10000W SX (24 Jun)

Pos	Perf	Name		AG	Year	Coach	Club	SB	PB
1	45:21.48	Cameron Corbishley	SB	SEN M		Andi Drake	Medway & Maidstone	45:21.48	41:37.44
2	46:54.14	Heather Warner	SB	SEN W		Martin Bell	Pembrokeshire	46:54.14	45:09.19
3	48:41.86	Bethan Davies		SEN W		Andi Drake	Cardiff/Leeds Uni	46:54.5	45:21.70
4	51:15.97	Gracie Griffiths	PB	U20 W		Peter Freeman	Pembrokeshire	51:15.97	51:15.97