

Welsh Athletics
Senior League
Sunday 28th June 2009

Swansea University 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 W/S -0.2 M/S

Pos	Bib	Athlete	Club	Perf
1	S	Catrin Stone	Swansea	12.86
2	T	Shaleena Graham	Cardiff	13.30
3	W	Jade Marvin	Wrexham	13.40
4	G	Amy Bradley	Cwmbran	13.67
5	I	Alex Jenkins	Bridgend	15.25

T18 U17W 100m

B String race 1 W/S +0.4 M/S

Pos	Bib	Athlete	Club	Perf
1	TT	Jessica McDonald	Cardiff	13.79
2	SS	Mali James	Swansea	13.87
3	GG	Lowri Charlton	Cwmbran	14.77

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 W/S -1.1 M/S

Pos	Bib	Athlete	Club	Perf
1	W	Megan Rogers	Wrexham	26.25
2	T	Lauren A McCarthy	Cardiff	26.92
3	R	Laura Penhallurick	Carmarthen	27.92
4	N	Antonia Yorkshire	Newport	28.10
5	D	Rebecca Davies	Deeside	29.19
6	G	Georgia Hadley	Cwmbran	32.09
7	S	Megan Jones	Swansea	33.27

T51 U17W 200m

B String race 1 W/S -1.1 M/S

Pos	Bib	Athlete	Club	Perf
1	DD	Zoe Rosier	Deeside	28.10
2	NN	Bronwen Jessop	Newport	30.10
3	SS	Isla Evans	Swansea	31.43

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
1	T	Aimee Hendrickson	Cardiff	44.25
2	D	Alice Fraser	Deeside	44.44
3	S	Cerys Morgan	Swansea	44.65
4	R	Laura Penhallurick	Carmarthen	51.39

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
1	S	Cerys Morgan	Swansea	2:20.69
2	TT	Bethan Daw	Cardiff	2:21.21
3	D	Sian Messum	Deeside	2:33.62
4	G	Lora James	Cwmbran	2:37.95
5	N	Becky Roberts	Newport	2:44.55
6	X	Kelly Roberts	Neath	2:49.47

T21 U17W 800m

B String race

Pos	Bib	Athlete	Club	Perf
1	T	Lucy Harvey	Cardiff	2:34.41
2	SS	Rebecca Hall	Swansea	3:04.10

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
1	D	Abi Oliver	Deeside	4:57.56
2	T	Harriet Morris	Cardiff	5:00.56
3	S	Elysia Pearson	Swansea	6:03.40

League Record No Record set
Welsh Record Non Stanford Swansea Harriers 9.22.84 2004

T10 U17W 3000m

A String race

Pos	Bib	Athlete	Club	Perf
1	G	Natasha Cockram	Cwmbran	10:04.84

League Record No Record set
Welsh Record Angharad Davies Carmarthen Harriers 5.24.32 2007

T30 U17W 1500m Steeplechase

A String race 1

Pos	Bib	Athlete	Club	Perf
1	R	Catrin Lewis	Carmarthen	6:18.35

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 W/S +0.6 M/S

Pos	Bib	Athlete	Club	Perf
1	S	Catrin Stone	Swansea	11.92
2	N	Antonia Yorkshire	Newport	12.98
3	T	Megan Thomas	Cardiff	13.04
4	W	Jade Marvin	Wrexham	13.39

T36 U17W 80m hurdles B String race 1 W/S +0.6 M/S

Pos	Bib	Athlete	Club	Perf
1	SS	Kimberley Davies	Swansea	12.38
2	NN	Bronwen Jessop	Newport	19.12

League Record Sarah Dacey Swansea Harriers 45.0 2007
 Welsh Record Caryl Granville Carmarthen Harriers 42.65 2006

NEW LEAGUE RECORD

T6 U17W 300m Hurdles A String race 1

Pos	Bib	Athlete	Club	Perf
1	W	Megan Rogers	Wrexham	44.89
2	S	Atlanta Williams	Swansea	46.04
3	N	Antonia Yorkshire	Newport	47.91
4	T	Megan Thomas	Cardiff	49.70

T6 U17W 300m Hurdles B String race 1

Pos	Bib	Athlete	Club	Perf
1	SS	Sophie Lane	Swansea	51.43

League Record Swansea Harriers 50.4 2007
 Welsh Record

T57 U17W 4 x 100 Relay Race 1

Pos	Bib	Athlete	Club	Perf
1	T	Graham, McDonald, McCarthy, Henrickson	Cardiff	53.23
2	G	Bradley, Charlton, Bevan, Hadley	Cwmbran	59.64

League Record No Record set
 Welsh Record

T63 U17W 4 x 300 Relay Race 1

Pos	Bib	Athlete	Club	Perf
1	S	Williams, Pearson, Hall, Morgan	Swansea	3:02.30
2	D	Messum, Oliver, Rosier, Fraser	Deeside	3:02.82
3	T	Morris, Hyde, Daw, Henrickson	Cardiff	3:03.60

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	1.55	*
2	W	Hannah Thomas	Wrexham	1.55	*
3	M	Helena Madden	Pembroke	1.50	*

F18 U17W High Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Atlanta Williams	Swansea	1.50	*

League Record Elinor Lewis Cardiff AAC 3.24 2007 / 2008
 Welsh Record Christina Hughes Deeside AAC 3.60 2008

NEW LEAGUE RECORD

F9 U17W Pole Vault

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	D	Rebecca Davies	Deeside	3.55	*
2	S	Naomi James	Swansea	3.45	*
3	I	Rhianydd Llewellyn	Bridgend	3.35	*

F9 U17W Pole Vault

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	DD	Lucy Roulston	Deeside	2.95	*

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	4.96	*
2	W	Hannah Thomas	Wrexham	4.81	*
3	GG	Natasha Lewis	Cwmbran	4.76	*
4	S	Gemma Seaman	Swansea	4.51	
5	D	Zoe Rosier	Deeside	4.25	
6	F	Toyah Newman	Barry & Vale	4.00	
7	M	Lucy Griffiths	Pembroke	3.66	

F12 U17W Long Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	G	Rachel Bevan	Cwmbran	4.41	
2	RR	Hannah Place	Carmarthen	3.78	

League Record Amy Bradley Cwmbran Harriers 10.93 2008

Welsh Record Jayne Ludlow Cardiff AAC 12.14 1994

NEW LEAGUE RECORD

F33 U17W Triple Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	G	Amy Bradley	Cwmbran	11.06	*
2	S	Sophie Lane	Swansea	9.49	*
3	T	Aimee Hendrickson	Cardiff	9.28	*
4	D	Alice Fraser	Deeside	8.61	

F33 U17W Triple Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Atlanta Williams	Swansea	8.84	
2	DD	Sian Messum	Deeside	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	10.08	*
2	M	Lucy Griffiths	Pembroke	9.94	*
3	G	Jasmin Seale	Cwmbran	9.23	*
4	W	Hannah Thomas	Wrexham	7.29	*
5	R	Ffion Rees	Carmarthen	7.21	
6	D	Zoe Rosier	Deeside	6.41	
7	T	Shaleena Graham	Cardiff	6.12	

F27 U17W Shot Putt (4.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	MM	Helena Madden	Pembroke	8.79	*
2	SS	Neven Korashi	Swansea	8.09	*
3	DD	Abi Oliver	Deeside	4.41	

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	32.48	*
2	G	Jasmin Seale	Cwmbran	24.37	*

F42 U17W Discus (1.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Nina Prells	Swansea	25.86	*
2	GG	Rachel Bevan	Cwmbran	19.97	

League Record Charlotte Murray Swansea Harriers 44.44 2006

Welsh Record Toni Wells Swansea Harriers 51.77p 2009

NEW LEAGUE RECORD

F21 U17W Hammer (4.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Toni Wells	Swansea	49.92	*
2	M	Helena Madden	Pembroke	26.34	*

F21 U17W Hammer (4.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Neven Korashi	Swansea	26.83	*

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	M	Zoe Priestly	Pembroke	34.59	*
2	N	Naomi Williams-Wadley	Newport	33.97	*
3	I	Amy Tidball	Bridgend	31.17	*
4	G	Rachel Bevan	Cwmbran	29.94	*
5	X	Elin Phillips	Neath	25.53	*
6	W	Megan Rogers	Wrexham	23.86	*
7	S	Kathryn Phillips	Swansea	23.59	*
8	F	Toyah Newman	Barry & Vale	21.26	
9	T	Megan Thomas	Cardiff	17.08	
10	R	Jodie Jones	Carmarthen	15.43	

F30 U17W Javelin (600g)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	GG	Jasmin Seale	Cwmbran	21.38	
2	SS	Bethan Jones	Swansea	14.89	

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 W/S +0.3 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	S	Hannah Jones	Swansea	12.75	*
2	X	Sarah Pole	Neath	12.78	*
3	G	Emma Reynolds	Cwmbran	13.16	*
4	T	Amber Vincent	Cardiff	13.32	
5	D	Christina Hughes	Deeside	14.02	

T17 U20W 100m B String race 1 W/S -0.9 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Danielle Mill	Cardiff	13.42	
2	XX	Catrin Phillips	Neath	14.25	
3	SS	Louise Bashford	Swansea	14.99	

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 W/S -1.1 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	S	Hannah Jones	Swansea	25.69	*
2	X	Sarah Pole	Neath	26.12	*
3	T	Lauren Regan	Cardiff	26.31	*

T51 U17W 200m B String race 1 W/S -1.1 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Danielle Mill	Cardiff	27.74	

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	T	Lauren Regan	Cardiff	60.09	*
2	G	Emma Reynolds	Cwmbran	63.61	*

T38 U20W 400m B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Hannah Clarke	Cardiff	64.88	*

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	2:23.81	*
2	S	Rebecca King	Swansea	2:32.03	

League Record

Welsh Record Non Stanford Swansea Harriers 9.22.84 2004

NEW LEAGUE RECORD

T8 U20W 3000m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	B	Holly Rees	Brecon	13:20.25	

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

Pos	Bib	Athlete	Club	Perf	AW
1	S	Sarah Dacey	Swansea	16.10	*
2	R	Catherine Goldsmith	Carmarthen	16.46	*
3	T	Elinor Lewis	Cardiff	17.36	*

T35 U20W 100m hurdles

B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Abbey Gutteridge	Cardiff	21.05	

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	RR	Sophie Pick	Carmarthen	71.27	
2	T	Abbey Gutteridge	Cardiff	81.12	

T5 U20W 400m Hurdles

B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	R	Angharad Davies	Carmarthen	73.25	

League Record Deeside 51.80 2003

Welsh Record

T56 U20W 4 x 100 Relay

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	T	Vincent, Mill, Lewis, Regan	Cardiff	53.09	

League Record No Record set

Welsh Record

T62 U20W 4 x 300 Relay

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	T	Regan, Clarke, Lewis, Mill	Cardiff	3:00.68	*

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	R	Catherine Goldsmith	Carmarthen	1.45	
2	T	Imogen Lewis	Cardiff	1.45	

F17 U20W High Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	RR	Sophie Pick	Carmarthen	1.35	

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

F8 U20W Pole Vault

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	D	Christina Hughes	Deeside	3.35	*

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	D	Amy Campagne	Deeside	4.85	*
2	M	Jessica Huddleston	Pembroke	4.15	

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	D	Amy Campagne	Deeside	10.52	*
2	T	Imogen Lewis	Cardiff	8.62	
3	B	Holly Rees	Brecon	7.72	

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	R	Catherine Goldsmith	Carmarthen	10.13	*
2	T	Ayla Phillips	Cardiff	9.79	*
3	F	Sian Balchin	Barry & Vale	9.05	*
4	M	Jessica Huddleston	Pembroke	8.73	*
5	SS	Sarah Evans	Swansea	7.05	

F26 U20W Shot Putt (4.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Danielle Mill	Cardiff	6.78	
2	S	Rachel Rees	Swansea	5.16	

League Record Faye Calvert Deeside AAC 38.11 2006
Welsh Record Philipa Roles Swansea Harriers 51.60 1997

F41 U20W Discus (1.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	M	Jessica Huddleston	Pembroke	27.78	*
2	N	Sian Jordan	Newport	25.61	*
3	F	Sian Balchin	Barry & Vale	21.82	
4	T	Ayla Phillips	Cardiff	21.18	
5	SS	Sarah Evans	Swansea	12.48	

F41 U20W Discus (1.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Abbey Gutteridge	Cardiff	11.76	
2	S	Rachel Rees	Swansea	7.48	

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	Kirsty Milne	Newport	34.03	*
2	T	Ayla Phillips	Cardiff	33.41	*
3	M	Jessica Huddleston	Pembroke	19.19	

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	R	Mary Wilson	Carmarthen	36.15	*
2	F	Sian Balchin	Barry & Vale	28.88	*
3	T	Ayla Phillips	Cardiff	22.62	
4	S	Sarah Evans	Swansea	15.73	

F29 U20W Javelin (600g)

Pos	Bib	Athlete	Club	Perf	AW
1	RR	Sophie Pick	Carmarthen	23.04	

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 W/S +0.8 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	R	Heather Jones	Carmarthen	12.44	*
2	NN	Kirsty Crane	Newport	13.69	
3	V	Kayleigh Swan	Llanelli	14.90	
4	T	Lorraine Graham	Cardiff	15.66	

T16 SW 100m B String race 1 W/S +0.8 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	N	Lindsay Badman	Newport	13.80	

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 W/S -1.6 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	S	Bryony Turnbull	Swansea	27.04	
2	N	Lindsay Badman	Newport	28.83	
3	V	Kayleigh Swan	Llanelli	30.43	

T49 SW 200m B String race 1 W/S -1.6 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Helen Eve	Swansea	29.02	

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	S	Bryony Turnbull	Swansea	58.29	*
2	N	Kirsty Crane	Newport	66.84	

T37 SW 400m B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Lyndsey Dodds	Swansea	67.22	

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	N	Kathryn Davies	Newport	2:21.18	*
2	R	Alaw Beynon-Thomas	Carmarthen	2:27.02	
3	M	Helen Thomas	Pembroke	2:42.65	
4	V	No Athlete Declared	Llanelli	3:07.11	

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	R	Alaw Beynon-Thomas	Carmarthen	5:01.44	*
2	S	Angela Delaney	Swansea	6:03.40	

T43 SW 1500m B String race

Pos	Bib	Athlete	Club	Perf	AW
1	RR	Sharon Leech	Carmarthen	5:13.77	

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	S	Andrea Whitcombe	Swansea	9:49.17	*
2	B	Satu Haikala	Brecon	11:03.24	*
3	U	Ann Folan	Rhondda	13:04.22	

League Record Heather Jones Carmarthen Harriers 13.6 2005
 Welsh Record Kay Morley Cardiff AAC 12.91 1990

T34 SW 100m hurdles A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	R	Heather Jones	Carmarthen	14.11	*

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

Pos	Bib	Athlete	Club	Perf	AW
1	S	Anna Leyshon	Swansea	68.82	*
2	W	Amy Czismadia	Wrexham	76.59	

League Record Rebecca Jones Wrexham AC 1.73 1999
 Welsh Record Julie Crane Sale Harriers 1.89 2004

NEW LEAGUE RECORD

F16 SW High Jump A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Ceri Stokoe	Swansea	1.75	*

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	5.06	*
2	W	Amy Czismadia	Wrexham	3.88	
3	S	Jo Davis	Swansea	3.57	

F10 SW Long Jump B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	VV	Kara Stedman	Llanelli	4.35	

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	10.67	*

F31 SW Triple Jump B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	VV	Kara Stedman	Llanelli	9.54	*

League Record Vanessa Head Cardiff AAC 18.93 1984
 Welsh Record Vanessa 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	10.30	*
2	M	Karen Llewelin	Pembroke	8.18	
3	U	Cath Alford	Rhondda	8.16	
4	B	Julie Drscroll	Brecon	7.16	
5	W	Amy Czismadia	Wrexham	5.38	

F25 SW Shot Putt (4.0kg) B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	A	Louise Ali	Aberdare	6.76	
2	M	Karen Llewelin	Pembroke		
3	U	Cath Alford	Rhondda		
4	B	Julie Drscroll	Brecon		
5	W	Amy Czismadia	Wrexham		

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	34.31	*
2	R	Claire Williams	Carmarthen	34.01	*
3	M	Karen Llewellyn	Pembroke	25.78	*
4	U	Cath Alford	Rhondda	25.15	*
5	S	Jo Davis	Swansea	21.98	

F40 SW Discus (1.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	MM	Tracy Llewellyn	Pembroke	24.34	

League Record Carys Parry Rhondda AC 56.96 2005
 Welsh Record Carys Parry Rhondda 63.34 2007

F19 SW Hammer (4.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	U	Cath Alford	Rhondda	27.03	*
2	M	Karen Llewellyn	Pembroke	26.91	*
3	B	Julie Drscoll	Brecon	23.08	

F19 SW Hammer (4.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	MM	Tracy Llewellyn	Pembroke	18.86	

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	R	Sara Siggery	Carmarthen	41.82	*
2	S	Jo Davis	Swansea	28.06	*
3	M	Karen Llewellyn	Pembroke	18.31	
4	U	Cath Alford	Rhondda	14.60	

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 W/S +0.4 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	F	Jamie Sexton	Barry & Vale	11.26	*
2	T	Jamaul Whyte	Cardiff	11.32	*
3	W	Daniel Williams	Wrexham	11.66	*
4	R	Lewis Evans	Carmarthen	11.67	*
5	X	Sam Jones	Neath	12.11	
6	N	James Morgan	Newport	12.36	
7	D	Connor Leckenby	Deeside	12.40	
8	G	William Davies	Cwmbran	12.40	
9	S	Toby Williams	Swansea	13.40	

T18 U17W 100m

B String race 1 W/S +0.5 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	RR	Jake Randall	Carmarthen	11.93	*
2	TT	Michael Prentice	Cardiff	12.03	
3	FF	Tom Phillips	Barry & Vale	12.10	
4	XX	Alex Morgan	Neath	12.31	
5	BB	Josh Francis	Brecon	12.31	
6	WW	David Hooson	Wrexham	12.77	
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 W/S -1.7 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	R	Paul Bennett	Carmarthen	22.59	*
2	T	Jamaul Whyte	Cardiff	22.59	*
3	W	Gareth Bennett	Wrexham	23.75	*
4	N	James Morgan	Newport	24.51	
5	G	Freddie Naseriyan	Cwmbran	24.64	
6	B	Adam Jones	Brecon	25.01	
7	D	Daniel Burton	Deeside	25.47	
8	X	Richard Triggs	Neath	26.11	

T51 U17W 200m

A String race 2 W/S -1.5 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	S	Chris Davies	Swansea	25.55	

T51 U17W 200m

B String race 1 W/S -1.5 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	WW	Daniel Williams	Wrexham	23.83	*
2	TT	Michael Prentice	Cardiff	24.17	*
3	RR	Daniel Howells	Carmarthen	24.77	
4	XX	Alex Morgan	Neath	24.93	
5	GG	Kieron Stephens	Cwmbran	24.97	
6	SS	David Skone	Swansea	25.69	

League Record Rhodri Scanlon Carmarthen Harriers 51.1 2003

Welsh Record Bruce Tasker Carmarthen Harriers 47.85 2004

NEW LEAGUE RECORD

T42 U17M 400m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	R	Paul Bennett	Carmarthen	50.70	*
2	S	Evan Jenkins	Swansea	52.41	*
3	N	Ashley Jones	Newport	52.53	*
4	T	Jacob Brennan	Cardiff	53.79	*
5	W	James Rich	Wrexham	55.00	*
6	D	Connor Leckenby	Deeside	55.32	*
7	X	Owin Morgan	Neath	55.71	
8	G	Freddie Naseriyan	Cwmbran	56.05	

T42 U17M 400m

A String race 2

Pos	Bib	Athlete	Club	Perf	AW
1	B	Adam Jones	Brecon	55.50	*

T42 U17M 400m

B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	NN	Ben McEwan	Newport	56.51	
2	GG	Marcus Price	Cwmbran	57.30	
3	DD	Gareth Thomas	Deeside	59.19	
4	SS	Paul Tobin	Swansea	61.08	
5	TT	Ben Jones	Cardiff	62.69	

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	Bib	Athlete	Club	Perf	AW
1	GG	Alex Edwards	Cwmbran	2:01.24	*
2	T	Alex Coomber	Cardiff	2:01.36	*
3	M	Matthew Richards	Pembroke	2:06.15	*
4	NN	Ben McEwan	Newport	2:08.28	*
5	S	Sean White	Swansea	2:08.68	*
6	D	Padraig Goggin	Deeside	2:21.81	
7	W	James Rich	Wrexham	2:21.83	

T21 U17W 800m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	G	Kieron Stephens	Cwmbran	2:05.49	*
2	N	Emrys Penny	Newport	2:09.44	*
3	SS	Paul Tobin	Swansea	2:19.91	

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	Bib	Athlete	Club	Perf	AW
1	GG	Alex Edwards	Cwmbran	4:17.14	*
2	F	Owen Haswell	Barry & Vale	4:22.04	*
3	W	James Roberts	Wrexham	4:22.97	*
4	TT	Joseph Whitmarsh-knight	Cardiff	4:24.20	*
5	S	Matthew Thomas	Swansea	4:30.13	*
6	R	Ben Jones	Carmarthen	4:47.30	

T48 U17M 1500m B String race

Pos	Bib	Athlete	Club	Perf	AW
1	G	David Banwell-Clode	Cwmbran	4:27.26	*
2	SS	Sean White	Swansea	4:30.29	*
3	T	Darren Jones	Cardiff	4:39.97	

League Record No Record set
 Welsh Record Colin Clarkson Swansea Harriers 8.25.2 1977

NEW LEAGUE RECORD

T9 U17M 3000m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	S	Ben Jenkins	Swansea	10:33.59	
2	N	Tyrone Fowler	Newport	10:48.68	
3	T	Lloyd Bradley	Cardiff	10:57.77	

League Record Mitchell Aspland Neath Harriers 4.40.0 2003
 Welsh Record Steve Evans Abertillery AC 4.11.2 1974

T29 U17M 1500m Steeplechase A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	D	George Oliver	Deeside	5:30.54	

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 W/S +1.2

Pos	Bib	Athlete	Club	Perf	AW
1	T	Daniel Sharrem	Cardiff	14.2	*
2	S	Josh Sansom	Swansea	14.8	*
3	R	Glen Elsdon	Carmarthen	15.0	*
4	W	David Hooson	Wrexham	16.7	
5	X	Shane Jones	Neath	17.7	

T33 U17M 100m hurdles B String race 1 W/S +1.2

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Matthew Hughes	Swansea	17.9	

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

Pos	Bib	Athlete	Club	Perf	AW
2	T	Jacob Brennan	Cardiff	59.74	*
2	S	Josh Sansom	Swansea	60.11	*
3	M	Matthew Richards	Pembroke	64.26	*
4	X	Shane Jones	Neath	64.57	*
5	D	Daniel Burton	Deeside	65.75	

T3 U17M 400m Hurdles B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Matthew Hughes	Swansea	66.29	
2	DD	Gareth Thomas	Deeside	73.49	

League Record Cardiff AAC 45.2 2002
 Welsh Record

T60 U17M 4 x 100 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	R	Elsdon, Bennett, Evans, Randall	Carmarthen	46.02	*
2	T	Whyte, Prentice, Newton, Sharrem	Cardiff	47.04	
3	W	Williams, Bennett, Hooson, Evans	Wrexham	49.70	
4	D	Leckenby, Thomas, Davies, Burton	Deeside	50.23	
5	G	Davies, Naseriyan, Stephens, Price	Cwmbran	50.85	
6	S	Williams, Thomas, Sansom, Restall	Swansea	52.04	

League Record No Record set
 Welsh Record

NEW LEAGUE RECORD

T66 U17M 4 x 400 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	G	Naseriyan, Edwards, Stephens, Price	Cwmbran	3:42.37	*
2	W	Williams, Bennett, Hooson, Evans	Wrexham	3:44.81	*
3	S	Davies, Restall, Thomas, Williams	Swansea	4:05.85	
4	D	Oliver, Davies, Goggin, Burton	Deeside	4:10.01	

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	I	Stephen Guest	Bridgend	1.80	*
2	M	Adam Davies	Pembroke	1.75	*
3	S	Ben Jenkins	Swansea	1.70	*
4	W	Daniel Hodgson	Wrexham	1.60	
5	T	Lewis Newton	Cardiff	1.50	
6	R	Glen Elsdon	Carmarthen	1.35	

F39 U17M High Jump B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	MM	Christian Thomas	Pembroke	1.60	

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	T	Lewis Newton	Cardiff	4.05	*
2	R	Emyr Jones	Carmarthen	3.85	*
3	W	Daniel Hodgson	Wrexham	3.85	*
4	S	Morgan Atkins	Swansea	2.95	*

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	R	Lewis Evans	Carmarthen	5.65	*
2	N	James Morgan	Newport	5.56	*
3	T	Liam Dascombe	Cardiff	5.15	
4	W	Gareth Bennett	Wrexham	4.94	
5	G	William Davies	Cwmbran	4.84	
6	B	Adam Jones	Brecon	4.75	
7	S	James Ledger	Swansea	4.73	
8	X	Richard Triggs	Neath	4.12	

F24 U17M Long Jump B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	RR	Daniel Howells	Carmarthen	5.11	
2	SS	James Lovell	Swansea	4.69	
3	XX	Owin Morgan	Neath	3.36	

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	S	Rhys Williams	Swansea	12.74	*
2	R	Paul Bennett	Carmarthen	11.95	*
3	D	Connor Leckenby	Deeside	11.12	*

F48 U17M Triple Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Toby Williams	Swansea	10.07	
2	DD	Gareth Thomas	Deeside	9.19	

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	R	Rheon James	Carmarthen	13.66	*
2	M	Jonathan Stowell	Pembroke	11.65	*
3	S	Adam Soar	Swansea	11.45	*
4	N	Lewis Jones	Newport	10.47	*
5	T	Ryan Leonard	Cardiff	10.30	*
6	W	Rob Evans	Wrexham	9.50	
7	D	Padraig Goggin	Deeside	8.86	

F15 U17M Shot Putt (5.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	RR	Jon Llewellyn	Carmarthen	11.66	*
2	SS	Alex Thomas	Swansea	9.80	
3	WW	Will Scott	Wrexham	6.40	
4	DD	George Oliver	Deeside	5.40	

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	R	Rheon James	Carmarthen	36.64	*
2	TT	Liam Dascombe	Cardiff	32.34	*
3	SS	Adam Soar	Swansea	29.61	*
4	M	Jonathan Stowell	Pembroke	28.88	*
5	W	Rob Evans	Wrexham	23.90	
6	D	Kyle Davies	Deeside	23.14	

F36 U17M Discus (1.5kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	T	Ryan Leonard	Cardiff	30.62	*
2	S	Alex Thomas	Swansea	27.84	*
3	WW	Will Scott	Wrexham	21.54	

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	M	Jonathan Stowell	Pembroke	28.02	*
2	N	Lewis Jones	Newport	27.16	*
3	R	Jon Llewellyn	Carmarthen	24.89	*
4	W	James Rich	Wrexham	15.25	

League Record Jon Llewellyn Carmarthen Harriers 56.51 2008
 Welsh Record Colin MacKenzie East Kent 70.30 1979

F45 U17M Javelin (700g)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	R	Jon Llewellyn	Carmarthen	55.16	*
2	T	Ryan Leonard	Cardiff	47.55	*
3	F	Fearghas Gough	Barry & Vale	39.72	*
4	B	Josh Francis	Brecon	33.64	
5	D	Kyle Davies	Deeside	30.10	
6	S	David Skone	Swansea	30.06	
7	G	Lewis Hinwood	Cwmbran	29.49	
8	WW	Will Scott	Wrexham	23.32	

F45 U17M Javelin (700g)

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Liam Dascombe	Cardiff	35.29	*
2	DD	George Oliver	Deeside	22.41	
3	W	Rob Evans	Wrexham	22.10	
4	GG	Marcus Price	Cwmbran	9.74	

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 W/S +0.7

Pos	Bib	Athlete	Club	Perf	AW
1	W	Tom Cusworth (U17)	Wrexham	11.40	*
2	F	Adam Jones	Barry & Vale	11.47	*
3	S	Jamie Price	Swansea	11.50	*
4	T	Rhys Knapman	Cardiff	11.54	*
5	R	Kueni Igbagiri	Carmarthen	11.98	
6	D	Andy Howells	Deeside	12.32	
7	G	Daniel Norton	Cwmbran	13.10	

T14 U20M 100m B String race 1 W/S -0.4 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Sam Conway	Cardiff	11.56	*
2	WW	Gawain Rogers	Wrexham	12.14	
3	RR	Dafydd Williams	Carmarthen	12.26	
4	DD	Tom Snowden	Deeside	12.53	
5	SS	Ashleigh Hellyer	Swansea	17.09	

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 W/S -0.4 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	W	Cynon Evans	Wrexham	22.44	*
2	F	Adam Jones	Barry & Vale	22.75	*
3	T	Rhys Knapman	Cardiff	23.02	*
4	S	Jamie Price	Swansea	23.16	*
5	X	Christopher Davies	Neath	24.39	
6	G	Craig Russell	Cwmbran	24.90	
7	D	Andy Howells	Deeside	25.31	

T53 U20M 200m B String race 1 W/S -1.5 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	WW	Tom Cusworth (U17)	Wrexham	22.72	*
2	TT	Jamie Gutteridge	Cardiff	23.52	*
3	DD	Tom Snowden	Deeside	25.39	
4	SS	Gary Piazzon	Swansea	26.32	
5	GG	Daniel Norton	Cwmbran	30.69	

League Record Bruce Tasker Carmarthen Harriers 50.4 2003

Welsh Record Tim Benjamin Cardiff AAC 46.10 2001

NEW LEAGUE RECORD

T41 U20M 400m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	T	Nathan Felvus	Cardiff	50.00	*
2	W	Cynon Evans	Wrexham	50.50	*
3	G	Craig Russell	Cwmbran	54.77	
4	A	Craig Sprod	Aberdare	54.99	
5	X	David Hill	Neath	55.16	
6	S	Gary Piazzon	Swansea	55.47	
7	D	Tom Snowden	Deeside	55.94	

T41 U20M 400m

B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Sam Conway	Cardiff	50.55	*
2	WW	Tom Czmadia	Wrexham	54.42	
3	GG	James Hanrahan	Cwmbran	57.09	
4	SS	Chris Kilner	Swansea	59.30	

League Record Stephen Richards Swansea Harriers 1.58.2 2003

Welsh Record Paul Williams Barry & Vale H 1.48.20 1986

T23 U20M 800m

A String race

Pos	Bib	Athlete	Club	Perf	AW
1	T	Declan Evans	Cardiff	1:58.59	*
2	N	Dan Chesworth	Newport	1:58.69	*
3	D	Phil Edge	Deeside	2:04.34	*
4	A	Hywel Jones	Aberdare	2:04.48	*
5	W	Tom Czmadia	Wrexham	2:09.38	
6	G	James Hanrahan	Cwmbran	2:19.03	

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	N	Johnathan Morgan	Newport	4:07.05	*
2	D	Phil Edge	Deeside	4:15.41	*
3	RR	Michael Kallenberg	Carmarthen	4:22.73	
4	A	Hywel Jones	Aberdare	4:27.07	
5	S	Antonio Cirillo	Swansea	4:30.45	

T47 U20M 1500m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	NN	Nathan Hardee	Newport	4:07.94	*
2	R	Daniel Worrall	Carmarthen	4:28.20	

League Record

Welsh Record Andrew Rogers Leeds AC 8.12.6 1983

T12 U20M 5000m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	D	David Mountford	Deeside	16:19.04	
2	T	Kyle Garrison	Cardiff	23:09.80	

League Record Gareth Jones Swansea Harriers 6.40.4 2003

Welsh Record Mickey Morris Cwmbran Harriers 5.34.8 1975

T26 U20M 2000m Steeplechase

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	R	Michael Kallenberg	Carmarthen	6:32.14	*
2	X	Christopher Driscoll	Neath	7:07.11	*

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

Pos	Bib	Athlete	Club	Perf	AW
1	S	Jordan Brock	Swansea	20.02	

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

Pos	Bib	Athlete	Club	Perf	AW
1	T	Jamie Gutteridge	Cardiff	59.90	*
2	W	Gawain Rogers	Wrexham	63.30	
3	S	Jordan Brock	Swansea	64.01	

League Record Cardiff AAC 46.3 2000

Welsh Record Michelle Probert Sale Harriers 23.60 1976

T59 U20M 4 x 100 Relay

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	W	Evans, Rogers, Czmadia, Cusworth (U17)	Wrexham	46.61	
2	S	Davies, John, Kilner, Price	Swansea	47.45	
3	G	Norton, Shaw, Copsey, Godsall	Cwmbran	51.01	
4	F	Sexton (U17), Jones, Matthews, Phillips	Barry & Vale	DQ	

League Record No Record set

Welsh Record

NEW LEAGUE RECORD

T65 U20M 4 x 400 Relay

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	T	Gutteridge, Evans, Felvus, Conway	Cardiff	3:35.71	*
2	S	Brock, Kilner, Piazzon, John	Swansea	3:53.29	
3	D	Mountford, Snowden, Howells, Edge	Deeside	3:54.34	

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	I	David Guest	Bridgend	1.85	*
2	S	Robby Wells	Swansea	1.80	*
3	T	Lewis Long	Cardiff	1.75	*
4	F	Curtis Matthews	Barry & Vale	1.75	*
5	W	Gawain Rogers	Wrexham	1.65	
6	R	Kueni Igbagiri	Carmarthen	1.60	

F38 U20M High Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Ben Davies	Swansea	1.75	*
2	TT	Jamie Gutteridge	Cardiff	1.50	

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	R	Kueni Igbagiri	Carmarthen	6.15	*
2	S	Robby Wells	Swansea	5.86	*
3	W	Tom Cusworth (U17)	Wrexham	5.80	*
4	T	Alex Obiako	Cardiff	5.69	
5	D	Andy Howells	Deeside	5.46	

F23 U20M Long Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Robert John	Swansea	5.72	*
2	WW	Gawain Rogers	Wrexham	5.10	

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	T	Alex Obiako	Cardiff	13.49	*
2	R	Dafydd Williams	Carmarthen	12.25	*
3	S	Robert John	Swansea	11.08	
4	W	Tom Czmadia	Wrexham	10.75	

F47 U20M Triple Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Jordan Brock	Swansea	10.61	

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	14.28	*
2	F	Curtis Matthews	Barry & Vale	11.18	*
3	U	Ashley Andrews	Rhondda	11.08	*
4	WW	Cynon Evans	Wrexham	9.78	
5	G	Lewis Shaw	Cwmbran	7.15	

F14 U20M Shot Putt (6.0kg) B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	UU	Anthony Halling	Rhondda	10.86	*
2	W	Tom Czmadia	Wrexham	8.23	

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	I	David Guest	Bridgend	39.35	*
2	R	Tomos Edwards	Carmarthen	38.96	*
3	U	Ashley Andrews	Rhondda	31.56	*
4	T	Kyle Garrison	Cardiff	18.33	

F35 U20M Discus (1.75kg) B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	RR	Josh Madden	Carmarthen	32.25	*
2	UU	Anthony Halling	Rhondda	28.93	*

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	U	Ashley Andrews	Rhondda	47.75	*
2	S	James Dobler	Swansea	37.97	*
3	T	Kyle Garrison	Cardiff	15.68	

F2 U20M Hammer (6.0kg) B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	UU	Anthony Halling	Rhondda	31.98	*

League Record Stephen Winter Brecon AC 58.43 2006

Welsh Record Jonathan Clarke Swansea Harriers 68.74 1986

F44 U20M Javelin (800g)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	G	Jason Copsey	Cwmbran	54.63	*
2	R	Josh Madden	Carmarthen	49.68	*
3	T	Joshua Williams	Cardiff	41.84	*
4	UU	Anthony Halling	Rhondda	24.41	

F44 U20M Javelin (800g)

Pos	Bib	Athlete	Club	Perf	AW
1	RR	Tomos Edwards	Carmarthen	24.73	

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 W/S +0.6

Pos	Bib	Athlete	Club	Perf	AW
1	W	Nik Mesney	Wrexham	11.22	*
2	N	Carl McEwan	Newport	11.27	*
3	T	Milton Baker	Cardiff	11.37	*
4	V	James Thomas	Llanelli	11.81	
5	S	Stephen Boyles	Swansea	11.81	
6	A	Daniel Williams	Aberdare	12.07	
7	B	Owen Chesher	Brecon	12.32	

T13 SM 100m B String race 1 W/S +0.5

Pos	Bib	Athlete	Club	Perf	AW
1	AA	David Williams	Aberdare	12.33	
2	TT	Olie Cole	Cardiff	12.45	
3	NN	Craig Russell	Newport	12.66	
4	WW	David James	Wrexham	13.39	
5	VV	Mark Williams	Llanelli	13.53	
6	SS	J Hayes	Swansea	15.28	

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 W/S -1.0 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	T	Lloyd Refell	Cardiff	22.20	*
2	W	Nik Mesney	Wrexham	22.75	*
3	V	Jonathan Williams	Llanelli	22.84	*
4	B	James Schofield	Brecon	24.49	
5	S	Oliver Wright	Swansea	25.31	
6	N	Gavin Belcher	Newport	26.95	

T52 SM 200m B String race 1 W/S -1.0 M/S

Pos	Bib	Athlete	Club	Perf	AW
1	TT	Jon Swell	Cardiff	23.42	
2	VV	James Thomas	Llanelli	23.45	
3	WW		Wrexham	26.98	
4	SS	J Hayes	Swansea	34.17	

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	50.07	*
2	N	Carl McEwan	Newport	51.21	*
3	R	Paul Clarke	Carmarthen	52.18	*
4	A	David Williams	Aberdare	59.55	
5	W	David James	Wrexham	62.56	
6	T	Brian Dias	Cardiff	63.75	

T40 SM 400m

B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	NN	Craig Russell	Newport	56.19	
2	WW	Geoff Mesney	Wrexham	80.85	

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	G	Chris Protheroe	Cwmbran	1:58.77	*
2	R	Paul Clarke	Carmarthen	1:59.55	*
3	S	Jonathan Butler	Swansea	2:00.90	*
4	T	Edward Takata	Cardiff	2:04.79	
5	N	Malcolm Medhurst	Newport	2:14.23	
6	Q	Adrian Weaver	Port Talbot	2:26.90	
7	X	Lee Sandham	Neath	2:32.04	
8	W	David James	Wrexham	2:43.60	

T22 SM 800m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	GG	Iwan Thomas	Cwmbran	1:54.47	*
2	SS	No Athlete Declared	Swansea	2:00.48	*
3	RR	Lee Ladd	Carmarthen	2:07.59	
4	NN	Stuart Pearce	Newport	2:16.86	
5	TT	Brian Dias	Cardiff	2:29.46	
6	WW	John Scott	Wrexham	2:54.12	
7	QQ	John Davies (M60)	Port Talbot	3:14.29	

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	S	Marc Hobbs	Swansea	4:07.24	*
2	T	Edward Takata	Cardiff	4:20.04	
3	R	Lee Ladd	Carmarthen	4:20.22	
4	N	Lee Richards	Newport	4:26.99	
5	XX	Alan Rees	Neath	4:49.70	
6	D	Mark Garstang	Deeside	5:31.67	

T46 SM 1500m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	NN	Darryn McAtee	Newport	4:50.14	
2	X	Lee Sandham	Neath	5:02.90	
3	SS	Kevin Corcoran	Swansea	5:15.29	
4	TT	Brian Dias	Cardiff	5:26.89	

League Record Nigel Adams Swansea Harriers 14.15.9 2005
 Welsh Record Ian Hamer Edinburgh 7.46.40 1990

T11 SM 5000m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	XX	Matthew Evans	Neath	16:40.53	
2	N	Sean McCormack	Newport	17:33.94	
3	S	D Thomas	Swansea	18:25.32	
4	V	Mike Halsall	Llanelli	19:30.87	
5	Q	Alan Perkins (M55)	Port Talbot	20:54.24	

T11 SM 5000m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	X	Chris Williams	Neath	16:43.77	
2	NN	Dave Griffiths	Newport	18:28.90	
3	SS	Kevin Corcoran	Swansea	18:50.35	
4	QQ	Tony Hilling (M50)	Port Talbot	22:26.05	

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

T25 SM 2000m Steeplechase

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	Q	Carl Ellis	Port Talbot	7:20.79	*
2	N	Steve McCormack	Newport	7:36.22	*
3	B	Peter Sowerby	Brecon	8:06.70	*

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

Pos	Bib	Athlete	Club	Perf	AW
1	S	Stephen Boyles	Swansea	15.43	*
2	W	Neil Edwards	Wrexham	19.52	

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

Pos	Bib	Athlete	Club	Perf	AW
1	W	Steve Spires	Wrexham	74.14	

T1 SM 400m Hurdles

B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	WW	David James	Wrexham	74.16	

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	T	Baker, Cole, Swell, Refell	Cardiff	46.76	
2	V	Thomas, M Williams, J Williams, Stedman	Llanelli	48.70	
3	W	James, Spires, Edwards, Mesney	Wrexham	49.12	
4	N	Belcher, McEwan, Pearce, McAtee	Newport	52.21	

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	Russell, Medhurst, Richards, McEwan	Newport	3:44.63	
2	V	Thomas, M Williams, J Williams, Stedman	Llanelli	3:51.05	
3	W	James, Spires, Edwards, Mesney	Wrexham	4:24.00	

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	1.90	*
2	A	Daniel Williams	Aberdare	1.75	*
3	V	Adam Gower	Llanelli	1.50	
4	D	Mark Garstang	Deeside	1.35	
5	Q	Adrian Weaver	Port Talbot	1.10	

F37 SM High Jump B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	BB	Owen Chesher	Brecon	1.90	*
2	W	Steve Spires	Wrexham	1.40	

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	3.35	*
2	B	Derek Osborne	Brecon	3.05	*
3	N	Keith Powell	Newport	2.75	

F4 SM Pole Vault B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	NN	Carl McEwan	Newport	2.45	

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	Owain Butterworth	Llanelli	5.53	
2	B	Derek Osborne	Brecon	5.17	
3	N	Lee Richards	Newport	4.89	
4	W	Steve Spires	Wrexham	4.70	
5	S	Oliver Wright	Swansea	4.43	
6	M	Robert Llewelin	Pembroke	4.37	
7	D	Mark Garstang	Deeside	4.23	
8	T	Brian Dias	Cardiff	3.46	

F22 SM Long Jump B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	VV	Jamie Stedman	Llanelli	5.00	

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	V	Adam Gower	Llanelli	11.49	

F46 SM Triple Jump B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	VV	Jamie Stedman	Llanelli	10.92	

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	SS	Ritchie Wells	Swansea	11.20	*
2	N	Rob Eales	Newport	10.86	*
3	W	Neil Edwards	Wrexham	10.72	*
4	D	John Parkin	Deeside	10.38	*
5	UU	Glyn Pugh	Rhondda	9.85	
6	BB	Derek Osborne	Brecon	8.79	
7	M	Robert Llewellyn	Pembroke	8.22	
8	QQ	John Davies (M60)	Port Talbot	6.86	

F13 SM Shot Putt (7.26kg) B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Oliver Wright	Swansea	11.12	*
2	U	Darren Andrews	Rhondda	8.97	
3	NN	Keith Powell	Newport	8.26	
4	WW	Mark Rich	Wrexham	7.02	
5	Q	Adrian Weaver	Port Talbot	6.31	

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	S	Ritchie Wells	Swansea	37.23	*
2	D	John Parkin	Deeside	37.23	*
3	UU	Glyn Pugh	Rhondda	30.12	*
4	W	Neil Edwards	Wrexham	29.13	*
5	M	Robert Llewellyn	Pembroke	29.06	*
6	N	Rob Eales	Newport	27.89	
7	Q	John Davies (M60)	Port Talbot	18.43	

F34 SM Discus (2.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	U	Darren Andrews	Rhondda	27.05	
2	NN	Keith Powell	Newport	24.00	
3	WW	Mark Rich	Wrexham	16.91	
4	SS	David Jones	Swansea	13.49	

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	49.42	*
2	UU	Glyn Pugh	Rhondda	37.36	*
3	B	Craig Lewis	Brecon	32.79	*
4	N	Rob Eales	Newport	27.87	*
5	Q	John Davies (M60)	Port Talbot	18.82	
6	M	Robert Llewellyn	Pembroke	18.30	
7	W	Mark Rich	Wrexham	15.22	

F1 SM Hammer (7.26kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	U	Darren Andrews	Rhondda	34.99	*
2	BB	Derek Osborne	Brecon	28.35	*
3	QQ	Alan Perkins (M55)	Port Talbot	13.73	
4	SS	Dave Jones	Swansea	10.48	

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	48.89	*
2	W	Neil Edwards	Wrexham	46.51	*
3	M	Robert Llewelin	Pembroke	29.00	*
4	D	John Parkin	Deeside	28.80	*
5	Q	John Davies (M60)	Port Talbot	27.80	*
6	UU	Glyn Pugh	Rhondda	23.37	*
7	N	Keith Powell	Newport	23.27	*

F43 SM Javelin (800g)

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Richard Ledger	Swansea	41.70	*
2	WW	John Scott	Wrexham	33.10	*