

# WELSH ATHLETICS U13/U15

INDOOR OPEN CHAMPIONSHIPS

SUNDAY 8TH FEBRUARY 2009

NIAC, UWIC - CYNCOED, CARDIFF



**WELSH ATHLETICS**  
ATHLETAU CYMRU

### T26 U13B 60m - FINAL

5:15 PM

**Welsh Indoor Record** Evan JENKINS Swansea Harriers 8.15 2006

**Championship Best Performance** Evan JENKINS Swansea Harriers 8.15 2006

**2008 Welsh Champion** Kierran COOPER Wrexham AC 8.38

Position	Bib	Athlete	Club	Perf	Comment
1	43	Samuel JONES	Carmarthen Harriers	8.56	
2	36	James BRYAN	Carmarthen Harriers	8.61	
3	51	Ben TURNER	Swansea Harriers	8.69	
4	46	Shaun PEARCE	Carmarthen Harriers	8.72	
5	34	Mitchell BOSWELL	Newport Harriers	8.73	
6	47	Rhys ROBERTS	Bridgend AC	8.87	
7	35	Geraint BREEZE	Wrexham AC	8.96	
8	52	Michael WILSON	Swansea Harriers	8.99	

### T11 U13B 60m - Heats

2:35 PM

**Welsh Indoor Record** Evan JENKINS Swansea Harriers 8.15 2006

**Championship Best Performance** Evan JENKINS Swansea Harriers 8.15 2006

**2008 Welsh Champion** Kierran COOPER Wrexham AC 8.38

Heat 1 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	36	James BRYAN	Carmarthen Harriers	8.72	Q
2	35	Geraint BREEZE	Wrexham AC	8.84	Q
3	49	Samuel THOMPSON	Carmarthen Harriers	9.30	
4	38	Joshua FORD	Newport Harriers	9.47	
5	40	Philip HANCOCK	Swansea Harriers	9.97	

Heat 2 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	46	Shaun PEARCE	Carmarthen Harriers	8.81	Q
2	52	Michael WILSON	Swansea Harriers	8.82	Q
3	45	Ryan MORGAN	Newport Harriers	8.93	
4	32	Charles BARTLETT	Bridgenorth AC	9.32	
5	41	Kieran HODGSON	Swansea Harriers	9.42	
6	37	Ross BURNS	Newport Harriers	9.96	

Heat 3 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	43	Samuel JONES	Carmarthen Harriers	8.62	Q
2	34	Mitchell BOSWELL	Newport Harriers	8.69	Q
3	51	Ben TURNER	Swansea Harriers	8.69	q
4	47	Rhys ROBERTS	Bridgend AC	8.73	q
5	187	William Reynolds	Swansea Harriers	9.22	
6	48	Stevan RUSSELL	Newport Harriers	10.01	

### T30 U13B 200m - FINAL

5:40 PM

**Welsh Indoor Record** Evan JENKINS Swansea Harriers 26.74 2006

**Championship Best Performance** Evan JENKINS Swansea Harriers 26.74 2006

**2008 Welsh Champion** Oliver HUDSON Newport Harriers 30.22

Position	Bib	Athlete	Club	Perf	Comment
1	36	James BRYAN	Carmarthen Harriers	28.62	
2	32	Charles BARTLETT	Bridgenorth AC	29.24	
3	35	Geraint BREEZE	Wrexham AC	29.27	
4	34	Mitchell BOSWELL	Newport Harriers	29.96	

### T4 U13B 200m - Heats

12:25 PM

**Welsh Indoor Record** Evan JENKINS Colwyn Bay 26.74 2006

**Championship Best Performance** Evan JENKINS Swansea Harriers 26.74 2006

**2008 Welsh Champion** Oliver HUDSON Newport Harriers 30.22

Heat 1 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	34	Mitchell BOSWELL	Newport Harriers	29.69	Q
2	32	Charles BARTLETT	Bridgenorth AC	30.00	q
3	105	Guto MORGANS	Carmarthen Harriers	31.17	
4	127	Dafydd ADAMS	Carmarthen Harriers	DNS	

Heat 2 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	36	James BRYAN	Carmarthen Harriers	29.34	Q
2	37	Ross BURNS	Newport Harriers	33.13	
3	128	Kalum BENNETT	Swansea Harriers	34.33	

Heat 3 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	35	Geraint BREEZE	Wrexham AC	29.87	Q
2	45	Ryan MORGAN	Newport Harriers	30.31	
3	49	Samuel THOMPSON	Carmarthen Harriers	30.35	
4	38	Joshua FORD	Newport Harriers	31.55	

### T20 U13B 60m Hurdles - FINAL

4:40 PM

**Welsh Indoor Record** David GUEST Bridgend AC 9.68 2004

**Championship Best Performance** Rhys WEBB Carmarthen Harriers 10.37 2004

**2008 Welsh Champion** James SHARREM Cardiff AAC 10.62

Position	Bib	Athlete	Club	Perf	Comment
1	52	Michael WILSON	Swansea Harriers	11.13	
2	105	Guto MORGANS	Carmarthen Harriers	11.24	
3	104	Jak D'ARGIE	Bridgend AC	11.66	
4	47	Rhys ROBERTS	Bridgend AC	11.81	
5	187	William Reynolds	Swansea Harriers	12.47	
6	103	Kyle ARNOLD	Newport Harriers	DNS	

**F7 U13B High Jump - FINAL**

**12:00 PM**

**Welsh Indoor Record** Jamie DALTON Preseli AC 1.55 1992  
**Championship Best Performance** Andrew BLOW / Thomas WILLIAMS Beddau / Maes yr Yrfa 1.40 1983/1985  
**2008 Welsh Champion** Morgan COATES Bridgend AC 1.30

Pos	Bib	Athlete	Club	0.90	0.95	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.38	Best Perf
1	154	Keiran INGRAM	Swansea Harriers						o	xo	o	xo	o	xxx	1.35
2	127	Dafydd ADAMS	Carmarthen Harriers	0.00	0.00	0.00	0.00	0.00	o	o	o	o	xxo	xxx	1.35
3	48	Stevan RUSSELL	Newport Harriers						o	xxo	o	xo	xxo	xxx	1.35
4	104	Jak D'ARGIE	Bridgend AC	0.00	0.00	0.00	0.00	0.00	0.00	o	xxo	xxx	0.00	0.00	1.25
5	103	Kyle ARNOLD	Newport Harriers						o	xxx					1.15
6	40	Philip HANCOCK	Swansea Harriers	o	o	o	o	xo	xxx	0.00	0.00	0.00	0.00	0.00	1.10
7	41	Kieran HODGSON	Swansea Harriers			o	xxx								1.00

**F1 U13B Long Jump - FINAL**

**10:00 AM**

**Welsh Indoor Record** Kierran COOPER Wrexham AC 4.92 2008  
**Championship Best Performance** Kierran COOPER Wrexham AC 4.92 2008  
**2008 Welsh Champion** Kierran COOPER Wrexham AC 4.92

Pos	Bib	Athlete	Club	R1	R2	R3	Best Perf
1	103	Kyle ARNOLD	Newport Harriers	NJ	3.92	4.25	4.25
2	52	Michael WILSON	Swansea Harriers	3.91	4.09	3.97	4.09
3	46	Shaun PEARCE	Carmarthen Harriers	3.86	4.06	4.06	4.06
4	51	Ben TURNER	Swansea Harriers	3.95	NJ	4.03	4.03
5	43	Samuel JONES	Carmarthen Harriers	3.47	3.89	3.52	3.89
6	47	Rhys ROBERTS	Bridgend AC	3.83	3.59	3.54	3.83
7	48	Stevan RUSSELL	Newport Harriers	3.59	3.47	3.78	3.78
8	49	Samuel THOMPSON	Carmarthen Harriers	3.53	3.54	3.69	3.69

F9 U13B Shot (3.25kg) - FINAL

12:00 PM

**Welsh Indoor Record** Mathew EVANS Carmarthen Harriers 13.26 2001

**Championship Best Performance** Mathew EVANS Carmarthen Harriers 12.59 2001

**2008 Welsh Champion** Jordan HARDING Swansea Harriers 7.94

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	175	Jack BEYNON	Swansea Harriers	8.29	9.04	9.05				9.05
2	176	Christopher WILLIAMS	Llanelli AC	7.33	7.59	7.81	0.00	0.00	0.00	7.81
3	155	Miles KELLER-JENKINS	Swansea Harriers	6.95	6.70	6.80				6.95
4	154	Keiran INGRAM	Swansea Harriers	5.53	6.08	6.19	0.00	0.00	0.00	6.19

# Welsh Athletics - Height Card

Meeting		Welsh Athletics U13 / U15 Indoor Junior Championships				Venue	NIAC, UWIC - Cyncoed							Date	Sunday, February 08 2009					
Event		U13B High Jump - FINAL				Time	Welsh Indoor Record							Jamie DALTON Preseli AC 1.55 1992						
F7						12:00 PM	Championship Best Performance							Andrew BLOW / Thomas WILLIAMS Beddau / Maes yr Yrfa 1.40 1983						
						2008 Welsh Champion							Morgan COATES Bridgend AC 1.30							
Order	Number	NAME	CLUB	Start Height	0.90	0.95	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.38	Best of All	Trials at Height Cleared	Total Failures	Total Trials	Position
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs					
1	127	Dafydd ADAMS	Carmarthen Harriers	1.15						o	o	o	o	xxo	xxx	1.35	5	5	10	2
2	103	Kyle ARNOLD	Newport Harriers	1.15						o	xxx					1.15	1	4	5	5
3	128	Kalum BENNETT	Swansea Harriers	1.15						xxx								4	4	8
4	33	Cameron BLAKEMORE	Pembroke Harriers																	8
5	104	Jak D'ARGIE	Bridgend AC	1.20							o	xxo	xxx			1.25	2	5	7	4
6	40	Philip HANCOCK	Swansea Harriers	0.90	o	o	o	o	xo	xxx						1.10	5	5	10	6
7	41	Kieran HODGSON	Swansea Harriers	1.00			o	xxx								1.00	1	4	5	7
8	154	Keiran INGRAM	Swansea Harriers	1.15						o	xo	o	xo	o	xxx	1.35	5	6	11	1
9	155	Miles KELLER-JENKINS	Swansea Harriers																	8
10	48	Stevan RUSSELL	Newport Harriers	1.15						o	xxo	o	xo	xxo	xxx	1.35	5	7	12	3
11																				8
12																				8
13																				8
14																				8
15																				8
16																				8

FULL RESULTS										JUDGES' SIGNATURES									
No.	NAME	CLUB	PERF	No.	NAME	CLUB	PERF												
1	154	Keiran INGRAM	Swansea Harriers	1.35	9														
2	127	Dafydd ADAMS	Carmarthen Harriers	1.35	10														
3	48	Stevan RUSSELL	Newport Harriers	1.35	11														
4	104	Jak D'ARGIE	Bridgend AC	1.25	12														
5	103	Kyle ARNOLD	Newport Harriers	1.15	13														
6	40	Philip HANCOCK	Swansea Harriers	1.10	14														
7	41	Kieran HODGSON	Swansea Harriers	1.00	15														
8					16														

# Welsh Athletics : Distance Card

<b>Meeting</b>		<b>Welsh Athletics U13 / U15 Indoor Junior Championships</b>		<b>Venue</b>	NIAC. Cardiff, Cyncoed			<b>Date</b>	Sunday 08 Feb 2009		
<b>Event</b>		<b>Championships</b>			<b>Welsh Indoor Record</b>			Kierran COOPER Wrexham AC 4.92 2008			
<b>F1</b>		<b>U13B Long Jump - FINAL</b>		10:00 AM	<b>Championship Best Performance</b>			Kierran COOPER Wrexham AC 4.92 2008			
					<b>2008 Welsh Champion</b>			Kierran COOPER Wrexham AC 4.92			
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	Best of All Metres	Final Position	
				Metres	Metres	Metres	Metres				
1	103	Kyle ARNOLD	Newport Harriers	NJ	3.92	4.25	4.25	1	4.25	1	
2	32	Charles BARTLETT	Bridgenorth AC								
3	35	Geraint BREEZE	Wrexham AC	NJ	NJ	NJ					
4	39	Llyr FREEMAN	Carmarthen Harriers								
5	43	Samuel JONES	Carmarthen Harriers	3.47	3.89	3.52	3.89	5	3.89	5	
6	44	Samuel MAYBANK	Cardiff AAC								
7	46	Shaun PEARCE	Carmarthen Harriers	3.86	4.06	4.06	4.06	3	4.06	3	
8	47	Rhys ROBERTS	Bridgend AC	3.83	3.59	3.54	3.83	6	3.83	6	
9	48	Stevan RUSSELL	Newport Harriers	3.59	3.47	3.78	3.78	7	3.78	7	
10	49	Samuel THOMPSON	Carmarthen Harriers	3.53	3.54	3.69	3.69	8	3.69	8	
11	51	Ben TURNER	Swansea Harriers	3.95	NJ	4.03	4.03	4	4.03	4	
12	169	Samuel WILLIAMS	Aberdare VAAC								
13	52	Michael WILSON	Swansea Harriers	3.91	4.09	3.97	4.09	2	4.09	2	
14											
15											
16											

FULL RESULTS										JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1	103	Kyle ARNOLD	Newport Harriers	4.25	<b>9</b>						
2	52	Michael WILSON	Swansea Harriers	4.09	<b>10</b>						
3	46	Shaun PEARCE	Carmarthen Harriers	4.06	<b>11</b>						
4	51	Ben TURNER	Swansea Harriers	4.03	<b>12</b>						
5	43	Samuel JONES	Carmarthen Harriers	3.89	<b>13</b>						
6	47	Rhys ROBERTS	Bridgend AC	3.83	<b>14</b>					REFEREE SIGNATURE	
7	48	Stevan RUSSELL	Newport Harriers	3.78	<b>15</b>						
8	49	Samuel THOMPSON	Carmarthen Harriers	3.69	<b>16</b>						

# Welsh Athletics : Distance Card

<b>Meeting</b>		<b>Welsh Athletics U13 / U15 Indoor Junior Championships</b>		<b>Venue</b>	NIAC. Cardiff, Cyncoed			<b>Date</b>	Sunday 08 Feb 2009		
<b>Event</b>					<b>Welsh Indoor Record</b>			Mathew EVANS Carmarthen Harriers 13.26 2001			
<b>F9</b>		U13B Shot (3.25kg) - FINAL		12:00 PM	<b>Championship Best Performance</b>			Mathew EVANS Carmarthen Harriers 12.59 2001			
					<b>2008 Welsh Champion</b>			Jordan HARDING Swansea Harriers 7.94			
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	Best of All	Final Position	
				Metres	Metres	Metres	Metres				
1	175	Jack BEYNON	Swansea Harriers	8.29	9.04	9.05	9.05	1	9.05	1	
2	154	Keiran INGRAM	Swansea Harriers	5.53	6.08	6.19	6.19	4	6.19	4	
3	155	Miles KELLER-JENKINS	Swansea Harriers	6.95	6.70	6.80	6.95	3	6.95	3	
4	176	Christopher WILLIAMS	Llanelli AC	7.33	7.59	7.81	7.81	2	7.81	2	
5	169	Samuel WILLIAMS	Aberdare VAAC								
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											
16											

FULL RESULTS										JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1	175	Jack BEYNON	Swansea Harriers	9.05	<b>9</b>						
2	176	Christopher WILLIAMS	Llanelli AC	7.81	<b>10</b>						
3	155	Miles KELLER-JENKINS	Swansea Harriers	6.95	<b>11</b>						
4	154	Keiran INGRAM	Swansea Harriers	6.19	<b>12</b>						
5					<b>13</b>						
6					<b>14</b>					REFEREE SIGNATURE	
7					<b>15</b>						
8					<b>16</b>						



## T25 U13G 60m - FINAL

5:10 PM

**Welsh Indoor Record** Emily MITCHELL Carmarthen Harriers 8.39 2003

**Championship Best Performance** Felicity JAMES Cardiff AAC 8.41 2001

**2008 Welsh Champion** Elin JONES Colwyn Bay AC 8.60

Position	Bib	Athlete	Club	Perf	Comment
1	15	Amy LEAHY	Pembrokeshire Harriers	8.48	
2	19	Adele NICOLL	Oswestry Olympians	8.51	
3	4	Hannah BRIER	Swansea Harriers	8.83	
4	24	Laura TURLEY	Deeside AAC	8.83	
5	27	Ffion WALTERS	Carmarthen Harriers	8.83	
6	2	Abigail BACKSHALL	Colwyn Bay	8.86	
7	20	Katie-Jane PRIEST	Newport Harriers	8.89	
8	11	Abbie HEWITT	Cornwall AC	8.93	

## T16 U13G 60m - Semi Finals

3:55 PM

**Welsh Indoor Record** Emily MITHCELL Carmarthen Harriers 8.39 2003

**Championship Best Performance** Felicity JAMES Cardiff AAC 8.41 2001

**2008 Welsh Champion** Elin JONES Colwyn Bay AC 8.60

Semi Final 1

Position	Bib	Athlete	Club	Perf	Comment
1	19	Adele NICOLL	Oswestry Olympians	8.56	Q
2	27	Ffion WALTERS	Carmarthen Harriers	8.82	Q
3	4	Hannah BRIER	Swansea Harriers	8.85	Q
4	24	Laura TURLEY	Deeside AAC	8.92	Q
5	14	Emma JOHNSON	Bridgend AC	8.97	
6	26	Erin WALTERS	Carmarthen Harriers	9.20	
7	10	Emma HENNESSY	Newport Harriers	9.34	
8	7	Ria EVANS	Swansea Harriers	9.48	

Semi Final 2

Position	Bib	Athlete	Club	Perf	Comment
1	15	Amy LEAHY	Pembrokeshire Harriers	8.55	Q
2	2	Abigail BACKSHALL	Colwyn Bay	8.77	Q
3	11	Abbie HEWITT	Cornwall AC	8.94	Q
4	20	Katie-Jane PRIEST	Newport Harriers	8.97	Q
5	30	Megan WILLIAMS	Cardiff AAC	9.03	
6	31	Elinor WINFIELD	Yate & District AC	9.08	
7	21	Shauna QUIRKE	Bridgend AC	9.10	
8	25	Ffion WAKE	Swansea Harriers	9.11	

## T10 U13G 60m - Heats

2:10 PM

**Welsh Indoor Record** Emily MITCHELL Carmarthen Harriers 8.39 2003

**Championship Best Performance** Felicity JAMES Cardiff AAC 8.41 2001

Heat 1 of 4

**2008 Welsh Champion** Elin JONES Colwyn Bay AC 8.60

Position	Bib	Athlete	Club	Perf	Comment
1	2	Abigail BACKSHALL	Colwyn Bay	8.66	Q
2	11	Abbie HEWITT	Cornwall AC	8.79	Q
3	30	Megan WILLIAMS	Cardiff AAC	8.94	Q
4	25	Ffion WAKE	Swansea Harriers	9.16	q
5	18	Zoe NASH	Bridgend AC	9.46	
6	16	Lucy MATON	Cardiff AAC	9.65	
7	13	Gabrielle HUDSON	Newport Harriers	9.99	
8	29	Katie WELLS	Swansea Harriers	10.59	

Heat 2 of 4

Position	Bib	Athlete	Club	Perf	Comment
1	27	Ffion WALTERS	Carmarthen Harriers	8.76	Q
2	24	Laura TURLEY	Deeside AAC	8.86	Q
3	7	Ria EVANS	Swansea Harriers	9.37	Q
4	28	Mary WARE	Cardiff AAC	9.65	
5	17	Danielle MORGAN	Newport Harriers	9.88	
6	12	Abigail HODGES	Cardiff AAC	9.98	
7	5	Sophie CAMPBELL	Swansea Harriers	10.33	

Heat 3 of 4

Position	Bib	Athlete	Club	Perf	Comment
1	19	Adele NICOLL	Oswestry Olympians	8.44	Q
2	4	Hannah BRIER	Swansea Harriers	8.69	Q
3	31	Elinor WINFIELD	Yate & District AC	8.93	Q
4	21	Shauna QUIRKE	Bridgend AC	9.13	q
5	23	Melissa ROBERTS	Newport Harriers	9.28	
6	22	Bethan RADFORD	Swansea Harriers	10.10	
7	8	Carrigan GRISTOCK	Cardiff AAC	10.35	

Heat 4 of 4

Position	Bib	Athlete	Club	Perf	Comment
1	15	Amy LEAHY	Pembrokeshire Harriers	8.57	Q
2	20	Katie-Jane PRIEST	Newport Harriers	8.85	Q
3	26	Erin WALTERS	Carmarthen Harriers	8.86	Q
4	14	Emma JOHNSON	Bridgend AC	9.00	q
5	10	Emma HENNESSY	Newport Harriers	9.25	q
6	9	Jessica HARRY	Swansea Harriers	10.00	
7	6	Olivia DWYER	Cardiff AAC	11.28	

## T29 U13G 200m - FINAL

5:35 PM

**Welsh Indoor Record** Rachel JOHNSCOCK Colwyn Bay 27.86 2005  
**Championship Best Performance** Rachel JOHNSCOCK Colwyn Bay 27.86 2006  
**2008 Welsh Champion** Catrin ROBERTS Neath Harriers 29.19

Position	Bib	Athlete	Club	Perf	Comment
1	2	Abigail BACKSHALL	Colwyn Bay	28.93	
2	11	Abbie HEWITT	Cornwall AC	29.93	
3	4	Hannah BRIER	Swansea Harriers	30.14	
4	27	Ffion WALTERS	Carmarthen Harriers	31.02	

## T14 U13G 200m - Semi Finals

3:30 PM

**Welsh Indoor Record** Rachel JOHNSCOCK Colwyn Bay 27.86 2005  
**Championship Best Performance** Rachel JOHNSCOCK Colwyn Bay 27.86 2006  
**2008 Welsh Champion** Catrin ROBERTS Neath Harriers 29.19

### Semi final 1

Position	Bib	Athlete	Club	Perf	Comment
1	2	Abigail BACKSHALL	Colwyn Bay	28.92	Q
2	27	Ffion WALTERS	Carmarthen Harriers	29.37	Q
3	20	Katie-Jane PRIEST	Newport Harriers	29.52	
4	24	Laura TURLEY	Deeside AAC	30.00	

### Semi final 2

Position	Bib	Athlete	Club	Perf	Comment
1	11	Abbie HEWITT	Cornwall AC	29.22	Q
2	4	Hannah BRIER	Swansea Harriers	29.65	Q
3	10	Emma HENNESSY	Newport Harriers	30.07	
4	31	Elinor WINFIELD	Yate & District AC	30.23	

## T3 U13G 200m - Heats

12:00 PM

**Welsh Indoor Record** Rachel JOHNSCOCK Colwyn Bay 27.86 2005  
**Championship Best Performance** Rachel JOHNSCOCK Colwyn Bay 27.86 2006  
**2008 Welsh Champion** Catrin ROBERTS Neath Harriers 29.19

### Heat 1 of 4

Position	Bib	Athlete	Club	Perf	Comment
1	11	Abbie HEWITT	Cornwall AC	29.23	Q
2	10	Emma HENNESSY	Newport Harriers	29.95	q
3	124	Lucy FLIGELSTONE	Swansea Harriers	30.71	
4	126	Kate SEARY	Cardiff AAC	32.26	

### Heat 2 of 4

Position	Bib	Athlete	Club	Perf	Comment
1	4	Hannah BRIER	Swansea Harriers	28.88	Q
2	31	Elinor WINFIELD	Yate & District AC	29.93	q
3	21	Shauna QUIRKE	Bridgend AC	30.29	
4	25	Ffion WAKE	Swansea Harriers	33.09	

### Heat 3 of 4

Position	Bib	Athlete	Club	Perf	Comment
1	2	Abigail BACKSHALL	Colwyn Bay	28.77	Q
2	27	Ffion WALTERS	Carmarthen Harriers	29.85	q
3	23	Melissa ROBERTS	Newport Harriers	31.11	
4	123	Freya EAKINS	Swansea Harriers	35.80	

### Heat 4 of 4

Position	Bib	Athlete	Club	Perf	Comment
1	20	Katie-Jane PRIEST	Newport Harriers	29.29	Q
2	24	Laura TURLEY	Deeside AAC	30.04	q
3	7	Ria EVANS	Swansea Harriers	31.49	
4	125	Zoe NASH	Bridgend AC	32.04	

**T19 U13G 60m Hurdles - FINAL**

**4:30 PM**

**Welsh Indoor Record** Rachel DAVIES Bridgend AC 9.94 2005

**Championship Best Performance** Laura EDWARDS Wrexham AC 10.14 2005

**2008 Welsh Champion** Katherine MORRIS Swansea Harriers 10.55

Position	Bib	Athlete	Club	Perf	Comment
1	19	Adele NICOLL	Oswestry Olympians	10.26	
2	14	Emma JOHNSON	Bridgend AC	10.35	
3	102	Nia WARD	Bridgend AC	11.10	
4	99	Ffion COLLINS	Cardiff AAC	11.46	
5	100	Emily JONES	Swansea Harriers	11.64	
6	101	Leah THOMAS	Bridgend AC	12.11	
7	7	Ria EVANS	Swansea Harriers	12.96	

F8 U13G High Jump - FINAL

12:00 PM

**Welsh Indoor Record** Susannah FILCE Wrexham AC 1.50 1987  
**Championship Best Performance** Helena MADAN Pembroke Harriers 1.43 2006  
**2008 Welsh Champion** Bethan HILL-HOWELLS Newport Harriers 1.32

Pos	Bib	Athlete	Club	0.95	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	Best Perf	
1	126	Kate SEARY U13G	Cardiff AAC			o	o	o	o	o	o	xxx		1.30	
2	16	Lucy MATON U13G	Cardiff AAC	0.00	o	xo	o	xxo	xxo	xo	o	xxx	0.00	0.00	1.30
3	22	Bethan RADFORD U13G	Swansea Harriers				o	o	xo	xxx				1.20	
4	102	Nia WARD U13G	Bridgend AC	0.00	0.00	0.00	o	o	xxx	0.00	0.00	0.00	0.00	0.00	1.15
5	9	Jessica HARRY U13G	Swansea Harriers	o	xo	xo	o	xxx						1.10	
6	23	Melissa ROBERTS U13G	Newport Harriers	0.00	0.00	0.00	xxo	xxx	0.00	0.00	0.00	0.00	0.00	0.00	1.10

**F14 U13G Long Jump - FINAL**

**2:30 PM**

**Welsh Indoor Record** Hannah THOMAS Wrexham AC 4.40 2005  
**Championship Best Performance** Hannah THOMAS Wrexham AC 4.40 2005  
**2008 Welsh Champion** Beth SARGENT Deeside AC 4.04

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	26	Erin WALTERS U13G	Carmarthen Harriers	3.57	4.10	3.76				4.10
2	4	Hannah BRIER U13G	Swansea Harriers	3.91	3.79	3.94	0.00	0.00	0.00	3.94
3	124	Lucy FLIGELSTONE U13G	Swansea Harriers	3.70	3.60	3.83				3.83
4	31	Elinor WINFIELD U13G	Yate & District AC	3.79	3.62	3.66	0.00	0.00	0.00	3.79
5	2	Abigail BACKSHALL U13G	Colwyn Bay	3.69	3.76	3.76				3.76
6	100	Emily JONES U13G	Swansea Harriers	3.37	3.51	3.43	0.00	0.00	0.00	3.51
7	22	Bethan RADFORD U13G	Swansea Harriers	3.29	3.02	3.47				3.47
8	28	Mary WARE U13G	Cardiff AAC	3.27	3.29	3.34	0.00	0.00	0.00	3.34
9	167	Emma HENNESSY U13G	Newport Harriers	3.28	NJ	NJ				3.28
10	16	Lucy MATON U13G	Cardiff AAC	3.03	3.24	3.22	0.00	0.00	0.00	3.24
11	29	Katie WELLS U13G	Swansea Harriers	2.81	3.19	3.11				3.19
12	101	Leah THOMAS U13G	Bridgend AC	3.11	3.05	2.90	0.00	0.00	0.00	3.11
13	17	Danielle MORGAN U13G	Newport Harriers	3.01	2.92	3.00				3.01
14	12	Abigail HODGES U13G	Cardiff AAC	2.96	NJ	2.54	0.00	0.00	0.00	2.96
15	168	Zoe NASH U13G	Bridgend AC	2.48	NJ	2.90				2.90
16	13	Gabrielle HUDSON U13G	Newport Harriers	2.32	2.22	2.85	0.00	0.00	0.00	2.85
17	5	Sophie CAMPBELL U13G	Swansea Harriers	2.51	2.71	NJ				2.71
18	123	Freya EAKINS U13G	Swansea Harriers	2.60	NJ	2.53	0.00	0.00	0.00	2.60
19	6	Olivia DWYER U13G	Cardiff AAC	NJ	2.51	2.30				2.51

**F4 U13G Shot (2.72kg) - FINAL**

**10:00 AM**

**Welsh Indoor Record** Emily STEELE Shrewsbury 9.86 1987  
**Championship Best Performance** Nicola STEVENSON Bridgend AC 9.19 2001  
**2008 Welsh Champion** Zoe DAKIN Bridgend AC 5.55

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	19	Adele NICOLL U13G	Oswestry Olympians	10.32	8.62	10.07				10.32
2	174	Lauren ROPER U13G	Swansea Harriers	7.03	NT	7.87	0.00	0.00	0.00	7.87
3	172	Bronwen LEWIS U13G	Carmarthen Harriers	7.37	6.82	6.49				7.37
4	21	Shauna QUIRKE U13G	Bridgend AC	5.82	6.23	6.19	0.00	0.00	0.00	6.23
5	171	Holly FIELD U13G	Aberdare VAAC	5.08	5.45	5.06				5.45

## Welsh Athletics : Distance Card

<b>Meeting</b>		<b>Welsh Athletics U13 / U15 Indoor Junior Championships</b>		<b>Venue</b>	NIAC. Cardiff, Cyncoed			<b>Date</b>	Sunday 08 Feb 2009	
<b>Event</b>					<b>Welsh Indoor Record</b>			Hannah THOMAS Wrexham AC 4.40 2005		
<b>F14</b>				U13G Long Jump - FINAL	2:30 PM	<b>Championship Best Performance</b>			Hannah THOMAS Wrexham AC 4.40 2005	
		<b>2008 Welsh Champion</b>				Beth SARGENT Deeside AC 4.04				
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	Best of All	Final Position
				Metres	Metres	Metres	Metres			
1	2	Abigail BACKSHALL	Colwyn Bay	3.69	3.76	3.76	3.76	5	3.76	5
2	3	Jodie BEYNON	Cwmbran Harriers							
3	4	Hannah BRIER	Swansea Harriers	3.91	3.79	3.94	3.94	2	3.94	2
4	5	Sophie CAMPBELL	Swansea Harriers	2.51	2.71	NJ	2.71	17	2.71	17
5	6	Olivia DWYER	Cardiff AAC	NJ	2.51	2.30	2.51	19	2.51	19
6	123	Freya EAKINS	Swansea Harriers	2.60	NJ	2.53	2.60	18	2.60	18
7	124	Lucy FLIGELSTONE	Swansea Harriers	3.70	3.60	3.83	3.83	3	3.83	3
8	167	Emma HENNESSY	Newport Harriers	3.28	NJ	NJ	3.28	9	3.28	9
9	12	Abigail HODGES	Cardiff AAC	2.96	NJ	2.54	2.96	14	2.96	14
10	13	Gabrielle HUDSON	Newport Harriers	2.32	2.22	2.85	2.85	16	2.85	16
11	100	Emily JONES	Swansea Harriers	3.37	3.51	3.43	3.51	6	3.51	6
12	16	Lucy MATON	Cardiff AAC	3.03	3.24	3.22	3.24	10	3.24	10
13	17	Danielle MORGAN	Newport Harriers	3.01	2.92	3.00	3.01	13	3.01	13
14	168	Zoe NASH	Bridgend AC	2.48	NJ	2.90	2.90	15	2.90	15
15	22	Bethan RADFORD	Swansea Harriers	3.29	3.02	3.47	3.47	7	3.47	7
16	101	Leah THOMAS	Bridgend AC	3.11	3.05	2.90	3.11	12	3.11	12

### FULL RESULTS

### JUDGES' SIGNATURES

No.	NAME	CLUB	Distance	No.	NAME	CLUB	Distance		
1	26	Erin WALTERS	Cardiff AAC	4.10	9	167	Emma HENNESSY	Newport Harriers	3.28
2	4	Hannah BRIER	Swansea Harriers	3.94	10	16	Lucy MATON	Cardiff AAC	3.24
3	124	Lucy FLIGELSTONE	Swansea Harriers	3.83	11	29	Katie WELLS	Swansea Harriers	3.19
4	31	Elinor WINFIELD	Yate & District AC	3.79	12	101	Leah THOMAS	Bridgend AC	3.11
5	2	Abigail BACKSHALL	Colwyn Bay	3.76	13	17	Danielle MORGAN	Newport Harriers	3.01
6	100	Emily JONES	Swansea Harriers	3.51	14	12	Abigail HODGES	Cardiff AAC	2.96
7	22	Bethan RADFORD	Swansea Harriers	3.47	15	168	Zoe NASH	Bridgend AC	2.90
8	28	Mary WARE	Cardiff AAC	3.34	16	13	Gabrielle HUDSON	Newport Harriers	2.85

# Welsh Athletics : Distance Card

<b>Meeting</b>		<b>Welsh Athletics U13 / U15 Indoor Junior</b>		<b>Venue</b>	NIAC. Cardiff, Cyncoed			<b>Date</b>	Sunday 08 Feb 2009	
<b>Event</b>		<b>Championships</b>			<b>Welsh Indoor Record</b>			Hannah THOMAS Wrexham AC 4.40 2005		
<b>F14</b>		U13G Long Jump - FINAL		2:30 PM	<b>Championship Best Performance</b>			Hannah THOMAS Wrexham AC 4.40 2005		
					<b>2008 Welsh Champion</b>			Beth SARGENT Deeside AC 4.04		
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	Best of All Metres	Final Position
				Metres	Metres	Metres	Metres			
17	26	Erin WALTERS	Carmarthen Harriers	3.57	4.10	3.76	4.10	1	4.10	1
18	28	Mary WARE	Cardiff AAC	3.27	3.29	3.34	3.34	8	3.34	8
19	29	Katie WELLS	Swansea Harriers	2.81	3.19	3.11	3.19	11	3.19	11
20	31	Elinor WINFIELD	Yate & District AC	3.79	3.62	3.66	3.79	4	3.79	4
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										
32										

## FULL RESULTS

## JUDGES' SIGNATURES

No.	NAME	CLUB	Distance	No.	NAME	CLUB	Distance
17	5	Sophie CAMPBELL	Swansea Harriers	2.71	25		
18	123	Freya EAKINS	Swansea Harriers	2.60	26		
19	6	Olivia DWYER	Cardiff AAC	2.51	27		
20				28			
21				29			
22				30			
23				31			
24				32			

REFEREE SIGNATURE



## Welsh Athletics : Distance Card

<b>Meeting</b>		<b>Welsh Athletics U13 / U15 Indoor Junior Championships</b>		<b>Venue</b>	NIAC. Cardiff, Cyncoed			<b>Date</b>	Sunday 08 Feb 2009		
<b>Event</b>					<b>Welsh Indoor Record</b>			Emily STEELE Shrewsbury 9.86 1987			
<b>F4</b>		U13G Shot (2.72kg) - FINAL		10:00 AM	<b>Championship Best Performance</b>			Nicola STEVENSON Bridgend AC 9.19 2001			
					<b>2008 Welsh Champion</b>			Zoe DAKIN Bridgend AC 5.55			
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3		Best of All	Final Position
				Metres	Metres	Metres	Metres			Metres	
1	171	Holly FIELD	Aberdare VAAC	5.08	5.45	5.06	5.45	5		5.45	5
2	172	Bronwen LEWIS	Carmarthen Harriers	7.37	6.82	6.49	7.37	3		7.37	3
3	19	Adele NICOLL	Oswestry Olympians	10.32	8.62	10.07	10.32	1		10.32	1
4	173	Emma NORTON	Cwmbran Harriers	5.11	4.90	5.00	5.11	6		5.11	6
5	21	Shauna QUIRKE	Bridgend AC	5.82	6.23	6.19	6.23	4		6.23	4
6	174	Lauren ROPER	Swansea Harriers	7.03	NT	7.87	7.87	2		7.87	2
7	101	Leah THOMAS	Bridgend AC	3.96	4.18	4.18	4.18	7		4.18	7
8	31	Elinor WINFIELD	Yate & District AC								
9											
10											
11											
12											
13											
14											
15											
16											

New Indoor Record

New CBP

FULL RESULTS									JUDGES' SIGNATURES			
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance			
<b>1</b>	19	Adele NICOLL	Oswestry Olympians	10.32	<b>9</b>							
<b>2</b>	174	Lauren ROPER	Swansea Harriers	7.87	<b>10</b>							
<b>3</b>	172	Bronwen LEWIS	Carmarthen Harriers	7.37	<b>11</b>							
<b>4</b>	21	Shauna QUIRKE	Bridgend AC	6.23	<b>12</b>							
<b>5</b>	171	Holly FIELD	Aberdare VAAC	5.45	<b>13</b>							
<b>6</b>	173	Emma NORTON	Cwmbran Harriers	5.11	<b>14</b>					REFEREE SIGNATURE		
<b>7</b>	101	Leah THOMAS	Bridgend AC	4.18	<b>15</b>							
<b>8</b>					<b>16</b>							

## Welsh Athletics - Height Card

Meeting				Venue		NIAC, UWIC - Cyncoed							Date		Sunday February 08 2009				
Welsh Athletics U13/U15 Indoor Junior Championships				Time		Welsh Indoor Record							Susannah FILCE Wrexham AC 1.50 1987						
Event		U13G High Jump - FINAL				12:00 PM		Championship Best Performance							Helena MADAN Pembroke Harriers 1.43 2006				
F8								2008 Welsh Champion							Bethan HILL-HOWELLS Newport Harriers 1.32				
Order	Number	NAME	CLUB	Start Height	0.95	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	Best of All	Trials at Height Cleared	Total Failures	Total Trials	Position
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs					
1	98	Caitlin ATKINS	Swansea Harriers																7
2	9	Jessica HARRY	Swansea Harriers	0.95	o	xo	xo	o	xxx						1.10	4	6	10	5
3	13	Gabrielle HUDSON	Newport Harriers	1.05			xxx										4	4	7
4	16	Lucy MATON	Cardiff AAC	1.00		o	xo	o	xxo	xxo	xo	o	xxx		1.30	7	8	15	2
5	22	Bethan RADFORD	Swansea Harriers	1.10				o	o	xo	xxx				1.20	3	5	8	3
6	23	Melissa ROBERTS	Newport Harriers	1.10				xxo	xxx						1.10	1	5	6	6
7	126	Kate SEARY	Cardiff AAC	1.05			o	o	o	o	o	o	xxx		1.30	6	4	10	1
8	102	Nia WARD	Bridgend AC	1.10				o	o	xxx					1.15	2	4	6	4
9																			7
10																			7
11																			7
12																			7
13																			7
14																			7
15																			7
16																			7

  

FULL RESULTS										JUDGES' SIGNATURES									
No.	NAME	CLUB	PERF	No.	NAME	CLUB	PERF												
1	126	Kate SEARY	Cardiff AAC	1.30	9														
2	16	Lucy MATON	Cardiff AAC	1.30	10														
3	22	Bethan RADFORD	Swansea Harriers	1.20	11														
4	102	Nia WARD	Bridgend AC	1.15	12														
5	9	Jessica HARRY	Swansea Harriers	1.10	13														
6	23	Melissa ROBERTS	Newport Harriers	1.10	14														
7					15			REFEREE'S SIGNATURE											
8					16														

## T24 U15B 60m - FINAL

5:05 PM

**Welsh Indoor Record** Andrew WATKINS Pontypridd AC 7.06 2002

**Championship Best Performance** Andrew WATKINS Pontypridd AC 7.20 2002

**2008 Welsh Champion** Evan JENKINS Swansea Harriers 7.61

Position	Bib	Athlete	Club	Perf	Comment
1	84	Mathew DAVIES	Carmarthen Harriers	7.56	
2	91	Jordan PEAKE	Cwmbran Harriers	7.60	
3	89	James McLEAN	Cardiff AAC	7.67	
4	77	Paaliba ABUGRE	Swansea Harriers	7.93	
5	97	Thomas WILLIAMS	Barry & Vale Harriers	8.08	
6	90	Alexander PAVLOU	Swansea Harriers	8.21	
7	83	Daniel CUTAJAR	Swansea Harriers	8.22	
8	94	Sean SQUIBB	Oswestry Olympians	DNS	

## T9 U15B 60m - Heats

1:55 PM

**Welsh Indoor Record** Andrew WATKINS Pontypridd AC 7.06 2002

**Championship Best Performance** Andrew WATKINS Pontypridd AC 7.20 2002

**2008 Welsh Champion** Evan JENKINS Swansea Harriers 7.61

Heat 1 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	89	James McLEAN	Cardiff AAC	7.75	Q
2	97	Thomas WILLIAMS	Barry & Vale Harriers	7.96	Q
3	94	Sean SQUIBB	Oswestry Olympians	8.02	q
4	90	Alexander PAVLOU	Swansea Harriers	8.05	q
5	92	Craig PIKE	North Devon AC	8.34	
6	79	Rhodri BOGGUST	Brecon AC	8.47	

Heat 2 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	84	Mathew DAVIES	Carmarthen Harriers	7.74	Q
2	83	Daniel CUTAJAR	Swansea Harriers	8.09	Q
3	93	William POOLE	Wrexham AC	8.17	
4	95	Aled THOMAS	Menai T&F	8.57	
5	85	Lewys JONES	Cardiff AAC	8.62	
6	96	William VAN KLAVEREN	Kingston & Poly	8.98	
7	88	Taylor KNIGHT	Barry & Vale Harriers	9.19	

Heat 3 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	91	Jordan PEAKE	Cwmbran Harriers	7.76	Q
2	77	Paaliba ABUGRE	Swansea Harriers	7.98	Q
3	82	Kierran COOPER	Wrexham AC	8.14	
4	78	John ANDERSON	Rhymney Valley AC	8.45	
5	81	Ashley BUNDY	Cardiff AAC	8.59	
6	80	Jacob BRISCOMBE	Barry & Vale Harriers	8.65	
7	86	Aidan KEAY	Cardiff AAC	8.82	

## T28 U15B 200m - FINAL

5:30 PM

**Welsh Indoor Record** Andrew WATKINS Pontypridd AC 22.57 2002

**Championship Best Performance** Andrew WATKINS Pontypridd AC 23.30 2002

**2008 Welsh Champion** Evan JENKINS Swansea Harriers 24.46

Position	Bib	Athlete	Club	Perf	Comment
1	84	Mathew DAVIES U15B	Carmarthen Harriers	25.33	
2	89	James McLEAN U15B	Cardiff AAC	26.04	
3	90	Alexander PAVLOU U15B	Swansea Harriers	26.09	
4	97	Thomas WILLIAMS U15B	Barry & Vale Harriers	26.84	

## T13 U15B 200m - Semi Finals

3:15 PM

**Welsh Indoor Record** Andrew WATKINS Pontypridd AC 22.57 2002

**Championship Best Performance** Andrew WATKINS Pontypridd AC 23.30 2002

**2008 Welsh Champion** Evan JENKINS Swansea Harriers 24.46

Semi Final 1

Position	Bib	Athlete	Club	Perf	Comment
1	90	Alexander PAVLOU U15B	Swansea Harriers	26.40	Q
2	97	Thomas WILLIAMS U15B	Barry & Vale Harriers	27.17	q
3	116	Jonathan BAILEY U15B	Cardiff AAC	28.07	
4	79	Rhodri BOGGUST U15B	Brecon AC	DNS	

Semi Final 2

Position	Bib	Athlete	Club	Perf	Comment
1	89	James McLEAN U15B	Cardiff AAC	26.40	Q
2	83	Daniel CUTAJAR U15B	Swansea Harriers	27.17	
3	78	John ANDERSON U15B	Rhymney Valley AC	28.07	
4	94	Sean SQUIBB U15B	Oswestry Olympians	DNS	

Semi Final 3

Position	Bib	Athlete	Club	Perf	Comment
1	84	Mathew DAVIES U15B	Carmarthen Harriers	25.81	Q
2	92	Craig PIKE U15B	North Devon AC	26.59	
3	93	William POOLE U15B	Wrexham AC	26.69	
4	141	Oliver HUDSON U15B	Newport Harriers	28.26	

## T2 U15B 200m - Heats

11:30 AM

**Welsh Indoor Record** Andrew WATKINS Pontypridd AC 22.57 2002

**Championship Best Performance** Andrew WATKINS Pontypridd AC 23.30 2002

**2008 Welsh Champion** Evan JENKINS Swansea Harriers 24.46

Heat 1 of 6

Position	Bib	Athlete	Club	Perf	Comment
1	90	Alexander PAVLOU	Swansea Harriers	25.86	Q
2	116	Jonathan BAILEY	Cardiff AAC	27.31	q
3	141	Oliver HUDSON	Newport Harriers	27.91	q
4	129	Ieuan ORTON	Barry & Vale	29.18	

Heat 2 of 6

Position	Bib	Athlete	Club	Perf	Comment
1	97	Thomas WILLIAMS	Barry & Vale Harriers	26.59	Q
2	83	Daniel CUTAJAR	Swansea Harriers	27.10	q
3	78	John ANDERSON	Rhymney Valley AC	27.83	q
4	95	Aled THOMAS	Menai T&F	28.44	

Heat 3 of 6

Position	Bib	Athlete	Club	Perf	Comment
1	89	James McLEAN	Cardiff AAC	25.69	Q
2	93	William POOLE	Wrexham AC	26.45	q
3	77	Paaliba ABUGRE	Swansea Harriers	28.00	

Heat 4 of 6

Position	Bib	Athlete	Club	Perf	Comment
1	94	Sean SQUIBB	Oswestry Olympians	27.13	Q
2	118	George IVINS	Cardiff AAC	28.01	
3	80	Jacob BRISCOMBE	Barry & Vale Harriers	28.37	
4	140	Jack FEAR	Newport Harriers	29.80	

Heat 5 of 6

Position	Bib	Athlete	Club	Perf	Comment
1	84	Mathew DAVIES	Carmarthen Harriers	25.53	Q
2	142	William SPENCER	Swansea Harriers	29.29	
3	96	William VAN KLAVEREN	Kingston & Poly	29.74	

Heat 6 of 6

Position	Bib	Athlete	Club	Perf	Comment
1	92	Craig PIKE	North Devon AC	26.90	Q
2	79	Rhodri BOGGUST	Brecon AC	27.40	q
3	86	Aidan KEAY	Cardiff AAC	28.87	

**T22 U15B 400m - FINAL**

**4:55 PM**

**Welsh Indoor Record** Gerwyn MORGAN Bridgend AC 52.24 2007

**Championship Best Performance** Bruce TASKER Carmarthen Harriers 55.47 2002

A Final

**2008 Welsh Champion** Jack McDONALD Colwyn Bay AC 65.63

Position	Bib	Athlete	Club	Perf	Comment
1	150	Scott EDWARDS	Derby AC	55.13	
2	92	Craig PIKE	North Devon AC	61.35	
3	151	Rhys GRANVILLE	Carmarthen Harriers	61.87	
4	140	Jack FEAR	Newport Harriers	63.63	

**T18 U15B 60m Hurdles - FINAL**

**4:20 PM**

**Welsh Indoor Record** Benjamin CLEARY Cardiff AAC 8.69 2006

**Championship Best Performance** Benjamin CLEARY Cardiff AAC 8.79 2006

**2008 Welsh Champion** Tyron BLAKE Cwmbran Harriers 10.38

Position	Bib	Athlete	Club	Perf	Comment
1	117	Tyron BLAKE	Cwmbran Harriers	9.23	
2	115	Calvin WELLINGTON	Swansea Harriers	9.69	
3	121	James SHARREM	Cardiff AAC	9.71	
4	116	Jonathan BAILEY	Cardiff AAC	9.85	
5	118	George IVINS	Cardiff AAC	10.27	
6	120	Joshua SELWAY	Cardiff AAC	10.34	
7	119	Joshua SAGE	Bridgend AC	11.33	
8	122	Jack STRAW	Swansea Harriers	12.66	



**F2 U15B High Jump - FINAL**

**10:00 AM**

**Welsh Indoor Record** Chuka ENIH-SNELL Swansea Harriers 1.91 1998

**Championship Best Performance** Andrew BLOW Beddau 1.73 1985

**2008 Welsh Champion** Stephen GUEST Bridgend AC 1.66

Pos	Bib	Athlete	Club	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	Best Perf
1	163	Drew BEAUJEAN	Swansea Harriers	o	o	xo	o	o	o	xo	xxo	xxx	1.55
2	115	Calvin WELLINGTON	Swansea Harriers	o	o	o	o	o	o	o	xxx	0.00 0.00 0.00	1.50
3=	81	Ashley BUNDY	Cardiff AAC	o	o	o	xxx						1.30
3=	142	William SPENCER	Swansea Harriers	o	o	o	xxx	0.00	0.00	0.00	0.00	0.00 0.00 0.00	1.30

**F12 U15B Pole Vault - FINAL**

**2:00 PM**

**Welsh Indoor Record** Stephen GUEST Bridgend AC 3.60 2008

**Championship Best Performance** Stephen GUEST Bridgend AC 3.25 2008

**2008 Welsh Champion** Stephen GUEST Bridgend AC 3.25

Pos	Bib	Athlete	Club	2.03	2.13	2.23	2.33	Best Perf
1	90	Alexander PAVLOU	Swansea Harriers	xo	xo	xo	xxx	2.23





**F6 U15B Long Jump - FINAL**

**11:30 AM**

**Welsh Indoor Record** Jamie JONES Barry & Vale H 6.13 2003

**Championship Best Performance** Jamie JONES Barry & Vale H 5.86 2004

**2008 Welsh Champion** Michael PAYNE Newport Harriers 5.43

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	84	Mathew DAVIES	Carmarthen Harriers	5.27	5.08	5.21				5.27
2	116	Jonathan BAILEY	Cardiff AAC	4.20	4.83	5.06	0.00	0.00	0.00	5.06
3	82	Kierran COOPER	Wrexham AC	4.91	4.84	5.01				5.01
4	93	William POOLE	Wrexham AC	4.37	4.75	4.70	0.00	0.00	0.00	4.75
5	85	Lewys JONES	Cardiff AAC	4.71	4.58	4.54				4.71
6	97	Thomas WILLIAMS	Barry & Vale Harriers	4.67	4.01	4.06	0.00	0.00	0.00	4.67
7	163	Drew BEAUJEAN	Swansea Harriers	4.62	4.42	4.64				4.64
8	141	Oliver HUDSON	Newport Harriers	4.37	NJ	4.51	0.00	0.00	0.00	4.51
9	79	Rhodri BOGGUST	Brecon AC		4.29	3.97				4.29
10	152	Taylor JONES	Newport Harriers	4.09	WD	WD	0.00	0.00	0.00	4.09
11	122	Jack STRAW	Swansea Harriers	3.67	3.44	3.66				3.67
12	170	Taylor KNIGHT	Barry & Vale Harriers	NJ	3.21	3.19	0.00	0.00	0.00	3.21

**F10 U15B Shot (4.0kg) - FINAL**

**1:00 PM**

**Welsh Indoor Record** Mathew EVANS Carmarthen Harriers 15.69 2003

**Championship Best Performance** Mathew EVANS Carmarthen Harriers 15.69 2003

**2008 Welsh Champion** Jac EDWARDS Carmarthen Harriers 7.72

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	184	Matthew FIELD	Aberdare VAAC	11.34	11.99	11.51				11.99
2	186	Tom NORTON	Cwmbran Harriers	9.18	9.48	9.24	0.00	0.00	0.00	9.48
3	94	Sean SQUIBB	Oswestry Olympians	9.34	NT	NT				9.34
4	183	Jac EDWARDS	Carmarthen Harriers	8.09	8.27	9.03	0.00	0.00	0.00	9.03



## Welsh Athletics : Distance Card

<b>Meeting</b>	<b>Welsh Athletics U13 / U15 Indoor Junior</b>			<b>Venue</b>	NIAC. Cardiff, Cyncoed			<b>Date</b>	Sunday, February 08 2009		
<b>Event</b>	<b>Championships</b>				<b>Welsh Indoor Record</b>			Jamie JONES Barry & Vale H 6.13 2003			
<b>F6</b>	U15B Long Jump - FINAL			11:30 AM	<b>Championship Best Performance</b>			Jamie JONES Barry & Vale H 5.86 2004			
					<b>2008 Welsh Champion</b>			Michael PAYNE Newport Harriers 5.43			
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3		Best of All	Final
				Metres	Metres	Metres	Metres			Metres	Metres
1	116	Jonathan BAILEY	Cardiff AAC	4.20	4.83	5.06	5.06	2		5.06	2
2	163	Drew BEAUJEAN	Swansea Harriers	4.62	4.42	4.64	4.64	7		4.64	7
3	79	Rhodri BOGGUST	Brecon AC		4.29	3.97	4.29	9		4.29	9
4	82	Kierran COOPER	Wrexham AC	4.91	4.84	5.01	5.01	3		5.01	3
5	84	Mathew DAVIES	Carmarthen Harriers	5.27	5.08	5.21	5.27	1		5.27	1
6	141	Oliver HUDSON	Newport Harriers	4.37	NJ	4.51	4.51	8		4.51	8
7	85	Lewys JONES	Cardiff AAC	4.71	4.58	4.54	4.71	5		4.71	5
8	152	Taylor JONES	Newport Harriers	4.09	WD	WD	4.09	10		4.09	10
9	170	Taylor KNIGHT	Barry & Vale Harriers	NJ	3.21	3.19	3.21	12		3.21	12
10	93	William POOLE	Wrexham AC	4.37	4.75	4.70	4.75	4		4.75	4
11	122	Jack STRAW	Swansea Harriers	3.67	3.44	3.66	3.67	11		3.67	11
12	97	Thomas WILLIAMS	Barry & Vale Harriers	4.67	4.01	4.06	4.67	6	4.67	6	
13											
14											
15											
16											

FULL RESULTS										JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1	84	Mathew DAVIES	Carmarthen Harriers	5.27	9	79	Rhodri BOGGUST	Brecon AC	4.29		
2	116	Jonathan BAILEY	Cardiff AAC	5.06	10	152	Taylor JONES	Newport Harriers	4.09		
3	82	Kierran COOPER	Wrexham AC	5.01	11	122	Jack STRAW	Swansea Harriers	3.67		
4	93	William POOLE	Wrexham AC	4.75	12	170	Taylor KNIGHT	Barry & Vale Harriers	3.21		
5	85	Lewys JONES	Cardiff AAC	4.71	13					REFEREE SIGNATURE	
6	97	Thomas WILLIAMS	Barry & Vale Harriers	4.67	14						
7	163	Drew BEAUJEAN	Swansea Harriers	4.64	15						
8	141	Oliver HUDSON	Newport Harriers	4.51	16						



# Welsh Athletics : Distance Card

<b>Meeting</b>		<b>Welsh Athletics U13 / U15 Indoor Junior</b>		<b>Venue</b>	NIAC. Cardiff, Cyncoed			<b>Date</b>	Sunday, February 08 2009	
<b>Event</b>		<b>Championships</b>			<b>Welsh Indoor Record</b>			Mathew EVANS Carmarthen Harriers 15.69 2003		
<b>F10</b>		U15B Shot (4.0kg) - FINAL		1:00 PM	<b>Championship Best Performance</b>			Mathew EVANS Carmarthen Harriers 15.69 2003		
					<b>2008 Welsh Champion</b>			Jac EDWARDS Carmarthen Harriers 7.72		
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	Best of All Metres	Final Position
				Metres	Metres	Metres	Metres			
1	183	Jac EDWARDS	Carmarthen Harriers	8.09	8.27	9.03	9.03	4	9.03	4
2	184	Matthew FIELD	Aberdare VAAC	11.34	11.99	11.51	11.99	1	11.99	1
3	185	Samuel MARTIN	Swansea Harriers							
4	186	Tom NORTON	Cwmbran Harriers	9.18	9.48	9.24	9.48	2	9.48	2
5	94	Sean SQUIBB	Oswestry Olympians	9.34	NT	NT	9.34	3	9.34	3
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										

## FULL RESULTS

## JUDGES' SIGNATURES

	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance
1	184	Matthew FIELD	Aberdare VAAC	11.99	9				
2	186	Tom NORTON	Cwmbran Harriers	9.48	10				
3	94	Sean SQUIBB	Oswestry Olympians	9.34	11				
4	183	Jac EDWARDS	Carmarthen Harriers	9.03	12				
5					13				
6					14				
7					15				
8					16				

## REFEREE SIGNATURE

# Welsh Athletics - Height Card

Meeting		Welsh Athletics U13 / U15 Indoor Junior Championships			Venue	NIAC, UWIC - Cyncoed										Date	Sunday, February 08 2009					
Event		U15B Pole Vault - FINAL			Time	Welsh Indoor Record										Stephen GUEST Bridgend AC 3.60 2008						
F12					2:00 PM	Championship Best Performance										Stephen GUEST Bridgend AC 3.25 2008						
						2008 Welsh Champion										Stephen GUEST Bridgend AC 3.25						
Order	Number	NAME	CLUB	UPRIGHTS	Start Height	2.03	2.13	2.23	2.33									Best of All	Trials at Height Cleared	Total Failures	Total Trials	Position
						Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs				
1	90	Alexander PAVLOU	Swansea Harriers	40	2.03	xo	xo	xo	xxx									2.23	3	7	10	1
2																						
3																						
4																						
5																						
6																						
7																						
8																						
9																						
10																						
11																						
12																						
13																						
14																						
15																						
16																						

FULL RESULTS										JUDGES' SIGNATURES									
No.	NAME	CLUB	PERF	No.	NAME	CLUB	PERF												
1	90	Alexander PAVLOU	Swansea Harriers	2.23	9														
2				10															
3				11															
4				12															
5				13															
6				14															
7				15															
8				16															

# Welsh Athletics - Height Card

Meeting		Welsh Athletics U13 / U15 Indoor Junior Championships				Venue	NIAC, UWIC - Cyncoed							Date	Sunday, February 08 2009				
Event		U15B High Jump - FINAL				Time	Welsh Indoor Record							Chuka ENIH-SNELL Swansea Harriers 1.91 1998					
F2						10:00 AM	Championship Best Performance							Andrew BLOW Beddau 1.73 1985					
							2008 Welsh Champion							Stephen GUEST Bridgend AC 1.66					
Order	Number	NAME	CLUB	Start Height	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60		Best of All	Trials at Height Cleared	Total Failures	Total Trials	Position
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs				
1	163	Drew BEAUJEAN	Swansea Harriers	1.20	o	o	xo	o	o	o	xo	xxo	xxx		1.55	8	7	15	1
2	80	Jacob BRISCOMBE	Barry & Vale Harriers																
3	81	Ashley BUNDY	Cardiff AAC	1.20	o	o	o	xxx							1.30	3	4	7	3
4	142	William SPENCER	Swansea Harriers	1.20	o	o	o	xxx							1.30	3	4	7	3
5	115	Calvin WELLINGTON	Swansea Harriers	1.20	o	o	o	o	o	o	o	xxx			1.50	7	4	11	2
6																			
7																			
8																			
9																			
10																			
11																			
12																			
13																			
14																			
15																			
16																			

FULL RESULTS										JUDGES' SIGNATURES									
No.	NAME	CLUB	PERF	No.	NAME	CLUB	PERF												
1	163	Drew BEAUJEAN	Swansea Harriers	1.55	9														
2	115	Calvin WELLINGTON	Swansea Harriers	1.50	10														
3=	81	Ashley BUNDY	Cardiff AAC	1.30	11														
3=	142	William SPENCER	Swansea Harriers	1.30	12														
5					13														
6					14			REFEREE'S SIGNATURE											
7					15														
8					16														

**T23 U15G 60m - FINAL**

**5:00 PM**

**Welsh Indoor Record** Danielle SELLEY Preseli AC 7.77 1998  
**Championship Best Performance** Sara OTUNG Cardiff AAC 7.99 2008  
**2008 Welsh Champion** Sara OTUNG Cardiff AAC 7.99

Position	Bib	Athlete	Club	Perf	Comment
1	73	Bethan WAKEFIELD	Newport Harriers	8.15	
2	58	Rhiannon JEFFREYS	Neath Harriers	8.31	
3	66	Nia PALLA	Swansea Harriers	8.32	
4	74	Abigail WILLIAMS	Deeside AAC	8.45	
5	68	Catrin ROBERTS	Neath Harriers	8.50	
6	64	Elli NORKETT	Pembroke Harriers	8.51	
7	59	Elin JONES	Colwyn Bay	8.57	
8	57	Hannah GRIFFITHS	Newport Harriers	8.57	

**T8 U15G 60m - Heats**

**1:35 PM**

**Welsh Indoor Record** Danielle SELLEY Preseli AC 7.77 1998  
**Championship Best Performance** Sara OTUNG Cardiff AAC 7.99 2008  
**2008 Welsh Champion** Sara OTUNG Cardiff AAC 7.99

Heat 1 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	73	Bethan WAKEFIELD	Newport Harriers	8.15	Q
2	68	Catrin ROBERTS	Neath Harriers	8.50	Q
3	55	Elin DAVIES	Swansea Harriers	8.60	
4	67	Francesca PARKIN	Cwmbran Harriers	8.86	
5	75	Rhian WILLIAMS	Deeside AAC	8.93	
6	61	Nicola JONES	Swansea Harriers	9.49	
7	54	Danielle CLOSE	Barry & Vale Harriers	9.65	
8			0		

Heat 2 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	66	Nia PALLA	Swansea Harriers	8.37	Q
2	59	Elin JONES	Colwyn Bay	8.40	Q
3	62	Carys KNAPMAN	Barry & Vale Harriers	8.84	
4	65	Olanike OLOWO-FELA	Newport Harriers	8.85	
5	71	Limarah THOMAS	Rhymney Valley	9.12	
6	63	Jade MEREDITH	Swansea Harriers	9.18	
7	53	Emily BROWN	Cwmbran Harriers	9.38	
8	76	Megan WYATT	Swansea Harriers	9.68	

Heat 3 of 3

Position	Bib	Athlete	Club	Perf	Comment
1	58	Rhiannon JEFFREYS	Neath Harriers	8.40	Q
2	74	Abigail WILLIAMS	Deeside AAC	8.47	Q
3	57	Hannah GRIFFITHS	Newport Harriers	8.54	q
4	64	Elli NORKETT	Pembroke Harriers	8.58	q
5	70	Lucy TAYLOR	Bridgend AC	8.76	
6	60	Lauren JONES	Swansea Harriers	9.45	
7	72	Megan VARLEY	Maldwyn Harriers	9.49	
8	56	Zoe EDWARDS	Swansea Harriers	9.95	

## T27 U15G 200m - FINAL

5:25 PM

**Welsh Indoor Record** Bridgid EADES Newport Harriers 25.76 2006  
**Championship Best Performance** Rachel CONWAY Newport Harriers 26.34 2002  
**2008 Welsh Champion** Chloe JONES Wrexham AC 26.80

Position	Bib	Athlete	Club	Perf	Comment
1	138	Bethan PHILLIPS	Carmarthen Harriers	27.86	
2	58	Rhiannon JEFFREYS	Neath Harriers	27.92	
3	59	Elin JONES	Colwyn Bay	28.36	
4	57	Hannah GRIFFITHS	Newport Harriers	28.61	

## T12 U15G 200m - Semi Finals

3:00 PM

**Welsh Indoor Record** Bridgid EADES Newport Harriers 25.76 2006  
**Championship Best Performance** Rachel CONWAY Newport Harriers 26.34 2002  
**2008 Welsh Champion** Chloe JONES Wrexham AC 26.80

### Semi Final 1

Position	Bib	Athlete	Club	Perf	Comment
1	59	Elin JONES	Colwyn Bay	27.74	Q
2	57	Hannah GRIFFITHS	Newport Harriers	27.92	q
3	107	Emily DACEY	Swansea Harriers	28.22	
4	139	Ellie RAPSON	Cardiff AAC	29.74	

### Semi Final 2

Position	Bib	Athlete	Club	Perf	Comment
1	138	Bethan PHILLIPS	Carmarthen Harriers	27.75	Q
2	68	Catrin ROBERTS	Neath Harriers	28.51	
3	131	Melissa ARTHUR	Newport Harriers	29.27	
4	137	Amy PACKHAM-SMITH	Cardiff AAC	29.43	

### Semi Final 3

Position	Bib	Athlete	Club	Perf	Comment
1	58	Rhiannon JEFFREYS	Neath Harriers	27.74	Q
2	73	Bethan WAKEFIELD	Newport Harriers	28.11	
3	67	Francesca PARKIN	Cwmbran Harriers	29.32	
4	65	Olanike OLOWO-FELA	Newport Harriers	29.48	

## T1 U15G 200m - Heats

11:00 AM

**Welsh Indoor Record** Bridgid EADES Newport Harriers 25.76 2006  
**Championship Best Performance** Rachel CONWAY Newport Harriers 26.34 2002  
**2008 Welsh Champion** Chloe JONES Wrexham AC 26.80

### Heat 1 of 5

Position	Bib	Athlete	Club	Perf	Comment
1	68	Catrin ROBERTS	Neath Harriers	28.78	Q
2	131	Melissa ARTHUR	Newport Harriers	28.97	q
3	63	Jade MEREDITH	Swansea Harriers	30.29	

### Heat 2 of 5

Position	Bib	Athlete	Club	Perf	Comment
1	59	Elin JONES	Colwyn Bay	27.60	Q
2	57	Hannah GRIFFITHS	Newport Harriers	28.04	q
3	137	Amy PACKHAM-SMITH	Cardiff AAC	29.57	q
4	71	Limarah THOMAS	Rhymer Valley	30.72	

### Heat 3 of 5

Position	Bib	Athlete	Club	Perf	Comment
1	73	Bethan WAKEFIELD	Newport Harriers	28.34	Q
2	67	Francesca PARKIN	Cwmbran Harriers	29.55	q
3	139	Ellie RAPSON	Cardiff AAC	29.71	q
4	135	Catrin JONES	Swansea Harriers	30.70	

Heat 4 of 5

Position	Bib	Athlete	Club	Perf	Comment
1	58	Rhiannon JEFFREYS	Neath Harriers	28.19	Q
2	107	Emily DACEY	Swansea Harriers	28.61	q
3	133	Rebecca DAVIES	Cardiff AAC	30.75	
4	132	Emily BROWN	Cwmbran Harriers	31.25	

Heat 5 of 5

Position	Bib	Athlete	Club	Perf	Comment
1	138	Bethan PHILLIPS	Carmarthen Harriers	28.00	Q
2	65	Olanike OLOWO-FELA	Newport Harriers	29.36	q
3	136	Elinor JONES	Swansea Harriers	29.83	
4	134	Aleisha ERNEST	Cardiff AAC	30.63	

**T21 U15G 300m - FINAL**

**4:50 PM**

**Welsh Indoor Record** Bridgid EADES Newport Harriers 42.26 2006  
**Championship Best Performance** Bridgid EADES Newport Harriers 42.26 2006  
**2008 Welsh Champion** Katie LEWIS Bridgend AC 44.21

A Final

Position	Bib	Athlete	Club	Perf	Comment
1	144	Lauren BELL	Pembroke Harriers	42.27	
2	148	Catrin THOMAS	Maldwyn Harriers	43.44	
3	147	Lora ROBERTS	Bridgend AC	44.38	
4	149	Laura TRIGG	Cardiff AAC	46.75	

**T6 U15G 300m - Heats**

**1:05 PM**

**Welsh Indoor Record** Bridgid EADES Newport Harriers 42.26 2006  
**Championship Best Performance** Bridgid EADES Newport Harriers 42.26 2006  
**2008 Welsh Champion** Katie LEWIS Bridgend AC 44.21

Heat 1 of 2

Position	Bib	Athlete	Club	Perf	Comment
1	144	Lauren BELL	Pembroke Harriers	43.32	Q
2	147	Lora ROBERTS	Bridgend AC	44.89	q
3	149	Laura TRIGG	Cardiff AAC	46.56	q

Heat 2 of 2

Position	Bib	Athlete	Club	Perf	Comment
1	148	Catrin THOMAS	Maldwyn Harriers	44.34	Q
2	146	Catrin REES	Carmarthen Harriers	46.70	
3	145	Kaiya COLLINS	Cardiff AAC	50.83	

## T17 U15G 60m Hurdles - FINAL

4:10 PM

**Welsh Indoor Record** Heather JONES Carmarthen Harriers 8.79 2001

**Championship Best Performance** Heather JONES Carmarthen Harriers 9.07 2001

**2008 Welsh Champion** Katie LEWIS Bridgend AC 9.26

Position	Bib	Athlete	Club	Perf	Comment
1	74	Abigail WILLIAMS	Deeside AAC	9.45	
2	112	Alyce PHILLIPS	Carmarthen Harriers	9.88	
3	64	Elli NORKETT	Pembroke Harriers	9.97	
4	75	Rhian WILLIAMS	Deeside AAC	10.10	
5	110	Grace HARWOOD	Swansea Harriers	10.31	
6	114	Alexandra THOMAS	Swansea Harriers	10.32	
7	60	Lauren JONES	Swansea Harriers	10.71	
8	106	Georgia BATES	Deeside AAC	10.82	

## T5 U15G 60m Hurdles - Heats

12:50 PM

**Welsh Indoor Record** Heather JONES Colwyn Bay 8.79 2001

**Championship Best Performance** Heather JONES Carmarthen Harriers 9.07 2001

**2008 Welsh Champion** Katie LEWIS Bridgend AC 9.26

Position	Bib	Athlete	Club	Perf	Comment
1	74	Abigail WILLIAMS	Deeside AAC	9.77	Q
2	64	Elli NORKETT	Pembroke Harriers	10.07	Q
3	110	Grace HARWOOD	Swansea Harriers	10.31	Q
4	111	Katherine MORRIS	Swansea Harriers	10.65	
5	109	Rebecca FOLEY	Cardiff AAC	10.67	
6	108	Elisha ELLIOTT	Cardiff AAC	11.00	

Position	Bib	Athlete	Club	Perf	Comment
1	112	Alyce PHILLIPS	Carmarthen Harriers	10.01	Q
2	75	Rhian WILLIAMS	Deeside AAC	10.04	Q
3	114	Alexandra THOMAS	Swansea Harriers	10.12	Q
4	60	Lauren JONES	Swansea Harriers	10.55	q
5	106	Georgia BATES	Deeside AAC	10.64	q
6	113	Chloe PHILLIPS	Cardiff AAC	10.86	



Welsh Athletics  
Indoor Open U13-U15 Championships  
Sunday 8th February 2009  
National Indoor Athletics Centre, UWIC - Cyncoed Campus Cardiff



WELSH ATHLETICS  
ATHLETAU CYMRU

**F3 U15G High Jump - FINAL**

**10:00 AM**

**Welsh Indoor Record** Julia CHARLTON Carmarthen Harriers 1.79 1980  
**Championship Best Performance** Lea HAGGETT Herne Hill Harriers 1.65 1986  
**2008 Welsh Champion** Rhiannon PLANT Carmarthen Harriers 1.53

Pos	Bib	Athlete	Club	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	Best Perf
				<b>1.62</b>	<b>1.64</b>	<b>1.66</b>									
1	159	Emily MORRIS	Swansea Harriers	xxo	xo	xxx					o	xo	o	xo	1.64
2	156	Ffion BODILY	Cardiff AAC	0.00	0.00	0.00	0.00	0.00	o	o	o	o	xxx	0.00	1.50
3	106	Georgia BATES	Deeside AAC						o	o	o	xo	xxx		1.50
4	158	Bethan HILL-HOWELLS	Newport Harriers	0.00	0.00	0.00	0.00	o	o	o	xxx	0.00	0.00	0.00	1.40
5	161	Shannon RICHARDS	Swansea Harriers	o	o	o	o	o	o	xo	xxx				1.40
6	149	Laura TRIGG	Cardiff AAC	o	o	o	o	xo	o	xxx	0.00	0.00	0.00	0.00	1.35
7	162	Rhiannon THOMAS	Swansea Harriers	o	o	o	o	o	xxo	xxx					1.35
8	157	Elise DAVIES	Swansea Harriers	xo	o	o	o	o	xxx	0.00	0.00	0.00	0.00	0.00	1.30
9	135	Catrin JONES	Swansea Harriers	xxo	xo	xxx									1.15

**F13 U15G Pole Vault - FINAL**

**2:00 PM**

**Welsh Indoor Record** Rhianydd LLEWELLYN Bridgend AC 3.20 2008  
**Championship Best Performance** Rhianydd LLEWELLYN Bridgend AC 3.00 2008  
**2008 Welsh Champion** Rhianydd LLEWELLYN Bridgend AC 3.00

Pos	Bib	Athlete	Club	1.83	1.93	2.03	2.13	2.23	2.33	Best Perf					
1	164	Lucy DALY	Cardiff AAC			o	o	o	xxx	2.23					
2	165	Enfys JONES	Carmarthen Harriers	0.00	0.00	xo	xo	o	xxx	0.00	0.00	0.00	0.00	0.00	2.23
3	166	Laura WILLIAMS	Deeside AAC		o	o	o	xo	xxx						2.23
4	114	Alexandra THOMAS	Swansea Harriers	o	o	o	o	xxx	0.00	0.00	0.00	0.00	0.00	0.00	2.13





**F11 U15G Long Jump - FINAL**

**1:00 PM**

**Welsh Indoor Record** Sara OTUNG Cardiff AAC 5.51 2008  
**Championship Best Performance** Hannah THOMAS Wrexham AC 5.15 2007  
**2008 Welsh Champion** Katie GARDNER City of Stoke AC 4.89

Pos	Bib	Athlete	Club	R1	R2	R3	R4	R5	R6	Best Perf
1	73	Bethan WAKEFIELD	Newport Harriers	4.84	NJ	4.86				4.86
2	107	Emily DACEY	Swansea Harriers	4.51	4.73	4.69	0.00	0.00	0.00	4.73
3	69	Beth SARGENT	Deeside AAC	4.43	4.60	4.70				4.70
4	66	Nia PALLA	Swansea Harriers	3.97	4.59	4.64	0.00	0.00	0.00	4.64
5	106	Georgia BATES	Deeside AAC	4.16	4.60	4.18				4.60
6	70	Lucy TAYLOR	Bridgend AC	NJ	4.41	4.32	0.00	0.00	0.00	4.41
7	136	Elinor JONES	Swansea Harriers	4.39	4.15	4.23				4.39
8	158	Bethan HILL-HOWELLS	Newport Harriers	4.30	NJ	4.17	0.00	0.00	0.00	4.30
9	146	Catrin REES	Carmarthen Harriers		3.92	4.29				4.29
10	162	Rhiannon THOMAS	Swansea Harriers	3.83	4.18	NJ	0.00	0.00	0.00	4.18
11	61	Nicola JONES	Swansea Harriers	4.06	NJ	NJ				4.06
12	156	Ffion BODILY	Cardiff AAC	NJ	NJ	4.05	0.00	0.00	0.00	4.05
13	76	Megan WYATT	Swansea Harriers	NJ	3.50	3.53				3.53

**F5 U15G Shot (3.25kg) - FINAL**

**11:00 AM**

**Welsh Indoor Record** Philippa ROLES Swansea Harriers 11.75 1992  
**Championship Best Performance** Toni WELLS Swansea Harriers 11.01 2007  
**2008 Welsh Champion** Nia PRELLS Swansea Harriers 9.88

Pos	Bib	Athlete	Club	R1	R2	R3	Best Perf
1	178	Eliw JAMES	Carmarthen Harriers	9.42	NT	9.21	9.42
2	181	Awen ROSSER	Carmarthen Harriers	8.72	8.38	8.43	8.72
3	131	Melissa ARTHUR	Newport Harriers	8.09	8.08	8.55	8.55
4	182	Emily SLOMAN	Cardiff AAC	8.38	7.45	8.36	8.38
5	179	Kayleigh JONES	Carmarthen Harriers	8.15	7.61	8.09	8.15
6	177	Zoe DAKIN	Bridgend AC	7.27	6.89	8.03	8.03
7	157	Elise DAVIES	Swansea Harriers	7.93	7.56	7.51	7.93
8	110	Grace HARWOOD	Swansea Harriers	7.01	6.82	6.71	7.01
9	72	Megan VARLEY	Maldwyn Harriers	6.02	6.39	6.38	6.39
10	180	Amber-May PHILLIPS	Maldwyn Harriers	NT	6.17	NT	6.17

## Welsh Athletics : Distance Card

<b>Meeting</b>		<b>Welsh Athletics U13 / U15 Indoor Junior Championships</b>		<b>Venue</b>	NIAC. Cardiff, Cyncoed			<b>Date</b>	Sunday, February 08 2009		
<b>Event</b>				<b>Championship Best Performance</b>			Sara OTUNG Cardiff AAC 5.51 2008				
<b>F11</b>		U15G Long Jump - FINAL		1:00 PM	<b>2008 Welsh Champion</b>			Katie GARDNER City of Stoke AC 4.89			
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3		Best of All	Final Position
				Metres	Metres	Metres	Metres			Metres	
1	106	Georgia BATES	Deeside AAC	4.16	4.60	4.18	4.60	5		4.60	5
2	156	Ffion BODILY	Cardiff AAC	NJ	NJ	4.05	4.05	12		4.05	12
3	107	Emily DACEY	Swansea Harriers	4.51	4.73	4.69	4.73	2		4.73	2
4	158	Bethan HILL-HOWELLS	Newport Harriers	4.30	NJ	4.17	4.30	8		4.30	8
5	136	Elinor JONES	Swansea Harriers	4.39	4.15	4.23	4.39	7		4.39	7
6	61	Nicola JONES	Swansea Harriers	4.06	NJ	NJ	4.06	11		4.06	11
7	66	Nia PALLA	Swansea Harriers	3.97	4.59	4.64	4.64	4		4.64	4
8	146	Catrin REES	Carmarthen Harriers		3.92	4.29	4.29	9		4.29	9
9	69	Beth SARGENT	Deeside AAC	4.43	4.60	4.70	4.70	3		4.70	3
10	70	Lucy TAYLOR	Bridgend AC	NJ	4.41	4.32	4.41	6		4.41	6
11	162	Rhiannon THOMAS	Swansea Harriers	3.83	4.18	NJ	4.18	10		4.18	10
12	73	Bethan WAKEFIELD	Newport Harriers	4.84	NJ	4.86	4.86	1		4.86	1
13	76	Megan WYATT	Swansea Harriers	NJ	3.50	3.53	3.53	13		3.53	13
14											
15											
16											

FULL RESULTS										JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1	73	Bethan WAKEFIELD	Newport Harriers	4.86	9	146	Catrin REES	Carmarthen Harriers	4.29		
2	107	Emily DACEY	Swansea Harriers	4.73	10	162	Rhiannon THOMAS	Swansea Harriers	4.18		
3	69	Beth SARGENT	Deeside AAC	4.70	11	61	Nicola JONES	Swansea Harriers	4.06		
4	66	Nia PALLA	Swansea Harriers	4.64	12	156	Ffion BODILY	Cardiff AAC	4.05		
5	106	Georgia BATES	Deeside AAC	4.60	13	76	Megan WYATT	Swansea Harriers	3.53		
6	70	Lucy TAYLOR	Bridgend AC	4.41	14					REFEREE SIGNATURE	
7	136	Elinor JONES	Swansea Harriers	4.39	15						
8	158	Bethan HILL-HOWELLS	Newport Harriers	4.30	16						

## Welsh Athletics : Distance Card

Meeting		Welsh Athletics U13 / U15 Indoor Junior Championships		Venue	NIAC. Cardiff, Cyncoed			Date	Sunday, February 08 2009	
Event				Welsh Indoor Record			Philippa ROLES Swansea Harriers 11.75 1992			
F5		U15G Shot (3.25kg) - FINAL		11:00 AM	Championship Best Performance			Toni WELLS Swansea Harriers 11.01 2007		
				2008 Welsh Champion			Nia PRELLS Swansea Harriers 9.88			
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	Best of All Metres	Final Position
				Metres	Metres	Metres	Metres			
1	131	Melissa ARTHUR	Newport Harriers	8.09	8.08	8.55	8.55	3	8.55	3
2	177	Zoe DAKIN	Bridgend AC	7.27	6.89	8.03	8.03	6	8.03	6
3	157	Elise DAVIES	Swansea Harriers	7.93	7.56	7.51	7.93	7	7.93	7
4	110	Grace HARWOOD	Swansea Harriers	7.01	6.82	6.71	7.01	8	7.01	8
5	178	Eliw JAMES	Carmarthen Harriers	9.42	NT	9.21	9.42	1	9.42	1
6	179	Kayleigh JONES	Carmarthen Harriers	8.15	7.61	8.09	8.15	5	8.15	5
7	180	Amber-May PHILLIPS	Maldwyn Harriers	NT	6.17	NT	6.17	10	6.17	10
8	181	Awen ROSSER	Carmarthen Harriers	8.72	8.38	8.43	8.72	2	8.72	2
9	182	Emily SLOMAN	Cardiff AAC	8.38	7.45	8.36	8.38	4	8.38	4
10	72	Megan VARLEY	Maldwyn Harriers	6.02	6.39	6.38	6.39	9	6.39	9
11										
12										
13										
14										
15										
16										

FULL RESULTS									JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance	
1	178	Eliw JAMES	Carmarthen Harriers	9.42	9	72	Megan VARLEY	Maldwyn Harriers	6.39	
2	181	Awen ROSSER	Carmarthen Harriers	8.72	10	180	Amber-May PHILLIPS	Maldwyn Harriers	6.17	
3	131	Melissa ARTHUR	Newport Harriers	8.55	11					
4	182	Emily SLOMAN	Cardiff AAC	8.38	12					
5	179	Kayleigh JONES	Carmarthen Harriers	8.15	13					
6	177	Zoe DAKIN	Bridgend AC	8.03	14					
7	157	Elise DAVIES	Swansea Harriers	7.93	15					
8	110	Grace HARWOOD	Swansea Harriers	7.01	16					
										REFEREE SIGNATURE

# Welsh Athletics - Height Card

Meeting		Welsh Athletics U13 / U15 Indoor Junior Championships				Venue	NIAC, UWIC - Cyncoed						Date	Sunday, February 08 2009							
Event		U15G Pole Vault - FINAL				Time	Welsh Indoor Record						Rhianydd LLEWELLYN Bridgend AC 3.20 2008								
F13						2:00 PM	Championship Best Performance						Rhianydd LLEWELLYN Bridgend AC 3.00 2008								
						2008 Welsh Champion						Rhianydd LLEWELLYN Bridgend AC 3.00									
Order	Number	NAME	CLUB	UPRIGHTS	Start Height	1.83	1.93	2.03	2.13	2.23	2.33						Best of All	Trials at Height Cleared	Total Failures	Total Trials	Position
						Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs					
1	164	Lucy DALY	Cardiff AAC	60	2.03			o	o	o	xxx						2.23	3	4	7	1
2	165	Enfys JONES	Carmarthen Harriers	40	2.03			xo	xo	o	xxx						2.23	3	6	9	2
3	114	Alexandra THOMAS	Swansea Harriers	60	1.83	o	o	o	o	xxx							2.13	4	4	8	4
4	166	Laura WILLIAMS	Deeside AAC	35	1.93		o	o	o	xo	xxx						2.23	4	5	9	3
5																					
6																					
7																					
8																					
9																					
10																					
11																					
12																					
13																					
14																					
15																					
16																					

FULL RESULTS										JUDGES' SIGNATURES									
No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF											
1	164	Lucy DALY	Cardiff AAC	2.23	9														
2	165	Enfys JONES	Carmarthen Harriers	2.23	10														
3	166	Laura WILLIAMS	Deeside AAC	2.23	11														
4	114	Alexandra THOMAS	Swansea Harriers	2.13	12														
5					13														
6					14														
7					15														
8					16														

REFEREE'S SIGNATURE

## Welsh Athletics - Height Card

Meeting				Venue		NIAC, UWIC - Cyncoed							Date		Sunday, February 08 2009					
Event				Time		Welsh Indoor Record							Julia CHARLTON Carmarthen Harriers 1.79 1980							
F3				10:00 AM		Championship Best Performance							Lea HAGGETT Herne Hill Harriers 1.65 1986							
U15G High Jump - FINAL						2008 Welsh Champion							Rhiannon PLANT Carmarthen Harriers 1.53							
Order	Number	NAME	CLUB	Start Height	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	Best of All	Trials at Height Cleared	Total Failures	Total Trials	Position
					1.62	1.64	1.66													
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs						
1	106	Georgia BATES	Deeside AAC	1.35						o	o	o	xo	xxx		1.50	4	5	9	3
2	156	Ffion BODILY	Cardiff AAC	1.35						o	o	o	o	xxx		1.50	4	4	8	2
3	157	Elise DAVIES	Swansea Harriers	1.10	xo	o	o	o	o	xxx						1.30	5	5	10	8
4	158	Bethan HILL-HOWELLS	Newport Harriers	1.30					o	o	o	xxx				1.40	3	4	7	4
5	135	Catrin JONES	Swansea Harriers	1.10	xxo	xo	xxx									1.15	2	6	8	9
6	159	Emily MORRIS	Swansea Harriers	1.45	xxo	xo	xxx					o	xo	o	xo	1.64	6	8	14	1
7	160	Olivia PERRY	Cwmbran Harriers	1.30					xxx									4	4	10
8	161	Shannon RICHARDS	Swansea Harriers	1.10	o	o	o	o	o	o	xo	xxx				1.40	7	5	12	5
9	162	Rhiannon THOMAS	Swansea Harriers	1.10	o	o	o	o	o	xxo	xxx					1.35	6	5	11	7
10	149	Laura TRIGG	Cardiff AAC	1.10	o	o	o	o	xo	o	xxx					1.35	6	5	11	6
11																				10
12																				10
13																				10
14																				10
15																				10
16																				10

FULL RESULTS										JUDGES' SIGNATURES											
No.	NAME	CLUB	PERF	No.	NAME	CLUB	PERF														
1	159	Emily MORRIS	Swansea Harriers	1.64	9	135	Catrin JONES	Swansea Harriers	1.15												
2	156	Ffion BODILY	Cardiff AAC	1.50	10																
3	106	Georgia BATES	Deeside AAC	1.50	11																
4	158	Bethan HILL-HOWELLS	Newport Harriers	1.40	12																
5	161	Shannon RICHARDS	Swansea Harriers	1.40	13																
6	149	Laura TRIGG	Cardiff AAC	1.35	14																
7	162	Rhiannon THOMAS	Swansea Harriers	1.35	15																
8	157	Elise DAVIES	Swansea Harriers	1.30	16																

REFEREE'S SIGNATURE