

A race		League Record		Colin Jackson, Cardiff AAC, 10.3, 1993					
		Welsh Age Group Record		Christian Malcolm, Cardiff, 10.11, 2001					
Pos	Letter	100m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	W	Nik MESNEY	Wrexham	11.87	-3.0	16			
2A	S	Andrew SMITH	Swansea	11.88		15			
3A	V	James THOMAS	Llanelli	12.18		14			
4A	A	Daniel WILLIAMS	Aberdare	12.37		13			
5A	G	Gareth DAVIES (U17)	Cwmbran	12.67		12			
6A	M	David THOMAS	Pembroke	12.77		11			

B race		League Record		Colin Jackson, Cardiff AAC, 10.3, 1993					
		Welsh Age Group Record		Christian Malcolm, Cardiff, 10.11, 2001					
Pos	Letter	100m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	SS	Leon YANDLE	Swansea	12.29		8			
2A	AA	Luke LITCHFIELD	Aberdare	12.75		7.5			
3A	WW	Dave JAMES	Wrexham	14.34		7			
4A	VV	Mark WILLIAMS	Llanelli	14.42		6.5			

A race		League Record		Andrew Watkins, Cwmbran, 21.7, 2006					
		Welsh Age Group Record		Christian Malcolm, Cardiff, 20.08, 2001					
Pos	Letter	200m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	S	Andrew SMITH	Swansea	23.14		16		<input checked="" type="checkbox"/>	
2A	T	Jon SWELL	Cardiff	23.48		15			
3A	V	James THOMAS	Llanelli	24.09		14			
4A	M	David THOMAS	Pembroke	26.45		13			
5A	A	David WILLIAMS	Aberdare	27.28		12			
6A	W	Dave JAMES	Wrexham	28.05		11			

B race		League Record		Andrew Watkins, Cwmbran, 21.7, 2006					
		Welsh Age Group Record		Christian Malcolm, Cardiff, 20.08, 2001					
Pos	Letter	200m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	VV		Llanelli	23.56		8			
2A	SS	Leon YANDLE	Swansea	24.14		7.5			
3A	TT	Rod HOWE	Cardiff	30.26		7			

A race		League Record		Roger Barrett , 48.0, 1984					
		Welsh Age Group Record		Iwan Thomas, Newham, 44.36, 1997					
Pos	Letter	400m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	V	Jonathan WILLIAMS	Llanelli	49.75		16	G3	<input checked="" type="checkbox"/>	
2A	W	Cynon EVANS	Wrexham	50.46		15		<input checked="" type="checkbox"/>	
3A	N	David GOODGER	Newport	52.47		14		<input checked="" type="checkbox"/>	
4A	S	Neville JOHNSON	Swansea	53.11		13			
5A	U	Bilal NAMANI	Rhondda	55.43		12			

B race		League Record		Roger Barrett , 48.0, 1984					
		Welsh Age Group Record		Iwan Thomas, Newham, 44.36, 1997					
Pos	Letter	400m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	WW	Ian BROADHURST	Wrexham	56.19		8			
2A	UU	Sean PRICE	Rhondda	58.42		7.5			

A race		League Record		Roger Barrett , 1.50.0, 1984					
		Welsh Age Group Record		Neil Horsefield, Newport, 1.45.44, 1990					
Pos	Letter	800m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	N	Lee RICHARDS	Newport	2:09.05		16			
2A	U	Bilal NAMANI	Rhondda	2:09.29		15			
3A	R	Lee LADD	Carmarthen	2:11.37		14			
4A	B	Michael SHAW	Brecon	2:26.90		13			
5A	Q	Tony HOLLING M50	Port Talbot	3:24.68		12			

B race		League Record		Roger Barrett, , 1.50.0, 1984					
		Welsh Age Group Record		Neil Horsefield, Newport, 1.45.44, 1990					
Pos	Letter	800m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	NN	Darren McATEE	Newport	2:16.76		8			
2A	BB	Owen CAYLESS	Brecon	2:28.21		7.5			

A race		League Record		Shaun Whelan, , 3.50.2, 1988					
		Welsh Age Group Record		Neil Horsefield, Newport, 3.35.08, 1990					
Pos	Letter	1500m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	S	Steven RICHARDS	Swansea	4:39.44		16			
2A	B	Michael SHAW	Brecon	4:47.89		15			
3A	N	Darren McATEE	Newport	5:00.16		14			
4A	Q	Tony HOLLING M50	Port Talbot	6:35.39		13			

B race		League Record		Shaun Whelan, , 3.50.2, 1988					
		Welsh Age Group Record		Neil Horsefield, Newport, 3.35.08, 1990					
Pos	Letter	1500m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	BB	Owen CAYLESS	Brecon	4:52.75		8			
2A	NN	Sean McCORMACK	Newport	4:55.01		7.5			
3A	QQ	Chris LEWIS	Port Talbot	5:22.35		7			

A race		League Record		Steve Henshaw, , 8.39.2, 2005					
		Welsh Age Group Record		Ian Hamer, Edinburgh, 7.46.4, 1990					
Pos	Letter	3000m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	Q	No Athlete Declared	Port Talbot	9:23.20		16		<input checked="" type="checkbox"/>	
2A	R	Lee LADD	Carmarthen	9:30.79		15			
3A	B	Michael SHAW	Brecon	9:43.25		14			
4A	S	Daniel THOMAS	Swansea	9:57.95		13			
5A	N	Sean McCORMACK	Newport	10:12.72		12			
6A	V	Mike HALSALL	Llanelli	10:52.97		11			

B race		League Record		Steve Henshaw, , 8.39.2, 2005					
		Welsh Age Group Record		Ian Hamer, Edinburgh, 7.46.4, 1990					
Pos	Letter	3000m		Perf	W/S	Pts	Gr	AW	CWG STD
		No Athlete Declared							

A race		League Record		Phil Cook, , 9.02.5, 1990					
		Welsh Age Group Record		Roger Hackney, Aldershot, 8.18.91, 1988					
Pos	Letter	3000m Steeplechase		Perf	W/S	Pts	Gr	AW	CWG STD
1A	N	Steve McCORMACK	Newport	12:23.10		<b>16</b>			
2A	Q	Charles WALSH	Port Talbot	12:46.80		<b>15</b>			

B race		League Record		Phil Cook, , 9.02.5, 1990					
		Welsh Age Group Record		Roger Hackney, Aldershot, 8.18.91, 1988					
Pos	Letter	3000m Steeplechase		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

A race		League Record		Colin Jackson, Cardiff AAC, 13.3, 1993					
		Welsh Age Group Record		Colin Jackson, Brecon, 12.91, 1993					
Pos	Letter	110m hurdles		Perf	W/S	Pts	Gr	AW	CWG STD
1A	W	Neil EDWARDS	Wrexham	18.89		<b>16</b>			
2A	B	Derek OSBORNE	Brecon	20.83		<b>15</b>			
3A	A	David WILLIAMS	Aberdare	20.90		<b>14</b>			

B race		League Record		Colin Jackson, Cardiff AAC, 13.3, 1993					
		Welsh Age Group Record		Colin Jackson, Brecon, 12.91, 1993					
Pos	Letter	110m hurdles		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

		League Record		Chris Cashell, , 52.6, 1991					
		Welsh Age Group Record		Rhys Williams, Cardiff, 49.09, 2006					
Pos	Letter	400m Hurdles		Perf	W/S	Pts	Gr	AW	CWG STD
1A	N	David GOODGER	Newport	57.69		<b>16</b>		<input checked="" type="checkbox"/>	
2A	W	Ian BROADHURST	Wrexham	64.96		<b>15</b>			
3A	V	Jamie STEADMAN	Llanelli	66.42		<b>14</b>			
4A	A	David WILLIAMS	Aberdare	69.18		<b>13</b>			

		League Record		Chris Cashell, , 52.6, 1991					
		Welsh Age Group Record		Rhys Williams, Cardiff, 49.09, 2006					
Pos	Letter	400m Hurdles		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

A string		League Record		, Swansea Harriers, 42.5, 1981					
		Welsh Age Group Record		, Wales, 38.73, 1998					
Pos	Letter	4 x 100 Relay		Perf	W/S	Pts	Gr	AW	CWG STD
1A	W		Wrexham	46.60		16			
2A	S		Swansea	47.56		15			
3A	V		Llanelli	50.17		14			
4A	N		Newport	56.51		13			

B string		League Record		, Newport Harriers, 3.22.5, 1997					
		Welsh Age Group Record		, Wales, 3.00.41, 2002					
Pos	Letter	4 x 400 Relay		Perf	W/S	Pts	Gr	AW	CWG STD
1A	S		Swansea	3:42.32		8	G1	<input checked="" type="checkbox"/>	
2A	N		Newport	3:54.56		7.5	G1	<input checked="" type="checkbox"/>	

A string		League Record		Paul Evans, , 2.05, 1983					
		Welsh Age Group Record		Robert Mitchell, Sale, 2.25, 2001					
Pos	Letter	High Jump		Perf	W/S	Pts	Gr	AW	CWG STD
1A	BB	Owen CHESHER	Brecon	1.90		16	G3	<input checked="" type="checkbox"/>	
2A	A	Daniel WILLIAMS	Aberdare	1.70		15	G4		
3A	W	Dave JAMES	Wrexham	1.25		14	G4		
4A	Q	Chris LEWIS	Port Talbot	1.20		13	G4		

B string		League Record		Paul Evans, , 2.05, 1983					
		Welsh Age Group Record		Robert Mitchell, Sale, 2.25, 2001					
Pos	Letter	High Jump		Perf	W/S	Pts	Gr	AW	CWG STD
		No Athlete Declared							

A string		League Record		Alessandro Cambon, , 4.75, 2001					
		Welsh Age Group Record		Neil Winter, Shaftesbury, 5.6, 1995					
Pos	Letter	Pole Vault		Perf	W/S	Pts	Gr	AW	CWG STD
1A	W	Neil EDWARDS	Wrexham	3.20		16	G4	<input checked="" type="checkbox"/>	
2A	BB	Derek OSBORNE	Brecon	2.50		15	G4		

B string		League Record		Alessandro Cambon, , 4.75, 2001					
		Welsh Age Group Record		Neil Winter, Shaftesbury, 5.6, 1995					
Pos	Letter	Pole Vault		Perf	W/S	Pts	Gr	AW	CWG STD
1A	B	Owen CHESHER	Brecon						

A string		League Record		Richard Jones, , 7.44, 1983					
		Welsh Age Group Record		Lynn Davies, Cardiff, 8.23, 1968					
Pos	Letter	Long Jump		Perf	W/S	Pts	Gr	AW	CWG STD
1A	B	Stephen JEFFRIES	Brecon	6.31		16	G4	<input checked="" type="checkbox"/>	
2A	VV	Owain BUTTERWORTH	Llanelli	5.13		15	G4		
3A	S	Oliver WRIGHT	Swansea	4.92		14	G4		
4A	A	Luke LITCHFIELD	Aberdare	4.48		13	G4		
5A	Q	Charles WALSH	Port Talbot	4.39		12	G4		
6A	W	Dave JAMES	Wrexham	3.78		11	G4		

B string		League Record		Richard Jones, , 7.44, 1983					
		Welsh Age Group Record		Lynn Davies, Cardiff, 8.23, 1968					
Pos	Letter	Long Jump		Perf	W/S	Pts	Gr	AW	CWG STD
1A	BB	Owen CHESHER	Brecon	5.49		8	G4		
2A	V	Adam GOWER	Llanelli	5.05		7.5	G4		
3A	QQ	Chris LEWIS	Port Talbot	3.50		7	G4		

A string		League Record		Charles Maderia-Cole, , 14.74, 1997					
		Welsh Age Group Record		Steven Shalders, Cardiff, 16.71, 2005					
Pos	Letter	Triple Jump		Perf	W/S	Pts	Gr	AW	CWG STD
1A	V	Adam GOWER	Llanelli	11.74		16	G4		
2A	B	Stephen JEFFRIES	Brecon	11.66		15	G4		

B string		League Record		Charles Maderia-Cole, , 14.74, 1997					
		Welsh Age Group Record		Steven Shalders, Cardiff, 16.71, 2005					
Pos	Letter	Triple Jump		Perf	W/S	Pts	Gr	AW	CWG STD
1A	VV	Jamie STEADMAN	Llanelli	10.59		8	G4		

A string		League Record		Ben Roberts, Deeside AC, 14.54, 2006					
		Welsh Age Group Record		Shaun Pickering, Haringey, 20.45, 1997					
Pos	Letter	Shot Putt (7.26kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	SS	Peter MAITLAND	Swansea	13.00		16	G2	<input checked="" type="checkbox"/>	
2A	N	Rob EALES	Newport	11.37		15	G4	<input checked="" type="checkbox"/>	
3A	D	John PARKIN	Deeside	10.99		14	G4	<input checked="" type="checkbox"/>	
4A	W	Neil EDWARDS	Wrexham	10.18		13	G4	<input checked="" type="checkbox"/>	
5A	U	Glyn PUGH	Rhondda	9.42		12	G4		
6A	B	Chris LEWIS	Brecon	8.97		11	G4		
7A	V	Owain BUTTERWORTH	Llanelli	6.78		10	G4		
8A	Q	Adrian WEAVER	Port Talbot	5.59		9	G4		

B string		League Record		Ben Roberts, Deeside AC, 14.54, 2006					
		Welsh Age Group Record		Shaun Pickering, Haringey, 20.45, 1997					
Pos	Letter	Shot Putt (7.26kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	S	Oliver WRIGHT	Swansea	10.30		8	G4	<input checked="" type="checkbox"/>	
2A	UU	Hywel PORT	Rhondda	8.72		7.5	G4		
3A	BB	Derek OSBORNE	Brecon	7.94		7	G4		
4A	NN	Mark BOSWELL	Newport	7.90		6.5	G4		
5A	QQ	Chris FULCHER M40	Port Talbot	5.32		6	G4		

A string		League Record		New Lge Record Gareth Gilbert, , 43.52, 1993					
		Welsh Age Group Record		Lee Newman, Belgrave, 60.43, 1998					
Pos	Letter	Discus (2.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	T	David COLEMAN	Cardiff	45.50		16	G1	<input checked="" type="checkbox"/>	
2A	D	John PARKIN	Deeside	36.64		15	G4	<input checked="" type="checkbox"/>	
3A	S	Peter MAITLAND	Swansea	36.36		14	G4	<input checked="" type="checkbox"/>	
4A	UU	Hywel PORT	Rhondda	28.76		13	G4	<input checked="" type="checkbox"/>	
5A	W	Neil EDWARDS	Wrexham	28.30		12	G4	<input checked="" type="checkbox"/>	
6A	B	Chris LEWIS	Brecon	26.00		11	G4		
7A	N	Rob EALES	Newport	24.39		10	G4		
8A	Q	John DAVIES M60	Port Talbot	19.06		9	G4		

B string		League Record		Gareth Gilbert, , 43.52, 1993					
		Welsh Age Group Record		Lee Newman, Belgrave, 60.43, 1998					
Pos	Letter	Discus (2.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	U	Glyn PUGH	Rhondda	25.25		8	G4		
2A	BB	Derek OSBORNE	Brecon	24.39		7.5	G4		
3A	NN	Keith POWELL	Newport	22.81		7	G4		

A string		League Record		Peter Stark, , 55.48, 1979					
		Welsh Age Group Record		Shaun Pickering, Haringey, 68.64, 1984					
Pos	Letter	Hammer (7.26kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	D	John PARKIN	Deeside	41.92		16	G4	<input checked="" type="checkbox"/>	
2A	U	Glyn PUGH	Rhondda	32.51		15	G4	<input checked="" type="checkbox"/>	
3A	B	Chris LEWIS	Brecon	32.28		14	G4	<input checked="" type="checkbox"/>	
4A	N	Mark BOSWELL	Newport	29.20		13	G4	<input checked="" type="checkbox"/>	
5A	Q	John DAVIES M60	Port Talbot	17.34		12	G4		

B string		League Record		Peter Stark, , 55.48, 1979					
		Welsh Age Group Record		Shaun Pickering, Haringey, 68.64, 1984					
Pos	Letter	Hammer (7.26kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	BB	Derek OSBORNE	Brecon	29.48		8	G4	<input checked="" type="checkbox"/>	
2A	NN	Rob EALES	Newport	28.35		7.5	G4	<input checked="" type="checkbox"/>	
3A	UU	Hywel PORT	Rhondda	23.02		7	G4		
4A	QQ	Alan PERKINS M55	Port Talbot	13.63		6.5	G4		

A string		League Record		Jonathan Clarke, , 65.76, 1988					
		Welsh Age Group Record		Nigel Bevan, Belgrave, 81.70, 1992					
Pos	Letter	Javelin (600g)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	S	Oliver WRIGHT	Swansea	52.34		16	G3	<input checked="" type="checkbox"/>	
2A	W	Neil EDWARDS	Wrexham	45.19		15	G4	<input checked="" type="checkbox"/>	
3A	D	John PARKIN	Deeside	38.24		14	G4	<input checked="" type="checkbox"/>	
4A	N	Keith POWELL	Newport	29.24		13	G4		
5A	UU	Hywel PORT	Rhondda	27.44		12	G4		
6A	Q	John DAVIES M60	Port Talbot	26.81		11	G4		

B string		League Record		Jonathan Clarke, , 65.76, 1988					
		Welsh Age Group Record		Nigel Bevan, Belgrave, 81.70, 1992					
Pos	Letter	Javelin (600g)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	SS	Richard LEAGER	Swansea	42.27		8	G4	<input checked="" type="checkbox"/>	
2A	U	Glyn PUGH	Rhondda	26.54		7.5	G4		
3A	NN	Rob EALES	Newport	22.85		7	G4		