

Cardiff Met Uni

GRAND PRIX SERIES

FIXTURE 2

RESULTS

Sunday-15-January-2017

Cardiff Met Grand Prix Series

GP2

Sunday 15th January 2017

Male Track Results

T12-Men 60m Final OPEN (16) 2 races

AC Record - Jason GARDENER, England, 6.52, 2002

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

				Heat 1				Heat 2			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	Heat 2 Perf
1	126	Dwain CHAMBERS (SENM)	Belgrave Harriers (GP2)	6.69		1	279	Joshua BROWN (SENM)	Cardiff AAC (GP2)	6.98	6.98
2	178	David OMEREGIE (SENM)	Cardiff AAC (GP2)	6.72		2	175	Kane DENSLEY (SENM)	Cardiff Met AC (GP2)	7.14	7.14
3	120	Thomas WILLIAMS (SENM)	Barry & Vale Harriers (GP2)	6.92		3	245	Leon GREENWOOD (SENM)	Cardiff Met AC (GP2)	7.14	7.14
4	298	Lemarl FRECKLETON (SENM)	Cardiff AAC (GP2)	6.96		4	168	Mark PRENTICE (SENM)	Cardiff Met AC (GP2)	7.15	7.15
5	100	Makoye KAMPENGELE (SENM)	Cardiff AAC (GP2)	7.00		5	166	Tyler WILLIAMS (U20M)	Cardiff Met AC (GP2)	7.16	7.16
6	247	Glen ELSDON (SENM)	Carmarthen Harriers (GP2)	7.05		6	250	Richard LEE (U20M)	Cardiff AAC (GP2)	7.25	7.25
7	108	Seriashe CHILDS (SENM)	Windsor, Slough, Eton Hounslow (GP2)	7.05		7	167	Kieran SHAH (SENM)	Cardiff Met AC (GP2)	7.26	7.26
DNS	173	Dan TRUEMAN (SENM)	Cardiff Met AC (GP2)			8	295	Matthew ALVAREZ (U20M)	Taunton Athletics Club (GP2)	7.27	7.27

T04-Men 60m South West Championships

				Heat 1				Heat 2			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	Heat 2 Perf
1	73	Rory CAWKWELL (U20M)	Gloucester AC (SWE)	7.31		1	85	Charlie BATES (U20M)	North Somerset AC (SWE)	7.66	7.66
2	62	Lewis GUEST (SENM)	Yeovil Olympiads (SWE)	7.31		2	135	Raphael MURRAY (U20M)	Bristol & West AC (SWE)	7.73	7.73
3	210	Ben TULLOCH (U20M)	Bristol & West AC (SWE)	7.35		3	448	Mark ELLERY (SENM)	Bristol & West AC (SWE)	8.21	8.21
4	202	Nyheam KEFENTSE (U20M)	Bristol & West AC (SWE)	7.38		4	133	Sam CROWTER (SENM)	exeter harriers (SWE)	8.34	8.34
5	137	Julian MARTIN (U20M)	TORBAY A C (SWE)	7.70		5	134	Bob CROWTER (SENM)	southwest vets (SWE)	8.62	8.62
6	60	Robbie HAWKINS (SENM)	Yeovil Olympiads (SWE)	7.74		6	205	James GARDNER (SENM)	South West Athletics Academy (SWE)	13.58	13.58
7	201	Keniele WILKS (U20M)	Bristol & West AC (SWE)	8.04							

SOUTH WEST ENGLAND

Pos	Bib	Athlete	Club	Perf
1	62	Lewis GUEST (SENM)	Yeovil Olympiads (SWE)	7.31
2	60	Robbie HAWKINS (SENM)	Yeovil Olympiads (SWE)	7.74
3	448	Mark ELLERY (SENM)	Bristol & West AC (SWE)	8.21

SENIOR MEN

Pos	Bib	Athlete	Club	Perf
1	73	Rory CAWKWELL (U20M)	Gloucester AC (SWE)	7.31
2	210	Ben TULLOCH (U20M)	Bristol & West AC (SWE)	7.35
3	202	Nyheam KEFENTSE (U20M)	Bristol & West AC (SWE)	7.38

SOUTH WEST ENGLAND

Pos	Bib	Athlete	Club	Perf
1	73	Rory CAWKWELL (U20M)	Gloucester AC (SWE)	7.31
2	210	Ben TULLOCH (U20M)	Bristol & West AC (SWE)	7.35
3	202	Nyheam KEFENTSE (U20M)	Bristol & West AC (SWE)	7.38

U20M

Pos	Bib	Athlete	Club	Perf
1	73	Rory CAWKWELL (U20M)	Gloucester AC (SWE)	7.31
2	210	Ben TULLOCH (U20M)	Bristol & West AC (SWE)	7.35
3	202	Nyheam KEFENTSE (U20M)	Bristol & West AC (SWE)	7.38

T05-Men 60m Heats OPEN

				Heat 1				Heat 2			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	Heat 2 Perf
1	178	David OMEREGIE (SENM)	Cardiff AAC (GP2)	6.71	1 Q	1	298	Lemarl FRECKLETON (SENM)	Cardiff AAC (GP2)	7.05	7.05
2	126	Dwain CHAMBERS (SENM)	Belgrave Harriers (GP2)	6.82	2 Q	2	279	Joshua BROWN (SENM)	Cardiff AAC (GP2)	7.08	7.08
3	120	Thomas WILLIAMS (SENM)	Barry & Vale Harriers (GP2)	6.90	3 Q	3	245	Leon GREENWOOD (SENM)	Cardiff Met AC (GP2)	7.11	7.11
4	108	Seriashe CHILDS (SENM)	Windsor, Slough, Eton Hounslow (GP2)	7.02	4 Q	4	168	Mark PRENTICE (SENM)	Cardiff Met AC (GP2)	7.15	7.15
5	173	Dan TRUEMAN (SENM)	Cardiff Met AC (GP2)	7.03	5 Q	5	166	Tyler WILLIAMS (U20M)	Cardiff Met AC (GP2)	7.18	7.18
6	247	Glen ELSDON (SENM)	Carmarthen Harriers (GP2)	7.03	6 Q	6	175	Kane DENSLEY (SENM)	Cardiff Met AC (GP2)	7.18	7.18
7	100	Makoye KAMPENGELE (SENM)	Cardiff AAC (GP2)	7.06	8 Q	7	290	Arron OWEN (U20M)	Cardiff AAC (GP2)	7.32	7.32
8	250	Richard LEE (U20M)	Cardiff AAC (GP2)	7.29	15 q	8	153	Joe CROSBY (U20M)	Swansea Harriers (GP2)	7.37	7.37

				Heat 3				Heat 4			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	Heat 4 Perf
1	167	Kieran SHAH (SENM)	Cardiff Met AC (GP2)	7.24	14 q	1	142	James KING (SENM)	Cardiff Met AC (GP2)	7.42	7.42
2	156	Ceirion HOPKINS (U20M)	Neath Harriers (GP2)	7.34	19	2	284	Harri WHEELER-SEXTON (U20M)	Cardiff AAC (GP2)	7.45	7.45
3	97	Gareth TENNISON (SENM)	Cardiff AAC (GP2)	7.36	20	3	4	Matthew COLEMAN (U20M)	Millfield School (GP2)	7.56	7.56
4	176	Ben ARNOLD (SENM)	Cardiff Met AC (GP2)	7.38	22	4	259	Jonny WHITE (SENM)	University of the West of England (GP2)	7.65	7.65
5	163	Jamal Clarke CLARKE (SENM)	Falmouth & Exeter Students' Union AC (GP2)	7.39	23	5	143	Navid CHILDS (SENM)	Thames Valley Harriers (GP2)	7.66	7.66
6	286	Taylor LATHAM (SENM)	University of Exeter (GP2)	7.60	37	6	181	Mike BLOOR (SENM)	RAF (GP2)	7.67	7.67
7	164	Joel TOWNLEY (U20M)	Gloucester AC (GP2)	7.76	52	7	285	Zakariya SHAIKH (U20M)	UWE (GP2)	8.01	8.01

				Heat 5				Heat 6			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	Heat 6 Perf
1	232	Euco LIMA (SENM)	UWE (GP2)	7.48	28	1	296	Osaze AGHEDO (U20M)	Swansea Harriers (GP2)	7.43	7.43
2	198	Justin TARRANT (SENM)	Cardiff Met AC (GP2)	7.56	32	2	183	Toby EDGEHILL (SENM)	RAF (GP2)	7.49	7.49
3	104	Tom SELDON (U20M)	Swansea University (GP2)	7.59	35	3	292	Taijan DEIDRICH (U20M)	SGS College(BAoS) (GP2)	7.50	7.50
4	294	Wisdom DANNS (U20M)	SGS College(BAoS)/Ashford AC (GP2)	7.62	38	4	146	Samuel RUTHERFORD (U20M)	Newport Harriers (GP2)	7.51	7.51
5	152	Steven BERRISFORD (SENM)	Exeter University (GP2)	7.65	43	5	162	Adrian Sum SUM (SENM)	Swansea University (GP2)	7.62	7.62
6	155	Andrew AJUBE (SENM)	Thames Valley Harriers (GP2)	7.70	49	6	239	Simeon WYNNE (U20M)	Bristol & West AC (GP2)	7.63	7.63
7	105	Matthew MUGGERIDGE (SENM)	Yate AC (GP2)	7.77	54	7	117	Jack VANNER (SENM)	Swansea University (GP2)	7.64	7.64
8	171	Emil MOESLE (SENM)	Cardiff Met AC (GP2)	7.77	54	8	297	Jake PARMENTER (SENM)	North Devon AC (GP2)	7.69	7.69
9	67	George SHURLEY (U20M)	Taunton AC (SWE)	8.04	61						

				Heat 7				Heat 8			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	Heat 8 Perf
1	10	Damiola ADEKUNLE (U17M)	Millfield School (GP2)	7.58	34	1	295	Matthew ALVAREZ (U20M)	Taunton Athletics Club (GP2)	7.30	7.30
2	6	Cliff SCHWABAURER (U20M)	Millfield School (GP2)	7.59	35	2	3	Yuriel KAPALOB (U20M)	Millfield School (GP2)	7.31	7.31
3	5	Chris SMITH (U20M)	Millfield School (GP2)	7.65	43	3	7	Denmark MAX (U20M)	Millfield School (GP2)	7.39	7.39
4	121	Luke SIMPSON (SENM)	University of Gloucestershire (GP2)	7.72	51	4	1	Laurenz KIRCHMAYR (U20M)	Millfield School (GP2)	7.62	7.62
5	238	Zeke MENSAH-KESSIE (SENM)	Bristol & West AC (GP2)	7.81	56	5	289	Junior ADEKOYA (SENM)	University of Gloucestershire (GP2)	7.76	7.76
6	158	Jack KIRK (U20M)	University of Gloucestershire (GP2)	7.99	59	6	293	Tariq THOMAS (U20M)	SGS College(BAoS)/B&W AC (GP2)	7.92	7.92
7	148	Adam COX (U20M)	Falmouth & Exeter Students' Union AC (GP2)	8.13	63	7	283	Matthias HÉJJA-BRICHARD (SENM)	Cardiff University (GP2)	8.05	8.05
						8	277	James MORGAN (SENM)	newport harriers (GP2)	8.27	8.27
						9	101	Robin WOOD (SENM)	swansea harriers (GP2)	8.58	8.58

				Heat 9				Heat 10			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	Heat 10 Perf
1	140	Chris LLOYD (SENM)	Run4All Neath (GP2)	7.70	49						
2	151	Ben MILES (SENM)	University of Gloucestershire (GP2)	7.95	58						
3	184	Dale NUTTALL (SENM)	RAF (GP2)	8.15	64						
4	9	Luke TWEED (U17M)	Millfield School (GP2)	8.24	65						
5	276	Christopher WATT (U20M)	University of Gloucestershire (GP2)	8.42	67						
6	139	Daniel CORK (SENM)	Newport Harriers / Royal Veterinary College (GP2)	8.44	68						

Cardiff Met Grand Prix Series

GP2

Sunday 15th January 2017

Male Track Results

T16-Men 200m OPEN

AC Record - Doug TURNER, Wales, 20.92, 2002

Welsh Record - Christian MALCOLM, Cardiff AAC, 20.54, 2000

Pos	Bib	Athlete	Club	Heat 1 Perf	Pos	Bib	Athlete	Club	Heat 2 Perf
1	261	Nik KANONIK (SENM)	Birchfield Harriers (GP2)	22.62	1	175	Kane DENSLEY (SENM)	Cardiff Met AC (GP2)	22.73
2	127	Ben PARIS (U20M)	Cardiff Archers (GP2)	22.63	2	233	Zak GORDON-EVANS (U20M)	Newport (GP2)	22.91
3	264	Alexander ATKINS (SENM)	University of Bristol (GP2)	22.97	3	161	Craig WALDLUCK (SENM)	Bristol & West AC (SWE)	1:00.01
				Heat 3 Perf					Heat 4 Perf
1	237	Ben WELLS (SENM)	University of Gloucestershire (GP2)	23.30	1	291	Steffan JONES (U20M)	Aberdare VAAC (GP2)	24.59
2	163	Jamal Clarke CLARKE (SENM)	Falmouth & Exeter Students' Union AC (GP2)	24.07	2	60	Robbie HAWKINS (SENM)	Yeovil Olympiads (SWE)	25.32
3	285	Zakariya SHAIKH (U20M)	UWE (GP2)	25.13	3	292	Taijan DEIDRICH (U20M)	SGS College(BAoS) (GP2)	25.58
				Heat 5 Perf					Heat 6 Perf
1	294	Wisdom DANNIS (U20M)	SGS College(BAoS)/Ashford AC (GP2)	24.30	1	297	Jake PARMENTER (SENM)	North Devon AC (GP2)	24.57
2	85	Charlie BATES (U20M)	North Somerset AC (SWE)	24.47	2	10	Damiola ADEKUNLE (U17M)	Millfield School (GP2)	24.69
3	7	Denmark MAX (U20M)	Millfield School (GP2)	24.76	3	135	Raphael MURRAY (U20M)	Bristol & West AC (SWE)	26.16
				Heat 7 Perf					Heat 8 Perf
1	148	Adam COX (U20M)	Falmouth & Exeter Students' Union AC (GP2)	25.73	1	158	Jack KIRK (U20M)	University of Gloucestershire (GP2)	25.78
2	184	Dale NUTTALL (SENM)	RAF (GP2)	26.13	2	67	George SHURLEY (U20M)	Taunton AC (SWE)	25.87
3	283	Matthias HÉJJA-BRICHARD (SEN)	Cardiff University (GP2)	26.42	3	151	Ben MILES (SENM)	University of Gloucestershire (GP2)	26.52
				Heat 9 Perf					Heat 10 Perf
1	183	Toby EDGEHILL (SENM)	RAF (GP2)	24.36	1	295	Matthew ALVAREZ (U20M)	Taunton Athletics Club (GP2)	23.49
2	268	Treay REID (U20M)	SGS College(BAoS) (GP2)	26.84	2	3	Yuriel KAPALABI (U20M)	Millfield School (GP2)	24.29
3	133	Sam CROWTER (SENM)	exeter harriers (SWE)	27.43	3	267	Cadell REID (U20M)	SGS College(BAoS) (GP2)	24.54
4	134	Bob CROWTER (SENM)	southwest vets (SWE)	29.91	4	9	Luke TWEED (U17M)	Millfield School (GP2)	27.35

T20-Men 400m South West Championships

AC Record - Matthew ELIAS, Wales, 47.39, 2002

Welsh Record - Jamie BAULCH, Cardiff AAC, 45.39, 1997

Pos	Bib	Athlete	Club	Heat 1 Perf	Pos	Bib	Athlete	Club	Heat 2 Perf
1	71	Tom GUY (SENM)	St Marys University (SWE)	53.09	1	68	John HOWORTH (U20M)	Team Bath AC (SWE)	54.09
2	211	Dominic TAYLOR (U20M)	Taunton AC (SWE)	53.97	2	137	Julian MARTIN (U20M)	TORBAY A C (SWE)	56.47
3	136	Rory HOWORTH (U20M)	Team Bath AC (SWE)	54.05	3	70	Sam DAVIES (U20M)	Wimborne Athletics (SWE)	56.51
4	204	Scott GUNNING (U20M)	Swindon Harriers (SWE)	55.25	4	159	Joe MCGRATH (SENM)	Basildon AC (SWE)	58.08
				Heat 1 Perf					Heat 2 Perf
1	71	Tom GUY (SENM)	St Marys University (SWE)	53.09	1	211	Dominic TAYLOR (U20M)	Taunton AC (SWE)	53.97
2	159	Joe MCGRATH (SENM)	Basildon AC (SWE)	58.08	2	136	Rory HOWORTH (U20M)	Team Bath AC (SWE)	54.05
3					3	68	John HOWORTH (U20M)	Team Bath AC (SWE)	54.09

T21-Men 400m OPEN

AC Record -

Welsh Record -

Pos	Bib	Athlete	Club	Heat 1 Perf	Pos	Bib	Athlete	Club	Heat 2 Perf
1	170	Elliott SCOTT (U20M)	Cardiff Met AC (GP2)	50.84	1	254	Seth KELLY (U20M)	Cardiff AAC (GP2)	52.29
2	261	Nik KANONIK (SENM)	Birchfield Harriers (GP2)	50.98	2	4	Matthew COLEMAN (U20M)	Millfield School (GP2)	52.98
3	263	Daniel SNELLING (U20M)	Newport (GP2)	53.30	3	155	Andrew AJUBE (SENM)	Thames Valley Harriers (GP2)	53.05
				Heat 3 Perf					Heat 4 Perf
1	256	Dan MORRIS (U20M)	Cardiff AAC (GP2)	51.90	1	6	Cliff SCHWABAURER (U20M)	Millfield School (GP2)	53.75
2	244	Dominic DAY (SENM)	University of Bristol (GP2)	52.23	2	65	Samuelle WILLIAMS (U20M)	Barry & Vale Harriers (SWE)	54.79
3	5	Chris SMITH (U20M)	Millfield School (GP2)	54.34	3	234	Joel FOWLER (SENM)	Newport Harriers (GP2)	55.31
				Heat 5 Perf					Heat 6 Perf
1	8	Ollie THORNER (U17M)	Millfield School (GP2)	53.54	1	278	Tom SEABURY (SENM)	Swansea University (GP2)	54.74
2	291	Steffan JONES (U20M)	Aberdare VAAC (GP2)	54.00	2	94	Tomos DAVEY (U20M)	Newport Harriers Athletic Club (GP2)	55.84
3	89	Robert DAKIN (U20M)	Yate AC (GP2)	55.02	DNS	185	Ryan INGLIS (SENM)	RAF (GP2)	
				Heat 7 Perf					Heat 8 Perf
1	197	John BRIDGE (U20M)	Cardiff AAC (GP2)	58.14	Pos	Bib	Athlete	Club	
2	144	Anzar MUHAMMAD (SENM)	Swansea University (GP2)	1:02.69					
3	287	Kevin PYE (SENM)	Charnwood AC (GP2)	1:03.25					

T08-Men 800m OPEN

AC Record - Joe THOMAS, Cardiff AAC, 1:47.82, 2012

Welsh Record - Joe THOMAS, Cardiff AAC, 1:46.33, 2012

Pos	Bib	Athlete	Club	Heat 1 Perf	Pos	Bib	Athlete	Club	Heat 2 Perf
1	242	Alex COOMBER (SENM)	Cardiff AAC (GP2)	1:51.87	1	241	Nicholas JONES (SENM)	Cardiff AAC/ UWE AAC (GP2)	2:03.44
2	240	Patrick TAYLOR (SENM)	University of Birmingham (GP2)	1:55.36	2	174	Oli LUM (SENM)	Cardiff Met AC (GP2)	2:03.64
3	109	Joshua MOODY (SENM)	Bristol & West AC (GP2)	1:58.41	3	253	Connor RICHARDS (U20M)	Newport Harriers (GP2)	2:03.74
4	95	Owen HASWELL (SENM)	Cardiff AAC (GP2)	1:58.79	4	252	Finley RICHARDS (U20M)	Newport Harriers (GP2)	2:04.32
5	161	Craig WALDLUCK (SENM)	Bristol & West AC (SWE)	1:59.32	5	122	Tom BAIRD (U20M)	Cardiff University (GP2)	2:04.72
6	111	Matthew COLE (SENM)	Yeovil Olympiads AC (GP2)	1:59.32	6	74	Michael BISS (U20M)	Yeovil Olympiads (SWE)	2:06.13
7	112	Owen LOCKE (U20M)	Newport Harriers (GP2)	2:00.22	7	138	Ivan USENKO (SENM)	Bristol & West AC (GP2)	2:08.74
				Heat 3 Perf					Heat 4 Perf
1	269	George MARSHALL (U20M)	SGS College(BAoS)/Westbury Harriers (GP2)	2:05.70	1	125	Felix LUM (U20M)	Marshall Milton Keynes (GP2)	2:10.78
2	80	Craig WILLIAMS (U20M)	Newport harriers (GP2)	2:06.06	2	262	Adam STEVENS (SENM)	University of Gloucestershire (GP2)	2:17.03
3	129	Luke GAWTHORN (U20M)	Newport Harriers (GP2)	2:08.34	3	141	Stephen MATHERS (SENM)	Cardiff AAC (GP2)	2:18.76
4	106	Trystan LEECH (U20M)	Carmarthen Harriers (GP2)	2:13.53	4	88	Iestyn EDWARDS (U20M)	Cardiff AAC (GP2)	2:18.87
					5	266	Abdirahman ABDI (U20M)	SGS College(BAoS)/B&W AC (GP2)	2:24.17
					6	287	Kevin PYE (SENM)	Charnwood AC (GP2)	2:24.73
					7	274	Darryn MCATEE (SENM)	Newport Harriers (GP2)	2:27.79

Cardiff Met Grand Prix Series

GP2

Sunday 15th January 2017

Male Track Results

T14-Men & South West 1500m

AC Record - Stephen DAVIES, Wales, 3:41.25, 2009

Welsh Record - James THIE, Cardiff AAC, 3:38.69, 2004

				Heat 1
Pos	Bib	Athlete	Club	Perf
1	124	Ian CROWE-WRIGHT (SENM)	Birmingham University (GP2)	3:48.68
2	447	Piers COPELAND (U20M)	Wimborne AC (SWE)	3:49.39
3	64	Phil NORMAN (SENM)	North Devon AC (SWE)	3:49.64
4	113	Steve MITCHELL (SENM)	Bristol & West AC (GP2)	3:50.71
5	177	Niall HOLT (SENM)	Cardiff Met AC (GP2)	3:59.27
6	69	Tom EVANS (SENM)	Lewes AC (SWE)	4:05.86
7	75	Finley MCLEAR (U20M)	Exeter Harriers (SWE)	4:07.21
8	61	Alexander GRUEN (SENM)	Oxford University AC (SWE)	4:07.86

				Heat 2
Pos	Bib	Athlete	Club	Perf
1	77	Jack MILLAR (SENM)	Bristol & West AC (SWE)	4:00.47
2	119	Tom JENKINS (U20M)	Newport Harriers (GP2)	4:03.42
3	114	Christopher HEPWORTH (SENM)	Ealing, Southall & Middlesex AC (GP2)	4:04.83
4	200	Miles CHANDLER (SENM)	Bristol & West AC (SWE)	4:05.39
5	243	Jac SMITH (U20M)	Cardiff AAC (GP2)	4:07.20
6	265	Benjamin GIBBONS (SENM)	University of Oxford Athletics Club (GP2)	4:09.00
7	235	Remi ADEBIYI (U20M)	Newport Harriers (GP2)	4:11.21
8	72	Adam WILSON (SENM)	Yate Ac (SWE)	4:12.66
9	110	Matthew RICHARDS (SENM)	Swansea Harriers (GP2)	4:14.60
10	206	Felix RUSBY (U20M)	Bristol & West AC (SWE)	4:18.15
11	76	Elliot MORAN (U20M)	Exeter Harriers (SWE)	4:18.69
12	79	Joseph KELLIHER (U20M)	Wimborne AC (GP2)	4:33.32

				Heat 3
Pos	Bib	Athlete	Club	Perf
1	248	Isaac THURGOOD (U20M)	Newport Harriers (GP2)	4:27.15
2	138	Ivan USENKO (SENM)	Bristol & West AC (GP2)	4:30.54
3	86	Iestyn WILLIAMS (U20M)	Carmarthen Harriers (GP2)	4:32.29
4	203	Craig BRIDGES (SENM)	Team Bath AC (SWE)	4:35.53
5	246	Lewis MARSHALL (SENM)	Swansea University (GP2)	4:50.18
6	147	Tom NEWMAN (U20M)	Falmouth & Exeter Students' Union AC (GP2)	4:50.94
7	128	David BEDWELL (SENM)	Bristol & West AC (GP2)	4:53.15
8	189	Brain DAIZ (SENM)	Cardiff AAC (GP2)	5:00.83

				Heat 4
Pos	Bib	Athlete	Club	Perf

SOUTH WEST ENGLAND

				SENIOR MEN
Pos	Bib	Athlete	Club	Perf
1	64	Phil NORMAN (SENM)	North Devon AC (SWE)	3:49.64
2	77	Jack MILLAR (SENM)	Bristol & West AC (SWE)	4:00.47
3	200	Miles CHANDLER (SENM)	Bristol & West AC (SWE)	4:05.39

SOUTH WEST ENGLAND

				U20M
Pos	Bib	Athlete	Club	Perf
1	447	Piers COPELAND (U20M)	Wimborne AC (SWE)	3:49.39
2	206	Felix RUSBY (U20M)	Bristol & West AC (SWE)	4:18.15
3	76	Elliot MORAN (U20M)	Exeter Harriers (SWE)	4:18.69

T11-Men 1000m Invite

AC Record - No Records

Welsh Record - No Records

				Heat 1
Pos	Bib	Athlete	Club	Perf
1	180	Tom MARSHALL (SENM)	Cardiff AAC (GP2)	02:22.30
2	179	Steve MORRIS (SENM)	Cardiff AAC (GP2)	02:32.56

T02-SENM 3000m Men & Women OPEN

AC Record - Rob WHALLEY England 7:53.63 NIAC, Cardiff 2000

Welsh Record - U20M: Tony BLACKWELL Wolverhampton 8:13.4 Cosford 1977/SENM: Ian HAMER

				Heat 1
Pos	Bib	Athlete	Club	Perf
1	192	Elliot SLADE (SENM)	Cardiff AAC (GP2)	8:25.75
2	193	Dan NASH (SENM)	Cardiff AAC (GP2)	8:27.92
3	190	Ciaran LEWIS (U20M)	Cardiff AAC (GP2)	8:47.44
4	195	Oli WILLIAMS (SENM)	Les Croupiers (GP2)	8:48.77
5	191	Joel REDMAN (SENM)	Cardiff AAC (GP2)	9:14.62
6	194	Nick WOOD (SENM)	Cardiff Met AC (GP2)	9:28.58
7	147	Tom NEWMAN (U20M)	Falmouth & Exeter Students' Union AC (GP2)	10:12.22
8	393	Lucy MARLAND (SENM)	Cardiff Met AC (GP2)	10:12.43
DNF	78	Muktaar FARAH (SENM)	Cardiff AAC (GP2)	

				Heat 2
Pos	Bib	Athlete	Club	Perf

T01-SENM 60m Hurdles Men OPEN

AC Record - Colin JACKSON, Wales, 7.60, 2002

Welsh Record - Colin JACKSON, Brecon AC, 7.30, 1994

				Final
Pos	Bib	Athlete	Club	Perf
1	178	David OMEREGIE (SENM)	Cardiff AAC (GP2)	7.66
2	92	Kyle ARNOLD (SENM)	Newport Harriers (GP2)	8.41
3	280	Rhys HARRIS (U20M)	Swansea Harriers (GP2)	8.47
4	288	Curtis MATHEWS (SENM)	Cardiff AAC (GP2)	8.56
5	196	Michael WILSON (U20M)	Cardiff Met AC (GP2)	8.72
6	1	Laurenz KIRCHMAYR (U20M)	Millfield School (GP2)	9.02
7	144	Anzar MUHAMMAD (SENM)	Swansea University (GP2)	10.91

				Heat 2
Pos	Bib	Athlete	Club	Perf

Cardiff Met Grand Prix Series

GP2

Sunday 15th January 2017

F09-Men High Jump Open & integrated South West Championships

Male Field Results

AC Record - Brendan REILLY, Ireland, Samson ONI, Robbie GRABARZ, (Englnd) 2.25, 2000/2008/2011

Welsh Record - Robert MITCHELL, Sale, 2.24, 2009

Pos	Bib	Athlete	Club	Perf
1	123	Chris BAKER (SENM)	Sale Harriers Manc (GP2)	2.15
2	59	Tom GALE (U20M)	Team Bath AC (SWE)	2.15 1(SWE)
3	169	Joe PEARSE (SENM)	Cardiff Met AC (GP2)	2.05
4	251	William EDWARDS (U20M)	Carmarthen harriers (GP2)	2.05
5	103	Jonathon BAILEY (SENM)	Loughborough University (GP2)	2.00
6	66	Joe MILES (U20M)	Wimbourne Athletics Club (SWE)	1.80 2(SWE)
7	115	Ioan JENKINS (U20M)	Swansea Harriers (GP2)	1.75
8=	300	Daniel WILLIAMS (SENM)	Swansea Harriers (GP2)	1.75
8=	199	Kieran SHORT (U20M)	Marlborough & District Junior Athletics (SWE)	1.75 3(SWE)
8=	209	Matthew GILBERT (SENM)	City of Plymouth AC (SWE)	1.75 1(SWE)
11	444	Jack RIGBY (U20M)	South west Region MADJA (SWE)	1.75 4(SWE)

F08-Men Pole Vault Open & integrated SW & Masters Championships

AC Record - Max EAVES, England, 5.51, NIAC, Cardiff, 2014

Welsh Record - Paul WALKER, Sale Harriers Manchester, 5.45, NIAC, Cardiff, 2014

Pos	Bib	Athlete	Club	Perf
1	81	Joel Leon BENITEZ (U20M)	Notts AC/Millfield (GP2)	5.00
2	91	Nathan GARDNER (U20M)	Stevenage and North Herts AC (GP2)	4.30
3	1	Laurenz KIRCHMAYR (U20M)	Millfield School (GP2)	4.10
4	99	Emyr RHYS JONES (SENM)	Cardiff AAC (GP2)	4.10
5	160	Tim MCKEE (U20M)	Taunton AC (SWE)	3.70 1(SWE)
6	8	Ollie THORNER (U17M)	Millfield School (GP2)	3.50
7	145	Thomas BRITT (U20M)	Cardiff AAC (GP2)	3.30
8	236	Jasper HAWKINS (U20M)	Cardiff AAC (GP2)	3.30
9	284	Harri WHEELER-SEXTON (U20M)	Cardiff AAC (GP2)	3.10
10	159	Joe MCGRATH (SENM)	Basildon AC (SWE)	2.90 2(SWE)

Cardiff Met Grand Prix Series**GP2****Sunday 15th January 2017****F06-Male Long Jump Open****Male Field Results**

AC Record - Gable GARENAMOTSE, Botswana, 8.01, 2002

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

Pos	Bib	Athlete	Club	Perf
1	288	Curtis MATHEWS (SENM)	Cardiff AAC (GP2)	6.90
2	156	Ceirion HOPKINS (U20M)	Neath Harriers (GP2)	6.73
3	143	Navid CHILDS (SENM)	Thames Valley Harriers (GP2)	6.52
4	164	Joel TOWNLEY (U20M)	Gloucester AC (GP2)	6.49
5	296	Osaze AGHEDO (U20M)	Swansea Harriers (GP2)	6.43
6	275	Jordan FENDER (U20M)	Cardiff AAC (GP2)	6.17
7	297	Jake PARMENTER (SENM)	North Devon AC (GP2)	6.15
8	116	Micheal THOMPSON (U20M)	Swansea Harriers (GP2)	6.09
9	162	Adrian Sum SUM (SENM)	Swansea University (GP2)	5.95
10	286	Taylor LATHAM (SENM)	University of Exeter (GP2)	5.91
11	98	Rhys ROBERTS (U20M)	Bridgend AC (GP2)	5.77
12	183	Toby EDGEHILL (SENM)	RAF (GP2)	5.76
13	8	Ollie THORNER (U17M)	Millfield School (GP2)	5.64
14	84	Paul GUEST (SENM)	Yeovil Olympiads (SWE)	5.49
15	184	Dale NUTTALL (SENM)	RAF (GP2)	5.35
16	273	Will MCMILLEN (U20M)	SGS College(BAoS)/B&W AC (GP2)	5.31
17	149	Jamie BARNES (U20M)	Falmouth & Exeter Students' Union AC (GP2)	5.25
18	293	Tariq THOMAS (U20M)	SGS College(BAoS)/B&W AC (GP2)	5.17
19	67	George SHURLEY (U20M)	Taunton AC (SWE)	5.14
20	153	Joe CROSBY (U20M)	Swansea Harriers (GP2)	5.11
21	289	Junior ADEKOYA (SENM)	University of Gloucestershire (GP2)	4.97
22	150	Gregory RAPLEY (U20M)	University of Gloucestershire (GP2)	4.93
23	163	Jamal Clarke CLARKE (SENM)	Falmouth & Exeter Students' Union AC (GP2)	4.92

Cardiff Met Grand Prix Series

GP2

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F11-Men Triple Jump Open

Male Field Results

AC Record - Julian GOLLEY, England, 16.05, 2001

Welsh Record - Steven SHALDERS, Cardiff AAC, 16.39, 2006

Pos	Bib	Athlete	Club	Perf
1	296	Osaze AGHEDO (U20M)	Swansea Harriers (GP2)	14.36
2	165	Gage ATWELL (SENM)	Cardiff Met AC (GP2)	13.74
3	62	Lewis GUEST (SENM)	Yeovil Olympiads (SWE)	13.50
4	142	James KING (SENM)	Cardiff Met AC (GP2)	12.87
5	260	Jeff ANGILA (U20M)	Exeter harriers/ Cardiff met (GP2)	12.73
6	164	Joel TOWNLEY (U20M)	Gloucester AC (GP2)	12.53
7	162	Adrian Sum SUM (SENM)	Swansea University (GP2)	12.35
8	249	Sam CHIVERS (U20M)	Bristol & West AC (GP2)	11.29
9	140	Chris LLOYD (SENM)	Run4All Neath (GP2)	10.78
10	149	Jamie BARNES (U20M)	Falmouth & Exeter Students' Union AC (GP2)	10.77
11	150	Gregory RAPLEY (U20M)	University of Gloucestershire (GP2)	9.99

F04-Men Shot Put Open & integrated South West Championships

AC Record - Garrett JOHNSON, USA, 19.00, 2007

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

Pos	Bib	Athlete	Club	Perf
1	139	Daniel CORK (SENM)	Newport Harriers / Royal Veterinary College (GP2)	12.99
2	93	Peter MAITLAND (SENM)	Swansea Harriers (GP2)	11.99
3	258	Geraint PUGH (U20M)	Cardiff AAC (GP2)	11.11
4	185	Ryan INGLIS (SENM)	RAF (GP2)	10.84
5	160	Tim MCKEE (U20M)	Taunton AC (SWE)	9.39 1(SWE)
6	255	Ian WILLIAMS (SENM)	Newport Harriers \ Welsh Masters (GP2)	8.69
7	442	Elliot SALES (SENM)	Wimborne AC (SWE)	8.21 2(SWE)
8	172	Edward ROWARTH (SENM)	Cardiff Met AC (GP2)	7.56

Cardiff Met Grand Prix Series

GP2

Sunday 15th January 2017

Female Track Results

T13-Women 60m Final OPEN (16) 2 races

AC Record - Joice MADUAKA, England, 7.28, 2002

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

Heat 1				Heat 2						
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf
1	439	Rebecca CHAPMAN (SENW)	Cardiff AAC/Cardiff Met (GP2)	7.50		1	394	Sian SWANSON (SENW)	Cardiff Met AC (GP2)	8.04
2	395	Melissa ROBERTS (U20W)	Cardiff Met AC (GP2)	7.53		2	374	Isabel DAVIES (U20W)	Newport Harriers (GP2)	8.05
3	309	Marcia SEY (U17W)	Millfield School (GP2)	7.79		3	378	Jenna BLUNDELL (U20W)	TeamBath AC (GP2)	8.12
4	375	Katie-Jane PRIEST (SENW)	Swansea Harriers (GP2)	7.79		4	351	Alison SINGLETON (SENW)	University of Wales Trinity St David (GP2)	8.12
5	392	Zoe NASH (U20W)	Cardiff Met AC (GP2)	7.80		5	379	Sarah GIBBS (U20W)	Newport Harriers (GP2)	8.22
6	371	Issie TUSTIN (U20W)	Cardiff AAC (GP2)	7.91		6	303	Amy TAYLOR (U20W)	Millfield School (GP2)	8.28
7	373	Amy ODUNAIYA (SENW)	Cardiff Met AC (GP2)	7.95		DNS	440	Sara GEARY (SENW)	Cardiff AAC/Cardiff Met (GP2)	
DNS	390	Melanie GRAY (SENW)	Cardiff Met AC (GP2)			DNS	403	Emma WILTSHIRE (SENW)	Rugby & Northampton AC (GP2)	

T06-Women 60m South West Championships

Heat 1				Heat 2						
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf
1	313	Nicole KENDALL (SENW)	Exeter University (SWE)	7.97		1	315	Stephanie BEARDSMORE (U20W)	Cheltenham/Cardiff Met (SWE)	8.29
2	368	Tia JACKSON (U20W)	Bristol & West AC (SWE)	7.97		2	366	Lillian GODDARD (SENW)	Torbay / Marjons Uni (SWE)	8.38
3	362	Elyse LEECH (U20W)	TorbayAAC (SWE)	8.00		3	384	Emily JOSEPH (U20W)	Torbay AC (SWE)	8.42
4	361	Rebecca ROOTS (U20W)	Torbay AC (SWE)	8.02		4	358	Jade KINSEY (U20W)	Tavistock Athletic Club (SWE)	8.43
5	426	Bethany WELLS (U20W)	University of Exeter (SWE)	8.18		5	383	Sophie MATTHEWS (U20W)	Brecon AC (SWE)	8.46
6	409	Sarah LONG (U20W)	Team Bath (SWE)	8.32		6	365	Emma SHARPE (U20W)	North Devon AC (SWE)	8.80
7	449	Hannah WINTON (SENW)	Wimborne AC (SWE)	8.76		7	363	Natasha MEAD (SENW)	Exeter Harriers (SWE)	9.00
8	367	Laura BUTCHER (SENW)	North Devon AC (SWE)	8.79		8	360	Anne DOYLE (SENW)	North Devon AC (SWE)	9.01

SOUTH WEST ENGLAND

SENIOR WOMEN

1	366	Lillian GODDARD (SENW)	Torbay / Marjons Uni (SWE)	8.38
2	449	Hannah WINTON (SENW)	Wimborne AC (SWE)	8.76
3	367	Laura BUTCHER (SENW)	North Devon AC (SWE)	8.79

SOUTH WEST ENGLAND

U20W

1	368	Tia JACKSON (U20W)	Bristol & West AC (SWE)	7.97
2	362	Elyse LEECH (U20W)	TorbayAAC (SWE)	8.00
3	361	Rebecca ROOTS (U20W)	Torbay AC (SWE)	8.02

T07-Women 60m Heats OPEN

Heat 1				Heat 2						
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf
1	439	Rebecca CHAPMAN (SENW)	Cardiff AAC/Cardiff Met (GP2)	7.56	1	Q 1	371	Issie TUSTIN (U20W)	Cardiff AAC (GP2)	7.96
2	395	Melissa ROBERTS (U20W)	Cardiff Met AC (GP2)	7.62	2	Q 2	309	Marcia SEY (U17W)	Millfield School (GP2)	7.97
3	375	Katie-Jane PRIEST (SENW)	Swansea Harriers (GP2)	7.79	3	Q 3	390	Melanie GRAY (SENW)	Cardiff Met AC (GP2)	7.99
4	392	Zoe NASH (U20W)	Cardiff Met AC (GP2)	7.92	4	Q 4	394	Sian SWANSON (SENW)	Cardiff Met AC (GP2)	8.03
5	373	Amy ODUNAIYA (SENW)	Cardiff Met AC (GP2)	7.97	7	Q 5	440	Sara GEARY (SENW)	Cardiff AAC/Cardiff Met (GP2)	8.03
6	403	Emma WILTSHIRE (SENW)	Rugby & Northampton AC (GP2)	8.17	14	q 6	304	Caitlin EDGAR (U20W)	Millfield School (GP2)	8.36
7	419	Mari COTTLE-M'BOGE (SENW)	Swansea University (GP2)	9.46	35					

Heat 3				Heat 4						
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf
1	374	Isabel DAVIES (U20W)	Newport Harriers (GP2)	8.02	9	q 1	436	Andrea JESUDASON (SENW)	Bristol & West AC (GP2)	8.34
2	351	Alison SINGLETON (SENW)	University of Wales Trinity St David (GP2)	8.09	12	q 2	306	Lauren BELL (U20W)	Millfield School (GP2)	8.38
3	378	Jenna BLUNDELL (U20W)	TeamBath AC (GP2)	8.13	13	q 3	350	Holly KINSEY (U20W)	Tavistock Athletic Club (GP2)	8.42
4	379	Sarah GIBBS (U20W)	Newport Harriers (GP2)	8.22	15	q 4	305	Bobbie DAVIES (U20W)	Millfield School (GP2)	8.45
5	370	Elisha THOMAS (U20W)	Newport Harriers (GP2)	8.32	17	q 5	302	Izzy CARE (U20W)	Millfield School (GP2)	8.51
6	397	Millie COOPER (SENW)	RAF (GP2)	8.40	22					
7	396	Helen DAVIES (SENW)	RAF (GP2)	9.06	33					

Heat 5				Heat 6						
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf
1	352	Celyn Mai WILLIAMS (U20W)	Carmarthen Harriers (GP2)	8.34	19	1	303	Amy TAYLOR (U20W)	Millfield School (GP2)	8.29
2	437	Jessica SHEFF (U20W)	SGS College(BAoS)/B&W AC (GP2)	8.69	27	2	438	Harriet GRAFE-NICHOLAS (U20W)	Cardiff archers (GP2)	8.58
3	430	Natalia BALCERZAK (U20W)	SGS College (BAoS) (GP2)	8.74	28	3	308	Jen SYKES (U17W)	Millfield School (GP2)	8.78
4	434	Holly BROWN (U20W)	Newport Harriers (GP2)	8.79	30	4	429	Laura MEASOR (U20W)	SGS College(BAoS)/B&W AC (GP2)	9.17
5	433	Romy NAVEN (SENW)	Swansea University (GP2)	8.81	31	5	311	Daphne SCHARGER (U17W)	Millfield School (GP2)	10.73
6	428	Juliet SIDNEY (SENW)	Newport Harriers (GP2)	8.96	32					

T17-Women 200m OPEN

AC Record - Amy SPENCER, England, 23.74, 2009

Welsh Record - Catherine MURPHY, Shaftesbury, 23.35, 2002

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	375	Katie-Jane PRIEST (SENW)	Swansea Harriers (GP2)	25.44	1	372	Annie LEWIS (U20W)	Yate and District (GP2)	26.21
2	373	Amy ODUNAIYA (SENW)	Cardiff Met AC (GP2)	25.88	2	362	Elyse LEECH (U20W)	TorbayAAC (SWE)	26.53
3	392	Zoe NASH (U20W)	Cardiff Met AC (GP2)	26.88	3	303	Amy TAYLOR (U20W)	Millfield School (GP2)	27.18

Heat 3				Heat 4					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	348	Armani WILLIAMS (U20W)	Newport Harriers (GP2)	25.86	1	378	Jenna BLUNDELL (U20W)	TeamBath AC (GP2)	26.40
2	374	Isabel DAVIES (U20W)	Newport Harriers (GP2)	26.17	2	344	Grace COTTRELL (SENW)	Yeovil Olympiads AC (GP2)	27.83
3	371	Issie TUSTIN (U20W)	Cardiff AAC (GP2)	26.24	3	397	Millie COOPER (SENW)	RAF (GP2)	27.96

Heat 5				Heat 6					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	441	Georgia SILCOX (U20W)	Yeovil Olympiads AC (SWE)	26.50	1	426	Bethany WELLS (U20W)	University of Exeter (SWE)	27.25
2	391	Gina SUNDERLAND (U20W)	Cardiff Met AC (GP2)	27.35	2	379	Sarah GIBBS (U20W)	Newport Harriers (GP2)	27.30
3	414	Kirsty MCBARNET (SENW)	UWE Bristol (GP2)	28.46	3	396	Helen DAVIES (SENW)	RAF (GP2)	29.70

Heat 7				Heat 8					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	424	Grace MORGAN (U20W)	Cardiff Archers (GP2)	27.53	1	380	Emma MARTIN (U20W)	Cardiff Archers (GP2)	27.74
2	384	Emily JOSEPH (U20W)	Torbay AC (SWE)	27.73	2	435	Emilie DAVIES (U20W)	Blaenau gwent (GP2)	28.04
3	323	Natasha BRIGGS (U20W)	Cardiff AAC (GP2)	27.94	3	434	Holly BROWN (U20W)	Newport Harriers (GP2)	29.98
4	306	Lauren BELL (U20W)	Millfield School (GP2)	28.76	4	367	Laura BUTCHER (SENW)	North Devon AC (SWE)	30.97

Heat 9				Heat 10					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	433	Romy NAVEN (SENW)	Swansea University (GP2)	29.25					
2	412	Joanne WILLOUGHBY (SENW)	Gloucester AC (GP2)	29.70					
3	377	Anna STANWORTH (SENW)	Falmouth & Exeter Students' Union AC (GP2)	30.70					
4	311	Daphne SCHARGER (U17W)	Millfield School (GP2)	36.68					

Cardiff Met Grand Prix Series

GP2

Sunday 15th January 2017

Female Track Results

T22-Women 400m South West Championships

AC Record - Catherine MURPHY, Wales, 52.54, 2002

Welsh Record - Catherine MURPHY, Shaftesbury, 51.74, 2003

				Heat 1					Heat 2
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	359	Holly BANKES (U20W)	Stroud AC (SWE)	1:00.61	1	409	Sarah LONG (U20W)	Team Bath (SWE)	1:01.72
2	320	Harriet EMERY (U20W)	Yate and District (SWE)	1:02.43	2	361	Rebecca ROOTS (U20W)	Torbay AC (SWE)	1:02.42
3	404	Alice HANNAN (U20W)	Brunel University (SWE)	1:04.53	3	358	Jade KINSEY (U20W)	Tavistock Athletic Club (SWE)	1:04.56
					4	360	Anne DOYLE (SENW)	North Devon AC (SWE)	1:09.48

SOUTH WEST ENGLAND

1	360	Anne DOYLE (SENW)	North Devon AC (SWE)	1:09.48
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SENIOR WOMEN

SOUTH WEST ENGLAND

1	359	Holly BANKES (U20W)	Stroud AC (SWE)	1:00.61
2	409	Sarah LONG (U20W)	Team Bath (SWE)	1:01.72
3	361	Rebecca ROOTS (U20W)	Torbay AC (SWE)	1:02.42

T23-Women 400m OPEN

AC Record -

Welsh Record -

				Heat 1					Heat 2
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	329	Jenny WHITE (SENW)	Worcester AC (GP2)	58.76	1	343	Lisa SCARFI (U20W)	Newport Harriers (GP2)	1:04.34
2	305	Bobbie DAVIES (U20W)	Millfield School (GP2)	1:00.75	2	431	Laura JOHNSON (U20W)	SGS College(BAoS)/Yate & District AC (GP2)	1:06.87
3	413	Ffion MORGAN (U20W)	Tavistock AC (GP2)	1:02.73	3	418	Chloe POWELL (SENW)	Newport Harriers (GP2)	1:13.77
4	381	Lily GASKIN (U20W)	Cardiff AAC (GP2)	1:04.95					

T09-Women 800m OPEN

AC Record - Jemma SIMPSON, England, 2:03.66, 2008

Welsh Record - Hayley PARRY, Swansea Harriers, 2:01.52, 1998

				Heat 1					Heat 2
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	340	Anna BURT (U20W)	Team Bath AC (GP2)	2:11.18	1	341	Nia RILEY (U20W)	Cardiff Archers (GP2)	2:18.05
2	356	Annie TESTAR (U20W)	Stroud AC (GP2)	2:17.64	2	421	Lianne LAFRENIERE (U20W)	Swansea (GP2)	2:24.68
3	321	Jenny MILBURN (U20W)	Tavistock AC (GP2)	2:22.85	3	324	Anna KELLIHER (U20W)	wimborne ac (GP2)	2:25.68
4	337	Susannah REID (SENW)	Cambridge & Coleridge (GP2)	2:24.78	4	347	Sofia VELLA (U20W)	Cardiff AAC (GP2)	2:33.18
					5	411	Amy CLARK (U20W)	Stroud and District Athletics Club (GP2)	2:36.59

T15-Women & South West 1500m

AC Record - Gemma TURTLE, England, 4:14.06, 2010

Welsh Record - Hayley TULLETT, Swansea Harriers, 4:05.63, 2004

				Heat 1					Heat 2
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	457	Sarah MCDONALD (SENW)	Birchfield Harriers (GP2)	4:12.73	1	345	Bethan WAINWRIGHT (U20W)	Newport Harriers (GP2)	5:13.07
2	318	Charlotte TAYLOR (SENW)	Bristol & West AC (SWE)	4:24.91	2	319	Sarah EVERITT (SENW)	Bristol & West AC (SWE)	5:13.89
3	354	Laura RICHES (SENW)	Leigh Harriers (GP2)	4:32.20	3	423	Mollie SAMUEL (U20W)	Newport Harriers (GP2)	5:13.93
4	335	Isobel PARRY-JONES (U20W)	Cwmbran Harriers (GP2)	4:33.37	4	415	Ellie ROBINSON (U20W)	Newport Harriers (GP2)	5:14.47
5	355	Abigail HOWARTH (SENW)	Leigh Harriers (GP2)	4:41.77	5	432	Nichelle SANTAGATA (SENW)	University of Bristol AC (GP2)	5:49.40
6	330	Natalie CONNOR (U20W)	Shaftesbury Barnet Harriers (GP2)	4:46.78					
7	450	Grace COPELAND (U20W)	Wimborne AC (SWE)	4:51.51					
8	410	Rebecca PIERCE (SENW)	Team Bath Athletics Club (GP2)	4:57.23					
9	451	Emily BROWN (SENW)	Cardiff AAC (GP2)	5:00.34					

SOUTH WEST ENGLAND

1	318	Charlotte TAYLOR (SENW)	Bristol & West AC (SWE)	4:24.91
2	319	Sarah EVERITT (SENW)	Bristol & West AC (SWE)	5:13.89

SENIOR WOMEN

RE ISSUE

SOUTH WEST ENGLAND

1	450	Grace COPELAND (U20W)	Wimborne AC (SWE)	4:51.51
2				

T03-Women Open 60m Hurdles OPEN & integrated South West Championships

AC Record - Diane ALLAHGRREN, England, 8.01, 2002

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

				Heat 1					Heat 2
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	314	Mollie COURTNEY (SENW)	Cheltenham Harriers/Gloucesterc Uni (SWE)	8.41	1	408	Ellen BARBER (SENW)	Yeovil Olympiads AC (SWE)	9.95
2	440	Sara GEARY (SENW)	Cardiff AAC/Cardiff Met (GP2)	9.09	2	384	Emily JOSEPH (U20W)	Torbay AC (SWE)	9.98
3	391	Gina SUNDERLAND (U20W)	Cardiff Met AC (GP2)	9.12	3	364	Madeline HARTNOLL (U20W)	Bristol & West AC (SWE)	10.88
4	336	Isabel BREEDEN (U20W)	Cardiff AAC (GP2)	9.24	4	302	Izzy CARE (U20W)	Millfield School (GP2)	11.24

Cardiff Met Grand Prix Series

GP2

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Female Field Results

F10-Women High Jump Open & integrated South West Championships

AC Record - Susan JONES, England, 1.90, 2002

Welsh Record - Julie CRANE, Sale Harriers, 1.90, 2005

Pos	Bib	Athlete	Club	Perf	
1	407	Lauren EVANS (U20W)	Cardiff AAC (GP2)	1.65	
2	307	Anna BROPHY (U17W)	Millfield School (GP2)	1.60	
3	445	Belem SIMARRO (SENW)	Cardiff Met AC (GP2)	1.60	
4	422	Sophie POPE (U20W)	Cwmbran Harriers (GP2)	1.50	
5=	306	Lauren BELL (U20W)	Millfield School (GP2)	1.45	
5=	328	Shani Llyr EVANS (U20W)	Cardiff AAC (GP2)	1.45	
5=	380	Emma MARTIN (U20W)	Cardiff Archers (GP2)	1.45	
5=	317	Emily STEER (U20W)	Cardiff AAC (SWE)	1.45	1(U20W)
9	435	Emilie DAVIES (U20W)	Blaenau gwent (GP2)	1.45	
10	385	Lily IVIN (U20W)	CARDIFF ARCHERS (GP2)	1.40	
11	437	Jessica SHEFF (U20W)	SGS College(BAoS)/B&W AC (GP2)	1.30	

F01-Women Pole Vault OPEN & Masters Men & South West Championships

AC Record - Henrietta PAXTON, England, 4.31, 2010

Welsh Record - Sally PAEKE, Birchfield Harriers, 4.42, 2012

Pos	Bib	Athlete	Club	Perf	
1	405	Molly CAUDERY (U20W)	Cornwall AC (SWE)	4.10	1(U20W)
2	338	Sarah MCKEEVER (SENW)	Sale Harriers (GP2)	3.85	
3	339	Georgia PICKLES (SENW)	Sale Harriers Manchester (GP2)	3.70	
4	325	Megan HODGSON (U20W)	Cardiff AAC (GP2)	3.40	
5	342	Silvia AMABILINO (SENW)	Bristol & West AC (GP2)	3.25	
6	417	Lois HILLMAN (U20W)	Cardiff AAC (GP2)	3.25	
7	332	Ffion LLEWELLYN (U20W)	Bridgend AC (GP2)	3.25	
8	312	Esther LEONG (U20W)	North Somerset AC (SWE)	3.25	2(U20W)
9	301	Tamsin CAMPBELL (U20W)	Millfield School (GP2)	NMR	
10	401	Lauren O'REILLY (SENW)	Swansea Harriers (GP2)	NMR	
11	425	Ceri JONES (U20W)	Cardiff AAC (GP2)	NMR	
12	364	Madeline HARTNOLL (U20W)	Bristol & West AC (SWE)	NMR	

Cardiff Met Grand Prix Series

GP2

Sunday 15th January 2017

Female Field Results

F02-Women Long Jump Open

AC Record - Gillian COOKE, Scotland, 6.43, 2008

Welsh Record - Ruth HOWELL, Birchfield Harriers, 6.51, 1974

Pos	Bib	Athlete	Club	Perf
1	407	Lauren EVANS (U20W)	Cardiff AAC (GP2)	5.49
2	368	Tia JACKSON (U20W)	Bristol & West AC (SWE)	5.32
3	441	Georgia SILCOX (U20W)	Yeovil Olympiads AC (SWE)	5.30
4	304	Caitlin EDGAR (U20W)	Millfield School (GP2)	5.27
5	346	Catrin LORD (U20W)	Cardiff AAC (GP2)	5.17
6	309	Marcia SEY (U17W)	Millfield School (GP2)	5.16
7	416	Emily THOMAS (U20W)	Cardiff Archers (GP2)	5.12
8	385	Lily IVIN (U20W)	CARDIFF ARCHERS (GP2)	4.97
9	389	Katy TOWNSEND (SENW)	Cardiff Met AC (GP2)	4.96
10	307	Anna BROPHY (U17W)	Millfield School (GP2)	4.87
11	436	Andrea JESUDASON (SENW)	Bristol & West AC (GP2)	4.87
12	305	Bobbie DAVIES (U20W)	Millfield School (GP2)	4.85
13	438	Harriet GRAFE-NICHOLAS (U20W)	Cardiff archers (GP2)	4.79
14	353	Jessica ROBINS (SENW)	University of Gloucestershire (GP2)	4.73
15	383	Sophie MATTHEWS (U20W)	Brecon AC (SWE)	4.65
16	439	Rebecca CHAPMAN (SENW)	Cardiff AAC/Cardiff Met (GP2)	4.58
17	382	Gabriella SALMON (SENW)	UWE Bristol (GP2)	4.32
18	308	Jen SYKES (U17W)	Millfield School (GP2)	3.53

F12-Women Triple Jump Open

AC Record - Yamile ALDAMA, Cuba, 14.11, 2003

Welsh Record - Sara BARRY, Cardiff AAC, 12.47, 2009

Pos	Bib	Athlete	Club	Perf
1	357	Victoria MOULD (SENW)	Southampton/Loughborough (GP2)	11.88
2	394	Sian SWANSON (SENW)	Cardiff Met AC (GP2)	10.99
3	420	Eliza DURNALL (U20W)	Cardiff AAC (GP2)	10.31
4	427	Ellie-May STONEHEWER (U20W)	Cardiff AAC (GP2)	9.62
5	383	Sophie MATTHEWS (U20W)	Brecon AC (SWE)	9.06
6	453	Katie FULLER (SENW)	Cardiff Met AC (GP2)	9.31

Cardiff Met Grand Prix Series

GP2

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Female Field Results

F05-Women Shot Put Open & integrated South West Championships

AC Record - Venissa HEAD, Wales, 19.06, 1984

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

Pos	Bib	Athlete	Club	Perf	
1	333	Gwennan LEWIS (U20W)	Newport Harriers (GP2)	9.31	
2	369	Ada'Ora CHIGBO (U20W)	North Somerset (GP2)	12.27	
3	388	Charlotte WINGFIELD (SEW)	Cardiff Met AC (GP2)	9.10	
4	316	Rownita MARSTON (U20W)	Bristol & West AC (SWE)	11.77	1(U20W)
5	365	Emma SHARPE (U20W)	North Devon AC (SWE)	8.80	2(U20W)
6	408	Ellen BARBER (SEW)	Yeovil Olympiads AC (SWE)	10.25	1(SEW)

Cardiff Met Grand Prix Series

GP2

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Masters Track Results

T18-Masters Men 200m

AC Record - No Records

Welsh Record - No Records

				Heat 1				Heat 2						
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	11	Stuart PEARCE (MM35)	Newport Harriers (WMA)	26.76	1	17	Jake MORGAN (MM45)	Carmarthen Harriers (WMA)	26.43					
2	12	Scott BROWNE (MM40)	Les croupiers (WMA)	27.03	2	16	James MORGAN (MM45)	Newport Harriers (WMA)	26.91					
3	13	Paul EDWARDS (MM40)	Cardiff AAC (WMA)	29.45	3	18	Adrian LEWIS (MM45)	Aberdare VAAC (WMA)	28.92					
					4	15	Charlie NORTHEY (MM45)	Brecon AC (WMA)	30.21	Heat 4				
				Heat 3				Heat 5						
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	22	Paul GUEST (MM55)	Yeovil Olympiads (WMA)	26.27	1	23	Keith POWELL (MM55)	Newport Harriers (WMA)	30.79					
2	19	Brett DAVIS (MM50)	Newport Harriers (WMA)	28.70	2	26	Mark KALLENBERG (MM55)	Cardigan (WMA)	32.19					
3	21	Henry HOPKINS (MM55)	Worcester AC (WMA)	29.28	3	24	Mike POLLOCK (MM55)	Newport Harriers (WMA)	34.03					
					4	25	Garry JONES (MM55)	Cardiff AAC (WMA)	34.14	Heat 6				
				Heat 5				Heat 7						
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	34	Glyn SUTTON (MM70)	Newport Harriers (WMA)	27.83	1	31	Ian WILLOUGHBY (MM60)	Gloucester AC (WMA)	28.98					
2	28	Rod DAVIES (MM60)	Swansea Harriers (WMA)	31.13	2	33	Brian WILLIAMSON (MM60)	Rhondda AC (WMA)	32.08					
3	56	Len TEW (MM80)	Port Talbot harriers (WMA)	40.79	3	32	Ray LEWIS (MM65)	WMAA (WMA)	37.68					
4	27	Kieran MCDONNELL (MM60)	Les croupiers (WMA)	40.94	DNS	30	Jon CLARKE (MM60)	Wrexham AAC (WMA)		Heat 8				
				Heat 7				Heat 8						
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	36	Phil REES (MM75)	Cardiff AAC (WMA)	45.56										
2	37	Hubert DANIELS (MM85)	Swansea Harriers (WMA)	55.70										

T19-Masters Women 200m

AC Record - No Records

Welsh Record - No Records

				Heat 1				Heat 2						
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	215	Juliet SIDNEY (MW45)	Newport Harriers (WMA)	30.25	1	216	Fiona STEEL (MW50)	Motherwell AC (WMA)	30.23					
2	219	Jane HORDER (MW55)	Cheltenham Harriers (WMA)	30.90	2	218	Melanie GARLAND (MW50)	Worcester AC (WMA)	32.13					
3	214	Vicky FEAR (MW35)	Lliswerry Runners (WMA)	31.38	3	217	Angela SONN (MW55)	Forest of Dean AC (WMA)	32.35					
4	212	Victoria WATKINS (MW35)	Worcester AC (WMA)	31.54	4	221	Dorothy FRASER (MW75)	Lincoln Wellington (WMA)	49.67					

T10-Masters Men 800m Masters Men & Masters Women

AC Record - No Records

Welsh Record - No Records

				Heat 1				Heat 2						
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	38	Peter WATKEYS (MM35)	Basingstoke & Mid Hants AC (WMA)	2:04.94	1	19	Brett DAVIS (MM50)	Newport Harriers (WMA)	2:20.61					
2	42	Matthew GURMAN (MM40)	Swansea Harriers (WMA)	2:08.38	2	47	Peter MOUNTAIN (MM55)	Bristol & West AC (WMA)	2:28.86					
3	41	John PETERS (MM40)	Maldwyn Harriers (WMA)	2:09.49	3	26	Mark KALLENBERG (MM55)	Cardigan (WMA)	2:33.96					
4	12	Scott BROWNE (MM40)	Les croupiers (WMA)	2:12.04	4	43	Austin DAVIES (MM55)	West Suffolk AC (WMA)	2:37.37					
5	17	Jake MORGAN (MM45)	Carmarthen Harriers (WMA)	2:12.55	5	44	Clive OSMOND (MM55)	Les croupiers (WMA)	2:52.13					
6	39	Gareth KNIGHT (MM35)	Newport Harriers (WMA)	2:12.83										
7	18	Adrian LEWIS (MM45)	Aberdare VAAC (WMA)	2:20.07										
8	40	Stuart WADLOW (MM40)	Les croupiers (WMA)	2:24.13										
9	15	Charlie NORTHEY (MM45)	Brecon AC (WMA)	2:26.00	Heat 3				Heat 4					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	52	David OXLAND (MM65)	Notts AC/Millfield (WMA)	2:26.41	1	212	Victoria WATKINS (MW35)	Worcester AC (WMA)	2:44.87					
2	50	Ian SNOW (MM65)	North Devon AC (WMA)	2:39.60	2	222	Suzanne HARDING (MW40)	Gloucester AC (WMA)	2:47.00					
3	29	John WATKINS (MM60)	Newport harriers (WMA)	2:45.41	3	223	Joan HOWE (MW60)	Trafford AC (WMA)	2:51.59					
4	32	Ray LEWIS (MM65)	WMAA (WMA)	3:16.18	4	224	Nancy HITCHMOUGH (MW65)	Dudley & Stowbridge (WMA)	2:54.11					
5	56	Len TEW (MM80)	Port Talbot harriers (WMA)	3:56.56										

Cardiff Met Grand Prix Series

GP2

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F08-Men Pole Vault Open & integrated SW & Masters Championships

AC Record - Max EAVES, England, 5.51, NIAC, Cardiff, 2014

Welsh Record - Paul WALKER, Sale Harriers Manchester, 5.45, NIAC, Cardiff, 2014

Pos	Bib	Athlete	Club	Perf	
1	58	Glyn PRICE (MM50)	Swansea Harriers (WMA)	3.70	1(MM50)
2	54	Derek OSBORNE (MM50)	Brecon AC (WMA)	2.80	2(MM50)
3	23	Keith POWELL (MM55)	Newport Harriers (WMA)	2.65	1(MM55)
4	57	John HOWE (MM75)	Rhondda AC (WMA)	2.05	1(MM75)

F03-Women Long Jump Masters Women

AC Record - Gillian COOKE, Scotland, 6.43, 2008

Welsh Record - Ruth HOWELL, Birchfield Harriers, 6.51, 1974

Pos	Bib	Athlete	Club	Perf	
1	218	Melanie GARLAND (MW50)	Worcester AC (WMA)	4.31	1(MW50)
2	226	Jane TIMBERLAKE (MW50)	Worcester AC (WMA)	4.31	2(MW50)
3	227	Clare ST JOHN-COLEMAN (MW55)	Chelmsford AC (WMA)	3.99	1(MW55)
	363	Natasha MEAD (SEnw)	Exeter Harriers (SWE)	3.30	1(SEnw)
4	220	Patricia OAKES (MW70)	Ashford AC (WMA)	2.86	1(MW70)
5	228	Daphne MARLER (MW70)	Swansea Harriers (WMA)	2.00	2(MW70)

F07-Male Long Jump Masters Championships

AC Record - Gable GARENAMOTSE, Botswana, 8.01, 2002

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

Pos	Bib	Athlete	Club	Perf	
1	53	Neil CARRINGTON (MM45)	Hunts AC (WMA)	5.16	1(MM45)
2	21	Henry HOPKINS (MM55)	Worcester AC (WMA)	4.79	1(MM55)
3	54	Derek OSBORNE (MM50)	Brecon AC (WMA)	4.57	1(MM50)
4	20	Robin WOOD (MM50)	Swansea Harriers (WMA)	4.34	2(MM50)
5	13	Paul EDWARDS (MM40)	Cardiff AAC (WMA)	4.31	1(MM40)
6	23	Keith POWELL (MM55)	Newport Harriers (WMA)	4.28	2(MM55)
7	55	Dave SHILDS (MM55)	Reading AC (WMA)	4.07	3(MM55)
8	28	Rod DAVIES (MM60)	Swansea Harriers (WMA)	3.92	1(MM60)
9	25	Garry JONES (MM55)	Cardiff AAC (WMA)	3.37	4(MM55)
10	29	John WATKINS (MM60)	Newport harriers (WMA)	3.24	2(MM60)
11	36	Phil REES (MM75)	Cardiff AAC (WMA)	2.70	1(MM75)

Cardiff Met Grand Prix Series

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F15-Men Triple Jump Open Masters Championships

Masters Field Results

AC Record - Yamile ALDAMA, Cuba, 14.11, 2003

Welsh Record - Sara BARRY, Cardiff AAC, 12.47, 2009

Pos	Bib	Athlete	Club	Perf	
1	53	Neil CARRINGTON (MM45)	Hunts AC (WMA)	10.39	2(MM45)
2	21	Henry HOPKINS (MM55)	Worcester AC (WMA)	10.05	5(MM55)
3	54	Derek OSBORNE (MM50)	Brecon AC (WMA)	9.58	3(MM50)
4	20	Robin WOOD (MM50)	Swansea Harriers (WMA)	9.47	4(MM50)
5	55	Dave SHILDS (MM55)	Reading AC (WMA)	9.05	6(MM55)
6	15	Charlie NORTHEY (MM45)	Brecon AC (WMA)	8.57	3(MM45)
7	36	Phil REES (MM75)	Cardiff AAC (WMA)	5.62	2(MM75)

F14-Women Triple Jump Open Masters Championships

AC Record - Yamile ALDAMA, Cuba, 14.11, 2004

Welsh Record - Sara BARRY, Cardiff AAC, 12.47, 2010

Pos	Bib	Athlete	Club	Perf	
1	226	Jane TIMBERLAKE (MW50)	Worcester AC (WMA)	9.10	1(MW50)
2	218	Melanie GARLAND (MW50)	Worcester AC (WMA)	8.82	2(MW50)
3	227	Clare ST JOHN-COLEMAN (MW55)	Chelmsford AC (WMA)	7.91	1(MW55)
4	220	Patricia OAKES (MW70)	Ashford AC (WMA)	5.84	1(MW70)
5	228	Daphne MARLER (MW70)	Swansea Harriers (WMA)	4.41	2(MW70)