



WELSH ATHLETICS
ATHLETAU CYMRU

U17 & U20 CHAMPIONSHIPS and all age group walks

Saturday 11th June

Wrexham



1	Cardiff AAC:	Gold-12 Silver-10 Bronze-7 Total Medals-29
2	Swansea Harriers:	Gold-9 Silver-7 Bronze-9 Total Medals-25
3	Carmarthen Harriers:	Gold-8 Silver-4 Bronze-6 Total Medals-18
4	Wrexham AC:	Gold-7 Silver-2 Bronze-2 Total Medals-11
5	Deeside AAC:	Gold-7 Silver-1 Bronze-2 Total Medals-10
6	Pembroke Harriers:	Gold-5 Silver-3 Bronze-0 Total Medals-8

EVENT T29 - U17M - 100m - FINAL

WELSH RECORD - Tim BENJAMIN / Andrew WATKINS, Cardiff AAC / Cwmbran Harriers, 10.71,1998

WELSH CBP - Tim BENJAMIN, Cardiff AAC, 10.87, 1998

2010 WELSH CHAMPION - Jamaul WHYTE Cardiff AAC 11.38

Athletes qualified from heat T6

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s -0.5	
1	17	George PERKINS	Chelmsford AC	11.22	
2	23	Thomas WILLIAMS	Barry & Vale Harriers	11.33	
3	13	Mathew DAVIES	Carmarthen Harriers	11.43	
4	21	Owen SMITH	Deeside AAC	11.58	
5	20	Arran REID	Barry & Vale Harriers	11.61	
6	15	Ryan LEE	Cwmbran Harriers	11.62	
7	22	Luke WARD	Deeside AAC	11.87	
8	19	Aled PRICE	Carmarthen Harriers	12.30	

EVENT T6 - U17M - 100m - Heats

Qualification to the next round T29 Will be the fastest 3 (Q) & 2 (q)

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s +.07	
1	21	Owen SMITH	Deeside AAC	11.21	Q
2	13	Mathew DAVIES	Carmarthen Harriers	11.28	Q
3	20	Arran REID	Barry & Vale Harriers	11.63	Q
4	22	Luke WARD	Deeside AAC	11.79	q
5	19	Aled PRICE	Carmarthen Harriers	12.06	q

Heat 2 of 2

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s +1.2	
1	23	Thomas WILLIAMS	Barry & Vale Harriers	11.17	Q
2	17	George PERKINS	Chelmsford AC	11.17	Q
3	15	Ryan LEE	Cwmbran Harriers	11.50	Q
4	14	Jonathan HOBBS	Cardiff AAC	12.27	

EVENT T42 - U17M - 200m - FINAL

WELSH RECORD - Tim BENJAMIN, Cardiff AAC, 21.19,1998

WELSH CBP - Andrew WATKINS, Cwmbran Harriers, 21.8, 2003

2010 WELSH CHAMPION - Jamaul WHYTE Cardiff AAC 22.84

Athletes qualified from heat T34

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	
1	13	Mathew DAVIES	Carmarthen Harriers	23.06	
2	23	Thomas WILLIAMS	Barry & Vale Harriers	23.51	
3	15	Ryan LEE	Cwmbran Harriers	23.52	
4	61	Ryan COOPER	Cardiff AAC	24.25	
5	60	Jacob BRISCOMBE	Barry & Vale Harriers	25.07	
6	62	Ryan JONES	Wrexham AC	27.19	

EVENT T27 - U17M - 400m - FINAL

WELSH RECORD - Bruce TASKER, Carmarthen Harriers, 47.85,2004

WELSH CBP - Mark PONTING, Torfaen AC, 48.82, 1993

2010 WELSH CHAMPION - Morgan HARRIES Sale Harriers 51.23

Athletes qualified from heat T11

Pos	Bib	Athletes	Club	Perf.	Comments
1	21	Owen SMITH	Deeside AAC	49.24	
2	79	Scott EDWARDS	Cardiff AAC	50.59	
3	82	Llyr JAMIESON	Carmarthen Harriers	51.79	
4	99	Matthew ANTONIAZZI	Cwmbran Harriers	52.19	
5	78	Matthew COLLINS	Barry & Vale Harriers	52.54	
6	16	Alexander PAVLOU	Swansea Harriers	55.02	
7	84	Bradley THOMAS	Deeside AAC	58.79	
8	83	Christopher MCNAUGHT	Menai T&F	DNF	

EVENT T11 - U17M - 400m - Heats

Heat 1 of 2

Qualification to the next round T27 Will be the fastest 3 (Q) & 2 (q)

Pos	Bib	Athletes	Club	Perf.	Comments
1	21	Owen SMITH	Deeside AAC	51.20	Q
2	99	Matthew ANTONIAZZI	Cwmbran Harriers	52.43	Q
3	82	Llyr JAMIESON	Carmarthen Harriers	53.34	Q
4	16	Alexander PAVLOU	Swansea Harriers	54.47	q
5	84	Bradley THOMAS	Deeside AAC	56.72	q

Heat 2 of 2

w/s

Pos	Bib	Athletes	Club	Perf.	Comments
1	79	Scott EDWARDS	Cardiff AAC	50.67	Q
2	78	Matthew COLLINS	Barry & Vale Harriers	52.70	Q
3	83	Christopher MCNAUGHT	Menai T&F	53.03	Q
4	77	David BLOWER	Wrexham AC	56.80	

EVENT T31 - U17M - 800m - FINAL

WELSH RECORD - Neil HORSFIELD, Newport Harriers, 1.51.6,1983

WELSH CBP - Tony DYKE, Bishop Gore Sc, 1.54.8, 1972

2010 WELSH CHAMPION - Elliott HARDEE Newport Harriers 1:59.30

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	105	Elliot SLADE	Cardiff AAC	1:53.43	
2	102	Tom EARLEY	Colwyn Bay AC	1:56.90	
3	103	Carwyn EVANS	Swansea Harriers	1:58.05	
4	104	Rhys GRANVILLE	Carmarthen Harriers	1:59.66	
5	80	Curtis GOODGER	Newport Harriers	2:01.34	
6	101	Owen DAVIES	Cwmbran Harriers	2:03.20	
7	77	David BLOWER	Wrexham AC	2:07.92	
8	100	George BACKSHALL	Colwyn Bay AC	2:14.47	

New CBP

EVENT T17 - U17M - 1500m - FINAL

WELSH RECORD - Colin CLARKSON, Swansea Harriers, 3.55.5,1977

WELSH CBP - Kevin GLASTONBURY, Cardiff AAC, 3.58.3, 1975

2010 WELSH CHAMPION - Matthew O'LEARY Neath Harriers 4:07.40

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	131	Kyran ROBERTS	Carmarthen Harriers	4:06.37	
2	132	Michael WARD	Cardiff AAC	4:10.13	
3	128	Lloyd HECKLER	Carmarthen Harriers	4:11.25	
4	126	Matthew EDWARDS	Barry & Vale Harriers	4:16.35	
5	129	James HUNT	Bridgend AC	4:22.45	
6	125	Matthew BLACKWELL	Deeside AAC	4:26.87	
7	127	Jacob GRIFFITH	Colwyn Bay AC	4:43.56	

EVENT T18 - U17M - 100m Hdl - FINAL

WELSH RECORD - David GUEST, Bridgend AC, 12.94,2007

WELSH CBP - Berian DAVIES, Swansea Harriers, 13.34w, 1989

2010 WELSH CHAMPION - Rhys WILLIAMS Cardiff AAC 14.09

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	49	Daniel BLAIN	Carmarthen Harriers	13.59	
2	52	Ieuan ORTON	Barry & Vale Harriers	15.89	W/S -0.3

EVENT T2 - U17M - 400m Hurdles - FINAL

WELSH RECORD - Mark ROWLANDS, Swansea Harriers, 53.3,1994

WELSH CBP - Gareth LEWIS, Torfaen AC, 55.57, 1995

2010 WELSH CHAMPION - Joshua SANSOM Swansea Harriers 57.86

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	61	Ryan COOPER	Cardiff AAC	59.27	
2	143	Aaron WILLMOTT	Carmarthen Harriers	59.73	
3	51	Rheon JONES	Menai T&F	61.12	
4	142	William POOLE	Wrexham AC	62.91	

EVENT T37 - U17M - 1.5km Steeplechase - FINAL

WELSH RECORD - Steve EVANS, Abertillery, 4.11.2,1974

WELSH CBP - Steve EVANS, Abertillery, 4.22.9, 1974

2010 WELSH CHAMPION - Matthew EDWARDS Barry & Vale Harriers 4:54.18

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	126	Matthew EDWARDS	Barry & Vale Harriers	4:44.53	
2	153	Nathan JONES	Colwyn Bay AC	4:48.70	
3	155	Evan WYNNE	Newport Harriers	4:50.08	
4	154	Ronan LLYR	Carmarthen Harriers	4:50.16	
5	152	Ryan FOULKES	Wrexham AC	5:07.96	
6	100	George BACKSHALL	Colwyn Bay AC	5:21.60	
7	127	Jacob GRIFFITH	Colwyn Bay AC	5:24.90	

EVENT F27 - U17M - HIGH JUMP - FINAL

WELSH RECORD - Chuka ENIH-SNELL, Swansea Harriers, 2.15,2000

WELSH CBP - Chuka ENIH-SNELL, Swansea Harriers, 2.11, 2000

2010 WELSH CHAMPION - Stephen GUEST Bridgend AC 1.90

Pos	Bib	Athletes	Club	Perf.
1	173	Jonathon BAILEY	Cardiff AAC	1.75
2	52	Ieuan ORTON	Barry & Vale Harriers	1.70
3	22	Luke WARD	Deeside AAC	1.70
4	174	Osian GRIFFITHS	Swansea Harriers	1.65

EVENT F21 - U17M - POLE VAULT - FINAL

WELSH RECORD - Neil WINTER, Shaftesbury, 5.20,1990

WELSH CBP - Neil WINTER, Shaftesbury, 4.50, 1990

2010 WELSH CHAMPION - Stephen GUEST Bridgend AC 3.80

Pos	Bib	Athletes	Club	Perf.
1	183	David CALLAN	Cardiff AAC	3.90
2	185	Stephen SCARFI	Cwmbran Harriers	3.70
3	184	Lewis PREECE	Swansea Harriers	3.30

EVENT F15 - U17M - LONG JUMP - FINAL

WELSH RECORD - Marcus BROWNING, Chester, 7.11,1986

WELSH CBP - Tom HALLETT, Cleddau, 6.77, 1989

2010 WELSH CHAMPION - Rhys WILLIAMS Swansea Harriers 6.42

Pos	Bib	Athletes	Club	Perf.	W/S
1	197	James MCGUIRE	Cardiff AAC	6.34	-0.5
2	198	Lloyd ROBBINS	Sale Harriers Manchester	6.28	+0.7
3	196	Connor LAVERTY	Menai T&F	6.09	-0.9
4	173	Jonathon BAILEY	Cardiff AAC	5.51	+0.5
5	60	Jacob BRISCOMBE	Barry & Vale Harriers	5.47	-0.6
6	20	Arran REID	Barry & Vale Harriers	5.46	+1.0
7	142	William POOLE	Wrexham AC	4.77	-0.9

EVENT F29 - U17M - TRIPLE JUMP - FINAL

WELSH RECORD - Steven SHALDERS, Cardiff AAC, 15.14,1998

WELSH CBP - Graham WEBB, Newport HSc, 14.67, 1963

2010 WELSH CHAMPION - Rhys WILLIAMS Swansea Harriers 13.15

Pos	Bib	Athletes	Club	Perf.	Comments
1	198	Lloyd ROBBINS	Sale Harriers Manchester	13.30	+0.4
2	83	Christopher MCNAUGHT	Menai T&F	12.41	-0.6
3	196	Connor LAVERTY	Menai T&F	12.34	+0.7
4	78	Matthew COLLINS	Barry & Vale Harriers	12.31	-0.1
5	197	James MCGUIRE	Cardiff AAC	11.91	+0.6

EVENT F6 - U17M - SHOT (5.00kg) - FINAL

WELSH RECORD - Mark HEWER, Cardiff AAC, 16.93,1979

WELSH CBP - Mark HEWER, Cardiff AAC, 16.93, 1979

2010 WELSH CHAMPION - Matthew FIELD Cardiff AAC 14.24

Pos	Bib	Athletes	Club	Perf.	Comments
1	213	Matthew FIELD	Cardiff AAC	15.48	
2	214	Matthew REECE	Colwyn Bay AC	14.40	
3	196	Connor LAVERTY	Menai T&F	14.13	
4	212	Robson BLAKE	Brecon AC	12.48	
5	215	Lee TAYLOR	Carmarthen Harriers	11.90	

EVENT F13 - U17M - DISCUS (1.50kg) - FINAL

WELSH RECORD - Gareth BULL, Cardiff AAC, 48.93,2001

WELSH CBP - Gareth BULL, Cardiff AAC, 47.21, 2001

2010 WELSH CHAMPION - Matthew FIELD Cardiff AAC 41.37

Pos	Bib	Athletes	Club	Perf.	Comments
1	214	Matthew REECE	Colwyn Bay AC	44.96	
2	213	Matthew FIELD	Cardiff AAC	44.77	
3	215	Lee TAYLOR	Carmarthen Harriers	38.08	
4	220	Matteo HOLMES	Cardiff AAC	34.60	

EVENT F8 - U17M - HAMMER (5.00kg) - FINAL

WELSH RECORD - Shaun PICKERING, Haringey, 62.12,1978

WELSH CBP - Julian TUCKER, Oxford City, 50.06, 1981

2010 WELSH CHAMPION - Matthew REECE Colwyn Bay AC 47.63

Pos	Bib	Athletes	Club	Perf.	Comments
1	214	Matthew REECE	Colwyn Bay AC	51.46	
2	224	Jac PALMER	Cardiff AAC	50.56	
3	220	Matteo HOLMES	Cardiff AAC	44.79	

EVENT F25 - U17M - JAVELIN (700g) - FINAL

WELSH RECORD - Colin MACKENZIE, East Kent, 70.30,1979

WELSH CBP - Gareth ROWLANDS, Swansea Harriers, 59.46, 1980

2010 WELSH CHAMPION - Ryan LEONARD Cardiff AAC 55.99

Pos	Bib	Athletes	Club	Perf.	Comments
1	235	Tom NORTON	Cwmbran Harriers	51.64	
2	19	Aled PRICE	Carmarthen Harriers	45.63	
3	212	Robson BLAKE	Brecon AC	44.23	
4	215	Lee TAYLOR	Carmarthen Harriers	43.92	
5	220	Matteo HOLMES	Cardiff AAC	43.82	
6	62	Ryan JONES	Wrexham AC	35.05	

EVENT T28 - U17W - 100m - FINAL

WELSH RECORD - Sallyanne SHORT, Torfaen AC, 11.88,1984

WELSH CBP - Rachel JOHNCOCK, Colwyn Bay AC, 11.88w, 2009

2010 WELSH CHAMPION - Rhiannon JEFFREYS Neath Harriers 12.88

Athletes qualified from heat T5

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s -0.2	
1	11	Beth SARGENT	Wrexham AC	12.72	
2	6	Rhiannon JEFFREYS	Neath Harriers	12.76	
3	7	Elin JONES	Sale Harriers Manchester	12.88	
4	9	Victoria MITCHELL	City of Norwich AC	12.98	
5	157	Sophie LEWIS	Menai T&F	13.11	
6	10	Amy ROBERTS	Wrexham AC	13.47	
7	8	Marthienne MIMBANGO	Cardiff AAC	13.48	
8	2	Megan BROOKE-JONES	Deeside AAC	13.65	

EVENT T5 - U17W - 100m - Heats

Qualification to the next round T28 Will be the fastest 3 (Q) & 2 (q)

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	
1	7	Elin JONES	Sale Harriers Manchester	12.72	Q
2	6	Rhiannon JEFFREYS	Neath Harriers	12.90	Q
3	2	Megan BROOKE-JONES	Deeside AAC	13.34	Q
4	10	Amy ROBERTS	Wrexham AC	13.34	q
5	1	Helen BLOWER	Wrexham AC	14.34	

Heat 2 of 2

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	
1	11	Beth SARGENT	Wrexham AC	12.81	Q
2	9	Victoria MITCHELL	City of Norwich AC	12.88	Q
3	157	Sophie LEWIS	Menai T&F	12.92	Q
4	8	Marthienne MIMBANGO	Cardiff AAC	13.31	q
5	3	Elise DAVIES	Swansea Harriers	13.40	

EVENT T40 - U17W - 200m - FINAL

WELSH RECORD - Michelle PROBERT, Sale Harriers, 23.6,1976

WELSH CBP - Sallyanne SHORT/Jane BRADBEER, Torfaen AC/Cardiff AAC, 24.4, 1984

2010 WELSH CHAMPION - Hannah GRIFFITHS Newport Harriers 26.08

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	
1	11	Beth SARGENT	Wrexham AC	25.82	
2	6	Rhiannon JEFFREYS	Neath Harriers	25.93	
3	9	Victoria MITCHELL	City of Norwich AC	26.23	
4	7	Elin JONES	Sale Harriers Manchester	26.88	
5	8	Marthienne MIMBANGO	Cardiff AAC	27.78	
6	10	Amy ROBERTS	Wrexham AC	27.80	

EVENT T26 - U17W - 300m - FINAL

WELSH RECORD - Faye HARDING, Wrexham AC, 39.46,2001

WELSH CBP - Fay HARDING, Wrexham AC, 39.46, 2001

2010 WELSH CHAMPION - Hannah GRIFFITHS Newport Harriers 40.67

Athletes qualified from heat T12

Pos	Bib	Athletes	Club	Perf.	Comments
1	70	Abigail BACKSHALL (U15G)	Colwyn Bay AC	42.01	
2	71	Isabel HUGHES	Bridgend AC	43.63	
3	72	Elinor JONES	Swansea Harriers	44.05	
4	75	Emily ROWLANDS	Wrexham AC	44.37	
5	73	Kate MOORCROFT	Colwyn Bay AC	44.68	
6	76	Rachael STARK	Chelmsford AC	46.90	
7	1	Helen BLOWER	Wrexham AC	48.08	

EVENT T30 - U17W - 800m - FINAL

WELSH RECORD - Amanda PRITCHARD, Cardiff AAC, 2.07.32,1996

WELSH CBP - Kathryn BRIGHT, Newport Harriers, 2.13.62, 1992

2010 WELSH CHAMPION - Lauren BELL Pembroke Harriers 2:16.11

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	92	Lauren BELL	Pembroke Harriers	2:14.25	
2	98	Malika REZOUGUI	Cwmbran Harriers	2:18.11	
3	95	Cerys HEAHER	Vale Royal AC	2:19.03	
4	97	Elin LEWIS	Cwmbran Harriers	2:27.06	
5	94	Dannielle FRANKLIN	Llanelli AC	2:27.58	
6	93	Rebecca EVANS	Pontyclun AC	2:29.08	
7	75	Emily ROWLANDS	Wrexham AC	2:31.79	
8	96	Francesca HYDE	Cwmbran Harriers	2:33.51	

EVENT T15 - U17W - 1500m - FINAL

WELSH RECORD - Non STANFORD, Swansea Harriers, 4.23.55,2004

WELSH CBP - Non STANFORD, Swansea Harriers, 4.33.21, 2004

2010 WELSH CHAMPION - Ffion PRICE Brecon AC 4:40.45

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	98	Malika REZOUGUI	Cwmbran Harriers	4:52.74	
2	93	Rebecca EVANS	Pontyclun AC	4:57.26	
3	120	Georgia GARNER	Colwyn Bay AC	5:09.46	
4	96	Francesca HYDE	Cwmbran Harriers	5:12.02	
5	122	Rhian HOMER	Pembroke Harriers	5:27.99	
6	123	Eleanor JONES	Deeside AAC	5:30.80	

EVENT T22 - U17W - 80m Hdl - FINAL

WELSH RECORD - Heather JONES, Carmarthen Harriers, 11.27,2003

WELSH CBP - Heather JONES, Carmarthen Harriers, 11.27, 2003

2010 WELSH CHAMPION - Katie LEWIS Bridgend AC 12.46

Athletes qualified from heat T14

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s -0.9	
1	39	Eleanor BADHAMS	Deeside AAC	12.29	
2	44	Chloe JONES	Sale Harriers Manchester	12.37	
3	43	Rhiannon HAILS	Swansea Harriers	12.51	
4	47	Lora ROBERTS	Bridgend AC	12.61	
5	48	Rhian WILLIAMS	Deeside AAC	12.65	
6	41	Emily DACEY	Swansea Harriers	12.83	
7	46	Katherine MORRIS	Swansea Harriers	12.94	
8	42	Lara DURRANI	Cardiff AAC	13.38	

EVENT T4 - U17W - 300m Hurdles - FINAL

WELSH RECORD - Caryl GRANVILLE, Carmarthen Harriers, 42.65,2006

WELSH CBP - Caryl GRANVILLE, Carmarthen Harriers, 43.7, 2005

2010 WELSH CHAMPION - Abi WILLIAMS Sale Harriers 46.51

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	48	Rhian WILLIAMS	Deeside AAC	46.13	
2	47	Lora ROBERTS	Bridgend AC	47.58	
3	42	Lara DURRANI	Cardiff AAC	48.11	
4	141	Emily MORRIS	Swansea Harriers	48.76	
5	72	Elinor JONES	Swansea Harriers	49.58	
6	94	Danielle FRANKLIN	Llanelli AC	50.61	
7	140	Josie LEWIS	Pembroke Harriers	52.47	
8	74	Kathryn ROBERTS	Wrexham AC	61.31	

EVENT T39 - U17W - 1.5km Steeplechase - FINAL

WELSH RECORD - Rhianwedd PRICE, Brecon AC, 5:24.24, 2010

WELSH CBP - Rhianwedd PRICE, Brecon AC, 5:24.24, 2010

2010 WELSH CHAMPION - Rhianwedd PRICE, Brecon AC, 5:24.24.

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	124	Kari O'NEILL	Carmarthen Harriers	5:40.80	
2	122	Rhian HOMER	Pembroke Harriers	6:14.53	

EVENT F16 - U17W - HIGH JUMP - FINAL

WELSH RECORD - Lea HAGGETT, Herne Hill, 1.81,1986

WELSH CBP - Sarah NICHOLLS / Teresa ANDREWS, Bridgend AC /Preseli AC, 1.70, 1981 / 1992

2010 WELSH CHAMPION - Ffion BODILLY Cardiff AAC 1.65

Pos	Bib	Athletes	Club	Perf.
1=	40	Georgia BATES	Deeside AAC	1.60
1=	172	Catrin JONES	Swansea Harriers	1.60
3	141	Emily MORRIS	Swansea Harriers	1.50

EVENT F4 - U17W - POLE VAULT - FINAL

WELSH RECORD - Rebecca DAVIES, Deeside AAC, 3.65,2009

WELSH CBP - Christina HUGHES, Deeside AAC, 3.50, 2008

2010 WELSH CHAMPION - Lucy DALY Cardiff AAC 2.50

Pos	Bib	Athletes	Club	Perf.
1=	180	Lucy DALY	Cardiff AAC	2.60
1=	182	Shannon LEE	Carmarthen Harriers	2.60
3	181	Enfys JONES	Swansea Harriers	2.60

EVENT F3 - U17W - LONG JUMP - FINAL

WELSH RECORD - Lisa ARMSTRONG, Torfaen AC, 6.01,1990

WELSH CBP - Lisa ARMSTRONG, Torfaen AC, 5.77w, 1990

2010 WELSH CHAMPION - Lucy TAYLOR Bridgend AC 4.88

Pos	Bib	Athletes	Club	Perf.	W/S
1	39	Eleanor BADHAMS	Deeside AAC	5.07	+0.3
2	11	Beth SARGENT	Wrexham AC	5.06	+1.5
3	193	Melissa ARTHUR	Newport Harriers	4.89	+0.3
4	40	Georgia BATES	Deeside AAC	4.84	-2.5
5	41	Emily DACEY	Swansea Harriers	4.81	-0.9
6	46	Katherine MORRIS	Swansea Harriers	4.79	-2.4
7	194	Mared BAKER	Menai T&F	4.66	-0.5
8	195	Zoe BRADLEY	Cwmbran Harriers	4.35	-1.0
9	157	Sophie LEWIS	Menai T&F	4.13	+1.2

EVENT F23 - U17W - TRIPLE JUMP - FINAL

WELSH RECORD - Jayne LUDLOW, Cardiff AAC, 12.14,1994

WELSH CBP - Jayne LUDLOW, Cardiff AAC, 12.11, 1995

2010 WELSH CHAMPION - Megan O'SULLIVAN Cardiff AAC 11.27

Pos	Bib	Athletes	Club	Perf.	Comments
1	194	Mared BAKER	Menai T&F	10.26	-0.2
2	43	Rhiannon HAILS	Swansea Harriers	9.56	+0.5
3	44	Chloe JONES	Sale Harriers Manchester	9.51	+0.6
4	204	Amy CROCOMBE	Deeside AAC	9.23	-1.1
5	73	Kate MOORCROFT	Colwyn Bay AC	9.09	-1.0
6	9	Victoria MITCHELL	City of Norwich AC	9.03	-0.8

EVENT F11 - U17W - SHOT (4.0kg) - FINAL

WELSH RECORD - Philippa ROLES, Swansea Harriers, 13.65,1994
WELSH CBP - Jayne RICHARDSON, Sale Harriers, 11.82, 1982
2010 WELSH CHAMPION - Lucy GRIFFITHS Pembroke Harriers 11.05

Pos	Bib	Athletes	Club	Perf.	Comments
1	209	Adele NICOLL	Birchfield Harriers	12.26	
2	211	Awen ROSSER	Carmarthen Harriers	11.41	
3	208	Manon EDWARDS	Wrexham AC	9.54	
4	207	Jenny COPPELL	Wrexham AC	8.83	
5	210	Hayley NUTTALL	Deeside AAC	8.66	

New CBP

EVENT F18 - U17W - DISCUS (1.00kg) - FINAL

WELSH RECORD - Philippa ROLES, Swansea Harriers, 48.88,1994
WELSH CBP - Sandra LEE, Friars Sc, 45.04, 1979
2010 WELSH CHAMPION - Nina PRELLS Swansea Harriers 33.24

Pos	Bib	Athletes	Club	Perf.	Comments
1	211	Awen ROSSER	Carmarthen Harriers	37.74	
2	209	Adele NICOLL	Birchfield Harriers	33.26	
3	218	Zoe DAKIN	Bridgend AC	32.47	
4	219	Megan VARLEY	Maldwyn Harriers	23.60	

EVENT F1 - U17W - HAMMER (4.00kg) - FINAL

WELSH RECORD - Toni WELLS, Swansea Harriers, 51.55,2009
WELSH CBP - Kate YHNELL, Gloucester AC, 48.49, 2007
2010 WELSH CHAMPION - Zoe DAKIN Bridgend AC 37.58

Pos	Bib	Athletes	Club	Perf.	Comments
1	218	Zoe DAKIN	Bridgend AC	45.74	
2	208	Manon EDWARDS	Wrexham AC	20.36	

EVENT F31 - U17W - JAVELIN (600g) - FINAL

WELSH RECORD - Lianne CLARKE, Cardiff AAC, 45.55,2003
WELSH CBP - Carys MANSFIELD, Carmarthen Harriers, 39.76, 2010
2010 WELSH CHAMPION - Carys MANSFIELD Carmarthen Harriers 39.76

Pos	Bib	Athletes	Club	Perf.	Comments
1	232	Carys MANSFIELD	Carmarthen Harriers	42.86	
2	193	Melissa ARTHUR	Newport Harriers	40.30	
3	231	Nicole DAVENPORT	Bridgend AC	30.87	
4	207	Jenny COPPELL	Wrexham AC	30.47	
5	210	Hayley NUTTALL	Deeside AAC	28.45	
6	208	Manon EDWARDS	Wrexham AC	22.82	

New CBP

EVENT T7 - U20M - 100m - FINAL

WELSH RECORD - Christian MALCOLM, Cardiff AAC, 10.12,1998

WELSH CBP - Jamie HENTHORN, Carmarthen Harriers, 10.54, 1996

2010 WELSH CHAMPION - David GUEST Bridgend AC 11.23

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s -0.9	
1	34	Dewi HAMMOND (W)	Bromsgrove	10.87	
2	37	Michael PRENTICE (W)	Cardiff AAC	10.90	
3	36	Thomas KNIGHT (W)	Cardiff AAC	10.93	
4	38	Jamaul WHYTE (W)	Cardiff AAC	11.17	
5	32	Thomas CUSWORTH (W)	Wrexham AC	11.20	
6	33	James GRIFFITHS (W)	Cardiff AAC	11.50	

EVENT T43 - U20M - 200m - FINAL

WELSH RECORD - Christian MALCOLM, Cardiff AAC, 20.29,1998

WELSH CBP - Jamie HENTHORN, Carmarthen Harriers, 21.46, 1996

2010 WELSH CHAMPION - David GUEST, Bridgend AC, 22.68

Athletes qualified from heat T35

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	
1	37	Michael PRENTICE (W)	Cardiff AAC	22.17	
2	36	Thomas KNIGHT (W)	Cardiff AAC	22.22	
3	38	Jamaul WHYTE (W)	Cardiff AAC	22.52	
4	65	David EDWARDS *	Telford AC	22.92	
5	69	Matthew RICHARDS (W)	Pembroke Harriers	23.21	
6	66	Ben FOWLE (W)	Colwyn Bay AC	23.29	
7	33	James GRIFFITHS (W)	Cardiff AAC	23.84	
8	67	Adam JONES (W)	Brecon AC	24.86	

EVENT T35 - U20M - 200m - Heats

Qualification to the next round T43 Will be the fastest 3 (Q) & 2 (q)

Pos	Bib	Athletes	Club	Perf.	Comments
				Heat 1 of 2	
				w/s	
1	36	Thomas KNIGHT (W)	Cardiff AAC	22.75	Q
2	69	Matthew RICHARDS (W)	Pembroke Harriers	24.06	Q
3	33	James GRIFFITHS (W)	Cardiff AAC	25.06	Q
4	68	Liam JONES (W)	Carmarthen Harriers	26.20	

Pos	Bib	Athletes	Club	Perf.	Comments
				Heat 2 of 2	
				w/s	
1	65	David EDWARDS *	Telford AC	22.69	Q
2	37	Michael PRENTICE (W)	Cardiff AAC	22.91	Q
3	38	Jamaul WHYTE (W)	Cardiff AAC	23.35	Q
4	66	Ben FOWLE (W)	Colwyn Bay AC	23.63	q
5	67	Adam JONES (W)	Brecon AC	24.59	q

EVENT T9 - U20M - 400m - FINAL

WELSH RECORD - Tim BENJAMIN, Cardiff AAC, 46.1,2001

WELSH CBP - Bruce TASKER, Carmarthen Harriers, 48.14, 2006

2010 WELSH CHAMPION - Lloyd HILTON, Macclesfield Harriers, 51.12

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	242	Paul BENNETT (W)	Swansea Harriers	49.95	
2	69	Matthew RICHARDS (W)	Pembroke Harriers	50.23	
3	66	Ben FOWLE (W)	Colwyn Bay AC	50.78	
4	67	Adam JONES (W)	Brecon AC	53.32	
5	90	James RICH (W)	Wrexham AC	53.71	
6	68	Liam JONES (W)	Carmarthen Harriers	56.72	

EVENT T33 - U20M - 800m - FINAL

WELSH RECORD - Paul WILLIAMS, Barry & Vale Harriers, 1.48.20,1986

WELSH CBP - Tony DYKE, Swansea Harriers, 1.52.0, 1973

2010 WELSH CHAMPION - Adam BITCHELL, Cardiff AAC, 1:55.57

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	117	Charlie HULSON (W)	Sale Harriers Manchester	1:57.13	
2	112	David BANWELL-CLODE (W)	Cwmbran Harriers	1:57.70	
3	114	Alex EDWARDS (W)	Cwmbran Harriers	1:58.13	
4	119	James ROBERTS (W)	Wrexham AC	1:59.59	
5	115	Dominic FARR (W)	Barry & Vale Harriers	2:01.13	
6	89	Naaman MORRIS (W)	Cardiff AAC	2:06.88	

EVENT T21 - U20M - 1500m - FINAL

WELSH RECORD - Colin CLARKSON, Swansea Harriers, 3.55.5,1977

WELSH CBP - Tony BLACKWELL, Wolverhampton, 3.52.7, 1977

2010 WELSH CHAMPION - Adam BITCHELL, Cardiff AC, 4:00.18

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	139	Jamie WRIGHT (W)	Deeside AAC	4:10.08	
2	136	Matthew O'LEARY (W)	Neath Harriers	4:11.00	
3	137	William SHERIDAN (W)	Deeside AAC	4:18.48	

EVENT T16 - U20M - 110m Hdl - FINAL

WELSH RECORD - Colin JACKSON, Cardiff AAC, 13.44,1986

WELSH CBP - Colin JACKSON, Cardiff AAC, 13.8w, 1984

2010 WELSH CHAMPION - Dafydd WALTERS, Carmarthen Harriers, 15.50

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	58	Josh SANSOM (W)	Swansea Harriers	15.50	
2	50	Tyron BLAKE (U17M) (W)	Cardiff AAC	15.59	
3	55	Stephen GUEST (W)	Bridgend AC	16.84	
4	56	David HOOSON (W)	Wrexham AC	16.86	

w/s +0.4

EVENT T1 - U20M - 400m Hurdles - FINAL

WELSH RECORD - David GREENE, Swansea Harriers, 51.14,2005

WELSH CBP - Rhys WILLIAMS, Cardiff AAC, 52.54, 2003

2010 WELSH CHAMPION - Paul BENNETT, Carmarthen Harriers, 54.46

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	242	Paul BENNETT (W)	Swansea Harriers	53.85	
2	58	Josh SANSOM (W)	Swansea Harriers	56.85	
3	150	Ben PHILLIPS (W)	Woodford Green	57.41	
4	148	Jacob BRENNAN (W)	Cardiff AAC	60.06	
5	151	Tom PHILLIPS (W)	Cardiff AAC	60.69	
6	149	Ben MCEWAN (W)	Newport Harriers	61.68	

EVENT T36 - U20M - 2.0km Steeplechase - FINAL

WELSH RECORD - Micky MORRIS, Cwmbran Harriers, 5.34.8,1975

WELSH CBP - Andrew RODGERS, Leeds, 5.54.1, 1983

2010 WELSH CHAMPION - David BANWELL-CLODE, Cwmbran Harriers, 6:26.75

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	159	Emrys PENNY (W)	Newport Harriers	6:30.29	
2	160	Matthew THOMAS (W)	Swansea Harriers	6:49.09	

EVENT F28 - U20M - HIGH JUMP - FINAL

WELSH RECORD - Chuka ENIH-SNELL, Swansea Harriers, 2.15,2000

WELSH CBP - John HILL, Solihull, 2.08, 1984

2010 WELSH CHAMPION - Ben DAVIES, Swansea Harriers, 2.00

Pos	Bib	Athletes	Club	Perf.
1	179	Allan SMITH *	Shaftesbury Barnet Harriers	2.05
2=	176	Adam DAVIES (W)	Pembroke Harriers	1.90
2=	55	Stephen GUEST (W)	Bridgend AC	1.90
4	50	Tyron BLAKE (U17M) (W)	Cardiff AAC	1.80
5=	177	Ben JENKINS (W)	Swansea Harriers	1.75
5=	178	Tomas MORGAN (W)	Newport Harriers	1.75

EVENT F22 - U20M - POLE VAULT - FINAL

WELSH RECORD - Neil WINTER, Shaftesbury, 5.50,1992

WELSH CBP - Andrew PENK, Cardiff AAC, 4.71, 1997

2010 WELSH CHAMPION - Lewis NEWTON, Cardiff AAC, 4.20

Pos	Bib	Athletes	Club	Perf.
1	192	Lewis NEWTON (W)	Cardiff AAC	4.00
2	191	Robert MCGREGOR (W)	Bridgend AC	3.90
3	190	Emyr JONES (W)	Carmarthen Harriers	3.90

EVENT F20 - U20M - LONG JUMP - FINAL

WELSH RECORD - Colin JACKSON, Cardiff AAC, 7.56,1985

WELSH CBP - Richardo CHILDS, Brecon AC, 7.28w, 2003

2010 WELSH CHAMPION - Kueni IGBAGIRI, Carmarthen Harriers, 6.76

Pos	Bib	Athletes	Club	Perf.	W/S
1	178	Tomas MORGAN (W)	Newport Harriers	6.33	-0.8
2	203	Kieron MARTIN (W)	Swansea Harriers	6.06	-2.6
3	55	Stephen GUEST (W)	Bridgend AC	5.70	-0.6

EVENT F30 - U20M - TRIPLE JUMP - FINAL

WELSH RECORD - Steven SHALDERS, Cardiff AAC, 15.99,2000

WELSH CBP - Steven SHALDERS, Cardiff AAC, 15.47, 1999

2010 WELSH CHAMPION - Ross MCKENZIE, Cardiff AAC, 12.77

Pos	Bib	Athletes	Club	Perf.	Comments
1	203	Kieron MARTIN (W)	Swansea Harriers	12.18	

EVENT F7 - U20M - SHOT (6.00kg) - FINAL

WELSH RECORD - Brett MORSE, Cardiff AAC, 17.14,2008

WELSH CBP - Mathew EVANS, Carmarthen Harriers, 15.52, 2006

2010 WELSH CHAMPION - Jacob MATTHEWS, Cardiff AAC, 14.33

Pos	Bib	Athletes	Club	Perf.	Comments
1	217	Josh BUSSELL (W)	Cwmbran Harriers	14.28	

EVENT F14 - U20M - DISCUS (1.75kg) - FINAL

WELSH RECORD - Brett MORSE, Cardiff AAC, 60.46,2008

WELSH CBP - Bret MORSE, Cardiff AAC, 53.39, 2007

2010 WELSH CHAMPION - Jacob MATTHEWS, Cardiff AAC, 44.78

Pos	Bib	Athletes	Club	Perf.	Comments
1	223	Ryan LEONARD (W)	Cardiff AAC	38.45	
2	217	Josh BUSSELL (W)	Cwmbran Harriers	38.15	

12:30 PM

EVENT F9 - U20M - HAMMER (6.00kg) - FINAL

WELSH RECORD - Matthew RICHARDS, Swansea Harriers, 58.44,2005

WELSH CBP - Peter MORGAN, Cardiff AAC, 56.28, 2007

2010 WELSH CHAMPION - Ashley ANDREWS, Rhondda AC, 53.43

Pos	Bib	Athletes	Club	Perf.	Comments
1	230	Osian JONES (W)	Menai T&F	54.27	
2	229	Simon EVANS *	Worthing	52.57	
3	226	Ashley ANDREWS (W)	Forest of Dean AC/Rhondda	52.47	
4	227	Bradley COLE (W)	Cardiff AAC	51.75	
5	228	Matthew EVANS *	Worthing	50.16	

EVENT F26 - U20M - JAVELIN (800g) - FINAL

WELSH RECORD - Jonathan CLARKE, Swansea Harriers, 68.74,1986

WELSH CBP - Jonathan CLARKE, Swansea Harriers, 63.14, 1986

2010 WELSH CHAMPION - Jason COPSEY, Cwmbran Harriers, 59.89

Pos	Bib	Athletes	Club	Perf.	Comments
1	223	Ryan LEONARD (W)	Cardiff AAC	50.40	
2	227	Bradley COLE (W)	Cardiff AAC	50.33	
3	239	Niki DAVIES (W)	Neath Harriers	47.52	
4	241	William SCOTT (W)	Wrexham AC	32.62	

EVENT T8 - U20W - 100m - FINAL

WELSH RECORD - Helen MILES, Cardiff AAC, 11.62,1985

WELSH CBP - Helen MILES, Cardiff AAC, 11.66, 1985

2010 WELSH CHAMPION - Hannah THOMAS, Wrexham AC, 12.49

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s +0.7	
1	31	Hannah THOMAS (W)	Wrexham AC	12.04	
2	28	Rachel JOHNCOCK (W)	Colwyn Bay AC	12.17	
3	30	Mica MOORE (W)	Cardiff AAC	12.17	
4	24	Jamie-Leigh BOWEN (W)	Cardiff AAC	12.72	
5	29	Jade MARVIN (W)	Wrexham AC	12.80	
6	26	Nia BREEZE (W)	Wrexham AC	12.95	
7	27	Ellie CARTER (W)	Barry & Vale Harriers	13.70	
8	25	Tiffany BRANNAN (W)	UWIC	14.00	

EVENT T41 - U20W - 200m - FINAL

WELSH RECORD - Michelle PROBERT, Sale Harriers, 23.6,1976

WELSH CBP - Sallyanne SHORT, Torfaen AC, 24.2, 1986

2010 WELSH CHAMPION - Hannah THOMAS, Wrexham AC, 25.05

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s +1.0	
1	31	Hannah THOMAS (W)	Wrexham AC	24.50	
2	28	Rachel JOHNCOCK (W)	Colwyn Bay AC	24.64	
3	29	Jade MARVIN (W)	Wrexham AC	26.06	
4	24	Jamie-Leigh BOWEN (W)	Cardiff AAC	26.33	
5	26	Nia BREEZE (W)	Wrexham AC	26.41	

EVENT T10 - U20W - 400m - FINAL

WELSH RECORD - Sian MORRIS, Port Talbot, 52.80,1983

WELSH CBP - Amanda PRITCHARD, Cardiff AAC, 55.80, 1996

2010 WELSH CHAMPION - Samantha COGAN, Cardiff AAC, 58.45

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	86	Chloe Ann JONES (W)	Wrexham AC	56.89	
2	87	Lauren REGAN (W)	Cardiff AAC	62.07	

EVENT T32 - U20W - 800m - FINAL

WELSH RECORD - Kirsty MCDERMOTT, Brecon AC, 2.04.01,1981

WELSH CBP - Amanda PRITCHARD, Cardiff AAC, 2.08.28, 1997

2010 WELSH CHAMPION - Angharad DAVIES, Carmarthen Harriers, 2:17.83

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	110	Jemima OSBORN (W)	Swansea Harriers	2:17.35	
2	109	Abbie OLIVER (W)	Deeside AAC	2:23.88	

EVENT T19 - U20W - 1500m - FINAL

WELSH RECORD - Non STANFORD, Swansea Harriers, 4.23.55,2004

WELSH CBP - Sarah MEAD, Torfaen AC, 4.38.05, 1998

2010 WELSH CHAMPION - Natasha COCKRAM, Cwmbran Harriers, 4:45.94

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	134	Sarah LIVETT (W)	Menai T&F	4:43.90	
2	135	Rhianwedd PRICE (W)	Brecon AC	4:51.16	
3	133	Ffion LEWIS (W)	Bridgend AC	4:56.32	

EVENT T20 - U20W - 100m Hdl - FINAL

WELSH RECORD - Bethan EDWARDS, Cardiff AAC, 13.57,1992

WELSH CBP - Bethan EDWARDS, Cardiff AAC, 13.8w/14.46, 1992/1990

2010 WELSH CHAMPION - Catrin STONE, Swansea Harriers, 15.35

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	53	Kimberley DAVIES (W)	Swansea Harriers	17.62	w/s +0.5

EVENT T3 - U20W - 400m Hurdles - FINAL

WELSH RECORD - Alyson EVANS, Cardiff AAC, 58.37,1985

WELSH CBP - Faye HARDING, Sale Harriers, 59.98, 2004

2010 WELSH CHAMPION - Megan ROGERS, Wrexham AC, 65.83

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	88	Megan ROGERS (W)	Wrexham AC	63.85	
2	144	Danielle MILL (W)	Cardiff AAC	69.27	
3	145	Sophie PICK (W)	Carmarthen Harriers	69.68	
4	146	Megan THOMAS (W)	Cardiff AAC	72.56	

EVENT T38 - U20W - 1.5km Steeplechase - FINAL

WELSH RECORD - Catrin LEWIS, Carmarthen Harriers, 6:16.51, 2010

WELSH CBP - Catrin LEWIS, Carmarthen Harriers, 6:16.51, 2010

2010 WELSH CHAMPION - Catrin LEWIS, Carmarthen Harriers, 6:16.51

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	135	Rhianwedd PRICE (W)	Brecon AC	5:24.59	New Record
2	156	Katie REYNOLDS (W)	Swansea Harriers	5:36.79	New CBP

EVENT F17 - U20W - HIGH JUMP - FINAL

1:00 PM

WELSH RECORD - Rebecca JONES, Wrexham AC, 1.88,2002

WELSH CBP - Rebecca JONES, Wrexham AC, 1.77, 2000

2009 WELSH CHAMPION - Sian SWANSON, Maldwyn Harriers, 1.65

Pos	Bib	Athletes	Club	Perf.
1	175	Sian SWANSON (W)	Maldwyn Harriers	1.68
2	145	Sophie PICK (W)	Carmarthen Harriers	1.55
3	53	Kimberley DAVIES (W)	Swansea Harriers	1.50

EVENT F5 - U20W - POLE VAULT - FINAL

11:00 AM

WELSH RECORD - Elinor LEWIS, Cardiff AAC, 3.74,2009

WELSH CBP - Jessica ABRAHAM, Cardiff AAC, 3.60, 2008

2009 WELSH CHAMPION - Naomi JAMES, Swansea Harriers, 3.30

Pos	Bib	Athletes	Club	Perf.
1	186	Rebecca DAVIES (W)	Deeside AAC	3.50
2	187	Naomi JAMES (W)	Swansea Harriers	3.40
3	188	Megan JONES (W)	Swansea Harriers	2.20

EVENT F10 - U20W - LONG JUMP - FINAL

12:00 PM

WELSH RECORD - Lisa ARMSTRONG, Torfaen AC, 6.25,1992

WELSH CBP - Lisa ARMSTRONG, Torfaen AC, 6.19w, 1992

2009 WELSH CHAMPION - Ffion REES, Carmarthen Harriers, 5.24

Pos	Bib	Athletes	Club	Perf.	W/S
1	64	Ffion REES (W)	Carmarthen Harriers	5.14	-1.3
2	200	Sophie LANE (W)	Swansea Harriers	5.01	-0.4
3	53	Kimberley DAVIES (W)	Swansea Harriers	4.94	-0.3
4	199	Natalie BATHERS (W)	Oswestry Olympians	4.68	+1.2
5	27	Ellie CARTER (W)	Barry & Vale Harriers	4.63	-0.3
6	201	Rhianydd LLEWELLYN (W)	Bridgend AC	4.47	+1.2

EVENT F24 - U20W - TRIPLE JUMP - FINAL

WELSH RECORD - Sally PEAKE, Liverpool Harriers, 12.24,2005

WELSH CBP - Sally PEAKE, Liverpool Harriers, 12.02, 2005

2009 WELSH CHAMPION - Amy BRADLEY, Cwmbran Harriers, 10.46

Pos	Bib	Athletes	Club	Perf.	Comments
1	206	Megan O'SULLIVAN (W)	Cardiff AAC	11.20	+1.2
2	175	Sian SWANSON (W)	Maldwyn Harriers	10.29	-2.5
3	205	Amy BRADLEY (W)	Cwmbran Harriers	10.26	-1.2
4	200	Sophie LANE (W)	Swansea Harriers	10.19	-1.7

EVENT F12 - U20W - SHOT (4.0kg) - FINAL

12:00 PM

WELSH RECORD - Sally HINDS, Swansea Harriers, 14.72,2005

WELSH CBP - Sally HINDS, Swansea Harriers, 14.21, 2005

2009 WELSH CHAMPION - No Athletes

Pos	Bib	Athletes	Club	Perf.	Comments
1	216	Lucy GRIFFITHS (W)	Pembroke Harriers	11.24	

EVENT F19 - U20W - DISCUS (1.00kg) - FINAL

WELSH RECORD - Philippa ROLES, Swansea Harriers, 51.60,1997

WELSH CBP - Philippa ROLES, Swansea Harriers, 46.62, 1996

2009 WELSH CHAMPION - Jessica HUDDLESTON, Pembroke Harriers, 31.51

Pos	Bib	Athletes	Club	Perf.	Comments
1	222	Nina PRELLS (W)	Swansea Harriers	37.84	
2	216	Lucy GRIFFITHS (W)	Pembroke Harriers	36.65	
3	221	Lydia DAVID (W)	Wrexham AC	25.15	

EVENT F2 - U20W - HAMMER (4.00kg) - FINAL

WELSH RECORD - Laura DOUGLAS, Sale Harriers, 55.22,2002

WELSH CBP - Laura DOUGLAS, Deeside AAC, 52.18, 2002

2009 WELSH CHAMPION - Toni WELLS, Swansea Harriers, 48.63

Pos	Bib	Athletes	Club	Perf.	Comments
1	225	Toni WELLS (W)	Swansea Harriers	50.87	

EVENT F32 - U20W - JAVELIN (600g) - FINAL

WELSH RECORD - Lianne CLARKE, Neath Harriers, 50.95,2004

WELSH CBP - Lianne CLARKE, Neath Harriers, 47.95, 2004

2009 WELSH CHAMPION - Rachel BEVAN, Cwmbran Harriers, 32.17

Pos	Bib	Athletes	Club	Perf.	Comments
1	237	Zoe PRIESTLEY (W)	Pembroke Harriers	38.52	
2	236	Rachel BEVAN (W)	Cwmbran Harriers	34.19	
3	238	Amy TIDBALL (W)	Bridgend AC	30.48	

EVENT T13 - U15G - 1k Walk - FINAL

WELSH RECORD - Charlene BALL, Rumney Sc, 5.27.8,2001

WELSH CBP - Ellie DAINTON Llanelli AC, 5:29.41, 2010

2010 WELSH CHAMPION - Ellie DAINTON Llanelli AC, 5:29.41.

Pos	Bib	Athletes	Club	Perf.	Comments
1	161	Ellie DAINTON	Llanelli AC	5:39.87	
2	163	Felicity GARDNER	Llanelli AC	6:30.83	
3	162	Chloe DAVIES	Wrexham AC	7:18.04	

EVENT T23 - U20W - 3k Walk - FINAL

WELSH RECORD - Karen DUNSTER, Aldershot F&D, 14:33.45, 1988

WELSH CBP - No CBP

2010 WELSH CHAMPION - No Athletes

Pos	Bib	Athletes	Club	Perf.	Comments
1	164	Heather LEWIS (W)	Pembroke Harriers	14:09.78	New Record CBP
2	165	Tasha WEBSTER *	Birchfield Harriers	15:04.28	

EVENT T24 - U20M - 3k Walk - FINAL

WELSH RECORD - Gareth HOLLOWAY, Roath WC, 12.25.8,1989

WELSH CBP - Antonio CIRILLO, Swansea Harriers, 13:59.50, 2010

2010 WELSH CHAMPION - Antonio CIRILLO, Swansea Harriers, 13:59.50

Pos	Bib	Athletes	Club	Perf.	Comments
1	167	Jamie HIGGINS *	Leeds City AC	13:34.76	

EVENT T25 - SEN MEN - 3k Walk - FINAL

WELSH RECORD - Steve Johnson, Cardiff AAC, 11.45.77,1987

WELSH CBP - Stephen WALKER, Wrexham AC 18:27.38, 2010

2010 WELSH CHAMPION - Stephen WALKER, Wrexham AC 18:27.38.

Pos	Bib	Athletes	Club	Perf.	Comments
1	170	Alex WRIGHT *	Belgrave Harriers	12:23.66	
2	169	Stephen WALKER (W)	Wrexham AC	18:43.52	
3	168	Antonio CIRILLO (W)	Coventry Godiva Harriers	DNF	

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June				TIME	10:30 AM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Toni WELLS, Swansea Harriers, 51.55,2009									
				WELSH CBP - Kate YHNELL, Gloucester AC, 48.49, 2007									
EVENT		F1: U17W HAMMER (4.00kg) FINAL		2010 WELSH CHAMPION - Zoe DAKIN Bridgend AC 37.58									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	218	Zoe DAKIN	Bridgend AC	43.59	40.59	41.04	43.59	1	45.74	NT	NT	45.74	1
2	208	Manon EDWARDS	Wrexham AC	16.72	15.53	13.37	16.72	2	20.36	18.77	NT	20.36	2
3													
4													
5													
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7													
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11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	218	Zoe DAKIN	Bridgend AC	45.74	9						
2	208	Manon EDWARDS	Wrexham AC	20.36	10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June				TIME	10:30 AM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Laura DOUGLAS, Sale Harriers, 55.22,2002									
				WELSH CBP - Laura DOUGLAS, Deeside AAC, 52.18, 2002									
EVENT		F2: U20W HAMMER (4.00kg) FINAL		2010 WELSH CHAMPION - Toni WELLS, Swansea Harriers, 48.63									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	225	Toni WELLS (W)	Swansea Harriers	49.64	50.31	49.02	50.31	1	NT	NT	50.87	50.87	1
2													
3													
4													
5													
6													
7													
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12													
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15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	225	Toni WELLS (W)	Swansea Harriers	50.87	9						
2					10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June				TIME	11:00 AM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Lisa ARMSTRONG, Torfaen AC, 6.01,1990									
				WELSH CBP - Lisa ARMSTRONG, Torfaen AC, 5.77w, 1990									
EVENT		F3: U17W LONG JUMP FINAL		2010 WELSH CHAMPION - Lucy TAYLOR Bridgend AC 4.88									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	193	Melissa ARTHUR	Newport Harriers	NJ	NJ	4.80	4.80	4	NJ	4.68	4.89	4.89	3
2	39	Eleanor BADHAMS	Deeside AAC	4.77	5.06	4.60	5.06	1	4.89	4.56	5.07	5.07	1
3	194	Mared BAKER	Menai T&F	4.63	4.48	4.66	4.66	7	4.40	4.53	NJ	4.66	7
4	40	Georgia BATES	Deeside AAC	4.82	4.76	NJ	4.82	3	4.84	4.58	NJ	4.84	4
5	195	Zoe BRADLEY	Cwmbran Harriers	4.06	4.20	4.35	4.35	8	4.12	4.18	3.97	4.35	8
6	41	Emily DACEY	Swansea Harriers	4.60	4.79	4.80	4.80	4	4.79	4.81	NJ	4.81	5
7	46	Katherine MORRIS	Swansea Harriers	4.48	NJ	4.79	4.79	6	4.59	4.63	4.66	4.79	6
8	11	Beth SARGENT	Wrexham AC	NJ	4.65	4.95	4.95	2	4.92	NJ	5.06	5.06	2
9	157	Sophie LEWIS	Menai T&F	4.10	4.13	4.12	4.13	9				4.13	9
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	39	Eleanor BADHAMS	Deeside AAC	5.07	9	157	Sophie LEWIS	Menai T&F	4.13		
2	11	Beth SARGENT	Wrexham AC	5.06	10						
3	193	Melissa ARTHUR	Newport Harriers	4.89	11						
4	40	Georgia BATES	Deeside AAC	4.84	12						
5	41	Emily DACEY	Swansea Harriers	4.81	13						
6	46	Katherine MORRIS	Swansea Harriers	4.79	14					Referee	
7	194	Mared BAKER	Menai T&F	4.66	15						
8	195	Zoe BRADLEY	Cwmbran Harriers	4.35	16						

Welsh Athletics - Height Card

VENUE	QUEENSWAY STADIUM, WREXHAM											DATE	Saturday-11-June-2011				TIME	11:00 AM							
MEETING	Welsh Athletics U17 Closed & U20 Open Championships			Welsh Record : - Rebecca DAVIES, Deeside AAC, 3.65,2009																					
			CBP : - Christina HUGHES, Deeside AAC, 3.50, 2008																						
EVENT	F4 - U17W - POLE VAULT			2010 Welsh Champion : - Lucy DALY Cardiff AAC 2.50																					
Order	Bib	NAME	CLUB	Start	2.40	2.50	2.60	2.70	2.80						Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position						
				Prog	St Ht	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					Metres	Metres	Metres			
1	180	Lucy DALY	Cardiff AAC	2.40	O	O	O	X X X													2.60	1	3	6	1
2	181	Enfys JONES	Carmarthen Harriers	2.40	O	X O	O	X X X													2.60	1	4	7	3
3	182	Shannon LEE	Swansea Harriers	2.60			O		X X X												2.60	1	3	4	1
4																									
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16																									

FULL RESULTS											OFFICIALS SIGNATURES		
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF				
1=	180	Lucy DALY	Cardiff AAC	2.60									
1=	182	Shannon LEE	Carmarthen Harriers	2.60									
3	181	Enfys JONES	Swansea Harriers	2.60									
										REFEREE'S SIGNATURE			

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June			TIME	11:00 AM		
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Mark HEWER, Cardiff AAC, 16.93,1979									
				WELSH CBP - Mark HEWER, Cardiff AAC, 16.93, 1979									
EVENT		F6: U17M SHOT (5.00kg) FINAL		2010 WELSH CHAMPION - Matthew FIELD Cardiff AAC 14.24									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	212	Robson BLAKE	Brecon AC	10.21	12.30	11.86	12.30	4	12.48	11.76	12.22	12.48	4
2	213	Matthew FIELD	Cardiff AAC	15.48	NT	NT	15.48	1	NT	15.22	14.74	15.48	1
3	196	Connor LAVERTY	Menai T&F	13.18	14.13	14.04	14.13	3	13.22	12.95	NT	14.13	3
4	214	Matthew REECE	Colwyn Bay AC	14.34	14.36	14.40	14.40	2	13.78	12.79	13.20	14.40	2
5	215	Lee TAYLOR	Carmarthen Harriers	11.75	11.68	11.90	11.90	5	11.83	11.59	11.67	11.90	5
6													
7													
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13													
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15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	213	Matthew FIELD	Cardiff AAC	15.48	9						
2	214	Matthew REECE	Colwyn Bay AC	14.40	10						
3	196	Connor LAVERTY	Menai T&F	14.13	11						
4	212	Robson BLAKE	Brecon AC	12.48	12						
5	215	Lee TAYLOR	Carmarthen Harriers	11.90	13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE		Saturday-11-June			TIME	11:00 AM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Brett MORSE, Cardiff AAC, 17.14,2008									
				WELSH CBP - Mathew EVANS, Carmarthen Harriers, 15.52, 2006									
EVENT		F7: U20M SHOT (6.00kg) FINAL		2010 WELSH CHAMPION - Jacob MATTHEWS, Cardiff AAC, 14.33									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	217	Josh BUSSELL (W)	Cwmbran Harriers	13.62	14.26	14.28	14.28	1	14.05	14.24	13.63	14.28	1
2													
3													
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12													
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14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	217	Josh BUSSELL (W)	Cwmbran Harriers	14.28	9						
2					10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June				TIME	11:30 AM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Shaun PICKERING, Haringey, 62.12,1978									
				WELSH CBP - Julian TUCKER, Oxford City, 50.06, 1981									
EVENT		F8: U17M HAMMER (5.00kg) FINAL		2010 WELSH CHAMPION - Matthew REECE Colwyn Bay AC 47.63									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	220	Matteo HOLMES	Cardiff AAC	NT	41.91	42.04	42.04	3	44.79	42.22	44.45	44.79	3
2	224	Jac PALMER	Cardiff AAC	47.78	NT	50.56	50.56	1	NT	NT	46.53	50.56	2
3	214	Matthew REECE	Colwyn Bay AC	NT	48.62	NT	48.62	2	49.94	51.46	51.20	51.46	1
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5													
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7													
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9													
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11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	214	Matthew REECE	Colwyn Bay AC	51.46	9						
2	224	Jac PALMER	Cardiff AAC	50.56	10						
3	220	Matteo HOLMES	Cardiff AAC	44.79	11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June				TIME	11:30 AM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Matthew RICHARDS, Swansea Harriers, 58.44,2005									
				WELSH CBP - Peter MORGAN, Cardiff AAC, 56.28, 2007									
EVENT		F9: U20M HAMMER (6.00kg) FINAL		2010 WELSH CHAMPION - Ashley ANDREWS, Rhondda AC, 53.43									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	226	Ashley ANDREWS (W)	Forest of Dean AC/Rhondda	49.47	NT	NT	49.47	4	52.31	51.63	52.47	52.47	3
2	227	Bradley COLE (W)	Cardiff AAC	47.51	50.07	48.00	50.07	3	50.15	51.75	45.75	51.75	4
3	228	Matthew EVANS *	Worthing	45.71	46.85	49.01	49.01	5	45.16	48.65	50.16	50.16	5
4	229	Simon EVANS *	Worthing	51.81	52.57	NT	52.57	2	NT	NT	49.56	52.57	2
5	230	Osian JONES (W)	Menai T&F	52.74	53.25	NT	53.25	1	NT	NT	54.27	54.27	1
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	230	Osian JONES (W)	Menai T&F	54.27	9						
2	229	Simon EVANS *	Worthing	52.57	10						
3	226	Ashley ANDREWS (W)	Forest of Dean AC/Rhondda	52.47	11						
4	227	Bradley COLE (W)	Cardiff AAC	51.75	12						
5	228	Matthew EVANS *	Worthing	50.16	13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June				TIME	12:00 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Lisa ARMSTRONG, Torfaen AC, 6.25,1992									
				WELSH CBP - Lisa ARMSTRONG, Torfaen AC, 6.19w, 1992									
EVENT		F10: U20W LONG JUMP FINAL		2010 WELSH CHAMPION - Ffion REES, Carmarthen Harriers, 5.24									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	199	Natalie BATHERS (W)	Oswestry Olympians	4.19	4.51	NJ	4.51	4	4.68	4.48	4.48	4.68	4
2	53	Kimberley DAVIES (W)	Swansea Harriers	4.94	4.73	4.83	4.94	1	4.87	4.48	4.79	4.94	3
3	200	Sophie LANE (W)	Swansea Harriers	NJ	NJ	4.46	4.46	6	5.01	5.01	NJ	5.01	2
4	201	Rhianydd LLEWELLYN (W)	Bridgend AC	4.47	4.38	4.46	4.47	5	4.22	4.41	2.52	4.47	6
5	64	Ffion REES (W)	Carmarthen Harriers	NJ	4.94	NJ	4.94	1	5.13	5.14	4.78	5.14	1
6	27	Ellie CARTER (W)	Barry & Vale Harriers	4.63	4.49	4.44	4.63	3		4.28	4.53	4.63	5
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	64	Ffion REES (W)	Carmarthen Harriers	5.14	9						
2	200	Sophie LANE (W)	Swansea Harriers	5.01	10						
3	53	Kimberley DAVIES (W)	Swansea Harriers	4.94	11						
4	199	Natalie BATHERS (W)	Oswestry Olympians	4.68	12						
5	27	Ellie CARTER (W)	Barry & Vale Harriers	4.63	13						
6	201	Rhianydd LLEWELLYN (W)	Bridgend AC	4.47	14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

New CBP

VENUE		QUEENSWAY STADIUM, WREXHAM			DATE	Saturday-11-June			TIME	12:00 PM			
MEETING		Welsh Athletics U17 Closed & U20 Open Championships			WELSH RECORD - Philippa ROLES, Swansea Harriers, 13.65,1994								
					WELSH CBP - Jayne RICHARDSON, Sale Harriers, 11.82, 1982								
EVENT		F11: U17W SHOT (4.0kg) FINAL			2010 WELSH CHAMPION - Lucy GRIFFITHS Pembroke Harriers 11.05								
					1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	207	Jenny COPPELL	Wrexham AC	7.45	8.56	8.83	8.83	4	8.24	8.29	8.57	8.83	4
2	208	Manon EDWARDS	Wrexham AC	8.41	9.54	8.96	9.54	3	8.43	9.44	NT	9.54	3
3	209	Adele NICOLL	Birchfield Harriers	11.00	12.26	11.87	12.26	1	11.40	11.92	11.89	12.26	1
4	210	Hayley NUTTALL	Deeside AAC	7.97	8.09	8.66	8.66	5	8.05			8.66	5
5	211	Awen ROSSER	Carmarthen Harriers	11.08	NT	10.59	11.08	2	10.79	11.07	11.41	11.41	2
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	209	Adele NICOLL	Birchfield Harriers	12.26	9						
2	211	Awen ROSSER	Carmarthen Harriers	11.41	10						
3	208	Manon EDWARDS	Wrexham AC	9.54	11						
4	207	Jenny COPPELL	Wrexham AC	8.83	12						
5	210	Hayley NUTTALL	Deeside AAC	8.66	13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE		Saturday-11-June			TIME	12:00 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Sally HINDS, Swansea Harriers, 14.72,2005									
				WELSH CBP - Sally HINDS, Swansea Harriers, 14.21, 2005									
EVENT		F12: U20W SHOT (4.0kg) FINAL		2010 WELSH CHAMPION - No Athletes									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	216	Lucy GRIFFITHS (W)	Pembroke Harriers	11.14	11.24	10.51	11.24	1	10.59	11.14	10.97	11.24	1
2													
3													
4													
5													
6													
7													
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10													
11													
12													
13													
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15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	216	Lucy GRIFFITHS (W)	Pembroke Harriers	11.24	9						
2					10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June			TIME	12:30 PM		
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Gareth BULL, Cardiff AAC, 48.93,2001									
				WELSH CBP - Gareth BULL, Cardiff AAC, 47.21, 2001									
EVENT		F13: U17M DISCUS (1.50kg) FINAL		2010 WELSH CHAMPION - Matthew FIELD Cardiff AAC 41.37									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	213	Matthew FIELD	Cardiff AAC	35.23	44.77	44.63	44.77	2	NT	39.96	42.74	44.77	2
2	220	Matteo HOLMES	Cardiff AAC	26.37	34.60	NT	34.60	4	NT	31.93	32.05	34.60	4
3	214	Matthew REECE	Colwyn Bay AC	36.69	NT	44.96	44.96	1	40.99	44.82	NT	44.96	1
4	215	Lee TAYLOR	Carmarthen Harriers	29.56	37.05	38.08	38.08	3	NT	36.52	NT	38.08	3
5													
6													
7													
8													
9													
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12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	214	Matthew REECE	Colwyn Bay AC	44.96	9						
2	213	Matthew FIELD	Cardiff AAC	44.77	10						
3	215	Lee TAYLOR	Carmarthen Harriers	38.08	11						
4	220	Matteo HOLMES	Cardiff AAC	34.60	12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE		Saturday-11-June			TIME		12:30 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships				WELSH RECORD - Brett MORSE, Cardiff AAC, 60.46,2008								
						WELSH CBP - Bret MORSE, Cardiff AAC, 53.39, 2007								
EVENT		F14: U20M DISCUS (1.75kg) FINAL				2010 WELSH CHAMPION - Jacob MATTHEWS, Cardiff AAC, 44.78								
						1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position	
1	217	Josh BUSSELL (W)	Cwmbran Harriers	NT	36.88	NT	36.88	2	NT	35.93	38.15	38.15	2	
2	223	Ryan LEONARD (W)	Cardiff AAC	37.84	NT	36.60	37.84	1	NT	NT	38.45	38.45	1	
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	223	Ryan LEONARD (W)	Cardiff AAC	38.45	9						
2	217	Josh BUSSELL (W)	Cwmbran Harriers	38.15	10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June			TIME	1:00 PM		
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Marcus BROWNING, Chester, 7.11,1986									
				WELSH CBP - Tom HALLETT, Cleddau, 6.77, 1989									
EVENT		F15: U17M LONG JUMP FINAL		2010 WELSH CHAMPION - Rhys WILLIAMS Swansea Harriers 6.42									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	173	Jonathon BAILEY	Cardiff AAC	5.27	4.06	NJ	5.27	4	5.44		5.51	5.51	4
2	60	Jacob BRISCOMBE	Barry & Vale Harriers	5.13	NJ	5.43	5.43	3	5.31	5.47	5.29	5.47	5
3	196	Connor LAVERTY	Menai T&F	NJ	NJ	2.07	2.07	7	4.82	6.09	5.64	6.09	3
4	197	James MCGUIRE	Cardiff AAC	6.34	6.34	5.95	6.34	1	5.95	6.05	6.15	6.34	1
5	142	William POOLE	Wrexham AC	4.77			4.77	6				4.77	7
6	20	Arran REID	Barry & Vale Harriers	4.26	4.95	4.73	4.95	5	NJ	5.15	5.46	5.46	6
7	198	Lloyd ROBBINS	Sale Harriers Manchester	6.27	6.28	6.12	6.28	2	5.99	NJ	6.28	6.28	2
8													
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	197	James MCGUIRE	Cardiff AAC	6.34	9						
2	198	Lloyd ROBBINS	Sale Harriers Manchester	6.28	10						
3	196	Connor LAVERTY	Menai T&F	6.09	11						
4	173	Jonathon BAILEY	Cardiff AAC	5.51	12						
5	60	Jacob BRISCOMBE	Barry & Vale Harriers	5.47	13						
6	20	Arran REID	Barry & Vale Harriers	5.46	14					Referee	
7	142	William POOLE	Wrexham AC	4.77	15						
8					16						

Welsh Athletics - Height Card

VENUE		QUEENSWAY STADIUM, WREXHAM										DATE		Saturday-11-June-2011		TIME		1:00 PM			
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		Welsh Record : - Lea HAGGETT, Herne Hill, 1.81,1986 CBP : - Sarah NICHOLLS / Teresa ANDREWS, Bridgend AC /Preseli AC, 1.70, 1981 / 1992																	
EVENT		F16 - U17W - HIGH JUMP		2010 Welsh Champion : - Ffion BODILLY Cardiff AAC 1.65																	
Order	BIB	NAME	CLUB	Start	1.35	1.40	1.45	1.50	1.55	1.60	1.63					Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	
				Prog	St Ht	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					Metres
1	40	Georgia BATES	Deeside AAC	1.35	O	O	O	O	O	O	X X X										
2	172	Catrin JONES	Swansea Harriers	1.45			O	O	O	O	X X X										
3	141	Emily MORRIS	Swansea Harriers	1.45			O	O	X X X												
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FULL RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1=	40	Georgia BATES	Deeside AAC	1.60							
1=	172	Catrin JONES	Swansea Harriers	1.60							
3	141	Emily MORRIS	Swansea Harriers	1.50							
										REFEREE'S SIGNATURE	

Welsh Athletics - Height Card

VENUE		QUEENSWAY STADIUM, WREXHAM										DATE		Saturday-11-June-2011		TIME		1:00 PM			
MEETING		Welsh Athletics U17 Closed & U20 Open Championships			Welsh Record : - Rebecca JONES, Wrexham AC, 1.88,2002																
EVENT		F17 - U20W - HIGH JUMP			CBP : - Rebecca JONES, Wrexham AC, 1.77, 2000																
					2010 Welsh Champion : - Sian SWANSON, Maldwyn Harriers, 1.65																
Order	Bib	NAME	CLUB	Start	1.40	1.45	1.50	1.55	1.60	1.65	1.68	1.70				Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	
				Prog	St Ht	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					Metres
1	53	Kimberley DAVIES (W)	Swansea Harriers	1.40	X O	O	O	X X X													
2	145	Sophie PICK (W)	Carmarthen Harriers	1.40	O	O	O	O	X X X												
3	175	Sian SWANSON (W)	Maldwyn Harriers	1.55				O	O	O	X X O	X X X									
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FULL RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	175	Sian SWANSON (W)	Maldwyn Harriers	1.68							
2	145	Sophie PICK (W)	Carmarthen Harriers	1.55							
3	53	Kimberley DAVIES (W)	Swansea Harriers	1.50							
										REFEREE'S SIGNATURE	

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June			TIME	1:30 PM		
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Philippa ROLES, Swansea Harriers, 48.88,1994									
				WELSH CBP - Sandra LEE, Friars Sc, 45.04, 1979									
EVENT		F18: U17W DISCUS (1.00kg) FINAL		2010 WELSH CHAMPION - Nina PRELLS Swansea Harriers 33.24									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	218	Zoe DAKIN	Bridgend AC	26.44	32.47	NT	32.47	3	31.55	NT	32.11	32.47	3
2	209	Adele NICOLL	Birchfield Harriers	NT	33.26	NT	33.26	2	NT	NT	28.70	33.26	2
3	211	Awen ROSSER	Carmarthen Harriers	34.98	NT	NT	34.98	1	37.74	31.25	NT	37.74	1
4	219	Megan VARLEY	Maldwyn Harriers	NT	NT	18.73	18.73	4	NT	23.60	NT	23.60	4
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	211	Awen ROSSER	Carmarthen Harriers	37.74	9						
2	209	Adele NICOLL	Birchfield Harriers	33.26	10						
3	218	Zoe DAKIN	Bridgend AC	32.47	11						
4	219	Megan VARLEY	Maldwyn Harriers	23.60	12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June				TIME	1:30 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Philippa ROLES, Swansea Harriers, 51.60,1997									
				WELSH CBP - Philippa ROLES, Swansea Harriers, 46.62, 1996									
EVENT		F19: U20W DISCUS (1.00kg) FINAL		2010 WELSH CHAMPION - Jessica HUDDLESTON, Pembroke Harriers, 31.51									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	221	Lydia DAVID (W)	Wrexham AC	24.65	25.15	18.35	25.15	3	NT	24.87	NT	25.15	3
2	216	Lucy GRIFFITHS (W)	Pembroke Harriers	33.10	35.75	35.41	35.75	2	36.65	31.24	NT	36.65	2
3	222	Nina PRELLS (W)	Swansea Harriers	NT	37.84	26.37	37.84	1	35.45	35.55	35.01	37.84	1
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	222	Nina PRELLS (W)	Swansea Harriers	37.84	9						
2	216	Lucy GRIFFITHS (W)	Pembroke Harriers	36.65	10						
3	221	Lydia DAVID (W)	Wrexham AC	25.15	11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE		Saturday-11-June			TIME		2:00 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Colin JACKSON, Cardiff AAC, 7.56,1985										
				WELSH CBP - Richardo CHILDS, Brecon AC, 7.28w, 2003										
EVENT		F20: U20M LONG JUMP FINAL		2010 WELSH CHAMPION - Kueni IGBAGIRI, Carmarthen Harriers, 6.76										
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final	
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position	
1	55	Stephen GUEST (W)	Bridgend AC	5.59	5.70	5.65	5.70	3	WD			5.70	3	
2	203	Kieron MARTIN (W)	Swansea Harriers	NJ	6.04	4.79	6.04	2	NJ	NJ	6.06	6.06	2	
3	178	Tomas MORGAN (W)	Newport Harriers	6.33	6.20	6.33	6.33	1	6.28	6.22	NJ	6.33	1	
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	178	Tomas MORGAN (W)	Newport Harriers	6.33	9						
2	203	Kieron MARTIN (W)	Swansea Harriers	6.06	10						
3	55	Stephen GUEST (W)	Bridgend AC	5.70	11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

Welsh Athletics - Height Card

VENUE		QUEENSWAY STADIUM, WREXHAM										DATE		Saturday-11-June-2011		TIME		2:00 PM		
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		Welsh Record : - Neil WINTER, Shaftesbury, 5.50,1992																
EVENT		F22 - U20M - POLE VAULT		CBP : - Andrew PENK, Cardiff AAC, 4.71, 1997																
				2010 Welsh Champion : - Lewis NEWTON, Cardiff AAC, 4.20																
Order	Bib	NAME	CLUB	Start	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20				Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position
				Prog	St Ht	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres				
1	189	Daniel HODGSON (W)	Wrexham AC	3.60		X X X														
2	190	Emyr JONES (W)	Carmarthen Harriers	3.60		O	P	X X O O		X X X										
3	191	Robert MCGREGOR (W)	Bridgend AC	3.50	O	P	O	P	O	X X X										
4	192	Lewis NEWTON (W)	Cardiff AAC	3.80				X X O P		X O P		X X X								
5																				
6																				
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FULL RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	192	Lewis NEWTON (W)	Cardiff AAC	4.00							
2	191	Robert MCGREGOR (W)	Bridgend AC	3.90							
3	190	Emyr JONES (W)	Carmarthen Harriers	3.90							
										REFEREE'S SIGNATURE	

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June			TIME	2:30 PM		
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Jayne LUDLOW, Cardiff AAC, 12.14,1994									
				WELSH CBP - Jayne LUDLOW, Cardiff AAC, 12.11, 1995									
EVENT		F23: U17W TRIPLE JUMP FINAL		2010 WELSH CHAMPION - Megan O'SULLIVAN Cardiff AAC 11.27									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	194	Mared BAKER	Menai T&F	10.26	9.66	NJ	10.26	1	9.75	9.71	9.91	10.26	1
2	204	Amy CROCOMBE	Deeside AAC	9.23	NJ	8.72	9.23	4	9.18	8.90	9.10	9.23	4
3	43	Rhiannon HAILS	Swansea Harriers	9.14	9.38	8.82	9.38	2	9.56	9.25	NJ	9.56	2
4	44	Chloe JONES	Sale Harriers Manchester	9.26	9.00	8.98	9.26	3	9.51	NJ	9.49	9.51	3
5	9	Victoria MITCHELL	City of Norwich AC	8.62	9.03		9.03	6				9.03	6
6	73	Kate MOORCROFT	Colwyn Bay AC	9.07	8.70	9.09	9.09	5	8.68	8.68	8.78	9.09	5
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16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	194	Mared BAKER	Menai T&F	10.26	9						
2	43	Rhiannon HAILS	Swansea Harriers	9.56	10						
3	44	Chloe JONES	Sale Harriers Manchester	9.51	11						
4	204	Amy CROCOMBE	Deeside AAC	9.23	12						
5	73	Kate MOORCROFT	Colwyn Bay AC	9.09	13						
6	9	Victoria MITCHELL	City of Norwich AC	9.03	14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June			TIME	2:30 PM		
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Sally PEAKE, Liverpool Harriers, 12.24,2005									
				WELSH CBP - Sally PEAKE, Liverpool Harriers, 12.02, 2005									
EVENT		F24: U20W TRIPLE JUMP FINAL		2010 WELSH CHAMPION - Amy BRADLEY, Cwmbran Harriers, 10.46									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	205	Amy BRADLEY (W)	Cwmbran Harriers	9.51	10.26	9.75	10.26	3	10.22	10.21	10.09	10.26	3
2	200	Sophie LANE (W)	Swansea Harriers	10.04	10.19	9.47	10.19	4	9.91			10.19	4
3	206	Megan O'SULLIVAN (W)	Cardiff AAC	NJ	11.13	10.60	11.13	1	11.20	10.84	9.60	11.20	1
4	175	Sian SWANSON (W)	Maldwyn Harriers	10.07	10.29	NJ	10.29	2	10.12	9.71	NJ	10.29	2
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	206	Megan O'SULLIVAN (W)	Cardiff AAC	11.20	9						
2	175	Sian SWANSON (W)	Maldwyn Harriers	10.29	10						
3	205	Amy BRADLEY (W)	Cwmbran Harriers	10.26	11						
4	200	Sophie LANE (W)	Swansea Harriers	10.19	12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June			TIME	2:30 PM		
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Colin MACKENZIE, East Kent, 70.30,1979									
				WELSH CBP - Gareth ROWLANDS, Swansea Harriers, 59.46, 1980									
EVENT		F25: U17M JAVELIN (700g) FINAL		2010 WELSH CHAMPION - Ryan LEONARD Cardiff AAC 55.99									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	212	Robson BLAKE	Brecon AC	41.01	44.23	42.92	44.23	3	39.61	40.40	43.18	44.23	3
2	220	Matteo HOLMES	Cardiff AAC	40.36	40.18	43.65	43.65	5	43.82	42.06	42.74	43.82	5
3	62	Ryan JONES	Wrexham AC	35.05	NT	NT	35.05	6		31.59	NT	35.05	6
4	235	Tom NORTON	Cwmbran Harriers	51.64	51.39	50.48	51.64	1	49.86	48.93	48.84	51.64	1
5	19	Aled PRICE	Carmarthen Harriers	44.61	45.63	42.99	45.63	2			45.45	45.63	2
6	215	Lee TAYLOR	Carmarthen Harriers		41.98	43.69	43.69	4	43.92	41.06	39.63	43.92	4
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16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	235	Tom NORTON	Cwmbran Harriers	51.64	9						
2	19	Aled PRICE	Carmarthen Harriers	45.63	10						
3	212	Robson BLAKE	Brecon AC	44.23	11						
4	215	Lee TAYLOR	Carmarthen Harriers	43.92	12						
5	220	Matteo HOLMES	Cardiff AAC	43.82	13						
6	62	Ryan JONES	Wrexham AC	35.05	14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June			TIME	2:30 PM		
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Jonathan CLARKE, Swansea Harriers, 68.74,1986									
				WELSH CBP - Jonathan CLARKE, Swansea Harriers, 63.14, 1986									
EVENT		F26: U20M JAVELIN (800g) FINAL		2010 WELSH CHAMPION - Jason COPSEY, Cwmbran Harriers, 59.89									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	227	Bradley COLE (W)	Cardiff AAC	50.15	50.33	49.59	50.33	1	48.98		47.88	50.33	2
2	239	Niki DAVIES (W)	Neath Harriers	47.52	44.01	44.41	47.52	3	41.64	43.17	43.20	47.52	3
3	223	Ryan LEONARD (W)	Cardiff AAC	45.14	49.51	48.45	49.51	2	48.55	50.40		50.40	1
4	241	William SCOTT (W)	Wrexham AC	32.62	30.87	31.87	32.62	4	31.59	30.48	30.20	32.62	4
5													
6													
7													
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12													
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16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	223	Ryan LEONARD (W)	Cardiff AAC	50.40	9						
2	227	Bradley COLE (W)	Cardiff AAC	50.33	10						
3	239	Niki DAVIES (W)	Neath Harriers	47.52	11						
4	241	William SCOTT (W)	Wrexham AC	32.62	12						
5					13						
6					14					Referee	
7					15						
8					16						

Welsh Athletics - Height Card

VENUE		QUEENSWAY STADIUM, WREXHAM										DATE	Saturday-11-June-2011			TIME	3:00 PM				
MEETING		Welsh Athletics U17 Closed & U20 Open Championships										Welsh Record : - Chuka ENIH-SNELL, Swansea Harriers, 2.15,2000									
EVENT		F28 - U20M - HIGH JUMP										2010 Welsh Champion : - Ben DAVIES, Swansea Harriers, 2.00									
Order	BIB	NAME	CLUB	Start	1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00	2.05	2.09	Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	
				Prog	St Ht	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						Metres
1	50	Tyron BLAKE (U17M) (W)	Cardiff AAC	1.70			O	O	X X O	X X X							1.80	3	5	8	4
2	176	Adam DAVIES (W)	Pembroke Harriers	1.80					O		O	X X X					1.90	1	3	5	2
3	55	Stephen GUEST (W)	Bridgend AC	1.70			O		O	O		X X X					1.90	1	3	7	2
4	177	Ben JENKINS (W)	Swansea Harriers	1.65		O	X O	X X O	X X X								1.75	3	6	9	5
5	178	Tomas MORGAN (W)	Newport Harriers	1.60	O	X O	O	X X O	X X X								1.75	3	6	10	5
6	179	Allan SMITH *	Shaftesbury Barnet Harriers	2.00									O	X O	X X X	2.05	2	4	6	1	
7																					
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13																					
14																					
15																					
16																					

FULL RESULTS										OFFICIALS SIGNATURES									
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF										
1	179	Allan SMITH *	Shaftesbury Barnet Harriers	2.05															
2=	176	Adam DAVIES (W)	Pembroke Harriers	1.90															
2=	55	Stephen GUEST (W)	Bridgend AC	1.90															
4	50	Tyron BLAKE (U17M) (W)	Cardiff AAC	1.80															
5=	177	Ben JENKINS (W)	Swansea Harriers	1.75															
5=	178	Tomas MORGAN (W)	Newport Harriers	1.75															
										REFEREE'S SIGNATURE									

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June			TIME	4:00 PM		
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Steven SHALDERS, Cardiff AAC, 15.14,1998									
				WELSH CBP - Graham WEBB, Newport HSc, 14.67, 1963									
EVENT		F29: U17M TRIPLE JUMP FINAL		2010 WELSH CHAMPION - Rhys WILLIAMS Swansea Harriers 13.15									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	78	Matthew COLLINS	Barry & Vale Harriers	11.25	11.55	11.70	11.70	2	12.04	11.88	12.31	12.31	4
2	196	Connor LAVERTY	Menai T&F	NJ	NJ	10.51	10.51	5	12.34	NJ	NJ	12.34	3
3	197	James MCGUIRE	Cardiff AAC	11.61	11.69	10.21	11.69	3	11.87	11.91	NJ	11.91	5
4	83	Christopher MCNAUGHT	Menai T&F	NJ	NJ	10.58	10.58	4	11.93	NJ	12.41	12.41	2
5	198	Lloyd ROBBINS	Sale Harriers Manchester	12.70	12.66	12.47	12.70	1	13.01	13.30	13.04	13.30	1
6													
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11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	198	Lloyd ROBBINS	Sale Harriers Manchester	13.30	9						
2	83	Christopher MCNAUGHT	Menai T&F	12.41	10						
3	196	Connor LAVERTY	Menai T&F	12.34	11						
4	78	Matthew COLLINS	Barry & Vale Harriers	12.31	12						
5	197	James MCGUIRE	Cardiff AAC	11.91	13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM			DATE	Saturday-11-June			TIME	4:00 PM			
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Steven SHALDERS, Cardiff AAC, 15.99,2000									
				WELSH CBP - Steven SHALDERS, Cardiff AAC, 15.47, 1999									
EVENT		F30: U20M TRIPLE JUMP FINAL		2010 WELSH CHAMPION - Ross MCKENZIE, Cardiff AAC, 12.77									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	203	Kieron MARTIN (W)	Swansea Harriers	12.18	NJ	10.72	12.18	1	NJ	12.00	NJ	12.18	1
2													
3													
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15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	203	Kieron MARTIN (W)	Swansea Harriers	12.18	9						
2					10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

New CBP

VENUE		QUEENSWAY STADIUM, WREXHAM			DATE	Saturday-11-June			TIME	4:00 PM			
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Lianne CLARKE, Cardiff AAC, 45.55,2003									
				WELSH CBP - Carys MANSFIELD, Carmarthen Harriers, 39.76, 2010									
EVENT		F31: U17W JAVELIN (600g) FINAL		2010 WELSH CHAMPION - Carys MANSFIELD Carmarthen Harriers 39.76									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	193	Melissa ARTHUR	Newport Harriers	36.36	40.30	37.70	40.30	2	NT	NT	38.38	40.30	2
2	207	Jenny COPPELL	Wrexham AC	28.23	28.28	30.47	30.47	4	27.98	25.30	28.33	30.47	4
3	231	Nicole DAVENPORT	Bridgend AC	NT	27.73	30.55	30.55	3	26.50	28.30	30.87	30.87	3
4	208	Manon EDWARDS	Wrexham AC	22.82	19.71	NT	22.82	6	21.42	18.44	19.38	22.82	6
5	232	Carys MANSFIELD	Carmarthen Harriers	42.86	37.37	39.35	42.86	1	41.74	41.70	39.28	42.86	1
6	210	Hayley NUTTALL	Deeside AAC	28.45	27.03	28.34	28.45	5	27.90	27.95	26.44	28.45	5
7													
8													
9													
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11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	232	Carys MANSFIELD	Carmarthen Harriers	42.86	9						
2	193	Melissa ARTHUR	Newport Harriers	40.30	10						
3	231	Nicole DAVENPORT	Bridgend AC	30.87	11						
4	207	Jenny COPPELL	Wrexham AC	30.47	12						
5	210	Hayley NUTTALL	Deeside AAC	28.45	13						
6	208	Manon EDWARDS	Wrexham AC	22.82	14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY STADIUM, WREXHAM				DATE	Saturday-11-June			TIME	4:00 PM		
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Lianne CLARKE, Neath Harriers, 50.95,2004									
				WELSH CBP - Lianne CLARKE, Neath Harriers, 47.95, 2004									
EVENT		F32: U20W JAVELIN (600g) FINAL		2010 WELSH CHAMPION - Rachel BEVAN, Cwmbran Harriers, 32.17									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	236	Rachel BEVAN (W)	Cwmbran Harriers	31.78	31.49	34.19	34.19	2	31.10	31.10	31.49	34.19	2
2	237	Zoe PRIESTLEY (W)	Pembroke Harriers	33.03	38.52	NT	38.52	1	35.18	33.49	34.16	38.52	1
3	238	Amy TIDBALL (W)	Bridgend AC	NT	NT	18.50	18.50	3	NT	30.48	NT	30.48	3
4													
5													
6													
7													
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9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	237	Zoe PRIESTLEY (W)	Pembroke Harriers	38.52	9						
2	236	Rachel BEVAN (W)	Cwmbran Harriers	34.19	10						
3	238	Amy TIDBALL (W)	Bridgend AC	30.48	11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

2011 U17 & U20 WELSH CHAMPIONSHIP MEDALISTS - WREXHAM

AGE GROUP	EVENT	GOLD			SILVER			BRONZE		
		ATHLETE	CLUB	PERF	ATHLETE	CLUB	PERF	ATHLETE	CLUB	PERF
U15G	1k Walk	Ellie DAINTON	Llanelli AC	5:39.87						
U20W	3k Walk	Heather LEWIS (W)	Pembroke Harriers	14:09.78						
SEN MEN	3k Walk	Stephen WALKER (W)	Wrexham AC	18:43.52						
U17M	100m	George PERKINS	Chelmsford AC	11.22	Thomas WILLIAMS	Barry & Vale Harriers	11.33	Mathew DAVIES	Carmarthen Harriers	11.43
U17M	200m	Mathew DAVIES	Carmarthen Harriers	23.06	Thomas WILLIAMS	Barry & Vale Harriers	23.51	Ryan LEE	Cwmbran Harriers	23.52
U17M	400m	Owen SMITH	Deeside AAC	49.24	Scott EDWARDS	Cardiff AAC	50.59	Llyr JAMIESON	Carmarthen Harriers	51.79
U17M	800m	Elliot SLADE	Cardiff AAC	1:53.43	Tom EARLEY	Colwyn Bay AC	1:56.90	Carwyn EVANS	Swansea Harriers	1:58.05
U17M	1500m	Kyran ROBERTS	Carmarthen Harriers	4:06.37	Michael WARD	Cardiff AAC	4:10.13	Lloyd HECKLER	Carmarthen Harriers	4:11.25
U17M	100m Hdl	Daniel BLAIN	Carmarthen Harriers	13.59	Ieuan ORTON	Barry & Vale Harriers	15.89			
U17M	400m Hdl	Ryan COOPER	Cardiff AAC	59.27	Aaron WILLMOTT	Carmarthen Harriers	59.73	Rheon JONES	Menai T&F	61.12
U17M	1.5km Steeplechase	Matthew EDWARDS	Barry & Vale Harriers	4:44.53	Nathan JONES	Colwyn Bay AC	4:48.70	Evan WYNNE	Newport Harriers	4:50.08
U17M	HIGH JUMP	Jonathon BAILEY	Cardiff AAC	1.75	Ieuan ORTON	Barry & Vale Harriers	1.70	Luke WARD	Deeside AAC	1.70
U17M	POLE VAULT	David CALLAN	Cardiff AAC	3.90	Stephen SCARFI	Cwmbran Harriers	3.70	Lewis PREECE	Swansea Harriers	3.30
U17M	LONG JUMP	James MCGUIRE	Cardiff AAC	6.34	Lloyd ROBBINS	Sale Harriers Manchester	6.28	Connor LAVERTY	Menai T&F	6.09
U17M	TRIPLE JUMP	Lloyd ROBBINS	Sale Harriers Manchester	13.30	Christopher MCNAUGHT	Menai T&F	12.41	Connor LAVERTY	Menai T&F	12.34
U17M	SHOT (5.00kg)	Matthew FIELD	Cardiff AAC	15.48	Matthew REECE	Colwyn Bay AC	14.40	Connor LAVERTY	Menai T&F	14.13
U17M	DISCUS (1.50kg)	Matthew REECE	Colwyn Bay AC	44.96	Matthew FIELD	Cardiff AAC	44.77	Lee TAYLOR	Carmarthen Harriers	38.08
U17M	HAMMER (5.00kg)	Matthew REECE	Colwyn Bay AC	51.46	Jac PALMER	Cardiff AAC	50.56	Matteo HOLMES	Cardiff AAC	44.79
U17M	JAVELIN (700g)	Tom NORTON	Cwmbran Harriers	51.64	Aled PRICE	Carmarthen Harriers	45.63	Robson BLAKE	Brecon AC	44.23
U17W	100m	Beth SARGENT	Wrexham AC	12.72	Rhiannon JEFFREYS	Neath Harriers	12.76	Elin JONES	Sale Harriers Manchester	12.88
U17W	200m	Beth SARGENT	Wrexham AC	25.82	Rhiannon JEFFREYS	Neath Harriers	25.93	Victoria MITCHELL	City of Norwich AC	26.23
U17W	300m	Abigail BACKSHALL (U15G)	Colwyn Bay AC	42.01	Isabel HUGHES	Bridgend AC	43.63	Elinor JONES	Swansea Harriers	44.05
U17W	800m	Lauren BELL	Pembroke Harriers	2:14.25	Malika REZOUGUI	Cwmbran Harriers	2:18.11	Cerys HEAHER	Vale Royal AC	2:19.03
U17W	1500m	Malika REZOUGUI	Cwmbran Harriers	4:52.74	Rebecca EVANS	Pontyclun AC	4:57.26	Georgia GARNER	Colwyn Bay AC	5:09.46
U17W	80m Hdl	Eleanor BADHAMS	Deeside AAC	12.29	Chloe JONES	Sale Harriers Manchester	12.37	Rhiannon HAILS	Swansea Harriers	12.51
U17W	300m Hdl	Rhian WILLIAMS	Deeside AAC	46.13	Lora ROBERTS	Bridgend AC	47.58	Lara DURRANI	Cardiff AAC	48.11
U17W	1.5km Steeplechase	Kari O'NEILL	Carmarthen Harriers	5:40.80	Rhian HOMER	Pembroke Harriers	6:14.53			
U17W	HIGH JUMP	Georgia BATES	Deeside AAC	1.60				Emily MORRIS	Swansea Harriers	1.50
U17W	HIGH JUMP	Catrin JONES	Swansea Harriers	1.60						
U17W	POLE VAULT	Lucy DALY	Cardiff AAC	2.60				Enfys JONES	Swansea Harriers	2.60
U17W	POLE VAULT	Shannon LEE	Carmarthen Harriers	2.60						
U17W	LONG JUMP	Eleanor BADHAMS	Deeside AAC	5.07	Beth SARGENT	Wrexham AC	5.06	Melissa ARTHUR	Newport Harriers	4.89
U17W	TRIPLE JUMP	Mared BAKER	Menai T&F	10.26	Rhiannon HAILS	Swansea Harriers	9.56	Chloe JONES	Sale Harriers Manchester	9.51
U17W	SHOT (4.0kg)	Adele NICOLL	Birchfield Harriers	12.26	Awen ROSSER	Carmarthen Harriers	11.41	Manon EDWARDS	Wrexham AC	9.54
U17W	DISCUS (1.00kg)	Awen ROSSER	Carmarthen Harriers	37.74	Adele NICOLL	Birchfield Harriers	33.26	Zoe DAKIN	Bridgend AC	32.47
U17W	HAMMER (4.00kg)	Zoe DAKIN	Bridgend AC	45.74	Manon EDWARDS	Wrexham AC	20.36			
U17W	JAVELIN (600g)	Carys MANSFIELD	Carmarthen Harriers	42.86	Melissa ARTHUR	Newport Harriers	40.30	Nicole DAVENPORT	Bridgend AC	30.87

2011 U17 & U20 WELSH CHAMPIONSHIP MEDALISTS - WREXHAM

AGE GROUP	EVENT	GOLD			SILVER			BRONZE		
		ATHLETE	CLUB	PERF	ATHLETE	CLUB	PERF	ATHLETE	CLUB	PERF
U20M	100m	Dewi HAMMOND (W)	Bromsgrove	10.87	Michael PRENTICE (W)	Cardiff AAC	10.90	Thomas KNIGHT (W)	Cardiff AAC	10.93
U20M	200m	Michael PRENTICE (W)	Cardiff AAC	22.17	Thomas KNIGHT (W)	Cardiff AAC	22.22	Jamaul WHYTE (W)	Cardiff AAC	22.52
U20M	400m	Paul BENNETT (W)	Swansea Harriers	49.95	Matthew RICHARDS (W)	Pembroke Harriers	50.23	Ben FOWLE (W)	Colwyn Bay AC	50.78
U20M	800m	Charlie HULSON (W)	Sale Harriers Manchester	1:57.13	David BANWELL-CLODE (W)	Cwmbran Harriers	1:57.70	Alex EDWARDS (W)	Cwmbran Harriers	1:58.13
U20M	1500m	Jamie WRIGHT (W)	Deeside AAC	4:10.08	Matthew O'LEARY (W)	Neath Harriers	4:11.00	William SHERIDAN (W)	Deeside AAC	4:18.48
U20M	110m Hdl	Josh SANSOM (W)	Swansea Harriers	15.50	Tyron BLAKE (U17M) (W)	Cardiff AAC	15.59	Stephen GUEST (W)	Bridgend AC	16.84
U20M	400m Hdl	Paul BENNETT (W)	Swansea Harriers	53.85	Josh SANSOM (W)	Swansea Harriers	56.85	Ben PHILLIPS (W)	Woodford Green	57.41
U20M	2.0km Steeplechase	Emrys PENNY (W)	Newport Harriers	6:30.29	Matthew THOMAS (W)	Swansea Harriers	6:49.09			
U20M	HIGH JUMP	Adam DAVIES (W)	Pembroke Harriers	1.90						
U20M	HIGH JUMP	Stephen GUEST (W)	Bridgend AC	1.90				Tyron BLAKE (U17M) (W)	Cardiff AAC	1.80
U20M	POLE VAULT	Lewis NEWTON (W)	Cardiff AAC	4.00	Robert MCGREGOR (W)	Bridgend AC	3.90	Emyr JONES (W)	Carmarthen Harriers	3.90
U20M	LONG JUMP	Tomas MORGAN (W)	Newport Harriers	6.33	Kieron MARTIN (W)	Swansea Harriers	6.06	Stephen GUEST (W)	Bridgend AC	5.70
U20M	TRIPLE JUMP	Kieron MARTIN (W)	Swansea Harriers	12.18						
U20M	SHOT (6.00kg)	Josh BUSSELL (W)	Cwmbran Harriers	14.28						
U20M	DISCUS (1.75kg)	Ryan LEONARD (W)	Cardiff AAC	38.45	Josh BUSSELL (W)	Cwmbran Harriers	38.15			
U20M	HAMMER (6.00kg)	Osian JONES (W)	Menai T&F	54.27	Ashley ANDREWS (W)	Forest of Dean AC/Rhondda	52.47	Bradley COLE (W)	Cardiff AAC	51.75
U20M	JAVELIN (800g)	Ryan LEONARD (W)	Cardiff AAC	50.40	Bradley COLE (W)	Cardiff AAC	50.33	Niki DAVIES (W)	Neath Harriers	47.52
U20W	100m	Hannah THOMAS (W)	Wrexham AC	12.04	Rachel JOHNCOCK (W)	Colwyn Bay AC	12.17	Mica MOORE (W)	Cardiff AAC	12.17
U20W	200m	Hannah THOMAS (W)	Wrexham AC	24.50	Rachel JOHNCOCK (W)	Colwyn Bay AC	24.64	Jade MARVIN (W)	Wrexham AC	26.06
U20W	400m	Chloe Ann JONES (W)	Wrexham AC	56.89	Lauren REGAN (W)	Cardiff AAC	62.07			
U20W	800m	Jemima OSBORN (W)	Swansea Harriers	2:17.35	Abbie OLIVER (W)	Deeside AAC	2:23.88			
U20W	1500m	Sarah LIVETT (W)	Menai T&F	4:43.90	Rhianwedd PRICE (W)	Brecon AC	4:51.16	Ffion LEWIS (W)	Bridgend AC	4:56.32
U20W	100m Hdl	Kimberley DAVIES (W)	Swansea Harriers	17.62						
U20W	400m Hdl	Megan ROGERS (W)	Wrexham AC	63.85	Danielle MILL (W)	Cardiff AAC	69.27	Sophie PICK (W)	Carmarthen Harriers	69.68
U20W	1.5km Steeplechase	Rhianwedd PRICE (W)	Brecon AC	5:24.59	Katie REYNOLDS (W)	Swansea Harriers	5:36.79			
U20W	HIGH JUMP	Sian SWANSON (W)	Maldwyn Harriers	1.68	Sophie PICK (W)	Carmarthen Harriers	1.55	Kimberley DAVIES (W)	Swansea Harriers	1.50
U20W	POLE VAULT	Rebecca DAVIES (W)	Deeside AAC	3.50	Naomi JAMES (W)	Swansea Harriers	3.40	Megan JONES (W)	Swansea Harriers	2.20
U20W	LONG JUMP	Ffion REES (W)	Carmarthen Harriers	5.14	Sophie LANE (W)	Swansea Harriers	5.01	Kimberley DAVIES (W)	Swansea Harriers	4.94
U20W	TRIPLE JUMP	Megan O'SULLIVAN (W)	Cardiff AAC	11.20	Sian SWANSON (W)	Maldwyn Harriers	10.29	Amy BRADLEY (W)	Cwmbran Harriers	10.26
U20W	SHOT (4.0kg)	Lucy GRIFFITHS (W)	Pembroke Harriers	11.24						
U20W	DISCUS (1.00kg)	Nina PRELLS (W)	Swansea Harriers	37.84	Lucy GRIFFITHS (W)	Pembroke Harriers	36.65			
U20W	HAMMER (4.00kg)	Toni WELLS (W)	Swansea Harriers	50.87						
U20W	JAVELIN (600g)	Zoe PRIESTLEY (W)	Pembroke Harriers	38.52	Rachel BEVAN (W)	Cwmbran Harriers	34.19	Amy TIDBALL (W)	Bridgend AC	30.48

WILKINSON SWORD MEDAL TABLE 2011 - WREXHAM

	CLUB	GOLD	SILVER	BRONZE	TOTAL
1	Cardiff AAC	12	10	7	29
2	Swansea Harriers	9	7	9	25
3	Carmarthen Harriers	8	4	6	18
4	Wrexham AC	7	2	2	11
5	Deeside AAC	7	1	2	10
6	Pembroke Harriers	5	3		8
7	Cwmbran Harriers	3	5	3	11
8	Colwyn Bay AC	3	5	2	10
9	Menai T&F	3	1	4	8
10	Bridgend AC	2	3	6	11
11	Sale Harriers Manchester	2	2	2	6
12	Newport Harriers	2	1	2	5
13	Barry & Vale Harriers	1	4		5
14	Brecon AC	1	1	1	3
15	Birchfield Harriers	1	1		2
15	Maldwyn Harriers	1	1		2
17	Bromsgrove	1			1
17	Chelmsford AC	1			1
17	Llanelli AC	1			1
20	Neath Harriers		3	1	4
21	Pontyclun AC		1		1
21	Forest of Dean AC/Rhondda		1		1
23	City of Norwich AC			1	1
23	Vale Royal AC			1	1
23	Woodford Green			1	1