

A race		League Record		Lloyd Reffell, Cardiff AAC, 11.2, 2005					
		Welsh Age Group Record		Tim Benjamin / Andrew Watkins, Cardiff AAC / Cwmbran I					
Pos	Letter	100m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	F	Jamie SEXTON	Barry & Vale	11.76		16	G4	<input checked="" type="checkbox"/>	
2A	W	Tom CUSWORTH	Wrexham	11.86		15		<input checked="" type="checkbox"/>	
3A	T	Michael HOWE	Cardiff	12.00		14		<input checked="" type="checkbox"/>	
4A	I	Jamie MORRIS	Bridgend	12.09		13			
5A	G	Lewis HINWOOD	Cwmbran	12.14		12			
6A	D	Mark THOMAS	Deeside	12.86		11			
7A	X	Carwyn JONES	Neath	13.09		10			
8A	S	Chris DAVIES	Swansea	13.24		9			

B race		League Record		Lloyd Reffell, Cardiff AAC, 11.2, 2005					
		Welsh Age Group Record		Tim Benjamin / Andrew Watkins, Cardiff AAC / Cwmbran I					
Pos	Letter	100m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	TT	Jamaul WHYTE	Cardiff	11.93		8		<input checked="" type="checkbox"/>	
2A	II	Matt RUSSELL	Bridgend	12.20		7.5			
3A	WW	Daniel WILLIAMS	Wrexham	12.21		7			
4A	DD	Connor LECKENBY	Deeside	12.53		6.5			
5A	GG	James SALE	Cwmbran	13.00		6			
6A	XX	Alex MORGAN	Neath	13.02		5.5			
7A	SS	Chris RESTALL	Swansea	13.38		5			

A race		League Record		Thomas Cusworth, Wrexham AC, 22.5, 2008					
		Welsh Age Group Record		Tim Benjamin, Cardiff AAC, 21.19, 1998					
Pos	Letter	200m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	T	Jamaul WHYTE	Cardiff	23.24		16	G4	<input checked="" type="checkbox"/>	
2A	I	Jamie MORRIS	Bridgend	24.03		15		<input checked="" type="checkbox"/>	
3A	X	Carwyn JONES	Neath	25.13		14			
4A	D	Patraig EOGGIN	Deeside	25.43		13			
5A	X	Carwyn JONES	Neath	25.59		12			
6A	G	Lewis HINWOOD	Cwmbran	26.06		11			
7A	S	Michael DAVIES	Swansea	29.49		10			

B race		League Record		Thomas Cusworth, Wrexham AC, 22.5, 2008					
		Welsh Age Group Record		Tim Benjamin, Cardiff AAC, 21.19, 1998					
Pos	Letter	200m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	TT	Jonathan PENGELLY	Cardiff	23.96		8	G4	<input checked="" type="checkbox"/>	
2A	II	Matt RUSSELL	Bridgend	24.75		7.5			
3A	XX	Alex MORGAN	Neath	25.59		7			

A race		League Record		Rhodri Scanlon, Carmarthen Harriers, 51.1, 2003					
		Welsh Age Group Record		Bruce Tasker, Carmarthen Harriers, 47.85, 2004					
Pos	Letter	400m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	R	Paul BENNETT	Carmarthen	51.90		16	G2	<input checked="" type="checkbox"/>	
2A	T	Jacob BRENNAN	Cardiff	54.33		15	G4	<input checked="" type="checkbox"/>	
3A	X	Owain MORGAN	Neath	55.38		14		<input checked="" type="checkbox"/>	
4A	F	Thomas PHILLIPS	Barry & Vale	55.92		13			
5A	D	Connor LECKENBY	Deeside	56.23		12			
6A	N	Oliver EDWARDS	Newport	56.28		11			
7A	G	Keiron STEPHENS	Cwmbran	56.78		10			
8A	S	Chris DAVIES	Swansea	57.27		9			
9A	B	Adam JONES	Brecon	57.50		8			
10A	V	Justice WILLIAMS	Llanelli	60.98		7			

B race		League Record		Rhodri Scanlon, Carmarthen Harriers, 51.1, 2003					
		Welsh Age Group Record		Bruce Tasker, Carmarthen Harriers, 47.85, 2004					
Pos	Letter	400m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	TT	Osian HUGHES	Cardiff	58.84		8			
2A	SS	Chris RESTALL	Swansea	60.32		7.5			
3A	FF	Jay TIERNEY	Barry & Vale	65.71		7			

A race		League Record		Rob Lightfoot, Wrexham AC, 1.57.7, 2003					
		Welsh Age Group Record		Neil Horsefield, Newport Harriers, 1.51.6, 1983					
Pos	Letter	800m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	S	Evan JENKINS	Swansea	2:12.79		16			
2A	G	Keiron STEPHENS	Cwmbran	2:14.70		15			
3A	T	Gareth JONES	Cardiff	2:23.31		14			

B race		League Record		Rob Lightfoot, Wrexham AC, 1.57.7, 2003					
		Welsh Age Group Record		Neil Horsefield, Newport Harriers, 1.51.6, 1983					
Pos	Letter	800m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	GG	Ryan ADAMS	Cwmbran	2:21.64		8			
2A	SS	Paul TOBIN	Swansea	2:24.65		7.5			
3A	TT	Ben JONES	Cardiff	2:39.93		7			

A race		League Record		David Jones, Carmarthen Harriers, 4.07.0,					
		Welsh Age Group Record		Colin Clarkson, Swansea Harriers, 3.51.5, 1977					
Pos	Letter	1500m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	G	Alex EDWARDS	Cwmbran	04:17.4		16	G4	<input checked="" type="checkbox"/>	
2A	X	Matthew O'LEARY	Neath	04:22.9		15	G4	<input checked="" type="checkbox"/>	
3A	M	Matthew RICHARD	Pembroke	04:25.3		14	G4	<input checked="" type="checkbox"/>	
4A	T	James HUNT	Cardiff	04:36.4		13			
5A	TT	Joeseeph WHITMARSH-KNIGHT	Cardiff	04:42.5		12			
6A	D	Patraig EOGGIN	Deeside	04:50.3		11			
7A	R	Luke CLEMENTS	Carmarthen	04:52.6		10			
8A	S	Paul TOBIN	Swansea	05:04.2		9			

B race		League Record		David Jones, Carmarthen Harriers, 4.07.0,					
		Welsh Age Group Record		Colin Clarkson, Swansea Harriers, 3.51.5, 1977					
Pos	Letter	1500m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	SS	Rhodri THOMAS	Swansea	6:06.03		8			

A race		League Record		, , ,					
		Welsh Age Group Record		, , ,					
Pos	Letter	3000m		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

B race		League Record		, , ,					
		Welsh Age Group Record		, , ,					
Pos	Letter	3000m		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

A race		League Record		Mitchell Aspland, Neath Harriers, 4.40.0, 2003					
		Welsh Age Group Record		Steve Evans, Abertillery AC, 4.11.2, 1974					
Pos	Letter	1500m Steeplechase		Perf	W/S	Pts	Gr	AW	CWG STD
1A	N	Emrys PENNY	Newport	5:05.08		16	G4	<input checked="" type="checkbox"/>	
2A	S	Matthew THOMAS	Swansea	5:14.87		15	G4		
3A	T	Darren JONES	Cardiff	5:19.26		14			

B race		League Record		Mitchell Aspland, Neath Harriers, 4.40.0, 2003					
		Welsh Age Group Record		Steve Evans, Abertillery AC, 4.11.2, 1974					
Pos	Letter	1500m Steeplechase		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

A race		League Record		Dafydd Walters, Carmarthen Harriers, 13.8, 2007					
		Welsh Age Group Record		David Guest, Bridgend AC, 12.94, 2007					
Pos	Letter	100m hurdles		Perf	W/S	Pts	Gr	AW	CWG STD
1A	T	Nathan LAWRENCE	Cardiff	14.56		16	G3	<input checked="" type="checkbox"/>	
2A	S	Josh SANSOM	Swansea	15.86		15		<input checked="" type="checkbox"/>	
3A	D	Daniel BURTON	Deeside	17.92		14			

B race		League Record		Dafydd Walters, Carmarthen Harriers, 13.8, 2007					
		Welsh Age Group Record		David Guest, Bridgend AC, 12.94, 2007					
Pos	Letter	100m hurdles		Perf	W/S	Pts	Gr	AW	CWG STD
1A	TT		Cardiff	16.00		8		<input checked="" type="checkbox"/>	
2A	SS	Michael DAVIES	Swansea	19.57		7.5			

		League Record		Gareth Sutcliffe, Cardiff AAC, 58.0, 2005					
		Welsh Age Group Record		Mark Rowlands, Swansea Harriers, 53.30, 1994					
Pos	Letter	400m Hurdles		Perf	W/S	Pts	Gr	AW	CWG STD
1A	D	Daniel BURTON	Deeside	65.04		16			
2A	N	Emrys PENNY	Newport	67.91		15			
3A	S	Michael DAVIES	Swansea	72.51		14			

		League Record		Gareth Sutcliffe, Cardiff AAC, 58.0, 2005					
		Welsh Age Group Record		Mark Rowlands, Swansea Harriers, 53.30, 1994					
Pos	Letter	400m Hurdles		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

A string		League Record		Cardiff AAC, , 45.2, 2002					
		Welsh Age Group Record		...					
Pos	Letter	4 x 100 Relay		Perf	W/S	Pts	Gr	AW	CWG STD
1A	T		Cardiff	45.93		16		<input checked="" type="checkbox"/>	
2A	S		Swansea	49.21		15			
3A	G		Cwmbran	49.37		14			

B string		League Record		...					
		Welsh Age Group Record		...					
Pos	Letter	4 x 400 Relay		Perf	W/S	Pts	Gr	AW	CWG STD
1A	G		Cwmbran	3:50.59		8	G1	<input checked="" type="checkbox"/>	
2A	T		Cardiff	3:58.73		7.5	G1	<input checked="" type="checkbox"/>	
3A	S		Swansea	4:01.83		7	G1	<input checked="" type="checkbox"/>	

A string		League Record		Sam Hood, Cardiff AAC, 2.05,					
		Welsh Age Group Record		Chuka Enih-Snell, Swansea Harriers, 2.15, 2000					
Pos	Letter	High Jump		Perf	W/S	Pts	Gr	AW	CWG STD
1A	M	Adam DAVIES	Pembroke	1.85		16	G1	<input checked="" type="checkbox"/>	
2A	I	Stephen GUEST	Bridgend	1.75		15	G3	<input checked="" type="checkbox"/>	
3A	T	Jamaul WHYTE	Cardiff	1.65		14		<input checked="" type="checkbox"/>	
4A	R	Glen ELSDON	Carmarthen	1.65		13		<input checked="" type="checkbox"/>	
5A	F	Curtis ADEVA	Barry & Vale	1.30		12			

B string		League Record		Sam Hood, Cardiff AAC, 2.05,					
		Welsh Age Group Record		Chuka Enih-Snell, Swansea Harriers, 2.15, 2000					
Pos	Letter	High Jump		Perf	W/S	Pts	Gr	AW	CWG STD
1A	MM	Christian THOMAS	Pembroke	1.65		8		<input checked="" type="checkbox"/>	

A string		League Record		Paul Walker, Cardiff AAC, 4.25,					
		Welsh Age Group Record		Neil Winter, Shaftesbury , 5.20, 1990					
Pos	Letter	Pole Vault		Perf	W/S	Pts	Gr	AW	CWG STD
1A	R	Emyr JONES	Carmarthen	3.90		16	G2	<input checked="" type="checkbox"/>	
2A	T	Lewis NEWTON	Cardiff	3.70		15	G2	<input checked="" type="checkbox"/>	
3A	W	Daniel HODGSON	Wrexham	3.60		14	G3	<input checked="" type="checkbox"/>	
4A	II	Robert McGREGOR	Bridgend	3.30		13	G4	<input checked="" type="checkbox"/>	
5A	S	Morgan ATKINS	Swansea	2.60		12			

B string		League Record		Paul Walker, Cardiff AAC, 4.25,					
		Welsh Age Group Record		Neil Winter, Shaftesbury , 5.20, 1990					
Pos	Letter	Pole Vault		Perf	W/S	Pts	Gr	AW	CWG STD
1A	I	Stephen GUEST	Bridgend						

A string		League Record		Ricardo Childs, Brecon AC, 6.88, 2001					
		Welsh Age Group Record		Marcus Browning, Chester, 7.11, 1986					
Pos	Letter	Long Jump		Perf	W/S	Pts	Gr	AW	CWG STD
1A	R	Glen ELSDON	Carmarthen	5.52		16		<input checked="" type="checkbox"/>	
2A	S	Keiran MARTIN	Swansea	5.17		15			
3A	T	Liam DISCOMBE	Cardiff	4.93		14			
4A	X	Owain MORGAN	Neath	4.14		13			

B string		League Record		Ricardo Childs, Brecon AC, 6.88, 2001					
		Welsh Age Group Record		Marcus Browning, Chester, 7.11, 1986					
Pos	Letter	Long Jump		Perf	W/S	Pts	Gr	AW	CWG STD
1A	SS	Toby WILLIAMS	Swansea	4.75		8			
2A	TT	Jonathan PENGELLY	Cardiff	4.59		7.5			

A string		League Record		Craig Phillips, Deeside AC, 13.51, 2002					
		Welsh Age Group Record		Steven Shalders, Cardiff AAC, 15.14, 1998					
Pos	Letter	Triple Jump		Perf	W/S	Pts	Gr	AW	CWG STD
1A	T	Jacob BRENNAN	Cardiff	11.07		16		<input checked="" type="checkbox"/>	
2A	S	Keiran MARTIN	Swansea	10.93		15			
3A	R	Glen ELSDON	Carmarthen	10.60		14			

B string		League Record		Craig Phillips, Deeside AC, 13.51, 2002					
		Welsh Age Group Record		Steven Shalders, Cardiff AAC, 15.14, 1998					
Pos	Letter	Triple Jump		Perf	W/S	Pts	Gr	AW	CWG STD

1A	SS	Toby WILLIAMS	Swansea	9.33	<b>8</b>				
A string		League Record		Tom Edwards, Carmarthen Harriers, 15.37, 2008					
		Welsh Age Group Record		Mark Hewer, Cardiff AAC, 16.93, 1979					
Pos	Letter	Shot Putt (5.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	G	Josh BUSSELL	Cwmbran	12.97		<b>16</b>	G2	<input checked="" type="checkbox"/>	
2A	B	Adam JONES	Brecon	10.60		<b>15</b>	G4	<input checked="" type="checkbox"/>	
3A	N	Lewis JONES	Newport	9.61		<b>14</b>			
4A	T	Ryan LEONARD	Cardiff	9.58		<b>13</b>			
5A	S	Alex THOMAS	Swansea	8.27		<b>12</b>			

B string		League Record		Tom Edwards, Carmarthen Harriers, 15.37, 2008					
		Welsh Age Group Record		Mark Hewer, Cardiff AAC, 16.93, 1979					
Pos	Letter	Shot Putt (5.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	TT	Jonathan PENGELLY	Cardiff	8.56		<b>8</b>			
2A	NN	Tom AVISS	Newport	7.93		<b>7.5</b>			
3A	SS	Rhodri THOMAS	Swansea	7.35		<b>7</b>			

A string		League Record		Glenn Williams, Cardiff AAC, 48.38,					
		Welsh Age Group Record		Gareth Bull, Cardiff AAC, 48.93, 2001					
Pos	Letter	Discus (1.5kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	G	Josh BUSSELL	Cwmbran	32.41		<b>16</b>	G4	<input checked="" type="checkbox"/>	
2A	N	Tom AVISS	Newport	29.08		<b>15</b>		<input checked="" type="checkbox"/>	
3A	B	Adam JONES	Brecon	27.98		<b>14</b>		<input checked="" type="checkbox"/>	
4A	T	Ryan LEONARD	Cardiff	27.51		<b>13</b>		<input checked="" type="checkbox"/>	
5A	S	Alex THOMAS	Swansea	26.17		<b>12</b>		<input checked="" type="checkbox"/>	
6A	D	Patraig EOGGIN	Deeside	19.47		<b>11</b>			

B string		League Record		Glenn Williams, Cardiff AAC, 48.38,					
		Welsh Age Group Record		Gareth Bull, Cardiff AAC, 48.93, 2001					
Pos	Letter	Discus (1.5kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	NN	Lewis JONES	Newport	25.61		<b>8</b>		<input checked="" type="checkbox"/>	
2A	TT	Liam DISCOMBE	Cardiff	21.79		<b>7.5</b>			
3A	SS	Rhodri THOMAS	Swansea	18.26		<b>7</b>			

A string		League Record		Rhys Hodnett, Cardiff AAC, 55.85,					
		Welsh Age Group Record		Shaun Pickering, Haringey, 62.12, 1978					
Pos	Letter	Hammer (5.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	G	Josh BUSSELL	Cwmbran	27.44		<b>16</b>		<input checked="" type="checkbox"/>	
2A	N	Lewis JONES	Newport	26.92		<b>15</b>		<input checked="" type="checkbox"/>	
3A	S	Alex THOMAS	Swansea	15.78		<b>14</b>			

B string		League Record		Rhys Hodnett, Cardiff AAC, 55.85,					
		Welsh Age Group Record		Shaun Pickering, Haringey, 62.12, 1978					
Pos	Letter	Hammer (5.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	NN	Tom AVISS	Newport	21.96		<b>8</b>			
2A	SS	Matthew THOMAS	Swansea	7.17		<b>7.5</b>			

A string		League Record		Jon Llewellyn, Carmarthen Harriers, 56.51, 2008					
		Welsh Age Group Record		Colin MacKenzie, East Kent, 70.30, 1979					
Pos	Letter	Javelin (700g)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	R	Paul BENNETT	Carmarthen	45.33		16	G3	<input checked="" type="checkbox"/>	
2A	S	Scott PHILLIPS	Swansea	42.73		15	G4	<input checked="" type="checkbox"/>	
3A	T	Ryan LEONARD	Cardiff	35.63		14		<input checked="" type="checkbox"/>	
4A	I	Robert McGREGOR	Bridgend	31.38		13			
5A	D	Ptraig EOGGIN	Deeside	22.91		12			

B string		League Record		Jon Llewellyn, Carmarthen Harriers, 56.51, 2008					
		Welsh Age Group Record		Colin MacKenzie, East Kent, 70.30, 1979					
Pos	Letter	Javelin (700g)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	TT	Liam DISCOMBE	Cardiff	31.89		8			
2A	SS	David SKONE	Swansea	24.85		7.5			