



WELSH ATHLETICS
ATHLETAU CYMRU

36th Welsh Athletics

Indoor Track & Field Championships

U17 & U20 Age Groups incorporating

U15 3000m Championships

Sunday 5th February 2012

National Indoor Athletics Centre

Cyncoed



Welsh Athletics

36th Indoor T&F Championships
U20 & U17 Age Groups including U15 3000m
Sunday 5th February
N.I.A.C. Cyncoed, Cardiff



Event - T32: U17 Men 60m Final

Welsh Record - Tim BENJAMIN, Cardiff AAC, 6.93, Birmingham, Eng 21.02.1998
CBP - Andrew WATKINS, 7.13, Cwmbran Harriers 11.01.2003 Jamaul WHYTE, 7.13, Cardiff AAC 30.01.
2011 Welsh Champion - Owen SMITH Deeside AAC 7.25
Athletes qualified from heats T19

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	29	Ryan LEE	Cwmbran Harriers	7.30	Jeff Harwood
2	24	George GRIFFITHS	Cardiff AAC	7.32	
3	32	Shaun PEARCE	Carmarthen Harriers	7.34	
4	28	Connor LAVERTY	Menai T&F	7.44	
5	18	Joshua DAVIES	Pembrokeshire Harriers	7.47	
6	17	Matthew COLLINS	Barry & Vale Harriers	7.47	
7	19	Jack DUNN	Cwmbran Harriers	7.50	David Norton
8	21	Rhys GEALY	Swansea Harriers	7.62	Colin Davies

Event - T19: U17 Men 60m Heats

Athletes qualification to Final T32 2Q & 2q from T19

Heat 1 of 3

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	18	Joshua DAVIES	Pembrokeshire Harriers	7.48	Q
2	32	Shaun PEARCE	Carmarthen Harriers	7.48	Q
3	31	James MERCURIUS-TAYLOR	Swansea Harriers	7.64	
4	23	Richard GRIFFITH	Cardiff AAC	7.68	Rod Howe
5	27	Rheon JONES	Menai T&F	7.80	
6	25	Samuel HUGHES	Cwmbran Harriers	7.88	Jeff Harwood
7	38	Thomas WILLIAMS	Barry & Vale Harriers	DNS	Colin Daley

Heat 2 of 3

1	29	Ryan LEE	Cwmbran Harriers	7.30	Q	Jeff Harwood
2	24	George GRIFFITHS	Cardiff AAC	7.40	Q	
3	35	Liam SIMPKINS	Pontyclun AC	7.70		
4	26	Aneurin JONES	Menai T&F	7.71		Barry Edwards
5	34	Daniel SALMON	Pembrokeshire Harriers	7.72		Richard Thomas
6	36	Joseph THOMAS	Swansea Harriers	7.72		

Heat 3 of 3

1	28	Connor LAVERTY	Menai T&F	7.45	Q	
2	17	Matthew COLLINS	Barry & Vale Harriers	7.49	Q	
3	19	Jack DUNN	Cwmbran Harriers	7.50	q	David Norton
4	21	Rhys GEALY	Swansea Harriers	7.58	q	Colin Davies
5	20	Gage FRANCIS	Cardiff AAC	7.72		David Hawthorn
6	30	Cory LOWER	Cardiff AAC	7.92		



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Event - T23: U17 Men 200m Final

Welsh Record - Tim BENJAMIN, Cardiff AAC, 21.51, Birmingham, Eng 22.02.1998

CBP - Bruce TASKER, 22.59, Carmarthen Harriers 25.01.2004

2011 Welsh Champion - Thomas WILLIAMS Barry & Vale Harriers 23.42

Athletes qualified from heats T13

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	29	Ryan LEE	Cwmbran Harriers	23.11	Jeff Harwood
2	17	Matthew COLLINS	Barry & Vale Harriers	23.34	
3	32	Shaun PEARCE	Carmarthen Harriers	24.35	
4	19	Jack DUNN	Cwmbran Harriers	24.82	David Norton

Event T2 - Event - T2: U17 Men 200m Heats

Athletes qualification to Final T13 1Q & 2q from T2

Heat 1 of 4

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	17	Matthew COLLINS	Barry & Vale Harriers	23.45	Q
2	72	Jack HOGAN	Bridgend AC	24.85	Liz Taylor
3	34	Daniel SALMON	Pembrokeshire Harriers	25.23	Richard Thomas
4	95	Gareth PIKE	North Devon AC	28.45	Mark Brace

Heat 2 of 4

1	32	Shaun PEARCE	Carmarthen Harriers	24.08	Q
2	19	Jack DUNN	Cwmbran Harriers	24.38	q David Norton
3	31	James MERCURIUS-TAYLOR	Swansea Harriers	24.74	
4	30	Cory LOWER	Cardiff AAC	25.52	

Heat 3 of 4

1	29	Ryan LEE	Cwmbran Harriers	23.05	Q Jeff Harwood
2	21	Rhys GEALY	Swansea Harriers	24.48	q Colin Davies
3	26	Aneurin JONES	Menai T&F	25.11	Barry Edwards



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Event - T34: U17 Men 400m Final

Welsh Record - Bruce TASKER, Carmarthen H, 48.85, Birmingham, Eng 29.02.2004

CBP - Tim MILLER, 49.66, Cardiff AAC 29.01.2006

2011 Welsh Champion - Elliot SLADE Cardiff AAC 51.94

Athletes qualified from heats T15

Pos	Bib	Athlete	Club	Perf	Coach
1	122	Rhys GRANVILLE	Carmarthen Harriers	52.04	<i>Delyth Brown</i>
2	123	Jacob PREECE	Cardiff AAC	52.63	
3	120	Ryan COOPER	Cardiff AAC	54.54	<i>Helen James</i>
4	27	Rheon JONES	Menai T&F	56.45	

Event - T15: U17 Men 400m Heats

Athletes qualification to Final T34 1Q & 2q from T15

Heat 1 of 2

Pos	Bib	Athlete	Club	Perf	Q/a	Coach
1	122	Rhys GRANVILLE	Carmarthen Harriers	51.78	Q	<i>Delyth Brown</i>
2	123	Jacob PREECE	Cardiff AAC	53.15	q	
3	27	Rheon JONES	Menai T&F	55.89	q	
4	33	Nathan PHILLIPS	Swansea Harriers	57.00		<i>Tony Morris</i>

Heat 2 of 2

1	120	Ryan COOPER	Cardiff AAC	54.01	Q	<i>Helen James</i>
2	121	Harry DAVIES	Bridgend AC	57.06		
3	95	Gareth PIKE	North Devon AC	63.52		<i>Mark Brace</i>
4	94	Alexander PAVLOU	Swansea Harriers	DNF		<i>Barrie Owen</i>

Event - T10: U17 Men 1500m Final

Welsh Record - Simon LAWSON, Cardiff AAC, 04:04.37, Birmingham, Eng 27.02.2005

CBP - Jonathon MORGAN, 04.06.10, Newport Harriers 3.02.2007

2011 Welsh Champion - Kyran ROBERTS Carmarthen Harriers 04:09.69

Straight Final

Pos	Bib	Athlete	Club	Perf	Coach
1	137	Jack FEAR	Newport Harriers	04:21.71	<i>Tony Lewis</i>
2	141	Ben JONES	Cwmbran Harriers	04:25.94	<i>Phil Banning</i>
3	143	Declan MORRIS	Cardiff AAC	04:27.95	<i>Martyn Gibbins</i>
4	142	Christian LOVATT	Carmarthen Harriers	04:28.73	
5	140	Thomas JOHN	Neath Harriers	04:49.93	
6	231	Rhydian JONES	Swansea Harriers	04:57.81	<i>Colin Davies</i>

Event - T25: U17 Men 60m Hurdles Straight Final

Welsh Record - Colin JACKSON, Cardiff AAC, 8.16, Cosford, Eng 19.03.1983

CBP - David OMOREGIE, 8.44, Pembrokeshire Harriers 22.01.2011

2011 Welsh Champion - David OMOREGIE Pembroke Harriers 8.44

Straight Final

Pos	Bib	Athlete	Club	Perf	Coach
1	74	Aled PRICE	Carmarthen Harriers	8.44	<i>Ed Thompson</i>
2	77	Michael WILSON	Swansea Harriers	9.11	<i>Andrew Jenkins</i>
3	71	Kyle ARNOLD	Newport Harriers	9.55	<i>Nigel Lewis/Dave Goodger</i>
4	72	Jack HOGAN	Bridgend AC	9.75	<i>Liz Taylor</i>
5	75	Jack STRAW	Swansea Harriers	9.99	

Equal CBP



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Event - F6: U17 Men HIGH JUMP Final

Welsh Record - Chuka ENIH-SNELL, Swansea H, 2.07, Birmingham, Eng 5.02.2000

CBP - Chuka ENIH-SNELL, 2.05, Swansea Harriers 20.02.2000

2011 Welsh Champion - Jonathon BAILEY Cardiff AAC 1.83

Pos	Bib	Athlete	Club	Perf	Coach
1	177	Shaun MURRAY	Deeside AAC	1.70	Mark Garstang
2	176	Keiran INGRAM	Swansea Harriers	1.60	Andrew Jenkins
3	33	Nathan PHILLIPS	Swansea Harriers	NMR	Tony Morris

Event - F15: U17 Men POLE VAULT Final

Welsh Record - Neil WINTER, Shaftesbury, 4.85, Cosford, Eng 17.02.1990

CBP - Benjamin GREGORY, 4.21, V of Aylesbury AC 27.01.2007

2011 Welsh Champion - David CALLAN Cardiff AAC 3.23

Pos	Bib	Athlete	Club	Perf	Coach
1	190	Lewis PREECE	Swansea Harriers	3.83	
2	74	Aled PRICE	Carmarthen Harriers	3.03	Ed Thompson
3	189	Joshua HOLLISEY-MCLEAN	Swansea Harriers	3.03	Ed Thompson
4	191	Dylan PRICE	Stanwell H Sch	2.23	

Event - F11: U17 Men LONG JUMP Final

Welsh Record - Scott HERBERT, Milton Keynes, 6.90, Cosford, Eng 10.02.1990

CBP - Richardo CHILDS, 6.57, Brecon AC 21.01.2001

2011 Welsh Champion - Jonathon BAILEY Cardiff AAC 6.11

Pos	Bib	Athlete	Club	Perf	Coach
1	74	Aled PRICE	Carmarthen Harriers	6.45	Ed Thompson
2	18	Joshua DAVIES	Pembrokeshire Harriers	6.03	
3	24	George GRIFFITHS	Cardiff AAC	5.87	
4	209	Lewys JONES	Cardiff AAC	5.79	David Hawthorn
5	35	Liam SIMPKINS	Pontyclun AC	5.37	
6	25	Samuel HUGHES	Cwmbran Harriers	5.18	Jeff Harwood

Event - F17: U17 Men TRIPLE JUMP Final

Welsh Record - Steven SHALDERS, Cardiff AAC, 14.42, Birmingham, Eng 22.02.1998

CBP - Lee HARRIS, 13.77, Bristol & West AC 20.02.2000

2011 Welsh Champion - Connor LAVERTY Menai T&F 12.46

Pos	Bib	Athlete	Club	Perf	Coach
1	28	Connor LAVERTY	Menai T&F	12.32	
2	25	Samuel HUGHES	Cwmbran Harriers	11.81	Jeff Harwood
3	71	Kyle ARNOLD	Newport Harriers	11.43	Nigel Lewis/Dave Goodger
4	20	Gage FRANCIS	Cardiff AAC	11.37	David Hawthorn
5	75	Jack STRAW	Swansea Harriers	10.79	

Event - F19: U17 Men SHOT (5.00kg) Final

Welsh Record - Clayton TURNER, Crawley AC, 16.73, 8.12.1985

CBP - Mathew EVANS, 15.61, Carmarthen Harriers 8.01.2005

2011 Welsh Champion - Matthew FIELD Cardiff AAC 14.32

Pos	Bib	Athlete	Club	Perf	Coach
1	28	Connor LAVERTY	Menai T&F	15.41	
2	21	Rhys GEALY	Swansea Harriers	12.21	Colin Davies
3	225	Jack BEYNON	Swansea Harriers	9.81	



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Event - T31: U17 Women 60m Final

Welsh Record - Lisa ARMSTRONG, Torfean AC, 7.56, Cosford, Eng 11.02.1990
CBP - Helen MILES, 7.7, Bridgend AC 9.04, 1983 Danielle SELLEY, 7.74, Preseli Harriers 1
2011 Welsh Champion - Bethan WAKEFIELD Newport Harriers 8.00

Athletes qualified from heats T18

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	58	Shannon MALONE	Deeside AAC	7.76	Richard Sayer
2	63	Beth SARGENT	Wrexham AC	7.97	#N/A
3	60	Brenna PRICE	Aberdare VAAC	8.11	
4	52	Megan BROOKE-JONES	Deeside AAC	8.24	Richard Sayer
5	61	Katie-Jane PRIEST	Newport Harriers	8.30	
6	57	Amy LEAHY	Pembrokeshire Harriers	8.32	Nigel Rowland
7	65	Elinor WINFIELD	Yate AC	8.33	Sandra Woodman
8	53	Elise DAVIES	Swansea Harriers	8.44	Neal Merry

Event - T18: U17 Women 60m Heats

Athletes qualification to Final T31 3Q & 2q from T18

Heat 1 of 2

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>	
1	58	Shannon MALONE	Deeside AAC	7.85	Q	Richard Sayer
2	60	Brenna PRICE	Aberdare VAAC	8.13	Q	
3	61	Katie-Jane PRIEST	Newport Harriers	8.29	Q	
4	53	Elise DAVIES	Swansea Harriers	8.45	q	Neal Merry
5	59	Alice NOTTINGHAM	Cardiff AAC	8.80		David Hawthorn
6	62	Kathryn ROBERTS	Wrexham AC	9.10		

Heat 2 of 2

1	63	Beth SARGENT	Wrexham AC	8.01	Q	#N/A
2	52	Megan BROOKE-JONES	Deeside AAC	8.23	Q	Richard Sayer
3	57	Amy LEAHY	Pembrokeshire Harriers	8.30	Q	Nigel Rowland
4	65	Elinor WINFIELD	Yate AC	8.35	q	Sandra Woodman
5	55	Charlotte JOHN	Neath Harriers	8.91		

Event - T22: U17 Women 200m Final

Welsh Record - Alexandria BICK, Cardiff AAC, 24.82, Birmingham, Eng 4.03.2000
CBP - Brigid EADES, 25.75, Newport Harriers 28.01.2007
2011 Welsh Champion - Bethan WAKEFIELD Newport Harriers 26.64

Athletes qualified from heats T8

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	63	Beth SARGENT	Wrexham AC	25.55	#N/A
2	61	Katie-Jane PRIEST	Newport Harriers	26.88	
3	53	Elise DAVIES	Swansea Harriers	28.27	Neal Merry
4	55	Charlotte JOHN	Neath Harriers	30.23	

CBP

Event T8 - Event - T8: U17 Women 200m Heats

Athletes qualification to Final T22 1Q & 1q from T8

Heat 1 of 2

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>		
1	63	Beth SARGENT	Wrexham AC	26.22	Q	#N/A
2	53	Elise DAVIES	Swansea Harriers	28.13	q	Neal Merry
3	100	Jessica LAMBERT	Aberdare VAAC	30.54		Dennis Nugent

Heat 2 of 2

1	61	Katie-Jane PRIEST	Newport Harriers	27.22	Q	
2	55	Charlotte JOHN	Neath Harriers	30.27	q	
3	60	Brenna PRICE	Aberdare VAAC	DNS		



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Event - T36: U17 Women 300m Final

Welsh Record - Rowi MORTIMER, Bristol & West AC, 39.75, Birmingham, Eng 24.02.200

CBP - Brigid EADES, 40.23, Newport Harriers 27.01.2007

2011 Welsh Champion - Keeleigh CHAPMAN Swindon Harriers 43.01

Athletes qualified from heats T12

Pos	Bib	Athlete	Club	Perf	Coach
1	99	Abigail BACKSHALL	Colwyn Bay AC	41.57	Phillip Oliver
2	105	Miranda HARDACRE	Erme Valley Harriers	41.92	Paul Batten
3	102	Lara DURRANI	Cardiff AAC	42.48	Helen James
4	110	Melissa ROBERTS	Cwmbran Harriers	42.63	Phil Banning

Event T12 - Event - T12: U17 Women 300m Semi Final

Athletes qualification to Final T36 2Q & 0q from T12

Heat 1 of 2

Pos	Bib	Athlete	Club	Perf	
1	105	Miranda HARDACRE	Erme Valley Harriers	42.7	Q Paul Batten
2	110	Melissa ROBERTS	Cwmbran Harriers	42.9	Q Phil Banning
3	64	Rhian WILLIAMS	Deeside AAC	44.1	
4	79	Keeleigh CHAPMAN	Swindon Harriers	DNS	

Heat 2 of 2

1	99	Abigail BACKSHALL	Colwyn Bay AC	42.6	Q Phillip Oliver
2	102	Lara DURRANI	Cardiff AAC	43.1	Q Helen James
3	107	Isabel HUGHES	Bridgend AC	43.2	
4	104	Lucy HAMMETT	Swansea Harriers	44.3	

manual timings

Event T3 - Event - T3: U17 Women 300m Heats

Athletes qualification to Semi Final T12 1Q & 3q from T3

Heat 1 of 5

Pos	Bib	Athlete	Club	Perf	Q/q
1	105	Miranda HARDACRE	Erme Valley Harriers	42.52	Q Paul Batten
2	102	Lara DURRANI	Cardiff AAC	43.27	q Helen James
3	100	Jessica LAMBERT	Aberdare VAAC	DNF	Dennis Nugent

Heat 2 of 5

1	110	Melissa ROBERTS	Cwmbran Harriers	43.32	Q Phil Banning
2	80	Lucy FLIGELSTONE	Swansea Harriers	43.86	Andrew Jenkins
3	108	Megan OSBORNE	Cardiff AAC	45.51	Ridley Griffiths
4	106	Cerys HEAHER	Vale Royal AC	45.69	Andy Carter

Heat 3 of 5

1	107	Isabel HUGHES	Bridgend AC	43.19	Q Adrian Thomas
2	104	Lucy HAMMETT	Swansea Harriers	43.51	q John Griffiths
3	112	Megan WILLIAMS	Cardiff AAC	46.18	Georgina Williams
4	62	Kathryn ROBERTS	Wrexham AC	46.42	

Heat 4 of 5

1	79	Keeleigh CHAPMAN	Swindon Harriers	44.30	Q Howard Moscrop
2	111	Emily ROWLANDS	Wrexham AC	45.03	Glyn Davies
3	65	Elinor WINFIELD	Yate AC	45.15	Sandra Woodman
4	59	Alice NOTTINGHAM	Cardiff AAC	45.96	David Hawthorn

Heat 5 of 5

1	99	Abigail BACKSHALL	Colwyn Bay AC	42.97	Q Phillip Oliver
2	64	Rhian WILLIAMS	Deeside AAC	43.75	q Clive Burton/Tania Williams
3	103	Dannielle FRANKLIN	Llanelli AC	45.60	Colin Franklin



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WELSH ATHLETICS
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Event - T9: U17 Women 1500m Final

Welsh Record - Non STANFORD, Swansea Harriers, 04:33.45, Cardiff 2.01.2005

CBP - Jade WILLIAMS, 04.39.18, Amman Valley 22.03.2009

2011 Welsh Champion - Rebecca EVANS Pontyclun AC 05:03.29

Straight Final

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	151	Olivia GWYNN	Swansea Harriers	04:49.7	Kevin Tobin
2	148	Elin DAVIES	Swansea Harriers	04:51.3	
3	150	Rebecca EVANS	Cardiff AAC	04:56.8	
4	155	Lara PHILIPPART	Swansea Harriers	05:01.5	Kevin Tobin
5	149	Iona EVANS	Swansea Harriers	05:04.1	John Griffiths
6	152	Chelsie HARRIS	Cwmbran Harriers	05:22.1	
7	156	Kate SEARY	Cardiff AAC	DNF	Phil Banning
8	153	Aisha KANCHULA *	Cardiff AAC	DNF	Ian Dwight

manual timings

Event - T26: U17 Women 60m Hurdles Final

Welsh Record - Bethan EDWARDS, Brecon AC, 8.67, Cosford, Eng 4.03.1989

CBP - Heather JONES, 8.75, Carmarthen Harriers 12.01.2003

2011 Welsh Champion - Chloe JONES Sale Harriers Manchester 9.10

Athletes qualified from heats T1

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	57	Amy LEAHY	Pembrokeshire Harriers	9.20	Nigel Rowland
2	79	Keeleigh CHAPMAN	Swindon Harriers	9.30	Howard Moscrop
3	81	Rhiannon HAILS	Swansea Harriers	9.32	Andrew Jenkins/Tony Morris/Euan Hails
4	84	Katherine MORRIS	Swansea Harriers	9.37	
5	64	Rhian WILLIAMS	Deeside AAC	9.43	Clive Burton/Tania Williams
6	85	Claire TAYLOR	Cardiff AAC	9.47	Emma Lyons
7	78	Georgia BATES	Deeside AAC	9.67	Mark Garstang
8	86	Rosie UNWIN	Maldwyn Harriers	9.87	Dave Peters



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Event - F4: U17 Women HIGH JUMP Final

Welsh Record - Julia CHARLTON, Carmarthen Harriers, 1.79, St Athan 24.02.1980
CBP - Julia CHARLTON, 1.75, Carmarthen Harriers 27.03.1982
2011 Welsh Champion - Eleanor BADHAMS Deeside AAC 1.63

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	183	Erin WALTERS	Carmarthen Harriers	1.65	Steve Ryan
2	180	Catrin JONES	Swansea Harriers	1.60	
3	182	Laura TRIGG	Cardiff AAC	1.55	
4	179	Anna CURLE	Bridgend AC	1.55	
5	181	Shannon RICHARDS	Swansea Harriers	1.45	Steve Ryan/Steve Ingram
6	86	Rosie UNWIN	Maldwyn Harriers	1.45	Dave Peters

Event - F2: U17 Women POLE VAULT Final

Welsh Record - Christina HUGHES, Deeside AAC, 3.60, Birmingham, Eng 24.02.2008
CBP - Rebecca DAVIES, 3.41, Deeside AAC 7.02.2009
2011 Welsh Champion - Lucy DALY Cardiff AAC 2.73

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	200	Olivia EVANS	Cardiff AAC	3.11	Ed Thompson
2	199	Caitlin ATKINS	Swansea Harriers	3.01	Ed Thompson
3	202	Shannon LEE	Swansea Harriers	2.61	Ed Thompson
4	203	Cerys MCCOOL	Swansea Harriers	2.31	

Event - F8: U17 Women LONG JUMP Final

Welsh Record - Nicola SHORT, Torfean AC, 5.77, Cosford, Eng 10.01.1986
CBP - Rebecca WILLIAMS, 5.54, Newport Harriers 8.01.2005
2011 Welsh Champion - Lucy TAYLOR Bridgend AC 4.91

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	183	Erin WALTERS	Carmarthen Harriers	5.28	
2	60	Brenna PRICE	Aberdare VAAC	5.10	Ed Thompson
3	84	Katherine MORRIS	Swansea Harriers	5.04	
4	78	Georgia BATES	Deeside AAC	5.02	Mark Garstang
5	217	Bethan HILL-HOWELLS	Newport Harriers	5.00	Nigel Lewis
6	54	Rhiann DAVIES	Telford AC	4.87	Arnie Wray/Sharon Morris
7	85	Claire TAYLOR	Cardiff AAC	4.51	Emma Lyons
8	86	Rosie UNWIN	Maldwyn Harriers	4.48	Dave Peters
9	179	Anna CURLE	Bridgend AC	4.31	
10	181	Shannon RICHARDS	Swansea Harriers	4.21	Steve Ryan/Steve Ingram
11	103	Dannielle FRANKLIN	Llanelli AC	4.18	Colin Franklin
12	153	Aisha KANCHULA *	Cardiff AAC	3.31	Ian Dwight

Event - F13: U17 Women TRIPLE JUMP Final

Welsh Record - Jayne LUDLOW, Cardiff AAC, 11.74, Birmingham, Eng 13.02.1994
CBP - Sally PEAKE, 11.48, Wirral 19.01.2002
2011 Welsh Champion - Mared BAKER Menai T&F 10.20

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	217	Bethan HILL-HOWELLS	Newport Harriers	10.51	Nigel Lewis
2	55	Charlotte JOHN	Neath Harriers	8.19	
3	59	Alice NOTTINGHAM	Cardiff AAC	8.18	David Hawthorn

Event - F9: U17 Women SHOT (4.00kg) Final

Welsh Record - Philippa ROLES, Swansea Harriers, 13.68, Birmingham, Eng 26.02.1994
CBP - Tesni WARD, 12.86, City of Sheffield 12.01.2008
2011 Welsh Champion - Awen ROSSER Carmarthen Harriers 11.37

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	230	Adele NICOLL	Birchfield Harriers	13.04	
2	229	Stephanie NICHOLAS	Swansea Harriers	9.54	



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WELSH ATHLETICS
ATHLETAU CYMRU

Event - T30: U20 Men 60m Final

Welsh Record - Christian MALCOLM, Cardiff AAC, 6.67, Chemnitz, Ger 1.03.1997

CBP - Chris HOWE, 6.99, Cardiff AAC 13.01.2008 Dewi HAMMOND, 6.99, Bromsgrove & R. AC 22.01.20:

2011 Welsh Champion - Dewi HAMMOND Bromsgrove 6.99

Athletes qualified from heats T17

Pos	Bib	Athlete	Club	Perf	Coach
1	6	Dewi HAMMOND (W)	Bromsgrove	6.96	
2	5	Samuel GORDON (W)	Cardiff AAC	7.12	Tom Meyer
3	3	Anax DASILVA (W)	Cardiff AAC	7.15	Helen James
4	15	Jamaul WHYTE (W)	Cardiff AAC	7.23	Peter Lane
5	4	Cameron DIXON *	Oswestry Olympians	7.34	Denis Doyle
6	13	James MORGAN (W)	Newport Harriers	7.65	
7	12	Keith MBOFANA *	Cardiff AAC	7.69	Tom Meyer
8	16	Stephen WILCOX *	Bristol Academy of Sport	7.72	

CBP

Event - T17: U20 Men 60m Heats

Athletes qualification to Final T27 3Q & 2q from T17

Heat 1 of 2

Pos	Bib	Athlete	Club	Perf	Q/q
1	5	Samuel GORDON (W)	Cardiff AAC	7.15	Q Tom Meyer
2	15	Jamaul WHYTE (W)	Cardiff AAC	7.18	Q Peter Lane
3	13	James MORGAN (W)	Newport Harriers	7.69	Q
4	14	Foyez RAHMAN *	UWIC	7.77	Neil Wheeler
5	10	Ben LEE *	Bristol Academy of Sport	7.81	
6	7	Atiqullah HUSSAINI *	Cardiff AAC	8.20	Peter Lane
7	11	Kieron MARTIN (W)	Swansea Harriers	DNS	Steve Ingram

Heat 2 of 2

1	6	Dewi HAMMOND (W)	Bromsgrove	7.03	Q
2	3	Anax DASILVA (W)	Cardiff AAC	7.12	Q Helen James
3	4	Cameron DIXON *	Oswestry Olympians	7.28	Q Denis Doyle
4	16	Stephen WILCOX *	Bristol Academy of Sport	7.73	q
5	12	Keith MBOFANA *	Cardiff AAC	7.73	q Tom Meyer
6	9	James LEDGER (W)	Swansea Harriers	7.76	
7	8	Matty LATTIBEAUDIÈRE *	Bristol & West AC	8.14	
8	2	Michael BLAND (W)	Menai T&F	DNS	Barry Edwards



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WELSH ATHLETICS
ATHLETAU CYMRU

Event - T21: U20 Men 200m Final

Welsh Record - Tim BENJAMIN, Cardiff AAC, 20.78, Birmingham, Eng 24.02.2001

CBP - Gareth HOPKINS, 22.13, Cardiff AAC 31.01.2010

2011 Welsh Champion - Jamaul WHYTE Cardiff AAC 22.31

Athletes qualified from heats T7

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	15	Jamaul WHYTE (W)	Cardiff AAC	22.67	Peter Lane
2	3	Anax DASILVA (W)	Cardiff AAC	22.75	Helen James
3	92	Aled THOMAS (W)	Menai T&F	24.63	Barry Edwards
4	91	Michael PRENTICE (W)	Cardiff AAC	DNF	Rob Hooper

Event T7 - Event - T7: U20 Men 200m Heats

Athletes qualification to Final T28 1Q & 1q from T7

Heat 1 of 2

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	
1	3	Anax DASILVA (W)	Cardiff AAC	22.68	Q Helen James
2	91	Michael PRENTICE (W)	Cardiff AAC	22.98	q Rob Hooper
3	92	Aled THOMAS (W)	Menai T&F	24.27	q Barry Edwards
4	87	George GILES *	Bristol Academy of Sport	24.44	

Heat 2 of 2

1	15	Jamaul WHYTE (W)	Cardiff AAC	22.88	Q Peter Lane
2	13	James MORGAN (W)	Newport Harriers	24.87	
3	7	Atiqullah HUSSAINI *	Cardiff AAC	27.33	Peter Lane
4	4	Cameron DIXON *	Oswestry Olympians	DQ rule 112.1	Denis Doyle

Event - T33: U20 Men 400m Final

Welsh Record - Bruce TASKER, Carmarthen H, 47.74, Birmingham, Eng 5.03.2006

CBP - Gareth HOPKINS, 49.46, Cardiff AAC 31.01.2010

2011 Welsh Champion - Scott EDWARDS Cardiff AAC 51.46

Athletes qualified from heats T11

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	117	Owen SMITH (W)	Deeside AAC	49.96	Caroline Sayer
2	88	Jonathan HOBBS (W)	Cardiff AAC	52.27	
3	115	Christopher MCNAUGHT (W)	Menai T&F	53.63	Barry Edwards
4	113	Matthew ANTONIAZZI (W)	Cwmbran Harriers	DQ	James Thie

Event T11 - Event - T11: U20 Men 400m Heats

Athletes qualification to Final T22 1Q & 2q from T11

Heat 1 of 2

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	117	Owen SMITH (W)	Deeside AAC	50.35	Q Caroline Sayer
2	88	Jonathan HOBBS (W)	Cardiff AAC	52.22	q
3	115	Christopher MCNAUGHT (W)	Menai T&F	53.16	q Barry Edwards

Heat 2 of 2

1	113	Matthew ANTONIAZZI (W)	Cwmbran Harriers	51.95	Q James Thie
2	118	Joe THORNTON *	Bristol University	53.28	
3	92	Aled THOMAS (W)	Menai T&F	54.60	Barry Edwards



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WELSH ATHLETICS
ATHLETAU CYMRU

Event - T28: U20 Men 1500m Final

Welsh Record - Tony BLACKWELL, Wolverhampton, 03:52.00, Cosford, Eng 19.11.1977

CBP - Stephen DAVIES, 03.57.60, Newport Harriers 11.01.2003

2011 Welsh Champion - Daniel CHESWORTH Newport Harriers 04:07.46

Straight Final

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	135	Elliot SLADE (W)	Cardiff AAC	03:56.56	Arwyn Davies
2	133	Matthew O'LEARY (W)	Neath Harriers	04:16.34	Steve Jones
3	132	Naaman MORRIS (W)	Cardiff AAC	04:20.38	Arwyn Davies
4	131	Ronan LLYR (W)	Carmarthen Harriers	04:29.76	Kevin Evans

CBP

Event - T24: U20 Men 60m Hurdles Straight Final

Welsh Record - Nathan PALMER, Cardiff AAC, 7.93, Cardiff 11.02.2001

CBP - Kris JONES, 8.26, Newport Harriers 20.01.2002

2011 Welsh Champion - Curtis MATHEWS Barry & Vale Harriers 8.4*

Straight Final

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	66	Daniel BLAIN (W)	Carmarthen Harriers	8.49	Ossie Morgan
2	67	Tyron BLAKE (W)	Cardiff AAC	8.86	Jeff Harwood/Stephen Bailey
3	70	Jake WEBBER *	Yeovil Olympiads AC	9.72	Gareth Lease



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WELSH ATHLETICS
ATHLETAU CYMRU

Event - F7: U20 Men HIGH JUMP Final

Welsh Record - Andrew MCIVER/John HILL, Cardiff AAC/Solihull, 2.15, Cosford, Eng 26.1

CBP - John HILL, 2.03, Solihull 9.04.1983

2011 Welsh Champion - Ben DAVIES Swansea Harriers 1.90

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	174	Joshuah HILL *	Solihull	1.95	Mike Dolby
2	173	Stephen GUEST (W)	Bridgend AC	1.95	Mike Guest
3	175	Tomas MORGAN (W)	Newport Harriers	1.80	John Picket

Event - F16: U20 Men POLE VAULT Final

Welsh Record - Neil WINTER, Shaftesbury, 5.10, Birmingham, Eng 8.02.1992

CBP - Andrew PENK, 4.60, Cardiff AAC 9.02.1997 Cameron JOHNSTON, 4.60, Croydon 1

2011 Welsh Champion - Lewis NEWTON Cardiff AAC 4.13

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	185	Lewis NEWTON (W)	Cardiff AAC	4.33	Keith Grundy
2=	188	Stephen SCARFI (W)	Cwmbran Harriers	3.93	
2=	186	Nathan PENTIN *	Chesterfield	3.93	Jonathan Baker/Richard Pentin
4	187	Christopher PRICE *	City of Sheffield AC	3.93	Jonathan Baker
5	70	Jake WEBBER *	Yeovil Olympiads AC	3.33	

Event - F12: U20 Men LONG JUMP Final

Welsh Record - David GUEST, Bridgend, 7.33, Bompas, Fr 6.03.2010

CBP - James GARDNER, 6.99, City of Stoke AC 31.01.2010

2011 Welsh Champion - Curtis MATHEWS Barry & Vale Harriers 6.89

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	175	Tomas MORGAN (W)	Newport Harriers	6.55	John Picket
2	11	Kieron MARTIN (W)	Swansea Harriers	6.01	Steve Ingram
3	208	Billy THORPE *	Team Bath AC	5.88	Collin Baross
4	206	Jake FISHER *	Bristol Academy of Sport	5.84	Chris Millard
5	2	Michael BLAND (W)	Menai T&F	5.69	Barry Edwards

Event - F18: U20 Men TRIPLE JUMP Final

Welsh Record - Steven SHALDERS, Cardiff AAC, 15.45, Birmingham, Eng 20.02.1999

CBP - Alex EZECHI-OBIAKO, 14.24, Cardiff AAC 7.02.2009

2011 Welsh Champion - Kieron MARTIN Swansea Harriers 12.22

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	115	Christopher MCNAUGHT (W)	Menai T&F	12.62	Barry Edwards
2	206	Jake FISHER *	Bristol Academy of Sport	11.62	Chris Millard
3	208	Billy THORPE *	Team Bath AC	11.34	Collin Baross
4	67	Tyron BLAKE (W)	Cardiff AAC	11.26	Jeff Harwood/Stephen Bailey

Event - F20: U20 Men SHOT (6.00kg) Final

Welsh Record - Brett MORSE, Cardiff AAC, 17.51, Cardiff 14.12.2008

CBP - Jacob MATTHEWS, 15.94, Newport Harriers 7.02.2009

2011 Welsh Champion - Josh BUSSELL Cwmbran Harriers 13.64

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	223	Matthew FIELD (W)	Cardiff AAC	15.34	
2	222	Josh BUSSELL (W)	Cwmbran Harriers	13.04	
3	87	George GILES *	Bristol Academy of Sport	11.79	



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WELSH ATHLETICS
ATHLETAU CYMRU

Event - T29: U20 Women 60m Final

Welsh Record - Lisa ARMSTRONG, Torfean AC, 7.48, Cosford, Eng 16.03.1991

CBP - Lowri JONES, 7.66, Torfaen AC 20.02.2000

2011 Welsh Champion - Mica MOORE Cardiff AAC 7.82

Athletes qualified from heats T16

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	39	Abi DAVIES *	Team Bath AC	7.94	Nick Brown
2	40	Rhiannon JEFFREYS (W)	Neath Harriers	7.98	Peter Walton
3	45	Victoria MITCHELL (W)	City of Norwich AC	8.12	Mike Utting
4	43	Sophie LEWIS (W)	Menai T&F	8.15	Barry Edwards
5	47	Sian SWANSON (W)	Maldwyn Harriers	8.18	Denis Doyle
6	46	Megan O'SULLIVAN (W)	Cardiff AAC	8.27	
7	51	Francesca XAVIER *	Bristol Academy of Sport	8.68	
8	44	Samieka MACK *	Bristol Academy of Sport	8.73	
9	42	Napasakorn KANCHULA *	Cardiff AAC	9.73	Ian Dwight

Event - T20: U20 Women 200m Final

Welsh Record - Michelle PROBERT, Sale Harriers Manchester, 24.38, Berlin, Ger 28.

CBP - Rachel JOHNCOCK, 25.18, Colwyn Bay AC 22.01.2011

2011 Welsh Champion - Rachel JOHNCOCK Colwyn Bay 25.18

Athletes qualified from heats T6

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	40	Rhiannon JEFFREYS (W)	Neath Harriers	25.81	Peter Walton
2	96	Jamie-Leigh BOWEN (W)	Cardiff AAC	26.54	Peter Lane
3	45	Victoria MITCHELL (W)	City of Norwich AC	27.04	Mike Utting
4	98	Gwenllian WILLIAMS (W)	Cardiff AAC	DNS	Georgina Williams

Event T6 - Event - T6: U20 Women 200m Heats

Athletes qualification to Final T20 1Q & 2q from T6

Heat 1 of 2

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	
1	40	Rhiannon JEFFREYS (W)	Neath Harriers	26.54	Q Peter Walton
2	45	Victoria MITCHELL (W)	City of Norwich AC	26.74	q Mike Utting
3	97	Eloise LAITY (W)	Cardiff AAC	27.40	Peter Lane
4	42	Napasakorn KANCHULA *	Cardiff AAC	32.33	Ian Dwight

Heat 2 of 2

1	96	Jamie-Leigh BOWEN (W)	Cardiff AAC	26.54	Q Peter Lane
2	98	Gwenllian WILLIAMS (W)	Cardiff AAC	27.28	q Georgina Williams
3	43	Sophie LEWIS (W)	Menai T&F	27.42	Barry Edwards



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WELSH ATHLETICS
ATHLETAU CYMRU

Event - T35: U20 Women 400m Final

Welsh Record - Faye HARDING, Sale Harriers Manchester, 55.75, Birmingham, Eng :

CBP - Brigid EADES, 57.62, Newport Harriers 31.01.2010

2011 Welsh Champion - Megan ROGERS Wrexham AC 59.48

Athletes qualified from heats T14

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	129	Megan ROGERS (W)	Wrexham AC/UWIC	57.68	<i>Darrell Maynard</i>
2	124	Lauren BELL (W)	Pembrokeshire Harriers	60.02	<i>Peter Freeman</i>
3	130	Laura SMITH *	Team Bath AC	60.80	<i>Nick Brown</i>
4	125	Katie GEDDES *	Team Bath AC	61.67	<i>Nick Brown</i>

Event T14 - Event - T14: U20 Women 400m Heats

Athletes qualification to Final T35 1Q & 2q from T14

Heat 1 of 2

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	124	Lauren BELL (W)	Pembrokeshire Harriers	60.29	Q <i>Peter Freeman</i>
2	125	Katie GEDDES *	Team Bath AC	60.60	q <i>Nick Brown</i>
3	127	Emily MORRIS (W)	Swansea Harriers	64.28	<i>Wynford Leyshon/Steve Ryan</i>

Heat 2 of 2

1	129	Megan ROGERS (W)	Wrexham AC/UWIC	58.40	Q <i>Darrell Maynard</i>
2	130	Laura SMITH *	Team Bath AC	60.87	q <i>Nick Brown</i>
3	48	Catrin THOMAS (W)	Maldwyn Harriers	63.64	<i>Dave Peters</i>



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WELSH ATHLETICS
ATHLETAU CYMRU

Event - F5: U20 Women HIGH JUMP Final

Welsh Record - Rebecca JONES, Wrexham AC, 1.86, Cardiff 19.01.2002

CBP - Rebecca JONES, 1.86, Wrexham AC 19.01.2002

2011 Welsh Champion - Sian SWANSON Maldwyn Harriers 1.60

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	178	Evie GROGAN *	Taunton AC	1.72	Richard Llewellyn
2	47	Sian SWANSON (W)	Maldwyn Harriers	1.60	Denis Doyle
3	127	Emily MORRIS (W)	Swansea Harriers	1.55	Wynford Leyshon/Steve Ryan

Event - F3: U20 Women POLE VAULT Final

Welsh Record - Rhian CLARKE, Essex Ladies, 3.65, Lievin,Fr 3.03.1996

CBP - Elinor LEWIS, 3.61, Cardiff AAC 7.02.2009

2011 Welsh Champion - Naomi JAMES Swansea Harriers 3.53

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	195	Naomi JAMES (W)	Swansea Harriers	3.51	Ed Thompson
2	197	Vicky PRICE *	City of Sheffield AC	2.81	Jonathan Baker
3	193	Lucy DALY (W)	Cardiff AAC	2.61	Ed Thompson
4	196	Enfys JONES (W)	Carmarthen Harriers	2.61	Ed Thompson/Islwyn Rees
5	192	Paige COLLINGS *	Chesterfield	NMR	Jonathan Baker/Neil Collings

Event - F1: U20 Women LONG JUMP Final

Welsh Record - Nicola SHORT, Torfean AC, 5.77, Cosford,Eng 10.01.1986

CBP - Rhiannan YATES, 5.60, Cardiff AAC 31.01.2010

2011 Welsh Champion - Ffion REES Carmarthen Harriers 5.23

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	215	Ffion REES (W)	Carmarthen Harriers	5.34	
2	210	Melissa ARTHUR (W)	Newport Harriers	5.23	Ken Goodger/Hilary Goodger
3	213	Sophie LANE (W)	Swansea Harriers	4.97	Steve Ingram
4	211	Mared BAKER (W)	Menai T&F	4.73	Barry Edwards
5	214	Rhianydd LLEWELLYN (W)	Bridgend AC	4.62	Scott Simpson
6	212	Chelsea CHRISTOPHER (W)	Swansea Harriers	4.37	
7	42	Napasakorn KANCHULA *	Cardiff AAC	3.57	Ian Dwight

Event - F14: U20 Women TRIPLE JUMP Final

Welsh Record - Sally PEAKE, Liverpool, 11.79, Cardiff 5.01.2003

CBP - Sally PEAKE, 11.78, Liverpool H & AC 12.01.2003

2011 Welsh Champion - Megan O'SULLIVAN Cardiff AAC 11.40

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	46	Megan O'SULLIVAN (W)	Cardiff AAC	11.35	
2	220	Georgia PETINOI *	Bangor University	10.61	
3	47	Sian SWANSON (W)	Maldwyn Harriers	10.31	Denis Doyle
4	213	Sophie LANE (W)	Swansea Harriers	9.98	Steve Ingram
5	211	Mared BAKER (W)	Menai T&F	9.66	Barry Edwards
6	219	Amy CROCOMBE (W)	Deeside AAC	9.43	
7	221	Rhiannon THOMAS (W)	Swansea Harriers	9.03	Steve Ingram
8	212	Chelsea CHRISTOPHER (W)	Swansea Harriers	8.72	

Event - F10: U20 Women SHOT (4.00kg) Final

Welsh Record - Jayne BERRY, Brecon AC, 14.54, Cosford,Eng 18.03.1989

CBP - Sally-Jayne HINDS, 13.51, Swansea Harriers 8.01.2005

2011 Welsh Champion - Lucy GRIFFITHS Pembroke Harriers 11.26

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	227	Lucy GRIFFITHS (W)	Pembrokeshire Harriers	10.82	
2	228	Nina PRELLS (W)	Swansea Harriers	10.42	
3	219	Amy CROCOMBE (W)	Deeside AAC	7.37	



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WELSH ATHLETICS
ATHLETAU CYMRU

Event - T4: U15 Girls 3000m Final

Welsh Record - Olivia GWYNN, Swansea Harriers, 10:41.07, Cardiff , 9.01.2011

CBP - Olivia GWYNN, 10.41.07, Swansea Harriers 9.01.2011

2011 Welsh Champion - Olivia GWYNN Swansea Harriers 10:41.07

Straight Final

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	168	Bethan EVANS	Pontyclun AC	11:23.91	
2	167	Lily DAVIS	Deeside AAC	11:47.08	
3	170	Beth HARRIS	Swansea Harriers	11:57.01	Kevin Tobin/Andrew Jenkins
4	169	Emily GRIFFIN	Cardiff AAC	12:09.44	Steve Knight
5	171	Tegan HARRISON	Pembrokeshire Harriers	12:34.60	Peter Freeman
6	172	Ffion JENKINS	Swansea Harriers	12:46.62	

Event - T5: U15 Boys 3000m Final

Welsh Record - Simon LAWSON, Cardiff AAC, 09:35.59, Cardiff 25.01.2004

CBP - Simon LAWSON, 09.35.59, Cardiff AAC 25.01.2004

2011 Welsh Champion - Ciaran LEWIS Cardiff AAC 10:13.01

Straight Final

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	160	Nikita NEARY	Carmarthen Harriers	09:29.37	Delyth Brown
2	164	Tyler PRITCHARD	Cwmbran Harriers	09:50.58	Phil Banning
3	163	Alex PRICE	Aberdare VAAC	09:54.12	Sean Price
4	158	Jake HEYWARD	Cardiff AAC	09:54.19	Tim Fry
5	165	Michael ROBERTS	Colwyn Bay AC	10:26.89	
6	161	Marinus PETERSEN	Pembrokeshire Harriers	10:36.67	Peter Freeman

Welsh Record
CBP

Welsh Athletics : Distance Card

Meeting		36th Welsh Athletics Indoor Track & Field Championships U17 & U20		Venue	National Indoor Athletics Centre, Cyncoed, Cardiff				Date	Sun-05-February-2012				
Event		F1-U20W-LONG JUMP		11:00 AM	WELSH RECORD - Nicola SHORT, Torfean AC, 5.77, Cosford,Eng 10.01.1986									
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	153	Aisha KANCHULA *	Cardiff AAC											
2	42	Napasakorn KANCHULA *	Cardiff AAC	3.47	3.52	NJ	3.52	7	NJ	3.57	3.27	3.57	4.30	7
3	214	Rhianydd LLEWELLYN (W)	Bridgend AC	4.56	4.62	4.20	4.62	4	4.43	4.48	NJ	4.62	4.69	5
4	212	Chelsea CHRISTOPHER (W)	Swansea Harriers	4.18	4.10	4.37	4.37	6	4.19	4.26	4.26	4.37	4.70	6
5	216	Lucy TAYLOR (W)	Bridgend AC										5.00	
6	211	Mared BAKER (W)	Menai T&F	4.49	4.61	NJ	4.61	5	4.73	NJ	NJ	4.73	5.03	4
7	213	Sophie LANE (W)	Swansea Harriers	4.74	4.97	4.93	4.97	3	NJ	4.80	NJ	4.97	5.03	3
8	215	Ffion REES (W)	Carmarthen Harriers	4.48	5.13	5.27	5.27	1	NJ	5.34	5.28	5.34	5.44	1
9	210	Melissa ARTHUR (W)	Newport Harriers	5.17	5.20	5.04	5.20	2	5.19	5.10	5.23	5.23	5.47	2
10														
11														
12														
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15														
16														
FULL RESULTS											JUDGES' SIGNATURES			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	215	Ffion REES (W)	Carmarthen Harriers	5.34	9									
2	210	Melissa ARTHUR (W)	Newport Harriers	5.23	10									
3	213	Sophie LANE (W)	Swansea Harriers	4.97	11									
4	211	Mared BAKER (W)	Menai T&F	4.73	12									
5	214	Rhianydd LLEWELLYN (W)	Bridgend AC	4.62	13									
6	212	Chelsea CHRISTOPHER (W)	Swansea Harriers	4.37	14									
7	42	Napasakorn KANCHULA *	Cardiff AAC	3.57	15									
8					16									
											REFEREE SIGNATURE			

Welsh Athletics - Height Card

MEETING		36th Welsh Athletics Indoor Track & Field Championships U17 & U20			VENUE		National Indoor Athletics Centre, Cyncoed, Cardiff										DATE	Sun-05-February-2012				
EVENT		F2-U17W-POLE VAULT			11:00 AM		WELSH RECORD - Christina HUGHES, Deeside AAC, 3.60, Birmingham, Eng 24.02.2008															
							CHAMPIONSHIP BEST - Rebecca DAVIES, 3.41, Deeside AAC 7.02.2009															
							2011 WELSH CHAMPION - Lucy DALY Cardiff AAC 2.73															
Order	Bib	NAME	CLUB	START	1.71	1.81	1.91	2.01	2.11	2.21	2.31	2.41	2.51	2.61	2.71	Best	PB	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	
				Start Height	2.81	2.91	3.01	3.11	3.21													
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						
1	203	Cerys MCCOOL	Swansea Harriers	1.71	O	O	X O	O	O	X O	X O	X X X				2.31	1.85	2	6	13	4	
2	199	Caitlin ATKINS	Swansea Harriers	2.61	O	X O	X O	X X X						O	O	3.01	2.10	2	5	10	2	
3	200	Olivia EVANS	Cardiff AAC	2.71		X O	X O	X O	X X X						O	3.11	2.60	2	6	10	1	
4	202	Shannon LEE	Swansea Harriers	2.51									X O	X O	X X X	2.61	2.80	2	5	7	3	
5																2.94						
6																3.00						
7																3.00						
8																						
9																						
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11																						
12																						
13																						
14																						
15																						
16																						

FULL RESULTS													JUDGES SIGNATURES			
	Bib	NAME	CLUB	PERF	No.	Bib	NAME	CLUB	PERF							
1	200	Olivia EVANS	Cardiff AAC	3.11	9											
2	199	Caitlin ATKINS	Swansea Harriers	3.01	10											
3	202	Shannon LEE	Swansea Harriers	2.61	11											
4	203	Cerys MCCOOL	Swansea Harriers	2.31	12											
5					13											
6					14											
7					15											
8					16											

Welsh Athletics - Height Card

MEETING		36th Welsh Athletics Indoor Track & Field Championships U17 & U20				VENUE	National Indoor Athletics Centre, Cyncoed, Cardiff										DATE	Sun-05-February-2012				
EVENT		F3-U20W-POLE VAULT				11:00 AM	WELSH RECORD - Rhian CLARKE, Essex Ladies, 3.65, Lievin,Fr 3.03.1996										CHAMPIONSHIP BEST - Elinor LEWIS, 3.61, Cardiff AAC 7.02.2009					
							2011 WELSH CHAMPION - Naomi JAMES Swansea Harriers 3.53															
Order	Bib	NAME	CLUB	START	2.51	2.61	2.71	2.81	2.91	3.01	3.11	3.21	3.31	3.41	3.51	Best	PB	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	
				Start Height	3.61																	
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						
1	193	Lucy DALY (W)	Cardiff AAC	2.51	O	O	X X X									2.61	2.60	1	3	5	3	
2	196	Enfys JONES (W)	Carmarthen Harriers	2.51	X O	O	X X X									2.61	2.73	1	4	6	4	
3	197	Vicky PRICE *	City of Sheffield AC	2.81				X O	X X X							2.81	2.75	2	4	5	2	
4	192	Paige COLLINGS *	Chesterfield	3.11							X X X					NMR	3.11		3	3	5	
5	195	Naomi JAMES (W)	Swansea Harriers	3.31	X X X								O	O	O	3.51	3.35	1	3	6	1	
6																						
7																						
8																						
9																						
10																						
11																						
12																						
13																						
14																						
15																						
16																						

FULL RESULTS										JUDGES SIGNATURES											
Bib	NAME	CLUB	PERF	No.	Bib	NAME	CLUB	PERF													
1	195	Naomi JAMES (W)	Swansea Harriers	3.51	9																
2	197	Vicky PRICE *	City of Sheffield AC	2.81	10																
3	193	Lucy DALY (W)	Cardiff AAC	2.61	11																
4	196	Enfys JONES (W)	Carmarthen Harriers	2.61	12																
5	192	Paige COLLINGS *	Chesterfield	NMR	13																
6					14																
7					15																
8					16																

Welsh Athletics - Height Card

MEETING		36th Welsh Athletics Indoor Track & Field Championships U17 & U20			VENUE		National Indoor Athletics Centre, Cyncoed, Cardiff										DATE		Sun-05-February-2012			
EVENT		F4-U17W-HIGH JUMP			11:30 AM		WELSH RECORD - Julia CHARLTON, Carmarthen Harriers, 1.79, St Athan 24.02.1980															
							CHAMPIONSHIP BEST - Julia CHARLTON, 1.75, Carmarthen Harriers 27.03.1982															
							2011 WELSH CHAMPION - Eleanor BADHAMS Deeside AAC 1.63															
Order	Bib	NAME	CLUB	START	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.68				Best	PB	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	
				Start Height	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						
1	181	Shannon RICHARDS	Swansea Harriers	1.40		O	X O	X X X								1.45	1.47	2	4	6	5	
2	179	Anna CURLE	Bridgend AC	1.40		O	O	X X O	X X O	X X X						1.55	1.50	3	7	11	4	
3	182	Laura TRIGG	Cardiff AAC	1.45			O	X X O	O	X X X						1.55	1.56	1	5	8	3	
4	86	Rosie UNWIN	Maldwyn Harriers	1.35	X O	O	X O	X X X								1.45	1.56	2	5	8	6	
5	78	Georgia BATES	Deeside AAC													1.60						
6	180	Catrin JONES	Swansea Harriers	1.50				O	O	O	X X X					1.60	1.62	1	3	6	2	
7	183	Erin WALTERS	Carmarthen Harriers	1.40		O	O	O	X O	O	O	X X X				1.65	1.65	1	4	10	1	
8																						
9																						
10																						
11																						
12																						
13																						
14																						
15																						
16																						
FULL RESULTS																JUDGES SIGNATURES						
	Bib	NAME	CLUB	PERF	No.	Bib	NAME	CLUB	PERF													
1	183	Erin WALTERS	Carmarthen Harriers	1.65	9																	
2	180	Catrin JONES	Swansea Harriers	1.60	10																	
3	182	Laura TRIGG	Cardiff AAC	1.55	11																	
4	179	Anna CURLE	Bridgend AC	1.55	12																	
5	181	Shannon RICHARDS	Swansea Harriers	1.45	13																	
6	86	Rosie UNWIN	Maldwyn Harriers	1.45	14																	
7					15																	
8					16																	
										REFEREE'S SIGNATURE												

Welsh Athletics - Height Card

MEETING		36th Welsh Athletics Indoor Track & Field Championships U17 & U20			VENUE		National Indoor Athletics Centre, Cyncoed, Cardiff										DATE		Sun-05-February-2012															
EVENT		F6-U17M-HIGH JUMP			12:00 PM		WELSH RECORD - Chuka ENIH-SNELL, Swansea H, 2.07, Birmingham, Eng 5.02.2000										CHAMPIONSHIP BEST - Chuka ENIH-SNELL, 2.05, Swansea Harriers 20.02.2000		2011 WELSH CHAMPION - Jonathon BAILEY Cardiff AAC 1.83															
Order	Bib	NAME	CLUB	START	1.35			1.40			1.55			1.60			1.65			1.70			1.75			Best		PB	Trials at Ht Cleared	Total Failures	Total Trials	Final Position		
				Start Height	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres										
1	33	Nathan PHILLIPS	Swansea Harriers	1.35	X	X	X																			NMR			3	3	3			
2	176	Keiran INGRAM	Swansea Harriers	1.40				O			O			X	O		X	X	X							1.60		2	4	7	2			
3	177	Shaun MURRAY	Deeside AAC	1.60										O			O			O			X	X	X				1.70		1	3	6	1
4																																		
5																																		
6																																		
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FULL RESULTS																							JUDGES SIGNATURES											
	Bib	NAME	CLUB	PERF	No.	Bib	NAME	CLUB	PERF																									
1	177	Shaun MURRAY	Deeside AAC	1.70	9																													
2	176	Keiran INGRAM	Swansea Harriers	1.60	10																													
3	33	Nathan PHILLIPS	Swansea Harriers	NMR	11																													
4					12																													
5					13																													
6					14																													
7					15																													
8					16																													
										REFEREE'S SIGNATURE																								

Welsh Athletics - Height Card

MEETING		36th Welsh Athletics Indoor Track & Field Championships U17 & U20			VENUE		National Indoor Athletics Centre, Cyncoed, Cardiff										DATE		Sun-05-February-2012													
EVENT		F7-U20M-HIGH JUMP			12:00 PM		WELSH RECORD - Andrew MCIVER/John HILL, Cardiff AAC/Solihull, 2.15, Cosford,Eng 26.01.1980/11.01.1985																									
							CHAMPIONSHIP BEST - John HILL, 2.03, Solihull 9.04.1983																									
							2011 WELSH CHAMPION - Ben DAVIES Swansea Harriers 1.90																									
Order	Bib	NAME	CLUB	START	1.65		1.70		1.75		1.80		1.85		1.90		1.95		1.99								Best	PB	Trials at Ht Cleared	Total Failures	Total Trials	Final Position
				Height	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres										
1	175	Tomas MORGAN (W)	Newport Harriers	1.65	O		O		O		O		X	X	X												1.80	1.90	1	3	7	3
2	174	Joshuah HILL *	Solihull	1.70			O						O		O		X	O	X	X	X					1.95	1.97	2	4	8	1	
3	173	Stephen GUEST (W)	Bridgend AC	1.75				O				O		X	O	X	X	O	X	X	X					1.95	1.98	3	6	10	2	
4																																
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16																																

FULL RESULTS										JUDGES SIGNATURES		
	Bib	NAME	CLUB	PERF	No.	Bib	NAME	CLUB	PERF			
1	174	Joshuah HILL *	Solihull	1.95	9							
2	173	Stephen GUEST (W)	Bridgend AC	1.95	10							
3	175	Tomas MORGAN (W)	Newport Harriers	1.80	11							
4					12							
5					13							
6					14							
7					15					REFEREE'S SIGNATURE		
8					16							

Welsh Athletics : Distance Card

Meeting		36th Welsh Athletics Indoor Track & Field Championships U17 & U20		Venue	National Indoor Athletics Centre, Cyncoed, Cardiff				Date	Sun-05-February-2012				
Event		F8-U17W-LONG JUMP		12:10 PM	WELSH RECORD - Nicola SHORT, Torfean AC, 5.77, Cosford,Eng 10.01.1986									
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	181	Shannon RICHARDS	Swansea Harriers	NJ	4.21	4.08	4.21	10				4.21		10
2	179	Anna CURLE	Bridgend AC	4.30	4.19	4.31	4.31	9				4.31		9
3	103	Dannielle FRANKLIN	Llanelli AC	4.18	4.16	4.15	4.18	11				4.18		11
4	86	Rosie UNWIN	Maldwyn Harriers	4.43	4.25	4.43	4.43	8	4.25	4.48	4.46	4.48		8
5	217	Bethan HILL-HOWELLS	Newport Harriers	4.88	NJ	5.00	5.00	5				5.00		5
6	85	Claire TAYLOR	Cardiff AAC	4.45	4.51	4.42	4.51	6	4.44	4.49	4.39	4.51		7
7	84	Katherine MORRIS	Swansea Harriers	4.94	5.01	4.96	5.01	4	4.86	5.04	4.91	5.04		3
8	78	Georgia BATES	Deeside AAC	4.84	4.75	5.02	5.02	3	4.95	4.87	5.01	5.02		4
9	183	Erin WALTERS	Carmarthen Harriers	5.17	5.13	5.19	5.19	1	5.28	5.22	5.18	5.28		1
10	54	Rhiann DAVIES	Telford AC	NJ	4.46	4.48	4.48	7	4.49	NJ	4.87	4.87		6
11	60	Brenna PRICE	Aberdare VAAC	5.00	4.92	5.10	5.10	2	4.66	4.83	5.00	5.10		2
12	153	Aisha KANCHULA *	Cardiff AAC	3.28	3.31	3.17	3.31	12				3.31		12
13														
14														
15														
16														

FULL RESULTS

JUDGES' SIGNATURES

POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF
1	183	Erin WALTERS	Carmarthen Harriers	5.28	9	179	Anna CURLE	Bridgend AC	4.31
2	60	Brenna PRICE	Aberdare VAAC	5.10	10	181	Shannon RICHARDS	Swansea Harriers	4.21
3	84	Katherine MORRIS	Swansea Harriers	5.04	11	103	Dannielle FRANKLIN	Llanelli AC	4.18
4	78	Georgia BATES	Deeside AAC	5.02	12	153	Aisha KANCHULA *	Cardiff AAC	3.31
5	217	Bethan HILL-HOWELLS	Newport Harriers	5.00	13				
6	54	Rhiann DAVIES	Telford AC	4.87	14				
7	85	Claire TAYLOR	Cardiff AAC	4.51	15				
8	86	Rosie UNWIN	Maldwyn Harriers	4.48	16				

REFEREE SIGNATURE

Welsh Athletics : Distance Card

CBP

Meeting		36th Welsh Athletics Indoor Track & Field Championships U17 & U20		Venue		National Indoor Athletics Centre, Cyncoed, Cardiff				Date		Sun-05-February-2012		
Event		F9-U17W-SHOT(4.00kg)		1:30 PM		WELSH RECORD - Philippa ROLES, Swansea Harriers, 13.68, Birmingham, Eng 26.02.1994								
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	229	Stephanie NICHOLAS	Swansea Harriers	8.95	9.17	9.49	9.49	2	9.54	NT	9.20	9.54	11.17	2
2	230	Adele NICOLL	Birchfield Harriers	12.88	NT	12.34	12.88	1	12.44	13.04	12.56	13.04	12.76	1
3														
4														
5														
6														
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8														
9														
10														
11														
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16														

FULL RESULTS

JUDGES' SIGNATURES

POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF
1	230	Adele NICOLL	Birchfield Harriers	13.04	9				
2	229	Stephanie NICHOLAS	Swansea Harriers	9.54	10				
3					11				
4					12				
5					13				
6					14				
7					15				
8					16				

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting		36th Welsh Athletics Indoor Track & Field Championships U17 & U20		Venue				National Indoor Athletics Centre, Cyncoed, Cardiff				Date		Sun-05-February-2012	
Event		F10-U20W-SHOT(4.00kg)		1:30 PM				WELSH RECORD - Jayne BERRY, Brecon AC, 14.54, Cosford,Eng 18.03.1989							
Order	BIB			CHAMPIONSHIP BEST - Sally-Jayne HINDS, 13.51, Swansea Harriers 8.01.2005											
				2011 WELSH CHAMPION - Lucy GRIFFITHS Pembroke Harriers 11.26											
		Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB	Final Position	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			Metres
1	219	Amy CROCOMBE (W)	Deeside AAC	7.09	7.37	7.19	7.37	3	7.25	6.77	6.85	7.37	8.99	3	
2	228	Nina PRELLS (W)	Swansea Harriers	10.11	10.42	9.17	10.42	2	10.12	9.73	9.97	10.42	10.47	2	
3	227	Lucy GRIFFITHS (W)	Pembrokeshire Harriers	10.33	10.82	10.52	10.82	1	10.54	10.36	10.44	10.82	11.55	1	
4															
5															
6															
7															
8															
9															
10															
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12															
13															
14															
15															
16															

FULL RESULTS										JUDGES' SIGNATURES				
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	227	Lucy GRIFFITHS (W)	Pembrokeshire Harriers	10.82	9									
2	228	Nina PRELLS (W)	Swansea Harriers	10.42	10									
3	219	Amy CROCOMBE (W)	Deeside AAC	7.37	11									
4					12									
5					13									
6					14									
7					15									
8					16									
										REFEREE SIGNATURE				

Welsh Athletics : Distance Card

Meeting		36th Welsh Athletics Indoor Track & Field Championships U17 & U20		Venue	National Indoor Athletics Centre, Cyncoed, Cardiff				Date	Sun-05-February-2012					
Event		F11-U17M-LONG JUMP		1:45 PM	WELSH RECORD - Scott HERBERT, Milton Keynes, 6.90, Cosford, Eng 10.02.1990										
Order		BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB	Final Position
		Metres			Metres	Metres	Metres	Metres		Metres					
1	35	Liam SIMPKINS	Pontyclun AC	5.23	5.37	5.30	5.37	5	5.31	5.17	WD	5.37		5	
2	25	Samuel HUGHES	Cwmbran Harriers	5.17	5.04	4.91	5.17	6	5.17	5.18	5.05	5.18	5.51	6	
3	209	Lewys JONES	Cardiff AAC	5.79	5.60	5.76	5.79	4	4.33	NJ	5.45	5.79	5.78	4	
4	18	Joshua DAVIES	Pembrokeshire Harriers	6.03	5.50	NJ	6.03	2	NJ	5.87	PASS	6.03	6.30	2	
5	24	George GRIFFITHS	Cardiff AAC	5.77	5.87	NJ	5.87	3	5.68	WD		5.87	6.34	3	
6	74	Aled PRICE	Carmarthen Harriers	6.45	6.38	6.41	6.45	1	6.28	NJ	NJ	6.45	6.48	1	
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															

FULL RESULTS										JUDGES' SIGNATURES				
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	74	Aled PRICE	Carmarthen Harriers	6.45	9									
2	18	Joshua DAVIES	Pembrokeshire Harriers	6.03	10									
3	24	George GRIFFITHS	Cardiff AAC	5.87	11									
4	209	Lewys JONES	Cardiff AAC	5.79	12									
5	35	Liam SIMPKINS	Pontyclun AC	5.37	13									
6	25	Samuel HUGHES	Cwmbran Harriers	5.18	14									
7					15									
8					16									

Welsh Athletics : Distance Card

Meeting		36th Welsh Athletics Indoor Track & Field Championships U17 & U20		Venue	National Indoor Athletics Centre, Cyncoed, Cardiff					Date	Sun-05-February-2012				
Event		F12-U20M LONG JUMP		1:45 PM	WELSH RECORD - David GUEST, Bridgend , 7.33, Bompas,Fr 6.03.2010										
Order		BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB	Final Position
		Metres			Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	2	Michael BLAND (W)	Menai T&F	NJ	NJ	5.69	5.69	5	4.97	3.73	PASS	5.69	5.42	5	
2	9	James LEDGER (W)	Swansea Harriers	5.42	NJ	4.91	5.42	6	PASS	PASS	NJ		5.42		
3	208	Billy THORPE *	Team Bath AC	5.76	5.88	5.32	5.88	3	5.64	PASS	5.67	5.88	5.88	3	
4	206	Jake FISHER *	Bristol Academy of Sport	NJ	5.78	NJ	5.78	4	5.84	5.80	NJ	5.84	5.84	4	
5	11	Kieron MARTIN (W)	Swansea Harriers	5.73	NJ	6.01	6.01	2	NJ	5.90	NJ	6.01	6.01	2	
6	175	Tomas MORGAN (W)	Newport Harriers	6.22	6.55	6.52	6.55	1	6.45	6.41	6.33	6.55	6.55	1	
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14															
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16															

FULL RESULTS										JUDGES' SIGNATURES				
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	175	Tomas MORGAN (W)	Newport Harriers	6.55	9									
2	11	Kieron MARTIN (W)	Swansea Harriers	6.01	10									
3	208	Billy THORPE *	Team Bath AC	5.88	11									
4	206	Jake FISHER *	Bristol Academy of Sport	5.84	12									
5	2	Michael BLAND (W)	Menai T&F	5.69	13									
6					14									
7					15									
8					16									

Welsh Athletics : Distance Card

Meeting		36th Welsh Athletics Indoor Track & Field Championships U17 & U20		Venue		National Indoor Athletics Centre, Cyncoed, Cardiff			Date		Sun-05-February-2012			
Event		F13-U17W-TRIPLE JUMP		2:15 PM		WELSH RECORD - Jayne LUDLOW, Cardiff AAC, 11.74, Birmingham,Eng 13.02.1994								
Order	BIB			1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB	Final Position
		Name	Club	Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	59	Alice NOTTINGHAM	Cardiff AAC	7.90		7.99	7.99	3	8.09	7.80	8.18	8.18		3
2	55	Charlotte JOHN	Neath Harriers	8.15		7.93	8.15	2	8.10	8.05	8.19	8.19	8.22	2
3	217	Bethan HILL-HOWELLS	Newport Harriers	10.28	10.44	10.51	10.51	1	10.36	10.11	10.29	10.51	10.26	1
4														
5														
6														
7														
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16														
FULL RESULTS											JUDGES' SIGNATURES			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	217	Bethan HILL-HOWELLS	Newport Harriers	10.51	9									
2	55	Charlotte JOHN	Neath Harriers	8.19	10									
3	59	Alice NOTTINGHAM	Cardiff AAC	8.18	11									
4					12									
5					13									
6					14									
7					15									
8					16									
										REFEREE SIGNATURE				

Welsh Athletics : Distance Card

Meeting		36th Welsh Athletics Indoor Track & Field Championships U17 & U20		Venue	National Indoor Athletics Centre, Cyncoed, Cardiff				Date	Sun-05-February-2012				
Event		F14-U20W-TRIPLE JUMP		2:15 PM	WELSH RECORD - Sally PEAKE, Liverpool, 11.79, Cardiff 5.01.2003									
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	212	Chelsea CHRISTOPHER (W)	Swansea Harriers	8.57	8.57	8.68	8.68	8	8.72	8.71	8.63	8.72	9.32	8
2	221	Rhiannon THOMAS (W)	Swansea Harriers	8.68	8.84	8.68	8.84	7	NJ	9.03	8.83	9.03	9.53	7
3	219	Amy CROCOMBE (W)	Deeside AAC	8.83	8.79	9.43	9.43	6	8.73	9.31	9.08	9.43	9.66	6
4	213	Sophie LANE (W)	Swansea Harriers	9.79	9.98	9.47	9.98	4	NJ	9.64	9.72	9.98	10.52	4
5	211	Mared BAKER (W)	Menai T&F	NJ	9.63	NJ	9.63	5	9.61	9.60	9.66	9.66	10.64	5
6	47	Sian SWANSON (W)	Maldwyn Harriers		10.31	NJ	10.31	3	NJ	9.64		10.31	10.86	3
7	46	Megan O'SULLIVAN (W)	Cardiff AAC		11.04	11.35	11.35	1	11.19	10.95	NJ	11.35	11.67	1
8	220	Georgia PETINOU *	Bangor University	10.08	10.31	10.61	10.61	2	NJ	10.20	10.15	10.61	11.73	2
9														
10														
11														
12														
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16														

FULL RESULTS

JUDGES' SIGNATURES

POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF
1	46	Megan O'SULLIVAN (W)	Cardiff AAC	11.35	9				
2	220	Georgia PETINOU *	Bangor University	10.61	10				
3	47	Sian SWANSON (W)	Maldwyn Harriers	10.31	11				
4	213	Sophie LANE (W)	Swansea Harriers	9.98	12				
5	211	Mared BAKER (W)	Menai T&F	9.66	13				
6	219	Amy CROCOMBE (W)	Deeside AAC	9.43	14				
7	221	Rhiannon THOMAS (W)	Swansea Harriers	9.03	15				
8	212	Chelsea CHRISTOPHER (W)	Swansea Harriers	8.72	16				

REFEREE SIGNATURE

Welsh Athletics - Height Card

MEETING		36th Welsh Athletics Indoor Track & Field Championships U17 & U20			VENUE		National Indoor Athletics Centre, Cyncoed, Cardiff										DATE	Sun-05-February-2012				
EVENT		F15-U17M-POLE VAULT			2:30 PM		WELSH RECORD - Neil WINTER, Shaftesbury, 4.85, Cosford,Eng 17.02.1990										CHAMPIONSHIP BEST - Benjamin GREGORY, 4.21, V of Aylesbury AC 27.01.2007					
							2011 WELSH CHAMPION - David CALLAN Cardiff AAC 3.23															
Order	Bib	NAME	CLUB	START	2.03	2.23	2.43	2.73	2.83	2.93	3.03	3.13	3.43	3.53	3.63	Best	PB	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	
				Start Height	3.73	3.83	3.93															
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						
1	191	Dylan PRICE	Stanwell H Sch	2.03	O	O	X X X									2.23	2.40	1	3	5	4	
2	189	Joshua HOLLISEY-MCLEAN	Swansea Harriers	2.73				X O	X X O	O	X O	X X X				3.03	2.70	2	7	11	3	
3	74	Aled PRICE	Carmarthen Harriers	2.73				O		O	X O	X X X				3.03	3.11	2	4	7	2	
4	190	Lewis PREECE	Swansea Harriers	3.43	O	O	X X X						O		O	3.83	3.70	1	3	7	1	
5																						
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FULL RESULTS													JUDGES SIGNATURES			
	Bib	NAME	CLUB	PERF	No.	Bib	NAME	CLUB	PERF							
1	190	Lewis PREECE	Swansea Harriers	3.83	9											
2	74	Aled PRICE	Carmarthen Harriers	3.03	10											
3	189	Joshua HOLLISEY-MCLEAN	Swansea Harriers	3.03	11											
4	191	Dylan PRICE	Stanwell H Sch	2.23	12											
5					13											
6					14											
7					15											
8					16											

Welsh Athletics - Height Card

MEETING		36th Welsh Athletics Indoor Track & Field Championships U17 & U20			VENUE		National Indoor Athletics Centre, Cyncoed, Cardiff										DATE	Sun-05-February-2012				
EVENT		F16-U20M-POLE VAULT			2:30 PM		WELSH RECORD - Neil WINTER, Shaftesbury, 5.10, Birmingham, Eng 8.02.1992															
							CHAMPIONSHIP BEST - Andrew PENK, 4.60, Cardiff AAC 9.02.1997 Cameron JOHNSTON, 4.60, Croydon H 19.02.2000															
							2011 WELSH CHAMPION - Lewis NEWTON Cardiff AAC 4.13															
Order	Bib	NAME	CLUB	START	2.83	2.93	3.03	3.13	3.23	3.33	3.43	3.63	3.73	3.83	3.93	Best	PB	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	
				Start Height	4.03	4.13	4.33	4.53														
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	70	Jake WEBBER *	Yeovil Olympiads AC	2.83	O	O	O	X O	O	O	X X X					3.33		1	4	10	5	
2	187	Christopher PRICE *	City of Sheffield AC	3.63	X X X							X X O		X O	O	3.93	3.92	1	6	9	4	
3	188	Stephen SCARFI (W)	Cwmbran Harriers	3.73	X X X								O	O	O	3.93	4.00	1	3	6	2=	
4	186	Nathan PENTIN *	Chesterfield	3.93		X X X									O	3.93	4.02	1	3	4	2=	
5	185	Lewis NEWTON (W)	Cardiff AAC	4.33			O	X X X								4.33	4.60	1	3	4	1	
6																						
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FULL RESULTS																	JUDGES SIGNATURES					
	Bib	NAME	CLUB	PERF	No.	Bib	NAME	CLUB	PERF													
1	185	Lewis NEWTON (W)	Cardiff AAC	4.33	9																	
2	188	Stephen SCARFI (W)	Cwmbran Harriers	3.93	10																	
3	186	Nathan PENTIN *	Chesterfield	3.93	11																	
4	187	Christopher PRICE *	City of Sheffield AC	3.93	12																	
5	70	Jake WEBBER *	Yeovil Olympiads AC	3.33	13																	
6					14																	
7					15																	
8					16																	
										REFEREE'S SIGNATURE												

Welsh Athletics : Distance Card

Meeting		36th Welsh Athletics Indoor Track & Field Championships U17 & U20		Venue		National Indoor Athletics Centre, Cyncoed, Cardiff			Date		Sun-05-February-2012			
Event		F17-U17M-TRIPLE JUMP		2:45 PM		WELSH RECORD - Steven SHALDERS, Cardiff AAC, 14.42, Birmingham,Eng 22.02.1998								
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	75	Jack STRAW	Swansea Harriers	PASS	PASS	10.24	10.24	5	NJ	10.62	10.79	10.79	10.82	5
2	25	Samuel HUGHES	Cwmbran Harriers	11.38	11.81	11.58	11.81	2	11.60	11.48	11.40	11.81	11.19	2
3	71	Kyle ARNOLD	Newport Harriers	NJ	NJ	11.40	11.40	3	NJ	NJ	11.43	11.43	11.24	3
4	20	Gage FRANCIS	Cardiff AAC	11.30	NJ	11.00	11.30	4	11.37	11.07	11.12	11.37	11.26	4
5	28	Connor LAVERTY	Menai T&F	11.89	PASS	PASS	11.89	1	12.32	12.25	PASS	12.32	12.87	1
6														
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FULL RESULTS											JUDGES' SIGNATURES			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	28	Connor LAVERTY	Menai T&F	12.32	9									
2	25	Samuel HUGHES	Cwmbran Harriers	11.81	10									
3	71	Kyle ARNOLD	Newport Harriers	11.43	11									
4	20	Gage FRANCIS	Cardiff AAC	11.37	12									
5	75	Jack STRAW	Swansea Harriers	10.79	13									
6					14					REFEREE SIGNATURE				
7					15									
8					16									

Welsh Athletics : Distance Card

Meeting		36th Welsh Athletics Indoor Track & Field Championships U17 & U20		Venue		National Indoor Athletics Centre, Cyncoed, Cardiff			Date		Sun-05-February-2012			
Event		F18-U20M-TRIPLE JUMP		2:45 PM		WELSH RECORD - Steven SHALDERS, Cardiff AAC, 15.45, Birmingham, Eng 20.02.1999								
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	206	Jake FISHER *	Bristol Academy of Sport	NJ	NJ	10.84	10.84	4	11.62	NJ	NJ	11.62	11.70	2
2	208	Billy THORPE *	Team Bath AC	11.34	11.22	11.32	11.34	2	11.32	10.76		11.34	11.70	3
3	67	Tyron BLAKE (W)	Cardiff AAC	11.26	10.67	11.23	11.26	3	10.77	10.93		11.26	12.29	4
4	115	Christopher MCNAUGHT (W)	Menai T&F	12.40	12.19	12.62	12.62	1	NJ	11.78		12.62	13.01	1
5														
6														
7														
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14														
15														
16														
FULL RESULTS												JUDGES' SIGNATURES		
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	115	Christopher MCNAUGHT (W)	Menai T&F	12.62	9									
2	206	Jake FISHER *	Bristol Academy of Sport	11.62	10									
3	208	Billy THORPE *	Team Bath AC	11.34	11									
4	67	Tyron BLAKE (W)	Cardiff AAC	11.26	12									
5					13									
6					14									
7					15									
8					16									
										REFEREE SIGNATURE				

Welsh Athletics : Distance Card

Meeting		36th Welsh Athletics Indoor Track & Field Championships U17 & U20		Venue	National Indoor Athletics Centre, Cyncoed, Cardiff				Date	Sun-05-February-2012				
Event		F19-U17M-SHOT(5.00kg)		WELSH RECORD - Clayton TURNER, Crawley AC, 16.73, 8.12.1985										
Order	BIB			3:30 PM CHAMPIONSHIP BEST - Mathew EVANS, 15.61, Carmarthen Harriers 8.01.2005										
				2011 WELSH CHAMPION - Matthew FIELD Cardiff AAC 14.32										
		Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB	Final Position
		Metres	Metres	Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	225	Jack BEYNON	Swansea Harriers	9.56	9.81	8.97	9.81	3	8.78	8.98	NT	9.81	9.44	3
2	21	Rhys GEALY	Swansea Harriers	12.05	11.72	11.63	12.05	2	12.21	NT	NT	12.21	12.03	2
3	28	Connor LAVERTY	Menai T&F	14.40	14.34	15.03	15.03	1	15.41	14.56	PASS	15.41	15.13	1
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5														
6														
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16														
FULL RESULTS											JUDGES' SIGNATURES			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	28	Connor LAVERTY	Menai T&F	15.41	9									
2	21	Rhys GEALY	Swansea Harriers	12.21	10									
3	225	Jack BEYNON	Swansea Harriers	9.81	11									
4					12									
5					13									
6					14									
7					15									
8					16									
										REFEREE SIGNATURE				

Welsh Athletics : Distance Card

Meeting		36th Welsh Athletics Indoor Track & Field Championships U17 & U20		Venue	National Indoor Athletics Centre, Cyncoed, Cardiff					Date	Sun-05-February-2012			
Event		F20-U20M-SHOT-(5.00kg)		3:30 PM	WELSH RECORD - Brett MORSE, Cardiff AAC, 17.51, Cardiff 14.12.2008									
Order	BIB			1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	PB	Final Position
		Name	Club	Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	87	George GILES *	Bristol Academy of Sport	10.64	9.94	NT	10.64	3	NT	11.79	NT	11.79	11.73	3
2	222	Josh BUSSELL (W)	Cwmbran Harriers	12.46	13.01	12.96	13.01	2	12.89	13.04	NT	13.04	14.28	2
3	223	Matthew FIELD (W)	Cardiff AAC	14.35	14.40	15.34	15.34	1	15.20	NT	NT	15.34	15.37	1
4														
5														
6														
7														
8														
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16														
FULL RESULTS											JUDGES' SIGNATURES			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	223	Matthew FIELD (W)	Cardiff AAC	15.34	9									
2	222	Josh BUSSELL (W)	Cwmbran Harriers	13.04	10									
3	87	George GILES *	Bristol Academy of Sport	11.79	11									
4					12									
5					13									
6					14									
7					15									
8					16									
										REFEREE SIGNATURE				

36th Welsh Athletics Indoor Track & Field
Welsh Championships
2012 Medalists

	Athlete	Club	Perf	Athlete	Club	Perf	Athlete	Club	Perf
U13B 60m	Ben PARIS	Cardiff AAC	8.31	Ceirion HOPKINS	Neath Harriers	8.33	Ben EVANS	Pembrokeshire Harriers	8.35
U13B 200m	Samuel WINK	Cardiff AAC	27.63	Stephen JONES	Aberdare VAAC	28.65	Ceirion HOPKINS	Neath Harriers	28.81
U13B 800m	Thomas EVANS	Wrexham AC	02:30.13	Josh ABLETT	Colwyn Bay	02:32.51	Elliot LAWRENCE	Swansea Harriers	02:32.58
U13G 1500m	Thomas EVANS	Wrexham AC	05:06.27	Elliot LAWRENCE	Swansea Harriers	05:08.76	James VINCENT	Cardiff AAC	05:10.44
U13B 60m HURDLES	Michael THOMPSON	Swansea Harriers	10.25	Scott MORGAN	Swansea Harriers	11.18	Deio HUGHES	Cardiff AAC	11.35
U13B HIGH JUMP	James VINCENT	Cardiff AAC	1.35	Deio HUGHES	Cardiff AAC	1.35	Samuel WINK	Cardiff AAC	1.35
U13B LONG JUMP	Ceirion HOPKINS	Neath Harriers	4.52	James VINCENT	Cardiff AAC	4.22	Thomas ATKINSON	Cardiff AAC	4.20
U13B SHOT	Scott HILL	Swansea Harriers	8.23	Ben EVANS	Pembrokeshire Harriers	7.77	Dylan PARRY	Bridgend AC	7.69
U13G 60m	Sarah OMOREGIE	Pembrokeshire Harriers	8.53	Rosie HAINING	Aberdare VAAC	8.69	Rhiannon MAINE	Swansea Harriers	8.81
U13G 200m	Gabrielle FAKANDE	Cwmbran Harriers	29.51	Catrin LORD	Cardiff AAC	29.65	Armani WILLIAMS	Newport Harriers	30.30
U13G 800m	Holli JEHU	Aberdare VAAC	02:35.37	Isobel DODD	Bridgend AC	02:40.51	Sara FLOWER	North Somerset AC	02:41.85
U13G 1500m	Holli JEHU	Aberdare VAAC	05:29.38	Caitlin EXTON	Cardiff AAC	05:29.79	Katie LONG	Cardiff AAC	05:30.08
U13G 60m HURDLES	Sarah OMOREGIE	Pembrokeshire Harriers	10.22	Bethan JOHNSON	Bridgend AC	10.54	Esme GREER	Pembrokeshire Harriers	10.56
U13G HIGH JUMP	Sarah OMOREGIE	Pembrokeshire Harriers	1.55	Ffion LLEWELLYN	Bridgend AC	1.29	Emily COLES	Swansea Harriers	1.26
U13G LONG JUMP	Gabrielle FAKANDE	Cwmbran Harriers	4.14	Emily THOMAS	Cardiff AAC	3.94	Catrin LORD	Cardiff AAC	3.94
U13G SHOT	Sarah WATKINS	Neath Harriers	9.24	Rachel JONES	Swansea Harriers	9.08	Amy ROTHERO	Pembrokeshire Harriers	6.68
U15B 60m	Sion ROBERTS	Wrexham AC	7.32	Shane HUGHES	Wrexham AC	7.54	Harry HILLMAN	Cardiff AAC	7.81
U15B 200m	Sion ROBERTS	Wrexham AC	23.56	Shane HUGHES	Wrexham AC	24.28	Ryan JAMES	Cardiff AAC	24.69
U15B 400m	Ryan JAMES	Cardiff AAC	55.13	Tyler PRITCHARD	Cwmbran Harriers	55.93	Luke BROWN	Aberdare VAAC	59.00
U15B 800m	Nikita NEARY	Carmarthen Harriers	02:04.30	Tyler PRITCHARD	Cwmbran Harriers	02:08.37	Danny MORGAN	Aberdare VAAC	02:09.52
U15B 1500m	Nikita NEARY	Carmarthen Harriers	04:20.61	Alex PRICE	Aberdare VAAC	04:27.49	Tyler PRITCHARD	Cwmbran Harriers	04:33.68
U15B 60M HURDLES	Harry HILLMAN	Cardiff AAC	9.20	Rhys ROBERTS	Bridgend AC	9.90	Rhys HARRIS	Swansea Harriers	10.10
U15B HIGH JUMP	Thomas TROTMAN	Cardiff AAC	1.86	Miles KELLER-JENKINS	Swansea Harriers	1.75	Harry HILLMAN	Cardiff AAC	1.55
U15B POLE VAULT	No Competitors								
U15B LONG JUMP	Thomas TROTMAN	Cardiff AAC	5.62	Amin ULLAH	Barry & Vale Harriers	5.34	Harry HILLMAN	Cardiff AAC	5.09
U15B SHOT	Nathan THOMASON	Colwyn Bay	12.45	Jake EVANS	Pembrokeshire Harriers	12.38	Jared ROSSER	Cwmbran Harriers	9.94
U15G 60m	Hannah BRIER	Swansea Harriers	7.77	Amelia REYNOLDS	Newport Harriers	8.20	Emily WRIGHT	Yate AC	8.21
U15G 200m	Hannah BRIER	Swansea Harriers	25.76	Bethan REGISTER	Cardiff AAC	27.35	Chloe HUGHES	Deeside AAC	27.86
U15G 300m	Amelia REYNOLDS	Newport Harriers	43.78	Emily WOOSTER	Barry & Vale Harriers	44.59	Rhiannon LONG	Cardiff AAC	45.51
U15G 800m	Cari HUGHES	Menai T&F	02:25.06	Lily DAVIS	Deeside AAC	02:29.78	Bethan EVANS	Pontyclun AC	02:33.59
U15G 1500m	Cari HUGHES	Menai T&F	05:02.31	Bethan EVANS	Pontyclun AC	05:07.85	Caitlin PAGE	Sarn-Helen AC	05:10.14
U15G 60M HURDLES	Jessica MERRICK	Swansea Harriers	9.64	Abigail BOWERS	Oswestry Olympians	9.71	Jamie O'DRISCOLL	Swansea Harriers	10.27
U15G HIGH JUMP	Lucy MATON	Cardiff AAC	1.40	Jodi BEYNON	Blaenau Gwent AC	1.35	Abigail BUXTON	Pembrokeshire Harriers	1.35
U15G POLE VAULT	Carys JONES	Carmarthen Harriers	2.76	Anna BARNES	Swansea Harriers	2.56	Maryanne EVE	Swansea Harriers	1.96
U15G LONG JUMP	Emily WRIGHT	Yate AC	5.30	Chloe HUGHES	Deeside AAC	5.12	Jodi BEYNON	Blaenau Gwent AC	4.87
U15G SHOT	Katy WHITLEY	Wrexham AC	10.71	Emily COCKRILL	Swansea Harriers	10.16	Lauren RICHARDS	Savern AC	9.28
U17M 800m	Jacob PREECE	Cardiff AAC	01:58.55	Thomas HARDING	Colwyn Bay	01:59.15	Rhys GRANVILLE	Carmarthen Harriers	01:59.22
U17W 800m	Abigail BACKSHALL	Colwyn Bay	02:22.46	Kate SEARY	Cardiff AAC	02:24.71	Cerys HEAHER	Vale Royal AC	02:26.28
U20M 800m	Elliot SLADE U20M	Cardiff AAC	01:55.43	Tom EARLEY U20M	Colwyn Bay	01:57.49	Matthew RICHARDS U20M	Coventry Godiva	02:01.90
U20W 800m	Ffion PRICE U20W	Brecon AC	02:15.26	Rhianwedd PRICE U20W	Brecon AC	02:18.22	Lauren BELL U20W	Pembrokeshire Harriers	02:21.24
SM 60m	Marc RITCHIE SM	Aberdare VAAC	6.87	Rhys KNAPMAN U23M	Cardiff AAC	6.96	Ben SIMONS SM	Telford AC	6.98
SM 200m	Michael PRENTICE U20M	Cardiff AAC	22.50	Darren LEWIS SM	Sale Harriers Manchester	23.29			
SM 400m	Matthew ANTONIAZZI U20M	Cwmbran Harriers	51.43	Paul BENNETT U23M	Swansea Harriers	51.45	Daniel DELL SM	Cardiff AAC	51.63
SM 800m	Joe THOMAS SM	Cardiff AAC	01:53.08	Andrew DE-CAMPS SM	Gloucester AC	01:55.94	Carl HILL U23M	Aberdare VAAC	01:56.35
SM 1500m	Adam BITCHELL U23M	Cardiff AAC	03:54.63	Ieuan THOMAS SM	Cardiff AAC	03:55.42	Michael KERSHAW U23M	Cardiff AAC	03:57.00
SM 60m HURDLES	Oliver JEFFERIES U20M	University of Bristol	8.74	Tyron BLAKE U20M	Cardiff AAC	9.05			
SM HIGH JUMP	Robert MITCHELL SM	Sale Harriers Manchester	2.05	Owen CHESHER SM	Brecon AC	1.90	Stephen GUEST U20M	Bridgend AC	1.85
SM POLE VAULT	Lewis NEWTON U20M	Cardiff AAC	4.54	David CALLAN	Cardiff AAC	4.24	Emyr JONES U23M	Carmarthen Harriers	4.04
SM LONG JUMP	Aled PRICE U17M	Carmarthen Harriers	6.61	Adam WILLIAMS U23M	Cardiff AAC/ UWIC	6.47	Christopher HALL SM	Cardiff AAC/ UWIC	6.47
SM TRIPLE JUMP	Navid CHILDS SM	Thames Valley H	14.84	Alex EZECHI-OBIAKO U23M	Cardiff AAC	14.65	Adam WILLIAMS U23M	Cardiff AAC/ UWIC	14.55
SM SHOT	Ryan SPENCER-JONES SM	Birchfield Harriers	17.87	Anthony HALLING U23M	Rhondda AC	10.80	James KINGSBURY SM	Rhondda AC	9.34

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SW 60m	Zara GEORGE SW	Cardiff AAC	7.61	Rhiannon YATES U23W	Cardiff AAC/ UWIC	7.69	Hannah THOMAS U20W	Wrexham AC	7.70
SW 200m	Melanie STEPHENSON SW	Cardiff AAC	25.83	Rhiannon JEFFREYS U20W	Neath Harriers	26.02	Lauren REGAN SW	Cardiff AAC	27.56
SW 400m	Laura MADDOX U23W	Team Bath AC	56.62	Caryl GRANVILLE SW	Swansea Harriers	57.02	Megan ROGERS U20W	Wrexham AC/UWIC	58.20
SW 800m	Julia COOKE SW	Cheltenham Harriers	02:17.28	Rebecca NUTTALL U23W	Liverpool Harriers	02:17.75	Emily BROWN SW	Cardiff AAC	02:25.07
SW 1500m	Julia COOKE SW	Cheltenham Harriers	04:46.23						
SW 60m HURDLES	Caryl GRANVILLE SW	Swansea Harriers	8.79	Lauren O'REILLY U23W	Newport Harriers	8.92	Megan ROGERS U20W	Wrexham AC/UWIC	9.31
SW HIGH JUMP	Sian SWANSON U20W	Maldwyn Harriers	1.60	Lauren O'REILLY U23W	Newport Harriers	1.55			
SW POLE VAULT	Emily TAYLOR SW	Notts AC	3.54	Naomi JAMES U20W	Swansea Harriers	3.54	Lyndsey MAUND SW	Swansea Harriers	3.44
SW LONG JUMP	Rhiannon YATES U23W	Cardiff AAC/ UWIC	5.77	Imogen MILES SW	Cardiff AAC	5.57	Donna JONES U23W	Swansea Harriers	5.40
SW TRIPLE JUMP	Imogen MILES SW	Cardiff AAC	11.92	Donna JONES U23W	Swansea Harriers	11.13	Megan O'SULLIVAN U20W	Cardiff AAC	10.99
SW SHOT	Vicky LLOYD SW	Pembrokeshire Harriers	10.67	Jessica HUDDLESTON U23W	Pembrokeshire Harriers	10.14			
U17M 3000m	Connor DAVIES	Swansea Harriers	09:09.44	Jack FEAR	Newport Harriers	09:30.68	Ciaran LEWIS	Cardiff AAC	09:32.36
U17W 3000m	Rebecca EVANS	Cardiff AAC	10:24.64	Olivia GWYNN	Swansea Harriers	10:32.38	Lara PHILIPPART	Swansea Harriers	10:57.59
U20M 3000m	Matthew O'LEARY	Neath Harriers	09:22.15	Paul TOBIN	Swansea Harriers	09:23.27	Ronan LLYR	Carmarthen Harriers	09:47.56
U20W 3000m	Sarah LIVETT	Menai T&F	10:18.89						
SM 3000m	Wynne EVANS	Carmarthen Harriers	08:33.77	Chris CARPANINI	Newport Harriers	08:51.83	Lloyd HECKLER	Carmarthen Harriers	09:07.08
SW 3000m	Alaw BEYNON-THOMAS	Swansea Harriers	09:53.67	Debbie REES	Cardiff AAC	10:12.16	Emily BROWN	Cardiff AAC	10:33.34
U17M 60m	Ryan LEE	Cwmbran Harriers	7.30	George GRIFFITHS	Cardiff AAC	7.32	Shaun PEARCE	Carmarthen Harriers	7.34
U17M 200m	Ryan LEE	Cwmbran Harriers	23.11	Matthew COLLINS	Barry & Vale Harriers	23.34	Shaun PEARCE	Carmarthen Harriers	24.35
U17M 400m	Rhys GRANVILLE	Carmarthen Harriers	52.04	Jacob PREECE	Cardiff AAC	52.63	Ryan COOPER	Cardiff AAC	54.54
U17M1500m	Jack FEAR	Newport Harriers	04:21.71	Ben JONES	Cwmbran Harriers	04:25.94	Declan MORRIS	Cardiff AAC	04:27.95
U17M 60m HURDLES	Aled PRICE	Carmarthen Harriers	8.44	Michael WILSON	Swansea Harriers	9.11	Kyle ARNOLD	Newport Harriers	9.55
U17M HIGH JUMP	Shaun MURRAY	Deeside AAC	1.70	Keiran INGRAM	Swansea Harriers	1.60			
U17M POLE VAULT	Lewis PREECE	Swansea Harriers	3.83	Aled PRICE	Carmarthen Harriers	3.03	Joshua HOLLISEY-MCLEAN	Swansea Harriers	3.03
U17M LONG JUMP	Aled PRICE	Carmarthen Harriers	6.45	Joshua DAVIES	Pembrokeshire Harriers	6.03	George GRIFFITHS	Cardiff AAC	5.87
U17M TRIPLE JUMP	Connor LAVERTY	Menai T&F	12.32	Samuel HUGHES	Cwmbran Harriers	11.81	Kyle ARNOLD	Newport Harriers	11.43
U17M SHOT	Connor LAVERTY	Menai T&F	15.41	Rhys GEALY	Swansea Harriers	12.21	Jack BEYNON	Swansea Harriers	9.81
U17W 60m	Shannon MALONE	Deeside AAC	7.76	Beth SARGENT	Wrexham AC	7.97	Brenna PRICE	Aberdare VAAC	8.11
U17W 200m	Beth SARGENT	Wrexham AC	25.55	Katie-Jane PRIEST	Newport Harriers	26.88	Elise DAVIES	Swansea Harriers	28.27
U17W 300m	Abigail BACKSHALL	Colwyn Bay AC	41.57	Miranda HARDACRE	Erme Valley Harriers	41.92	Lara DURRANI	Cardiff AAC	42.48
U17W1500m	Olivia GWYNN	Swansea Harriers	04:49.70	Elin DAVIES	Swansea Harriers	04:51.30	Rebecca EVANS	Cardiff AAC	04:56.80
U17W 60m HURDLES	Amy LEAHY	Pembrokeshire Harriers	9.20	Keeleigh CHAPMAN	Swindon Harriers	9.30	Rhiannon HAILS	Swansea Harriers	9.32
U17W HIGH JUMP	Erin WALTERS	Carmarthen Harriers	1.65	Catrin JONES	Swansea Harriers	1.60	Laura TRIGG	Cardiff AAC	1.50
U17W POLE VAULT	Olivia EVANS	Cardiff AAC	3.11	Caitlin ATKINS	Swansea Harriers	3.01	Shannon LEE	Swansea Harriers	2.61
U17W LONG JUMP	Erin WALTERS	Carmarthen Harriers	5.28	Brenna PRICE	Aberdare VAAC	5.10	Katherine MORRIS	Swansea Harriers	5.04
U17W TRIPLE JUMP	Bethan HILL-HOWELLS	Newport Harriers	10.51	Charlotte JOHN	Neath Harriers	8.19	Alice NOTTINGHAM	Cardiff AAC	8.18
U17W SHOT	Adele NICOLL	Birchfield Harriers	13.04	Stephanie NICHOLAS	Swansea Harriers	9.54			
U20M 60m	Dewi HAMMOND	Bromsgrove	6.96	Samuel GORDON	Cardiff AAC	7.12	Anax DASILVA	Cardiff AAC	7.15
U20M 200m	Jamaul WHYTE	Cardiff AAC	22.67	Anax DASILVA	Cardiff AAC	22.75	Aled THOMAS	Menai T&F	24.63
U20M 400m	Owen SMITH	Deeside AAC	49.96	Jonathan HOBBS	Cardiff AAC	52.27	Christopher MCNAUGHT	Menai T&F	53.63
U20M1500m	Elliot SLADE	Cardiff AAC	03:56.56	Matthew O'LEARY	Neath Harriers	04:16.34	Naaman MORRIS	Cardiff AAC	04:20.38
U20M 60m HURDLES	Daniel BLAIN	Carmarthen Harriers	8.49	Tyron BLAKE	Cardiff AAC	8.86			
U20M HIGH JUMP	Stephen GUEST	Bridgend AC	1.95	Tomas MORGAN	Newport Harriers	1.80			
U20M POLE VAULT	Lewis NEWTON	Cardiff AAC	4.33	Stephen SCARFI	Cwmbran Harriers	3.93			
U20M LONG JUMP	Tomas MORGAN	Newport Harriers	6.55	Kieron MARTIN	Swansea Harriers	6.01	Michael BLAND	Menai T&F	5.69
U20M TRIPLE JUMP	Christopher MCNAUGHT	Menai T&F	12.62	Tyron BLAKE	Cardiff AAC	11.26			
U20M SHOT	Matthew FIELD	Cardiff AAC	15.34	Josh BUSSELL	Cwmbran Harriers	13.04			

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U20W 60m	Rhiannon JEFFREYS	Neath Harriers	7.98	Victoria MITCHELL	City of Norwich AC	8.12	Sophie LEWIS	Menai T&F	8.15
U20W 200m	Rhiannon JEFFREYS	Neath Harriers	25.81	Jamie-Leigh BOWEN	Cardiff AAC	26.54	Victoria MITCHELL	City of Norwich AC	27.04
U20W 400m	Megan ROGERS	Wrexham AC/UWIC	57.68	Lauren BELL	Pembrokeshire Harriers	60.02			
U20W1500m	No Competitors								
U20W 60m HURDLES	No Competitors								
U20W HIGH JUMP	Sian SWANSON	Maldwyn Harriers	1.60	Emily MORRIS	Swansea Harriers	1.55			
U20W POLE VAULT	Naomi JAMES	Swansea Harriers	3.51	Lucy DALY	Cardiff AAC	2.61	Enfys JONES	Carmarthen Harriers	2.61
U20W LONG JUMP	Ffion REES	Carmarthen Harriers	5.34	Melissa ARTHUR	Newport Harriers	5.23	Sophie LANE	Swansea Harriers	4.97
U20W TRIPLE JUMP	Megan O'SULLIVAN	Cardiff AAC	11.35	Sian SWANSON	Maldwyn Harriers	10.31	Sophie LANE	Swansea Harriers	9.98
U20W SHOT	Lucy GRIFFITHS	Pembrokeshire Harriers	10.82	Nina PRELLS	Swansea Harriers	10.42	Amy CROCOMBE	Deeside AAC	7.37
U15B 3000m	Nikita NEARY	Carmarthen Harriers	09:23.37	Tyler PRITCHARD	Cwmbran Harriers	09:50.58	Alex PRICE	Aberdare VAAC	09:54.12
U15G 3000m	Bethan EVANS	Pontyclun AC	11:23.91	Lily DAVIS	Deeside AAC	11:47.08	Beth HARRIS	Swansea Harriers	11:57.01

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Medal Table**

		GOLD	SILVER	BRONZE	TOTAL
1	Cardiff AAC	24	23	27	74
2	Carmarthen Harriers	13	1	7	21
3	Swansea Harriers	11	22	18	51
4	Pembrokeshire Harriers	6	5	5	16
5	Wrexham AC	6	3	1	10
6	Menai T&F	6		4	10
7	Cwmbran Harriers	5	7	2	14
8	Neath Harriers	5	4	1	10
9	Newport Harriers	4	8	3	15
10	Aberdare VAAC	3	4	5	12
11	Deeside AAC	3	3	2	8
12	Colwyn Bay	2	3		5
13	Maldwyn Harriers	2	1		3
14	Cheltenham Harriers	2			2
14	Birchfield Harriers	2			2
16	Bridgend AC	1	4	2	7
17	Cardiff AAC/ UWIC	1	2	2	5
18	Brecon AC	1	2		3
19	Pontyclun AC	1	1	1	3
20	Sale Harriers Manchester	1	1		2
21	Wrexham AC/UWIC	1		2	3
22	Yate AC	1		1	2
23	Thames Valley H	1			1
23	Team Bath AC	1			1
23	Notts AC	1			1
23	University of Bristol	1			1
23	Bromsgrove	1			1
28	Barry & Vale Harriers		3		3
29	Blaenau Gwent AC		1	1	2
29	Rhondda AC		1	1	2
29	City of Norwich AC		1	1	2
32	Gloucester AC		1		1
32	Liverpool Harriers		1		1
32	Oswestry Olympians		1		1
32	Erme Valley Harriers		1		1
32	Swindon Harriers		1		1
37	Coventry Godiva			1	1
37	North Somerset AC			1	1
37	Severn AC			1	1
37	Telford AC			1	1
37	Vale Royal AC			1	1
37	Sarn-Helen AC			1	1