



**Night of Endurance 2017**

**Saturday 12th August**

**T.1**

**10K - Race #3**

**16:00**

Pos.	Bib #	Name	m/f	Club	Time
1	58	Richie Mann	m	San Domenico	41:44.6
2	56	Aine Kenny	f	Les Croupiers	43:34.0
3	57	Cass Chisholm	f	100 Marathon Club	43:58.7
4	60	Steve Preddy	m	Les Croupiers	44:37.4
5	61	Stephen Wood	m	Pegasus RC	45:01.1
6	59	Richard Beech	m	Brackla Harriers	45:30.5
7	65	Carol Rees	f	Les Croupiers	47:01.5
8	62	Katie Wainwright	f	u/a	47:08.4
9	63	Sarah McCarthy	f	Les Croupiers	47:12.0
10	67	Lisa Cleary	f	Penarth & Dinas Runners	47:38.9
11	70	Lolly Evans	f	Les Croupiers	47:41.4
12	66	Susan Bowes	f	Les Croupiers	47:56.1
13	69	Michelle Amblin	f	Les Croupiers	48:02.1
14	73	Louise Hunt	f	Penarth & Dinas Runners	48:19.5
15	71	Lee Waters	m	u/a	48:24.2
16	64	Samuel Jackson	m	Parc Bryn Bach R C	48:54.1
17	68	Carl Lewis	m	Caerphilly Runners	48:58.9
18	74	Jon Hussey	m	u/a	50:35.6
19	77	Hayley Jackson	f	Parc Bryn Bach R C	51:15.4
20	72	Nadine Ritterskamp	f	Les Croupiers	52:02.6
21	75	Yvonne Williams	f	Penarth & Dinas Runners	53:14.9
22	76	David Hambley	m	u/a	53:34.4
23	78	Richard Street	m	Pegasus RC	54:27.6
24	80	Jim Fitzgibbon	m	u/a	57:33.2
25	79	Erika Lina Fitzgibbon	f	Women Running Penarth	59:08.1
26	81	Tracey Newman	f	Les Croupiers	1;01;38.1



## Night of Endurance 2017

Saturday 12th August

**T.2**

**1 Mile - Race #6**

**17:15**

Pos.	Bib #	Name	m/f	Club	Time
1	138	Relina Fletcher	f	u/a	07:12.6
2	139	Nigel Derbyshire	m	u/a	07:35.1
3	141	Elizabeth Randall	f	Les Croupiers	07:45.9
4	142	Gill Murphy	f	Les Croupiers	07:48.8
5	140	Jon Martin	m	Les Croupiers	08:02.2
6	145	Jeff Aston	m	Les Croupiers	08:57.2
7	144	Tracey Newman	f	Les Croupiers	09:02.3

**T.3**

**1 Mile - Race #5**

**17:30**

Pos.	Bib #	Name	m/f	Club	Time
1	147	Callum Champion	m	Llanelli AAC	05:28.7
2	132	Richard Rees	m	Team Rees	05:45.7
3	126	Tim Fry	m	Cardiff AAC	05:46.3
4	129	Kieran McDonnell	m	Les Croupiers	05:48.8
5	128	Michael Cranwell	m	Les Croupiers	06:00.4
6	125	Stewart Harding	m	CDF Runners	06:00.7
7	130	Jeffrey Hanson	m	Rhondda AAC	06:02.3
8	127	Clive Osmond	m	Les Croupiers	06:09.7
9	146	Eleanor Lucas	f	u/a	06:10.2
10	131	Jenny Martin	f	Les Croupiers	06:38.4
11	133	Georgina Edwards	f	Cardiff AAC	07:00.1

**T.4**

**1 Mile - Race #4**

**17:45**

Pos.	Bib #	Name	m/f	Club	Time
1	113	Rob Sage	m	Les Croupiers	05:11.7
2	117	Michael Riley	m	Les Croupiers	05:16.2
3	116	Daniel Lewis	m	San Domenico RC	05:21.7
4	118	Vincent Nazareth	m	Les Croupiers	05:26.4
5	121	Jemima Osborn	f	Swansea Harriers	05:26.9
6	119	Derek Jackson	m	Worcester AC	05:30.1
7	194	Joseph Joyce	m	Cardiff AAC	05:37.8
8	122	Dan Lloyd	m	CDF Runners	05:49.7
9	123	Bethany Gold	f	Cardiff AAC	05:53.0
10	124	Michael Murphy	m	Les Croupiers	06:00.2



Cardiff Running events



WELSH ATHLETICS  
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**Night of Endurance 2017**

**Saturday 12th August**

**T.5**

**10K - Race #3**

**17:55**

Pos.	Bib #	Name	m/f	Club	Time
1	30	Emily Lagomarsino	f	San Domenico RRC	37:47.6
2	35	Iestyn Edwards	m	Cardiff AAC	38:13.6
3	43	Morgan Glyndwr James	m	Cardiff AAC	38:42.7
4	134	Jeff Cox	m	Les Croupiers	39:07.8
5	34	Rhys Pippard	m	Serpentine RC	39:15.7
6	135	Brian Paynter	m	Les Croupiers	39:20.3
7	28	Paul O'Callaghan	m	Good Gym	39:26.0
8	38	Matt Hopkins	m	Les Croupiers	39:30.0
9	41	Charlie Northey	m	Brecon	39:58.0
10	44	Nathan Christoforato	m	Barry & Vale	40:00.4
11	31	Llinos Jones	f	Amman Valley Harriers	40:06.2
12	36	Luticia Thomas	f	Amman Valley Harriers	40:08.5
13	51	Sam Evans	m	u/a	40:10.3
14	38	Jamie Clode	m	Bridgend AC	40:27.6
15	37	Colin McQueen	m	Brackla Harriers	40:39.4
16	33	James Gold	m	Cardiff AAC	40:43.9
17	195	Alex Jackson	m	Team Rees	41:12.3
18	47	Brian Dias	m	Cardiff AAC	41:31.3
19	42	Hector Cortes	m	Les Croupiers	41:40.5
20	54	Paul Kehl	m	Pontyclun Road Runners	42:14.0
21	50	Janneke van Beijnum	f	Les Croupiers	43:24.5
22	49	Caryl Wyn Davies	f	Sarn Helen	43:34.1
23	53	Emma Matthews	f	Builth and District	43:40.2
24	45	Christopher Nellins	m	Penarth & Dinas	43:59.5
25	46	Nigel Bleach	m	SMR	44:12.1
26	40	Carl Evans	m	CDF Runners	44:14.1

**T.6**

**1 Mile - Race #3**

**18:50**

Pos.	Bib #	Name	m/f	Club	Time
1	106	Ben Butler-Madden	m	Penarth & Dinas	04:54.5
2	108	Matt Moon	m	Black Pear Joggers	05:02.3
3	109	Hugh Saunders	m	u/a	05:03.8
4	111	Adrian Lewis	m	Aberdare VAAC	05:06.0
5	110	Stuart Wadlow	m	Les Croupiers	05:08.8
6	112	Lucy Davies	f	Pembrokeshire Harriers	05:24.0



**Night of Endurance 2017**

**Saturday 12th August**

**T.7**

**1 Mile - Race #2**

**19:00**

Pos.	Bib #	Name	m/f	Club	Time
1	94	Aeron Evans	m	u/a	04:45.4
2	98	Stephen Mathers	m	Cardiff AAC	04:46.5
3	96	Anthony Lewis	m	Highgate Harriers	04:47.4
4	95	Dylan Nazareth	m	Cardiff Archers	04:49.3
5	101	Ed Donovan	m	Les Croupiers	04:49.6
6	100	Toby Whitfield	m	Black Pear Joggers	04:52.7
7	102	Devin Coombes	m	Bridgend AC	04:53.1
8	137	Paul Lacey	m	Cardiff AAC	04:53.9
9	97	Frazer Richards	m	Caerphilly Runners	05:03.4
10	99	Rhys Annett	m	Serpentine RC	05:06.6
11	103	Gabrielius Stuokus	m	Les Croupiers	05:07.6

**T.8**

**1 Mile - Race #1**

**19:10**

Pos.	Bib #	Name	m/f	Club	Time
1	82	Anthony Whiteman	m	Shaftesbury Barnet Harriers	04:10.0
2	192	Sam Blake	m	Australia	04:18.1
3	86	Miles Matthews	m	Windsor Legion Track Club / Canada	04:29.9
4	91	David J Williams	m	Les Croupiers	04:31.0
5	87	Jackson Mountford	m	Newport Harriers	04:31.6
6	84	Sebastian Lewis	m	Neath Harriers	04:36.6
7	89	Peter Grist	m	Yeovil Olympiads	04:37.5
8	90	Jack Eggington	m	Cardiff AAC	04:42.2
9	92	Doug Nicholls	m	Les Croupiers	04:42.9



**Night of Endurance 2017**

**Saturday 12th August**

**T.9**

**10K - Race #1**

**19:20**

Pos.	Bib #	Name	m/f	Club	Time
1	1	Tom Merson	m	Bristol & West AC	30:45.0
2	2	Dan Nash	m	Cardiff AAC	31:40.3
3	4	Muktaar Farhan	m	Cardiff AAC	33:02.9
4	6	Joachim Tranvag	m	Exeter Uni / Rindal IL / Norway	33:03.3
5	3	Sam Lloyd-Perks	m	Cardiff AAC	33:07.5
6	12	Glyn Fletcher	m	Les Croupiers	33:56.4
7	5	Aled Hughes	m	Aberystwyth	33:59.1
8	10	Craig J Hudson	m	Newport Harriers	34:21.5
9	13	Richard Baker	m	Les Croupiers	34:28.8
10	14	Tim Iveson	m	Builth & District	34:32.0
11	8	Gary Wyn Davies	m	Aberystwyth AC	34:48.5
12	15	Andy Gardiner	m	Cheltenham Harriers	34:56.4
13	17	Daniel Snipe	m	Peterborough AC	35:05.3
14	16	Richard Jones	m	Newport Harriers	35:05.7
15	24	Andrew How	m	Hendre Lake RC	35:30.6
16	18	Alaw Beynon-Thomas	f	Swansea Harriers	35:49.1
17	23	Jevan Robertson	m	Nene Valley Harriers	36:09.6
18	19	Robert Prady	m	u/a	36:13.2
19	20	Neil Catchlove	m	Lordshill Road Runners	36:17.7
20	22	Adam Pollock	m	Worcester AC	36:26.6
21	26	Ryan Cullen	m	CDF Runners	36:34.4
22	25	Richard Wilder	m	San Domenico RRC	36:48.1
23	21	Sean Lewis	m	Brackla Harriers	37:17.1
24	27	Jonathan Jarvis	m	Run4All	38:16.9

## **Welsh 10,000m Championship 2017**

### **Women**

<b>1</b>	<b>18</b>	<b>Alaw Beynon-Thomas</b>	<b>f</b>	<b>Swansea Harriers</b>	<b>35:49.1</b>
<b>2</b>	<b>30</b>	<b>Emily Lagomarsino</b>	<b>f</b>	<b>San Domenico RRC</b>	<b>37:47.6</b>
<b>3</b>	<b>31</b>	<b>Llinos Jones</b>	<b>f</b>	<b>Amman Valley Harriers</b>	<b>40:06.2</b>

### **Men**

<b>1</b>	<b>12</b>	<b>Glyn Fletcher</b>	<b>m</b>	<b>Les Croupiers</b>	<b>33:56.4</b>
<b>2</b>	<b>5</b>	<b>Aled Hughes</b>	<b>m</b>	<b>Aberystwyth</b>	<b>33:59.1</b>
<b>3</b>	<b>10</b>	<b>Craig J Hudson</b>	<b>m</b>	<b>Newport Harriers</b>	<b>34:21.5</b>