

1:20 PM League Record Sallyanne Short, Torfaen AC, 11.9, 1987 / Welsh Record Sallyanne Short, Torfaen, 11.39, 1992

17.2 Lge Standard for scoring

Bib	100m	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	R Heather JONES Carmarthen	12.2	16	G3	<input checked="" type="checkbox"/>	1B GG Lora JAMES (U17) Cwmbran	13.3	8		
2A	G Claire WILLIAMS (U17) Cwmbran	12.4	14	G3	<input checked="" type="checkbox"/>	2B RR Rebecca GATEHOUSE (U20) Carmarthen	13.6	7		
3A	S Caroline BYNG Swansea	13.3	12			3B SS Louise BASHFORD (U17) Swansea	14.7	6		
4A	V Kara STEDMAN (U17) Llanelli	13.9	10			4B VV Donna JONES (U20) Llanelli	15.0	5		

3:55 PM League Record Sallyanne Short, Torfaen AC, 24.4, 1987 / Welsh Record Michelle Scutt, Sale, 22.8, 1982

36.4 Lge Standard for scoring

Bib	200m	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	G Benytta DOMAN (U17) Cwmbran	27.1	16			1B GG Lora JAMES (U17) Cwmbran	28.9	8		
2A	DD Alice FRASER (U17) Deeside	28.4	14			2B D Rebecca NUTTALL (U20) Deeside	31.1	7		
3A	S Louise BASHFORD (U17) Swansea	33.8	12			3B S Louise BASHFORD (U17) Swansea	33.8	6		

3:00 PM League Record Anne Middle, , 55.2, 1991 / Welsh Record Michelle Scutt, Sale, 50.63, 1982

82.3 Lge Standard for scoring

Bib	400m	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	G Benytta DOMAN (U17) Cwmbran	59.5	16		<input checked="" type="checkbox"/>	1B GG Lora JAMES (U17) Cwmbran	65.5	8		
2A	S Caroline BYNG Swansea	65.2	14			2B SS Rhiannon ANDERSON (U17) Swansea	67.4	7		
3A	D Alice FRASER (U17) Deeside	66.1	12							

1:40 PM League Record Samantha Porter, , 2.11.1, 1989 / Welsh Record Kirsty MaDermott, Bristol, 1.57.42, 1985

2:58.0 Lge Standard for scoring

Bib	800m	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	S Carol GLOVER Swansea	2:25.8	16			1B GG Aysha DOMAN (U20) Cwmbran	2:47.8	8		
2A	G Natasha COCKRAM (U17) Cwmbran	2:26.4	14							
3A	B Leigh BARKER (U20) Brecon	2:38.0	12							

3:20 PM League Record Hayley Nash, Swansea Harriers, 4.24.4, 1987 / Welsh Record Hayley Tullett, Swansea, 3.59.95, 2000

6:19.0 Lge Standard for scoring

Bib	1500m	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	G Natasha COCKRAM (U17) Cwmbran	5:05.6	16			1B GG Jenna ROBERTS (U20) Cwmbran	5:12.2	8		
2A	S Carys MORGAN (U17) Swansea	5:12.1	14							
3A	V Emily DOWNEY (U17) Llanelli	5:27.8	12							
4A	U Ann FOLAN Rhondda	6:11.9	10							
5A	B Holly REES (U20) Brecon	6:20.0	DNS							

12:35 PM League Record Angela Tooby, Cardiff AAC, 9.35.0, 1983 / Welsh Record Hayley Tullett, Swansea, 8.45.39, 2000

13:50.0 Lge Standard for scoring

Bib		3000m	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	D	Rebecca NUTTALL (U20)	Deeside	10:49.8	16	<input checked="" type="checkbox"/>					
2A	G	Jenna ROBERTS (U20)	Cwmbrian	11:06.8	14						
3A	V	Emily DOWNEY (U17)	Llanelli	11:43.4	12						
4A	B	Satu HAIKALA	Brecon	11:46.4	10						
5A	U	Ann FOLAN	Rhondda	13:03.3	8						

2:25 PM League Record Rosie Richards, Brecon AC, 6.04.0, 2006 / Welsh Record Clare Martin, Newport, 6.40.34, 2005

FALSE Lge Standard for scoring

Bib		1500m S/C	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
No Athletes Declared											

2:50 PM League Record Heather Jones, Carmarthen Harriers, 13.6, 2005 / Welsh Record Kay Morley, Cardiff, 12.91, 1990

21.3 Lge Standard for scoring

Bib		100m hurdles	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	R	Heather JONES	Carmarthen	14.1	16	G2 <input checked="" type="checkbox"/>	1B RR Rebecca GATEHOUSE (U20)	Carmarthen	15.4	8	G3

1:05 PM League Record Michelle Cook, , 59.9, 1988 / Welsh Record Alyson Layzell, Cheltenham, 56.43, 1996

92.4 Lge Standard for scoring

Bib		400m Hurdles	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	D	Emma GARSTANG (U20)	Deeside	79.2	16						
2A	G	Harriett LEEK (U17)	Cwmbrian	89.3	14						

League Record , Torfaen AC, 49.1

4:45 PM		4 x 100m Relay		Perf	Pts
1A	G	Cwmbrian	Benytta DOMAN (U17), Jenna ROBERTS (U20), Aysha DOMAN (U20), Natasha COCKRAM (U17)	56.8	16
2A	D	Deeside	- - - -	57.5	14

League Record , Cardiff AAC, 4.00.5

5:15 PM		4 x 400m Relay		Perf	Pts
1A	G	Cwmbrian	Benytta DOMAN (U17), Jenna ROBERTS (U20), Aysha DOMAN (U20), Natasha COCKRAM (U17)	5:00.2	16

1:00 PM League Record Rebecca Jones, Wrexham AC, 1.73, 1999 / Welsh Record Julie Crane, Sale, 1.89, 2004

1.20 Lge Standard for scoring

Bib	High Jump	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	G Natasha COCKRAM (U17)	Cwmbran	1.35	16		1B GG Harriett LEEK (U17)	Cwmbran	1.29	8	
2A	D Emma GARSTANG (U20)	Deeside	1.35	14						
3A	S Jo DAVIS	Swansea	1.29	12						

12:00 PM League Record Lyndsey Maund, Swansea Harriers, 3.40, 2003 / Welsh Record Rhian Clarke, Essex Ladies, 4.15, 2002

2.10 Lge Standard for scoring

Bib	Pole Vault	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
No Athletes Declared										

12:00 PM League Record Gillian Regan, Cardiff AAC, 6.18, 1981 / Welsh Record Gill Regan, Cardiff, 6.52, 1982

3.29 Lge Standard for scoring

Bib	Long Jump	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	V Donna JONES (U20)	Llanelli	4.64	16		1B VV Kara STEDMAN (U17)	Llanelli	3.84	8	
2A	D Amy CAMPAGNE (U20)	Deeside	4.59	14		2B BB Holly REES (U20)	Brecon	3.31	7	
3A	G Rachel BEVAN (U20)	Cwmbran	4.34	12						
4A	B Leigh BARKER (U20)	Brecon	4.06	10						
5A	S Jo DAVIS	Swansea	3.63	8						

2:15 PM League Record Jayne Ludlow, , 11.76, 1994 / Welsh Record Sally Peake, Liverpool, 12.24, 2005

7.19 Lge Standard for scoring

Bib	Triple Jump	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	V Donna JONES (U20)	Llanelli	10.35	16	G3 <input checked="" type="checkbox"/>	1B VV Kara STEDMAN (U17)	Llanelli	8.31	8	
2A	D Amy CAMPAGNE (U20)	Deeside	10.29	14	G3 <input checked="" type="checkbox"/>					
3A	B Leigh BARKER (U20)	Brecon	8.90	12						

2:00 PM League Record Vanissa Head, Cardiff AAC, 18.93, 1984 / Welsh Record Vanissa Head, Cardiff, 18.93, 1984

6.90 Lge Standard for scoring

Bib	Shot Putt (4.0kg)	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	D Faye CALVERT	Deeside	9.47	16		1B DD Emma GARSTANG (U20)	Deeside	7.11	8	
2A	S Toni WELLS (U17)	Swansea	9.06	14		2B B Amanda PRICE (U17)	Brecon	6.45	DNS	
3A	U Catherine ALFORD	Rhondda	6.91	12						
4A	R Sara SIGGERY	Carmarthen	6.87	DNS						
5A	BB Julie DRISCOLL	Brecon	6.50	DNS						
6A	G Rachel BEVAN (U20)	Cwmbran	6.30	DNS						

3:30 PM League Record Vanissa Head, Cardiff AAC, 62.02, 1984 / Welsh Record Vanissa Head, Cardiff, 64.68, 1983

22.80 Lge Standard for scoring

Bib	Discus (1.0kg)	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	D Faye CALVERT	Deeside	32.90	16	<input checked="" type="checkbox"/>					
2A	SS Toni WELLS (U17)	Swansea	26.31	14						
3A	GG Harriett LEEK (U17)	Cwmbran	17.62	DNS						

1:00 PM League Record Carys Parry, Rhondda AC, 56.96, 2005 / Welsh Record Carys Parry, Rhondda, 64.34, 2007

23.00 Lge Standard for scoring

Bib	Hammer (4.0kg)	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	D Faye CALVERT	Deeside	37.84	16	G3 <input checked="" type="checkbox"/>	1B SS Sian LOWE (U20)	Swansea	24.95	8	
2A	S Toni WELLS (U17)	Swansea	36.44	14	G3 <input checked="" type="checkbox"/>					
3A	U Catherine ALFORD	Rhondda	25.62	12						
4A	B Julie DRISCOLL	Brecon	23.19	10						

2:15 PM League Record Karen Hough, , 47.94, 1984 / Welsh Record Lianne Clarke, Cardiff, 52.68, 2007

23.33 Lge Standard for scoring

Bib	Javelin (600g)	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	B Amanda PRICE (U17)	Brecon	28.55	16						
2A	G Rachel BEVAN (U20)	Cwmbran	26.73	14						
3A	S Jo DAVIS	Swansea	25.50	12						
4A	RR Sady FLINT (U20)	Carmarthen	20.75	DNS						
5A	D Faye CALVERT	Deeside	15.82	DNS						