

## Joint Welsh Indoor Combined Events Championships

### Provisional Results – Welsh Athletics Indoor Combined Events Championships@NIAC on Sunday, November 15<sup>th</sup>, 2009

<b>U17 Men (60H, SP, 200, LJ, 800)</b>																	
Pos	No.	Name	Club	Total Points	60H (secs)	SP Pts (m)	Pts after 2	200 (secs)	Pts after 3	LJ (m)	Pts after 4	800 (0:00.00)	Pts				
1	64	Rhys Williams	Cardiff AAC	<b>3058</b>	8.58	841	10.76	531	1372	23.70	720	2092	6.22	635	2727	2:29.25	331
2	103	Adam Jones	Brecon AC	<b>2607</b>	10.72	413	11.10	552	965	24.58	642	1607	5.47	475	2082	2:14.92	525
3	104	Liam Jones	Carmarthen	<b>2506</b>	10.08	526	8.23	380	906	24.35	662	1568	4.89	361	1929	2:11.50	577

<b>U15 Boys (60H, LJ, 200, SP, 800)</b>																	
Pos	No.	Name	Club	Total Points	60H	LJ (m)	Pts after 2	200 (secs)	Pts after 3	SP (m)	Pts after 4	800 (0:00.00)	Pts				
1	89	Aled Price	Carmarthen Harriers	<b>2524</b>	9.27	687	5.37	455	1142	25.51	564	1706	10.44	512	2218	2:31.35	306
2	52	David Omoregie	Pembrokeshire Harriers	<b>2200</b>	9.50	639	4.68	323	962	26.78	464	1426	9.60	462	1888	2:30.84	312
3	55	Thomas Williams	Barry & Vale Harriers	<b>2042</b>	10.02	537	5.07	396	933	24.96	609	1542	6.98	306	1848	2:42.00	194
4	56	Michael Wilson	Swansea Harriers	<b>1443</b>	10.17	509	4.13	227	736	28.96	314	1050	5.56	223	1273	2:44.62	170
5	48	Luke Bowles	Barry & Vale Harriers	<b>1367</b>	10.92	381	4.10	222	603	29.00	311	914	5.55	223	1137	2:38.32	230
6	50	Connor Davies	Swansea Harriers	<b>1320</b>	11.96	232	4.06	215	447	29.99	252	699	6.12	256	955	2:26.50	365
7	47	Kyle Arnold	Newport Harriers	<b>1124</b>	11.56	285	4.27	250	535	30.13	244	779	5.91	244	1023	2:53.29	101
8	51	Cory Lower	Cardiff AAC	<b>1013</b>	12.04	222	3.81	176	398	29.45	284	682	5.35	211	893	2:50.64	120
9	49	Joshua Coupar	Cardiff AAC	<b>887</b>	12.58	160	4.10	222	382	30.12	245	627	5.42	215	842	3:02.62	45
10	54	Alex Harris	Cardiff AAC	<b>484</b>	13.66	66	3.22	93	159	33.40	92	251	3.90	128	379	2:52.72	105

<b>U13 Boys (SP, 60H, LJ, 800)</b>															
Pos	No.	Name	Club	Total Points	SP (m)	60H (secs.)	Pts after 2	LJ (m)	Pts after 3	800 (0:00.00)	Pts	Total Pts			
1	26	Nikita Neary	Carmarthen Harriers	<b>1347</b>	9.38	448	11.01	366	814	3.97	201	1015	2:29.15	332	1347
2	29	Rhys Roberts	Bridgend AC	<b>1110</b>	5.88	242	10.30	486	728	4.40	273	1001	2:52.11	109	1110
3	18	Joe Crosby	Swansea Harriers	<b>918</b>	3.98	133	10.52	447	580	4.34	262	842	2:57.02	76	918
4	21	David Fligelstone	Swansea Harriers	<b>802</b>	4.86	183	11.84	247	430	4.10	222	652	2:46.83	150	802
5	28	William Reynolds	Swansea Harriers	<b>793</b>	5.20	202	12.02	224	426	4.05	214	640	2:46.49	153	793
6	32	Ioan Wall	Swansea Harriers	<b>748</b>	6.31	267	11.84	247	514	3.71	161	675	2:57.50	73	748
7	22	Thomas Hughes	Pembrokeshire Harriers	<b>677</b>	5.92	244	11.65	273	517	3.62	147	664	3:11.06	13	677
8	27	Aled Rees	Carmarthen Harriers	<b>616</b>	4.98	190	12.15	209	399	3.58	142	541	2:57.19	75	616
9	23	Oliver Hunt	Cardiff AAC	<b>531</b>	3.54	108	12.15	209	317	3.90	190	507	3:07.63	24	531
10	17	Joseph Brier	Swansea Harriers	<b>529</b>	4.37	155	12.39	181	336	3.31	104	440	2:54.96	89	529
11	30	Oliver Sutherland	Swansea Harriers	<b>470</b>	4.98	190	12.77	141	331	3.49	129	460	3:12.15	10	470
12	19	Jac Davies	Cardiff AAC	<b>469</b>	4.35	154	12.55	163	317	3.14	83	400	2:58.16	69	469

## Joint Welsh Indoor Combined Events Championships

### Provisional Results – Welsh Athletics Indoor Combined Events Championships@NIAC on Sunday, November 15<sup>th</sup>, 2009

U13 Boys (continued)															
Pos	No.	Name	Club	Total	SP	60H	Pts	LJ	Pts	800	Total				
				Points	(m)	(secs.)	after 2	(m)	after 3	(0:00.00)	Pts	Pts			
13	16	Pip Hancock	Swansea Harriers	421	4.53	164	13.41	84	248	3.32	106	354	2:58.56	67	421
14	31	Lewys Underdown	Swansea Harriers	414	5.04	193	13.19	102	295	3.34	108	403	3:11.74	11	414
15	24	Michael Jones	Swansea Harriers	410	4.45	160	12.69	149	309	3.24	95	404	3:13.92	6	410
16	25	Morgan Ley	Bridgend AC	405	4.00	134	12.96	122	256	3.38	114	370	3:04.78	35	405
17	20	Thomas Davies	Swansea Harriers	308	5.42	215	disq	0	215	3.18	88	303	3:14.72	5	308

U17 Women (SP, 60H, LJ, HJ, 800)																	
Pos	No.	Name	Club	Pts	SP	60H	Pts	LJ	Pts	HJ	Pts	800					
					(m)	Pts	0.00	Pts	after 2	(m)	Pts	after 3	(m)	Pts	after 4	(0:00.00)	Pts
1	57	Leah Bitchell	Carmarthen Harriers	2373	7.70	380	11.16	511	891	4.46	418	1309	1.48	599	1908	2:49.84	465
2	59	Helena Madan	Pembrokeshire Harriers	2010	8.11	406	9.99	714	1120	3.58	216	1336	1.45	566	1902	3:35.21	108
	98	Rhiannon Plant	Carmarthen Harriers		7.06	339	11.21	503	842	4.50	428	1270	1.42	534	1804	DNC	

U15 Girls (LJ, 60H, HJ, SP, 800)																	
Pos	No.	Name	Club	Pts	LJ	60H	Pts	HJ	Pts	SP	Pts	800					
					(m)	Pts	0.00	Pts	after 2	(m)	Pts	after 3	(m)	Pts	after 4	(0:00.00)	Pts
1	42	Adele Nicole	Oswestry Olympians	2651	4.25	367	10.10	693	1060	1.39	502	1562	11.92	656	2218	2:53.04	433
2	76	Katherine Morris	Swansea Harriers	2341	4.45	416	10.10	693	1109	1.33	439	1548	6.73	318	1866	2:48.90	475
3	36	Rhiannon Hails	Swansea Harriers	2331	4.21	357	10.34	650	1007	1.36	470	1477	5.66	250	1727	2:37.30	604
4	65	Bryony Harper	Cardiff AAC	2253	4.56	443	10.61	602	1045	1.39	502	1547	6.62	311	1858	2:56.88	395
5	41	Amy Leahy	Pembrokeshire Harriers	2201	3.89	283	10.08	697	980	1.33	439	1419	6.78	321	1740	2:50.21	461
6	67	Georgia Bates	Deeside AAC	2163	5.04	570	10.05	703	1273	0.00	0	1273	8.39	425	1698	2:49.88	465
7	35	Lucy Fligelstone	Swansea Harriers	2117	4.24	364	11.74	421	785	1.39	502	1287	5.30	227	1514	2:37.43	603
8	39	Emma Johnson	Bridgend AC	1981	4.06	322	10.19	677	999	1.24	350	1349	6.73	318	1667	3:05.73	314
9	45	Shannon Richards	Swansea Harriers	1967	3.85	274	11.07	525	799	1.39	502	1301	5.43	235	1536	2:53.18	431
10	38	Bethan Hill-Howells	Newport Harriers	1860	4.44	413	10.39	641	1054	1.45	566	1620	5.51	240	1860	dnf	0
11	33	Caitlin Atkins	Swansea Harriers	1825	3.49	198	11.74	421	619	1.33	439	1058	5.39	233	1291	2:43.40	534
12	34	Olivia Evans	Cardiff AAC	1791	4.10	331	11.12	517	848	1.24	350	1198	4.95	205	1403	2:57.54	388
13	44	Bethan Radford	Swansea Harriers	1579	3.65	231	12.35	336	567	1.27	379	946	5.27	225	1171	2:55.49	408
14	40	Catrin Jones	Swansea Harriers	1503	3.73	248	14.09	142	390	1.39	502	892	7.54	370	1262	3:14.60	241
15	43	Shauna Quirke	Bridgend AC	1446	3.53	206	11.13	515	721	0.00	0	721	6.29	290	1011	2:52.83	435
16	37	Emma Hennessy	Newport Harriers	1374	4.04	317	DNF	0	317	1.24	350	667	4.05	149	816	2:41.31	558
	46	Miriam Williams	Swansea Harriers		3.92	290	DNC										

### Joint Welsh Indoor Combined Events Championships

#### Provisional Results – Welsh Athletics Indoor Combined Events Championships@NIAC on Sunday, November 15<sup>th</sup>, 2009

Pos	U13 Girls		(SP, 60H, LJ, 800)		Pts	SP (m)	Pts	60H 0.00	Pts	Pts after 2	LJ (m)	Pts	Pts after 3	800 (0:00.00)	Pts	Total Pts
	No.	Name	Club	Club												
1	2	Hannah Brier	Swansea Harriers		1649	5.75	255	10.73	582	837	4.04	317	1154	2:46.99	495	1649
2	1	Jodi Beynon	Cwmbran Harriers		1557	5.51	240	11.17	509	749	3.99	306	1055	2:46.37	502	1557
3	14	Ffion Wake	Swansea Harriers		1548	8.54	434	11.23	499	933	3.72	246	1179	2:59.55	369	1548
4	11	Jessica Merrick	Swansea Harriers		1430	4.92	203	10.20	675	878	3.55	210	1088	3:02.50	342	1430
5	8	Courtley Lock	Bridgend AC		1414	5.10	215	11.45	465	680	3.54	208	888	2:44.20	526	1414
6	10	Anita Madan	Pembrokeshire Harriers		1175	7.45	364	11.41	471	835	3.21	144	979	3:20.75	196	1175
7	15	Kelsey Williams	Pembrokeshire Harriers		1126	4.57	181	12.11	368	549	3.16	135	684	2:52.09	442	1126
8	12	Paige Murphy	Swansea Harriers		1119	4.09	152	12.06	375	527	3.28	157	684	2:52.75	435	1119
9	5	Jessica Harry	Swansea Harriers		1004	4.59	183	11.77	417	600	2.98	104	704	3:07.30	300	1004
10	3	Elishka Coupar	Cardiff AAC		996	4.68	188	13.15	237	425	3.20	142	567	2:53.43	429	996
11	4	Caitlin Davies	Swansea Harriers		924	5.04	211	12.79	280	491	3.05	116	607	3:05.36	317	924
12	7	Sian Jones	Ysgol Pencae		828	4.87	200	13.13	240	440	2.94	97	537	3:08.45	291	828
13	9	Aimie Lower	Cardiff AAC		624	3.00	85	12.98	257	342	2.98	104	446	3:23.47	178	624
14	6	Danielle Jones	Swansea Harriers		467	3.80	134	14.31	123	257	2.73	65	322	3:28.69	145	467
	13	Alicia Pugh	Pembrokeshire Harriers			3.40	109	12.30	343	452	3.25	151	603	DNC		