



**WELSH ATHLETICS**  
ATHLETAU CYMRU

Welsh Athletics Senior League Div 1

Ynys Stadium

Aberdare

30 July 2011

Results

**T24 - U17W, 100m**

League Record Danielle BARKER, Neath Harriers, 12.2, 2003

Welsh Record Sallyanne SHORT &amp; Rachel JOHNCOCK, Torfaen AC &amp; Colwyn Bay, 11.88 &amp; 11.88w, 1984 &amp; 200

Pos	Bib	Athletes	Club	Perf.	Comments	Rank
	97	No Athletes Declared				

**T30 - U17W, 300m**

League Record Megan ROGERS, Wrexham AC, 39.9, 2008

Welsh Record Faye HARDING, Wrexham AC, 39.46, 2001

Pos	Bib	Athletes	Club	Perf.	Comments	Rank
1	482	Beth SARGENT	Wrexham AC	40.97	G1* pb	1
2	413	Lucy HAMMETT	Swansea Harriers	43.45	G4	2
3	145	Georgia MORGAN	Cardiff AAC	44.53		3
4	320	Lois THOMAS	Pembroke Harriers	45.02	pb	4
5	301	Bethan JACKSON	Newport Harriers	49.01		10

**Race 2**

Pos	Bib	Athletes	Club	Perf.	Comments	Rank
1	690	Rebecca EVANS	Pontyclun Guest	45.95		5
2	414	Naomi OSBORN	Swansea Harriers	46.42		6
3	418	Elin DAVIES	Swansea Harriers	46.86		7
4	485	Helen BLOWER	Wrexham AC	47.21	pb	8
5	409	Iona EVANS	Swansea Harriers	48.17		9

**T13 - U17W, 1500m**

League Record Kayleigh BROWN, Carmarthen Harriers, 4.45.0, 2006

Welsh Record Non STANFORD, Swansea Harriers, 4.23.55, 2004

Pos	Bib	Athletes	Club	Perf.	Comments	Rank
1	690	Rebecca EVANS	Pontyclun Guest	04:56.11	G4*	1
2	326	Megan WITHERS	Pembroke Harriers	05:03.80	*	2
3	146	Clare HARWOOD	Cardiff AAC	05:20.53		3
4	321	Rhian HOMER	Pembroke Harriers	05:35.30		4

**T6 - 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.	Comments	Rank
1	409	Iona EVANS	Swansea Harriers	11:21.33		1

**T14 - U17W, 80m hurdles (76.2cm)**

League Record Heather JONES, Carmarthen Harriers, 11.3, 2003

Welsh Record Heather JONES, Carmarthen Harriers, 11.27, 2003

Pos	Bib	Athletes	Club	Perf.	Comments	Rank
1	410	Rhiannon HAILS	Swansea Harriers	12.17	G1*	1
2	411	Emily DACEY	Swansea Harriers	12.49	G3	2
3	241	Rhian WILLIAMS	Deeside AAC	12.53	G3	3
4	242	Georgia BATES	Deeside AAC	12.88	G3	4
5	483	Manon EDWARDS	Wrexham AC	15.75		5

w/s +2.4

**T36 - U17W, 4 x 100 Relay**

League Record Swansea Harriers, 50.4, 2007

Welsh Record Not Recognised at this age group

Pos	Bib	Athletes	Club	Perf.		
1	410	Swansea Harriers		53.37		1

**T40 - U17W, 4 x 300 Relay**

League Record Cardiff AAC, 3.34.8, 2010

Welsh Record Not Recognised at this age group

Pos	Bib	Athletes	Club	Perf.	Lge Rec	
1	411	Swansea Harriers		03:05.53	*	1
2	482	Wrexham AC		03:05.64		2

**F6 - U17W, High Jump**

League Record Emily MORRIS, Swansea Harriers, 1.65, 2010

Welsh Record Lea HAGGETT, Herne Hill Harriers, 1.81, 1986

Pos	Bib	Athletes	Club	Perf.		
1	242	Georgia BATES	Deeside AAC	1.55	G3* pb	1

**F21 - U17W, Long Jump**

League Record Sarah DACEY, Swansea Harriers, 5.59, 2007

Welsh Record Lisa ARMSTRONG, Torfaen AC, 6.01, 1990

Pos	Bib	Athletes	Club	Perf.		
1	411	Emily DACEY	Swansea Harriers	5.05	G3* pb	1
2	298	Bethan HILL-HOWELLS	Newport Harriers	4.74	G4* pb	2
3	412	Chelsea CHRISTOPHER	Swansea Harriers	4.47	pb	3
4	353	Chelsie SIMS	Rhondda AC	4.28	pb	4
5	409	Iona EVANS	Swansea Harriers	4.22	pb	5

**F12 - U17W, Shot Put (4.00kg)**

League Record Sally HINDS, Swansea Harriers, 11.47, 2002

Welsh Record Philpa ROLES, Swansea Harriers, 13.65, 1994

Pos	Bib	Athletes	Club	Perf.		
1	483	Manon EDWARDS	Wrexham AC	9.19	G3*	1
2	489	Jenny COPPELL	Wrexham AC	8.87	G3*	2
3	353	Chelsie SIMS	Rhondda AC	8.45	G4* pb	3
4	242	Georgia BATES	Deeside AAC	8.36	G4* pb	4
5	410	Rhiannon HAILS	Swansea Harriers	6.14	pb	5
6	413	Lucy HAMMETT	Swansea Harriers	3.62	pb	6
7	414	Naomi OSBORN	Swansea Harriers	3.56	pb	7

**F3 - U17W, Javelin (600g)**

League Record Lianne CLARKE, Neath Harriers, 44.40, 2003

Welsh Record Lianne CLARKE, Neath Harriers, 45.55, 2003

Pos	Bib	Athletes	Club	Perf.		
1	489	Jenny COPPELL	Wrexham AC	32.31	G3* pb	1
2	240	Hayley NUTTALL	Deeside AAC	26.64	G4* pb	2
3	483	Manon EDWARDS	Wrexham AC	18.06		3
4	241	Rhian WILLIAMS	Deeside AAC	8.19	pb	4

**T21 - U17M, 100m****League Record** Thomas WILLIAMS, Barry & Vale Harriers, 11.17, 2011 w/s +1.7**Welsh Record** Tim BENJAMIN & Andrew WATKINS, Cardiff AAC & Cwmbran H, 10.71, 1998 & 2003

Pos	Bib	Athletes	Club	Perf.	Comments
1	205	Matthew DAVIES	Carmarthen Harriers	11.43	G3*
2	122	Jonathan HOBBS	Cardiff AAC	11.70	G4
3	237	Luke WARD	Deeside AAC	12.02	
4	505	Tyler ROBERTS	Wrexham AC	12.83	
5	439	Callum HODGSON	Swansea Harriers	12.87	
6	202	Chris THEODOSIOU	Carmarthen Harriers	13.06	

**Race 2**

w/s +1.4

Pos	Bib	Athletes	Club	Perf.	Comments
1	196	Daniel BLAIN	Carmarthen Harriers	11.72	G4
2	123	Omar OPOKU-ADDO	Cardiff AAC	11.93	
3	497	Liam MCGIVERN	Wrexham AC	12.60	
4	431	Nathan PHILLIPS	Swansea Harriers	12.81	
5	238	Brad THOMAS	Deeside AAC	12.88	

**Race 3**

w/s +1.5

Pos	Bib	Athletes	Club	Perf.	Comments
1	432	Jack STRAW	Swansea Harriers	13.58	
2	194	Llyr JAMIESON	Carmarthen Harriers	11.73	G4

**T27 - U17M, 400m****League Record** Owen SMITH, Deeside AAC, 50.4, 2011**Welsh Record** Bruce TASKER, Carmarthen Harriers, 47.85, 2004

Pos	Bib	Athletes	Club	Perf.	Comments
1	245	Owen SMITH	Deeside AAC	50.76	G1*
2	443	Carwyn EVANS	Swansea Harriers	52.89	G3
3	194	Llyr JAMIESON	Carmarthen Harriers	53.04	G4
4	161	Jacob PREECE	Cardiff AAC	54.08	G4
5	302	Evan WYNNE	Newport Harriers	54.49	G4
6	493	Ryan FOULKES	Wrexham AC	55.69	

**Race 2**

Pos	Bib	Athletes	Club	Perf.	Comments
1	236	Matthew PURNELL	Deeside AAC	53.95	G4
2	125	Ryan COOPER	Cardiff AAC	55.35	
3	490	William POOLE	Wrexham AC	55.78	
4	437	Kieran WHITE	Swansea Harriers	57.02	
5	438	Finlay DAVIES	Swansea Harriers	58.91	
6	431	Nathan PHILLIPS	Swansea Harriers	59.91	

**T9 - U17M, 1500m****League Record** Elliot SLADE, Cardiff AAC, 4:06.02, 2011**Welsh Record** Colin CLARKSON, Swansea Harriers, 3:51.5, 1977

Pos	Bib	Athletes	Club	Perf.	Comments
1	435	Connor DAVIES	Swansea Harriers	04:15.20	G3*
2	302	Evan WYNNE	Newport Harriers	04:24.55	G4*
3	492	David BLOWER	Wrexham AC	04:27.71	* pb
4	197	Emlyn LEWIS	Carmarthen Harriers	04:45.15	

**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	434	Jonathan TOBIN	Swansea Harriers	09:38.72
2	436	Ellis REES	Swansea Harriers	10:04.16
3	433	Daniel HALL	Swansea Harriers	11:07.19

**T12 - U17M, 100m hurdles (91.4cm)****League Record** Daniel BLAIN, Carmarthen Harriers, 13.68, 2011**Welsh Record** David GUEST, Bridgend AC, 12.94, 2007

+1.6

**Lge Rec**

Pos	Bib	Athletes	Club	Perf.	
1	196	Daniel BLAIN	Carmarthen Harriers	13.67	G1*
2	195	Aled PRICE	Carmarthen Harriers	14.35	G3
3	237	Luke WARD	Deeside AAC	15.01	G4
4	432	Jack STRAW	Swansea Harriers	16.35	
5	431	Nathan PHILLIPS	Swansea Harriers	19.57	

**T33 - U17M, 4 x 100 Relay****League Record** Cardiff AAC, 45.2, 2002**Welsh Record** Not Recognised at this age group

Pos	Bib	Athletes	Club	Perf.	
1	205	Carmarthen Harriers		45.03	*
2	125	Cardiff AAC		46.19	
3	238	Deeside AAC		47.47	
4	433	Swansea Harriers		47.60	
5	505	Wrexham AC		50.46	
6	323	Pembroke Harriers		51.57	

**T39 - U17M, 4 x 400 Relay****League Record** Swansea Harriers, 3.43.6, 2010**Welsh Record** Not Recognised at this age group

Pos	Bib	Athletes	Club	Perf.	
1	122	Cardiff AAC		03:42.30	*
2	431	Swansea Harriers		03:46.40	
3	493	Wrexham AC		03:50.00	

**F18 - U17M, High Jump****League Record** Sam HOOD, Cardiff AAC, 2.05,**Welsh Record** Chuka ENIH-SNELL, Swansea Harriers, 2.15, 2000

Pos	Bib	Athletes	Club	Perf.	
1	195	Aled PRICE	Carmarthen Harriers	1.78	G3* pb
2	237	Luke WARD	Deeside AAC	1.75	G3* pb
3	159	Ibrahim AL-AFFAN	Cardiff AAC	1.60	pb
4	323	Carwyn JAMES	Pembroke Harriers	1.55	pb
5	322	Rheinallt GEORGE	Pembroke Harriers	1.50	pb
6	496	Tom HIGGS	Wrexham AC	1.50	pb
7	490	William POOLE	Wrexham AC	1.40	

**F9 - U17M, Long Jump****League Record** Ricardo CHILDS, Brecon AC, 6.88, 2001**Welsh Record** Marcus BROWNING, Chester, 7.11, 1986

Pos	Bib	Athletes	Club	Perf.	
1	195	Aled PRICE	Carmarthen Harriers	6.48	G1* pb
2	124	James MCGUIRE	Cardiff AAC	6.32	G1* pb
3	162	Lewis JONES	Cardiff AAC	5.78	G4* pb
4	323	Carwyn JAMES	Pembroke Harriers	5.62	G4* pb
5	497	Liam MCGIVERN	Wrexham AC	5.49	* pb
6	324	Rees MORGAN	Pembroke Harriers	4.84	pb
7	496	Tom HIGGS	Wrexham AC	4.80	
8	432	Jack STRAW	Swansea Harriers	4.62	pb
9	439	Callum HODGSON	Swansea Harriers	4.36	pb

**F24 - U17M, Shot Put (5.00kg)****League Record** Tom EDWARDS, Carmarthen Harriers, 15.37, 2008**Welsh Record** Mark HEWER, Cardiff AAC, 16.93, 1979

Pos	Bib	Athletes	Club	Perf.	
1	166	Matthew FIELD	Cardiff AAC	16.24	G1* pb
2	203	Andrew BARRISCALE	Carmarthen Harriers	11.75	G3* pb
3	160	Matteo HOLMES	Cardiff AAC	10.36	* pb
4	505	Tyler ROBERTS	Wrexham AC	9.60	pb
5	496	Tom HIGGS	Wrexham AC	8.79	pb
6	325	Oliver HUGHES	Pembroke Harriers	8.59	pb

**F15 - U17M, Javelin (700g)****League Record** Jon LLEWELLYN, Carmarthen Harriers, 60.17, 2009**Welsh Record** Colin MACKENZIE, East Kent, 70.30, 1979

Pos	Bib	Athletes	Club	Perf.	
1	160	Matteo HOLMES	Cardiff AAC	46.79	G2* pb
2	493	Ryan FOULKES	Wrexham AC	34.14	pb
3	490	William POOLE	Wrexham AC	31.55	
4	325	Oliver HUGHES	Pembroke Harriers	31.16	pb
5	203	Andrew BARRISCALE	Carmarthen Harriers	31.16	pb
6	322	Rheinallt GEORGE	Pembroke Harriers	20.34	pb
7	435	Connor DAVIES	Swansea Harriers	8.38	pb
8	433	Daniel HALL	Swansea Harriers	7.71	pb

**T23 - U20W, 100m**League Record **Hannah THOMAS, Wrexham AC, 12.23, 2011**Welsh Record **Helin MILES, Cardiff AAC, 11.62, 1985**

w/s +0.8

Pos	Bib	Athletes	Club	Perf.	Comments
1	413	Lucy HAMMETT	Swansea Harriers	13.42	
2	410	Rhiannon HAILS	Swansea Harriers	13.67	
3	488	Abi ROGERS	Wrexham AC	14.13	
4	484	Kathryn ROBERTS	Wrexham AC	14.25	
5	301	Bethan JACKSON	Newport Harriers	14.84	

**T29 - U20W, 400m**League Record **Gail LIPPETT, Wrexham AC, 59.00, 2007**Welsh Record **Sian MORRIS, Port Talbot, 52.80, 1983**

Lge Rec

Pos	Bib	Athletes	Club	Perf.	Comments
1	513	Megan ROGERS	Wrexham AC	58.76	G2*
2	147	Aimee HENDRICKSON	Cardiff AAC	62.32	
3	329	Meghan GOOD	Pembroke Harriers	66.25	

**T18 - U20W, 1500m**League Record **Rhianwedd PRICE, Brecon AC, 4:48.67, 2011**Welsh Record **Non STANFORD, Swansea Harriers, 4.23.55, 2004**

Pos	Bib	Athletes	Club	Perf.
1	230	Abbie OLIVER	Deeside AAC	05:01.25
2	231	Sian MESSUM	Deeside AAC	05:41.96

**T4 - U20W, 3000m**League Record **No record set**Welsh Record **Non STANFORD, 9:22.84, Swansea, 2004**

Pos	Bib	Athletes	Club	Perf.
No Athletes Declared				

**T11 - U20W, 100m hurdles (84.0cm)**League Record **Heather JONES, Carmarthen Harriers, 14.00, 2005**Welsh Record **Bethan EDWARDS, Cardiff AAC, 13.57, 1992**

Pos	Bib	Athletes	Club	Perf.
1	419	Kimberley DAVIES	Swansea Harriers	15.79

**T35 - U20W, 4 x 100 Relay**League Record **Cardiff AAC, 51.2, 2010**Welsh Record **Not Recognised at this age group**

Pos	Bib	Athletes	Club	Perf.

**F5 - U20W, High Jump**

League Record Ceri STOKOE, Swansea Harriers, 1.79

Welsh Record Rebecca JONES, Wrexham AC, 1.88, 2002

Pos	Bib	Athletes	Club	Perf.	
1	419	Kimberley DAVIES	Swansea Harriers	1.40	pb

**F20 - U20W, Long Jump**

League Record Lara RICHARDS, Newport Harriers, 5.58,

Welsh Record Lisa ARMSTRONG, Torfaen AC, 6.25, 1992

Pos	Bib	Athletes	Club	Perf.	
1	419	Kimberley DAVIES	Swansea Harriers	4.72	* pb

**F11 - U20W, Shot Put (4.00kg)**

League Record Sally HINDS, Swansea Harriers, 13.24, 2005

Welsh Record Sally HINDS, Swansea Harriers, 14.72, 2005

Pos	Bib	Athletes	Club	Perf.	
1	327	Lucy GRIFFITHS	Pembroke Harriers	10.73	G2* pb
2	332	Zoe PRIESTLEY	Pembroke Harriers	8.78	* pb
3	354	Jade TUCKER	Rhondda AC	6.56	pb

**F2 - U20W, Javelin (600g)**

League Record Lianne CLARKE, Neath Harriers, 46.79, 2005

Welsh Record Lianne CLARKE, Cardiff AAC, 50.95, 2004

Pos	Bib	Athletes	Club	Perf.	
1	332	Zoe PRIESTLEY	Pembroke Harriers	35.62	G2* pb
2	206	Jodie JONES	Carmarthen Harriers	27.43	* pb

**T20 - U20M, 100m****League Record Calvin MCLAGGON & Tom KNIGHT, Barry & Vale H & Cardiff AAC, 10.9, 200****Welsh Record Christian MALCOLM, Cardiff AAC, 10.12, 1998** w/s +1.4

Pos	Bib	Athletes	Club	Perf.	Comments
1	131	Jamaul WHYTE	Cardiff AAC	11.20	G3*
2	199	Glen ELSDON	Carmarthen Harriers	11.28	G3
3	311	Lemarl FRECKLETON	Newport Harriers	11.32	
4	228	Bud SKINKISS	Deeside AAC	11.97	
5	331	Jack BUTTON	Pembroke Harriers	12.07	
6	450	Shane JONES	Swansea Harriers	12.37	
7	499	Josh RADFORD	Wrexham AC	12.85	

**Race 2**

w/s +1.8

Pos	Bib	Athletes	Club	Perf.	Comments
1	133	Michael PRENTICE	Cardiff AAC	11.06	G2
2	449	Ross BANGURA	Swansea Harriers	11.72	
3	234	Mark THOMAS	Deeside AAC	12.23	

**T26 - U20M, 400m****League Record Sam CONWAY, Cardiff AAC, 50.0, 2010.****Welsh Record Tim BENJAMIN, Cardiff AAC, 46.10, 2001**

Pos	Bib	Athletes	Club	Perf.
1	330	Matthew RICHARDS	Pembroke Harriers	52.55
2	129	Naaman MORRIS	Cardiff AAC	54.51
3	316	Ben MCEWAN	Newport Harriers	55.39
4	453	Luke CLEMENTS	Swansea Harriers	55.62
5	499	Josh RADFORD	Wrexham AC	61.61
6	229	Daniel BURTON	Deeside AAC	62.96

**Race 2**

Pos	Bib	Athletes	Club	Perf.
1	135	Jacob BRENNAN	Cardiff AAC	52.84
2	502	James ROBERTS	Wrexham AC	53.55
3	157	Michael JOHNSON	Cardiff AAC	54.84
4	201	Paris THEODOSIOU	Carmarthen Harriers	57.88
5	158	Ben JONES	Cardiff AAC	61.20

**T16 - U20M, 1500m****League Record Matthew O'LEARY, Neath Harriers, 4:03.85, 2011****Welsh Record Neil HORSEFIELD, Newport Harriers, 3:44.59, 1984**

Pos	Bib	Athletes	Club	Perf.
1	502	James ROBERTS	Wrexham AC	04:14.34
2	314	Emrys PENNY	Newport Harriers	04:15.89
3	129	Naaman MORRIS	Cardiff AAC	04:17.13
4	453	Luke CLEMENTS	Swansea Harriers	04:25.15

**T2 - U20M, 3000m****League Record David MOUNTFORD Deeside AAC 8:52.4 2010****Welsh Record Andrew RODGERS, 8:12.6, Leeds, 1983**

Pos	Bib	Athletes	Club	Perf.
1	452	Paul TOBIN	Swansea Harriers	09:39.51
2	303	Tyrone FOWLER	Newport Harriers	10:39.19

**T8 - U20M, 110m hurdles (99.0cm)****League Record Dafydd WALTERS, Carmarthen Harriers, 14.9, 2008****Welsh Record Colin JACKSON, Cardiff AAC, 13.44, 1986**

Pos	Bib	Athletes	Club	Perf.	Comments
1	199	Glen ELSDON	Carmarthen Harriers	15.07	G2*
2	155	Tyron BLAKE	Cardiff AAC	15.84	
3	450	Shane JONES	Swansea Harriers	18.04	
4	316	Ben MCEWAN	Newport Harriers	18.40	
5	499	Josh RADFORD	Wrexham AC	22.54	

**T32 - U20M, 4 x 100 Relay**

League Record Cardiff AAC, 45.68, 2009

Welsh Record Not Recognised at this age group

Pos	Bib	Athletes	Club	Perf.
1	131	Cardiff AAC		46.24
2	311	Newport Harriers		47.42
3	450	Swansea Harriers		53.40

**T38 - U20M, 4 x 400 Relay**

League Record Cardiff AAC, 3:38.6, 2010

Welsh Record Not Recognised at this age group

Pos	Bib	Athletes	Club	Perf.
1	131	Cardiff AAC		03:42.44
2	311	Newport Harriers		03:46.69
3	453	Swansea Harriers		03:56.70

**F17 - U20M, High Jump**

League Record Gareth HAINES, Carmarthen Harriers, 1.98,

Welsh Record John HILL, Solihull, 2.24, 1985

Pos	Bib	Athletes	Club	Perf.	
1=	451	Ben JENKINS	Swansea Harriers	1.80	G3* pb
1=	305	Tomos MORGAN	Newport Harriers	1.80	G3*
3	155	Tyron BLAKE	Cardiff AAC	1.60	pb

**F8 - U20M, Long Jump**

League Record Ricardo CHILDS, Brecon AC, 7.09, 2003

Welsh Record Colin JACKSON, Cardiff AAC, 7.56, 1985

Pos	Bib	Athletes	Club	Perf.	
1	305	Tomos MORGAN	Newport Harriers	6.48	G2* pb
2	454	Kieron MARTIN	Swansea Harriers	6.14	* pb
3	155	Tyron BLAKE	Cardiff AAC	5.74	* pb
4	449	Ross BANGURA	Swansea Harriers	5.33	pb
5	314	Emrys PENNY	Newport Harriers	4.72	pb
6	499	Josh RADFORD	Wrexham AC	4.69	=pb
7	303	Tyrone FOWLER	Newport Harriers	4.05	pb
8	306	Gavin BELCHER	Newport Harriers	3.88	pb
9	229	Daniel BURTON	Deeside AAC	3.78	pb

**F23 - U20M, Shot Put (6.00kg)**

League Record Brett MORSE, Cardiff AAC, 16.34, 2008

Welsh Record Brett MORSE, Cardiff AAC, 17.05, 2008

Pos	Bib	Athletes	Club	Perf.	
1	499	Josh RADFORD	Wrexham AC	7.63	pb
2	303	Tyrone FOWLER	Newport Harriers	6.06	pb

**F14 - U20M, Javelin (800g)**

League Record Jason COPSEY, Cwmbran Harriers, 62.66, 2010

Welsh Record Jonathan CLARKE, Swansea Harriers, 68.74, 1986

Pos	Bib	Athletes	Club	Perf.	
1	303	Tyrone FOWLER	Newport Harriers	18.40	pb
2	450	Shane JONES	Swansea Harriers	12.90	pb

**T22 - SW, 100m****League Record** Sallyanne SHORT, Torfaen AC, 11.9, 1987**Welsh Record** Sallyanne SHORT, Torfaen AC, 11.39, 1992

Pos	Bib	Athletes	Club	Perf.	Comments
1	149	Melanie STEPHENSON	Cardiff AAC	12.52	
2	151	Hannah WILLIAMS	Cardiff AAC	12.87	
3	513	Megan ROGERS	Wrexham AC	12.87	
4	308	Kirsty CRANE	Newport Harriers	13.41	
5	521	Amanda COOK	Wrexham AC	13.98	
6	310	Lindsay BADMAN	Newport Harriers	14.07	
7	429	Caroline BYNG	Swansea Harriers	15.14	

w/s +1.2

**T28 - SW, 400m****League Record** Anne MIDDLE, Newport Harriers, 55.2, 1991**Welsh Record** Michelle SCUTT, Sale Harriers, 50.63, 1982

Pos	Bib	Athletes	Club	Perf.	Comments
1	513	Megan ROGERS	Wrexham AC	58.76	G3*
2	309	Hannah CLARKE	Newport Harriers	60.78	
3	522	Sarah COLBOURNE	Wrexham AC	63.53	
4	113	Rachel MATTHEWS	Cardiff AAC	67.08	
5	116	Sue HOOPER	Cardiff AAC	68.30	
6	308	Kirsty CRANE	Newport Harriers	68.89	

**T17 - SW, 1500m****League Record** Hayley NASH, Swansea Harriers, 4.24.4, 1987**Welsh Record** Hayley TULLETT, Swansea Harriers, 3.59.95, 2000

Pos	Bib	Athletes	Club	Perf.
1	152	Michelle ALLEN	Cardiff AAC	05:01.43
2	113	Rachel MATTHEWS	Cardiff AAC	05:12.34

**T10 - SW, 100m hurdles (84.0cm)****League Record** Heather JONES, Carmarthen Harriers, 13.6, 2005**Welsh Record** Kay MORLEY, Cardiff AAC, 12.91, 1990

Pos	Bib	Athletes	Club	Perf.
1	521	Amanda COOK	Wrexham AC	17.91

w/s +2.7

**T34 - SW, 4 x 100 Relay****League Record** Torfaen AC, 49.1, 1987**Welsh Record** Wales, 45.37, 1986

Pos	Bib	Athletes	Club	Perf.
1	513	Wrexham AC		52.6

**T41 - SW, 4 x 400 Relay****League Record** Cardiff AAC, 4.00.5, 1987**Welsh Record** Wales, 3.35.60, 1982

Pos	Bib	Athletes	Club	Perf.
1	513	Wrexham AC		05:24.32

**F19 - SW, Long Jump****League Record** Gillian REGAN, Cardiff AAC, 6.18, 1981**Welsh Record** Gill REGAN, Cardiff AAC, 6.52, 1982

Pos	Bib	Athletes	Club	Perf.	
1	430	Donna JONES	Swansea Harriers	5.16	* pb
2	518	Amanda WALE	Wrexham AC	4.80	*
3	521	Amanda COOK	Wrexham AC	4.77	* pb

**F10 - SW, Shot Put (4.00kg)****League Record** Vanessa HEAD, Cardiff AAC, 18.93, 1984**Welsh Record** Vanessa HEAD, Cardiff AAC, 18.93, 1984

Pos	Bib	Athletes	Club	Perf.	
1	518	Amanda WALE	Wrexham AC	9.11	* pb
2	352	Catn ALFORD	Rhondda AC	8.84	* pb
3	428	Jo DAVIES	Swansea Harriers	7.83	pb

**F1 - SW, Javelin (600g)****League Record** Karen HOUGH, Swansea Harriers, 47.94, 1984**Welsh Record** Lianne CLARKE, Cardiff AAC, 52.68, 2007

Pos	Bib	Athletes	Club	Perf.	
1	198	Sara SIGGERY	Carmarthen Harriers	41.49	G1* pb
2	513	Megan ROGERS	Wrexham AC	28.85	* pb
3	428	Jo DAVIES	Swansea Harriers	26.52	* pb
4	518	Amanda WALE	Wrexham AC	24.98	pb

**T19 - SM, 100m****League Record** Colin JACKSON, Cardiff AAC, 10.3, 1993**Welsh Record** Christian MALCOLM, Cardiff AAC, 10.11, 2001

Pos	Bib	Athletes	Club	Perf.	Comments
1	204	Matthew JONES	Carmarthen Harriers	11.70	
2	307	Lee RICHARDS	Newport Harriers	11.97	
3	313	Nick TAYLOR	Newport Harriers	12.61	
4	312	Craig RUSSELL	Newport Harriers	12.69	
5	506	Ian BROADHURST	Wrexham AC	12.79	
6	269	Stuart PEARCE	Newport Harriers	13.06	
7	508	David JAMES	Wrexham AC	13.49	
8	461	Jeff COOZE	Swansea Harriers	14.24	

**T25 - SM, 400m****League Record** Roger BARRETT, Carmarthen Harriers, 48.0, 1984**Welsh Record** Iwan THOMAS, Newham, 44.36, 1997

Pos	Bib	Athletes	Club	Perf.
1	141	Daniel DELL	Cardiff AAC	50.32
2	268	Carl MCEWAN	Newport Harriers	51.61
3	307	Lee RICHARDS	Newport Harriers	52.36
4	204	Matthew JONES	Carmarthen Harriers	53.70
5	156	Abdi SALEBAN	Cardiff AAC	54.87
6	165	Richard CHAPPELL	Cardiff AAC	55.34
7	506	Ian BROADHURST	Wrexham AC	55.62
8	508	David JAMES	Wrexham AC	60.36

**T15 - SM, 1500m****League Record** Shaun WHELAN, Swansea Harriers, 3.50.2, 1988**Welsh Record** Neil HORSEFIELD, Newport Harriers, 3.35.08, 1990

Pos	Bib	Athletes	Club	Perf.
1	164	Chris PROTHEROE	Cardiff AAC	04:04.02
2	460	Matthew EVANS	Swansea Harriers	04:04.03
3	459	Daniel HISCOX	Swansea Harriers	04:08.99
4	200	Wynne EVANS	Carmarthen Harriers	04:10.13
5	689	Stephen MORRIS	FDSW Guest	04:14.64
6	315	Darryn MCATEE	Newport Harriers	04:52.82
7	511	Mike ROBBINS	Wrexham AC	05:05.68
8	138	Brian DIAS	Cardiff AAC	05:13.07

**T1 - SM, 5000m****League Record** Ian HAMER, Swansea Harriers, 13:09.80, 1992**Welsh Record** Nigel ADAMS, Swansea Harriers, 14:15.90, 1985

Pos	Bib	Athletes	Club	Perf.
1	471	Matthew GURMIN	Swansea Harriers	17:18.81
2	511	Mike ROBBINS	Wrexham AC	18:05.98
3	318	David PROFFITT	Newport Harriers	21:02.41

**T7 - SM, 110m hurdles (106.7cm)****League Record** Colin JACKSON, Brecon AC, 13.3, 1993**Welsh Record** Colin JACKSON, Brecon AC, 12.91, 1993

Pos	Bib	Athletes	Club	Perf.
1	507	Neil EDWARDS	Wrexham AC	19.20

**T31 - SM, 4 x 100 Relay**

League Record Swansea Harriers, 42.5, 1981

Welsh Record Wales, 38.73, 1998

Pos	Bib	Athletes	Club	Perf.
1	312	Newport Harriers		46.61
2	506	Wrexham AC		54.68

**T37 - SM, 4 x 400 Relay**

League Record Newport Harriers, 3.22.5, 1997

Welsh Record Wales, 3.00.41, 2002

Pos	Bib	Athletes	Club	Perf.
1	315	Newport Harriers		03:45.66
2	506	Wrexham AC		04:28.05

**F16 - SM, High Jump**

League Record Paul EVANS, , 2.05, 1983

Welsh Record Robert MITCHELL, Sale Harriers, 2.25, 2001

Pos	Bib	Athletes	Club	Perf.
1	507	Neil EDWARDS	Wrexham AC	1.55 pb

**F7 - SM, Long Jump**

League Record Richard JONES, , 7.44, 1983

Welsh Record Lynn DAVIES, Cardiff AAC, 8.23, 1968

Pos	Bib	Athletes	Club	Perf.
1	688	Kueni IGBAGIRI	Carmarthen Harriers Guest	6.81 G2* pb
2	153	Ross MCKENZIE	Cardiff AAC	6.05 * pb
3	457	Daniel WILLIAMS	Swansea Harriers	5.11 pb
4	507	Neil EDWARDS	Wrexham AC	4.86 pb
5	138	Brian DIAS	Cardiff AAC	4.10 pb
6	508	David JAMES	Wrexham AC	3.62 pb
7	461	Jeff COOZE	Swansea Harriers	3.26 pb

**F22 - SM, Shot Put (7.26kg)**

League Record Ben ROBERTS, Deeside AAC, 14.54, 2006

Welsh Record Shaun PICKERING, Haringey, 20.45, 1997

Pos	Bib	Athletes	Club	Perf.
1	304	Robert EALES	Newport Harriers	11.05 * pb
2	507	Neil EDWARDS	Wrexham AC	10.29 *
3	351	Anthony HALLING	Rhondda AC	10.14 * pb
4	350	James KINGSBURY	Rhondda AC	9.57 pb
5	458	Richard LEDGER	Swansea Harriers	9.32 pb
6	268	Carl MCEWAN	Newport Harriers	7.99 pb

**F13 - SM, Javelin (800g)**

League Record Jonathan CLARKE, Swansea Harriers, 65.76, 1988

Welsh Record Nigel BEVAN, Belgrave Harriers, 81.7, 1992

Pos	Bib	Athletes	Club	Perf.
1	507	Neil EDWARDS	Wrexham AC	46.41 *
2	458	Richard LEDGER	Swansea Harriers	45.90 * pb
3	167	Richard PEREGRINE	Cardiff AAC	38.81 * pb
4	351	Anthony HALLING	Rhondda AC	29.32 * pb
5	304	Robert EALES	Newport Harriers	29.10 * pb
6	350	James KINGSBURY	Rhondda AC	24.92 * pb

Sen Lge 2011 M3 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
100m									72	-72	-108	100m	14	8		10	16	12			72	-12	-18
									36	-36			7	5		6	8	4			36	-6	
300m	12	14	8	16				10	72	-12	-33	400m	10	14	8	6	12	16			72	-6	-16
		8		7					36	-21			7	5		6		8			36	-10	
1500m	14							16	72	-42	-70	1500m		16	14	12	10				72	-20	-56
								8	36	-28											36	-36	
3000m		16							72	-56	-92	3000m		16							72	-56	-84
									36	-36				8							36	-28	
80m Hurdles		16		12		14			72	-30	-51	100m Hurdles		12			16	14			72	-30	-51
		8				7			36	-21				7			8				36	-21	
4 x 100		16							72	-56		4 x 100	14	10		8	16	12		6	72	-6	
4 x 300		16		14					72	-42		4 x 400	16	14		12					72	-30	
High Jump						16			72	-56	-92	High Jump	12			8	16	14		10	72	-12	-33
									36	-36						7				8	36	-21	
Long Jump		16	14				12		72	-30	-58	Long Jump	12	16		8	14			10	72	-12	-22
		8							36	-28			8	5		6				7	36	-10	
Shot		10		16		12	14		72	-20	-41	Shot	16			12	14			10	72	-20	-41
		7		8					36	-21			8			7					36	-21	
Javelin				16		14			72	-42	-63	Javelin	16	8		14	12			12	72	-10	-25
				8		7			36	-21				6		8				7	36	-15	
<b>U17W TOTALS</b>	<b>26</b>	<b>135</b>	<b>22</b>	<b>97</b>		<b>70</b>	<b>26</b>	<b>34</b>	<b>1116</b>	<b>-706</b>		<b>U17M TOTALS</b>	<b>140</b>	<b>150</b>	<b>22</b>	<b>130</b>	<b>142</b>	<b>80</b>		<b>70</b>	<b>1116</b>	<b>-382</b>	
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
100m		16	12	14					72	-30	-51	100m	16	10	12	4	14	8		6	72	-2	-17
		8		7					36	-21			8	6				7			36	-15	
400m	14			16				12	72	-30	-66	400m	14	8	10	12	6	4		16	72	-2	-23
									36	-36			8			7					36	-21	
1500m						16			72	-56	-84	1500m	12	10	14	16					72	-20	-56
						8			36	-28											36	-36	
3000m									72	-72	-108	3000m		16	14						72	-42	-78
									36	-36											36	-36	
100m Hurdles		16							72	-56	-92	110m Hurdles	14	12	10	8	16				72	-12	-48
									36	-36											36	-36	
4 x 100												4 x 100	16	12	14								
4 x 400												4 x 400	16	12	14								
High Jump		16							72	-56	-92	High Jump	12	16	16						72	-28	-64
									36	-36											36	-36	
Long Jump		16							72	-56	-92	Long Jump	10	12	14	8		16			72	-12	-33
									36	-36				8	7						36	-21	
Shot							14	16	72	-42	-70	Shot			14	16					72	-42	-78
								8	36	-28											36	-36	
Javelin					14			16	72	-42	-78	Javelin		14	16						72	-42	-78
									36	-36											36	-36	
<b>U17W TOTALS</b>	<b>14</b>	<b>72</b>	<b>12</b>	<b>37</b>	<b>14</b>	<b>24</b>	<b>14</b>	<b>52</b>	<b>972</b>	<b>-733</b>		<b>U17M TOTALS</b>	<b>126</b>	<b>136</b>	<b>155</b>	<b>71</b>	<b>36</b>	<b>35</b>		<b>22</b>	<b>972</b>	<b>-475</b>	

Sen Lge 2011 M3 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			
100m	16	10	12	14					72	-20	-35	100m	16		14	10	12			72	-20	-35
	8		6	7					36	-15			7		8	6				36	-15	
400m	12		14	16					72	-30	-45	400m	16	14	10	8	12			72	-12	-33
	7		6	8					36	-15			7	8					36	-21		
1500m	16								72	-56	-84	1500m								72	-72	-108
	8								36	-28										36	-36	
3000m									72	-72	-108	3000m								72	-72	-108
									36	-36										36	-36	
100m Hurdles				16					72	-56	-92	110m Hurdles			1	2				72	-69	-105
									36	-36										36	-36	
4 x 100				16								4 x 100										
4 x 400				16								4 x 400										
High Jump									72	-72	-108	High Jump								72	-72	-108
									36	-36										36	-36	
Long Jump		16		14					72	-42	-70	Long Jump								72	-72	-108
				8					36	-28										36	-36	
Shot		12		16			14		72	-30	-66	Shot								72	-72	-108
									36	-36										36	-36	
Javelin		12		14	16				72	-30	-58	Javelin								72	-72	-108
				8					36	-28										36	-36	
<b>SW TOTALS</b>	<b>31</b>	<b>40</b>	<b>6</b>	<b>116</b>	<b>16</b>		<b>14</b>		<b>972</b>	<b>-666</b>		<b>SM TOTALS</b>	<b>7</b>	<b>8</b>	<b>1</b>	<b>2</b>						

FEMALE POINTS								
Match 1 Pts	71	247	40	250	30	94	54	86
Match 2 Pts								
Match 3 Pts								
Match 4 Pts								
<b>Total Match Pts</b>	<b>71</b>	<b>247</b>	<b>40</b>	<b>250</b>	<b>30</b>	<b>94</b>	<b>54</b>	<b>86</b>
Match 1 Lge Pts	4	7	2	8	1	6	3	5
Match 2 Lge Pts								
Match 3 Lge Pts								
Match 4 Lge Pts								
	<b>4</b>	<b>7</b>	<b>2</b>	<b>8</b>	<b>1</b>	<b>6</b>	<b>3</b>	<b>5</b>
<b>Position</b>	<b>5</b>	<b>2</b>	<b>7</b>	<b>1</b>	<b>8</b>	<b>3</b>	<b>6</b>	<b>4</b>

MALE POINTS								
Match 1 Pts	273	294	178	203	178	115		92
Match 2 Pts								
Match 3 Pts								
Match 4 Pts								
<b>Total Match Pts</b>	<b>273</b>	<b>294</b>	<b>178</b>	<b>203</b>	<b>178</b>	<b>115</b>		<b>92</b>
Match 1 Lge Pts	7	8	4	6	5	3		2
Match 2 Lge Pts								
Match 3 Lge Pts								
Match 4 Lge Pts								
	<b>7</b>	<b>8</b>	<b>4</b>	<b>6</b>	<b>5</b>	<b>3</b>		<b>2</b>
<b>Position</b>	<b>2</b>	<b>1</b>	<b>5</b>	<b>3</b>	<b>4</b>	<b>6</b>		<b>7</b>

MALE & FEMALE POINTS								
Match 1 Pts	344	541	218	453	208	209	54	178
Match 2 Pts								
Match 3 Pts								
Match 4 Pts								
<b>Total Match Pts</b>	<b>344</b>	<b>541</b>	<b>218</b>	<b>453</b>	<b>208</b>	<b>209</b>	<b>54</b>	<b>178</b>
Match 1 Lge Pts	6	8	5	7	3	4	1	2
Match 2 Lge Pts								
Match 3 Lge Pts								
Match 4 Lge Pts								
<b>Total Lge Pts</b>	<b>6</b>	<b>8</b>	<b>5</b>	<b>7</b>	<b>3</b>	<b>4</b>	<b>1</b>	<b>2</b>
<b>Position</b>	<b>3</b>	<b>1</b>	<b>4</b>	<b>2</b>	<b>6</b>	<b>5</b>	<b>8</b>	<b>7</b>

LEAGUE TABLE										
POS	CLUB	M1	M2	M3	M4	TOTAL				
1	Swansea Harriers	495	8	242	6	541	8	1278	22	
2	Wrexham AC	485	7	257	7	453	7	1195	21	
3	Newport Harriers	215	2	326	8	218	5	759	15	
4	Cardiff AAC	426	6	24	1	344	6	794	13	
5	Deeside AAC	230	3	218	5	209	4	657	12	
6	Carmarthen Harriers	299	5	48	4	208	3	555	12	
7	Pembroke Harriers	236	4	46	3	178	2	460	9	
8	Rhondda AC	82	1	32	2	54	1	168	4	

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	3:00 PM		DATE	Saturday-30-July	
EVENT		F21 - U17W, Long Jump		League Record		Sarah DACEY, Swansea Harriers, 5.59, 2007							
				Welsh Record		Lisa ARMSTRONG, Torfaen AC, 6.01, 1990							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	298	Bethan HILL-HOWELLS	Newport Harriers	NJ	4.74	NJ	4.74	2	NJ	3.52	4.56	4.74	2
2	353	Chelsie SIMS	Rhondda AC	3.88	NJ	3.26	3.88	5	4.28	NJ	NJ	4.28	4
3	409	Iona EVANS	Swansea Harriers	3.98	4.22	3.88	4.22	4	2.95	3.97	3.95	4.22	5
4	411	Emily DACEY	Swansea Harriers	4.94	NJ	NJ	4.94	1	5.05	4.81	NJ	5.05	1
5	412	Chelsea CHRISTOPHER	Swansea Harriers	4.23	4.37	4.47	4.47	3				4.47	3
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	411	Emily DACEY	Swansea Harriers	5.05	9						
2	298	Bethan HILL-HOWELLS	Newport Harriers	4.74	10						
3	412	Chelsea CHRISTOPHER	Swansea Harriers	4.47	11						
4	353	Chelsie SIMS	Rhondda AC	4.28	12						
5	409	Iona EVANS	Swansea Harriers	4.22	13						
6					14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	1:00 PM		DATE	Saturday-30-July	
EVENT		F12 - U17W, Shot Put (4.00kg)		League Record		Sally HINDS, Swansea Harriers, 11.47, 2002							
				Welsh Record		Philipa ROLES, Swansea Harriers, 13.65, 1994							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	414	Naomi OSBORN	Swansea Harriers	NT	NT	3.56	3.56	7				3.56	7
2	410	Rhiannon HAILS	Swansea Harriers	5.35	6.14	5.72	6.14	5	5.92	5.97	5.88	6.14	5
3	353	Chelsie SIMS	Rhondda AC	7.29	7.85	8.19	8.19	4	7.96	8.03	8.45	8.45	3
4	483	Manon EDWARDS	Wrexham AC	NT	9.06	8.81	9.06	1	8.93	9.09	9.19	9.19	1
5	489	Jenny COPPELL	Wrexham AC	8.87	7.89	8.69	8.87	2	7.78	7.06		8.87	2
6	413	Lucy HAMMETT	Swansea Harriers	NT	2.47	3.62	3.62	6				3.62	6
7	242	Georgia BATES	Deeside AAC	7.93	8.33	7.41	8.33	3	8.19	7.69	8.36	8.36	4
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	483	Manon EDWARDS	Wrexham AC	9.19	9						
2	489	Jenny COPPELL	Wrexham AC	8.87	10						
3	353	Chelsie SIMS	Rhondda AC	8.45	11						
4	242	Georgia BATES	Deeside AAC	8.36	12						
5	410	Rhiannon HAILS	Swansea Harriers	6.14	13						
6	413	Lucy HAMMETT	Swansea Harriers	3.62	14						
7	414	Naomi OSBORN	Swansea Harriers	3.56	15					Referee	
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	4:00 PM		DATE	Saturday-30-July	
EVENT		F3 - U17W, Javelin (600g)		League Record		Lianne CLARKE, Neath Harriers, 44.40, 2003							
				Welsh Record		Lianne CLARKE, Neath Harriers, 45.55, 2003							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	241	Rhian WILLIAMS	Deeside AAC	6.65	8.19	7.78	8.19	4	NT	NT	7.28	8.19	4
2	240	Hayley NUTTALL	Deeside AAC	26.47	24.05	24.32	26.47	2	26.14	26.64	26.23	26.64	2
3	483	Manon EDWARDS	Wrexham AC	14.66	NT	18.06	18.06	3	NT	16.97	14.78	18.06	3
4	489	Jenny COPPELL	Wrexham AC	22.39	32.31	26.26	32.31	1	30.14	26.57	29.20	32.31	1
5													
6													
7													
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	489	Jenny COPPELL	Wrexham AC	32.31	9						
2	240	Hayley NUTTALL	Deeside AAC	26.64	10						
3	483	Manon EDWARDS	Wrexham AC	18.06	11						
4	241	Rhian WILLIAMS	Deeside AAC	8.19	12						
5					13						
6					14				Referee		
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8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	2:00 PM		DATE	Saturday-30-July	
EVENT		F9 - U17M, Long Jump		League Record		Ricardo CHILDS, Brecon AC, 6.88, 2001							
				Welsh Record		Marcus BROWNING, Chester, 7.11, 1986							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	195	Aled PRICE	Carmarthen Harriers	NJ	5.94	4.51	5.94	2	5.86	6.35	6.48	6.48	1
2	323	Carwyn JAMES	Pembroke Harriers	5.27	5.59	5.40	5.59	3	5.62	5.58	5.40	5.62	4
3	324	Rees MORGAN	Pembroke Harriers	NJ	4.84	4.80	4.84	6				4.84	6
4	162	Lewis JONES	Cardiff AAC	5.49	3.92	NJ	5.49	4	5.78	5.77	5.46	5.78	3
5	124	James MCGUIRE	Cardiff AAC	6.00	5.63	6.32	6.32	1	6.01	5.37	6.10	6.32	2
6	496	Tom HIGGS	Wrexham AC	NJ	NJ	4.80	4.80	7				4.80	7
7	497	Liam MCGIVERN	Wrexham AC	5.34	5.35	5.49	5.49	4	5.30	5.22	5.29	5.49	5
8	432	Jack STRAW	Swansea Harriers		4.62	NJ	4.62	8				4.62	8
9	439	Callum HODGSON	Swansea Harriers	4.36	1.44	NJ	4.36	9				4.36	9
10													
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	195	Aled PRICE	Carmarthen Harriers	6.48	9	439	Callum HODGSON	Swansea Harriers	4.36		
2	124	James MCGUIRE	Cardiff AAC	6.32	10						
3	162	Lewis JONES	Cardiff AAC	5.78	11						
4	323	Carwyn JAMES	Pembroke Harriers	5.62	12						
5	497	Liam MCGIVERN	Wrexham AC	5.49	13						
6	324	Rees MORGAN	Pembroke Harriers	4.84	14						
7	496	Tom HIGGS	Wrexham AC	4.80	15						
8	432	Jack STRAW	Swansea Harriers	4.62	16						
										Referee	

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	3:00 PM		DATE	Saturday-30-July	
EVENT		F24 - U17M, Shot Put (5.00kg)		League Record		Tom EDWARDS, Carmarthen Harriers, 15.37, 2008							
				Welsh Record		Mark HEWER, Cardiff AAC, 16.93, 1979							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	166	Matthew FIELD	Cardiff AAC	15.70	16.10	NT	16.10	1	NT	16.24	NT	16.24	1
2	203	Andrew BARRISCALE	Carmarthen Harriers	10.79	11.75	11.68	11.75	2	11.43	10.79	10.67	11.75	2
3	160	Matteo HOLMES	Cardiff AAC	9.34	10.36	10.25	10.36	3	9.52	9.72	9.56	10.36	3
4	325	Oliver HUGHES	Pembroke Harriers	8.59	8.06	8.16	8.59	6				8.59	6
5	496	Tom HIGGS	Wrexham AC		NT	8.79	8.79	5				8.79	5
6	505	Tyler ROBERTS	Wrexham AC			9.55	9.55	4	9.60	8.90	NT	9.60	4
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	166	Matthew FIELD	Cardiff AAC	16.24	9						
2	203	Andrew BARRISCALE	Carmarthen Harriers	11.75	10						
3	160	Matteo HOLMES	Cardiff AAC	10.36	11						
4	505	Tyler ROBERTS	Wrexham AC	9.60	12						
5	496	Tom HIGGS	Wrexham AC	8.79	13						
6	325	Oliver HUGHES	Pembroke Harriers	8.59	14						
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	2:00 PM		DATE	Saturday-30-July	
EVENT		F15 - U17M, Javelin (700g)		League Record		Jon LLEWELLYN, Carmarthen Harriers, 60.17, 2009							
				Welsh Record		Colin MACKENZIE, East Kent, 70.30, 1979							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	322	Rheinallt GEORGE	Pembroke Harriers	NT	20.34	NT	20.34	6				20.34	6
2	325	Oliver HUGHES	Pembroke Harriers	30.95	31.16	NT	31.16	4				31.16	4
3	203	Andrew BARRISCALE	Carmarthen Harriers	31.16	25.30	26.11	31.16	4				31.16	5
4	436	Ellis REES	Swansea Harriers	NT	NT	NT							
5	433	Daniel HALL	Swansea Harriers	NT	NT	7.71	7.71	8				7.71	8
6	490	William POOLE	Wrexham AC	31.55	28.50	30.08	31.55	3				31.55	3
7	493	Ryan FOULKES	Wrexham AC	31.26	34.05	30.28	34.05	2	NT	34.14	33.62	34.14	2
8	160	Matteo HOLMES	Cardiff AAC	43.25	NT	44.64	43.25	1	NT	44.72	46.79	46.79	1
9	435	Connor DAVIES	Swansea Harriers	NT	NT	8.38	8.38	7				8.38	7
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	160	Matteo HOLMES	Cardiff AAC	46.79	9						
2	493	Ryan FOULKES	Wrexham AC	34.14	10						
3	490	William POOLE	Wrexham AC	31.55	11						
4	325	Oliver HUGHES	Pembroke Harriers	31.16	12						
5	203	Andrew BARRISCALE	Carmarthen Harriers	31.16	13						
6	322	Rheinallt GEORGE	Pembroke Harriers	20.34	14						
7	435	Connor DAVIES	Swansea Harriers	8.38	15						
8	433	Daniel HALL	Swansea Harriers	7.71	16						
										Referee	

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	4:00 PM		DATE	Saturday-30-July	
EVENT		F20 - U20W, Long Jump		League Record		Lara RICHARDS, Newport Harriers, 5.58,							
				Welsh Record		Lisa ARMSTRONG, Torfaen AC, 6.25, 1992							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	419	Kimberley DAVIES	Swansea Harriers	4.30	NJ	NJ	4.30	1	4.50	4.59	4.72	4.72	1
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	419	Kimberley DAVIES	Swansea Harriers	4.72	9						
2					10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	4:00 PM		DATE	Saturday-30-July	
EVENT		F11 - U20W, Shot Put (4.00kg)		League Record		Sally HINDS, Swansea Harriers, 13.24, 2005							
				Welsh Record		Sally HINDS, Swansea Harriers, 14.72, 2005							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	327	Lucy GRIFFITHS	Pembroke Harriers	10.72	10.73	10.39	10.73	1	NT	NT	10.44	10.73	1
2	332	Zoe PRIESTLEY	Pembroke Harriers	NT	7.86	8.78	8.78	2	8.75	NT	8.26	8.78	2
3	354	Jade TUCKER	Rhondda AC	5.47	5.71	6.38	6.38	3	6.41	6.56	6.43	6.56	3
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	327	Lucy GRIFFITHS	Pembroke Harriers	10.73	9						
2	332	Zoe PRIESTLEY	Pembroke Harriers	8.78	10						
3	354	Jade TUCKER	Rhondda AC	6.56	11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	1:00 PM	DATE	Saturday-30-July		
EVENT		F2 - U20W, Javelin (600g)		League Record		Lianne CLARKE, Neath Harriers, 46.79, 2005							
				Welsh Record		Lianne CLARKE, Cardiff AAC, 50.95, 2004							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	206	Jodie JONES	Carmarthen Harriers	27.29	26.37	NT	27.29	2	27.43	NT	26.86	27.43	2
2	332	Zoe PRIESTLEY	Pembroke Harriers	31.56	28.41	35.62	35.62	1	NT	34.19	29.91	35.62	1
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	332	Zoe PRIESTLEY	Pembroke Harriers	35.62	9						
2	206	Jodie JONES	Carmarthen Harriers	27.43	10						
3					11						
4					12						
5					13						
6					14						
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	1:00 PM		DATE	Saturday-30-July	
EVENT		F8 - U20M, Long Jump		League Record		Ricardo CHILDS, Brecon AC, 7.09, 2003							
				Welsh Record		Colin JACKSON, Cardiff AAC, 7.56, 1985							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	499	Josh RADFORD	Wrexham AC		4.69	4.58	4.69	6				4.69	6
2	303	Tyrone FOWLER	Newport Harriers	3.93	3.69	4.05	4.05	7				4.05	7
3	454	Kieron MARTIN	Swansea Harriers	5.89	5.80	NJ	5.89	2	6.14	5.95	NJ	6.14	2
4	449	Ross BANGURA	Swansea Harriers	5.33	2.80	5.29	5.33	4				5.33	4
5	314	Emrys PENNY	Newport Harriers	4.63	4.58	4.72	4.72	5				4.72	5
6	305	Tomos MORGAN	Newport Harriers	6.35	NJ	6.34	6.35	1	NJ	6.36	6.48	6.48	1
7	155	Tyron BLAKE	Cardiff AAC		5.63	5.64	5.64	3	5.74	5.41	5.50	5.74	3
8	306	Gavin BELCHER	Newport Harriers		3.88	2.35	3.88	8				3.88	8
9	229	Daniel BURTON	Deeside AAC	NJ	3.78		3.78	9				3.78	9
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	305	Tomos MORGAN	Newport Harriers	6.48	9	229	Daniel BURTON	Deeside AAC	3.78		
2	454	Kieron MARTIN	Swansea Harriers	6.14	10						
3	155	Tyron BLAKE	Cardiff AAC	5.74	11						
4	449	Ross BANGURA	Swansea Harriers	5.33	12						
5	314	Emrys PENNY	Newport Harriers	4.72	13						
6	499	Josh RADFORD	Wrexham AC	4.69	14						
7	303	Tyrone FOWLER	Newport Harriers	4.05	15						
8	306	Gavin BELCHER	Newport Harriers	3.88	16						
										Referee	

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	2:00 PM		DATE	Saturday-30-July	
EVENT		F23 - U20M, Shot Put (6.00kg)		League Record		Brett MORSE, Cardiff AAC, 16.34, 2008							
				Welsh Record		Brett MORSE, Cardiff AAC, 17.05, 2008							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	499	Josh RADFORD	Wrexham AC		7.20	7.63	7.63	1				7.63	1
2	303	Tyrone FOWLER	Newport Harriers		6.06	5.71	6.06	2				6.06	2
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	499	Josh RADFORD	Wrexham AC	7.63	9						
2	303	Tyrone FOWLER	Newport Harriers	6.06	10						
3					11						
4					12						
5					13						
6					14						
7					15					Referee	
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	3:00 PM		DATE	Saturday-30-July	
EVENT		F14 - U20M, Javelin (800g)		League Record		Jason COPSEY, Cwmbran Harriers, 62.66, 2010							
				Welsh Record		Jonathan CLARKE, Swansea Harriers, 68.74, 1986							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	303	Tyrone FOWLER	Newport Harriers	14.10	18.40	15.71	18.40	1				18.40	1
2	450	Shane JONES	Swansea Harriers		12.90		12.90	2				12.90	2
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	303	Tyrone FOWLER	Newport Harriers	18.40	9						
2	450	Shane JONES	Swansea Harriers	12.90	10						
3					11						
4					12						
5					13						
6					14						
7					15					Referee	
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	4:00 PM		DATE	Saturday-30-July	
EVENT		F19 - SW, Long Jump		League Record		Gillian REGAN, Cardiff AAC, 6.18, 1981							
				Welsh Record		Gill REGAN, Cardiff AAC, 6.52, 1982							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	430	Donna JONES	Swansea Harriers	5.09	5.15	NJ	5.15	1	NJ	5.16	NJ	5.16	1
2	521	Amanda COOK	Wrexham AC	NJ	4.64		4.64	3	4.77			4.77	3
3	518	Amanda WALE	Wrexham AC	4.61	4.80		4.80	2				4.80	2
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	430	Donna JONES	Swansea Harriers	5.16	9						
2	518	Amanda WALE	Wrexham AC	4.80	10						
3	521	Amanda COOK	Wrexham AC	4.77	11						
4					12						
5					13						
6					14						
7					15					Referee	
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	4:00 PM		DATE	Saturday-30-July	
EVENT		F10 - SW, Shot Put (4.00kg)		League Record		Vanissa HEAD, Cardiff AAC, 18.93, 1984							
				Welsh Record		Vanissa HEAD, Cardiff AAC, 18.93, 1984							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	518	Amanda WALE	Wrexham AC	8.56	8.29	8.62	8.62	1	9.03	9.03	9.11	9.11	1
2	428	Jo DAVIES	Swansea Harriers	6.69	7.01	7.47	7.47	3	7.26	7.05	7.83	7.83	3
3	352	Catn ALFORD	Rhondda AC	8.06	NT	8.44	8.44	2	8.84	NT	8.57	8.84	2
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	518	Amanda WALE	Wrexham AC	9.11	9						
2	352	Catn ALFORD	Rhondda AC	8.84	10						
3	428	Jo DAVIES	Swansea Harriers	7.83	11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	1:00 PM		DATE	Saturday-30-July	
EVENT		F1 - SW, Javelin (600g)		League Record		Karen HOUGH, Swansea Harriers, 47.94, 1984							
				Welsh Record		Lianne CLARKE, Cardiff AAC, 52.68, 2007							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	428	Jo DAVIES	Swansea Harriers	24.23	22.04	NT	24.23	4	26.52	24.57	25.72	26.52	3
2	198	Sara SIGGERY	Carmarthen Harriers	NT	NT	40.62	40.62	1	41.49	NT	NT	41.49	1
3	513	Megan ROGERS	Wrexham AC	25.21	24.52	28.85	28.85	2	NT			28.85	2
4	518	Amanda WALE	Wrexham AC	24.61	24.84	22.27	24.84	3	23.81	23.32	24.98	24.98	4
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16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	198	Sara SIGGERY	Carmarthen Harriers	41.49	9						
2	513	Megan ROGERS	Wrexham AC	28.85	10						
3	428	Jo DAVIES	Swansea Harriers	26.52	11						
4	518	Amanda WALE	Wrexham AC	24.98	12						
5					13					Referee	
6					14						
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	1:00 PM		DATE	Saturday-30-July	
EVENT		F7 - SM, Long Jump		League Record		Richard JONES, , 7.44, 1983							
				Welsh Record		Lynn DAVIES, Cardiff AAC, 8.23, 1968							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	507	Neil EDWARDS	Wrexham AC	4.86	NJ	4.84	4.86	4				4.86	4
2	508	David JAMES	Wrexham AC	3.45	3.42	3.62	3.62	6				3.62	6
3	153	Ross MCKENZIE	Cardiff AAC	NJ	5.84	6.05	6.05	2	NJ	NJ	NJ	6.05	2
4	138	Brian DIAS	Cardiff AAC	3.82	3.90	4.10	4.10	5				4.10	5
5	688	Kueni IGBAGIRI	Carmarthen Harriers Guest	6.81	6.51	5.58	6.81	1	4.88	6.34	NJ	6.81	1
6	457	Daniel WILLIAMS	Swansea Harriers	5.11			5.11	3				5.11	3
7	461	Jeff COOZE	Swansea Harriers	3.26			3.26	7				3.26	7
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FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	688	Kueni IGBAGIRI	Carmarthen Harriers Guest	6.81	9						
2	153	Ross MCKENZIE	Cardiff AAC	6.05	10						
3	457	Daniel WILLIAMS	Swansea Harriers	5.11	11						
4	507	Neil EDWARDS	Wrexham AC	4.86	12						
5	138	Brian DIAS	Cardiff AAC	4.10	13						
6	508	David JAMES	Wrexham AC	3.62	14						
7	461	Jeff COOZE	Swansea Harriers	3.26	15					Referee	
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	2:00 PM		DATE	Saturday-30-July	
EVENT		F22 - SM, Shot Put (7.26kg)		League Record		Ben ROBERTS, Deeside AAC, 14.54, 2006							
				Welsh Record		Shaun PICKERING, Haringey, 20.45, 1997							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	350	James KINGSBURY	Rhondda AC	8.41	9.57	NT	9.57	4	9.14	NT	8.85	9.57	4
2	351	Anthony HALLING	Rhondda AC	9.69	NT	10.14	10.14	2	NT	10.06	9.62	10.14	3
3	304	Robert EALES	Newport Harriers	10.67	11.05	NT	11.05	1	NT	10.60	10.69	11.05	1
4	268	Carl MCEWAN	Newport Harriers	7.99	7.39	7.19	7.99	6	7.63	7.65	7.61	7.99	6
5	507	Neil EDWARDS	Wrexham AC	10.11	9.98	10.03	10.11	3	9.72	10.29	9.95	10.29	2
6	458	Richard LEDGER	Swansea Harriers	9.29	NT	NT	9.29	5	9.32			9.32	5
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9													
10													
11													
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13													
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15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	304	Robert EALES	Newport Harriers	11.05	9						
2	507	Neil EDWARDS	Wrexham AC	10.29	10						
3	351	Anthony HALLING	Rhondda AC	10.14	11						
4	350	James KINGSBURY	Rhondda AC	9.57	12						
5	458	Richard LEDGER	Swansea Harriers	9.32	13						
6	268	Carl MCEWAN	Newport Harriers	7.99	14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 1		VENUE	Ynys Stadium, Aberdare			TIME	3:00 PM		DATE	Saturday-30-July	
EVENT		F13 - SM, Javelin (800g)		League Record		Jonathan CLARKE, Swansea Harriers, 65.76, 1988							
				Welsh Record		Nigel BEVAN, Belgrave Harriers, 81.7, 1992							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	268	Carl MCEWAN	Newport Harriers	NT	NT	NT							
2	304	Robert EALES	Newport Harriers	26.75	27.12	23.97	27.12	5	29.10	27.81	28.85	29.10	5
3	350	James KINGSBURY	Rhondda AC	24.92			24.92	6				24.92	6
4	351	Anthony HALLING	Rhondda AC	25.77	29.32	25.80	29.32	4	25.82	NT	NT	29.32	4
5	458	Richard LEDGER	Swansea Harriers	44.71	42.65	45.90	45.90	2	45.31	42.97	40.82	45.90	2
6	507	Neil EDWARDS	Wrexham AC	40.57	42.99	46.41	46.41	1	42.94	42.48	42.96	46.41	1
7	167	Richard PEREGRINE	Cardiff AAC	34.98	38.81	36.69	38.81	3	37.14	37.18	36.11	38.81	3
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9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	507	Neil EDWARDS	Wrexham AC	46.41	9						
2	458	Richard LEDGER	Swansea Harriers	45.90	10						
3	167	Richard PEREGRINE	Cardiff AAC	38.81	11						
4	351	Anthony HALLING	Rhondda AC	29.32	12						
5	304	Robert EALES	Newport Harriers	29.10	13						
6	350	James KINGSBURY	Rhondda AC	24.92	14						
7					15					Referee	
8					16						





# Welsh Athletics - Height Card

MEETING		Welsh Athletics Senior League Div 1		VENUE		Ynys Stadium, Aberdare										DATE		Sat-30-July-2011				
EVENT		F18 - U17M, High Jump		4:00 PM		League Record		League Record - Sam HOOD, Cardiff AAC, 2.05, FALSE										Welsh Record		Chuka ENIH-SNELL, Swansea Harriers, 2.15, 2000		
Order	Bib	NAME	CLUB	START	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.78			Best	Trials at Ht	Total	Failures	Total	Final	
				Min Opening Height	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Trials at Ht	Cleared	Total	Failures	Total	Final
1	159	Ibrahim AL-AFFAN	Cardiff AAC	1.55				O	O	X X X						1.60	1	3	5	3		
2	237	Luke WARD	Deeside AAC	1.50			O	O	O	X O	O	O	X X X			1.75	1	4	10	2		
3	433	Daniel HALL	Swansea Harriers	1.40	X X X													3	3			
4	490	William POOLE	Wrexham AC	1.40	X O											1.40	2	1	2	7		
5	322	Rheinallt GEORGE	Pembroke Harriers	1.40	O	X O	X O	X X X								1.50	2	5	8	5		
6	323	Carwyn JAMES	Pembroke Harriers	1.40	O	O	X O	O	X X X							1.55	1	4	8	4		
7	195	Aled PRICE	Carmarthen Harriers	1.50			O	O		O	O	X O	X X O			1.78	3	3	9	1		
8	496	Tom HIGGS	Wrexham AC	1.40		O	X X O	X X X								1.50	3	5	7	5		
9																						
10																						
11																						
12																						
13																						
14																						
15																						
16																						

FULL RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	195	Aled PRICE	Carmarthen Harriers	1.78							
2	237	Luke WARD	Deeside AAC	1.75							
3	159	Ibrahim AL-AFFAN	Cardiff AAC	1.60							
4	323	Carwyn JAMES	Pembroke Harriers	1.55							
5	322	Rheinallt GEORGE	Pembroke Harriers	1.50							
6	496	Tom HIGGS	Wrexham AC	1.50						REFEREE'S SIGNATURE	
7	490	William POOLE	Wrexham AC	1.40							



