

Cardiff Met Uni

GRAND PRIX SERIES

FIXTURE 1

RESULTS

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Sunday-11-December-2016



**CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 11TH DECEMBER 2016**

T15-Men 60m - Open FINAL

AC Record - Jason GARDENER, England, 6.52, 2002

Welsh Record - Colin JACKSON, Cardiff AAC, 6.49, 1994

Pos	Bib	Athlete	Club	Final Perf
1	145	Joshua BROWN (SENM)	Cardiff AAC	6.94
2	173	Wyn ROBERTS (SENM)	Swansea Harriers	6.96
3	172	Jeremiah AZU (U20M)	Cardiff AAC	7.03
4	20	Arron OWEN (U20M)	Cardiff AAC	7.04
5	1	Tyler WILLIAMS (SENM)	Cardiff Met AC	7.04
6	138	Dan BANKS (U20M)	Worcester AC	7.11
7	47	Glen ELSDON (SENM)	Carmarthen Harriers	7.13
8	128	Ben PARIS (U20M)	Cardiff Archers	7.17

T11-Men 60m - Open

				Heat 1								Heat 2					
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	145	Joshua BROWN (SENM)	Cardiff AAC	6.92	1	q	1	20	Arron OWEN (U20M)	Cardiff AAC	7.05	3	q				
2	173	Wyn ROBERTS (SENM)	Swansea Harriers	7.04	2	q	2	138	Dan BANKS (U20M)	Worcester AC	7.14	8	q				
3	1	Tyler WILLIAMS (SENM)	Cardiff Met AC	7.11	5	q	3	21	Richard LEE (U20M)	Cardiff AAC	7.14	9					
4	47	Glen ELSDON (SENM)	Carmarthen Harriers	7.12	6	q	4	134	Gareth TENNISON (SENM)	Cardiff AAC	7.23	13					
5	128	Ben PARIS (U20M)	Cardiff Archers	7.12	7	q	5	33	Jordan EARLEY (U20M)	Team Bath	7.34	16					
6	98	Kevin OWUSU-MANTEY (U20M)	University of Exeter	7.16	10		6	100	Ollie BIDDLE (U20M)	University of Gloucestershire	7.36	18					
7	129	Charlie HITCHCOCK (SENM)	University of Bristol	7.23	12												
				Heat 3								Heat 4					
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	95	Joe CROSBY (U20M)	Swansea Harriers	7.19	11		1	172	Jeremiah AZU (U20M)	Cardiff AAC	7.05	4	q				
2	3	Ben ARNOLD (SENM)	Cardiff Met AC	7.31	14		2	110	Jordan DOWE (SENM)	Yate and District	7.32	15					
3	112	Kyle THOMAS (SENM)	Bridgend AC	7.34	17		3	87	Ashley JONES (SENM)	Cardiff University	7.40	22					
4	167	Jamal CLARKE (SENM)	Exeter University	7.36	19		4	86	Euco LIMA (SENM)	UWE	7.50	25					
5	159	Zac GORDON-EVANS (U20M)	Newport Harriers	7.40	21		5	30	Jack DIXON (U20M)	bridgend	7.70	30					
6	168	Simeon HAMMANN (SENM)	Bristol and West AC	7.41	23		6	63	George PRESLAND (SENM)	University of Bristol	7.75	33					
							7	8	Morgan JONES (SENM)	Cardiff Met AC	7.94	41					
				Heat 5								Heat 6					
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	7	James KING (SENM)	Cardiff Met AC	7.38	20		1	125	Marklan JACKSON (SENM)	Cardiff AAC	7.56	26					
2	160	Simeon WYNNE (U20M)	Bristol and West AC	7.49	24		2	152	Owain HUGHES (U20M)	Neath Harriers	7.56	27					
3	179	Sean PENALVER (SENM)	Cardiff Met AC	7.70	29		3	5	Emil MOESK (SENM)	Cardiff Met AC	7.67	28					
4	118	Thomas AUDREY (SENM)	Cardiff Met University	7.74	31		4	61	Luke SIMPSON (SENM)	University of Gloucestershire	7.75	34					
5	154	George SHURLEY (U20M)	Taunton AC	7.75	32		5	108	Steffan JONES (U20M)	Aberdare VAAC	7.81	37					
6	165	Rico MARTIN (SENM)	Unattached	7.79	36		6	72	Zeke MENSAH-KESSIE (SENM)	Bristol West AC	7.85	39					
7	178	Juniors ADEOKOYA JUNIOR (SENM)	University of Gloucestershire	7.83	38		7	6	Amin IDJER (SENM)	Cardiff Met AC	8.59	45					
				Heat 7								Heat 8					
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	90	Jack KIRK (U20M)	University of Gloucestershire	7.77	35												
2	184	Liam MONTGOMMERY (U20M)	Aberdare VAAC	7.86	40												
3	83	Sam CROWTHER (SENM)	Exeter Harriers	8.19	42												
4	18	Glenn BALFOUR (U20M)	Bournemouth AC	8.27	43												
5	36	Paul EVANS (SENM)	Brecon AC	8.54	44												
6	150	Keith POWELL (SENM)	Newport Harriers	8.66	46												
7	183	Bailey GRAY (U20M)	South West AC	9.92	47												

T14-Men & Women 60m Santa Sprints

Male Santa World Record - Joe THORNTON, Bristol Uni, 7.27, 2014

Female Santa World Record - Rebecca CHAPMAN UWIC, 8.09, 2012

New Santa Rec

Pos	Bib	Athlete	Club	Final Perf
1	173	Wyn ROBERTS (SENM)	Swansea Harriers	7.12
2	129	Charlie HITCHCOCK (SENM)	University of Bristol	7.30
3	182	Matthew ATKIN (U20M)	UWE	7.39
4	83	Sam CROWTHER (SENM)	Exeter Harriers	8.36
5	25	Daniel CORK (U20M)	Newport / Royal Veterinary College	8.61
6	224	Lorna PHILLIPS (SENW)	Bristol University	9.01
7	204	Ceri JONES (U20W)	Cardiff AAC	9.07
8	216	Juliet SIDNEY (SENW)	Newport Harriers	9.27
9	231	Angela Louisa SONN (SENW)	Forest of Dean AC	10.12

T17-Men 60m - Combined Events

Male Santa World Record - Jason GARDENER, England, 6.52, 2002

Female Santa World Record - Colin JACKSON, Cardiff AAC, 6.49, 1994

Pos	Bib	Athlete	Club	Final Perf
1	157	Aled PRICE (SENM)	Carmarthen Harriers	7.17
2	88	Tom BECKETT (SENM)	Exeter University	7.53
3	17	Justin TARRANT (SENM)	Cardiff Met AC	7.54

**CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 11TH DECEMBER 2016**

T08-Men 300m - Open

AC Record - Matt ELIAS, Wales, 34.03, 2003

Welsh Record - Matt ELIAS, Cardiff AAC, 33.40, 2006

Pos	Bib	Athlete	Club	Heat 1 Perf	Pos	Bib	Athlete	Club	Heat 2 Perf
1	57	Alexander ATKINS (SENM)	Dartford Harriers Athletics Club	36.37	1	92	Ben WELLS (SENM)	University of Gloucestershire	36.72
2	113	Daniel SNELLING (U20M)	Newport Harriers	36.96	2	169	Matt HILL (U20M)	Worcester AC	36.97
3	176	Gareth HOPKINS (SENM)	Cardiff Met University	37.19	3	9	Elliot SCOTT (SENM)	Cardiff Met AC	36.99
				Heat 3 Perf					Heat 4 Perf
1	124	Aaron JOHN (U20M)	Pembrokeshire Harriers	38.24	1	64	Hannibal KNOWLES (SENM)	University of Bristol	38.36
2	48	Ciaran COOPER (U20M)	Swindon Harriers	38.38	2	84	Robert DAKIN (U20M)	Yate and District	38.60
3	147	Harry BARTLETT (SENM)	University of Bristol	39.79	3	108	Steffan JONES (U20M)	Aberdare VAAC	38.78
				Heat 5 Perf					Heat 6 Perf
1	76	Tom EVANS (SENM)	Newport Harriers	37.47	1	152	Owain HUGHES (U20M)	Neath Harriers	38.26
2	140	Iestyn JONES (U20M)	Cardiff AAC	38.54	2	62	James WARHURST (U20M)	University of Bristol	39.55
3	72	Zeke MENSAH-KESSIE (SENM)	Bristol West AC	42.61	3	96	Hayden FEY (U20M)	Torbay AC	39.84
				Heat 7 Perf					Heat 8 Perf
1	82	Tomos DAVEY (U20M)	Newport Harriers	39.71	1	166	Iestyn EDWARDS (U20M)	Cardiff AAC	42.14
2	2	Ojay AKHARUME (SENM)	Cardiff Met AC	42.35	2	101	Ethan RIDEOUT (U20M)	Newport Harriers	42.40
3	114	Stuart PEARCE (SENM)	Newport Harriers	42.43	DNS	18	Glenn BALFOUR (U20M)	Bournemouth AC	
				Heat 9 Perf					Heat 10 Perf
1	106	Jules BARRIEU (U20M)	Swansea Harriers	40.09	Pos	Bib	Athlete	Club	
2	184	Liam MONTGOMMERY (U20M)	Aberdare VAAC	42.20					
3	36	Paul EVANS (SENM)	Brecon AC	47.79					

T12-Men 600m - Open

AC Record - Joe THOMAS, Cardiff AAC, 1:18.06, 2012

Welsh Record - Joe THOMAS, Cardiff AAC, 1:18.06, 2012

Pos	Bib	Athlete	Club	Heat 1 Perf	Pos	Bib	Athlete	Club	Heat 2 Perf
1	148	Alex COOMBER (SENM)	Cardiff AAC	1:18.39	1	48	Ciaran COOPER (U20M)	Swindon Harriers	1:23.95
2	164	Luke SMALLWOOD (SENM)	Blackheath & Bromley	1:20.00	2	34	Jaymee DOMONEY (U20M)	City of Salisbury AC	1:24.12
3	38	Nathan BROWN (U20M)	Erme Valley Harriers	1:22.99	3	93	Dominic DAY (SENM)	University of Bristol	1:24.45
4	89	Charlie WALKER (SENM)	Cardiff AAC	1:23.41	4	143	Owen LOCKE (U20M)	Newport Harriers	1:26.41
5	104	Owen HASWELL (SENM)	Cardiff AAC	1:24.68	5	141	Jon RENDELL (SENM)	Dacorum & Tring AC	1:29.57
6	94	Ben TOPLEY (SENM)	University of Bristol	1:41.39	DNF	151	Carl MCMULLEN (SENM)	Northern vets AC	
				Heat 3 Perf					Heat 4 Perf
1	74	Finely MCLEAR (U20M)	Exeter Harriers	1:25.28	1	174	Yousuf RANA (SENM)	University of Bristol	1:27.26
2	37	Alex FIELDS (SENM)	Bristol & West AC	1:27.04	2	149	Elliot MORAN (U20M)	Exeter Harriers	1:27.98
3	139	Patrick BAATZ (SENM)	Cardiff University	1:27.22	3	49	Martin FLOOK (SENM)	Bristol and West AC	1:28.21
4	29	Oli LUM (SENM)	Milton Keynes / Cardiff Met Uni	1:28.16	4	27	Sam DAVIES (U20M)	Wimborne Athletic Club	1:31.81
5	52	Peter WATKEYS (SENM)	Basingstoke and Mid Hants	1:28.98	5	50	Nick BATES (SENM)	Basingstoke and Mid Hants AC	1:32.77
6	96	Hayden FEY (U20M)	Torbay AC	1:29.34	6	79	Liam HOLLOWS (U20M)	Erme Valley Harriers	1:37.23
				Heat 5 Perf					Heat 6 Perf
1	31	Trystan LEECH (U20M)	carmarthen harriers	1:32.31	Pos	Bib	Athlete	Club	
2	18	Glenn BALFOUR (U20M)	Bournemouth AC	1:32.90					
3	85	Richard WHITE (SENM)	Worcester AC	1:33.31					
4	185	Alex DARBOST (SENM)	City of Salisbury AC	1:36.56					
5	131	Kevin PYE (SENM)	Charnwood AC	1:41.24					
6	155	John BRIDGE (U20M)	Unattached	1:41.41					

**CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 11TH DECEMBER 2016**

T03-Men & Women 3000m - Open (Graded)

AC Record - Rob WHALLEY, England, 7.53.63, 2000/Kate REED, England, 9.18.95, 2004

Welsh Record - Ian HAMER, Swansea Harriers, 7.51.49, 1992/Hayley TULLETT, Swansea Harriers, 9.02.09

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	156	Andrew WRIGHT (SENM)	Cardiff University	8:07.85	1	11	Gareth GRIFFITHS (SENM)	Cardiff Met AC	8:37.53
2	127	Tom MARSHALL (SENM)	Cardiff AAC	8:10.02	2	81	Matt SEDDON (SENM)	Bracknell AC	8:44.85
3	24	Piers COPELAND (U20M)	Wimborne AC	8:10.78	3	54	Tom JENKINS (U20M)	Newport Harriers	8:53.02
4	28	Josh GRIFFITHS (SENM)	Swansea Harriers / Cardiff Met	8:11.98	4	23	Callum JONES (SENM)	Cornwall AC / University of Bristol	8:53.78
5	65	Ian CROWE-WRIGHT (SENM)	Birmingham University	8:20.62	5	74	Finely MCLEAR (U20M)	Exeter Harriers	8:56.57
6	10	Niall HOLT (SENM)	Cardiff Met AC	8:30.54	6	111	Jack MILLER (SENM)	Bristol & West	8:57.01
7	122	Tom MORTIMER (U20M)	Stroud AC	8:35.46	7	77	Richard WALDRON (SENM)	Southampton AC	8:59.23
8	55	Thomas MACSWAYNE (U20M)	Cardiff AAC	8:39.77	8	133	Ellis GARAMSZEGI (U20M)	Cardiff University	9:02.09
DNF	73	Matt CLOWES (SENM)	Cardiff Met AC		9	162	Matthew RICHARDS (SENM)	Swansea Harriers	9:05.22
					10	117	Paddy CLARK (SENM)	University of Birmingham	9:05.42
					11	180	Steve MORRIS (SENM)	Cardiff AAC	9:09.04

Heat 3				Heat 4					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	257	Kate MALBY (SENW)	Bristol & West AC	9:03.60	1	137	Craig BRIDGES (SENM)	Team Bath	9:52.64
2	56	Will DAVIDSON (SENM)	Bristol & West AC / Bristol Uni	9:11.59	2	58	Paul LACEY (SENM)	Unaffiliated	10:17.14
3	234	Jade WILLIAMS (SENW)	Aman Valley	9:23.73	3	298	Charlotte GAUGHAN (SENW)	Cardiff AAC	10:24.06
4	149	Elliot MORAN (U20M)	Exeter Harriers	9:31.29	4	121	David BEDWELL (SENM)	Bristol & West	10:39.94
5	233	Charlotte TAYLOR-GREEN (SENW)	Bristol & West AC	9:33.81	5	221	Megan MCBRIEN (SENW)	Cardiff University	10:41.81
6	80	Michael ROBBINS (SENM)	Newbury AC	9:36.07	6	283	Rebecca PIERCE (SENW)	Team Bath AC	10:43.20
7	59	Iestyn WILLIAMS (U20M)	Carmarthen Harriers	9:50.95	7	44	Brian DIAS (SENM)	Cardiff AAC	10:51.19
8	43	Gareth KNIGHT (SENM)	Newport Harriers	9:53.36	8	264	Sarah EVERITT (SENW)	Bristol & West AC	10:57.74
9	66	Conall MCNALLY (U20M)	University of Bristol	9:58.16	9	240	Ana-Maria DURAN-MINGO (SENW)	Bristol & West AC	11:13.89
					10	288	Louise JEFFRIES (SENW)	Team Bath AC	12:19.43

T01-U13-U15-U17 1k Walk

AC Record -

Welsh Record -

Pos	Bib	Athlete	Club	Final Perf
1	39	Jason ELWORTHY (SENM)	Barry and Vale Harriers	10:48.85

T02-U20-SEN 3k Walk

Pos	Bib	Athlete	Club	Final Perf
1	41	Cameron CORBISHLEY (U20M)	Medway and Maidstone	11:39.75
2	130	Thomas GUY (SENM)	Tonbridge AC	11:50.34
3	215	Bethan DAVIES (SENW)	Cardiff AAC	12:35.87
4	239	Heather LEWIS (SENW)	Pembrokeshire Harriers	13:17.89
5	218	Megan STRATTON-THOMAS (U20W)	Swansea Harriers	15:26.66
6	26	Daniel MCKERLICH (U20M)	Cardiff AAC	15:37.62
7	181	Jordan PRICE (U20M)	Brecon AC	16:30.45

T05-Men 60m Hurdles - CE

AC Record - Sen Colin JACKSON, Wales, 7.60, 2002

Welsh Record - Sen Colin JACKSON, Brecon AC, 7.30, 1994/U20 Colin JACKSON, Cardiff AAC, 7.78, 1985

Pos	Bib	Athlete	Club	Perf	Heat 2 Perf
1	157	Aled PRICE (SENM)	Carmarthen Harriers	8.36	894
2	17	Justin TARRANT (SENM)	Cardiff Met AC	8.87	775
3	88	Tom BECKETT (SENM)	Exeter University	11.89	241

**CARDIFF MET GRAND PRIX 1
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F10-Men High Jump - Open

AC Record - Brendan REILLY / Samson ONI, Ireland/England, 2.25, 2000/2008

Welsh Record - Robert MITCHELL , Sale Harriers Manchester, 2.24, 2009

Pos	Bib	Athlete	Club	Perf
1	15	Joe PEARSE (SENM)	Cardiff Met AC	2.05
2	16	Eliot PEREZ (SENM)	Cardiff Met AC	2.00
3	91	Williams EDWARDS (U20M)	Carmarthen Harriers	2.00
4	22	Curtis WOOD (U20M)	Cambridge and Coleridge	1.85
5=	87	Ashley JONES (SENM)	Cardiff University	1.75
5=	142	Matthew GILBERT (SENM)	City Of Plymouth AC	1.75
7	154	George SHURLEY (U20M)	Taunton AC	1.45

F12-Men High Jump CE

AC Record - Brendan REILLY / Samson ONI, Ireland/England, 2.25, 2000/2008

Welsh Record - Robert MITCHELL , Sale Harriers Manchester, 2.24, 2009

Pos	Bib	Athlete	Club	Perf
1	157	Aled PRICE (SENM)	Carmarthen Harriers	1.80
2	17	Justin TARRANT (SENM)	Cardiff Met AC	1.75
3	88	Tom BECKETT (SENM)	Exeter University	1.65

F02-Men Pole Vault

AC Record - Paul WILLIAMSON/Nick BUCKFIELD, England, 5.50, 2000/2002

Welsh Record - Scott SIMPSON , Birchfield Harriers, 5.42, 2007

Pos	Bib	Athlete	Club	Perf
1	13	Zach HARROP (SENM)	Cardiff Met AC	4.10
2	40	Jasper HAWKINS (U20M)	Cardiff AAC	3.30
3	116	Johan HOOGENDOORN (U20M)	Cardiff AAC	3.20
4	144	Christopher THOMPSON (U20M)	Cardiff Archers	3.20
5	106	Jules BARRIEU (U20M)	Swansea Harriers	2.60
6	171	William TROTT (U17M)	Swansea Harriers	2.50
7	135	Edward KING (U20M)	Cardiff Archers	nmr

F01-Men Long Jump - Open

AC Record - Gable GARENAMOTSE, Botswana, 8.01, 2002

Welsh Record - Lynn DAVIES , Roath H, Cardiff, 7.97, 1966

Pos	Bib	Athlete	Club	Perf
1	168	Simeon HAMMANN (SENM)	Bristol and West AC	6.72
2	97	Osaze AGHEDO (U20M)	Swansea Harriers	6.41
3	7	James KING (SENM)	Cardiff Met AC	6.26
4	42	Joel TOWNLEY (U20M)	Gloucester AC	6.04
5	95	Joe CROSBY (U20M)	Swansea Harriers	5.95
6	103	Dan WADE (U20M)	South West AC	5.84
7	167	Jamal CLARKE (SENM)	Exeter University	5.73
8	45	Rhys ROBERTS (U20M)	Bridgend AC	5.72
9	102	Joe WADE (U20M)	Swansea University	5.65
10	154	George SHURLEY (U20M)	Taunton AC	5.61
11	178	Juniors ADEOKOYA JUNIOR (SENM)	University of Gloucestershire	5.48
12	18	Glenn BALFOUR (U20M)	Bournemouth AC	4.89
13	150	Keith POWELL (SENM)	Newport Harriers	4.47

CARDIFF MET GRAND PRIX 1
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F04-Men Shot - Open (Sen-7.26kg)/(U20-6.00kg)

AC Record - Garrett JOHNSON, USA, 19.00, 2007

Welsh Record - Saun PICKERING , Haringey AC, 19.10, 1996

Pos	Bib	Athlete	Club	Perf
1	25	Daniel CORK (U20M)	Newport / Royal Veterinary College	13.36
2	14	Edward ROWARTH (SENM)	Cardiff Met AC	8.16
3	67	Charlie GOODWIN (SENM)	Lavington athletics F38	7.45
4	170	Peter ANWYLL (SENM)	University of Bristol	6.65
5	39	Jason ELWORTHY (SENM)	Barry and Vale Harriers	6.51

F06-Men Shot (Sen-7.26kg)/(U20-6.00kg) CE

AC Record - Garrett JOHNSON, USA, 19.00, 2007

Welsh Record - Saun PICKERING , Haringey AC, 19.10, 1996

Pos	BIB	Athlete	Club	Perf
1	17	Justin TARRANT (SENM)	Cardiff Met AC	11.22
2	157	Aled PRICE (SENM)	Carmarthen Harriers	10.71
3	88	Tom BECKETT (SENM)	Exeter University	6.86

**CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
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T16-Women 60m - Open FINAL

AC Record - Joice MADUAKA, England, 7.28, 2002

Welsh Record - Carman SMART, Cardiff AAC, 7.34, 1990

Pos	Bib	Athlete	Club	Final Perf
1	284	Rebecca CHAPMAN (SENW)	Cardiff AAC	7.53
2	199	Katie-Jane PRIEST (SENW)	Swansea Harriers	7.79
3	187	Zoe NASH (SENW)	Cardiff Met AC	7.83
4	211	Yvette WESTWOOD (U20W)	Yate & District AC	7.89
5	201	Issie TUSTIN (U20W)	Cardif AAC	8.00
6	251	Allison SINGLETON (SENW)	University Of Wales Trinity St David	8.09
7	190	Sian SWANSON (SENW)	Cardiff Met AC	8.10
8	222	Sarah GIBBS (U20W)	Newport Harriers	8.18

T10-Women 60m - Open

				Heat 1				Heat 2				
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	
1	284	Rebecca CHAPMAN (SENW)	Cardiff AAC	7.56	1	q	1	222	Sarah GIBBS (U20W)	Newport Harriers	8.13	8
2	199	Katie-Jane PRIEST (SENW)	Swansea Harriers	7.77	2	q	2	196	Elisha THOMAS (U20W)	Newport Harriers	8.22	9
3	187	Zoe NASH (SENW)	Cardiff Met AC	7.79	3	q	3	186	Katy TOWNSEND (SENW)	Cardiff Met AC	8.26	11
4	211	Yvette WESTWOOD (U20W)	Yate & District AC	7.83	4	q	4	260	Megan WEBBER (U20W)	Torbay AC	8.26	12
5	201	Issie TUSTIN (U20W)	Cardif AAC	7.92	5	q	5	188	Georgina SUNDERLAND (SENW)	Cardiff Met AC	8.28	15
6	190	Sian SWANSON (SENW)	Cardiff Met AC	8.06	6	q	6	189	Frankie ALLEN (SENW)	Cardiff Met AC	8.39	16
7	272	Natasha WOODS (U20W)	Bridgend AC	8.28	13							
				Heat 3				Heat 4				
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	
1	243	Rebecca ROOTS (U20W)	Torbay AC	8.23	10	q	1	251	Allison SINGLETON (SENW)	University Of Wales Trinity St David	8.10	7
2	197	Sophie MATTHEWS (U20W)	Brecon AC	8.29	14		2	273	Skyler EVANS (U20W)	Bridgend AC	8.41	18
3	292	Poppy KYLE (U20W)	Bridgend AC	8.40	17		3	281	Jessica ROBINS (SENW)	University of Gloucestershire	8.60	23
4	228	Holly KINSEY (U20W)	Tavistock Athletic Club	8.43	19		4	268	Holly BROWN (U20W)	Newport Harriers	8.67	25
5	259	Kiah ROSENSTEIN (SENW)	Plymouth AC	8.52	21		5	237	Joely BYTHEWAY (U20W)	Tavistock	8.87	27
6	229	Jade KINSEY (U20W)	Tavistock Athletic Club	8.62	24		6	226	Natasha MEAD (SENW)	Exeter Harriers	9.02	28
7	224	Lorna PHILLIPS (SENW)	Bristol University	8.80	26		7	261	Elizabeth TOOLE (SENW)	University of Bristol AC	9.07	29
							8	216	Juliet SIDNEY (SENW)	Newport Harriers	9.13	30
				Heat 5				Heat 6				
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	
1	256	Mali JAMES (SENW)	Cardiff AAC	8.44	20							
2	289	Alexandra BRYANT (SENW)	Bristol and West AC	8.58	22							
3	193	Melanie GARLAND (SENW)	Worcester AC	9.38	31							
4	231	Angela Louisa SONN (SENW)	Forest of Dean AC	9.82	32							
5	279	Rhiannon BARBER (U20W)	Brecon AC	11.06	33	#						

T09-Women 300m - Open

AC Record - Emma PULLEN, England, 40.01, 2010

Welsh Record - Catherine MURPHY, Shaftesbury, 37.3, 2004

				Heat 1				Heat 2			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf		
1	274	Lizzie HARRIS (SENW)	Cardiff AAC	42.71	1	277	Armani WILLIAMS (U20W)	Newport Harriers	41.36		
2	212	Katya OLDFIELD (U20W)	Southampton AC	43.98	2	247	Lana CULLIFORD (U20W)	Cardiff AAC	43.47		
3	261	Elizabeth TOOLE (SENW)	University of Bristol AC	48.97	3	229	Jade KINSEY (U20W)	Tavistock Athletic Club	44.21		
				Heat 3				Heat 4			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf		
1	213	Isabel DAVIES (U20W)	Newport Harriers	42.34	1	280	Amalia WESTERLUND (SENW)	University of Bristol AC	44.29		
2	260	Megan WEBBER (U20W)	Torbay AC	42.99	2	202	Harriet EMERY (U20W)	Yate AC	44.66		
3	243	Rebecca ROOTS (U20W)	Torbay AC	43.35	DNS	228	Holly KINSEY (U20W)	Tavistock Athletic Club			
				Heat 5				Heat 6			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf		
1	208	Olivia MICHAEL (U20W)	Neath College	44.76	1	254	Lisa SCARFI (U20W)	Newport Harriers	46.31		
2	294	Jess ALEXANDER (U20W)	Swindon Harriers	45.74	2	275	Ellis STEPHENSON WILDING (U20W)	Cardiff AAC	46.54		
3	296	Emma GARDNER (SENW)	UWE	57.88	3	287	Anna CURTIS (U20W)	Swindon Harriers	46.85		
				Heat 7				Heat 8			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf		
1	255	Rhian JONES (U20W)	Cardiff AAC	47.69							
2	216	Juliet SIDNEY (SENW)	Newport Harriers	48.38							
3	231	Angela Louisa SONN (SENW)	Forest of Dean AC	53.14							
4	249	Emma BREARLEY (SENW)	Newport Harriers	53.52							

T13-Women 600m - Open

AC Record - Loren BLEAKEN, Team Bath, 1:32.08, 2012

Welsh Record - Kirsty McDERMOTT, Bristol, 1:30.16, 1985

				Heat 1				Heat 2			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf		
1	282	Caryl GRANVILLE (SENW)	Swansea Harriers	1:31.86	1	271	Annie TESTAR (U20W)	Stroud and District Athletics Club	1:39.00		
2	248	Hannah WRIGLEY (SENW)	Team Bath AC	1:38.59	2	210	Emma RYDER (U20W)	Tavistock AC	1:45.47		
3	205	Jenny MILBURN (U20W)	Tavistock AC	1:40.37	3	237	Joely BYTHEWAY (U20W)	Tavistock	1:47.52		
4	267	Ffion MORGAN (U20W)	Cardiff Archers	1:42.83	4	198	Amy CLARK (U20W)	Stroud AC	1:55.07		
5	266	Leah EVERSON (SENW)	Bristol University	1:43.33	5	295	Charlie WATSON (U20W)	Cardiff AAC	2:01.04		
DNS	283	Rebecca PIERCE (SENW)	Team Bath AC		DNS	202	Harriet EMERY (U20W)	Yate AC			
				Heat 3				Heat 4			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf		
1	255	Rhian JONES (U20W)	Cardiff AAC	1:48.25							
2	258	Chloe POWELL (U20W)	Newport Harriers	1:57.45							
3	293	Ffion GREGSON-LEWIS (U20W)	Cardiff AAC	1:59.35							
4	291	Ellie POWELL (U20W)	Cardiff AAC	1:59.43							
5	296	Emma GARDNER (SENW)	UWE	2:12.59							
DNS	292	Poppy KYLE (U20W)	Bridgend AC								

**CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 11TH DECEMBER 2016**

T06-Women 60m Hdl - Open

AC Record - Diane ALLAHGRREN, England, 8.01, 2002

Welsh Record - Kay MORLEY-BROWN , Cardiff AAC, 8.16, 1992

Pos	Bib	Athlete	Club	Final		Pos	Bib	Athlete	Club	Heat 2	
				Perf						Perf	
1	282	Caryl GRANVILLE (SENW)	Swansea Harriers	8.56							
2	209	Olivia WALKER (SENW)	Cannock & Stafford AC	8.83							
3	188	Georgina SUNDERLAND (SENW)	Cardiff Met AC	9.03							
4	232	Georgia SILCOX (U20W)	Yeovil Olympiads	9.16							
5	253	Isabel BREEDEN (U20W)	Cardiff AAC	9.22							

T07-Women 60m Hurdles - CE

AC Record - Diane ALLAHGRREN, England, 8.01, 2002

Welsh Record - Kay MORLEY-BROWN , Cardiff AAC, 8.16, 1992

Pos	Bib	Athlete	Club	Final		Pos	Bib	Athlete	Club	Heat 2	
				Perf						Perf	
1	290	Sara GEARY (SENW)	Cardiff AAC	9.11	888						
2	285	Sophie PICK (SENW)	Carmarthen Harriers	10.34	650						

**CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 11TH DECEMBER 2016**

F11-Women High Jump - Open

AC Record -

Welsh Record -

Pos	Bib	Athlete	Club	Perf
1	191	Belem SIMARRO (SEnw)	Cardiff Met AC	1.65
2	230	Aimee-Leigh CLOWES (U20W)	Tavistock AC	1.60
3	193	Melanie GARLAND (SEnw)	Worcester AC	1.30

F03-Women Pole Vault

AC Record - Henrietta PAXTON, Birchfield Harriers, 4.31, 2010

Welsh Record - Rhian CLARKE , Essex Ladies, 4.20, 2001

Pos	Bib	Athlete	Club	Perf
1	203	Fiona HOCKEY (U20W)	Cardiff Met AC	3.70
2	244	Georgia PICKLES (SEnw)	Sale Harriers Manchester	3.60
3	270	Jade BREWSTER (U20W)	Cardiff Met AC	3.50
4	223	Ffion LLEWELLYN (U20W)	Bridgend AC	3.20
5	235	Lois HILMAN (U20W)	Cardiff AAC	3.10
6	278	Lucy ALLEN (U20W)	Newquay & Par AC (U15)	3.00
7	204	Ceri JONES (U20W)	Cardiff AAC	2.30

F08-Women Long Jump

Pos	Bib	Athlete	Club	Perf
1	190	Sian SWANSON (SEnw)	Cardiff Met AC	5.33
2	246	Alisha WEBB (SEnw)	University of Gloucestershire	5.09
3	262	Ellie-Mae STOKES (U20W)	University of Gloucestershire	5.03
4	286	Lily IVIN (U20W)	Cardiff Archers	4.99
5	252	Emma BAKARE (U20W)	North Somerset AC	4.95
6	186	Katy TOWNSEND (SEnw)	Cardiff Met AC	4.89
7	281	Jessica ROBINS (SEnw)	University of Gloucestershire	4.85
8	197	Sophie MATTHEWS (U20W)	Brecon AC	4.77
9	238	Harriet NICHOLAS (U20W)	Cardiff Archers	4.76
10	217	Felicity CHURCH (U20W)	Swansea Harriers	4.72
11	192	Sasha BERNARD (SEnw)	Cardiff Met AC	4.49
12	193	Melanie GARLAND (SEnw)	Worcester AC	4.48
13	297	Samantha RATTING (U20W)	University of Bristol	3.90
14	226	Natasha MEAD (SEnw)	Exeter Harriers	3.69
15	232	Georgia SILCOX (U20W)	Yeovil Olympiads	3.67
16	279	Rhiannon BARBER (U20W)	Brecon AC	3.24

F09-Women Long Jump Women CE

AC Record - Gillian COOKE, Scotland, 6.43, 2008

Welsh Record - Ruth HOWELL , Birchfield, 6.51, 1974

Pos	Bib	Athlete	Club	Perf
1	290	Sara GEARY (SEnw)	Cardiff AAC	5.64
2	285	Sophie PICK (SEnw)	Carmarthen Harriers	DNS

CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 11TH DECEMBER 2016

F05-Women Shot - Open (4.00kg)

AC Record - Venissa HEAD, Wales, 19.06, 1984

Welsh Record - Venissa HEAD , Cardiff AAC, 19.06, 1984

Pos	Bib	Athlete	Club	Perf
1	214	Ada'Ora CHIGBO (U20W)	North Somerset AC	12.49
2	193	Melanie GARLAND (SENW)	Worcester AC	7.60
3	227	Hannah O'CONNOR (SENW)	Unattached	7.49

F07-Women Shot (4.00kg) CE

AC Record - Venissa HEAD, Wales, 19.06, 1984

Welsh Record - Venissa HEAD , Cardiff AAC, 19.06, 1984

Pos	Bib	Athlete	Club	Perf
1	290	Sara GEARY (SENW)	Cardiff AAC	9.74
2	285	Sophie PICK (SENW)	Carmarthen Harriers	8.80