

A race		League Record	Susan Bagnall, Deeside AC, 12.3, 2003						
		Welsh Age Group Record	Helin Miles, Cardiff AAC, 11.62, 1985						
Pos	Letter	100m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	S	Chantelle WALKER-JONES	Swansea	13.67	-3.0	16			
2A	T	Danielle MILL	Cardiff	14.16		15			
3A	X	Catrin PHILLIPS	Neath	14.81		14			

B race		League Record	Susan Bagnall, Deeside AC, 12.3, 2003						
		Welsh Age Group Record	Helin Miles, Cardiff AAC, 11.62, 1985						
Pos	Letter	100m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	TT	Lauren REGAN	Cardiff	14.26	-3.0	8			

A race		League Record	Melanie Stephenson, Cardiff AAC, 24.7, 2005						
		Welsh Age Group Record	Michelle Probert, Sale Harriers, 23.6, 1976						
Pos	Letter	200m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	T	Danielle MILL	Cardiff	28.39	-3.9	16			

B race		League Record	Melanie Stephenson, Cardiff AAC, 24.7, 2005						
		Welsh Age Group Record	Michelle Probert, Sale Harriers, 23.6, 1976						
Pos	Letter	200m		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

A race		League Record	Gail Lippett, Wrexham AC, 59.0, 2007						
		Welsh Age Group Record	Sian Morris, Port Talbot, 52.8, 1983						
Pos	Letter	400m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	T	Lauren REGAN	Cardiff	62.10		16		<input checked="" type="checkbox"/>	
2A	S	Rhiannon ANDERSON	Swansea	67.00		15			

B race		League Record	Gail Lippett, Wrexham AC, 59.0, 2007						
		Welsh Age Group Record	Sian Morris, Port Talbot, 52.8, 1983						
Pos	Letter	400m		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

A race		League Record	Kate Wiltshire, Cardiff AAC, 2.17.2, 2006						
		Welsh Age Group Record	Kirsty McDermott, Brecon, 2.04.1, 1981						
Pos	Letter	800m		Perf	W/S	Pts	Gr	AW	CWG STD
1A	S	Rhiannon ANDERSON	Swansea	2:36.90		16			

B race		League Record	Kate Wiltshire, Cardiff AAC, 2.17.2, 2006						
		Welsh Age Group Record	Kirsty McDermott, Brecon, 2.04.1, 1981						
Pos	Letter	800m		Perf	W/S	Pts	Gr	AW	CWG STD

A race		League Record	Helen Williams, Wrexham AC, 4.57.0,							
		Welsh Age Group Record	Non Stanford, Swansea Harriers, 4.23.55, 2004							
Pos	Letter	1500m		Perf	W/S	Pts	Gr	AW	CWG	STD
1A	T	Alice JOHNSTON	Cardiff	5:12.67		16				
2A	S	Rebecca KING	Swansea	5:39.20		15				

B race		League Record	Helen Williams, Wrexham AC, 4.57.0,							
		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	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	,,,							
		Welsh Age Group Record	,,,							
Pos	Letter	2000m Steeplechase		Perf	W/S	Pts	Gr	AW	CWG	STD
No Athlete Declared										

B race		League Record	,,,							
		Welsh Age Group Record	,,,							
Pos	Letter	2000m Steeplechase		Perf	W/S	Pts	Gr	AW	CWG	STD
No Athlete Declared										

A race		League Record	Heather Jones, Carmarthen Harriers, 14.0, 2005							
		Welsh Age Group Record	Bethan Edwards, Cardiff AAC, 13.57, 1992							
Pos	Letter	100m hurdles		Perf	W/S	Pts	Gr	AW	CWG	STD
1A	T	Elinor LEWIS	Cardiff	17.37	-1.4	16		<input checked="" type="checkbox"/>		

B race		League Record	Heather Jones, Carmarthen Harriers, 14.0, 2005							
		Welsh Age Group Record	Bethan Edwards, Cardiff AAC, 13.57, 1992							
Pos	Letter	100m hurdles		Perf	W/S	Pts	Gr	AW	CWG	STD
No Athlete Declared										

		League Record			Anwen Rees, Carmarthen Harriers, 64.0, 2003					
		Welsh Age Group Record			Alyson Evans, Cardiff AAC, 58.37, 1985					
Pos	Letter	400m Hurdles		Perf	W/S	Pts	Gr	AW	CWG	STD
		No Athlete Declared								

		League Record			Anwen Rees, Carmarthen Harriers, 64.0, 2003					
		Welsh Age Group Record			Alyson Evans, Cardiff AAC, 58.37, 1985					
Pos	Letter	400m Hurdles		Perf	W/S	Pts	Gr	AW	CWG	STD
		No Athlete Declared								

		League Record			Deeside, , 51.8, 2003					
		Welsh Age Group Record			,,,					
Pos	Letter	4 x 100 Relay		Perf	W/S	Pts	Gr	AW	CWG	STD
1A	T		Cardiff	55.86		16				

		League Record			,,,					
		Welsh Age Group Record			,,,					
Pos	Letter	4 x 400 Relay		Perf	W/S	Pts	Gr	AW	CWG	STD

A string		League Record			Ceri Stokoe, Swansea Harriers, 1.80,					
		Welsh Age Group Record			Rebecca Jones, Wrexham AC, 1.88, 2002					
Pos	Letter	High Jump		Perf	W/S	Pts	Gr	AW	CWG	STD
1A	D	Alex ELLIOTT	Deeside	1.60		16	G3	<input checked="" type="checkbox"/>		
2A	R	Sophie PICK	Carmarthen	1.45		15	G4			
3A	T	Imogen LEWIS	Cardiff	1.40		14	G4			

B string		League Record			Ceri Stokoe, Swansea Harriers, 1.80,					
		Welsh Age Group Record			Rebecca Jones, Wrexham AC, 1.88, 2002					
Pos	Letter	High Jump		Perf	W/S	Pts	Gr	AW	CWG	STD

A string		League Record	New Lge Record			Lindsey Maund, Swansea Harriers, 3.30, 2005				
		Welsh Age Group Record			Rhian Clarke, Essex Ladies, 3.70, 1996					
Pos	Letter	Pole Vault		Perf	W/S	Pts	Gr	AW	CWG	STD
1A	D	Christina HUGHES	Deeside	3.40		16	G2	<input checked="" type="checkbox"/>		

B string		League Record			Lindsey Maund, Swansea Harriers, 3.30, 2005					
		Welsh Age Group Record			Rhian Clarke, Essex Ladies, 3.70, 1996					
Pos	Letter	Pole Vault		Perf	W/S	Pts	Gr	AW	CWG	STD
		No Athlete Declared								

A string		League Record	Lara Richards, Newport Harriers, 5.58, Lisa Armstrong, Torfaen AC, 6.25, 1992						
Pos	Letter	Long Jump	Perf	W/S	Pts	Gr	AW	CWG	STD
1A	R	Sophie PICK Carmarthen	4.17		16	G4			
2A	A	Kimberley YATES Aberdare	4.03		15	G4			

B string		League Record	Lara Richards, Newport Harriers, 5.58, Lisa Armstrong, Torfaen AC, 6.25, 1992						
Pos	Letter	Long Jump	Perf	W/S	Pts	Gr	AW	CWG	STD
		No Athlete Declared							

A string		League Record	Victoria Lloyd, Pembroke Harriers, 11.04, 2005 Sally Peake, Liverpool, 12.24, 2005						
Pos	Letter	Triple Jump	Perf	W/S	Pts	Gr	AW	CWG	STD
1A	T	Elinor LEWIS Cardiff	9.94		16	G4	<input checked="" type="checkbox"/>		

B string		League Record	Victoria Lloyd, Pembroke Harriers, 11.04, 2005 Sally Peake, Liverpool, 12.24, 2005						
Pos	Letter	Triple Jump	Perf	W/S	Pts	Gr	AW	CWG	STD
1A	TT	Imogen LEWIS Cardiff	8.50		8	G4			

A string		League Record	Sally Hinds, Swansea Harriers, 13.24, 2005 Sally Hinds, Swansea Harriers, 14.72, 2005						
Pos	Letter	Shot Putt (4.0kg)	Perf	W/S	Pts	Gr	AW	CWG	STD
1A	T	Ayla PHILLIPS Cardiff	9.76		16	G3	<input checked="" type="checkbox"/>		
2A	M	Jessica HUDDLESTON Pembroke	9.35		15	G3	<input checked="" type="checkbox"/>		
3A	D	Jenna SHERRATT Deeside	9.27		14	G3	<input checked="" type="checkbox"/>		
4A	SS	Chantelle WALKER-JONES Swansea	8.10		13	G4	<input checked="" type="checkbox"/>		
5A	R	Sophie PICK Carmarthen	6.95		12	G4			

B string		League Record	Sally Hinds, Swansea Harriers, 13.24, 2005 Sally Hinds, Swansea Harriers, 14.72, 2005						
Pos	Letter	Shot Putt (4.0kg)	Perf	W/S	Pts	Gr	AW	CWG	STD
1A	DD	Alex ELLIOTT Deeside	7.39		8	G4			
2A	S	Rebecca KING Swansea	5.26		7.5	G4			

A string		League Record	Faye Calvert, Deeside AC, 38.11, 2006 Philipa Roles, Swansea Harriers, 51.60, 1997						
Pos	Letter	Discus (1.0kg)	Perf	W/S	Pts	Gr	AW	CWG	STD
1A	M	Jessica HUDDLESTON Pembroke	26.20		16	G4	<input checked="" type="checkbox"/>		
2A	D	Jenna SHERRATT Deeside	23.90		15	G4	<input checked="" type="checkbox"/>		
3A	T	Ayla PHILLIPS Cardiff	16.22		14	G4			

B string		League Record		Faye Calvert, Deeside AC, 38.11, 2006					
		Welsh Age Group Record		Philipa Roles, Swansea Harriers, 51.60, 1997					
Pos	Letter	Discus (1.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	DD	Sian JONES	Deeside	13.66		8	G4		

A string		League Record		Nicola Stevenson, Bridgend AC, 45.76, 2006					
		Welsh Age Group Record		Laura Douglas, Sale Harriers, 55.22, 2002					
Pos	Letter	Hammer (4.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	N	Kirstie MILNE	Newport	30.19		16	G4	<input checked="" type="checkbox"/>	
2A	M	Jessica HUDDLESTON	Pembroke	19.54		15	G4		

B string		League Record		Nicola Stevenson, Bridgend AC, 45.76, 2006					
		Welsh Age Group Record		Laura Douglas, Sale Harriers, 55.22, 2002					
Pos	Letter	Hammer (4.0kg)		Perf	W/S	Pts	Gr	AW	CWG STD
No Athlete Declared									

A string		League Record		Lianne Clarke, Neath Harriers, 46.79, 2005					
		Welsh Age Group Record		Lianne Clarke, Cardiff AAC, 50.95, 2004					
Pos	Letter	Javelin (600g)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	R	Sophie PICK	Carmarthen	25.17		16	G4	<input checked="" type="checkbox"/>	
2A	D	Alex ELLIOTT	Deeside	19.45		15	G4		

B string		League Record		Lianne Clarke, Neath Harriers, 46.79, 2005					
		Welsh Age Group Record		Lianne Clarke, Cardiff AAC, 50.95, 2004					
Pos	Letter	Javelin (600g)		Perf	W/S	Pts	Gr	AW	CWG STD
1A	DD	Sian JONES	Deeside	19.17		8	G4		