

1:20 PM League Record

Sallyanne Short, Torfaen AC, 11.9s, 1987 / Welsh Record Sallyanne Short, Torfaen, 11.39s, 1992

17.2 Lge Standard for scoring

Letter	100m	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW	
1A	D Hannah PENDELBURY U20	Deeside	12.7	16	<input checked="" type="checkbox"/>	1B GG Emma REYNOLDS U20	Cwmbran	13.4	8		
2A	G Claire WILLIAMS U17	Cwmbran	12.8	14	<input checked="" type="checkbox"/>	2B DD Sian JONES U17	Deeside	14.8	7		
3A	S Chantelle WALKER-JONES U20	Swansea	13.4	12							
4A	W Nia BREEZE U17	Wrexham	13.8	10							

3:55 PM League Record

Sallyanne Short, Torfaen AC, 24.4s, 1987 / Welsh Record Michelle Scutt, Sale, 22.80s, 1982

36.4 Lge Standard for scoring

Letter	200m	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW	
1A	D Hannah PENDELBURY U20	Deeside	26.0	16	<input checked="" type="checkbox"/>	1B GG Jessica DICKSON U20	Cwmbran	27.9	8		
2A	G Kathryn DAVIES U20	Cwmbran	27.9	14		2B DD Lisa JOHNSON U20	Deeside	29.1	7		
3A	S Caroline BYNG	Swansea	28.7	12		3B WW Nia BREEZE U17	Wrexham	29.8	6		
4A	W Amanda WALE	Wrexham	28.8	10							

3:00 PM League Record

Anne Middle, , 55.2s, 1991 / Welsh Record Michelle Scutt, Sale, 50.63s, 1982

82.3 Lge Standard for scoring

Letter	400m	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW	
1A	G Benyitta DOMAN U17	Cwmbran	58.1	16	<input checked="" type="checkbox"/>	1B GG Jessica DICKSON U20	Cwmbran	60.6	8		
2A	D Lisa JOHNSON U20	Deeside	63.8	14							

1:40 PM League Record

Samantha Porter, , 2 min 11.1s, 1989 / Welsh Record Kirsty MaDermott, Bristol, 1 min 57.42, 1985

2:58.0 Lge Standard for scoring

Letter	800m	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW	
1A	R Alaw BEYNON-THOMAS U20	Carmarthen	2:21.1	16	<input checked="" type="checkbox"/>						
2A	G Lora JAMES U17	Cwmbran	2:21.5	14	<input checked="" type="checkbox"/>						
3A	V Jenny PHILLIPS	Llanelli	2:34.2	12							
4A	B Satu HAIKALA	Brecon	2:40.9	10							

3:20 PM League Record

Hayley Nash, Swansea Harriers, 4 min 24.4s, 1987 / Welsh Record Hayley Tullett, Swansea , 3 min 59.95s, 2000

6:19.0 Lge Standard for scoring

Letter	1500m	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW	
1A	G Jenna ROBERTS U20	Cwmbran	5:11.0	16		1B BB Satu HAIKALA	Brecon	5:29.3	8		
2A	V Jenny PHILLIPS	Llanelli	5:19.0	14							
3A	B Leigh BARKER U20	Brecon	5:21.7	12							
4A	D Patricia BYRNE U17	Deeside	5:41.3	10							

12:35 PM League Record

Angela Tooby, Cardiff AAC, 9 min 35.0s, 1983 / Welsh Record Hayley Tullett, Swansea , 8 min 45.39s, 2000

13:50.0 Lge Standard for scoring

Letter	3000m	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW	
1A	R Angharad DAVIES U17	Carmarthen	10:46.6	16	<input checked="" type="checkbox"/>	1B RR Caryl JONES	Carmarthen	12:00.6	8		
2A	G Jenna ROBERTS U20	Cwmbran	10:58.8	14	<input checked="" type="checkbox"/>	2B GG Vicky JACKSON U17	Cwmbran	12:17.8	7		

2:25 PM League Record

Rosie Richards, Brecon AC, 8 min 49.2s, 2006 / Welsh Record Clare Martin, Newport, 6 min 40.3s, 2005

9:43.8 Lge Standard for scoring

New Senior League Record

Letter	2000m S/C	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	R Catrin LEWIS	Carmarthen	8:32.4	16						

2:50 PM League Record

Heather Jones, Carmarthen Harriers, 13.6s, 2005 / Welsh Record Kay Morley, Cardiff, 12.91s, 1990

21.3 Lge Standard for scoring

Letter	100m hurdles	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	R Rebecca GATEHOUSE	Carmarthen	16.6	16		1B RR Megan THOMAS U17	Carmarthen	17.4	8	
2A	W Amanda WALE	Wrexham	17.1	14						

1:05 PM League Record

Michelle Cook, , 59.9s, 1988 / Welsh Record Alyson Layzell, Cheltenham, 56.43s, 1996

92.4 Lge Standard for scoring

Letter	400m Hurdles	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	R Megan THOMAS U17	Carmarthen	67.9	16	<input checked="" type="checkbox"/>	1B RR Hannah PICK	Carmarthen	72.6	8	
2A	DD Patricia BYRNE U17	Deeside	77.7	14		2B D Emma GARSTANG U20	Deeside	DNF	DNS	
3A	B Leigh BARKER U20	Brecon	84.5	12						

League Record , Torfaen AC, 49.1s

Perf Pts

No Lge Standard for scoring

4:45 PM	4 x 100m Relay	Perf	Pts
1A	G Cwmbran	Kathryn DAVIES U20, Lora JAMES U17, Benytta DOMAN U17, Jessica DICKSON U20	51.5 16
2A	D Deeside	Emma GARSTANG U20, Ruth JOHNS U20, Lisa JOHNSON U20, Amy Campagne U20	53.0 14

League Record , Cardiff AAC, 4 min 00.5s

No Lge Standard for scoring

5:15 PM	4 x 400m Relay	Perf	Pts
1A	G Cwmbran	Kathryn DAVIES U20, Lora JAMES U17, Benytta DOMAN U17, Jessica DICKSON U20	4:14.2 16
2A	D Deeside	Emma GARSTANG U20, Ruth JOHNS U20, Lisa JOHNSON U20, Amy Campagne U20	4:44.2 14

1:00 PM League Record

Rebecca Jones, Wrexham AC, 1m 73cm, 1999 / Welsh Record Julie Crane, Sale, 1m 89cm, 2004

1.20 Lge Standard for scoring

Letter	High Jump	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	R Sophie PICK U17	Carmarthen	1.40	16						
2A	S Jo DAVIES	Swansea	1.25	14						
3A	B Jayne BERRY	Brecon	1.20	12						

12:00 PM League Record

Lyndsey Maund, Swansea Harriers, 3m 40cm, 2003 / Welsh Record Rhian Clarke, Essex Ladies, 4m 15cm, 2002

2.10 Lge Standard for scoring

Equal Senior League Record

Letter	Pole Vault	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW		
1A	D Rebecca DAVIES U17	Deeside	3.40	16	G1	<input checked="" type="checkbox"/>	1B DD Ruth JOHNS U20	Deeside	2.70	8	G3	<input checked="" type="checkbox"/>
2A	S Emma JONES U17	Swansea	3.10	14	G1	<input checked="" type="checkbox"/>						

12:00 PM League Record

Gillian Regan, , 6m 18cm, 1981 / Welsh Record Gill Regan, Cardiff, 6m 52cm, 1982

3.29 Lge Standard for scoring

Letter	Long Jump	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	D Amy Campagne U20	Deeside	5.13	16		<input checked="" type="checkbox"/>	1B GG Rachel BEVAN U17	Cwmbbran	4.76	8
2A	V Donna JONES	Llanelli	5.07	14		<input checked="" type="checkbox"/>	2B DD Sian JONES U17	Deeside	4.51	7
3A	G Amy BRADDLEY U17	Cwmbbran	5.06	12		<input checked="" type="checkbox"/>	3B VV Kara STEDMAN U17	Llanelli	4.40	6
4A	W Amanda WALE	Wrexham	4.71	10			4B WW Nia BREEZE U17	Wrexham	4.05	5
5A	R Sophie PICK U17	Carmarthen	4.40	8						
6A	B Leigh BARKER U20	Brecon	4.30	6						

2:15 PM League Record

Jayne Ludlow, , 11m 76cm, 1994 / Welsh Record Sally Peake, Liverpool, 12m 24cm, 2005

7.19 Lge Standard for scoring

Letter	Triple Jump	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	D Amy Campagne U20	Deeside	11.20	16	G2	<input checked="" type="checkbox"/>	1B VV Kara STEDMAN U17	Llanelli	9.36	8
2A	G Amy BRADDLEY U17	Cwmbbran	10.98	14	G3	<input checked="" type="checkbox"/>	2B GG Becky STREET U20	Cwmbbran	8.30	7
3A	V Donna JONES	Llanelli	10.58	12	G3	<input checked="" type="checkbox"/>	3B DD Ruth JOHNS U20	Deeside	8.22	6
4A	R Hannah PICK	Carmarthen	9.97	10						
5A	B Leigh BARKER U20	Brecon	9.29	8						

2:00 PM League Record

Vanissa Head, , 18m 93cm, 1984 / Welsh Record Vanissa Head, Cardiff, 18m 93cm, 1984

6.90 Lge Standard for scoring

Letter	Shot Putt (4.0kg)	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW	
1A	B Jayne BERRY	Brecon	12.88	16	G2	<input checked="" type="checkbox"/> 1B SS	Chantelle WALKER-JONES U20	Swansea	9.76	8	
2A	UU Louise FINLAY	Rhondda	10.00	14		<input checked="" type="checkbox"/> 2B U	Cath ALFORD	Rhondda	9.00	7	
3A	S Toni WELLS U17	Swansea	9.82	12		3B BB	Amanda PRICE U17	Brecon	7.42	6	
4A	W Amanda WALE	Wrexham	9.25	10		4B RR	Sara SIGGERY	Carmarthen	6.93	5	
5A	R Sophie PICK U17	Carmarthen	7.38	8		5B G	Emma WILLIAMS	Cwmbran	6.80	DNS	
6A	GG Rachel BEVAN U17	Cwmbran	6.84	DNS							
7A	DD Ruth JOHNS U20	Deeside	6.14	DNS							

3:30 PM League Record

Vanissa Head, , 62m 02cm, 1984 / Welsh Record Vanissa Head, Cardiff, 64m 68cm, 1983

22.80 Lge Standard for scoring

Letter	Discus (1.0kg)	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW	
1A	S Toni WELLS U17	Swansea	32.14	16		<input checked="" type="checkbox"/> 1B UU	Cath ALFORD	Rhondda	25.73	8	
2A	U Louise FINLAY	Rhondda	27.27	14		2B B	Jayne BERRY	Brecon	24.81	7	
3A	BB Julie DRISCOLL	Brecon	25.39	12		3B SS	Jo DAVIES	Swansea	22.32	DNS	
4A	G Emma WILLIAMS	Cwmbran	15.49	DNS		4B GG	Rachel BEVAN U17	Cwmbran	14.35	DNS	

1:00 PM League Record

Carys Parry, Rhondda AC, 56m 96cm, 2005 / Welsh Record Carys Parry, Rhondda , 64m 34cm, 2007

23.00 Lge Standard for scoring

Letter	Hammer (4.0kg)	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW	
1A	S Toni WELLS U17	Swansea	43.46	16	G2	<input checked="" type="checkbox"/> 1B UU	Louise FINLAY	Rhondda	25.74	8	
2A	B Jayne BERRY	Brecon	32.83	14		<input checked="" type="checkbox"/> 2B SS	Jo DAVIES	Swansea	22.87	DNS	
3A	U Cath ALFORD	Rhondda	27.27	12							

2:15 PM League Record

Karen Hough, , 47m 94cm, 1984 / Welsh Record Lianne Clarke, Cardiff, 52m 68cm, 2007

23.33 Lge Standard for scoring

Letter	Javelin (600g)	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW	
1A	RR Sara SIGGERY	Carmarthen	39.71	16	G3	<input checked="" type="checkbox"/> 1B B	Amanda PRICE U17	Brecon	28.16	8	
2A	S Jo DAVIES	Swansea	32.04	14		<input checked="" type="checkbox"/> 2B D	Sian JONES U17	Deeside	21.53	DNS	
3A	BB Jayne BERRY	Brecon	29.25	12							
4A	GG Rachel BEVAN U17	Cwmbran	24.44	10							
5A	DD Rebecca DAVIES U17	Deeside	21.61	DNS							