

WELSH ATHLETICS
U15 & U20
INDOOR TRACK & FIELD CHAMPIONSHIPS



WELSH ATHLETICS
ATHLETAU CYMRU

SUNDAY 31ST JANUARY, 2010
N.I.A.C. CYNCOED CAMPUS UWIC, CARDIFF

RESULTS

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

T34 - U15B - 60m - FINAL

17:30

Welsh Record **Andrew WATKINS - Pontypridd AC - 7.06, 2002**

CBP **Andrew WATKINS - Pontypridd - 7.20, 2002**

2009 Champion **Mathew DAVIES - Carmarthen Harriers - 7.56**

From Heats T18

Pos	Bib	Athlete	Club	Perf	Comments
1	36	James MCLEAN	Cardiff AAC	7.59	
2	40	Omar OPOKU-ADDO	Cardiff AAC	7.67	
3	45	Sean SQUIBB	Birchfield Harriers	7.70	
4	48	Thomas WILLIAMS	Barry & Vale Harriers	7.78	
5	39	Luke MORRIS	Carmarthen Harriers	7.84	
6	255	Bradd HILL *	Marlborough Junior	7.88	
7	41	Alexander PAVLOU	Swansea Harriers	8.00	
8	42	Shaun PEARCE	Carmarthen Harriers	8.15	

T18 - U15B - 60m - Heats

15:05

3 heats Qualifiers First 2 + 2 fastest

					Heat 1
Pos	Bib	Athlete	Club	Perf	Comments
1	36	James MCLEAN	Cardiff AAC	7.57	Q
2	40	Omar OPOKU-ADDO	Cardiff AAC	7.69	Q
3	26	Harry ANGELIDIS	Swansea Harriers	8.31	
4	33	Aidan KEAY	Cardiff AAC	8.61	
5	44	James SCARFI	Cwmbran Harriers	8.66	
6	49	Michael WILSON	Swansea Harriers	8.66	
7	32	Lewys JONES	Cardiff AAC	DNS	
					Heat 2
Pos	Bib	Athlete	Club	Perf	Comments
1	48	Thomas WILLIAMS	Barry & Vale Harriers	7.78	Q
2	41	Alexander PAVLOU	Swansea Harriers	7.88	Q
3	39	Luke MORRIS	Carmarthen Harriers	7.91	q
4	42	Shaun PEARCE	Carmarthen Harriers	8.25	q
5	34	Fahim KHAN	Cardiff AAC	8.31	
6	31	David HARRIS	Brecon AC	9.05	
7	254	Conor MCNAMARA	Cwmbran Harriers	9.33	
					Heat 3
Pos	Bib	Athlete	Club	Perf	Comments
1	45	Sean SQUIBB	Birchfield Harriers	7.73	Q
2	255	Bradd HILL *	Marlborough Junior	7.85	Q
3	29	Kierran COOPER	Wrexham AC	8.47	
4	38	Ryan MORGAN	Newport Harriers	8.61	
5	35	Cory LOWER	Cardiff AAC	8.66	
6	47	Rhodri WALL	Swansea Harriers	8.97	
7	37	James MERCURIUS-TAYLOR	Swansea Harriers	DNS	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

T25 - U15B - 200m - A & B Final

16:15

Welsh Record **Andrew WATKINS - Pontypridd AC - 22.57, 2002**

CBP **Andrew WATKINS - Pontypridd - 23.30, 2002**

2009 Champion **Mathew DAVIES - Carmarthen Harriers - 25.33**

From Heats T4

Pos	Bib	Athlete	Club	Perf	Comments
1	130	Lloyd ROBBINS	Deeside AAC	24.57	
2	41	Alexander PAVLOU	Swansea Harriers	24.86	
3	48	Thomas WILLIAMS	Barry & Vale Harriers	24.88	
4	36	James MCLEAN	Cardiff AAC	24.95	

B FINAL

1	40	Omar OPOKU-ADDO	Cardiff AAC	25.30	
2	39	Luke MORRIS	Carmarthen Harriers	25.68	
3	255	Bradd HILL *	Marlborough Junior	25.97	
4	45	Sean SQUIBB	Birchfield Harriers	26.04	

T4 - U15B - 200m - Heats

11:35

7 Heats - Qualifiers - 8 Fastest to A&B Finals

Heat 1

Pos	Bib	Athlete	Club	Perf	Comments
1	36	James MCLEAN	Cardiff AAC	25.13	q
2	131	Reuben TOOZE	Bridgend AC	28.17	
3	132	Jared WALTERS	Swansea Harriers	29.54	
4	43	Thomas SCAMMELL	Yate AC	DNS	

Heat 2

Pos	Bib	Athlete	Club	Perf	Comments
1	39	Luke MORRIS	Carmarthen Harriers	26.13	q
2	128	Connor LAVERTY	Menai T&F	26.24	q
3	125	Daniel BRACE	Bridgend AC	27.05	
4	31	David HARRIS	Brecon AC	30.53	

Heat 3

Pos	Bib	Athlete	Club	Perf	Comments
1	48	Thomas WILLIAMS	Barry & Vale Harriers	24.85	q
2	255	Bradd HILL *	Marlborough Junior	25.64	
3	44	James SCARFI	Cwmbran Harriers	27.87	
4	35	Cory LOWER	Cardiff AAC	29.07	

Heat 4

Pos	Bib	Athlete	Club	Perf	Comments
1	40	Omar OPOKU-ADDO	Cardiff AAC	25.56	q
2	129	Matthew OVERTON	Pembroke Harriers	26.87	
3	29	Kierran COOPER	Wrexham AC	27.01	
4	33	Aidan KEAY	Cardiff AAC	28.04	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

Heat 5					
Pos	Bib	Athlete	Club	Perf	Comments
1	41	Alexander PAVLOU	Swansea Harriers	24.66	q
2	38	Ryan MORGAN	Newport Harriers	28.33	
3	37	James MERCURIUS-TAYLOR	Swansea Harriers	31.22	

Heat 6					
Pos	Bib	Athlete	Club	Perf	Comments
1	45	Sean SQUIBB	Birchfield Harriers	25.72	q
2	42	Shaun PEARCE	Carmarthen Harriers	26.97	
3	126	Jacob BRISCOMBE	Barry & Vale Harriers	27.41	
4	26	Harry ANGELIDIS	Swansea Harriers	27.64	

Heat 7					
Pos	Bib	Athlete	Club	Perf	Comments
1	130	Lloyd ROBBINS	Deeside AAC	24.84	q
2	47	Rhodri WALL	Swansea Harriers	29.25	
3	127	Luke HARRY	Cardiff AAC	DQ	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

T28 - U15B - 400m - FINAL

16:45

Welsh Record **Gerwyn MORGAN - Bridgend AC - 52.24, 2007**

CBP **Scott EDWARDS - Derby AC - 55.13, 2009**

2009 Champion **Scott EDWARDS - Derby AC - 55.13**

From Heats T12

Pos	Bib	Athlete	Club	Perf	Comments
1	130	Lloyd ROBBINS	Deeside AAC	56.17	
2	144	Rhys GRANVILLE	Carmarthen Harriers	56.72	
3	129	Matthew OVERTON	Pembroke Harriers	59.21	
4	145	Oliver HUDSON	Newport Harriers	59.28	

T12 - U15B - 400m - Heats

13:35

3 Heats Qualifiers - Heat winners + 1 fastest

Heat 1					
Pos	Bib	Athlete	Club	Perf	Comments
1	144	Rhys GRANVILLE	Carmarthen Harriers	60.53	Q
2	147	Sebastian WAINWRIGHT	Cwmbran Harriers	62.20	
3	127	Luke HARRY	Cardiff AAC	67.05	
Heat 2					
Pos	Bib	Athlete	Club	Perf	Comments
1	129	Matthew OVERTON	Pembroke Harriers	59.48	Q
2	145	Oliver HUDSON	Newport Harriers	59.88	q
3	148	Benjamin WILLIAMS	Carmarthen Harriers	70.84	
Heat 3					
Pos	Bib	Athlete	Club	Perf	Comments
1	130	Lloyd ROBBINS	Deeside AAC	57.89	Q
2	142	Charles BARTLETT	Shrewsbury AC	65.81	
3	132	Jared WALTERS	Swansea Harriers	DNS	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

T10 - U15B - 1500m - FINAL

13:10

Welsh Record **Elliott HARDEE - Newport Harriers - 4.15.61, 2008**

CBP **Simon LAWSON - Cardiff AAC - 4.22.56, 2004**

2009 Champion **Matthew ANTONIAZZI - Cwmbran Harriers - 4:25.06**

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	169	Connor DAVIES	Swansea Harriers	4:44.56	
2	172	Jack FEAR	Newport Harriers	4:53.72	
3	146	Rhys NORRIS	Newport Harriers	4:53.96	
4	178	Christian LOVATT	Carmarthen Harriers	4:59.99	
5	173	Ashley HOPKINS	Swansea Harriers	5:01.24	
6	179	Sam PETERKEN	Cardiff AAC	5:03.48	
7	171	Thomas EDMUNDS	Cardiff AAC	5:04.70	
8	176	Ciaran LEWIS	Cardiff AAC	5:05.68	
9	174	Thomas JOHN	Neath Harriers	5:24.80	
10	177	Joe LINGARD	Swansea Harriers	5:30.78	
11	148	Benjamin WILLIAMS	Carmarthen Harriers	5:32.06	
12	175	Rhydian JONES	Swansea Harriers	5:33.44	

T7 - U15B - 60m Hurdles - FINAL

12:35

Welsh Record **Benjamin CLEARY - Cardiff AAC - 8.69, 2006**

CBP **Benjamin CLEARY - Cardiff AAC - 8.79, 2006**

2009 Champion **Tyron BLAKE - Cwmbran Harriers - 9.23**

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	106	Aled PRICE	Carmarthen Harriers	8.95	
2	103	Luke JENKINS	Swansea Harriers	9.02	
3	104	David OMEREGIE	Pembroke Harriers	9.05	
4	107	James SHARREM	Cardiff AAC	9.36	
5	49	Michael WILSON	Swansea Harriers	10.39	
6	105	Ieuan ORTON	Barry & Vale Harriers	10.85	
7	108	Jack STRAW	Swansea Harriers	10.88	
8	102	Kyle ARNOLD	Newport Harriers	11.43	
9	35	Cory LOWER	Cardiff AAC	12.40	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

F1 - U15B - HIGH JUMP - FINAL

10:30

Welsh Record **Chuka ENIH-SNELL - Swansea Harriers - 1.91, 1998**

CBP **Andrew BLOW - Beddau AC - 1.73, 1985**

2009 Champion **Drew BEAUJEAN - Carmarthen Harriers - 1.55**

Pos	Bib	Athlete	Club	Perf	Comments
1	106	Aled PRICE	Carmarthen Harriers	1.65	
2	104	David OMEREGIE	Pembroke Harriers	1.55	
3	215	Felix IACONO	Cardiff AAC	1.45	
4	105	Ieuan ORTON	Barry & Vale Harriers	1.45	

F13 - U15B - POLE VAULT - FINAL

15:00

Welsh Record **Stephen GUEST - Bridgend AC - 3.60, 2008**

CBP **Stephen GUEST - Bridgend AC - 3.25, 2008**

2009 Champion **Alexander PAVLOU - Swansea Harriers - 2.23**

Pos	Bib	Athlete	Club	Perf	Comments
1	26	Harry ANGELIDIS	Swansea Harriers	2.30	
2	226	Dylan PRICE	Stanwell H Sch	1.80	
3					

F7 - U15B - LONG JUMP - FINAL

12:45

Welsh Record **Jamie JONES - Barry & Vale Harriers - 6.13, 2003**

CBP **Jamie JONES - Barry & Vale Harriers - 5.86, 2004**

2009 Champion **Mathew DAVIES - Carmarthen Harriers - 5.27**

Pos	Bib	Athlete	Club	Perf	Comments
1	130	Lloyd ROBBINS	Deeside AAC	5.75	
2	48	Thomas WILLIAMS	Barry & Vale Harriers	5.52	
3	128	Connor LAVERTY	Menai T&F	5.35	
4	29	Kierran COOPER	Wrexham AC	5.00	
5	32	Lewys JONES	Cardiff AAC	4.93	
6	49	Michael WILSON	Swansea Harriers	4.63	
7	215	Felix IACONO	Cardiff AAC	4.37	
8	102	Kyle ARNOLD	Newport Harriers	4.37	
9	108	Jack STRAW	Swansea Harriers	4.12	
10	42	Shaun PEARCE	Carmarthen Harriers	4.06	
11	254	Conor MCNAMARA	Cwmbran Harriers	3.95	
12	132	Jared WALTERS	Swansea Harriers	3.89	
13	31	David HARRIS	Brecon AC	3.75	
14	37	James MERCURIUS-TAYLOR	Swansea Harriers	3.64	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

F11 - U15B - SHOT (4.00kg) - FINAL

15:00

Welsh Record **Mathew EVANS - Carmarthen Harriers - 15.69, 2003**

CBP **Mathew EVANS - Carmarthen Harriers - 15.69, 2003**

2009 Champion **Matthew FIELD - Aberdare VAAC - 11.99**

Pos	Bib	Athlete	Club	Perf	Comments
1	246	Charlie RANDALL	Carmarthen Harriers	11.91	
2	106	Aled PRICE	Carmarthen Harriers	11.20	
3	247	Matthew WILLIAMS	Wrexham AC	10.40	
4	244	Jack BEYNON	Swansea Harriers	10.25	
5	248	Samuel WILLIAMS	Aberdare VAAC	5.91	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

T33 - U15G - 60m - FINAL

17:25

Welsh Record **Danielle SELLEY - Preseli - 7.77, 1998**

CBP **Sara OTUNG - Cardiff AAC - 7.99, 2008**

2009 Champion **Bethan WAKEFIELD - Newport Harriers - 8.15**

From Heats T15

Pos	Bib	Athlete	Club	Perf	Comments
1	11	Elin JONES	Sale Harriers Manchester	8.18	
2	15	Elli NORKETT	Pembroke Harriers	8.30	
3	14	Adele NICOLL	Oswestry Olympians	8.45	
4	8	Elise DAVIES	Swansea Harriers	8.51	
5	10	Ceri HAMMOND	Bromsgrove & Redditch AC	8.54	
6	22	Erin WALTERS	Carmarthen Harriers	8.56	
7	21	Laura TURLEY	Deeside AAC	8.72	
8	20	Beth SARGENT	Deeside AAC	8.83	

T15 - U15G - 60m - Heats

14:25

3 heats Qualifiers First 2 + 2 fastest

Heat 1

Pos	Bib	Athlete	Club	Perf	Comments
1	11	Elin JONES	Sale Harriers Manchester	8.14	Q
2	22	Erin WALTERS	Carmarthen Harriers	8.52	Q
3	20	Beth SARGENT	Deeside AAC	8.61	q
4	25	Elinor WINFIELD	Yate AC	8.98	
5	6	Hannah BROWNING	Wrexham AC	9.11	
6	3	Laura BEVAN	Cwmbran Harriers	9.92	

Heat 2

Pos	Bib	Athlete	Club	Perf	Comments
1	14	Adele NICOLL	Oswestry Olympians	8.40	Q
2	21	Laura TURLEY	Deeside AAC	8.54	Q
3	10	Ceri HAMMOND	Bromsgrove & Redditch AC	8.55	q
4	1	Kimberley ABODUNRIN	Carmarthen Harriers	8.81	
5	16	Lucy ORAM	Cardiff AAC	9.07	
6	24	Megan WILLIAMS	Cardiff AAC	9.59	

Heat 3

Pos	Bib	Athlete	Club	Perf	Comments
1	15	Elli NORKETT	Pembroke Harriers	8.30	Q
2	8	Elise DAVIES	Swansea Harriers	8.48	Q
3	2	Carys BAKER	Carmarthen Harriers	8.69	
4	9	Olivia EVANS	Cardiff AAC	8.97	
5	23	Bryony WILLIAMS	Rhymney Valley AC	8.99	
6	17	Lora PHILLIPS	Carmarthen Harriers	9.16	
7	4	Alice BRENNAN	Cardiff AAC	9.21	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

T24 - U15G - 200m - A & B Final

16:05

Welsh Record **Bridgid EADES - Newport - 25.76, 2006**
 CBP **Rachel CONWAY - Newport Harriers - 26.34, 2002**
 2009 Champion **Bethan PHILLIPS - Carmarthen Harriers - 27.86**

From Heats T3

Pos	Bib	Athlete	Club	Perf	Comments
1	11	Elin JONES	Sale Harriers Manchester	26.75	
2	21	Laura TURLEY	Deeside AAC	27.43	
3	122	Katie-Jane PRIEST	Newport Harriers	27.90	
4	20	Beth SARGENT	Deeside AAC	28.18	

B FINAL

1	121	Fran PARKIN	Cwmbran Harriers	28.85	
2	124	Ffion WALTERS	Carmarthen Harriers	28.94	
3	91	Rhiannon HAILS	Swansea Harriers	28.96	
4	19	Catrin ROBERTS	Neath Harriers	DNF	

T3 - U15G - 200m - Heats

11:10

4 Heats - Qualifiers - Heat winners 4 Fastest to A&B Finals

					Heat 1
Pos	Bib	Athlete	Club	Perf	Comments
1	11	Elin JONES	Sale Harriers Manchester	26.84	Q
2	91	Rhiannon HAILS	Swansea Harriers	28.36	q
3	121	Fran PARKIN	Cwmbran Harriers	28.65	q
4	1	Kimberley ABODUNRIN	Carmarthen Harriers	28.90	
					Heat 2
Pos	Bib	Athlete	Club	Perf	Comments
1	19	Catrin ROBERTS	Neath Harriers	28.50	Q
2	12	Amy LEAHY	Pembroke Harriers	28.97	q
3	123	Laura TRIGG	Cardiff AAC	29.49	
4	119	Aleisha ERNEST	Cardiff AAC	31.08	
					Heat 3
Pos	Bib	Athlete	Club	Perf	Comments
1	122	Katie-Jane PRIEST	Newport Harriers	28.18	Q
2	20	Beth SARGENT	Deeside AAC	28.29	q
3	2	Carys BAKER	Carmarthen Harriers	29.15	
4	3	Laura BEVAN	Cwmbran Harriers	32.89	
					Heat 4
Pos	Bib	Athlete	Club	Perf	Comments
1	21	Laura TURLEY	Deeside AAC	27.77	Q
2	124	Ffion WALTERS	Carmarthen Harriers	28.70	
3	120	Carys KNAPMAN	Barry & Vale Harriers	29.72	
4	18	Brenna PRICE	Aberdare VAAC	30.22	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

T27 - U15G - 300m - FINAL

16:35

Welsh Record **Bridgid EADES - Newport - 42.26, 2006**
 CBP **Brigid EADES - Newport Harriers - 42.26, 2006**
 2009 Champion **Lauren BELL - Pembroke Harriers - 42.27**

From Heats T11

Pos	Bib	Athlete	Club	Perf	Comments
1	141	Isabel HUGHES	Bridgend AC	43.60	
2	88	Lara DURRANI	Cardiff AAC	45.81	
3	89	Leonora FOLEY	Cardiff AAC	47.17	
4	19	Catrin ROBERTS	Neath Harriers	DQ	

T11 - U15G - 300m - Heats

13:20

2 Heats - Qualifiers Heat winners + 2 fastest

					Heat 1
Pos	Bib	Athlete	Club	Perf	Comments
1	141	Isabel HUGHES	Bridgend AC	43.78	Q
2	88	Lara DURRANI	Cardiff AAC	46.14	q
3	99	Shannon RICHARDS	Swansea Harriers		
					Heat 2
Pos	Bib	Athlete	Club	Perf	Comments
1	19	Catrin ROBERTS	Neath Harriers	46.41	Q
2	89	Leonora FOLEY	Cardiff AAC	46.91	q
3	25	Elinor WINFIELD	Yate AC	48.75	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

T9 - U15G - 1500m - FINAL

13:00

Welsh Record **Jade WILLIAMS - Amman Valley - 4.45.8, 2007**

CBP **Jade WILLIAMS - Amman Valley - 4.45.80, 2007**

2009 Champion **Lauren BELL - Pembroke Harriers - 4.56.27**

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	140	Abigail BACKSHALL	Colwyn Bay AC	5:00.5*	
2	166	Olivia GWYNN	Swansea Harriers	5:06.1*	
3	165	Iona EVANS	Swansea Harriers	5:13.6*	
4	167	Megan OSBORNE	Bridgend AC	5:22.2*	
5	168	Lucy TARRANT	Bridgend AC	5:30.1*	
6	164	Caitlin ATKINS	Swansea Harriers	5:43.2*	

*manual entered times**

T20 - U15G - 60m Hurdles - FINAL

15:30

Welsh Record **Heather JONES - Carmarthen - 8.79, 2001**

CBP **Heather JONES - Carmarthen Harriers - 9.07, 2001**

2009 Champion **Abigail WILLIAMS - Deeside AAC - 9.45**

from heats T8

Pos	Bib	Athlete	Club	Perf	Comments
1	101	Rhian WILLIAMS	Deeside AAC	9.52	
2	91	Rhiannon HAILS	Swansea Harriers	9.78	
3	15	Elli NORKETT	Pembroke Harriers	9.84	
4	90	Rebecca FOLEY	Cardiff AAC	10.04	
5	93	Emma JOHNSON	Bridgend AC	10.07	
6	95	Katherine MORRIS	Swansea Harriers	10.11	
7	12	Amy LEAHY	Pembroke Harriers	10.22	
8	87	Georgia BATES	Deeside AAC	11.63	

T8 - U15G - 60m Hurdles - Heats

12:45

2 heats - Qualifiers first 3 + 2 fastest

Pos	Bib	Athlete	Club	Perf	Comments
1	87	Georgia BATES	Deeside AAC	9.64	Q
2	15	Elli NORKETT	Pembroke Harriers	9.93	Q
3	95	Katherine MORRIS	Swansea Harriers	10.17	Q
4	12	Amy LEAHY	Pembroke Harriers	10.27	q
5	88	Lara DURRANI	Cardiff AAC	10.52	q
6	99	Shannon RICHARDS	Swansea Harriers	10.89	
7	6	Hannah BROWNING	Wrexham AC	10.95	

Pos	Bib	Athlete	Club	Perf	Comments
1	101	Rhian WILLIAMS	Deeside AAC	9.56	Q
2	91	Rhiannon HAILS	Swansea Harriers	9.79	Q
3	90	Rebecca FOLEY	Cardiff AAC	9.94	Q
4	93	Emma JOHNSON	Bridgend AC	10.10	q
5	89	Leonora FOLEY	Cardiff AAC	10.43	q
6	100	Miriam WILLIAMS	Swansea Harriers	11.03	
7	92	Bethan HILL-HOWELLS	Newport Harriers	12.33	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

F4 - U15G - HIGH JUMP - FINAL

11:30

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

CBP **Lea HAGGETT** - Herne Hill Harriers - 1.65, 1986

2009 Champion **Emily MORRIS** - Swansea Harriers - 1.64

Pos	Bib	Athlete	Club	Perf	Comments
1	92	Bethan HILL-HOWELLS	Newport Harriers	1.52	
2	87	Georgia BATES	Deeside AAC	1.45	
3	213	Catrin JONES	Swansea Harriers	1.40	
4	123	Laura TRIGG	Cardiff AAC	1.40	
5	99	Shannon RICHARDS	Swansea Harriers	1.40	
6	18	Brenna PRICE	Aberdare VAAC	1.35	
7	100	Miriam WILLIAMS	Swansea Harriers	1.30	

F3 - U15G - POLE VAULT - FINAL

11:00

Welsh Record **Rhiannydd LLEWELLYN** - Bridgend - 3.20, 2008

CBP **Rhiannydd LLEWELLYN** - Bridgend AC - 3.00, 2008

2009 Champion **Lucy DALY** - Cardiff AAC - 2.23

Pos	Bib	Athlete	Club	Perf	Comments
1	224	Laura WILLIAMS	Deeside AAC	2.50	
2	9	Olivia EVANS	Cardiff AAC	2.20	
3	164	Caitlin ATKINS	Swansea Harriers	1.90	

F10 - U15G - LONG JUMP - FINAL

14:15

Welsh Record **Sara OTUNG** - Cardiff - 5.51, 2008

CBP **Ceri JENKINS** - Cleddau AC - 5.28, 1972

2009 Champion **Bethan WAKEFIELD** - Newport Harriers - 4.86

Pos	Bib	Athlete	Club	Perf	Comments
1	87	Georgia BATES	Deeside AAC	4.76	
2	20	Beth SARGENT	Deeside AAC	4.52	
3	22	Erin WALTERS	Carmarthen Harriers	4.37	
4	18	Brenna PRICE	Aberdare VAAC	4.36	
5	92	Bethan HILL-HOWELLS	Newport Harriers	4.36	
6	6	Hannah BROWNING	Wrexham AC	4.26	
7	95	Katherine MORRIS	Swansea Harriers	4.11	
8	100	Miriam WILLIAMS	Swansea Harriers	3.98	
9	91	Rhiannon HAILS	Swansea Harriers	3.89	

F8 - U15G - SHOT (4.00kg) - FINAL

13:00

Welsh Record **Adele NICOLL** - Oswestry Olympians - 11.92, 2009

New Welsh Record

CBP **Lisa ANGULATTA** - Cardiff AAC - 11.13, 1981

New CBP

2009 Champion **Elliw JAMES** - Carmarthen Harriers - 9.42

Pos	Bib	Athlete	Club	Perf	Comments
1	14	Adele NICOLL	Oswestry Olympians	12.29	
2	243	Awen ROSSER	Carmarthen Harriers	11.89	
3	242	Bronwen LEWIS	Carmarthen Harriers	8.64	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

T32 - U20M - 60m - FINAL

17:20

Welsh Record **Christian MALCOLM - Cardiff AAC - 6.67, 1997**

CBP **Chris HOWE - Cardiff AAC - 6.99, 2008**

2009 Champion **Chris HOWE - Cardiff AAC - 7.07**

From Heats T17

Pos	Bib	Athlete	Club	Perf	Comments
1	75	Matthew JONES (W)	Cardiff AAC	7.03	
2	85	Peter WATLING *	Wolverhampton & Bilston AC	7.09	
3	72	Gareth HOPKINS (W)	Cardiff AAC	7.10	
4	82	Jamie SEXTON (W)	Barry & Vale Harriers	7.23	
5	64	Paul BENNETT (W)	Cardiff AAC	7.35	
6	84	Phillip WARWICKER *	UWIC	7.39	
7	66	Thomas CUSWORTH (W)	Wrexham AC	7.41	
8	68	Lemar FRECKLETON (W)	Newport Harriers	DNS	

T17 - U20M - 60m - Heats

14:50

3 heats Qualifiers First 2 + 2 fastest

					Heat 1
Pos	Bib	Athlete	Club	Perf	Comments
1	85	Peter WATLING *	Wolverhampton & Bilston AC	7.15	Q
2	84	Phillip WARWICKER *	UWIC	7.45	Q
3	65	Ainsley CAMPBELL *	Blackheath & Bromley AC	7.46	
4	75	Matthew JONES (W)	Cardiff AAC	7.58	
5	63	Gareth BENNETT (W)	Wrexham AC	7.69	
6	70	Stuart GRIFFITHS (W)	Cardiff AAC	7.72	
					Heat 2
Pos	Bib	Athlete	Club	Perf	Comments
1	72	Gareth HOPKINS (W)	Cardiff AAC	7.06	Q
2	64	Paul BENNETT (W)	Cardiff AAC	7.28	Q
3	69	James GRIFFITHS (W)	Cardiff AAC	7.44	
4	67	Lewis EVANS (W)	Cardiff AAC	7.44	
5	73	Michael HOWE (W)	Cardiff AAC	7.46	
6	78	Tai OMIRIN (W)	Cardiff AAC	7.52	
7	81	Ian ROBERTS (W)	Menai T&F	7.68	
					Heat 3
Pos	Bib	Athlete	Club	Perf	Comments
1	75	Matthew JONES (W)	Cardiff AAC	7.11	Q
2	82	Jamie SEXTON (W)	Cardiff AAC	7.20	Q
3	66	Thomas CUSWORTH (W)	Wrexham AC	7.32	q
4	68	Lemar FRECKLETON (W)	Newport Harriers	7.42	q
5	83	Owen STYLER *	Torbay AC	7.54	
6	76	Shane JONES (W)	Neath Harriers	7.82	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

T23 - U20M - 200m - A & B Final

15:55

Welsh Record **Tim BENJAMIN - Cardiff AAC - 20.78, 2001**

CBP **Chris HOWE - Cardiff AAC - 22.49, 2008**

New CBP

2009 Champion **Thomas KNIGHT - Cardiff AAC - 22.72**

From Heats T2

Pos	Bib	Athlete	Club	Perf	Comments
1	72	Gareth HOPKINS (W)	Cardiff AAC	22.13	
2	66	Thomas CUSWORTH (W)	Wrexham AC	22.92	
3	85	Peter WATLING *	Wolverhampton & Bilston AC	23.16	
4	68	Lemar FRECKLETON (W)	Newport Harriers	23.72	

B FINAL

1	137	Callam MCCABE (W)	UWIC	23.47	
2	63	Gareth BENNETT (W)	Wrexham AC	23.56	
3	67	Lewis EVANS (W)	Carmarthen Harriers	24.51	
4	65	Ainsley CAMPBELL *	Blackheath & Bromley AC	DNS	

T2 - U20M - 200m - Heats

10:45

4 Heats - Qualifiers - Heat winners & 4 Fastest to A&B Finals

					Heat 1
Pos	Bib	Athlete	Club	Perf	Comments
1	72	Gareth HOPKINS (W)	Cardiff AAC	22.22	Q
2	68	Lemar FRECKLETON (W)	Newport Harriers	23.85	q
3	137	Callam MCCABE (W)	UWIC	24.08	q
					Heat 2
Pos	Bib	Athlete	Club	Perf	Comments
1	65	Ainsley CAMPBELL *	Blackheath & Bromley AC	24.36	Q
2	83	Owen STYLER *	Torbay AC	24.46	
3	136	Craig GODSALL (W)	Cwmbran Harriers	25.42	
4	76	Shane JONES (W)	Neath Harriers	25.63	
					Heat 3
Pos	Bib	Athlete	Club	Perf	Comments
1	66	Thomas CUSWORTH (W)	Wrexham AC	23.36	Q
2	67	Lewis EVANS (W)	Carmarthen Harriers	24.14	q
3	118	Dafydd WALTERS (W)	Carmarthen Harriers	25.14	
					Heat 4
Pos	Bib	Athlete	Club	Perf	Comments
1	85	Peter WATLING *	Wolverhampton & Bilston AC	23.61	Q
2	63	Gareth BENNETT (W)	Wrexham AC	23.98	q
3	81	Ian ROBERTS (W)	Menai T&F	24.73	
4	138	James MORGAN (W)	Newport Harriers	24.76	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

T30 - U20M - 400m - FINAL **17:00**

Welsh Record **Bruce TASKER - Carmarthen Harriers - 47.74, 2006**

CBP **Gareth HOPKINS - Cardiff AAC - 49.46, 2009**

2009 Champion **Nathan FELVUS - Cardiff AAC - 49.89**

From Heats T13

Pos	Bib	Athlete	Club	Perf	Comments
1	72	Gareth HOPKINS (W)	Cardiff AAC	50.00	
2	163	James WILTSHIRE (W)	Cardiff AAC	50.31	
3	155	Sam CONWAY (W)	Cardiff AAC	51.33	
4	160	Ben PHILLIPS (W)	Woodford Green & Essex L	53.90	

T13 - U20M - 400m - Heats **13:50**

3 heats - Qualifiers Heat winners + 1 fastest fastest to Final

Pos	Bib	Athlete	Club	Perf	Comments
1	160	Ben PHILLIPS (W)	Woodford Green & Essex L	52.71	Q
2	153	Jacob BRENNAN (W)	Cardiff AAC	53.08	
3	157	David GUEST (W)	Bridgend AC	DQ	

Heat 2

Pos	Bib	Athlete	Club	Perf	Comments
1	163	James WILTSHIRE (W)	Cardiff AAC	50.22	Q
2	64	Paul BENNETT (W)	Carmarthen Harriers	52.33	
3	161	Tom PHILLIPS (W)	Barry & Vale Harriers	56.12	

Heat 3

Pos	Bib	Athlete	Club	Perf	Comments
1	72	Gareth HOPKINS (W)	Cardiff AAC	49.46	Q / CBP
2	155	Sam CONWAY (W)	Cardiff AAC	50.70	
3	154	Jordan BROCK (W)	Swansea Harriers	61.14	

T26 - U20M - 1500m - FINAL **16:25**

Welsh Record **Tony BLACKWELL - Wolverhampton - 3.52.0, 1977**

CBP **Stephen DAVIES - Newport Harriers - 3.57.60, 2003**

2009 Champion **Daniel HISCOX - Aberdare VAAC - 4:17.49**

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	184	Michael KALLENBERG (W)	Carmarthen Harriers	4:20.42	
2	183	Owen HASWELL (W)	Barry & Vale Harriers	4:28.14	
3	162	Matthew THOMAS (W)	Swansea Harriers	4:33.65	

T5 - U20M - 60m Hurdles - FINAL **12:15**

Welsh Record **Nathan PALMER - Cardiff AAC - 7.93, 2001**

CBP **Kris JONES - Newport Harriers - 8.26, 2002**

2009 Champion **Dafydd WALTERS - Carmarthen Harriers - 8.42**

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	117	Yannick BUDD *	Bristol & West AC	8.69	
2	118	Dafydd WALTERS (W)	Carmarthen Harriers	8.70	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

F15 - U20M - HIGH JUMP - FINAL

15:30

Welsh Record **Andrew MCIVER & John HILL - Cardiff AAC/Solihull - 2.15, 1980/1985**

CBP **John HILL - Solihull - 2.03, 1983**

2009 Champion **Justin LAKEY - Team Kennet - 1.85**

Pos	Bib	Athlete	Club	Perf	Comments
1	220	Justin LAKEY *	Team Kennet	1.95	
2	219	Ben DAVIES (W)	Swansea Harriers	1.90	
3	218	Adam DAVIES (W)	Pembroke Harriers	1.90	
4	221	Tomas MORGAN (W)	Newport Harriers	1.85	

F12 - U20M - POLE VAULT - FINAL

15:00

Welsh Record **Neil WINTER - Shaftesbury - 5.10, 1992**

CBP **Andrew PENK & Cameron JOHNSTON - Cardiff AAC/Croydon - 4.60, 1997/2000**

2009 Champion **No Entries - -**

Pos	Bib	Athlete	Club	Perf	Comments
1	235	Lewis NEWTON (W)	Cardiff AAC	4.00	
2	232	Emyr JONES (W)	Carmarthen Harriers	3.90	
3	234	Robert MCGREGOR (W)	Bridgend AC	3.80	
4	233	Curtis MATHEWS (W)	Barry & Vale Harriers	3.20	

F5 - U20M - LONG JUMP - FINAL

11:30

Welsh Record **Marcus BROWNING - Chester AC - 7.32, 1987**

CBP **Richardo CHILDS - Brecon AC - 6.89, 2002/2003**

New CBP

2009 Champion **Tom KIVELL - Newport Harriers - 6.78**

Pos	Bib	Athlete	Club	Perf	Comments
1	238	James GARDNER (W)	City of Stoke AC	6.99	
2	223	Robby WELLS (W)	Swansea Harriers	6.21	
3	237	Jamie EDWARDS (W)	Cardiff AAC	6.09	
4	64	Paul BENNETT (W)	Carmarthen Harriers	6.02	
5	221	Tomas MORGAN (W)	Newport Harriers	5.95	
6	74	Kueni IGBAGIRI (W)	Carmarthen Harriers	5.81	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

F17 - U20M - TRIPLE JUMP - FINAL

16:00

Welsh Record **Steven SHALDERS - Cardiff AAC - 15.45, 1999**

CBP **Alex EZECHI-OBIAKO - Cardiff AAC - 14.24, 2009**

2009 Champion **Alex OBIAKO - Cardiff AAC - 14.24**

Pos	Bib	Athlete	Club	Perf	Comments
1	240	Ross MCKENZIE (W)	Cardiff AAC	13.22	
2	84	Phillip WARWICKER *	UWIC	13.17	
3	78	Tai OMIRIN (W)	Cardiff AAC	12.38	
4	238	James GARDNER (W)	City of Stoke AC	12.23	
5	237	Jamie EDWARDS (W)	Cardiff AAC	11.86	

F9 - U20M - SHOT (6.00kg) - FINAL

14:00

Welsh Record **Brett MORSE - Cardiff AAC - 17.51, 2008**

CBP **Jacob MATTHEWS - Newport Harriers - 15.94, 2009**

2009 Champion **Jacob MATTHEWS - Newport Harriers - 15.94**

Pos	Bib	Athlete	Club	Perf	Comments
1	252	Tomos EDWARDS (W)	Carmarthen Harriers	15.12	
2	233	Curtis MATHEWS (W)	Barry & Vale Harriers	12.36	
3	67	Lewis EVANS (W)	Carmarthen Harriers	10.40	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

T31 - U20W - 60m - FINAL

17:15

Welsh Record **Lisa ARMSTRONG - Torfaen - 7.48, 1991**

CBP **Lowri JONES - Torfaen AC - 7.66, 2000**

2009 Champion **Hannah PENDLEBURY - Deeside AAC - 7.80**

From Heats T16

Pos	Bib	Athlete	Club	Perf	Comments
1	59	Hannah PENDLEBURY (W)	Deeside AAC	7.70	
2	60	Hannah THOMAS (W)	Wrexham AC	7.97	
3	55	Sarah EVANS (W)	Swansea Harriers	8.01	
4	61	Claire WILLIAMS (W)	Cwmbran Harriers	8.03	
5	50	Natalie BATHERS (W)	Oswestry Olympians	8.32	
6	52	Hannah CLARKE (W)	Cardiff AAC	8.42	
7	56	Shaleena GRAHAM (W)	Cardiff AAC	8.48	
8	54	Alice ESSAM *	UWIC	DNS	

T16 - U20W - 60m - Heats

14:40

2 heats - Qualifiers First 3 +2 fastest

					Heat 1
Pos	Bib	Athlete	Club	Perf	Comments
1	55	Sarah EVANS (W)	Swansea Harriers	7.94	Q
2	61	Claire WILLIAMS (W)	Cwmbran Harriers	7.99	Q
3	50	Natalie BATHERS (W)	Oswestry Olympians	8.24	Q
4	54	Alice ESSAM *	UWIC	8.40	q
5	57	Katherine LEES *	Swansea Harriers	9.21	

					Heat 2
Pos	Bib	Athlete	Club	Perf	Comments
1	59	Hannah PENDLEBURY (W)	Deeside AAC	7.87	Q
2	60	Hannah THOMAS (W)	Wrexham AC	8.08	Q
3	52	Hannah CLARKE (W)	Cardiff AAC	8.38	Q
4	56	Shaleena GRAHAM (W)	Cardiff AAC	8.48	
5	51	Nia BREEZE (W)	Wrexham AC	8.60	
6	53	Esther DIXON *	Swansea Harriers	9.24	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

T22 - U20W - 200m - FINAL

15:50

Welsh Record **Michelle PROBERT & Lowri JONES - Sale Harriers / Cardiff AAC - 24.83, 1979/2000**

CBP **Samantha GAMBLE - Cardiff AAC - 25.33, 2003**

New CBP

2009 Champion **Hannah PENDLEBURY - Deeside AAC - 25.63**

From Heats T1

Pos	Bib	Athlete	Club	Perf	Comments
1	60	Hannah THOMAS (W)	Wrexham AC	25.28	
2	133	Brigid EADES (W)	Newport Harriers	26.08	
3	61	Claire WILLIAMS (W)	Cwmbran Harriers	26.88	
4	135	Gwenllian WILLIAMS (W)	Cardiff AAC	27.06	

T1 - U20W - 200m - Heats

10:30

2 heats - Qualifiers Heat winners + 2 fastest

					Heat 1
Pos	Bib	Athlete	Club	Perf	Comments
1	60	Hannah THOMAS (W)	Wrexham AC	26.51	Q
2	61	Claire WILLIAMS (W)	Cwmbran Harriers	26.88	q
3	134	Danielle MILL (W)	Cardiff AAC	27.40	
4	51	Nia BREEZE (W)	Wrexham AC	28.31	
					Heat 2
Pos	Bib	Athlete	Club	Perf	Comments
1	133	Brigid EADES (W)	Newport Harriers	26.27	Q
2	135	Gwenllian WILLIAMS (W)	Cardiff AAC	27.03	q
3	52	Hannah CLARKE (W)	Cardiff AAC	27.48	
4	53	Esther DIXON *	Swansea Harriers	29.86	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

T29 - U20W - 400m - FINAL

16:55

Welsh Record **Faye HARDING - Sale Harriers - 55.75, 2004**

CBP **Anwen REES - Carmarthen Harriers - 57.71, 2004**

New CBP

2009 Champion **Brigid EADES - Newport Harriers - 58.21**

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	133	Brigid EADES (W)	Newport Harriers	57.62	
2	149	Samantha COGAN (W)	Cardiff AAC	58.46	
3	113	Megan ROGERS (W)	Wrexham AC	61.23	
4	151	Hayley STEWARD *	Yeovil Olympiads AC	66.55	

T6 - U20W - 60m Hurdles - FINAL

12:25

Welsh Record **Bethan EDWARDS - Cardiff - 8.47, 1992**

CBP **Lauren MCLOUGHLIN & Heather JONES - Cardiff AAC / Carmarthen Harriers - 8.77, 2001/2004**

2009 Champion **Sarah DACEY - Swansea Harriers - 9.26**

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	109	Sarah DACEY (W)	Swansea Harriers	9.03	
2	112	Lauren O'REILLY (W)	Newport Harriers	9.04	
3	114	Catrin STONE (W)	Swansea Harriers	9.21	
4	113	Megan ROGERS (W)	Wrexham AC	9.27	
5	111	Kate LYSONS *	UWIC	9.54	
6	115	Sian SWANSON (W)	Maldwyn Harriers	9.72	
7	94	Lauren JONES	Swansea Harriers	10.14	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

F14 - U20W - HIGH JUMP - FINAL

15:30

Welsh Record **Rebecca JONES - Wrexham - 1.86, 2002**

CBP **Rebecca JONES - Wrexham AC - 1.86, 2002**

2009 Champion **Elizabeth PARRY - Solihull & Small Heath - 1.66**

Pos	Bib	Athlete	Club	Perf	Comments
1	115	Sian SWANSON (W)	Maldwyn Harriers	1.68	
2	111	Kate LYSONS *	UWIC	1.55	
3					

F2 - U20W - POLE VAULT - FINAL

11:00

Welsh Record **Rhian CLARKE - Essex Ladies - 3.65, 1996**

CBP **Elinor LEWIS - Cardiff AAC - 3.61, 2009**

2009 Champion **Elinor LEWIS - Cardiff AAC - 3.61**

Pos	Bib	Athlete	Club	Perf	Comments
1	227	Rebecca DAVIES (W)	Deeside AAC	3.50	
2	231	Elinor LEWIS (W)	Cardiff AAC	3.50	
3	228	Christina HUGHES (W)	Deeside AAC	3.40	
4	229	Naomi JAMES (W)	Swansea Harriers	3.20	
5	230	Emma JONES (W)	Swansea Harriers	2.90	

F16 - U20W - LONG JUMP - FINAL

15:30

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

CBP **Aimee CUTLER - Cardiff AAC - 5.57, 2000**

New CBP

2009 Champion **Sarah DACEY - Swansea Harriers - 5.38**

Pos	Bib	Athlete	Club	Perf	Comments
1	62	Rhiannon YATES (W)	Cardiff AAC / UWIC	5.60	
2	109	Sarah DACEY (W)	Swansea Harriers	5.29	
3	114	Catrin STONE (W)	Swansea Harriers	5.08	
4	50	Natalie BATHERS (W)	Oswestry Olympians	5.08	
5	151	Hayley STEWARD *	Yeovil Olympiads AC	4.70	

F18 - U20W - TRIPLE JUMP - FINAL

17:00

Welsh Record **Sally PEAKE - Liverpool - 11.79, 2003**

CBP **Sally PEAKE - Liverpool - 11.78, 2003**

2009 Champion **Amy CAMPAGNE - Deeside AAC - 10.83**

Pos	Bib	Athlete	Club	Perf	Comments
1	239	Amy BRADLEY (W)	Cwmbran Harriers	10.34	

F6 - U20W - SHOT - FINAL

12:00

Welsh Record **Jayne BERRY - Brecon - 14.54, 1989**

CBP **Sally-Jayne HINDS - Swansea Harriers - 13.51, 2005**

2009 Champion **Tesni WARD - City of Sheffield - 13.01**

Pos	Bib	Athlete	Club	Perf	Comments
1	251	Tesni WARD (W)	City of Sheffield	13.38	
2	249	Lucy GRIFFITHS (W)	Pembroke Harriers	10.73	
3	250	Ayla PHILLIPS (W)	Cardiff AAC	10.06	
4	110	Catherine GOLDSMITH (U23)	Carmarthen Harriers	10.09	

WELSH ATHLETICS
U15-U20 INDOOR TRACK AND FIELD CHAMPIONSHIPS 2010
NIAC, CYNCOED CAMPUS UWIC

SUNDAY 31ST JANUARY

T19 - SW - 3000m - FINAL

15:20

All Comers Record **Gemma TURTLE - England - 9.14.74, 2009**

New All Comers Record

Welsh Record **Hayley TULLETT - Swansea - 8.45.36, 2001**

CBP **Natalie LEWIS - Cardiff AAC - 9.43.57, 2006**

2009 Champion **Caryl JONES - Carmarthen Harriers - 10.06.25**

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	190	Gemma TURTLE *	Gloucester AC	9:08.11	
2	257	Rose-Anne GALLIGAN *	Gloucester AC	9:17.79	
3	187	Ava HUTCHINSON *	Cardiff AAC	9:23.52	
4	189	Kelly MCNEICE *	City of Lisburn AC	9:25.74	
5	186	Laura DUNN *	Edinburgh AC	9:47.16	
6	185	Alaw BEYNON - THOMAS (W)	Carmarthen Harriers	10:34.53	

T21 - SM - 3000m - FINAL

15:40

All Comers Record **Rob WHALLEY - England - 7.53.63, 2000**

Welsh Record **Ian HAMER - Swansea Harriers - 7.51.49, 1992**

CBP **Bernie PLAIN - Cardiff AAC - 8.18.6, 1970**

NEW CBP

2009 Champion **Owain MATTHEWS - Bedford & County - 8:25.97**

Straight FINAL

Pos	Bib	Athlete	Club	Perf	Comments
1	212	David WESTBURY (W)	Derby AC	8:17.84	
2	206	Thomas MARSHALL (W)	Cardiff AAC	8:18.68	
3	195	Chris DISCOMBE (W)	Les Croupiers	8:19.32	
4	199	Dewi GRIFFITHS (W)	Carmarthen Harriers	8:20.55	
5	209	James SHANE *	Newham & Essex Beagles AC	8:22.20	
6	211	Ieuan THOMAS (W)	Cwmbran Harriers	8:22.45	
7	202	John HUTCHINS *	Basingstoke & Mid Hants AC	8:25.12	
8	207	Stephen MITCHELL *	Bristol & West AC	8:25.14	
9	200	Alex HAINS (W)	Cardiff AAC	8:25.54	
10	201	Craig HOPKINS *	Swansea Harriers	8:27.44	
11	197	Eoin FLYNN *	Eire (Ireland)	8:30.32	
12	205	Nathaniel LANE (W)	Cardiff AAC	8:33.55	
13	192	Frank BADDICK *	Newham & Essex Beagles AC	8:34.19	
14	198	Andrew FRIEND (W)	Cardiff AAC	8:37.04	
15	208	Jonathan PETERS (W)	Cwmbran Harriers	8:50.02	
16	196	Wynne EVANS (W)	Carmarthen Harriers	9:12.61	

Welsh Athletics - Height Card

Meeting		Welsh U15/U20 Indoor Championships 2010				Venue	NIAC, UWIC - Cyncoed				Time	FINAL	Date	Sunday 31 January 2010							
Event						Welsh Indoor Record				Chuka ENIH-SNELL Swansea Harriers 1.91 1998											
F1		U15B - HIGH JUMP FINAL				Championship Best Performance				Andrew BLOW Beddau AC 1.73 1985											
						2009 Welsh Champion				Drew BEAUJEAN Carmarthen Harriers 1.55											
						Order	Number	NAME	CLUB	Start Height	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	Best of All
					1.67										Mtrs						
		Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs						
1	102	Kyle ARNOLD	Newport Harriers																		
2	104	David OMEREGIE	Pembroke Harriers	1.45						o	o	xxo	xxx		1.55		1.60				2
3	105	Ieuan ORTON	Barry & Vale Harriers	1.20	o	o	xo	o	xo	xo	xxx				1.45		1.50				4
4	106	Aled PRICE	Carmarthen Harriers	1.40	xxx				o	o	o	o	o	xxo	1.65	PB	1.58				1
5	126	Jacob BRISCOMBE	Barry & Vale Harriers	1.20	o	o	o	o	xxx						1.35	PB					5
6	214	Dafydd ADAMS	Carmarthen Harriers	1.25		o	o	xxo	xxx						1.35		1.47				6
7	215	Felix IACONO	Cardiff AAC	1.25		o	o	xo	xo	o	xxx				1.45		1.50				3
8	216	Keiran INGRAM	Swansea Harriers																		
9																					
10																					
11																					
12																					
13																					
14																					
15																					
16																					
FULL RESULTS															JUDGES' SIGNATURES						
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF												
1	106	Aled PRICE	Carmarthen Harriers	1.65	9																
2	104	David OMEREGIE	Pembroke Harriers	1.55	10																
3	215	Felix IACONO	Cardiff AAC	1.45	11																
4	105	Ieuan ORTON	Barry & Vale Harriers	1.45	12																
5	126	Jacob BRISCOMBE	Barry & Vale Harriers	1.35	13																
6	214	Dafydd ADAMS	Carmarthen Harriers	1.35	14																
7					15																
8					16																
															REFEREE'S SIGNATURE						

Welsh Athletics - Height Card

Meeting		Welsh U15/U20 Indoor Championships 2010				Venue	NIAC, UWIC - Cyncoed					Time	FINAL	Date	Sunday 31 January 2010						
Event						Welsh Indoor Record			Rhian CLARKE Essex Ladies 3.65 1996												
F2		U20W - POLE VAULT FINAL				Championship Best Performance			Elinor LEWIS Cardiff AAC 3.61 2009												
						2009 Welsh Champion			Elinor LEWIS Cardiff AAC 3.61												
						Order	Number	NAME	CLUB	UPRIGHTS	Start Height	2.80	2.90	3.00	3.20	3.30	3.40	3.50	3.60	3.65	Best of All
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs						
1	227	Rebecca DAVIES (W)	Deeside AAC		3.40						o	o	xxx			3.50	3.65				1
2	228	Christina HUGHES (W)	Deeside AAC		3.30					o	xo	xxx				3.40	3.60				3
3	229	Naomi JAMES (W)	Swansea Harriers		3.20				xo	xxx						3.20	3.50				4
4	230	Emma JONES (W)	Swansea Harriers		2.80	o	o	xxx								2.90	3.20				5
5	231	Elinor LEWIS (W)	Cardiff AAC		3.50							xxo	xxx			3.50	3.74				2
6																					
7																					
8																					
9																					
10																					
11																					
12																					
13																					
14																					
15																					
16																					
FULL RESULTS																JUDGES' SIGNATURES					
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF												
1	227	Rebecca DAVIES (W)	Deeside AAC	3.50	9																
2	231	Elinor LEWIS (W)	Cardiff AAC	3.50	10																
3	228	Christina HUGHES (W)	Deeside AAC	3.40	11																
4	229	Naomi JAMES (W)	Swansea Harriers	3.20	12																
5	230	Emma JONES (W)	Swansea Harriers	2.90	13																
6					14																
7					15																
8					16																
REFEREE'S SIGNATURE																					

Welsh Athletics - Height Card

Meeting		Welsh U15/U20 Indoor Championships 2010				Venue	NIAC, UWIC - Cyncoed					Time	FINAL	Date	Sunday 31 January 2010								
Event						Welsh Indoor Record			Rhianydd LLEWELLYN Bridgend 3.20 2008														
F3		U15G - POLE VAULT FINAL				Championship Best Performance			Rhianydd LLEWELLYN Bridgend AC 3.00 2008														
						2009 Welsh Champion			Lucy DALY Cardiff AAC 2.23														
						Order	Number	NAME	CLUB	UPRIGHTS	Start Height	1.80	1.90	2.00	2.10	2.20	2.30	2.40	2.50	2.60	Best of All	PB	
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs								
1	9	Olivia EVANS	Cardiff AAC		1.80	o	o	o	o	xo	xxx					2.20	PB	2.10					2
2	98	Bethan RADFORD	Swansea Harriers		1.80	o	xxx									1.80		2.00					4
3	164	Caitlin ATKINS	Swansea Harriers		1.80	o	o	xxx								1.90	PB						3
4	224	Laura WILLIAMS	Deeside AAC		2.20					o	o	o	xo	xxx		2.50	PB						1
5																							
6																							
7																							
8																							
9																							
10																							
11																							
12																							
13																							
14																							
15																							
16																							
FULL RESULTS																JUDGES' SIGNATURES							
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF														
1	224	Laura WILLIAMS	Deeside AAC	2.50	9																		
2	9	Olivia EVANS	Cardiff AAC	2.20	10																		
3	164	Caitlin ATKINS	Swansea Harriers	1.90	11																		
4	98	Bethan RADFORD	Swansea Harriers	1.80	12																		
5					13																		
6					14																		
7					15																		
8					16																		
																REFEREE'S SIGNATURE							

Welsh Athletics - Height Card

Meeting		Welsh U15/U20 Indoor Championships 2010				Venue	NIAC, UWIC - Cyncoed					Time	FINAL	Date	Sunday 31 January 2010							
Event						Welsh Indoor Record			Julia CHARLTON Carmarthen 1.79 1980													
F4		U15G - HIGH JUMP FINAL				Championship Best Performance			Lea HAGGETT Herne Hill Harriers 1.65 1986													
						2009 Welsh Champion			Emily MORRIS Swansea Harriers 1.64													
						Order	Number	NAME	CLUB	Start Height	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.52			Best of All	PB
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs							
1	87	Georgia BATES	Deeside AAC	1.35				o	o	xo	xxx					1.45		1.60				2
2	92	Bethan HILL-HOWELLS	Newport Harriers	1.35				o	o	o	xo	xxo				1.52	PB	1.51				1
3	99	Shannon RICHARDS	Swansea Harriers	1.30			o	xo	xxo	xxx						1.40		1.45				5
4	100	Miriam WILLIAMS	Swansea Harriers	1.20	o	o	o	xxx								1.30		1.32				7
5	123	Laura TRIGG	Cardiff AAC	1.25		o	o	o	xo	xxx						1.40		1.45				4
6	213	Catrin JONES	Swansea Harriers	1.35				o	o	xxx						1.40		1.45				3
7	18	Brenna PRICE	Aberdare VAAC	1.25		xo	xo	xo	xxx							1.35		1.40				6
8																						
9																						
10																						
11																						
12																						
13																						
14																						
15																						
16																						
FULL RESULTS															JUDGES' SIGNATURES							
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF													
1	92	Bethan HILL-HOWELLS	Newport Harriers	1.52	9																	
2	87	Georgia BATES	Deeside AAC	1.45	10																	
3	213	Catrin JONES	Swansea Harriers	1.40	11																	
4	123	Laura TRIGG	Cardiff AAC	1.40	12																	
5	99	Shannon RICHARDS	Swansea Harriers	1.40	13																	
6	18	Brenna PRICE	Aberdare VAAC	1.35	14																	
7	100	Miriam WILLIAMS	Swansea Harriers	1.30	15																	
8					16																	
															REFEREE'S SIGNATURE							

Welsh Athletics : Distance Card

Meeting				Venue	NIAC. Cardiff, Cyncoed	Time	FINAL		Date	Sunday 31 January 2010				
Event No		Welsh U15/U20 Indoor Championships 2010		Welsh Indoor Record			Marcus BROWNING, Chester AC, 7.32, 1987							
				Championship Best Performance			Richardo CHILDS, Brecon AC, 6.89, 2002/2003 NEW CBP							
F5		U20M - LONG JUMP FINAL		2009 Welsh Champion			Tom KIVELL, Newport Harriers, 6.78							
Order	BIB	Name	Club	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of all trials	PB	Final Position
1	64	Paul BENNETT (W)	Carmarthen Harriers	5.79	5.77	5.95	5.95	4	5.82	5.69	6.02	6.02	6.24	4
2	74	Kueni IGBAGIRI (W)	Carmarthen Harriers	NJ	NJ	4.26	4.26	6	NJ	5.81	NJ	5.81	6.85	6
3	78	Tai OMIRIN (W)	Cardiff AAC											
4	221	Tomas MORGAN (W)	Newport Harriers	5.85	5.70	5.95	5.95	4	5.92	PASS	4.62	5.95		5
5	223	Robby WELLS (W)	Swansea Harriers	6.13	6.21	6.14	6.21	2	6.12	6.08	6.14	6.21	6.37	2
6	233	Curtis MATHEWS (W)	Barry & Vale Harriers										6.63	
7	237	Jamie EDWARDS (W)	Cardiff AAC	5.48	5.71	6.09	6.09	3	4.63	5.52	5.32	6.09		3
8	238	James GARDNER (W)	City of Stoke AC	6.73	6.99	6.93	6.99	1	NJ	PASS	6.94	6.99	7.11	1
9														
10														
11														
12														
13														
14														
15														
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	238	James GARDNER (W)	City of Stoke AC	6.99	9									
2	223	Robby WELLS (W)	Swansea Harriers	6.21	10					JUDGES' SIGNATURES				
3	237	Jamie EDWARDS (W)	Cardiff AAC	6.09	11									
4	64	Paul BENNETT (W)	Carmarthen Harriers	6.02	12									
5	221	Tomas MORGAN (W)	Newport Harriers	5.95	13									
6	74	Kueni IGBAGIRI (W)	Carmarthen Harriers	5.81	14									
7					15									
8					16									

Welsh Athletics : Distance Card

Meeting		Welsh U15/U20 Indoor Championships 2010		Venue	NIAC. Cardiff, Cyncoed		Time	FINAL			Date	Sunday 31 January 2010			
Event No				Welsh Indoor Record			Jayne BERRY, Brecon, 14.54, 1989								
				Championship Best Performance			Sally-Jayne HINDS, Swansea Harriers, 13.51, 2005								
F6		U20W - SHOT FINAL		2009 Welsh Champion			Tesni WARD, City of Sheffield, 13.01								
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of all trials	PB	Final Position	
Order	BIB	Name	Club	Metres	Metres	Metres	Metres		Metres	Metres	Metres				
1	110	Catherine GOLDSMITH (U23)	Carmarthen Harriers	8.44	NT	9.93	9.93	3	9.14	8.57	10.09	10.09		4	
2	249	Lucy GRIFFITHS (W)	Pembroke Harriers	10.73	10.30	10.33	10.73	2	10.51	10.41	10.22	10.73	10.75	2	
3	250	Ayla PHILLIPS (W)	Cardiff AAC	NT	9.32	9.50	9.50	4	10.06	9.87	9.62	10.06		3	
4	251	Tesni WARD (W)	City of Sheffield	12.79	NT	13.38	13.38	1	13.28	NT	NT	13.38		1	
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
FULL RESULTS													REFEREE SIGNATURE		
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance						
1	251	Tesni WARD (W)	City of Sheffield	13.38	9										
2	249	Lucy GRIFFITHS (W)	Pembroke Harriers	10.73	10					JUDGES' SIGNATURES					
3	250	Ayla PHILLIPS (W)	Cardiff AAC	10.06	11										
4	110	Catherine GOLDSMITH (U23)	Carmarthen Harriers	10.09	12										
5					13										
6					14										
7					15										
8					16										

Welsh Athletics : Distance Card

Meeting		Welsh U15/U20 Indoor Championships 2010		Venue	NIAC. Cardiff, Cyncoed		Time	FINAL			Date	Sunday 31 January 2010		
Event No				Welsh Indoor Record		Jamie JONES, Barry & Vale Harriers, 6.13, 2003								
				Championship Best Performance		Jamie JONES, Barry & Vale Harriers, 5.86, 2004								
F7		U15B - LONG JUMP FINAL		2009 Welsh Champion			Mathew DAVIES, Carmarthen Harriers, 5.27							
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of all trials	PB	Final Position
1	102	Kyle ARNOLD	Newport Harriers	4.37	NJ	2.24	4.37	8	X	X	X	4.37		8
2	108	Jack STRAW	Swansea Harriers	4.12	4.08	4.05	4.12	9	X	X	X	4.12		9
3	128	Connor LAVERTY	Menai T&F	4.79	5.09	5.35	5.35	3	X	X	X	5.35	4.20	3
4	130	Lloyd ROBBINS	Deeside AAC	5.50	NJ	5.75	5.75	1	X	X	X	5.75	5.98	1
5	132	Jared WALTERS	Swansea Harriers	3.89			3.89	12	X	X	X	3.89		12
6	215	Felix IACONO	Cardiff AAC	4.19	4.28	4.37	4.37	7	X	X	X	4.37	4.40	7
7	48	Thomas WILLIAMS	Barry & Vale Harriers	5.52	5.18	5.30	5.52	2	X	X	X	5.52		2
8	29	Kierran COOPER	Wrexham AC	4.89	4.96	5.00	5.00	4	X	X	X	5.00		4
9	31	David HARRIS	Brecon AC	3.61	3.75	2.93	3.75	13	X	X	X	3.75		13
10	32	Lewys JONES	Cardiff AAC	4.93	4.83	4.82	4.93	5	X	X	X	4.93		5
11	37	James MERCURIUS-TAYLOR	Swansea Harriers	3.64	NJ	3.55	3.64	14	X	X	X	3.64		14
12	42	Shaun PEARCE	Carmarthen Harriers	4.06	3.86	NJ	4.06	10	X	X	X	4.06		10
13	49	Michael WILSON	Swansea Harriers	3.96	3.63	4.63	4.63	6	X	X	X	4.63		6
14	254	Conor MCNAMARA	Cwmbran Harriers	3.95	3.70	NJ	3.95	11	X	X	X	3.95		11
15														
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	130	Lloyd ROBBINS	Deeside AAC	5.75	9	108	Jack STRAW	Swansea Harriers	4.12					
2	48	Thomas WILLIAMS	Barry & Vale Harriers	5.52	10	42	Shaun PEARCE	Carmarthen Harriers	4.06	JUDGES' SIGNATURES				
3	128	Connor LAVERTY	Menai T&F	5.35	11	254	Conor MCNAMARA	Cwmbran Harriers	3.95					
4	29	Kierran COOPER	Wrexham AC	5.00	12	132	Jared WALTERS	Swansea Harriers	3.89					
5	32	Lewys JONES	Cardiff AAC	4.93	13	31	David HARRIS	Brecon AC	3.75					
6	49	Michael WILSON	Swansea Harriers	4.63	14	37	James MERCURIUS-TAYLOR	Swansea Harriers	3.64					
7	215	Felix IACONO	Cardiff AAC	4.37	15									
8	102	Kyle ARNOLD	Newport Harriers	4.37	16									

Welsh Athletics : Distance Card

Meeting				Venue	NIAC. Cardiff, Cyncoed	Time	FINAL	Date	Sunday 31 January 2010						
Event No		Welsh U15/U20 Indoor Championships 2010		Welsh Indoor Record			Adele NICOLL, Oswestry Olympians, 11.92, 2009			NEW WELSH RECORD					
				Championship Best Performance			Lisa ANGULATTA, Cardiff AAC, 11.13, 1981			NEW CBP					
F8		U15G - SHOT (4.00kg) FINAL		2009 Welsh Champion			Eliw JAMES, Carmarthen Harriers, 9.42								
				Order	BIB	Name	Club	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	14	Adele NICOLL	Oswestry Olympians	12.25	12.29	12.00	12.29	1					12.29	11.92	1
2	241	Bethan JONES	Carmarthen Harriers												
3	242	Bronwen LEWIS	Carmarthen Harriers	8.64	8.20	8.62	8.64	3					8.64	9.81	3
4	243	Awen ROSSER	Carmarthen Harriers	11.89	11.50	11.61	11.89	2					11.89	10.95	2
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
FULL RESULTS														REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance						
1	14	Adele NICOLL	Oswestry Olympians	12.29	9										
2	243	Awen ROSSER	Carmarthen Harriers	11.89	10										
3	242	Bronwen LEWIS	Carmarthen Harriers	8.64	11										
4					12										
5					13										
6					14										
7					15										
8					16										
										JUDGES' SIGNATURES					

Welsh Athletics : Distance Card

Meeting				Venue	NIAC. Cardiff, Cyncoed	Time	FINAL	Date	Sunday 31 January 2010					
Event No		Welsh U15/U20 Indoor Championships 2010		Welsh Indoor Record			Brett MORSE, Cardiff AAC, 17.51, 2008							
				Championship Best Performance			Jacob MATTHEWS, Newport Harriers, 15.94, 2009							
F9		U20M - SHOT (6.00kg) FINAL		2009 Welsh Champion			Jacob MATTHEWS, Newport Harriers, 15.94							
Order	BIB	Name	Club	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of all trials	PB	Final Position
1	67	Lewis EVANS (W)	Carmarthen Harriers	9.38	10.04	NT	10.04	3	10.40	9.32	9.48	10.40		3
2	233	Curtis MATHEWS (W)	Barry & Vale Harriers	12.36	12.17	10.88	12.36	2	11.58	11.28	10.52	12.36	11.98	2
3	252	Tomos EDWARDS (W)	Carmarthen Harriers	13.30	NT	NT	13.30	1	NT	NT	15.12	15.12	15.21	1
4	253	Rheon JAMES (W)	Carmarthen Harriers											
5														
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	252	Tomos EDWARDS (W)	Carmarthen Harriers	15.12	9									
2	233	Curtis MATHEWS (W)	Barry & Vale Harriers	12.36	10					JUDGES' SIGNATURES				
3	67	Lewis EVANS (W)	Carmarthen Harriers	10.40	11									
4					12									
5					13									
6					14									
7					15									
8					16									

Welsh Athletics : Distance Card

Meeting				Venue	NIAC. Cardiff, Cyncoed	Time	FINAL	Date	Sunday 31 January 2010					
Event No		Welsh U15/U20 Indoor Championships 2010		Welsh Indoor Record			Sara OTUNG, Cardiff, 5.51, 2008							
				Championship Best Performance			Ceri JENKINS, Cleddau AC, 5.28, 1972							
F10		U15G - LONG JUMP FINAL		2009 Welsh Champion			Bethan WAKEFIELD, Newport Harriers, 4.86							
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of all trials	PB	Final Position
Order	BIB	Name	Club	Metres	Metres	Metres	Metres		Metres	Metres	Metres			
1	6	Hannah BROWNING	Wrexham AC	4.19	4.26		4.26	6				4.26	4.39	6
2	18	Brenna PRICE	Aberdare VAAC	4.23	4.36	3.93	4.36	4				4.36	4.46	4
3	20	Beth SARGENT	Deeside AAC	4.52			4.52	2				4.52	4.92	2
4	21	Laura TURLEY	Deeside AAC	NJ										
5	22	Erin WALTERS	Carmarthen Harriers	4.28	4.37		4.37	3				4.37		3
6	87	Georgia BATES	Deeside AAC	4.76	4.69	4.69	4.76	1				4.76	5.04	1
7	91	Rhiannon HAILS	Swansea Harriers	3.67	3.89	3.63	3.89	9				3.89		9
8	92	Bethan HILL-HOWELLS	Newport Harriers	NJ	NJ	4.36	4.36	5				4.36	5.65	5
9	95	Katherine MORRIS	Swansea Harriers	4.03	4.05	4.11	4.11	7				4.11	4.45	7
10	100	Miriam WILLIAMS	Swansea Harriers	3.16	3.81	3.98	3.98	8				3.98	4.25	8
11														
12														
13														
14														
15														
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	87	Georgia BATES	Deeside AAC	4.76	9	91	Rhiannon HAILS	Swansea Harriers	3.89					
2	20	Beth SARGENT	Deeside AAC	4.52	10					JUDGES' SIGNATURES				
3	22	Erin WALTERS	Carmarthen Harriers	4.37	11									
4	18	Brenna PRICE	Aberdare VAAC	4.36	12									
5	92	Bethan HILL-HOWELLS	Newport Harriers	4.36	13									
6	6	Hannah BROWNING	Wrexham AC	4.26	14									
7	95	Katherine MORRIS	Swansea Harriers	4.11	15									
8	100	Miriam WILLIAMS	Swansea Harriers	3.98	16									

Welsh Athletics : Distance Card

Meeting				Venue	NIAC. Cardiff, Cyncoed	Time	FINAL	Date	Sunday 31 January 2010					
Event No		Welsh U15/U20 Indoor Championships 2010		Welsh Indoor Record			Mathew EVANS, Carmarthen Harriers, 15.69, 2003							
				Championship Best Performance			Mathew EVANS, Carmarthen Harriers, 15.69, 2003							
F11		U15B - SHOT (4.00kg) FINAL		2009 Welsh Champion			Matthew FIELD, Aberdare VAAC, 11.99							
Order	BIB	Name	Club	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of all trials	PB	Final Position
1	106	Aled PRICE	Carmarthen Harriers	11.03	11.13	11.20	11.20	2	X	X	X	11.20	10.64	2
2	244	Jack BEYNON	Swansea Harriers	10.25	9.83	9.42	10.25	4	X	X	X	10.25		4
3	245	Bobby JONES	Swansea Harriers						X	X	X			
4	246	Charlie RANDALL	Carmarthen Harriers	11.85	11.64	11.91	11.91	1	X	X	X	11.91	11.96	1
5	247	Matthew WILLIAMS	Wrexham AC	10.14	10.40	10.07	10.40	3	X	X	X	10.40	9.61	3
6	248	Samuel WILLIAMS	Aberdare VAAC	5.60	5.40	5.91	5.91	5	X	X	X	5.91		5
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	246	Charlie RANDALL	Carmarthen Harriers	11.91	9									
2	106	Aled PRICE	Carmarthen Harriers	11.20	10									
3	247	Matthew WILLIAMS	Wrexham AC	10.40	11									
4	244	Jack BEYNON	Swansea Harriers	10.25	12									
5	248	Samuel WILLIAMS	Aberdare VAAC	5.91	13									
6					14									
7					15									
8					16									
													JUDGES' SIGNATURES	

Welsh Athletics - Height Card

Meeting		Welsh U15/U20 Indoor Championships 2010				Venue	NIAC, UWIC - Cyncoed					Time	FINAL	Date	Sunday 31 January 2010						
Event						Welsh Indoor Record			Neil WINTER Shaftesbury 5.10 1992												
F12		U20M - POLE VAULT FINAL				Championship Best Performance					Andrew PENK & Cameron JOHNSTON Cardiff AAC/Croydon 4.60 1997/2000										
						2009 Welsh Champion					No Entries										
						Order	Number	NAME	CLUB	UPRIGHTS	Start Height	2.80	3.00	3.20	3.40	3.70	3.80	3.90	4.00	4.50	Best of All
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs						
1	157	David GUEST (W)	Bridgend AC														4.72				
2	232	Emyr JONES (W)	Carmarthen Harriers		3.70					xxo		xxo	xxx			3.90		4.13			2
3	233	Curtis MATHEWS (W)	Barry & Vale Harriers		2.80	xo	xxo	xo	xx							3.20	PB				4
4	234	Robert MCGREGOR (W)	Bridgend AC		3.70					xo	o	xxx				3.80		3.81			3
5	235	Lewis NEWTON (W)	Cardiff AAC		4.00								o	xxx		4.00	PB				1
6																					
7																					
8																					
9																					
10																					
11																					
12																					
13																					
14																					
15																					
16																					
FULL RESULTS																JUDGES' SIGNATURES					
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF												
1	235	Lewis NEWTON (W)	Cardiff AAC	4.00	9																
2	232	Emyr JONES (W)	Carmarthen Harriers	3.90	10																
3	234	Robert MCGREGOR (W)	Bridgend AC	3.80	11																
4	233	Curtis MATHEWS (W)	Barry & Vale Harriers	3.20	12																
5					13																
6					14																
7					15																
8					16																
REFEREE'S SIGNATURE																					

Welsh Athletics - Height Card

Meeting		Welsh U15/U20 Indoor Championships 2010				Venue	NIAC, UWIC - Cyncoed					Time	FINAL	Date	Sunday 31 January 2010								
Event						Welsh Indoor Record			Stephen GUEST Bridgend AC 3.60 2008														
F13		U15B - POLE VAULT FINAL				Championship Best Performance			Stephen GUEST Bridgend AC 3.25 2008														
						2009 Welsh Champion			Alexander PAVLOU Swansea Harriers 2.23														
						Order	Number	NAME	CLUB	UPRIGHTS	Start Height	1.70	1.80	1.90	2.00	2.10	2.20	2.30				Best of All	PB
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs						
1	26	Harry ANGELIDIS	Swansea Harriers		1.80		xo	o	o	xo	xxo	o					2.30	PB					1
2	225	Samuel JONES	Swansea Harriers																				
3	226	Dylan PRICE	Stanwell H Sch		1.70	xxo	xo	xxx									1.80	PB	1.73				2
4																							
5																							
6																							
7																							
8																							
9																							
10																							
11																							
12																							
13																							
14																							
15																							
16																							
FULL RESULTS																	JUDGES' SIGNATURES						
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF														
1	26	Harry ANGELIDIS	Swansea Harriers	2.30	9																		
2	226	Dylan PRICE	Stanwell H Sch	1.80	10																		
3					11																		
4					12																		
5					13																		
6					14																		
7					15																		
8					16																		
REFEREE'S SIGNATURE																							

Welsh Athletics - Height Card

Meeting		Welsh U15/U20 Indoor Championships 2010				Venue	NIAC, UWIC - Cyncoed					Time	FINAL	Date	Sunday 31 January 2010						
Event						Welsh Indoor Record			Rebecca JONES Wrexham 1.86 2002												
F14		U20W - HIGH JUMP FINAL				Championship Best Performance			Rebecca JONES Wrexham AC 1.86 2002												
						2009 Welsh Champion			Elizabeth PARRY Solihull & Small Heath 1.66												
						Order	Number	NAME	CLUB	Start Height	1.45	1.50	1.55	1.60	1.65	1.68	1.71				Best of All
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs						
1	111	Kate LYSONS *	UWIC	1.45	o	o	xo	xxx								1.55	1.66				2
2	115	Sian SWANSON (W)	Maldwyn Harriers	1.55			o	o	xo	xo	xxx					1.68	1.73				1
3	217	Sophie PICK (W)	Carmarthen Harriers														1.51				
4																					
5																					
6																					
7																					
8																					
9																					
10																					
11																					
12																					
13																					
14																					
15																					
16																					
FULL RESULTS																JUDGES' SIGNATURES					
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF												
1	115	Sian SWANSON (W)	Maldwyn Harriers	1.68	9																
2	111	Kate LYSONS *	UWIC	1.55	10																
3					11																
4					12																
5					13																
6					14																
7					15																
8					16																
REFEREE'S SIGNATURE																					

Welsh Athletics - Height Card

Meeting		Welsh U15/U20 Indoor Championships 2010				Venue	NIAC, UWIC - Cyncoed					Time	FINAL	Date	Sunday 31 January 2010							
Event						Welsh Indoor Record			Andrew MCIVER & John HILL Cardiff AAC/Solihull 2.15 1980/1985													
F15		U20M - HIGH JUMP FINAL				Championship Best Performance			John HILL Solihull 2.03 1983													
						2009 Welsh Champion			Justin LAKEY Team Kennet 1.85													
						Order	Number	NAME	CLUB	Start Height	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00			Best of All	PB
					Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs	Mtrs							
1	218	Adam DAVIES (W)	Pembroke Harriers	1.80				o	xxo	o	xxx					1.90		2.00				3
2	219	Ben DAVIES (W)	Swansea Harriers	1.70		o	o	o	xo	o	xxx					1.90	PB	1.90				2
3	220	Justin LAKEY *	Team Kennet	1.80				o	o	o	o	xxx				1.95	PB	1.92				1
4	221	Tomas MORGAN (W)	Newport Harriers	1.65	o	o	xo	xxo	xo	xxx						1.85	=PB	1.85				4
5	222	Matthew WATSON *	Team Southampton														1.96					
6	223	Robby WELLS (W)	Swansea Harriers	1.70		xxx											1.87					
7																						
8																						
9																						
10																						
11																						
12																						
13																						
14																						
15																						
16																						
FULL RESULTS															JUDGES' SIGNATURES							
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF													
1	220	Justin LAKEY *	Team Kennet	1.95	9																	
2	219	Ben DAVIES (W)	Swansea Harriers	1.90	10																	
3	218	Adam DAVIES (W)	Pembroke Harriers	1.90	11																	
4	221	Tomas MORGAN (W)	Newport Harriers	1.85	12																	
5					13																	
6					14																	
7					15																	
8					16																	
															REFEREE'S SIGNATURE							

Welsh Athletics : Distance Card

Meeting				Venue	NIAC. Cardiff, Cyncoed	Time	FINAL	Date	Sunday 31 January 2010					
Event No		Welsh U15/U20 Indoor Championships 2010		Welsh Indoor Record			Nicola SHORT, Torfaen, 5.77, 1986							
				Championship Best Performance			Aimee CUTLER, Cardiff AAC, 5.57, 2000 NEW CBP							
F16		U20W - LONG JUMP FINAL		2009 Welsh Champion			Sarah DACEY, Swansea Harriers, 5.38							
Order	BIB	Name	Club	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of all trials	PB	Final Position
1	50	Natalie BATHERS (W)	Oswestry Olympians	4.59	NJ	4.81	4.81	4	4.95	5.01	5.08	5.08	5.45	4
2	54	Alice ESSAM *	UWIC											
3	62	Rhiannon YATES (W)	Cardiff AAC / UWIC	NJ	4.91	5.60	5.60	1	5.54		5.45	5.60	5.74	1
4	109	Sarah DACEY (W)	Swansea Harriers	NJ	5.29	NJ	5.29	2	5.15	NJ	5.27	5.29		2
5	114	Catrin STONE (W)	Swansea Harriers	4.89	5.02	5.08	5.08	3	NJ	4.76	4.82	5.08	5.34	3
6	151	Hayley STEWARD *	Yeovil Olympiads AC	4.45	4.59	4.70	4.70	5	4.59	4.60	4.69	4.70		5
7	236	Victoria WEBB (W)	Cwmbran Harriers										5.05	
8														
9														
10														
11														
12														
13														
14														
15														
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	62	Rhiannon YATES (W)	Cardiff AAC / UWIC	5.60	9									
2	109	Sarah DACEY (W)	Swansea Harriers	5.29	10					JUDGES' SIGNATURES				
3	114	Catrin STONE (W)	Swansea Harriers	5.08	11									
4	50	Natalie BATHERS (W)	Oswestry Olympians	5.08	12									
5	151	Hayley STEWARD *	Yeovil Olympiads AC	4.70	13									
6					14									
7					15									
8					16									

Welsh Athletics : Distance Card

Meeting				Venue	NIAC. Cardiff, Cyncoed	Time	FINAL	Date	Sunday 31 January 2010					
Event No		Welsh U15/U20 Indoor Championships 2010		Welsh Indoor Record			Steven SHALDERS, Cardiff AAC, 15.45, 1999							
				Championship Best Performance			Alex EZECHI-OBIAKO, Cardiff AAC, 14.24, 2009							
F17		U20M - TRIPLE JUMP FINAL		2009 Welsh Champion			Alex OBIAKO, Cardiff AAC, 14.24							
				Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial
1	78	Tai OMIRIN (W)	Cardiff AAC	11.48	NJ	12.22	12.22	4	NJ	12.04	12.38	12.38		3
2	84	Phillip WARWICKER *	UWIC	NJ	13.17	12.95	13.17	1	12.90	13.13	NJ	13.17	13.45	2
3	237	Jamie EDWARDS (W)	Cardiff AAC	11.76	NJ	NJ	11.76	5	NJ	11.65	11.86	11.86		5
4	238	James GARDNER (W)	City of Stoke AC	11.31	12.23	11.83	12.23	3				12.23		4
5	240	Ross MCKENZIE (W)	Cardiff AAC	12.90	NJ	12.78	12.90	2	12.98	13.22	NJ	13.22	12.59	1
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	240	Ross MCKENZIE (W)	Cardiff AAC	13.22	9									
2	84	Phillip WARWICKER *	UWIC	13.17	10					JUDGES' SIGNATURES				
3	78	Tai OMIRIN (W)	Cardiff AAC	12.38	11									
4	238	James GARDNER (W)	City of Stoke AC	12.23	12									
5	237	Jamie EDWARDS (W)	Cardiff AAC	11.86	13									
6					14									
7					15									
8					16									

Welsh Athletics : Distance Card

Meeting				Venue	NIAC. Cardiff, Cyncoed	Time	FINAL	Date	Sunday 31 January 2010					
Event No		Welsh U15/U20 Indoor Championships 2010		Welsh Indoor Record		Sally PEAKE, Liverpool, 11.79, 2003								
				Championship Best Performance		Sally PEAKE, Liverpool, 11.78, 2003								
F18		U20W - TRIPLE JUMP FINAL		2009 Welsh Champion		Amy CAMPAGNE, Deeside AAC, 10.83								
Order	BIB	Name	Club	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of all trials	PB	Final Position
1	239	Amy BRADLEY (W)	Cwmbran Harriers	10.31	9.76	10.19	10.31	1	9.99	10.34	10.27	10.34	11.06	1
2														
3														
4														
5														
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														
FULL RESULTS													REFEREE SIGNATURE	
POS	BIB	NAME	CLUB	Distance	POS	BIB	NAME	CLUB	Distance					
1	239	Amy BRADLEY (W)	Cwmbran Harriers	10.34	9									
2					10					JUDGES' SIGNATURES				
3					11									
4					12									
5					13									
6					14									
7					15									
8					16									

EVENT	AGE	GOLD	SILVER	BRONZE	2010 WELSH CHAMPION	PERF
60m	U15B	Cardiff AAC	Cardiff AAC	Birchfield Harriers	James MCLEAN	7.59
200m	U15B	Deeside AAC	Swansea Harriers	Barry & Vale Harriers	Lloyd ROBBINS	24.57
400m	U15B	Deeside AAC	Carmarthen Harriers	Pembroke Harriers	Lloyd ROBBINS	56.17
1500m	U15B	Swansea Harriers	Newport Harriers	Newport Harriers	Connor DAVIES	4:44.56
60mh	U15B	Carmarthen Harriers	Swansea Harriers	Pembroke Harriers	Aled PRICE	8.95
HIGH JUMP	U15B	Carmarthen Harriers	Pembroke Harriers	Cardiff AAC	Aled PRICE	1.65
POLE VAULT	U15B	Swansea Harriers	Stanwell H Sch		Harry ANGELIDIS	2.30
LONG JUMP	U15B	Deeside AAC	Barry & Vale Harriers	Menai T&F	Lloyd ROBBINS	5.75
SHOT	U15B	Carmarthen Harriers	Carmarthen Harriers	Wrexham AC	Charlie RANDALL	11.91
60m	U15G	Sale Harriers Manchester	Pembroke Harriers	Oswestry Olympians	Elin JONES	8.18
200m	U15G	Sale Harriers Manchester	Deeside AAC	Newport Harriers	Elin JONES	26.75
300m	U15G	Bridgend AC	Cardiff AAC	Cardiff AAC	Isabel HUGHES	43.60
1500m	U15G	Colwyn Bay AC	Swansea Harriers	Swansea Harriers	Abigail BACKSHALL	5:00.5*
60mh	U15G	Deeside AAC	Swansea Harriers	Pembroke Harriers	Rhian WILLIAMS	9.52
HIGH JUMP	U15G	Newport Harriers	Deeside AAC	Swansea Harriers	Bethan HILL-HOWELLS	1.52
POLE VAULT	U15G	Deeside AAC	Cardiff AAC	Swansea Harriers	Laura WILLIAMS	2.50
LONG JUMP	U15G	Deeside AAC	Deeside AAC	Carmarthen Harriers	Georgia BATES	4.76
SHOT	U15G	Oswestry Olympians	Carmarthen Harriers	Carmarthen Harriers	Adele NICOLL	12.29
60m	U20M	Cardiff AAC	Wolverhampton & Bilston AC	Cardiff AAC	Matthew JONES (W)	7.03
200m	U20M	Cardiff AAC	Wrexham AC	Wolverhampton & Bilston AC	Gareth HOPKINS (W)	22.13
400m	U20M	Cardiff AAC	Cardiff AAC	Cardiff AAC	Gareth HOPKINS (W)	50.00
1500m	U20M	Carmarthen Harriers	Barry & Vale Harriers	Swansea Harriers	Michael KALLENBERG (W)	4:20.42
60mh	U20M	Carmarthen Harriers			Dafydd WALTERS (W)	8.70
HIGH JUMP	U20M	Swansea Harriers	Pembroke Harriers	Newport Harriers	Ben DAVIES (W)	1.90
POLE VAULT	U20M	Cardiff AAC	Carmarthen Harriers	Bridgend AC	Lewis NEWTON (W)	4.00
LONG JUMP	U20M	City of Stoke AC	Swansea Harriers	Cardiff AAC	James GARDNER (W)	6.99
TRIPLE JUMP	U20M	Cardiff AAC	UWIC	Cardiff AAC	Ross MCKENZIE (W)	13.22
SHOT	U20M	Carmarthen Harriers	Barry & Vale Harriers	Carmarthen Harriers	Tomos EDWARDS (W)	15.12
60m	U20W	Deeside AAC	Wrexham AC	Swansea Harriers	Hannah PENDLEBURY (W)	7.70
200m	U20W	Wrexham AC	Newport Harriers	Cwmbran Harriers	Hannah THOMAS (W)	25.28
300m	U20W	Newport Harriers	Cardiff AAC	Wrexham AC	Brigid EADES (W)	57.62
60mh	U20W	Swansea Harriers	Newport Harriers	Swansea Harriers	Sarah DACEY (W)	9.03
HIGH JUMP	U20W	Maldwyn Harriers	UWIC		Sian SWANSON (W)	1.68
POLE VAULT	U20W	Deeside AAC	Cardiff AAC	Deeside AAC	Rebecca DAVIES (W)	3.50
LONG JUMP	U20W	Cardiff AAC / UWIC	Swansea Harriers	Swansea Harriers	Rhiannon YATES (W)	5.60
TRIPLE JUMP	U20W	Cwmbran Harriers			Amy BRADLEY (W)	10.34
SHOT	U20W	City of Sheffield	Pembroke Harriers	Cardiff AAC	Tesni WARD (W)	13.38
3000m	SW	Carmarthen Harriers			Alaw BEYNON - THOMAS (W)	9:08.11
3000m	SM	Derby AC	Cardiff AAC	Les Croupiers	David WESTBURY (W)	8:17.84

CLUB	GOLD	SILVER	BRONZE	TOTAL
Deeside AAC	8	3	1	12
Cardiff AAC	6	6	7	19
Carmarthen Harriers	6	4	3	13
Swansea Harriers	4	6	7	17
Newport Harriers	2	3	3	8
Sale Harriers Manchester	2			2
Wrexham AC	1	2	2	5
Bridgend AC	1		1	2
Cwmbran Harriers	1		1	2
Colwyn Bay AC	1			1
City of Stoke AC	1			1
Maldwyn Harriers	1			1
Pembroke Harriers		4	3	7
Barry & Vale Harriers		3	1	4
Menai T&F			1	1
Aberdare VAAC				
Amman Valley AC				
Neath Harriers				
City of Norwich AC				
Bromsgrove & Redditch AC				
North Devon AC				
Brecon AC				
Chelmsford AC				
Pontyclun AC				
Rhymney Valley AC				
Llanelli AC				
Ysgol Glan Gwynllyw				