

T23 U17M 60m - FINAL

3:55 PM

Welsh Indoor Record Tim BENJAMIN Cardiff AAC 6.93 1998

Championship Best Performance Andrew WATKINS Cwmbran Harriers 7.13 2003

2008 Welsh Champion Thomas KNIGHT Unattached 7.18

Position	Bib	Athlete	Club	Perf	Comment
1	35	Jamie SEXTON (W)	Barry & Vale Harriers	7.19	
2	36	Jamaul WHYTE (W)	Cardiff AAC	7.24	
3	20	Thomas CUSWORTH (W)	Wrexham AC	7.26	
4	25	Dewi HAMMOND (W)	Bromsgrove & Redditch AC	7.32	
5	37	Rhys WILLIAMS (W)	Cardiff AAC	7.35	
6	27	Michael HOWE (W)	Cardiff AAC	7.36	
7	16	Michael BENNETT	Herne Hill Harriers	7.46	
8	23	Oliver EDWARDS (W)	Newport Harriers	7.48	

T16 U17M 60m - Heats

2:50 PM

Welsh Indoor Record Tim BENJAMIN Cardiff AAC 6.93 1998

Championship Best Performance Andrew WATKINS Cwmbran Harriers 7.13 2003

2008 Welsh Champion Thomas KNIGHT Unattached 7.18

Heat 1 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	20	Thomas CUSWORTH (W)	Wrexham AC	7.32	
2	27	Michael HOWE (W)	Cardiff AAC	7.33	
3	37	Rhys WILLIAMS (W)	Cardiff AAC	7.47	
4	31	Jamie MORRIS (W)	Bridgend AC	7.55	
5	24	Stuart GRIFFITHS (W)	Cardiff AAC	7.80	
6	34	James SALE (W)	Cwmbran Harriers	7.95	
7	22	William DAVIES (W)	Cwmbran Harriers	8.08	

Heat 2 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	36	Jamaul WHYTE (W)	Cardiff AAC	7.23	
2	35	Jamie SEXTON (W)	Barry & Vale Harriers	7.23	
3	25	Dewi HAMMOND (W)	Bromsgrove & Redditch AC	7.37	
4	33	Rorie ROBINSON	Herne Hill Harriers	7.63	
5	19	Andrew CLAYPOLE (W)	Swansea Harriers	7.66	
6	17	Gareth BENNETT (W)	Wrexham AC	7.88	
7	21	Gareth DAVIES (W)	Cwmbran Harriers	7.88	
8	38	Tobias WILLIAMS (W)	Swansea Harriers	8.13	

Heat 3 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	23	Oliver EDWARDS (W)	Newport Harriers	7.37	
2	16	Michael BENNETT	Herne Hill Harriers	7.39	
3	26	Lewis HINWOOD (W)	Cwmbran Harriers	7.48	
4	30	Connor LECKENBY (W)	Deeside AAC	7.75	
5	29	Adam JONES (W)	Brecon AC	7.89	
6	32	Christopher RESTALL (W)	Swansea Harriers	8.10	
7	18	Daniel BURTON (W)	Deeside AAC	8.32	

T31 U17M 200m - FINAL

4:55 PM

Welsh Indoor Record Tim BENJAMIN Cardiff AAC 21.51 1998

Championship Best Performance Bruce TASKER Carmarthen Harriers 22.59 2004

2008 Welsh Champion Thomas KNIGHT Unattached 22.89

Position	Bib	Athlete	Club	Perf	Comment
1	20	Thomas CUSWORTH (W)	Wrexham AC	23.05	
2	36	Jamaul WHYTE (W)	Cardiff AAC	23.17	
3	101	Paul BENNETT (W)	Carmarthen Harriers	27.98	
4	27	Michael HOWE (W)	Cardiff AAC	DNS	

T19 U17M 200m - Semi Finals

3:30 PM

Welsh Indoor Record Tim BENJAMIN Cardiff AAC 21.51 1998

Championship Best Performance Bruce TASKER Carmarthen Harriers 22.59 2004

2008 Welsh Champion Thomas KNIGHT Unattached 22.89

Semi Final 1

Position	Bib	Athlete	Club	Perf	Comment
1	20	Thomas CUSWORTH (W)	Wrexham AC	23.27	
2	27	Michael HOWE (W)	Cardiff AAC	23.79	
3	26	Lewis HINWOOD (W)	Cwmbran Harriers	24.28	
4	17	Gareth BENNETT (W)	Wrexham AC	24.86	

Semi Final 2

Position	Bib	Athlete	Club	Perf	Comment
1	101	Paul BENNETT (W)	Carmarthen Harriers	23.83	
2	31	Jamie MORRIS (W)	Bridgend AC	24.00	
3	23	Oliver EDWARDS (W)	Newport Harriers	24.54	
4	104	Jonathon PENGELLY (W)	Cardiff AAC	DNF	

Semi Final 3

Position	Bib	Athlete	Club	Perf	Comment
1	36	Jamaul WHYTE (W)	Cardiff AAC	23.10	
2	106	Matthew RICHARDS (W)	Pembroke Harriers	23.88	
3	33	Rorie ROBINSON	Herne Hill Harriers	24.21	
4	107	Akil SCAFE-SMITH	Herne Hill Harriers	DNS	

T8 U17M 200m - Heats

12:20 PM

Welsh Indoor Record Tim BENJAMIN Cardiff AAC 21.51 1998

Championship Best Performance Bruce TASKER Carmarthen Harriers 22.59 2004

2008 Welsh Champion Thomas KNIGHT Unattached 22.89

Heat 1 of 5

Position	Bib	Athlete	Club	Perf	Comment
1	20	Thomas CUSWORTH (W)	Wrexham AC	23.13	Q
2	27	Michael HOWE (W)	Cardiff AAC	23.71	q
3	107	Akil SCAFE-SMITH	Herne Hill Harriers	24.64	q
4	17	Gareth BENNETT (W)	Wrexham AC	24.64	q

Heat 2 of 5

Position	Bib	Athlete	Club	Perf	Comment
1	33	Rorie ROBINSON	Herne Hill Harriers	24.55	Q
2	105	Thomas PHILLIPS (W)	Barry & Vale Harriers	24.88	
3	102	Sean BERGIERS (W)	Carmarthen Harriers	25.95	
4	38	Tobias WILLIAMS (W)	Swansea Harriers	27.15	

Heat 3 of 5

Position	Bib	Athlete	Club	Perf	Comment
1	36	Jamaul WHYTE (W)	Cardiff AAC	23.36	Q
2	26	Lewis HINWOOD (W)	Cwmbran Harriers	23.91	q
3	31	Jamie MORRIS (W)	Bridgend AC	24.38	q
4	34	James SALE (W)	Cwmbran Harriers	25.70	

Heat 4 of 5

Position	Bib	Athlete	Club	Perf	Comment
1	104	Jonathon PENGELLY (W)	Cardiff AAC	24.08	Q
2	23	Oliver EDWARDS (W)	Newport Harriers	24.32	q
3	22	William DAVIES (W)	Cwmbran Harriers	26.07	
4	18	Daniel BURTON (W)	Deeside AAC	26.81	

Heat 5 of 5

Position	Bib	Athlete	Club	Perf	Comment
1	101	Paul BENNETT (W)	Carmarthen Harriers	23.97	Q
2	106	Matthew RICHARDS (W)	Pembroke Harriers	24.02	q
3	25	Dewi HAMMOND (W)	Bromsgrove & Redditch AC	24.90	
4	21	Gareth DAVIES (W)	Cwmbran Harriers	25.23	

T26A U17M 400m - A Final

4:25 PM

Welsh Indoor Record Bruce TASKER Carmarthen Harriers 48.85 2004

Championship Best Performance Tom MILLER Cardiff AAC 49.66 2006

A Final

2008 Welsh Champion Samuel CONWAY Cardiff AAC 52.45

Position	Bib	Athlete	Club	Perf	Comment
1	130	Evan JENKINS (W)	Swansea Harriers	52.48	
2	104	Jonathon PENGELLY (W)	Cardiff AAC	53.02	
3	101	Paul BENNETT (W)	Carmarthen Harriers	53.75	
4	107	Akil SCAFE-SMITH	Herne Hill Harriers	53.86	

T11 U17M 400m - Heats

1:20 PM

Welsh Indoor Record Bruce TASKER Carmarthen Harriers 48.85 2004

Championship Best Performance Tom MILLER Cardiff AAC 49.66 2006

Heat 1 of 3

2008 Welsh Champion Samuel CONWAY Cardiff AAC 52.45

Position	Bib	Athlete	Club	Perf	Comment
1	130	Evan JENKINS (W)	Swansea Harriers	51.97	Q
2	127	Christopher DAVIES (W)	Neath Harriers	55.47	
3	134	Freddie NASERIYAN (W)	Cwmbran Harriers	55.48	
4	129	Lloyd HARRIS (W)	Cardiff AAC	55.75	

Heat 2 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	101	Paul BENNETT (W)	Carmarthen Harriers	54.53	Q
2	29	Adam JONES (W)	Brecon AC	55.12	
3	83	Jack McDONALD (W)	Colwyn Bay	60.58	
4	132	Kieron MARTIN (W)	Swansea Harriers	62.20	

Heat 3 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	104	Jonathon PENGELLY (W)	Cardiff AAC	53.67	Q
2	107	Akil SCAFE-SMITH	Herne Hill Harriers	53.78	q
3	125	Jacob BRENNAN (W)	Cardiff AAC	54.32	
4	105	Thomas PHILLIPS (W)	Barry & Vale Harriers	55.77	

T4 U17M 60m Hurdles - FINAL

11:15 AM

Welsh Indoor Record Colin JACKSON Cardiff AAC 8.16 1983

Championship Best Performance Benjamin CLEARY Cardiff AAC 8.64 2008

2008 Welsh Champion Benjamin CLEARY Cardiff AAC 8.64

Position	Bib	Athlete	Club	Perf	Comment
1	37	Rhys WILLIAMS (W)	Cardiff AAC	8.51	CBP
2	85	Daniel SHARREM (W)	Cardiff AAC	8.52	
3	82	Shane JONES (W)	Neath Harriers	9.02	
4	18	Daniel BURTON (W)	Deeside AAC	9.67	
5	83	Jack McDONALD (W)	Colwyn Bay	9.85	
6	81	Glen ELSDON (W)	Carmarthen Harriers	DNS	
7					
8					

F7 U17M High Jump - FINAL

Welsh Indoor Record Chuka ENIH-SNELL Swansea Harriers 2.07 2000

Championship Best Performance Chuka ENIH-SNELL Swansea Harriers 2.05 2000

2008 Welsh Champion Ashley JONES Newport Harriers 1.75

Pos	Bib	Athlete	Club	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.93	Best Perf
				1.97											
1	151	Adam DAVIES (W)	Pembroke Harriers	xxx					o	o	o	o	o	o	1.93
2	154	Ashley JONES (W)	Newport Harriers	0.00	0.00	0.00	o	o	o	o	o	xxx	0.00	0.00	1.80
3	152	Stephen GUEST (W)	Bridgend AC				o	pass	xo	xxo	xo	xxx			1.80
4	156	Christian THOMAS (W)	Pembroke Harriers	o	o	o	xxo	o	xxx	0.00	0.00	0.00	0.00	0.00	1.65
5	102	Sean BERGIERS (W)	Carmarthen Harriers		o	o	o	xxo	xxx						1.65

F1 U17M Pole Vault - FINAL

10:30 AM

Welsh Indoor Record Neil WINTER Shaftesbury 4.85 1990

Championship Best Performance Benjamin GREGORY V of Aylesbury 4.21 2007

2008 Welsh Champion Lewis NEWTON Cardiff AAC 3.70

Pos	Bib	Athlete	Club	2.51	2.61	3.21	3.31	3.41	3.51	3.61	3.66	3.71	3.81	3.91	Best Perf
				3.96	4.01	4.21									
1	180	Lewis NEWTON (W)	Cardiff AAC	pass	xo	xxx							o	pass	4.01
2	178	Emyr JONES (W)	Carmarthen Harriers	0.00	0.00	0.00	0.00	0.00	o	pass	pass	o	o	0.00	3.81
3	179	Robert McGREGOR (W)	Bridgend AC					o	o	xo	pass	xxo	xo	xxx	3.81
4	177	Daniel HODGSON (W)	Wrexham AC	0.00	0.00	xx	pass	o	o	o	o	xxx	0.00	0.00	3.66
5	176	Morgan ATKINS (W)	Swansea Harriers	xo	xxx										2.51

F5 U17M Long Jump - FINAL

10:30 AM

Welsh Indoor Record Scott HERBERT Milton Keynes 6.90 1990

Championship Best Performance Richardo CHILDS Brecon AC 6.57 2001

2008 Welsh Champion Dafydd WILLIAMS Carmarthen Harriers 5.52

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	184	Julien ALLWOOD	Herne Hill Harriers	6.22	6.24	NJ	6.10	NJ	5.95	6.24
2	20	Thomas CUSWORTH (W)	Wrexham AC	6.14	5.96	5.85	5.90	5.78	0.00	6.14
3	185	Michael PAYNE (W)	Newport Harriers	5.90	5.87	5.98	4.19	4.47	6.08	6.08
4	154	Ashley JONES (W)	Newport Harriers	4.43	5.49	5.54	5.94	5.62	0.00	5.94
5	31	Jamie MORRIS (W)	Bridgend AC	5.81	NJ	5.79	5.87	4.03	5.92	5.92
6	36	Jamaul WHYTE (W)	Cardiff AAC	NJ	NJ	NJ	NJ	5.45	5.80	5.80
7	17	Gareth BENNETT (W)	Wrexham AC	5.33	NJ	NJ	5.22	4.96	5.07	5.33
8	105	Thomas PHILLIPS (W)	Barry & Vale Harriers	NJ	4.93	5.14	NJ	4.59	5.16	5.16
9	38	Tobias WILLIAMS (W)	Swansea Harriers	NJ	NJ	3.82	4.71	4.58	4.80	4.80

F9 U17M Triple Jump - FINAL

12:30 PM

Welsh Indoor Record Steven SHALDERS Cardiff AAC 14.42 1998

Championship Best Performance Lee HARRIS Bristol & West AC 13.77 2000

2008 Welsh Champion Dafydd WILLIAMS Carmarthen Harriers 11.74

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	186	Callum STOUT (W)	Cardiff AAC	11.15	10.85	11.00	11.06	11.15	10.20	11.15
2	132	Kieron MARTIN (W)	Swansea Harriers	11.10	11.14	NJ	10.78	10.82	NJ	11.14
3	30	Connor LECKENBY (W)	Deeside AAC	10.18	9.11	10.76	10.98	10.70	NJ	10.98

F17 U17M Shot (5.0kg) - FINAL

Welsh Indoor Record Clayton TURNER Crawley AC 16.73 1985

Championship Best Performance Mathew EVANS Carmarthen Harriers 15.61 2005

2008 Welsh Champion Tomos EDWARDS Carmarthen Harriers 14.47

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	203	Rheon JAMES (W)	Carmarthen Harriers	NT	NT	12.02	13.61	NT	NT	13.61
2	202	Jonathan GARDINER (W)	Carmarthen Harriers	11.24	12.05	NT	10.35	12.01	NT	12.05
3	204	Lewis JONES (W)	Newport Harriers	11.36	11.55	11.23	NT	11.55	11.33	11.55
4	201	Josh BUSSELL (W)	Cwmbran Harriers	10.80	11.28	11.19	NT	11.49	10.92	11.49
5	206	Jonathan STOWELL (W)	Pembroke Harriers	9.44	NT	11.20	10.91	11.26	10.00	11.26
6	29	Adam JONES (W)	Brecon AC	9.54	9.58	9.78	NT	10.12	9.84	10.12

Welsh Athletics - Height Card

Meeting		Welsh Athletics U17/U20 Open Junior Championships				Venue		NIAC, UWIC - Cyncoed						Date		Saturday 7th February					
Event		U17M Pole Vault - FINAL				Time		Welsh Indoor Record						Neil WINTER Shaftesbury 4.85 1990							
F1						10:30 AM		Championship Best Performance						Benjamin GREGORY V of Aylesbury 4.21 2007							
								2008 Welsh Champion						Lewis NEWTON Cardiff AAC 3.70							
Order	Number	NAME	CLUB	UPRIGHTS	Start Height	2.51	2.61	3.21	3.31	3.41	3.51	3.61	3.66	3.71	3.81	3.91	Best of All	Trials at Height Cleared	Total Failures	Total Trials	Position
						3.96	4.01	4.21													
1	176	Morgan ATKINS (W)	Swansea Harriers	65	2.51	xo	xxx										2.51	1	5	6	5
2	152	Stephen GUEST (W)	Bridgend AC	70	3.51	pass	xxx				o	pass	pass	o	o	xo		4	5	9	
3	177	Daniel HODGSON (W)	Wrexham AC	50	3.21			xx	pass	o	o	o	o	xxx			3.66	4	4	8	4
4	178	Emyr JONES (W)	Carmarthen Harriers	65	3.51						o	pass	pass	o	o		3.81	3		3	2
5	179	Robert McGREGOR (W)	Bridgend AC	80	3.41					o	o	xo	pass	xxo	xo	xxx	3.81	5	7	12	3
6	180	Lewis NEWTON (W)	Cardiff AAC	70	3.81	pass	xo	xxx							o	pass	4.01	2	5	7	1
7																					
8																					
9																					
10																					
11																					
12																					
13																					
14																					
15																					
16																					

FULL RESULTS										JUDGES' SIGNATURES									
No.	NAME	CLUB	PERF	No.	NAME	CLUB	PERF												
1	180	Lewis NEWTON (W)	Cardiff AAC	4.01	9														
2	178	Emyr JONES (W)	Carmarthen Harriers	3.81	10														
3	179	Robert McGREGOR (W)	Bridgend AC	3.81	11														
4	177	Daniel HODGSON (W)	Wrexham AC	3.66	12														
5	176	Morgan ATKINS (W)	Swansea Harriers	2.51	13														
6					14														
7					15														
8					16														

Welsh Athletics - Height Card

Meeting		Welsh Athletics U17/U20 Open Junior Championships				Venue		NIAC, UWIC - Cyncoed						Date		Saturday 7th February					
Event		U17M High Jump - FINAL				Time		Welsh Indoor Record						Chuka ENIH-SNELL Swansea Harriers 2.07 2000							
F7						11:30 AM		Championship Best Performance						Chuka ENIH-SNELL Swansea Harriers 2.05 2000							
								2008 Welsh Champion						Ashley JONES Newport Harriers 1.75							
Order	Number	NAME	CLUB	Start Height	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.93	Best of All	Trials at Height Cleared	Total Failures	Total Trials	Position	
					1.97																
						Mtrs		Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs						
1	102	Sean BERGIERS (W)	Carmarthen Harriers	1.50		o	o	o	xxo	xxx						1.65	4	5	9	5	
2	151	Adam DAVIES (W)	Pembroke Harriers	1.70	xxx					o	o	o	o	o	o	1.93	6	4	10	1	
3	81	Glen ELSDON (W)	Carmarthen Harriers																		
4	152	Stephen GUEST (W)	Bridgend AC	1.60			o	pass	xo	xxo	xo	xxx			1.80	4	7	11	3		
5	153	Ben JENKINS (W)	Swansea Harriers																		
6	154	Ashley JONES (W)	Newport Harriers	1.60			o	o	o	o	o	xxx			1.80	5	4	9	2		
7	155	James LOVELL (W)	Swansea Harriers																		
8	105	Thomas PHILLIPS (W)	Barry & Vale Harriers																		
9	156	Christian THOMAS (W)	Pembroke Harriers	1.45	o	o	o	xxo	o	xxx						1.65	5	5	10	4	
10																					
11																					
12																					
13																					
14																					
15																					
16																					

FULL RESULTS										JUDGES' SIGNATURES									
No.	NAME	CLUB	PERF	No.	NAME	CLUB	PERF												
1	151	Adam DAVIES (W)	Pembroke Harriers	1.93	9														
2	154	Ashley JONES (W)	Newport Harriers	1.80	10														
3	152	Stephen GUEST (W)	Bridgend AC	1.80	11														
4	156	Christian THOMAS (W)	Pembroke Harriers	1.65	12														
5	102	Sean BERGIERS (W)	Carmarthen Harriers	1.65	13														
6					14			REFEREE'S SIGNATURE											
7					15														
8					16														

Welsh Athletics : Distance Card

Meeting		Welsh Athletics U17 / U20 Open Junior Championships		Venue	NIAC. Cardiff, Cyncoed				Date	Saturday February 07 2009				
Event					Welsh Indoor Record				Scott HERBERT Milton Keynes 6.90 1990					
F5		U17M Long Jump - FINAL		10:30 AM	Championship Best Performance				Richardo CHILDS Brecon AC 6.57 2001					
					2008 Welsh Champion				Dafydd WILLIAMS Carmarthen Harriers 5.52					
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of 6	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	184	Julien ALLWOOD	Herne Hill Harriers	6.22	6.24	NJ	6.24	1	6.10	NJ	5.95	6.24	6.24	1
2	17	Gareth BENNETT (W)	Wrexham AC	5.33	NJ	NJ	5.33	6	5.22	4.96	5.07	5.33	5.33	7
3	20	Thomas CUSWORTH (W)	Wrexham AC	6.14	5.96	5.85	6.14	2	5.90	5.78		6.14	6.14	2
4	81	Glen ELSDON (W)	Carmarthen Harriers											
5	25	Dewi HAMMOND (W)	Bromsgrove & Redditch AC											
6	103	Liam JONES (W)	Carmarthen Harriers											
7	154	Ashley JONES (W)	Newport Harriers	4.43	5.49	5.54	5.54	5	5.94	5.62		5.94	5.94	4
8	133	Curtis MATHEWS (W)	Barry & Vale Harriers											
9	83	Jack McDONALD (W)	Colwyn Bay											
10	31	Jamie MORRIS (W)	Bridgend AC	5.81	NJ	5.79	5.81	4	5.87	4.03	5.92	5.92	5.92	5
11	185	Michael PAYNE (W)	Newport Harriers	5.90	5.87	5.98	5.98	3	4.19	4.47	6.08	6.08	6.08	3
12	105	Thomas PHILLIPS (W)	Barry & Vale Harriers	NJ	4.93	5.14	5.14	7	NJ	4.59	5.16	5.16	5.16	8
13	186	Callum STOUT (W)	Cardiff AAC											
14	36	Jamaul WHYTE (W)	Cardiff AAC	NJ	NJ	NJ			NJ	5.45	5.80	5.80	5.80	6
15	38	Tobias WILLIAMS (W)	Swansea Harriers	NJ	NJ	3.82	3.82	8	4.71	4.58	4.80	4.80	4.80	9
16														

FULL RESULTS										JUDGES' SIGNATURES				
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance					
1	184	Julien ALLWOOD	Herne Hill Harriers	6.24	9	38	Tobias WILLIAMS (W)	Swansea Harriers	4.80					
2	20	Thomas CUSWORTH (W)	Wrexham AC	6.14	10									
3	185	Michael PAYNE (W)	Newport Harriers	6.08	11									
4	154	Ashley JONES (W)	Newport Harriers	5.94	12									
5	31	Jamie MORRIS (W)	Bridgend AC	5.92	13									
6	36	Jamaul WHYTE (W)	Cardiff AAC	5.80	14									
7	17	Gareth BENNETT (W)	Wrexham AC	5.33	15									
8	105	Thomas PHILLIPS (W)	Barry & Vale Harriers	5.16	16									
										REFEREE SIGNATURE				

Welsh Athletics : Distance Card

Meeting		Welsh Athletics U17 / U20 Open Junior Championships		Venue		NIAC. Cardiff, Cyncoed			Date		Saturday February 07 2009			
Event						Welsh Indoor Record			Steven SHALDERS Cardiff AAC 14.42 1998					
F9		U17M Triple Jump - FINAL		12:30 PM		Championship Best Performance			Lee HARRIS Bristol & West AC 13.77 2000					
						2008 Welsh Champion			Dafydd WILLIAMS Carmarthen Harriers 11.74					
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of 6	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	30	Connor LECKENBY (W)	Deeside AAC	10.18	9.11	10.76	10.76	3	10.98	10.70	NJ	10.98	10.98	3
2	132	Kieron MARTIN (W)	Swansea Harriers	11.10	11.14	NJ	11.14	2	10.78	10.82	NJ	11.14	11.14	2
3	186	Callum STOUT (W)	Cardiff AAC	11.15	10.85	11.00	11.15	1	11.06	11.15	10.20	11.15	11.15	1
4														
5														
6														
7														
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11														
12														
13														
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15														
16														

FULL RESULTS										JUDGES' SIGNATURES				
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance					
1	186	Callum STOUT (W)	Cardiff AAC	11.15	9									
2	132	Kieron MARTIN (W)	Swansea Harriers	11.14	10									
3	30	Connor LECKENBY (W)	Deeside AAC	10.98	11									
4					12									
5					13									
6					14									
7					15									
8					16									

Welsh Athletics : Distance Card

Meeting		Welsh Athletics U17 / U20 Open Junior Championships		Venue	NIAC. Cardiff, Cyncoed				Date	Saturday February 07 2009				
Event					Welsh Indoor Record				Clayton TURNER Crawley AC 16.73 1985					
F17		U17M Shot (5.0kg) - FINAL		3:00 PM	Championship Best Performance				Mathew EVANS Carmarthen Harriers 15.61 2005					
					2008 Welsh Champion				Tomos EDWARDS Carmarthen Harriers 14.47					
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of 6	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	201	Josh BUSSELL (W)	Cwmbran Harriers	10.80	11.28	11.19	11.28	4	NT	11.49	10.92	11.49	11.49	4
2	202	Jonathan GARDINER (W)	Carmarthen Harriers	11.24	12.05	NT	12.05	1	10.35	12.01	NT	12.05	12.05	2
3	203	Rheon JAMES (W)	Carmarthen Harriers	NT	NT	12.02	12.02	2	13.61	NT	NT	13.61	13.61	1
4	29	Adam JONES (W)	Brecon AC	9.54	9.58	9.78	9.78	6	NT	10.12	9.84	10.12	10.12	6
5	204	Lewis JONES (W)	Newport Harriers	11.36	11.55	11.23	11.55	3	NT	11.55	11.33	11.55	11.55	3
6	206	Jonathan STOWELL (W)	Pembroke Harriers	9.44	NT	11.20	11.20	5	10.91	11.26	10.00	11.26	11.26	5
7														
8														
9														
10														
11														
12														
13														
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16														

FULL RESULTS										JUDGES' SIGNATURES				
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance					
1	203	Rheon JAMES (W)	Carmarthen Harriers	13.61	9									
2	202	Jonathan GARDINER (W)	Carmarthen Harriers	12.05	10									
3	204	Lewis JONES (W)	Newport Harriers	11.55	11									
4	201	Josh BUSSELL (W)	Cwmbran Harriers	11.49	12									
5	206	Jonathan STOWELL (W)	Pembroke Harriers	11.26	13									
6	29	Adam JONES (W)	Brecon AC	10.12	14									
7					15									
8					16									
										REFEREE SIGNATURE				

T22 U17W 60m - FINAL

3:50 PM

Welsh Indoor Record Lisa ARMSTRONG Torfaen AC 7.56 1990
Championship Best Performance Danielle SELLEY Preseli AC 7.74 2000
2008 Welsh Champion Hannah THOMAS Wrexham AC 7.86

Equal CBP

Position	Bib	Athlete	Club	Perf	Comment
1	10	Mica MOORE (W)	Cardiff AAC	7.74	
2	14	Hannah THOMAS (W)	Wrexham AC	7.83	
3	7	Hannah JONES (W)	Cardiff AAC	8.12	
4	9	Rachel MAYHEW	Herne Hill Harriers	8.16	
5	11	Rachel O'CONNOR (W)	Bridgend AC	8.27	
6	12	Eleanor ROWLAND (W)	Pembroke Harriers	8.33	
7	6	Lauren JONES (W)	Bridgend AC	8.35	
8	3	Shaleena GRAHAM (W)	Cardiff AAC	DNS	

T15 U17W 60m - Heats

2:40 PM

Welsh Indoor Record Lisa ARMSTRONG Torfaen AC 7.56 1990
Championship Best Performance Danielle SELLEY Preseli AC 7.74 2000
2008 Welsh Champion Hannah THOMAS Wrexham AC 7.86

Heat 1 of 2

Position	Bib	Athlete	Club	Perf	Comment
1	10	Mica MOORE (W)	Cardiff AAC	7.92	Q
2	7	Hannah JONES (W)	Cardiff AAC	8.19	Q
3	9	Rachel MAYHEW	Herne Hill Harriers	8.24	
4	12	Eleanor ROWLAND (W)	Pembroke Harriers	8.33	
5	6	Lauren JONES (W)	Bridgend AC	8.38	
6	8	Jessica MacDONALD (W)	Aberdare VAAC	8.56	

Heat 2 of 2

Position	Bib	Athlete	Club	Perf	Comment
1	14	Hannah THOMAS (W)	Wrexham AC	7.94	
2	11	Rachel O'CONNOR (W)	Bridgend AC	8.30	
3	3	Shaleena GRAHAM (W)	Cardiff AAC	8.38	
4	1	Nia BREEZE (W)	Wrexham AC	8.45	
5	2	Carly EVANS (W)	Swansea Harriers	9.07	
6	4	Lowri JOHN (W)	Aberdare VAAC	9.28	

T30 U17W 200m - FINAL

4:50 PM

Welsh Indoor Record Alexandria BICK Cardiff AAC 24.82 1999
Championship Best Performance Brigid EADES Newport Harriers 25.75 2007
2008 Welsh Champion Megan ROGERS Wrexham AC 26.71

Position	Bib	Athlete	Club	Perf	Comment
1	14	Hannah THOMAS (W)	Wrexham AC	25.87	
2	96	Jamie-Leigh BOWEN (W)	Cardiff AAC	26.37	
3	97	Samantha COGAN (W)	Cardiff AAC	26.47	
4	6	Lauren JONES (W)	Bridgend AC	27.72	

T7 U17W 200m - Heats

12:00 PM

Welsh Indoor Record Alexandria BICK Cardiff AAC 24.82 1999
Championship Best Performance Brigid EADES Newport Harriers 25.75 2007
2008 Welsh Champion Megan ROGERS Wrexham AC 26.71

Heat 1 of 2

Position	Bib	Athlete	Club	Perf	Comment
1	14	Hannah THOMAS (W)	Wrexham AC	26.30	Q
2	97	Samantha COGAN (W)	Cardiff AAC	26.91	q
3	6	Lauren JONES (W)	Bridgend AC	27.32	q
4	7	Hannah JONES (W)	Cardiff AAC	28.60	

Heat 2 of 2

Position	Bib	Athlete	Club	Perf	Comment
1	96	Jamie-Leigh BOWEN (W)	Cardiff AAC	26.43	Q
2	3	Shaleena GRAHAM (W)	Cardiff AAC	27.79	
3	1	Nia BREEZE (W)	Wrexham AC	28.21	
4	99	Megan JONES (W)	Swansea Harriers	29.97	

T24A U17W 300m - A Final

4:10 PM

Welsh Indoor Record Rowi MORTIMER Bristol & West AC 39.75 2002
Championship Best Performance Brigid EADES Newport Harriers 40.23 2007
2008 Welsh Champion Brigid EADES Newport Harriers 40.78

A Final

Position	Bib	Athlete	Club	Perf	Comment
1	78	Megan ROGERS (W)	Wrexham AC	40.97	
2	121	Chloe JONES (W)	Wrexham AC	42.10	
3	75	Katie LEWIS (W)	Bridgend AC	42.20	
4	124	Gwenllian WILLIAMS (W)	Cardiff AAC	44.00	

T12 U17W 300m - Heats

1:50 PM

Welsh Indoor Record Rowi MORTIMER Bristol & West AC 39.75 2002
Championship Best Performance Brigid EADES Newport Harriers 40.23 2007
2008 Welsh Champion Brigid EADES Newport Harriers 40.78

Heat 1 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	75	Katie LEWIS (W)	Bridgend AC	42.61	Q
2	124	Gwenllian WILLIAMS (W)	Cardiff AAC	43.11	q
3	117	Emma BARLOW	Croydon Harriers	44.54	
4	98	Victoria COOK (W)	Rhymney Valley AC	45.80	

Heat 2 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	78	Megan ROGERS (W)	Wrexham AC	41.45	Q
2	122	Laura PENHALLURICK (W)	Carmarthen Harriers	44.04	
3	120	Aimee HENDRICKSON (W)	Cardiff AAC	44.32	
4	119	Alice FRASER (W)	Deeside AAC	44.41	

Heat 3 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	121	Chloe JONES (W)	Wrexham AC	42.65	Q
2	123	Christie WILLIAMS (W)	Bridgend AC	43.39	
3	100	Lauren McCARTHY (W)	Cardiff AAC	43.95	
4	80	Antonia YORKSHIRE (W)	Newport Harriers	45.77	

T3 U17W 60m Hurdles - FINAL

11:10 AM

Welsh Indoor Record Bethan EDWARDS Brecon AC 8.67 1989
Championship Best Performance Heather JONES Carmarthen Harriers 8.75 2003
2008 Welsh Champion Lauren O'REILLY Newport Harriers 8.99

Position	Bib	Athlete	Club	Perf	Comment
1	79	Catrin STONE (W)	Swansea Harriers	8.82	
2	75	Katie LEWIS (W)	Bridgend AC	8.96	
3	78	Megan ROGERS (W)	Wrexham AC	9.10	
4	73	Stacey COLLINS (W)	Neath Harriers	9.33	
5	74	Kimberley DAVIES (W)	Swansea Harriers	9.56	
6	80	Antonia YORKSHIRE (W)	Newport Harriers	9.97	
7	77	Rhiannon PLANT (W)	Carmarthen Harriers	10.50	

F13 U17W High Jump - FINAL

1:00 PM

Welsh Indoor Record Julia CHARLTON Carmarthen Harriers 1.79 1980
Championship Best Performance Valerie ADAMS, Jackie BARBER, Susannah FILCE, Eleri GEORGE, Hannah THOMAS Swansea H, Barry & V, Wrexham, Carmarthen H, Wrexham. 1.60 1983, 1984, 1990, 2002, 2008
2008 Welsh Champion Hannah THOMAS Wrexham AC 1.60

Pos	Bib	Athlete	Club	1.35	1.40	1.45	1.50	1.55	1.60	1.63	1.66	Best Perf			
1	146	Sarah ABRAMS (W)	Sutton & District AC					o	o	xxo	xxx	1.63			
2	149	Sian SWANSON (W)	Maldwyn Harriers	0.00	0.00	0.00	o	o	o	xxx	0.00	0.00	0.00	0.00	1.60
3	73	Stacey COLLINS (W)	Neath Harriers			xo	xxo	xo	xxx						1.55
4	147	Alysha JONES (W)	Bridgend AC	0.00	o	o	o	xxo	xxx	0.00	0.00	0.00	0.00	0.00	1.55
5	74	Kimberley DAVIES (W)	Swansea Harriers		o	o	xo	xxx							1.50
6	77	Rhiannon PLANT (W)	Carmarthen Harriers	o	xo	xxx	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.40

F2 U17W Pole Vault - FINAL

10:30 AM

Welsh Indoor Record Christina HUGHES Deeside AAC 3.60 2008
Championship Best Performance Jessica ABRAHAM / Elinor LEWIS Cardiff AAC 3.40 2005/2008
2008 Welsh Champion Elinor LEWIS Cardiff AAC 3.40

Pos	Bib	Athlete	Club	2.51	2.61	3.21	3.31	3.41	3.51	3.61	3.66	3.71	3.81	3.91	Best Perf
1	170	Rebecca DAVIES (W)	Deeside AAC	3.96	4.01	4.21									
1	170	Rebecca DAVIES (W)	Deeside AAC	o	xxx							o	o	o	3.41
2	171	Naomi JAMES (W)	Swansea Harriers	xxx	0.00	0.00	0.00	0.00	0.00	0.00	o	o	o	o	3.31
3	173	Rhianydd LLEWELLYN (W)	Bridgend AC							o	o	xxo	xxx		3.11
4	174	Lucy ROULSTON (W)	Deeside AAC	0.00	0.00	0.00	0.00	xo	o	o	xxx	0.00	0.00	0.00	2.21

F15 U17W Long Jump - FINAL

2:00 PM

Welsh Indoor Record Nicola SHORT Torfaen AC 5.77 1986
Championship Best Performance Rebecca WILLIAMS Newport Harriers 5.54 2005
2008 Welsh Champion Lauren O'REILLY Newport Harriers 5.42

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	146	Sarah ABRAMS (W)	Sutton & District AC	5.28		NJ	5.30	5.10	5.45	5.45
2	123	Christie WILLIAMS (W)	Bridgend AC	0.00	4.24	4.63	4.66	5.04	5.18	5.18
3	183	Ffion REES (W)	Carmarthen Harriers	4.52	5.07	NJ	NJ	NJ	5.03	5.07
4	121	Chloe JONES (W)	Wrexham AC	4.84	4.84	NJ	4.92	5.00	5.07	5.07
5	15	Victoria WEBB (W)	Cwmbran Harriers	4.61	4.44	4.49	4.68	4.69	NJ	4.69
6	182	Natasha LEWIS (W)	Cwmbran Harriers	4.50	NJ	NJ	4.53	4.64	NJ	4.64
7	98	Victoria COOK (W)	Rhymney Valley AC	3.83	3.99	3.98	3.81	4.21	4.25	4.25
8	99	Megan JONES (W)	Swansea Harriers	3.93	4.03	4.02	3.88	3.91	3.81	4.03

F19 U17W Triple Jump - FINAL

4:00 PM

Welsh Indoor Record Jayne LUDLOW Cardiff AAC 11.74 1994
Championship Best Performance Sally PEAKE Wirral AC 11.48 2002
2008 Welsh Champion Amy BRADLEY Cwmbran Harriers 10.15

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	146	Sarah ABRAMS (W)	Sutton & District AC	10.92		10.43		10.64	10.96	10.96
2	191	Amy BRADLEY (W)	Cwmbran Harriers	10.66	10.67	10.37	NJ	10.31	10.67	10.67
3	183	Ffion REES (W)	Carmarthen Harriers	9.00	9.52	9.20	9.66	8.20	9.53	9.66
4	192	Kara STEDMAN (W)	Llanelli AC	NJ	9.44	9.49	9.53	NJ	NJ	9.53

F14 U17W Shot (4.0kg) - FINAL

2:00 PM

Welsh Indoor Record Philippa ROLES Swansea Harriers 13.68 1994
Championship Best Performance Tesni WARD City of Sheffield AC 12.86 2008
2008 Welsh Champion Tesni WARD City of Sheffield AC 12.86

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	199	Jasmine SEALE (W)	Nantyglo High School	8.16	8.18	8.23	8.42	8.79	8.50	8.79
2	197	Lucy GRIFFITHS (W)	Pembroke Harriers	8.45	NT	7.71	NT	NT	NT	8.45
3	198	Jessica NORTHCOTT (W)	Carmarthen Harriers	6.83	6.68	7.58	7.43	7.80	7.40	7.80

Welsh Athletics : Distance Card

Meeting		Welsh Athletics U17 / U20 Open Junior Championships		Venue		NIAC. Cardiff, Cyncoed			Date		Saturday February 07 2009			
Event				F15		2:00 PM		Welsh Indoor Record			Nicola SHORT Torfaen AC 5.77 1986			
								Championship Best Performance			Rebecca WILLIAMS Newport Harriers 5.54 2005			
							2008 Welsh Champion			Lauren O'REILLY Newport Harriers 5.42				
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of 6	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	146	Sarah ABRAMS (W)	Sutton & District AC	5.28		NJ	5.28	1	5.30	5.10	5.45	5.45	5.45	1
2	72	Georgia ATKINS	Chelmsford AC											
3	73	Stacey COLLINS (W)	Neath Harriers											
4	98	Victoria COOK (W)	Rhymney Valley AC	3.83	3.99	3.98	3.99	8	3.81	4.21	4.25	4.25	4.25	7
5	99	Megan JONES (W)	Swansea Harriers	3.93	4.03	4.02	4.03	7	3.88	3.91	3.81	4.03	4.03	8
6	182	Natasha LEWIS (W)	Cwmbran Harriers	4.50	NJ	NJ	4.50	6	4.53	4.64	NJ	4.64	4.64	6
7	76	Sara OTUNG (W)	Cardiff AAC											
8	183	Ffion REES (W)	Carmarthen Harriers	4.52	5.07	NJ	5.07	2	NJ	NJ	5.03	5.07	5.07	3
9	15	Victoria WEBB (W)	Cwmbran Harriers	4.61	4.44	4.49	4.61	5	4.68	4.69	NJ	4.69	4.69	5
10	123	Christie WILLIAMS (W)	Bridgend AC		4.24	4.63	4.63	4	4.66	5.04	5.18	5.18	5.18	2
11	121	Chloe JONES (W)	Wrexham AC	4.84	4.84	NJ	4.84	3	4.92	5.00	5.07	5.07	5.07	4
12														
13														
14														
15														
16														

FULL RESULTS

JUDGES' SIGNATURES

No.	NAME	CLUB	Distance	No.	NAME	CLUB	Distance
1	146 Sarah ABRAMS (W)	Sutton & District AC	5.45	9			
2	123 Christie WILLIAMS (W)	Bridgend AC	5.18	10			
3	183 Ffion REES (W)	Carmarthen Harriers	5.07	11			
4	121 Chloe JONES (W)	Wrexham AC	5.07	12			
5	15 Victoria WEBB (W)	Cwmbran Harriers	4.69	13			
6	182 Natasha LEWIS (W)	Cwmbran Harriers	4.64	14			
7	98 Victoria COOK (W)	Rhymney Valley AC	4.25	15			
8	99 Megan JONES (W)	Swansea Harriers	4.03	16			

REFeree SIGNATURE

Welsh Athletics : Distance Card

Meeting		Welsh Athletics U17 / U20 Open Junior Championships		Venue	NIAC. Cardiff, Cyncoed				Date	Saturday February 07 2009				
Event					Welsh Indoor Record				Jayne LUDLOW Cardiff AAC 11.74 1994					
F19				4:00 PM	Championship Best Performance				Sally PEAKE Wirral AC 11.48 2002					
		2008 Welsh Champion				Amy BRADLEY Cwmbran Harriers 10.15								
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of 6	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	146	Sarah ABRAMS (W)	Sutton & District AC	10.92		10.43	10.92	1		10.64	10.96	10.96	10.96	1
2	191	Amy BRADLEY (W)	Cwmbran Harriers	10.66	10.67	10.37	10.67	2	NJ	10.31	10.67	10.67	10.67	2
3	183	Ffion REES (W)	Carmarthen Harriers	9.00	9.52	9.20	9.52	3	9.66	8.20	9.53	9.66	9.66	3
4	192	Kara STEDMAN (W)	Llanelli AC	NJ	9.44	9.49	9.49	4	9.53	NJ	NJ	9.53	9.53	4
5	150	Atlanta WILLIAMS (W)	Swansea Harriers											
6														
7														
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10														
11														
12														
13														
14														
15														
16														

FULL RESULTS

JUDGES' SIGNATURES

No.	NAME	CLUB	Distance	No.	NAME	CLUB	Distance
1	146 Sarah ABRAMS (W)	Sutton & District AC	10.96	9			
2	191 Amy BRADLEY (W)	Cwmbran Harriers	10.67	10			
3	183 Ffion REES (W)	Carmarthen Harriers	9.66	11			
4	192 Kara STEDMAN (W)	Llanelli AC	9.53	12			
5				13			
6				14			
7				15			
8				16			

REFeree SIGNATURE

Welsh Athletics : Distance Card

Meeting		Welsh Athletics U17 / U20 Open Junior Championships			Venue		NIAC. Cardiff, Cyncoed			Date		Saturday February 07 2009		
Event					F14 U17W Shot (4.0kg) - FINAL		2:00 PM		Welsh Indoor Record			Philippa ROLES Swansea Harriers 13.68 1994		
F14		Championship Best Performance							Tesni WARD City of Sheffield AC 12.86 2008					
		2008 Welsh Champion							Tesni WARD City of Sheffield AC 12.86					
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of 6	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	197	Lucy GRIFFITHS (W)	Pembroke Harriers	8.45	NT	7.71	8.45	1	NT	NT	NT	8.45	8.45	2
2	198	Jessica NORTHCOTT (W)	Carmarthen Harriers	6.83	6.68	7.58	7.58	3	7.43	7.80	7.40	7.80	7.80	3
3	199	Jasmine SEALE (W)	Nantyglo High School	8.16	8.18	8.23	8.23	2	8.42	8.79	8.50	8.79	8.79	1
4														
5														
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														

FULL RESULTS

JUDGES' SIGNATURES

No.	NAME	CLUB	Distance	No.	NAME	CLUB	Distance
1	199 Jasmine SEALE (W)	Nantyglo High School	8.79	9			
2	197 Lucy GRIFFITHS (W)	Pembroke Harriers	8.45	10			
3	198 Jessica NORTHCOTT (W)	Carmarthen Harriers	7.80	11			
4				12			
5				13			
6				14			
7				15			
8				16			

REFeree SIGNATURE

Welsh Athletics - Height Card

Meeting				Venue				Date				Saturday 7th February									
Welsh Athletics U17/U20 Open Junior Championships				NIAC, UWIC - Cyncoed				Christina HUGHES Deeside AAC 3.60 2008													
Event				Time				Welsh Indoor Record				Championship Best Performance									
U17W Pole Vault - FINAL				10:30 AM				2008 Welsh Champion				Elinor LEWIS Cardiff AAC 3.40									
Order	Number	NAME	CLUB	UPRIGHTS	Start Height	2.01	2.11	2.21	2.31	2.71	2.81	2.91	3.01	3.11	3.21	3.31	Best of All	Trials at Height Cleared	Total Failures	Total Trials	Position
						Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs					
1	169	Ellie BESFORD	Chelmsford AC																		
2	170	Rebecca DAVIES (W)	Deeside AAC	55	3.11	o	xxx							o	o	o	3.41	4	4	8	1
3	171	Naomi JAMES (W)	Swansea Harriers	65	3.01	xxx							o	o	o	o	3.31	4	4	8	2
4	172	Emma JONES (W)	Swansea Harriers																		
5	173	Rhianydd LLEWELLYN (W)	Bridgend AC	70	2.91							o	o	xxo	xxx		3.11	3	5	8	3
6	174	Lucy ROULSTON (W)	Deeside AAC	50	2.71					xo	o	o	xxx				2.21	3	5	8	4
7	175	Rachel WILLIAMS (W)	Deeside AAC	35	2.01	o	o	o	xxx								2.21	3	4	7	4
8																					
9																					
10																					
11																					
12																					
13																					
14																					
15																					
16																					

New CBP

FULL RESULTS										JUDGES' SIGNATURES									
No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF											
1	170	Rebecca DAVIES (W)	Deeside AAC	3.41	9														
2	171	Naomi JAMES (W)	Swansea Harriers	3.31	10														
3	173	Rhianydd LLEWELLYN (W)	Bridgend AC	3.11	11														
4	174	Lucy ROULSTON (W)	Deeside AAC	2.21	12														
5					13					REFEREE'S SIGNATURE									
6					14														
7					15														
8					16														

Welsh Athletics - Height Card

Meeting Welsh Athletics U17/U20 Open Junior Championships				Venue NIAC, UWIC - Cyncoed		Date Saturday 7th February											
				Time 1:00 PM		Welsh Indoor Record Julia CHARLTON Carmarthen Harriers 1.79 1980											
Event F13		U17W High Jump - FINAL		Championship Best Performance Valerie ADAMS, Jackie BARBER, Susannah FILCE, Eleri GEORGE, H		2008 Welsh Champion Hannah THOMAS Wrexham AC 1.60											
Order	Number	NAME	CLUB	Start Height	1.35	1.40	1.45	1.50	1.55	1.60	1.63	1.66	Best of All	Trials at Height Cleared	Total Failures	Total Trials	Position
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs					
1	146	Sarah ABRAMS (W)	Sutton & District AC	1.55					o	o	xxo	xxx	1.63	3	5	8	1
2	73	Stacey COLLINS (W)	Neath Harriers	1.45			xo	xxo	xo	xxx			1.55	3	7	10	3
3	74	Kimberley DAVIES (W)	Swansea Harriers	1.40		o	o	xo	xxx				1.50	3	5	8	5
4	147	Alysha JONES (W)	Bridgend AC	1.40		o	o	o	xxo	xxx			1.55	4	5	9	4
5	148	Jodie JONES (W)	Carmarthen Harriers														
6	77	Rhiannon PLANT (W)	Carmarthen Harriers	1.35	o	xo	xxx						1.40	2	5	7	6
7	149	Sian SWANSON (W)	Maldwyn Harriers	1.50				o	o	o	xxx		1.60	3	4	7	2
8	124	Gwenllian WILLIAMS (W)	Cardiff AAC														
9	150	Atlanta WILLIAMS (W)	Swansea Harriers														
10																	
11																	
12																	
13																	
14																	
15																	
16																	

New CBP

FULL RESULTS										JUDGES' SIGNATURES							
No.	NAME	CLUB	PERF	No.	NAME	CLUB	PERF										
1	146	Sarah ABRAMS (W)	Sutton & District AC	1.63	9												
2	149	Sian SWANSON (W)	Maldwyn Harriers	1.60	10												
3	73	Stacey COLLINS (W)	Neath Harriers	1.55	11												
4	147	Alysha JONES (W)	Bridgend AC	1.55	12												
5	74	Kimberley DAVIES (W)	Swansea Harriers	1.50	13												
6	77	Rhiannon PLANT (W)	Carmarthen Harriers	1.40	14												
7				15													
8				16													



T21 U20M 60m - FINAL

3:45 PM

Welsh Indoor Record Christian MALCOLM Cardiff AAC 6.67 1997

Championship Best Performance Chris HOWE Cardiff AAC 6.99 2008

2008 Welsh Champion Chris HOWE Cardiff AAC 6.99

Position	Bib	Athlete	Club	Perf	Comment
1	62	Christopher HOWE (W)	Cardiff AAC	7.07	
2	64	Matthew JONES (W)	Cardiff AAC	7.14	
3	51	AJ BOYCE	Herne Hill Harriers	7.15	
4	65	Thomas KNIGHT (W)	Cardiff AAC	7.15	
5	55	Santino DUMMETT (W)	Telford AC	7.23	
6	57	James GARDNER (W)	City of Stoke AC	7.27	
7	54	Matthew DANIELS (W)	Cardiff AAC	7.38	
8	70	Jamie PRICE (W)	Swansea Harriers	7.44	

T14 U20M 60m - Heats

2:25 PM

Welsh Indoor Record Christian MALCOLM Cardiff AAC 6.67 1997

Championship Best Performance Chris HOWE Cardiff AAC 6.99 2008

2008 Welsh Champion Chris HOWE Cardiff AAC 6.99

Heat 1 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	62	Christopher HOWE (W)	Cardiff AAC	7.12	Q
2	55	Santino DUMMETT (W)	Telford AC	7.22	Q
3	60	Jack GRONOW (W)	Deeside AAC	7.38	
4	59	James GRIFFITHS (W)	Cardiff AAC	7.51	
5	69	David NORTON (W)	Cwmbran Harriers	7.61	
6	58	Craig GODSALL (W)	Cwmbran Harriers	7.94	

Heat 2 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	65	Thomas KNIGHT (W)	Cardiff AAC	7.21	Q
2	64	Matthew JONES (W)	Cardiff AAC	7.22	Q
3	57	James GARDNER (W)	City of Stoke AC	7.31	q
4	53	Sam CONWAY (W)	Cardiff AAC	7.50	
5	56	Lemar FRECKLETON (W)	Newport Harriers	7.59	
6	66	Joshua MADDEN (W)	Carmarthen Harriers	DNS	

Heat 3 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	51	AJ BOYCE	Herne Hill Harriers	7.23	Q
2	54	Matthew DANIELS (W)	Cardiff AAC	7.31	Q
3	70	Jamie PRICE (W)	Swansea Harriers	7.37	q
4	71	Thomas WHITE (W)	Cardiff AAC	7.41	
5	63	Adam JONES (W)	Barry & Vale	7.42	
6	68	Daniel NORTON (W)	Cwmbran Harriers	8.30	





T29 U20M 200m - FINAL

4:45 PM

Welsh Indoor Record Tim BENJAMIN Cardiff AAC 20.78 2001

Championship Best Performance Chris HOWE Cardiff AAC 22.49 2008

2008 Welsh Champion Chris HOWE Cardiff AAC 22.49

Position	Bib	Athlete	Club	Perf	Comment
1	65	Thomas KNIGHT (W)	Cardiff AAC	22.72	
2	115	Lloyd BOWEN (W)	Cardiff AAC	23.15	
3	62	Christopher HOWE (W)	Cardiff AAC	23.44	
4	54	Matthew DANIELS (W)	Cardiff AAC	DNF	

T6 U20M 200m - Heats

11:45 AM

Welsh Indoor Record Tim BENJAMIN Cardiff AAC 20.78 2001

Championship Best Performance Chris HOWE Cardiff AAC 22.49 2008

2008 Welsh Champion Chris HOWE Cardiff AAC 22.49

Heat 1 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	54	Matthew DANIELS (W)	Cardiff AAC	23.79	Q
2	58	Craig GODSALL (W)	Cwmbran Harriers	24.98	
3	68	Daniel NORTON (W)	Cwmbran Harriers	27.54	

Heat 2 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	62	Christopher HOWE (W)	Cardiff AAC	23.09	Q
2	70	Jamie PRICE (W)	Swansea Harriers	23.56	
3	116	Jack GRONOW (W)	Colwyn Bay	24.79	

Heat 3 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	65	Thomas KNIGHT (W)	Cardiff AAC	22.98	Q
2	115	Lloyd BOWEN (W)	Cardiff AAC	23.11	q
3	56	Lemarl FRECKLETON (W)	Newport Harriers	24.64	





T27A U20M 400m - A Final

4:35 PM

Welsh Indoor Record Bruce TASKER Carmarthen Harriers 47.74 2006

Championship Best Performance Bruce TASKER Carmarthen Harriers 49.69 2005

2008 Welsh Champion Jonathan SIMONSON Swansea Harriers 50.89

A Final

Position	Bib	Athlete	Club	Perf	Comment
1	140	Nathan FELVUS (W)	Cardiff AAC	49.89	
2	138	Nico CONSTANTI	Gloucester AC	50.27	
3	142	Michael HASLETT	Manx Harriers	51.57	
4	53	Sam CONWAY (W)	Cardiff AAC	DNF	

T10 U20M 400m - Heats

1:05 PM

Welsh Indoor Record Bruce TASKER Carmarthen Harriers 47.74 2006

Championship Best Performance Bruce TASKER Carmarthen Harriers 49.69 2005

2008 Welsh Champion Jonathan SIMONSON Swansea Harriers 50.89

Heat 1 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	140	Nathan FELVUS (W)	Cardiff AAC	52.2*	Q Manual
2	145	Gawain ROGERS (W)	Wrexham AC	54.2*	Times
3	144	Ed LANTZOS (W)	Newport Harriers	55.1*	Recorded

Heat 2 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	138	Nico CONSTANTI	Gloucester AC	51.15	Q
2	142	Michael HASLETT	Manx Harriers	51.64	q
3	137	Jordan BROCK (W)	Swansea Harriers	63.86	

Heat 3 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	53	Sam CONWAY (W)	Cardiff AAC	51.64	Q
2	141	Jamie GUTTERIDGE (W)	Cardiff AAC	51.93	
3	143	Ben JONES	Gloucester AC	57.35	

T2 U20M 60m Hurdles - FINAL

11:05 AM

Welsh Indoor Record Nathan PALMER Cardiff AAC 7.93 2001

Championship Best Performance Kris JONES Newport Harriers 8.26 2002

2008 Welsh Champion Dafydd WALTERS Carmarthen Harriers 8.49

Position	Bib	Athlete	Club	Perf	Comment
1	90	Lawrence CLARKE	Windsor Slough Eton & H	7.90	CBP
2	95	Dafydd WALTERS (W)	Carmarthen Harriers	8.42	
3	91	Benjamin CLEARY (W)	Cardiff AAC	8.74	
4	94	Thomas PARRY (W)	Kingston & Poly	8.90	



Welsh Athletics
Indoor Open U17-U20 Championships
Saturday 7th February 2009
National Indoor Athletics Centre, UWIC - Cyncoed Campus Cardiff



WELSH ATHLETICS
ATHLETAU CYMRU

F6 U20M High Jump - FINAL

11:30 AM

Welsh Indoor Record Andrew McIVER / John HILL Cardiff AAC / Solihull AC 2.15 1980 / 1985
Championship Best Performance John HILL Solihull AC 2.03 1983
2008 Welsh Champion John EDWARDS Deeside AAC 1.97

Pos	Bib	Athlete	Club	1.60	1.65	1.70	1.75	1.80	1.85	1.90	Best Perf
1	165	Justin LAKEY	Team Kennet				o	o	o	xxx	1.85
2	164	John EDWARDS (W)	Deeside AAC	0.00	0.00	0.00	o	o	xo	xxx	1.85
3	166	Lewis LONG (W)	Cardiff AAC				o	xxo	xxo	xxx	1.85
4	162	Ryan CLANCY (W)	Sutton & District AC	0.00	0.00	0.00	o	o	xxx	0.00	1.80
5	168	Robby WELLS (W)	Swansea Harriers		o	o	o	xxo	xxx		1.80
6	133	Curtis MATHEWS (W)	Barry & Vale Harriers	xo	o	xxo	o	xxx	0.00	0.00	1.75
7	66	Joshua MADDEN (W)	Carmarthen Harriers	o	o	o	xo	xxx			1.75
8	167	Dominic TUCKER (W)	Cardiff AAC	o	o	o	xxo	xxx	0.00	0.00	1.75
9	137	Jordan BROCK (W)	Swansea Harriers	xo	o	xo	xxx				1.70

F4 U20M Long Jump - FINAL

10:30 AM

Welsh Indoor Record Marcus BROWNING Chester 7.32 2987
Championship Best Performance Richardo CHILDS Brecon AC 6.89 2003
2008 Welsh Champion James GARDNER City of Stoke AC 6.66

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	189	Thomas KIVELL (W)	Newport Harriers	6.60	6.78	NJ	6.74	NJ	6.62	6.78
2	57	James GARDNER (W)	City of Stoke AC	NJ	NJ	3.59	6.31	6.74	6.69	6.74
3	188	Kueni IGBAGIRI (W)	Carmarthen Harriers	6.05	6.40	6.44	6.21	6.35	6.27	6.44
4	133	Curtis MATHEWS (W)	Barry & Vale Harriers	5.75	5.98	5.98	5.92	5.86	6.06	6.06
5	190	Dafydd WILLIAMS (W)	Carmarthen Harriers	5.54	5.61	5.38	5.48	4.23		5.61





Welsh Athletics
 Indoor Open U17-U20 Championships
 Saturday 7th February 2009
 National Indoor Athletics Centre, UWIC - Cyncoed Campus Cardiff



WELSH ATHLETICS
 ATHLETAU CYMRU

F10 U20M Triple Jump - FINAL

12:30 PM

Welsh Indoor Record Steven SHALDERS Cardiff AAC 15.45 1999
Championship Best Performance Alex OBIAKO Cardiff AAC 13.80 2008
2008 Welsh Champion Alex OBIAKO Cardiff AAC 13.80

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	195	Alex OBIAKO (W)	Cardiff AAC	14.00	14.24	13.52	PASS	NJ	13.85	14.24
2	189	Thomas KIVELL (W)	Newport Harriers	NJ	13.23	13.69	13.26	13.62	NJ	13.69
3	196	Adam WILLIAMS (W)	UWIC / Menai T&F	13.25	13.45	NJ	NJ	NJ	13.40	13.45
4	190	Dafydd WILLIAMS (W)	Carmarthen Harriers	12.01	NJ	11.82	11.44	PASS	PASS	12.01

F11 U20M Shot (6.0kg) - FINAL

1:00 PM

Welsh Indoor Record Brett MORSE Cardiff AAC 17.51(p) 2008
Championship Best Performance Mathew EVANS Carmarthen Harriers 15.78 2007
2008 Welsh Champion Philip BROWN Blaydon Harriers 15.42

NEW CBP

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	211	Jacob MATTHEWS (W)	Newport Harriers	15.94	14.85	15.45	14.95	NT	15.78	15.94
2	209	Tomos EDWARDS (W)	Carmarthen Harriers	14.20	14.68	14.25	14.45	15.05	NT	15.05
3	210	Anthony HALLING (W)	Rhondda AC	11.45	10.90	10.94	10.94	11.43	11.20	11.45



Welsh Athletics : Distance Card

Meeting	Welsh Athletics U17 / U20 Open Junior Championships			Venue	NIAC. Cardiff, Cyncoed				Date	Saturday 7th February				
Event					Welsh Indoor Record				Marcus BROWNING Chester 7.32 2987					
F4	U20M Long Jump - FINAL			10:30 AM	Championship Best Performance				Richardo CHILDS Brecon AC 6.89 2003					
					2008 Welsh Champion				James GARDNER City of Stoke AC 6.66					
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of 6	Best of All	Final Position
				Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Metres	
1	57	James GARDNER (W)	City of Stoke AC	NJ	NJ	3.59	3.59	5	6.31	6.74	6.69	6.74	6.74	2
2	93	David GUEST (W)	Bridgend AC											
3	188	Kueni IGBAGIRI (W)	Carmarthen Harriers	6.05	6.40	6.44	6.44	2	6.21	6.35	6.27	6.44	6.44	3
4	189	Thomas KIVELL (W)	Newport Harriers	6.60	6.78	NJ	6.78	1	6.74	NJ	6.62	6.78	6.78	1
5	190	Dafydd WILLIAMS (W)	Carmarthen Harriers	5.54	5.61	5.38	5.61	4	5.48	4.23		5.61	5.61	5
6	133	Curtis MATHEWS (W)	Barry & Vale Harriers	5.75	5.98	5.98	5.98	3	5.92	5.86	6.06	6.06	6.06	4
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														

FULL RESULTS

JUDGES' SIGNATURES

	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance
1	189	Thomas KIVELL (W)	Newport Harriers	6.78	9				
2	57	James GARDNER (W)	City of Stoke AC	6.74	10				
3	188	Kueni IGBAGIRI (W)	Carmarthen Harriers	6.44	11				
4	133	Curtis MATHEWS (W)	Barry & Vale Harriers	6.06	12				
5	190	Dafydd WILLIAMS (W)	Carmarthen Harriers	5.61	13				
6					14				
7					15				
8					16				

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting		Welsh Athletics U17 / U20 Open Junior Championships		Venue	NIAC. Cardiff, Cyncoed			Date		Saturday 7th February				
Event		Championships			Welsh Indoor Record			Steven SHALDERS Cardiff AAC 15.45 1999						
F10		U20M Triple Jump - FINAL		12:30 PM	Championship Best Performance			Alex OBIAKO Cardiff AAC 13.80 2008						
					2008 Welsh Champion			Alex OBIAKO Cardiff AAC 13.80						
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of 6	Best of All	Final Position
				Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Metres	
1	194	Kola ADEDOYIN	Sutton & District AC											
2	189	Thomas KIVELL (W)	Newport Harriers	NJ	13.23	13.69	13.69	2	13.26	13.62	NJ	13.69	13.69	2
3	195	Alex OBIAKO (W)	Cardiff AAC	14.00	14.24	13.52	14.24	1	PASS	NJ	13.85	14.24	14.24	1
4	196	Adam WILLIAMS (W)	UWIC / Menai T&F	13.25	13.45	NJ	13.45	3	NJ	NJ	13.40	13.45	13.45	3
5	190	Dafydd WILLIAMS (W)	Carmarthen Harriers	12.01	NJ	11.82	12.01	4	11.44	PASS	PASS	12.01	12.01	4
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														

New CBP

FULL RESULTS										JUDGES' SIGNATURES				
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance					
1	195	Alex OBIAKO (W)	Cardiff AAC	14.24	9									
2	189	Thomas KIVELL (W)	Newport Harriers	13.69	10									
3	196	Adam WILLIAMS (W)	UWIC / Menai T&F	13.45	11									
4	190	Dafydd WILLIAMS (W)	Carmarthen Harriers	12.01	12									
5					13									
6					14					REFEREE SIGNATURE				
7					15									
8					16									

Welsh Athletics : Distance Card

Meeting		Welsh Athletics U17 / U20 Open Junior Championships		Venue	NIAC. Cardiff, Cyncoed				Date	Saturday 7th February				
Event					Welsh Indoor Record				Brett MORSE Cardiff AAC 17.51(p) 2008					
F11		U20M Shot (6.0kg) - FINAL		1:00 PM	Championship Best Performance				Mathew EVANS Carmarthen Harriers 15.78 2007					
					2008 Welsh Champion				Philip BROWN Blaydon Harriers 15.42					
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of 6	Best of All	Final Position
				Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Metres	
1	209	Tomos EDWARDS (W)	Carmarthen Harriers	14.20	14.68	14.25	14.68	2	14.45	15.05	NT	15.05	15.05	2
2	210	Anthony HALLING (W)	Rhondda AC	11.45	10.90	10.94	11.45	3	10.94	11.43	11.20	11.45	11.45	3
3	211	Jacob MATTHEWS (W)	Newport Harriers	15.94	14.85	15.45	15.94	1	14.95	NT	15.78	15.94	15.94	1
4														
5														
6														
7														
8														
9														
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11														
12														
13														
14														
15														
16														

New CBP

FULL RESULTS										JUDGES' SIGNATURES				
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance					
1	211	Jacob MATTHEWS (W)	Newport Harriers	15.94	9									
2	209	Tomos EDWARDS (W)	Carmarthen Harriers	15.05	10									
3	210	Anthony HALLING (W)	Rhondda AC	11.45	11									
4					12									
5					13									
6					14					REFEREE SIGNATURE				
7					15									
8					16									

Welsh Athletics - Height Card

Meeting				Venue		NIAC, UWIC - Cyncoed								Date		Saturday 7th February				
Welsh Athletics U17/U20 Open Junior Championships				Time		Welsh Indoor Record								Andrew McIVER / John HILL Cardiff AAC / Solihull AC 2.15 1980 / 19						
Event		U20M High Jump - FINAL				11:30 AM		Championship Best Performance								John HILL Solihull AC 2.03 1983				
F6								2008 Welsh Champion								John EDWARDS Deeside AAC 1.97				
Order	Number	NAME	CLUB	Start Height	1.60	1.65	1.70	1.75	1.80	1.85	1.90					Best of All	Trials at Height Cleared	Total Failures	Total Trials	Position
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs				
1	137	Jordan BROCK (W)	Swansea Harriers	1.60	xo	o	xo	xxx								1.70	3	6	9	9
2	162	Ryan CLANCY (W)	Sutton & District AC	1.75				o	o	xxx						1.80	2	4	6	4
3	163	Ben DAVIES (W)	Swansea Harriers																	
4	164	John EDWARDS (W)	Deeside AAC	1.75				o	o	xo	xxx					1.85	3	5	8	2
5	165	Justin LAKEY	Team Kennet	1.75				o	o	o	xxx					1.85	3	4	7	1
6	166	Lewis LONG (W)	Cardiff AAC	1.75				o	xxo	xxo	xxx					1.85	3	6	9	3
7	66	Joshua MADDEN (W)	Carmarthen Harriers	1.60	o	o	o	xo	xxx							1.75	4	5	9	7
8	145	Gawain ROGERS (W)	Wrexham AC	1.60	o	pass	o	xxx								1.70	2	4	6	9
9	167	Dominic TUCKER (W)	Cardiff AAC	1.60	o	o	o	xxo	xxx							1.75	4	5	9	8
10	168	Robby WELLS (W)	Swansea Harriers	1.65		o	o	o	xxo	xxx						1.80	4	5	9	5
11	133	Curtis MATHEWS (W)	Barry & Vale Harriers	1.60	xo	o	xxo	o	xxx							1.75	4	6	10	6
12																				
13																				
14																				
15																				
16																				

FULL RESULTS										JUDGES' SIGNATURES											
No.	NAME	CLUB	PERF	No.	NAME	CLUB	PERF														
1	165	Justin LAKEY	Team Kennet	1.85	9	137	Jordan BROCK (W)	Swansea Harriers	1.70												
2	164	John EDWARDS (W)	Deeside AAC	1.85	10																
3	166	Lewis LONG (W)	Cardiff AAC	1.85	11																
4	162	Ryan CLANCY (W)	Sutton & District AC	1.80	12																
5	168	Robby WELLS (W)	Swansea Harriers	1.80	13																
6	133	Curtis MATHEWS (W)	Barry & Vale Harriers	1.75	14																
7	66	Joshua MADDEN (W)	Carmarthen Harriers	1.75	15																
8	167	Dominic TUCKER (W)	Cardiff AAC	1.75	16																
										REFEREE'S SIGNATURE											

T20 U20W 60m - FINAL

3:40 PM

Welsh Indoor Record Lisa ARMSTRONG Torfaen AC 7.48 1991

Championship Best Performance Lowri JONES Torfaen AC 7.66 2000

2008 Welsh Champion Zara GEORGE Cardiff AAC 7.84

Position	Bib	Athlete	Club	Perf	Comment
1	44	Hannah PENDLEBURY (W)	Deeside AAC	7.80	
2	49	Claire WILLIAMS (W)	Cwmbran Harriers	7.94	
3	43	Hannah JONES (W)	Unattached	8.01	
4	45	Sarah POLE (W)	Neath Harriers	8.04	
5	40	Sarah EVANS (W)	Swansea Harriers	8.23	
6	48	Chantelle WALKER-JONES (W)	Swansea Harriers	8.26	
7	46	Emma REYNOLDS (W)	Cwmbran Harriers	8.26	

T28 U20W 200m - FINAL

4:40 PM

Welsh Indoor Record Michelle PROBERT Lowri JONES Sale Harriers / Cardiff AAC 24.38 1979 / 2000

Championship Best Performance Samantha GAMBLE Cardiff AAC 25.33 2003

2008 Welsh Champion Hannah PENDLEBURY Deeside AAC 26.26

Position	Bib	Athlete	Club	Perf	Comment
1	44	Hannah PENDLEBURY (W)	Deeside AAC	25.63	
2	45	Sarah POLE (W)	Neath Harriers	26.26	
3	110	Katie HEWITT (W)	Cornwall AC	27.09	
4	86	Sarah DACEY (W)	Swansea Harriers	DNS	

T7 U17W 200m - Heats

12:00 PM

Welsh Indoor Record Alexandria BICK Cardiff AAC 24.82 1999

Championship Best Performance Brigid EADES Newport Harriers 25.75 2007

2008 Welsh Champion Megan ROGERS Wrexham AC 26.71

Heat 1 of 2

Position	Bib	Athlete	Club	Perf	Comment
1	45	Sarah POLE (W)	Neath Harriers	26.36	Q
2	110	Katie HEWITT (W)	Cornwall AC	26.97	q
3	112	Emily MITCHELL (W)	Carmarthen Harriers	27.51	
4	114	Sophie THOMAS (W)	Pembroke Harriers	27.62	

Heat 2 of 2

Position	Bib	Athlete	Club	Perf	Comment
1	44	Hannah PENDLEBURY (W)	Deeside AAC	26.48	Q
2	86	Sarah DACEY (W)	Swansea Harriers	27.25	q
3	46	Emma REYNOLDS (W)	Cwmbran Harriers	27.30	
4	111	Danielle MILL (W)	Cardiff AAC	28.40	

T25 U20W 400m - FINAL

4:15 PM

Welsh Indoor Record Faye HARDING Sale Harriers 55.75 2004

Championship Best Performance Anwen REES Carmarthen Harriers 57.71 2004

A Final

2008 Welsh Champion Kathryn DAVIES Newport Harriers 59.70

Position	Bib	Athlete	Club	Perf	Comment
1	136	Brigid EADES (W)	Newport Harriers	58.21	
2	114	Sophie THOMAS (W)	Pembroke Harriers	60.22	
3	110	Katie HEWITT (W)	Cornwall AC	60.89	
4	113	Lauren REGAN (W)	Cardiff AAC	61.81	

T9 U20W 400m - Heats

12:55 PM

Welsh Indoor Record Faye HARDING Sale Harriers 55.75 2004

Championship Best Performance Anwen REES Carmarthen Harriers 57.71 2004

Heat 1 of 2

2008 Welsh Champion Kathryn DAVIES Newport Harriers 59.70

Position	Bib	Athlete	Club	Perf	Comment
1	136	Brigid EADES (W)	Newport Harriers	59.40	Q
2	114	Sophie THOMAS (W)	Pembroke Harriers	60.04	q
3	112	Emily MITCHELL (W)	Carmarthen Harriers	63.04	

Heat 2 of 2

Position	Bib	Athlete	Club	Perf	Comment
1	110	Katie HEWITT (W)	Cornwall AC	61.40	Q
2	113	Lauren REGAN (W)	Cardiff AAC	62.69	q
3	135	Hannah BERNEY (W)	Newport Harriers	DNF	

T1 U20W 60m Hurdles - FINAL

11:00 AM

Welsh Indoor Record Bethan EDWARDS Cardiff AAC 8.47 1992

Championship Best Performance Lauren McLOUGHLIN / Heather JONES Cardiff AAC / Carmarthen Harriers 8.77 2001 / 2004

2008 Welsh Champion No Competitors

Position	Bib	Athlete	Club	Perf	Comment
1	86	Sarah DACEY (W)	Swansea Harriers	9.26	
2	88	Lauren O'REILLY (W)	Newport Harriers	9.42	
3	87	Catherine GOLDSMITH (W)	Carmarthen Harriers	9.49	
4	89	Laura SEARY (W)	Cardiff AAC	DNF	

F12 U20W High Jump - FINAL

1:00 PM

Welsh Indoor Record Julia CHARLTON Carmarthen Harriers 1.79 1980

Championship Best Performance Rebecca JONES Wrexham AC 1.86 2002

2008 Welsh Champion Charlotte PARRY Solihull & Small Heath 1.55

Pos	Bib	Athlete	Club	1.40	1.45	1.50	1.55	1.60	1.63	1.66	1.69	Best Perf
1	160	Elizabeth PARRY (W)	Solihull & Small Heath			o	o	o	xo	xo	xxx	1.66
2	159	Charlotte PARRY (W)	Solihull & Small Heath	0.00	0.00	o	o	o	xo	xxx	0.00 0.00 0.00 0.00	1.63
3	157	Alex ELLIOT (W)	Deeside AAC		o	o	o	xxo	xxx			1.60
4	158	Leah GRISDALE (W)	Barry & Vale Harriers	o	o	o	xo	xxx	0.00	0.00	0.00 0.00 0.00 0.00	1.55
5	87	Catherine GOLDSMITH (W)	Carmarthen Harriers		o	o	xxo	xxx				1.55

F3 U20W Pole Vault - FINAL

10:30 AM

Welsh Indoor Record Rhian CLARKE Essex Ladies 3.65 2996

Championship Best Performance Jessica ABRAHAM Cardiff AAC 3.52 2008

2008 Welsh Champion Jessica ABRAHAM Cardiff AAC 3.52

Pos	Bib	Athlete	Club	3.21	3.31	3.41	3.51	3.61	3.66	Best Perf
1	212	Elinor LEWIS (W)	Cardiff AAC		o	o	xxo	o	xxx	3.61
2	181	Christina HUGHES (W)	Deeside AAC	o	xxo	xxo	xxx			3.41

F16 U20W Long Jump - FINAL

2:00 PM

Welsh Indoor Record Nicola SHORT Torfaen AC 5.77 1986

Championship Best Performance Aimee CUTLER Cardiff AAC 5.57 2000

2008 Welsh Champion Sarah DACEY Swansea Harriers 5.34

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	86	Sarah DACEY (W)	Swansea Harriers	5.15	NJ	5.34	NJ	5.38	5.28	5.38
2	157	Alex ELLIOT (W)	Deeside AAC	4.75	4.98	5.17	NJ	5.12	5.10	5.17
3	187	Amy CAMPAGNE (W)	Deeside AAC	4.55	5.10	4.93	5.06	4.92	4.90	5.10

F18 U20W Triple Jump - FINAL

4:00 PM

Welsh Indoor Record Sally PEAKE Liverpool 11.79 2003

Championship Best Performance Sally PEAKE Liverpool 11.78 2003

2008 Welsh Champion Amy CAMPAGNE Deeside AAC 10.63

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	187	Amy CAMPAGNE (W)	Deeside AAC	10.73	10.54	10.74	10.67	10.55	10.83	10.83
2	193	Donna JONES (W)	Llanelli AC	9.72	10.25	10.43	10.20	10.27	10.20	10.43

F8 U20W Shot (4.0kg) - FINAL

12:00 PM

Welsh Indoor Record Jayne BERRY Brecon AC 14.54 1989

Championship Best Performance Sally-Jayne HINDS Swansea Harriers 13.51 2005

2008 Welsh Champion Catherine GOLDSMITH Carmarthen Harriers 9.51

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	200	Tesni WARD (W)	City of Sheffield	13.01	12.80	12.64	12.73	12.45	NT	13.01
2	87	Catherine GOLDSMITH (W)	Carmarthen Harriers	10.28	10.63	10.57	9.74	10.46	10.72	10.72
3	208	Ayla PHILLIPS (W)	Cardiff AAC	NT	NT	8.98	9.46	9.14	NT	9.46
4	207	Sian BALCHIN (W)	Barry & Vale Harriers	9.26	9.13	8.77	8.83	8.92	9.16	9.26

Welsh Athletics : Distance Card

Meeting	Welsh Athletics U17 / U20 Open Junior Championships			Venue	NIAC. Cardiff, Cyncoed			Date	Saturday 7th February					
Event					Welsh Indoor Record			Nicola SHORT Torfaen AC 5.77 1986						
F16	U20W Long Jump - FINAL			2:00 PM	Championship Best Performance			Aimee CUTLER Cardiff AAC 5.57 2000						
					2008 Welsh Champion			Sarah DACEY Swansea Harriers 5.34						
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of 6	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	187	Amy CAMPAGNE (W)	Deeside AAC	4.55	5.10	4.93	5.10	3	5.06	4.92	4.90	5.10	5.10	3
2	86	Sarah DACEY (W)	Swansea Harriers	5.15	NJ	5.34	5.34	1	NJ	5.38	5.28	5.38	5.38	1
3	157	Alex ELLIOT (W)	Deeside AAC	4.75	4.98	5.17	5.17	2	NJ	5.12	5.10	5.17	5.17	2
4	161	Sophie PICK (W)	Carmarthen Harriers											
5	50	Rhiannon YATES (W)	Newport Harriers											
6														
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15														
16														

FULL RESULTS										JUDGES' SIGNATURES				
No.	NAME	CLUB	Distance	No.	NAME	CLUB	Distance							
1	86 Sarah DACEY (W)	Swansea Harriers	5.38	9										
2	157 Alex ELLIOT (W)	Deeside AAC	5.17	10										
3	187 Amy CAMPAGNE (W)	Deeside AAC	5.10	11										
4				12										
5				13										
6				14										
7				15										
8				16										
										REFEREE SIGNATURE				

Welsh Athletics : Distance Card

Meeting		Welsh Athletics U17 / U20 Open Junior Championships		Venue	NIAC. Cardiff, Cyncoed			Date		Saturday 7th February				
Event				Welsh Indoor Record			Sally PEAKE Liverpool 11.79 2003							
F18		U20W Triple Jump - FINAL		4:00 PM	Championship Best Performance			Sally PEAKE Liverpool 11.78 2003						
					2008 Welsh Champion			Amy CAMPAGNE Deeside AAC 10.63						
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of 6	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	161	Sophie PICK (W)	Carmarthen Harriers											
2	187	Amy CAMPAGNE (W)	Deeside AAC	10.73	10.54	10.74	10.74	1	10.67	10.55	10.83	10.83	10.83	1
3	193	Donna JONES (W)	Llanelli AC	9.72	10.25	10.43	10.43	2	10.20	10.27	10.20	10.43	10.43	2
4														
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16														

FULL RESULTS										JUDGES' SIGNATURES				
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance					
1	187	Amy CAMPAGNE (W)	Deeside AAC	10.83	9									
2	193	Donna JONES (W)	Llanelli AC	10.43	10									
3					11									
4					12									
5					13									
6					14									
7					15									
8					16									
										REFEREE SIGNATURE				

Welsh Athletics : Distance Card

Meeting		Welsh Athletics U17 / U20 Open Junior Championships		Venue	NIAC. Cardiff, Cyncoed			Date		Saturday 7th February				
Event				Welsh Indoor Record			Jayne BERRY Brecon AC 14.54 1989							
F8		U20W Shot (4.0kg) - FINAL		12:00 PM	Championship Best Performance			Sally-Jayne HINDS Swansea Harriers 13.51 2005						
					2008 Welsh Champion			Catherine GOLDSMITH Carmarthen Harriers 9.51						
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of 6	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	87	Catherine GOLDSMITH (W)	Carmarthen Harriers	10.28	10.63	10.57	10.63	2	9.74	10.46	10.72	10.72	10.72	2
2	207	Sian BALCHIN (W)	Barry & Vale Harriers	9.26	9.13	8.77	9.26	3	8.83	8.92	9.16	9.26	9.26	4
3	208	Ayla PHILLIPS (W)	Cardiff AAC	NT	NT	8.98	8.98	4	9.46	9.14	NT	9.46	9.46	3
4	200	Tesni WARD (W)	City of Sheffield	13.01	12.80	12.64	13.01	1	12.73	12.45	NT	13.01	13.01	1
5														
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FULL RESULTS

JUDGES' SIGNATURES

No.	NAME	CLUB	Distance	No.	NAME	CLUB	Distance
1	200 Tesni WARD (W)	City of Sheffield	13.01	9			
2	87 Catherine GOLDSMITH (W)	Carmarthen Harriers	10.72	10			
3	208 Ayla PHILLIPS (W)	Cardiff AAC	9.46	11			
4	207 Sian BALCHIN (W)	Barry & Vale Harriers	9.26	12			
5				13			
6				14			
7				15			
8				16			

REFEREE SIGNATURE

Welsh Athletics - Height Card

Meeting		Welsh Athletics U17/U20 Open Junior Championships				Venue	NIAC, UWIC - Cyncoed						Date	Saturday 7th February								
Event		U20W Pole Vault - FINAL				Time	10:30 AM						Welsh Indoor Record			Rhian CLARKE Essex Ladies 3.65 2996						
F3						Championship Best Performance			Jessica ABRAHAM Cardiff AAC 3.52 2008													
2008 Welsh Champion						Jessica ABRAHAM Cardiff AAC 3.52																
Order	Number	NAME	CLUB	UPRIGHTS	Start Height	3.21	3.31	3.41	3.51	3.61	3.66						Best of All	Trials at Height Cleared	Total Failures	Total Trials	Position	
						Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs					
1	181	Christina HUGHES (W)	Deeside AAC	65	3.21	o	xxo	xxo	xxx								3.41	3	6	9	2	
2	212	Elinor LEWIS (W)	Cardiff AAC	70	3.31		o	o	xxo	o	xxx						3.61	4	5	9	1	
3																						
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FULL RESULTS															JUDGES' SIGNATURES							
No.	NAME	CLUB	PERF	No.	NAME	CLUB	PERF															
1	212 Elinor LEWIS (W)	Cardiff AAC	3.61	9																		
2	181 Christina HUGHES (W)	Deeside AAC	3.41	10																		
3				11																		
4				12																		
5				13																		
6				14																		
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															REFEREE'S SIGNATURE							

Welsh Athletics - Height Card

Meeting		Welsh Athletics U17/U20 Open Junior Championships				Venue	NIAC, UWIC - Cyncoed								Date	Saturday 7th February				
Event		U20W High Jump - FINAL				Time	Welsh Indoor Record				Julia CHARLTON Carmarthen Harriers 1.79 1980									
F12						1:00 PM	Championship Best Performance				Rebecca JONES Wrexham AC 1.86 2002									
						Start Height	2008 Welsh Champion				Charlotte PARRY Solihull & Small Heath 1.55									
Order	Number	NAME	CLUB	Start Height	1.40	1.45	1.50	1.55	1.60	1.63	1.66	1.69				Best of All	Trials at Height Cleared	Total Failures	Total Trials	Position
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs					
1	157	Alex ELLIOT (W)	Deeside AAC	1.45		o	o	o	xxo	xxx						1.60	4	5	9	3
2	87	Catherine GOLDSMITH (W)	Carmarthen Harriers	1.45		o	o	xxo	xxx							1.55	3	5	8	5
3	158	Leah GRISDALE (W)	Barry & Vale Harriers	1.40	o	o	o	xo	xxx							1.55	4	5	9	4
4	159	Charlotte PARRY (W)	Solihull & Small Heath	1.50			o	o	o	xo	xxx					1.63	4	5	9	2
5	160	Elizabeth PARRY (W)	Solihull & Small Heath	1.50			o	o	o	xo	xo	xxx				1.66	5	6	11	1
6	161	Sophie PICK (W)	Carmarthen Harriers																	
7																				
8																				
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13																				
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FULL RESULTS										JUDGES' SIGNATURES									
No.	NAME	CLUB	PERF	No.	NAME	CLUB	PERF												
1	160	Elizabeth PARRY (W)	Solihull & Small Heath	1.66	9														
2	159	Charlotte PARRY (W)	Solihull & Small Heath	1.63	10														
3	157	Alex ELLIOT (W)	Deeside AAC	1.60	11														
4	158	Leah GRISDALE (W)	Barry & Vale Harriers	1.55	12														
5	87	Catherine GOLDSMITH (W)	Carmarthen Harriers	1.55	13														
6					14			REFEREE'S SIGNATURE											
7					15														
8					16														