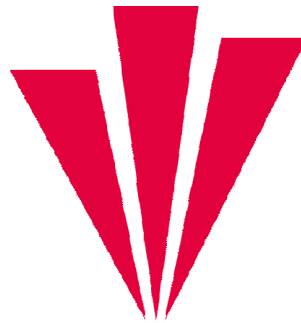


Welsh Athletics
Senior League
Sunday-12-Jul-2009

Spytty Stadium - Newport track

Provisional Results



WELSH ATHLETICS
ATHLETAU CYMRU

League Record Danielle Barker Neath Harriers 12.2 2003

Welsh Record Sallyanne Short / Rachel Johncock Torfaen AC / Colwyn Bay 11.88/11.88w 1984/2009

T18 U17W 100m A String race 1 -1.5 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	S	Catrin Stone	Swansea	13.19	*
2	T	Shaleena Graham	Cardiff	13.68	
3	R	Rhiannon Plant	Carmarthen	14.01	
4	G	Bethan Davies	Cwmbran	14.46	

T18 U17W 100m B String race 1 -1.5 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Megan Jones	Swansea	14.30	
2	TT	Hannah Morris	Cardiff	14.57	
3	GG	Kara Hutchings	Cwmbran	14.59	

League Record Lisa-Marie Edwards Wrexham AC 25.7 2003

Welsh Record Michelle Probert Sale Harriers 23.6 1976

T51 U17W 200m A String race 1 -1.6 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	I	Katie Lewis	Bridgend	27.44	*
2	W	Jade Marvin	Wrexham	28.01	
3	G	Lora James	Cwmbran	28.57	
4	S	Jessica Lacey	Swansea	28.89	
5	T	Shaleena Graham	Cardiff	28.96	

T51 U17W 200m B String race 1 -1.6 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Bethanny Wheddon	Cardiff	30.25	

League Record Megan Rogers Wrexham AC 39.9 2008

Welsh Record Faye Harding Wrexham AC 39.46 2001

T39 U17W 300m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	R	Ffion Rees	Carmarthen	43.28	*
2	S	Jemima Osborn	Swansea	43.66	*
3	G	Lora James	Cwmbran	43.89	*
4	X	Stacey Collins	Neath	44.59	*
5	T	Lauren McCarthy	Cardiff	44.68	*
6	B	Ffion Price	Brecon	46.36	
7	N	Lauren Archer	Newport	48.19	

T39 U17W 300m B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Atlanta Williams	Swansea	43.67	*
2	TT	Lucy Harvey	Cardiff	46.46	

League Record Rebecca Nutall Deeside AAC 1.18.4 2003
 Welsh Record Amanda Pritchard Cardiff AAC 2.07.32 1996

T21 U17W 800m A String race

Pos	Bib	Athlete	Club	Perf	AW
1	S	Elysia Pearson	Swansea	2:22.12	*
2	N	Rebecca Roberts	Newport	2:34.13	
3	R	Jodie Jones	Carmarthen	2:51.66	

T21 U17W 800m B String race

Pos	Bib	Athlete	Club	Perf	AW
1	NN	Delwen Louden	Newport	2:40.07	
2	SS	Rebecca Hall	Swansea	2:56.09	

League Record Kayleigh Brown Carmarthen Harriers 4.45.0 2006
 Welsh Record Non Stanford Swansea Harriers 4.23.55 2004

T45 U17W 1500m A String race

Pos	Bib	Athlete	Club	Perf	AW
1	S	Cerys Morgan	Swansea	5:03.81	*

League Record Natasha Cockram Cwmbran Harriers 10.04.84 2009
 Welsh Record Non Stanford Swansea Harriers 9.22.84 2004

T10 U17W 3000m A String race

Pos	Bib	Athlete	Club	Perf	AW
1	B	Ffion Price	Brecon	10:31.83	*

League Record Catrin Lewis Carmarthen Harriers 6.18.35 2009
 Welsh Record Angharad Davies Carmarthen Harriers 5.24.32 2007

NEW LEAGUE RECORD

T30 U17W 1500m Steeplechase A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	B	Rhian Price	Brecon	5:35.80	
2	S	Katie Reynolds	Swansea	5:37.50	

League Record Heather Jones Carmarthen Harriers 11.3 2003
 Welsh Record Heather Jones Carmarthen Harriers 11.27 2003

T36 U17W 80m hurdles A String race 1 -3.4 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	X	Stacey Collins	Neath	12.57	*
2	S	Kimberley Davies	Swansea	12.73	*
3	W	Jade Marvin	Wrexham	13.19	*

T36 U17W 80m hurdles B String race 1 -3.4 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Gemma Seaman	Swansea	14.22	

League Record Megan Rogers Wrexham AC 44.89 2009
 Welsh Record Caryl Granville Carmarthen Harriers 42.65 2006

T6 U17W 300m Hurdles A String race 1 -3.4 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	S	Atlanta Williams	Swansea	47.84	*
2	R	Rhiannon Plant	Carmarthen	50.02	*

T6 U17W 300m Hurdles B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Sophie Lane	Swansea	51.55	*

League Record Swansea Harriers 50.4 2007
 Welsh Record

T57 U17W 4 x 100 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	S	Jones, Davies, Seaman, Stone	Swansea	53.13	
2	T	Graham, Wheddon, McCarthy, Harriet	Cardiff	54.96	

League Record (Williams, Pearson, Hall, Morgan) Swansea Harriers 3.02.30 2009
 Welsh Record ***4 x 400m relay run not 4x300m***

NEW LEAGUE RECORD

T63 U17W 4 x 300 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	S	Morgan, Osborne, Pearson, Williams	Swansea	4:14.19	*
2	T	McCarthy, Harvey, Morris, Graham	Cardiff	4:28.26	

League Record Elin Evans Carmarthen Harriers 1.62
 Welsh Record Lea Haggett Herne Hill Harriers 1.81 1986

F18 U17W High Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Kimberley Davies	Swansea	1.5	*
2	M	Helena Madan	Pembroke	1.45	*
3	T	Hannah Morris	Cardiff	1.25	

F18 U17W High Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Jessica Lacey	Swansea	1.40	

League Record Rebecca Davies Deeside AAC 3.55 2009
 Welsh Record Christina Hughes Deeside AAC 3.60 2008

F9 U17W Pole Vault

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Naomi James	Swansea	3.30	*
2	I	Rhianydd Llewellyn	Bridgend	3.20	*

League Record Sarah Dacey Swansea Harriers 5.59 2007
 Welsh Record Lisa Armstrong Torfaen AC 6.01 1990

F12 U17W Long Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	R	Ffion Rees	Carmarthen	5.28	*
2	I	Katie Lewis	Bridgend	4.83	*
3	G	Natasha Lewis	Cwmbran	4.55	
4	S	Gemma Seaman	Swansea	4.32	
5	W	Jade Marvin	Wrexham	4.29	
6	B	Rhian Price	Brecon	4.11	

F12 U17W Long Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Bethan Jones	Swansea	3.25	

League Record Amy Bradley Cwmbran Harriers 11.06 2009
 Welsh Record Jayne Ludlow Cardiff AAC 12.14 1994

F33 U17W Triple Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Sophie Lane	Swansea	9.97	*
2	B	Ffion Price	Brecon	8.71	

F33 U17W Triple Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Megan Eynon	Swansea	8.49	

League Record Sally Hinds Swansea Harriers 11.47 2002
 Welsh Record Philipa Roles Swansea Harriers 13.65 1994

F27 U17W Shot Putt (4.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Toni Wells	Swansea	10.15	*
2	M	Lucy Griffiths	Pembroke	9.70	*
3	RR	Rhiannon Plant	Carmarthen	7.92	*
4	G	Rachel Bevan	Cwmbran	6.90	

F27 U17W Shot Putt (4.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	MM	Helena Madan	Pembroke	8.57	*
2	R	Ffion Rees	Carmarthen	7.26	*
3	SS	Neven Korashi	Swansea	6.45	

League Record Ella Newington Swansea Harriers 34.41 2003
 Welsh Record Philipa Roles Swansea Harriers 48.88 1994

F42 U17W Discus (1.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Toni Wells	Swansea	31.93	*
2	M	Lucy Griffiths	Pembroke	26.49	*
3	G	Rachel Bevan	Cwmbran	22.02	*

F42 U17W Discus (1.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Bethan Jones	Swansea	15.00	

League Record Toni Wells Swansea Harriers 49.92 2009
 Welsh Record Toni Wells Swansea Harriers 51.77p 2009

F21 U17W Hammer (4.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Toni Wells	Swansea	49.63	*
2	I	Hannah Greenslade	Bridgend	30.02	*
3	M	Helena Madan	Pembroke	24.73	*

F21 U17W Hammer (4.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Neven Korashi	Swansea	27.32	*

League Record Lianne Clarke Neath Harriers 44.40 2003
 Welsh Record Lianne Clarke Neath Harriers 45.55 2003

F30 U17W Javelin (600g)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	G	Rachel Bevan	Cwmbran	32.16	*
2	N	Naomi Wadley-Williams	Newport	29.74	*
3	M	Zoe Priestley	Pembroke	29.56	*
4	X	Elin Phillips	Neath	24.75	*
5	S	Kathryn Phillips	Swansea	22.33	
6	I	Katie Lewis	Bridgend	20.93	
7	R	Jodie Jones	Carmarthen	15.45	

F30 U17W Javelin (600g)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Bethan Jones	Swansea	14.83	

League Record Susan Bagnall Deeside AAC 12.3 2003
 Welsh Record Helin Miles Cardiff AAC 11.62 1985

T17 U20W 100m A String race 1 -2.7 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	S	Chantelle Walker-Jones	Swansea	13.38	
2	N	Jodie Heywood	Newport	13.56	
3	T	Hannah Clarke	Cardiff	15.76	

T17 U20W 100m B String race 1 -2.7 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	NN	No Athlete Declared	Newport	16.33	

League Record Melanie Stephenson Cardiff AAC 24.7 2005
 Welsh Record Michelle Probert Sale Harriers 23.60 1976

T50 U20W 200m A String race 1 -1.1 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	T	Lauren Regan	Cardiff	27.64	
2	N	Lauren O'Reilly	Newport	27.93	
3	G	Benytta Doman	Cwmbran	28.62	

T50 U20W 200m B String race 1 -1.1 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Hannah Clarke	Cardiff	28.04	
2	NN	Jodie Heywood	Newport	35.47	

League Record Gail Lippett Wrexham AC 59.00 2007
 Welsh Record Sian Morris Port Talbot 52.80 1983

T38 U20W 400m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	G	Benytta Doman	Cwmbran	60.38	*
2	R	Angharad Davies	Carmarthen	61.90	*
3	T	Hannah Clarke	Cardiff	64.45	*
4	N	Antonia Yorkshire (U17)	Newport	64.80	*
5	S	Rhiannon Anderson	Swansea	67.57	

League Record Kate Wiltshire Cardiff AAC 2.17.12 2006
 Welsh Record Kirsty McDermott Brecon AC 2.04.1 1981

T20 U20W 800m A String race

Pos	Bib	Athlete	Club	Perf	AW
1	R	Angharad Davies	Carmarthen	2:22.38	*
2	S	Rebecca King	Swansea	2:31.95	

T21 U17W 800m B String race

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Rhiannon Anderson	Swansea	2:36.83	

League Record Helen Williams Wrexham AC 4.57.0
 Welsh Record Non Stanford Swansea Harriers 4.23.55 2004

T44 U20W 1500m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	T	Gwenno Brown	Cardiff	5:04.90	*
2	S	Rebecca King	Swansea	5:30.40	

League Record
 Welsh Record Non Stanford Swansea Harriers 9.22.84 2004

T8 U20W 3000m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	T	Gwenno Brown	Cardiff	10:40.43	*

League Record Heather Jones Carmarthen Harriers 14.00 2005
 Welsh Record Bethan Edwards Cardiff AAC 13.57 1992

T35 U20W 100m hurdles A String race 1 -4.5 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	N	Lauren O'Reilly	Newport	16.40	*
2	T	Elinor Lewis	Cardiff	17.70	*

T35 U20W 100m hurdles B String race 1 -4.5 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Abbey Gutteridge	Cardiff	21.40	
2	NN	Antonia Yorkshire (U17)	Newport	DNF	

League Record Anwen Rees Carmarthen Harriers 64.0 2003
 Welsh Record Alyson Evans Cardiff AAC 58.37 1985

T5 U20W 400m Hurdles A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	N	Antonia Yorkshire (U17)	Newport	71.82	
2	T	Abbey Gutteridge	Cardiff	82.75	

League Record Deeside 51.80 2003
 Welsh Record

T56 U20W 4 x 100 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	T	Clarke, Regan, Gutteridge, Lewis	Cardiff	53.33	

League Record No Record set
 Welsh Record

NEW LEAGUE RECORD

T62 U20W 4 x 400 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	T	Clarke, Regan, Brown, Gutteridge	Cardiff	4:23.85	*

League Record Ceri Stokoe Swansea Harriers 1.80
 Welsh Record Rebecca Jones Wrexham AC 1.88 2002

F17 U20W High Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Kimberley Davies	Swansea	1.50	*
2	M	Helena Madan	Pembroke	1.45	
3	T	Hannah Morris	Cardiff	1.25	

F17 U20W High Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Jessica Lacey	Swansea	1.40	

League Record Christina Hughes Deeside AAC 3.40 2009
 Welsh Record Rhian Clarke Essex Ladies 3.70 1996

NEW LEAGUE RECORD

F8 U20W Pole Vault

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	T	Elinor Lewis	Cardiff	3.50	*

League Record Lara Richards Newport Harriers 5.58
 Welsh Record Lisa Armstrong Torfaen AC 6.25 1992

F11 U20W Long Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	N	Rhiannon Yates	Newport	5.35	*

F11 U20W Long Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	NN	Lauren O'Reilly	Newport	5.12	*

League Record Victoria Lloyd Pembroke Harriers 11.04 2005
 Welsh Record Sally Peake Liverpool 12.24 2005

F32 U20W Triple Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	T	Elinor Lewis	Cardiff	9.32	*

F32 U20W Triple Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Abbey Gutteridge	Cardiff	8.13	

League Record Sally Hinds Swansea Harriers 13.24 2005

Welsh Record Sally Hinds Swansea Harriers 14.72 2005

F26 U20W Shot Putt (4.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Sarah Dacey	Swansea	7.40	
2	NN	Jodie Heywood	Newport	3.70	

F26 U20W Shot Putt (4.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Rachel Rees	Swansea	6.05	

League Record Nicola Stevenson Bridgend AC 45.76 2006

Welsh Record Laura Douglas Sale Harriers 55.22 2002

F20 U20W Hammer (4.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	N	Kirstie Milne	Newport	31.15	*

League Record Lianne Clarke Neath Harriers 46.79 2005

Welsh Record Lianne Clarke Cardiff AAC 50.95 2004

F29 U20W Javelin (600g)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	N	Lauren O'Reilly	Newport	17.20	
2	S	Sarah Dacey	Swansea	16.26	

F29 U20W Javelin (600g)

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Rachel Rees	Swansea	8.98	

League Record Sallyanne Short Torfaen AC 11.9 1987
 Welsh Record Sallyanne Short Torfaen AC 11.39 1992

T16 SW 100m A String race 1 -2.7 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	T	Lorraine Graham-Mulvaney	Cardiff	13.60	
2	S	Sian Davies	Swansea	13.92	
3	V	Kayleigh Swan	Llanelli	15.00	

League Record Sallyanne Short Torfaen AC 24.4 1987
 Welsh Record Michelle Scutt Sale Harriers 22.8 1982

T49 SW 200m A String race 1 -1.1 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	S	Sian Davies	Swansea	28.80	

League Record Anne Middle Newport Harriers 55.2 1991
 Welsh Record Michelle Scutt Sale Harriers 50.63 1982

T37 SW 400m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	V	Emily Downey	Llanelli	65.10	
2	S	Lyndsey Dodds	Swansea	67.10	
3	A	Helen Williams	Aberdare	2:03.20	

League Record Samantha Porter Cardiff AAC 2.11.1 1989
 Welsh Record Kirsty MaDermott Bristol 1.57.42 1985

T19 SW 800m A String race

Pos	Bib	Athlete	Club	Perf	AW
1	V	Emily Downey	Llanelli	2:30.48	
2	M	Helen Thomas	Pembroke	2:39.08	
3	U	Ann Folan	Rhondda	3:13.05	

League Record Hayley Nash Swansea Harriers 4.24.4 1987
 Welsh Record Hayley Tullett Swansea Harriers 3.59.95 2000

T43 SW 1500m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	V	Jenny Phillips	Llanelli	5:07.10	

League Record Angela Tooby Cardiff AAC 9.35.0 1983
 Welsh Record Hayley Tullett Swansea Harriers 8.45.39 2000

T7 SW 3000m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	U	Ann Folan	Rhondda	13:35.54	

League Record Michelle Cook Swansea Harriers 59.9 1988
 Welsh Record Alyson Layzell Cheltenham Harriers 56.43 1996

T4 SW 400m Hurdles A String race 1 -1.7 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	S	Anwen Rees	Swansea	65.29	*

League Record Torfaen AC 49.1 1987
 Welsh Record Wales 45.37 1986

T55 SW 4 x 100 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	V	Downey, Jones, Phillips, Steadman	Llanelli	55.9	

League Record Cardiff AAC 4.00.5 1987
 Welsh Record Wales 3.35.60 1982

T61 SW 4 x 400 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	V	Downey, Jones, Swan, Steadman	Llanelli	4:35.44	

League Record Ceri Stokoe Swansea Harriers 1.75 2009

Welsh Record Julie Crane Sale Harriers 1.89 2004

EQUAL LEAGUE RECORD

F16 SW High Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Ceri Stoke	Swansea	1.75	*
2	W	Amanda Wale	Wrexham	1.35	

F16 SW High Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Jo Davies	Swansea	1.10	

League Record Lyndsey Maund Swansea Harriers 3.40 2003

Welsh Record Rhian Clarke Essex Ladies 4.15 2002

F7 SW Pole Vault

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Lyndsey Maund	Swansea	3.60	*

League Record Gillian Regan Cardiff AAC 6.18 1981

Welsh Record Gill Regan Cardiff AAC 6.52 1982

F10 SW Long Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	V	Donna Jones	Llanelli	4.84	*
2	W	Amanda Wale	Wrexham	4.77	*

F10 SW Long Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	VV	Kara Steadman	Llanelli	4.25	

League Record Jayne Ludlow Cardiff AAC 11.76 1994

Welsh Record Sara Barry Cardiff AAC 12.75p 2009

F31 SW Triple Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	V	Donna Jones	Llanelli	10.64	*

F31 SW Triple Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	VV	Kara Steadman	Llanelli	9.46	

League Record Vanissa Head Cardiff AAC 18.93 1984
 Welsh Record Vanissa Head Cardiff AAC 18.93 1984

F25 SW Shot Putt (4.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	A	Louise Ali	Aberdare	9.72	*
2	W	Amanda Wale	Wrexham	9.07	*
3	N	Lisa Boswell	Newport	8.81	*
4	M	Karen Llewelin	Pembroke	8.49	*
5	D	Beverley Jones	Deeside	8.32	*
6	B	Lily Snape	Brecon	7.04	

F25 SW Shot Putt (4.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	MM	Tracy Llewelin	Pembroke	6.65	

League Record Vanissa Head Cardiff AAC 62.02 1984
 Welsh Record Vanissa Head Cardiff AAC 64.68 1983

F40 SW Discus (1.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	A	Louise Ali	Aberdare	37.15	*
2	M	Karen Llewelin	Pembroke	26.05	*
3	D	Beverley Jones	Deeside	23.56	
4	B	Lily Snape	Brecon	23.12	
5	S	Jo Davies	Swansea	19.98	
6	N	Lisa Boswell	Newport	18.54	

F40 SW Discus (1.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	MM	Tracy Llewelin	Pembroke	25.25	*

League Record Carys Parry Rhondda AC 56.96 2005

Welsh Record Carys Parry Rhondda 66.31 2008

F19 SW Hammer (4.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	N	Lisa Boswell	Newport	36.63	*
2	M	Karen Llewelin	Pembroke	26.35	*
3	B	Julie Driscoll	Brecon	25.90	*
4	S	Jo Davies	Swansea	21.38	

F19 SW Hammer (4.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	BB	Lily Snape	Brecon	22.10	
2	MM	Tracy Llewelin	Pembroke	18.40	

League Record Karen Hough Swansea Harriers 47.94 1984

Welsh Record Lianne Clarke Cardiff AAC 52.68 2007

F28 SW Javelin (600g)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Jo Davies	Swansea	30.11	*
2	W	Amanda Wale	Wrexham	25.36	*
3	M	Karen Llewelin	Pembroke	16.99	

F28 SW Javelin (600g)

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Sian Davies	Swansea	19.98	

League Record Lloyd Reffell Cardiff AAC 11.2 2005

Welsh Record Tim Benjamin / Andrew Watkins Cardiff AAC / Cwmbran H 10.71 1998 / 2003

T15 U17M 100m A String race 1 -1.9 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	F	Jamie Sexton	Barry & Vale	11.47	*
2	T	Jamaul Whyte	Cardiff	11.49	*
3	R	Lewis Evans	Carmarthen	11.94	*
4	X	Sam Jones	Neath	12.19	
5	B	Josh Francis	Brecon	12.36	

T15 U17M 100m A String race 2 -3.6 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	N	Oliver Edwards	Newport	11.72	*
2	G	Lewis Hinwood	Cwmbran	11.94	*
3	S	Evan Jenkins	Swansea	12.33	
4	I	Matt Russell	Bridgend	12.52	
5	D	Mark Thomas	Deeside	12.55	

T15 U17M 100m B String race 1 -3.6 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	FF	Tom Phillips	Barry & Vale	12.14	
2	TT	Daran Hassan	Cardiff	12.15	
3	RR	Glen Elsdon	Carmarthen	12.15	
4	NN	No Athlete Declared	Newport	12.41	
5	GG	Conal Davies	Cwmbran	12.68	
6	XX	Shane Jones	Neath	12.74	
7	SS	Chris Davies	Swansea	12.81	

League Record Thomas Cusworth Wrexham AC 22.5 2008

Welsh Record Tim Benjamin Cardiff AAC 21.19 1998

T54 U17M 200m A String race 1 -3.6 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	G	Lewis Hinwood	Cwmbran	23.44	*
2	N	Oliver Edwards	Newport	23.51	*
3	S	Evan Jenkins	Swansea	24.24	*
4	R	Lewis Evans	Carmarthen	24.79	
5	F	Tom Phillips	Barry & Vale	25.12	
6	D	Mark Thomas	Deeside	25.19	
7	B	Adam Jones	Brecon	25.63	
8	T	Osian Hughes	Cardiff	25.65	

T54 U17M 200m B String race 1 -1.9 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	NN	No Athlete Declared	Newport	25.05	
2	TT	Michael Johnson	Cardiff	25.81	
3	SS	Chris Davies	Swansea	26.07	

League Record Paul Bennett Carmarthen Harriers 50.70 2009

Welsh Record Bruce Tasker Carmarthen Harriers 47.85 2004

T42 U17M 400m

A String race 1

Pos		Athlete	Club		AW
1	S	Chris Davies	Swansea	56.79	
2	N	Ben McEwan	Newport	57.12	
3	T	Ben Jones	Cardiff	64.64	

T42 U17M 400m

B String race 1

Pos		Athlete	Club		AW
1	NN	Emrys Penny	Newport	58.32	
2	SS	Paul Tobin	Swansea	61.40	

League Record Rob Lightfoot Wrexham AC 1.57.7 2003

Welsh Record Neil Horsefield Newport Harriers 1.51.6 1983

T24 U17M 800m

A String race

Pos		Athlete	Club		AW
1	G	Kieran Stephens	Cwmbran	2:04.58	*
2	M	Matthew Richards	Pembroke	2:07.70	*
3	B	Adam Jones	Brecon	2:07.94	*
4	N	Ben McEwan	Newport	2:08.01	*
5	S	Sean White	Swansea	2:09.17	*
6	T	Alex Coomber	Cardiff	2:15.38	
7	R	Luke Clements	Carmarthen	2:16.24	

T21 U17W 800m

B String race

Pos		Athlete	Club		AW
1	NN	Emrys Penny	Newport	2:08.79	*
2	SS	Grant Westcott	Swansea	2:12.03	

League Record David Jones Carmarthen Harriers 4.07.0
 Welsh Record Colin Clarkson Swansea Harriers 3.51.5 1977

T48 U17M 1500m A String race 1

Pos		Athlete	Club		AW
1	GG	James Hanrahan	Cwmbran	4:19.56	*
2	T	Joe Whitmarsh-Knight	Cardiff	4:35.35	
3	S	Matthew Thomas	Swansea	4:35.97	
4	R	Davy Lewis	Carmarthen	5:23.38	

T48 U17M 1500m B String race

Pos		Athlete	Club		AW
1	G	Dave Banwell-Clode	Cwmbran	4:34.00	*
2	SS	Grant Westcott	Swansea	4:53.91	

League Record Ben Jenkins Swansea Harriers 10.33.59 2009
 Welsh Record Colin Clarkson Swansea Harriers 8.25.2 1977

T9 U17M 3000m A String race 1

Pos		Athlete	Club		AW
1	T	Lloyd Bradley	Cardiff	10:35.87	
2	N	Tyrone Fowler	Newport	10:56.39	
3	S	Sam Joseph	Swansea	11:08.71	

League Record Dafydd Walters Carmarthen Harriers 13.8 2007
 Welsh Record David Guest Bridgend AC 12.94 2007

T33 U17M 100m hurdles A String race 1 -0.7 m/s

Pos		Athlete	Club		AW
1	T	Jamaul Whyte	Cardiff	14.55	*
2	M	Dominic Coleman	Pembroke	15.29	*
3	R	Glen Elsdon	Carmarthen	15.61	*
4	SS	Michael Davies	Swansea	17.01	

T33 U17M 100m hurdles B String race 1 -0.7 m/s

Pos		Athlete	Club		AW
1	TT	Nathan Lawrence	Cardiff	16.15	

League Record Gareth Sutcliffe Cardiff AAC 58.0 2005
 Welsh Record Mark Rowlands Swansea Harriers 53.30 1994

T3 U17M 400m Hurdles A String race 1 -0.2 m/s

Pos		Athlete	Club		AW
2	F	Tom Phillips	Barry & Vale	60.8	*
2	S	Josh Sansom	Swansea	61.23	*
3	X	Shane Jones	Neath	64.13	*
4	G	Freddie Naseiyan	Cwmbran	64.52	*
5	M	Matthew Richards	Pembroke	65.40	

League Record Cardiff AAC 45.2 2002
 Welsh Record

T60 U17M 4 x 100 Relay Race 1

Pos		Athlete	Club		AW
1	N	Penny, McEwan, Payne, Edwards	Newport	46.90	*
2	T	Hassan, Johnson, Whyte, Hughes	Cardiff	48.10	
3	G	C Davies, Stephens, Naseiyan, Hinwood	Cwmbran	48.80	
4	S	White, A Thomas, Tobin, E Jenkins	Swansea	50.10	

League Record (Naseiyan, Edwards, Stephens, Price) Cwmbran Harriers 3.42.37 2009
 Welsh Record

T66 U17M 4 x 400 Relay Race 1

Pos		Athlete	Club		AW
1	G	Naseiyan, Hinwood, Stephens, Hanrahan	Cwmbran	3:47.48	*
2	S	Tobin, C Davies, White, M Davies	Swansea	3:56.07	*

League Record Sam Hood Cardiff AAC 2.05
 Welsh Record Chuka Enih-Snell Swansea Harriers 2.15 2000

F39 U17M High Jump A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	F	Jamie Sexton	Barry & Vale	1.80	*
2	S	Ben Jenkins	Swansea	1.75	*
3	T	Jamaul Whyte	Cardiff	1.70	*
4	W	Daniel Hodgson	Wrexham	1.70	*
5	M	Christian Thomas	Pembroke	1.65	*

F39 U17M High Jump B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Nathan Lawrence	Cardiff	1.55	

League Record Paul Walker Cardiff AAC 4.25
 Welsh Record Neil Winter Shaftesbury 5.20 1990

F6 U17M Pole Vault A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	W	Daniel Hodgson	Wrexham	3.90	*
2	R	Emyr Jones	Carmarthen	3.80	*
3	S	Morgan Atkins	Swansea	2.80	*

League Record Ricardo Childs Brecon AC 6.88 2001
 Welsh Record Marcus Browning Chester AC 7.11 1986

F24 U17M Long Jump A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	N	Michael Payne	Newport	6.07	*
2	FF	Jamie Sexton	Barry & Vale	5.92	*
3	M	Dominic Coleman	Pembroke	5.81	*
4	R	Lewis Evans	Carmarthen	5.39	
5	T	Calum Stout	Cardiff	5.31	
6	D	Mark Thomas	Deeside	5.29	
7	SS	Michael Davies	Swansea	4.56	

F24 U17M Long Jump B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	RR	Glen Elsdon	Carmarthen	5.38	
2	F	Tom Phillips	Barry & Vale	5.28	
3	S	Sam Joseph	Swansea	4.26	

League Record Craig Phillips Deeside AAC 13.51 2002
 Welsh Record Steven Shalders Cardiff AAC 15.14 1998

F48 U17M Triple Jump A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	N	Ashley Jones	Newport	12.00	*
2	T	Calum Stout	Cardiff	11.19	*
3	S	Michael Davies	Swansea	9.88	

League Record Tom Edwards Carmarthen Harriers 15.37 2008

Welsh Record Mark Hewer Cardiff AAC 16.93 1979

F15 U17M Shot Putt (5.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	G	Josh Bussell	Cwmbran	13.36	*
2	R	Jon Llewellyn	Carmarthen	11.79	*
3	B	Dan Bowen	Brecon	11.05	*
4	M	Jonathan Stowell	Pembroke	10.49	*
5	N	Lewis Jones	Newport	10.39	*
6	T	Ryan Leonard	Cardiff	9.95	
7	S	Alex Thomas	Swansea	9.81	

League Record Glenn Williams Cardiff AAC 48.38

Welsh Record Gareth Bull Cardiff AAC 48.93 2001

F36 U17M Discus (1.5kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	T	Ryan Leonard	Cardiff	35.18	*
2	G	Josh Bussell	Cwmbran	34.34	*
3	M	Jonathan Stowell	Pembroke	31.39	*
4	S	Alex Thomas	Swansea	26.78	*
5	N	Lewis Jones	Newport	20.62	
6	D	Kyle Davies	Deeside	20.38	

F36 U17M Discus (1.5kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	MM	Gareth Morgan	Pembroke	19.03	

League Record Rhys Hodnett Cardiff AAC 55.85 2007

Welsh Record Shaun Pickering Haringey 62.12 1978

F3 U17M Hammer (5.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	B	Dan Bowen	Brecon	31.44	*
2	M	Jonathan Stowell	Pembroke	27.84	*
3	N	Lewis Jones	Newport	26.97	*

League Record Jon Llewellyn Carmarthen Harriers 56.51 2008

Welsh Record Colin MacKenzie East Kent 70.30 1979

NEW LEAGUE RECORD

F45 U17M Javelin (700g)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	R	Jon Llewellyn	Carmarthen	60.17	*
2	T	Ryan Leonard	Cardiff	45.53	*
3	B	Josh Francis	Brecon	31.50	
4	N	James Morgan	Newport	28.87	
5	D	Kyle Davies	Deeside	28.87	
6	M	Gareth Morgan	Pembroke	15.96	

F45 U17M Javelin (700g)

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Bradley Cole	Cardiff	34.90	

League Record Calvin McLaggon Barry & Vale H 10.9 2003
 Welsh Record Christian Malcolm Cardiff AAC 10.12 1998

T14 U20M 100m A String race 1 -1.9 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	R	Paul Bennett	Carmarthen	11.45	*
2	T	Chris Howe	Cardiff	11.51	*
3	N	Lemarl Freckleton	Newport	11.72	
4	D	Jack Gronow	Deeside	11.73	
5	S	Jamie Price	Swansea	11.74	
6	F	Curtis Matthews	Barry & Vale	12.03	
7	W	Daniel Williams (U17)	Wrexham	12.03	
8	M	James Tyler	Pembroke	13.93	

T14 U20M 100m A String race 2 -2.2 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	A	Gareth Baker	Aberdare	13.37	

T14 U20M 100m B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Tom Knight	Cardiff	11.73	
2	WW	James Rich (U17)	Wrexham	12.64	
3	RR	Dafydd Williams	Carmarthen	12.64	
4	SS	Ben Davies	Swansea	12.66	
5	DD	Ashley Steele	Deeside	13.01	

League Record Calvin McLaggon Barry & Vale H 22.20 2003
 Welsh Record Christian Malcolm Cardiff AAC 20.29 1998

T53 U20M 200m A String race 1 -1.9 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	T	Rhys Knapman	Cardiff	23.30	*
2	S	Jamie Price	Swansea	23.42	*
3	N	Lemarl Freckleton	Newport	23.89	
4	G	Craig Godsall	Cwmbran	25.97	
5	A	Gareth Baker	Aberdare	26.89	
6	M	James Tyler	Pembroke	31.36	

T53 U20M 200m B String race 1 -1.9 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Nathan Felvus	Cardiff	23.36	*
2	SS	Gary Piazzon	Swansea	25.43	

League Record Nathan Felvus Cardiff AAC 50.00 2009
 Welsh Record Tim Benjamin Cardiff AAC 46.10 2001

T41 U20M 400m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	R	Paul Bennett	Carmarthen	50.23	*
2	T	Sam Conway	Cardiff	50.85	*
3	G	Craig Godsall	Cwmbran	55.77	
4	W	James Rich (U17)	Wrexham	55.89	
5	A	Craig Sprod	Aberdare	56.39	
6	S	Gary Piazzon	Swansea	57.99	
7	D	Tom Snowdon	Deeside	58.03	

T41 U20M 400m B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Jamie Gutteridge	Cardiff	51.99	*
2	RR	Gerwyn Slinger	Carmarthen	52.05	*
3	WW	Daniel Williams (U17)	Wrexham	54.72	
4	AA	Daniel Bodman	Aberdare	58.40	

League Record Stephen Richards Swansea Harriers 1.58.2 2003
 Welsh Record Paul Williams Barry & Vale H 1.48.20 1986

NEW LEAGUE RECORD

T23 U20M 800m A String race

Pos	Bib	Athlete	Club	Perf	AW
1	T	Konstantinos Karras	Cardiff	1:57.85	*
2	R	Gerwyn Slinger	Carmarthen	1:59.61	*
3	D	Phil Edge	Deeside	2:03.12	*
4	N	Nathan Hardee	Newport	2:04.00	*
5	WW	James Roberts (U17)	Wrexham	2:05.51	*
6	AA	Daniel Bodman	Aberdare	2:14.15	
7	S	Jordan Brock	Swansea	2:19.46	

T23 U20M 800m B String race

Pos	Bib	Athlete	Club	Perf	AW
1	W	Tom Czismadia	Wrexham	2:08.71	
2	DD	Tom Snowdon	Deeside	2:20.39	
3	A	Dafydd Jones	Aberdare	2:21.90	

League Record Tom Marshall Brecon AC 4.05.6 2007
 Welsh Record Neil Horsefield Newport Harriers 3.44.59 1984

T47 U20M 1500m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	T	Declan Evans	Cardiff	4:16.20	*
2	D	Phil Edge	Deeside	4:18.00	*
3	W	James Roberts (U17)	Wrexham	4:39.01	

T47 U20M 1500m B String race

Pos	Bib	Athlete	Club	Perf	AW
1	DD	Andrew Bromley	Deeside	4:40.58	
2	TT	Kyle Garrison	Cardiff	5:26.86	

League Record

Welsh Record Andrew Rogers Leeds AC 8.12.6 1983

T12 U20M 3000m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	G	Alex Edwards	Cwmbran	9:07.68	*
2	A	Daniel Bodman	Aberdare	9:39.14	*
3	D	Andrew Bromley	Deeside	9:43.57	

League Record Gareth Jones Swansea Harriers 6.40.4 2003

Welsh Record Mickey Morris Cwmbran Harriers 5.34.8 1975

T26 U20M 3000m Steeplechase

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	R	Michael Kallenberg	Carmarthen	10:42.33	*

League Record Dafydd Walters Carmarthen Harriers 14.9 2008

Welsh Record Colin Jackson Cardiff AAC 13.44 1986

T32 U20M 110m hurdles

A String race 1 -2.2 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	R	Dafydd Walters	Carmarthen	16.10	*

League Record Luke Morgan Cardiff AAC 58.0 2008

Welsh Record David Greene Swansea Harriers 51.14 2005

T2 U20M 400m Hurdles

A String race 1 -0.3 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	R	Dafydd Walters	Carmarthen	59.92	*
2	S	Jordan Brock	Swansea	63.61	

T2 U20M 400m Hurdles

B String race 1 -0.3 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Chris Kilner	Swansea	65.36	

League Record Cardiff AAC 46.3 2000

Welsh Record 1976

NEW LEAGUE RECORD

T59 U20M 4 x 100 Relay

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	T	Howe, Knight, Knapman, Felvus	Cardiff	45.68	*
2	S	Wells, Davies, Piazzon, Price	Swansea	47.67	
3	D	Snowdon, Howells, Steele, Gronow	Deeside	49.24	
4	A	Baker, Jones, Bodman, Sprod	Aberdare	53.97	

League Record (Gutteridge, Evans, Felvus, Conway) Cardiff AAC 3.35.71 2009

Welsh Record

NEW LEAGUE RECORD

T65 U20M 4 x 400 Relay

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	T	Gutteridge, Conway, Evans, Karras	Cardiff	3:35.03	*
2	D	Snowdon, Edge, Bromley, Howells	Deeside	4:19.26	

League Record Gareth Haines Carmarthen Harriers 1.98
 Welsh Record John Hill Solihull 2.24 1985

F38 U20M High Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	F	Curtis Matthews	Barry & Vale	1.85	*
2	S	Robby Wells	Swansea	1.80	*
3	N	Lemarl Freckleton	Newport	1.70	*

F38 U20M High Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Ben Davies	Swansea	1.75	*

League Record Ricardo Childs Brecon AC 7.09 2003
 Welsh Record Colin Jackson Cardiff AAC 7.56 1985

F23 U20M Long Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	F	Curtis Matthews	Barry & Vale	6.39	*
2	S	Robby Wells	Swansea	5.90	*
3	R	Dafydd Williams	Carmarthen	5.55	
4	W	Tom Czismadia	Wrexham	4.95	
5	A	Gareth Baker	Aberdare	4.29	

League Record Adam Williams Menai T&F 14.05 2007
 Welsh Record Steven Shalders Cardiff AAC 15.99 2000

F47 U20M Triple Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	RR	Dafydd Williams	Carmarthen	12.28	*
2	S	Jordan Brock	Swansea	10.70	
3	A	Daniel Bodman	Aberdare	10.13	
4	W	Tom Czismadia	Wrexham	10.04	

F47 U20M Triple Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	R	Paul Bennett	Carmarthen	11.53	*

League Record Brett Morse Cardiff AAC 16.34 2008
 Welsh Record Brett Morse Cardiff AAC 17.05 2008

F14 U20M Shot Putt (6.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	R	Tomos Edwards	Carmarthen	13.35	*
2	U	Anthony Halling	Rhondda	11.22	*
3	W	Tom Czismadia	Wrexham	7.54	

F14 U20M Shot Putt (6.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	UU	Ashley Andrews	Rhondda	11.10	*
2	WW	James Rich (U17)	Wrexham	6.39	

League Record Brett Morse Cardiff AAC 58.37 2008
 Welsh Record Brett Morse Cardiff AAC 58.37 2008

F35 U20M Discus (1.75kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	T	Jacob Matthews	Cardiff	48.35	*
2	R	Tomos Edwards	Carmarthen	38.47	*
3	UU	Ashley Andrews	Rhondda	32.69	*
4	D	Kaymen Howells	Deeside	16.61	

F35 U20M Discus (1.75kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	U	Anthony Halling	Rhondda	30.78	*
2	TT	Kyle Garrison	Cardiff	18.41	

League Record Richie Wells Swansea Harriers 55.26 2007
 Welsh Record Matthew Richards Swansea Harriers 58.44 2005

F2 U20M Hammer (6.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	UU	Ashley Andrews	Rhondda	48.39	*
2	T	Rhys Hodnett	Cardiff	42.68	*
3	W	James Rich (U17)	Wrexham	15.29	

F2 U20M Hammer (6.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	U	Anthony Halling	Rhondda	29.95	*

League Record Stephen Winter Brecon AC 58.43 2006

Welsh Record Jonathan Clarke Swansea Harriers 68.74 1986

NEW LEAGUE RECORD

F44 U20M Javelin (800g)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	G	Jason Copsey	Cwmbran	59.19	*
2	T	Joshua Williams	Cardiff	44.33	*
3	U	Anthony Halling	Rhondda	25.95	
4	D	Kaymen Howells	Deeside	8.93	

F44 U20M Javelin (800g)

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Kyle Garrison	Cardiff	30.06	

League Record Colin Jackson Cardiff AAC 10.3 1993
 Welsh Record Christian Malcolm Cardiff AAC 10.11 2001

T13 SM 100m A String race 1 -1.1 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	N	Carl McEwan	Newport	11.36	*
2	T	Milton Baker	Cardiff	11.39	*
3	W	Nick Mesney	Wrexham	11.44	*
4	A	Daniel Williams	Aberdare	12.33	
5	S	Nathan Cooze	Swansea	12.44	
6	D	Alex Dean	Deeside	13.60	
7	V	Mark Williams	Llanelli	13.77	

T13 SM 100m B String race 1 -2.0 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Lloyd Reffell	Cardiff	11.38	*
2	WW	Cynan Evans (U17)	Wrexham	11.70	
3	SS	Robert John	Swansea	12.39	
4	VV	Owain Butterworth	Llanelli	12.42	
5	AA	Luke Litchfield	Aberdare	12.49	
6	NN	Craig Russell	Newport	12.79	

League Record Andrew Watkins Cwmbran Harriers 21.7 2006
 Welsh Record Christian Malcolm Cardiff AAC 20.08 2001

T52 SM 200m A String race 1 -2.4 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	T	Lloyd Reffell	Cardiff	22.78	*
2	W	Nick Mesney	Wrexham	23.56	
3	V	James Thomas	Llanelli	24.37	
4	S	Nathan Cooze	Swansea	25.12	
5	A	David Williams	Aberdare	26.21	

T52 SM 200m B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Milton Baker	Cardiff	23.59	
2	WW	Gawain Rogers	Wrexham	25.04	
3	SS	Oliver Wright	Swansea	25.95	
4	VV	Mark Williams	Llanelli	28.75	

League Record Roger Barrett Carmarthen Harriers 48.0 1984
 Welsh Record Iwan Thomas Newham 44.36 1997

T40 SM 400m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	V	Jonathan Williams	Llanelli	49.05	*
2	W	Cynan Evans (U17)	Wrexham	50.80	*
3	N	Carl McEwan	Newport	50.99	*
4	R	Paul Clarke	Carmarthen	53.79	
5	U	Sean Price	Rhondda	54.21	
6	A	David Williams	Aberdare	58.62	
7	D	Alex Dean	Deeside	63.36	
8	T	Brian Dias	Cardiff	67.42	

T40 SM 400m

B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	VV	James Thomas	Llanelli	53.97	
2	NN	Craig Russell	Newport	57.70	
3	WW	Ian Broadhurst	Wrexham	59.59	
4	DD	Mark Garstang	Deeside	67.86	

League Record Roger Barrett Carmarthen Harriers 1.50.0 1984
 Welsh Record Neil Horsefield Newport Harriers 1.45.44 1990

T22 SM 800m

A String race

Pos	Bib	Athlete	Club	Perf	AW
1	V	Jonathan Williams	Llanelli	1:58.50	*
2	R	Paul Clarke	Carmarthen	1:58.58	*
3	G	Chris Protheroe	Cwmbran	1:59.08	*
4	N	Lee Richards	Newport	2:00.32	*
5	S	Andrew Smith	Swansea	2:05.12	
6	U	Sean Price	Rhondda	2:08.01	
7	T	Edward Takata	Cardiff	2:13.42	
8	W	Richard Turner	Wrexham	2:35.06	
9	D	Mark Garstang	Deeside	2:40.06	
10	Q	John Davies (M60)	Port Talbot	3:08.58	

T22 SM 800m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	NN	Stuart Pearce	Newport	2:12.98	
2	TT	Brian Dias	Cardiff	2:37.33	
3	QQ	Tony Holling (M50)	Port Talbot	3:19.66	

League Record Shaun Whelan Swansea Harriers 3.50.2 1988
 Welsh Record Neil Horsefield Newport Harriers 3.35.08 1990

T46 SM 1500m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	T	Edward Takata	Cardiff	4:20.07	
2	N	Sean McCormack	Newport	4:48.56	
3	M	Gareth Elliott	Pembroke	5:12.61	
4	B	Peter Sowerby	Brecon	5:16.79	
5	W	Richard Turner	Wrexham	5:34.50	
6	QQ	Tony Holling (M50)	Port Talbot	6:09.64	

T46 SM 1500m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	NN	Daryn McAtee	Newport	5:04.44	
2	Q	John Davies (M60)	Port Talbot	6:24.86	

League Record Steve Henshaw Deeside AAC 8.39.2 2005
 Welsh Record Ian Hamer Edinburgh 7.46.40 1990

T11 SM 3000m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	R	Jack Davey	Carmarthen	9:19.47	*
2	N	Sean McCormack	Newport	9:54.32	
3	QQ	Charles Walsh	Port Talbot	10:16.69	
4	M	Gareth Elliott	Pembroke	10:51.78	
5	B	Peter Sowerby	Brecon	11:07.31	
6	T	Brian Dias	Cardiff	11:46.91	

T11 SM 3000m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	Q	Carl Ellis	Port Talbot	10:17.71	
2	NN	Dave Griffiths	Newport	10:35.34	

League Record Phil Cook Barry & Vale H 9.02.5 1990
 Welsh Record Roger Hackney Aldershot 8.18.91 1988

T25 SM 3000m Steeplechase

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	N	Steve McCormack	Newport	11:57.53	
2	Q	Charles Walsh	Port Talbot	DNF	

League Record Colin Jackson Brecon AC 13.3 1993
 Welsh Record Colin Jackson Brecon AC 12.91 1993

T31 SM 110m hurdles A String race 1 -2.2 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	W	Nick Mesney	Wrexham	19.20	

League Record Chris Cashell Carmarthen Harriers 52.59 1991
 Welsh Record David Greene Swansea Harriers 48.56 2009

T1 SM 400m Hurdles A String race 1 w/s -0.3 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	N	Dave Goodger	Newport	60.02	*
2	W	Ian Broadhurst	Wrexham	68.78	

T1 SM 400m Hurdles B String race 1 w/s -0.3 m/s

Pos	Bib	Athlete	Club	Perf	AW
1	WW	David James	Wrexham	74.11	
2	NN	Daryn McAtee	Newport	74.56	

League Record Swansea Harriers 42.5 1981
 Welsh Record Wales 38.73 1998

T58 SM 4 x 100 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	W	Rogers, Broadhurst, Evans (U17), N Mesney	Wrexham	46.57	
2	V	M Williams, Thomas, Butterworth, J Williams	Llanelli	46.66	
3	S	N Cooze, John, Wright, Jeff Cooze	Swansea	49.94	
4	A	Litchfield, Dav Williams, Dan Williams, Davies	Aberdare	50.16	
5	N	Powell, Russell, Belcher, McAtee	Newport	51.25	

League Record Newport Harriers 3.22.5 1997
 Welsh Record Wales 3.00.41 2002

T64 SM 4 x 400 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	N	Medhurst, Pearce, Richards, McEwan	Newport	3:38.18	
2	W	Rogers, Broadhurst, Mesney, Evans (U17)	Wrexham	3:50.82	
3	V	M Williams, Thomas, Steadman, J Williams	Llanelli	3:55.40	

League Record Paul Evans 2.05 1983
 Welsh Record Robert Mitchell Sale Harriers 2.25 2001

F37 SM High Jump A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	B	James Schofield	Brecon	1.85	*
2	W	Gawain Rogers	Wrexham	1.75	*
3	A	Daniel Williams	Aberdare	1.70	
4	DD	Mark Garstang	Deeside	1.40	

F37 SM High Jump B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	AA	Luke Litchfield	Aberdare	1.60	
2	D	Alex Dean	Deeside	1.30	
3	WW	David James	Wrexham	1.25	

League Record Alessandro Cambon 4.75 2001
 Welsh Record Neil Winter Shaftesbury 5.60 1995

F4 SM Pole Vault A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	W	Neil Edwards	Wrexham	3.30	*
2	N	Keith Powell	Newport	2.80	

League Record Richard Jones 7.44 1983
 Welsh Record Lynn Davies Cardiff AAC 8.23 1968

F22 SM Long Jump A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	V	Andrew Thomas	Llanelli	6.55	*
2	SS	Robert John	Swansea	5.93	*
3	W	Gawain Rogers	Wrexham	5.82	*
4	N	Keith Powell	Newport	4.78	
5	D	Alex Dean	Deeside	4.44	
6	A	Luke Litchfield	Aberdare	4.22	
7	T	Brian Dias	Cardiff	3.90	
8	U	Bob Greuter	Rhondda	2.61	

F22 SM Long Jump B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	VV	Owain Butterworth	Llanelli	5.69	
2	S	Oliver Wright	Swansea	4.69	
3	DD	Mark Garstang	Deeside	4.09	
4	WW	David James	Wrexham	3.78	

League Record Charles Maderia-Cole Carmarthen Harriers 14.74 1997

Welsh Record Steven Shalders Cardiff AAC 16.71 2005

F46 SM Triple Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	T	Gary White	Cardiff	14.71	
2	VV	Jonathan Williams	Llanelli	11.30	
3	W	David James	Wrexham	8.30	

F46 SM Triple Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	V	Jamie Stedman	Llanelli	11.14	

League Record Ben Roberts Deeside AAC 14.54 2006

Welsh Record Shaun Pickering Haringey 20.45 1997

F13 SM Shot Putt (7.26kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	D	Phil Davies	Deeside	11.85	*
2	N	Rob Eales	Newport	11.52	*
3	SS	Ritchie Wells	Swansea	11.25	*
4	U	Glyn Pugh	Rhondda	10.11	*
5	W	Neil Edwards	Wrexham	9.99	
6	V	Andrew Thomas	Llanelli	9.96	
7	A	Andrew Davies	Aberdare	7.94	
8	Q	Adrian Weaver	Port Talbot	7.11	

F13 SM Shot Putt (7.26kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Oliver Wright	Swansea	10.73	*
2	UU	Darren Andrews	Rhondda	8.90	
3	NN	Mark Boswell	Newport	7.57	
4	WW	Mark Rich	Wrexham	7.46	

League Record David Coleman Cardiff AAC 45.50 2009
 Welsh Record Lee Newman Belgrave Harriers 60.43 1998

F34 SM Discus (2.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	D	Phil Davies	Deeside	30.21	*
2	U	Glyn Pugh	Rhondda	28.85	*
3	W	Neil Edwards	Wrexham	27.79	
4	N	Rob Eales	Newport	25.30	
5	S	Oliver Wright	Swansea	25.09	
6	A	Andrew Davies	Aberdare	23.32	
7	T	Brian Dias	Cardiff	11.92	

F34 SM Discus (2.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	UU	Darren Andrews	Rhondda	28.33	*
2	NN	Mark Boswell	Newport	19.17	
3	WW	Mark Rich	Wrexham	17.64	
4	SS	David Jones (M60)	Swansea	14.10	

League Record Peter Stark Bridgend AC 55.48 1979
 Welsh Record Shaun Pickering Haringey 68.64 1984

F1 SM Hammer (7.26kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Ritchie Wells	Swansea	49.84	*
2	UU	Darren Andrews	Rhondda	34.87	*
3	N	Mark Boswell	Newport	29.71	*
4	W	Mark Rich	Wrexham	16.60	
5	Q	John Davies (M60)	Port Talbot	16.51	

F1 SM Hammer (7.26kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	U	Glyn Pugh	Rhondda	33.05	*
2	NN	Rob Eales	Newport	26.06	*
3	SS	David Jones (M60)	Swansea	11.01	
4	WW	Geoff Mesney	Wrexham	10.65	

League Record Jonathan Clarke Swansea Harriers 65.76 1988

Welsh Record Nigel Bevan Belgrave Harriers 81.7 1992

F43 SM Javelin (800g)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Oliver Wright	Swansea	47.93	*
2	W	Neil Edwards	Wrexham	43.85	*
3	D	Alex Dean	Deeside	27.86	*
4	A	Andrew Davies	Aberdare	26.29	*
5	U	Glyn Pugh	Rhondda	26.24	*

F43 SM Javelin (800g)

Pos	Bib	Athlete	Club	Perf	AW
1	WW	Mark Rich	Wrexham	21.23	*
2	UU	Bob Grenter	Rhondda	19.07	*
3	SS	David Jones (M60)	Swansea	18.48	*

New League Records

		Age Group	Event	Athlete	Club	Performance	Year
1	NEW RECORD	U17W	1500m S/C	Rhianwedd Price	Brecon AC	5:35.80	2009
	OLD RECORD			Catrin Lewis	Carmarthen Harriers	6:18.35	2009
2	NEW RECORD	U17W	4 x 400m Relay		Swansea Harriers	4:14.19	2009
	OLD RECORD			No Record Set			
3	NEW RECORD		4 x 400m Relay		Cardiff AAC	4:23.85	2009
	OLD RECORD			No Record Set			
4	NEW RECORD	U20W	Pole Vault	Chritina Hughes	Deeside AAC	3.40	2009
	OLD RECORD			Elinor Lewis	Cardiff AAC	3.50	2009
5	EQUAL RECORD	SW	High Jump	Ceri Stokoe	Swansea Harriers	1.75	2009
	RECORD			Ceri Stokoe	Swansea Harriers	1.75	2009
6	NEW RECORD	U17M	Javelin	Jon Llewellyn	Carmarthen Harriers	60.17	2009
	OLD RECORD			Jon Llewellyn	Carmarthen Harriers	56.51	2008
7	NEW RECORD	U20M	800m	Konstantinos Karras	Cardiff AAC	1:57.85	2009
	OLD RECORD			Stephen Richards	Swansea Harriers	1:58.20	2003
8	NEW RECORD	U20M	4 x 100m Relay		Cardiff AAC	45.68	2009
	OLD RECORD				Cardiff AAC	46.30	2000
9	NEW RECORD	U20M	4 x 400m Relay		Cardiff AAC	3:35.03	2009
	OLD RECORD				Cardiff AAC	3:35.71	2000
10	NEW RECORD	U20M	Javelin	Jason Copsey	Cwmbran Harriers	59.19	2009
	OLD RECORD			Stephen Winter	Brecon AC	58.43	2006

Overall Rank	Club	Rank	Female Points	League Points	Rank	Club	Male Points	League Points	Overall Rank	Club	Combined Total Points	Combined Lge Points
2	Swansea	1	605.00	19	1	Cardiff	456.00	19	1	Swansea	1038.50	37.00
1	Cardiff	2	260.00	18	2	Swansea	433.50	18	2	Cardiff	716.00	37.00
3	Newport	3	191.50	17	3	Newport	368.75	17	3	Newport	560.25	34.00
4	Pembroke	4	175.00	16	4	Wrexham	337.50	16	4	Wrexham	427.50	27.00
5	Llanelli	5	124.00	15	5	Carmarthen	225.00	15	5	Carmarthen	337.00	25.00
9	Carmarthen	6	112.00	14	6	Deeside	224.00	14	6	Pembroke	294.00	25.00
10	Cwmbran	7	102.00	13	7	Rhondda	168.50	13	7	Cwmbran	268.00	25.00
7	Brecon	8	98.50	12	8	Cwmbran	166.00	12	8	Llanelli	256.50	25.00
12	Wrexham	9	90.00	11	9	Aberdare	152.00	11	9	Deeside	244.00	20.00
8	Bridgend	10	65.50	10	10	Llanelli	132.50	10	10	Rhondda	196.50	20.00
6	Neath	11	36.00	9	11	Pembroke	119.00	9	11	Brecon	190.00	19.00
13	Aberdare	12	32.00	8	12	Barry & Vale	108.50	8	12	Aberdare	184.00	19.00
11	Rhondda	13	28.00	7	13	Brecon	91.50	7	13	Bridgend	71.50	14.00
16	Deeside	14	20.00	6	14	Port Talbot	40.50	6	14	Neath	47.25	14.00
15	Barry & Vale	0	0.00	0	15	Neath	11.25	5	15	Barry & Vale	108.50	8.00
14	Port Talbot	0	0.00	0	16	Bridgend	6.00	4	16	Port Talbot	40.50	6.00
17	Menai	0	0.00	0	0	Menai	0.00	0	17	Menai		
17	Amman Valley	0	0.00	0	0	Amman Valley	0.00	0	18			
17	Rhymney Valley	0	0.00	0	0	Rhymney Valley	0.00	0	19			

Match 1 & 2 Combined Points									
Combined Female Points			Combined Male Points			Combined Male & Female Points			
Club	Match Points	Lge Pts	Club	Match Points	Lge Pts	Club	Total Points	Lge Points	
Swansea	872.00	38	Swansea	496.50	38	1	Swansea	1787.50	38
Cardiff	596.50	36	Cardiff	416.50	35	2	Cardiff	1353.00	36
Carmarthen	467.00	34	Carmarthen	337.50	33	3	Carmarthen	1025.75	33
Deeside	390.00	31	Wrexham	453.00	30	4	Deeside	808.00	30
Pembroke	369.00	31	Newport	266.50	30	5	Newport	704.00	30
Cwmbran	236.00	23	Cwmbran	201.00	29	6	Cwmbran	657.00	27
Newport	222.00	23	Deeside	229.00	28	7	Wrexham	795.50	26
Brecon	164.00	23	Brecon	125.50	24	8	Pembroke	556.50	24
Llanelli	153.00	23	Rhondda	137.50	23	9	Brecon	472.00	23
Bridgend	151.50	20	Llanelli	101.00	19	10	Rhondda	407.50	22
Rhondda	134.00	20	Barry & Vale	100.00	17	11	Llanelli	374.50	19
Wrexham	191.00	19	Pembroke	116.00	16	12	Barry & Vale	257.00	15
Neath	111.00	16	Port Talbot	58.50	14	13	Bridgend	265.00	13
Barry & Vale	70.00	14	Aberdare	49.50	12	14	Neath	219.25	13
Aberdare	46.00	11	Neath	66.50	11	15	Aberdare	170.50	11
Port Talbot			Bridgend	48.00	9	16	Port Talbot	136.50	8
Rhymney Valley			Rhymney Valley			17	Rhymney Valley		
Amman Valley			Amman Valley			17	Amman Valley		
Menai			Menai			17	Menai		

Match 3									
Combined Female Points			Combined Male Points			Combined Male & Female Points			
Club	Match Points	Lge Pts	Club	Match Points	Lge Pts	Club	Total Points	Lge Points	
Swansea	605.00	19	Cardiff	456.00	19	1	Swansea	1038.50	19
Cardiff	260.00	18	Swansea	435.50	18	2	Cardiff	716.00	18
Newport	191.50	17	Newport	368.75	17	3	Newport	560.25	17
Pembroke	175.00	16	Wrexham	337.50	16	4	Wrexham	427.50	16
Llanelli	124.00	15	Carmarthen	225.00	15	5	Carmarthen	337.00	15
Carmarthen	112.00	14	Deeside	224.00	14	6	Pembroke	286.00	14
Cwmbran	102.00	13	Rhondda	168.50	13	7	Cwmbran	270.00	13
Brecon	98.50	12	Cwmbran	168.00	12	8	Deeside	244.00	12
Wrexham	90.00	11	Aberdare	152.00	11	9	Llanelli	240.50	11
Bridgend	65.50	10	Pembroke	119.00	10	10	Rhondda	196.50	10
Neath	36.00	9	Llanelli	116.50	9	11	Brecon	190.00	9
Aberdare	32.00	8	Barry & Vale	108.50	8	12	Aberdare	184.00	8
Rhondda	28.00	7	Brecon	91.50	7	13	Barry & Vale	108.50	7
Deeside	20.00	6	Port Talbot	41.00	6	14	Bridgend	71.50	6
Barry & Vale			Neath	11.25	5	15	Neath	47.25	5
Port Talbot			Bridgend	6.00	4	16	Port Talbot	41.00	4
Menai			Menai			17	Rhymney Valley		
Amman Valley			Amman Valley			17	Amman Valley		
Rhymney Valley			Rhymney Valley			17	Menai		

COMBINED MATCHES 1-2-3									
Combined Female Points			Combined Male Points			Combined Male & Female Points			
Club	Match Points	Lge Pts	Club	Match Points	Lge Pts	Club	Total Points	Lge Points	
Swansea	1461.00	57	Swansea	931.00	57	1	Swansea	2811.50	57
Cardiff	856.00	54	Cardiff	872.00	53	2	Cardiff	2069.00	54
Carmarthen	579.00	48	Carmarthen	562.50	48	3	Carmarthen	1362.75	48
Pembroke	536.00	47	Wrexham	790.50	47	4	Newport	1264.25	47
Newport	413.50	40	Newport	634.75	46	5	Wrexham	1223.00	42
Llanelli	277.00	38	Deeside	453.00	42	6	Deeside	1052.00	42
Deeside	410.00	37	Cwmbran	367.00	42	7	Cwmbran	927.00	40
Cwmbran	338.00	36	Brecon	217.00	34	8	Pembroke	842.50	38
Brecon	262.50	35	Llanelli	233.00	30	9	Brecon	662.00	32
Wrexham	281.00	30	Rhondda	152.00	30	10	Rhondda	604.00	32
Bridgend	216.50	30	Pembroke	235.00	28	11	Llanelli	615.00	30
Rhondda	162.00	27	Barry & Vale	208.50	26	12	Barry & Vale	365.50	22
Neath	147.00	25	Aberdare	201.50	20	13	Aberdare	354.50	19
Aberdare	78.00	19	Port Talbot	99.00	20	14	Bridgend	336.50	19
Barry & Vale	70	14	Neath	77.75	16	15	Neath	266.50	18
Port Talbot			Bridgend	54.00	13	16	Port Talbot	177.50	12
Menai			Menai			17	Menai		
Amman Valley			Amman Valley			17	Amman Valley		
Rhymney Valley			Rhymney Valley			17	Rhymney Valley		