

Welsh Athletics  
Commonwealth Games Trials  
&  
U13 / U15  
Track & Field Outdoor Championships  
2010  
Cardiff International Sports Stadium  
12th & 13th June  
Full Results



WELSH ATHLETICS  
ATHLETAU CYMRU

Welsh Athletics 2010 Outdoor Track and Field  
Commonwealth Games Trials, Senior Open, U13 and U15 Championships  
Cardiff International Sports Stadium

**T32 - Senior Men - 100m - FINAL**

Saturday

**All Comers** Christian MALCOLM - Wales. 10.28, 2005

**Welsh Record** Christian MALCOLM - Cardiff AAC. 10.11, 2001

**Welsh CBP** Christian MALCOLM - Cardiff AAC . 10.28, 2005

**2009 Champion** Oladele BAMISAYE - Swansea Harriers, 11.16

Wind Speed  
-1.2

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	20	Christian MALCOLM SM (W)	Cardiff AAC	10.57	
2	2	10	Liam DUFF SM (W)	Cardiff AAC	10.70	
3	3	24	Lloyd REFFELL U23M (W)	Cardiff AAC	10.94	
4		7	Fabian COLLYMORE SM (W)	Blackheath	10.95	
5		18	Thomas KNIGHT U20M (W)	Cardiff AAC	11.11	
6		17	Rhys KNAPMAN U23M (W)	Cardiff AAC	11.13	
7		14	Chris HILL SM *	Derby AC	11.28	
8		2	Milton BAKER SM (W)	Cardiff AAC	DQ	

**T18 - Senior Men - 100m - Heats**

Wind Speed  
-1.4

Heat 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	20	Christian MALCOLM SM (W)	Cardiff AAC	10.92	Q
2	18	Thomas KNIGHT U20M (W)	Cardiff AAC	11.31	Q
3	22	Michael NEVILL U20M *	Reading AC	11.67	
4	3	Paul BAKER SM (W)	Cardiff AAC	11.96	
5	23	Michael OMAKOBIA SM *	Swansea Harriers	DQ	

Wind Speed  
-1.1

Heat 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	10	Liam DUFF SM (W)	Cardiff AAC	10.87	Q
2	14	Chris HILL SM *	Derby AC	11.36	Q
3	15	Gareth HOPKINS U20M (W)	Cardiff AAC	11.46	
4	4	Robert BARKER-DAVIES SM (W)	Coventry Godiva H	11.85	
5	21	Ioannis MEKRAS SM *	Cardiff AAC	12.50	
6	19	Luke LITCHFIELD SM (W)	Aberdare VAAC	12.59	

Wind Speed  
-2.2

Heat 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	7	Fabian COLLYMORE SM (W)	Blackheath	11.12	Q
2	24	Lloyd REFFELL U23M (W)	Cardiff AAC	11.13	Q
3	17	Rhys KNAPMAN U23M (W)	Cardiff AAC	11.21	q
4	2	Milton BAKER SM (W)	Cardiff AAC	11.22	q
5	5	Gareth BENNETT U20M (W)	Wrexham AC	12.27	
6	16	Mupthadhir HUSSAIN SM (W)	Cardiff AAC	12.95	

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**T80 - Senior Men - 200m - FINAL**

Sunday

**All Comers** Todd BENNETT - England. 20.36, 1984

**Welsh Record** Christian MALCOLM - Cardiff AAC. 20.08, 2001

**Welsh CBP** Doug TURNER - Cardiff AAC. 20.54, 2001

**2009 Champion** Christian MALCOLM - Cardiff AAC, 21.0

Wind Speed  
-1.9

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	180	Timothy ABEYIE SM (W)	Woodford Green & Essex L	22.16	
2	2	24	Lloyd REFFELL U23M (W)	Cardiff AAC	22.31	
3	3	17	Rhys KNAPMAN U23M (W)	Cardiff AAC	22.31	
4		18	Thomas KNIGHT U20M (W)	Cardiff AAC	22.95	
5		525	Gary WHITE SM *	Cardiff AAC	23.18	
6		23	Michael OMAKOBIA SM *	Swansea Harriers	DNS	
7		15	Gareth HOPKINS U20M (W)	Cardiff AAC	DNS	
8		20	Christian MALCOLM SM (W)	Cardiff AAC	DNS	

**T62 - Senior Men - 200m - Heats**

Wind Speed

Heat 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	180	Timothy ABEYIE SM (W)	Woodford Green & Essex L	22.16	Q
2	17	Rhys KNAPMAN U23M (W)	Cardiff AAC	22.73	Q
3	18	Thomas KNIGHT U20M (W)	Cardiff AAC	23.11	Q
4	5	Gareth BENNETT U20M (W)	Wrexham AC	24.18	
5	8	Daniel DAVIES SM (W)	Pembroke Harriers	26.47	
6	181	Brian DIAS T20 T20	Cardiff AAC	30.00	

Wind Speed

Heat 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	20	Christian MALCOLM SM (W)	Cardiff AAC	21.80	Q
2	24	Lloyd REFFELL U23M (W)	Cardiff AAC	22.46	Q
3	15	Gareth HOPKINS U20M (W)	Cardiff AAC	22.97	Q
4	525	Gary WHITE SM *	Cardiff AAC	22.97	q
5	23	Michael OMAKOBIA SM *	Swansea Harriers	24.15	q
6	21	Ioannis MEKRAS SM *	Cardiff AAC	25.14	

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**T45 - Senior Men - 400m - FINAL**

Saturday

**All Comers** Phil BROWN - England. 45.29, 1986

**Welsh Record** Iwan THOMAS - Newham & Essex Beagles. 44.36, 1997

**Welsh CBP** Iwan THOMAS - Newham & Essex Beagles. 45.45, 1998

**2009 Champion** Rhys SMITH - Leeds City, 47.65

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	232	David GREENE SM (W)	Swansea Harriers	46.38	
2	2	240	Rhys SMITH SM (W)	Unattached	47.94	
3	3	236	Dwayne LEWIS SM (W)	Birchfield Harriers	48.58	
4		222	Adebowale ADEMUYEWO SM (W)	Sale Harriers	48.62	
5		233	Glyn HAWKES U23M (W)	Cardiff AAC	48.78	
6		226	Iain BRAY U23M *	Basingstoke & Mid Hants	49.46	
7		229	Matt ELIAS SM (W)	Cardiff AAC	DNF	

**T10 - Senior Men - 400m - Heats**

Heat 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	237	Tom MILLER U23M (W)	Cardiff AAC	48.80	Q
2	236	Dwayne LEWIS SM (W)	Birchfield Harriers	48.80	Q
3	222	Adebowale ADEMUYEWO SM (W)	Sale Harriers	48.85	q
4	242	Jonathan WILLIAMS SM (W)	Llanelli AC	49.42	
5	230	Nathan FELVUS U23M (W)	Cardiff AAC	50.11	
6	952	James WILTSHIRE SM (W)	Cardiff AAC	50.18	
7	235	Konstantinos KARRAS U20M (W)	Cardiff AAC	50.61	
8	239	Thomas ROBERTS U23M (W)	Leeds City AC	52.32	

Heat 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	229	Matt ELIAS SM (W)	Cardiff AAC	49.29	Q
2	233	Glyn HAWKES U23M (W)	Cardiff AAC	49.49	Q
3	224	Paul BENNETT U20M (W)	Carmarthen Harriers	49.91	
4	238	Robert RIDLEY U23M (W)	Newbury AC	50.16	
5	223	Ian BAROUGH SM *	Cheltenham Harriers	50.28	
6	227	Owen CHURTON U23M (W)	Cambridge University AC	53.80	
7	241	David WILLIAMS SM (W)	Aberdare VAAC	57.79	

Heat 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	232	David GREENE SM (W)	Swansea Harriers	48.23	Q
2	240	Rhys SMITH SM (W)	Unattached	48.54	Q
3	226	Iain BRAY U23M *	Basingstoke & Mid Hants	49.16	q
4	228	Sam CONWAY U20M (W)	Cardiff AAC	49.99	
5	184	Hywel ROBINSON SM *	Guernsey Island AAC	50.13	
6	234	Adam JONES U17M (W)	Brecon AC	53.47	
7	648	Brian DIAS SM (W)	Cardiff AAC	64.64	

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**T71 - Senior Men - 800m - FINAL**

Sunday

**All Comers** William TANUI - Kenya. 1:44.65, 1990

**Welsh Record** Neil HORSFIELD - Newport Harriers. 1:45.44, 1990

**Welsh CBP** Phil NORGATE - Epsom. 1:47.8, 1983

**2009 Champion** Luke SEBIT-BERRIDGE - Leicester Corinthian AC, 1:58.62

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	291	Gareth WARBURTON SM (W)	Cardiff AAC	1:48.17	
2	2	290	Joe THOMAS U23M (W)	Cardiff AAC	1:52.35	
3	3	293	Gareth WILTSHIRE SM (W)	Cardiff AAC	1:52.70	
4		274	Stephen DAVIES SM (W)	Belgrave Harriers	1:53.04	
5		289	Ieuan THOMAS U23M (W)	Cardiff AAC	1:53.41	
6		242	Jonathan WILLIAMS SM (W)	Llanelli AC	1:55.54	
7		280	Michael KERSHAW U23M (W)	Cardiff AAC	1:59.06	
8		283	Thomas PHILLIPS U23M (W)	Woodford Green & Essex L	2:03.28	

**T51 - Senior Men - 800m - Heats**

Heat 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	293	Gareth WILTSHIRE SM (W)	Cardiff AAC	1:57.9*	Q
2	290	Joe THOMAS U23M (W)	Cardiff AAC	1:58.0*	Q
3	283	Thomas PHILLIPS U23M (W)	Woodford Green & Essex L	1:58.3*	Q
4	282	Stephen MORRIS U23M (W)	Wrexham AC	1:58.5*	
5	273	Richard DARE SM *	Unattached	1:59.6*	
6	275	Declan EVANS U20M (W)	Cardiff AAC	2:00.5*	
7	292	Peter WATKEYS SM *	Basingstoke & Mid Hants	2:07.3*	

manually entered times

Heat 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	291	Gareth WARBURTON SM (W)	Cardiff AAC	1:56.6*	
2	274	Stephen DAVIES SM (W)	Belgrave Harriers	1:56.8*	
3	289	Ieuan THOMAS U23M (W)	Cardiff AAC	1:57.0*	
4	242	Jonathan WILLIAMS SM (W)	Llanelli AC	1:57.1*	
5	280	Michael KERSHAW U23M (W)	Cardiff AAC	1:57.6*	
6	284	Chris PROTHERO U23M (W)	Cwmbran Harriers	2:00.0*	
7	285	Matthew RICHARDS U20M (W)	Pembroke Harriers	2:01.7*	
8	278	Owen HASWELL U20M (W)	Barry & Vale Harriers	2:03.1*	

manually entered times

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**T35 - Senior Men - 1500m - FINAL**

Saturday

**All Comers** Rob HARRISON - England. 3.35.74, 1986

**Welsh Record** Neil HORSFIELD - Newport Harriers. 3.35.08, 1990

**Welsh CBP** Mal EDWARDS - Andover AC. 3.40.81, 1986

**2009 Champion** James MILLS - Wrexham AC, 3.55.11

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	395	James MILLS SM (W)	Wrexham AC	4:12.19	
2	2	274	Stephen DAVIES SM (W)	Belgrave Harriers	4:12.22	
3	3	289	Ieuan THOMAS U23M (W)	Cardiff AAC	4:12.97	
4		386	Chris DAVIES SM (W)	Swansea Harriers	4:13.33	
5		387	Chris DISCOMBE SM (W)	Les Croupiers	4:13.35	
6		394	Thomas MARSHALL U23M (W)	Cardiff AAC	4:13.98	
7		943	Adam BITCHELL SM (W)	Cardiff AAC	4:15.18	
8		389	Andrew FRIEND SM (W)	Cardiff AAC	4:15.76	
9		393	Jonathan HOPKINS U20M (W)	Bridgend AC	4:16.35	
10		280	Michael KERSHAW U23M (W)	Cardiff AAC	4:22.20	
11		396	Johnathan MORGAN U23M (W)	Newport Harriers	DNS	
12		288	James THIE SM (W)	Cardiff AAC	DNS	

**T3 - Senior Men - 1500m - Heats**

Heat 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	274	Stephen DAVIES SM (W)	Belgrave Harriers	3:58.35	Q
2	289	Ieuan THOMAS U23M (W)	Cardiff AAC	3:59.26	Q
3	943	Adam BITCHELL SM (W)	Cardiff AAC	3:59.33	Q
4	394	Thomas MARSHALL U23M (W)	Cardiff AAC	3:59.34	Q
5	280	Michael KERSHAW U23M (W)	Cardiff AAC	4:00.49	q
6	396	Johnathan MORGAN U23M (W)	Newport Harriers	4:00.98	q
7	391	Elliott HARDEE U17M (W)	Newport Harriers	4:04.07	
8	385	Ricky CHALLINOR U23M (W)	Liverpool Harriers	4:09.64	

Heat 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	288	James THIE SM (W)	Cardiff AAC	3:59.39	Q
2	387	Chris DISCOMBE SM (W)	Les Croupiers	3:59.88	Q
3	395	James MILLS SM (W)	Wrexham AC	4:00.30	Q
4	386	Chris DAVIES SM (W)	Swansea Harriers	4:00.31	Q
5	393	Jonathan HOPKINS U20M (W)	Bridgend AC	4:00.78	q
6	389	Andrew FRIEND SM (W)	Cardiff AAC	4:01.26	q
7	397	Jonathan PETERS U23M (W)	Cardiff AAC	4:01.83	
8	388	Wynne EVANS SM (W)	Carmarthen Harriers	4:08.16	

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**T76 - Senior Men - 5000m - FINAL**

Sunday

**All Comers** Thomas Nyariki - Kenya. 13.13.01, 1996

**Welsh Record** Ian HAMER - Swansea Harriers. 13.09.80, 1992

**Welsh CBP** Tony SIMMONS - Luton. 13.35.00, 1978

**2009 Champion** Jonathan WILLS - Bristol & West AC, 14.24.53

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	387	Chris DISCOMBE SM (W)	Les Croupiers	14:37.65	
2	2	408	Matt JANES SM (W)	Bedford & County	14:45.46	
3	3	410	Owain JONES SM (W)	Windsor Slough Eton & H	14:52.23	
4		412	David MOUNTFORD U20M (W)	Deeside AAC	15:10.01	
5		411	Lee LADD U23M (W)	Carmarthen Harriers	15:42.94	

**T38 - Senior Men - 10,000m - FINAL**

Saturday

**All Comers** Ian STEWART - Scotland. 27.51.30, 1977

**Welsh Record** Steve JONES - Newport Harriers. 27.39.14, 1983

**Welsh CBP** Steve JONES - Newport Harriers. 28.43.48, 1989

**2009 Champion** Jonathan WILLS - Bristol & West AC, 0.0209112268518519

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	408	Matt JANES SM (W)	Bedford & County	30:32.71	
2	2	416	Hywel CARE SM (W)	Woodford Green & Essex L	30:35.63	
3	3	407	Alex HAINS SM (W)	Cardiff AAC	31:16.75	
4		418	Nathaniel LANE SM (W)	Cardiff AAC	31:50.87	
5		417	Michael KALLENBERG U20M (W)	Carmarthen Harriers	DNF	

**T20 - Senior Men - 100m Hdl - FINAL**

Saturday

**All Comers** Colin JACKSON - Wales. 13.10, 1990

**Welsh Record** Colin JACKSON - Brecon AC. 12.91, 1993

**Welsh CBP** Colin JACKSON - Brecon AC AC. 13.45, 1992

**2009 Champion** Steven BOYLES - UWIC, 15.57

Wind Speed  
-2.5

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	146	David GUEST U20M (W)	Bridgend AC	14.86	
2	2	147	Dafydd WALTERS U20M (W)	Carmarthen Harriers	16.96	
3		145	Ger CREMIN SM *	Ireland	18.17	

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**T74 - Senior Men - 400m Hdl - FINAL**

Sunday

**All Comers** David GREENE - Swansea Harriers. 48.27, 2009

NEW ALL COMERS RECORD

**Welsh Record** David GREENE - Swansea Harriers. 48.27, 2010

**Welsh CBP** Rhys WILLIAMS - Cardiff AAC. 49.38, 2009

**2009 Champion** Rhys WILLIAMS - Cardiff AAC, 49.38

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	243	Rhys WILLIAMS SM (W)	Cardiff AAC	49.89	
2	2	423	Gareth MORRIS SM (W)	Ashford AC	54.25	
3		422	Michael HASLETT U23M *	Manx Harriers	54.30	
4	3	239	Thomas ROBERTS U23M (W)	Leeds City AC	58.71	
5		241	David WILLIAMS SM (W)	Aberdare VAAC	67.48	

**T69 - Senior Men - 3000m S/C - FINAL**

Sunday

**All Comers** Tony STAYNINGS - England . 8.31.0, 1977

**Welsh Record** Roger HACKNEY - Aldershot. 8.18.91, 1988

**Welsh CBP** Roger HACKNEY - Aldershot. 8.32.16, 1989

**2009 Champion** David WESTBURY - Derby AC, 9.42.56

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	430	David WESTBURY SM (W)	Derby AC	9:22.43	
2	2	389	Andrew FRIEND SM (W)	Cardiff AAC	9:30.28	
3	3	429	Sullivan SMITH SM (W)	Swansea Harriers	9:44.46	
4		428	Emrys PENNY U20M (W)	Newport Harriers	10:12.20	
5		431	Tomos WHITMARSH-KNIGHT U20M (W)	Cardiff AAC	10:16.84	

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**F49 - Senior Men - High Jump - FINAL**

Sunday

**All Comers** Randy JENKINS - USA. 2.27, 1994

**Welsh Record** Robert MITCHELL - Shaftesbury. 2.25, 2001

**Welsh CBP** Robert MITCHELL - Sale Harriers. 2.20, 2006

**2009 Champion** Robert MITCHELL - Sale Harriers Harriers, 2.00

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	441	Robert MITCHELL SM (W)	Sale Harriers	2.05	
2	2	436	Ben DAVIES U20M (W)	Swansea Harriers	2.00	
3	3	434	Owen CHESHER SM (W)	Brecon AC	1.95	
4		435	Adam DAVIES U20M (W)	Pembroke Harriers	1.90	
5		440	Lewis LONG U23M (W)	Cardiff AAC	1.90	
6		442	James SCHOFIELD SM (W)	Brecon AC	1.85	
7		438	Stephen GUEST U17M (W)	Bridgend AC	1.85	
8		444	Daniel WILLIAMS U23M (W)	Swansea Harriers	1.80	
9		439	Ben JENKINS U17M (W)	Swansea Harriers	1.80	
10		433	Tyron BLAKE U17M (W)	Cardiff AAC	1.70	

**F36 - Senior Men - Pole Vault - FINAL**

Sunday

**All Comers** Grigory YEGOROV - Kazakhstan. 5.80, 1992

**Welsh Record** Neil WINTER - Shaftesbury. 5.60, 1995

**Welsh CBP** Neil WINTER - Shaftesbury. 5.25, 1993, 1996

**2009 Champion** Paul WALKER - Sale Harriers Harriers, 4.85

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	476	Scott SIMPSON SM (W)	Birchfield Harriers	5.10	
2	2	467	Benjamin GREGORY U23M (W)	Vale of Aylesbury AC	5.10	
3		473	Christian NORTH SM *	Woodford Green & Essex I	5.00	
4		468	Michael HOLDEN U23M *	Colchester Harriers	4.85	
5	3	477	Paul WALKER SM (W)	Sale Harriers	4.70	
6		472	Lewis NEWTON U20M (W)	Cardiff AAC	4.55	
7		465	Adam CARPENTER U20M *	Poole AC	4.25	
8		475	Michael READ U23M *	UWIC	4.25	
9		471	Jon MURRAY SM *	Cardiff AAC	4.10	
10		474	Glyn PRICE SM (W)	Swansea Harriers	4.10	
11		470	Robert MCGREGOR U20M (W)	Bridgend AC	3.80	
12		469	Emyr JONES U20M (W)	Carmarthen Harriers	3.80	
13		466	Sam COLGATE U23M *	Belgrave Harriers	NMR	

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**F4 - Senior Men - Long Jump - FINAL**

Saturday

**All Comers** Ralph BOSTON - USA. 8.18, 1965

**Welsh Record** Lynn DAVIES - Roath, Cardiff AAC. 8.23, 1968

**Welsh CBP** Steve INGRAM - Swansea Harriers. 7.91w, 1994

**2009 Champion** Ricardo CHILDS - Brecon AC AC, 7.36

Pos	Welsh	Bib	Athlete	Club	Perf	W/S
1	1	504	Richardo CHILDS SM (W)	Brecon AC	7.29	
2		510	Levi REID SM *	Unattached	6.87	
3	2	507	Kueni IGBAGIRI U20M (W)	Carmarthen Harriers	6.63	
4	3	508	Alex JACKSON SM (W)	Swansea Harriers	6.47	
5		511	Phillip WARWICKER U20M *	UWIC	6.05	
6		503	Navid CHILDS SM (W)	Thames Valley	5.92	

**F27 - Senior Men - Triple Jump - FINAL**

Saturday

**All Comers** Bela BAKOSI - Hungary. 16.88, 1980

**Welsh Record** Steven SHALDERS - Cardiff AAC. 16.71, 2005

**Welsh CBP** Steven SHALDERS - Cardiff AAC. 16.26, 2001

**2009 Champion** Alex OBIAKO U20 - Cardiff AAC, 13.81

Pos	Welsh	Bib	Athlete	Club	Perf	W/S
1	1	503	Navid CHILDS SM (W)	Thames Valley	14.13	
2	2	526	Adam WILLIAMS U20M (W)	UWIC / Menai T&F	13.36	
3		511	Phillip WARWICKER U20M *	UWIC	12.75	

**F54 - Senior Men - Shot (7.26kg) - FINAL**

Sunday

**All Comers** Geoff CAPES - England. 21.68, 1980

**Welsh Record** Shaun PICKERING - Haringey. 20.45, 1997

**Welsh CBP** Shaun PICKERING - Haringey. 19.15, 1997

**2009 Champion** Ryan SPENCER-JONES - Birchfield Harriers, 16.79

Pos	Welsh	Bib	Athlete	Club	Perf
1	1	536	Ryan SPENCER-JONES SM (W)	Birchfield Harriers	17.64
2		538	Sam WESTLAKE-CANN SM *	Shaftesbury Barnet Harrie	17.00
3	2	533	Brett MORSE U23M (W)	Birchfield Harriers	15.51
4	3	535	Ben ROBERTS SM (W)	Birchfield Harriers	13.79
5		534	James PRESTON U20M *	Bristol & West AC	12.67

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Sunday

**F47 - Senior Men - Discus (2.00kg) - FINAL**

**All Comers** Brett MORSE - Wales. 62.99, 2010

**Welsh Record** Brett MORSE - Birchfield Harriers. 62.99, 2010

**Welsh CBP** Lee NEWMAN - Belgrave. 58.29, 1999 NEW CBP

**2009 Champion** Brett MORSE U23 - Birchfield Harriers, 53.93

Pos	Welsh	Bib	Athlete	Club	Perf
1	1	533	Brett MORSE U23M (W)	Birchfield Harriers	60.92
2		537	Emeka UDECHUKU SM *	Woodford Green & Essex	56.10
3		968	Dan GREAVES SM *	Charnwood	55.99
4		565	Matthew BROWN SM *	Enfield	54.01
5	2	536	Ryan SPENCER-JONES SM (W)	Birchfield Harriers	52.11
6		647	Aled DAVIES F44	FDSW, 1.5kg	42.33
7		534	James PRESTON U20M *	Bristol & West AC	41.76

Saturday

**F1 - Senior Men - Hammer (7.26kg) - FINAL**

**All Comers** Martin GIRVAN - N Ireland. 74.18, 1982

**Welsh Record** Shaun PICKERING - Haringey. 68.64, 1994

**Welsh CBP** Shaun PICKERING - Haringey. 63.12, 1989

**2009 Champion** Matthew RICHARDS - Belgrave Harriers, 58.09

Pos	Welsh	Bib	Athlete	Club	Perf
1	1	584	Matthew RICHARDS SM (W)	Belgrave Harriers	60.42
2	2	581	Ashley ANDREWS U20M (W)	Rhondda AC	46.65
3	3	583	Michael LEE SM (W)	Menai T&F	42.93
4		582	Darren ANDREWS SM (W)	Forest of Dean	34.12
5		531	David GLENDOWER SM *	Bath University	20.46

Saturday

**F26 - Senior Men - Javelin (800g) - FINAL**

**All Comers** Steve BACKLEY - England. 88.46, 1990

**Welsh Record** Nigel BEVAN - Belgrave. 81.70, 1992

**Welsh CBP** Colin McKENZIE - Newham & Essex Beagles. 73.52, 1986

**2009 Champion** Lee DORAN - City of Sheffield, 69.98

Pos	Welsh	Bib	Athlete	Club	Perf
1	1	593	Lee DORAN SM (W)	City of Sheffield AC	71.98
2		591	Simon BENNETT SM *	Woodford Green & Essex	62.14
3	2	595	Oliver WRIGHT U23M (W)	Swansea Harriers	53.63
4		689	Scott MOOREHOUSE (M)		41.25

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**T31 - Senior Women - 100m - FINAL**

Saturday

**All Comers** Heather OAKES - England. 11.27, 1984

**Welsh Record** Sallyanne SHORT - Torfaen AC. 11.39, 1992

**Welsh CBP** Michelle PROBERT / Sallyanne SHORT - Sale Harriers, Torfaen

**2009 Champion** Elaine O'NEILL - Woodford Green & Essex L, 11.91

Wind Speed  
-2.1

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	35	Elaine O'NEILL U23W (W)	Woodford Green & Essex L	11.91	
2	2	43	Rhiannon YATES U20W (W)	Cardiff AAC	12.13	
3	3	30	Lucy EVANS SW (W)	Sale Harriers	12.25	
4		34	Mica MOORE U20W (W)	Cardiff AAC	12.35	
5		25	Emma BAILEY SW *	Rugby and Northampton	12.45	
6		39	Hannah THOMAS U20W (W)	Wrexham AC	12.63	
7		37	Hannah PENDLEBURY U20W (W)	Deeside AAC	12.65	
8		38	Carly SHARP SW *	City of Glasgow AC	12.73	

**T17 - Senior Women - 100m - Heats**

Wind Speed  
-1.3

Heat		1 of 2				
Pos	Bib	Athlete	Club	Perf	Comments	
1	30	Lucy EVANS SW (W)	Sale Harriers	12.25	Q	
2	34	Mica MOORE U20W (W)	Cardiff AAC	12.31	Q	
3	25	Emma BAILEY SW *	Rugby and Northampton	12.59	Q	
4	37	Hannah PENDLEBURY U20W (W)	Deeside AAC	12.60	q	
5	41	Claire WILLIAMS U20W (W)	Cwmbran Harriers	12.77		
6	31	Sarah EVANS U20W (W)	Swansea Harriers	13.59		
7	28	Esther DIXON U20W *	Swansea Harriers	13.81		

Wind Speed  
-0.8

Heat		2 of 2				
Pos	Bib	Athlete	Club	Perf	Comments	
1	35	Elaine O'NEILL U23W (W)	Woodford Green & Essex L	11.97	Q	
2	43	Rhiannon YATES U20W (W)	Cardiff AAC	11.98	Q	
3	39	Hannah THOMAS U20W (W)	Wrexham AC	12.52	Q	
4	38	Carly SHARP SW *	City of Glasgow AC	12.65	q	
5	26	Jamie-Leigh BOWEN U17W (W)	Cardiff AAC	12.82		
6	53	Hannah GRIFFITHS U15G	Newport Harriers	13.03		
7	27	Lolita BYFIELD-MOORE SW (W)	Cardiff AAC	13.54		

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**T79 - Senior Women - 200m - FINAL**

Sunday

**All Comers** Sonia LANNAMAN - England. 22.58, 1980

**Welsh Record** Michelle SCUTT - Sale Harriers. 22.8, 1982

**Welsh CBP** Sallyanne SHORT / Catherine MURPHY - Torfaen AC, Shaftesbu

**2009 Champion** Lucy EVANS - Sale Harriers, 24.90

Wind Speed  
-2.9

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	30	Lucy EVANS SW (W)	Sale Harriers	24.95	
2	2	42	Rebecca WILLIAMS U23W (W)	Newport Harriers	25.08	
3	3	34	Mica MOORE U20W (W)	Cardiff AAC	25.36	
4		37	Hannah PENDLEBURY U20W (W)	Deeside AAC	25.65	
5		39	Hannah THOMAS U20W (W)	Wrexham AC	25.67	
6		192	Melanie STEPHENSON U23W (W)	Cardiff AAC	25.72	
7		38	Carly SHARP SW *	City of Glasgow AC	25.75	
8		35	Elaine O'NEILL U23W (W)	Woodford Green & Essex I	DNS	

**T61 - Senior Women - 200m - Heats**

Wind Speed

Heat 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	30	Lucy EVANS SW (W)	Sale Harriers	25.32	Q
2	42	Rebecca WILLIAMS U23W (W)	Newport Harriers	25.40	Q
3	34	Mica MOORE U20W (W)	Cardiff AAC	25.46	q
4	190	Danielle MILL U20W (W)	Cardiff AAC	27.50	
5	185	Nia BREEZE U20W (W)	Wrexham AC	27.80	
6	28	Esther DIXON U20W *	Swansea Harriers	28.51	

Wind Speed

Heat 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	192	Melanie STEPHENSON U23W (W)	Cardiff AAC	25.96	Q
2	39	Hannah THOMAS U20W (W)	Wrexham AC	26.31	Q
3	53	Hannah GRIFFITHS U15G	Newport Harriers	26.67	
4	187	Sarah DACEY U20W (W)	Swansea Harriers	27.00	
5	189	Tracey HINTON SW (W)	Cardiff AAC	28.00	

Wind Speed

Heat 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	35	Elaine O'NEILL U23W (W)	Woodford Green & Essex I	24.12	Q
2	37	Hannah PENDLEBURY U20W (W)	Deeside AAC	25.47	Q
3	38	Carly SHARP SW *	City of Glasgow AC	25.54	q
4	186	Hannah CLARKE U20W (W)	Cardiff AAC	27.17	
5	27	Lolita BYFIELD-MOORE SW (W)	Cardiff AAC	28.12	

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**T44 - Senior Women - 400m - FINAL**

Saturday

**All Comers** Michelle SCUTT - Wales. 50.63, 1982

**Welsh Record** Michelle SCUTT - Sale Harriers. 50.63, 1982

**Welsh CBP** Michelle SCUTT - Sale Harriers. 53.08, 1984

**2009 Champion** Rhianne JONES - Newport Harriers, 57.25

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	249	Laura MADDOX U23W (W)	Team Bath AC	54.42	
2		253	Emma PULLEN U23W *	Shrewsbury AC	54.95	
3	2	42	Rebecca WILLIAMS U23W (W)	Newport Harriers	56.25	
4		255	Lynsey SHARP U23W *	City of Edinburgh	57.12	
5		256	Jessika ZEBO SW *	Leevale AC	58.53	
6	3	246	Samantha COGAN U20W (W)	Cardiff AAC	58.75	
7		248	Rhianne JONES SW (W)	Cardiff AAC	59.41	

**T9 - Senior Women - 400m - Heats**

Heat 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	191	Gemma NICOL SW *	Dunfermline	56.48	Q
2	255	Lynsey SHARP U23W *	City of Edinburgh	56.89	Q
3	246	Samantha COGAN U20W (W)	Cardiff AAC	57.51	Q
4	256	Jessika ZEBO SW *	Leevale AC	57.57	q
5	244	Lauren BELL U17W (W)	Pembroke Harriers	58.37	
6	193	Bryony TURNBULL U23W (W)	Swansea Harriers	58.97	
7	189	Tracey HINTON SW (W)	Cardiff AAC	61.75	

Heat 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	249	Laura MADDOX U23W (W)	Team Bath AC	54.54	Q
2	253	Emma PULLEN U23W *	Shrewsbury AC	54.93	Q
3	42	Rebecca WILLIAMS U23W (W)	Newport Harriers	56.43	Q
4	248	Rhianne JONES SW (W)	Cardiff AAC	58.29	q
5	250	Jemima OSBORN U17W (W)	Swansea Harriers	58.75	
6	252	Elysia PEARSON U17W (W)	Swansea Harriers	60.00	
7	245	Caroline BYNG SW (W)	Swansea Harriers	63.41	

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**T70 - Senior Women - 800m - FINAL**

Sunday

**All Comers** Christiane WILDSCHEK - Austria. 2.00.21, 1979

**Welsh Record** Kirsty McDERMOTT - Bristol AC. 1.57.42, 1985

**Welsh CBP** Kirsty McDERMOTT - Bristol AC. 2.02.3, 1985

**2009 Champion** Amanda MOSS - Cardiff AAC, 2.04.7

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	303	Amanda MOSS SW (W)	Cardiff AAC	2:04.60	
2	2	301	Amanda JONES SW (W)	Swansea Harriers	2:10.08	
3	3	295	Julia COOKE U23W (W)	Cheltenham Harriers	2:10.41	
4		304	Bethan STRANGE SW (W)	Cardiff AAC	2:14.58	
5		297	Charlotte GAUGHAN U23W (W)	Cardiff AAC	2:14.79	
6		296	Kathryn DAVIES U23W (W)	Cardiff AAC	2:20.79	
7		305	Zoe THOMAS U20W (W)	Cardiff AAC	2:21.31	
8		300	Lora JAMES U20W (W)	Cwmbran Harriers	2:22.09	
9		299	Lucy HARVEY U17W (W)	Cardiff AAC	2:27.16	
10		302	Rachel MATTHEWS SW (W)	Cardiff AAC	DNS	

**T22 - Senior Women - 1500m - FINAL**

Saturday

**All Comers** Zola BUDD - England. 4.04.39, 1984

**Welsh Record** Hayley TULLETT - Swansea Harriers. 3.59.95, 2003

**Welsh CBP** Annemarie RICHARDS - Cardiff AAC. 4.19.7, 1988

**2009 Champion** Amanda JONES - Swansea Harriers, 4.36.71

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	301	Amanda JONES SW (W)	Swansea Harriers	4:33.82	
2	2	401	Natasha COCKRAM U20W (W)	Cwmbran Harriers	4:36.76	
3	3	304	Bethan STRANGE SW (W)	Cardiff AAC	4:42.39	
4		400	Ellen BUTLER SW *	Swansea Harriers	4:50.94	

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**T57 - Senior Women - 5000m - FINAL**

Sunday

**All Comers** Angela Tooby - Wales. 15.27.56, 1984

**Welsh Record** Angela TOOBY - Cardiff AAC. 15.13.22, 1987

**Welsh CBP** Angharad MAIR - Newport Harriers. 16.40.20, 1997

**2009 Champion** Leigh JAMES - W.S.E. & H, 19.26.71

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	398	Alaw BEYNON - THOMAS U23W (W)	Carmarthen Harriers	18:46.10	
2	2	403	Elysia RIDLEY SW (W)	Swansea Harriers	19:02.70	
3	3	414	Leigh JAMES SW (W)	Windsor Slough Eton & H	19:18.10	

**T39 - Senior Women - 10,000m - FINAL**

Saturday

**All Comers** Liz LYNCH - Scotland. 32.59.59, 1986

**Welsh Record** Angela TOOBY - Cardiff AAC. 31:55.30, 1987

**Welsh CBP** Angela TOOBY - Cardiff AAC. 33.41.40,

**2009 Champion** Caryl JONES - Carmarthen Harriers, 34.46.1

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	421	Caryl JONES SW (W)	Carmarthen Harriers	36:31.64	

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**T21 - Senior Women - 100m Hdl - FINAL**

Saturday

**All Comers** Kay MORLEY - Wales. 13.02, 1990

**Welsh Record** Kay MORLEY - Cardiff AAC. 13.02, 1990

**Welsh CBP** Kay MORLEY - Cardiff AAC. 13.24, 1989

**2009 Champion** Heather JONES - Carmarthen Harriers, 13.98

Wind Speed  
-0.6

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	148	Heather JONES SW (W)	Carmarthen Harriers	14.15	
2	2	188	Caryl GRANVILLE U23W (W)	Swansea Harriers	14.36	
3	3	152	Catrin STONE U20W (W)	Swansea Harriers	14.81	
4		150	Emma LYONS SW *	Sale Harriers	15.78	

**T75 - Senior Women - 400m Hdl - FINAL**

Sunday

**All Comers** Kim BATTEN - USA. 54.69, 1992

**Welsh Record** Alyson LAYZELL - Cheltenham. 56.43, 1996

**Welsh CBP** Anwen REES - Carmarthen Harriers . 58.71, 2007

**2009 Champion** Emma PETERS - Cardiff AAC, 60.45

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	188	Caryl GRANVILLE U23W (W)	Swansea Harriers	59.99	
2		425	Emma PETERS SW *	Cardiff AAC	61.78	
3		424	Sian DAVIES SW *	Swansea Harriers	64.18	
4	2	426	Anwen REES SW (W)	Swansea Harriers	65.20	
5	3	153	Antonia YORKSHIRE U20W (W)	Newport Harriers	70.58	

**T60 - Senior Women - 3000m S/C - Final**

Sunday

**All Comers** Elizabeth HALL - England . 10.16.5, 2005

**Welsh Record** Clare MARTIN - Newport Harriers. 10.33.1, 2005

**Welsh CBP** Clare MARTIN - Newport Harriers. 10.39.8, 2005

**2009 Champion** Event did not take place - ,

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	432	Emily BROWN SW (W)	Cardiff AAC	10:50.87	

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**F42 - Senior Women - High Jump - FINAL**

Sunday

**All Comers** Andrea MATAY - Hungary. 1.93, 1980

**Welsh Record** Julie CRANE - Sale Harriers. 1.89, 2004

**Welsh CBP** Julie CRANE - Sale Harriers. 1.82, 2000, 2005

**2009 Champion** Julie CRANE - Sale Harriers , 1.79

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1	1	446	Julie CRANE SW (W)	Sale Harriers	1.75	
2		448	Bethan PARTRIDGE U23W *	Telford AC	1.75	
3	2	450	Ceri STOKOE SW (W)	Swansea Harriers	1.70	
4	3	451	Sian SWANSON U20W (W)	Maldwyn Harriers	1.65	
5		449	Katy SEALY U23W *	UWIC	1.60	

**F43 - Senior Women - Pole Vault - FINAL**

Sunday

**All Comers** Janine WHITLOCK - England. 4.26, 2005 & 2006

**Welsh Record** Rhian CLARKE - Essex Ladies. 4.15, 2000/2002

**Welsh CBP** Sonia LAWRENCE - Cardiff AAC. 4.02, 2003

NEW CBP

**2009 Champion** Lyndsey MAUND - Swansea Harriers, 3.65

Pos	Welsh	Bib	Athlete	Club	Perf	Comments
1		489	Henrietta PAXTON SW *	Birchfield Harriers	4.05	
2	1	490	Sally PEAKE SW (W)	Liverpool Harriers	3.85	
3	2	491	Bryony RAINE SW (W)	Cardiff AAC	3.85	
4		479	Louise BUTTERWORTH SW *	Birchfield Harriers	3.70	
5	3	478	Jessica ABRAHAM U23W (W)	Cardiff AAC	3.70	
6		480	Rebecca DAVIES U20W (W)	Deeside AAC	3.55	
7		492	Maria SEAGER U20W *	Woodford Green & Essex L	3.55	
8		150	Emma LYONS SW *	Sale Harriers	3.55	
9		488	Lyndsey MAUND SW (W)	Swansea Harriers	3.55	
10		482	Naomi JAMES U20W (W)	Swansea Harriers	3.40	
11		493	Rachel THOMAS U23W *	UWIC	3.10	
12		484	Emma JONES U20W (W)	Swansea Harriers	3.10	
13		485	Rhianydd LLEWELLYN U17W (W)	Bridgend AC	2.60	
14		487	Anna MASSEY SW *	Sale Harriers	NMR	

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**F13 - Senior Women - Long Jump - FINAL**

Saturday

**All Comers** Oluyinka IDOWU - England. 6.58, 1991

**Welsh Record** Gill REGAN - Cardiff AAC. 6.52, 1982

**Welsh CBP** Ruth HOWELL - Birchfield Harriers. 6.33w, 1978

**2009 Champion** Imogen MILES - Cardiff AAC, 5.60

Pos	Welsh	Bib	Athlete	Club	Perf	W/S
1		512	Sonia CRAWLEY SW *	Birchfield Harriers	5.90	
2	1	43	Rhiannon YATES U20W (W)	Cardiff AAC	5.80	
3		514	Imelda MORRISSON SW *	Swansea Harriers	5.74	
4		150	Emma LYONS SW *	Sale Harriers	5.71	
5	2	32	Zara GEORGE SW (W)	Cardiff AAC	5.60	
6	3	513	Imogen MILES SW (W)	Cardiff AAC	5.54	
7		509	Ffion REES U20W (W)	Carmarthen Harriers	5.07	
8		40	Christie-Marie WILLIAMS U20W (W)	Bridgend AC	4.71	
9		515	Victoria WEBB U20W (W)	Cwmbran Harriers	4.37	

**F28 - Senior Women - Triple Jump - FINAL**

Saturday

**All Comers** Nicole MLADENIS - Australia. 13.10, 2002

**Welsh Record** Sara BARRY - Cardiff AAC. 12.70p, 2009

**Welsh CBP** Sara BARRY - Cardiff AAC. 12.61, 2009

**2009 Champion** Sara BARRY - Cardiff AAC AAC, 12.61

NEW CBP

Pos	Welsh	Bib	Athlete	Club	Perf	W/S
1	1	527	Sara BARRY SW (W)	Cardiff AAC	12.62	
2		448	Bethan PARTRIDGE U23W *	Telford AC	11.86	
3		424	Sian DAVIES SW *	Swansea Harriers	11.46	
4	2	530	Donna JONES U23W (W)	Swansea Harriers	11.24	
5	3	528	Amy BRADLEY U20W (W)	Cwmbran Harriers	10.66	

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**F52 - Senior Women - Shot (4.00kg) - FINAL**

Sunday

**All Comers** Zhu XINMEI - China. 19.69, 1991

**Welsh Record** Venissa HEAD - Cardiff AAC. 18.93, 1984

**Welsh CBP** Venissa HEAD - Cardiff AAC. 18.02, 1983

**2009 Champion** Tesni WARD U20 - City of Sheffield, 13.65

Pos	Welsh	Bib	Athlete	Club	Perf
1		542	Alison RODGER SW *	Sale Harriers	15.24
2	1	540	Lucy GRIFFITHS U17W (W)	Pembroke Harriers	10.86
3	2	543	Jasmine SEALE U17W (W)	Cwmbran Harriers	9.94
4	3	539	Catherine GOLDSMITH U23W (W)	Carmarthen Harriers	9.90
5		449	Katy SEALY U23W *	UWIC	9.55

**F37 - Senior Women - Discus (1.00kg) - FINAL**

Sunday

**All Comers** Venissa HEAD - Wales. 62.02, 1984

**Welsh Record** Venissa HEAD - Cardiff AAC. 64.68, 1983

**Welsh CBP** Philippa ROLES - Sale Harriers. 61.41, 2008

**2009 Champion** Tesni WARD U20 - City of Sheffield, 41.37

Pos	Welsh	Bib	Athlete	Club	Perf
1	1	569	Philippa ROLES SW (W)	Swansea Harriers	55.16
2		567	Navdeep DHALIWAL SW *	Birchfield Harriers	49.11
3		568	Kirsty LAW SW *	Shaftesbury Barnet Harriers	48.11
4	2	544	Tesni WARD U20W (W)	City of Sheffield AC	43.20
5	3	543	Jasmine SEALE U17W (W)	Cwmbran Harriers	34.05
6		540	Lucy GRIFFITHS U17W (W)	Pembroke Harriers	29.91

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**F6 - Senior Women - Hammer (4.00kg) - FINAL**

Saturday

**All Comers** Lorraine SHAW - England. 67.10, 1999  
**Welsh Record** Carys PARRY - Rhondda AC. 66.31, 2008  
**Welsh CBP** Carys PARRY - Rhondda AC. 66.30, 2008  
**2009 Champion** Carys PARRY - Rhondda AC, 66.10

Pos	Welsh	Bib	Athlete	Club	Perf
1	1	587	Carys PARRY SW (W)	Rhondda AC	62.79
2	2	586	Laura DOUGLAS SW (W)	Sale Harriers	56.53
3	3	589	Kate YHNELL U23W (W)	Gloucester AC	48.47
4		588	Toni WELLS U20W (W)	Swansea Harriers	47.33

**F20 - Senior Women - Javelin (600g) - FINAL**

Saturday

**All Comers** Shelly HOLROYD - England. 54.41, 2005  
**Welsh Record** Lianne CLARKE - Cardiff AAC. 52.68, 2007  
**Welsh CBP** Lianne CLARKE - Cardiff AAC. 48.32, 2007  
**2009 Champion** Sara SIGGERY - Carmarthen Harriers, 42.65

Pos	Welsh	Bib	Athlete	Club	Perf
1	1	544	Tesni WARD U20W (W)	City of Sheffield AC	46.82
2	2	596	Lianne CLARKE SW (W)	Cardiff AAC	46.06
3	3	597	Sara SIGGERY SW (W)	Carmarthen Harriers	41.00
4		449	Katy SEALY U23W *	UWIC	32.11

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**T26 - U15B - 100m - FINAL**

Saturday

**Welsh Record** Andrew WATKINS - Pontypridd AC. 10.99, 2002

**Welsh CBP** Malcolm JAMES, Ian STRANGE - Cardiff AAC, Newbridge HSc. 11.0w, 1

**2009 Champion** Mathew DAVIES - Carmarthen Harriers, 11.56

Wind Speed

Pos	Bib	Athlete	Club	Perf	Comments
1	92	Thomas WILLIAMS	Barry & Vale Harriers	11.87	
2	79	James MCLEAN	Cardiff AAC	12.09	
3	84	Lloyd ROBBINS	Deeside AAC	12.11	
4	87	Sean SQUIBB	Birchfield Harriers	12.23	
5	90	Luke WARD	Deeside AAC	12.45	
6	71	Ryan COOPER	Cardiff AAC	12.64	
7	73	Joshua EVANS	Bridgend AC	12.71	
8	72	Josh DAVIES	Pembroke Harriers	13.02	

**T16 - U15B - 100m - Heats**

Wind Speed

Heat 1 of 3

-1.3

Pos	Bib	Athlete	Club	Perf	Comments
1	84	Lloyd ROBBINS	Deeside AAC	12.26	Q
2	71	Ryan COOPER	Cardiff AAC	12.42	Q
3	88	Joseph THOMAS	Swansea Harriers	12.79	
4	83	Shaun PEARCE	Carmarthen Harriers	12.98	
5	76	Callum HODGSON	Swansea Harriers	13.50	
6	85	James SCARFI	Cwmbran Harriers	13.74	
7	74	Gareth GOSS	Swansea Harriers	14.74	

Heat 2 of 3

Wind Speed

-1.1

Pos	Bib	Athlete	Club	Perf	Comments
1	92	Thomas WILLIAMS	Barry & Vale Harriers	11.78	Q
2	90	Luke WARD	Deeside AAC	12.21	Q
3	73	Joshua EVANS	Bridgend AC	12.59	q
4	78	Lewys JONES	Cardiff AAC	12.97	
5	93	Michael WILSON	Swansea Harriers	13.68	
6	91	Dafydd WILLIAMS	Cardiff AAC	13.85	
7	81	Patrick MORRIS	Cardiff AAC	14.39	

Heat 3 of 3

Wind Speed

-2.5

Pos	Bib	Athlete	Club	Perf	Comments
1	79	James MCLEAN	Cardiff AAC	12.11	Q
2	87	Sean SQUIBB	Birchfield Harriers	12.29	Q
3	72	Josh DAVIES	Pembroke Harriers	12.69	q
4	86	Liam SIMPKINS	Pontyclun AC	13.07	
5	70	Jacob BRISCOMBE	Barry & Vale Harriers	13.40	
6	77	Aidan JAMES	Llanelli AC	17.05	

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**T43 - U15B - 200m - FINAL**

Saturday

**Welsh Record** Andrew WATKINS - Pontypridd AC. 22.13, 2002

**Welsh CBP** Andrew WATKINS - Pontypridd AC. 22.61w, 2001

**2009 Champion** Mathew DAVIES - Carmarthen Harriers, 23.96

Wind Speed

Pos	Bib	Athlete	Club	Perf	Comments
1	82	Alexander PAVLOU	Swansea Harriers	24.07	
2	79	James MCLEAN	Cardiff AAC	24.22	
3	84	Lloyd ROBBINS	Deeside AAC	24.52	
4	87	Sean SQUIBB	Birchfield Harriers	25.15	
5	71	Ryan COOPER	Cardiff AAC	25.36	
6	70	Jacob BRISCOMBE	Barry & Vale Harriers	27.01	
7	85	James SCARFI	Cwmbran Harriers	27.50	
8	92	Thomas WILLIAMS	Barry & Vale Harriers	DNS	

**T34 - U15B - 200m - Heats**

Wind Speed

Heat 1 of 3

-3.4

Pos	Bib	Athlete	Club	Perf	Comments
1	79	James MCLEAN	Cardiff AAC	25.84	Q
2	92	Thomas WILLIAMS	Barry & Vale Harriers	26.71	Q
3	70	Jacob BRISCOMBE	Barry & Vale Harriers	27.14	Q
4	83	Shaun PEARCE	Carmarthen Harriers	27.65	
5	76	Callum HODGSON	Swansea Harriers	28.30	
6	216	Harry DAVIES	Bridgend AC	28.82	
7	91	Dafydd WILLIAMS	Cardiff AAC	29.08	
8	90	Luke WARD	Deeside AAC	DNF	

Heat 2 of 3

Wind Speed

-1.6

Pos	Bib	Athlete	Club	Perf	Comments
1	84	Lloyd ROBBINS	Deeside AAC	24.90	Q
2	82	Alexander PAVLOU	Swansea Harriers	24.88	Q
3	87	Sean SQUIBB	Birchfield Harriers	25.37	Q
4	71	Ryan COOPER	Cardiff AAC	25.78	q
5	85	James SCARFI	Cwmbran Harriers	26.99	q
6	205	Luke HARRY	Cardiff AAC	28.08	
7	81	Patrick MORRIS	Cardiff AAC	30.35	
8	86	Liam SIMPKINS	Pontyclun AC	DNS	

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**T37 - U15B - 400m - FINAL**

Saturday

**Welsh Record** Malcolm JAMES - Cardiff AAC. 50.3, 1977

**Welsh CBP** Bruce TASKER - Carmarthen Harriers. 52.51, 2002

**2009 Champion** Tom BEVAN - Schools, 53.98

Pos	Bib	Athlete	Club	Perf	Comments
1	82	Alexander PAVLOU	Swansea Harriers	54.37	
2	268	Luke MORRIS	Carmarthen Harriers	54.73	
3	264	Steffan EVANS	Cardiff AAC	55.48	
4	270	Jacob PREECE	Cardiff AAC	56.48	
5	266	Oliver HUDSON	Newport Harriers	57.34	
6	271	Charlie WALKER	Cwmbran Harriers	59.40	
7	269	Sam PETERKEN	Cardiff AAC	59.83	
8	216	Harry DAVIES	Bridgend AC	61.28	

**T8 - U15B - 400m - Heats**

Heat 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	266	Oliver HUDSON	Newport Harriers	58.34	
2	82	Alexander PAVLOU	Swansea Harriers	60.23	
3	271	Charlie WALKER	Cwmbran Harriers	62.10	
4	205	Luke HARRY	Cardiff AAC	63.28	
5	267	George IVINS	Cardiff AAC	65.07	
6	272	Benjamin WILLIAMS	Carmarthen Harriers	69.17	

Heat 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	268	Luke MORRIS	Carmarthen Harriers	55.66	Q
2	264	Steffan EVANS	Cardiff AAC	56.14	Q
3	269	Sam PETERKEN	Cardiff AAC	59.97	Q
4	216	Harry DAVIES	Bridgend AC	60.67	q
5	270	Jacob PREECE	Cardiff AAC	61.04	q
6	265	Joseph HAPGOOD	Bridgend AC	69.81	

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**T41 - U15B - 800m - FINAL**

Saturday

**Welsh Record** Daniel CHESWORTH - Newport Harriers. 2.00.13, 2008

**Welsh CBP** Huw DAVIES - Newport Harriers. 2.02.81, 1986

NEW CBP

**2009 Champion** Matthew ANTONIAZZI - Cwmbran Harriers, 2.05.84

Pos	Bib	Athlete	Club	Perf	Comments
1	348	Kyran ROBERTS	Carmarthen Harriers	2:02.57	
2	339	Rhys GRANVILLE	Carmarthen Harriers	2:03.36	
3	333	Connor DAVIES	Swansea Harriers	2:09.82	
4	270	Jacob PREECE	Cardiff AAC	2:10.96	
5	337	Jack FEAR	Newport Harriers	2:11.26	
6	335	Owen DAVIES	Cwmbran Harriers	2:13.85	
7	344	Ben JONES	Cwmbran Harriers	2:15.50	
8	353	Kieron WHITE	Swansea Harriers	2:15.95	

**T7 - U15B - 800m - Heats**

Heat 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	348	Kyran ROBERTS	Carmarthen Harriers	2:11.73	Q
2	337	Jack FEAR	Newport Harriers	2:11.90	Q
3	335	Owen DAVIES	Cwmbran Harriers	2:12.44	q
4	334	Finley DAVIES	Swansea Harriers	2:18.72	
5	342	James HUNT	Bridgend AC	2:20.35	
6	332	John COVE	Cardiff AAC	2:21.37	
7	346	Alex MCDOWELL	Cwmbran Harriers	2:23.07	

Heat 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	344	Ben JONES	Cwmbran Harriers	2:11.84	Q
2	353	Kieron WHITE	Swansea Harriers	2:12.66	Q
3	349	Jonathan TOBIN	Swansea Harriers	2:15.56	
4	265	Joseph HAPGOOD	Bridgend AC	2:22.12	
5	352	Christian WHITE	Blaenau Gwent AC	2:24.26	
6	272	Benjamin WILLIAMS	Carmarthen Harriers	2:26.41	
7	338	Luke GILL	Newport Harriers	2:27.95	
8	345	Ciaran LEWIS	Cardiff AAC	2:31.36	

Heat 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	339	Rhys GRANVILLE	Carmarthen Harriers	2:08.34	Q
2	270	Jacob PREECE	Cardiff AAC	2:08.93	Q
3	333	Connor DAVIES	Swansea Harriers	2:09.63	q
4	350	Aaron TURLEY	Cwmbran Harriers	2:13.29	
5	341	Ashley HOPKINS	Swansea Harriers	2:20.92	
6	340	Harri HOOPER-LEWIS	Swansea Harriers	2:28.02	
7	343	Thomas JOHN	Neath Harriers	2:29.04	

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**T23 - U15B - 80m Hdl - FINAL**

Saturday

**Welsh Record** Rhys WILLIAMS - Glamorgan Sc. 11.03, 2008

**Welsh CBP** Jon ARMSTRONG - Carmarthen Harriers. 11.6, 1990

**2009 Champion** Tyron BLAKE - Cardiff AAC, 11.94

Wind Speed  
+2.9

Pos	Bib	Athlete	Club	Perf	Comments
1	166	Luke JENKINS	Swansea Harriers	11.56	
2	168	David OMOREGIE	Pembroke Harriers	11.92	
3	170	James SHARREM	Cardiff AAC	12.00	
4	93	Michael WILSON	Swansea Harriers	13.20	
5	91	Dafydd WILLIAMS	Cardiff AAC	14.46	
6	171	Jack STRAW	Swansea Harriers	14.52	
7	164	Kyle ARNOLD	Newport Harriers	15.10	
8	169	Aled PRICE	Carmarthen Harriers	21.15	

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**F15 - U15B - High Jump - FINAL**

Saturday

**Welsh Record** Chuka ENIH-SNELL - Swansea Harriers. 1.96, 1998

**Welsh CBP** Jamie DALTON - Preseli AC. 1.82, 1994

**2009 Champion** Tyron BLAKE - Cardiff AAC, 1.75

Pos	Bib	Athlete	Club	Perf	Comments
1	169	Aled PRICE	Carmarthen Harriers	1.70	
2	168	David OMOREGIE	Pembroke Harriers	1.65	
3	457	Morgan COATES	Bridgend AC	1.65	
4	166	Luke JENKINS	Swansea Harriers	1.60	
5	167	Adrian LAWRENCE	Cardiff AAC	1.55	
6	458	Keiran INGRAM	Swansea Harriers	1.45	
7	456	Dafydd ADAMS	Carmarthen Harriers	1.40	
8	459	Stevan RUSSELL	Newport Harriers	1.30	

**F17 - U15B - Pole Vault - FINAL**

Saturday

**Welsh Record** Neil WINTER - Shaftesbury. 4.40, 1988

**Welsh CBP** Steven FRANCIS, Ben GREGORY - Newport Harriers, Vale of Aylesbury

**2009 Champion** Evan COOK - Deeside AAC, 2.50

Pos	Bib	Athlete	Club	Perf	Comments
1	501	Lewis PREECE	Swansea Harriers	2.40	
2	459	Stevan RUSSELL	Newport Harriers	2.00	
3	500	Harry JONES	Cardiff HSc	2.00	
4	499	Joshua COUPAR	Cardiff AAC	1.70	

**F23 - U15B - Long Jump - FINAL**

Saturday

**Welsh Record** Ian STRANGE - Newbridge HSc. 6.63, 1977

**Welsh CBP** Ian STRANGE - Newbridge HSc. 6.52, 1977

**2009 Champion** Lloyd ROBBNS - Wrexham AC, 5.87

Pos	Bib	Athlete	Club	Perf	W/S
1	84	Lloyd ROBBNS	Deeside AAC	5.99	
2	92	Thomas WILLIAMS	Barry & Vale Harriers	5.55	
3	72	Josh DAVIES	Pembroke Harriers	5.20	
4	206	Connor LAVERTY	Menai T&F	5.20	
5	70	Jacob BRISCOMBE	Barry & Vale Harriers	4.97	
6	71	Ryan COOPER	Cardiff AAC	4.83	
7	78	Lewys JONES	Cardiff AAC	4.82	
8	76	Callum HODGSON	Swansea Harriers	4.64	
9	164	Kyle ARNOLD	Newport Harriers	4.35	
10	517	Ryan MORGAN	Newport Harriers	4.34	
11	93	Michael WILSON	Swansea Harriers	4.21	
12	171	Jack STRAW	Swansea Harriers	4.07	
13	74	Gareth GOSS	Swansea Harriers	3.70	

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**F10 - U15B - Shot (4.00kg) - FINAL**

Saturday

**Welsh Record** Matthew EVANS - Carmarthen Harriers. 17.36, 2003

**Welsh CBP** David BUNCE - Seaford GSc. 15.59, 1958

**2009 Champion** Matthew FIELD - Cardiff AAC, 13.88

Pos	Bib	Athlete	Club	Perf	Comments
1	546	Kallam-Lee EVANS	Carmarthen Harriers	12.65	
2	206	Connor LAVERTY	Menai T&F	11.07	
3	554	Matthew WILLIAMS	Wrexham AC	10.61	
4	553	Bobby JONES	Swansea Harriers	10.29	
5	552	Jack BEYNON	Swansea Harriers	10.19	
6	555	Samuel WILLIAMS	Aberdare VAAC	6.04	

**F7 - U15B - Discus (1.25kg) - FINAL**

Saturday

**Welsh Record** Liam WALSH - Deeside AAC. 48.66, 1996

**Welsh CBP** Liam WALSH - Deeside AAC. 43.18, 1996

**2009 Champion** Matthew FIELD - Cardiff AAC, 37.41

Pos	Bib	Athlete	Club	Perf	Comments
1	579	William VAN-KLAVEREN	Kingston & Poly AC	36.36	
2	552	Jack BEYNON	Swansea Harriers	30.75	
3	576	Matteo HOLMES	Cardiff AAC	30.72	
4	554	Matthew WILLIAMS	Wrexham AC	30.59	
5	553	Bobby JONES	Swansea Harriers	29.95	
6	575	Andrew BARRISCALE	Carmarthen Harriers	28.87	
7	577	Shaun LIVETT	Menai T&F	20.45	
8	578	Heddwyn LOUDON	Newport Harriers	17.90	

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**F2 - U15B - Hammer (4.00kg) - FINAL**

Saturday

**Welsh Record** Rhys HODNETT - Cardiff AAC. 55.26, 2006

**Welsh CBP** Rhys HODNETT - Cardiff AAC. 53.7, 2006

**2009 Champion** Robert ROGERS - Neath Harriers, 33.84

Pos	Bib	Athlete	Club	Perf	Comments
1	576	Matteo HOLMES	Cardiff AAC	41.10	
2	592	Jac PALMER	Cardiff AAC	39.11	
3	553	Bobby JONES	Swansea Harriers	30.18	
4	546	Kallam-Lee EVANS	Carmarthen Harriers	27.90	
5	552	Jack BEYNON	Swansea Harriers	25.45	
6	73	Joshua EVANS	Bridgend AC	24.67	
7	577	Shaun LIVETT	Menai T&F	22.35	

**F22 - U15B - Javelin (600g) - FINAL**

Saturday

**Welsh Record** Rhys WILLIAMS - Swansea Harriers. 58.58, 1996

**Welsh CBP** Richard LEWIS - Llanelli AC. 52.42, 1959

**2009 Champion** Tom NORTON - Cwmbran Harriers, 43.94

Pos	Bib	Athlete	Club	Perf	Comments
1	169	Aled PRICE	Carmarthen Harriers	44.92	
2	579	William VAN-KLAVEREN	Kingston & Poly AC	42.36	
3	576	Matteo HOLMES	Cardiff AAC	37.40	
4	517	Ryan MORGAN	Newport Harriers	29.41	
5	459	Stevan RUSSELL	Newport Harriers	26.57	
6	88	Joseph THOMAS	Swansea Harriers	26.20	
7	74	Gareth GOSS	Swansea Harriers	22.58	
8	458	Keiran INGRAM	Swansea Harriers	21.20	

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**T25 - U15G - 100m - FINAL**

Saturday

**Welsh Record** Helen MILES - Bridgend AC. 12.0, 1981

**Welsh CBP** Karen TAYLOR / Dawn OLIVER / Helen MILES - Cardiff AAC. Sale Harri

**2009 Champion** Catrin REES - Carmarthen Harriers, 12.73

Wind Speed  
-2.1

Pos	Bib	Athlete	Club	Perf	Comments
1	50	Laura DAVIES	Llanelli AC	13.15	
2	61	Elli NORKETT	Pembroke Harriers	13.29	
3	66	Catrin ROBERTS	Neath Harriers	13.52	
4	67	Beth SARGENT	Deeside AAC	13.65	
5	65	Katie-Jane PRIEST	Newport Harriers	13.73	
6	696	Erin WALTERS	Carmarthen Harriers	13.87	
7	45	Carys BAKER	Carmarthen Harriers	14.04	
8	57	Elin JONES	Sale Harriers	DQ	

**T15 - U15G - 100m - Heats**

Wind Speed  
-1.3

Heat 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	50	Laura DAVIES	Llanelli AC	13.14	Q
2	61	Elli NORKETT	Pembroke Harriers	13.33	Q
3	44	Kimberley ABODUNRIN	Carmarthen Harriers	14.00	
4	56	Bethan JONES	Cardiff AAC	14.23	
5	62	Alice NOTTINGHAM	Cardiff AAC	14.37	
6	55	Charlotte JOHN	Neath Harriers	14.97	
7	695	Laura BEVAN	Cwmbran Harriers	15.50	

Heat 2 of 3

Wind Speed  
-0.9

Pos	Bib	Athlete	Club	Perf	Comments
1	66	Catrin ROBERTS	Neath Harriers	13.55	Q
2	65	Katie-Jane PRIEST	Newport Harriers	13.69	Q
3	51	Sophie EDWARDS	Cwmbran Harriers	14.27	
4	52	Olivia EVANS	Cardiff AAC	14.54	
5	47	Emily BROWN	Cwmbran Harriers	14.70	
6	63	Rebecca OWEN	Swansea Harriers	15.12	

Heat 3 of 3

Wind Speed  
-2.8

Pos	Bib	Athlete	Club	Perf	Comments
1	57	Elin JONES	Sale Harriers	13.03	Q
2	696	Erin WALTERS	Carmarthen Harriers	13.60	Q
3	67	Beth SARGENT	Deeside AAC	13.65	q
4	45	Carys BAKER	Carmarthen Harriers	13.95	q
5	49	Elise DAVIES	Swansea Harriers	14.02	
6	48	Hannah BURNELL	Cardiff AAC	14.94	

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**T42 - U15G - 200m - FINAL**

Saturday

**Welsh Record** Rachel JOHNCOCK - Colwyn Bay AC. 24.82, 2008

**Welsh CBP** Erica BURFOOT - Cardiff AAC. 25.28w, 1996

**2009 Champion** Hannah GRIFFITHS - Newport Harriers, 26.39

Wind Speed

Pos	Bib	Athlete	Club	Perf	Comments
1	57	Elin JONES	Sale Harriers	26.61	
2	50	Laura DAVIES	Llanelli AC	27.17	
3	67	Beth SARGENT	Deeside AAC	27.33	
4	59	Amy LEAHY	Pembroke Harriers	27.41	
5	65	Katie-Jane PRIEST	Newport Harriers	28.14	
6	951	Emma HENNESSEY	Newport Harriers	28.75	
7	197	Natasha JIWA-WALJI	Carmarthen Harriers	29.08	
8	68	Laura TURLEY	Deeside AAC	DNS	

**T33 - U15G - 200m - Heats**

Heat 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	67	Beth SARGENT	Deeside AAC	27.22	
2	59	Amy LEAHY	Pembroke Harriers	27.23	
3	68	Laura TURLEY	Deeside AAC	27.32	
4	65	Katie-Jane PRIEST	Newport Harriers	27.72	
5	47	Emily BROWN	Cwmbran Harriers	30.34	
6	203	Caire TAYLOR	Cardiff AAC	DNS	

Heat 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	57	Elin JONES	Sale Harriers	26.69	
2	197	Natasha JIWA-WALJI	Carmarthen Harriers	28.34	
3	44	Kimberley ABODUNRIN	Carmarthen Harriers	28.53	
4	56	Bethan JONES	Cardiff AAC	29.10	
5	195	Leonora FOLEY	Cardiff AAC	29.28	
6	201	Jessica LAMBERT	Aberdare VAAC	30.50	
7	695	Laura BEVAN	Cwmbran Harriers	30.85	
8	196	Rhiannon HAILS	Swansea Harriers	DNS	

Heat 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	50	Laura DAVIES	Llanelli AC	26.80	
2	951	Emma HENNESSEY	Newport Harriers	27.93	
3	45	Carys BAKER	Carmarthen Harriers	28.29	
4	51	Sophie EDWARDS	Cwmbran Harriers	28.50	
5	200	Carys KNAPMAN	Barry & Vale Harriers	28.76	
6	202	Tilly RICHARDS	Pembroke Harriers	29.33	
7	52	Olivia EVANS	Cardiff AAC	29.95	
8	199	Lucy JONES	Carmarthen Harriers	30.47	

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**T19 - U15G - 300m - FINAL**

Saturday

**Welsh Record** Hannah JONES - Carmarthen Harriers. 40.54, 2005

**Welsh CBP** Hannah JONES - Carmarthen Harriers. 41.18,

**2009 Champion** Hannah GRIFFITHS - Newport Harriers, 41.19

+1.5

Pos	Bib	Athlete	Club	Perf	Comments
1	260	Isabel HUGHES	Bridgend AC	42.70	
2	156	Lara DURRANI	Cardiff AAC	43.05	
3	263	Rhian WILLIAMS	Deeside AAC	43.19	
4	66	Catrin ROBERTS	Neath Harriers	43.45	
5	261	Stephanie LOWE	Cardiff AAC	47.70	
6	201	Jessica LAMBERT	Aberdare VAAC	49.22	
7	257	Abigail BACKSHALL	Colwyn Bay AC	DNS	

**T40 - U15G - 800m - FINAL**

Saturday

**Welsh Record** Amanda PRITCHARD - Cardiff AAC. 2.10.66, 1994

**Welsh CBP** Julie GARRETT - Cardiff AAC. 2.14.60, 1987

**2009 Champion** Lauren BELL - Pembroke Harriers, 2:15.95

Pos	Bib	Athlete	Club	Perf	Comments
1	257	Abigail BACKSHALL	Colwyn Bay AC	2:19.30	
2	155	Amy COOPER	Marlborough	2:22.23	
3	313	Olivia GWYNN	Swansea Harriers	2:22.47	
4	326	Megan OSBORNE	Bridgend AC	2:25.96	
5	328	Malika REZOUGUI	Cwmbran Harriers	2:28.08	
6	310	Elin DAVIES	Swansea Harriers	2:28.74	
7	312	Rebecca EVANS	Pontyclun AC	2:29.07	
8	330	Lucy TARRANT	Bridgend AC	2:37.24	

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**T6 - U15G - 800m - Heats**

Heat 1 of 4

Pos	Bib	Athlete	Club	Perf	Comments
1	326	Megan OSBORNE	Bridgend AC	2:28.9*	Q
2	311	Iona EVANS	Swansea Harriers	2:31.5*	q
3	324	Kari O'NEILL	Carmarthen Harriers	2:31.5*	
4	322	Scarlett MCPHILLIPS	Cwmbran Harriers	2:35.1*	
5	319	Emma JORDAN	Cwmbran Harriers	2:37.1*	
6	316	Erin HAYES	Cardiff AAC	2:37.8*	
7	309	Annabel CURLE	Bridgend AC	2:40.4*	

Heat 2 of 4

Pos	Bib	Athlete	Club	Perf	Comments
1	155	Amy COOPER	Marlborough	2:26.5*	Q
2	330	Lucy TARRANT	Bridgend AC	2:26.6*	q
3	327	Charlotte REES	Pembroke Harriers	2:31.0*	q
4	307	Eliana BASINI-GAZZI	Cwmbran Harriers	2:34.3*	
5	314	Lucy HAMMETT	Swansea Harriers	2:35.4*	
6	321	Izzy LEWIS	Cardiff AAC	2:42.9*	
7	262	Kate SEARY	Cardiff AAC	2:47.9*	

Heat 3 of 4

Pos	Bib	Athlete	Club	Perf	Comments
1	313	Olivia GWYNN	Swansea Harriers	2:20.9*	Q
2	328	Malika REZOUGUI	Cwmbran Harriers	2:26.5*	q
3	312	Rebecca EVANS	Pontyclun AC	2:28.7*	q
4	516	Nia WARD	Bridgend AC	2:32.8*	
5	318	Francesca HYDE	Cwmbran Harriers	2:34.8*	
6	325	Naomi OSBORN	Swansea Harriers	2:35.8*	
7	317	Rhian HOMER	Pembroke Harriers	2:42.3*	

Heat 4 of 4

Pos	Bib	Athlete	Club	Perf	Comments
1	257	Abigail BACKSHALL	Colwyn Bay AC	2:24.9*	Q
2	310	Elin DAVIES	Swansea Harriers	2:29.5*	q
3	308	Jazmine BRIGANTI	Bridgend AC	2:31.6*	
4	320	Elin LEWIS	Cwmbran Harriers	2:36.1*	
5	323	Francesca MORRIS	Cardiff AAC	2:38.4*	
6	315	Chelsie HARRIS	Cwmbran Harriers	2:40.3*	
7	329	Katie ROBERTS	Bridgend AC	2:48.4*	
8	197	Natasha JIWA-WALJI	Carmarthen Harriers	2:50.7*	

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**T24 - U15G - 75m Hdl - FINAL**

Saturday

**Welsh Record** Heather JONES - Carmarthen Harriers. 10.86, 2001

**Welsh CBP** Heather - Carmarthen Harriers. 10.86, 2001

**2009 Champion** Abi WILLIAMS - Deeside AAC, 11.65

Wind Speed  
-1.1

Pos	Bib	Athlete	Club	Perf	Comments
1	154	Georgia BATES	Deeside AAC	12.12	
2	263	Rhian WILLIAMS	Deeside AAC	12.13	
3	158	Rebecca FOLEY	Cardiff AAC	12.23	
4	196	Rhiannon HAILS	Swansea Harriers	12.23	
5	61	Elli NORKETT	Pembroke Harriers	12.30	
6	59	Amy LEAHY	Pembroke Harriers	12.53	
7	198	Emma JOHNSON	Bridgend AC	12.59	
8	203	Caire TAYLOR	Cardiff AAC	12.69	

**T2 - U15G - 75m Hdl - Heats**

Saturday

**Welsh Record** Heather JONES - Carmarthen Harriers. 10.86, 2001

**Welsh CBP** Heather - Carmarthen Harriers. 10.86, 2001

**2009 Champion** Abi WILLIAMS - Deeside AAC, 11.65

Heat 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	263	Rhian WILLIAMS	Deeside AAC	12.11	Q
2	196	Rhiannon HAILS	Swansea Harriers	12.17	Q
3	61	Elli NORKETT	Pembroke Harriers	12.40	Q
4	198	Emma JOHNSON	Bridgend AC	12.41	q
5	195	Leonora FOLEY	Cardiff AAC	12.84	
6	162	Rebekah STOCK	Swansea Harriers	13.57	
7	951	Emma HENNESSEY	Newport Harriers	13.67	

Heat 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	154	Georgia BATES	Deeside AAC	11.92	Q
2	158	Rebecca FOLEY	Cardiff AAC	12.09	Q
3	203	Caire TAYLOR	Cardiff AAC	12.13	Q
4	59	Amy LEAHY	Pembroke Harriers	12.31	q
5	159	Lauren JONES	Swansea Harriers	12.46	
6	160	Katherine MORRIS	Swansea Harriers	12.55	
7	163	Miriam WILLIAMS	Swansea Harriers	13.46	

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**F14 - U15G - High Jump - FINAL**

Saturday

**Welsh Record** Lea HAGGETT - Herne Hill. 1.81, 1986

**Welsh CBP** Julia CHARLTON - Carmarthen Harriers. 1.75, 1980

**2009 Champion** Ffion BODILLY - Cardiff AAC, 1.64

Pos	Bib	Athlete	Club	Perf	Comments
1	454	Catrin JONES	Swansea Harriers	1.50	
2	453	Bethan HILL-HOWELLS	Newport Harriers	1.45	
3	309	Annabel CURLE	Bridgend AC	1.45	
4	64	Brenna PRICE	Aberdare VAAC	1.45	
5	154	Georgia BATES	Deeside AAC	1.45	
6	455	Shannon RICHARDS	Swansea Harriers	1.40	
7	163	Miriam WILLIAMS	Swansea Harriers	1.35	
8	452	Ellie DAINTON	Llanelli AC	1.35	
9	162	Rebekah STOCK	Swansea Harriers	1.30	
10	262	Kate SEARY	Cardiff AAC	1.30	

**F18 - U15G - Pole Vault - FINAL**

Saturday

**Welsh Record** Rhianydd LLEWELLYN - Bridgend AC. 3.15, 2008

**Welsh CBP** Jessica ABRAHAM - Cardiff AAC. 3.00, 2003

**2009 Champion** Sally NICHOLAS - Cardiff AAC, 2.50

Pos	Bib	Athlete	Club	Perf	Comments
1	52	Olivia EVANS	Cardiff AAC	2.60	
2	497	Sally NICHOLAS	Cardiff AAC	2.50	
3	494	Caitlin ATKINS	Swansea Harriers	2.50	
4	498	Bethan RADFORD	Swansea Harriers	1.90	
5	495	Holly FIELD	Cardiff AAC	1.90	
6	496	Carys JONES	Carmarthen Harriers	1.70	

**F21 - U15G - Long Jump - FINAL**

Saturday

**Welsh Record** Ceri JENKINS - Cleddau. 5.57, 1972

**Welsh CBP** Elinor LAMERTON - Cardiff AAC. 5.34, 1992

**2009 Champion** Nia PALLA - Swansea Harriers, 4.98

Pos	Bib	Athlete	Club	Perf	Comments
1	696	Erin WALTERS	Carmarthen Harriers	4.83	
2	154	Georgia BATES	Deeside AAC	4.74	
3	67	Beth SARGENT	Deeside AAC	4.44	
4	163	Miriam WILLIAMS	Swansea Harriers	4.37	
5	64	Brenna PRICE	Aberdare VAAC	4.36	
6	203	Caire TAYLOR	Cardiff AAC	4.36	
7	455	Shannon RICHARDS	Swansea Harriers	4.33	
8	160	Katherine MORRIS	Swansea Harriers	4.31	
9	202	Tilly RICHARDS	Pembroke Harriers	4.18	
10	159	Lauren JONES	Swansea Harriers	3.95	
11	516	Nia WARD	Bridgend AC	3.77	
12	62	Alice NOTTINGHAM	Cardiff AAC	3.56	

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**F5 - U15G - Shot (3.25kg) - FINAL**

Saturday

**Welsh Record** Emily STEELE - Shrewsbury. 13.22, 1989

**Welsh CBP** Philippa ROLES - Swansea Harriers. 12.43, 1992

**2009 Champion** Awen ROSSER - Carmarthen Harriers, 10.04

Pos	Bib	Athlete	Club	Perf	Comments
1	549	Adele NICOLL	Oswestry Olympians	11.99	
2	551	Awen ROSSER	Carmarthen Harriers	11.84	
3	547	Sabrina FORTUNE	Deeside AAC	9.78	
4	548	Stephanie NICHOLAS	Swansea Harriers	8.74	
5	550	Hannah RICHARDS	Severn AC	8.52	
6	545	Bryony BURTON	Deeside AAC	5.74	
7	495	Holly FIELD	Cardiff AAC	5.66	

**F16 - U15G - Discus (1.00kg) - FINAL**

Saturday

**Welsh Record** Philippa ROLES - Swansea Harriers. 44.12, 1992

**Welsh CBP** Philippa ROLES - Swansea Harriers. 40.66, 1992

**2009 Champion** Eilw James - Carmarthen Harriers, 24.96

Pos	Bib	Athlete	Club	Perf	Comments
1	551	Awen ROSSER	Carmarthen Harriers	33.12	
2	549	Adele NICOLL	Oswestry Olympians	30.42	
3	547	Sabrina FORTUNE	Deeside AAC	29.11	
4	571	Kayleigh JONES	Carmarthen Harriers	23.80	
5	495	Holly FIELD	Cardiff AAC	20.99	
6	548	Stephanie NICHOLAS	Swansea Harriers	19.88	
7	572	Cerys MCCOOL	Swansea Harriers	17.05	
8	574	Carys SMITH	Swansea Harriers	16.84	
9	573	Emma NORTON	Cwmbran Harriers	15.39	
10	545	Bryony BURTON	Deeside AAC	11.41	

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**F3 - U15G - Hammer (3.00kg) - FINAL**

Saturday

**Welsh Record** Zoe DAKIN - Bridgend AC. 43.40, 2010

**Welsh CBP** Charlotte MURRAY - Swansea Harriers. 40.29, 2004

**2009 Champion** Eiliw James - Carmarthen Harriers, 29.09

Pos	Bib	Athlete	Club	Perf	Comments
1	590	Zoe DAKIN	Bridgend AC	39.97	
2	572	Cerys MCCOOL	Swansea Harriers	21.90	
3	574	Carys SMITH	Swansea Harriers	20.47	
4	548	Stephanie NICHOLAS	Swansea Harriers	19.32	

**F29 - U15G - Javelin (600g) - FINAL**

Saturday

**Welsh Record** Danielle HAMER - Carmarthen Harriers. 38.15, 2005

**Welsh CBP** Robyn PURCHASE - Wrexham AC. 36.18, 2005

**2009 Champion** Carys MANSFIELD - Carmarthen Harriers, 31.46

Pos	Bib	Athlete	Club	Perf	Comments
1	600	Tasia STEPHENS	Aberdare VAAC	34.05	
2	549	Adele NICOLL	Oswestry Olympians	27.63	
3	599	Rebecca HUGHES	Swansea Harriers	27.34	
4	573	Emma NORTON	Cwmbran Harriers	23.78	
5	571	Kayleigh JONES	Carmarthen Harriers	20.92	
6	550	Hannah RICHARDS	Severn AC	20.82	
7	498	Bethan RADFORD	Swansea Harriers	18.21	
8	494	Caitlin ATKINS	Swansea Harriers	18.17	
9	545	Bryony BURTON	Deeside AAC	10.00	

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**T59 - U13B - 100m - FINAL**

Sunday

**Welsh Record** Malcolm JAMES - Cardiff AAC. 12.5, 1975

**Welsh CBP** Malcolm JAMES - Cardiff AAC. 12.5, 1975

**2009 Champion** Thomas SCAMMELL - Yate AC, 12.91

Wind Speed

Pos	Bib	Athlete	Club	Perf	Comments
1	139	Sion ROBERTS	Wrexham AC	12.63	
2	134	Harry HILLMAN	Cardiff AAC	13.69	
3	141	Ben TURNER	Swansea Harriers	13.85	
4	138	Aaron POWELL	Cwmbran Harriers	13.91	
5	126	Geraint BREEZE	Wrexham AC	14.03	
6	131	Richard DANGERFIELD	Barry & Vale Harriers	14.06	
7	130	Joe CROSBY	Swansea Harriers	14.38	
8	140	Samuel THOMPSON	Carmarthen Harriers	14.54	

**T48 - U13B - 100m - Heats**

Wind Speed

Heat 1 of 3

-2.0

Pos	Bib	Athlete	Club	Perf	Comments
1	134	Harry HILLMAN	Cardiff AAC	13.68	Q
2	126	Geraint BREEZE	Wrexham AC	13.95	Q
3	130	Joe CROSBY	Swansea Harriers	14.14	q
4	136	Jordan HUGHES	Swansea Harriers	14.50	
5	128	William BROWN	Cardiff AAC	14.93	
6	144	Rhodri WILLIAMS	Swansea Harriers	15.76	

Wind Speed

Heat 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	138	Aaron POWELL	Cwmbran Harriers	13.8*	Q
2	141	Ben TURNER	Swansea Harriers	13.8*	Q
3	140	Samuel THOMPSON	Carmarthen Harriers	14.4*	q
4	143	Ieuan WILKINS	Cardiff AAC	14.5*	
5	127	Joseph BRIER	Swansea Harriers	14.5*	
6	137	Luke INSTONE	Cwmbran Harriers	17.6*	

Wind Speed

Heat 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	139	Sion ROBERTS	Wrexham AC	12.64	Q
2	131	Richard DANGERFIELD	Barry & Vale Harriers	13.85	Q
3	129	Lewis CAMPBELL	Barry & Vale Harriers	14.76	
4	132	David HARRISON	Carmarthen Harriers	15.26	
5	142	Lewys UNDERDOWN	Swansea Harriers	15.79	
6	135	Kieran HODGSON	Swansea Harriers	DNS	

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**T78 - U13B - 200m - FINAL**

**Welsh Record** Malcolm JAMES - Cardiff AAC. 25.6, 1975  
**Welsh CBP** Malcolm JAMES - Cantonian HSc. 25.6, 1975  
**2009 Champion** Thomas SCAMMELL - Yate AC, 26.7

Sunday  
**NEW WELSH RECORD**  
**NEW CBP**  
Wind Speed

Pos	Bib	Athlete	Club	Perf	Comments
1	139	Sion ROBERTS	Wrexham AC	25.38	
2	220	Nikita NEARY	Carmarthen Harriers	27.32	
3	217	Ben FRANCOMBE	Unattached	27.87	
4	138	Aaron POWELL	Cwmbran Harriers	28.02	
5	141	Ben TURNER	Swansea Harriers	28.63	
6	126	Geraint BREEZE	Wrexham AC	29.28	
7	131	Richard DANGERFIELD	Barry & Vale Harriers	29.53	
8	143	Ieuan WILKINS	Cardiff AAC	DNS	

**T64 - U13B - 200m - Heats**

Heat 1 of 2

Wind Speed  
-2.8

Pos	Bib	Athlete	Club	Perf	Comments
1	220	Nikita NEARY	Carmarthen Harriers	27.71	Q
2	138	Aaron POWELL	Cwmbran Harriers	28.49	Q
3	217	Ben FRANCOMBE	Unattached	29.09	Q
4	131	Richard DANGERFIELD	Barry & Vale Harriers	29.47	q
5	143	Ieuan WILKINS	Cardiff AAC	30.54	q
6	140	Samuel THOMPSON	Carmarthen Harriers	31.54	
7	127	Joseph BRIER	Swansea Harriers	31.54	
8	137	Luke INSTONE	Cwmbran Harriers	34.70	

Heat 2 of 2

Wind Speed  
-1.8

Pos	Bib	Athlete	Club	Perf	Comments
1	139	Sion ROBERTS	Wrexham AC	25.89	
2	141	Ben TURNER	Swansea Harriers	29.15	
3	126	Geraint BREEZE	Wrexham AC	30.59	
4	136	Jordan HUGHES	Swansea Harriers	30.60	
5	219	Alex LOVE	Cardiff AAC	31.17	
6	129	Lewis CAMPBELL	Barry & Vale Harriers	31.57	
7	221	Aled PHILLIPS	Amman Valley	31.57	
8	132	David HARRISON	Carmarthen Harriers	31.65	

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**T72 - U13B - 800m - FINAL**

Sunday

**Welsh Record** Richard BAKER - Cardiff AAC. 2.14.0, 1983

**Welsh CBP** Richard BAKER - Cardiff AAC. 2.14.0, 1983

**2009 Champion** Joseph CHIFFI - Coedcae Sch, 2.24.26

Pos	Bib	Athlete	Club	Perf	Comments
1	220	Nikita NEARY	Carmarthen Harriers	2:12.99	
2	383	Tyler PRITCHARD	Cwmbran Harriers	2:23.26	
3	384	Jordan RICHARDS	Carmarthen Harriers	2:24.55	
4	379	Joshua MOORE	Cardiff AAC	2:25.65	
5	381	Carwyn PENNY	Newport Harriers	2:26.86	
6	382	Alex PRICE	Aberdare VAAC	2:30.63	
7	378	Joseph MACPHERSON	Cardiff AAC	2:35.26	
8	380	Danny MORGAN	Cwmbran Harriers	2:35.30	

**T50 - U13B - 800m - Heats**

Heat 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	383	Tyler PRITCHARD	Cwmbran Harriers	2:26.84	Q
2	384	Jordan RICHARDS	Carmarthen Harriers	2:28.75	Q
3	382	Alex PRICE	Aberdare VAAC	2:31.02	Q
4	378	Joseph MACPHERSON	Cardiff AAC	2:36.18	q
5	375	Tom CLARKE	Cardiff AAC	2:36.87	
6	219	Alex LOVE	Cardiff AAC	2:41.04	
7	373	Dewi BENNETT	Barry & Vale Harriers	2:48.52	
8	144	Rhodri WILLIAMS	Swansea Harriers	2:56.29	

Heat 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	220	Nikita NEARY	Carmarthen Harriers	2:25.96	Q
2	381	Carwyn PENNY	Newport Harriers	2:26.95	Q
3	379	Joshua MOORE	Cardiff AAC	2:29.14	Q
4	380	Danny MORGAN	Cwmbran Harriers	2:31.43	q
5	376	David FLIGELSTONE	Swansea Harriers	2:46.82	
6	374	Huw BENNETT	Barry & Vale Harriers	2:54.32	
7	377	Philip HANCOCK	Swansea Harriers	3:00.58	

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**T55 - U13B - 75m Hdl - FINAL**

Sunday

**Welsh Record** Luke JENKINS - Swansea Harriers. 12.38, 2008

**Welsh CBP** Wynne JAMES / John MARSDEN - Afon Taf Sc, Barry & Vale Harriers. 1

**2009 Champion** James SCARFI - Cwmbran Harriers, 12.75

Wind Speed

Pos	Bib	Athlete	Club	Perf	Comments
1	178	Rhys ROBERTS	Bridgend AC	12.96	
2	130	Joe CROSBY	Swansea Harriers	13.16	
3	176	Michael JONES	Swansea Harriers	15.90	
4	175	Thomas DAVIES	Swansea Harriers	16.34	
5	177	Morgan LEY	Bridgend AC	17.00	
6	179	Ioan WALL	Swansea Harriers	DQ	

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**F30 - U13B - High Jump - FINAL**

Sunday

**Welsh Record** Jamie DALTON - Preseli AC. 1.67, 1992

**Welsh CBP** Andrew PENK - Wrexham AC. 1.55, 1989

**NEW CBP**

**2009 Champion** Dafydd ADAMS - Carmarthen Harriers, 1.45

Pos	Bib	Athlete	Club	Perf	Comments
1	463	Miles KELLER-JENKINS	Swansea Harriers	1.56	
2	464	Aled REES	Carmarthen Harriers	1.41	
3	135	Kieran HODGSON	Swansea Harriers	1.30	
4	462	Oliver HUNT	Cardiff AAC	1.15	

**F39 - U13B - Long Jump - FINAL**

Sunday

**Welsh Record** Clive WOOLMER - Milford Haven Sc. 5.31, 1982

**Welsh CBP** Paul FARMAHAN - Cleddau AC. 5.11, 1989

**2009 Champion** Jarred WALTERS - Amman Valley, 4.64

Pos	Bib	Athlete	Club	Perf	W/S
1	178	Rhys ROBERTS	Bridgend AC	4.55	+0.7
2	521	William REYNOLDS	Swansea Harriers	4.34	+0.7
3	126	Geraint BREEZE	Wrexham AC	4.26	+1.0
4	462	Oliver HUNT	Cardiff AAC	4.07	+1.4
5	140	Samuel THOMPSON	Carmarthen Harriers	4.05	+2.7
6	376	David FLIGELSTONE	Swansea Harriers	4.01	+1.6
7	130	Joe CROSBY	Swansea Harriers	3.98	+0.7
8	129	Lewis CAMPBELL	Barry & Vale Harriers	3.94	+0.8
9	136	Jordan HUGHES	Swansea Harriers	3.91	+2.6
10	134	Harry HILLMAN	Cardiff AAC	3.88	+1.0
11	144	Rhodri WILLIAMS	Swansea Harriers	3.68	+2.3
12	380	Danny MORGAN	Cwmbran Harriers	3.64	+2.1
13	221	Aled PHILLIPS	Amman Valley	3.63	+1.4
14	127	Joseph BRIER	Swansea Harriers	3.62	+0.9
15	177	Morgan LEY	Bridgend AC	3.61	+1.4
16	219	Alex LOVE	Cardiff AAC	3.54	+1.3
17	142	Lewys UNDERDOWN	Swansea Harriers	3.36	+0.9
18	522	Hedd WILLIAMS	Swansea Harriers	3.21	+0.8

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**F31 - U13B - Shot (3.25kg) - FINAL**

Sunday

**Welsh Record** Matthew EVANS - Carmarthen Harriers. 14.47, 2001

**Welsh CBP** Matthew EVANS - Carmarthen Harriers. 13.39, 2001

**2009 Champion** Jack BEYNON - Swansea Harriers, 10.04

Pos	Bib	Athlete	Club	Perf	Comments
1	564	Nathan THOMASON	Colwyn Bay AC	10.45	
2	563	Samuel JONES	Swansea Harriers	8.52	
3	561	Jordan BRYANT	Newport Harriers	7.34	
4	179	Ioan WALL	Swansea Harriers	6.58	
5	560	Jamie BRYANT	Newport Harriers	6.55	
6	175	Thomas DAVIES	Swansea Harriers	5.57	
7	562	Rhys JONES	Cwmbran Harriers	5.34	

**F38 - U13B - Discus (1.00kg) - FINAL**

Sunday

**Welsh Record** Chris HUGHES - Swansea Harriers. 38.92, 1991

**Welsh CBP** Rheon JAMES - Carmarthen Harriers. 27.63, 2005

**NEW CBP**

**2009 Champion** Jack BEYNON - Swansea Harriers, 27.06

Pos	Bib	Athlete	Club	Perf	Comments
1	220	Nikita NEARY	Carmarthen Harriers	27.88	
2	564	Nathan THOMASON	Colwyn Bay AC	27.24	
3	560	Jamie BRYANT	Newport Harriers	21.80	
4	561	Jordan BRYANT	Newport Harriers	21.79	
5	580	Owen MURPHY	Cwmbran Harriers	18.88	
6	562	Rhys JONES	Cwmbran Harriers	15.38	
7	563	Samuel JONES	Swansea Harriers	13.06	

**F53 - U13B - Javelin (400g) - FINAL**

Sunday

**Welsh Record** Tom NORTON - Cwmbran Harriers. 44.80, 2007

**Welsh CBP** Sion HOWELLS - Carmarthen Harriers. 30.63, 2008

**NEW CBP**

**2009 Champion** Stevan RUSSELL - Newport Harriers, 30.51

Pos	Bib	Athlete	Club	Perf	Comments
1	131	Richard DANGERFIELD	Barry & Vale Harriers	34.64	
2	138	Aaron POWELL	Cwmbran Harriers	30.97	
3	563	Samuel JONES	Swansea Harriers	28.00	
4	463	Miles KELLER-JENKINS	Swansea Harriers	26.82	
5	580	Owen MURPHY	Cwmbran Harriers	21.07	
6	179	Ioan WALL	Swansea Harriers	20.70	
7	562	Rhys JONES	Cwmbran Harriers	20.23	
8	522	Hedd WILLIAMS	Swansea Harriers	14.06	
9	175	Thomas DAVIES	Swansea Harriers	13.77	
10	377	Philip HANCOCK	Swansea Harriers	12.64	
11					
12					

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**T58 - U13G - 100m - FINAL**

Sunday

**Welsh Record** Jane BRADBEER - Cardiff AAC. 12.6, 1981

**Welsh CBP** Felicity JAMES - Cardiff AAC. 12.93, 2001

**NEW CBP**

**2009 Champion** Hannah BRIER - Swansea Harriers, 13.29

Wind Speed

Pos	Bib	Athlete	Club	Perf	Comments
1	100	Hannah BRIER	Swansea Harriers	12.71	
2	119	Amelia REYNOLDS	Newport Harriers	13.27	
3	114	Jessica MERRICK	Swansea Harriers	13.61	
4	123	Ffion WAKE	Swansea Harriers	13.78	
5	103	Alys COWDY	Aberystwyth AC	13.84	
6	109	Chloe HUGHES	Deeside AAC	14.16	
7	115	Zoe NASH	Bridgend AC	14.37	
8	118	Chrystal PHILIPPOU	Cardiff AAC	14.73	

**T47 - U13G - 100m - Heats**

Wind Speed

Heat 1 of 4

Pos	Bib	Athlete	Club	Perf	Comments
1	119	Amelia REYNOLDS	Newport Harriers	13.32	Q
2	109	Chloe HUGHES	Deeside AAC	14.05	q
3	125	Emily WOOSTER	Barry & Vale Harriers	15.05	
4	121	Mae TAYLOR	Bridgend AC	15.38	
5	117	Alice PETERS	Swansea Harriers	16.15	
6	96	Anais BELLAMY	Cardiff AAC	16.72	

Wind Speed

-1.5

Heat 2 of 4

Pos	Bib	Athlete	Club	Perf	Comments
1	100	Hannah BRIER	Swansea Harriers	12.96	Q
2	123	Ffion WAKE	Swansea Harriers	13.79	q
3	118	Chrystal PHILIPPOU	Cardiff AAC	14.48	q
4	106	Rhian ELLIS	Cardiff AAC	14.80	
5	124	Eve WILLIAMS	Cwmbran Harriers	14.84	
6	116	Jamie O'DRISCOLL	Swansea Harriers	15.12	
7	101	Chelsea BROWN	Cardiff AAC	16.93	

Wind Speed

-2.6

Heat 3 of 4

Pos	Bib	Athlete	Club	Perf	Comments
1	103	Alys COWDY	Aberystwyth AC	13.99	Q
2	98	Jodie BEYNON	Cwmbran Harriers	14.93	
3	113	Sylvia KITENGE	Cardiff AAC	15.03	
4	112	Natalie JONES	Cwmbran Harriers	15.74	
5	94	Sofia ALI	Aberdare VAAC	15.75	
6	111	Megan JONES	Swansea Harriers	15.98	

Welsh Athletics 2010 Outdoor Track and Field  
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Wind Speed  
+0.5

Heat 4 of 4

Pos	Bib	Athlete	Club	Perf	Comments
1	114	Jessica MERRICK	Swansea Harriers	13.42	Q
2	115	Zoe NASH	Bridgend AC	14.51	q
3	99	Ellie BISHOP	Bridgend AC	14.85	
4	110	Chelsea HUTCHEON	Barry & Vale Harriers	14.89	
5	107	Millicent FAKANDE	Cwmbran Harriers	15.26	
6	694	Anna BARNES	Swansea Harriers	15.60	

**T77 - U13G - 200m - FINAL** Sunday

**Welsh Record** Jane BRADBEER - Cardiff AAC. 25.7, 1981

**Welsh CBP** Felicity JAMES - Cardiff AAC. 26.72w, 2001 NEW CBP

**2009 Champion** Ffion WALTERS - Carmarthen Harriers, 28.53 Wind Speed

Pos	Bib	Athlete	Club	Perf	Comments
1	100	Hannah BRIER	Swansea Harriers	26.57	
2	114	Jessica MERRICK	Swansea Harriers	28.38	
3	119	Amelia REYNOLDS	Newport Harriers	28.53	
4	103	Alys COWDY	Aberystwyth AC	29.27	
5	109	Chloe HUGHES	Deeside AAC	29.89	
6	213	Bethan REGISTER	Cardiff AAC	29.90	
7	208	Ellie COATES	Swansea Harriers	31.04	
8	98	Jodie BEYNON	Cwmbran Harriers	DNS	

Wind Speed

**T63 - U13G - 200m - Heats**

Heat 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	119	Amelia REYNOLDS	Newport Harriers	28.17	Q
2	103	Alys COWDY	Aberystwyth AC	29.36	Q
3	118	Chrystal PHILIPPOU	Cardiff AAC	30.36	
4	113	Sylvia KITENGE	Cardiff AAC	31.01	
5	116	Jamie O'DRISCOLL	Swansea Harriers	31.80	
6	124	Eve WILLIAMS	Cwmbran Harriers	32.01	
7	99	Ellie BISHOP	Bridgend AC	32.02	

Wind Speed

Heat 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	114	Jessica MERRICK	Swansea Harriers	28.71	Q
2	213	Bethan REGISTER	Cardiff AAC	30.32	Q
3	110	Chelsea HUTCHEON	Barry & Vale Harriers	31.48	
4	112	Natalie JONES	Cwmbran Harriers	31.99	
5	215	Felicity WILLIAMSON-SARLL	Bridgend AC	32.76	
6	212	Emily PEARCE	Rhondda AC	33.59	
7	121	Mae TAYLOR	Bridgend AC	33.75	
8	214	Lucy SHARIFF	Cardiff AAC	34.31	

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Heat 3 of 3

Wind Speed  
CBP

Pos	Bib	Athlete	Club	Perf	Comments
1	100	Hannah BRIER	Swansea Harriers	26.97	Q
2	208	Ellie COATES	Swansea Harriers	29.95	Q
3	109	Chloe HUGHES	Deeside AAC	30.20	q
4	98	Jodie BEYNON	Cwmbran Harriers	30.27	q
5	106	Rhian ELLIS	Cardiff AAC	30.54	
6	101	Chelsea BROWN	Cardiff AAC	34.04	
7	211	Ceri JONES	Bridgend AC	35.02	

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**T73 - U13G - 800m - FINAL**

Sunday

**Welsh Record** Lisa LANINI - Wrexham AC. 2.16.1, 2000

**Welsh CBP** Lora ROBERTS - Bridgend AC. 2.21.17, 2007

**NEW CBP**

**2009 Champion** Abigail BACKSHALL - Colwyn Bay AC, 2:25.87

Pos	Bib	Athlete	Club	Perf	Comments
1	372	Rosa YATES	Bridgend AC	2:19.97	
2	356	Heidi DAVIES	Brecon AC	2:30.58	
3	360	Angharad FLOWER	North Somerset	2:33.09	
4	370	Emily THOMAS	Aberystwyth AC	2:35.75	
5	362	Megan JAMES	Cwmbran Harriers	2:36.46	
6	125	Emily WOOSTER	Barry & Vale Harriers	2:37.56	
7	366	Courtley LOCK	Bridgend AC	2:39.68	
8	359	Gwenno EVANS	Carmarthen Harriers	2:43.77	

**T49 - U13G - 800m - Heats**

Heat 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	362	Megan JAMES	Cwmbran Harriers	2:32.63	Q
2	370	Emily THOMAS	Aberystwyth AC	2:35.26	Q
3	366	Courtley LOCK	Bridgend AC	2:36.19	q
4	354	Elishka COUPAR	Cardiff AAC	2:44.00	
5	355	Fern DAVIES	Colwyn Bay AC	2:44.43	
6	368	Tara PALMER	Cwmbran Harriers	2:58.13	
7	212	Emily PEARCE	Rhondda AC	DNF	

Heat 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	360	Angharad FLOWER	North Somerset	2:34.34	Q
2	125	Emily WOOSTER	Barry & Vale Harriers	2:35.52	Q
3	359	Gwenno EVANS	Carmarthen Harriers	2:39.04	q
4	369	Megan TATNELL	Cardiff AAC	2:44.13	
5	208	Ellie COATES	Swansea Harriers	2:44.62	
6	367	Anastasia MIRZA-DAVIES	Cardiff AAC	2:51.24	
7	364	Emily JONES	Swansea Harriers	3:07.75	

Heat 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	372	Rosa YATES	Bridgend AC	2:20.23	
2	356	Heidi DAVIES	Brecon AC	2:33.34	
3	358	Bethan EVANS	Pontyclun AC	2:41.44	
4	357	Lily DAVIS	Deeside AAC	2:43.96	
5	361	Tegan HARRISON	Pembroke Harriers	2:47.71	
6	365	Emma LIGTHART	Cardiff AAC	2:48.71	
7	96	Anais BELLAMY	Cardiff AAC	DNF	

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**T56 - U13G - 70m Hdl - FINAL**

Sunday

**Welsh Record** Rachel DAVIES - Bridgend AC. 11.6, 2005

**Welsh CBP** Joanne JAMES - Port Talbot. 11.5w, 1988

**2009 Champion** Emma JOHNSON - Bridgend AC, 12.02

Wind Speed

Pos	Bib	Athlete	Club	Perf	Comments
1	114	Jessica MERRICK	Swansea Harriers	12.25	
2	122	Leah THOMAS	Bridgend AC	12.78	
3	173	Anita MADAN	Pembroke Harriers	13.16	
4	174	Paige MURPHY	Swansea Harriers	13.29	
5	214	Lucy SHARIFF	Cardiff AAC	14.47	
6	172	Jessica HARRY	Swansea Harriers	14.63	
7	694	Anna BARNES	Swansea Harriers	15.45	
8	101	Chelsea BROWN	Cardiff AAC	18.00	

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**F34 - U13G - High Jump - FINAL**

Sunday

**Welsh Record** Julia CHARLTON - Carmarthen Harriers. 1.68, 1978

**Welsh CBP** Kathryn EVANS - Carmarthen Harriers. 1.50, 1979

**2009 Champion** Kate SEARY - Cardiff AAC, 1.33

Pos	Bib	Athlete	Club	Perf	Comments
1	460	Lucy MATON	Cardiff AAC	1.40	
2	98	Jodie BEYNON	Cwmbran Harriers	1.37	
3	172	Jessica HARRY	Swansea Harriers	1.31	
4	461	Hannah MATTHEWS	Swansea Harriers	1.20	

**F48 - U13G - Long Jump - FINAL**

Sunday

**Welsh Record** Lisa ARMSTRONG - Torfaen AC. 4.88, 1986

**Welsh CBP** Sarah LANE - Torfaen AC. 4.82, 1993

**2009 Champion** Miriam WILLIAMS - Swansea Harriers, 4.27

Pos	Bib	Athlete	Club	Perf	Comments
1	100	Hannah BRIER	Swansea Harriers	4.52	
2	109	Chloe HUGHES	Deeside AAC	4.31	
3	123	Ffion WAKE	Swansea Harriers	4.30	
4	519	Genevieve WATT	Barry & Vale Harriers	4.22	
5	115	Zoe NASH	Bridgend AC	4.07	
6	208	Ellie COATES	Swansea Harriers	3.76	
7	518	Danielle MORGAN	Newport Harriers	3.71	
8	174	Paige MURPHY	Swansea Harriers	3.69	
9	110	Chelsea HUTCHEON	Barry & Vale Harriers	3.64	
10	119	Amelia REYNOLDS	Newport Harriers	3.53	
11	215	Felicity WILLIAMSON-SARLL	Bridgend AC	3.40	
12	121	Mae TAYLOR	Bridgend AC	3.38	
13	124	Eve WILLIAMS	Cwmbran Harriers	3.29	
14	117	Alice PETERS	Swansea Harriers	3.23	
15	520	Katie WELLS	Swansea Harriers	3.21	
16	211	Ceri JONES	Bridgend AC	3.16	
17	111	Megan JONES	Swansea Harriers	3.06	
18	104	Chloe DAVIES	Swansea Harriers	2.61	
19	97	Alanis BENNETT	Swansea Harriers	2.12	

**F44 - U13G - Shot (2.72kg) - FINAL**

Sunday

**Welsh Record** Nicola STEVENSON - Bridgend AC. 10.83, 2001

**Welsh CBP** Nicola STEVENSON - Bridgend AC. 10.29, 2001

**2009 Champion** Sabrina FORTUNE - Deeside AAC, 9.13

Pos	Bib	Athlete	Club	Perf	Comments
1	559	Lauren RICHARDS	Severn AC	9.29	
2	556	Emily COCKRILL	Swansea Harriers	9.22	
3	123	Ffion WAKE	Swansea Harriers	8.80	
4	557	Amy HUMBLE	Carmarthen Harriers	7.66	
5	173	Anita MADAN	Pembroke Harriers	7.24	
6	107	Millicent FAKANDE	Cwmbran Harriers	6.35	
7	558	Amy PRICE	Cwmbran Harriers	5.45	
8	97	Alanis BENNETT	Swansea Harriers	4.08	

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**F35 - U13G - Discus (0.75kg) - FINAL**

Sunday

**Welsh Record** Toni WELLS - Swansea Harriers. 29.48, 2005

**Welsh CBP** Adele NICOLL - Oswestry Olympians. 27.74, 2009

**2009 Champion** Adele NICOLL - Oswestry Olympians, 27.74

Pos	Bib	Athlete	Club	Perf	Comments
1	557	Amy HUMBLE	Carmarthen Harriers	23.27	
2	556	Emily COCKRILL	Swansea Harriers	19.44	
3	94	Sofia ALI	Aberdare VAAC	16.50	
4	211	Ceri JONES	Bridgend AC	13.25	
5	212	Emily PEARCE	Rhondda AC	11.67	
6	461	Hannah MATTHEWS	Swansea Harriers	9.22	

**F55 - U13G - Javelin (400g) - FINAL**

Sunday

**Welsh Record** Mary WILSON - Carmarthen Harriers. 31.63, 2004

**Welsh CBP** Rebecca HUGHES - Swansea Harriers. 24.78, 2009

**2009 Champion** Rebecca HUGHES - Swansea Harriers, 24.78

Pos	Bib	Athlete	Club	Perf	Comments
1	557	Amy HUMBLE	Carmarthen Harriers	21.19	
2	518	Danielle MORGAN	Newport Harriers	18.24	
3	558	Amy PRICE	Cwmbran Harriers	17.68	
4	520	Katie WELLS	Swansea Harriers	16.39	
5	107	Millicent FAKANDE	Cwmbran Harriers	15.75	
6	603	Sian SMITH	Bridgend AC	13.90	
7	559	Lauren RICHARDS	Severn AC	13.84	

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials		VENUE		Cardiff International Sports Stadium		DATE	Saturday, June 12 2010		TIME	10:00 AM		
EVENT		Senior Open Championships		ALL COMERS		Martin GIRVAN - N Ireland - 74.18 - 1982								
		Incorporating U15 and U13 Closed Championships		WELSH RECORD		Shaun PICKERING - Haringey - 68.64 - 1994								
		<b>F1 - Senior Men - Hammer (7.26kg)</b>		CBP		Shaun PICKERING - Haringey - 63.12 - 1989								
				2009 WINNER		Matthew RICHARDS - Belgrave Harriers - 58.09								
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	531	David GLENDOWER SM *	Bath University	20.21	NT	20.46	20.46	6	20.24	NT	NT	20.46	5	
2	583	Michael LEE SM (W)	Menai T&F	37.35	41.52	40.62	41.52	4	42.93	41.87	40.01	42.93	3	
3	582	Darren ANDREWS SM (W)	Forest of Dean	33.66	31.37	33.56	33.66	5	32.87	34.12	33.23	34.12	4	37.07
4	581	Ashley ANDREWS U20M (W)	Rhondda AC	NT	42.32	33.56	42.32	3	43.72	45.23	46.65	46.65	2	44.24
5	585	Ritchie WELLS U23M (W)	Swansea University	47.98	NT	50.56	50.56	2	NT	NT	NT			53.74
6	584	Matthew RICHARDS SM (W)	Belgrave Harriers	56.10	NT	58.03	58.03	1	60.42	60.28	NT	60.42	1	60.50
7				0.00	0.00	0.00			0.00	0.00	0.00			
8				0.00	0.00	0.00			0.00	0.00	0.00			
9				0.00	0.00	0.00			0.00	0.00	0.00			
10				0.00	0.00	0.00			0.00	0.00	0.00			
11				0.00	0.00	0.00			0.00	0.00	0.00			
12				0.00	0.00	0.00			0.00	0.00	0.00			
13				0.00	0.00	0.00			0.00	0.00	0.00			
14				0.00	0.00	0.00			0.00	0.00	0.00			
15				0.00	0.00	0.00			0.00	0.00	0.00			
16				0.00	0.00	0.00			0.00	0.00	0.00			
FULL RESULTS														
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	584	Matthew RICHARDS SM (W)	Belgrave Harriers	60.42	9									
2	581	Ashley ANDREWS U20M (W)	Rhondda AC	46.65	10									
3	583	Michael LEE SM (W)	Menai T&F	42.93	11									
4	582	Darren ANDREWS SM (W)	Forest of Dean	34.12	12									
5	531	David GLENDOWER SM *	Bath University	20.46	13									
6					14									
7					15									
8					16									

OFFICIALS SIGNATURES

REFEREE SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium		DATE	Saturday, June 12 2010		TIME	10:00 AM	
EVENT		<b>F2 - U15B - Hammer (4.00kg)</b>		RECORD	Rhys HODNETT - Cardiff AAC - 55.26 - 2006							
				CBP	Rhys HODNETT - Cardiff AAC - 53.7 - 2006							
				2009 WINNER	Robert ROGERS - Neath Harriers - 33.84							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position	PB	OFFICIALS SIGNATURES		
				Metres	Metres	Metres	Metres					
1	73	Joshua EVANS	Bridgend AC	24.67	NT	NT	24.67	6	23.11			
2	577	Shaun LIVETT	Menai T&F	NT	22.35	21.70	22.35	7	26.28			
3	546	Kallam-Lee EVANS	Carmarthen Harriers	26.97	26.69	27.90	27.90	4	27.75			
4	552	Jack BEYNON	Swansea Harriers	23.20	25.45	22.39	25.45	5	28.59			
5	576	Matteo HOLMES	Cardiff AAC	40.42	NT	41.10	41.10	1	31.02			
6	553	Bobby JONES	Swansea Harriers	23.13	30.18	NT	30.18	3	32.39			
7	592	Jac PALMER	Cardiff AAC	NT	34.43	39.11	39.11	2	36.81			
8				0.00	0.00	0.00						
9				0.00	0.00	0.00						
10				0.00	0.00	0.00						
11				0.00	0.00	0.00						
12				0.00	0.00	0.00						
13				0.00	0.00	0.00						
14				0.00	0.00	0.00						
15				0.00	0.00	0.00						
16				0.00	0.00	0.00						
FULL RESULTS												
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF	REFEREE SIGNATURE		
1	576	Matteo HOLMES	Cardiff AAC	41.10	9							
2	592	Jac PALMER	Cardiff AAC	39.11	10							
3	553	Bobby JONES	Swansea Harriers	30.18	11							
4	546	Kallam-Lee EVANS	Carmarthen Harriers	27.90	12							
5	552	Jack BEYNON	Swansea Harriers	25.45	13							
6	73	Joshua EVANS	Bridgend AC	24.67	14							
7	577	Shaun LIVETT	Menai T&F	22.35	15							
8					16							

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium		DATE	Saturday, June 12 2010		TIME	10:00 AM	
EVENT		<b>F3 - U15G - Hammer (3.00kg)</b>		RECORD	Zoe DAKIN - Bridgend AC - 43.40 - 2010							
				CBP	Charlotte MURRAY - Swansea Harriers - 40.29 - 2004							
				2009 WINNER	Eliw James - Carmarthen Harriers - 29.09							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position	PB	OFFICIALS SIGNATURES		
				Metres	Metres	Metres	Metres					
1	574	Carys SMITH	Swansea Harriers	20.47	18.67	19.96	20.47	3	22.66			
2	548	Stephanie NICHOLAS	Swansea Harriers	19.32	NT	NT	19.32	4	23.55			
3	572	Cerys MCCOOL	Swansea Harriers	NT	17.58	21.90	21.90	2	23.94			
4	590	Zoe DAKIN	Bridgend AC	39.35	39.97	36.15	39.97	1	43.40			
5				0.00	0.00	0.00						
6				0.00	0.00	0.00						
7				0.00	0.00	0.00						
8				0.00	0.00	0.00						
9				0.00	0.00	0.00						
10				0.00	0.00	0.00						
11				0.00	0.00	0.00						
12				0.00	0.00	0.00						
13				0.00	0.00	0.00						
14				0.00	0.00	0.00						
15				0.00	0.00	0.00						
16				0.00	0.00	0.00						
FULL RESULTS												
No.	NAME	CLUB	PERF	No.	NAME	CLUB	PERF	REFEREE SIGNATURE				
1	590	Zoe DAKIN	Bridgend AC	39.97	9							
2	572	Cerys MCCOOL	Swansea Harriers	21.90	10							
3	574	Carys SMITH	Swansea Harriers	20.47	11							
4	548	Stephanie NICHOLAS	Swansea Harriers	19.32	12							
5				13								
6				14								
7				15								
8				16								

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials		VENUE		Cardiff International Sports Stadium		DATE		Saturday, June 12 2010		TIME		10:30 AM								
		Senior Open Championships		ALL COMERS		Ralph BOSTON - USA - 8.18 - 1965																
		Incorporating U15 and U13 Closed Championships		RECORD		Lynn DAVIES - Roath, Cardiff AAC - 8.23 - 1968																
EVENT		<b>F4 - Senior Men - Long Jump FINAL</b>		CBP		Steve INGRAM - Swansea Harriers - 7.91w - 1994																
				2009 WINNER		Ricardo CHILDS - Brecon AC AC - 7.36																
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of 3		Position after 3 Trials	4th Trial		5th Trial		6th Trial		Best of All		PB	Final Position
				Mtrs	W/S	Mtrs	W/S	Mtrs	W/S	Mtrs	W/S		Mtrs	W/S	Mtrs	W/S	Mtrs	W/S	Mtrs	W/S		
1	510	Levi REID SM *	Unattached	NJ	-0.1	1.43	-0.1	6.47	-0.1	6.47		3	NJ	-0.1	6.80	-0.1	6.87	-0.1	6.87		6.00	2
2	511	Phillip WARWICKER U20M *	UWIC	5.85	-0.1	6.05	-0.1	NJ	-0.1	6.05		5	5.24	-0.1	5.79	-0.1	NJ	-0.1	6.05		6.49	5
3	508	Alex JACKSON SM (W)	Swansea Harriers	6.10	-0.1	PASS	-0.1	NJ	-0.1	6.10		4	6.47	-0.1	PASS	-0.1	NJ	-0.1	6.47		6.57	4
4	507	Kueni IGBAGIRI U20M (W)	Carmarthen Harriers	NJ	-0.1	6.54	-0.1	NJ	-0.1	6.54		2	NJ	-0.1	6.63	-0.1	6.42	-0.1	6.63		6.85	3
5	503	Navid CHILDS SM (W)	Thames Valley	NJ	-0.1	5.86	-0.1	PASS	-0.1	5.86		2	5.92	-0.1	NJ	-0.1	NJ	-0.1	5.92		6.90	6
6	505	David COOK U23M (W)	Kingston & Poly AC	0.00		0.00		0.00					0.00		0.00		0.00				7.43	
7	504	Richardo CHILDS SM (W)	Brecon AC	NJ	-0.1	6.90	-0.1	7.29	-0.1	7.29		1	7.01	-0.1	6.10	-0.1	7.20	-0.1	7.29		7.64	1
8	506	Andre FERNANDEZ SM *	Newham & E B AC	0.00		0.00		0.00					0.00		0.00		0.00				7.64	
9				0.00		0.00		0.00					0.00		0.00		0.00					
10				0.00		0.00		0.00					0.00		0.00		0.00					
11				0.00		0.00		0.00					0.00		0.00		0.00					
12				0.00		0.00		0.00					0.00		0.00		0.00					
13				0.00		0.00		0.00					0.00		0.00		0.00					
14				0.00		0.00		0.00					0.00		0.00		0.00					
15				0.00		0.00		0.00					0.00		0.00		0.00					
16				0.00		0.00		0.00					0.00		0.00		0.00					
FULL RESULTS																						
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF													
1	504	Richardo CHILDS SM (W)	Brecon AC	7.29	9																	
2	510	Levi REID SM *	Unattached	6.87	10																	
3	507	Kueni IGBAGIRI U20M (W)	Carmarthen Harriers	6.63	11																	
4	508	Alex JACKSON SM (W)	Swansea Harriers	6.47	12																	
5	511	Phillip WARWICKER U20M *	UWIC	6.05	13																	
6	503	Navid CHILDS SM (W)	Thames Valley	5.92	14																	
7					15																	
8					16																	

REFEREE'S SIGNATURE

OFFICIALS SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium		DATE	Saturday, June 12 2010		TIME	10:45 AM				
EVENT		<b>F5 - U15G - Shot (3.25kg)</b>		RECORD	Emily STEELE - Shrewsbury - 13.22 - 1989										
				CBP	Philippa ROLES - Swansea Harriers - 12.43 - 1992										
				2009 WINNER	Awen ROSSER - Carmarthen Harriers - 10.04										
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position	PB	OFFICIALS SIGNATURES					
				Metres	Metres	Metres	Metres								
1	56	Bethan JONES	Cardiff AAC												
2	495	Holly FIELD	Cardiff AAC	5.32	5.66	5.16	5.66	7	6.50						
3	545	Bryony BURTON	Deeside AAC	5.73	5.74	NT	5.74	6	6.25						
4	547	Sabrina FORTUNE	Deeside AAC	9.14	8.84	9.78	9.78	3	9.34						
5	548	Stephanie NICHOLAS	Swansea Harriers	7.75	7.96	8.74	8.74	4	9.16						
6	549	Adele NICOLL	Oswestry Olympians	11.99	11.56	11.77	11.99	1	12.53						
7	550	Hannah RICHARDS	Severn AC	8.52	7.70	7.79	8.52	5	9.48						
8	551	Awen ROSSER	Carmarthen Harriers	11.31	11.35	11.84	11.84	2	12.15						
9				0.00	0.00	0.00									
10				0.00	0.00	0.00									
11				0.00	0.00	0.00									
12				0.00	0.00	0.00									
13				0.00	0.00	0.00									
14				0.00	0.00	0.00									
15				0.00	0.00	0.00									
16				0.00	0.00	0.00									
FULL RESULTS															
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF	REFEREE SIGNATURE					
1	549	Adele NICOLL	Oswestry Olympians	11.99	9										
2	551	Awen ROSSER	Carmarthen Harriers	11.84	10										
3	547	Sabrina FORTUNE	Deeside AAC	9.78	11										
4	548	Stephanie NICHOLAS	Swansea Harriers	8.74	12										
5	550	Hannah RICHARDS	Severn AC	8.52	13										
6	545	Bryony BURTON	Deeside AAC	5.74	14										
7	495	Holly FIELD	Cardiff AAC	5.66	15										
8					16										

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials		VENUE		Cardiff International Sports Stadium		DATE		Saturday 13th June		TIME		10:45 AM	
		Senior Open Championships		ALL COMERS		Lorraine SHAW - England - 67.10 - 1999									
		Incorporating U15 and U13 Closed Championships		RECORD		Carys PARRY - Rhondda AC - 66.31 - 2008									
EVENT		<b>F6 - Senior Women - Hammer (4.00kg)</b>		CBP		Carys PARRY - Rhondda AC - 66.30 - 2008									
				2009 WINNER		Carys PARRY - Rhondda AC - 66.10									
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	PB	OFFICIALS SIGNATURES
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	586	Laura DOUGLAS SW (W)	Sale Harriers	55.04	55.19	54.89	55.19	2	NT	54.22	56.53	56.53	2	64.50	
2	587	Carys PARRY SW (W)	Rhondda AC	61.82	62.79	62.03	62.79	1	61.23	62.66	61.70	62.79	1	66.34	
3	588	Toni WELLS U20W (W)	Swansea Harriers	43.79	NT	45.64	45.64	4	47.33	46.37	45.60	47.33	4	51.55	
4	589	Kate YHNELL U23W (W)	Gloucester AC	46.19	NT	45.62	46.19	3	NT	44.56	48.47	48.47	3	50.36	
5				0.00	0.00	0.00			0.00	0.00	0.00				
6				0.00	0.00	0.00			0.00	0.00	0.00				
7				0.00	0.00	0.00			0.00	0.00	0.00				
8				0.00	0.00	0.00			0.00	0.00	0.00				
9				0.00	0.00	0.00			0.00	0.00	0.00				
10				0.00	0.00	0.00			0.00	0.00	0.00				
11				0.00	0.00	0.00			0.00	0.00	0.00				
12				0.00	0.00	0.00			0.00	0.00	0.00				
13				0.00	0.00	0.00			0.00	0.00	0.00				
14				0.00	0.00	0.00			0.00	0.00	0.00				
15				0.00	0.00	0.00			0.00	0.00	0.00				
16				0.00	0.00	0.00			0.00	0.00	0.00				
FULL RESULTS															
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	REFeree SIGNATURE					
1	587	Carys PARRY SW (W)	Rhondda AC	62.79	9										
2	586	Laura DOUGLAS SW (W)	Sale Harriers	56.53	10										
3	589	Kate YHNELL U23W (W)	Gloucester AC	48.47	11										
4	588	Toni WELLS U20W (W)	Swansea Harriers	47.33	12										
5					13										
6					14										
7					15										
8					16										

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium		DATE	Saturday, June 12 2010		TIME	11:00 AM	
EVENT		<b>F7 - U15B - Discus (1.25kg)</b>		RECORD	Liam WALSH - Deeside AAC - 48.66 - 1996							
				CBP	Liam WALSH - Deeside AAC - 43.18 - 1996							
				2009 WINNER	Matthew FIELD - Cardiff AAC - 37.41							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position	PB	OFFICIALS SIGNATURES		
				Metres	Metres	Metres	Metres					
1	552	Jack BEYNON	Swansea Harriers	NT	30.75	27.67	30.75	2				
2	553	Bobby JONES	Swansea Harriers	NT	29.44	29.95	29.95	5	28.00			
3	554	Matthew WILLIAMS	Wrexham AC	NT	28.93	30.59	30.59	4	31.59			
4	575	Andrew BARRISCALE	Carmarthen Harriers	25.80	28.87	28.48	28.87	6	29.00			
5	576	Matteo HOLMES	Cardiff AAC	29.31	30.72	28.21	30.72	3				
6	577	Shaun LIVETT	Menai T&F	19.46	20.45	NT	20.45	7				
7	578	Heddwyn LOUDON	Newport Harriers	14.47	17.48	17.90	17.90	8	16.88			
8	579	William VAN-KLAVEREN	Kingston & Poly AC	36.36	31.29	34.36	36.36	1	33.31			
9				0.00	0.00	0.00						
10				0.00	0.00	0.00						
11				0.00	0.00	0.00						
12				0.00	0.00	0.00						
13				0.00	0.00	0.00						
14				0.00	0.00	0.00						
15				0.00	0.00	0.00						
16				0.00	0.00	0.00						
FULL RESULTS												
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF	REFEREE SIGNATURE		
1	579	William VAN-KLAVEREN	Kingston & Poly AC	36.36	9							
2	552	Jack BEYNON	Swansea Harriers	30.75	10							
3	576	Matteo HOLMES	Cardiff AAC	30.72	11							
4	554	Matthew WILLIAMS	Wrexham AC	30.59	12							
5	553	Bobby JONES	Swansea Harriers	29.95	13							
6	575	Andrew BARRISCALE	Carmarthen Harriers	28.87	14							
7	577	Shaun LIVETT	Menai T&F	20.45	15							
8	578	Heddwyn LOUDON	Newport Harriers	17.90	16							

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium		DATE	Saturday, June 12 2010		TIME	11:45 AM	
EVENT		<b>F10 - U15B - Shot (4.00kg)</b>		RECORD	Matthew EVANS - Carmarthen Harriers - 17.36 - 2003							
				CBP	David BUNCE - Seaford GSc - 15.59 - 1958							
				2009 WINNER	Matthew FIELD - Cardiff AAC - 13.88							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position	PB	OFFICIALS SIGNATURES		
				Metres	Metres	Metres	Metres					
1	206	Connor LAVERTY	Menai T&F	11.07	10.96	NT	11.07	2	12.25			
2	552	Jack BEYNON	Swansea Harriers	NT	NT	10.19	10.19	5	12.10			
3	553	Bobby JONES	Swansea Harriers	10.29	9.67	10.25	10.29	4	10.20			
4	554	Matthew WILLIAMS	Wrexham AC	10.10	10.61	10.52	10.61	3	11.19			
5	555	Samuel WILLIAMS	Aberdare VAAC	6.04	6.01	5.88	6.04	6	6.90			
6	546	Kallam-Lee EVANS	Carmarthen Harriers	NT	11.81	12.65	12.65	1	12.39			
7				0.00	0.00	0.00						
8				0.00	0.00	0.00						
9				0.00	0.00	0.00						
10				0.00	0.00	0.00						
11				0.00	0.00	0.00						
12				0.00	0.00	0.00						
13				0.00	0.00	0.00						
14				0.00	0.00	0.00						
15				0.00	0.00	0.00						
16				0.00	0.00	0.00						
FULL RESULTS												
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF	REFEREE SIGNATURE		
1	546	Kallam-Lee EVANS	Carmarthen Harriers	12.65	9							
2	206	Connor LAVERTY	Menai T&F	11.07	10							
3	554	Matthew WILLIAMS	Wrexham AC	10.61	11							
4	553	Bobby JONES	Swansea Harriers	10.29	12							
5	552	Jack BEYNON	Swansea Harriers	10.19	13							
6	555	Samuel WILLIAMS	Aberdare VAAC	6.04	14							
7					15							
8					16							

# WELSH ATHLETICS DISTANCE CARD

MEETING	Welsh Athletics 2010 Commonwealth Games Trials	VENUE	Cardiff International Sports Stadium	DATE	Saturday, June 12 2010	TIME	12:00 PM
	Senior Open Championships	ALL COMERS	Oluyinka IDOWU - England - 6.58 - 1991				
	Incorporating U15 and U13 Closed Championships	RECORD	Gill REGAN - Cardiff AAC - 6.52 - 1982				
EVENT	<b>F13 - Senior Women - Long Jump FINAL</b>	CBP	Ruth HOWELL - Birchfield Harriers - 6.33w - 1978				
		2009 WINNER	Imogen MILES - Cardiff AAC - 5.60				

Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of 3		Position after 3 Trials	4th Trial		5th Trial		6th Trial		Best of All		PB	Final Position
				Mtrs	W/S	Mtrs	W/S	Mtrs	W/S	Mtrs	W/S		Mtrs	W/S	Mtrs	W/S	Mtrs	W/S	M	W/S		
1	32	Zara GEORGE SW (W)	Cardiff AAC	5.47	-0.1	NJ	-0.1	5.60	+0.3	5.60		5	5.47	-3.1	5.35	-0.3	5.53	-1/8	5.60		5.68	5
2	40	Christie-Marie WILLIAMS U20W (W)	Bridgend AC	NJ	-0.1	4.71	-0.1	3.85	+1.0	4.71		8	NJ	-3.2	NJ	-0.6	NJ	-2.9	4.71		5.20	8
3	43	Rhiannon YATES U20W (W)	Cardiff AAC	5.69	-0.1	5.79	-0.1	5.73	+3.3	5.79		2	5.25	-2.9	5.80	-2.0	5.67	-3.3	5.80		5.91	2
4	149	Katia LANNON SW (W)	City of Manchester	0.00		0.00		0.00					0.00		0.00		0.00				5.85	
5	150	Emma LYONS SW *	Sale Harriers	NJ	-0.1	5.56	-0.1	5.71	-2.7	5.71		4	5.46	-2.5	NJ	-1.0	5.37	-4.1	5.71		5.78	4
6	152	Catrin STONE U20W (W)	Swansea Harriers	0.00		0.00		0.00					0.00		0.00		0.00				5.34	
7	445	Ffion BODILLY U17W (W)	Cardiff AAC	0.00		0.00		0.00					0.00		0.00		0.00				4.92	
8	509	Ffion REES U20W (W)	Carmarthen Harriers	5.06	-0.1	5.07	+0.8	NJ	-2.1	5.07		7	2.22	-2.8	4.95	-1.0	2.51	-3.4	5.07		5.44	7
9	512	Sonia CRAWLEY SW *	Birchfield Harriers	5.88	-0.1	5.90	+0.8	5.78	-0.9	5.90		1	5.70	-2.1	5.81	-0.9	5.55	-2.5	5.90		5.95	1
10	513	Imogen MILES SW (W)	Cardiff AAC	5.43	-0.1	5.31	+0.5	5.38	-3	5.43		6	5.43	-0.2	5.54	-2.9	5.35	-2.2	5.54		5.83	6
11	514	Imelda MORRISSON SW *	Swansea Harriers	5.69	-0.1	5.74	+1.0	5.68	-0.8	5.74		3	5.49	-0.6	5.45	-0.8	5.47	-1.2	5.74		5.76	3
12	515	Victoria WEBB U20W (W)	Cwmbran Harriers	4.36	-0.1	NJ	+0.3	4.37	-0.6	4.37		9	0.00		0.00		0.00		4.37		5.05	9
13				0.00		0.00		0.00					0.00		0.00		0.00					
14				0.00		0.00		0.00					0.00		0.00		0.00					
15				0.00		0.00		0.00					0.00		0.00		0.00					
16				0.00		0.00		0.00					0.00		0.00		0.00					

REFEREES SIGNATURE

## FULL RESULTS

POS	No.	NAME	CLUB	DISTANCE	POS	No.	NAME	CLUB	DISTANCE
1	512	Sonia CRAWLEY SW *	Birchfield Harriers	5.90	9	515	Victoria WEBB U20W (W)	Cwmbran Harriers	4.37
2	43	Rhiannon YATES U20W (W)	Cardiff AAC	5.80	10				
3	514	Imelda MORRISSON SW *	Swansea Harriers	5.74	11				
4	150	Emma LYONS SW *	Sale Harriers	5.71	12				
5	32	Zara GEORGE SW (W)	Cardiff AAC	5.60	13				
6	513	Imogen MILES SW (W)	Cardiff AAC	5.54	14				
7	509	Ffion REES U20W (W)	Carmarthen Harriers	5.07	15				
8	40	Christie-Marie WILLIAMS U20W (W)	Bridgend AC	4.71	16				

OFFICIALS SIGNATURE

# WELSH ATHLETICS HEIGHT CARD

MEETING	Welsh Athletics 2010 Commonwealth Games Trials	VENUE	Cardiff International Sports Stadium	DATE	Sat-12-Jun-10	12:30 PM
	Senior Open Championships	ALL COMERS	- - -			
	Incorporating U15 and U13 Closed Championships	WELSH RECORD	Lea HAGGETT - Herne Hill - 1.81 - 1986			
EVENT	F14 - U15G - High Jump FINAL	CBP	Julia CHARLTON - Carmarthen Harriers - 1.75 - 1980			
		2009 WINNER	Ffion BODILLY - Cardiff AAC - 1.64			

Order	No	NAME	CLUB / SCHOOL	Start Height	1.25	1.30	1.35	1.40	1.45	1.50	1.52					Best of All	Final Position	PB
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			
1	163	Miriam WILLIAMS	Swansea Harriers	1.25	o	o	xo	xxx								1.35	7	
2	452	Ellie DAINTON	Llanelli AC	1.25	o	o	xxo	xxx								1.35	8	1.30
3	162	Rebekah STOCK	Swansea Harriers	1.25	o	o	xxx									1.30	9	1.35
4	262	Kate SEARY	Cardiff AAC	1.25	o	xxo	xxx									1.30	10	1.36
5	309	Annabel CURLE	Bridgend AC	1.25	o	o	xo	o	xo	xxx						1.45	3	1.45
6	455	Shannon RICHARDS	Swansea Harriers	1.30		o	o	o	xxx							1.40	6	1.45
7	64	Brenna PRICE	Aberdare VAAC	1.30		o	o	o	xxo	xxx						1.45	4	1.47
8	454	Catrin JONES	Swansea Harriers	1.35			o	o	xxo	xo	wd					1.50	1	1.48
9	204	Laura TRIGG	Cardiff AAC															1.52
10	453	Bethan HILL-HOWELLS	Newport Harriers	1.35			o	o	o	xxx						1.45	2	1.52
11	154	Georgia BATES	Deeside AAC	1.35			o	o	xxo	xxx						1.45	5	1.60
12																		
13																		
14																		
15																		
16																		

OFFICIALS SIGNATURES

## FULL RESULTS

Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT
1	454	Catrin JONES	Swansea Harriers	1.50	9	162	Rebekah STOCK	Swansea Harriers	1.30
2	453	Bethan HILL-HOWELLS	Newport Harriers	1.45	10	262	Kate SEARY	Cardiff AAC	1.30
3	309	Annabel CURLE	Bridgend AC	1.45	11				
4	64	Brenna PRICE	Aberdare VAAC	1.45	12				
5	154	Georgia BATES	Deeside AAC	1.45	13				
6	455	Shannon RICHARDS	Swansea Harriers	1.40	14				
7	163	Miriam WILLIAMS	Swansea Harriers	1.35	15				
8	452	Ellie DAINTON	Llanelli AC	1.35	16				

REFEREE SIGNATURE

# WELSH ATHLETICS HEIGHT CARD

MEETING	Welsh Athletics 2010 Commonwealth Games Trials	VENUE	Cardiff International Sports Stadium	DATE	Sat-12-Jun-10		1:00 PM
	Senior Open Championships	ALL COMERS	- - -				
	Incorporating U15 and U13 Closed Championships	WELSH RECORD	Chuka ENIH-SNELL - Swansea Harriers - 1.96 - 1998				
EVENT	F15 - U15B - High Jump FINAL	CBP	Jamie DALTON - Preseli AC - 1.82 - 1994				
		2009 WINNER	Tyron BLAKE - Cardiff AAC - 1.75				

Order	No	NAME	CLUB / SCHOOL	Start Height	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.72	Best of All	Final Position	PB
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			
1	459	Stevan RUSSELL	Newport Harriers	1.25	o	o	xxx									1.30	8	1.40
2	456	Dafydd ADAMS	Carmarthen Harriers	1.30		xo	o	xo	xxx							1.40	7	1.47
3	458	Keiran INGRAM	Swansea Harriers	1.25	o	o	o	xo	o	xxx						1.45	6	1.50
4	167	Adrian LAWRENCE	Cardiff AAC	1.35			o	o	o	xo	o	xxx				1.55	5	1.55
5	166	Luke JENKINS	Swansea Harriers	1.40				o	o	xo	o	xxo	xxx			1.60	4	1.60
6	168	David OMOREGIE	Pembroke Harriers	1.50						o	xo	o	xo	xxx		1.65	2	1.60
7	90	Luke WARD	Deeside AAC	1.50														1.65
8	457	Morgan COATES	Bridgend AC	1.60						xxo	xxo	xxx				1.65	3	1.69
9	169	Aled PRICE	Carmarthen Harriers	1.45					o	o	o	o	o	o	xxx	1.70	1	1.71
10																		
11																		
12																		
13																		
14																		
15																		
16																		

OFFICIALS SIGNATURES

## FULL RESULTS

Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT
1	169	Aled PRICE	Carmarthen Harriers	1.70	9				
2	168	David OMOREGIE	Pembroke Harriers	1.65	10				
3	457	Morgan COATES	Bridgend AC	1.65	11				
4	166	Luke JENKINS	Swansea Harriers	1.60	12				
5	167	Adrian LAWRENCE	Cardiff AAC	1.55	13				
6	458	Keiran INGRAM	Swansea Harriers	1.45	14				
7	456	Dafydd ADAMS	Carmarthen Harriers	1.40	15				
8	459	Stevan RUSSELL	Newport Harriers	1.30	16				

REFEREE SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium	DATE	Saturday, June 12 2010	TIME	1:30 PM
EVENT		<b>F16 - U15G - Discus (1.00kg)</b>		RECORD	Philippa ROLES - Swansea Harriers - 44.12 - 1992				
				CBP	Philippa ROLES - Swansea Harriers - 40.66 - 1992				
				2009 WINNER	Eliw James - Carmarthen Harriers - 24.96				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position	PB
				Metres	Metres	Metres	Metres		
1	495	Holly FIELD	Cardiff AAC	20.75	18.76	20.99	20.99	5	20.79
2	545	Bryony BURTON	Deeside AAC	11.13	10.53	11.41	11.41	10	12.53
3	547	Sabrina FORTUNE	Deeside AAC	23.99	27.08	29.11	29.11	3	27.07
4	548	Stephanie NICHOLAS	Swansea Harriers	19.88	19.82	18.00	19.88	6	20.69
5	549	Adele NICOLL	Oswestry Olympians	28.65	NT	30.42	30.42	2	30.92
6	551	Awen ROSSER	Carmarthen Harriers	26.36	28.94	33.12	33.12	1	32.45
7	571	Kayleigh JONES	Carmarthen Harriers	20.50	NT	23.80	23.80	4	20.00
8	572	Cerys MCCOOL	Swansea Harriers	13.71	NT	17.05	17.05	7	
9	573	Emma NORTON	Cwmbran Harriers	15.39	15.03	NT	15.39	9	18.00
10	574	Carys SMITH	Swansea Harriers	NT	15.85	16.84	16.84	8	
11				0.00	0.00	0.00			
12				0.00	0.00	0.00			
13				0.00	0.00	0.00			
14				0.00	0.00	0.00			
15				0.00	0.00	0.00			
16				0.00	0.00	0.00			
FULL RESULTS									
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF
1	551	Awen ROSSER	Carmarthen Harriers	33.12	9	573	Emma NORTON	Cwmbran Harriers	15.39
2	549	Adele NICOLL	Oswestry Olympians	30.42	10	545	Bryony BURTON	Deeside AAC	11.41
3	547	Sabrina FORTUNE	Deeside AAC	29.11	11				
4	571	Kayleigh JONES	Carmarthen Harriers	23.80	12				
5	495	Holly FIELD	Cardiff AAC	20.99	13				
6	548	Stephanie NICHOLAS	Swansea Harriers	19.88	14				
7	572	Cerys MCCOOL	Swansea Harriers	17.05	15				
8	574	Carys SMITH	Swansea Harriers	16.84	16				

OFFICIALS SIGNATURES

REFEREE SIGNATURE

# WELSH ATHLETICS HEIGHT CARD

MEETING	Welsh Athletics 2010 Commonwealth Games Trials	VENUE	Cardiff International Sports Stadium	DATE	Sat-12-Jun-10	1:30 PM
	Senior Open Championships	ALL COMERS	- - -			
	Incorporating U15 and U13 Closed Championships	WELSH RECORD	Neil WINTER - Shaftesbury - 4.40 - 1988			
EVENT	F17 - U15B - Pole Vault FINAL	CBP	Steven FRANCIS, Ben GREGORY - Newport Harriers, Vale of Aylesbury - 3.40 - 1993, 2005			
		2009 WINNER	Evan COOK - Deeside AAC - 2.50			

Order	No	NAME	CLUB / SCHOOL	Start Height	1.70	1.80	1.90	2.00	2.10	2.20	2.30	2.40	2.50	Best of All	Final Position	PB
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			
1	459	Stevan RUSSELL	Newport Harriers	1.70	o	o	o	o	xxx					2.00	2	
2	499	Joshua COUPAR	Cardiff AAC	1.70	o	xxx								1.70	4	1.75
3	502	Dylan PRICE	Stanwell H Sch													1.80
4	500	Harry JONES	Cardiff HSc	1.70	xo	o	xo	o	xxx					2.00	3	2.10
5	501	Lewis PREECE	Swansea Harriers	2.20						o	o	o	xxx	2.40	1	2.40
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																

OFFICIALS SIGNATURES

### FULL RESULTS

Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT
1	501	Lewis PREECE	Swansea Harriers	2.40	9				
2	459	Stevan RUSSELL	Newport Harriers	2.00	10				
3	500	Harry JONES	Cardiff HSc	2.00	11				
4	499	Joshua COUPAR	Cardiff AAC	1.70	12				
5					13				
6					14				
7					15				
8					16				

REFEREE SIGNATURE

# WELSH ATHLETICS HEIGHT CARD

MEETING	Welsh Athletics 2010 Commonwealth Games Trials		VENUE	Cardiff International Sports Stadium	DATE	Sat-12-Jun-10		1:30 PM
	Senior Open Championships		ALL COMERS	- - -				
	Incorporating U15 and U13 Closed Championships		WELSH RECORD	Rhianydd LLEWELLYN - Bridgend AC - 3.15 - 2008				
EVENT	F18 - U15G - Pole Vault FINAL		CBP	Jessica ABRAHAM - Cardiff AAC - 3.00 - 2003				
			2009 WINNER	Sally NICHOLAS - Cardiff AAC - 2.50				

Order	No	NAME	CLUB / SCHOOL	Start Height	1.60	1.70	1.80	1.90	2.00	2.10	2.20	2.30	2.40	2.50	2.60	2.70	Best of All	Final Position	PB
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			
1	495	Holly FIELD	Cardiff AAC	1.60	o	o	o	xo	xxx								1.90	5	1.80
2	496	Carys JONES	Carmarthen Harriers	1.60	o	xo	xxx										1.70	6	1.80
3	498	Bethan RADFORD	Swansea Harriers	1.80			o	o	xxx								1.90	4	2.10
4	494	Caitlin ATKINS	Swansea Harriers	1.80			o	o	pass	o	o	o	xxo	xxo	xxx		2.50	3	2.10
5	52	Olivia EVANS	Cardiff AAC	2.00					o	o	o	o	o	xxo	o	xxx	2.60	1	2.45
6	497	Sally NICHOLAS	Cardiff AAC	2.00									xo	o	xxx		2.50	2	2.60
7																			
8																			
9																			
10																			
11																			
12																			
13																			
14																			
15																			
16																			

OFFICIALS SIGNATURES

## FULL RESULTS

Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT
1	52	Olivia EVANS	Cardiff AAC	2.60	9				
2	497	Sally NICHOLAS	Cardiff AAC	2.50	10				
3	494	Caitlin ATKINS	Swansea Harriers	2.50	11				
4	498	Bethan RADFORD	Swansea Harriers	1.90	12				
5	495	Holly FIELD	Cardiff AAC	1.90	13				
6	496	Carys JONES	Carmarthen Harriers	1.70	14				
7					15				
8					16				

REFEREE SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials		VENUE		Cardiff International Sports Stadium		DATE	Saturday 13th June		TIME	2:15 PM		
		Senior Open Championships		ALL COMERS		Shelly HOLROYD - England - 54.41 - 2005								
		Incorporating U15 and U13 Closed Championships		RECORD		Lianne CLARKE - Cardiff AAC - 52.68 - 2007								
EVENT		<b>F20 - Senior Women - Javelin (600g)</b>		CBP		Lianne CLARKE - Cardiff AAC - 48.32 - 2007								
				2009 WINNER		Sara SIGGERY - Carmarthen Harriers - 42.65								
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	449	Katy SEALY U23W *	UWIC	31.33	27.98	32.11	32.11	4	31.48	28.27	32.11	32.11	4	37.89
2	597	Sara SIGGERY SW (W)	Carmarthen Harriers	NT	40.69	41.00	41.00	3	40.31	40.87	38.96	41.00	3	44.89
3	598	Claire WILLIAMS U20W (W)	Swansea Harriers	0.00	0.00	0.00			0.00	0.00	0.00			46.19
4	544	Tesni WARD U20W (W)	City of Sheffield AC	NT	40.98	46.82	46.82	1	46.61	45.60	45.64	46.82	1	46.50
5	596	Lianne CLARKE SW (W)	Cardiff AAC	NT	46.06	41.90	46.06	2	42.10	45.55	NT	46.06	2	52.68
6				0.00	0.00	0.00			0.00	0.00	0.00			
7				0.00	0.00	0.00			0.00	0.00	0.00			
8				0.00	0.00	0.00			0.00	0.00	0.00			
9				0.00	0.00	0.00			0.00	0.00	0.00			
10				0.00	0.00	0.00			0.00	0.00	0.00			
11				0.00	0.00	0.00			0.00	0.00	0.00			
12				0.00	0.00	0.00			0.00	0.00	0.00			
13				0.00	0.00	0.00			0.00	0.00	0.00			
14				0.00	0.00	0.00			0.00	0.00	0.00			
15				0.00	0.00	0.00			0.00	0.00	0.00			
16				0.00	0.00	0.00			0.00	0.00	0.00			
FULL RESULTS														
No.	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE					
1	544	Tesni WARD U20W (W)	City of Sheffield AC	46.82	9									
2	596	Lianne CLARKE SW (W)	Cardiff AAC	46.06	10									
3	597	Sara SIGGERY SW (W)	Carmarthen Harriers	41.00	11									
4	449	Katy SEALY U23W *	UWIC	32.11	12									
5					13									
6					14									
7					15									
8					16									

OFFICIALS SIGNATURES

REFEREE SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE		Cardiff International Sports Stadium		DATE		Saturday, June 12 2010		TIME		2:45 PM	
EVENT		<b>F21 - U15G - Long Jump FINAL</b>		RECORD		Ceri JENKINS - Cleddau - 5.57 - 1972									
				CBP		Elinor LAMERTON - Cardiff AAC - 5.34 - 1992									
				2009 WINNER		Nia PALLA - Swansea Harriers - 4.98									
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of All		Final Position	PB	REFEREES SIGNATURE	
				Mtrs	W/S	Mtrs	W/S	Mtrs	W/S	Mtrs	W/S				
1	46	Ellie BANNER	Pembroke Harriers	0.00		0.00		0.00							
2	62	Alice NOTTINGHAM	Cardiff AAC	3.52	+0.3	3.40	+1.1	3.56	+2.5	3.56		12	4.44		
3	64	Brenna PRICE	Aberdare VAAC	NJ	+0.7	4.26	+0.7	4.36	+3.2	4.36		5	4.97		
4	67	Beth SARGENT	Deeside AAC	3.38	+2.0	4.44	+0.8	NJ	+2.8	4.44		3	4.92		
5	154	Georgia BATES	Deeside AAC	0.00		4.74	+1.2	NJ	+2.3	4.74		2	5.04		
6	159	Lauren JONES	Swansea Harriers	3.95	+1.9	3.89	+2.3	3.93	+1.3	3.95		10			
7	160	Katherine MORRIS	Swansea Harriers	4.16	+1.1	4.31	+2.3	4.28	+2.7	4.31		8	4.62		
8	161	Kayleigh SIMMS	Ireland	0.00		0.00		0.00							
9	163	Miriam WILLIAMS	Swansea Harriers	NJ	+1.1	NJ	+2.6	4.37	+1.6	4.37		4	4.33		
10	202	Tilly RICHARDS	Pembroke Harriers	3.94	+2.6	4.18	+1.6	4.17	+2.8	4.18		9			
11	203	Caire TAYLOR	Cardiff AAC	0.00		4.01	+2.6	4.36	+1.5	4.36		6	4.73		
12	204	Laura TRIGG	Cardiff AAC	0.00		0.00		0.00					4.55		
13	453	Bethan HILL-HOWELLS	Newport Harriers	NJ	+0.2	NJ	+1.4	NJ	+2.1				4.70		
14	455	Shannon RICHARDS	Swansea Harriers	4.07	+1.0	4.33	+2.8	4.03	+2.4	4.33		7	4.25		
15	516	Nia WARD	Bridgend AC	3.67	+1.1	3.77	+2.8	3.72	+1.6	3.77		11	4.63		
16	696	Erin WALTERS	Carmarthen Harriers	4.83	+3.2	4.63	+1.4	4.32	+0.7	4.83		1			
FULL RESULTS														JUDGES SIGNATURES	
POS	No.	NAME	CLUB	DISTANCE	POS	No.	NAME	CLUB	DISTANCE						
1	696	Erin WALTERS	Carmarthen Harriers	4.83	9	202	Tilly RICHARDS	Pembroke Harriers	4.18						
2	154	Georgia BATES	Deeside AAC	4.74	10	159	Lauren JONES	Swansea Harriers	3.95						
3	67	Beth SARGENT	Deeside AAC	4.44	11	516	Nia WARD	Bridgend AC	3.77						
4	163	Miriam WILLIAMS	Swansea Harriers	4.37	12	62	Alice NOTTINGHAM	Cardiff AAC	3.56						
5	64	Brenna PRICE	Aberdare VAAC	4.36	13										
6	203	Caire TAYLOR	Cardiff AAC	4.36	14										
7	455	Shannon RICHARDS	Swansea Harriers	4.33	15										
8	160	Katherine MORRIS	Swansea Harriers	4.31	16										

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium		DATE	Saturday, June 12 2010		TIME	3:00 PM	
EVENT		<b>F22 - U15B - Javelin (600g)</b>		RECORD	Rhys WILLIAMS - Swansea Harriers - 58.58 - 1996							
				CBP	Richard LEWIS - Llanelli AC - 52.42 - 1959							
				2009 WINNER	Tom NORTON - Cwmbran Harriers - 43.94							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position	PB	OFFICIALS SIGNATURES		
				Metres	Metres	Metres	Metres					
1	88	Joseph THOMAS	Swansea Harriers	NT	24.45	26.20	26.20	6				
2	458	Keiran INGRAM	Swansea Harriers	21.78	18.54	21.20	21.20	8				
3	601	Harry STUBBINGTON	Barry & Vale Harriers	0.00	0.00	0.00						
4	74	Gareth GOSS	Swansea Harriers	NT	23.95	22.58	22.58	7	23.00			
5	459	Stevan RUSSELL	Newport Harriers	28.57	NT	26.57	26.57	5	30.00			
6	517	Ryan MORGAN	Newport Harriers	30.79	30.75	29.41	29.41	4	30.56			
7	576	Matteo HOLMES	Cardiff AAC	37.22	38.48	37.40	37.40	3	39.04			
8	579	William VAN-KLAVEREN	Kingston & Poly AC	41.42	41.47	42.36	42.36	2	41.84			
9	169	Aled PRICE	Carmarthen Harriers	36.33	39.31	44.92	44.92	1	45.23			
10				0.00	0.00	0.00						
11				0.00	0.00	0.00						
12				0.00	0.00	0.00						
13				0.00	0.00	0.00						
14				0.00	0.00	0.00						
15				0.00	0.00	0.00						
16				0.00	0.00	0.00						
FULL RESULTS												
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF	REFEREE SIGNATURE		
1	169	Aled PRICE	Carmarthen Harriers	44.92	9							
2	579	William VAN-KLAVEREN	Kingston & Poly AC	42.36	10							
3	576	Matteo HOLMES	Cardiff AAC	37.40	11							
4	517	Ryan MORGAN	Newport Harriers	29.41	12							
5	459	Stevan RUSSELL	Newport Harriers	26.57	13							
6	88	Joseph THOMAS	Swansea Harriers	26.20	14							
7	74	Gareth GOSS	Swansea Harriers	22.58	15							
8	458	Keiran INGRAM	Swansea Harriers	21.20	16							

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE		Cardiff International Sports Stadium		DATE		Saturday, June 12 2010		TIME		3:30 PM	
EVENT		<b>F23 - U15B - Long Jump FINAL</b>		RECORD		Ian STRANGE - Newbridge HSc - 6.63 - 1977									
				CBP		Ian STRANGE - Newbridge HSc - 6.52 - 1977									
				2009 WINNER		Lloyd ROBBNS - Wrexham AC - 5.87									
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of All		Final Position	PB	REFEREES SIGNATURE	
				Mtrs	W/S	Mtrs	W/S	Mtrs	W/S	Mtrs	W/S				
1	70	Jacob BRISCOMBE	Barry & Vale Harriers	4.97	-2.0	4.47	-1.9	4.67	-2.5	4.97		5	4.92		
2	72	Josh DAVIES	Pembroke Harriers	5.20	-1.3	4.93	-2.5	5.00	-3.6	5.20		3			
3	75	George GRIFFITHS	Cardiff AAC	0.00		0.00		0.00					5.54		
4	76	Callum HODGSON	Swansea Harriers	4.10	-1.7	4.10	-3.3	4.64	-2.1	4.64		8			
5	78	Lewys JONES	Cardiff AAC	4.82	-2.3	3.76	-1.3	4.77	-4.5	4.82		7	5.47		
6	80	James MERCURIUS-TAYLOR	Swansea Harriers	0.00		0.00		0.00							
7	86	Liam SIMPKINS	Pontyclun AC	0.00		0.00		0.00							
8	164	Kyle ARNOLD	Newport Harriers	4.19	-2.9	4.35	-1.5	NJ	-1.7	4.35		9			
9	171	Jack STRAW	Swansea Harriers	3.91	-0.8	4.07	-0.9	4.01	-1.8	4.07		12			
10	74	Gareth GOSS	Swansea Harriers	3.65	-0.5	3.56	-2.9	3.70	-2.6	3.70		13	4.04		
11	93	Michael WILSON	Swansea Harriers	NJ	-1.1	4.16	-0.6	4.21	-3.1	4.21		11	4.65		
12	517	Ryan MORGAN	Newport Harriers	4.12	-2.8	4.34	-1.5	4.08	-1.3	4.34		10	4.97		
13	71	Ryan COOPER	Cardiff AAC	4.65	-1.9	4.83	-2.6	4.77	-2.1	4.83		6	5.21		
14	206	Connor LAVERTY	Menai T&F	5.20	-2.6	4.88	-1.8	4.99	-1.6	5.20		4	5.69		
15	92	Thomas WILLIAMS	Barry & Vale Harriers	5.10	-2.5	5.55	-1.3	5.49	-0.7	5.55		2	5.75		
16	84	Lloyd ROBBINS	Deeside AAC	NJ	-0.2	5.96	-3.0	5.99	-0.3	5.99		1	6.16		
FULL RESULTS														JUDGES SIGNATURES	
POS	No.	NAME	CLUB	DISTANCE	POS	No.	NAME	CLUB	DISTANCE						
1	84	Lloyd ROBBINS	Deeside AAC	5.99	9	164	Kyle ARNOLD	Newport Harriers	4.35						
2	92	Thomas WILLIAMS	Barry & Vale Harriers	5.55	10	517	Ryan MORGAN	Newport Harriers	4.34						
3	72	Josh DAVIES	Pembroke Harriers	5.20	11	93	Michael WILSON	Swansea Harriers	4.21						
4	206	Connor LAVERTY	Menai T&F	5.20	12	171	Jack STRAW	Swansea Harriers	4.07						
5	70	Jacob BRISCOMBE	Barry & Vale Harriers	4.97	13	74	Gareth GOSS	Swansea Harriers	3.70						
6	71	Ryan COOPER	Cardiff AAC	4.83	14										
7	78	Lewys JONES	Cardiff AAC	4.82	15										
8	76	Callum HODGSON	Swansea Harriers	4.64	16										

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials		VENUE		Cardiff International Sports Stadium		DATE	Saturday 13th June		TIME	4:00 PM		
		Senior Open Championships		ALL COMERS		Steve BACKLEY - England - 88.46 - 1990								
		Incorporating U15 and U13 Closed Championships		RECORD		Nigel BEVAN - Belgrave - 81.70 - 1992								
EVENT		<b>F26 - Senior Men - Javelin (800g)</b>		CBP		Colin McKENZIE - Newham & Essex Beagles - 73.52 - 1986								
				2009 WINNER		Lee DORAN - City of Sheffield - 69.98								
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	595	Oliver WRIGHT U23M (W)	Swansea Harriers	51.56	53.63	50.11	53.63	3	52.75	48.74	50.40	53.63	3	54.92
2	591	Simon BENNETT SM *	Woodford Green & Essex L	60.43	62.14	61.47	62.14	2	61.10	61.42	59.27	62.14	2	66.58
3	594	Rhys WILLIAMS SM (W)	Swansea Harriers	0.00	0.00	0.00			0.00	0.00	0.00			67.98
4	593	Lee DORAN SM (W)	City of Sheffield AC	NT	70.41	71.24	71.24	1	71.60	71.68	71.98	71.98	1	75.12
5	689	Scott MOOREHOUSE (M)		NT	39.50	41.24	41.24	4	37.50	41.25	NT	41.25	4	
6				0.00	0.00	0.00			0.00	0.00	0.00			
7				0.00	0.00	0.00			0.00	0.00	0.00			
8				0.00	0.00	0.00			0.00	0.00	0.00			
9				0.00	0.00	0.00			0.00	0.00	0.00			
10				0.00	0.00	0.00			0.00	0.00	0.00			
11				0.00	0.00	0.00			0.00	0.00	0.00			
12				0.00	0.00	0.00			0.00	0.00	0.00			
13				0.00	0.00	0.00			0.00	0.00	0.00			
14				0.00	0.00	0.00			0.00	0.00	0.00			
15				0.00	0.00	0.00			0.00	0.00	0.00			
16				0.00	0.00	0.00			0.00	0.00	0.00			
FULL RESULTS														
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE					
1	593	Lee DORAN SM (W)	City of Sheffield AC	71.98	9									
2	591	Simon BENNETT SM *	Woodford Green & Essex L	62.14	10									
3	595	Oliver WRIGHT U23M (W)	Swansea Harriers	53.63	11									
4	689	Scott MOOREHOUSE (M)		41.25	12									
5					13									
6					14									
7					15									
8					16									

OFFICIALS SIGNATURES

REFEREE SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING	Welsh Athletics 2010 Commonwealth Games Trials	VENUE	Cardiff International Sports Stadium	DATE	Saturday, June 12 2010	TIME	4:15 PM
	Senior Open Championships	ALL COMERS	Bela BAKOSI - Hungary - 16.88 - 1980				
	Incorporating U15 and U13 Closed Championships	RECORD	Steven SHALDERS - Cardiff AAC - 16.71 - 2005				
EVENT	<b>F27 - Senior Men - Triple Jump FINAL</b>	CBP	Steven SHALDERS - Cardiff AAC - 16.26 - 2001				
		2009 WINNER	Alex OBIAKO U20 - Cardiff AAC - 13.81				

Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of 3		Position after 3 Trials	4th Trial		5th Trial		6th Trial		Best of All		PB	Final Position
				Mtrs	W/S	Mtrs	W/S	Mtrs	W/S	Mtrs	W/S		Mtrs	W/S	Mtrs	W/S	Mtrs	W/S	M	W/S		
1	524	Ross MCKENZIE U20M (W)	Cardiff AAC	0.00		0.00		0.00					0.00		0.00		0.00				13.22	
2	511	Phillip WARWICKER U20M *	UWIC	##	+0.9	NJ	+1.3	##	+1.7	12.32		3	##	+2.2	NJ	+2.2	##	+1.4	12.75		13.61	3
3	526	Adam WILLIAMS U20M (W)	UWIC / Menai T&F	##	+3.2	##	+1.2	##	+1.4	13.24		2	NJ	+3.7	##	_3.5	##	+0.4	13.36		14.16	2
4	523	Alex EZECHI-OBIAKO U23M (W)	Cardiff AAC	0.00		0.00		0.00					0.00		0.00		0.00				14.66	
5	503	Navid CHILDS SM (W)	Thames Valley	##	+1.9	##	+1.6	##	+1.2	14.10		1	##	+1.2	##	+1.4	##	+0.2	14.13		15.25	1
6	525	Gary WHITE SM *	Cardiff AAC	0.00		0.00		0.00					0.00		0.00		0.00				16.33	
7				0.00		0.00		0.00					0.00		0.00		0.00					
8				0.00		0.00		0.00					0.00		0.00		0.00					
9				0.00		0.00		0.00					0.00		0.00		0.00					
10				0.00		0.00		0.00					0.00		0.00		0.00					
11				0.00		0.00		0.00					0.00		0.00		0.00					
12				0.00		0.00		0.00					0.00		0.00		0.00					
13				0.00		0.00		0.00					0.00		0.00		0.00					
14				0.00		0.00		0.00					0.00		0.00		0.00					
15				0.00		0.00		0.00					0.00		0.00		0.00					
16				0.00		0.00		0.00					0.00		0.00		0.00					

REFEREES SIGNATURE

### FULL RESULTS

POS	No.	NAME	CLUB	DISTANCE	POS	No.	NAME	CLUB	DISTANCE
1	503	Navid CHILDS SM (W)	Thames Valley	14.13	9				
2	526	Adam WILLIAMS U20M (W)	UWIC / Menai T&F	13.36	10				
3	511	Phillip WARWICKER U20M *	UWIC	12.75	11				
4					12				
5					13				
6					14				
7					15				
8					16				

OFFICIALS SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING	Welsh Athletics 2010 Commonwealth Games Trials	VENUE	Cardiff International Sports Stadium	DATE	Saturday, June 12 2010	TIME	4:45 PM
	Senior Open Championships	ALL COMERS	Nicole MLADENIS - Australia - 13.10 - 2002				
	Incorporating U15 and U13 Closed Championships	RECORD	Sara BARRY - Cardiff AAC - 12.70p - 2009				
EVENT	<b>F28 - Senior Women - Triple Jump FINAL</b>	CBP	Sara BARRY - Cardiff AAC - 12.61 - 2009				
		2009 WINNER	Sara BARRY - Cardiff AAC AAC - 12.61				

Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of 3		Position after 3 Trials	4th Trial		5th Trial		6th Trial		Best of All		PB	Final Position
				Mtrs	W/S	Mtrs	W/S	Mtrs	W/S	Mtrs	W/S		Mtrs	W/S	Mtrs	W/S	Mtrs	W/S	M	W/S		
1	528	Amy BRADLEY U20W (W)	Cwmbran Harriers	NJ	+1.2	NJ	+2.2	10.35	+1.9	10.35		5	10.66	+2.7	10.48	+2.8	10.28	+2.3	10.66		11.06	5
2	530	Donna JONES U23W (W)	Swansea Harriers	10.89	+1.4	11.24	+2.4	11.10	+2.0	11.24		4	11.17	+2.4	NJ	+1.0	NJ	+2.0	11.24		11.13	4
3	424	Sian DAVIES SW *	Swansea Harriers	11.28	+1.6	11.46	+3.0	11.30	+2.8	11.46		3	PASS		11.19	+0.5	11.23	+1.3	11.46		11.46	3
4	448	Bethan PARTRIDGE U23W *	Telford AC	NJ	+2.3	11.78	+2.4	11.86	+2.5	11.86		2	11.64	+0.3	NJ	+1.3	PASS		11.86		11.92	2
5	529	Melissa CARR U23W *	Sildon R	0.00		0.00		0.00					0.00		0.00		0.00				12.73	
6	527	Sara BARRY SW (W)	Cardiff AAC	11.19	+1.9	12.22	+2.5	12.42	+2.3	12.42		1	12.21	+1.2	12.43	+2.4	12.62	+2.7	12.62		12.75	1
7				0.00		0.00		0.00					0.00		0.00		0.00					
8				0.00		0.00		0.00					0.00		0.00		0.00					
9				0.00		0.00		0.00					0.00		0.00		0.00					
10				0.00		0.00		0.00					0.00		0.00		0.00					
11				0.00		0.00		0.00					0.00		0.00		0.00					
12				0.00		0.00		0.00					0.00		0.00		0.00					
13				0.00		0.00		0.00					0.00		0.00		0.00					
14				0.00		0.00		0.00					0.00		0.00		0.00					
15				0.00		0.00		0.00					0.00		0.00		0.00					
16				0.00		0.00		0.00					0.00		0.00		0.00					

REFEREES SIGNATURE

### FULL RESULTS

POS	No.	NAME	CLUB	DISTANCE	POS	No.	NAME	CLUB	DISTANCE
1	527	Sara BARRY SW (W)	Cardiff AAC	12.62	9				
2	448	Bethan PARTRIDGE U23W *	Telford AC	11.86	10				
3	424	Sian DAVIES SW *	Swansea Harriers	11.46	11				
4	530	Donna JONES U23W (W)	Swansea Harriers	11.24	12				
5	528	Amy BRADLEY U20W (W)	Cwmbran Harriers	10.66	13				
6					14				
7					15				
8					16				

OFFICIALS SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium		DATE	Saturday, June 12 2010		TIME	5:00 PM			
EVENT		<b>F29 - U15G - Javelin (600g)</b>		RECORD	Danielle HAMER - Carmarthen Harriers - 38.15 - 2005									
				CBP	Robyn PURCHASE - Wrexham AC - 36.18 - 2005									
				2009 WINNER	Carys MANSFIELD - Carmarthen Harriers - 31.46									
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position	PB	OFFICIALS SIGNATURES				
				Metres	Metres	Metres	Metres							
1	161	Kayleigh SIMMS	Ireland	0.00	0.00	0.00								
2	498	Bethan RADFORD	Swansea Harriers	14.94	18.21	17.66	18.21	7	19.36					
3	545	Bryony BURTON	Deeside AAC	10.00	NT	NT	10.00	9	10.93					
4	549	Adele NICOLL	Oswestry Olympians	25.05	25.87	27.63	27.63	2	25.24					
5	550	Hannah RICHARDS	Severn AC	16.39	20.82	20.01	20.82	6	19.50					
6	571	Kayleigh JONES	Carmarthen Harriers	20.90	20.92	19.50	20.92	5	26.00					
7	573	Emma NORTON	Cwmbran Harriers	23.57	BT	23.78	23.78	4	22.00					
8	599	Rebecca HUGHES	Swansea Harriers	24.42	27.43	25.36	27.34	3	22.33					
9	494	Caitlin ATKINS	Swansea Harriers	NT	18.17	NT	18.17	8	22.71					
10	600	Tasia STEPHENS	Aberdare VAAC	34.05	31.61	30.56	34.05	1	30.07					
11				0.00	0.00	0.00								
12				0.00	0.00	0.00								
13				0.00	0.00	0.00								
14				0.00	0.00	0.00								
15				0.00	0.00	0.00								
16				0.00	0.00	0.00								
FULL RESULTS														
No.	NAME	CLUB	PERF	No.	NAME	CLUB	PERF	REFEREE SIGNATURE						
1	600	Tasia STEPHENS	Aberdare VAAC	34.05	9	545	Bryony BURTON					Deeside AAC	10.00	
2	549	Adele NICOLL	Oswestry Olympians	27.63	10									
3	599	Rebecca HUGHES	Swansea Harriers	27.34	11									
4	573	Emma NORTON	Cwmbran Harriers	23.78	12									
5	571	Kayleigh JONES	Carmarthen Harriers	20.92	13									
6	550	Hannah RICHARDS	Severn AC	20.82	14									
7	498	Bethan RADFORD	Swansea Harriers	18.21	15									
8	494	Caitlin ATKINS	Swansea Harriers	18.17	16									

# WELSH ATHLETICS HEIGHT CARD

MEETING	Welsh Athletics 2010 Commonwealth Games Trials	VENUE	Cardiff International Sports Stadium	DATE	Sun-13-Jun-10	11:00 AM
	Senior Open Championships	ALL COMERS	- - -			
	Incorporating U15 and U13 Closed Championships	WELSH RECORD	Jamie DALTON - Preseli AC - 1.67 - 1992			
EVENT	F30 - U13B - High Jump FINAL	CBP	Andrew PENK - Wrexham AC - 1.55 - 1989			
		2009 WINNER	Dafydd ADAMS - Carmarthen Harriers - 1.45			

Order	No	NAME	CLUB / SCHOOL	Start Height	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.38	1.41	1.44	1.56	Best of All	Final Position	PB
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			
1	142	Lewys UNDERDOWN	Swansea Harriers		1.68														1.00
2	462	Oliver HUNT	Cardiff AAC	1.05		o	o	xo	xxx								1.15	4	1.25
3	135	Kieran HODGSON	Swansea Harriers	1.15				o	o	o	xxo	xxx					1.30	3	1.30
4	464	Aled REES	Carmarthen Harriers	1.00	o	o	o	xxo	xo	o	xo	xo	xo	xxo	xxx		1.41	2	1.30
5	134	Harry HILLMAN	Cardiff AAC	1.10			o	o	o	pass	o	o	pass	xxx					1.33
6	463	Miles KELLER-JENKINS	Swansea Harriers	1.30	xxx						o	o	pass	o	xo	o	1.56	1	1.63
7																			
8																			
9																			
10																			
11																			
12																			
13																			
14																			
15																			
16																			

OFFICIALS SIGNATURES

### FULL RESULTS

Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT
1	463	Miles KELLER-JENKINS	Swansea Harriers	1.56	9				
2	464	Aled REES	Carmarthen Harriers	1.41	10				
3	135	Kieran HODGSON	Swansea Harriers	1.30	11				
4	462	Oliver HUNT	Cardiff AAC	1.15	12				
5					13				
6					14				
7					15				
8					16				

REFEREE SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium	DATE	Sunday, June 13 2010	TIME	11:00 AM
EVENT		<b>F31 - U13B - Shot (3.25kg)</b>		RECORD	Matthew EVANS - Carmarthen Harriers - 14.47 - 2001				
				CBP	Matthew EVANS - Carmarthen Harriers - 13.39 - 2001				
				2009 WINNER	Jack BEYNON - Swansea Harriers - 10.04				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position	PB
				Metres	Metres	Metres	Metres		
1	175	Thomas DAVIES	Swansea Harriers	5.02	5.35	5.57	5.57	6	5.00
2	179	Ioan WALL	Swansea Harriers	6.43	6.42	6.58	6.58	4	6.65
3	560	Jamie BRYANT	Newport Harriers	6.42	6.55	6.12	6.55	5	6.56
4	561	Jordan BRYANT	Newport Harriers	7.34	7.00	7.06	7.34	3	7.62
5	562	Rhys JONES	Cwmbran Harriers	4.76	5.34	5.19	5.34	7	
6	563	Samuel JONES	Swansea Harriers	NT	8.34	8.52	8.52	2	8.51
7	564	Nathan THOMASON	Colwyn Bay AC	9.21	10.45	9.89	10.45	1	9.73
8				0.00	0.00	0.00			
9				0.00	0.00	0.00			
10				0.00	0.00	0.00			
11				0.00	0.00	0.00			
12				0.00	0.00	0.00			
13				0.00	0.00	0.00			
14				0.00	0.00	0.00			
15				0.00	0.00	0.00			
16				0.00	0.00	0.00			
FULL RESULTS									
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF
1	564	Nathan THOMASON	Colwyn Bay AC	10.45	9				
2	563	Samuel JONES	Swansea Harriers	8.52	10				
3	561	Jordan BRYANT	Newport Harriers	7.34	11				
4	179	Ioan WALL	Swansea Harriers	6.58	12				
5	560	Jamie BRYANT	Newport Harriers	6.55	13				
6	175	Thomas DAVIES	Swansea Harriers	5.57	14				
7	562	Rhys JONES	Cwmbran Harriers	5.34	15				
8					16				

OFFICIALS SIGNATURES

REFEREE SIGNATURE

# WELSH ATHLETICS HEIGHT CARD

MEETING	Welsh Athletics 2010 Commonwealth Games Trials		VENUE	Cardiff International Sports Stadium	DATE	Sun-13-Jun-10		11:00 AM
	Senior Open Championships		ALL COMERS	- - -				
	Incorporating U15 and U13 Closed Championships		WELSH RECORD	Julia CHARLTON - Carmarthen Harriers - 1.68 - 1978				
EVENT	F34 - U13G - High Jump FINAL		CBP	Kathryn EVANS - Carmarthen Harriers - 1.50 - 1979				
			2009 WINNER	Kate SEARY - Cardiff AAC - 1.33				

Order	No	NAME	CLUB / SCHOOL	Start Height	1.10	1.15	1.20	1.25	1.28	1.31	1.34	1.37	1.40	1.42	Best of All	Final Position	PB
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			
1	214	Lucy SHARIFF	Cardiff AAC	1.10	xxx										NMR		
2	108	Rebeca HARTSON	Carmarthen Harriers														1.23
3	461	Hannah MATTHEWS	Swansea Harriers	1.15		xo	xo	xxx							1.20	4	1.26
4	172	Jessica HARRY	Swansea Harriers	1.15		o	o	o	xo	o	xxx				1.31	3	1.32
5	98	Jodie BEYNON	Cwmbran Harriers	1.15			o	o	o	o	o	xxo	xxx		1.37	2	1.36
6	460	Lucy MATON	Cardiff AAC	1.15			o	o	o	o	o	o	xo	xxret	1.40	1	1.36
7																	
8																	
9																	
10																	
11																	
12																	
13																	
14																	
15																	
16																	

OFFICIALS SIGNATURES

### FULL RESULTS

Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT
1	460	Lucy MATON	Cardiff AAC	1.40	9				
2	98	Jodie BEYNON	Cwmbran Harriers	1.37	10				
3	172	Jessica HARRY	Swansea Harriers	1.31	11				
4	461	Hannah MATTHEWS	Swansea Harriers	1.20	12				
5					13				
6					14				
7					15				
8					16				

REFEREE SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium		DATE	Sunday, June 13 2010		TIME	11:30 AM	
EVENT		<b>F35 - U13G - Discus (0.75kg)</b>		RECORD	Toni WELLS - Swansea Harriers - 29.48 - 2005							
				CBP	Adele NICOLL - Oswestry Olympians - 27.74 - 2009							
				2009 WINNER	Adele NICOLL - Oswestry Olympians - 27.74							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position	PB	OFFICIALS SIGNATURES		
				Metres	Metres	Metres	Metres					
1	364	Emily JONES	Swansea Harriers	0.00	0.00	0.00			10.48			
2	211	Ceri JONES	Bridgend AC	13.25	12.91	12.52	13.25	4	12.22			
3	212	Emily PEARCE	Rhondda AC	NT	11.67	7.19	11.67	5	12.75			
4	558	Amy PRICE	Cwmbran Harriers	0.00	0.00	0.00			13.30			
5	461	Hannah MATTHEWS	Swansea Harriers	NT	9.22	8.71	9.22	6	13.85			
6	556	Emily COCKRILL	Swansea Harriers	19.44	18.02	15.33	19.44	2	16.44			
7	557	Amy HUMBLE	Carmarthen Harriers	NT	23.27	19.77	23.27	1	17.16			
8	94	Sofia ALI	Aberdare VAAC	NT	15.78	16.50	16.50	3	17.98			
9				0.00	0.00	0.00						
10				0.00	0.00	0.00						
11				0.00	0.00	0.00						
12				0.00	0.00	0.00						
13				0.00	0.00	0.00						
14				0.00	0.00	0.00						
15				0.00	0.00	0.00						
16				0.00	0.00	0.00						
FULL RESULTS												
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF	REFEREE SIGNATURE		
1	557	Amy HUMBLE	Carmarthen Harriers	23.27	9							
2	556	Emily COCKRILL	Swansea Harriers	19.44	10							
3	94	Sofia ALI	Aberdare VAAC	16.50	11							
4	211	Ceri JONES	Bridgend AC	13.25	12							
5	212	Emily PEARCE	Rhondda AC	11.67	13							
6	461	Hannah MATTHEWS	Swansea Harriers	9.22	14							
7					15							
8					16							

# WELSH ATHLETICS HEIGHT CARD

MEETING	Welsh Athletics 2010 Commonwealth Games Trials	VENUE	Cardiff International Sports Stadium	DATE	Sun-13-Jun-10	11:45 AM
	Senior Open Championships	ALL COMERS	Grigory YEGOROV - Kazakhstan - 5.80 - 1992			
	Incorporating U15 and U13 Closed Championships	WELSH RECORD	Neil WINTER - Shaftesbury - 5.60 - 1995			
EVENT	F36 - Senior Men - Pole Vault FINAL	CBP	Neil WINTER - Shaftesbury - 5.25 - 1993, 1996			
		2009 WINNER	Paul WALKER - Sale Harriers Harriers - 4.85			

Order	No	NAME	CLUB / SCHOOL	Start Height	3.60	3.80	3.95	4.10	4.25	4.40	4.55	4.70	4.85	5.00	5.10	5.20	Best of All	Final Position	PB
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			
1	470	Robert MCGREGOR U20M (W)	Bridgend AC	3.60	o	xxo	xxx										3.80	11	3.90
2	469	Emyr JONES U20M (W)	Carmarthen Harriers	3.60	xo	xxo	xxx										3.80	12	4.13
3	474	Glyn PRICE SM (W)	Swansea Harriers	3.95			o	xxo	xxx								4.10	10	4.20
4	471	Jon MURRAY SM *	Cardiff AAC	4.10				xo	xxx								4.10	9	4.35
5	472	Lewis NEWTON U20M (W)	Cardiff AAC	4.25					o	o	xo	xxx					4.55	6	4.50
6	465	Adam CARPENTER U20M *	Poole AC	4.10				xo	xo	xxx							4.25	7	4.60
7	466	Sam COLGATE U23M *	Belgrave Harriers	4.40						xxx							NMR	13	4.75
8	475	Michael READ U23M *	UWIC	3.95			xo	xo	xxo	xxx							4.25	8	4.75
9	468	Michael HOLDEN U23M *	Colchester Harriers	4.70								o	xo	xxx			4.85	4	4.93
10	467	Benjamin GREGORY U23M (W)	Vale of Aylesbury AC	4.70								o	o	xxo	xo	xxx	5.10	2	5.16
11	473	Christian NORTH SM *	Woodford Green & Essex L	4.70								xo	o	xo	xxp	x	5.00	3	5.30
12	476	Scott SIMPSON SM (W)	Birchfield Harriers	4.70								o	o	o	o	xxx	5.10	1	5.42
13	477	Paul WALKER SM (W)	Sale Harriers	4.70								o	xxx				4.70	5	5.43
14																			
15																			
16																			

OFFICIALS SIGNATURES

## FULL RESULTS

Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT
1	476	Scott SIMPSON SM (W)	Birchfield Harriers	5.10	9	471	Jon MURRAY SM *	Cardiff AAC	4.10
2	467	Benjamin GREGORY U23M (W)	Vale of Aylesbury AC	5.10	10	474	Glyn PRICE SM (W)	Swansea Harriers	4.10
3	473	Christian NORTH SM *	Woodford Green & Essex L	5.00	11	470	Robert MCGREGOR U20M (W)	Bridgend AC	3.80
4	468	Michael HOLDEN U23M *	Colchester Harriers	4.85	12	469	Emyr JONES U20M (W)	Carmarthen Harriers	3.80
5	477	Paul WALKER SM (W)	Sale Harriers	4.70	13	466	Sam COLGATE U23M *	Belgrave Harriers	NMR
6	472	Lewis NEWTON U20M (W)	Cardiff AAC	4.55	14				
7	465	Adam CARPENTER U20M *	Poole AC	4.25	15				
8	475	Michael READ U23M *	UWIC	4.25	16				

REFEREE SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials		VENUE		Cardiff International Sports Stadium		DATE	Sunday, June 13 2010		TIME	12:15 PM			
		Senior Open Championships		ALL COMERS		Venissa HEAD - Wales - 62.02 - 1984									
		Incorporating U15 and U13 Closed Championships		RECORD		Venissa HEAD - Cardiff AAC - 64.68 - 1983									
EVENT		<b>F37 - Senior Women - Discus (1.00kg)</b>		CBP		Philippa ROLES - Sale Harriers - 61.41 - 2008									
				2009 WINNER		Tesni WARD U20 - City of Sheffield - 41.37									
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	PB	OFFICIALS SIGNATURES
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	540	Lucy GRIFFITHS U17W (W)	Pembroke Harriers	28.30	29.91	27.30	29.91	6	26.99	28.65	NT	29.91	6	30.29	
2	543	Jasmine SEALE U17W (W)	Cwmbran Harriers	34.05	27.71	28.35	34.05	5	NT	29.19	30.44	34.05	5	34.60	
3	566	Louise ALI U23W (W)	Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00			37.15	
4	541	Alyson HOURIHAN SW (W)	Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00			40.58	
5	570	Claire WILLIAMS U23W (W)	Carmarthen Harriers	0.00	0.00	0.00			0.00	0.00	0.00			40.69	
6	544	Tesni WARD U20W (W)	City of Sheffield AC	NT	NT	43.20	43.20	4	40.40	NT	42.89	43.20	4	45.40	
7	567	Navdeep DHALIWAL SW *	Birchfield Harriers	46.95	46.00	46.64	46.95	2	47.31	49.11	46.05	49.11	2	52.05	
8	568	Kirsty LAW SW *	Shaftesbury Barnet Harriers	45.25	NT	NT	45.25	3	48.11	NT	NT	48.11	3	52.50	
9	569	Philippa ROLES SW (W)	Swansea Harriers	54.89	54.09	NT	54.89	1	NT	53.31	55.16	55.16	1	62.89	
10				0.00	0.00	0.00			0.00	0.00	0.00				
11				0.00	0.00	0.00			0.00	0.00	0.00				
12				0.00	0.00	0.00			0.00	0.00	0.00				
13				0.00	0.00	0.00			0.00	0.00	0.00				
14				0.00	0.00	0.00			0.00	0.00	0.00				
15				0.00	0.00	0.00			0.00	0.00	0.00				
16				0.00	0.00	0.00			0.00	0.00	0.00				
FULL RESULTS															
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF	REFeree SIGNATURE					
1	569	Philippa ROLES SW (W)	Swansea Harriers	55.16	9										
2	567	Navdeep DHALIWAL SW *	Birchfield Harriers	49.11	10										
3	568	Kirsty LAW SW *	Shaftesbury Barnet Harriers	48.11	11										
4	544	Tesni WARD U20W (W)	City of Sheffield AC	43.20	12										
5	543	Jasmine SEALE U17W (W)	Cwmbran Harriers	34.05	13										
6	540	Lucy GRIFFITHS U17W (W)	Pembroke Harriers	29.91	14										
7					15										
8					16										

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium	DATE	Sunday, June 13 2010	TIME	12:30 PM
EVENT		<b>F38 - U13B - Discus (1.00kg)</b>		RECORD	Chris HUGHES - Swansea Harriers - 38.92 - 1991				
				CBP	Rheon JAMES - Carmarthen Harriers - 27.63 - 2005				
				2009 WINNER	Jack BEYNON - Swansea Harriers - 27.06				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position	PB
				Metres	Metres	Metres	Metres		
1	564	Nathan THOMASON	Colwyn Bay AC	19.30	25.58	27.24	27.24	2	9.73
2	562	Rhys JONES	Cwmbran Harriers	13.24	NT	15.38	15.38	6	12.63
3	580	Owen MURPHY	Cwmbran Harriers	18.88	16.49	NT	18.88	5	14.40
4	561	Jordan BRYANT	Newport Harriers	21.79	21.58	21.39	21.79	4	22.28
5	563	Samuel JONES	Swansea Harriers	13.06	NT	NT	13.06	7	22.98
6	560	Jamie BRYANT	Newport Harriers	21.80	19.26	18.77	21.80	3	23.75
7	220	Nikita NEARY	Carmarthen Harriers	23.87	27.88	26.39	27.88	1	27.00
8				0.00	0.00	0.00			
9				0.00	0.00	0.00			
10				0.00	0.00	0.00			
11				0.00	0.00	0.00			
12				0.00	0.00	0.00			
13				0.00	0.00	0.00			
14				0.00	0.00	0.00			
15				0.00	0.00	0.00			
16				0.00	0.00	0.00			
FULL RESULTS									
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF
1	220	Nikita NEARY	Carmarthen Harriers	27.88	9				
2	564	Nathan THOMASON	Colwyn Bay AC	27.24	10				
3	560	Jamie BRYANT	Newport Harriers	21.80	11				
4	561	Jordan BRYANT	Newport Harriers	21.79	12				
5	580	Owen MURPHY	Cwmbran Harriers	18.88	13				
6	562	Rhys JONES	Cwmbran Harriers	15.38	14				
7	563	Samuel JONES	Swansea Harriers	13.06	15				
8					16				

OFFICIALS SIGNATURES

REFEREE SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE		Cardiff International Sports Stadium		DATE		Saturday, June 12 2010		TIME		1:15 PM	
EVENT		<b>F39 - U13B - Long Jump FINAL</b>		RECORD		Clive WOOLMER - Milford Haven Sc - 5.31 - 1982									
				CBP		Paul FARMAHAN - Cleddau AC - 5.11 - 1989									
				2009 WINNER		Jarred WALTERS - Amman Valley - 4.64									
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of All		Final Position	PB	REFEREES SIGNATURE	
				Mtrs	W/S	Mtrs	W/S	Mtrs	W/S	Mtrs	W/S				
1	126	Geraint BREEZE	Wrexham AC	4.11	+1.8	4.09	+2.8	4.26	+1.0	4.26	+1.0	3	4.36		
2	127	Joseph BRIER	Swansea Harriers	3.62	+3.2	3.60	+2.4	3.62	+0.9	3.62	+0.9	14			
3	129	Lewis CAMPBELL	Barry & Vale Harriers	3.88	+1.2	3.93	+2.2	3.94	+0.8	3.94	+0.8	8	3.90		
4	130	Joe CROSBY	Swansea Harriers	0.00		3.91	+1.1	3.98	+0.7	3.98	+0.7	7	4.36		
5	134	Harry HILLMAN	Cardiff AAC	0.00		3.80	+2.5	3.88	+1.0	3.88	+1.0	10			
6	136	Jordan HUGHES	Swansea Harriers	3.80	+0.4	3.87	+1.8	3.91	+2.6	3.91	+2.6	9			
7	140	Samuel THOMPSON	Carmarthen Harriers	3.98	+3.5	4.05	+2.7	4.01	+1.7	4.05	+2.7	5	4.07		
8	142	Lewys UNDERDOWN	Swansea Harriers	3.32	+2.4	3.24	+0.8	3.36	+0.9	3.36	+0.9	17			
9	144	Rhodri WILLIAMS	Swansea Harriers	3.63	+2.7	3.68	+2.3	3.50	+2.2	3.68	+2.3	11			
10	165	Floyd HAUGHTON	Cardiff AAC	0.00		0.00		0.00					4.72		
11	176	Michael JONES	Swansea Harriers	0.00		0.00		0.00							
12	177	Morgan LEY	Bridgend AC	3.61	+1.4	3.61	+2.3	3.59	+2.0	3.61	+1.4	15			
13	178	Rhys ROBERTS	Bridgend AC	4.30	+2.7	3.94	+0.8	4.55	+0.7	4.55	+0.7	1	4.60		
14	219	Alex LOVE	Cardiff AAC	3.38	+1.0	3.48	+1.1	3.54	+1.3	3.54	+1.3	16	4.14		
15	221	Aled PHILLIPS	Amman Valley	2.51	+1.1	3.52	+1.4	3.63	+1.4	3.63	+1.4	13			
16	376	David FLIGELSTONE	Swansea Harriers	4.01	+1.6	3.62	+0.8	NJ	+0.9	4.01	+1.6	6	4.06		
FULL RESULTS														JUDGES SIGNATURES	
POS	No.	NAME	CLUB	DISTANCE	POS	No.	NAME	CLUB	DISTANCE						
1	178	Rhys ROBERTS	Bridgend AC	4.55	9	136	Jordan HUGHES	Swansea Harriers	3.91						
2	521	William REYNOLDS	Swansea Harriers	4.34	10	134	Harry HILLMAN	Cardiff AAC	3.88						
3	126	Geraint BREEZE	Wrexham AC	4.26	11	144	Rhodri WILLIAMS	Swansea Harriers	3.68						
4	462	Oliver HUNT	Cardiff AAC	4.07	12	380	Danny MORGAN	Cwmbran Harriers	3.64						
5	140	Samuel THOMPSON	Carmarthen Harriers	4.05	13	221	Aled PHILLIPS	Amman Valley	3.63						
6	376	David FLIGELSTONE	Swansea Harriers	4.01	14	127	Joseph BRIER	Swansea Harriers	3.62						
7	130	Joe CROSBY	Swansea Harriers	3.98	15	177	Morgan LEY	Bridgend AC	3.61						
8	129	Lewis CAMPBELL	Barry & Vale Harriers	3.94	16	219	Alex LOVE	Cardiff AAC	3.54						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium		DATE			TIME			#N/A
EVENT				RECORD	Clive WOOLMER - Milford Haven Sc - 5.31 - 1982								
				CBP	Paul FARMAHAN - Cleddau AC - 5.11 - 1989								
				2009 WINNER	Jarred WALTERS - Amman Valley - 4.64								
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of All		Final Position	PB
				Mtrs	W/S	Mtrs	W/S	Mtrs	W/S	Mtrs	W/S		
17	380	Danny MORGAN	Cwmbran Harriers	3.64	+2.1	3.63	+1.6	3.18	+2.2	3.64	+2.1	12	3.59
18	462	Oliver HUNT	Cardiff AAC	3.83	+0.5	3.88	+0.4	4.07	+1.4	4.07	+1.4	4	4.44
19	521	William REYNOLDS	Swansea Harriers	4.24	+0.5	NJ	+0.5	4.34	+0.7	4.34	+0.7	2	4.58
20	522	Hedd WILLIAMS	Swansea Harriers	3.19	+2.8	3.21	+0.8	3.03	+0.8	3.21	+0.8	18	
21				0.00		0.00		0.00					
22				0.00		0.00		0.00					
23				0.00		0.00		0.00					
24				0.00		0.00		0.00					
25				0.00		0.00		0.00					
26				0.00		0.00		0.00					
27				0.00		0.00		0.00					
28				0.00		0.00		0.00					
29				0.00		0.00		0.00					
30				0.00		0.00		0.00					
31				0.00		0.00		0.00					
32				0.00		0.00		0.00					
FULL RESULTS													
POS	No.	NAME	CLUB	DISTANCE	POS	No.	NAME	CLUB	DISTANCE				
17	142	Lewys UNDERDOWN	Swansea Harriers	3.36	25								
18	522	Hedd WILLIAMS	Swansea Harriers	3.21	26								
19					27								
20					28								
21					29								
22					30								
23					31								
24					32								

REFEREES SIGNATURE

JUDGES SIGNATURES

# WELSH ATHLETICS HEIGHT CARD

MEETING	Welsh Athletics 2010 Commonwealth Games Trials		VENUE	Cardiff International Sports Stadium	DATE	Sun-13-Jun-10	1:30 PM
	Senior Open Championships		ALL COMERS	Andrea MATAY - Hungary - 1.93 - 1980			
	Incorporating U15 and U13 Closed Championships		WELSH RECORD	Julie CRANE - Sale Harriers - 1.89 - 2004			
EVENT	F42 - Senior Women - High Jump FINAL		CBP	Julie CRANE - Sale Harriers - 1.82 - 2000, 2005			
			2009 WINNER	Julie CRANE - Sale Harriers - 1.79			

Order	No	NAME	CLUB / SCHOOL	Start Height	1.50	1.55	1.60	1.65	1.70	1.75	1.79						Best of All	Final Position	PB
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres				
1	449	Katy SEALY U23W *	UWIC	1.50	o	o	o	xxx									1.60	5	1.63
2	445	Ffion BODILLY U17W (W)	Cardiff AAC																1.67
3	447	Kate LYSONS U20W *	UWIC	1.50	o	o	o	xxx									1.60	5	1.68
4	451	Sian SWANSON U20W (W)	Maldwyn Harriers	1.55		o	o	xo	xxx								1.65	4	1.73
5	450	Ceri STOKOE SW (W)	Swansea Harriers	1.60			o	xo	o	xxx							1.70	3	1.79
6	448	Bethan PARTRIDGE U23W *	Telford AC	1.60			o	xxo	o	xxo	xxx						1.75	2	1.80
7	446	Julie CRANE SW (W)	Sale Harriers	1.65				o	o	xxo	w/d						1.75	1	1.90
8																			
9																			
10																			
11																			
12																			
13																			
14																			
15																			
16																			

OFFICIALS SIGNATURES

FULL RESULTS									
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT
1	446	Julie CRANE SW (W)	Sale Harriers	1.75	9				
2	448	Bethan PARTRIDGE U23W *	Telford AC	1.75	10				
3	450	Ceri STOKOE SW (W)	Swansea Harriers	1.70	11				
4	451	Sian SWANSON U20W (W)	Maldwyn Harriers	1.65	12				
5	449	Katy SEALY U23W *	UWIC	1.60	13				
6					14				
7					15				
8					16				

REFEREE SIGNATURE

# WELSH ATHLETICS HEIGHT CARD

MEETING	Welsh Athletics 2010 Commonwealth Games Trials	VENUE	Cardiff International Sports Stadium	DATE	Sun-13-Jun-10	2:15 PM
	Senior Open Championships	ALL COMERS	Janine WHITLOCK - England - 4.26 - 2005 & 2006			
	Incorporating U15 and U13 Closed Championships	WELSH RECORD	Rhian CLARKE - Essex Ladies - 4.15 - 2000/2002			
EVENT	F43 - Senior Women - Pole Vault FINAL	CBP	Sonia LAWRENCE - Cardiff AAC - 4.02 - 2003			
		2009 WINNER	Lyndsey MAUND - Swansea Harriers - 3.65			

Order	No	NAME	CLUB / SCHOOL	Start Height	2.60	2.80	2.95	3.10	3.25	3.40	3.55	3.70	3.85	3.95	4.05	4.20	Best of All	Final Position	PB
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			
1	483	Charlotte JONES SW *	Unattached		4.20														2.90
2	484	Emma JONES U20W (W)	Swansea Harriers	2.95			xo	o	xxx								3.10	12	3.20
3	493	Rachel THOMAS U23W *	UWIC	2.95			xo	o	xxx								3.10	11	3.30
4	485	Rhianydd LLEWELLYN U17W (W)	Bridgend AC	2.60	o	xxx											2.60	13	3.35
5	482	Naomi JAMES U20W (W)	Swansea Harriers	3.25					xo	xo	xxx						3.40	10	3.50
6	481	Christina HUGHES U20W (W)	Deeside AAC																3.60
7	480	Rebecca DAVIES U20W (W)	Deeside AAC	3.40						o	o	xxx					3.55	6	3.66
8	490	Sally PEAKE SW (W)	Liverpool Harriers	3.55							o	xxo	xo	xxx			3.85	2	3.66
9	488	Lyndsey MAUND SW (W)	Swansea Harriers	3.70						o	xo	xxx					3.55	9	3.70
10	478	Jessica ABRAHAM U23W (W)	Cardiff AAC	3.55							o	xxo	xx				3.70	5	4.00
11	487	Anna MASSEY SW *	Sale Harriers	3.70								xxx					NMR	14	4.10
12	492	Maria SEAGER U20W *	Woodford Green & Essex L	3.40						xo	o	xxx					3.55	7	4.13
13	486	Kirsty MAGUIRE SW *	Edinburgh AC																4.15
14	491	Bryony RAINES SW (W)	Cardiff AAC	3.55							xo	o	xxo	xxx			3.85	3	4.15
15	479	Louise BUTTERWORTH SW *	Birchfield Harriers	3.70								xxo	xxx				3.70	4	4.21
16	150	Emma LYONS SW *	Sale Harriers	3.25					o	o	o	xxx					3.55	8	4.31
17	489	Henrietta PAXTON SW *	Birchfield Harriers	4.25											o	xxx	4.05	1	4.31

OFFICIALS SIGNATURES

## FULL RESULTS

Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT
1	489	Henrietta PAXTON SW *	Birchfield Harriers	4.05	10	482	Naomi JAMES U20W (W)	Swansea Harriers	3.40
2	490	Sally PEAKE SW (W)	Liverpool Harriers	3.85	11	493	Rachel THOMAS U23W *	UWIC	3.10
3	491	Bryony RAINES SW (W)	Cardiff AAC	3.85	12	484	Emma JONES U20W (W)	Swansea Harriers	3.10
4	479	Louise BUTTERWORTH SW *	Birchfield Harriers	3.70	13	485	Rhianydd LLEWELLYN U17W (W)	Bridgend AC	2.60
5	478	Jessica ABRAHAM U23W (W)	Cardiff AAC	3.70	14	487	Anna MASSEY SW *	Sale Harriers	NMR
6	480	Rebecca DAVIES U20W (W)	Deeside AAC	3.55	15				
7	492	Maria SEAGER U20W *	Woodford Green & Essex L	3.55	16				
8	150	Emma LYONS SW *	Sale Harriers	3.55	17				
9	488	Lyndsey MAUND SW (W)	Swansea Harriers	3.55	18				

REFEREE SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium		DATE	Sunday, June 13 2010		TIME	2:45 PM	
EVENT		<b>F44 - U13G - Shot (2.72kg)</b>		RECORD	Nicola STEVENSON - Bridgend AC - 10.83 - 2001							
				CBP	Nicola STEVENSON - Bridgend AC - 10.29 - 2001							
				2009 WINNER	Sabrina FORTUNE - Deeside AAC - 9.13							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position	PB	OFFICIALS SIGNATURES		
				Metres	Metres	Metres	Metres					
1	97	Alanis BENNETT	Swansea Harriers	4.08	3.99	3.82	4.08	8				
2	209	Caitlin DAVIES	Swansea Harriers	0.00	0.00	0.00						
3	558	Amy PRICE	Cwmbran Harriers	5.36	5.45	NT	5.45	7	5.33			
4	107	Millicent FAKANDE	Cwmbran Harriers	5.26	6.35	6.29	6.35	6	6.57			
5	173	Anita MADAN	Pembroke Harriers	7.24	6.85	6.61	7.24	5	7.45			
6	559	Lauren RICHARDS	Severn AC	8.83	9.29	NT	9.29	1	8.52			
7	556	Emily COCKRILL	Swansea Harriers	9.03	9.22	8.11	9.22	2	8.59			
8	557	Amy HUMBLE	Carmarthen Harriers	7.63	7.66	NT	7.66	4	9.27			
9	123	Ffion WAKE	Swansea Harriers	8.70	8.80	8.50	8.80	3	10.10			
10				0.00	0.00	0.00						
11				0.00	0.00	0.00						
12				0.00	0.00	0.00						
13				0.00	0.00	0.00						
14				0.00	0.00	0.00						
15				0.00	0.00	0.00						
16				0.00	0.00	0.00						
FULL RESULTS												
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF	REFEREE SIGNATURE		
1	559	Lauren RICHARDS	Severn AC	9.29	9							
2	556	Emily COCKRILL	Swansea Harriers	9.22	10							
3	123	Ffion WAKE	Swansea Harriers	8.80	11							
4	557	Amy HUMBLE	Carmarthen Harriers	7.66	12							
5	173	Anita MADAN	Pembroke Harriers	7.24	13							
6	107	Millicent FAKANDE	Cwmbran Harriers	6.35	14							
7	558	Amy PRICE	Cwmbran Harriers	5.45	15							
8	97	Alanis BENNETT	Swansea Harriers	4.08	16							

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials		VENUE		Cardiff International Sports Stadium		DATE	Sunday, June 13 2010		TIME	3:00 PM		
		Senior Open Championships		ALL COMERS		Brett MORSE - Wales - 62.99 - 2010								
		Incorporating U15 and U13 Closed Championships		RECORD		Brett MORSE - Birchfield Harriers - 62.99 - 2010								
EVENT		<b>F47 - Senior Men - Discus (2.00kg)</b>		CBP		Lee NEWMAN - Belgrave - 58.29 - 1999								
				2009 WINNER		Brett MORSE U23 - Birchfield Harriers - 53.93								
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	531	David GLENDOWER SM *	Bath University	16.42	18.75	19.92	19.92	8	16.75	17.48	17.57	19.92	8	20.49
2	534	James PRESTON U20M *	Bristol & West AC	38.37	NT	33.47	38.37	7	41.53	33.21	41.76	41.76	7	39.39
3	532	Jacob MATTHEWS U20M (W)	Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00			50.00
4	536	Ryan SPENCER-JONES SM (W)	Birchfield Harriers	47.94	50.59	52.11	52.11	5	NT	NT	0.00	52.11	5	51.54
5	565	Matthew BROWN SM *	Enfield	52.83	52.31	52.44	52.83	3	54.01	50.63	53.44	54.01	4	56.97
6	533	Brett MORSE U23M (W)	Birchfield Harriers	56.59	56.14	60.92	60.92	1	26.23	NT	60.50	60.92	1	62.99
7	537	Emeka UDECHUKU SM *	Woodford Green & Essex L	NT	52.51	NT	52.51	4	NT	56.10	NT	56.10	2	64.93
8	647	Aled DAVIES F44	FDSW, 1.5kg	NT	40.48	42.33	42.33	6	37.49	40.74	NT	42.33	6	
9	968	Dan GREAVES SM *	Charnwood	55.99	NT	52.78	55.99	2	54.51	54.90	NT	55.99	3	
10				0.00	0.00	0.00			0.00	0.00	0.00			
11				0.00	0.00	0.00			0.00	0.00	0.00			
12				0.00	0.00	0.00			0.00	0.00	0.00			
13				0.00	0.00	0.00			0.00	0.00	0.00			
14				0.00	0.00	0.00			0.00	0.00	0.00			
15				0.00	0.00	0.00			0.00	0.00	0.00			
16				0.00	0.00	0.00			0.00	0.00	0.00			
FULL RESULTS														
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE					
1	533	Brett MORSE U23M (W)	Birchfield Harriers	60.92	9									
2	537	Emeka UDECHUKU SM *	Woodford Green & Essex L	56.10	10									
3	968	Dan GREAVES SM *	Charnwood	55.99	11									
4	565	Matthew BROWN SM *	Enfield	54.01	12									
5	536	Ryan SPENCER-JONES SM (W)	Birchfield Harriers	52.11	13									
6	647	Aled DAVIES F44	FDSW, 1.5kg	42.33	14									
7	534	James PRESTON U20M *	Bristol & West AC	41.76	15									
8	531	David GLENDOWER SM *	Bath University	19.92	16									

OFFICIALS SIGNATURES

REFEREE SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE		Cardiff International Sports Stadium		DATE		Saturday, June 12 2010		TIME		3:15 PM	
EVENT		<b>F48 - U13G - Long Jump FINAL</b>		RECORD		Lisa ARMSTRONG - Torfaen AC - 4.88 - 1986		CBP		Sarah LANE - Torfaen AC - 4.82 - 1993		2009 WINNER		Miriam WILLIAMS - Swansea Harriers - 4.27	
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of All		Final Position	PB	REFEREES SIGNATURE	
				Mtrs	W/S	Mtrs	W/S	Mtrs	W/S	Mtrs	W/S				
1	95	Delun ALLCOCK	Amman Valley	0.00		0.00		0.00					3.55		
2	97	Alanis BENNETT	Swansea Harriers	2.12	X	NJ	+3.1	NJ	+1.7	2.12		19	2.50		
3	100	Hannah BRIER	Swansea Harriers	4.08	+0.1	4.29	+4.5	4.52	+1.5	4.52		1	4.45		
4	104	Chloe DAVIES	Swansea Harriers	2.48	+0.2	2.61	+1.5	2.28	+0.5	2.61		18	2.32		
5	108	Rebeca HARTSON	Carmarthen Harriers	0.00		0.00		0.00					3.36		
6	109	Chloe HUGHES	Deeside AAC	4.12	+1.9	4.31	+4.0	NJ	+3.7	4.31		2	4.36		
7	110	Chelsea HUTCHEON	Barry & Vale Harriers	3.61	+1.7	3.64	+1.4	NJ	+2.5	3.64		9			
8	111	Megan JONES	Swansea Harriers	2.75	+1.9	3.06	+5.4	3.01	+0.6	3.06		17	2.99		
9	115	Zoe NASH	Bridgend AC	3.99	+2.5	4.03	+2.7	4.07	+2.2	4.07		5			
10	117	Alice PETERS	Swansea Harriers	3.15	+0.5	2.55	+2.4	3.23	+4.4	3.23		14			
11	119	Amelia REYNOLDS	Newport Harriers	3.53	+0.2	3.22	+2.5	3.48	+3.4	3.53		10			
12	121	Mae TAYLOR	Bridgend AC	3.23	+0.5	3.23	+3.7	3.38	+1.9	3.38		12	3.30		
13	123	Ffion WAKE	Swansea Harriers	4.11	+1.7	4.27	+1.8	4.30	+0.9	4.30		3			
14	124	Eve WILLIAMS	Cwmbran Harriers	3.29	+1.0	3.27	+2.4	NJ	+0.6	3.29		13			
15	174	Paige MURPHY	Swansea Harriers	3.69	+4.0	3.51	+1.3	3.35	+0.6	3.69		8	3.73		
16	208	Ellie COATES	Swansea Harriers	3.67	+1.9	3.73	+3.0	3.76	+2.2	3.76		6	3.63		
FULL RESULTS														JUDGES SIGNATURES	
POS	No.	NAME	CLUB	DISTANCE	POS	No.	NAME	CLUB	DISTANCE						
1	100	Hannah BRIER	Swansea Harriers	4.52	9	110	Chelsea HUTCHEON	Barry & Vale Harriers	3.64						
2	109	Chloe HUGHES	Deeside AAC	4.31	10	119	Amelia REYNOLDS	Newport Harriers	3.53						
3	123	Ffion WAKE	Swansea Harriers	4.30	11	215	Felicity WILLIAMSON-SA	Bridgend AC	3.40						
4	519	Genevieve WATT	Barry & Vale Harriers	4.22	12	121	Mae TAYLOR	Bridgend AC	3.38						
5	115	Zoe NASH	Bridgend AC	4.07	13	124	Eve WILLIAMS	Cwmbran Harriers	3.29						
6	208	Ellie COATES	Swansea Harriers	3.76	14	117	Alice PETERS	Swansea Harriers	3.23						
7	518	Danielle MORGAN	Newport Harriers	3.71	15	520	Katie WELLS	Swansea Harriers	3.21						
8	174	Paige MURPHY	Swansea Harriers	3.69	16	211	Ceri JONES	Bridgend AC	3.16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium	DATE		TIME		3:15 PM			
EVENT		<b>F48 - U13G - Long Jump FINAL</b>		RECORD	Lisa ARMSTRONG - Torfaen AC - 4.88 - 1986								
				CBP	Sarah LANE - Torfaen AC - 4.82 - 1993								
				2009 WINNER	Miriam WILLIAMS - Swansea Harriers - 4.27								
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of All		Final Position	PB
				Mtrs	W/S	Mtrs	W/S	Mtrs	W/S	Mtrs	W/S		
17	209	Caitlin DAVIES	Swansea Harriers	0.00		0.00		0.00					
18	211	Ceri JONES	Bridgend AC	3.04	+2.8	3.16	+4.2	3.12	+1.1	3.16		16	3.15
19	215	Felicity WILLIAMSON-SARLL	Bridgend AC	NJ	+2.8	3.40	+1.9	NJ	+2.1	3.40		11	
20	371	Elinor WILLIAMS	Swansea Harriers	0.00		0.00		0.00					2.00
21	518	Danielle MORGAN	Newport Harriers	3.58	+2.0	NJ	+2.8	3.71	+1.0	3.71		7	3.90
22	519	Genevieve WATT	Barry & Vale Harriers	4.21	+3.4	3.83	+1.4	4.22	+1.2	4.22		4	4.08
23	520	Katie WELLS	Swansea Harriers	NJ	+0.7	3.21	+1.4	NJ	+1.4	3.21		15	
24				0.00		0.00		0.00					
25				0.00		0.00		0.00					
26				0.00		0.00		0.00					
27				0.00		0.00		0.00					
28				0.00		0.00		0.00					
29				0.00		0.00		0.00					
30				0.00		0.00		0.00					
31				0.00		0.00		0.00					
32				0.00		0.00		0.00					
FULL RESULTS													
POS	No.	NAME	CLUB	DISTANCE	POS	No.	NAME	CLUB	DISTANCE	JUDGES SIGNATURES			
17	111	Megan JONES	Swansea Harriers	3.06	25								
18	104	Chloe DAVIES	Swansea Harriers	2.61	26								
19	97	Alanis BENNETT	Swansea Harriers	2.12	27								
20					28								
21					29								
22					30								
23					31								
24					32								

REFEREE'S SIGNATURE

# WELSH ATHLETICS HEIGHT CARD

MEETING	Welsh Athletics 2010 Commonwealth Games Trials	VENUE	Cardiff International Sports Stadium	DATE	Sun-13-Jun-10	3:30 PM
	Senior Open Championships	ALL COMERS	Randy JENKINS - USA - 2.27 - 1994			
	Incorporating U15 and U13 Closed Championships	WELSH RECORD	Robert MITCHELL - Shaftesbury - 2.25 - 2001			
EVENT	F49 - Senior Men - High Jump FINAL	CBP	Robert MITCHELL - Sale Harriers - 2.20 - 2006			
		2009 WINNER	Robert MITCHELL - Sale Harriers Harriers - 2.00			

Order	No	NAME	CLUB / SCHOOL	Start Height	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00	2.05				Best of All	Final Position	PB
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			
1	433	Tyron BLAKE U17M (W)	Cardiff AAC	1.70		o	pass	xxx									1.70	10	1.80
2	444	Daniel WILLIAMS U23M (W)	Swansea Harriers	1.70		o	o	o	xxx								1.80	8	1.80
3	439	Ben JENKINS U17M (W)	Swansea Harriers	1.65	o	o	o	o	xxx								1.80	9	1.83
4	437	Adam GALLIE SM *	Derby AC																1.90
5	438	Stephen GUEST U17M (W)	Bridgend AC	1.75			xo	o	o	xxx							1.85	7	1.90
6	440	Lewis LONG U23M (W)	Cardiff AAC	1.75			o	o	xo	xxo	xxx						1.90	5	1.90
7	442	James SCHOFIELD SM (W)	Brecon AC	1.70		o	o	xo	xo	xxx							1.85	6	1.95
8	436	Ben DAVIES U20M (W)	Swansea Harriers	1.80				o	xo	xo	o	xo	xxx				2.00	2	1.97
9	434	Owen CHESHER SM (W)	Brecon AC	1.70		o	pass	o	o	xo	xxo	xxx					1.95	3	2.00
10	435	Adam DAVIES U20M (W)	Pembroke Harriers	1.80				o	o	o	xxx						1.90	4	2.00
11	443	Jamie THOMAS SM (W)	Birchfield Harriers																2.08
12	441	Robert MITCHELL SM (W)	Sale Harriers	1.90						o	pass	o	o				2.05	1	2.25
13																			
14																			
15																			
16																			

OFFICIALS SIGNATURES

## FULL RESULTS

Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT
1	441	Robert MITCHELL SM (W)	Sale Harriers	2.05	9	439	Ben JENKINS U17M (W)	Swansea Harriers	1.80
2	436	Ben DAVIES U20M (W)	Swansea Harriers	2.00	10	433	Tyron BLAKE U17M (W)	Cardiff AAC	1.70
3	434	Owen CHESHER SM (W)	Brecon AC	1.95	11				
4	435	Adam DAVIES U20M (W)	Pembroke Harriers	1.90	12				
5	440	Lewis LONG U23M (W)	Cardiff AAC	1.90	13				
6	442	James SCHOFIELD SM (W)	Brecon AC	1.85	14				
7	438	Stephen GUEST U17M (W)	Bridgend AC	1.85	15				
8	444	Daniel WILLIAMS U23M (W)	Swansea Harriers	1.80	16				

REFEREE SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials		VENUE		Cardiff International Sports Stadium		DATE	Sunday, June 13 2010		TIME	3:45 PM		
		Senior Open Championships		ALL COMERS		Zhu XINMEI - China - 19.69 - 1991								
		Incorporating U15 and U13 Closed Championships		RECORD		Venissa HEAD - Cardiff AAC - 18.93 - 1984								
EVENT		<b>F52 - Senior Women - Shot (4.00kg)</b>		CBP		Venissa HEAD - Cardiff AAC - 18.02 - 1983								
				2009 WINNER		Tesni WARD U20 - City of Sheffield - 13.65								
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	449	Katy SEALY U23W *	UWIC	9.43	8.97	9.53	9.53	5	9.18	9.55	9.00	9.55	5	10.11
2	543	Jasmine SEALE U17W (W)	Cwmbran Harriers	9.19	8.72	9.79	9.79	3	9.94	9.68	9.03	9.94	3	10.63
3	540	Lucy GRIFFITHS U17W (W)	Pembroke Harriers	10.66	10.37	10.86	10.86	2	10.26	10.56	10.47	10.86	2	10.85
4	539	Catherine GOLDSMITH U23W (W)	Carmarthen Harriers	9.71	9.48	9.05	9.71	3	8.72	9.20	9.90	9.90	4	10.89
5	541	Alyson HOURIHAN SW (W)	Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00			11.12
6	544	Tesni WARD U20W (W)	City of Sheffield AC	0.00	0.00	0.00			0.00	0.00	0.00			14.00
7	542	Alison RODGER SW *	Sale Harriers	15.08	NT	NT	15.08	1	NT	15.12	15.24	15.24	1	16.09
8				0.00	0.00	0.00			0.00	0.00	0.00			
9				0.00	0.00	0.00			0.00	0.00	0.00			
10				0.00	0.00	0.00			0.00	0.00	0.00			
11				0.00	0.00	0.00			0.00	0.00	0.00			
12				0.00	0.00	0.00			0.00	0.00	0.00			
13				0.00	0.00	0.00			0.00	0.00	0.00			
14				0.00	0.00	0.00			0.00	0.00	0.00			
15				0.00	0.00	0.00			0.00	0.00	0.00			
16				0.00	0.00	0.00			0.00	0.00	0.00			
FULL RESULTS														
No.	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE					
1	542	Alison RODGER SW *	Sale Harriers	15.24	9									
2	540	Lucy GRIFFITHS U17W (W)	Pembroke Harriers	10.86	10									
3	543	Jasmine SEALE U17W (W)	Cwmbran Harriers	9.94	11									
4	539	Catherine GOLDSMITH U23W	Carmarthen Harriers	9.90	12									
5	449	Katy SEALY U23W *	UWIC	9.55	13									
6					14									
7					15									
8					16									

OFFICIALS SIGNATURES

REFEREE SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium		DATE	Sunday, June 13 2010		TIME	4:30 PM	
EVENT		<b>F53 - U13B - Javelin (400g)</b>		RECORD	Tom NORTON - Cwmbran Harriers - 44.80 - 2007							
				CBP	Sion HOWELLS - Carmarthen Harriers - 30.63 - 2008							
				2009 WINNER	Stevan RUSSELL - Newport Harriers - 30.51							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position	PB	OFFICIALS SIGNATURES		
				Metres	Metres	Metres	Metres					
1	133	Frazer HAUGHTON	Cardiff AAC	0.00	0.00	0.00						
2	175	Thomas DAVIES	Swansea Harriers	NT	13.77	NT	13.77	9				
3	377	Philip HANCOCK	Swansea Harriers	12.64	12.30	9.58	12.64	10				
4	381	Carwyn PENNY	Newport Harriers	0.00	0.00	0.00						
5	522	Hedd WILLIAMS	Swansea Harriers	6.41	NT	14.06	14.06	8				
6	562	Rhys JONES	Cwmbran Harriers	20.23	19.30	18.30	20.23	7	18.01			
7	580	Owen MURPHY	Cwmbran Harriers	NT	21.07	18.56	21.07	5	23.33			
8	179	Ioan WALL	Swansea Harriers	15.95	16.37	20.70	20.70	6	25.48			
9	463	Miles KELLER-JENKINS	Swansea Harriers	21.20	23.42	26.82	26.82	4	25.76			
10	563	Samuel JONES	Swansea Harriers	24.05	28.00	NT	28.00	3	26.20			
11	138	Aaron POWELL	Cwmbran Harriers	0.00	0.00	30.97	30.97	2	33.04			
12	131	Richard DANGERFIELD	Barry & Vale Harriers	0.00	0.00	34.64	34.64	1	38.09			
13				0.00	0.00	0.00						
14				0.00	0.00	0.00						
15				0.00	0.00	0.00						
16				0.00	0.00	0.00						
FULL RESULTS												
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF	REFEREE SIGNATURE		
1	131	Richard DANGERFIELD	Barry & Vale Harriers	34.64	9	175	Thomas DAVIES	Swansea Harriers	13.77			
2	138	Aaron POWELL	Cwmbran Harriers	30.97	10	377	Philip HANCOCK	Swansea Harriers	12.64			
3	563	Samuel JONES	Swansea Harriers	28.00	11							
4	463	Miles KELLER-JENKINS	Swansea Harriers	26.82	12							
5	580	Owen MURPHY	Cwmbran Harriers	21.07	13							
6	179	Ioan WALL	Swansea Harriers	20.70	14							
7	562	Rhys JONES	Cwmbran Harriers	20.23	15							
8	522	Hedd WILLIAMS	Swansea Harriers	14.06	16							

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials		VENUE		Cardiff International Sports Stadium		DATE	Sunday, June 13 2010		TIME	5:00 PM		
EVENT		Senior Open Championships		RECORD		Geoff CAPES - England - 21.68 - 1980								
		Incorporating U15 and U13 Closed Championships		CBP		Shaun PICKERING - Haringey - 20.45 - 1997								
		<b>F54 - Senior Men - Shot (7.26kg)</b>		2009 WINNER		Ryan SPENCER-JONES - Birchfield Harriers - 16.79								
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	531	David GLENDOWER SM *	Bath University	0.00	0.00	0.00			0.00	0.00	0.00			8.38
2	534	James PRESTON U20M *	Bristol & West AC	NT	12.25	12.67	12.67	5	NT	NT	NT	12.67	5	13.43
3	532	Jacob MATTHEWS U20M (W)	Cardiff AAC	0.00	0.00	0.00			0.00	0.00	0.00			15.82
4	533	Brett MORSE U23M (W)	Birchfield Harriers	14.66	15.48	15.17	15.48	3	14.64	15.51	15.14	15.51	3	15.92
5	535	Ben ROBERTS SM (W)	Birchfield Harriers	NT	NT	13.79	13.79	4	NT	NT	NT	13.79	4	16.36
6	538	Sam WESTLAKE-CANN SM *	Shaftesbury Barnet Harriers	17.00	17.00	NT	17.00	2	NT	16.84	NT	17.00	2	17.71
7	536	Ryan SPENCER-JONES SM (W)	Birchfield Harriers	17.64	16.75	NT	17.64	1	17.02	NT	17.18	17.64	1	17.92
8	537	Emeka UDECHUKU SM *	Woodford Green & Essex L	0.00	0.00	0.00			0.00	0.00	0.00			18.97
9				0.00	0.00	0.00			0.00	0.00	0.00			
10				0.00	0.00	0.00			0.00	0.00	0.00			
11				0.00	0.00	0.00			0.00	0.00	0.00			
12				0.00	0.00	0.00			0.00	0.00	0.00			
13				0.00	0.00	0.00			0.00	0.00	0.00			
14				0.00	0.00	0.00			0.00	0.00	0.00			
15				0.00	0.00	0.00			0.00	0.00	0.00			
16				0.00	0.00	0.00			0.00	0.00	0.00			
FULL RESULTS														
No.	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE					
1	536	Ryan SPENCER-JONES SM (W)	Birchfield Harriers	17.64	9									
2	538	Sam WESTLAKE-CANN SM *	Shaftesbury Barnet Harriers	17.00	10									
3	533	Brett MORSE U23M (W)	Birchfield Harriers	15.51	11									
4	535	Ben ROBERTS SM (W)	Birchfield Harriers	13.79	12									
5	534	James PRESTON U20M *	Bristol & West AC	12.67	13									
6					14									
7					15									
8					16									

OFFICIALS SIGNATURES

REFEREE SIGNATURE

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics 2010 Commonwealth Games Trials, Senior Open Championships, Incorporating U15 and U13 Closed Championships		VENUE	Cardiff International Sports Stadium		DATE	Sunday, June 13 2010		TIME	5:15 PM	
EVENT		<b>F55 - U13G - Javelin (400g)</b>		RECORD	Mary WILSON - Carmarthen Harriers - 31.63 - 2004							
				CBP	Rebecca HUGHES - Swansea Harriers - 24.78 - 2009							
				2009 WINNER	Rebecca HUGHES - Swansea Harriers - 24.78							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of All	Final Position	PB	OFFICIALS SIGNATURES		
				Metres	Metres	Metres	Metres					
1	558	Amy PRICE	Cwmbran Harriers	17.68	17.03	16.87	17.68	3	14.44			
2	603	Sian SMITH	Bridgend AC	11.23	13.90	NT	13.90	6	15.00			
3	520	Katie WELLS	Swansea Harriers	14.01	13.18	16.39	16.39	4	15.45			
4	559	Lauren RICHARDS	Severn AC	13.84	NT	NT	13.84	7	16.03			
5	107	Millicent FAKANDE	Cwmbran Harriers	14.72	15.75	13.65	15.75	5	16.08			
6	602	Megan DAVIES	Carmarthen Harriers	0.00	0.00	0.00			16.30			
7	518	Danielle MORGAN	Newport Harriers	17.20	16.04	18.24	18.24	2	19.88			
8	557	Amy HUMBLE	Carmarthen Harriers	21.19	18.49	19.00	21.19	1	21.95			
9				0.00	0.00	0.00						
10				0.00	0.00	0.00						
11				0.00	0.00	0.00						
12				0.00	0.00	0.00						
13				0.00	0.00	0.00						
14				0.00	0.00	0.00						
15				0.00	0.00	0.00						
16				0.00	0.00	0.00						
FULL RESULTS												
	No.	NAME	CLUB	PERF		No.	NAME	CLUB	PERF	REFEREE SIGNATURE		
1	557	Amy HUMBLE	Carmarthen Harriers	21.19	9							
2	518	Danielle MORGAN	Newport Harriers	18.24	10							
3	558	Amy PRICE	Cwmbran Harriers	17.68	11							
4	520	Katie WELLS	Swansea Harriers	16.39	12							
5	107	Millicent FAKANDE	Cwmbran Harriers	15.75	13							
6	603	Sian SMITH	Bridgend AC	13.90	14							
7	559	Lauren RICHARDS	Severn AC	13.84	15							
8					16							