriers	05:59	2	
3	10	Ben Hughes	Cardiff Amateur Athletic Club	06:03	3	
4	13	Hywel Leyshon	Bridgend Athletic Club	06:03	4	
5	15	Sean McLoughlin	Barry & Vale Harriers	06:16	5	
6	11	Christopher Jones	Cardiff Archers	06:28	6	
7	18	Jac Thomas	Neath Harriers	06:36	7	
8	202	Joe Fowler		06:37		1
9	12	Dafydd King	Swansea Harriers	06:42	8	
10	16	Ethan Meyrick	Cardiff Amateur Athletic Club	07:46	9	



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Race 3 - U13 Girls 1 Mile Challenge



WELSH ATHLETICS
ATHLETAU CYMRU

Pos	Bib	Name	Club	Time	Champs	Open
1	21	Darcie Bass	Swansea Harriers AC	05:53	1	
2	33	Anya Lennon	Cardiff Archers	05:54	2	
3	29	Alanah Hill	Cardiff Archers	05:54	3	
4	44	Eden Williams	Cardiff Archers	05:55	4	
5	42	Olivia Roderick	IIF	06:02	5	
6	39	Maddie Morgan	Carmarthen Harriers	06:05	6	
7	31	Megan Jones	Cardiff Archers	06:06	7	
8	20	Molly Ball	Blaenau Gwent Athletics Club	06:07	8	
9	37	Bethan Morgan	Cwmbran Harriers	06:12	9	
10	41	Freya Roberts	Cardiff Archers	06:15	10	
11	22	Aimee Callow	Cardiff Archers	06:18	11	
12	25	Megan Friedli	Cardiff Amateur Athletic Club	06:19	12	
13	38	Ella Morgan	Aberdare Valley AAC	06:22	13	
14	30	Lili Jones	Cardiff Amateur Athletic Club	06:26	14	
15	36	Bethan Meyrick	Cardiff Amateur Athletic Club	06:28	15	
16	28	Alana Hamilton Tombs	Cardiff Archers	07:11	16	
17	34	Mirain Lloyd	Swansea Harriers AC	07:15	17	
18	32	Cerys Jones		07:16	18	
19	27	Emily Griffin	Cardiff Amateur Athletic Club	07:22	19	



Mile Road Championships & Open Races &
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Race 4 - U13 Boys 1 Mile



Pos	Bib	Name	Club	Time	Champs	Open
1	58	Benjamin Reynolds	Cardiff Amateur Athletic Club	05:12	1	
2	57	Jacob Reynolds	Cardiff Amateur Athletic Club	05:26	2	
3	53	Michael Owen	Blaenau Gwent Athletics Club	05:36	3	
4	59	Lloyd Sheppard	Rhymney Valley Athletic Club	05:38	4	
5	52	Dyfan Lloyd Owen	Cardiff Archers	05:41	5	
6	51	Lloyd Jones	Cardiff Amateur Athletic Club	05:41	6	
7	47	Kareem Hadid	Cardiff Archers	05:57	7	
8	55	Andrew Penrose	Cardiff Archers	05:58	8	
9	56	George Powell	Rhymney Valley Athletic Club	06:01	9	
10	54	Harry Pearce	Cardiff Archers	06:06	10	
11	74	Alfie Best	Cwmbran Harriers	06:12	11	



Mile Road Championships & Open Races &
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Race 8 - U15 Girls 1 Mile



Pos	Bib	Name	Club	Time	Champs	Open
1	65	Eluned King	Swansea Harriers AC	5.22	1	
2	71	Jessica Wadey	Cardiff Amateur Athletic Club	5.25	2	
3	61	Carys Bill	Cardiff Amateur Athletic Club	5.31	3	
4	70	Sofia Vella	Cardiff Amateur Athletic Club	5.50	4	
5	72	Gracie Wheeler	Cardiff Amateur Athletic Club	5.52	5	
6	66	Rebecca Martin	Swansea Harriers AC	5.57	6	
7	63	Jeri-Lynne Grabham	Neath Harriers	5.57	7	
8	67	Emily-Jae Mason	Cwmbran Harriers	5.59	8	
9	64	Molly Jones	Cardiff Amateur Athletic Club	6.46	9	
10	62	Lily Gaskin	Cardiff Amateur Athletic Club	6.52	10	
11	205	Jaya Jones	Cardiff Amateur Athletic Club	6.54		1
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Mile Road Championships & Open Races &
British Masters Mile Races

Race 9 - U15 Boys 1 Mile



Pos	Bib	Name	Club	Time	Champs	Open
1	87	Ben Thomas	Carmarthen Harriers	4.50	1	
2	83	James Penrose	Cardiff Archers	4.54	2	
3	81	Seth Kelly	Cardiff Amateur Athletic Club	4.57	3	
4	76	Luke Davies	Brecon Athletic Club	5.00	4	
5	78	Liam Griffiths	Aberdare Valley AAC	5.08	5	
6	90	Iestyn Williams	Carmarthen Harriers	5.11	6	
7	85	Tomos Rees	Carmarthen Harriers	5.13	7	
8	73	Daniel Austin	Cardiff Archers	5.17	8	
9	89	Thomas Whittaker	Cardiff Amateur Athletic Club	5.21	9	
10	79	Harry Griffiths	Cardiff Amateur Athletic Club	5.24	10	
11	82	Trystan Leech	Carmarthen Harriers	5.27	11	
12	75	Devin Coombes	Bridgend Athletic Club	5.29	12	
13	84	Tegid Phillips	Cardiff Archers	5.45	13	
14	88	William Thompson	Carmarthen Harriers	5.49	14	
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Mile Road Championships & Open Races &
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WELSH ATHLETICS
ATHLETAU CYMRU

Race 10 - U17 Women 1 Mile

Pos	Bib	Name	Club	Time	Champs	Open
1	97	Issy Parry-Jones	Cwmbran Harriers	5.20	1	
2	98	Naomi Reid	Cardiff Amateur Athletic Club	5.23	2	
3	91	Megan Bowen	Cardiff Amateur Athletic Club	5.24	3	
4	92	Isobel Dodd	Bridgend Athletic Club	5.27	4	
5	96	Ellie Kiff	Carmarthen Harriers	5.40	5	
6	95	Rhian Jones	Cardiff Amateur Athletic Club	5.45	6	
7	94	Rebecca Hughes	Aberdare Valley AAC	5.46	7	
8	99	Amy Thomas	Cardiff Amateur Athletic Club	6.23	8	
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WELSH ATHLETICS
ATHLETAU CYMRU

Race 11 - U17 Men 1 Mile

Pos	Bib	Name	Club	Time	Champs	Open
1	106	James Vincent	Cardiff Amateur Athletic Club	4.35	1	
2	102	Owen Locke	Newport Harriers	4.54	2	
3	107	Donovan Williams- Hale	Bridgend Athletic Club	5.00	3	
4	104	Tomos Nesham	Cardiff Amateur Athletic Club	5.24	4	
5	100	Charlie Best	Cwmbran Harriers	5.29	5	
6	105	James Short	Cardiff Amateur Athletic Club	5.29	6	
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Mile Road Championships & Open Races &
British Masters Mile Races

Race 12 - Senior & U20 Women 1 Mile



WELSH ATHLETICS
ATHLETAU CYMRU

Pos	Bib	Name	Club	Time	U20	Senior	Open
1	121	Katherine Marshall	Cardiff Amateur Athletic Club	5.08			1
2	108	Heidi Davies	Brecon Athletic Club	5.09	1		
3	110	Phoebe Marsden	Newport Harriers	6.22	2		
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Mile Road Championships & Open Races &
British Masters Mile Races

Race 13 - Senior & U20 Men 1 Mile



WELSH ATHLETICS
ATHLETAU CYMRU

Pos	Bib	Name	Club	Time	U20	Senior	Open
1	112	Jack Gooch	Cardiff Amateur Athletic Club	4.21	1		
2	209	Aaron Phelps		4.21			1
3	206	Joshua Griffiths	Swansea Harriers AC	4.22			2
4	118	Matthew Seddon	Bracknell AC	4.23			3
5	124	Matthew Edwards	Cardiff Amateur Athletic Club	4.26		1	
6	129	Tom Marshall	Cardiff Amateur Athletic Club	4.28		2	
7	207	Thomas Macswayne		4.29			4
8	132	Oliver Williams	Les Croupiers	4.32		3	
9	116	Ciaran Lewis	Cardiff Amateur Athletic Club	4.35	2		
10	130	Matthew O'Leary	Neath Harriers	4.36		4	
11	127	Joshua Griffiths	Swansea Harriers AC	4.37		5	
12	119	Charlie Walker	Cardiff Amateur Athletic Club	4.37	3		
13	210	Daryll Barnby		4.40		6	
14	123	Daniel Chesworth	Cardiff Metropolitan University	4.42			5
15	128	Tom Marley	Cardiff Amateur Athletic Club	4.43		7	
16	115	Niall Holt	Southampton AC	4.45			6
17	204	Stephen Morris	Cardiff AAC	4.45			7
18	113	Daniel Graves	Cardiff Amateur Athletic Club	4.54	4		
19	117	Oli Lum	Cardiff Metropolitan University	4.58			8
20	208	Jon Slade		5.47			9



Mile Road Championships & Open Races &
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Race 14 - Masters 35-39 & 40-44 Men 1 Mile



WELSH ATHLETICS
ATHLETAU CYMRU

Pos	Bib	Name	Club	Time	M35-39	M40-44	Welsh	British	Open
1	203	James Thie	Cardiff AAC	4.36	1				1
2	146	Nick Shasha		4.45		1		1 Master 40	
3	140	Huw Evans	Les Croupiers	4.46		2	1 Master 40	2 Master 40	
4	148	Robert White	Buxton & District AC	4.48		3		3 Master 40	
5	145	Gary O'Brien	Swindon Harriers	4.51		4		4 Master 40	
6	143	Robert John	Fairwater Runners Cwmbran	4.55		5	2 Master 40	5 Master 40	
7	137	Dee Buchanan	San Domenico Running Club	4.58	2		1 Master 35		
8	141	Matthew Gurmin	Swansea Harriers	5.00		6	3 Master 40	6 Master 40	
9	144	Adrian Lewis	Aberdare valley	5.01		7		7 Master 40	
10	138	Dean Kane	Inverness Harriers	5.03	3			1 Master 35	
11	136	Paul Allen	Wells City Harriers	5.04	4			2 Master 35	
12	147	Charles Thomas Walsh	Port Talbot Harriers	5.05		8	4 Master 40	8 Master 40	



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Race 15 - Masters 45-49 & 50-54 Men 1 Mile



WELSH ATHLETICS
ATHLETAU CYMRU

Pos	Bib	Name	Club	Time	M45-49	M50-54	Welsh	British
1	160	Andrew Ridley	Poole AC	4.44		1		1 Master 50
2	159	Ben Reynolds	Thames Hare & Hounds	4.45		2		2 Master 50
3	152	Lee Aherne	Parc Bryn Bach Running Club	4.51	1		1 Master 45	1 Master 45
4	154	Mark Havenhand	Kingstone Runners	4.52	2			2 Master 45
5	163	Royston Whitehouse	Neath Harriers	5.06		3	1 Master 50	3 Master 50
6	153	Steve Goss		5.07	3			3 Master 45
7	162	Alan Ryder	Plymouth Musketeers	5.16		4		4 Master 50
8	156	Brett Davis		5.20		5		5 Master 50
9	157	Don Lawless	Thurrock Harriers AC	5.30		6		6 Master 50
10	164	Laurence Worth	Pembrokeshire Harriers	5.46		7		7 Master 50
11	158	Iain Moody	Telford AC	6.04		8		8 Master 50



Mile Road Championships & Open Races &
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Race 16 - Masters 55-59 & 60-64 Men 1 Mile



Pos	Bib	Name	Club	Time	M55-59	M60-64	Welsh	British	Open
1	167	Ifan Lloyd	Swansea Harriers AC		1		1 Master 55	1 Master 55	
2	171	Anthony Williams	Aberdare Valley AAC		2			2 Master 55	
3	176	Kevin Archer				1		1 Master 60	
4	177	Elio Lepore	Les Croupiers			2	1 Master 60	2 Master 60	
5	169	Kevin Pye	Charnwood AC		3			3 Master 55	
6	172	Ian Wright	Islwyn Running Club		4			4 Master 55	
7	170	Huw Roberts	Bridgend		5		2 Master 55	5 Master 55	
8	178	Chris Moore							1



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Race 17 - Masters 65-69, 70-74 & 75+ Men 1 Mile



WELSH ATHLETICS
ATHLETAU CYMRU

Pos	Bib	Name	Club	Time	M70-74	M75+	Welsh	British
1	183	Barrie Roberts		07:06	1		1 Master 70	1 Master 70
2	185	Edmond Simpson	Overton Harriers & AC	07:29		1		1 Master 75
3	184	Arthur Kimber	Dartford Harriers AC	08:33		2		2 Master 75
4	186	Syd Wheeler	Chepstow Harriers	08:42		3	1 Master 75	3



Mile Road Championships & Open Races &
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Race 18 - Masters 35-39, 40-44 & 45-49 Women 1 Mile



WELSH ATHLETICS
ATHLETAU CYMRU

Pos	Bib	Name	Club	Time	M35-39	M40-44	M45-49	Welsh	British
1	150	Angela Jones	Fairwater Runners Cwmbran	5.43			1	1 Master 45	1 Master 45
2	149	Nicola Gething	Parc Bryn Bach Running Club	5.47			2	2 Master 45	2 Master 45
3	151	Sharon Leech	Carmarthen Harriers	5.48			3	3 Master 45	
4	133	Claire Beatty	Les Croupiers	5.50	1			1 Master 35	1 Master 35
5	139	Keri Jones	Llisbury runners	6.17		1		1 Master 40	1 Master 40
6	134	Elizabeth Nocton	Buxton & District AC	6.47	2				2 Master 35



Mile Road Championships & Open Races &
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Race 18 - Masters 35-39, 40-44 & 45-49 Women 1 Mile



WELSH ATHLETICS
ATHLETAU CYMRU

Pos	Bib	Name	Club	Time	British?	Open	Age	M55-59	M60-64	M65-69	Welsh	British
1	165	Karen Brooks	Harborough AC	5.50	Yes	No	Master 55	1				1 Master 55
2	181	Ros Tabor	Dulwich Runners AC	6.34	Yes	No	Master 65			1		1 Master 65
3	212	Julie Scholey		6.41	no	Yes	Master 55	2				
4	211	Veronica Singleton-Lauley		6.43	No	Yes	Master 55	3				
5	180	Angie Handforth	South West Vets Athletic Club	6.53	Yes	No	Master 65			2		2 Master 65
6	175	Jacqueline Wynds	Forest of Dean AC	7.32	Yes	No	Master 60		1			1 Master 60
7	173	Eirian Arwyn	Les Croupiers	7.56	Yes	No	Master 60		2		1	2 Master 60

