

11th Welsh Inter Regional Track & Field Championships

Swansea University Athletics Track Sunday, August 30th, 2009

Many thanks to:

1. West Wales region for organising this 11th edition of the Inter Regional track & field championships
2. The athletes who took part
3. The officials, technical and non-technical, who contributed so much to ensure that the meeting was completed despite the conditions
4. The Regional team organisers and team managers
5. Andrew Griffiths and the staff at the Swansea University track
6. St John Ambulance representatives for first aid cover
7. The spectators and supporters

The weather conditions were some of the worst ever experienced for this August event. We have competed in heavy rain at Inter Regional cross-country championships at nearby Singleton Park but, after the wonderful weather for the Joint Combined Events championships at the Swansea track in June, we had hoped for a similar helping of sun and favourable wind for this Inter Regional track & field – but it was not to be. There was a real possibility that the high jump and pole vault events might not have been held but, fortunately, the indoor centre is close to hand and they were moved there.

Despite the conditions, twelve new individual championships bests were set for the outdoor events.

In the senior men's section, the throwers made light of the difficult conditions with Matthew Richards (West) improving his 2007 hammer mark to 57.72, Ryan Spencer-Jones (East, 15.21) adding over half a metre to the distance he set last year and GB international Brett Morse (South), on his debut in the senior ranks, extending the discus best by over 8 metres to 54.57m. Only javelin winner Lee Doran (South) missed out on a new best, his winning distance (60.63m) on his meeting debut falling short of Stuart Loughran's 2008 figures.

Arguably, the star of the meeting was GB u20 international David Guest, who won three titles on his first appearance in the junior age group. Two of that trio involved new meeting bests as he broke the 7 metres barrier in the long jump (7.21m) and lowered the 110m hurdles time to 14.52 seconds. He also won the high jump with a 1.95 clearance, only 3 centimetres short of the best, and he might have claimed the pole vault title had he not opted out after two attempts at his opening height.

There were two more individual bests in this age group with Gareth Hopkins (South) taking 0.01 off Bruce Tasker's 2006 best of 49.13 seconds while, in a very competitive 800, Gerwyn Slinger (West, 1:58.60) sliced over half a second off another 2006 mark, set by Jamie Fenaroli.

The 400 metres best was also revised in the u17 men's section with both the winner, Paul Bennett (West, 50.14), and second placed James Wiltshire (South, 50.61) dipping under the old time (50.86). Earlier in the meeting, Bennett had also won the 200.

In the senior women's section, Caryl Jones (West) took the 3000 metres time into respectable territory with a 9:56.09 clocking which took nearly 30 seconds off the old mark while the 1500 metres steeplechase, introduced as a non scoring event for senior and u17 women last year, at last had a competitor with Rhianwedd Price (East, u17) setting an encouraging inaugural best of 5:38.13 in a solo run.

There were two more event bests in the u17 women's section. On the track, Samantha Cogan (South) broke the 41 second barrier in the 300 metres, reducing the 41.4 timing set by Rebecca Williams in 2004 to 40.57, while Toni Wells (East, 45.86) improved Charlotte Murray's 2005 hammer mark by over three metres.

Two new sprint relay bests were set, by South Wales teams in the u20 and u17 men's events.

In the indoor arena, three of the pole vault competitions were won with heights better than the current event best. Elinor Lewis (South), the only senior woman competitor, won with 3.50 metres, while Rebecca Davies (North) and Emyr Jones (West) took the u17 titles with clearances at 3.60 metres and 4.10 metres respectively. At the present time, it seems unlikely that these will be recognised as bettering the current outdoor marks.

West Wales finished ahead in five of the seven team sections – all three of the female competitions plus the u15 boys and u17 men – and retained the Female cup by 100 points. In the other two sections, South Wales won by impressive margins, claiming top spot in the u20 men with a points score of over 200, and a winning margin of over 80, while the region also got the better of the East team in the senior men's group and, with another 75 points margin over the West, claimed the Male cup and, for the first time ever, the Overall Points trophy.

South Wales are due to host the 2010 fixture, with the event likely to be staged at Leckwith.

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Senior Men

100	(-1.2):	cbp	10.68	2006
1	5	Liam Duff	South	11.33
2	1	Carl McEwan	East	11.53
3	3	Nik Mesney	North	11.58
4	6	Adam Jones	South	11.85
200	(-2.2):	cbp	22.35	2001
1	1	Carl McEwan	East	23.17
2	3	Nik Mesney	North	23.20
3	5	Liam Duff	South	23.21
4	6	Adam Jones	South	23.72
5	8	Gary Piazzon	West	25.17
400:		cbp	48.2	2000
1	7	Jonathan Williams	West	49.30
2	1	Nathan Felvus	East	49.52
3	2	Carl McEwan	East	51.52
4	5	James Thie	South	52.63
5	4	Stephen Morris	North	54.21
6	8	Gary Piazzon	West	55.15
7	3	Barry Edwards	North	55.42
8	6	David Williams	South	59.55
800:		cbp	1:55.6	1999
1	6	Jonathan Butler	South	1:59.42
2	5	James Thie	South	1:59.53
3	7	Jonathan Williams	West	2:02.23
4	8	Chris Melbourne	West	2:03.14
5	4	Stephen Morris	North	2:03.83
6	2	Lee Richards	East	2:04.85
1500:		cbp	4:01.01	2003
1	1	Ieuan Thomas	East	4:01.02
2	2	Chris Prothero	East	4:07.66
3	7	Guy Smith	West	4:08.49
3000:		cbp	8:42.3	1999
1	7	Chris Williams	West	9:24.80
2	8	Phil Griffiths	West	9:37.81
110H	(-0.8):	cbp	14.24	2002
1	5	Matt Ledger	South	17.65
2	3	Neil Edwards	North	19.21
3	2	Derek Osborne	East	19.91
4	6	David Williams	South	20.27
400H:		cbp	56.56	2001
1	5	David Williams	South	1:04.93
2	1	Darryn McAtee	East	1:14.99
2Km SC:		cbp	5:58.69	2001
1	2	Ieuan Thomas	East	5:59.42
2	5	Andrew Friend	South	6:02.26
3	1	Darryn McAtee	East	8:05.22
4x100:		cbp	44.1	1999
1	3	North		49.52
2	7	West		49.54
3	5	South		49.61
4x400:		cbp	3:23.82	2001
1	6	South		3:27.71
2	2	East		3:27.88
3	4	North		3:42.99
HJ:	Indoor	cbp	2.05	2000
1	1	Owen Cheshier	East	1.85
2	5	Matt Ledger	South	1.85
3	6	Daniel Williams	South	1.75
4	2	Derek Osborne	East	1.50
PV:	Indoor	cbp	4.60	99&01
1	5	Glyn Price	South	4.20
2	3	Neil Edwards	North	3.50
3	2	Keith Powell	East	2.90
4	1	Derek Osborne	East	2.90
5	6	Matt Ledger	South	2.80
LJ:		cbp	7.06	2004
1	5	Ian Dwight	South	5.58
2	7	Richard Ledger	West	5.25
3	3	Neil Edwards	North	5.20
4	6	Luke Litchfield	South	5.19
5	1	Keith Powell	East	4.56
TJ:		cbp	14.61	1999
1	6	Daniel Williams	South	11.05
2	2	Derek Osborne	East	10.64

SP:			cbp	14.66	2008
1	1	Ryan Spencer-Jones	East	15.21	cbp
2	5	Brett Morse	South	13.75	
3	3	Phil Davies	North	11.94	
4	2	Robert Eales	East	10.81	
5	4	Neil Edwards	North	10.55	
6	7	Richard Ledger	West	9.81	
7	6	David Williams	South	6.19	
DT:			cbp	46.03	2007
1	5	Brett Morse	South	54.57	cbp
2	1	Ryan Spencer-Jones	East	47.13	
3	3	Phil Davies	North	30.87	
4	2	Robert Eales	East	25.17	
5	4	Mark Rich	North	18.71	
6	7	David Jones	West	13.84	
HT:			cbp	57.31	2007
1	7	Matthew Richards	West	57.72	cbp
2	1	Ritchie Wells	East	49.61	
3	4	Neil Edwards	North	23.85	
4	8	Michael John	West	21.34	
JT:			cbp	63.98	2008
1	5	Lee Doran	South	60.63	
2	6	Jason Hallett	South	54.38	
3	3	Neil Edwards	North	46.65	
4	8	Michael John	West	44.60	
5	7	Richard Ledger	West	43.72	
6	2	Derek Osborne	East	30.31	
7	1	Keith Powell	East	22.82	

Team

1	South Wales	165
2	East Wales	146
3	North Wales	95
4	West Wales	89

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U20 Men

100	(-2.1):	cbp	11.1	1999
1	5	Gareth Hopkins	South	11.18
2	6	Lloyd Bowen	South	11.43
3	3	Cynan Evans	North	11.71
200	(-1.8):	cbp	21.90	2004
1	5	Lloyd Bowen	South	22.68
2	6	Sam Conway	South	23.03
3	8	Jamie Price	West	23.42
4	1	Lemarl Freckleton	East	24.20
5	2	Craig Godsall	East	25.40
400:		cbp	49.13	2006
1	5	Gareth Hopkins	South	49.12
2	6	Sam Conway	South	50.46
3	3	Cynan Evans	North	51.02
4	7	Gerwyn Slinger	West	51.66
5	1	Edward Lantzoz	East	54.75
6	4	Tom Snowdon	North	56.89
7	2	Craig Godsall	East	57.01
8	8	Antonio Cirillo	West	59.70
800:		cbp	1:59.11	2006
1	7	Gerwyn Slinger	West	1:58.60
2	1	Jonathan Morgan	East	1:58.93
3	3	Phil Edge	North	2:02.17
4	5	Daniel Hiscox	South	2:02.82
5	8	Geraint Mansfield	West	2:10.01
6	4	Tom Snowdon	North	2:10.67
7	6	Kyle Garrison	South	2:33.65
1500:		cbp	4:04.09	2008
1	27	Adam Bitchell	West	4:07.13
2	23	David Mountford	North	4:13.67
3	25	Daniel Hiscox	South	4:20.47
4	24	Phil Edge	North	4:32.08
5	26	Hywel Jones	South	4:38.16
6	28	Antonio Cirillo	West	4:59.02
3000:		cbp	8:48.5	2001
1	16	Daniel Bodman	South	9:29.35
2	15	Hywel Jones	South	9:41.19
3	17	Daniel Worrall	West	9:42.60
4	18	Jake Watson	West	9:45.05
5	13	Andrew Bromley	North	9:50.28
110H	(-2.8):	cbp	14.77	2002
1	5	David Guest	South	14.52
2	7	Dafydd Walters	West	16.28
400H:		cbp	56.41	2004
1	5	Luke Morgan	South	56.81
2	7	Dafydd Walters	West	59.61
3	8	Jordan Brock	West	1:04.48
2Km SC:		cbp	6:07.65	2001
1	53	Ricky Challinor	North	6:24.54
2	57	Michael Kallenburg	West	6:37.97
3	55	Tom Whitmarsh-Knight	South	6:40.68
4	56	Daniel Bodman	South	6:42.60
4x100:		cbp	44.4	2000
1	5	South		44.03
2	7	West		45.58
3	3	North		52.41
HJ:	Indoor	cbp	1.98	2001
1	5	David Guest	South	1.95
2	7	Ben Davies	West	1.90
3	1	Robbie Wells	East	1.85
4	6	Lewis Long	South	1.80
5	8	Jordan Brock	West	1.75
6	3	Gawain Rogers	North	1.70
7	2	Lemarl Freckleton	East	1.65
PV:	Indoor	cbp	4.20	2002
1	3	Liam Edwards	North	3.50
2	4	Kamen Howells	North	3.00
3	6	Curtis Mathews	South	2.80
5	5	David Guest	South	nh
LJ:		cbp	6.92	2000
1	5	David Guest	South	7.21
2	6	Curtis Mathews	South	6.38
3	1	Robbie Wells	East	6.15
4	8	Robert John	West	6.15
5	3	Gawain Rogers	North	5.41
6	7	Kueni Igbagiri	West	5.31

TJ:			cbp	14.19	2003
1	5	Alex Obiako	South	13.44	
2	6	Ross McKenzie	South	12.59	
3	1	Michael Grout	East	11.99	
4	8	Jordan Brock	West	10.29	
SP:			cbp	16.53	2008
1	7	Tomos Edwards	West	14.32	
2	6	Curtis Mathews	South	11.26	
3	5	Anthony Halling	South	11.20	
DT:			cbp	57.89	2008
1	7	Tomos Edwards	West	35.00	
2	5	Anthony Halling	South	31.55	
HT:			cbp	55.25	2008
1	5	Anthony Halling	South	29.90	
2	6	Kyle Garrison	South	13.08	
JT:			cbp	56.96	2008
1	8	Josh Madden	West	51.43	
2	5	Josh Hill	South	38.13	
3	6	Kyle Garrison	South	29.77	
Team					
1		South Wales		209	
2		West Wales		128	
3		North Wales		76	
4		East Wales		42	

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U17 Men

100	(-2.6):	cbp	11.08	2004
1	1	Oliver Edwards	East	11.73
2	2	Lewis Hinwood	East	11.77
3	8	Lewis Evans	West	11.87
4	3	Daniel Williams	North	12.32
5	4	James Rich	North	12.70
200	(-0.3):	cbp	21.91	2004
1	7	Paul Bennett	West	22.63
2	6	Jamaul Whyte	South	23.01
3	2	Lewis Hinwood	East	23.24
4	1	Oliver Edwards	East	23.27
5	5	Jonathan Pengelly	South	23.60
6	8	Evan Jenkins	West	24.01
7	3	Daniel Williams	North	25.26
400:		cbp	50.86	2002
1	7	Paul Bennett	West	50.14
2	5	James Wiltshire	South	50.61
3	8	Evan Jenkins	West	51.64
4	6	Jonathan Pengelly	South	53.82
5	2	Adam Jones	East	54.26
6	3	James Rich	North	55.69
7	1	Kieron Stephens	East	59.50
800:		cbp	1:57.40	2005
1	1	Elliot Hardee	East	2:03.88
2	5	Alex Coomber	South	2:04.61
3	7	Sean White	West	2:09.97
4	6	James Hunt	South	2:10.85
5	2	Ben McEwan	East	2:13.26
6	8	Grant Westcott	West	2:14.48
1500:		cbp	4:11.82	2006
1	1	James Hanrahan	East	4:35.93
2	7	Josh Griffiths	West	4:38.54
3	6	Joseff Whitmarsh-Knight	South	4:40.36
4	8	Luke Clements	West	4:40.98
5	3	James Roberts	North	4:47.05
6	2	Marcus Price	East	4:51.02
3000:		cbp	9:05.28	2005
1	5	Alex Edwards	South	9:14.54
2	7	Matthew O'Leary	West	9:17.26
3	1	Chris Carpanini	East	9:42.12
4	8	Liam Lloyd	West	9:48.71
100H	(-1.9):	cbp	14.21	2008
1	5	Jamaul Whyte	South	14.24
2	6	Oliver Jeffries	South	14.96
3	8	Shane Jones	West	15.59
4	4	David Hooson	North	16.17
5	3	Jack McDonald	North	16.44
400H:		cbp	58.20	2005
1	5	Jacob Brennan	South	1:00.20
2	8	Glen Elsdon	West	1:01.45
3	7	Josh Sansom	West	1:02.12
4	6	Tom Phillips	South	1:03.83
5	4	Callum Neapsie	North	1:03.93
6	3	Jack McDonald	North	1:04.27
7	1	Ben McEwan	East	1:05.16
1.5KSc:		cbp	4:38.5	2000
1	1	David Banwell-Clode	East	4:57.29
2	7	Matthew Richards	West	5:03.35
3	5	Darren Jones	South	5:12.88
4	8	Matthew Thomas	West	5:16.30
4x100:		cbp	45.33	2002
1	5	South	45.02	cbp
2	1	East	47.49	
3	3	North	48.00	
disq	7	West		
HJ:	Indoor	cbp	2.10	2000
1	7	Adam Davies	West	1.91
2	2	Tomas Morgan	East	1.85
3	6	Matthew Pickford	South	1.80
4	5	Stephen Guest	South	1.80
5	8	Ben Jenkins	West	1.75
6	3	George Barr	North	1.65
PV:	Indoor	cbp	4.00	2001
1	7	Emyr Jones	West	4.10
2	6	Stephen Guest	South	4.00
3	8	Morgan Atkins	West	2.70
	5	Lewis Newton	South	nh

LJ:		cbp	6.79	2001
1	1	Michael Payne	East	6.24
2	2	Tomas Morgan	East	6.05
3	5	Jamie Morris	South	5.98
4	7	Lewis Ifans	West	5.82
5	6	Tom Barry	South	5.65
6	3	Jack McDonald	North	5.59
7	8	Glen Elsdon	West	5.29
TJ:		cbp	14.14	2002
1	5	Sam Bunkham	South	12.37
2	1	Ashley Jones	East	11.99
3	7	Lawrence Hancock	West	11.73
4	8	Glen Elsdon	West	9.51
SP:		cbp	14.92	2003
1	1	Josh Bussell	East	13.31
2	5	Dan Clarke	South	11.72
3	7	Tomos Jones	West	10.23
4	2	Lewis Jones	East	9.71
5	8	Alex Thomas	West	9.60
6	6	Bradley Cole	South	8.73
DT:		cbp	47.46	2001
1	2	Tom Aviss	East	36.63
2	1	Josh Bussell	East	32.71
3	6	Liam Dascombe	South	30.93
4	8	Alex Thomas	West	27.46
5	7	Tomos Jones	West	22.31
	5	Ryan Leonard	South	nt
HT:		cbp	55.42	2006
1	3	Osian Jones	North	53.17
2	5	Bradley Cole	South	39.07
3	1	Josh Bussell	East	31.87
4	2	Dan Bowen	East	30.59
5	7	Tomos Jones	West	27.42
6	8	Alex Thomas	West	18.55
JT:		cbp	55.09	2004
1	5	Ryan Leonard	South	46.99
2	2	Tomas Morgan	East	42.62
3	8	Scott Phillips	West	40.82
4	6	Fearghus Gough	South	38.77
5	1	Lewis Hinwood	East	30.53
Team				
1		West Wales	176	
2		South Wales	163	
3		East Wales	157	
4		North Wales	54	

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U15 Boys

100		(-1.1):	cbp	11.14	2002
1	7	Mathew Davies	West	11.88	
2	1	Jordan Peake	East	12.16	
3	3	Joshua Jones	North	12.27	
4	5	Thomas Williams	South	12.43	
5	8	Alex Pavlou	West	12.69	
6	6	James McLean	South	12.69	
7	4	William Poole	North	13.22	
200		(-1.4):	cbp	22.43	2002
1	7	Mathew Davies	West	24.19	
2	3	Lloyd Robbins	North	24.56	
3	1	Jordan Peake	East	24.93	
4	8	Alex Pavlou	West	25.40	
5	5	James McLean	South	25.63	
6	6	Thomas Williams	South	25.73	
7	4	William Poole	North	26.37	
8	2	Andrew Chan	East	26.69	
400:			cbp	53.27	2001
1	4	Tom Kemp	North	54.09	
2	7	Llyr Jamieson	West	54.37	
3	8	Adam Rowlands	West	54.50	
4	3	Lloyd Robbins	North	55.56	
5	5	Tom Bevan	South	56.33	
6	6	Matthew Edwards	South	1:00.15	
7	1	Stephen Scarfi	East	1:00.27	
800:			cbp	2:04.76	2005
1	6	Elliott Slade	South	2:06.91	
2	5	Tom Bevan	South	2:13.71	
3	7	Carwyn Evans	West	2:18.51	
4	8	Rhys Granville	West	2:24.55	
5	4	Luke Wanderless	North	2:32.23	
6	3	Jacob Griffiths	North	2:39.65	
1500:			cbp	4:20.27	2003
1	5	Matthew Antoniazzi	South	4:28.12	
2	8	Morgan Smith	West	4:34.21	
3	6	Matthew Edwards	South	4:36.63	
4	7	Ronan Llyr	West	4:39.62	
5	3	Andrew Williams	North	4:50.04	
6	1	Ben Jones	East	4:53.51	
80H		(-2.7):	cbp	11.2	2006
1	7	Daniel Blain	West	11.96	
2	5	Jonathan Bailey	South	12.80	
3	8	Aled Price	West	13.12	
4	6	Adrian Lawrence	South	14.05	
5	3	Aled Thomas	North	15.65	
6	4	Simon Crumpton	North	15.76	
4x100:			cbp	46.70	2006
3	3	North		48.00	
4	7	West		48.16	
5	5	South		50.88	
disq	1	East			
HJ:		Indoor	cbp	1.85	2006
1	5	Jonathan Bailey	South	1.65	
2	8	Aled Price	West	1.55	
3	3	Chris McNaughton	North	1.55	
4	6	Ashley Bundy	South	1.50	
5	4	Michael Bland	North	1.40	
PV:		Indoor	cbp	2.80	2002
1	1	Stephen Scarfi	East	2.60	
2	3	Evan Cook	North	2.50	
3	5	David Callan	South	2.40	
LJ:			cbp	6.02	2006
1	7	Mathew Davies	West	5.68	
2	8	Daniel Edwards	West	5.33	
3	5	Thomas Williams	South	5.15	
4	4	Luke Wanderless	North	5.00	
5	6	Jonathan Bailey	South	4.77	
6	1	Taylor Jones	East	2.87	
	3	Lloyd Robbins	North	nj	
SP:			cbp	16.01	2003
1	5	Matthew Field	South	13.98	
2	3	Matthew Reece	North	11.01	
3	8	Lee Taylor	West	10.73	
4	1	Tom Norton	East	9.92	
5	7	James Stevenson	West	9.35	
6	6	Matteo Holmes	South	8.23	

DT:			cbp	47.71	2003
1	5	Matthew Field	South	37.88	
2	8	Lee Taylor	West	31.15	
3	3	Matthew Reece	North	29.80	
4	1	Tom Norton	East	29.46	
5	7	James Stevenson	West	28.14	
6	4	Matthew Rich	North	15.70	
7	6	Deon Garrison	South	15.62	
HT:			cbp	53.94	2006
1	5	Matthew Field	South	34.81	
2	7	Mathew John	West	32.54	
3	3	Matthew Reece	North	32.21	
4	6	Jac Palmer	South	26.66	
5	8	Zac Nye	West	22.66	
6	4	Matthew Rich	North	11.09	
JT:			cbp	49.48	2003
1	1	Tom Norton	East	47.75	
2	7	Gareth Thompson	West	38.50	
3	2	Jordan Peake	East	37.11	
4	8	James Stevenson	West	37.08	
5	4	William Poole	North	31.41	
6	5	Matteo Holmes	South	29.51	
7	6	Deon Garrison	South	22.92	
8	3	Matthew Rich	North	19.22	
Team					
1		West Wales		148	
2		South Wales		137	
3		North Wales		110	
4		East Wales		54	

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Senior Women

100	(-2.8):	cbp	12.19	2004
1	3 Hannah Pendlebury	North	12.73	
2	7 Hannah Jones	West	13.31	
3	2 Emma Reynolds	East	13.55	
4	6 Lolita Byfield-Moore	South	13.62	
5	8 Sarah Evans	West	13.65	
6	5 Elinor Lewis	South	13.89	
7	4 Emma Roberts	North	14.02	
200	(-2.6):	cbp	25.10	2003
1	3 Hannah Pendlebury	North	26.28	
2	1 Bryony Turnbull	East	26.45	
3	7 Hannah Jones	West	26.61	
4	2 Emma Reynolds	East	28.25	
5	6 Lolita Byfield-Moore	South	28.68	
6	8 Sophie Thomas	West	28.97	
400:		cbp	57.7	2000
1	1 Bryony Turnbull	East	59.18	
2	7 Sophie Thomas	West	1:03.71	
3	8 Angharad Davies	West	1:03.94	
4	3 Amy Hankinson	North	1:17.95	
800:		cbp	2:16.0	2000
1	1 Bethan Strange	East	2:19.40	
2	7 Angharad Davies	West	2:24.89	
	5 Lauren Brobin	South	dnf	
1500:		cbp	4:37.8	2000
1	8 Alaw Beynon Thomas	West	5:02.87	
2	7 Emily Downey	West	5:20.87	
3	6 Leigh James	South	5:21.05	
3000:		cbp	10:25.5	2001
1	7 Caryl Jones	West	9:56.09	cbp
2	1 Ffion Price	East	10:34.15	
3	5 Gwenno Brown	South	11:09.90	
4	6 Leigh James	South	11:16.82	
100H	(-2.3):	cbp	14.71	2002
1	7 Caryl Granville	West	15.69	
2	5 Elinor Lewis	South	17.65	
3	1 Abby Gutteridge	East	20.95	
400H:		cbp	1:00.91	2006
1	7 Caryl Granville	West	1:01.75	
2	8 Sophie Pick	West	1:13.93	
3	1 Abby Gutteridge	East	1:25.03	
1.5Km SC:		non scoring	cbp	
		No competitors		
4x100:		cbp	49.7	2001
1	8 West		52.65	
2	2 East		54.52	
3	4 North		55.20	
4	6 South		56.03	
4x400:		cbp	4:08.97	2002
1	8 West		4:16.66	
2	6 South		4:36.98	
HJ:	Indoor	cbp	1.75	2002
1	7 Ceri Stokoe	West	1.65	
2	8 Sophie Pick	West	1.40	
3	5 Imogen Lewis	South	1.35	
4	3 Hawys Price	North	1.35	
PV:	Indoor	cbp	3.40	2002
1	5 Elinor Lewis	South	3.50	cbp?
LJ:		cbp	5.67	2002
1	3 Amy Campagne	North	5.01	
2	2 Victoria Webb	East	4.73	
3	7 Donna Jones	West	4.71	
4	8 Sophie Pick	West	4.45	
5	4 Amy Hankinson	North	4.19	
6	5 Imogen Lewis	South	3.63	
TJ:		cbp	12.09	2004
1	3 Amy Campagne	North	10.91	
2	7 Donna Jones	West	10.06	
3	6 Danielle Mill	South	8.22	
SP:		cbp	12.91	2004
1	5 Alyson Hourihan	South	9.85	
2	8 Catherine Goldsmith	West	9.75	
3	6 Ayla Phillips	South	9.71	
4	1 Lisa Boswell	East	9.08	
5	3 Brea Leung	North	6.32	
6	7 Jessica Huddleston	West	6.08	
7	2 Sian Jordan	East	5.10	

DT:		cbp	38.98	2001
1	5 Alyson Hourihan	South	33.71	
2	3 Brea Leung	North	33.52	
3	6 Louise Ali	South	32.43	
4	7 Jessica Huddleston	West	28.70	
5	8 Karen Llewellyn	West	26.57	
6	1 Sian Jackson	East	24.26	
HT:		cbp	56.15	2003
1	6 Ayla Phillips	South	37.13	
2	1 Lisa Boswell	East	36.12	
3	5 Alyson Hourihan	South	30.41	
4	2 Kirstie Milne	East	30.33	
5	8 Karen Llewellyn	West	26.73	
6	7 Jessica Huddleston	West	19.25	
JT:		cbp	46.46	2004
1	7 Sara Siggery	West	42.97	
2	8 Claire Williams	West	36.85	
3	5 Alyson Hourihan	South	28.19	
4	1 Lisa Boswell	East	26.66	
5	3 Brea Leung	North	12.71	
6	2 Sian Jordan	East	3.35	

Team

1	West	176
2	South	124
3	East	97
4	North	64

DT:		cbp	38.98	2001
1	5 Alyson Hourihan	South	33.71	
2	3 Brea Leung	North	33.52	
3	6 Louise Ali	South	32.43	
4	7 Jessica Huddleston	West	28.70	
5	8 Karen Llewellyn	West	26.57	
6	1 Sian Jackson	East	24.26	
HT:		cbp	56.15	2003
1	6 Ayla Phillips	South	37.13	
2	1 Lisa Boswell	East	36.12	
3	5 Alyson Hourihan	South	30.41	
4	2 Kirstie Milne	East	30.33	
5	8 Karen Llewellyn	West	26.73	
6	7 Jessica Huddleston	West	19.25	
JT:		cbp	46.46	2004
1	7 Sara Siggery	West	42.97	
2	8 Claire Williams	West	36.85	
3	5 Alyson Hourihan	South	28.19	
4	1 Lisa Boswell	East	26.66	
5	3 Brea Leung	North	12.71	
6	2 Sian Jordan	East	3.35	

Team

1	West Wales	176
2	South Wales	124
3	East Wales	97
4	North Wales	64

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U17 Women

100	(-2.6):	cbp	12.10	2004	
1	5	Mica Moore	South	12.74	
2	6	Jamie Leigh Bowen	South	13.13	
3	7	Catrin Stone	West	13.34	
4	3	Nia Breeze	North	13.82	
5	1	Shaleena Graham	East	13.87	
6	8	Jessica Lacey	West	14.22	
7	4	Philippa Roberts	North	14.72	
200	(-4.2):	cbp	24.67	2004	
1	5	Mica Moore	South	26.65	
2	6	Jamie Leigh Bowen	South	27.82	
3	4	Jade Marvin	North	28.26	
4	3	Nia Breeze	North	28.77	
5	7	Leah Bitchell	West	28.81	
6	1	Shaleena Graham	East	29.62	
7	8	Rhiannon Plant	West	30.41	
300:		cbp	41.4	2004	
1	5	Samantha Cogan	South	40.57	
2	3	Chloe Jones	North	42.55	
3	6	Aimee Hendrickson	South	43.46	
4	7	Ffion Rees	West	44.37	
800:		cbp	2:18.48	2005	
1	8	Jemima Osborne	West	2:21.29	
2	5	Bethan Daw	South	2:25.59	
1500:		cbp	4:46.59	2006	
1	37	Jade Williams	West	4:53.83	
2	35	Ffion Lewis	South	5:04.35	
3	38	Iona Evans	West	5:10.02	
80H	(-3.2):	cbp	11.33	2003	
1	4	Sian Swanson	North	12.39	
2	8	Kimberley Davies	West	12.66	
3	5	Katie Lewis	South	12.81	
4	3	Megan Rogers	North	12.82	
5	1	Antonia Yorkshire	East	13.84	
6	6	Megan Thomas	South	14.77	
7	7	Megan Jones	West	17.49	
300H:		cbp	44.60	2006	
1	3	Megan Rogers	North	45.85	
2	5	Katie Lewis	South	47.60	
3	8	Atlanta Williams	West	47.98	
4	1	Antonia Yorkshire	East	50.76	
5	6	Megan Thomas	South	51.77	
6	7	Rhiannon Plant	West	53.64	
1.5Km SC:		non scoring			
1	41	Rhianwedd Price	East	5:38.13	
4x100:		cbp	50.33	2002	
1	5	South	50.91		
2	3	North	53.21		
3	7	West	55.93		
HJ:		Indoor	cbp	1.70	1999
1	3	Sian Swanson	North	1.65	
2	8	Kimberley Davies	West	1.55	
3	6	Katie Lewis	South	1.50	
4	7	Rhiannon Plant	West	1.50	
5	5	Alysha Jones	South	1.45	
6	4	Jade Marvin	North	1.40	
PV:		Indoor	cbp	3.41	2008
1	3	Rebecca Davies	North	3.60	
2	7	Naomi James	West	3.40	
3	5	Rhianydd Llewellyn	South	3.30	
4	4	Lucy Roulston	North	2.90	
LJ:		cbp	5.42	2002	
1	1	Amy Bradley	East	5.15	
2	4	Rebecca Davies	North	5.02	
3	5	Christie Williams	South	5.02	
4	3	Chloe Jones	North	4.82	
5	7	Ffion Rees	West	4.77	
6	8	Sophie Lane	West	4.15	
7	6	Toyah Newman	South	4.14	
8	2	Rachel Bevan	East	2.96	
TJ:		cbp	11.51	2002	
1	1	Amy Bradley	East	10.68	
2	5	Christie Williams	South	10.18	
3	8	Sophie Lane	West	9.44	
4	7	Kara Steadman	West	8.88	

SP:			cbp	11.36	2001
1	7	Lucy Griffiths	West	10.48	
2	2	Jasmine Seale	East	9.98	
3	1	Toni Wells	East	9.45	
4	4	Megan Rogers	North	9.02	
5	3	Lydia David	North	8.78	
6	6	Amy Tidball	South	7.24	
7	5	Trudy Williams	South	7.15	
DT:			cbp	34.83	2003
1	1	Toni Wells	East	30.91	
2	8	Nina Prells	West	27.70	
3	2	Jasmine Seale	East	26.27	
4	7	Lucy Griffiths	West	26.16	
5	5	Trudy Williams	South	26.15	
6	3	Lydia David	North	20.61	
7	6	Toyah Newman	South	15.25	
HT:			cbp	42.71	2005
1	1	Toni Wells	East	45.86	cbp
2	7	Helen Madan	West	28.36	
3	5	Trudy Williams	South	24.91	
JT:			cbp	43.11	2000
1	1	Rachel Bevan	East	30.57	
2	7	Zoe Priestley	West	29.48	
3	8	Sadie Flint	West	28.23	
4	5	Amy Tidball	South	26.24	
5	6	Toyah Newman	South	21.38	
6	3	Philippa Roberts	North	20.89	
7	2	Jasmine Seale	East	18.47	

Team

1	West Wales	148
2	South Wales	138
3	North Wales	104
4	East Wales	78

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U15 Girls

100	(-3.5):	cbp	12.45	2002
1	4	Ellin Jones	North	13.33
2	7	Catrin Rees	West	13.45
3	3	Beth Sargent	North	13.73
4	5	Alison Singleton	South	13.74
5	8	Nia Palla	West	13.91
6	6	Sophie Edwards	South	14.03
7	2	Francesca Parkin	East	14.09
200	(-1.1):	cbp	25.67	2002
1	1	Hannah Griffiths	East	26.25
2	8	Rhiannon Jeffries	West	26.92
3	7	Catrin Rees	West	27.05
4	4	Ellin Jones	North	27.06
5	3	Beth Sargent	North	27.15
6	5	Alison Singleton	South	28.16
7	6	Sophie Edwards	South	28.66
800:		cbp	2:17.97	2003
1	7	Lauren Bell	West	2:19.26
2	5	Lora Roberts	South	2:21.64
3	8	Stacey Webber	West	2:32.00
4	6	Lucy Tarrant	South	2:35.07
5	3	Jenny Lampkin	North	2:39.39
6	4	Shannon Chiltern	North	2:43.25
1500:		cbp	4:53.30	2006
1	7	Josie Lewis	West	5:19.98
2	8	Kari O'Neill	West	5:26.07
3	5	Jessica Hegarty	South	5:28.43
4	1	Francesca Hyde	East	5:34.45
5	4	Hannah Browning	North	6:25.59
75H	(-2.0):	cbp	11.03	2001
1	3	Eleanor Badhams	North	12.04
2	8	Elli Norkett	West	12.20
3	7	Alyce Phillips	West	12.48
4	5	Rebecca Foley	South	12.70
5	4	Rhian Williams	North	12.77
6	6	Samantha Morgan	South	12.87
4x100:		cbp	50.66	2007
1	7	West		51.74
2	5	South		53.44
3	3	North		53.48
4	1	East		58.57
HJ:	Indoor	cbp	1.65	2007
1	5	Ffion Bodilly	South	1.60
2	8	Emily Morris	West	1.55
3	3	Eleanor Badhams	North	1.55
4	4	Georgia Bates	North	1.50
5	2	Olivia Perry	East	1.45
6	1	Bethan Hill-Howells	East	1.45
7	6	Maisie Matthews	South	1.40
8	7	Alyce Phillips	West	1.35
PV:	Indoor	cbp	3.01	2006
1	5	Sally Nicholas	South	2.30
2	7	Entfys Jones	West	2.20
LJ:		cbp	5.26	1999
1	4	Georgia Bates	North	4.96
2	8	Nia Palla	West	4.85
3	5	Lucy Taylor	South	4.85
4	6	Ffion Bodilly	South	4.65
5	1	Bethan Hill-Howells	East	4.64
6	3	Beth Sargent	North	4.59
7	7	Alyce Phillips	West	4.54
8	2	Olivia Perry	East	3.53
SP:		cbp	11.21	2006
1	7	Awen Rosser	West	9.92
2	6	Hayley Davies	South	9.43
3	5	Zoe Dakin	South	9.23
4	4	Manon Edwards	North	8.52
5	3	Amy Crocombe	North	8.18
6	1	Melissa Arthur	East	7.51
7	8	Gabriella Cirillo	West	6.66
8	2	Chloe Powell	East	5.85

DT:			cbp	30.48	2003
1	7	Awen Rosser	West	25.62	
2	8	Elli James	West	23.97	
3	1	Melissa Arthur	East	23.86	
4	5	Zoe Dakin	South	23.85	
5	6	Lora Roberts	South	20.55	
6	3	Amy Crocombe	North	20.42	
7	4	Hannah Browning	North	14.32	
8	2	Chloe Powell	East	13.64	
HT:			cbp	33.38	2008
1	5	Zoe Dakin	South	31.49	
2	8	Elli James	West	29.38	
3	7	Gabriella Cirillo	West	26.46	
4	3	Manon Edwards	North	14.85	
JT:			cbp	37.22	2002
1	7	Carys Mansfield	West	31.55	
2	1	Melissa Arthur	East	29.66	
3	5	Nicole Davenport	South	24.61	
4	8	Grace Bryant	West	21.24	
5	3	Manon Edwards	North	18.79	
6	2	Chloe Powell	East	13.40	

Team

1	West Wales	149
2	South Wales	111
3	North Wales	97
4	East Wales	53

Overall	Male				
	East Wales	North Wales	South Wales	West Wales	Unused
U15B	54	110	137	148	45
U17M	157	54	163	176	88
U20M	42	76	209	128	183
SM	146	95	165	89	169
	399	335	674	541	485
	3rd	4th	1st	2nd	
Overall	Female				
	East Wales	North Wales	South Wales	West Wales	Unused
U15G	53	97	111	149	48
U17W	78	104	138	148	98
SW	97	64	124	176	167
	228	265	373	473	313
	4th	3rd	2nd	1st	
Overall	Points				
	East Wales	North Wales	South Wales	West Wales	Unused
Male	399	335	674	541	485
Female	228	265	373	473	313
Total	627	600	1047	1014	798
	3rd	4th	1st	2nd	