

Welsh Athletics Outdoor Track Field Championships  
Senior Open  
Sunday 15th June 2008

CBP 11.3w  
Welsh Record 11.39s  
All Comers 11.27s

5:15 PM

Event	T29	100m	FINAL	Wind	
Position	Bib	Athlete	Club	Perf	Remarks
1	4	Lucy EVANS (W)	Sale	12.19	
2	11	Hannah THOMAS (W)	Wrexham	12.35	
3	8	Hannah PENDLEBURY (W)	Deeside	12.53	
4	9	Sarah POLE (W)	Neath	12.92	
5	7	Lisa PAPURA (W)	Cardiff	12.98	
6	13	Hannah WILLIAMS (W)	Cardiff	13.08	
7	6	Jessica HINWOOD (W)	Cwmbran	13.43	
8	1	Lolita BYFIELD-MOORE (W)	Cardiff	13.78	

CBP 11.3w  
Welsh Record 11.39s  
All Comers 11.27s

4:00 PM

Event	T21	100m	Heat 1	Wind	
Position	Bib	Athlete	Club	Perf	Remarks
1	11	Hannah THOMAS (W)	Wrexham	12.46	
2	8	Hannah PENDLEBURY (W)	Deeside	12.68	
3	7	Lisa PAPURA (W)	Cardiff	12.97	
4	13	Hannah WILLIAMS (W)	Cardiff	13.13	
5	239	John McFALL (W)	Unattached	13.28	
6	2	Kirsty CRANE (W)	Newport	14.00	

CBP 11.3w  
Welsh Record 11.39s  
All Comers 11.27s

4:00 PM

Event	T21	100m	Heat 2	No Wind Speed	
Position	Bib	Athlete	Club	Perf	Remarks
1	4	Lucy EVANS (W)	Sale	12.32	
2	9	Sarah POLE (W)	Neath	13.12	
3	6	Jessica HINWOOD (W)	Cwmbran	13.46	
4	1	Lolita BYFIELD-MOORE (W)	Cardiff	13.55	
5	3	Kathryn DAVIES (W)	Cwmbran	13.65	

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CBP 23.3w  
Welsh Record 22.80s  
All Comers 22.58s

**2:35 PM**  
**Wind -2.3**

Event	T12	200m	FINAL	Wind	
Position	Bib	Athlete	Club	Perf	Remarks
1	4	Lucy EVANS (W)	Sale	24.84	
2	8	Hannah PENDLEBURY (W)	Deeside	25.86	
3	9	Sarah POLE (W)	Neath	26.35	
4	30	Laura CHAMBERS	UWIC	27.13	
5	3	Kathryn DAVIES (W)	Cwmbran	27.62	
6	6	Jessica HINWOOD (W)	Cwmbran	27.79	
7	1	Lolita BYFIELD-MOORE (W)	Cardiff	27.86	
DNS	31	Imogen MILES	Cardiff		

CBP 23.3w  
Welsh Record 22.80s  
All Comers 22.58s

**1:20 PM**  
**Wind -0.6**

Event	T7	200m	Heat 1	Wind	
Position	Bib	Athlete	Club	Perf	Remarks
1	8	Hannah PENDLEBURY (W)	Deeside	26.27	Q
2	30	Laura CHAMBERS	UWIC	26.82	Q
3	3	Kathryn DAVIES (W)	Cwmbran	27.24	Q
4	1	Lolita BYFIELD-MOORE (W)	Cardiff	28.06	q
5	29	Caroline BYNG (W)	Swansea	28.50	

CBP 23.3w  
Welsh Record 22.80s  
All Comers 22.58s

**1:20 PM**  
**Wind -0.9**

Event	T7	200m	Heat 2	Wind	
Position	Bib	Athlete	Club	Perf	Remarks
1	4	Lucy EVANS (W)	Sale	25.64	Q
2	9	Sarah POLE (W)	Neath	26.64	Q
3	6	Jessica HINWOOD (W)	Cwmbran	27.33	Q
4	31	Imogen MILES	Cardiff	27.43	q
5	2	Kirsty CRANE (W)	Newport	28.52	

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CBP 53.08s  
Welsh Record 50.63s  
All Comers 50.63s

3:00 PM

Event	T14	400m	FINAL	Wind	+0.0
Position	Bib	Athlete	Club	Perf	Remarks
1	49	Rhianne JONES (W)	Newport	56.81	
2	229	Benytta DOMAN (W)	Cwmbran	58.30	
3	51	Sara-Jane OGLESBY	Unattached	59.14	
4	54	Kirsty WOOLFORD (W)	Swansea	60.04	
5	52	Danielle PRICE (W)	Cardiff	61.52	
6	48	Amy JOBE	Basingstoke & Mid Hants	63.18	

CBP 2 min 02.3s  
Welsh Record 1 min 57.42s  
All Comers 2 min 00.21s

4:25 PM

Event	T25	800m	FINAL	Wind	
Position	Bib	Athlete	Club	Perf	Remarks
1	50	Rebecca NUTTALL (W)	Deeside	2:15.38	
2	81	Carol GLOVER (W)	Swansea	2:15.97	
3	80	Sara DOBLER (W)	Swansea	2:16.90	

CBP 4 min 19.7s  
Welsh Record 3 min 59.95s  
All Comers 4 min 04.39s

12:40 PM

Event	T4	1500m	FINAL	Wind	+0.0
Position	Bib	Athlete	Club	Perf	Remarks
1	101	Victoria BARCELLO (W)	Cardiff	4:28.04	
2	226	Debbie JONES (W)	Cardiff	4:31.05	
3	107	Elinor KIRK (W)	Swansea	4:31.32	
4	104	Natasha COCKRAM (W)	Cwmbran	4:40.43	
5	106	Leanne FITZGERALD (W)	Cardiff	4:40.91	
6	103	Ellen BUTLER	Notts	4:44.24	
7	105	Leah DIXON (W)	Neath	4:45.67	
8	109	Zoe THOMAS (W)	Bridgend	4:49.20	
9	231	Emily BROWN (W)	Cardiff	4:50.48	
10	110	Paris WILLIAMS (W)	Cardiff	5:05.00	
DNF	102	Alaw BEYNON-THOMAS (W)	Carmarthen		

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CBP 16 min 40.22s  
Welsh Record 15m 13.22s  
All Comers 15m 27.56s

4:45 PM

Event	T27	5000m	FINAL	Wind	
Position	Bib	Athlete	Club	Perf	Remarks
1	130	Charlotte COFFEY	Bristol & West	17:37.11	
2	132	Leigh JAMES (W)	WSE & H	19:35.60	
3	131	Sara GRIFFITHS (W)	Neath	21:31.78	

CBP 13.24s  
Welsh Record 13.02s  
All Comers 13.02s

3:40 PM

Event	T18	100m Hurdles	FINAL	Wind	
Position	Bib	Athlete	Club	Perf	Remarks
1	41	Heather JONES (W)	Carmarthen	14.35	
2	42	Lucy LOUGHER (W)	Cardiff	15.09	
3	39	Sarah DACEY (W)	Swansea	15.26	
4	40	Catherine GOLDSMITH (W)	Carmarthen	16.42	

-1.8

CBP 58.71s  
Welsh Record 56.43s  
All Comers 54.69s

2:10 PM

Event	T10	400m Hurdles	FINAL	Wind	
Position	Bib	Athlete	Club	Perf	Remarks
1	73	Emma PETERS	Cardiff	60.45	
2	71	Caryl GRANVILLE (W)	Carmarthen	61.55	
3	42	Lucy LOUGHER (W)	Cardiff	62.52	
4	70	Sian DAVIES (W)	Swansea	64.08	
5	74	Megan THOMAS (W)	Carmarthen	68.47	

Welsh Athletics Outdoor Track Field Championships  
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CBP 1m 82cm  
Welsh Record 1m 89cm  
All Comers 1m 93cm 1:00 PM

Event	F11	High Jump	FINAL	<i>Wind</i>	
Position	Bib	Athlete	Club	Perf	Remarks
1	145	Sian SWANSON (W)	Maldwyn	1.71	
2	40	Catherine GOLDSMITH (W)	Carmarthen	1.60	
3	11	Hannah THOMAS (W)	Wrexham	1.60	
4	146	Ailsa WALLACE (W)	Cardiff	1.60	
5	144	Emma GULLIVER	UWIC	1.55	

CBP 4m 02cm  
Welsh Record 4m 15cm  
All Comers 4m 26cm 11:00 AM

Event	F5	Pole Vault	FINAL	<i>Wind</i>	
Position	Bib	Athlete	Club	Perf	Remarks
1	154	Jessica ABRAHAM (W)	Cardiff	3.40	
2	153	Hannah ABRAHAM (W)	Cardiff	3.30	
3	156	Naomi JAMES (W)	Swansea	3.10	
4	157	Emma JONES (W)	Swansea	3.10	
5	160	Rachel THOMAS	Liverpool	2.70	

CBP 6m 33cm w  
Welsh Record 6m 52cm  
All Comers 6m 58cm 11:00 AM

Event	F4	Long Jump	FINAL	<i>Wind</i>	
Position	Bib	Athlete	Club	Perf	Remarks
1	175	Lara RICHARDS (W)	Newham & Essex	5.80	+1.6
2	174	Sally PEAKE (W)	Liverpool	5.63	-1.0
3	31	Imogen MILES	Cardiff	5.59	-1.4
4	39	Sarah DACEY (W)	Swansea	5.51	+0.2

CBP 12m 16cm New CBP  
Welsh Record 12m 24cm New Welsh Record  
All Comers 13m 10cm 3:30 PM

Event	F17	Triple Jump	FINAL	<i>Wind</i>	
Position	Bib	Athlete	Club	Perf	Remarks
1	185	Sara BARRY	Cardiff	12.53	+2.7
2	174	Sally PEAKE (W)	Liverpool	12.42	+3.5/+2.4
3	186	Donna JONES (W)	Llanelli	10.60	+4.2

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CBP 18m 03cm  
Welsh Record 18m 93cm  
All Comers 19m 69cm 1:00 PM

Event	F12	Shot (4.00kg)	FINAL	Wind	
Position	Bib	Athlete	Club	Perf	Remarks
1	191	Tesni WARD (W)	City of Sheffield	12.40	
2	192	Louise WATKINS (W)	Maldwyn Harriers	10.90	
3	189	Alyson HOURIHAN (W)	Cardiff	10.87	
4	40	Catherine GOLDSMITH (W)	Carmarthen	10.54	
5	228	Louise ALI (W)	Aberdare	10.01	
6	190	Jessica HUDDLESTON (W)	Pembrokeshire	8.92	

CBP 59m 08cm **New CBP** **Olympic A qual std**  
Welsh Record 64m 68cm  
All Comers 62m 02cm 2:30 PM

Event	F15	Discus (1kg)	FINAL	Wind	
Position	Bib	Athlete	Club	Perf	Remarks
1	200	Philippa ROLES (W)	Swansea	<b>61.41</b>	
2	191	Tesni WARD (W)	City of Sheffield	37.68	
3	189	Alyson HOURIHAN (W)	Cardiff	37.35	
4	228	Louise ALI (W)	Aberdare	32.44	
5	190	Jessica HUDDLESTON (W)	Pembrokeshire	30.24	
6	198	Sian JORDAN (W)	Newport	26.37	
7					

CBP 63m 09cm **New CBP** 11:30 AM  
Welsh Record 66m 31cm p  
All Comers 67m 10cm

Event	F7	Hammer (4kg)	FINAL	Wind	
Position	Bib	Athlete	Club	Perf	Remarks
1	203	Carys PARRY (W)	Rhondda	66.30	
2	202	Laura DOUGLAS (W)	Sale	63.02	
3	204	Kate YHNELL (W)	Gloucester	49.37	
4	189	Alyson HOURIHAN (W)	Cardiff	32.52	

CBP 48m 32cm 4:00 PM  
Welsh Record 52m 68cm  
All Comers 54m 41cm

Event	F18	Javelin (600g)	FINAL	Wind	
Position	Bib	Athlete	Club	Perf	Remarks
1	217	Claire WILLIAMS (W)	Swansea	44.61	
2	191	Tesni WARD (W)	City of Sheffield	41.99	
3	215	Sara SIGGERY (W)	Carmarthen	40.26	
4	214	Danielle HAMER (W)	Carmarthen	40.10	
5	230	Christie WILLIAMS (W)	Bridgend	29.73	
6	189	Alyson HOURIHAN (W)	Cardiff	29.26	
7	192	Louise WATKINS (W)	Maldwyn Harriers	22.70	

Welsh Athletics - Height Card

MEETING	<b>Welsh Athletics Senior Outdoor Track &amp; Field Championships 2008</b>			VENUE	Swansea				DATE	Sunday 15th June				
				TIME	Welsh Record		Gill REGAN Cardiff 6m 52cm 1982							
EVENT	Senior Women Long Jump			11:00 AM	All Comers Rec		Oluyinka IDOWU (England) 6m 58cm 1991							
					C.B.P		Ruth HOWELL Birchfield 6m 33cm w 1978							
				2007 Welsh Champion		Zara GEORGE Cardiff 5m 37cm								
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	39	Sarah DACEY (W)	Swansea	NJ	5.09	5.50	5.50	4	5.51	5.28	5.30	5.51	4	
2	173	Rachael GIBSON	Scarborough											
3	31	Imogen MILES	Cardiff	NJ	5.53	5.56	5.56	3	5.48	5.53	5.59	5.59	3	
4	174	Sally PEAKE (W)	Liverpool	5.59	5.63	5.54	5.63	2	5.57	4.20	5.51	5.63	2	
5	175	Lara RICHARDS (W)	Newham & Essex	5.52	NJ	5.80	5.80	1	5.70	5.61	NJ	5.80	1	
6	176	Cara ROBERTS (W)	Cardiff											
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Top 8 performances after 3 trials progress for a further 3 trials

RESULTS										JUDGES' SIGNATURES				
No.	No.	NAME	CLUB	Distance	No.	No.	NAME	CLUB	Distance					
1	175	Lara RICHARDS (W)	Newham & Essex	5.80	9									
2	174	Sally PEAKE (W)	Liverpool	5.63	10									
3	31	Imogen MILES	Cardiff	5.59	11									
4	39	Sarah DACEY (W)	Swansea	5.51	12									
5					13									
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MEETING	<b>Welsh Athletics Senior Outdoor Track &amp; Field Championships 2008</b>			VENUE	Swansea			DATE	Sunday 15th June					
				TIME	Welsh Record		Gill REGAN Cardiff 6m 52cm 1982							
EVENT	Senior Women Long Jump			11:00 AM	All Comers Rec		Oluyinka IDOWU (England) 6m 58cm 1991							
					C.B.P		Ruth HOWELL Birchfield 6m 33cm w 1978							
				2007 Welsh Champion		Zara GEORGE Cardiff 5m 37cm								
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	39	Sarah DACEY (W)	Swansea	+1.2	-0.6	-0.2			+0.2	-1.6	-1.5			
2	173	Rachael GIBSON	Scarborough											
3	31	Imogen MILES	Cardiff	+3.2	+0.2	+0.3			-1.3	-2.1	-1.4			
4	174	Sally PEAKE (W)	Liverpool	+1.7	-1.0	+0.6			-2.0	-2.1	+1.4			
5	175	Lara RICHARDS (W)	Newham & Essex	+0.6	+1.1	+1.6			-0.4	-2.1	-0.2			
6	176	Cara ROBERTS (W)	Cardiff											
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Top 8 performances after 3 trials progress for a further 3 trials

RESULTS										JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1					9						
2					10						
3					11						
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7					15						
8					16						

Welsh Athletics - Height Card

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008		VENUE	Swansea			DATE	Sunday 15th June						
EVENT				Senior Women Triple Jump		TIME	3:30 PM			Welsh Record		Sally PEAKE Liverpool 12m 24cm 2005			
				All Comers Rec			Nicole MLADENIS (Australia) 13m 10cm 2002								
				C.B.P			Helen BAKER Cardiff 12m 16cm 2003								
				2007 Welsh Champion			Sally PEAKE Liverpool Harriers 12m 14cm								
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	185	Sara BARRY	Cardiff	12.53	12.26	NJ	12.53	1	11.94	NJ	NJ	12.53	1	+2.7	
2	186	Donna JONES (W)	Llanelli	10.26	NJ	10.28	10.28	3	10.15	10.60	10.31	10.60	3	+4.2	
3	174	Sally PEAKE (W)	Liverpool	12.09	12.42	NJ	12.42	2	12.12	NJ	12.42	12.42	2	+3.5/+2.4	
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<b>Top 8 performances after 3 trials progress for a further 3 trials</b>															
<b>New Welsh Record</b> <span style="float: right;"><b>New Championship Best Performance</b></span>															
RESULTS												JUDGES' SIGNATURES			
No.	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance						
1	185	Sara BARRY	Cardiff	12.53	9										
2	174	Sally PEAKE (W)	Liverpool	12.42	10										
3	186	Donna JONES (W)	Llanelli	10.60	11										
4					12										
5					13										
6					14					<b>REFEREE SIGNATURE</b>					
7					15										
8					16										

MEETING	<b>Welsh Athletics Senior Outdoor Track &amp; Field Championships 2008</b>	VENUE	Swansea	DATE	Sunday 15th June
		TIME	Welsh Record All Comers Rec	Sally PEAKE Liverpool 12m 24cm 2005 Nicole MLADENIS (Australia) 13m 10cm 2002	
EVENT	Senior Women Triple Jump	3:30 PM	C.B.P	Helen BAKER Cardiff 12m 16cm 2003	
			2007 Welsh Champion	Sally PEAKE Liverpool Harriers 12m 14cm	

Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	185	Sara BARRY	Cardiff	+2.7	+1.7	-1.3			-1.4	+1.8	0			
2	186	Donna JONES (W)	Llanelli	+1.6	+2.9	-0.5			+2.0	+4.2	+0.3			
3	174	Sally PEAKE (W)	Liverpool	+3.1	+3.5	-0.4			-1.6	+2.7	+2.4			
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Top 8 performances after 3 trials progress for a further 3 trials

RESULTS										JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1					9						
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3					11						
4					12						
5					13						
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Welsh Athletics - Height Card

MEETING		<b>Welsh Athletics Senior Outdoor Track &amp; Field Championships 2008</b>		VENUE	Swansea			DATE	Sunday 15th June					
				TIME	Welsh Record		Venissa HEAD Cardiff 18m 93cm 1984							
EVENT		Senior Women Shot (4.00kg)		1:00 PM	All Comers Rec		Zhu XINMEI (China) 19m 69cm 1991							
					C.B.P		Venissa HEAD Cardiff 18m 03cm 1983							
					2007 Welsh Champion		Sally HINDS Swansea 14m 62cm							
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	40	Catherine GOLDSMITH (W)	Carmarthen	10.07	10.54		10.54	3	9.95	9.86	10.50	10.54	4	
2	189	Alyson HOURIHAN (W)	Cardiff	10.11	10.87	10.59	10.87	2	10.73	10.61	10.84	10.87	3	
3	190	Jessica HUDDLESTON (W)	Pembrokeshire	8.90	8.09	NT	8.90	6	8.79	8.92	NT	8.92	6	
4	191	Tesni WARD (W)	City of Sheffield	12.40	NT	11.73	12.40	1	11.85	12.27	12.36	12.40	1	
5	192	Louise WATKINS (W)	Maldwyn Harriers	10.21	9.21	9.87	10.21	4	9.59	10.41	10.90	10.90	2	
6	228	Louise ALI (W)	Aberdare	9.66	10.01	9.67	10.01	5	9.62	9.53	9.35	10.01	5	
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Top 8 performances after 3 trials progress for a further 3 trials

RESULTS										JUDGES' SIGNATURES	
No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance			
1	191	Tesni WARD (W)	City of Sheffield	12.40	9						
2	192	Louise WATKINS (W)	Maldwyn Harriers	10.90	10						
3	189	Alyson HOURIHAN (W)	Cardiff	10.87	11						
4	40	Catherine GOLDSMITH (W)	Carmarthen	10.54	12						
5	228	Louise ALI (W)	Aberdare	10.01	13						
6	190	Jessica HUDDLESTON (W)	Pembrokeshire	8.92	14						
7					15						
8					16						

REFEREE SIGNATURE

Welsh Athletics - Height Card

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008		VENUE	Swansea			DATE	Sunday 15th June					
EVENT				TIME	Welsh Record		Venissa HEAD Cardiff 64m 68cm 1983							
				All Comers Rec		Venissa HEAD (Wales) 62m 02cm 1984								
				C.B.P		Philippa ROLES Sale 59m 08cm 2007								
				2007 Welsh Champion		Philippa ROLES Sale 59m 08cm								
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	189	Alyson HOURIHAN (W)	Cardiff	37.08	NT	NT	37.08	2	NT	NT	37.35	37.35	3	
2	190	Jessica HUDDLESTON (W)	Pembrokeshire	NT	NT	21.56	21.56	6	30.24	NT	NT	30.24	5	
3	191	Tesni WARD (W)	City of Sheffield	NT	35.45	36.53	36.53	3	NT	35.53	37.68	37.68	2	
4	198	Sian JORDAN (W)	Newport	NT	26.28	25.78	26.28	5	24.63	26.37	23.61	26.37	6	
5	199	Sarah RICHARDS (W)	Swansea											
6	200	Philippa ROLES (W)	Swansea	57.41	59.19	59.52	59.52	1	61.41	NT	60.21	61.41	1	
7	228	Louise ALI (W)	Aberdare	31.76	NT	31.66	31.76	4	29.03	32.44	29.34	32.44	4	
8														
9														
10														
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16														
Top 8 performances after 3 trials progress for a further 3 trials														
Olympic qualifying A std					New Championship Best Performance									
RESULTS												JUDGES' SIGNATURES		
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance					
1	200	Philippa ROLES (W)	Swansea	61.41	9									
2	191	Tesni WARD (W)	City of Sheffield	37.68	10									
3	189	Alyson HOURIHAN (W)	Cardiff	37.35	11									
4	228	Louise ALI (W)	Aberdare	32.44	12									
5	190	Jessica HUDDLESTON (W)	Pembrokeshire	30.24	13									
6	198	Sian JORDAN (W)	Newport	26.37	14									
7					15									
8					16									
												REFEREE SIGNATURE		

Welsh Athletics - Height Card

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008		VENUE	Swansea			DATE	Sunday 15th June					
EVENT				TIME	Welsh Record			Carys PARRY Rhondda 66m 31cm p 2008						
				All Comers Rec			Lorraine SHAW (England) 67m 10cm 1999							
				C.B.P			Carys PARRY Rhondda 63m 09cm 2007							
				2007 Welsh Champion			Carys PARRY Rhondda AC 63m 09cm							
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	189	Alyson HOURIHAN (W)	Cardiff	31.32	31.11	NT	31.32	4	32.52	NT	NT	32.52	4	
2	202	Laura DOUGLAS (W)	Sale	57.74	60.29	63.02	63.02	2	60.68	NT	60.70	63.02	2	
3	203	Carys PARRY (W)	Rhondda	64.00	65.30	66.30	66.30	1	65.33	66.18	65.30	66.30	1	
4	204	Kate YHNELL (W)	Gloucester	NT	49.37	NT	49.37	3	NT	48.24	NT	49.37	3	
5														
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														
<b>Top 8 performances after 3 trials progress for a further 3 trials</b>														
<b>New Welsh Record</b>														
<b>RESULTS</b>												<b>JUDGES' SIGNATURES</b>		
No.	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance					
1	203	Carys PARRY (W)	Rhondda	66.30	9									
2	202	Laura DOUGLAS (W)	Sale	63.02	10									
3	204	Kate YHNELL (W)	Gloucester	49.37	11									
4	189	Alyson HOURIHAN (W)	Cardiff	32.52	12									
5					13									
6					14					<b>REFEREE SIGNATURE</b>				
7					15									
8					16									

**Welsh Athletics - Height Card**

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008		VENUE	Swansea				DATE	Sunday 15th June				
EVENT	Senior Women Javelin (600g)			4:00 PM	Welsh Record		Lianne CLARKE Cardiff 52m 68cm 2007							
					All Comers Rec		Shelly HOLROYD (England) 54m 41cm 2005							
				C.B.P		Lianne CLARKE Cardiff 48m 32cm 2007								
				2007 Welsh Champion		Lianne CLARKE Cardiff 48m 32cm								
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	189	Alyson HOURIHAN (W)	Cardiff	28.41	28.43	NT	28.43	5	26.99	27.09	29.26	29.26	6	
2	191	Tesni WARD (W)	City of Sheffield	40.57	39.98	41.53	41.53	2	NT	41.99	NT	41.99	2	
3	192	Louise WATKINS (W)	Maldwyn Harriers	20.21	21.91	NT	21.91	7	19.64	22.70	22.45	22.70	7	
4	211	Lianne CLARKE (W)	Cardiff											
5	212	Kylie CLARKE (W)	Swansea											
6	213	Colette DORAN	Wigan											
7	214	Danielle HAMER (W)	Carmarthen	37.42	38.77	39.18	39.18	3	38.93	NT	40.10	40.10	4	
8	215	Sara SIGGERY (W)	Carmarthen	38.31	NT	39.00	39.00	4	40.26	NT	NT	40.26	3	
9	216	Alison SIGGERY (W)	Carmarthen											
10	217	Claire WILLIAMS (W)	Swansea	41.75	41.28	42.03	42.03	1	41.70	44.61	NT	44.61	1	
11	230	Christie WILLIAMS (W)	Bridgend	NT	27.66	27.46	27.66	6	27.82	29.73	28.35	29.73	5	
12														
13														
14														
15														
16														
<b>Top 8 performances after 3 trials progress for a further 3 trials</b>														
RESULTS												JUDGES' SIGNATURES		
No.	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance					
1	217	Claire WILLIAMS (W)	Swansea	44.61	9									
2	191	Tesni WARD (W)	City of Sheffield	41.99	10									
3	215	Sara SIGGERY (W)	Carmarthen	40.26	11									
4	214	Danielle HAMER (W)	Carmarthen	40.10	12									
5	230	Christie WILLIAMS (W)	Bridgend	29.73	13									
6	189	Alyson HOURIHAN (W)	Cardiff	29.26	14					<b>REFEREE SIGNATURE</b>				
7	192	Louise WATKINS (W)	Maldwyn Harriers	22.70	15									
8					16									

Welsh Athletics - Height Card

MEETING		<b>Welsh Athletics Senior Outdoor Track &amp; Field Championships 2008</b>		VENUE	Swansea					DATE	Sunday 15th June										
EVENT				Senior Women High Jump	1:00 PM	C.B.P					Julie CRANE Sale 1m 89cm 2004										
				All Comers Rec					Andrea MATAY (Hungary) 1m 93cm 1980												
				2007 Welsh Champion					No Athletes												
Order	ID Number	NAME	CLUB	Start Height	1.40	1.45	1.50	1.55	1.60	1.65	1.68	1.71	1.73				Best of All	Trials at Ht Cleared	Total Failures	Total Trials	Final Position
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres				
1	40	Catherine GOLDSMITH (W)	Carmarthen	1.40	o	o	o	o	o	xxx							1.60				2
2	11	Hannah THOMAS (W)	Wrexham	1.45		o	o	xo	o	xxx							1.60				3
3	144	Emma GULLIVER	UWIC	1.50			o	o	xxx								1.55				5
4	145	Sian SWANSON (W)	Maldwyn	1.50			o	o	o	xo	xo	xo	xxx				1.71				1
5	146	Ailsa WALLACE (W)	Cardiff	1.55					xo	xxx							1.60				4
6																					
7																					
8																					
9																					
10																					
11																					
12																					
13																					
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RESULT										JUDGES' SIGNATURES									
ID No	NAME	CLUB	PERF		ID No	NAME	CLUB	PERF											
1	145	Sian SWANSON (W)	Maldwyn	1.71	9														
2	40	Catherine GOLDSMITH (W)	Carmarthen	1.60	10														
3	11	Hannah THOMAS (W)	Wrexham	1.60	11														
4	146	Ailsa WALLACE (W)	Cardiff	1.60	12														
5	144	Emma GULLIVER	UWIC	1.55	13														
6					14														
7					15														
8					16														
										REFEREE'S SIGNATURE									

Welsh Athletics - Height Card

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008		VENUE	Swansea					DATE	Sunday 15th June										
EVENT				Senior Women Pole Vault	TIME	Welsh Record					Rhian CLARKE Essex Ladies 4m 15cm 2000/2002										
EVENT		Senior Women Pole Vault	11:00 AM	All Comers Rec					Janine WHITLOCK (England) 4m 26cm 2005 & 2006												
EVENT		Senior Women Pole Vault	11:00 AM	C.B.P					Sonia LAWRENCE Cardiff 4m 02cm 2003												
EVENT		Senior Women Pole Vault	11:00 AM	2007 Welsh Champion					Christina HUGHES Deeside 3m 30cm												
Order	ID Number	NAME	CLUB	Start Height	2.70	2.85	3.00	3.10	3.20	3.30	3.40	3.50					Best of All	Trials at Ht Cleared	Total Failures	Total Trials	Final Position
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres				
1	153	Hannah ABRAHAM (W)	Cardiff	3.00			o	xo	o	o	xxx						3.30				2
2	154	Jessica ABRAHAM (W)	Cardiff	3.20					o		xo	xxx					3.40				1
3	155	Christina HUGHES (W)	Deeside	3.30						xxx											
4	156	Naomi JAMES (W)	Swansea	2.85		o	o	xo	xxx								3.10				3
5	157	Emma JONES (W)	Swansea	2.85		xxo	o	xo	xxx								3.10				4
6	158	Henrietta PAXTON	Birchfield	3.50							xxx										
7	159	Bryony RAINE (W)	Cardiff																		
8	160	Rachel THOMAS	Liverpool	2.70	o	xxx											2.70				5
9	161	Jenny TRUELOVE	Marshall Milton Keynes																		
10																					
11																					
12																					
13																					
14																					
15																					
16																					

  

RESULT										JUDGES' SIGNATURES									
ID No	NAME	CLUB	PERF		ID No	NAME	CLUB	PERF		JUDGES' SIGNATURES									
1	154	Jessica ABRAHAM (W)	Cardiff	3.40	9														
2	153	Hannah ABRAHAM (W)	Cardiff	3.30	10														
3	156	Naomi JAMES (W)	Swansea	3.10	11														
4	157	Emma JONES (W)	Swansea	3.10	12														
5	160	Rachel THOMAS	Liverpool	2.70	13														
6					14					REFEREE'S SIGNATURE									
7					15														
8					16														