

# Night of Endurance 2016

## T01 Senior - 10,000m Race 1

Pos	Bib	Athlete	Club	Perf.		Track PB	Road PB
1	51	Dean THOMAS	u/a	41:32.48			
2	45	Marc DURKIN	Penarth & Dinas	42:36.56	W		00:40:35
3	49	David E WILLIAMS	Les Croupiers	43:38.49	W		00:40:04
4	52	Gina HARDMAN	Bridgend AC	43:39.74	W		00:42:54
5	47	Matthew HOOPER	Les Croupiers	43:59.57	W		00:39:49
6	97	Richard REES	Team Rees	44:29.99			
7	46	Libby BOHEMEN	Les Croupiers	44:31.01	W		00:39:03
8	48	Claire JACOBS	Les Croupiers	44:41.67	W		00:42:27
9	61	Colin CAESAR	Penarth & Dinas	45:29.52	W		
10	56	Hazel CRAVEN	Les Croupiers	46:13.57	W		00:42:21
11	54	Alan MASON	Les Croupiers	46:38.16	W		00:40:46
12	50	Lee WATERS	u/a	46:41.58			
13	58	Sarah McCARTHY	Les Croupiers	46:44.07	W		00:44:07
14	53	Nigel BLEACH	u/a	46:48.34			
15	60	Stephen WOOD	Pegasus RC	47:00.08	W		00:45:00
16	63	Ruth DEARDS	Les Croupiers	47:00.52	W	PB	
17	59	Jenny MARTIN	Les Croupiers	47:09.47	W		00:44:20
18	55	Tim O'SULLIVAN	Les Croupiers	47:10.57	W		00:39:55
19	72	John DYER	Pegasus RC	47:12.40	W		
20		Ian Thorne	Pegasus RC	47:50.00	W		
21	68	Lolly BURVILL	Les Croupiers	49:01.63	W		00:47:40
22	64	John PAYNE	Les Croupiers	49:42.31	W	PB	00:51:10
23	73	Debbie CUMMING	CDF Runners	1:00:03.42			

## T02 Senior - 10,000m Race 2

Pos	Bib	Athlete	Club	Perf.		Track PB	Road PB
1	24	John MORRIS	TROTs	37:15.33	W		00:35:51
2	27	Emily LAGOMARSINO	San Domenico	37:21.24		PB 40:17.34	00:37:47
3	32	Johnny LAM	San Domenico	38:32.90	W		00:37:38
4	29	Matt HOPKINS	Les Croupiers	38:36.85	W		00:37:25
5	23	Laurence POLE	Pontypridd Roadents	38:42.26	W		00:36:50
6	34	Vincent NAZARETH	Les Croupiers	38:49.66	W		00:38:42
7	25	Steve DAVIES	Pontypool RC	38:54.52	W		00:36:48
8	33	Dave LOWTHIAN	Forest of Dean AC	39:15.03		38:24.1	00:38:04
9	38	Dylan NAZARETH	Cardiff Archers	39:46.63	W		
10	37	Nick STOCKER	Bridgend AC	40:31.37	W		00:39:33
11	31	James BRUCE	Les Croupiers	40:45.02	W		00:37:49
12	41	Brian PAYNTER	Les Croupiers	40:56.17	W		00:40:33
13	40	Marcus MEYRICK	Les Croupiers	41:33.52	W		00:39:26
14	43	Geoff PARTRIDGE	Bristol & West	41:55.64			00:40:52
15	42	Mike DAVIES	CDF Runners	43:54.21			

### T03 Senior - 1 Mile Race 1

Pos	Bib	Athlete	Club	Perf.	Track PB	Road PB
1	88	Rhys HARDMAN	Bridgend AC	5:44.55	PB	00:05:53
2	93	Hywel LEYSHON	Bridgend AC	5:46.40	PB	00:06:03
3	89	Stewart HARDING	CDF Runners	5:49.24		
4	90	Claire BRUCE	Les Croupiers	5:51.01		00:05:36
5	86	Nigel JAMES	u/a	5:53.90		
6	91	Gareth HARDMAN	Bridgend AC	5:55.00		00:05:46
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		00:06:33

### T04 Senior - 1 Mile Race 2

Pos	Bib	Athlete	Club	Perf.	Track PB	Road PB
1	74	Oliver WILLIAMS	Les Croupiers	4:32.93	4:29.30	00:04:32
2	76	Doug NICHOLLS	Les Croupiers	4:47.47	PB	00:04:52
3	82	Aeron EVANS	Cardiff AAC	4:50.79		
4	77	Donovan WILLIAMS-HALE	Bridgend AC	5:00.40	PB	00:05:10
5	79	Thomas CALLARD	Neath Harriers	5:00.75		
6	85	Ceri YOUNG	Parc Bryn Bach	5:25.79		
7	83	Daisey THOMPSON	Carmarthen Harriers	5:26.81	PB	00:05:57
8	80	Gabrielius STUOKUS	Les Croupiers	5:32.12		00:05:27
9	81	Jamie CLODE	Bridgend AC	5:33.60	PB	00:05:37

### T05 Senior - 10,000m Race 3

Pos	Bib	Athlete	Club	Perf.	Track PB	Road PB
1	1	Carwyn JONES	Cardiff AAC	31:23.22	W PB 34:47.45	00:30:40
2	2	Michael KALLENBERG	Cardiff AAC / RAF	31:30.72	W PB 32:46.62	00:31:03
3	4	Matthew REES	Swansea Harriers	33:24.38	W	00:33:16
4	13	Paul GRAHAM	Pontypridd Roadents	33:42.83	W PB	00:34:09
5	5	Ian HARRIS	Swansea Harriers	33:57.66	W	00:33:20
6	6	Ibrahim HUSSAIN	Cardiff AAC	34:14.21		
7	10	Stuart CREES	Les Croupiers	35:15.53	W 33:46.12	00:33:12
8	11	Billy HAYTON	Pontypridd Roadents	35:21.94	W PB	00:35:23
9	9	Ben BUTLER-MADDEN	Penarth & Dinas	35:23.93	W	00:35:10
10	12	Rhys ANNETT	San Domenico	35:30.80	W	00:34:38
11	14	Richard JACKSON-HOOKINS	Penarth & Dinas	36:19.73	W	00:34:56
12	8	Paul MORGAN	Swansea Harriers	36:38.29	W	00:35:47
13	17	Clara EVANS	Pontypridd Roadents	37:00.70	W PB 39:02.90	00:36:06
14	20	Mark JOYCE	Les Croupiers	37:18.44	W	00:36:39
15	19	Martin WILLIAMS	Les Croupiers	37:33.19	W	00:35:32

### 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	27	Gina HARDMAN	Bridgend AC	43:39.74
3	46	Libby BOHEMEN	Les Croupiers	44:31.01