



Swansea Harriers Gold Awards 11.2019-12.2020



Events	U13B	U15B	U17M	U20M	U13G	U15G	U17W	U20W
75m					10.5			
100m	13.0	11.8	11.3	10.9	13.7	12.8	12.5	12.2
150m					20.5			
200m	27.0	24.0	22.8	22.1	28.5	26.5	25.7	24.9
300m		39.1				42.8	41.4	
400m			51.3	49.7			58.7	57.4
800m	2.23.5	2.07.5	1.58.7	1.54.2	2.29.5	2.20.7	2.16.3	2.12.0
1200m					3.59.5			
1500m	4.52.3	4.24.0	4.08.2	3.57.0	5.09.5	4.52.0	4.41.8	4.31.5
3000m			8.56.5	8.37.3			10.20.5	9.49.0
Sprint Hurdles	13.1	12.1	14.0	14.3	12.1	12.0	11.9	14.5
Long Hurdles			57.0	53.8			45.5	63.6
Steeplechase			4.35.7 (1500m)	6.10.8 (2000m)			5.15.5 (1500m)	5.08.8 (1500m)
Walk	5.15 (1000m)	4.55 (1000m)	15.00 (3000m)	13.30 (3000m)	5.35 (1000m)	5.15 (1000m)	15.54 (3000m)	16.00 (3000m)
Walk		15.19 (3000m)	24.50 (5000m)	22.13 (5000m)		16.30 (3000m)	26.33 (5000m)	26.58 (5000m)
High Jump	1.43	1.70	1.87	1.98	1.38	1.56	1.63	1.72
Pole Vault		3.40	4.07	4.43		2.82	3.40	3.70
Triple Jump		11.92	12.87	13.97			10.67	11.40
Long Jump	4.65	5.65	6.30	6.73	4.42	5.02	5.37	5.57
Shot	9.20	12.07	13.27	13.67	8.25	9.85	11.60	11.32
Discus	22.85	34.20	39.17	43.70	21.37	27.30	31.62	39.45
Javelin	29.80	41.75	50.87	53.77	23.65	31.10	38.45	39.17
Hammer		41.70	53.97	60.00		38.30	49.07	51.32
Combined Events		2577 Pent.	4802 Oct.	6082 Decath.		2820 Pent.	4442 Hept.	5007 Hept.
Indoor 60m	8.12	7.60	7.25	7.00	8.58	8.23	7.90	7.75
Indoor 60m H	10.21	9.05	8.40	8.10	9.90	9.43	8.95	8.73
Ind. Comb'd Events		2502 Pent.	4124 Hept.	4559 Hept.		2895 Pent.	3495 Pent.	3541 Pent.

SCHEDULE OF ELIGIBLE

FIXTURES

- ✓ WJL – Louise Arthur League
- ✓ Youth Development League
- ✓ Welsh Regional Championships
- ✓ Welsh Age Group Championships (inc. Combined Events)
- ✓ Welsh Schools
- ✓ Welsh Inter Regional Champs
- ✓ Schools International
- ✓ UK Age Group Championships (inc. Combined events)
- ✓ WSL (U17/20)
- ✓ Welsh U20 International
- ✓ European/World U20 Championships

RULES AND CONDITIONS

- 1) Only the events listed will be used
 - 2) Only weights appropriate to the age group will be accepted in the throws
 - 3) Sprint Hurdles will be as per the rules for each age group
 - 4) Athletes may only gain awards within their own age band
 - 5) One award per event per season
 - 6) All registered 1st claim club members are eligible
- Email: wendy_slade@sky.com