

West Wales Championships- 13 May Carmarthen-Track

100 Heats U13B

1	112	Liam Jones	Penw	13.6	SF1
2	115	Matthew Hughes	Swan	14.7	SF1
3	103	Darren Beynon	Swan	15.2	SF1
4	107	Mathew Evans	Carm	15.9	SF1
5	123	Matthew Northcott	Carm	16.4	SF1

1	114	Daniel Howells	Carm	13.9	SF2
2	128	Henry Robinson	Swan	15.1	SF2
3	133	Harry Lewis	Carm	16.1	SF2
4	108	Robert George	Swan	16.2	SF2
5	110	Daniel Grint	Swan	16.8	SF2

100m Final Under 13 Boys

Pos	No.	Athlete	Club	Perf	
1	112	Liam Jones	Penw	13.6	F
2	114	Daniel Howells	Carm	13.7	F
3	115	Matthew Hughes	Swan	14.6	F
4	128	Henry Robinson	Swan	15.2	F
5	103	Darren Beynon	Swan	15.2	F
6	107	Mathew Evans	Carm	15.6	F
7	133	Harry Lewis	Carm	16.1	F
8	108	Robert George	Swan	16.2	F

100m Heats Under 13 Girls

1	942	Eleanor Rowland	Pem	13.9	SF1
2	930	Helena Madan	Pem	14.0	SF1
3	939	Catrin Rees	Carm	14.1	SF1
4	922	Stacy Collins	Nth	14.3	SF1
5	933	Mali James	Swan	14.4	SF1
6	950	Emily Dacey	Swan	14.7	SF1
7	215	Hannah Griffiths	Swan	14.7	SF1
8	947	Emma Thomas	Swan	15.4	SF1

1	279	leah Beynon	Carm	14.4	SF2
2	946	Jessica Thompson	Swan	14.4	SF2
3	929	Jessica Harries	Pem	14.5	SF2
4	952	Meghan Good	Pem	14.6	SF2
5	936	Nia Palla	Swan	14.6	SF2
6	949	Alys Turpin	Swan	15.4	SF2
7	202	Nicola Jones	Swan	15.4	SF2
8	209	Martha Thomas	Swan	15.6	SF2

100m Final Under 13 Girls

Pos	No.	Athlete	Club	Perf	
1	942	Eleanor Rowland	Pem	13.9	
2	922	Stacy Collins	Nth	14.0	
3	939	Catrin Rees	Carm	14.1	
4	930	Helena Madan	Pem	14.2	
5	929	Jessica Harries	Pem	14.4	
6	933	Mali James	Swan	14.7	
7	946	Jessica Thompson	Swan	14.7	

100m Heats Under 15 Girls

Pos	No.	Athlete	Club	Perf	
1	271	Bryanny Slade	Nth	13.3	SF1
2	14	Laura Penhallurick	Carm	13.3	SF1
3	10	Leah Grint	Swan	13.7	SF1
4	29	Catherine Williams	Swan	14.1	SF1
5	3	Miranda Davies	Pem	16.2	SF1

1	8	Sarah Evans	Swan	13.1	SF2
2	20	Rachel Rees	Swan	13.7	SF2
3	37	Jessica Williams	Swan	14.3	SF2
4	34	Michalia Davies	Nth	15.3	SF2
5	12	Danielle Midwinter	Swan	13.3	SF2
6	24	Rhian Squire	Bryn	14.3	SF2

Pos	No.	Athlete	Club	Perf	
		100m Final Under 15 Girls			
1	8	Sarah Evans	Swan	13	
2	271	Bryanny Slade	Nth	13.1	
3	12	Danielle Midwinter	Swan	13.2	
4	14	Laura Penhallurick	Carm	13.5	
5	20	Rachel Rees	Swan	13.6	
6	10	Leah Grint	Swan	13.7	

Pos	No.	Athlete	Club	Perf	
		100m Heats Under 15 Boys			
1	152	Adam Jeremiah	Swan	12.7	SF1
2	265	Owain Morgan	Carm	13.1	SF1
3	145	Nathan Mounter	Pem	13.1	SF1
4	147	Martin Penhallurick	Carm	13.8	SF1
1	150	Sam Jones	Neath	12.9	SF2
2	134	Nathan Brooks	Swan	13.2	SF2
3	137	Dominic Colman	Pem	13.4	SF2
4	160	Jonathan Squire	Bryn	15.2	SF2

Pos	No.	Athlete	Club	Perf	
		100m Final Under 15 Boys			
1	152	Adam Jeremiah	Swan	12.4	
2	268	Sam Jones	Nth	12.6	
3	145	Nathan Mounter	Pem	12.6	
4	265	Owain Morgan	Nth	13.2	
5	134	Nathan Brooks	Swan	13.3	
6	137	Dominic Colman	Pem	13.6	
7	147	Martin Penhallurick	Carm	13.6	
8	160	Jonathan Squire	Bryn	15.3	

Pos	No.	Athlete	Club	Perf	
		100m Final Under 17 Women			
1	78	Catrin Philips	Nth	12.8	
2	75	Hannah Thomas	Carm	13.3	
3	74	Amy Rowland	Pem	13.6	
4	71	Caryl Thomas	Carm	13.6	

100m Final Under 17 Men				
Pos	No.	Athlete	Club	Perf
1	173	Luke Dow	Pem	11.5
2	170	Christian Davies	Carm	11.7
3	177	Kueni Igbagiri	Carm	11.9
4	280	Luke Jones	Llan	12.6

100m Final Under 20 Men				
Pos	No.	Athlete	Club	Perf
1	227	Andrew Smith	Swan	11.7
2	229	Owen Evans	Carm	11.9
3	221	Luke Colman	Carm	13.7

100m Final Under 20 Women Senior Women				
Pos	No.	Athlete	Club	Perf
1	266	Natalie Lawrence	Neath	13.4
2	251	Kirsty Woolford SW	Swan	14.2

100m Final Senior Men				
Pos	No.	Athlete	Club	Perf
1	281	Stephen Evans	Carm	13.8

200m Under 13 Boys Final				
Pos	No.	Athlete	Club	Perf
1	112	Liam Jones	Penw	28.3
2	114	Daniel Howells	Carm	28.7
3	128	Henry Robinson	Swan	31.8
4	103	Darren Beynon	Swan	33.5
5	108	Robert George	Swan	34.2

200m Final Under 15 Boys				
Pos	No.	Athlete	Club	Perf
1	268	Sam Jones	Neath	26.3
3	265	Owain Morgan	Neath	26.8
2	134	Nathan Brooks	Swan	26.7
4	137	Dominic Colman	Pem	27.7
5	145	Nathan Mounter	Pem	31.7
6	160	Jonathan Squire	Bryn	33.8

200m Final Under 17 Men				
Pos	No.	Athlete	Club	Perf
1	274	Ryan Bayliss	Neath	23.3
2	173	Luke Dow	Pem	23.3
3	185	Dafydd Walters	Carm	24.9
4	280	Luc Jones	Llan	25.4
5	184	Jamie Stedman	Llan	26.7

Pos	No.	200m Final Under 20 Men Athlete	Club	Perf
1	257	Andrew Smith	Swan	23.6

Pos	No.	200m Final Senior Men Athlete	Club	Perf
1	247	Alex Scott	Swan	23.7
2	238	Anthony Oliver	Sw Uni	24.7
3	281	Stephen Evans	Carm	28.7

Pos	No.	200m Heats Under 13 Girls Athlete	Club	Perf	
1	939	Catrin Rees	Carm	29.9	H1
2	952	Meghan Good	Pem	30.0	H1
3	940	Florence Bowen Rees	Carm	32.1	H1
4	944	Laura Thomas	Swan	32.8	H1
5	937	Olivia McCarthy	Swan	35.6	H1
1	933	Mali James	Swan	30.6	H2
2	201	Elysia Pearson	Swan	31.2	H2
3	935	Emily Morris	Swan	31.7	H2
4	941	Amy Roberts	Carm	32.4	H2
1	924	Joelle Drummond	Swan	30.4	H3
2	207	Alyce Phillips	Carm	30.5	H3
3	946	Jessica Thompson	Swan	30.6	H3
4	204	Gemma Seaman	Swan	31.9	H3

Pos	No.	200m Final Under 13 Girls Athlete	Club	Perf
1	939	Catrin Rees	Carm	30.1
2	952	Meghan Good	Pem	30.1
3	924	Joelle Drummond	Swan	30.6
4	207	Alyce Phillips	Carm	30.7
5	933	Mali James	Swan	30.9
6	946	Jessica Thompson	Swan	33.0

Pos	No.	200m Heats Under 15 Girls Athlete	Club	Perf	
1	26	Danielle Harrison	AVH	28.5	H1
2	27	Leah Parry	Pem	28.5	H1
3	8	Sarah Evans	Swan	28.7	H1
4	12	Danielle Midwinter	Swan	29.9	H1
5	33	Nia Davies	Carm	30.8	H1
1	14	Laura Penhallurick	Carm	27.9	H2
2	20	Rachel Rees	Swan	28.8	H2
3	10	Leah Grint	Swan	29.0	H2
4	24	Rhian Squire	Bryn	30.1	H2

Pos	No.	200m Final Under 15 Girls Athlete	Club	Perf
-----	-----	-----------------------------------	------	------

	No.	Athlete	Club	Perf
1	14	Laura Penhallurick	Carm	27.7
2	26	Danielle Harrison	AVH	28.3
3	27	Leah Parry	Pem	28.6
4	20	Rachel Rees	Swan	28.8
5	10	Leah Grint	Swan	28.9

Pos	No.	Athlete	Club	Perf
		200m Final Under 17 Women		
1	75	Hannah Thomas	Carm	26.8
2	270	Catrin Phillips	Nth	27.8
3	71	Caryl Thomas	Carm	28.5

Pos	No	Athlete	Club	Perf
		200m Final Senior Women		
1	251	Kirsty Woolford SW	Swan	29.5

Pos	No.	Athlete	Club	Perf
		300m Final Under 15 Girls		
1	22	Holly Roderick	Carm	44.7
2	36	Leonie Evans	Carm	46.
3	1	Jennie Brock	Pem	48.9
4	2	Sarah Jones	TAC	50.2

Pos	No.	Athlete	Club	Perf
		300m Final Under 17 Women		
1	64	Sara Dobler	Swan	42.7

Pos	No.	Athlete	Club	Perf
		400m Final Under 15 Boys		
1	158	Antoina Woodman	Carm	54.5
2	140	Andrew Drakeley	Carm	65.0
3	138	Joshua Davies	TAC	67.7

Pos	No	Athlete	Club	Perf
		400m Final Under 17 Men		
1	175	Matthew Brown	GT	57.9

Pos	No.	Athlete	Club	Perf
		400m Final Under 20 Men		
1	257	Andrew Smith	Swan	51.8
2	222	David Cole	Carm	53.0
3	232	Robert Mackrell	Carm	53.6

400m Final Senior Men

Pos	No.	Athlete	Club	Perf
1	247	Alex Scott	Swan	51.5
2	234	Paul Clarke	Carm	52.0

400m Final Under 20 Women				
Pos	No	Athlete	Club	Perf
1	96	Hannah Jones	Carm	60.1

400m Final Senior Women				
Pos	No	Athlete	Club	Perf
1	266	Natalie Lawrence	Neath	65.5

800m Final Under 13 Girls				
Pos	No.	Athlete	Club	Perf
1	920	Leah Bitchell	Aber	2.31.8
2	924	Joelle Drummond	Swan	2.35.7
3	201	Elysia Pearson	Swan	2.38.3
4	207	Alyce Phillips	Carm	2.41.2
5	945	Rhiannon Thomas	Swan	2.42.9
6	931	Jemima Osborn	Swan	2.46.7
7	935	Emily Morris	Swan	2.48.7
8	948	Atlanta Williams	Swan	2.49.9
9	937	Olivia McCarthy	Swan	3.04.6
10	214	Hannah Goff	Swan	3.08.5

800m Final Under 13 Boys				
Pos	No.	Athlete	Club	Perf
1	112	Liam Jones	Penw	2.33.2
2	122	Jack Lear	Carm	2.36.9
3	105	Thomas Drakely	Carm	2.57.9
4	129	Scott Thomas	Swan	3.01.6

800m Final Under 15 Boys				
Pos	No.	Athlete	Club	Perf
1	148	Luke Parker	Carm	2.23.8
2	140	Andrew Drakeley	Carm	2.25.2
3	161	Matthew Thomas	Swan	2.25.2
4	162	Joshua Goff	Swan	2.33.1
5	157	George Lewis	Carm	2.56.6

800m Final Under 15 Girls				
Pos	No.	Athlete	Club	Perf
1	11	Cerys Morgan	Swan	2.27.3
2	1	Jennie Brock	Pem	2.35.8
3	16	Aneura Phillips	Carm	2.37.5
4	28	Naomi James	Swan	2.37.5
5	33	Nia Davies	Carm	2.49.1
6	3	Miranda Davies	Pem	2.51.3
7	2	Sarah Jones	TAC	2.58.0

800m Final Under 17 Woman

Pos	No.	Athlete	Club	Perf
1	83	Kayleigh Brown	Carm	2.22.4
2	90	Alaw Beynon -Thomas	Carm	2.25.0
3	84	Drusilla Griffiths	Swan	2.28.6
4	63	Natalie Davies	Llan	2.40.0
5	62	Ffion Davies	Sarn	2.45.5
6	61	Jemma Corcoran	Swan	2.53.9

800m Final Under 17 Men

Pos	No.	Athlete	Club	Perf
1	183	Geriant Mansfield	Carm	2.07.9
2	171	Michael Davies	Llan	2.08.1
3	168	Antonio Cirillo	Swan	2.12.1
4	197	Tomas Northcott	Carm	2.17.1

800m Final Under 20 Woman

Pos	No.	Athlete	Club	Perf
1	94	Non Stanford	Swan	2.12.4
1	101	Helen Thomas	Pem	2.30.4
2	325	Jenny Phillips	Llan	2.33.2

800m Final Under 20 Men

Pos	No.	Athlete	Club	Perf
1	230	Lee Ladd	Carm	1.58.9
2	222	David Cole	Carm	1.59.4
3	231	Geraint Oulton	Pem	2.12.3

800m Final Senior Men

Pos	No.	Athlete	Club	Perf
1	245	Tom Alexander	Swan	1.58.5
2	238	Anthony Oliver	Sw Uni	2.03.4
3	267	Steven Richards	Swan	2.07.8
4	246	Peter Watkeys SM	Swan	2.03.7

1500m Final Under 13 Girls

Pos	No.	Athlete	Club	Perf
1	951	Lauren Harries	TAC	5.17.5
2	940	Florence Bowen Rees	Carm	5.35.0
3	943	Katie Reynolds	Swan	5.40.4
5	932	<i>Rhiannon Plant</i>	<i>Carm</i>	5.49.0
7	928	Abigail Hansford	Swan	6.47.6
4	941	Amy Roberts	Carm	5.45.0
6	205	Jodie Jones	Carm	5.54.5

1500m Final 13 Boys

No.	Athlete	Club	Perf
-----	---------	------	------

Pos	No.	Athlete	Club	Perf
1	116	Ben Jenkins	Swan	5.01.2
2	118	Daniel Lewis	Nth	5.07.7
3	130	Sean White	Swan	5.19.6
4	119	Davey Lewis	Carm	5.21.5
5	125	Stephan Reynolds	Swan	5.26.7
6	109	Joseph Fisher	Carm	5.29.4
7	113	Lloyd Heckler	Carm	5.36.6

1500m Final Under 15 Girls				
Pos	No.	Athlete	Club	Perf
1	30	Jade Williams	AVH	4.57.4
2	17	Catrin Lewis	Carm	5.09.4
3	5	Cerian Davies	TAC	5.12.1
4	19	Nia Lewis	Swan	5.17.3
5	18	Katayna Ley	Swan	5.20.1
6	38	Sian Trace	AVH	5.42.4
7	25	Eve Johnston	TAC	5.55.4
	16	Aneura Phillips	Carm	

1500m Final Under 15 Boys				
Pos	No.	Athlete	Club	Perf
1	141	Joshua Harries	TAC	4.45.8
2	144	Ceri Lewis	Swan	4.57.1
3	161	Matthew Thomas	Swan	4.58.1
4	146	James Newell	Nth	5.17.8

1500m Final Under 17 Men				
Pos	No.	Athlete	Club	Perf
1	176	Dewi Griffiths	Carm	4.14.3
2	168	Antonio Cirillo	Swan	4.59.0

1500m Final Under 17 Women				
Pos	No.	Athlete	Club	Perf
1	69	Rachel Marfleet	Carm	5.07.4

1500m Final Under 20 Women				
Pos	No.	Athlete	Club	Perf
1	93	Elinor Kirk	Swan	4.48.0

1500m Final senior Women				
Pos	No.	Athlete	Club	Perf
1	325	Jenny Phillips	Llan	5.18.6

3000m Final Under 17 Men				
Pos	No.	Athlete	Club	Perf
1	167	Adam Bitchell	Aber	9.33.5

2 175 Matthew Brown GT 10.22.2

3000m Final Under 20/Senior Men

	No.	Athlete	Club	Perf
1	230	Lee Ladd U20	Carm	9.15.5
1	244	Steve Davies SM	Swan	9.29.6
2	242	David Wilson-Evans VM	Swan	9.34.1

3000m Under 17/20 Final Senior Women

Pos	No	Athlete	Club	Perf
1	328	Wendy Higgons SW	Swan	11.51.1
2	95	Diane Wilson-Evans VF	Swan	12.27.2

1500m Final Steeplechase Under 17 IPerf

	No.	Athlete	Club	Perf
Pos				
1	183	Geriant Mansfield	Carm	5.03.6
2	197	Tomos Northcott	Carm	5.26.3

Under 13 Boys 75m hurdles

Pos	No	Athlete	Club	Perf	
1	126	Josh Sansom	Swan	13.1	NR
2	115	Matthew Hughes	Swan	14.5	
3	107	Mathew Evans	Carm	16.6	
4	110	<i>Daniel Grint</i>	<i>Swan</i>	16.9	

80m Hurdles Final Under 15 Boy

	No.	Athlete	Club	Perf
1	164	Rhys Webb	Carm	11.8
2	139	Glen Elsdon	Carm	13.9
3	147	Martin Penhallurick	Carm	15.6

100m Hurdles Final Under 17 Man

Pos	No.	Athlete	Club	Perf
1	185	Dafydd Walters	Carm	14.8
2	182	Josh Madden	Carm	16.2

110mHurdles Under 20 M Senior Men

	No	Athlete	Club	Perf
1	237	Rowan Griffiths SM	N&E	15.2
1	225	Owen Jones U20	Carm	17.2

70m Hurdles Final Under 13 Girls

Pos	No.	Athlete	Club	Perf	
1	942	Eleanor Rowland	Pem	12.5	SF1
2	215	Hannah Griffiths	Swan	12.7	SF1
3	930	Helena Madan	Pem	12.9	SF1
4	936	Nia Palla	Swan	12.9	SF1
5	948	Atlanta Williams	Swan	14.1	SF1

6	205	Jodie Jones	Carm	16.6	SF1
1	922	Stacy Collins	Nth	12.1	SF2
2	953	Olivia Jones	Pem	12.7	SF2
3	204	Gemma Seaman	Swan	13.3	SF2
4	925	Bethan Jones	Swan	16.7	SF2
5	928	Abigail Hansford	Swan	17.8	SF2

Pos	No.	Athlete	Club	Perf	
70m Hurdles U13 Girls Final					
1	922	Stacy Collins	Nth	11.7	NR
2	942	Eleanor Rowland	Pem	12.1	
3	953	Olivia Jones	Pem	12.4	
4	215	Hannah Griffiths	Swan	12.6	
5	930	Helena Madan	Pem	12.8	
6	204	Gemma Seaman	Swan	13.1	
7	936	Nia Palla	Swan	13.1	
8	948	Atlanta Williams	Swan	13.4	

Pos	No.	Athlete	Club	Perf	
75m Hurdles Under 15 Girls					
1	27	Leah Parry	Pem	12.6	
2	15	Sophie Pick	Carm	12.8	
3	35	Ffion Rees	Carm	13	
4	10	Leah Grint	Swan	13.1	
5	36	Leonie Evans	Carm	13.1	
6	23	Kara Stedman	Llan	16.5	

	No.	Athlete	Club	Perf	
U17W 80 Hurdles					
1	65	Caryl Granville	Carm	12.3	
2	74	Amy Rowland	Pem	12.5	
3	66	Catherine Goldsmith	Carm	12.8	

Pos	No.	Athlete	Club	Perf	
300m Hurdles Final Under 17 Women					
1	77	Hannah Pick	Carm	51.5	

	No.	Athlete	Club	Perf	
400m Hurdles Final Under 20 Woman					
1	65	Caryl Granville	Carm	62.0	
2	95	Megan Thomas	Carm	68.1	

Pos	No.	Athlete	Club	Perf	
400m Hurdles Final Under 17 Men					
1	184	Jamie Stedman	Llan	65.2	

400m Hurdles Final Under 20 Men

Pos	No.	Athlete	Club	Perf
1	232	Robert Mackrell	Carm	60.6
2	225	Owen Jones	Carm	61.8

West Wales Championships- 13 May Carmarthen-Field

Discus Under 13 Boys				
Pos	No.	Athlete	Club	Perf
1	121	Ross Murray	Swan	27.01
2	132	Jack Edwards	Carm	14.87
3	120	Osian Phillips	Carm	13.76

Discus Under 15 Boys				
	No	Athlete	Club	perf
1	155	Tomos Edwards	Carm	37.11
2	149	Rheon James	Carm	27.07
3	152	Adam Jeremiah	Swan	25.06
4	151	Jon Llewelyn	Tre	14.31
5	156	Tyler Batt	Swan	13.11

Discus Throw Under 17 Man				
	No.	Athlete	Club	Perf
1	181	Chad Monk	Pem	33.15
2	174	Trytam Davies	Carm	30.08
3	183	Geriant Mansfield	Carm	26.52
4	172	James Dobler	Swan	16.20

Discus Throw Under 20 Man				
Pos	No.	Athlete	Club	Perf
1	73	Robert Llewelyn	Pemb	30.79
2				

Discus Throw Senior Men				
Pos	No	Athlete	Club	Perf
1	243	Peter Roberts	Swan	36.43

Discus Throw Under 13 Girls				
Pos	No	Athlete	Club	Perf
1	919	Eliw James	Carm	20.26
2	210	Bethan Gates	Swan	16.89
3	921	Gabriella Cirillo	Swan	15.13
4	926	Lucy Griffiths	Pemb	14.18
5	947	Emma Thomas	Swan	11.12

Discus Throw Under 15 Girls				
	No	Athlete	Club	Perf
1	13	Jade Pearce	Carm	22.34
2	32	Nicole Evans	Neath	21.73

3	31	Mary Wilson	Carm	21.53
Pos		Discus Throw Under 17 Women		
	No.	Athlete	Club	
1	73	Sarah Richards	Swan	34.05
2	70	Sian Lowe	Swan	25.36
Pos		Discus Throw Senior Women		
	No	Athlete	Club	
1	272	Karen Llewelyn	Pemb	25.07
2	344	Jo Davies	Swan	19.07
Pos		Hammer Throw Under 15 Boys		
	No	Athlete	Club	Perf
1	142	Jonathan Gardiner	Carm	20.86
		Hammer U17Men		
	No	Athlete	Club	Perf
1	181	Chad Monk	Pem	45.35
2	172	James Dobler	Swan	18.83
Pos		Hammer Throw Senior Men		
	No.	Athlete	Club	Perf
1	239	Matthew Richards	Swan	49.53
		Hammer Throw Under 17 Woman		
	No.	Athlete	Club	Perf
1	72	Charlotte Murray	Swan	39.61
Pos		Hammer Senior Women		
	No.	Athlete	Club	Perf
1	272	Karen Llewelyn	Pembs	25.39
2	344	Jo Davies	Swan	23.24
		High Jump Under 13 Boys		
	No.	Athlete	Club	Perf
Pos				
1	116	Ben Jenkins	Swan	1.35
2	126	Josh Sansom	Swan	1.30
3	106	Samual Crocker	Swan	1.25
4	133	Harry Lewis	Carm	1.15
5	110	Daniel Grint	Swan	1.10
		High Jump Under 15 Boy		
	No.	Athlete	Club	Perf
Pos				
1	158	Antoina Woodman	Carm	1.68
2	135	Jordan Brock	Swan	1.53
3	275	Craig Roberts	Aman	1.35
4	146	James Newell	Nth	1.30
5	139	Glen Elsdon	Carm	1.30
6	157	George Lewis	Carm	1.10

High Jump Under 17 Men				
	No.	Athlete	Club	Perf
1	182	Josh Madden	Carm	1.75
2	169	Andrew Davies	Pem	1.75
3	178	Samual Kirkhouse	Pem	1.45

High Jump Under 20 Man				
Pos	No.	Athlete	Club	Perf
1	224	Craig Davies	Carm	1.85
2	228	Michael Williams	Swan	1.85

High Jump Senior Men				
	No	Athlete	Club	Perf
1	238	Anthony Oliver	Sw Uni	1.60

High Jump Under 13 Girls				
Pos	No.	Athlete	Club	Perf
1	922	Stacy Collins	Nth	1.40
2	930	Helena Madan	Pem	1.35
3	208	Emily Thomas	Carm	1.2
4	209	Martha Thomas	Swan	1.2
5	953	Olivia Jones	Pem	1.15
6	936	Nia Palla	Swan	1.15
7	215	HannahGriffiths	Swan	1.15
8	205	Jodie Jones	Carm	1.00

High Jump Under 15 Girls				
Pos	No.	Athlete	Club	Perf
1	16	Aneura Phillips	Carm	1.45
2	15	Sophie Pick	Carm	1.35
2	9	Phoebe Heinrich	Swan	1.35
4	35	Ffion Rees	Carm	1.25
5	2	Sarah Jones	TAC	1.15
6	34	Michalia Davies	Nth	1.10

High Jump Under 17 Women				
Pos	No.	Athlete	Club	Perf
1	74	Amy Rowland	Pem	1.40
2	66	Catherine Goldsmith	Carm	1.40
3	71	Caryl Thomas	Carm	1.35
4	67	Donna Jones	Llan	1.35

High Jump Under 20 Woman				
Pos	No.	Athlete	Club	Perf
1	77	Hannah Pick	Carm	1.40

Javelin Throw Under 13 Boys				Perf
	No.	Athlete	Club	
1	120	Osian Phillips	Carm	28.38
2	123	Matthew Northcott	Carm	18.39
3	400	Thomas Drakley	Carm	17.86
4	105	Daniel Colman	Pem	15.81
5	132	Jac Edwards	Carm	12.64

Javelin Throw Under 15 Boys				Perf
Pos	No.	Athlete	Club	
1	143	George Gleeson	Carm	35.23
2	149	Rheon James	Carm	33.27
3	151	Jon Llewelyn	Tre	28.99
4	283	William Rowberry	Carm	26.57

Javelin Throw Under 13 Girls				Perf
Pos	No.	Athlete	Club	
1	919	Elliw James	Carm	22.14
2	934	Carys Mansfield	Carm	18.84
3	935	Emily Morris	Swan	12.44
4	940	Florence Bowen Rees	Carm	11.84
5	932	Rhiannon Plant	Carm	11.59
6	925	Bethan Jones	Swan	9.04
7	213	Charlotte Mann	Swan	8.63
8	949	Alys Turpin	Swan	7.73
9	209	Martha Thomas	Swan	7.13
10	211	Bronwen Nixon	Swan	6.38
11	212	Holly Dyson	Swan	5.41

Javelin Throw Under 15 Girls				Perf
Pos	No.	Athlete	Club	
1	31	Mary Wilson	Carm	30.91
2	39	Jessica Northcott	Carm	17.55
3	1	Jennie Brock	Pem	15.90
4	34	Michalia Davies	Nth	12.44

Javelin Under 17 Women				Perf
Pos	No.	Athlete	Club	
1	83	Danielle Hamer	Carm	34.26
2	79	Claire Williams	Carm	33.67
3	68	Lydia Jones	Carm	32.60

Javelin Under 20 Women				Perf
Pos	No.	Athlete	Club	
1	91	Kylie Clarke	Carm	37.56
2	282	Victoria Buxton	Carm	35.50

Javelin SW				
Pos	No.	Athlete	Club	Perf
1	317	Sara Siggery (u23)	Carm	42.43
2	344	Jo Davies	Swan	30.68

Javelin Under 17 Men				
Pos	No.	Athlete	Club	Perf
1	179	Michael John	Carm	57.03
2	182	Josh Madden	Carm	44.20
3	166	Philip Alvey	Pem	36.21
4	178	Samual Kirkhouse	Pem	29.13

Javelin Throw Under 20 Men				
Pos	No.	Athlete	Club	Perf
1	273	Robert Llewelyn	Pemb	25.25

Long Jump Under 13 Girls				
Pos	No.	Athlete	Club	Perf
1				
2				
1	929	Jessica Harries	Pem	4.36
2	942	Eleanor Rowland	Pem	4.34
3	204	Gemma Seaman	Swan	3.91
4	950	Emily Dacey	Swan	3.80
5	208	Emily Thomas	Carm	3.79
6	207	Alyce Phillips	Carm	3.63
7	953	Olivia Jones	Pem	3.53
8	939	Catrin Rees	Carm	3.33
9	944	Laura Thomas	Swan	3.30
10	202	Nicola Jones	Swan	3.26
11	933	Mali James	Swan	3.21
12	941	Amy Roberts	Carm	3.08
13	925	Bethan Jones	Swan	2.98
14	928	Abigail Hansford	Swan	2.39

Long Jump Under 15 Girls				
Pos	No.	Athlete	Club	Perf
1	35	Ffion Rees	Carm	4.52
2	15	Sophie Pick	Carm	4.48
3	20	Rachel Rees	Swan	4.42
4	26	Danielle Harrison	AVH	4.27
5	29	Catherine Williams	Swan	4.18
6	8	Sarah Evans	Swan	4.00
7	23	Kara Stedman	Llan	3.63

Long Jump Under 17 Woman				
Pos	No.	Athlete	Club	Perf

1	65	Caryll Granville	Carm	5.28
2	67	Donna Jones	Llan	4.63
3	72	Charlotte Murray	Swan	4.37
4	77	Hannah Pick	Carm	4.33

Pos	No.	Long Jump Under 20 Women Athlete	Senior Women Club	Perf
1	92	Marie Fenton U20	Carm	4.71
1	251	Kirsty Woolford SW	Swan	4.09

Pos	No.	Athlete	Club	Perf
1	114	Daniel Howells	Carm	4.28
2	109	Joseph Fisher	Carm	3.82
3	115	Matthew Hughes	Swan	3.73
4	133	Harry Lewis	Carm	3.65
5	128	Henry Robinson	Swan	3.59
6	108	Robert George	Swan	3.24
7	105	Daniel Colman	Pem	2.76

Pos	No.	Long Jump Under 15 Boys Athlete	Club	Perf
1	276	Scott Gerrard	Amman	4.88
2	137	Dominic Colman	Pem	4.70
3	140	Andrew Drakeley	Carm	4.60
4	145	Nathan Mounter	Pem	4.40
5	275	Craig Roberts	Amman	3.92
6	157	George Lewis	Carm	3.83
7	160	Jonathon Squire	Swan	3.48

Pos	No.	Long Jump Under 17 Man Athlete	Club	Perf
1	177	Kueni Igbagiri	Carm	6.21
2	170	Christian Davies	Carm	5.82
3	180	Robert John	Swan	5.02

Pos	No.	Long Jump Senior Men Athlete	Under 20 Club	Perf
1	273	Robert Llewellyn	Pem	4.70
1	269	Andrew Thomas	Llan	6.33

Pos	No	Shot Putt Under 13 Boys Athlete	Club	Perf
1	121	Ross Murray	Swan	8.19
2	132	Jac Edwards	Carm	6.22
3	400	Thomas Drackley	Carm	6.00

Shot Putt Under 15 Boy				
Pos	No.	Athlete	Club	Perf
1	155	Tomos Edwards	Carm	12.69
2	142	Jonathan Gardiner	Carm	10.00
3	152	Adam Jeremiah	Swan	9.63
4	156	Tyler Batt	Swan	6.36
5	151	Jon Llewelyn	Tre	5.79

Shot Putt Under 17 Man				
	No.	Athlete	Club	Perf
1	179	Michael John	Carm	12.81
2	174	Trystan Davies	Carm	12.36
3	181	Chad Monk	Pem	11.52
4	169	Andrew Davies	Pem	10.83
5	172	James Dobler	Swan	8.34

Shot Putt Under 20 Men				
	No.	Athlete	Club	Perf
Pos 1	273	Rob Llewellyn	Pembs	9.91

Shot Putt Under 13 Girls				
	No.	Athlete	Club	Perf
5	921	Gabriella Cirillo	Swan	6.12
4	932	Rhiannon Plant	Carm	6.34
2	926	Lucy Griffiths	Pem	7.01
6	202	Nicola Jones	Swan	4.69
7	206	Sioned Davies	Sarn	4.65
1	919	Elliw James	Carm	7.57
3	210	Bethan Gates	Swan	6.38

Shot Putt Under 15 Girls				
	No.	Athlete	Club	Perf
1	13	Jade Pearce	Carm	8.82
2	284	Nicole Evans	Nth	7.57
3	3	Miranda Davies	Pemb	5.81

Shot Putt Under 17 Woman				
	No.	Athlete	Club	Perf
1	72	Charlotte Murray	Swan	10.92
2	70	Sian Lowe	Swan	8.77
3	66	Catherine Goldsmith	Carm	8.51

Shot Putt Under 20/Senior Women				
	No.	Athlete	Club	Perf
1	272	Karan Llewellyn	Pemb	8.04

Pole Vault Under 13 Boys				
Pos	No	Athlete	Club	Perf

1	131	Ishtar Witt	Carm	1.40
---	-----	-------------	------	------

Pole Vault Under 15 Boys

Pos	No	Athlete	Club	Perf
1	163	Xien Witt	Carm	2.60
2	159	Jamie Stubbs	Carm	2.60
3	154	Emyr Jones	Carm	2.30

Pole Vault Senior Man

Pos	No.	Athlete	Club	Perf
1	249	Leigh Walker	Swan	4.20
2	250	Richard Stubbs	Carm	3.6

Triple Jump Under 20 Women

Pos	No.	Athlete	Club	Perf
1	92	Marie Fenton	Carm	9.77

Triple Jump Under 17 Men

Pos	No.	Athlete	Club	Perf
1	169	Andrew Davies	Pem	11.65
2	180	Robert John	Swan	10.46
3	178	Samual Kirkhouse	Pem	9.36