

Night of Endurance 2019

T07 10,000m Race 'A'

All Comers Record:-Male:-Ian STEWART, Scotland, 27:51.30, 1977/Female:-Liz LYNCH, Scotland, 32:59.59, 1986

Welsh Record:-Male:-Steve JONES, Newport Harriers, 27:39.14, 1983/Female:-Angela TOOBY, Cardiff AAC, 31:55.30, 1987

CBP:-Male:-Steve JONES, Newport H, 28:43.48, 26.08.1989/Female:-Angela TOOBY 33:41.40, Cardiff AAC 32746

Pos	Bib	Athlete	Club	Heat 1 Perf.	
1	2	Daniel BODMAN - SENM	Aberdare VAAC	31:43.6	1-W Male
2	1	Muktaar FARHAN - SENM	Cardiff Athletics	32:42.8	2-W Male
3	4	Harry DAVIES - SENM	Parc Bryn Bach RC	33:09.1	3-W Male
4	9	Themis BOWER* - SENM	Cardiff Met Uni	34:31.4	
5	10	Peter GRIST - MM35	Team Bath AC	34:38.8	
6	13	Rich BAKER - MM45	Les Croupiers RC	35:05.2	
7	11	Huw EVANS - MM45	Les Croupiers RC	35:11.8	
8	17	David CRAIG - MM40	Les Croupiers RC	35:50.7	
9	8	Nick WOOD* - SENM	Dartford Harriers A.C.	35:51.3	
10	20	Ian SOUTHWELL - MM35	Penarth and Dinas Runners	36:04.2	
11	14	John MORRIS - MM35	Les Croupiers RC	36:18.5	
12	12	Robert PRADY - MM40	Neath Harriers	36:39.1	
13	16	Christopher JEYNES - MM40	Brackla Harriers	36:45.3	
14	18	Daniel SNIPE* - MM35	Yaxley runners	36:51.7	
15	22	Oliver MASON* - MM35	Peterborough Athletic Club	37:52.4	
16	21	Laurent BONO - SENM	Les Croupiers RC	38:11.0	