

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 PENDLEBURY (U20)	Deeside	12.8	16	<input checked="" type="checkbox"/>	1B G Jessica HINWOOD (U17)	Cwmbran	12.9	8		
2A	GG Emma REYNOLDS (U20)	Cwmbran	12.9	14	<input checked="" type="checkbox"/>	2B DD Lisa JOHNSON (U20)	Deeside	13.5	7		

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	R Heather JONES	Camrathen	25.3	16	G3 <input checked="" type="checkbox"/>	1B G Benyta DOMAN (U17)	Cwmbran	27.2	8		
2A	D Hannah PENDLEBURY (U20)	Deeside	25.6	14	G3 <input checked="" type="checkbox"/>	2B DD Lisa JOHNSON (U20)	Deeside	27.8	7		
3A	GG Emma REYNOLDS (U20)	Cwmbran	26.8	12	<input checked="" type="checkbox"/>						
4A	B Leigh BARKER (U20)	Brecon	30.2	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 Benyta DOMAN (U17)	Cwmbran	58.9	16	G3 <input checked="" type="checkbox"/>	1B DD Alice FRASER (U17)	Deeside	65.6	8		
2A	D Rebecca NUTTALL (U20)	Deeside	61.5	14	<input checked="" type="checkbox"/>	2B GG Nia DAINTON (U20)	Cwmbran	68.2	7		
3A	V Emily DOWNEY (U17)	Llanelli	64.4	12							

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	V Emily DOWNEY (U17)	Llanelli	2:30.3	16		1B GG Aysha DOMAN (U20)	Cwmbran	2:39.0	8		
2A	G Claire THOMPSON (U20)	Cwmbran	2:34.5	14							
3A	D Alice FRASER (U17)	Deeside	2:42.1	12							
4A	U Ann FOLLAN (M35)	Rhondda	3:08.8	DNS							

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 Natasha COCKRAM (U17)	Cwmbran	5:01.9	16		1B GG Jenna ROBETS (U20)	Cwmbran	5:13.5	8		
2A	D Rebecca NUTTALL (U20)	Deeside	5:06.0	14		2B DD Patricia BYRNE (U17)	Deeside	5:50.9	7		
3A	B Leigh BARKER (U20)	Brecon	5:24.7	12							
4A	U Ann FOLLAN (M35)	Rhondda	6:15.4	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	G Jenna ROBETS (U20)	Cwmbran	11:10.1	16		1B GG Vicki JACKSON (U17)	Cwmbran	13:50.4	DNS		
2A	U Ann FOLLAN (M35)	Rhondda	12:38.0	14							

2:25 PM League Record Rosie Richards, Brecon AC, 8 min 49.2s, 2006 / Welsh Record , , ,

7:30.0 Lge Standard for scoring

Letter	1500m S/C	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	G Nia DAINTON (U20)	Cwmbran	6:07.8	16						
2A	R Caryel JONES	Carmarthen	6:24.5	14						

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 Heather JONES	Carmarthen	13.8	16	G1					

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	D Katie PARRY	Deeside	73.6	16		1B DD Patricia BYRNE (U17)	Deeside	80.6	8	
2A	G Harriett LEEK (U17)	Cwmbran	88.3	14						

League Record , Torfaen AC, 49.1s

No Lge Standard for scoring

4:45 PM	4 x 100m Relay	Perf	Pts
1A	G Cwmbran	Jessica HINWOOD (U17), Emma REYNOLDS (U20), Benytta DOMAN (U17), Vikki WEBB (U17)	53.1 16
2A	D Deeside	Hannah PENDLEBURY (U20), Amy CAMPAGNE (U20), Lisa JOHNSON (U20), Rebecca NUTTALL (U20)	DQ

League Record , Cardiff AAC, 4 min 00.5s

No Lge Standard for scoring

5:15 PM	4 x 400m Relay	Perf	Pts
1A	D Deeside	Hannah PENDLEBURY (U20), Amy CAMPAGNE (U20), Lisa JOHNSON (U20), Rebecca NUTTALL (U20)	4:15.1 16
2A	G Cwmbran	Jessica HINWOOD (U17), Emma REYNOLDS (U20), Benytta DOMAN (U17), Vikki WEBB (U17)	4:20.1 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	D Emma GARSTANG (U20)	Deeside	1.45	16						
2A	G Natasha COCKRAM (U17)	Cwmbran	1.35	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

Letter	Pole Vault	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	S E JONES	Swansea	3.10	16	G3 <input checked="" type="checkbox"/>		0.0			

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	5.03	16	G3 <input checked="" type="checkbox"/>	1B DD Emma GARSTANG (U20)	Deeside	4.94	8	
2A	V Donna JONES (U20)	Llanelli	4.95	14		2B GG Claire THOMPSON (U20)	Cwmbran	3.61	7	
3A	G Vikki WEBB (U17)	Cwmbran	4.75	12						
4A	B Leigh BARKER (U20)	Brecon	4.14	10						

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	10.66	16	G3 <input checked="" type="checkbox"/>					
2A	V Donna JONES (U20)	Llanelli	10.31	14	<input checked="" type="checkbox"/>					

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	12.14	16	G1	<input checked="" type="checkbox"/>	1B BB	Amanda PRICE (U17)	Brecon	7.41	8
2A	S Toni WELLS (U17)	Swansea	9.66	14	G3		2B DD	Lisa JOHNSON (U20)	Deeside	5.93	DNS
3A	D Emma GARSTANG (U20)	Deeside	7.82	12							

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	B Jayne BERRY	Brecon	32.98	16	G3	<input checked="" type="checkbox"/>	1B BB	Julie DRISCOLL	Brecon	28.66	8
2A	S Toni WELLS (U17)	Swansea	29.98	14	G3						
3A	G Harriett LEEK (U17)	Cwmbran	21.33	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	45.32	16	G2	<input checked="" type="checkbox"/>	1B BB	Julie DRISCOLL	Brecon	24.87	8
2A	B Jayne BERRY	Brecon	32.13	14		<input checked="" type="checkbox"/>					

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	R Sara SIGGERY	Carmarthen	44.73	16	G1	<input checked="" type="checkbox"/>	1B B	Jayne BERRY	Brecon	29.69	8
2A	BB Amanda PRICE (U17)	Brecon	30.62	14		<input checked="" type="checkbox"/>					