

A race		League Record	Sallyanne Short, Torfaen AC, 11.9, 1987						
		Welsh Age Group Record	Sallyanne Short, Torfaen, 11.39, 1992						
Pos	Letter	100m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	T	Hannah WILLIAMS	Cardiff	13.36	-3.0	16			
2A	N	Lyndsey BADMAN	Newport	14.58		15			

B race		League Record	Sallyanne Short, Torfaen AC, 11.9, 1987						
		Welsh Age Group Record	Sallyanne Short, Torfaen, 11.39, 1992						
Pos	Letter	100m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	TT	Lolita BYFIELD-MOORE	Cardiff	14.05	-3.0	8			

A race		League Record	Sallyanne Short, Torfaen AC, 24.4, 1987						
		Welsh Age Group Record	Michelle Scutt, Sale, 22.8, 1982						
Pos	Letter	200m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	W	Amanda WALE	Wrexham	28.22	-3.9	16			
2A	N	Lyndsey BADMAN	Newport	28.75		15			
3A	RR	Alaw BEYNON-THOMAS	Carmarthen	29.25		14			
4A	T	Lolita BYFIELD-MOORE	Cardiff	30.85		13			

B race		League Record	Sallyanne Short, Torfaen AC, 24.4, 1987						
		Welsh Age Group Record	Michelle Scutt, Sale, 22.8, 1982						
Pos	Letter	200m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	R	Caryl JONES	Carmarthen	30.85	-3.9	8			

A race		League Record	Anne Middle, , 55.2, 1991						
		Welsh Age Group Record	Michelle Scutt, Sale, 50.63, 1982						
Pos	Letter	400m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	N	Kirsten WARING	Newport	60.25		16		<input checked="" type="checkbox"/>	
2A	S	Caroline BYNG	Swansea	61.83		15		<input checked="" type="checkbox"/>	

B race		League Record	Anne Middle, , 55.2, 1991						
		Welsh Age Group Record	Michelle Scutt, Sale, 50.63, 1982						
Pos	Letter	400m		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

A race		League Record	Samantha Porter, , 2.11.1, 1989						
		Welsh Age Group Record	Kirsty MaDermott, Bristol, 1.57.42, 1985						
Pos	Letter	800m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	B	Satu HAIKALA	Brecon	2:51.08		16			
2A	U	Ann FOLAN	Rhondda	3:18.25		15			

B race		League Record	Samantha Porter, , 2.11.1, 1989							
		Welsh Age Group Record	Kirsty MaDermott, Bristol, 1.57.42, 1985							
Pos	Letter	800m		Perf	W/S	Pts	Gr	AW	CWG	STD
No Athlete Declared										

A race		League Record	Hayley Nash, Swansea Harriers, 4.24.4, 1987							
		Welsh Age Group Record	Hayley Tullett, Swansea , 3.59.95, 2000							
Pos	Letter	1500m		Perf	W/S	Pts	Gr	AW	CWG	STD
1A	R	Caryl JONES	Carmarthen	4:44.19		16		<input checked="" type="checkbox"/>		
2A	D	Donna WELSH	Deeside	5:03.39		15		<input checked="" type="checkbox"/>		
3A	V	Jenny PHILLIPS (M35)	Llanelli	5:17.02		14				
4A	B	Satu HAIKALA	Brecon	5:41.38		13				
5A	U	Ann FOLAN	Rhondda	6:30.93		12				

B race		League Record	Hayley Nash, Swansea Harriers, 4.24.4, 1987							
		Welsh Age Group Record	Hayley Tullett, Swansea , 3.59.95, 2000							
Pos	Letter	1500m		Perf	W/S	Pts	Gr	AW	CWG	STD
1A	RR	Alaw BEYNON-THOMAS	Carmarthen	5:00.95		8		<input checked="" type="checkbox"/>		
2A	VV	Emily DOWNEY (U20)	Llanelli	5:20.68		7.5				

A race		League Record	Angela Tooby, Cardiff AAC, 9.35.0, 1983							
		Welsh Age Group Record	Hayley Tullett, Swansea , 8.45.39, 2000							
Pos	Letter	3000m		Perf	W/S	Pts	Gr	AW	CWG	STD
1A	D	Donna WELSH	Deeside	10:39.90		16		<input checked="" type="checkbox"/>		
2A	B	Satu HAIKALA	Brecon	11:48.83		15				
3A	U	Ann FOLAN	Rhondda	13:42.69		14				

B race		League Record	Angela Tooby, Cardiff AAC, 9.35.0, 1983							
		Welsh Age Group Record	Hayley Tullett, Swansea , 8.45.39, 2000							
Pos	Letter	3000m		Perf	W/S	Pts	Gr	AW	CWG	STD
No Athlete Declared										

A race		League Record	Rosie Richards, Brecon AC, 8.49.2, 2006							
		Welsh Age Group Record	Clare Martin, Newport, 6.40.34, 2005							
Pos	Letter	2000m Steeplechase		Perf	W/S	Pts	Gr	AW	CWG	STD
No Athlete Declared										

B race		League Record	Rosie Richards, Brecon AC, 8.49.2, 2006							
		Welsh Age Group Record	Clare Martin, Newport, 6.40.34, 2005							
Pos	Letter	2000m Steeplechase		Perf	W/S	Pts	Gr	AW	CWG	STD
No Athlete Declared										

A		League Record	Heather Jones, Carmarthen Harriers, 13.6, 2005					
race		Welsh Age Group Record	Kay Morley, Cardiff, 12.91, 1990					
Pos	Letter	100m hurdles	Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared								

B		League Record	Heather Jones, Carmarthen Harriers, 13.6, 2005					
race		Welsh Age Group Record	Kay Morley, Cardiff, 12.91, 1990					
Pos	Letter	100m hurdles	Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared								

		League Record	Michelle Cook, , 59.9, 1988					
		Welsh Age Group Record	Alyson Layzell, Cheltenham, 56.43, 1996					
Pos	Letter	400m Hurdles	Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared								

		League Record	Michelle Cook, , 59.9, 1988					
		Welsh Age Group Record	Alyson Layzell, Cheltenham, 56.43, 1996					
Pos	Letter	400m Hurdles	Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared								

A string		League Record	, Torfaen AC, 49.1, 1987					
		Welsh Age Group Record	, Wales, 45.37, 1986					
Pos	Letter	4 x 100 Relay	Perf	W/S	Pts	Gr	AW	CWG STD
1A	V	Llanelli	56.64		16			

B string		League Record	, Cardiff AAC, 4.00.5, 1987					
		Welsh Age Group Record	, Wales, 3.35.60, 1982					
Pos	Letter	4 x 400 Relay	Perf	W/S	Pts	Gr	AW	CWG STD
1A	V	Llanelli	3:20.56		8	G1	<input checked="" type="checkbox"/>	

A string		League Record	Rebecca Jones, Wrexham AC, 1.73, 1999					
		Welsh Age Group Record	Julie Crane, Sale, 1.89, 2004					
Pos	Letter	High Jump	Perf	W/S	Pts	Gr	AW	CWG STD
1A	S	Jo DAVIES Swansea	1.20		16	G4		

B string		League Record	Rebecca Jones, Wrexham AC, 1.73, 1999					
		Welsh Age Group Record	Julie Crane, Sale, 1.89, 2004					
Pos	Letter	High Jump	Perf	W/S	Pts	Gr	AW	CWG STD
		No Athlete Declared						

A string		League Record	Lyndsey Maund, Swansea Harriers, 3.4, 2003					
		Welsh Age Group Record	Rhian Clarke, Essex Ladies, 4.15, 2002					
Pos	Letter	Pole Vault	Perf	W/S	Pts	Gr	AW	CWG STD
		No Athlete Declared						

B string		League Record	Lyndsey Maund, Swansea Harriers, 3.4, 2003					
		Welsh Age Group Record	Rhian Clarke, Essex Ladies, 4.15, 2002					
Pos	Letter	Pole Vault	Perf	W/S	Pts	Gr	AW	CWG STD
		No Athlete Declared						

A string		League Record	Gillian Regan, , 6.18, 1981					
		Welsh Age Group Record	Gill Regan, Cardiff, 6.52, 1982					
Pos	Letter	Long Jump	Perf	W/S	Pts	Gr	AW	CWG STD
1A	V	Donna JONES (U20) Llanelli	5.00		16	G4	<input checked="" type="checkbox"/>	
2A	W	Amanda WALE Wrexham	4.64		15	G4		
3A	N	Lyndsey BADMAN Newport	4.04		14	G4		
4A	B	Ellie HOLTON Brecon	3.82		13	G4		

B string		League Record	Gillian Regan, , 6.18, 1981					
		Welsh Age Group Record	Gill Regan, Cardiff, 6.52, 1982					
Pos	Letter	Long Jump	Perf	W/S	Pts	Gr	AW	CWG STD
1A	VV	Kara STEADMAN (U17) Llanelli	4.21		8	G4		

A string		League Record		Jayne Ludlow, , 11.76, 1994					
		Welsh Age Group Record		Sally Peake, Liverpool, 12.24, 2005					
Pos	Letter	Triple Jump		Perf	W/S	Pts	Gr	AW	CWG STD
1A	V	Donna JONES (U20)	Llanelli	10.46		16	G4	<input checked="" type="checkbox"/>	

B string		League Record		Jayne Ludlow, , 11.76, 1994					
		Welsh Age Group Record		Sally Peake, Liverpool, 12.24, 2005					
Pos	Letter	Triple Jump		Perf	W/S	Pts	Gr	AW	CWG STD
1A	VV	Kara STEADMAN (U17)	Llanelli	9.30		8	G4		

A string		League Record	Vanessa Head, , 18.93, 1984					
		Welsh Age Group Record	Vanessa Head, Cardiff, 18.93, 1984					
Pos	Letter	Shot Putt (4.0kg)	Perf	W/S	Pts	Gr	AW	CWG STD
1A	W	Amanda WALE	Wrexham	9.45	16	G4	<input checked="" type="checkbox"/>	
2A	U	Catherine ALFORD	Rhondda	8.57	15	G4	<input checked="" type="checkbox"/>	
3A	D	Bev JONES	Deeside	8.16	14	G4		
4A	M	Karen LLEWELLIN	Pembroke	8.03	13	G4		
5A	BB	Lily SNAPE	Brecon	7.71	12	G4		
6A	R	Sara SIGERRY	Carmarthen	7.35	11	G4		

B string		League Record	Vanessa Head, , 18.93, 1984					
		Welsh Age Group Record	Vanessa Head, Cardiff, 18.93, 1984					
Pos	Letter	Shot Putt (4.0kg)	Perf	W/S	Pts	Gr	AW	CWG STD
1A	B	Julie DRISCOLL	Brecon	6.80	8	G4		
2A	MM	Tracy LLEWELLIN	Pembroke	6.28	7.5	G4		

A string		League Record	Vanessa Head, , 62.02, 1984					
		Welsh Age Group Record	Vanessa Head, Cardiff, 64.68, 1983					
Pos	Letter	Discus (1.0kg)	Perf	W/S	Pts	Gr	AW	CWG STD
1A	D	Bev JONES	Deeside	25.33	16	G4	<input checked="" type="checkbox"/>	
2A	B	Julie DRISCOLL	Brecon	24.72	15	G4		
3A	U	Catherine ALFORD	Rhondda	23.92	14	G4		
4A	M	Karen LLEWELLIN	Pembroke	23.86	13	G4		
5A	S	Jo DAVIES	Swansea	21.72	12	G4		

B string		League Record	Vanessa Head, , 62.02, 1984					
		Welsh Age Group Record	Vanessa Head, Cardiff, 64.68, 1983					
Pos	Letter	Discus (1.0kg)	Perf	W/S	Pts	Gr	AW	CWG STD
1A	BB	Lily SNAPE	Brecon	23.25	8	G4		
2A	MM	Tracy LLEWELLIN	Pembroke	22.84	7.5	G4		

A string		League Record	Carys Parry, Rhondda AC, 56.96, 2005					
		Welsh Age Group Record	Carys Parry, Rhondda , 64.34, 2007					
Pos	Letter	Hammer (4.0kg)	Perf	W/S	Pts	Gr	AW	CWG STD
1A	M	Karen LLEWELLIN	Pembroke	28.00	16	G4	<input checked="" type="checkbox"/>	
2A	U	Catherine ALFORD	Rhondda	25.24	15	G4	<input checked="" type="checkbox"/>	
3A	B	Julie DRISCOLL	Brecon	25.06	14	G4	<input checked="" type="checkbox"/>	
4A	S	Jo DAVIES	Swansea	19.41	13	G4		

B string		League Record	Carys Parry, Rhondda AC, 56.96, 2005					
		Welsh Age Group Record	Carys Parry, Rhondda , 64.34, 2007					
Pos	Letter	Hammer (4.0kg)	Perf	W/S	Pts	Gr	AW	CWG STD
1A	BB	Lily SNAPE	Brecon	18.39	8	G4		
2A	MM	Tracy LLEWELLIN	Pembroke	17.84	7.5	G4		

A string		League Record	Karen Hough, , 47.94, 1984					
		Welsh Age Group Record	Lianne Clarke, Cardiff, 52.68, 2007					
Pos	Letter	Javelin (600g)	Perf	W/S	Pts	Gr	AW	CWG STD
1A	R	Sara SIGERRY	Carmarthen	42.35	16	G1	<input checked="" type="checkbox"/>	
2A	S	Jo DAVIES	Swansea	28.82	15	G4	<input checked="" type="checkbox"/>	
3A	M	Karen LLEWELLIN	Pembroke	16.37	14	G4		

B string		League Record	Karen Hough, , 47.94, 1984					
		Welsh Age Group Record	Lianne Clarke, Cardiff, 52.68, 2007					
Pos	Letter	Javelin (600g)	Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared								