

1:30 PM League Record

Colin Jackson, Brecon AC, 10.3, 1993 / Welsh Record Christian Malcolm, Cardiff, 10.11, 2001

13.5 Lge Standard for scoring

Bib	100m	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	W Nik MESNEY Wrexham	11.2	16	G3	<input checked="" type="checkbox"/>	1B GG David NORTON (U20) Cwmbran	12.0	8		
2A	G Jamie MAYERS (U20) Cwmbran	11.3	14	G3	<input checked="" type="checkbox"/>	2B BB Gareth GRIFFITHS Brecon	12.0	7		
3A	V James THOMAS (U17) Llanelli	11.3	12	G3	<input checked="" type="checkbox"/>	3B RR Mathew THOMAS Carmarthen	12.1	6		
4A	R Mathew JONES Carmarthen	11.3	10	G3	<input checked="" type="checkbox"/>	4B VV Owain BUTTERWORTH Llanelli	12.3	5		
5A	B Owen CHESHER Brecon	12.0	8			5B DD Tom SNOWDEN (U20) Deeside	12.5	4		
6A	D Andy HOWELLS (U17) Deeside	12.1	6			6B WW Steve SPIRES Wrexham	12.6	3		

4:05 PM League Record

Andrew Watkins, Cwmbran, 21.7, 2006 / Welsh Record Christian Malcolm, Cardiff, 20.08, 2001

27.5 Lge Standard for scoring

Bib	200m	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	G Jamie MAYERS (U20) Cwmbran	23.3	16			1B VV James THOMAS (U17) Llanelli	23.3	8		
2A	W Tom CUSWORTH (U20) Wrexham	23.3	14			2B BB James SCHOFIELD Brecon	24.1	7		
3A	V Jonathan WILLIAMS Llanelli	23.4	12			3B RR Dafydd WALTERS (U20) Carmarthen	24.2	6		
4A	R Mathew JONES Carmarthen	23.7	10			4B DD Alex DEAN (U20) Deeside	24.8	5		
5A	B Gareth GRIFFITHS Brecon	24.7	8			5B GG David NORTON (U20) Cwmbran	25.6	4		
6A	D Tom SNOWDEN (U20) Deeside	26.9	6			6B WW Steve SPIRES Wrexham	26.7	3		

3:15 PM League Record

Roger Barrett, , 48.0, 1984 / Welsh Record Iwan Thomas, Newham, 44.36, 1997

61.8 Lge Standard for scoring

Bib	400m	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	V Jonathan WILLIAMS Llanelli	51.4	16			1B RR Paul CLARKE Carmarthen	54.7	8		
2A	W Tom CUSWORTH (U20) Wrexham	52.4	14			2B GG Simon BARNARD Cwmbran	55.8	7		
3A	G Dan LESTER (U20) Cwmbran	53.1	12			3B VV Michael DAVIES (U20) Llanelli	56.2	6		
4A	R Mathew THOMAS Carmarthen	56.0	10			4B WW Chris BAILEY Wrexham	56.8	5		
5A	B Tom MARSHALL (U20) Brecon	59.9	8			5B DD Alex DEAN (U20) Deeside	60.1	4		
6A	D Tom SNOWDEN (U20) Deeside	60.1	6							

1:50 PM League Record

Roger Barrett, , 1.50.0, 1984 / Welsh Record Neil Horsefield, Newport, 1.45.44, 1990

2:20.80 Lge Standard for scoring

Bib	800m	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	G Iuean THOMAS (U20) Cwmbran	2:01.6	16			1B GG Alex WOTMAN (U20) Cwmbran	2:07.8	8		
2A	S Jami FENAROLI (U20) Swansea	2:04.1	14			2B SS Peter WATKEYS Swansea	2:17.7	7		
3A	RR Geriant MANSFIELD (U20) Carmarthen	2:06.4	12			3B WW Ed HUGHES Wrexham	2:34.4	DNS		
4A	U Sean PRICE Rhondda	2:06.7	10							
5A	V Michael DAVIES (U20) Llanelli	2:07.1	8							
6A	W Chris BAILEY Wrexham	2:10.3	6							

3:35 PM League Record

Shaun Whelan, , 3.50.2, 1988 / Welsh Record Neil Horsefield, Newport, 3.35.08, 1990

4:52.20 Lge Standard for scoring

Bib	1500m	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	G Iuean THOMAS (U20) Cwmbran	4:20.4	16			1B GG Chris PROTHERO (U20) Cwmbran	4:21.9	8		
2A	R Wynne EVANS Carmarthen	4:28.0	14			2B RR Geriant MANSFIELD (U20) Carmarthen	4:56.8	DNS		
3A	B Tom MARSHALL (U20) Brecon	4:49.1	12			3B BB Ed MARTIN Brecon	5:06.7	DNS		

12:15 PM League Record

Nigel Adams, , 14.15.9, 2005 / Welsh Record Ian Hamer, Edinburgh, 13.09.80, 1992

FALSE Lge Standard for scoring

Bib	5000m	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	G Afan HUMPHRIES	Cwmbran	16:07.9	16		1B	GG Gavin HANRAHAN (U20)	Cwmbran	16:55.8	8
2A	B Tom MARSHALL (U20)	Brecon	16:19.1	14						
3A	S John COLLINS	Swansea	21:27.4	12						

2:05 PM League Record

Ronnie McWilliam, , 6.22.9, 2002 / Welsh Record Ronnie McWilliam, , 6.22.9, 2002

FALSE Lge Standard for scoring

Bib	2000 S/C	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	G Gavin HANRAHAN (U20)	Cwmbran	7:01.7	16	G2	<input checked="" type="checkbox"/>				
2A	R Geriant MANSFIELD (U20)	Carmarthen	7:31.4	14	G2	<input checked="" type="checkbox"/>				

2:40 PM League Record

Colin Jackson, Brecon AC, 13.3, 1993 / Welsh Record Colin Jackson, Brecon, 12.91, 1993

21.0 Lge Standard for scoring

Bib	110m hurdles	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW	
1A	R Dafydd WALTERS (U20)	Carmarthen	15.7	16	G3	<input checked="" type="checkbox"/>	1B	GG Iuean THOMAS (U20)	Cwmbran	20.6	8
2A	W Neil EDWARDS	Wrexham	19.0	14							
3A	B Derek OSBORNE	Brecon	19.1	12							
4A	G Jamie BUSSELL (U20)	Cwmbran	19.3	10							
5A	W Neil EDWARDS	Wrexham	20.3	8							

12:50 PM League Record

Chris Cashell, , 52.6, 1991 / Welsh Record Rhys Williams, Cardiff, 49.09, 2006

73.1 Lge Standard for scoring

Bib	400m Hurdles	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	R Dafydd WALTERS (U20)	Carmarthen	62.1	16		1B	RR Paul CLARKE	Carmarthen	65.9	8
2A	G Jamie BUSSELL (U20)	Cwmbran	63.0	14		2B	DD Dan BURTON (U17)	Deeside	66.7	7
3A	D Tom TILSTON (U20)	Deeside	64.7	12		3B	WW Tom CSIZMADIA (U17)	Wrexham	71.5	6
4A	V Jamie STEDMAN (U20)	Llanelli	65.1	10		4B	GG Freddy NASERIYAN (U17)	Cwmbran	73.8	DNS
5A	W Neil DAVIES	Wrexham	68.2	8		5B	BB Ed MARTIN	Brecon	77.1	DNS
6A	B Tom MARSHALL (U20)	Brecon	70.2	6						

4:55 PM League Record

Swansea Harriers, 42.5, 1981 / Welsh Record Wales, 38.73, 1998

No Req Std for Relay

Bib	4 x 100m Relay	Athletes	Perf	Pts
1A	W Wrexham	Gawain ROGERS (U20), Steve SPIRES, Tom CUSWORTH (U20), Nik MESNEY	47.9	16
2A	V Llanelli	Ioan DAVIES (U17), James THOMAS (U17), Owain BUTTERWORTH, Adam GOWER	48.0	14
3A	R Carmarthen	Mathew JONES, Mathew THOMAS, Dafydd WALTERS (U20), Wynne EVANS	48.2	12
4A	D Deeside	Andy HOWELLS (U17), Danny EVANS (U20), Tom TILSTON (U20), Tom SNOWDEN (U20)	49.9	10
5A	B Brecon	Owen CHESHER, Gareth GRIFFITHS, James SCHOFIELD, Tom MARSHALL (U20)	51.1	8
6A	G Cwmbran	Craig GODSALL (U20), David NORTON (U20), Dan LESTER (U20), Jamie MAYERS (U20)	DQ	

5:25 PM League Record

Newport Harriers, 3.22.5, 1997 / Welsh Record Wales, 3.00.41, 2002

No Req Std for Relay

Bib	4 x 400m Relay	Athletes	Perf	Pts
1A	G Cwmbran	Iuean THOMAS (U20), Alex WOTMAN (U20), Simon BARNARD, Dan LESTER (U20)	3:46.6	16
2A	R Carmarthen	Geriant MANSFIELD (U20), Dafydd WALTERS (U20), Paul CLARKE, Wynne EVANS	3:47.6	14
3A	W Wrexham	Neil DAVIES, Tom CSIZMADIA (U17), Gawain ROGERS (U20), Chris BAILEY	4:09.6	12

3:00 PM League Record Paul Evans, , 2.05, 1983 / Welsh Record Robert Mitchell, Sale, 2.25, 2001

1.45 Lge Standard for scoring

Bib	High Jump	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	B Owen CHESHER	Brecon	1.80	16		1B BB James SCHOFIELD	Brecon	1.75	8	
2A	D Danny EVANS (U20)	Deeside	1.80	14		2B GG Freddy NASERIYAN (U17)	Cwmbran	1.40	7	
3A	W Gawain ROGERS (U20)	Wrexham	1.75	12		3B DD Andy ROBBINS	Deeside	1.40	6	
4A	V Adam GOWER	Llanelli	1.55	10						
5A	G Jamie BUSSELL (U20)	Cwmbran	1.50	8						

12:00 PM League Record Alessandro Cambon, , 4.75, 2001 / Welsh Record Neil Winter, Shaftesbury, 5.60, 1995

2.80 Lge Standard for scoring

Bib	Pole Vault	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	B Derek OSBORNE	Brecon	2.80	16		1B BB Owen CHESHER	Brecon	2.80	8	

1:30 PM League Record Richard Jones, , 7.44, 1983 / Welsh Record Lynn Davies, Cardiff, 8.23, 1968

4.20 Lge Standard for scoring

Bib	Long Jump	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	V Andrew THOMAS	Llanelli	6.47	16		1B WW Gawain ROGERS (U20)	Wrexham	5.36	8	
2A	W Tom CUSWORTH (U20)	Wrexham	5.80	14		2B VV Owain BUTTERWORTH	Llanelli	5.11	7	
3A	B Owen CHESHER	Brecon	5.56	12		3B G Josh KIDD (U20)	Cwmbran	4.90	6	
4A	GG Simon BARNARD	Cwmbran	5.41	10		4B BB Gareth GRIFFITHS	Brecon	4.77	5	
5A	D Andy HOWELLS (U17)	Deeside	5.05	8		5B DD Alex DEAN (U20)	Deeside	4.64	4	
6A	RR Mathew THOMAS	Carmarthen	4.49	6		6B R Paul CLARKE	Carmarthen	4.34	3	

4:00 PM League Record Charles Maderia-Cole, , 14.74, 1997 / Welsh Record Steven Shalders, Cardiff, 16.71, 2005

9.35 Lge Standard for scoring

Bib	Triple Jump	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	B James SCHOFIELD	Brecon	12.06	16		1B VV Jamie STEDMAN (U20)	Llanelli	11.10	8	
2A	V Adam GOWER	Llanelli	11.47	14		2B BB Derek OSBORNE	Brecon	10.52	7	
3A	WW Chris BAILEY	Wrexham	10.88	12		3B GG Simon BARNARD	Cwmbran	9.98	6	
4A	G Dan LESTER (U20)	Cwmbran	10.31	10		4B W Tom CSIZMADIA (U17)	Wrexham	9.63	5	
5A	RR Paul CLARKE	Carmarthen	9.93	8		5B R Wynne EVANS	Carmarthen	9.53	4	

1:00 PM League Record Ryan Spence-Jones, Swansea Harriers, 14.68, 2006 / Welsh Record Shaun Pickering, Haringey, 20.45, 1997

7.10 Lge Standard for scoring

Bib	Shot Putt (7.26kg)	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	B David ROBERTS Brecon	11.15	16			1B	U Barry BARNFIELD Rhondda	10.29	8	
2A	V Andrew THOMAS Llanelli	10.93	14			2B	WW Neil DAVIES Wrexham	8.43	7	
3A	R Tom EDWARDS (U17) Carmarthen	10.88	12			3B	VV Owain BUTTERWORTH Llanelli	7.47	6	
4A	UU Anthony HALLING (U20) Rhondda	10.55	10							
5A	W Neil EDWARDS Wrexham	9.34	8							
6A	GG Josh BUSSELL (U17) Cwmbran	8.67	6							
7A	D Andy ROBBINS Deeside	8.37	4							

1:45 PM League Record Ryan Spence-Jones, Swansea Harriers, 44.20, 1993 / Welsh Record Lee Newman, Belgrave, 60.23, 1998

22.60 Lge Standard for scoring

Bib	Discus (2.0kg)	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	R Tom EDWARDS (U17) Carmarthen	32.83	16			1B	UU Anthony HALLING (U20) Rhondda	23.47	8	
2A	B David ROBERTS Brecon	30.53	14			2B	BB Derek OSBORNE Brecon	22.45	DNS	
3A	U Hywel PORT Rhondda	28.46	12			3B	WW Neil DAVIES Wrexham	22.44	DNS	
4A	W Neil EDWARDS Wrexham	27.51	10			4B	V Steve OROSZ Llanelli	22.30	DNS	
5A	VV Andrew THOMAS Llanelli	23.71	8			5B	RR Geriant MANSFIELD (U20) Carmarthen	17.65	DNS	
6A	D Andy ROBBINS Deeside	19.46	DNS							
7A	GG Josh BUSSELL (U17) Cwmbran	19.44	DNS							

12:00 PM League Record Peter Stark, , 55.48, 1979 / Welsh Record Shaun Pickering, Haringey, 68.64, 1984

27.00 Lge Standard for scoring

Bib	Hammer (7.26kg)	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	U Barry BARNFIELD Rhondda	38.53	16			1B	UU Hywel PORT Rhondda	24.71	DNS	
2A	S James DOBLER (U20) Swansea	32.98	14							
3A	B David ROBERTS Brecon	29.39	12							
4A	V Steve OROSZ Llanelli	27.55	10							

4:15 PM League Record Jonathan Clarke, Swansea Harriers, 65.76, 1988 / Welsh Record Nigel Bevan, Belgrave, 81.70, 1992

29.70 Lge Standard for scoring

Bib	Javelin (800g)	Perf	Pts	Gr	AW	Bib	Perf	Pts	Gr	AW
1A	W Neil EDWARDS Wrexham	39.21	16			1B	WW Neil DAVIES Wrexham	30.62	8	
2A	R Jon LLEWELLYN (U17) Carmarthen	38.85	14			2B	DD Alex DEAN (U20) Deeside	26.34	DNS	
3A	GG Simon BARNARD Cwmbran	31.78	12							
4A	B Derek OSBORNE Brecon	30.62	10							
5A	D Andy ROBBINS Deeside	29.78	8							