

**Welsh Athletics League
Match Day**

Entries per age group & per club
Match 1

MATCH SCORE		Match Pts	Lge Pts	Match 1 - Newport CLUBS	U17M	U20M	SENM	U17W	U20W	SENW	TOTAL
1	Cardiff AAC	955	11	TOTALS	50	36	54	63	21	36	260
2	Swansea Harriers	927	10	TOTAL CLUBS = 23	140		120				
3	Newport Harriers	773	9	Cardiff AAC	10	6	9	13	8	4	50
4	Pembrokeshire Harriers	467	8	Swansea Harriers	9	10	9	10	3	6	47
5	Neath Harriers	429	7	Newport Harriers	3	7	11	6	3	6	36
6	Carmarthen Harriers	420	6	Neath Harriers	6	1	2	10			19
7	Brecon AC	346	5	Pembrokeshire Harriers	6	3	3	3	1	2	18
8	Bridgend AC	250	4	Carmarthen Harriers	3	3	3	4		1	14
9	Run4All Neath	248	3	Brecon AC	4		3		3	3	13
10	Cwmbran Harriers	181	2	Bridgend AC	2	1	1	6		1	11
11	Barry & Vale Harriers	120	1	Etanpes Athletisme		1	4	3		2	10
				Run4All Neath			4			4	8
				Barry & Vale Harriers	2	1		3	2		8
				Cwmbran Harriers		1		4	1	1	7
				Cardiff Archers	2			1			3
Non Match scoring clubs				Rhondda AC	2	1					3
				Llanelli AC		1				2	3
				Cardiff Met University			1			1	2
				Aberdare VAAC	1		1				2
				Worcester AC			1				1
				FDSW			1				1
				Winchester & District AC			1				1
				Birchfield Harriers						1	1
				Wrexham AAC						1	1
				Peterbrough AC						1	1

WELSH ATHLETICS LEAGUE

Spytty Stadium, Newport

Sunday 24th April 2016

Male Track Results



WELSH ATHLETICS
ATHLETAU CYMRU

T05 Male 100m

AC Record - Craig PICKERING, England, 10.24, 2009

Welsh Record - Christian MALCOLM, Cardiff AAC, 10.11, 2001 : Senior Lge Record - Colin JACKSON, Cardiff AAC, 10.3, 1994

Welsh U20 Record - Christian MALCOLM, Cardiff AAC, 10.12, 1998 : U20 Lge Record - Kristian JONES, Cardiff AAC, 10.84, [M1-Cardiff] 2015

Welsh U17 Record - Tim BENJAMIN, Cardiff AAC/Andrew WATKINS, Cwmbran H 10.71, 1998/2003 : U17 Lge Record - Shaun PEARCE Carmarthen Harriers 10.62 2013 (M2)

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
Heat 1 ws +2.0				Heat 2 ws +3.2					
1	187	Carl MCEWAN - SENM	Newport Harriers	11.63 (SENM-5)	1	153	Marklan JACKSON - SENM	Cardiff AAC	12.14 (SENM-7)
2	162	Josh PHILLIPS - U17M	Neath Harriers	11.87 (U17M-6) P10	2	212	Thomas ATKINSON - U17M	Cardiff AAC	12.30 (U17M-8) P10
3	213	Patryk GANCLERZ - U20M	Llanelli AC	12.00 (U20M-13)	3	202	Rhys ROBERTS - U20M	Bridgend AC	12.33 (U20M-15) P10
4	125	Marvin BOURGEOIS - SENM	Etanpes Athletisme	12.13 (SENM-6)	4	220	Eli ONYEWA - U17M	Swansea Harriers	12.41 (U17M-10) P10
5	117	Micahel THOMPSON - U17M	Swansea Harriers	12.13 (U17M-7)	5	112	Stephen OPOKO - U17M	Swansea Harriers	12.66 (U17M-12) P10
6	116	Tomos SLADE - U17M	Swansea Harriers	12.31 (U17M-9)	6	175	Tom SEABURY - SENM	Swansea Harriers	12.69 (SENM-11)
7	179	Owen CHESHER - SENM	Brecon AC	12.45 (SENM-8)	7	204	Ieuan HOSGOOD - U17M	Swansea Harriers	12.73 (U17M-13) P10
Heat 3 ws +2.5				Heat 4 ws +1.0					
1	200	Joshua BROWN - SENM	Newport Harriers	10.76 (SENM-1) G1 P10	1	136	James CROOKS - U17M	Neath Harriers	12.61 (U17M-11)
2	113	Rhodri WILLIAMS - U20M	Swansea Harriers	10.98 (U20M-2) G2 P10	2	148	David EVANS - U17M	Pembrokeshire Harriers	13.54 (U17M-15) P10
3	173	Kyle THOMAS - SENM	Bridgend AC	11.18 (SENM-3) P10	3	146	Charles GRIFFITHS - SENM	Carmarthen Harriers	13.64 (SENM-15)
4	147	Jordan DRAISEY - U20M	Swansea Harriers	11.32 (U20M-6) P10	4	122	Daniel HUMPHREYS - SENM	Run4All Neath	14.90 (SENM-17)
5	197	Daniel SNELLING - U20M	Newport Harriers	11.36 (U20M-8) P10	DNS	126	Elsa MOUD PRISO - U17W	Etanpes Athletisme	
6	188	Dylan PARRY - U17M	Bridgend AC	11.47 (U17M-2) G4 P10	DNS	127	Laurnyn NEMORI - U17W	Etanpes Athletisme	
7	211	Ceirion HOPKINS - U17M	Neath Harriers	11.50 (U17M-3) G4 P10	DNS	128	Couro WANE - U17W	Etanpes Athletisme	
Heat 5 ws +1.0				Heat 6					
1	123	Yannick DSIE - U20M	Etanpes Athletisme	11.48 (U20M-9) P10	1	154	Chris LLOYD - SENM	Run4All Neath	12.50 (SENM-10)
2	161	Kyle JONES - U17M	Neath Harriers	11.61 (U17M-4) P10	2	198	Joseph DAVIES - U20M	Newport Harriers	12.71 (U20M-16) P10
3	186	Richhard LRE - U17M	Cardiff AAC	11.65 (U17M-5) P10	3	129	Franck PANO - SENM	Etanpes Athletisme	12.86 (SENM-12)
4	180	Jake MCINERY - U20M	Barry & Vale Harriers	11.68 (U20M-10) P10	4	124	Quentin CASTANEDO - SENM	Etanpes Athletisme	12.94 (SENM-13)
5	176	Danny BURROWS - U20M	Swansea Harriers	11.80 (U20M-11)	5	210	James MORGAN - SENM	Newport Harriers	13.07 (SENM-14)
6	157	Patrick SMITH - U20M	Pembrokeshire Harriers	11.87 (U20M-12)	6	199	Lloyd HARRIES - U20M	Rhondda AC	13.16 (U20M-17) P10
7	150	Daniel SALMON - U20M	Pembrokeshire Harriers	12.20 (U20M-14)	7	216	Robin WOOD - SENM	Swansea Harriers	13.75 (SENM-16)
Heat 7 ws +0.5				Heat 8 ws -1.4					
1	195	Kristian JONES - U20M	Cardiff AAC	10.82 (U20M-1) G1 P10	1	193	Aaron OWEN - U20M	Cardiff AAC	11.31 (U20M-5) P10
2	182	Karl MCLEAN - SENM	Cardiff Met University	11.07 (SENM-2) G3 P10	2	190	Jamie KAGED - SENM	Newport Harriers	12.47 (SENM-9)
3	139	Callum DAVIES - U20M	Swansea Harriers	11.08 (U20M-3) G3 P10	3	149	Finlay BOWIE - U17M	Pembrokeshire Harriers	13.22 (U17M-14)
4	169	Tyler WILLIAMS - U20M	Newport Harriers	11.24 (U20M-4) P10	4	205	Jamal ABDILAH - U17M	Cardiff AAC	13.95 (U17M-16) P10
5	206	Daniel DELL - SENM	Cardiff AAC	11.25 (SENM-4) P10	5	217	Tommy EVANS - U17M	Rhondda AC	14.92 (U17M-17) P10
6	191	Ben PARIS - U17M	Cardiff Archers	11.26 (U20M-1) G2 P10					
7	114	Michael WILSON - U20M	Swansea Harriers	11.32 (U20M-6) P10					

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
Heat 1 ws -0.8				Heat 2 ws -1.1					
1	123	Yannick DSIE - U20M	Etanpes Athletisme	22.93 (U20M-5) P10	1	213	Patryk GANCLERZ - U20M	Llanelli AC	24.41 (U20M-11) P10
2	110	Rhys HARRIS - U20M	Swansea Harriers	23.95 (U20M-9)	2	116	Tomos SLADE - U17M	Swansea Harriers	25.03 (U17M-5) P10
3	158	Ashraf LILES - U20M	Carmarthen Harriers	24.60 (U20M-12)	3	154	Chris LLOYD - SENM	Run4All Neath	25.27 (SENM-3)
4	144	Dwayne GRIFFITHS - U20M	Carmarthen Harriers	25.16 (U20M-13)	4	202	Rhys ROBERTS - U20M	Bridgend AC	25.56 (U20M-14) P10
DNS	175	Tom SEABURY - SENM	Swansea Harriers		5	218	Aaron OSUJI - U17M	Neath Harriers	25.64 (U17M-7) P10
DNS	176	Danny BURROWS - U20M	Swansea Harriers		6	210	James MORGAN - SENM	Newport Harriers	26.72 (SENM-6)
DNS	244	Owen LOCKE - U17M	Newport Harriers		DNS	125	Marvin BOURGEOIS - SENM	Etanpes Athletisme	
Heat 3 ws -0.1				Heat 4 ws +0.4					
1	163	Joe BRIER - U20M	Swansea Harriers	22.49 (U20M-4) G3 P10	1	136	James CROOKS - U17M	Neath Harriers	25.83 (U17M-8)
2	192	Marcus BAYONA-MARTINEZ - SENM	Brecon AC	22.76 (SENM-1) P10	2	119	Keiran INGRAM - SENM	Swansea Harriers	27.22 (SENM-8)
3	147	Jordan DRAISEY - U20M	Swansea Harriers	23.56 (U20M-8) P10	3	205	Jamal ABDILAH - U17M	Cardiff AAC	27.72 (U17M-11)
4	227	Joe CROSBY - U20M	Swansea Harriers	23.96 (U20M-10)	4	216	Robin WOOD - SENM	Swansea Harriers	28.67 (SENM-9)
DNS	139	Callum DAVIES - U20M	Swansea Harriers		5	146	Charles GRIFFITHS - SENM	Carmarthen Harriers	28.98 (SENM-10)
DNS	197	Daniel SNELLING - U20M	Newport Harriers		6	122	Daniel HUMPHREYS - SENM	Run4All Neath	30.37 (SENM-11)
DNS	173	Kyle THOMAS - SENM	Bridgend AC		7	160	Lee LLEWELLYN - SENM	Run4All Neath	32.65 (SENM-12)
Heat 5 ws -0.3				Heat 6 ws +2.4					
1	180	Jake MCINERY - U20M	Barry & Vale Harriers	23.52 (U20M-7) P10	1	153	Marklan JACKSON - SENM	Cardiff AAC	25.11 (SENM-2)
2	211	Ceirion HOPKINS - U17M	Neath Harriers	23.74 (U17M-2) P10	2	230	Tyler HEALAN - U17M	Cardiff AAC	25.16 (U17M-6) P10
3	162	Josh PHILLIPS - U17M	Neath Harriers	24.10 (U17M-4) P10	3	124	Quentin CASTANEDO - SENM	Etanpes Athletisme	26.35 (SENM-4)
DNS	150	Daniel SALMON - U20M	Pembrokeshire Harriers		4	121	Tyrone FOWLER - SENM	Newport Harriers	26.51 (SENM-5)
DNS	152	Aaron JOHN - U17M	Pembrokeshire Harriers		5	129	Franck PANO - SENM	Etanpes Athletisme	26.95 (SENM-7)
DNS	178	Ashley JONES - SENM	Cardiff AAC		6	112	Stephen OPOKO - U17M	Swansea Harriers	27.28 (U17M-9)
DNS	157	Patrick SMITH - U20M	Pembrokeshire Harriers		7	232	Ieuan DAVIES - U17M	Rhondda AC	27.29 (U17M-10)
					DNS	205	Jamal ABDILAH - U17M	Cardiff AAC	(U17M-11)

WELSH ATHLETICS LEAGUE

Spytty Stadium, Newport

Sunday 24th April 2016

Male Track Results



WELSH ATHLETICS
ATHLETAU CYMRU

Pos	Bib	Athlete	Club	Heat 7 Perf	ws +4.0	Pos	Bib	Athlete	Club	Heat 8 Perf
1	195	Kristian JONES - U20M	Cardiff AAC	21.78	(U20M-1) G1 P10					
2	113	Rhodri WILLIAMS - U20M	Swansea Harriers	22.12	(U20M-2) G2 P10					
3	191	Ben PARIS - U17M	Cardiff Archers	22.19	(U17M-1) G1 P10					
4	169	Tyler WILLIAMS - U20M	Newport Harriers	22.45	(U20M-3) G3 P10					
5	176	Danny BURROWS - U20M	Swansea Harriers	23.47	P10					
6	186	Richhard LRE - U17M	Cardiff AAC	23.76	(U17M-3) P10					
7	138	Garry JONES - SENM	Cardiff AAC	34.50	(SENM-13)					

T09 Male 400m

AC Record - Phil BROWN, England, 45.29, 1986

Welsh Record - Iwan THOMAS, Newham, 44.36, 1997 : Senior Lge Record - Roger BARRETT, Carmarthen Harriers, 48.0, 1984

Welsh U20 Record - Tim BENJAMIN, Cardiff AAC, 46.10, 2001 : U20 Lge Record - Sam CONWAY, Cardiff AAC, 50.0, 2010.

Welsh U17 Record - Bruce TASKER, Carmarthen Harriers, 47.85, 2004 : U17 Lge Record - Rhodri SCANLON, Carmarthen Harriers, 51.1, 2003

Heat 1						Heat 2					
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	163	Joe BRIER - U20M	Swansea Harriers	49.21	(U20M-1) G1 P10	1	222	Daniel MORRIS - U17M	Bridgend AC	53.33	(U17M-2) P10
2	178	Ashley JONES - SENM	Cardiff AAC	51.33	(SENM-1) P10	2	249	Adam FIELDING - U17M	Swansea Harriers	53.98	(U17M-4) P10
3	152	Aaron JOHN - U17M	Pembrokeshire Harriers	51.83	(U17M-1) G4 P10	3	106	Luke GAWTHORN - U17M	Newport Harriers	57.12	(U17M-5) P10
4	187	Carl MCEWAN - SENM	Newport Harriers	52.35	(SENM-2) P10	4	198	Joseph DAVIES - U20M	Newport Harriers	59.52	(U20M-5) P10
5	158	Ashraf LILES - U20M	Carmarthen Harriers	52.54	(U20M-2) P10	5	174	Rhys ROBERTS - SENM	Swansea Harriers	65.95	(SENM-3)
6	144	Dwayne GRIFFITHS - U20M	Carmarthen Harriers	53.04	(U20M-3) P10	6	138	Garry JONES - SENM	Cardiff AAC	77.51	(SENM-4)
7	233	Seth KELLY - U17M	Cardiff AAC	53.79	(U17M-3) P10	DNS	240	Jordan FENDER - U20M	Cardiff AAC		
8	229	Iestyn JAMES - U20M	Cardiff AAC	54.77	(U20M-4)						

T11 Male 800m

AC Record - William TANUI, Kenya, 1:44.65, 1990

Welsh Record - Gareth WARBURTON, Cardiff AAC, 1:44.98, 2012 : Senior Lge Record - Roger BARRETT, Carmarthen Harriers, 1:50.0, 1984

Welsh U20 Record - Paul WILLIAMS, Barry & Vale Harriers, 1:48.20, 1986 : U20 Lge Record - Elliott HARDEE, Cardiff AAC, 1:55.3, 2010

Welsh U17 Record - Neil HORSFIELD, Newport Harriers, 1:51.60, 1983 : U17 Lge Record - Rob LIGHTFOOT, Wrexham AC, 1:57.7, 2003

Heat 1						Heat 2					
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	175	Tom SEABURY - SENM	Swansea Harriers	2:13.87	(SENM-3)	1	255	Simon JOHN - SENM	Neath Harriers	2:21.28	(SENM-5)
2	145	Iestyn WILLIAMS - U17M	Carmarthen Harriers	2:14.23	(U17M-3)	2	232	Ieuan DAVIES - U17M	Rhondda AC	2:24.84	(U17M-7)
3	107	Robert PRADY - SENM	Swansea Harriers	2:15.33	(SENM-4)	3	253	Cameron TAYLOR - U17M	Cardiff AAC	2:25.69	(U17M-8)
4	247	Matthew VERRAN - U20M	Cardiff AAC	2:16.41	(U20M-4)	4	185	Kian TINSLEY - U17M	Aberdare VAAC	2:29.79	(U17M-9)
5	252	Ryan DRAPER - U20M	Newport Harriers	2:18.14	(U20M-5)	5	242	Jonathan SAMUEL - SENM	Newport Harriers	2:31.05	(SENM-7)
6	221	Owain ASH - U17M	Cardiff AAC	2:20.99	(U17M-5)	6	170	Joseph LLOYD-WEST - U17M	Neath Harriers	2:32.63	(U17M-10)
7	134	Luke DANIELS - U17M	Brecon AC	2:21.54	(U17M-6)	7	143	Laurence WORTH - SENM	Pembrokeshire Harriers	2:37.25	(SENM-8)
8	159	Adrian LEWIS - SENM	Aberdare VAAC	2:25.66	(SENM-6)	8	160	Lee LLEWELLYN - SENM	Run4All Neath	2:50.38	(SENM-9)
						9	208	James TYLER - SENM	Pembrokeshire Harriers	3:05.35	(SENM-10)

Heat 3						Heat 4					
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	156	Matthew WILLIAMS - U20M	Pembrokeshire Harriers	1:56.60	(U20M-1) G3 P10						
2	243	Lewis DANIELS - U20M	Cwmbran Harriers	1:59.89	(U20M-2) P10						
3	245	James HUNT - SENM	Cardiff AAC	2:00.42	(SENM-1) P10						
4	246	Tom JENKINS - U20M	Newport Harriers	2:01.19	(U20M-3) P10						
5	244	Owen LOCKE - U17M	Newport Harriers	2:02.12	(U17M-1) G4 P10						
6	226	Dominic FARR - SENM	Cardiff AAC	2:07.61	(SENM-2)						
7	151	Thomas JONES - U17M	Carmarthen Harriers	2:11.72	(U17M-2)						
8	238	Sam WILLIAMS - U17M	Barry & Vale Harriers	2:17.97	(U17M-4)						

T02 Male 3000m

AC Record - David JAMES, Wales, 7:46.95, 1980

Welsh Record - Steve HENSHAW, Cardiff AAC, 8:39.2, 1983 : Senior Lge Record - Ian HAMER, Edinburgh, 7:46.40, 1990

Welsh U20 Record - David MOUNTFORD, Deeside AAC, 8:52.4, 2010 : U20 Lge Record - Andrew RODGERS, Leeds, 8:12.6, 1983

Welsh U17 Record - Daniel CHESWORTH, Newport Harriers, 9:08.0, 2010 : U17 Lge Record - Colin CLARKSON, Swansea, 8:25.2, 1977

Heat 1						Heat 2					
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	118	James VINCENT - U17M	Cardiff AAC	9:06.30	(U17M-1) G4 P10						
2	109	Abed TEWELDEBRHAN - SENM	Newport Harriers	9:08.20	(SENM-1) P10						
3	184	Matthew EDMONDS - SENM	Newport Harriers	9:14.20	(SENM-2) P10						
4	151	Thomas JONES - U17M	Carmarthen Harriers	9:16.30	(U17M-2) G4 P10						
5	196	Craig WILLIAMS - U20M	Newport Harriers	9:40.10	(U20M-1)						
6	171	Paul CLARKE - SENM	Carmarthen Harriers	9:51.10	(SENM-3)						
7	149	Finlay BOWIE - U17M	Pembrokeshire Harriers	9:51.40	(U17M-3) P10						
8	148	David EVANS - U17M	Pembrokeshire Harriers	10:17.90	(U17M-4)						
9	159	Adrian LEWIS - SENM	Aberdare VAAC	10:19.10	(SENM-4)						
10	167	Evan PRICE-DAVIES - U17M	Brecon AC	10:43.40	(U17M-5)						
11	170	Joseph LLOYD-WEST - U17M	Neath Harriers	10:48.10	(U17M-6)						
12	201	Andrew JENKINS - SENM	Neath Harriers	11:32.80	(SENM-5)						
13	185	Kian TINSLEY - U17M	Aberdare VAAC	11:44.10	(U17M-7)						
14	143	Laurence WORTH - SENM	Pembrokeshire Harriers	11:52.10	(SENM-6)						
15	174	Rhys ROBERTS - SENM	Swansea Harriers	11:54.40	(SENM-7)						
16	165	Grant PEARCE - SENM	Run4All Neath	11:57.30	(SENM-8)						
17	160	Lee LLEWELLYN - SENM	Run4All Neath	12:11.60	(SENM-9)						

Pos Bib Athlete Club Heat 4 Perf

WELSH ATHLETICS LEAGUE

Spytty Stadium, Newport

Sunday 24th April 2016

Male Track Results



WELSH ATHLETICS
ATHLETAU CYMRU

T01 Male 2km Walk

AC Record - Not Recognised at this age group

Welsh Record - Not Recognised at this age group : Senior Lge Record - Jordan PRICE, Brecon AC, 11:01.5 [M1-Cardiff] 2015

Welsh U20 Record - Cameron SMITH, Cardiff AAC, 8:22.80, 06.07.2001 : U20 Lge Record - Jordan PRICE, Brecon AC, 11:01.5 [M1-Cardiff] 2015

Welsh U17 Record - Owen YOUNG, Llanishen S, 10:34.60, 06.07.2001 : U17 Lge Record - No Record Set

				Heat 1						Heat 2
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf
1	27	Megan STRATON - U17W	Swansea Harriers	10:04.49	(U17W-)					
2	130	Pierre ELSDEN - SENM	Etanpes Athletisme	13:01.90	(SENM-1)					
3	1	Laura GREY - SENW	Run4All Neath	13:54.71	(SENW-)					
4	120	John COLLINS - SENM	Swansea Harriers	14:29.02	(SENM-2)					
DQ	103	Jordan PRICE - U17M	Brecon AC							
DQ	142	Dwain NICHOLAS - U17M	Pembrokeshire Harriers							
DQ	101	Daniel MCKERLICH - U17M	Cardiff AAC							

T07 SENM 110m Hurdles (107.0cm)

AC Record - Colin JACKSON, Wales, 13.10, 1990

Welsh Record - Colin JACKSON, Brecon AC, 12.91, 1993 : Senior Lge Record - Colin JACKSON, Brecon AC, 13.3, 1993

Welsh U20 Record - Not Recognised at this age group : U20 Lge Record - Not Recognised at this age group

Welsh U17 Record - Not Recognised at this age group : U17 Lge Record - Not Recognised at this age group

				Heat 1	ws -2.6					Heat 2
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf
1	189	Kyle ARNOLD - SENM	Newport Harriers	16.03						
2	203	Derrick OSBOURNE - SENM	Brecon AC	22.60	P10					
DQ	110	Rhys HARRIS - U20M	Swansea Harriers							

T12 U17M 100m Hurdles (91.4cm)

AC Record - Colin JACKSON, Wales, 13.10, 1990

Welsh Record - Not Recognised at this age group : Senior Lge Record - Not Recognised at this age group

Welsh U20 Record - Colin JACKSON, Cardiff AAC, 13.44, 1986 : U20 Lge Record - Not Recognised at this age group

Welsh U17 Record - David GUEST, Bridgend AC, 12.94, 2007 : U17 Lge Record - Rhys HARRIS, Swansea Harriers, 13.57 [M1-Cardiff] 2015

				Heat 1						Heat 2
Pos	Bib	Athlete	Club	Perf	ws -1.2	Pos	Bib	Athlete	Club	Perf
1	164	Shaun ZYGALDO - U17M	Pembrokeshire Harriers	14.38	(U17M-1) G1 P10					
2	117	Micahel THOMPSON - U17M	Swansea Harriers	15.12	(U17M-2) G1 P10					
3	212	Thomas ATKINSON - U17M	Cardiff AAC	15.12	(U17M-2) G1 P10					
DQ	116	Tomos SLADE - U17M	Swansea Harriers							

T06 Male 1500m s/c

AC Record - Not Recognised at this age group

Welsh Record - Not Recognised at this age group : Senior Lge Record - Ciaran LEWIS, Cardiff AAC, 4:32.52 [M1-Cardiff] 2015

Welsh U20 Record - Not Recognised at this age group : U20 Lge Record - Ciaran LEWIS, Cardiff AAC, 4:32.52 [M1-Cardiff] 2015

Welsh U17 Record - Steve EVANS, Abertillery, 4:11.2, 1974 : U17 Lge Record - Mitchell ASPLAND, Neath Harriers, 4:40.0, 2003

				Heat 1						Heat 2
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf
1	166	Brychan PRICE-DAVIES - U17M	Brecon AC	5:06.87	(U17M-1) P10					
2	121	Tyrone FOWLER - SENM	Newport Harriers	5:09.55	(SENM-1)					
3	219	Jackson MOUNTFORD - U17M	Newport Harriers	5:10.62	(U17M-3)					

T19 Male 4 x 100 relay

AC Record - Australia, 39.55, 2002

Welsh Record - Wales, 38.73, 1998 : Senior Lge Record - Swansea Harriers, 42.5, 1981

Welsh U20 Record - Wales, 41.60, 1995 : U20 Lge Record - Cardiff AAC, 45.68, 2009

Welsh U17 Record - Not Recognised at this age group : U17 Lge Record - Cardiff AAC, 45.2, 2002

				Heat 1						
Pos	Bib	Club	Perf	Athletes						
1	147	Swansea Harriers	45.55							scoring
2	150	Pembrokeshire Harriers	46.83							scoring
3	161	Neath Harriers	47.04							scoring
4	123	Etanpes Athletisme	48.58							
5	158	Carmarthen Harriers	52.39							scoring
6	216	Swansea Harriers	53.49							
7	154	Run4All Neath	58.86							scoring

WELSH ATHLETICS LEAGUE

Spytty Stadium, Newport

Sunday 24th April 2016

Female Track Results



WELSH ATHLETICS
ATHLETAU CYMRU

T04 Female 100m

AC Record - Heather OAKES, England, 11.27, 1984

Welsh Record - Sallyanne SHORT/Elaine O'NEILL/Hannah BRIER, Torfaen AC/ Woodford Gn/Swansea Harriers 11.39, 1992/2010/2015 : Senior Lge Record - Sallyanne SHORT, Torfaen AC, 11.9, 1987

Welsh U20 Record - Hannah BRIER, Swansea Harriers, 11.39, 2015 : U20 Lge Record - Hannah BRIER, Swansea Harriers, 11.53 [M1-Cardiff] 2015

Welsh U17 Record - Hannah BRIER, Swansea Harriers, 11.57, 2014 : U17 Lge Record - Hannah BRIER 11.72 (+4.2) 2013 [M2]

Heat 1 ws +0.5				Heat 2 ws -1.1					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	41	Rebecca CHICK - U17W	Cwmbran Harriers	13.31 (U17W-10)	1	61	Skylar EVANS - U17W	Bridgend AC	14.01 (U17W-15)
2	32	Gabrielle CHRISTMAS - U17W	Swansea Harriers	13.61 (U17W-11)	2	36	Ellie D'AURIA - U17W	Swansea Harriers	14.09 (U17W-16)
3	49	Amy ROTHERO - U17W	Pembrokeshire Harriers	13.81 (U17W-14)	3	16	Katie PHILLIPS - U20W	Swansea Harriers	14.12 (U20W-6)
4	28	Sophie DOOGUE - U20W	Barry & Vale Harriers	13.98 (U20W-5)	4	17	Holly HURFORD - U17W	Swansea Harriers	14.25
5	70	Jasmine DUNN - U17W	Cwmbran Harriers	14.11 (U17W-17)	5	34	Paige SEGWICK - U17W	Swansea Harriers	14.52 (U17W-19)
6	65	Ania CIOLLEY - SENW	Brecon AC	14.68 (SENW-11) G1	6	80	Lauren MCLOUGHLIN - U17W	Barry & Vale Harriers	14.63 (U17W-20)
Heat 3 ws -0.6				Heat 4 ws +0.2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	69	Amy ODUNAIYA - SENW	Wrexham AAC	12.68 (SENW-3) P10	1	66	Tegan FOLEY - U17W	Pembrokeshire Harriers	13.09 (U17W-7)
2	50	Lydia THOMAS - U17W	Pembrokeshire Harriers	12.72 (U17W-3) G4 P10	2	58	Isabel BRENDEEN - U17W	Cardiff AAC	13.23 (U17W-9)
3	26	Alicia SAMUEL - U17W	Carmarthen Harriers	13.07 (U17W-6) P10	3	71	Lizzie HARRIS - SENW	Cardiff AAC	13.25 (SENW-5)
4	2	Elisha THOMAS - U17W	Bridgend AC	13.17 (U17W-8) P10	4	72	Clara NUTHALL - U20W	Cardiff AAC	13.49 (U20W-3)
5	14	Natasha WOODS - SENW	Bridgend AC	13.19 (SENW-4) P10	5	35	Kirsty CRANE - SENW	Newport Harriers	14.01 (SENW-7)
6	78	Mia EVANS - U20W	Swansea Harriers	13.51 (U20W-4)	6	44	Sophie SARGANT - U17W	Neath Harriers	14.14 (U17W-18)
Heat 5 ws +2.1				Heat 6 ws +3.0					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	62	Hannah LONGDEN - U17W	Bridgend AC	12.45 (U17W-1) G2 P10	1	47	Hannah BRIER - U20W	Swansea Harriers	11.55 (U20W-1)
2	60	Juliet SIDNEY - SENW	Newport Harriers	14.02 (SENW-8)	2	63	Mica MOORE - SENW	Birchfield Harriers	11.91 (SENW-1)
3	15	Jenny MCLOUGHLIN - SENW	Cwmbran Harriers	14.44 (SENW-9)	3	6	Katie - Jane PRIEST - SENW	Newport Harriers	12.23 (SENW-2)
4	24	Caroline HURLEY - SENW	Swansea Harriers	14.60 (SENW-10)	4	37	Zoe NASH - U17W	Bridgend AC	12.56 (U17W-2)
5	45	Amelia KELLY - U17W	Neath Harriers	16.00 (U17W-21)	5	59	Rebecca KENNET - U20W	Cardiff AAC	12.93 (U20W-2)
DNS	25	Katherine MORRIS - SENW	Swansea Harriers		6	56	Armani WILLIAMS - U17W	Newport Harriers	13.00 (U17W-4)
Heat 7 ws +2.4				Heat 8					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	172	Lana CULLIFORD - U17W	Cardiff AAC	13.04 (U17W-5) P10	7	81	Gemma HARRIS - SENW	Run4All Neath	16.50 (SENW-12)
2	83	Danielle FRANKIN - SENW	Llanelli AC	13.70 (SENW-6)					
3	33	Seren WYATT - U17W	Swansea Harriers	13.71 (U17W-12)					
4	126	Elsa MOUD PRISO - U17W	Etanpes Athletisme	13.74 (U17W-13)					
5	128	Couro WANE - U17W	Etanpes Athletisme	16.15 (U17W-22)					
6	127	Lauryn NEMORI - U17W	Etanpes Athletisme	17.06 (U17W-23)					

T15 Female 200m

AC Record - Sonia LANNAMAN, England, 22.58, 1980

Welsh Record - Michelle SCUTT, Sale Harriers , 22.80, 1982 : Senior Lge Record - Sallyanne SHORT, Torfaen AC, 24.4, 1987

Welsh U20 Record - Hannah BRIER, Swansea Harriers, 23.59, 2015 : U20 Lge Record - Hannah BRIER, Swansea Harriers, 23.44 [M1-Cardiff] 2015

Welsh U17 Record - Michelle PROBERT, Sale Harriers, 23.60, 1976 : U17 Lge Record - Hannah BRIER Swansea Harriers 24.81 2013 [M2]

Heat 1 ws -0.4				Heat 2 ws -0.3					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	12	Gabrielle FAUANDE - U17W	Cwmbran Harriers	26.34 (U17W-3) P10	1	62	Hannah LONGDEN - U17W	Bridgend AC	26.01 (U17W-1)
2	17	Holly HURFORD - U17W	Swansea Harriers	29.00 (U17W-12)	2	31	Seren WENHAM - U17W	Cardiff AAC	29.39 (U17W-14)
3	42	Catrin LEWIS - U17W	Barry & Vale Harriers	29.11 (U17W-13)	3	98	Natalie WARREN - SENW	Run4All Neath	29.89 (SENW-8)
4	60	Juliet SIDNEY - SENW	Newport Harriers	29.44 (SENW-7)	4	46	Catrina DAVIES - U17W	Neath Harriers	32.27 (U17W-18)
5	44	Sophie SARGANT - U17W	Neath Harriers	29.92 (U17W-17)	5	45	Amelia KELLY - U17W	Neath Harriers	34.27 (U17W-19)
6	24	Caroline HURLEY - SENW	Swansea Harriers	31.09 (SENW-9)	6	81	Gemma HARRIS - SENW	Run4All Neath	34.96 (SENW-12)
7	15	Jenny MCLOUGHLIN - SENW	Cwmbran Harriers	31.13 (SENW-10)	DNS	127	Lauryn NEMORI - U17W	Etanpes Athletisme	
DNS	128	Couro WANE - U17W	Etanpes Athletisme						
Heat 3 ws -0.2				Heat 4 ws -0.2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	50	Lydia THOMAS - U17W	Pembrokeshire Harriers	26.27 (U17W-2) G4 P10	1	260	Hannah PACHUTA - U17W	Bridgend AC	26.40 (U17W-4)
2	251	Celyn WILLIAMS - U17W	Carmarthen Harriers	26.69 (U17W-6) G1 P10	2	83	Danielle FRANKIN - SENW	Llanelli AC	28.43 (SENW-6)
3	71	Lizzie HARRIS - SENW	Cardiff AAC	26.78 (SENW-3) P10	3	61	Skylar EVANS - U17W	Bridgend AC	28.87 (U17W-9)
4	66	Tegan FOLEY - U17W	Pembrokeshire Harriers	27.07 (U17W-7) G1	4	248	Caitlin MILLS - U17W	Cardiff AAC	28.90 (U17W-10)
5	14	Natasha WOODS - SENW	Bridgend AC	27.80 (SENW-5) G1 P10	5	21	Macey JONES - U17W	Cwmbran Harriers	28.97 (U17W-11)
6	33	Seren WYATT - U17W	Swansea Harriers	29.60 (U17W-16) G1 P10	6	70	Jasmine DUNN - U17W	Cwmbran Harriers	29.39 (U17W-14)
7	40	Rachel EVANS - SENW	Run4All Neath	35.47 (SENW-13) G1 P10	7	257	Sara DAVIES - SENW	Swansea Harriers	31.90 (SENW-11)
Heat 5 ws -0.7				Heat 6					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	47	Hannah BRIER - U20W	Swansea Harriers	24.07 (U20W-1) G1 P10					
2	6	Katie - Jane PRIEST - SENW	Newport Harriers	25.59 (SENW-1) G3 P10					
3	69	Amy ODUNAIYA - SENW	Wrexham AAC	26.06 (SENW-2) P10					
4	37	Zoe NASH - U17W	Bridgend AC	26.63 (U17W-5) G1					
5	172	Lana CULLIFORD - U17W	Cardiff AAC	27.07 (U17W-7) G1 P10					
6	59	Rebecca KENNET - U20W	Cardiff AAC	27.64 (U20W-2) G1 P10					
7	84	Victoria BELCHER - SENW	Newport Harriers	27.67 (SENW-4) G1 P10					

WELSH ATHLETICS LEAGUE

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Female Track Results



T10 Female 400m

AC Record - Michelle SCUTT, Wales, 50.63, 1982

Welsh Record - Michelle SCUTT, Sale Harriers, 50.63, 1982 : Senior Lge Record - Anne MIDDLE, Newport Harriers, 55.2, 1991

Welsh U20 Record - Sian MORRIS, Port Talbot Harriers, 52.80, 1983 : U20 Lge Record - Gail LIPPETT, Wrexham AC, 59.00, 2007

Welsh U17 Record - Sian WATERS, Cardiff AAC, 55.53, 1977 : U17 Lge Record - Not Recognised at this age group

Heat 1				Heat 2							
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	99	Melissa ROBERTS - U20W	Cardiff AAC	58.14	(U20W-1) G3 P10	1	235	Ffion MORGAN - U17W	Cardiff Archers	63.63	(U17W-2)
2	234	Jessica HILL - U17W	Cardiff AAC	61.13	(U17W-1) P10	2	19	Lisa SCARFI - U17W	Newport Harriers	65.92	(U17W-3)
3	85	Leah BITCHELL - SENW	Cardiff Met University	61.42	(SENW-1) P10	3	237	Ysabelle WILLIAMS - U20W	Barry & Vale Harriers	67.05	(U20W-2)
4	83	Danielle FRANKIN - SENW	Llanelli AC	63.78	(SENW-2) P10	4	250	Nicole POLLOCK - U20W	Newport Harriers	70.20	(U20W-3)
5	90	Cerys MORGAN - SENW	Llanelli AC	64.94	(SENW-3)	5	23	Lucy OSBORN - U17W	Swansea Harriers	85.76	(U17W-4)

T08 Female 800m

AC Record - Christiane WILDSCHKEK, Austria, 2:00.21, 1979

Welsh Record - Kirsty MCDERMOTT, Bristol & West AC, 1:57.42, 1985 : Senior Lge Record - Samantha PORTER, Cardiff AAC, 2:11.1, 1989

Welsh U20 Record - Kirsty MCDERMOTT, Brecon AC, 2:04.01, 1981 : U20 Lge Record - Kate WILTSHIRE, Cardiff AAC, 2:17.12, 2006

Welsh U17 Record - Amanda PRITCHARD, Cardiff AAC, 2:07.32, 1996 : U17 Lge Record - Rebecca NUTALL, Deeside AAC, 2:18.4, 2003

Heat 1				Heat 2							
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	126	Elsa MOUD PRISO - U17W	Etanpes Athletisme	2:20.26	(U17W-1) G4 P10	1	95	Rhian JONES - U17W	Cardiff AAC	2:29.84	(U17W-2)
2	89	Georgie PRIOR - SENW	Newport Harriers	2:32.28	(SENW-2)	2	91	Grace WHEELER - U17W	Cardiff AAC	2:30.72	(U17W-3)
3	98	Natalie WARREN - SENW	Run4All Neath	2:40.84	(SENW-4)	3	84	Victoria BELCHER - SENW	Newport Harriers	2:30.95	(SENW-1)
4	94	Megan JOHNSTONE - U20W	Brecon AC	2:44.95	(U20W-2)	4	92	Georgia COLE - U20W	Cardiff AAC	2:31.81	(U20W-1)
5	96	Phoebe MARSDEN - U20W	Newport Harriers	2:45.41	(U20W-3)	5	82	Heddwen DANIEL - SENW	Cardiff AAC	2:32.98	(SENW-3)
6	93	Hannah OWENS - U17W	Barry & Vale Harriers	2:45.92	(U17W-9)	6	241	Mollie SAMUEL - U17W	Newport Harriers	2:33.98	(U17W-4)
7	236	Ellie POWELL - U20W	Cardiff AAC	2:49.36	(U20W-4)	7	100	Anwen ROBERTS - U17W	Newport Harriers	2:34.84	(U17W-5)
8	40	Rachel EVANS - SENW	Run4All Neath	2:51.58	(SENW-5)	8	57	Rhiannon PHILLIPS - U17W	Neath Harriers	2:37.13	(U17W-6)
9	239	Megan JAMES - U17W	Neath Harriers	3:05.88	(U17W-11)	9	39	Non MORGAM - U17W	Carmarthen Harriers	2:37.36	(U17W-7)
DNS	36	Ellie D'AURIA - U17W	Swansea Harriers			10	68	Laura WRIGHT - U17W	Cardiff AAC	2:42.01	(U17W-8)
						11	22	Hollie - May ALLEN - U17W	Swansea Harriers	2:55.71	(U17W-10)

T03 Female 3000m

AC Record - Paula FUDGE, England, 8:52.9, 1982

Welsh Record - Hayley TULLETT, Swansea Harriers, 8:45.4, 2000 : Senior Lge Record - Caryl JONES, Carmarthen Harriers, 9:48.3, 2010

Welsh U20 Record - Non STANFORD, Swansea Harriers, 9:22.8, 2004 : U20 Lge Record - Rhianwedd PRICE Cardiff AAC 10:10.71 2013 (M1)

Welsh U17 Record - Non STANFORD, Swansea Harriers, 9:22.8, 2004 : U17 Lge Record - Ffion PRICE, Brecon AC, 10:16.17, 2009

Heat 1				Heat 2						
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf
1	64	Alaw BENYON - THOMAS - SENW	Swansea Harriers	9:58.36	(SENW-1) G2 P10					
2	20	Heidi DAVIES - U20W	Brecon AC	10:03.62	(U20W-1)					
3	13	Mari WATKINS - U17W	Neath Harriers	11:22.42	(U17W-1)					
4	67	Ruth PHILLIPS - SENW	Newport Harriers	11:28.26	(SENW-2) P10					
5	68	Laura WRIGHT - U17W	Cardiff AAC	11:32.84	(U17W-2)					
6	40	Rachel EVANS - SENW	Run4All Neath	11:45.88	(SENW-3)					
7	77	Megan TUCKER - U20W	Brecon AC	11:49.54	(U20W-2)					
8	76	Beverly TUCKER - SENW	Brecon AC	13:06.79	(SENW-4)					
9	132	Louise LAFARGUE - SENW	Etanpes Athletisme	13:45.71	(SENW-5)					

T13 Female 100m Hurdles (84.0cm)

AC Record - Kay MORLEY, Wales, 13.02, 1990

Welsh Record - Kay MORLEY, Cardiff AAC, 12.91, 1990 : Senior Lge Record - Heather JONES, Carmarthen Harriers, 13.6, 2005

Welsh U20 Record - Bethan EDWARDS, Cardiff AAC, 13.57, 1992 : U20 Lge Record - Heather JONES, Carmarthen Harriers, 14.00, 2005

Welsh U17 Record - Heather JONES, Carmarthen Harriers, 11.27, 2003 : U17 Lge Record - Not Recognised at this age group

Heat 1 ws -1.2				Heat 2						
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf
1	58	Isabel BRENDEN - U17W	Cardiff AAC	15.76	G1 P10					
2	63	Mica MOORE - SENW	Birchfield Harriers	15.83	(SENW-1) G1 P10					
3	72	Clara NUTHALL - U20W	Cardiff AAC	16.60	G1 P10					
4	78	Mia EVANS - U20W	Swansea Harriers	20.62	G1 P10					
DNF	25	Katherine MORRIS - SENW	Swansea Harriers							

T14 U17W 80m Hurdles

AC Record - Not Recognised at this age group

Welsh Record - Not Recognised at this age group : Senior Lge Record - Not Recognised at this age group

Welsh U20 Record - Not Recognised at this age group : U20 Lge Record - Not Recognised at this age group

Welsh U17 Record - Heather JONES, Carmarthen Harriers, 11.27, 2003 : U17 Lge Record - Heather JONES, Carmarthen Harriers, 11.3, 2003

Heat 1				Heat 2						
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf
1	41	Rebecca CHICK - U17W	Cwmbran Harriers	13.14	G1 P10					
DNF	36	Ellie D'AURIA - U17W	Swansea Harriers							

WELSH ATHLETICS LEAGUE

Spytty Stadium, Newport

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Female Track Results



T17 Female 1500m s/c

AC Record - Not Recognised at this age group

Welsh Record - Not Recognised at this age group : Senior Lge Record - Stacey WEBBER, Llanelli AC, 5:26.30, 2012

Welsh U20 Record - Not Recognised at this age group : U20 Lge Record - Katrin HIGGINSON, Bridgend AC, 5:56.79, [M1-Cardiff] 2015

Welsh U17 Record - Emily GRIFFIN, Cardiff AAC, 5:12.2, 2014 : U17 Lge Record - Rhianwedd PRICE, Brecon AC, 5:17.2, 2010

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	258	Behtan WAINWRIGHT - U17W	Newport Harriers	5:54.93 (U17W-1) P10					
2	256	Katrin HIGGINSON - U17W	Bridgend AC	5:56.34 (U17W-2) P10					
3	57	Rhiannon PHILLIPS - U17W	Neath Harriers	6:35.19 (U17W-3) P10					

T18 Female 4 x 100 relay

AC Record - Germany, 43.99, 1979

Welsh Record - Wales, 44.51, 2014 : Senior Lge Record - Torfaen AC, 49.1, 1987

Welsh U20 Record - Not Recognised at this age group : U20 Lge Record - Cardiff AAC, 51.2, 2010

Welsh U17 Record - Not Recognised at this age group : U17 Lge Record - Swansea Harriers, 50.4, 2007

Heat 1				Heat 2					
Pos	Bib	Club	Perf	Athletes	Pos	Bib	Club	Perf	Athletes
1	47	Swansea Harriers	50.59						scoring
2	37	Bridgend AC	52.32						scoring
3	50	Pembrokeshire Harriers	52.81						scoring
4	12	Cwmbran Harriers	53.13						scoring
5	33	Swansea Harriers	55.82						
6	46	Neath Harriers	57.54						scoring
7	132	Etanpes Athletisme	64.17						
8	98	Run4All Neath	71.71						scoring
Heat 2									
Pos	Bib	Club	Perf	Athletes	Pos	Bib	Club	Perf	Athletes
1	266	Guest Team	42.47						
2	192	Guest Team	43.77						
3	195	Cardiff AAC	46.83						scoring
4	69	Wrexham AAC	48.71						
5	59	Cardiff AAC	52.99						

WELSH ATHLETICS LEAGUE

Spytty Stadium, Newport

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Male Field Results



WELSH ATHLETICS
ATHLETAU CYMRU

F09 Male High Jump

AC Record - Robbie GRABARZ, England, 2.28, 2010

Welsh Record - Robert MITCHELL, Shaftesbury, 2.25, 2001 : Senior Lge Record - Paul EVANS, , 2.05, 1983

Welsh U20 Record - John HILL, Solihull, 2.24, 1985 : U20 Lge Record - Gareth HAINES, Carmarthen Harriers, 1.98

Welsh U17 Record - Chuka ENIH-SNELL, Swansea Harriers, 2.15, 2000 : U17 Lge Record - Sam HOOD, Cardiff AAC, 2.05

Pos	Bib	Athlete	Club	Perf	
1	140	Thomas WYBURN - SENM	Pembrokeshire Harriers	1.90 (SENM-1)	G3 P10
2	179	Owen CHESHER - SENM	Brecon AC	1.85 (SENM-2)	P10
3	119	Keiran INGRAM - SENM	Swansea Harriers	1.80 (SENM-3)	P10
4	141	William EDWARDS - U20M	Carmarthen Harriers	1.80 (U20M-1)	
5	183	Aled PRICE - SENM	Carmarthen Harriers	1.80 (SENM-3)	P10
6	254	Chinua EBERREONWU - U17M	Cardiff Archers	1.75 (U17M-1)	
7	225	Daniel WILLIAMS - SENM	Swansea Harriers	1.75 (SENM-5)	P10
8	168	Ioan JENKINS - U20M	Neath Harriers	1.70 (U20M-2)	
9	176	Danny BURROWS - U20M	Swansea Harriers	1.60 (U20M-3)	
10	154	Chris LLOYD - SENM	Run4All Neath	1.55 (SENM-6)	
11	203	Derick OSBOURNE - SENM	Brecon AC	1.45 (SENM-7)	
12	165	Grant PEARCE - SENM	Run4All Neath	1.10 (SENM-8)	

F07 Male Long Jump

AC Record - Ralph BOSTON, USA, 8.18, 1965

Welsh Record - Lynn DAVIES, Roath H, Cardiff, 8.23, 1968 : Senior Lge Record - Richard JONES, , 7.44, 1983

Welsh U20 Record - Colin JACKSON, Cardiff AAC, 7.56, 1985 : U20 Lge Record - Ricardo CHILDS, Brecon AC, 7.09, 2003

Welsh U17 Record - Marcus BROWNING, Chester, 7.11, 1986 : U17 Lge Record - Ricardo CHILDS, Brecon AC, 6.88, 2001

Pos	Bib	Athlete	Club	Perf	
1	177	Curtis MATTHEWS - SENM	Cardiff AAC	6.97 (SENM-1)	G2 P10
2	224	Sam ADAMS - SENM	Winchester & District AC	6.63 (SENM-2)	G3 P10
3	111	Osaze AGHEDO - U20M	Swansea Harriers	6.25 (U20M-1)	
4	227	Joe CROSBY - U20M	Swansea Harriers	6.03 (U20M-2)	
5	211	Ceirion HOPKINS - U17M	Neath Harriers	6.01 (U17M-1)	
6	110	Rhys HARRIS - U20M	Swansea Harriers	5.97 (U20M-3)	
7	223	Tony MILLS - SENM	FDSW	5.94 (SENM-3)	P10
8	164	Shaun ZYGALDO - U17M	Pembrokeshire Harriers	5.92 (U17M-2)	
9	202	Rhys ROBERTS - U20M	Bridgend AC	5.67 (U20M-4)	
10	218	Aaron OSUJI - U17M	Neath Harriers	5.50 (U17M-3)	
11	204	Ieuan HOSGOOD - U17M	Swansea Harriers	5.24 (U17M-4)	
12	115	Nicholas WILLIAMS - U17M	Swansea Harriers	5.15 (U17M-5)	
13	231	Elliot WEBBER - U20M	Swansea Harriers	5.15 (U20M-5)	
14	203	Derick OSBOURNE - SENM	Brecon AC	4.75 (SENM-4)	
15	154	Chris LLOYD - SENM	Run4All Neath	4.38 (SENM-5)	
16	216	Robin WOOD - SENM	Swansea Harriers	4.33 (SENM-6)	
17	217	Tommy EVANS - U17M	Rhondda AC	3.99 (U17M-6)	
18	165	Grant PEARCE - SENM	Run4All Neath	3.58 (SENM-7)	

WELSH ATHLETICS LEAGUE

Spytty Stadium, Newport

Sunday 24th April 2016

Male Field Results



WELSH ATHLETICS
ATHLETAU CYMRU

F08 Male Shot Put

AC Record - Geoff CAPES, England, 21.68, 1980

Welsh Record - Shaun PICKERING, Haringey, 20.45, 1997 : Senior Lge Record - Ben ROBERTS, Deeside AAC, 14.54, 2006

Welsh U20 Record - Brett MORSE, Cardiff AAC, 17.15, 2008 : U20 Lge Record - Brett MORSE, Cardiff AAC, 16.34, 2008

Welsh U17 Record - Matthew FIELD, Cardiff AAC, 17.42, 2001 : U17 Lge Record - Tom EDWARDS, Carmarthen Harriers, 15.37, 2008

Pos	Bib	Athlete	Club	Perf	Weight used
1	209	Daniel CORK - U20M	Newport Harriers	13.14 (U20M-1)	6.00kg G3 P10
2	194	Joseph WORDILL - U17M	Carmarthen Harriers	12.57 (U17M-1)	5.00kg G3
3	108	James TOMLINSON - U17M	Pembrokeshire Harriers	12.13 (U17M-2)	5.00kg
4	183	Aled PRICE - SENM	Carmarthen Harriers	11.52 (SENM-1)	7.26kg
5	228	Peter MAITLAND - SENM	Swansea Harriers	11.26 (SENM-2)	7.26kg
6	214	Geraint PUGH - U20M	Cardiff AAC	10.65 (U20M-2)	6.00kg P10
7	215	Brynmor CLEMENTS - U17M	Swansea Harriers	10.54 (U17M-3)	5.00kg
8	181	Robert EALES - SENM	Newport Harriers	10.20 (SENM-3)	7.26kg
9	117	Micahel THOMPSON - U17M	Swansea Harriers	10.09 (U17M-4)	5.00kg
10	207	Connor EVANS - U17M	Swansea Harriers	9.95 (U17M-5)	5.00kg
11	135	Mark BOSWELL - SENM	Newport Harriers	8.55 (SENM-4)	7.26kg
12	130	Pierre ELSDEN - SENM	Etanpes Athletisme	8.33 (SENM-5)	7.26kg
13	216	Robin WOOD - SENM	Swansea Harriers	7.94 (SENM-6)	7.26kg
14	192	Marcus BAYONA-MARTINEZ - SENM	Brecon AC	7.55 (SENM-7)	7.26kg
15	119	Keiran INGRAM - SENM	Swansea Harriers	7.49 (SENM-8)	7.26kg
16	121	Tyrone FOWLER - SENM	Newport Harriers	7.28 (SENM-9)	7.26kg
17	161	Kyle JONES - U17M	Neath Harriers	7.20 (U17M-6)	5.00kg
18	167	Evan PRICE-DAVIES - U17M	Brecon AC	7.18 (U17M-7)	5.00kg
19	162	Josh PHILLIPS - U17M	Neath Harriers	7.05 (U17M-8)	5.00kg
20	199	Lloyd HARRIES - U20M	Rhondda AC	6.90 (U20M-3)	6.00kg
21	137	David JONES - SENM	Swansea Harriers	5.52 (SENM-10)	7.26kg

F04 Male Discus

AC Record - Brett MORSE, Wales, 66.84, 2013

Welsh Record - Brett MORSE, Birchfield Harriers, 66.84, 2013 : Senior Lge Record - David COLEMAN, Cardiff AAC, 45.50, 2009

Welsh U20 Record - Brett MORSE, Cardiff AAC, 60.46, 2008 : U20 Lge Record - Brett MORSE, Cardiff AAC, 58.37, 2008

Welsh U17 Record - James TOMLINSON, Pembrokeshire Harriers, 56.15, 2015 : U17 Lge Record - Glenn WILLIAMS, Cardiff AAC, 48.38

Pos	Bib	Athlete	Club	Perf	Weight used
1	108	James TOMLINSON - U17M	Pembrokeshire Harriers	50.12 (U17M-1)	1.00kg G1 P10
2	177	Curtis MATTHEWS - SENM	Cardiff AAC	44.83 (SENM-1)	2.00kg G2
3	194	Joseph WORDILL - U17M	Carmarthen Harriers	39.22 (U17M-2)	1.00kg G3 P10
4	215	Brynmor CLEMENTS - U17M	Swansea Harriers	37.59 (U17M-3)	1.00kg G3 P10
5	207	Connor EVANS - U17M	Swansea Harriers	37.58 (U17M-4)	1.00kg G3 P10
6	183	Aled PRICE - SENM	Carmarthen Harriers	32.60 (SENM-2)	2.00kg
7	228	Peter MAITLAND - SENM	Swansea Harriers	29.91 (SENM-3)	2.00kg
8	119	Keiran INGRAM - SENM	Swansea Harriers	23.82 (SENM-4)	2.00kg
9	203	Derick OSBOURNE - SENM	Brecon AC	23.32 (SENM-5)	2.00kg
10	209	Daniel CORK - U20M	Newport Harriers	21.83 (U20M-1)	1.50kg
11	130	Pierre ELSDEN - SENM	Etanpes Athletisme	19.83 (SENM-6)	2.00kg
12	121	Tyrone FOWLER - SENM	Newport Harriers	16.20 (SENM-7)	2.00kg
13	165	Grant PEARCE - SENM	Run4All Neath	15.56 (SENM-8)	2.00kg
14	137	David JONES - SENM	Swansea Harriers	11.71 (SENM-9)	2.00kg

WELSH ATHLETICS LEAGUE

Spytty Stadium, Newport

Sunday 24th April 2016

Male Field Results



WELSH ATHLETICS
ATHLETAU CYMRU

F01 Male Hammer

AC Record - Markus ESSER, Germany, 74.49, 2002

Welsh Record - Shaun PICKERING, Haringey, 68.64, 1984 : Senior Lge Record - Matthew RICHARDS, Cardiff AAC, 64.17, 2013 [M4]

Welsh U20 Record - Jac PALMER, Cardiff AAC, 78.88, 2015 : U20 Lge Record - Ashley ANDREWS, Rhondda AC, 58.67, 2011

Welsh U17 Record - Jac PALMER, Cardiff AAC, 63.85, 2012 : U17 Lge Record - Jac PALMER, Cardiff AAC, 59.14, 2012 [M2]

Pos	Bib	Athlete	Club	Perf	Weight used
1	133	Kieran GRIMWADE - U17M	Cardiff AAC	51.21 (U17M-1)	5.00kg G2 P10
2	105	Ashley ANDREWS - SENM	Worcester AC	43.21 (SENM-1)	7.26kg G3
3	135	Mark BOSWELL - SENM	Newport Harriers	31.22 (SENM-2)	7.26kg
4	102	Nick LIA - SENM	Cardiff AAC	28.95 (SENM-3)	7.26kg
5	203	Derick OSBOURNE - SENM	Brecon AC	25.01 (SENM-4)	7.26kg
6	121	Tyrone FOWLER - SENM	Newport Harriers	16.34 (SENM-5)	7.26kg
7	137	David JONES - SENM	Swansea Harriers	12.72	7.26kg
8	104	Jac PALMER - SENM	Cardiff AAC	NMR	7.26kg

WELSH ATHLETICS LEAGUE

Spytty Stadium, Newport

Sunday 24th April 2016

Female Field Results



WELSH ATHLETICS
ATHLETAU CYMRU

F06 Female High Jump

AC Record - Andrea MATAY, Hungary, 1.93, 1980

Welsh Record - Julie CRANE, Sale Harriers, 1.89, 2004 : Senior Lge Record - Rebecca JONES, Wrexham AC, 1.73, 1999

Welsh U20 Record - Rebecca JONES, Wrexham AAC, 1.88, 2002 : U20 Lge Record - Ceri STOKOE, Swansea Harriers, 1.79

Welsh U17 Record - Lea HAGGETT, Herne Hill Harriers, 1.81, 1986 : U17 Lge Record - Emily MORRIS, Swansea Harriers, 1.60

Pos	Bib	Athlete	Club	Perf	
1	87	Abigail BUXTON - U20W	Pembrokeshire Harriers	1.60	(U20W-1) P10
2	54	Eliza DURNALL - U17W	Cardiff AAC	1.45	(U17W-1)
3	52	Olivia MICHAEL - U17W	Neath Harriers	1.40	(U17W-2)

F02 Female Long Jump

AC Record - Jade JOHNSON, England, 6.69, 2002

Welsh Record - Gill REGAN, Cardiff AAC, 6.52, 1982 : Senior Lge Record - Gillian REGAN, Cardiff AAC, 6.18, 1981

Welsh U20 Record - Lisa ARMSTRONG, Torfaen AC, 6.25, 1992 : U20 Lge Record - Lara RICHARDS, Newport Harriers, 5.58

Welsh U17 Record - Lisa ARMSTRONG, Torfaen AC, 6.01, 1990 : U17 Lge Record - Sarah DACEY, Swansea Harriers, 5.59, 2013

Pos	Bib	Athlete	Club	Perf	
1	18	Catrin LORD - U17W	Cardiff AAC	5.39	(U17W-1) G3 P10
2	11	Millicent FAUANDE - U20W	Cwmbran Harriers	5.04	(U20W-1)
3	21	Macey JONES - U17W	Cwmbran Harriers	4.82	(U17W-2) P10
4	7	Elena GEI - U17W	Cardiff AAC	4.70	(U17W-3) P10
5	26	Alicia SAMUEL - U17W	Carmarthen Harriers	4.65	(U17W-4) P10
6	33	Seren WYATT - U17W	Swansea Harriers	4.63	(U17W-5) P10
7	131	Aminata BA - SENW	Etanpes Athletisme	4.51	(SENW-1)
8	65	Ania CIOLLEY - SENW	Brecon AC	4.30	(SENW-2)
9	38	Alana REES - U17W	Swansea Harriers	4.25	(U17W-6) P10

F03 Female Shot Put

AC Record - Zhu XINMEI, China, 19.69, 1991

Welsh Record - Venissa HEAD, Cardiff AAC, 18.93, 1984 : Senior Lge Record - Vanissa HEAD, Cardiff AAC, 18.93, 1984

Welsh U20 Record - Adele NICOLL, Birchfield Harriers, 15.55, 2015 : U20 Lge Record - Sally HINDS, Swansea Harriers, 13.2

Welsh U17 Record - Adele NICOLL, Birchfield Harriers, 16.00, 2013 : U17 Lge Record - Sally HINDS, Swansea Harriers, 11.4

Pos	Bib	Athlete	Club	Perf	Weight used
1	10	Lucy GRIFFITHS - SENW	Cardiff AAC	13.40	(SENW-1) 4.00kg G1 P10
2	74	Simi PAM - SENW	Peterborough AC	12.74	(SENW-2) 4.00kg G1 P10
3	9	Sarah BOYLES - SENW	Swansea Harriers	12.18	(SENW-3) 4.00kg G1 P10
4	8	Katie ROBERTS - U20W	Cardiff AAC	11.07	(U20W-1) 4.00kg G1
5	79	Danielle JONES - U17W	Carmarthen Harriers	10.87	(U17W-1) 3.00kg G3
6	55	Sarah WATKINS - U17W	Neath Harriers	10.58	(U17W-2) 3.00kg G3
7	73	Rhian EVANS - U17W	Swansea Harriers	10.52	(U17W-3) 3.00kg G3
8	41	Rebecca CHICK - U17W	Cwmbran Harriers	9.27	(U17W-4) 3.00kg
9	5	Gwennan LEWIS - U17W	Newport Harriers	9.04	(U17W-5) 3.00kg
10	48	Sophie PICK - SENW	Carmarthen Harriers	8.75	(SENW-4) 4.00kg P10
11	19	Lisa SCARFI - U17W	Newport Harriers	8.19	(U17W-6) 3.00kg
12	43	Elin JAMES - U17W	Neath Harriers	7.65	(U17W-7) 3.00kg
13	3	Karen LLEWELLIN - SENW	Pembrokeshire Harriers	7.49	(SENW-5) 4.00kg
14	53	Claire DAVIES - SENW	Brecon AC	7.00	(SENW-6) 4.00kg
15	4	Tracy LLEWELLIN - SENW	Pembrokeshire Harriers	6.94	(SENW-7) 4.00kg
16	46	Catrina DAVIES - U17W	Neath Harriers	6.66	(U17W-8) 3.00kg
17	51	Shannon RUSHTON - U17W	Neath Harriers	4.59	(U17W-9) 3.00kg

WELSH ATHLETICS LEAGUE

Spytty Stadium, Newport

Sunday 24th April 2016

Female Field Results



WELSH ATHLETICS
ATHLETAU CYMRU

F10 Female Discus

AC Record - Beatrice FAUMUINA, New Zealand, 62.09, 2002

Welsh Record - Venissa HEAD, Cardiff AAC, 64.68, 1983 : Senior Lge Record - Vanissa HEAD, Cardiff AAC, 62.02, 1984

Welsh U20 Record - Philippa ROLES, Swansea Harriers, 51.60, 1997 : U20 Lge Record - Claire WILLIAMS, Carmarthen Harriers, 51.60, 1997

Welsh U17 Record - Philippa ROLES, Swansea Harriers, 48.88, 1994 : U17 Lge Record - Faye CALVERT, Deeside AAC, 38.11

Pos	Bib	Athlete	Club	Perf	Weight used
1	259	Awen ROSSER - SENW	Swansea Harriers	40.43 (SENW-1)	1.00kg G2 P10
2	29	Eleni ZEMBASHI - SENW	Cardiff AAC	39.60 (SENW-2)	1.00kg G2 P10
3	10	Lucy GRIFFITHS - SENW	Cardiff AAC	33.36 (SENW-3)	1.00kg G3 P10
4	79	Danielle JONES - U17W	Carmarthen Harriers	33.32 (U17W-1)	1.00kg G3
5	9	Sarah BOYLES - SENW	Swansea Harriers	30.20 (SENW-4)	1.00kg P10
6	97	Hannah MORGAN - U20W	Newport Harriers	29.98 (U20W-1)	1.00kg
7	30	Ceri JONES - U20W	Cardiff AAC	28.90 (U20W-2)	1.00kg
8	73	Rhian EVANS - U17W	Swansea Harriers	28.36 (U17W-2)	1.00kg
9	88	Bethan GAMMON - U17W	Cardiff AAC	27.09 (U17W-3)	1.00kg
10	55	Sarah WATKINS - U17W	Neath Harriers	24.30 (U17W-4)	1.00kg
11	4	Tracy LLEWELLIN - SENW	Pembrokeshire Harriers	23.32 (SENW-5)	1.00kg
12	27	Megan STRATON - U17W	Swansea Harriers	22.39 (U17W-5)	1.00kg
13	3	Karen LLEWELLIN - SENW	Pembrokeshire Harriers	20.91 (SENW-6)	1.00kg
14	48	Sophie PICK - SENW	Carmarthen Harriers	19.93 (SENW-7)	1.00kg
15	5	Gwennan LEWIS - U17W	Newport Harriers	18.42 (U17W-6)	1.00kg

F05 Female Hammer

AC Record - Jennifer DAHIGREN, Argentina, 69.14, 2012

Welsh Record - Carys PARRY, Rhondda AC, 66.80, 2014 : Senior Lge Record - Carys PARRY, Rhondda AC, 63.62, 2013 [M4]

Welsh U20 Record - Toni WELLS, Swansea Harriers, 55.81, 2012 : U20 Lge Record - Toni WELLS, Swansea Harriers, 49.85, 2012

Welsh U17 Record - Amber RIMMINGTON, Deeside AAC, 54.26, 2014 : U17 Lge Record - Charlotte MURRAY, Swansea Harriers, 54.26, 2014

Pos	Bib	Athlete	Club	Perf	Weight used
1	75	Ffion PALMER - U17W	Cardiff AAC	45.22 (U17W-1)	3.00kg G2 P10
2	97	Hannah MORGAN - U20W	Newport Harriers	45.10 (U20W-1)	4.00kg G2
3	88	Bethan GAMMON - U17W	Cardiff AAC	40.02 (U17W-2)	3.00kg G3 P10
4	55	Sarah WATKINS - U17W	Neath Harriers	38.23 (U17W-3)	3.00kg P10
5	8	Katie ROBERTS - U20W	Cardiff AAC	36.12 (U20W-2)	4.00kg
6	30	Ceri JONES - U20W	Cardiff AAC	28.33 (U20W-3)	4.00kg
7	3	Karen LLEWELLIN - SENW	Pembrokeshire Harriers	27.34 (SENW-1)	4.00kg
8	4	Tracy LLEWELLIN - SENW	Pembrokeshire Harriers	24.39 (SENW-2)	4.00kg
9	5	Gwennan LEWIS - U17W	Newport Harriers	22.62 (U17W-4)	3.00kg P10
10	51	Shannon RUSHTON - U17W	Neath Harriers	14.73 (U17W-5)	3.00kg P10
11	24	Caroline HURLEY - SENW	Swansea Harriers	12.86 (SENW-3)	4.00kg

WELSH ATHLETICS DISTANCE CARD

VENUE		Spytty Stadium, Newport				TIME		12:15 PM		DATE		Sunday-24-April-2016		
MEETING		Welsh Athletics League 2016				All Comers Record: Markus ESSER, Germany, 74.49, 2002								
						Welsh Record: Shaun PICKERING, Haringey, 68.64, 1984				Senior League Record: Matthew RICHARDS, Cardiff AAC, 64.17, 2013 [M4]				
						Welsh U20 Record: Matthew RICHARDS, Cardiff AAC, 64.17, 2013				U20 League Record: Ashley ANDREWS, Rhondda AC, 58.67, 2011				
EVENT		F01 Male Hammer				Welsh U17 Record: Ashley ANDREWS, Rhondda AC, 58.67, 2011				U17 League Record: Jac PALMER, Cardiff AAC, 59.14, 2012 [M2]				
Order	No					NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	137	David JONES - SENM	Swansea Harriers	X	11.38	12.72	12.72	7	12.38			12.72		7
2	104	Jac PALMER - SENM	Cardiff AAC	X	X	X	NMR		X			NMR		
3	102	Nick LIA - SENM	Cardiff AAC	25.41	27.41	25.47	27.41	4	28.95			28.95		4
4	121	Tyrone FOWLER - SENM	Newport Harriers	15.86	16.34	15.88	16.34	6	X			16.34	16.80	6
5	203	Derick OSBOURNE - SENM	Brecon AC	22.09	X	25.01	25.01	5	X			25.01	29.48	5
6	135	Mark BOSWELL - SENM	Newport Harriers	X	27.73	31.22	31.22	3	28.87			31.22	34.84	3
7	105	Ashley ANDREWS - SENM	Worcester AC	X	43.21	42.64	43.21	2	X			43.21	51.76	2
8	133	Kieran GRIMWADE - U17M	Cardiff AAC	51.21	X	47.58	51.21	1	X			51.21	56.67	1
9														
10														
11														
12														
13														
14														
15														
16														

FULL RESULTS										OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.	CLUB	PERF			
1	133	Kieran GRIMWADE - U17M	Cardiff AAC	51.21	9						
2	105	Ashley ANDREWS - SENM	Worcester AC	43.21	10						
3	135	Mark BOSWELL - SENM	Newport Harriers	31.22	11						
4	102	Nick LIA - SENM	Cardiff AAC	28.95	12						
5	203	Derick OSBOURNE - SENM	Brecon AC	25.01	13						
6	121	Tyrone FOWLER - SENM	Newport Harriers	16.34	14					REFEREE	
7	137	David JONES - SENM	Swansea Harriers	12.72	15						
8	104	Jac PALMER - SENM	Cardiff AAC	NMR	16						

WELSH ATHLETICS DISTANCE CARD

VENUE		Spytty Stadium, Newport				TIME		12:30 PM		DATE		Sunday-24-April-2016			
MEETING		Welsh Athletics League 2016				All Comers Record: Jade JOHNSON, England, 6.69, 2002									
						Welsh Record: Gill REGAN, Cardiff AAC, 6.52, 1982				Senior League Record: Gillian REGAN, Cardiff AAC, 6.18, 1981					
						Welsh U20 Record: Gillian REGAN, Cardiff AAC, 6.18, 1981				U20 League Record: Lara RICHARDS, Newport Harriers, 5.58					
EVENT		F02 Female Long Jump				Welsh U17 Record: Lara RICHARDS, Newport Harriers, 5.58				U17 League Record: Sarah DACEY, Swansea Harriers, 5.59, 2007					
						1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	21	Macey JONES - U17W	Cwmbran Harriers	X	X	2.00	2.00	9	4.82			4.82		3	
2	16	Katie PHILLIPS - U20W	Swansea Harriers												
3	11	Millicent FAUANDE - U20W	Cwmbran Harriers	5.04	4.94	X	5.04	2	1.84			5.04		2	
4	131	Aminata BA - SENW	Etanpes Athletisme	X	X	4.20	4.20	8	4.51			4.51	4.50	7	
5	65	Ania CIOLLEY - SENW	Brecon AC	4.20	4.19	4.30	4.30	6				4.30	4.50	8	
6	38	Alana REES - U17W	Swansea Harriers	3.83	4.25	4.19	4.25	7				4.25	4.50	9	
7	33	Seren WYATT - U17W	Swansea Harriers	4.63	4.60	4.49	4.63	5	X			4.63	4.90	6	
8	26	Alicia SAMUEL - U17W	Carmarthen Harriers	4.60	4.65	4.30	4.65	4	4.61			4.65	4.98	5	
9	7	Elena GEI - U17W	Cardiff AAC	4.70	4.57	4.45	4.70	3	4.49			4.70	5.01	4	
10	18	Catrin LORD - U17W	Cardiff AAC	5.39	5.30	5.14	5.39	1	5.13			5.39	5.62	1	
11															
12															
13															
14															
15															
16															

FULL RESULTS										OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	18	Catrin LORD - U17W	Cardiff AAC	5.39	9	38	Alana REES - U17W	Swansea Harriers	4.25		
2	11	Millicent FAUANDE - U20W	Cwmbran Harriers	5.04	10						
3	21	Macey JONES - U17W	Cwmbran Harriers	4.82	11						
4	7	Elena GEI - U17W	Cardiff AAC	4.70	12						
5	26	Alicia SAMUEL - U17W	Carmarthen Harriers	4.65	13						
6	33	Seren WYATT - U17W	Swansea Harriers	4.63	14					REFEREE	
7	131	Aminata BA - SENW	Etanpes Athletisme	4.51	15						
8	65	Ania CIOLLEY - SENW	Brecon AC	4.30	16						

WELSH ATHLETICS DISTANCE CARD

VENUE		Spytty Stadium, Newport				TIME		12:30 PM		DATE		Sunday-24-April-2016		
MEETING		Welsh Athletics League 2016				All Comers Record: Jade JOHNSON, England, 6.69, 2002								
						Welsh Record: Gill REGAN, Cardiff AAC, 6.52, 1982				Senior League Record: Gillian REGAN, Cardiff AAC, 6.18, 1981				
						Welsh U20 Record: Gillian REGAN, Cardiff AAC, 6.18, 1981				U20 League Record: Lara RICHARDS, Newport Harriers, 5.58				
EVENT		F02 Female Long Jump				Welsh U17 Record: Lara RICHARDS, Newport Harriers, 5.58				U17 League Record: Sarah DACEY, Swansea Harriers, 5.59, 2007				
						1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
17														
18														
19														
20														
21														
22														
23														
24														
25														
26														
27														
28														
29														
30														
31														
32														

FULL RESULTS											OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF			
17					25							
18					26							
19					27							
20					28							
21					29							
22					30						REFEREE	
23					31							
24					32							

WELSH ATHLETICS DISTANCE CARD

VENUE		Spytty Stadium, Newport				TIME		12:30 PM	DATE		Sunday-24-April-2016			
MEETING		Welsh Athletics League 2016				All Comers Record: Zhu XINMEI, China, 19.69, 1991								
Welsh Record: Venissa HEAD, Cardiff AAC, 18.93, 1984						Senior League Record: Vanissa HEAD, Cardiff AAC, 18.93, 1984								
Welsh U20 Record: Vanissa HEAD, Cardiff AAC, 18.93, 1984						U20 League Record: Sally HINDS, Swansea Harriers, 13.24, 2005								
EVENT		F03 Female Shot Put				Welsh U17 Record: Sally HINDS, Swansea Harriers, 13.24, 2005			U17 League Record: Sally HINDS, Swansea Harriers, 11.47, 2002					
Order	No					NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	79	Danielle JONES - U17W	Carmarthen Harriers	9.26	10.33	10.87	10.87	3	9.75			10.87		5
2	51	Shannon RUSHTON - U17W	Neath Harriers	4.59	X	3.89	4.59	17	4.50			4.59		17
3	19	Lisa SCARFI - U17W	Newport Harriers	7.41	7.74	8.19	8.19	11	8.16			8.19		11
4	5	Gwennan LEWIS - U17W	Newport Harriers	8.71	8.29	9.04	9.04	9	8.30			9.04		9
5	46	Catrina DAVIES - U17W	Neath Harriers	6.38	6.66	6.10	6.66	15	6.30			6.66	7.00	16
6	4	Tracy LLEWELLIN - SENW	Pembrokeshire Harriers	6.53	6.21	6.59	6.59	16	6.94			6.94	7.19	15
7	53	Claire DAVIES - SENW	Brecon AC	6.67	6.97	6.94	6.97	14	7.00			7.00	7.20	14
8	3	Karen LLEWELLIN - SENW	Pembrokeshire Harriers	7.06	7.00	7.45	7.45	13	7.49			7.49	7.84	13
9	43	Elin JAMES - U17W	Neath Harriers	6.77	7.27	7.65	7.65	12	6.90			7.65	8.11	12
10	48	Sophie PICK - SENW	Carmarthen Harriers	7.95	X	8.75	8.75	10	8.44			8.75	9.20	10
11	49	Amy ROTHERO - U17W	Pembrokeshire Harriers										10.70	
12	8	Katie ROBERTS - U20W	Cardiff AAC	11.07	10.47	10.29	11.07	4	9.98			11.07	10.96	4
13	41	Rebecca CHICK - U17W	Cwmbran Harriers	9.14	8.13	9.27	9.27	8	8.50			9.27	11.26	8
14	73	Rhian EVANS - U17W	Swansea Harriers	10.11	10.52	X	10.52	7	10.09			10.52	11.32	7
15	55	Sarah WATKINS - U17W	Neath Harriers	9.89	10.58	X	10.58	6	10.04			10.58	11.33	6
16	74	Simi PAM - SENW	Peterbrough AC	12.27	X	12.74	12.74	2	12.13			12.74	13.27	2

FULL RESULTS										OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	10	Lucy GRIFFITHS - SENW	Cardiff AAC	13.40	9	5	Gwennan LEWIS - U17W	Newport Harriers	9.04		
2	74	Simi PAM - SENW	Peterbrough AC	12.74	10	48	Sophie PICK - SENW	Carmarthen Harriers	8.75		
3	9	Sarah BOYLES - SENW	Swansea Harriers	12.18	11	19	Lisa SCARFI - U17W	Newport Harriers	8.19		
4	8	Katie ROBERTS - U20W	Cardiff AAC	11.07	12	43	Elin JAMES - U17W	Neath Harriers	7.65		
5	79	Danielle JONES - U17W	Carmarthen Harriers	10.87	13	3	Karen LLEWELLIN - SENW	Pembrokeshire Harriers	7.49		
6	55	Sarah WATKINS - U17W	Neath Harriers	10.58	14	53	Claire DAVIES - SENW	Brecon AC	7.00	REFEREE	
7	73	Rhian EVANS - U17W	Swansea Harriers	10.52	15	4	Tracy LLEWELLIN - SENW	Pembrokeshire Harriers	6.94		
8	41	Rebecca CHICK - U17W	Cwmbran Harriers	9.27	16	46	Catrina DAVIES - U17W	Neath Harriers	6.66		

WELSH ATHLETICS DISTANCE CARD

VENUE		Spytty Stadium, Newport				TIME		12:30 PM		DATE		Sunday-24-April-2016		
MEETING		Welsh Athletics League 2016				All Comers Record: Zhu XINMEI, China, 19.69, 1991								
						Welsh Record: Venissa HEAD, Cardiff AAC, 18.93, 1984			Senior League Record: Vanissa HEAD, Cardiff AAC, 18.93, 1984					
						Welsh U20 Record: Vanissa HEAD, Cardiff AAC, 18.93, 1984			U20 League Record: Sally HINDS, Swansea Harriers, 13.24, 2005					
EVENT		F03 Female Shot Put				Welsh U17 Record: Sally HINDS, Swansea Harriers, 13.24, 2005			U17 League Record: Sally HINDS, Swansea Harriers, 11.47, 2002					
Order	No					NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres
17	9	Sarah BOYLES - SENW	Swansea Harriers	11.68	12.18	11.93	12.18	3	11.92			12.18	13.80	3
18	10	Lucy GRIFFITHS - SENW	Cardiff AAC	13.40	12.70	12.56	13.40	1	12.39			13.40	13.88	1
19														
20														
21														
22														
23														
24														
25														
26														
27														
28														
29														
30														
31														
32														

FULL RESULTS										OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
17	51	Shannon RUSHTON - U17W	Neath Harriers	4.59	25						
18					26						
19					27						
20					28						
21					29						
22					30					REFEREE	
23					31						
24					32						

WELSH ATHLETICS DISTANCE CARD

VENUE		Spytty Stadium, Newport				TIME		1:45 PM	DATE		Sunday-24-April-2016					
MEETING		Welsh Athletics League 2016				All Comers Record: Brett MORSE, Wales, 66.84, 2013										
						Welsh Record: Brett MORSE, Birchfield Harriers, 66.84, 2013			Senior League Record: David COLEMAN, Cardiff AAC, 45.50, 2009							
						Welsh U20 Record: David COLEMAN, Cardiff AAC, 45.50, 2009			U20 League Record: Brett MORSE, Cardiff AAC, 58.37, 2008							
EVENT		F04 Male Discus				Welsh U17 Record: Brett MORSE, Cardiff AAC, 58.37, 2008			U17 League Record: Glenn WILLIAMS, Cardiff AAC, 48.38							
						1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB	Final Position
Order	No					NAME	CLUB	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	
1	228	Peter MAITLAND - SENM	Swansea Harriers	24.85	29.91	X	29.91	7	X		29.91		7			
2	207	Connor EVANS - U17M	Swansea Harriers	35.03	X	X	35.03	5	37.58		37.58		5			
3	194	Joseph WORDILL - U17M	Carmarthen Harriers	31.46	39.22	X	39.22	3	37.58		39.22		3			
4	165	Grant PEARCE - SENM	Run4All Neath	X	15.56		15.56	13			15.56		13			
5	137	David JONES - SENM	Swansea Harriers	11.71	11.44	11.44	11.71	14	11.63		11.71		14			
6	119	Keiran INGRAM - SENM	Swansea Harriers	21.01	22.27	23.82	23.82	8			23.82		8			
7	121	Tyrone FOWLER - SENM	Newport Harriers	15.38	15.22	16.20	16.20	12			16.20	20.00	12			
8	209	Daniel CORK - U20M	Newport Harriers	X	21.83	20.70	21.83	10			21.83	25.80	10			
9	130	Pierre ELSDEN - SENM	Etanpes Athletisme	X	19.83	18.15	19.83	11			19.83	28.00	11			
10	203	Derick OSBOURNE - SENM	Brecon AC	21.21	19.66	23.32	23.32	9			23.32	30.28	9			
11	183	Aled PRICE - SENM	Carmarthen Harriers	X	X	32.60	32.60	6	28.88		32.60	35.75	6			
12	215	Brynmor CLEMENTS - U17M	Swansea Harriers	32.48	37.59	X	37.59	4	X		37.59	41.75	4			
13	177	Curtis MATTHEWS - SENM	Cardiff AAC	36.25	38.25	42.49	42.49	2	44.83		44.83	47.85	2			
14	108	James TOMLINSON - U17M	Pembrokeshire Harriers	50.07	50.12	X	50.12	1	49.68		50.12	56.15	1			
15																
16																

FULL RESULTS										OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	108	James TOMLINSON - U17M	Pembrokeshire Harriers	50.12	9	203	Derick OSBOURNE - SENM	Brecon AC	23.32		
2	177	Curtis MATTHEWS - SENM	Cardiff AAC	44.83	10	209	Daniel CORK - U20M	Newport Harriers	21.83		
3	194	Joseph WORDILL - U17M	Carmarthen Harriers	39.22	11	130	Pierre ELSDEN - SENM	Etanpes Athletisme	19.83		
4	215	Brynmor CLEMENTS - U17M	Swansea Harriers	37.59	12	121	Tyrone FOWLER - SENM	Newport Harriers	16.20		
5	207	Connor EVANS - U17M	Swansea Harriers	37.58	13	165	Grant PEARCE - SENM	Run4All Neath	15.56		
6	183	Aled PRICE - SENM	Carmarthen Harriers	32.60	14	137	David JONES - SENM	Swansea Harriers	11.71	REFEREE	
7	228	Peter MAITLAND - SENM	Swansea Harriers	29.91	15						
8	119	Keiran INGRAM - SENM	Swansea Harriers	23.82	16						

WELSH ATHLETICS DISTANCE CARD

VENUE		Spytty Stadium, Newport				TIME		2:00 PM		DATE		Sunday-24-April-2016			
MEETING		Welsh Athletics League 2016				All Comers Record: Jennifer DAHIGREN, Argentina, 69.14, 2012									
						Welsh Record: Carys PARRY, Rhondda AC, 66.80, 2014				Senior League Record: Carys PARRY, Rhondda AC, 63.62, 2013 [M4]					
						Welsh U20 Record: Carys PARRY, Rhondda AC, 63.62, 2013 [M4]				U20 League Record: Toni WELLS, Swansea Harriers, 49.85, 2010					
EVENT		F05 Female Hammer				Welsh U17 Record: Toni WELLS, Swansea Harriers, 49.85, 2010				U17 League Record: Charlotte MURRAY, Swansea Harriers, 44.44, 2006					
						1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	97	Hannah MORGAN - U20W	Newport Harriers	X	43.24	43.17	43.24	1	45.10			45.10		2	
2	51	Shannon RUSHTON - U17W	Neath Harriers	14.73	14.22	13.81	14.73	7	12.67			14.73		10	
3	38	Alana REES - U17W	Swansea Harriers												
4	5	Gwennan LEWIS - U17W	Newport Harriers	X	22.62	22.13	22.62	6	21.30			22.62		9	
5	4	Tracy LLEWELLIN - SENW	Pembrokeshire Harriers	24.39	X	X	24.39	5	X			24.39	24.61	8	
6	3	Karen LLEWELLIN - SENW	Pembrokeshire Harriers	23.63	26.21	26.66	26.66	4	27.34			27.34	28.02	7	
7	30	Ceri JONES - U20W	Cardiff AAC	X	X	X	NMR		28.33			28.33	32.00	6	
8	8	Katie ROBERTS - U20W	Cardiff AAC	X	X	X	NMR		36.12			36.12	32.80	5	
9	86	Sofia ALI - U20W	Cardiff AAC	X	X	X	NMR		X			NMR	33.57		
10	55	Sarah WATKINS - U17W	Neath Harriers	32.30	37.63	X	37.63	3	38.23			38.23	47.49	4	
11	75	Ffion PALMER - U17W	Cardiff AAC	X	X	X	NMR		45.22			45.22	51.66	1	
12	24	Caroline HURLEY - SENW	Swansea Harriers	12.86	10.64	X	12.86	8	12.38			12.86		11	
13	88	Bethan GAMMON - U17W	Cardiff AAC	40.02	35.77	37.11	40.02	2	X			40.02		3	
14															
15															
16															

FULL RESULTS										OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	75	Ffion PALMER - U17W	Cardiff AAC	45.22	9	5	Gwennan LEWIS - U17W	Newport Harriers	22.62		
2	97	Hannah MORGAN - U20W	Newport Harriers	45.10	10	51	Shannon RUSHTON - U17W	Neath Harriers	14.73		
3	88	Bethan GAMMON - U17W	Cardiff AAC	40.02	11	24	Caroline HURLEY - SENW	Swansea Harriers	12.86		
4	55	Sarah WATKINS - U17W	Neath Harriers	38.23	12						
5	8	Katie ROBERTS - U20W	Cardiff AAC	36.12	13						
6	30	Ceri JONES - U20W	Cardiff AAC	28.33	14					REFEREE	
7	3	Karen LLEWELLIN - SENW	Pembrokeshire Harriers	27.34	15						
8	4	Tracy LLEWELLIN - SENW	Pembrokeshire Harriers	24.39	16						

WELSH ATHLETICS DISTANCE CARD

VENUE		Spytty Stadium, Newport				TIME		2:30 PM		DATE		Sunday-24-April-2016			
MEETING		Welsh Athletics League 2016				All Comers Record: Ralph BOSTON, USA, 8.18, 1965									
						Welsh Record: Lynn DAVIES, Roath H, Cardiff, 8.23, 1968				Senior League Record: Richard JONES, , 7.44, 1983					
						Welsh U20 Record: Richard JONES, , 7.44, 1983				U20 League Record: Ricardo CHILDS, Brecon AC, 7.09, 2003					
EVENT		F07 Male Long Jump				Welsh U17 Record: Ricardo CHILDS, Brecon AC, 7.09, 2003				U17 League Record: Ricardo CHILDS, Brecon AC, 6.88, 2001					
						1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	227	Joe CROSBY - U20M	Swansea Harriers	6.03	5.75	5.39	6.03	2	X			6.03		4	
2	217	Tommy EVANS - U17M	Rhondda AC	3.96	3.92	3.99	3.99	17	3.73			3.99		17	
3	216	Robin WOOD - SENM	Swansea Harriers	3.76	4.05	4.33	4.33	16	3.98			4.33		16	
4	204	Ieuan HOSGOOD - U17M	Swansea Harriers	5.24	5.22	5.24	5.24	11	X			5.24		11	
5	202	Rhys ROBERTS - U20M	Bridgend AC	5.52	5.67	5.63	5.67	9	4.46			5.67		9	
6	165	Grant PEARCE - SENM	Run4All Neath	3.41	3.56	3.58	3.58	18				3.58		18	
7	115	Nicholas WILLIAMS - U17M	Swansea Harriers	5.15	5.14	X	5.15	12	X			5.15		12	
8	111	Osaze AGHEDO - U20M	Swansea Harriers	6.17	6.00	X	6.17	3	6.25			6.25		3	
9	154	Chris LLOYD - SENM	Run4All Neath	4.38	4.37	4.32	4.38	15				4.38	4.63	15	
10	218	Aaron OSUJI - U17M	Neath Harriers	5.50	1.71	5.24	5.50	10	5.06			5.50	5.33	10	
11	130	Pierre ELSDEN - SENM	Etanpes Athletisme										5.50		
12	203	Derick OSBOURNE - SENM	Brecon AC	4.56	4.67	4.75	4.75	14	4.56			4.75	5.62	14	
13	231	Elliot WEBBER - U20M	Swansea Harriers	5.15	5.11	5.01	5.15	12	4.86			5.15	5.64	13	
14	164	Shaun ZYGALDO - U17M	Pembrokeshire Harriers	5.92	3.64		5.92	8				5.92	5.99	8	
15	211	Ceirion HOPKINS - U17M	Neath Harriers	5.92	5.98	5.72	5.98	5	6.01			6.01	6.07	5	
16	223	Tony MILLS - SENM	FDSW	X	X	5.94	5.94	7	5.70			5.94	6.33	7	

FULL RESULTS										OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	177	Curtis MATTHEWS - SENM	Cardiff AAC	6.97	9	202	Rhys ROBERTS - U20M	Bridgend AC	5.67		
2	224	Sam ADAMS - SENM	Winchester & District AC	6.63	10	218	Aaron OSUJI - U17M	Neath Harriers	5.50		
3	111	Osaze AGHEDO - U20M	Swansea Harriers	6.25	11	204	Ieuan HOSGOOD - U17M	Swansea Harriers	5.24		
4	227	Joe CROSBY - U20M	Swansea Harriers	6.03	12	115	Nicholas WILLIAMS - U17M	Swansea Harriers	5.15		
5	211	Ceirion HOPKINS - U17M	Neath Harriers	6.01	13	231	Elliot WEBBER - U20M	Swansea Harriers	5.15		
6	110	Rhys HARRIS - U20M	Swansea Harriers	5.97	14	203	Derick OSBOURNE - SENM	Brecon AC	4.75	REFEREE	
7	223	Tony MILLS - SENM	FDSW	5.94	15	154	Chris LLOYD - SENM	Run4All Neath	4.38		
8	164	Shaun ZYGALDO - U17M	Pembrokeshire Harriers	5.92	16	216	Robin WOOD - SENM	Swansea Harriers	4.33		

WELSH ATHLETICS DISTANCE CARD

VENUE		Spytty Stadium, Newport				TIME		2:30 PM		DATE		Sunday-24-April-2016		
MEETING		Welsh Athletics League 2016				All Comers Record: Ralph BOSTON, USA, 8.18, 1965								
						Welsh Record: Lynn DAVIES, Roath H, Cardiff, 8.23, 1968			Senior League Record: Richard JONES, , 7.44, 1983					
						Welsh U20 Record: Richard JONES, , 7.44, 1983			U20 League Record: Ricardo CHILDS, Brecon AC, 7.09, 2003					
EVENT		F07 Male Long Jump				Welsh U17 Record: Ricardo CHILDS, Brecon AC, 7.09, 2003			U17 League Record: Ricardo CHILDS, Brecon AC, 6.88, 2001					
Order	No					NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
17	177	Curtis MATTHEWS - SENM	Cardiff AAC	6.85	6.65	X	6.85	1	6.97			6.97	7.21	1
18	224	Sam ADAMS - SENM	Winchester & District AC	X	X	6.37	6.37	2	6.63			6.63	7.38	2
19	110	Rhys HARRIS - U20M	Swansea Harriers	1.67	X	5.97	5.97	6	X			5.97		6
20														
21														
22														
23														
24														
25														
26														
27														
28														
29														
30														
31														
32														

FULL RESULTS										OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
17	217	Tommy EVANS - U17M	Rhondda AC	3.99	25						
18	165	Grant PEARCE - SENM	Run4All Neath	3.58	26						
19					27						
20					28						
21					29						
22					30					REFEREE	
23					31						
24					32						

WELSH ATHLETICS DISTANCE CARD

VENUE		Spytty Stadium, Newport				TIME		2:30 PM		DATE		Sunday-24-April-2016				
MEETING		Welsh Athletics League 2016				All Comers Record: Geoff CAPES, England, 21.68, 1980										
						Welsh Record: Shaun PICKERING, Haringey, 20.45, 1997			Senior League Record: Ben ROBERTS, Deeside AAC, 14.54, 2006							
						Welsh U20 Record: Ben ROBERTS, Deeside AAC, 14.54, 2006			U20 League Record: Brett MORSE, Cardiff AAC, 16.34, 2008							
EVENT		F08 Male Shot Put				Welsh U17 Record: Brett MORSE, Cardiff AAC, 16.34, 2008			U17 League Record: Tom EDWARDS, Carmarthen Harriers, 15.37, 2008							
						1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB	Final Position
Order	No					NAME	CLUB	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres
1	228	Peter MAITLAND - SENM	Swansea Harriers	X	X	X	NMR		11.26			11.26		5		
2	216	Robin WOOD - SENM	Swansea Harriers	7.59	7.94	X	7.94	11	X			7.94		13		
3	214	Geraint PUGH - U20M	Cardiff AAC	10.44	10.65	X	10.65	5	10.61			10.65		6		
4	207	Connor EVANS - U17M	Swansea Harriers	9.77	X	9.48	9.77	9	9.95			9.95		10		
5	194	Joseph WORDILL - U17M	Carmarthen Harriers	12.57	11.74	12.17	12.57	2				12.57		2		
6	192	Marcus BAYONA-MARTINEZ - SENM	Brecon AC	7.49	7.55	7.10	7.55	13				7.55		14		
7	162	Josh PHILLIPS - U17M	Neath Harriers	7.05			7.05	18				7.05		19		
8	161	Kyle JONES - U17M	Neath Harriers	7.20			7.20	16				7.20		17		
9	140	Thomas WYBURN - SENM	Pembrokeshire Harriers													
10	137	David JONES - SENM	Swansea Harriers	5.52			5.52	20				5.52		21		
11	122	Daniel HUMPHREYS - SENM	Run4All Neath													
12	119	Keiran INGRAM - SENM	Swansea Harriers	7.49	7.05		7.49	14				7.49		15		
13	117	Micahel THOMPSON - U17M	Swansea Harriers	X	10.09	X	10.09	8				10.09		9		
14	108	James TOMLINSON - U17M	Pembrokeshire Harriers	12.13	10.57		12.13	3				12.13		3		
15	199	Lloyd HARRIES - U20M	Rhondda AC	6.90	6.73	6.74	6.90	19	6.49			6.90	7.26	20		
16	135	Mark BOSWELL - SENM	Newport Harriers	8.55	8.05	8.31	8.55	10	8.21			8.55	8.63	11		

FULL RESULTS										OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	209	Daniel CORK - U20M	Newport Harriers	13.14	9	117	Micahel THOMPSON - U17M	Swansea Harriers	10.09		
2	194	Joseph WORDILL - U17M	Carmarthen Harriers	12.57	10	207	Connor EVANS - U17M	Swansea Harriers	9.95		
3	108	James TOMLINSON - U17M	Pembrokeshire Harriers	12.13	11	135	Mark BOSWELL - SENM	Newport Harriers	8.55		
4	183	Aled PRICE - SENM	Carmarthen Harriers	11.52	12	130	Pierre ELSDEN - SENM	Etanpes Athletisme	8.33		
5	228	Peter MAITLAND - SENM	Swansea Harriers	11.26	13	216	Robin WOOD - SENM	Swansea Harriers	7.94		
6	214	Geraint PUGH - U20M	Cardiff AAC	10.65	14	192	Marcus BAYONA-MARTINEZ - SENM	Brecon AC	7.55	REFEREE	
7	215	Brynmor CLEMENTS - U17M	Swansea Harriers	10.54	15	119	Keiran INGRAM - SENM	Swansea Harriers	7.49		
8	181	Robert EALES - SENM	Newport Harriers	10.20	16	121	Tyrone FOWLER - SENM	Newport Harriers	7.28		

WELSH ATHLETICS DISTANCE CARD

VENUE		Spytty Stadium, Newport				TIME		2:30 PM		DATE		Sunday-24-April-2016			
MEETING		Welsh Athletics League 2016				All Comers Record: Geoff CAPES, England, 21.68, 1980									
						Welsh Record: Shaun PICKERING, Haringey, 20.45, 1997				Senior League Record: Ben ROBERTS, Deeside AAC, 14.54, 2006					
						Welsh U20 Record: Ben ROBERTS, Deeside AAC, 14.54, 2006				U20 League Record: Brett MORSE, Cardiff AAC, 16.34, 2008					
EVENT		F08 Male Shot Put				Welsh U17 Record: Brett MORSE, Cardiff AAC, 16.34, 2008				U17 League Record: Tom EDWARDS, Carmarthen Harriers, 15.37, 2008					
						1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
17	121	Tyrone FOWLER - SENM	Newport Harriers	7.01	7.28	6.85	7.28	15	7.14			7.28	8.87	16	
18	130	Pierre ELSDEN - SENM	Etanpes Athletisme	7.56	7.44	7.92	7.92	12	8.33			8.33	9.50	12	
19	181	Robert EALES - SENM	Newport Harriers	10.20	10.18	10.14	10.20	7				10.20	10.15	8	
20	183	Aled PRICE - SENM	Carmarthen Harriers		11.14		11.14	4	11.52			11.52	12.20	4	
21	215	Brynmor CLEMENTS - U17M	Swansea Harriers	10.47	10.32	10.54	10.54	6				10.54	13.09	7	
22	209	Daniel CORK - U20M	Newport Harriers		13.14	12.75	13.14	1				13.14	13.15	1	
23	167	Evan PRICE-DAVIES - U17M	Brecon AC	7.18	6.78	7.04	7.18	17				7.18		18	
24															
25															
26															
27															
28															
29															
30															
31															
32															

FULL RESULTS											OFFICIALS			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	OFFICIALS				
17	161	Kyle JONES - U17M	Neath Harriers	7.20	25									
18	167	Evan PRICE-DAVIES - U17M	Brecon AC	7.18	26									
19	162	Josh PHILLIPS - U17M	Neath Harriers	7.05	27									
20	199	Lloyd HARRIES - U20M	Rhondda AC	6.90	28									
21	137	David JONES - SENM	Swansea Harriers	5.52	29									
22					30					REFEREE				
23					31									
24					32									

Welsh Athletics - Height Card

VENUE		Spytty Stadium, Newport						EVENT TIME			3:30 PM			DATE		Sunday-24-April-2016					
MEETING		Welsh Athletics League 2016						All Comers Record: Robbie GRABARZ, England, 2.28, 2010									U20 Welsh Record: John HILL, Solihull, 2.24, 1985 U20 Lge Record: Gareth HAINES, Carmarthen Harriers, 1.98 U17 Welsh Record: Chuka ENIH-SNELL, Swansea Harriers, 2.15, 2000 U17 Lge Record: Sam HOOD, Cardiff AAC, 2.05				
								Welsh Record: Robert MITCHELL, Shaftesbury, 2.25, 2001						Senior Lge Record: Paul EVANS, , 2.05, 1983							
								U20 Welsh Record: John HILL, Solihull, 2.24, 1985						U20 Lge Record: Gareth HAINES, Carmarthen Harriers, 1.98							
EVENT		F09 Male High Jump						U17 Welsh Record: Chuka ENIH-SNELL, Swansea Harriers, 2.15, 2000									U17 Lge Record: Sam HOOD, Cardiff AAC, 2.05				
								FIRST TRIAL	1.10	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75	Best
Order	Bib	NAME	CLUB	MIN START HEIGHT	1.80	1.85	1.90	1.93	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres				
1	165	Grant PEARCE - SENM	Run4All Neath	1.10	O												1.10			0.00	12
2	140	Thomas WYBURN - SENM	Pembrokeshire Harriers	1.70	O	O	XO	XXX							O	O	1.90			0.00	1
3	119	Keiran INGRAM - SENM	Swansea Harriers	1.40	XO	XXX			O		O	XO	O	O	O	XO	1.80			0.00	4
4	203	Derick OSBOURNE - SENM	Brecon AC	1.25		O	O	XO	O	O	XXX						1.45			1.30	11
5	154	Chris LLOYD - SENM	Run4All Neath	1.35				O	O	XO	O	XXO	XXX				1.55			1.50	10
6	254	Chinua EBERREONWU - U17M	Cardiff Archers	1.65	XXX									XO	O	O	1.75			1.70	6
7	176	Danny BURROWS - U20M	Swansea Harriers	1.55								O	O				1.60			1.70	9
8	155	Harry CARTER - U17M	Barry & Vale Harriers	1.55								X								1.75	
9	225	Daniel WILLIAMS - SENM	Swansea Harriers	1.70	XXX										XO	XO	1.75			1.85	7
10	168	Ioan JENKINS - U20M	Neath Harriers	1.60									O	XXO	O	XXX	1.70			1.85	8
11	141	William EDWARDS - U20M	Carmarthen Harriers	1.70	O	XXX									O	XO	1.80			1.90	3
12	183	Aled PRICE - SENM	Carmarthen Harriers	1.70	XXO	XXX									XO	O	1.80			1.95	5
13	179	Owen CHESHER - SENM	Brecon AC	1.70	XXO	O	XXX								XO		1.85			2.00	2
14																					
15																					
16																					

FULL RESULTS										OFFICIALS	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	140	Thomas WYBURN - SENM	Pembrokeshire Harriers	1.90	9	176	Danny BURROWS - U20M	Swansea Harriers	1.60		
2	179	Owen CHESHER - SENM	Brecon AC	1.85	10	154	Chris LLOYD - SENM	Run4All Neath	1.55		
4	119	Keiran INGRAM - SENM	Swansea Harriers	1.80	11	203	Derick OSBOURNE - SENM	Brecon AC	1.45		
3	141	William EDWARDS - U20M	Carmarthen Harriers	1.80	12	165	Grant PEARCE - SENM	Run4All Neath	1.10		
5	183	Aled PRICE - SENM	Carmarthen Harriers	1.80							
6	254	Chinua EBERREONWU - U17M	Cardiff Archers	1.75						REFEREE	
7	225	Daniel WILLIAMS - SENM	Swansea Harriers	1.75							
8	168	Ioan JENKINS - U20M	Neath Harriers	1.70							

WELSH ATHLETICS DISTANCE CARD

VENUE		Spytty Stadium, Newport				TIME		3:30 PM		DATE		Sunday-24-April-2016		
MEETING		Welsh Athletics League 2016				All Comers Record: Beatrice FAUMUINA, New Zealand, 62.09, 2002								
						Welsh Record: Venissa HEAD, Cardiff AAC, 64.68, 1983			Senior League Record: Vanissa HEAD, Cardiff AAC, 62.02, 1984					
						Welsh U20 Record: Vanissa HEAD, Cardiff AAC, 62.02, 1984			U20 League Record: Claire WILLIAMS, Carmarthen Harriers, 38.78, 2011					
EVENT		F10 Female Discus				Welsh U17 Record: Claire WILLIAMS, Carmarthen Harriers, 38.78,						U17 League Record: Faye CALVERT, Deeside AAC, 38.11, 2006		
						1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	97	Hannah MORGAN - U20W	Newport Harriers	X	29.98	28.18	29.98	3	X			29.98		6
2	79	Danielle JONES - U17W	Carmarthen Harriers	25.40	24.27	28.21	28.21	8	33.32			33.32		4
3	51	Shannon RUSHTON - U17W	Neath Harriers	7.97			7.97	17				7.97		17
4	19	Lisa SCARFI - U17W	Newport Harriers	12.90	15.53	15.12	15.53	16	15.86			15.86		16
5	9	Sarah BOYLES - SENW	Swansea Harriers	28.77	29.33	X	29.33	5	30.20			30.20		5
6	5	Gwennan LEWIS - U17W	Newport Harriers	13.41	X	17.84	17.84	15	18.42			18.42		15
7	48	Sophie PICK - SENW	Carmarthen Harriers	16.67	X	19.93	19.93	14	14.88			19.93	19.61	14
8	3	Karen LLEWELLIN - SENW	Pembrokeshire Harriers	20.32	20.52	20.91	20.91	13	X			20.91	22.70	13
9	30	Ceri JONES - U20W	Cardiff AAC	X	28.90	27.09	28.90	6	27.18			28.90	24.20	7
10	4	Tracy LLEWELLIN - SENW	Pembrokeshire Harriers	23.32	22.24	23.02	23.32	11	23.23			23.32	25.00	11
11	55	Sarah WATKINS - U17W	Neath Harriers	24.30	24.23	X	24.30	10	X			24.30	28.00	10
12	88	Bethan GAMMON - U17W	Cardiff AAC	21.01	X	25.27	25.27	9	27.09			27.09	30.55	9
13	73	Rhian EVANS - U17W	Swansea Harriers	28.36	25.82	26.73	28.36	7	25.66			28.36	32.30	8
14	29	Eleni ZEMBASHI - SENW	Cardiff AAC	38.66	38.89	X	38.89	2	39.60			39.60	38.89	2
15	172	Lana CULLIFORD - U17W	Cardiff AAC										41.67	
16	259	Awen ROSSER - SENW	Swansea Harriers	39.33	39.33	39.17	39.33	1	40.43			40.43	43.62	1

FULL RESULTS										OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	259	Awen ROSSER - SENW	Swansea Harriers	40.43	9	88	Bethan GAMMON - U17W	Cardiff AAC	27.09		
2	29	Eleni ZEMBASHI - SENW	Cardiff AAC	39.60	10	55	Sarah WATKINS - U17W	Neath Harriers	24.30		
3	10	Lucy GRIFFITHS - SENW	Cardiff AAC	33.36	11	4	Tracy LLEWELLIN - SENW	Pembrokeshire Harriers	23.32		
4	79	Danielle JONES - U17W	Carmarthen Harriers	33.32	12	27	Megan STRATON - U17W	Swansea Harriers	22.39		
5	9	Sarah BOYLES - SENW	Swansea Harriers	30.20	13	3	Karen LLEWELLIN - SENW	Pembrokeshire Harriers	20.91		
6	97	Hannah MORGAN - U20W	Newport Harriers	29.98	14	48	Sophie PICK - SENW	Carmarthen Harriers	19.93	REFEREE	
7	30	Ceri JONES - U20W	Cardiff AAC	28.90	15	5	Gwennan LEWIS - U17W	Newport Harriers	18.42		
8	73	Rhian EVANS - U17W	Swansea Harriers	28.36	16	19	Lisa SCARFI - U17W	Newport Harriers	15.86		

WELSH ATHLETICS DISTANCE CARD

VENUE		Spytty Stadium, Newport				TIME		3:30 PM		DATE		Sunday-24-April-2016		
MEETING		Welsh Athletics League 2016				All Comers Record: Beatrice FAUMUINA, New Zealand, 62.09, 2002								
						Welsh Record: Venissa HEAD, Cardiff AAC, 64.68, 1983			Senior League Record: Vanissa HEAD, Cardiff AAC, 62.02, 1984					
						Welsh U20 Record: Vanissa HEAD, Cardiff AAC, 62.02, 1984			U20 League Record: Claire WILLIAMS, Carmarthen Harriers, 38.78, 2011					
EVENT		F10 Female Discus				Welsh U17 Record: Claire WILLIAMS, Carmarthen Harriers, 38.78,						U17 League Record: Faye CALVERT, Deeside AAC, 38.11, 2006		
Order	No					NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
17	10	Lucy GRIFFITHS - SENW	Cardiff AAC	33.36	X	33.26	33.36	3	30.97			33.36		3
18	27	Megan STRATON - U17W	Swansea Harriers	20.26	22.39	18.23	22.39	12	X			22.39		12
19														
20														
21														
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27														
28														
29														
30														
31														
32														

FULL RESULTS										OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
17	51	Shannon RUSHTON - U17W	Neath Harriers	7.97	25						
18					26						
19					27						
20					28						
21					29						
22					30					REFEREE	
23					31						
24					32						