

**Welsh Athletics League
Match Day**

MATCH SCORE		
1	Swansea Harriers	1189
2	Cardiff AAC	900
3	Brecon AC	728
4	Carmarthen Harriers	526
5	Neath Harriers	460
6	Run4All	431
7	Pembrokeshire Harriers	423
8	Newport Harriers	208

**match score after 44 with 0 results to
score**

WELSH ATHLETICS LEAGUE

FINAL
SWANSEA 09/08/2015



WELSH ATHLETICS
ATHLETAU CYMRU

T07 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				ws -3.4		Heat 2				ws -3.4	
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	77	Joshua BROWN	Cardiff AAC	11.08	(<i>SENM-1</i>) G3 P10	1	172	Kyle JONES	Neath Harriers	11.98	(<i>U17M-3</i>) P10
2	79	Kris JONES	Cardiff AAC	11.12	(<i>U20M-1</i>) G3 P10	2	304	Marklan JACKSON	Cardiff AAC	12.05	(<i>SENM-2</i>)
3	280	Michael WILSON	Swansea Harriers	11.30	(<i>U20M-2</i>) P10	3	269	Eli ONEYEWU	Swansea Harriers	12.14	(<i>U17M-5</i>) P10
4	3	Tyler WILLIAMS	Newport Harriers	11.31	(<i>U20M-3</i>) P10	4	281	Raymond GUNDU	Swansea Harriers	12.27	(<i>U20M-4</i>) P10
5	76	Aaron OWEN	Cardiff AAC	11.50	(<i>U17M-1</i>) G4 P10	5	54	Tomos GRIFFIN	Brecon AC	12.48	(<i>U20M-6</i>) P10
6	268	Jordan DRAISEY	Swansea Harriers	11.77	(<i>U17M-2</i>) P10	6	127	Charlie GRIFFITHS	Carmarthen Harriers	14.08	(<i>U20M-7</i>) P10
7	118	Haydn DAVIES	Carmarthen Harriers	12.46	(<i>U20M-5</i>)						
Heat 3				ws -3.0		Heat 4					
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	174	Joshua PHILLIPS	Neath Harriers	12.05	(<i>U17M-4</i>)						
2	144	Chris LLOYD	Run4All	12.33	(<i>SENM-3</i>)						
3	47	Tom BAXTER	Brecon AC	12.88	(<i>U17M-6</i>)						
4	176	Ioan LEWIS	Neath Harriers	13.17	(<i>U17M-7</i>)						
5	37	Paul EVANS	Brecon AC	13.53	(<i>SENM-4</i>)						
DNF	154	Ioan EVANS	Run4All								

T21 Male 200m

AC Record - Todd BENNETT, England, 20.36, 1984

Welsh Record - Christian MALCOLM, Cardiff AAC, 20.08, 2001 : Senior Lge Record - Andrew WATKINS, Cwmbran Harriers, 21.7, 2006

Welsh U20 Record - Christian MALCOLM, Cardiff AAC, 20.29, 1998 : U20 Lge Record - Kristian JONES, Cardiff AAC [M1-Cardiff] 2015

Welsh U17 Record - Tim BENJAMIN, Cardiff AAC, 21.19, 1998 : U17 Lge Record - Shaun PEARCE, Carmarthen Harriers, 21.43, 2013 [M3]

Heat 1				ws -3.4		Heat 2				ws -2.2	
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	79	Kris JONES	Cardiff AAC	22.51	(<i>U20M-1</i>) G3 P10	1	304	Marklan JACKSON	Cardiff AAC	24.61	(<i>SENM-2</i>)
2	3	Tyler WILLIAMS	Newport Harriers	23.20	(<i>U20M-2</i>) P10	2	281	Raymond GUNDU	Swansea Harriers	24.77	(<i>U20M-3</i>) P10
3	171	Ceirion HOPKINS	Neath Harriers	23.42	(<i>U17M-1</i>) P10	3	302	Tyler HEALAN	Cardiff AAC	25.44	(<i>U17M-4</i>) P10
4	268	Jordan DRAISEY	Swansea Harriers	23.54	(<i>U17M-2</i>) P10	4	278	Daniel HOLLOWAY	Swansea Harriers	25.60	(<i>U20M-4</i>) P10
5	144	Chris LLOYD	Run4All	25.05	(<i>SENM-3</i>)	5	270	Stephen OPOKO	Swansea Harriers	25.61	(<i>U17M-5</i>) P10
						6	47	Tom BAXTER	Brecon AC	25.67	(<i>U17M-6</i>) P10
						7	173	Aaron OSUI	Neath Harriers	25.98	(<i>U17M-7</i>) P10
Heat 3				ws -4.7		Heat 4					
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	303	Matthew COLLINS	Cardiff AAC	24.29	(<i>SENM-1</i>)						
2	269	Eli ONEYEWU	Swansea Harriers	25.33	(<i>U17M-3</i>)						
3	40	Owen CHESHER	Brecon AC	25.50	(<i>SENM-4</i>)						
4	217	Ollie WHEELER	Pembrokeshire Harriers	27.24	(<i>U17M-8</i>)						
5	37	Paul EVANS	Brecon AC	28.04	(<i>SENM-5</i>)						
6	154	Ioan EVANS	Run4All	28.29	(<i>SENM-6</i>)						
7	127	Charlie GRIFFITHS	Carmarthen Harriers	29.91	(<i>U20M-5</i>)						

T17 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	293	Rhys GRANVILLE	Swansea Harriers	50.82	(<i>SENM-1</i>) P10	1	9	Joel FOWLER	Newport Harriers	53.43	(<i>SENM-2</i>)
2	213	Aaron JOHN	Pembrokeshire Harriers	52.40	(<i>U17M-1</i>) G4 P10	2	105	Seth KELLY	Cardiff AAC	53.75	(<i>U17M-2</i>) P10
3	106	Patrick MILLS	Cardiff AAC	53.68	(<i>U20M-1</i>) P10	3	126	Dwayne GRIFFITHS	Carmarthen Harriers	55.84	(<i>U20M-2</i>) P10
4	111	Paul CLARKE	Carmarthen Harriers	55.15	(<i>SENM-3</i>)	4	54	Tomos GRIFFIN	Brecon AC	55.90	(<i>U20M-3</i>) P10
5	154	Ioan EVANS	Run4All	64.38	(<i>SENM-5</i>)	5	38	Adam JONES	Brecon AC	56.44	(<i>SENM-4</i>)
6	147	Grant PEARCE	Run4All	66.24	(<i>SENM-6</i>)	6	178	Joseph LLOYD-WEST	Neath Harriers	58.50	(<i>U17M-5</i>) P10
Heat 3						Heat 4					
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	174	Joshua PHILLIPS	Neath Harriers	54.90	(<i>U17M-3</i>) P10						
2	94	Iuean JONES	Cardiff AAC	55.47	(<i>U17M-4</i>) P10						
3	278	Daniel HOLLOWAY	Swansea Harriers	57.60	(<i>U20M-4</i>)						
4	274	Thomas PARK	Swansea Harriers	58.83	(<i>U17M-6</i>)						
5	112	Trystan LEECH	Carmarthen Harriers	60.69	(<i>U17M-7</i>)						
6	276	Ieuan NICHOLAS	Swansea Harriers	62.15	(<i>U17M-8</i>)						

WELSH ATHLETICS LEAGUE

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T10 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	93	Charlie WALKER	Cardiff AAC	1:56.37 (SEN M-1) G3 P10	1	46	Brychan PRICE-DAVIES	Brecon AC	2:09.37 (U17M-2)
2	291	Matthew RICHARDS	Swansea Harriers	1:59.05 (SEN M-2) P10	2	179	Thomas JOHN	Neath Harriers	2:12.91 (SEN M-6)
3	43	Ben DUNSTER	Brecon AC	1:59.61 (SEN M-3) P10	3	215	Steffan REES	Pembrokeshire Harriers	2:13.89 (U17M-4)
4	92	Elliott RICHARDS	Cardiff AAC	2:00.53 (SEN M-4) P10	4	274	Thomas PARK	Swansea Harriers	2:14.19 (U17M-5)
5	111	Paul CLARKE	Carmarthen Harriers	2:02.68 (SEN M-5) P10	5	273	Christopher PACKHAM	Swansea Harriers	2:16.73 (U17M-6)
6	126	Dwayne GRIFFITHS	Carmarthen Harriers	2:04.84 (U20M-1) P10	6	42	Scott DUNSTER	Brecon AC	2:20.15 (U20M-2)
7	94	Iuean JONES	Cardiff AAC	2:06.38 (U17M-1) P10	7	112	Trystan LEECH	Carmarthen Harriers	2:20.81 (U17M-7)
8	178	Joseph LLOYD-WEST	Neath Harriers	2:12.04 (U17M-3)					
Heat 3				Heat 4					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	141	Terry JONES	Run4All	2:14.30 (SEN M-7)					
2	294	Ifan LLOYD	Swansea Harriers	2:22.10 (SEN M-8)					
3	156	Andrew EVAS	Run4All	2:29.71 (SEN M-9)					
4	180	Matthew PHIPPS	Neath Harriers	2:32.02 (U17M-8)					

T14 Male 1500m

AC Record - Rob HARRISON, England, 3:35.74, 1986

Welsh Record - Neil HORSFIELD, Newport Harriers, 3:35.08, 1990 : Senior Lge Record - Shaun WHELAN, Swansea Harriers, 3:50.2, 1988

Welsh U20 Record - Neil HORSFIELD, Newport Harriers, 3:44.49, 1984 : U20 Lge Record - Tom MARSHALL, Brecon AC, 4:05.6, 2007

Welsh U17 Record - Colin CLARKSON, Swansea Harriers, 3:51.5y, 1977 : U17 Lge Record - David JONES, Carmarthen Harriers, 4:07.0

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	219	Matthew WILLIAMS	Pembrokeshire Harriers	4:00.17 (U20M-1) G3 P10					
2	285	Danal DESTA	Swansea Harriers	4:03.20 (SEN M-1) P10					
3	99	Jac SMITH	Cardiff AAC	4:13.62 (U17M-1) G4 P10					
4	275	Elliott LAWRENCE	Swansea Harriers	4:20.16 (U17M-2) P10					
5	140	Thomas JONES	Carmarthen Harriers	4:22.71 (U17M-3) P10					
6	7	Luke GAWTHORN	Newport Harriers	4:38.14 (U17M-4)					
7	141	Terry JONES	Run4All	4:51.47 (SEN M-2)					
8	289	Paul FLYNN	Swansea Harriers	4:54.38 (SEN M-3)					
9	133	Joshua THOMAS	Carmarthen Harriers	4:54.67 (U17M-5)					
10	142	Chris LEWIS	Run4All	4:57.13 (SEN M-4)					
11	220	Gareth ELLIOTT	Pembrokeshire Harriers	5:11.95 (SEN M-5)					
12	160	Cian EVANS	Run4All	5:20.61 (U17M-6)					
13	116	Huw DAVIES	Carmarthen Harriers	5:23.36 (U20M-2)					

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	285	Danal DESTA	Swansea Harriers	8:30.50 (SEN M-1) G2 P10					
2	10	Abed TEWELBRHAN	Newport Harriers	8:50.84 (SEN M-2) P10					
3	4	Jackson MOUNTFORD	Newport Harriers	9:41.50 (U17M-1) P10					
4	70	Brian DIAS	Cardiff AAC	10:22.95 (SEN M-3)					
5	289	Paul FLYNN	Swansea Harriers	10:29.02 (SEN M-4)					
6	45	Evan PRICE-DAVIES	Brecon AC	10:51.09 (U17M-2)					
7	142	Chris LEWIS	Run4All	10:52.80 (SEN M-5)					
8	220	Gareth ELLIOTT	Pembrokeshire Harriers	10:58.12 (SEN M-6)					
9	39	Charlie NORTHEY	Brecon AC	11:09.28 (SEN M-7)					
10	196	Robert REES	Neath Harriers	11:10.43 (SEN M-8)					
11	160	Cian EVANS	Run4All	11:31.04 (U17M-3)					
12	116	Huw DAVIES	Carmarthen Harriers	11:36.17 (U20M-1)					
13	146	Darren CHAPPLE	Run4All	12:28.87 (SEN M-9)					

T11 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	Pos	Bib	Athlete	Club	Perf
1	218	Shaun ZYGADLO	Pembrokeshire Harriers	13.60					
2	311	Harri SEXTON WHEELER	Cardiff AAC	14.26					G4 P10
3	258	Tomos SLADE	Swansea Harriers	14.42					G4 P10
4	86	Tom ATKINSON	Cardiff AAC	15.09					P10
5	118	Haydn DAVIES	Carmarthen Harriers	15.13					

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T09 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						Heat 2	
Pos	Bib	Athlete	Club	Perf	ws	Pos	Bib	Athlete	Club	Perf	
1	36	Derek OSBORNE	Brecon AC	23.19	(<i>SENM-1</i>)						
DNF	62	Harry HILLMAN	Cardiff AAC		(<i>SENM-2</i>)						

T01 Male 400m Hurdles (91.0cm)

AC Record - Rhys WILLIAMS, Wales, 49.38, 2009

Welsh Record - David GREENE, Swansea Harriers, 47.84, 2012 : Senior Lge Record - Chris CASHELL, Carmarthen Harriers, 52.59, 1991

Welsh U20 Record - David GREENE, Swansea Harriers, 51.14, 2005 : U20 Lge Record - Ryan COOPER Cardiff AAC 55.63 2013 [M1]

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

				Heat 1						Heat 2	
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
2	288	Nathan PHILLIPS	Swansea Harriers	60.85	(<i>SENM-1</i>)	P10					
3	179	Thomas JOHN	Neath Harriers	67.65	(<i>SENM-2</i>)						
4	287	Keiran INGRAM	Swansea Harriers	75.55	(<i>SENM-3</i>)						
DNF	69	Luke HARRY	Cardiff AAC								

T19 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	291	Matthew RICHARDS	Swansea Harriers	4:56.87	(<i>SENM-1</i>)						
2	212	David EVANS	Pembrokeshire Harriers	5:07.15	(<i>U17M-1</i>)	P10					
3	301	Owain EDWARDS	Cardiff AAC	5:18.48	(<i>U17M-2</i>)						
4	294	Ifan LLOYD	Swansea Harriers	5:36.97	(<i>SENM-3</i>)						
5	179	Thomas JOHN	Neath Harriers	5:38.62	(<i>SENM-4</i>)						
6	70	Brian DIAS	Cardiff AAC	5:52.55	(<i>SENM-5</i>)						
7	39	Charlie NORTHEY	Brecon AC	6:00.06	(<i>SENM-6</i>)						

T24 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	79	Cardiff AAC	45.17	Marlan JACKSON, Matthew COLLINS, Tyler HEALAN, Kris JONES						
2	172	Neath Harriers	45.93	Aaron OSUJI, Ceirion HOPKINS, Joshua PHILLIPS, Kyle JONES						
3	56	Brecon AC	46.43	Adam JONES, Owen CHESHER, Tomos GRIFFIN, George THOMAS						
4	213	Pembrokeshire Harriers	46.45	Shaun ZYGADLO, Matthew WILLIAMS, Ollie WHEELER, Aaron JOHN						
5	131	Carmarthen Harriers	46.49	Paul CLARKE, Dwayne GRIFFITHS, Haydn DAVIES, Aled PRICE						
6	144	Run4All	54.57	Andrew EVAS, Terry JONES, Chris LEWIS, Chris LLOYD						

T26 Male 4 x 400 relay

AC Record - Trinidad & Tobago, 3:05.11, 1992

Welsh Record - Wales, 3:00.41, 2002 : Senior Lge Record - Newport Harriers, 3:22.5, 1997

Welsh U20 Record - Wales, 3:17.05, 1997 : U20 Lge Record - Cardiff AAC, 3:38.6, 2010

Welsh U17 Record - Not Recognised at this age group : U17 Lge Record - Swansea Harriers, 3:43.6, 2010

				Heat 1						
Pos	Bib	Club	Perf	Athletes						
1	79	Cardiff AAC	3:33.81	Charlie WALKER, Seth KELLY, Matthew COLLINS, Kris JONES						
2	219	Pembrokeshire Harriers	3:43.17	David EVANS, Aaron JOHN, Steffan REES, Matthew WILLIAMS						
3	293	Swansea Harriers	3:44.17	Iwan BEGGS, Daniel HOLLOWAY, Tomos SLADE, Rhys GRANVILLE						
4	38	Brecon AC	3:44.21	Adam JONES, Owen CHESHER, Tomos GRIFFIN, George THOMAS						
5	174	Neath Harriers	3:48.28	Joseph LLOYD-WEST, Thomas JOHN, Aaron OSUJI, Joshua PHILLIPS						
6	126	Carmarthen Harriers	3:50.30	Paul CLARKE, Trystan LEECH, Thomas JONES, Dwayne GRIFFITHS						
7	141	Run4All	4:42.08	Darren CHAPPLE, Chris LEWIS, Grant PEARCE, Terry JONES						

WELSH ATHLETICS LEAGUE



WELSH ATHLETICS
ATHLETAU CYMRU

FINAL
SWANSEA 09/08/2015

T06 Female 100m

AC Record - Heather OAKES, England, 11.27, 1984

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

Welsh U20 Record - Hannah BRIER, Swansea Harriers, 11.57, 2014 : 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 -2.7				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	139	Alicia SAMUEL	Carmarthen Harriers	12.70 (U17W-1) G4 P10	1	207	Amy ROTHERO	Pembrokeshire Harriers	13.42
2	75	Rebecca KENNETT	Cardiff AAC	12.86 (U20W-1) P10	2	232	Sophie ROBERTS	Swansea Harriers	13.94
3	122	Celyn WILLIAMS	Carmarthen Harriers	13.49 (U17W-4)	3	309	Mollie DARBY	Cardiff AAC	14.14
4	183	Elin JAMES	Neath Harriers	13.50 (U17W-5)	4	248	Ellie D'AURIA	Swansea Harriers	14.30
5	74	Eliza HILL	Cardiff AAC	13.64 (U17W-6)	5	231	Caroline HURLEY	Swansea Harriers	14.66
6	201	Tegan FOLEY	Pembrokeshire Harriers	13.74 (U17W-7)	6	145	Laura CHAPPLE	Run4All	15.96
7	247	Jordan MEEK	Swansea Harriers	13.95 (U17W-8)	7	44	Frances BATEMAN	Brecon AC	16.10
8	310	Seren WENHAM	Cardiff AAC	13.99 (U17W-9)	DQ	184	Sophie SARGEANT	Neath Harriers	

Heat 3 ws -1.6				Heat 4					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	2	Armani WILLIAMS	Newport Harriers	13.15 (U17W-2) P10					
2	51	Rhiannon BARBER	Brecon AC	17.99 (U17W-12)					
3	151	Marie CASEY	Run4All	18.51 (SENW-5)					

T20 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 - Michelle PROBERT, Sale Harriers, 23.60, 1976 : 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 -4.3				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	75	Rebecca KENNETT	Cardiff AAC	26.66 (U20W-1) P10	1	251	Josie SIVAK	Swansea Harriers	28.39
2	2	Armani WILLIAMS	Newport Harriers	26.72 (U17W-1) P10	2	202	Esmé GREER	Pembrokeshire Harriers	28.66
3	183	Elin JAMES	Neath Harriers	27.81 (U17W-2)	3	309	Mollie DARBY	Cardiff AAC	29.83
4	68	Catrin LORD	Cardiff AAC	27.98 (U20W-2)	4	248	Ellie D'AURIA	Swansea Harriers	30.28
5	233	Donna JONES	Swansea Harriers	28.17 (SENW-1)	5	184	Sophie SARGEANT	Neath Harriers	31.04

Heat 3				Heat 4					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	234	Sara DAVIES	Swansea Harriers	33.38 (SENW-2)					
2	145	Laura CHAPPLE	Run4All	34.80 (SENW-3)					
3	143	Rachel EVANS	Run4All	35.42 (SENW-4)					
4	53	Clare DAVIES	Brecon AC	36.94 (SENW-5)					

T18 U17W 300m

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 - Eve WILLIAMS, Cwmbran Harriers, 38.97, 2014 : U17 Lge Record - Megan ROGERS, Wrexham AC, 39.9, 2008

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	122	Celyn WILLIAMS	Carmarthen Harriers	42.60 (U17W-1) G4 P10	1	247	Jordan MEEK	Swansea Harriers	44.34
2	203	Carys HEWER	Pembrokeshire Harriers	43.35 (U17W-2) P10	2	110	Caitlin MILLS	Cardiff AAC	44.72
3	185	Olivia MICHAEL	Neath Harriers	43.60 (U17W-3) P10	3	190	Mari WATKINS	Neath Harriers	47.07
4	250	Hollie-May ALLEN	Swansea Harriers	45.91 (U17W-6)	4	193	Lily LESTER	Neath Harriers	51.67
5	73	Rhian JONES	Cardiff AAC	47.55 (U17W-8)					

T16 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 ws -1.3				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	103	Rachel DONNINSON	Cardiff AAC	56.51 (SENW-1) G2 P10					
2	104	Lizzie HARRIS	Cardiff AAC	59.02 (SENW-2) P10					
3	11	Victoria BELCHER	Newport Harriers	61.43 (SENW-3) P10					
4	257	Abigail GOODRICK-LATHAM	Swansea Harriers	66.86 (U20W-1)					
5	231	Caroline HURLEY	Swansea Harriers	69.84 (SENW-4)					
6	145	Laura CHAPPLE	Run4All	74.28 (SENW-5)					
7	151	Marie CASEY	Run4All	111.36 (SENW-6)					

WELSH ATHLETICS LEAGUE



WELSH ATHLETICS
ATHLETAU CYMRU

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T08 Female 800m

AC Record - Christiane WILDSCHEK, 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 ws -3.0							Heat 2	
Pos	Bib	Athlete	Club	Perf			Pos	Bib	Athlete	Club	Perf	
1	206	Lucy OMNET	Pembrokeshire Harriers	2:22.39	(U17W-1)	P10	1	257	Abigayle GOODRICK-LATHAM	Swansea Harriers	2:41.61	
2	250	Hollie-May ALLEN	Swansea Harriers	2:25.25	(U17W-2)	P10	2	143	Rachel EVANS	Run4All	2:46.03	
3	89	Grace WHEELER	Cardiff AAC	2:26.14	(U17W-3)	P10	3	191	Megan JAMES	Neath Harriers	2:52.23	
4	205	Eliza MARTIN	Pembrokeshire Harriers	2:28.88	(U17W-4)	P10	4	49	Beverly TUCKER	Brecon AC	3:16.81	
5	88	Georgia COLE	Cardiff AAC	2:33.52	(U20W-1)		5	155	Laura GREY	Run4All	3:49.44	
DNF	241	Lara PHILIPPART	Swansea Harriers									

T12 Female 1500m

AC Record - Zola BUDD, England, 4:04.4, 1984

Welsh Record - Hayley TULLETT, Swansea Harriers, 3:59.9, 2003 : Senior Lge Record - Hayley NASH, Swansea Harriers, 4:24.4, 1987

Welsh U20 Record - Georgina OUTTEN, Birchfield Harriers, 4:19.0, 2014 : U20 Lge Record - Ffion LEWIS, Brecon AC, 4:53.29, 2011

Welsh U17 Record - Non STANFORD, Swansea Harriers, 4:23.5, 2004 : U17 Lge Record - Kayleigh BROWN, Carmarthen Harriers, 4:45.0, 2006

				Heat 1							Heat 2	
Pos	Bib	Athlete	Club	Perf			Pos	Bib	Athlete	Club	Perf	
1	209	Abbie WILLIAMS	Pembrokeshire Harriers	4:45.68								
2	96	Carys BILL	Cardiff AAC	4:59.36								
3	98	Hedd LLEUCU	Cardiff AAC	5:13.35								
4	148	Ffion LEWIS	Run4All	5:13.47								
5	241	Lara PHILIPPART	Swansea Harriers	5:20.83								
6	192	Rhiannon PHILLIPS	Neath Harriers	5:31.61								
7	115	Cerys DAVIES	Carmarthen Harriers	6:07.01								
8	237	Penny KENNEDY	Swansea Harriers	6:09.30								
9	49	Beverly TUCKER	Brecon AC	6:18.28								
10	55	Catherine OLIVANT	Brecon AC	6:19.27								
11	191	Megan JAMES	Neath Harriers	6:57.84								
12	151	Marie CASEY	Run4All	8:24.81								

T04 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	72	Lucy MARLAND	Cardiff AAC	10:39.61	(SENW-1)	P10						
2	190	Mari WATKINS	Neath Harriers	11:41.61	(U17W-1)							
3	143	Rachel EVANS	Run4All	11:54.69	(SENW-2)							
4	161	Cara FARLEY	Run4All	12:25.06	(U20W-1)							
5	71	Ffion GREGSON LEWIS	Cardiff AAC	12:32.04	(U17W-2)							
6	237	Penny KENNEDY	Swansea Harriers	13:02.20	(SENW-3)							
7	49	Beverly TUCKER	Brecon AC	13:03.91	(SENW-4)							
8	55	Catherine OLIVANT	Brecon AC	13:20.11	(SENW-5)							
9	149	Megan CLARKE-REID	Run4All	13:30.01	(SENW-6)							

T15 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 ws -1.3							Heat 2	
Pos	Bib	Athlete	Club	Perf			Pos	Bib	Athlete	Club	Perf	
1	251	Josie SIVAK	Swansea Harriers	12.68	(U17W-1)	P10						
2	101	Clara NUTHALL	Cardiff AAC	12.82		P10						
3	207	Amy ROTHERO	Pembrokeshire Harriers	12.82		P10						
4	186	Catrina DAVIES	Neath Harriers	16.96								
DNF	255	Hannah DAVIES	Swansea Harriers									
DNF	202	Esme GREER	Pembrokeshire Harriers									



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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 -1.3					
Pos	Bib	Athlete	Club	Perf				Pos	Bib Athlete Club Perf
1	235	Katherine MORRIS	Swansea Harriers	15.76	(SENW-1)	P10			
2	53	Clare DAVIES	Brecon AC	23.71	(SENW-2)				

T05 U17W 300m Hurdles (76.2cm)

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 - Caryl GRANVILLE, Carmarthen Harriers, 42.65, 2006 : U17 Lge Record - Megan ROGERS, Wrexham AC, 44.89, 2009

				Heat 1					
Pos	Bib	Athlete	Club	Perf				Pos	Bib Athlete Club Perf
1	208	Lydia THOMAS	Pembrokeshire Harriers	44.79	(U17W-1)	G1 P10			
2	73	Rhian JONES	Cardiff AAC	53.19	(U17W-)				
3	192	Rhiannon PHILLIPS	Neath Harriers	57.43	(U17W-)				
	DNS	186	Catrina DAVIES	Neath Harriers					

T03 Female 400m Hurdles (76.2cm)

AC Record - Kim BATTEN, USA, 54.69, 1992

Welsh Record - Alyson LAYZELL, Cheltenham, 56.43, 1996 : Senior Lge Record - Caryl GRANVILLE Swansea Harriers 59.22 2013 [M1]

Welsh U20 Record - Alyson EVANS, Cardiff AAC, 58.37, 1985 : U20 Lge Record - Megan ROGERS, Wrexham AC, 63.2, 2010

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

				Heat 1					
Pos	Bib	Athlete	Club	Perf				Pos	Bib Athlete Club Perf
1	236	Caryl GRANVILLE	Swansea Harriers	60.04	(SENW-1)	G1 P10			

T22 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 ws -4.7					
Pos	Bib	Athlete	Club	Perf				Pos	Bib Athlete Club Perf
1	95	Jess WADEY	Cardiff AAC	5:39.09	(U17W-1)	G4 P10			

T23 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					
Pos	Bib	Club	Perf	Athletes					
1	232	Swansea Harriers	52.45	Jordan MEEK, Katherine MORRIS, Ellie D'AURIA, Sophie ROBERTS					
2	184	Neath Harriers	52.98	Maddie NEWTON, Elin JAMES, Olivia MICHAEL, Sophie SARGEANT					
3	75	Cardiff AAC	53.64	Eliza HILL., Catrin LORD, Lizzie HARRIS, Rebecca KENNETT					
4	139	Carmarthen Harriers	53.75	Celyn WILLIAMS, Sophie PICK, Amy EVANS, Alicia SAMUEL					
5	202	Pembrokeshire Harriers	53.84	Lucy OMNET, Amy ROTHERO, Carys HEWER, Esme GREER					
6	53	Brecon AC	66.20	Frances BATEMAN, Beverly TUCKER, Beverly TUCKER, Clare DAVIES					
7	143	Run4All	66.64	Laura CHAPPLE, Megan CLARKE-REID, Ffion LEWIS, Rachel EVANS					

T25 Female 4 x 400 relay

AC Record - Great Britain, 3:22.00, 1979

Welsh Record - Wales, 3:35.60, 1982 : Senior Lge Record - Cardiff AAC, 4:00.5, 1987

Welsh U20 Record - Not Recognised at this age group : U20 Lge Record - Cardiff AAC, 4:23.85, 2009

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

				Heat 1					
Pos	Bib	Club	Perf	Athletes					
1	103	Cardiff AAC	4:09.93	Jess WADEY, Caitlin MILLS, Lizzie HARRIS, Rachel DONNINSON					
2	236	Swansea Harriers	4:15.80	Caryl GRANVILLE, Donna JONES, Lara PHILIPPART, Abigayle GODRICK-LATHAM					
3	203	Pembrokeshire Harriers	4:20.03	Eliza MARTIN, Abbie WILLIAMS, Lucy OMNET, Carys HEWER					
4	190	Neath Harriers	4:29.34	Olivia MICHAEL, Mari WATKINS, Rhiannon PHILLIPS, Elin JAMES					
5	161	Run4All	5:22.19	Laura CHAPPLE, Cara FARLEY, Ffion LEWIS, Rachel EVANS					



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F11 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	40	Owen CHESHER	Brecon AC	1.90 (SENM-1)
2	177	Ioan JENKINS	Neath Harriers	1.90 (U20M-1)
3	120	William EDWARDS	Carmarthen Harriers	1.85 (U20M-2)
4	287	Keiran INGRAM	Swansea Harriers	1.85 (SENM-2)
5	292	Daniel WILLIAMS	Swansea Harriers	1.75 (SENM-3)
6	272	Iwan BEGGS	Swansea Harriers	1.75 (U17M-1)
7	118	Haydn DAVIES	Carmarthen Harriers	1.65 (U20M-3)
8	258	Tomos SLADE	Swansea Harriers	1.65 (U17M-2)
9	46	Brychan PRICE-DAVIES	Brecon AC	1.60 (U17M-3)
10	62	Harry HILLMAN	Cardiff AAC	1.55 (U20M-4)
11	42	Scott DUNSTER	Brecon AC	1.50 (U20M-5)
12	178	Joseph LLOYD-WEST	Neath Harriers	1.35 (U17M-4)
13	147	Grant PEARCE	Run4All	1.25 (SENM-4)
14	141	Terry JONES	Run4All	1.20 (SENM-5)

F02 Male Pole Vault

AC Record - Grigory YEGOROV, Kazakhstan, 5.80, 1992

Welsh Record - Neil WINTER, Shaftesbury, 5.60, 1995 : Senior Lge Record - Alessandro CAMBON, , 4.75, 2001

Welsh U20 Record - Neil WINTER, Shaftesbury, 5.50, 1992 : U20 Lge Record - Paul WALKER, Cardiff AAC, 4.20, 2003

Welsh U17 Record - Neil WINTER, Shaftesbury, 5.20, 1990 : U17 Lge Record - Paul WALKER, Cardiff AAC, 4.25

Pos	Bib	Athlete	Club	Perf
1	265	Ieuan HOSGOOD	Swansea Harriers	3.50 (U17M-1)
2	266	Scott MORGAN	Swansea Harriers	3.20 (U17M-2)
3	40	Owen CHESHER	Brecon AC	3.00 (SENM-1)
4	36	Derek OSBORNE	Brecon AC	2.50 (SENM-2)



FINAL
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F08 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, 200

Pos	Bib	Athlete	Club	Perf
1	131	Aled PRICE	Carmarthen Harriers	7.10 (SENM-1)
2	87	Simeon CLARENCE	Cardiff AAC	6.90 (SENM-2)
3	282	Osaze AGHEDO	Swansea Harriers	6.45 (U20M-1)
4	171	Ceirion HOPKINS	Neath Harriers	6.29 (U17M-1)
5	56	George THOMAS	Brecon AC	6.06 (U17M-2)
6	271	Nicholas WILLIAMS	Swansea Harriers	5.54 (U17M-3)
7	173	Aaron OSUJI	Neath Harriers	5.49 (U17M-4)
8	217	Ollie WHEELER	Pembrokeshire Harriers	5.45 (U17M-5)
9	272	Iwan BEGGS	Swansea Harriers	5.33 (U17M-6)
10	85	Morgan JONES	Cardiff AAC	5.25 (SENM-3)
11	214	Joey MATHIAS	Pembrokeshire Harriers	5.20 (U17M-7)
12	283	Elliot WEBBER	Swansea Harriers	5.20 (U20M-2)
13	121	Jamie BEST	Carmarthen Harriers	4.81 (U20M-3)
14	144	Chris LLOYD	Run4All	4.66 (SENM-4)
15	156	Andrew EVAS	Run4All	4.35 (SENM-5)
16	1	Kellen JONES	Newport Harriers	1.60 (U20M-4)

F15 Male Triple Jump

AC Record - Bela BAKOSI, Hungary, 16.88, 1980

Welsh Record - Steven SHALDERS, Cardiff AAC, 16.71, 2005 : Senior Lge Record - Charles MADERIA-COLE, Carmarthen

Welsh U20 Record - Steven SHALDERS, Cardiff AAC, 15.99, 2000 : U20 Lge Record - Adam WILLIAMS, Menai T&F, 14.0

Welsh U17 Record - Steven SHALDERS, Cardiff AAC, 15.14, 1998 : U17 Lge Record - Craig PHILLIPS, Deeside AAC, 13.51

Pos	Bib	Athlete	Club	Perf
1	282	Osaze AGHEDO	Swansea Harriers	13.53 (U20M-1)
2	307	Gage FRANCIS	Cardiff AAC	13.46 (SENM-1)
3	86	Tom ATKINSON	Cardiff AAC	12.15 (U17M-1)
4	43	Ben DUNSTER	Brecon AC	11.38 (SENM-2)
5	214	Joey MATHIAS	Pembrokeshire Harriers	11.37 (U17M-2)
6	283	Elliot WEBBER	Swansea Harriers	11.15 (U20M-2)
7	266	Scott MORGAN	Swansea Harriers	10.65 (U17M-3)
8	267	Brynmor CLEMENTS	Swansea Harriers	10.62 (U17M-4)
9	42	Scott DUNSTER	Brecon AC	10.24 (U20M-3)
10	46	Brychan PRICE-DAVIES	Brecon AC	9.70 (U17M-5)
11	144	Chris LLOYD	Run4All	9.61 (SENM-3)
12	39	Charlie NORTHEY	Brecon AC	8.39 (SENM-4)
13	146	Darren CHAPPLE	Run4All	7.96 (SENM-5)



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F06 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, 200

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

Pos	Bib	Athlete	Club	Perf
1	5	Daniel CORK	Newport Harriers	13.84 (U20M-1)
2	81	Geraint PUGH	Cardiff AAC	11.98 (U17M-1)
3	131	Aled PRICE	Carmarthen Harriers	11.97 (SENM-1)
4	80	Jay MORSE	Cardiff AAC	11.46 (U17M-2)
5	267	Brynmor CLEMENTS	Swansea Harriers	11.11 (U17M-3)
6	216	James TOMLINSON	Pembrokeshire Harriers	10.87 (U17M-4)
7	264	Ccnnor EVANS	Swansea Harriers	10.49 (U17M-5)
8	59	Kurt JONES	Brecon AC	10.36 (U17M-6)
9	137	Nicholas JONES	Carmarthen Harriers	10.30 (U17M-7)
10	6	Robert EALES	Newport Harriers	10.26 (SENM-2)
11	128	Aaron MORGAN	Carmarthen Harriers	9.30 (SENM-3)
12	279	Ryan NICHOLAS	Swansea Harriers	9.01 (U20M-2)
13	57	Jacob WILLIAMS	Brecon AC	9.00 (U20M-3)
14	38	Adam JONES	Brecon AC	8.47 (SENM-4)
15	172	Kyle JONES	Neath Harriers	8.04 (U17M-8)
16	45	Evan PRICE-DAVIES	Brecon AC	7.35 (U17M-9)
17	8	Tyrone FOWLER	Newport Harriers	7.28 (SENM-5)
18	147	Grant PEARCE	Run4All	7.22 (SENM-6)
19	176	Ioan LEWIS	Neath Harriers	6.39 (U17M-10)
20	286	Dave JONES	Swansea Harriers	5.04 (SENM-7)
21	142	Chris LEWIS	Run4All	4.14 (SENM-8)



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F12 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, 45.5

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

Welsh U17 Record - Matthew FIELD, Cardiff AAC, 51.12, 2011 : U17 Lge Record - Glenn WILLIAMS, Cardiff AAC, 48.38

Pos	Bib	Athlete	Club	Perf
1	216	James TOMLINSON	Pembrokeshire Harriers	59.13 (U17M-1)
2	80	Jay MORSE	Cardiff AAC	44.01 (U17M-2)
3	267	Brynmor CLEMENTS	Swansea Harriers	41.47 (U17M-3)
4	131	Aled PRICE	Carmarthen Harriers	36.14 (SENM-1)
5	264	Ccnnor EVANS	Swansea Harriers	35.21 (U17M-4)
6	1	Kellen JONES	Newport Harriers	33.09 (U20M-1)
7	57	Jacob WILLIAMS	Brecon AC	28.21 (U20M-2)
8	279	Ryan NICHOLAS	Swansea Harriers	27.40 (U20M-3)
9	59	Kurt JONES	Brecon AC	27.07 (U20M-4)
10	137	Nicholas JONES	Carmarthen Harriers	24.87 (U17M-5)
11	36	Derek OSBORNE	Brecon AC	23.37 (U17M-6)
12	9	Joel FOWLER	Newport Harriers	20.98 (SENM-2)
13	128	Aaron MORGAN	Carmarthen Harriers	19.51 (SENM-3)
14	8	Tyrone FOWLER	Newport Harriers	17.31 (SENM-4)
15	214	Joey MATHIAS	Pembrokeshire Harriers	14.95 (SENM-5)
16	286	Dave JONES	Swansea Harriers	13.34 (U17M-7)
17	146	Darren CHAPPLE	Run4All	11.70 (SENM-6)
18	142	Chris LEWIS	Run4All	10.62 (SENM-7)

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

Welsh U20 Record - Jac PALMER, Cardiff AAC, 67.23, 2014 : U20 Lge Record - Ashley ANDREWS, Rhondda AC, 58.67, 2

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

Pos	Bib	Athlete	Club	Perf
1	308	Kieren GRIMWADE	Cardiff AAC	52.41 (U17M-1)
2	59	Kurt JONES	Brecon AC	45.25 (U17M-2)
3	57	Jacob WILLIAMS	Brecon AC	41.99 (U20M-1)
4	137	Nicholas JONES	Carmarthen Harriers	35.04 (U17M-3)
5	36	Derek OSBORNE	Brecon AC	25.50 (SENM-1)
6	138	Rhys THOMAS	Carmarthen Harriers	23.75 (U17M-4)
7	264	Ccnnor EVANS	Swansea Harriers	23.07 (U17M-5)
8	279	Ryan NICHOLAS	Swansea Harriers	15.90 (U20M-2)
9	286	Dave JONES	Swansea Harriers	11.50 (SENM-3)



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F16 Male Javelin

AC Record - Steve BACKLEY, England, 88.46, 1990

Welsh Record - Nigel BEVAN, Belgrave Harriers, 81.70, 1992 : Senior Lge Record - Jonathan CLARKE, Swansea Harriers

Welsh U20 Record - Aidan REYNOLDS, Shaftesbury, 68.77, 2013 : U20 Lge Record - Jason COPSEY, Cwmbran Harriers,

Welsh U17 Record - Colin MACKENZIE, East Kent, 70.30, 1979 : U17 Lge Record - Jon LLEWELLYN, Carmarthen Harrier.

Pos	Bib	Athlete	Club	Perf
1	128	Aaron MORGAN	Carmarthen Harriers	57.93 (SENM-1)
2	284	Nathan JAMES	Swansea Harriers	52.60 (U20M-1)
3	134	Carwyn MORRIS	Carmarthen Harriers	45.69 (U17M-1)
4	117	Sam BLEACH	Carmarthen Harriers	44.78 (U20M-2)
5	133	Joshua THOMAS	Carmarthen Harriers	41.18 (U17M-2)
6	306	Aaron THOMAS	Cardiff AAC	37.30 (SENM-2)
7	267	Brynmor CLEMENTS	Swansea Harriers	33.45 (U17M-3)
8	274	Thomas PARK	Swansea Harriers	31.85 (U17M-4)
9	39	Charlie NORTHEY	Brecon AC	30.39 (SENM-3)
10	311	Harri SEXTON WHEELER	Cardiff AAC	27.99 (U17M-5)
11	141	Terry JONES	Run4All	27.44 (SENM-4)
12	45	Evan PRICE-DAVIES	Brecon AC	26.06 (U17M-6)
13	277	Matthew DOHERTY	Swansea Harriers	20.29 (U17M-7)
14	147	Grant PEARCE	Run4All	18.87 (SENM-5)



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F05 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

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

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

Pos	Bib	Athlete	Club	Perf
1	204	Thea JENKINS	Pembrokeshire Harriers	1.60 (U17W-1)
2	185	Olivia MICHAEL	Neath Harriers	1.50 (U17W-2)
3	129	Sophie PICK	Carmarthen Harriers	1.40 (SENW-1)
4	255	Hannah DAVIES	Swansea Harriers	1.40 (U17W-3)
5	244	Katie PHILLIPS	Swansea Harriers	1.30 (U20W-1)
6	247	Jordan MEEK	Swansea Harriers	1.25 (U17W-4)
7	53	Clare DAVIES	Brecon AC	1.25 (SENW-2)
8	145	Laura CHAPPLE	Run4All	1.05 (SENW-3)

F03 Female Pole Vault

AC Record - Zoe BROWN , Northern Ireland, 4.45, 2014

Welsh Record - Sally PEAKE, Birchfield Harriers, 4.40, 2014 : Senior Lge Record - Lyndsey MAUND, Swansea Ha

Welsh U20 Record - Elinor LEWIS, Cardiff AAC, 3.74, 2009 : U20 Lge Record - Elinor LEWIS & Rebecca DAVIES, I

Welsh U17 Record - Rebecca DAVIES, Deeside AAC, 3.65, 2009 : U17 Lge Record - Elinor LEWIS, Cardiff AAC, 3.

Pos	Bib	Athlete	Club	Perf
1	65	Lois HILLMAN	Cardiff AAC	3.10
2	254	Caitlin WARD	Swansea Harriers	2.40
3	64	Ceri JONES	Cardiff AAC	2.30
4	256	Georgia MILZA	Swansea Harriers	1.50

F04 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, 198

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

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

Pos	Bib	Athlete	Club	Perf	W/S
1	68	Catrin LORD	Cardiff AAC	5.38 (U20W-1)	-1.1
2	251	Josie SIVAK	Swansea Harriers	5.13 (U17W-1)	-0.1
3	139	Alicia SAMUEL	Carmarthen Harriers	5.11 (U17W-2)	-0.3
4	187	Maddie NEWTON	Neath Harriers	4.75 (U17W-3)	+0.9
5	66	Ellie STONEHEWER	Cardiff AAC	4.52 (U17W-4)	-1.0
6	255	Hannah DAVIES	Swansea Harriers	4.42 (U17W-5)	-1.6
7	204	Thea JENKINS	Pembrokeshire Harriers	4.42 (U17W-5)	-1.2
8	244	Katie PHILLIPS	Swansea Harriers	3.91 (U20W-2)	-3.6
9	231	Caroline HURLEY	Swansea Harriers	3.69 (SENW-1)	-0.3
10	51	Rhiannon BARBER	Brecon AC	3.32 (U17W-7)	-0.2
11	153	Tricia WOODHOUSE	Run4All	3.04 (SENW-2)	-1.8



FINAL
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F10 Female Triple Jump

AC Record - Nadia WILLIAMS, England, 13.53, 2009

Welsh Record - Hannah FRANKSON, Woodford Green, 12.95, 2013 : Senior Lge Record - Sara BARRY-WHEELEF

Welsh U20 Record - Sally PEAKE, Liverpool Harriers, 12.24, 2005 : U20 Lge Record - Victoria LLOYD, Pembroke

Welsh U17 Record - Jayne LUDLOW, Cardiff AAC, 12.14, 1994 : U17 Lge Record - Amy BRADLEY, Cwmbran Har

Pos	Bib	Athlete	Club	Perf		
1	240	Sian SWANSON	Swansea Harriers	11.15	(SENW-1)	
2	66	Ellie STONEHEWER	Cardiff AAC	10.11	(U17W-1)	
3	246	Alana REES	Swansea Harriers	9.96	(U17W-2)	
4	187	Maddie NEWTON	Neath Harriers	9.44	(U17W-3)	
5	244	Katie PHILLIPS	Swansea Harriers	9.38	(U20W-1)	
6	64	Ceri JONES	Cardiff AAC	9.03	(U20W-2)	
7	256	Georgia MILZA	Swansea Harriers	8.04	(U17W-4)	#N/A
8	186	Catrina DAVIES	Neath Harriers	7.86	(U17W-5)	#N/A
9	53	Clare DAVIES	Brecon AC	7.85	(SENW-2)	#N/A

F13 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

Welsh U20 Record - Sally HINDS, Swansea Harriers, 14.72, 2005 : U20 Lge Record - Sally HINDS, Swansea Harri

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

Pos	Bib	Athlete	Club	Perf	
1	239	Awen ROSSER	Swansea Harriers	12.73	(SENW-1)
2	109	Lucy GRIFFITHS	Cardiff AAC	12.10	(SENW-2)
3	253	Rhian EVANS	Swansea Harriers	10.80	(U17W-1)
4	83	Katie ROBERTS	Cardiff AAC	10.26	(U17W-2)
5	136	Danielle JONES	Carmarthen Harriers	10.07	(U17W-3)
6	189	Sarah WATKINS	Neath Harriers	9.92	(U17W-4)
7	90	Thea WILLIS	Cardiff AAC	8.85	(U17W-5)
8	129	Sophie PICK	Carmarthen Harriers	8.46	(SENW-4)
9	44	Frances BATEMAN	Brecon AC	8.62	(SENW-3)
10	82	Bethan GAMMON	Cardiff AAC	7.73	(U17W-6)
11	210	Karen LLEWELLIN	Pembrokeshire Harriers	7.43	(SENW-5)
12	153	Tricia WOODHOUSE	Run4All	7.34	(SENW-6)
13	211	Tracy LLEWELLIN	Pembrokeshire Harriers	6.99	(SENW-7)
14	119	Amy EVANS	Carmarthen Harriers	6.82	(U17W-7)
15	41	Julie DRISCOLL	Brecon AC	6.59	(SENW-8)
16	238	Renate PRELLS	Swansea Harriers	6.16	(SENW-9)
17	58	Megan TUCKER	Brecon AC	5.01	(U20W-1)
18	188	Shannan RUSHTON	Neath Harriers	4.71	(U17W-8)
19	150	Rhiann HEADON	Run4All	4.37	(SENW-10)



FINAL

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F14 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

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, 48.88, 1994

Pos	Bib	Athlete	Club	Perf
1	305	Eleni ZEMBANSKI	Cardiff AAC	42.55 (SENW-1)
2	239	Awen ROSSER	Swansea Harriers	41.32 (SENW-2)
3	136	Danielle JONES	Carmarthen Harriers	33.31 (U17W-1)
4	253	Rhian EVANS	Swansea Harriers	30.32 (U17W-2)
5	44	Frances BATEMAN	Brecon AC	29.11 (SENW-3)
6	82	Bethan GAMMON	Cardiff AAC	28.00 (U17W-3)
7	41	Julie DRISCOLL	Brecon AC	25.53 (SENW-4)
8	211	Tracy LLEWELLIN	Pembrokeshire Harriers	25.38 (SENW-5)
9	64	Ceri JONES	Cardiff AAC	25.28 (U20W-1)
10	210	Karen LLEWELLIN	Pembrokeshire Harriers	24.55 (SENW-6)
11	189	Sarah WATKINS	Neath Harriers	24.16 (U17W-4)
12	51	Rhiannon BARBER	Brecon AC	18.22 (U17W-5)
13	238	Renate PRELLS	Swansea Harriers	16.82 (SENW-7)
14	246	Alana REES	Swansea Harriers	15.77 (U17W-6)
15	129	Sophie PICK	Carmarthen Harriers	15.16 (SENW-8)
16	50	Caitlin DAVIES	Brecon AC	14.58 (U17W-7)
17	91	Annwen GAMMON	Cardiff AAC	13.80 (U17W-8)
18	153	Tricia WOODHOUSE	Run4All	12.84 (SENW-9)
19	152	Rebecca RICHARDS	Run4All	11.60 (SENW-10)
20	188	Shannan RUSHTON	Neath Harriers	8.16 (U17W-9)

F07 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,

Welsh U20 Record - Toni WELLS, Swansea Harriers, 55.81, 2012 : U20 Lge Record - Toni WELLS, Swansea Harriers, 55.81, 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
1	84	Ffion PALMER	Cardiff AAC	52.85 (U17W-1)
2	82	Bethan GAMMON	Cardiff AAC	41.67 (U17W-2)
3	243	Carys SMITH	Swansea Harriers	41.43 (U20W-1)
4	189	Sarah WATKINS	Neath Harriers	41.34 (U17W-3)
5	83	Katie ROBERTS	Cardiff AAC	37.88 (U17W-4)
6	253	Rhian EVANS	Swansea Harriers	31.80 (U17W-5)
7	41	Julie DRISCOLL	Brecon AC	28.72 (SENW-1)
8	210	Karen LLEWELLIN	Pembrokeshire Harriers	26.89 (SENW-2)
9	50	Caitlin DAVIES	Brecon AC	26.03 (U17W-6)
10	238	Renate PRELLS	Swansea Harriers	25.63 (SENW-3)
11	211	Tracy LLEWELLIN	Pembrokeshire Harriers	22.37 (SENW-4)
12	188	Shannan RUSHTON	Neath Harriers	18.92 (U17W-7)
13	207	Amy ROTHERO	Pembrokeshire Harriers	13.43 (U17W-8)



FINAL
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F09 Female Javelin

AC Record - Shelly HOLROYD, England, 54.41, 2005

Welsh Record - Tesni WARD, City of Sheffield, 52.78, 2011 : Senior Lge Record - Karen HOUGH, Swansea Harri

Welsh U20 Record - Lianne CLARKE, Neath Harriers, 50.95, 2004 : U20 Lge Record - Lianne CLARKE, Neath Har

Welsh U17 Record - Felicity BEE, Birchfield Harriers, 41.49, 2014 : U17 Lge Record - Lianne CLARKE, Neath Har

Pos	Bib	Athlete	Club	Perf
1	119	Amy EVANS	Carmarthen Harriers	29.88 (U17W-1)
2	90	Thea WILLIS	Cardiff AAC	25.59 (U17W-2)
3	245	Jo DAVIS	Swansea Harriers	25.28 (SENW-1)
4	246	Alana REES	Swansea Harriers	25.16 (U17W-3)
5	129	Sophie PICK	Carmarthen Harriers	23.85 (SENW-2)
6	91	Annwen GAMMON	Cardiff AAC	20.97 (U17W-4)
7	187	Maddie NEWTON	Neath Harriers	20.87 (U17W-5)
8	194	Amy PHIPPS	Neath Harriers	20.74 (U17W-6)
9	136	Danielle JONES	Carmarthen Harriers	20.59 (U17W-7)
10	243	Carys SMITH	Swansea Harriers	19.81 (U20W-1)
11	44	Frances BATEMAN	Brecon AC	18.09 (SENW-3)
12	58	Megan TUCKER	Brecon AC	17.98 (U20W-2)
13	210	Karen LLEWELLIN	Pembrokeshire Harriers	16.58 (SENW-4)
14	211	Tracy LLEWELLIN	Pembrokeshire Harriers	14.86 (SENW-5)
15	41	Julie DRISCOLL	Brecon AC	14.19 (SENW-6)
16	151	Marie CASEY	Run4All	9.10 (SENW-7)

U17 WOMEN MATCH POINTS

Events	NPT	BRE	CDF	CRM	R4A	NTH	PEM	SWA
100m 'A'	14	4	8	16		10	12	6
100m 'B'			6	8			7	5
200m 'A'	16		8			14	10	12
200m 'B'						7		8
300m 'A'			8	16		12	14	10
300m 'B'			6			7		8
800m 'A'			12			10	16	14
800m 'B'							8	
1500m 'A'			14	10		12	16	
1500m 'B'								
3000m 'A'			14			16		
3000m 'B'								
2k Walk 'A'								
2k Walk 'B'								
80m Hurdle 'A'			16			16	16	16
80m Hurdle 'B'	0						8	7
300m Hurdle 'A'			14			12	16	
300m Hurdle 'B'								
1.5km S/C 'A'			16					
1.5km S/C 'B'								
High Jump 'A'						14	16	12
High Jump 'B'								8
Pole Vault 'A'			16					14
Pole Vault 'B'								8
Long Jump 'A'		6	10	14		12	8	16
Long Jump 'B'								8
Triple Jump 'A'			16			12		14
Triple Jump 'B'						7		8
Shot Put 'A'			14	12		10		16
Shot Put 'B'			8	7		6		
Discus 'A'		8	12	16		10		14
Discus 'B'		7	6			5		8
Hammer 'A'		10	16			14	8	12
Hammer 'B'			8			7		
Javelin 'A'			14	16		10		12
Javelin 'B'			8	6		7		
Rank	7	6	1	5		3	4	2
U17W TOTALS	30	35	250	121	0	230	155	236

U17 MEN MATCH POINTS

Events	NPT	BRE	CDF	CRM	R4A	NTH	PEM	SWA
100m 'A'		10	16			12		14
100m 'B'						8		7
200m 'A'		10	12			16	8	14
200m 'B'						7		8
400m 'A'			14	8		12	16	10
400m 'B'			8			7		6
800m 'A'		14	16	6		12	10	8
800m 'B'						7		8
1500m 'A'	10		16	12	8			14
1500m 'B'				8				
3000m 'A'	16	14			12			
3000m 'B'								
2k Walk 'A'								
2k Walk 'B'								
100m Hurdle 'A'			14				16	
100m Hurdle 'B'								
400m Hurdle 'A'								
400m Hurdle 'B'								
1.5km S/C 'A'								
1.5km S/C 'B'								
High Jump 'A'		14				12		16
High Jump 'B'								8
Pole Vault 'A'								16
Pole Vault 'B'								8
Long Jump 'A'		14				16	10	12
Long Jump 'B'						8	6	7
Triple Jump 'A'		10	16				14	12
Triple Jump 'B'								8
Shot Put 'A'		10	16	8		6	12	14
Shot Put 'B'		6	8			5		7
Discus 'A'		10	14	8			16	12
Discus 'B'							7	8
Hammer 'A'		14	16	12				10
Hammer 'B'				8				
Javelin 'A'		10	12	16				14
Javelin 'B'				8				7
Rank	7	3	2	6	8	4	5	1
U17M TOTALS	26	136	178	94	20	128	115	248

U20 WOMEN MATCH POINTS

Events	NPT	BRE	CDF	CRM	R4A	NTH	PEM	SWA
100m 'A'			16					
100m 'B'								
200m 'A'			16					
200m 'B'			8					
400m 'A'								16
400m 'B'								
800m 'A'			16					
800m 'B'								
1500m 'A'								16
1500m 'B'								
3000m 'A'					16			
3000m 'B'								
2k Walk 'A'								
2k Walk 'B'								
100m Hurdle 'A'								
100m Hurdle 'B'								
400m Hurdle 'A'								
400m Hurdle 'B'								
1.5km S/C 'A'								
1.5km S/C 'B'								
High Jump 'A'								16
High Jump 'B'								
Pole Vault 'A'			16					
Pole Vault 'B'								
Long Jump 'A'			16					14
Long Jump 'B'								
Triple Jump 'A'			14					16
Triple Jump 'B'								
Shot Put 'A'		16						
Shot Put 'B'								
Discus 'A'			16					
Discus 'B'								
Hammer 'A'								16
Hammer 'B'								
Javelin 'A'		14						16
Javelin 'B'								
POSITION		3	1		4			2
U20W TOTALS	0	30	118	0	16	0	0	110

U20 MEN MATCH POINTS

Events	NPT	BRE	CDF	CRM	R4A	NTH	PEM	SWA
100m 'A'	12	8	16	10				14
100m 'B'				7				8
200m 'A'	14		16	10				12
200m 'B'								8
400m 'A'		12	16	14				10
400m 'B'								
800m 'A'		14		16				
800m 'B'								
1500m 'A'				14			16	
1500m 'B'								
3000m 'A'				16				
3000m 'B'								
2k Walk 'A'								
2k Walk 'B'								
110m Hurdle 'A'								
110m Hurdle 'B'								
400m Hurdle 'A'								
400m Hurdle 'B'								
1.5km S/C 'A'								
1.5km S/C 'B'								
High Jump 'A'		10	12	14		16		
High Jump 'B'				8				
Pole Vault 'A'								
Pole Vault 'B'								
Long Jump 'A'	12			14				16
Long Jump 'B'								8
Triple Jump 'A'		14						16
Triple Jump 'B'								8
Shot Put 'A'	16	12						14
Shot Put 'B'								
Discus 'A'	16	14						12
Discus 'B'		8						
Hammer 'A'		16						14
Hammer 'B'								
Javelin 'A'				14				16
Javelin 'B'								
POSITION	4	3	5	2		7	6	1
U20M TOTALS	70	108	60	137	0	16	16	156

SENIOR WOMEN MATCH POINTS

Events	NPT	BRE	CDF	CRM	R4A	NTH	PEM	SWA
100m 'A'		12			14			16
100m 'B'					7			8
200m 'A'		12			14			16
200m 'B'					7			8
400m 'A'	14		16		10			12
400m 'B'			8		7			
800m 'A'		14			16			
800m 'B'					8			
1500m 'A'		10	16		14			12
1500m 'B'		8						
3000m 'A'		10	16		14			12
3000m 'B'		8			7			
100m Hurdle 'A'		14						16
100m Hurdle 'B'								
400m Hurdle 'A'								16
400m Hurdle 'B'								
1.5km S/C 'A'								
1.5km S/C 'B'								
4X100 Relay		6	12	10	4	14	8	16
4x400 Relay			16		8	10	12	14
High Jump 'A'		14		16	12			
High Jump 'B'								
Pole Vault 'A'								
Pole Vault 'B'								
Long Jump 'A'					14			16
Long Jump 'B'								
Triple Jump 'A'		14						16
Triple Jump 'B'								
Shot Put 'A'		12	14	10	6		8	16
Shot Put 'B'		7			5		8	6
Discus 'A'		12	16	8	6		10	14
Discus 'B'		8			5		7	6
Hammer 'A'		16					14	12
Hammer 'B'							8	
Javelin 'A'		12		14	8		10	16
Javelin 'B'		7					8	
POSITION	8	2	4	6	3	7	5	1
SENW TOTALS	14	196	114	58	186	24	93	248
League Points	7	13	11	9	12	8	10	14

SENIOR MEN MATCH POINTS

Events	NPT	BRE	CDF	CRM	R4A	NTH	PEM	SWA
100m 'A'		12	16		14			
100m 'B'			8					
200m 'A'		12	16		14			
200m 'B'		7	8		6			
400m 'A'	14	10		12	8			16
400m 'B'					8			
800m 'A'		12	16	10	6	8		14
800m 'B'			8		6			7
1500m 'A'					14		12	16
1500m 'B'					7			8
3000m 'A'	14	6	12		10	4	8	16
3000m 'B'					7			8
110m Hurdle 'A'		16						
110m Hurdle 'B'								
400m Hurdle 'A'						14		16
400m Hurdle 'B'								
1.5km S/C 'A'		10	12			14		16
1.5km S/C 'B'								8
4X100 Relay		12	16	8	6	14	10	
4x400 Relay		10	16	6	4	8	14	12
High Jump 'A'		16			12			14
High Jump 'B'					7			8
Pole Vault 'A'		16						
Pole Vault 'B'		8						
Long Jump 'A'			14	16	12			
Long Jump 'B'			8		7			
Triple Jump 'A'		14	16		12			
Triple Jump 'B'		8			7			
Shot Put 'A'	14	12		16	10			8
Shot Put 'B'	7			8	6			
Discus 'A'	12	14		16	8			10
Discus 'B'	7			8				
Hammer 'A'		16						14
Hammer 'B'								
Javelin 'A'		12	14	16	10			
Javelin 'B'					8			
POSITION	6	1	4	5	2	7	8	3
SENM TOTALS	68	223	180	116	209	62	44	191
League Points	9	14	11	10	13	8	7	12

U17W TABLE

Club	FINAL	Totals		
Cardiff AAC	250	14	250	14
Swansea Harriers	236	13	236	13
Neath Harriers	230	12	230	12
Pembrokeshire Harriers	155	11	155	11
Carmarthen Harriers	121	10	121	10
Brecon AC	35	9	35	9
Newport Harriers	30	8	30	8

U17M TABLE

Club	FINAL	Totals		
Swansea Harriers	248	14	248	248
Cardiff AAC	178	13	178	178
Brecon AC	136	12	136	136
Neath Harriers	128	11	128	128
Pembrokeshire Harriers	115	10	115	115
Carmarthen Harriers	94	9	94	94
Newport Harriers	26	8	26	26
Run4All	20	7	20	20

COMBINED U17W & U17M TABLES				
Club	FINAL		Totals	
Swansea Harriers	484	8	484	8
Cardiff AAC	428	7	428	7
Neath Harriers	358	6	358	6
Pembrokeshire Harriers	270	5	270	5
Carmarthen Harriers	215	4	215	4
Brecon AC	171	3	171	3
Newport Harriers	56	2	56	2
Run4All	20	1	20	1

U20W TABLE				
Club	FINAL		Totals	
Cardiff AAC	118	14	118	14
Swansea Harriers	110	13	110	13
Brecon AC	30	12	30	12
Run4All	16	11	16	11
Pembrokeshire Harriers	0	0	0	0
Neath Harriers	0	0	0	0
Carmarthen Harriers	0	0	0	0
Newport Harriers	0	0	0	0

COMBINED U20W & U20M TABLES				
Club	FINAL		Totals	
Swansea Harriers	266	8	266	8
Cardiff AAC	178	7	178	7
Brecon AC	138	6	138	6
Carmarthen Harriers	137	5	137	5
Newport Harriers	70	4	70	4
Pembrokeshire Harriers	16	3	16	3
Neath Harriers	16	2	16	2
Run4All	16	1	16	1

SENW TABLE				
Club	FINAL		Totals	
Swansea Harriers	248	14	248	14
Brecon AC	196	13	196	13
Run4All	186	12	186	12
Cardiff AAC	114	11	114	11
Pembrokeshire Harriers	93	10	93	10
Carmarthen Harriers	58	9	58	9
Neath Harriers	24	8	24	8
Newport Harriers	14	7	14	7

COMBINED SENW & SENM TABLES				
Club	FINAL		Totals	
Swansea Harriers	439	8	439	9
Brecon AC	419	7	419	8
Run4All	395	6	395	7
Cardiff AAC	294	5	294	6
Carmarthen Harriers	174	4	174	5
Pembrokeshire Harriers	137	3	137	4
Neath Harriers	86	2	86	3
Newport Harriers	82	1	82	2

U20M TABLE				
Club	FINAL		Totals	
Swansea Harriers	156	14	156	14
Carmarthen Harriers	137	13	137	13
Brecon AC	108	12	108	12
Newport Harriers	70	11	70	11
Cardiff AAC	60	10	60	10
Pembrokeshire Harriers	16	9	16	9
Neath Harriers	16	8	16	8
Run4All	0	0	0	0

SENM TABLE				
Club	FINAL		Totals	
Brecon AC	223	14	223	14
Run4All	209	13	209	13
Swansea Harriers	191	12	191	12
Cardiff AAC	180	11	180	11
Carmarthen Harriers	116	10	116	10
Newport Harriers	68	9	68	9
Neath Harriers	62	8	62	8
Pembrokeshire Harriers	44	7	44	7

OVERALL POINTS TABLE				
Club	FINAL		Totals	
Swansea Harriers	1189	8	1189	8
Cardiff AAC	900	7	900	7
Brecon AC	728	6	728	6
Carmarthen Harriers	526	5	526	5
Neath Harriers	460	4	460	4
Run4All	431	3	431	3
Pembrokeshire Harriers	423	2	423	2
Newport Harriers	208	1	208	1