

Welsh Athletics Senior T F Outdoor Championships
Saturday 13th June 2009
Cardiff International Sports Stadium



T31 - Senior Women - 100m - Final

All Comers Heather OAKES - England - 13.27 1984

Record Sallyanne SHORT - Torfaen AC - 11.39 1992

CBP Michelle PROBERT, Sallyanne SHORT - Sale Harriers, Torfaen AC - 11.3w 1980, 1989

2008 Champion Lucy EVANS - Sale Harriers - 12.19

-2.0 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	8	Elaine O'NEILL (W) U23W	Woodford Green & Essex L	11.91	
2	3	Lucy EVANS (W) SW	Sale Harriers	12.13	
3	7	Mica MOORE (W) U17W	Cardiff AAC	12.33	
4	9	Hannah PENDLEBURY (W) U20W	Deeside AAC	12.42	
5	13	Rebecca WILLIAMS (W) U23W	Newport Harriers	12.66	
6	10	Sarah POLE (W) U20W	Neath Harriers	12.88	
7	5	Laura LANGOWSKI SW	Coventry Godiva H	13.15	
8	1	Lolita BYFIELD-MOORE (W) SW	Cardiff AAC	13.78	

T22 - Senior Women - 100m - Heats

All Comers Heather OAKES - England - 13.27 1984

Record Sallyanne SHORT - Torfaen AC - 11.39 1992

CBP Michelle PROBERT, Sallyanne SHORT - Sale Harriers, Torfaen AC - 11.3w 1980, 1989

2008 Champion Lucy EVANS - Sale Harriers - 12.19

-0.7 m/s

Ht 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	8	Elaine O'NEILL (W) U23W	Woodford Green & Essex L	12.14	Q
2	13	Rebecca WILLIAMS (W) U23W	Newport Harriers	12.46	Q
3	9	Hannah PENDLEBURY (W) U20W	Deeside AAC	12.53	
4	1	Lolita BYFIELD-MOORE (W) SW	Cardiff AAC	13.34	
5	12	Amber VINCENT (W) U20W	Cardiff AAC	13.35	

T22 - Senior Women - 100m - Heats

All Comers Heather OAKES - England - 13.27 1984

Record Sallyanne SHORT - Torfaen AC - 11.39 1992

CBP Michelle PROBERT, Sallyanne SHORT - Sale Harriers, Torfaen AC - 11.3w 1980, 1989

2008 Champion Lucy EVANS - Sale Harriers - 12.19

-1.0 m/s

Ht 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	7	Mica MOORE (W) U17W	Cardiff AAC	12.67	
2	3	Lucy EVANS (W) SW	Sale Harriers	12.87	
3	5	Laura LANGOWSKI SW	Coventry Godiva H	12.99	
4	10	Sarah POLE (W) U20W	Neath Harriers	13.03	
5	2	Kirsty CRANE (W) SW	Newport Harriers	14.17	

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T16 - Senior Women - 200m - Final

All Comers Sonia LANNAMAN - England - 22.58 1980

Record Michelle SCUTT - Sale Harriers - 22.8 1982

CBP Sallyanne SHORT, Catherine MURPHY - Torfaen AC, Shaftesbury - 23.3w 1988, 2001

2008 Champion Lucy EVANS - Sale Harriers - 24.84

Pos	Bib	Athlete	Club	Perf	Comments
1	3	Lucy EVANS (W) SW	Sale Harriers	24.42	
2	13	Rebecca WILLIAMS (W) U23W	Newport Harriers	24.90	
3	9	Hannah PENDLEBURY (W) U20W	Deeside AAC	25.03	
4	45	Melanie STEPHENSON (W) U23W	Cardiff AAC	25.32	
5	5	Laura LANGOWSKI SW	Coventry Godiva H	25.51	
6	10	Sarah POLE (W) U20W	Neath Harriers	26.33	
7	1	Lolita BYFIELD-MOORE (W) SW	Cardiff AAC	27.32	
8	2	Kirsty CRANE (W) SW	Newport Harriers	28.44	

T18 - Senior Women - 400m - Final

All Comers Michelle SCUTT - Wales - 50.63 1982

Record Michelle SCUTT - Sale Harriers - 50.63 1982

CBP Michelle SCUTT - Sale Harriers - 53.08 1984

2008 Champion Rhianne JONES - Newport Harriers - 56.81

Pos	Bib	Athlete	Club	Perf	Comments
1	66	Laura MADDOX SW	Team Bath AC	55.79	
2	65	Rhianne JONES (W) U23W	Cardiff AAC	57.25	
3	67	Lauren REGAN (W) U20W	Cardiff AAC	58.52	
4	68	Bryony TURNBULL (W) SW	Swansea Harriers	58.52	
5	63	Caroline BYNG (W) SW	Swansea Harriers	62.44	

T27 - Senior Women - 800m - Final

All Comers Christiane WILDSCHEK - Austria - 2.00.21 1979

Record Kirsty McDERMOTT - Bristol - 1.57.42 1985

CBP Kirsty McDERMOTT - Bristol AC - 2.02.3 1985

2008 Champion Rebecca NUTTALL U20 - Deeside AAC - 2.15.38

Pos	Bib	Athlete	Club	Perf	Comments
1	113	Amanda MOSS (W) SW	Cardiff AAC	2:04.7*	
2	112	Martina McCARTHY SW	Ireland	2:09.4*	
3	116	Jade WILLIAMS (W) U17W	Amman Valley	2:11.5*	
4	110	Charlotte GAUGHAN (W) U23W	City of York AC	2:21.5*	

T26 - Senior Women - 1500m - Final

All Comers Zola BUDD - England - 4.04.39 1984

Record Hayley TULLETT - Swansea Harriers - 3.59.95 2003

CBP Annemarie RICHARDS - Cardiff AAC - 4.19.7 1988

2008 Champion Victoria BARCELLO - Cardiff AAC - 4.28.04

Pos	Bib	Athlete	Club	Perf	Comments
1	134	Amanda JONES (W) SW	Swansea Harriers	4:36.71	
2	115	Bethan STRANGE (W) U23W	Cardiff AAC	4:39.26	
3	133	Natasha COCKRAM (W) U17W	Cwmbran Harriers	4:39.32	
4	132	Ellen BUTLER (W) SW	Notts AC	4:39.99	

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T29 - Senior Women - 3000m - Final

All Comers Paula FUDGE - England - 8.52.88 1982

Record Hayley TULLETT - Swansea Harriers - 8.45.39 2000

CBP Susan TOOBY - Cardiff AAC - 9.07.8 1989

2008 Champion - -

Pos	Bib	Athlete	Club	Perf	Comments
1	165	Leigh JAMES (W) SW	Windsor Slough Eton & H	11:23.32	

T9 - Senior Women - 100mh - Final

All Comers Kay MORLEY - Wales - 13.02 1990

Record Kay MORLEY - Cardiff AAC - 13.02 1990

CBP Kay MORLEY - Cardiff AAC - 13.24 1989

2008 Champion Heather JONES - Carmarthen Harriers - 14.35

-0.1 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	55	Heather JONES (W) SW	Carmarthen Harriers	13.98	
2	57	Jade SURMAN U23W	Birchfield Harriers	14.49	
3	56	Lucy LOUGHER (W) SW	Cardiff AAC	14.68	
4	58	Michelle THOMAS SW	Birchfield Harriers	15.17	

T10 - Senior Women - 400m Hdl - Final

All Comers Kim BATTEN - USA - 54.69 1992

Record Alyson LAYZELL - Cheltenham - 56.43 1996

CBP Anwen REES - Carmarthen Harriers - 58.71 2007

2008 Champion Emma PETERS - Cardiff AAC AAC - 60.45

Pos	Bib	Athlete	Club	Perf	Comments
1	95	Emma PETERS SW	Cardiff AAC	60.62	
2	96	Anwen REES (W) SW	Swansea Harriers	61.15	
3	94	Caryl GRANVILLE (W) U23W	Carmarthen Harriers	61.24	
4	56	Lucy LOUGHER (W) SW	Cardiff AAC	62.34	
5	93	Sian DAVIES SW	Swansea Harriers	64.86	
6	97	Antonia YORKSHIRE (W) U17W	Newport Harriers	71.92	
7	58	Michelle THOMAS SW	Birchfield Harriers	DNF	

T20 - Senior Women - 2000m S/C - Final

All Comers Robin ELLERBROOK - USA - 6.57.36 2006

Record Clare MARTIN - Newport Harriers - 6.40.35 2005

CBP Melissa WOODFORD - Aldershot - 7.29.1 2006

2008 Champion Event did not take place - -

NEW CBP

Pos	Bib	Athlete	Club	Perf	Comments
1	177	Caryl JONES (W) U23W	Carmarthen Harriers	7:02.95	
2	176	Emily BROWN (W) SW	Cardiff AAC	7:40.42	
3	175	Alaw BEYNON-THOMAS (W) SW	Carmarthen Harriers	8:14.63	
4	298	Catrin LEWIS (W) U17W	Carmarthen Harriers	8:42.14	

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F7 - Senior Women - High Jump - Final

All Comers Andrea MATAY - Hungary - 1.93 1980

Record Julie CRANE - Sale Harriers - 1.89 2004

CBP Julie CRANE - Sale Harriers - 1.82 2000, 2005

2008 Champion Sian SWANSON - Maldwyn Harriers - 1.71

Pos	Bib	Athlete	Club	Perf	Comments
1	181	Julie CRANE (W) SW	Sale Harriers	1.79	
2	185	Bethan PARTRIDGE U20W	Telford AC	1.75	
3	186	Ceri STOKOE (W) SW	Swansea Harriers	1.70	
4	187	Sian SWANSON (W) U17W	Maldwyn Harriers	1.70	
5	184	Lucy HODGINS U23W	Vale of Aylesbury AC	1.65	
6	183	Emma GULLIVER U23W	UWIC	1.65	

F4 - Senior Women - Pole Vault - Final

All Comers Janine WHITLOCK - England - 4.26 2005 & 2006

Record Rhian CLARKE - Essex Ladies - 4.15 2000/2002

CBP Sonia LAWRENCE - Cardiff AAC - 4.02 2003

2008 Champion Jessica ABRAHAM U20 - Cardiff AAC AAC - 3.40

NEW CBP

Pos	Bib	Athlete	Club	Perf	Comments
1	210	Maria SEAGER U20W	Woodford Green & Essex L	4.05	EJ QUAL
2	204	Anna MASSEY SW	Sale Harriers	3.85	
3	209	Bryony RAINE SW	Cardiff AAC	3.85	
4	205	Lyndsey MAUND (W) SW	Swansea Harriers	3.65	
5	196	Jessica ABRAHAM (W) U23W	Cardiff AAC	3.65	
6	197	Rebecca DAVIES (W) U17W	Deeside AAC	3.40	
7	206	Katherine OGDEN U20W	UWIC	3.40	
8	200	Naomi JAMES (W) U17W	Swansea Harriers	3.40	
9	208	Sally PEAKE (W) SW	Liverpool Harriers & AC	3.25	
10	195	Hannah ABRAHAM (W) U23W	Cardiff AAC	3.25	
11	211	Emily TAYLOR (W) U23W	Bath University	3.25	
12	203	Rhianydd LLEWELLYN (W) U17W	Bridgend AC	3.10	

F3 - Senior Women - Long Jump - Final

All Comers Oluyinka IDOWU - England - 6.58 1991

Record Gill REGAN - Cardiff AAC - 6.52 1982

CBP Ruth HOWELL - Birchfield Harriers - 6.33w 1978

2008 Champion Lara RICHARDS - Newham & Essex Beagles & Essex - 5.80

Pos	Bib	Athlete	Club	Perf	Comments
1	227	Imogen MILES (W) SW	Cardiff AAC	5.60	+2.6
2	14	Rhiannon YATES (W) U20W	Newport Harriers	5.33	+0.5
3	226	Amy BRADLEY (W) U17W	Cwmbran Harriers	4.92	+2.1
4	229	Victoria WEBB (W) U17W	Cwmbran Harriers	4.68	+1.6

F13 - Senior Women - Triple Jump - Final

All Comers Nicole MLADENIS - Australia - 13.10 2002

Record Sara BARRY - Cardiff AAC - 12.70p 2009

CBP Sara BARRY - Cardiff AAC - 12.53w 2008

2008 Champion Sara BARRY - Cardiff AAC AAC - 12.53w

NEW CBP

Pos	Bib	Athlete	Club	Perf	Comments
1	293	Sara BARRY (W) SW	Cardiff AAC	12.61	+1.8
2	295	Nicola BREAKS SW	Handyburn AC	11.52	+2.6
3	226	Amy BRADLEY (W) U17W	Cwmbran Harriers	10.65	+1.7
4	318	Donna JONES U20W	Llanelli AC	10.56	+1.5

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F11 - Senior Women - Shot (4.00kg) - Final

All Comers Zhu XINMEI - China - 19.69 1991

Record Venissa HEAD - Cardiff AAC - 18.93 1984

CBP Venissa HEAD - Cardiff AAC - 18.02 1983

2008 Champion Tesni WARD U17 - City of Sheffield - 12.4

Pos	Bib	Athlete	Club	Perf	Comments
1	243	Tesni WARD (W) U20W	City of Sheffield AC	13.26	
2	241	Sarah BENSON U23W	Bingley Harriers & AC	11.94	
3	242	Alyson HOURIHAN (W) SW	Cardiff AAC	10.91	
4	240	Louise ALI (W) U23W	Aberdare VAAC	10.65	

F16 - Senior Women - Discus (1kg) - Final

All Comers Venissa HEAD - Wales - 62.02 1984

Record Venissa HEAD - Cardiff AAC - 64.68 1983

CBP Philippa ROLES - Sale Harriers - 61.41 2008

2008 Champion Philippa ROLES - Swansea Harriers Harriers - 61.41

Pos	Bib	Athlete	Club	Perf	Comments
1	254	Navdeep DHALIWAL SW	Unattached	50.51	
2	255	Kirsty LAW SW	Shaftesbury Barnet Harriers	47.70	
3	243	Tesni WARD (W) U20W	City of Sheffield AC	41.37	
4	253	Faye CALVERT (W) U23W	Deeside AAC	38.26	
5	242	Alyson HOURIHAN (W) SW	Cardiff AAC	37.72	
6	241	Sarah BENSON U23W	Bingley Harriers & AC	36.34	
7	256	Brea LEUNG (W) U20W	Menai AC	34.36	
8	244	Claire WILLIAMS (W) U23W	Carmarthen Harriers (F12)	34.25	
9	240	Louise ALI (W) U23W	Aberdare VAAC	32.37	
10	257	Karen LLEWELLIN (W) SW	Pembroke Harriers	24.80	
11	258	Tracy LLEWELLIN (W) SW	Pembroke Harriers	24.76	

F5 - Senior Women - Hammer (4kg) - Final

All Comers Lorraine SHAW - England - 67.10 1999

Record Carys PARRY - Rhondda - 66.31 2008

CBP Carys PARRY - Rhondda AC - 66.30 2008

2008 Champion Carys PARRY - Rhondda AC - 66.30

Pos	Bib	Athlete	Club	Perf	Comments
1	290	Carys PARRY (W) SW	Rhondda AC	66.10	
2	265	Laura DOUGLAS (W) SW	Sale Harriers	61.88	
3	268	Toni WELLS (W) U17W	Swansea Harriers	48.90	
4	269	Kate YHNELL (W) U20W	Gloucester AC	48.34	
5	267	Stephanie OWENS (W) U20W	Shaftesbury Barnet Harriers	44.37	
6	242	Alyson HOURIHAN (W) SW	Cardiff AAC	32.73	
7	259	Sarah RICHARDS (W) SW	Swansea Harriers	30.03	
8	257	Karen LLEWELLIN (W) SW	Pembroke Harriers	28.07	

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F10 - Senior Women - Javelin (600g) - Final

All Comers Shelly HOLROYD - England - 54.41 2005

Record Lianne CLARKE - Cardiff AAC - 52.68 2007

CBP Lianne CLARKE - Cardiff AAC - 48.32 2007

2008 Champion Claire WILLIAMS U20 - Swansea Harriers Harriers - 44.61

NEW CBP

Pos	Bib	Athlete	Club	Perf	Comments
1	282	Laura WHITTINGHAM SW	City of Manchester	52.17	
2	281	Sara SIGGERY (W) SW	Carmarthen Harriers	42.65	
3	243	Tesni WARD (W) U20W	City of Sheffield AC	41.05	
4	283	Claire WILLIAMS (W) U20W	Swansea Harriers	38.92	
5	242	Alyson HOURIHAN (W) SW	Cardiff AAC	29.93	

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T32 - Senior Men - 100m - Final

All Comers Christian MALCOLM - Wales - 10.28 2005

Record Christian MALCOLM - Cardiff AAC - 10.11 2001

CBP Christian MALCOLM - Cardiff AAC - 10.28 2005

2008 Champion Bradley WILLIAMS - Deeside - 10.92

-2.4 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	24	Phil DOORGACHURN SM	Cardiff AAC	11.11	
2	17	Oladele BAMISAYE (W) SM	Swansea Harriers	11.16	
3	40	Lloyd RICE SM	Bristol & West AC	11.17	
4	28	Chris HILL U23M	Derby AC	11.23	
5	31	Christopher HOWE (W) U20M	Cardiff AAC	11.24	
6	29	Gareth HOPKINS (W) U20M	Cardiff AAC	11.29	
7	32	Thomas KNIGHT (W) U20M	Cardiff AAC	11.43	
8	35	Nik MESNEY (W) SM	Wrexham AC	11.47	

T23 - Senior Men - 100m - Heats

All Comers Christian MALCOLM - Wales - 10.28 2005

Record Christian MALCOLM - Cardiff AAC - 10.11 2001

CBP Christian MALCOLM - Cardiff AAC - 10.28 2005

2008 Champion Bradley WILLIAMS - Deeside - 10.92

-0.9 m/s

Ht 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	40	Lloyd RICE SM	Bristol & West AC	11.14	Q
2	28	Chris HILL U23M	Derby AC	11.29	Q
3	18	Lee CHRISTOPHER U23M	Bath University	11.33	
4	26	Santino DUMMETT (W) U20M	Telford AC	11.40	
5	36	Chris MILLARD (W) SM	North Somerset	11.73	
6	20	Sam CONWAY (W) U20M	Cardiff AAC	11.77	
7	23	Brian DIAS (W) SM	Cardiff AAC	14.12	

T23 - Senior Men - 100m - Heats

All Comers Christian MALCOLM - Wales - 10.28 2005

Record Christian MALCOLM - Cardiff AAC - 10.11 2001

CBP Christian MALCOLM - Cardiff AAC - 10.28 2005

2008 Champion Bradley WILLIAMS - Deeside - 10.92

-1.2 m/s

Ht 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	29	Gareth HOPKINS (W) U20M	Cardiff AAC	11.10	Q
2	17	Oladele BAMISAYE (W) SM	Swansea Harriers	11.15	Q
3	31	Christopher HOWE (W) U20M	Cardiff AAC	11.18	q
4	35	Nik MESNEY (W) SM	Wrexham AC	11.32	q
5	21	Thomas CUSWORTH (W) U17M	Wrexham AC	11.45	
6	302	Andrew THOMAS SM	Birchfield Harriers	11.59	
7	19	Owen CHURTON (W) U23M	Cambridge University AC	DNS	

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T23 - Senior Men - 100m - Heats

All Comers Christian MALCOLM - Wales - 10.28 2005

Record Christian MALCOLM - Cardiff AAC - 10.11 2001

CBP Christian MALCOLM - Cardiff AAC - 10.28 2005

2008 Champion Bradley WILLIAMS - Deeside - 10.92

Pos	Bib	Athlete	Club	Perf	Comments
				-0.3 m/s	Ht 3 of 3
1	24	Phil DOORGACHURN SM	Cardiff AAC	11.09	Q
2	32	Thomas KNIGHT (W) U20M	Cardiff AAC	11.23	Q
3	42	Jamaul WHYTE (W) U17M	Cardiff AAC	11.42	
4	314	Jamie PRICE U20M	Swansea Harriers	11.66	
5	34	Ioannis MEKRAS SM	Newham & Essex Beagles AC	12.37	
6	44	Mark WILLIAMS (W) U23M	Llanelli AC	13.58	
7	30	Jonathan HORNBLow U23M	Derby AC	DNS	

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T17 - Senior Men - 200m - Final

All Comers Todd BENNETT - England - 20.36 1984

Record Christian MALCOLM - Cardiff AAC - 20.08 2001

CBP Doug TURNER - Cardiff AAC - 20.54 2001

2008 Champion Bruce TASKER - Carmarthen Harriers - 21.85

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Pos	Bib	Athlete	Club	Perf	Comments
1	33	Christian MALCOLM (W) SM	Cardiff AAC	21.0*	
2	46	Tim BENJAMIN (W) SM	Cardiff AAC	21.0*	
3	15	Timothy ABEYIE (W) SM	Woodford Green & Essex L	21.3*	
4	48	David GREENE (W) SM	Swansea Harriers	21.6*	
5	52	Bruce TASKER (W) U23M	Carmarthen Harriers	21.8*	
6	29	Gareth HOPKINS (W) U20M	Cardiff AAC	22.2*	
7	24	Phil DOORGACHURN SM	Cardiff AAC	22.2*	
8	49	Christopher HALL (W) U23M	Kingston AC & Poly Harriers	22.3*	

manual entered times

T6 - Senior Men - 200m - Heats

All Comers Todd BENNETT - England - 20.36 1984

Record Christian MALCOLM - Cardiff AAC - 20.08 2001

CBP Doug TURNER - Cardiff AAC - 20.54 2001

2008 Champion Bruce TASKER - Carmarthen Harriers - 21.85

Event Sponsored by Under Armour



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-2.2 m/s

Ht 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	46	Tim BENJAMIN (W) SM	Cardiff AAC	21.50	Q
2	52	Bruce TASKER (W) U23M	Carmarthen Harriers	21.94	Q
3	29	Gareth HOPKINS (W) U20M	Cardiff AAC	22.20	q
4	49	Christopher HALL (W) U23M	Kingston AC & Poly Harriers	22.37	q
5	21	Thomas CUSWORTH (W) U17M	Wrexham AC	22.62	
6	18	Lee CHRISTOPHER U23M	Bath University	22.87	
7	20	Sam CONWAY (W) U20M	Cardiff AAC	23.26	
8	23	Brian DIAS (W) SM	Cardiff AAC	28.50	

T6 - Senior Men - 200m - Heats

All Comers Todd BENNETT - England - 20.36 1984

Record Christian MALCOLM - Cardiff AAC - 20.08 2001

CBP Doug TURNER - Cardiff AAC - 20.54 2001

2008 Champion Bruce TASKER - Carmarthen Harriers - 21.85

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-1.2 m/s

Ht 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	15	Timothy ABEYIE (W) SM	Woodford Green & Essex L	21.88	Q
2	24	Phil DOORGACHURN SM	Cardiff AAC	22.38	Q
3	50	Steven SHALDERS (W) SM	Cardiff AAC	22.54	
4	35	Nik MESNEY (W) SM	Wrexham AC	22.93	
5	42	Jamaul WHYTE (W) U17M	Cardiff AAC	23.01	
6	51	Jon SWELL SM	Cardiff AAC	23.38	
7	36	Chris MILLARD (W) SM	North Somerset	23.79	

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T6 - Senior Men - 200m - Heats

All Comers Todd BENNETT - England - 20.36 1984

Record Christian MALCOLM - Cardiff AAC - 20.08 2001

CBP Doug TURNER - Cardiff AAC - 20.54 2001

2008 Champion Bruce TASKER - Carmarthen Harriers - 21.85

Event Sponsored by Under Armour



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-2.4 m/s

Ht 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	33	Christian MALCOLM (W) SM	Cardiff AAC	21.98	Q
2	48	David GREENE (W) SM	Swansea Harriers	22.25	Q
3	32	Thomas KNIGHT (W) U20M	Cardiff AAC	22.68	
4	314	Jamie PRICE U20M	Swansea Harriers	23.52	
5	47	Oliver EDWARDS (W) U17M	Newport Harriers	23.74	
6	19	Owen CHURTON (W) U23M	Cambridge University AC	25.16	
7	53	Rhys WILLIAMS (W) SM	Cardiff AAC	DNS	

T19 - Senior Men - 400m - Final

All Comers Phil BROWN - England - 45.29 1986

Record Iwan THOMAS - Newham & Essex Beagles - 44.36 1997

CBP Iwan THOMAS - Newham & Essex Beagles - 45.45 1998

2008 Champion James NASRAT - Newport Harriers - 48.59

Pos	Bib	Athlete	Club	Perf	Comments
1	88	Tonderai TOMU U23M	Stevenage & North Herts AC	47.24	
2	86	Rhys SMITH (W) SM	Leeds City AC	47.65	
3	74	Glyn HAWKES (W) U23M	Loughborough Students AC	48.16	
4	91	Jonathan WILLIAMS (W) SM	Llanelli AC	49.46	
5	71	Andrew DEAN-YOUNG SM	Bristol & West AC	51.03	
6	77	John MERRETT SM	Cheltenham Harriers	51.07	
7	84	Matt SINCLAIR SM	Crawley AC	DNS	
8	79	Peter MORGAN U23M	Kent AC	DNS	

T3 - Senior Men - 400m - Heats

All Comers Phil BROWN - England - 45.29 1986

Record Iwan THOMAS - Newham & Essex Beagles - 44.36 1997

CBP Iwan THOMAS - Newham & Essex Beagles - 45.45 1998

2008 Champion James NASRAT - Newport Harriers - 48.59

Ht 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	88	Tonderai TOMU U23M	Stevenage & North Herts AC	48.90	Q
2	84	Matt SINCLAIR SM	Crawley AC	49.80	Q
3	79	Peter MORGAN U23M	Kent AC	50.57	Q
4	77	John MERRETT SM	Cheltenham Harriers	51.24	q
5	73	Alex FIELDS U23M	Bristol & West AC	52.44	
6	89	Jimmy WATKINS (W) SM	Cardiff AAC	52.91	
7	83	Craig RUSSELL (W) SM	Newport Harriers	56.89	
8	81	Gareth MORRIS (W) U20M	Ashford AC	DNS	

Welsh Athletics Senior T F Outdoor Championships

Saturday 13th June 2009

Cardiff International Sports Stadium

T3 - Senior Men - 400m - Heats

All Comers Phil BROWN - England - 45.29 1986

Record Iwan THOMAS - Newham & Essex Beagles - 44.36 1997

CBP Iwan THOMAS - Newham & Essex Beagles - 45.45 1998

2008 Champion James NASRAT - Newport Harriers - 48.59

Ht 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	74	Glyn HAWKES (W) U23M	Loughborough Students AC	48.79	Q
2	86	Rhys SMITH (W) SM	Leeds City AC	49.29	Q
3	91	Jonathan WILLIAMS (W) SM	Llanelli AC	49.77	Q
4	71	Andrew DEAN-YOUNG SM	Bristol & West AC	50.29	q
5	70	Craig COX SM	Crawley AC	51.67	
6	75	Konstantinos KARRAS (W) U20M	Cardiff AAC	51.72	
7	82	Tom ROBERTS (W) U20M	Leeds City AC	52.84	
8	92	Gary WYN-JONES (W) SM	Deeside AAC	56.47	

Welsh Athletics Senior T F Outdoor Championships

Saturday 13th June 2009

Cardiff International Sports Stadium

T28 - Senior Men - 800m - Final

All Comers William TANUI - Kenya - 1.44.65 1990

Record Neil HORSFIELD - Newport Harriers - 1:45.44 1990

CBP Phil NORGATE - Epsom - 1.47.8 1983

2008 Champion Joseph MAYNARD - Cardiff AAC - 1.51.10

Pos	Bib	Athlete	Club	Perf	Comments
1	124	Christopher MOSS SM	Cardiff AAC	1:56.32	
2	118	James ANSELL SM	Newquay & Par AC	1:58.10	
3	128	Luke SEBIT-BERRIDGE (W) SM	Leicester Coritanian AC	1:58.62	
4	120	Paul CLARKE (W) SM	Carmarthen Harriers	1:58.94	
5	127	Chris PROTHERO (W) U23M	Cwmbran Harriers	1:59.20	
6	130	Joe THOMAS (W) U23M	Cardiff AAC	DNS	
7	121	Declan EVANS (W) U20M	Cardiff AAC	DNF	

T7 - Senior Men - 800m - Heats

All Comers William TANUI - Kenya - 1.44.65 1990

Record Neil HORSFIELD - Newport Harriers - 1:45.44 1990

CBP Phil NORGATE - Epsom - 1.47.8 1983

2008 Champion Joseph MAYNARD - Cardiff AAC - 1.51.10

Ht 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	130	Joe THOMAS (W) U23M	Cardiff AAC	1:55.62	Q
2	118	James ANSELL SM	Newquay & Par AC	1:57.20	Q
3	128	Luke SEBIT-BERRIDGE (W) SM	Leicester Coritanian AC	1:57.58	Q
4	120	Paul CLARKE (W) SM	Carmarthen Harriers	1:58.23	q
5	119	Daniel CHESWORTH (W) U17M	Newport Harriers	2:01.16	
6	129	Craig SPROD (W) U20M	Aberdare VAAC	2:05.13	

T7 - Senior Men - 800m - Heats

All Comers William TANUI - Kenya - 1.44.65 1990

Record Neil HORSFIELD - Newport Harriers - 1:45.44 1990

CBP Phil NORGATE - Epsom - 1.47.8 1983

2008 Champion Joseph MAYNARD - Cardiff AAC - 1.51.10

Ht 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	125	James NASRAT (W) SM	Newport Harriers	1:56.01	Q
2	124	Christopher MOSS SM	Cardiff AAC	1:58.56	Q
3	121	Declan EVANS (W) U20M	Cardiff AAC	1:58.77	Q
4	127	Chris PROTHERO (W) U23M	Cwmbran Harriers	1:59.03	q
5	126	Andy POPPLETON SM	Worcester AC	2:01.09	
6	131	Peter WATKEYS (W) SM	Basingstoke & Mid Hants AC	2:04.99	

Welsh Athletics Senior T F Outdoor Championships

Saturday 13th June 2009

Cardiff International Sports Stadium

T25 - Senior Men - 1500m - Final

All Comers Rob HARRISON - England - 3.35.74 1986

Record Neil HORSFIELD - Newport Harriers - 3.35.08 1990

CBP Mal EDWARDS - Andover AC - 3.40.81 1986

2008 Champion James MILLS - Wrexham AC - 3.55.11

Pos	Bib	Athlete	Club	Perf	Comments
1	124	Christopher MOSS SM	Cardiff AAC	3:48.44	
2	150	Jorge THOMAS (W) SM	Cardiff AAC	3:48.80	
3	122	James MILLS (W) SM	Wrexham AC	3:49.06	
4	138	Chris DISCOMBE (W) SM	Les Croupiers	3:52.04	
5	141	Harry JONES (W) U23M	Cardiff AAC	3:53.52	
6	143	Thomas MARSHALL (W) U23M	Cardiff AAC	3:54.47	
7	136	Adam BITCHELL (W) U20M	Carmarthen Harriers	3:54.80	
8	146	Thomas PHILLIPS (W) U23M	Woodford Green & Essex L	3:55.76	
9	140	Jonathan HOPKINS (W) U20M	Bridgend AC	3:55.87	
10	145	Sam PERKINS (W) U23M	Ranelagh Harriers	4:03.20	
11	147	Edward TAKATA (W) SM	Cardiff AAC	4:10.30	
12	144	Joseph MAYNARD (W) SM	Cardiff AAC	DNS	
13	149	Ieuan THOMAS (W) U23M	Cwmbran Harriers	DNF	

T30 - Senior Men - 3000m - Final

All Comers David JAMES - Wales - 7.46.95 1980

Record Ian HAMER - Edinburgh - 7.46.40 1990

CBP James THIE - Cardiff AAC - 8.29.2 2006

2008 Champion Event did not take place - -

NEW CBP

Pos	Bib	Athlete	Club	Perf	Comments
1	137	Stephen DAVIES (W) SM	Belgrave Harriers	8:28.18	
2	173	Michael JOHNSON (W) SM	Cardiff AAC	8:32.80	
3	172	Craig HOPKINS U23M	Swansea Harriers	8:34.11	
4	148	James THIE (W) SM	Cardiff AAC	8:38.11	
5	174	Nathaniel LANE (W) SM	Cardiff AAC	8:40.32	
6	171	Marc HOBBS (W) SM	Swansea Harriers	8:41.92	
7	139	Daniel GURMIN (W) SM	Swansea Harriers	8:42.68	
8	169	Elliot COLE (W) SM	Leeds City AC	8:55.01	

T8 - Senior Men - 110mh - Final

All Comers Colin JACKSON - Wales - 13.10 1990

Record Colin JACKSON - Brecon AC - 12.91 1993

CBP Colin JACKSON - Brecon AC AC - 13.45 1992

2008 Champion Paul WALKER - Sale Harriers Harriers - 15.14

-0.7 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	62	Joseph HYLTON U23M	Birchfield Harriers	14.75	
2	61	Steven BOYLES (W) SM	UWIC	15.57	
3	60	Marcello ANDREONI SM	Italy	15.66	

Welsh Athletics Senior T F Outdoor Championships
Saturday 13th June 2009
Cardiff International Sports Stadium

T11 - Senior Men - 400m Hdl - Final

All Comers Harry SCHULTING - Holland - 49.57 1980

Record David GREENE - Swansea Harriers - 48.86 2009

CBP David GREENE - Swansea Harriers - 50.66 2006

2008 Champion Gareth Morris U20 - Ashford - 58.14

NEW CBP

Pos	Bib	Athlete	Club	Perf	Comments
1	53	Rhys WILLIAMS (W) SM	Cardiff AAC	49.38	
2	100	David GREEN U23M	Newham & Essex Beagles AC	53.08	
3	103	Darren LEWIS (W) SM	Wolverhampton & Bilston AC	53.45	
4	106	Lorenzo PINI SM	Italy	54.18	
5	104	Jonathan LODOWSKI U23M	Enfield & Haringey AC	54.92	
6	102	Michael HASLETT U20M	Manx Harriers	55.98	
7	105	Chris MINN SM	Crawley AC	57.98	
8	107	Andrew STURROCK SM	Gateshead Harriers	DNF	

T2 - Senior Men - 400m Hdl - Heats

All Comers Harry SCHULTING - Holland - 49.57 1980

Record David GREENE - Swansea Harriers - 48.86 2009

CBP David GREENE - Swansea Harriers - 50.66 2006

2008 Champion Gareth Morris U20 - Ashford - 58.14

Heat 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	53	Rhys WILLIAMS (W) SM	Cardiff AAC	53.87	Q
2	103	Darren LEWIS (W) SM	Wolverhampton & Bilston AC	54.23	Q
3	104	Jonathan LODOWSKI U23M	Enfield & Haringey AC	54.59	Q
4	106	Lorenzo PINI SM	Italy	54.59	q
5	105	Chris MINN SM	Crawley AC	54.89	q
6	108	David WILLIAMS (W) SM	Aberdare VAAC	67.00	
7	81	Gareth MORRIS (W) U20M	Ashford AC	DNF	

T2 - Senior Men - 400m Hdl - Heats

All Comers Harry SCHULTING - Holland - 49.57 1980

Record David GREENE - Swansea Harriers - 48.86 2009

CBP David GREENE - Swansea Harriers - 50.66 2006

2008 Champion Gareth Morris U20 - Ashford - 58.14

Heat 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	100	David GREEN U23M	Newham & Essex Beagles AC	54.12	Q
2	107	Andrew STURROCK SM	Gateshead Harriers	55.84	Q
3	102	Michael HASLETT U20M	Manx Harriers	59.73	Q
4	101	Jamie GUTTERIDGE (W) U20M	Cardiff AAC	60.78	
5	98	Daniel BODMAN (W) U20M	Aberdare VAAC	63.55	
6	99	Matthew ELIAS (W) SM	Cardiff AAC	DNS	

Welsh Athletics Senior T F Outdoor Championships

Saturday 13th June 2009

Cardiff International Sports Stadium

T21 - Senior Men - 3000m S/C - Final

All Comers Tony STAYNINGS - England - 8.31.0 1977

Record Roger HACKNEY - Aldershot - 8.18.91 1988

CBP Roger HACKNEY - Aldershot - 8.32.16 1989

2008 Champion Andrew DONNO - Brighton & Hove City - 9.42.56

Pos	Bib	Athlete	Club	Perf	Comments
1	180	David WESTBURY (W) SM	Derby AC	9:35.34	
2	178	Andrew DONNO (W) U23M	Brighton & Hove	9:35.62	
3	312	Andrew FRIEND (W) SM	Cardiff AAC	9:54.73	
4	98	Daniel BODMAN (W) U20M	Aberdare VAAC	DNF	

Welsh Athletics Senior T F Outdoor Championships

Saturday 13th June 2009

Cardiff International Sports Stadium

F2 - Senior Men - High Jump - Final

All Comers Randy JENKINS - USA - 2.27 1994

Record Robert MITCHELL - Shaftesbury - 2.25 2001

CBP Robert MITCHELL - Sale Harriers - 2.20 2006

2008 Champion Robert MITCHELL - Sale Harriers Harriers - 2.10

Pos	Bib	Athlete	Club	Perf	Comments
1	190	Robert MITCHELL (W) SM	Sale Harriers	2.00	
2	188	Owen CHESHER (W) SM	Brecon AC	1.95	
3	193	Jamie THOMAS (W) SM	Birchfield Harriers	1.95	
4	191	Steven RIDGWAY U23M	Unattached	1.85	
5	192	James SCHOFIELD (W) SM	Brecon AC	1.80	
6	189	Lewis LONG (W) U20M	Cardiff AAC	1.80	
7	194	Daniel WILLIAMS (W) U23M	Aberdare VAAC	1.75	

F14 - Senior Men - Pole Vault - Final

All Comers Grigory YEGOROV - Kazakhstan - 5.80 1992

Record Neil WINTER - Shaftesbury - 5.60 1995

CBP Neil WINTER - Shaftesbury - 5.25 1993, 1996

2008 Champion Paul WALKER - Sale Harriers Harriers - 4.90

Pos	Bib	Athlete	Club	Perf	Comments
1	220	Christian NORTH SM	Woodford Green & Essex L	5.00	
2	225	Paul WALKER (W) SM	Loughborough Students AC	4.85	
3	223	Scott SIMPSON (W) SM	Birchfield Harriers	4.75	
4	215	Egryn JONES (W) SM	Windsor Slough Eton & H	4.60	
5	214	Cameron JOHNSTON (W) SM	Belgrave Harriers	4.45	
6	219	Lewis NEWTON (W) U17M	Cardiff AAC	4.15	
7	216	Emyr JONES (W) U17M	Carmarthen Harriers	4.00	
8	224	Leigh WALKER SM	Crawley AC	4.00	
9	221	Glyn PRICE (W) SM	Swansea Harriers	4.00	
10	218	Robert MCGREGOR (W) U17M	Bridgend AC	3.45	

F17 - Senior Men - Long Jump - Final

All Comers Ralph BOSTON - USA - 8.18 1965

Record Lynn DAVIES - Roath, Cardiff AAC - 8.23 1968

CBP Steve INGRAM - Swansea Harriers - 7.91w 1994

2008 Champion Ricardo CHILDS - Brecon AC AC - 7.26

Pos	Bib	Athlete	Club	Perf	Comments
1	291	Andre FERNANDEZ SM	Newham & Essex Beagles AC	7.61	
2	233	David COOK (W) U23M	Kingston AC & Poly Harriers	7.36	
3	234	Matthew HULYER (W) SM	Thames Valley H	7.07	
4	237	Thomas KIVELL (W) U20M	Newport Harriers	6.90	
5	231	Navid CHILDS (W) SM	Thames Valley H	6.61	
6	49	Christopher HALL (W) U23M	Kingston AC & Poly Harriers	6.46	
7	235	Alex JACKSON (W) SM	Swansea Harriers	5.90	

Welsh Athletics Senior T F Outdoor Championships

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Cardiff International Sports Stadium

F9 - Senior Men - Triple Jump - Final

All Comers Bela BAKOSI - Hungary - 16.88 1980

Record Steven SHALDERS - Cardiff AAC - 16.71 2005

CBP Steven SHALDERS - Cardiff AAC - 16.26 2001

2008 Champion Alex OBIAKO U20 - Cardiff AAC AAC - 13.98

Pos	Bib	Athlete	Club	Perf	Comments
1	239	Alex EZECHI-OBIAKO (W) U20M	Cardiff AAC	13.81	
2	237	Thomas KIVELL (W) U20M	Newport Harriers	13.72	

F8 - Senior Men - Shot (7.26kg) - Final

All Comers Geoff CAPES - England - 21.68 1980

Record Shaun PICKERING - Haringey - 20.45 1997

CBP Shaun PICKERING - Haringey - 19.15 1997

2008 Champion Ryan SPENCER-JONES - Swansea Harriers Harriers - 15.22

Pos	Bib	Athlete	Club	Perf	Comments
1	252	Ryan SPENCER-JONES (W) SM	Birchfield Harriers	16.79	
2	250	Brett MORSE (W) U23M	Birchfield Harriers	15.84	
3	316	Craig STURROCK U20M	Gateshead Harriers	15.26	
4	248	Peter MAITLAND (W) SM	Swansea Harriers	14.17	
5	249	Jacob MATTHEWS (W) U20M	Cardiff AAC	13.98	
6	246	Brian FOWLER (W) SM	Unattached	9.66	
7	325	Ben ROBERTS (W) SM	Birchfield Harriers	7.54	
8	247	David GLENDOWER (W) SM	Bath University	7.05	

F6 - Senior Men - Discus (2kg) - Final

All Comers Richard SLANEY - England - 62.10 1983

Record Lee NEWMAN - Belgrave - 60.43 1998

CBP Lee NEWMAN - Belgrave - 58.29 1999

2008 Champion Brett MORSE U20 - Cardiff AAC AAC - 53.60

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COSTA

Pos	Bib	Athlete	Club	Perf	Comments
1	250	Brett MORSE (W) U23M	Birchfield Harriers	53.93	
2	263	Angus MCINROY SM	Shaftesbury Barnet Harriers	51.62	
3	262	Samuel HERRINGTON SM	Birchfield Harriers	49.24	
4	252	Ryan SPENCER-JONES (W) SM	Birchfield Harriers	48.61	
5	249	Jacob MATTHEWS (W) U20M	Cardiff AAC	45.46	
6	245	Dean BOLT (W) SM	Swansea Harriers	42.67	
7	264	Arnaldo PINI SM	Italy	41.97	
8	261	Gareth BULL (W) SM	Cardiff AAC	40.22	
9	27	Patrick HALCROW (W) SM	Thurrock Harriers AC	38.24	
10	248	Peter MAITLAND (W) SM	Swansea Harriers	34.14	
11	247	David GLENDOWER (W) SM	Bath University	18.45	

Welsh Athletics Senior T F Outdoor Championships
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Cardiff International Sports Stadium

F1 - Senior Men - Hammer (7.26kg) - Final

All Comers Martin GIRVAN - N Ireland - 74.18 1982

Record Shaun PICKERING - Haringey - 68.64 1994

CBP Shaun PICKERING - Haringey - 63.12 1989

2008 Champion Matthew RICHARDS - Swansea Harriers Harriers - 57.27

NEW CBP

Pos	Bib	Athlete	Club	Perf	Comments
1	272	Mark DRY U23M	Woodford Green & Essex L	67.01	
2	274	Mathew RICHARDS (W) SM	Belgrave Harriers	58.09	
3	278	Grant WEST U23M	Unattached	57.43	
4	273	Graham HOLDER (W) SM	Shaftesbury Barnet Harriers	55.63	
5	277	Ritchie WELLS (W) U23M	Swansea Harriers	51.16	
6	276	Mike TOMMEY U20M	Gloucester AC	49.36	
7	270	Ashley ANDREWS (W) U20M	Forest of Dean	43.30	
8	271	James DOBLER (W) U20M	Swansea Harriers	32.71	

F15 - Senior Men - Javelin (800g) - Final

All Comers Steve BACKLEY - England - 88.46 1990

Record Nigel BEVAN - Belgrave - 81.70 1992

CBP Colin MCKENZIE - Newham & Essex Beagles - 73.52 1986

2008 Champion Rhys WILLIAMS - Swansea Harriers - 60.43

Pos	Bib	Athlete	Club	Perf	Comments
1	284	Lee DORAN SM	City of Sheffield AC	69.98	
2	292	Simon BENNETT SM	Woodford Green & Essex L	63.61	
3	287	Michael TARRAN (W) SM	Birchfield Harriers	62.96	
4	286	Joshua MADDEN (W) U20M	Carmarthen Harriers	53.91	
5	285	Michael JOHN (W) SM	Carmarthen Harriers	52.80	
6	289	Oliver WRIGHT (W) U23M	Swansea Harriers	51.84	
7	288	Joshua WILLIAMS (W) U20M	Cardiff AAC	47.47	

T12 - U17 Women - 3000m - Final**Record** Non STANFORD - Swansea - 9.22.84 2004**CBP** Viv CONNEELY - Newport Harriers - 10.13.62 1992**2008 Champion** Event did not take place - -

Pos	Bib	Athlete	Club	Perf	Comments
1	152	Ffion PRICE (W) U17W	Brecon AC	10:39.96	
2	294	Zoe THOMAS (W) U17W	Bridgend AC	11:08.79	
3	153	Rhianwedd PRICE (W) U17W	Brecon AC	11:13.51	

T13 - U20 Women - 3000m - Final**Record** Non STANFORD - Swansea - 9.22.84 2004**CBP** Carol HAYWARD - Newport Harriers - 9.47.77 1989**2008 Champion** Event did not take place - -

Pos	Bib	Athlete	Club	Perf	Comments
1	163	Leah DIXON (W) U20W	Cardiff AAC	10:36.73	

T14 - U17 Men - 3000m - Final**Record** Colin CLARKSON - Swansea - 8.52.2 1977**CBP** Colin CLARKSON - Swansea Harriers - 8.31.80 1977**2008 Champion** Event did not take place - -

Pos	Bib	Athlete	Club	Perf	Comments
1	323	Elliott HARDEE (W) U17M	Newport Harriers	9:06.26	
2	156	Alex EDWARDS (W) U17M	Cwmbran Harriers	9:25.38	
3	160	Matthew O'LEARY (W) U17M	Neath Harriers	9:30.46	
4	155	Chris CARPANINI (W) U17M	Newport Harriers	9:39.52	
5	157	James HANRAHAN (W) U17M	Cwmbran Harriers	9:43.27	
6	158	Darren JONES (W) U17M	Cardiff AAC	10:04.05	
7	161	Marcus PRICE (W) U17M	Cwmbran Harriers	10:08.27	
8	162	Mathew THOMAS (W) U17M	Swansea Harriers	10:13.29	

T15 - U20 Men - 3000m - Final**Record** Andrew RODGERS - Leeds - 8.12.6 1983**CBP** Colin CLARKSON - Swansea Harriers - 8.16.70 1979**2008 Champion** Event did not take place - -

Pos	Bib	Athlete	Club	Perf	Comments
1	313	Hywel JONES (W) U20M	Aberdare VAAC	9:34.47	

T24 - Disability Men & Women - 100m - Final**Record** - -**CBP** - -**2008 Champion** - -

Pos	Bib	Athlete	Club	Perf	Comments
1	303	James BALL	FDSW (T13)	12.27	
2	305	Daniel NORTON	FDSW (T37)	13.29	
3	308	Kate ARNOLD	FDSW (T44)	14.57	
4	306	Sam BATEMAN	FDSW (T37)	14.57	
5	326	Ashley HELLYER	FDSW	17.51	
6	307	Louise BASHFORD	FDSW (T13)	DNS	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 13th June		TIME	10:00 AM			
				ALL COMERS		Martin GIRVAN - N Ireland - 74.18 - 1982									
				RECORD		Shaun PICKERING - Haringey - 68.64 - 1994									
EVENT		F1 - Senior Men - Hammer (7.26kg) Final		CBP		Shaun PICKERING - Haringey - 63.12 - 1989									
				2008 WINNER		Matthew RICHARDS - Swansea Harriers Harriers - 57.27									
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Positionn	REFEREE	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	270	Ashley ANDREWS (W) U20M	Forest of Dean	39.73	NT	40.41	40.41	7	41.78	41.42	43.30	43.30	7		
2	271	James DOBLER (W) U20M	Swansea Harriers	30.25	30.53	NT	30.53	8	30.72	31.83	32.71	32.71	8		
3	272	Mark DRY U23M	Woodford Green & Essex L	63.52	63.39	66.65	66.65	1	66.54	67.01	NT	67.01	1		
4	273	Graham HOLDER (W) SM	Shaftesbury Barnet Harriers	53.88	NT	53.89	53.89	4	55.63	NT	53.60	55.63	4		
5	274	Mathew RICHARDS (W) SM	Belgrave Harriers	46.24	NT	55.03	55.03	3	56.52	NT	58.09	58.09	2		
6	275	Stuart THURGOOD SM	Watford/Herne Hill	0.00	0.00	0.00			0.00	0.00	0.00				
7	276	Mike TOMMEY U20M	Gloucester AC	43.67	NT	48.22	48.22	6	49.36	NT	NT	49.36	6		
8	277	Ritchie WELLS (W) U23M	Swansea Harriers	51.16	NT	49.70	51.16	5	49.31	48.66	50.48	51.16	5		
9	278	Grant WEST U23M	Unattached	54.83	54.30	56.47	56.47	2	57.43	NT	NT	57.43	3		
10				0.00	0.00	0.00			0.00	0.00	0.00				
11				0.00	0.00	0.00			0.00	0.00	0.00				
12				0.00	0.00	0.00			0.00	0.00	0.00				
13				0.00	0.00	0.00			0.00	0.00	0.00				
14				0.00	0.00	0.00			0.00	0.00	0.00				
15				0.00	0.00	0.00			0.00	0.00	0.00				
16				0.00	0.00	0.00			0.00	0.00	0.00				
FULL RESULTS														OFFICIALS SIGNATURES	
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE						
1	272	Mark DRY U23M	Woodford Green & Essex L	67.01	9										
2	274	Mathew RICHARDS (W) SM	Belgrave Harriers	58.09	10										
3	278	Grant WEST U23M	Unattached	57.43	11										
4	273	Graham HOLDER (W) SM	Shaftesbury Barnet Harriers	55.63	12										
5	277	Ritchie WELLS (W) U23M	Swansea Harriers	51.16	13										
6	276	Mike TOMMEY U20M	Gloucester AC	49.36	14										
7	270	Ashley ANDREWS (W) U20M	Forest of Dean	43.30	15										
8	271	James DOBLER (W) U20M	Swansea Harriers	32.71	16										

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships		VENUE		Cardiff International Sports Stadium		DATE		Saturday 13th June		11:00 AM						
ALL COMERS				Robert MITCHELL - Shaftesbury - 2.25 - 2001														
RECORD				Randy JENKINS - USA - 2.27 - 1994														
EVENT		F2 - Senior Men - High Jump Final		CBP		Robert MITCHELL - Sale Harriers - 2.20 - 2006												
2008 WINNER				Robert MITCHELL - Sale Harriers Harriers - 2.10														
Order	No	NAME	CLUB / SCHOOL	Start Height	1.70	1.75	1.80	1.85	1.90	1.95	2.00						Best of All	Final Position
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres		
1	188	Owen CHESHER (W) SM	Brecon AC	1.70	o		o	o	o	o	xxx						1.95	2
2	189	Lewis LONG (W) U20M	Cardiff AAC	1.75		xo	o	xxx									1.80	6
3	190	Robert MITCHELL (W) SM	Sale Harriers	2.00							xo						2.00	1
4	191	Steven RIDGWAY U23M	Unattached	1.70	o	o	xo	o	xxx								1.85	4
5	192	James SCHOFIELD (W) SM	Brecon AC	1.75		o	o	xxx									1.80	5
6	193	Jamie THOMAS (W) SM	Birchfield Harriers	1.90					o	xo	xxx						1.95	3
7	194	Daniel WILLIAMS (W) U23M	Aberdare VAAC	1.70	o	xo	xxx										1.75	7
8																		
9																		
10																		
11																		
12																		
13																		
14																		
15																		
16																		
FULL RESULTS																		
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT									
1	190	Robert MITCHELL (W) SM	Sale Harriers	2.00	9													
2	188	Owen CHESHER (W) SM	Brecon AC	1.95	10													
3	193	Jamie THOMAS (W) SM	Birchfield Harriers	1.95	11													
4	191	Steven RIDGWAY U23M	Unattached	1.85	12													
5	192	James SCHOFIELD (W) SM	Brecon AC	1.80	13													
6	189	Lewis LONG (W) U20M	Cardiff AAC	1.80	14													
7	194	Daniel WILLIAMS (W) U23M	Aberdare VAAC	1.75	15													
8					16													

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships				VENUE	Cardiff International Sports Stadium			DATE	Saturday 13th June			TIME	11:00 AM	
EVENT		F3 - Senior Women - Long Jump Final				ALL COMERS	Oluyinka IDOWU - England - 6.58 - 1991									
						RECORD	Gill REGAN - Cardiff AAC - 6.52 - 1982									
						CBP	Ruth HOWELL - Birchfield Harriers - 6.33w - 1978									
						2008 WINNER	Lara RICHARDS - Newham & Essex Beagles & Essex - 5.80									
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All		Final Position		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres		Metres	W/S
1	14	Rhiannon YATES (W) U20W	Newport Harriers	5.33 +0.5	5.27 +0.4	NJ -0.8	5.33	2	NJ +3.9	4.09 +0.8	0.00	5.33	+0.5	2		
2	226	Amy BRADLEY (W) U17W	Cwmbran Harriers	4.66 +1.4	4.54 +0.9	4.37 -0.5	4.66	4	NJ +3.2	4.92 +2.1	4.18 +1.4	4.92	+2.1	3		
3	227	Imogen MILES (W) SW	Cardiff AAC	NJ +3.3	5.43 +0.6	5.40 -0.4	5.43	1	5.52 +3.1	NJ +2.2	5.60 +2.6	5.60	+2.6	1		
4	228	Imelda MORRISSON SW	Swansea Harriers	0.00	0.00	0.00			0.00	0.00	0.00					
5	229	Victoria WEBB (W) U17W	Cwmbran Harriers	4.57 +2.6	4.43 +1.3	4.68 +1.6	4.68	3	NJ +2.3	4.29 +1.8	4.62 +4.4	4.68	+1.6	4		
6	230	Christie-Marie WILLIAMS (W) U17W	Bridgend AC	0.00	0.00	0.00			0.00	0.00	0.00					
7	300	Sara OTUNG (W) U17W	Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00					
8				0.00	0.00	0.00			0.00	0.00	0.00					
9				0.00	0.00	0.00			0.00	0.00	0.00					
10				0.00	0.00	0.00			0.00	0.00	0.00					
11				0.00	0.00	0.00			0.00	0.00	0.00					
12				0.00	0.00	0.00			0.00	0.00	0.00					
13				0.00	0.00	0.00			0.00	0.00	0.00					
14				0.00	0.00	0.00			0.00	0.00	0.00					
15				0.00	0.00	0.00			0.00	0.00	0.00					
16				0.00	0.00	0.00			0.00	0.00	0.00					
FULL RESULTS																
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE							
1	227	Imogen MILES (W) SW	Cardiff AAC	5.60 +2.6	9											
2	14	Rhiannon YATES (W) U20W	Newport Harriers	5.33 +0.5	10											
3	226	Amy BRADLEY (W) U17W	Cwmbran Harriers	4.92 +2.1	11											
4	229	Victoria WEBB (W) U17W	Cwmbran Harriers	4.68 +1.6	12											
5					13											
6					14											
7					15											
8					16											

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships			VENUE		Cardiff International Sports Stadium		DATE	Saturday 13th June		11:00 AM					
EVENT					F4 - Senior Women - Pole Vault Final			ALL COMERS		Rhian CLARKE - Essex Ladies - 4.15 - 2000/2002							
								RECORD		Janine WHITLOCK - England - 4.26 - 2005 & 2006							
					CBP		Sonia LAWRENCE - Cardiff AAC - 4.02 - 2003										
					2008 WINNER		Jessica ABRAHAM U20 - Cardiff AAC AAC - 3.40										
Order	No	NAME	CLUB / SCHOOL	Start Height	2.95	3.10	3.25	3.40	3.55	3.65	3.75	3.85	3.95	4.05	4.15	Best of All	Final Position
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres		
1	195	Hannah ABRAHAM (W) U23W	Cardiff AAC	3.25			xxo	xxx								3.25	10
2	196	Jessica ABRAHAM (W) U23W	Cardiff AAC	3.40				xo	xo	o	xxx					3.65	5
3	197	Rebecca DAVIES (W) U17W	Deeside AAC	3.10		xx-	o	o	xxx							3.40	6
4	198	Abi HAYWOOD U20W	Sale Harriers														
5	211	Emily TAYLOR (W) U23W	Bath University	3.10		o	xxo	xxx								3.25	11
6	200	Naomi JAMES (W) U17W	Swansea Harriers	3.10		o	xxo	xo	xxx							3.40	8
7	201	Emma JONES (W) U17W	Swansea Harriers														
8	202	Elinor LEWIS (W) U20W	Cardiff AAC	3.40				xxx								NM	
9	203	Rhianydd LLEWELLYN (W) U17W	Bridgend AC	2.95	o	o	xxx									3.10	12
10	204	Anna MASSEY SW	Sale Harriers	3.70					o		xo		xxx			3.85	2
11	205	Lyndsey MAUND (W) SW	Swansea Harriers	3.25			o	o	xo	o	xxx					3.65	4
12	206	Katherine OGDEN U20W	UWIC	3.25			o	xo	xxx							3.40	7
13	207	Henrietta PAXTON SW	Birchfield Harriers														
14	208	Sally PEAKE (W) SW	Liverpool Harriers & AC	3.10		o	xo	xxx								3.25	9
15	209	Bryony RAINE SW	Cardiff AAC	3.55				o	xo	xo	o	xxx				3.85	3
16	210	Maria SEAGER U20W	Woodford Green & Essex L	3.55				xo		xxo	xo		o	xxx		4.05	1
FULL RESULTS																	
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT								
1	210	Maria SEAGER U20W	Woodford Green & Essex L	4.05	9	208	Sally PEAKE (W) SW	Liverpool Harriers & AC	3.25								
2	204	Anna MASSEY SW	Sale Harriers	3.85	10	195	Hannah ABRAHAM (W) U23W	Cardiff AAC	3.25								
3	209	Bryony RAINE SW	Cardiff AAC	3.85	11	211	Emily TAYLOR (W) U23W	Bath University	3.25								
4	205	Lyndsey MAUND (W) SW	Swansea Harriers	3.65	12	203	Rhianydd LLEWELLYN (W) U17W	Bridgend AC	3.10								
5	196	Jessica ABRAHAM (W) U23W	Cardiff AAC	3.65	13												
6	197	Rebecca DAVIES (W) U17W	Deeside AAC	3.40	14												
7	206	Katherine OGDEN U20W	UWIC	3.40	15												
8	200	Naomi JAMES (W) U17W	Swansea Harriers	3.40	16												

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OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 13th June		TIME	11:30 AM			
EVENT				ALL COMERS		Lorraine SHAW - England - 67.10 - 1999									
				RECORD		Carys PARRY - Rhondda - 66.31 - 2008									
EVENT		F5 - Senior Women - Hammer (4kg) Final		CBP		Carys PARRY - Rhondda AC - 66.30 - 2008									
		2008 WINNER		Carys PARRY - Rhondda AC - 66.30											
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	REFEREE	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres		Metres
1	242	Alyson HOURIHAN (W) SW	Cardiff AAC	30.01	32.73	32.06	32.73	5	31.68	31.21	NT	32.73	6		
2	257	Karen LLEWELLIN (W) SW	Pembroke Harriers	27.98	27.27	NT	27.98	8	28.07	26.63	NT	28.07	8		
3	259	Sarah RICHARDS (W) SW	Swansea Harriers	28.25	30.03	NT	30.03	6	26.75	NT	28.62	30.03	7		
4	265	Laura DOUGLAS (W) SW	Sale Harriers	61.59	NT	61.88	61.88	2	NT	59.95	59.31	61.88	2		
5	266	Lucy MARSHALL SW	Woodford Green & Essex L	0.00	0.00	0.00			0.00	0.00	0.00				
6	267	Stephanie OWENS (W) U20W	Shaftesbury Barnet Harriers	NT	NT	28.42	28.42	7	44.37	44.07	43.13	44.37	5		
7	268	Toni WELLS (W) U17W	Swansea Harriers	48.90	48.45	46.17	48.90	3	48.86	48.52	48.44	48.90	3		
8	269	Kate YHNELL (W) U20W	Gloucester AC	46.51	47.12	NT	47.12	4	48.34	NT	NT	48.34	4		
9	290	Carys PARRY (W) SW	Rhondda AC	62.54	NT	NT	62.54	1	66.10	NT	64.40	66.10	1		
10				0.00	0.00	0.00			0.00	0.00	0.00				
11				0.00	0.00	0.00			0.00	0.00	0.00				
12				0.00	0.00	0.00			0.00	0.00	0.00				
13				0.00	0.00	0.00			0.00	0.00	0.00				
14				0.00	0.00	0.00			0.00	0.00	0.00				
15				0.00	0.00	0.00			0.00	0.00	0.00				
16				0.00	0.00	0.00			0.00	0.00	0.00				
FULL RESULTS															
	No.	NAME	CLUB	DISTANCE		No.	NAME		CLUB		DISTANCE	OFFICIALS SIGNATURES			
1	290	Carys PARRY (W) SW	Rhondda AC	66.10	9										
2	265	Laura DOUGLAS (W) SW	Sale Harriers	61.88	10										
3	268	Toni WELLS (W) U17W	Swansea Harriers	48.90	11										
4	269	Kate YHNELL (W) U20W	Gloucester AC	48.34	12										
5	267	Stephanie OWENS (W) U20W	Shaftesbury Barnet Harriers	44.37	13										
6	242	Alyson HOURIHAN (W) SW	Cardiff AAC	32.73	14										
7	259	Sarah RICHARDS (W) SW	Swansea Harriers	30.03	15										
8	257	Karen LLEWELLIN (W) SW	Pembroke Harriers	28.07	16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 13th June		TIME	12:30 PM			
EVENT				F6 - Senior Men - Discus (2kg) Final		ALL COMERS		Richard SLANEY - England - 62.10 - 1983							
						RECORD		Lee NEWMAN - Belgrave - 60.43 - 1998							
				CBP		Lee NEWMAN - Belgrave - 58.29 - 1999									
				2008 WINNER		Brett MORSE U20 - Cardiff AAC AAC - 53.60									
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	REFEREE	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	27	Patrick HALCROW (W) SM	Thurrock Harriers AC	38.24	NT	NT	38.24	9	0.00	0.00	0.00	38.24	9		
2	245	Dean BOLT (W) SM	Swansea Harriers	41.44	38.90	40.63	41.44	6	41.11	42.67	NT	42.67	6		
3	247	David GLENDOWER (W) SM	Bath University	17.06	17.13	18.45	18.45	11	0.00	0.00	0.00	18.45	11		
4	248	Peter MAITLAND (W) SM	Swansea Harriers	32.76	NT	34.14	34.14	10	0.00	0.00	0.00	34.14	10		
5	249	Jacob MATTHEWS (W) U20M	Cardiff AAC	42.61	45.46	42.68	45.46	5	NT	42.15	NT	45.46	5		
6	250	Brett MORSE (W) U23M	Birchfield Harriers	53.93	52.28	48.91	53.93	1	NT	51.73	53.05	53.93	1		
7	252	Ryan SPENCER-JONES (W) SM	Birchfield Harriers	48.61	NT	44.81	48.61	4	48.58	NT	46.42	48.61	4		
8	261	Gareth BULL (W) SM	Cardiff AAC	38.78	NT	40.22	40.22	8	NT	39.79	39.58	40.22	8		
9	262	Samuel HERRINGTON SM	Birchfield Harriers	48.24	47.33	49.24	49.24	3	47.95	47.65	47.90	49.24	3		
10	263	Angus MCINROY SM	Shaftesbury Barnet Harriers	43.76	50.20	51.62	51.62	2	50.92	NT	NT	51.62	2		
11	264	Arnaldo PINI SM	Italy	41.09	NT	NT	41.09	7	41.97	NT	40.93	41.97	7		
12				0.00	0.00	0.00			0.00	0.00	0.00				
13				0.00	0.00	0.00			0.00	0.00	0.00				
14				0.00	0.00	0.00			0.00	0.00	0.00				
15				0.00	0.00	0.00			0.00	0.00	0.00				
16				0.00	0.00	0.00			0.00	0.00	0.00				
FULL RESULTS															
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE						OFFICIALS SIGNATURES
1	250	Brett MORSE (W) U23M	Birchfield Harriers	53.93	9	27	Patrick HALCROW (W) SM	Thurrock Harriers AC	38.24						
2	263	Angus MCINROY SM	Shaftesbury Barnet Harriers	51.62	10	248	Peter MAITLAND (W) SM	Swansea Harriers	34.14						
3	262	Samuel HERRINGTON SM	Birchfield Harriers	49.24	11	247	David GLENDOWER (W) SM	Bath University	18.45						
4	252	Ryan SPENCER-JONES (W) SM	Birchfield Harriers	48.61	12										
5	249	Jacob MATTHEWS (W) U20M	Cardiff AAC	45.46	13										
6	245	Dean BOLT (W) SM	Swansea Harriers	42.67	14										
7	264	Arnaldo PINI SM	Italy	41.97	15										
8	261	Gareth BULL (W) SM	Cardiff AAC	40.22	16										

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships		VENUE		Cardiff International Sports Stadium		DATE		Saturday 13th June		1:00 PM					
EVENT				F7 - Senior Women - High Jump Final		ALL COMERS		Julie CRANE - Sale Harriers - 1.89 - 2004		RECORD		Andrea MATAY - Hungary - 1.93 - 1980					
EVENT				F7 - Senior Women - High Jump Final		CBP		Julie CRANE - Sale Harriers - 1.82 - 2000, 2005		2008 WINNER		Sian SWANSON - Maldwyn Harriers - 1.71					
Order	No	NAME	CLUB / SCHOOL	Start Height	1.55	1.60	1.65	1.70	1.75	1.79	1.83					Best of All	Final Position
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres		
1	181	Julie CRANE (W) SW	Sale Harriers	1.65			o	o	xo	xo	xxx					1.79	1
2	182	Catriona FORREST SW	Shaftesbury Barnet Harriers														
3	183	Emma GULLIVER U23W	UWIC	1.55	o	xo	xo	xxx								1.65	6
4	184	Lucy HODGINS U23W	Vale of Aylesbury AC	1.55	o	o	xo	xxx								1.65	5
5	185	Bethan PARTRIDGE U20W	Telford AC	1.60		o	o	o	o	xxx						1.75	2
6	186	Ceri STOKOE (W) SW	Swansea Harriers	1.65			o	o	xxx							1.70	3
7	187	Sian SWANSON (W) U17W	Maldwyn Harriers	1.55	o	o	o	xxo	xxx							1.70	4
8																	
9																	
10																	
11																	
12																	
13																	
14																	
15																	
16																	
FULL RESULTS																	
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT								
1	181	Julie CRANE (W) SW	Sale Harriers	1.79	9												
2	185	Bethan PARTRIDGE U20W	Telford AC	1.75	10												
3	186	Ceri STOKOE (W) SW	Swansea Harriers	1.70	11												
4	187	Sian SWANSON (W) U17W	Maldwyn Harriers	1.70	12												
5	184	Lucy HODGINS U23W	Vale of Aylesbury AC	1.65	13												
6	183	Emma GULLIVER U23W	UWIC	1.65	14												
7					15												
8					16												

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 13th June		TIME	1:00 PM			
EVENT				F8 - Senior Men - Shot (7.26kg) Final		ALL COMERS		Geoff CAPES - England - 21.68 - 1980							
				CBP		Shaun PICKERING - Haringey - 20.45 - 1997									
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	REFEREE	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	245	Dean BOLT (W) SM	Swansea Harriers	0.00	0.00	0.00			0.00	0.00	0.00				
2	246	Brian FOWLER (W) SM	Unattached	NT	9.56	9.09	9.56	6	9.50	8.71	9.66	9.66	6		
3	247	David GLENDOWER (W) SM	Bath University	6.27	6.92	6.55	6.92	8	7.05	6.73	6.23	7.05	8		
4	248	Peter MAITLAND (W) SM	Swansea Harriers	13.44	NT	13.16	13.44	5	13.60	14.17	13.74	14.17	4		
5	249	Jacob MATTHEWS (W) U20M	Cardiff AAC	13.55	12.79	NT	13.55	4	13.98	13.76	NT	13.98	5		
6	250	Brett MORSE (W) U23M	Birchfield Harriers	15.28	15.45	NT	15.45	2	15.41	NT	15.84	15.84	2		
7	325	Ben ROBERTS (W) SM	Birchfield Harriers	7.54	0.00	0.00	7.54	7	0.00	0.00	0.00	7.54	7		
8	252	Ryan SPENCER-JONES (W) SM	Birchfield Harriers	15.39	15.21	15.57	15.57	1	16.16	16.79	15.86	16.79	1		
9	316	Craig STURROCK U20M	Gateshead Harriers	15.26	NT	NT	15.26	3	NT	NT	14.96	15.26	3		
10				0.00	0.00	0.00			0.00	0.00	0.00				
11				0.00	0.00	0.00			0.00	0.00	0.00				
12				0.00	0.00	0.00			0.00	0.00	0.00				
13				0.00	0.00	0.00			0.00	0.00	0.00				
14				0.00	0.00	0.00			0.00	0.00	0.00				
15				0.00	0.00	0.00			0.00	0.00	0.00				
16				0.00	0.00	0.00			0.00	0.00	0.00				
FULL RESULTS															
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE						OFFICIALS SIGNATURES
1	252	Ryan SPENCER-JONES (W) SM	Birchfield Harriers	16.79	9										
2	250	Brett MORSE (W) U23M	Birchfield Harriers	15.84	10										
3	316	Craig STURROCK U20M	Gateshead Harriers	15.26	11										
4	248	Peter MAITLAND (W) SM	Swansea Harriers	14.17	12										
5	249	Jacob MATTHEWS (W) U20M	Cardiff AAC	13.98	13										
6	246	Brian FOWLER (W) SM	Unattached	9.66	14										
7	325	Ben ROBERTS (W) SM	Birchfield Harriers	7.54	15										
8	247	David GLENDOWER (W) SM	Bath University	7.05	16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships				VENUE	Cardiff International Sports Stadium				DATE	Saturday 13th June				TIME	1:00 PM				
EVENT		F9 - Senior Men - Triple Jump Final				ALL COMERS	Bela BAKOSI - Hungary - 16.88 - 1980														
						RECORD	Steven SHALDERS - Cardiff AAC - 16.71 - 2005														
						CBP	Steven SHALDERS - Cardiff AAC - 16.26 - 2001														
						2008 WINNER	Alex OBIAKO U20 - Cardiff AAC AAC - 13.98														
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of 3	Position after 3 Trials	4th Trial		5th Trial		6th Trial		Best of All		Final	
				Metres		Metres		Metres		Metres			Metres		Metres		Metres		Metres	W/S	Position
1	38	Elliot O'NEILL SM	Cardiff AAC	0.00		0.00		0.00				0.00		0.00		0.00					
2	231	Navid CHILDS (W) SM	Thames Valley H	NJ	+0.6	NJ	+2.4	NJ	+1.2			0.00		0.00		0.00					
3	237	Thomas KIVELL (W) U20M	Newport Harriers	NJ	+2.9	13.11	+2.9	NJ	+4.0	13.11	2	13.69	+1.9	13.58	+2.4	13.72	+2.4	13.72	+2.4	2	
4	239	Alex EZECHI-OBIAKO (W) U20M	Cardiff AAC	13.17	+1.1	12.97	+1.3	13.51	+2.7	13.51	1	13.02	-0.6	13.62	+2.9	13.81	+1.5	13.81	-1.5	1	
5				0.00		0.00		0.00				0.00		0.00		0.00					
6				0.00		0.00		0.00				0.00		0.00		0.00					
7				0.00		0.00		0.00				0.00		0.00		0.00					
8				0.00		0.00		0.00				0.00		0.00		0.00					
9				0.00		0.00		0.00				0.00		0.00		0.00					
10				0.00		0.00		0.00				0.00		0.00		0.00					
11				0.00		0.00		0.00				0.00		0.00		0.00					
12				0.00		0.00		0.00				0.00		0.00		0.00					
13				0.00		0.00		0.00				0.00		0.00		0.00					
14				0.00		0.00		0.00				0.00		0.00		0.00					
15				0.00		0.00		0.00				0.00		0.00		0.00					
16				0.00		0.00		0.00				0.00		0.00		0.00					
FULL RESULTS																					
	No.	NAME	CLUB	DISTANCE			No.	NAME	CLUB	DISTANCE											
	1	Alex EZECHI-OBIAKO (W) U20M	Cardiff AAC	13.81	-1.5	9															
	2	Thomas KIVELL (W) U20M	Newport Harriers	13.72	+2.4	10															
	3					11															
	4					12															
	5					13															
	6					14															
	7					15															
	8					16															

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships		VENUE	Cardiff International Sports Stadium		DATE	Saturday 13th June		TIME	2:00 PM			
EVENT				F10 - Senior Women - Javelin (600g) Final	ALL COMERS	Shelly HOLROYD - England - 54.41 - 2005								
				RECORD	Lianne CLARKE - Cardiff AAC - 52.68 - 2007									
Order		No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
					Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	242	Alyson HOURIHAN (W) SW	Cardiff AAC	29.93	29.76	NT	29.93	5	NT	29.02	29.39	29.93	5	
2	243	Tesni WARD (W) U20W	City of Sheffield AC	39.25	39.75	39.61	39.75	3	40.74	41.05	39.16	41.05	3	
3	279	Lianne CLARKE (W) U23W	Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00			
4	280	Sadie FLINT (W) U17W	Carmarthen Harriers	0.00	0.00	0.00			0.00	0.00	0.00			
5	281	Sara SIGGERY (W) SW	Carmarthen Harriers	42.65	42.14	NT	42.65	2	41.84	42.22	NT	42.65	2	
6	282	Laura WHITTINGHAM SW	City of Manchester	50.24	49.44	NT	50.24	1	49.33	50.18	52.17	52.17	1	
7	283	Claire WILLIAMS (W) U20W	Swansea Harriers	NT	38.92	NT	38.92	4	NT	PASS	0.00	38.92	4	
8	297	Collette DORAN SW	Wigan & District AC	0.00	0.00	0.00			0.00	0.00	0.00			
9				0.00	0.00	0.00			0.00	0.00	0.00			
10				0.00	0.00	0.00			0.00	0.00	0.00			
11				0.00	0.00	0.00			0.00	0.00	0.00			
12				0.00	0.00	0.00			0.00	0.00	0.00			
13				0.00	0.00	0.00			0.00	0.00	0.00			
14				0.00	0.00	0.00			0.00	0.00	0.00			
15				0.00	0.00	0.00			0.00	0.00	0.00			
16				0.00	0.00	0.00			0.00	0.00	0.00			
FULL RESULTS														
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE					
1	282	Laura WHITTINGHAM SW	City of Manchester	52.17	9									
2	281	Sara SIGGERY (W) SW	Carmarthen Harriers	42.65	10									
3	243	Tesni WARD (W) U20W	City of Sheffield AC	41.05	11									
4	283	Claire WILLIAMS (W) U20W	Swansea Harriers	38.92	12									
5	242	Alyson HOURIHAN (W) SW	Cardiff AAC	29.93	13									
6					14									
7					15									
8					16									

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships		VENUE	Cardiff International Sports Stadium		DATE	Saturday 13th June		TIME	2:00 PM			
EVENT		F11 - Senior Women - Shot (4.00kg) Final		ALL COMERS	Zhu XINMEI - China - 19.69 - 1991									
				RECORD	Venissa HEAD - Cardiff AAC - 18.93 - 1984									
				CBP	Venissa HEAD - Cardiff AAC - 18.02 - 1983									
				2008 WINNER	Tesni WARD U17 - City of Sheffield - 12.4									
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	REFEREE
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	240	Louise ALI (W) U23W	Aberdare VAAC	10.11	10.26	NT	10.26	4	10.12	10.65	NT	10.65	4	
2	241	Sarah BENSON U23W	Bingley Harriers & AC	11.16	11.71	11.94	11.94	1	11.25	NT	11.72	11.94	2	
3	242	Alyson HOURIHAN (W) SW	Cardiff AAC	10.58	NT	10.55	10.58	3	10.24	10.91	10.53	10.91	3	
4	243	Tesni WARD (W) U20W	City of Sheffield AC	NT	NT	11.60	11.60	2	12.94	13.26	12.86	13.26	1	
5	244	Claire WILLIAMS (W) U23W	Carmarthen Harriers (F12)	0.00	0.00	0.00			0.00	0.00	0.00			
6				0.00	0.00	0.00			0.00	0.00	0.00			
7				0.00	0.00	0.00			0.00	0.00	0.00			
8				0.00	0.00	0.00			0.00	0.00	0.00			
9				0.00	0.00	0.00			0.00	0.00	0.00			
10				0.00	0.00	0.00			0.00	0.00	0.00			
11				0.00	0.00	0.00			0.00	0.00	0.00			
12				0.00	0.00	0.00			0.00	0.00	0.00			
13				0.00	0.00	0.00			0.00	0.00	0.00			
14				0.00	0.00	0.00			0.00	0.00	0.00			
15				0.00	0.00	0.00			0.00	0.00	0.00			
16				0.00	0.00	0.00			0.00	0.00	0.00			
FULL RESULTS														
No.	NAME	CLUB	DISTANCE	No.	NAME	CLUB	DISTANCE	OFFICIALS SIGNATURES						
1	243	Tesni WARD (W) U20W	City of Sheffield AC	13.26	9									
2	241	Sarah BENSON U23W	Bingley Harriers & AC	11.94	10									
3	242	Alyson HOURIHAN (W) SW	Cardiff AAC	10.91	11									
4	240	Louise ALI (W) U23W	Aberdare VAAC	10.65	12									
5					13									
6					14									
7					15									
8					16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships		VENUE	Cardiff International Sports Stadium		DATE	Saturday 13th June		TIME	3:00 PM		
EVENT		F12 - Disability Men & Women - Shot (Standing) Final		ALL COMERS	- - -								
				RECORD	- - -								
				CBP	- - -								
				2008 WINNER	- -								
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	309	Aled-Sion DAVIES	FDSW (F44)	12.05	13.04	NT	13.04	1	NT	12.46	12.14	13.04	1
2	310	Joshua MORGAN	FDSW (F46)	10.02	NT	NT	10.02	3	9.84	10.10	10.06	10.10	3
3	311	Joshua CLARKE	FDSW (F37)	9.23	9.21	9.67	9.67	4	9.30	8.90	9.01	9.67	4
4	319	Konrad BISPING	FDSW (B12)	NT	10.32	10.59	10.59	2	9.80	9.81	10.42	10.59	2
5				0.00	0.00	0.00			0.00	0.00	0.00		
6				0.00	0.00	0.00			0.00	0.00	0.00		
7				0.00	0.00	0.00			0.00	0.00	0.00		
8				0.00	0.00	0.00			0.00	0.00	0.00		
9				0.00	0.00	0.00			0.00	0.00	0.00		
10				0.00	0.00	0.00			0.00	0.00	0.00		
11				0.00	0.00	0.00			0.00	0.00	0.00		
12				0.00	0.00	0.00			0.00	0.00	0.00		
13				0.00	0.00	0.00			0.00	0.00	0.00		
14				0.00	0.00	0.00			0.00	0.00	0.00		
15				0.00	0.00	0.00			0.00	0.00	0.00		
16				0.00	0.00	0.00			0.00	0.00	0.00		
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	309	Aled-Sion DAVIES	FDSW (F44)	13.04	9								
2	319	Konrad BISPING	FDSW (B12)	10.59	10								
3	310	Joshua MORGAN	FDSW (F46)	10.10	11								
4	311	Joshua CLARKE	FDSW (F37)	9.67	12								
5					13								
6					14								
7					15								
8					16								

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships		VENUE		Cardiff International Sports Stadium		DATE		Saturday 13th June		TIME		3:00 PM							
EVENT		F13 - Senior Women - Triple Jump Final		ALL COMERS		Nicole MLADENIS - Australia - 13.10 - 2002															
				RECORD		Sara BARRY - Cardiff AAC - 12.70p - 2009															
				CBP		Sara BARRY - Cardiff AAC - 12.53w - 2008															
				2008 WINNER		Sara BARRY - Cardiff AAC AAC - 12.53w															
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of 3		Position after 3 Trials	4th Trial		5th Trial		6th Trial		Best of All		Final Position
				Metres		Metres		Metres		Metres			Metres		Metres		Metres		Metres	W/S	
1	14	Rhiannon YATES (W) U20W	Newport Harriers	0.00		0.00		0.00													
2	226	Amy BRADLEY (W) U17W	Cwmbran Harriers	10.65	+1.7	10.51	+1.4	10.50	+1.3	10.65		3	10.15		10.43		10.52		10.65	+1.7	3
3	227	Imogen MILES (W) SW	Cardiff AAC	0.00		0.00		0.00													
4	228	Imelda MORRISSON SW	Swansea Harriers	0.00		0.00		0.00													
5	229	Victoria WEBB (W) U17W	Cwmbran Harriers	0.00		0.00		0.00													
6	293	Sara BARRY (W) SW	Cardiff AAC	12.12	+1.4	12.44	+1.5	12.37	+1.0	12.44		1	12.61	+1.8	12.55	+1.8	NJ	+0.7	12.61	+1.8	1
7	295	Nicola BREAKS SW	Handyburn AC	11.52	+2.6	11.44	+2.4	NJ	+2.0	11.52		2	11.49		NJ		NJ		11.52	+2.6	2
8	317	Amy CAMPAGNE U20W	Deeside AAC	0.00		0.00		0.00													
9	318	Donna JONES U20W	Llanelli AC	10.22	+2.7	10.32	+0.7	10.11	+0.9	10.32		4	NJ	+0.9	NJ	+0.4	10.56	+1.5	10.56	+1.5	4
10	324	Julia NILOVA SW	Shaftesbury Barnet Harriers	NJ	+1.7	NJ	+1.0	NJ	+0.8												
11				0.00		0.00		0.00					0.00		0.00		0.00				
12				0.00		0.00		0.00					0.00		0.00		0.00				
13				0.00		0.00		0.00					0.00		0.00		0.00				
14				0.00		0.00		0.00					0.00		0.00		0.00				
15				0.00		0.00		0.00					0.00		0.00		0.00				
16				0.00		0.00		0.00					0.00		0.00		0.00				
FULL RESULTS																					
	No.	NAME	CLUB	DISTANCE			No.	NAME	CLUB	DISTANCE											
1	293	Sara BARRY (W) SW	Cardiff AAC	12.61	+1.8	9															
2	295	Nicola BREAKS SW	Handyburn AC	11.52	+2.6	10															
3	226	Amy BRADLEY (W) U17W	Cwmbran Harriers	10.65	+1.7	11															
4	318	Donna JONES U20W	Llanelli AC	10.56	+1.5	12															
5						13															
6						14															
7						15															
8						16															

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships		VENUE		Cardiff International Sports Stadium		DATE		Saturday 13th June		3:00 PM						
ALL COMERS				Neil WINTER - Shaftesbury - 5.60 - 1995														
RECORD				Grigory YEGOROV - Kazakhstan - 5.80 - 1992														
EVENT		F14 - Senior Men - Pole Vault Final		CBP		Neil WINTER - Shaftesbury - 5.25 - 1993, 1996												
2008 WINNER				Paul WALKER - Sale Harriers Harriers - 4.90														
Order	No	NAME	CLUB / SCHOOL	Start Height	3.25	3.45	3.65	3.85	4.00	4.15	4.30	4.45	4.60	4.75	4.85	5.00	Best of All	Final Position
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres		
1	27	Patrick HALCROW (W) SM	Thurrock Harriers AC															
2	212	Max EAVES U23M	Newham & Essex Beagles AC															
3	213	Daniel HODGSON (W) U17M	Wrexham AC	3.65			xxx											
4	214	Cameron JOHNSTON (W) SM	Belgrave Harriers	4.00					o	xo	xxo	o	xxx				4.45	5
5	215	Egryn JONES (W) SM	Windsor Slough Eton & H	4.60									xxo	xxx			4.60	4
6	216	Emyr JONES (W) U17M	Carmarthen Harriers	3.85				o	o	xxx							4.00	7
7	217	Andy MARSH U20M	City of Stoke	4.75										xxx				
8	218	Robert MCGREGOR (W) U17M	Bridgend AC	3.25	xo	xo	xxx										3.45	10
9	219	Lewis NEWTON (W) U17M	Cardiff AAC	4.00					o	o	xxx						4.15	6
10	220	Christian NORTH SM	Woodford Green & Essex L	4.75	xxx									xo	o	xxo	5.00	1
11	221	Glyn PRICE (W) SM	Swansea Harriers	3.85				xxo	xo	xxx							4.00	9
12	222	Neil PRICE SM	Yeovil Olympiads AC															
13	223	Scott SIMPSON (W) SM	Birchfield Harriers	4.30							xo	o	o	o	xxx		4.75	3
14	224	Leigh WALKER SM	Crawley AC	4.00					o	xxx							4.00	8
15	225	Paul WALKER (W) SM	Loughborough Students AC	4.75										xo	xo	xxx	4.85	2
16																		
FULL RESULTS																		
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT									
1	220	Christian NORTH SM	Woodford Green & Essex L	5.00	9	221	Glyn PRICE (W) SM	Swansea Harriers	4.00									
2	225	Paul WALKER (W) SM	Loughborough Students AC	4.85	10	218	Robert MCGREGOR (W) U17M	Bridgend AC	3.45									
3	223	Scott SIMPSON (W) SM	Birchfield Harriers	4.75	11													
4	215	Egryn JONES (W) SM	Windsor Slough Eton & H	4.60	12													
5	214	Cameron JOHNSTON (W) SM	Belgrave Harriers	4.45	13													
6	219	Lewis NEWTON (W) U17M	Cardiff AAC	4.15	14													
7	216	Emyr JONES (W) U17M	Carmarthen Harriers	4.00	15													
8	224	Leigh WALKER SM	Crawley AC	4.00	16													

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OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 13th June		TIME	3:30 PM					
EVENT				F15 - Senior Men - Javelin (800g) Final		ALL COMERS		Steve BACKLEY - England - 88.46 - 1990									
						RECORD		Nigel BEVAN - Belgrave - 81.70 - 1992									
Order		No		NAME		CLUB		CBP		Colin McKENZIE - Newham & Essex Beagles - 73.52 - 1986							
								2008 WINNER		Rhys WILLIAMS - Swansea Harriers - 60.43							
								1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
								Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	284	Lee DORAN SM	City of Sheffield AC	NT	NT	69.11	69.11	1	67.33	66.65	69.98	69.98	1				
2	285	Michael JOHN (W) SM	Carmarthen Harriers	52.65	50.89	NT	52.65	5	NT	NT	52.80	52.80	5				
3	286	Joshua MADDEN (W) U20M	Carmarthen Harriers	51.24	53.91	50.57	53.91	4	51.02	52.11	50.20	53.91	4				
4	287	Michael TARRAN (W) SM	Birchfield Harriers	57.80	58.78	62.96	62.96	3	58.78	NT	58.78	62.96	3				
5	288	Joshua WILLIAMS (W) U20M	Cardiff AAC	47.47	45.02	46.40	47.47	7	45.81	40.83	NT	47.47	7				
6	289	Oliver WRIGHT (W) U23M	Swansea Harriers	44.84	51.84	46.72	51.84	6	45.81	40.83	NT	51.84	6				
7	292	Simon BENNETT SM	Woodford Green & Essex L	60.02	63.61	60.26	63.61	2	59.85	58.50	55.48	63.61	2				
8				0.00	0.00	0.00			0.00	0.00	0.00						
9				0.00	0.00	0.00			0.00	0.00	0.00						
10				0.00	0.00	0.00			0.00	0.00	0.00						
11				0.00	0.00	0.00			0.00	0.00	0.00						
12				0.00	0.00	0.00			0.00	0.00	0.00						
13				0.00	0.00	0.00			0.00	0.00	0.00						
14				0.00	0.00	0.00			0.00	0.00	0.00						
15				0.00	0.00	0.00			0.00	0.00	0.00						
16				0.00	0.00	0.00			0.00	0.00	0.00						
FULL RESULTS																	
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE								
1	284	Lee DORAN SM	City of Sheffield AC	69.98	9												
2	292	Simon BENNETT SM	Woodford Green & Essex L	63.61	10												
3	287	Michael TARRAN (W) SM	Birchfield Harriers	62.96	11												
4	286	Joshua MADDEN (W) U20M	Carmarthen Harriers	53.91	12												
5	285	Michael JOHN (W) SM	Carmarthen Harriers	52.80	13												
6	289	Oliver WRIGHT (W) U23M	Swansea Harriers	51.84	14												
7	288	Joshua WILLIAMS (W) U20M	Cardiff AAC	47.47	15												
8					16												

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OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships		VENUE		Cardiff International Sports Stadium		DATE	Saturday 13th June		TIME	4:30 PM		
EVENT				F16 - Senior Women - Discus (1kg) Final		ALL COMERS		Venissa HEAD - Wales - 62.02 - 1984						
				CBP		Venissa HEAD - Cardiff AAC - 64.68 - 1983								
ORDER		NO	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
					Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1		240	Louise ALI (W) U23W	Aberdare VAAC	NT	NT	32.37	32.37	9	0.00	0.00	0.00	32.37	9
2		241	Sarah BENSON U23W	Bingley Harriers & AC	NT	36.34	34.13	36.34	5	32.11	31.97	32.58	36.34	6
3		242	Alyson HOURIHAN (W) SW	Cardiff AAC	35.36	37.72	37.50	37.72	4	36.57	36.91	NT	37.72	5
4		243	Tesni WARD (W) U20W	City of Sheffield AC	5.33	36.14	39.03	39.03	3	41.14	41.37	39.71	41.37	3
5		244	Claire WILLIAMS (W) U23W	Carmarthen Harriers (F12)	31.67	33.88	NT	33.88	8	29.63	NT	34.25	34.25	8
6		253	Faye CALVERT (W) U23W	Deeside AAC	35.29	36.29	36.00	36.29	6	38.26	36.89	35.89	38.26	4
7		254	Navdeep DHALIWAL SW	Unattached	44.22	50.51	49.38	50.51	1	48.70	48.34	46.98	50.51	1
8		255	Kirsty LAW SW	Shaftesbury Barnet Harriers	47.32	45.26	45.89	47.32	2	44.16	44.36	47.70	47.70	2
9		256	Brea LEUNG (W) U20W	Menai AC	33.05	NT	34.35	34.35	7	33.00	34.36	NT	34.36	7
10		257	Karen LLEWELLIN (W) SW	Pembroke Harriers	23.07	23.65	24.80	24.80	10	0.00	0.00	0.00	24.80	10
11		258	Tracy LLEWELLIN (W) SW	Pembroke Harriers	NT	24.76	24.38	24.76	11	0.00	0.00	0.00	24.76	11
12		259	Sarah RICHARDS (W) SW	Swansea Harriers	0.00	0.00	0.00			0.00	0.00	0.00		
13		260	Philippa ROLES (W) SW	Swansea Harriers	0.00	0.00	0.00			0.00	0.00	0.00		
14		267	Stephanie OWENS (W) U20W	Shaftesbury Barnet Harriers	0.00	0.00	0.00			0.00	0.00	0.00		
15					0.00	0.00	0.00			0.00	0.00	0.00		
16					0.00	0.00	0.00			0.00	0.00	0.00		
FULL RESULTS														
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE					
1	254	Navdeep DHALIWAL SW	Unattached	50.51	9	240	Louise ALI (W) U23W	Aberdare VAAC	32.37					
2	255	Kirsty LAW SW	Shaftesbury Barnet Harriers	47.70	10	257	Karen LLEWELLIN (W) SW	Pembroke Harriers	24.80					
3	243	Tesni WARD (W) U20W	City of Sheffield AC	41.37	11	258	Tracy LLEWELLIN (W) SW	Pembroke Harriers	24.76					
4	253	Faye CALVERT (W) U23W	Deeside AAC	38.26	12									
5	242	Alyson HOURIHAN (W) SW	Cardiff AAC	37.72	13									
6	241	Sarah BENSON U23W	Bingley Harriers & AC	36.34	14									
7	256	Brea LEUNG (W) U20W	Menai AC	34.36	15									
8	244	Claire WILLIAMS (W) U23W	Carmarthen Harriers (F12)	34.25	16									

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2009 Senior Open T&F Championships				VENUE		Cardiff International Sports Stadium		DATE		Saturday 13th June		TIME		4:30 PM				
EVENT		F17 - Senior Men - Long Jump Final				ALL COMERS		Ralph BOSTON - USA - 8.18 - 1965												
						RECORD		Lynn DAVIES - Roath, Cardiff AAC - 8.23 - 1968												
						CBP		Steve INGRAM - Swansea Harriers - 7.91w - 1994												
						2008 WINNER		Ricardo CHILDS - Brecon AC AC - 7.26												
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of 3 Metres	Position after 3 Trials	4th Trial		5th Trial		6th Trial		Best of All		Final Position
				Metres		Metres		Metres				Metres		Metres		Metres		Metres	W/S	
1	49	Christopher HALL (W) U23M	Kingston AC & Poly Harriers	6.46	+1.5	NJ		6.32	+1.4	6.46	6	6.35	+1.2	6.32	+0.5	6.35	+0.5	6.46	+1.5	6
2	231	Navid CHILDS (W) SM	Thames Valley H	6.61	+1.7	NJ		3.54		6.61	5	NJ		6.29	+2.1			6.61	+1.7	5
3	233	David COOK (W) U23M	Kingston AC & Poly Harriers	7.33	+2.0	5.72	+2.3	7.07	+0.3	7.33	2	NJ		7.21	+0.8	7.36	+1.4	7.36	+1.4	2
4	234	Matthew HULYER (W) SM	Thames Valley H	6.80	+2.1	6.91	+2.4	6.82	+1.4	6.91	3	NJ		6.76	+1.8	7.07	+2.2	7.07	+2.2	3
5	235	Alex JACKSON (W) SM	Swansea Harriers	NJ		5.90	+1.7	NJ		5.90	7	NJ		PASS				5.90	+1.7	7
6	237	Thomas KIVELL (W) U20M	Newport Harriers	6.90	+2.0	NJ		NJ		6.90	4	NJ		NJ		NJ		6.90	+2.0	4
7	291	Andre FERNANDEZ SM	Newham & Essex Beagles AC	7.50	+2.3	7.61	+1.4	7.55	+2.2	7.61	1			7.45	+1.6	7.46	+1.5	7.61	+1.4	1
8				0.00		0.00														
9				0.00		0.00														
10				0.00		0.00														
11				0.00		0.00		0.00				0.00		0.00		0.00				
12				0.00		0.00		0.00				0.00		0.00		0.00				
13				0.00		0.00		0.00				0.00		0.00		0.00				
14				0.00		0.00		0.00				0.00		0.00		0.00				
15				0.00		0.00		0.00				0.00		0.00		0.00				
16				0.00		0.00		0.00				0.00		0.00		0.00				
FULL RESULTS																				
	No.	NAME	CLUB	DISTANCE			No.	NAME	CLUB	DISTANCE										
1	291	Andre FERNANDEZ SM	Newham & Essex Beagles AC	7.61	+1.4	9														
2	233	David COOK (W) U23M	Kingston AC & Poly Harriers	7.36	+1.4	10														
3	234	Matthew HULYER (W) SM	Thames Valley H	7.07	+2.2	11														
4	237	Thomas KIVELL (W) U20M	Newport Harriers	6.90	+2.0	12														
5	231	Navid CHILDS (W) SM	Thames Valley H	6.61	+1.7	13														
6	49	Christopher HALL (W) U23M	Kingston AC & Poly Harriers	6.46	+1.5	14														
7	235	Alex JACKSON (W) SM	Swansea Harriers	5.90	+1.7	15														
8						16														

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OFFICIALS SIGNATURES

MEETING		Welsh Athletics 2009 Senior Open T&F Championships		VENUE	Cardiff International Sports Stadium			DATE	Saturday 13th June			TIME	4:00 PM
EVENT		F18 - Disability Men & Women - Discus Final		ALL COMERS	- - -								
				RECORD	- - -								
				CBP	- - -								
				2008 WINNER	- -								
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	319	Konrad BISPING	FDSW (B12)	25.20	NT	NT	25.20	4	23.16	NT	22.93	25.20	4
2	309	Aled-Sion DAVIES	FDSW (F44)	37.26	NT	37.26	37.26	1	36.59	38.49	38.86	38.86	1
3	310	Joshua MORGAN	FDSW (F46)	26.24	27.72	NT	27.72	3	27.72	25.84	27.17	27.72	3
4	244	Claire WILLIAMS (W) U23W	Carmarthen Harriers (F12)	33.13	35.67	NT	35.67	2	33.10	36.02	35.43	36.02	2
5				0.00	0.00	0.00			0.00	0.00	0.00		
6				0.00	0.00	0.00			0.00	0.00	0.00		
7				0.00	0.00	0.00			0.00	0.00	0.00		
8				0.00	0.00	0.00			0.00	0.00	0.00		
9				0.00	0.00	0.00			0.00	0.00	0.00		
10				0.00	0.00	0.00			0.00	0.00	0.00		
11				0.00	0.00	0.00			0.00	0.00	0.00		
12				0.00	0.00	0.00			0.00	0.00	0.00		
13				0.00	0.00	0.00			0.00	0.00	0.00		
14				0.00	0.00	0.00			0.00	0.00	0.00		
15				0.00	0.00	0.00			0.00	0.00	0.00		
16				0.00	0.00	0.00			0.00	0.00	0.00		
FULL RESULTS													
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE				
1	309	Aled-Sion DAVIES	FDSW (F44)	38.86	9								
2	244	Claire WILLIAMS (W) U23W	Carmarthen Harriers (F12)	36.02	10								
3	310	Joshua MORGAN	FDSW (F46)	27.72	11								
4	319	Konrad BISPING	FDSW (B12)	25.20	12								
5					13								
6					14								
7					15								
8					16								

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OFFICIALS SIGNATURES