

Welsh Schools Track and Field team 2010

100	Jamaul Whyte Michael Prentice	(St Teilo's) (St John's College)	Rhiannon Jeffreys Jamie-Leigh Bowen	(Cwmtawe) (Whitchurch)
200	Jamaul Whyte Mathew Davies	(St Teilo's) (Tregib)	Rhiannon Jeffreys Jade Marvin	(Cwmtawe) (St Josephs)
400/300	Evan Jenkins Owen Smith	(St Michaels) (Maes Garmon)	Hannah Griffiths Lauren Bell	(St Josephs) (Bro Gwaun)
800	Matthew Antoniazzi Alex Coomber	(Lewis Boys) (Bryncelynnog)	Lauren Bell Lora Roberts	(Bro Gwaun) (Porthcawl)
1500	Elliott Hardee Michael Ward	(Bettws) (Llanishen)	Ffion Price Bethan Daw	((Llandrindod) (St Cyres)
3000	Morgan Davies Liam Lloyd	(Porthcawl) (Coedcae)	Sarah Livett Ffion Lewis	(David Hughes) (Llanhari)
100H/ 80H	Rhys L Williams Daniel Blain	(Cwm Rhymni) (Dyffryn Taf)	Sara Otung Kimberley Davies	(Kings Monkton) (Penyrheol)
400H/ 300H	Josh Sansom Aaron Wilmott	(Cefn Hengoed) (Emlyn)	Atlanta Williams Katie Lewis	(Gwyr) (Bryntirion)
St Chase	Lloyd Heckler George Oliver	(Queen Elizabeth) (Connah's Quay)		
Walk			Heather Lewis	(Sir Thomas Picton)
High Jump	Tyron Blake Jonathan Bailey	(West Mon) (St Teilo's)	Ffion Bodilly Emily Morris	(Glantaf) (Olchfa)
Pole Vault	Morgan Atkins David Callan	(Bishopston) (Whitchurch)	Rhiannydd Llewellyn Sally Nicholas	(Bryntirion) (Cardiff High)
Long Jump	Jamie Morris Rhys L Williams	(Maesteg) (Cwm Rhymni)	Nia Palla Ffion Bodilly	(Bishop Vaughan) (Glantaf)
Triple Jump	Rhys Williams Kieron Martin	(Cefn Hengoed) (Ffynone)	Megan O'Sullivan Sophie Lane	(Cwm Rhymni) (Amman Valley)
Shot	Matthew Field Ben Harding	(Hawthorn) (St Cyres)	Lucy Griffiths Adele Nicholl	(Milford Haven) (Welshpool)
Discus	David Motley Mathew Field	(Cardiff High) (Hawthorn)	Nina Prells Awen Rosser	(Bishopston) (Strade)
Hammer	Matthew Reece Robert Rogers	(Glan Clwyd) (Dwr Y Felin)	Hannah Greenslade Jasmine Seale	(Archbishop McGrath) (Nantyglo)
Javelin	Ryan Leonard Scott Phillips	(Corpus Christi) (Coedcae)	Melissa Arthur Zoe Priestley	(Caldicot) (Pembroke)
4 x 100 Relay	Jamaul Whyte Michael Prentice Mathew Davies Jamie Morris	(St Teilo's) (St John College) (Tregib) (Maesteg)	Rhiannon Jeffreys Jamie-Leigh Bowen Jade Marvin Sara Otung	(Cwmtawe) (Whitchurch) (St Josephs) (Kings Monkton)
4 x 400/ 300 Relay	Evan Jenkins Keiron Stephens Owen Smith Tom Bevan Adam Jones	(St Michaels) (St Albans) (Maes Garmon) (Cardiff High) (Brecon)	Hannah Griffiths Lauren Bell Catrin Thomas Chloe Jones	(St Josephs) (Bro Gwaun) (Caereinion) (Maelor Penley)

Captains: Jamaul Whyte (St Teilo's)

Lucy Griffiths (Milford Haven)

**Team
Managers:** Dai Gatehouse
Stuart Williams
Graham Thomas

Miss Michelle John
Mrs Helen Davies
Mrs Kath Thomas
Mrs Sharon Leach
Mrs Joan Goldsmith

**Team
Coach:** Phil Banning