

WELSH ATHLETICS
U13 & U17
INDOOR TRACK & FIELD CHAMPIONSHIPS



WELSH ATHLETICS
ATHLETAU CYMRU

SATURDAY 30TH JANUARY, 2010
N.I.A.C. CYNCOED CAMPUS UWIC, CARDIFF

RESULTS

WELSH ATHLETICS
U13-U17 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS, UWIC

SATURDAY 30TH JANUARY

T27 - U13B - 60m - FINAL

17:00

Welsh Record **Evan JENKINS - Swansea Harriers - 8.15, 2006**

New Welsh Record

CBP **Evan JENKINS - Swansea Harriers - 8.15, 2006**

New CBP

2009 Champion **Samuel JONES - Carmarthen Harriers - 8.56**

FINAL - Qualified from event T14

Pos	Bib	Athlete	Club	Perf	Comments
1	39	Sion ROBERTS	Wrexham AC	8.08	
2	40	Daniel SNELLING	Newport Harriers	8.32	
3	42	Ben TURNER	Swansea Harriers	8.59	
4	29	Joe CROSBY	Swansea Harriers	8.88	
5	43	Billy WILLIAMS	Swansea Harriers	8.92	
6	37	Aaron POWELL	Cwmbran Harriers	8.92	
7	27	Geraint BREEZE	Wrexham AC	9.03	
8	26	Talfan ALLCOCK	Amman Valley AC	DNS	

T14 - U13B - 60m - Heats

14:25

3 Heats Qualification first 2 + 2 fastest

Heat 1

Pos	Bib	Athlete	Club	Perf	Comments
1	40	Daniel SNELLING	Newport Harriers	8.38	Q
2	43	Billy WILLIAMS	Swansea Harriers	8.83	Q
3	26	Talfan ALLCOCK	Amman Valley AC	8.90	Q
4	27	Geraint BREEZE	Wrexham AC	8.91	q
5	37	Aaron POWELL	Cwmbran Harriers	8.98	q
6	30	Jordan HUGHES	Swansea Harriers	9.11	
7	36	Lewis POTTER	Swansea Harriers	9.36	
8	38	Aled REES	Carmarthen Harriers	DNS	

Heat 2

Pos	Bib	Athlete	Club	Perf	Comments
1	39	Sion ROBERTS	Wrexham AC	8.11	Q
2	42	Ben TURNER	Swansea Harriers	8.69	Q
3	29	Joe CROSBY	Swansea Harriers	8.89	Q
4	41	Samuel THOMPSON	Carmarthen Harriers	9.00	
5	32	Max LEADER	Newport Harriers	9.05	
6	28	Joseph BRIER	Swansea Harriers	9.34	
7	31	Luke INSTONE	Cwmbran Harriers	9.38	
8	35	Joe POTTER	Swansea Harriers	10.12	

WELSH ATHLETICS
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T18 - U13B - 200m - A+B FINALS

15:30

Welsh Record **Evan JENKINS - Swansea Harriers - 26.74, 2006**

New Welsh Record

CBP **Evan JENKINS - Swansea Harriers - 26.74, 2006**

New CBP

2009 Champion **James BRYAN - Carmarthen Harriers - 28.62**

A & B Finals Qualified from event T2

Pos	Bib	Athlete	Club	Perf	Comments
1	39	Sion ROBERTS	Wrexham AC	26.07	
2	40	Daniel SNELLING	Newport Harriers	28.43	
3	37	Aaron POWELL	Cwmbran Harriers	28.51	
4	27	Geraint BREEZE	Wrexham AC	29.47	

B FINAL

1	42	Ben TURNER	Swansea Harriers	29.01	
2	32	Max LEADER	Newport Harriers	29.76	
3	43	Billy WILLIAMS	Swansea Harriers	29.91	
4	41	Samuel THOMPSON	Carmarthen Harriers	30.47	

T2 - U13B - 200m - Heats

11:00

4 Heats Qualification & fastest to A+B Final

					Heat 1
Pos	Bib	Athlete	Club	Perf	Comments
1	37	Aaron POWELL	Cwmbran Harriers	28.34	q
2	32	Max LEADER	Newport Harriers	29.70	q
3	30	Jordan HUGHES	Swansea Harriers	30.63	
4	36	Lewis POTTER	Swansea Harriers	31.56	

					Heat 2
Pos	Bib	Athlete	Club	Perf	Comments
1	40	Daniel SNELLING	Newport Harriers	27.93	q
2	27	Geraint BREEZE	Wrexham AC	28.55	q
3	43	Billy WILLIAMS	Swansea Harriers	29.38	q
4	41	Samuel THOMPSON	Carmarthen Harriers	29.50	q

					Heat 3
Pos	Bib	Athlete	Club	Perf	Comments
1	39	Sion ROBERTS	Wrexham AC	25.92	q
2	42	Ben TURNER	Swansea Harriers	28.93	q
3	31	Luke INSTONE	Cwmbran Harriers	32.23	
4	35	Joe POTTER	Swansea Harriers	34.29	

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T23 - U13B - 1500m - FINAL

16:25

Welsh Record **Rhys Norris - Newport Harriers - 4.45.83, 2009**

CBP **Rhys Norris - Newport Harriers - 4.45.83, 2009**

2009 Champion **Rhys Norris - Newport Harriers - 4.45.83 Rec/CBP**

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	150	Nikita NEARY	Carmarthen Harriers	4:53.85	
2	147	Nicholas JOHNSON	Carmarthen Harriers	5:12.56	
3	148	Joseph MACPHERSON	Cardiff AAC	5:20.75	
4	151	Jordan RICHARDS	Carmarthen Harriers	5:28.47	
5	94	Rhys GRIFFITHS	Swansea Harriers	5:33.11	
6	146	Kieran HARRIS	Cardiff AAC	5:33.64	
7	149	Danny MORGAN	Rhymney Valley AC	5:37.11	

T8 - U13B - 60m Hurdles - FINAL

12:50

Welsh Record **David GUEST - Bridgend AC - 9.68, 2004**

CBP **Rhys WEBB - Carmarthen Harriers - 10.37, 2004**

2009 Champion **Michael WILSON - Swansea Harriers - 11.13**

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	96	Rhys ROBERTS	Bridgend AC	10.41	
2	29	Joe CROSBY	Swansea Harriers	11.72	
3	95	Morgan LEY	Bridgend AC	12.55	
4	94	Rhys GRIFFITHS	Swansea Harriers	12.85	
5	93	George DUDDRIDGE	Cardiff AAC	12.93	

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SATURDAY 30TH JANUARY

F4 - U13B - HIGH JUMP -

11:30

Welsh Record **Jamie DALTON - Preseli AC - 1.55, 1992**

CBP **Andrew BLOW & Thomas WILLIAMS - Beddau AC/Maes yr Yrfa Sch - 1.40, 1983**

New CBP

2009 Champion **Keiran INGRAM - Swansea Harriers - 1.35**

Pos	Bib	Athlete	Club	Perf	Comments
1	164	Miles KELLER-JENKINS	Swansea Harriers	1.48	
2	96	Rhys ROBERTS	Bridgend AC	1.20	
3	165	Luke PRICE	Newport Harriers	1.15	

F7 - U13B - LONG JUMP -

12:30

Welsh Record **Kierran COOPER - Wrexham AC - 4.92, 2008**

CBP **Kierran COOPER - Wrexham AC - 4.92, 2008**

2009 Champion **Kyle ARNOLD - Newport Harriers - 4.25**

Pos	Bib	Athlete	Club	Perf	Comments
1	96	Rhys ROBERTS	Bridgend AC	4.56	
2	26	Talfan ALLCOCK	Amman Valley AC	4.40	
3	27	Geraint BREEZE	Wrexham AC	4.36	
4	29	Joe CROSBY	Swansea Harriers	4.25	
5	41	Samuel THOMPSON	Carmarthen Harriers	3.89	
6	202	Oliver HUNT	Bridgend AC	3.76	
7	30	Jordan HUGHES	Swansea Harriers	3.65	
8	94	Rhys GRIFFITHS	Swansea Harriers	3.58	
9	95	Morgan LEY	Bridgend AC	3.53	
10	93	George DUDDRIDGE	Cardiff AAC	3.36	
11	165	Luke PRICE	Newport Harriers	3.22	

F6 - U13B - SHOT (3.25kg) -

12:00

Welsh Record **Mathew EVANS - Carmarthen Harriers - 13.26, 2001**

CBP **Mathew EVANS - Carmarthen Harriers - 12.59, 2001**

2009 Champion **Jack BEYNON - Swansea Harriers - 9.05**

Pos	Bib	Athlete	Club	Perf	Comments
1	150	Nikita NEARY	Carmarthen Harriers	10.03	
2	164	Miles KELLER-JENKINS	Swansea Harriers	7.83	
3	37	Aaron POWELL	Cwmbran Harriers	7.65	
4	194	Jordan BRYANT	Newport Harriers	7.05	
5	193	Jamie BRYANT	Newport Harriers	6.09	
6	165	Luke PRICE	Newport Harriers	5.66	

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T26 - U13G - 60m - FINAL

16:55

Welsh Record **Adele NICOLL - Oswestry Olympians - 8.30, 2009**

New Welsh Record

CBP **Felicity JAMES - Cardiff AAC - 8.41, 2001**

New CBP

2009 Champion **Amy LEAHY - Pembroke Harriers - 8.48**

FINAL - Qualified from event T13

Pos	Bib	Athlete	Club	Perf	Comments
1	4	Hannah BRIER	Swansea Harriers	8.23	
2	24	Ffion WAKE	Swansea Harriers	8.56	
3	13	Jessica MERRICK	Swansea Harriers	8.66	
4	21	Amelia REYNOLDS	Newport Harriers	8.75	
5	8	Chloe HUGHES	Deeside AAC	8.77	
6	16	Zoe NASH	Bridgend AC	9.25	
7	3	Ellie BISHOP	Bridgend AC	9.35	
8	22	Caitlin SCARFI	Newport Harriers	9.40	

T13 - U13G - 60m - Heats

14:05

3 Heats, Qualification first 2 + 2 fastest

Heat 1

Pos	Bib	Athlete	Club	Perf	Comments
1	24	Ffion WAKE	Swansea Harriers	8.62	Q
2	16	Zoe NASH	Bridgend AC	9.11	Q
3	12	Geri MCNAMARA	Cwmbran Harriers	9.51	
4	14	Danielle MORGAN	Newport Harriers	9.55	
5	5	Millicent FAKANDE	Cwmbran Harriers	9.72	
6	18	Alice PETERS	Swansea Harriers	10.25	
7	25	Katie WELLS	Swansea Harriers	10.31	

Heat 2

Pos	Bib	Athlete	Club	Perf	Comments
1	21	Amelia REYNOLDS	Newport Harriers	8.72	Q
2	8	Chloe HUGHES	Deeside AAC	8.91	Q
3	20	Sian PURCELL	Cardiff AAC	9.41	
4	2	Delun ALLCOCK	Amman Valley AC	9.54	
5	23	Leah THOMAS	Bridgend AC	9.68	
6	1	Sofia ALI	Aberdare VAAC	9.90	
7	10	Danielle JONES	Swansea Harriers	10.44	
8	17	Hannah PACKHAM-SMITH	Cardiff AAC	10.68	

Heat 3

Pos	Bib	Athlete	Club	Perf	Comments
1	4	Hannah BRIER	Swansea Harriers	8.30	Q
2	13	Jessica MERRICK	Swansea Harriers	8.81	Q
3	3	Ellie BISHOP	Bridgend AC	9.35	q
4	22	Caitlin SCARFI	Newport Harriers	9.39	q
5	15	Paige MURPHY	Swansea Harriers	9.74	
6	9	Ffion JENKINS	Amman Valley AC	10.08	
7	11	Aimie LOWER	Cardiff AAC	10.17	

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T17 - U13G - 200m - A+B FINALS

15:20

Welsh Record **Rachel JOHNCOCK - Colwyn Bay AC - 27.86, 2005**

CBP **Rachel JOHNCOCK - Colwyn Bay AC - 27.86, 2006**

2009 Champion **Abigail BACKSHAW - Colwyn Bay AC - 28.93**

A & B Finals Qualified from event T1

Pos	Bib	Athlete	Club	Perf	Comments
1	21	Amelia REYNOLDS	Newport Harriers	28.17	
2	24	Ffion WAKE	Swansea Harriers	28.34	
3	8	Chloe HUGHES	Deeside AAC	29.76	
4	117	Jodie BEYNON	Cwmbran Harriers	30.44	

B FINAL

1	4	Hannah BRIER	Swansea Harriers	27.43	NEW CBP
2	16	Zoe NASH	Bridgend AC	30.40	
3	22	Caitlin SCARFI	Newport Harriers	31.51	
4	3	Ellie BISHOP	Bridgend AC	32.00	

T1 - U13G - 200m - Heats

10:30

4 heats - Qualification 8 fastest, to A+B Final

					Heat 1
Pos	Bib	Athlete	Club	Perf	Comments
1	4	Hannah BRIER	Swansea Harriers	30.15	q
2	22	Caitlin SCARFI	Newport Harriers	30.94	q
3	2	Delun ALLCOCK	Amman Valley AC	31.97	
4	121	Felicity WILLIAMSON-SARLL	Bridgend AC	32.55	

					Heat 2
Pos	Bib	Athlete	Club	Perf	Comments
1	117	Jodie BEYNON	Cwmbran Harriers	30.13	q
2	15	Paige MURPHY	Swansea Harriers	32.83	
3	120	Lucy SHARIFF	Cardiff AAC	33.03	
4	1	Sofia ALI	Aberdare VAAC	33.62	

					Heat 3
Pos	Bib	Athlete	Club	Perf	Comments
1	24	Ffion WAKE	Swansea Harriers	28.73	q
2	16	Zoe NASH	Bridgend AC	30.36	q
3	3	Ellie BISHOP	Bridgend AC	31.50	q
4	118	Rhian ELLIS	Cardiff AAC	31.60	

					Heat 4
Pos	Bib	Athlete	Club	Perf	Comments
1	21	Amelia REYNOLDS	Newport Harriers	28.49	q
2	8	Chloe HUGHES	Deeside AAC	29.34	q
3	5	Millicent FAKANDE	Cwmbran Harriers	35.33	
4	17	Hannah PACKHAM-SMITH	Cardiff AAC	35.94	

T22 - U13G - 1500m - FINAL

16:15

Welsh Record **Hywelis THOMAS-HOWELLS - Neath Harriers - 5.01.0, 2007**

CBP **Hywelis THOMAS-HOWELLS - Neath Harriers - 5.01.00, 2007**

2009 Champion **Abigail BACKSHAW - Colwyn Bay AC - 5.18.61**

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	139	Bethan EVANS	Pontyclun AC	5:30.43	
2	143	Alice RUSSELL-STRETCH	Pembroke Harriers	5:32.44	
3	144	Megan TATNELL	Cardiff AAC	5:34.91	
4	142	Tara PALMER	Cwmbran Harriers	6:06.91	
5	9	Ffion JENKINS	Amman Valley AC	6:38.83	

T7 - U13G - 60m Hurdles - FINAL

12:40

Welsh Record **Rachel DAVIES - Bridgend AC - 9.94, 2005**

CBP **Laura EDWARDS - Wrexham AC - 10.14, 2005**

2009 Champion **Adele NICOLL - Oswestry Olympians - 10.26**

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	13	Jessica MERRICK	Swansea Harriers	10.68	
2	23	Leah THOMAS	Bridgend AC	11.23	
3	92	Courtley LOCK	Bridgend AC	11.29	
4	20	Sian PURCELL	Cardiff AAC	11.56	
5	11	Aimie LOWER	Cardiff AAC	12.87	
6	25	Katie WELLS	Swansea Harriers	13.08	

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F5 - U13G - HIGH JUMP -

11:30

Welsh Record **Susannah FILCE - Wrexham AC - 1.50, 1987**
CBP **Helena MADAN - Pembrokeshire Harriers - 1.43, 2006**
2009 Champion **Kate SEARY - Cardiff AAC - 1.30**

Pos	Bib	Athlete	Club	Perf	Comments
1	162	Lucy MATON	Cardiff AAC	1.35	
2	117	Jodie BEYNON	Cwmbran Harriers	1.21	
3	163	Hannah MATTHEWS	Swansea Harriers	1.20	

F14 - U13G - LONG JUMP -

15:00

Welsh Record **Adele NICOLL - Oswestry Olympians - 4.44, 2009**
CBP **Hannah THOMAS - Wrexham AC - 4.40, 2005**
2009 Champion **Erin WALTERS - Carmarthen Harriers - 4.10**

Pos	Bib	Athlete	Club	Perf	Comments
1	4	Hannah BRIER	Swansea Harriers	4.34	
2	117	Jodie BEYNON	Cwmbran Harriers	3.94	
3	14	Danielle MORGAN	Newport Harriers	3.86	
4	12	Geri MCNAMARA	Cwmbran Harriers	3.64	
5	16	Zoe NASH	Bridgend AC	3.63	
6	15	Paige MURPHY	Swansea Harriers	3.61	
7	92	Courtley LOCK	Bridgend AC	3.43	
8	20	Sian PURCELL	Cardiff AAC	3.27	
9	2	Delun ALLCOCK	Amman Valley AC	3.26	
10	25	Katie WELLS	Swansea Harriers	3.18	

F3 - U13G - SHOT (2.72kg) -

11:00

Welsh Record **Adele NICOLL - Oswestry Olympians - 11.39, 2009**
CBP **Adele NICOLL - Oswestry Olympians - 10.32, 2009**
2009 Champion **Adele NICOLL - Oswestry Olympians - 10.32**

Pos	Bib	Athlete	Club	Perf	Comments
1	24	Ffion WAKE	Swansea Harriers	8.76	
2	192	Bethan LEWIS	Carmarthen Harriers	6.54	
3	5	Millicent FAKANDE	Cwmbran Harriers	5.47	
4	18	Alice PETERS	Swansea Harriers	4.79	
5	10	Danielle JONES	Swansea Harriers	4.78	

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SATURDAY 30TH JANUARY

T29 - U17M - 60m - FINAL

17:10

Welsh Record **Tim BENJAMIN** - Cardiff AAC - 6.93, 1998

CBP **Andrew WATKINS** - Cwmbran Harriers - 7.13, 2003

Equal CBP

2009 Champion **Jamie SEXTON** - Barry & Vale Harriers - 7.19

FINAL - Qualified from event T16

Pos	Bib	Athlete	Club	Perf	Comments
1	87	Jamaul WHYTE	Cardiff AAC	7.13	
2	72	Dewi HAMMOND	Bromsgrove & Redditch AC	7.16	
3	79	Jamie MORRIS	Bridgend AC	7.22	
4	83	Michael PRENTICE	Cardiff AAC	7.46	
5	69	Mathew DAVIES	Carmarthen Harriers	7.46	
6	74	Morgan HARRIES	Sale Harriers Manchester	7.49	
7	90	Rhys WILLIAMS	Cardiff AAC	7.57	
8	65	Jevon BARNES	Pembroke Harriers	7.58	

T16 - U17M - 60m - Heats

14:55

3 Heats Qualification first 2 + 2 fastest

Heat 1

Pos	Bib	Athlete	Club	Perf	Comments
1	72	Dewi HAMMOND	Bromsgrove & Redditch AC	7.19	Q
2	69	Mathew DAVIES	Carmarthen Harriers	7.44	Q
3	74	Morgan HARRIES	Sale Harriers Manchester	7.48	q
4	80	Jordan-Leigh PEAKE	Cwmbran Harriers	7.65	
5	84	James SALE	Cwmbran Harriers	7.88	
6	66	Michael BLAND	Menai T&F	7.96	
7	67	Daniel CUTAJAR	Swansea Harriers	8.04	
8	85	Joseph TAYLOR	Cwmbran Harriers	8.48	

Heat 2

Pos	Bib	Athlete	Club	Perf	Comments
1	87	Jamaul WHYTE	Cardiff AAC	7.21	Q
2	79	Jamie MORRIS	Bridgend AC	7.26	Q
3	83	Michael PRENTICE	Cardiff AAC	7.45	q
4	78	Joe MCLEAN	Cardiff AAC	7.56	
5	75	Michael JOHNSON	Cardiff AAC	7.73	
6	82	William POOLE	Wrexham AC	8.00	
7	86	Aled THOMAS	Menai T&F	8.23	
8	68	Jordan DAVIES	Cwmbran Harriers	8.37	

Heat 3

Pos	Bib	Athlete	Club	Perf	Comments
1	90	Rhys WILLIAMS	Cardiff AAC	7.43	Q
2	65	Jevon BARNES	Pembroke Harriers	7.59	Q
3	77	Connor LECKENBY	Deeside AAC	7.67	
4	70	William DAVIES	Cwmbran Harriers	7.75	
5	73	Lawrence HANCOCK	Pembroke Harriers	7.78	
6	71	Conal DAVIS	Cwmbran Harriers	7.85	
7	89	Osian WILLIAMS	Sale Harriers Manchester	7.94	
8	81	Craig PIKE	North Devon AC	8.15	

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T20 - U17M - 200m - A+B FINALS

15:50

Welsh Record **Tim BENJAMIN** - Cardiff AAC - 21.51, 1998

CBP **Bruce TASKER** - Carmarthen Harriers - 22.59, 2004

2009 Champion **Tom CUSWORTH** - Wrexham AC - 23.05

A & B Finals Qualified from event T4

Pos	Bib	Athlete	Club	Perf	Comments
1	87	Jamaul WHYTE	Cardiff AAC	22.70	
2	83	Michael PRENTICE	Cardiff AAC	23.41	
3	74	Morgan HARRIES	Sale Harriers Manchester	23.42	
4	69	Mathew DAVIES	Carmarthen Harriers	23.78	

B FINAL

1	71	Conal DAVIS	Cwmbran Harriers	24.33	
2	70	William DAVIES	Cwmbran Harriers	24.69	
3	75	Michael JOHNSON	Cardiff AAC	25.07	
4	130	Adam JONES	Brecon AC	28.44	

T4 - U17M - 200m - Heats

11:40

5 heats - Qualification & fastest, to A+B Final

						Heat 1
Pos	Bib	Athlete	Club	Perf	Comments	
1	74	Morgan HARRIES	Sale Harriers Manchester	23.78	q	
2	80	Jordan-Leigh PEAKE	Cwmbran Harriers	24.84		
3	67	Daniel CUTAJAR	Swansea Harriers	26.26		
						Heat 2
Pos	Bib	Athlete	Club	Perf	Comments	
1	71	Conal DAVIS	Cwmbran Harriers	24.53	q	
2	84	James SALE	Cwmbran Harriers	25.26		
3	78	Joe MCLEAN	Cardiff AAC	DQ		
						Heat 3
Pos	Bib	Athlete	Club	Perf	Comments	
1	69	Mathew DAVIES	Carmarthen Harriers	23.80	q	
2	75	Michael JOHNSON	Cardiff AAC	24.83	q	
3	89	Osian WILLIAMS	Sale Harriers Manchester	25.39		
4	82	William POOLE	Wrexham AC	26.27		
						Heat 4
Pos	Bib	Athlete	Club	Perf	Comments	
1	87	Jamaul WHYTE	Cardiff AAC	23.32	q	
2	70	William DAVIES	Cwmbran Harriers	24.58	q	
3	81	Craig PIKE	North Devon AC	26.08		
						Heat 5
Pos	Bib	Athlete	Club	Perf	Comments	
1	83	Michael PRENTICE	Cardiff AAC	23.78	q	
2	130	Adam JONES	Brecon AC	24.75	q	
3	66	Michael BLAND	Menai T&F	26.30		
4	86	Aled THOMAS	Menai T&F	26.51		

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SATURDAY 30TH JANUARY

T25 - U17M - 400m - A+B FINALS

16:40

Welsh Record **Bruce TASKER - Carmarthen Harriers - 48.85, 2004**

CBP **Tim MILLER - Cardiff AAC - 49.66, 2006**

2009 Champion **Evan JENKINS - Swansea Harriers - 52.48**

Final Qualified from event T12

Pos	Bib	Athlete	Club	Perf	Comments
1	134	Evan JENKINS	Swansea Harriers	53.11	
2	136	Keiron STEPHENS	Cwmbran Harriers	53.46	
3	130	Adam JONES	Brecon AC	54.73	
4	77	Connor LECKENBY	Deeside AAC	56.07	

T12 - U17M - 400m - Heats

13:40

3 Heats Qualification heat winners + 1 fastest to FINAL

Heat 1					
Pos	Bib	Athlete	Club	Perf	Comments
1	130	Adam JONES	Brecon AC	55.18	Q
2	133	Tom BEVAN	Cardiff AAC	55.56	
3	137	Sam WATKIN	Carmarthen Harriers	58.73	

Heat 2					
Pos	Bib	Athlete	Club	Perf	Comments
1	136	Keiron STEPHENS	Cwmbran Harriers	53.44	Q
2	77	Connor LECKENBY	Deeside AAC	55.02	q
3	116	Gareth THOMAS	Deeside AAC	56.58	

Heat 3					
Pos	Bib	Athlete	Club	Perf	Comments
1	134	Evan JENKINS	Swansea Harriers	54.00	Q
2	113	Jack MCDONALD	Sale Harriers Manchester	55.66	
3	135	Christopher MCNAUGHT	Menai T&F	56.18	

WELSH ATHLETICS
U13-U17 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS, UWIC

SATURDAY 30TH JANUARY

T10 - U17M - 1500m - FINAL

13:10

Welsh Record **Simon LAWSON - Cardiff AAC - 4.04.37, 2005**

CBP **Jonathon MORGAN - Newport Harriers - 4.06.1, 2007**

2009 Champion **Elliott HARDEE - Newport Harriers - 4.09.80**

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	157	Elliott HARDEE	Newport Harriers	4:12.77	
2	154	Daniel CHESWORTH	Newport Harriers	4:16.74	
3	132	Matthew ANTONIAZZI	Cwmbran Harriers	4:24.43	
4	155	Matthew EDWARDS	Barry & Vale Harriers	4:25.67	
5	159	Joshua LEECH-GRIFFITHS	Carmarthen Harriers	4:26.15	
6	158	Lloyd HECKLER	Carmarthen Harriers	4:29.99	
7	156	Carwyn EVANS	Swansea Harriers	4:36.08	
8	161	Morgan SMITH	Pembroke Harriers	4:36.36	
9	58	Evan WYNNE	Ysgol Glan Gwynllyw	4:36.61	

T6 - U17M - 60m Hurdles - FINAL

12:30

Welsh Record **Colin JACKSON - Cardiff AAC - 8.16, 1983**

CBP **Rhys WILLIAMS - Cardiff AAC - 8.51, 2009**

2009 Champion **Rhys WILLIAMS - Cardiff AAC - 8.51 - CBP**

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	90	Rhys WILLIAMS	Cardiff AAC	8.71	
2	111	Tyron BLAKE	Cardiff AAC	8.86	
3	87	Jamaul WHYTE	Cardiff AAC	8.95	
4	115	Joshua SANSOM	Swansea Harriers	9.02	
5	113	Jack MCDONALD	Sale Harriers Manchester	9.12	
6	114	James PARRY	Cardiff AAC	9.21	
7	110	Daniel BLAIN	Carmarthen Harriers	9.46	
8	116	Gareth THOMAS	Deeside AAC	9.67	
9	112	Rhodri BOGGUST	Brecon AC	DNS	

WELSH ATHLETICS
U13-U17 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS, UWIC

SATURDAY 30TH JANUARY

F8 - U17M - HIGH JUMP -

13:00

Welsh Record **Chuka ENIH-SNELL - Swansea Harriers - 2.07, 2000**

CBP **Chuka ENIH-SNELL - Swansea Harriers - 2.05, 2000**

2009 Champion **Adam DAVIES - Pembroke Harriers - 1.93**

Pos	Bib	Athlete	Club	Perf	Comments
1	170	Stephen GUEST	Bridgend AC	1.90	
2	111	Tyron BLAKE	Cardiff AAC	1.80	
3	169	Jonathon BAILEY	Cardiff AAC	1.55	
4	172	Sam NORMAN	Barry & Vale Harriers	1.55	

F12 - U17M - POLE VAULT -

14:00

Welsh Record **Neil WINTER - Shaftesbury - 4.85, 1990**

CBP **Benjamin GREGORY - V of Aylesbury - 4.21, 2007**

2009 Champion **Lewis NEWTON - Cardiff AAC - 4.01**

Pos	Bib	Athlete	Club	Perf	Comments
1	170	Stephen GUEST	Bridgend AC	3.54	
2	179	Morgan ATKINS	Swansea Harriers	3.04	
3	181	Stephen SCARFI	Cwmbran Harriers	2.74	
4	180	Evan COOK	Deeside AAC	2.44	

WELSH ATHLETICS
U13-U17 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS, UWIC

SATURDAY 30TH JANUARY

F2 - U17M - LONG JUMP -

11:00

Welsh Record **Scott HERBERT - Milton Keynes - 6.90, 1990**

CBP **Richardo CHILDS - Brecon AC - 6.57, 2001**

2009 Champion **Thomas CUSWORTH - Wrexham AC - 6.14**

Pos	Bib	Athlete	Club	Perf	Comments
1	79	Jamie MORRIS	Bridgend AC	6.38	
2	90	Rhys WILLIAMS	Cardiff AAC	6.30	
3	190	Michael PAYNE	Cardiff AAC	6.27	
4	189	James MCGUIRE	Cardiff AAC	6.00	
5	188	Kieron MARTIN	Swansea Harriers	5.95	
6	73	Lawrence HANCOCK	Pembroke Harriers	5.73	
7	169	Jonathon BAILEY	Cardiff AAC	5.57	
8	66	Michael BLAND	Menai T&F	5.42	
9	82	William POOLE	Wrexham AC	5.42	
10	135	Christopher MCNAUGHT	Menai T&F	5.27	
11	172	Sam NORMAN	Barry & Vale Harriers	5.16	
12	112	Rhodri BOGGUST	Brecon AC	4.82	
13	181	Stephen SCARFI	Cwmbran Harriers	3.94	

F15 - U17M - TRIPLE JUMP -

16:00

Welsh Record **Steven SHALDERS - Cardiff AAC - 14.42, 1998**

CBP **Lee HARRIS - Bristol - 13.77, 2000**

2009 Champion **Callum STOUT - Cardiff AAC - 11.15**

Pos	Bib	Athlete	Club	Perf	Comments
1	91	Rhys WILLIAMS	Swansea Harriers	13.62	
2	188	Kieron MARTIN	Swansea Harriers	11.72	
3	73	Lawrence HANCOCK	Pembroke Harriers	11.42	
4	77	Connor LECKENBY	Deeside AAC	11.01	

F10 - U17M - SHOT (5.00kg) -

13:30

Welsh Record **Clayton TURNER - Crawley AC - 16.73, 1985**

CBP **Mathew EVANS - Carmarthen Harriers - 15.61, 2005**

2009 Champion **Rheon JAMES - Carmarthen Harriers - 13.61**

Pos	Bib	Athlete	Club	Perf	Comments
1	200	Mathew FIELD	Cardiff AAC	13.58	
2	201	Jonathan STOWELL	Pembroke Harriers	12.42	
3	130	Adam JONES	Brecon AC	11.03	
4	172	Sam NORMAN	Barry & Vale Harriers	10.66	

WELSH ATHLETICS
U13-U17 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS, UWIC

SATURDAY 30TH JANUARY

T28 - U17W - 60m - FINAL

17:05

Welsh Record **Lisa ARMSTRONG - Torfaen - 7.56, 1990**

CBP **Danielle SELLEY & Mica MOORE - Preseli AC / Cardiff AAC - 7.74, 2000/2009**

2009 Champion **Mica MOORE - Cardiff AAC - 7.74**

FINAL - Qualified from event T15

Pos	Bib	Athlete	Club	Perf	Comments
1	48	Rachel JOHNCOCK	Colwyn Bay AC	7.79	
2	64	Bethan WAKEFIELD	Newport Harriers	8.08	
3	49	Chloe JONES	Sale Harriers Manchester	8.21	
4	54	Victoria MITCHELL	City of Norwich AC	8.29	
5	52	Cyndi KITENGE	Cardiff AAC	8.33	
6	59	Nia PALLA	Swansea Harriers	8.39	
7	51	Hannah JONES	Cardiff AAC	8.61	
8	57	Sara OTUNG	Cardiff AAC	13.14	

T15 - U17W - 60m - Heats

14:40

3 Heats Qualification first 2 + 2 fastest

					Heat 1
Pos	Bib	Athlete	Club	Perf	Comments
1	64	Bethan WAKEFIELD	Newport Harriers	8.06	Q
2	52	Cyndi KITENGE	Cardiff AAC	8.33	Q
3	51	Hannah JONES	Cardiff AAC	8.38	q
4	55	Samantha MORGAN	Aberdare VAAC	8.43	
5	60	Bethan PHILLIPS	Carmarthen Harriers	8.48	
6	56	Amy NELL	Carmarthen Harriers	8.96	
					Heat 2
Pos	Bib	Athlete	Club	Perf	Comments
1	57	Sara OTUNG	Cardiff AAC	8.10	Q
2	49	Chloe JONES	Sale Harriers Manchester	8.25	Q
3	59	Nia PALLA	Swansea Harriers	8.35	q
4	46	Mali JAMES	Swansea Harriers	8.51	
5	53	Jessica MACDONALD	Cardiff AAC	8.71	
6	63	Jessica THOMPSON	Swansea Harriers	8.88	
					Heat 3
Pos	Bib	Athlete	Club	Perf	Comments
1	48	Rachel JOHNCOCK	Colwyn Bay AC	7.89	Q
2	54	Victoria MITCHELL	City of Norwich AC	8.28	Q
3	61	Catrin REES	Carmarthen Harriers	8.41	
4	47	Rhiannon JEFFREYS	Neath Harriers	8.45	
5	62	Eleanor ROWLAND	Pembroke Harriers	DNS	

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T19 - U17W - 200m - A+B FINALS

15:40

Welsh Record **Alexandria BICK - Cardiff AAC - 24.82, 1999**

CBP **Brigid EADES - Newport Harriers - 25.75, 2007**

2009 Champion **Hannah THOMAS - Wrexham AC - 25.87**

A & B Finals Qualified from event T3

Pos	Bib	Athlete	Club	Perf	Comments
1	64	Bethan WAKEFIELD	Newport Harriers	26.63	
2	124	Lauren BELL	Pembroke Harriers	26.73	
3	125	Jamie-Leigh BOWEN	Cardiff AAC	26.86	
4	129	Catrin THOMAS	Maldwyn Harriers	27.36	

B FINAL

1	54	Victoria MITCHELL	City of Norwich AC	27.10	
2	127	Olivia DYER	Cardiff AAC	27.48	
3	126	Emily DACEY	Swansea Harriers	27.59	
4	49	Chloe JONES	Sale Harriers Manchester	27.67	

T3 - U17W - 200m - Heats

11:20

4 Heats Qualification 8 fastest to A+B Final

					Heat 1
Pos	Bib	Athlete	Club	Perf	Comments
1	64	Bethan WAKEFIELD	Newport Harriers	26.75	q
2	129	Catrin THOMAS	Maldwyn Harriers	27.31	q
3	60	Bethan PHILLIPS	Carmarthen Harriers	28.04	
4	56	Amy NELL	Carmarthen Harriers	30.15	
					Heat 2
Pos	Bib	Athlete	Club	Perf	Comments
1	125	Jamie-Leigh BOWEN	Cardiff AAC	26.78	q
2	61	Catrin REES	Carmarthen Harriers	28.02	
3	128	Amy PACKHAM-SMITH	Cardiff AAC	29.49	
					Heat 3
Pos	Bib	Athlete	Club	Perf	Comments
1	124	Lauren BELL	Pembroke Harriers	26.84	q
2	127	Olivia DYER	Cardiff AAC	27.49	q
3	62	Eleanor ROWLAND	Pembroke Harriers	28.58	
					Heat 4
Pos	Bib	Athlete	Club	Perf	Comments
1	54	Victoria MITCHELL	City of Norwich AC	27.42	q
2	126	Emily DACEY	Swansea Harriers	27.43	q
3	49	Chloe JONES	Sale Harriers Manchester	27.69	q

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SATURDAY 30TH JANUARY

T24 - U17W - 300m - FINAL

16:35

Welsh Record **Rowi MORTIMER - Bristol - 39.75, 2002**
CBP **Brigid EADES - Newport Harriers - 40.23, 2007**
2009 Champion **Megan ROGERS - Wrexham AC - 40.97**

FINAL Qualified from event T11

Pos	Bib	Athlete	Club	Perf	Comments
1	124	Lauren BELL	Pembroke Harriers	41.35	
2	50	Chloe JONES	Wrexham AC	41.78	
3	131	Rachel STARK	Chelmsford AC	42.25	
4	129	Catrin THOMAS	Maldwyn Harriers	42.72	

T11 - U17W - 300m - Heats

13:20

2 Heats Qualification Heat winners + 2 fastest

					Heat 1
Pos	Bib	Athlete	Club	Perf	Comments
1	124	Lauren BELL	Pembroke Harriers	41.49	Q
2	105	Lora ROBERTS	Bridgend AC	43.49	
3	109	Atlanta WILLIAMS	Swansea Harriers	44.60	
					Heat 2
Pos	Bib	Athlete	Club	Perf	Comments
1	50	Chloe JONES	Wrexham AC	42.15	Q
2	129	Catrin THOMAS	Maldwyn Harriers	42.25	q
3	131	Rachel STARK	Chelmsford AC	42.99	q
4	108	Abi WILLIAMS	Sale Harriers Manchester	43.59	

T9 - U20W 1500m - FINAL

13:00

Welsh Record **Non STANFORD - Swansea Harriers - 4.33.45, 2005**
CBP **Jade WILLIAMS - Amman Valley - 4.39.18, 2009**
2009 Champion **Jade WILLIAMS - Amman Valley AC - 4.39.18 - CBP**

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	203	Zoe THOMAS U20W	Cardiff AAC	4:57.01	

WELSH ATHLETICS
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SATURDAY 30TH JANUARY

T21 - U17W - 60m Hurdles - FINAL

16:05

Welsh Record **Bethan EDWARDS - Brecon AC - 8.67, 1989**

CBP **Heather JONES - Carmarthen Harriers - 8.75, 2003**

2009 Champion **Catrin STONE - Swansea Harriers - 8.82**

FINAL Qualified from event T5

Pos	Bib	Athlete	Club	Perf	Comments
1	57	Sara OTUNG	Cardiff AAC	9.08	
2	102	Katie LEWIS	Bridgend AC	9.22	
3	108	Abi WILLIAMS	Sale Harriers Manchester	9.30	
4	99	Kimberly DAVIES	Swansea Harriers	9.42	
5	97	Eleanor BADHAMS	Deeside AAC	9.63	
6	98	Stacey COLLINS	Neath Harriers	9.71	
7	105	Lora ROBERTS	Bridgend AC	9.94	
8	109	Atlanta WILLIAMS	Swansea Harriers	9.98	

T5 - U17W - 60m Hurdles - Heats

12:15

2 Heats Qualification First 3 + 2 fastest

					Heat 1
Pos	Bib	Athlete	Club	Perf	Comments
1	108	Abi WILLIAMS	Sale Harriers Manchester	9.22	Q
2	57	Sara OTUNG	Cardiff AAC	9.41	Q
3	98	Stacey COLLINS	Neath Harriers	9.76	Q
4	109	Atlanta WILLIAMS	Swansea Harriers	9.76	q
5	105	Lora ROBERTS	Bridgend AC	9.88	q
6	107	Megan THOMAS	Cardiff AAC	10.00	
7	104	Chloe PHILLIPS	Cardiff AAC	10.92	
					Heat 2
Pos	Bib	Athlete	Club	Perf	Comments
1	102	Katie LEWIS	Bridgend AC	9.28	Q
2	99	Kimberly DAVIES	Swansea Harriers	9.38	Q
3	97	Eleanor BADHAMS	Deeside AAC	9.50	Q
4	103	Alyce PHILLIPS	Carmarthen Harriers	10.00	
5	106	Gemma SEAMAN	Swansea Harriers	10.20	
6	100	Katie GARDNER	City of Stoke AC		

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SATURDAY 30TH JANUARY

F9 - U17W - HIGH JUMP -

13:00

Welsh Record **Julia CHARLTON - Carmarthen Harriers - 1.79, 1980**

CBP **Julia CHARLTON - Carmarthen Harriers - 1.75, 1982**

2009 Champion **Sarah ABRAMS - Sutton & District AC - 1.63**

Pos	Bib	Athlete	Club	Perf	Comments
1	166	Ffion BODILLY	Cardiff AAC	1.65	
2	167	Emily MORRIS	Swansea Harriers	1.60	
3	97	Eleanor BADHAMS	Deeside AAC	1.60	
4	99	Kimberly DAVIES	Swansea Harriers	1.50	
5	168	Stacey WEBBER	Llanelli AC	1.45	

F1 - U17W - POLE VAULT -

11:00

Welsh Record **Christina HUGHES - Deeside - 3.60, 2008**

CBP **Rebecca DAVIES - Deeside AAC - 3.41, 2009**

2009 Champion **Rebecca DAVIES - Deeside AAC - 3.41**

Pos	Bib	Athlete	Club	Perf	Comments
1	175	Rhianydd LLEWELLYN	Bridgend AC	3.00	
2	204	Lucy DALY	Cardiff AAC	2.50	
3	173	Enfys JONES	Carmarthen Harriers	2.40	
4	174	Megan JONES	Swansea Harriers	2.20	

F11 - U17W - LONG JUMP -

13:30

Welsh Record **Nicola SHORT - Torfaen - 5.77, 1986**

CBP **Rebecca WILLIAMS - Newport Harriers - 5.54, 2005**

2009 Champion **Sarah ABRAMS - Sutton & District AC - 5.45**

Pos	Bib	Athlete	Club	Perf	Comments
1	100	Katie GARDNER	City of Stoke AC	5.12	
2	59	Nia PALLA	Swansea Harriers	5.07	
3	64	Bethan WAKEFIELD	Newport Harriers	4.98	
4	126	Emily DACEY	Swansea Harriers	4.93	
5	185	Natasha LEWIS	Cwmbran Harriers	4.80	
6	186	Lucy TAYLOR	Bridgend AC	4.71	
7	97	Eleanor BADHAMS	Deeside AAC	4.61	
8	55	Samantha MORGAN	Aberdare VAAC	4.54	
9	50	Chloe JONES	Wrexham AC	4.53	
10	106	Gemma SEAMAN	Swansea Harriers	4.50	
11	103	Alyce PHILLIPS	Carmarthen Harriers	4.48	
12	183	Zoe BRADLEY	Cwmbran Harriers	3.78	

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SATURDAY 30TH JANUARY

F16 - U17W - TRIPLE JUMP -

16:00

Welsh Record **Jayne LUDLOW - Cardiff AAC - 11.74, 1994**

CBP **Sally PEAKE - Wirral - 11.48, 2002**

2009 Champion **Sarah ABRAMS - Sutton & District AC - 10.96**

Pos	Bib	Athlete	Club	Perf	Comments
1	191	Megan O'SULLIVAN	Cardiff AAC	10.94	
2	101	Sophie LANE	Swansea Harriers	9.80	
3	184	Nicola JONES	Swansea Harriers	8.21	

F13 - U17W - SHOT (4.00kg) -

15:00

Welsh Record **Philippa ROLES - Swansea Harriers - 13.68, 1994**

CBP **Tesni WARD - Sheffield - 12.86, 2008**

2009 Champion **Jasmine SEALE - Cwmbran Harriers - 8.79**

Pos	Bib	Athlete	Club	Perf	Comments
1	199	Jasmine SEALE	Cwmbran Harriers	10.63	
2	196	Lucy GRIFFITHS	Pembroke Harriers	10.45	
3	100	Katie GARDNER	City of Stoke AC	9.93	
4	198	Elliw JAMES	Carmarthen Harriers	8.82	
5	195	Lydia DAVID	Wrexham AC	7.82	
6	103	Alyce PHILLIPS	Carmarthen Harriers	6.65	

Welsh Athletics - Height Card

Meeting		Welsh U13/U17 Indoor Championships 2010				Venue	NIAC, UWIC - Cyncoed					Time	11:00 AM		Date	Saturday 30 January 2010							
Event						Welsh Indoor Record			Christina HUGHES Deeside 3.60 2008														
F1		U17W - POLE VAULT FINAL				Championship Best Performance			Rebecca DAVIES Deeside AAC 3.41 2009														
						2009 Welsh Champion			Rebecca DAVIES Deeside AAC 3.41														
						Order	Number	NAME	CLUB	UPRIGHTS	Start Height	2.00	2.20	2.30	2.40	2.50	2.60	2.80	2.90	3.00	3.10	Best of All	PB
						Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs							
1	173	Enfys JONES	Carmarthen Harriers	60	2.20		o	o	xo	xxx							2.40	PB					3
2	174	Megan JONES	Swansea Harriers	65	2.00	o	o	retired									2.20	PB					4
3	175	Rhianydd LLEWELLYN	Bridgend AC	80	2.90								xo	o	xxx	3.00		3.35					1
4	176	Lucy ROULSTON	Deeside AAC	60	2.80							xxx					NHR		3.10				
5	177	Alex THOMAS	Swansea Harriers																				
6	178	Rachel WILLIAMS	Deeside AAC	40	2.20		xxx										NHR						
7	204	Lucy DALY	Cardiff AAC	60	2.30			o	o	xo	xxx						2.50	PB					2
8																							
9																							
10																							
11																							
12																							
13																							
14																							
15																							
16																							
FULL RESULTS																	JUDGES' SIGNATURES						
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF														
1	175	Rhianydd LLEWELLYN	Bridgend AC	3.00	9																		
2	204	Lucy DALY	Cardiff AAC	2.50	10																		
3	173	Enfys JONES	Carmarthen Harriers	2.40	11																		
4	174	Megan JONES	Swansea Harriers	2.20	12																		
5	176	Lucy ROULSTON	Deeside AAC	NHR	13																		
6	178	Rachel WILLIAMS	Deeside AAC	NHR	14																		
7					15																		
8					16																		
REFEREE'S SIGNATURE																							

Welsh Athletics : Distance Card

Meeting		Welsh U13/U17 Indoor Championships 2010		Venue	NIAC. Cardiff, Cyncoed		Time	11:00 AM		Date	Saturday 30 January 2010			
Event				Welsh Indoor Record			Scott HERBERT, Milton Keynes, 6.90, 1990							
F2		U17M - LONG JUMP FINAL		Championship Best Performance			Richardo CHILDS, Brecon AC, 6.57, 2001							
				2009 Welsh Champion			Thomas CUSWORTH, Wrexham AC, 6.14							
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of all trials	PB	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			
1	66	Michael BLAND	Menai T&F	5.23	5.42	NJ	5.42	8				5.42		8
2	73	Lawrence HANCOCK	Pembroke Harriers	5.58	5.73	5.49	5.73	6	5.52	5.57	5.55	5.73		6
3	79	Jamie MORRIS	Bridgend AC	NJ	6.05	NJ	6.05	3	6.38	NJ	NJ	6.38	6.27	1
4	82	William POOLE	Wrexham AC	5.42	NJ	NJ	5.42	9				5.42	5.20	9
5	90	Rhys WILLIAMS	Cardiff AAC	NJ	6.09	6.19	6.19	2	6.28	NJ	6.30	6.30		2
6	112	Rhodri BOGGUST	Brecon AC	4.82	NJ	4.46	4.82	12				4.82	5.10	12
7	135	Christopher MCNAUGHT	Menai T&F	5.05	5.02	5.27	5.27	10				5.27	5.24	10
8	169	Jonathon BAILEY	Cardiff AAC	5.40	5.57	5.46	5.57	7	5.35		5.40	5.57	5.27	7
9	172	Sam NORMAN	Barry & Vale Harriers	NJ	NJ	5.16	5.16	11				5.16	5.44	11
10	181	Stephen SCARFI	Cwmbran Harriers	NJ	3.94	3.60	3.94	13				3.94		13
11	187	James LOVELL	Swansea Harriers											
12	188	Kieron MARTIN	Swansea Harriers	NJ	5.95	NJ	5.95	5	NJ	NJ	5.91	5.95	5.65	5
13	189	James MCGUIRE	Cardiff AAC	6.00	5.69	5.53	6.00	4	5.61	5.48	5.54	6.00	5.88	4
14	190	Michael PAYNE	Cardiff AAC	6.27	6.11	5.98	6.27	1	5.98	NJ	NJ	6.27	6.29	3
15														
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	79	Jamie MORRIS	Bridgend AC	6.38	9	82	William POOLE	Wrexham AC	5.42					
2	90	Rhys WILLIAMS	Cardiff AAC	6.30	10	135	Christopher MCNAUGHT	Menai T&F	5.27	JUDGES' SIGNATURES				
3	190	Michael PAYNE	Cardiff AAC	6.27	11	172	Sam NORMAN	Barry & Vale Harriers	5.16					
4	189	James MCGUIRE	Cardiff AAC	6.00	12	112	Rhodri BOGGUST	Brecon AC	4.82					
5	188	Kieron MARTIN	Swansea Harriers	5.95	13	181	Stephen SCARFI	Cwmbran Harriers	3.94					
6	73	Lawrence HANCOCK	Pembroke Harriers	5.73	14									
7	169	Jonathon BAILEY	Cardiff AAC	5.57	15									
8	66	Michael BLAND	Menai T&F	5.42	16									

Welsh Athletics : Distance Card

Meeting		Welsh U13/U17 Indoor Championships 2010		Venue	NIAC. Cardiff, Cyncoed		Time	11:00 AM			Date	Saturday 30 January 2010		
Event				Welsh Indoor Record			Adele NICOLL, Oswestry Olympians, 11.39, 2009							
F3		U13G - SHOT (2.72kg) FINAL		Championship Best Performance			Adele NICOLL, Oswestry Olympians, 10.32, 2009							
				2009 Welsh Champion			Adele NICOLL, Oswestry Olympians, 10.32							
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of all trials	PB	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			
1	5	Millicent FAKANDE	Cwmbran Harriers	5.33	4.43	5.47	5.47	3	X	X	X	5.47		3
2	10	Danielle JONES	Swansea Harriers	4.35	4.78	NT	4.78	5	X	X	X	4.78		5
3	18	Alice PETERS	Swansea Harriers	4.79	4.19	4.32	4.79	4	X	X	X	4.79	6.00	4
4	24	Ffion WAKE	Swansea Harriers	8.66	8.74	8.76	8.76	1	X	X	X	8.76	8.99	1
5	192	Bethan LEWIS	Carmarthen Harriers	6.36	6.54	5.86	6.54	2	X	X	X	6.54		2
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	24	Ffion WAKE	Swansea Harriers	8.76	9									
2	192	Bethan LEWIS	Carmarthen Harriers	6.54	10					JUDGES' SIGNATURES				
3	5	Millicent FAKANDE	Cwmbran Harriers	5.47	11									
4	18	Alice PETERS	Swansea Harriers	4.79	12									
5	10	Danielle JONES	Swansea Harriers	4.78	13									
6					14									
7					15									
8					16									

Welsh Athletics - Height Card

Meeting		Welsh U13/U17 Indoor Championships 2010				Venue	NIAC, UWIC - Cyncoed				Time	11:30 AM		Date	Saturday 30 January 2010						
Event						Welsh Indoor Record				Jamie DALTON Preseli AC 1.55 1992											
F4		U13B - HIGH JUMP FINAL				Championship Best Performance				Andrew BLOW & Thomas WILLIAMS Beddau AC/Maes yr Yrfa Sch 1.40 1983 NEW CBP											
						2009 Welsh Champion				Keiran INGRAM Swansea Harriers 1.35											
						Order	Number	NAME	CLUB	Start Height	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	Best of All
					1.48	1.51									Mtrs						
		Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs						
1	38	Aled REES	Carmarthen Harriers																		
2	96	Rhys ROBERTS	Bridgend AC	1.15				o	xxo	xxx					1.20	PB					2
3	164	Miles KELLER-JENKINS	Swansea Harriers	1.30	xxo	xxx					o	xo	o	o	1.48	PB					1
4	165	Luke PRICE	Newport Harriers	1.00	o	o	o	xo	xxx						1.15	PB					3
5																					
6																					
7																					
8																					
9																					
10																					
11																					
12																					
13																					
14																					
15																					
16																					
FULL RESULTS															JUDGES' SIGNATURES						
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF												
1	164	Miles KELLER-JENKINS	Swansea Harriers	1.48	9																
2	96	Rhys ROBERTS	Bridgend AC	1.20	10																
3	165	Luke PRICE	Newport Harriers	1.15	11																
4					12																
5					13																
6					14																
7					15																
8					16																
															REFEREE'S SIGNATURE						

Welsh Athletics - Height Card

Meeting		Welsh U13/U17 Indoor Championships 2010			Venue	NIAC, UWIC - Cyncoed					Time	11:30 AM	Date	Saturday 30 January 2010								
Event					Welsh Indoor Record			Susannah FILCE Wrexham AC 1.50 1987														
F5		U13G - HIGH JUMP FINAL			Championship Best Performance			Helena MADAN Pembrokeshire Harriers 1.43 2006														
					2009 Welsh Champion			Kate SEARY Cardiff AAC 1.30														
					Order	Number	NAME	CLUB	Start Height	1.10	1.15	1.20	1.25	1.30	1.32	1.35	1.36			Best of All	PB	
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs							
1	117	Jodie BEYNON	Cwmbran Harriers	1.15		o	o	xxx								1.21		1.33				2
2	119	Rebeca HARTSON	Carmarthen Harriers																			
3	162	Lucy MATON	Cardiff AAC	1.10	o	o	o	xo	o	xo	xo	x			1.35	=PB	1.35					1
4	163	Hannah MATTHEWS	Swansea Harriers	1.10	o	xo	o	xxx							1.20		1.26					3
5																						
6																						
7																						
8																						
9																						
10																						
11																						
12																						
13																						
14																						
15																						
16																						
FULL RESULTS															JUDGES' SIGNATURES							
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF													
1	162	Lucy MATON	Cardiff AAC	1.35	9																	
2	117	Jodie BEYNON	Cwmbran Harriers	1.21	10																	
3	163	Hannah MATTHEWS	Swansea Harriers	1.20	11																	
4					12																	
5					13																	
6					14																	
7					15																	
8					16																	
															REFEREE'S SIGNATURE							

Welsh Athletics : Distance Card

Meeting		Welsh U13/U17 Indoor Championships 2010		Venue	NIAC. Cardiff, Cyncoed		Time	12:00 PM		Date	Saturday 30 January 2010			
Event				Welsh Indoor Record			Mathew EVANS, Carmarthen Harriers, 13.26, 2001							
F6		U13B - SHOT (3.25kg) FINAL		Championship Best Performance			Mathew EVANS, Carmarthen Harriers, 12.59, 2001							
				2009 Welsh Champion			Jack BEYNON, Swansea Harriers, 9.05							
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of all trials	PB	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			
1	37	Aaron POWELL	Cwmbran Harriers	7.65	6.91	7.17	7.65	3	X	X	X	7.65		3
2	150	Nikita NEARY	Carmarthen Harriers	9.64	10.03	9.80	10.03	1	X	X	X	10.03	9.38	1
3	164	Miles KELLER-JENKINS	Swansea Harriers	7.39	7.83	7.65	7.83	2	X	X	X	7.83		2
4	165	Luke PRICE	Newport Harriers	5.66	NT	5.19	5.66	6	X	X	X	5.66		6
5	182	Samuel JONES	Swansea Harriers						X	X	X			
6	193	Jamie BRYANT	Newport Harriers	5.74	6.09	NT	6.09	5	X	X	X	6.09		5
7	194	Jordan BRYANT	Newport Harriers	7.04	7.05	6.75	7.05	4	X	X	X	7.05	5.99	4
8														
9														
10														
11														
12														
13														
14														
15														
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	150	Nikita NEARY	Carmarthen Harriers	10.03	9									
2	164	Miles KELLER-JENKINS	Swansea Harriers	7.83	10									
3	37	Aaron POWELL	Cwmbran Harriers	7.65	11									
4	194	Jordan BRYANT	Newport Harriers	7.05	12									
5	193	Jamie BRYANT	Newport Harriers	6.09	13									
6	165	Luke PRICE	Newport Harriers	5.66	14									
7					15									
8					16									
										JUDGES' SIGNATURES				

Welsh Athletics : Distance Card

Meeting		Welsh U13/U17 Indoor Championships 2010		Venue	NIAC. Cardiff, Cyncoed		Time	12:30 PM			Date	Saturday 30 January 2010		
Event				Welsh Indoor Record			Kierran COOPER, Wrexham AC, 4.92, 2008							
F7		U13B - LONG JUMP FINAL		Championship Best Performance			Kierran COOPER, Wrexham AC, 4.92, 2008							
				2009 Welsh Champion			Kyle ARNOLD, Newport Harriers, 4.25							
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of all trials	PB	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			
1	26	Talfan ALLCOCK	Amman Valley AC	4.40	4.17	4.19	4.40	2				4.40	4.70	2
2	27	Geraint BREEZE	Wrexham AC	4.09	4.22	4.36	4.36	3				4.36		3
3	28	Joseph BRIER	Swansea Harriers										3.40	
4	29	Joe CROSBY	Swansea Harriers	3.90	4.25	4.14	4.25	4				4.25	4.36	4
5	30	Jordan HUGHES	Swansea Harriers	3.63	3.65	3.62	3.65	7				3.65		7
6	34	Connor MCNAMARA	Cwmbran Harriers										4.00	
7	41	Samuel THOMPSON	Carmarthen Harriers	3.74	3.65	3.89	3.89	5				3.89	4.00	5
8	93	George DUDDRIDGE	Cardiff AAC	3.25	3.36	3.28	3.36	10				3.36		10
9	94	Rhys GRIFFITHS	Swansea Harriers	3.02	3.58	3.35	3.58	8				3.58		8
10	95	Morgan LEY	Bridgend AC	3.31	3.31	3.53	3.53	9				3.53	3.49	9
11	96	Rhys ROBERTS	Bridgend AC	4.34	4.08	4.56	4.56	1				4.56		1
12	123	Aled PHILLIPS	Amman Valley AC											
13	165	Luke PRICE	Newport Harriers	2.97	3.15	3.22	3.22	11				3.22		11
14	182	Samuel JONES	Swansea Harriers											
15	202	Oliver HUNT	Bridgend AC	NJ	3.69	3.76	3.76	6				3.76		6
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	96	Rhys ROBERTS	Bridgend AC	4.56	9	95	Morgan LEY	Bridgend AC	3.53					
2	26	Talfan ALLCOCK	Amman Valley AC	4.40	10	93	George DUDDRIDGE	Cardiff AAC	3.36	JUDGES' SIGNATURES				
3	27	Geraint BREEZE	Wrexham AC	4.36	11	165	Luke PRICE	Newport Harriers	3.22					
4	29	Joe CROSBY	Swansea Harriers	4.25	12									
5	41	Samuel THOMPSON	Carmarthen Harriers	3.89	13									
6	202	Oliver HUNT	Bridgend AC	3.76	14									
7	30	Jordan HUGHES	Swansea Harriers	3.65	15									
8	94	Rhys GRIFFITHS	Swansea Harriers	3.58	16									

Welsh Athletics - Height Card

Meeting		Welsh U13/U17 Indoor Championships 2010				Venue	NIAC, UWIC - Cyncoed					Time	1:00 PM	Date	Saturday 30 January 2010							
Event						Welsh Indoor Record			Chuka ENIH-SNELL Swansea Harriers 2.07 2000													
F8		U17M - HIGH JUMP FINAL				Championship Best Performance			Chuka ENIH-SNELL Swansea Harriers 2.05 2000													
						2009 Welsh Champion			Adam DAVIES Pembroke Harriers 1.93													
						Order	Number	NAME	CLUB	Start Height	1.40	1.45	1.50	1.55	1.60	1.70	1.75	1.80	1.83	1.86	Best of All	PB
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs							
1	111	Tyron BLAKE	Cardiff AAC	1.55				o	o	o	xxo	o	xxx		1.80	PB	1.75					2
2	169	Jonathon BAILEY	Cardiff AAC	1.45		o	o	o	xxx						1.55		1.65					3=
3	170	Stephen GUEST	Bridgend AC	1.70	xo	xxx				o		xo	xo	o	1.90	PB	1.88					1
4	171	Ben JENKINS	Swansea Harriers														1.75					
5	172	Sam NORMAN	Barry & Vale Harriers	1.40	o	o	o	o	xxx						1.55	=PB	1.55					3=
6																						
7																						
8																						
9																						
10																						
11																						
12																						
13																						
14																						
15																						
16																						
FULL RESULTS															JUDGES' SIGNATURES							
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF													
1	170	Stephen GUEST	Bridgend AC	1.90	9																	
2	111	Tyron BLAKE	Cardiff AAC	1.80	10																	
3=	169	Jonathon BAILEY	Cardiff AAC	1.55	11																	
3=	172	Sam NORMAN	Barry & Vale Harriers	1.55	12																	
5					13																	
6					14																	
7					15																	
8					16																	
															REFEREE'S SIGNATURE							

Welsh Athletics - Height Card

Meeting		Welsh U13/U17 Indoor Championships 2010				Venue	NIAC, UWIC - Cyncoed					Time	1:00 PM	Date	Saturday 30 January 2010					
Event						Welsh Indoor Record			Julia CHARLTON Carmarthen Harriers 1.79 1980											
F9		U17W - HIGH JUMP FINAL				Championship Best Performance			Julia CHARLTON Carmarthen Harriers 1.75 1982											
						2009 Welsh Champion			Sarah ABRAMS Sutton & District AC 1.63											
						Order	Number	NAME	CLUB	Start Height	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.68	Best of All
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs						
1	97	Eleanor BADHAMS	Deeside AAC	1.40			o	o	o	xo	xxo	xxx			1.60		1.65			3
2	99	Kimberly DAVIES	Swansea Harriers	1.45				o	o	xxx					1.50		1.55			4
3	109	Atlanta WILLIAMS	Swansea Harriers														1.50			
4	166	Ffion BODILLY	Cardiff AAC	1.45				o	o	o	o	xxo	xxx		1.65		1.67			1
5	167	Emily MORRIS	Swansea Harriers	1.45				o	o	o	xxo	xxx			1.60		1.64			2
6	168	Stacey WEBBER	Llanelli AC	1.30	o	o	xo	xo	xxx						1.45	=PB	1.45			5
7																				
8																				
9																				
10																				
11																				
12																				
13																				
14																				
15																				
16																				
FULL RESULTS															JUDGES' SIGNATURES					
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF											
1	166	Ffion BODILLY	Cardiff AAC	1.65	9															
2	167	Emily MORRIS	Swansea Harriers	1.60	10															
3	97	Eleanor BADHAMS	Deeside AAC	1.60	11															
4		Kimberly DAVIES	Swansea Harriers	1.50	12															
5	168	Stacey WEBBER	Llanelli AC	1.45	13															
6					14															
7					15															
8					16															
															REFEREE'S SIGNATURE					

Welsh Athletics : Distance Card

Meeting		Welsh U13/U17 Indoor Championships 2010		Venue	NIAC. Cardiff, Cyncoed		Time	1:30 PM		Date	Saturday 30 January 2010			
Event				Welsh Indoor Record			Clayton TURNER, Crawley AC, 16.73, 1985							
F10		U17M - SHOT (5.00kg) FINAL		Championship Best Performance			Mathew EVANS, Carmarthen Harriers, 15.61, 2005							
				2009 Welsh Champion			Rheon JAMES, Carmarthen Harriers, 13.61							
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of all trials	PB	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			
1	130	Adam JONES	Brecon AC	10.13	10.71	11.03	11.03	3	10.80			11.03		3
2	172	Sam NORMAN	Barry & Vale Harriers	10.24	10.66	9.65	10.66	4	NT	8.46	NT	10.66	12.38	4
3	200	Matthew FIELD	Cardiff AAC	12.17	12.74	12.35	12.74	1	NT	12.70	13.58	13.58		1
4	201	Jonathan STOWELL	Pembroke Harriers	12.42	12.06	11.86	12.42	2	12.35	12.11	NT	12.42	11.65	2
5														
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	200	Matthew FIELD	Cardiff AAC	13.58	9									
2	201	Jonathan STOWELL	Pembroke Harriers	12.42	10					JUDGES' SIGNATURES				
3	130	Adam JONES	Brecon AC	11.03	11									
4	172	Sam NORMAN	Barry & Vale Harriers	10.66	12									
5					13									
6					14									
7					15									
8					16									

Welsh Athletics : Distance Card

Meeting		Welsh U13/U17 Indoor Championships 2010		Venue	NIAC. Cardiff, Cyncoed		Time	1:30 PM		Date	Saturday 30 January 2010			
Event				Welsh Indoor Record			Nicola SHORT, Torfaen, 5.77, 1986							
F11		U17W - LONG JUMP FINAL		Championship Best Performance			Rebecca WILLIAMS, Newport Harriers, 5.54, 2005							
				2009 Welsh Champion			Sarah ABRAMS, Sutton & District AC, 5.45							
Order	BIB	Name	Club	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of all trials	PB	Final Position
1	50	Chloe JONES	Wrexham AC	4.38	4.53	4.42	4.53	9				4.53	5.28	9
2	55	Samantha MORGAN	Aberdare VAAC	4.54	4.15	4.45	4.54	8	4.53	4.36		4.54	4.52	8
3	59	Nia PALLA	Swansea Harriers	4.99	4.72	4.75	4.99	2	4.53	4.87	5.07	5.07	5.06	2
4	64	Bethan WAKEFIELD	Newport Harriers	NJ	4.98	NJ	4.98	3	NJ	NJ	4.64	4.98	5.24	3
5	97	Eleanor BADHAMS	Deeside AAC	4.40	4.61	4.20	4.61	7				4.61	5.08	7
6	100	Katie GARDNER	City of Stoke AC	5.04	5.12	NJ	5.12	1	NJ	NJ	NJ	5.12	5.44	1
7	101	Sophie LANE	Swansea Harriers										4.60	
8	103	Alyce PHILLIPS	Carmarthen Harriers	4.42	4.48	NJ	4.48	11				4.48		11
9	106	Gemma SEAMAN	Swansea Harriers	4.44	4.50	4.45	4.50	10				4.50	4.80	10
10	126	Emily DACEY	Swansea Harriers	4.64	4.74	4.78	4.78	4	4.93	4.83	4.93	4.93	5.05	4
11	166	Ffion BODILLY	Cardiff AAC										4.79	
12	183	Zoe BRADLEY	Cwmbran Harriers	3.57	3.78	NJ	3.78	12				3.78	4.05	12
13	184	Nicola JONES	Swansea Harriers	NJ	NJ	NJ								
14	185	Natasha LEWIS	Cwmbran Harriers	NJ	4.48	4.65	4.65	6	4.74	4.74	4.80	4.80	4.90	5
15	186	Lucy TAYLOR	Bridgend AC	4.71	4.38	4.48	4.71	5	4.50	4.59	NJ	4.71	4.94	6
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	100	Katie GARDNER	City of Stoke AC	5.12	9	50	Chloe JONES	Wrexham AC	4.53					
2	59	Nia PALLA	Swansea Harriers	5.07	10	106	Gemma SEAMAN	Swansea Harriers	4.50	JUDGES' SIGNATURES				
3	64	Bethan WAKEFIELD	Newport Harriers	4.98	11	103	Alyce PHILLIPS	Carmarthen Harriers	4.48					
4	126	Emily DACEY	Swansea Harriers	4.93	12	183	Zoe BRADLEY	Cwmbran Harriers	3.78					
5	185	Natasha LEWIS	Cwmbran Harriers	4.80	13									
6	186	Lucy TAYLOR	Bridgend AC	4.71	14									
7	97	Eleanor BADHAMS	Deeside AAC	4.61	15									
8	55	Samantha MORGAN	Aberdare VAAC	4.54	16									

Welsh Athletics - Height Card

Meeting		Welsh U13/U17 Indoor Championships 2010				Venue	NIAC, UWIC - Cyncoed					Time	2:00 PM		Date	Saturday 30 January 2010							
Event						Welsh Indoor Record			Neil WINTER Shaftesbury 4.85 1990														
F12		U17M - POLE VAULT FINAL				Championship Best Performance			Benjamin GREGORY V of Aylesbury 4.21 2007														
						2009 Welsh Champion			Lewis NEWTON Cardiff AAC 4.01														
						Order	Number	NAME	CLUB	UPRIGHTS	Start Height	2.44	2.54	2.64	2.74	2.84	2.94	3.04	3.14	3.54	3.84	Best of All	PB
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs							
1	170	Stephen GUEST	Bridgend AC		3.54										o	xxx	3.54		4.03				1
2	179	Morgan ATKINS	Swansea Harriers		2.84					o	o	o	xxx				3.04		3.10				2
3	180	Evan COOK	Deeside AAC		2.44	o	xxx										2.44		2.60				4
4	181	Stephen SCARFI	Cwmbran Harriers		2.54		o	xo	xo	xxx							2.74		2.82				3
5																							
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FULL RESULTS																	JUDGES' SIGNATURES						
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF														
1	170	Stephen GUEST	Bridgend AC	3.54	9																		
2	179	Morgan ATKINS	Swansea Harriers	3.04	10																		
3	181	Stephen SCARFI	Cwmbran Harriers	2.74	11																		
4	180	Evan COOK	Deeside AAC	2.44	12																		
5					13																		
6					14																		
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REFeree's SIGNATURE																							

Welsh Athletics : Distance Card

Meeting		Welsh U13/U17 Indoor Championships 2010		Venue	NIAC. Cardiff, Cyncoed		Time	3:00 PM		Date	Saturday 30 January 2010			
Event				Welsh Indoor Record			Philippa ROLES, Swansea Harriers, 13.68, 1994							
F13		U17W - SHOT (4.00kg) FINAL		Championship Best Performance			Tesni WARD, Sheffield, 12.86, 2008							
				2009 Welsh Champion			Jasmine SEALE, Cwmbran Harriers, 8.79							
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of all trials	PB	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			
1	45	Grace HARWOOD	Swansea Harriers											
2	100	Katie GARDNER	City of Stoke AC	9.93	9.02	9.19	9.93	3	8.74	8.83	9.07	9.93	9.57	3
3	103	Alyce PHILLIPS	Carmarthen Harriers	6.39	6.59	NT	6.59	6	NT	NT	6.65	6.65		6
4	195	Lydia DAVID	Wrexham AC	NT	7.20	7.82	7.82	5	7.49	7.51	7.70	7.82	9.58	5
5	196	Lucy GRIFFITHS	Pembroke Harriers	9.40	10.18	10.19	10.19	2	10.43	10.45	10.06	10.45		2
6	197	Jodie HODGKINS	Swansea Harriers										7.76	
7	198	Eliw JAMES	Carmarthen Harriers	7.89	8.82	8.16	8.82	4	8.50	8.25	8.23	8.82		4
8	199	Jasmine SEALE	Cwmbran Harriers	9.72	10.63	10.40	10.63	1	10.25	10.34	9.87	10.63		1
9														
10														
11														
12														
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16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	199	Jasmine SEALE	Cwmbran Harriers	10.63	9									
2	196	Lucy GRIFFITHS	Pembroke Harriers	10.45	10									
3	100	Katie GARDNER	City of Stoke AC	9.93	11									
4	198	Eliw JAMES	Carmarthen Harriers	8.82	12									
5	195	Lydia DAVID	Wrexham AC	7.82	13									
6	103	Alyce PHILLIPS	Carmarthen Harriers	6.65	14									
7					15									
8					16									
													JUDGES' SIGNATURES	

Welsh Athletics : Distance Card

Meeting		Welsh U13/U17 Indoor Championships 2010		Venue	NIAC, Cardiff, Cyncoed		Time	3:00 PM		Date	Saturday 30 January 2010			
Event				Welsh Indoor Record			Adele NICOLL, Oswestry Olympians, 4.44, 2009							
F14		U13G - LONG JUMP FINAL		Championship Best Performance			Hannah THOMAS, Wrexham AC, 4.40, 2005							
				2009 Welsh Champion			Erin WALTERS, Carmarthen Harriers, 4.10							
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of all trials	PB	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			
1	2	Delun ALLCOCK	Amman Valley AC	3.26	3.01		3.26	9				3.26	3.55	9
2	4	Hannah BRIER	Swansea Harriers	4.26	4.34	4.33	4.34	1				4.34	4.13	1
3	6	Sioned FFION	Carmarthen Harriers										2.92	
4	8	Chloe HUGHES	Deeside AAC	NJ	NJ	NJ							4.06	
5	12	Geri MCNAMARA	Cwmbran Harriers	3.56	NJ	3.64	3.64	4				3.64		4
6	14	Danielle MORGAN	Newport Harriers	3.61	3.56	3.86	3.86	3				3.86	3.35	3
7	15	Paige MURPHY	Swansea Harriers	3.41	3.57	3.61	3.61	6				3.61	3.50	6
8	16	Zoe NASH	Bridgend AC	NJ	3.63	3.49	3.63	5				3.63		5
9	20	Sian PURCELL	Cardiff AAC	3.27	3.09	NJ	3.27	8				3.27		8
10	25	Katie WELLS	Swansea Harriers	3.00	2.74	3.18	3.18	10				3.18		10
11	92	Courtley LOCK	Bridgend AC	3.33	3.43	3.41	3.43	7				3.43		7
12	117	Jodie BEYNON	Cwmbran Harriers	3.83	3.79	3.94	3.94	2				3.94	3.99	2
13	119	Rebeca HARTSON	Carmarthen Harriers											
14	141	Emma LIGTHART	Newport Harriers											
15	145	Emily THOMAS	Carmarthen Harriers										3.40	
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	4	Hannah BRIER	Swansea Harriers	4.34	9	2	Delun ALLCOCK	Amman Valley AC	3.26					
2	117	Jodie BEYNON	Cwmbran Harriers	3.94	10	25	Katie WELLS	Swansea Harriers	3.18	JUDGES' SIGNATURES				
3	14	Danielle MORGAN	Newport Harriers	3.86	11									
4	12	Geri MCNAMARA	Cwmbran Harriers	3.64	12									
5	16	Zoe NASH	Bridgend AC	3.63	13									
6	15	Paige MURPHY	Swansea Harriers	3.61	14									
7	92	Courtley LOCK	Bridgend AC	3.43	15									
8	20	Sian PURCELL	Cardiff AAC	3.27	16									

Welsh Athletics : Distance Card

Meeting		Welsh U13/U17 Indoor Championships 2010		Venue	NIAC. Cardiff, Cyncoed		Time	4:00 PM		Date	Saturday 30 January 2010			
Event				Welsh Indoor Record			Steven SHALDERS, Cardiff AAC, 14.42, 1998							
F15		U17M - TRIPLE JUMP FINAL		Championship Best Performance			Lee HARRIS, Bristol, 13.77, 2000							
				2009 Welsh Champion			Callum STOUT, Cardiff AAC, 11.15							
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of all trials	PB	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			
1	73	Lawrence HANCOCK	Pembroke Harriers	10.74	11.41	11.05	11.41	3	11.29	11.42	11.30	11.42		3
2	77	Connor LECKENBY	Deeside AAC	10.84	11.01	10.55	11.01	4	9.61			11.01	11.28	4
3	91	Rhys WILLIAMS	Swansea Harriers	13.14		13.39	13.39	1		13.55	13.62	13.62	PB 13.11	1
4	112	Rhodri BOGGUST	Brecon AC											
5	138	Aaron WILLMOTT	Carmarthen Harriers											
6	188	Kieron MARTIN	Swansea Harriers	11.71	11.57		11.71	2	11.56	11.13	11.72	11.72	11.14	2
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14														
15														
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	91	Rhys WILLIAMS	Swansea Harriers	13.62	9									
2	188	Kieron MARTIN	Swansea Harriers	11.72	10									
3	73	Lawrence HANCOCK	Pembroke Harriers	11.42	11									
4	77	Connor LECKENBY	Deeside AAC	11.01	12									
5					13									
6					14									
7					15									
8					16									
										JUDGES' SIGNATURES				

Welsh Athletics : Distance Card

Meeting		Welsh U13/U17 Indoor Championships 2010		Venue	NIAC. Cardiff, Cyncoed		Time	4:00 PM		Date	Saturday 30 January 2010			
Event				Welsh Indoor Record			Jayne LUDLOW, Cardiff AAC, 11.74, 1994							
F16		U17W - TRIPLE JUMP FINAL		Championship Best Performance			Sally PEAKE, Wirral, 11.48, 2002							
				2009 Welsh Champion			Sarah ABRAMS, Sutton & District AC, 10.96							
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of all trials	PB	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			
1	101	Sophie LANE	Swansea Harriers	9.80	9.06	9.43	9.80	2			9.24	9.80	10.19	2
2	184	Nicola JONES	Swansea Harriers	NJ	8.21	NJ	8.21	3	NJ	NJ	NJ	8.21		3
3	191	Megan O'SULLIVAN	Cardiff AAC	NJ	10.81	10.94	10.94	1	NJ	10.52	10.18	10.94	10.77	1
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16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	191	Megan O'SULLIVAN	Cardiff AAC	10.94	9									
2	101	Sophie LANE	Swansea Harriers	9.80	10					JUDGES' SIGNATURES				
3	184	Nicola JONES	Swansea Harriers	8.21	11									
4					12									
5					13									
6					14									
7					15									
8					16									

U13-U17 MEDAL TABLE

EVENT	AGE	GOLD	SILVER	BRONZE	2010 CHAMPION	PERF	club	GOLD	SILVER	BRONZE	TOTAL
60m	U13B	Wrexham AC	Newport Harriers	Swansea Harriers	Sion ROBERTS	8.08	Cardiff AAC	9	5	6	20
200m	U13B	Wrexham AC	Newport Harriers	Cwmbran Harriers	Sion ROBERTS	26.07	Swansea Harriers	7	8	4	19
1500m	U13B	Carmarthen Harriers	Carmarthen Harriers	Cardiff AAC	Nikita NEARY	4:53.85	Bridgend AC	6	3	3	12
60mh	U13B	Bridgend AC	Swansea Harriers	Bridgend AC	Rhys ROBERTS	10.41	Newport Harriers	3	4	3	10
HIGH JUMP	U13B	Swansea Harriers	Bridgend AC	Newport Harriers	Miles KELLER-JENKINS	1.48	Carmarthen Harriers	2	2	1	5
LONG JUMP	U13B	Bridgend AC	Amman Valley AC	Wrexham AC	Rhys ROBERTS	4.56	Wrexham AC	2	1	1	4
SHOT	U13B	Carmarthen Harriers	Swansea Harriers	Cwmbran Harriers	Nikita NEARY	10.03	Cwmbran Harriers	1	4	5	10
60m	U13G	Swansea Harriers	Swansea Harriers	Swansea Harriers	Hannah BRIER	8.23	Pembroke Harriers	1	4	1	6
200m	U13G	Newport Harriers	Cwmbran Harriers	Deeside AAC	Amelia REYNOLDS	28.17	City of Stoke AC	1	0	1	2
1500m	U13G	Pontyclun AC	Pembroke Harriers	Cardiff AAC	Bethan EVANS	5:30.43	Pontyclun AC	1	0	0	1
60mh	U13G	Swansea Harriers	Bridgend AC	Bridgend AC	Jessica MERRICK	10.68	Colwyn Bay AC	1	0	0	1
HIGH JUMP	U13G	Cardiff AAC	Cwmbran Harriers	Swansea Harriers	Hannah BRIER	1.35	Amman Valley AC	0	1	0	1
LONG JUMP	U13G	Swansea Harriers	Cwmbran Harriers	Newport Harriers	Hannah BRIER	4.34	Bromsgrove & Redditch AC	0	1	0	1
SHOT	U13G	Swansea Harriers	Carmarthen Harriers	Cwmbran Harriers	Ffion WAKE	8.76	Sale Harriers Manchester	0	0	3	3
60m	U17M	Cardiff AAC	Bromsgrove & Redditch AC	Bridgend AC	Jamaul WHYTE	7.13	Deeside AAC	0	0	2	2
200m	U17M	Cardiff AAC	Cardiff AAC	Sale Harriers Manchester	Jamaul WHYTE	22.70	Brecon AC	0	0	2	2
400m	U17M	Swansea Harriers	Cwmbran Harriers	Brecon AC	Evan JENKINS	53.11	Chelmsford AC	0	0	1	1
1500m	U17M	Newport Harriers	Newport Harriers	Cwmbran Harriers	Elliott HARDEE	4:12.77	Aberdare VAAC	0	0	0	0
60mh	U17M	Cardiff AAC	Cardiff AAC	Cardiff AAC	Rhys WILLIAMS	8.71	Barry & Vale Harriers	0	0	0	0
HIGH JUMP	U17M	Bridgend AC	Cardiff AAC	Cardiff AAC	Stephen GUEST	1.90	Neath Harriers	0	0	0	0
POLE VAULT	U17M	Bridgend AC	Swansea Harriers	Cwmbran Harriers	Stephen GUEST	3.54	City of Norwich AC	0	0	0	0
LONG JUMP	U17M	Bridgend AC	Cardiff AAC	Cardiff AAC	Jamie MORRIS	6.38	Menai T&F	0	0	0	0
TRIPLE JUMP	U17M	Swansea Harriers	Swansea Harriers	Pembroke Harriers	Rhys WILLIAMS	13.62	North Devon AC	0	0	0	0
SHOT	U17M	Cardiff AAC	Pembroke Harriers	Brecon AC	Matthew FIELD	13.58	Maldwyn Harriers	0	0	0	0
60m	U17W	Colwyn Bay AC	Newport Harriers	Sale Harriers Manchester	Rachel JOHNCOCK	7.79	Rhymney Valley AC	0	0	0	0
200m	U17W	Newport Harriers	Pembroke Harriers	Cardiff AAC	Bethan WAKEFIELD	26.63	Llanelli AC	0	0	0	0
300m	U17W	Pembroke Harriers	Wrexham AC	Chelmsford AC	Lauren BELL	41.35	Ysgol Glan Gwynllyw	0	0	0	0
60mh	U17W	Cardiff AAC	Bridgend AC	Sale Harriers Manchester	Sara OTUNG	9.08					
HIGH JUMP	U17W	Cardiff AAC	Swansea Harriers	Deeside AAC	Ffion BODILLY	1.65					
POLE VAULT	U17W	Bridgend AC	Cardiff AAC	Carmarthen Harriers	Rhianydd LLEWELLYN	3.00					
LONG JUMP	U17W	City of Stoke AC	Swansea Harriers	Newport Harriers	Katie GARDNER	5.12					
TRIPLE JUMP	U17W	Cardiff AAC	Swansea Harriers	Swansea Harriers	Megan O'SULLIVAN	10.94					
SHOT	U17W	Cwmbran Harriers	Pembroke Harriers	City of Stoke AC	Jasmine SEALE	10.63					
1500m	U20W	Cardiff AAC			Zoe THOMAS U20W	4:57.01					