

Welsh 5k Road Championships 2009

Pos	RaceNo	Time	Name	Gender	Cat	Club
1	38	00:14:39	Tom Marshall	M	20	Cardiff AAC
2	37	00:14:48	Michael Johnson	M	30	Cardiff AAC
3	30	00:14:50	Ieuan Thomas	M	20	Cwmbran Harriers
4	12	00:16:25	David Mountford	M	18	Deeside AC
5	58	00:16:31	Daniel John Hiscox	M	18	Aberdare
6	35	00:16:49	Alex Carl Edwards	M	16	Cwmbran Harriers
7	26	00:17:06	Matthew O'Leary	M	16	Neath Harriers
8	60	00:17:08	Freek va Aruel	M		Forest of Dean
9	36	00:17:59	Peter Davies	M	56	Bridgend AC
10	2	00:18:08	Josh Griffiths	M	15	Carmarthen Harriers
11	33	00:18:11	Kate Roberts	F	21	Bridgend AC
12	9	00:18:18	Sean White	M	15	Swansea Harriers
13	39	00:18:20	Shan Morgan	F	30	AF&D
14	28	00:18:39	Mark Paviour	M	47	Croft Ambrey Running Club
15	56	00:19:12	Paul Tobin	M	15	Swansea Harriers
16	27	00:19:21	Simon Partridge	M	56	Neath Harriers
17	61	00:19:40	Dominique Corbett	F		Forest of Dean
18	14	00:19:43	Angharad Davies	F	17	Carmarthen Harriers
19	3	00:19:54	Jemima Osborn	F	15	Swansea Harriers
20	24	00:20:01	Susan Davies	F	44	Croft Ambrey Running Club
21	59	00:20:15	Herman Sasha	M		Forest of Dean
22	31	00:20:22	Alice Johnston	F	17	Cardiff AAC
23	7	00:20:50	Elysia Pearson	F	15	Swansea Harriers
24	34	00:21:13	Jacqueline Brace	F	50	Bridgend AC
25	13	00:21:20	Debbie Cockram	F	45	Fairwater Runners
26	32	00:21:54	Brian Dias	M	25	
27	15	00:22:51	Stephanie Davies	F	15	Pontypridd Roadents
28	55	00:23:42	Rhiannon Anderson	F	17	Swansea Harriers
29	46	00:23:42	Eric Hughes	M	70	Bridgend AC
30	57	00:23:51	Christopher Rees	M	15	Swansea Harriers
31	6	00:26:14	Rebecca Louise Hall	F	15	Swansea Harriers
32	4	00:26:39	Edmund Evans	M	16	
33	1	00:28:27	Isla Sian Evans	F	15	Swansea Harriers
34	40	00:30:43	Rhys Roberts	M	15	