

A race		League Record		Calvin McLaggan, Barry & Vale , 10.9, 2003					
		Welsh Age Group Record		Christian Malcolm, Cardiff AAC, 10.12, 1998					
Pos	Letter	100m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	T	Gareth HOPKINS	Cardiff	11.74		16			
2A	S	Jamie PRICE	Swansea	12.14		15			
3A	F	Adam JONES	Barry & Vale	12.26		14			
4A	M	Ben CHARLES	Pembroke	12.64		13			
5A	N	Jonathan MORRIS	Newport	12.79		12			
6A	D	Andy HOWELLS	Deeside	12.85		11			
7A	V	Ioan DAVIES	Llanelli	12.95		10			
8A	G	Conal DAVIES (U17)	Cwmbran	13.21		9			

B race		League Record		Calvin McLaggan, Barry & Vale , 10.9, 2003					
		Welsh Age Group Record		Christian Malcolm, Cardiff AAC, 10.12, 1998					
Pos	Letter	100m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	TT	Tom WHITE	Cardiff	12.03		8			
2A	FF	Curtis MATTHEWS	Barry & Vale	12.50		7.5			
3A	SS	Ben DAVIES	Swansea	12.85		7			
4A	DD	Ashley STEELE	Deeside	12.99		6.5			
5A	GG	Kit-Wing LAM	Cwmbran	13.15		6			
6A	RR	Tomos EDWARDS	Carmarthen	13.79		5.5			

A race		League Record		Calvin McLaggan, Barry & Vale , 22.2, 2003					
		Welsh Age Group Record		Christian Malcolm, Cardiff AAC, 20.29, 1998					
Pos	Letter	200m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	T	Gareth HOPKINS	Cardiff	22.82	-1.9	16	G3	<input checked="" type="checkbox"/>	
2A	F	Adam JONES	Barry & Vale	23.74		15		<input checked="" type="checkbox"/>	
3A	S	Jamie PRICE	Swansea	23.92		14			
4A	R	Dafydd WALTERS	Carmarthen	24.98		13			
5A	M	Ben CHARLES	Pembroke	25.24		12			
6A	G	Craig GODSALL	Cwmbran	25.78		11			

B race		League Record		Calvin McLaggan, Barry & Vale , 22.2, 2003					
		Welsh Age Group Record		Christian Malcolm, Cardiff AAC, 20.29, 1998					
Pos	Letter	200m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	TT	Tom WHITE	Cardiff	23.92	-2.3	8			
2A	SS	Ben DAVIES	Swansea	24.91		7.5			
3A	GG	Conal DAVIES (U17)	Cwmbran	24.99		7			

A race		League Record	Bruce Tasker, Carmarthen Harriers, 50.4, 2003						
		Welsh Age Group Record	Tim Benjamin, Cardiff AAC, 46.1, 2001						
Pos	Letter	400m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	T	Jamie GUTTERIDGE	Cardiff	53.42		16		<input checked="" type="checkbox"/>	
2A	N	Ed LANTZOS	Newport	53.75		15		<input checked="" type="checkbox"/>	
3A	R	Ifan BEYNON-THOMS	Carmarthen	54.89		14			
4A	G	Craig GODSALL	Cwmbran	55.29		13			
5A	A	Craig SPROD	Aberdare	57.54		12			
6A	D	No Athlete Declared	Deeside	58.91		11			

B race		League Record	Bruce Tasker, Carmarthen Harriers, 50.4, 2003						
		Welsh Age Group Record	Tim Benjamin, Cardiff AAC, 46.1, 2001						
Pos	Letter	400m		Perf	W/S	Pts	Gr	AW	CWG STD
		No Athlete Declared							

A race		League Record	Stephen Richards, Swansea Harriers, 1.58.2, 2003						
		Welsh Age Group Record	Paul Williams, Barry & Vale H, 1.48.20, 1986						
Pos	Letter	800m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	D	Phil EDGE	Deeside	2:10.73		16			
2A	A	Craig SPROD	Aberdare	2:13.76		15			
3A	R	Geraint MANSFIELD	Carmarthen	2:14.89		14			

B race		League Record	Stephen Richards, Swansea Harriers, 1.58.2, 2003						
		Welsh Age Group Record	Paul Williams, Barry & Vale H, 1.48.20, 1986						
Pos	Letter	800m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	DD	Tom SNOWDEN	Deeside	2:19.13		8			

A race		League Record	Tom Marshall, Brecon AC, 4.05.6, 2007						
		Welsh Age Group Record	Neil Horsefield, Newport Harriers, 3.44.59, 1984						
Pos	Letter	1500m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	R	Dewi GRIFFITHS	Carmarthen	4:09.24		16		<input checked="" type="checkbox"/>	
2A	D	Phil EDGE	Deeside	4:15.75		15		<input checked="" type="checkbox"/>	
3A	A	Hywel JONES	Aberdare	4:18.45		14		<input checked="" type="checkbox"/>	

B race		League Record	Tom Marshall, Brecon AC, 4.05.6, 2007						
		Welsh Age Group Record	Neil Horsefield, Newport Harriers, 3.44.59, 1984						
Pos	Letter	1500m		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	Gareth Jones, Swansea Harriers, 6.40.6, 2003						
		Welsh Age Group Record	Mickey Morris, Cwmbran Harriers, 5.34.8, 1975						
Pos	Letter	3000m Steeplechase	Perf	W/S	Pts	Gr	AW	CWG	STD
No Athlete Declared									

B race		League Record	Gareth Jones, Swansea Harriers, 6.40.6, 2003						
		Welsh Age Group Record	Mickey Morris, Cwmbran Harriers, 5.34.8, 1975						
Pos	Letter	3000m Steeplechase	Perf	W/S	Pts	Gr	AW	CWG	STD
No Athlete Declared									

A race		League Record	Dafydd Walters, Carmarthen Harriers, 14.9, 2008						
		Welsh Age Group Record	Colin Jackson, Cardiff AAC, 13.44, 1986						
Pos	Letter	110m hurdles	Perf	W/S	Pts	Gr	AW	CWG	STD
1A	R	Dafydd WALTERS	Carmarthen	16.47	16		<input checked="" type="checkbox"/>		

B race		League Record	Dafydd Walters, Carmarthen Harriers, 14.9, 2008						
		Welsh Age Group Record	Colin Jackson, Cardiff AAC, 13.44, 1986						
Pos	Letter	110m hurdles	Perf	W/S	Pts	Gr	AW	CWG	STD
No Athlete Declared									

		League Record	Luke Morgan, Cardiff AAC, 58.0, 2008						
		Welsh Age Group Record	David Greene, Swansea Harriers, 51.14, 2005						
Pos	Letter	400m Hurdles	Perf	W/S	Pts	Gr	AW	CWG	STD
1A	R	Dafydd WALTERS	Carmarthen	59.13	16		<input checked="" type="checkbox"/>		

		League Record	Luke Morgan, Cardiff AAC, 58.0, 2008						
		Welsh Age Group Record	David Greene, Swansea Harriers, 51.14, 2005						
Pos	Letter	400m Hurdles	Perf	W/S	Pts	Gr	AW	CWG	STD
No Athlete Declared									

A string		League Record	New Lge Record	Cardiff AAC, , 46.3, 2000					
		Welsh Age Group Record		,,,					
Pos	Letter	4 x 100 Relay		Perf	W/S	Pts	Gr	AW	CWG STD
1A	F	Barry & Vale		45.27		16		<input checked="" type="checkbox"/>	
2A	G	Cwmbran		49.66		15			

B string		League Record		,,,					
		Welsh Age Group Record		,,,					
Pos	Letter	4 x 400 Relay		Perf	W/S	Pts	Gr	AW	CWG STD
1A	D	Deeside		3:55.31		8	G1	<input checked="" type="checkbox"/>	

A string		League Record		Gareth Haines, Carmarthen Harriers, 1.98,					
		Welsh Age Group Record		John Hill, Solihull, 2.24, 1985					
Pos	Letter	High Jump		Perf	W/S	Pts	Gr	AW	CWG STD
1A	F	Curtis MATTHEWS	Barry & Vale	1.75		16	G4	<input checked="" type="checkbox"/>	
2A	R	Kueni IGBAGIRI	Carmarthen	1.65		15	G4		
3A	D	Kamen HOWELLS	Deeside	1.45		14	G4		

B string		League Record		Gareth Haines, Carmarthen Harriers, 1.98,					
		Welsh Age Group Record		John Hill, Solihull, 2.24, 1985					
Pos	Letter	High Jump		Perf	W/S	Pts	Gr	AW	CWG STD
		No Athlete Declared							

A string		League Record		Paul Walker, Cardiff AAC, 4.20, 2003					
		Welsh Age Group Record		Neil Winter, Shaftesbury , 5.50, 1992					
Pos	Letter	Pole Vault		Perf	W/S	Pts	Gr	AW	CWG STD
1A	D	Kamen HOWELLS	Deeside	2.60		16	G4		

B string		League Record		Paul Walker, Cardiff AAC, 4.20, 2003					
		Welsh Age Group Record		Neil Winter, Shaftesbury , 5.50, 1992					
Pos	Letter	Pole Vault		Perf	W/S	Pts	Gr	AW	CWG STD
		No Athlete Declared							

A string		League Record	Ricardo Childs, Brecon AC, 7.09, 2003					
		Welsh Age Group Record	Colin Jackson, Cardiff AAC, 7.56, 1985					
Pos	Letter	Long Jump	Perf	W/S	Pts	Gr	AW	CWG STD
1A	R	Kueni IGBAGIRI	Carmarthen	6.06		16	G4	<input checked="" type="checkbox"/>
2A	F	Curtis MATTHEWS	Barry & Vale	5.85		15	G4	<input checked="" type="checkbox"/>
3A	V	Ioan DAVIES	Llanelli	5.57		14	G4	
4A	N	Jonathan MORRIS	Newport	5.38		13	G4	
5A	D	Andy HOWELLS	Deeside	5.26		12	G4	
6A	G	Kit-Wing LAM	Cwmbran	4.80		11	G4	
7A	T	Robert GREEN	Cardiff	4.64		10	G4	

B string		League Record	Ricardo Childs, Brecon AC, 7.09, 2003					
		Welsh Age Group Record	Colin Jackson, Cardiff AAC, 7.56, 1985					
Pos	Letter	Long Jump	Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared								

A string		League Record	Adam Williams, Menai T&F, 14.05, 2007					
		Welsh Age Group Record	Steven Shalders, Cardiff AAC, 15.99, 2000					
Pos	Letter	Triple Jump	Perf	W/S	Pts	Gr	AW	CWG STD
1A	R	Kueni IGBAGIRI	Carmarthen	11.65		16	G4	<input checked="" type="checkbox"/>
2A	T	Robert GREEN	Cardiff	11.57		15	G4	<input checked="" type="checkbox"/>

B string		League Record	Adam Williams, Menai T&F, 14.05, 2007					
		Welsh Age Group Record	Steven Shalders, Cardiff AAC, 15.99, 2000					
Pos	Letter	Triple Jump	Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared								

A string		League Record	Brett Morse, Cardiff AAC, 16.34, 2008					
		Welsh Age Group Record	Brett Morse, Cardiff AAC, 17.05, 2008					
Pos	Letter	Shot Putt (6.0kg)	Perf	W/S	Pts	Gr	AW	CWG STD
1A	R	Tomos EDWARDS	Carmarthen	14.88		16	G1	<input checked="" type="checkbox"/>
2A	U	Anthony HALLING	Rhondda	10.99		15	G4	<input checked="" type="checkbox"/>
3A	D	Andy HOWELLS	Deeside	7.55		14	G4	

B string		League Record	Brett Morse, Cardiff AAC, 16.34, 2008					
		Welsh Age Group Record	Brett Morse, Cardiff AAC, 17.05, 2008					
Pos	Letter	Shot Putt (6.0kg)	Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared								

A string		League Record	Brett Morse, Cardiff AAC, 58.37, 2008						
		Welsh Age Group Record	Brett Morse, Cardiff AAC, 58.37, 2008						
Pos	Letter	Discus (1.75kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	R	Tomos EDWARDS	Carmarthen	36.70		16	G3	<input checked="" type="checkbox"/>	
2A	U	Anthony HALLING	Rhondda	31.57		15	G4	<input checked="" type="checkbox"/>	

B string		League Record	Brett Morse, Cardiff AAC, 58.37, 2008						
		Welsh Age Group Record	Brett Morse, Cardiff AAC, 58.37, 2008						
Pos	Letter	Discus (1.75kg)		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

A string		League Record	Richie Wells, Swansea Harriers, 55.26, 2007						
		Welsh Age Group Record	Matthew Richards, Swansea Harriers, 58.44, 2005						
Pos	Letter	Hammer (6.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	T	Rhys HODNETT	Cardiff	48.45		16	G3	<input checked="" type="checkbox"/>	
2A	S	James DOBLER	Swansea	36.00		15	G4	<input checked="" type="checkbox"/>	
3A	U	Anthony HALLING	Rhondda	30.79		14	G4	<input checked="" type="checkbox"/>	

B string		League Record	Richie Wells, Swansea Harriers, 55.26, 2007						
		Welsh Age Group Record	Matthew Richards, Swansea Harriers, 58.44, 2005						
Pos	Letter	Hammer (6.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

A string		League Record	Stephen Winter, Brecon AC, 58.43, 2006						
		Welsh Age Group Record	Jonathan Clarke, Swansea Harriers, 68.74, 1986						
Pos	Letter	Javelin (800g)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	G	Jason COPSEY	Cwmbran	52.27		16	G2	<input checked="" type="checkbox"/>	
2A	T	Joshua WILLIAMS	Cardiff	44.87		15	G3	<input checked="" type="checkbox"/>	
3A	U	Anthony HALLING	Rhondda	29.96		14	G4		

B string		League Record	Stephen Winter, Brecon AC, 58.43, 2006						
		Welsh Age Group Record	Jonathan Clarke, Swansea Harriers, 68.74, 1986						
Pos	Letter	Javelin (800g)		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									