

Welsh Athletics Track Field Championships
 U17 / U20 Age Groups
 Deeside College Track
 Saturday 12th July

CBP	12.00				1:45 PM
Welsh Record	11.88				
Event	T16	100m	FINAL	Wind	+1.5
Position	Bib	Athlete	Club	Perf	Remarks
1	14	Hannah THOMAS	Wrexham	12.11	
2	9	Mica MOORE	Cardiff	12.17	
3	6	Jessica HINWOOD	Cwmbran	12.78	
4	4	Sarah EVANS	Swansea	12.79	
5	2	Samantha COGAN	Cardiff	13.06	
6	19	Lucy BEESLEY	Deeside	13.06	
7	5	Shaleena GRAHAM	Newport	13.25	
8	7	Kirsty MARSHALL	Aberdare	13.49	

CBP	12.00				11:45 AM
Welsh Record	11.88				
Event	T5	100m	Heat 1	Wind	+1.0
Position	Bib	Athlete	Club	Perf	Remarks
1	6	Jessica HINWOOD	Cwmbran	12.87	Q
2	2	Samantha COGAN	Cardiff	13.01	Q
3	19	Lucy BEESLEY	Deeside	13.05	Q
4	7	Kirsty MARSHALL	Aberdare	13.41	q
5	12	Sophie ROBERTS	Menai	13.42	
6	15	Claire WILLIAMS	Cwmbran	DQ	

CBP	12.00				11:45 AM
Welsh Record	11.88				
Event	T5	100m	Heat 2	Wind	+1.1
Position	Bib	Athlete	Club	Perf	Remarks
1	14	Hannah THOMAS	Wrexham	12.28	Q
2	9	Mica MOORE	Cardiff	12.33	Q
3	4	Sarah EVANS	Swansea	12.88	Q
4	5	Shaleena GRAHAM	Newport	13.39	q
5	1	Nia BREEZE	Wrexham	13.41	
6	8	Danielle MILL	Cardiff	13.45	

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CBP	24.40				4:45 PM
Welsh Record	23.60				
Event	T36	200m	FINAL	Wind	+1.1
Position	Bib	Athlete	Club	Perf	Remarks
1	14	Hannah THOMAS	Wrexham	25.20	
2	9	Mica MOORE	Cardiff	25.85	
3	15	Claire WILLIAMS	Cwmbran	26.36	
4	2	Samantha COGAN	Cardiff	26.74	
5	4	Sarah EVANS	Swansea	27.33	
6	6	Jessica HINWOOD	Cwmbran	27.42	
7	59	Jade WILLIAMS	Amman Valley	27.44	
8	58	Gwenllian WILLIAMS	Cardiff	28.40	

CBP	24.40				2:40 PM
Welsh Record	23.60				
Event	T25	200m	Heat 1	Wind	-0.3
Position	Bib	Athlete	Club	Perf	Remarks
1	9	Mica MOORE	Cardiff	26.49	Q
2	15	Claire WILLIAMS	Cwmbran	26.68	Q
3	59	Jade WILLIAMS	Amman Valley	27.40	
4	58	Gwenllian WILLIAMS	Cardiff	27.55	
5	8	Danielle MILL	Cardiff	27.94	
6	1	Nia BREEZE	Wrexham	29.69	

CBP	24.40				2:40 PM
Welsh Record	23.60				
Event	T25	200m	Heat 2	Wind	+0.6
Position	Bib	Athlete	Club	Perf	Remarks
1	14	Hannah THOMAS	Wrexham	26.11	Q
2	2	Samantha COGAN	Cardiff	26.40	Q
3	4	Sarah EVANS	Swansea	27.24	
4	6	Jessica HINWOOD	Cwmbran	27.31	
5	19	Lucy BEESLEY	Deeside	27.70	
6	12	Sophie ROBERTS	Menai	28.43	
7	57	Rachel REES	Swansea	28.67	
8			0		

CBP	39.46				2:05 PM
Welsh Record	39.46				
Event	T20	300m	FINAL	Wind	-2.7
Position	Bib	Athlete	Club	Perf	Remarks
1	84	Lauren REGAN	Cardiff	42.76	
2	83	Aimee HENDRICKSON	Cardiff	43.13	
3	102	Alice FRASER	Deeside	43.76	
4	54	Hannah CLARKE	Cwmbran	44.28	
5	80	Rhiannon ANDERSON	Swansea	45.69	

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CBP 2.13.62 2:15 PM
Welsh Record 2.07.32
Event T21 800m FINAL *Wind* -1.8

Position	Bib	Athlete	Club	Perf	Remarks
1	92	Benytta DOMAN	Cwmbran	2:15.85	
2	120	Lora JAMES	Cwmbran	2:25.26	
3	119	Lauren BROBIN	Cardiff	2:27.97	

CBP 4.33.21 1:25 PM
Welsh Record 4.23.55
Event T14 1500m FINAL *Wind*

Position	Bib	Athlete	Club	Perf	Remarks
1	59	Jade WILLIAMS	Amman Valley	4:42.41	
2	144	Natasha COCKRAM	Cwmbran	4:49.38	
3	146	Aneura PHILLIPS	Carmarthen	4:52.93	
4	145	Abbie OLIVER	Deeside	4:53.83	

CBP 11.27 12:25 PM
Welsh Record 11.27
Event T8 80m Hurdles FINAL *Wind* -0.3

Position	Bib	Athlete	Club	Perf	Remarks
1	68	Catrin STONE	Swansea	12.00	
2	76	Megan ROGERS	Wrexham	12.09	
3	67	Rachel DAVIES	Bridgend	12.47	
4	69	Antonia YORKSHIRE	Newport	13.80	

CBP 43.70 11:35 AM
Welsh Record 42.65
Event T4 300m hdl FINAL *Wind* -0.9

Position	Bib	Athlete	Club	Perf	Remarks
1	76	Megan ROGERS	Wrexham	44.90	
2	104	Ffion REES	Carmarthen	49.19	
3	69	Antonia YORKSHIRE	Newport	50.46	
4	103	Sophie PICK	Carmarthen	51.06	
5	82	Abbey GUTTERIDGE	Cardiff	53.24	

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CBP	1.70				3:00 PM
Welsh Record	1.81				
Event	F19	High Jump	FINAL	<i>Wind</i>	
Position	Bib	Athlete	Club	Perf	Remarks
1	179	Sian SWANSON	Maldwyn	1.60	
2	178	Ellie HOLTON	Brecon	1.60	

CBP	3.20		New CBP		11:00 AM
Welsh Record	3.45		New Welsh Record		
Event	F3	Pole Vault	FINAL	<i>Wind</i>	
Position	Bib	Athlete	Club	Perf	Remarks
1	195	Christina HUGHES	Deeside	3.50	
2	194	Rebecca DAVIES	Deeside	3.40	
3	196	Naomi JAMES	Swansea	3.30	
4	199	Rhianydd LLEWELLYN	Bridgend	3.10	
5	197	Emma JONES	Swansea	3.00	
6	200	Lucy ROULSTON	Deeside	2.90	

CBP	5.77				11:00 AM
Welsh Record	6.01				
Event	F1	Long Jump	FINAL	<i>Wind</i>	
Position	Bib	Athlete	Club	Perf	Remarks
1	104	Ffion REES	Carmarthen	5.39	+3.8
2	68	Catrin STONE	Swansea	5.09	+0.6
3	81	Alex ELLIOT	Deeside	5.02	+2.8
4	207	1	Cwmbran	5.01	+4.5
5	7	Kirsty MARSHALL	Aberdare	4.90	+2.6
6	57	Rachel REES	Swansea	4.89	+3.7
7	103	Sophie PICK	Carmarthen	4.59	+4.2

CBP	12.11				4:00 PM
Welsh Record	12.14				
Event	F23	Triple Jump	FINAL	<i>Wind</i>	
Position	Bib	Athlete	Club	Perf	Remarks
1	217	Amy BRADLEY	Cwmbran	11.05	+2.9
2	104	Ffion REES	Carmarthen	10.32	+4.9
3	219	Kara STEDMAN	Llanelli	9.51	+5.1
4	103	Sophie PICK	Carmarthen	9.22	+4.5

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CBP	11.82			12:00 PM
Welsh Record	13.65			
Event	F9	Shot (4.0kg)	FINAL	
Position	Bib	Athlete	Club	Perf
1	230	Toni WELLS	Swansea	9.73
2	225	Sian BALCHIN	Barry & Vale	9.20
3	227	Rebecca CHIN	Deeside	9.05
4	228	Sadie FLINT	Carmarthen	8.79
5	226	Lindsey CHEERS	Wrexham	7.60

CBP	45.04			11:00 AM
Welsh Record	48.88			
Event	F7	Discus (1.0kg)	FINAL	
Position	Bib	Athlete	Club	Perf
1	237	Brea LEUNG	Menai	35.90
2	230	Toni WELLS	Swansea	31.76
3	227	Rebecca CHIN	Deeside	30.07
4	236	Nicole EVANS	Neath	25.62
5	226	Lindsey CHEERS	Wrexham	25.50
6	225	Sian BALCHIN	Barry & Vale	23.75

CBP	39.33			4:00 PM
Welsh Record	45.55			
Event	F25	Javelin (600g)	FINAL	
Position	Bib	Athlete	Club	Perf
1	241	Amanda PRICE	Brecon	30.40
2	244	Naomi WILLIAMS-WADLEY	Newport	29.28
3	225	Sian BALCHIN	Barry & Vale	26.15
4	242	Abi WILDE	St Albans	24.58
5	81	Alex ELLIOT	Deeside	21.20

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CBP	10.87			1:50 PM	
Welsh Record	10.71				
Event	T17	100m	FINAL	<i>Wind</i> +0.4	
Position	Bib	Athlete	Club	Perf	Remarks
1	20	Tomas COLEMAN	Carmarthen	11.16	
2	30	Thomas KNIGHT	Cardiff	11.29	
3	22	Thomas CUSWORTH	Wrexham	11.32	
4	24	Oliver EDWARDS	NHAC	11.54	
5	29	Matthew JONES	Cardiff	11.61	
6	32	Jonathon PENGELLY	Cardiff	11.84	
7	28	Michael HOWE	Cardiff	11.92	
8	26	Lewis HINWOOD	Cwmbran	12.02	

CBP	10.87			11:55 AM	
Welsh Record	10.71				
Event	T6	100m	Heat 1	<i>Wind</i> +1.0	
Position	Bib	Athlete	Club	Perf	Remarks
1	20	Tomas COLEMAN	Carmarthen	11.39	Q
2	24	Oliver EDWARDS	NHAC	11.50	Q
3	29	Matthew JONES	Cardiff	11.60	Q
4	32	Jonathon PENGELLY	Cardiff	11.80	q
5	23	Gareth DAVIES	Cwmbran	12.54	
6	33	Mark POGLETTKE	Deeside	12.63	
7					

CBP	10.87			11:55 AM	
Welsh Record	10.71			1.1	
Event	T6	100m	Heat 2	<i>Wind</i> +1.7	
Position	Bib	Athlete	Club	Perf	Remarks
1	30	Thomas KNIGHT	Cardiff	11.28	Q
2	22	Thomas CUSWORTH	Wrexham	11.32	Q
3	26	Lewis HINWOOD	Cwmbran	11.87	Q
4	28	Michael HOWE	Cardiff	11.89	q
5	25	Lemarl FRECKLETON	Newport	12.08	
6	27	David HOOSON	Wrexham	12.85	

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CBP	21.80				4:50 PM
Welsh Record	21.19				
Event	T37	200m	FINAL	<i>Wind</i>	-1.8
Position	Bib	Athlete	Club	Perf	Remarks
1	22	Thomas CUSWORTH	Wrexham	22.80	
2	30	Thomas KNIGHT	Cardiff	23.15	
3	24	Oliver EDWARDS	NHAC	23.72	
4	32	Jonathon PENGELLY	Cardiff	23.73	
5	25	Lemarl FRECKLETON	Newport	24.35	
6	61	James CUTLAN	Cardiff	24.50	
7	28	Michael HOWE	Cardiff	24.77	
8	26	Lewis HINWOOD	Cwmbran	24.79	

CBP	21.80				2:50 PM
Welsh Record	21.19				
Event	T26	200m	Heat 1	<i>Wind</i>	-1.0
Position	Bib	Athlete	Club	Perf	Remarks
1	30	Thomas KNIGHT	Cardiff	23.54	Q
2	24	Oliver EDWARDS	NHAC	24.19	Q
3	61	James CUTLAN	Cardiff	24.51	q
4	28	Michael HOWE	Cardiff	24.72	q
5	33	Mark POGLETTKE	Deeside	26.50	

CBP	21.80				2:50 PM
Welsh Record	21.19				
Event	T26	200m	Heat 2	<i>Wind</i>	no reading
Position	Bib	Athlete	Club	Perf	Remarks
1	22	Thomas CUSWORTH	Wrexham	23.12	Q
2	32	Jonathon PENGELLY	Cardiff	23.80	Q
3	25	Lemarl FRECKLETON	Newport	24.36	q
4	26	Lewis HINWOOD	Cwmbran	24.73	q
5	23	Gareth DAVIES	Cwmbran	25.81	

CBP	48.82				3:25 PM
Welsh Record	47.85				
Event	T30	400m	FINAL	<i>Wind</i>	+1.4
Position	Bib	Athlete	Club	Perf	Remarks
1	90	Antoine WOODMAN	Carmarthen	51.47	
2	21	Sam CONWAY	Cardiff	52.01	
3	89	Gerwyn SLINGER	Carmarthen	52.05	
4	61	James CUTLAN	Cardiff	54.71	
5	87	Craig GODSALL	Cwmbran	55.36	
6	88	Samuel MORGAN	Cardiff	57.86	

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CBP	1.54.8			11:00 AM	
Welsh Record	1.51.6		New Welsh Record		
Event	T1	800m	FINAL	Wind +0.6	
Position	Bib	Athlete	Club	Perf	Remarks
1	124	Declan EVANS	Cardiff	1:59.12	
2	125	Lloyd HILTON	Macclesfield	2:00.46	
3	129	Konstantinos KARRAS	Cardiff	2:01.51	
4	89	Gerwyn SLINGER	Carmarthen	2:02.17	
5	126	Charlie HULSON	Sale	2:02.73	
6	133	Ben PHILLIPS	Woodford Green	2:03.06	
7	131	Lewis MYATT	Colwyn Bay	2:05.32	
8	132	Freddie NASERIYAN	Cwmbran	2:08.04	
9	134	Lewis SHAW	Cwmbran	2:11.11	

CBP	3.58.3			12:45 PM	
Welsh Record	3.51.5				
Event	T10	1500m	FINAL	Wind +0.6	
Position	Bib	Athlete	Club	Perf	Remarks
1	155	Jamie WRIGHT	Deeside	4:14.29	
2	150	Daniel HISCOX	Aberdare	4:15.48	
3	154	Andrew WOODCOCK	Menai	4:19.39	
4	149	Owen HASWELL	Barry & Vale	4:21.39	
5	152	Marcus JAMES	Cardiff	4:23.53	
6	153	George PHILPOTTS	Cwmbran	4:37.04	
7	128	Huw JONES	Menai	4:43.39	
8	127	Darren JONES	Cardiff	4:47.35	

CBP	13.34			1:05 PM	
Welsh Record	12.94				
Event	T12	100m Hurdles	FINAL	Wind +0.4	
Position	Bib	Athlete	Club	Perf	Remarks
1	70	Benjamin CLEARY	Cardiff	14.00	
2	72	Meilir JONES	Menai	14.23	
3	74	Daniel SHARREM	Cardiff	14.58	
4	60	Daniel BURTON	Deeside	16.48	
5	27	David HOOSON	Wrexham	DNS	

CBP	55.57			11:25 AM	
Welsh Record	53.30				
Event	T3	400m hdl	FINAL	Wind -0.6	
Position	Bib	Athlete	Club	Perf	Remarks
1	62	Gerwyn MORGAN	Bridgend	57.8*	
2	60	Daniel BURTON	Deeside	63.4*	
3	105	Jordan BROCK	Swansea	70.5*	

*manual entered time

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CBP 2.11 1:00 PM
Welsh Record 2.15

Event F12 High Jump FINAL *Wind*

Position	Bib	Athlete	Club	Perf	Remarks
1	181	Ben DAVIES	Swansea	1.75	
2	180	Ryan CLANCY	Sutton & District	1.75	
3=	182	Stephen GUEST	Bridgend	1.70	
3=	184	Ashley JONES	Newport	1.70	
5	105	Jordan BROCK	Swansea	1.55	

CBP 4.50 2:00 PM
Welsh Record 5.20

Event F16 Pole Vault FINAL *Wind*

Position	Bib	Athlete	Club	Perf	Remarks
1	201	Emyr JONES	Carmarthen	3.60	
2	182	Stephen GUEST	Bridgend	3.50	
3	183	Daniel HODGSON	Wrexham	3.20	

CBP 6.77 1:00 PM
Welsh Record 7.11

Event F10 Long Jump FINAL *Wind*

Position	Bib	Athlete	Club	Perf	Remarks
1	22	Thomas CUSWORTH	Wrexham	6.24	+2.8
2	184	Ashley JONES	Newport	6.02	+3.4
3	208	Dafydd WILLIAMS	Carmarthen	5.37	+4.4

CBP 14.67 2:30 PM
Welsh Record 15.14

Event F17 Triple Jump FINAL *Wind*

Position	Bib	Athlete	Club	Perf	Remarks
1	208	Dafydd WILLIAMS	Carmarthen	12.45	+7.3
2	72	Meilir JONES	Menai	12.41	+1.8

CBP 16.93 11:00 AM
Welsh Record 16.93

Event F5 Shot (5.0kg) FINAL

Position	Bib	Athlete	Club	Perf	Remarks
1	233	Tomos EDWARDS	Carmarthen	15.87	
2	231	Rheon JAMES	Carmarthen	13.76	
3	232	James FORTUNE	Deeside	12.66	

CBP 47.21 1:00 PM
Welsh Record 48.93

Event F14 Discus (1.5kg) FINAL

Position	Bib	Athlete	Club	Perf	Remarks
1	233	Tomos EDWARDS	Carmarthen	44.76	
2	232	James FORTUNE	Deeside	40.17	

CBP 59.46 3:00 PM
Welsh Record 70.30

Event F21 Javelin (700g) FINAL

Position	Bib	Athlete	Club	Perf	Remarks
1	246	Jon LLEWELYN	Carmarthen	41.87	
2	232	James FORTUNE	Deeside	41.25	

Welsh Athletics - Height Card

Meeting		Welsh U17/U20 Open Track & Field Championships		Time	Venue					Deeside		Date		Saturday 12th July						
Event		F3 - U17W Pole Vault		11:00 AM	Record					Christina HUGHES, Deeside, 3.45, 2007										
					CBP					Hannah ABRAHAM, Rhian PHILLIPS, Jessica ABRAHAM, Elinor LEWIS, Cardiff, Bridgend, Cardiff, Cardiff, 3.2, 2005, 2005, 2005, 2007										
					2007 Welsh Champion					Elinor LEWIS, Cardiff, 3.2										
Order	Number	NAME	CLUB	Start Height	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	Best of All		Trials at Height Cleared	Failures	T Trials	Position
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs				
1	194	Rebecca DAVIES	Deeside	3.20						o	o	xo	xxx			3.40				2
2	195	Christina HUGHES	Deeside	3.30							o	o	o	xxx		3.50				1
3	196	Naomi JAMES	Swansea	3.00				xo	xo	xxo	o	xxx				3.30				3
4	197	Emma JONES	Swansea	2.90			xo	xo	xxx							3.00				5
5	198	Elinor LEWIS	Cardiff	3.10					xxx							NHR				
6	199	Rhianydd LLEWELLYN	Bridgend	2.90			o	o	o	xxx						3.10				4
7	200	Lucy ROULSTON	Deeside	2.70	o	o	xo	xxx								2.90				6
8		£ 1.00																		
9																				
10																				
11																				
12																				
13																				
14																				
15																				
16																				

New Welsh Record

New Championship Best Performance

RESULTS

JUDGES' SIGNATURES

No.	NAME	CLUB	PERF	No.	NAME	CLUB	PERF
1	Christina HUGHES	Deeside	3.50	9			
2	Rebecca DAVIES	Deeside	3.40	10			
3	Naomi JAMES	Swansea	3.30	11			
4	Rhianydd LLEWELLYN	Bridgend	3.10	12			
5	Emma JONES	Swansea	3.00	13			
6	Lucy ROULSTON	Deeside	2.90	14			
7				15			
8				16			

REFEREE'S SIGNATURE

Welsh Athletics - Height Card

Meeting		Welsh U17/U20 Open Track & Field Championships			Time	Venue				Deeside		Date		Saturday 12th July							
Event		F12 - U17M High Jump			1:00 PM	Record				Chuka ENIH-SNELL, Swansea, 2.15, 2000											
						CBP				Chuka ENIH-SNELL, Swansea, 2.11, 2000											
						2007 Welsh Champion				Danny EVANS, Deeside, 1.91											
Order	Number	NAME	CLUB	Start Height	1.40	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.80	1.75			Best of All	Trials at Height Cleared	Failures	T Trials	Position
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs						
1	105	Jordan BROCK	Swansea	1.50		o	xo	xxx									1.55				4
2	180	Ryan CLANCY	Sutton & District	1.65					o	o	o	xxx	x	x			1.75				2
3	181	Ben DAVIES	Swansea	1.65					o	o	o	xxx	x	o			1.75				1
4	182	Stephen GUEST	Bridgend	1.40	o			o	o	o	xxx						1.70				3=
5	183	Daniel HODGSON	Wrexham																		
6	184	Ashley JONES	Newport	1.60				o	o	o	xxx						1.70				3=
7																					
8																					
9																					
10																					
11																					
12																					
13																					
14																					
15																					
16																					

RESULTS										JUDGES' SIGNATURES									
No.	NAME	CLUB	PERF	No.	NAME	CLUB	PERF												
1	181	Ben DAVIES	Swansea	1.75	9														
2	180	Ryan CLANCY	Sutton & District	1.75	10														
3	182	Stephen GUEST	Bridgend	1.70	11														
4	184	Ashley JONES	Newport	1.70	12														
5	105	Jordan BROCK	Swansea	1.55	13														
6					14														
7					15														
8					16														

REFEREE'S SIGNATURE

Welsh Athletics - Height Card

Meeting		Welsh U17/U20 Open Track & Field Championships		Time	Venue					Deeside		Date		Saturday 12th July							
Event		F16 - U17M Pole Vault		2:00 PM	Record					Neil WINTER, Shaftesbury, 5.2, 1990											
					CBP					Neil WINTER, Shaftesbury, 4.5, 1990											
					2007 Welsh Champion					Ben Gregory, V of Aylesbury, 4.2											
Order	Number	NAME	CLUB	Start Height	2.90	3.20	3.30	3.40	3.50	3.60	3.70						Best of All	Trials at Height Cleared	Failures	T Trials	Position
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs					
1	182	Stephen GUEST	Bridgend	2.90	xo	xo	o	o	xxo	xxx							3.50				2
2	183	Daniel HODGSON	Wrexham	3.20		o	xxx										3.20				3
3	201	Emyr JONES	Carmarthen	3.40				xo		o	xxx						3.60				1
4																					
5																					
6																					
7																					
8																					
9																					
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RESULTS										JUDGES' SIGNATURES									
No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF											
1	201	Emyr JONES	Carmarthen	3.60	9														
2	182	Stephen GUEST	Bridgend	3.50	10														
3	183	Daniel HODGSON	Wrexham	3.20	11														
4					12														
5					13														
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REFEREE'S SIGNATURE

Welsh Athletics - Height Card

Meeting		Welsh U17/U20 Open Track & Field Championships		Time	Venue					Deeside		Date		Saturday 12th July							
Event		F19 - U17W High Jump		3:00 PM	Record					Lea HAGGETT, Herne HILL, 1.81, 1986											
					CBP					Sarah NICHOLLS, Teresa ANDREWS, Bridgend, Preseli, 1.7, 1981, 1992											
					2007 Welsh Champion					Alex ELLIOTT, Deeside, 1.55											
Order	Number	NAME	CLUB	Start Height	1.45	1.50	1.55	1.60	1.65								Best of All	Trials at Height Cleared	Failures	T Trials	Position
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs					
1	14	Hannah THOMAS	Wrexham																		
2	178	Ellie HOLTON	Brecon	1.45	o	xo	xo	xxo	xxx								1.60				2
3	179	Sian SWANSON	Maldwyn	1.55			o	xo	xxx								1.60				1
4																					
5																					
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16																					

RESULTS										JUDGES' SIGNATURES									
No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF											
1	179	Sian SWANSON	Maldwyn	1.60	9														
2	178	Ellie HOLTON	Brecon	1.60	10														
3					11														
4					12														
5					13														
6					14														
7					15														
8					16														
										REFEREE'S SIGNATURE									

Welsh Athletics : Distance Card

Meeting		Welsh Junior Track & Field Championships		Time		Venue		Deeside		Date		Saturday 12th July								
Event		F1 - U17W Long Jump 3 + 3 Trials		11:00 AM		Outdoor		Lisa ARMSTRONG Torfaen, 6.01, 1990		WCBP		Lisa ARMSTRONG Torfaen, 5.77, 1990								
						2007 Welsh Champion		Sarah DACEY Swansea, 5.75												
Order	BIB	Name	Club	1st Trial		2nd Trial		3rd Trial		Best of 3	Pos aft 3	4th Trial		5th Trial		6th Trial		Best Perf	W/s Best	Final Positio
				Metres	w/s	Metres	w/s	Metres	w/s			Metres	w/s	Metres	w/s	Metres	w/s			
1	5	Shaleena GRAHAM	Newport	NJ	+3.2	NJ	+3.2	NJ	+4.4											
2	7	Kirsty MARSHALL	Aberdare	4.17	+3.2	4.57	+2.6	4.90	+2.6	4.90	3	4.40	+4.4					4.90	+2.6	5
3	57	Rachel REES	Swansea	4.80	+2.6	4.88	+2.8	4.71	+2.9	4.88	4	4.76	+1.3	4.81	+3.7	4.89	+3.7	4.89	+3.7	6
4	68	Catrin STONE	Swansea	4.74	+2.6	4.76	+0.0	3.30	+4.1	4.76	6	3.48	+2.8	4.79	+3.3	5.09	+0.6	5.09	+0.6	2
5	76	Megan ROGERS (W)	Wrexham																	
6	81	Alex ELLIOT	Deeside	5.02	+2.8	4.86	+2.8	4.89	+4.3	5.02	2	4.81	+2.8	4.91	+4.2	4.95	+4.1	5.02	+2.8	3
7	103	Sophie PICK	Carmarthen	4.59	+4.2	4.54	+1.9	4.27	+2.3	4.59	7			NJ	+3.9	4.19	+2.6	4.59	+4.2	7
8	104	Ffion REES	Carmarthen	5.37	+2.0	5.37	+5.4	5.39	+3.8	5.39	1	5.36	+4.7	5.10	+4.1	5.39	+2.6	5.39	+3.8	1
9	207	£	1.00 Cwmbran	4.87	+6.4	4.78	+3.9	4.76	+3.9	4.87	5	4.74	+1.7	4.94	+4.7	5.01	+4.5	5.01	+4.5	4
10																				
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14																				
15																				
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FULL RESULTS											JUDGES' SIGNATURES			
No.	1.1	CLUB	Perf		No.	NAME	CLUB	Perf						
1	104	Ffion REES	Carmarthen	5.39	9									
2	68	Catrin STONE	Swansea	5.09	10									
3	81	Alex ELLIOT	Deeside	5.02	11									
4	207	1	Cwmbran	5.01	12									
5	7	Kirsty MARSHALL	Aberdare	4.90	13									
6	57	Rachel REES	Swansea	4.89	14									
7	103	Sophie PICK	Carmarthen	4.59	15									
8					16									

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting		Welsh Junior Track & Field Championships		Time	Venue			Deeside		Date	Saturday 14th July		
Event		F5 - U17M Shot (5.0kg) 3 + 3 Trials		11:00 AM	Outdoor			Mark HEWER Cardiff, 16.93, 1979					
					WCBP			Mark HEWER Cardiff, 16.93, 1979					
					2007 Welsh Champion			James FORTUNE Deeside, 13.09					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best Perf	Final Positio
				Metres	Metres	Metres			Metres	Metres	Metres		
1	17	Ashley ANDREWS	Forest of Dean										
2	231	Rheon JAMES	Carmarthen	12.96	NT	13.62	13.62	2	NT	13.76	NT	13.76	2
3	232	James FORTUNE	Deeside	NT	11.96	12.54	12.54	3	NT	12.66	12.33	12.66	3
4	233	Tomos EDWARDS	Carmarthen	14.93	15.87	15.74	15.87	1	15.32	NT	15.17	15.87	1
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS											JUDGES' SIGNATURES		
No.	NAME	CLUB	Perf		No.	NAME	CLUB	Perf					
1	233	Tomos EDWARDS	Carmarthen	15.87	9								
2	231	Rheon JAMES	Carmarthen	13.76	10								
3	232	James FORTUNE	Deeside	12.66	11								
4					12								
5					13								
6					14								
7					15								
8					16								
											REFEREE SIGNATURE		

Welsh Athletics : Distance Card

Meeting		Welsh Junior Track & Field Championships		Time	Venue			Deeside		Date	Saturday 14th July		
Event		F7 - U17W Discus (1.0kg) 3 + 3 Trials		11:00 AM	Outdoor			Philippa ROLES Swansea, 48.88, 1994					
					WCBP			Sandra LEE Friars Sc, 45.04, 1979					
					2007 Welsh Champion			Tesni WARD City of Sheffield, 35.71					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best Perf	Final Positio
				Metres	Metres	Metres			Metres	Metres	Metres		
1	225	Sian BALCHIN	Barry & Vale	20.94	NT	19.49	20.94	6	20.77	23.50	23.75	23.75	6
2	226	Lindsey CHEERS	Wrexham	23.74	24.94	25.50	25.50	4	24.02	25.06	22.85	25.50	5
3	227	Rebecca CHIN	Deeside	NT	NT	29.33	29.33	3	28.52	30.07	NT	30.07	3
4	228	Sadie FLINT	Carmarthen										
5	230	Toni WELLS	Swansea	31.76	NT	31.34	31.76	2	29.13	NT	NT	31.76	2
6	236	Nicole EVANS	Neath	NT	NT	23.50	23.50	5	NT	25.62	23.77	25.62	4
7	237	Brea LEUNG	Menai	32.94	31.69	33.42	33.42	1	33.54	35.90	33.08	35.90	1
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS											JUDGES' SIGNATURES		
No.	NAME	CLUB	Perf		No.	NAME	CLUB	Perf					
1	237	Brea LEUNG	Menai	35.90	9								
2	230	Toni WELLS	Swansea	31.76	10								
3	227	Rebecca CHIN	Deeside	30.07	11								
4	236	Nicole EVANS	Neath	25.62	12								
5	226	Lindsey CHEERS	Wrexham	25.50	13								
6	225	Sian BALCHIN	Barry & Vale	23.75	14								
7					15								
8					16								
											REFEREE SIGNATURE		

Welsh Athletics : Distance Card

Meeting		Welsh Junior Track & Field Championships		Time	Venue			Deeside		Date	Saturday 14th July		
Event		F9 - U17W Shot (4.0kg) 3 + 3 Trials		12:00 PM	Outdoor			Philippa ROLES Swansea, 13.65, 1994					
					WCBP			Jayne RICHARDSON Sale, 11.82, 1982					
					2007 Welsh Champion			Tesni WARD City of Sheffield, 10.36					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best Perf	Final Positio
				Metres	Metres	Metres			Metres	Metres	Metres		
1	225	Sian BALCHIN	Barry & Vale	9.20	8.62	9.12	9.20	2	9.06	8.88	8.86	9.20	2
2	226	Lindsey CHEERS	Wrexham	7.20	7.34	7.27	7.34	5	7.60	7.08	7.58	7.60	5
3	227	Rebecca CHIN	Deeside	8.91	8.74	8.43	8.91	3	9.05	8.59	8.83	9.05	3
4	228	Sadie FLINT	Carmarthen	8.33	8.79	8.62	8.79	4	8.07	8.30	8.07	8.79	4
5	229	Ayla PHILLIPS	Cardiff										
6	230	Toni WELLS	Swansea	9.68	9.52	9.73	9.73	1	9.41	9.46	NT	9.73	1
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS											JUDGES' SIGNATURES		
No.	NAME	CLUB	Perf		No.	NAME	CLUB	Perf					
1	230	Toni WELLS	Swansea	9.73	9								
2	225	Sian BALCHIN	Barry & Vale	9.20	10								
3	227	Rebecca CHIN	Deeside	9.05	11								
4	228	Sadie FLINT	Carmarthen	8.79	12								
5	226	Lindsey CHEERS	Wrexham	7.60	13								
6					14				REFEREE SIGNATURE				
7					15								
8					16								

Welsh Athletics : Distance Card

Meeting		Welsh Junior Track & Field Championships		Time		Venue				Deeside		Date		Saturday 14th July						
Event		F10 - U17M Long Jump 3 + 3 Trials		1:00 PM		Outdoor				Marcus BROWNING Chester, 7.11, 1986		WCBP		Tom HALLETT Cleddau, 6.77, 1989						
						2007 Welsh Champion				David GUEST Bridgend, 6.49										
Order	BIB	Name	Club	1st Trial		2nd Trial		3rd Trial		Best of 3	Pos aft 3	1st Trial		2nd Trial		3rd Trial		Best Perf	W/s Best	Final Positio
				Metres	w/s	Metres	w/s	Metres	w/s			Metres	w/s	Metres	w/s	Metres	w/s			
1	18	Gareth BENNETT	Wrexham																	
2	22	Thomas CUSWORTH	Wrexham	6.24	+2.8	NJ	+3.1	NJ	+5.6	6.24	1	5.97	+4.8	WITHDRAW				6.24	+2.8	1
3	71	David GUEST	Bridgend																	
4	184	Ashley JONES	Newport	5.50	+4.3					5.50	2			6.02	+3.4	5.85	+3.1	6.02	+3.4	2
5	208	Dafydd WILLIAMS	Carmarthen	5.09	+6.0	5.30	+3.4	4.61	+3.6	5.30	3	NJ	+5.6	5.37	+4.4	NJ	+4.6	5.37	+4.4	3
6																				
7																				
8																				
9																				
10																				
11																				
12																				
13																				
14																				
15																				
16																				

FULL RESULTS											JUDGES' SIGNATURES			
No.	NAME	CLUB	Perf		No.	NAME	CLUB	Perf						
1	22	Thomas CUSWORTH	Wrexham	6.24	9									
2	184	Ashley JONES	Newport	6.02	10									
3	208	Dafydd WILLIAMS	Carmarthen	5.37	11									
4					12									
5					13									
6					14									
7					15									
8					16									

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting		Welsh Junior Track & Field Championships		Time			Venue		Deeside		Date		Saturday 14th July	
							Outdoor		Gareth BULL Cardiff, 48.93, 2001					
Event		F14 - U17M Discus (1.5kg) 3 + 3 Trials		1:00 PM			WCBP		Gareth BULL Cardiff, 47.21, 2001					
							2007 Welsh Champion		David GUEST Bridgend, 43.01					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best Perf	Final Positio	
				Metres	Metres	Metres			Metres	Metres	Metres			
1	17	Ashley ANDREWS	Forest of Dean											
2	231	Rheon JAMES	Carmarthen											
3	232	James FORTUNE	Deeside	NT	40.17	NT	40.17	2	NT	NT	38.98	40.17	2	
4	233	Tomos EDWARDS	Carmarthen	44.49	41.47	44.76	44.76	1	NT	NT	NT	44.76	1	
5	238	Tom AVISS	Newport											
6														
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10														
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15														
16														

FULL RESULTS											JUDGES' SIGNATURES		
No.	NAME	CLUB	Perf		No.	NAME	CLUB	Perf					
1	233	Tomos EDWARDS	Carmarthen	44.76	9								
2	232	James FORTUNE	Deeside	40.17	10								
3					11								
4					12								
5					13								
6					14								
7					15								
8					16								
											REFEREE SIGNATURE		

Welsh Athletics : Distance Card

Meeting		Welsh Junior Track & Field Championships		Time		Venue		Deeside		Date		Saturday 14th July								
Event		F17 - U17M Triple Jump 3 + 3 Trials		2:30 PM		Outdoor		Steven SHALDERS Cardiff, 15.14, 1998		WCBP		Graham WEBB Newport HSc, 14.67, 1963								
						2007 Welsh Champion		James GARDNER City of Stoke, 13.1												
Order	BIB	Name	Club	1st Trial		2nd Trial		3rd Trial		Best of 3	Pos aft 3	1st Trial		2nd Trial		3rd Trial		Best Perf	W/s Best	Final Positio
				Metres	w/s	Metres	w/s	Metres	w/s			Metres	w/s	Metres	w/s	Metres	w/s			
1	72	Meilir JONES	Menai	11.97	+4.2	12.36	+1.3	11.59	+3.7	12.36	2	12.41	+1.8	11.93	+3.4	12.05	+3.5	12.41	+1.8	2
2	208	Dafydd WILLIAMS	Carmarthen	12.06	-2.4	12.45	+7.3	12.14	+3.8	12.45	1	12.28	+5.1	11.92	+1.2	12.25	+3.6	12.45	+7.3	1
3																				
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10																				
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15																				
16																				

FULL RESULTS											JUDGES' SIGNATURES			
No.	No.	NAME	CLUB	Perf		No.	NAME	CLUB	Perf					
1	208	Dafydd WILLIAMS	Carmarthen	12.45	9									
2	72	Meilir JONES	Menai	12.41	10									
3					11									
4					12									
5					13									
6					14									
7					15									
8					16									
											REFEREE SIGNATURE			

Welsh Athletics : Distance Card

Meeting		Welsh Junior Track & Field Championships		Time	Venue			Deeside		Date	Saturday 14th July		
					Outdoor			Colin MacKENZIE East Kent, 70.3, 1979					
Event		F21 - U17M Javelin (700g) 3 + 3 Trials		3:00 PM	WCBP			Gareth ROWLANDS Swansea, 59.46, 1980					
					2007 Welsh Champion			Josh MADDEN Carmarthen, 54.96					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best Perf	Final Positio
				Metres	Metres	Metres			Metres	Metres	Metres		
1	231	Rheon JAMES	Carmarthen										
2	232	James FORTUNE	Deeside	41.25	40.89	39.04	41.25	2				41.25	2
3	246	Jon LLEWELYN	Carmarthen	NT	NT	41.87	41.87	1	NT	NT	NT	41.87	1
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS											JUDGES' SIGNATURES		
No.	NAME	CLUB	Perf		No.	NAME	CLUB	Perf					
1	246	Jon LLEWELYN	Carmarthen	41.87	9								
2	232	James FORTUNE	Deeside	41.25	10								
3					11								
4					12								
5					13								
6					14								
7					15								
8					16								

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting		Welsh Junior Track & Field Championships		Time		Venue				Deeside		Date		Saturday 14th July						
Event		F23 - U17W Triple Jump 3 + 3 Trials		4:00 PM		WCBP				Jayne LUDLOW Cardiff, 12.14, 1994		Jayne LUDLOW Cardiff, 12.11, 1995		2007 Welsh Champion						
Order	BIB	Name	Club	1st Trial		2nd Trial		3rd Trial		Best of 3	Pos aft 3	1st Trial		2nd Trial		3rd Trial		Best Perf	W/s Best	Final Positio
				Metres	w/s	Metres	w/s	Metres	w/s			Metres	w/s	Metres	w/s	Metres	w/s			
1	103	Sophie PICK	Carmarthen	8.92	+2.6	9.22	+4.5	9.07	+5.8	9.22	4	8.82	+5.0	8.73	+2.2	9.12	+0.5	9.22	+4.5	4
2	104	Ffion REES	Carmarthen	10.25	+2.2	10.04	+4.5	NJ	+4.6	10.25	3	10.32	+4.9	10.15	+2.5	NJ	+1.2	10.32	+4.9	2
3	217	Amy BRADLEY	Cwmbran	10.63	+3.0	10.90	+4.9	10.74	+5.1	10.90	1	10.62	+5.1	10.80	+2.8	11.05	+2.9	11.05	+2.9	1
4	218	Laura-Kate EDWARDS	Wrexham	10.45	+2.6	10.75	+3.1	10.67	+5.1	10.75	2	10.49	+2.8	NJ	+3.5	NJ	-0.2		+3.1	
5	219	Kara STEDMAN	Llanelli	NJ	+1.9	9.02	+3.9	9.10	+3.8	9.10	5	9.17	+4.0	9.48	+1.5	9.51	+5.1	9.51	+5.1	3
6																				
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14																				
15																				
16																				

FULL RESULTS											JUDGES' SIGNATURES			
No.	NAME	CLUB	Perf		No.	NAME	CLUB	Perf						
1	217	Amy BRADLEY	Cwmbran	11.05	9									
2	104	Ffion REES	Carmarthen	10.32	10									
3	219	Kara STEDMAN	Llanelli	9.51	11									
4	103	Sophie PICK	Carmarthen	9.22	12									
5					13									
6					14									
7					15									
8					16									

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting		Welsh Junior Track & Field Championships		Time			Venue		Deeside		Date		Saturday 14th July	
							Outdoor		Lianne CLARKE Cardiff, 45.55, 2003					
Event		F25 - U17W Javelin (600g) 3 + 3 Trials		4:00 PM			WCBP		Lianne CLARKE Neath, 39.33, 2003					
							2007 Welsh Champion		Danielle HAMER Carmarthen, 38.53					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best Perf	Final Positio	
				Metres	Metres	Metres			Metres	Metres	Metres			
1	3	Michaela DAVIES	Neath											
2	81	Alex ELLIOT	Deeside	NT	NT	18.05	18.05	5	20.65	21.20	20.92	21.20	5	
3	225	Sian BALCHIN	Barry & Vale	26.15	24.14	23.68	26.15	2	22.81	24.83	23.96	26.15	3	
4	241	Amanda PRICE	Brecon	29.44	30.40	29.79	30.40	1	22.23	24.07	24.58	30.40	1	
5	242	Abi WILDE	St Albans	23.25	23.23	23.37	23.37	4	22.23	24.07	24.58	24.58	4	
6	243	Christie WILLIAMS	Bridgend											
7	244	Naomi WILLIAMS-WADLEY	Newport	25.29	25.29	22.96	25.29	3	25.83	29.28	27.64	29.28	2	
8	245	Mary WILSON	Carmarthen											
9														
10														
11														
12														
13														
14														
15														
16														

FULL RESULTS											JUDGES' SIGNATURES		
No.	NAME	CLUB	Perf		No.	NAME	CLUB	Perf					
1	241	Amanda PRICE	Brecon	30.40	9								
2	244	Naomi WILLIAMS-WADLEY	Newport	29.28	10								
3	225	Sian BALCHIN	Barry & Vale	26.15	11								
4	242	Abi WILDE	St Albans	24.58	12								
5	81	Alex ELLIOT	Deeside	21.20	13								
6					14								
7					15								
8					16								
											REFEREE SIGNATURE		