

Mile Road Championships & Open Races &
British Masters Mile Races

Race 16 - Masters Men 35/40/45 Road Mile



WELSH ATHLETICS
ATHLETAU CYMRU

Pos	Bib	Name	Club	Time	Age Position
1	101	James Thie	Cardiff Amateur Athletic Club	4.31	1 - Master 35
2	102	David Williams	Les croupiers RC	4.34	2 - Master 35
3	94	Mark Gardner	Lancaster & Morecambe AC	4.46	3 - Master 35
4	100	Doug Nicholls	Les Croupiers RC	4.46	4 - Master 35
5	93	Paul Clarke	Carmarthen Harriers	4.47	5 - Master 35
6	117	Gavin McDermott	Hermitage Harriers	4.50	1 - Master 45
7	105	Matt Adcock	Hermitage Harriers	4.51	1 - Master 40
8	108	Marc Turner	Halesowen	4.53	2 - Master 40
9	97	Edward Land	Aberystwyth AC	4.59	6 - Master 35
10	110	Charles Walsh	Swansea harriers	5.00	3 - Master 40
11	96	Dean Kane	Inverness Harriers AAC	5.01	7 - Master 35
12	118	David Smith	Wolverhampton and Bilston AC	5.07	2 - Master 45
13	116	Adrian Lewis	Aberdare Valley AC	5.10	3 - Master 45
14	95	Mark Horsman	Cardigan Running Club	5.12	8 - Master 35
15	109	Stuart Wadlow	Les Croupiers	5.18	4 - Master 40
16	106	Andy Jones	GOG Triathlon Club	5.31	5 - Master 40
17	107	Bleddyn Jones	Islwyn Runners	5.50	6 - Master 40

British Masters Championships	Welsh Masters Championships
1-Master 35	1-Master 35
2-Master 35	2-Master 35
3-Master 35	
4-Master 35	3-Master 35
5-Master 35	4-Master 35
1-Master 45	
1-Master 40	
2-Master 40	
	5-Master 35
3-Master 40	1-Master 40
6-Master 35	
2-Master 45	
3-Master 45	1-Master 45
7-Master 35	6-Master 35
4-Master 40	2-Master 40
	3-Master 40
5-Master 40	4-Master 40



Mile Road Championships & Open Races &
British Masters Mile Races

Race 17 - Masters Men 50/55/60 Road Mile



WELSH ATHLETICS
ATHLETAU CYMRU

Pos	Bib	Name	Club	Time	Age Position
1	121	Lee Aherne	Parc Bryn Bach Running Club	5.04	1 - Master 50
2	135	Steve Toogood	Buckley Runners	5.13	1 - Master 55
3	124	Anthony Roper	Bristol & West AC	5.16	2 - Master 50
4	125	David Wilkinson	South West Veterans AC	5.24	3 - Master 50
5	139	David Bedwell	Bristol & West	5.25	1 - Master 60
6	138	Kevin Archer	Weymouth St. Pauls Harriers and AC.	5.33	2 - Master 60
7	131	Ken Ham	Westbury Harriers	5.37	2 - Master 55
8	143	Peter Mountain	Bristol and West A/C	5.38	3 - Master 60
9	129	Steven Doxey	Swinton Running Club	5.39	3 - Master 55
10	134	Kevin Pye	Charnwood AC	5.40	4 - Master 55
11	142	Kieran McDonnell	Les Croupiers RC	5.54	4 - Master 60
12	126	Laurence Worth	Pembrokeshire Harriers	6.00	4 - Master 50
13	140	Roger Davis	Bridgend AC	6.01	5 - Master 60
14	123	Adrian Mathias	Agile Therapy Run	6.12	5 - Master 50
15	146	Ian Wright	Cornwall AC	6.14	6 - Master 60
16	133	Clive Osmond	Les Croupiers Running Club	6.17	5 - Master 55
17	144	Alan Robertson	Scottish Veteran Harriers	6.19	7 - Master 60
18	132	Jeffrey Hanson	Rhondda AC	6.25	6 - Master 55
19	145	John Watkins	Newport Harriers	7.06	8 - Master 60
20	141	Kevin Dillon	Manchester	7.57	9 - Master 60

BM	WM
1-Master 50	1-Master 50
1-Master 55	1-Master 55
2-Master 50	
3-Master 50	
1-Master 60	
2-Master 60	
2-Master 55	
3-Master 60	
3-Master 55	
4-Master 55	
4-Master 60	1-Master 60
4-Master 50	2-Master 50
5-Master 60	2-Master 60
	3-Master 50
6-Master 60	
5-Master 55	2-Master 55
7-Master 60	
6-Master 55	3-Master 55
8-Master 60	3-Master 60
9-Master 60	



Mile Road Championships & Open Races &
British Masters Mile Races

**Race 18 - Masters Women 35/40/45/50/55/60/65/70/75
& Masters Men 65/70/75**



WELSH ATHLETICS
ATHLETAU CYMRU

Pos	Bib	Name	Club	Time	Age Position
1	90	Eliza McDermott	MMAC	5.41	1 - Master 35 Female
2	119	Sarah Everitt	Bristol & West AC	5.45	1 - Master 50 Female
3	92	Katherine Wellam	Sale Harriers Manchester	5.52	2 - Master 35 Female
4	114	Sharon Leech	carmarthen harriers	5.56	1 - Master 45 Female
5	103	Helen-Marie Davies	Swansea Harriers	5.58	1 - Master 40 Female
6	104	Rachel Lewis	Parc Bryn Bach Running club	6.06	2 - Master 40 Female
7	120	Penny Kennedy	Swansea Harriers AC	6.27	2 - Master 50 Female
8	113	Keri-Lyn Jones	Parc Bryn Bach RC	6.29	2 - Master 45 Female
9	147	Ros Tabor	Dulwich runners	6.43	1 - Master 65 Female
10	111	Lisa Carpenter	Cirencester AC	6.52	3 - Master 45 Female
11	127	Jeanette Jenkins	Fairwater Runners Cwmbran	6.54	1 - Master 55 Female
12	128	Julie Scholey	Les Croupiers RC	6.55	2 - Master 55 Female
13	151	John Gardener	Pembrokeshire Harriers	7.00	1 - Master 75 Male
14	150	Barrie Roberts	Bournville Harriers	7.16	1 - Master 70 Male
15	152	Edmond Simpson	Overton Harriers and AC	7.38	1 - Master 80+ Male
16	137	Marian Yallop	South West Veterans AC	8.59	1 - Master 60 Female
17	149	Ian Swanson	Port Talbot Harriers	9.00	1 - Master 65 Male
18	153	Sydney Wheeler	Chepstow Harriers	9.18	2 - Master 75 Male

British Masters Championships	Welsh Masters Championships
1 - Master 35 Female	
1 - Master 50 Female	
2 - Master 35 Female	
1 - Master 45 Female	1 - Master 45 Female
1 - Master 40 Female	1 - Master 40 Female
2 - Master 40 Female	2 - Master 40 Female
2 - Master 50 Female	1 - Master 50 Female
2 - Master 45 Female	2 - Master 45 Female
1 - Master 65 Female	
3 - Master 45 Female	
1 - Master 55 Female	1 - Master 55 Female
2 - Master 55 Female	2 - Master 55 Female
1 - Master 75 Male	1 - Master 75 Male
1 - Master 70 Male	1 - Master 70 Male
1 - Master 80+ Male	
1 - Master 60 Female	
1 - Master 65 Male	1 - Master 65 Male
2 - Master 75 Male	2 - Master 75 Male