

Welsh Athletics 2009
U13 / U15 Outdoor Track & Field Championships

Saturday 11th July

Cardiff International Sports Stadium



FULL RESULTS

Welsh Athletics 2009
U13/U15 Track Field Outdoor Championships
Cardiff International Sports Stadium 11th July

T15 - U13G - 100m - FINAL

2:00 PM

Record Jane BRADBEER Cardiff AAC 12.6 1981

CBP Felicity JAMES Cardiff AAC 12.93 2001

2008 Champion Elin JONES Colwyn Bay 13.58

-0.3m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	4	Hannah BRIER	Swansea Harriers	13.29	
2	13	Amy LEAHY	Pembroke Harriers	13.32	
3	2	Carys BAKER	Carmarthen Harriers	13.55	
4	17	Katie-Jane PRIEST	Newport Harriers	13.65	
5	21	Laura TURLEY	Deeside AAC	13.68	
6	1	Kimberley ABERDUNRIN	Carmarthen Harriers	13.70	
7	24	Emily WRIGHT	Yate AC	14.01	
8	18	Tilly RICHARDS	Pembroke Harriers	14.28	

T5 - U13G - 100m - heats

11:40 AM

Record Jane BRADBEER Cardiff AAC 12.6 1981

CBP Felicity JAMES Cardiff AAC 12.93 2001

2008 Champion Elin JONES Colwyn Bay 13.58

-1.4 m/s Ht 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	1	Kimberley ABERDUNRIN	Carmarthen Harriers	13.96	Q
2	24	Emily WRIGHT	Yate AC	13.97	Q
3	22	Ffion WAKE	Swansea Harriers	14.42	
4	14	Kate MACMILLAN	Neath Harriers	14.48	
5	12	Jessica LAMBERT	Aberdare VAAC	15.65	
6	8	Holly FIELD	Aberdare VAAC	16.02	

-0.4 m/s Ht 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	4	Hannah BRIER	Swansea Harriers	13.53	Q
2	17	Katie-Jane PRIEST	Newport Harriers	13.62	Q
3	21	Laura TURLEY	Deeside AAC	13.64	q
4	2	Carys BAKER	Carmarthen Harriers	13.80	q
5	19	Lori SCRIVEN	Colwyn Bay	14.00	
6	7	Rhian ELLIS	Cardiff AAC	15.42	
7	5	Ffion COLLINS	Cardiff AAC	16.37	

-0.7 m/s Ht 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	13	Amy LEAHY	Pembroke Harriers	13.67	
2	18	Tilly RICHARDS	Pembroke Harriers	14.30	
3	3	Jodie BEYNON	Cwmbran Harriers	14.42	
4	23	Elinor WINFIELD	Yate AC	14.45	
5	20	Tasia STEPHENS	Aberdare VAAC	14.94	
6	16	Zoe NASH	Bridgend AC	14.96	
7	10	Chelsea HUTCHEON	Barry & Vale Harriers	15.48	

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T35 - U13G - 200m - FINAL

5:00 PM

Record Jane BRADBEER Cardiff AAC 25.7 1981

CBP Felicity JAMES Cardiff AAC 26.72w 2001

2008 Champion Elin JONES Colwyn Bay 27.67

+0.3 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	103	Ffion WALTERS	Carmarthen Harriers	28.53	
2	17	Katie-Jane PRIEST	Newport Harriers	28.53	
3	2	Carys BAKER	Carmarthen Harriers	28.61	
4	1	Kimberley ABERDUNRIN	Carmarthen Harriers	29.06	
5	48	Emma JOHNSON	Bridgend AC	29.73	
6	99	Abigail BACKSHALL	Colwyn Bay	29.78	
7	19	Lori SCRIVEN	Colwyn Bay	29.91	
8	4	Hannah BRIER	Swansea Harriers	29.92	

T29 - U13G - 200m - heats

3:35 PM

Record Jane BRADBEER Cardiff AAC 25.7 1981

CBP Felicity JAMES Cardiff AAC 26.72w 2001

2008 Champion Elin JONES Colwyn Bay 27.67

-0.4m/s Ht 1 of 4

Pos	Bib	Athlete	Club	Perf	Comments
1	1	Kimberley ABERDUNRIN	Carmarthen Harriers	28.83	
2	48	Emma JOHNSON	Bridgend AC	29.17	
3	4	Hannah BRIER	Swansea Harriers	29.24	
4	23	Elinor WINFIELD	Yate AC	30.60	
5	16	Zoe NASH	Bridgend AC	31.12	
6	10	Chelsea HUTCHEON	Barry & Vale Harriers	DNF	

-0.6m/s Ht 2 of 4

Pos	Bib	Athlete	Club	Perf	Comments
1	2	Carys BAKER	Carmarthen Harriers	29.18	
2	99	Abigail BACKSHALL	Colwyn Bay	29.30	
3	19	Lori SCRIVEN	Colwyn Bay	29.39	
4	3	Jodie BEYNON	Cwmbran Harriers	29.65	
5	102	Hope JONES	Neath Harriers	30.44	
6	12	Jessica LAMBERT	Aberdare VAAC	32.84	

T29 - U13G - 200m - heats

3:35 PM

Record Jane BRADBEER Cardiff AAC 25.7 1981

CBP Felicity JAMES Cardiff AAC 26.72w 2001

2008 Champion Elin JONES Colwyn Bay 27.67

-0.6m/s Ht 3 of 4

Pos	Bib	Athlete	Club	Perf	Comments
1	203	Fiona BRAY	Bridgend AC	28.07	
2	17	Katie-Jane PRIEST	Newport Harriers	28.68	
3	21	Laura TURLEY	Deeside AAC	29.46	
4	22	Ffion WAKE	Swansea Harriers	30.35	
5	104	Megan WILLIAMS	Cardiff AAC	30.73	
6	98	Sofia ALI	Aberdare VAAC	33.78	

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T25 - U13G - 800m - FINAL

3:15 PM

Record Lisa LANINI Wrexham AC 2.16.1 2000

CBP Lora ROBERTS Bridgend AC 2.21.17 2007

2008 Champion Siwan THOMAS-HOWELLS Swansea Harriers 2.30.95

Pos	Bib	Athlete	Club	Perf	Comments
1	99	Abigail BACKSHALL	Colwyn Bay	2:25.87	
2	182	Siwan THOMAS-HOWELLS	Swansea Harriers	2:29.40	
3	171	Lucy FLIGELSTONE	Swansea Harriers	2:32.27	
4	164	Jazmine BRIGANTI	Bridgend AC	2:33.27	
5	185	Rosa YATES	Bridgend AC	2:35.39	
6	166	Jordan CARPENTER	Bridgend AC	2:41.15	
7	175	Megan JAMES	Cwmbran Harriers	2:43.31	
8	183	Olivia TURLEY	Cwmbran Harriers	DNF	

T9 - U13G - 800m - heats

12:40 PM

Record Lisa LANINI Wrexham AC 2.16.1 2000

CBP Lora ROBERTS Bridgend AC 2.21.17 2007

2008 Champion Siwan THOMAS-HOWELLS Swansea Harriers 2.30.95

Ht 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	99	Abigail BACKSHALL	Colwyn Bay	2:28.03	Q
2	171	Lucy FLIGELSTONE	Swansea Harriers	2:31.41	Q
3	185	Rosa YATES	Bridgend AC	2:34.38	Q
4	175	Megan JAMES	Cwmbran Harriers	2:35.86	q
5	183	Olivia TURLEY	Cwmbran Harriers	2:36.09	q
6	179	Alice RUSSELL-STRETCH	Pembroke Harriers	2:37.95	
7	170	Gwenno EVANS	Carmarthen Harriers	2:38.18	
8	181	Cheyenne SINCLAIR	Newport Harriers	2:43.62	
9	167	Kate COKER	Barry & Vale Harriers	2:49.75	
10	165	Megan BUNNEY	Aberdare VAAC	2:54.33	
11	169	Catrin EVANS	Swansea Harriers	2:54.85	

Ht 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	182	Siwan THOMAS-HOWELLS	Swansea Harriers	2:32.21	Q
2	164	Jazmine BRIGANTI	Bridgend AC	2:34.27	Q
3	166	Jordan CARPENTER	Bridgend AC	2:35.91	Q
4	184	Nia WARD	Bridgend AC	2:36.16	
5	173	Chelsie HARRIS	Cwmbran Harriers	2:36.33	
6	178	Charlotte REES	Pembroke Harriers	2:38.30	
7	176	Scarlett MCPHILLIPS	Cwmbran Harriers	2:40.37	
8	163	Emily BALDWIN	Maldwyn Harriers	2:42.00	
9	100	Emma HENNESSY	Newport Harriers	2:44.12	
10	177	Bethan RADFORD	Swansea Harriers	2:45.46	
11	180	Kate SEARY	Cardiff AAC	2:56.50	

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T19 - U13G - 70m Hdl - FINAL

2:25 PM

Record Rachel DAVIES Bridgend AC 11.6 2005

CBP Joanne JAMES Port Talbot 11.5w 1988

2008 Champion Elin DAVIES Swansea Harriers 12.19

-0.9 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	48	Emma JOHNSON	Bridgend AC	12.02	
2	13	Amy LEAHY	Pembroke Harriers	12.12	
3	123	Rowan ANTROBUS	Deeside AAC	12.18	
4	128	Bethan TRIGG	Cardiff AAC	12.65	
5	127	Shauna QUIRKE	Bridgend AC	12.71	
6	129	Miriam WILLIAMS	Swansea Harriers	12.77	
7	178	Charlotte REES	Pembroke Harriers	12.88	
8	18	Tilly RICHARDS	Pembroke Harriers	12.90	

T1 - U13G - 70m Hdl - heats

10:45 AM

Record Rachel DAVIES Bridgend AC 11.6 2005

CBP Joanne JAMES Port Talbot 11.5w 1988

2008 Champion Elin DAVIES Swansea Harriers 12.19

-0.3 m/s Ht 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	13	Amy LEAHY	Pembroke Harriers	12.00	Q
2	48	Emma JOHNSON	Bridgend AC	12.14	Q
3	127	Shauna QUIRKE	Bridgend AC	12.79	Q
4	18	Tilly RICHARDS	Pembroke Harriers	13.12	q
5	125	Poppy LEWIS	Pembroke Harriers	13.46	
6	100	Emma HENNESSY	Newport Harriers	13.47	
7	124	Emily JONES	Swansea Harriers	13.60	
8	12	Jessica LAMBERT	Aberdare VAAC	15.19	

-1.5 m/s Ht 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	123	Rowan ANTROBUS	Deeside AAC	12.59	Q
2	178	Charlotte REES	Pembroke Harriers	12.69	Q
3	129	Miriam WILLIAMS	Swansea Harriers	12.78	Q
4	128	Bethan TRIGG	Cardiff AAC	12.85	q
5	126	Anita MADAN	Pembroke Harriers	13.38	
6	177	Bethan RADFORD	Swansea Harriers	13.57	
7	5	Ffion COLLINS	Cardiff AAC	13.81	
8	143	Leah THOMAS	Amman Valley	15.09	

T40 - U13G - 4 X 100M CLUB RELAY - FINAL

5:35 PM

Record ONLY SENIOR & U20 RELAYS ARE ALLOWED TO STAND FOR RECORDS

CBP Swansea Harriers 2008

2008 Champion Swansea Harriers 56.67

NEW CBP

Pos	Bib	Athlete	Club	Perf	Comments
1	409	TEAM A	Carmarthen Harriers	55.35	
2	412	TEAM A	Swansea Harriers	56.92	
3	402	TEAM B	Bridgend AC	58.76	
4	408	TEAM A	Bridgend AC	1:00.15	

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F8 - U13G - High Jump - FINAL

12:00 PM

Record Julia CHARLTON Carmarthen Harriers 1.68 1978

CBP Kathryn EVANS Carmarthen Harriers 1.50 1979

2008 Champion Bethan HILL-HOWELLS Newport Harriers 1.37

Pos	Bib	Athlete	Club	Perf	Comments
1	180	Kate SEARY	Cardiff AAC	1.33	
2	171	Lucy FLIGELSTONE	Swansea Harriers	1.30	
3	124	Emily JONES	Swansea Harriers	1.25	
4	263	Lucy MATON	Cardiff AAC	1.20	
5	129	Miriam WILLIAMS	Swansea Harriers	1.20	

F17 - U13G - Long Jump (400g) - FINAL

2:00 PM

Record Lisa ARMSTRONG Torfaen AC 4.88 1986

CBP Sarah LANE Torfaen AC 4.82 1993

2008 Champion Georgia BATES Deeside AAC 4.22

Pos	Bib	Athlete	Club	Perf	Comments
1	129	Miriam WILLIAMS	Swansea Harriers	4.27	
2	285	Erin WALTERS	Carmarthen Harriers	4.25	
3	14	Kate MACMILLAN	Neath Harriers	4.22	
4	171	Lucy FLIGELSTONE	Swansea Harriers	4.03	
5	284	Adele NICOLL	Oswestry Olympians	4.02	
6	3	Jodie BEYNON	Cwmbran Harriers	3.87	
7	4	Hannah BRIER	Swansea Harriers	3.83	
8	100	Emma HENNESSY	Newport Harriers	3.82	
9	283	Lauren CARSLEY-JONES	Colwyn Bay	3.80	
10	16	Zoe NASH	Bridgend AC	3.73	
11	184	Nia WARD	Bridgend AC	3.67	
12	124	Emily JONES	Swansea Harriers	3.64	
13	21	Laura TURLEY	Deeside AAC	3.55	
14	185	Rosa YATES	Bridgend AC	3.28	
15	282	Nia BODILLY	Cardiff AAC	3.16	

F4 - U13G - Shot (2.72kg) - FINAL

11:00 AM

Record Nicola STEVENSON Bridgend AC 10.83 2001

CBP Nicola STEVENSON Bridgend AC 10.29 2001

2008 Champion Awen ROSSER Carmarthen Harriers 9.33

Pos	Bib	Athlete	Club	Perf	Comments
1	293	Sabrina FORTUNE	Deeside AAC	9.13	
2	296	Bronwen LEWIS	Carmarthen Harriers	9.10	
3	294	Rebecca HUGHES	Swansea Harriers	8.41	
4	22	Ffion WAKE	Swansea Harriers	7.72	
5	295	Emma NORTON	Cwmbran Harriers	6.04	
6	8	Holly FIELD	Aberdare VAAC	5.28	
7	98	Sofia ALI	Aberdare VAAC	5.27	

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F6 - U13G - Discus (0.75kg) - FINAL

12:00 PM

Record Toni WELLS Swansea Harriers 29.48 2005

CBP Toni WELLS Swansea Harriers 25.00 2005

2008 Champion Adele NICHOLL Oswestry Olympians 22.42

NEW CBP

Pos	Bib	Athlete	Club	Perf	Comments
1	284	Adele NICOLL	Oswestry Olympians	27.74	
2	293	Sabrina FORTUNE	Deeside AAC	23.05	
3	296	Bronwen LEWIS	Carmarthen Harriers	19.45	
4	325	Caitlin ATKINS	Swansea Harriers	18.20	
5	295	Emma NORTON	Cwmbran Harriers	16.61	
6	98	Sofia ALI	Aberdare VAAC	14.57	
7	8	Holly FIELD	Aberdare VAAC	13.84	

F24 - U13G - Javelin (400g) - FINAL

4:30 PM

Record Mary WILSON Carmarthen Harriers 31.63 2004

CBP Rebecca HUGHES Swansea Harriers 22.20 2008

2008 Champion Rebecca HUGHES Swansea Harriers 22.20

NEW CBP

Pos	Bib	Athlete	Club	Perf	Comments
1	294	Rebecca HUGHES	Swansea Harriers	24.78	
2	20	Tasia STEPHENS	Aberdare VAAC	23.99	
3	325	Caitlin ATKINS	Swansea Harriers	23.09	
4	127	Shauna QUIRKE	Bridgend AC	20.24	
5	295	Emma NORTON	Cwmbran Harriers	19.13	
6	327	Hari-Llyw TRUMAN	Pembroke Harriers	18.54	
7	177	Bethan RADFORD	Swansea Harriers	15.23	
8	326	Danielle MORGAN	Newport Harriers	14.85	

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U13/U15 Track Field Outdoor Championships
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T16 - U13B - 100m - FINAL

2:05 PM

Record Malcolm JAMES Cardiff AAC 12.5 1975

CBP Malcolm JAMES Cantonian HSc 12.5 1975

2008 Champion Alexander PAVLOU Swansea Harriers 13.38

-0.3m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	11	Thomas SCAMMELL	Yate AC	12.91	
2	47	Sion ROBERTS	Wrexham AC	13.05	
3	41	Conor KIDNER	Cardiff AAC	13.21	
4	45	Shaun PEARCE	Carmarthen Harriers	13.26	
5	34	Harry DAVIES	Bridgend AC	13.34	
6	42	Connor MARTIN	Cardiff AAC	13.37	
7	29	Cameron BLAKEMORE	Pembroke Harriers	13.84	
8	28	Marcus BAYONA-MARTINEZ	Brecon AC	DNF	

T6 - U13B - 100m - heats

11:55 AM

Record Malcolm JAMES Cardiff AAC 12.5 1975

CBP Malcolm JAMES Cantonian HSc 12.5 1975

2008 Champion Alexander PAVLOU Swansea Harriers 13.38

-0.7m/s Ht 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	28	Marcus BAYONA-MARTINEZ	Brecon AC	12.97	Q
2	47	Sion ROBERTS	Wrexham AC	13.13	Q
3	45	Shaun PEARCE	Carmarthen Harriers	13.35	q
4	42	Connor MARTIN	Cardiff AAC	13.46	q
5	49	James SCARFI	Cwmbran Harriers	13.75	
6	25	Talfan ALLCOCK	Amber Valley AC	13.85	
7	38	Harri HOOPER-LEWIS	Swansea Harriers	14.30	
8	31	Thomas BROOKES	Cwmbran Harriers	14.41	

-0.3m/s Ht 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	34	Harry DAVIES	Bridgend AC	13.51	Q
2	29	Cameron BLAKEMORE	Pembroke Harriers	13.77	Q
3	43	James MERCURIUS-TAYLOR	Swansea Harriers	13.94	
4	30	Mitchell BOSWELL	Newport Harriers	14.01	
5	37	Callum HARRIES	Coedcae School	14.10	
6	39	Samuel IRELAND	Blaenau Gwent AC	14.34	
7	33	Richard DANGERFIELD	Barry & Vale Harriers	14.35	
8	50	Samuel THOMPSON	Carmarthen Harriers	14.75	

-0.5m/s H 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	11	Thomas SCAMMELL	Yate AC	13.37	Q
2	41	Conor KIDNER	Cardiff AAC	13.53	Q
3	32	James BRYAN	Carmarthen Harriers	14.06	
4	44	Ryan MORGAN	Newport Harriers	14.17	
5	35	Harri EVANS	Aberdare VAAC	14.33	
6	52	Michael WHITE	Colwyn Bay	14.39	
7	26	Harry AUSTIN	Swansea Harriers	14.76	
8	53	Rhodri WILLIAMS	Swansea Harriers	15.86	

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T36 - U13B - 200m - FINAL

5:05 PM

Record Malcolm JAMES Cardiff AAC 25.6 1975

CBP Malcolm JAMES Cantonian HSc 25.6 1975

2008 Champion Alexander PAVLOU Swansea Harriers 26.54

-0.5m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	11	Thomas SCAMMELL	Yate AC	26.7	
2	47	Sion ROBERTS	Wrexham AC	26.7	
3	34	Harry DAVIES	Bridgend AC	27.4	
4	108	Benedikt WEBER	Pembroke Harriers	28.0	
5	32	James BRYAN	Carmarthen Harriers	28.0	
6	49	James SCARFI	Cwmbran Harriers	28.5	
7	105	Sebastian BLANCH	Newport Harriers	28.9	
8	44	Ryan MORGAN	Newport Harriers	29.5	

T30 - U13B - 200m - heats

3:50 PM

Record Malcolm JAMES Cardiff AAC 25.6 1975

CBP Malcolm JAMES Cantonian HSc 25.6 1975

2008 Champion Alexander PAVLOU Swansea Harriers 26.54

0.2m/s Ht 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	47	Sion ROBERTS	Wrexham AC	27.17	Q
2	34	Harry DAVIES	Bridgend AC	27.84	Q
3	49	James SCARFI	Cwmbran Harriers	28.30	q
4	105	Sebastian BLANCH	Newport Harriers	28.71	q
5	45	Shaun PEARCE	Carmarthen Harriers	29.78	
6	106	Jason DEERE	Rhymney Valley AC	32.53	

0.5m/s Ht 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	108	Benedikt WEBER	Pembroke Harriers	27.99	Q
2	32	James BRYAN	Carmarthen Harriers	28.17	Q
3	52	Michael WHITE	Colwyn Bay	29.02	
4	43	James MERCURIUS-TAYLOR	Swansea Harriers	29.41	
5	25	Talfan ALLCOCK	Amber Valley AC	30.03	
6	342	Gabriel JOHNSON	Newport Harriers	30.99	

-0.3m/s Ht 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	11	Thomas SCAMMELL	Yate AC	27.97	Q
2	44	Ryan MORGAN	Newport Harriers	29.20	Q
3	35	Harri EVANS	Aberdare VAAC	29.50	
4	31	Thomas BROOKES	Cwmbran Harriers	30.34	
5	50	Samuel THOMPSON	Carmarthen Harriers	30.75	
	107	Floyd HAUGHTON	Cardiff AAC	DNS	
	28	Marcus BAYONA-MARTINEZ	Brecon AC	DNS	

Welsh Athletics 2009
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T26 - U13B - 800m - FINAL

3:20 PM

Record Richard BAKER Cardiff AAC 2.14.0 1983

CBP Richard BAKER Cardiff AAC 2.14.0 1983

2008 Champion Kyran ROBERTS Carmarthen Harriers 2.20.70

Pos	Bib	Athlete	Club	Perf	Comments
1	186	Joseph CHIFFI	Coedcae School	2:24.26	
2	197	Rhys NORRIS	Newport Harriers	2:24.73	
3	341	Richard EVANS	Deeside AAC	2:25.01	
4	192	Andrew MORRIS-JONES	Menai T&F	2:30.75	
5	195	Alex MCDOWELL	Cwmbran Harriers	2:33.06	
6	196	Nikita NEARY	Carmarthen Harriers	2:34.53	
7	188	Luke GILL	Newport Harriers	2:35.20	
8	199	Jordan RICHARDS	Carmarthen Harriers	2:57.51	

T10 - U13B - 800m - heats

12:55 PM

Record Richard BAKER Cardiff AAC 2.14.0 1983

CBP Richard BAKER Cardiff AAC 2.14.0 1983

2008 Champion Kyran ROBERTS Carmarthen Harriers 2.20.70

Ht 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	196	Nikita NEARY	Carmarthen Harriers	2:26.58	Q
2	341	Richard EVANS	Deeside AAC	2:26.66	Q
3	195	Alex MCDOWELL	Cwmbran Harriers	2:27.77	Q
4	199	Jordan RICHARDS	Carmarthen Harriers	2:27.91	q
5	188	Luke GILL	Newport Harriers	2:31.00	q
6	187	Oliver DAVIES	Bridgend AC	2:32.46	
7	191	Rhys JAMES	Menai T&F	2:34.27	
8	193	Ciaran LEWIS	Cardiff AAC	2:38.48	
9	198	Jack REES	Pembroke Harriers	2:41.41	
10	189	Pip HANCOCK	Swansea Harriers	3:11.11	

Ht 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	186	Joseph CHIFFI	Coedcae School	2:26.00	Q
2	197	Rhys NORRIS	Newport Harriers	2:26.71	Q
3	192	Andrew MORRIS-JONES	Menai T&F	2:27.22	Q
4	200	Jared WALTERS	Amman Valley	2:31.12	
5	38	Harri HOOPER-LEWIS	Swansea Harriers	2:34.47	
6	201	Benjamin WILLIAMS	Carmarthen Harriers	2:37.18	
7	194	Joseph MACPHERSON	Cardiff AAC	2:39.03	
8	106	Jason DEERE	Rhymney Valley AC	2:50.34	
9	53	Rhodri WILLIAMS	Swansea Harriers	2:59.27	

Welsh Athletics 2009
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T21 - U13B - 75m Hdl - FINAL

2:40 PM

Record Luke JENKINS Swansea Harriers 12.38 2008

CBP Wynne JAMES / John MARSDEN Afon Taf Sc, Barry & Vale Harriers 12.4 1992

2008 Champion Luke JENKINS Swansea Harriers 12.40

-0.8m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	49	James SCARFI	Cwmbran Harriers	12.75	
2	135	Michael WILSON	Swansea Harriers	12.91	
3	130	Kyle ARNOLD	Newport Harriers	13.21	
4	107	Floyd HAUGHTON	Cardiff AAC	13.26	
5	133	Jak DARGIE	Bridgend AC	14.23	
6	26	Harry AUSTIN	Swansea Harriers	14.28	
7	134	William RATCLIFFE	Pembroke Harriers	14.73	
8	43	James MERCURIUS-TAYLOR	Swansea Harriers	14.97	
9	198	Jack REES	Pembroke Harriers	16.17	

T41 - U13B - 4 X 100M CLUB RELAY - FINAL

5:35 PM

Record ONLY SENIOR & U20 RELAYS ARE ALLOWED TO STAND FOR RECORDS

CBP Swansea Harriers 2008

2008 Champion Swansea Harriers 54.27

Pos	Bib	Athlete	Club	Perf	Comments
1	403	TEAM A	Carmarthen Harriers	56.78	
2	401	TEAM A	Bridgend AC	57.64	
3	405	TEAM A	Pembroke Harriers	57.66	
4	406	TEAM A	Swansea Harriers	57.99	

Welsh Athletics 2009
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F5 - U13B - High Jump - FINAL

11:00 AM

Record Jamie DALTON Preseli AC 1.67 1992

CBP Andrew PENK Wrexham AC 1.55 1989

2008 Champion Drew BEAUJEAN Swansea Harriers 1.46

Pos	Bib	Athlete	Club	Perf	Comments
1	264	Dafydd ADAMS	Carmarthen Harriers	1.45	
2	265	Catrin ROBERTS	Neath Harriers	1.41	
3	131	Coree BAITUP	Coedcae School	1.30	
4	130	Kyle ARNOLD	Newport Harriers	1.30	
5	267	Stevan RUSSELL	Newport Harriers	1.30	
6	266	Rhys ROBERTS	Bridgend AC	1.25	
7	133	Jak DARGIE	Bridgend AC	1.20	
8	187	Oliver DAVIES	Bridgend AC	1.10	
9	189	Pip HANCOCK	Swansea Harriers	1.05	

F9 - U13B - Long Jump - FINAL

12:30 PM

Record Clive WOOLMER Milford Haven Sc 5.31 1982

CBP Paul FARMAHAN Cleddau AC 5.11 1989

2008 Champion Kierran COOPER Wrexham AC 4.84

Pos	Bib	Athlete	Club	Perf	Comments
1	200	Jared WALTERS	Amman Valley	4.64	
2	107	Floyd HAUGHTON	Cardiff AAC	4.61	
3	135	Michael WILSON	Swansea Harriers	4.50	
4	266	Rhys ROBERTS	Bridgend AC	4.50	
5	186	Joseph CHIFFI	Coedcae School	4.45	
6	108	Benedikt WEBER	Pembroke Harriers	4.34	
7	25	Talfan ALLCOCK	Amber Valley AC	4.31	
8	39	Samuel IRELAND	Blaenau Gwent AC	4.30	
9	29	Cameron BLAKEMORE	Pembroke Harriers	4.29	
10	30	Mitchell BOSWELL	Newport Harriers	4.27	
11	130	Kyle ARNOLD	Newport Harriers	4.24	
12	37	Callum HARRIES	Coedcae School	4.13	
13	45	Shaun PEARCE	Carmarthen Harriers	4.10	
14	50	Samuel THOMPSON	Carmarthen Harriers	3.99	
15	40	Gabriel JOHNSON	Newport Harriers	3.90	
16	35	Harri EVANS	Aberdare VAAC	3.84	
17	187	Oliver DAVIES	Bridgend AC	3.73	
18	286	Tomas ELLIS	Cardiff AAC	3.51	
19	53	Rhodri WILLIAMS	Swansea Harriers	3.35	
20	189	Pip HANCOCK	Swansea Harriers	3.29	

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F21 - U13B - Shot (3.25kg) - FINAL

3:00 PM

Record Matthew EVANS Carmarthen Harriers 14.47 2001

CBP Matthew EVANS Carmarthen Harriers 13.39 2001

2008 Champion Charlie RANDALL Carmarthen Harriers 10.96

Pos	Bib	Athlete	Club	Perf	Comments
1	297	Jack BEYNON	Swansea Harriers	10.04	
2	301	Shaun REES	Coedcae School	9.18	
3	300	Bobby JONES	Swansea Harriers	8.91	
4	196	Nikita NEARY	Carmarthen Harriers	8.40	
5	299	Jordan BRYANT	Newport Harriers	5.99	
6	302	Samuel WILLIAMS	Aberdare VAAC	5.60	
7	298	Jamie BRYANT	Newport Harriers	4.97	

F14 - U13B - Discus (1.0kg) - FINAL

1:30 PM

Record Chris HUGHES Swansea Harriers 38.92 1991

CBP Rheon JAMES Carmarthen Harriers 27.63 2005

2008 Champion Samuel MARTIN Swansea Harriers 21.81

Pos	Bib	Athlete	Club	Perf	Comments
1	297	Jack BEYNON	Swansea Harriers	27.06	
2	300	Bobby JONES	Swansea Harriers	26.07	
3	301	Shaun REES	Coedcae School	19.85	
4	299	Jordan BRYANT	Newport Harriers	17.66	
5	315	Samuel WITHERS	Pembroke Harriers	16.50	
6	267	Stevan RUSSELL	Newport Harriers	16.42	
7	313	Heddwyn LOUDON	Newport Harriers	15.70	
8	298	Jamie BRYANT	Newport Harriers	15.06	
9	314	Owen MURPHY	Cwmbran Harriers	10.79	

F19 - U13B - Javelin (400g) - FINAL

3:00 PM

Record Tom NORTON Cwmbran Harriers 44.80 2007

CBP Sion HOWELLS Carmarthen Harriers 30.63 2008

2008 Champion Sion HOWELLS Carmarthen Harriers 30.63

Pos	Bib	Athlete	Club	Perf	Comments
1	267	Stevan RUSSELL	Newport Harriers	30.51	
2	265	Catrin ROBERTS	Neath Harriers	29.69	
3	328	Gethin CLARKE	Carmarthen Harriers	28.27	
4	315	Samuel WITHERS	Pembroke Harriers	27.88	
5	33	Richard DANGERFIELD	Barry & Vale Harriers	26.61	
6	44	Ryan MORGAN	Newport Harriers	25.89	
7	193	Ciaran LEWIS	Cardiff AAC	23.57	
8	133	Jak DARGIE	Bridgend AC	22.30	
9	314	Owen MURPHY	Cwmbran Harriers	14.54	

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T17 - U15G - 100m - FINAL

2:10 PM

Record Helen MILES Bridgend AC 12.0 1981

CBP Karen TAYLOR / Dawn OLIVER / Helen MILES Cardiff AAC. Sale Harriers, Cardiff AAC 12.2 1977, 1979, 1980

2008 Champion Rachel JOHNSON Colwyn Bay AC 12.36

-0.3 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	67	Catrin REES	Carmarthen Harriers	12.73	
2	60	Cyndi KITENGE	Cardiff AAC	12.88	
3	58	Rhiannon JEFFREYS	Neath Harriers	12.91	
4	62	Gabrielle MALONEY	Deeside AAC	13.00	
5	63	Elli NORKETT	Pembroke Harriers	13.14	
6	69	Beth SARGENT	Deeside AAC	13.17	
7	64	Nia PALLA	Swansea Harriers	13.22	
8	56	Sophie EDWARDS	Cwmbran Harriers	13.43	

T7 - U15G - 100m - heats

12:10 PM

Record Helen MILES Bridgend AC 12.0 1981

CBP Karen TAYLOR / Dawn OLIVER / Helen MILES Cardiff AAC. Sale Harriers, Cardiff AAC 12.2 1977, 1979, 1980

2008 Champion Rachel JOHNSON Colwyn Bay AC 12.36

-1.6 m/s Ht 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	67	Catrin REES	Carmarthen Harriers	13.14	Q
2	64	Nia PALLA	Swansea Harriers	13.38	Q
3	56	Sophie EDWARDS	Cwmbran Harriers	13.56	q
4	57	Grace HARWOOD	Swansea Harriers	13.68	
5	338	Limarah THOMAS	Rhymney Valley AC	14.72	
6	73	Louise WILLIAMS	Carmarthen Harriers	15.46	

-1.6 m/s Ht 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	62	Gabrielle MALONEY	Deeside AAC	13.28	Q
2	58	Rhiannon JEFFREYS	Neath Harriers	13.30	Q
3	63	Elli NORKETT	Pembroke Harriers	13.30	q
4	55	Elise DAVIES	Swansea Harriers	13.97	
5	333	Danielle CLOSE	Barry & Vale Harriers	15.48	

-3.0 m/s Ht 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	60	Cyndi KITENGE	Cardiff AAC	13.30	Q
2	69	Beth SARGENT	Deeside AAC	13.45	Q
3	72	Catrin THOMAS	Maldwyn Harriers	13.60	
4	59	Elinor JONES	Swansea Harriers	13.72	
5	65	Francesca PARKIN	Cwmbran Harriers	14.28	
6	54	Catrin COSIER	Barry & Vale Harriers	14.30	
7	71	Lucy TAYLOR	Bridgend AC	14.33	

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T37 - U15G - 200m - FINAL

5:10 PM

Record Rachel JOHNCOCK Colwyn Bay AC 24.82 2008

CBP Erica BURFOOT Cardiff AAC 25.28w 1996

2008 Champion Rachel JOHNCOCK Colwyn Bay AC 25.12

-0.7 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	113	Hannah GRIFFITHS	Newport Harriers	26.39	
2	67	Catrin REES	Carmarthen Harriers	26.75	
3	58	Rhiannon JEFFREYS	Neath Harriers	26.81	
4	60	Cyndi KITENGE	Cardiff AAC	27.30	
5	119	Abi WILLIAMS	Deeside AAC	27.33	
6	110	Emily DACEY	Swansea Harriers	27.91	
7	56	Sophie EDWARDS	Cwmbran Harriers	28.01	
8	64	Nia PALLA	Swansea Harriers	28.39	

T31 - U15G - 200m - heats

4:05 PM

Record Rachel JOHNCOCK Colwyn Bay AC 24.82 2008

CBP Erica BURFOOT Cardiff AAC 25.28w 1996

2008 Champion Rachel JOHNCOCK Colwyn Bay AC 25.12

1.6 m/s Ht 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	58	Rhiannon JEFFREYS	Neath Harriers	27.38	
2	119	Abi WILLIAMS	Deeside AAC	27.46	
3	110	Emily DACEY	Swansea Harriers	27.51	
4	69	Beth SARGENT	Deeside AAC	27.77	
5	63	Elli NORKETT	Pembroke Harriers	27.81	
6	114	Rhiannon HAILS	Swansea Harriers	29.36	
7	116	Amy PACKHAM-SMITH	Cardiff AAC	29.94	
8	118	Laura TRIGG	Cardiff AAC	30.93	

-0.8 m/s H 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	67	Catrin REES	Carmarthen Harriers	27.57	
2	56	Sophie EDWARDS	Cwmbran Harriers	27.89	
3	59	Elinor JONES	Swansea Harriers	27.99	
4	65	Francesca PARKIN	Cwmbran Harriers	28.85	
5	109	Georgia BATES	Deeside AAC	30.39	
6	112	Aleisha ERNEST	Cardiff AAC	30.62	
7	117	Elsbeth REYNISH	Swansea Harriers	32.00	

0.3 m/s Ht 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	113	Hannah GRIFFITHS	Newport Harriers	27.23	
2	60	Cyndi KITENGE	Cardiff AAC	27.37	
3	64	Nia PALLA	Swansea Harriers	27.50	
4	68	Keiran INGRAM	Swansea Harriers	27.55	
5	62	Gabrielle MALONEY	Deeside AAC	27.78	
6	338	Limarah THOMAS	Rhymney Valley AC	30.35	
7	115	Catrin JONES	Swansea Harriers	30.76	
	120	Rhian WILLIAMS	Deeside AAC	DNS	

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T24 - U15G - 300m - FINAL

3:05 PM

Record Hannah JONES Carmarthen Harriers 40.54 2005
CBP Hannah JONES Carmarthen Harriers 41.18
2008 Champion Catrin THOMAS Maldwyn Harriers 41.85

Pos	Bib	Athlete	Club	Perf	Comments
1	113	Hannah GRIFFITHS	Newport Harriers	41.19	
2	72	Catrin THOMAS	Maldwyn Harriers	41.88	
3	70	Rachael STARK	Chelmsford AC	43.17	
4	68	Keiran INGRAM	Swansea Harriers	44.06	
5	153	Isabel HUGHES	Bridgend AC	44.71	
6	152	Catrin GRIFFITHS	Cardiff AAC	46.75	
7	151	Leonora FOLEY	Cardiff AAC	47.11	
8	154	Emily MORRIS	Swansea Harriers	DQ	

T14 - U15G - 300m - heats

1:50 PM

Record Hannah JONES Carmarthen Harriers 40.54 2005
CBP Hannah JONES Carmarthen Harriers 41.18
2008 Champion Catrin THOMAS Maldwyn Harriers 41.85

Ht 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	72	Catrin THOMAS	Maldwyn Harriers	42.41	
2	153	Isabel HUGHES	Bridgend AC	43.89	
3	68	Keiran INGRAM	Swansea Harriers	44.74	
4	154	Emily MORRIS	Swansea Harriers	45.24	
5	151	Leonora FOLEY	Cardiff AAC	47.17	

Ht 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	113	Hannah GRIFFITHS	Newport Harriers	43.03	
2	70	Rachael STARK	Chelmsford AC	44.59	
3	152	Catrin GRIFFITHS	Cardiff AAC	47.58	
4	150	Elin DAVIES	Swansea Harriers	48.04	
5	333	Danielle CLOSE	Barry & Vale Harriers	51.03	

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T27 - U15G - 800m - FINAL

3:25 PM

Record Amanda PRITCHARD Cardiff AAC 2.10.66 1994

CBP Julie GARRETT Cardiff AAC 2.14.60 1987

2008 Champion Lauren BELL Pembroke Harriers 2:15.95

NEW CBP

Pos	Bib	Athlete	Club	Perf	Comments
1	202	Lauren BELL	Pembroke Harriers	2:14.40	
2	221	Hywelis THOMAS-HOWELLS	Swansea Harriers	2:18.07	
3	218	Lora ROBERTS	Bridgend AC	2:22.56	
4	210	Ellie LEEK	Cwmbran Harriers	2:28.86	
5	219	Jordan SMART	Swansea Harriers	2:30.43	
6	220	Lucy TARRANT	Bridgend AC	2:33.80	
7	205	Iona EVANS	Swansea Harriers	2:33.80	
8	215	Naomi OSBORN	Swansea Harriers	2:40.17	

T9 - U13G - 800m - heats

12:40 PM

Record Lisa LANINI Wrexham AC 2.16.1 2000

CBP Lora ROBERTS Bridgend AC 2.21.17 2007

2008 Champion Siwan THOMAS-HOWELLS Swansea Harriers 2.30.95

Ht 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	99	Abigail BACKSHALL	Colwyn Bay	2:28.03	Q
2	171	Lucy FLIGELSTONE	Swansea Harriers	2:31.41	Q
3	185	Rosa YATES	Bridgend AC	2:34.38	Q
4	175	Megan JAMES	Cwmbran Harriers	2:35.86	q
5	183	Olivia TURLEY	Cwmbran Harriers	2:36.09	
6	179	Alice RUSSELL-STRETCH	Pembroke Harriers	2:37.95	
7	170	Gwenno EVANS	Carmarthen Harriers	2:38.18	
8	181	Cheyenne SINCLAIR	Newport Harriers	2:43.62	
9	167	Kate COKER	Barry & Vale Harriers	2:49.75	
10	165	Megan BUNNEY	Aberdare VAAC	2:54.33	
11	169	Catrin EVANS	Swansea Harriers	2:54.85	

Ht 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	182	Siwan THOMAS-HOWELLS	Swansea Harriers	2:32.21	Q
2	164	Jazmine BRIGANTI	Bridgend AC	2:34.27	Q
3	166	Jordan CARPENTER	Bridgend AC	2:35.91	Q
4	184	Nia WARD	Bridgend AC	2:36.16	q
5	173	Chelsie HARRIS	Cwmbran Harriers	2:36.33	
6	178	Charlotte REES	Pembroke Harriers	2:38.30	
7	176	Scarlett MCPHILLIPS	Cwmbran Harriers	2:40.37	
8	163	Emily BALDWIN	Maldwyn Harriers	2:42.00	
9	100	Emma HENNESSY	Newport Harriers	2:44.12	
10	177	Bethan RADFORD	Swansea Harriers	2:45.46	
11	180	Kate SEARY	Cardiff AAC	2:56.50	

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T19 - U13G - 70m Hdl - FINAL

2:25 PM

Record Rachel DAVIES Bridgend AC 11.6 2005

CBP Joanne JAMES Port Talbot 11.5w 1988

2008 Champion Elin DAVIES Swansea Harriers 12.19

-0.9 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	119	Abi WILLIAMS	Deeside AAC	11.65	
2	136	Eleanor BADHAMS	Deeside AAC	11.72	
3	138	Rebecca FOLEY	Cardiff AAC	12.36	
4	110	Emily DACEY	Swansea Harriers	12.37	
5	109	Georgia BATES	Deeside AAC	12.40	
6	141	Alex THOMAS	Swansea Harriers	12.64	
7	140	Katherine MORRIS	Swansea Harriers	12.94	
8	114	Rhiannon HAILS	Swansea Harriers	13.12	

T1 - U13G - 70m Hdl - heats

10:45 AM

Record Rachel DAVIES Bridgend AC 11.6 2005

CBP Joanne JAMES Port Talbot 11.5w 1988

2008 Champion Elin DAVIES Swansea Harriers 12.19

-1.1 m/s Ht 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	119	Abi WILLIAMS	Deeside AAC	11.98	Q
2	138	Rebecca FOLEY	Cardiff AAC	12.41	Q
3	141	Alex THOMAS	Swansea Harriers	12.41	Q
4	109	Georgia BATES	Deeside AAC	12.53	q
5	140	Katherine MORRIS	Swansea Harriers	13.23	q
6	139	Lauren JONES	Swansea Harriers	13.48	

-1.5 m/s Ht 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	136	Eleanor BADHAMS	Deeside AAC	12.22	Q
2	110	Emily DACEY	Swansea Harriers	12.47	Q
3	114	Rhiannon HAILS	Swansea Harriers	13.06	Q
4	151	Leonora FOLEY	Cardiff AAC	13.35	
5	270	Chloe PHILLIPS	Cardiff AAC	13.44	
6	150	Elin DAVIES	Swansea Harriers	13.77	

T40 - U13G - 4 X 100M CLUB RELAY - FINAL

5:35 PM

Record ONLY SENIOR & U20 RELAYS ARE ALLOWED TO STAND FOR RECORDS

CBP Swansea Harriers 2008

2008 Champion Swansea Harriers 56.67

NEW CBP

Pos	Bib	Athlete	Club	Perf	Comments
1	409	TEAM A	Carmarthen Harriers	55.35	
2	412	TEAM A	Swansea Harriers	56.92	
3	402	TEAM B	Bridgend AC	58.76	
4	408	TEAM A	Bridgend AC	1:00.15	

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F20 - U15G - High Jump - FINAL

3:00 PM

Record Lea HAGGETT Herne Hill 1.81 1986

CBP Julia CHARLTON Carmarthen Harriers 1.75 1980

2008 Champion Stacey COLLINS Neath Harriers 1.55

Pos	Bib	Athlete	Club	Perf	Comments
1	337	Ffion BODILLY	Cardiff AAC	1.64	
2	154	Emily MORRIS	Swansea Harriers	1.55	
3	136	Eleanor BADHAMS	Deeside AAC	1.45	
4	269	Carys MANSFIELD	Carmarthen Harriers	1.45	
5	155	Shannon RICHARDS	Swansea Harriers	1.40	
6	109	Georgia BATES	Deeside AAC	1.40	
7	118	Laura TRIGG	Cardiff AAC	1.40	
8	272	Olivia PERRY	Cwmbran Harriers	1.40	
9	115	Catrin JONES	Swansea Harriers	1.40	
10	271	Stacey WEBBER	Llanelli AC	1.40	
11	268	Amy CROCOMBE	Deeside AAC	1.40	
12	55	Elise DAVIES	Swansea Harriers	1.25	
13	270	Chloe PHILLIPS	Cardiff AAC	1.25	

F12 - U15G - Pole Vault - FINAL

1:00 PM

Record Rhianydd LLEWELLYN Bridgend AC 3.15 2008

CBP Jessica ABRAHAM Cardiff AAC 3.00 2003

2008 Champion Rhianydd LLEWELLYN Bridgend AC 3.10

Pos	Bib	Athlete	Club	Perf	Comments
1	279	Sally NICHOLAS	Cardiff AAC	2.50	
2	276	Lucy DALY	Cardiff AAC	2.40	
3	277	Sarah FLIGELSTONE	Swansea Harriers	2.40	
4	142	Alexandra THOMAS	Swansea Harriers	2.40	
5	280	Laura WILLIAMS	Deeside AAC	2.30	
6	278	Enfys JONES	Carmarthen Harriers	2.20	

F22 - U15G - Long Jump - FINAL

3:30 PM

Record Ceri JENKINS Cleddau 5.57 1972

CBP Elinor LAMERTON Cardiff AAC 5.34 1992

2008 Champion Cloe JONES Wrexham AC 4.89

Pos	Bib	Athlete	Club	Perf	Comments
1	64	Nia PALLA	Swansea Harriers	4.98	
2	110	Emily DACEY	Swansea Harriers	4.93	
3	69	Beth SARGENT	Deeside AAC	4.92	
4	71	Lucy TAYLOR	Bridgend AC	4.84	
5	59	Elinor JONES	Swansea Harriers	4.47	
6	288	Chelsea CHRISTOPHER	Swansea Harriers	4.41	
7	140	Katherine MORRIS	Swansea Harriers	4.38	
8	155	Shannon RICHARDS	Swansea Harriers	3.84	
9	139	Lauren JONES	Swansea Harriers	3.81	
10	287	Zoe BRADLEY	Cwmbran Harriers	3.72	
11	333	Danielle CLOSE	Barry & Vale Harriers	3.51	
12	270	Chloe PHILLIPS	Cardiff AAC	3.48	

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F15 - U15G - Shot (3.25kg) - FINAL

2:00 PM

Record Emily STEELE Shrewsbury 13.22 1989

CBP Philippa ROLES Swansea Harriers 12.43 1992

2008 Champion Nina PRELLS Swansea Harriers 10.13

Pos	Bib	Athlete	Club	Perf	Comments
1	307	Awen ROSSER	Carmarthen Harriers	10.04	
2	305	Eliw JAMES	Carmarthen Harriers	8.66	
3	303	Melissa ARTHUR	Newport Harriers	8.45	
4	57	Grace HARWOOD	Swansea Harriers	7.87	
5	268	Amy CROCOMBE	Deeside AAC	7.55	
6	306	Chloe POWELL	Newport Harriers	6.83	
7	304	Bryony BURTON	Deeside AAC	6.23	

F7 - U15G - Discus (1.0kg) - FINAL

12:00 PM

Record Philippa ROLES Swansea Harriers 44.12 1992

CBP Philippa ROLES Swansea Harriers 40.66 1992

2008 Champion Trudy WILLIAMS Bridgend AC 31.88

Pos	Bib	Athlete	Club	Perf	Comments
1	305	Eliw JAMES	Carmarthen Harriers	24.96	
2	307	Awen ROSSER	Carmarthen Harriers	24.39	
3	329	Kayleigh JONES	Carmarthen Harriers	23.64	
4	317	Zoe DAKIN	Bridgend AC	22.45	
5	303	Melissa ARTHUR	Newport Harriers	22.40	
6	268	Amy CROCOMBE	Deeside AAC	19.49	
7	319	Megan VARLEY	Maldwyn Harriers	19.40	
8	316	Gabriella CIRILLO	Swansea Harriers	18.90	
9	306	Chloe POWELL	Newport Harriers	17.66	
10	304	Bryony BURTON	Deeside AAC	13.45	

F1 - U15G - Hammer (3.0kg) - FINAL

10:30 AM

Record Charlotte MURRAY Swansea Harriers 41.90 2004

CBP Charlotte MURRAY Swansea Harriers 40.29 2004

2008 Champion Trudy WILLIAMS Bridgend AC 37.51

Pos	Bib	Athlete	Club	Perf	Comments
1	305	Eliw JAMES	Carmarthen Harriers	29.09	
2	317	Zoe DAKIN	Bridgend AC	27.61	
3	316	Gabriella CIRILLO	Swansea Harriers	22.23	

F23 - U15G - Javelin (600g) - FINAL

4:30 PM

Record Danielle HAMER Carmarthen Harriers 38.15 2005

CBP Robyn PURCHASE Wrexham AC 36.18 2005

2008 Champion Carys MANSFIELD Carmarthen Harriers 29.38

Pos	Bib	Athlete	Club	Perf	Comments
1	269	Carys MANSFIELD	Carmarthen Harriers	31.46	
2	303	Melissa ARTHUR	Newport Harriers	29.40	
3	318	Hayley NUTTALL	Deeside AAC	24.42	
4	57	Grace HARWOOD	Swansea Harriers	20.50	
5	329	Kayleigh JONES	Carmarthen Harriers	18.86	
6	319	Megan VARLEY	Maldwyn Harriers	18.32	

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T18 - U15B - 100m - FINAL

2:15 PM

Record Andrew WATKINS Pontypridd AC 10.99 2002

CBP Malcolm JAMES, Ian STRANGE Cardiff AAC, Newbridge HSc 11.0w 1977

2008 Champion Joe McLEAN Cardiff AAC 11.97

-0.1 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	80	Mathew DAVIES	Carmarthen Harriers	11.56	
2	75	Jevon BARNES	Pembroke Harriers	11.86	
3	91	Lloyd ROBBINS	Deeside AAC	12.01	
4	97	Thomas WILLIAMS	Barry & Vale Harriers	12.03	
5	85	James MCLEAN	Cardiff AAC	12.04	
6	93	Sean SQUIBB	Oswestry Olympians	12.15	
7	84	Kieran KELLY	Neath Harriers	12.16	
8	92	Daniel SOUTHALL	Caldicot HSc	12.37	

T8 - U15B - 100m - heats

12:25 PM

Record Andrew WATKINS Pontypridd AC 10.99 2002

CBP Malcolm JAMES, Ian STRANGE Cardiff AAC, Newbridge HSc 11.0w 1977

2008 Champion Joe McLEAN Cardiff AAC 11.97

-0.2 m/s Ht 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	75	Jevon BARNES	Pembroke Harriers	11.86	
2	84	Kieran KELLY	Neath Harriers	12.37	
3	95	Luke WARD	Wrexham AC	12.56	
4	79	Daniel CUTAJAR	Swansea Harriers	12.71	
5	81	Elis EVANS	Aberdare VAAC	12.73	
6	76	Ronan BARRETT	Cardiff AAC	13.88	

-1.1 m/s Ht 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	85	James MCLEAN	Cardiff AAC	12.21	
2	93	Sean SQUIBB	Oswestry Olympians	12.39	
3	89	Craig PIKE	North Devon AC	12.75	
4	90	Charlie RANDALL	Carmarthen Harriers	12.81	
5	77	Jacob BRISCOMBE	Barry & Vale Harriers	13.90	
6	96	Calvin WELLINGTON	Swansea Harriers	14.12	

-0.7m/s Ht 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	80	Mathew DAVIES	Carmarthen Harriers	11.72	
2	91	Lloyd ROBBINS	Deeside AAC	11.95	
3	97	Thomas WILLIAMS	Barry & Vale Harriers	12.17	
4	92	Daniel SOUTHALL	Caldicot HSc	12.48	
5	94	Trafford SQUIRE	Cwmbran Harriers	12.85	
6	340	Daniel BROOKES	Swansea Harriers	12.86	
7	83	Lewys JONES	Cardiff AAC	13.41	

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T38 - U15B - 200m - FINAL

5:15 PM

Record Andrew WATKINS Pontypridd AC 22.13 2002

CBP Andrew WATKINS Pontypridd AC 22.61w 2001

2008 Champion Evan JENKINS Swansea Harriers 24.27

+0.4 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	80	Mathew DAVIES	Carmarthen Harriers	23.96	
2	91	Lloyd ROBBINS	Deeside AAC	24.15	
3	87	Alexander PAVLOU	Swansea Harriers	24.24	
4	75	Jevon BARNES	Pembroke Harriers	24.87	
5	85	James MCLEAN	Cardiff AAC	25.03	
6	93	Sean SQUIBB	Oswestry Olympians	25.15	
7	92	Daniel SOUTHALL	Caldicot HSc	25.37	
8	97	Thomas WILLIAMS	Barry & Vale Harriers	25.82	

T32 - U15B - 200m - heats

4:20 PM

Record Andrew WATKINS Pontypridd AC 22.13 2002

CBP Andrew WATKINS Pontypridd AC 22.61w 2001

2008 Champion Evan JENKINS Swansea Harriers 24.27

-0.1m/s Ht 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	87	Alexander PAVLOU	Swansea Harriers	24.74	
2	85	James MCLEAN	Cardiff AAC	25.07	
3	93	Sean SQUIBB	Oswestry Olympians	25.23	
4	92	Daniel SOUTHALL	Caldicot HSc	25.61	
5	89	Craig PIKE	North Devon AC	25.90	
6	81	Elis EVANS	Aberdare VAAC	26.57	

-0.1m/s Ht 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	91	Lloyd ROBBINS	Deeside AAC	24.52	
2	75	Jevon BARNES	Pembroke Harriers	25.49	
3	95	Luke WARD	Wrexham AC	25.92	
4	331	Luke MORRIS	Carmarthen Harriers	26.97	
5	77	Jacob BRISCOMBE	Barry & Vale Harriers	28.30	
	122	Aled PRICE	Carmarthen Harriers	dns	

-1.2m/s Ht 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	80	Mathew DAVIES	Carmarthen Harriers	24.68	
2	97	Thomas WILLIAMS	Barry & Vale Harriers	25.34	
3	94	Trafford SQUIRE	Cwmbran Harriers	26.02	
4	79	Daniel CUTAJAR	Swansea Harriers	26.16	
5	340	Daniel BROOKES	Swansea Harriers	26.25	
6	82	George IVINS	Cardiff AAC	27.81	

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T23 - U15B - 400m - FINAL

3:00 PM

Record Malcolm JAMES Cardiff AAC 50.3 1977

CBP Bruce TASKER Carmarthen Harriers 52.51 2002

2008 Champion Liam JONES Carmarthen Harriers 53.32

Pos	Bib	Athlete	Club	Perf	Comments
1	156	Tom BEVAN	Unattached	53.98	
2	87	Alexander PAVLOU	Swansea Harriers	54.90	
3	159	Rhys GRANVILLE	Carmarthen Harriers	56.39	
4	331	Luke MORRIS	Carmarthen Harriers	56.99	
5	121	William POOLE	Wrexham AC	58.77	
6	89	Craig PIKE	North Devon AC	1:00.95	
7	82	George IVINS	Cardiff AAC	1:05.25	
8	160	Taylor JONES	Newport Harriers	DNS	

T13 - U15B - 400m - heats

1:40 PM

Record Malcolm JAMES Cardiff AAC 50.3 1977

CBP Bruce TASKER Carmarthen Harriers 52.51 2002

2008 Champion Liam JONES Carmarthen Harriers 53.32

Ht 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	331	Luke MORRIS	Carmarthen Harriers	1:01.76	
2	89	Craig PIKE	North Devon AC	1:02.04	
3	156	Tom BEVAN	Unattached	1:02.08	
4	82	George IVINS	Cardiff AAC	1:02.39	
5	161	Sam PETERKEN	Cardiff AAC	1:02.48	

Ht 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	87	Alexander PAVLOU	Swansea Harriers	59.42	
2	159	Rhys GRANVILLE	Carmarthen Harriers	1:00.19	
3	121	William POOLE	Wrexham AC	1:01.84	
4	160	Taylor JONES	Newport Harriers	1:02.36	
5	157	Ashley BUNDY	Cardiff AAC	1:04.81	

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T28 - U15B - 800m - FINAL

3:30 PM

Record Daniel CHESWORTH Newport Harriers 2.00.13 2008

CBP Huw DAVIES Newport Harriers 2.02.81 1986

2008 Champion Daniel CHESWORTH Newport Harriers 2.03.59

Pos	Bib	Athlete	Club	Perf	Comments
1	223	Matthew ANTONIAZZI	Cwmbran Harriers	2:05.84	
2	227	Carwyn EVANS	Swansea Harriers	2:05.94	
3	343	Mike WARD	Cardiff and Vale Schools	2:06.37	
4	224	David BLOWER	Wrexham AC	2:09.98	
5	225	Rhodri BOGGUST	Brecon AC	2:14.25	
6	231	Sam LONGVILLE	Bridgend AC	2:14.73	
7	158	Curtis GOODGER	Newport Harriers	2:15.20	
8	345	Calam BARRIE	Barry & Vale Harriers	2:16.71	
9	226	Finley DAVIES	Swansea Harriers	2:16.91	
10	232	Lewis PREECE	Swansea Harriers	2:20.60	
11	229	Jack GOOCH	Cardiff AAC	2:23.63	
12	228	Huw EVANS	Barry & Vale Harriers	2:27.42	

T39 - U15B - 3000m - FINAL

5:20 PM

Record Luke NORTHALL Wrexham AC 9.12 1999

CBP Matthew WILLIAMS Aberdare VAAC 9.35.81 2003

2008 Champion No Entries

Pos	Bib	Athlete	Club	Perf	Comments
1	237	Tom EARLEY	Colwyn Bay	9:55.26	
2	239	Daniel LEWIS	Neath Harriers	10:07.03	
3	240	Evan WYNNE	Not Listed	10:15.65	
4	238	Daniel GLEN	Bridgend AC	11:32.37	

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T22 - U15B - 80m Hdl - FINAL

RACE 1

2:50 PM

Record Rhys WILLIAMS Glamorgan Sc 11.03 2008

CBP Jon ARMSTRONG Carmarthen Harriers 11.6 1990

2008 Champion Joshua SANSOM Swansea Harriers 12.82

+0.9 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	145	Tyron BLAKE	Cwmbran Harriers	11.94	
2	146	Luke JENKINS	Swansea Harriers	12.35	
3	419	James SHARREM	Cardiff AAC	12.78	
4	122	Aled PRICE	Carmarthen Harriers	12.82	
5	82	George IVINS	Cardiff AAC	14.22	
6	149	Jack STRAW	Swansea Harriers	15.83	
	96	Calvin WELLINGTON	Swansea Harriers	DNS	
	147	Ben PEARSE	Cardiff AAC	DNF	
	144	Jonathon BAILEY	Cardiff AAC	DQ	

T22 - U15B - 80m Hdl - FINAL

RACE 2 - RE RUN

2:50 PM

Record Rhys WILLIAMS Glamorgan Sc 11.03 2008

CBP Jon ARMSTRONG Carmarthen Harriers 11.6 1990

2008 Champion Joshua SANSOM Swansea Harriers 12.82

-2.0m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	147	Ben PEARSE	Cardiff AAC	12.71	
2	122	Aled PRICE	Carmarthen Harriers	13.06	
3	419	James SHARREM	Cardiff AAC	13.40	
	149	Jack STRAW	Swansea Harriers	DNS	
	82	George IVINS	Cardiff AAC	DNS	
	146	Luke JENKINS	Swansea Harriers	DNF	

T43 - U15B - 4 X 100M CLUB RELAY - FINAL

5:40 PM

Record ONLY SENIOR & U20 RELAYS ARE ALLOWED TO STAND FOR RECORDS

CBP Carmarthen Harriers 2008

2008 Champion Carmarthen Harriers 48.53

Pos	Bib	Athlete	Club	Perf	Comments
1	416	TEAM A	Swansea Harriers	48.85	
2	414	TEAM A	Carmarthen Harriers	49.20	
3	413	TEAM A	Barry & Vale Harriers	49.71	

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F16 - U15B - High Jump - FINAL

2:00 PM

Record Chuka ENIH-SNELL Swansea Harriers 1.96 1998

CBP Jamie DALTON Preseli AC 1.82 1994

2008 Champion Stephen GUEST Bridgend AC 1.75

Pos	Bib	Athlete	Club	Perf	Comments
1	145	Tyron BLAKE	Cwmbran Harriers	1.75	
2	80	Mathew DAVIES	Carmarthen Harriers	1.70	
3	275	James HOPKINS	Swansea Harriers	1.60	
4	146	Luke JENKINS	Swansea Harriers	1.55	
5	273	Drew BEAUJEAN	Swansea Harriers	1.55	
6	90	Charlie RANDALL	Carmarthen Harriers	1.50	
7	157	Ashley BUNDY	Cardiff AAC	1.50	

F11 - U15B - Pole Vault - FINAL

1:00 PM

Record Neil WINTER Shaftesbury 4.40 1988

CBP Steven FRANCIS, Ben GREGORY Newport Harriers, Vale of Aylesbury 3.40 1993, 2005

2008 Champion Stephen GUEST Bridgend AC 3.40

Pos	Bib	Athlete	Club	Perf	Comments
1	281	Evan COOK	Deeside AAC	2.50	
2	233	Stephen SCARFI	Cwmbran Harriers	2.30	

F3 - U15B - Long Jump - FINAL

11:00 AM

Record Ian STRANGE Newbridge HSc 6.63 1977

CBP Ian STRANGE Newbridge HSc 6.52 1977

2008 Champion Michael PAYNE Newport Harriers 5.73

Pos	Bib	Athlete	Club	Perf	Comments
1	91	Lloyd ROBBINS	Deeside AAC	5.87	
2	97	Thomas WILLIAMS	Barry & Vale Harriers	5.75	
3	292	James PERRY	Cwmbran Harriers	5.36	
4	144	Jonathon BAILEY	Cardiff AAC	5.27	
5	83	Lewys JONES	Cardiff AAC	4.98	
6	420	Rhys HUGHES	Yate AC	4.95	
7	160	Taylor JONES	Newport Harriers	4.76	
8	273	Drew BEAUJEAN	Swansea Harriers	4.61	
9	93	Sean SQUIBB	Oswestry Olympians	4.60	
10	149	Jack STRAW	Swansea Harriers	3.85	

Welsh Athletics 2009
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F10 - U15B - Shot (4.0kg) - FINAL

1:00 PM

Record Matthew EVANS Carmarthen Harriers 17.36 2003

CBP David BUNCE Seaford GSc 15.59 1958

2008 Champion Jonathan STOWELL Pembroke Harriers 11.63

Pos	Bib	Athlete	Club	Perf	Comments
1	309	Matthew FIELD	Aberdare VAAC	13.88	
2	90	Charlie RANDALL	Carmarthen Harriers	11.43	
3	88	Jordan-Leigh PEAKE	Cwmbran Harriers	10.99	
4	312	Zac NYE	Swansea Harriers	10.21	
5	121	William POOLE	Wrexham AC	8.99	
6	311	Ashley HUGHES	Aberystwyth AC	8.93	
7	310	Deon GARRISON	Cardiff AAC	6.72	

F13 - U15B - Discus (1.25kg) - FINAL

1:30 PM

Record Liam WALSH Deeside AAC 48.66 1996

CBP Liam WALSH Deeside AAC 43.18 1996

2008 Champion Jonathan STOWELL Pembroke Harriers 32.76

Pos	Bib	Athlete	Club	Perf	Comments
1	309	Matthew FIELD	Aberdare VAAC	37.41	
2	312	Zac NYE	Swansea Harriers	30.61	
3	322	William VAN KLAVEREN	Kingston & Poly	24.97	
4	321	James STEVENSON	Carmarthen Harriers	23.95	
5	310	Deon GARRISON	Cardiff AAC	18.85	
6	311	Ashley HUGHES	Aberystwyth AC	18.31	
7	320	David HYNAM-JONES	Bridgend AC	16.70	

F2 - U15B - Hammer (4.0kg) - FINAL

10:30 AM

Record Rhys HODNETT Cardiff AAC 55.26 2006

CBP Rhys HODNETT Cardiff AAC 53.7 2006

2008 Champion Jonathan STOWELL Pembroke Harriers 32.01

Pos	Bib	Athlete	Club	Perf	Comments
1	324	Robert ROGERS	Neath Harriers	33.84	
2	323	Jac PALMER	Cardiff AAC	26.35	

Welsh Athletics 2009
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F18 - U15B - Javelin (600g) - FINAL

3:00 PM

Record Rhys WILLIAMS Swansea Harriers 58.58 1996

CBP Richard LEWIS Llanelli AC 52.42 1959

2008 Champion Tom NORTON Cwmbran Harriers 41.85

Pos	Bib	Athlete	Club	Perf	Comments
1	86	Tom NORTON	Cwmbran Harriers	43.94	
2	88	Jordan-Leigh PEAKE	Cwmbran Harriers	39.59	
3	330	Gareth THOMSON	Carmarthen Harriers	37.72	
4	321	James STEVENSON	Carmarthen Harriers	37.37	
5	225	Rhodri BOGGUST	Brecon AC	33.51	
6	322	William VAN KLAVEREN	Kingston & Poly	31.84	
7	122	Aled PRICE	Carmarthen Harriers	31.30	
8	233	Stephen SCARFI	Cwmbran Harriers	30.34	
9	275	James HOPKINS	Swansea Harriers	29.14	
10	310	Deon GARRISON	Cardiff AAC	22.85	
11	320	David HYNAM-JONES	Bridgend AC	17.65	

Welsh Athletics 2009
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T33 - SW - 5000m - FINAL

SATRT 2 RACE 1

4:35 PM

Record Angela TOOBY Cardiff AAC 15.13.22 1987

CBP Angharad MAIR Newport Harriers 16.40.20 1997

2008 Champion Leigh JAMES W.S.E. & H 19.35.60

Pos	Bib	Athlete	Club	Perf	Comments
1	243	Leigh JAMES (W)	Windsor Slough Eton & H	19:26.71	

T34 - SM - 5000m - FINAL

START 1 RACE 1

4:35 PM

Record Ian HAMER Swansea Harriers 13.09.80 1992

CBP Tony SIMMONS Luton 13.35.00 1978

2008 Champion Jonathan WILLS Bristol & West AC 14.38.0

Pos	Bib	Athlete	Club	Perf	Comments
1	262	Jonathan WILLS (W)	Bristol & West AC	14:24.53	
2	257	Thomas MARSHALL (W)	Cardiff AAC	14:27.70	
3	256	Simon LAWSON (W)	Cardiff AAC	14:28.91	
4	249	Dewi GRIFFITHS (W)	Carmarthen Harriers	14:46.19	
5	335	Owain MATTHEWS	Bedford & County	14:48.24	
6	336	Chris DISCOMBE	Cardiff AAC	14:53.95	
7	251	Marc HOBBS (W)	Swansea Harriers	14:58.82	
8	255	Nathaniel LANE (W)	Cardiff AAC	15:11.90	
9	260	Ieuan THOMAS (W)	Cwmbran Harriers	15:15.41	
10	259	James THIE (W)	Cardiff AAC	DNF	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	10:30 AM	
EVENT		F1 - U15G - Hammer (3.0kg) FINAL		RECORD		Charlotte MURRAY - Swansea Harriers - 41.90 - 2004							
				CBP		Charlotte MURRAY - Swansea Harriers - 40.29 - 2004							
				2008 WINNER		Trudy WILLIAMS - Bridgend AC - 37.51							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	316	Gabriella CIRILLO	Swansea Harriers	NT	22.23	20.72	22.23	3				22.23	3
2	317	Zoe DAKIN	Bridgend AC	NT	NT	27.61	27.61	2				27.61	2
3	289	Anest EDWARDS	Menai T&F	0.00	0.00	0.00							
4	305	Elliw JAMES	Carmarthen Harriers	26.89	29.09	NT	29.09	1				29.09	1
5				0.00	0.00	0.00							
6				0.00	0.00	0.00							
7				0.00	0.00	0.00							
8				0.00	0.00	0.00							
9				0.00	0.00	0.00							
10				0.00	0.00	0.00							
11				0.00	0.00	0.00							
12				0.00	0.00	0.00							
13				0.00	0.00	0.00							
14				0.00	0.00	0.00							
15				0.00	0.00	0.00							
16				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	305	Elliw JAMES	Carmarthen Harriers	29.09	9								
2	317	Zoe DAKIN	Bridgend AC	27.61	10								
3	316	Gabriella CIRILLO	Swansea Harriers	22.23	11								
4					12								
5					13								
6					14								
7					15								
8					16								

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	10:30 AM	
EVENT		F2 - U15B - Hammer (4.0kg) FINAL		RECORD		Rhys HODNETT - Cardiff AAC - 55.26 - 2006							
				CBP		Rhys HODNETT - Cardiff AAC - 53.7 - 2006							
				2008 WINNER		Jonathan STOWELL - Pembroke Harriers - 32.01							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	323	Jac PALMER	Cardiff AAC	26.35	NT	NT	26.35	2				26.35	2
2	324	Robert ROGERS	Neath Harriers	29.95	33.84	23.94	33.84	1				33.84	1
3				0.00	0.00	0.00							
4				0.00	0.00	0.00							
5				0.00	0.00	0.00							
6				0.00	0.00	0.00							
7				0.00	0.00	0.00							
8				0.00	0.00	0.00							
9				0.00	0.00	0.00							
10				0.00	0.00	0.00							
11				0.00	0.00	0.00							
12				0.00	0.00	0.00							
13				0.00	0.00	0.00							
14				0.00	0.00	0.00							
15				0.00	0.00	0.00							
16				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	324	Robert ROGERS	Neath Harriers	33.84	9								
2	323	Jac PALMER	Cardiff AAC	26.35	10								
3					11								
4					12								
5					13								
6					14								
7					15								
8					16								

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	11:00 AM	
EVENT		F3 - U15B - Long Jump FINAL		RECORD		Ian STRANGE - Newbridge HSc - 6.63 - 1977							
				CBP		Ian STRANGE - Newbridge HSc - 6.52 - 1977							
				2008 WINNER		Michael PAYNE - Newport Harriers - 5.73							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		W/S	W/S	W/S	Metres	
1	144	Jonathon BAILEY	Cardiff AAC	4.76	4.89	5.27	5.27	4	+0.9	+0.6	+0.4	5.27	4
2	273	Drew BEAUJEAN	Swansea Harriers	4.61	4.39	4.58	4.61	8	+1.5	+0.8	+1.8	4.61	8
3	291	James HUNT	Bridgend AC	0.00	0.00	0.00							
4	83	Lewys JONES	Cardiff AAC	4.84	4.98	4.06	4.98	5	+0.7	+0.6	+3.4	4.98	5
5	160	Taylor JONES	Newport Harriers	4.76	4.59	4.69	4.76	7	-0.2	+1.5	+1.4	4.76	7
6	292	James PERRY	Cwmbran Harriers	3.18	5.36	5.04	5.36	3	+1.8	+2.2	+0.7	5.36	3
7	121	William POOLE	Wrexham AC	0.00	0.00	0.00							
8	91	Lloyd ROBBINS	Deeside AAC	5.52	5.45	5.87	5.87	1	+1.9	+1.5	+1.5	5.87	1
9	93	Sean SQUIBB	Oswestry Olympians	4.55	4.49	4.60	4.60	9	+2.1	-0.3	+0.8	4.60	9
10	149	Jack STRAW	Swansea Harriers	3.85	NJ	3.76	3.85	10	+1.2	+0.6	+0.4	3.85	10
11	97	Thomas WILLIAMS	Barry & Vale Harriers	5.35	5.75	NJ	5.75	2	+1.5	+0.5	+2.7	5.75	2
12	420	Rhys HUGHES	Yate AC	4.90	4.90	4.95	4.95	6	+1.5	+1.0	+1.4	4.95	6
13				0.00	0.00	0.00							
14				0.00	0.00	0.00							
15				0.00	0.00	0.00							
16				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	91	Lloyd ROBBINS	Deeside AAC	5.87	9	93	Sean SQUIBB	Oswestry Olympians	4.60				
2	97	Thomas WILLIAMS	Barry & Vale Harriers	5.75	10	149	Jack STRAW	Swansea Harriers	3.85				
3	292	James PERRY	Cwmbran Harriers	5.36	11								
4	144	Jonathon BAILEY	Cardiff AAC	5.27	12								
5	83	Lewys JONES	Cardiff AAC	4.98	13								
6	420	Rhys HUGHES	Yate AC	4.95	14								
7	160	Taylor JONES	Newport Harriers	4.76	15								
8	273	Drew BEAUJEAN	Swansea Harriers	4.61	16								

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	11:00 AM	
EVENT		F4 - U13G - Shot (2.72kg) FINAL		RECORD		Nicola STEVENSON - Bridgend AC - 10.83 - 2001							
				CBP		Nicola STEVENSON - Bridgend AC - 10.29 - 2001							
				2008 WINNER		Awen ROSSER - Carmarthen Harriers - 9.33							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	98	Sofia ALI	Aberdare VAAC	5.27	4.71	5.07	5.27	7				5.27	7
2	8	Holly FIELD	Aberdare VAAC	5.15	5.28	5.24	5.28	6				5.28	6
3	293	Sabrina FORTUNE	Deeside AAC	8.55	8.89	9.13	9.13	1				9.13	1
4	294	Rebecca HUGHES	Swansea Harriers	8.40	8.04	8.41	8.41	3				8.41	3
5	284	Adele NICOLL	Oswestry Olympians	NT	NT	NT							
6	295	Emma NORTON	Cwmbran Harriers	5.87	6.04	5.59	6.04	5				6.04	5
7	22	Ffion WAKE	Swansea Harriers	7.50	7.72	7.31	7.72	4				7.72	4
8	296	Bronwen LEWIS	Carmarthen Harriers	8.76	9.10	8.89	9.10	2				9.10	2
9				0.00	0.00	0.00							
10				0.00	0.00	0.00							
11				0.00	0.00	0.00							
12				0.00	0.00	0.00							
13				0.00	0.00	0.00							
14				0.00	0.00	0.00							
15				0.00	0.00	0.00							
16				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	293	Sabrina FORTUNE	Deeside AAC	9.13	9								
2	296	Bronwen LEWIS	Carmarthen Harriers	9.10	10								
3	294	Rebecca HUGHES	Swansea Harriers	8.41	11								
4	22	Ffion WAKE	Swansea Harriers	7.72	12								
5	295	Emma NORTON	Cwmbran Harriers	6.04	13								
6	8	Holly FIELD	Aberdare VAAC	5.28	14								
7	98	Sofia ALI	Aberdare VAAC	5.27	15								
8					16								

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OFFICIALS SIGNATURES

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium					DATE		Saturday 11th July			TIME		11:00 AM	
EVENT		F5 - U13B - High Jump FINAL		RECORD		Jamie DALTON - Preseli AC - 1.67 - 1992													
				CBP		Andrew PENK - Wrexham AC - 1.55 - 1989													
				2008 WINNER		Drew BEAUJEAN - Swansea Harriers - 1.46													
Order	No	NAME	CLUB / SCHOOL	Start Height	0.95	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.38	1.41	1.45	Best of All	Final Position	
					1.47	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			Metres
1	264	Dafydd ADAMS	Carmarthen Harriers	1.25	xxx						o	o	o	o	o	o	1.45	1	
2	130	Kyle ARNOLD	Newport Harriers	1.15					o	o	o	xxo	xxx				1.30	4	
3	131	Coree BAITUP	Coedcae School	1.10				o	o	o	o	xxo	xxx				1.30	3	
4	132	Ross BURNS	Newport Harriers																
5	133	Jak DARGIE	Bridgend AC	1.20						xo	xxx						1.20	7	
6	187	Oliver DAVIES	Bridgend AC	1.10				o	xxx								1.10	8	
7	189	Pip HANCOCK	Swansea Harriers	0.95	o	xxo	o	xxx									1.05	9	
8	265	Catrin ROBERTS	Neath Harriers	1.15					o	o	o	o	o	xo	xo	xxx	1.41	2	
9	266	Rhys ROBERTS	Bridgend AC	1.1				o	xo	xo	xo	xxx					1.25	6	
10	267	Stevan RUSSELL	Newport Harriers	1.15					o	xo	o	xxo	xxx				1.30	5	
11																			
12																			
13																			
14																			
15																			
16																			
FULL RESULTS																			
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT										
1	264	Dafydd ADAMS	Carmarthen Harriers	1.45	9	189	Pip HANCOCK	Swansea Harriers	1.05										
2	265	Catrin ROBERTS	Neath Harriers	1.41	10														
3	131	Coree BAITUP	Coedcae School	1.30	11														
4	130	Kyle ARNOLD	Newport Harriers	1.30	12														
5	267	Stevan RUSSELL	Newport Harriers	1.30	13														
6	266	Rhys ROBERTS	Bridgend AC	1.25	14														
7	133	Jak DARGIE	Bridgend AC	1.20	15														
8	187	Oliver DAVIES	Bridgend AC	1.10	16														

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OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	12:00 PM	
EVENT		F6 - U13G - Discus (0.75kg) FINAL		RECORD		Toni WELLS - Swansea Harriers - 29.48 - 2005							
				CBP		Toni WELLS - Swansea Harriers - 25.00 - 2005							
				2008 WINNER		Adele NICHOLL - Oswestry Olympians - 22.42							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	98	Sofia ALI	Aberdare VAAC	10.73	14.57	13.53	14.57	6				14.57	6
2	8	Holly FIELD	Aberdare VAAC	NT	13.29	13.84	13.84	7				13.84	7
3	293	Sabrina FORTUNE	Deeside AAC	18.34	23.05	NT	23.05	2				23.05	2
4	15	Bethan MORGAN	Swansea Harriers	0.00	0.00	0.00							
5	284	Adele NICOLL	Oswestry Olympians	27.74	27.31	25.02	27.74	1				27.74	1
6	295	Emma NORTON	Cwmbran Harriers	16.61	15.47	15.34	16.61	5				16.61	5
7	296	Bronwen LEWIS	Carmarthen Harriers	16.75	19.45	19.04	19.45	3				19.45	3
8	325	Caitlin ATKINS	Swansea Harriers	15.72	18.20	NT	18.20	4				18.20	4
9				0.00	0.00	0.00							
10				0.00	0.00	0.00							
11				0.00	0.00	0.00							
12				0.00	0.00	0.00							
13				0.00	0.00	0.00							
14				0.00	0.00	0.00							
15				0.00	0.00	0.00							
16				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	284	Adele NICOLL	Oswestry Olympians	27.74	9								
2	293	Sabrina FORTUNE	Deeside AAC	23.05	10								
3	296	Bronwen LEWIS	Carmarthen Harriers	19.45	11								
4	325	Caitlin ATKINS	Swansea Harriers	18.20	12								
5	295	Emma NORTON	Cwmbran Harriers	16.61	13								
6	98	Sofia ALI	Aberdare VAAC	14.57	14								
7	8	Holly FIELD	Aberdare VAAC	13.84	15								
8					16								

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OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	12:00 PM	
EVENT		F7 - U15G - Discus (1.0kg) FINAL		RECORD		Philippa ROLES - Swansea Harriers - 44.12 - 1992							
				CBP		Philippa ROLES - Swansea Harriers - 40.66 - 1992							
				2008 WINNER		Trudy WILLIAMS - Bridgend AC - 31.88							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	303	Melissa ARTHUR	Newport Harriers	NT	NT	22.40	22.40	5				22.40	5
2	304	Bryony BURTON	Deeside AAC	13.45	13.04	11.73	13.45	10				13.45	10
3	316	Gabriella CIRILLO	Swansea Harriers	17.67	18.90	16.24	18.90	8				18.90	8
4	268	Amy CROCOMBE	Deeside AAC	16.61	19.49	15.74	19.49	6				19.49	6
5	317	Zoe DAKIN	Bridgend AC	NT	22.45	NT	22.45	4				22.45	4
6	289	Anest EDWARDS	Menai T&F	0.00	0.00	0.00							
7	305	Elliw JAMES	Carmarthen Harriers	24.96	23.39	23.90	24.96	1				24.96	1
8	290	Nicola JONES	Swansea Harriers	0.00	0.00	0.00							
9	318	Hayley NUTTALL	Deeside AAC	NT	NT	NT							
10	306	Chloe POWELL	Newport Harriers	14.65	17.60	17.66	17.66	9				17.66	9
11	307	Awen ROSSER	Carmarthen Harriers	24.39	19.89	21.55	24.39	2				24.39	2
12	319	Megan VARLEY	Maldwyn Harriers	NT	19.40	18.58	19.40	7				19.40	7
13	329	Kayleigh JONES	Carmarthen Harriers	23.64	10.67	NT	23.64	3				23.64	3
14				0.00	0.00	0.00							
15				0.00	0.00	0.00							
16				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	305	Elliw JAMES	Carmarthen Harriers	24.96	9	306	Chloe POWELL	Newport Harriers	17.66				
2	307	Awen ROSSER	Carmarthen Harriers	24.39	10	304	Bryony BURTON	Deeside AAC	13.45				
3	329	Kayleigh JONES	Carmarthen Harriers	23.64	11								
4	317	Zoe DAKIN	Bridgend AC	22.45	12								
5	303	Melissa ARTHUR	Newport Harriers	22.40	13								
6	268	Amy CROCOMBE	Deeside AAC	19.49	14								
7	319	Megan VARLEY	Maldwyn Harriers	19.40	15								
8	316	Gabriella CIRILLO	Swansea Harriers	18.90	16								

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OFFICIALS SIGNATURES

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium					DATE		Saturday 11th July			TIME		12:00 PM
EVENT		F8 - U13G - High Jump FINAL		RECORD		Julia CHARLTON - Carmarthen Harriers - 1.68 - 1978												
				CBP		Kathryn EVANS - Carmarthen Harriers - 1.50 - 1979												
				2008 WINNER		Bethan HILL-HOWELLS - Newport Harriers - 1.37												
Order	No	NAME	CLUB / SCHOOL	Start Height	1.15	1.20	1.25	1.30	1.33	1.36							Best of All	Final Position
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			
1	171	Lucy FLIGELSTONE	Swansea Harriers	1.20		o	o	o	xxx								1.30	2
2	124	Emily JONES	Swansea Harriers	1.20		o	o	xxx									1.25	3
3	180	Kate SEARY	Cardiff AAC	1.15	xo	o	o	o	xo	xxx							1.33	1
4	129	Miriam WILLIAMS	Swansea Harriers	1.15	o	o	xxx										1.20	5
5	263	Lucy MATON	Cardiff AAC	1.15	o	o	xxx										1.20	4
6																		
7																		
8																		
9																		
10																		
11																		
12																		
13																		
14																		
15																		
16																		
FULL RESULTS																		
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT									
1	180	Kate SEARY	Cardiff AAC	1.33	9													
2	171	Lucy FLIGELSTONE	Swansea Harriers	1.30	10													
3	124	Emily JONES	Swansea Harriers	1.25	11													
4	263	Lucy MATON	Cardiff AAC	1.20	12													
5	129	Miriam WILLIAMS	Swansea Harriers	1.20	13													
6					14													
7					15													
8					16													

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WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	12:30 PM	
EVENT		F9 - U13B - Long Jump FINAL		RECORD		Clive WOOLMER - Milford Haven Sc - 5.31 - 1982							
				CBP		Paul FARMAHAN - Cleddau AC - 5.11 - 1989							
				2008 WINNER		Kierran COOPER - Wrexham AC - 4.84							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		W/S	W/S	W/S	Metres	
1	25	Talfan ALLCOCK	Amber Valley AC	4.31	3.51	4.24	4.31	7	+0.2	+1.0	+2.0	4.31	7
2	130	Kyle ARNOLD	Newport Harriers	4.08	4.24	3.88	4.24	11	+1.0	+2.0	+2.0	4.24	11
3	29	Cameron BLAKEMORE	Pembroke Harriers	4.15	4.16	4.29	4.29	9	+1.0	+2.1	+1.3	4.29	9
4	30	Mitchell BOSWELL	Newport Harriers	4.27	4.01	3.92	4.27	10	+1.0	+2.1	+1.1	4.27	10
5	186	Joseph CHIFFI	Coedcae School	4.45	4.31	3.93	4.45	5	+0.5	+1.2	+2.0	4.45	5
6	187	Oliver DAVIES	Bridgend AC	3.65	3.67	3.73	3.73	17	+0.2	+0.1	+1.2	3.73	17
7	286	Tomas ELLIS	Cardiff AAC	3.27	3.36	3.51	3.51	18	+0.1	+0.9	-0.5	3.51	18
8	35	Harri EVANS	Aberdare VAAC	3.79	3.51	3.84	3.84	16	+1.4	+0.2	+2.0	3.84	16
9	189	Pip HANCOCK	Swansea Harriers	3.29	3.17	0.00	3.29	20	+0.7	+0.6		3.29	20
10	37	Callum HARRIES	Coedcae School	3.98	4.11	4.13	4.13	12	+1.5	+0.7	+0.8	4.13	12
11	107	Floyd HAUGHTON	Cardiff AAC	4.61	4.50	4.44	4.61	2	+1.3	+1.2	+2.0	4.61	2
12	39	Samuel IRELAND	Blaenau Gwent AC	4.30	4.02	NJ	4.30	8	+2.0	+0.6	+2.3	4.30	8
13	40	Gabriel JOHNSON	Newport Harriers	3.62	3.51	3.90	3.90	15	+3.0	+0.4	+3.3	3.90	15
14	45	Shaun PEARCE	Carmarthen Harriers	4.09	4.10	4.06	4.10	13	+2.2	+1.5	+3.0	4.10	13
15	266	Rhys ROBERTS	Bridgend AC	3.90	4.13	4.50	4.50	4	+2.0	+1.6	+3.3	4.50	4
16	50	Samuel THOMPSON	Carmarthen Harriers	3.57	3.57	3.99	3.99	14	+1.4	+1.0	+2.4	3.99	14
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	200	Jared WALTERS	Amman Valley	4.64	9	29	Cameron BLAKEMORE	Pembroke Harriers	4.29				
2	107	Floyd HAUGHTON	Cardiff AAC	4.61	10	30	Mitchell BOSWELL	Newport Harriers	4.27				
3	135	Michael WILSON	Swansea Harriers	4.50	11	130	Kyle ARNOLD	Newport Harriers	4.24				
4	266	Rhys ROBERTS	Bridgend AC	4.50	12	37	Callum HARRIES	Coedcae School	4.13				
5	186	Joseph CHIFFI	Coedcae School	4.45	13	45	Shaun PEARCE	Carmarthen Harriers	4.10				
6	108	Benedikt WEBER	Pembroke Harriers	4.34	14	50	Samuel THOMPSON	Carmarthen Harriers	3.99				
7	25	Talfan ALLCOCK	Amber Valley AC	4.31	15	40	Gabriel JOHNSON	Newport Harriers	3.90				
8	39	Samuel IRELAND	Blaenau Gwent AC	4.30	16	35	Harri EVANS	Aberdare VAAC	3.84				

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WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	1:00 PM	
EVENT		F9 - U13B - Long Jump FINAL		RECORD		Clive WOOLMER - Milford Haven Sc - 5.31 - 1982							
				CBP		Paul FARMAHAN - Cleddau AC - 5.11 - 16.71							
				2008 WINNER		Kierran COOPER - Wrexham AC - 4.84							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		W/S	W/S	W/S	Metres	
17	200	Jared WALTERS	Amman Valley	4.31	4.41	4.64	4.64	1	+1.4	+1.0	+2.0	4.64	1
18	108	Benedikt WEBER	Pembroke Harriers	4.11	4.12	4.34	4.34	6	+1.1	+2.0	+1.0	4.34	6
19	53	Rhodri WILLIAMS	Swansea Harriers	3.30	3.12	3.35	3.35	19	+2.0	+0.7	+1.1	3.35	19
20	135	Michael WILSON	Swansea Harriers	4.42	4.50	4.49	4.50	3	+1.4	+1.0	+1.0	4.50	3
21				0.00	0.00	0.00							
22				0.00	0.00	0.00							
23				0.00	0.00	0.00							
24				0.00	0.00	0.00							
25				0.00	0.00	0.00							
26				0.00	0.00	0.00							
27				0.00	0.00	0.00							
28				0.00	0.00	0.00							
29				0.00	0.00	0.00							
30				0.00	0.00	0.00							
31				0.00	0.00	0.00							
32				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
17	187	Oliver DAVIES	Bridgend AC	3.73	25								
18	286	Tomas ELLIS	Cardiff AAC	3.51	26								
19	53	Rhodri WILLIAMS	Swansea Harriers	3.35	27								
20	189	Pip HANCOCK	Swansea Harriers	3.29	28								
21					29								
22					30								
23					31								
24					32								

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OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	1:00 PM	
EVENT		F10 - U15B - Shot (4.0kg) FINAL		RECORD		Matthew EVANS - Carmarthen Harriers - 17.36 - 2003							
				CBP		David BUNCE - Seaford GSc - 15.59 - 1958							
				2008 WINNER		Jonathan STOWELL - Pembroke Harriers - 11.63							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	308	Jac EDWARDS	Carmarthen Harriers	0.00	0.00	0.00							
2	309	Matthew FIELD	Aberdare VAAC	13.88	13.06	13.56	13.88	1				13.88	1
3	310	Deon GARRISON	Cardiff AAC	6.35	6.72	6.47	6.72	7				6.72	7
4	311	Ashley HUGHES	Aberystwyth AC	8.20	8.93	8.79	8.93	6				8.93	6
5	312	Zac NYE	Swansea Harriers	9.94	10.21	NT	10.21	4				10.21	4
6	88	Jordan-Leigh PEAKE	Cwmbran Harriers	10.57	10.97	10.99	10.99	3				10.99	3
7	121	William POOLE	Wrexham AC	8.16	8.99	8.17	8.99	5				8.99	5
8	90	Charlie RANDALL	Carmarthen Harriers	10.61	11.14	11.43	11.43	2				11.43	2
9				0.00	0.00	0.00							
10				0.00	0.00	0.00							
11				0.00	0.00	0.00							
12				0.00	0.00	0.00							
13				0.00	0.00	0.00							
14				0.00	0.00	0.00							
15				0.00	0.00	0.00							
16				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	309	Matthew FIELD	Aberdare VAAC	13.88	9								
2	90	Charlie RANDALL	Carmarthen Harriers	11.43	10								
3	88	Jordan-Leigh PEAKE	Cwmbran Harriers	10.99	11								
4	312	Zac NYE	Swansea Harriers	10.21	12								
5	121	William POOLE	Wrexham AC	8.99	13								
6	311	Ashley HUGHES	Aberystwyth AC	8.93	14								
7	310	Deon GARRISON	Cardiff AAC	6.72	15								
8					16								

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships				VENUE		Cardiff International Sports Stadium				DATE		Saturday 11th July		TIME		1:00 PM	
EVENT		F11 - U15B - Pole Vault FINAL				RECORD		Neil WINTER - Shaftesbury - 4.40 - 1988											
						CBP		Steven FRANCIS, Ben GREGORY - Newport Harriers, Vale of Aylesbury - 3.40 - 1993, 2005											
		2008 WINNER		Stephen GUEST - Bridgend AC - 3.40															
Order	No	NAME	CLUB / SCHOOL	Start Height	2.00	2.10	2.20	2.30	2.40	2.50	2.60						Best of All	Final Position	
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			
1	281	Evan COOK	Deeside AAC	2.20			o	o	o	o	xxx						2.50	1	
2	233	Stephen SCARFI	Cwmbran Harriers	2.00	o	o	o	o	xxx								2.30	2	
3																			
4																			
5																			
6																			
7																			
8																			
9																			
10																			
11																			
12																			
13																			
14																			
15																			
16																			
FULL RESULTS																			
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT										
1	281	Evan COOK	Deeside AAC	2.50	9														
2	233	Stephen SCARFI	Cwmbran Harriers	2.30	10														
3					11														
4					12														
5					13														
6					14														
7					15														
8					16														

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships			VENUE		Cardiff International Sports Stadium					DATE		Saturday 11th July		TIME		1:00 PM	
EVENT		F12 - U15G - Pole Vault FINAL			RECORD		Rhianydd LLEWELLYN - Bridgend AC - 3.15 - 2008												
					CBP		Jessica ABRAHAM - Cardiff AAC - 3.00 - 2003												
		2008 WINNER		Rhianydd LLEWELLYN - Bridgend AC - 3.10															
Order	No	NAME	CLUB / SCHOOL	Start Height	2.00	2.10	2.20	2.30	2.40	2.50	2.60						Best of All	Final Position	
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			
1	276	Lucy DALY	Cardiff AAC	2.20			o	o	o	xxx							2.40	2	
2	277	Sarah FLIGELSTONE	Swansea Harriers	2.00	o	o	o	xo	xxo	xxx							2.40	3	
3	278	Enfys JONES	Carmarthen Harriers	2.10		o	o	xxx									2.20	6	
4	279	Sally NICHOLAS	Cardiff AAC	2.00	o		o		xo	o	xxx						2.50	1	
5	142	Alexandra THOMAS	Swansea Harriers	2.20			o	o	xo	xxx							2.40	4	
6	280	Laura WILLIAMS	Deeside AAC	2.10		o	o	o	xxx								2.30	5	
7																			
8																			
9																			
10																			
11																			
12																			
13																			
14																			
15																			
16																			
FULL RESULTS																			
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT										
1	279	Sally NICHOLAS	Cardiff AAC	2.50	9														
2	276	Lucy DALY	Cardiff AAC	2.40	10														
3	277	Sarah FLIGELSTONE	Swansea Harriers	2.40	11														
4	142	Alexandra THOMAS	Swansea Harriers	2.40	12														
5	280	Laura WILLIAMS	Deeside AAC	2.30	13														
6	278	Enfys JONES	Carmarthen Harriers	2.20	14														
7					15														
8					16														

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	1:30 PM	
EVENT		F13 - U15B - Discus (1.25kg) FINAL		RECORD		Liam WALSH - Deeside AAC - 48.66 - 1996							
				CBP		Liam WALSH - Deeside AAC - 43.18 - 1996							
				2008 WINNER		Jonathan STOWELL - Pembroke Harriers - 32.76							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	308	Jac EDWARDS	Carmarthen Harriers	0.00	0.00	0.00							
2	309	Matthew FIELD	Aberdare VAAC	35.08	36.42	37.41	37.41	1				37.41	1
3	310	Deon GARRISON	Cardiff AAC	18.85	NT	18.07	18.85	5				18.85	5
4	311	Ashley HUGHES	Aberystwyth AC	NT	18.31	18.30	18.31	6				18.31	6
5	320	David HYNAM-JONES	Bridgend AC	16.50	13.47	16.70	16.70	7				16.70	7
6	86	Tom NORTON	Cwmbran Harriers	0.00	0.00	0.00							
7	312	Zac NYE	Swansea Harriers	30.61	30.57	30.10	30.61	2				30.61	2
8	321	James STEVENSON	Carmarthen Harriers	20.85	23.21	23.95	23.95	4				23.95	4
9	322	William VAN KLAVEREN	Kingston & Poly	24.58	24.97	23.11	24.97	3				24.97	3
10				0.00	0.00	0.00							
11				0.00	0.00	0.00							
12				0.00	0.00	0.00							
13				0.00	0.00	0.00							
14				0.00	0.00	0.00							
15				0.00	0.00	0.00							
16				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	309	Matthew FIELD	Aberdare VAAC	37.41	9								
2	312	Zac NYE	Swansea Harriers	30.61	10								
3	322	William VAN KLAVEREN	Kingston & Poly	24.97	11								
4	321	James STEVENSON	Carmarthen Harriers	23.95	12								
5	310	Deon GARRISON	Cardiff AAC	18.85	13								
6	311	Ashley HUGHES	Aberystwyth AC	18.31	14								
7	320	David HYNAM-JONES	Bridgend AC	16.70	15								
8					16								

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	1:30 PM	
EVENT		F14 - U13B - Discus (1.0kg) FINAL		RECORD		Chris HUGHES - Swansea Harriers - 38.92 - 1991							
				CBP		Rheon JAMES - Carmarthen Harriers - 27.63 - 2005							
				2008 WINNER		Samuel MARTIN - Swansea Harriers - 21.81							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	297	Jack BEYNON	Swansea Harriers	25.27	NT	27.06	27.06	1				27.06	1
2	298	Jamie BRYANT	Newport Harriers	14.49	15.06	11.78	15.06	8				15.06	8
3	299	Jordan BRYANT	Newport Harriers	NT	NT	17.66	17.66	4				17.66	4
4	300	Bobby JONES	Swansea Harriers	NT	26.07	18.93	26.07	2				26.07	2
5	313	Heddwyn LOUDON	Newport Harriers	15.70	15.39	15.60	15.70	7				15.70	7
6	314	Owen MURPHY	Cwmbran Harriers	10.70	NT	10.79	10.79	9				10.79	9
7	301	Shaun REES	Coedcae School	19.85	NT	NT	19.85	3				19.85	3
8	267	Stevan RUSSELL	Newport Harriers	NT	16.42	NT	16.42	6				16.42	6
9	315	Samuel WITHERS	Pembroke Harriers	16.17	16.50	NT	16.50	5				16.50	5
10				0.00	0.00	0.00							
11				0.00	0.00	0.00							
12				0.00	0.00	0.00							
13				0.00	0.00	0.00							
14				0.00	0.00	0.00							
15				0.00	0.00	0.00							
16				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	297	Jack BEYNON	Swansea Harriers	27.06	9	314	Owen MURPHY	Cwmbran Harriers	10.79				
2	300	Bobby JONES	Swansea Harriers	26.07	10								
3	301	Shaun REES	Coedcae School	19.85	11								
4	299	Jordan BRYANT	Newport Harriers	17.66	12								
5	315	Samuel WITHERS	Pembroke Harriers	16.50	13								
6	267	Stevan RUSSELL	Newport Harriers	16.42	14								
7	313	Heddwyn LOUDON	Newport Harriers	15.70	15								
8	298	Jamie BRYANT	Newport Harriers	15.06	16								

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	2:00 PM	
EVENT		F15 - U15G - Shot (3.25kg) FINAL		RECORD		Emily STEELE - Shrewsbury - 13.22 - 1989							
				CBP		Philippa ROLES - Swansea Harriers - 12.43 - 1992							
				2008 WINNER		Nina PRELLS - Swansea Harriers - 10.13							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	303	Melissa ARTHUR	Newport Harriers	8.45	6.15	NT	8.45	3				8.45	3
2	304	Bryony BURTON	Deeside AAC	5.61	6.23	NT	6.23	7				6.23	7
3	268	Amy CROCOMBE	Deeside AAC	7.55	6.66	7.10	7.55	5				7.55	5
4	57	Grace HARWOOD	Swansea Harriers	7.87	7.30	7.49	7.87	4				7.87	4
5	305	Eliw JAMES	Carmarthen Harriers	NT	8.66	8.13	8.66	2				8.66	2
6	306	Chloe POWELL	Newport Harriers	6.83	6.06	6.39	6.83	6				6.83	6
7	307	Awen ROSSER	Carmarthen Harriers	9.80	9.26	10.04	10.04	1				10.04	1
8				0.00	0.00	0.00							
9				0.00	0.00	0.00							
10				0.00	0.00	0.00							
11				0.00	0.00	0.00							
12				0.00	0.00	0.00							
13				0.00	0.00	0.00							
14				0.00	0.00	0.00							
15				0.00	0.00	0.00							
16				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	307	Awen ROSSER	Carmarthen Harriers	10.04	9								
2	305	Eliw JAMES	Carmarthen Harriers	8.66	10								
3	303	Melissa ARTHUR	Newport Harriers	8.45	11								
4	57	Grace HARWOOD	Swansea Harriers	7.87	12								
5	268	Amy CROCOMBE	Deeside AAC	7.55	13								
6	306	Chloe POWELL	Newport Harriers	6.83	14								
7	304	Bryony BURTON	Deeside AAC	6.23	15								
8					16								

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships				VENUE		Cardiff International Sports Stadium					DATE		Saturday 11th July		TIME		2:00 PM		
EVENT		F16 - U15B - High Jump FINAL				RECORD		Chuka ENIH-SNELL - Swansea Harriers - 1.96 - 1998													
						CBP		Jamie DALTON - Preseli AC - 1.82 - 1994													
		2008 WINNER		Stephen GUEST - Bridgend AC - 1.75																	
Order	No	NAME	CLUB / SCHOOL	Start Height	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75			Best of All	Final Position	REFEREE		
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres				Metres	
1	76	Ronan BARRETT	Cardiff AAC																		
2	273	Drew BEAUJEAN	Swansea Harriers	1.30	o	o	xo	o	o	xxo	xxx						1.55	5			
3	145	Tyron BLAKE	Cwmbran Harriers	1.55						o	o	o	xo	xxo			1.75	1			
4	157	Ashley BUNDY	Cardiff AAC	1.30	o	o	o	xxo	xxo	xxx							1.50	7			
5	80	Mathew DAVIES	Carmarthen Harriers	1.60							o	o	o	xxx			1.70	2			
6	274	Gethyn HILL	Cwmbran Harriers																		
7	275	James HOPKINS	Swansea Harriers	1.40			o	o	o	o	o	xxx					1.60	3			
8	146	Luke JENKINS	Swansea Harriers	1.35		o	o	o	o	xo	xxx						1.55	4			
9	90	Charlie RANDALL	Carmarthen Harriers	1.30	o	xo	o	xo	xo	xxx							1.50	6			
10	96	Calvin WELLINGTON	Swansea Harriers																		
11																					
12																					
13																					
14																					
15																					
16																					
FULL RESULTS																					
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT	OFFICIALS SIGNATURES											
1	145	Tyron BLAKE	Cwmbran Harriers	1.75	9																
2	80	Mathew DAVIES	Carmarthen Harriers	1.70	10																
3	275	James HOPKINS	Swansea Harriers	1.60	11																
4	146	Luke JENKINS	Swansea Harriers	1.55	12																
5	273	Drew BEAUJEAN	Swansea Harriers	1.55	13																
6	90	Charlie RANDALL	Carmarthen Harriers	1.50	14																
7	157	Ashley BUNDY	Cardiff AAC	1.50	15																
8					16																

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	2:00 PM	
EVENT		F17 - U13G - Long Jump (400g) FINAL		RECORD		Lisa ARMSTRONG - Torfaen AC - 4.88 - 1986							
				CBP		Sarah LANE - Torfaen AC - 4.82 - 1993							
				2008 WINNER		Georgia BATES - Deeside AAC - 4.22							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		W/S	W/S	W/S	Metres	
1	3	Jodie BEYNON	Cwmbran Harriers	3.39	3.30	3.87	3.87	6	-0.3	+2.1	-0.5	3.87	6
2	282	Nia BODILLY	Cardiff AAC	3.13	3.08	3.16	3.16	15	-0.4	+1.8	-0.6	3.16	15
3	4	Hannah BRIER	Swansea Harriers	0.00	3.38	3.83	3.83	7		+1.6	+0.2	3.83	7
4	283	Lauren CARSLEY-JONES	Colwyn Bay	3.80	3.50	NT	3.80	9	+0.9	+0.8		3.80	9
5	168	Amy COOPER	Marlborough	0.00	0.00	0.00							
6	6	Rachel COSIER	Barry & Vale Harriers	0.00	0.00	0.00							
7	171	Lucy FLIGELSTONE	Swansea Harriers	4.03	3.64	4.01	4.03	4	+0.6	+0.2	+2.8	4.03	4
8	100	Emma HENNESSY	Newport Harriers	3.73	3.44	3.82	3.82	8	+0.6	+1.4	+1.8	3.82	8
9	101	Katy HUNT	Newport Harriers	0.00	0.00	0.00							
10	10	Chelsea HUTCHEON	Barry & Vale Harriers	NJ	0.00	0.00			+0.2				
11	124	Emily JONES	Swansea Harriers	3.64	3.59	3.46	3.64	12	-0.8	+0.9	+1.1	3.64	12
12	14	Kate MACMILLAN	Neath Harriers	4.17	4.22	4.11	4.22	3	+0.4	+1.1	+2.0	4.22	3
13	16	Zoe NASH	Bridgend AC	3.73	3.56	3.49	3.73	10	+1.8	+1.2	+1.7	3.73	10
14	284	Adele NICOLL	Oswestry Olympians	4.02	3.83	3.98	4.02	5	+1.2	+0.2	+2.1	4.02	5
15	128	Bethan TRIGG	Cardiff AAC	0.00	0.00	0.00							
16	21	Laura TURLEY	Deeside AAC	3.55	3.30	3.25	3.55	13	+0.9	+0.2	+1.6	3.55	13
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	129	Miriam WILLIAMS	Swansea Harriers	4.27	9	283	Lauren CARSLEY-JONES	Colwyn Bay	3.80				
2	285	Erin WALTERS	Carmarthen Harriers	4.25	10	16	Zoe NASH	Bridgend AC	3.73				
3	14	Kate MACMILLAN	Neath Harriers	4.22	11	184	Nia WARD	Bridgend AC	3.67				
4	171	Lucy FLIGELSTONE	Swansea Harriers	4.03	12	124	Emily JONES	Swansea Harriers	3.64				
5	284	Adele NICOLL	Oswestry Olympians	4.02	13	21	Laura TURLEY	Deeside AAC	3.55				
6	3	Jodie BEYNON	Cwmbran Harriers	3.87	14	185	Rosa YATES	Bridgend AC	3.28				
7	4	Hannah BRIER	Swansea Harriers	3.83	15	282	Nia BODILLY	Cardiff AAC	3.16				
8	100	Emma HENNESSY	Newport Harriers	3.82	16								

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OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	2:00 PM	
EVENT		F17 - U13G - Long Jump (400g) FINAL		RECORD		Lisa ARMSTRONG - Torfaen AC - 4.88 - 1986							
				CBP		Sarah LANE - Torfaen AC - 4.82 - 8.23							
				2008 WINNER		Georgia BATES - Deeside AAC - 4.22							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		W/S	W/S	W/S	Metres	
17	285	Erin WALTERS	Carmarthen Harriers	4.25	4.15	3.97	4.25	2	+0.7	-0.6	+0.4	4.25	2
18	184	Nia WARD	Bridgend AC	3.56	3.67	NJ	3.67	11	+1.0	-0.1	+0.4	3.67	11
19	129	Miriam WILLIAMS	Swansea Harriers	4.06	4.12	4.27	4.27	1	+0.4	+0.2	+1.0	4.27	1
20	23	Elinor WINFIELD	Yate AC	0.00	0.00	0.00							
21	185	Rosa YATES	Bridgend AC	3.21	3.20	3.28	3.28	14	-1.3	-0.3	-0.3	3.28	14
22				0.00	0.00	0.00							
23				0.00	0.00	0.00							
24				0.00	0.00	0.00							
25				0.00	0.00	0.00							
26				0.00	0.00	0.00							
27				0.00	0.00	0.00							
28				0.00	0.00	0.00							
29				0.00	0.00	0.00							
30				0.00	0.00	0.00							
31				0.00	0.00	0.00							
32				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
17					25								
18					26								
19					27								
20					28								
21					29								
22					30								
23					31								
24					32								

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OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	3:00 PM	
EVENT		F18 - U15B - Javelin (600g) FINAL		RECORD		Rhys WILLIAMS - Swansea Harriers - 58.58 - 1996							
				CBP		Richard LEWIS - Llanelli AC - 52.42 - 1959							
				2008 WINNER		Tom NORTON - Cwmbran Harriers - 41.85							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	225	Rhodri BOGGUST	Brecon AC	32.94	33.51	0.00	33.51	5				33.51	5
2	310	Deon GARRISON	Cardiff AAC	22.85	22.51	0.00	22.85	10				22.85	10
3	275	James HOPKINS	Swansea Harriers	25.82	25.46	29.14	29.14	9				29.14	9
4	320	David HYNAM-JONES	Bridgend AC	17.65	15.64	15.23	17.65	11				17.65	11
5	86	Tom NORTON	Cwmbran Harriers	42.65	43.74	43.94	43.94	1				43.94	1
6	88	Jordan-Leigh PEAKE	Cwmbran Harriers	35.69	37.79	39.59	39.59	2				39.59	2
7	122	Aled PRICE	Carmarthen Harriers	NT	31.30	23.65	31.30	7				31.30	7
8	233	Stephen SCARFI	Cwmbran Harriers	NT	30.34	29.50	30.34	8				30.34	8
9	321	James STEVENSON	Carmarthen Harriers	34.08	37.37	35.54	37.37	4				37.37	4
10	330	Gareth THOMSON	Carmarthen Harriers	37.72	35.23	33.77	37.72	3				37.72	3
11	322	William VAN KLAVEREN	Kingston & Poly	28.42	28.97	31.84	31.84	6				31.84	6
12				0.00	0.00	0.00							
13				0.00	0.00	0.00							
14				0.00	0.00	0.00							
15				0.00	0.00	0.00							
16				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	86	Tom NORTON	Cwmbran Harriers	43.94	9	275	James HOPKINS	Swansea Harriers	29.14				
2	88	Jordan-Leigh PEAKE	Cwmbran Harriers	39.59	10	310	Deon GARRISON	Cardiff AAC	22.85				
3	330	Gareth THOMSON	Carmarthen Harriers	37.72	11	320	David HYNAM-JONES	Bridgend AC	17.65				
4	321	James STEVENSON	Carmarthen Harriers	37.37	12								
5	225	Rhodri BOGGUST	Brecon AC	33.51	13								
6	322	William VAN KLAVEREN	Kingston & Poly	31.84	14								
7	122	Aled PRICE	Carmarthen Harriers	31.30	15								
8	233	Stephen SCARFI	Cwmbran Harriers	30.34	16								

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OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	3:00 PM	
EVENT		F19 - U13B - Javelin (400g) FINAL		RECORD		Tom NORTON - Cwmbran Harriers - 44.80 - 2007							
				CBP		Sion HOWELLS - Carmarthen Harriers - 30.63 - 2008							
				2008 WINNER		Sion HOWELLS - Carmarthen Harriers - 30.63							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	328	Gethin CLARKE	Carmarthen Harriers	27.35	28.27	25.73	28.27	3				28.27	3
2	33	Richard DANGERFIELD	Barry & Vale Harriers	26.57	26.41	26.61	26.61	5				26.61	5
3	133	Jak DARGIE	Bridgend AC	16.36	22.30	22.17	22.30	8				22.30	8
4	265	Catrin ROBERTS	Neath Harriers	20.06	26.85	29.69	29.69	2				29.69	2
5	193	Ciaran LEWIS	Cardiff AAC	21.70	21.21	23.57	23.57	7				23.57	7
6	44	Ryan MORGAN	Newport Harriers	25.89	23.36	18.94	25.89	6				25.89	6
7	314	Owen MURPHY	Cwmbran Harriers	14.54	14.29	14.32	14.54	9				14.54	9
8	267	Stevan RUSSELL	Newport Harriers	30.51	29.14	28.03	30.51	1				30.51	1
9	315	Samuel WITHERS	Pembroke Harriers	25.25	27.88	26.91	27.88	4				27.88	4
10				0.00	0.00	0.00							
11				0.00	0.00	0.00							
12				0.00	0.00	0.00							
13				0.00	0.00	0.00							
14				0.00	0.00	0.00							
15				0.00	0.00	0.00							
16				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	267	Stevan RUSSELL	Newport Harriers	30.51	9	314	Owen MURPHY	Cwmbran Harriers	14.54				
2	265	Catrin ROBERTS	Neath Harriers	29.69	10								
3	328	Gethin CLARKE	Carmarthen Harriers	28.27	11								
4	315	Samuel WITHERS	Pembroke Harriers	27.88	12								
5	33	Richard DANGERFIELD	Barry & Vale Harriers	26.61	13								
6	44	Ryan MORGAN	Newport Harriers	25.89	14								
7	193	Ciaran LEWIS	Cardiff AAC	23.57	15								
8	133	Jak DARGIE	Bridgend AC	22.30	16								

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OFFICIALS SIGNATURES

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium						DATE		Saturday 11th July		TIME		3:00 PM	
EVENT		F20 - U15G - High Jump FINAL		RECORD		Lea HAGGETT - Herne Hill - 1.81 - 1986													
				CBP		Julia CHARLTON - Carmarthen Harriers - 1.75 - 1980													
				2008 WINNER		Stacey COLLINS - Neath Harriers - 1.55													
Order	No	NAME	CLUB / SCHOOL	Start Height	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.58	1.61	Best of All	Final Position	
					1.64	1.67													
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			
1	136	Eleanor BADHAMS	Deeside AAC	1.40							o	o	xxx				1.45	3	
2	109	Georgia BATES	Deeside AAC	1.35						o	o	xxx					1.40	5=	
3	137	Hannah BROWNING	Wrexham AC																
4	54	Catrin COSIER	Barry & Vale Harriers																
5	268	Amy CROCOMBE	Deeside AAC	1.25				o	o	xo	xo	xxx					1.40	11	
6	55	Elise DAVIES	Swansea Harriers	1.20			o	o	xxx								1.25	12	
7	115	Catrin JONES	Swansea Harriers	1.20			o	o	o	o	xo	xxx					1.40	9=	
8	269	Carys MANSFIELD	Carmarthen Harriers	1.35						o	o	xo	xxx				1.45	4	
9	154	Emily MORRIS	Swansea Harriers	1.45								o	o	o	xxx		1.55	2	
10	270	Chloe PHILLIPS	Cardiff AAC	1.10	o	o	xo	xo	xxx								1.25	13	
11	155	Shannon RICHARDS	Swansea Harriers	1.25				o	o	o	o	xxx					1.40	5=	
12	118	Laura TRIGG	Cardiff AAC	1.25				o	o	o	o	xxx					1.40	5=	
13	271	Stacey WEBBER	Llanelli AC	1.25				o	o	o	xo	xxx					1.40	9=	
14	272	Olivia PERRY	Cwmbran Harriers	1.35						o	o	xxx					1.40	5=	
15	337	Ffion BODILLY	Cardiff AAC	1.50	xo	xxx							o	o	o	o	1.64	1	
16																			
FULL RESULTS																			
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT										
1	337	Ffion BODILLY	Cardiff AAC	1.64	9=	115	Catrin JONES	Swansea Harriers	1.40										
2	154	Emily MORRIS	Swansea Harriers	1.55	9=	271	Stacey WEBBER	Llanelli AC	1.40										
3	136	Eleanor BADHAMS	Deeside AAC	1.45	11	268	Amy CROCOMBE	Deeside AAC	1.40										
4	269	Carys MANSFIELD	Carmarthen Harriers	1.45	12	55	Elise DAVIES	Swansea Harriers	1.25										
5=	155	Shannon RICHARDS	Swansea Harriers	1.40	13	270	Chloe PHILLIPS	Cardiff AAC	1.25										
5=	109	Georgia BATES	Deeside AAC	1.40	14														
5=	118	Laura TRIGG	Cardiff AAC	1.40	15														
5=	272	Olivia PERRY	Cwmbran Harriers	1.40	16														

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OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	3:00 PM	
EVENT		F21 - U13B - Shot (3.25kg) FINAL		RECORD		Matthew EVANS - Carmarthen Harriers - 14.47 - 2001							
				CBP		Matthew EVANS - Carmarthen Harriers - 13.39 - 2001							
				2008 WINNER		Charlie RANDALL - Carmarthen Harriers - 10.96							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	297	Jack BEYNON	Swansea Harriers	10.04	9.78	10.01	10.04	1				10.04	1
2	298	Jamie BRYANT	Newport Harriers	4.63	4.97	4.42	4.97	7				4.97	7
3	299	Jordan BRYANT	Newport Harriers	4.81	NT	5.99	5.99	5				5.99	5
4	300	Bobby JONES	Swansea Harriers	8.67	8.91	NT	8.91	3				8.91	3
5	196	Nikita NEARY	Carmarthen Harriers	8.10	8.40	7.12	8.40	4				8.40	4
6	301	Shaun REES	Coedcae School	8.45	9.18	8.49	9.18	2				9.18	2
7	302	Samuel WILLIAMS	Aberdare VAAC	5.60	5.36	5.23	5.60	6				5.60	6
8				0.00	0.00	0.00							
9				0.00	0.00	0.00							
10				0.00	0.00	0.00							
11				0.00	0.00	0.00							
12				0.00	0.00	0.00							
13				0.00	0.00	0.00							
14				0.00	0.00	0.00							
15				0.00	0.00	0.00							
16				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	297	Jack BEYNON	Swansea Harriers	10.04	9								
2	301	Shaun REES	Coedcae School	9.18	10								
3	300	Bobby JONES	Swansea Harriers	8.91	11								
4	196	Nikita NEARY	Carmarthen Harriers	8.40	12								
5	299	Jordan BRYANT	Newport Harriers	5.99	13								
6	302	Samuel WILLIAMS	Aberdare VAAC	5.60	14								
7	298	Jamie BRYANT	Newport Harriers	4.97	15								
8					16								

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WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	3:30 PM	
EVENT		F22 - U15G - Long Jump FINAL		RECORD		Ceri JENKINS - Cleddau - 5.57 - 1972							
				CBP		Elinor LAMERTON - Cardiff AAC - 5.34 - 1992							
				2008 WINNER		Cloe JONES - Wrexham AC - 4.89							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		W/S	W/S	W/S	Metres	
1	136	Eleanor BADHAMS	Deeside AAC	0.00	0.00	0.00							
2	287	Zoe BRADLEY	Cwmbran Harriers	3.72	3.63	3.38	3.72	10	+1.1	+0.7	+1.9	3.72	10
3	137	Hannah BROWNING	Wrexham AC	0.00	0.00	0.00							
4	288	Chelsea CHRISTOPHER	Swansea Harriers	4.14	4.41	4.30	4.41	6	+1.1	+1.6	+1.3	4.41	6
5	110	Emily DACEY	Swansea Harriers	4.92	4.93	4.88	4.93	2	+1.1	+2.5	+1.3	4.93	2
6	289	Anest EDWARDS	Menai T&F	0.00	0.00	0.00							
7	59	Elinor JONES	Swansea Harriers	4.33	4.41	4.47	4.47	5	+0.4	+1.7	+1.5	4.47	5
8	139	Lauren JONES	Swansea Harriers	3.73	3.81	3.72	3.81	9	+1.4	+1.9	+0.8	3.81	9
9	290	Nicola JONES	Swansea Harriers	0.00	0.00	0.00							
10	140	Katherine MORRIS	Swansea Harriers	4.38	NJ	4.31	4.38	7	+2.4	+2.0	+1.6	4.38	7
11	64	Nia PALLA	Swansea Harriers	4.98	4.96	4.79	4.98	1	+1.1	+2.5	+1.8	4.98	1
12	270	Chloe PHILLIPS	Cardiff AAC	NJ	3.48	2.98	3.48	12	+1.7	+1.0	+1.5	3.48	12
13	155	Shannon RICHARDS	Swansea Harriers	3.73	3.77	3.84	3.84	8	+1.1	+3.6	+1.5	3.84	8
14	69	Beth SARGENT	Deeside AAC	4.54	4.15	4.92	4.92	3	+2.6	+2.5	+1.9	4.92	3
15	71	Lucy TAYLOR	Bridgend AC	4.81	4.50	4.84	4.84	4	+2.6	+2.5	+1.9	4.84	4
16	333	Danielle CLOSE	Barry & Vale Harriers	3.25	3.51	3.27	3.51	11	+1.1	+3.8	+1.2	3.51	11
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	64	Nia PALLA	Swansea Harriers	4.98	9	139	Lauren JONES	Swansea Harriers	3.81				
2	110	Emily DACEY	Swansea Harriers	4.93	10	287	Zoe BRADLEY	Cwmbran Harriers	3.72				
3	69	Beth SARGENT	Deeside AAC	4.92	11	333	Danielle CLOSE	Barry & Vale Harriers	3.51				
4	71	Lucy TAYLOR	Bridgend AC	4.84	12	270	Chloe PHILLIPS	Cardiff AAC	3.48				
5	59	Elinor JONES	Swansea Harriers	4.47	13								
6	288	Chelsea CHRISTOPHER	Swansea Harriers	4.41	14								
7	140	Katherine MORRIS	Swansea Harriers	4.38	15								
8	155	Shannon RICHARDS	Swansea Harriers	3.84	16								

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OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	4:30 PM	
EVENT		F23 - U15G - Javelin (600g) FINAL		RECORD		Danielle HAMER - Carmarthen Harriers - 38.15 - 2005							
				CBP		Robyn PURCHASE - Wrexham AC - 36.18 - 2005							
				2008 WINNER		Carys MANSFIELD - Carmarthen Harriers - 29.38							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	303	Melissa ARTHUR	Newport Harriers	28.87	27.30	29.40	29.40	2				29.40	2
2	57	Grace HARWOOD	Swansea Harriers	NT	20.50	19.30	20.50	4				20.50	4
3	329	Kayleigh JONES	Carmarthen Harriers	17.86	17.35	18.86	18.86	5				18.86	5
4	269	Carys MANSFIELD	Carmarthen Harriers	28.48	31.46	29.99	31.46	1				31.46	1
5	318	Hayley NUTTALL	Deeside AAC	19.65	20.53	24.42	24.42	3				24.42	3
6	319	Megan VARLEY	Maldwyn Harriers	17.31	17.29	18.32	18.32	6				18.32	6
7				0.00	0.00	0.00							
8				0.00	0.00	0.00							
9				0.00	0.00	0.00							
10				0.00	0.00	0.00							
11				0.00	0.00	0.00							
12				0.00	0.00	0.00							
13				0.00	0.00	0.00							
14				0.00	0.00	0.00							
15				0.00	0.00	0.00							
16				0.00	0.00	0.00							
FULL RESULTS													
No.	NAME	CLUB	DISTANCE	No.	NAME	CLUB	DISTANCE						
1	269	Carys MANSFIELD	Carmarthen Harriers	31.46	9								
2	303	Melissa ARTHUR	Newport Harriers	29.40	10								
3	318	Hayley NUTTALL	Deeside AAC	24.42	11								
4	57	Grace HARWOOD	Swansea Harriers	20.50	12								
5	329	Kayleigh JONES	Carmarthen Harriers	18.86	13								
6	319	Megan VARLEY	Maldwyn Harriers	18.32	14								
7				15									
8				16									

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 U13/U15 T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 11th July		TIME	4:30 PM	
EVENT		F24 - U13G - Javelin (400g) FINAL		RECORD		Mary WILSON - Carmarthen Harriers - 31.63 - 2004							
				CBP		Rebecca HUGHES - Swansea Harriers - 22.20 - 2008							
				2008 WINNER		Rebecca HUGHES - Swansea Harriers - 22.20							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	325	Caitlin ATKINS	Swansea Harriers	23.09	22.48	21.87	23.09	3				23.09	3
2	294	Rebecca HUGHES	Swansea Harriers	24.44	24.78	24.65	24.78	1				24.78	1
3	326	Danielle MORGAN	Newport Harriers	NT	14.85	13.47	14.85	8				14.85	8
4	295	Emma NORTON	Cwmbran Harriers	19.13	NT	18.76	19.13	5				19.13	5
5	127	Shauna QUIRKE	Bridgend AC	19.92	19.07	20.24	20.24	4				20.24	4
6	177	Bethan RADFORD	Swansea Harriers	14.71	14.95	15.23	15.23	7				15.23	7
7	20	Tasia STEPHENS	Aberdare VAAC	23.99	20.49	14.51	23.99	2				23.99	2
8	327	Hari-Llyw TRUMAN	Pembroke Harriers	NT	15.23	18.54	18.54	6				18.54	6
9				0.00	0.00	0.00							
10				0.00	0.00	0.00							
11				0.00	0.00	0.00							
12				0.00	0.00	0.00							
13				0.00	0.00	0.00							
14				0.00	0.00	0.00							
15				0.00	0.00	0.00							
16				0.00	0.00	0.00							
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	294	Rebecca HUGHES	Swansea Harriers	24.78	9								
2	20	Tasia STEPHENS	Aberdare VAAC	23.99	10								
3	325	Caitlin ATKINS	Swansea Harriers	23.09	11								
4	127	Shauna QUIRKE	Bridgend AC	20.24	12								
5	295	Emma NORTON	Cwmbran Harriers	19.13	13								
6	327	Hari-Llyw TRUMAN	Pembroke Harriers	18.54	14								
7	177	Bethan RADFORD	Swansea Harriers	15.23	15								
8	326	Danielle MORGAN	Newport Harriers	14.85	16								

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