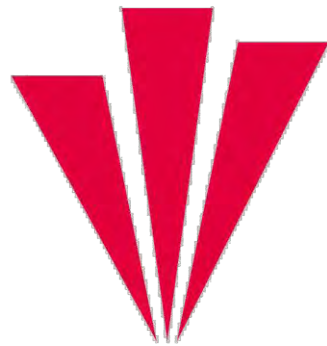


Welsh Athletics
Senior League
Deeside

Deeside College, Stadium
Saturday-15-May-2010



WELSH ATHLETICS
ATHLETAU CYMRU

Division 1

League Record Danielle BARKER Neath Harriers 12.2 2003
Welsh Record Sallyanne SHORT / Rachel JOHNCOCK Torfaen AC / Colwyn Bay 11.88/11.88v

T15 - 100m - U17W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	546	Amy CROCOMBE	Deeside AAC	14.8		16	

League Record Megan ROGERS Wrexham AC 39.9 2008
Welsh Record Faye HARDING Wrexham AC 39.46 2001

T42 - 300m - U17W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	896	Chloe JONES	Wrexham AC	42.1		16	

League Record Rebecca NUTALL Deeside AAC 1.18.4 2003
Welsh Record Amanda PRITCHARD Cardiff AAC 2.07.32 1996

T35 - 800m - U17W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	567	Amanda MOUNTFORD	Deeside AAC	2:55.5		16	

League Record Heather JONES Carmarthen Harriers 11.3 2003
Welsh Record Heather JONES Carmarthen Harriers 11.27 2003

T36 - 80m hurdles - U17W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	568	Eleanor BADHAMS	Deeside AAC	12.4	*	16	

League Record Emily MORRIS Swansea Harriers 1.65 2010

Welsh Record Lea HAGGETT Herne Hill Harriers 1.81 1986

F6 - High Jump - U17W

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	568	Eleanor BADHAMS	Deeside AAC	1.55	*	16	
2	546	Amy CROCOMBE	Deeside AAC	1.35			8

League Record Elinor LEWIS Cardiff AAC 3.25 2007 / 2008

Welsh Record Christina HUGHES Deeside AAC 3.60 2008

F21 - Pole Vault - U17W

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	951	Enfys JONES	Carmarthen Harriers	2.40	*	16	
2	572	Rachel WILLIAMS	Deeside AAC	2.30	*	14	

League Record Sarah DACEY Swansea Harriers 5.59 2007

Welsh Record Lisa ARMSTRONG Torfaen AC 6.01 1990

F27 - Long Jump - U17W

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	546	Amy CROCOMBE	Deeside AAC	4.13		16	
2	567	Amanda MOUNTFORD	Deeside AAC	3.22	*		8

League Record Sally HINDS Swansea Harriers 11.47 2002

Welsh Record Philipa ROLES Swansea Harriers 13.65 1994

F12 - Shot Put - U17W

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	568	Eleanor BADHAMS	Deeside AAC	8.74	*	16	
2	547	Hayley NUTTALL	Deeside AAC	7.85	*		8

League Record Faye CALVERT Deeside AAC 38.11 2006

Welsh Record Philipa ROLES Swansea Harriers 51.60 1997

F45 - Discus - U17W

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	897	Lydia DAVID	Wrexham AC	23.61	*	16	

League Record Lianne CLARKE Neath Harriers 44.40 2003

Welsh Record Lianne CLARKE Neath Harriers 45.55 2003

F36 - Javelin - U17W

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	547	Hayley NUTTALL	Deeside AAC	23.19	*	16	

League Record Susan BAGNALL Deeside AAC 12.3 2003

Welsh Record Helin MILES Cardiff AAC 11.62 1985

T14 - 100m - U20W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	893	Hannah THOMAS	Wrexham AC	12.4	*	16	
2	805	Sarah DACEY	Swansea Harriers	12.7	*	14	
3	894	Nia BREEZE	Wrexham AC	12.8	*		8
4	804	Catrin STONE	Swansea Harriers	12.9	*		7
5	895	Phillipa ROBERTS	Wrexham AC	14.2			

League Record Melanie STEPHENSON Cardiff AAC 24.7 2005

Welsh Record Michelle PROBERT Sale Harriers 23.60 1976

T53 - 200m - U20W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	893	Hannah THOMAS	Wrexham AC	27.0	*	16	
2	894	Nia BREEZE	Wrexham AC	28.0			8

League Record Gail LIPPETT Wrexham AC 59.00 2007

Welsh Record Sian MORRIS Port Talbot 52.80 1983

T41 - 400m - U20W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	805	Sarah DACEY	Swansea Harriers	61.0	*	16	
2	563	Alice FRASER	Deeside AAC	63.4	*	14	
3	806	Rhiannon ANDERSON	Swansea Harriers	67.7			8

League Record Kate WILTSHIRE Cardiff AAC 2.17.12 2006

Welsh Record Kirsty MCDERMOTT Brecon AC 2.04.1 1981

T30 - 800m - U20W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	806	Rhiannon ANDERSON	Swansea Harriers	2:35.1		16	

League Record Helen WILLIAMS Wrexham AC 4.57.0

Welsh Record Non STANFORD Swansea Harriers 4.23.55 2004

NEW LEAGUE RECORD

T46 - 1500m - U20W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	562	Abbie OLIVER	Deeside AAC	4:52.5	*	16	
2	953	Sarah LIVETT	Menai T&F	4:56.7	*		

League Record Heather JONES Carmarthen Harriers 14.00 2005

Welsh Record Bethan EDWARDS Cardiff AAC 13.57 1992

T32 - 100m hurdles - U20W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	892	Megan ROGERS	Wrexham AC	14.90	*	16	
2	804	Catrin STONE	Swansea Harriers	15.30	*	14	

League Record Anwen REES Carmarthen Harriers 64.0 2003

Welsh Record Alyson EVANS Cardiff AAC 58.37 1985

NEW LEAGUE RECORD

T5 - 400m Hurdles - U20W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	892	Megan ROGERS	Wrexham AC	63.2	*	16	
2	537	Patricia BURNS	Deeside AAC	82.3		14	

League Record Deeside 51.80 2003

Welsh Record

T59 - 4 x 100 Relay - U20W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts
1	893		Wrexham AC	52.1		16

League Record Cardiff AAC 4.23.85 2009

Welsh Record

T65 - 4 x 400 Relay - U20W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts
1	895		Wrexham AC	5:00.00		16

League Record Elinor LEWIS Cardiff AAC 3.50 2009
Welsh Record Rhian CLARKE Essex Ladies 3.70 1996

EQUAL LEAGUE RECORD

F20 - Pole Vault - U20W

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	574	Rebecca DAVIES	Deeside AAC	3.50	*	16	
2	803	Emma JONES	Swansea Harriers	3.10	*	14	

League Record Lara RICHARDS Newport Harriers 5.58
Welsh Record Lisa ARMSTRONG Torfaen AC 6.25 1992

F26 - Long Jump - U20W

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	804	Catrin STONE	Swansea Harriers	4.79	*	16	
2	895	Phillipa ROBERTS	Wrexham AC	4.63		14	

League Record Sally HINDS Swansea Harriers 13.24 2005
Welsh Record Sally HINDS Swansea Harriers 14.72 2005

F11 - Shot Put - U20W

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	535	Janna SHERRAT	Deeside AAC	9.52	*	16	

League Record Vanissa HEAD Cardiff AAC 62.02 1984
Welsh Record Vanissa HEAD Cardiff AAC 64.68 1983

F44 - Discus - U20W

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	535	Janna SHERRAT	Deeside AAC	31.50	*	16	
2	661	Sian JORDAN	Newport Harriers	24.81		14	
3	895	Phillipa ROBERTS	Wrexham AC	20.11		12	

League Record Lianne CLARKE Neath Harriers 46.79 2005
Welsh Record Lianne CLARKE Cardiff AAC 50.95 2004

F35 - Javelin - U20W

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	892	Megan ROGERS	Wrexham AC	24.40		16	

League Record Sallyanne SHORT Torfaen AC 11.9 1987
Welsh Record Sallyanne SHORT Torfaen AC 11.39 1992

T13 - 100m - Sen Women

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	555	Emma GARSTANG	Deeside AAC	13.9		16	
2	556	Jessica PETERSON	Deeside AAC	14.7			8

League Record Rebecca JONES Wrexham AC 1.73 1999

Welsh Record Julie CRANE Sale Harriers 1.89 2004

F4 - High Jump - Sen Women

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	555	Emma GARSTANG	Deeside AAC	1.50	*	16	

League Record Lyndsey MAUND Swansea Harriers 3.40 2003

Welsh Record Rhian CLARKE Essex Ladies 4.15 2002

NEW LEAGUE RECORD

F19 - Pole Vault - Sen Women

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	812	Lyndsy MAUND	Swansea Harriers	3.60	*	16	

League Record Gillian REGAN Cardiff AAC 6.18 1981

Welsh Record Gill REGAN Cardiff AAC 6.52 1982

F25 - Long Jump - Sen Women

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	814	Donna JONES	Swansea Harriers	4.77	*	16	
2	555	Emma GARSTANG	Deeside AAC	4.76	*	14	
3	556	Jessica PETERSON	Deeside AAC	3.93			8
4	811	Jo DAVIS	Swansea Harriers	3.58			7

League Record Jayne LUDLOW Cardiff AAC 11.76 1994

Welsh Record Sara BARRY Cardiff AAC 12.75p 2009

F37 - Triple Jump - Sen Women

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	814	Donna JONES	Swansea Harriers	10.74	*	16	

League Record Vanissa HEAD Cardiff AAC 18.93 1984

Welsh Record Vanissa HEAD Cardiff AAC 18.93 1984

F10 - Shot Put - Sen Women

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	534	Faye CALVERT	Deeside AAC	11.19	*	16	
2	947	Beverley JONES	GLoucester AC (Guest)	8.36	*		
3	555	Emma GARSTANG	Deeside AAC	7.86			8

League Record Fay CALVERT Deeside AAC 36.70 2010

Welsh Record Philipa ROLES Swansea Harriers 48.88 1994

F43 - Discus - Sen Women

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	534	Faye CALVERT	Deeside AAC	34.35	*	16	
2	947	Beverley JONES	GLoucester AC (Guest)	25.50	*		
3	556	Jessica PETERSON	Deeside AAC	17.75			8

League Record Carys PARRY Rhondda AC 56.96 2005

Welsh Record Carys PARRY Rhondda AC 66.31 2008

F1 - Hammer - Sen Women

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	534	Faye CALVERT	Deeside AAC	40.36	*	16	
2	811	Jo DAVIS	Swansea Harriers	21.88		14	

League Record Karen HOUGH Swansea Harriers 47.94 1984

Welsh Record Lianne CLARKE Cardiff AAC 52.68 2007

F34 - Javelin - Sen Women

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	813	Claire WILLIAMS	Swansea Harriers	38.43	*	16	
2	811	Jo DAVIS	Swansea Harriers	26.06	*		8
3	556	Jessica PETERSON	Deeside AAC	16.34		14	
4	534	Faye CALVERT	Deeside AAC	13.60			7

League Record Lloyd REFFELL Cardiff AAC 11.2 2005
Welsh Record Tim BENJAMIN / Andrew WATKINS Cardiff AAC / Cwmbran H 10.71 1998 / 20

T12 - 100m - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	571	Owen SMITH	Deeside AAC	11.7	*	16	

League Record Thomas CUSWORTH Wrexham AC 22.5 2008
Welsh Record Tim BENJAMIN Cardiff AAC 21.19 1998

T51 - 200m - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	911	William POOLE	Wrexham AC	24.8		16	

League Record David JONES Carmarthen Harriers 4.07.0
Welsh Record Colin CLARKSON Swansea Harriers 3.51.5 1977

T47 - 1500m - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	566	Will SHERRIDAN	Deeside AAC	4:28.3	*	16	

League Record Dafydd WALTERS Carmarthen Harriers 13.8 2007
Welsh Record David GUEST Bridgend AC 12.94 2007

T34 - 100m hurdles - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	544	Gareth THOMAS	Deeside AAC	15.0	*	16	

League Record Gareth SUTCLIFFE Cardiff AAC 58.0 2005
Welsh Record Mark ROWLANDS Swansea Harriers 53.30 1994

T3 - 400m Hurdles - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	544	Gareth THOMAS	Deeside AAC	61.7	*	16	
2	911	William POOLE	Wrexham AC	65.3		14	

League Record Mitchell ASPLAND Neath Harriers 4.40.0 2003
Welsh Record Steve EVANS Abertillery AC 4.11.2 1974

T18 - 1500m Steeplechase - U17M

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	565	George OLIVER	Deeside AAC	5:12.10		16	

League Record Jon LLEWELLYN Carmarthen Harriers 60.17 2009

Welsh Record Colin MACKENZIE East Kent 70.30 1979

F48 - Javelin - U17M

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	565	George OLIVER	Deeside AAC	29.45		16	
2	911	William POOLE	Wrexham AC	28.10		14	
3	566	Will SHERRIDAN	Deeside AAC	19.95			8

League Record Calvin MCLAGGON / Tom KNIGHT Barry & Vale H / Cardiff AAC 10.9 2003/201

Welsh Record Christian MALCOLM Cardiff AAC 10.12 1998

T11 - 100m - U20M

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	948	Paul BENNET	Carmarthen Harriers	11.3	*	16	
2	794	Mike NEVILLE	Swansea Harriers	11.5	*	14	
3	910	Gareth BENNETT	Wrexham AC	11.6	*	12	
4	795	Jamie PRICE	Swansea Harriers	11.7	*		8
5	543	Mark THOMAS	Deeside AAC	11.9		10	

League Record Calvin MCLAGGON Barry & Vale H 22.20 2003

Welsh Record Christian MALCOLM Cardiff AAC 20.29 1998

T50 - 200m - U20M

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	794	Mike NEVILLE	Swansea Harriers	23.7	*	16	
2	543	Mark THOMAS	Deeside AAC	24.6		14	
3	912	Owen WILLIAMS	Wrexham AC	25.0		12	

League Record Sam CONWAY Cardiff AAC 50.2 2010

Welsh Record Tim BENJAMIN Cardiff AAC 46.10 2001

T38 - 400m - U20M

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	948	Paul BENNET	Carmarthen Harriers	51.1	*	16	
2	904	James RICH	Wrexham AC	52.7	*	14	
3	795	Jamie PRICE	Swansea Harriers	53.4	*	12	
4	905	Tom CSIZMADIA	Wrexham AC	53.8	*		8

League Record Konstatinos KARRAS Cardiff AAC 1.57.85 2009

Welsh Record Paul WILLIAMS Barry & Vale H 1.48.20 1986

T26 - 800m - U20M

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	950	Gerwyn SLINGER	Carmarthen Harriers	2:04.6	*	16	
2	791	Jordan BROCK	Swansea Harriers	2:20.1		14	

League Record Alex EDWARDS Cwmbran Harriers 9.07.68 2009

Welsh Record Andrew RODGERS Leeds 8.12.6 1983

NEW LEAGUE RECORD

T8 - 3000m - U20M

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	559	David MOUNTFORD	Deeside AAC	8:52.4		16	
2	560	Andrew BROMLEY	Deeside AAC	9:41.6			8

League Record Luke MORGAN Cardiff AAC 58.0 2008
Welsh Record David GREENE Swansea Harriers 51.14 2005

T2 - 400m Hurdles - U20M

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	539	Dan BURTON	Deeside AAC	83.8		16	

League Record Cardiff AAC 45.68 2009
Welsh Record

T56 - 4 x 100 Relay - U20M

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts
1	795		Swansea Harriers	46.3		16

League Record Gareth HAINES Carmarthen Harriers 1.98

Welsh Record John HILL Solihull 2.24 1985

F23 - High Jump - U20M

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	793	Ben DAVIES	Swansea Harriers	1.90	*	16	

League Record Ricardo CHILDS Brecon AC 7.09 2003

Welsh Record Colin JACKSON Cardiff AAC 7.56 1985

F8 - Long Jump - U20M

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	948	Paul BENNET	Carmarthen Harriers	5.87	*	16	
2	949	Kueni IGBAGIRI	Carmarthen Harriers	5.76	*		8
3	793	Ben DAVIES	Swansea Harriers	5.26		14	
4	543	Mark THOMAS	Deeside AAC	5.16		12	

League Record Adam WILLIAMS Menai T&F 14.05 2007

Welsh Record Steven SHALDERS Cardiff AAC 15.99 2000

F41 - Triple Jump - U20M

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	791	Jordan BROCK	Swansea Harriers	11.69	*	16	
2	912	Owen WILLIAMS	Wrexham AC	11.47		14	

League Record Brett MORSE Cardiff AAC 16.34 2008

Welsh Record Brett MORSE Cardiff AAC 17.05 2008

F29 - Shot Put - U20M

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	364	Gareth WINTER	Cardiff AAC	14.90	*	16	
2	564	James FORTUNE	Deeside AAC	11.19	*	14	

League Record Brett MORSE Cardiff AAC 58.37 2008

Welsh Record Brett MORSE Cardiff AAC 58.37 2008

F32 - Discus - U20M

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	364	Gareth WINTER	Cardiff AAC	47.41	*	16	
2	564	James FORTUNE	Deeside AAC	34.75	*	14	

League Record Richie WELLS Swansea Harriers 55.26 2007

Welsh Record Matthew RICHARDS Swansea Harriers 58.44 2005

F14 - Hammer - U20M

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	364	Gareth WINTER	Cardiff AAC	43.96	*	16	

League Record Jason COPSEY Cwmbran Harriers 62.66 2010

Welsh Record Jonathan CLARKE Swansea Harriers 68.74 1986

F47 - Javelin - U20M

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	795	Jamie PRICE	Swansea Harriers	37.14	*	16	

League Record Colin JACKSON Cardiff AAC 10.3 1993
Welsh Record Christian MALCOLM Cardiff AAC 10.11 2001

T10 - 100m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	901	Cynan EVANS	Wrexham AC	11.2	*	16	
2	900	Nik MESNEY	Wrexham AC	11.3	*		8
3	796	Sam AXFORD	Swansea Harriers	11.4	*	14	
4	797	Mike OMAKOBIA	Swansea Harriers	11.5	*		7
5	799	Daniel WILLIAMS	Swansea Harriers	11.6			
6	904	James RICH	Wrexham AC	11.8			
7	902	Gawain ROGERS	Wrexham AC	12.0			

League Record Andrew WATKINS Cwmbran Harriers 21.7 2006
Welsh Record Christian MALCOLM Cardiff AAC 20.08 2001

T49 - 200m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	901	Cynan EVANS	Wrexham AC	23.7		16	
2	900	Nik MESNEY	Wrexham AC	24.3			8
3	797	Mike OMAKOBIA	Swansea Harriers	24.7		14	
4	906	Dave HOOSON	Wrexham AC	25.7			

League Record Roger BARRETT Carmarthen Harriers 48.0 1984
Welsh Record Iwan THOMAS Newham 44.36 1997

T37 - 400m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	802	Andrew SMITH	Swansea Harriers	51.9	*	16	
2	800	Steve RICHARDS	Swansea Harriers	53.5			8
3	898	David JAMES	Wrexham AC	62.0		14	

League Record Roger BARRETT Carmarthen Harriers 1.50.0 1984
Welsh Record Neil HORSEFIELD Newport Harriers 1.45.44 1990

T25 - 800m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	800	Steve RICHARDS	Swansea Harriers	2:03.4	*	16	
2	802	Andrew SMITH	Swansea Harriers	2:06.0			8
3	902	Gawain ROGERS	Wrexham AC	2:26.9		14	
4	551	Mark GARSTANG	Deeside AAC	2:30.9		12	
5	907	Steve SPIRES	Wrexham AC	2:45.0			7

League Record Shaun WHELAN Swansea Harriers 3.50.2 1988
Welsh Record Neil HORSEFIELD Newport Harriers 3.35.08 1990

T43 - 1500m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	553	Lee JONES	Deeside AAC	4:17.8	*	16	
2	905	Tom CSIZMADIA	Wrexham AC	4:40.5		14	
3	554	Matthew WELSH	Deeside AAC	4:44.5			8
4	899	Mike ROBBINS	Wrexham AC	4:45.6			7

League Record Steve HENSHAW Cardiff AAC 8.39.2 1983
Welsh Record Ian HAMER Edinburgh 7.46.40 1990

T7 - 3000m - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	899	Mike ROBBINS	Wrexham AC	10:10.8		16	
2	665	Dave PROFFITT	Newport Harriers	11:57.1		8	

League Record Colin JACKSON Brecon AC 13.3 1993
Welsh Record Colin JACKSON Brecon AC 12.91 1993

T27 - 110m hurdles - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	903	Neil EDWARDS	Wrexham AC	19.30		16	

League Record Chris CASHELL Carmarthen Harriers 52.59 1991
Welsh Record David GREENE Swansea Harriers 48.56 2009

T1 - 400m Hurdles - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	903	Neil EDWARDS	Wrexham AC	72.9		16	
2	898	David JAMES	Wrexham AC	74.1			8

League Record Swansea Harriers 42.5 1981
Welsh Record Wales 38.73 1998

T55 - 4 x 100 Relay - Sen Men

Race 1

Pos	Bib	Club	Perf	AW	A Pts
1	900	Wrexham AC	46.10		16
2	796	Swansea Harriers	48.20		14

League Record Newport Harriers 3.22.5 1997
Welsh Record Wales 3.00.41 2002

T61 - 4 x 400 Relay - Sen Men

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts
1	801		Swansea Harriers	4:30.4		16

League Record Paul EVANS 2.05 1983
Welsh Record Robert MITCHELL Sale Harriers 2.25 2001

F22 - High Jump - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	902	Gawain ROGERS	Wrexham AC	1.80	*	16	
2	799	Daniel WILLIAMS	Swansea Harriers	1.75	*	14	
3	903	Neil EDWARDS	Wrexham AC	1.55			8

League Record Alessandro CAMBON 4.75 2001
Welsh Record Neil WINTER Shaftesbury 5.60 1995

F16 - Pole Vault - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	903	Neil EDWARDS	Wrexham AC	3.20	*	16	
2	663	Keith POWELL	Newport Harriers	2.80		14	

League Record Richard JONES 7.44 1983
Welsh Record Lynn DAVIES Cardiff AAC 8.23 1968

F7 - Long Jump - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	905	Tom CSIZMADIA	Wrexham AC	5.16		16	
2	907	Steve SPIRES	Wrexham AC	4.91			8
3	798	Oliver WRIGHT	Swansea Harriers	4.60		14	
4	551	Mark GARSTANG	Deeside AAC	4.30		12	

League Record Charles MADERIA-COLE Carmarthen Harriers 14.74 1997
Welsh Record Steven SHALDERS Cardiff AAC 16.71 2005

F40 - Triple Jump - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	952	Adam WILLIAMS	UWIC (Guest)	13.36			
2	799	Daniel WILLIAMS	Swansea Harriers	11.44		16	
3	903	Neil EDWARDS	Wrexham AC	10.99		14	
4	907	Steve SPIRES	Wrexham AC	10.30			8
5	905	Tom CSIZMADIA	Wrexham AC	10.29			
6	551	Mark GARSTANG	Deeside AAC	8.61		12	

League Record Ben ROBERTS Deeside AAC 14.54 2006

Welsh Record Shaun PICKERING Haringey 20.45 1997

F28 - Shot Put - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	557	Phil DAVIES	Deeside AAC	11.51	*	16	
2	798	Oliver WRIGHT	Swansea Harriers	10.90	*	14	
3	903	Neil EDWARDS	Wrexham AC	10.16	*	12	
4	552	Dave STOKES	Deeside AAC	8.05			8
5	663	Keith POWELL	Newport Harriers	7.20		10	
6	909	Mark RICH	Wrexham AC	7.05			7
7	801	Dave JONES	Swansea Harriers	6.26			6

League Record David COLEMAN Cardiff AAC 45.50 2009

Welsh Record Lee NEWMAN Belgrave Harriers 60.43 1998

F31 - Discus - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	557	Phil DAVIES	Deeside AAC	31.86	*	16	
2	552	Dave STOKES	Deeside AAC	29.28	*		8
3	903	Neil EDWARDS	Wrexham AC	26.77		14	
4	908	Geoff WARD	Wrexham AC	26.55			7
5	663	Keith POWELL	Newport Harriers	19.47		12	
6	909	Mark RICH	Wrexham AC	17.80			
7	801	Dave JONES	Swansea Harriers	13.83		10	

League Record Peter STARK Bridgend AC 55.48 1979

Welsh Record Shaun PICKERING Haringey 68.64 1984

F13 - Hammer - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	557	Phil DAVIES	Deeside AAC	30.42	*	16	
2	552	Dave STOKES	Deeside AAC	25.60			8
3	908	Geoff WARD	Wrexham AC	22.68		14	
4	909	Mark RICH	Wrexham AC	17.40			7
5	801	Dave JONES	Swansea Harriers	12.97		12	

League Record Jonathan CLARKE Swansea Harriers 65.76 1988

Welsh Record Nigel BEVAN Belgrave Harriers 81.7 1992

F46 - Javelin - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	798	Oliver WRIGHT	Swansea Harriers	48.63	*	16	
2	903	Neil EDWARDS	Wrexham AC	42.15	*	14	
3	907	Steve SPIRES	Wrexham AC	25.55	*		8
4	801	Dave JONES	Swansea Harriers	19.31	*		7

U17 WOMEN POINTS	Match Day	Deeside AAC		Newport Harriers		Swansea Harriers		Wrexham AC		Cardiff AAC		Carmarthen Harriers		
	100m	16												
	200m													
	300m								16					
	400m	16												
	800m													
	1500m													
	3000m													
	1500m s/c													
	100m hdl	16												
	400m hdl													
	4x100 relay													
	4x300m relay													
	High Jump	16	8											
	Pole Vault	14											16	
	Long Jump	16	8											
	Triple Jump													
	Shot Putt	16	8											
	Discus								16					
	Hammer													
Javelin	16													
Total Points	150						32				16			
Position	1						2				3			
U20 WOMEN POINTS		Deeside AAC		Newport Harriers		Swansea Harriers		Wrexham AC		Cardiff AAC		Carmarthen Harriers		
	100m					14	7	16	8					
	200m							16	8					
	400m	14				16	8							
	800m					16								
	1500m	16												
	3000m													
	2000m s/c													
	110m hdl					14		16						
	400m hdl	14						16						
	4x100 relay								16					
	4x400 relay								16					
	High Jump													
	Pole Vault	16				14								
	Long Jump					16		14						
	Triple Jump													
	Shot Putt	16												
	Discus	16		14				12						
	Hammer													
	Javelin								16					
Total Points	92		14		105		154							
Position	3		4		2		1							
SENIOR WOMEN POINTS		Deeside AAC		Newport Harriers		Swansea Harriers		Wrexham AC		Cardiff AAC		Carmarthen Harriers		
	100m	16	8											
	200m													
	400m													
	800m													
	1500m													
	3000m													
	2000m s/c													
	110m hdl													
	400m hdl													
	4x100 relay													
	4x400 relay													
	High Jump	16												
	Pole Vault						16							
	Long Jump	14	8				16	7						
	Triple Jump						16							
	Shot Putt	16	8											
	Discus	16	8											
	Hammer	16					14							
	Javelin	14	7				16	8						
Total Points	147				93									
Position	1				2									

Total Female	389	14	198	186	0	16
Lge Pos	1	5	2	3	6	4
Match Pts	6	2	5	4	1	3

U17 MEN POINTS	Match Day	Deeside AAC		Newport Harriers		Swansea Harriers		Wrexham AC		Cardiff AAC		Carmarthen Harriers		
	100m	16												
	200m								16					
	400m													
	800m													
	1500m	16												
	3000m													
	1500m s/c	16												
	100m hdl	16												
	400m hdl	16							14					
	4x100 relay													
	4x400 relay													
	High Jump													
	Pole Vault													
	Long Jump													
	Triple Jump													
	Shot Putt													
	Discus													
	Hammer													
	Javelin	16	8						14					
Total Points	104			0				44			0		0	
Position	1							2						
U20 MEN POINTS		Deeside AAC		Newport Harriers		Swansea Harriers		Wrexham AC		Cardiff AAC		Carmarthen Harriers		
	100m	10				14	8	12					16	
	200m	14				16		12						
	400m					12		14	8				16	
	800m					14							16	
	1500m													
	3000m	16	8											
	2000m s/c													
	110m hdl													
	400m hdl	16												
	4x100 relay						16							
	4x400 relay													
	High Jump					16								
	Pole Vault													
	Long Jump	12				14							16	8
	Triple Jump					16			14					
	Shot Putt	14									16			
	Discus	14									16			
	Hammer										16			
	Javelin						16							
Total Points	104			0		142		60		48		72		
Position	2					1		4		5		3		
SENIOR MEN POINTS		Deeside AAC		Newport Harriers		Swansea Harriers		Wrexham AC		Cardiff AAC		Carmarthen Harriers		
	100m					14	7	16	8					
	200m					14		16	8					
	400m					16	8	14						
	800m	12				16	8	14	7					
	1500m	16	8					14	7					
	3000m			8				16						
	2000m s/c													
	110m hdl							16						
	400m hdl							16	8					
	4x100 relay						14		16					
	4x400 relay						16							
	High Jump					14		16	8					
	Pole Vault			14				16						
	Long Jump	12				14		16	8					
	Triple Jump	12				16		14	8					
	Shot Putt	16	8	10		14	6	12	7					
	Discus	16	8	12		10		14	7					
	Hammer	16	8			12		14	7					
	Javelin					16	7	14	8					
Total Points	132		44		222		345		0		0			
Position	3		4		2		1							

Total Male	340	44	364	449	48	72
Lge Pos	3	6	2	1	5	4
Match Pts	4	1	5	6	2	3

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		11:30 AM		DATE		15/May/10	
EVENT		F1 - Sen Women - Hammer		LGE RECORD		56.96		ATHLETE		Carys PARRY - Rhondda AC - 56.96					
				WELSH RECORD		66.31		ATHLETE		Carys PARRY - Rhondda AC - 2008					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	534	Faye CALVERT	Deeside AAC	40.10	40.36	39.03		40.36		1					
2	811	Jo DAVIS	Swansea Harriers	20.66	21.88	20.94	20.38	21.88		2					
3															
4															
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	534	Faye CALVERT	Deeside AAC	40.36	1					REFEREE					
2	811	Jo DAVIS	Swansea Harriers	21.88	2										
3					3					JUDGES					
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		12:45 PM		DATE		15/May/10	
EVENT		F13 - Sen Men - Hammer		LGE RECORD		55.48		ATHLETE		Peter STARK - Bridgend AC - 55.48					
				WELSH RECORD		68.64		ATHLETE		Shaun PICKERING - Haringey - 1984					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	908	Geoff WARD	Wrexham AC		22.68			22.68		3					
2	801	Dave JONES	Swansea Harriers			8.78	12.97	12.97		5					
3	552	Dave STOKES	Deeside AAC	25.60	24.84			25.60		2					
4	909	Mark RICH	Wrexham AC	16.27	17.40	17.08		17.40		4					
5	557	Phil DAVIES	Deeside AAC	30.05	30.42			30.42		1					
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	557	Phil DAVIES	Deeside AAC	30.42	1					REFEREE					
2	552	Dave STOKES	Deeside AAC	25.60	2										
3	908	Geoff WARD	Wrexham AC	22.68	3					JUDGES					
4	909	Mark RICH	Wrexham AC	17.40	4										
5	801	Dave JONES	Swansea Harriers	12.97	5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		12:45 PM		DATE		15/May/10	
EVENT		F14 - U20M - Hammer		LGE RECORD		55.26		ATHLETE		Richie WELLS - Swansea Harriers - 55.26					
				WELSH RECORD		58.44		ATHLETE		Matthew RICHARDS - Swansea Harriers - 2005					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	364	Gareth WINTER	Cardiff AAC	42.53	43.96	37.76	40.85	43.96		1					
2															
3															
4															
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	364	Gareth WINTER	Cardiff AAC	43.96	1					REFEREE					
2					2										
3					3					JUDGES					
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside	TIME	12:00 PM	DATE	15/May/10
EVENT		F7 - Sen Men - Long Jump		LGE RECORD		7.44	ATHLETE	Richard JONES - - 7.44		
				WELSH RECORD		8.23	ATHLETE	Lynn DAVIES - Cardiff AAC - 1968		
				DIVISION		1	4 TRIALS ONLY PER ATHLETE - PER AGE GROUP			
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres	Metres		
1	551	Mark GARSTANG	Deeside AAC	4.11	4.25	4.30	4.04	4.30		4
2	905	Tom CSIZMADIA	Wrexham AC	5.04	5.16	4.78	5.08	5.16		1
3	907	Steve SPIRES	Wrexham AC	4.38	4.77	4.72	4.91	4.91		2
4	798	Oliver WRIGHT	Swansea Harriers	4.59	4.31	4.60	4.43	4.60		3
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
RESULTS										OFFICIALS SIGNATURES
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	905	Tom CSIZMADIA	Wrexham AC	5.16	1					REFEREE
2	907	Steve SPIRES	Wrexham AC	4.91	2					
3	798	Oliver WRIGHT	Swansea Harriers	4.60	3					JUDGES
4	551	Mark GARSTANG	Deeside AAC	4.30	4					
5					5					
6					6					
7					7					
8					8					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside	TIME	12:00 PM	DATE	15/May/10
EVENT		F8 - U20M - Long Jump		LGE RECORD		7.09	ATHLETE	Ricardo CHILDS - Brecon AC - 7.09		
				WELSH RECORD		7.56	ATHLETE	Colin JACKSON - Cardiff AAC - 1985		
				DIVISION		1	4 TRIALS ONLY PER ATHLETE - PER AGE GROUP			
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres	Metres		
1	543	Mark THOMAS	Deeside AAC	4.51	5.16			5.16		4
2	949	Kueni IGBAGIRI	Carmarthen Harriers	5.44	5.76	NJ		5.76		2
3	948	Paul BENNET	Carmarthen Harriers	5.81	5.87	5.74		5.87		1
4	793	Ben DAVIES	Swansea Harriers	5.26				5.26		3
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
RESULTS										OFFICIALS SIGNATURES
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	948	Paul BENNET	Carmarthen Harriers	5.87	1					REFEREE
2	949	Kueni IGBAGIRI	Carmarthen Harriers	5.76	2					
3	793	Ben DAVIES	Swansea Harriers	5.26	3					JUDGES
4	543	Mark THOMAS	Deeside AAC	5.16	4					
5					5					
6					6					
7					7					
8					8					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		1:45 PM		DATE		15/May/10	
EVENT		F25 - Sen Women - Long Jump		LGE RECORD		6.18		ATHLETE		Gillian REGAN - Cardiff AAC - 6.18					
				WELSH RECORD		6.52		ATHLETE		Gill REGAN - Cardiff AAC - 1982					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	555	Emma GARSTANG	Deeside AAC	4.62	4.61	NJ	4.76	4.76		2					
2	556	Jessica PETERSON	Deeside AAC	3.72	3.93	3.81	NJ	3.93		3					
3	814	Donna JONES	Swansea Harriers	NJ	4.60	4.77	NJ	4.77		1					
4	811	Jo DAVIS	Swansea Harriers	3.58	3.46	3.33	3.18	3.58		4					
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFeree JUDGES					
1	814	Donna JONES	Swansea Harriers	4.77	1										
2	555	Emma GARSTANG	Deeside AAC	4.76	2										
3	556	Jessica PETERSON	Deeside AAC	3.93	3										
4	811	Jo DAVIS	Swansea Harriers	3.58	4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		1:45 PM		DATE		15/May/10	
EVENT		F26 - U20W - Long Jump		LGE RECORD		5.58		ATHLETE		Lara RICHARDS - Newport Harriers - 5.58					
				WELSH RECORD		6.25		ATHLETE		Lisa ARMSTRONG - Torfaen AC - 1992					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	804	Catrin STONE	Swansea Harriers	4.69	NJ	NJ	4.79	4.79		1					
2	895	Phillipa ROBERTS	Wrexham AC	4.31	4.63	4.62	4.56	4.63		2					
3															
4															
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	804	Catrin STONE	Swansea Harriers	4.79	1					REFEREE					
2	895	Phillipa ROBERTS	Wrexham AC	4.63	2										
3					3					JUDGES					
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		1:45 PM		DATE		15/May/10	
EVENT		F27 - U17W - Long Jump		LGE RECORD		5.59		ATHLETE		Sarah DACEY - Swansea Harriers - 5.59					
				WELSH RECORD		6.01		ATHLETE		Lisa ARMSTRONG - Torfaen AC - 1990					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	546	Amy CROCOMBE	Deeside AAC	3.59	4.13	3.71	3.87	4.13		1					
2	567	Amanda MOUNTFORD	Deeside AAC	3.22	NJ	3.07	3.10	3.22		2					
3															
4															
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	546	Amy CROCOMBE	Deeside AAC	4.13	9						REFEREE				
2	567	Amanda MOUNTFORD	Deeside AAC	3.22	10										
3					11						JUDGES				
4					12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		12:45 PM		DATE		15/May/10	
EVENT		F10 - Sen Women - Shot Put		LGE RECORD		18.93		ATHLETE		Vanissa HEAD - Cardiff AAC - 18.93					
				WELSH RECORD		18.93		ATHLETE		Vanissa HEAD - Cardiff AAC - 1984					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	534	Faye CALVERT	Deeside AAC	9.89	11.19	10.61	10.71	11.19		1					
2	555	Emma GARSTANG	Deeside AAC	7.86				7.86		3					
3	947	Beverley JONES	GLoucester AC (Guest)	8.23	7.95	8.36	8.22	8.36		2					
4															
5															
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16															
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	534	Faye CALVERT	Deeside AAC	11.19	1					REFEREE					
2	947	Beverley JONES	GLoucester AC (Guest)	8.36	2					JUDGES					
3	555	Emma GARSTANG	Deeside AAC	7.86	3										
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		12:45 PM		DATE		15/May/10	
EVENT		F11 - U20W - Shot Put		LGE RECORD		13.24		ATHLETE		Sally HINDS - Swansea Harriers - 13.24					
				WELSH RECORD		14.72		ATHLETE		Sally HINDS - Swansea Harriers - 2005					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	535	Janna SHERRAT	Deeside AAC	8.76	NT	9.52	9.14	9.52		1					
2															
3															
4															
5															
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14															
15															
16															
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	535	Janna SHERRAT	Deeside AAC	9.52	1					REFEREE					
2					2										
3					3					JUDGES					
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		12:45 PM		DATE		15/May/10	
EVENT		F12 - U17W - Shot Put		LGE RECORD		11.47		ATHLETE		Sally HINDS - Swansea Harriers - 11.47					
				WELSH RECORD		13.65		ATHLETE		Philipa ROLES - Swansea Harriers - 1994					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	547	Hayley NUTTALL	Deeside AAC	7.47	7.51	7.85	7.84	7.85		2					
2	568	Eleanor BADHAMS	Deeside AAC	8.48	8.36	8.74	7.89	8.74		1					
3															
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5															
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14															
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16															
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	568	Eleanor BADHAMS	Deeside AAC	8.74	1					REFEREE					
2	547	Hayley NUTTALL	Deeside AAC	7.85	2					JUDGES					
3					3										
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		2:00 PM		DATE		15/May/10	
EVENT		F28 - Sen Men - Shot Put		LGE RECORD		14.54		ATHLETE		Ben ROBERTS - Deeside AAC - 14.54					
				WELSH RECORD		20.45		ATHLETE		Shaun PICKERING - Haringey - 1997					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	801	Dave JONES	Swansea Harriers	5.80	6.05	6.14	6.26	6.26		7					
2	798	Oliver WRIGHT	Swansea Harriers	10.61	10.90	10.63	10.72	10.90		2					
3	903	Neil EDWARDS	Wrexham AC	9.46	10.16		9.83	10.16		3					
4	909	Mark RICH	Wrexham AC	6.86	6.86	7.05	6.74	7.05		6					
5	663	Keith POWELL	Newport Harriers	7.20	6.69	7.13	6.52	7.20		5					
6	552	Dave STOKES	Deeside AAC	8.05	NT			8.05		4					
7	557	Phil DAVIES	Deeside AAC	10.97	11.26	11.18	11.51	11.51		1					
8															
9															
10															
11															
12															
13															
14															
15															
16															
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	557	Phil DAVIES	Deeside AAC	11.51	1					REFEREE					
2	798	Oliver WRIGHT	Swansea Harriers	10.90	2										
3	903	Neil EDWARDS	Wrexham AC	10.16	3					JUDGES					
4	552	Dave STOKES	Deeside AAC	8.05	4										
5	663	Keith POWELL	Newport Harriers	7.20	5										
6	909	Mark RICH	Wrexham AC	7.05	6										
7	801	Dave JONES	Swansea Harriers	6.26	7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		2:00 PM		DATE		15/May/10	
EVENT		F29 - U20M - Shot Put		LGE RECORD		16.34		ATHLETE		Brett MORSE - Cardiff AAC - 16.34					
				WELSH RECORD		17.05		ATHLETE		Brett MORSE - Cardiff AAC - 2008					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	364	Gareth WINTER	Cardiff AAC	14.90	14.74	14.88	NT	14.90		1					
2	564	James FORTUNE	Deeside AAC	10.18	11.19	NT	10.94	11.19		2					
3															
4															
5															
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15															
16															
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	364	Gareth WINTER	Cardiff AAC	14.90	1					REFEREE					
2	564	James FORTUNE	Deeside AAC	11.19	2										
3					3					JUDGES					
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		2:45 PM		DATE		15/May/10	
EVENT		F31 - Sen Men - Discus		LGE RECORD		45.5		ATHLETE		David COLEMAN - Cardiff AAC - 45.50					
				WELSH RECORD		60.43		ATHLETE		Lee NEWMAN - Belgrave Harriers - 1998					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	552	Dave STOKES	Deeside AAC	27.89	29.28	28.75	26.54	29.28		2					
2	557	Phil DAVIES	Deeside AAC	NT	30.90	31.86		31.86		1					
3	663	Keith POWELL	Newport Harriers	18.73	NT	19.47	NT	19.47		5					
4	909	Mark RICH	Wrexham AC	16.28	14.91	17.80	NT	17.80		6					
5	801	Dave JONES	Swansea Harriers	13.82	13.57	13.49	13.83	13.83		7					
6	908	Geoff WARD	Wrexham AC	25.66	26.55			26.55		4					
7	903	Neil EDWARDS	Wrexham AC	26.52	26.50	26.77	25.36	26.77		3					
8															
9															
10															
11															
12															
13															
14															
15															
16															
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	557	Phil DAVIES	Deeside AAC	31.86	1					REFEREE					
2	552	Dave STOKES	Deeside AAC	29.28	2										
3	903	Neil EDWARDS	Wrexham AC	26.77	3					JUDGES					
4	908	Geoff WARD	Wrexham AC	26.55	4										
5	663	Keith POWELL	Newport Harriers	19.47	5										
6	909	Mark RICH	Wrexham AC	17.80	6										
7	801	Dave JONES	Swansea Harriers	13.83	7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		2:45 PM		DATE		15/May/10	
EVENT		F32 - U20M - Discus		LGE RECORD		58.37		ATHLETE		Brett MORSE - Cardiff AAC - 58.37					
				WELSH RECORD		58.37		ATHLETE		Brett MORSE - Cardiff AAC - 2008					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	564	James FORTUNE	Deeside AAC	NT	NT	31.01	34.75	34.75		2					
2	364	Gareth WINTER	Cardiff AAC	NT	47.41	NT	45.27	47.41		1					
3															
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13															
14															
15															
16															
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	364	Gareth WINTER	Cardiff AAC	47.41	1						REFEREE				
2	564	James FORTUNE	Deeside AAC	34.75	2										
3					3						JUDGES				
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		3:45 PM		DATE		15/May/10	
EVENT		F43 - Sen Women - Discus		LGE RECORD		36.7		ATHLETE		Fay CALVERT - Deeside AAC - 36.70					
				WELSH RECORD		48.88		ATHLETE		Philipa ROLES - Swansea Harriers - 1994					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	534	Faye CALVERT	Deeside AAC	NT	34.35	NT	NT	34.35		1					
2	947	Beverley JONES	GLoucester AC (Guest)	24.04	23.28	24.83	25.50	25.50		2					
3	556	Jessica PETERSON	Deeside AAC	14.71	16.52	16.10	17.75	17.75		3					
4															
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	534	Faye CALVERT	Deeside AAC	34.35	1					REFEREE					
2	947	Beverley JONES	GLoucester AC (Guest)	25.50	2					JUDGES					
3	556	Jessica PETERSON	Deeside AAC	17.75	3										
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		3:45 PM		DATE		15/May/10	
EVENT		F44 - U20W - Discus		LGE RECORD		62.02		ATHLETE		Vanissa HEAD - Cardiff AAC - 62.02					
				WELSH RECORD		64.68		ATHLETE		Vanissa HEAD - Cardiff AAC - 1983					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	661	Sian JORDAN	Newport Harriers	23.52	19.98	24.81	22.49	24.81		2					
2	535	Janna SHERRAT	Deeside AAC	31.50	NT	28.24	NT	31.50		1					
3	895	Phillipa ROBERTS	Wrexham AC	20.11	18.01	18.57	NT	20.11		3					
4															
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	535	Janna SHERRAT	Deeside AAC	31.50	1					REFEREE					
2	661	Sian JORDAN	Newport Harriers	24.81	2					JUDGES					
3	895	Phillipa ROBERTS	Wrexham AC	20.11	3										
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		3:45 PM		DATE		15/May/10	
EVENT		F45 - U17W - Discus		LGE RECORD		38.11		ATHLETE		Faye CALVERT - Deeside AAC - 38.11					
				WELSH RECORD		51.60		ATHLETE		Philipa ROLES - Swansea Harriers - 1997					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	897	Lydia DAVID	Wrexham AC	23.61	20.41	20.76	20.56	23.61		1					
2															
3															
4															
5															
6															
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8															
9															
10															
11															
12															
13															
14															
15															
16															
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	897	Lydia DAVID	Wrexham AC	23.61	1						REFEREE				
2					2										
3					3						JUDGES				
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside	TIME		3:30 PM	DATE		15/May/10
EVENT		F37 - Sen Women - Triple Jump		LGE RECORD		11.76	ATHLETE		Jayne LUDLOW - Cardiff AAC - 11.76			
				WELSH RECORD		12.75	ATHLETE		Sara BARRY - Cardiff AAC - 2009			
				DIVISION		1	4 TRIALS ONLY PER ATHLETE - PER AGE GROUP					
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	4th Trial Metres	Best of All Metres	PB	Final Position		
1	814	Donna JONES	Swansea Harriers		10.74		10.70	10.74		1		
2												
3												
4												
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10												
11												
12												
13												
14												
15												
16												
RESULTS										OFFICIALS SIGNATURES		
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFeree JUDGES		
1	814	Donna JONES	Swansea Harriers	10.74	1							
2					2							
3					3							
4					4							
5					5							
6					6							
7					7							
8					8							

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		3:30 PM		DATE		15/May/10	
EVENT		F40 - Sen Men - Triple Jump		LGE RECORD		14.74		ATHLETE		Charles MADERIA-COLE - Carmarthen Harriers - 14.74					
				WELSH RECORD		16.71		ATHLETE		Steven SHALDERS - Cardiff AAC - 2005					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	903	Neil EDWARDS	Wrexham AC	10.87	10.99	10.96	10.85	10.99		3					
2	952	Adam WILLIAMS	UWIC (Guest)	13.34	13.36			13.36		1					
3	799	Daniel WILLIAMS	Swansea Harriers	9.98	11.12	11.44	10.45	11.44		2					
4	551	Mark GARSTANG	Deeside AAC	8.40	8.15	8.61		8.61		6					
5	907	Steve SPIRES	Wrexham AC	10.30				10.30		4					
6	905	Tom CSIZMADIA	Wrexham AC	10.10	10.29			10.29		5					
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	952	Adam WILLIAMS	UWIC (Guest)	13.36	1					REFEREE					
2	799	Daniel WILLIAMS	Swansea Harriers	11.44	2										
3	903	Neil EDWARDS	Wrexham AC	10.99	3					JUDGES					
4	907	Steve SPIRES	Wrexham AC	10.30	4										
5	905	Tom CSIZMADIA	Wrexham AC	10.29	5										
6	551	Mark GARSTANG	Deeside AAC	8.61	6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside	TIME	3:30 PM	DATE	15/May/10
EVENT		F41 - U20M - Triple Jump		LGE RECORD		14.05	ATHLETE	Adam WILLIAMS - Menai T&F - 14.05		
				WELSH RECORD		15.99	ATHLETE	Steven SHALDERS - Cardiff AAC - 2000		
				DIVISION		1	4 TRIALS ONLY PER ATHLETE - PER AGE GROUP			
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres	Metres		
1	791	Jordan BROCK	Swansea Harriers	11.05	11.49	11.09	11.69	11.69		1
2	912	Owen WILLIAMS	Wrexham AC	9.93	11.47	11.32	10.87	11.47		2
3										
4										
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12										
13										
14										
15										
16										
RESULTS										OFFICIALS SIGNATURES
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	791	Jordan BROCK	Swansea Harriers	11.69	1					REFEREE
2	912	Owen WILLIAMS	Wrexham AC	11.47	2					
3					3					JUDGES
4					4					
5					5					
6					6					
7					7					
8					8					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		3:30 PM		DATE		15/May/10	
EVENT		F34 - Sen Women - Javelin		LGE RECORD		47.94		ATHLETE		Karen HOUGH - Swansea Harriers - 47.94					
				WELSH RECORD		52.68		ATHLETE		Lianne CLARKE - Cardiff AAC - 2007					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	534	Faye CALVERT	Deeside AAC	NT	13.60			13.60		4					
2	556	Jessica PETERSON	Deeside AAC	12.53	12.45	16.34	11.43	16.34		3					
3	813	Claire WILLIAMS	Swansea Harriers	32.38	38.43	34.48	36.81	38.43		1					
4	811	Jo DAVIS	Swansea Harriers	26.00	23.85	25.84	26.06	26.06		2					
5															
6															
7															
8															
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14															
15															
16															
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	813	Claire WILLIAMS	Swansea Harriers	38.43	1					REFEREE					
2	811	Jo DAVIS	Swansea Harriers	26.06	2										
3	556	Jessica PETERSON	Deeside AAC	16.34	3					JUDGES					
4	534	Faye CALVERT	Deeside AAC	13.60	4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside	TIME	3:30 PM	DATE	15/May/10
EVENT		F35 - U20W - Javelin		LGE RECORD		46.79	ATHLETE	Lianne CLARKE - Neath Harriers - 46.79		
				WELSH RECORD		50.95	ATHLETE	Lianne CLARKE - Cardiff AAC - 2004		
				DIVISION		1	4 TRIALS ONLY PER ATHLETE - PER AGE GROUP			
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres	Metres		
1	892	Megan ROGERS	Wrexham AC	NT	24.40	NT		24.40		1
2										
3										
4										
5										
6										
7										
8										
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15										
16										
RESULTS										OFFICIALS SIGNATURES
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	892	Megan ROGERS	Wrexham AC	24.40	1					REFEREE
2					2					
3					3					JUDGES
4					4					
5					5					
6					6					
7					7					
8					8					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		3:30 PM		DATE		15/May/10	
EVENT		F36 - U17W - Javelin		LGE RECORD		44.4		ATHLETE		Lianne CLARKE - Neath Harriers - 44.40					
				WELSH RECORD		45.55		ATHLETE		Lianne CLARKE - Neath Harriers - 2003					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	547	Hayley NUTTALL	Deeside AAC	22.52	22.88	23.19	22.93	23.19		1					
2															
3															
4															
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	547	Hayley NUTTALL	Deeside AAC	23.19	1					REFEREE					
2					2										
3					3					JUDGES					
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		4:30 PM		DATE		15/May/10	
EVENT		F46 - Sen Men - Javelin		LGE RECORD		65.76		ATHLETE		Jonathan CLARKE - Swansea Harriers - 65.76					
				WELSH RECORD		81.70		ATHLETE		Nigel BEVAN - Belgrave Harriers - 1992					
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	798	Oliver WRIGHT	Swansea Harriers	48.63	45.85	41.79		48.63		1					
2	801	Dave JONES	Swansea Harriers	17.73	18.37	19.04	19.31	19.31		4					
3	907	Steve SPIRES	Wrexham AC	25.55				25.55		3					
4	903	Neil EDWARDS	Wrexham AC	NT	42.15	40.21	38.52	42.15		2					
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
RESULTS											OFFICIALS SIGNATURES				
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	798	Oliver WRIGHT	Swansea Harriers	48.63	9					REFEREE					
2	903	Neil EDWARDS	Wrexham AC	42.15	10										
3	907	Steve SPIRES	Wrexham AC	25.55	11					JUDGES					
4	801	Dave JONES	Swansea Harriers	19.31	12										
5					13										
6					14										
7					15										
8					16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside	TIME		4:30 PM	DATE		15/May/10
EVENT		F47 - U20M - Javelin		LGE RECORD		62.66	ATHLETE		Jason COPSEY - Cwmbran Harriers - 62.66			
				WELSH RECORD		68.74	ATHLETE		Jonathan CLARKE - Swansea Harriers - 1986			
				DIVISION		1		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position		
				Metres	Metres	Metres	Metres	Metres				
1	795	Jamie PRICE	Swansea Harriers	37.14				37.14		1		
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
RESULTS										OFFICIALS SIGNATURES		
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF			
1	795	Jamie PRICE	Swansea Harriers	37.14	9					REFEREE		
2					10							
3					11					JUDGES		
4					12							
5					13							
6					14							
7					15							
8					16							

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside	TIME	4:30 PM	DATE	15/May/10
EVENT		F48 - U17M - Javelin		LGE RECORD		60.17	ATHLETE	Jon LLEWELLYN - Carmarthen Harriers - 60.17		
				WELSH RECORD		70.30	ATHLETE	Colin MACKENZIE - East Kent - 1979		
				DIVISION		1	4 TRIALS ONLY PER ATHLETE - PER AGE GROUP			
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres	Metres		
1	911	William POOLE	Wrexham AC	28.10	NT			28.10		2
2	565	George OLIVER	Deeside AAC	28.55	29.45	NT		29.45		1
3	566	Will SHERRIDAN	Deeside AAC	19.95	NT			19.95		3
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
RESULTS										OFFICIALS SIGNATURES
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	565	George OLIVER	Deeside AAC	29.45	1					REFEREE
2	911	William POOLE	Wrexham AC	28.10	2					
3	566	Will SHERRIDAN	Deeside AAC	19.95	3					JUDGES
4					4					
5					5					
6					6					
7					7					
8					8					

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Deeside		TIME		12:00 PM		DATE		15-May-10					
EVENT		F4 - Sen Women - High Jump			LGE RECORD		1.73		ATHLETE		Rebecca JONES - Wrexham AC 1.73 1999									
					WELSH RECORD		1.89		ATHLETE		Julie CRANE - Sale Harriers 1.89 2004									
		START HEIGHT		1.45		DIVISION		1		4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE										
Order	No	NAME	CLUB	Start Height	1.45	1.50	1.55								Best of all trials	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						
1	555	Emma GARSTANG	Deeside AAC	1.45	o	xxo	xxx								1.50				1	
2																			0	
3																			0	
4																			0	
5																			0	
6																			0	
7																			0	
8																			0	
9																			0	
10																			0	
11																			0	
12																			0	
13																			0	
14																			0	
15																			0	
16																			0	
"A" STRING RESULTS					"B" STRING RESULTS										OFFICIALS SIGNATURES					
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT											
1	555	Emma GARSTANG	Deeside AAC	1.50	9					REFEREE										
2					10															
3					11					JUDGES										
4					12															
5					13															
6					14															
7					15															
8					16															

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Deeside			TIME		12:00 PM		DATE		15-May-10				
EVENT		F6 - U17W - High Jump			LGE RECORD		1.65			ATHLETE		Emily MORRIS - Swansea Harriers 1.65 2010								
					WELSH RECORD		1.81			ATHLETE		Lea HAGGETT - Herne Hill Harriers 1.81 1986								
		START HEIGHT		1.25		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE									
Order	No	NAME	CLUB	Start Height	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60			Best of all trials	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	568	Eleanor BADHAMS	Deeside AAC	1.40				o	o	o	o	xxx			1.55				1	
2	546	Amy CROCOMBE	Deeside AAC	1.25	o	o	o	xxx							1.35				2	
3																			0	
4																			0	
5																			0	
6																			0	
7																			0	
8																			0	
9																			0	
10																			0	
11																			0	
12																			0	
13																			0	
14																			0	
15																			0	
16																			0	
"A" STRING RESULTS					"B" STRING RESULTS										OFFICIALS SIGNATURES					
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT											
1	568	Eleanor BADHAMS	Deeside AAC	1.55	9															
2	546	Amy CROCOMBE	Deeside AAC	1.35	10															
3					11															
4					12															
5					13															
6					14															
7					15															
8					16															

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Deeside			TIME		1:45 PM		DATE		15-May-10				
EVENT		F22 - Sen Men - High Jump			LGE RECORD		2.05			ATHLETE		Paul EVANS - 2.05 1983								
					WELSH RECORD		2.25			ATHLETE		Robert MITCHELL - Sale Harriers 2.25 2001								
		START HEIGHT		1.55		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE									
Order	No	NAME	CLUB	Start Height	1.55	1.60	1.65	1.70	1.75	1.80	1.85				Best of all trials	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	799	Daniel WILLIAMS	Swansea Harriers	1.70				xxo	o	xxx					1.75				2	
2	902	Gawain ROGERS	Wrexham AC	1.60			o	o	o	o	xxx				1.80				1	
3	903	Neil EDWARDS	Wrexham AC	1.55	o										1.55				3	
4																			0	
5																			0	
6																			0	
7																			0	
8																			0	
9																			0	
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13																			0	
14																			0	
15																			0	
16																			0	
"A" STRING RESULTS					"B" STRING RESULTS										OFFICIALS SIGNATURES					
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT											
1	902	Gawain ROGERS	Wrexham AC	1.80	9															
2	799	Daniel WILLIAMS	Swansea Harriers	1.75	10															
3	903	Neil EDWARDS	Wrexham AC	1.55	11															
4					12															
5					13															
6					14															
7					15															
8					16															

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Deeside			TIME		1:45 PM		DATE		15-May-10				
EVENT		F23 - U20M - High Jump			LGE RECORD		1.98			ATHLETE		Gareth HAINES - Carmarthen Harriers 1.98								
					WELSH RECORD		2.24			ATHLETE		John HILL - Solihull 2.24 1985								
		START HEIGHT		1.45		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE									
Order	No	NAME	CLUB	Start Height	1.45	1.80	1.85	1.90	1.95						Best of all trials	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						
1	793	Ben DAVIES	Swansea Harriers	1.80		o	o	xo	xxx						1.90				1	
2																			0	
3																			0	
4																			0	
5																			0	
6																			0	
7																			0	
8																			0	
9																			0	
10																			0	
11																			0	
12																			0	
13																			0	
14																			0	
15																			0	
16																			0	
"A" STRING RESULTS					"B" STRING RESULTS										OFFICIALS SIGNATURES					
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT											
1	793	Ben DAVIES	Swansea Harriers	1.90	9															
2					10															
3					11															
4					12															
5					13															
6					14															
7					15															
8					16															

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Deeside			TIME		1:00 PM		DATE		15-May-10				
EVENT		F16 - Sen Men - Pole Vault			LGE RECORD		4.75			ATHLETE		Alessandro CAMBON - 4.75 2001								
					WELSH RECORD		5.60			ATHLETE		Neil WINTER - Shaftesbury 5.6 1995								
		START HEIGHT		2.50		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE									
Order	No	NAME	CLUB	Start Height	2.50	2.60	2.70	2.80	2.90	3.00	3.20	3.40			Best of all trials	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	663	Keith POWELL	Newport Harriers	2.50	xo	o	o	o	xxx						2.80				2	
2	903	Neil EDWARDS	Wrexham AC	2.50	o			o		o	xo	xx			3.20				1	
3	908	Geoff WARD	Wrexham AC	2.50	x														0	
4	552	Dave STOKES	Deeside AAC	2.50	xxx														0	
5																			0	
6																			0	
7																			0	
8																			0	
9																			0	
10																			0	
11																			0	
12																			0	
13																			0	
14																			0	
15																			0	
16																			0	
"A" STRING RESULTS					"B" STRING RESULTS										OFFICIALS SIGNATURES					
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT											
1	903	Neil EDWARDS	Wrexham AC	3.20	9															
2	663	Keith POWELL	Newport Harriers	2.80	10															
3					11															
4					12															
5					13															
6					14															
7					15															
8					16															

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Deeside			TIME		1:00 PM		DATE		15-May-10				
EVENT		F19 - Sen Women - Pole Vault			LGE RECORD		3.40			ATHLETE		Lyndsey MAUND - Swansea Harriers 3.40 2003								
					WELSH RECORD		4.15			ATHLETE		Rhian CLARKE - Essex Ladies 4.15 2002								
		START HEIGHT		2.00		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE									
Order	No	NAME	CLUB	Start Height	2.00	3.40	3.50	3.60	3.70						Best of all trials	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						
1	812	Lyndsy MAUND	Swansea Harriers	3.40		o	xo	o	xxx						3.60				1	
2																			0	
3																			0	
4																			0	
5																			0	
6																			0	
7																			0	
8																			0	
9																			0	
10																			0	
11																			0	
12																			0	
13																			0	
14																			0	
15																			0	
16																			0	
"A" STRING RESULTS					"B" STRING RESULTS										OFFICIALS SIGNATURES					
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT											
1	812	Lyndsy MAUND	Swansea Harriers	3.60	9															
2					10															
3					11															
4					12															
5					13															
6					14															
7					15															
8					16															

WELSH ATHLETICS HEIGHT CARD

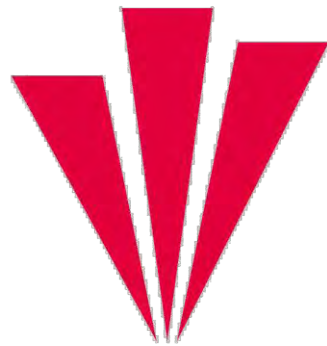
MEETING		Welsh U17/U20/Senior League			VENUE		Deeside			TIME		1:00 PM		DATE		15-May-10				
EVENT		F20 - U20W - Pole Vault			LGE RECORD		3.50			ATHLETE		Elinor LEWIS - Cardiff AAC 3.50 2009								
					WELSH RECORD		3.70			ATHLETE		Rhian CLARKE - Essex Ladies 3.7 1996								
		START HEIGHT		2.00		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE									
Order	No	NAME	CLUB	Start Height	2.00	2.90	3.00	3.10	3.20	3.40	3.50	3.60			Best of all trials	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	574	Rebecca DAVIES	Deeside AAC	3.40						xo	xo	xxx			3.50				1	
2	803	Emma JONES	Swansea Harriers	2.90		o	o	xo	xxx						3.10				2	
3																			0	
4																			0	
5																			0	
6																			0	
7																			0	
8																			0	
9																			0	
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11																			0	
12																			0	
13																			0	
14																			0	
15																			0	
16																			0	
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES										
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT											
1	574	Rebecca DAVIES	Deeside AAC	3.50	9					REFEREE										
2	803	Emma JONES	Swansea Harriers	3.10	10															
3					11					JUDGES										
4					12															
5					13															
6					14															
7					15															
8					16															

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh U17/U20/Senior League			VENUE		Deeside			TIME		1:00 PM		DATE		15-May-10				
EVENT		F21 - U17W - Pole Vault			LGE RECORD		3.25			ATHLETE		Elinor LEWIS - Cardiff AAC 3.25 2007 / 2008								
					WELSH RECORD		3.60			ATHLETE		Christina HUGHES - Deeside AAC 3.6 2008								
		START HEIGHT		1.70		DIVISION		1			4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE									
Order	No	NAME	CLUB	Start Height	1.70	2.20	2.30	2.40	2.50						Best of all trials	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						
1	951	Enfys JONES	Carmarthen Harriers	2.20		o	o	xxo	xxx						2.40				1	
2	572	Rachel WILLIAMS	Deeside AAC	2.20		o	o	xxx							2.30				2	
3																			0	
4																			0	
5																			0	
6																			0	
7																			0	
8																			0	
9																			0	
10																			0	
11																			0	
12																			0	
13																			0	
14																			0	
15																			0	
16																			0	
"A" STRING RESULTS					"B" STRING RESULTS										OFFICIALS SIGNATURES					
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT											
1	951	Enfys JONES	Carmarthen Harriers	2.40	9															
2	572	Rachel WILLIAMS	Deeside AAC	2.30	10															
3					11															
4					12															
5					13															
6					14															
7					15															
8					16															

Welsh Athletics
Senior League

Deeside College, Stadium
Saturday-15-May-2010



WELSH ATHLETICS
ATHLETAU CYMRU

Division 2

League Record Rebecca NUTALL Deeside AAC 1.18.4 2003
Welsh Record Amanda PRITCHARD Cardiff AAC 2.07.32 1996

T35 - 800m - U17W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	209	Ffion PRICE	Brecon AC	2:15.1	*	16	

League Record Kayleigh BROWN Carmarthen Harriers 4.45.0 2006
Welsh Record Non STANFORD Swansea Harriers 4.23.55 2004

T48 - 1500m - U17W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	209	Ffion PRICE	Brecon AC	4:46.8	*	16	
2	210	Rhian PRICE	Brecon AC	5:15.4			8

League Record Rhianwedd PRICE Brecon AC 5.17.2 2010
Welsh Record Angharad DAVIES Carmarthen Harriers 5.24.32 2007

T24 - 1500m Steeplechase - U17W

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	210	Rhian PRICE	Brecon AC	5:30.50		16	

League Record Sally HINDS Swansea Harriers 13.24 2005

Welsh Record Sally HINDS Swansea Harriers 14.72 2005

F11 - Shot Put - U20W

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	777	Jade TUCKER	Rhondda AC	4.81			

League Record Vanessa HEAD Cardiff AAC 62.02 1984

Welsh Record Vanessa HEAD Cardiff AAC 64.68 1983

F44 - Discus - U20W

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	777	Jade TUCKER	Rhondda AC	13.22			

League Record Toni WELLS Swansea Harriers 48.27 2010

Welsh Record Laura DOUGLAS Sale Harriers 55.22 2002

F2 - Hammer - U20W

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	777	Jade TUCKER	Rhondda AC	14.19			

League Record Hayley NASH Swansea Harriers 4.24.4 1987
Welsh Record Hayley TULLETT Swansea Harriers 3.59.95 2000

T45 - 1500m - Sen Women

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	776	Ann FOLLAN	Rhondda AC	6:37.0		16	

League Record Caryl JONES Carmarthen Harriers 9.48.3 2010
Welsh Record Hayley TULLETT Swansea Harriers 8.45.39 2000

T19 - 3000m - Sen Women

Race 1

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	776	Ann FOLLAN	Rhondda AC	13:37.9		16	

League Record Vanissa HEAD Cardiff AAC 18.93 1984

Welsh Record Vanissa HEAD Cardiff AAC 18.93 1984

F10 - Shot Put - Sen Women

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	775	Cath ALFORD	Rhondda AC	8.72	*	16	
2	690	Karen LLEWELLIN	Pembroke Harriers	8.59	*	14	
3	700	Tracy LLEWELLIN	Pembroke Harriers	5.59			8

League Record Fay CALVERT Deeside AAC 36.70 2010

Welsh Record Philipa ROLES Swansea Harriers 48.88 1994

F43 - Discus - Sen Women

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	700	Tracy LLEWELLIN	Pembroke Harriers	25.37	*	16	
2	775	Cath ALFORD	Rhondda AC	24.58	*	14	
3	690	Karen LLEWELLIN	Pembroke Harriers	24.39	*		8

League Record Carys PARRY Rhondda AC 56.96 2005

Welsh Record Carys PARRY Rhondda AC 66.31 2008

F1 - Hammer - Sen Women

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	775	Cath ALFORD	Rhondda AC	29.83	*	16	
2	690	Karen LLEWELLIN	Pembroke Harriers	27.05	*	14	
3	700	Tracy LLEWELLIN	Pembroke Harriers	18.27			8

League Record Karen HOUGH Swansea Harriers 47.94 1984

Welsh Record Lianne CLARKE Cardiff AAC 52.68 2007

F34 - Javelin - Sen Women

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	690	Karen LLEWELLIN	Pembroke Harriers	17.81		16	

League Record Brett MORSE Cardiff AAC 16.34 2008

Welsh Record Brett MORSE Cardiff AAC 17.05 2008

F29 - Shot Put - U20M

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	782	Ashley ANDREWS	Rhondda AC	11.33	*	16	

League Record Brett MORSE Cardiff AAC 58.37 2008

Welsh Record Brett MORSE Cardiff AAC 58.37 2008

F32 - Discus - U20M

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	782	Ashley ANDREWS	Rhondda AC	33.35	*	16	

League Record Richie WELLS Swansea Harriers 55.26 2007

Welsh Record Matthew RICHARDS Swansea Harriers 58.44 2005

F14 - Hammer - U20M

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	782	Ashley ANDREWS	Rhondda AC	47.65	*	16	

League Record Roger BARRETT Carmarthen Harriers 48.0 1984
Welsh Record Iwan THOMAS Newham 44.36 1997

T37 - 400m - Sen Men Race 1 Cw

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	104	Daniel BODMAN	Aberdare VAAC	60.3		16	

League Record Roger BARRETT Carmarthen Harriers 1.50.0 1984
Welsh Record Neil HORSEFIELD Newport Harriers 1.45.44 1990

T25 - 800m - Sen Men Race 1 Cw

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	585	Jonathan WILLIAMS	Llanelli AC	2:00.9	*	16	
2	104	Daniel BODMAN	Aberdare VAAC	2:13.9		14	

League Record Steve HENSHAW Cardiff AAC 8.39.2 1983
Welsh Record Ian HAMER Edinburgh 7.46.40 1990

T7 - 3000m - Sen Men

						Race 1		CW	
Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts		
1	104	Daniel BODMAN	Aberdare VAAC	9:57.1	*	16			

League Record Phil COOK Barry & Vale H 9.02.5 1990
Welsh Record Roger HACKNEY Aldershot 8.18.91 1988

T16 - 2000m Steeplechase - Sen Men

						Race 1		CW	
Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts		
1	104	Daniel BODMAN	Aberdare VAAC	6:59.9	*	16			

League Record Paul EVANS 2.05 1983
Welsh Record Robert MITCHELL Sale Harriers 2.25 2001

F22 - High Jump - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	104	Daniel BODMAN	Aberdare VAAC	1.55		16	

League Record Richard JONES 7.44 1983
Welsh Record Lynn DAVIES Cardiff AAC 8.23 1968

F7 - Long Jump - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	783	Mike MULLINS	Rhondda AC	4.36		16	
2	780	Robert DOBBS	Rhondda AC	3.88			8

League Record Ben ROBERTS Deeside AAC 14.54 2006
Welsh Record Shaun PICKERING Haringey 20.45 1997

F28 - Shot Put - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	781	Anthony HALLING	Rhondda AC	10.10	*	16	
2	778	Glyn PUGH	Rhondda AC	9.84			8
3	779	Darren ANDREWS	Rhondda AC	9.38			
4	784	Karl BENNET	Rhondda AC	4.90			

League Record David COLEMAN Cardiff AAC 45.50 2009
Welsh Record Lee NEWMAN Belgrave Harriers 60.43 1998

F31 - Discus - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	778	Glyn PUGH	Rhondda AC	30.87	*	16	
2	781	Anthony HALLING	Rhondda AC	29.02	*		8
3	779	Darren ANDREWS	Rhondda AC	28.67	*		

League Record Peter STARK Bridgend AC 55.48 1979
Welsh Record Shaun PICKERING Haringey 68.64 1984

F13 - Hammer - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	779	Darren ANDREWS	Rhondda AC	35.82	*	16	
2	778	Glyn PUGH	Rhondda AC	33.93	*		8
3	781	Anthony HALLING	Rhondda AC	27.41			

League Record Jonathan CLARKE Swansea Harriers 65.76 1988
Welsh Record Nigel BEVAN Belgrave Harriers 81.7 1992

F46 - Javelin - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	781	Anthony HALLING	Rhondda AC	29.73	*	16	
2	778	Glyn PUGH	Rhondda AC	24.71			8
3	780	Robert DOBBS	Rhondda AC	17.65	*		

U17 WOMEN POINTS	Match Day	Cwmbran Harriers	Pembroke Harriers	Rhondda AC	Llanelli AC	Brecon AC	Aberdare VAAC
	100m						
200m							
300m							
800m						16	
1500m						16	8
3000m							
1500m s/c						16	
100m hdl							
400m hdl							
4x100 relay							
4x300m relay							
High Jump							
Pole Vault							
Long Jump							
Triple Jump							
Shot Putt							
Discus							
Hammer							
Javelin							
Total Points		0	0	0	0	56	0
Position		0	0	0	0	1	0
U20 WOMEN POINTS		Cwmbran Harriers	Pembroke Harriers	Rhondda AC	Llanelli AC	Brecon AC	Aberdare VAAC
	100m						
200m							
400m							
800m							
1500m							
3000m							
2000m s/c							
110m hdl							
400m hdl							
4x100 relay							
4x400 relay							
High Jump							
Pole Vault							
Long Jump							
Triple Jump							
Shot Putt							
Discus							
Hammer							
Javelin							
Total Points		0	0	0	0	0	0
Position		0	0	0	0	0	0
SENIOR WOMEN POINTS		Cwmbran Harriers	Pembroke Harriers	Rhondda AC	Llanelli AC	Brecon AC	Aberdare VAAC
	100m						
200m							
400m							
800m							
1500m				16			
3000m				16			
2000m s/c							
110m hdl							
400m hdl							
4x100 relay							
4x400 relay							
High Jump							
Pole Vault							
Long Jump							
Triple Jump							
Shot Putt			14	8	16		
Discus			16	8	14		
Hammer			14	8	16		
Javelin			16				
Total Points		0	84	78	0	0	0
Position		0	1	2	0	0	0
Lge Pts		0	2	1	0	0	0

Total Female	0	84	78	0	56	0
Lge Pos	4	1	2	4	3	4
Match Pts	1	6	5	1	4	1

U17 MEN POINTS	Match Day	Cwmbrian Harriers	Pembroke Harriers	Rhondda AC	Llanelli AC	Brecon AC	Aberdare VAAC
	100m						
	200m						
	400m						
	800m						
	1500m						
	3000m						
	1500m s/c						
	100m hdl						
	400m hdl						
	4x100 relay						
	4x400 relay						
	High Jump						
	Pole Vault						
	Long Jump						
	Triple Jump						
	Shot Putt						
Discus							
Hammer							
Javelin							
Total Points	0	0	0	0	0	0	
Position	0	0	0	0	0	0	

U20 MEN POINTS		Cwmbrian Harriers	Pembroke Harriers	Rhondda AC	Llanelli AC	Brecon AC	Aberdare VAAC
	100m						
	200m						
	300m						
	800m						
	1500m						
	3000m						
	2000m s/c						
	110m hdl						
	400m hdl						
	4x100 relay						
	4x400 relay						
	High Jump						
	Pole Vault						
	Long Jump						
	Triple Jump						
	Shot Putt			16			
Discus			16				
Hammer			16				
Javelin							
Total Points	0	0	48	0	0	0	
Position	0	0	1	0	0	0	

SENIOR MEN POINTS		Cwmbrian Harriers	Pembroke Harriers	Rhondda AC	Llanelli AC	Brecon AC	Aberdare VAAC
	100m						
	200m						
	400m						16
	800m				16		14
	1500m						
	3000m						16
	2000m s/c						16
	110m hdl						
	400m hdl						
	4x100 relay						
	4x400 relay						
	High Jump						16
	Pole Vault						
	Long Jump			16	8		
	Triple Jump						
	Shot Putt			16	8		
Discus			16	8			
Hammer			16	8			
Javelin			16	8			
Total Points	0	0	120	16	0	78	
Position	0	0	1	3	0	2	
Lge Pts	0	0	3	1	0	2	

Total Male	0	0	168	16	0	78
Lge Pos	4	4	1	3	4	2
Match Pts	1	1	6	4	1	5

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE	Deeside	TIME	11:30 AM	DATE	15/May/10	
EVENT		F1 - Sen Women - Hammer		LGE RECORD	56.96	ATHLETE	Carys PARRY - Rhondda AC - 56.96			
				WELSH RECORD	66.31	ATHLETE	Carys PARRY - Rhondda AC - 2008			
				DIVISION	2	4 TRIALS ONLY PER ATHLETE - PER AGE GROUP				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres	Metres		
1	690	Karen LLEWELLIN	Pembroke Harriers	24.23	26.15	25.16	27.05	27.05		2
2	700	Tracy LLEWELLIN	Pembroke Harriers	18.27	17.47	17.72	16.44	18.27		3
3	775	Cath ALFORD	Rhondda AC	29.60	29.83	29.18	20.38	29.83		1
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	775	Cath ALFORD	Rhondda AC	29.83	1					REFEREE
2	690	Karen LLEWELLIN	Pembroke Harriers	27.05	2					
3	700	Tracy LLEWELLIN	Pembroke Harriers	18.27	3					JUDGES
4					4					
5					5					
6					6					
7					7					
8					8					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside	TIME		11:30 AM	DATE		15/May/10
EVENT		F2 - U20W - Hammer		LGE RECORD		48.27	ATHLETE		Toni WELLS - Swansea Harriers - 48.27			
				WELSH RECORD		55.22	ATHLETE		Laura DOUGLAS - Sale Harriers - 2002			
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position		
				Metres	Metres	Metres	Metres	Metres				
1	777	Jade TUCKER	Rhondda AC	14.19	13.40			14.19		1		
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES		
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	REFeree JUDGES		
1	777	Jade TUCKER	Rhondda AC	14.19	1							
2					2							
3					3							
4					4							
5					5							
6					6							
7					7							
8					8							

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		12:45 PM		DATE		15/May/10	
EVENT		F13 - Sen Men - Hammer		LGE RECORD		55.48		ATHLETE		Peter STARK - Bridgend AC - 55.48					
				WELSH RECORD		68.64		ATHLETE		Shaun PICKERING - Haringey - 1984					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	781	Anthony HALLING	Rhondda AC		27.17	27.41	25.45	27.41		3					
2	778	Glyn PUGH	Rhondda AC	31.53		31.31	33.93	33.93		2					
3	779	Darren ANDREWS	Rhondda AC	34.40	34.83	35.82		35.82		1					
4															
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	779	Darren ANDREWS	Rhondda AC	35.82	1					REFEREE					
2	778	Glyn PUGH	Rhondda AC	33.93	2										
3	781	Anthony HALLING	Rhondda AC	27.41	3					JUDGES					
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside	TIME	12:45 PM	DATE	15/May/10
EVENT		F14 - U20M - Hammer		LGE RECORD		55.26	ATHLETE	Richie WELLS - Swansea Harriers - 55.26		
				WELSH RECORD		58.44	ATHLETE	Matthew RICHARDS - Swansea Harriers - 2005		
				DIVISION		2	4 TRIALS ONLY PER ATHLETE - PER AGE GROUP			
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres	Metres		
1	782	Ashley ANDREWS	Rhondda AC	46.95	47.62	47.65		47.65		1
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	782	Ashley ANDREWS	Rhondda AC	47.65	1					REFEREE
2					2					
3					3					JUDGES
4					4					
5					5					
6					6					
7					7					
8					8					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		12:45 PM		DATE		15/May/10	
EVENT		F15 - U17M - Hammer		LGE RECORD		55.85		ATHLETE		Rhys HODNETT - Cardiff AAC - 55.85					
				WELSH RECORD		62.12		ATHLETE		Shaun PICKERING - Haringey - 1978					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1															
2															
3															
4															
5															
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7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1					1					REFEREE					
2					2										
3					3					JUDGES					
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside	TIME	12:45 PM	DATE	15/May/10
EVENT		F10 - Sen Women - Shot Put		WELSH RECORD		18.93	ATHLETE	Vanissa HEAD - Cardiff AAC - 18.93		
				DIVISION		2	4 TRIALS ONLY PER ATHLETE - PER AGE GROUP			
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres	Metres		
1	775	Cath ALFORD	Rhondda AC	8.53	8.36	NT	8.72	8.72		1
2	700	Tracy LLEWELLIN	Pembroke Harriers	5.59				5.59		3
3	690	Karen LLEWELLIN	Pembroke Harriers	7.89	7.98	8.12	8.59	8.59		2
4										
5										
6										
7										
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11										
12										
13										
14										
15										
16										
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	775	Cath ALFORD	Rhondda AC	8.72	1					
2	690	Karen LLEWELLIN	Pembroke Harriers	8.59	2					
3	700	Tracy LLEWELLIN	Pembroke Harriers	5.59	3					
4					4					
5					5					
6					6					
7					7					
8					8					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		12:45 PM		DATE		15/May/10	
EVENT		F11 - U20W - Shot Put		LGE RECORD		13.24		ATHLETE		Sally HINDS - Swansea Harriers - 13.24					
				WELSH RECORD		14.72		ATHLETE		Sally HINDS - Swansea Harriers - 2005					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	777	Jade TUCKER	Rhondda AC	4.36	4.49	4.40	4.81	4.81		1					
2															
3															
4															
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	777	Jade TUCKER	Rhondda AC	4.81	1					REFEREE					
2					2					JUDGES					
3					3										
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside	TIME	2:00 PM	DATE	15/May/10
EVENT		F28 - Sen Men - Shot Put		LGE RECORD		14.54	ATHLETE	Ben ROBERTS - Deeside AAC - 14.54		
				WELSH RECORD		20.45	ATHLETE	Shaun PICKERING - Haringey - 1997		
				DIVISION		2	4 TRIALS ONLY PER ATHLETE - PER AGE GROUP			
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres	Metres		
1	778	Glyn PUGH	Rhondda AC	9.51	NT	9.53	9.84	9.84		2
2	784	Karl BENNET	Rhondda AC	NT	NT	4.90	NT	4.90		4
3	779	Darren ANDREWS	Rhondda AC	8.48	9.38	8.98	8.54	9.38		3
4	781	Anthony HALLING	Rhondda AC	9.44	9.64	10.10	10.04	10.10		1
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	781	Anthony HALLING	Rhondda AC	10.10	1					
2	778	Glyn PUGH	Rhondda AC	9.84	2					
3	779	Darren ANDREWS	Rhondda AC	9.38	3					
4	784	Karl BENNET	Rhondda AC	4.90	4					
5					5					
6					6					
7					7					
8					8					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		2:00 PM		DATE		15/May/10	
EVENT		F29 - U20M - Shot Put		LGE RECORD		16.34		ATHLETE		Brett MORSE - Cardiff AAC - 16.34					
				WELSH RECORD		17.05		ATHLETE		Brett MORSE - Cardiff AAC - 2008					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	782	Ashley ANDREWS	Rhondda AC	10.60	10.57	10.69	11.33	11.33		1					
2															
3															
4															
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	782	Ashley ANDREWS	Rhondda AC	11.33	1					REFEREE					
2					2										
3					3					JUDGES					
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside	TIME	2:45 PM	DATE	15/May/10
EVENT		F31 - Sen Men - Discus		LGE RECORD		45.5	ATHLETE	David COLEMAN - Cardiff AAC - 45.50		
				WELSH RECORD		60.43	ATHLETE	Lee NEWMAN - Belgrave Harriers - 1998		
				DIVISION		2	4 TRIALS ONLY PER ATHLETE - PER AGE GROUP			
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres	Metres		
1	779	Darren ANDREWS	Rhondda AC	25.18	28.67	NT	26.57	28.67		3
2	778	Glyn PUGH	Rhondda AC	27.76	30.76	30.87	28.71	30.87		1
3	781	Anthony HALLING	Rhondda AC	27.27	29.02	NT	27.69	29.02		2
4										
5										
6										
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13										
14										
15										
16										
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	778	Glyn PUGH	Rhondda AC	30.87	1					REFEREE
2	781	Anthony HALLING	Rhondda AC	29.02	2					
3	779	Darren ANDREWS	Rhondda AC	28.67	3					JUDGES
4					4					
5					5					
6					6					
7					7					
8					8					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		2:45 PM		DATE		15/May/10	
EVENT		F32 - U20M - Discus		LGE RECORD		58.37		ATHLETE		Brett MORSE - Cardiff AAC - 58.37					
				WELSH RECORD		58.37		ATHLETE		Brett MORSE - Cardiff AAC - 2008					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	782	Ashley ANDREWS	Rhondda AC	32.25	31.03	30.36	33.35	33.35		1					
2															
3															
4															
5															
6															
7															
8															
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10															
11															
12															
13															
14															
15															
16															
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	782	Ashley ANDREWS	Rhondda AC	33.35	1					REFEREE					
2					2										
3					3					JUDGES					
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside	TIME	3:45 PM	DATE	15/May/10
EVENT		F43 - Sen Women - Discus		LGE RECORD		36.7	ATHLETE	Fay CALVERT - Deeside AAC - 36.70		
				WELSH RECORD		48.88	ATHLETE	Philipa ROLES - Swansea Harriers - 1994		
				DIVISION		2	4 TRIALS ONLY PER ATHLETE - PER AGE GROUP			
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres	Metres		
1	775	Cath ALFORD	Rhondda AC	NT	23.96	24.58	NT	24.58		2
2	700	Tracy LLEWELLIN	Pembroke Harriers	22.84	NT	25.37	NT	25.37		1
3	690	Karen LLEWELLIN	Pembroke Harriers	24.39	20.98	NT	22.55	24.39		3
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	700	Tracy LLEWELLIN	Pembroke Harriers	25.37	1					REFEREE
2	775	Cath ALFORD	Rhondda AC	24.58	2					
3	690	Karen LLEWELLIN	Pembroke Harriers	24.39	3					JUDGES
4					4					
5					5					
6					6					
7					7					
8					8					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		3:45 PM		DATE		15/May/10	
EVENT		F44 - U20W - Discus		LGE RECORD		62.02		ATHLETE		Vanissa HEAD - Cardiff AAC - 62.02					
				WELSH RECORD		64.68		ATHLETE		Vanissa HEAD - Cardiff AAC - 1983					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	777	Jade TUCKER	Rhondda AC	NT	13.12	13.22	NT	13.22		1					
2															
3															
4															
5															
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7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	777	Jade TUCKER	Rhondda AC	13.22	1					REFEREE					
2					2					JUDGES					
3					3										
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

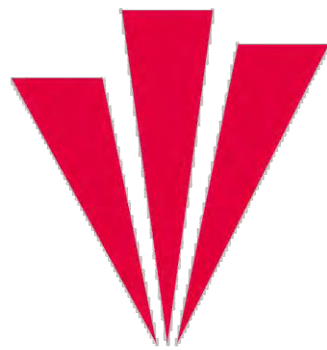
MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		3:30 PM		DATE		15/May/10	
EVENT		F34 - Sen Women - Javelin		LGE RECORD		47.94		ATHLETE		Karen HOUGH - Swansea Harriers - 47.94					
				WELSH RECORD		52.68		ATHLETE		Lianne CLARKE - Cardiff AAC - 2007					
				DIVISION		2		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	690	Karen LLEWELLIN	Pembroke Harriers	14.74	16.63	16.29	17.81	17.81		1					
2															
3															
4															
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8															
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12															
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14															
15															
16															
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	690	Karen LLEWELLIN	Pembroke Harriers	17.81	1					REFEREE					
2					2					JUDGES					
3					3										
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside	TIME	4:30 PM	DATE	15/May/10
EVENT		F46 - Sen Men - Javelin		LGE RECORD		65.76	ATHLETE	Jonathan CLARKE - Swansea Harriers - 65.76		
				WELSH RECORD		81.70	ATHLETE	Nigel BEVAN - Belgrave Harriers - 1992		
				DIVISION		2	4 TRIALS ONLY PER ATHLETE - PER AGE GROUP			
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position
				Metres	Metres	Metres	Metres	Metres		
1	778	Glyn PUGH	Rhondda AC		24.71			24.71		2
2	781	Anthony HALLING	Rhondda AC	27.70	27.64	29.70	29.73	29.73		1
3	780	Robert DOBBS	Rhondda AC	12.66	17.65	16.52	14.74	17.65		3
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
RESULTS										OFFICIALS SIGNATURES
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	781	Anthony HALLING	Rhondda AC	29.73	9					REFEREE
2	778	Glyn PUGH	Rhondda AC	24.71	10					
3	780	Robert DOBBS	Rhondda AC	17.65	11					JUDGES
4					12					
5					13					
6					14					
7					15					
8					16					

Welsh Athletics
Senior League

Deeside College, Stadium
Saturday-15-May-2010



WELSH ATHLETICS
ATHLETAU CYMRU

Division 3

League Record Ben ROBERTS Deeside AAC 14.54 2006

Welsh Record Shaun PICKERING Haringey 20.45 1997

F28 - Shot Put - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	743	John DAVIES	Port Talbot Harriers	5.74		16	

League Record Peter STARK Bridgend AC 55.48 1979

Welsh Record Shaun PICKERING Haringey 68.64 1984

F13 - Hammer - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	743	John DAVIES	Port Talbot Harriers	20.03		16	

League Record Jonathan CLARKE Swansea Harriers 65.76 1988

Welsh Record Nigel BEVAN Belgrave Harriers 81.7 1992

F46 - Javelin - Sen Men

Pos	Bib	Athlete	Club	Perf	AW	A Pts	B Pts
1	743	John DAVIES	Port Talbot Harriers	30.88	*	16	

U17 MEN POINTS	Match Day	Neath Harriers	Bridgend AC	Barry & Vale Harriers	Port Talbot Harriers	Blaenau Gwent	Chepstow Harriers
	100m						
200m							
400m							
800m							
1500m							
3000m							
1500m s/c							
100m hdl							
400m hdl							
4x100 relay							
4x400 relay							
High Jump							
Pole Vault							
Long Jump							
Triple Jump							
Shot Putt							
Discus							
Hammer							
Javelin							
Total Points	0	0	0	0	0	0	0
Position	0	0	0	0	0	0	0
U20 MEN POINTS	Neath Harriers	Bridgend AC	Barry & Vale Harriers	Port Talbot Harriers	Blaenau Gwent	Chepstow Harriers	
	100m						
200m							
300m							
800m							
1500m							
3000m							
2000m s/c							
110m hdl							
400m hdl							
4x100 relay							
4x400 relay							
High Jump							
Pole Vault							
Long Jump							
Triple Jump							
Shot Putt							
Discus							
Hammer							
Javelin							
Total Points	0	0	0	0	0	0	
Position	0	0	0	0	0	0	
SENIOR MEN POINTS	Neath Harriers	Bridgend AC	Barry & Vale Harriers	Port Talbot Harriers	Blaenau Gwent	Chepstow Harriers	
	100m						
200m							
400m							
800m							
1500m							
3000m							
2000m s/c							
110m hdl							
400m hdl							
4x100 relay							
4x400 relay							
High Jump							
Pole Vault							
Long Jump							
Triple Jump							
Shot Putt				16			
Discus							
Hammer				16			
Javelin				16			
Total Points	0	0	0	48	0	0	
Position	0	0	0	1	0	0	
Lge Pts	0	0	0	1	0	0	
Total Male	0	0	0	48	0	0	
Lge Pos	2	2	2	1	2	2	
Match Pts	1	1	1	6	1	1	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		12:45 PM		DATE		15/May/10	
EVENT		F13 - Sen Men - Hammer		LGE RECORD		55.48		ATHLETE		Peter STARK - Bridgend AC - 55.48					
				WELSH RECORD		68.64		ATHLETE		Shaun PICKERING - Haringey - 1984					
				DIVISION		3		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	743	John DAVIES	Port Talbot Harriers	16.30	18.86	19.35	20.03	20.03		1					
2															
3															
4															
5															
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13															
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15															
16															
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	743	John DAVIES	Port Talbot Harriers	20.03	1					REFEREE					
2					2					JUDGES					
3					3										
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		2:00 PM		DATE		15/May/10	
EVENT		F28 - Sen Men - Shot Put		LGE RECORD		14.54		ATHLETE		Ben ROBERTS - Deeside AAC - 14.54					
				WELSH RECORD		20.45		ATHLETE		Shaun PICKERING - Haringey - 1997					
				DIVISION		3		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	743	John DAVIES	Port Talbot Harriers	4.45	5.57	5.70	5.74	5.74		1					
2															
3															
4															
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
"A" STRING RESULTS					"B" STRING RESULTS					OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	743	John DAVIES	Port Talbot Harriers	5.74	1					REFEREE					
2					2					JUDGES					
3					3										
4					4										
5					5										
6					6										
7					7										
8					8										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh U17/U20/Senior League		VENUE		Deeside		TIME		4:30 PM		DATE		15/May/10	
EVENT		F46 - Sen Men - Javelin		LGE RECORD		65.76		ATHLETE		Jonathan CLARKE - Swansea Harriers - 65.76					
				WELSH RECORD		81.70		ATHLETE		Nigel BEVAN - Belgrave Harriers - 1992					
				DIVISION		3		4 TRIALS ONLY PER ATHLETE - PER AGE GROUP							
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	PB	Final Position					
				Metres	Metres	Metres	Metres	Metres							
1	743	John DAVIES	Port Talbot Harriers	29.23	29.66	29.50	30.88	30.88		1					
2															
3															
4															
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
RESULTS										OFFICIALS SIGNATURES					
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF						
1	743	John DAVIES	Port Talbot Harriers	30.88	9										
2					10										
3					11										
4					12										
5					13										
6					14										
7					15										
8					16										