

Welsh Athletics

Senior Men Results

Match 3

1:30 PM League Record

Colin Jackson, Cardiff AAC, 10.3s, 1993 / Welsh Record Christian Malcolm, Cardiff, 10.11s, 2001

13.5 Lge Standard for scoring

Letter	100m	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	W Nik MESNEY Wrexham	12.2	16			1B WW Cynan EVANS (U20) Wrexham	12.0	8		
2A	V James THOMAS (U17) Llanelli	12.4	14			2B RR Paul CLARKE Carmarthen	12.7	7		
3A	G Craig GODSALL (U20) Cwmbran	12.9	12			3B BB Owen CHESHER Brecon	12.7	6		
4A	B Gareth GRIFFITHS Brecon	12.9	10			4B GG Dan LESTER (U20) Cwmbran	12.7	5		
5A	R Mathew JONES Carmarthen	13.0	8			5B DD Tom SNOWDEN (U20) Deeside	13.3	4		
6A	D Mark POGLETTKE (U20) Deeside	13.4	6			6B VV Owain BUTTERWORTH Llanelli	13.3	3		
7A	U Anthony HALLING U20 Rhondda	15.3	DNS			7B UU Sean DAVIES Rhondda	14.6	DNS		

4:05 PM League Record

Andrew Watkins, Cwmbran, 21.7s, 2006 / Welsh Record Christian Malcolm, Cardiff, 20.08s, 2001

27.5 Lge Standard for scoring

Letter	200m	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	V Jonathan WILLIAMS Llanelli	24.2	16			1B VV James THOMAS (U17) Llanelli	24.5	8		
2A	W Gawain ROGERS (U20) Wrexham	24.5	14			2B BB Adam CHRISTIE-REES Brecon	26.0	7		
3A	G Simon Barnard Cwmbran	25.2	12			3B GG Craig GODSALL (U20) Cwmbran	26.0	6		
4A	B Gareth GRIFFITHS Brecon	25.4	10			4B DD Dan BURTON (U17) Deeside	26.6	5		
5A	R Mathew JONES Carmarthen	25.5	8			5B WW No Athlete Declared Wrexham	29.4	DNS		
6A	D Gary WYNN JONES Deeside	25.8	6							

League Record

Roger Barrett, 48.0s, 1984 / Welsh Record Iwan Thomas, Newham, 44.36s, 1997

61.8 Lge Standard for scoring

Letter	400m	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	V Jonathan WILLIAMS Llanelli	50.4	16	G3	<input checked="" type="checkbox"/>	1B DD Callum BENNETT (U17) Deeside	53.7	8		
2A	W Cynan EVANS (U20) Wrexham	50.8	14	G3	<input checked="" type="checkbox"/>	2B GG Simon BARNARD Cwmbran	55.0	7		
3A	R Paul CLARKE Carmarthen	53.5	12			3B WW Tom CSIZMADIA (U20) Wrexham	55.1	6		
4A	G Dan LESTER (U20) Cwmbran	55.2	10			4B VV Jamie STEDMAN (U20) Llanelli	57.3	5		
5A	D Lee JONES Deeside	57.3	8							
6A	S Peter WATKEYS Swansea	58.2	6							
7A	B Tom MATTHEWS Brecon	61.9	DNS							

1:50 PM League Record

Roger Barrett, 1 min 50.0s, 1984 / Welsh Record Neil Horsefield, Newport, 1 min 45.44s, 1990

2:20.80 Lge Standard for scoring

Letter	800m	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	G Ieuan THOMAS (U20) Cwmbran	1:59.1	16		<input checked="" type="checkbox"/>	1B GG Jamie BUSSELL (U20) Cwmbran	2:02.6	8		
2A	D Lee JONES Deeside	2:00.4	14			2B DD Adam BANKS (U20) Deeside	2:03.8	7		
3A	V Jonathan WILLIAMS Llanelli	2:04.7	12			3B ww Tom CSIZMADIA (U20) Wrexham	2:12.2	6		
4A	S Peter WATKEYS Swansea	2:11.2	10							
5A	B Tom MATTHEWS Brecon	2:13.4	8							
6A	W Ed HUGHES Wrexham	2:30.2	DNS							

3:35 PM League Record

Shaun Whelan, 3 min 50.2s, 1988 / Welsh Record Neil Horsefield, Newport, 3 min 35.08s, 1990

4:52.20 Lge Standard for scoring

Letter	1500m	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	G Ieuan THOMAS (U20) Cwmbran	4:10.4	16			1B DD Jamie WRIGHT (U17) Deeside	4:21.1	8		
2A	D David MOUNTFORD (U20) Deeside	4:16.3	14			2B GG Gavin HANRAHAN (U20) Cwmbran	4:32.6	7		
3A	B Tom MARSHALL Brecon	4:44.0	12			3B WW No Athlete Declared Wrexham	5:15.2	DNS		
4A	W Chris BAILEY Wrexham	4:50.9	10							

12:15 PM League Record

Steve Henshaw, 8 min 39.2s, 2005 / Welsh Record Ian Hamer, Edinburgh, 7 min 46.40s, 1990

11:00.00 Lge Standard for scoring

Letter	3000m	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	D Ricky CHALLINOR (U20) Deeside	9:00.0	16		<input checked="" type="checkbox"/>	1B DD Phil EDGE (U20) Deeside	9:43.9	8		
2A	G Afan HUMPHRIES Cwmbran	9:14.6	14							
3A	B Tom MARSHALL Brecon	9:24.8	12							
4A	W Mike ROBINS Wrexham	10:07.1	10							

2:05 PM League Record

Phil Cook, , 9 min 02.5s, 1990 / Welsh Record Roger Hackney, Aldershot, 8 min 18.91s, 1988

12:35.00 Lge Standard for scoring

Letter	3000m S/C	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	D Ricky CHALLINOR (U20)	Deeside	9:59.0	16	☑	1B GG Gavin HANRAHAN (U20)	Cwmbran	10:26.4		
2A	G Afan HUMPHRIES	Cwmbran	10:16.2	14						
3A	B Tom MARSHALL	Brecon	10:45.4	12						
4A	W Chris BAILEY	Wrexham	11:15.6							

2:40 PM League Record

Colin Jackson, Cardiff AAC, 13.3s, 1993 / Welsh Record Colin Jackson, Brecon, 12.91s, 1993

21.0 Lge Standard for scoring

Letter	110m hurdles	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	W Neil EDWARDS	Wrexham	19.2	16		1B GG Jamie BUSSELL (U20)	Cwmbran	19.7	8	
2A	B Derek OSBORNE	Brecon	19.7	14						
3A	G Ieuan THOMAS (U20)	Cwmbran	21.4	DNS						

12:50 PM League Record

Chris Cashell, , 52.6s, 1991 / Welsh Record Rhys Williams, Cardiff, 49.09s, 2006

73.1 Lge Standard for scoring

Letter	400m Hurdles	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	V Jamie STEDMAN (U20)	Llanelli	63.1	16		1B GG Jamie BUSSELL (U20)	Cwmbran	63.4	8	
2A	G Dan LESTER (U20)	Cwmbran	64.1	14		2B BB Adam CHRISTIE-REES	Brecon	66.8	7	
3A	B Tom MARSHALL	Brecon	65.4	12		3B DD Dan BURTON (U17)	Deeside	67.2	6	
4A	W Neil DAVIES	Wrexham	65.8	10		4B WW David JAMES	Wrexham	76.2	DNS	
5A	D Alex DEAN (U20)	Deeside	66.3	8						

4:55 PM League Record

Swansea Harriers, 42.5s, 1981 / Welsh Record Wales, 38.73s, 1998

No Req Std for Relay

Letter	4 x 100m Relay	Athletes	Perf	Pts
1A	V Llanelli	No, Team, Declared, -	47.9	16
2A	W Wrexham	Gawain ROGERS (U20), Cynan EVANS (U20), David JAMES, Nik MESNEY	47.9	14
3A	G Cwmbran	Craig GODSALL (U20), Josh KIDD (U20), Simon BARNARD, Jason COPSEY (U20)	48.6	12
4A	B Brecon	Owen CHESHER, Gareth GRIFFITHS, Stephen JEFFREYS (U20), Adam CHRISTIE-REES	48.9	10
5A	D Deeside	Dan BURTON (U17), Callum BENNETT (U17), Mark POGLETTKE (U20), Tom SNOWDEN (U20)	48.9	8

5:25 PM League Record

Newport Harriers, 3 min 22.5s, 1997 / Welsh Record Wales, 3 min 00.41s, 2002

No Req Std for Relay

Letter	4 x 400m Relay	Athletes	Perf	Pts
1A	G Cwmbran	Ieuan THOMAS (U20), Dan LESTER (U20), Simon BARNARD, Jamie BUSSELL (U20)	4:59.8	16

3:00 PM League Record

Paul Evans, , 2m 05cm, 1983 / Welsh Record Robert Mitchell, Sale, 2m 25cm, 2001

1.45 Lge Standard for scoring

Letter	High Jump	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	B Owen CHESHER	Brecon	1.90	16	G3	1B BB Stephen JEFFREYS (U20)	Brecon	1.55	8	
2A	W Gawain ROGERS (U20)	Wrexham	1.80	14		2B DD Mark POGLETTKE (U20)	Deeside	1.50	7	
3A	G Jamie BUSSELL (U20)	Cwmbran	1.65	12		3B VV Ioan DAVIS	Llanelli	1.35	DNS	
4A	V Adam GOWER	Llanelli	1.65	10						
5A	D Andy ROBBINS	Deeside	1.50	8						

12:00 PM League Record

Alessandro Cambon, , 4m 75cm, 2001 / Welsh Record Neil Winter, Shaftesbury, 5m 60cm, 1995

2.80 Lge Standard for scoring

Letter	Pole Vault	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	W Neil EDWARDS	Wrexham	3.00	16		1B BB Derek OSBORNE	Brecon	2.80	8	
2A	B Owen CHESHER	Brecon	2.80	14						

1:30 PM League Record

Richard Jones, , 7m 44cm, 1983 / Welsh Record Lynn Davies, Cardiff, 8m 23cm, 1968

4.20 Lge Standard for scoring

Letter	Long Jump	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	B Stephen JEFFREYS (U20)	Brecon	6.09	16		1B BB Owen CHESHER	Brecon	5.79	8	
2A	W Gawain ROGERS (U20)	Wrexham	5.82	14		2B WW Chris BAILEY	Wrexham	5.44	7	
3A	G Josh KIDD (U20)	Cwmbran	5.57	12		3B V Adam GOWER	Llanelli	5.32	6	
4A	VV Owain BUTTERWORTH	Llanelli	5.47	10		4B GG Simon BARNARD	Cwmbran	5.24	5	
5A	RR Mathew JONES	Carmarthen	4.97	8		5B R Paul CLARKE	Carmarthen	4.85	4	
6A	DD Dan BURTON (U17)	Deeside	4.78	6		6B D Alex DEAN (U20)	Deeside	4.75	3	

4:00 PM League Record

Charles Maderia-Cole, , 14m 74cm, 1997 / Welsh Record Steven Shalders, Cardiff, 16m 71cm, 2005

9.35 Lge Standard for scoring

Letter	Triple Jump	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	V Adam GOWER	Llanelli	12.08	16		1B VV Jamie STEDMAN (U20)	Llanelli	11.24	8	
2A	B Stephen JEFFREYS (U20)	Brecon	12.04	14		2B G Afan HUMPHRIES	Cwmbran	10.40	7	
3A	W Chris BAILEY	Wrexham	11.84	12		3B BB Adam CHRISTIE-REES	Brecon	10.31	6	
4A	D Callum BENNETT (U17)	Deeside	11.40	10		4B WW Tom CSIZMADIA (U20)	Wrexham	9.78	5	
5A	GG Dan LESTER (U20)	Cwmbran	10.77	8						

Welsh Athletics

Senior Men Results

Match 3

1:00 PM League Record

Ryan Spencer-Jones, Swansea Harriers, 14m 68cm, 2008 / Welsh Record Shaun Pickering, Haringey, 20m 45cr

7.10 Lge Standard for scoring

Letter	Shot Putt (7.26kg)	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	UU Barry BARNFEILD (M35)	Rhondda	11.02	16		1B U Anthony HALLING U20	Rhondda	10.75	8	
2A	W Neil EDWARDS	Wrexham	10.25	14		2B WW Ian BEETSON	Wrexham	9.31	7	
3A	B Adam CHRISTIE-REES	Brecon	9.96	12		3B BB Tom MATTHEWS	Brecon	8.26	6	
4A	DD Andy ROBBINS	Deeside	9.76	10		4B D Dave STOKES	Deeside	7.80	5	
5A	G Josh KIDD (U20)	Cwmbran	8.57	8		5B V Steve OROSZ	Llanelli	7.63	4	
6A	VV Owain BUTTERWORTH	Llanelli	7.86	6		6B GG Simon BARNARD	Cwmbran	7.59	3	

1:45 PM League Record

Ryan Spencer-Jones, Swansea Harriers, 44m 20cm, 2008 / Welsh Record Lee Newman, Belgrave, 60m 43cm, 19

22.60 Lge Standard for scoring

Letter	Discus (2.0kg)	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	U Anthony HALLING U20	Rhondda	30.37	16		1B UU Barry BARNFEILD (M35)	Rhondda	29.66	8	
2A	W Neil EDWARDS	Wrexham	30.27	14		2B DD Andy ROBBINS	Deeside	24.62	7	
3A	D Dave STOKES	Deeside	29.51	12		3B WW Neil DAVIES	Wrexham	22.83	6	
4A	V Steve OROSZ	Llanelli	26.08	10						
5A	B Derek OSBORNE	Brecon	23.20	8						

12:00 PM League Record

Peter Stark, , 55m 48cm, 1979 / Welsh Record Shaun Pickering, Haringey, 68m 64cm, 1984

27.00 Lge Standard for scoring

Letter	Hammer (7.26kg)	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	UU Barry BARNFEILD (M35)	Rhondda	40.49	16		1B U Anthony HALLING U20	Rhondda	24.81	DNS	
2A	V Steve OROSZ	Llanelli	28.88	14						
3A	B Derek OSBORNE	Brecon	28.17	12						
4A	D Dave STOKES	Deeside	24.76	DNS						

4:15 PM League Record

Jonathan Clarke, , 65m 76cm, 1988 / Welsh Record Nigel Bevan, Belgrave, 81m 70cm, 1992

29.70 Lge Standard for scoring

Letter	Javelin (800g)	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	G Jason COPSEY (U20)	Cwmbran	50.96	16		1B GG Josh KIDD (U20)	Cwmbran	39.01	8	
2A	WW Neil EDWARDS	Wrexham	41.53	14		2B W Neil DAVIES	Wrexham	32.31	7	
3A	B Derek OSBORNE	Brecon	33.49	12		3B DD Oliver JONES	Deeside	31.85	6	
4A	D James FORTUNE (U17)	Deeside	33.27	10		4B UU Barry BARNFEILD (M35)	Rhondda	25.35	DNS	
5A	U Anthony HALLING U20	Rhondda	29.80	8						
6A	V Steve OROSZ	Llanelli	26.89	DNS						