

1:30 PM League Record

Colin Jackson, Brecon AC, 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	B Ricardo CHILDS Brecon	10.9	16	G2	<input checked="" type="checkbox"/>	1B GG Lewis HINWOOD (U17) Cwmbran	11.7	8		
2A	G Simon THOMPSON Cwmbran	11.0	14	G2	<input checked="" type="checkbox"/>	2B BB Gareth GRIFFITHS Brecon	11.9	7		
3A	R Matthew JONES Carmarthen	11.1	12	G3	<input checked="" type="checkbox"/>	3B DD Tim DAVIES (U17) Deeside	12.5	6		
4A	V James THOMAS (U17) Llanelli	11.3	10	G3	<input checked="" type="checkbox"/>					
5A	S James PRICE Swansea	11.5	8							
6A	U Dorian SIMMONDS Rhondda	12.1	6							
7A	D Callum BENNETT (U17) Deeside	12.1	4							
8A	W David JAMES Wrexham	13.4	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	G Simon THOMPSON Cwmbran	22.9	16	G3	<input checked="" type="checkbox"/>	1B VV James THOMAS (U17) Llanelli	23.1	8		
2A	V Jonathan WILLIAMS Llanelli	23.1	14			2B RR Dafydd WALTERS (U20) Carmarthen	23.5	7		
3A	S James PRICE Swansea	23.4	12			3B BB James SCHOFIELD Brecon	23.8	6		
4A	R Matthew JONES Carmarthen	23.7	10			4B GG Craig GODSALL (U17) Cwmbran	25.1	5		
5A	D Callum BENNETT (U17) Deeside	24.6	8			5B DD Tom SNOWDEN (U20) Deeside	25.8	4		
6A	B Adam CHRISTIE-REES Brecon	24.7	6							
7A	W David JAMES Wrexham	27.6	DNS							

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	50.9	16	G3	<input checked="" type="checkbox"/>	1B VV Michael DAVIES (U20) Llanelli	54.5	8		
2A	S Neville JOHNSON Swansea	52.3	14			2B GG Craig GODSALL (U17) Cwmbran	54.8	7		
3A	R Paul CLARKE Carmarthen	52.9	12			3B BB James SCHOFIELD Brecon	55.2	6		
4A	G Gareth LEWIS (U20) Cwmbran	54.4	10			4B DD Tom SNOWDEN (U20) Deeside	58.7	5		
5A	B Gareth GRIFFITHS Brecon	55.8	8							
6A	D Gary WYNN-JONES Deeside	55.8	6							

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	V Jonathan WILLIAMS Llanelli	2:01.5	16			1B DD Adam BANKS (U20) Deeside	2:06.1	8		
2A	G Chris PROTHERO (U20) Cwmbran	2:02.4	14			2B GG Gareth LEWIS (U20) Cwmbran	2:06.2	7		
3A	R Paul CLARKE Carmarthen	2:04.5	12			3B VV Michael DAVIES (U20) Llanelli	2:06.3	6		
4A	D Jamie WRIGHT (U17) Deeside	2:06.6	10			4B RR Wynne EVANS Carmarthen	2:09.6	5		
5A	S Peter WATKEYS Swansea	2:13.2	8			5B BB Tim HINDLE Brecon	2:11.3	4		
6A	B Martin SHAW Brecon	2:22.5	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	4:03.0	16	G3	<input checked="" type="checkbox"/>	1B GG Mike KERSHAW (U20) Cwmbran	4:18.2	8		
2A	DD Jamie WRIGHT (U17) Deeside	4:27.0	14			2B D Phil EDGE (U20) Deeside	4:31.6	7		
3A	B Phil KENDRICK Brecon	4:40.3	12			3B BB Martin SHAW Brecon	4:43.1	6		
4A	S Peter WATKEYS Swansea	5:00.2	DNS							

12:15 PM League Record

Nigel Adams, , 8 min 39.2s, 2005 / Welsh Record Ian Hamer, Edinburgh, 13 min 09.80s, 1992

18:30.00 Lge Standard for scoring

Letter	5000m	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	D David MOUNTFORD (U20) Deeside	16:10.3	16			1B BB Tim HINDLE Brecon	17:16.4	8		
2A	R Wynne EVANS Carmarthen	16:57.1	14							
3A	B Phil KENDRICK Brecon	17:09.6	12							

2:05 PM League Record

Ronnie McWilliam, 9 min 02.5s, 1990 / Welsh Record , , ,

8:00.00 Lge Standard for scoring

Letter	2000 S/C	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	G Gavin HANRAHAN (U20)	Cwmbran	6:36.4	16	<input checked="" type="checkbox"/>	1B GG Jamie BUSSELL (U20)	Cwmbran	7:02.9	8	<input checked="" type="checkbox"/>
2A	B Austin DAVIES	Brecon	7:08.9	14	<input checked="" type="checkbox"/>					

2:40 PM League Record

Colin Jackson, Brecon, 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	<input checked="" type="checkbox"/>					
2A	B Derek OSBORNE	Brecon	18.9	14						
3A	W Neil EDWARDS	Wrexham	18.9	12						
4A	G Jamie BUSSELL (U20)	Cwmbran	19.2	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	58.9	16		1B GG Freddy NASERIYAN (U17)	Cwmbran	65.7	8	
2A	V Jamie STEDMAN (U20)	Llanelli	64.8	14		2B DD Dan BURTON (U17)	Deeside	66.3	7	
3A	S Chris KILNER (U20)	Swansea	65.6	12		3B BB Richard MARSH (U17)	Brecon	68.2	6	
4A	G Dan LESTER (U20)	Cwmbran	66.7	10						
5A	D Alex DEAN (U20)	Deeside	69.7	8						
6A	B Jon WORGAN (U20)	Brecon	71.4	6						

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	Craig GODSALL (U17), Simon THOMPSON, Lewis HINWOOD (U17), Jamie BUSSELL (U20)	46.5	16
2A	R Carmarthen	Dafydd WALTERS (U20), Paul CLARKE, Wynne EVANS, Matthew JONES	46.9	14
3A	B Brecon	Stephen JEFFREYS (U20), Gareth GRIFFITHS, Adam CHRISTIE-REES, Owen CHESHER	47.6	12
4A	V Llanelli	James THOMAS (U17), Jonathan WILLIAMS, Jamie STEDMAN (U20), Adam GOWER	48.4	10
5A	D Deeside	Gary WYNN-JONES, Alex DEAN (U20), Dan BURTON (U17), Callum BENNETT (U17)	48.8	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	Gareth LEWIS (U20), Mike KERSHAW (U20), Ieuan THOMAS (U20), Gavin HANRAHAN (U20)	3:37.4	16
2A	V Llanelli	Jonathan WILLIAMS, James THOMAS (U17), Jamie STEDMAN (U20), Michael DAVIES (U20)	3:39.0	14
3A	D Deeside	David MOUNTFORD (U20), Adam BANKS (U20), Gary WYNN-JONES, Tim DAVIES (U17)	3:46.7	12
4A	B Brecon	Jon WORGAN (U20), Gareth GRIFFITHS, Derek OSBORNE, Richard MARSH (U17)	4:08.4	10

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	G2	1B BB Stephen JEFFREYS (U20)	Brecon	1.55	8	
2A	S Robbie WELLS (U20)	Swansea	1.70	14		2B GG Freddy NASERIYAN (U17)	Cwmbran	1.50	7	
3A	G Jamie BUSSELL (U20)	Cwmbran	1.65	12		3B DD Callum BENNETT (U17)	Deeside	1.45	6	
4A	V Adam GOWER	Llanelli	1.60	10						
5A	D Alex DAY (U17)	Deeside	1.60	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	3.10	16		1B BB Owen CHESHER	Brecon	2.80	8	
2A	B Derek OSBORNE	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 Ricardo CHILDS	Brecon	7.17	16	G1 *	1B BB Stephen JEFFREYS (U20)	Brecon	6.10	8	G3
2A	S Alex JACKSON	Swansea	6.32	14	G3	2B SS Robbie WELLS (U20)	Swansea	5.63	7	
3A	V Adam GOWER	Llanelli	5.48	12		3B VV Jamie STEDMAN (U20)	Llanelli	4.89	6	
4A	G Josh KIDD (U20)	Cwmbran	5.30	10		4B D Dan BURTON (U17)	Deeside	4.67	5	
5A	DD Tim DAVIES (U17)	Deeside	4.89	8		5B GG Craig GODSALL (U17)	Cwmbran	4.48	4	
6A	U Michael MULLINS (M40)	Rhondda	4.37	6						
7A	W David JAMES	Wrexham	3.82	DNS						

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	12.07	16		1B VV Jamie STEDMAN (U20)	Llanelli	11.86	8	
2A	BB Stephen JEFFREYS (U20)	Brecon	11.84	14		2B B Jon WORGAN (U20)	Brecon	11.70	7	
3A	GG Afan HUMPHRIES	Cwmbran	10.80	12		3B G Ieuan THOMAS (U20)	Cwmbran	10.72	6	
4A	D Jamie WRIGHT (U17)	Deeside	10.46	10		4B DD Alex DAY (U17)	Deeside	10.27	5	

1:00 PM League Record Ryan Spence-Jones, Swansea Harriers, 14m 68cm, 2006 / Welsh Record Shaun Pickering, Haringey, 20m 45cm, 1

7.10 Lge Standard for scoring

Letter	Shot Putt (7.26kg)	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	S Ryan SPENCER-JONES	Swansea	14.30	16	G2	1B BB Adam CHRISTIE-REES	Brecon	9.98	8	
2A	B David ROBERTS	Brecon	11.83	14	G3	2B GG Jamie BUSSELL (U20)	Cwmbran	7.19	7	
3A	U Barry BARNFEILD (M35)	Rhondda	10.36	12		3B SS David JONES	Swansea	5.43	DNS	
4A	W Neil EDWARDS	Wrexham	10.03	10						
5A	G Josh KIDD (U20)	Cwmbran	8.61	8						
6A	V Steve OROSZ	Llanelli	7.47	6						

1:45 PM League Record Ryan Spence-Jones, Swansea Harriers, 44m 20cm, 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	47.70	16	G1 *	1B BB Derek OSBORNE	Brecon	27.70	8	
2A	B David ROBERTS	Brecon	34.43	14		2B SS David JONES	Swansea	14.33	DNS	
3A	W Neil EDWARDS	Wrexham	30.87	12						
4A	U Barry BARNFEILD (M35)	Rhondda	30.67	10						
5A	V Steve OROSZ	Llanelli	25.86	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

New Senior League Record

Letter	Hammer (7.26kg)	Perf	Pts	Gr	AW	Letter	Perf	Pts	Gr	AW
1A	S Matthew RICHARDS	Swansea	56.24	16	G2	1B SS Ritchie WELLS (U20)	Swansea	48.88	8	G3
2A	U Barry BARNFEILD (M35)	Rhondda	39.73	14		2B BB Derek OSBORNE	Brecon	25.03	DNS	
3A	B David ROBERTS	Brecon	31.24	12						
4A	V Steve OROSZ	Llanelli	29.73	10						

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	54.73	16	G2	1B GG Josh KIDD (U20)	Cwmbran	34.88	8	
2A	W Neil EDWARDS	Wrexham	45.63	14		2B B David ROBERTS	Brecon	31.16	7	
3A	BB Derek OSBORNE	Brecon	32.88	12		3B DD Alex DEAN (U20)	Deeside	27.72	DNS	
4A	D Alex DAY (U17)	Deeside	31.89	10						
5A	U Barry BARNFEILD (M35)	Rhondda	25.68	DNS						
6A	S David JONES	Swansea	20.30	DNS						