

Welsh Athletics
Senior League
Spytty Stadium, Newport

Saturday-29-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 11.88/11.88w

T15 - 100m - U17W

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-------------------|---------------------|------|----|
| 1 | 656 | Bethan WAKEFIELD | Newport Harriers | 13.4 | |
| 2 | 896 | Chloe JONES | Wrexham AC | 13.5 | |
| 3 | 378 | Cyndi KITENGE | Cardiff AAC | 13.7 | |
| 4 | 416 | Catrin REES | Carmarthen Harriers | 13.8 | |
| 5 | 665 | Melissa ARTHUR | Newport Harriers | 14.4 | |
| 6 | 374 | Amy PACKHAM-SMITH | Cardiff AAC | 14.8 | |

Race 2

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|------------------|------------------|------|----|
| 1 | 382 | Jamie-Lee BOWEN | Cardiff AAC | 13.1 | |
| 2 | 867 | Jessica THOMPSON | Swansea Harriers | 13.7 | |
| 3 | 370 | Alison SINGLETON | Cardiff AAC | 13.8 | |
| 4 | 870 | Emily DACEY | Swansea Harriers | 13.8 | |
| 5 | 865 | Elinor JONES | Swansea Harriers | 13.9 | |
| 6 | 310 | Helen BLOWER | Wrexham AC | 14.7 | |

League Record Lisa-Marie EDWARDS Wrexham AC 25.7 2003
Welsh Record Michelle PROBERT Sale Harriers 23.6 1976

T54 - 200m - U17W

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|------------------|---------------------|------|----|
| 1 | 656 | Bethan WAKEFIELD | Newport Harriers | 27.5 | * |
| 2 | 378 | Cyndi KITENGE | Cardiff AAC | 27.6 | |
| 3 | 416 | Catrin REES | Carmarthen Harriers | 27.8 | |
| 4 | 870 | Emily DACEY | Swansea Harriers | 27.8 | |
| 5 | 865 | Elinor JONES | Swansea Harriers | 28.4 | |
| 6 | 310 | Helen BLOWER | Wrexham AC | 30.9 | |

Race 2

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|------------------|------------------|------|----|
| 1 | 639 | Hannah GRIFFITHS | Newport Harriers | 26.3 | |
| 2 | 382 | Jamie-Lee BOWEN | Cardiff AAC | 26.9 | |
| 3 | 379 | Olivia DYER | Cardiff AAC | 27.6 | |
| 4 | 863 | Atlanta WILLIAMS | Swansea Harriers | 28.4 | |
| 5 | 369 | Bethany WHEDDON | Cardiff AAC | 30.5 | |

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 |
|-----|-----|----------------------|------------------|------|----|
| 1 | 639 | Hannah GRIFFITHS | Newport Harriers | 41.4 | |
| 2 | 896 | Chloe JONES | Wrexham AC | 42.9 | |
| 3 | 861 | Jemima OSBORN | Swansea Harriers | 43.7 | |
| 4 | 381 | Athlete not declared | Cardiff AAC | 46.7 | |
| 5 | 393 | Catrin GRIFFITHS | Cardiff AAC | 46.9 | |
| 6 | 867 | Jessica THOMPSON | Swansea Harriers | 47.1 | |

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 |
|-----|-----|----------------------|------------------|--------|----|
| 1 | 861 | Jemima OSBORN | Swansea Harriers | 2:20.4 | * |
| 2 | 381 | Athlete not declared | Cardiff AAC | 2:26.3 | * |
| 3 | 548 | Sian MESSUM | Deeside AAC | 2:32.3 | |
| 4 | 395 | Heledd WILLIAMS | Cardiff AAC | 2:41.6 | |
| 5 | 383 | Holly MORRIS | Cardiff AAC | 2:50.0 | |

League Record Ffion PRICE Brecon AC 10.46.30 2009

Welsh Record Non STANFORD Swansea Harriers 9.22.84 2004

T21 - 3000m - U17W

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|------------------|-------------|---------|----|
| 1 | 549 | Shannon CHILTERN | Deeside AAC | 12:51.7 | |

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 |
|-----|-----|------------------|------------------|------|----|
| 1 | 868 | Kimberley DAVIES | Swansea Harriers | 12.4 | * |
| 2 | 863 | Atlanta WILLIAMS | Swansea Harriers | 12.8 | * |
| 3 | 372 | Chloe PHILLIPS | Cardiff AAC | 16.0 | |

League Record Megan ROGERS Swansea Harriers 44.89 2007

Welsh Record Caryl GRANVILLE Carmarthen Harriers 42.65 2006

T6 - 300m hdl - U17W

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|------------------|------------------|------|----|
| 1 | 863 | Atlanta WILLIAMS | Swansea Harriers | 47.5 | * |
| 2 | 368 | Megan THOMAS | Cardiff AAC | 49.3 | * |
| 3 | 869 | Emily MORRIS | Swansea Harriers | 49.4 | * |
| 4 | 858 | Katie REYNOLDS | Swansea Harriers | 50.1 | * |
| 5 | 372 | Chloe PHILLIPS | Cardiff AAC | 57.8 | |

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 |
|-----|-----|----------------|------------------|---------|----|
| 1 | 858 | Katie REYNOLDS | Swansea Harriers | 8:23.30 | |

Event run over 2000m not 1500m

League Record Swansea Harriers 50.4 2007

Welsh Record

T60 - 4 x 100 Relay - U17W

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|------------------|------------------|------|----|
| 1 | 382 | Jamie-Lee BOWEN | Cardiff AAC | 52.2 | * |
| 2 | 656 | Bethan WAKEFIELD | Newport Harriers | 53.1 | |
| 3 | 867 | Jessica THOMPSON | Swansea Harriers | 53.3 | |

League Record Swansea Harriers 4.14.19 2009

Welsh Record

NEW LEAGUE RECORD

T66 - 4 x 300 Relay - U17W

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------|-------------|---------|----|
| 1 | 394 | | Cardiff AAC | 3:34.80 | * |

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 |
|-----|-----|------------------|---------------------|------|----|
| 1 | 869 | Emily MORRIS | Swansea Harriers | 1.55 | * |
| 2 | 419 | Rhiannon PLANT | Carmarthen Harriers | 1.50 | * |
| 3 | 868 | Kimberley DAVIES | Swansea Harriers | 1.50 | * |

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 |
|-----|-----|-------------|---------------------|------|----|
| 1 | 375 | Lucy DALY | Cardiff AAC | 2.60 | * |
| 2 | 421 | Enfys JONES | Carmarthen Harriers | 2.50 | * |
| 3 | 860 | Megan JONES | Swansea Harriers | 2.30 | * |

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 |
|-----|-----|---------------------|------------------|------|----|
| 1 | 656 | Bethan WAKEFIELD | Newport Harriers | 4.99 | * |
| 2 | 868 | Kimberley DAVIES | Swansea Harriers | 4.36 | |
| 3 | 864 | Chelsea CHRISTOPHER | Swansea Harriers | 4.21 | |
| 4 | 665 | Melissa ARTHUR | Newport Harriers | 4.17 | |
| 5 | 869 | Emily MORRIS | Swansea Harriers | 3.95 | |
| 6 | 376 | Lauren BURLEY | Cardiff AAC | 3.62 | |

League Record Amy BRADLEY Cwmbran Harriers 10.93 2008

Welsh Record Jayne LUDLOW Cardiff AAC 12.14 1994

F39 - Triple Jump - U17W

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------------------|------------------|------|----|
| 1 | 546 | Amy CROCOMBE | Deeside AAC | 9.16 | * |
| 2 | 864 | Chelsea CHRISTOPHER | Swansea Harriers | 8.65 | |
| 3 | 860 | Megan JONES | Swansea Harriers | 7.96 | |

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 |
|-----|-----|-----------------|---------------------|------|----|
| 1 | 859 | Nina PRELLS | Swansea Harriers | 8.77 | * |
| 2 | 311 | Jenny COPPELL | Wrexham AC | 8.65 | * |
| 3 | 419 | Rhiannon PLANT | Carmarthen Harriers | 7.93 | * |
| 4 | 870 | Emily DACEY | Swansea Harriers | 7.51 | * |
| 5 | 666 | Megan COE | Newport Harriers | 7.01 | |
| 6 | 546 | Amy CROCOMBE | Deeside AAC | 7.01 | |
| 7 | 369 | Bethany WHEDDON | Cardiff AAC | 6.03 | |
| 8 | 376 | Lauren BURLEY | Cardiff AAC | 5.62 | |
| 9 | 655 | Chloe POWELL | Newport Harriers | 5.37 | |
| 10 | 379 | Olivia DYER | Cardiff AAC | 5.28 | |

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 |
|-----|-----|---------------|------------------|-------|----|
| 1 | 859 | Nina PRELLS | Swansea Harriers | 29.57 | * |
| 2 | 862 | Gabby CIRRILO | Swansea Harriers | 20.51 | |
| 3 | 546 | Amy CROCOMBE | Deeside AAC | 17.52 | |
| 4 | 655 | Chloe POWELL | Newport Harriers | 15.54 | |
| 5 | 310 | Helen BLOWER | Wrexham AC | 14.11 | |

League Record Charlotte MURRAY Swansea Harriers 44.44 2006
Welsh Record Toni WELLS Swansea Harriers 51.77p 2009

F3 - Hammer - U17W

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------------|------------------|-------|----|
| 1 | 862 | Gabby CIRRILO | Swansea Harriers | 23.14 | * |
| 2 | 311 | Jenny COPPELL | Wrexham AC | 21.48 | * |
| 3 | 376 | Lauren BURLEY | Cardiff AAC | 20.31 | * |

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 |
|-----|-----|-------------------|---------------------|-------|----|
| 1 | 413 | Carys MANSFIELD | Carmarthen Harriers | 35.53 | * |
| 2 | 665 | Melissa ARTHUR | Newport Harriers | 35.01 | * |
| 3 | 666 | Megan COE | Newport Harriers | 29.53 | * |
| 4 | 311 | Jenny COPPELL | Wrexham AC | 24.90 | * |
| 5 | 374 | Amy PACKHAM-SMITH | Cardiff AAC | 12.20 | |
| 6 | 369 | Bethany WHEDDON | Cardiff AAC | 11.94 | |
| 7 | 865 | Elinor JONES | Swansea Harriers | 11.93 | |
| 8 | 379 | Olivia DYER | Cardiff AAC | 7.46 | |

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 |
|-----|-----|------------------------|------------------|------|----|
| 1 | 399 | Rhiannon YATES | Cardiff AAC | 12.9 | * |
| 2 | 396 | Mica MOORE | Cardiff AAC | 12.7 | * |
| 3 | 398 | Gwen WILLIAMS | Cardiff AAC | 13.6 | |
| 4 | 384 | Danielle MILL | Cardiff AAC | 13.6 | |
| 5 | 854 | Sarah EVANS | Swansea Harriers | 13.7 | |
| 6 | 853 | Chantelle WALKER-JONES | Swansea Harriers | 13.9 | |
| 7 | 856 | Catrin STONE | Swansea Harriers | 13.9 | |

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 |
|-----|-----|---------------|---------------------|------|----|
| 1 | 396 | Mica MOORE | Cardiff AAC | 25.9 | * |
| 2 | 384 | Danielle MILL | Cardiff AAC | 27.5 | |
| 3 | 854 | Sarah EVANS | Swansea Harriers | 28.6 | |
| 4 | 408 | Ffion REES | Carmarthen Harriers | 29.0 | |
| 5 | 380 | Elinor LEWIS | Cardiff AAC | 29.1 | |

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 |
|-----|-----|-------------------|------------------|------|----|
| 1 | 385 | Sam COGAN | Cardiff AAC | 59.8 | * |
| 2 | 857 | Sarah DACEY | Swansea Harriers | 60.9 | * |
| 3 | 387 | Aimee HENDRICKSON | Cardiff AAC | 61.3 | * |
| 4 | 642 | Antonia YORKSHIRE | Newport Harriers | 67.3 | |

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 |
|-----|-----|--------------|-------------|--------|----|
| 1 | 397 | Zoe THOMAS | Cardiff AAC | 2:25.6 | * |
| 2 | 400 | Eluned HYDE | Cardiff AAC | 2:33.8 | |
| 3 | 562 | Abbie OLIVER | Deeside AAC | 2:41.2 | |

League Record Megan ROGERS Wrexham AC 63.2 2010
Welsh Record Alyson EVANS Cardiff AAC 58.37 1985

T5 - 400m Hurdles - U20W

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-------------|---------------------|------|----|
| 1 | 410 | Sophie PICK | Carmarthen Harriers | 76.3 | |

League Record No Record Set
Welsh Record Aneura PHILLIPS Carmarthen Harriers 7.38.69 2007

T23 - 2000m Steeplechase - U20W

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|--------------|---------------------|---------|----|
| 1 | 434 | Catrin LEWIS | Carmarthen Harriers | 9:18.80 | |

League Record Deeside 51.80 2003
Welsh Record

NEW LEAGUE RECORD

T59 - 4 x 100 Relay - U20W

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------|-------------|------|----|
| 1 | 396 | | Cardiff AAC | 51.2 | * |

League Record Cardiff AAC 4.23.85 2009
Welsh Record

T65 - 4 x 400 Relay - U20W

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------|-------------|--------|----|
| 1 | 385 | | Cardiff AAC | 4:32.1 | |

League Record Ceri STOKOE Swansea Harriers 1.80
Welsh Record Rebecca JONES Wrexham AC 1.88 2002

F5 - High Jump - U20W

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------------|--------------------|------|----|
| 1 | 954 | Kate LYSONS | UWIC Guest Athlete | 1.65 | * |
| 2 | 398 | Gwen WILLIAMS | Cardiff AAC | 1.55 | * |

League Record Elinor LEWIS / Rebecca DAVIES Cardiff AAC / Deeside AAC 3.50 2009 / 2009
Welsh Record Rhian CLARKE Essex Ladies 3.70 1996

F20 - Pole Vault - U20W

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-------------|------------------|------|----|
| 1 | 855 | Naomi JAMES | Swansea Harriers | 3.40 | * |
| 2 | 852 | Emma JONES | Swansea Harriers | 3.20 | * |

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 |
|-----|-----|-------------------|---------------------|------|----|
| 1 | 399 | Rhiannon YATES | Cardiff AAC | 5.44 | * |
| 2 | 408 | Ffion REES | Carmarthen Harriers | 4.82 | * |
| 3 | 856 | Catrin STONE | Swansea Harriers | 4.82 | * |
| 4 | 410 | Sophie PICK | Carmarthen Harriers | 4.01 | |
| 5 | 387 | Aimee HENDRICKSON | Cardiff AAC | 3.53 | |
| 6 | 400 | Eluned HYDE | Cardiff AAC | 2.83 | |

League Record Victoria LLOYD Pembroke Harriers 11.04 2005
Welsh Record Sally PEAKE Liverpool 12.24 2005

F38 - Triple Jump - U20W

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|--------------|-------------|------|----|
| 1 | 380 | Elinor LEWIS | Cardiff AAC | 8.46 | |

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 |
|-----|-----|------------------------|---------------------|-------|----|
| 1 | 851 | Toni WELLS | Swansea Harriers | 10.89 | * |
| 2 | 388 | Ayla PHILLIPS | Cardiff AAC | 9.31 | * |
| 3 | 853 | Chantelle WALKER-JONES | Swansea Harriers | 8.62 | * |
| 4 | 857 | Sarah DACEY | Swansea Harriers | 7.82 | * |
| 5 | 408 | Ffion REES | Carmarthen Harriers | 7.50 | |
| 6 | 387 | Aimee HENDRICKSON | Cardiff AAC | 5.37 | |
| 7 | 400 | Eluned HYDE | Cardiff AAC | 4.57 | |

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 |
|-----|-----|-------------|------------------|-------|----|
| 1 | 851 | Toni WELLS | Swansea Harriers | 32.16 | * |
| 2 | 643 | Sian JORDAN | Newport Harriers | 24.36 | |

League Record Toni WELLS Swansea Harriers 48.27 2010

Welsh Record Laura DOUGLAS Sale Harriers 55.22 2002

NEW LEAGUE RECORD

F2 - Hammer - U20W

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|------------|------------------|-------|----|
| 1 | 851 | Toni WELLS | Swansea Harriers | 49.85 | * |

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 |
|-----|-----|---------------|-------------|-------|----|
| 1 | 388 | Ayla PHILLIPS | Cardiff AAC | 24.78 | |

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 |
|-----|-----|--------------------------|------------------|------|----|
| 1 | 401 | Lolita BYFIELD-MOORE | Cardiff AAC | 14.0 | |
| 2 | 680 | Kirsty CRANE | Newport Harriers | 14.4 | |
| 3 | 836 | Helen EVE | Swansea Harriers | 14.5 | |
| 4 | 390 | Lorraine GRAHAM-MULVANEY | Cardiff AAC | 16.3 | |

League Record Sallyanne SHORT Torfaen AC 24.4 1987
Welsh Record Michelle SCUTT Sale Harriers 22.8 1982

T52 - 200m - Sen Women

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|----------------------|------------------|------|----|
| 1 | 843 | Bryony TURNBULL | Swansea Harriers | 27.4 | |
| 2 | 391 | Kathryn DAVIES | Cardiff AAC | 28.7 | |
| 3 | 401 | Lolita BYFIELD-MOORE | Cardiff AAC | 28.8 | |
| 4 | 680 | Kirsty CRANE | Newport Harriers | 30.7 | |

League Record Anne MIDDLE Newport Harriers 55.2 1991
Welsh Record Michelle SCUTT Sale Harriers 50.63 1982

T40 - 400m - Sen Women

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-----------------|------------------|------|----|
| 1 | 843 | Bryony TURNBULL | Swansea Harriers | 60.8 | * |
| 2 | 313 | Amanda WALE | Wrexham AC | 61.7 | * |
| 3 | 838 | Caroline BYNG | Swansea Harriers | 64.1 | |
| 4 | 402 | Sue HOOPER | Cardiff AAC | 67.3 | |

League Record Samantha PORTER Cardiff AAC 2.11.1 1989
Welsh Record Kirsty MADERMOTT Bristol 1.57.42 1985

T29 - 800m - Sen Women

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|----------------|---------------------|--------|----|
| 1 | 840 | Ellen BUTLER | Swansea Harriers | 2:22.5 | * |
| 2 | 391 | Kathryn DAVIES | Cardiff AAC | 2:23.6 | * |
| 3 | 406 | Sharon LEACH | Carmarthen Harriers | 2:33.1 | |

League Record Heather JONES Carmarthen Harriers 13.6 2005

Welsh Record Kay MORLEY Cardiff AAC 12.91 1990

T31 - 100m hurdles - Sen Women

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|--------------|------------------|------|----|
| 1 | 857 | Sarah DACEY | Swansea Harriers | 15.4 | * |
| 2 | 856 | Catrin STONE | Swansea Harriers | 16.3 | * |
| 3 | 380 | Elinor LEWIS | Cardiff AAC | 18.0 | * |

League Record Michelle COOK Swansea Harriers 59.9 1988

Welsh Record Alyson LAYZELL Cheltenham Harriers 56.43 1996

T4 - 400m Hurdles - Sen Women

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|------------|------------------|------|----|
| 1 | 841 | Anewn REES | Swansea Harriers | 67.5 | * |

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 |
|-----|-----|-------------|--------------------|------|----|
| 1 | 956 | Katie SEALY | UWIC Guest Athlete | 1.65 | * |

League Record Lyndsey MAUND Swansea Harriers 3.60 2010

Welsh Record Rhian CLARKE Essex Ladies 4.15 2002

F19 - Pole Vault - Sen Women

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------------|------------------|------|----|
| 1 | 842 | Lyndsey MAUND | Swansea Harriers | 3.50 | * |

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 |
|-----|-----|------------------|--------------------|------|----|
| 1 | 845 | Donna JONES | Swansea Harriers | 4.87 | * |
| 2 | 956 | Katie SEALY | UWIC Guest Athlete | 4.74 | |
| 3 | 556 | Jessica PETERSON | Deeside AAC | 3.97 | |
| 4 | 837 | Jo DAVIS | Swansea Harriers | 2.66 | |

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 |
|-----|-----|--------------|--------------------------|-------|----|
| 1 | 959 | Julia NILOVA | Shaftsbury Guest Athlete | 11.67 | * |
| 2 | 845 | Donna JONES | Swansea Harriers | 10.48 | * |

League Record Vanessa HEAD Cardiff AAC 18.93 1984

Welsh Record Vanessa HEAD Cardiff AAC 18.93 1984

F10 - Shot Put - Sen Women

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------------------|---------------------|-------|----|
| 1 | 409 | Catherine GOLDSMITH | Carmarthen Harriers | 10.19 | * |
| 2 | 956 | Katie SEALY | UWIC Guest Athlete | 9.61 | * |
| 3 | 313 | Amanda WALE | Wrexham AC | 8.84 | * |
| 4 | 556 | Jessica PETERSON | Deeside AAC | 7.35 | |

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 |
|-----|-----|----------|------------------|-------|----|
| 1 | 837 | Jo DAVIS | Swansea Harriers | 20.21 | |

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 |
|-----|-----|---------------------|---------------------|-------|----|
| 1 | 411 | Sara SIGGERY | Carmarthen Harriers | 41.82 | * |
| 2 | 844 | Claire WILLIAMS | Swansea Harriers | 33.94 | * |
| 3 | 409 | Catherine GOLDSMITH | Carmarthen Harriers | 29.37 | * |
| 4 | 837 | Jo DAVIS | Swansea Harriers | 25.78 | * |
| 5 | 314 | Lisa MAPP | Wrexham AC | 23.87 | |

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

T12 - 100m - U17M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|----------------|---------------------|------|----|
| 1 | 415 | Matthew DAVIES | Carmarthen Harriers | 11.9 | * |
| 2 | 331 | Joe MCLEAN | Cardiff AAC | 12.1 | |
| 3 | 367 | Jack MCKENZIE | Cardiff AAC | 12.2 | |
| 4 | 649 | Connor HARTE | Newport Harriers | 12.3 | |
| 5 | 650 | Declan O'BRIEN | Newport Harriers | 12.4 | |
| 6 | 795 | Ross BANGURA | Swansea Harriers | 13.0 | |
| 7 | 793 | Chris REES | Swansea Harriers | 13.4 | |

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 |
|-----|-----|-----------------|---------------------|------|----|
| 1 | 415 | Matthew DAVIES | Carmarthen Harriers | 23.6 | * |
| 2 | 331 | Joe MCLEAN | Cardiff AAC | 24.3 | * |
| 3 | 650 | Declan O'BRIEN | Newport Harriers | 24.4 | * |
| 4 | 367 | Jack MCKENZIE | Cardiff AAC | 24.5 | * |
| 5 | 793 | Chris REES | Swansea Harriers | 25.6 | |
| 6 | 334 | Nathan LAWRENCE | Cardiff AAC | 25.9 | |
| 7 | 431 | Aaron WILMOTT | Carmarthen Harriers | 26.4 | |

League Record Rhodri SCANLON Carmarthen Harriers 51.1 2003
Welsh Record Bruce TASKER Carmarthen Harriers 47.85 2004

T39 - 400m - U17M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-----------------|------------------|------|----|
| 1 | 335 | Tom BEVAN | Cardiff AAC | 53.9 | * |
| 2 | 654 | Curtis GOODGER | Newport Harriers | 54.9 | * |
| 3 | 356 | Michael JOHNSON | Cardiff AAC | 56.4 | |
| 4 | 798 | Matthew HUGHES | Swansea Harriers | 57.4 | |

T39 - 400m - U17M

Race 2

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|------------------|------------------|------|----|
| 1 | 911 | William POOLE | Wrexham AC | 55.4 | |
| 2 | 662 | Jonathan PEARSON | Newport Harriers | 60.0 | |
| 3 | 337 | Ben JONES | Cardiff AAC | 61.4 | |

League Record Rob LIGHTFOOT Wrexham AC 1.57.7 2003
Welsh Record Neil HORSEFIELD Newport Harriers 1.51.6 1983

T33 - 800m - U17M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------------|------------------|--------|----|
| 1 | 799 | Luke CLEMENTS | Swansea Harriers | 2:05.9 | * |
| 2 | 800 | Sean WHITE | Swansea Harriers | 2:08.2 | * |
| 3 | 308 | David BLOWER | Wrexham AC | 2:09.1 | * |
| 4 | 566 | Will SHERIDAN | Deeside AAC | 2:10.0 | * |
| 5 | 343 | Elliot SLADE | Cardiff AAC | 2:13.8 | |
| 6 | 660 | Ben MCEWAN | Newport Harriers | 2:20.3 | |

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 |
|-----|-----|------------------|---------------------|--------|----|
| 1 | 357 | Michael WARD | Cardiff AAC | 4:20.7 | * |
| 2 | 407 | Joshua GRIFFITHS | Carmarthen Harriers | 4:24.9 | * |
| 3 | 308 | David BLOWER | Wrexham AC | 4:49.6 | |
| 4 | 662 | Jonathan PEARSON | Newport Harriers | 5:03.3 | |
| 5 | 359 | Sam MACPHERSON | Cardiff AAC | 5:06.0 | |

League Record Daniel CHESWORTH Newport Harriers 9.08.0 2010
Welsh Record Colin CLARKSON Swansea 8.25.2 1977

T9 - 3000m - U17M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|----------------|---------------------|---------|----|
| 1 | 417 | Lloyd HECKLER | Carmarthen Harriers | 9:22.6 | |
| 2 | 336 | Rory HESLOP | Cardiff AAC | 10:02.2 | |
| 3 | 663 | Tyronne FOWLER | Newport Harriers | 10:02.2 | |
| 4 | 435 | Davy LEWIS | Carmarthen Harriers | 11:08.8 | |

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 |
|-----|-----|-----------------|------------------|------|----|
| 1 | 338 | Tyron BLAKE | Cardiff AAC | 14.9 | * |
| 2 | 791 | Josh SANSOM | Swansea Harriers | 14.5 | * |
| 3 | 334 | Nathan LAWRENCE | Cardiff AAC | 15.4 | * |
| 4 | 342 | James PARRY | Cardiff AAC | 16.2 | |

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 |
|-----|-----|---------------|---------------------|------|----|
| 1 | 791 | Josh SANSOM | Swansea Harriers | 59.2 | * |
| 2 | 335 | Tom BEVAN | Cardiff AAC | 61.5 | * |
| 3 | 431 | Aaron WILMOTT | Carmarthen Harriers | 64.9 | * |
| 4 | 660 | Ben MCEWAN | Newport Harriers | 65.2 | |

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 |
|-----|-----|------------------|---------------------|--------|----|
| 1 | 661 | Evan WYNNE | Newport Harriers | 5:07.2 | * |
| 2 | 418 | Ronan LLYR | Carmarthen Harriers | 5:11.7 | |
| 3 | 660 | Ben MCEWAN | Newport Harriers | 5:15.1 | |
| 4 | 663 | Tyronne FOWLER | Newport Harriers | 5:31.1 | |
| 5 | 796 | Stephen REYNOLDS | Swansea Harriers | 5:53.2 | |

League Record Cardiff AAC 45.2 2002
Welsh Record

T57 - 4 x 100 Relay - U17M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------|------------------|------|----|
| 1 | 338 | | Cardiff AAC | 47.3 | |
| 2 | 798 | | Swansea Harriers | 48.5 | |
| 3 | 650 | | Newport Harriers | 48.8 | |
| 4 | 304 | | Wrexham AC | 51.9 | |

League Record Cwmbran Harriers 3.50.59 2009
Welsh Record

NEW LEAGUE RECORD

T63 - 4 x 400 Relay - U17M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------|------------------|--------|----|
| 1 | 800 | | Swansea Harriers | 3:43.6 | * |
| 2 | 654 | | Newport Harriers | 3:48.4 | |
| 3 | 335 | | Cardiff AAC | 3:56.3 | |
| 4 | 308 | | Wrexham AC | 4:07.8 | |

League Record Sam HOOD Cardiff AAC 2.05
Welsh Record Chuka ENIH-SNELL Swansea Harriers 2.15 2000

F24 - High Jump - U17M

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-----------------|------------------|------|----|
| 1 | 338 | Tyron BLAKE | Cardiff AAC | 1.80 | * |
| 2 | 797 | Ben JENKINS | Swansea Harriers | 1.75 | * |
| 3 | 339 | Jonathon BAILEY | Cardiff AAC | 1.70 | * |
| 4 | 334 | Nathan LAWRENCE | Cardiff AAC | 1.60 | |
| 5 | 911 | William POOLE | Wrexham AC | 1.55 | |
| 6 | 793 | Chris REES | Swansea Harriers | 1.40 | |

League Record Paul WALKER Cardiff AAC 4.25
Welsh Record Neil WINTER Shaftesbury 5.20 1990

F18 - Pole Vault - U17M

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------------|------------------|------|----|
| 1 | 332 | David CALLAN | Cardiff AAC | 3.10 | * |
| 2 | 801 | Morgan ATKINS | Swansea Harriers | 3.10 | * |

League Record Ricardo CHILDS Brecon AC 6.88 2001
Welsh Record Marcus BROWNING Chester AC 7.11 1986

F9 - Long Jump - U17M

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-----------------|------------------|------|----|
| 1 | 340 | James MCGUIRE | Cardiff AAC | 6.04 | * |
| 2 | 339 | Jonathon BAILEY | Cardiff AAC | 5.37 | |
| 3 | 792 | Chris RESTALL | Swansea Harriers | 5.24 | |
| 4 | 649 | Connor HARTE | Newport Harriers | 4.98 | |
| 5 | 304 | Josh RADFORD | Wrexham AC | 4.67 | |
| 6 | 793 | Chris REES | Swansea Harriers | 4.58 | |

League Record Craig PHILLIPS Deeside AAC 13.51 2002
Welsh Record Steven SHALDERS Cardiff AAC 15.14 1998

F42 - Triple Jump - U17M

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------------|---------------------|-------|----|
| 1 | 340 | James MCGUIRE | Cardiff AAC | 11.57 | * |
| 2 | 664 | Jack ROGERS | Newport Harriers | 11.22 | * |
| 3 | 431 | Aaron WILMOTT | Carmarthen Harriers | 10.75 | |
| 4 | 332 | David CALLAN | Cardiff AAC | 10.55 | |
| 5 | 649 | Connor HARTE | Newport Harriers | 10.53 | |
| 6 | 304 | Josh RADFORD | Wrexham AC | 10.37 | |
| 7 | 795 | Ross BANGURA | Swansea Harriers | 10.02 | |

League Record Tom EDWARDS Carmarthen Harriers 15.37 2008

Welsh Record Mark HEWER Cardiff AAC 16.93 1979

F30 - Shot Put - U17M

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|----------------|------------------|-------|----|
| 1 | 344 | Ryan LEONARD | Cardiff AAC | 11.39 | * |
| 2 | 798 | Matthew HUGHES | Swansea Harriers | 9.69 | |

League Record Glenn WILLIAMS Cardiff AAC 48.38

Welsh Record Gareth BULL Cardiff AAC 48.93 2001

F33 - Discus - U17M

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------------|---------------------|-------|----|
| 1 | 344 | Ryan LEONARD | Cardiff AAC | 36.31 | * |
| 2 | 425 | Lee TAYLOR | Carmarthen Harriers | 32.24 | * |
| 3 | 309 | William SCOTT | Wrexham AC | 24.14 | |

League Record Rhys HODNETT Cardiff AAC 55.85 2007

Welsh Record Shaun PICKERING Haringey 62.12 1978

F15 - Hammer - U17M

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|------------|---------------------|-------|----|
| 1 | 425 | Lee TAYLOR | Carmarthen Harriers | 28.11 | * |

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 |
|-----|-----|-----------------|---------------------|-------|----|
| 1 | 344 | Ryan LEONARD | Cardiff AAC | 52.26 | * |
| 2 | 426 | Gareth THOMPSON | Carmarthen Harriers | 37.81 | * |
| 3 | 309 | William SCOTT | Wrexham AC | 31.73 | |

League Record Calvin MCLAGGON / Tom KNIGHT Barry & Vale H / Cardiff AAC 10.9 2003/20
Welsh Record Christian MALCOLM Cardiff AAC 10.12 1998

T11 - 100m - U20M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|------------------|------------------|------|----|
| 1 | 347 | Sam CONWAY | Cardiff AAC | 11.8 | |
| 2 | 807 | Mike NEVILLE | Swansea Harriers | 11.9 | |
| 3 | 686 | Lemar FRECKLETON | Newport Harriers | 11.9 | |
| 4 | 305 | Tom CSIZMADIA | Wrexham AC | 12.0 | |

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-----------------|---------------------|------|----|
| 1 | 355 | James WILTSHIRE | Cardiff AAC | 11.8 | |
| 2 | 412 | Glen ELSDON | Carmarthen Harriers | 12.2 | |
| 3 | 904 | James RICH | Wrexham AC | 12.6 | |
| 4 | 806 | John HAYS | Swansea Harriers | 16.6 | |

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 |
|-----|-----|------------------|------------------|------|----|
| 1 | 355 | James WILTSHIRE | Cardiff AAC | 23.2 | * |
| 2 | 807 | Mike NEVILLE | Swansea Harriers | 23.3 | * |
| 3 | 686 | Lemar FRECKLETON | Newport Harriers | 23.3 | * |
| 4 | 352 | Jacob BRENNAN | Cardiff AAC | 24.0 | |
| 5 | 386 | Allaster GRANT | Cardiff AAC | 24.4 | |
| 6 | 904 | James RICH | Wrexham AC | 24.7 | |

League Record Sam CONWAY Cardiff AAC 50.2 2010
Welsh Record Tim BENJAMIN Cardiff AAC 46.10 2001

NEW LEAGUE RECORD

T38 - 400m - U20M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|--------------------|-------------|------|----|
| 1 | 347 | Sam CONWAY | Cardiff AAC | 50.0 | * |
| 2 | 349 | Kostantinos KARRAS | Cardiff AAC | 50.9 | * |
| 3 | 405 | James CUTLAN | Cardiff AAC | 52.9 | * |
| 4 | 348 | Declan EVANS | Cardiff AAC | 53.3 | * |
| 5 | 904 | James RICH | Wrexham AC | 53.7 | * |

League Record Konstatinos KARRAS Cardiff AAC 1.57.85 2009
Welsh Record Paul WILLIAMS Barry & Vale H 1.48.20 1986

NEW LEAGUE RECORD

T26 - 800m - U20M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|----------------|------------------|--------|----|
| 1 | 673 | Elliott HARDEE | Newport Harriers | 1:55.3 | * |
| 2 | 350 | Abdi SALEBNA | Cardiff AAC | 2:04.3 | * |
| 3 | 802 | Jordan BROCK | Swansea Harriers | 2:42.5 | |

League Record Tom MARSHALL Brecon AC 4.05.6 2007
Welsh Record Neil HORSEFIELD Newport Harriers 3.44.59 1984

T44 - 1500m - U20M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|----------------------|------------------|--------|----|
| 1 | 667 | Emrys PENNY | Newport Harriers | 4:16.9 | * |
| 2 | 305 | Tom CSIZMADIA | Wrexham AC | 4:24.8 | |
| 3 | 354 | Joe WHITMARSH-KNIGHT | Cardiff AAC | 4:47.9 | |

League Record David MOUNTFORD Deeside AAC 8.52.4 2010
Welsh Record Andrew RODGERS Leeds 8.12.6 1983

T8 - 3000m - U20M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-----------------|------------------|--------|----|
| 1 | 677 | Chris CARPANINI | Newport Harriers | 9:19.7 | |

League Record Dafydd WALTERS Carmarthen Harriers 14.9 2008
Welsh Record Colin JACKSON Cardiff AAC 13.44 1986

T28 - 110m hurdles - U20M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-------------|---------------------|------|----|
| 1 | 412 | Glen ELSDON | Carmarthen Harriers | 16.4 | * |
| 2 | 805 | Mike DAVIS | Swansea Harriers | 20.4 | |

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 |
|-----|-----|---------------|------------------|------|----|
| 1 | 352 | Jacob BRENNAN | Cardiff AAC | 60.7 | * |
| 2 | 667 | Emrys PENNY | Newport Harriers | 66.9 | |

League Record Cardiff AAC 45.68 2009
Welsh Record

T56 - 4 x 100 Relay - U20M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------|-------------|------|----|
| 1 | 355 | | Cardiff AAC | 46.8 | |

League Record Swansea Harriers 3.47.4 2010
Welsh Record

NEW LEAGUE RECORD

T62 - 4 x 400 Relay - U20M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------|-------------|---------|----|
| 1 | 355 | | Cardiff AAC | 3:38.60 | |

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 |
|-----|-----|--------------|------------------|------|----|
| 1 | 804 | Ben DAVIES | Swansea Harriers | 1.90 | * |
| 2 | 652 | Tomos MORGAN | Newport Harriers | 1.75 | * |
| 3 | 803 | Robby WELLS | Swansea Harriers | 1.70 | * |
| 4 | 802 | Jordan BROCK | Swansea Harriers | 1.70 | * |

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 |
|-----|-----|----------------|---------------------|------|----|
| 1 | 652 | Tomos MORGAN | Newport Harriers | 6.25 | * |
| 2 | 803 | Robby WELLS | Swansea Harriers | 6.00 | * |
| 3 | 437 | Kueni IGBAGIRI | Carmarthen Harriers | 5.88 | * |
| 4 | 805 | Mike DAVIS | Swansea Harriers | 4.38 | |
| 5 | 904 | James RICH | Wrexham AC | 4.24 | |

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 |
|-----|-----|--------------------|------------------|-------|----|
| 1 | 349 | Kostantinos KARRAS | Cardiff AAC | 12.00 | * |
| 2 | 802 | Jordan BROCK | Swansea Harriers | 11.75 | * |
| 3 | 805 | Mike DAVIS | Swansea Harriers | 9.41 | |
| 4 | 366 | Kyle GARRISON | Cardiff AAC | 7.42 | |

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 |
|-----|-----|---------------|---------------------|-------|----|
| 1 | 414 | Tomos EDWARDS | Carmarthen Harriers | 13.11 | * |
| 2 | 645 | Lewis JONES | Newport Harriers | 9.21 | |
| 3 | 305 | Tom CSIZMADIA | Wrexham AC | 8.46 | |
| 4 | 646 | Tom AVISS | Newport Harriers | 8.06 | |

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 |
|-----|-----|---------------|---------------------|-------|----|
| 1 | 414 | Tomos EDWARDS | Carmarthen Harriers | 34.99 | * |
| 2 | 646 | Tom AVISS | Newport Harriers | 31.54 | * |
| 3 | 366 | Kyle GARRISON | Cardiff AAC | 15.24 | |

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 |
|-----|-----|---------------|------------------|-------|----|
| 1 | 645 | Lewis JONES | Newport Harriers | 30.72 | * |
| 2 | 646 | Tom AVISS | Newport Harriers | 21.21 | |
| 3 | 366 | Kyle GARRISON | Cardiff AAC | 14.58 | |

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 |
|-----|-----|---------------|------------------|-------|----|
| 1 | 652 | Tomos MORGAN | Newport Harriers | 43.02 | * |
| 2 | 366 | Kyle GARRISON | Cardiff AAC | 28.36 | |
| 3 | 305 | Tom CSIZMADIA | Wrexham AC | 16.02 | |

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 |
|-----|-----|---------------|------------------|------|----|
| 1 | 360 | Milton BAKER | Cardiff AAC | 11.6 | |
| 2 | 668 | Carl MCEWAN | Newport Harriers | 12.0 | |
| 3 | 900 | Nik MESNEY | Wrexham AC | 12.0 | |
| 4 | 820 | Sam AXFORD | Swansea Harriers | 12.2 | |
| 5 | 815 | Mike OMAKOBIA | Swansea Harriers | 12.4 | |

T10 - 100m - Sen Men

Race 2

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-----------------|--------------------|------|----|
| 1 | 361 | Liam DUFF | Cardiff AAC | 11.3 | |
| 2 | 363 | Rhys KNAPMAN | Cardiff AAC | 11.5 | |
| 3 | 957 | Francis BAKER | UWIC Guest Athlete | 12.0 | |
| 4 | 362 | Oliver COLE | Cardiff AAC | 12.2 | |
| 5 | 810 | Daniel WILLIAMS | Swansea Harriers | 12.6 | |
| 6 | 813 | Nathan COOZE | Swansea Harriers | 13.0 | |

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 |
|-----|-----|---------------|------------------|------|----|
| 1 | 363 | Rhys KNAPMAN | Cardiff AAC | 22.4 | * |
| 2 | 373 | Lloyd REFFELL | Cardiff AAC | 22.7 | * |
| 3 | 900 | Nik MESNEY | Wrexham AC | 24.0 | |
| 4 | 815 | Mike OMAKOBIA | Swansea Harriers | 24.2 | |
| 5 | 670 | Mark GOODGER | Newport Harriers | 25.4 | |

T49 - 200m - Sen Men

Race 2

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|--------------|------------------|------|----|
| 1 | 821 | Leon YANDLE | Swansea Harriers | 24.4 | |
| 2 | 362 | Oliver COLE | Cardiff AAC | 25.0 | |
| 3 | 813 | Nathan COOZE | Swansea Harriers | 25.4 | |
| 4 | 898 | David JAMES | Wrexham AC | 27.8 | |

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 |
|-----|-----|------------------|------------------|------|----|
| 1 | 377 | Joe THOMAS | Cardiff AAC | 49.3 | * |
| 2 | 351 | Nathan FELVUS | Cardiff AAC | 51.2 | * |
| 3 | 687 | Lee RICHARDS | Newport Harriers | 53.0 | * |
| 4 | 670 | Mark GOODGER | Newport Harriers | 54.6 | |
| 5 | 306 | Gawain ROGERS | Wrexham AC | 55.0 | |
| 6 | 811 | Stephen RICHARDS | Swansea Harriers | 57.3 | |
| 7 | 671 | Gavin BELCHER | Newport Harriers | 59.8 | |
| 8 | 672 | Darryn MCATTEE | Newport Harriers | 63.9 | |

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 |
|-----|-----|------------------|--------------------|--------|----|
| 1 | 377 | Joe THOMAS | Cardiff AAC | 1:53.7 | * |
| 2 | 389 | Jonathan PETERS | Cardiff AAC | 2:01.8 | * |
| 3 | 811 | Stephen RICHARDS | Swansea Harriers | 2:03.9 | * |
| 4 | 958 | Chris GREEN | UWIC Guest Athlete | 2:04.5 | |
| 5 | 654 | Curtis GOODGER | Newport Harriers | 2:51.0 | |

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 |
|-----|-----|---------------|------------------|--------|----|
| 1 | 641 | David GOODGER | Newport Harriers | 4:04.4 | * |
| 2 | 676 | Abdi TULU | Newport Harriers | 4:21.6 | |
| 3 | 675 | Stuart PEARCE | Newport Harriers | 4:53.6 | |

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 |
|-----|-----|-----------|------------------|--------|----|
| 1 | 676 | Abdi TULU | Newport Harriers | 9:14.9 | * |

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 |
|-----|-----|--------------|------------------|------|----|
| 1 | 903 | Neil EDWARDS | Wrexham AC | 19.8 | |
| 2 | 819 | Glyn PRICE | Swansea Harriers | 20.3 | |

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 |
|-----|-----|----------------|------------------|------|----|
| 1 | 898 | David JAMES | Wrexham AC | 73.7 | |
| 2 | 672 | Darryn MCATTEE | Newport Harriers | 78.1 | |

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

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|--------------|-------------|--------|----|
| 1 | 353 | Darren JONES | Cardiff AAC | 7:21.9 | * |

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 |
|-----|-----|------------------|-------|----|
| 1 | 362 | Cardiff AAC | 44.20 | |
| 2 | 821 | Swansea Harriers | 45.70 | |
| 3 | 900 | Wrexham AC | 47.80 | |

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 |
|-----|-----|---------|------------------|--------|----|
| 1 | 821 | | Swansea Harriers | 3:38.8 | |
| 2 | 900 | | Wrexham AC | 4:06.9 | |

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 |
|-----|-----|-----------------|------------------|------|----|
| 1 | 365 | Adam GALLIE | Cardiff AAC | 1.90 | * |
| 2 | 810 | Daniel WILLIAMS | Swansea Harriers | 1.75 | * |
| 3 | 306 | Gawain ROGERS | Wrexham AC | 1.70 | |
| 4 | 819 | Glyn PRICE | Swansea Harriers | 1.55 | |

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 |
|-----|-----|--------------|------------------|------|----|
| 1 | 819 | Glyn PRICE | Swansea Harriers | 3.90 | * |
| 2 | 903 | Neil EDWARDS | Wrexham AC | 3.10 | * |
| 3 | 679 | Keith POWELL | Newport Harriers | 2.70 | |

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 |
|-----|-----|-------------|-------------|------|----|
| 1 | 552 | Dave STOKES | Deeside AAC | 3.26 | |

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 |
|-----|-----|-----------------|------------------|-------|----|
| 1 | 810 | Daniel WILLIAMS | Swansea Harriers | 10.97 | |
| 2 | 903 | Neil EDWARDS | Wrexham AC | 10.59 | |

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 |
|-----|-----|--------------|------------------|-------|----|
| 1 | 557 | Phil DAVIES | Deeside AAC | 11.85 | * |
| 2 | 659 | Rob EALES | Newport Harriers | 11.26 | * |
| 3 | 903 | Neil EDWARDS | Wrexham AC | 10.49 | * |
| 4 | 552 | Dave STOKES | Deeside AAC | 7.81 | |
| 5 | 679 | Keith POWELL | Newport Harriers | 7.69 | |
| 6 | 657 | Mark BOSWELL | Newport Harriers | 7.51 | |
| 7 | 909 | Mark RICH | Wrexham AC | 7.46 | |

League Record David COLEMAN Cardiff AAC 45.50 2009

Welsh Record Brett MORSE Birchfield Harriers 62.99 2010

F31 - Discus - Sen Men

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|--------------|------------------|-------|----|
| 1 | 557 | Phil DAVIES | Deeside AAC | 29.84 | * |
| 2 | 903 | Neil EDWARDS | Wrexham AC | 29.21 | * |
| 3 | 659 | Rob EALES | Newport Harriers | 28.33 | * |
| 4 | 552 | Dave STOKES | Deeside AAC | 27.47 | |
| 5 | 679 | Keith POWELL | Newport Harriers | 24.46 | |
| 6 | 909 | Mark RICH | Wrexham AC | 18.26 | |

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 |
|-----|-----|--------------|------------------|-------|----|
| 1 | 657 | Mark BOSWELL | Newport Harriers | 31.14 | * |
| 2 | 557 | Phil DAVIES | Deeside AAC | 29.84 | * |
| 3 | 659 | Rob EALES | Newport Harriers | 29.78 | * |
| 4 | 552 | Dave STOKES | Deeside AAC | 24.79 | |
| 5 | 909 | Mark RICH | Wrexham AC | 18.52 | |

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 |
|-----|-----|--------------|------------------|-------|----|
| 1 | 903 | Neil EDWARDS | Wrexham AC | 38.83 | * |
| 2 | 679 | Keith POWELL | Newport Harriers | 25.93 | * |
| 3 | 909 | Mark RICH | Wrexham AC | 22.51 | * |
| 4 | 552 | Dave STOKES | Deeside AAC | 21.11 | * |

Welsh U17-U20-Senior League
SATURDAY - 29TH MAY SPYTTY STADIUM, NEWPORT TRACK

Match 3

| U17 WOMEN POINTS | Match Day | Newport Harriers | | Carmarthen Harriers | | Wrexham AC | | Swansea Harriers | | Cardiff AAC | | Deeside AAC | |
|---------------------|--------------|------------------|-----------|---------------------|-----------|------------|------------|------------------|------------|-------------|-----------|-------------|--|
| | 100m | 14 | 6 | 8 | | 12 | 5 | 10 | 7 | 16 | 8 | | |
| | 200m | 16 | 8 | 12 | | 8 | | 10 | 6 | 14 | 7 | | |
| | 300m | 16 | | | | 14 | | 12 | 7 | 10 | 8 | | |
| | 800m | | | | | | | 16 | | 14 | 8 | 12 | |
| | 1500m | | | | | | | | | | | | |
| | 3000m | | | | | | | | | | | | |
| | 1500m s/c | | | | | | | 16 | | | | | |
| | 100m hdl | | | | | | | 16 | 8 | 14 | | | |
| | 400m hdl | | | | | | | 16 | 8 | 14 | 7 | | |
| | 4x100 relay | 14 | | | | | | 12 | | 16 | | | |
| | 4x300m relay | | | | | | | | | 16 | | | |
| | High Jump | | | 14 | | | | 16 | 8 | | | | |
| | Pole Vault | | | 14 | | | | 12 | | 16 | | | |
| | Long Jump | 16 | 7 | | | | | 14 | 8 | 12 | | | |
| | Triple Jump | | | | | | | 14 | 8 | | | 16 | |
| | Shot Putt | 10 | 6 | 12 | | 14 | | 16 | 8 | 6 | 7 | 8 | |
| Discus | 12 | | | | 10 | | 16 | 8 | | | 14 | | |
| Hammer | | | | | 14 | | 16 | | 12 | | | | |
| Javelin | 14 | 8 | 16 | | 12 | | 8 | | 10 | 7 | | | |
| Total Points | 147 | | 76 | | 89 | | 296 | | 222 | | 50 | | |
| Position | 3 | | 5 | | 4 | | 1 | | 2 | | 6 | | |

Welsh U17-U20-Senior League
SATURDAY - 29TH MAY SPYTTY STADIUM, NEWPORT TRACK

Match 3

| U20 WOMEN POINTS | | Newport Harriers | Carmarthen Harriers | Wrexham AC | Swansea Harriers | Cardiff AAC | Deeside AAC | | |
|---------------------|-------------|------------------|---------------------|------------|------------------|-------------|-------------|----|----|
| | 100m | | | | 14 | 7 | 16 | 8 | |
| | 200m | | 12 | | 14 | | 16 | 8 | |
| | 400m | 12 | | | 14 | | 16 | 8 | |
| | 800m | | | | | | 16 | 8 | 14 |
| | 1500m | | | | | | | | |
| | 3000m | | | | | | | | |
| | 2000m s/c | | 16 | | | | | | |
| | 110m hdl | | | | | | | | |
| | 400m hdl | | 16 | | | | | | |
| | 4x100 relay | | | | | | 16 | | |
| | 4x400 relay | | | | | | 16 | | |
| | High Jump | | | | | | 16 | | |
| | Pole Vault | | | | 16 | 8 | | | |
| | Long Jump | | 14 | 8 | | 12 | 16 | 7 | |
| | Triple Jump | | | | | | 16 | | |
| | Shot Putt | | 12 | | | 16 | 8 | 14 | 7 |
| | Discus | 14 | | | | 16 | | | |
| | Hammer | | | | | 16 | | | |
| | Javelin | | | | | | 16 | | |
| Total Points | | 26 | 78 | | 141 | 220 | 14 | | |
| Position | | 4 | 3 | | 2 | 1 | 5 | | |

| SENIOR WOMEN POINTS | | Newport Harriers | | Carmarthen Harriers | | Wrexham AC | | Swansea Harriers | | Cardiff AAC | | Deeside AAC | |
|---------------------|-------------|------------------|----|---------------------|----|------------|----|------------------|---|-------------|---|-------------|--|
| | 100m | 14 | | | | | | 12 | | 16 | 8 | | |
| | 200m | 12 | | | | | | 16 | | 14 | 8 | | |
| | 400m | | | | | 14 | | 16 | 8 | 12 | | | |
| | 800m | | | 12 | | | | 16 | | 14 | | | |
| | 1500m | | | | | | | | | | | | |
| | 3000m | | | | | | | | | | | | |
| | 2000m s/c | | | | | | | | | | | | |
| | 110m hdl | | | | | | | 16 | 8 | 14 | | | |
| | 400m hdl | | | | | | | 16 | | | | | |
| | 4x100 relay | | | | | | | | | | | | |
| | 4x400 relay | | | | | | | | | | | | |
| | High Jump | | | | | | | | | | | | |
| | Pole Vault | | | | | | | 16 | | | | | |
| | Long Jump | | | | | | | 16 | 8 | | | 14 | |
| | Triple Jump | | | | | | | 16 | | | | | |
| | Shot Putt | | | 16 | | 14 | | | | | | 12 | |
| Discus | | | | | | | | | | | | | |
| Hammer | | | | | | | 16 | | | | | | |
| Javelin | | | 16 | 8 | 12 | | 14 | 7 | | | | | |
| Total Points | | 26 | | 52 | | 40 | | 201 | | 86 | | 26 | |
| Position | | 5 | | 3 | | 4 | | 1 | | 2 | | 5 | |

| | | | | | | |
|--------------|-----|-----|-----|-----|-----|----|
| Total Female | 199 | 206 | 129 | 638 | 528 | 90 |
| Lge Pos | 4 | 3 | 5 | 1 | 2 | 6 |
| Match Pts | 3 | 4 | 2 | 6 | 5 | 1 |

Welsh U17-U20-Senior League
SATURDAY - 29TH MAY SPYTTY STADIUM, NEWPORT TRACK

Match 3

| U17 MEN POINTS | Match Day | Newport Harriers | | Carmarthen Harriers | | Wrexham AC | | Swansea Harriers | | Cardiff AAC | | Deeside AAC | |
|---------------------|-------------|------------------|------------|---------------------|-----------|------------|------------|------------------|------------|-------------|-----------|-------------|--|
| | 100m | 12 | | 16 | | | | 10 | | 14 | | | |
| | 200m | 12 | | 16 | 7 | | | 10 | | 14 | 8 | | |
| | 400m | 14 | 7 | | | 12 | | 10 | | 16 | 8 | | |
| | 800m | 8 | | | | 14 | | 16 | 8 | 10 | | 12 | |
| | 1500m | 10 | | 14 | | 12 | | | | 16 | 8 | | |
| | 3000m | 12 | | 16 | 8 | | | | | 14 | | | |
| | 1500m s/c | | | | | | | | | | | | |
| | 100m hdl | | | | | | | 14 | | 16 | 8 | | |
| | 400m hdl | 10 | | 12 | | | | 16 | | 14 | | | |
| | 4x100 relay | 12 | | | | 10 | | 14 | | 16 | | | |
| | 4x400 relay | | | | | | | | | | | | |
| | High Jump | | | | | 12 | | 14 | 7 | 16 | 8 | | |
| | Pole Vault | | | | | | | 14 | | 16 | | | |
| | Long Jump | 12 | | | | 10 | | 14 | 7 | 16 | 8 | | |
| | Triple Jump | 14 | | 12 | | 10 | | 8 | | 16 | | | |
| | Shot Putt | | | | | | | 14 | | 16 | | | |
| | Discus | | | | | | | | | | | | |
| | Hammer | | | 16 | | | | | | | | | |
| | Javelin | | | 14 | | 12 | | | | 16 | | | |
| Total Points | 123 | | 131 | | 92 | | 176 | | 274 | | 12 | | |
| Position | 4 | | 3 | | 5 | | 2 | | 1 | | 6 | | |

Welsh U17-U20-Senior League
SATURDAY - 29TH MAY SPYTTY STADIUM, NEWPORT TRACK

Match 3

| U20 MEN POINTS | | Newport Harriers | | Carmarthen Harriers | | Wrexham AC | | Swansea Harriers | | Cardiff AAC | | Deeside AAC | |
|---------------------|-------------|------------------|---|---------------------|--|------------|--|------------------|---|-------------|---|-------------|--|
| | 100m | 12 | | | | 10 | | 14 | | 16 | 8 | | |
| | 200m | 12 | | | | 10 | | 14 | | 16 | 8 | | |
| | 400m | | | | | 14 | | | | 16 | 8 | | |
| | 800m | 16 | | | | | | 12 | | 14 | | | |
| | 1500m | 16 | | | | 14 | | | | 12 | | | |
| | 3000m | 16 | | | | | | | | | | | |
| | 2000m s/c | | | | | | | | | | | | |
| | 110m hdl | | | 16 | | | | 14 | | | | | |
| | 400m hdl | 14 | | | | | | | | 16 | | | |
| | 4x100 relay | | | | | | | | | 16 | | | |
| | 4x400 relay | | | | | | | | | 16 | | | |
| | High Jump | 14 | | | | | | 16 | 8 | | | | |
| | Pole Vault | | | | | | | | | | | | |
| | Long Jump | 16 | | 12 | | 10 | | 14 | 8 | | | | |
| | Triple Jump | | | | | | | 14 | 8 | 16 | 7 | | |
| | Shot Putt | 14 | | 16 | | 12 | | | | | | | |
| | Discus | 14 | | 16 | | | | | | 12 | | | |
| | Hammer | 16 | 8 | | | | | | | 14 | | | |
| | Javelin | 16 | | | | 12 | | | | 14 | | | |
| Total Points | | 184 | | 60 | | 82 | | 122 | | 209 | | 0 | |
| Position | | 2 | | 5 | | 4 | | 3 | | 1 | | | |

Welsh U17-U20-Senior League
SATURDAY - 29TH MAY SPYTTY STADIUM, NEWPORT TRACK

Match 3

| SENIOR MEN POINTS | | Newport Harriers | | Carmarthen Harriers | | Wrexham AC | | Swansea Harriers | | Cardiff AAC | | Deeside AAC | |
|---------------------|-------------|------------------|---|---------------------|--|------------|---|------------------|---|-------------|---|-------------|---|
| | 100m | 14 | | | | 12 | | 10 | 7 | 16 | 8 | | |
| | 200m | 10 | | | | 14 | 6 | 12 | 7 | 16 | 8 | | |
| | 400m | 14 | 7 | | | 12 | | 10 | | 16 | 8 | | |
| | 800m | 12 | | | | | | 14 | | 16 | 8 | | |
| | 1500m | 16 | 8 | | | | | | | | | | |
| | 3000m | 16 | | | | | | | | | | | |
| | 2000m s/c | | | | | | | | | 16 | | | |
| | 110m hdl | | | | | 16 | | 14 | | | | | |
| | 400m hdl | 14 | | | | 16 | | | | | | | |
| | 4x100 relay | | | | | 12 | | 14 | | 16 | | | |
| | 4x400 relay | | | | | 14 | | 16 | | | | | |
| | High Jump | | | | | 12 | | 14 | 8 | 16 | | | |
| | Pole Vault | 12 | | | | 14 | | 16 | | | | | |
| | Long Jump | | | | | | | | | | | 16 | |
| | Triple Jump | | | | | 14 | | 16 | | | | | |
| | Shot Putt | 14 | 7 | | | 12 | 6 | | | | | 16 | 8 |
| | Discus | 12 | 7 | | | 14 | 6 | | | | | 16 | 8 |
| | Hammer | 16 | 8 | | | 12 | | | | | | 14 | 7 |
| | Javelin | 14 | | | | 16 | 8 | | | | | 12 | |
| Total Points | | 201 | | 0 | | 216 | | 158 | | 144 | | 97 | |
| Position | | 2 | | | | 1 | | 3 | | 4 | | 5 | |

| | | | | | | |
|------------|-----|-----|-----|-----|-----|-----|
| Total Male | 508 | 191 | 390 | 456 | 627 | 109 |
| Lge Pos | 2 | 5 | 4 | 3 | 1 | 6 |
| Match Pts | 5 | 2 | 3 | 4 | 6 | 1 |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 11:30 AM | | DATE | | 29/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 | 837 | Jo DAVIS | Swansea Harriers | 20.21 | 19.72 | 19.12 | 20.05 | 20.21 | | 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 | 837 | Jo DAVIS | Swansea Harriers | 20.21 | 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 | | Spytty Stadium, Newport | | TIME | | 11:30 AM | | DATE | | 29/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 | | 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 | 851 | Toni WELLS | Swansea Harriers | 44.25 | 45.47 | 49.85 | NT | 49.85 | | 1 | | | | | |
| 2 | 388 | Ayla PHILLIPS | Cardiff AAC | NT | NT | NT | NT | | | | | | | | |
| 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 | 851 | Toni WELLS | Swansea Harriers | 49.85 | 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 | | Spytty Stadium, Newport | | TIME | | 11:30 AM | | DATE | | 29/May/10 | |
|---------|-----|-----------------------------|------------------|--------------|-----------|-------------------------|-----------|---|------|---|--|------|--|-----------|--|
| EVENT | | F3 - U17W - Hammer | | LGE RECORD | | 44.44 | | ATHLETE | | Charlotte MURRAY - Swansea Harriers - 44.44 | | | | | |
| | | | | WELSH RECORD | | 51.77p | | ATHLETE | | Toni WELLS - Swansea Harriers - 2009 | | | | | |
| | | | | 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 | 862 | Gabby CIRRILO | Swansea Harriers | NT | 22.83 | 23.14 | 21.16 | 23.14 | | 1 | | | | | |
| 2 | 376 | Lauren BURLEY | Cardiff AAC | 18.75 | 20.31 | 19.38 | 18.22 | 20.31 | | 3 | | | | | |
| 3 | 311 | Jenny COPPELL | Wrexham AC | 21.48 | 20.42 | 20.03 | NT | 21.48 | | 2 | | | | | |
| 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 | 862 | Gabby CIRRILO | Swansea Harriers | 23.14 | 9 | | | | | REFEREE | | | | | |
| 2 | 311 | Jenny COPPELL | Wrexham AC | 21.48 | 10 | | | | | JUDGES | | | | | |
| 3 | 376 | Lauren BURLEY | Cardiff AAC | 20.31 | 11 | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 12:45 PM | | DATE | | 29/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 | 657 | Mark BOSWELL | Newport Harriers | NT | 31.14 | NT | NT | 31.14 | | 1 | | | | | |
| 2 | 659 | Rob EALES | Newport Harriers | 26.51 | 29.78 | 28.30 | 26.38 | 29.78 | | 3 | | | | | |
| 3 | 552 | Dave STOKES | Deeside AAC | 24.79 | NT | 21.02 | NT | 24.79 | | 4 | | | | | |
| 4 | 557 | Phil DAVIES | Deeside AAC | 28.24 | 26.58 | 28.17 | 29.84 | 29.84 | | 2 | | | | | |
| 5 | 909 | Mark RICH | Wrexham AC | 16.83 | 18.50 | 18.52 | 15.40 | 18.52 | | 5 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 657 | Mark BOSWELL | Newport Harriers | 31.14 | 9 | | | | | | | | | | |
| 2 | 557 | Phil DAVIES | Deeside AAC | 29.84 | 10 | | | | | | | | | | |
| 3 | 659 | Rob EALES | Newport Harriers | 29.78 | 11 | | | | | | | | | | |
| 4 | 552 | Dave STOKES | Deeside AAC | 24.79 | 12 | | | | | | | | | | |
| 5 | 909 | Mark RICH | Wrexham AC | 18.52 | 13 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 12:45 PM | | DATE | | 29/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 | 645 | Lewis JONES | Newport Harriers | NT | 28.42 | 30.72 | NT | 30.72 | | 1 | | | | | |
| 2 | 646 | Tom AVISS | Newport Harriers | 21.21 | 20.44 | NT | 20.73 | 21.21 | | 2 | | | | | |
| 3 | 366 | Kyle GARRISON | Cardiff AAC | 14.58 | : | : | : | 14.58 | | 3 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | |
|---------|-----|---------------|------------------|-------|-----|-----|------|------|------|----------------------|--|
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | |
| 1 | 645 | Lewis JONES | Newport Harriers | 30.72 | 9 | | | | | REFEREE | |
| 2 | 646 | Tom AVISS | Newport Harriers | 21.21 | 10 | | | | | JUDGES | |
| 3 | 366 | Kyle GARRISON | Cardiff AAC | 14.58 | 11 | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 12:45 PM | | DATE | | 29/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 | | 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 | 425 | Lee TAYLOR | Carmarthen Harriers | NT | 28.11 | NT | 26.20 | 28.11 | | 1 | | | | | |
| 2 | | | | : | : | : | : | | | | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 425 | Lee TAYLOR | Carmarthen Harriers | 28.11 | 9 | | | | | REFEREE | | | | | |
| 2 | | | | | 10 | | | | | JUDGES | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 12:00 PM | | DATE | | 29/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 | 552 | Dave STOKES | Deeside AAC | 3.26 | : | : | : | 3.26 | | 1 | | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | | |
| 1 | 552 | Dave STOKES | Deeside AAC | 3.26 | 9 | | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 12:00 PM | | DATE | | 29/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 | 652 | Tomos MORGAN | Newport Harriers | 6.25 | 6.14 | 6.06 | 5.94 | 6.25 | | 1 | | | | | |
| 2 | 803 | Robby WELLS | Swansea Harriers | 5.97 | 6.00 | 5.79 | NJ | 6.00 | | 2 | | | | | |
| 3 | 437 | Kueni IGBAGIRI | Carmarthen Harriers | NJ | NJ | 4.88 | 5.88 | 5.88 | | 3 | | | | | |
| 4 | 805 | Mike DAVIS | Swansea Harriers | 4.26 | 4.38 | NJ | NJ | 4.38 | | 4 | | | | | |
| 5 | 904 | James RICH | Wrexham AC | 4.24 | 4.07 | : | : | 4.24 | | 5 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFEREE JUDGES | | | | | |
| 1 | 652 | Tomos MORGAN | Newport Harriers | 6.25 | 9 | | | | | | | | | | |
| 2 | 803 | Robby WELLS | Swansea Harriers | 6.00 | 10 | | | | | | | | | | |
| 3 | 437 | Kueni IGBAGIRI | Carmarthen Harriers | 5.88 | 11 | | | | | | | | | | |
| 4 | 805 | Mike DAVIS | Swansea Harriers | 4.38 | 12 | | | | | | | | | | |
| 5 | 904 | James RICH | Wrexham AC | 4.24 | 13 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 12:00 PM | | DATE | | 29/May/10 | | |
|---------|-----|-----------------------------|------------------|--------------|-----------|-------------------------|-----------|---|------|-------------------------------------|--|------|--|-----------|--|--|
| EVENT | | F9 - U17M - Long Jump | | LGE RECORD | | 6.88 | | ATHLETE | | Ricardo CHILDS - Brecon AC - 6.88 | | | | | | |
| | | | | WELSH RECORD | | 7.11 | | ATHLETE | | Marcus BROWNING - Chester AC - 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 | 649 | Connor HARTE | Newport Harriers | 4.98 | 4.87 | : | : | 4.98 | | 4 | | | | | | |
| 2 | 340 | James MCGUIRE | Cardiff AAC | 5.56 | 6.04 | 5.47 | NJ | 6.04 | | 1 | | | | | | |
| 3 | 339 | Jonathon BAILEY | Cardiff AAC | 5.32 | 5.37 | 5.33 | NJ | 5.37 | | 2 | | | | | | |
| 4 | 792 | Chris RESTALL | Swansea Harriers | 2.72 | 5.24 | 5.16 | 4.72 | 5.24 | | 3 | | | | | | |
| 5 | 793 | Chris REES | Swansea Harriers | 4.26 | 4.52 | 4.58 | 4.43 | 4.58 | | 6 | | | | | | |
| 6 | 304 | Josh RADFORD | Wrexham AC | 4.11 | 4.16 | 4.50 | 4.67 | 4.67 | | 5 | | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | | |
| 1 | 340 | James MCGUIRE | Cardiff AAC | 6.04 | 9 | | | | | | | | | | | |
| 2 | 339 | Jonathon BAILEY | Cardiff AAC | 5.37 | 10 | | | | | | | | | | | |
| 3 | 792 | Chris RESTALL | Swansea Harriers | 5.24 | 11 | | | | | | | | | | | |
| 4 | 649 | Connor HARTE | Newport Harriers | 4.98 | 12 | | | | | | | | | | | |
| 5 | 304 | Josh RADFORD | Wrexham AC | 4.67 | 13 | | | | | | | | | | | |
| 6 | 793 | Chris REES | Swansea Harriers | 4.58 | 14 | | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 1:45 PM | | DATE | | 29/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 | 845 | Donna JONES | Swansea Harriers | NJ | 4.80 | 4.87 | 4.86 | 4.87 | | 1 | | | | | |
| 2 | 837 | Jo DAVIS | Swansea Harriers | 2.66 | 2.51 | : | : | 2.66 | | 4 | | | | | |
| 3 | 556 | Jessica PETERSON | Deeside AAC | 3.97 | 3.79 | 3.50 | 3.09 | 3.97 | | 3 | | | | | |
| 4 | 956 | Katie SEALY | UWIC Guest Athlete | NJ | NJ | 4.74 | 3.53 | 4.74 | | 2 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 845 | Donna JONES | Swansea Harriers | 4.87 | 9 | | | | | | | | | | |
| 2 | 956 | Katie SEALY | UWIC Guest Athlete | 4.74 | 10 | | | | | | | | | | |
| 3 | 556 | Jessica PETERSON | Deeside AAC | 3.97 | 11 | | | | | | | | | | |
| 4 | 837 | Jo DAVIS | Swansea Harriers | 2.66 | 12 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | TIME | | 1:45 PM | DATE | | 29/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 | 410 | Sophie PICK | Carmarthen Harriers | NJ | 3.97 | 3.88 | 4.01 | 4.01 | | 4 | | |
| 2 | 399 | Rhiannon YATES | Cardiff AAC | 5.26 | 5.31 | 4.90 | 5.44 | 5.44 | | 1 | | |
| 3 | 408 | Ffion REES | Carmarthen Harriers | 3.02 | 4.78 | NJ | 4.82 | 4.82 | | 2 | | |
| 4 | 387 | Aimee HENDRICKSON | Cardiff AAC | 3.00 | 3.53 | : | : | 3.53 | | 5 | | |
| 5 | 400 | Eluned HYDE | Cardiff AAC | NJ | 2.83 | : | : | 2.83 | | 6 | | |
| 6 | 856 | Catrin STONE | Swansea Harriers | 4.65 | 4.82 | 4.64 | 3.97 | 4.82 | | 3 | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFEREE JUDGES | | |
| 1 | 399 | Rhiannon YATES | Cardiff AAC | 5.44 | 9 | | | | | | | |
| 2 | 408 | Ffion REES | Carmarthen Harriers | 4.82 | 10 | | | | | | | |
| 3 | 856 | Catrin STONE | Swansea Harriers | 4.82 | 11 | | | | | | | |
| 4 | 410 | Sophie PICK | Carmarthen Harriers | 4.01 | 12 | | | | | | | |
| 5 | 387 | Aimee HENDRICKSON | Cardiff AAC | 3.53 | 13 | | | | | | | |
| 6 | 400 | Eluned HYDE | Cardiff AAC | 2.83 | 14 | | | | | | | |
| 7 | | | | | 15 | | | | | | | |
| 8 | | | | | 16 | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | TIME | | 1:45 PM | DATE | | 29/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 | 864 | Chelsea CHRISTOPHER | Swansea Harriers | NJ | 4.21 | NJ | : | 4.21 | | 3 | | |
| 2 | 656 | Bethan WAKEFIELD | Newport Harriers | 4.99 | 4.41 | NJ | : | 4.99 | | 1 | | |
| 3 | 665 | Melissa ARTHUR | Newport Harriers | 4.17 | : | : | : | 4.17 | | 4 | | |
| 4 | 868 | Kimberley DAVIES | Swansea Harriers | 4.15 | 4.36 | 4.19 | 4.09 | 4.36 | | 2 | | |
| 5 | 869 | Emily MORRIS | Swansea Harriers | NJ | NJ | 3.95 | NJ | 3.95 | | 5 | | |
| 6 | 376 | Lauren BURLEY | Cardiff AAC | NJ | 3.56 | 3.43 | 3.62 | 3.62 | | 6 | | |
| 7 | | | | : | : | : | : | | | | | |
| 8 | | | | : | : | : | : | | | | | |
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| 11 | | | | : | : | : | : | | | | | |
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| 15 | | | | : | : | : | : | | | | | |
| 16 | | | | : | : | : | : | | | | | |
| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | |
| 1 | 656 | Bethan WAKEFIELD | Newport Harriers | 4.99 | 9 | | | | | | | |
| 2 | 868 | Kimberley DAVIES | Swansea Harriers | 4.36 | 10 | | | | | | | |
| 3 | 864 | Chelsea CHRISTOPHER | Swansea Harriers | 4.21 | 11 | | | | | | | |
| 4 | 665 | Melissa ARTHUR | Newport Harriers | 4.17 | 12 | | | | | | | |
| 5 | 869 | Emily MORRIS | Swansea Harriers | 3.95 | 13 | | | | | | | |
| 6 | 376 | Lauren BURLEY | Cardiff AAC | 3.62 | 14 | | | | | | | |
| 7 | | | | | 15 | | | | | | | |
| 8 | | | | | 16 | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 12:45 PM | | DATE | | 29/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 | 409 | Catherine GOLDSMITH | Carmarthen Harriers | 9.43 | 10.07 | 10.19 | 10.18 | 10.19 | | 1 | | | | | |
| 2 | 556 | Jessica PETERSON | Deeside AAC | 7.35 | NT | NT | 6.99 | 7.35 | | 4 | | | | | |
| 3 | 313 | Amanda WALE | Wrexham AC | 8.36 | 8.48 | 8.46 | 8.84 | 8.84 | | 3 | | | | | |
| 4 | 956 | Katie SEALY | UWIC Guest Athlete | 9.56 | 9.43 | NT | 9.61 | 9.61 | | 2 | | | | | |
| 5 | | | | : | : | : | : | | | | | | | | |
| 6 | | | | : | : | : | : | | | | | | | | |
| 7 | | | | : | : | : | : | | | | | | | | |
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| 11 | | | | : | : | : | : | | | | | | | | |
| 12 | | | | : | : | : | : | | | | | | | | |
| 13 | | | | : | : | : | : | | | | | | | | |
| 14 | | | | : | : | : | : | | | | | | | | |
| 15 | | | | : | : | : | : | | | | | | | | |
| 16 | | | | : | : | : | : | | | | | | | | |
| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFEREE | | | | | |
| 1 | 409 | Catherine GOLDSMITH | Carmarthen Harriers | 10.19 | 9 | | | | | | | | | | |
| 2 | 956 | Katie SEALY | UWIC Guest Athlete | 9.61 | 10 | | | | | JUDGES | | | | | |
| 3 | 313 | Amanda WALE | Wrexham AC | 8.84 | 11 | | | | | | | | | | |
| 4 | 556 | Jessica PETERSON | Deeside AAC | 7.35 | 12 | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 12:45 PM | | DATE | | 29/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 | 387 | Aimee HENDRICKSON | Cardiff AAC | 4.75 | 5.37 | : | : | 5.37 | | 6 | | | | | |
| 2 | 388 | Ayla PHILLIPS | Cardiff AAC | 8.62 | 8.72 | 8.27 | 9.31 | 9.31 | | 2 | | | | | |
| 3 | 408 | Ffion REES | Carmarthen Harriers | 7.50 | : | : | : | 7.50 | | 5 | | | | | |
| 4 | 400 | Eluned HYDE | Cardiff AAC | 4.57 | 4.25 | : | : | 4.57 | | 7 | | | | | |
| 5 | 851 | Toni WELLS | Swansea Harriers | 10.29 | 10.89 | 9.98 | 10.58 | 10.89 | | 1 | | | | | |
| 6 | 853 | Chantelle WALKER-JONES | Swansea Harriers | : | : | 8.62 | 7.98 | 8.62 | | 3 | | | | | |
| 7 | 857 | Sarah DACEY | Swansea Harriers | : | 7.82 | 7.62 | 7.45 | 7.82 | | 4 | | | | | |
| 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 | 851 | Toni WELLS | Swansea Harriers | 10.89 | 9 | | | | | | | | | | |
| 2 | 388 | Ayla PHILLIPS | Cardiff AAC | 9.31 | 10 | | | | | | | | | | |
| 3 | 853 | Chantelle WALKER-JONES | Swansea Harriers | 8.62 | 11 | | | | | | | | | | |
| 4 | 857 | Sarah DACEY | Swansea Harriers | 7.82 | 12 | | | | | | | | | | |
| 5 | 408 | Ffion REES | Carmarthen Harriers | 7.50 | 13 | | | | | | | | | | |
| 6 | 387 | Aimee HENDRICKSON | Cardiff AAC | 5.37 | 14 | | | | | | | | | | |
| 7 | 400 | Eluned HYDE | Cardiff AAC | 4.57 | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | TIME | | 12:45 PM | DATE | | 29/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 | 419 | Rhiannon PLANT | Carmarthen Harriers | 7.93 | NT | 7.81 | : | 7.93 | | 3 | | |
| 2 | 870 | Emily DACEY | Swansea Harriers | 7.51 | : | : | : | 7.51 | | 4 | | |
| 3 | 369 | Bethany WHEDDON | Cardiff AAC | 6.03 | : | : | : | 6.03 | | 7 | | |
| 4 | 379 | Olivia DYER | Cardiff AAC | 5.28 | : | : | : | 5.28 | | 10 | | |
| 5 | 546 | Amy CROCOMBE | Deeside AAC | 6.70 | 6.76 | 7.01 | 6.58 | 7.01 | | 6 | | |
| 6 | 311 | Jenny COPPELL | Wrexham AC | 8.37 | 8.23 | 8.12 | 8.65 | 8.65 | | 2 | | |
| 7 | 859 | Nina PRELLS | Swansea Harriers | 8.61 | 8.40 | 8.77 | 8.28 | 8.77 | | 1 | | |
| 8 | 376 | Lauren BURLEY | Cardiff AAC | 5.62 | : | : | : | 5.62 | | 8 | | |
| 9 | 655 | Chloe POWELL | Newport Harriers | 5.37 | 5.33 | 5.30 | 4.97 | 5.37 | | 9 | | |
| 10 | 666 | Megan COE | Newport Harriers | 7.01 | 6.83 | 6.50 | 6.94 | 7.01 | | 5 | | |
| 11 | | | | : | : | : | : | | | | | |
| 12 | | | | : | : | : | : | | | | | |
| 13 | | | | : | : | : | : | | | | | |
| 14 | | | | : | : | : | : | | | | | |
| 15 | | | | : | : | : | : | | | | | |
| 16 | | | | : | : | : | : | | | | | |
| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFEREE JUDGES | | |
| 1 | 859 | Nina PRELLS | Swansea Harriers | 8.77 | 9 | 655 | Chloe POWELL | Newport Harriers | 5.37 | | | |
| 2 | 311 | Jenny COPPELL | Wrexham AC | 8.65 | 10 | 379 | Olivia DYER | Cardiff AAC | 5.28 | | | |
| 3 | 419 | Rhiannon PLANT | Carmarthen Harriers | 7.93 | 11 | | | | | | | |
| 4 | 870 | Emily DACEY | Swansea Harriers | 7.51 | 12 | | | | | | | |
| 5 | 666 | Megan COE | Newport Harriers | 7.01 | 13 | | | | | | | |
| 6 | 546 | Amy CROCOMBE | Deeside AAC | 7.01 | 14 | | | | | | | |
| 7 | 369 | Bethany WHEDDON | Cardiff AAC | 6.03 | 15 | | | | | | | |
| 8 | 376 | Lauren BURLEY | Cardiff AAC | 5.62 | 16 | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 2:00 PM | | DATE | | 29/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 | 679 | Keith POWELL | Newport Harriers | 7.26 | 7.43 | 7.69 | 7.61 | 7.69 | | 5 | | | | | |
| 2 | 657 | Mark BOSWELL | Newport Harriers | 7.51 | 7.50 | NT | 7.20 | 7.51 | | 6 | | | | | |
| 3 | 659 | Rob EALES | Newport Harriers | 10.47 | 11.06 | 10.55 | 11.26 | 11.26 | | 2 | | | | | |
| 4 | 909 | Mark RICH | Wrexham AC | 6.96 | 6.62 | 7.46 | : | 7.46 | | 7 | | | | | |
| 5 | 557 | Phil DAVIES | Deeside AAC | 11.13 | 10.98 | NT | 11.85 | 11.85 | | 1 | | | | | |
| 6 | 552 | Dave STOKES | Deeside AAC | 7.81 | : | : | : | 7.81 | | 4 | | | | | |
| 7 | 903 | Neil EDWARDS | Wrexham AC | 10.49 | 10.31 | : | 10.28 | 10.49 | | 3 | | | | | |
| 8 | | | | : | : | : | : | | | | | | | | |
| 9 | | | | : | : | : | : | | | | | | | | |
| 10 | | | | : | : | : | : | | | | | | | | |
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| 14 | | | | : | : | : | : | | | | | | | | |
| 15 | | | | : | : | : | : | | | | | | | | |
| 16 | | | | : | : | : | : | | | | | | | | |
| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFEREE JUDGES | | | | | |
| 1 | 557 | Phil DAVIES | Deeside AAC | 11.85 | 9 | | | | | | | | | | |
| 2 | 659 | Rob EALES | Newport Harriers | 11.26 | 10 | | | | | | | | | | |
| 3 | 903 | Neil EDWARDS | Wrexham AC | 10.49 | 11 | | | | | | | | | | |
| 4 | 552 | Dave STOKES | Deeside AAC | 7.81 | 12 | | | | | | | | | | |
| 5 | 679 | Keith POWELL | Newport Harriers | 7.69 | 13 | | | | | | | | | | |
| 6 | 657 | Mark BOSWELL | Newport Harriers | 7.51 | 14 | | | | | | | | | | |
| 7 | 909 | Mark RICH | Wrexham AC | 7.46 | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 2:00 PM | | DATE | | 29/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 | 645 | Lewis JONES | Newport Harriers | 9.13 | 8.15 | 9.01 | 9.21 | 9.21 | | 2 | | | | | |
| 2 | 646 | Tom AVISS | Newport Harriers | 8.06 | 7.53 | : | : | 8.06 | | 4 | | | | | |
| 3 | 414 | Tomos EDWARDS | Carmarthen Harriers | 13.11 | : | : | : | 13.11 | | 1 | | | | | |
| 4 | 305 | Tom CSIZMADIA | Wrexham AC | 7.68 | 8.46 | 8.20 | 7.83 | 8.46 | | 3 | | | | | |
| 5 | | | | : | : | : | : | | | | | | | | |
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| 16 | | | | : | : | : | : | | | | | | | | |
| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 414 | Tomos EDWARDS | Carmarthen Harriers | 13.11 | 9 | | | | | | | | | | |
| 2 | 645 | Lewis JONES | Newport Harriers | 9.21 | 10 | | | | | | | | | | |
| 3 | 305 | Tom CSIZMADIA | Wrexham AC | 8.46 | 11 | | | | | | | | | | |
| 4 | 646 | Tom AVISS | Newport Harriers | 8.06 | 12 | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 2:00 PM | | DATE | | 29/May/10 | |
|---------|-----|-----------------------------|------------------|--------------|-----------|-------------------------|-----------|---|------|---|--|------|--|-----------|--|
| EVENT | | F30 - U17M - Shot Put | | LGE RECORD | | 15.37 | | ATHLETE | | Tom EDWARDS - Carmarthen Harriers - 15.37 | | | | | |
| | | | | WELSH RECORD | | 16.93 | | ATHLETE | | Mark HEWER - Cardiff AAC - 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 | 798 | Matthew HUGHES | Swansea Harriers | 9.69 | 9.55 | 9.59 | : | 9.69 | | 2 | | | | | |
| 2 | 795 | Ross BANGURA | Swansea Harriers | NT | NT | NT | : | | | | | | | | |
| 3 | 344 | Ryan LEONARD | Cardiff AAC | 11.39 | 10.97 | : | : | 11.39 | | 1 | | | | | |
| 4 | | | | : | : | : | : | | | | | | | | |
| 5 | | | | : | : | : | : | | | | | | | | |
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| 16 | | | | : | : | : | : | | | | | | | | |
| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFEREE | | | | | |
| 1 | 344 | Ryan LEONARD | Cardiff AAC | 11.39 | 9 | | | | | | | | | | |
| 2 | 798 | Matthew HUGHES | Swansea Harriers | 9.69 | 10 | | | | | JUDGES | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 2:45 PM | | DATE | | 29/May/10 | |
|---------|-----|-----------------------------|------------------|--------------|-----------|-------------------------|-----------|---|------|--|--|------|--|-----------|--|
| EVENT | | F31 - Sen Men - Discus | | LGE RECORD | | 45.5 | | ATHLETE | | David COLEMAN - Cardiff AAC - 45.50 | | | | | |
| | | | | WELSH RECORD | | 62.99 | | ATHLETE | | Brett MORSE - Birchfield Harriers - 2010 | | | | | |
| | | | | 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 | 909 | Mark RICH | Wrexham AC | 18.26 | 17.63 | 17.69 | 18.15 | 18.26 | | 6 | | | | | |
| 2 | 659 | Rob EALES | Newport Harriers | 21.78 | 27.60 | NT | 28.33 | 28.33 | | 3 | | | | | |
| 3 | 679 | Keith POWELL | Newport Harriers | 24.46 | 24.03 | 20.07 | NT | 24.46 | | 5 | | | | | |
| 4 | 552 | Dave STOKES | Deeside AAC | 23.31 | 27.47 | NT | 23.35 | 27.47 | | 4 | | | | | |
| 5 | 557 | Phil DAVIES | Deeside AAC | NT | NT | 28.48 | 29.84 | 29.84 | | 1 | | | | | |
| 6 | 903 | Neil EDWARDS | Wrexham AC | 28.04 | 28.84 | 29.21 | NT | 29.21 | | 2 | | | | | |
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| 16 | | | | : | : | : | : | | | | | | | | |
| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 557 | Phil DAVIES | Deeside AAC | 29.84 | 9 | | | | | REFEREE | | | | | |
| 2 | 903 | Neil EDWARDS | Wrexham AC | 29.21 | 10 | | | | | JUDGES | | | | | |
| 3 | 659 | Rob EALES | Newport Harriers | 28.33 | 11 | | | | | | | | | | |
| 4 | 552 | Dave STOKES | Deeside AAC | 27.47 | 12 | | | | | | | | | | |
| 5 | 679 | Keith POWELL | Newport Harriers | 24.46 | 13 | | | | | | | | | | |
| 6 | 909 | Mark RICH | Wrexham AC | 18.26 | 14 | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 2:45 PM | | DATE | | 29/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 | 366 | Kyle GARRISON | Cardiff AAC | 15.24 | : | : | : | 15.24 | | 3 | | | | | |
| 2 | 414 | Tomos EDWARDS | Carmarthen Harriers | 34.99 | : | : | : | 34.99 | | 1 | | | | | |
| 3 | 646 | Tom AVISS | Newport Harriers | 29.44 | 28.40 | 30.03 | 31.54 | 31.54 | | 2 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 414 | Tomos EDWARDS | Carmarthen Harriers | 34.99 | 9 | | | | | REFEREE | | | | | |
| 2 | 646 | Tom AVISS | Newport Harriers | 31.54 | 10 | | | | | JUDGES | | | | | |
| 3 | 366 | Kyle GARRISON | Cardiff AAC | 15.24 | 11 | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 2:45 PM | | DATE | | 29/May/10 | |
|---------|-----|-----------------------------|---------------------|--------------|-----------|-------------------------|-----------|---|------|--------------------------------------|--|------|--|-----------|--|
| EVENT | | F33 - U17M - Discus | | LGE RECORD | | 48.38 | | ATHLETE | | Glenn WILLIAMS - Cardiff AAC - 48.38 | | | | | |
| | | | | WELSH RECORD | | 48.93 | | ATHLETE | | Gareth BULL - Cardiff AAC - 2001 | | | | | |
| | | | | 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 | 309 | William SCOTT | Wrexham AC | 21.07 | NT | 21.97 | 24.14 | 24.14 | | 3 | | | | | |
| 2 | 344 | Ryan LEONARD | Cardiff AAC | 36.31 | 35.03 | : | : | 36.31 | | 1 | | | | | |
| 3 | 425 | Lee TAYLOR | Carmarthen Harriers | NT | 32.24 | 31.74 | 31.66 | 32.24 | | 2 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 344 | Ryan LEONARD | Cardiff AAC | 36.31 | 9 | | | | | REFEREE | | | | | |
| 2 | 425 | Lee TAYLOR | Carmarthen Harriers | 32.24 | 10 | | | | | | | | | | |
| 3 | 309 | William SCOTT | Wrexham AC | 24.14 | 11 | | | | | JUDGES | | | | | |
| 4 | | | | | 12 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 3:45 PM | | DATE | | 29/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 | 643 | Sian JORDAN | Newport Harriers | 23.35 | 24.28 | 21.34 | 24.36 | 24.36 | | 2 | | | | | |
| 2 | 851 | Toni WELLS | Swansea Harriers | 30.23 | NT | 31.09 | 32.16 | 32.16 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 851 | Toni WELLS | Swansea Harriers | 32.16 | 9 | | | | | | | | | | |
| 2 | 643 | Sian JORDAN | Newport Harriers | 24.36 | 10 | | | | | | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 3:45 PM | | DATE | | 29/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 | 655 | Chloe POWELL | Newport Harriers | 14.14 | 14.50 | 15.25 | 15.54 | 15.54 | | 4 | | | | | |
| 2 | 859 | Nina PRELLS | Swansea Harriers | 29.40 | 29.57 | 27.44 | 28.66 | 29.57 | | 1 | | | | | |
| 3 | 310 | Helen BLOWER | Wrexham AC | 14.11 | 13.51 | NT | : | 14.11 | | 5 | | | | | |
| 4 | 862 | Gabby CIRRILO | Swansea Harriers | 18.64 | NT | 20.51 | 17.64 | 20.51 | | 2 | | | | | |
| 5 | 546 | Amy CROCOMBE | Deeside AAC | 14.04 | 17.52 | NT | NT | 17.52 | | 3 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 859 | Nina PRELLS | Swansea Harriers | 29.57 | 9 | | | | | REFEREE | | | | | |
| 2 | 862 | Gabby CIRRILO | Swansea Harriers | 20.51 | 10 | | | | | | | | | | |
| 3 | 546 | Amy CROCOMBE | Deeside AAC | 17.52 | 11 | | | | | JUDGES | | | | | |
| 4 | 655 | Chloe POWELL | Newport Harriers | 15.54 | 12 | | | | | | | | | | |
| 5 | 310 | Helen BLOWER | Wrexham AC | 14.11 | 13 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 3:30 PM | | DATE | | 29/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 | 2nd Trial | 3rd Trial | 4th Trial | Best of All | PB | Final Position | | | | | |
| | | | | Metres | Metres | Metres | Metres | Metres | | | | | | | |
| 1 | 845 | Donna JONES | Swansea Harriers | 10.45 | 10.41 | 10.48 | NJ | 10.48 | | 2 | | | | | |
| 2 | 959 | Julia NILOVA | Shaftsbury Guest Athlete | NJ | 11.67 | NJ | NJ | 11.67 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 959 | Julia NILOVA | Shaftsbury Guest Athlete | 11.67 | 9 | | | | | REFEREE | | | | | |
| 2 | 845 | Donna JONES | Swansea Harriers | 10.48 | 10 | | | | | JUDGES | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 3:30 PM | | DATE | | 29/May/10 | |
|---------|-----|-----------------------------|-------------|--------------|-----------|-------------------------|-----------|---|------|--|--|------|--|-----------|--|
| EVENT | | F38 - U20W - Triple Jump | | LGE RECORD | | 11.04 | | ATHLETE | | Victoria LLOYD - Pembroke Harriers - 11.04 | | | | | |
| | | | | WELSH RECORD | | 12.24 | | ATHLETE | | Sally PEAKE - Liverpool - 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 | 380 | Elinor LEWIS | Cardiff AAC | NJ | 8.46 | : | : | 8.46 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 380 | Elinor LEWIS | Cardiff AAC | 8.46 | 9 | | | | | | | | | | |
| 2 | | | | | 10 | | | | | | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 3:30 PM | | DATE | | 29/May/10 | |
|---------|-----|-----------------------------|------------------|--------------|-----------|-------------------------|-----------|---|------|--|--|------|--|-----------|--|
| EVENT | | F39 - U17W - Triple Jump | | LGE RECORD | | 10.93 | | ATHLETE | | Amy BRADLEY - Cwmbran Harriers - 10.93 | | | | | |
| | | | | WELSH RECORD | | 12.14 | | ATHLETE | | Jayne LUDLOW - Cardiff AAC - 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 | 864 | Chelsea CHRISTOPHER | Swansea Harriers | 8.58 | 8.49 | 8.65 | 8.64 | 8.65 | | 2 | | | | | |
| 2 | 546 | Amy CROCOMBE | Deeside AAC | 8.60 | 8.24 | 8.95 | 9.16 | 9.16 | | 1 | | | | | |
| 3 | 860 | Megan JONES | Swansea Harriers | 7.89 | 7.96 | 7.62 | : | 7.96 | | 3 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 546 | Amy CROCOMBE | Deeside AAC | 9.16 | 9 | | | | | | | | | | |
| 2 | 864 | Chelsea CHRISTOPHER | Swansea Harriers | 8.65 | 10 | | | | | | | | | | |
| 3 | 860 | Megan JONES | Swansea Harriers | 7.96 | 11 | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 3:30 PM | | DATE | | 29/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 | 9.63 | : | 10.59 | : | 10.59 | | 2 | | | | | |
| 2 | 810 | Daniel WILLIAMS | Swansea Harriers | 10.97 | 9.71 | : | : | 10.97 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | |
|---------|-----|-----------------|------------------|-------|-----|-----|------|------|------|----------------------|--|
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | |
| 1 | 810 | Daniel WILLIAMS | Swansea Harriers | 10.97 | 9 | | | | | REFEREE | |
| 2 | 903 | Neil EDWARDS | Wrexham AC | 10.59 | 10 | | | | | JUDGES | |
| 3 | | | | | 11 | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 3:30 PM | | DATE | | 29/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 | 349 | Kostantinos KARRAS | Cardiff AAC | 12.00 | : | : | : | 12.00 | | 1 | | | | | |
| 2 | 802 | Jordan BROCK | Swansea Harriers | 11.11 | 11.75 | 11.25 | 11.49 | 11.75 | | 2 | | | | | |
| 3 | 805 | Mike DAVIS | Swansea Harriers | 9.41 | : | : | : | 9.41 | | 3 | | | | | |
| 4 | 366 | Kyle GARRISON | Cardiff AAC | 7.42 | : | : | : | 7.42 | | 4 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFEREE JUDGES | | | | | |
| 1 | 349 | Kostantinos KARRAS | Cardiff AAC | 12.00 | 9 | | | | | | | | | | |
| 2 | 802 | Jordan BROCK | Swansea Harriers | 11.75 | 10 | | | | | | | | | | |
| 3 | 805 | Mike DAVIS | Swansea Harriers | 9.41 | 11 | | | | | | | | | | |
| 4 | 366 | Kyle GARRISON | Cardiff AAC | 7.42 | 12 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 3:30 PM | | DATE | | 29/May/10 | |
|---------|-----|-----------------------------|---------------------|--------------|-----------|-------------------------|-----------|---|------|--------------------------------------|--|------|--|-----------|--|
| EVENT | | F42 - U17M - Triple Jump | | LGE RECORD | | 13.54 | | ATHLETE | | Craig PHILLIPS - Deeside AAC - 13.51 | | | | | |
| | | | | WELSH RECORD | | 15.14 | | ATHLETE | | Steven SHALDERS - Cardiff AAC - 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 | 649 | Connor HARTE | Newport Harriers | 10.13 | 10.53 | 10.25 | : | 10.53 | | 5 | | | | | |
| 2 | 795 | Ross BANGURA | Swansea Harriers | 9.83 | 10.02 | 9.06 | : | 10.02 | | 7 | | | | | |
| 3 | 304 | Josh RADFORD | Wrexham AC | 9.46 | 10.37 | 8.65 | 8.98 | 10.37 | | 6 | | | | | |
| 4 | 431 | Aaron WILMOTT | Carmarthen Harriers | 10.65 | : | 10.75 | : | 10.75 | | 3 | | | | | |
| 5 | 664 | Jack ROGERS | Newport Harriers | 10.60 | 10.34 | 11.22 | 11.13 | 11.22 | | 2 | | | | | |
| 6 | 332 | David CALLAN | Cardiff AAC | 10.55 | 10.32 | : | : | 10.55 | | 4 | | | | | |
| 7 | 340 | James MCGUIRE | Cardiff AAC | 11.08 | 11.57 | : | : | 11.57 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFEREE JUDGES | | | | | |
| 1 | 340 | James MCGUIRE | Cardiff AAC | 11.57 | 9 | | | | | | | | | | |
| 2 | 664 | Jack ROGERS | Newport Harriers | 11.22 | 10 | | | | | | | | | | |
| 3 | 431 | Aaron WILMOTT | Carmarthen Harriers | 10.75 | 11 | | | | | | | | | | |
| 4 | 332 | David CALLAN | Cardiff AAC | 10.55 | 12 | | | | | | | | | | |
| 5 | 649 | Connor HARTE | Newport Harriers | 10.53 | 13 | | | | | | | | | | |
| 6 | 304 | Josh RADFORD | Wrexham AC | 10.37 | 14 | | | | | | | | | | |
| 7 | 795 | Ross BANGURA | Swansea Harriers | 10.02 | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 3:30 PM | | DATE | | 29/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 | 411 | Sara SIGGERY | Carmarthen Harriers | 40.09 | 41.82 | 40.38 | 40.83 | 41.82 | | 1 | | | | | |
| 2 | 844 | Claire WILLIAMS | Swansea Harriers | NT | 33.94 | 33.76 | NT | 33.94 | | 2 | | | | | |
| 3 | 409 | Catherine GOLDSMITH | Carmarthen Harriers | 29.37 | 27.04 | 27.22 | 28.05 | 29.37 | | 3 | | | | | |
| 4 | 837 | Jo DAVIS | Swansea Harriers | 25.27 | 22.91 | 25.78 | NT | 25.78 | | 4 | | | | | |
| 5 | 314 | Lisa MAPP | Wrexham AC | 21.81 | 23.87 | : | : | 23.87 | | 5 | | | | | |
| 6 | | | | : | : | : | : | | | | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 411 | Sara SIGGERY | Carmarthen Harriers | 41.82 | 9 | | | | | | | | | | |
| 2 | 844 | Claire WILLIAMS | Swansea Harriers | 33.94 | 10 | | | | | | | | | | |
| 3 | 409 | Catherine GOLDSMITH | Carmarthen Harriers | 29.37 | 11 | | | | | | | | | | |
| 4 | 837 | Jo DAVIS | Swansea Harriers | 25.78 | 12 | | | | | | | | | | |
| 5 | 314 | Lisa MAPP | Wrexham AC | 23.87 | 13 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 3:30 PM | | DATE | | 29/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 | 388 | Ayla PHILLIPS | Cardiff AAC | 20.47 | 22.81 | 24.78 | 24.72 | 24.78 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 388 | Ayla PHILLIPS | Cardiff AAC | 24.78 | 9 | | | | | REFEREE | | | | | |
| 2 | | | | | 10 | | | | | | | | | | |
| 3 | | | | | 11 | | | | | JUDGES | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 3:30 PM | | DATE | | 29/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 | 665 | Melissa ARTHUR | Newport Harriers | 35.01 | NT | 32.96 | 32.99 | 35.01 | | 2 | | | | | |
| 2 | 865 | Elinor JONES | Swansea Harriers | NT | 11.93 | : | : | 11.93 | | 7 | | | | | |
| 3 | 666 | Megan COE | Newport Harriers | 24.63 | 29.53 | 26.18 | 29.07 | 29.53 | | 3 | | | | | |
| 4 | 311 | Jenny COPPELL | Wrexham AC | 24.90 | 24.35 | 24.14 | 23.93 | 24.90 | | 4 | | | | | |
| 5 | 413 | Carys MANSFIELD | Carmarthen Harriers | 30.77 | 33.07 | 35.53 | 33.53 | 35.53 | | 1 | | | | | |
| 6 | 369 | Bethany WHEDDON | Cardiff AAC | 11.94 | 9.52 | : | : | 11.94 | | 6 | | | | | |
| 7 | 374 | Amy PACKHAM-SMITH | Cardiff AAC | 12.20 | NT | 10.46 | : | 12.20 | | 5 | | | | | |
| 8 | 379 | Olivia DYER | Cardiff AAC | NT | NT | 7.46 | : | 7.46 | | 8 | | | | | |
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| RESULTS | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 413 | Carys MANSFIELD | Carmarthen Harriers | 35.53 | 9 | | | | | REFEREE | | | | | |
| 2 | 665 | Melissa ARTHUR | Newport Harriers | 35.01 | 10 | | | | | | | | | | |
| 3 | 666 | Megan COE | Newport Harriers | 29.53 | 11 | | | | | JUDGES | | | | | |
| 4 | 311 | Jenny COPPELL | Wrexham AC | 24.90 | 12 | | | | | | | | | | |
| 5 | 374 | Amy PACKHAM-SMITH | Cardiff AAC | 12.20 | 13 | | | | | | | | | | |
| 6 | 369 | Bethany WHEDDON | Cardiff AAC | 11.94 | 14 | | | | | | | | | | |
| 7 | 865 | Elinor JONES | Swansea Harriers | 11.93 | 15 | | | | | | | | | | |
| 8 | 379 | Olivia DYER | Cardiff AAC | 7.46 | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 4:30 PM | | DATE | | 29/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 | 552 | Dave STOKES | Deeside AAC | 21.11 | : | : | : | 21.11 | | 4 | | | | | |
| 2 | 679 | Keith POWELL | Newport Harriers | 24.62 | 25.93 | 22.37 | 21.82 | 25.93 | | 2 | | | | | |
| 3 | 903 | Neil EDWARDS | Wrexham AC | 38.83 | 36.97 | 37.68 | 32.79 | 38.83 | | 1 | | | | | |
| 4 | 909 | Mark RICH | Wrexham AC | 22.51 | 19.89 | 19.13 | 20.21 | 22.51 | | 3 | | | | | |
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| RESULTS | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 903 | Neil EDWARDS | Wrexham AC | 38.83 | 9 | | | | | | | | | | |
| 2 | 679 | Keith POWELL | Newport Harriers | 25.93 | 10 | | | | | | | | | | |
| 3 | 909 | Mark RICH | Wrexham AC | 22.51 | 11 | | | | | | | | | | |
| 4 | 552 | Dave STOKES | Deeside AAC | 21.11 | 12 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 4:30 PM | | DATE | | 29/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 | 366 | Kyle GARRISON | Cardiff AAC | 28.01 | 28.36 | 26.43 | : | 28.36 | | 2 | | | | | |
| 2 | 652 | Tomos MORGAN | Newport Harriers | 43.02 | : | : | : | 43.02 | | 1 | | | | | |
| 3 | 305 | Tom CSIZMADIA | Wrexham AC | 16.02 | NT | 14.98 | : | 16.02 | | 3 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 652 | Tomos MORGAN | Newport Harriers | 43.02 | 9 | | | | | REFEREE | | | | | |
| 2 | 366 | Kyle GARRISON | Cardiff AAC | 28.36 | 10 | | | | | JUDGES | | | | | |
| 3 | 305 | Tom CSIZMADIA | Wrexham AC | 16.02 | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 4:30 PM | | DATE | | 29/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 | 344 | Ryan LEONARD | Cardiff AAC | 52.26 | NT | 45.42 | : | 52.26 | | 1 | | | | | |
| 2 | 426 | Gareth THOMPSON | Carmarthen Harriers | NT | 37.81 | 37.03 | : | 37.81 | | 2 | | | | | |
| 3 | 309 | William SCOTT | Wrexham AC | 28.34 | 31.73 | : | : | 31.73 | | 3 | | | | | |
| 4 | | | | : | : | : | : | | | | | | | | |
| 5 | | | | : | : | : | : | | | | | | | | |
| 6 | | | | : | : | : | : | | | | | | | | |
| 7 | | | | : | : | : | : | | | | | | | | |
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| 10 | | | | : | : | : | : | | | | | | | | |
| 11 | | | | : | : | : | : | | | | | | | | |
| 12 | | | | : | : | : | : | | | | | | | | |
| 13 | | | | : | : | : | : | | | | | | | | |
| 14 | | | | : | : | : | : | | | | | | | | |
| 15 | | | | : | : | : | : | | | | | | | | |
| 16 | | | | : | : | : | : | | | | | | | | |
| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 344 | Ryan LEONARD | Cardiff AAC | 52.26 | 9 | | | | | REFEREE | | | | | |
| 2 | 426 | Gareth THOMPSON | Carmarthen Harriers | 37.81 | 10 | | | | | | | | | | |
| 3 | 309 | William SCOTT | Wrexham AC | 31.73 | 11 | | | | | JUDGES | | | | | |
| 4 | | | | | 12 | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 12:00 PM | | DATE | | 29-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 | 1.60 | 1.65 | 1.68 | | | | | 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 | 955 | Klaudia MALCZEWSKA | UWIC Guest Athlete | 1.45 | xxx | | | | | | | | | | | | | | 0 | | |
| 2 | 956 | Katie SEALY | UWIC Guest Athlete | 1.50 | | o | o | o | xo | xxx | | | | | 1.65 | | | | 1 | | |
| 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 | | |
| RESULTS | | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | | |
| 1 | 956 | Katie SEALY | UWIC Guest Athlete | 1.65 | 9 | | | | | REFEREE | | | | | | | | | | | |
| 2 | | | | | 10 | | | | | JUDGES | | | | | | | | | | | |
| 3 | | | | | 11 | | | | | | | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | | | |

WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Spytty Stadium, Newport | | TIME | | 12:00 PM | | DATE | | 29-May-10 | | | | | | |
|---------|-----|-----------------------------|--------------------|--------------|--------|-------------------------|--------|---------|--------|--|--------|--------|--|-----------|--------------------|----------------------|----------------|--------------|----------------|--------|
| EVENT | | F5 - U20W - High Jump | | LGE RECORD | | 1.8 | | ATHLETE | | Ceri STOKOE - Swansea Harriers 1.80 | | | | | | | | | | |
| | | | | WELSH RECORD | | 1.88 | | ATHLETE | | Rebecca JONES - Wrexham AC 1.88 2002 | | | | | | | | | | |
| | | START HEIGHT | | 1.35 | | DIVISION | | 1 | | 4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE | | | | | | | | | | |
| Order | No | NAME | CLUB | Start Height | 1.35 | 1.40 | 1.45 | 1.50 | 1.55 | 1.60 | 1.65 | 1.70 | | | 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 | | | | | | | | |
| 1 | 398 | Gwen WILLIAMS | Cardiff AAC | 1.35 | o | o | o | o | xo | xxx | | | | | 1.55 | | | | 2 | |
| 2 | 954 | Kate LYSONS | UWIC Guest Athlete | 1.50 | | | | o | o | o | xxo | xxx | | | 1.65 | | | | 1 | |
| 3 | | | | | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | | | | | | | |
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| 12 | | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | | |
| RESULTS | | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | |
| 1 | 954 | Kate LYSONS | UWIC Guest Athlete | 1.65 | 9 | | | | | REFEREE | | | | | | | | | | |
| 2 | 398 | Gwen WILLIAMS | Cardiff AAC | 1.55 | 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 | | Spytty Stadium, Newport | | TIME | | 12:00 PM | | DATE | | 29-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 | 1.35 | 1.40 | 1.45 | 1.50 | 1.55 | 1.60 | 1.65 | | | 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 | | | | | | | | |
| 1 | 419 | Rhiannon PLANT | Carmarthen Harriers | 1.35 | | o | o | xo | o | xxx | | | | | 1.50 | | | | 2 | |
| 2 | 868 | Kimberley DAVIES | Swansea Harriers | 1.35 | | o | o | o | xo | xxx | | | | | 1.50 | | | | 3 | |
| 3 | 869 | Emily MORRIS | Swansea Harriers | 1.45 | | | | o | xo | xo | xxx | | | | 1.55 | | | | 1 | |
| 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 | |
| RESULTS | | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | |
| 1 | 869 | Emily MORRIS | Swansea Harriers | 1.55 | 9 | | | | | REFEREE | | | | | | | | | | |
| 2 | 419 | Rhiannon PLANT | Carmarthen Harriers | 1.50 | 10 | | | | | | | | | | | | | | | |
| 3 | 868 | Kimberley DAVIES | Swansea Harriers | 1.50 | 11 | | | | | | | | | | | | | | | JUDGES |
| 4 | | | | | 12 | | | | | | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | | |

WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh U17/U20/Senior League | | | VENUE | | Spytty Stadium, Newport | | | TIME | | 1:45 PM | | DATE | | 29-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 | 1.70 | 1.75 | 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 | 819 | Glyn PRICE | Swansea Harriers | 1.55 | o | xxx | | | | | | | | | 1.55 | | | | 4 | | |
| 2 | 365 | Adam GALLIE | Cardiff AAC | 1.80 | | | | | o | o | o | xxx | | | 1.90 | | | | 1 | | |
| 3 | 306 | Gawain ROGERS | Wrexham AC | 1.70 | | | xo | xxx | | | | | | | 1.70 | | | | 3 | | |
| 4 | 810 | Daniel WILLIAMS | Swansea Harriers | 1.70 | | | o | xo | xxx | | | | | | 1.75 | | | | 2 | | |
| 5 | | | | | | | | | | | | | | | | | | | 0 | | |
| 6 | | | | | | | | | | | | | | | | | | | 0 | | |
| 7 | | | | | | | | | | | | | | | | | | | 0 | | |
| 8 | | | | | | | | | | | | | | | | | | | 0 | | |
| 9 | | | | | | | | | | | | | | | | | | | 0 | | |
| 10 | | | | | | | | | | | | | | | | | | | 0 | | |
| 11 | | | | | | | | | | | | | | | | | | | 0 | | |
| 12 | | | | | | | | | | | | | | | | | | | 0 | | |
| 13 | | | | | | | | | | | | | | | | | | | 0 | | |
| 14 | | | | | | | | | | | | | | | | | | | 0 | | |
| 15 | | | | | | | | | | | | | | | | | | | 0 | | |
| 16 | | | | | | | | | | | | | | | | | | | 0 | | |
| RESULTS | | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | | |
| 1 | 365 | Adam GALLIE | Cardiff AAC | 1.90 | 9 | | | | | REFEREE | | | | | | | | | | | |
| 2 | 810 | Daniel WILLIAMS | Swansea Harriers | 1.75 | 10 | | | | | | | | | | | | | | | | |
| 3 | 306 | Gawain ROGERS | Wrexham AC | 1.70 | 11 | | | | | JUDGES | | | | | | | | | | | |
| 4 | 819 | Glyn PRICE | Swansea Harriers | 1.55 | 12 | | | | | | | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | | | |

WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh U17/U20/Senior League | | | VENUE | | Spytty Stadium, Newport | | TIME | | 1:45 PM | | DATE | | 29-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 | 1.70 | 1.75 | 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 | 804 | Ben DAVIES | Swansea Harriers | 1.80 | | | | xo | o | xo | xxx | | | | 1.90 | | | | 1 | |
| 2 | 803 | Robby WELLS | Swansea Harriers | 1.70 | | o | xxx | | | | | | | | 1.70 | | | | 3 | |
| 3 | 802 | Jordan BROCK | Swansea Harriers | 1.70 | | xxo | xxx | | | | | | | | 1.70 | | | | 4 | |
| 4 | 652 | Tomos MORGAN | Newport Harriers | 1.70 | | o | o | xxx | | | | | | | 1.75 | | | | 2 | |
| 5 | | | | | | | | | | | | | | | | | | | 0 | |
| 6 | | | | | | | | | | | | | | | | | | | 0 | |
| 7 | | | | | | | | | | | | | | | | | | | 0 | |
| 8 | | | | | | | | | | | | | | | | | | | 0 | |
| 9 | | | | | | | | | | | | | | | | | | | 0 | |
| 10 | | | | | | | | | | | | | | | | | | | 0 | |
| 11 | | | | | | | | | | | | | | | | | | | 0 | |
| 12 | | | | | | | | | | | | | | | | | | | 0 | |
| 13 | | | | | | | | | | | | | | | | | | | 0 | |
| 14 | | | | | | | | | | | | | | | | | | | 0 | |
| 15 | | | | | | | | | | | | | | | | | | | 0 | |
| 16 | | | | | | | | | | | | | | | | | | | 0 | |
| RESULTS | | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | |
| 1 | 804 | Ben DAVIES | Swansea Harriers | 1.90 | 9 | | | | | REFEREE | | | | | | | | | | |
| 2 | 652 | Tomos MORGAN | Newport Harriers | 1.75 | 10 | | | | | | | | | | | | | | | |
| 3 | 803 | Robby WELLS | Swansea Harriers | 1.70 | 11 | | | | | JUDGES | | | | | | | | | | |
| 4 | 802 | Jordan BROCK | Swansea Harriers | 1.70 | 12 | | | | | | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | | |

WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh U17/U20/Senior League | | | VENUE | | Spytty Stadium, Newport | | TIME | | 1:45 PM | | DATE | | 29-May-10 | | | | | |
|---------|-----|-----------------------------|------------------|--------------|--------------|----------|-------------------------|--------|---------|--|---|--------|--------|--------|--------------------|----------------------|----------------|--------------|----------------|--------|
| EVENT | | F24 - U17M - High Jump | | | LGE RECORD | | 2.05 | | ATHLETE | | Sam HOOD - Cardiff AAC 2.05 | | | | | | | | | |
| | | | | | WELSH RECORD | | 2.15 | | ATHLETE | | Chuka ENIH-SNELL - Swansea Harriers 2.15 2000 | | | | | | | | | |
| | | START HEIGHT | | 1.35 | | DIVISION | | 1 | | 4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE | | | | | | | | | | |
| Order | No | NAME | CLUB | Start Height | 1.35 | 1.40 | 1.45 | 1.50 | 1.55 | 1.60 | 1.65 | 1.70 | 1.75 | 1.80 | Best of all trials | Trials at Ht Cleared | Total Failures | Total Trials | Final Position | A or B |
| | | | | | 1.85 | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | | | | | | |
| 1 | 793 | Chris REES | Swansea Harriers | 1.35 | o | o | xxx | | | | | | | | 1.40 | | | | 6 | |
| 2 | 338 | Tyron BLAKE | Cardiff AAC | 1.60 | xxx | | | | | o | pass | o | o | o | 1.80 | | | | 1 | |
| 3 | 797 | Ben JENKINS | Swansea Harriers | 1.65 | | | | | | | o | xo | xo | xxx | 1.75 | | | | 2 | |
| 4 | 339 | Jonathon BAILEY | Cardiff AAC | 1.50 | | | | o | o | o | o | o | xxx | | 1.70 | | | | 3 | |
| 5 | 334 | Nathan LAWRENCE | Cardiff AAC | 1.55 | | | | | xo | xxx | | | | | 1.60 | | | | 4 | |
| 6 | 911 | William POOLE | Wrexham AC | 1.50 | | | | xo | o | xxx | | | | | 1.55 | | | | 5 | |
| 7 | | | | | | | | | | | | | | | | | | | 0 | |
| 8 | | | | | | | | | | | | | | | | | | | 0 | |
| 9 | | | | | | | | | | | | | | | | | | | 0 | |
| 10 | | | | | | | | | | | | | | | | | | | 0 | |
| 11 | | | | | | | | | | | | | | | | | | | 0 | |
| 12 | | | | | | | | | | | | | | | | | | | 0 | |
| 13 | | | | | | | | | | | | | | | | | | | 0 | |
| 14 | | | | | | | | | | | | | | | | | | | 0 | |
| 15 | | | | | | | | | | | | | | | | | | | 0 | |
| 16 | | | | | | | | | | | | | | | | | | | 0 | |
| RESULTS | | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | |
| 1 | 338 | Tyron BLAKE | Cardiff AAC | 1.80 | 9 | | | | | REFEREE | | | | | | | | | | |
| 2 | 797 | Ben JENKINS | Swansea Harriers | 1.75 | 10 | | | | | | | | | | | | | | | |
| 3 | 339 | Jonathon BAILEY | Cardiff AAC | 1.70 | 11 | | | | | JUDGES | | | | | | | | | | |
| 4 | 334 | Nathan LAWRENCE | Cardiff AAC | 1.60 | 12 | | | | | | | | | | | | | | | |
| 5 | 911 | William POOLE | Wrexham AC | 1.55 | 13 | | | | | | | | | | | | | | | |
| 6 | 793 | Chris REES | Swansea Harriers | 1.40 | 14 | | | | | | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | | |

WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh U17/U20/Senior League | | | VENUE | | Spytty Stadium, Newport | | | TIME | | 1:00 PM | | DATE | | 29-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 | 3.10 | 3.20 | 3.30 | 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 | Metres | | | | | | |
| 1 | 819 | Glyn PRICE | Swansea Harriers | 3.90 | xxo | xxx | | | | | | | | | 3.90 | | | | 1 | |
| 2 | 903 | Neil EDWARDS | Wrexham AC | 2.50 | o | pass | pass | o | pass | pass | xo | xx | | | 3.10 | | | | 2 | |
| 3 | 679 | Keith POWELL | Newport Harriers | 2.50 | xo | xo | o | xxx | | | | | | | 2.70 | | | | 3 | |
| 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 | |
| RESULTS | | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | |
| 1 | 819 | Glyn PRICE | Swansea Harriers | 3.90 | 9 | | | | | REFEREE | | | | | | | | | | |
| 2 | 903 | Neil EDWARDS | Wrexham AC | 3.10 | 10 | | | | | | | | | | | | | | | |
| 3 | 679 | Keith POWELL | Newport Harriers | 2.70 | 11 | | | | | | | | | | | | | | | |
| 4 | | | | | 12 | | | | | JUDGES | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | | |

WELSH ATHLETICS HEIGHT CARD

| | | | | | | | | | | | | | | | | | | | | |
|----------------|-----|-----------------------------|------|--------------|---------------------|-----------------|-------------------------|--------|----------------|---|-------------------------------------|-------------|--------|--------------------|-----------------------------|----------------|--------------|----------------|--------|--|
| MEETING | | Welsh U17/U20/Senior League | | | VENUE | | Spytty Stadium, Newport | | TIME | | 1:00 PM | DATE | | 29-May-10 | | | | | | |
| EVENT | | F17 - U20M - Pole Vault | | | LGE RECORD | | 4.20 | | ATHLETE | | Paul WALKER - Cardiff AAC 4.20 2003 | | | | | | | | | |
| | | | | | WELSH RECORD | | 5.50 | | ATHLETE | | Neil WINTER - Shaftesbury 5.5 1992 | | | | | | | | | |
| | | START HEIGHT | | 2.50 | | DIVISION | | 1 | | 4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE | | | | | | | | | | |
| Order | No | NAME | CLUB | Start Height | 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 | | | | | | | |
| 1 | | | | | | | | | | | | | | 99.00 | | | | 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 | | |
| RESULTS | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | |
| 1 | 99 | | | 99.00 | 9 | | | | | REFEREE JUDGES | | | | | | | | | | |
| 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 | | Spytty Stadium, Newport | | | TIME | | 1:00 PM | | DATE | | 29-May-10 | | | | |
|---------|-----|-----------------------------|------------------|--------------|--------------|----------|-------------------------|--------|--------|---------|--|------------------------------------|--------|------|--------------------|----------------------|----------------|--------------|----------------|--------|
| EVENT | | F18 - U17M - Pole Vault | | | LGE RECORD | | 4.25 | | | ATHLETE | | Paul WALKER - Cardiff AAC 4.25 | | | | | | | | |
| | | | | | WELSH RECORD | | 5.20 | | | ATHLETE | | Neil WINTER - Shaftesbury 5.2 1990 | | | | | | | | |
| | | START HEIGHT | | 2.00 | | DIVISION | | 1 | | | 4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE | | | | | | | | | |
| Order | No | NAME | CLUB | Start Height | 2.00 | 2.70 | 2.80 | 2.90 | 3.00 | 3.10 | 3.20 | | | | 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 | 801 | Morgan ATKINS | Swansea Harriers | 2.70 | | o | pass | o | xxo | xxo | xxx | | | | 3.10 | | | | 2 | |
| 2 | 332 | David CALLAN | Cardiff AAC | 2.70 | | o | pass | o | pass | xo | xxx | | | | 3.10 | | | | 1 | |
| 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 | |
| RESULTS | | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | |
| 1 | 332 | David CALLAN | Cardiff AAC | 3.10 | 9 | | | | | REFEREE | | | | | | | | | | |
| 2 | 801 | Morgan ATKINS | 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 | | Spytty Stadium, Newport | | TIME | | 1:00 PM | | DATE | | 29-May-10 | | | | | | |
|---------|-----|------------------------------|------------------|--------------|--------|-------------------------|--------|---------|--------|--|--------|--------|--------|-----------|--------------------|----------------------|----------------|--------------|----------------|--------|
| EVENT | | F19 - Sen Women - Pole Vault | | LGE RECORD | | 3.60 | | ATHLETE | | Lyndsey MAUND - Swansea Harriers 3.60 2010 | | | | | | | | | | |
| | | | | 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 | 3.75 | | | | | | | 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 | 842 | Lyndsey MAUND | Swansea Harriers | 3.40 | | xo | o | xxx | | | | | | | 3.50 | | | | 1 | |
| 2 | | | | | | | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | | |
| RESULTS | | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | |
| 1 | 842 | Lyndsey MAUND | Swansea Harriers | 3.50 | 9 | | | | | REFEREE | | | | | | | | | | |
| 2 | | | | | 10 | | | | | | | | | | | | | | | |
| 3 | | | | | 11 | | | | | | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | | |
| | | | | | | | | | | JUDGES | | | | | | | | | | |

WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh U17/U20/Senior League | | | VENUE | | Spytty Stadium, Newport | | | TIME | | 1:00 PM | | DATE | | 29-May-10 | | | | |
|---------|-----|-----------------------------|------------------|--------------|--------------|----------|-------------------------|--------|--------|---------|--|--|--------|--------|--------------------|----------------------|----------------|--------------|----------------|--------|
| EVENT | | F20 - U20W - Pole Vault | | | LGE RECORD | | 3.50 | | | ATHLETE | | Elinor LEWIS / Rebecca DAVIES - Cardiff AAC / Deeside AAC 3.50 2009 / 2010 | | | | | | | | |
| | | | | | 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 | 3.30 | 3.40 | 3.50 | | | 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 | 574 | Rebecca DAVIES | Deeside AAC | 3.40 | | | | | | | xxx | | | | nmr | | | | ## | |
| 2 | 855 | Naomi JAMES | Swansea Harriers | 3.30 | | | | | | xxo | o | xxx | | | 3.40 | | | | 1 | |
| 3 | 852 | Emma JONES | Swansea Harriers | 2.90 | o | o | o | o | o | xxx | | | | | 3.20 | | | | 2 | |
| 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 | |
| RESULTS | | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | |
| 1 | 855 | Naomi JAMES | Swansea Harriers | 3.40 | 9 | | | | | REFEREE | | | | | | | | | | |
| 2 | 852 | Emma JONES | Swansea Harriers | 3.20 | 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 | | Spytty Stadium, Newport | | TIME | | 1:00 PM | | DATE | | 29-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 | 2.10 | 2.20 | 2.30 | 2.40 | 2.50 | 2.60 | 2.70 | | | 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 | | | | | | | | |
| 1 | 421 | Enfys JONES | Carmarthen Harriers | 2.30 | | | | o | o | xxo | xxx | | | | 2.50 | | | | 2 | |
| 2 | 860 | Megan JONES | Swansea Harriers | 2.10 | | o | o | xo | xxx | | | | | | 2.30 | | | | 3 | |
| 3 | 375 | Lucy DALY | Cardiff AAC | 2.30 | | | | o | o | xo | o | xxx | | | 2.60 | | | | 1 | |
| 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 | |
| RESULTS | | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | |
| 1 | 375 | Lucy DALY | Cardiff AAC | 2.60 | 9 | | | | | REFEREE | | | | | | | | | | |
| 2 | 421 | Enfys JONES | Carmarthen Harriers | 2.50 | 10 | | | | | | | | | | | | | | | |
| 3 | 860 | Megan JONES | Swansea Harriers | 2.30 | 11 | | | | | JUDGES | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | | |

Welsh Athletics
Senior League
Newport

Spytty Stadium
Saturday-29-May-2010



WELSH ATHLETICS
ATHLETAU CYMRU

Division 2

League Record Lisa-Marie EDWARDS Wrexham AC 25.7 2003
Welsh Record Michelle PROBERT Sale Harriers 23.6 1976

T54 - 200m - U17W

Race 1

| Pos | Bib | Athlete | Club | Perf | AW | A Pts | B Pts |
|-----|-----|------------|-------------|------|----|-------|-------|
| 1 | 598 | Elin EVANS | Llanelli AC | 31.1 | | 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 | 690 | Meghan GOOD | Pembroke Harriers | 46.9 | | 16 | |
| 2 | 598 | Elin EVANS | Llanelli AC | 48.9 | | 14 | |

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 | 599 | Stacey WEBBER | Llanelli AC | 2:31.7 | | 16 | |
| 2 | 498 | Zoe HOLLOWAY | Cwmbran Harriers | 2:45.0 | | 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 |
|-----|-----|-----------------|-------------------|------|----|
| 1 | 688 | Eleanor ROWLAND | Pembroke Harriers | 4.75 | * |
| 2 | 484 | Zoe BRADLEY | Cwmbran Harriers | 3.93 | |

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 |
|-----|-----|----------------|-------------------|-------|----|
| 1 | 689 | Lucy GRIFFITHS | Pembroke Harriers | 10.51 | * |
| 2 | 483 | Jasmine SEALE | Cwmbran Harriers | 10.12 | * |

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 |
|-----|-----|----------------|-------------------|-------|----|
| 1 | 483 | Jasmine SEALE | Cwmbran Harriers | 31.24 | * |
| 2 | 689 | Lucy GRIFFITHS | Pembroke Harriers | 28.80 | * |

League Record

Helen WILLIAMS Wrexham AC 4.57.0

Welsh Record

Non STANFORD Swansea Harriers 4.23.55 2004

T46 - 1500m - U20W

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|--------------|-------------|--------|----|
| 1 | 596 | Emily DOWNEY | Llanelli AC | 5:13.9 | |
| 2 | 597 | Ffion EVANS | Llanelli AC | 5:42.8 | |

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 |
|-----|-----|---------------|------------------|------|----|
| 1 | 497 | Victoria WEBB | Cwmbran Harriers | 4.59 | |

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 |
|-----|-----|-------------|------------|------|----|
| 1 | 768 | Jade TUCKER | Rhondda AC | 5.32 | |

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 |
|-----|-----|-------------|------------|-------|----|
| 1 | 768 | Jade TUCKER | Rhondda AC | 11.80 | |

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 |
|-----|-----|-------------|------------|-------|----|
| 1 | 768 | Jade TUCKER | Rhondda AC | 14.66 | |

League Record Samantha PORTER Cardiff AAC 2.11.1 1989

Welsh Record Kirsty MADERMOTT Bristol 1.57.42 1985

T29 - 800m - Sen Women

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|----------------|-------------|--------|----|
| 1 | 595 | Jenny PHILLIPS | Llanelli AC | 2:33.4 | |

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 |
|-----|-----|----------------|-------------|--------|----|
| 1 | 595 | Jenny PHILLIPS | Llanelli AC | 5:17.1 | |
| 2 | 208 | Leigh BARKER | Brecon AC | 5:29.5 | |
| 3 | 766 | Ann FOLAN | Rhondda AC | 6:34.7 | |

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 |
|-----|-----|-----------|------------|---------|----|
| 1 | 766 | Ann FOLAN | Rhondda AC | 12:57.5 | |

League Record Vanessa HEAD Cardiff AAC 18.93 1984

Welsh Record Vanessa HEAD Cardiff AAC 18.93 1984

F10 - Shot Put - Sen Women

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-----------------|-------------------|------|----|
| 1 | 765 | Cath ALFORD | Rhondda AC | 8.94 | * |
| 2 | 693 | Karen LLEWELLIN | Pembroke Harriers | 8.40 | * |
| 3 | 206 | Julie DRISCOLL | Brecon AC | 6.82 | |
| 4 | 694 | Tracy LLEWELLIN | Pembroke Harriers | 5.75 | |
| 5 | 767 | Sarah JAMES | Rhondda AC | 4.75 | |

League Record Fay CALVERT Deeside AAC 36.70 2010

Welsh Record Philpa ROLES Swansea Harriers 48.88 1994

F43 - Discus - Sen Women

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-----------------|-------------------|-------|----|
| 1 | 765 | Cath ALFORD | Rhondda AC | 23.29 | * |
| 2 | 694 | Tracy LLEWELLIN | Pembroke Harriers | 22.69 | * |
| 3 | 206 | Julie DRISCOLL | Brecon AC | 22.46 | * |
| 4 | 693 | Karen LLEWELLIN | Pembroke Harriers | 22.42 | * |
| 5 | 767 | Sarah JAMES | Rhondda AC | 10.60 | |

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 |
|-----|-----|-----------------|-------------------|-------|----|
| 1 | 765 | Cath ALFORD | Rhondda AC | 30.50 | * |
| 2 | 693 | Karen LLEWELLIN | Pembroke Harriers | 25.16 | * |
| 3 | 206 | Julie DRISCOLL | Brecon AC | 22.62 | |
| 4 | 694 | Tracy LLEWELLIN | Pembroke Harriers | 16.53 | |
| 5 | 767 | Sarah JAMES | Rhondda AC | 15.06 | |

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 |
|-----|-----|-----------------|-------------------|-------|----|
| 1 | 693 | Karen LLEWELLIN | Pembroke Harriers | 17.61 | |

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

T12 - 100m - U17M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|------------------|-------------------|------|----|
| 1 | 696 | Matthew RICHARDS | Pembroke Harriers | 12.0 | * |
| 2 | 697 | Emil MATTHEWS | Pembroke Harriers | 12.4 | |
| 3 | 212 | Adam JONES | Brecon AC | 12.8 | |
| 4 | 698 | Thomas MORRISSEY | Pembroke Harriers | 13.0 | |
| 5 | 496 | Jordan DAVIES | Cwmbran Harriers | 13.6 | |

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 |
|-----|-----|------------------|-------------------|------|----|
| 1 | 696 | Matthew RICHARDS | Pembroke Harriers | 23.4 | * |
| 2 | 697 | Emil MATTHEWS | Pembroke Harriers | 24.6 | |
| 3 | 496 | Jordan DAVIES | Cwmbran Harriers | 27.5 | |

League Record Rhodri SCANLON Carmarthen Harriers 51.1 2003
Welsh Record Bruce TASKER Carmarthen Harriers 47.85 2004

T39 - 400m - U17M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|------------|-----------|-------|----|
| 1 | 212 | Adam JONES | Brecon AC | 54.50 | * |

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 |
|-----|-----|------------------|-------------------|------|----|
| 1 | 698 | Thomas MORRISSEY | Pembroke Harriers | 17.3 | |

League Record Tom EDWARDS Carmarthen Harriers 15.37 2008

Welsh Record Mark HEWER Cardiff AAC 16.93 1979

F30 - Shot Put - U17M

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-------------------|-------------------|-------|----|
| 1 | 699 | Johnathon STOWELL | Pembroke Harriers | 10.79 | * |
| 2 | 496 | Jordan DAVIES | Cwmbran Harriers | 8.64 | |
| 3 | 700 | Matthew JOHN | Pembroke Harriers | 8.07 | |
| 4 | 698 | Thomas MORRISSEY | Pembroke Harriers | 6.98 | |

League Record Glenn WILLIAMS Cardiff AAC 48.38

Welsh Record Gareth BULL Cardiff AAC 48.93 2001

F33 - Discus - U17M

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-------------------|-------------------|-------|----|
| 1 | 699 | Johnathon STOWELL | Pembroke Harriers | 25.87 | * |

League Record Rhys HODNETT Cardiff AAC 55.85 2007

Welsh Record Shaun PICKERING Haringey 62.12 1978

F15 - Hammer - U17M

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-------------------|-------------------|-------|----|
| 1 | 699 | Johnathon STOWELL | Pembroke Harriers | 37.21 | * |
| 2 | 700 | Matthew JOHN | Pembroke Harriers | 26.37 | * |

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 |
|-----|-----|------------|------------------|-------|----|
| 1 | 487 | Tom NORTON | Cwmbran Harriers | 43.03 | * |

League Record Calvin MCLAGGON / Tom KNIGHT Barry & Vale H / Cardiff AAC 10.9 2003/20
Welsh Record Christian MALCOLM Cardiff AAC 10.12 1998

T11 - 100m - U20M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------------|------------------|------|----|
| 1 | 494 | Lewis HINWOOD | Cwmbran Harriers | 11.9 | |

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 |
|-----|-----|-------------------|------------------|------|----|
| 1 | 494 | Lewis HINWOOD | Cwmbran Harriers | 24.0 | |
| 2 | 493 | Craig GODSALL | Cwmbran Harriers | 25.1 | |
| 3 | 492 | Freddie NASERIYAN | Cwmbran Harriers | 25.4 | |
| 4 | 117 | Craig SPROD | Aberdare VAAC | 25.7 | |

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 |
|-----|-----|-------------------|------------------|------|----|
| 1 | 495 | Alex WOTMAN | Cwmbran Harriers | 53.7 | * |
| 2 | 117 | Craig SPROD | Aberdare VAAC | 54.8 | |
| 3 | 492 | Freddie NASERIYAN | Cwmbran Harriers | 55.4 | |

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 |
|-----|-----|-------------|---------------|--------|----|
| 1 | 117 | Craig SPROD | Aberdare VAAC | 2:05.1 | * |

League Record Tom MARSHALL Brecon AC 4.05.6 2007
Welsh Record Neil HORSEFIELD Newport Harriers 3.44.59 1984

T44 - 1500m - U20M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------------|---------------|--------|----|
| 1 | 118 | Daniel HISCOX | Aberdare VAAC | 4:13.0 | * |

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 |
|-----|-----|-------------|-------------------|------|----|
| 1 | 702 | Adam DAVIES | Pembroke Harriers | 1.85 | * |

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 |
|-----|-----|--------------|------------------|-------|----|
| 1 | 491 | Josh BUSSELL | Cwmbran Harriers | 13.48 | * |

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 |
|-----|-----|--------------|------------------|-------|----|
| 1 | 491 | Josh BUSSELL | Cwmbran Harriers | 31.30 | * |

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 |
|-----|-----|--------------|------------------|-------|----|
| 1 | 491 | Josh BUSSELL | Cwmbran Harriers | 31.13 | * |

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 |
|-----|-----|--------------|------------------|-------|----|
| 1 | 499 | Jason COPSEY | Cwmbran Harriers | 55.83 | * |

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 |
|-----|-----|-------------------|-------------------|------|----|
| 1 | 585 | Jonathan WILLIAMS | Llanelli AC | 11.8 | |
| 2 | 116 | Luke LITCHFIELD | Aberdare VAAC | 12.8 | |
| 3 | 704 | David THOMAS | Pembroke Harriers | 13.3 | |
| 4 | 587 | Mark WILLIAMS | Llanelli AC | 13.4 | |
| 5 | 703 | Daniel DAVIES | Pembroke Harriers | 13.7 | |

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 |
|-----|-----|----------------|-------------------|------|----|
| 1 | 115 | David WILLIAMS | Aberdare VAAC | 26.0 | |
| 2 | 703 | Daniel DAVIES | Pembroke Harriers | 26.9 | |
| 3 | 704 | David THOMAS | Pembroke Harriers | 28.0 | |

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 |
|-----|-----|-------------------|---------------|------|----|
| 1 | 585 | Jonathan WILLIAMS | Llanelli AC | 49.7 | * |
| 2 | 772 | Sean PRICE | Rhondda AC | 55.9 | |
| 3 | 115 | David WILLIAMS | Aberdare VAAC | 58.1 | |
| 4 | 770 | Eddie BALL | Rhondda AC | 58.4 | |

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 |
|-----|-----|------------|------------|--------|----|
| 1 | 772 | Sean PRICE | Rhondda AC | 2:09.3 | |
| 2 | 770 | Eddie BALL | Rhondda AC | 2:10.4 | |

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 |
|-----|-----|----------------|-------------------|--------|----|
| 1 | 770 | Eddie BALL | Rhondda AC | 4:34.8 | |
| 2 | 705 | Gareth ELLIOTT | Pembroke Harriers | 5:22.5 | |

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 |
|-----|-----|----------------|-------------------|---------|----|
| 1 | 205 | Peter SOWERBY | Brecon AC | 10:49.8 | |
| 2 | 705 | Gareth ELLIOTT | Pembroke Harriers | 11:11.7 | |

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 |
|-----|-----|---------------|-----------|-------|----|
| 1 | 202 | Derek OSBORNE | Brecon AC | 20.90 | |

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 |
|-----|-----|----------------|---------------|------|----|
| 1 | 115 | David WILLIAMS | Aberdare VAAC | 70.0 | |

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 |
|-----|-----|---------------|-----------|------|----|
| 1 | 202 | Derek OSBORNE | Brecon AC | 2.80 | |

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 |
|-----|-----|---------------|-------------------|------|----|
| 1 | 703 | Daniel DAVIES | Pembroke Harriers | 4.47 | |

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 |
|-----|-----|-----------------|------------|------|----|
| 1 | 769 | Anthony HALLING | Rhondda AC | 9.84 | |
| 2 | 771 | Darren ANDREWS | Rhondda AC | 9.22 | |
| 3 | 202 | Derek OSBORNE | Brecon AC | 8.20 | |

League Record David COLEMAN Cardiff AAC 45.50 2009

Welsh Record Brett MORSE Birchfield Harriers 62.99 2010

F31 - Discus - Sen Men

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-----------------|------------|-------|----|
| 1 | 771 | Darren ANDREWS | Rhondda AC | 28.72 | * |
| 2 | 769 | Anthony HALLING | Rhondda AC | 26.48 | |
| 3 | 202 | Derek OSBORNE | Brecon AC | 20.79 | |

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 |
|-----|-----|-----------------|------------|-------|----|
| 1 | 771 | Darren ANDREWS | Rhondda AC | 33.79 | * |
| 2 | 769 | Anthony HALLING | Rhondda AC | 27.67 | * |

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 |
|-----|-----|-----------------|------------|-------|----|
| 1 | 202 | Derek OSBORNE | Brecon AC | 29.70 | * |
| 2 | 769 | Anthony HALLING | Rhondda AC | 26.52 | * |

| U17 WOMEN POINTS | Match Day | Rhondda AC | | Brecon AC | | Cwmbran Harriers | | Aberdare VAAC | | Pembroke Harriers | | Llanelli AC | |
|---------------------|--------------|------------|--|-----------|----|------------------|--|---------------|----|-------------------|--|-------------|--|
| | 100m | | | | | | | | | | | | |
| | 200m | | | | | | | | | | | 16 | |
| | 300m | | | | | | | | | 16 | | 14 | |
| | 800m | | | | | 14 | | | | | | 16 | |
| | 1500m | | | | | | | | | | | | |
| | 3000m | | | | | | | | | | | | |
| | 1500m s/c | | | | | | | | | | | | |
| | 100m hdl | | | | | | | | | | | | |
| | 400m hdl | | | | | | | | | 16 | | | |
| | 4x100 relay | | | | | | | | | | | | |
| | 4x300m relay | | | | | | | | | | | | |
| | High Jump | | | | | | | | | | | | |
| | Pole Vault | | | | | | | | | | | | |
| | Long Jump | | | | | 14 | | | | 16 | | | |
| | Triple Jump | | | | | | | | | | | | |
| | Shot Putt | | | | | 14 | | | | 16 | | | |
| Discus | | | | | 16 | | | | 14 | | | | |
| Hammer | | | | | | | | | | | | | |
| Javelin | | | | | | | | | | | | | |
| Total Points | | | | | | 58 | | | | 78 | | 46 | |
| Position | | | | | | 2 | | | | 1 | | 3 | |

| U20 WOMEN POINTS | | Rhondda AC | Brecon AC | Cwmbran Harriers | Aberdare VAAC | Pembroke Harriers | Llanelli AC |
|---------------------|-------------|------------|-----------|------------------|---------------|-------------------|-------------|
| | 100m | | | | | | |
| | 200m | | | | | | |
| | 400m | | | | | | |
| | 800m | | | | | | |
| | 1500m | | | | | | 16 8 |
| | 3000m | | | | | | |
| | 2000m s/c | | | | | | |
| | 110m hdl | | | | | | |
| | 400m hdl | | | | | | |
| | 4x100 relay | | | | | | |
| | 4x400 relay | | | | | | |
| | High Jump | | | | | | |
| | Pole Vault | | | | | | |
| | Long Jump | | | 16 | | | |
| | Triple Jump | | | | | | |
| | Shot Putt | 16 | | | | | |
| | Discus | 16 | | | | | |
| | Hammer | 16 | | | | | |
| | Javelin | | | | | | |
| Total Points | 48 | | 16 | | | 24 | |
| Position | 1 | | 3 | | | 2 | |

| SENIOR WOMEN POINTS | | Rhondda AC | | Brecon AC | | Cwmbran Harriers | | Aberdare VAAC | | Pembroke Harriers | | Llanelli AC | | |
|---------------------|-------------|------------|---|-----------|--|------------------|--|---------------|--|-------------------|---|-------------|----|--|
| | 100m | | | | | | | | | | | | | |
| | 200m | | | | | | | | | | | | | |
| | 400m | | | | | | | | | | | | | |
| | 800m | | | | | | | | | | | | 16 | |
| | 1500m | 12 | | 14 | | | | | | | | | 16 | |
| | 3000m | 16 | | | | | | | | | | | | |
| | 2000m s/c | | | | | | | | | | | | | |
| | 110m hdl | | | | | | | | | | | | | |
| | 400m hdl | | | | | | | | | | | | | |
| | 4x100 relay | | | | | | | | | | | | | |
| | 4x400 relay | | | | | | | | | | | | | |
| | High Jump | | | | | | | | | | | | | |
| | Pole Vault | | | | | | | | | | | | | |
| | Long Jump | | | | | | | | | | | | | |
| | Triple Jump | | | | | | | | | | | | | |
| | Shot Putt | 16 | 7 | 12 | | | | | | 14 | 8 | | | |
| | Discus | 16 | 7 | 12 | | | | | | 14 | 8 | | | |
| | Hammer | 16 | 7 | 12 | | | | | | 14 | 8 | | | |
| | Javelin | | | | | | | | | 16 | | | | |
| Total Points | | 97 | | 50 | | | | | | 82 | | 32 | | |
| Position | | 1 | | 3 | | | | | | 2 | | 4 | | |

| | | | | | | |
|--------------|-----|----|----|---|-----|-----|
| Total Female | 145 | 50 | 74 | 0 | 160 | 102 |
| Lge Pos | 2 | 5 | 4 | 6 | 1 | 3 |
| Match Pts | 5 | 2 | 3 | 1 | 6 | 4 |

| U17 MEN POINTS | Match Day | Rhondda AC | | Brecon AC | | Cwmbran Harriers | | Aberdare VAAC | | Pembroke Harriers | | Llanelli AC | |
|---------------------|-------------|------------|--|-----------|--|------------------|--|---------------|--|-------------------|---|-------------|--|
| | 100m | | | 14 | | 12 | | | | 16 | | | |
| | 200m | | | | | 14 | | | | 16 | 8 | | |
| | 400m | | | 16 | | | | | | | | | |
| | 800m | | | | | | | | | | | | |
| | 1500m | | | | | | | | | | | | |
| | 3000m | | | | | | | | | | | | |
| | 1500m s/c | | | | | | | | | | | | |
| | 100m hdl | | | | | | | | | 16 | | | |
| | 400m hdl | | | | | | | | | | | | |
| | 4x100 relay | | | | | | | | | | | | |
| | 4x400 relay | | | | | | | | | | | | |
| | High Jump | | | | | | | | | | | | |
| | Pole Vault | | | | | | | | | | | | |
| | Long Jump | | | | | | | | | | | | |
| | Triple Jump | | | | | | | | | | | | |
| | Shot Putt | | | | | 14 | | | | 16 | 8 | | |
| | Discus | | | | | | | | | | | | |
| | Hammer | | | | | | | | | 16 | 8 | | |
| | Javelin | | | | | 16 | | | | | | | |
| Total Points | | 0 | | 30 | | 56 | | 0 | | 104 | | 0 | |
| Position | | | | 3 | | 2 | | | | 1 | | | |

Welsh U17-U20-Senior League
 SATURDAY 29TH MAY - SPYTTY STADIUM, NEWPORT TRACK

Match 3

| U20 MEN POINTS | | Rhondda AC | | Brecon AC | | Cwmbran Harriers | | Aberdare VAAC | | Pembroke Harriers | | Llanelli AC | |
|---------------------|-------------|------------|--|-----------|--|------------------|---|---------------|--|-------------------|--|-------------|--|
| | 100m | | | | | 16 | | | | | | | |
| | 200m | | | | | 16 | 8 | 14 | | | | | |
| | 400m | | | | | 16 | 8 | 14 | | | | | |
| | 800m | | | | | | | 16 | | | | | |
| | 1500m | | | | | | | 16 | | | | | |
| | 3000m | | | | | | | | | | | | |
| | 2000m s/c | | | | | | | | | | | | |
| | 110m hdl | | | | | | | | | | | | |
| | 400m hdl | | | | | | | | | | | | |
| | 4x100 relay | | | | | | | | | | | | |
| | 4x400 relay | | | | | | | | | | | | |
| | High Jump | | | | | | | | | 16 | | | |
| | Pole Vault | | | | | | | | | | | | |
| | Long Jump | | | | | | | | | | | | |
| | Triple Jump | | | | | | | | | | | | |
| | Shot Putt | | | | | 16 | | | | | | | |
| | Discus | | | | | 16 | | | | | | | |
| | Hammer | | | | | 16 | | | | | | | |
| | Javelin | | | | | 16 | | | | | | | |
| Total Points | | 0 | | 0 | | 128 | | 60 | | 16 | | 0 | |
| Position | | | | | | 1 | | 2 | | 3 | | | |

| SENIOR MEN POINTS | | Rhondda AC | | Brecon AC | | Cwmbran Harriers | | Aberdare VAAC | | Pembroke Harriers | | Llanelli AC | |
|---------------------|-------------|------------|----|-----------|--|------------------|--|---------------|--|-------------------|---|-------------|---|
| | 100m | | | | | | | 14 | | 12 | 7 | 16 | 8 |
| | 200m | | | | | | | 16 | | 14 | 8 | | |
| | 400m | 14 | 8 | | | | | 12 | | | | 16 | |
| | 800m | 16 | 8 | | | | | | | | | | |
| | 1500m | 16 | | | | | | | | 14 | | | |
| | 3000m | | | 16 | | | | | | 14 | | | |
| | 2000m s/c | | | | | | | | | | | | |
| | 110m hdl | | | 16 | | | | | | | | | |
| | 400m hdl | | | | | | | 16 | | | | | |
| | 4x100 relay | | | | | | | | | | | | |
| | 4x400 relay | | | | | | | | | | | | |
| | High Jump | | | | | | | | | | | | |
| | Pole Vault | | | 16 | | | | | | | | | |
| | Long Jump | | | | | | | | | 16 | | | |
| | Triple Jump | | | | | | | | | | | | |
| | Shot Putt | 16 | 8 | 14 | | | | | | | | | |
| Discus | 16 | 8 | 14 | | | | | | | | | | |
| Hammer | 16 | 8 | | | | | | | | | | | |
| Javelin | 14 | | 16 | | | | | | | | | | |
| Total Points | | 148 | | 92 | | 0 | | 58 | | 85 | | 40 | |
| Position | | 1 | | 2 | | | | 4 | | 3 | | 5 | |

| | | | | | | |
|------------|-----|-----|-----|-----|-----|----|
| Total Male | 148 | 122 | 184 | 118 | 205 | 40 |
| Lge Pos | 3 | 4 | 2 | 5 | 1 | 6 |
| Match Pts | 4 | 3 | 5 | 2 | 6 | 1 |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 11:30 AM | | DATE | | 29/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 | 765 | Cath ALFORD | Rhondda AC | NT | 30.50 | NT | 30.16 | 30.50 | | 1 | | | | | |
| 2 | 206 | Julie DRISCOLL | Brecon AC | NT | 22.62 | 21.69 | 21.29 | 22.62 | | 3 | | | | | |
| 3 | 693 | Karen LLEWELLIN | Pembroke Harriers | NT | 22.57 | 23.39 | 25.16 | 25.16 | | 2 | | | | | |
| 4 | 767 | Sarah JAMES | Rhondda AC | NT | 15.06 | 12.22 | 13.74 | 15.06 | | 5 | | | | | |
| 5 | 694 | Tracy LLEWELLIN | Pembroke Harriers | 15.65 | 16.13 | 16.53 | 15.93 | 16.53 | | 4 | | | | | |
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| 16 | | | | : | : | : | : | | | | | | | | |
| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 765 | Cath ALFORD | Rhondda AC | 30.50 | 9 | | | | | REFEREE | | | | | |
| 2 | 693 | Karen LLEWELLIN | Pembroke Harriers | 25.16 | 10 | | | | | | | | | | |
| 3 | 206 | Julie DRISCOLL | Brecon AC | 22.62 | 11 | | | | | JUDGES | | | | | |
| 4 | 694 | Tracy LLEWELLIN | Pembroke Harriers | 16.53 | 12 | | | | | | | | | | |
| 5 | 767 | Sarah JAMES | Rhondda AC | 15.06 | 13 | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 11:30 AM | | DATE | | 29/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 | 768 | Jade TUCKER | Rhondda AC | 13.92 | 14.66 | 14.61 | NT | 14.66 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 768 | Jade TUCKER | Rhondda AC | 14.66 | 9 | | | | | REFEREE | | | | | |
| 2 | | | | | 10 | | | | | | | | | | |
| 3 | | | | | 11 | | | | | JUDGES | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 12:45 PM | | DATE | | 29/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 | 769 | Anthony HALLING | Rhondda AC | 24.60 | 25.70 | 27.67 | NT | 27.67 | | 2 | | | | | |
| 2 | 771 | Darren ANDREWS | Rhondda AC | 32.16 | 33.79 | 30.34 | NT | 33.79 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 771 | Darren ANDREWS | Rhondda AC | 33.79 | 9 | | | | | | | | | | |
| 2 | 769 | Anthony HALLING | Rhondda AC | 27.67 | 10 | | | | | | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 12:45 PM | | DATE | | 29/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 | 491 | Josh BUSSELL | Cwmbran Harriers | 29.19 | 31.13 | 27.84 | 30.99 | 31.13 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 491 | Josh BUSSELL | Cwmbran Harriers | 31.13 | 9 | | | | | REFEREE | | | | | |
| 2 | | | | | 10 | | | | | JUDGES | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 12:45 PM | | DATE | | 29/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 | 699 | Johnathon STOWELL | Pembroke Harriers | 26.73 | 36.57 | 37.21 | NT | 37.21 | | 1 | | | | | |
| 2 | 700 | Matthew JOHN | Pembroke Harriers | 26.37 | NT | 22.78 | NT | 26.37 | | 2 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 699 | Johnathon STOWELL | Pembroke Harriers | 37.21 | 9 | | | | | REFEREE | | | | | |
| 2 | 700 | Matthew JOHN | Pembroke Harriers | 26.37 | 10 | | | | | | | | | | |
| 3 | | | | | 11 | | | | | JUDGES | | | | | |
| 4 | | | | | 12 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 12:00 PM | | DATE | | 29/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 | | 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 | 703 | Daniel DAVIES | Pembroke Harriers | NJ | NJ | 4.42 | 4.47 | 4.47 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 703 | Daniel DAVIES | Pembroke Harriers | 4.47 | 9 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 1:45 PM | | DATE | | 29/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 | | 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 | 497 | Victoria WEBB | Cwmbran Harriers | 4.59 | 4.17 | 4.18 | 4.25 | 4.59 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 497 | Victoria WEBB | Cwmbran Harriers | 4.59 | 9 | | | | | | | | | | |
| 2 | | | | | 10 | | | | | | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 1:45 PM | | DATE | | 29/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 | | 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 | 484 | Zoe BRADLEY | Cwmbran Harriers | 3.65 | 3.88 | 3.81 | 3.93 | 3.93 | | 2 | | | | | |
| 2 | 688 | Eleanor ROWLAND | Pembroke Harriers | 4.43 | 4.57 | 4.75 | 4.62 | 4.75 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 688 | Eleanor ROWLAND | Pembroke Harriers | 4.75 | 9 | | | | | | | | | | |
| 2 | 484 | Zoe BRADLEY | Cwmbran Harriers | 3.93 | 10 | | | | | | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 12:45 PM | | DATE | | 29/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 | | 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 | 206 | Julie DRISCOLL | Brecon AC | 6.82 | : | : | : | 6.82 | | 3 | | | | | |
| 2 | 767 | Sarah JAMES | Rhondda AC | 4.28 | 4.52 | 4.67 | 4.75 | 4.75 | | 5 | | | | | |
| 3 | 765 | Cath ALFORD | Rhondda AC | 8.42 | 8.94 | 8.60 | 8.24 | 8.94 | | 1 | | | | | |
| 4 | 693 | Karen LLEWELLIN | Pembroke Harriers | 8.01 | 7.98 | 8.21 | 8.40 | 8.40 | | 2 | | | | | |
| 5 | 694 | Tracy LLEWELLIN | Pembroke Harriers | 5.75 | : | : | : | 5.75 | | 4 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFEREE JUDGES | | | | | |
| 1 | 765 | Cath ALFORD | Rhondda AC | 8.94 | 9 | | | | | | | | | | |
| 2 | 693 | Karen LLEWELLIN | Pembroke Harriers | 8.40 | 10 | | | | | | | | | | |
| 3 | 206 | Julie DRISCOLL | Brecon AC | 6.82 | 11 | | | | | | | | | | |
| 4 | 694 | Tracy LLEWELLIN | Pembroke Harriers | 5.75 | 12 | | | | | | | | | | |
| 5 | 767 | Sarah JAMES | Rhondda AC | 4.75 | 13 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 12:45 PM | | DATE | | 29/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 | 768 | Jade TUCKER | Rhondda AC | 5.22 | 4.77 | 5.14 | 5.32 | 5.32 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 768 | Jade TUCKER | Rhondda AC | 5.32 | 9 | | | | | REFEREE | | | | | |
| 2 | | | | | 10 | | | | | | | | | | |
| 3 | | | | | 11 | | | | | JUDGES | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 12:45 PM | | DATE | | 29/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 | | 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 | 689 | Lucy GRIFFITHS | Pembroke Harriers | 9.87 | 10.51 | 10.18 | 9.38 | 10.51 | | 1 | | | | | |
| 2 | 483 | Jasmine SEALE | Cwmbran Harriers | 10.12 | 9.28 | NT | : | 10.12 | | 2 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | |
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| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | |
| 1 | 689 | Lucy GRIFFITHS | Pembroke Harriers | 10.51 | 9 | | | | | REFEREE | |
| 2 | 483 | Jasmine SEALE | Cwmbran Harriers | 10.12 | 10 | | | | | JUDGES | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 2:00 PM | | DATE | | 29/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 | 769 | Anthony HALLING | Rhondda AC | 8.98 | 9.41 | 9.84 | 9.50 | 9.84 | | 1 | | | | | |
| 2 | 771 | Darren ANDREWS | Rhondda AC | 9.17 | 9.22 | 9.20 | 8.92 | 9.22 | | 2 | | | | | |
| 3 | 202 | Derek OSBORNE | Brecon AC | 8.20 | 8.04 | : | : | 8.20 | | 3 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 769 | Anthony HALLING | Rhondda AC | 9.84 | 9 | | | | | REFEREE | | | | | |
| 2 | 771 | Darren ANDREWS | Rhondda AC | 9.22 | 10 | | | | | | | | | | |
| 3 | 202 | Derek OSBORNE | Brecon AC | 8.20 | 11 | | | | | JUDGES | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 2:00 PM | | DATE | | 29/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 | 491 | Josh BUSSELL | Cwmbran Harriers | 12.81 | 13.48 | 12.00 | 12.88 | 13.48 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 491 | Josh BUSSELL | Cwmbran Harriers | 13.48 | 9 | | | | | REFEREE | | | | | |
| 2 | | | | | 10 | | | | | JUDGES | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 2:00 PM | | DATE | | 29/May/10 | |
|---------|-----|-----------------------------|-------------------|--------------|-----------|-----------|-----------|---|----|---|--|------|--|-----------|--|
| EVENT | | F30 - U17M - Shot Put | | LGE RECORD | | 15.37 | | ATHLETE | | Tom EDWARDS - Carmarthen Harriers - 15.37 | | | | | |
| | | | | WELSH RECORD | | 16.93 | | ATHLETE | | Mark HEWER - Cardiff AAC - 1979 | | | | | |
| | | | | 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 | 496 | Jordan DAVIES | Cwmbran Harriers | NT | 8.09 | 8.12 | 8.64 | 8.64 | | 2 | | | | | |
| 2 | 698 | Thomas MORRISSEY | Pembroke Harriers | 6.98 | : | : | : | 6.98 | | 4 | | | | | |
| 3 | 700 | Matthew JOHN | Pembroke Harriers | 8.07 | 7.46 | : | : | 8.07 | | 3 | | | | | |
| 4 | 699 | Johnathon STOWELL | Pembroke Harriers | 10.79 | 10.20 | : | : | 10.79 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | |
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| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | |
| 1 | 699 | Johnathon STOWELL | Pembroke Harriers | 10.79 | 9 | | | | | REFEREE | |
| 2 | 496 | Jordan DAVIES | Cwmbran Harriers | 8.64 | 10 | | | | | JUDGES | |
| 3 | 700 | Matthew JOHN | Pembroke Harriers | 8.07 | 11 | | | | | | |
| 4 | 698 | Thomas MORRISSEY | Pembroke Harriers | 6.98 | 12 | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 2:45 PM | | DATE | | 29/May/10 | |
|---------|-----|-----------------------------|------------|--------------|-----------|-----------|-----------|---|------|--|--|------|--|-----------|--|
| EVENT | | F31 - Sen Men - Discus | | LGE RECORD | | 45.5 | | ATHLETE | | David COLEMAN - Cardiff AAC - 45.50 | | | | | |
| | | | | WELSH RECORD | | 62.99 | | ATHLETE | | Brett MORSE - Birchfield Harriers - 2010 | | | | | |
| | | | | 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 | 202 | Derek OSBORNE | Brecon AC | 20.79 | 20.77 | NT | NT | 20.79 | | 3 | | | | | |
| 2 | 771 | Darren ANDREWS | Rhondda AC | 23.95 | 25.59 | 28.72 | NT | 28.72 | | 1 | | | | | |
| 3 | 769 | Anthony HALLING | Rhondda AC | 26.48 | NT | 26.32 | NT | 26.48 | | 2 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 771 | Darren ANDREWS | Rhondda AC | 28.72 | 9 | | | | | REFEREE | | | | | |
| 2 | 769 | Anthony HALLING | Rhondda AC | 26.48 | 10 | | | | | JUDGES | | | | | |
| 3 | 202 | Derek OSBORNE | Brecon AC | 20.79 | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 2:45 PM | | DATE | | 29/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 | 491 | Josh BUSSELL | Cwmbran Harriers | 25.59 | 31.30 | NT | NT | 31.30 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 491 | Josh BUSSELL | Cwmbran Harriers | 31.30 | 9 | | | | | | | | | | |
| 2 | | | | | 10 | | | | | | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 2:45 PM | | DATE | | 29/May/10 | |
|---------|-----|-----------------------------|-------------------|--------------|-----------|-----------|-----------|---|------|--------------------------------------|--|------|--|-----------|--|
| EVENT | | F33 - U17M - Discus | | LGE RECORD | | 48.38 | | ATHLETE | | Glenn WILLIAMS - Cardiff AAC - 48.38 | | | | | |
| | | | | WELSH RECORD | | 48.93 | | ATHLETE | | Gareth BULL - Cardiff AAC - 2001 | | | | | |
| | | | | 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 | 699 | Johnathon STOWELL | Pembroke Harriers | NT | NT | NT | 25.87 | 25.87 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 699 | Johnathon STOWELL | Pembroke Harriers | 25.87 | 9 | | | | | REFEREE | | | | | |
| 2 | | | | | 10 | | | | | JUDGES | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 3:45 PM | | DATE | | 29/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 | 767 | Sarah JAMES | Rhondda AC | NT | 10.60 | : | : | 10.60 | | 5 | | | | | |
| 2 | 206 | Julie DRISCOLL | Brecon AC | NT | 21.53 | NT | 22.46 | 22.46 | | 3 | | | | | |
| 3 | 694 | Tracy LLEWELLIN | Pembroke Harriers | 22.69 | 22.34 | NT | 20.71 | 22.69 | | 2 | | | | | |
| 4 | 693 | Karen LLEWELLIN | Pembroke Harriers | 22.42 | 22.35 | NT | 20.55 | 22.42 | | 4 | | | | | |
| 5 | 765 | Cath ALFORD | Rhondda AC | NT | 22.11 | 23.29 | 23.29 | 23.29 | | 1 | | | | | |
| 6 | | | | : | : | : | : | | | | | | | | |
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| 15 | | | | : | : | : | : | | | | | | | | |
| 16 | | | | : | : | : | : | | | | | | | | |
| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 765 | Cath ALFORD | Rhondda AC | 23.29 | 9 | | | | | | | | | | |
| 2 | 694 | Tracy LLEWELLIN | Pembroke Harriers | 22.69 | 10 | | | | | | | | | | |
| 3 | 206 | Julie DRISCOLL | Brecon AC | 22.46 | 11 | | | | | | | | | | |
| 4 | 693 | Karen LLEWELLIN | Pembroke Harriers | 22.42 | 12 | | | | | | | | | | |
| 5 | 767 | Sarah JAMES | Rhondda AC | 10.60 | 13 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 3:45 PM | | DATE | | 29/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 | 768 | Jade TUCKER | Rhondda AC | NT | 11.80 | 11.27 | 11.27 | 11.80 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 768 | Jade TUCKER | Rhondda AC | 11.80 | 9 | | | | | REFEREE | | | | | |
| 2 | | | | | 10 | | | | | | | | | | |
| 3 | | | | | 11 | | | | | JUDGES | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 3:45 PM | | DATE | | 29/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 | | 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 | 689 | Lucy GRIFFITHS | Pembroke Harriers | 26.14 | 24.17 | 28.80 | 27.73 | 28.80 | | 2 | | | | | |
| 2 | 483 | Jasmine SEALE | Cwmbran Harriers | 29.93 | 23.57 | 31.24 | NT | 31.24 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 483 | Jasmine SEALE | Cwmbran Harriers | 31.24 | 9 | | | | | REFEREE | | | | | |
| 2 | 689 | Lucy GRIFFITHS | Pembroke Harriers | 28.80 | 10 | | | | | JUDGES | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 3:30 PM | | DATE | | 29/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 | 693 | Karen LLEWELLIN | Pembroke Harriers | 16.68 | 17.61 | : | : | 17.61 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 693 | Karen LLEWELLIN | Pembroke Harriers | 17.61 | 9 | | | | | REFEREE | | | | | |
| 2 | | | | | 10 | | | | | JUDGES | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 4:30 PM | | DATE | | 29/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 | 769 | Anthony HALLING | Rhondda AC | 26.52 | : | : | : | 26.52 | | 2 | | | | | |
| 2 | 202 | Derek OSBORNE | Brecon AC | 28.59 | 29.70 | : | : | 29.70 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 202 | Derek OSBORNE | Brecon AC | 29.70 | 9 | | | | | REFEREE | | | | | |
| 2 | 769 | Anthony HALLING | Rhondda AC | 26.52 | 10 | | | | | JUDGES | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 4:30 PM | | DATE | | 29/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 | | 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 | 499 | Jason COPSEY | Cwmbran Harriers | 51.55 | 55.83 | 53.91 | 55.70 | 55.83 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 499 | Jason COPSEY | Cwmbran Harriers | 55.83 | 9 | | | | | REFEREE | | | | | |
| 2 | | | | | 10 | | | | | JUDGES | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 4:30 PM | | DATE | | 29/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 | | 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 | 487 | Tom NORTON | Cwmbran Harriers | 39.43 | NT | 43.03 | : | 43.03 | | 1 | | | | | |
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| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 487 | Tom NORTON | Cwmbran Harriers | 43.03 | 9 | | | | | REFEREE | | | | | |
| 2 | | | | | 10 | | | | | JUDGES | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh U17/U20/Senior League | | | VENUE | | Newport | | TIME | | 1:45 PM | | DATE | | 29-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 | | 2 | | 4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE | | | | | | | | | | |
| Order | No | NAME | CLUB | Start Height | 1.45 | 1.70 | 1.75 | 1.80 | 1.85 | 1.90 | | | | | 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 | 702 | Adam DAVIES | Pembroke Harriers | 1.70 | | o | o | o | xo | xxx | | | | | 1.85 | | | | 1 | |
| 2 | | | | | | | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | | | | | | | |
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| 9 | | | | | | | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | | |
| RESULTS | | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | |
| 1 | 702 | Adam DAVIES | Pembroke Harriers | 1.85 | 9 | | | | | REFEREE | | | | | | | | | | |
| 2 | | | | | 10 | | | | | | | | | | | | | | | |
| 3 | | | | | 11 | | | | | | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | | |
| | | | | | | | | | | JUDGES | | | | | | | | | | |

WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh U17/U20/Senior League | | | VENUE | | Newport | | | TIME | | 1:00 PM | | DATE | | 29-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 | | 2 | | | 4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE | | | | | | | | | |
| Order | No | NAME | CLUB | Start Height | 2.50 | 2.60 | 2.70 | 2.80 | 2.90 | | | | | | 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 | 202 | Derek OSBORNE | Brecon AC | 2.50 | xo | o | o | o | xxx | | | | | | 2.80 | | | | 1 | |
| 2 | | | | | | | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | | | | | |
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| 10 | | | | | | | | | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | | |
| RESULTS | | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | |
| 1 | 202 | Derek OSBORNE | Brecon AC | 2.80 | 9 | | | | | REFEREE | | | | | | | | | | |
| 2 | | | | | 10 | | | | | | | | | | | | | | | |
| 3 | | | | | 11 | | | | | | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | | |
| | | | | | | | | | | JUDGES | | | | | | | | | | |

Welsh Athletics
Senior League
Newport

Spytty Stadium
Saturday-29-May-2010



WELSH ATHLETICS
ATHLETAU CYMRU

Division 3

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

T15 - 100m - U17W

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-------------------|-----------------------|------|----|
| 1 | 615 | Rhiannon JEFFREYS | Neath Harriers | 13.5 | |
| 2 | 162 | Sarah HERBERT | Barry & Vale Harriers | 14.6 | |
| 3 | 161 | Danielle CLOSE | Barry & Vale Harriers | 16.2 | |

League Record Lisa-Marie EDWARDS Wrexham AC 25.7 2003
Welsh Record Michelle PROBERT Sale Harriers 23.6 1976

T54 - 200m - U17W

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-------------------|----------------|------|----|
| 1 | 615 | Rhiannon JEFFREYS | Neath Harriers | 26.8 | * |

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 |
|-----|-----|--------------|-------------|--------|----|
| 1 | 255 | Lora ROBERTS | Bridgend AC | 2:27.2 | * |

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 |
|-----|-----|----------------|----------------|------|----|
| 1 | 611 | Stacey COLLINS | Neath Harriers | 12.8 | * |

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 |
|-----|-----|----------------|-----------------------|------|----|
| 1 | 255 | Lora ROBERTS | Bridgend AC | 8.45 | * |
| 2 | 611 | Stacey COLLINS | Neath Harriers | 7.29 | * |
| 3 | 161 | Danielle CLOSE | Barry & Vale Harriers | 4.84 | |

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 |
|-----|-----|----------------|-------------|-------|----|
| 1 | 960 | Trudy WILLIAMS | Bridgend AC | 28.63 | * |

League Record Charlotte MURRAY Swansea Harriers 44.44 2006
Welsh Record Toni WELLS Swansea Harriers 51.77p 2009

F3 - Hammer - U17W

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-------------------|-------------|-------|----|
| 1 | 261 | Hannah GREENSLADE | Bridgend AC | 35.70 | * |
| 2 | 960 | Trudy WILLIAMS | Bridgend AC | 27.03 | * |

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 |
|-----|-----|--------------|-------------|-------|----|
| 1 | 255 | Lora ROBERTS | Bridgend AC | 20.21 | |

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 |
|-----|-----|---------------|-----------------------|------|----|
| 1 | 162 | Sarah HERBERT | Barry & Vale Harriers | 3.67 | |

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 |
|-----|-----|------------|-----------------------|------|----|
| 1 | 151 | Arran REID | Barry & Vale Harriers | 12.2 | |

League Record Rhodri SCANLON Carmarthen Harriers 51.1 2003
Welsh Record Bruce TASKER Carmarthen Harriers 47.85 2004

T39 - 400m - U17M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|------------|-------------|-------|----|
| 1 | 272 | Alex SIMON | Bridgend AC | 59.90 | |

League Record Rob LIGHTFOOT Wrexham AC 1.57.7 2003
Welsh Record Neil HORSEFIELD Newport Harriers 1.51.6 1983

T33 - 800m - U17M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|---------------|-------------|--------|----|
| 1 | 273 | Matthew WEEKS | Bridgend AC | 2:06.7 | * |

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 |
|-----|-----|-----------------|-----------------------|--------|----|
| 1 | 152 | Matthew EDWARDS | Barry & Vale Harriers | 4:23.7 | * |
| 2 | 154 | Callam BARRIE | Barry & Vale Harriers | 4:37.3 | |

League Record Sam HOOD Cardiff AAC 2.05

Welsh Record Chuka ENIH-SNELL Swansea Harriers 2.15 2000

F24 - High Jump - U17M

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|------------|-----------------------|------|----|
| 1 | 151 | Arran REID | Barry & Vale Harriers | 1.55 | |

League Record Calvin MCLAGGON / Tom KNIGHT Barry & Vale H / Cardiff AAC 10.9 2003/20
Welsh Record Christian MALCOLM Cardiff AAC 10.12 1998

T11 - 100m - U20M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|--------------|----------------|------|----|
| 1 | 612 | Owain MORGAN | Neath Harriers | 12.7 | |

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 |
|-----|-----|--------------|----------------|------|----|
| 1 | 612 | Owain MORGAN | Neath Harriers | 25.3 | |

League Record Dafydd WALTERS Carmarthen Harriers 14.9 2008
Welsh Record Colin JACKSON Cardiff AAC 13.44 1986

T28 - 110m hurdles - U20M

Race 1

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-------------|----------------|------|----|
| 1 | 613 | Shane JONES | Neath Harriers | 18.8 | |

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 |
|-----|-----|-------------|----------------|------|----|
| 1 | 613 | Shane JONES | Neath Harriers | 66.7 | |

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 |
|-----|-----|----------------|----------------|--------|----|
| 1 | 616 | Matthew HARVEY | Neath Harriers | 2:05.6 | |

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 |
|-----|-----|----------------|----------------|--------|----|
| 1 | 616 | Matthew HARVEY | Neath Harriers | 9:23.8 | * |

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 |
|-----|-----|-------------|-------------|------|----|
| 1 | 744 | John DAVIES | Port Talbot | 5.42 | |

League Record David COLEMAN Cardiff AAC 45.50 2009

Welsh Record Brett MORSE Birchfield Harriers 62.99 2010

F31 - Discus - Sen Men

| Pos | Bib | Athlete | Club | Perf | AW |
|-----|-----|-------------|-------------|-------|----|
| 1 | 744 | John DAVIES | Port Talbot | 17.85 | |

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 |
|-----|-----|-------------|-------------|-------|----|
| 1 | 744 | John DAVIES | Port Talbot | 19.65 | |

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 |
|-----|-----|-------------|----------------|-------|----|
| 1 | 614 | Niki DAVIES | Neath Harriers | 36.37 | * |
| 2 | 744 | John DAVIES | Port Talbot | 27.74 | * |

| U17 WOMEN POINTS | Match Day | Neath Harriers | | Bridgend AC | | Barry & Vale Harriers | | Port Talbot Harriers | | Blaenau Gwent | | Chepstow Harriers | |
|---------------------|--------------|----------------|--|-------------|---|-----------------------|---|----------------------|--|---------------|--|-------------------|--|
| | 100m | 16 | | | | 14 | 8 | | | | | | |
| | 200m | 16 | | | | | | | | | | | |
| | 300m | | | | | | | | | | | | |
| | 800m | | | 16 | | | | | | | | | |
| | 1500m | | | | | | | | | | | | |
| | 3000m | | | | | | | | | | | | |
| | 1500m s/c | | | | | | | | | | | | |
| | 100m hdl | 16 | | | | | | | | | | | |
| | 400m hdl | | | | | | | | | | | | |
| | 4x100 relay | | | | | | | | | | | | |
| | 4x300m relay | | | | | | | | | | | | |
| | High Jump | | | | | | | | | | | | |
| | Pole Vault | | | | | | | | | | | | |
| | Long Jump | | | | | | | | | | | | |
| | Triple Jump | | | | | | | | | | | | |
| | Shot Putt | 14 | | 16 | | 12 | | | | | | | |
| | Discus | | | 16 | | | | | | | | | |
| | Hammer | | | 16 | 8 | | | | | | | | |
| | Javelin | | | 16 | | | | | | | | | |
| Total Points | | 62 | | 88 | | 34 | | | | | | | |
| Position | | 2 | | 1 | | 3 | | | | | | | |

| U20 WOMEN 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 | | | | 16 | | |
| | Triple Jump | | | | | | |
| | Shot Putt | | | | | | |
| Discus | | | | | | | |
| Hammer | | | | | | | |
| Javelin | | | | | | | |
| Total Points | | | | 16 | | | |
| Position | | | | 1 | | | |

| SENIOR WOMEN 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 | | | | | | |
| Discus | | | | | | | |
| Hammer | | | | | | | |
| Javelin | | | | | | | |
| Total Points | | | | | | | |
| Position | | | | | | | |

| | | | | | | |
|--------------|----|----|----|---|---|---|
| Total Female | 62 | 88 | 50 | 0 | 0 | 0 |
| Lge Pos | 2 | 1 | 3 | 4 | 4 | 4 |
| Match Pts | 5 | 6 | 4 | 3 | 3 | 3 |

| U17 MEN POINTS | Match Day | Neath Harriers | Bridgend AC | Barry & Vale Harriers | Port Talbot Harriers | Blaenau Gwent | Chepstow Harriers |
|---------------------|-------------|----------------|-------------|-----------------------|----------------------|---------------|-------------------|
| | 100m | | | 16 | | | |
| | 200m | | | | | | |
| | 400m | | 16 | | | | |
| | 800m | | 16 | | | | |
| | 1500m | | | 16 | 8 | | |
| | 3000m | | | | | | |
| | 1500m s/c | | | | | | |
| | 100m hdl | | | | | | |
| | 400m hdl | | | | | | |
| | 4x100 relay | | | | | | |
| | 4x400 relay | | | | | | |
| | High Jump | | | 16 | | | |
| | Pole Vault | | | | | | |
| | Long Jump | | | | | | |
| | Triple Jump | | | | | | |
| | Shot Putt | | | | | | |
| | Discus | | | | | | |
| | Hammer | | | | | | |
| | Javelin | | | | | | |
| Total Points | 0 | 32 | 56 | 0 | 0 | 0 | |
| Position | | 2 | 1 | | | | |

| U20 MEN POINTS | | Neath Harriers | Bridgend AC | Barry & Vale Harriers | Port Talbot Harriers | Blaenau Gwent | Chepstow Harriers | |
|---------------------|-------------|----------------|-------------|-----------------------|----------------------|---------------|-------------------|--|
| | 100m | 16 | | | | | | |
| | 200m | 16 | | | | | | |
| | 400m | | | | | | | |
| | 800m | | | | | | | |
| | 1500m | | | | | | | |
| | 3000m | | | | | | | |
| | 2000m s/c | | | | | | | |
| | 110m hdl | 16 | | | | | | |
| | 400m hdl | 16 | | | | | | |
| | 4x100 relay | | | | | | | |
| | 4x400 relay | | | | | | | |
| | High Jump | | | | | | | |
| | Pole Vault | | | | | | | |
| | Long Jump | | | | | | | |
| | Triple Jump | | | | | | | |
| | Shot Putt | | | | | | | |
| | Discus | | | | | | | |
| | Hammer | | | | | | | |
| | Javelin | | | | | | | |
| Total Points | 64 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Position | 1 | | | | | | | |

| SENIOR MEN POINTS | | Neath Harriers | Bridgend AC | Barry & Vale Harriers | Port Talbot Harriers | Blaenau Gwent | Chepstow Harriers |
|-------------------|---------------------|----------------|-------------|-----------------------|----------------------|---------------|-------------------|
| | 100m | | | | | | |
| | 200m | | | | | | |
| | 400m | | | | | | |
| | 800m | 16 | | | | | |
| | 1500m | | | | | | |
| | 3000m | 16 | | | | | |
| | 2000m s/c | | | | | | |
| | 110m hdl | | | | | | |
| | 400m hdl | | | | | | |
| | 4x100 relay | | | | | | |
| | 4x400 relay | | | | | | |
| | High Jump | | | | | | |
| | Pole Vault | | | | | | |
| | Long Jump | | | | | | |
| | Triple Jump | | | | | | |
| | Shot Putt | | | | | | |
| | Discus | | | | | | |
| | Hammer | | | | | | |
| | Javelin | 16 | | | | | |
| | Total Points | 48 | 0 | 0 | 0 | 0 | 0 |
| | Position | 1 | | | | | |

| | | | | | | |
|------------|-----|----|----|---|---|---|
| Total Male | 112 | 32 | 56 | 0 | 0 | 0 |
| Lge Pos | 1 | 3 | 2 | 4 | 4 | 4 |
| Match Pts | 6 | 4 | 5 | 3 | 3 | 3 |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 11:30 AM | | DATE | | 29/May/10 | |
|---------|-----|-----------------------------|-------------|--------------|-----------|-----------|-----------|---|------|---|--|------|--|-----------|--|
| EVENT | | F3 - U17W - Hammer | | LGE RECORD | | 44.44 | | ATHLETE | | Charlotte MURRAY - Swansea Harriers - 44.44 | | | | | |
| | | | | WELSH RECORD | | 51.77p | | ATHLETE | | Toni WELLS - Swansea Harriers - 2009 | | | | | |
| | | | | 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 | 960 | Trudy WILLIAMS | Bridgend AC | 27.03 | 25.23 | NT | 25.15 | 27.03 | | 2 | | | | | |
| 2 | 261 | Hannah GREENSLADE | Bridgend AC | 34.52 | 35.07 | 35.70 | NT | 35.70 | | 1 | | | | | |
| 3 | | | | : | : | : | : | | | | | | | | |
| 4 | | | | : | : | : | : | | | | | | | | |
| 5 | | | | : | : | : | : | | | | | | | | |
| 6 | | | | : | : | : | : | | | | | | | | |
| 7 | | | | : | : | : | : | | | | | | | | |
| 8 | | | | : | : | : | : | | | | | | | | |
| 9 | | | | : | : | : | : | | | | | | | | |
| 10 | | | | : | : | : | : | | | | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 261 | Hannah GREENSLADE | Bridgend AC | 35.70 | 9 | | | | | REFEREE | | | | | |
| 2 | 960 | Trudy WILLIAMS | Bridgend AC | 27.03 | 10 | | | | | JUDGES | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 12:45 PM | | DATE | | 29/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 | 744 | John DAVIES | Port Talbot | 19.14 | 18.70 | 19.41 | 19.65 | 19.65 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 744 | John DAVIES | Port Talbot | 19.65 | 9 | | | | | REFEREE | | | | | |
| 2 | | | | | 10 | | | | | JUDGES | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 1:45 PM | | DATE | | 29/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 | | 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 | 162 | Sarah HERBERT | Barry & Vale Harriers | 3.67 | 3.23 | 3.48 | 3.18 | 3.67 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFEREE JUDGES | | | | | |
| 1 | 162 | Sarah HERBERT | Barry & Vale Harriers | 3.67 | 9 | | | | | | | | | | |
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| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 12:45 PM | | DATE | | 29/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 | | 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 | 255 | Lora ROBERTS | Bridgend AC | 7.35 | 8.45 | 7.50 | 7.76 | 8.45 | | 1 | | | | | |
| 2 | 611 | Stacey COLLINS | Neath Harriers | 7.29 | 6.87 | : | : | 7.29 | | 2 | | | | | |
| 3 | 161 | Danielle CLOSE | Barry & Vale Harriers | 4.84 | : | : | : | 4.84 | | 3 | | | | | |
| 4 | 162 | Sarah HERBERT | Barry & Vale Harriers | NT | : | : | : | | | | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 255 | Lora ROBERTS | Bridgend AC | 8.45 | 9 | | | | | | | | | | |
| 2 | 611 | Stacey COLLINS | Neath Harriers | 7.29 | 10 | | | | | | | | | | |
| 3 | 161 | Danielle CLOSE | Barry & Vale Harriers | 4.84 | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 2:00 PM | | DATE | | 29/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 | 744 | John DAVIES | Port Talbot | 4.73 | 4.85 | 5.42 | : | 5.42 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 744 | John DAVIES | Port Talbot | 5.42 | 9 | | | | | | REFEREE | | | | |
| 2 | | | | | 10 | | | | | | JUDGES | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 2:45 PM | | DATE | | 29/May/10 | |
|---------|-----|-----------------------------|-------------|--------------|-----------|-----------|-----------|---|------|--|--|------|--|-----------|--|
| EVENT | | F31 - Sen Men - Discus | | LGE RECORD | | 45.5 | | ATHLETE | | David COLEMAN - Cardiff AAC - 45.50 | | | | | |
| | | | | WELSH RECORD | | 62.99 | | ATHLETE | | Brett MORSE - Birchfield Harriers - 2010 | | | | | |
| | | | | 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 | 744 | John DAVIES | Port Talbot | 16.63 | 17.85 | : | : | 17.85 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 744 | John DAVIES | Port Talbot | 17.85 | 9 | | | | | REFEREE | | | | | |
| 2 | | | | | 10 | | | | | JUDGES | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 3:30 PM | | DATE | | 29/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 | | 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 | 255 | Lora ROBERTS | Bridgend AC | 20.21 | NT | 19.80 | NT | 20.21 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | OFFICIALS SIGNATURES | | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | REFeree JUDGES | | | | | |
| 1 | 255 | Lora ROBERTS | Bridgend AC | 20.21 | 9 | | | | | | | | | | |
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WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh U17/U20/Senior League | | VENUE | | Newport | | TIME | | 4:30 PM | | DATE | | 29/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 | 744 | John DAVIES | Port Talbot | NT | 24.93 | 27.74 | 25.57 | 27.74 | | 2 | | | | | |
| 2 | 614 | Niki DAVIES | Neath Harriers | 36.37 | 34.31 | 34.79 | 36.32 | 36.37 | | 1 | | | | | |
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| RESULTS | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| POS | BIB | NAME | CLUB | PERF | POS | BIB | NAME | CLUB | PERF | | | | | | |
| 1 | 614 | Niki DAVIES | Neath Harriers | 36.37 | 9 | | | | | REFEREE | | | | | |
| 2 | 744 | John DAVIES | Port Talbot | 27.74 | 10 | | | | | | | | | | |
| 3 | | | | | 11 | | | | | JUDGES | | | | | |
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WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh U17/U20/Senior League | | | VENUE | | Newport | | TIME | | 1:45 PM | | DATE | | 29-May-10 | | | | | |
|---------|-----|-----------------------------|-----------------------|--------------|--------------|----------|---------|--------|---------|--|---|--------|--------|--------|--------------------|----------------------|----------------|--------------|----------------|--------|
| EVENT | | F24 - U17M - High Jump | | | LGE RECORD | | 2.05 | | ATHLETE | | Sam HOOD - Cardiff AAC 2.05 | | | | | | | | | |
| | | | | | WELSH RECORD | | 2.15 | | ATHLETE | | Chuka ENIH-SNELL - Swansea Harriers 2.15 2000 | | | | | | | | | |
| | | START HEIGHT | | 1.35 | | DIVISION | | 3 | | 4 ATHLETES MAXIMUM ALLOWED PER CLUB TO COMPETE | | | | | | | | | | |
| Order | No | NAME | CLUB | Start Height | 1.35 | 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 | Metres | | | | | | |
| 1 | 151 | Arran REID | Barry & Vale Harriers | 1.50 | | xo | o | xxx | | | | | | | 1.55 | | | | 1 | |
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| RESULTS | | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | |
| 1 | 151 | Arran REID | Barry & Vale Harriers | 1.55 | 9 | | | | | REFEREE | | | | | | | | | | |
| 2 | | | | | 10 | | | | | | | | | | | | | | | |
| 3 | | | | | 11 | | | | | JUDGES | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | | |