

Welsh Athletics
Senior League
Saturday-08-Aug-2009

Queensway International Stadium
Wrexham



WELSH ATHLETICS
ATHLETAU CYMRU

FINAL POSITIONS

Female

1st Swansea Harriers
2nd Pembroke Harriers
3rd Carmarthen Harriers

Male

1st Swansea Harriers
2nd Cardiff AAC
3rd Wrexham AC

Overall Male & Female

1st Swansea Harriers
2nd Carmarthen Harriers
3rd Cardiff AAC

League Record Danielle Barker Neath Harriers 12.2 2003

Welsh Record Sallyanne Short / Rachel Johncock Torfaen AC / Colwyn Bay 11.88/11.88w 1984/2009

T18 U17W 100m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	G	Bethan Davies	Cwmbran	14.37	
2	S	Megan Jones	Swansea	14.39	

T18 U17W 100m

B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Isla Evans	Swansea	16.26	

League Record Lisa-Marie Edwards Wrexham AC 25.7 2003

Welsh Record Michelle Probert Sale Harriers 23.6 1976

T51 U17W 200m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	S	Jemima Osborn	Swansea	27.6	
2	G	Bethan Davies	Cwmbran	29.9	

T51 U17W 200m

B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Isla Evans	Swansea	34.2	

League Record

Welsh Record

T39 U17W 400m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	S	Jemima Osborn	Swansea	44.70	

T39 U17W 400m

B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Rebecca Hall	Swansea	55.60	

League Record Rebecca Nutall Deeside AAC 1.18.4 2003
 Welsh Record Amanda Pritchard Cardiff AAC 2.07.32 1996

T21 U17W 800m

A String race

Pos	Bib	Athlete	Club	Perf	AW
1	S	Jemima Osborn	Swansea	2:22.70	*

T21 U17W 800m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Rebecca Hall	Swansea	3:06.20	

League Record Kayleigh Brown Carmarthen Harriers 4.45.0 2006
 Welsh Record Non Stanford Swansea Harriers 4.23.55 2004

T45 U17W 1500m

A String race

Pos	Bib	Athlete	Club	Perf	AW
1	B	Ffion Price	Brecon	5:01.50	*

T45 U17W 1500m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	BB	Rhianwedd Price	Brecon	5:38.70	

League Record No Record set
 Welsh Record Non Stanford Swansea Harriers 9.22.84 2004

T10 U17W 3000m

A String race

Pos	Bib	Athlete	Club	Perf	AW
1	B	Ffion Price	Brecon	10:46.30	*

League Record Rhianwedd Price Brecon AC 5.35.80 2009
 Welsh Record Angharad Davies Carmarthen Harriers 5.24.32 2007

T30 U17W 1500m Steeplechase

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	B	Rhianwedd Price	Brecon	5:47.80	

League Record Heather Jones Carmarthen Harriers 11.3 2003
 Welsh Record Heather Jones Carmarthen Harriers 11.27 2003

T36 U17W 80m hurdles A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	S	Kimberley Davies	Swansea	13.2	*

League Record Sarah Dacey Swansea Harriers 45.0 2007
 Welsh Record Caryl Granville Carmarthen Harriers 42.65 2006

T6 U17W 300m Hurdles A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	R	Rhiannon Plant	Carmarthen	53.1	

League Record Swansea Harriers 50.4 2007
 Welsh Record

T57 U17W 4 x 100 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	S	No, Team, Declared, Prior to race	Swansea	56.32	

League Record Swansea Harriers 4.14.19 2009
 Welsh Record

T63 U17W 4 x 400 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	S	No, Team, Declared, Prior to race	Swansea	4:55.60	

League Record Elin Evans Carmarthen Harriers 1.62
Welsh Record Lea Haggett Herne Hill Harriers 1.81 1986

F18 U17W High Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Kimberley Davies	Swansea	1.50	*
2	R	Rhiannon Plant	Carmarthen	1.45	*

League Record Elinor Lewis Cardiff AAC 3.25 2007 / 2008
Welsh Record Christina Hughes Deeside AAC 3.60 2008

F9 U17W Pole Vault

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	D	Rachel Williams	Deeside	2.40	*

League Record Sarah Dacey Swansea Harriers 5.59 2007
Welsh Record Lisa Armstrong Torfaen AC 6.01 1990

F12 U17W Long Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	B	Rhianwedd Price	Brecon	4.16	
2	S	Megan Jones	Swansea	3.98	

League Record Amy Bradley Cwmbran Harriers 10.93 2008
Welsh Record Jayne Ludlow Cardiff AAC 12.14 1994

F33 U17W Triple Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	B	Ffion Price	Brecon	8.67	

League Record Sally Hinds Swansea Harriers 11.47 2002
 Welsh Record Philipa Roles Swansea Harriers 13.65 1994

F27 U17W Shot Putt (4.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	M	Lucy Griffiths	Pembroke	10.46	*
2	G	Jasmine Seale	Cwmbran	9.26	*
3	R	Rhiannon Plant	Carmarthen	8.11	*
4	S	Neven Korashi	Swansea	7.88	*

League Record Ella Newington Swansea Harriers 34.41 2003
 Welsh Record Philipa Roles Swansea Harriers 48.88 1994

F42 U17W Discus (1.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	G	Jasmine Seale	Cwmbran	30.98	*
2	M	Lucy Griffiths	Pembroke	28.93	*
3	S	Neven Korashi	Swansea	15.58	

F42 U17W Discus (1.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	GG	Rachel Bevan	Cwmbran	19.31	

League Record Charlotte Murray Swansea Harriers 44.44 2006
 Welsh Record Toni Wells Swansea Harriers 51.77p 2009

F21 U17W Hammer (4.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Neven Korashi	Swansea	29.45	*
2	M	Lucy Griffiths	Pembroke	18.50	
3	U	Jade Tucker	Rhondda	10.21	

League Record Lianne Clarke Neath Harriers 44.40 2003
 Welsh Record Lianne Clarke Neath Harriers 45.55 2003

F30 U17W Javelin (600g)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	M	Zoe Priestley	Pembroke	33.13	*
2	G	Rachel Bevan	Cwmbran	33.13	*
3	SS	Kimberley Davies	Swansea	12.25	
4	U	Jade Tucker	Rhondda	8.52	

League Record Heather Jones Carmarthen Harriers 14.00 2005

Welsh Record Bethan Edwards Cardiff AAC 13.57 1992

T35 U20W 100m hurdles

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	R	Catherine Goldsmith	Carmarthen	19.70	

League Record Ceri Stokoe Swansea Harriers 1.80
 Welsh Record Rebecca Jones Wrexham AC 1.88 2002

F17 U20W High Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	R	Catherine Goldsmith	Carmarthen	1.45	
2	D	Emma Garstang	Deeside	1.45	

League Record Lara Richards Newport Harriers 5.58
 Welsh Record Lisa Armstrong Torfaen AC 6.25 1992

F11 U20W Long Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	N	Sian Jordan	Newport	2.75	

League Record Sally Hinds Swansea Harriers 13.24 2005
 Welsh Record Sally Hinds Swansea Harriers 14.72 2005

F26 U20W Shot Putt (4.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	R	Catherine Goldsmith	Carmarthen	10.65	*
2	D	Jenna Sherratt	Deeside	9.03	*
3	N	Sian Jordan	Newport	6.50	

League Record Faye Calvert Deeside AAC 38.11 2006
 Welsh Record Philipa Roles Swansea Harriers 51.60 1997

F41 U20W Discus (1.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	D	Jenna Sherratt	Deeside	24.74	*
2	N	Sian Jordan	Newport	21.62	

League Record Lianne Clarke Neath Harriers 46.79 2005
 Welsh Record Lianne Clarke Cardiff AAC 50.95 2004

F29 U20W Javelin (600g)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Claire Williams	Swansea	37.50	*

League Record Sallyanne Short Torfaen AC 11.9 1987
 Welsh Record Sallyanne Short Torfaen AC 11.39 1992

T16 SW 100m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	W	Jade Marvin	Wrexham	13.32	

T16 SW 100m B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	WW	Phillippa Roberts	Wrexham	14.52	

League Record Anne Middle Newport Harriers 55.2 1991
 Welsh Record Michelle Scutt Sale Harriers 50.63 1982

T37 SW 400m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	W	Amy Csizmadia	Wrexham	62.92	*

League Record Hayley Nash Swansea Harriers 4.24.4 1987
 Welsh Record Hayley Tullett Swansea Harriers 3.59.95 2000

T43 SW 1500m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	D	Donna Welsh	Deeside	5:11.40	
2	U	Ann Follan	Rhondda	6:21.50	

League Record Angela Tooby Cardiff AAC 9.35.0 1983
 Welsh Record Hayley Tullett Swansea Harriers 8.45.39 2000

T7 SW 3000m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	D	Donna Welsh	Deeside	10:55.10	*
2	U	Ann Follan	Rhondda	13:26.00	

League Record Michelle Cook Swansea Harriers 59.9 1988
 Welsh Record Alyson Layzell Cheltenham Harriers 56.43 1996

T4 SW 400m Hurdles A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	W	Amy Csizmadia	Wrexham	74.90	

League Record Torfaen AC 49.1 1987
 Welsh Record Wales 45.37 1986

T55 SW 4 x 100 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	W	No, Team, Declared, Prior to race	Wrexham	55.00	

League Record Cardiff AAC 4.00.5 1987
 Welsh Record Wales 3.35.60 1982

T61 SW 4 x 400 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
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1	W	No, Team, Declared, Prior to race	Wrexham	4:45.90
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League Record Rebecca Jones Wrexham AC 1.73 1999

Welsh Record Julie Crane Sale Harriers 1.89 2004

F16 SW High Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	W	Jade Marvin	Wrexham	1.35	

League Record Jayne Ludlow Cardiff AAC 11.76 1994

Welsh Record Sara Barry Cardiff AAC 12.75p 2009

F31 SW Triple Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	V	Donna Jones	Llanelli	10.25	*
2	W	Amy Csizmadia	Wrexham	9.21	

F31 SW Triple Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	VV	Kara Stedman	Llanelli	9.53	*

League Record Vanissa Head Cardiff AAC 18.93 1984
Welsh Record Vanissa Head Cardiff AAC 18.93 1984

F25 SW Shot Putt (4.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	W	Lydia David	Wrexham	9.02	*
2	U	Cath Alford	Rhondda	8.48	*
3	M	Karen Llewelin	Pembroke	8.36	*
4	D	Kelly Roberts	Deeside	8.23	

F25 SW Shot Putt (4.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	DD	Beverley Jones	Deeside	8.23	
2	MM	Tracy Llewelin	Pembroke	6.7	

League Record Vanissa Head Cardiff AAC 62.02 1984
Welsh Record Vanissa Head Cardiff AAC 64.68 1983

F40 SW Discus (1.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	R	Claire Williams	Carmarthen	34.33	*
2	D	Kelly Roberts	Deeside	31.37	*
3	MM	Tracy Llewelin	Pembroke	26.07	*
4	U	Cath Alford	Rhondda	24.94	
5	W	Lydia David	Wrexham	19.51	

F40 SW Discus (1.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	DD	Beverley Jones	Deeside	25.41	*
2	M	Karen Llewelin	Pembroke	24.86	

League Record Carys Parry Rhondda AC 56.96 2005
Welsh Record Carys Parry Rhondda AC 66.31 2008

F19 SW Hammer (4.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	D	Kelly Roberts	Deeside	36.58	*
2	U	Cath Alford	Rhondda	26.61	*
3	M	Karen Llewelin	Pembroke	26.52	*

F19 SW Hammer (4.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	MM	Tracy Llewelin	Pembroke	17.60	

League Record Karen Hough Swansea Harriers 47.94 1984
Welsh Record Lianne Clarke Cardiff AAC 52.68 2007

F28 SW Javelin (600g)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	W	Phillippa Roberts	Wrexham	22.30	
2	M	Karen Llewelin	Pembroke	17.10	
3	U	Cath Alford	Rhondda	15.72	

League Record Lloyd Reffell Cardiff AAC 11.2 2005

Welsh Record Tim Benjamin / Andrew Watkins Cardiff AAC / Cwmbran H 10.71 1998 / 2003

T15 U17M 100m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	G	Lewis Hinwood	Cwmbran	11.51	*
2	W	Daniel Williams	Wrexham	11.83	*
3	X	Sam Jones	Neath	11.83	*
4	D	Mark Thomas	Deeside	11.92	*
5	S	Toby Williams	Swansea	13.01	

T15 U17M 100m

B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	WW	Gareth Bennett	Wrexham	11.96	*
2	GG	William Davies	Cwmbran	12.32	
3	DD	Connor Leckenby	Deeside	12.34	

League Record Thomas Cusworth Wrexham AC 22.5 2008

Welsh Record Tim Benjamin Cardiff AAC 21.19 1998

T54 U17M 200m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	G	Lewis Hinwood	Cwmbran	23.4	*
2	W	Gareth Bennett	Wrexham	23.8	*
3	X	Sam Jones	Neath	24.1	*
4	D	Mark Thomas	Deeside	24.3	*

T54 U17M 200m

B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	XX	Owen Morgan	Neath	25.2	
2	GG	William Davies	Cwmbran	25.7	
3	WW	David Hooson	Wrexham	26.1	

League Record Rhodri Scanlon Carmarthen Harriers 51.1 2003

Welsh Record Bruce Tasker Carmarthen Harriers 47.85 2004

T42 U17M 400m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	G	Kieron Stephens	Cwmbran	54.47	*
2	X	Owen Morgan	Neath	55.73	
3	W	James Rich	Wrexham	56.58	
4	N	Ben McEwan	Newport	57.70	
5	S	Matthew Hughes	Swansea	58.63	
6	R	Luke Clements	Carmarthen	59.61	

T42 U17M 400m

B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	WW	Daniel Williams	Wrexham	57.55	
2	NN	Emrys Penny	Newport	63.20	

League Record Rob Lightfoot Wrexham AC 1.57.7 2003
 Welsh Record Neil Horsefield Newport Harriers 1.51.6 1983

T24 U17M 800m A String race

Pos		Athlete	Club		AW
1	G	David Banwell-Clode	Cwmbran	2:03.60	*
2	NN	Emrys Penny	Newport	2:07.60	*
3	W	James Roberts	Wrexham	2:09.00	*
4	R	Luke Clements	Carmarthen	2:16.70	

T21 U17W 800m B String race

Pos		Athlete	Club		AW
1	N	Ben McEwan	Newport	2:11.80	

League Record David Jones Carmarthen Harriers 4.07.0
 Welsh Record Colin Clarkson Swansea Harriers 3.51.5 1977

T48 U17M 1500m A String race 1

Pos		Athlete	Club		AW
1	X	Matthew O'Leary	Neath	4:21.07	*
2	N	Emrys Penny	Newport	4:25.83	*
3	G	David Banwell-Clode	Cwmbran	4:30.48	*
4	D	Padraig Goggin	Deeside	4:55.12	
5	S	Ben Jenkins	Swansea	4:55.29	

League Record No Record set
 Welsh Record Colin Clarkson Swansea Harriers 8.25.2 1977

T9 U17M 3000m A String race 1

Pos		Athlete	Club		AW
1	G	James Hanrahan	Cwmbran	10:08.70	

League Record Dafydd Walters Carmarthen Harriers 13.8 2007

Welsh Record David Guest Bridgend AC 12.94 2007

T33 U17M 100m hurdles A String race 1

Pos		Athlete	Club		AW
1	X	Shane Jones	Neath	15.0	*
2	S	Josh Sansom	Swansea	15.0	*
3	R	Glen Elsdon	Carmarthen	15.6	*
4	W	David Hooson	Wrexham	16.4	

T33 U17M 100m hurdles B String race 1

Pos		Athlete	Club		AW
1	SS	Mike Davis	Swansea	16.60	

League Record Gareth Sutcliffe Cardiff AAC 58.0 2005

Welsh Record Mark Rowlands Swansea Harriers 53.30 1994

T3 U17M 400m Hurdles A String race 1

Pos		Athlete	Club		AW
2	S	Josh Sansom	Swansea	60.4	*
2	R	Glen Elsdon	Carmarthen	60.6	*
3	N	Ben McEwan	Newport	67.9	

T3 U17M 400m Hurdles B String race 1

Pos		Athlete	Club		AW
1	SS	Matthew Hughes	Swansea	69.5	

League Record Cardiff AAC 45.2 2002

Welsh Record

T60 U17M 4 x 100 Relay

Race 1

Pos		Athlete	Club		AW
1	G	Stephens, Bussell, Davies, Hinwood	Cwmbran	49.30	
2	S	Williams, Hughes, Sansom, Davis	Swansea	49.37	
3	D	Thomas, Leckenby, Goggin, Davies	Deeside	49.61	
4	W	Williams, Hooson, Bennett, Rich	Wrexham	51.44	

League Record Cwmbran Harriers 3.50.59 2009

Welsh Record

NEW LEAGUE RECORD

T66 U17M 4 x 400 Relay

Race 1

Pos		Athlete	Club		AW
1	G	Stephens, Hanrahan, Davies, Hinwood	Cwmbran	3:39.39	*
2	W	No, Team, Declared, Prior to race	Wrexham	3:59.69	*
3	S	Martin, Restall, Sansom, Davis	Swansea	4:01.20	

League Record Sam Hood Cardiff AAC 2.05
 Welsh Record Chuka Enih-Snell Swansea Harriers 2.15 2000

F39 U17M High Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Ben Jenkins	Swansea	1.70	*

League Record Ricardo Childs Brecon AC 6.88 2001
 Welsh Record Marcus Browning Chester AC 7.11 1986

F24 U17M Long Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Keiron Martin	Swansea	5.56	*
2	R	Glen Elsdon	Carmarthen	5.36	
3	W	Gareth Bennett	Wrexham	5.24	
4	DD	Mark Thomas	Deeside	4.93	

F24 U17M Long Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Chris Restall	Swansea	5.21	
2	D	Connor Leckenby	Deeside	4.87	

League Record Craig Phillips Deeside AAC 13.51 2002
 Welsh Record Steven Shalders Cardiff AAC 15.14 1998

F48 U17M Triple Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	DD	Kyle Davies	Deeside	10.90	
2	S	Toby Williams	Swansea	10.30	

F48 U17M Triple Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	D	Connor Leckenby	Deeside	10.73	
2	SS	Mike Davis	Swansea	10.23	

League Record Tom Edwards Carmarthen Harriers 15.37 2008
 Welsh Record Mark Hewer Cardiff AAC 16.93 1979

F15 U17M Shot Putt (5.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	G	Josh Bussell	Cwmbran	13.39	*
2	D	Padraig Goggin	Deeside	7.64	
3	S	Ben Jenkins	Swansea	7.21	

League Record Glenn Williams Cardiff AAC 48.38
 Welsh Record Gareth Bull Cardiff AAC 48.93 2001

F36 U17M Discus (1.5kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	G	Josh Bussell	Cwmbran	33.90	*
2	DD	Padraig Goggin	Deeside	23.62	
3	S	Chris Restall	Swansea	20.33	

F36 U17M Discus (1.5kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	D	Kyle Davies	Deeside	21.63	
2	SS	Mike Davis	Swansea	15.82	

League Record Rhys Hodnett Cardiff AAC 55.85 2007
 Welsh Record Shaun Pickering Haringey 62.12 1978

F3 U17M Hammer (5.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	G	Josh Bussell	Cwmbran	30.61	*

League Record Jon Llewellyn Carmarthen Harriers 60.17 2009
 Welsh Record Colin MacKenzie East Kent 70.30 1979

F45 U17M Javelin (700g)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	D	Kyle Davies	Deeside	36.40	*
2	G	Kieron Stephens	Cwmbran	14.79	

League Record Calvin McLaggon Barry & Vale H 10.9 2003
 Welsh Record Christian Malcolm Cardiff AAC 10.12 1998

T14 U20M 100m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	S	Robert John	Swansea	12.20	
2	D	Tom Snowden	Deeside	12.50	
3	GG	Steve Drummond (U17)	Cwmbran	13.00	
4	A	Daniel Hiscox	Aberdare	13.80	

T14 U20M 100m

B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Gary Piazzon	Swansea	12.60	
2	G	Daniel Norton	Cwmbran	13.10	

League Record Calvin McLaggon Barry & Vale H 22.20 2003
 Welsh Record Christian Malcolm Cardiff AAC 20.29 1998

T53 U20M 200m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	G	Craig Godsall	Cwmbran	24.8	
2	A	Hywel Jones	Aberdare	25.0	
3	D	Tom Snowden	Deeside	26.2	

League Record Bruce Tasker Carmarthen Harriers 50.4 2003
 Welsh Record Tim Benjamin Cardiff AAC 46.10 2001

T41 U20M 400m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	G	Craig Godsall	Cwmbran	56.11	
2	D	Tom Snowden	Deeside	56.53	
3	S	Gary Piazzon	Swansea	56.77	

League Record Konstantinos Karras Cardiff AAC 1.57.85 2009
 Welsh Record Paul Williams Barry & Vale H 1.48.20 1986

NEW LEAGUE RECORD

T23 U20M 800m

A String race

Pos	Bib	Athlete	Club	Perf	AW
1	T	Konstantinos Karras	Cardiff	1:56.60	*
2	R	Gerwyn Slinger	Carmarthen	1:57.30	*
3	A	Craig Sprod	Aberdare	2:00.00	*
4	D	Phil Edge	Deeside	2:03.10	*
5	S	Jordan Brock	Swansea	2:28.30	

T23 U20M 800m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	AA	Dafydd Jones	Aberdare	2:18.90	

League Record Tom Marshall Brecon AC 4.05.6 2007
Welsh Record Neil Horsefield Newport Harriers 3.44.59 1984

T47 U20M 1500m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	D	David Mountford	Deeside	4:07.29	*
2	A	Daniel Hiscox	Aberdare	4:14.66	*

T47 U20M 1500m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	DD	Phil Edge	Deeside	4:09.15	*
2	AA	Dafydd Jones	Aberdare	4:28.08	

League Record
Welsh Record Andrew Rogers Leeds AC 8.12.6 1983

T12 U20M 5000m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	AA	Daniel Bodman	Aberdare	16:44.40	

T12 U20M 5000m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	A	Hywel Jones	Aberdare	16:58.80	

League Record Gareth Jones Swansea Harriers 6.40.4 2003
Welsh Record Mickey Morris Cwmbran Harriers 5.34.8 1975

T26 U20M 2000m Steeplechase

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	D	Ricky Challinor	Deeside	6:23.70	*
2	A	Daniel Bodman	Aberdare	6:40.00	*

League Record Luke Morgan Cardiff AAC 58.0 2008
 Welsh Record David Greene Swansea Harriers 51.14 2005

T2 U20M 400m Hurdles A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	T	Jamie Gutteridge	Cardiff	60.9	*
2	S	Jordan Brock	Swansea	67.7	

League Record Cardiff AAC 45.68 2009
 Welsh Record

T59 U20M 4 x 100 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	G	Drummond (U17), Norton, David Norton, Godsall	Cwmbran	50.36	
2	D	Challinor, Snowden, Edge, Edwards	Deeside	50.57	
3	A	Hiscox, Jones, Sprod, Bodman	Aberdare	56.17	

League Record Cardiff AAC 3.35.03 2009
 Welsh Record

T65 U20M 4 x 400 Relay Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	A	Hiscox, Jones, Sprod, Bodman	Aberdare	3:40.72	
2	D	Edge, Snowden, Mountford, Challinor	Deeside	3:47.19	

League Record Gareth Haines Carmarthen Harriers 1.98
Welsh Record John Hill Solihull 2.24 1985

F38 U20M High Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Ben Davies	Swansea	1.85	*

F38 U20M High Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	SS	Jordan Brock	Swansea	1.65	

League Record Paul Walker Cardiff AAC 4.20 2003
Welsh Record Neil Winter Shaftesbury 5.50 1992

F5 U20M Pole Vault

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	D	Liam Edwards	Deeside	3.30	*

League Record Ricardo Childs Brecon AC 7.09 2003
Welsh Record Colin Jackson Cardiff AAC 7.56 1985

F23 U20M Long Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	D	Liam Edwards	Deeside	5.49	
2	S	Robert John	Swansea	4.85	

League Record Adam Williams Menai T&F 14.05 2007
Welsh Record Steven Shalders Cardiff AAC 15.99 2000

F47 U20M Triple Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	S	Jordan Brock	Swansea	10.43	
2	D	Ricky Challinor	Deeside	9.65	

League Record Brett Morse Cardiff AAC 16.34 2008
 Welsh Record Brett Morse Cardiff AAC 17.05 2008

F14 U20M Shot Putt (6.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	D	James Fortune	Deeside	11.33	*
2	UU	Anthony Halling	Rhondda	11.20	*
3	S	Ben Davies	Swansea	9.16	

League Record Brett Morse Cardiff AAC 58.37 2008
 Welsh Record Brett Morse Cardiff AAC 58.37 2008

F35 U20M Discus (1.75kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	D	James Fortune	Deeside	36.19	*
2	UU	Anthony Halling	Rhondda	32.28	*

F35 U20M Discus (1.75kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	U	Ashley Andrews	Rhondda	32.27	*

League Record Richie Wells Swansea Harriers 55.26 2007
 Welsh Record Matthew Richards Swansea Harriers 58.44 2005

F2 U20M Hammer (6.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	U	Ashley Andrews	Rhondda	48.15	*

F2 U20M Hammer (6.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	UU	Anthony Halling	Rhondda	31.55	*

League Record Jason Copsey Cwmbran Harriers 59.19 2009
 Welsh Record Jonathan Clarke Swansea Harriers 68.74 1986

F44 U20M Javelin (800g)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	U	Anthony Halling	Rhondda	25.98	

League Record Colin Jackson Cardiff AAC 10.3 1993
 Welsh Record Christian Malcolm Cardiff AAC 10.11 2001

T13 SM 100m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	W	Nick Mesney	Wrexham	11.0	*
2	V	Jonathan Williams	Llanelli	11.1	*
3	B	Owen Chesher	Brecon	12.2	
4	A	David Williams	Aberdare	12.6	
5	T	Brian Dias	Cardiff	13.0	
6	S	Jeff Cooze	Swansea	13.6	

T13 SM 100m B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	WW	Cynan Evans	Wrexham	11.5	*
2	BB	Stephen Jeffries	Brecon	12.5	
3	VV	Mark Williams	Llanelli	13.2	

League Record Andrew Watkins Cwmbran Harriers 21.7 2006
 Welsh Record Christian Malcolm Cardiff AAC 20.08 2001

T52 SM 200m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	W	Nick Mesney	Wrexham	22.8	*
2	V	James Thomas	Llanelli	23.7	
3	D	Jonathan Bates	Deeside	26.1	
4	S	Jeff Cooze	Swansea	28.4	
5	T	Brian Dias	Cardiff	30.3	

T52 SM 200m B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	WW	Thomas Csizmadia	Wrexham	25.30	
2	VV	Jamie Steadman	Llanelli	26.90	

League Record Roger Barrett Carmarthen Harriers 48.0 1984
 Welsh Record Iwan Thomas Newham 44.36 1997

T40 SM 400m A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	W	Cynan Evans	Wrexham	50.36	*
2	A	David Williams	Aberdare	57.50	
3	T	Brian Dias	Cardiff	65.78	

T40 SM 400m B String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	WW	Thomas Csizmadia	Wrexham	54.38	

League Record Roger Barrett Carmarthen Harriers 1.50.0 1984
 Welsh Record Neil Horsefield Newport Harriers 1.45.44 1990

T22 SM 800m

A String race

Pos	Bib	Athlete	Club	Perf	AW
1	G	Ieuan Thomas	Cwmbran	1:55.30	*
2	T	Brian Dias	Cardiff	2:28.70	
3	W	Richard Turner	Wrexham	2:35.20	
4	V	Mike Halsall	Llanelli	2:39.70	

T22 SM 800m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	GG	Chris Prothero	Cwmbran	1:57.80	*

League Record Shaun Whelan Swansea Harriers 3.50.2 1988
 Welsh Record Neil Horsefield Newport Harriers 3.35.08 1990

T46 SM 1500m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	G	Ieuan Thomas	Cwmbran	4:05.14	*
2	V	Jonathan Williams	Llanelli	4:25.52	
3	W	Mike Robbins	Wrexham	4:43.74	
4	D	Mark Garstang	Deeside	5:15.72	
5	T	Brian Dias	Cardiff	5:21.88	

T46 SM 1500m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	VV	Mike Halsall	Llanelli	5:17.56	
2	WW	Richard Turner	Wrexham	5:22.70	

League Record Nigel Adams Swansea Harriers 14.15.9 2005
 Welsh Record Ian Hamer Edinburgh 7.46.40 1990

T11 SM 5000m

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	D	Lee Jones	Deeside	16:28.7	
2	W	Mike Robbins	Wrexham	16:59.2	
3	Q	Charles Walsh	Port Talbot	17:34.7	
4	V	Mike Halsall	Llanelli	19:24.9	

T11 SM 5000m

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	QQ	Adrian Weaver	Port Talbot	18:32.0	
2	WW	Bob Frost	Wrexham	22:28.2	

League Record Phil Cook Barry & Vale H 9.02.5 1990
 Welsh Record Roger Hackney Aldershot 8.18.91 1988

T25 SM 2000m Steeplechase

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	G	Afan Humphries	Cwmbran	6:38.90	*

T25 SM 2000m Steeplechase

B String race

Pos	Bib	Athlete	Club	Perf	AW
1	GG	Gavin Hanrahan	Cwmbran	6:57.70	*

League Record Chris Cashell Carmarthen Harriers 52.59 1991
 Welsh Record David Greene Swansea Harriers 48.56 2009

T1 SM 400m Hurdles

A String race 1

Pos	Bib	Athlete	Club	Perf	AW
1	D	Tom Tilston	Deeside	61.00	*
2	V	Jamie Steadman	Llanelli	67.90	
3	W	David James	Wrexham	76.20	

League Record Swansea Harriers 42.5 1981
 Welsh Record Wales 38.73 1998

T58 SM 4 x 100 Relay

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	V	Steadman, M Williams, Thomas, J Williams	Llanelli	47.73	
2	W	Nick Mesney, Evans, Spiers, Csizmadia	Wrexham	47.77	
3	G	Thomas, Prothero, Hanrahan, Humphries	Cwmbran	51.12	

League Record Newport Harriers 3.22.5 1997
 Welsh Record Wales 3.00.41 2002

T64 SM 4 x 400 Relay

Race 1

Pos	Bib	Athlete	Club	Perf	AW
1	G	Thomas, Prothero, Hanrahan, Humphries	Cwmbran	3:41.16	
2	W	Nick Mesney, Evans, James, Csizmadia	Wrexham	3:56.25	

League Record Paul Evans 2.05 1983
 Welsh Record Robert Mitchell Sale Harriers 2.25 2001

F37 SM High Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	B	Owen Chesher	Brecon	1.90	*
2	WW	David James	Wrexham	1.35	
3	D	Mark Garstang	Deeside	1.35	

F37 SM High Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	W	Steve Spiers	Wrexham	1.45	

League Record Richard Jones 7.44 1983
 Welsh Record Lynn Davies Cardiff AAC 8.23 1968

F22 SM Long Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	B	Stephen Jeffries	Brecon	5.95	*
2	V	Owain Butterworth	Llanelli	5.69	
3	W	Thomas Csizmadia	Wrexham	5.47	
4	M	Robert Llewelin	Pembroke	4.36	
5	D	Mark Garstang	Deeside	4.12	
6	T	Brian Dias	Cardiff	3.56	
7	U	Robert Greuter	Rhondda	2.53	

F22 SM Long Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	VV	Jamie Steadman	Llanelli	4.60	

League Record Charles Maderia-Cole Carmarthen Harriers 14.74 1997
 Welsh Record Steven Shalders Cardiff AAC 16.71 2005

F46 SM Triple Jump

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	W	Thomas Csizmadia	Wrexham	9.91	

F46 SM Triple Jump

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	WW	David James	Wrexham	8.50	

League Record Ben Roberts Deeside AAC 14.54 2006

Welsh Record Shaun Pickering Haringey 20.45 1997

F13 SM Shot Putt (7.26kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	D	Phil Davies	Deeside	12.06	*
2	U	Glyn Pugh	Rhondda	10.33	*
3	R	Michael John	Carmarthen	9.87	
4	M	Robert Llewelin	Pembroke	9.05	
5	W	Mark Rich	Wrexham	7.41	
6	QQ	Adrian Weaver	Port Talbot	6.96	
7	T	Brian Dias	Cardiff	4.04	

F13 SM Shot Putt (7.26kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	UU	Darren Andrews	Rhondda	9.70	
2	WW	Steve Spiers	Wrexham	7.09	
3	Q	Charles Walsh	Port Talbot	5.91	

League Record David Coleman Cardiff AAC 45.50 2009

Welsh Record Lee Newman Belgrave Harriers 60.43 1998

F34 SM Discus (2.0kg)

A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	U	Glyn Pugh	Rhondda	31.85	*
2	M	Robert Llewelin	Pembroke	31.10	*
3	D	Phil Davies	Deeside	30.55	*
4	R	Michael John	Carmarthen	27.21	
5	W	Mark Rich	Wrexham	17.64	

F34 SM Discus (2.0kg)

B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	UU	Darren Andrews	Rhondda	28.05	*
2	WW	Paul Brooks	Wrexham	16.87	

League Record Peter Stark Bridgend AC 55.48 1979
 Welsh Record Shaun Pickering Haringey 68.64 1984

F1 SM Hammer (7.26kg) A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	UU	Darren Andrews	Rhondda	35.15	*
2	D	Phil Davies	Deeside	24.57	
3	M	Robert Llewelin	Pembroke	23.39	
4	W	Mark Rich	Wrexham	18.40	
5	R	Michael John	Carmarthen	17.15	

F1 SM Hammer (7.26kg) B STRING

Pos	Bib	Athlete	Club	Perf	AW
1	U	Glyn Pugh	Rhondda	34.78	*
2	WW	Steve Spiers	Wrexham	14.88	

League Record Jonathan Clarke Swansea Harriers 65.76 1988
 Welsh Record Nigel Bevan Belgrave Harriers 81.7 1992

F43 SM Javelin (800g) A STRING

Pos	Bib	Athlete	Club	Perf	AW
1	R	Michael John	Carmarthen	53.74	*
2	M	Robert Llewelin	Pembroke	29.48	*
3	WW	Geoff Mesney	Wrexham	24.99	*
4	U	Glyn Pugh	Rhondda	23.55	*

F43 SM Javelin (800g)

Pos	Bib	Athlete	Club	Perf	AW
1	W	Mark Rich	Wrexham	21.81	*
2	UU	Robert Greuter	Rhondda	20.24	*

New League Records

		Age Group	Event	Athlete	Club	Performance	Year
1	NEW RECORD	U17M	4 x 400m Relay		Cwmbran Harriers	3:39.39	2009
	OLD RECORD				Cwmbran Harriers	3:50.59	2009
2	NEW RECORD	U20M	800m	Konstantinos Karras	Cardiff AAC	1:56.60	2009
	OLD RECORD			Konstantinos Karras	Cardiff AAC	1:57.85	2009

Match 1 Points								
Combined Female Points			Combined Male Points			Combined Male & Female Points		
Club	Match Points	Lge Pts	Club	Match Points	Lge Pts	Club	Total Points	Lge Points
Aberdare	14.00	5	Aberdare	75.00	7	Aberdare	89.00	12
Amman Valley			Amman Valley			Amman Valley		
Barry & Vale	18.00	6	Barry & Vale	87.00	9	Barry & Vale	105.00	15
Brecon	100.00	13	Brecon	174.50	13	Brecon	274.50	26
Bridgend	119.50	14	Bridgend	65.50	5	Bridgend	185.00	19
Cardiff	277.50	18	Cardiff	341.00	18	Cardiff	618.50	36
Carmarthen	244.50	17	Carmarthen	221.25	17	Carmarthen	465.75	34
Cwmbran	60.00	8	Cwmbran	219.50	16	Cwmbran	279.50	24
Deeside	214.00	16	Deeside	188.50	14	Deeside	402.50	30
Llanelli	81.00	12	Llanelli	120.50	10	Llanelli	201.50	22
Menai			Menai			Menai		
Neath	60.50	9	Neath	41.75	4	Neath	102.25	13
Newport	68.00	10	Newport	215.50	15	Newport	283.50	25
Pembroke	166.00	15	Pembroke	71.50	6	Pembroke	237.50	21
Port Talbot			Port Talbot	78.00	8	Port Talbot	78.00	8
Rhondda	74.00	11	Rhondda	136.00	11	Rhondda	210.00	22
Rhymney Valley			Rhymney Valley			Rhymney Valley		
Swansea	386.00	19	Swansea	401.00	19	Swansea	787.00	38
Wrexham	56.00	7	Wrexham	151.00	12	Wrexham	207.00	19

Match 2 Points								
Combined Female Points			Combined Male Points			Combined Male & Female Points		
Club	Match Points	Lge Pts	Club	Match Points	Lge Pts	Club	Total Points	Lge Points
Aberdare	32.00	6	Aberdare	49.50	5	Aberdare	81.50	11
Amman Valley			Amman Valley			Amman Valley		
Barry & Vale	52.00	8	Barry & Vale	100.00	8	Barry & Vale	152.00	16
Brecon	64.00	10	Brecon	125.50	11	Brecon	189.50	21
Bridgend	32.00	6	Bridgend	48.00	4	Bridgend	80.00	10
Cardiff	319.00	18	Cardiff	416.50	17	Cardiff	735.50	35
Carmarthen	222.50	17	Carmarthen	337.50	16	Carmarthen	560.00	33
Cwmbran	176.50	15	Cwmbran	201.00	13	Cwmbran	377.50	28
Deeside	176.50	15	Deeside	229.00	14	Deeside	405.50	29
Llanelli	72.00	11	Llanelli	101.00	9	Llanelli	173.00	20
Menai			Menai			Menai		
Neath	50.50	7	Neath	66.50	7	Neath	117.00	14
Newport	154.00	13	Newport	266.50	15	Newport	420.50	28
Pembroke	203.00	16	Pembroke	116.00	10	Pembroke	319.00	26
Port Talbot			Port Talbot	58.50	6	Port Talbot	58.50	6
Rhondda	60.00	9	Rhondda	137.50	12	Rhondda	197.50	21
Rhymney Valley			Rhymney Valley			Rhymney Valley		
Swansea	504.00	19	Swansea	496.50	19	Swansea	1000.50	38
Wrexham	135.50	12	Wrexham	453.00	18	Wrexham	588.50	30

Match 3								
Combined Female Points			Combined Male Points			Combined Male & Female Points		
Club	Match Points	Lge Pts	Club	Match Points	Lge Pts	Club	Total Points	Lge Points
Aberdare	32.00	8	Aberdare	152.00	11	Aberdare	184.00	19
Amman Valley			Amman Valley			Amman Valley		
Barry & Vale			Barry & Vale	108.50	8	Barry & Vale	108.50	8
Brecon	98.50	12	Brecon	91.50	7	Brecon	190.00	19
Bridgend	65.50	10	Bridgend	6.00	4	Bridgend	71.50	14
Cardiff	248.00	18	Cardiff	456.00	19	Cardiff	704.00	37
Carmarthen	112.00	14	Carmarthen	225.00	15	Carmarthen	337.00	29
Cwmbran	102.00	13	Cwmbran	166.00	12	Cwmbran	268.00	25
Deeside	20.00	6	Deeside	224.00	14	Deeside	244.00	20
Llanelli	124.00	15	Llanelli	132.50	10	Llanelli	256.50	25
Menai			Menai			Menai		
Neath	36.00	9	Neath	11.25	5	Neath	47.25	14
Newport	191.50	17	Newport	368.75	17	Newport	560.25	34
Pembroke	161.00	16	Pembroke	119.00	9	Pembroke	280.00	25
Port Talbot			Port Talbot	40.50	6	Port Talbot	40.50	6
Rhondda	28.00	7	Rhondda	168.50	13	Rhondda	196.50	20
Rhymney Valley			Rhymney Valley			Rhymney Valley		
Swansea	581.00	19	Swansea	433.50	18	Swansea	1014.50	37
Wrexham	90.00	11	Wrexham	337.50	16	Wrexham	427.50	27

Match 4								
Combined Female Points			Combined Male Points			Combined Male & Female Points		
Club	Match Points	Lge Pts	Club	Match Points	Lge Pts	Club	Total Points	Lge Points
Aberdare			Aberdare	99.00	13	Aberdare	99.00	13
Amman Valley			Amman Valley			Amman Valley		
Barry & Vale			Barry & Vale			Barry & Vale		
Brecon	88.00	13	Brecon	51.00	9	Brecon	139.00	22
Bridgend			Bridgend			Bridgend		
Cardiff			Cardiff	68.50	11	Cardiff	68.50	11
Carmarthen	90.00	14	Carmarthen	84.00	12	Carmarthen	174.00	26
Cwmbran	82.00	12	Cwmbran	319.00	17	Cwmbran	401.00	29
Deeside	187.50	18	Deeside	391.00	19	Deeside	578.50	37
Llanelli	47.00	11	Llanelli	111.00	14	Llanelli	158.00	25
Menai			Menai			Menai		
Neath			Neath	50.00	8	Neath	50.00	8
Newport	42.00	10	Newport	36.00	7	Newport	78.00	17
Pembroke	132.00	16	Pembroke	60.00	10	Pembroke	192.00	26
Port Talbot			Port Talbot	13.50	6	Port Talbot	13.50	6
Rhondda	118.00	15	Rhondda	178.00	15	Rhondda	296.00	30
Rhymney Valley			Rhymney Valley			Rhymney Valley		
Swansea	245.00	19	Swansea	249.50	16	Swansea	494.50	35
Wrexham	132.00	16	Wrexham	330.00	18	Wrexham	462.00	34

COMBINED MATCHES 1-2-3-4								
Combined Female Points			Combined Male Points			Combined Male & Female Points		
Club	Match Points	Lge Pts	Club	Match Points	Lge Pts	Club	Total Points	Lge Points
Swansea	1716.00	76	Swansea	1580.50	72	1 Swansea	3296.50	148
Pembroke	662.00	63	Cardiff	1282.00	65	2 Carmarthen	1536.75	122
Carmarthen	669.00	62	Wrexham	1271.50	64	3 Cardiff	2126.50	119
Deeside	598.00	55	Deeside	1032.50	61	4 Deeside	1630.50	116
Cardiff	844.50	54	Carmarthen	867.75	60	5 Wrexham	1685.00	110
Newport	455.50	50	Cwmbran	905.50	58	6 Cwmbran	1326.00	106
Llanelli	324.00	49	Newport	886.75	54	7 Newport	1342.25	104
Cwmbran	420.50	48	Rhondda	620.00	51	8 Pembroke	1028.50	98
Brecon	350.50	48	Llanelli	465.00	43	9 Rhondda	900.00	93
Wrexham	413.50	46	Brecon	442.50	40	10 Llanelli	789.00	92
Rhondda	280.00	42	Aberdare	375.50	36	11 Brecon	793.00	88
Bridgend	217.00	30	Pembroke	366.50	35	12 Aberdare	453.50	55
Neath	147.00	25	Port Talbot	190.50	26	13 Neath	316.50	49
Aberdare	78.00	19	Barry & Vale	295.50	25	14 Bridgend	336.50	43
Barry & Vale	70.00	14	Neath	169.50	24	15 Barry & Vale	365.50	39
Amman Valley			Bridgend	119.50	13	16 Port Talbot	190.50	26
Menai			Amman Valley			17 Amman Valley		
Port Talbot			Menai			17 Menai		
Rhymney Valley			Rhymney Valley			17 Rhymney Valley		