



Night of Endurance
& 10,000m Welsh Championships
Saturday 9th July 2016

T01 Senior - 10,000m Race 1

Male AC Record Ian STEWART, Scotland, 27:51.30, 11/06/1977

Female AC Record Liz LYNCH, Scotland, 32:59.59, 26/05/1986

Male Welsh Record Steve JONES, Newport Harriers, 27:39.14, 09/07/1983

Female Welsh Record Angela TOOBY, Cardiff AAC, 31:55.30, 04/09/1987

Male CBP Steve JONES, Newport Harriers, 28:43.5, 26.08.1989

Female CBP Angela TOOBY, Cardiff AAC, 33:41.4, 26.08.1989

Pos	Bib	Athlete	Club	Final Perf.	
1	51	Dean THOMAS	u/a	41:32.48	
2	45	Marc DURKIN	Penarth & Dinas	42:36.56	W
3	72	John DYER	Pegasus RC	43:25.81	W
4	49	David E WILLIAMS	Les Croupiers	43:38.49	W
5	52	Gina HARDMAN	Bridgend AC	43:39.74	W
6	47	Matthew HOOPER	Les Croupiers	43:59.57	W
7	97	Richard REES	Team Rees	44:29.99	W
8	46	Libby BOHEMEN	Les Croupiers	44:31.01	W
9	48	Claire JACOBS	Les Croupiers	44:41.67	W
10	61	Colin CAESAR	Penarth & Dinas	45:29.52	W
11	56	Hazel CRAVEN	Les Croupiers	46:13.57	W
12	54	Alan MASON	Les Croupiers	46:38.16	W
13	50	Lee WATERS	u/a	46:41.58	
14	58	Sarah MCCARTHY	Les Croupiers	46:44.07	W
15	53	Nigel BLEACH	u/a	46:48.34	
16	60	Stephen WOOD	Pegasus RC	47:00.08	W
17	63	Ruth DEARDS	Les Croupiers	47:00.52	W
18	68	Lolly BURVILL	Les Croupiers	47:03.97	W
19	59	Jenny MARTIN	Les Croupiers	47:09.47	W
20	55	Tim O'SULLIVAN	Les Croupiers	47:10.57	W
21	64	John PAYNE	Les Croupiers	49:42.31	W
22	73	Debbie CUMMING	CDF Runners	60:03:42	

T02 Senior - 10,000m Race 2

Male AC Record Ian STEWART, Scotland, 27:51.30, 11/06/1977

Female AC Record Liz LYNCH, Scotland, 32:59.59, 26/05/1986

Male Welsh Record Steve JONES, Newport Harriers, 27:39.14, 09/07/1983

Female Welsh Record Angela TOOBY, Cardiff AAC, 31:55.30, 04/09/1987

Male CBP Steve JONES, Newport Harriers, 28:43.5, 26.08.1989

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Pos	Bib	Athlete	Club	Final Perf.	
1	24	John MORRIS	TROTS	37:15.33	W
2	27	Emily LAGOMARSINO	San Domenico	37:21.24	
3	32	Johnny LAM	San Domenico	38:32.90	W
4	29	Matt HOPKINS	Les Croupiers	38:36.85	W
5	23	Laurence POLE	Pontypridd Roadents	38:42.26	W
6	34	Vincent NAZARETH	Les Croupiers	38:49.66	W
7	25	Steve DAVIES	Pontypool RC	38:54.52	W
8	33	Dave LOWTHIAN	Forest of Dean AC	39:15.03	
9	38	Dylan NAZARETH	Cardiff Archers	39:46.63	W
10	37	Nick STOCKER	Bridgend AC	40:31.37	W
11	31	James BRUCE	Les Croupiers	40:45.02	W
12	41	Brian PAYNTER	Les Croupiers	40:56.17	W
13	40	Marcus MEYRICK	Les Croupiers	41:33.52	W
14	43	Geoff PARTRIDGE	Bristol & West	41:55.64	W
15	42	Mike DAVIES	CDF Runners	43:54.21	



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T03 Senior - 1 Mile Race 1

Male AC Record Geoff SMITH Engalnd 3:55.8 1981

Female AC Record Bev NICHOLSON England 4:29.48 Cardiff 1989

Male Welsh Record Neil HORSFIELD, Newport, 3:54.39, 08.07.1986

Female Welsh Record Kirsty MCDERMOTT, Bristol, 04:19.41, Oslo, Norway

Male CBP

Female CBP

Pos	Bib	Athlete	Club	Final Perf.
1	88	Rhys HARDMAN	Bridgend AC	5:44.55
2	93	Hywel LEYSHON	Bridgend AC	5:46.40
3	89	Stewart HARDING	CDF Runners	5:49.24
4	90	Claire BRUCE	Les Croupiers	5:51.01
5	86	Nigel JAMES	u/a	5:53.90
6	91	Gareth HARDMAN	Bridgend AC	5:55.00
7	87	Luigie OCAMPO	u/a	6:00.72
8	92	Jeffrey HANSON	Rhondda AC	6:27.89
9	94	Jenny MARTIN	Les Croupiers	6:37.02

T04 Senior - 1 Mile Race 2

Male AC Record Geoff SMITH Engalnd 3:55.8 1981

Female AC Record Bev NICHOLSON England 4:29.48 Cardiff 1989

Male Welsh Record Neil HORSFIELD, Newport, 3:54.39, 08.07.1986

Female Welsh Record Kirsty MCDERMOTT, Bristol, 04:19.41, Oslo, Norway

Male CBP

Female CBP

Pos	Bib	Athlete	Club	Final Perf.
1	74	Oliver WILLIAMS	Les Croupiers	4:32.93
2	76	Doug NICHOLLS	Les Croupiers	4:47.47
3	82	Aeron EVANS	u/a	4:50.79
4	77	Donovan WILLIAMS-HALE	Bridgend AC	5:00.40
5	79	Thomas CALLARD	Neath Harriers	5:00.75
6	85	Ceri YOUNG	Parc Bryn Bach	5:25.79
7	83	Daisy THOMPSON	Carmarthen Harriers	5:26.81
8	80	Gabrielius STUOKUS	Les Croupiers	5:32.12
9	81	Jamie CLODE	Bridgend AC	5:33.60



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T05 Senior - 10,000m Race 3

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Female Welsh Record Angela TOOBY, Cardiff AAC, 31:55.30, 04/09/1987

Male CBP Steve JONES, Newport Harriers, 28:43.5, 26.08.1989

Female CBP Angela TOOBY, Cardiff AAC, 33:41.4, 26.08.1989

Pos	Bib	Athlete	Club	Final Perf.	
1	1	Carwyn JONES	Cardiff AAC	31:23.22	W
2	2	Michael KALLENBERG	Cardiff AAC / RAF	31:30.72	W
3	4	Matthew REES	Swansea Harriers	33:24.38	W
4	13	Paul GRAHAM	Pontypridd Roadents	33:42.83	W
5	5	Ian HARRIS	Swansea Harriers	33:57.66	W
6	6	Ibrahim HUSSAIN	Cardiff AAC	34:14.21	
7	10	Stuart CREES	Les Croupiers	35:15.53	W
8	11	Billy HAYTON	Pontypridd Roadents	35:21.94	W
9	9	Ben BUTLER-MADDEN	Penarth & Dinas	35:23.93	W
10	12	Rhys ANNETT	San Domenico	35:30.80	W
11	14	Richard JACKSON-HOOKINS	Penarth & Dinas	36:19.73	W
12	8	Paul MORGAN	Swansea Harriers	36:38.29	W
13	17	Clara EVANS	Pontypridd Roadents	37:00.70	W
14	20	Mark JOYCE	Les Croupiers	37:18.44	W
15	19	Martin WILLIAMS	Les Croupiers	37:33.19	W

MALE WELSH TOP 3

1	1	Carwyn JONES	Cardiff AAC	31:23.22
2	2	Michael KALLENBERG	Cardiff AAC / RAF	31:30.72
3	4	Matthew REES	Swansea Harriers	33:24.38

FEMALE WELSH TOP 3

1	17	Clara EVANS	Pontypridd Roadents	37:00.70
2	52	Gina HARDMAN	Bridgend AC	43:39.74
3	46	Libby BOHEMEN	Les Croupiers	44:31.01