

Welsh Athletics
Senior League
Newport

Saturday-17-Jul-2010



WELSH ATHLETICS
ATHLETAU CYMRU

Division 1

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Danielle BARKER Neath Harriers 12.2 2003

Welsh Record - Sallyanne SHORT / Rachel JOHNSON Torfaen AC / Colwyn Bay 11.88/11.88w 1984/2009

Event T15 - 100m - U17W

wind: +0.9

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	355	Bethany WHEDDON	Cardiff AAC	14.40	
2	358	Rebecca WARD	Cardiff AAC	14.46	

League Record - Lisa-Marie EDWARDS Wrexham AC 25.7 2003

Welsh Record - Michelle PROBERT Sale Harriers 23.6 1976

Event T54 - 200m - U17W

wind: -3.7

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	355	Bethany WHEDDON	Cardiff AAC	30.45	
2	358	Rebecca WARD	Cardiff AAC	30.75	

League Record - Kayleigh BROWN Carmarthen Harriers 4.45.0 2006

Welsh Record - Non STANFORD Swansea Harriers 4.23.55 2004

Event T48 - 1500m - U17W

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	357	Holly MORRIS	Cardiff AAC	6:25.63	

League Record - Heather JONES Carmarthen Harriers 11.3 2003

Welsh Record - Heather JONES Carmarthen Harriers 11.27 2003

Event T36 - 80m hurdles - U17W

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	356	Chloe PHILLIPS	Cardiff AAC	14.32	

League Record - Megan ROGERS Swansea Harriers 44.89 2007

Welsh Record - Caryl GRANVILLE Carmarthen Harriers 42.65 2006

Event T6 - 300m hdl - U17W

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	356	Chloe PHILLIPS	Cardiff AAC	55.6	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Sarah DACEY Swansea Harriers 5.59 2007

Welsh Record - Lisa ARMSTRONG Torfaen AC 6.01 1990

Event F27 - Long Jump - U17W

Pos	Bib	Athlete	Club	Perf	AW
1	547	Amy CROCOMBE	Deeside AAC	4.07	

League Record - Amy BRADLEY Cwmbran Harriers 10.93 2008

Welsh Record - Jayne LUDLOW Cardiff AAC 12.14 1994

Event F39 - Triple Jump - U17W

Pos	Bib	Athlete	Club	Perf	AW
1	547	Amy CROCOMBE	Deeside AAC	9.23	*

League Record - Sally HINDS Swansea Harriers 11.47 2002

Welsh Record - Philipa ROLES Swansea Harriers 13.65 1994

Event F12 - Shot Put - U17W

Pos	Bib	Athlete	Club	Perf	AW
1	547	Amy CROCOMBE	Deeside AAC	7.77	*

League Record - Lianne CLARKE Neath Harriers 44.40 2003

Welsh Record - Lianne CLARKE Neath Harriers 45.55 2003

Event F36 - Javelin - U17W

Pos	Bib	Athlete	Club	Perf	AW
1	355	Bethany WHEDDON	Cardiff AAC	8.81	
2	358	Rebecca WARD	Cardiff AAC	6.04	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Susan BAGNALL Deeside AAC 12.3 2003

Welsh Record - Helin MILES Cardiff AAC 11.62 1985

Event T14 - 100m - U20W

wind: -1.3

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	365	Gwen WILLIAMS	Cardiff AAC	13.01	*
2	359	Danielle MILL	Cardiff AAC	13.44	
3	847	Sarah EVANS	Swansea Harriers	13.52	
4	438	Ffion REES	Carmarthen Harriers	13.52	

League Record - Melanie STEPHENSON Cardiff AAC 24.7 2005

Welsh Record - Michelle PROBERT Sale Harriers 23.60 1976

Event T53 - 200m - U20W

wind: -3.7

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	365	Gwen WILLIAMS	Cardiff AAC	26.85	*

League Record - Gail LIPPETT Wrexham AC 59.00 2007

Welsh Record - Sian MORRIS Port Talbot 52.80 1983

Event T41 - 400m - U20W

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	360	Sam COGAN	Cardiff AAC	59.82	*
2	361	Aimee HENDRICKSON	Cardiff AAC	62.85	*
3	846	Rhiannon ANDERSON	Swansea Harriers	68.28	

League Record - Helen WILLIAMS Wrexham AC 4.57.0

Welsh Record - Non STANFORD Swansea Harriers 4.23.55 2004

NEW LEAGUE RECORD

Event T46 - 1500m - U20W

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	366	Harriett MORRIS	Cardiff AAC	4:56.44	*

League Record - Heather JONES Carmarthen Harriers 14.00 2005

Welsh Record - Bethan EDWARDS Cardiff AAC 13.57 1992

Event T32 - 100m hurdles - U20W

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	848	Catrin STONE	Swansea Harriers	15.71	*
2	364	Elinor LEWIS	Cardiff AAC	18.14	

League Record - Megan ROGERS Wrexham AC 63.2 2010

Welsh Record - Alyson EVANS Cardiff AAC 58.37 1985

Event T5 - 400m Hurdles - U20W

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	359	Danielle MILL	Cardiff AAC	76.4	

League Record - Cardiff AAC 51.2 2010

Welsh Record -

Event T59 - 4 x 100 Relay - U20W

Race 1

Pos	Bib	Club	Perf	AW
1	364	Cardiff AAC	59.53	

League Record - Cardiff AAC 4.23.85 2009

Welsh Record -

NEW LEAGUE RECORD

Event T65 - 4 x 400 Relay - U20W

Race 1

Pos	Bib	Club	Perf	AW
1	364	Cardiff AAC	4:38.17	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Ceri STOKOE Swansea Harriers 1.80

Welsh Record - Rebecca JONES Wrexham AC 1.88 2002

Event F5 - High Jump - U20W

Pos	Bib	Athlete	Club	Perf	AW
1	365	Gwen WILLIAMS	Cardiff AAC	1.60	*
2	537	Alex ELLIOT	Deeside AAC	1.50	*

League Record - Elinor LEWIS / Rebecca DAVIES Cardiff AAC / Deeside AAC 3.50 2009 / 2010

Welsh Record - Rhian CLARKE Essex Ladies 3.70 1996

Event F20 - Pole Vault - U20W

Pos	Bib	Athlete	Club	Perf	AW
1	364	Elinor LEWIS	Cardiff AAC	3.30	*
2	849	Emma JONES	Swansea Harriers	3.10	*

League Record - Lara RICHARDS Newport Harriers 5.58

Welsh Record - Lisa ARMSTRONG Torfaen AC 6.25 1992

Event F26 - Long Jump - U20W

Pos	Bib	Athlete	Club	Perf	AW
1	438	Ffion REES	Carmarthen Harriers	5.10	*
2	848	Catrin STONE	Swansea Harriers	4.91	*
3	847	Sarah EVANS	Swansea Harriers	4.37	
4	361	Aimee HENDRICKSON	Cardiff AAC	4.17	
5	362	Eluned HYDE	Cardiff AAC	3.31	

League Record - Sally HINDS Swansea Harriers 13.24 2005

Welsh Record - Sally HINDS Swansea Harriers 14.72 2005

Event F11 - Shot Put - U20W

Pos	Bib	Athlete	Club	Perf	AW
1	845	Toni WELLS	Swansea Harriers	10.96	*
2	363	Ayla PHILLIPS	Cardiff AAC	10.57	*
3	537	Alex ELLIOT	Deeside AAC	7.42	
4	438	Ffion REES	Carmarthen Harriers	7.05	
5	361	Aimee HENDRICKSON	Cardiff AAC	4.58	
6	362	Eluned HYDE	Cardiff AAC	4.18	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Vanessa HEAD Cardiff AAC 62.02 1984

Welsh Record - Vanessa HEAD Cardiff AAC 64.68 1983

Event F44 - Discus - U20W

Pos	Bib	Athlete	Club	Perf	AW
1	845	Toni WELLS	Swansea Harriers	31.70	*
2	666	Sian JORDAN	Newport Harriers	25.32	*

League Record - Toni WELLS Swansea Harriers 49.85 2010

Welsh Record - Laura DOUGLAS Sale Harriers 55.22 2002

Event F2 - Hammer - U20W

Pos	Bib	Athlete	Club	Perf	AW
1	845	Toni WELLS	Swansea Harriers	49.60	*
2	363	Ayla PHILLIPS	Cardiff AAC	37.10	*

League Record - Lianne CLARKE Neath Harriers 46.79 2005

Welsh Record - Lianne CLARKE Cardiff AAC 50.95 2004

Event F35 - Javelin - U20W

Pos	Bib	Athlete	Club	Perf	AW
1	363	Ayla PHILLIPS	Cardiff AAC	25.62	*
2	845	Toni WELLS	Swansea Harriers	24.52	
3	848	Catrin STONE	Swansea Harriers	23.01	
4	438	Ffion REES	Carmarthen Harriers	17.31	
5	847	Sarah EVANS	Swansea Harriers	14.41	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Sallyanne SHORT Torfaen AC 11.9 1987

Welsh Record - Sallyanne SHORT Torfaen AC 11.39 1992

Event T13 - 100m - Sen Women

wind: +0.2

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	413	Heather JONES	Carmarthen Harriers	12.55	*
2	667	Lyn BADMAN	Newport Harriers	14.00	
3	574	Emma MITCHELL	Deeside AAC	14.69	
4	368	Lorraine GRAHAM-MULVANEY	Cardiff AAC	15.68	

League Record - Sallyanne SHORT Torfaen AC 24.4 1987

Welsh Record - Michelle SCUTT Sale Harriers 22.8 1982

Event T52 - 200m - Sen Women

wind: -4.0

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	367	Lolita BYFIELD-MOORE	Cardiff AAC	28.80	
2	855	Caroline BYNG	Swansea Harriers	29.19	
3	372	Charlotte GAUGHAN	Cardiff AAC	29.94	
4	574	Emma MITCHELL	Deeside AAC	30.74	

League Record - Anne MIDDLE Newport Harriers 55.2 1991

Welsh Record - Michelle SCUTT Sale Harriers 50.63 1982

Event T40 - 400m - Sen Women

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	372	Charlotte GAUGHAN	Cardiff AAC	63.28	*
2	855	Caroline BYNG	Swansea Harriers	63.35	*
3	423	Caryl JONES	Carmarthen Harriers	63.67	*
4	371	Sue HOOPER	Cardiff AAC	68.57	
5	667	Lyn BADMAN	Newport Harriers	71.06	

League Record - Samantha PORTER Cardiff AAC 2.11.1 1989

Welsh Record - Kirsty MADERMOTT Bristol 1.57.42 1985

Event T29 - 800m - Sen Women

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	846	Rhiannon ANDERSON	Swansea Harriers	2:36.00	
2	362	Eluned HYDE	Cardiff AAC	2:38.52	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Hayley NASH Swansea Harriers 4.24.4 1987

Welsh Record - Hayley TULLETT Swansea Harriers 3.59.95 2000

Event T45 - 1500m - Sen Women

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	854	Sian MORGAN	Swansea Harriers	5:05.03	
2	370	Michelle ALLEN	Cardiff AAC	5:17.37	

League Record - Caryl JONES Carmarthen Harriers 9.48.3 2010

Welsh Record - Hayley TULLETT Swansea Harriers 8.45.39 2000

Event T19 - 3000m - Sen Women

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	854	Sian MORGAN	Swansea Harriers	10:58.1	*

League Record - Heather JONES Carmarthen Harriers 13.6 2005

Welsh Record - Kay MORLEY Cardiff AAC 12.91 1990

Event T31 - 100m hurdles - Sen Women

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	413	Heather JONES	Carmarthen Harriers	14.66	*

League Record - Emily BROWN Cardiff AAC 7.15.60 2010

Welsh Record - Clare MARTIN Newport Harriers 6.40.34 2005

NEW LEAGUE RECORD

Event T22 - 2000m Steeplechase - Sen Women

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	423	Caryl JONES	Carmarthen Harriers	6:57.69	*

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Rebecca JONES Wrexham AC 1.73 1999

Welsh Record - Julie CRANE Sale Harriers 1.89 2004

Event F4 - High Jump - Sen Women

Pos	Bib	Athlete	Club	Perf	AW
1	852	Ceri STOKOE	Swansea Harriers	1.70	*
2	942	Kate LYSONS	UWIC - GUEST	1.70	*

League Record - Lyndsey MAUND Swansea Harriers 3.60 2010

Welsh Record - Rhian CLARKE Essex Ladies 4.15 2002

NEW LEAGUE RECORD

Event F19 - Pole Vault - Sen Women

Pos	Bib	Athlete	Club	Perf	AW
1	851	Lyndsey MAUND	Swansea Harriers	3.80	*

League Record - Gillian REGAN Cardiff AAC 6.18 1981

Welsh Record - Gill REGAN Cardiff AAC 6.52 1982

Event F25 - Long Jump - Sen Women

Pos	Bib	Athlete	Club	Perf	AW
1	555	Emma GARSTANG	Deeside AAC	4.33	
2	574	Emma MITCHELL	Deeside AAC	3.11	

League Record - Jayne LUDLOW Cardiff AAC 11.76 1994

Welsh Record - Sara BARRY Cardiff AAC 12.75 2009

NEW LEAGUE RECORD

Event F37 - Triple Jump - Sen Women

Pos	Bib	Athlete	Club	Perf	AW
1	369	Sara BARRY	Cardiff AAC	12.53	*

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Vanessa HEAD Cardiff AAC 18.93 1984

Welsh Record - Vanessa HEAD Cardiff AAC 18.93 1984

Event F10 - Shot Put - Sen Women

Pos	Bib	Athlete	Club	Perf	AW
1	437	Catherine GOLDSMITH	Carmarthen Harriers	9.99	*
2	555	Emma GARSTANG	Deeside AAC	7.99	

League Record - Karen HOUGH Swansea Harriers 47.94 1984

Welsh Record - Lianne CLARKE Cardiff AAC 52.68 2007

Event F34 - Javelin - Sen Women

Pos	Bib	Athlete	Club	Perf	AW
1	440	Sara SIGGERY	Carmarthen Harriers	44.66	*
2	437	Catherine GOLDSMITH	Carmarthen Harriers	29.46	*
3	853	Jo DAVIS	Swansea Harriers	25.54	*

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Lloyd REFFELL Cardiff AAC 11.2 2005

Welsh Record - Tim BENJAMIN / Andrew WATKINS Cardiff AAC / Cwmbran H 10.71 1998 / 2003

Event T12 - 100m - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	639	Declan O'BRIEN	Newport Harriers	12.36	
2	842	David GARDINER	Swansea Harriers	12.85	
3	835	Matthew HUGHES	Swansea Harriers	12.86	
4	844	Daniel CUTAJAR	Swansea Harriers	12.95	

League Record - Thomas CUSWORTH Wrexham AC 22.5 2008

Welsh Record - Tim BENJAMIN Cardiff AAC 21.19 1998

Event T51 - 200m - U17M

wind: -4.3

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	639	Declan O'BRIEN	Newport Harriers	25.17	
2	330	Michael JOHNSON	Cardiff AAC	25.56	
3	835	Matthew HUGHES	Swansea Harriers	28.84	
4	838	Kelton DAVIES	Swansea Harriers	24.84	

League Record - Rhodri SCANLON Carmarthen Harriers 51.1 2003

Welsh Record - Bruce TASKER Carmarthen Harriers 47.85 2004

Event T39 - 400m - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	640	Ben MCEWAN	Newport Harriers	56.28	
2	644	Tyrone FOWLER	Newport Harriers	59.53	
3	838	Kelton DAVIES	Swansea Harriers	60.28	
4	354	Ben JONES	Cardiff AAC	62.06	
5	840	Jack SWISTUN	Swansea Harriers	66.73	

League Record - Rob LIGHTFOOT Wrexham AC 1.57.7 2003

Welsh Record - Neil HORSEFIELD Newport Harriers 1.51.6 1983

Event T33 - 800m - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	837	Carwyn EVANS	Swansea Harriers	2:07.45	*
2	836	Sean WHITE	Swansea Harriers	2:08.00	*
3	840	Jack SWISTUN	Swansea Harriers	2:55.56	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Daniel CHESWORTH Newport Harriers 9.08.0 2010

Welsh Record - Colin CLARKSON Swansea 8.25.2 1977

Event T9 - 3000m - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	644	Tyrone FOWLER	Newport Harriers	10:41.1	

League Record - Dafydd WALTERS Carmarthen Harriers 13.8 2007

Welsh Record - David GUEST Bridgend AC 12.94 2007

Event T34 - 100m hurdles - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	640	Ben MCEWAN	Newport Harriers	23.86	

League Record - Gareth SUTCLIFFE Cardiff AAC 58.0 2005

Welsh Record - Mark ROWLANDS Swansea Harriers 53.30 1994

Event T3 - 400m Hurdles - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	835	Matthew HUGHES	Swansea Harriers	70.17	

League Record - Mitchell ASPLAND Neath Harriers 4.40.0 2003

Welsh Record - Steve EVANS Abertillery AC 4.11.2 1974

Event T18 - 1500m Steeplechase - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	640	Ben MCEWAN	Newport Harriers	5:13.24	
2	644	Tyrone FOWLER	Newport Harriers	5:44.62	

League Record - Cardiff AAC 45.2 2002

Welsh Record -

Event T57 - 4 x 100 Relay - U17M

Race 1

Pos	Bib	Club	Perf	AW
1	840	Swansea Harriers	52.10	

League Record - Swansea Harriers 3.43.6 2010

Welsh Record -

Event T63 - 4 x 400 Relay - U17M

Race 1

Pos	Bib	Club	Perf	AW
1	844	Swansea Harriers	4:24.71	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Sam HOOD Cardiff AAC 2.05

Welsh Record - Chuka ENIH-SNELL Swansea Harriers 2.15 2000

Event F24 - High Jump - U17M

Pos	Bib	Athlete	Club	Perf	AW
1	843	Ben JENKINS	Swansea Harriers	1.70	*

League Record - Ricardo CHILDS Brecon AC 6.88 2001

Welsh Record - Marcus BROWNING Chester AC 7.11 1986

Event F9 - Long Jump - U17M

Pos	Bib	Athlete	Club	Perf	AW
1	840	Jack SWISTUN	Swansea Harriers	4.60	

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Calvin MCLAGGON / Tom KNIGHT Barry & Vale H / Cardiff AAC 10.9 2003/2010

Welsh Record - Christian MALCOLM Cardiff AAC 10.12 1998

Event T11 - 100m - U20M

wind: -2.0

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	332	Gareth HOPKINS	Cardiff AAC	11.19	*
2	436	Dafydd WALTERS	Carmarthen Harriers	11.98	
3	646	Ed LANTZOS	Newport Harriers	12.04	
4	637	Connor HARTE	Newport Harriers	12.19	
5	540	Dan BURTON	Deeside AAC	13.13	

wind: +0.4

Race 2

Pos	Bib	Athlete	Club	Perf	AW
1	334	Sam CONWAY	Cardiff AAC	11.67	
2	833	Jamie PRICE	Swansea Harriers	11.68	
3	333	Doran HASSAN	Cardiff AAC	11.78	
4	335	Elliott LEACHMAN	Cardiff AAC	12.03	
5	645	Tom MORGAN	Newport Harriers	12.16	

League Record - Calvin MCLAGGON Barry & Vale H 22.20 2003

Welsh Record - Christian MALCOLM Cardiff AAC 20.29 1998

Event T50 - 200m - U20M

wind: -4.0

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	332	Gareth HOPKINS	Cardiff AAC	22.57	*
2	456	Paul BENNETT	Carmarthen Harriers	23.47	*
3	833	Jamie PRICE	Swansea Harriers	23.96	
4	336	Allaster GRANT	Cardiff AAC	23.97	
5	335	Elliott LEACHMAN	Cardiff AAC	24.44	

League Record - Sam CONWAY Cardiff AAC 50.0 2010

Welsh Record - Tim BENJAMIN Cardiff AAC 46.10 2001

Event T38 - 400m - U20M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	337	Kostantinos KARRAS	Cardiff AAC	52.10	*
2	336	Allaster GRANT	Cardiff AAC	52.28	*
3	338	Jacob BRENNAN	Cardiff AAC	54.46	
4	646	Ed LANTZOS	Newport Harriers	55.06	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Elliott HARDEE Cardiff AAC 1.55.3 2010

Welsh Record - Paul WILLIAMS Barry & Vale H 1.48.20 1986

Event T26 - 800m - U20M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	647	Emrys PENNY	Newport Harriers	2:03.02	*
2	420	Gerwyn SLINGER	Carmarthen Harriers	2:03.15	*

League Record - Tom MARSHALL Brecon AC 4.05.6 2007

Welsh Record - Neil HORSEFIELD Newport Harriers 3.44.59 1984

Event T44 - 1500m - U20M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	647	Emrys PENNY	Newport Harriers	4:15.70	*
2	344	Joel REDMAN	Cardiff AAC	4:31.40	
3	420	Gerwyn SLINGER	Carmarthen Harriers	4:33.14	

League Record - Dafydd WALTERS Carmarthen Harriers 14.9 2008

Welsh Record - Colin JACKSON Cardiff AAC 13.44 1986

Event T28 - 110m hurdles - U20M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	436	Dafydd WALTERS	Carmarthen Harriers	15.9	*

League Record - Luke MORGAN Cardiff AAC 58.0 2008

Welsh Record - David GREENE Swansea Harriers 51.14 2005

Event T2 - 400m Hurdles - U20M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	456	Paul BENNETT	Carmarthen Harriers	58.77	*
2	436	Dafydd WALTERS	Carmarthen Harriers	59.01	*
3	339	Darren JONES	Cardiff AAC	60.79	*
4	338	Jacob BRENNAN	Cardiff AAC	62.18	*
5	340	Tom PHILLIPS	Cardiff AAC	62.21	*
6	829	Jordan BROCK	Swansea Harriers	69.38	
7	540	Dan BURTON	Deeside AAC	72.27	

League Record - Cardiff AAC 45.68 2009

Welsh Record -

Event T56 - 4 x 100 Relay - U20M

Race 1

Pos	Bib	Club	Perf	AW
1	332	Cardiff AAC	46.55	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Gareth HAINES Carmarthen Harriers 1.98

Welsh Record - John HILL Solihull 2.24 1985

Event F23 - High Jump - U20M

Pos	Bib	Athlete	Club	Perf	AW
1	832	Ben DAVIES	Swansea Harriers	1.95	*
2	645	Tom MORGAN	Newport Harriers	1.80	*
3	829	Jordan BROCK	Swansea Harriers	1.65	
4	637	Connor HARTE	Newport Harriers	1.65	

League Record - Paul WALKER Cardiff AAC 4.20 2003

Welsh Record - Neil WINTER Shaftesbury 5.50 1992

Event F17 - Pole Vault - U20M

Pos	Bib	Athlete	Club	Perf	AW
1	426	Emyr JONES	Carmarthen Harriers	3.80	*

League Record - Ricardo CHILDS Brecon AC 7.09 2003

Welsh Record - Colin JACKSON Cardiff AAC 7.56 1985

Event F8 - Long Jump - U20M

Pos	Bib	Athlete	Club	Perf	AW
1	645	Tom MORGAN	Newport Harriers	5.85	*

League Record - Adam WILLIAMS Menai T&F 14.05 2007

Welsh Record - Steven SHALDERS Cardiff AAC 15.99 2000

Event F41 - Triple Jump - U20M

Pos	Bib	Athlete	Club	Perf	AW
1	337	Kostantinos KARRAS	Cardiff AAC	12.33	*
2	829	Jordan BROCK	Swansea Harriers	11.45	
3	341	Kyle GARRISON	Cardiff AAC	9.07	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Brett MORSE Cardiff AAC 16.34 2008

Welsh Record - Brett MORSE Cardiff AAC 17.05 2008

Event F29 - Shot Put - U20M

Pos	Bib	Athlete	Club	Perf	AW
1	342	Gareth WINTER	Cardiff AAC	14.80	*
2	421	Tom EDWARDS	Carmarthen Harriers	12.67	*
3	343	Bradley COLE	Cardiff AAC	9.46	

League Record - Brett MORSE Cardiff AAC 58.37 2008

Welsh Record - Brett MORSE Cardiff AAC 58.37 2008

Event F32 - Discus - U20M

Pos	Bib	Athlete	Club	Perf	AW
1	342	Gareth WINTER	Cardiff AAC	45.11	*
2	421	Tom EDWARDS	Carmarthen Harriers	37.38	*
3	343	Bradley COLE	Cardiff AAC	28.86	*
4	833	Jamie PRICE	Swansea Harriers	22.04	
5	341	Kyle GARRISON	Cardiff AAC	14.73	

League Record - Richie WELLS Swansea Harriers 55.26 2007

Welsh Record - Matthew RICHARDS Swansea Harriers 58.44 2005

Event F14 - Hammer - U20M

Pos	Bib	Athlete	Club	Perf	AW
1	343	Bradley COLE	Cardiff AAC	33.57	*
2	342	Gareth WINTER	Cardiff AAC	30.15	*
3	341	Kyle GARRISON	Cardiff AAC	14.96	

League Record - Jason COPSEY Cwmbran Harriers 62.66 2010

Welsh Record - Jonathan CLARKE Swansea Harriers 68.74 1986

Event F47 - Javelin - U20M

Pos	Bib	Athlete	Club	Perf	AW
1	342	Gareth WINTER	Cardiff AAC	42.11	*
2	343	Bradley COLE	Cardiff AAC	36.96	*
3	341	Kyle GARRISON	Cardiff AAC	28.60	

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Colin JACKSON Cardiff AAC 10.3 1993

Welsh Record - Christian MALCOLM Cardiff AAC 10.11 2001

Event T10 - 100m - Sen Men

W/S -0.8

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	345	Milton BAKER	Cardiff AAC	11.0	*
2	347	Lloyd REFFELL	Cardiff AAC	11.3	*
3	895	Nik MESNEY	Wrexham AC	11.6	
4	648	Carl MCEWAN	Newport Harriers	11.7	
5	824	Daniel WILLIAMS	Swansea Harriers	12.2	
6	822	Nathan COOZE	Swansea Harriers	12.6	

manual timings

Race 2

Pos	Bib	Athlete	Club	Perf	AW
1	945	Chris HILL	UWIC - GUEST	11.29	
2	944	Francis BAKER	UWIC - GUEST	11.50	
3	349	Chris HOWE	Cardiff AAC	11.66	
4	346	Oliver COLE	Cardiff AAC	12.04	
5	825	Oliver WRIGHT	Swansea Harriers	12.45	
6	946	Ioannis MEKRAS	UWIC - GUEST	12.45	
7	894	Mark RICH	Wrexham AC	12.52	
8	823	Jeff COOZE	Swansea Harriers	14.51	

League Record - Andrew WATKINS Cwmbran Harriers 21.7 2006

Welsh Record - Christian MALCOLM Cardiff AAC 20.08 2001

Event T49 - 200m - Sen Men

wind: -4.3

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	347	Lloyd REFFELL	Cardiff AAC	23.49	
2	895	Nik MESNEY	Wrexham AC	24.26	
3	822	Nathan COOZE	Swansea Harriers	25.68	
4	655	Craig RUSSELL	Newport Harriers	25.91	
5	542	Tom SNOWDEN	Deeside AAC	27.07	

wind: -3.6

Race 2

Pos	Bib	Athlete	Club	Perf	AW
1	345	Milton BAKER	Cardiff AAC	22.91	
2	349	Chris HOWE	Cardiff AAC	23.90	
3	894	Mark RICH	Wrexham AC	24.80	
4	346	Oliver COLE	Cardiff AAC	25.46	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Roger BARRETT Carmarthen Harriers 48.0 1984

Welsh Record - Iwan THOMAS Newham 44.36 1997

Event T37 - 400m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	350	Tom MILLER	Cardiff AAC	48.71	*
2	348	Rhys KNAPMAN	Cardiff AAC	50.34	*
3	648	Carl MCEWAN	Newport Harriers	52.03	*
4	894	Mark RICH	Wrexham AC	54.61	
5	655	Craig RUSSELL	Newport Harriers	57.26	
6	542	Tom SNOWDEN	Deeside AAC	57.76	
7	653	Nick TAYLOR	Newport Harriers	57.93	
8	946	Ioannis MEKRAS	UWIC - GUEST	58.80	

League Record - Roger BARRETT Carmarthen Harriers 1.50.0 1984

Welsh Record - Neil HORSEFIELD Newport Harriers 1.45.44 1990

Event T25 - 800m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	828	Andrew SMITH	Swansea Harriers	1:57.74	*
2	657	David GOODGER	Newport Harriers	2:00.08	*
3	659	Craig HUDSON	Newport Harriers	2:04.69	
4	542	Tom SNOWDEN	Deeside AAC	2:13.19	
5	351	Brian DIAS	Cardiff AAC	2:32.13	
6	553	Mark GARSTANG	Deeside AAC	2:32.96	

League Record - Shaun WHELAN Swansea Harriers 3.50.2 1988

Welsh Record - Neil HORSEFIELD Newport Harriers 3.35.08 1990

Event T43 - 1500m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	415	Wynne EVANS	Carmarthen Harriers	4:17.60	*
2	416	Paul CLARKE	Carmarthen Harriers	4:20.07	
3	543	Phil EDGE	Deeside AAC	4:31.32	
4	660	Marc GOODGER	Newport Harriers	4:47.41	
5	651	Daryn MACATEE	Newport Harriers	5:02.13	
6	351	Brian DIAS	Cardiff AAC	5:16.51	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Steve HENSHAW Cardiff AAC 8.39.2 1983

Welsh Record - Ian HAMER Edinburgh 7.46.40 1990

Event T7 - 3000m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	661	Dave GRIFFITHS	Newport Harriers	10:55.8	

League Record - Colin JACKSON Brecon AC 13.3 1993

Welsh Record - Colin JACKSON Brecon AC 12.91 1993

Event T27 - 110m hurdles - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	892	Neil EDWARDS	Wrexham AC	21.15	
2	662	Andy HOLE	Newport Harriers	23.86	

League Record - Chris CASHELL Carmarthen Harriers 52.59 1991

Welsh Record - David GREENE Swansea Harriers 48.56 2009

Event T1 - 400m Hurdles - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	943	Ian BRODY	Telford AC - GUEST	63.4	
2	894	Mark RICH	Wrexham AC	69.1	

League Record - Swansea Harriers 42.5 1981

Welsh Record - Wales 38.73 1998

Event T55 - 4 x 100 Relay - Sen Men

Race 1

Pos	Bib	Club	Perf	AW
1	346	Cardiff AAC	46.0	
2	822	Swansea Harriers	49.8	
3	909	Wrexham AC	51.2	

League Record - Newport Harriers 3.22.5 1997

Welsh Record - Wales 3.00.41 2002

Event T61 - 4 x 400 Relay - Sen Men

Race 1

Pos	Bib	Club	Perf	AW
1	345	Cardiff AAC	3:58.89	
2	825	Swansea Harriers	3:59.69	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Paul EVANS 2.05 1983

Welsh Record - Robert MITCHELL Sale Harriers 2.25 2001

Event F22 - High Jump - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	352	Lewis LONG	Cardiff AAC	1.90	*
2	824	Daniel WILLIAMS	Swansea Harriers	1.70	
3					

League Record - Alessandro CAMBON 4.75 2001

Welsh Record - Neil WINTER Shaftesbury 5.60 1995

Event F16 - Pole Vault - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	892	Neil EDWARDS	Wrexham AC	3.10	*
2	664	Keith POWELL	Newport Harriers	2.90	

League Record - Richard JONES 7.44 1983

Welsh Record - Lynn DAVIES Cardiff AAC 8.23 1968

Event F7 - Long Jump - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	895	Nik MESNEY	Wrexham AC	5.32	
2	820	Richard LEDGER	Swansea Harriers	4.94	
3	664	Keith POWELL	Newport Harriers	4.91	
4	663	Stave WADLEY	Newport Harriers	4.34	
5	553	Mark GARSTANG	Deeside AAC	4.02	
6	351	Brian DIAS	Cardiff AAC	3.76	
7	552	Dave STOKES	Deeside AAC	3.60	
8	909	Mark RICH	Wrexham AC	3.34	

League Record - Charles MADERIA-COLE Carmarthen Harriers 14.74 1997

Welsh Record - Steven SHALDERS Cardiff AAC 16.71 2005

Event F40 - Triple Jump - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	824	Daniel WILLIAMS	Swansea Harriers	10.47	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Ben ROBERTS Deeside AAC 14.54 2006

Welsh Record - Shaun PICKERING Haringey 20.45 1997

Event F28 - Shot Put - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	670	Rob EALES	Newport Harriers	11.42	*
2	353	Simon BULL	Cardiff AAC	11.02	*
3	892	Neil EDWARDS	Wrexham AC	10.60	*
4	825	Oliver WRIGHT	Swansea Harriers	10.55	*
5	820	Richard LEDGER	Swansea Harriers	9.11	
6	552	Dave STOKES	Deeside AAC	7.91	
7	664	Keith POWELL	Newport Harriers	7.81	
8	663	Stave WADLEY	Newport Harriers	7.30	
9	909	Mark RICH	Wrexham AC	909.00	*
10	826	Dave JONES	Swansea Harriers	826.00	*

League Record - David COLEMAN Cardiff AAC 45.50 2009

Welsh Record - Brett MORSE Birchfield Harriers 62.99 2010

NEW LEAGUE RECORD

Event F31 - Discus - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	947	Ryan SPENCER-JONES	Birchfield Harriers - GUEST	49.49	*
2	944	Francis BAKER	UWIC - GUEST	33.68	*
3	353	Simon BULL	Cardiff AAC	32.44	*
4	670	Rob EALES	Newport Harriers	29.97	*
5	892	Neil EDWARDS	Wrexham AC	28.98	*
6	552	Dave STOKES	Deeside AAC	28.46	*
7	664	Keith POWELL	Newport Harriers	24.40	
8	825	Oliver WRIGHT	Swansea Harriers	23.45	
9	663	Stave WADLEY	Newport Harriers	20.15	
10	909	Mark RICH	Wrexham AC	18.92	
11	553	Mark GARSTANG	Deeside AAC	15.18	
12	826	Dave JONES	Swansea Harriers	13.56	

League Record - Peter STARK Bridgend AC 55.48 1979

Welsh Record - Shaun PICKERING Haringey 68.64 1984

Event F13 - Hammer - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	827	Ritchie WELLS	Swansea Harriers	49.61	*
2	670	Rob EALES	Newport Harriers	30.86	*
3	909	Mark RICH	Wrexham AC	27.30	*
4	552	Dave STOKES	Deeside AAC	23.86	
5	826	Dave JONES	Swansea Harriers	12.95	

League Record - Jonathan CLARKE Swansea Harriers 65.76 1988

Welsh Record - Nigel BEVAN Belgrave Harriers 81.70 1992

Event F46 - Javelin - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	353	Simon BULL	Cardiff AAC	48.17	*
2	825	Oliver WRIGHT	Swansea Harriers	46.63	*
3	820	Richard LEDGER	Swansea Harriers	41.66	*
4	892	Neil EDWARDS	Wrexham AC	40.28	*
5	663	Stave WADLEY	Newport Harriers	26.91	*
6	664	Keith POWELL	Newport Harriers	25.65	*
7	909	Mark RICH	Wrexham AC	22.00	*
8	552	Dave STOKES	Deeside AAC	21.76	*
9	826	Dave JONES	Swansea Harriers	20.22	*

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

U17 WOMEN POINTS	Match Day	Cardiff AAC		Carmarthen Harriers		Deeside AAC		Newport Harriers		Swansea Harriers		Wrexham AC		
	100m	16	8											
	200m	16	8											
	300m													
	800m													
	1500m	16												
	3000m													
	100m hdl	16												
	400m hdl	16												
	1500m s/c													
	4x100 relay													
	4x300m relay													
	High Jump													
	Pole Vault													
	Long Jump						16							
	Triple Jump						16							
	Shot Putt						16							
	Discus													
	Hammer													
	Javelin	16	8											
Total Points		120				48								

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

U20 WOMEN POINTS		Cardiff AAC		Carmarthen Harriers		Deeside AAC		Newport Harriers		Swansea Harriers		Wrexham AC		
	100m	16	8	12						14				
	200m	16												
	400m	16	8							14				
	800m													
	1500m	16												
	3000m													
	100m Hdl	14								16				
	400m hdl	16												
	2000m s/c													
	4x100 relay		16											
	4x400 relay		16											
	High Jump	16				14								
	Pole Vault	16								14				
	Long Jump	12	7	16						14	8			
	Triple Jump													
	Shot Putt	14	8	10		12				16				
	Discus							14		16				
	Hammer	14								16				
	Javelin	16		12						14	8			
	Total Points		245		50		26		14		150			

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

SENIOR WOMEN POINTS		Cardiff AAC		Carmarthen Harriers		Deeside AAC		Newport Harriers		Swansea Harriers		Wrexham AC		
	100m	10		16		12		14						
	200m	16	8			12				14				
	400m	16	8	12				10		14				
	800m	14								16				
	1500m	14								16				
	3000m									16				
	110m hdl			16										
	400m hdl													
	2000m s/c			16										
	4x100 relay													
	4x400 relay													
	High Jump									16				
	Pole Vault									16				
	Long Jump					16	8							
	Triple Jump	16												
	Shot Putt			16		14								
Discus														
Hammer														
Javelin			16	8					14					
Total Points		102		100		62		24		122				
Position		2		3		4		5		1				

Total Female	467	150	136	38	272	0
Lge Pos	1	3	4	5	2	6
Match Pts	6	4	3	2	5	

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

U17 MEN POINTS	Match Day	Cardiff AAC	Carmarthen Harriers	Deeside AAC	Newport Harriers	Swansea Harriers	Wrexham AC
	100m				16	14	8
	200m	12			14	16	8
	400m	12			16	8	14
	800m					16	8
	1500m						
	3000m				16		
	100m hdl				16		
	400m hdl					16	
	1500m s/c				16	8	
	4x100 relay					16	
	4x400 relay					16	
	High Jump					16	
	Pole Vault						
	Long Jump					16	
	Triple Jump						
	Shot Putt						
	Discus						
	Hammer						
	Javelin						
Total Points		24			110	171	

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

U20 MEN POINTS		Cardiff AAC		Carmarthen Harriers		Deeside AAC		Newport Harriers		Swansea Harriers		Wrexham AC		
	100m	16	8	12		8		10	7	14				
	200m	16	8	14						12				
	400m	16	8					14						
	800m			14				16						
	1500m	14		12				16						
	3000m													
	110m hdl			16										
	400m hdl	14	7	16	8	10				12				
	2000m s/c													
	4x100 relay	16												
	4x400 relay													
	High Jump							14	7	16	8			
	Pole Vault			16										
	Long Jump							16						
	Triple Jump	16	8							14				
	Shot Putt	16	8	14										
	Discus	16	8	14						12				
	Hammer	16	8											
	Javelin	16	8											
Total Points	243		136		18		100		88					

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

SENIOR MEN POINTS		Cardiff AAC		Carmarthen Harriers		Deeside AAC		Newport Harriers		Swansea Harriers		Wrexham AC	
	100m	16	8					12		10	7	14	6
	200m	16	8			8		10		12		14	7
	400m	16	8			10		14	7			12	
	800m	10				12	7	14	8	16			
	1500m	10		16	8	14		12	7				
	3000m							16					
	110m hdl											16	
	400m hdl												
	2000m s/c							14				16	
	4x100 relay	16								14		12	
	4x400 relay	16								14			
	High Jump	16								14			
Pole Vault							14				16		
Long Jump	8				10	7	12	8	14		16	6	
Triple Jump									16				
Shot Putt	10				8		12	7	14	8	16		
Discus	16				10		14	8	8		12		
Hammer					10		14		16	8	12		
Javelin	16				8		10	7	14	8	12	6	
Total Points		190		24		104		220		193		193	

Total Male	457	160	122	430	452	193
Pos	1	5	6	3	2	4
Match Pts	6	2	1	4	5	3

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		11:30 AM		DATE		17/Jul/10	
EVENT		F2 - U20W - Hammer		LGE RECORD		49.85		ATHLETE		Toni WELLS - Swansea Harriers - 2010					
				WELSH RECORD		55.22		ATHLETE		Laura DOUGLAS - Sale Harriers - 2002					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	363	Ayla PHILLIPS	Cardiff AAC	37.10	36.02	NT	NT	37.10		2					
2	845	Toni WELLS	Swansea Harriers	47.60	NT	49.60	NT	49.60		1					
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	845	Toni WELLS	Swansea Harriers	49.60	9					REFEREE					
2	363	Ayla PHILLIPS	Cardiff AAC	37.10	10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		12:45 PM		DATE		17/Jul/10	
				LGE RECORD		55.48		ATHLETE		Peter STARK - Bridgend AC - 1979					
EVENT		F13 - Sen Men - Hammer		WELSH RECORD		68.64		ATHLETE		Shaun PICKERING - Haringey - 1984					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	827	Ritchie WELLS	Swansea Harriers	49.00	49.25	NT	49.61	49.61		1					
2	552	Dave STOKES	Deeside AAC	NT	23.86	21.06	NT	23.86		4					
3	670	Rob EALES	Newport Harriers	26.41	30.86	27.60	29.88	30.86		2					
4	826	Dave JONES	Swansea Harriers	12.95	NT	NT	11.08	12.95		5					
5	909	Mark RICH	Wrexham AC	27.30	NT	26.38	26.41	27.30		3					
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								

RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	827	Ritchie WELLS	Swansea Harriers	49.61	9					REFEREE	
2	670	Rob EALES	Newport Harriers	30.86	10						
3	909	Mark RICH	Wrexham AC	27.30	11					JUDGES	
4	552	Dave STOKES	Deeside AAC	23.86	12						
5	826	Dave JONES	Swansea Harriers	12.95	13						
6					14						
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		12:45 PM		DATE		17/Jul/10	
EVENT		F14 - U20M - Hammer		LGE RECORD		55.26		ATHLETE		Richie WELLS - Swansea Harriers - 2007					
				WELSH RECORD		58.44		ATHLETE		Matthew RICHARDS - Swansea Harriers - 2005					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	341	Kyle GARRISON	Cardiff AAC	14.40	14.49	14.96	NT	14.96		3					
2	343	Bradley COLE	Cardiff AAC	31.86	33.57	NT	28.15	33.57		1					
3	342	Gareth WINTER	Cardiff AAC	NT	30.15	:	:	30.15		2					
4	668	Lewis JONES	Newport Harriers	NT	NT	NT	NT	NMR							
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	343	Bradley COLE	Cardiff AAC	33.57	9					REFEREE					
2	342	Gareth WINTER	Cardiff AAC	30.15	10										
3	341	Kyle GARRISON	Cardiff AAC	14.96	11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		12:00 PM		DATE		17/Jul/10	
EVENT		F7 - Sen Men - Long Jump		LGE RECORD		7.44		ATHLETE		Richard JONES - - 1983					
				WELSH RECORD		8.23		ATHLETE		Lynn DAVIES - Cardiff AAC - 1968					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	664	Keith POWELL	Newport Harriers	4.76	4.83	4.91	NJ	4.91		3					
2	663	Stave WADLEY	Newport Harriers	4.34	NJ	4.32	NJ	4.34		4					
3	552	Dave STOKES	Deeside AAC	3.03	3.45	3.60	2.91	3.60		7					
4	553	Mark GARSTANG	Deeside AAC	3.52	4.02	3.95	:	4.02		5					
5	895	Nik MESNEY	Wrexham AC	5.32	:	:	:	5.32		1					
6	820	Richard LEDGER	Swansea Harriers	4.93	4.94	4.82	4.93	4.94		2					
7	351	Brian DIAS	Cardiff AAC	3.68	3.76	3.57	3.57	3.76		6					
8	909	Mark RICH	Wrexham AC	3.17	2.03	2.87	3.34	3.34		8					
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	895	Nik MESNEY	Wrexham AC	5.32	9					REFEREE					
2	820	Richard LEDGER	Swansea Harriers	4.94	10										
3	664	Keith POWELL	Newport Harriers	4.91	11					JUDGES					
4	663	Stave WADLEY	Newport Harriers	4.34	12										
5	553	Mark GARSTANG	Deeside AAC	4.02	13										
6	351	Brian DIAS	Cardiff AAC	3.76	14										
7	552	Dave STOKES	Deeside AAC	3.60	15										
8	909	Mark RICH	Wrexham AC	3.34	16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		12:00 PM		DATE		17/Jul/10	
				LGE RECORD		7.09		ATHLETE		Ricardo CHILDS - Brecon AC - 2003					
EVENT		F8 - U20M - Long Jump		WELSH RECORD		7.56		ATHLETE		Colin JACKSON - Cardiff AAC - 1985					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	645	Tom MORGAN	Newport Harriers	5.77	5.85	NJ	:	5.85		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								

RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	645	Tom MORGAN	Newport Harriers	5.85	9					REFEREE	
2					10					JUDGES	
3					11						
4					12						
5					13						
6					14						
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		12:00 PM		DATE		17/Jul/10	
EVENT		F9 - U17M - Long Jump		LGE RECORD		6.88		ATHLETE		Ricardo CHILDS - Brecon AC - 2001					
				WELSH RECORD		7.11		ATHLETE		Marcus BROWNING - Chester AC - 1986					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	840	Jack SWISTUN	Swansea Harriers	4.60	4.38	4.36	NJ	4.60		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
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13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	840	Jack SWISTUN	Swansea Harriers	4.60	9					REFEREE					
2					10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		1:45 PM		DATE		17/Jul/10	
EVENT		F25 - Sen Women - Long Jump		LGE RECORD		6.18		ATHLETE		Gillian REGAN - Cardiff AAC - 1981					
				WELSH RECORD		6.52		ATHLETE		Gill REGAN - Cardiff AAC - 1982					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	555	Emma GARSTANG	Deeside AAC	4.33	NJ	NJ	NJ	4.33		1					
2	574	Emma MITCHELL	Deeside AAC	3.03	3.11	3.07	2.95	3.11		2					
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
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11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	555	Emma GARSTANG	Deeside AAC	4.33	9					REFEREE					
2	574	Emma MITCHELL	Deeside AAC	3.11	10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		1:45 PM		DATE		17/Jul/10	
				LGE RECORD		5.58		ATHLETE		Lara RICHARDS - Newport Harriers -					
EVENT		F26 - U20W - Long Jump		WELSH RECORD		6.25		ATHLETE		Lisa ARMSTRONG - Torfaen AC - 1992					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	847	Sarah EVANS	Swansea Harriers	NJ	NJ	4.08	4.37	4.37		3					
2	848	Catrin STONE	Swansea Harriers	4.91	3.51	3.51	3.01	4.91		2					
3	438	Ffion REES	Carmarthen Harriers	5.10	NJ	5.10	NJ	5.10		1					
4	361	Aimee HENDRICKSON	Cardiff AAC	3.67	4.17	3.33	3.80	4.17		4					
5	362	Eluned HYDE	Cardiff AAC	NJ	3.31	3.11	:	3.31		5					
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								

RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	438	Ffion REES	Carmarthen Harriers	5.10	9					REFEREE	
2	848	Catrin STONE	Swansea Harriers	4.91	10						
3	847	Sarah EVANS	Swansea Harriers	4.37	11					JUDGES	
4	361	Aimee HENDRICKSON	Cardiff AAC	4.17	12						
5	362	Eluned HYDE	Cardiff AAC	3.31	13						
6					14						
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		1:45 PM		DATE		17/Jul/10	
EVENT		F27 - U17W - Long Jump		LGE RECORD		5.59		ATHLETE		Sarah DACEY - Swansea Harriers - 2007					
				WELSH RECORD		6.01		ATHLETE		Lisa ARMSTRONG - Torfaen AC - 1990					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	547	Amy CROCOMBE	Deeside AAC	4.04	4.07	4.03	NJ	4.07		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	547	Amy CROCOMBE	Deeside AAC	4.07	9					REFEREE					
2					10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		12:45 PM		DATE		17/Jul/10	
EVENT		F10 - Sen Women - Shot Put		LGE RECORD		18.93		ATHLETE		Vanissa HEAD - Cardiff AAC - 1984					
				WELSH RECORD		18.93		ATHLETE		Vanissa HEAD - Cardiff AAC - 1984					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	437	Catherine GOLDSMITH	Carmarthen Harriers	9.22	NT	9.99	9.81	9.99		1					
2	555	Emma GARSTANG	Deeside AAC	7.56	7.99	7.56	:	7.99		2					
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
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12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	437	Catherine GOLDSMITH	Carmarthen Harriers	9.99	9					REFEREE					
2	555	Emma GARSTANG	Deeside AAC	7.99	10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		12:45 PM		DATE		17/Jul/10	
				LGE RECORD		13.24		ATHLETE		Sally HINDS - Swansea Harriers - 2005					
EVENT		F11 - U20W - Shot Put		WELSH RECORD		14.72		ATHLETE		Sally HINDS - Swansea Harriers - 2005					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	537	Alex ELLIOT	Deeside AAC	7.16	NT	7.33	7.42	7.42		3					
2	438	Ffion REES	Carmarthen Harriers	7.05	6.87	:	:	7.05		4					
3	845	Toni WELLS	Swansea Harriers	10.15	9.82	9.93	10.96	10.96		1					
4	363	Ayla PHILLIPS	Cardiff AAC	9.37	10.31	9.81	10.57	10.57		2					
5	361	Aimee HENDRICKSON	Cardiff AAC	3.73	NT	4.58	:	4.58		5					
6	362	Eluned HYDE	Cardiff AAC	3.63	3.64	4.18	:	4.18		6					
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								

RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	845	Toni WELLS	Swansea Harriers	10.96	9					REFEREE	
2	363	Ayla PHILLIPS	Cardiff AAC	10.57	10						
3	537	Alex ELLIOT	Deeside AAC	7.42	11					JUDGES	
4	438	Ffion REES	Carmarthen Harriers	7.05	12						
5	361	Aimee HENDRICKSON	Cardiff AAC	4.58	13						
6	362	Eluned HYDE	Cardiff AAC	4.18	14						
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		12:45 PM		DATE		17/Jul/10	
EVENT		F12 - U17W - Shot Put		LGE RECORD		11.47		ATHLETE		Sally HINDS - Swansea Harriers - 2002					
				WELSH RECORD		13.65		ATHLETE		Philipa ROLES - Swansea Harriers - 1994					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	547	Amy CROCOMBE	Deeside AAC	7.77	7.58	7.71	:	7.77		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
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12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	547	Amy CROCOMBE	Deeside AAC	7.77	9					REFEREE					
2					10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		2:00 PM		DATE		17/Jul/10	
				LGE RECORD		14.54		ATHLETE		Ben ROBERTS - Deeside AAC - 2006					
EVENT		F28 - Sen Men - Shot Put		WELSH RECORD		20.45		ATHLETE		Shaun PICKERING - Haringey - 1997					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	947	Ryan SPENCER-JONES	Birchfield Harriers - GUEST	NT	NT	NT	NT	NMR							
2	944	Francis BAKER	UWIC - GUEST	NT	NT	NT	NT	NMR							
3	353	Simon BULL	Cardiff AAC	10.72	10.85	NT	11.02	11.02		2					
4	825	Oliver WRIGHT	Swansea Harriers	9.80	10.55	9.84	10.43	10.55		4					
5	664	Keith POWELL	Newport Harriers	7.81	7.52	7.75	7.30	7.81		7					
6	663	Stave WADLEY	Newport Harriers	6.98	NT	7.30	7.27	7.30		8					
7	670	Rob EALES	Newport Harriers	10.16	11.25	11.42	11.32	11.42		1					
8	552	Dave STOKES	Deeside AAC	7.91	6.76	PASS	NT	7.91		6					
9	820	Richard LEDGER	Swansea Harriers	9.11	NT	NT	8.92	9.11		5					
10	892	Neil EDWARDS	Wrexham AC	9.15	9.95	10.60	NT	10.60		3					
11	826	Dave JONES	Swansea Harriers	6.11	6.23	5.99	6.14	6.23		10					
12	909	Mark RICH	Wrexham AC	6.80	7.01	7.04	6.98	7.04		9					
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								

RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	670	Rob EALES	Newport Harriers	11.42	9	909	Mark RICH	Wrexham AC	7.04	REFEREE	
2	353	Simon BULL	Cardiff AAC	11.02	10	826	Dave JONES	Swansea Harriers	6.23		
3	892	Neil EDWARDS	Wrexham AC	10.60	11					JUDGES	
4	825	Oliver WRIGHT	Swansea Harriers	10.55	12						
5	820	Richard LEDGER	Swansea Harriers	9.11	13						
6	552	Dave STOKES	Deeside AAC	7.91	14						
7	664	Keith POWELL	Newport Harriers	7.81	15						
8	663	Stave WADLEY	Newport Harriers	7.30	16						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		2:00 PM		DATE		17/Jul/10	
EVENT		F29 - U20M - Shot Put		LGE RECORD		16.34		ATHLETE		Brett MORSE - Cardiff AAC - 2008					
				WELSH RECORD		17.05		ATHLETE		Brett MORSE - Cardiff AAC - 2008					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	421	Tom EDWARDS	Carmarthen Harriers	12.67	12.36	:	:	12.67		2					
2	342	Gareth WINTER	Cardiff AAC	14.53	NT	NT	14.80	14.80		1					
3	343	Bradley COLE	Cardiff AAC	9.46	9.04	9.10	8.52	9.46		3					
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFEREE					
1	342	Gareth WINTER	Cardiff AAC	14.80	9										
2	421	Tom EDWARDS	Carmarthen Harriers	12.67	10					JUDGES					
3	343	Bradley COLE	Cardiff AAC	9.46	11										
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

NEW LEAGUE RECORD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		2:45 PM		DATE		17/Jul/10	
				LGE RECORD		45.50		ATHLETE		David COLEMAN - Cardiff AAC - 2009					
EVENT		F31 - Sen Men - Discus		WELSH RECORD		62.99		ATHLETE		Brett MORSE - Birchfield Harriers - 2010					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	909	Mark RICH	Wrexham AC	18.92	15.59	17.15	15.24	18.92		10					
2	892	Neil EDWARDS	Wrexham AC	NT	28.98	27.68	NT	28.98		5					
3	553	Mark GARSTANG	Deeside AAC	15.18	:	:	:	15.18		11					
4	552	Dave STOKES	Deeside AAC	27.05	28.46	28.46	NT	28.46		6					
5	944	Francis BAKER	UWIC - GUEST	33.68	NT	33.54	32.13	33.68		2					
6	664	Keith POWELL	Newport Harriers	24.40	21.71	23.98	24.11	24.40		7					
7	663	Stave WADLEY	Newport Harriers	18.83	20.00	19.73	20.15	20.15		9					
8	670	Rob EALES	Newport Harriers	25.89	NT	29.97	27.23	29.97		4					
9	826	Dave JONES	Swansea Harriers	12.94	13.56	12.60	12.45	13.56		12					
10	825	Oliver WRIGHT	Swansea Harriers	23.45	NT	:	:	23.45		8					
11	353	Simon BULL	Cardiff AAC	30.11	32.44	30.60	:	32.44		3					
12	947	Ryan SPENCER-JONES	Birchfield Harriers - GUEST	48.23	49.49	45.92	NT	49.49		1					
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								

RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	947	Ryan SPENCER-JONES	Birchfield Harriers - GUEST	49.49	9	663	Stave WADLEY	Newport Harriers	20.15	REFEREE	
2	944	Francis BAKER	UWIC - GUEST	33.68	10	909	Mark RICH	Wrexham AC	18.92		
3	353	Simon BULL	Cardiff AAC	32.44	11	553	Mark GARSTANG	Deeside AAC	15.18	JUDGES	
4	670	Rob EALES	Newport Harriers	29.97	12	826	Dave JONES	Swansea Harriers	13.56		
5	892	Neil EDWARDS	Wrexham AC	28.98	13						
6	552	Dave STOKES	Deeside AAC	28.46	14						
7	664	Keith POWELL	Newport Harriers	24.40	15						
8	825	Oliver WRIGHT	Swansea Harriers	23.45	16						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		2:45 PM		DATE		17/Jul/10	
EVENT		F32 - U20M - Discus		LGE RECORD		58.37		ATHLETE		Brett MORSE - Cardiff AAC - 2008					
				WELSH RECORD		58.37		ATHLETE		Brett MORSE - Cardiff AAC - 2008					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	341	Kyle GARRISON	Cardiff AAC	NT	14.73	:	:	14.73		5					
2	342	Gareth WINTER	Cardiff AAC	NT	45.11	NT	44.99	45.11		1					
3	343	Bradley COLE	Cardiff AAC	NT	28.86	NT	NT	28.86		3					
4	833	Jamie PRICE	Swansea Harriers	22.04	:	:	:	22.04		4					
5	421	Tom EDWARDS	Carmarthen Harriers	37.38	35.39	:	:	37.38		2					
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	342	Gareth WINTER	Cardiff AAC	45.11	9					REFEREE					
2	421	Tom EDWARDS	Carmarthen Harriers	37.38	10										
3	343	Bradley COLE	Cardiff AAC	28.86	11					JUDGES					
4	833	Jamie PRICE	Swansea Harriers	22.04	12										
5	341	Kyle GARRISON	Cardiff AAC	14.73	13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		3:45 PM		DATE		17/Jul/10	
EVENT		F44 - U20W - Discus		LGE RECORD		62.02		ATHLETE		Vanissa HEAD - Cardiff AAC - 1984					
				WELSH RECORD		64.68		ATHLETE		Vanissa HEAD - Cardiff AAC - 1983					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	666	Sian JORDAN	Newport Harriers	24.19	25.32	23.52	23.46	25.32		2					
2	845	Toni WELLS	Swansea Harriers	29.43	NT	31.70	28.99	31.70		1					
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	845	Toni WELLS	Swansea Harriers	31.70	9					REFEREE					
2	666	Sian JORDAN	Newport Harriers	25.32	10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

NEW LEAGUE RECORD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		3:30 PM		DATE		17/Jul/10	
EVENT		F37 - Sen Women - Triple Jump		LGE RECORD		11.76		ATHLETE		Jayne LUDLOW - Cardiff AAC - 1994					
				WELSH RECORD		12.75		ATHLETE		Sara BARRY - Cardiff AAC - 2009					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	369	Sara BARRY	Cardiff AAC	NJ	12.53	NJ	12.34	12.53		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	369	Sara BARRY	Cardiff AAC	12.53	9					REFEREE					
2					10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		3:30 PM		DATE		17/Jul/10	
EVENT		F39 - U17W - Triple Jump		LGE RECORD		10.93		ATHLETE		Amy BRADLEY - Cwmbran Harriers - 2008					
				WELSH RECORD		12.14		ATHLETE		Jayne LUDLOW - Cardiff AAC - 1994					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	547	Amy CROCOMBE	Deeside AAC	8.83	8.96	9.23	:	9.23		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	547	Amy CROCOMBE	Deeside AAC	9.23	9					REFEREE					
2					10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		3:30 PM		DATE		17/Jul/10	
EVENT		F40 - Sen Men - Triple Jump		LGE RECORD		14.74		ATHLETE		Charles MADERIA-COLE - Carmarthen Harriers - 1997					
				WELSH RECORD		16.71		ATHLETE		Steven SHALDERS - Cardiff AAC - 2005					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	824	Daniel WILLIAMS	Swansea Harriers	10.47	:	:	:	10.47		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	824	Daniel WILLIAMS	Swansea Harriers	10.47	9					REFEREE					
2					10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		3:30 PM		DATE		17/Jul/10	
EVENT		F41 - U20M - Triple Jump		LGE RECORD		14.05		ATHLETE		Adam WILLIAMS - Menai T&F - 2007					
				WELSH RECORD		15.99		ATHLETE		Steven SHALDERS - Cardiff AAC - 2000					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	829	Jordan BROCK	Swansea Harriers	10.75	11.27	11.37	11.45	11.45		2					
2	341	Kyle GARRISON	Cardiff AAC	8.44	8.72	8.76	9.07	9.07		3					
3	337	Kostantinos KARRAS	Cardiff AAC	11.09	11.92	12.33	12.17	12.33		1					
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFeree JUDGES					
1	337	Kostantinos KARRAS	Cardiff AAC	12.33	9										
2	829	Jordan BROCK	Swansea Harriers	11.45	10										
3	341	Kyle GARRISON	Cardiff AAC	9.07	11										
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		3:30 PM		DATE		17/Jul/10	
EVENT		F34 - Sen Women - Javelin		LGE RECORD		47.94		ATHLETE		Karen HOUGH - Swansea Harriers - 1984					
				WELSH RECORD		52.68		ATHLETE		Lianne CLARKE - Cardiff AAC - 2007					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	440	Sara SIGGERY	Carmarthen Harriers	41.18	41.95	40.60	44.66	44.66		1					
2	437	Catherine GOLDSMITH	Carmarthen Harriers	29.46	28.53	26.93	25.13	29.46		2					
3	853	Jo DAVIS	Swansea Harriers	25.54	24.10	25.11	NT	25.54		3					
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	440	Sara SIGGERY	Carmarthen Harriers	44.66	9					REFEREE					
2	437	Catherine GOLDSMITH	Carmarthen Harriers	29.46	10										
3	853	Jo DAVIS	Swansea Harriers	25.54	11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		3:30 PM		DATE		17/Jul/10	
				LGE RECORD		46.79		ATHLETE		Lianne CLARKE - Neath Harriers - 2005					
EVENT		F35 - U20W - Javelin		WELSH RECORD		50.95		ATHLETE		Lianne CLARKE - Cardiff AAC - 2004					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	363	Ayla PHILLIPS	Cardiff AAC	25.18	23.55	25.62	NT	25.62		1					
2	847	Sarah EVANS	Swansea Harriers	12.34	14.41	:	:	14.41		5					
3	848	Catrin STONE	Swansea Harriers	18.15	23.01	:	:	23.01		3					
4	438	Ffion REES	Carmarthen Harriers	17.31	15.55	17.23	:	17.31		4					
5	845	Toni WELLS	Swansea Harriers	NT	21.04	24.52	22.16	24.52		2					
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								

RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	363	Ayla PHILLIPS	Cardiff AAC	25.62	9					REFEREE	
2	845	Toni WELLS	Swansea Harriers	24.52	10						
3	848	Catrin STONE	Swansea Harriers	23.01	11					JUDGES	
4	438	Ffion REES	Carmarthen Harriers	17.31	12						
5	847	Sarah EVANS	Swansea Harriers	14.41	13						
6					14						
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		3:30 PM		DATE		17/Jul/10	
EVENT		F36 - U17W - Javelin		LGE RECORD		44.40		ATHLETE		Lianne CLARKE - Neath Harriers - 2003					
				WELSH RECORD		45.55		ATHLETE		Lianne CLARKE - Neath Harriers - 2003					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	355	Bethany WHEDDON	Cardiff AAC	NT	8.81	NT	:	8.81		1					
2	358	Rebecca WARD	Cardiff AAC	NT	NT	6.04	:	6.04		2					
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	355	Bethany WHEDDON	Cardiff AAC	8.81	9					REFEREE					
2	358	Rebecca WARD	Cardiff AAC	6.04	10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		4:30 PM		DATE		17/Jul/10	
				LGE RECORD		65.76		ATHLETE		Jonathan CLARKE - Swansea Harriers - 1988					
EVENT		F46 - Sen Men - Javelin		WELSH RECORD		81.70		ATHLETE		Nigel BEVAN - Belgrave Harriers - 1992					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	892	Neil EDWARDS	Wrexham AC	40.28	38.39	39.38	NT	40.28		4					
2	909	Mark RICH	Wrexham AC	21.52	22.00	20.70	21.01	22.00		7					
3	825	Oliver WRIGHT	Swansea Harriers	38.63	46.63	42.47	:	46.63		2					
4	820	Richard LEDGER	Swansea Harriers	41.66	41.20	39.20	40.99	41.66		3					
5	552	Dave STOKES	Deeside AAC	21.76	:	:	:	21.76		8					
6	664	Keith POWELL	Newport Harriers	21.72	NT	25.13	25.65	25.65		6					
7	663	Stave WADLEY	Newport Harriers	23.90	NT	NT	26.91	26.91		5					
8	826	Dave JONES	Swansea Harriers	20.22	NT	:	:	20.22		9					
9	353	Simon BULL	Cardiff AAC	43.68	43.79	43.71	48.17	48.17		1					
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								

RESULTS

POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	OFFICIALS SIGNATURES
1	353	Simon BULL	Cardiff AAC	48.17	9	826	Dave JONES	Swansea Harriers	20.22	
2	825	Oliver WRIGHT	Swansea Harriers	46.63	10					JUDGES
3	820	Richard LEDGER	Swansea Harriers	41.66	11					
4	892	Neil EDWARDS	Wrexham AC	40.28	12					
5	663	Stave WADLEY	Newport Harriers	26.91	13					
6	664	Keith POWELL	Newport Harriers	25.65	14					
7	909	Mark RICH	Wrexham AC	22.00	15					
8	552	Dave STOKES	Deeside AAC	21.76	16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		4:30 PM		DATE		17/Jul/10	
				LGE RECORD		62.66		ATHLETE		Jason COPSEY - Cwmbran Harriers - 2010					
EVENT		F47 - U20M - Javelin		WELSH RECORD		68.74		ATHLETE		Jonathan CLARKE - Swansea Harriers - 1986					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	343	Bradley COLE	Cardiff AAC	29.26	36.96	36.02	36.25	36.96		2					
2	341	Kyle GARRISON	Cardiff AAC	27.10	28.04	28.60	27.02	28.60		3					
3	342	Gareth WINTER	Cardiff AAC	42.11	37.62	:	:	42.11		1					
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								

RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	342	Gareth WINTER	Cardiff AAC	42.11	9					REFEREE	
2	343	Bradley COLE	Cardiff AAC	36.96	10						
3	341	Kyle GARRISON	Cardiff AAC	28.60	11					JUDGES	
4					12						
5					13						
6					14						
7					15						
8					16						

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Newport			TIME		12:00 PM		DATE		17-Jul-10				
EVENT		F4 - Sen Women - High Jump			LGE RECORD		1.73			ATHLETE		Rebecca JONES - Wrexham AC 1999								
					WELSH RECORD		1.89			ATHLETE		Julie CRANE - Sale Harriers 2004								
		START HEIGHT		1.45		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE									
Order	No	NAME	CLUB	Start Height	1.45	1.60	1.65	1.70	1.75						Best of all trials	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						
1	852	Ceri STOKOE	Swansea Harriers	1.60		o	o	xo	xxx						1.70				1	
2	942	Kate LYSONS	UWIC - GUEST	1.60		o	xo	xo	xxx						1.70				2	
3																		0		
4																		0		
5																		0		
6																		0		
7																		0		
8																		0		
9																		0		
10																		0		
11																		0		
12																		0		
13																		0		
14																		0		
15																		0		
16																		0		
RESULTS																OFFICIALS SIGNATURES				
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT											
1	852	Ceri STOKOE	Swansea Harriers	1.70	9					REFEREE										
2	942	Kate LYSONS	UWIC - GUEST	1.70	10															
3					11					JUDGES										
4					12															
5					13															
6					14															
7					15															
8					16															

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Newport			TIME		12:00 PM		DATE		17-Jul-10					
EVENT		F5 - U20W - High Jump			LGE RECORD		1.80			ATHLETE		Ceri STOKOE - Swansea Harriers 1.80									
					WELSH RECORD		1.88			ATHLETE		Rebecca JONES - Wrexham AC 1.88 2002									
		START HEIGHT		1.35		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE										
Order	No	NAME	CLUB	Start Height	1.35	1.40	1.45	1.50	1.55	1.60	1.65				Best of all trials	Trials at	Total	Failures Total	Trials Final	Position	A or B
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres								
1	365	Gwen WILLIAMS	Cardiff AAC	1.45			o	o	xo	xo	xxx				1.60					1	
2	537	Alex ELLIOT	Deeside AAC	1.40		o	o	o	xxx						1.50					2	
3																			0		
4																			0		
5																			0		
6																			0		
7																			0		
8																			0		
9																			0		
10																			0		
11																			0		
12																			0		
13																			0		
14																			0		
15																			0		
16																			0		
RESULTS																	OFFICIALS SIGNATURES				
Pos	No.	NAME	CLUB	PERF	Pos	No.	NAME	CLUB	PERF												
1	365	Gwen WILLIAMS	Cardiff AAC	1.60	9					REFEREE											
2	537	Alex ELLIOT	Deeside AAC	1.50	10																
3					11					JUDGES											
4					12																
5					13																
6					14																
7					15																
8					16																

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Newport			TIME		1:45 PM		DATE		17-Jul-10										
EVENT		F22 - Sen Men - High Jump			LGE RECORD		2.05			ATHLETE		Paul EVANS - 2.05 1983														
					WELSH RECORD		2.25			ATHLETE		Robert MITCHELL - Sale Harriers 2.25 2001														
		START HEIGHT		1.55		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE															
Order	No	NAME	CLUB	Start Height	1.55	1.70	1.75	1.80	1.85	1.90	1.95				Best of all trials	Trials at	Total	Failures	Total	Trials	Final	Position	A or B			
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres									Metres			
1	352	Lewis LONG	Cardiff AAC	1.75			o	o	o	xo	xxx				1.90						0	1				
2	824	Daniel WILLIAMS	Swansea Harriers	1.70		xxo	xxx								1.70						0	2				
3	662	Andy HOLE	Newport Harriers	1.55	xxx																0					
4																					0					
5																						0				
6																						0				
7																						0				
8																						0				
9																						0				
10																						0				
11																						0				
12																						0				
13																						0				
14																						0				
15																						0				
16																						0				
RESULTS																OFFICIALS SIGNATURES										
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT																	
1	352	Lewis LONG	Cardiff AAC	1.90	9					REFEREE																
2	824	Daniel WILLIAMS	Swansea Harriers	1.70	10																					
3					11					JUDGES																
4					12																					
5					13																					
6					14																					
7					15																					
8					16																					

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Newport			TIME		1:45 PM		DATE		17-Jul-10									
EVENT		F23 - U20M - High Jump			LGE RECORD		1.98			ATHLETE		Gareth HAINES - Carmarthen Harriers 1.98													
					WELSH RECORD		2.24			ATHLETE		John HILL - Solihull 2.24 1985													
		START HEIGHT		1.45		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE														
Order	No	NAME	CLUB	Start Height	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85	1.90	Best of all trials	Trials at	Total	Failures	Total	Trials	Final	Position	A or B		
					1.95	2.00																			
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres										Metres	Metres
1	637	Connor HARTE	Newport Harriers	1.45	o	o	xo	o	o	xxx					1.65					4					
2	829	Jordan BROCK	Swansea Harriers	1.65					o	xxx					1.65					3					
3	645	Tom MORGAN	Newport Harriers	1.70						o	o	xo	xxx		1.80					2					
4	832	Ben DAVIES	Swansea Harriers	1.80	o	xxx						o	o	xo	1.95					1					
5																				0					
6																					0				
7																					0				
8																					0				
9																					0				
10																					0				
11																					0				
12																					0				
13																					0				
14																					0				
15																					0				
16																					0				

RESULTS															OFFICIALS SIGNATURES						
Pos	No.	NAME	CLUB	PERF	Pos	No.	NAME	CLUB	PERF												
1	832	Ben DAVIES	Swansea Harriers	1.95	9					REFEREE											
2	645	Tom MORGAN	Newport Harriers	1.80	10																
3	829	Jordan BROCK	Swansea Harriers	1.65	11					JUDGES											
4	637	Connor HARTE	Newport Harriers	1.65	12																
5					13																
6					14																
7					15																
8					16																

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Newport			TIME		1:45 PM		DATE		17-Jul-10					
EVENT		F24 - U17M - High Jump			LGE RECORD		2.05			ATHLETE		Sam HOOD - Cardiff AAC 2.05									
					WELSH RECORD		2.15			ATHLETE		Chuka ENIH-SNELL - Swansea Harriers 2.15 2000									
		START HEIGHT		1.35		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE										
Order	No	NAME	CLUB	Start Height	1.35	1.65	1.70	1.75							Best of all trials	Trials at	Total	Failures Total	Trials Final	Position	A or B
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	843	Ben JENKINS	Swansea Harriers	1.65		xx0	x0	xxx							1.70					1	
2																			0		
3																			0		
4																			0		
5																			0		
6																			0		
7																			0		
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9																			0		
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11																			0		
12																			0		
13																			0		
14																			0		
15																			0		
16																			0		

RESULTS										OFFICIALS SIGNATURES	
Pos	No.	NAME	CLUB	PERF	Pos	No.	NAME	CLUB	PERF		
1	843	Ben JENKINS	Swansea Harriers	1.70	9					REFEREE	
2					10					JUDGES	
3					11						
4					12						
5					13						
6					14						
7					15						
8					16						

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Newport			TIME		1:00 PM		DATE		17-Jul-10						
EVENT		F16 - Sen Men - Pole Vault			LGE RECORD		4.75			ATHLETE		Alessandro CAMBON - 4.75 2001										
					WELSH RECORD		5.60			ATHLETE		Neil WINTER - Shaftesbury 5.6 1995										
		START HEIGHT		2.50		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE											
Order	No	NAME	CLUB	Start Height	2.50	2.70	2.90	3.00	3.10	3.30					Best of all trials	Trials at	Total	Failures Total	Trials Final	Position	A or B	
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							Metres	
1	892	Neil EDWARDS	Wrexham AC	2.50	o	o	o		xxo	xxx					3.10					1		
2	664	Keith POWELL	Newport Harriers	2.50	o	xo	o	xxx							2.90					2		
3																						
4																						
5																						
6																						
7																						
8																						
9																						
10																						
11																						
12																						
13																						
14																						
15																						
16																						
RESULTS																OFFICIALS SIGNATURES						
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT							REFEREE						
1	892	Neil EDWARDS	Wrexham AC	3.10	9																	
2	664	Keith POWELL	Newport Harriers	2.90	10																	
3					11											JUDGES						
4					12																	
5					13																	
6					14																	
7					15																	
8					16																	

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Newport			TIME		1:00 PM		DATE		17-Jul-10					
EVENT		F17 - U20M - Pole Vault			LGE RECORD		4.20			ATHLETE		Paul WALKER - Cardiff AAC 4.20 2003									
					WELSH RECORD		5.50			ATHLETE		Neil WINTER - Shaftesbury 5.5 1992									
		START HEIGHT		2.50		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE										
Order	No	NAME	CLUB	Start Height	2.50	3.80	3.90	4.00							Best of all trials	Trials at	Total	Failures Total	Trials Final	Position	A or B
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	426	Emyr JONES	Carmarthen Harriers	3.80		o		xxx							3.80				1		
2																			0		
3																			0		
4																			0		
5																			0		
6																			0		
7																			0		
8																			0		
9																			0		
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11																			0		
12																			0		
13																			0		
14																			0		
15																			0		
16																			0		

RESULTS										OFFICIALS SIGNATURES	
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT		
1	426	Emyr JONES	Carmarthen Harriers	3.80	9					REFEREE	
2					10					JUDGES	
3					11						
4					12						
5					13						
6					14						
7					15						
8					16						

WELSH ATHLETICS HEIGHT CARD

NEW LEAGUE RECORD

MEETING		Welsh U17/U20/Senior League			VENUE		Newport			TIME		1:00 PM		DATE		17-Jul-10					
EVENT		F19 - Sen Women - Pole Vault			LGE RECORD		3.60			ATHLETE		Lyndsey MAUND - Swansea Harriers 3.60 2010									
					WELSH RECORD		4.15			ATHLETE		Rhian CLARKE - Essex Ladies 4.15 2002									
		START HEIGHT		2.00		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE										
Order	No	NAME	CLUB	Start Height	2.00	3.50	3.60	3.70	3.80	3.90	4.00				Best of all trials	Trials at	Total	Failures Total	Trials Final	Position	A or B
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	851	Lyndsey MAUND	Swansea Harriers	3.50		o	o	xxo	o	x	xx				3.80				1		
2																		0			
3																		0			
4																		0			
5																		0			
6																		0			
7																		0			
8																		0			
9																		0			
10																		0			
11																		0			
12																		0			
13																		0			
14																		0			
15																		0			
16																		0			

RESULTS										OFFICIALS SIGNATURES									
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT										
1	851	Lyndsey MAUND	Swansea Harriers	3.80	9					REFEREE									
2					10														
3					11					JUDGES									
4					12														
5					13														
6					14														
7					15														
8					16														

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Newport			TIME		1:00 PM		DATE		17-Jul-10						
EVENT		F20 - U20W - Pole Vault			LGE RECORD		3.50			ATHLETE		Elinor LEWIS / Rebecca DAVIES - Cardiff AAC / Deeside AAC 3.50 2009 / 2010										
					WELSH RECORD		3.70			ATHLETE		Rhian CLARKE - Essex Ladies 3.7 1996										
		START HEIGHT		2.00		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE											
Order	No	NAME	CLUB	Start Height	2.00	2.90	3.00	3.10	3.20	3.30	3.40				Best of all trials	Trials at	Total	Failures Total	Trials Final	Position	A or B	
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres								
1	849	Emma JONES	Swansea Harriers	2.90		xo	x	xo	xx						3.10					2		
2	364	Elinor LEWIS	Cardiff AAC	3.30						xo	xxx				3.30					1		
3																						
4																						
5																						
6																						
7																						
8																						
9																						
10																						
11																						
12																						
13																						
14																						
15																						
16																						
RESULTS																	OFFICIALS SIGNATURES					
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT													
1	364	Elinor LEWIS	Cardiff AAC	3.30	9					REFEREE												
2	849	Emma JONES	Swansea Harriers	3.10	10					JUDGES												
3					11																	
4					12																	
5					13																	
6					14																	
7					15																	
8					16																	

Welsh Athletics
Senior League
Newport

Saturday-17-Jul-2010



WELSH ATHLETICS
ATHLETAU CYMRU

Division 2

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Danielle BARKER Neath Harriers 12.2 2003

Welsh Record - Sallyanne SHORT / Rachel JOHNSON Torfaen AC / Colwyn Bay 11.88/11.88w 1984/2009

Event T15 - 100m - U17W

wind: +0.9

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	691	Amber KIRK	Pembroke Harriers	13.89	

League Record - Heather JONES Carmarthen Harriers 11.3 2003

Welsh Record - Heather JONES Carmarthen Harriers 11.27 2003

Event T36 - 80m hurdles - U17W

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	689	Helena MADAN	Pembroke Harriers	13.91	

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Sarah DACEY Swansea Harriers 5.59 2007

Welsh Record - Lisa ARMSTRONG Torfaen AC 6.01 1990

Event F27 - Long Jump - U17W

Pos	Bib	Athlete	Club	Perf	AW
1	688	Eleanor ROWLAND	Pembroke Harriers	4.76	*

League Record - Sally HINDS Swansea Harriers 11.47 2002

Welsh Record - Philipa ROLES Swansea Harriers 13.65 1994

Event F12 - Shot Put - U17W

Pos	Bib	Athlete	Club	Perf	AW
1	689	Helena MADAN	Pembroke Harriers	8.14	*

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Susan BAGNALL Deeside AAC 12.3 2003

Welsh Record - Helin MILES Cardiff AAC 11.62 1985

Event T14 - 100m - U20W

wind: -1.3

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	486	Claire WILLIAMS	Cwmbran Harriers	12.81	*
2	485	Amy BRADLEY	Cwmbran Harriers	14.00	

League Record - Melanie STEPHENSON Cardiff AAC 24.7 2005

Welsh Record - Michelle PROBERT Sale Harriers 23.60 1976

Event T53 - 200m - U20W

wind: -3.7

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	486	Claire WILLIAMS	Cwmbran Harriers	26.44	*

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Samantha PORTER Cardiff AAC 2.11.1 1989

Welsh Record - Kirsty MADERMOTT Bristol 1.57.42 1985

Event T29 - 800m - Sen Women

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	587	Jenny PHILLIPS	Llanelli AC	2:33.2	

League Record - Hayley NASH Swansea Harriers 4.24.4 1987

Welsh Record - Hayley TULLETT Swansea Harriers 3.59.95 2000

Event T45 - 1500m - Sen Women

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	587	Jenny PHILLIPS	Llanelli AC	5:13.86	
2	780	Ann FOLAN	Rhondda AC	6:25.09	

League Record - Caryl JONES Carmarthen Harriers 9.48.3 2010

Welsh Record - Hayley TULLETT Swansea Harriers 8.45.39 2000

Event T19 - 3000m - Sen Women

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	780	Ann FOLAN	Rhondda AC	13:29.9	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Vanessa HEAD Cardiff AAC 18.93 1984

Welsh Record - Vanessa HEAD Cardiff AAC 18.93 1984

Event F10 - Shot Put - Sen Women

Pos	Bib	Athlete	Club	Perf	AW
1	779	Carys PARRY	Rhondda AC	9.90	*
2	698	Karen LLEWELLIN	Pembroke Harriers	8.80	*
3	778	Cath ALFORD	Rhondda AC	8.77	*
4	699	Tracy LLEWELLIN	Pembroke Harriers	5.83	
5	781	Sharon JAMES	Rhondda AC	4.83	

League Record - Fay CALVERT Deeside AAC 36.70 2010

Welsh Record - Philpa ROLES Swansea Harriers 48.88 1994

Event F43 - Discus - Sen Women

Pos	Bib	Athlete	Club	Perf	AW
1	779	Carys PARRY	Rhondda AC	32.17	*
2	698	Karen LLEWELLIN	Pembroke Harriers	26.62	*
3	699	Tracy LLEWELLIN	Pembroke Harriers	24.03	*
4	781	Sharon JAMES	Rhondda AC	13.15	

League Record - Carys PARRY Rhondda AC 56.96 2005

Welsh Record - Carys PARRY Rhondda AC 66.31 2008

NEW LEAGUE RECORD

Event F1 - Hammer - Sen Women

Pos	Bib	Athlete	Club	Perf	AW
1	779	Carys PARRY	Rhondda AC	61.15	*
2	778	Cath ALFORD	Rhondda AC	31.00	*
3	698	Karen LLEWELLIN	Pembroke Harriers	27.08	*
4	699	Tracy LLEWELLIN	Pembroke Harriers	17.63	
5	781	Sharon JAMES	Rhondda AC	14.44	

League Record - Karen HOUGH Swansea Harriers 47.94 1984

Welsh Record - Lianne CLARKE Cardiff AAC 52.68 2007

Event F34 - Javelin - Sen Women

Pos	Bib	Athlete	Club	Perf	AW
1	698	Karen LLEWELLIN	Pembroke Harriers	18.49	
2	781	Sharon JAMES	Rhondda AC	8.97	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Lloyd REFFELL Cardiff AAC 11.2 2005

Welsh Record - Tim BENJAMIN / Andrew WATKINS Cardiff AAC / Cwmbran H 10.71 1998 / 2003

Event T12 - 100m - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	693	Tom MORRISSEY	Pembroke Harriers	12.56	

League Record - Thomas CUSWORTH Wrexham AC 22.5 2008

Welsh Record - Tim BENJAMIN Cardiff AAC 21.19 1998

Event T51 - 200m - U17M

wind: -4.3

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	484	Conal DAVIS	Cwmbran Harriers	25.07	

League Record - Rhodri SCANLON Carmarthen Harriers 51.1 2003

Welsh Record - Bruce TASKER Carmarthen Harriers 47.85 2004

Event T39 - 400m - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	484	Conal DAVIS	Cwmbran Harriers	54.23	*

League Record - Dafydd WALTERS Carmarthen Harriers 13.8 2007

Welsh Record - David GUEST Bridgend AC 12.94 2007

Event T34 - 100m hurdles - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	693	Tom MORRISSEY	Pembroke Harriers	17.05	

League Record - Mitchell ASPLAND Neath Harriers 4.40.0 2003

Welsh Record - Steve EVANS Abertillery AC 4.11.2 1974

Event T18 - 1500m Steeplechase - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	695	Morgan SMITH	Pembroke Harriers	5:04.82	*

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Tom EDWARDS Carmarthen Harriers 15.37 2008

Welsh Record - Mark HEWER Cardiff AAC 16.93 1979

Event F30 - Shot Put - U17M

Pos	Bib	Athlete	Club	Perf	AW
1	693	Tom MORRISSEY	Pembroke Harriers	7.81	

League Record - Jon LLEWELLYN Carmarthen Harriers 60.17 2009

Welsh Record - Colin MACKENZIE East Kent 70.30 1979

Event F48 - Javelin - U17M

Pos	Bib	Athlete	Club	Perf	AW
1	483	Tom NORTON	Cwmbran Harriers	47.70	*
2	694	Ashley WATTS	Pembroke Harriers	36.26	*

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Calvin MCLAGGON Barry & Vale H 22.20 2003

Welsh Record - Christian MALCOLM Cardiff AAC 20.29 1998

Event T50 - 200m - U20M

wind: -4.0

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	487	Craig GODSALL	Cwmbran Harriers	25.33	

League Record - Sam CONWAY Cardiff AAC 50.0 2010

Welsh Record - Tim BENJAMIN Cardiff AAC 46.10 2001

Event T38 - 400m - U20M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	489	Alex WOTMAN	Cwmbran Harriers	55.34	
2	488	Freddie NASERIYAN	Cwmbran Harriers	55.84	

League Record - Tom MARSHALL Brecon AC 4.05.6 2007

Welsh Record - Neil HORSEFIELD Newport Harriers 3.44.59 1984

Event T44 - 1500m - U20M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	695	Morgan SMITH	Pembroke Harriers	4:44.71	

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record Brett MORSE Cardiff AAC 16.34 2008**Welsh Record** Brett MORSE Cardiff AAC 17.05 2008**F29 - Shot Put - U20M**

Pos	Bib	Athlete	Club	Perf	AW
1	789	Ashley ANDREWS	Rhondda AC	11.23	*

League Record Brett MORSE Cardiff AAC 58.37 2008**Welsh Record** Brett MORSE Cardiff AAC 58.37 2008**F32 - Discus - U20M**

Pos	Bib	Athlete	Club	Perf	AW
1	789	Ashley ANDREWS	Rhondda AC	29.93	*

League Record Richie WELLS Swansea Harriers 55.26 2007**Welsh Record** Matthew RICHARDS Swansea Harriers 58.44 2005**F14 - Hammer - U20M**

Pos	Bib	Athlete	Club	Perf	AW
1	789	Ashley ANDREWS	Rhondda AC	49.32	*

League Record Jason COPSEY Cwmbran Harriers 62.66 2010**Welsh Record** Jonathan CLARKE Swansea Harriers 68.74 1986**F47 - Javelin - U20M**

Pos	Bib	Athlete	Club	Perf	AW
1	490	Jason COPSEY	Cwmbran Harriers	57.53	*
2	789	Ashley ANDREWS	Rhondda AC	22.86	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Colin JACKSON Cardiff AAC 10.3 1993

Welsh Record - Christian MALCOLM Cardiff AAC 10.11 2001

Event T10 - 100m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	106	David WILLIAMS	Aberdare VAAC	12.80	
2	586	Mark WILLIAMS	Llanelli AC	13.01	
3	491	Dan NORTON	Cwmbran Harriers	13.23	

League Record - Andrew WATKINS Cwmbran Harriers 21.7 2006

Welsh Record - Christian MALCOLM Cardiff AAC 20.08 2001

Event T49 - 200m - Sen Men

wind: -3.6

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	106	David WILLIAMS	Aberdare VAAC	26.03	
2	586	Mark WILLIAMS	Llanelli AC	26.93	
3	696	Daniel DAVIES	Pembroke Harriers	27.19	
4	491	Dan NORTON	Cwmbran Harriers	27.71	

League Record - Roger BARRETT Carmarthen Harriers 48.0 1984

Welsh Record - Iwan THOMAS Newham 44.36 1997

Event T37 - 400m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	783	Sean PRICE	Rhondda AC	55.49	
2	788	Ed BALL	Rhondda AC	57.30	
3	106	David WILLIAMS	Aberdare VAAC	58.57	
4	696	Daniel DAVIES	Pembroke Harriers	62.06	

League Record - Roger BARRETT Carmarthen Harriers 1.50.0 1984

Welsh Record - Neil HORSEFIELD Newport Harriers 1.45.44 1990

Event T25 - 800m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	585	Jonathan WILLIAMS	Llanelli AC	1:57.46	*
2	788	Ed BALL	Rhondda AC	2:06.18	
3	783	Sean PRICE	Rhondda AC	2:08.13	

League Record - Shaun WHELAN Swansea Harriers 3.50.2 1988

Welsh Record - Neil HORSEFIELD Newport Harriers 3.35.08 1990

Event T43 - 1500m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	585	Jonathan WILLIAMS	Llanelli AC	4:15.32	*
2	788	Ed BALL	Rhondda AC	4:35.45	
3	589	Mike HALSALL	Llanelli AC	5:30.16	

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Steve HENSHAW Cardiff AAC 8.39.2 1983

Welsh Record - Ian HAMER Edinburgh 7.46.40 1990

Event T7 - 3000m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	205	Peter SOWERBY	Brecon AC	10:46.0	
2	589	Mike HALSALL	Llanelli AC	11:40.2	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Paul EVANS 2.05 1983

Welsh Record - Robert MITCHELL Sale Harriers 2.25 2001

Event F22 - High Jump - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	213	James SCHOFIELD	Brecon AC	1.90	*

League Record - Richard JONES 7.44 1983

Welsh Record - Lynn DAVIES Cardiff AAC 8.23 1968

Event F7 - Long Jump - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	588	Andrew THOMAS	Llanelli AC	6.37	*
2	696	Daniel DAVIES	Pembroke Harriers	4.84	
3	787	Mike MULLINS	Rhondda AC	4.12	
4	697	Robert LLEWELLIN	Pembroke Harriers	3.77	

League Record - Charles MADERIA-COLE Carmarthen Harriers 14.74 1997

Welsh Record - Steven SHALDERS Cardiff AAC 16.71 2005

Event F40 - Triple Jump - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	202	Derek OSBORNE	Brecon AC	10.23	
2	787	Mike MULLINS	Rhondda AC	7.77	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Ben ROBERTS Deeside AAC 14.54 2006

Welsh Record - Shaun PICKERING Haringey 20.45 1997

Event F28 - Shot Put - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	784	Glyn PUGH	Rhondda AC	10.06	*
2	588	Andrew THOMAS	Llanelli AC	10.05	*
3	785	Anthony HALLING	Rhondda AC	9.63	
4	786	Darren ANDREWS	Rhondda AC	8.94	
5	697	Robert LLEWELLIN	Pembroke Harriers	8.46	
6	202	Derek OSBORNE	Brecon AC	7.88	

League Record - David COLEMAN Cardiff AAC 45.50 2009

Welsh Record - Brett MORSE Birchfield Harriers 62.99 2010

Event F31 - Discus - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	785	Anthony HALLING	Rhondda AC	30.78	*
2	784	Glyn PUGH	Rhondda AC	28.84	*
3	786	Darren ANDREWS	Rhondda AC	28.17	*
4	697	Robert LLEWELLIN	Pembroke Harriers	25.68	
5	202	Derek OSBORNE	Brecon AC	24.42	
6	787	Mike MULLINS	Rhondda AC	18.78	

League Record - Peter STARK Bridgend AC 55.48 1979

Welsh Record - Shaun PICKERING Haringey 68.64 1984

Event F13 - Hammer - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	784	Glyn PUGH	Rhondda AC	36.40	*
2	786	Darren ANDREWS	Rhondda AC	35.10	*
3	785	Anthony HALLING	Rhondda AC	28.61	*
4	202	Derek OSBORNE	Brecon AC	27.30	*
5	697	Robert LLEWELLIN	Pembroke Harriers	18.29	

League Record - Jonathan CLARKE Swansea Harriers 65.76 1988

Welsh Record - Nigel BEVAN Belgrave Harriers 81.7 1992

Event F46 - Javelin - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	697	Robert LLEWELLIN	Pembroke Harriers	28.03	*
2	785	Anthony HALLING	Rhondda AC	27.48	*
3	202	Derek OSBORNE	Brecon AC	27.12	*
4	786	Darren ANDREWS	Rhondda AC	23.82	*

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

U17 WOMEN POINTS	Match Day	Rhondda AC	Brecon AC	Cwmbran Harriers	Aberdare VAAC	Pembroke Harriers	Llanelli AC
	100m					16	
	200m						
	300m						
	800m						
	1500m						
	3000m						
	1500m s/c						
	100m hdl					16	
	400m hdl						
	4x100 relay						
	4x300m relay						
	High Jump						
	Pole Vault						
	Long Jump					16	
	Triple Jump						
	Shot Putt					16	
	Discus						
	Hammer						
	Javelin						
Total Points					64		
Position					1		

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

U20 WOMEN POINTS		Rhondda AC	Brecon AC	Cwmbran Harriers	Aberdare VAAC	Pembroke Harriers	Llanelli AC
	100m			16	8		
	200m			16			
	400m						
	800m						
	1500m						
	3000m						
	2000m s/c						
	110m hdl						
	400m hdl						
	4x100 relay						
	4x400 relay						
	High Jump						
	Pole Vault						
	Long Jump						
	Triple Jump			16			
	Shot Putt			14		16	
	Discus					16	
	Hammer						
	Javelin						
Total Points			70		32		
Position			1		2		

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

SENIOR WOMEN POINTS		Rhondda AC		Brecon AC		Cwmbran Harriers		Aberdare VAAC		Pembroke Harriers		Llanelli AC		
	100m													
	200m													
	400m													
	800m												16	
	1500m	14											16	
	3000m	16												
	2000m s/c													
	110m hdl													
	400m hdl													
	4x100 relay													
	4x400 relay													
	High Jump													
	Pole Vault													
	Long Jump													
	Triple Jump													
	Shot Putt	16	8								14	7		
	Discus	16	7								14	8		
	Hammer	16	8								14	7		
	Javelin	14									16			
Total Points	115										80		32	
Position	1										2		3	

Total Female	115	0	70	0	176	32
Lge Pos	2	5	3	5	1	4
Match Pts	5		4		6	3

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

U17 MEN POINTS	Match Day	Rhondda AC		Brecon AC		Cwmbran Harriers		Aberdare VAAC		Pembroke Harriers		Llanelli AC	
	100m										16		
	200m					16							
	400m					16							
	800m												
	1500m												
	3000m												
	1500m s/c										16		
	100m hdl										16		
	400m hdl												
	4x100 relay												
	4x400 relay												
	High Jump												
	Pole Vault												
	Long Jump												
	Triple Jump												
	Shot Putt										16		
	Discus												
	Hammer												
	Javelin						16				14		
Total Points		0		0		48		0		78		0	
Position						2				1			

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

U20 MEN POINTS		Rhondda AC	Brecon AC	Cwmbran Harriers	Aberdare VAAC	Pembroke Harriers	Llanelli AC	
	100m							
	200m			16				
	400m			16	8			
	800m							
	1500m					16		
	3000m							
	2000m s/c							
	110m hdl							
	400m hdl							
	4x100 relay							
	4x400 relay							
	High Jump							
	Pole Vault							
	Long Jump							
	Triple Jump							
	Shot Putt	16						
	Discus	16						
	Hammer	16						
	Javelin	14			16			
	Total Points	62	0	56	0	16	0	
	Position	1		2		3		

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

SENIOR MEN POINTS		Rhondda AC		Brecon AC		Cwmbran Harriers		Aberdare VAAC		Pembroke Harriers		Llanelli AC	
	100m					12		16				14	
	200m					10		16		12		14	
	400m	16	8					14		12			
	800m	14	8									16	
	1500m	14										16	8
	3000m			16								14	
	2000m s/c												
	110m hdl												
	400m hdl												
	4x100 relay												
	4x400 relay												
	High Jump			16									
	Pole Vault												
	Long Jump	12								14	8	16	
	Triple Jump	14		16									
	Shot Putt	16	8	10						12		14	
	Discus	16	8	12						14			
	Hammer	16	8	14						12			
	Javelin	14	8	12						16			
	Total Points		180		96		22		46		100		112
	Position		1		4		6		5		3		2

Total Male	242	96	126	46	194	112
Lge Pos	1	5	3	6	2	4
Match Pts	6	2	4	1	5	3

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		11:30 AM		DATE		17/Jul/10	
EVENT		F1 - Sen Women - Hammer		LGE RECORD		56.96		ATHLETE		Carys PARRY - Rhondda AC - 2005					
				WELSH RECORD		66.31		ATHLETE		Carys PARRY - Rhondda AC - 2008					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	699	Tracy LLEWELLIN	Pembroke Harriers	17.11	16.74	NT	17.63	17.63		4					
2	698	Karen LLEWELLIN	Pembroke Harriers	26.10	25.14	27.08	26.34	27.08		3					
3	779	Carys PARRY	Rhondda AC	60.41	NT	60.66	61.15	61.15		1					
4	781	Sharon JAMES	Rhondda AC	NT	11.40	10.47	14.44	14.44		5					
5	778	Cath ALFORD	Rhondda AC	31.00	NT	30.87	29.58	31.00		2					
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	779	Carys PARRY	Rhondda AC	61.15	9					REFEREE					
2	778	Cath ALFORD	Rhondda AC	31.00	10										
3	698	Karen LLEWELLIN	Pembroke Harriers	27.08	11					JUDGES					
4	699	Tracy LLEWELLIN	Pembroke Harriers	17.63	12										
5	781	Sharon JAMES	Rhondda AC	14.44	13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		12:45 PM		DATE		17/Jul/10	
EVENT		F13 - Sen Men - Hammer		LGE RECORD		55.48		ATHLETE		Peter STARK - Bridgend AC - 1979					
				WELSH RECORD		68.64		ATHLETE		Shaun PICKERING - Haringey - 1984					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	202	Derek OSBORNE	Brecon AC	27.30	NT	26.38	26.41	27.30		4					
2	784	Glyn PUGH	Rhondda AC	34.52	33.44	35.37	36.40	36.40		1					
3	786	Darren ANDREWS	Rhondda AC	30.27	33.90	34.91	35.10	35.10		2					
4	785	Anthony HALLING	Rhondda AC	26.37	27.55	28.08	28.61	28.61		3					
5	697	Robert LLEWELLIN	Pembroke Harriers	18.29	:	:	:	18.29		5					
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	784	Glyn PUGH	Rhondda AC	36.40	9					REFEREE					
2	786	Darren ANDREWS	Rhondda AC	35.10	10										
3	785	Anthony HALLING	Rhondda AC	28.61	11					JUDGES					
4	202	Derek OSBORNE	Brecon AC	27.30	12										
5	697	Robert LLEWELLIN	Pembroke Harriers	18.29	13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		12:45 PM		DATE		17/Jul/10	
EVENT		F14 - U20M - Hammer		LGE RECORD		55.26		ATHLETE		Richie WELLS - Swansea Harriers - 2007					
				WELSH RECORD		58.44		ATHLETE		Matthew RICHARDS - Swansea Harriers - 2005					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	789	Ashley ANDREWS	Rhondda AC	42.07	44.36	49.32	48.61	49.32		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	789	Ashley ANDREWS	Rhondda AC	49.32	9					REFEREE					
2					10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		12:00 PM		DATE		17/Jul/10	
EVENT		F7 - Sen Men - Long Jump		LGE RECORD		7.44		ATHLETE		Richard JONES - - 1983					
				WELSH RECORD		8.23		ATHLETE		Lynn DAVIES - Cardiff AAC - 1968					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	697	Robert LLEWELLIN	Pembroke Harriers	NJ	3.77	:	:	3.77		4					
2	787	Mike MULLINS	Rhondda AC	4.03	3.34	4.10	4.12	4.12		3					
3	696	Daniel DAVIES	Pembroke Harriers	4.84	4.45	4.73	4.51	4.84		2					
4	588	Andrew THOMAS	Llanelli AC	6.32	6.37	6.12	6.22	6.37		1					
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
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13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	588	Andrew THOMAS	Llanelli AC	6.37	9					REFEREE					
2	696	Daniel DAVIES	Pembroke Harriers	4.84	10										
3	787	Mike MULLINS	Rhondda AC	4.12	11					JUDGES					
4	697	Robert LLEWELLIN	Pembroke Harriers	3.77	12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		1:45 PM		DATE		17/Jul/10	
EVENT		F27 - U17W - Long Jump		LGE RECORD		5.59		ATHLETE		Sarah DACEY - Swansea Harriers - 2007					
				WELSH RECORD		6.01		ATHLETE		Lisa ARMSTRONG - Torfaen AC - 1990					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	688	Eleanor ROWLAND	Pembroke Harriers	4.62	4.76	4.70	4.73	4.76		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFEREE					
1	688	Eleanor ROWLAND	Pembroke Harriers	4.76	9										
2					10					JUDGES					
3					11										
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		12:45 PM		DATE		17/Jul/10	
EVENT		F10 - Sen Women - Shot Put		LGE RECORD		18.93		ATHLETE		Vanissa HEAD - Cardiff AAC - 1984					
				WELSH RECORD		18.93		ATHLETE		Vanissa HEAD - Cardiff AAC - 1984					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	698	Karen LLEWELLIN	Pembroke Harriers	8.68	8.59	8.76	8.80	8.80		2					
2	699	Tracy LLEWELLIN	Pembroke Harriers	5.83	:	:	:	5.83		4					
3	781	Sharon JAMES	Rhondda AC	4.45	4.83	NT	NT	4.83		5					
4	779	Carys PARRY	Rhondda AC	9.90	9.37	9.87	9.86	9.90		1					
5	778	Cath ALFORD	Rhondda AC	8.41	8.77	8.19	8.55	8.77		3					
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	779	Carys PARRY	Rhondda AC	9.90	9					REFEREE					
2	698	Karen LLEWELLIN	Pembroke Harriers	8.80	10										
3	778	Cath ALFORD	Rhondda AC	8.77	11					JUDGES					
4	699	Tracy LLEWELLIN	Pembroke Harriers	5.83	12										
5	781	Sharon JAMES	Rhondda AC	4.83	13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		12:45 PM		DATE		17/Jul/10	
EVENT		F11 - U20W - Shot Put		LGE RECORD		13.24		ATHLETE		Sally HINDS - Swansea Harriers - 2005					
				WELSH RECORD		14.72		ATHLETE		Sally HINDS - Swansea Harriers - 2005					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	692	Jessica HUDDLESTON	Pembroke Harriers	9.55	8.20	:	:	9.55		1					
2	485	Amy BRADLEY	Cwmbran Harriers	NT	6.58	5.85	6.15	6.58		2					
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
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13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	692	Jessica HUDDLESTON	Pembroke Harriers	9.55	9					REFEREE					
2	485	Amy BRADLEY	Cwmbran Harriers	6.58	10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		12:45 PM		DATE		17/Jul/10	
EVENT		F12 - U17W - Shot Put		LGE RECORD		11.47		ATHLETE		Sally HINDS - Swansea Harriers - 2002					
				WELSH RECORD		13.65		ATHLETE		Philipa ROLES - Swansea Harriers - 1994					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	689	Helena MADAN	Pembroke Harriers	7.67	7.83	8.13	8.14	8.14		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
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13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFEREE					
1	689	Helena MADAN	Pembroke Harriers	8.14	9										
2					10					JUDGES					
3					11										
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		2:00 PM		DATE		17/Jul/10	
EVENT		F28 - Sen Men - Shot Put		LGE RECORD		14.54		ATHLETE		Ben ROBERTS - Deeside AAC - 2006					
				WELSH RECORD		20.45		ATHLETE		Shaun PICKERING - Haringey - 1997					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	202	Derek OSBORNE	Brecon AC	7.88	7.29	:	7.60	7.88		6					
2	697	Robert LLEWELLIN	Pembroke Harriers	8.25	8.46	:	:	8.46		5					
3	785	Anthony HALLING	Rhondda AC	9.56	8.98	9.63	9.11	9.63		3					
4	784	Glyn PUGH	Rhondda AC	9.76	9.75	9.92	10.06	10.06		1					
5	786	Darren ANDREWS	Rhondda AC	8.94	8.89	8.70	8.92	8.94		4					
6	588	Andrew THOMAS	Llanelli AC	9.67	10.05	:	:	10.05		2					
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	784	Glyn PUGH	Rhondda AC	10.06	9					REFEREE					
2	588	Andrew THOMAS	Llanelli AC	10.05	10										
3	785	Anthony HALLING	Rhondda AC	9.63	11					JUDGES					
4	786	Darren ANDREWS	Rhondda AC	8.94	12										
5	697	Robert LLEWELLIN	Pembroke Harriers	8.46	13										
6	202	Derek OSBORNE	Brecon AC	7.88	14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		2:00 PM		DATE		17/Jul/10	
EVENT		F29 - U20M - Shot Put		LGE RECORD		16.34		ATHLETE		Brett MORSE - Cardiff AAC - 2008					
				WELSH RECORD		17.05		ATHLETE		Brett MORSE - Cardiff AAC - 2008					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	789	Ashley ANDREWS	Rhondda AC	11.23	NT	NT	10.82	11.23		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
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13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	789	Ashley ANDREWS	Rhondda AC	11.23	9					REFEREE					
2					10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		2:00 PM		DATE		17/Jul/10	
EVENT		F30 - U17M - Shot Put		LGE RECORD		15.37		ATHLETE		Tom EDWARDS - Carmarthen Harriers - 2008					
				WELSH RECORD		16.93		ATHLETE		Mark HEWER - Cardiff AAC - 1979					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	693	Tom MORRISSEY	Pembroke Harriers	7.81	7.69	:	:	7.81		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
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12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	693	Tom MORRISSEY	Pembroke Harriers	7.81	9					REFEREE					
2					10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		2:45 PM		DATE		17/Jul/10	
EVENT		F31 - Sen Men - Discus		LGE RECORD		45.50		ATHLETE		David COLEMAN - Cardiff AAC - 2009					
				WELSH RECORD		62.99		ATHLETE		Brett MORSE - Birchfield Harriers - 2010					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	787	Mike MULLINS	Rhondda AC	18.78	17.73	:	17.83	18.78		6					
2	697	Robert LLEWELLIN	Pembroke Harriers	NT	25.68	NT	NT	25.68		4					
3	202	Derek OSBORNE	Brecon AC	23.95	21.73	24.17	24.42	24.42		5					
4	785	Anthony HALLING	Rhondda AC	NT	28.03	26.98	30.78	30.78		1					
5	786	Darren ANDREWS	Rhondda AC	27.00	NT	26.08	28.17	28.17		3					
6	784	Glyn PUGH	Rhondda AC	27.92	NT	27.96	28.84	28.84		2					
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	785	Anthony HALLING	Rhondda AC	30.78	9					REFEREE					
2	784	Glyn PUGH	Rhondda AC	28.84	10										
3	786	Darren ANDREWS	Rhondda AC	28.17	11					JUDGES					
4	697	Robert LLEWELLIN	Pembroke Harriers	25.68	12										
5	202	Derek OSBORNE	Brecon AC	24.42	13										
6	787	Mike MULLINS	Rhondda AC	18.78	14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		2:45 PM		DATE		17/Jul/10	
EVENT		F32 - U20M - Discus		LGE RECORD		58.37		ATHLETE		Brett MORSE - Cardiff AAC - 2008					
				WELSH RECORD		58.37		ATHLETE		Brett MORSE - Cardiff AAC - 2008					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	789	Ashley ANDREWS	Rhondda AC	NT	23.39	29.93	NT	29.93		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	789	Ashley ANDREWS	Rhondda AC	29.93	9					REFEREE					
2					10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		3:45 PM		DATE		17/Jul/10	
EVENT		F43 - Sen Women - Discus		LGE RECORD		36.70		ATHLETE		Fay CALVERT - Deeside AAC - 2010					
				WELSH RECORD		48.88		ATHLETE		Philipa ROLES - Swansea Harriers - 1994					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	781	Sharon JAMES	Rhondda AC	12.38	12.97	13.15	9.07	13.15		4					
2	699	Tracy LLEWELLIN	Pembroke Harriers	23.23	24.03	23.54	22.07	24.03		3					
3	698	Karen LLEWELLIN	Pembroke Harriers	23.92	23.72	26.62	26.35	26.62		2					
4	779	Carys PARRY	Rhondda AC	32.17	31.83	NT	31.83	32.17		1					
5	778	Cath ALFORD	Rhondda AC	NT	NT	NT	NT								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	779	Carys PARRY	Rhondda AC	32.17	9					REFEREE					
2	698	Karen LLEWELLIN	Pembroke Harriers	26.62	10										
3	699	Tracy LLEWELLIN	Pembroke Harriers	24.03	11					JUDGES					
4	781	Sharon JAMES	Rhondda AC	13.15	12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		3:45 PM		DATE		17/Jul/10	
EVENT		F44 - U20W - Discus		LGE RECORD		62.02		ATHLETE		Vanissa HEAD - Cardiff AAC - 1984					
				WELSH RECORD		64.68		ATHLETE		Vanissa HEAD - Cardiff AAC - 1983					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	692	Jessica HUDDLESTON	Pembroke Harriers	26.40	27.06	NT	29.03	29.03		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
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13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFeree JUDGES					
1	692	Jessica HUDDLESTON	Pembroke Harriers	29.03	9										
2					10										
3					11										
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		3:30 PM		DATE		17/Jul/10	
EVENT		F38 - U20W - Triple Jump		LGE RECORD		11.04		ATHLETE		Victoria LLOYD - Pembroke Harriers - 2005					
				WELSH RECORD		12.24		ATHLETE		Sally PEAKE - Liverpool - 2005					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	485	Amy BRADLEY	Cwmbran Harriers	10.52	10.29	NJ	10.23	10.52		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
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13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	485	Amy BRADLEY	Cwmbran Harriers	10.52	9					REFEREE					
2					10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		3:30 PM		DATE		17/Jul/10	
EVENT		F40 - Sen Men - Triple Jump		LGE RECORD		14.74		ATHLETE		Charles MADERIA-COLE - Carmarthen Harriers - 1997					
				WELSH RECORD		16.71		ATHLETE		Steven SHALDERS - Cardiff AAC - 2005					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	787	Mike MULLINS	Rhondda AC	7.14	7.77	NJ	:	7.77		2					
2	202	Derek OSBORNE	Brecon AC	10.14	NJ	10.15	10.23	10.23		1					
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFEREE					
1	202	Derek OSBORNE	Brecon AC	10.23	9										
2	787	Mike MULLINS	Rhondda AC	7.77	10					JUDGES					
3					11										
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		3:30 PM		DATE		17/Jul/10	
EVENT		F34 - Sen Women - Javelin		LGE RECORD		47.94		ATHLETE		Karen HOUGH - Swansea Harriers - 1984					
				WELSH RECORD		52.68		ATHLETE		Lianne CLARKE - Cardiff AAC - 2007					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	781	Sharon JAMES	Rhondda AC	6.61	8.97	8.28	NT	8.97		2					
2	698	Karen LLEWELLIN	Pembroke Harriers	16.50	16.58	18.49	16.38	18.49		1					
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
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15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFEREE					
1	698	Karen LLEWELLIN	Pembroke Harriers	18.49	9										
2	781	Sharon JAMES	Rhondda AC	8.97	10					JUDGES					
3					11										
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		4:30 PM		DATE		17/Jul/10	
EVENT		F46 - Sen Men - Javelin		LGE RECORD		65.76		ATHLETE		Jonathan CLARKE - Swansea Harriers - 1988					
				WELSH RECORD		81.70		ATHLETE		Nigel BEVAN - Belgrave Harriers - 1992					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	697	Robert LLEWELLIN	Pembroke Harriers	28.03	:	:	:	28.03		1					
2	202	Derek OSBORNE	Brecon AC	NT	27.12	:	:	27.12		3					
3	786	Darren ANDREWS	Rhondda AC	20.88	23.82	:	:	23.82		4					
4	785	Anthony HALLING	Rhondda AC	27.48	27.33	:	:	27.48		2					
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFEREE					
1	697	Robert LLEWELLIN	Pembroke Harriers	28.03	9										
2	785	Anthony HALLING	Rhondda AC	27.48	10					JUDGES					
3	202	Derek OSBORNE	Brecon AC	27.12	11										
4	786	Darren ANDREWS	Rhondda AC	23.82	12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		4:30 PM		DATE		17/Jul/10	
EVENT		F47 - U20M - Javelin		LGE RECORD		62.66		ATHLETE		Jason COPSEY - Cwmbran Harriers - 2010					
				WELSH RECORD		68.74		ATHLETE		Jonathan CLARKE - Swansea Harriers - 1986					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	490	Jason COPSEY	Cwmbran Harriers	57.53	NT	56.82	NT	57.53		1					
2	789	Ashley ANDREWS	Rhondda AC	22.86	NT	:	:	22.86		2					
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
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14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFEREE					
1	490	Jason COPSEY	Cwmbran Harriers	57.53	9										
2	789	Ashley ANDREWS	Rhondda AC	22.86	10					JUDGES					
3					11										
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		4:30 PM		DATE		17/Jul/10	
EVENT		F48 - U17M - Javelin		LGE RECORD		60.17		ATHLETE		Jon LLEWELLYN - Carmarthen Harriers - 2009					
				WELSH RECORD		70.30		ATHLETE		Colin MACKENZIE - East Kent - 1979					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	483	Tom NORTON	Cwmbran Harriers	47.70	NT	46.98	47.60	47.70		1					
2	694	Ashley WATTS	Pembroke Harriers	33.56	NT	27.77	36.26	36.26		2					
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
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13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	483	Tom NORTON	Cwmbran Harriers	47.70	9					REFEREE					
2	694	Ashley WATTS	Pembroke Harriers	36.26	10										
3					11					JUDGES					
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Newport			TIME		1:45 PM		DATE		17-Jul-10							
EVENT		F22 - Sen Men - High Jump			LGE RECORD		2.05			ATHLETE		Paul EVANS - 2.05 1983											
					WELSH RECORD		2.25			ATHLETE		Robert MITCHELL - Sale Harriers 2.25 2001											
		START HEIGHT		1.55		DIVISION		2			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE												
Order	No	NAME	CLUB	Start Height	1.55	1.70	1.75	1.80	1.90	1.95					Best of all trials	Trials at	Total	Failures	Total	Trials	Final	Position	A or B
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres									
1	213	James SCHOFIELD	Brecon AC	1.70		o	o	o	xo	xxx					1.90						1		
2																							
3																							
4																							
5																							
6																							
7																							
8																							
9																							
10																							
11																							
12																							
13																							
14																							
15																							
16																							

RESULTS															OFFICIALS SIGNATURES							
Pos	No.	NAME	CLUB	PERF	Pos	No.	NAME	CLUB	PERF													
1	213	James SCHOFIELD	Brecon AC	1.90	9					REFEREE JUDGES												
2					10																	
3					11																	
4					12																	
5					13																	
6					14																	
7					15																	
8					16																	

Welsh Athletics
Senior League
Newport

Saturday-17-Jul-2010



WELSH ATHLETICS
ATHLETAU CYMRU

Division 3

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Danielle BARKER Neath Harriers 12.2 2003

Welsh Record - Sallyanne SHORT / Rachel JOHNSON Torfaen AC / Colwyn Bay 11.88/11.88w 1984/2009

Event T15 - 100m - U17W

wind: +0.9

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	157	Ellie CARTER	Barry & Vale Harriers	13.6	

League Record - Megan ROGERS Wrexham AC 39.9 2008

Welsh Record - Faye HARDING Wrexham AC 39.46 2001

Event T42 - 300m - U17W

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	157	Ellie CARTER	Barry & Vale Harriers	44.8	

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Hayley NASH Swansea Harriers 4.24.4 1987

Welsh Record - Hayley TULLETT Swansea Harriers 3.59.95 2000

Event T45 - 1500m - Sen Women

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	948	Kate ROBERTS	Bridgend AC	4:48.18	*

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - David JONES Carmarthen Harriers 4.07.0

Welsh Record - Colin CLARKSON Swansea Harriers 3.51.5 1977

Event T47 - 1500m - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	155	Callam BARRY	Barry & Vale Harriers	4:36.38	

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record Paul WALKER Cardiff AAC 4.20 2003

Welsh Record Neil WINTER Shaftesbury 5.50 1992

F17 - Pole Vault - U20M

Pos	Bib	Athlete	Club	Perf	AW
1	304	Robert MCGREGOR	Bridgend AC	3.90	*

League Record Jason COPSEY Cwmbran Harriers 62.66 2010

Welsh Record Jonathan CLARKE Swansea Harriers 68.74 1986

F47 - Javelin - U20M

Pos	Bib	Athlete	Club	Perf	AW
1	611	Niki DAVIES	Neath Harriers	43.22	*

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Roger BARRETT Carmarthen Harriers 48.0 1984

Welsh Record - Iwan THOMAS Newham 44.36 1997

Event T37 - 400m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	745	John DAVIES (V60)	Port Talbot Harriers	80.10	

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

League Record - Ben ROBERTS Deeside AAC 14.54 2006

Welsh Record - Shaun PICKERING Haringey 20.45 1997

Event F28 - Shot Put - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	745	John DAVIES (V60)	Port Talbot Harriers	5.65	

League Record - David COLEMAN Cardiff AAC 45.50 2009

Welsh Record - Brett MORSE Birchfield Harriers 62.99 2010

Event F31 - Discus - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	745	John DAVIES (V60)	Port Talbot Harriers	18.22	

League Record - Peter STARK Bridgend AC 55.48 1979

Welsh Record - Shaun PICKERING Haringey 68.64 1984

Event F13 - Hammer - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	745	John DAVIES (V60)	Port Talbot Harriers	19.50	

League Record - Jonathan CLARKE Swansea Harriers 65.76 1988

Welsh Record - Nigel BEVAN Belgrave Harriers 81.7 1992

Event F46 - Javelin - Sen Men

Pos	Bib	Athlete	Club	Perf	AW
1	745	John DAVIES (V60)	Port Talbot Harriers	31.17	*

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

U17 WOMEN POINTS	Match Day	Neath Harriers		Bridgend AC		Barry & Vale Harriers		Port Talbot Harriers		Bleanau Gwent		Chepstow Harriers	
	100m					16							
	200m												
	300m					16							
	800m												
	1500m												
	3000m												
	1500m s/c												
	100m hdl												
	400m hdl												
	4x100 relay												
	4x300m relay												
	High Jump												
	Pole Vault												
	Long Jump												
	Triple Jump												
	Shot Putt												
	Discus												
	Hammer												
	Javelin												
Total Points						32							

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

U20 WOMEN POINTS		Neath Harriers		Bridgend AC		Barry & Vale Harriers		Port Talbot Harriers		Bleanau Gwent		Chepstow Harriers		
	100m													
	200m													
	400m													
	800m													
	1500m													
	3000m													
	2000m s/c													
	110m hdl													
	400m hdl													
	4x100 relay													
	4x400 relay													
	High Jump													
	Pole Vault													
	Long Jump													
	Triple Jump													
	Shot Putt													
	Discus													
	Hammer													
	Javelin													
Total Points														

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

SENIOR WOMEN POINTS		Neath Harriers	Bridgend AC	Barry & Vale Harriers	Port Talbot Harriers	Bleanau Gwent	Chepstow Harriers
	100m						
	200m						
	400m						
	800m						
	1500m		16				
	3000m						
	2000m s/c						
	110m hdl						
	400m hdl						
	4x100 relay						
	4x400 relay						
	High Jump						
	Pole Vault						
	Long Jump						
	Triple Jump						
	Shot Putt						
	Discus						
	Hammer						
	Javelin						
	Total Points			16			

Total Female	0	16	32	0	0	0
Lge Pos	3	2	1	3	3	3
Match Pts		5	6			

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

U17 MEN POINTS	Match Day	Neath Harriers		Bridgend AC		Barry & Vale Harriers		Port Talbot Harriers		Bleanau Gwent		Chepstow Harriers		
	100m													
	200m													
	400m													
	800m													
	1500m						16							
	3000m													
	1500m s/c													
	100m hdl													
	400m hdl													
	4x100 relay													
	4x400 relay													
	High Jump													
	Pole Vault													
	Long Jump													
	Triple Jump													
	Shot Putt													
	Discus													
	Hammer													
	Javelin													
Total Points		0		0		16		0		0		0		

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

U20 MEN POINTS		Neath Harriers		Bridgend AC		Barry & Vale Harriers		Port Talbot Harriers		Bleanau Gwent		Chepstow Harriers		
	100m													
	200m													
	400m													
	800m													
	1500m													
	3000m													
	2000m s/c													
	110m hdl													
	400m hdl													
	4x100 relay													
	4x400 relay													
	High Jump													
	Pole Vault			16										
	Long Jump													
	Triple Jump													
	Shot Putt													
	Discus													
	Hammer													
	Javelin	16												
Total Points		16		16		0		0		0		0		

Welsh U17-U20-Senior League

Match 4

SATURDAY - 17TH JULY SPYTTY STADIUM, NEWPORT TRACK

SENIOR MEN POINTS		Neath Harriers		Bridgend AC		Barry & Vale Harriers		Port Talbot Harriers		Bleanau Gwent		Chepstow Harriers		
	100m													
	200m													
	400m							16						
	800m													
	1500m													
	3000m													
	2000m s/c													
	110m hdl													
	400m hdl													
	4x100 relay													
	4x400 relay													
	High Jump													
	Pole Vault													
	Long Jump													
	Triple Jump													
	Shot Putt								16					
	Discus								16					
	Hammer								16					
	Javelin								16					
Total Points		0	0	0	0	0	0	80	0	0	0	0	0	

Total Male	16	16	16	80	0	0
Lge Pos	2	2	2	1	5	5
Match Pts	4	4	4	6		

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		12:45 PM		DATE		17/Jul/10	
EVENT		F13 - Sen Men - Hammer		LGE RECORD		55.48		ATHLETE		Peter STARK - Bridgend AC - 1979					
				WELSH RECORD		68.64		ATHLETE		Shaun PICKERING - Haringey - 1984					
				DIVISION		3		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	745	John DAVIES (V60)	Port Talbot Harriers	18.59	18.84	19.50	16.62	19.50		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
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13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFEREE JUDGES					
1	745	John DAVIES (V60)	Port Talbot Harriers	19.50	9										
2					10										
3					11										
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		2:00 PM		DATE		17/Jul/10	
EVENT		F28 - Sen Men - Shot Put		LGE RECORD		14.54		ATHLETE		Ben ROBERTS - Deeside AAC - 2006					
				WELSH RECORD		20.45		ATHLETE		Shaun PICKERING - Haringey - 1997					
				DIVISION		3		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	745	John DAVIES (V60)	Port Talbot Harriers	4.65	5.65	:	:	5.65		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
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10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFEREE JUDGES					
1	745	John DAVIES (V60)	Port Talbot Harriers	5.65	9										
2					10										
3					11										
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		2:45 PM		DATE		17/Jul/10	
EVENT		F31 - Sen Men - Discus		LGE RECORD		45.50		ATHLETE		David COLEMAN - Cardiff AAC - 2009					
				WELSH RECORD		62.99		ATHLETE		Brett MORSE - Birchfield Harriers - 2010					
				DIVISION		3		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	745	John DAVIES (V60)	Port Talbot Harriers	18.22	:	17.67	16.79	18.22		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	745	John DAVIES (V60)	Port Talbot Harriers	18.22	9					REFEREE					
2					10					JUDGES					
3					11										
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		4:30 PM		DATE		17/Jul/10	
EVENT		F46 - Sen Men - Javelin		LGE RECORD		65.76		ATHLETE		Jonathan CLARKE - Swansea Harriers - 1988					
				WELSH RECORD		81.70		ATHLETE		Nigel BEVAN - Belgrave Harriers - 1992					
				DIVISION		3		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	745	John DAVIES (V60)	Port Talbot Harriers	26.34	31.17	30.34	29.55	31.17		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFEREE JUDGES					
1	745	John DAVIES (V60)	Port Talbot Harriers	31.17	9										
2					10										
3					11										
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		4:30 PM		DATE		17/Jul/10	
EVENT		F47 - U20M - Javelin		LGE RECORD		62.66		ATHLETE		Jason COPSEY - Cwmbran Harriers - 2010					
				WELSH RECORD		68.74		ATHLETE		Jonathan CLARKE - Swansea Harriers - 1986					
				DIVISION		3		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	611	Niki DAVIES	Neath Harriers	43.22	39.22	41.80	NT	43.22		1					
2				:	:	:	:								
3				:	:	:	:								
4				:	:	:	:								
5				:	:	:	:								
6				:	:	:	:								
7				:	:	:	:								
8				:	:	:	:								
9				:	:	:	:								
10				:	:	:	:								
11				:	:	:	:								
12				:	:	:	:								
13				:	:	:	:								
14				:	:	:	:								
15				:	:	:	:								
16				:	:	:	:								
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFEREE					
1	611	Niki DAVIES	Neath Harriers	43.22	9										
2					10					JUDGES					
3					11										
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Newport		TIME		1:00 PM		DATE		17-Jul-10							
EVENT		F17 - U20M - Pole Vault		LGE RECORD		4.20		ATHLETE		Paul WALKER - Cardiff AAC 4.20 2003											
				WELSH RECORD		5.50		ATHLETE		Neil WINTER - Shaftesbury 5.5 1992											
		START HEIGHT		2.50		DIVISION		3		4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE											
Order	No	NAME	CLUB	Start Height	2.50	3.60	3.70	3.80	3.90	4.00					Best of all trials	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	304	Robert MCGREGOR	Bridgend AC	3.60		0		XO	0	xxx					3.90				1		
2																			0		
3																			0		
4																			0		
5																			0		
6																			0		
7																			0		
8																			0		
9																			0		
10																			0		
11																			0		
12																			0		
13																			0		
14																			0		
15																			0		
16																			0		
RESULTS																OFFICIALS SIGNATURES					
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT												
1	304	Robert MCGREGOR	Bridgend AC	3.90	9					REFEREE											
2					10					JUDGES											
3					11																
4					12																
5					13																
6					14																
7					15																
8					16																