

A race		League Record	Danielle Barker, Neath Harriers, 12.2, 2003					
		Welsh Age Group Record	Sallyanne Short, Torfaen AC, 11.88, 1984					
Pos	Letter	100m	Perf	W/S	Pts	Gr	AW	CWG STD
1A	T	Jamie-Leigh BOWEN Cardiff	13.30	-1.2	16		<input checked="" type="checkbox"/>	
2A	S	Catrin STONE Swansea	13.66		15			
3A	D	Rebecca SALMON Deeside	13.83		14			
4A	M	Elinor ROWLAND Pembroke	13.98		13			
5A	R	Laura PENHALLURICK Carmarthen	14.60		12			
6A	X	Lyndsey JONES Neath	15.28		11			

B race		League Record	Danielle Barker, Neath Harriers, 12.2, 2003					
		Welsh Age Group Record	Sallyanne Short, Torfaen AC, 11.88, 1984					
Pos	Letter	100m	Perf	W/S	Pts	Gr	AW	CWG STD
1A	TT	Shaleena GRAHAM Cardiff	13.93	-1.2	8			
2A	SS	Emma THOMAS Swansea	15.14		7.5			

A race		League Record	Lisa-Marie Edwards, Wrexham AC, 25.7, 2003					
		Welsh Age Group Record	Michelle Probert, Sale Harriers, 23.6, 1976					
Pos	Letter	200m	Perf	W/S	Pts	Gr	AW	CWG STD
1A	T	Sam COGAN Cardiff	26.95	+2.6	16	G4	<input checked="" type="checkbox"/>	
2A	I	Katie LEWIS Bridgend	27.32		15		<input checked="" type="checkbox"/>	
3A	X	Stacey COLLINS Neath	27.92		14			
4A	R	Laura PENHALLURICK Carmarthen	28.65		13			
5A	S	Emma THOMAS Swansea	30.24		12			

B race		League Record	Lisa-Marie Edwards, Wrexham AC, 25.7, 2003					
		Welsh Age Group Record	Michelle Probert, Sale Harriers, 23.6, 1976					
Pos	Letter	200m	Perf	W/S	Pts	Gr	AW	CWG STD
1A	RR	Rhiannon PLANT Carmarthen	28.69	-3.9	8			
2A	SS	Laura THOMAS Swansea	30.07		7.5			
3A	TT	Bethany WHEDDON Cardiff	31.27		7			
4A	XX	Lyndsey JONES Neath	32.17		6.5			

A race		League Record	Megan Rogers, Wrexham AC, 39.9, 2008					
		Welsh Age Group Record	Faye Harding, Wrexham AC, 39.46, 2001					
Pos	Letter	300m	Perf	W/S	Pts	Gr	AW	CWG STD
1A	TT	Lauren A McCARTHY Cardiff	42.97		16	G3	<input checked="" type="checkbox"/>	✓
2A	R	Leah BITCHELL Carmarthen	43.49		15	G4	<input checked="" type="checkbox"/>	
3A	D	Zoe ROSIER Deeside	47.08		14			
4A	S	Rebecca HALL Swansea	51.31		13			

B race		League Record	Megan Rogers, Wrexham AC, 39.9, 2008					
		Welsh Age Group Record	Faye Harding, Wrexham AC, 39.46, 2001					
Pos	Letter	300m	Perf	W/S	Pts	Gr	AW	CWG STD
1A	T	Gwen WILLIAMS Cardiff	44.36		8		<input checked="" type="checkbox"/>	✓
2A	RR	Jodie JONES Carmarthen	52.39		7.5			

A race		League Record	Rebecca Nutall, Deeside AC, 1.18.4, 2003						
		Welsh Age Group Record	Amanda Pritchard, Cardiff AAC, 2.07.32, 1996						
Pos	Letter	800m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	SS	Jemima OSBORNE	Swansea	2:20.60		16	G3	<input checked="" type="checkbox"/>	
2A	D	Zoe ROSIER	Deeside	2:37.30		15	G4		
3A	R	Jodie JONES	Carmarthen	3:09.30		14			

B race		League Record	Rebecca Nutall, Deeside AC, 1.18.4, 2003						
		Welsh Age Group Record	Amanda Pritchard, Cardiff AAC, 2.07.32, 1996						
Pos	Letter	800m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	S	Elysha PEARSON	Swansea	2:30.60		8	G4		

A race		League Record	Kayleigh Brown, Carmarthen Harriers, 4.45.0, 2006						
		Welsh Age Group Record	Non Stanford, Swansea Harriers, 4.23.55, 2004						
Pos	Letter	1500m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	S	Cerys MORGAN	Swansea	5:05.34		16		<input checked="" type="checkbox"/>	
2A	T	Bethan DAW	Cardiff	5:20.59		15			

B race		League Record	Kayleigh Brown, Carmarthen Harriers, 4.45.0, 2006						
		Welsh Age Group Record	Non Stanford, Swansea Harriers, 4.23.55, 2004						
Pos	Letter	1500m		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

A race		League Record	...						
		Welsh Age Group Record	...						
Pos	Letter	1500m Steeplechase		Perf	W/S	Pts	Gr	AW	CWG STD
1A	D	Zoe ROSIER	Deeside	7:11.89		16			

B race		League Record	...						
		Welsh Age Group Record	...						
Pos	Letter	1500m Steeplechase		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

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	Heather Jones, Carmarthen Harriers, 11.3, 2003						
		Welsh Age Group Record	Heather Jones, Carmarthen Harriers, 11.27, 2003						
Pos	Letter	80m hurdles		Perf	W/S	Pts	Gr	AW	CWG STD
1A	S	Catrin STONE	Swansea	12.09	-0.8	16	G1	<input checked="" type="checkbox"/>	
2A	I	Katie LEWIS	Bridgend	12.52		15	G3	<input checked="" type="checkbox"/>	
3A	N	Antonia YORKSHIRE	Newport	14.79		14			
4A	X	Stacey COLLINS	Neath	DNF					

B race		League Record	Heather Jones, Carmarthen Harriers, 11.3, 2003						
		Welsh Age Group Record	Heather Jones, Carmarthen Harriers, 11.27, 2003						
Pos	Letter	80m hurdles		Perf	W/S	Pts	Gr	AW	CWG STD
1A	SS	Kimberley DAVIES	Swansea	13.17	-0.8	8	G4	<input checked="" type="checkbox"/>	

A race		League Record	Sarah Dacey, Swansea Harriers, 45.0, 2007						
		Welsh Age Group Record	Caryl Granville, Carmarthen Harriers, 42.65, 2006						
Pos	Letter	300m Hurdles		Perf	W/S	Pts	Gr	AW	CWG STD
1A	N	Antonia YORKSHIRE	Newport	51.67		16		<input checked="" type="checkbox"/>	

B race		League Record	Sarah Dacey, Swansea Harriers, 45.0, 2007						
		Welsh Age Group Record	Caryl Granville, Carmarthen Harriers, 42.65, 2006						
Pos	Letter	300m Hurdles		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

		League Record	Swansea Harriers, , 50.4, 2007						
		Welsh Age Group Record	, , ,						
Pos	Letter	4 x 100 Relay		Perf	W/S	Pts	Gr	AW	CWG STD
1A	S		Swansea	54.11		16			
2A	R		Carmarthen	55.41		15			

		League Record	, , ,						
		Welsh Age Group Record	, , ,						
Pos	Letter	4 x 300 Relay		Perf	W/S	Pts	Gr	AW	CWG STD
1A	T		Cardiff	3:10.20		8	G1	<input checked="" type="checkbox"/>	

A string		League Record	Elin Evans, Carmarthen Harriers, 1.62, Welsh Age Group Record						Lea Haggett, Herne Hill, 1.81, 1986	
Pos	Letter	High Jump		Perf	W/S	Pts	Gr	AW	CWG STD	
1A	S	Kimberley DAVIES	Swansea	1.50		16	G4	<input checked="" type="checkbox"/>		
2A	R	Rhiannon PLANT	Carmarthen	1.45		15		<input checked="" type="checkbox"/>		
3A	I	Alysha JONES	Bridgend	1.40		14				
4A	T	Gwen WILLIAMS	Cardiff	1.40		13				

B string		League Record	Elin Evans, Carmarthen Harriers, 1.62, Welsh Age Group Record						Lea Haggett, Herne Hill, 1.81, 1986	
Pos	Letter	High Jump		Perf	W/S	Pts	Gr	AW	CWG STD	
1A	RR	Jodie JONES	Carmarthen	1.30		8				

A string		League Record	Elinor Lewis, Cardiff AAC, 3.24, 2007 / 2008 Welsh Age Group Record						Christina Hughes, Deeside AAC, 3.60, 2008	
Pos	Letter	Pole Vault		Perf	W/S	Pts	Gr	AW	CWG STD	
1A	S	Naomi JAMES	Swansea	3.20		16	G1	<input checked="" type="checkbox"/>		
2A	DD	Lucy ROULSTON	Deeside	2.90		15	G2	<input checked="" type="checkbox"/>		
3A	I	Rhianydd LLEWELLYN	Bridgend	2.70		14	G3	<input checked="" type="checkbox"/>		

B string		League Record	Elinor Lewis, Cardiff AAC, 3.24, 2007 / 2008 Welsh Age Group Record						Christina Hughes, Deeside AAC, 3.60, 2008	
Pos	Letter	Pole Vault		Perf	W/S	Pts	Gr	AW	CWG STD	
1A	D	Rebecca DAVIES	Deeside	nhr						

A string		League Record	Sarah Dacey, Swansea Harriers, 5.59, 2007 Welsh Age Group Record						Lisa Armstrong, Torfaen AC, 6.01, 1990	
Pos	Letter	Long Jump		Perf	W/S	Pts	Gr	AW	CWG STD	
1A	G	Amy BRADLEY	Cwmbran	5.08		16	G3	<input checked="" type="checkbox"/>		
2A	I	Christie WILLIAMS	Bridgend	4.84		15	G4	<input checked="" type="checkbox"/>		
3A	X	Stacey COLLINS	Neath	4.75		14	G4	<input checked="" type="checkbox"/>		
4A	S	Gemma SEAMAN	Swansea	4.46		13				
5A	F	Toyah NEWMAN	Barry & Vale	3.96		12				
6A	T	Bethany WHEDDON	Cardiff	3.22		11				

B string		League Record	Sarah Dacey, Swansea Harriers, 5.59, 2007 Welsh Age Group Record						Lisa Armstrong, Torfaen AC, 6.01, 1990	
Pos	Letter	Long Jump		Perf	W/S	Pts	Gr	AW	CWG STD	
No Athlete Declared										

A string		League Record	Amy Bradley, Cwmbran Harriers, 10.93, 2008						
		Welsh Age Group Record	Jayne Ludlow, Cardiff, 12.14, 1994						
Pos	Letter	Triple Jump		Perf	W/S	Pts	Gr	AW	CWG STD
1A	G	Amy BRADLEY	Cwmbran	10.53		16	G2	<input checked="" type="checkbox"/>	
2A	I	Christie WILLIAMS	Bridgend	9.20		15		<input checked="" type="checkbox"/>	
3A	M	Jess HARRIES	Pembroke	9.15		14		<input checked="" type="checkbox"/>	
4A	S	Megan EYNON	Swansea	8.14		13			

B string		League Record	Amy Bradley, Cwmbran Harriers, 10.93, 2008						
		Welsh Age Group Record	Jayne Ludlow, Cardiff, 12.14, 1994						
Pos	Letter	Triple Jump		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

A string		League Record	Sally Hinds, Swansea Harriers, 11.47, 2002						
		Welsh Age Group Record	Philipa Roles, Swansea Harriers, 13.65, 1994						
Pos	Letter	Shot Putt (4.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	G	Jasmine SEALE	Cwmbran	9.26		16	G3	<input checked="" type="checkbox"/>	
2A	SS	Neven KORASHI	Swansea	9.18		15	G3	<input checked="" type="checkbox"/>	
3A	R	Sadie FLINT	Carmarthen	8.74		14	G4	<input checked="" type="checkbox"/>	
4A	W	Megan ROGERS	Wrexham	8.52		13	G4	<input checked="" type="checkbox"/>	
5A	M	Lucy GRIFFITHS	Pembroke	8.26		12	G4	<input checked="" type="checkbox"/>	
6A	I	Katie LEWIS	Bridgend	7.46		11		<input checked="" type="checkbox"/>	
7A	TT	Shaleena GRAHAM	Cardiff	4.87		10			

B string		League Record	Sally Hinds, Swansea Harriers, 11.47, 2002						
		Welsh Age Group Record	Philipa Roles, Swansea Harriers, 13.65, 1994						
Pos	Letter	Shot Putt (4.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	S	Nina PRELLS	Swansea	8.93		8	G3	<input checked="" type="checkbox"/>	
2A	MM	Helena MADAN	Pembroke	7.69		7.5		<input checked="" type="checkbox"/>	
3A	T	Sam COGAN	Cardiff	4.49		7			

A string		League Record	Ella Newington, Swansea Harriers, 34.41, 2003						
		Welsh Age Group Record	Philipa Roles, Swansea Harriers, 48.88, 1994						
Pos	Letter	Discus (1.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	S	Nina PRELLS	Swansea	28.78		16	G3	<input checked="" type="checkbox"/>	
2A	I	Trudy WILLIAMS	Bridgend	28.71		15	G3	<input checked="" type="checkbox"/>	
3A	G	Jasmine SEALE	Cwmbran	22.71		14		<input checked="" type="checkbox"/>	
4A	M	Lucy GRIFFITHS	Pembroke	22.22		13		<input checked="" type="checkbox"/>	

B string		League Record	Ella Newington, Swansea Harriers, 34.41, 2003						
		Welsh Age Group Record	Philipa Roles, Swansea Harriers, 48.88, 1994						
Pos	Letter	Discus (1.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

A string		League Record	Charlotte Murray, Swansea Harriers, 44.44, 2006						
		Welsh Age Group Record	Stephanie Owens, West Cheshire, 48.69, 2007						
Pos	Letter	Hammer (4.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	SS	Neven KORASHI	Swansea	25.82		16	G4	<input checked="" type="checkbox"/>	
2A	I	Trudy WILLIAMS	Bridgend	23.82		15	G4	<input checked="" type="checkbox"/>	
3A	M	Helena MADAN	Pembroke	20.07		14		<input checked="" type="checkbox"/>	
4A	T	Bethany WHEDDON	Cardiff	11.38		13			

B string		League Record	Charlotte Murray, Swansea Harriers, 44.44, 2006						
		Welsh Age Group Record	Stephanie Owens, West Cheshire, 48.69, 2007						
Pos	Letter	Hammer (4.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	S	Nina PRELLS	Swansea	24.53		8	G4	<input checked="" type="checkbox"/>	

A string		League Record	Lianne Clarke, Neath Harriers, 44.40, 2003						
		Welsh Age Group Record	Lianne Clarke, Neath Harriers, 45.55, 2003						
Pos	Letter	Javelin (600g)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	I	Amy TIDBALL	Bridgend	28.96		16	G4	<input checked="" type="checkbox"/>	
2A	R	Sadie FLINT	Carmarthen	28.71		15	G4	<input checked="" type="checkbox"/>	
3A	X	Elin PHILLIPS	Neath	28.02		14	G4	<input checked="" type="checkbox"/>	
4A	F	Toyah NEWMAN	Barry & Vale	23.75		13		<input checked="" type="checkbox"/>	
5A	S	Kathryn PHILLIPS	Swansea	23.29		12		<input checked="" type="checkbox"/>	

B string		League Record	Lianne Clarke, Neath Harriers, 44.40, 2003						
		Welsh Age Group Record	Lianne Clarke, Neath Harriers, 45.55, 2003						
Pos	Letter	Javelin (600g)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	SS	Bethan JONES	Swansea	15.90		8			