

Sunday August 23, 2009

BRECON

Welsh U15 League

U15 LGE CUP FINAL 2009



**WELSH ATHLETICS**  
ATHLETAU CYMRU

**RESULTS**

12:05 PM Combined Lge Record

L Evans, Bridgend A C, 10.3, 1999

## T3 - 75m U11B

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	N	Daniel Snelling	Newport H	10.47	-1.2	1	SS	Billy Williams	Swansea H	11.38	-1.9
2	S	Joe Crosby	Swansea H	10.63		2	NN	Alex Cisuelo	Newport H	11.50	
3	R	Luke Place	Carmarthen H	11.53		3	RR	Aled Rees	Carmarthen H	11.89	
4	M	Thomas Hughes	Pembroke H	11.56		4	HH	Pascal Basacq	Hereford	12.30	
5	T	Deio Hughes	Cardiff AAC	11.69		5	DD	Ollie Matthews	Deeside AAC	13.00	
6	J	Harri Evans	Menai T&F	11.83		6	MM	Steffan Thomas	Pembroke H	13.42	
7	H	Harry Hutton	Hereford	12.05							
8	D	Rhys Bennett	Deeside AAC	12.33							

3:05 PM Combined Lge Record

L Evans, Bridgend A C, 20.2, 1999

## T21 - 150m U11B

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	N	Daniel Snelling	Newport H	20.29		1	NN	Alex Cisuelo	Newport H	22.03	
2	S	Joe Crosby	Swansea H	20.56		2	RR	Aled Rees	Carmarthen H	22.67	
3	R	Luke Place	Carmarthen H	22.25		3	SS	Joe Brier	Swansea H	23.11	
4	T	Deio Hughes	Cardiff AAC	22.47		4	HH	Pascal Basacq	Hereford	23.79	
5	M	Thomas Hughes	Pembroke H	22.53		5	MM	Jordan Davies	Pembroke H	23.80	
6	J	Harri Evans	Menai T&F	23.39		6	DD	Ollie Matthews	Deeside AAC	25.23	
7	D	Mitchell Thomas	Deeside AAC	23.55							
8	H	Harry Hutton	Hereford	23.56							

1:20 PM Combined Lge Record

Lewis Jones, Bridgend A C, 2.40.64, 2007

New U15 Lg Combined Record

## T11 - 800m U11B

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	J	Harri Evans	Menai T&F	2:40.23	1	DD	Mitchell Thomas	Deeside AAC	2:54.67
2	N	Carwyn Penny	Newport H	2:40.98	2	SS	Ioan Wall	Swansea H	2:58.39
3	H	George Hudson	Hereford	2:46.71	3	HH	Jacob Price	Hereford	3:11.46
4	D	Rhys Bennett	Deeside AAC	2:46.95	4	RR	Aiden Jones	Carmarthen H	3:17.56
5	T	Tom Clarke	Cardiff AAC	2:47.26	5	MM	Steffan Thomas	Pembroke H	3:21.90
6	M	Sion Bevan	Pembroke H	2:49.50					
7	R	Garmon Dyfri	Carmarthen H	3:03.58					
8	S	Sam Martin	Swansea H	3:04.89					

4:35 PM Combined Lge Record

Newport, 61.68, 2009

## T33 - 4 x 100 relay U11B

Pos	Bib	Athletes	Club	Perf.
1	S	Ioan Wall, Joe Crosby, Joe Brier, Billy Williams	Swansea H	61.88
2	R	Garmon Dyfri, Aled Rees, Luke Place, William Lewis	Carmarthen H	63.99
3	H	George Hudson, Joe Harmen, Pascal Basacq, Harry Hutton	Hereford	65.91
4	M	Ben Leahy, Thomas Hughes, Steffan Thomas, Sion Bevan	Pembroke H	70.77

12:20 PM Combined Lge Record

G James, Carmarthen Harriers, 4.33, 1987

## F9 - Long Jump U11B

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	S	Joe Crosby	Swansea H	4.11		1	NN	Daniel Snelling	Newport H	3.78	
2	N	Carwyn Penny	Newport H	3.93		2	SS	Joe Brier	Swansea H	3.35	
3	M	Thomas Hughes	Pembroke H	3.51		3	RR	William Lewis	Carmarthen H	3.29	
4	R	Aled Rees	Carmarthen H	3.41		4	HH	Joe Harmen	Hereford	3.05	
5	H	George Hudson	Hereford	3.10		5	MM	Steffan Thomas	Pembroke H	2.61	
6	D	Mitchell Thomas	Deeside AAC	3.00		6	DD	Ollie Matthews	Deeside AAC	2.54	
7	T	Tom Clarke	Cardiff AAC	2.84							

2:00 PM Combined Lge Record

Rheon James, Carmarthen Harriers, 10.06, 2003

## F19 - (2.72kg) Shot U11B

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	S	Ioan Wall	Swansea H	6.60	1	SS	Calvin Palla	Swansea H	6.30
2	R	Luke Place	Carmarthen H	5.82	2	RR	William Lewis	Carmarthen H	4.86
3	T	Deio Hughes	Cardiff AAC	5.58	3	H	George Hudson	Hereford	4.31
4	MM	Ben Leahy	Pembroke H	5.33					
5	D	Rhys Bennett	Deeside AAC	5.29					
6	HH	James Gladwin	Hereford	4.45					

3:40 PM Combined Lge Record

Carwyn Penny, Newport, 25.06, 2009

## F28 - (300g) Javelin U11B

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	N	Carwyn Penny	Newport H	18.30	1	S	Billy Williams	Swansea H	13.60
2	SS	Calvin Palla	Swansea H	14.25	2	NN	Alex Cisuelo	Newport H	13.25
3	RR	Aiden Jones	Carmarthen H	13.72	3	MM	Ben Leahy	Pembroke H	11.35
4	M	Sion Bevan	Pembroke H	13.56	4	R	Garmon Dyfri	Carmarthen H	10.26
5	H	Pascal Basacq	Hereford	13.40	5	HH	James Gladwin	Hereford	9.09

12:00 PM Combined Lge Record

Amelia Reynolds, Newport, 10.5, 2009

## T2 - 75m U11G

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	N	Amelia Reynolds	Newport H	10.55	+1.3	1	MM	Kelsey Williams	Pembroke H	11.84	+0.1
2	D	Chloe Hughes	Deeside AAC	10.97		2	NN	Caitlin Scarfi	Newport H	12.00	
3	J	Cari Hughes	Menai T&F	11.58		3	DD	Charlotte Walters	Deeside AAC	12.13	
4	M	Alicia Pugh	Pembroke H	11.66		4	JJ	Tesni Roberts	Menai T&F	13.37	
5	R	Nia Griffiths	Carmarthen H	12.32		5	HH	Ella Morgan	Hereford	13.73	
6	S	Alice Peters	Swansea H	12.52		6	SS	Emily Evans	Swansea H	13.82	
7	H	Hannah Goad	Hereford	13.10		7	RR	Bethan Lewis	Carmarthen H	14.10	
8	T		Cardiff AAC	13.48							

3:00 PM Combined Lge Record

Amelia Reynolds / Lauren Bell, Newport / Pembroke, 21.6, 2009 / 2005

New U15 Lg Combined Record

## T20 - 150m U11G

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	N	Amelia Reynolds	Newport H	20.25		1	NN	Caitlin Scarfi	Newport H	23.16	
2	D	Chloe Hughes	Deeside AAC	21.28		2	DD	Milly Williams	Deeside AAC	23.81	
3	R	Rebecca Hartson	Carmarthen H	22.51		3	RR	Sioned Glynn	Carmarthen H	24.76	
4	J	Cari Hughes	Menai T&F	23.11		4	SS	Alice Peters	Swansea H	25.64	
5	S	Eira James	Swansea H	25.19		5	MM	Jadie Davies	Pembroke H	25.74	
6	H	Rian Smith	Hereford	26.02		6	HH	Hannah Goad	Hereford	26.45	
7	M	Alicia Pugh	Pembroke H	27.35		7	JJ	Tesni Roberts	Menai T&F	27.07	

1:10 PM Combined Lge Record

Alice Russell-Stretch , Pembrokeshire Harriers, 2.41.1, 2008

## T10 - 800m U11G

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	J	Cari Hughes	Menai T&F	2:44.08	1	NN	Amy Little	Newport H	3:05.10
2	M	Kelsey Williams	Pembroke H	2:47.77	2	DD	Charlotte Walters	Deeside AAC	3:07.22
3	D	Abbie Prosser	Deeside AAC	2:58.97	3	HH	Fern White	Hereford	3:08.74
4	R	Ffion Evans	Carmarthen H	2:59.43	4	MM	Jadie Davies	Pembroke H	3:09.49
5	N	Emma Lighthart	Newport H	3:00.56	5	SS	Danielle Jones	Swansea H	3:42.01
6	H	Paige Williams	Hereford	3:11.30					
7	S	Emily Jones	Swansea H	3:21.86					

4:20 PM Combined Lge Record

Team Newport, 64.3, 2009

## T30 - 4 x 100 relay U11G

Pos	Bib	Athletes	Club	Perf.
1	N	Emily James, Caitlin Scarfi, Katie Shine, Amelia Reynolds	Newport H	61.72
2	D	Charlotte Walters, Milly Williams, Molly Gregorious, Chloe Hughes	Deeside AAC	62.20
3	M	Emily Smith, Alicia Pugh, Jadie Davies, Kelsey Williams	Pembroke H	65.55
4	R	Sioned Glynn, Nia Griffiths, Carys Jones, Rebecca Hartson	Carmarthen H	67.72
5	S	Sian James, Eira James, Chloe Clarke, Alice Peters	Swansea H	69.64
6	J	Tya Riddings, Cara Evans, Cari Hughes, Tesni Roberts	Menai T&F	70.51
7	H	Cara Bennet, Fern White, Ella Morgan, Rian Smith	Hereford	71.47

3:40 PM Combined Lge Record

K Williams, Carmarthen Harriers, 4.21, 1988

## F27 - Long Jump U11G

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	D	Chloe Hughes	Deeside AAC	3.74		1	DD	Charlotte Walters	Deeside AAC	2.97	
2	N	Amelia Reynolds	Newport H	3.65		2	NN	Emily James	Newport H	2.97	
3	S	Chloe Clarke	Swansea H	3.2		3	J	Tya Riddings	Menai T&F	2.87	
4	R	Gwenno Daniel	Carmarthen H	3.09		4	RR	Sioned Glynn	Carmarthen H	2.78	
5	JJ	Tesni Roberts	Menai T&F	2.911		5	M	Alicia Pugh	Pembroke H	2.68	
6	HH	Cara Bennet	Hereford	2.91		6	H	Rian Smith	Hereford	2.66	
7	MM	Jadie Davies	Pembroke H	2.88		7	SS	Niamh Clarke	Swansea H	1.98	

1:10 PM Combined Lge Record

Elliw James, Carmarthen Harriers, 7.12, 2005

## F15 - (2.0kg) Shot U11G

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	R	Bethan Lewis	Carmarthen H	6.72		1	J	Tya Riddings	Menai T&F	5.76	
2	D	Tia Williams	Deeside AAC	6.39		2	MM	Lleucu George	Pembroke H	5.12	
3	JJ	Cara Evans	Menai T&F	6.25		3	S	Emily Evans	Swansea H	5.07	
4	M	Kelsey Williams	Pembroke H	5.66		4	DD	Molly Gregorious	Deeside AAC	4.71	
5	SS	Rachel Jones	Swansea H	5.51		5	NN	Katie Shine	Newport H	4.18	
6	N	Caitlin Scarfi	Newport H	4.74		6	HH	Fern White	Hereford	3.80	
7	H	Cara Bennet	Hereford	3.96		7	RR	Sioned Glynn	Carmarthen H	2.89	
8	T	Jessica Jones	Cardiff AAC	3.95							

2:50 PM Combined Lge Record

Millie Fakande, Cwmbran, 13.27, 2009

**New U15 Lg Combined Record**

## F22 - (300g) Javelin U11G

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	D	Tia Williams	Deeside AAC	13.67		1	SS	Danielle Jones	Swansea H	10.83	
2	R	Bethan Lewis	Carmarthen H	12.78		2	DD	Milly Williams	Deeside AAC	10.35	
3	H	Rian Smith	Hereford	12.04		3	HH	Ella Morgan	Hereford	9.74	
4	S	Rachel Jones	Swansea H	11.13		4	M	Lleucu George	Pembroke H	7.84	
5	MM	Erin Rees	Pembroke H	8.57		5	J	Tya Riddings	Menai T&F	7.55	
6	JJ	Cara Evans	Menai T&F	8.27		6	RR	Nia Griffiths	Carmarthen H	6.60	
7	NN	Emma Ligthart	Newport H	7.11		7	N	Emily James	Newport H	6.49	
8	T	Jessica Jones	Cardiff AAC	4.54							

12:20 PM Combined Lge Record

Evan Jenkins, Swansea Harriers, 12.7, 2006

## T5 - 100m U13B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	T	George Griffiths	Cardiff AAC	13.12	G2*	-1.3	1	TT	Conor Kidner	Cardiff AAC	13.30	G2*	+1.0
2	R	Shaun Pearce	Carmarthen H	13.32	G2*		2	RR	Sam Jones	Carmarthen H	13.57	G3*	
3	D	Rhys Jackson	Deeside AAC	13.72	G4*		3	MM	Benedikt Weber	Pembroke H	14.07	G4*	
4	N	Ryan Morgan	Newport H	13.88	G4*		4	SS	Rhodri Wall	Swansea H	14.45		
5	M	Cameron Blakemore	Pembroke H	13.96	G4*		5	NN	Gabriel Johnson	Newport H	14.83		
6	S	Michael Wilson	Swansea H	14.76			6	DD	Danny Bennett	Deeside AAC	16.01		
7	J	Iolo Hughes	Menai T&F	15.64			7	JJ	John Spill	Menai T&F	16.09		
8	H	Matthew Jones	Hereford	16.01			8	HH	Sebastian Fry	Hereford	16.75		

3:20 PM Combined Lge Record

Matthew Roderick, Carmarthen Harriers, 25.0, 1985

## T24 - 200m U13B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	T	Conor Kidner	Cardiff AAC	27.32	G2*	-0.6	1	MM	Benedikt Weber	Pembroke H	29.29	*	-0.6
2	M	Cameron Blakemore	Pembroke H	28.34	G4*		2	RR	Sam Jones	Carmarthen H	30.14		
3	D	Rhys Jackson	Deeside AAC	28.46	G4*		3	TT	Luke Harry	Cardiff AAC	30.66		
4	N	Ryan Morgan	Newport H	28.97	G4*		4	JJ	Anthony Granton	Menai T&F	31.38		
5	R	Dafydd Adams	Carmarthen H	29.27	*		5	NN	Kyle Arnold	Newport H	31.58		
6	S	Rhodri Wall	Swansea H	30.61			6	SS	Ashley Hopkins	Swansea H	32.44		
7	J	Andrew Jones	Menai T&F	32.57			7	HH	Simon Chapman	Hereford	34.81		
8	H	George Jones	Hereford	32.94									

1:50 PM Combined Lge Record

Lewis Jones, Bridgend AC, 2.19.7, 2009

## T14 - 800m U13B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade	
1	T	John Cove	Cardiff AAC	2:28.93	G3*	1	SS	Ashley Hopkins	Swansea H	2:34.47	G4*	
2	S	Harri Hooper-Lewis	Swansea H	2:30.06	G3*	2	JJ	Anthony Granton	Menai T&F	2:39.37		
3	J	Andrew Jones	Menai T&F	2:31.80	G4*	3	TT	Ciaran Lewis	Cardiff AAC	2:42.83		
4	D	Grant Leach	Deeside AAC	2:34.70	G4*	4	RR	Ben Williams	Carmarthen H	2:42.87		
5	R	Llyr Freeman	Carmarthen H	2:39.09		5	DD	Jack Parry	Deeside AAC	2:46.08		
6	N	Luke Gill	Newport H	2:43.79		6	MM	Toby Phelps	Pembroke H	2:51.01		
7	M	Jack Parkinson	Pembroke H	2:50.60		7	NN	Andrew Williams	Newport H	2:56.23		
8	H	Simon Chapman	Hereford	3:07.47								

4:00 PM Combined Lge Record

K Jones, Port Talbot Harriers, 4.49.1, 1988

## T28 - 1500m U13B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade	
1	N	Liam Bradley	Newport H	4:59.92	G2*	1	JJ	John Spill	Menai T&F	5:12.16	G4*	
2	R	Jordan Richards	Carmarthen H	5:00.40	G3*	2	MM	Jack Rees	Pembroke H	5:20.81	*	
3	J	Iolo Hughes	Menai T&F	5:03.33	G3*	3	NN	Nathan Scarfi	Newport H	5:27.25		
4	M	Llyr Miles	Pembroke H	5:19.97	*	4	RR	Nikita Neary	Carmarthen H	5:28.08		
5	D	Danny Bennett	Deeside AAC	5:32.97		5	TT	Oliver Hunt	Cardiff AAC	6:27.71		
6	S	Rhys Griffiths	Swansea H	5:53.40								
7	T	Kieran Harris	Cardiff AAC	6:10.28								

2:10 PM Combined Lge Record

Rhys Webb, Carmarthen Harriers, 12.1, 2004

## T16 - 75m Hurdles U13B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	S	Michael Wilson	Swansea H	13.21	G2*		1	MM	William Ratcliffe	Pembroke H	14.2	G3*	
2	M	Llyr Miles	Pembroke H	13.47	G2*		2	RR	Jarred Davies	Carmarthen H	16.0	*	
3	N	Kyle Arnold	Newport H	14.21	G4*		3	SS	Harry Austin	Swansea H	16.2		
4	R	James Bryan	Carmarthen H	14.60	G4*		4	TT	Oliver Hunt	Cardiff AAC	16.2		
5	T	Aled Griffiths	Cardiff AAC	16.81			5	HH	George Jones	Hereford	17.5		

Manual

11:45 AM Combined Lge Record

Antonio Cirillo, Swansea Harriers, 5.26.0, 2003

## T1 - 1000m Walk U13B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	JJ	John Spill	Menai T&F	5:42.71			1	J	Andrew Jones	Menai T&F	6:20.50		
2	R	Jordan Richards	Carmarthen H	5:51.40			2	TT	Jacob Foley	Cardiff AAC	7:14.81		
3	S	Bobby Jones	Swansea H	6:54.33			3	RR	Tristan Ross	Carmarthen H	7:15.20		
4	T	Sam Maybank	Cardiff AAC	6:54.42			4	MM	Charlie Edge	Pembroke H	7:22.37		
5	M	Daniel Salmon	Pembroke H	7:19.05			5	SS	Jack Beynon	Swansea H	8:18.89		

4:40 PM Combined Lge Record

Carmarthen Harriers, 53.3, 2008

## T34 - 4 x 100 relay U13B

Pos	Bib	Athletes	Club	Perf.
1	R	Dafydd Adams, Sam Jones, Llyr Freeman, Shaun Pearce	Carmarthen H	55.88
2	T	Luke Harry, George Griffiths, Conor Kidner, Jac Palmer	Cardiff AAC	56.73
3	M	Benedikt Weber, William Ratcliffe, Cameron Blakemore, Matthew John	Pembroke H	57.34
4	S	Michael Wilson, Calvin Palla, Rhodri Wall, Zac Nye	Swansea H	58.73
5	J	Anthony Granton, Iolo Hughes, Andrew Jones, -	Menai T&F	61.75
6	D	Danny Bennett, Jack Parry, Grant Leach, -	Deeside AAC	62.10
7	N	Ryan Morgan, Liam Bradley, Kyle Arnold, Matt Arnold	Newport H	63.98
8	H	Sebastian Fry, Mathew Jones, Jonathon Grech, Tom Fellows	Hereford	65.03

12:50 PM Combined Lge Record

Jamie Dalton, Preseli Harriers, 1.60, 1992

## F12 - High Jump U13B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	R	Dafydd Adams	Carmarthen H	1.43	G2*	1	RR	Jack Evans	Carmarthen H	1.20	
2	T	George Griffiths	Cardiff AAC	1.40	G2*	2	NN	Gabriel Johnson	Newport H	1.20	
3	N	Kyle Arnold	Newport H	1.25	*	3	TT	Jacob Foley	Cardiff AAC	1.15	
4	S	Miles Keller-Jenkins	Swansea H	1.20		4	M	Daniel Salmon	Pembroke H	1.15	
5	MM	Charlie Edge	Pembroke H	1.20		5	SS	Calum Palla	Swansea H	1.15	
6	D	Jack Parry	Deeside AAC	1.15		6	DD	Danny Bennett	Deeside AAC	1.10	
7	H	Mathew Jones	Hereford	1.10							

2:00 PM Combined Lge Record

G James, Carmarthen Harriers, 5.10, 1989

## F18 - Long Jump U13B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	T	George Griffiths	Cardiff AAC	4.32	G4*	1	TT	Floyd Haughton	Cardiff AAC	4.24	G4*
2	RR	Shaun Pearce	Carmarthen H	4.23	G4*	2	MM	Cameron Blakemore	Pembroke H	3.95	
3	D	Rhys Jackson	Deeside AAC	4.14	G4*	3	SS	Calum Palla	Swansea H	3.78	
4	S	Michael Wilson	Swansea H	4.13	G4*	4	R	Llyr Freeman	Carmarthen H	3.46	
5	M	Ben Weber	Pembroke H	3.95		5	NN	Luke Gill	Newport H	3.35	
6	N	Gabriel Johnson	Newport H	3.85							
7	H	Matthew Jones	Hereford	3.80							
8	J	Iolo Hughes	Menai T&F	3.49							

2:50 PM Combined Lge Record

Matthew Evans, Carmarthen Harriers, 13.73, 2001

## F24 - (3.25kg) Shot U13B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	S	Jack Beynon	Swansea H	10.04	G1*	1	SS	Bobby Jones	Swansea H	8.95	G1*
2	R	Nikita Neary	Carmarthen H	8.74	G2*	2	RR	Tristan Ross	Carmarthen H	5.66	
3	M	Llyr Miles	Pembroke H	7.72	G4*	3	MM	Daniel Salmon	Pembroke H	5.36	
4	J	Shaun Livett	Menai T&F	6.83	G4*	4	TT	Sam Maybank	Cardiff AAC	4.69	
5	H	Harry Jones	Hereford	5.75		5	N	Jamie Bryant	Newport H	4.56	
6	NN	Jordan Bryant	Newport H	5.54							
7	T	Luke Harry	Cardiff AAC	5.35							

2:10 PM Combined Lge Record

Matthew Evans, Carmarthen Harriers, 41.86, 2003

## F20 - (1.0kg) Discus U13B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	S	Bobby Jones	Swansea H	27.53	G1*	1	SS	Jack Beynon	Swansea H	22.70	G2*
2	R	Nikita Neary	Carmarthen H	21.99	G3*	2	RR	Tristan Ross	Carmarthen H	13.80	
3	NN	Jordan Bryant	Newport H	16.72	G4*	3	N	Jamie Bryant	Newport H	12.68	
4	J	Shaun Livett	Menai T&F	16.16	*	4	T	Aled Griffiths	Cardiff AAC	10.46	
5	TT	Luke Harry	Cardiff AAC	12.07		5	M	Jamie Jenkins	Pembroke H	9.12	
6	H	Harry Jones	Hereford	11.97							
7	MM	William Ratcliffe	Pembroke H	11.55							



11:30 AM Combined Lge Record

Rheon James, Carmarthen Harriers, 41.00, 2005

## F4 - (400g) Javelin U13B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	RR	Jack Evans	Carmarthen H	32.06	G1*	1	R	Gethin Clarke	Carmarthen H	29.89	G2*
2	S	Keiran Ingram	Swansea H	29.83	G2*	2	SS	Miles Keller-Jenkins	Swansea H	24.13	G4*
3	N	Ryan Morgan	Newport H	26.32	G3*	3	NN	Jordan Bryant	Newport H	14.50	
4	T	Ciaran Lewis	Cardiff AAC	24.77	G4*	4	TT	Oliver Hunt	Cardiff AAC	13.05	
5	M	Jamie Jenkins	Pembroke H	16.41		5	HH	Simon Chapman	Hereford	8.38	
6	J	Shaun Livett	Menai T&F	16.13							
7	H	Harry Jones	Hereford	13.55							

12:15 PM Combined Lge Record

Danielle Barker, Neath Harriers, 12.6, 1999

## T4 - 100m U13G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	D	Laura Turley	Deeside AAC	13.62	G2*	-1.1	1	RR	Carys Baker	Carmarthen H	14.0	G3*	
2	S	Hannah Brier	Swansea H	13.66	G2*		2	SS	Jessica Merrick	Swansea H	14.9		
3	N	Katie Jane Priest	Newport H	13.74	G2*		3	NN	Melissa Roberts	Newport H	15.0		
4	R	Kimberley Abodunrin	Carmarthen H	13.84	G2*		4	MM	Alice Russell - Stretch	Pembroke H	15.4		
5	M	Anita Madan	Pembroke H	15.08			5	DD	Bethan Jones	Deeside AAC	15.6		
6	H	Laura Morris	Hereford	15.10			6	TT	Bethan Trigg	Cardiff AAC	15.7		
7	J	Mari Davies	Menai T&F	15.25			7	JJ	Mollie Davies	Menai T&F	16.5		
8	T	Ffion Collins	Cardiff AAC	16.00									manual

3:30 PM Combined Lge Record

E Thomas, Carmarthen Harriers, 27.0, 1990

## T25 - 200m U13G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	M	Amy Leahy	Pembroke H	28.16	G1*	-1.4	1	RR	Carys Baker	Carmarthen H	29.10	G3*	-0.9
2	S	Hannah Brier	Swansea H	28.39	G1*		2	SS	Jessica Merrick	Swansea H	31.15	*	
3	D	Laura Turley	Deeside AAC	28.44	G2*		3	NN	Katy Hunt	Newport H	31.46	*	
4	R	Kimberley Abodunrin	Carmarthen H	29.06	G3*		4	TT	Alice Brennan	Cardiff AAC	33.87		
5	N	Katie Jane Priest	Newport H	29.20	G3*		5	MM	Jenna Gallivan - Clash	Pembroke H	34.96		
6	T	Chrystal Philippou	Cardiff AAC	32.04			6	HH	Katir Harmen	Hereford	35.72		
7	J	Mari Davies	Menai T&F	32.79									
8	H	Laura Morris	Hereford	32.87									

1:40 PM Combined Lge Record

Gemma Mounsey, Carmarthen Harriers, 2.25.7, 1994

## T13 - 800m U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	S	Siwan Thomas-Howells	Swansea H	2:33.41	G2*	1	NN	Katy Hunt	Newport H	2:50.15	
2	N	Emma Henessey	Newport H	2:40.63	G4*	2	SS	Bethan Radford	Swansea H	2:52.19	
3	M	Charlotte Rees	Pembroke H	2:45.19	G4*	3	RR	Rebecca Lewis	Carmarthen H	2:55.80	
4	R	Gwenno Evans	Carmarthen H	2:48.97		4	MM	Jenna Gallivan - Clash	Pembroke H	2:56.93	
5	T	Anna Lawson	Cardiff AAC	2:55.49		5	TT	Ffion Collins	Cardiff AAC	3:17.74	
6	D	Shannah Cole	Deeside AAC	3:01.04							
7	H	Katie Harmen	Hereford	3:15.06							

4:10 PM Combined Lge Record

Lucy Thomas, Neath Harriers, 5.04.2, 1997

## T29 - 1500m U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	S	Olivia Gwynn	Swansea H	5:21.54	G3*	1	MM	Alice Russell - Stretch	Pembroke H	5:48.26	*
2	M	Poppy Lewis	Pembroke H	5:35.93	G4*	2	R	Niamh Elain	Carmarthen H	6:07.17	
3	T	Sophie Tipping	Cardiff AAC	5:44.85	*	3	SS	Rebecca Hughes	Swansea H	6:18.95	
4	RR	Siobhan Eleri	Carmarthen H	6:01.22		4	TT	Hannah Burnell	Cardiff AAC	6:53.82	
5	J	Bronwen Jenkinson	Menai T&F	6:01.90							
6	H	Iona Prosser	Hereford	6:36.90							

2:40 PM Combined Lge Record

K Smith, Preseli Harriers, 11.8, 1995

## T19 - 70m Hurdles U13G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	M	Amy Leahy	Pembroke H	12.04	G1*		1	SS	Jessica Merrick	Swansea H	12.80	G3*	
2	N	Emma Henessey	Newport H	12.50	G2*		2	MM	Charlotte Rees	Pembroke H	13.29	G4*	
3	D	Rowan Antrobus	Deeside AAC	12.78	G3*		3	JJ	Bronwen Jenkinson	Menai T&F	17.16		
4	S	Miriam Williams	Swansea H	12.82	G3*								
5	T	Bethan Trigg	Cardiff AAC	13.58	G4*								
6	J	Mari Davies	Menai T&F	15.51									
7	H	Katie Harmen	Hereford	15.69									

11:45 AM Combined Lge Record

Felicity Gardner, Llanelli AC, 5.26.2, 2009

## T1A - 1000m Walk U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	S	Bethan Radford	Swansea H	5:39.28		1	SS	Olivia Gwynn	Swansea H	6:13.45	
2	M	Poppy Lewis	Pembroke H	5:43.97		2	JJ	Vicky James	Menai T&F	6:41.50	
3	J	Maisie Blake	Menai T&F	6:31.87							
4	H	Iona Prosser	Hereford	6:43.14							
5	T	Sophie Tipping	Cardiff AAC	7:14.24							
6	R	Rebecca Lewis	Carmarthen H	8:04.53							

4:25 PM Combined Lge Record

Swansea Harriers , 54.8, 2009

## T31 - 4 x 100 relay U13G

Pos	Bib	Athletes	Club	Perf.
1	S	Lucy Fligelstone, Miriam Williams, Hannah Brier, Stephanie Nicholas	Swansea H	56.70
2	R	Gwenno Evans, Carys Baker, Rebecca Lewis, Amy Humble	Carmarthen H	57.62
3	N	Melissa Roberts, Emma Henessey, Katie Jane Priest, Danielle Morgan	Newport H	58.10
4	D	Bethan Jones, Shannah Cole, Laura Turley, Rowan Antrobus	Deeside AAC	58.77
5	M	Anita Madan, Jenna Gallivan - Clash, Amy Leahy, Anita Madan	Pembroke H	61.65
6	T	Rhian Ellis, Bethan Trigg, Chrystal Philippou, Alice Brennan	Cardiff AAC	62.19
7	H	Anna Little , Katie Harmen , Laura Morris, Anna Little	Hereford	65.80
8	J	Mari Davies, Maisie Blake, Vicky James, Mollie Davies	Menai T&F	

3:30 PM Combined Lge Record

Sarah Dacey, Swansea Harriers, 1.47, 2003

## F26 - High Jump U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	SS	Lucy Fligelstone	Swansea H	1.30	G3*	1	S	Emily Jones	Swansea H	1.21	G4*
2	T	Lucy Maton	Cardiff AAC	1.30	G3*	2	TT	Anna Lawson	Cardiff AAC	1.20	G4*
3	D	Rowan Antrobus	Deeside AAC	1.20	G4*	3	MM	Anita Madan	Pembroke H	1.05	
4	M	Charlotte Rees	Pembroke H	1.15							
5	RR	Carys Baker	Carmarthen H	1.15							
6	J	Maisie Blake	Menai T&F	1.15							

1:10 PM Combined Lge Record

Enfys Jones, Carmarthen Harriers, 4.70, 1989

## F14 - Long Jump U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	S	Miriam Williams	Swansea H	4.12	G3*	1	NN	Emma Henessey	Newport H	3.65	
2	D	Laura Turley	Deeside AAC	3.85	G4*	2	R	Kimberley Abodunrin	Carmarthen H	3.49	
3	M	Amy Leahy	Pembroke H	3.78	G4*	3	JJ	Vicky James	Menai T&F	3.23	
4	N	Katie Jane Priest	Newport H	3.75	G4*	4	MM	Poppy Lewis	Pembroke H	3.20	
5	RR	Rebecca Lewis	Carmarthen H	3.67		5	SS	Katie Wells	Swansea H	3.07	
6	J	Maisie Blake	Menai T&F	3.61		6	TT	Nia Bodilly	Cardiff AAC	2.88	
7	H	Laura Morris	Hereford	3.52		7	HH	Anna Little	Hereford	2.71	
8	T	Mary Ware	Cardiff AAC	3.44							

11:30 AM Combined Lge Record

Nicola Stevenson, Bridgend A C, 10.30, 2001

## F6 - (2.72kg) Shot U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	M	Aynsley Price	Pembroke H	9.96	G1*	1	SS	Stephanie Nicholas	Swansea H	6.98	G3*
2	R	Bronwen Lewis	Carmarthen H	9.40	G1*	2	RR	Amy Humble	Carmarthen H	6.88	G3*
3	S	Rebecca Hughes	Swansea H	8.50	G1*	3	MM	Anita Madan	Pembroke H	6.62	G4*
4	D	Sabrina Fortune	Deeside AAC	7.98	G2*	4	DD	Rowan Antrobus	Deeside AAC	6.39	G4*
5	H	Jess Williams	Hereford	7.82	G2*	5	TT	Alice Brennan	Cardiff AAC	5.37	
6	T	Carys Dawe	Cardiff AAC	6.24	G4*	6	N	Katy Hunt	Newport H	5.01	
7	NN	Danielle Morgan	Newport H	6.17	G4*	7	JJ	Mollie Davies	Menai T&F	4.21	
8	J	Bronwen Jenkinson	Menai T&F	4.61		8	HH	Anna Little	Hereford	3.32	

1:20 PM Combined Lge Record

Toni Wells, Swansea Harriers, 26.27, 2005

## F16 - (0.75kg) Discus U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	D	Sabrina Fortune	Deeside AAC	25.41	G1*	1	RR	Amy Humble	Carmarthen H	14.83	G4*
2	R	Bronwen Lewis	Carmarthen H	21.02	G2*	2	TT	Hannah Burnell	Cardiff AAC	12.07	
3	S	Stephanie Nicholas	Swansea H	20.00	G2*	3	SS	Hannah Matthews	Swansea H	12.06	
4	H	Jess Williams	Hereford	18.61	G3*	4	MM	Sophie Rees	Pembroke H	10.12	
5	M	Aynsley Price	Pembroke H	14.96	G4*	5	HH	Iona Prosser	Hereford	10.04	
6	T	Carys Dawe	Cardiff AAC	12.42							

2:00 PM Combined Lge Record

Sara Siggery, Carmarthen Harriers, 28.12, 1997

## F17 - (400g) Javelin U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	S	Rebecca Hughes	Swansea H	25.86	G1*	1	SS	Bethan Radford	Swansea H	15.43	G4*
2	H	Jess Williams	Hereford	17.85	G4*	2	R	Megan Davies	Carmarthen H	11.70	
3	J	Vicky James	Menai T&F	16.07	G4*	3	M	Sophie Rees	Pembroke H	10.71	
4	RR	Bronwen Lewis	Carmarthen H	15.12	G4*	4	HH	Anna Little	Hereford	9.97	
5	N	Danielle Morgan	Newport H	14.60	G4*	5	TT	Mary Ware	Cardiff AAC	9.50	
6	D	Shannah Cole	Deeside AAC	14.09	G4*	6	JJ	Mollie Davies	Menai T&F	7.99	
7	MM	Aynsley Price	Pembroke H	12.02							
8	T	Nia Bodilly	Cardiff AAC	11.88							

12:30 PM Combined Lge Record

J Boreham, Pembrokeshire Harriers, 11.7, 2001

## T7 - 100m U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	R	Mathew Davies	Carmarthen H	11.80	G2*	-0.4	1	RR	Daniel Blain	Carmarthen H	12.27	G4*	+0.8
2	D	Owen Smith	Deeside AAC	11.97	G3*		2	SS	Paaliba Abugre	Swansea H	12.74		
3	M	Jevon Barnes	Pembroke H	12.19	G4*		3	JJ	Mike Bland	Menai T&F	13.03		
4	S	Alex Pavlou	Swansea H	12.67	*		4	DD	Brad Thomas	Deeside AAC	13.39		
5	J	Sion Russell	Menai T&F	12.79			5	MM	Oliver Hughes	Pembroke H	14.38		
6	H	Perry Fry	Hereford	13.11			6	HH	Jake Harmen	Hereford	14.91		

3:10 PM Combined Lge Record

J Boreham, Pembrokeshire Harriers, 23.9, 2001

## T22 - 200m U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	R	Mathew Davies	Carmarthen H	24.13	G2*		1	RR	Llyr Jamieson	Carmarthen H	25.18	G4*	
2	M	Jevon Barnes	Pembroke H	24.71	G3*		2	SS	Daniel Brooks	Swansea H	26.10	*	
3	D	Lloyd Robbins	Deeside AAC	24.79	G3*		3	JJ	Sion Russell	Menai T&F	26.40		
4	S	Alex Pavlou	Swansea H	25.51	G4*		4	MM	Matthew Overton	Pembroke H	26.67		
5	H	Perry Fry	Hereford	26.84			5	TT	Jacob Preece	Cardiff AAC	27.09		
6	T	Ashley Bundy	Cardiff AAC	27.48			6	DD	Brad Thomas	Deeside AAC	28.03		
7	J	Aled Thomas	Menai T&F	27.54			7	HH	Anthony Watkins	Hereford	28.48		

12:40 PM Combined Lge Record

Evan Jenkins, Swansea Harriers, 52.0, 2008

## T8 - 400m U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	R	Llyr Jamieson	Carmarthen H	55.07	G2*	-0.6	1	RR	Luke Morris	Carmarthen H	57.95	G4*	
2	D	Lloyd Robbins	Deeside AAC	56.02	G3*		2	MM	Matthew Overton	Pembroke H	59.23	*	
3	M	Morgan Smith	Pembroke H	60.11	*		3	DD	Alex Peters	Deeside AAC	63.73		
4	H	Anthony Watkins	Hereford	62.30									
5	T	Iwan Hughes	Cardiff AAC	63.20									
6	N	Jack Fear	Newport H	65.27									
7	S	James Thomas	Swansea H	69.85									

2:30 PM Combined Lge Record

Steven Richards, Swansea Harriers, 2:06.6, 1998

## T18 - 800m U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	R	Rhys Granville	Carmarthen H	2:17.96	G4*		1	RR	Luke Morris	Carmarthen H	2:26.38		
2	T	Jacob Preece	Cardiff AAC	2:19.41	*								
3	H	Anthony Watkins	Hereford	2:24.08									
4	D	Jobe Urquhart	Deeside AAC	2:29.00									
5	N	Jack Fear	Newport H	2:29.74									
6	S	Jack Swiston	Swansea H	2:31.61									
7	M	Gethin Thomas	Pembroke H	3:57.41									

3:40 PM Combined Lge Record

Dewi Griffiths, Carmarthen Harriers, 4.21.9, 2005

## T26 - 1500m U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	M	Morgan Smith	Pembroke H	4:37.97	G4*		1	DD	Matthew Blackwell	Deeside AAC	5:07.86		
2	R	Ronan Llyr	Carmarthen H	4:45.31	G4*		2	SS	Daniel Hall	Swansea H	5:23.47		
3	D	Andrew Williams	Deeside AAC	4:59.36			3	RR	Nathan Richards	Carmarthen H	5:34.45		
4	S	Lewis Preece	Swansea H	5:05.51			4	MM	Rheinallt George	Pembroke H	5:55.33		
5	T	Sam Peterken	Cardiff AAC	5:07.86									
6	H	Will Maul	Hereford	5:29.21									

1:30 PM Combined Lge Record

John Marsden, Barry &amp; Vale Harriers, 11.3, 1996

## T12 - 80m Hurdles U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	R	Daniel Blain	Carmarthen H	11.90	G1*		1	TT	Adrian Lawrence	Cardiff AAC	14.02		
2	S	Luke Jenkins	Swansea H	12.63	G3*		2	HH	Matthew Bennett	Hereford	17.45		
3	T	Jonathon Bailey	Cardiff AAC	12.78	G3*								
4	D	Simon Crumpton	Deeside AAC	15.50									
5	J	Aled Thomas	Menai T&F	15.63									
6	H	Jake Harmen	Hereford	16.69									

11:45 AM Combined Lge Record

Antonio Cirillo, Swansea Harriers, 4.23.5, 2005

## T1B - 1000m Walk U15B

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	T	Jacob Preece	Cardiff AAC	6:16.92		1	RR	Rhys Granville	Carmarthen H	7:09.93		
2	R	Nathan Richards	Carmarthen H	6:33.79		2	T	Jacob Preece	Cardiff AAC	7:14.79		
3	MM	Morgan Smith	Pembroke H	6:39.19		3	M	Rheinallt George	Pembroke H	7:19.13		
4	TT	Iwan Hughes	Cardiff AAC	7:13.01								
5	S	Jack Swiston	Swansea H	8:16.70								

4:45 PM Combined Lge Record

Carmarthen Harriers, 48.8, 1992

## T35 - 4 x 100 relay U15B

Pos	Bib	Athletes	Club	Perf.
1	R	James Stevenson, Mathew Davies, Daniel Blain, Llyr Jamieson	Carmarthen H	48.60
2	S	Luke Jenkins, Paaliba Abugre, Daniel Brooks, Alex Pavlou	Swansea H	50.70
3	J	Chris McNaught, Mike Bland, Aled Thomas, Sion Russell	Menai T&F	51.99
4	M	Oliver Hughes, Jevon Barnes, Morgan Smith, Matthew Overton	Pembroke H	52.62
5	D	Brad Thomas, Alex Peters, Lloyd Robbins, Owen Smith	Deeside AAC	53.63
6	T	Jonathon Bailey, Matteo Holmes, Adrian Lawrence, Ashley Bundy	Cardiff AAC	53.73
7	H	Anthony Watkins, Matthew Bennett, Jake Harmen, Perry Fry	Hereford	59.70

11:30 AM Combined Lge Record

Jamie Dalton, Preseli Harriers, 1.85, 1994

## F3 - High Jump U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	M	Jevon Barnes	Pembroke H	1.61	G3*		1	RR	Aled Price	Carmarthen H	1.58	G4*	
2	R	Mathew Davies	Carmarthen H	1.58	G4*		2	MM	David Omoregie	Pembroke H	1.45		
3	S	Luke Jenkins	Swansea H	1.50	*		3	JJ	Connor Laverty	Menai T&F	1.40		
4	J	Chris McNaught	Menai T&F	1.45			4	TT	Adrian Lawrence	Cardiff AAC	1.30		
5	T	Ashley Bundy	Cardiff AAC	1.40									
6	D	Simon Crumpton	Deeside AAC	1.35									

11:30 AM Combined Lge Record

Stephen Scarfi, Cwmbran, 2.45, 2009

## F7 - Pole Vault U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1													

2:50 PM Combined Lge Record

Dominic Coleman, Pembrokeshire Harriers, 5.99, 2007

## F23 - Long Jump U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	D	Lloyd Robbins	Deeside AAC	5.52	G2*		1	J	Chris McNaught	Menai T&F	4.93	*	
2	R	Gareth Thompson	Carmarthen H	4.99	*		2	RR	Rhys Granville	Carmarthen H	4.23		
3	JJ	Mike Bland	Menai T&F	4.97	*		3	TT	Matteo Holmes	Cardiff AAC	3.96		
4	T	Jonathon Bailey	Cardiff AAC	4.67			4	M	Rheinallt George	Pembroke H	3.88		
5	S	Paaliba Abugre	Swansea H	4.58			5	SS	Jack Swiston	Swansea H	3.70		
6	MM	Oliver Hughes	Pembroke H	3.99			6	H	Jake Harmen	Hereford	3.39		

12:20 PM Combined Lge Record

Matthew Evans, Carmarthen Harriers, 16.21, 2003

## F10 - (4.00kg) Shot U15B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	R	Lee Taylor	Carmarthen H	11.46	G3*	1	RR	James Stevenson	Carmarthen H	9.22	
2	S	Zac Nye	Swansea H	9.81	*	2	HH	Charlie Graig	Hereford	8.40	
3	J	Connor Laverty	Menai T&F	8.90		3	T	Deon Garrison	Cardiff AAC	6.72	
4	H	Tom Fellows	Hereford	8.74		4	MM	Matthew Overton	Pembroke H	6.70	
5	M	Matthew John	Pembroke H	8.58		5	JJ	Aled Thomas	Menai T&F	6.41	
6	D	Alex Peters	Deeside AAC	8.23		6	DD	Jobe Urquhart	Deeside AAC	6.29	
7	TT	Iwan Hughes	Cardiff AAC	7.72							
8	N	Matt Arnold	Newport H	5.82							



3:50 PM Combined Lge Record

Matthew Evans, Carmarthen Harriers, 42.05, 2003

## F30 - (1.25kg) Discus U15B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	R	Lee Taylor	Carmarthen H	37.04	G1*	1	RR	James Stevenson	Carmarthen H	27.55	G4*
2	S	Zac Nye	Swansea H	28.55	G4*	2	SS	Alex Pavlou	Swansea H	19.14	
3	TT	Adrian Lawrence	Cardiff AAC	22.34		3	T	Deon Garrison	Cardiff AAC	18.19	
4	N	Matt Arnold	Newport H	20.27		4	JJ	Connor Laverty	Menai T&F	18.08	
5	J	Sion Russell	Menai T&F	19.60		5	M	Gethin Thomas	Pembroke H	13.43	
6	HH	Charlie Graig	Hereford	19.43							
7	MM	David Omoregie	Pembroke H	16.71							

11:00 AM Combined Lge Record

Matthew Field, Aberdare, 34.03, 2009

New U15 Lg Combined Record

## F1 - (4.00kg) Hammer U15B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	M	Matthew John	Pembroke H	37.45	G3*	1	HH	Charlie Graig	Hereford	22.60	
2	H	Tom Fellows	Hereford	31.57	G3*	2	MM	Gethin Thomas	Pembroke H	17.80	
3	R	Lee Taylor	Carmarthen H	29.61	G4*						
4	S	Zac Nye	Swansea H	25.92	G4*						
5	N	Matt Arnold	Newport H	18.70							

1:10 PM Combined Lge Record

Garth Loughran, Carmarthen Harriers, 52.08, 2003

## F13 - (600g) Javelin U15B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	R	Gareth Thompson	Carmarthen H	40.99	G2*	1	RR	James Stevenson	Carmarthen H	39.76	G2*
2	TT	Matteo Holmes	Cardiff AAC	27.87		2	T	Deon Garrison	Cardiff AAC	21.18	
3	MM	Matthew John	Pembroke H	23.24		3	JJ	Chris McNaught	Menai T&F	13.11	
4	SS	Joseph Thomas	Swansea H	21.85		4	DD	Matthew Blackwell	Deeside AAC	3.59	
5	D	Jobe Urquhart	Deeside AAC	17.95							
6	H	Pery Fry	Hereford	13.41							
7	J	Mike Bland	Menai T&F	13.11							

12:25 PM Combined Lge Record

Danielle Selley, Preseli Harriers, 12.7, 1997

## T6 - 100m U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	M	Elli Norkett	Pembroke H	13.14	G3*	+1.7	1	TT	Maisie Matthews	Cardiff AAC	13.79		-1.4
2	R	Bethan Phillips	Carmarthen H	13.32	G4*		2	MM	Ellie Banner	Pembroke H	14.25		
3	T	Alison Singleton	Cardiff AAC	13.43	G4*		3	SS	Grace Harwood	Swansea H	14.29		
4	J	Sophie Lewis	Menai T&F	13.56	G4*		4	DD	Emma Salmon	Deeside AAC	14.46		
5	D	Gabrielle Maloney	Deeside AAC	13.62	*		5	RR	Amelia Roberts	Carmarthen H	14.47		
6	S	Nia Palla	Swansea H	13.73			6	JJ	Mared Baker	Menai T&F	14.48		
7	H	Alys Marr	Hereford	13.81			7	HH	Holly Brotherton	Hereford	15.94		

3:15 PM Combined Lge Record

Heather Jones, Carmarthen Harriers, 26.1, 2004

## T23 - 200m U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	N	Hannah Griffiths	Newport H	26.45	G2*		1	RR	Bethan Phillips	Carmarthen H	27.9	G4*	
2	M	Lauren Bell	Pembroke H	26.79	G2*		2	TT	Maisie Matthews	Cardiff AAC	28.9		
3	R	Catrin Rees	Carmarthen H	28.01	*		3	DD	Rhian Williams	Deeside AAC	29.2		
4	T	Alison Singleton	Cardiff AAC	28.13	*		4	JJ	Robyn Baker	Menai T&F	30.6		
5	D	Gabrielle Maloney	Deeside AAC	28.61			5	MM	Lois Thomas	Pembroke H	30.6		
6	H	Megan Risdale	Hereford	28.62			6	SS	Catrin Jones	Swansea H	30.7		
7	J	Sophie Lewis	Menai T&F	29.08			7	HH	Connie Stovell	Hereford	32.2		
8	S	Chelsea Christopher	Swansea H	30.01									<i>manual</i>

12:50 PM Combined Lge Record

Heather Jones, Carmarthen Harriers, 42.2, 2005

New U15 Lg Combined Record

## T9 - 300m U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	N	Hannah Griffiths	Newport H	41.44	G1*		1	DD	Rhian Williams	Deeside AAC	45.98	*	
2	M	Lauren Bell	Pembroke H	41.66	G1*		2	MM	Josie Lewis	Pembroke H	46.80	*	
3	D	Beth Sargent	Deeside AAC	44.31	G4*		3	JJ	Robyn Baker	Menai T&F	48.47		
4	R	Catrin Rees	Carmarthen H	45.65	*		4	TT	Laura Trigg	Cardiff AAC	50.27		
5	H	Megan Risdale	Hereford	47.00	*		5	HH		Hereford	50.92		
6	T	Catrin Griffiths	Cardiff AAC	48.89									
7	J	Mared Baker	Menai T&F	49.62									
8	S	Lucy Hammett	Swansea H	49.99									

2:20 PM Combined Lge Record

Lauren Bell, Pembrokeshire Harriers, 2.15.7, 2008

## T17 - 800m U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	M	Josie Lewis	Pembroke H	2:34.03	G2*		1	TT	Bethan Ellis	Cardiff AAC	2:50.28		
2	S	Lucy Hammett	Swansea H	2:39.27			2	HH	Sharleen Watkins	Hereford	2:57.04		
3	D	Shannon Chiltern	Deeside AAC	2:40.47			3	RR	Amelia Roberts	Carmarthen H	3:06.73		
4	T	Catrin Griffiths	Cardiff AAC	2:42.97									
5	R	Alyce Phillips	Carmarthen H	2:52.57									
6	H	Tasha Webster	Hereford	2:56.36									

3:50 PM Combined Lge Record

Heledd Gruffud, Carmarthen Harriers, 4.53.2, 1993

## T27 - 1500m U15G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	S	Iona Evans	Swansea H	5:08.64	G4*	1	RR	Lowri Heckler	Carmarthen H	5:54.54	
2	R	Kari O'Neill	Carmarthen H	5:37.51							
3	H	Jade Williams	Hereford	5:50.85							
4	M	Rhian Homer	Pembroke H	5:54.51							

2:00 PM Combined Lge Record

Rebecca Foley, Cardiff, 12.6, 2009

New U15 Lg Combined Record

## T15 - 75m Hurdles U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	R	Alyce Phillips	Carmarthen H	12.19	G2*		1	DD	Georgia Bates	Deeside AAC	12.93	G4*	
2	D	Eleanor Badhams	Deeside AAC	12.24	G2*		2	SS	Katherine Morris	Swansea H	13.33	G4*	
3	M	Elli Norkett	Pembroke H	12.35	G3*		3	RR	Bella Mossman	Carmarthen H	13.85	*	
4	T	Rebecca Foley	Cardiff AAC	12.69	G3*		4	TT	Leonora Foley	Cardiff AAC	14.04	*	
5	J	Mared Baker	Menai T&F	13.65	*		5	JJ	Robyn Baker	Menai T&F	16.37		
6	S	Grace Harwood	Swansea H	14.75									
7	H	Sharleen Watkins	Hereford	15.26									

11:45 AM Combined Lge Record

Heather Lewis, Pembrokeshire Harriers, 4.59.7, 2008

## T1C - 1000m Walk U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	HH	Tasha Webster	Hereford	6:43.56			1	H	Olivia Mills	Hereford	7:10.09	
2	M	Rhian Homer	Pembroke H	6:56.74			2	J	Alice John	Menai T&F	8:05.51	
3	JJ	Heledd Mullaly	Menai T&F	8:05.33			3	TT	Leonora Foley	Cardiff AAC	8:26.98	
4	R	Kari O'Neill	Carmarthen H	8:08.10								
5	T	Bethan Ellis	Cardiff AAC	8:26.51								

4:30 PM Combined Lge Record

Swansea Harriers, 51.6, 2009

## T32 - 4 x 100 relay U15G

Pos	Bib	Athletes	Club	Perf.
1	D	Gabrielle Maloney, Eleanor Badhams, Rhian Williams, Beth Sargent	Deeside AAC	53.79
2	T	Ffion Bodilly, Maisie Matthews, Rebecca Foley, Alison Singleton	Cardiff AAC	53.81
3	R	Bethan Phillips, Amelia Roberts, Alyce Phillips, Catrin Rees	Carmarthen H	54.65
4	M	Lois Thomas, Lauren Bell, Ellie Banner, Elli Norkett	Pembroke H	54.70
5	J	Heledd Mullaly, Robyn Baker, Anest Edwards, Sophie Lewis	Menai T&F	56.36
6	H	Jade Williams, Connie Stovell, Alys Marr, Megan Risdale	Hereford	56.43
7	S	Nia Palla, Katherine Morris, Catrin Jones, Grace Harwood	Swansea H	56.46

2:10 PM Combined Lge Record

Emily Morris, Swansea Harriers, 1.62, 2009

## F21 - High Jump U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	T	Ffion Bodilly	Cardiff AAC	1.55	G2*		1	SS	Catrin Jones	Swansea H	1.35		
2	S	Nia Palla	Swansea H	1.40	G4*		2	RR	Bronwen Lewis	Carmarthen H	1.35		
3	D	Eleanor Badhams	Deeside AAC	1.40	G4*		3	TT	Laura Trigg	Cardiff AAC	1.35		
4	M	Shannon Chambers	Pembroke H	1.35			4	MM	Ellie Banner	Pembroke H	1.15		
5	R	Carys Mansfield	Carmarthen H	1.35									
6	H	Connie Stovell	Hereford	1.30									
7	J	Sophie Lewis	Menai T&F	1.20									

11:30 AM Combined Lge Record

Sally Nicholas, Cardiff, 2.60, 2009

## F8 - Pole Vault U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	T	Sally Nicholas	Cardiff AAC	2.50	G3*								
2	R	Enfys Jones	Carmarthen H	2.15	G4*								

11:30 AM Combined Lge Record

Zara George, Pontyclun Junior AC, 5.06, 2004

## F5 - Long Jump U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	T	Ffion Bodilly	Cardiff AAC	4.78	G2*		1	D	Beth Sargent	Deeside AAC	4.57	G4*	
2	DD	Georgia Bates	Deeside AAC	4.62	G3*		2	RR	Amelia Roberts	Carmarthen H	4.00		
3	R	Alyce Phillips	Carmarthen H	4.47	G4*		3	TT	Laura Trigg	Cardiff AAC	3.97		
4	SS	Chelsea Christopher	Swansea H	4.34	*		4	M	Emily Partridge	Pembroke H	3.74		
5	MM	Shannon Chambers	Pembroke H	4.11			5	HH	Holly Brotherton	Hereford	3.50		
6	J	Anest Edwards	Menai T&F	3.97			6	JJ	Heledd Mullaly	Menai T&F	3.20		
7	H	Alys Marr	Hereford	3.60			7	S	Nia Palla	Swansea H	3.00		

3:40 PM Combined Lge Record

Phillipa Roles, Swansea Harriers, 11.86, 1992

## F29 - (3.25kg) Shot U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	R	Awen Rosser	Carmarthen H	10.49	G1*		1	DD	Eleanor Badhams	Deeside AAC	7.74	*	
2	H	Emma Crooke	Hereford	10.04	G1*		2	SS	Nicola Jones	Swansea H	6.25		
3	D	Hayley Nuttall	Deeside AAC	8.92	G3*								
4	M	Elli Norkett	Pembroke H	8.19	G4*		4	RR	Enfys Jones	Carmarthen H	6.02		
5	S	Grace Harwood	Swansea H	7.10			5	TT	Catrin Griffiths	Cardiff AAC	5.51		
6	N	Chloe Powell	Newport H	5.95			6	MM	Josie Lewis	Pembroke H	4.68		
7	T	Maisie Matthews	Cardiff AAC	5.83									
8	J	Alice John	Menai T&F	5.30									

3:00 PM Combined Lge Record

Phillipa Roles, Swansea Harriers, 41.26, 1992

## F25 - (1.0kg) Discus U15G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	H	Emma Crooke	Hereford	31.55	G1*	1	RR	Kayleigh Jones	Carmarthen H	24.43	G3*
2	R	Awen Rosser	Carmarthen H	25.38	G2*	2	NN	Chloe Powell	Newport H	17.76	
3	D	Hayley Nuttall	Deeside AAC	23.23	G3*	3	SS	Nicola Jones	Swansea H	16.43	
4	N	Melissa Arthur	Newport H	21.55	G4*	4	HH	Olivia Mills	Hereford	16.17	
5	S	Gabriella Cirillo	Swansea H	18.07	*	5	MM	Emily Partridge	Pembroke H	14.51	
6	J	Anest Edwards	Menai T&F	16.03		6	DD	Bryony Burton	Deeside AAC	12.75	
7	M	Ellie Banner	Pembroke H	15.53		7	TT	Bethan Ellis	Cardiff AAC	9.25	
8	T	Chloe Phillips	Cardiff AAC	9.96		8	JJ	Heledd Mullaly	Menai T&F	6.21	

11:00 AM Combined Lge Record

Emma Crooke, Hereford, 41.80, 2009

New U15 Lg Combined Record

## F2 - (3.00kg) Hammer U15G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	H	Emma Crooke	Hereford	42.33	G1*	1	HH	Katherine Evans	Hereford	24.66	G4*
2	J	Anest Edwards	Menai T&F	30.62	G3*						
3	S	Gabriella Cirillo	Swansea H	25.72	G4*						
4	T	Chloe Phillips	Cardiff AAC	16.48							

12:20 PM Combined Lge Record

Carys Mansfield, Carmarthen Harriers, 37.20,

## F11 - (600g) Javelin U15G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	N	Melissa Arthur	Newport H	31.95	G1*	1	RR	Kayleigh Jones	Carmarthen H	17.88	
2	R	Carys Mansfield	Carmarthen H	31.65	G1*	2	H	Jade Williams	Hereford	16.03	
3	D	Hayley Nuttall	Deeside AAC	22.46	G4*	3	TT	Chloe Phillips	Cardiff AAC	15.19	
4	T	Ffion Bodilly	Cardiff AAC	20.16	*	4	NN	Chloe Powell	Newport H	11.70	
5	HH	Sharleen Watkins	Hereford	17.46		5	DD	Bryony Burton	Deeside AAC	11.04	
6	M	Katrin Watkin - Rees	Pembroke H	15.64		6	S	Iona Evans	Swansea H	7.63	
7	SS	Gabriella Cirillo	Swansea H	9.01							
8	J	Alice John	Menai T&F	4.94							

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		11:00 AM		DATE		23/Aug/09		
EVENT		F1 - U15B - (4.00kg) Hammer		LGE RECORD		34.03		ATHLETE		Matthew Field - Aberdare - 2009						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	H	Tom Fellows	Hereford	29.99	31.57	NT	31.57	2	0.00	0.00	0.00	31.57	2	A	2	
2	S	Zac Nye	Swansea H	25.92	21.33	22.58	25.92	4	0.00	0.00	0.00	25.92	4	A	4	
3	R	Lee Taylor	Carmarthen H	NT	NT	29.61	29.61	3	0.00	0.00	0.00	29.61	3	A	3	
4	D		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
5	T	Jac Palmer	Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00					
6	N	Matt Arnold	Newport H	18.70	17.43	NT	18.70	6	0.00	0.00	0.00	18.70	6	A	5	
7	M	Matthew John	Pembroke H	NT	37.45	35.35	37.45	1	0.00	0.00	0.00	37.45	1	A	1	
8	J		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					
9	HH	Charlie Graig	Hereford	22.60	21.93	19.87	22.60	5	0.00	0.00	0.00	22.60	5	B		1
10	SS		Swansea H	0.00	0.00	0.00			0.00	0.00	0.00					
11	RR		Carmarthen H	0.00	0.00	0.00			0.00	0.00	0.00					
12	DD		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
13	TT	Matteo Holmes	Cardiff AAC	NT	NT	NT			0.00	0.00	0.00					
14	NN		Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
15	MM	Gethin Thomas	Pembroke H	17.80	15.62	17.24	17.80	7	0.00	0.00	0.00	17.80	7	B		2
16	JJ		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					

**New U15 Combined League Record**

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	M	Matthew John	Pembroke H	37.45	1	HH	Charlie Graig	Hereford	22.60		
2	H	Tom Fellows	Hereford	31.57	2	MM	Gethin Thomas	Pembroke H	17.80		
3	R	Lee Taylor	Carmarthen H	29.61	3						
4	S	Zac Nye	Swansea H	25.92	4						
5	N	Matt Arnold	Newport H	18.70	5						
6					6					REFEREE'S SIGNATURE	
7					7						
8					8						

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		11:00 AM		DATE		23/Aug/09		
EVENT		F2 - U15G - (3.00kg) Hammer		LGE RECORD		41.80		ATHLETE		Emma Crooke - Hereford - 2009						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	T	Chloe Phillips	Cardiff AAC	15.77	16.48	15.57	16.48	5	0.00	0.00	0.00	16.48	5	A	4	
2	H	Emma Crooke	Hereford	NT	36.85	42.33	42.33	1	0.00	0.00	0.00	42.33	1	A	1	
3	D		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
4	J	Anest Edwards	Menai T&F	25.13	30.62	29.96	30.62	2	0.00	0.00	0.00	30.62	2	A	2	
5	M		Pembroke H	0.00	0.00	0.00			0.00	0.00	0.00					
6	S	Gabriella Cirillo	Swansea H	25.72	NT	NT	25.72	3	0.00	0.00	0.00	25.72	3	A	3	
7	N		Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
8	R		Carmarthen H	0.00	0.00	0.00			0.00	0.00	0.00					
9	TT		Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00					
10	HH	Katherine Evans	Hereford	21.16	24.66	24.20	24.66	4	0.00	0.00	0.00	24.66	4	B		1
11	DD		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
12	JJ		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					
13	MM		Pembroke H	0.00	0.00	0.00			0.00	0.00	0.00					
14	SS		Swansea H	0.00	0.00	0.00			0.00	0.00	0.00					
15	NN		Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
16	RR		Carmarthen H	0.00	0.00	0.00			0.00	0.00	0.00					

**New U15 Combined League Record**

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	H	Emma Crooke	Hereford	42.33	1	HH	Katherine Evans	Hereford	24.66		
2	J	Anest Edwards	Menai T&F	30.62	2						
3	S	Gabriella Cirillo	Swansea H	25.72	3						
4	T	Chloe Phillips	Cardiff AAC	16.48	4						
5					5						
6					6						
7					7						
8					8						

REFEREE'S SIGNATURE

# WELSH ATHLETICS HEIGHT CARD

MEETING		U15 LGE CUP FINAL 2009				VENUE		BRECON					TIME		11:30 AM		DATE	23/Aug/09					
EVENT		F3 - High Jump - U15B				RECORD			1.85		ATHLETE			Jamie Dalton - Preseli Harriers 1994									
Order	No	NAME	CLUB	0.90	0.95	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	Best of All Metres	Trials at Ht Cleared	Total Trials	Total Failures	Final Position	A or B		
				1.50	1.55	1.58	1.61	1.66															
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							Metres	Metres
1	S	Luke Jenkins	Swansea H	xo	xxx							o	o	xo	o	1.50					4	A	3
2	R	Mathew Davies	Carmarthen H	xo	xo	xxo	xxx									1.58					2	A	2
3	M	Jevon Barnes	Pembroke H	o	o	o	xxo	xxx								1.61					1	A	1
4	T	Ashley Bundy	Cardiff AAC								o	o	o	xo	xxx	1.40					7	A	5
5	H		Hereford																		0		
6	N		Newport H																		0		
7	D	Simon Crumpton	Deeside AAC							xo	o	o	xxo	xxx		1.35					9	A	6
8	J	Chris McNaught	Menai T&F	xxx							o	o	o	o	xxo	1.45					5	A	4
9	SS	James Hopkins	Swansea H																		0		
10	RR	Aled Price	Carmarthen H	xo	o	xo	xxx						o	o	o	1.58					2	B	1
11	MM	David Omoregie	Pembroke H	xxx											xo	1.45					5	B	2
12	TT	Adrian Lawrence	Cardiff AAC							o	o	o	xxx			1.30					10	B	4
13	HH		Hereford																		0		
14	NN		Newport H																		0		
15	DD	Alex Peters	Deeside AAC																		0		
16	JJ	Connor Laverty	Menai T&F							o	o	o	xo	xxo	xxx	1.40					7	B	3

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT			
1	M	Jevon Barnes	Pembroke H	1.61	1	RR	Aled Price	Carmarthen H	1.58			
2	R	Mathew Davies	Carmarthen H	1.58	2	MM	David Omoregie	Pembroke H	1.45			
3	S	Luke Jenkins	Swansea H	1.50	3	JJ	Connor Laverty	Menai T&F	1.40			
4	J	Chris McNaught	Menai T&F	1.45	4	TT	Adrian Lawrence	Cardiff AAC	1.30			
5	T	Ashley Bundy	Cardiff AAC	1.40	5							
6	D	Simon Crumpton	Deeside AAC	1.35	6							
7					7							
8					8							
										<b>REFEREE'S SIGNATURE</b>		



# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009				VENUE		BRECON		TIME		11:30 AM	DATE		23/Aug/09	
EVENT		F4 - U13B - (400g) Javelin				LGE RECORD		41.00		ATHLETE		Rheon James - Carmarthen Harriers - 2005				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	M	Jamie Jenkins	Pembroke H	15.03	15.90	16.41	16.41	7	0.00	0.00	0.00	16.41	7	A	5	
2	N	Ryan Morgan	Newport H	26.32	23.14	NT	26.32	4	0.00	0.00	0.00	26.32	4	A	3	
3	J	Shaun Livett	Menai T&F	16.13	15.50	16.03	16.13	8	0.00	0.00	0.00	16.13	8	A	6	
4	S	Keiran Ingram	Swansea H	19.38	21.09	29.83	29.83	3	0.00	0.00	0.00	29.83	3	A	2	
5	D		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
6	R	Gethin Clarke	Carmarthen H	27.81	28.47	29.89	29.89	2	0.00	0.00	0.00	29.89	2	B		1
7	H	Harry Jones	Hereford	NT	13.55	NT	13.55	10	0.00	0.00	0.00	13.55	10	A	7	
8	T	Ciaran Lewis	Cardiff AAC	24.77	24.54	24.61	24.77	5	0.00	0.00	0.00	24.77	5	A	4	
9	MM		Pembroke H	0.00	0.00	0.00			0.00	0.00	0.00					
10	NN	Jordan Bryant	Newport H	14.50	NT	NT	14.50	9	0.00	0.00	0.00	14.50	9	B		3
11	JJ		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					
12	SS	Miles Keller-Jenkins	Swansea H	20.19	19.78	24.13	24.13	6	0.00	0.00	0.00	24.13	6	B		2
13	DD		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
14	RR	Jack Evans	Carmarthen H	26.42	29.77	32.06	32.06	1	0.00	0.00	0.00	32.06	1	A	1	
15	HH	Simon Chapman	Hereford	NT	NT	8.38	8.38	12	0.00	0.00	0.00	8.38	12	B		5
16	TT	Oliver Hunt	Cardiff AAC	9.69	12.38	13.05	13.05	11	0.00	0.00	0.00	13.05	11	B		4

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	RR	Jack Evans	Carmarthen H	32.06	1	R	Gethin Clarke	Carmarthen H	29.89		
2	S	Keiran Ingram	Swansea H	29.83	2	SS	Miles Keller-Jenkins	Swansea H	24.13		
3	N	Ryan Morgan	Newport H	26.32	3	NN	Jordan Bryant	Newport H	14.50		
4	T	Ciaran Lewis	Cardiff AAC	24.77	4	TT	Oliver Hunt	Cardiff AAC	13.05		
5	M	Jamie Jenkins	Pembroke H	16.41	5	HH	Simon Chapman	Hereford	8.38		
6	J	Shaun Livett	Menai T&F	16.13	6					REFEREE'S SIGNATURE	
7	H	Harry Jones	Hereford	13.55	7						
8					8						

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		11:30 AM		DATE		23/Aug/09		
EVENT		F5 - U15G - Long Jump		LGE RECORD		5.06		ATHLETE		Zara George - Pontyclun Junior AC - 2004						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	D	Beth Sargent	Deeside AAC	4.57	4.49	4.36	4.57	3	0.00	0.00	0.00	4.57	3	B		1
2	J	Anest Edwards	Menai T&F	3.88	3.88	3.97	3.97	8	0.00	0.00	0.00	3.97	8	A	6	
3	S	Nia Palla	Swansea H	NJ	NJ	3.00	3.00	14	0.00	0.00	0.00	3.00	14	B		7
4	R	Alyce Phillips	Carmarthen H	4.47	NJ	4.25	4.47	4	0.00	0.00	0.00	4.47	4	A	3	
5	N	Bethan Hill-Howells	Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
6	T	Ffion Bodilly	Cardiff AAC	4.78	4.65	4.74	4.78	1	0.00	0.00	0.00	4.78	1	A	1	
7	M	Emily Partridge	Pembroke H	3.68	3.70	3.74	3.74	10	0.00	0.00	0.00	3.74	10	B		4
8	H	Alys Marr	Hereford	NJ	3.60	3.59	3.60	11	0.00	0.00	0.00	3.60	11	A	7	
9	DD	Georgia Bates	Deeside AAC	4.40	4.62	3.64	4.62	2	0.00	0.00	0.00	4.62	2	A	2	
10	JJ	Heledd Mullaly	Menai T&F	3.20	0.00	0.00	3.20	13	0.00	0.00	0.00	3.20	13	B		6
11	SS	Chelsea Christopher	Swansea H	NJ	4.34	4.19	4.34	5	0.00	0.00	0.00	4.34	5	A	4	
12	RR	Amelia Roberts	Carmarthen H	3.85	3.84	4.00	4.00	7	0.00	0.00	0.00	4.00	7	B		2
13	NN		Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
14	TT	Laura Trigg	Cardiff AAC	3.31	3.97	3.91	3.97	8	0.00	0.00	0.00	3.97	8	B		3
15	MM	Shannon Chambers	Pembroke H	4.11	3.78	3.94	4.11	6	0.00	0.00	0.00	4.11	6	A	5	
16	HH	Holly Brotherton	Hereford	3.50	3.33	3.36	3.50	12	0.00	0.00	0.00	3.50	12	B		5

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	T	Ffion Bodilly	Cardiff AAC	4.78	1	D	Beth Sargent	Deeside AAC	4.57		
2	DD	Georgia Bates	Deeside AAC	4.62	2	RR	Amelia Roberts	Carmarthen H	4.00		
3	R	Alyce Phillips	Carmarthen H	4.47	3	TT	Laura Trigg	Cardiff AAC	3.97		
4	SS	Chelsea Christopher	Swansea H	4.34	4	M	Emily Partridge	Pembroke H	3.74		
5	MM	Shannon Chambers	Pembroke H	4.11	5	HH	Holly Brotherton	Hereford	3.50		
6	J	Anest Edwards	Menai T&F	3.97	6	JJ	Heledd Mullaly	Menai T&F	3.20	REFEREE'S SIGNATURE	
7	H	Alys Marr	Hereford	3.60	7	S	Nia Palla	Swansea H	3.00		
8					8						

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		11:30 AM		DATE		23/Aug/09		
EVENT		F6 - U13G - (2.72kg) Shot		LGE RECORD		10.30		ATHLETE		Nicola Stevenson - Bridgend A C - 2001						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	N	Katy Hunt	Newport H	4.62	4.60	5.01	5.01	13	0.00	0.00	0.00	5.01	13	B		6
2	D	Sabrina Fortune	Deeside AAC	7.98	NT	7.77	7.98	4	0.00	0.00	0.00	7.98	4	A	4	
3	T	Carys Dawe	Cardiff AAC	5.61	5.97	6.24	6.24	10	0.00	0.00	0.00	6.24	10	A	6	
4	M	Aynsley Price	Pembroke H	8.65	9.35	9.96	9.96	1	0.00	0.00	0.00	9.96	1	A	1	
5	J	Bronwen Jenkinson	Menai T&F	4.40	3.80	4.61	4.61	14	0.00	0.00	0.00	4.61	14	A	8	
6	H	Jess Williams	Hereford	7.82	7.04	7.20	7.82	5	0.00	0.00	0.00	7.82	5	A	5	
7	R	Bronwen Lewis	Carmarthen H	8.93	9.40	8.86	9.40	2	0.00	0.00	0.00	9.40	2	A	2	
8	S	Rebecca Hughes	Swansea H	8.20	8.50	8.12	8.50	3	0.00	0.00	0.00	8.50	3	A	3	
9	NN	Danielle Morgan	Newport H	6.17	5.87	6.02	6.17	11	0.00	0.00	0.00	6.17	11	A	7	
10	DD	Rowan Antrobus	Deeside AAC	5.70	5.95	6.39	6.39	9	0.00	0.00	0.00	6.39	9	B		4
11	TT	Alice Brennan	Cardiff AAC	5.37	4.52	5.00	5.37	12	0.00	0.00	0.00	5.37	12	B		5
12	MM	Anita Madan	Pembroke H	NT	6.62	6.24	6.62	8	0.00	0.00	0.00	6.62	8	B		3
13	JJ	Mollie Davies	Menai T&F	3.97	3.66	4.21	4.21	15	0.00	0.00	0.00	4.21	15	B		7
14	HH	Anna Little	Hereford	NT	NT	3.32	3.32	16	0.00	0.00	0.00	3.32	16	B		8
15	RR	Amy Humble	Carmarthen H	6.88	5.90	6.69	6.88	7	0.00	0.00	0.00	6.88	7	B		2
16	SS	Stephanie Nicholas	Swansea H	6.70	6.98	6.47	6.98	6	0.00	0.00	0.00	6.98	6	B		1

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	M	Aynsley Price	Pembroke H	9.96	1	SS	Stephanie Nicholas	Swansea H	6.98		
2	R	Bronwen Lewis	Carmarthen H	9.40	2	RR	Amy Humble	Carmarthen H	6.88		
3	S	Rebecca Hughes	Swansea H	8.50	3	MM	Anita Madan	Pembroke H	6.62		
4	D	Sabrina Fortune	Deeside AAC	7.98	4	DD	Rowan Antrobus	Deeside AAC	6.39		
5	H	Jess Williams	Hereford	7.82	5	TT	Alice Brennan	Cardiff AAC	5.37		
6	T	Carys Dawe	Cardiff AAC	6.24	6	N	Katy Hunt	Newport H	5.01	REFEREE'S SIGNATURE	
7	NN	Danielle Morgan	Newport H	6.17	7	JJ	Mollie Davies	Menai T&F	4.21		
8	J	Bronwen Jenkinson	Menai T&F	4.61	8	HH	Anna Little	Hereford	3.32		

# WELSH ATHLETICS HEIGHT CARD

MEETING		U15 LGE CUP FINAL 2009				VENUE		BRECON				TIME		11:30 AM		DATE	23/Aug/09							
EVENT		F7 - Pole Vault - U15B				RECORD			2.45		ATHLETE		Stephen Scarfi - Cwmbran 2009											
Order	No	NAME	CLUB	1.71	1.76	1.81	1.86	1.91	1.96	2.01	2.06	2.11	2.16	2.21	2.26	Best of All	Trials at Ht Cleared	Total	Failures	Total Trials	Final	Position	A or B	
				2.31	2.36	2.41	2.46	2.51	2.56	2.61	2.66	2.71	2.76	2.81	2.86									
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres									Metres
1	R		Carmarthen H																					
2	M		Pembroke H																					
3	J		Menai T&F																					
4	H		Hereford																					
5	S		Swansea H																					
6	D		Deeside AAC																					
7	T		Cardiff AAC																					
8	N		Newport H																					
9	RR		Carmarthen H																					
10	MM		Pembroke H																					
11	JJ		Menai T&F																					
12	HH		Hereford																					
13	SS		Swansea H																					
14	DD		Deeside AAC																					
15	TT		Cardiff AAC																					
16	NN		Newport H																					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT			
1	98				1							
2					2							
3					3							
4					4							
5					5							
6					6							
7					7							
8					8							
										REFEREE'S SIGNATURE		

# WELSH ATHLETICS HEIGHT CARD

MEETING		U15 LGE CUP FINAL 2009				VENUE		BRECON				TIME		11:30 AM		DATE	23/Aug/09						
EVENT		F8 - Pole Vault - U15G				RECORD		2.60		ATHLETE		Sally Nicholas - Cardiff 2009											
Order	No	NAME	CLUB	2.15	2.20	2.25	2.40	2.50	2.60							Best of All	Trials at Ht Cleared	Total	Failures	Total Trials	Final Position	A or B	
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	J		Menai T&F																				
2	T	Sally Nicholas	Cardiff AAC		o		xo	xo	xxx							2.50					1	A	1
3	H		Hereford																		0		
4	N		Newport H																		0		
5	R	Enfys Jones	Carmarthen H	o		xxx										2.15					2	A	2
6	M		Pembroke H																		0		
7	S		Swansea H																		0		
8	D		Deeside AAC																		0		
9	JJ		Menai T&F																		0		
10	TT	Lucy Daly	Cardiff AAC																		0		
11	HH		Hereford																		0		
12	NN		Newport H																		0		
13	RR		Carmarthen H																		0		
14	MM		Pembroke H																		0		
15	SS		Swansea H																		0		
16	DD		Deeside AAC																		0		

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT		
1	T	Sally Nicholas	Cardiff AAC	2.50	1						
2	R	Enfys Jones	Carmarthen H	2.15	2						
3					3						
4					4						
5					5						
6					6						
7					7						
8					8						
										REFEREE'S SIGNATURE	

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		12:20 PM		DATE		23/Aug/09		
EVENT		F9 - U11B - Long Jump		LGE RECORD		4.33		ATHLETE		G James - Carmarthen Harriers - 1987						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	H	George Hudson	Hereford	2.97	2.95	3.10	3.10	8	0.00	0.00	0.00	3.10	8	A	5	
2	S	Joe Crosby	Swansea H	4.11	3.85	3.84	4.11	1	0.00	0.00	0.00	4.11	1	A	1	
3	R	Aled Rees	Carmarthen H	3.41	3.15	3.09	3.41	5	0.00	0.00	0.00	3.41	5	A	4	
4	D	Mitchell Thomas	Deeside AAC	2.16	2.76	3.00	3.00	10	0.00	0.00	0.00	3.00	10	A	6	
5	T	Tom Clarke	Cardiff AAC	NJ	2.65	2.84	2.84	11	0.00	0.00	0.00	2.84	11	A	7	
6	N	Carwyn Penny	Newport H	3.93	3.90	3.57	3.93	2	0.00	0.00	0.00	3.93	2	A	2	
7	M	Thomas Hughes	Pembroke H	3.51	3.41	3.40	3.51	4	0.00	0.00	0.00	3.51	4	A	3	
8	J		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					
9	HH	Joe Harmen	Hereford	2.91	2.88	3.05	3.05	9	0.00	0.00	0.00	3.05	9	B		4
10	SS	Joe Brier	Swansea H	3.35	2.71	2.99	3.35	6	0.00	0.00	0.00	3.35	6	B		2
11	RR	William Lewis	Carmarthen H	3.29	2.99	3.20	3.29	7	0.00	0.00	0.00	3.29	7	B		3
12	DD	Ollie Matthews	Deeside AAC	2.48	2.54	2.29	2.54	13	0.00	0.00	0.00	2.54	13	B		6
13	TT		Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00					
14	NN	Daniel Snelling	Newport H	3.55	3.78	3.56	3.78	3	0.00	0.00	0.00	3.78	3	B		1
15	MM	Steffan Thomas	Pembroke H	2.46	2.42	2.61	2.61	12	0.00	0.00	0.00	2.61	12	B		5
16	JJ		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	S	Joe Crosby	Swansea H	4.11	1	NN	Daniel Snelling	Newport H	3.78		
2	N	Carwyn Penny	Newport H	3.93	2	SS	Joe Brier	Swansea H	3.35		
3	M	Thomas Hughes	Pembroke H	3.51	3	RR	William Lewis	Carmarthen H	3.29		
4	R	Aled Rees	Carmarthen H	3.41	4	HH	Joe Harmen	Hereford	3.05		
5	H	George Hudson	Hereford	3.10	5	MM	Steffan Thomas	Pembroke H	2.61		
6	D	Mitchell Thomas	Deeside AAC	3.00	6	DD	Ollie Matthews	Deeside AAC	2.54		
7	T	Tom Clarke	Cardiff AAC	2.84	7						
8					8					REFEREE'S SIGNATURE	

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		12:20 PM		DATE		23/Aug/09		
EVENT		F10 - U15B - (4.00kg) Shot		LGE RECORD		16.21		ATHLETE		Matthew Evans - Carmarthen Harriers - 2003						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	T	Deon Garrison	Cardiff AAC	6.72	6.36	6.37	6.72	10	0.00	0.00	0.00	6.72	10	B		3
2	H	Tom Fellows	Hereford	8.74	NT	NT	8.74	5	0.00	0.00	0.00	8.74	5	A	4	
3	D	Alex Peters	Deeside AAC	8.23	7.90	0.00	8.23	8	0.00	0.00	0.00	8.23	8	A	6	
4	J	Connor Laverty	Menai T&F	8.65	8.90	7.88	8.90	4	0.00	0.00	0.00	8.90	4	A	3	
5	M	Matthew John	Pembroke H	7.77	8.46	8.58	8.58	6	0.00	0.00	0.00	8.58	6	A	5	
6	S	Zac Nye	Swansea H	9.81	9.05	9.73	9.81	2	0.00	0.00	0.00	9.81	2	A	2	
7	N	Matt Arnold	Newport H	5.82	NT	5.49	5.82	14	0.00	0.00	0.00	5.82	14	A	8	
8	R	Lee Taylor	Carmarthen H	11.02	11.40	11.46	11.46	1	0.00	0.00	0.00	11.46	1	A	1	
9	TT	Iwan Hughes	Cardiff AAC	7.72	7.68	0.00	7.72	9	0.00	0.00	0.00	7.72	9	A	7	
10	HH	Charlie Graig	Hereford	7.37	8.40	7.38	8.40	7	0.00	0.00	0.00	8.40	7	B		2
11	DD	Jobe Urquhart	Deeside AAC	6.29	5.71	5.89	6.29	13	0.00	0.00	0.00	6.29	13	B		6
12	JJ	Aled Thomas	Menai T&F	NT	5.14	6.41	6.41	12	0.00	0.00	0.00	6.41	12	B		5
13	MM	Matthew Overton	Pembroke H	6.70	5.61	0.00	6.70	11	0.00	0.00	0.00	6.70	11	B		4
14	SS	Joseph Thomas	Swansea H	NT	NT	0.00			0.00	0.00	0.00					
15	NN		Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
16	RR	James Stevenson	Carmarthen H	9.22	9.19	0.00	9.22	3	0.00	0.00	0.00	9.22	3	B		1

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	R	Lee Taylor	Carmarthen H	11.46	1	RR	James Stevenson	Carmarthen H	9.22		
2	S	Zac Nye	Swansea H	9.81	2	HH	Charlie Graig	Hereford	8.40		
3	J	Connor Laverty	Menai T&F	8.90	3	T	Deon Garrison	Cardiff AAC	6.72		
4	H	Tom Fellows	Hereford	8.74	4	MM	Matthew Overton	Pembroke H	6.70		
5	M	Matthew John	Pembroke H	8.58	5	JJ	Aled Thomas	Menai T&F	6.41		
6	D	Alex Peters	Deeside AAC	8.23	6	DD	Jobe Urquhart	Deeside AAC	6.29	REFEREE'S SIGNATURE	
7	TT	Iwan Hughes	Cardiff AAC	7.72	7						
8	N	Matt Arnold	Newport H	5.82	8						

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		12:20 PM		DATE		23/Aug/09		
EVENT		F11 - U15G - (600g) Javelin		LGE RECORD		37.20		ATHLETE		Carys Mansfield - Carmarthen Harriers -						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	S	Iona Evans	Swansea H	NT	7.63	0.00	7.63	13	0.00	0.00	0.00	7.63	13	B		6
2	R	Carys Mansfield	Carmarthen H	31.65	NT	28.98	31.65	2	0.00	0.00	0.00	31.65	2	A	2	
3	M	Katrin Watkin - Rees	Pembroke H	15.64	NT	NT	15.64	8	0.00	0.00	0.00	15.64	8	A	6	
4	T	Ffion Bodilly	Cardiff AAC	17.87	20.16	NT	20.16	4	0.00	0.00	0.00	20.16	4	A	4	
5	H	Jade Williams	Hereford	14.40	16.03	NT	16.03	7	0.00	0.00	0.00	16.03	7	B		2
6	N	Melissa Arthur	Newport H	31.95	NT	27.44	31.95	1	0.00	0.00	0.00	31.95	1	A	1	
7	D	Hayley Nuttall	Deeside AAC	22.46	21.57	21.75	22.46	3	0.00	0.00	0.00	22.46	3	A	3	
8	J	Alice John	Menai T&F	3.99	4.50	4.94	4.94	14	0.00	0.00	0.00	4.94	14	A	8	
9	SS	Gabriella Cirillo	Swansea H	NT	9.01	NT	9.01	12	0.00	0.00	0.00	9.01	12	A	7	
10	RR	Kayleigh Jones	Carmarthen H	17.88	15.43	NT	17.88	5	0.00	0.00	0.00	17.88	5	B		1
11	MM		Pembroke H	0.00	0.00	0.00			0.00	0.00	0.00					
12	TT	Chloe Phillips	Cardiff AAC	NT	13.45	15.19	15.19	9	0.00	0.00	0.00	15.19	9	B		3
13	HH	Sharleen Watkins	Hereford	17.46	NT	NT	17.46	6	0.00	0.00	0.00	17.46	6	A	5	
14	NN	Chloe Powell	Newport H	11.70	NT	10.79	11.70	10	0.00	0.00	0.00	11.70	10	B		4
15	DD	Bryony Burton	Deeside AAC	NT	11.04	NT	11.04	11	0.00	0.00	0.00	11.04	11	B		5
16	JJ		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	N	Melissa Arthur	Newport H	31.95	1	RR	Kayleigh Jones	Carmarthen H	17.88		
2	R	Carys Mansfield	Carmarthen H	31.65	2	H	Jade Williams	Hereford	16.03		
3	D	Hayley Nuttall	Deeside AAC	22.46	3	TT	Chloe Phillips	Cardiff AAC	15.19		
4	T	Ffion Bodilly	Cardiff AAC	20.16	4	NN	Chloe Powell	Newport H	11.70		
5	HH	Sharleen Watkins	Hereford	17.46	5	DD	Bryony Burton	Deeside AAC	11.04		
6	M	Katrin Watkin - Rees	Pembroke H	15.64	6	S	Iona Evans	Swansea H	7.63	REFEREE'S SIGNATURE	
7	SS	Gabriella Cirillo	Swansea H	9.01	7						
8	J	Alice John	Menai T&F	4.94	8						



# WELSH ATHLETICS HEIGHT CARD

MEETING		U15 LGE CUP FINAL 2009				VENUE		BRECON				TIME		12:50 PM		DATE	23/Aug/09						
EVENT		F12 - High Jump - U13B				RECORD		1.60		ATHLETE		Jamie Dalton - Preseli Harriers 1992											
Order	No	NAME	CLUB	0.90	0.95	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.43	Best of All	Trials at Ht Cleared	Total	Failures	Total Trials	Final Position	A or B	
				1.48	1.53	1.58	1.63	1.68	1.73	1.78	1.83	1.88	1.93	1.98	2.03								
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres								Metres
1	M	Daniel Salmon	Pembroke H					o	o	xxx						1.15					8	B	3
2	N	Kyle Arnold	Newport H						xo	o	o	xxx				1.25					3	A	3
3	J		Menai T&F																		0		
4	S	Miles Keller-Jenkins	Swansea H					o	o	o	xxx					1.20					4	A	4
5	D	Jack Parry	Deeside AAC			o	o	o	xo	xxx						1.15					8	A	6
6	R	Dafydd Adams	Carmarthen H								o	xo	o	o	xxo	1.43					1	A	1
7	H	Mathew Jones	Hereford			o	o	xo	xxx							1.10					12	A	7
8	T	George Griffiths	Cardiff AAC						o	o	xxo	xo	o	xo	xxx	1.40					2	A	2
9	MM	Charlie Edge	Pembroke H					o	o	xo	xxx					1.20					4	A	4
10	NN	Gabriel Johnson	Newport H					o	xo	xxo	xxx					1.20					4	B	1
11	JJ		Menai T&F																		0		
12	SS	Calum Palla	Swansea H					o	o	xxx						1.15					8	B	3
13	DD	Danny Bennett	Deeside AAC			o	o	xo	xxx							1.10					12	B	6
14	RR	Jack Evans	Carmarthen H					o	xo	o	xxx					1.20					4	B	1
15	HH		Hereford																		0		
16	TT	Jacob Foley	Cardiff AAC					o	o	xxx						1.15					8	B	3

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT			
1	R	Dafydd Adams	Carmarthen H	1.43	1	RR	Jack Evans	Carmarthen H	1.20			
2	T	George Griffiths	Cardiff AAC	1.40	2	NN	Gabriel Johnson	Newport H	1.20			
3	N	Kyle Arnold	Newport H	1.25	3	TT	Jacob Foley	Cardiff AAC	1.15			
4	S	Miles Keller-Jenkins	Swansea H	1.20	4	M	Daniel Salmon	Pembroke H	1.15			
5	MM	Charlie Edge	Pembroke H	1.20	5	SS	Calum Palla	Swansea H	1.15			
6	D	Jack Parry	Deeside AAC	1.15	6	DD	Danny Bennett	Deeside AAC	1.10	REFEREE'S SIGNATURE		
7	H	Mathew Jones	Hereford	1.10	7							
8					8							

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		1:10 PM		DATE		23/Aug/09		
EVENT		F13 - U15B - (600g) Javelin		LGE RECORD		52.08		ATHLETE		Garth Loughran - Carmarthen Harriers - 2003						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	D	Jobe Urquhart	Deeside AAC	12.80	14.00	17.95	17.95	7	0.00	0.00	0.00	17.95	7	A	5	
2	J	Mike Bland	Menai T&F	13.11	NT	2.77	13.11	9	0.00	0.00	0.00	13.11	9	A	7	
3	S	James Hopkins	Swansea H	0.00	0.00	0.00			0.00	0.00	0.00					
4	R	Gareth Thompson	Carmarthen H	38.41	39.98	40.99	40.99	1	0.00	0.00	0.00	40.99	1	A	1	
5	N		Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
6	T	Deon Garrison	Cardiff AAC	20.68	18.46	21.18	21.18	6	0.00	0.00	0.00	21.18	6	B		2
7	M	Oliver Hughes	Pembroke H	NT	NT	NT			0.00	0.00	0.00					
8	H	Pery Fry	Hereford	NT	13.27	13.41	13.41	8	0.00	0.00	0.00	13.41	8	A	6	
9	DD	Matthew Blackwell	Deeside AAC	NT	NT	3.59	3.59	11	0.00	0.00	0.00	3.59	11	B		4
10	JJ	Chris McNaught	Menai T&F	13.11	NT	2.77	13.11	9	0.00	0.00	0.00	13.11	9	B		3
11	SS	Joseph Thomas	Swansea H	17.92	21.85	21.71	21.85	5	0.00	0.00	0.00	21.85	5	A	4	
12	RR	James Stevenson	Carmarthen H	39.76	39.07	38.58	39.76	2	0.00	0.00	0.00	39.76	2	B		1
13	NN		Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
14	TT	Matteo Holmes	Cardiff AAC	27.87	27.21	24.95	27.87	3	0.00	0.00	0.00	27.87	3	A	2	
15	MM	Matthew John	Pembroke H	23.24	21.92	NT	23.24	4	0.00	0.00	0.00	23.24	4	A	3	
16	HH		Hereford	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	R	Gareth Thompson	Carmarthen H	40.99	1	RR	James Stevenson	Carmarthen H	39.76		
2	TT	Matteo Holmes	Cardiff AAC	27.87	2	T	Deon Garrison	Cardiff AAC	21.18		
3	MM	Matthew John	Pembroke H	23.24	3	JJ	Chris McNaught	Menai T&F	13.11		
4	SS	Joseph Thomas	Swansea H	21.85	4	DD	Matthew Blackwell	Deeside AAC	3.59		
5	D	Jobe Urquhart	Deeside AAC	17.95	5						
6	H	Pery Fry	Hereford	13.41	6					REFEREE'S SIGNATURE	
7	J	Mike Bland	Menai T&F	13.11	7						
8					8						

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		1:10 PM		DATE		23/Aug/09		
EVENT		F14 - U13G - Long Jump		LGE RECORD		4.70		ATHLETE		Enfys Jones - Carmarthen Harriers - 1989						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	N	Katie Jane Priest	Newport H	3.44	3.75	3.39	3.75	4	0.00	0.00	0.00	3.75	4	A	4	
2	D	Laura Turley	Deeside AAC	NJ	NJ	3.85	3.85	2	0.00	0.00	0.00	3.85	2	A	2	
3	T	Mary Ware	Cardiff AAC	3.44	3.28	3.24	3.44	10	0.00	0.00	0.00	3.44	10	A	8	
4	M	Amy Leahy	Pembroke H	3.78	3.67	3.67	3.78	3	0.00	0.00	0.00	3.78	3	A	3	
5	J	Maisie Blake	Menai T&F	3.61	3.32	3.26	3.61	7	0.00	0.00	0.00	3.61	7	A	6	
6	H	Laura Morris	Hereford	3.41	3.23	3.52	3.52	8	0.00	0.00	0.00	3.52	8	A	7	
7	R	Kimberley Abodunrin	Carmarthen H	NJ	3.49	NJ	3.49	9	0.00	0.00	0.00	3.49	9	B		2
8	S	Miriam Williams	Swansea H	NJ	4.12	4.06	4.12	1	0.00	0.00	0.00	4.12	1	A	1	
9	NN	Emma Henessey	Newport H	3.65	3.50	0.00	3.65	6	0.00	0.00	0.00	3.65	6	B		1
10	DD	Bethan Jones	Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
11	TT	Nia Bodilly	Cardiff AAC	NJ	2.88	NJ	2.88	14	0.00	0.00	0.00	2.88	14	B		6
12	MM	Poppy Lewis	Pembroke H	3.20	3.18	NJ	3.20	12	0.00	0.00	0.00	3.20	12	B		4
13	JJ	Vicky James	Menai T&F	3.04	3.23	2.95	3.23	11	0.00	0.00	0.00	3.23	11	B		3
14	HH	Anna Little	Hereford	2.62	2.68	2.71	2.71	15	0.00	0.00	0.00	2.71	15	B		7
15	RR	Rebecca Lewis	Carmarthen H	3.47	3.60	3.67	3.67	5	0.00	0.00	0.00	3.67	5	A	5	
16	SS	Katie Wells	Swansea H	3.07	2.95	2.97	3.07	13	0.00	0.00	0.00	3.07	13	B		5

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	S	Miriam Williams	Swansea H	4.12	1	NN	Emma Henessey	Newport H	3.65		
2	D	Laura Turley	Deeside AAC	3.85	2	R	Kimberley Abodunrin	Carmarthen H	3.49		
3	M	Amy Leahy	Pembroke H	3.78	3	JJ	Vicky James	Menai T&F	3.23		
4	N	Katie Jane Priest	Newport H	3.75	4	MM	Poppy Lewis	Pembroke H	3.20		
5	RR	Rebecca Lewis	Carmarthen H	3.67	5	SS	Katie Wells	Swansea H	3.07		
6	J	Maisie Blake	Menai T&F	3.61	6	TT	Nia Bodilly	Cardiff AAC	2.88	REFEREE'S SIGNATURE	
7	H	Laura Morris	Hereford	3.52	7	HH	Anna Little	Hereford	2.71		
8	T	Mary Ware	Cardiff AAC	3.44	8						

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		1:10 PM		DATE		23/Aug/09		
EVENT		F15 - U11G - (2.0kg) Shot		LGE RECORD		7.12		ATHLETE		Eliw James - Carmarthen Harriers - 2005						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	R	Bethan Lewis	Carmarthen H	6.72	6.42	5.89	6.72	1	0.00	0.00	0.00	6.72	1	A	1	
2	M	Kelsey Williams	Pembroke H	5.66	5.51	NT	5.66	5	0.00	0.00	0.00	5.66	5	A	4	
3	J	Tya Riddings	Menai T&F	5.76	5.19	NT	5.76	4	0.00	0.00	0.00	5.76	4	B		1
4	H	Cara Bennet	Hereford	3.22	3.96	3.56	3.96	12	0.00	0.00	0.00	3.96	12	A	7	
5	S	Emily Evans	Swansea H	5.07	4.94	4.74	5.07	8	0.00	0.00	0.00	5.07	8	B		3
6	D	Tia Williams	Deeside AAC	6.39	6.30	NT	6.39	2	0.00	0.00	0.00	6.39	2	A	2	
7	T	Jessica Jones	Cardiff AAC	3.73	2.80	3.95	3.95	13	0.00	0.00	0.00	3.95	13	A	8	
8	N	Caitlin Scarfi	Newport H	NT	3.87	4.74	4.74	9	0.00	0.00	0.00	4.74	9	A	6	
9	RR	Sioned Glynn	Carmarthen H	NT	2.89	NT	2.89	15	0.00	0.00	0.00	2.89	15	B		7
10	MM	Lleucu George	Pembroke H	4.22	4.93	5.12	5.12	7	0.00	0.00	0.00	5.12	7	B		2
11	JJ	Cara Evans	Menai T&F	6.25	5.11	4.54	6.25	3	0.00	0.00	0.00	6.25	3	A	3	
12	HH	Fern White	Hereford	NT	3.80	NT	3.80	14	0.00	0.00	0.00	3.80	14	B		6
13	SS	Rachel Jones	Swansea H	5.10	4.21	5.51	5.51	6	0.00	0.00	0.00	5.51	6	A	5	
14	DD	Molly Gregorious	Deeside AAC	NT	NT	4.71	4.71	10	0.00	0.00	0.00	4.71	10	B		4
15	TT		Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00					
16	NN	Katie Shine	Newport H	NT	3.62	4.18	4.18	11	0.00	0.00	0.00	4.18	11	B		5

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	R	Bethan Lewis	Carmarthen H	6.72	1	J	Tya Riddings	Menai T&F	5.76		
2	D	Tia Williams	Deeside AAC	6.39	2	MM	Lleucu George	Pembroke H	5.12		
3	JJ	Cara Evans	Menai T&F	6.25	3	S	Emily Evans	Swansea H	5.07		
4	M	Kelsey Williams	Pembroke H	5.66	4	DD	Molly Gregorious	Deeside AAC	4.71		
5	SS	Rachel Jones	Swansea H	5.51	5	NN	Katie Shine	Newport H	4.18		
6	N	Caitlin Scarfi	Newport H	4.74	6	HH	Fern White	Hereford	3.80	REFEREE'S SIGNATURE	
7	H	Cara Bennet	Hereford	3.96	7	RR	Sioned Glynn	Carmarthen H	2.89		
8	T	Jessica Jones	Cardiff AAC	3.95	8						

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		1:20 PM		DATE		23/Aug/09		
EVENT		F16 - U13G - (0.75kg) Discus		LGE RECORD		26.27		ATHLETE		Toni Wells - Swansea Harriers - 2005						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	J		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					
2	T	Carys Dawe	Cardiff AAC	10.86	11.98	12.42	12.42	7	0.00	0.00	0.00	12.42	7	A	6	
3	H	Jess Williams	Hereford	18.61	NT	15.85	18.61	4	0.00	0.00	0.00	18.61	4	A	4	
4	N		Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
5	R	Bronwen Lewis	Carmarthen H	21.02	NT	NT	21.02	2	0.00	0.00	0.00	21.02	2	A	2	
6	M	Aynsley Price	Pembroke H	NT	14.41	14.96	14.96	5	0.00	0.00	0.00	14.96	5	A	5	
7	S	Stephanie Nicholas	Swansea H	18.31	18.42	20.00	20.00	3	0.00	0.00	0.00	20.00	3	A	3	
8	D	Sabrina Fortune	Deeside AAC	25.41	25.06	NT	25.41	1	0.00	0.00	0.00	25.41	1	A	1	
9	JJ		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					
10	TT	Hannah Burnell	Cardiff AAC	NT	NT	12.07	12.07	8	0.00	0.00	0.00	12.07	8	B		2
11	HH	Iona Prosser	Hereford	10.04	9.49	NT	10.04	11	0.00	0.00	0.00	10.04	11	B		5
12	NN		Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
13	RR	Amy Humble	Carmarthen H	13.44	14.83	11.56	14.83	6	0.00	0.00	0.00	14.83	6	B		1
14	MM	Sophie Rees	Pembroke H	10.12	8.49	9.68	10.12	10	0.00	0.00	0.00	10.12	10	B		4
15	SS	Hannah Matthews	Swansea H	10.70	NT	12.06	12.06	9	0.00	0.00	0.00	12.06	9	B		3
16	DD		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	D	Sabrina Fortune	Deeside AAC	25.41	1	RR	Amy Humble	Carmarthen H	14.83		
2	R	Bronwen Lewis	Carmarthen H	21.02	2	TT	Hannah Burnell	Cardiff AAC	12.07		
3	S	Stephanie Nicholas	Swansea H	20.00	3	SS	Hannah Matthews	Swansea H	12.06		
4	H	Jess Williams	Hereford	18.61	4	MM	Sophie Rees	Pembroke H	10.12		
5	M	Aynsley Price	Pembroke H	14.96	5	HH	Iona Prosser	Hereford	10.04		
6	T	Carys Dawe	Cardiff AAC	12.42	6					REFEREE'S SIGNATURE	
7					7						
8					8						

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		2:00 PM		DATE		23/Aug/09		
EVENT		F17 - U13G - (400g) Javelin		LGE RECORD		28.12		ATHLETE		Sara Siggery - Carmarthen Harriers - 1997						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	H	Jess Williams	Hereford	NT	17.85	16.40	17.85	2	0.00	0.00	0.00	17.85	2	A	2	
2	S	Rebecca Hughes	Swansea H	25.86	20.63	24.55	25.86	1	0.00	0.00	0.00	25.86	1	A	1	
3	R	Megan Davies	Carmarthen H	11.70	10.80	NT	11.70	10	0.00	0.00	0.00	11.70	10	B		2
4	D	Shannah Cole	Deeside AAC	12.22	14.09	12.95	14.09	7	0.00	0.00	0.00	14.09	7	A	6	
5	T	Nia Bodilly	Cardiff AAC	10.51	10.96	11.88	11.88	9	0.00	0.00	0.00	11.88	9	A	8	
6	N	Danielle Morgan	Newport H	13.17	14.57	14.60	14.60	6	0.00	0.00	0.00	14.60	6	A	5	
7	M	Sophie Rees	Pembroke H	NT	10.71	NT	10.71	11	0.00	0.00	0.00	10.71	11	B		3
8	J	Vicky James	Menai T&F	16.07	11.31	15.47	16.07	3	0.00	0.00	0.00	16.07	3	A	3	
9	HH	Anna Little	Hereford	5.42	8.14	9.97	9.97	12	0.00	0.00	0.00	9.97	12	B		4
10	SS	Bethan Radford	Swansea H	15.43	15.20	14.13	15.43	4	0.00	0.00	0.00	15.43	4	B		1
11	RR	Bronwen Lewis	Carmarthen H	NT	15.12	NT	15.12	5	0.00	0.00	0.00	15.12	5	A	4	
12	DD		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
13	TT	Mary Ware	Cardiff AAC	9.50	7.95	9.13	9.50	13	0.00	0.00	0.00	9.50	13	B		5
14	NN		Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
15	MM	Aynsley Price	Pembroke H	12.02	8.89	8.64	12.02	8	0.00	0.00	0.00	12.02	8	A	7	
16	JJ	Mollie Davies	Menai T&F	7.99	NT	7.90	7.99	14	0.00	0.00	0.00	7.99	14	B		6

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	S	Rebecca Hughes	Swansea H	25.86	1	SS	Bethan Radford	Swansea H	15.43		
2	H	Jess Williams	Hereford	17.85	2	R	Megan Davies	Carmarthen H	11.70		
3	J	Vicky James	Menai T&F	16.07	3	M	Sophie Rees	Pembroke H	10.71		
4	RR	Bronwen Lewis	Carmarthen H	15.12	4	HH	Anna Little	Hereford	9.97		
5	N	Danielle Morgan	Newport H	14.60	5	TT	Mary Ware	Cardiff AAC	9.50		
6	D	Shannah Cole	Deeside AAC	14.09	6	JJ	Mollie Davies	Menai T&F	7.99	REFEREE'S SIGNATURE	
7	MM	Aynsley Price	Pembroke H	12.02	7						
8	T	Nia Bodilly	Cardiff AAC	11.88	8						

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		2:00 PM		DATE		23/Aug/09		
EVENT		F18 - U13B - Long Jump		LGE RECORD		5.10		ATHLETE		G James - Carmarthen Harriers - 1989						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	T	George Griffiths	Cardiff AAC	4.21	4.32	4.24	4.32	1	0.00	0.00	0.00	4.32	1	A	1	
2	H	Matthew Jones	Hereford	3.80	NJ	NJ	3.80	9	0.00	0.00	0.00	3.80	9	A	7	
3	D	Rhys Jackson	Deeside AAC	3.93	4.14	3.98	4.14	4	0.00	0.00	0.00	4.14	4	A	3	
4	J	Iolo Hughes	Menai T&F	3.49	3.07	3.37	3.49	11	0.00	0.00	0.00	3.49	11	A	8	
5	M	Ben Weber	Pembroke H	3.75	3.95	3.76	3.95	6	0.00	0.00	0.00	3.95	6	A	5	
6	S	Michael Wilson	Swansea H	3.99	3.70	4.13	4.13	5	0.00	0.00	0.00	4.13	5	A	4	
7	N	Gabriel Johnson	Newport H	2.97	3.85	3.57	3.85	8	0.00	0.00	0.00	3.85	8	A	6	
8	R	Llyr Freeman	Carmarthen H	3.40	3.38	3.46	3.46	12	0.00	0.00	0.00	3.46	12	B		4
9	TT	Floyd Haughton	Cardiff AAC	4.01	4.06	4.24	4.24	2	0.00	0.00	0.00	4.24	2	B		1
10	HH		Hereford	0.00	0.00	0.00			0.00	0.00	0.00					
11	DD		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
12	JJ		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					
13	MM	Cameron Blakemore	Pembroke H	3.75	3.95	3.76	3.95	6	0.00	0.00	0.00	3.95	6	B		2
14	SS	Calum Palla	Swansea H	3.78	3.75	3.69	3.78	10	0.00	0.00	0.00	3.78	10	B		3
15	NN	Luke Gill	Newport H	3.34	3.35	3.21	3.35	13	0.00	0.00	0.00	3.35	13	B		5
16	RR	Shaun Pearce	Carmarthen H	3.84	3.95	4.23	4.23	3	0.00	0.00	0.00	4.23	3	A	2	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	T	George Griffiths	Cardiff AAC	4.32	1	TT	Floyd Haughton	Cardiff AAC	4.24		
2	RR	Shaun Pearce	Carmarthen H	4.23	2	MM	Cameron Blakemore	Pembroke H	3.95		
3	D	Rhys Jackson	Deeside AAC	4.14	3	SS	Calum Palla	Swansea H	3.78		
4	S	Michael Wilson	Swansea H	4.13	4	R	Llyr Freeman	Carmarthen H	3.46		
5	M	Ben Weber	Pembroke H	3.95	5	NN	Luke Gill	Newport H	3.35		
6	N	Gabriel Johnson	Newport H	3.85	6					REFEREE'S SIGNATURE	
7	H	Matthew Jones	Hereford	3.80	7						
8	J	Iolo Hughes	Menai T&F	3.49	8						

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		2:00 PM		DATE		23/Aug/09		
EVENT		F19 - U11B - (2.72kg) Shot		LGE RECORD		10.06		ATHLETE		Rheon James - Carmarthen Harriers - 2003						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	S	Ioan Wall	Swansea H	5.99	6.60	NT	6.60	1	0.00	0.00	0.00	6.60	1	A	1	
2	R	Luke Place	Carmarthen H	5.82	5.23	NT	5.82	3	0.00	0.00	0.00	5.82	3	A	2	
3	M	Sion Bevan	Pembroke H	0.00	0.00	0.00			0.00	0.00	0.00					
4	T	Deio Hughes	Cardiff AAC	5.48	5.58	5.30	5.58	4	0.00	0.00	0.00	5.58	4	A	3	
5	H	George Hudson	Hereford	4.13	4.27	4.31	4.31	9	0.00	0.00	0.00	4.31	9	B		3
6	N	Tyrone Tucker Dixon	Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
7	D	Rhys Bennett	Deeside AAC	4.86	5.18	5.29	5.29	6	0.00	0.00	0.00	5.29	6	A	5	
8	J		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					
9	SS	Calvin Palla	Swansea H	NT	4.81	6.30	6.30	2	0.00	0.00	0.00	6.30	2	B		1
10	RR	William Lewis	Carmarthen H	NT	4.13	4.86	4.86	7	0.00	0.00	0.00	4.86	7	B		2
11	MM	Ben Leahy	Pembroke H	4.98	5.33	5.22	5.33	5	0.00	0.00	0.00	5.33	5	A	4	
12	TT		Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00					
13	HH	James Gladwin	Hereford	3.76	3.42	4.45	4.45	8	0.00	0.00	0.00	4.45	8	A	6	
14	NN	Dylan Hill Howells	Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
15	DD		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
16	JJ		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	S	Ioan Wall	Swansea H	6.60	1	SS	Calvin Palla	Swansea H	6.30		
2	R	Luke Place	Carmarthen H	5.82	2	RR	William Lewis	Carmarthen H	4.86		
3	T	Deio Hughes	Cardiff AAC	5.58	3	H	George Hudson	Hereford	4.31		
4	MM	Ben Leahy	Pembroke H	5.33	4						
5	D	Rhys Bennett	Deeside AAC	5.29	5						
6	HH	James Gladwin	Hereford	4.45	6						
7					7					REFEREE'S SIGNATURE	
8					8						



# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		2:10 PM		DATE		23/Aug/09		
EVENT		F20 - U13B - (1.0kg) Discus		LGE RECORD		41.86		ATHLETE		Matthew Evans - Carmarthen Harriers - 2003						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	M	Jamie Jenkins	Pembroke H	9.12	NT	8.80	9.12	12	0.00	0.00	0.00	9.12	12	B		5
2	N	Jamie Bryant	Newport H	12.68	NT	NT	12.68	7	0.00	0.00	0.00	12.68	7	B		3
3	J	Shaun Livett	Menai T&F	NT	16.16	NT	16.16	5	0.00	0.00	0.00	16.16	5	A	4	
4	S	Bobby Jones	Swansea H	25.89	27.53	NT	27.53	1	0.00	0.00	0.00	27.53	1	A	1	
5	D		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
6	R	Nikita Neary	Carmarthen H	20.58	21.99	19.93	21.99	3	0.00	0.00	0.00	21.99	3	A	2	
7	H	Harry Jones	Hereford	11.97	NT	11.77	11.97	9	0.00	0.00	0.00	11.97	9	A	6	
8	T	Aled Griffiths	Cardiff AAC	0.00	10.46	NT	10.46	11	0.00	0.00	0.00	10.46	11	B		4
9	MM	William Ratcliffe	Pembroke H	0.00	NT	11.55	11.55	10	0.00	0.00	0.00	11.55	10	A	7	
10	NN	Jordan Bryant	Newport H	16.00	14.37	16.72	16.72	4	0.00	0.00	0.00	16.72	4	A	3	
11	JJ		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					
12	SS	Jack Beynon	Swansea H	NT	NT	22.70	22.70	2	0.00	0.00	0.00	22.70	2	B		1
13	DD		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
14	RR	Tristan Ross	Carmarthen H	10.46	9.74	13.80	13.80	6	0.00	0.00	0.00	13.80	6	B		2
15	HH		Hereford	0.00	0.00	0.00			0.00	0.00	0.00					
16	TT	Luke Harry	Cardiff AAC	NT	12.07	12.07	12.07	8	0.00	0.00	0.00	12.07	8	A	5	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	S	Bobby Jones	Swansea H	27.53	1	SS	Jack Beynon	Swansea H	22.70		
2	R	Nikita Neary	Carmarthen H	21.99	2	RR	Tristan Ross	Carmarthen H	13.80		
3	NN	Jordan Bryant	Newport H	16.72	3	N	Jamie Bryant	Newport H	12.68		
4	J	Shaun Livett	Menai T&F	16.16	4	T	Aled Griffiths	Cardiff AAC	10.46		
5	TT	Luke Harry	Cardiff AAC	12.07	5	M	Jamie Jenkins	Pembroke H	9.12		
6	H	Harry Jones	Hereford	11.97	6						
7	MM	William Ratcliffe	Pembroke H	11.55	7						
8					8					REFEREE'S SIGNATURE	

# WELSH ATHLETICS HEIGHT CARD

MEETING		U15 LGE CUP FINAL 2009				VENUE		BRECON					TIME		2:10 PM		DATE	23/Aug/09					
EVENT		F21 - High Jump - U15G				RECORD			1.62		ATHLETE			Emily Morris - Swansea Harriers 2009									
Order	No	NAME	CLUB	0.90	0.95	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	Best of All Metres	Trials at Ht Cleared	Total Trials	Total Failures	Final Position	A or B		
				1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00	2.05								
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							Metres	
1	D	Eleanor Badhams	Deeside AAC											xo	xxx	1.40					3	A	3
2	J	Sophie Lewis	Menai T&F						o	o	xxx					1.20					10	A	7
3	S	Nia Palla	Swansea H										xo	o	xxx	1.40					2	A	2
4	R	Carys Mansfield	Carmarthen H									o	xo	xxx		1.35					6	A	5
5	N	Bethan Hill-Howells	Newport H																		0		
6	T	Ffion Bodilly	Cardiff AAC	o	o	xxx										1.55					1	A	1
7	M	Shannon Chambers	Pembroke H							o	o	o	xo	xxx		1.35					4	A	4
8	H	Connie Stovell	Hereford						o	o	xo	o	xxx			1.30					9	A	6
9	DD	Georgia Bates	Deeside AAC												xxx						0		
10	JJ		Menai T&F																		0		
11	SS	Catrin Jones	Swansea H								o	o	o	xxx		1.35					4	B	1
12	RR	Bronwen Lewis	Carmarthen H								o	xxo	o	xxx		1.35					6	B	2
13	NN		Newport H																		0		
14	TT	Laura Trigg	Cardiff AAC								o	o	xxo	xxx		1.35					8	B	3
15	MM	Ellie Banner	Pembroke H						o							1.15					11	B	4
16	HH		Hereford																		0		

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT			
1	T	Ffion Bodilly	Cardiff AAC	1.55	1	SS	Catrin Jones	Swansea H	1.35			
2	S	Nia Palla	Swansea H	1.40	2	RR	Bronwen Lewis	Carmarthen H	1.35			
3	D	Eleanor Badhams	Deeside AAC	1.40	3	TT	Laura Trigg	Cardiff AAC	1.35			
4	M	Shannon Chambers	Pembroke H	1.35	4	MM	Ellie Banner	Pembroke H	1.15			
5	R	Carys Mansfield	Carmarthen H	1.35	5							
6	H	Connie Stovell	Hereford	1.30	6							
7	J	Sophie Lewis	Menai T&F	1.20	7							
8					8							
										<b>REFEREE'S SIGNATURE</b>		

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		2:50 PM		DATE		23/Aug/09		
EVENT		F22 - U11G - (300g) Javelin		LGE RECORD		13.27		ATHLETE		Millie Fakande - Cwmbran - 2009						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			Metres	A	B
1	N	Emily James	Newport H	NT	6.49	5.91	6.49	14	0.00	0.00	0.00	6.49	14	B		7
2	D	Tia Williams	Deeside AAC	10.20	13.67	11.55	13.67	1	0.00	0.00	0.00	13.67	1	A	1	
3	T	Jessica Jones	Cardiff AAC	3.65	4.54	3.24	4.54	15	0.00	0.00	0.00	4.54	15	A	8	
4	M	Lleucu George	Pembroke H	7.84	NT	7.51	7.84	10	0.00	0.00	0.00	7.84	10	B		4
5	J	Tya Riddings	Menai T&F	7.20	7.55	6.42	7.55	11	0.00	0.00	0.00	7.55	11	B		5
6	H	Rian Smith	Hereford	11.36	10.70	12.04	12.04	3	0.00	0.00	0.00	12.04	3	A	3	
7	R	Bethan Lewis	Carmarthen H	10.02	12.78	10.32	12.78	2	0.00	0.00	0.00	12.78	2	A	2	
8	S	Rachel Jones	Swansea H	9.76	9.06	11.13	11.13	4	0.00	0.00	0.00	11.13	4	A	4	
9	NN	Emma Ligthart	Newport H	7.11	4.79	6.28	7.11	12	0.00	0.00	0.00	7.11	12	A	7	
10	DD	Milly Williams	Deeside AAC	10.35	9.87	9.78	10.35	6	0.00	0.00	0.00	10.35	6	B		2
11	TT		Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00					
12	MM	Erin Rees	Pembroke H	8.57	8.26	6.99	8.57	8	0.00	0.00	0.00	8.57	8	A	5	
13	JJ	Cara Evans	Menai T&F	7.93	8.27	8.13	8.27	9	0.00	0.00	0.00	8.27	9	A	6	
14	HH	Ella Morgan	Hereford	9.65	9.11	9.74	9.74	7	0.00	0.00	0.00	9.74	7	B		3
15	RR	Nia Griffiths	Carmarthen H	NT	6.60	6.51	6.60	13	0.00	0.00	0.00	6.60	13	B		6
16	SS	Danielle Jones	Swansea H	10.83	9.44	10.00	10.83	5	0.00	0.00	0.00	10.83	5	B		1

## New U15 Combined League Record

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	D	Tia Williams	Deeside AAC	13.67	1	SS	Danielle Jones	Swansea H	10.83		
2	R	Bethan Lewis	Carmarthen H	12.78	2	DD	Milly Williams	Deeside AAC	10.35		
3	H	Rian Smith	Hereford	12.04	3	HH	Ella Morgan	Hereford	9.74		
4	S	Rachel Jones	Swansea H	11.13	4	M	Lleucu George	Pembroke H	7.84		
5	MM	Erin Rees	Pembroke H	8.57	5	J	Tya Riddings	Menai T&F	7.55		
6	JJ	Cara Evans	Menai T&F	8.27	6	RR	Nia Griffiths	Carmarthen H	6.60		
7	NN	Emma Ligthart	Newport H	7.11	7	N	Emily James	Newport H	6.49		
8	T	Jessica Jones	Cardiff AAC	4.54	8					REFEREE'S SIGNATURE	

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		2:50 PM		DATE		23/Aug/09		
EVENT		F23 - U15B - Long Jump		LGE RECORD		5.99		ATHLETE		Dominic Coleman - Pembrokeshire Harriers - 2007						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	R	Gareth Thompson	Carmarthen H	4.99	4.83	4.69	4.99	2	0.00	0.00	0.00	4.99	2	A	2	
2	M	Rheinallt George	Pembroke H	3.80	3.88	3.36	3.88	11	0.00	0.00	0.00	3.88	11	B		4
3	J	Chris McNaught	Menai T&F	4.93	4.65	4.75	4.93	4	0.00	0.00	0.00	4.93	4	B		1
4	H	Jake Harmen	Hereford	3.09	2.94	3.39	3.39	13	0.00	0.00	0.00	3.39	13	B		6
5	S	Paaliba Abugre	Swansea H	4.36	4.31	4.58	4.58	6	0.00	0.00	0.00	4.58	6	A	5	
6	D	Lloyd Robbins	Deeside AAC	NJ	5.52	2.00	5.52	1	0.00	0.00	0.00	5.52	1	A	1	
7	T	Jonathon Bailey	Cardiff AAC	4.39	4.67	4.58	4.67	5	0.00	0.00	0.00	4.67	5	A	4	
8	N		Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
9	RR	Rhys Granville	Carmarthen H	4.07	3.88	4.23	4.23	7	0.00	0.00	0.00	4.23	7	B		2
10	MM	Oliver Hughes	Pembroke H	3.99	3.98	3.99	3.99	8	0.00	0.00	0.00	3.99	8	A	6	
11	JJ	Mike Bland	Menai T&F	4.97	NJ	3.79	4.97	3	0.00	0.00	0.00	4.97	3	A	3	
12	HH	Will Maul	Hereford	3.99	3.79	3.79	3.99	8	0.00	0.00	0.00	3.99	8	A	6	
13	SS	Jack Swiston	Swansea H	3.49	3.70	3.70	3.70	12	0.00	0.00	0.00	3.70	12	B		5
14	DD		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
15	TT	Matteo Holmes	Cardiff AAC	NJ	NJ	3.96	3.96	10	0.00	0.00	0.00	3.96	10	B		3
16	NN		Newport H	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	D	Lloyd Robbins	Deeside AAC	5.52	1	J	Chris McNaught	Menai T&F	4.93		
2	R	Gareth Thompson	Carmarthen H	4.99	2	RR	Rhys Granville	Carmarthen H	4.23		
3	JJ	Mike Bland	Menai T&F	4.97	3	TT	Matteo Holmes	Cardiff AAC	3.96		
4	T	Jonathon Bailey	Cardiff AAC	4.67	4	M	Rheinallt George	Pembroke H	3.88		
5	S	Paaliba Abugre	Swansea H	4.58	5	SS	Jack Swiston	Swansea H	3.70		
6	MM	Oliver Hughes	Pembroke H	3.99	6	H	Jake Harmen	Hereford	3.39		
7					7						
8					8						

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		2:50 PM		DATE		23/Aug/09		
EVENT		F24 - U13B - (3.25kg) Shot		LGE RECORD		13.73		ATHLETE		Matthew Evans - Carmarthen Harriers - 2001						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	J	Shaun Livett	Menai T&F	6.30	6.56	6.83	6.83	5	0.00	0.00	0.00	6.83	5	A	4	
2	T	Luke Harry	Cardiff AAC	5.29	5.35	NT	5.35	10	0.00	0.00	0.00	5.35	10	A	7	
3	H	Harry Jones	Hereford	NT	5.43	5.75	5.75	6	0.00	0.00	0.00	5.75	6	A	5	
4	N	Jamie Bryant	Newport H	4.56	NT	4.19	4.56	12	0.00	0.00	0.00	4.56	12	B		5
5	R	Nikita Neary	Carmarthen H	8.74	8.24	8.34	8.74	3	0.00	0.00	0.00	8.74	3	A	2	
6	M	Llyr Miles	Pembroke H	7.72	7.72	NT	7.72	4	0.00	0.00	0.00	7.72	4	A	3	
7	S	Jack Beynon	Swansea H	9.00	10.04	8.60	10.04	1	0.00	0.00	0.00	10.04	1	A	1	
8	D	Grant Leach	Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
9	JJ	Anthony Granton	Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					
10	TT	Sam Maybank	Cardiff AAC	3.94	4.69	NT	4.69	11	0.00	0.00	0.00	4.69	11	B		4
11	HH	Sebastion Fry	Hereford	0.00	0.00	0.00			0.00	0.00	0.00					
12	NN	Jordan Bryant	Newport H	5.54	5.17	NT	5.54	8	0.00	0.00	0.00	5.54	8	A	6	
13	RR	Tristan Ross	Carmarthen H	5.66	5.26	NT	5.66	7	0.00	0.00	0.00	5.66	7	B		2
14	MM	Daniel Salmon	Pembroke H	3.96	NT	5.36	5.36	9	0.00	0.00	0.00	5.36	9	B		3
15	SS	Bobby Jones	Swansea H	8.56	8.95	8.78	8.95	2	0.00	0.00	0.00	8.95	2	B		1
16	DD		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	S	Jack Beynon	Swansea H	10.04	1	SS	Bobby Jones	Swansea H	8.95		
2	R	Nikita Neary	Carmarthen H	8.74	2	RR	Tristan Ross	Carmarthen H	5.66		
3	M	Llyr Miles	Pembroke H	7.72	3	MM	Daniel Salmon	Pembroke H	5.36		
4	J	Shaun Livett	Menai T&F	6.83	4	TT	Sam Maybank	Cardiff AAC	4.69		
5	H	Harry Jones	Hereford	5.75	5	N	Jamie Bryant	Newport H	4.56		
6	NN	Jordan Bryant	Newport H	5.54	6					REFEREE'S SIGNATURE	
7	T	Luke Harry	Cardiff AAC	5.35	7						
8					8						

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		3:00 PM		DATE		23/Aug/09		
EVENT		F25 - U15G - (1.0kg) Discus		LGE RECORD		41.26		ATHLETE		Phillipa Roles - Swansea Harriers - 1992						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	H	Emma Croke	Hereford	28.56	31.55	31.40	31.55	1	0.00	0.00	0.00	31.55	1	A	1	
2	S	Gabriella Cirillo	Swansea H	17.10	18.07	17.39	18.07	6	0.00	0.00	0.00	18.07	6	A	5	
3	R	Awen Rosser	Carmarthen H	25.38	NT	NT	25.38	2	0.00	0.00	0.00	25.38	2	A	2	
4	D	Hayley Nuttall	Deeside AAC	NT	NT	23.23	23.23	4	0.00	0.00	0.00	23.23	4	A	3	
5	T	Chloe Phillips	Cardiff AAC	7.98	9.65	9.96	9.96	14	0.00	0.00	0.00	9.96	14	A	8	
6	N	Melissa Arthur	Newport H	NT	21.55	21.21	21.55	5	0.00	0.00	0.00	21.55	5	A	4	
7	M	Ellie Banner	Pembroke H	14.29	14.28	15.53	15.53	11	0.00	0.00	0.00	15.53	11	A	7	
8	J	Anest Edwards	Menai T&F	16.03	NT	NT	16.03	10	0.00	0.00	0.00	16.03	10	A	6	
9	HH	Olivia Mills	Hereford	16.17	13.86	14.34	16.17	9	0.00	0.00	0.00	16.17	9	B		4
10	SS	Nicola Jones	Swansea H	16.10	16.43	15.68	16.43	8	0.00	0.00	0.00	16.43	8	B		3
11	RR	Kayleigh Jones	Carmarthen H	24.43	22.86	23.42	24.43	3	0.00	0.00	0.00	24.43	3	B		1
12	DD	Bryony Burton	Deeside AAC	12.75	12.72	12.75	12.75	13	0.00	0.00	0.00	12.75	13	B		6
13	TT	Bethan Ellis	Cardiff AAC	7.99	NT	9.25	9.25	15	0.00	0.00	0.00	9.25	15	B		7
14	NN	Chloe Powell	Newport H	17.52	16.68	17.76	17.76	7	0.00	0.00	0.00	17.76	7	B		2
15	MM	Emily Partridge	Pembroke H	12.01	14.51	12.59	14.51	12	0.00	0.00	0.00	14.51	12	B		5
16	JJ	Heledd Mullaly	Menai T&F	NT	6.21	5.93	6.21	16	0.00	0.00	0.00	6.21	16	B		8

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	H	Emma Croke	Hereford	31.55	1	RR	Kayleigh Jones	Carmarthen H	24.43		
2	R	Awen Rosser	Carmarthen H	25.38	2	NN	Chloe Powell	Newport H	17.76		
3	D	Hayley Nuttall	Deeside AAC	23.23	3	SS	Nicola Jones	Swansea H	16.43		
4	N	Melissa Arthur	Newport H	21.55	4	HH	Olivia Mills	Hereford	16.17		
5	S	Gabriella Cirillo	Swansea H	18.07	5	MM	Emily Partridge	Pembroke H	14.51		
6	J	Anest Edwards	Menai T&F	16.03	6	DD	Bryony Burton	Deeside AAC	12.75	REFEREE'S SIGNATURE	
7	M	Ellie Banner	Pembroke H	15.53	7	TT	Bethan Ellis	Cardiff AAC	9.25		
8	T	Chloe Phillips	Cardiff AAC	9.96	8	JJ	Heledd Mullaly	Menai T&F	6.21		

# WELSH ATHLETICS HEIGHT CARD

MEETING		U15 LGE CUP FINAL 2009				VENUE		BRECON				TIME		3:30 PM		DATE	23/Aug/09						
EVENT		F26 - High Jump - U13G				RECORD		1.47		ATHLETE		Sarah Dacey - Swansea Harriers 2003											
Order	No	NAME	CLUB	0.90	0.95	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	Best of All Metres	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B		
				1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00	2.05								
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							Metres	
1	T	Lucy Maton	Cardiff AAC					o	o	o	o	xxo				1.30					1	A	1
2	H		Hereford																		0		
3	D	Rowan Antrobus	Deeside AAC				o	o	o	xxo	xx					1.20					4	A	3
4	J	Maisie Blake	Menai T&F				o	o	xxo	xxx						1.15					6	A	4
5	M	Charlotte Rees	Pembroke H				o	o	o	xxx						1.15					6	A	4
6	S	Emily Jones	Swansea H					o	o	xo	xxx					1.21					3	B	1
7	N		Newport H																		0		
8	R	Ceinwen Lewis	Carmarthen H																		0		
9	TT	Anna Lawson	Cardiff AAC					o	xo	xo	xxx					1.20					4	B	2
10	HH		Hereford																		0		
11	DD	Shannah Cole	Deeside AAC																		0		
12	JJ		Menai T&F																		0		
13	MM	Anita Madan	Pembroke H	o		o	o	xxx								1.05					9	B	3
14	SS	Lucy Fligelstone	Swansea H						o	xo	o	xo	xxx			1.30					1	A	1
15	NN		Newport H																		0		
16	RR	Carys Baker	Carmarthen H			o	o	o	o	xxx						1.15					6	A	4

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT		
1	SS	Lucy Fligelstone	Swansea H	1.30	1	S	Emily Jones	Swansea H	1.21		
2	T	Lucy Maton	Cardiff AAC	1.30	2	TT	Anna Lawson	Cardiff AAC	1.20		
3	D	Rowan Antrobus	Deeside AAC	1.20	3	MM	Anita Madan	Pembroke H	1.05		
4	M	Charlotte Rees	Pembroke H	1.15	4						
5	RR	Carys Baker	Carmarthen H	1.15	5						
6	J	Maisie Blake	Menai T&F	1.15	6					REFEREE'S SIGNATURE	
7					7						
8					8						

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009				VENUE		BRECON		TIME		3:40 PM		DATE		23/Aug/09	
EVENT		F27 - U11G - Long Jump				LGE RECORD		4.21		ATHLETE		K Williams - Carmarthen Harriers - 1988					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B		
1	S	Chloe Clarke	Swansea H	3.20	2.92	NJ	3.20	3	0.00	0.00	0.00	3.20	3	A	3		
2	R	Gwenno Daniel	Carmarthen H	3.08	3.09	3.06	3.09	4	0.00	0.00	0.00	3.09	4	A	4		
3	M	Alicia Pugh	Pembroke H	2.63	2.68	0.00	2.68	12	0.00	0.00	0.00	2.68	12	B		5	
4	T	Taneshia Sweetland	Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00						
5	H	Rian Smith	Hereford	2.66	2.52	2.27	2.66	13	0.00	0.00	0.00	2.66	13	B		6	
6	N	Amelia Reynolds	Newport H	3.29	3.46	3.65	3.65	2	0.00	0.00	0.00	3.65	2	A	2		
7	D	Chloe Hughes	Deeside AAC	3.71	3.31	3.74	3.74	1	0.00	0.00	0.00	3.74	1	A	1		
8	J	Tya Riddings	Menai T&F	2.76	2.87	2.86	2.87	10	0.00	0.00	0.00	2.87	10	B		3	
9	SS	Niamh Clarke	Swansea H	1.98	1.88	NJ	1.98	14	0.00	0.00	0.00	1.98	14	B		7	
10	RR	Sioned Glynn	Carmarthen H	2.78	2.52	2.65	2.78	11	0.00	0.00	0.00	2.78	11	B		4	
11	MM	Jadie Davies	Pembroke H	2.88	2.69	2.41	2.88	9	0.00	0.00	0.00	2.88	9	A	7		
12	TT		Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00						
13	HH	Cara Bennet	Hereford	2.69	2.71	2.91	2.91	8	0.00	0.00	0.00	2.91	8	A	6		
14	NN	Emily James	Newport H	NJ	2.97	NJ	2.97	6	0.00	0.00	0.00	2.97	6	B		2	
15	DD	Charlotte Walters	Deeside AAC	2.82	2.97	2.66	2.97	5	0.00	0.00	0.00	2.97	5	B		1	
16	JJ	Tesni Roberts	Menai T&F	2.91	2.72	NJ	2.91	7	0.00	0.00	0.00	2.91	7	A	5		

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	D	Chloe Hughes	Deeside AAC	3.74	1	DD	Charlotte Walters	Deeside AAC	2.97		
2	N	Amelia Reynolds	Newport H	3.65	2	NN	Emily James	Newport H	2.97		
3	S	Chloe Clarke	Swansea H	3.20	3	J	Tya Riddings	Menai T&F	2.87		
4	R	Gwenno Daniel	Carmarthen H	3.09	4	RR	Sioned Glynn	Carmarthen H	2.78		
5	JJ	Tesni Roberts	Menai T&F	2.91	5	M	Alicia Pugh	Pembroke H	2.68		
6	HH	Cara Bennet	Hereford	2.91	6	H	Rian Smith	Hereford	2.66	REFEREE'S SIGNATURE	
7	MM	Jadie Davies	Pembroke H	2.88	7	SS	Niamh Clarke	Swansea H	1.98		
8					8						



# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		3:40 PM		DATE		23/Aug/09		
EVENT		F28 - U11B - (300g) Javelin		LGE RECORD		25.06		ATHLETE		Carwyn Penny - Newport - 2009						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	M	Sion Bevan	Pembroke H	12.17	13.56	12.96	13.56	5	0.00	0.00	0.00	13.56	5	A	4	
2	N	Carwyn Penny	Newport H	17.53	15.31	18.30	18.30	1	0.00	0.00	0.00	18.30	1	A	1	
3	J		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					
4	S	Billy Williams	Swansea H	12.05	12.98	13.60	13.60	4	0.00	0.00	0.00	13.60	4	B		1
5	D		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
6	R	Garmon Dyfri	Carmarthen H	NT	10.26	9.04	10.26	9	0.00	0.00	0.00	10.26	9	B		4
7	H	Pascal Basacq	Hereford	13.40	13.39	12.92	13.40	6	0.00	0.00	0.00	13.40	6	A	5	
8	T		Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00					
9	MM	Ben Leahy	Pembroke H	9.90	11.35	10.60	11.35	8	0.00	0.00	0.00	11.35	8	B		3
10	NN	Alex Cisuelo	Newport H	13.25	10.50	10.92	13.25	7	0.00	0.00	0.00	13.25	7	B		2
11	JJ		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					
12	SS	Calvin Palla	Swansea H	14.25	13.90	11.73	14.25	2	0.00	0.00	0.00	14.25	2	A	2	
13	DD		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
14	RR	Aiden Jones	Carmarthen H	13.72	NT	12.08	13.72	3	0.00	0.00	0.00	13.72	3	A	3	
15	HH	James Gladwin	Hereford	NT	9.09	8.97	9.09	10	0.00	0.00	0.00	9.09	10	B		5
16	TT		Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00					

## "A" STRING RESULT

## "B" STRING RESULT

## JUDGES' SIGNATURES

Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE
1	N	Carwyn Penny	Newport H	18.30	1	S	Billy Williams	Swansea H	13.60
2	SS	Calvin Palla	Swansea H	14.25	2	NN	Alex Cisuelo	Newport H	13.25
3	RR	Aiden Jones	Carmarthen H	13.72	3	MM	Ben Leahy	Pembroke H	11.35
4	M	Sion Bevan	Pembroke H	13.56	4	R	Garmon Dyfri	Carmarthen H	10.26
5	H	Pascal Basacq	Hereford	13.40	5	HH	James Gladwin	Hereford	9.09
6					6				
7					7				
8					8				

REFEREE'S SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		3:40 PM		DATE		23/Aug/09		
EVENT		F29 - U15G - (3.25kg) Shot		LGE RECORD		11.86		ATHLETE		Phillipa Roles - Swansea Harriers - 1992						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	D	Hayley Nuttall	Deeside AAC	8.42	8.13	8.92	8.92	3	0.00	0.00	0.00	8.92	3	A	3	
2	J	Alice John	Menai T&F	5.18	5.30	NT	5.30	13	0.00	0.00	0.00	5.30	13	A	8	
3	S	Grace Harwood	Swansea H	6.16	6.95	7.10	7.10	6	0.00	0.00	0.00	7.10	6	A	5	
4	R	Awen Rosser	Carmarthen H	9.72	10.49	10.41	10.49	1	0.00	0.00	0.00	10.49	1	A	1	
5	N	Chloe Powell	Newport H	5.94	5.95	5.70	5.95	10	0.00	0.00	0.00	5.95	10	A	6	
6	T	Maisie Matthews	Cardiff AAC	NT	5.73	5.83	5.83	11	0.00	0.00	0.00	5.83	11	A	7	
7	M	Elli Norkett	Pembroke H	8.19	7.82	7.70	8.19	4	0.00	0.00	0.00	8.19	4	A	4	
8	H	Emma Crooke	Hereford	10.01	NT	10.04	10.04	2	0.00	0.00	0.00	10.04	2	A	2	
9	DD	Eleanor Badhams	Deeside AAC	NT	6.16	7.74	7.74	5	0.00	0.00	0.00	7.74	5	B		1
10	JJ		Menai T&F	0.00	0.00	0.00			0.00	0.00	0.00					
11	SS	Nicola Jones	Swansea H	5.78	6.21	6.25	6.25	7	0.00	0.00	0.00	6.25	7	B		2
12	RR	Enfys Jones	Carmarthen H	5.70	6.02	5.80	6.02	9	0.00	0.00	0.00	6.02	9	B		4
13	NN		Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
14	TT	Catrin Griffiths	Cardiff AAC	5.51	5.49	5.32	5.51	12	0.00	0.00	0.00	5.51	12	B		5
15	MM	Josie Lewis	Pembroke H	4.65	NT	4.68	4.68	14	0.00	0.00	0.00	4.68	14	B		6
16	HH	Katherine Evans	Hereford	6.08	6.25	5.22	6.25	7	0.00	0.00	0.00	6.25	7	B		2

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	R	Awen Rosser	Carmarthen H	10.49	1	DD	Eleanor Badhams	Deeside AAC	7.74		
2	H	Emma Crooke	Hereford	10.04	2	SS	Nicola Jones	Swansea H	6.25		
3	D	Hayley Nuttall	Deeside AAC	8.92	3						
4	M	Elli Norkett	Pembroke H	8.19	4	RR	Enfys Jones	Carmarthen H	6.02		
5	S	Grace Harwood	Swansea H	7.10	5	TT	Catrin Griffiths	Cardiff AAC	5.51		
6	N	Chloe Powell	Newport H	5.95	6	MM	Josie Lewis	Pembroke H	4.68	REFEREE'S SIGNATURE	
7	T	Maisie Matthews	Cardiff AAC	5.83	7						
8	J	Alice John	Menai T&F	5.30	8						

# WELSH ATHLETICS DISTANCE CARD

MEETING		U15 LGE CUP FINAL 2009		VENUE		BRECON		TIME		3:50 PM		DATE		23/Aug/09		
EVENT		F30 - U15B - (1.25kg) Discus		LGE RECORD		42.05		ATHLETE		Matthew Evans - Carmarthen Harriers - 2003						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	N	Matt Arnold	Newport H	NT	NT	20.27	20.27	5	0.00	0.00	0.00	20.27	5	A	4	
2	D	Brad Thomas	Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
3	T	Deon Garrison	Cardiff AAC	16.58	NT	18.19	18.19	9	0.00	0.00	0.00	18.19	9	B		3
4	M	Gethin Thomas	Pembroke H	12.82	NT	13.43	13.43	12	0.00	0.00	0.00	13.43	12	B		5
5	J	Sion Russell	Menai T&F	19.60	NT	NT	19.60	6	0.00	0.00	0.00	19.60	6	A	5	
6	H	Tom Fellows	Hereford	NT	NT	NT			0.00	0.00	0.00					
7	R	Lee Taylor	Carmarthen H	35.84	37.04	32.57	37.04	1	0.00	0.00	0.00	37.04	1	A	1	
8	S	Zac Nye	Swansea H	28.55	NT	24.09	28.55	2	0.00	0.00	0.00	28.55	2	A	2	
9	NN		Newport H	0.00	0.00	0.00			0.00	0.00	0.00					
10	DD		Deeside AAC	0.00	0.00	0.00			0.00	0.00	0.00					
11	TT	Adrian Lawrence	Cardiff AAC	21.82	22.34	0.00	22.34	4	0.00	0.00	0.00	22.34	4	A	3	
12	MM	David Omoregie	Pembroke H	14.87	16.71	NT	16.71	11	0.00	0.00	0.00	16.71	11	A	7	
13	JJ	Connor Laverty	Menai T&F	NT	17.06	18.08	18.08	10	0.00	0.00	0.00	18.08	10	B		4
14	HH	Charlie Graig	Hereford	18.56	19.43	18.82	19.43	7	0.00	0.00	0.00	19.43	7	A	6	
15	RR	James Stevenson	Carmarthen H	27.55	26.50	25.05	27.55	3	0.00	0.00	0.00	27.55	3	B		1
16	SS	Alex Pavlou	Swansea H	19.14	0.00	0.00	19.14	8	0.00	0.00	0.00	19.14	8	B		2

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	R	Lee Taylor	Carmarthen H	37.04	1	RR	James Stevenson	Carmarthen H	27.55		
2	S	Zac Nye	Swansea H	28.55	2	SS	Alex Pavlou	Swansea H	19.14		
3	TT	Adrian Lawrence	Cardiff AAC	22.34	3	T	Deon Garrison	Cardiff AAC	18.19		
4	N	Matt Arnold	Newport H	20.27	4	JJ	Connor Laverty	Menai T&F	18.08		
5	J	Sion Russell	Menai T&F	19.60	5	M	Gethin Thomas	Pembroke H	13.43		
6	HH	Charlie Graig	Hereford	19.43	6					REFEREE'S SIGNATURE	
7	MM	David Omoregie	Pembroke H	16.71	7						
8					8						