



WELSH ATHLETICS
ATHLETAU CYMRU

Welsh Athletics Senior League Div 1

Ynys Stadium

Aberdare

06 August 2011

Results

T27 - U17W, 200m

League Record Lisa-Marie EDWARDS, Wrexham AC, 25.7, 2003

Welsh Record Michelle PROBERT, Sale Harriers, 23.6, 1976

Pos	Bib	Athletes	Club	Perf.	Comments	Rank
1	482	Beth SARGENT	Wrexham AC	26.1	G3*	1
2	385	Elinor JONES	Swansea Harriers	27.2		2
3	333	Lois THOMAS	Pembroke Harriers	28.4		3
4	488	Abi ROGERS	Wrexham AC	28.9		4
5	485	Helen BLOWER	Wrexham AC	29.6		5
6	384	Jessica THOMPSON	Swansea Harriers	30.4		6
7	383	Iona EVANS	Swansea Harriers	31.0		7
8	301	Bethan JACKSON	Newport Harriers	31.2		8

T14 - U17W, 800m

League Record Rebecca NUTALL, Deeside AAC, 2.18.4, 2003

Welsh Record Amanda PRITCHARD, Cardiff AAC, 2.07.32, 1996

Pos	Bib	Athletes	Club	Perf.	Comments	Rank
1	171	Rebecca EVANS	Cardiff AAC	02:25.6	G4*	1
2	101	Anna MORRIS	Cardiff AAC	02:29.8	G4	2
3	383	Iona EVANS	Swansea Harriers	02:31.7	G4	3
4	172	Catrin GRIFFITHS	Cardiff AAC	02:51.2	G4	4
5	488	Abi ROGERS	Wrexham AC	03:05.8		5

T9 - U17W, 3000m

League Record Ffion PRICE, Brecon AC, 10.46.30, 2009

Welsh Record Non STANFORD, Swansea Harriers, 9.22.84, 2004

Pos	Bib	Athletes	Club	Perf.
97		No Athletes Declared		

T30 - U17W, 1500m Steeplechase

League Record Rhianwedd PRICE, Brecon AC, 5.17.2, 2010

Welsh Record Angharad DAVIES, Carmarthen Harriers, 5:24.32, 2007

Pos	Bib	Athletes	Club	Perf.	Comments	Rank
1	334	Rhian HOMER	Pembroke Harriers	06:36.3	G1*	1

T13 - U17W, 300m hdl (76.2cm)

League Record Megan ROGERS, Wrexham AC, 44.89, 2009

Welsh Record Caryl GRANVILLE, Carmarthen Harriers, 42.65, 2006

Pos	Bib	Athletes	Club	Perf.	Comments	Rank
1	102	Lara DURRANI	Cardiff AAC	48.9	G4*	1
2	301	Bethan JACKSON	Newport Harriers	57.4		2
3	484	Kathryn ROBERTS	Wrexham AC	58.5		3

T36 - U17W, 4 x 200 Relay

League Record No record set

Welsh Record

Pos	Bib	Athletes	Club	Perf.	Rank
1	482	Wrexham AC		2:18.1	1

T38 - SW/U20W/U17W, 1600m Medley Relay (800m,400m,200m,200m)

League Record No record set

Welsh Record

Pos	Bib	Athletes	Club	Perf.	Rank
1	488	Wrexham AC		5:39.50	1

F18 - U17W, Pole Vault

League Record Elinor LEWIS, Cardiff AAC, 3.25, 2007 & 2008

Welsh Record Christina HUGHES, Deeside AAC, 3.60, 2008

Pos	Bib	Athletes	Club	Perf.		
1	381	Shannon LEE	Swansea Harriers	3.00	G2* pb	1
2	174	Lucy DALY	Cardiff AAC	2.60	G4* pb	2

F24 - U17W, Discus (1.00kg)

League Record Faye CALVERT, Deeside AAC, 38.11, 2006

New League Record

Welsh Record Philippa ROLES, 44.12, Swansea, 1992

Pos	Bib	Athletes	Club	Perf.		
1	215	Awen ROSSER	Carmarthen Harriers	39.25	G1* pb	1
2	357	Chelsie SIMS	Rhondda AC	19.48	pb	2
3	485	Helen BLOWER	Wrexham AC	10.89		3
4	484	Kathryn ROBERTS	Wrexham AC	10.43		4

F12 - U17W, Hammer (4.00kg)

League Record Charlotte MURRAY, Swansea Harriers, 44.44, 2006

Welsh Record Toni WELLS, Swansea Harriers, 51.77, 2009

Pos	Bib	Athletes	Club	Perf.		
1	357	Chelsie SIMS	Rhondda AC	17.55	pb	1
2	382	Lucy HAMMETT	Swansea Harriers	5.11	pb	2

T21 - U17M, 200m

League Record Thomas CUSWORTH, Wrexham AC, 22.5, 2008

Welsh Record Tim BENJAMIN, Cardiff AAC, 21.19, 1998

Pos	Bib	Athletes	Club	Perf.	Comments	Rank
1	213	Llyr JAMIESON	Carmarthen Harriers	23.7	G4*	1
2	122	Jonathan HOBBS	Cardiff AAC	23.8	G4	2
3	219	Aled PRICE	Carmarthen Harriers	23.8	G4	2
4	343	Carwyn JAMES	Pembroke Harriers	25.1		7
5	496	Tom HIGGS	Wrexham AC	25.8	pb	9
6	244	Brad THOMAS	Deeside AAC	26.4		12
7	395	Callum HODGSON	Swansea Harriers	27.4		14

Race 2

Pos	Bib	Athletes	Club	Perf.		
1	163	Jack MCKENZIE	Cardiff AAC	24.2		4
2	217	Aaron WILMOTT	Carmarthen Harriers	24.7		5
3	246	Matthew PURNELL	Deeside AAC	24.8		6
4	492	David BLOWER	Wrexham AC	25.7	=pb	8
5	398	Nathan PHILLIPS	Swansea Harriers	26.1		10
6	344	Rhys MORGAN	Pembroke Harriers	26.3		11
7	211	Christian THEODOSOU	Carmarthen Harriers	26.4		12

T12 - U17M, 800m

League Record Rob LIGHTFOOT, Wrexham AC, 1.57.7, 2003

Welsh Record Neil HORSEFIELD, Newport Harriers, 1.51.6, 1983

Pos	Bib	Athletes	Club	Perf.		
1	400	Connor DAVIES	Swansea Harriers	02:00.7	G2*	1
2	407	Carwyn EVANS	Swansea Harriers	02:03.5	G3	2
3	399	Jonathan TOBIN	Swansea Harriers	02:03.7	G4	3
4	287	Curtis GOODGER	Newport Harriers	02:05.5	G4	4
5	492	David BLOWER	Wrexham AC	02:06.6	G4 pb	5
6	246	Matthew PURNELL	Deeside AAC	02:07.9		7
7	394	Kieron WHITE	Swansea Harriers	02:07.2		6
8	504	Liam PRICE	Wrexham AC	02:17.6		8

T5 - U17M, 3000m

League Record Daniel CHESWORTH, Newport Harriers, 9.08.0, 2010

Welsh Record Colin CLARKSON, Swansea, 8.25.2, 1977

Pos	Bib	Athletes	Club	Perf.		
1	494	Jacob JONES	Wrexham AC	12:02.1		1
2	285	Cory RUIZ	Newport Harriers	12:22.3		2
3	396	Robert CURRY	Swansea Harriers	12:27.1		3

T24 - U17M, 1500m Steeplechase

League Record Mitchell ASPLAND, Neath Harriers, 4.40.0, 2003

Welsh Record Steve EVANS, Abertillery AC, 4.11.2, 1974

Pos	Bib	Athletes	Club	Perf.		
1	302	Evan WYNNE	Newport Harriers	04:58.9	G1*	1
2	490	William POOLE	Wrexham AC	06:13.2	G1*	2
3	397	Daniel HALL	Swansea Harriers	06:50.8	G1*	3

T6 - U17M, 400m Hurdles (84.0cm)

League Record Gareth SUTCLIFFE, Cardiff AAC, 58.0, 2005

Welsh Record Mark ROWLANDS, Swansea Harriers, 53.30, 1994

Pos	Bib	Athletes	Club	Perf.		
1	217	Aaron WILMOTT	Carmarthen Harriers	59.0	G2*	1
2	125	Ryan COOPER	Cardiff AAC	60.0	G3	2
3	490	William POOLE	Wrexham AC	64.2	G4	3
4	398	Nathan PHILLIPS	Swansea Harriers	65.1		4

T33 - U17M, 4 x 200 Relay

League Record No record set

Welsh Record

Pos	Bib	Athletes	Club	Perf.		
1	217	Carmarthen Harriers		01:38.7	*	1
2	504	Wrexham AC		01:49.1		2
3	398	Swansea Harriers		01:54.0		3

T37 - SM/U20M/U17M, 1600m Medley Relay (800m,400m,200m,200m)

League Record No record set

Welsh Record

Pos	Bib	Athletes	Club	Perf.		
1	395	Swansea Harriers		03:59.2		1
2	219	Carmarthen Harriers		04:16.2		2
3	504	Wrexham AC		04:16.5		3

F6 - U17M, Pole Vault

League Record Paul WALKER, Cardiff AAC, 4.25,

Welsh Record Neil WINTER, Shaftesbury , 5.20, 1990

Pos	Bib	Athletes	Club	Perf.		
1	406	Lewis PRICE	Swansea Harriers	3.70	G2* pb	1
2	342	David OMOREGIE	Pembroke Harriers	3.00	G4* pb	2

F9 - U17M, Triple Jump

League Record Craig PHILLIPS, Deeside AAC, 13.51, 2002

Welsh Record Steven SHALDERS, Cardiff AAC, 15.14, 1998

Pos	Bib	Athletes	Club	Perf.		
1	155	Tyron BLAKE	Cardiff AAC	12.29	G3* pb	1
2	343	Carwyn JAMES	Pembroke Harriers	12.10	G3* pb	2
3	496	Tom HIGGS	Wrexham AC	11.34	* pb	3
4	341	Callum RICHARDS	Pembroke Harriers	10.58	pb	4
5	504	Liam PRICE	Wrexham AC	10.48	pb	5
6	395	Callum HODGSON	Swansea Harriers	10.25	pb	6
7	344	Rhys MORGAN	Pembroke Harriers	10.00	pb	7
8	244	Brad THOMAS	Deeside AAC	9.18	pb	8

F15 - U17M, Discus (1.00kg)

League Record Glenn WILLIAMS, Cardiff AAC, 48.38,

Welsh Record Gareth BULL, Cardiff AAC, 48.93, 2001

Pos	Bib	Athletes	Club	Perf.		
1	166	Matthew FIELD	Cardiff AAC	47.42	G1* pb	1
2	160	Matteo HOLMES	Cardiff AAC	35.23	G3* pb	2
3	212	Andrew BARRISCALE	Carmarthen Harriers	30.61	G4* pb	3
4	496	Tom HIGGS	Wrexham AC	22.29		4
5	219	Aled PRICE	Carmarthen Harriers	21.76	pb	5
6	344	Rhys MORGAN	Pembroke Harriers	20.87	pb	6
7	494	Jacob JONES	Wrexham AC	18.75	pb	7
8	244	Brad THOMAS	Deeside AAC	15.32	pb	8

F3 - U17M, Hammer (5.00kg)

League Record Rhys HODNETT, Cardiff AAC, 55.85, 2007

Welsh Record Shaun PICKERING, Haringey, 62.12, 1978

Pos	Bib	Athletes	Club	Perf.		
1	166	Matthew FIELD	Cardiff AAC	44.81	G3* pb	1
2	212	Andrew BARRISCALE	Carmarthen Harriers	24.70	* pb	2
3	490	William POOLE	Wrexham AC	16.22	pb	3
4	397	Daniel HALL	Swansea Harriers	9.45	pb	4
5	396	Robert CURRY	Swansea Harriers	6.86	pb	5

T26 - U20W, 200m

League Record **Melanie STEPHENSON, Cardiff AAC, 24.7, 2005**

Welsh Record **Michelle PROBERT, Sale Harriers, 23.60, 1976**

Pos	Bib	Athletes	Club	Perf.	Comments	Rank
1	482	Beth SARGENT	Wrexham AC	26.1	G3*	1
2	385	Elinor JONES	Swansea Harriers	27.2		2
3	333	Lois THOMAS	Pembroke Harriers	28.4		4
4	488	Abi ROGERS	Wrexham AC	28.9		5
5	485	Helen BLOWER	Wrexham AC	29.6		6
6	384	Jessica THOMPSON	Swansea Harriers	30.4		8
7	383	Iona EVANS	Swansea Harriers	31.0		9
8	301	Bethan JACKSON	Newport Harriers	31.2		10

Race 2

Pos	Bib	Athletes	Club	Perf.	Rank
1	214	Ffion REES	Carmarthen Harriers	27.2	2
2	389	Rhiannon ANDERSON	Swansea Harriers	30.1	7
3	388	Louise BASHFORD	Swansea Harriers	31.5	11

T16 - U20W, 800m

League Record **Kate WILTSHIRE, Cardiff AAC, 2.17.12, 2006**

Welsh Record **Kirsty MCDERMOTT, Brecon AC, 2.04.1, 1981**

Pos	Bib	Athletes	Club	Perf.	Rank
1	389	Rhiannon ANDERSON	Swansea Harriers	02:40.9	1

T8 - U20W, 3000m

League Record **Nigel ADAMS, Swansea Harriers, 14.15.9, 2005**

Welsh Record **Non STANFORD, Swansea Harriers, 9.22.84, 2004**

Pos	Bib	Athletes	Club	Perf.
		No Athletes Declared		

T29 - U20W, 1500m Steeplechase

League Record **No record set**

Welsh Record

Pos	Bib	Athletes	Club	Perf.
		No Athletes Declared		

T11 - U20W, 400m Hurdles (76.2cm)

League Record **Megan ROGERS, Wrexham AC, 63.2, 2010**

Welsh Record **Alyson EVANS, Cardiff AAC, 58.37, 1985**

Pos	Bib	Athletes	Club	Perf.	Rank
1	170	Megan THOMAS	Cardiff AAC	01:11.5	1

T35 - U20W, 4 x 200 Relay

League Record **No record set**

Welsh Record

Pos	Bib	Athletes	Club	Perf.
		No Athletes Declared		

T38 - SW/U20W/U17W, 1600m Medley Relay (800m,400m,200m,200m)

League Record **No record set**

Welsh Record

Pos	Bib	Athletes	Club	Perf.
		No Athletes Declared		

F16 - SW, Pole Vault

League Record Lyndsey MAUND, Swansea Harriers, 3.60, 2010

Welsh Record Rhian CLARKE, Essex Ladies, 4.15, 2002

Pos	Bib	Athletes	Club	Perf.
		No Athletes Declared		

F19 - SW, Triple Jump

League Record Jayne LUDLOW, Cardiff AAC, 11.76, 1994

Welsh Record Sara BARRY, Cardiff AAC, 12.75, 2009

Pos	Bib	Athletes	Club	Perf.		
1	214	Ffion REES	Carmarthen Harriers	9.80	* pb	1

F23 - U20W, Discus (1.00kg)

League Record Vanessa HEAD, Cardiff AAC, 62.02, 1984

Welsh Record Philippa ROLES, Swansea, 51.60, 1997

Pos	Bib	Athletes	Club	Perf.		
1	335	Lucy GRIFFITHS	Pembroke Harriers	30.64	G3* pb	1
2	286	Sian JORDAN	Newport Harriers	25.59	* pb	2
3	214	Ffion REES	Carmarthen Harriers	18.17	pb	3

F11 - U20W, Hammer (4.00kg)

League Record Toni WELLS, Swansea Harriers, 49.85, 2010

Welsh Record Laura DOUGLAS, Sale Harriers, 55.22, 2002

Pos	Bib	Athletes	Club	Perf.		
1	335	Lucy GRIFFITHS	Pembroke Harriers	18.42	pb	1

T20 - U20M, 200m

League Record Calvin MCLAGGON, Barry & Vale H, 22.20, 2003

Welsh Record Christian MALCOLM, Cardiff AAC, 20.29, 1998

Pos	Bib	Athletes	Club	Perf.	Comments	Rank
1	131	Jamaul WHYTE	Cardiff AAC	22.8	G3*	1
2	402	Paul BENNETT	Swansea Harriers	23.1		2
3	207	Glen ELSDON	Carmarthen Harriers	23.3		3
4	243	Bud SKINKISS	Deeside AAC	24.2		4
5	157	Michael JOHNSON	Cardiff AAC	24.7		5
6	339	Jack BUTTON	Pembroke Harriers	24.8		6
7	210	Paris THEODOSOU	Carmarthen Harriers	25.9		7

T17 - U20M, 800m

League Record Elliott HARDEE, Cardiff AAC, 1.55.3, 2010

Welsh Record Paul WILLIAMS, Barry & Vale H, 1.48.20, 1986

Pos	Bib	Athletes	Club	Perf.		
1	129	Naman MORRIS	Cardiff AAC	02:04.0		1
2	314	Emrys PENNY	Newport Harriers	02:04.8		2
3	340	Matthew RICHARDS	Pembroke Harriers	02:05.1		3
4	402	Paul BENNETT	Swansea Harriers	02:05.1		3
5	405	Paul TOBIN	Swansea Harriers	02:05.4		5
6	285	Cory RUIZ	Newport Harriers	02:35.1		6

T4 - U20M, 3000m

League Record David MOUNTFORD, Deeside AAC, 8.52.4, 2010

Welsh Record Andrew RODGERS, Leeds, 8.12.6, 1983

Pos	Bib	Athletes	Club	Perf.
		No Athletes Declared		

T23 - U20M, 1500m Steeplechase

League Record No record set

Welsh Record

Pos	Bib	Athletes	Club	Perf.		
1	316	Ben MCEWAN	Newport Harriers	05:21.50	G1*	1

T2 - U20M, 400m Hurdles (91.4cm)

League Record Luke MORGAN, Cardiff AAC, 58.0, 2008

Welsh Record David GREENE, Swansea Harriers, 51.14, 2005

Pos	Bib	Athletes	Club	Perf.		
1	207	Glen ELSDON	Carmarthen Harriers	58.1	G3*	1
2	316	Ben MCEWAN	Newport Harriers	61.3		2
3	314	Emrys PENNY	Newport Harriers	61.7		3

T32 - U20M, 4 x 200 Relay

League Record No record set

Welsh Record

Pos	Bib	Athletes	Club	Perf.		
1	285	Newport Harriers		1:43.6		1

T37 - SM/U20M/U17M, 1600m Medley Relay (800m,400m,200m,200m)

League Record No record set

Welsh Record

Pos	Bib	Athletes	Club	Perf.		
1	402	Swansea Harriers		3:53.80		1
2	305	Newport Harriers		4:00.10		2

F8 - U20M, Triple Jump

League Record Adam WILLIAMS, Menai T&F, 14.05, 2007

Welsh Record Steven SHALDERS, Cardiff AAC, 15.99, 2000

Pos	Bib	Athletes	Club	Perf.		
1	305	Tomos MORGAN	Newport Harriers	11.64	*	1
2	243	Bud SKINKISS	Deeside AAC	11.10	pb	2
3	210	Paris THEODOSOU	Carmarthen Harriers	10.45	pb	3
4	316	Ben MCEWAN	Newport Harriers	8.39	pb	4

F14 - U20M, Discus (1.75kg)

League Record Brett MORSE, Cardiff AAC, 58.37, 2008

Welsh Record Brett MORSE, Cardiff AAC, 58.37, 2008

Pos	Bib	Athletes	Club	Perf.		
1	137	Bradley COLE	Cardiff AAC	40.03	G2* pb	1
2	346	Jon STOWELL	Pembroke Harriers	29.25	* pb	2
3	305	Tomos MORGAN	Newport Harriers	25.96	*	3
4	243	Bud SKINKISS	Deeside AAC	21.74	pb	4

F2 - U20M, Hammer (6.00kg)

League Record Ashley ANDREWS, Rhondda AC, 58.67, 2011

Welsh Record Matthew RICHARDS, Swansea Harriers, 58.44, 2005

Pos	Bib	Athletes	Club	Perf.		
1	363	Ashley ANDREWS	Rhondda AC	55.02	G2* pb	1
2	137	Bradley COLE	Cardiff AAC	49.79	G3* pb	2
3	303	Lewis JONES	Newport Harriers	38.45	* pb	3
4	346	Jon STOWELL	Pembroke Harriers	37.21	* pb	4

T25 - SW, 200m

League Record Sallyanne SHORT, Torfaen AC, 24.4, 1987

Welsh Record Michelle SCUTT, Sale Harriers, 22.8, 1982

Pos	Bib	Athletes	Club	Perf.	Comments	Rank
1	296	Emma EVANS	Newport Harriers	27.6		1
2	310	Lindsay BADMAN	Newport Harriers	29.0		2
3	294	Pavinda SIVANANDARAJAH	Newport Harriers	29.3		3
4	393	Carolyne BYNG	Swansea Harriers	29.6		4
5	116	Sue HOOPER	Cardiff AAC	30.0		5

T15 - SW, 800m

League Record Samantha PORTER, Cardiff AAC, 2.11.1, 1989

Welsh Record Kirsty MCDERMOTT, Bristol, 1.57.42, 1985

Pos	Bib	Athletes	Club	Perf.	Rank
1	758	Rebecca NUTTALL	UWIC Guest	02:22.60	1

T7 - SW, 3000m

League Record Caryl JONES, Carmarthen Harriers, 9.48.3, 2010

Welsh Record Hayley TULLETT, Swansea Harriers, 8.45.39, 2000

Pos	Bib	Athletes	Club	Perf.	Rank
1	356	Ann FOLLAN	Rhondda AC	13:32.90	1

T28 - SW, 1500m Steeplechase

League Record No record set

Welsh Record

Pos	Bib	Athletes	Club	Perf.
		No Athletes Declared		

T10 - SW, 400m Hurdles (76.2cm)

League Record Michelle COOK, Swansea Harriers, 59.9, 1988

Welsh Record Alyson LAYZELL, Cheltenham Harriers, 56.43, 1996

Pos	Bib	Athletes	Club	Perf.	Rank
1	489	Amanda COOK	Wrexham AC	01:12.9	1
2	295	Sharon FLETCHER	Newport Harriers	01:53.3	2

T34 - SW, 4 x 200 Relay

League Record No record set

Welsh Record

Pos	Bib	Athletes	Club	Perf.
		No Athletes Declared		

T34 - SW, 4 x 200 Relay

League Record No record set

Welsh Record

Pos	Bib	Athletes	Club	Perf.
		No Athletes Declared		

F19 - SW, Triple Jump

League Record Jayne LUDLOW, Cardiff AAC, 11.76, 1994

Welsh Record Sara BARRY, Cardiff AAC, 12.75, 2009

Pos	Bib	Athletes	Club	Perf.		
1	489	Amanda COOK	Wrexham AC	10.19	*	1

F22 - SW, Discus (1.00kg)

League Record Fay CALVERT, Deeside AAC, 36.70, 2010

Welsh Record Vanessa HEAD, Cardiff AAC, 64.68, 1983

New League Record

Pos	Bib	Athletes	Club	Perf.		
1	218	Claire WILLIAMS	Carmarthen Harriers	38.78	G2* pb	1
2	173	Alyson HOURIHAN	Cardiff AAC	31.55	* pb	2
3	336	Jessica HUDDLESTON	Pembroke Harriers	30.78	* pb	3
4	338	Karen LLEWELLIN	Pembroke Harriers	26.66	* pb	4
5	337	Tracy LLEWELLIN	Pembroke Harriers	26.62	* pb	5
6	355	Cath ALFORD	Rhondda AC	24.66	* pb	6
7	392	Jo DAVIS	Swansea Harriers	17.66	pb	7
8	489	Amanda COOK	Wrexham AC	16.13		8

F10 - SW, Hammer (4.00kg)

League Record Carys PARRY, Rhondda AC, 56.96, 2005

Welsh Record Carys PARRY, Rhondda AC, 66.31, 2008

New League Record

Pos	Bib	Athletes	Club	Perf.		
1	358	Carys PARRY	Rhondda AC	61.71	G1* pb	1
2	355	Cath ALFORD	Rhondda AC	33.74	* pb	2
3	173	Alyson HOURIHAN	Cardiff AAC	31.38	* pb	3
4	338	Karen LLEWELLIN	Pembroke Harriers	27.73	* pb	4
5	392	Jo DAVIS	Swansea Harriers	22.65	pb	5
6	337	Tracy LLEWELLIN	Pembroke Harriers	16.92	pb	6
7	359	Sarah JAMES	Rhondda AC	15.12	pb	7
8	489	Amanda COOK	Wrexham AC	14.41	pb	8

T19 - SM, 200m

League Record Andrew WATKINS, Cwmbran Harriers, 21.7, 2006

Welsh Record Christian MALCOLM, Cardiff AAC, 20.08, 2001

Pos	Bib	Athletes	Club	Perf.		Rank
1	168	Gareth PRICE	Cardiff AAC	22.3	G3*	1
2	268	Carl MCEWAN	Newport Harriers	23.4		3
3	208	Matthew JONES	Carmarthen Harriers	24.0		6
4	500	David HOOSON	Wrexham AC	24.6		7
5	227	Tom SNOWDEN	Deeside AAC	26.8		9
6	413	Jeff COOZE	Swansea Harriers	29.4		11

Race 2

Pos	Bib	Athletes	Club	Perf.		Rank
1	142	Gareth HOPKINS	Cardiff AAC	22.7		2
2	288	Edward LANTZOS	Newport Harriers	23.7		4
3	307	Lee RICHARDS	Newport Harriers	23.8		5
4	312	Craig RUSSELL	Newport Harriers	25.3		8
5	508	David JAMES	Wrexham AC	27.0		10
6	138	Brian DIAS	Cardiff AAC	29.7		12

T18 - SM, 800m

League Record Roger BARRETT, Carmarthen Harriers, 1.50.0, 1984

Welsh Record Neil HORSEFIELD, Newport Harriers, 1.45.44, 1990

Pos	Bib	Athletes	Club	Perf.
1	414	Guy SMITH	Swansea Harriers	01:59.9
2	757	Stephen MORRIS	FDSW GUEST	02:01.2
3	410	Daniel HISCOX	Swansea Harriers	02:03.1
4	141	Daniel DELL	Cardiff AAC	02:03.9
5	502	James ROBERTS	Wrexham AC	02:06.6
6	227	Tom SNOWDEN	Deeside AAC	02:09.7
7	269	Stuart PEARCE	Newport Harriers	02:25.3
8	511	Mike ROBBINS	Wrexham AC	02:25.8
9	138	Brian DIAS	Cardiff AAC	02:32.5

T3 - SM, 3000m

League Record Steve HENSHAW, Cardiff AAC, 8.39.2, 1983

Welsh Record Ian HAMER, Edinburgh, 7.46.40, 1990

Pos	Bib	Athletes	Club	Perf.
1	412	Matthew GURMIN	Swansea Harriers	09:49.5
2	293	Eddie HISCOCKS	Newport Harriers	10:01.4
3	511	Mike ROBBINS	Wrexham AC	10:13.2
4	409	Gary IRVING	Swansea Harriers	10:30.4
5	318	David PROFFITT	Newport Harriers	11:54.7

T22 - SM, 1500m Steeplechase

League Record

Welsh Record

Pos	Bib	Athletes	Club	Perf.	
1	507	Neil EDWARDS	Wrexham AC	08:00.4	G1*

T1 - SM, 400m Hurdles (91.4cm)

League Record Chris CASHELL, Carmarthen Harriers, 52.59, 1991

Welsh Record David GREENE, Swansea Harriers, 48.56, 2009

Pos	Bib	Athletes	Club	Perf.
1	165	Richard CHAPPELL	Cardiff AAC	58.7
2	507	Neil EDWARDS	Wrexham AC	72.5
3	315	Darryn MCATEE	Newport Harriers	74.5
4	508	David JAMES	Wrexham AC	75.0

T31 - SM, 4 x 200 Relay

League Record No record set

Welsh Record

Pos	Bib	Athletes	Club	Perf.	
1	131	Cardiff AAC		1:33.2	*
2	288	Newport Harriers		1:36.8	
3	500	Wrexham AC		1:44.6	
4	413	Swansea Harriers		1:45.4	

T37 - SM/U20M/U17M, 1600m Medley Relay (800m,400m,200m,200m)

League Record No record set

Welsh Record

Pos	Bib	Athletes	Club	Perf.
1	269	Newport Harriers		3:55.3
2	500	Wrexham AC		4:07.1
3	168	Cardiff AAC		4:15.3

F4 - SM, Pole Vault

League Record Alessandro CAMBON, , 4.75, 2001

Welsh Record Neil WINTER, Shaftesbury, 5.60, 1995

Pos	Bib	Athletes	Club	Perf.
1	507	Neil EDWARDS	Wrexham AC	2.80

F7 - SM, Triple Jump

League Record Charles MADERIA-COLE, Carmarthen Harriers, 14.74, 1997

Welsh Record Steven SHALDERS, Cardiff AAC, 16.71, 2005

Pos	Bib	Athletes	Club	Perf.	
1	153	Ross MCKENZIE	Cardiff AAC	13.54	G3 pb
2	507	Neil EDWARDS	Wrexham AC	10.16	
3	500	David HOOSON	Wrexham AC	9.51	pb
4	508	David JAMES	Wrexham AC	8.68	

F13 - SM, Discus (2.0kg)

League Record David COLEMAN, Cardiff AAC, 45.50, 2009

Welsh Record Brett MORSE, Birchfield Harriers, 62.99, 2010

Pos	Bib	Athletes	Club	Perf.	
1	507	Neil EDWARDS	Wrexham AC	29.91	*
2	361	Anthony HALLING	Rhondda AC	29.06	* pb
3	248	Dave STOKES	Deeside AAC	28.33	* pb
4	360	Barry BARNFIELD	Rhondda AC	27.70	pb
5	304	Robert EALES	Newport Harriers	26.36	
6	167	Richard PEREGRINE	Cardiff AAC	25.32	pb
7	500	David HOOSON	Wrexham AC	13.40	pb
8	138	Brian DIAS	Cardiff AAC	12.75	pb

F1 - SM, Hammer (7.26kg)

League Record Peter STARK, Bridgend AC, 55.48, 1979

Welsh Record Shaun PICKERING, Haringey, 68.64, 1984

Pos	Bib	Athletes	Club	Perf.	
1	411	Tom O'SHEA	Swansea Harriers	36.92	* pb
2	360	Barry BARNFIELD	Rhondda AC	35.81	* pb
3	362	Darren ANDREWS	Rhondda AC	29.73	* pb
4	304	Robert EALES	Newport Harriers	27.89	*
5	361	Anthony HALLING	Rhondda AC	26.11	* pb
6	248	Dave STOKES	Deeside AAC	22.20	pb
7	507	Neil EDWARDS	Wrexham AC	22.09	pb
8	508	David JAMES	Wrexham AC	12.62	pb

Sen Lge 2011 M4 DIVISION 1, Match POINTS TOTALS

U17 WOMEN POINTS									Max Available	Unused Points	Total Unused	U17 MEN POINTS									Max Available	Unused Points	Total Unused
Events	CDF	SWA	NPT	WXM	CRM	DEE	RHO	PEM				Events	CDF	SWA	NPT	WXM	CRM	DEE	RHO	PEM			
200m		14	10	16				12	72	-20	-41	200m	14	6		8	16	12		10	72	-6	-9
		7		8					36	-21			7	3		6	8	4		5	36	-3	
800m	16	14		12					72	-30	-58	800m		16	14	12		10			72	-20	-41
	8								36	-28			8		7					36	-21		
3000m									72	-72	-108	3000m		12	14	16					72	-30	-66
									36	-36										36	-36		
1500m s/c								16	72	-56	-92	1500m s/c		12	16	14					72	-30	-66
									36	-36										36	-36		
300m Hurdles	16		14	12					72	-30	-66	400m Hurdles	14	10		12	16				72	-20	-56
									36	-36										36	-36		
4 x 200				16					72	-56				12		14	16				72	-30	
Medley				16					72	-56				16		12	14				72	-30	
Pole Vault	14	16							72	-42	-78	Pole Vault		16						14	72	-42	-78
									36	-36											36	-36	
Triple Jump		14	16						72	-42	-78	Triple Jump	16	10		12		8		14	72	-12	-33
									36	-36						7				8	36	-21	
Discus				12	16		14		72	-30	-58	Discus	16			12	14	8		10	72	-12	-27
				8					36	-28			8			6	7			36	-15		
Hammer		14					16		72	-42	-78	Hammer	16	10		12	14				72	-20	-48
									36	-36				8						36	-28		
U17W TOTALS	54	79	40	100	16		30	28	1116	-769		U17M TOTALS	91	139	44	150	105	42		61	1116	-484	

Sen Lge 2011 M4 DIVISION 1, Match POINTS TOTALS

U20 WOMEN POINTS									Max Available	Unused Points	Total Unused	U20 MEN POINTS									Max Available	Unused Points	Total Unused
Events	CDF	SWA	NPT	WXM	CRM	DEE	RHO	PEM				Events	CDF	SWA	NPT	WXM	CRM	DEE	RHO	PEM			
200m		14	8	16	14			10	72	-10	-31	200m	16	14			12	10	8	72	-12	-33	
		7		8					36	-21			8				7			36	-21		
800m		16							72	-56	-92	800m	16	12	14				12	72	-18	-39	
									36	-36			8	7					36	-21			
3000m									72	-72	-108	3000m								72	-72	-108	
									36	-36									36	-36			
1500m s/c												1500m s/c			16								
400m Hurdles	16											400m Hurdles			14		16						
															8								
4 x 200 Medley														16	14								
Pole Vault									72	-72	-108	Pole Vault								72	-72	-108	
									36	-36										36	-36		
Triple Jump					16							Triple Jump			16		12	14					
Discus			14		12			16	72	-30	-66	Discus	16		12			10		14	72	-20	-56
									36	-36										36	-36		
Hammer								16	72	-56	-92	Hammer	14		12			16	10	72	-20	-56	
									36	-36										36	-36		
U17W TOTALS	16	37	22	24	42			42	648	-497		U17M TOTALS	70	50	137		47	34	16	44	648	-400	

Sen Lge 2011 M4 DIVISION 1, Match POINTS TOTALS

SENIOR WOMEN POINTS									Max Available	Unused Points	Total Unused	SENIOR MEN POINTS									Max Available	Unused Points	Total Unused
Events	CDF	SWA	NPT	WXM	CRM	DEE	RHO	PEM				Events	CDF	SWA	NPT	WXM	CRM	DEE	RHO	PEM			
200m	12	14	16						72	-30	-58	200m	16	6	14	10	12	8			72	-6	-21
			8						36	-28			36	-15									
800m									72	-72	-108	800m	14	16	8	12		10			72	-12	-27
									36	-36			36	-15									
3000m							16		72	-56	-92	3000m		16	14	12					72	-30	-51
								36	-36	36			-21										
1500m s/c												1500m s/c				16							
400m Hurdles			14	16								400m Hurdles	16			12	14						
																	8						
4 x 200 Medley													16	10	14	12							
													12		16	14							
Pole Vault									72	-72	-108	Pole Vault				16					72	-56	-92
								36	-36	36			-36										
Triple Jump				16								Triple Jump	16			14							
																8							
Discus	14	8		6	16		10	12	72	-6	-34	Discus	8		10	16		12	14		72	-12	-27
								8	36	-28			36	-15									
Hammer	14	10		8			16	12	72	-12	-33	Hammer		16	12	8		10	14		72	-12	-33
							8	7	36	-21			36	-21									
SW TOTALS	40	32	38	46	16		50	39	648	-433		SM TOTALS	118	80	114	187	12	40	44				

Sen Lge 2011 M4 DIVISION 1, Match POINTS TOTALS

FEMALE POINTS								
Match 1 Pts	225	286	30	287	126	121	40	141
Match 2 Pts	110	148	100	170	74		80	109
Match 3 Pts	109	257	72	271	30	94	54	88
Match 4 Pts	110	148	100	170	74		80	109
Total Match Pts	329	553	272	611	178	94	214	306
Match 1 Lge Pts	6	7	1	8	4	3	2	5
Match 2 Lge Pts	6	7	4	8	2		3	5
Match 3 Lge Pts	6	7	3	8	1	5	2	4
Match 4 Lge Pts	6	7	4	8	2		3	5
	18	7	4	8	2		3	5
Position	1	3	5	2	7		6	4

MALE POINTS								
Match 1 Pts	201	209	185	198	173	109	42	95
Match 2 Pts	279	269	295	337	164	116	60	105
Match 3 Pts	346	376	306	365	234	115	38	92
Match 4 Pts	279	269	295	337	164	116	60	105
Total Match Pts	904	914	896	1039	562	347	158	302
Match 1 Lge Pts	7	8	5	6	4	3	1	2
Match 2 Lge Pts	6	5	7	8	4	3	1	2
Match 3 Lge Pts	6	8	5	7	4	3	1	2
Match 4 Lge Pts	6	5	7	8	4	3	1	2
	18	18	19	23	12	9	3	6
Position	3	3	2	1	5	6	8	7

CDF SWA NPT WXM CRM DEE RHO PEM

MALE & FEMALE POINTS								
Match 1 Pts	426	495	215	485	299	230	82	236
Match 2 Pts	389	417	395	507	238	116	140	214
Match 3 Pts	455	633	378	636	264	209	92	180
Match 4 Pts	389	417	395	507	238	116	140	214
Total Match Pts	1233	1467	1168	1650	740	441	372	608
Match 1 Lge Pts	6	8	2	7	5	3	1	4
Match 2 Lge Pts	5	7	6	8	4	1	2	3
Match 3 Lge Pts	6	7	5	8	4	3	1	2
Match 4 Lge Pts	5	7	6	8	4	1	2	3
Total Lge Pts	5	7	6	8	4	1	2	3
Position	3	2	4	1	5	7	8	6

LEAGUE TABLE											
POS	CLUB	M1		M2		M3		M4		TOTAL	
1	Wrexham AC	507	7	425	7	636	8	507	8	2075	30
2	Swansea Harriers	529	8	278	6	633	7	417	7	1857	28
3	Newport Harriers	267	3	459	8	378	5	395	6	1499	22
4	Cardiff AAC	499	6	56	4	455	6	389	5	1399	21
5	Carmarthen Harriers	323	5	48	2	264	4	238	4	873	15
6	Deeside AAC	276	4	244	5	209	3	116	1	845	13
7	Pembroke Harriers	236	2	46	1	180	2	214	3	676	8
8	Rhondda AC	82	1	54	3	92	1	140	2	368	7