

WELSH ATHLETICS
U13/U20 JUNIOR
CUP FINAL



WELSH ATHLETICS
ATHLETAU CYMRU

PENLAN TRACK
BRECON
SUNDAY 22ND AUGUST 2010

2010 WELSH ATHLETICS CUP FINAL RESULTS

SUNDAY 22ND AUGUST

Event - T5-1-1 - U13G - 100m 12:35 PM

League Record - Hannah BRIER, Swansea Harriers, 12.74, 2010.

Welsh Record - Jane BRADBEER, Swansea Harriers, 12.6, 1981

w/s +1.0						w/s					
Pos	Bib	Athlete	Club	Perf.	Pts Grade	Pos	Bib	Athlete	Club	Perf.	Pts Grade
1A	S	Ffion WAKE	Swansea Harriers	13.64	16 G2 *	1B	TT	Sian PURCELL	Cardiff AAC	14.55	8 G4
2A	T	Grace HUUBARD-SMITH	Cardiff AAC	14.20	14 G3	2B	WW	Emily NOTT	Wrexham AC	14.81	7 G4
3A	G	Ellie MATTHEWS	Cwmbran Harriers	14.39	12 G3	3B	MM	Naomi PRITCHARD	Pembroke Harriers	15.21	6
4A	W	Neve EVANS	Wrexham AC	14.41	10 G4	4B	GG	Eve WILLIAMS	Cwmbran Harriers	15.22	5
5A	N	Caitlin SCARFI	Newport Harriers	14.59	8 G4	5B	SS	Lowri RATTI	Swansea Harriers	16.17	4
6A	M	Milly LACEY	Pembroke Harriers	15.19	6 G4	6B	RR	Siobhan ELERI	Carmarthen Harriers	17.43	3
7A	R	Rebeca HARTSON	Carmarthen Harriers	15.21	4						

Event - T37-1-1 - U13G - 200m 3:45 PM

League Record - Emily MITCHELL, Carmarthen Harriers, Neath Harriers, 27.5, 2003 / 2008

Welsh Record - Jane BRADBEER, Cardiff AAC, 25.70, 1981

w/s +1.4						w/s					
Pos	Bib	Athlete	Club	Perf.	Pts Grade	Pos	Bib	Athlete	Club	Perf.	Pts Grade
1A	S	Ellie COATES	Swansea Harriers	29.03	16 G2 *	1B	TT	Grace HUUBARD-SMITH	Cardiff AAC	29.4	8 G3 *
2A	N	Caitlin SCARFI	Newport Harriers	29.73	14 G3	2B	WW	Emily NOTT	Wrexham AC	30.3	7 G4
3A	T	Bethan REGISTER	Cardiff AAC	29.74	12 G3	3B	MM	Alicia PUGH	Pembroke Harriers	31.0	6 G4
4A	W	Neve EVANS	Wrexham AC	29.91	10 G3	4B	RR	Ffion EVANS	Carmarthen Harriers	31.7	5 G4
5A	G	Ellie MATTHEWS	Cwmbran Harriers	30.66	8 G4	5B	GG	Natalie JONES	Cwmbran Harriers	32.1	4
6A	M	Jenna GALLIVAN - CLASH	Pembroke Harriers	30.98	6 G4	6B	SS	Alice PETERS	Swansea Harriers	34.8	3
7A	R	Menna THOMAS	Carmarthen Harriers	35.62	4						

Event - T16-1-1 - U13G - 800m 1:45 PM

League Record - Jade WILLIAMS, Swansea Harriers, 2.27.2, 2005

Welsh Record - Lisa LANINI, Wrexham AC, 2.16.0, 2000

Pos	Bib	Athlete	Club	Perf.	Pts Grade	Pos	Bib	Athlete	Club	Perf.	Pts Grade
1A	R	Gwenno EVANS	Carmarthen Harriers	2:48.96	16 G4	1B	T	Bethan REGISTER	Cardiff AAC	2:53.01	8
2A	TT	Anna MIRZA-DAVIES	Cardiff AAC	2:51.73	14	2B	RR	Ffion EVANS	Carmarthen Harriers	2:55.40	7
3A	M	Jenna GALLIVAN - CLASH	Pembroke Harriers	2:53.77	12	3B	MM	Anna GARVEY	Pembroke Harriers	2:57.36	6
4A	W	Robyn WILLIAMS	Wrexham AC	3:00.37	10	4B	S	Emily JONES	Swansea Harriers	3:11.46	5
5A	SS	Rhiannon FENN	Swansea Harriers	3:05.10	8						
6A	G	Tara PALMER	Cwmbran Harriers	3:13.86	6						

Event - T39-1-1 - U13G - 1500m 4:00 PM

League Record - Rosa YATES, Bridgend AC, 4.48.06, 2010

Welsh Record - Rosa YATES, Bridgend AC, 4.48.06-P, 2010

Pos	Bib	Athlete	Club	Perf.	Pts Grade	Pos	Bib	Athlete	Club	Perf.	Pts Grade
1A	M	Tegan HARRISON	Pembroke Harriers	5:30.66	16 G3	1B	R	Siobhan ELERI	Carmarthen Harriers	6:03.43	8
2A	RR	Shannon DE SMET	Carmarthen Harriers	5:31.16	14 G3	2B	SS	Kelsey RABAIOTTI	Swansea Harriers	6:08.03	7
3A	S	Katie PARFITT	Swansea Harriers	5:43.02	12 G4						
4A	T	Emma LIGHTART	Cardiff AAC	5:48.71	10 G4						
5A	W	Jodie HUGHES	Wrexham AC	6:21.47	8						

Event - T30-1-1 - U13G - 70m Hurdles 3:00 PM

League Record - Eleanor ROWLAND, Stacey COLLINS, Rachel DAVIES, Laura-Kate EDWARDS, Pembroke H, Neath H, Bridgend AC, v

Welsh Record - Adele NICOLL, Bridgend AC, 11.60, 2005

w/s +2.0						w/s +1.7					
Pos	Bib	Athlete	Club	Perf.	Pts Grade	Pos	Bib	Athlete	Club	Perf.	Pts Grade
1A	W	Chloe DAVIES	Wrexham AC	12.84	16 G3 *	1B	TT	Sian PURCELL	Cardiff AAC	13.36	8 G4
2A	M	Anita MADAN	Pembroke Harriers	13.15	14 G3	2B	MM	Alicia PUGH	Pembroke Harriers	14.00	7 G4
3A	T	Grace HUUBARD-SMITH	Cardiff AAC	13.95	12 G4	3B	SS	Alice PETERS	Swansea Harriers	14.97	6
4A	S	Katie PARFITT	Swansea Harriers	14.31	10 G4	4B	GG	Millie FAKANDE	Cwmbran Harriers	15.91	5
5A	R	Menna THOMAS	Carmarthen Harriers	14.54	8 G4	5B	RR	Jessica NICHOLLS	Carmarthen Harriers	16.03	4
6A	G	Eve WILLIAMS	Cwmbran Harriers	18.03	6						

Event - T52-1-1 - U13G - 4 x 100m Relay 5:15 PM

League Record - Swansea Harriers, 52.43, 2010

Welsh Record -

w/s					
Pos	Bib	Athlete	Club	Perf.	Pts
1A	S	Lowri RATTI, Alice PETERS, Ellie COATES, Ffion WAKE	Swansea Harriers	58.66	16
2A	T	Bethan REGISTER, Grace HUUBARD-SMITH, Sian PURCELL, Emma LIGHTART	Cardiff AAC	59.49	14
3A	G	Geri MCNAMARA, Eve WILLIAMS, Millie FAKANDE, Ellie MATTHEWS	Cwmbran Harriers	60.27	12
4A	M	Anita MADAN, Jenna GALLIVAN - CLASH, Milly LACEY, Alicia PUGH	Pembroke Harriers	60.55	10
5A	W	Chloe DAVIES, Emily NOTT, Robyn WILLIAMS, Neve EVANS	Wrexham AC	61.89	8
6A	R	Gwenno DANIEL, Siobhan ELERI, Shannon DE SMET, Rebeca HARTSON	Carmarthen Harriers	63.00	6

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Event - F13 - U13G - High Jump 12:00 PM

League Record - Hannah THOMAS, Wrexham AC, 1.50, 2005
Welsh Record - Julia CHARLTON, Carmarthen Harriers, 1.68, 1978

Pos	Bib	Athlete	Club	Perf.	Pts	Grade	Pos	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S	Ffion WAKE	Swansea Harriers	1.25	16	G3	1B	RR	Jessica NICHOLLS	Carmarthen Harriers	1.15	8	
2A	R	Rebeca HARTSON	Carmarthen Harriers	1.20	14	G4	2B	T	Bethan REGISTER	Cardiff AAC	1.10	7	
3A	W	Lauren READ	Wrexham AC	1.15	12		3B	SS	Rhiannon FENN	Swansea Harriers	1.10	6	
4A	GG	Eve WILLIAMS	Cwmbran Harriers	1.10	10								

Event - F38 - U13G - Long Jump 3:00 PM

League Record - Hannah BRIER, Swansea Harriers, 4.77, 2010
Welsh Record - Lisa ARMSTRONG, Torfaen AC, 4.88, 1986

Pos	Bib	Athlete	Club	Perf.	Pts	Grade	Pos	Bib	Athlete	Club	Perf.	Pts	Grade
1A	SS	Ellie COATES	Swansea Harriers	4.03	16	G3	1B	S	Ffion WAKE	Swansea Harriers	3.98	8	G3
2A	G	Ellie MATTHEWS	Cwmbran Harriers	4.01	14	G3	2B	N	Damielle MORGAN	Newport Harriers	3.60	7	G4
3A	NN	Caitlin SCARFI	Newport Harriers	3.75	12	G4	3B	WW	Emily NOTT	Wrexham AC	3.39	6	
4A	W	Neve EVANS	Wrexham AC	3.69	10	G4	4B	GG	Geri MCNAMARA	Cwmbran Harriers	3.37	5	
5A	M	Milly LACEY	Pembroke Harriers	3.54	8		5B	RR	Shannon DE SMET	Carmarthen Harriers	2.82	4	
6A	TT	Anna MIRZA-DAVIES	Cardiff AAC	3.36	6		6B	T	Emma LIGHTTART	Cardiff AAC	2.68	3	
7A	R	Siobhan ELERI	Carmarthen Harriers	2.95	4		7B	MM	Naomi PRITCHARD	Pembroke Harriers	2.12	2	

Event - F24 - U13G - Shot Put (2.72kg) 12:45 PM

League Record - Nicola STEVENSON, Bridgend AC, 10.37,
Welsh Record - Nicola STEVENSON, Bridgend AC, 10.83, 2001

Pos	Bib	Athlete	Club	Perf.	Pts	Grade	Pos	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R	Amy HUMBLE	Carmarthen Harriers	8.80	16	G1 *	1B	RR	Angharad EVANS	Carmarthen Harriers	6.87	8	G3
2A	M	Anita MADAN	Pembroke Harriers	7.56	14	G2 *	2B	GG	Amy PRICE	Cwmbran Harriers	6.31	7	G4
3A	W	Chloe DAVIES	Wrexham AC	7.25	12	G2	3B	SS	Alice PETERS	Swansea Harriers	4.54	6	
4A	N	Danielle MORGAN	Newport Harriers	6.54	10	G3							
5A	G	Millie FAKANDE	Cwmbran Harriers	6.35	8	G4							
6A	S	Emily EVANS	Swansea Harriers	5.50	6								

Event - F33 - U13G - Discus (0.75kg) 2:15 PM

League Record - Toni WELLS, Swansea Harriers, 27.75, 2005
Welsh Record - Toni WELLS, Swansea Harriers, 29.85, 2005

Pos	Bib	Athlete	Club	Perf.	Pts	Grade	Pos	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M	Anita MADAN	Pembroke Harriers	18.34	16	G3	1B	SS	Emily EVANS	Swansea Harriers	14.72	8	G4
2A	R	Amy HUMBLE	Carmarthen Harriers	17.64	14	G3	2B	MM	Tabitha STEVENSON	Pembroke Harriers	9.30	7	
3A	S	Katie WELLS	Swansea Harriers	15.76	12	G4	3B	G	Amy PRICE	Cwmbran Harriers	9.06	6	
4A	GG	Tara PALMER	Cwmbran Harriers	12.69	10		4B	T	Emma LIGHTTART	Cardiff AAC	8.02	5	
5A	TT	Anna MIRZA-DAVIES	Cardiff AAC	10.62	8								

Event - F49 - U13G - Javelin (400g) 4:15 PM

League Record - Robyn PURCHASE, Wrexham AC, 30.73, 2005
Welsh Record - Mary WILSON, Carmarthen Harriers, 31.63, 2004

Pos	Bib	Athlete	Club	Perf.	Pts	Grade	Pos	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R	Amy HUMBLE	Carmarthen Harriers	23.60	16	G2 *	1B	RR	Megan DAVIES	Carmarthen Harriers	16.35	8	G4
2A	N	Danielle MORGAN	Newport Harriers	22.82	14	G2 *	2B	GG	Millie FAKANDE	Cwmbran Harriers	15.50	7	G4
3A	WW	Chloe DAVIES	Wrexham AC	19.27	12	G3	3B	SS	Danielle JONES	Swansea Harriers	15.33	6	G4
4A	S	Katie WELLS	Swansea Harriers	19.22	10	G3	4B	W	Lauren READ	Wrexham AC	14.23	5	G4
5A	G	Amy PRICE	Cwmbran Harriers	16.42	8	G4							
6A	MM	Tabitha STEVENSON	Pembroke Harriers	7.46	6								

Clubs	Points
1 Swansea Harriers	197
2 Carmarthen Harriers	171
3 Pembroke Harriers	142
4 Cardiff AAC	137
5 Wrexham AC	133
6 Cwmbran Harriers	133
7 Newport Harriers	65
8 Colwyn Bay AC	0
The points above are for U13 Girls only	

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Event - T7-1-1 - U15G - 100m

12:45 PM

League Record - Claire JONES, Pembroke Harriers, 12.4, 2003

Welsh Record - Helin MILES, Bridgend AC, 12.0, 1981

w/s +1.5 man					w/s +0.6 man						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Elli NORKETT	Pembroke Harriers	13.28	16	G3 *	1B	MM Amy LEAHY	Pembroke Harriers	13.02	8	G2 *
2A	N Katie-Jane PRIEST	Newport Harriers	13.36	14	G3	2B	RR Carys BAKER	Carmarthen Harriers	13.60	7	G4
3A	W Amy ROBERTS	Wrexham AC	13.53	12	G4	3B	SS Katherine MORRIS	Swansea Harriers	13.93	6	G4
4A	R Natasha JIWA WALJI	Carmarthen Harriers	13.57	10	G4	4B	WW Melys EDWARDS	Wrexham AC	14.46	5	
5A	T Laura DURRANI	Cardiff AAC	13.59	8	G4	5B	TT Bethan TRIGG	Cardiff AAC	14.96	4	
6A	S Elise DAVIES	Swansea Harriers	13.99	6	G4						
7A	G Sophie EDWARDS	Cwmbran Harriers	14.19	4							

Event - T35-1-1 - U15G - 200m

3:35 PM

League Record - Hannah JONES, Carmarthen Harriers, 25.5, 2005

Welsh Record - Jane BRADBEER, Cardiff AAC, 24.90, 1983

w/s +1.3					w/s +1.4						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Amy LEAHY	Pembroke Harriers	27.24	16	G3 *	1B	RR Kimberley ABORDUNRIN	Carmarthen Harriers	27.51	8	G3
2A	N Katie-Jane PRIEST	Newport Harriers	27.57	14	G3	2B	NN Emma HENNESSEY	Newport Harriers	27.84	7	G3
3A	W Amy ROBERTS	Wrexham AC	28.03	12	G4	3B	TT Olivia EVANS	Cardiff AAC	28.82	6	G4
4A	S Catrin JONES	Swansea Harriers	28.17	10	G4	4B	MM Lois THOMAS	Pembroke Harriers	29.31	5	
5A	R Cays BAKER	Carmarthen Harriers	28.23	8	G4	5B	GG Malika REZOUGUI	Cwmbran Harriers	29.63	4	
6A	T Rebecca FOLEY	Cardiff AAC	28.88	6	G4	6B	SS Rebecca CLEMENTS	Swansea Harriers	29.90	3	
7A	G Sophie EDWARDS	Cwmbran Harriers	29.67	4		7B	WW Melys EDWARDS	Wrexham AC	29.96	2	

Event - T20-1-1 - U15G - 800m

2:05 PM

League Record - Non STANFORD, Swansea Harriers, 2.19.4,

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

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	G Malika REZOUGUI	Cwmbran Harriers	2:30.04	16	G3	1B	T Steph LOWE	Cardiff AAC	2:32.90	8	G4
2A	M Charlotte REES	Pembroke Harriers	2:31.44	14	G4	2B	GG Emma JORDAN	Cwmbran Harriers	2:34.45	7	G4
3A	TT Erin WALTERS	Cardiff AAC	2:31.92	12	G4	3B	SS Caitlin ATKINS	Swansea Harriers	2:39.73	6	
4A	S Lucy HAMMETT	Swansea Harriers	2:34.45	10	G4	4B	MM Lucy JAMES	Pembroke Harriers	2:42.93	5	
5A	R Kari O'NEIL	Carmarthen Harriers	2:36.99	8	G4	5B	RR Lucy JONES	Carmarthen Harriers	2:43.67	4	
6A	W Emily ROWLANDS	Wrexham AC	2:38.61	6		6B	NN Bethan HAWKINS	Newport Harriers	2:44.79	3	
7A	N Cheyenne SINCLAIR	Newport Harriers	2:39.90	4		7B	WW Jordi EVANS	Wrexham AC	3:14.69	2	

Event - T41-1-1 - U15G - 1500m

4:15 PM

League Record - Melanie DAVIES, Swansea Harriers, 4.55.1, 2003

Welsh Record - Non STANFORD, Swansea Harriers, 4.32.24, 2003

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	SS Elin DAVIES	Swansea Harriers	5:12.12	16	G3	1B	S Iona EVANS	Swansea Harriers	5:18.13	8	G4
2A	T Kate SEARY	Cardiff AAC	5:20.44	14	G4	2B	GG Francesca HYDE	Cwmbran Harriers	5:29.23	7	G4
3A	MM Rhian HOMER	Pembroke Harriers	5:27.52	12	G4	3B	M Poppy LEWIS	Pembroke Harriers	5:40.01	6	
4A	RR Megan THOMAS	Carmarthen Harriers	5:40.44	10		4B	R Niamh ELAIN	Carmarthen Harriers	6:00.46	5	

Event - T26-1-1 - U15G - 75m Hurdles

2:45 PM

League Record - Heather JONES, Carmarthen Harriers, 11.1,

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

w/s +0.6					w/s +0.6						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T Rebecca FOLEY	Cardiff AAC	12.35	16	G2 *	1B	MM Amy LEAHY	Pembroke Harriers	12.07	8	G2 *
2A	S Katherine MORRIS	Swansea Harriers	12.44	14	G2 *	2B	TT Laura DURRANI	Cardiff AAC	12.54	7	G3 *
3A	M Elli NORKETT	Pembroke Harriers	12.49	12	G2 *	3B	WW Melys EDWARDS	Wrexham AC	12.86	6	G3
4A	N Emma HENNESSEY	Newport Harriers	12.99	10	G3	4B	RR Erin WALTERS	Carmarthen Harriers	13.89	5	G4
5A	R Bella MOSSMAN	Carmarthen Harriers	13.15	8	G4	5B	SS Bethan RADFORD	Swansea Harriers	13.97	4	G4
6A	W Hannah BROWNING	Wrexham AC	13.37	6	G4						
7A	G Sam WALKER	Cwmbran Harriers	17.30	4							

Event - T54-1-1 - U15G - 4 x 100m Relay

5:25 PM

League Record - Carmarthen Harriers, 50.6, 2005

Welsh Record -

Bib	Athlete	Club	Perf.	Pts
1A	S Katherine MORRIS, Catrin JONES, Rebecca CLEMENTS, Elise DAVIES	Swansea Harriers	54.00	16
2A	R Erin WALTERS, Kimberley ABORDUNRIN, Natasha JIWA WALJI, Carys BAKER	Carmarthen Harriers	54.13	14
3A	M Poppy LEWIS, Amy LEAHY, Lois THOMAS, Elli NORKETT	Pembroke Harriers	55.92	12
4A	T Laura DURRANI, Olivia EVANS, Rebecca FOLEY, Kate SEARY	Cardiff AAC	56.25	10
5A	W Hannah BROWNING, Manon EDWARDS, Kathryn ROBERTS, Amy ROBERTS	Wrexham AC	56.75	8
6A	G Sophie EDWARDS, Francesca HYDE, Malika REZOUGUI, Chelsie HARRIS	Cwmbran Harriers	58.80	6

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Event - F14 - U15G - High Jump

12:00 PM

League Record - Hannah THOMAS, Wrexham AC Neath Harriers, 1.60, 2003 / 2008

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

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T Laura TRIGG	Cardiff AAC	1.50	16	G2 *	1B	SS Miriam WILLIAMS	Swansea Harriers	1.30	8	
2A	S Catrin JONES	Swansea Harriers	1.45	14	G3 *	2B	TT Kate SEARY	Cardiff AAC	1.20	7	
3A	R Erin WALTERS	Carmarthen Harriers	1.45	12	G3 *	3B	G Sophie JACKSON	Cwmbran Harriers	1.20	6	
4A	W Hannah BROWNING	Wrexham AC	1.30	10							
5A	N Emma HENNESSEY	Newport Harriers	1.25	8							
6A	GG Francesca HYDE	Cwmbran Harriers	1.25	6							

Event - F8 - U15G - Pole Vault

12:00 PM

League Record - Rhiannydd LLEWELLYN, Bridgend AC, 3.15, 2008

Welsh Record - Rhiannydd LLEWELLYN, Bridgend AC, 3.15, 2008

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	TT Olivia EVANS	Cardiff AAC	2.80	16	G1 *	1B	T Sally NICHOLAS	Cardiff AAC	2.40	8	G1
2A	S Caitlin ATKINS	Swansea Harriers	2.30	14	G1						

Event - F35 - U15G - Long Jump

2:15 PM

League Record - Danielle CARPENTER, Cardiff AAC, 5.17,

Welsh Record - Ceri JENKINS, Cleddau, 5.57, 1972

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Erin WALTERS	Carmarthen Harriers	4.49	16	G3	1B	RR Kimberley ABORDUNRIN	Carmarthen Harriers	4.31	8	G4
2A	N Katie-Jane PRIEST	Newport Harriers	4.39	14	G4	2B	SS Isobelle REYNOLDS	Swansea Harriers	3.83	7	
3A	S Miriam WILLIAMS	Swansea Harriers	4.31	12	G4	3B	MM Lois THOMAS	Pembroke Harriers	3.59	6	
4A	W Hannah BROWNING	Wrexham AC	4.01	10		4B	TT Olivia EVANS	Cardiff AAC	3.48	5	
5A	M Poppy LEWIS	Pembroke Harriers	3.68	8		5B	WW Kathryn ROBERTS	Wrexham AC	3.13	4	
6A	T Laura DURRANI	Cardiff AAC	3.60	6		6B	G Francesca HYDE	Cwmbran Harriers	2.97	3	
7A	GG Chelsie HARRIS	Cwmbran Harriers	3.07	4							

Event - F17 - U15G - Shot Put (3.25kg)

12:00 PM

League Record - Awen ROSSER, Carmarthen Harriers, 11.61, 2010

Welsh Record - Emily STEELE, Shrewsbury AC, 13.22, 1989

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	W Manon EDWARDS	Wrexham AC	9.69	16	G1 *	1B	SS Isobelle REYNOLDS	Swansea Harriers	7.71	8	G3
2A	S Stephanie NICHOLAS	Swansea Harriers	9.43	14	G2 *	2B	TT Carys DAWE	Cardiff AAC	6.59	7	G4
3A	M Elli NORKETT	Pembroke Harriers	8.30	12	G3	3B	MM Ffion CADOGAN	Pembroke Harriers	6.50	6	G4
4A	R Natasha JIWA WALJI	Carmarthen Harriers	8.26	10	G3	4B	RR Ffion WALTERS	Carmarthen Harriers	5.63	5	
5A	T Holly FIELD	Cardiff AAC	7.35	8	G4	5B	WW Jordi EVANS	Wrexham AC	4.95	4	
6A	GG Sam WALKER	Cwmbran Harriers	5.19	6		6B	G Malika REZOUGUI	Cwmbran Harriers	4.34	3	

Event - F34 - U15G - Discus (1.00kg)

2:15 PM

League Record - Toni WELLS, Swansea Harriers, 32.15, 2007

Welsh Record - Philpa ROLES, Swansea Harriers, 44.12, 1992

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Stephanie NICHOLAS	Swansea Harriers	27.32	16	G1 *	1B	G Emma NORTON	Cwmbran Harriers	16.57	8	G4
2A	T Holly FIELD	Cardiff AAC	22.47	14	G2	2B	SS Carys SMITH	Swansea Harriers	15.07	7	
3A	GG Sophie JACKSON	Cwmbran Harriers	17.78	12	G4	3B	TT Carys DAWE	Cardiff AAC	13.80	6	
4A	M Ffion CADOGAN	Pembroke Harriers	16.13	10	G4	4B	MM Rhian HOMER	Pembroke Harriers	11.78	5	
5A	RR Ffion WALTERS	Carmarthen Harriers	10.67	8							

Event - F2 - U15G - Hammer (3.00kg)

11:00 AM

League Record - Zoe DAKIN, Bridgend AC, 40.37, 2010

Welsh Record - Charlotte MURRAY, Swansea Harriers, 41.90, 2004

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	SS Stephanie NICHOLAS	Swansea Harriers	29.65	16	G3 *	1B	S Carys SMITH	Swansea Harriers	29.10	8	G3 *
2A	W Manon EDWARDS	Wrexham AC	23.78	14	G4	2B	T Holly FIELD	Cardiff AAC	8.03	7	
3A	TT Carys DAWE	Cardiff AAC	11.21	12							

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Event - F50 - U15G - Javelin (600g)

4:15 PM

League Record - Danielle HAMER, Carmarthen Harriers, 35.24, 2005

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

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Caitlin ATKINS	Swansea Harriers	22.71	16	G3	1B	SS Bethan RADFORD	Swansea Harriers	20.14	8	G4
2A	M Ffion CADOGAN	Pembroke Harriers	20.21	14	G4	2B	G Emma NORTON	Cwmbran Harriers	17.88	7	G4
3A	R Kayleigh JONES	Carmarthen Harriers	19.92	12	G4	3B	MM Lucy JAMES	Pembroke Harriers	14.29	6	
4A	GG Sophie JACKSON	Cwmbran Harriers	18.74	10	G4	4B	RR Ffion WALTERS	Carmarthen Harriers	13.59	5	
5A	W Manon EDWARDS	Wrexham AC	18.00	8	G4	5B	WW Emily ROWLANDS	Wrexham AC	9.57	4	
6A	T Rebecca FOLEY	Cardiff AAC	10.63	6		6B	TT Bethan TRIGG	Cardiff AAC	8.19	3	

	Clubs	Points
1	Swansea Harriers	247
2	Cardiff AAC	212
3	Pembroke Harriers	181
4	Carmarthen Harriers	163
5	Wrexham AC	129
6	Cwmbran Harriers	117
7	Newport Harriers	74
8	Colwyn Bay AC	0
The points above are for U15 Girls only		

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Event - T9-1-1 - U17W - 100m

12:55 PM

League Record - Danielle BARKER, Neath Harriers, 12.2, 2003

Welsh Record - Sallyanne SHORT, Rachel JOHNCOCK, Torfaen AC, Colwyn Bay, 11.88, 1984/2009

w/s +2.0						w/s +2.0						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade	
1A	R	Catrin REES	13.10	16	G3	1B	T	Olivia DYER	Cardiff AAC	13.43	8	G4
2A	TT	Alison SINGLETON	13.25	14	G4	2B	SS	Kimberly DAVIES	Swansea Harriers	14.12	7	
3A	S	Nia PALLA	13.27	12	G4	3B	RR	Amelia ROBERTS	Carmarthen Harriers	14.76	6	
4A	W	Helen BLOWER	14.12	10								

Event - T33-1-1 - U17W - 200m

3:25 PM

League Record - Lisa-Marie EDWARDS, Wrexham AC, 25.7, 2003

Welsh Record - Michelle PROBERT, Sale Harriers, 23.60, 1976

w/s +1.8						w/s +1.8						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade	
1A	R	Catrin REES	27.12	16		1B	SS	Emily DACEY	Swansea Harriers	27.82	8	
2A	T	Alison SINGLETON	27.52	14		2B	TT	Bethany WHEDDON	Cardiff AAC	30.05	7	
3A	S	Nia PALLA	27.67	12		3B	RR	Amelia ROBERTS	Carmarthen Harriers	30.4	6	
4A	W	Helen BLOWER	29.73	10								

Event - T47-1-1 - U17W - 300m

4:45 PM

League Record - Megan ROGERS, Wrexham AC, 39.9, 2008

Welsh Record - Faye HARDING, Wrexham AC, 39.46, 2001

w/s						w/s						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade	
1A	S	Elysia PEARSON	43.76	16	*	1B	MM	Josie LEWIS	Pembroke Harriers	48.05	8	
2A	TT	Olivia DYER	45.70	14		2B	T	Amy PACKHAM-SMITH	Cardiff AAC	48.24	7	
3A	M	Meghan GOOD	46.24	12		3B	SS	Robyn LINGARD	Swansea Harriers	50.68	6	
4A	R	Alyce PHILLIPS	47.75	10		4B	RR	Elin THOMAS	Carmarthen Harriers	51.08	5	

Event - T24-1-1 - U17W - 800m

2:30 PM

League Record - Rebecca NUTALL, Deeside AC, 2.18.4, 2003

Welsh Record - Amanda PRITCHARD, Cardiff AAC, 2.07.32, 1996

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade	
1A	SS	Jemima OSBORNE	2:24.26	16	G1 *	1B	S	Elysia PEARSON	Swansea Harriers	2:25.54	8	G3
2A	T	Catrin GRIFFITHS	2:50.50	14	G1							
3A	R	Elin THOMAS	2:55.90	12	G1							

Event - T43-1-1 - U17W - 1500m

4:25 PM

League Record - Kayleigh BROWN, Carmarthen Harriers, 4.45.0, 2006

Welsh Record - Non STANFORD, Swansea Harriers, 4.23.55, 2004

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade	
1A	S	Jemima OSBORNE	5:23.70	16	G1	1B	T	Clare HARWOOD	Cardiff AAC	6:20.71	8	
2A	TT	-	5:50.90	14	G1							

Event - T23-1-1 - U17W - 80m Hurdles

2:20 PM

League Record - Heather JONES, Carmarthen Harriers, 11.3, 2003

Welsh Record - Heather JONES, Carmarthen Harriers, 11.27, 2003

w/s +1.3						w/s						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade	
1A	S	Kimberley DAVIES	12.51	16	G2 *	1B	SS	Emily DACEY	Swansea Harriers	12.91	8	G4 *
2A	R	Alyce PHILLIPS	13.24	14	G4							
3A	M	Helena MADAN	13.34	12	G4							

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Event - T4-1-1 - U17W - 300m Hurdles

12:30 PM

League Record - Megan RODGERS, Wrexham AC, 44.89, 2010

Welsh Record - Caryl GRANVILLE, Carmarthen Harriers, 42.65, 2006

w/s						w/s					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Emily MORRIS	Swansea Harriers	48.48	16	*	1B	MM Meghan GOOD	Pembroke Harriers	51.96	8	G4
2A	T Megan THOMAS	Cardiff AAC	49.67	14	*	2B	SS Gemma SEAMAN	Swansea Harriers	52.46	7	G4
3A	M Josie LEWIS	Pembroke Harriers	51.44	12							

Event - T56-1-1 - U17W - 4 x 100m Relay

5:35 PM

League Record - Swansea Harriers, 50.4, 2007

Welsh Record -

Bib	Athlete	Club	Perf.	Pts
1A	S Emily DACEY, Kimberley DAVIES, Emily MORRIS, Nia PALLA	Swansea Harriers	52.71	16
2A	T Alison SINGLETON, Olivia DYER, Amy PACKHAM-SMITH, Bethany WHEDDON	Cardiff AAC	54.90	14
3A	R Catrin REES, Amelia ROBERTS, Alyce PHILLIPS, Elin THOMAS	Carmarthen Harriers	56.68	12
4A	M Meghan GOOD, Lucy GRIFFITHS, Josie LEWIS, Helena MADAN	Pembroke Harriers	57.09	10

Event - F25 - U17W - High Jump

1:00 PM

League Record - Emily MORRIS, Swansea Harriers, 1.65, 2010

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

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Emily MORRIS	Swansea Harriers	1.55	16	G3 *	1B	SS Kimberly DAVIES	Swansea Harriers	1.40	8	
2A	M Helena MADAN	Pembroke Harriers	1.45	14	G4						
3A	R Rhiannon PLANT	Carmarthen Harriers	1.45	12	G4						

Event - F10 - U17W - Pole Vault

12:00 PM

League Record - Elinor LEWIS, Rachel DAVIES, Cardiff AAC, Deeside AAC, 3.50, 2009 / 2010

Welsh Record - Rhian CLARKE, Essex Ladies, 3.7, 1996

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Enfys JONES	Carmarthen Harriers	2.50	16	G4 *						

Event - F15 - U17W - Long Jump

12:00 PM

League Record - Sarah DACEY, Swansea Harriers, 5.59, 2007

Welsh Record - Lisa ARMSTRONG, Torfaen AC, 6.01, 1990

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Nia PALLA	Swansea Harriers	4.75	16	G3	1B	SS Emily DACEY	Swansea Harriers	4.71	8	G3
2A	R Alyce PHILLIPS	Carmarthen Harriers	4.16	14		2B	RR Elin THOMAS	Carmarthen Harriers	3.71	7	
3A	T Megan THOMAS	Cardiff AAC	3.98	12							
4A	M Josie LEWIS	Pembroke Harriers	2.67	10							

Event - F51 - U17W - Triple Jump

4:30 PM

League Record - Amy BRADLEY, Cwmbran Harriers, 10.93, 2008

Welsh Record - Jayne LUDLOW, Cardiff, 12.14, 1994

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Rhianon THOMAS	Swansea Harriers	8.91	16		1B	SS Chelsea CHRISTOPHER	Swansea Harriers	8.75	8	
2A	R Beccy FERRARO	Carmarthen Harriers	8.47	14							

2010 WELSH ATHLETICS CUP FINAL RESULTS

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Event - F36 - U17W - Shot Put (4.00kg)

2:15 PM

League Record - Sally HINDS, Swansea Harriers, 11.47, 2002

Welsh Record - Philpa ROLES, Swansea Harriers, 13.65, 1994

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Lucy GRIFFITHS	Pembroke Harriers	10.95	16	G1 *	1B	SS Rhiannon THOMAS	Swansea Harriers	7.55	8	G4
2A	G Jasmine SEALE	Cwmbran Harriers	9.85	14	G2 *	2B	RR Rhiannon PLANT	Carmarthen Harriers	7.51	7	G4
3A	S Nina PRELLS	Swansea Harriers	8.70	12	G3	3B	MM Meghan GOOD	Pembroke Harriers	4.72	6	
4A	R Emma EVANS	Carmarthen Harriers	7.67	10	G4						
5A	T Bethany WHEDDON	Cardiff AAC	5.75	8							

Event - F45 - U17W - Discus (1.00kg)

3:45 PM

League Record - Ella NEWINGTON, Swansea Harriers, 34.41, 2003

Welsh Record - Philpa ROLES, Swansea Harriers, 48.88, 1994

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Nina PRELLS	Swansea Harriers	33.52	16	G1 *	1B	SS Gabriella CIRILLO	Swansea Harriers	20.99	8	G4
2A	M Lucy GRIFFITHS	Pembroke Harriers	32.09	14	G1 *	2B	R Enfys JONES	Carmarthen Harriers	11.94	7	
3A	G Jasmine SEALE	Cwmbran Harriers	26.59	12	G2	3B	TT Alison SINGLETON	Cardiff AAC	11.60	6	
4A	RR Carys MANSFIELD	Carmarthen Harriers	26.25	10	G2						
5A	T Megan THOMAS	Cardiff AAC	20.46	8	G4						

Event - F4 - U17W - Hammer (4.00kg)

11:00 AM

League Record - Toni WELLS, Swansea Harriers, 48.27, 2010

Welsh Record - Stephanie OWENS, West Cheshire, 48.69, 2007

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	G Jasmine SEALE	Cwmbran Harriers	36.97	16	G2 *	1B	SS Nina PRELLS	Swansea Harriers	23.60	8	G4
2A	M Helena MADAN	Pembroke Harriers	32.01	14	G3 *						
3A	R Emma EVANS	Carmarthen Harriers	28.57	12	G3 *						
4A	S Gabriella CIRILLO	Swansea Harriers	28.00	10	G3 *						
5A	T Bethany WHEDDON	Cardiff AAC	12.48	8							

Event - F18 - U17W - Javelin (600g)

12:00 PM

League Record - Lianne CLARKE, Neath Harriers, 44.40, 2003

Welsh Record - Lianne CLARKE, Neath Harriers, 45.55, 2003

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Carys MANSFIELD	Carmarthen Harriers	38.29	16	G1 *	1B	RR Rhiannon PLANT	Carmarthen Harriers	18.15	8	
2A	S Emily MORRIS	Swansea Harriers	17.66	14		2B	SS Rhiannon THOMAS	Swansea Harriers	14.93	7	
3A	M Lucy GRIFFITHS	Pembroke Harriers	14.51	12							
4A	TT Olivia DYER	Cardiff AAC	8.00	10							

Clubs	Points
1 Swansea Harriers	323
2 Carmarthen Harriers	228
3 Cardiff AAC	188
4 Pembroke Harriers	166
5 Cwmbran Harriers	56
6 Wrexham AC	20
7 Colwyn Bay AC	0
8 Newport Harriers	0

The points above are for U17 Women only

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Event - T10-1-1 - U20W - 100m

1:00 PM

League Record - Susan BAGNALL, Deeside AC, 12.3, 2003

Welsh Record - , Cardiff AAC, 11.62, 1985

w/s +1.1

w/s

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	W Hannah THOMAS	Wrexham AC	12.39	16	G2 *					
2A	T Gwen WILLIAMS	Cardiff AAC	13.11	14						
3A	S Sarah EVANS	Swansea Harriers	13.46	12						
4A	R Ffion REES	Carmarthen Harriers	13.57	10						

U20 'B' STRING ATHLETES DO NOT SCORE IN ALL EVENTS

Event - T34-1-1 - U20W - 200m

3:30 PM

League Record - Melanie STEPHENSON, Cardiff AAC, 24.7, 2005

Welsh Record - Michelle PROBERT, Sale Harriers, 23.60, 1976

w/s +2.0

w/s

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	W Hannah THOMAS	Wrexham AC	26.35	16	*						
2A	T Gwen WILLIAMS	Cardiff AAC	27.01	14							
3A	S Sarah DACEY	Swansea Harriers	27.70	12							
4A	R Angharad DAVIES	Carmarthen Harriers	28.35	10							

Event - T50-1-1 - U20W - 400m

5:00 PM

League Record - Gail LIPPETT, Wrexham AC, 59.0, 2007

New League Record

Welsh Record - Sian MORRIS, Port Talbot, 52.8, 1983

w/s

w/s

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	W Megan ROGERS	Wrexham AC	57.46	16	*					
2A	T Lauren REGAN	Cardiff AAC	62.12	14						
3A	R Angharad DAVIES	Carmarthen Harriers	62.68	12						

Event - T25-1-1 - U20W - 800m

2:35 PM

League Record - Kate WILTSHIRE, Cardiff AAC, 2.17.2, 2006

Welsh Record - Kirsty MCDERMOTT, Brecon, 2.04.1, 1981

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Angharad DAVIES	Carmarthen Harriers	2:22.03	16	G1 *						
2A	T Elinor LEWIS	Cardiff AAC	2:49.16	14	G1						

Event - T44-1-1 - U20W - 1500m

4:30 PM

League Record - Harriett MORRIS, Cardiff AAC, 4.56.4, 2010

Welsh Record - Non STANFORD, Swansea Harriers, 4.23.55, 2004

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	T Amy HENDRICKSON	Cardiff AAC	6:20.71	16	G1					

Event - T19-1-1 - U20W - 100m Hurdles

2:00 PM

League Record - Heather JONES, Carmarthen Harriers, 14.0, 2005

Welsh Record - Bethan EDWARDS, Cardiff AAC, 13.57, 1992

w/s +2.6

w/s

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	W Megan ROGERS	Wrexham AC	14.68	16	*					
2A	S Catrin STONE	Swansea Harriers	14.70	14	*					
3A	T Elinor LEWIS	Cardiff AAC	16.90	12						
4A	M Jessica HUDDLESTON	Pembroke Harriers	19.35	10						

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Event - T3-1-1 - U20W - 400m Hurdles

12:20 PM

League Record - Megan ROGERS, Wrexham AC, 63.2, 2010

Welsh Record - Alyson EVANS, Cardiff AAC, 58.37, 1985

w/s						w/s					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade	
1A	R Angharad DAVIES	Carmarthen Harriers	67.63	16	*	1B	RR Sophie PICK	Carmarthen Harriers	72.12		
2A	T Danielle MILL	Cardiff AAC	74.64	14							

Event - T58-1-1 - U20W - 4 x 100m Relay

5:45 PM

League Record - Deeside , 51.8, 2003

Bib	Athlete	Club	Perf.	Pts
1A	T Amy HENDRICKSON, Gwen WILLIAMS, Danielle MILL, Lauren REGAN	Cardiff AAC	52.34	16
2A	S Catrin STONE, Sarah DACEY, Naomi JAMES, Toni WELLS	Swansea Harriers	52.56	14

Event - F26 - U20W - High Jump

1:00 PM

League Record - Ceri STOKOE, Swansea Harriers, 1.79, 2000

Welsh Record - Rebecca JONES, Wrexham AC, 1.88, 2002

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	W Megan ROGERS	Wrexham AC	1.50	16	G4					
2A	R Sophie PICK	Carmarthen Harriers	1.50	14	G4					
3A	T Gwen WILLIAMS	Cardiff AAC	1.45	12	G4					

Event - F12 - U20W - Pole Vault

12:00 PM

League Record - Lindsey MAUND, Swansea Harriers, 3.30, 2005

Equal League Record

Welsh Record - Rhian CLARKE, Essex Ladies, 3.70, 1996

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T Elinor LEWIS	Cardiff AAC	3.30	16	G2 *						
2A	S Naomi JAMES	Swansea Harriers	3.30	14	G2 *						

Event - F16 - U20W - Long Jump

12:00 PM

League Record - Lara RICHARDS, Newport Harriers, 5.58,

Welsh Record - Lisa ARMSTRONG, Torfaen AC, 6.25, 1992

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	W Megan ROGERS	Wrexham AC	4.99	16	G3						
2A	R Ffion REES	Carmarthen Harriers	4.98	14	G3						
3A	S Catrin STONE	Swansea Harriers	4.58	12	G4						
4A	T Amy HENDRICKSON	Cardiff AAC	4.03	10	G4						

Event - F53 - U20W - Triple Jump

4:30 PM

League Record - Victoria LLOYD, Pembroke Harriers, 11.04, 2005

Welsh Record - Sally PEAKE, Liverpool, 12.24, 2005

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	R Ffion REES	Carmarthen Harriers	9.26	16	G4	1B	RR Sophie PICK	Carmarthen Harriers	8.71	G4
2A	T Elinor LEWIS	Cardiff AAC	9.08	14	G4					

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Event - F37 - U20W - Shot Put (4.00kg)

2:15 PM

League Record - Sally HINDS, Swansea Harriers, 13.24, 2005

Welsh Record - Sally HINDS, Swansea Harriers, 14.72, 2005

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	S Toni WELLS	Swansea Harriers	10.28	16	G2 *	1B	R Ffion REES	Carmarthen Harriers	6.76	G4
2A	G Rachel BEVAN	Cwmbran Harriers	7.93	14	G4					
3A	W Hannah THOMAS	Wrexham AC	7.34	12	G4					
4A	T Danielle MILL	Cardiff AAC	6.95	10	G4					
5A	RR Sophie PICK	Carmarthen Harriers	6.89	8	G4					

Event - F46 - U20W - Discus (1.00kg)

3:45 PM

League Record - Faye CALVERT, Deeside AC, 38.11, 2006

Welsh Record - Philpa ROLES, Swansea Harriers, 51.60, 1997

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	S Toni WELLS	Swansea Harriers	34.12	16	G2 *	1B	R Ffion REES	Carmarthen Harriers	14.45	G4
2A	M Jessica HUDDLESTON	Pembroke Harriers	32.37	14	G2 *					
3A	T Elinor LEWIS	Cardiff AAC	18.03	12	G4					
4A	RR Sophie PICK	Carmarthen Harriers	15.39	10	G4					

Event - F6 - U20W - Hammer (4.00kg)

11:00 AM

League Record - Nicola STEVENSON, Bridgend AC, 45.76, 2006

New League Record

Welsh Record - Laura DOUGLAS, Sale Harriers, 55.22, 2002

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	S Toni WELLS	Swansea Harriers	48.92	16	G1 *					
2A	M Jessica HUDDLESTON	Pembroke Harriers	21.72	14	G4					
3A	T Amy HENDRICKSON	Cardiff AAC	3.63	12	G4					

Event - F19 - U20W - Javelin (600g)

12:00 PM

League Record - Lianne CLARKE, Neath Harriers, 46.79, 2005

Welsh Record - Lianne CLARKE, Cardiff AAC, 50.95, 2004

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	R Mary WILSON	Carmarthen Harriers	33.83	16	G2 *					
2A	G Rachel BEVAN	Cwmbran Harriers	30.25	14	G3 *					
3A	S Sarah DACEY	Swansea Harriers	19.14	12	G4					
4A	T Gwen WILLIAMS	Cardiff AAC	6.91	10	G4					

Clubs	Points
1 Cardiff AAC	210
2 Carmarthen Harriers	142
3 Swansea Harriers	138
4 Wrexham AC	108
5 Pembroke Harriers	38
6 Cwmbran Harriers	28
7 Colwyn Bay AC	0
8 Newport Harriers	0

The points above are for U20 Women only

2010 WELSH ATHLETICS CUP FINAL RESULTS

SUNDAY 22ND AUGUST

Event - T6-1-1 - U13B - 100m

12:40 PM

League Record - Tomas CUSWORTH, Wrexham AC, 12.8, 2005

New League Record

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

w/s +1.1					w/s +1.3 man						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	W Sion ROBERTS	Wrexham AC	12.59	16	G1 *	1B	WW Shane HUGHES	Wrexham AC	12.92	8	G1 *
2A	M Jorge COLLINGS	Pembroke Harriers	12.92	14	G1 *	2B	MM Daniel OMOREGIE	Pembroke Harriers	12.93	7	G1 *
3A	R Tim WILLIAMS	Carmarthen Harriers	12.99	12	G1 *	3B	GG Aaron POWELL	Cwmbran Harriers	14.06	6	G4
4A	G Jared ROSSER	Cwmbran Harriers	13.50	10	G2 *	4B	RR Corey BALDWIN	Carmarthen Harriers	14.22	5	G4
5A	T Harry HILLMAN	Cardiff AAC	13.73	8	G3	5B	SS Max HANCOCK	Swansea Harriers	14.52	4	G4
6A	S Joe CROSBY	Swansea Harriers	14.06	6	G4	6B	TT Harry GOUGH	Cardiff AAC	15.56	3	
7A	N Joseph DAVIES	Newport Harriers	14.55	4	G4						

Event - T38-1-1 - U13B - 200m

3:50 PM

League Record - Thomas CUSWORTH, Wrexham AC, 25.8, 2005

New League Record

Welsh Record - Sion ROBERTS, Wrexham AC, 25.38-P, 2010

w/s +1.8					w/s +1.1						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	W Sion ROBERTS	Wrexham AC	25.43	16	G1 *	1B	MM Daniel OMOREGIE	Pembroke Harriers	26.80	8	G1 *
2A	M Jorge COLLINGS	Pembroke Harriers	26.68	14	G1 *	2B	WW Shane HUGHES	Wrexham AC	27.22	7	G2 *
3A	R Tim WILLIAMS	Carmarthen Harriers	27.45	12	G2 *	3B	TT Daniel GRIFFITHS	Cardiff AAC	30.53	6	
4A	G Tyler PRITCHARD	Cwmbran Harriers	28.01	10	G3	4B	RR Jordan RICHARDS	Carmarthen Harriers	30.56	5	
5A	T Harry HILLMAN	Cardiff AAC	28.92	8	G3	5B	SS Daniel PEARSON	Swansea Harriers	36.14	4	
6A	N Joseph DAVIES	Newport Harriers	30.36	6	G4						
7A	S Rhodri WILLIAMS	Swansea Harriers	31.39	4							

Event - T17-1-1 - U13B - 800m

1:50 PM

League Record - Tyler PRITCHARD, Cwmbran Harriers, 2.18.11, 2010

Welsh Record - Nikita NEARY, Carmarthen Harriers, 2.12.99-P, 2010

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	G Tyler PRITCHARD	Cwmbran Harriers	2:24.37	16	G2 *	1B	TT Daniel GRIFFITHS	Cardiff AAC	2:48.12	8	
2A	R Jordan RICHARDS	Carmarthen Harriers	2:28.31	14	G3	2B	RR Osian THOMAS	Carmarthen Harriers	2:51.47	7	
3A	T Joshua MOORE	Cardiff AAC	2:32.62	12	G3	3B	SS Ioan WALL	Swansea Harriers	2:57.91	6	
4A	M Elgan ROBERTS	Pembroke Harriers	2:35.22	10	G4	4B	GG Rhys JONES	Cwmbran Harriers	3:18.71	5	
5A	S Daniel PEARSON	Swansea Harriers	2:56.11	8							

Event - T40-1-1 - U13B - 1500m

4:10 PM

League Record - Nikita NEARY, Carmarthen Harriers, 4.47.66, 2010

New League Record

Welsh Record - Dave POWELL, Wolverhampton, 4.31.3, 1977

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Nikita NEARY	Carmarthen Harriers	4:43.51	16	G1 *	1B	T Alex LOVE	Cardiff AAC	6:11.52	8	
2A	G Danny MORGAN	Cwmbran Harriers	5:15.35	14	G4						
3A	TT George GOUGH	Cardiff AAC	5:58.55	12							
4A	M Matthew LEWIS	Pembroke Harriers	6:07.69	10							
5A	S Rhodri WILLIAMS	Swansea Harriers	6:48.99	8							

Event - T27-1-1 - U13B - 75m Hurdles

2:40 PM

League Record - Thomas GRIFFITHS, Swansea Harriers, 12.9,

Welsh Record - Luke JENKINS, Swansea Harriers, 12.3, 2010

w/s +1.4					w/s +1.4						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Tim WILLIAMS	Carmarthen Harriers	13.32	16	G2 *	1B	SS Ioan WALL	Swansea Harriers	15.56	8	G4
2A	S Joe CROSBY	Swansea Harriers	13.37	14	G2 *	2B	RR Edward ROCKE	Carmarthen Harriers	16.17	7	
3A	W Sam NIGHTINGALE	Wrexham AC	14.71	12	G3						
4A	M Thomas HUGHES	Pembroke Harriers	15.46	10	G4						
5A	T George DUDDIDGE	Cardiff AAC	16.51	8							

Event - T53-1-1 - U13B - 4 x 100m Relay

5:20 PM

League Record - Pembroke Harriers, 53.66, 2010

New League Record

w/s					Club	Perf.	Pts
1A	M Thomas HUGHES, Jorge COLLINGS, Jake EVANS, Daniel OMOREGIE	Pembroke Harriers	53.34	16			
2A	W Sam NIGHTINGALE, Shane HUGHES, Tom WALLEY, Sion ROBERTS	Wrexham AC	53.79	14			
3A	R Nikita NEARY, Aled REES, Tim WILLIAMS, Corey BALDWIN	Carmarthen Harriers	54.68	12			
4A	G Danny MORGAN, Tyler PRITCHARD, Owen MURPHY, Jared ROSSER	Cwmbran Harriers	59.60	10			
5A	S Joe CROSBY, Max HANCOCK, Ryan NICHOLAS, -	Swansea Harriers	61.63	8			
6A	T Harry HILLMAN, Harry GOUGH, Geroge DUDDIDGE, George GOUGH	Cardiff AAC	63.58	6			

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Event - F31 - U13B - High Jump 2:15 PM

League Record - Miles KELLER-JENKINS, Swansea Harriers, 1.55, 2010

Welsh Record - Jamie DALTON, Preseli, 1.67, 1992

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Miles KELLER-JENKINS	Swansea Harriers	1.50	16	G1 *	1B	TT Harry GOUGH	Cardiff AAC	1.15	8	
2A	G Tyler PRITCHARD	Cwmbran Harriers	1.40	14	G2 *	2B	RR Jordan RICHARDS	Carmarthen Harriers	1.10	7	
3A	M Daniel OMOREGIE	Pembroke Harriers	1.30	12	G3						
4A	T Harry HILLMAN	Cardiff AAC	1.25	10	G4						
5A	W Tom WALLEY	Wrexham AC	1.25	8	G4						
6A	R Aled REES	Carmarthen Harriers	1.20	6	G4						

Event - F48 - U13B - Long Jump 3:45 PM

League Record - Lloyd ROBBINS, Deeside AC, 5.10, 2008

Welsh Record - Clive WOOLMER, , 5.31, 1982

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	G Jared ROSSER	Cwmbran Harriers	4.30	16	G3	1B	SS Max HANCOCK	Swansea Harriers	4.00	8	G4
2A	S Joe CROSBY	Swansea Harriers	4.23	14	G3	2B	RR Aled REES	Carmarthen Harriers	3.81	7	G4
3A	W Tom WALLEY	Wrexham AC	4.16	12	G3	3B	GG Danny MORGAN	Cwmbran Harriers	3.81	6	G4
4A	N Joseph DAVIES	Newport Harriers	4.06	10	G4	4B	WW Sam NIGHTINGALE	Wrexham AC	3.81	5	G4
5A	R Sam THOMPSON	Carmarthen Harriers	3.89	8	G4	5B	TT Geroge DUDDIGE	Cardiff AAC	3.05	4	
6A	T Alex LOVE	Cardiff AAC	3.77	6	G4	6B	MM Matthew LEWIS	Pembroke Harriers	2.72	3	
7A	M Thomas HUGHES	Pembroke Harriers	3.64	4							

Event - F27 - U13B - Shot Put (3.25kg) 1:30 PM

League Record - Matthew EVANS, Carmarthen Harriers, 14.21,

Welsh Record - Mathew EVANS, Carmarthen Harriers, 14.47, 2001

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Jake EVANS	Pembroke Harriers	11.02	16	G1 *	1B	RR Charlie LAWS	Carmarthen Harriers	7.95	8	G3
2A	W Shane HUGHES	Wrexham AC	9.93	14	G1 *	2B	MM Thomas HUGHES	Pembroke Harriers	6.33	7	G4
3A	R Nikita NEARY	Carmarthen Harriers	9.65	12	G1 *	3B	NN Jamie BRYANT	Newport Harriers	6.13	6	G4
4A	G Jared ROSSER	Cwmbran Harriers	8.96	10	G2 *	4B	S Ryan NICHOLAS	Swansea Harriers	5.50	5	
5A	SS Ioan WALL	Swansea Harriers	7.09	8	G4	5B	GG Owen MURPHY	Cwmbran Harriers	5.42	4	
6A	N Jordan BRYANT	Newport Harriers	7.07	6	G4	6B	TT George GOUGH	Cardiff AAC	4.18	3	
7A	T Callum MEYER	Cardiff AAC	5.92	4	G4						

Event - F20 - U13B - Discus (1.00kg) 12:45 PM

League Record - Mathew EVANS, Carmarthen Harriers, 35.35,

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

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Ben LEAHY	Pembroke Harriers	24.56	16	G2 *	1B	NN Jamie BRYANT	Newport Harriers	17.99	8	G3
2A	N Jordan BRYANT	Newport Harriers	24.13	14	G2 *	2B	RR Charlie LAWS	Carmarthen Harriers	17.97	7	G3
3A	R Nikita NEARY	Carmarthen Harriers	23.60	12	G2 *	3B	G Owen MURPHY	Cwmbran Harriers	13.77	6	
4A	TT Daniel GRIFFITHS	Cardiff AAC	15.66	10	G4	4B	MM Ben LEAHY	Pembroke Harriers	13.06	5	
5A	GG Rhys JONES	Cwmbran Harriers	14.82	8	G4	5B	T Callum MEYER	Cardiff AAC	12.80	4	
6A	S Ryan NICHOLAS	Swansea Harriers	14.69	6	G4	6B	SS Max HANCOCK	Swansea Harriers	12.01	3	
7A	W Sam NIGHTINGALE	Wrexham AC	14.54	4	G4						

Event - F39 - U13B - Javelin (400g) 3:00 PM

League Record - Rheon JAMES, Carmarthen Harriers, 41.04, 2005

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

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Sam BLEACH	Carmarthen Harriers	35.52	16	G1 *	1B	GG Rhys JONES	Cwmbran Harriers	19.96	8	G4
2A	M Jake EVANS	Pembroke Harriers	34.44	14	G1 *	2B	SS Ryan NICHOLAS	Swansea Harriers	19.82	7	G4
3A	G Aaron POWELL	Cwmbran Harriers	33.17	12	G1 *	3B	RR Henryk DE-SMET	Carmarthen Harriers	19.21	6	G4
4A	S Miles KELLER-JENKINS	Swansea Harriers	27.64	10	G3	4B	MM Ben LEAHY	Pembroke Harriers	16.25	5	
5A	T Callum MEYER	Cardiff AAC	22.68	8	G4	5B	WW Sam NIGHTINGALE	Wrexham AC	15.45	4	
6A	W Tom WALLEY	Wrexham AC	18.63	6	G4	6B	TT George GOUGH	Cardiff AAC	14.26	3	

Clubs	Points
1 Carmarthen Harriers	195
2 Pembroke Harriers	171
3 Cwmbran Harriers	155
4 Swansea Harriers	147
5 Cardiff AAC	139
6 Wrexham AC	126
7 Newport Harriers	54
8 Colwyn Bay AC	0
The points above are for U13 Boys only	

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Event - T8-1-1 - U15B - 100m

12:50 PM

League Record - Jonathan SIMONSEN, Neath Harriers, 11.4, 2003

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

w/s +1.3						w/s -0.9					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T James McLEAN	Cardiff AAC	11.65	16	G1 *	1B	TT Omiar KHALID	Cardiff AAC	12.32	8	G3
2A	G Ryan LEE	Cwmbran Harriers	11.74	14	G1 *	2B	RR Luke MORRIS	Carmarthen Harriers	12.54	7	G4
3A	R Matthew DAVIES	Carmarthen Harriers	12.23	12	G3 *	3B	MM Daniel SALMON	Pembroke Harriers	13.05	6	G4
4A	M Cawyn JAMES	Pembroke Harriers	12.47	10	G3	4B	GG James SCARFI	Cwmbran Harriers	13.12	5	
5A	N Ryan MORGAN	Newport Harriers	12.72	8	G4	5B	WW Liam MCGIVERN	Wrexham AC	13.96	4	
6A	W Phillip SWATTON	Wrexham AC	13.41	6							

Event - T36-1-1 - U15B - 200m

3:40 PM

League Record - Jonathan SIMONSEN, Neath Harriers, 23.4, 2003

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

w/s						w/s					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	G Ryan LEE	Cwmbran Harriers	24.09	16	G1 *	1B	TT Ryan COOPER	Cardiff AAC	24.82	8	G3 *
2A	T James McLEAN	Cardiff AAC	24.17	14	G2 *	2B	RR Shaun PEARCE	Carmarthen Harriers	25.40	7	G3
3A	R Matthew DAVIES	Carmarthen Harriers	25.39	12	G3	3B	GG James SCARFI	Cwmbran Harriers	26.46	6	G4
4A	M Carwyn JAMES	Pembroke Harriers	25.98	10	G4	4B	MM Daniel SALMON	Pembroke Harriers	27.87	5	
5A	N Ryan MORGAN	Newport Harriers	26.69	8	G4	5B	WW Liam MCGIVERN	Wrexham AC	28.74	4	
6A	W Phillip SWATTON	Wrexham AC	28.10	6							

Event - T48-1-1 - U15B - 400m

4:50 PM

League Record - Matthew COLLINS, Barry & Vale Harriers, 55.11, 2010

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

w/s						w/s					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Luke MORRIS	Carmarthen Harriers	55.44	16	G2	1B	TT Jacob PREECE	Cardiff AAC	58.73	8	G4
2A	T Steffan EVANS	Cardiff AAC	55.75	14	G2	2B	MM Dylan THOMAS	Pembroke Harriers	62.03	7	
3A	S Tom EVANS	Swansea Harriers	56.71	12	G3	3B	RR Benjamin WILLIAMS	Carmarthen Harriers	67.63	6	
4A	M Matthew OVERTON	Pembroke Harriers	58.22	10	G4						
5A	G Owen DAVIES	Cwmbran Harriers	58.55	8	G4						
6A	N Jack FEAR	Newport Harriers	62.60	6							
7A	W Saksham BANSAL	Wrexham AC	64.74	4							

Event - T21-1-1 - U15B - 800m

2:10 PM

League Record - Chris GOWELL, Torfaen AC, 2.06.0,

Welsh Record - Huw DAVIES, Newport Harriers, 2.00.6, 1986

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	G Owen DAVIES	Cwmbran Harriers	2:11.56	16	G2 *	1B	S Harri HOOPER-LEWIS	Swansea Harriers	2:26.41	8	
2A	T Jacob PREECE	Cardiff AAC	2:12.41	14	G3 *	2B	RR Llyr FREEMAN	Carmarthen Harriers	2:33.11	7	
3A	SS Jonathan TOBIN	Swansea Harriers	2:18.42	12	G4	3B	NN Luke GILL	Newport Harriers	2:36.40	6	
4A	R Daniel BROOKS	Carmarthen Harriers	2:22.85	10	G4	4B	WW Matthew RICH	Wrexham AC	2:38.39	5	
5A	N Rhys NORRIS	Newport Harriers	2:24.53	8		5B	TT Sam GOUGH	Cardiff AAC	2:44.72	4	
6A	W Saksham BANSAL	Wrexham AC	2:25.21	6							
7A	M Dylan THOMAS	Pembroke Harriers	2:26.41	4							

Event - T42-1-1 - U15B - 1500m

4:20 PM

League Record - Dewi GRIFFITHS, Carmarthen Harriers, 4.23.5, 2005

Welsh Record - Simon LAWSON, Cardiff AAC, 4.07.75, 2004

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	W Ryan FOULKES	Wrexham AC	4:33.31	16	G2 *	1B	TT Ciaran LEWIS	Cardiff AAC	5:15.11	8	
2A	G Ben JONES	Cwmbran Harriers	4:33.84	14	G2 *	2B	R Christian LOVATT	Carmarthen Harriers	5:19.08	7	
3A	N Jack FEAR	Newport Harriers	4:38.63	12	G3	3B	WW Alex NIGHTINGALE	Wrexham AC	5:21.63	6	
4A	RR Emlyn LEWIS	Carmarthen Harriers	4:50.14	10	G4						
5A	T Tom EDMUNDS	Cardiff AAC	4:53.73	8	G4						
6A	M Laurie HAWORTH	Pembroke Harriers	4:59.40	6							
7A	S Daniel HALL	Swansea Harriers	5:10.29	4							

Event - T22-1-1 - U15B - 80m Hurdles

2:15 PM

League Record - David GUEST, Bridgend AC, 11.6, 2006

Welsh Record - Ben CLEARY, Cardiff AAC, 11.16, 2006

w/s +1.0						w/s +1.0					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Aled PRICE	Carmarthen Harriers	11.88	16	G1 *	1B	RR Dafydd ADAMS	Carmarthen Harriers	16.57	8	
2A	T James SHARREM	Cardiff AAC	12.29	14	G2 *						
3A	G James SCARFI	Cwmbran Harriers	14.15	12	G4						
4A	N Kyle ARNOLD	Newport Harriers	15.43	10							

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Event - T55-1-1 - U15B - 4 x 100m Relay
League Record - Cardiff AAC, 47.8, 2003

5:30 PM

Bib	Athlete	Club	Perf.	Pts
1A	T James McLEAN, Omiar KHALID, Ryan COOPER, Steffan EVANS	Cardiff AAC	48.66	16
2A	R Luke MORRIS, Matthew DAVIES, Aled PRICE, Shaun PEARCE	Carmarthen Harriers	49.76	14
3A	G James SCARFI, Ben JONES, Owen DAVIES, Ryan LEE	Cwmbran Harriers	50.91	12
4A	M Oliver HUGHES, Daniel SALMON, Matthew OVERTON, Carwyn JAMES	Pembroke Harriers	52.73	10
5A	W Saksham BANSAL, Matthew RICH, Phillip SWATTON, Ryan FOULKES	Wrexham AC	54.48	8
6A	S Daniel HALL, Bobby JONES, Jack BEYNON, Tom EVANS	Swansea Harriers	57.28	6

Event - F32 - U15B - High Jump

2:15 PM

League Record - James ANTHONY, Neath Harriers, 1.87,
Welsh Record - Chuka ENIH-SNELL, Swansea Harriers, 1.96, 1998

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Aled PRICE	Carmarthen Harriers	1.65	16	G2 *	1B	T Adrian LAWRENCE	Cardiff AAC	1.50	8	G4
2A	TT George GRIFFITHS	Cardiff AAC	1.60	14	G3 *	2B	RR Dafydd ADAMS	Carmarthen Harriers	1.45	7	G4
3A	M Rheinalt GEORGE	Pembroke Harriers	1.50	12	G4						
4A	N Stevan RUSSELL	Newport Harriers	1.45	10	G4						
5A	G Ben JONES	Cwmbran Harriers	1.25	8							

Event - F7 - U15B - Pole Vault

12:00 PM

League Record - Stephen GUEST, Bridgend AC, 3.30, 2008
Welsh Record - Neil WINTER, Shaftesbury, 4.40, 1988

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	N Stevan RUSSELL	Newport Harriers	2.20	16	G4						

Event - F28 - U15B - Long Jump

1:30 PM

League Record - Kueni IGBAGIRI, Carmarthen Harriers, 5.95, 2005
Welsh Record - Ian STRANGE, Newport Harriers, 6.63, 1977

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Aled PRICE	Carmarthen Harriers	5.73	16	G2 *	1B	RR Shaun PEARCE	Carmarthen Harriers	5.10	8	G3
2A	T George GRIFFITHS	Cardiff AAC	5.70	14	G2 *	2B	TT Ryan COOPER	Cardiff AAC	5.07	7	G4
3A	M Carwyn JAMES	Pembroke Harriers	5.65	12	G2 *	3B	WW Liam MCGIVERN	Wrexham AC	4.57	6	
4A	G Ryan LEE	Cwmbran Harriers	5.06	10	G4	4B	MM Oliver HUGHES	Pembroke Harriers	4.36	5	
5A	W Ryan FOULKES	Wrexham AC	4.99	8	G4	5B	S Daniel HALL	Swansea Harriers	3.64	4	
6A	N Kyle ARNOLD	Newport Harriers	4.48	6							
7A	SS Keiran INGRAM	Swansea Harriers	3.69	4							

Event - F47 - U15B - Shot Put (4.00kg)

3:45 PM

League Record - Mathew EVANS, Carmarthen Harriers, 15.77, 2003
Welsh Record - Mathew EVANS, Carmarthen Harriers, 17.36, 2003

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Kallum EVANS	Carmarthen Harriers	12.42	16	G1 *	1B	RR Andrew BARRISCALE	Carmarthen Harriers	12.22	8	G2 *
2A	W Matthew WILLIAMS	Wrexham AC	11.47	14	G1	2B	SS Jack BEYNON	Swansea Harriers	9.70	7	G4
3A	S Bobby JONES	Swansea Harriers	9.87	12	G1 *	3B	M Oliver HUGHES	Pembroke Harriers	6.86	6	
4A	MM Rheinalt GEORGE	Pembroke Harriers	7.33	10	G1 *	4B	NN Heddwyn LOUDEN	Newport Harriers	4.83	5	
5A	N Kyle ARNOLD	Newport Harriers	6.54	8	G1 *						

Event - F21 - U15B - Discus (1.25kg)

12:45 PM

League Record - David PRICE, Deeside AC, 42.52,
Welsh Record - Liam WALSH, Deeside AAC, 48.66, 1996

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Kallum EVANS	Carmarthen Harriers	35.03	16	G2 *	1B	SS Bobby JONES	Swansea Harriers	28.71	8	G3
2A	S Jack BEYNON	Swansea Harriers	31.45	14	G2 *	2B	RR Andrew BARRISCALE	Carmarthen Harriers	28.06	7	G3
3A	T Matteo HOLMES	Cardiff AAC	28.17	12	G3	3B	TT Ryan COOPER	Cardiff AAC	17.12	6	
4A	W Matthew WILLIAMS	Wrexham AC	25.91	10	G3	4B	MM Dylan THOMAS	Pembroke Harriers	12.80	5	
5A	N Heddwyn LOUDEN	Newport Harriers	18.96	8							
6A	M Rheinalt GEORGE	Pembroke Harriers	16.43	6							

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Event - F1 - U15B - Hammer (4.00kg)

11:00 AM

League Record - Mathew EVANS, Carmarthen Harriers, 52.14, 2003

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

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T Matteo HOLMES	Cardiff AAC	38.64	16	G2 *	1B	SS Jack BEYNON	Swansea Harriers	27.87	8	G4
2A	S Bobby JONES	Swansea Harriers	29.59	14	G3	2B	RR Daniel BROOKS	Carmarthen Harriers	25.42	7	G4
3A	R Kallum EVANS	Carmarthen Harriers	29.50	12	G3	3B	TT Jacob PREECE	Cardiff AAC	10.69	6	
4A	W Matthew RICH	Wrexham AC	17.14	10							

Event - F40 - U15B - Javelin (600g)

3:00 PM

League Record - Garth LOUGHRAN, Carmarthen Harriers, 51.86,

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

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T Matteo HOLMES	Cardiff AAC	34.57	16	G3	1B	NN Ryan MORGAN	Newport Harriers	28.68	8	G4
2A	W Matthew WILLIAMS	Wrexham AC	31.91	14	G4	2B	WW Matthew RICH	Wrexham AC	25.73	7	
3A	N Stevan RUSSELL	Newport Harriers	28.87	12	G4	3B	RR Adam DAVIES	Carmarthen Harriers	24.33	6	
4A	G Owen DAVIES	Cwmbran Harriers	28.53	10	G4	4B	GG Ben JONES	Cwmbran Harriers	3.42	5	
5A	R Andrew BARRISCALE	Carmarthen Harriers	25.77	8							

	Clubs	Points
1	Carmarthen Harriers	259
2	Cardiff AAC	231
3	Cwmbran Harriers	136
4	Wrexham AC	134
5	Newport Harriers	131
6	Pembroke Harriers	124
7	Swansea Harriers	113
8	Colwyn Bay AC	0
The points above are for U15 Boys only		

2010 WELSH ATHLETICS CUP FINAL RESULTS

SUNDAY 22ND AUGUST

Event - T11-1-1 - U17M - 100m

1:05 PM

League Record - Lloyd REFFELL, Cardiff AAC, 11.2, 2005

New League Record

Welsh Record - Tim BENJAMIN, Andrew WATKINS, Cardiff AAC, Cwmbran H, 10.71, 1998/2003

w/s +1.1					w/s +1.3						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T Jamaul WHYTE	Cardiff AAC	11.11	16	G1 *	1B	TT Michael PRENTICE	Cardiff AAC	11.36	8	G2 *
2A	M Matthew RICHARDS	Pembroke Harriers	11.45	14	G2 *	2B	RR Kyle WARD	Carmarthen Harriers	11.74	7	G3
3A	R Mathew DAVIES	Carmarthen Harriers	11.63	12	G3 *	3B	GG William DAVIES	Cwmbran Harriers	12.07	6	G4
4A	W Adam WILLIAMS	Wrexham AC	11.88	10	G4	4B	WW Josh RADFORD	Wrexham AC	12.94	5	
5A	G Conal DAVIES	Cwmbran Harriers	11.95	8	G4						
6A	S Darren BEYNON	Swansea Harriers	12.90	6							

Event - T31-1-1 - U17M - 200m

3:15 PM

League Record - Thomas CUSWORTH, Wrexham AC, 22.5, 2008

Welsh Record - Tim BENJAMIN, Cardiff AAC, 21.19, 1998

w/s -1.7					w/s +2.0						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T Jamaul WHYTE	Cardiff AAC	22.54	16	G1 *	1B	TT Sam GORDON	Cardiff AAC	23.73	8	G3 *
2A	M Matthew RICHARDS	Pembroke Harriers	22.94	14	G2 *	2B	RR Llyr JAMIESON	Carmarthen Harriers	23.96	7	G4 *
3A	R Mathew DAVIES	Carmarthen Harriers	23.45	12	G2 *	3B	GG William DAVIES	Cwmbran Harriers	24.2	6	G4
4A	G Conal DAVIES	Cwmbran Harriers	24.01	10	G4						
5A	W William POOLE	Wrexham AC	25.38	8							
6A	S Darren BEYNON	Swansea Harriers	26.12	6							

Event - T49-1-1 - U17M - 400m

4:55 PM

League Record - Rhodri SCANLON, Carmarthen Harriers, 51.1, 2003

Welsh Record - Bruce TASKER, Carmarthen Harriers, 47.85, 2004

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T Jamaul WHYTE	Cardiff AAC	51.79	16	G2 *	1B	RR Liam JONES	Carmarthen Harriers	54.00	8	G3
2A	G Matthew ANTONIAZZI	Cwmbran Harriers	52.16	14	G2 *	2B	TT Michael JOHNSON	Cardiff AAC	55.51	7	G4
3A	R Llyr JAMIESON	Carmarthen Harriers	53.99	12	G3	3B	GG Stephen SCARFI	Cwmbran Harriers	57.19	6	
4A	N Daniel CHESWORTH	Newport Harriers	55.00	10	G4	4B	NN Tyrone FOWLER	Newport Harriers	59.92	5	
5A	M Connor BASHFORD	Pembroke Harriers	57.75	8							
6A	S Paul TOBIN	Swansea Harriers	59.92	6							

Event - T28-1-1 - U17M - 800m

2:50 PM

League Record - Rob LIGHTFOOT, Wrexham AC, 1.57.7, 2003

Welsh Record - Neil HORSEFIELD, Newport Harriers, 1.51.6, 1983

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	TT Elliot SLADE	Cardiff AAC	2:00.2	16	G1 *	1B	WW David BLOWER	Wrexham AC	2:10.7	8	G4
2A	S Carwyn EVANS	Swansea Harriers	2:03.3	14	G1 *	2B	SS Paul TOBIN	Swansea Harriers	2:13.2	7	
3A	W James ROBERTS	Wrexham AC	2:09.9	12	G1	3B	GG Marcus PRICE	Cwmbran Harriers	2:25.5	6	
4A	M Connor BASHFORD	Pembroke Harriers	2:11.7	10	G1						
5A	G James HANRAHAN	Cwmbran Harriers	2:14.2	8	G1						
6A	N James MORGAN	Newport Harriers	2:23.4	6	G1						
7A	R Liam JONES	Carmarthen Harriers	2:44.5	4	G1						

Event - T45-1-1 - U17M - 1500m

4:35 PM

League Record - David JONES, Carmarthen Harriers, 4.07.0,

Welsh Record - Colin CLARKSON, Swansea Harriers, 3.51.5, 1977

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Liam LLOYD	Swansea Harriers	4:08.71	16	G1 *	1B	SS Carwyn EVANS	Swansea Harriers	4:40.52	8	
2A	T Elliott SLADE	Cardiff AAC	4:13.78	14	G1 *	2B	WW David BLOWER	Wrexham AC	4:49.58	7	
3A	N Daniel CHESWORTH	Newport Harriers	4:21.62	12	G1	3B	RR Davy LEWIS	Carmarthen Harriers	5:11.58	6	
4A	W James ROBERTS	Wrexham AC	4:32.40	10	G1						
5A	M Morgan SMITH	Pembroke Harriers	4:34.37	8	G1						
6A	R Ronan LLYR	Carmarthen Harriers	4:44.99	6	G1						

Event - T18-1-1 - U17M - 100m Hurdles

1:55 PM

League Record - Dafydd WALTERS, Carmarthen Harriers, 13.8, 2007

Welsh Record - David GUEST, Bridgend AC, 12.94, 2007

w/s +1.3					w/s +1.3						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T Rhys WILLIAMS	Cardiff AAC	13.91	16	*	1B	TT Nathan LAWRENCE	Cardiff AAC	14.76	8	G3 *
2A	R Daniel BLAIN	Carmarthen Harriers	14.29	14	*	2B	RR Alun JENKINS	Carmarthen Harriers	15.78	7	G4
3A	N Ben MCEWAN	Newport Harriers	16.20	12							

2010 WELSH ATHLETICS CUP FINAL RESULTS

SUNDAY 22ND AUGUST

Event - T2-1-1 - U17M - 400m Hurdles

12:10 PM

League Record - Gareth SUTCLIFFE, Cardiff AAC, 58.0, 2005

Welsh Record - Mark ROWLANDS, Swansea Harriers, 53.30, 1994

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Aaron WILLMOTT	Carmarthen Harriers	59.36	16	*	1B	RR Alun JENKINS	Carmarthen Harriers	65.13	8	
2A	N Ben MCEWAN	Newport Harriers	59.72	14	*	2B	NN Tyrone FOWLER	Newport Harriers	68.22	7	
3A	T Jonathan CLEMENTS	Cardiff AAC	60.00	12	*						
4A	W William POOLE	Wrexham AC	64.90	10							

Event - T13-1-1 - U17M - 1500m Steeplechase

1:15 PM

League Record - Mitchell ASPLAND, Neath Harriers, 4.40.0, 2003

Welsh Record - Steve EVANS, Abertillery AC, 4.11.2, 1974

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Ronan LLYR	Carmarthen Harriers	5:02.9	16	G1						
2A	M Morgan SMITH	Pembroke Harriers	5:04.9	14	G1						
3A	G Marcus PRICE	Cwmbran Harriers	5:23.6	12	G1						
4A	N Tyrone FOWLER	Newport Harriers	5:30.8	10	G1						

Event - T57-1-1 - U17M - 4 x 100m Relay

5:40 PM

League Record - Cardiff AAC, 45.2, 2002

Bib	Athlete	Club	Perf.	Pts
1A	T Sam GORDON, Michael JOHNSON, Michael PRENTICE, Jamaul WHYTE	Cardiff AAC	45.61	16
2A	R Mathew DAVIES, Kyle WARD, Daniel BLAIN, Llyr JAMIESON	Carmarthen Harriers	47.17	14
3A	G Conal DAVIES, William DAVIES, Jordan DAVIES, Tom NORTON	Cwmbran Harriers	48.55	12
4A	W William POOLE, Josh RADFORD, David BLOWER, Adam WILLIAMS	Wrexham AC	48.81	10
5A	M Connor BASHFORD, Lawrence HANCOCK, Morgan SMITH, Matthew RICHARDS	Pembroke Harriers	48.84	8

Event - F43 - U17M - High Jump

3:45 PM

League Record - Sam HOOD, Cardiff AAC, 2.05,

Welsh Record - Chuka ENIH-SNELL, Swansea Harriers, 2.15, 2000

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T Jonathan BAILEY	Cardiff AAC	1.80	16	G2 *	1B	TT Rhys WILLIAMS	Cardiff AAC	1.80	8	G2 *
2A	S Ben JENKINS	Swansea Harriers	1.70	14	G3	2B	R Mathew DAVIES	Carmarthen Harriers	1.60	7	G4
3A	W Adam WILLIAMS	Wrexham AC	1.65	12	G4						
4A	M Lawrence HANCOCK	Pembroke Harriers	1.65	10	G4						
5A	RR Courtney BOWMAN	Carmarthen Harriers	1.60	8	G4						
6A	G Matthew ANTONIAZZI	Cwmbran Harriers	1.45	6							

Event - F9 - U17M - Pole Vault

12:00 PM

League Record - Paul WALKER, Cardiff AAC, 4.25,

Welsh Record - Neil WINTER, Shaftesbury, 5.20, 1990

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	G Stephen SCARFI	Cwmbran Harriers	2.90	16	G4						
2A	T Nathan LAWRENCE	Cardiff AAC	2.60	14							

Event - F22 - U17M - Long Jump

12:45 PM

League Record - Ricardo CHILDS, Brecon AC, 6.88, 2001

Welsh Record - Marcus BROWNING, Chester, 7.11, 1986

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Kieron MARTIN	Swansea Harriers	6.11	16	G2 *	1B	RR Liam JONES	Carmarthen Harriers	4.98	8	
2A	M Lawrence HANCOCK	Pembroke Harriers	5.90	14	G2	2B	WW Josh RADFORD	Wrexham AC	4.69	7	
3A	T James McGUIRE	Cardiff AAC	5.83	12	G3						
4A	W Adam WILLIAMS	Wrexham AC	5.63	10	G3						
5A	R Aaron WILLMOTT	Carmarthen Harriers	5.50	8	G4						
6A	G Jordan DAVIES	Cwmbran Harriers	3.75	6							

2010 WELSH ATHLETICS CUP FINAL RESULTS

SUNDAY 22ND AUGUST

Event - F52 - U17M - Triple Jump

4:30 PM

League Record - Craig PHILLIPS, Deeside AC, 13.54, 2002

Welsh Record - Steven SHALDERS, Cardiff AAC, 15.14, 1998

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	TT Sam GORDON	Cardiff AAC	11.90	16	G3	1B	T James McGUIRE	Cardiff AAC	9.49	8	
2A	S Kieron MARTIN	Swansea Harriers	11.74	14	G4						
3A	M Lawrence HANCOCK	Pembroke Harriers	11.70	12	G4						
4A	R Aaron WILLMOTT	Carmarthen Harriers	10.99	10	G4						
5A	W Josh RADFORD	Wrexham AC	9.99	8							

Event - F41 - U17M - Shot Put (5.00kg)

3:00 PM

League Record - Tom EDWARDS, Carmarthen Harriers, 15.37, 2008

Welsh Record - Mark HEWER, Cardiff AAC, 16.93, 1979

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T Matthew FIELD	Cardiff AAC	15.03	16	G1 *	1B	RR Lee TAYLOR	Carmarthen Harriers	10.82	8	G4
2A	R Courtney BOWMAN	Carmarthen Harriers	11.94	14	G3	2B	G Jordan DAVIES	Cwmbran Harriers	8.89	7	
3A	M Johnathon STOWELL	Pembroke Harriers	11.22	12	G4	3B	TT Jacob FENNER	Cardiff AAC	7.09	6	
4A	GG Tom NORTON	Cwmbran Harriers	9.07	10		4B	MM Morgan SMITH	Pembroke Harriers	6.53	5	
5A	N James MORGAN	Newport Harriers	8.75	8							
6A	S Ben JENKINS	Swansea Harriers	7.26	6							

Event - F55 - U17M - Discus (1.50kg)

5:00 PM

League Record - Glenn WILLIAMS, Cardiff AAC, 48.38,

Welsh Record - Gareth BULL, Cardiff AAC, 48.93, 2001

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T Matthew FIELD	Cardiff AAC	41.48	16	G2 *	1B	TT Ryan LEONARD	Cardiff AAC	41.40	8	G2 *
2A	M Johnathon STOWELL	Pembroke Harriers	31.83	14	G3	2B	R Kyle WARD	Carmarthen Harriers	24.54	7	G4
3A	RR Lee TAYLOR	Carmarthen Harriers	30.30	12	G3	3B	MM Ashley WATTS	Pembroke Harriers	22.41	6	
4A	S Darren BEYNON	Swansea Harriers	15.80	10		4B	SS Ben JENKINS	Swansea Harriers	15.56	5	

Event - F3 - U17M - Hammer (5.00kg)

11:00 AM

League Record - Rhys HODNETT, Cardiff AAC, 55.85,

Welsh Record - Shaun PICKERING, Haringey, 62.12, 1978

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Johnathon STOWELL	Pembroke Harriers	35.76	16	G3	1B	TT Nathan LAWRENCE	Cardiff AAC	17.19	8	
2A	T Matthew FIELD	Cardiff AAC	31.41	14	G4						
3A	R Lee TAYLOR	Carmarthen Harriers	25.05	12	G4						

Event - F29 - U17M - Javelin (700g)

1:30 PM

League Record - Jon LLEWELLYN, Carmarthen Harriers, 60.17, 2009

Welsh Record - Colin MACKENZIE, East Kent, 70.3, 1979

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	G Tom NORTON	Cwmbran Harriers	51.07	16	G2 *	1B	GG Stephen SCARFI	Cwmbran Harriers	24.82	8	
2A	T Ryan LEONARD	Cardiff AAC	45.95	14	G2 *	2B	WW David BLOWER	Wrexham AC	23.42	7	
3A	M Ashley WATTS	Pembroke Harriers	42.30	12	G3	3B	TT James GOUGH	Cardiff AAC	22.51	6	
4A	R Courtney BOWMAN	Carmarthen Harriers	34.17	10	G4	4B	RR Kyle WARD	Carmarthen Harriers	19.52	5	
5A	N James MORGAN	Newport Harriers	32.67	8	G4						
6A	W William POOLE	Wrexham AC	31.45	6							

Clubs	Points
1 Cardiff AAC	329
2 Carmarthen Harriers	258
3 Pembroke Harriers	185
4 Cwmbran Harriers	157
5 Swansea Harriers	136
6 Wrexham AC	133
7 Newport Harriers	104
8 Colwyn Bay AC	0
The points above are for U17 Men only	

2010 WELSH ATHLETICS CUP FINAL RESULTS

SUNDAY 22ND AUGUST

Event - T12-1-1 - U20M - 100m

11:00 AM

League Record - Calvin MCLAGGON, Barry & Vale , 10.9, 2003

New League Record

Welsh Record - Christian MALCOLM, Cardiff AAC, 10.12, 1998

w/s						w/s +0.9				
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	T Gareth HOPKINS	Cardiff AAC	10.85	16	G1 *	1B	RR Lewis EVANS	Cardiff AAC	11.38	G3 *
2A	N Lemarl FRECKLETON	Newport Harriers	11.31	14	G3 *	2B	NN Connor HARTE	Newport Harriers	12.12	
3A	R Paul BENNETT	Cardiff AAC	11.32	12	G3 *					
4A	W Thomas CUSWORTH	Wrexham AC	11.36	10	G3 *					
5A	G Lewis HINWOOD	Cwmbran Harriers	11.53	8						
6A	S John HAYS	Swansea Harriers	16.00	6						

U20 'B' STRING ATHLETES DO NOT SCORE IN ALL EVENTS

Event - T32-1-1 - U20M - 200m

3:20 PM

League Record - Calvin MCLAGGON, Barry & Vale , 22.2, 2003

New League Record

Welsh Record - Christian MALCOLM, Cardiff AAC, 20.29, 1998

w/s +1.2						w/s +1.2				
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	T Gareth HOPKINS	Cardiff AAC	21.72	16	G1 *	1B	NN Ed LANTZOS	Newport Harriers	24.04	
2A	R Lewis EVANS	Cardiff AAC	22.90	14	G3 *	2B	RR Emyr JONES	Cardiff AAC	25.65	
3A	N Lemarl FRECKLETON	Newport Harriers	22.94	12	G3 *					
4A	G Lewis HINWOOD	Cwmbran Harriers	23.11	10	G3 *					
5A	W Thomas CSIZMADIA	Wrexham AC	24.24	8						

Event - T51-1-1 - U20M - 400m

5:05 PM

League Record - Sam CONWAY, Cardiff AAC, 50.2, 2010

Welsh Record - Tim BENJAMIN, Cardiff AAC, 46.1, 2001

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	R Paul BENNETT	Cardiff AAC	51.23	16	G3 *	1B	RR Geraint MANSFIELD	Cardiff AAC	59.24	
2A	T Sam CONWAY	Cardiff AAC	51.23	14	G3 *					
3A	W Cynan EVANS	Wrexham AC	51.75	12	G3 *					
4A	N Ed LANTZOS	Newport Harriers	54.65	10						

Event - T29-1-1 - U20M - 800m

2:55 PM

League Record - Konstatinos KARRAS, Cardiff AAC, 1:58.2, 2009

Welsh Record - Paul WILLIAMS, Barry & Vale H, 1.48.20, 1986

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	G Alex EDWARDS	Cwmbran Harriers	1:59.6	16	G3 *					
2A	R Gerwyn SLINGER	Cardiff AAC	2:00.9	14	G3 *					
3A	W Thomas CSIZMADIA	Wrexham AC	2:06.5	12						
4A	S Antonio CIRILLO	Swansea Harriers	2:11.7	10						

Event - T46-1-1 - U20M - 1500m

4:40 PM

League Record - Tom MARSHALL, Brecon AC, 4.05.6, 2007

Welsh Record - Neil HORSEFIELD, Newport Harriers, 3.44.59, 1984

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	R Dewi GRIFFITHS	Cardiff AAC	4:06.94	16	G3 *					
2A	G Alex EDWARDS	Cwmbran Harriers	4:25.75	14						
3A	S Antonio CIRILLO	Swansea Harriers	4:56.74	12						

Event - T15-1-1 - U20M - 110m Hurdles

1:35 PM

League Record - Dafydd WALTERS, Carmarthen Harriers, 14.9, 2008

New League Record

Welsh Record - Colin JACKSON, Cardiff AAC, 13.44, 1986

w/s						w/s				
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	R Dafydd WALTERS	Cardiff AAC	14.61	16	G2 *	1B	RR Glen ELSDON	Cardiff AAC	15.92	*
2A	W David HOOSON	Wrexham AC	16.91	14						
3A	S Michael DAVIES	Swansea Harriers	17.79	12						

2010 WELSH ATHLETICS CUP FINAL RESULTS

SUNDAY 22ND AUGUST

Event - T1-1-1 - U20M - 400m Hurdles 12:00 PM

League Record - Paul BENNETT, Carmarthen Harriers, 55.91, 2010

Welsh Record - David GREENE, Swansea Harriers, 51.14, 2005

w/s						w/s					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade	
1A	R Paul BENNETT	Carmarthen Harriers	56.33	16	G2 *	1B	RR Dafydd WALTERS	Carmarthen Harriers	57.81	G3 *	

Event - T14-1-1 - U20M - 2000m Steeplechase 1:25 PM

League Record - Gareth JONES, Swansea Harriers, 6.40.4, 2003

Welsh Record - Mickey MORRIS, Cwmbran Harriers, 5.34.8, 1975

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
No Athletes Declared										

Event - T59-1-1 - U20M - 4 x 100m Relay 5:50 PM

League Record - Cardiff AAC, 45.68, 2009

New League Record

Bib	Athlete	Club	Perf.	Pts
1A	W David HOOSON, Cynan EVANS, James RICH, Thomas CUSWORTH	Wrexham AC	45.24	16
2A	N Lemarl FRECKLETON, Connor HARTE, Ed LANTZOS, Tom MORGAN	Newport Harriers	45.83	14
3A	T Jacob MATTHEWS, Gareth HOPKINS, Sam CONWAY, Ben CLEARY	Cardiff AAC	48.65	12
4A	R Paul BENNETT, Lewis EVANS, Gerwyn SLINGER, Dafydd WALTERS	Carmarthen Harriers	DQ	

Event - F44 - U20M - High Jump 3:45 PM

League Record - Ben DAVIES, Swansea Harriers, 2.00, 2010

Welsh Record - John HILL, Solihull, 2.24, 1985

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Adam DAVIES	Pembroke Harriers	1.95	16	G2 *	1B	SS Jordan BROCK	Swansea Harriers	1.75		G4
2A	S Ben DAVIES	Swansea Harriers	1.95	14	G2 *	2B	RR Kueni IGBAGIRI	Carmarthen Harriers	1.65		G4
3A	N Tom MORGAN	Newport Harriers	1.80	12							
4A	R Glen ELSDON	Carmarthen Harriers	1.70	10							

Event - F11 - U20M - Pole Vault 12:00 PM

League Record - Paul WALKER, Cardiff AAC, 4.20, 2003

Welsh Record - Neil WINTER, Shaftesbury, 5.50, 1992

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Emyr JONES	Carmarthen Harriers	3.80	16	*						
2A	W Daniel HODGSON	Wrexham AC	3.60	14	*						

Event - F23 - U20M - Long Jump 12:45 PM

League Record - Ricardo CHILDS, Brecon AC, 7.09, 2003

Welsh Record - Colin JACKSON, Cardiff AAC, 7.56, 1985

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Kueni IGBAGIRI	Carmarthen Harriers	6.48	16	G2 *	1B	RR Glen ELSDON	Carmarthen Harriers	5.77		G4
2A	N Tom MORGAN	Newport Harriers	6.23	14	G2						
3A	T Sam CONWAY	Cardiff AAC	5.56	12							
4A	S Michael DAVIS	Swansea Harriers	4.71	10							

2010 WELSH ATHLETICS CUP FINAL RESULTS

SUNDAY 22ND AUGUST

Event - F54 - U20M - Triple Jump

4:30 PM

League Record - Adam WILLIAMS, Menai T&F, 14.05, 2007

Welsh Record - Steven SHALDERS, Cardiff AAC, 15.99, 2000

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Jordan BROCK	Swansea Harriers	11.89	16		1B	SS Michael DAVIES	Swansea Harriers	9.88		G4
2A	N Connor HARTE	Newport Harriers	11.37	14							
3A	W Thomas CSIZMADIA	Wrexham AC	10.35	12							

Event - F42 - U20M - Shot Put (6.00kg)

3:00 PM

League Record - Brett MORSE, Cardiff AAC, 16.34, 2008

Welsh Record - Brett MORSE, Cardiff AAC, 17.05, 2008

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T Jacob MATTHEWS	Cardiff AAC	14.12	16	G1 *	1B	RR Emyr JONES	Carmarthen Harriers	10.15		G4
2A	R Tomos EDWARDS	Carmarthen Harriers	13.70	14	G2 *						
3A	G Josh BUSSELL	Cwmbran Harriers	11.94	12	*						
4A	W Thomas CSIZMADIA	Wrexham AC	8.42	10							
5A	S Matthew RILEY	Swansea Harriers	6.83	8							

Event - F56 - U20M - Discus (1.75kg)

5:00 PM

League Record - Brett MORSE, Cardiff AAC, 58.37, 2008

Welsh Record - Brett MORSE, Cardiff AAC, 58.37, 2008

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T Jacob MATTHEWS	Cardiff AAC	46.70	16	G1 *	1B	RR Jon LLEWELLYN	Carmarthen Harriers	22.61		G4
2A	R Tomos EDWARDS	Carmarthen Harriers	36.96	14	*						
3A	G Josh BUSSELL	Cwmbran Harriers	24.79	12							
4A	S Matthew RILEY	Swansea Harriers	17.89	10							

Event - F5 - U20M - Hammer (6.00kg)

11:00 AM

League Record - Richie WELLS, Swansea Harriers, 55.26, 2007

Welsh Record - Matthew RICHARDS, Swansea Harriers, 58.44, 2005

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	T Bradley COLE	Cardiff AAC	37.18	16		1B	RR Geraint MANSFIELD	Carmarthen Harriers	17.22		G4
2A	G Josh BUSSELL	Cwmbran Harriers	29.08	14							
3A	R Tomos EDWARDS	Carmarthen Harriers	24.99	12							
4A	S Matthew RILEY	Swansea Harriers	19.33	10							

Event - F30 - U20M - Javelin (800g)

1:30 PM

League Record - Jason COPSEY, Cwmbran Harriers, 62.66, 2010

Welsh Record - Jonathan CLARKE, Swansea Harriers, 68.74, 1986

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	G Jason COPSEY	Cwmbran Harriers	59.03	16	G1 *	1B	RR Tomos EDWARDS	Carmarthen Harriers	26.68		G4
2A	R Jon LLEWELLYN	Carmarthen Harriers	52.42	14	G2 *						
3A	N Tom MORGAN	Newport Harriers	49.31	12	G2 *						
4A	T Bradley COLE	Cardiff AAC	43.05	10							
5A	W Thomas CUSWORTH	Wrexham AC	37.70	8							
6A	M Adam DAVIES	Pembroke Harriers	22.75	6							
7A	S Antonio CIRILLO	Swansea Harriers	21.10	4							

Clubs	Points
1 Carmarthen Harriers	216
2 Cardiff AAC	128
3 Swansea Harriers	124
4 Wrexham AC	116
5 Cwmbran Harriers	116
6 Newport Harriers	102
7 Pembroke Harriers	22
8 Colwyn Bay AC	0
The points above are for U20 Men only	

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010				
Event		F1 - U15B Hammer (4.00kg)			League Record - Mathew EVANS, Carmarthen Harriers, 52.14, 2003					Venue	Penlan Track, Brecon					
					Welsh Record - Rhys HODNETT, Cardiff AAC, 55.26, 2006					Time	11:00 AM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	T	Matteo HOLMES	Cardiff AAC	32.17	35.39	38.64	38.64	1				38.64	1	A	1	
2	K		Colwyn Bay AC													
3	W	Matthew RICH	Wrexham AC	17.14	16.81	16.21	17.14	6				17.14	6	A	4	
4	S	Bobby JONES	Swansea Harriers	27.84	29.59	NT	29.59	2				29.59	2	A	2	
5	G		Cwmbran Harriers													
6	M		Pembroke Harriers													
7	N		Newport Harriers													
8	R	Kallum EVANS	Carmarthen Harriers	29.50	25.77	27.38	29.50	3				29.50	3	A	3	
9	TT	Jacob PREECE	Cardiff AAC	9.65	10.69	10.14	10.69	7				10.69	7	B		3
10	KK		Colwyn Bay AC													
11	WW		Wrexham AC													
12	SS	Jack BEYNON	Swansea Harriers	22.96	27.87	25.55	27.87	4				27.87	4	B		1
13	GG		Cwmbran Harriers													
14	MM		Pembroke Harriers													
15	NN		Newport Harriers													
16	RR	Daniel BROOKS	Carmarthen Harriers	NT	23.84	25.42	25.42	5				25.42	5	B		2
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	T	Matteo HOLMES	Cardiff AAC	38.64	1B	SS	Jack BEYNON	Swansea Harriers	27.87							
2A	S	Bobby JONES	Swansea Harriers	29.59	2B	RR	Daniel BROOKS	Carmarthen Harriers	25.42							
3A	R	Kallum EVANS	Carmarthen Harriers	29.50	3B	TT	Jacob PREECE	Cardiff AAC	10.69							
4A	W	Matthew RICH	Wrexham AC	17.14	4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F2 - U15G Hammer (3.00kg)		League Record - Zoe DAKIN, Bridgend AC, 40.37, 2010						Venue	Penlan Track, Brecon					
				Welsh Record -Charlotte MURRAY, Swansea Harriers, 41.90, 2004						Time	11:00 AM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	M		Pembroke Harriers													
2	W	Manon EDWARDS	Wrexham AC	22.75	23.78	21.01	23.78	3				23.78	3	A	2	
3	T	Holly FIELD	Cardiff AAC	8.03			8.03	5				8.03	5	B		2
4	R		Carmarthen Harriers													
5	K		Colwyn Bay AC													
6	S	Carys SMITH	Swansea Harriers	NT	28.75	29.10	29.10	2				29.10	2	B		1
7	G		Cwmbran Harriers													
8	N		Newport Harriers													
9	MM		Pembroke Harriers													
10	WW		Wrexham AC													
11	TT	Carys DAWE	Cardiff AAC	8.75	11.21	7.21	11.21	4				11.21	4	A	3	
12	RR		Carmarthen Harriers													
13	KK		Colwyn Bay AC													
14	SS	Stephanie NICHOLAS	Swansea Harriers	NT	NT	29.65	29.65	1				29.65	1	A	1	
15	GG		Cwmbran Harriers													
16	NN		Newport Harriers													
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	SS	Stephanie NICHOLAS	Swansea Harriers	29.65	1B	S	Carys SMITH	Swansea Harriers	29.10							
2A	W	Manon EDWARDS	Wrexham AC	23.78	2B	T	Holly FIELD	Cardiff AAC	8.03							
3A	TT	Carys DAWE	Cardiff AAC	11.21	3B											
4A					4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F3 - U17M Hammer (5.00kg)		League Record - Rhys HODNETT, Cardiff AAC, 55.85,						Venue	Penlan Track, Brecon					
				Welsh Record -Shaun PICKERING, Haringey, 62.12, 1978						Time	11:00 AM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	G		Cwmbran Harriers													
2	M	Johnathon STOWELL	Pembroke Harriers	30.75	NT	35.76	35.76	1				35.76	1	A	1	
3	R	Lee TAYLOR	Carmarthen Harriers	25.05	24.27	24.45	25.05	3				25.05	3	A	3	
4	N		Newport Harriers													
5	W		Wrexham AC													
6	T	Matthew FIELD	Cardiff AAC	31.41			31.41	2				31.41	2	A	2	
7	K		Colwyn Bay AC													
8	S		Swansea Harriers													
9	GG		Cwmbran Harriers													
10	MM		Pembroke Harriers													
11	RR		Carmarthen Harriers													
12	NN		Newport Harriers													
13	WW		Wrexham AC													
14	TT	Nathan LAWRENCE	Cardiff AAC	NT	17.19	NT	17.19	4				17.19	4	B		1
15	KK		Colwyn Bay AC													
16	SS		Swansea Harriers													
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	M	Johnathon STOWELL	Pembroke Harriers	35.76	1B	TT	Nathan LAWRENCE	Cardiff AAC	17.19							
2A	T	Matthew FIELD	Cardiff AAC	31.41	2B											
3A	R	Lee TAYLOR	Carmarthen Harriers	25.05	3B											
4A					4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final								Date	Sunday-22-Aug-2010					
Event		F4 - U17W Hammer (4.00kg)		League Record - Toni WELLS, Swansea Harriers, 48.27, 2010					Venue	Penlan Track, Brecon						
				Welsh Record -Stephanie OWENS, West Cheshire, 48.69, 2007					Time	11:00 AM						
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	N		Newport Harriers													
2	T	Bethany WHEDDON	Cardiff AAC	11.34	12.48		12.48	6				12.48	6	A	5	
3	S	Gabriella CIRILLO	Swansea Harriers	24.00	24.06	28.00	28.00	4				28.00	4	A	4	
4	G	Jasmine SEALE	Cwmbran Harriers	36.97	NT	36.69	36.97	1				36.97	1	A	1	
5	M	Helena MADAN	Pembroke Harriers	31.29	32.01	27.93	32.01	2				32.01	2	A	2	
6	K		Colwyn Bay AC													
7	R	Emma EVANS	Carmarthen Harriers	28.57	28.36	28.36	28.57	3				28.57	3	A	3	
8	W		Wrexham AC													
9	NN		Newport Harriers													
10	TT		Cardiff AAC													
11	SS	Nina PRELLS	Swansea Harriers	23.50	23.60	23.10	23.60	5				23.60	5	B		1
12	GG		Cwmbran Harriers													
13	MM		Pembroke Harriers													
14	KK		Colwyn Bay AC													
15	RR		Carmarthen Harriers													
16	WW		Wrexham AC													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	G	Jasmine SEALE	Cwmbran Harriers	36.97	1B	SS	Nina PRELLS	Swansea Harriers	23.60							
2A	M	Helena MADAN	Pembroke Harriers	32.01	2B											
3A	R	Emma EVANS	Carmarthen Harriers	28.57	3B											
4A	S	Gabriella CIRILLO	Swansea Harriers	28.00	4B											
5A	T	Bethany WHEDDON	Cardiff AAC	12.48	5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010			
Event		F5 - U20M Hammer (6.00kg)			League Record - Richie WELLS, Swansea Harriers, 55.26, 2007					Venue	Penlan Track, Brecon				
					Welsh Record -Matthew RICHARDS, Swansea Harriers, 58.44, 2005					Time	11:00 AM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	K		Colwyn Bay AC												
2	G	Josh BUSSELL	Cwmbran Harriers	29.08	27.83	NT	29.08	2				29.08	2	A	2
3	N		Newport Harriers												
4	W		Wrexham AC												
5	S	Matthew RILEY	Swansea Harriers	18.43	19.33	18.67	19.33	4				19.33	4	A	4
6	R	Tomos EDWARDS	Carmarthen Harriers	24.99			24.99	3				24.99	3	A	3
7	M		Pembroke Harriers												
8	T	Bradley COLE	Cardiff AAC	NT	NT	37.18	37.18	1				37.18	1	A	1
9	KK		Colwyn Bay AC												
10	GG		Cwmbran Harriers												
11	NN		Newport Harriers												
12	WW		Wrexham AC												
13	SS		Swansea Harriers												
14	RR	Geraint MANSFIELD	Carmarthen Harriers	17.22			17.22	5				17.22	5	B	1
15	MM		Pembroke Harriers												
16	TT		Cardiff AAC												
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	T	Bradley COLE	Cardiff AAC	37.18	1B	RR	Geraint MANSFIELD	Carmarthen Harriers	17.22						
2A	G	Josh BUSSELL	Cwmbran Harriers	29.08	2B										
3A	R	Tomos EDWARDS	Carmarthen Harriers	24.99	3B										
4A	S	Matthew RILEY	Swansea Harriers	19.33	4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

Welsh Athletics : Distance Card

New League Record

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010		
Event		F6 - U20W Hammer (4.00kg)		League Record - Nicola STEVENSON, Bridgend AC, 45.76, 2006						Venue	Penlan Track, Brecon				
				Welsh Record - Laura DOUGLAS, Sale Harriers, 55.22, 2002						Time	11:00 AM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	S	Toni WELLS	Swansea Harriers	48.92	46.29	NT	48.92	1				48.92	1	A	1
2	R		Carmarthen Harriers												
3	M	Jessica HUDDLESTON	Pembroke Harriers	19.57	19.00	21.72	21.72	2				21.72	2	A	2
4	T	Amy HENDRICKSON	Cardiff AAC	3.63			3.63	3				3.63	3	A	3
5	N		Newport Harriers												
6	G		Cwmbran Harriers												
7	W		Wrexham AC												
8	K		Colwyn Bay AC												
9	SS		Swansea Harriers												
10	RR		Carmarthen Harriers												
11	MM		Pembroke Harriers												
12	TT		Cardiff AAC												
13	NN		Newport Harriers												
14	GG		Cwmbran Harriers												
15	WW		Wrexham AC												
16	KK		Colwyn Bay AC												
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	S	Toni WELLS	Swansea Harriers	48.92	1B										
2A	M	Jessica HUDDLESTON	Pembroke Harriers	21.72	2B										
3A	T	Amy HENDRICKSON	Cardiff AAC	3.63	3B										
4A					4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

Welsh Athletics - Height Card

MEETING		Junior League CUP Final											DATE		Sun-22-August-2010							
EVENT		F7 - U15B Pole Vault		League Record - Stephen GUEST, Bridgend AC, 3.30, 2008											VENUE		Penlan Track, Brecon					
				Welsh Record - Neil WINTER, Shaftesbury , 4.40, 1988											TIME		12:00					
Min Start Height			1.70		Start Ht	1.70	1.90	2.00	2.10	2.20	2.30					Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					A	B
1	R		Carmarthen Harriers												0.00				0			
2	N	Stevan RUSSELL	Newport Harriers	1.70	o	o	xo	o	o	xxx					2.20				1	A	1	
3	G		Cwmbran Harriers												0.00				0			
4	K		Colwyn Bay AC												0.00				0			
5	T		Cardiff AAC												0.00				0			
6	W		Wrexham AC												0.00				0			
7	S		Swansea Harriers												0.00				0			
8	M		Pembroke Harriers												0.00				0			
9	RR		Carmarthen Harriers												0.00				0			
10	NN		Newport Harriers												0.00				0			
11	GG		Cwmbran Harriers												0.00				0			
12	KK		Colwyn Bay AC												0.00				0			
13	TT		Cardiff AAC												0.00				0			
14	WW		Wrexham AC												0.00				0			
15	SS		Swansea Harriers												0.00				0			
16	MM		Pembroke Harriers												0.00				0			
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES												
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF													
1A	N	Stevan RUSSELL	Newport Harriers	2.20	1B																	
2A					2B																	
3A					3B																	
4A					4B																	
5A					5B																	
6A					6B																	
7A					7B																	
8A					8B																	
										REFEREE'S SIGNATURE												

Welsh Athletics - Height Card

MEETING		Junior League CUP Final											DATE		Sun-22-August-2010							
EVENT		F8 - U15G Pole Vault		League Record - Rhiannydd LLEWELLYN, Bridgend AC, 3.15, 2008											VENUE		Penlan Track, Brecon					
				Welsh Record - Rhiannydd LLEWELLYN, Bridgend AC, 3.15, 2008											TIME		12:00					
Min Start Height			1.50		Start Ht	1.50	1.90	2.00	2.10	2.20	2.30	2.40	2.50	2.60	2.70	Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						Metres	A
1	W		Wrexham AC													0.00				0		
2	S	Caitlin ATKINS	Swansea Harriers	1.90				o	o	xo	xxx					2.30				3	A	2
3	K		Colwyn Bay AC													0.00				0		
4	M		Pembroke Harriers													0.00				0		
5	R		Carmarthen Harriers													0.00				0		
6	N		Newport Harriers													0.00				0		
7	T	Sally NICHOLAS	Cardiff AAC	2.00			o		o		xo	xxx				2.40				2	B	1
8	G		Cwmbran Harriers													0.00				0		
9	WW		Wrexham AC													0.00				0		
10	SS	Bethan RADFORD	Swansea Harriers	2.00			xxx									0.00				0		
11	KK		Colwyn Bay AC													0.00				0		
12	MM		Pembroke Harriers													0.00				0		
13	RR		Carmarthen Harriers													0.00				0		
14	NN		Newport Harriers													0.00				0		
15	TT	Olivia EVANS	Cardiff AAC	2.20	xo	xxx			o	o	o	o	o	o	xo	2.80				1	A	1
16	GG		Cwmbran Harriers													0.00				0		
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES												
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF													
1A	TT	Olivia EVANS	Cardiff AAC	2.80	1B	T	Sally NICHOLAS	Cardiff AAC	2.40													
2A	S	Caitlin ATKINS	Swansea Harriers	2.30	2B																	
3A					3B																	
4A					4B																	
5A					5B																	
6A					6B																	
7A					7B																	
8A					8B					REFEREE'S SIGNATURE												

Welsh Athletics - Height Card

MEETING		Junior League CUP Final												DATE		Sun-22-August-2010							
EVENT		F9 - U17M Pole Vault			League Record - Paul WALKER, Cardiff AAC, 4.25, Welsh Record - Neil WINTER, Shaftesbury , 5.20, 1990								VENUE		Penlan Track, Brecon								
													TIME		12:00								
Min Start Height				2.00		Start Ht	2.00	2.10	2.20	2.30	2.40	2.50	2.60	2.70	2.80	2.90	Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB	3.00																		Metres	
1	T	Nathan LAWRENCE	Cardiff AAC	2.00	o	xo	o	o	o	o	o	o	xxx			2.60				2	A	2	
2	K		Colwyn Bay AC													0.00				0			
3	W		Wrexham AC													0.00				0			
4	S		Swansea Harriers													0.00				0			
5	G	Stephen SCARFI	Cwmbran Harriers	2.30	xxx			xo	o	o	o	o	o	xxo	o	2.90				1	A	1	
6	M		Pembroke Harriers													0.00				0			
7	N		Newport Harriers													0.00				0			
8	R		Carmarthen Harriers													0.00				0			
9	TT		Cardiff AAC													0.00				0			
10	KK		Colwyn Bay AC													0.00				0			
11	WW		Wrexham AC													0.00				0			
12	SS		Swansea Harriers													0.00				0			
13	GG		Cwmbran Harriers													0.00				0			
14	MM		Pembroke Harriers													0.00				0			
15	NN		Newport Harriers													0.00				0			
16	RR		Carmarthen Harriers													0.00				0			
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES													
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF														
1A	G	Stephen SCARFI	Cwmbran Harriers	2.90	1B																		
2A	T	Nathan LAWRENCE	Cardiff AAC	2.60	2B																		
3A					3B																		
4A					4B																		
5A					5B																		
6A					6B																		
7A					7B																		
8A					8B					REFEREE'S SIGNATURE													

Welsh Athletics - Height Card

MEETING		Junior League CUP Final											DATE	Sun-22-August-2010							
EVENT		F10 - U17W Pole Vault			League Record - Elinor LEWIS, Rachel DAVIES, Cardiff AAC, Deeside AAC, 3.50, 2009 / 20									VENUE	Penlan Track, Brecon						
					Welsh Record - Rhian CLARKE, Essex Ladies, 3.7, 1996									TIME	12:00						
Min Start Height			1.70		Start Ht	1.70	2.30	2.40	2.50	2.60					Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					A	B
1	M		Pembroke Harriers												0.00				0		
2	W		Wrexham AC												0.00				0		
3	T		Cardiff AAC												0.00				0		
4	R	Enfys JONES	Carmarthen Harriers	2.40			o	o	xxx						2.50				1	A	1
5	K		Colwyn Bay AC												0.00				0		
6	S	Alex THOMAS	Swansea Harriers	2.30		xxx									0.00				0		
7	G		Cwmbran Harriers												0.00				0		
8	N		Newport Harriers												0.00				0		
9	MM		Pembroke Harriers												0.00				0		
10	WW		Wrexham AC												0.00				0		
11	TT		Cardiff AAC												0.00				0		
12	RR		Carmarthen Harriers												0.00				0		
13	KK		Colwyn Bay AC												0.00				0		
14	SS		Swansea Harriers												0.00				0		
15	GG		Cwmbran Harriers												0.00				0		
16	NN		Newport Harriers												0.00				0		
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES											
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF												
1A	R	Enfys JONES	Carmarthen Harriers	2.50	1B																
2A					2B																
3A					3B																
4A					4B																
5A					5B																
6A					6B																
7A					7B																
8A					8B																
										REFEREE'S SIGNATURE											

Welsh Athletics - Height Card

MEETING		Junior League CUP Final											DATE		Sun-22-August-2010							
EVENT		F11 - U20M Pole Vault		League Record - Paul WALKER, Cardiff AAC, 4.20, 2003											VENUE		Penlan Track, Brecon					
				Welsh Record - Neil WINTER, Shaftesbury , 5.50, 1992											TIME		12:00					
Min Start Height			2.50		Start Ht	2.50	3.60	3.70	3.80	3.90	4.00					Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					A	B
1	G		Cwmbran Harriers												0.00				0			
2	M		Pembroke Harriers												0.00				0			
3	R	Emyr JONES	Carmarthen Harriers	3.60		xo		o		xxx					3.80				1	A	1	
4	N		Newport Harriers												0.00				0			
5	W	Daniel HODGSON	Wrexham AC	3.60		o		xxx							3.60				2	A	2	
6	T		Cardiff AAC												0.00				0			
7	K		Colwyn Bay AC												0.00				0			
8	S		Swansea Harriers												0.00				0			
9	GG		Cwmbran Harriers												0.00				0			
10	MM		Pembroke Harriers												0.00				0			
11	RR		Carmarthen Harriers												0.00				0			
12	NN		Newport Harriers												0.00				0			
13	WW		Wrexham AC												0.00				0			
14	TT		Cardiff AAC												0.00				0			
15	KK		Colwyn Bay AC												0.00				0			
16	SS		Swansea Harriers												0.00				0			
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES												
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF													
1A	R	Emyr JONES	Carmarthen Harriers	3.80	1B																	
2A	W	Daniel HODGSON	Wrexham AC	3.60	2B																	
3A					3B																	
4A					4B																	
5A					5B																	
6A					6B																	
7A					7B																	
8A					8B																	
										REFEREE'S SIGNATURE												

Welsh Athletics - Height Card

New League Record

MEETING		Junior League CUP Final											DATE		Sun-22-August-2010								
EVENT		F12 - U20W Pole Vault		League Record - Lindsey MAUND, Swansea Harriers, 3.30, 2005											VENUE		Penlan Track, Brecon						
				Welsh Record - Rhian CLARKE, Essex Ladies, 3.70, 1996											TIME		12:00						
Min Start Height			2.00		Start Ht	2.00	3.10	3.20	3.30	3.40	3.50					Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B		
Order	BIB	NAME	CLUB	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					A	B	
1	N		Newport Harriers													0.00				0			
2	T	Elinor LEWIS	Cardiff AAC	3.20			o	o	xxx							3.30				1	A	1	
3	S	Naomi JAMES	Swansea Harriers	3.10		xxo	o	xo	xxx							3.30				2	A	2	
4	G		Cwmbran Harriers													0.00				0			
5	M		Pembroke Harriers													0.00				0			
6	K		Colwyn Bay AC													0.00				0			
7	R		Carmarthen Harriers													0.00				0			
8	W		Wrexham AC													0.00				0			
9	NN		Newport Harriers													0.00				0			
10	TT		Cardiff AAC													0.00				0			
11	SS		Swansea Harriers													0.00				0			
12	GG		Cwmbran Harriers													0.00				0			
13	MM		Pembroke Harriers													0.00				0			
14	KK		Colwyn Bay AC													0.00				0			
15	RR		Carmarthen Harriers													0.00				0			
16	WW		Wrexham AC													0.00				0			
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES													
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF														
1A	T	Elinor LEWIS	Cardiff AAC	3.30	1B																		
2A	S	Naomi JAMES	Swansea Harriers	3.30	2B																		
3A					3B																		
4A					4B																		
5A					5B																		
6A					6B																		
7A					7B																		
8A					8B																		
										REFEREE'S SIGNATURE													

Welsh Athletics - Height Card

MEETING		Junior League CUP Final											DATE		Sun-22-August-2010								
EVENT		F13 - U13G High Jump			League Record - Hannah THOMAS, Wrexham AC, 1.50, 2005									VENUE		Penlan Track, Brecon							
					Welsh Record - Julia CHARLTON, Carmarthen Harriers, 1.68, 1978									TIME		12:00							
Min Start Height			1.05			Start Ht	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB	Metres	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						Metres	A
1	K		Colwyn Bay AC													0.00				0			
2	G	Geri MCNAMARA	Cwmbran Harriers	1.05	xxx											0.00				0			
3	N		Newport Harriers													0.00				0			
4	W	Lauren READ	Wrexham AC	1.05	o	o	xo	xxx								1.15				4	A	4	
5	S	Ffion WAKE	Swansea Harriers	1.05	o	o	o	xo	o							1.25				1	A	1	
6	R	Rebeca HARTSON	Carmarthen Harriers	1.10	o	xo	xo	xxo								1.20				2	A	2	
7	M	Tabitha STEVENSON	Pembroke Harriers																	0			
8	T	Bethan REGISTER	Cardiff AAC	1.05	o	o	xxx									1.10				6	B	2	
9	KK		Colwyn Bay AC																	0			
10	GG	Eve WILLIAMS	Cwmbran Harriers	1.05	o	xo	xxx									1.10				7	A	5	
11	NN		Newport Harriers																	0			
12	WW		Wrexham AC																	0			
13	SS	Rhiannon FENN	Swansea Harriers	1.05	o	xo	xxx									1.10				8	B	3	
14	RR	Jessica NICHOLLS	Carmarthen Harriers	1.05	o	xo	xo	xxx								1.15				5	B	1	
15	MM		Pembroke Harriers																	0			
16	TT	Sian PURCELL	Cardiff AAC	1.05	o	o	o	xx								1.15				3	A	3	
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES													
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF														
	1A	S	Ffion WAKE	Swansea Harriers	1.25	1B	RR	Jessica NICHOLLS	Carmarthen Harriers	1.15													
	2A	R	Rebeca HARTSON	Carmarthen Harriers	1.20	2B	T	Bethan REGISTER	Cardiff AAC	1.10													
	3A	W	Lauren READ	Wrexham AC	1.15	3B	SS	Rhiannon FENN	Swansea Harriers	1.10													
	4A	GG	Eve WILLIAMS	Cwmbran Harriers	1.10	4B																	
	5A					5B																	
	6A					6B																	
	7A					7B																	
	8A					8B																	
										REFEREE'S SIGNATURE													

Welsh Athletics - Height Card

MEETING		Junior League CUP Final											DATE	Sun-22-August-2010									
EVENT		F14 - U15G High Jump			League Record - Hannah THOMAS, Wrexham AC Neath Harriers, 1.60, 2003 / 2008								VENUE	Penlan Track, Brecon									
					Welsh Record - Lea HAGGETT, Herne Hill, 1.81, 1986								TIME	12:00									
Min Start Height			1.15			Start Ht	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.53	Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B		
Order	BIB	NAME	CLUB	Metres	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						Metres	A	B
1	S	Catrin JONES	Swansea Harriers	1.35						o	o	xxo	xxx		1.45				2	A	2		
2	R	Erin WALTERS	Carmarthen Harriers	1.35						xo	o	xxo	xxx		1.45				3	A	3		
3	M		Pembroke Harriers												0.00				0				
4	T	Laura TRIGG	Cardiff AAC	1.30					o	o	o	xo	xxo	xxx	1.50				1	A	1		
5	N	Emma HENNESSEY	Newport Harriers	1.20			o	o	xxx						1.25				6	A	5		
6	G	Sophie JACKSON	Cwmbran Harriers	1.15	o	o	xxx								1.20				9	B	3		
7	W	Hannah BROWNING	Wrexham AC	1.15	o	o	o	o	xxx						1.30				4	A	4		
8	K		Colwyn Bay AC												0.00				0				
9	SS	Miriam WILLIAMS	Swansea Harriers	1.25			xo	o	xxx						1.30				4	B	1		
10	RR	Kimberley ABORDUNRIN	Carmarthen Harriers	1.15	xxx										0.00				0				
11	MM		Pembroke Harriers												0.00				0				
12	TT	Kate SEARY	Cardiff AAC	1.20		o	xxx								1.20				8	B	2		
13	NN		Newport Harriers												0.00				0				
14	GG	Francesca HYDE	Cwmbran Harriers	1.15	o	o	xxo	xxx							1.25				7	A	6		
15	WW	Emily ROWLANDS	Wrexham AC	1.15	o	o	xxx								1.20				9	B	3		
16	KK		Colwyn Bay AC												0.00				0				
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES													
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF														
1A	T	Laura TRIGG	Cardiff AAC	1.50	1B	SS	Miriam WILLIAMS	Swansea Harriers	1.30														
2A	S	Catrin JONES	Swansea Harriers	1.45	2B	TT	Kate SEARY	Cardiff AAC	1.20														
3A	R	Erin WALTERS	Carmarthen Harriers	1.45	3B	G	Sophie JACKSON	Cwmbran Harriers	1.20														
4A	W	Hannah BROWNING	Wrexham AC	1.30	4B																		
5A	N	Emma HENNESSEY	Newport Harriers	1.25	5B																		
6A	GG	Francesca HYDE	Cwmbran Harriers	1.25	6B																		
7A					7B																		
8A					8B					REFEREE'S SIGNATURE													

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F15 - U17W Long Jump		League Record - Sarah DACEY, Swansea Harriers, 5.59, 2007						Venue	Penlan Track, Brecon					
				Welsh Record -Lisa ARMSTRONG, Torfaen AC, 6.01, 1990						Time	12:00 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	R	Alyce PHILLIPS	Carmarthen Harriers	4.10	4.16	3.97	4.16	3				4.16	3	A	2	
2	N		Newport Harriers													
3	G	Natasha LEWIS	Cwmbran Harriers													
4	K		Colwyn Bay AC													
5	T	Megan THOMAS	Cardiff AAC	3.98	3.77		3.98	4				3.98	4	A	3	
6	W		Wrexham AC													
7	S	Nia PALLA	Swansea Harriers	4.70	4.60	4.75	4.75	1				4.75	1	A	1	
8	M	Josie LEWIS	Pembroke Harriers			2.67	2.67	6				2.67	6	A	4	
9	RR	Elin THOMAS	Carmarthen Harriers	3.35	3.71	3.49	3.71	5				3.71	5	B		2
10	NN		Newport Harriers													
11	GG		Cwmbran Harriers													
12	KK		Colwyn Bay AC													
13	TT		Cardiff AAC													
14	WW		Wrexham AC													
15	SS	Emily DACEY	Swansea Harriers	NJ	4.71	NJ	4.71	2				4.71	2	B		1
16	MM		Pembroke Harriers													
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	S	Nia PALLA	Swansea Harriers	4.75	1B	SS	Emily DACEY	Swansea Harriers	4.71							
2A	R	Alyce PHILLIPS	Carmarthen Harriers	4.16	2B	RR	Elin THOMAS	Carmarthen Harriers	3.71							
3A	T	Megan THOMAS	Cardiff AAC	3.98	3B											
4A	M	Josie LEWIS	Pembroke Harriers	2.67	4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010		
Event		F16 - U20W Long Jump		League Record - Lara RICHARDS, Newport Harriers, 5.58,						Venue	Penlan Track, Brecon				
				Welsh Record -Lisa ARMSTRONG, Torfaen AC, 6.25, 1992						Time	12:00 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	A
1	W	Megan ROGERS	Wrexham AC	4.99	4.89	4.82	4.99	1				4.99	1	A	1
2	S	Catrin STONE	Swansea Harriers	4.58	4.41	NJ	4.58	3				4.58	3	A	3
3	K		Colwyn Bay AC												
4	M		Pembroke Harriers												
5	R	Ffion REES	Carmarthen Harriers	3.20	4.91	4.98	4.98	2				4.98	2	A	2
6	N		Newport Harriers												
7	T	Amy HENDRICKSON	Cardiff AAC	3.26	4.03	1.62	4.03	4				4.03	4	A	4
8	G	Vicki WEBB	Cwmbran Harriers												
9	WW		Wrexham AC												
10	SS		Swansea Harriers												
11	KK		Colwyn Bay AC												
12	MM		Pembroke Harriers												
13	RR		Carmarthen Harriers												
14	NN		Newport Harriers												
15	TT		Cardiff AAC												
16	GG		Cwmbran Harriers												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	W	Megan ROGERS	Wrexham AC	4.99	1B										
2A	R	Ffion REES	Carmarthen Harriers	4.98	2B										
3A	S	Catrin STONE	Swansea Harriers	4.58	3B										
4A	T	Amy HENDRICKSON	Cardiff AAC	4.03	4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010				
Event		F17 - U15G Shot Put (3.25kg)			League Record - Awen ROSSER, Carmarthen Harriers, 11.61, 2010					Venue	Penlan Track, Brecon					
					Welsh Record -Emily STEELE, Shrewsbury AC, 13.22, 1989					Time	12:00 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	T	Holly FIELD	Cardiff AAC	7.10	7.35	6.89	7.35	6				7.35	6	A	5	
2	K		Colwyn Bay AC													
3	W	Manon EDWARDS	Wrexham AC	9.38	9.69	9.25	9.69	1				9.69	1	A	1	
4	S	Stephanie NICHOLAS	Swansea Harriers	8.70	9.43	9.19	9.43	2				9.43	2	A	2	
5	G	Malika REZOUGUI	Cwmbran Harriers	3.56	3.31	4.34	4.34	12				4.34	12	B		6
6	M	Elli NORKETT	Pembroke Harriers	8.30	7.89	8.03	8.30	3				8.30	3	A	3	
7	N	Bronwyn SATTERLY	Newport Harriers													
8	R	Natasha JIWA WALJI	Carmarthen Harriers	8.26	5.52	6.19	8.26	4				8.26	4	A	4	
9	TT	Carys DAWE	Cardiff AAC	6.23	6.56	6.59	6.59	7				6.59	7	B		2
10	KK		Colwyn Bay AC													
11	WW	Jordi EVANS	Wrexham AC	4.71	4.72	4.95	4.95	11				4.95	11	B		5
12	SS	Isobelle REYNOLDS	Swansea Harriers	7.71	6.08	7.01	7.71	5				7.71	5	B		1
13	GG	Sam WALKER	Cwmbran Harriers	NT	4.40	5.19	5.19	10				5.19	10	A	6	
14	MM	Ffion CADOGAN	Pembroke Harriers	6.50	6.38	6.43	6.50	8				6.50	8	B		3
15	NN		Newport Harriers													
16	RR	Ffion WALTERS	Carmarthen Harriers	4.96	5.48	5.63	5.63	9				5.63	9	B		4
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	W	Manon EDWARDS	Wrexham AC	9.69	1B	SS	Isobelle REYNOLDS	Swansea Harriers	7.71							
2A	S	Stephanie NICHOLAS	Swansea Harriers	9.43	2B	TT	Carys DAWE	Cardiff AAC	6.59							
3A	M	Elli NORKETT	Pembroke Harriers	8.30	3B	MM	Ffion CADOGAN	Pembroke Harriers	6.50							
4A	R	Natasha JIWA WALJI	Carmarthen Harriers	8.26	4B	RR	Ffion WALTERS	Carmarthen Harriers	5.63							
5A	T	Holly FIELD	Cardiff AAC	7.35	5B	WW	Jordi EVANS	Wrexham AC	4.95							
6A	GG	Sam WALKER	Cwmbran Harriers	5.19	6B	G	Malika REZOUGUI	Cwmbran Harriers	4.34	REFEREE SIGNATURE						
7A					7B											
8A					8B											

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F18 - U17W Javelin (600g)		League Record - Lianne CLARKE, Neath Harriers, 44.40, 2003						Venue	Penlan Track, Brecon					
				Welsh Record -Lianne CLARKE, Neath Harriers, 45.55, 2003						Time	12:00 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	M	Lucy GRIFFITHS	Pembroke Harriers	NT	14.51	NT	14.51	5				14.51	5	A	3	
2	W		Wrexham AC													
3	T	Amy PACKHAM-SMITH	Cardiff AAC	NT	NT	NT										
4	R	Carys MANSFIELD	Carmarthen Harriers	38.29	35.83	36.15	38.29	1				38.29	1	A	1	
5	K		Colwyn Bay AC													
6	S	Emily MORRIS	Swansea Harriers	17.66			17.66	3				17.66	3	A	2	
7	G		Cwmbran Harriers													
8	N		Newport Harriers													
9	MM		Pembroke Harriers													
10	WW		Wrexham AC													
11	TT	Olivia DYER	Cardiff AAC	NT	8.00		8.00	6				8.00	6	A	4	
12	RR	Rhiannon PLANT	Carmarthen Harriers	18.15	16.10		18.15	2				18.15	2	B		1
13	KK		Colwyn Bay AC													
14	SS	Rhiannon THOMAS	Swansea Harriers	14.40	NT	14.93	14.93	4				14.93	4	B		2
15	GG		Cwmbran Harriers													
16	NN		Newport Harriers													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	R	Carys MANSFIELD	Carmarthen Harriers	38.29	1B	RR	Rhiannon PLANT	Carmarthen Harriers	18.15							
2A	S	Emily MORRIS	Swansea Harriers	17.66	2B	SS	Rhiannon THOMAS	Swansea Harriers	14.93							
3A	M	Lucy GRIFFITHS	Pembroke Harriers	14.51	3B											
4A	TT	Olivia DYER	Cardiff AAC	8.00	4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010		
Event		F19 - U20W Javelin (600g)		League Record - Lianne CLARKE, Neath Harriers, 46.79, 2005						Venue	Penlan Track, Brecon				
				Welsh Record -Lianne CLARKE, Cardiff AAC, 50.95, 2004						Time	12:00 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	A
1	G	Rachel BEVAN	Cwmbran Harriers	29.38	30.25	27.01	30.25	2				30.25	2	A	2
2	M		Pembroke Harriers												
3	R	Mary WILSON	Carmarthen Harriers	31.19	30.61	33.83	33.83	1				33.83	1	A	1
4	N		Newport Harriers												
5	W		Wrexham AC												
6	T	Gwen WILLIAMS	Cardiff AAC	6.91			6.91	4				6.91	4	A	4
7	K		Colwyn Bay AC												
8	S	Sarah DACEY	Swansea Harriers	10.97	16.56	19.14	19.14	3				19.14	3	A	3
9	GG		Cwmbran Harriers												
10	MM		Pembroke Harriers												
11	RR		Carmarthen Harriers												
12	NN		Newport Harriers												
13	WW		Wrexham AC												
14	TT		Cardiff AAC												
15	KK		Colwyn Bay AC												
16	SS		Swansea Harriers												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	R	Mary WILSON	Carmarthen Harriers	33.83	1B										
2A	G	Rachel BEVAN	Cwmbran Harriers	30.25	2B										
3A	S	Sarah DACEY	Swansea Harriers	19.14	3B										
4A	T	Gwen WILLIAMS	Cardiff AAC	6.91	4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F20 - U13B Discus (1.00kg)		League Record - Mathew EVANS, Carmarthen Harriers, 35.35,						Venue	Penlan Track, Brecon					
				Welsh Record -Chris HUGHES, Swansea Harriers, 38.92, 1991						Time	12:45 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	N	Jordan BRYANT	Newport Harriers	24.13	23.98	22.85	24.13	2				24.13	2	A	2	
2	T	Callum MEYER	Cardiff AAC	11.78	12.80	12.43	12.80	12				12.80	12	B		5
3	S	Ryan NICHOLAS	Swansea Harriers	14.55	NT	14.69	14.69	8				14.69	8	A	6	
4	G	Owen MURPHY	Cwmbran Harriers	13.77	NT	NT	13.77	10				13.77	10	B		3
5	M	Ben LEAHY	Pembroke Harriers	21.84	24.56	NT	24.56	1				24.56	1	A	1	
6	K		Colwyn Bay AC													
7	R	Nikita NEARY	Carmarthen Harriers	NT	23.60	21.25	23.60	3				23.60	3	A	3	
8	W	Sam NIGHTINGALE	Wrexham AC	NT	NT	14.54	14.54	9				14.54	9	A	7	
9	NN	Jamie BRYANT	Newport Harriers	17.99	16.45	NT	17.99	4				17.99	4	B		1
10	TT	Daniel GRIFFITHS	Cardiff AAC	15.23	15.66	13.71	15.66	6				15.66	6	A	4	
11	SS	Max HANCOCK	Swansea Harriers	NT	NT	12.01	12.01	13				12.01	13	B		6
12	GG	Rhys JONES	Cwmbran Harriers	14.82	NT	NT	14.82	7				14.82	7	A	5	
13	MM	Ben LEAHY	Pembroke Harriers	12.87	12.81	13.06	13.06	11				13.06	11	B		4
14	KK		Colwyn Bay AC													
15	RR	Charlie LAWS	Carmarthen Harriers	NT	16.45	17.97	17.97	5				17.97	5	B		2
16	WW		Wrexham AC													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	M	Ben LEAHY	Pembroke Harriers	24.56	1B	NN	Jamie BRYANT	Newport Harriers	17.99							
2A	N	Jordan BRYANT	Newport Harriers	24.13	2B	RR	Charlie LAWS	Carmarthen Harriers	17.97							
3A	R	Nikita NEARY	Carmarthen Harriers	23.60	3B	G	Owen MURPHY	Cwmbran Harriers	13.77							
4A	TT	Daniel GRIFFITHS	Cardiff AAC	15.66	4B	MM	Ben LEAHY	Pembroke Harriers	13.06							
5A	GG	Rhys JONES	Cwmbran Harriers	14.82	5B	T	Callum MEYER	Cardiff AAC	12.80							
6A	S	Ryan NICHOLAS	Swansea Harriers	14.69	6B	SS	Max HANCOCK	Swansea Harriers	12.01							
7A	W	Sam NIGHTINGALE	Wrexham AC	14.54	7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010				
Event		F21 - U15B Discus (1.25kg)			League Record - David PRICE, Deeside AC, 42.52, Welsh Record -Liam WALSH, Deeside AAC, 48.66, 1996					Venue	Penlan Track, Brecon					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	K		Colwyn Bay AC													
2	G	Sebastian WAINWRIGHT	Cwmbran Harriers													
3	N	Heddwyn LOUDEN	Newport Harriers	18.96	16.83	17.30	18.96	7				18.96	7	A	5	
4	W	Matthew WILLIAMS	Wrexham AC	NT	25.91	NT	25.91	6				25.91	6	A	4	
5	S	Jack BEYNON	Swansea Harriers	29.74	31.45	NT	31.45	2				31.45	2	A	2	
6	R	Kallum EVANS	Carmarthen Harriers	NT	32.35	35.03	35.03	1				35.03	1	A	1	
7	M	Rheinallt GEORGE	Pembroke Harriers	15.58	16.43	15.41	16.43	9				16.43	9	A	6	
8	T	Matteo HOLMES	Cardiff AAC	26.51	28.17	NT	28.17	4				28.17	4	A	3	
9	KK		Colwyn Bay AC													
10	GG	Connor MCNAMARA	Cwmbran Harriers													
11	NN		Newport Harriers													
12	WW		Wrexham AC													
13	SS	Bobby JONES	Swansea Harriers	26.14	28.71	NT	28.71	3				28.71	3	B		1
14	RR	Andrew BARRISCALE	Carmarthen Harriers	28.06	26.57	NT	28.06	5				28.06	5	B		2
15	MM	Dylan THOMAS	Pembroke Harriers	NT	NT	12.80	12.80	10				12.80	10	B		4
16	TT	Ryan COOPER	Cardiff AAC	NT	17.12	15.26	17.12	8				17.12	8	B		3
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	R	Kallum EVANS	Carmarthen Harriers	35.03	1B	SS	Bobby JONES	Swansea Harriers	28.71							
2A	S	Jack BEYNON	Swansea Harriers	31.45	2B	RR	Andrew BARRISCALE	Carmarthen Harriers	28.06							
3A	T	Matteo HOLMES	Cardiff AAC	28.17	3B	TT	Ryan COOPER	Cardiff AAC	17.12							
4A	W	Matthew WILLIAMS	Wrexham AC	25.91	4B	MM	Dylan THOMAS	Pembroke Harriers	12.80							
5A	N	Heddwyn LOUDEN	Newport Harriers	18.96	5B											
6A	M	Rheinallt GEORGE	Pembroke Harriers	16.43	6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F22 - U17M Long Jump				League Record - Ricardo CHILDS, Brecon AC, 6.88, 2001					Venue	Penlan Track, Brecon				
						Welsh Record - Marcus BROWNING, Chester, 7.11, 1986					Time	12:45 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	S	Kieron MARTIN	Swansea Harriers	6.02	6.11	5.86	6.11	1				6.11	1	A	1	
2	R	Aaron WILLMOTT	Carmarthen Harriers	NJ	5.18	5.50	5.50	5				5.50	5	A	5	
3	M	Lawrence HANCOCK	Pembroke Harriers	NJ	5.90	NJ	5.90	2				5.90	2	A	2	
4	T	James McGUIRE	Cardiff AAC	5.83	3.64	2.88	5.83	3				5.83	3	A	3	
5	N		Newport Harriers													
6	G	Jordan DAVIES	Cwmbran Harriers	3.75	3.53	3.68	3.75	8				3.75	8	A	6	
7	W	Adam WILLIAMS	Wrexham AC	5.63	5.47	5.27	5.63	4				5.63	4	A	4	
8	K		Colwyn Bay AC													
9	SS	Jack SWISTON	Swansea Harriers													
10	RR	Liam JONES	Carmarthen Harriers	4.98	4.98	4.89	4.98	6				4.98	6	B		1
11	MM		Pembroke Harriers													
12	TT	Jonathan BAILEY	Cardiff AAC													
13	NN		Newport Harriers													
14	GG		Cwmbran Harriers													
15	WW	Josh RADFORD	Wrexham AC	4.38		4.69	4.69	7				4.69	7	B		2
16	KK		Colwyn Bay AC													
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	S	Kieron MARTIN	Swansea Harriers	6.11	1B	RR	Liam JONES	Carmarthen Harriers	4.98							
2A	M	Lawrence HANCOCK	Pembroke Harriers	5.90	2B	WW	Josh RADFORD	Wrexham AC	4.69							
3A	T	James McGUIRE	Cardiff AAC	5.83	3B											
4A	W	Adam WILLIAMS	Wrexham AC	5.63	4B											
5A	R	Aaron WILLMOTT	Carmarthen Harriers	5.50	5B											
6A	G	Jordan DAVIES	Cwmbran Harriers	3.75	6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F23 - U20M Long Jump		League Record - Ricardo CHILDS, Brecon AC, 7.09, 2003						Venue	Penlan Track, Brecon					
				Welsh Record -Colin JACKSON, Cardiff AAC, 7.56, 1985						Time	12:45 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	R	Kueni IGBAGIRI	Carmarthen Harriers	NJ	6.48	6.09	6.48	1				6.48	1	A	1	
2	N	Tom MORGAN	Newport Harriers	NJ	NJ	6.23	6.23	2				6.23	2	A	2	
3	G		Cwmbran Harriers													
4	K		Colwyn Bay AC													
5	T	Sam CONWAY	Cardiff AAC	5.26	5.56		5.56	4				5.56	4	A	3	
6	W	Thomas CSIZMADIA	Wrexham AC													
7	S	Michael DAVIS	Swansea Harriers	4.65	4.71		4.71	5				4.71	5	A	4	
8	M		Pembroke Harriers													
9	RR	Glen ELSDON	Carmarthen Harriers	3.72	5.77		5.77	3				5.77	3	B		1
10	NN		Newport Harriers													
11	GG		Cwmbran Harriers													
12	KK		Colwyn Bay AC													
13	TT		Cardiff AAC													
14	WW		Wrexham AC													
15	SS		Swansea Harriers													
16	MM		Pembroke Harriers													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
	1A	R	Kueni IGBAGIRI	Carmarthen Harriers	6.48	1B	RR	Glen ELSDON	Carmarthen Harriers	5.77	REFeree SIGNATURE					
	2A	N	Tom MORGAN	Newport Harriers	6.23	2B										
	3A	T	Sam CONWAY	Cardiff AAC	5.56	3B										
	4A	S	Michael DAVIS	Swansea Harriers	4.71	4B										
	5A				5B											
	6A				6B											
	7A				7B											
	8A				8B											

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010		
Event		F24 - U13G Shot Put (2.72kg)		League Record - Nicola STEVENSON, Bridgend AC, 10.37,						Venue	Penlan Track, Brecon				
				Welsh Record - Nicola STEVENSON, Bridgend AC, 10.83, 2001						Time	12:45 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	A
1	W	Chloe DAVIES	Wrexham AC	6.60	7.25	7.25	7.25	3				7.25	3	A	3
2	S	Emily EVANS	Swansea Harriers	5.50	NT	4.77	5.50	8				5.50	8	A	6
3	K		Colwyn Bay AC												
4	M	Anita MADAN	Pembroke Harriers	7.56	7.30	7.00	7.56	2				7.56	2	A	2
5	R	Amy HUMBLE	Carmarthen Harriers	8.80	8.11	8.05	8.80	1				8.80	1	A	1
6	N	Danielle MORGAN	Newport Harriers	6.54	6.22	6.31	6.54	5				6.54	5	A	4
7	T		Cardiff AAC												
8	G	Millie FAKANDE	Cwmbran Harriers	5.97	6.35	6.26	6.35	6				6.35	6	A	5
9	WW		Wrexham AC												
10	SS	Alice PETERS	Swansea Harriers	NT	4.54	4.26	4.54	9				4.54	9	B	3
11	KK		Colwyn Bay AC												
12	MM	Tabitha STEVENSON	Pembroke Harriers	3.62	4.54	3.94	4.54	9				4.54	9	B	3
13	RR	Angharad EVANS	Carmarthen Harriers	6.01	6.87	6.63	6.87	4				6.87	4	B	1
14	NN		Newport Harriers												
15	TT		Cardiff AAC												
16	GG	Amy PRICE	Cwmbran Harriers	5.93	6.31	6.10	6.31	7				6.31	7	B	2
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	R	Amy HUMBLE	Carmarthen Harriers	8.80	1B	RR	Angharad EVANS	Carmarthen Harriers	6.87						
2A	M	Anita MADAN	Pembroke Harriers	7.56	2B	GG	Amy PRICE	Cwmbran Harriers	6.31						
3A	W	Chloe DAVIES	Wrexham AC	7.25	3B	SS	Alice PETERS	Swansea Harriers	4.54						
4A	N	Danielle MORGAN	Newport Harriers	6.54	4B										
5A	G	Millie FAKANDE	Cwmbran Harriers	6.35	5B										
6A	S	Emily EVANS	Swansea Harriers	5.50	6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

Welsh Athletics - Height Card

MEETING		Junior League CUP Final											DATE	Sun-22-August-2010							
EVENT		F25 - U17W High Jump		League Record - Emily MORRIS, Swansea Harriers, 1.65, 2010											VENUE	Penlan Track, Brecon					
				Welsh Record - Lea HAGGETT, Herne Hill, 1.81, 1986											TIME	13:00					
Min Start Height			1.25	Start Ht	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70	Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					A	B
1	T		Cardiff AAC												0.00			0			
2	K		Colwyn Bay AC												0.00			0			
3	W		Wrexham AC												0.00			0			
4	S	Emily MORRIS	Swansea Harriers	1.50						o	o	pass	xxx	1.55			1	A	1		
5	G		Cwmbran Harriers											0.00			0				
6	M	Helena MADAN	Pembroke Harriers	1.35			o	xo	o	xxx				1.45			2	A	2		
7	N		Newport Harriers											0.00			0				
8	R	Rhiannon PLANT	Carmarthen Harriers	1.35			o	o	xo	xxx				1.45			3	A	3		
9	TT		Cardiff AAC											0.00			0				
10	KK		Colwyn Bay AC											0.00			0				
11	WW		Wrexham AC											0.00			0				
12	SS	Kimberly DAVIES	Swansea Harriers	1.35			o	o	xxx					1.40			4	B	1		
13	GG		Cwmbran Harriers											0.00			0				
14	MM		Pembroke Harriers											0.00			0				
15	NN		Newport Harriers											0.00			0				
16	RR	Catrin REES	Carmarthen Harriers	1.30		o	o	xxx						1.35			5	B	2		
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES											
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF												
1A	S	Emily MORRIS	Swansea Harriers	1.55	1B	SS	Kimberly DAVIES	Swansea Harriers	1.40												
2A	M	Helena MADAN	Pembroke Harriers	1.45	2B																
3A	R	Rhiannon PLANT	Carmarthen Harriers	1.45	3B																
4A					4B																
5A					5B																
6A					6B																
7A					7B																
8A					8B																
										REFEREE'S SIGNATURE											

Welsh Athletics - Height Card

MEETING		Junior League CUP Final											DATE		Sun-22-August-2010							
EVENT		F26 - U20W High Jump				League Record - Ceri STOKOE, Swansea Harriers, 1.79, 2000							VENUE		Penlan Track, Brecon							
						Welsh Record - Rebecca JONES, Wrexham AC, 1.88, 2002							TIME		13:00							
Min Start Height			1.35		Start Ht	1.35	1.40	1.45	1.50	1.55	1.60					Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB			Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					A	B
1	M		Pembroke Harriers												0.00				0			
2	W	Megan ROGERS	Wrexham AC		1.45			o	o	xxx					1.50				1	A	1	
3	T	Gwen WILLIAMS	Cardiff AAC		1.35	xo	xo	xxo	xxx						1.45				3	A	3	
4	R	Sophie PICK	Carmarthen Harriers		1.35	o	o	o	xo	xxx					1.50				2	A	2	
5	K		Colwyn Bay AC												0.00				0			
6	S		Swansea Harriers												0.00				0			
7	G		Cwmbran Harriers												0.00				0			
8	N		Newport Harriers												0.00				0			
9	MM		Pembroke Harriers												0.00				0			
10	WW		Wrexham AC												0.00				0			
11	TT		Cardiff AAC												0.00				0			
12	RR		Carmarthen Harriers												0.00				0			
13	KK		Colwyn Bay AC												0.00				0			
14	SS		Swansea Harriers												0.00				0			
15	GG		Cwmbran Harriers												0.00				0			
16	NN		Newport Harriers												0.00				0			
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES												
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF													
1A	W	Megan ROGERS	Wrexham AC	1.50	1B																	
2A	R	Sophie PICK	Carmarthen Harriers	1.50	2B																	
3A	T	Gwen WILLIAMS	Cardiff AAC	1.45	3B																	
4A					4B																	
5A					5B																	
6A					6B																	
7A					7B																	
8A					8B																	
										REFEREE'S SIGNATURE												

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010				
Event		F27 - U13B Shot Put (3.25kg)			League Record - Matthew EVANS, Carmarthen Harriers, 14.21,					Venue	Penlan Track, Brecon					
					Welsh Record - Mathew EVANS, Carmarthen Harriers, 14.47, 2001					Time	1:30 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	G	Jared ROSSER	Cwmbrian Harriers	8.83	8.93	8.96	8.96	4				8.96	4	A	4	
2	M	Jake EVANS	Pembroke Harriers	10.38	11.02	10.72	11.02	1				11.02	1	A	1	
3	R	Nikita NEARY	Carmarthen Harriers	8.67	9.65	8.38	9.65	3				9.65	3	A	3	
4	N	Jordan BRYANT	Newport Harriers	6.43	7.07	6.75	7.07	7				7.07	7	A	6	
5	W	Shane HUGHES	Wrexham AC	9.74	NT	9.93	9.93	2				9.93	2	A	2	
6	T	Callum MEYER	Cardiff AAC	5.92	5.58	5.53	5.92	10				5.92	10	A	7	
7	K		Colwyn Bay AC													
8	S	Ryan NICHOLAS	Swansea Harriers	NT	5.50	NT	5.50	11				5.50	11	B		4
9	GG	Owen MURPHY	Cwmbrian Harriers	5.35	5.38	5.42	5.42	12				5.42	12	B		5
10	MM	Thomas HUGHES	Pembroke Harriers	NT	6.33	NT	6.33	8				6.33	8	B		2
11	RR	Charlie LAWS	Carmarthen Harriers	NT	6.68	7.95	7.95	5				7.95	5	B		1
12	NN	Jamie BRYANT	Newport Harriers	5.00	6.08	6.13	6.13	9				6.13	9	B		3
13	WW		Wrexham AC													
14	TT	George GOUGH	Cardiff AAC	3.02	4.18	3.25	4.18	13				4.18	13	B		6
15	KK		Colwyn Bay AC													
16	SS	Ioan WALL	Swansea Harriers	6.75	7.09	NT	7.09	6				7.09	6	A	5	
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	M	Jake EVANS	Pembroke Harriers	11.02	1B	RR	Charlie LAWS	Carmarthen Harriers	7.95							
2A	W	Shane HUGHES	Wrexham AC	9.93	2B	MM	Thomas HUGHES	Pembroke Harriers	6.33							
3A	R	Nikita NEARY	Carmarthen Harriers	9.65	3B	NN	Jamie BRYANT	Newport Harriers	6.13							
4A	G	Jared ROSSER	Cwmbrian Harriers	8.96	4B	S	Ryan NICHOLAS	Swansea Harriers	5.50							
5A	SS	Ioan WALL	Swansea Harriers	7.09	5B	GG	Owen MURPHY	Cwmbrian Harriers	5.42							
6A	N	Jordan BRYANT	Newport Harriers	7.07	6B	TT	George GOUGH	Cardiff AAC	4.18							
7A	T	Callum MEYER	Cardiff AAC	5.92	7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010				
Event		F28 - U15B Long Jump			League Record - Kueni IGBAGIRI, Carmarthen Harriers, 5.95, 2005					Venue	Penlan Track, Brecon					
					Welsh Record -Ian STRANGE, Newport Harriers, 6.63, 1977					Time	1:30 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	N	Kyle ARNOLD	Newport Harriers	4.24	4.17	4.48	4.48	9				4.48	9	A	6	
2	T	George GRIFFITHS	Cardiff AAC	5.70	5.45	5.53	5.70	2				5.70	2	A	2	
3	S	Daniel HALL	Swansea Harriers	3.64	3.47	3.41	3.64	12				3.64	12	B		5
4	G	Ryan LEE	Cwmbran Harriers	3.60	NJ	5.06	5.06	6				5.06	6	A	4	
5	M	Carwyn JAMES	Pembroke Harriers	5.65	5.56	5.39	5.65	3				5.65	3	A	3	
6	K		Colwyn Bay AC													
7	R	Aled PRICE	Carmarthen Harriers	5.73	5.36	5.58	5.73	1				5.73	1	A	1	
8	W	Ryan FOULKES	Wrexham AC	4.99	4.95	4.85	4.99	7				4.99	7	A	5	
9	NN		Newport Harriers													
10	TT	Ryan COOPER	Cardiff AAC	4.79	4.75	5.07	5.07	5				5.07	5	B		2
11	SS	Keiran INGRAM	Swansea Harriers	2.79	3.36	3.69	3.69	11				3.69	11	A	7	
12	GG	Connor MCNAMARA	Cwmbran Harriers													
13	MM	Oliver HUGHES	Pembroke Harriers	4.23	4.36	4.36	4.36	10				4.36	10	B		4
14	KK		Colwyn Bay AC													
15	RR	Shaun PEARCE	Carmarthen Harriers	NJ	5.10	4.82	5.10	4				5.10	4	B		1
16	WW	Liam MCGIVERN	Wrexham AC	4.57	4.40	4.40	4.57	8				4.57	8	B		3
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	R	Aled PRICE	Carmarthen Harriers	5.73	1B	RR	Shaun PEARCE	Carmarthen Harriers	5.10							
2A	T	George GRIFFITHS	Cardiff AAC	5.70	2B	TT	Ryan COOPER	Cardiff AAC	5.07							
3A	M	Carwyn JAMES	Pembroke Harriers	5.65	3B	WW	Liam MCGIVERN	Wrexham AC	4.57							
4A	G	Ryan LEE	Cwmbran Harriers	5.06	4B	MM	Oliver HUGHES	Pembroke Harriers	4.36							
5A	W	Ryan FOULKES	Wrexham AC	4.99	5B	S	Daniel HALL	Swansea Harriers	3.64							
6A	N	Kyle ARNOLD	Newport Harriers	4.48	6B											
7A	SS	Keiran INGRAM	Swansea Harriers	3.69	7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F29 - U17M Javelin (700g)		League Record - Jon LLEWELLYN, Carmarthen Harriers, 60.17, 2009						Venue	Penlan Track, Brecon					
				Welsh Record - Colin MACKENZIE, East Kent, 70.3, 1979						Time	1:30 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	K		Colwyn Bay AC													
2	G	Tom NORTON	Cwmbran Harriers	51.07	47.10	46.36	51.07	1				51.07	1	A	1	
3	N	James MORGAN	Newport Harriers	32.67	NT		32.67	5				32.67	5	A	5	
4	W	William POOLE	Wrexham AC	NT	31.45	NT	31.45	6				31.45	6	A	6	
5	S		Swansea Harriers													
6	R	Courtney BOWMAN	Carmarthen Harriers	NT	34.17	31.80	34.17	4				34.17	4	A	4	
7	M	Ashley WATTS	Pembroke Harriers	37.68	42.30	40.14	42.30	3				42.30	3	A	3	
8	T	Ryan LEONARD	Cardiff AAC	42.20	45.95	NT	45.95	2				45.95	2	A	2	
9	KK		Colwyn Bay AC													
10	GG	Stephen SCARFI	Cwmbran Harriers	24.82	22.71		24.82	7				24.82	7	B		1
11	NN		Newport Harriers													
12	WW	David BLOWER	Wrexham AC	NT	23.42	21.37	23.42	8				23.42	8	B		2
13	SS		Swansea Harriers													
14	RR	Kyle WARD	Carmarthen Harriers	18.63	19.52	19.06	19.52	10				19.52	10	B		4
15	MM		Pembroke Harriers													
16	TT	James GOUGH	Cardiff AAC	21.57	22.51	NT	22.51	9				22.51	9	B		3
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	G	Tom NORTON	Cwmbran Harriers	51.07	1B	GG	Stephen SCARFI	Cwmbran Harriers	24.82							
2A	T	Ryan LEONARD	Cardiff AAC	45.95	2B	WW	David BLOWER	Wrexham AC	23.42							
3A	M	Ashley WATTS	Pembroke Harriers	42.30	3B	TT	James GOUGH	Cardiff AAC	22.51							
4A	R	Courtney BOWMAN	Carmarthen Harriers	34.17	4B	RR	Kyle WARD	Carmarthen Harriers	19.52							
5A	N	James MORGAN	Newport Harriers	32.67	5B											
6A	W	William POOLE	Wrexham AC	31.45	6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010				
Event		F30 - U20M Javelin (800g)			League Record - Jason COPSEY, Cwmbran Harriers, 62.66, 2010					Venue	Penlan Track, Brecon					
					Welsh Record -Jonathan CLARKE, Swansea Harriers, 68.74, 1986					Time	1:30 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	S	Antonio CIRILLO	Swansea Harriers	21.10	NT		21.10	8				21.10	8	A	7	
2	R	Jon LLEWELLYN	Carmarthen Harriers	52.42	49.26	50.83	52.42	2				52.42	2	A	2	
3	M	Adam DAVIES	Pembroke Harriers	NT	NT	22.75	22.75	7				22.75	7	A	6	
4	T	Bradley COLE	Cardiff AAC	41.82	43.05	36.50	43.05	4				43.05	4	A	4	
5	N	Tom MORGAN	Newport Harriers	NT	49.31	47.97	49.31	3				49.31	3	A	3	
6	G	Jason COPSEY	Cwmbran Harriers	58.90	58.98	59.03	59.03	1				59.03	1	A	1	
7	W	Thomas CUSWORTH	Wrexham AC	35.00	34.95	37.70	37.70	5				37.70	5	A	5	
8	K		Colwyn Bay AC													
9	SS		Swansea Harriers													
10	RR	Tomos EDWARDS	Carmarthen Harriers	22.86	26.57	26.68	26.68	6				26.68	6	B		1
11	MM		Pembroke Harriers													
12	TT		Cardiff AAC													
13	NN		Newport Harriers													
14	GG		Cwmbran Harriers													
15	WW		Wrexham AC													
16	KK		Colwyn Bay AC													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	G	Jason COPSEY	Cwmbran Harriers	59.03	1B	RR	Tomos EDWARDS	Carmarthen Harriers	26.68							
2A	R	Jon LLEWELLYN	Carmarthen Harriers	52.42	2B											
3A	N	Tom MORGAN	Newport Harriers	49.31	3B											
4A	T	Bradley COLE	Cardiff AAC	43.05	4B											
5A	W	Thomas CUSWORTH	Wrexham AC	37.70	5B											
6A	M	Adam DAVIES	Pembroke Harriers	22.75	6B											
7A	S	Antonio CIRILLO	Swansea Harriers	21.10	7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics - Height Card

MEETING		Junior League CUP Final											DATE	Sun-22-August-2010									
EVENT		F31 - U13B High Jump			League Record - Miles KELLER-JENKINS, Swansea Harriers, 1.55, 2010									VENUE	Penlan Track, Brecon								
					Welsh Record - Jamie DALTON, Preseli, 1.67, 1992									TIME	14:15								
Min Start Height			1.05			Start Ht	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB	Metres	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						Metres	A
1	R	Aled REES	Carmarthen Harriers	1.10		o	o	xo	xxx								1.20				6	A	6
2	N		Newport Harriers														0.00				0		
3	G	Tyler PRITCHARD	Cwmbran Harriers	1.30						o	o	xo	xxx				1.40				2	A	2
4	K		Colwyn Bay AC														0.00				0		
5	T	Harry HILLMAN	Cardiff AAC	1.15			o	o	o	xxx							1.25				4	A	4
6	W	Tom WALLEY	Wrexham AC	1.15			o	o	o	xxx							1.25				5	A	5
7	S	Miles KELLER-JENKINS	Swansea Harriers	1.30	xxx					o	o	o	o	xo			1.50				1	A	1
8	M	Daniel OMOREGIE	Pembroke Harriers	1.05	o	o	o	o	o	o	o	xxx					1.30				3	A	3
9	RR	Jordan RICHARDS	Carmarthen Harriers	1.05	xxo	o	xxx										1.10				8	B	2
10	NN		Newport Harriers														0.00				0		
11	GG	Owen MURPHY	Cwmbran Harriers	1.05	xxx												0.00				0		
12	KK		Colwyn Bay AC														0.00				0		
13	TT	Harry GOUGH	Cardiff AAC	1.05	o	o	o	xxx									1.15				7	B	1
14	WW		Wrexham AC														0.00				0		
15	SS		Swansea Harriers														0.00				0		
16	MM	Matthew LEWIS	Pembroke Harriers	1.05	xxx												0.00				0		
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES													
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF														
	1A	S	Miles KELLER-JENKINS	Swansea Harriers	1.50	1B	TT	Harry GOUGH	Cardiff AAC	1.15													
	2A	G	Tyler PRITCHARD	Cwmbran Harriers	1.40	2B	RR	Jordan RICHARDS	Carmarthen Harriers	1.10													
	3A	M	Daniel OMOREGIE	Pembroke Harriers	1.30	3B																	
	4A	T	Harry HILLMAN	Cardiff AAC	1.25	4B																	
	5A	W	Tom WALLEY	Wrexham AC	1.25	5B																	
	6A	R	Aled REES	Carmarthen Harriers	1.20	6B																	
	7A					7B																	
	8A					8B																	
										REFEREE'S SIGNATURE													

Welsh Athletics - Height Card

MEETING		Junior League CUP Final											DATE	Sun-22-August-2010							
EVENT		F32 - U15B High Jump			League Record - James ANTHONY, Neath Harriers, 1.87,									VENUE	Penlan Track, Brecon						
					Welsh Record - Chuka ENIH-SNELL, Swansea Harriers, 1.96, 1998									TIME	14:15						
Min Start Height			1.25	Start Ht	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70	Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					Metres	A
1	W		Wrexham AC												0.00			0			
2	S		Swansea Harriers												0.00			0			
3	K		Colwyn Bay AC												0.00			0			
4	M	Rheinallt GEORGE	Pembroke Harriers	1.35			o	o	o	xo	xxx				1.50			4	A	3	
5	R	Aled PRICE	Carmarthen Harriers	1.50						o	o	o	xxo	xxx	1.65			1	A	1	
6	N	Stevan RUSSELL	Newport Harriers	1.25	o	o	o	xo	xxo	xxx					1.45			5	A	4	
7	T	Adrian LAWRENCE	Cardiff AAC	1.35			o	xo	o	o	xxx				1.50			3	B	1	
8	G	Ben JONES	Cwmbran Harriers	1.25	o	xxx									1.25			7	A	5	
9	WW		Wrexham AC												0.00			0			
10	SS		Swansea Harriers												0.00			0			
11	KK		Colwyn Bay AC												0.00			0			
12	MM		Pembroke Harriers												0.00			0			
13	RR	Dafydd ADAMS	Carmarthen Harriers	1.25	o	o	o	xo	xxo	xxx					1.45			6	B	2	
14	NN		Newport Harriers												0.00			0			
15	TT	George GRIFFITHS	Cardiff AAC	1.35			o	o	o	xo	o	xxo	xxx		1.60			2	A	2	
16	GG		Cwmbran Harriers												0.00			0			
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES											
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF												
1A	R	Aled PRICE	Carmarthen Harriers	1.65	1B	T	Adrian LAWRENCE	Cardiff AAC	1.50												
2A	TT	George GRIFFITHS	Cardiff AAC	1.60	2B	RR	Dafydd ADAMS	Carmarthen Harriers	1.45												
3A	M	Rheinallt GEORGE	Pembroke Harriers	1.50	3B																
4A	N	Stevan RUSSELL	Newport Harriers	1.45	4B																
5A	G	Ben JONES	Cwmbran Harriers	1.25	5B																
6A					6B																
7A					7B																
8A					8B																
										REFEREE'S SIGNATURE											

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F33 - U13G Discus (0.75kg)		League Record - Toni WELLS, Swansea Harriers, 27.75, 2005						Venue	Penlan Track, Brecon					
				Welsh Record -Toni WELLS, Swansea Harriers, 29.85, 2005						Time	2:15 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	T	Emma LIGHTART	Cardiff AAC	5.95	7.06	8.02	8.02	9				8.02	9	B		4
2	K		Colwyn Bay AC													
3	W		Wrexham AC													
4	S	Katie WELLS	Swansea Harriers	NT	15.76	13.36	15.76	3				15.76	3	A	3	
5	G	Amy PRICE	Cwmbran Harriers	NT	9.06	NT	9.06	8				9.06	8	B		3
6	M	Anita MADAN	Pembroke Harriers	18.26	14.36	18.34	18.34	1				18.34	1	A	1	
7	N		Newport Harriers													
8	R	Amy HUMBLE	Carmarthen Harriers	16.21	17.64	17.09	17.64	2				17.64	2	A	2	
9	TT	Anna MIRZA-DAVIES	Cardiff AAC	10.62	8.80	7.44	10.62	6				10.62	6	A	5	
10	KK		Colwyn Bay AC													
11	WW		Wrexham AC													
12	SS	Emily EVANS	Swansea Harriers	13.54	14.03	14.72	14.72	4				14.72	4	B		1
13	GG	Tara PALMER	Cwmbran Harriers	12.42	12.69	11.59	12.69	5				12.69	5	A	4	
14	MM	Tabitha STEVENSON	Pembroke Harriers	8.46	8.92	9.30	9.30	7				9.30	7	B		2
15	NN		Newport Harriers													
16	RR		Carmarthen Harriers													
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	M	Anita MADAN	Pembroke Harriers	18.34	1B	SS	Emily EVANS	Swansea Harriers	14.72							
2A	R	Amy HUMBLE	Carmarthen Harriers	17.64	2B	MM	Tabitha STEVENSON	Pembroke Harriers	9.30							
3A	S	Katie WELLS	Swansea Harriers	15.76	3B	G	Amy PRICE	Cwmbran Harriers	9.06							
4A	GG	Tara PALMER	Cwmbran Harriers	12.69	4B	T	Emma LIGHTART	Cardiff AAC	8.02							
5A	TT	Anna MIRZA-DAVIES	Cardiff AAC	10.62	5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010				
Event		F34 - U15G Discus (1.00kg)		League Record - Toni WELLS, Swansea Harriers, 32.15, 2007						Venue	Penlan Track, Brecon					
				Welsh Record -Philipa ROLES, Swansea Harriers, 44.12, 1992						Time	2:15 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	M	Ffion CADOGAN	Pembroke Harriers	15.20	15.93	16.13	16.13	5				16.13	5	A	4	
2	W		Wrexham AC													
3	T	Holly FIELD	Cardiff AAC	21.88	21.45	22.47	22.47	2				22.47	2	A	2	
4	R	Kayleigh JONES	Carmarthen Harriers	NT	NT	NT										
5	K		Colwyn Bay AC													
6	S	Stephanie NICHOLAS	Swansea Harriers	21.28	27.32	26.80	27.32	1				27.32	1	A	1	
7	G	Emma NORTON	Cwmbran Harriers	13.15	16.57	NT	16.57	4				16.57	4	B		1
8	N	Bronwyn SATTERLY	Newport Harriers													
9	MM	Rhian HOMER	Pembroke Harriers	11.78	9.17	8.14	11.78	8				11.78	8	B		4
10	WW		Wrexham AC													
11	TT	Carys DAWE	Cardiff AAC	13.80	NT	13.62	13.80	7				13.80	7	B		3
12	RR	Ffion WALTERS	Carmarthen Harriers	NT	9.95	10.67	10.67	9				10.67	9	A	5	
13	KK		Colwyn Bay AC													
14	SS	Carys SMITH	Swansea Harriers	15.07	NT	NT	15.07	6				15.07	6	B		2
15	GG	Sophie JACKSON	Cwmbran Harriers	NT	17.36	17.78	17.78	3				17.78	3	A	3	
16	NN		Newport Harriers													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	S	Stephanie NICHOLAS	Swansea Harriers	27.32	1B	G	Emma NORTON	Cwmbran Harriers	16.57							
2A	T	Holly FIELD	Cardiff AAC	22.47	2B	SS	Carys SMITH	Swansea Harriers	15.07							
3A	GG	Sophie JACKSON	Cwmbran Harriers	17.78	3B	TT	Carys DAWE	Cardiff AAC	13.80							
4A	M	Ffion CADOGAN	Pembroke Harriers	16.13	4B	MM	Rhian HOMER	Pembroke Harriers	11.78							
5A	RR	Ffion WALTERS	Carmarthen Harriers	10.67	5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F35 - U15G Long Jump		League Record - Danielle CARPENTER, Cardiff AAC, 5.17,						Venue	Penlan Track, Brecon					
				Welsh Record -Ceri JENKINS, Cleddau, 5.57, 1972						Time	2:15 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	G	Francesca HYDE	Cwmbran Harriers	2.62	2.45	2.97	2.97	13				2.97	13	B		6
2	M	Poppy LEWIS	Pembroke Harriers	3.68	3.40	3.52	3.68	7				3.68	7	A	5	
3	R	Erin WALTERS	Carmarthen Harriers	4.38	4.49		4.49	1				4.49	1	A	1	
4	N	Katie-Jane PRIEST	Newport Harriers	4.39	4.25	4.37	4.39	2				4.39	2	A	2	
5	W	Hannah BROWNING	Wrexham AC	4.01	4.01	3.61	4.01	5				4.01	5	A	4	
6	T	Laura DURRANI	Cardiff AAC	3.60			3.60	8				3.60	8	A	6	
7	K		Colwyn Bay AC													
8	S	Miriam WILLIAMS	Swansea Harriers	4.31	NJ	4.17	4.31	3				4.31	3	A	3	
9	GG	Chelsie HARRIS	Cwmbran Harriers	2.81	2.63	3.07	3.07	12				3.07	12	A	7	
10	MM	Lois THOMAS	Pembroke Harriers	3.59	3.52	3.40	3.59	9				3.59	9	B		3
11	RR	Kimberley ABORDUNRIN	Carmarthen Harriers	4.31	4.10	3.94	4.31	3				4.31	3	B		1
12	NN		Newport Harriers													
13	WW	Kathryn ROBERTS	Wrexham AC	NJ	NJ	3.13	3.13	11				3.13	11	B		5
14	TT	Olivia EVANS	Cardiff AAC	2.46	2.73	3.48	3.48	10				3.48	10	B		4
15	KK		Colwyn Bay AC													
16	SS	Isobelle REYNOLDS	Swansea Harriers	3.83	3.77	3.78	3.83	6				3.83	6	B		2
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
	1A	R	Erin WALTERS	Carmarthen Harriers	4.49	1B	RR	Kimberley ABORDUNRIN	Carmarthen Harriers	4.31						
	2A	N	Katie-Jane PRIEST	Newport Harriers	4.39	2B	SS	Isobelle REYNOLDS	Swansea Harriers	3.83						
	3A	S	Miriam WILLIAMS	Swansea Harriers	4.31	3B	MM	Lois THOMAS	Pembroke Harriers	3.59						
	4A	W	Hannah BROWNING	Wrexham AC	4.01	4B	TT	Olivia EVANS	Cardiff AAC	3.48						
	5A	M	Poppy LEWIS	Pembroke Harriers	3.68	5B	WW	Kathryn ROBERTS	Wrexham AC	3.13						
	6A	T	Laura DURRANI	Cardiff AAC	3.60	6B	G	Francesca HYDE	Cwmbran Harriers	2.97	REFEREE SIGNATURE					
	7A	GG	Chelsie HARRIS	Cwmbran Harriers	3.07	7B										
	8A				8B											

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010				
Event		F36 - U17W Shot Put (4.00kg)		League Record - Sally HINDS, Swansea Harriers, 11.47, 2002						Venue	Penlan Track, Brecon					
				Welsh Record -Philipa ROLES, Swansea Harriers, 13.65, 1994						Time	2:15 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	N		Newport Harriers													
2	T	Bethany WHEDDON	Cardiff AAC	4.96	5.53	5.75	5.75	7				5.75	7	A	5	
3	S	Nina PRELLS	Swansea Harriers	8.70	8.54	8.45	8.70	3				8.70	3	A	3	
4	G	Jasmine SEALE	Cwmbran Harriers	9.26	9.82	9.85	9.85	2				9.85	2	A	2	
5	M	Lucy GRIFFITHS	Pembroke Harriers	10.95	10.66	10.44	10.95	1				10.95	1	A	1	
6	K		Colwyn Bay AC													
7	R	Emma EVANS	Carmarthen Harriers	7.61	7.46	7.67	7.67	4				7.67	4	A	4	
8	W		Wrexham AC													
9	NN		Newport Harriers													
10	TT		Cardiff AAC													
11	SS	Rhiannon THOMAS	Swansea Harriers	7.55	7.17	6.58	7.55	5				7.55	5	B		1
12	GG		Cwmbran Harriers													
13	MM	Meghan GOOD	Pembroke Harriers	4.72		4.04	4.72	8				4.72	8	B		3
14	KK		Colwyn Bay AC													
15	RR	Rhiannon PLANT	Carmarthen Harriers	7.38	7.50	7.51	7.51	6				7.51	6	B		2
16	WW		Wrexham AC													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	M	Lucy GRIFFITHS	Pembroke Harriers	10.95	1B	SS	Rhiannon THOMAS	Swansea Harriers	7.55							
2A	G	Jasmine SEALE	Cwmbran Harriers	9.85	2B	RR	Rhiannon PLANT	Carmarthen Harriers	7.51							
3A	S	Nina PRELLS	Swansea Harriers	8.70	3B	MM	Meghan GOOD	Pembroke Harriers	4.72							
4A	R	Emma EVANS	Carmarthen Harriers	7.67	4B											
5A	T	Bethany WHEDDON	Cardiff AAC	5.75	5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010				
Event		F37 - U20W Shot Put (4.00kg)			League Record - Sally HINDS, Swansea Harriers, 13.24, 2005						Venue	Penlan Track, Brecon				
					Welsh Record -Sally HINDS, Swansea Harriers, 14.72, 2005						Time	2:15 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	K		Colwyn Bay AC													
2	G	Rachel BEVAN	Cwmbran Harriers	7.93			7.93	2				7.93	2	A	2	
3	N		Newport Harriers													
4	W	Hannah THOMAS	Wrexham AC	6.91	7.34	6.98	7.34	3				7.34	3	A	3	
5	S	Toni WELLS	Swansea Harriers	9.96	10.28	10.27	10.28	1				10.28	1	A	1	
6	R	Ffion REES	Carmarthen Harriers	6.76	6.76	6.14	6.76	6				6.76	6	B		1
7	M		Pembroke Harriers													
8	T	Danielle MILL	Cardiff AAC	6.90	6.79	6.95	6.95	4				6.95	4	A	4	
9	KK		Colwyn Bay AC													
10	GG		Cwmbran Harriers													
11	NN		Newport Harriers													
12	WW		Wrexham AC													
13	SS		Swansea Harriers													
14	RR	Sophie PICK	Carmarthen Harriers	6.67	6.89	6.81	6.89	5				6.89	5	A	5	
15	MM		Pembroke Harriers													
16	TT		Cardiff AAC													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	S	Toni WELLS	Swansea Harriers	10.28	1B	R	Ffion REES	Carmarthen Harriers	6.76							
2A	G	Rachel BEVAN	Cwmbran Harriers	7.93	2B											
3A	W	Hannah THOMAS	Wrexham AC	7.34	3B											
4A	T	Danielle MILL	Cardiff AAC	6.95	4B											
5A	RR	Sophie PICK	Carmarthen Harriers	6.89	5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F38 - U13G Long Jump				League Record - Hannah BRIER, Swansea Harriers, 4.77, 2010					Venue	Penlan Track, Brecon				
						Welsh Record -Lisa ARMSTRONG, Torfaen AC, 4.88, 1986					Time	3:00 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	S	Ffion WAKE	Swansea Harriers	3.98	3.35	NJ	3.98	3				3.98	3	B		1
2	R	Siobhan ELERI	Carmarthen Harriers	2.75	2.92	2.95	2.95	11				2.95	11	A	7	
3	M	Milly LACEY	Pembroke Harriers	3.54	3.33	3.51	3.54	7				3.54	7	A	5	
4	T	Emma LIGHTART	Cardiff AAC	2.68	2.68	2.63	2.68	13				2.68	13	B		6
5	N	Damielle MORGAN	Newport Harriers	3.48	3.60	NJ	3.60	6				3.60	6	B		2
6	G	Ellie MATTHEWS	Cwmbran Harriers	4.01	3.85	3.98	4.01	2				4.01	2	A	2	
7	W	Neve EVANS	Wrexham AC	3.53	3.28	3.69	3.69	5				3.69	5	A	4	
8	K		Colwyn Bay AC													
9	SS	Ellie COATES	Swansea Harriers	4.03	3.92	4.01	4.03	1				4.03	1	A	1	
10	RR	Shannon DE SMET	Carmarthen Harriers	2.82	2.80	2.80	2.82	12				2.82	12	B		5
11	MM	Naomi PRITCHARD	Pembroke Harriers	1.41	NJ	2.12	2.12	14				2.12	14	B		7
12	TT	Anna MIRZA-DAVIES	Cardiff AAC	2.98	3.06	3.36	3.36	10				3.36	10	A	6	
13	NN	Caitlin SCARFI	Newport Harriers	3.45	3.17	3.75	3.75	4				3.75	4	A	3	
14	GG	Geri MCNAMARA	Cwmbran Harriers	2.96	3.37	3.28	3.37	9				3.37	9	B		4
15	WW	Emily NOTT	Wrexham AC	2.79	3.39	2.77	3.39	8				3.39	8	B		3
16	KK		Colwyn Bay AC													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	SS	Ellie COATES	Swansea Harriers	4.03	1B	S	Ffion WAKE	Swansea Harriers	3.98							
2A	G	Ellie MATTHEWS	Cwmbran Harriers	4.01	2B	N	Damielle MORGAN	Newport Harriers	3.60							
3A	NN	Caitlin SCARFI	Newport Harriers	3.75	3B	WW	Emily NOTT	Wrexham AC	3.39							
4A	W	Neve EVANS	Wrexham AC	3.69	4B	GG	Geri MCNAMARA	Cwmbran Harriers	3.37							
5A	M	Milly LACEY	Pembroke Harriers	3.54	5B	RR	Shannon DE SMET	Carmarthen Harriers	2.82							
6A	TT	Anna MIRZA-DAVIES	Cardiff AAC	3.36	6B	T	Emma LIGHTART	Cardiff AAC	2.68	REFEREE SIGNATURE						
7A	R	Siobhan ELERI	Carmarthen Harriers	2.95	7B	MM	Naomi PRITCHARD	Pembroke Harriers	2.12							
8A					8B											

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010				
Event		F39 - U13B Javelin (400g)			League Record - Rheon JAMES, Carmarthen Harriers, 41.04, 2005					Venue	Penlan Track, Brecon					
					Welsh Record -Tom NORTON, Cwmbran Harriers, 44.80, 2007					Time	3:00 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	R	Sam BLEACH	Carmarthen Harriers	35.52	33.63	33.11	35.52	1				35.52	1	A	1	
2	N		Newport Harriers													
3	G	Aaron POWELL	Cwmbran Harriers	33.17	26.20	32.88	33.17	3				33.17	3	A	3	
4	K		Colwyn Bay AC													
5	T	Callum MEYER	Cardiff AAC	22.68	18.59	NT	22.68	5				22.68	5	A	5	
6	W	Tom WALLEY	Wrexham AC	18.63	16.23	17.07	18.63	9				18.63	9	A	6	
7	S	Miles KELLER-JENKINS	Swansea Harriers	26.32	22.80	27.64	27.64	4				27.64	4	A	4	
8	M	Jake EVANS	Pembroke Harriers	34.44	33.68	29.47	34.44	2				34.44	2	A	2	
9	RR	Henryk DE-SMET	Carmarthen Harriers	17.15	17.65	19.21	19.21	8				19.21	8	B		3
10	NN		Newport Harriers													
11	GG	Rhys JONES	Cwmbran Harriers	19.96	16.31	NT	19.96	6				19.96	6	B		1
12	KK		Colwyn Bay AC													
13	TT	George GOUGH	Cardiff AAC	NT	12.02	14.26	14.26	12				14.26	12	B		6
14	WW	Sam NIGHTINGALE	Wrexham AC	NT	NT	15.45	15.45	11				15.45	11	B		5
15	SS	Ryan NICHOLAS	Swansea Harriers	14.35	19.82	16.28	19.82	7				19.82	7	B		2
16	MM	Ben LEAHY	Pembroke Harriers	13.30	16.25	13.42	16.25	10				16.25	10	B		4
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	R	Sam BLEACH	Carmarthen Harriers	35.52	1B	GG	Rhys JONES	Cwmbran Harriers	19.96							
2A	M	Jake EVANS	Pembroke Harriers	34.44	2B	SS	Ryan NICHOLAS	Swansea Harriers	19.82							
3A	G	Aaron POWELL	Cwmbran Harriers	33.17	3B	RR	Henryk DE-SMET	Carmarthen Harriers	19.21							
4A	S	Miles KELLER-JENKINS	Swansea Harriers	27.64	4B	MM	Ben LEAHY	Pembroke Harriers	16.25							
5A	T	Callum MEYER	Cardiff AAC	22.68	5B	WW	Sam NIGHTINGALE	Wrexham AC	15.45							
6A	W	Tom WALLEY	Wrexham AC	18.63	6B	TT	George GOUGH	Cardiff AAC	14.26							
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010				
Event		F40 - U15B Javelin (600g)			League Record - Garth LOUGHRAN, Carmarthen Harriers, 51.86, Welsh Record -Rhys WILLIAMS, Swansea Harriers, 58.58, 1996					Venue	Penlan Track, Brecon					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	W	Matthew WILLIAMS	Wrexham AC	NT	31.91		31.91	2				31.91	2	A	2	
2	S	Keiran INGRAM	Swansea Harriers													
3	K		Colwyn Bay AC													
4	M	Oliver HUGHES	Pembroke Harriers	NT	NT	NT										
5	R	Andrew BARRISCALE	Carmarthen Harriers	25.77	NT		25.77	6				25.77	6	A	5	
6	N	Stevan RUSSELL	Newport Harriers	27.28	27.10	28.87	28.87	3				28.87	3	A	3	
7	T	Matteo HOLMES	Cardiff AAC	32.67	34.57	31.88	34.57	1				34.57	1	A	1	
8	G	Owen DAVIES	Cwmbran Harriers	23.33	NT	28.53	28.53	5				28.53	5	A	4	
9	WW	Matthew RICH	Wrexham AC	21.38	22.12	25.73	25.73	7				25.73	7	B		2
10	SS		Swansea Harriers													
11	KK		Colwyn Bay AC													
12	MM		Pembroke Harriers													
13	RR	Adam DAVIES	Carmarthen Harriers	NT	24.33	24.20	24.33	8				24.33	8	B		3
14	NN	Ryan MORGAN	Newport Harriers	28.68	NT		28.68	4				28.68	4	B		1
15	TT	Adrian LAWRENCE	Cardiff AAC													
16	GG	Ben JONES	Cwmbran Harriers	NT	NT	3.42	3.42	9				3.42	9	B		4
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	T	Matteo HOLMES	Cardiff AAC	34.57	1B	NN	Ryan MORGAN	Newport Harriers	28.68							
2A	W	Matthew WILLIAMS	Wrexham AC	31.91	2B	WW	Matthew RICH	Wrexham AC	25.73							
3A	N	Stevan RUSSELL	Newport Harriers	28.87	3B	RR	Adam DAVIES	Carmarthen Harriers	24.33							
4A	G	Owen DAVIES	Cwmbran Harriers	28.53	4B	GG	Ben JONES	Cwmbran Harriers	3.42							
5A	R	Andrew BARRISCALE	Carmarthen Harriers	25.77	5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F41 - U17M Shot Put (5.00kg)		League Record - Tom EDWARDS, Carmarthen Harriers, 15.37, 2008						Venue	Penlan Track, Brecon					
				Welsh Record - Mark HEWER, Cardiff AAC, 16.93, 1979						Time	3:00 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	T	Matthew FIELD	Cardiff AAC	14.42	14.81	15.03	15.03	1				15.03	1	A	1	
2	K		Colwyn Bay AC													
3	W		Wrexham AC													
4	S	Ben JENKINS	Swansea Harriers	7.26			7.26	8				7.26	8	A	6	
5	G	Jordan DAVIES	Cwmbran Harriers	8.08	8.89	8.84	8.89	6				8.89	6	B		2
6	M	Johnathon STOWELL	Pembroke Harriers	11.21	11.22	10.54	11.22	3				11.22	3	A	3	
7	N	James MORGAN	Newport Harriers		8.15	8.75	8.75	7				8.75	7	A	5	
8	R	Courtney BOWMAN	Carmarthen Harriers	10.81	11.40	11.94	11.94	2				11.94	2	A	2	
9	TT	Jacob FENNER	Cardiff AAC	6.27	NT	7.09	7.09	9				7.09	9	B		3
10	KK		Colwyn Bay AC													
11	WW		Wrexham AC													
12	SS		Swansea Harriers													
13	GG	Tom NORTON	Cwmbran Harriers	8.10	8.85	9.07	9.07	5				9.07	5	A	4	
14	MM	Morgan SMITH	Pembroke Harriers	6.53	6.08	NT	6.53	10				6.53	10	B		4
15	NN		Newport Harriers													
16	RR	Lee TAYLOR	Carmarthen Harriers	10.63	NT	10.82	10.82	4				10.82	4	B		1
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	T	Matthew FIELD	Cardiff AAC	15.03	1B	RR	Lee TAYLOR	Carmarthen Harriers	10.82							
2A	R	Courtney BOWMAN	Carmarthen Harriers	11.94	2B	G	Jordan DAVIES	Cwmbran Harriers	8.89							
3A	M	Johnathon STOWELL	Pembroke Harriers	11.22	3B	TT	Jacob FENNER	Cardiff AAC	7.09							
4A	GG	Tom NORTON	Cwmbran Harriers	9.07	4B	MM	Morgan SMITH	Pembroke Harriers	6.53							
5A	N	James MORGAN	Newport Harriers	8.75	5B											
6A	S	Ben JENKINS	Swansea Harriers	7.26	6B											
7A					7B											
8A					8B											
												REFEREE SIGNATURE				

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F42 - U20M Shot Put (6.00kg)		League Record - Brett MORSE, Cardiff AAC, 16.34, 2008						Venue	Penlan Track, Brecon					
				Welsh Record - Brett MORSE, Cardiff AAC, 17.05, 2008						Time	3:00 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	M		Pembroke Harriers													
2	W	Thomas CSIZMADIA	Wrexham AC		8.42	7.98	8.42	5				8.42	5	A	4	
3	T	Jacob MATTHEWS	Cardiff AAC	13.66	13.49	14.12	14.12	1				14.12	1	A	1	
4	R	Tomos EDWARDS	Carmarthen Harriers	12.74	13.70	13.70	13.70	2				13.70	2	A	2	
5	K		Colwyn Bay AC													
6	S	Matthew RILEY	Swansea Harriers	6.59	6.83	6.78	6.83	6				6.83	6	A	5	
7	G	Josh BUSSELL	Cwmbran Harriers	11.77	11.94		11.94	3				11.94	3	A	3	
8	N		Newport Harriers													
9	MM		Pembroke Harriers													
10	WW		Wrexham AC													
11	TT		Cardiff AAC													
12	RR	Emyr JONES	Carmarthen Harriers	9.83	9.96	10.15	10.15	4				10.15	4	B		1
13	KK		Colwyn Bay AC													
14	SS		Swansea Harriers													
15	GG		Cwmbran Harriers													
16	NN		Newport Harriers													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	T	Jacob MATTHEWS	Cardiff AAC	14.12	1B	RR	Emyr JONES	Carmarthen Harriers	10.15							
2A	R	Tomos EDWARDS	Carmarthen Harriers	13.70	2B											
3A	G	Josh BUSSELL	Cwmbran Harriers	11.94	3B											
4A	W	Thomas CSIZMADIA	Wrexham AC	8.42	4B											
5A	S	Matthew RILEY	Swansea Harriers	6.83	5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics - Height Card

MEETING		Junior League CUP Final												DATE		Sun-22-August-2010							
EVENT		F43 - U17M High Jump		League Record - Sam HOOD, Cardiff AAC, 2.05,										VENUE		Penlan Track, Brecon							
				Welsh Record - Chuka ENIH-SNELL, Swansea Harriers, 2.15, 2000										TIME		15:45							
Min Start Height			1.35		Start Ht	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80	Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B		
Order	BIB	NAME	CLUB	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						Metres	A	B
1	G	Matthew ANTONIAZZI	Cwmbran Harriers	1.45			xo	wd								1.45				8	A	6	
2	M	Lawrence HANCOCK	Pembroke Harriers	1.55					o	xo	o	xxx				1.65				5	A	4	
3	R	Mathew DAVIES	Carmarthen Harriers	1.55					o	xo	xxx					1.60				7	B	2	
4	N		Newport Harriers													0.00				0			
5	W	Adam WILLIAMS	Wrexham AC	1.40		o	o	o	o	o	o	xxx				1.65				4	A	3	
6	T	Jonathan BAILEY	Cardiff AAC	1.60	xxx					o	o	o	o	xo		1.80				1	A	1	
7	K		Colwyn Bay AC													0.00				0			
8	S	Ben JENKINS	Swansea Harriers	1.60						o	o	xxo	xxx			1.70				3	A	2	
9	GG		Cwmbran Harriers													0.00				0			
10	MM		Pembroke Harriers													0.00				0			
11	RR	Courtney BOWMAN	Carmarthen Harriers	1.40		xo	o	o	o	o	xxx					1.60				6	A	5	
12	NN		Newport Harriers													0.00				0			
13	WW		Wrexham AC													0.00				0			
14	TT	Rhys WILLIAMS	Cardiff AAC	1.60	xxx					o	o	xxo	xxo	xxo		1.80				1	B	1	
15	KK		Colwyn Bay AC													0.00				0			
16	SS		Swansea Harriers													0.00				0			
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES													
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF														
1A	T	Jonathan BAILEY	Cardiff AAC	1.80	1B	TT	Rhys WILLIAMS	Cardiff AAC	1.80														
2A	S	Ben JENKINS	Swansea Harriers	1.70	2B	R	Mathew DAVIES	Carmarthen Harriers	1.60														
3A	W	Adam WILLIAMS	Wrexham AC	1.65	3B																		
4A	M	Lawrence HANCOCK	Pembroke Harriers	1.65	4B																		
5A	RR	Courtney BOWMAN	Carmarthen Harriers	1.60	5B																		
6A	G	Matthew ANTONIAZZI	Cwmbran Harriers	1.45	6B																		
7A					7B																		
8A					8B					REFEREE'S SIGNATURE													

Welsh Athletics - Height Card

MEETING		Junior League CUP Final												DATE		Sun-22-August-2010							
EVENT		F44 - U20M High Jump			League Record - Ben DAVIES, swansea Harriers, 2.00, 2010										VENUE		Penlan Track, Brecon						
					Welsh Record - John HILL, Solihull, 2.24, 1985										TIME		15:45						
Min Start Height			1.45			Start Ht	1.45	1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00	Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB	Metres	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					A	B
1	N	Tom MORGAN	Newport Harriers	1.60		o	o	o	o	o	o	xxx				1.80				3	A	3	
2	T		Cardiff AAC													0.00				0			
3	S	Ben DAVIES	Swansea Harriers	1.80						o	o	xo	xo	xxx	1.95				2	A	2		
4	G		Cwmbran Harriers												0.00				0				
5	M	Adam DAVIES	Pembroke Harriers	1.80						o	xo	o	xo	xxx	1.95				1	A	1		
6	K		Colwyn Bay AC												0.00				0				
7	R	Glen ELSDON	Carmarthen Harriers	1.70				o	x	retired					1.70				5	A	4		
8	W		Wrexham AC												0.00				0				
9	NN	Connor HARTE	Newport Harriers												0.00				0				
10	TT		Cardiff AAC												0.00				0				
11	SS	Jordan BROCK	Swansea Harriers	1.65			o	o	xxo	xxx					1.75				4	B	1		
12	GG		Cwmbran Harriers												0.00				0				
13	MM		Pembroke Harriers												0.00				0				
14	KK		Colwyn Bay AC												0.00				0				
15	RR	Kueni IGBAGIRI	Carmarthen Harriers	1.60				xo	xxx						1.65				6	B	2		
16	WW		Wrexham AC												0.00				0				
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES													
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF														
1A	M	Adam DAVIES	Pembroke Harriers	1.95	1B	SS	Jordan BROCK	Swansea Harriers	1.75														
2A	S	Ben DAVIES	Swansea Harriers	1.95	2B	RR	Kueni IGBAGIRI	Carmarthen Harriers	1.65														
3A	N	Tom MORGAN	Newport Harriers	1.80	3B																		
4A	R	Glen ELSDON	Carmarthen Harriers	1.70	4B																		
5A					5B																		
6A					6B																		
7A					7B																		
8A					8B																		
										REFEREE'S SIGNATURE													

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010				
Event		F45 - U17W Discus (1.00kg)			League Record - Ella NEWINGTON, Swansea Harriers, 34.41, 2003					Venue	Penlan Track, Brecon					
					Welsh Record - Philipa ROLES, Swansea Harriers, 48.88, 1994					Time	3:45 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	K		Colwyn Bay AC													
2	G	Jasmine SEALE	Cwmbran Harriers	NT	NT	26.59	26.59	3				26.59	3	A	3	
3	N		Newport Harriers													
4	W		Wrexham AC													
5	S	Nina PRELLS	Swansea Harriers	NT	21.37	33.52	33.52	1				33.52	1	A	1	
6	R	Enfys JONES	Carmarthen Harriers	11.58	11.35	11.94	11.94	7				11.94	7	B		2
7	M	Lucy GRIFFITHS	Pembroke Harriers	28.18	NT	32.09	32.09	2				32.09	2	A	2	
8	T	Megan THOMAS	Cardiff AAC	19.69	20.46	18.93	20.46	6				20.46	6	A	5	
9	KK		Colwyn Bay AC													
10	GG		Cwmbran Harriers													
11	NN		Newport Harriers													
12	WW		Wrexham AC													
13	SS	Gabriella CIRILLO	Swansea Harriers	19.73	19.80	20.99	20.99	5				20.99	5	B		1
14	RR	Carys MANSFIELD	Carmarthen Harriers	16.21	18.16	26.25	26.25	4				26.25	4	A	4	
15	MM		Pembroke Harriers													
16	TT	Alison SINGLETON	Cardiff AAC	10.08	11.60	10.25	11.60	8				11.60	8	B		3
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	S	Nina PRELLS	Swansea Harriers	33.52	1B	SS	Gabriella CIRILLO	Swansea Harriers	20.99							
2A	M	Lucy GRIFFITHS	Pembroke Harriers	32.09	2B	R	Enfys JONES	Carmarthen Harriers	11.94							
3A	G	Jasmine SEALE	Cwmbran Harriers	26.59	3B	TT	Alison SINGLETON	Cardiff AAC	11.60							
4A	RR	Carys MANSFIELD	Carmarthen Harriers	26.25	4B											
5A	T	Megan THOMAS	Cardiff AAC	20.46	5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F46 - U20W Discus (1.00kg)							League Record - Faye CALVERT, Deeside AC, 38.11, 2006			Venue	Penlan Track, Brecon			
		Welsh Record -Philipa ROLES, Swansea Harriers, 51.60, 1997										Time	3:45 PM			
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	S	Toni WELLS	Swansea Harriers	NT	33.55	34.12	34.12	1				34.12	1	A	1	
2	R	Ffion REES	Carmarthen Harriers	14.45	13.61	14.45	14.45	5				14.45	5	B		1
3	M	Jessica HUDDLESTON	Pembroke Harriers	NT	32.37	29.83	32.37	2				32.37	2	A	2	
4	T	Elinor LEWIS	Cardiff AAC		14.48	18.03	18.03	3				18.03	3	A	3	
5	N		Newport Harriers													
6	G	Rachel BEVAN	Cwmbran Harriers													
7	W		Wrexham AC													
8	K		Colwyn Bay AC													
9	SS		Swansea Harriers													
10	RR	Sophie PICK	Carmarthen Harriers	NT	12.35	15.39	15.39	4				15.39	4	A	4	
11	MM		Pembroke Harriers													
12	TT		Cardiff AAC													
13	NN		Newport Harriers													
14	GG		Cwmbran Harriers													
15	WW		Wrexham AC													
16	KK		Colwyn Bay AC													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	S	Toni WELLS	Swansea Harriers	34.12	1B	R	Ffion REES	Carmarthen Harriers	14.45							
2A	M	Jessica HUDDLESTON	Pembroke Harriers	32.37	2B											
3A	T	Elinor LEWIS	Cardiff AAC	18.03	3B											
4A	RR	Sophie PICK	Carmarthen Harriers	15.39	4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F47 - U15B Shot Put (4.00kg)		League Record - Mathew EVANS, Carmarthen Harriers, 15.77, 2003					Venue	Penlan Track, Brecon						
				Welsh Record - Mathew EVANS, Carmarthen Harriers, 17.36, 2003					Time	3:45 PM						
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	R	Kallum EVANS	Carmarthen Harriers	12.23	12.22	12.42	12.42	1				12.42	1	A	1	
2	N	Kyle ARNOLD	Newport Harriers	6.39	6.54	6.18	6.54	8				6.54	8	A	5	
3	G	Connor MCNAMARA	Cwmbran Harriers													
4	K		Colwyn Bay AC													
5	T	Tom EDMUNDS	Cardiff AAC													
6	W	Matthew WILLIAMS	Wrexham AC	NT	11.47	11.44	11.47	3				11.47	3	A	2	
7	S	Bobby JONES	Swansea Harriers	9.87	9.85	9.49	9.87	4				9.87	4	A	3	
8	M	Oliver HUGHES	Pembroke Harriers	6.86	5.78	5.44	6.86	7				6.86	7	B		3
9	RR	Andrew BARRISCALE	Carmarthen Harriers	12.22	11.40	10.66	12.22	2				12.22	2	B		1
10	NN	Heddwyn LOUDEN	Newport Harriers	4.83	4.38	NT	4.83	9				4.83	9	B		4
11	GG		Cwmbran Harriers													
12	KK		Colwyn Bay AC													
13	TT	Adrian LAWRENCE	Cardiff AAC													
14	WW		Wrexham AC													
15	SS	Jack BEYNON	Swansea Harriers	NT	NT	9.70	9.70	5				9.70	5	B		2
16	MM	Rheinallt GEORGE	Pembroke Harriers			7.33	7.33	6				7.33	6	A	4	
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	R	Kallum EVANS	Carmarthen Harriers	12.42	1B	RR	Andrew BARRISCALE	Carmarthen Harriers	12.22							
2A	W	Matthew WILLIAMS	Wrexham AC	11.47	2B	SS	Jack BEYNON	Swansea Harriers	9.70							
3A	S	Bobby JONES	Swansea Harriers	9.87	3B	M	Oliver HUGHES	Pembroke Harriers	6.86							
4A	MM	Rheinallt GEORGE	Pembroke Harriers	7.33	4B	NN	Heddwyn LOUDEN	Newport Harriers	4.83							
5A	N	Kyle ARNOLD	Newport Harriers	6.54	5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F48 - U13B Long Jump		League Record - Lloyd ROBBINS, Deeside AC, 5.10, 2008						Venue	Penlan Track, Brecon					
				Welsh Record -Clive WOOLMER, , 5.31, 1982						Time	3:45 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	W	Tom WALLEY	Wrexham AC	4.10	4.01	4.16	4.16	3				4.16	3	A	3	
2	S	Joe CROSBY	Swansea Harriers	4.23	NJ	4.05	4.23	2				4.23	2	A	2	
3	K		Colwyn Bay AC													
4	M	Thomas HUGHES	Pembroke Harriers	3.60	3.35	3.64	3.64	11				3.64	11	A	7	
5	R	Sam THOMPSON	Carmarthen Harriers	3.51	3.89	3.71	3.89	6				3.89	6	A	5	
6	N	Joseph DAVIES	Newport Harriers	NJ	3.02	4.06	4.06	4				4.06	4	A	4	
7	T	Alex LOVE	Cardiff AAC	3.53	3.56	3.77	3.77	10				3.77	10	A	6	
8	G	Jared ROSSER	Cwmbran Harriers	4.25	1.44	4.30	4.30	1				4.30	1	A	1	
9	WW	Sam NIGHTINGALE	Wrexham AC	NJ	NJ	3.81	3.81	9				3.81	9	B		4
10	SS	Max HANCOCK	Swansea Harriers	4.00	3.94	3.67	4.00	5				4.00	5	B		1
11	KK		Colwyn Bay AC													
12	MM	Matthew LEWIS	Pembroke Harriers	2.72	2.61	2.45	2.72	13				2.72	13	B		6
13	RR	Aled REES	Carmarthen Harriers	3.81	3.56	3.55	3.81	7				3.81	7	B		2
14	NN	Daniel SNELLING	Newport Harriers													
15	TT	Geroge DUDDIGE	Cardiff AAC	2.86	2.96	3.05	3.05	12				3.05	12	B		5
16	GG	Danny MORGAN	Cwmbran Harriers	3.55	3.81		3.81	8				3.81	8	B		3
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	G	Jared ROSSER	Cwmbran Harriers	4.30	1B	SS	Max HANCOCK	Swansea Harriers	4.00							
2A	S	Joe CROSBY	Swansea Harriers	4.23	2B	RR	Aled REES	Carmarthen Harriers	3.81							
3A	W	Tom WALLEY	Wrexham AC	4.16	3B	GG	Danny MORGAN	Cwmbran Harriers	3.81							
4A	N	Joseph DAVIES	Newport Harriers	4.06	4B	WW	Sam NIGHTINGALE	Wrexham AC	3.81							
5A	R	Sam THOMPSON	Carmarthen Harriers	3.89	5B	TT	Geroge DUDDIGE	Cardiff AAC	3.05							
6A	T	Alex LOVE	Cardiff AAC	3.77	6B	MM	Matthew LEWIS	Pembroke Harriers	2.72							
7A	M	Thomas HUGHES	Pembroke Harriers	3.64	7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010			
Event		F49 - U13G Javelin (400g)		League Record - Robyn PURCHASE, Wrexham AC, 30.73, 2005					Venue		Penlan Track, Brecon				
				Welsh Record -Mary WILSON, Carmarthen Harriers, 31.63, 2004					Time		4:15 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	T		Cardiff AAC												
2	K		Colwyn Bay AC												
3	W	Lauren READ	Wrexham AC	NT	14.23	NT	14.23	9				14.23	9	B	4
4	S	Katie WELLS	Swansea Harriers	19.22	17.37	16.82	19.22	4				19.22	4	A	4
5	G	Amy PRICE	Cwmbran Harriers	16.11	16.17	16.42	16.42	5				16.42	5	A	5
6	M	Tegan HARRISON	Pembroke Harriers												
7	N	Danielle MORGAN	Newport Harriers	21.49	21.82	22.82	22.82	2				22.82	2	A	2
8	R	Amy HUMBLE	Carmarthen Harriers	20.26	22.44	23.60	23.60	1				23.60	1	A	1
9	TT		Cardiff AAC												
10	KK		Colwyn Bay AC												
11	WW	Chloe DAVIES	Wrexham AC	NT	19.27	17.94	19.27	3				19.27	3	A	3
12	SS	Danielle JONES	Swansea Harriers	15.33	NT	NT	15.33	8				15.33	8	B	3
13	GG	Millie FAKANDE	Cwmbran Harriers	15.50	11.98	13.16	15.50	7				15.50	7	B	2
14	MM	Tabitha STEVENSON	Pembroke Harriers	7.04	7.12	7.46	7.46	10				7.46	10	A	6
15	NN		Newport Harriers												
16	RR	Megan DAVIES	Carmarthen Harriers	16.35	NT	15.36	16.35	6				16.35	6	B	1
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	R	Amy HUMBLE	Carmarthen Harriers	23.60	1B	RR	Megan DAVIES	Carmarthen Harriers	16.35						
2A	N	Danielle MORGAN	Newport Harriers	22.82	2B	GG	Millie FAKANDE	Cwmbran Harriers	15.50						
3A	WW	Chloe DAVIES	Wrexham AC	19.27	3B	SS	Danielle JONES	Swansea Harriers	15.33						
4A	S	Katie WELLS	Swansea Harriers	19.22	4B	W	Lauren READ	Wrexham AC	14.23						
5A	G	Amy PRICE	Cwmbran Harriers	16.42	5B										
6A	MM	Tabitha STEVENSON	Pembroke Harriers	7.46	6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010				
Event		F50 - U15G Javelin (600g)			League Record - Danielle HAMER, Carmarthen Harriers, 35.24, 2005					Venue	Penlan Track, Brecon					
					Welsh Record -Danielle HAMER, Carmarthen Harriers, 38.15, 2005					Time	4:15 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	M	Ffion CADOGAN	Pembroke Harriers	20.21	NT	19.60	20.21	2				20.21	2	A	2	
2	W	Manon EDWARDS	Wrexham AC	18.00	NT	NT	18.00	6				18.00	6	A	5	
3	T	Rebecca FOLEY	Cardiff AAC	8.09	NT	10.63	10.63	10				10.63	10	A	6	
4	R	Kayleigh JONES	Carmarthen Harriers	NT	NT	19.92	19.92	4				19.92	4	A	3	
5	K		Colwyn Bay AC													
6	S	Caitlin ATKINS	Swansea Harriers	22.71	NT	NT	22.71	1				22.71	1	A	1	
7	G	Emma NORTON	Cwmbran Harriers	NT	NT	17.88	17.88	7				17.88	7	B		2
8	N		Newport Harriers													
9	MM	Lucy JAMES	Pembroke Harriers	NT	14.23	14.29	14.29	8				14.29	8	B		3
10	WW	Emily ROWLANDS	Wrexham AC	9.57	5.55	7.35	9.57	11				9.57	11	B		5
11	TT	Bethan TRIGG	Cardiff AAC	NT	6.93	8.19	8.19	12				8.19	12	B		6
12	RR	Ffion WALTERS	Carmarthen Harriers	11.09	12.17	13.59	13.59	9				13.59	9	B		4
13	KK		Colwyn Bay AC													
14	SS	Bethan RADFORD	Swansea Harriers	NT	20.14	NT	20.14	3				20.14	3	B		1
15	GG	Sophie JACKSON	Cwmbran Harriers	17.63	18.19	18.74	18.74	5				18.74	5	A	4	
16	NN		Newport Harriers													
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	S	Caitlin ATKINS	Swansea Harriers	22.71	1B	SS	Bethan RADFORD	Swansea Harriers	20.14							
2A	M	Ffion CADOGAN	Pembroke Harriers	20.21	2B	G	Emma NORTON	Cwmbran Harriers	17.88							
3A	R	Kayleigh JONES	Carmarthen Harriers	19.92	3B	MM	Lucy JAMES	Pembroke Harriers	14.29							
4A	GG	Sophie JACKSON	Cwmbran Harriers	18.74	4B	RR	Ffion WALTERS	Carmarthen Harriers	13.59							
5A	W	Manon EDWARDS	Wrexham AC	18.00	5B	WW	Emily ROWLANDS	Wrexham AC	9.57							
6A	T	Rebecca FOLEY	Cardiff AAC	10.63	6B	TT	Bethan TRIGG	Cardiff AAC	8.19							
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010			
Event		F51 - U17W Triple Jump		League Record - Amy BRADLEY, Cwmbran Harriers, 10.93, 2008						Venue	Penlan Track, Brecon					
				Welsh Record -Jayne LUDLOW, Cardiff, 12.14, 1994						Time	4:30 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	G		Cwmbran Harriers													
2	M		Pembroke Harriers													
3	R	Beccy FERRARO	Carmarthen Harriers	8.21	8.47	8.30	8.47	3				8.47	3	A	2	
4	N		Newport Harriers													
5	W		Wrexham AC													
6	T		Cardiff AAC													
7	K		Colwyn Bay AC													
8	S	Rhianon THOMAS	Swansea Harriers	8.73	NJ	8.91	8.91	1				8.91	1	A	1	
9	GG		Cwmbran Harriers													
10	MM		Pembroke Harriers													
11	RR		Carmarthen Harriers													
12	NN		Newport Harriers													
13	WW		Wrexham AC													
14	TT		Cardiff AAC													
15	KK		Colwyn Bay AC													
16	SS	Chelsea CHRISTOPHER	Swansea Harriers	8.75	NJ	NJ	8.75	2				8.75	2	B		1
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	S	Rhianon THOMAS	Swansea Harriers	8.91	1B	SS	Chelsea CHRISTOPHER	Swansea Harriers	8.75							
2A	R	Beccy FERRARO	Carmarthen Harriers	8.47	2B											
3A					3B											
4A					4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
											REFEREE SIGNATURE					

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010				
Event		F52 - U17M Triple Jump		League Record - Craig PHILLIPS, Deeside AC, 13.54, 2002					Venue	Penlan Track, Brecon						
				Welsh Record -Steven SHALDERS, Cardiff AAC, 15.14, 1998					Time	4:30 PM						
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	N		Newport Harriers													
2	T	James McGUIRE	Cardiff AAC	NJ	9.49	9.36	9.49	6				9.49	6	B		1
3	S	Kieron MARTIN	Swansea Harriers	NJ	NJ	11.74	11.74	2				11.74	2	A	2	
4	G		Cwmbran Harriers													
5	M	Lawrence HANCOCK	Pembroke Harriers	11.70	11.61	11.62	11.70	3				11.70	3	A	3	
6	K		Colwyn Bay AC													
7	R	Aaron WILLMOTT	Carmarthen Harriers	NJ	10.99	10.68	10.99	4				10.99	4	A	4	
8	W	Josh RADFORD	Wrexham AC	9.99	NJ	NJ	9.99	5				9.99	5	A	5	
9	NN		Newport Harriers													
10	TT	Sam GORDON	Cardiff AAC	NJ	11.75	11.90	11.90	1				11.90	1	A	1	
11	SS	Jack SWISTON	Swansea Harriers													
12	GG		Cwmbran Harriers													
13	MM		Pembroke Harriers													
14	KK		Colwyn Bay AC													
15	RR	Gareth THOMPSON	Carmarthen Harriers													
16	WW		Wrexham AC													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	TT	Sam GORDON	Cardiff AAC	11.90	1B	T	James McGUIRE	Cardiff AAC	9.49							
2A	S	Kieron MARTIN	Swansea Harriers	11.74	2B											
3A	M	Lawrence HANCOCK	Pembroke Harriers	11.70	3B											
4A	R	Aaron WILLMOTT	Carmarthen Harriers	10.99	4B											
5A	W	Josh RADFORD	Wrexham AC	9.99	5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010		
Event		F53 - U20W Triple Jump		League Record - Victoria LLOYD, Pembroke Harriers, 11.04, 2005						Venue	Penlan Track, Brecon				
				Welsh Record -Sally PEAKE, Liverpool, 12.24, 2005						Time	4:30 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	K		Colwyn Bay AC												
2	G		Cwmbran Harriers												
3	N		Newport Harriers												
4	W		Wrexham AC												
5	S		Swansea Harriers												
6	R	Ffion REES	Carmarthen Harriers	8.99	8.57	9.26	9.26	1				9.26	1	A	1
7	M		Pembroke Harriers												
8	T	Elinor LEWIS	Cardiff AAC	9.08	9.08		9.08	2				9.08	2	A	2
9	KK		Colwyn Bay AC												
10	GG		Cwmbran Harriers												
11	NN		Newport Harriers												
12	WW		Wrexham AC												
13	SS		Swansea Harriers												
14	RR	Sophie PICK	Carmarthen Harriers	NJ	8.71		8.71	3				8.71	3	B	1
15	MM		Pembroke Harriers												
16	TT		Cardiff AAC												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	R	Ffion REES	Carmarthen Harriers	9.26	1B	RR	Sophie PICK	Carmarthen Harriers	8.71						
2A	T	Elinor LEWIS	Cardiff AAC	9.08	2B										
3A					3B										
4A					4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010																																				
Event		F54 - U20M Triple Jump				League Record - Adam WILLIAMS, Menai T&F, 14.05, 2007					Venue	Penlan Track, Brecon																																					
						Welsh Record -Steven SHALDERS, Cardiff AAC, 15.99, 2000					Time	4:30 PM																																					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B																																			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	Metres		A	B																														
1	S	Jordan BROCK	Swansea Harriers	11.89	11.73		11.89	1				11.89	1	A	1																																		
2	R	Glen ELSDON	Carmarthen Harriers																																														
3	M		Pembroke Harriers																																														
4	T	Sam CONWAY	Cardiff AAC																																														
5	N	Connor HARTE	Newport Harriers	NJ	11.37		11.37	2				11.37	2	A	2																																		
6	G	Freddie NASERIYAN	Cwmbran Harriers																																														
7	W	Thomas CSIZMADIA	Wrexham AC	10.35	10.32	10.32	10.35	3				10.35	3	A	3																																		
8	K		Colwyn Bay AC																																														
9	SS	Michael DAVIES	Swansea Harriers	9.88	NJ		9.88	4				9.88	4	B		1																																	
10	RR	Paul BENNETT	Carmarthen Harriers																																														
11	MM		Pembroke Harriers																																														
12	TT		Cardiff AAC																																														
13	NN		Newport Harriers																																														
14	GG		Cwmbran Harriers																																														
15	WW		Wrexham AC																																														
16	KK		Colwyn Bay AC																																														
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES																																							
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						REFeree SIGNATURE																																		
1A	S	Jordan BROCK	Swansea Harriers	11.89	1B	SS	Michael DAVIES	Swansea Harriers	9.88											REFeree SIGNATURE																													
2A	N	Connor HARTE	Newport Harriers	11.37	2B																				REFeree SIGNATURE																								
3A	W	Thomas CSIZMADIA	Wrexham AC	10.35	3B																									REFeree SIGNATURE																			
4A					4B																														REFeree SIGNATURE														
5A					5B																																			REFeree SIGNATURE									
6A					6B																																								REFeree SIGNATURE				
7A					7B																																												
8A					8B					REFeree SIGNATURE																																							

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final										Date	Sunday-22-Aug-2010		
Event		F55 - U17M Discus (1.50kg)		League Record - Glenn WILLIAMS, Cardiff AAC, 48.38,						Venue	Penlan Track, Brecon				
				Welsh Record -Gareth BULL, Cardiff AAC, 48.93, 2001						Time	5:00 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	R	Kyle WARD	Carmarthen Harriers	NT	23.27	24.54	24.54	5				24.54	5	B	2
2	N		Newport Harriers												
3	G	Stephen SCARFI	Cwmbran Harriers												
4	K		Colwyn Bay AC												
5	T	Matthew FIELD	Cardiff AAC	41.47	NT	41.48	41.48	1				41.48	1	A	1
6	W		Wrexham AC												
7	S	Darren BEYNON	Swansea Harriers	15.80			15.80	7				15.80	7	A	4
8	M	Johnathon STOWELL	Pembroke Harriers	NT	31.83	NT	31.83	3				31.83	3	A	2
9	RR	Lee TAYLOR	Carmarthen Harriers	24.64	27.56	30.30	30.30	4				30.30	4	A	3
10	NN		Newport Harriers												
11	GG	Marcus PRICE	Cwmbran Harriers												
12	KK		Colwyn Bay AC												
13	TT	Ryan LEONARD	Cardiff AAC	41.40	NT	40.24	41.40	2				41.40	2	B	1
14	WW		Wrexham AC												
15	SS	Ben JENKINS	Swansea Harriers	15.56			15.56	8				15.56	8	B	4
16	MM	Ashley WATTS	Pembroke Harriers	22.41	21.85	19.28	22.41	6				22.41	6	B	3
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
	1A	T	Matthew FIELD	Cardiff AAC	41.48	1B	TT	Ryan LEONARD	Cardiff AAC	41.40					
	2A	M	Johnathon STOWELL	Pembroke Harriers	31.83	2B	R	Kyle WARD	Carmarthen Harriers	24.54					
	3A	RR	Lee TAYLOR	Carmarthen Harriers	30.30	3B	MM	Ashley WATTS	Pembroke Harriers	22.41					
	4A	S	Darren BEYNON	Swansea Harriers	15.80	4B	SS	Ben JENKINS	Swansea Harriers	15.56					
	5A					5B									
	6A					6B									
	7A					7B									
	8A					8B									
										REFEREE SIGNATURE					

Welsh Athletics : Distance Card

Meeting		Junior League CUP Final									Date	Sunday-22-Aug-2010				
Event		F56 - U20M Discus (1.75kg)			League Record - Brett MORSE, Cardiff AAC, 58.37, 2008					Venue	Penlan Track, Brecon					
					Welsh Record - Brett MORSE, Cardiff AAC, 58.37, 2008					Time	5:00 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	W		Wrexham AC													
2	S	Matthew RILEY	Swansea Harriers	16.64	17.89	15.51	17.89	5				17.89	5	A	4	
3	K		Colwyn Bay AC													
4	M		Pembroke Harriers													
5	R	Tomos EDWARDS	Carmarthen Harriers	36.96	NT	NT	36.96	2				36.96	2	A	2	
6	N		Newport Harriers													
7	T	Jacob MATTHEWS	Cardiff AAC	45.43	NT	46.70	46.70	1				46.70	1	A	1	
8	G	Josh BUSSELL	Cwmbran Harriers	NT	24.79		24.79	3				24.79	3	A	3	
9	WW		Wrexham AC													
10	SS		Swansea Harriers													
11	KK		Colwyn Bay AC													
12	MM		Pembroke Harriers													
13	RR	Jon LLEWELLYN	Carmarthen Harriers	22.61	NT	NT	22.61	4				22.61	4	B		1
14	NN		Newport Harriers													
15	TT		Cardiff AAC													
16	GG	Alex EDWARDS	Cwmbran Harriers													
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	T	Jacob MATTHEWS	Cardiff AAC	46.70	1B	RR	Jon LLEWELLYN	Carmarthen Harriers	22.61							
2A	R	Tomos EDWARDS	Carmarthen Harriers	36.96	2B											
3A	G	Josh BUSSELL	Cwmbran Harriers	24.79	3B											
4A	S	Matthew RILEY	Swansea Harriers	17.89	4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						