

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	S Jonathan SIMONSEN U20 Swansea	11.2	16	G3	<input checked="" type="checkbox"/>	1B GG Jamie MAYERS U20 Cwmbran	11.7	8		
2A	G Simon THOMPSON Cwmbran	11.4	14			2B SS Alex SCOTT Swansea	11.8	7		
3A	V James THOMAS U17 Llanelli	11.7	12			3B RR Antoine WOODMAN U17 Carmarthen	12.2	6		
4A	W Nick MESNEY Wrexham	11.7	10			4B BB Adam CHRISTIE-REES Brecon	12.4	5		
5A	R Luke MORGAN Carmarthen	12.1	8			5B WW Steve SPIRES Wrexham	12.5	4		
6A	B Gareth GRIFFITHS Brecon	12.3	6			6B DD Tim DAVIES U17 Deeside	12.7	3		
7A	D Tom SNOWDEN U20 Deeside	12.6	4							
8A	U Sean DAVIES Rhondda	13.5	2							

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	23.7	16			1B GG Jamie MAYERS U20 Cwmbran	23.5	8		
2A	G Simon THOMPSON Cwmbran	24.5	14			2B RR Paul CLARKE Carmarthen	24.2	7		
3A	R Antoine WOODMAN U17 Carmarthen	24.9	12			3B SS James PRICE U17 Swansea	24.5	6		
4A	B Gareth GRIFFITHS Brecon	25.6	10			4B BB Adam CHRISTIE-REES Brecon	25.3	5		
5A	W Ian BROADHURST Wrexham	25.9	8			5B WW Steve SPIRES Wrexham	25.9	4		
6A	D Gary WYN-JONES Deeside	26.5	6			6B DD Tim DAVIES U17 Deeside	25.9	3		

3:15 PM 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	49.9	16	G3	<input checked="" type="checkbox"/>	1B SS Jonathan BUTLER U20 Swansea	50.8	8	G3	<input checked="" type="checkbox"/>
2A	S Alex SCOTT Swansea	51.1	14			2B GG Simon BARNARD Cwmbran	53.0	7		
3A	R Paul CLARKE Carmarthen	51.5	12			3B UU Sean PRICE Rhondda	53.8	6		
4A	G Dan LESTER U20 Cwmbran	52.3	10			4B VV Michael DAVIES U20 Llanelli	54.2	5		
5A	D Gary WYN-JONES Deeside	55.4	8			5B DD Tom SNOWDEN U20 Deeside	57.8	4		
6A	U Bil AL-NAMANI Rhondda	55.7	6			6B WW David JAMES Wrexham	63.9	DNS		
7A	W Ian BROADHURST Wrexham	55.9	4							

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	D Lee JONES Deeside	1:58.1	16		<input checked="" type="checkbox"/>	1B GG Gareth LEWIS U20 Cwmbran	2:03.1	8		
2A	R Paul CLARKE Carmarthen	1:58.9	14		<input checked="" type="checkbox"/>	2B VV Michael DAVIES U20 Llanelli	2:03.8	7		
3A	G Ieuan THOMAS U20 Cwmbran	1:59.8	12		<input checked="" type="checkbox"/>	3B DD Ricky CHALLINOR U20 Deeside	2:04.1	6		
4A	V Jonathan WILLIAMS Llanelli	2:01.5	10			4B SS Peter WATKEYS Swansea	2:08.0	5		
5A	U Bil AL-NAMANI Rhondda	2:05.1	8			5B UU Sean PRICE Rhondda	2:09.1	4		
6A	S Chris DAVIES Swansea	2:13.3	6							

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 Afan HUMPHRIES Cwmbran	4:08.4	16			1B GG Chris PROTHEROE U20 Cwmbran	4:12.1	8		
2A	D David MOUNTFORD U20 Deeside	4:08.7	14			2B DD Jamie WRIGHT U17 Deeside	4:14.9	7		

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	G Afan HUMPHRIES Cwmbran	9:00.0	16		<input checked="" type="checkbox"/>	1B GG Mike KERSHAW U20 Cwmbran	9:33.2	8		
2A	D Phil EDGE U20 Deeside	9:58.3	14							
3A	B Liam HAYWARD Brecon	10:42.7	12							

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	GG Jamie BUSSELL U20	Cwmbran	10:19.9	16		1B G Gavin HANRAHAN U20	Cwmbran	10:37.9	8	
2A	B Chris HAYWARD U20	Brecon	11:06.1	14						

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	R Dafydd WALTERS U20	Carmarthen	15.9	16	G3	<input checked="" type="checkbox"/>				
2A	W Neil EDWARDS	Wrexham	19.2	14						
3A	B Derek OSBORNE	Brecon	19.8	12						
4A	U Mike MULLINS	Rhondda	20.6	10						

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	R Dafydd WALTERS U20	Carmarthen	60.5	16		1B GG Jamie BUSSELL U20	Cwmbran	67.3	8	
			63.4	14		2B DD Alex DEAN U20	Deeside	67.5	7	
			64.5	12		3B WW David JAMES	Wrexham	76.3	DNS	
4A	V Jamie STEDMAN U20	Llanelli	64.6	10						
5A	W Ian BROADHURST	Wrexham	67.7	8						
			67.8	6						
			68.7	4						

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	G Cwmbran	Jamie MAYERS U20, Simon THOMPSON , Lewis HINWOOD U17, Ieuan THOMAS U20	45.3	16
2A	R Carmarthen	Dafydd WALTERS U20, Luke MORGAN, Antoine WOODMAN U17, Paul CLARKE	47.7	14
3A	W Wrexham	Steve SPIRES, Ian BROADHURST, Neil EDWARDS, Nick MESNEY	47.9	12
4A	V Llanelli	Michael DAVIES U20, Jamie STEDMAN U20, Adam GOWER, Jonathan WILLIAMS	48.2	10
5A	B Brecon	Adam CHRISTIE-REES, Gareth GRIFFITHS, Owen CHESHER, Stephen JEFFREYS	48.8	8
6A	S Swansea	Peter WATKEYS, Oliver WRIGHT, Robbie WELLS U20, James PRICE U17	48.9	6
7A	D Deeside	Gary WYN-JONES, Tim DAVIES U17, Alex DEAN U20, Tom SNOWDEN U20	50.6	4
8A	U Rhondda	Sean DAVIES, Anthony HALLING U20, Bil AL-NAMANI, Hywel PORT	55.2	2

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	S Swansea	Alex SCOTT, Neville JOHNSON, Peter WATKEYS, Jamie FENAROLLI U20	3:34.4	16
2A	G Cwmbran	Simon BARNARD, Gareth LEWIS U20, Ieuan THOMAS U20, Dan LESTER U20	3:34.5	14
3A	D Deeside	Ricky CHALLINOR U20, Gary WYN-JONES, Lee JONES , David MOUNTFORD U20	3:51.6	12
4A	V Llanelli	Adam GOWER, Jamie STEDMAN U20, Michael DAVIES U20, Jonathan WILLIAMS	3:59.6	10
5A	U Rhondda	Sean DAVIES, Anthony HALLING U20, Bil AL-NAMANI, Hywel PORT	4:38.5	8
6A	W Wrexham	Steve SPIRES, Neil EDWARDS, Ian BROADHURST, Chris BAILEY	4:46.0	6

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	2.00	16	G2	1B BB Stephen JEFFREYS	Brecon	1.60	8	
2A	D Daniel EVANS U20	Deeside	1.85	14		2B WW Steve SPIRES	Wrexham	1.50	7	
3A	S Robbie WELLS U20	Swansea	1.80	12		3B GG Ieuan THOMAS U20	Cwmbran	1.45	6	
4A	V Adam GOWER	Llanelli	1.60	10						
5A	G Jamie BUSSELL U20	Cwmbran	1.55	8						
6A	W Daniel HODGSON U17	Wrexham	1.55	6						

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	S Glynn PRICE	Swansea	4.00	16	G3	1B WW Daniel HODGSON U17	Wrexham	3.30	8	
2A	W Neil EDWARDS	Wrexham	3.30	14						
3A	B Derek OSBORNE	Brecon	2.90	12						

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	V Andrew THOMAS	Llanelli	6.38	16		1B VV Adam GOWER	Llanelli	5.73	8	
2A	B Stephen JEFFREYS	Brecon	6.15	14		2B G Josh KIDD U20	Cwmbran	5.02	7	
3A	R Antoine WOODMAN U17	Carmarthen	5.43	12		3B DD Tim DAVIES U17	Deeside	4.94	6	
4A	GG Simon BARNARD	Cwmbran	5.11	10		4B U Mike MULLINS	Rhondda	4.57	5	
5A	D Alex DEAN U20	Deeside	4.94	8		5B BB Gareth GRIFFITHS	Brecon	4.49	4	
6A	S Oliver WRIGHT	Swansea	4.84	6						
7A	W Daniel HODGSON U17	Wrexham	4.65	4						
8A	UU Sean DAVIES	Rhondda	4.58	2						

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	B Stephen JEFFREYS	Brecon	12.11	16		1B G Dan LESTER U20	Cwmbran	11.55	8	
2A	GG Michael GROUT U17	Cwmbran	12.06	14		2B VV Jamie STEDMAN U20	Llanelli	11.51	7	
3A	V Adam GOWER	Llanelli	12.05	12		3B BB Adam CHRISTIE-REES	Brecon	10.95	6	
4A	D Jamie WRIGHT U17	Deeside	10.62	10		4B DD Ricky CHALLINOR U20	Deeside	10.50	5	
5A	WW Steve SPIRES	Wrexham	9.93	8		5B W David JAMES	Wrexham	8.64	DNS	

1:00 PM League Record Ben Roberts, Deeside AC, 14m 54cm, 2006 / Welsh Record Shaun Pickering, Haringey, 20m 45cm, 1997

7.10 Lge Standard for scoring

New Senior League Record

Letter	Shot Putt (7.26kg)	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	S Ryan SPENCER-JONES Swansea	14.68	16	G3		1B SS Oliver WRIGHT Swansea	11.09	8		
2A	B David ROBERTS Brecon	11.87	14			2B U Barrie BARNFIELD Rhondda	10.25	7		
3A	UU Anthony HALLING U20 Rhondda	10.92	12			3B WW Ian BEETSON Wrexham	9.53	6		
4A	R Michael JOHN U20 Carmarthen	10.06	10			4B BB Adam CHRISTIE-REES Brecon	9.16	5		
5A	V Andrew THOMAS Llanelli	10.00	8			5B VV Steve OROSZ Llanelli	7.49	4		
6A	W Neil EDWARDS Wrexham	9.96	6			6B GG Simon BARNARD Cwmbran	7.38	3		
7A	G Josh KIDD U20 Cwmbran	8.69	4							

1:45 PM League Record Gareth Gilbert, , 43m 52cm, 1993 / Welsh Record Lee Newman, Belgrave, 60m 43cm, 1998

22.60 Lge Standard for scoring

New Senior League Record

Letter	Discus (2.0kg)	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	S Ryan SPENCER-JONES Swansea	44.20	16	G3		1B U Barrie BARNFIELD Rhondda	29.93	8		
2A	B David ROBERTS Brecon	32.69	14			2B V Steve OROSZ Llanelli	26.20	7		
3A	W Neil EDWARDS Wrexham	32.47	12			3B BB Derek OSBORNE Brecon	24.83	6		
4A	UU Hywel PORT Rhondda	30.84	10			4B WW Ian BEETSON Wrexham	23.51	5		
5A	VV Andrew THOMAS Llanelli	29.43	8			5B SS Dave JONES Swansea	14.04	DNS		
6A	G Josh KIDD U20 Cwmbran	19.30	DNS							

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	S Jonathan ARNOLD Swansea	41.82	16			1B SS James DOBLER U17 Swansea	32.08	8		
2A	U Barrie BARNFIELD Rhondda	37.90	14			2B B Derek OSBORNE Brecon	26.98	DNS		
3A	W Ian BEETSON Wrexham	33.84	12			3B UU Anthony HALLING U20 Rhondda	25.00	DNS		
4A	BB David ROBERTS Brecon	31.46	10							
5A	V Steve OROSZ Llanelli	28.60	8							

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	R Michael JOHN U20 Carmarthen	50.32	16			1B GG Simon BARNARD Cwmbran	33.91	8		
2A	G Jason COPSEY U20 Cwmbran	48.52	14			2B U Hywel PORT Rhondda	31.09	7		
3A	W Neil EDWARDS Wrexham	45.87	12			3B DD Ricky CHALLINOR U20 Deeside	30.18	6		
4A	S Oliver WRIGHT Swansea	45.00	10			4B SS Dave JONES Swansea	21.12	DNS		
5A	UU Anthony HALLING U20 Rhondda	34.75	8							
6A	B David ROBERTS Brecon	31.43	6							
7A	D Alex DAY U20 Deeside	30.95	4							