



Welsh Athletics

Indoor T&F Championships
Senior Open, U15 & U13 Age Groups
Sat 21st & Sunday 22nd January
N.I.A.C. Cyncoed, Cardiff



WELSH ATHLETICS
ATHLETAU CYMRU

Event-T34 : U13 Girls 60m - Final

Welsh Record - Hannah BRIER, Swansea Harriers, 8.2/8.23, Cardiff, 2009/2010

CBP - Hannah BRIER, 8.23, Swansea Harriers 30.01.2010

2010 Welsh Champion - Amelia REYNOLDS Newport Harriers 8.43

Athletes qualified from Semi Final T20

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	112	Sarah OMOREGIE	Pembrokeshire Harriers	8.53	<i>Nigel Rowland</i>
2	101	Rosie HAINING	Aberdare VAAC	8.69	<i>Dennis Nugent</i>
3	110	Rhiannon MAINE	Swansea Harriers	8.81	<i>Andrew Jenkins</i>
4	99	Esme GREER	Pembrokeshire Harriers	8.89	<i>Richard Thomas</i>
5	124	Armani WILLIAMS	Newport Harriers	8.97	<i>Kevin Williams</i>
6	94	Chelsie DAVIES	Blaenau Gwent AC	9.15	<i>Diane Breedon</i>
7	93	Rebecca CHICK	Cwmbran Harriers	9.27	<i>David Norton</i>
8	123	Ffion WADDON	Newport Harriers	9.35	<i>Kevin Williams</i>

Event T20 - Event-T20 : U13 Girls 60m - Semi Final

Athletes progress to Final T34 :Qualification to Final T34:-2(Q) &2(q)

Heat 1 of 3

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	
1	112	Sarah OMOREGIE	Pembrokeshire Harriers	8.61	Q <i>Nigel Rowland</i>
2	124	Armani WILLIAMS	Newport Harriers	8.99	Q <i>Kevin Williams</i>
3	109	Catrin LORD	Cardiff AAC	9.05	
4	114	Hanna PACHUTA	Bridgend AC	9.41	
5	118	Bethan POWELL	Blaenau Gwent AC	9.42	
6	119	Amy ROTHERO	Pembrokeshire Harriers	9.52	
7	105	Cassie JOHN	Bridgend AC	9.57	
8	108	Caitlin LLEWELYN	Swansea Harriers	9.82	

Heat 2 of 3

1	101	Rosie HAINING	Aberdare VAAC	8.72	Q <i>Dennis Nugent</i>
2	110	Rhiannon MAINE	Swansea Harriers	8.84	Q <i>Andrew Jenkins</i>
3	93	Rebecca CHICK	Cwmbran Harriers	9.02	q <i>David Norton</i>
4	123	Ffion WADDON	Newport Harriers	9.04	q <i>Kevin Williams</i>
5	107	Macey JONES	Cwmbran Harriers	9.33	
6	121	Emily THOMAS	Cardiff AAC	9.42	
7	104	Bethan HOWELLS	Swansea Harriers	9.57	
8	120	Megan SHANKLAND	Cwmbran Harriers	9.84	

Heat 3 of 3

1	99	Esme GREER	Pembrokeshire Harriers	8.93	Q <i>Richard Thomas</i>
2	94	Chelsie DAVIES	Blaenau Gwent AC	9.09	Q <i>Diane Breedon</i>
3	97	Gabrielle FAKANDE	Cwmbran Harriers	9.13	
4	100	Nia GRIFFITHS	Carmarthen Harriers	9.35	
5	92	Isabel BREEDEN	Blaenau Gwent AC	9.38	
6	116	Yana PARRY	Swansea Harriers	9.42	
7	111	Madeleine NEWTON	Neath Harriers	9.59	
8	126	Seren WYATT	Swansea Harriers	9.72	



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Event T9 - Event-T9 : U13 Girls 60m - Heats

Qualification to Semi Final Semi Final T20:- Heat Winners 4(Q) & fastest 4(q)

Heat 1 of 5

Pos	Bib	Athlete	Club	Perf	Q/q
1	110	Rhiannon MAINE	Swansea Harriers	9.06	Q <i>Andrew Jenkins</i>
2	100	Nia GRIFFITHS	Carmarthen Harriers	9.26	Q
3	107	Macey JONES	Cwmbran Harriers	9.36	Q <i>David Norton</i>
4	105	Cassie JOHN	Bridgend AC	9.52	Q <i>Jason Quirke</i>
5	108	Caitlin LLEWELYN	Swansea Harriers	9.52	q <i>Andrew Jenkins</i>
6	95	Seren DAVIES	Cardiff AAC	9.56	
7	103	Alisha HAYES	Cardiff AAC	DNS	

Heat 2 of 5

1	99	Esme GREER	Pembrokeshire Harriers	8.88	Q <i>Richard Thomas</i>
2	93	Rebecca CHICK	Cwmbran Harriers	9.13	Q <i>David Norton</i>
3	114	Hanna PACHUTA	Bridgend AC	9.23	Q <i>Jeff Roberts</i>
4	118	Bethan POWELL	Blaenau Gwent AC	9.39	Q <i>Diane Breeden</i>
5	113	Lucy OSBORN	Swansea Harriers	9.73	
6	98	Lydia GILL	Cardiff AAC	9.76	
7	96	Jasmine DUNN	Cwmbran Harriers	10.37	

Heat 3 of 5

1	94	Chelsie DAVIES	Blaenau Gwent AC	9.00	Q <i>Diane Breeden</i>
2	124	Armani WILLIAMS	Newport Harriers	9.03	Q <i>Kevin Williams</i>
3	119	Amy ROTHERO	Pembrokeshire Harriers	9.16	Q <i>Richard Thomas</i>
4	121	Emily THOMAS	Cardiff AAC	9.37	Q <i>Emma Lyons</i>
5	116	Yana PARRY	Swansea Harriers	9.38	q <i>Andrew Jenkins</i>
6	125	Isobel WILLIAMS	Cwmbran Harriers	9.67	
7	102	Zoe HAMM	Bridgend AC	9.79	

Heat 4 of 5

1	112	Sarah OMOREGIE	Pembrokeshire Harriers	8.63	Q <i>Nigel Rowland</i>
2	109	Catrin LORD	Cardiff AAC	8.94	Q
3	123	Ffion WADDON	Newport Harriers	8.98	Q <i>Kevin Williams</i>
4	97	Gabrielle FAKANDE	Cwmbran Harriers	9.12	Q <i>David Norton</i>
5	92	Isabel BREEDEN	Blaenau Gwent AC	9.39	q <i>Diane Breeden</i>
6	104	Bethan HOWELLS	Swansea Harriers	9.50	q <i>Andrew</i>

Heat 4 of 5

1	101	Rosie HAINING	Aberdare VAAC	8.76	Q <i>Dennis Nugent</i>
2	111	Madeleine NEWTON	Neath Harriers	9.52	Q <i>Martin Addis</i>
3	126	Seren WYATT	Swansea Harriers	9.68	Q <i>Andrew Jenkins</i>
4	120	Megan SHANKLAND	Cwmbran Harriers	9.88	Q <i>David Norton</i>
5	117	Erin PHILLIPS	Cardiff AAC	10.48	
6	115	Molly PALIN	Blaenau Gwent AC	11.39	



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ATHLETAU CYMRU

Event-T28 : U13 Girls 800m - Final

Welsh Record - Lora ROBERTS, Bridgend AC, 02:24.99, Cardiff 2007

CBP - Lora ROBERTS, 02.24.99, Bridgend AC 27.01.2007

2010 Welsh Champion - Emily WOOSTER Barry & Vale Harriers 02:37.52

Athletes qualified from Heat T2

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	324	Holli JEHU	Aberdare VAAC	02:35.37	Sean Price
2	317	Isobel DODD	Bridgend AC	02:40.51	Mrs Gwynne Jones
3	320	Sara FLOWER	North Somerset AC	02:41.85	Chris Millard
4	318	Caitlin EXTON	Cardiff AAC	02:43.97	Martin Gibbon
5	319	Abigail FISHER	Blaenau Gwent AC	02:47.39	Nikki Haines Diane Br
6	322	Rebecca HORTON	Aberdare VAAC	02:47.89	Gareth Jehu

Event T2 - Event-T2 : U13 Girls 800m - Heats

Qualification to Final T28:- Heat Winner1(Q) & fastest 2(q)

Heat 1 of 4

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	322	Rebecca HORTON	Aberdare VAAC	02:46.89	Q Gareth Jehu
2	328	Amber MURPHY	Swansea Harriers	02:49.14	
3	321	Chloe HOPKINS	Swansea Harriers	02:51.93	
4	323	Jasmine HUGHES	Cardiff AAC	02:55.30	
5	172	Olivia HOPE	Cardiff AAC	03:01.50	
6	120	Megan SHANKLAND	Cwmbran Harriers	03:02.97	

Heat 2 of 4

1	317	Isobel DODD	Bridgend AC	02:34.16	Q Mrs Gwynne Jones
2	324	Holli JEHU	Aberdare VAAC	02:34.51	q Sean Price
3	326	Katie LONG	Cardiff AAC	02:41.32	
4	206	Brogan HAGGETT	Aberdare VAAC	02:48.99	
5	169	Lucy DAVIES	Pembrokeshire Harriers	02:50.47	

Heat 3 of 4

1	318	Caitlin EXTON	Cardiff AAC	02:44.85	Q Martin Gibbon
2	331	Aimee WALLACE	Newport Harriers	02:56.23	
3	98	Lydia GILL	Cardiff AAC	02:58.84	
4	315	Minnie ALDER	Llandrindod Wells High School	03:02.71	
5	332	Caitlin WARD	Swansea Harriers	03:03.40	

Heat 4 of 4

1	319	Abigail FISHER	Blaenau Gwent AC	02:39.98	Q Nikki Haines Diane Br
2	320	Sara FLOWER	North Somerset AC	02:40.01	q Chris Millard
3	327	Ellie MCCORMICK	Neath Harriers	02:53.31	
4	103	Alisha HAYES	Cardiff AAC	02:54.91	
5	329	Naomi REID	Pontyclun AC	02:56.88	
6	325	Jessica LEWIS	Swansea Harriers	02:59.91	



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WELSH ATHLETICS
ATHLETAU CYMRU

Event-F1 : U13 Girls High Jump - Final

Welsh Record - Susannah FILCE, Wrexham AC, 1.50, 1987

CBP - Helena MADAN, 1.43, Pembrokeshire H 29.01.2006

2010 Welsh Champion - Ffion JENKINS Amman Valley .90

Pos	Bib	Athlete	Club	Perf	Coach
1	112	Sarah OMOREGIE	Pembrokeshire Harriers	1.57	<i>Nigel Rowland</i>
2	387	Ffion LLEWELLYN	Bridgend AC	1.29	
3	168	Emily COLES	Swansea Harriers	1.26	<i>Andrew Jenkins</i>
4	331	Aimee WALLACE	Newport Harriers	1.23	
5	92	Isabel BREEDEN	Blaenau Gwent AC	1.20	<i>Diane Breedon</i>
6	321	Chloe HOPKINS	Swansea Harriers	1.15	<i>Andrew Jenkins</i>
7	111	Madeleine NEWTON	Neath Harriers	1.15	<i>Martin Addis</i>
8	98	Lydia GILL	Cardiff AAC	1.00	<i>Emma Lyons</i>

Event-F7 : U13 Girls Long Jump - Final

Welsh Record - Chloe HUGHES, Deeside, 4.61, Cardiff 2011

CBP - Chloe HUGHES, 4.61, Deeside AAC 29.01.2011

2010 Welsh Champion - Chloe HUGHES Deeside AAC 4.61

Pos	Bib	Athlete	Club	Perf	Coach
1	97	Gabrielle FAKANDE	Cwmbran Harriers	4.14	<i>David Norton</i>
2	121	Emily THOMAS	Cardiff AAC	3.94	<i>Emma Lyons</i>
3	109	Catrin LORD	Cardiff AAC	3.94	
4	171	Katy GREEN	Cardiff AAC	3.74	<i>David Hawthorn</i>
5	111	Madeleine NEWTON	Neath Harriers	3.70	<i>Martin Addis</i>
6	107	Macey JONES	Cwmbran Harriers	3.70	<i>David Norton</i>
7	94	Chelsie DAVIES	Blaenau Gwent AC	3.55	<i>Diane Breedon</i>
8	331	Aimee WALLACE	Newport Harriers	3.54	
9	97	Mia DAVIES	Newport Harriers	3.52	<i>David Norton</i>
10	121	Isabel BREEDEN	Blaenau Gwent AC	3.52	<i>Emma Lyons</i>
11	109	Caitlin LLEWELYN	Swansea Harriers	3.45	
12	171	Amber MURPHY	Swansea Harriers	3.44	<i>David Hawthorn</i>
13	111	Olivia HOPE	Cardiff AAC	3.39	<i>Martin Addis</i>
14	107	Hanna PACHUTA	Bridgend AC	3.38	<i>David Norton</i>
15	94	Seren WYATT	Swansea Harriers	3.36	<i>Diane Breedon</i>
16	331	Cassie JOHN	Bridgend AC	3.33	
17	95	Seren DAVIES	Cardiff AAC	3.23	<i>Emma Lyons</i>
18	119	Amy ROTHERO	Pembrokeshire Harriers	3.12	<i>Richard Thomas</i>
19	322	Rebecca HORTON	Aberdare VAAC	3.06	<i>Gareth Jehu</i>
20	102	Zoe HAMM	Bridgend AC	3.05	<i>Jeff Roberts</i>
21	104	Bethan HOWELLS	Swansea Harriers	2.99	<i>Andrew</i>
22	388	Seren ROBERTS	Cardiff AAC	2.92	
23	332	Caitlin WARD	Swansea Harriers	2.83	<i>Andrew Jenkins</i>
24	325	Jessica LEWIS	Swansea Harriers	2.79	
25	95	Erin PHILLIPS	Cardiff AAC	2.64	<i>Emma Lyons</i>



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Event-T29 : U15 Girls 60m - Final

Welsh Record - Hannah BRIER, Swansea Harriers, 7.75, Birmingham, Eng 2011

CBP - Ceri JENKINS, 7.9, Cleddau AC 12.03.1972 Hannah BRIER, 7.92, Swansea Harriers 29.01.2011 **New CBP**

2010 Welsh Champion - Hannah BRIER Swansea Harriers 8.00

Athletes qualified from Heat T15

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	58	Hannah BRIER	Swansea Harriers	7.77	Neal Merry
2	71	Amelia REYNOLDS	Newport Harriers	8.20	
3	76	Emily WRIGHT	Yate AC	8.21	Dean Garret
4	63	Chloe HUGHES	Deeside AAC	8.39	
5	57	Jodi BEYNON	Blaenau Gwent AC	8.49	
6	64	Milly LACEY	Pembrokeshire Harriers	8.67	
7	61	Millicent FAKANDE	Cwmbran Harriers	8.80	David Norton
8	69	Jamie O'DRISCOLL	Swansea Harriers	8.81	

Event T15 - Event-T15 : U15 Girls 60m - Heats

Qualification to Final T29:- Heat Winners 2(Q) & fastest 2(q)

Heat 1 of 3

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	63	Chloe HUGHES	Deeside AAC	8.53	Q
2	64	Milly LACEY	Pembrokeshire Harriers	8.64	Q
3	73	Leoni STEVENS	Bridgend AC	8.75	Goeff Roberts
4	55	Delun ALLCOCK	Swansea Harriers	8.84	
5	56	Sarah ATKINSON	Deeside AAC	8.87	
6	67	Ellie MATTHEWS	Cwmbran Harriers	8.96	
7	74	Tahlia TAYLOR	Cardiff AAC	9.18	

Heat 2 of 3

1	71	Amelia REYNOLDS	Newport Harriers	8.35	Q
2	57	Jodi BEYNON	Blaenau Gwent AC	8.50	Q
3	61	Millicent FAKANDE	Cwmbran Harriers	8.71	q David Norton
4	69	Jamie O'DRISCOLL	Swansea Harriers	8.72	q
5	75	Eve WILLIAMS	Cwmbran Harriers	8.84	
6	59	Hollie DAVIES	Cardiff AAC	9.05	
7	70	Naomi PRITCHARD	Pembrokeshire Harriers	9.46	

Heat 3 of 3

1	58	Hannah BRIER	Swansea Harriers	7.87	Q Neal Merry
2	76	Emily WRIGHT	Yate AC	8.22	Q Dean Garret
3	68	Katie MORGAN	Neath Harriers	8.76	Peter Walton
4	62	Clare HALLIGAN	Barry & Vale Harriers	8.89	Fred Malkin
5	72	Lauren SHANKLAND	Cwmbran Harriers	9.11	
6	66	Aimie LOWER	Cardiff AAC	9.25	

Event-T71 : U15 Girls 300m - Final

Welsh Record - Bridgid EADES, Newport, 42.26, Cardiff 28.01.2006

CBP - Brigid EADES, 42.26, Newport Harriers 29.01.2006

2010 Welsh Champion - Abigail BACKSHALL Colwyn Bay 42.79

Athletes qualified from Semi Final T36

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	71	Amelia REYNOLDS	Newport Harriers	43.78	
2	201	Emily WOOSTER	Barry & Vale Harriers	44.59	Fred Malkin
3	197	Rhiannon LONG	Cardiff AAC	45.51	Helen James
4	195	Georgia DICKINSON	Neath Harriers	49.63	Peter Walton



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WELSH ATHLETICS
ATHLETAU CYMRU

Event-T11 : U15 Girls 300m - Heats

Qualification to Semi Final Semi Final T36:-1(Q) &1(q)

Heat 1 of 3

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	201	Emily WOOSTER	Barry & Vale Harriers	44.22	Q <i>Fred Malkin</i>
2	197	Rhiannon LONG	Cardiff AAC	45.56	q <i>Helen James</i>
3	223	Eira JAMES	Swansea Harriers	46.80	
4	64	Milly LACEY	Pembrokeshire Harriers	DQ	

Heat 2 of 3

1	71	Amelia REYNOLDS	Newport Harriers	43.69	Q
2	224	Zoe NASH	Bridgend AC	45.86	
3	221	Gwenno EVANS	Carmarthen Harriers	46.24	
4	222	Tegan HARRISON	Pembrokeshire Harriers	49.92	

Heat 3 of 3

1	195	Georgia DICKINSON	Neath Harriers	47.48	Q <i>Peter Walton</i>
2	161	Ffion JENKINS	Swansea Harriers	48.41	
3	220	Ffion EVANS	Carmarthen Harriers	49.54	
4	219	Elishka COUPAR	Cardiff AAC	49.94	

Event-T22 : U15 Girls 800m - Final

Welsh Record - Lauren BELL, Pembrokeshire Harriers , 02:15.32, Birmingham,Eng 2009

CBP - Jade WILLIAMS, 02.20.08, Amman Valley 28.01.2007

2010 Welsh Champion - Abigail BACKSHALL Colwyn Bay 02:23.42

Athletes qualified from Heat T4

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	301	Cari HUGHES	Menai AC	02:25.06	<i>Andy Walling</i>
2	297	Lily DAVIS	Deeside AAC	02:29.78	
3	298	Bethan EVANS	Pontyclun AC	02:33.59	
4	299	Angharad FLOWER	North Somerset AC	02:34.10	<i>Steve Hollier</i>
5	300	Amber HOWELL	Carmarthen Harriers	02:42.40	
6	161	Ffion JENKINS	Swansea Harriers	02:48.55	

Event-T4 : U15 Girls 800m - Heats

Qualification to Final T22:- Heat Winner1(Q) & fastest 3(q)

Heat 1 of 3

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	299	Angharad FLOWER	North Somerset AC	02:35.76	Q <i>Steve Hollier</i>
2	297	Lily DAVIS	Deeside AAC	02:38.88	q
3	219	Elishka COUPAR	Cardiff AAC	02:40.67	
4	305	Ysobelle WILLIAMS	Barry & Vale Harriers	02:48.11	
5	306	Felicity WILLIAMSON-SARLL	Bridgend AC	02:53.21	
6	223	Eira JAMES	Swansea Harriers	DNF	

Heat 2 of 3

1	301	Cari HUGHES	Menai AC	02:40.71	Q <i>Andy Walling</i>
2	201	Emily WOOSTER	Barry & Vale Harriers	02:41.21	
3	302	Courtley LOCK	Bridgend AC	02:43.35	
4	220	Ffion EVANS	Carmarthen Harriers	02:44.07	
5	303	Kelsey RABAIOTTI	Swansea Harriers	02:56.43	
6	304	Eleanor STEPHENSON WILDING	Cardiff AAC	02:56.48	

Heat 3 of 3

1	298	Bethan EVANS	Pontyclun AC	02:37.00	Q
2	161	Ffion JENKINS	Swansea Harriers	02:39.32	q
3	300	Amber HOWELL	Carmarthen Harriers	02:39.67	q
4	198	Bethan REGISTER	Cardiff AAC	02:40.74	
5	199	Emily ROSS	Barry & Vale Harriers	03:02.48	



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Event-F9 : U15 Girls Pole Vault - Final

Welsh Record - Rhianydd LLEWELLYN, Bridgend AC, 3.20, Birmingham, Eng 24.02.2008

CBP - Rhianydd LLEWELLYN, 3.00, Bridgend AC 13.01.2008

2010 Welsh Champion - Olivia EVANS Cardiff AAC 2.85

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	408	Carys JONES	Carmarthen Harriers	2.76	Edward Thompson
2	406	Anna BARNES	Swansea Harriers	2.56	
3	407	Maryanne EVE	Swansea Harriers	1.96	

Event-F3 : U15 Girls Long Jump - Final

Welsh Record - Sara OTUNG, Cardiff, 5.51, Cardiff 2008

CBP - Ceri JENKINS, 5.28, Cleddau AC 12.03.1972

2010 Welsh Champion - Brenna PRICE Aberdare VAAC 4.86

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	76	Emily WRIGHT	Yate AC	5.30	Dean Garret
2	63	Chloe HUGHES	Deeside AAC	5.12	
3	57	Jodi BEYNON	Blaenau Gwent AC	4.87	
4	61	Millicent FAKANDE	Cwmbran Harriers	4.61	David Norton
5	224	Zoe NASH	Bridgend AC	4.60	
6	56	Sarah ATKINSON	Deeside AAC	4.32	
7	73	Leoni STEVENS	Bridgend AC	4.20	Goeff Roberts
8	62	Clare HALLIGAN	Barry & Vale Harriers	3.96	Fred Malkin
9	76	Delun ALLCOCK	Swansea Harriers	3.83	Dean Garret
10	63	Jamie O'DRISCOLL	Swansea Harriers	3.82	
11	57	Kelsey RABAIOTTI	Swansea Harriers	3.75	
12	61	Aimie LOWER	Cardiff AAC	3.68	David Norton

Event-F6 : U15 Girls Shot (3.25kg) - Final

Welsh Record - Adele NICOLL, Birchfield Harriers, 13.56, Cardiff 2011

CBP - Adele NICOLL, 13.56, Birchfield H 29.01.2011

2010 Welsh Champion - Adele NICOLL Birchfield Harriers 13.56

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	442	Katy WHITLEY	Wrexham AC	10.71	Ian Robinson
2	438	Emily COCKRILL	Swansea Harriers	10.16	Andrew Jenkins
3	441	Lauren RICHARDS	Severn AC	9.28	
4	439	Amy HUMBLE	Carmarthen Harriers	9.01	Ralph Siggery



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WELSH ATHLETICS
ATHLETAU CYMRU

Event-T30 : Senior Women 60m - Final

Welsh Record - Carman SMART, Cardiff AAC, 7.34, 1990

CBP - Michele SMITH, 7.2, Cardiff AAC 18.03.1973 Rhiannon YATES, 7.56, Cardiff AAC/UWIC 23.01.2011

2010 Welsh Champion - Rhiannon YATES U20W Cardiff AAC/UWIC 7.56

Athletes qualified from Heat T16

Pos	Bib	Athlete	Club	Perf	Coach
1	4	Zara GEORGE (W) SW	Cardiff AAC	7.61	Sean Power
2	13	Kylie RUSSELL * SW	Birchfield Harriers	7.67	
3	20	Rhiannon YATES (W) U23W	Cardiff AAC/ UWIC	7.69	Sean Power
4	16	Hannah THOMAS (W) U20W	Wrexham AC	7.70	Glyn Davies
5	8	Leah MOORE * U23W	Windsor Slough Eton	7.76	Harry King
6	2	Abi DAVIES * U20W	Team Bath AC	7.99	Nick Brown
7	5	Rhiannon JEFFREYS (W) U20W	Neath Harriers	7.99	Peter Walton
8	17	Bethan WAKEFIELD (W) U20W	Bristol and West AC	8.01	David Lease
9	6	Rachel JOHNCOCK (W) U20W	Colwyn Bay	8.05	Philip Oliver

Event-T16 : Senior Women 60m - Heats

Qualification to Final T30:- Heat Winners 2(Q) & fastest 2(q)

Heat 1 of 3

Pos	Bib	Athlete	Club	Perf	
1	4	Zara GEORGE (W) SW	Cardiff AAC	7.73	Q Sean Power
2	16	Hannah THOMAS (W) U20W	Wrexham AC	7.80	Q Glyn Davies
3	2	Abi DAVIES * U20W	Team Bath AC	7.97	q Nick Brown
4	19	Hannah WILLIAMS (W) SW	Bristol and West AC	8.09	
5	15	Sian SWANSON (W) U20W	Maldwyn Harriers	8.13	
6	1	Tiffany BRANNAN * U23W	UWIC	8.63	

Heat 2 of 3

1	20	Rhiannon YATES (W) U23W	Cardiff AAC/ UWIC	7.61	Q Sean Power
2	13	Kylie RUSSELL * SW	Birchfield Harriers	7.70	Q
3	5	Rhiannon JEFFREYS (W) U20W	Neath Harriers	8.01	q Peter Walton
4	17	Bethan WAKEFIELD (W) U20W	Bristol and West AC	8.01	q David Lease
5	10	Imelda MORRISSON * SW	Swansea Harriers	8.12	
6	18	Claire WILLIAMS (W) U23W	Cwmbran Harriers	8.14	

Heat 3 of 3

1	6	Rachel JOHNCOCK (W) U20W	Colwyn Bay	7.55	Q Philip Oliver
2	8	Leah MOORE * U23W	Windsor Slough Eton	7.78	Q Harry King
3	14	Melanie STEPHENSON (W) SW	Cardiff AAC	8.03	
4	3	Sarah EVANS (W) U23W	Swansea Harriers/Team Bath	8.58	
5	11	Jessica PETERSON (W) U23W	Deeside AAC	8.74	



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Event-T38 : Senior Women 400m - Final

Welsh Record - Catherine MURPHY, Shaftesbury Barnet, 51.74, Birmingham, Eng 2003

CBP - Leri DAVIES, 55.91, Swansea Harriers 9.01.2005

2010 Welsh Champion - Caryl GRANVILLE U23W Swansea Harriers 57.92

Athletes qualified from Heat T13

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	12	Helen PRYER * SW	Windsor Slough Eton	56.41	Harry King
2	210	Laura MADDUX (W) U23W	Team Bath AC	56.62	Jared Deacon
3	146	Caryl GRANVILLE (W) SW	Swansea Harriers	57.02	Darrell Maynard
4	150	Megan ROGERS (W) U20W	Wrexham AC/UWIC	58.20	Darrell Maynard

Event-T13 : Senior Women 400m - Heats

Qualification to Final T38:- Heat Winner1(Q) & fastest 2(q)

Heat 1 of 2

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	146	Caryl GRANVILLE (W) SW	Swansea Harriers	56.43	Q Darrell Maynard
2	150	Megan ROGERS (W) U20W	Wrexham AC/UWIC	56.91	q Darrell Maynard
3	178	Hannah CLARKE (W) U23W	Newport Harriers	60.98	
4	209	Caroline HURLEY (W) SW	Swansea Harriers	64.97	

Heat 2 of 2

1	210	Laura MADDUX (W) U23W	Team Bath AC	56.48	Q Jared Deacon
2	12	Helen PRYER * SW	Windsor Slough Eton	57.54	q Harry King
3	182	Lauren REGAN (W) SW	Cardiff AAC	60.34	
4	211	Laura SMITH * U20W	Team Bath AC	60.74	

Event-T40 : Senior Women 800m - Final

Welsh Record - Hayley PARRY, Swansea Harriers, 02:01.52, Birmingham, Eng 1998

CBP - Emma DAVIES, 02.06.59, Belgrave Harriers 20.01.2002

2010 Welsh Champion - Jade WILLIAMS U20W Amman Valley 02:13.36

Athletes qualified from Heat T9

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	229	Charlotte ARTER * U23W	Cardiff AAC	02:11.22	James Thie
2	228	Chloe ANDERSON * SW	UWIC	02:11.98	James Thie
3	232	Julia COOKE (W) SW	Cheltenham Harriers	02:17.28	Andy Beadle
4	235	Rebecca NUTTALL (W) U23W	Liverpool Harriers	02:17.75	Darrell Maynard
5	231	Emily BROWN (W) SW	Cardiff AAC	02:25.07	Darrell Maynard



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Event-F2 : Senior Women Pole Vault - Final

Welsh Record - Rhian CLARKE , Essex Ladies, 4.20, 2001

CBP - Bryony RAINE, 4.11, Cardiff AAC 23.01.2010

2010 Welsh Champion - Jessica ABRAHAM SW Cardiff AAC 3.90

Pos	Bib	Athlete	Club	Perf	Coach
1	389	Zoe BROWN * SW	Shaftesbury Barnet Harriers	3.84	<i>Jim Alexander</i>
2	397	Emily TAYLOR (W) SW	Notts AC	3.54	<i>Christian North</i>
3	391	Hannah GRUBB * U20W	Team Bath AC	3.54	<i>Tim Snowdon</i>
4	392	Naomi JAMES (W) U20W	Swansea Harriers	3.54	<i>Ed Thompson</i>
5	395	Lyndsey MAUND (W) SW	Swansea Harriers	3.44	<i>Ed Thompson</i>
6	396	Anne REES * U23W	Stevenage	3.34	<i>Beth Harris</i>
7	393	Enfys JONES (W) U20W	Carmarthen Harriers	2.54	<i>Edward Thompson/Is</i>
8	394	Elinor LEWIS (W) U23W	Cardiff AAC	NMR	<i>Keith Grundy</i>

Event-F8 : Senior Women Long Jump - Final

Welsh Record - Ruth HOWELL , Birchfield, 6.51, 1974

CBP - Ruth MARTIN-JONES, 5.95, Birchfield Harriers 14.03.1970

2010 Welsh Champion - Rhiannon YATES U20W Cardiff AAC/UWIC 5.70

Pos	Bib	Athlete	Club	Perf	Coach
1	411	Emma LYONS * SW	Sale Harriers Manchester	5.94	
2	10	Imelda MORRISSON * SW	Swansea Harriers	5.84	<i>Barrie Owen</i>
3	409	Rebecca CHAPMAN * U23W	Exeter Harriers AC	5.80	<i>Gareth Lease/Ruth G</i>
4	20	Rhiannon YATES (W) U23W	Cardiff AAC/ UWIC	5.77	<i>Sean Power</i>
5	412	Imogen MILES (W) SW	Cardiff AAC	5.57	<i>Darrell Maynard/ Sec</i>
6	410	Donna JONES (W) U23W	Swansea Harriers	5.40	<i>Steve Ingram</i>
7	149	Lauren O'REILLY (W) U23W	Newport Harriers	5.33	<i>Ivor Adams</i>
8	151	Katy SEALY * U23W	UWIC	5.18	<i>Darrell Maynard/ Joh</i>
9	411	Ffion REES (W) U20W	Carmarthen Harriers	NMR	

Event-F12 : Senior Women Shot (4.00kg) - Final

Welsh Record - Venissa HEAD , Cardiff AAC, 19.06, 1984

CBP - Venissa HEAD, 19.06, Cardiff AAC 7.04.1984

2010 Welsh Champion - Lucy GRIFFITHS U20W Pembroke Harriers 11.34

Pos	Bib	Athlete	Club	Perf	Coach
1	431	Sarah BENSON * SW	Bingley Harriers	12.85	
2	148	Vicky LLOYD (W) SW	Pembrokeshire Harriers	10.67	
3	432	Jessica HUDDLESTON (W) U23W	Pembrokeshire Harriers	10.14	
4	151	Katy SEALY * U23W	UWIC	10.09	<i>Darrell Maynard/ Joh</i>



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Event-T31 : U13 Boys 60m - Final

Welsh Record - Sion ROBERTS, Wrexham AC, 7.95, Manchester, Eng 2010

CBP - Sion ROBERTS, 8.08, Wrexham AC 30.01.2010

2010 Welsh Champion - Harry HILLMAN Cardiff AAC 8.15

Athletes qualified from Heat T17

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	140	Ben PARIS	Cardiff AAC	8.31	Emma Lyons
2	134	Ceirion HOPKINS	Neath Harriers	8.33	
3	130	Ben EVANS	Pembrokeshire Harriers	8.35	Richard Thomas
4	138	Elis LEWIS	Carmarthen Harriers	8.37	
5	145	Samuel WINK	Cardiff AAC	8.50	Emma Lyons
6	141	Dylan PARRY	Bridgend AC	8.55	Jason Quirke
7	143	Ewan ROSSER	Cwmbran Harriers	8.63	David Norton
8	144	Michael THOMPSON	Swansea Harriers	8.67	

Event T17 - Event-T17 : U13 Boys 60m - Heats

Qualification to Final T31:- Heat Winners 2(Q) & fastest 2(q)

Heat 1 of 3

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	140	Ben PARIS	Cardiff AAC	8.38	Q Emma Lyons
2	144	Michael THOMPSON	Swansea Harriers	8.65	Q
3	128	Thomas ATKINSON	Cardiff AAC	8.68	
4	135	Deio HUGHES	Cardiff AAC	8.79	
5	137	Stephen JONES	Aberdare VAAC	8.85	
6	133	Morgan HADLEY	Cwmbran Harriers	9.40	

Heat 2 of 3

1	141	Dylan PARRY	Bridgend AC	8.42	Q Jason Quirke
2	130	Ben EVANS	Pembrokeshire Harriers	8.42	Q Richard Thomas
3	139	Evan MORGAN-WILLIAMS	Bridgend AC	8.83	
4	131	Thomas EVANS	Wrexham AC	8.99	
5	129	Ioan DAVIES	Cardiff AAC	9.06	
6	132	Adam GREY	Cwmbran Harriers	9.44	

Heat 3 of 3

1	134	Ceirion HOPKINS	Neath Harriers	8.32	Q
2	138	Elis LEWIS	Carmarthen Harriers	8.41	Q
3	145	Samuel WINK	Cardiff AAC	8.45	q Emma Lyons
4	143	Ewan ROSSER	Cwmbran Harriers	8.61	q David Norton
5	127	Josh ABLETT	Colwyn Bay	9.13	
6	136	Oliver JACKSON	Cardiff AAC	9.74	

Event-T21 : U13 Boys 800m - Final

Welsh Record - Scott EDWARDS, Derby AC, 02:22.04, Cardiff, 2007

CBP - Scott EDWARDS, 02:22.04, Derby AC 27.01.2007

2010 Welsh Champion - Carwyn PENNY Newport Harriers 02:27.36

Athletes qualified from Heat T3

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	131	Thomas EVANS	Wrexham AC	02:30.13	Steve Spires
2	127	Josh ABLETT	Colwyn Bay	02:32.51	Phil Oliver
3	333	Elliot LAWRENCE	Swansea Harriers	02:32.58	Andrew Jenkins
4	342	Samuelle WILLIAMS	Barry & Vale Harriers	02:41.80	Kath Hayes
5	339	Ioan JONES	Cardiff AAC	02:45.60	
6	341	James VINCENT	Cardiff AAC	DQ	Martin Gibbons



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Event T3 - Event-T3 : U13 Boys 800m - Heats

Qualification to Final T21:- Heat Winner1(Q) & fastest 3(q)

Heat 1 of 3

Pos	Bib	Athlete	Club	Perf	Q/q
1	333	Elliot LAWRENCE	Swansea Harriers	02:36.24	Q <i>Andrew Jenkins</i>
2	342	Samuelle WILLIAMS	Barry & Vale Harriers	02:41.13	q <i>Kath Hayes</i>
3	129	Ioan DAVIES	Cardiff AAC	02:45.53	
4	173	Daniel AUSTIN	Cardiff AAC	02:48.08	
5	335	Josh GREENSLADE	Cwmbran Harriers	02:51.93	

Heat 2 of 3

1	131	Thomas EVANS	Wrexham AC	02:34.62	Q <i>Steve Spires</i>
2	339	Ioan JONES	Cardiff AAC	02:42.57	q
3	132	Adam GREY	Cwmbran Harriers	02:45.97	
4	136	Oliver JACKSON	Cardiff AAC	02:47.99	
5	337	Ieuan HOSGOOD	Swansea Harriers	02:58.71	

Heat 3 of 3

1	127	Josh ABLETT	Colwyn Bay	02:33.29	Q <i>Phil Oliver</i>
2	341	James VINCENT	Cardiff AAC	02:34.07	q <i>Martin Gibbons</i>
3	336	Daniel HAMMOND	Cwmbran Harriers	02:48.79	
4	334	Jamie GREENSLADE	Cwmbran Harriers	02:53.07	



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WELSH ATHLETICS
ATHLETAU CYMRU

Event-F4 : U13 Boys High Jump - Final

Welsh Record - Jamie DALTON, Preseli, 1.55, Swansea Harriers 26.01.1992

CBP - Miles KELLER-JENKINS, 1.48, Swansea Harriers 30.01.2010

2010 Welsh Champion - Harry HILLMAN Cardiff AAC 1.42

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	341	James VINCENT	Cardiff AAC	1.35	<i>Martin Gibbons</i>
2	135	Deio HUGHES	Cardiff AAC	1.35	<i>Dave Hawthorn</i>
3	145	Samuel WINK	Cardiff AAC	1.35	<i>Emma Lyons</i>
4	144	Michael THOMPSON	Swansea Harriers	1.20	
5	175	Scott MORGAN	Swansea Harriers	1.20	<i>Andrew Jenkins</i>



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Event-T32 : U15 Boys 60m - Final

Welsh Record - Andrew WATKINS, Pontypridd AC, 7.06, Birmingham, Eng 2002

CBP - Andrew WATKINS, 7.20, Pontypridd AC 19.01.2002

2010 Welsh Champion - George GRIFFITHS Cardiff AAC 7.54

Athletes qualified from Heat T18

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	87	Sion ROBERTS	Wrexham AC	7.32	Glyn Davies
2	80	Shane HUGHES	Wrexham AC	7.54	Glyn Davies
3	79	Harry HILLMAN	Cardiff AAC	7.81	
4	88	Jared ROSSER	Cwmbran Harriers	7.87	David Norton
5	83	Sam JONES	Cardiff AAC	7.90	Tom Mayer
6	89	Daniel SNELLING	Newport Harriers	8.19	
7	90	Ben TURNER	Swansea Harriers	8.23	
8	86	Rami RASSAM	Cardiff AAC	8.33	

Event T18 - Event-T18 : U15 Boys 60m - Heats

Qualification to Final T32:- Heat Winners 3(Q) & fastest 2(q)

Heat 1 of 2

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	87	Sion ROBERTS	Wrexham AC	7.38	Q Glyn Davies
2	88	Jared ROSSER	Cwmbran Harriers	7.94	Q David Norton
3	89	Daniel SNELLING	Newport Harriers	8.12	Q
4	86	Rami RASSAM	Cardiff AAC	8.21	q
5	77	Joseph BRIER	Swansea Harriers	8.59	
6	81	Luke INSTONE	Cwmbran Harriers	9.06	

Heat 2 of 2

1	80	Shane HUGHES	Wrexham AC	7.54	Q Glyn Davies
2	79	Harry HILLMAN	Cardiff AAC	7.87	Q
3	83	Sam JONES	Cardiff AAC	7.90	Q Tom Mayer
4	90	Ben TURNER	Swansea Harriers	8.22	q
5	91	Tyler WILLIAMS	Newport Harriers	8.45	
6	78	Joe CROSBY	Swansea Harriers	8.57	

Event-T39 : U15 Boys 400m - Final

Welsh Record - Gerwyn MORGAN, Bridgend AC, 52.24, Birmingham, Eng 25.02.2007

CBP - Scott EDWARDS, 55.13, Derby AC 8.02.2009

2010 Welsh Champion - Harry DAVIES Bridgend AC 57.08

Athletes qualified from Heat T14

Equal CBP

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	82	Ryan JAMES	Cardiff AAC	55.13	Helen James
2	227	Tyler PRITCHARD	Cwmbran Harriers	55.93	Phill Banning
3	202	Luke BROWN	Aberdare VAAC	59.00	Sean Price
4	90	Ben TURNER	Swansea Harriers	62.39	

Event-T14 : U15 Boys 400m - Heats

Qualification to Final T39:- Heat Winner1(Q) & fastest 2(q)

Heat 1 of 2

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	
1	202	Luke BROWN	Aberdare VAAC	58.31	Q Sean Price
2	90	Ben TURNER	Swansea Harriers	61.93	q
3	163	Rhys HARRIS	Swansea Harriers	64.38	

Heat 2 of 2

1	82	Ryan JAMES	Cardiff AAC	55.33	Q Helen James
2	227	Tyler PRITCHARD	Cwmbran Harriers	55.49	q Phill Banning



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Event-T23 : U15 Boys 800m - Final

Welsh Record - Daniel CHESWORTH, Newport Harriers, 02:04.54, Birmingham, Eng, 2008 **Welsh Record**
CBP - Lewis JONES, 02:07.75, Bridgend AC 23.01.2011 **New CBP**

2010 Welsh Champion - Lewis JONES Bridgend AC 02:07.75

Athletes qualified from Heat T5

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	226	Nikita NEARY	Carmarthen Harriers	02:04.30	Stephan Hughes
2	227	Tyler PRITCHARD	Cwmbran Harriers	02:08.37	Phill Banning
3	311	Danny MORGAN	Aberdare VAAC	02:09.52	Sean Price
4	312	Alex PRICE	Aberdare VAAC	02:11.01	Sean Price
5	309	Jake HEYWARD	Cardiff AAC	02:16.16	Tim Fry
6	310	Alex LOVE	Cardiff AAC	02:24.04	

Event T5 - Event-T5 : U15 Boys 800m - Heats

Qualification to Final T23:- Heat Winners 2(Q) & fastest 2(q)

Heat 1 of 2

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	227	Tyler PRITCHARD	Cwmbran Harriers	02:06.34	Q Phill Banning
2	226	Nikita NEARY	Carmarthen Harriers	02:09.37	Q Stephan Hughes
3	310	Alex LOVE	Cardiff AAC	02:23.66	q
4	313	Jac SMITH	Aberdare VAAC	02:28.27	
5	307	Dewi BENNETT	Barry & Vale Harriers	02:38.86	

Heat 2 of 2

1	312	Alex PRICE	Aberdare VAAC	02:14.53	Q Sean Price
2	311	Danny MORGAN	Aberdare VAAC	02:14.95	Q Sean Price
3	309	Jake HEYWARD	Cardiff AAC	02:17.79	q Tim Fry
4	340	Luke SCAMMELL	Cardiff AAC	02:27.92	
5	314	John WARDLE	Barry & Vale Harriers	02:41.78	



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WELSH ATHLETICS
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Event-F5 : U15 Boys High Jump - Final

Welsh Record - Chuka ENIH-SNELL, Swansea Harriers H, 1.91, Birmingham, Eng 21.02.1998

CBP - Andrew BLOW, 1.73, Beddau 13.04.1985

2010 Welsh Champion - Thomas TROTMAN Cardiff AAC 1.63

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	384	Thomas TROTMAN	Cardiff AAC	1.86	
2	383	Miles KELLER-JENKINS	Swansea Harriers	1.75	Steve Ryan
3	79	Harry HILLMAN	Cardiff AAC	1.55	
4	386	Joel WATSON	Cardiff AAC	1.50	Emma Lyons
5	385	Thomas WALLEY	Wrexham AC	1.50	



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WELSH ATHLETICS
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Event-T33 : Senior Men 60m - Final

Welsh Record - Colin JACKSON, Cardiff AAC, 6.49, 1994

CBP - Doug TURNER, 6.76, Cardiff AAC 21.01.2001

2010 Welsh Champion - Wyn ROBERTS SM Swansea Harriers 6.83

Athletes qualified from Semi Final T19

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	52	Aidan SYERS * SM	Newham	6.82	
2	50	Marc RITCHIE (W) SM	Aberdare VAAC	6.87	
3	46	Rhys KNAPMAN (W) U23M	Cardiff AAC	6.96	<i>Matt Elias</i>
4	22	Scott BAJERE * U23M	Bristol and West AC	6.96	<i>Dan Cossins</i>
5	51	Ben SIMONS (W) SM	Telford AC	6.98	<i>Denis Doyle</i>
6	39	Dewi HAMMOND (W) U20M	Bromsgrove	6.99	
7	40	Chris HILL (W) SM	Derby AC	7.01	<i>Matt Elias</i>
8	26	Richardo CHILDS (W) SM	Brecon AC	DNS	<i>Edward Thompson</i>

Event-T19 : Senior Men 60m - Semi Final

Athletes progress to Final T33 :Qualification to Final T33:-2(Q) & 2(q)

Heat 1 of 2

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	
1	50	Marc RITCHIE (W) SM	Aberdare VAAC	6.91	Q
2	22	Scott BAJERE * U23M	Bristol and West AC	6.93	Q <i>Dan Cossins</i>
3	26	Richardo CHILDS (W) SM	Brecon AC	6.99	Q <i>Edward Thompson</i>
4	51	Ben SIMONS (W) SM	Telford AC	7.03	q <i>Denis Doyle</i>
5	27	Seriashe CHILDS (W) SM	Cardiff AAC	7.18	
6	49	Elliott PRENDERGAST * U20M	Bristol and West AC	7.21	
7	37	James GRIFFITHS (W) U23M	Cardiff AAC	7.27	
8	32	Richard DERRICK (W) SM	UWIC	DNS	

Heat 2 of 2

1	52	Aidan SYERS * SM	Newham	6.81	Q
2	46	Rhys KNAPMAN (W) U23M	Cardiff AAC	6.94	Q <i>Matt Elias</i>
3	40	Chris HILL (W) SM	Derby AC	6.97	Q <i>Matt Elias</i>
4	39	Dewi HAMMOND (W) U20M	Bromsgrove	7.04	q
5	31	Anax DASILVA (W) U20M	Cardiff AAC	7.17	
6	34	Santino DUMMETT (W) U23M	Telford AC	7.21	
7	35	Lemar FRECKLETON (W) U23M	Newport Harriers	7.21	
8	29	Thomas CUSWORTH (W) U23M	Wrexham AC	7.30	

Event-T10 : Senior Men 60m - Heats

Qualification to Semi Final Semi Final T20:- Heat Winners 3(Q) & fastest 4(q)

Heat 1 of 4

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/a</u>
1	50	Marc RITCHIE (W) SM	Aberdare VAAC	6.90	Q
2	40	Chris HILL (W) SM	Derby AC	7.05	Q <i>Matt Elias</i>
3	49	Elliott PRENDERGAST * U20M	Bristol and West AC	7.27	Q <i>Dan Cossins</i>
4	37	James GRIFFITHS (W) U23M	Cardiff AAC	7.33	q <i>Mark Thomas</i>
5	30	Adeolu DADA * SM	University of Bristol	7.66	
6	38	Stuart GRIFFITHS (W) SM	Cardiff AAC	7.74	
7	45	James KINGSBURY (W) SM	Rhondda AC	9.12	

Heat 2 of 4

1	22	Scott BAJERE * U23M	Bristol and West AC	7.04	Q <i>Dan Cossins</i>
2	51	Ben SIMONS (W) SM	Telford AC	7.12	Q <i>Denis Doyle</i>
3	27	Seriashe CHILDS (W) SM	Cardiff AAC	7.15	Q
4	32	Richard DERRICK (W) SM	UWIC	7.22	q
5	44	Mathew JONES (W) SM	Carmarthen Harriers	7.52	
6	53	Wayne TAYLOR * SM	Thames Valley H	7.56	
7	25	Steven BEST * SM	University of Bristol	7.91	



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Heat 3 of 4

1	46	Rhys KNAPMAN (W) U23M	Cardiff AAC	6.95	Q	Matt Elias
2	26	Richardo CHILDS (W) SM	Brecon AC	7.02	Q	Edward Thompson
3	34	Santino DUMMETT (W) U23M	Telford AC	7.23	Q	Eric Cartwright
4	29	Thomas CUSWORTH (W) U23M	Wrexham AC	7.32	Q	Glyn Davies
5	36	George GRIFFITHS (W) U17M	Cardiff AAC	7.39		
6	43	David JAMES * SM	Aberdare VAAC	7.40		
7	21	Adi Asmawi ADANAN * SM	UWIC	8.32		

Heat 4 of 4

1	52	Aidan SYERS * SM	Newham	6.95	Q	
2	39	Dewi HAMMOND (W) U20M	Bromsgrove	7.03	Q	
3	31	Anax DASILVA (W) U20M	Cardiff AAC	7.24	Q	Helen James
4	35	Lemar FRECKLETON (W) U23M	Newport Harriers	7.30	q	
5	33	Michael DICKENS (W) SM	Telford AC	7.44		
6	42	Atiqullah HUSSAINI (W) U17M	Cardiff AAC	8.18		

Event-T37 : Senior Men 400m - Final

Welsh Record - Jamie BAULCH, Cardiff AAC, 45.39, Birmingham, Eng 1997

CBP - Gareth WARBURTON, 48.39, Cardiff AAC 9.01.2005

2010 Welsh Champion - Dwayne LEWIS SM Birchfield Harriers 49.72

Athletes qualified from Heat T12

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	265	Matthew ANTONIAZZI (W) U20M	Cwmbran Harriers	51.43	James Thie
2	212	Paul BENNETT (W) U23M	Swansea Harriers	51.45	Judith Gooding/Matt
3	214	Daniel DELL (W) SM	Cardiff AAC	51.63	Helen James
4	216	Christopher HALL (W) SM	Kingston & Poly AC	52.29	Richard Holt

Event-T12 : Senior Men 400m - Heats

Qualification to Final T37:- Heat Winner1(Q) & fastest 1(q)

Heat 1 of 3

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	216	Christopher HALL (W) SM	Kingston & Poly AC	52.53	Q Richard Holt
2	213	John BRIERLY * SM	Bristol and West AC	52.81	
3	218	Phil WREN * SM	Reading AC	52.86	
4	25	Steven BEST * SM	University of Bristol	DNS	

Heat 2 of 3

1	265	Matthew ANTONIAZZI (W) U20M	Cwmbran Harriers	51.72	Q James Thie
2	215	Alex FIELDS * SM	Bristol and West AC	52.03	
3	30	Adeolu DADA * SM	University of Bristol	62.04	

Heat 3 of 3

1	214	Daniel DELL (W) SM	Cardiff AAC	52.03	Q Helen James
2	217	Mark ROBINSON * SM	Reading AC	53.08	

Heat 3 of 3 RE RUN

3	212	Paul BENNETT (W) U23M	Swansea Harriers	51.34	q Judith Gooding/Matt
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WELSH ATHLETICS
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Event T1 - Event-T1 : Senior Men 800m - Heats

Qualification to Final T47:- Heat Winner1(Q) & fastest 3(q)

Heat 1 of 3

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	248	Carl HILL (W) U23M	Aberdare VAAC	01:56.83	Q <i>Sean Price</i>
2	256	Ieuan THOMAS (W) SM	Cardiff AAC	01:58.42	
3	238	Lewis BANNER * SM	Stubbington Green	01:58.66	
4	241	Tom BOWERMAN * U23M	Aldershot Farnham	01:59.48	
5	258	Peter WATKEYS (W) SM	Basingstoke	02:02.67	
6	245	Brian DIAS (W) SM	Cardiff AAC	02:29.61	

Heat 2 of 3

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>	<u>AC/CBP</u>
1	257	Joe THOMAS (W) SM	Cardiff AAC	01:47.82	Q	<i>Arwyn Davies</i>
2	251	Johnathan MORGAN (W) U23M	Newport Harriers	01:54.78	q	<i>James Thie</i>
3	244	Andrew DE-CAMPS (W) SM	Gloucester AC	01:55.56	q	<i>Paul De-Camps</i>
4	254	Chris PROTHERO (W) U23M	Cardiff AAC	01:58.94		
5	259	Sion WYNNE-WILLIAMS (W) SM	Liverpool Harriers	01:59.82		
6	255	Kristian STANLEY * SM	Bristol and West AC	02:05.55		

Heat 3 of 3

1	239	David BANWELL-CLODE (W) U23M	Cwmbran Harriers	01:55.79	Q	<i>James Thie</i>
2	237	James ANSELL * SM	Exeter Harriers AC	01:56.24	q	<i>Chris Wooldridge</i>
3	246	Martin FLOOK * SM	Bristol and West AC	01:57.56		
4	252	Stephen MORRIS (W) SM	FDSW	01:58.08		
5	247	Will HARTLEY * U23M	Woking AC	01:59.05		

Event-T64 : Senior Men 1500m - Final

AC Record - Stephen DAVIES, (Wales), 03:41.25, Cardiff 2009

Welsh Record - James THIE, Cardiff AAC, 03:38.69, Birmingham, Eng 2004

CBP - Stephen DAVIES, 03.41.25, Belgrave Harriers 24.01.2009

2010 Welsh Champion - Stephen DAVIES Belgrave Harriers 03:47.71

Athletes qualified from Heat T35

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	349	Stephen MITCHELL * SM	Bristol and West AC	03:50.76	<i>Keith Brackstone</i>
2	351	Thomas PURNELL * U20M	Stroud AC	03:52.18	<i>Chris Frapwell</i>
3	347	Kieran FLANNERY * SM	Gateshead Harriers	03:53.69	<i>Alasdair Donaldson</i>
4	240	Adam BITCHELL (W) U23M	Cardiff AAC	03:54.63	<i>James Thie</i>
5	256	Ieuan THOMAS (W) SM	Cardiff AAC	03:55.42	<i>James Thie</i>
6	250	Michael KERSHAW (W) U23M	Cardiff AAC	03:57.00	<i>James Thie</i>
7	346	Wynne EVANS (W) SM	Carmarthen Harriers	03:59.63	<i>Steve Perks</i>
8	352	Kyran ROBERTS (W) U17M	Carmarthen Harriers	04:03.68	<i>Delyth Brown</i>
9	350	Daniel POULTON * SM	Stevenage	04:04.37	<i>Steve Pike</i>
10	241	Tom BOWERMAN * U23M	Aldershot Farnham	04:05.92	<i>James Stirling</i>
11	455	Adam DAVIES * SM	Newport Harriers	04:11.90	
12	252	Stephen MORRIS (W) SM	FDSW	04:17.00	<i>Chris Moss</i>
13	245	Brian DIAS (W) SM	Cardiff AAC	05:11.07	<i>Rob Hooper</i>



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Event-F11 : Senior Men Triple Jump - Final

Welsh Record - Steven SHALDERS, Cardiff AAC, 16.39, Sheffield, Eng 2006

CBP - Navid CHILDS, 14.56, Thames Valley Harriers 24.01.2009

2010 Welsh Champion - Navid CHILDS SM Thames Valley Harriers 14.47

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	184	Navid CHILDS (W) SM	Thames Valley H	14.84	
2	428	Alex EZECHI-OBIAKO (W) U23M	Cardiff AAC	14.65	Mike Holmes
3	421	Adam WILLIAMS (W) U23M	Cardiff AAC/ UWIC	14.55	Sean Power
4	420	Phillip WARWICKER * U23M	Cardiff AAC/ UWIC	13.76	Sean Power
5	430	Max NETHERCOTT * U17M	Yate AC	11.79	None

Event-F10 : Senior Men Shot (7.26kg) - Final

Welsh Record - Shaun PICKERING , Haringey AC, 19.10, 1996

CBP - Ryan SPENCER-JONES, 17.32, Birchfield Harriers 23.10.2010

2010 Welsh Champion - Ryan SPENCER-JONES SM Birchfield Harriers 16.89

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	436	Ryan SPENCER-JONES (W) SM	Birchfield Harriers	17.87	
2	437	Stuart THURGOOD * SM	Luton	13.24	
3	435	Anthony HALLING (W) U23M	Rhondda AC	10.80	
4	45	James KINGSBURY (W) SM	Rhondda AC	9.34	Glyn Pugh Cath Alford



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WELSH ATHLETICS
ATHLETAU CYMRU

Event-T24 : U17 Women 800m - Final

Welsh Record - Jade WILLIAMS, Amman V, 02:11.68, Cardiff 2009

CBP - Lauren BELL, 02.14.11, Pembrokeshire H 23.01.2010

2010 Welsh Champion - Lauren BELL Pembroke Harriers 02:21.06

Athletes qualified from Heat T6

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	273	Abigail BACKSHALL	Colwyn Bay	02:22.46	Phillip Oliver
2	285	Kate SEARY	Cardiff AAC	02:24.71	Phil Banning
3	280	Cerys HEAHER	Vale Royal AC	02:26.28	Andy Carter
4	282	Emma JORDAN	Cwmbran Harriers	02:29.69	David Norton
5	279	Erin HAYES	Cardiff AAC	02:30.75	
6	278	Chelsie HARRIS	Cwmbran Harriers	02:40.64	

Event-T6 : U17 Women 800m - Heats

Qualification to Final T24:- Heat Winners 2(Q) & fastest 2(q)

Heat 1 of 2

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	280	Cerys HEAHER	Vale Royal AC	02:26.40	Q Andy Carter
2	282	Emma JORDAN	Cwmbran Harriers	02:30.07	Q David Norton
3	279	Erin HAYES	Cardiff AAC	02:30.73	q
4	276	Dannielle FRANKLIN	Llanelli AC	02:34.56	
5	286	Olivia TURLEY	Cwmbran Harriers	02:34.58	
6	275	Eli CAVIL	Aberdare VAAC	02:35.10	

Heat 2 of 2

1	273	Abigail BACKSHALL	Colwyn Bay	02:31.57	Q Phillip Oliver
2	285	Kate SEARY	Cardiff AAC	02:31.93	Q Phil Banning
3	278	Chelsie HARRIS	Cwmbran Harriers	02:32.17	q
4	283	Elin LEWIS	Cwmbran Harriers	02:33.96	
5	277	Lucy HAMMETT	Swansea Harriers	02:37.30	
6	274	Megan BUNNEY	Aberdare VAAC	02:44.32	



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WELSH ATHLETICS
ATHLETAU CYMRU

Event-T25 : U17 Men 800m - Final

Welsh Record - Elliot SLADE, Cardiff AAC, 01:57.62, Cardiff, 2011

CBP - Tom EARLEY, 02.01.09, Colwyn B AC 23.01.2011

2010 Welsh Champion - Tom EARLEY Colwyn Bay 02:01.09

Athletes qualified from Heat T7

New CBP

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	295	Jacob PREECE	Cardiff AAC	01:58.55	
2	289	Thomas HARDING	Colwyn Bay	01:59.15	Phil Jones
3	288	Rhys GRANVILLE	Carmarthen Harriers	01:59.22	Delyth Brown
4	287	Jack FEAR	Newport Harriers	02:07.25	Tony Lewis
5	296	Dominic TUTTON	Gloucester AC	02:10.73	Kerry Newell
6	293	Declan MORRIS	Cardiff AAC	02:16.93	Martyn Gibbins

Event-T7 : U17 Men 800m - Heats

Qualification to Final T25:- Heat Winners 2(Q) & fastest 2(q)

Heat 1 of 2

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Q/q</u>
1	288	Rhys GRANVILLE	Carmarthen Harriers	02:10.47	Q Delyth Brown
2	287	Jack FEAR	Newport Harriers	02:10.51	Q Tony Lewis
3	292	Lewis JONES	Cardiff AAC	02:10.85	
4	291	Thomas JOHN	Neath Harriers	02:21.74	
5	298	Bethan EVANS	Pontyclun AC	02:27.94	

Heat 2 of 2

1	295	Jacob PREECE	Cardiff AAC	02:06.89	Q
2	289	Thomas HARDING	Colwyn Bay	02:07.27	Q Phil Jones
3	296	Dominic TUTTON	Gloucester AC	02:07.66	q Kerry Newell
4	293	Declan MORRIS	Cardiff AAC	02:07.79	q Martyn Gibbins
5	290	Ashley HOPKINS	Swansea Harriers	02:11.24	

Event-T26 : U20 Women 800m - Straight Final

Welsh Record - Kirsty MCDERMOTT, Brecon, 02:02.88, Grenoble, Fr 1981

CBP - Katie PARKES, 02.15.23, Carmarthen Harriers 28.01.2007

2010 Welsh Champion - No Competitors

Straight Final

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	263	Ffion PRICE (W) U20W	Brecon AC	02:15.26	
2	264	Rhianwedd PRICE (W) U20W	Brecon AC	02:18.22	
3	260	Lauren BELL (W) U20W	Pembrokeshire Harriers	02:21.24	Pete Freeman
4	261	Jemima OSBORN (W) U20W	Swansea Harriers	02:25.56	John Griffiths
5	262	Elysia PEARSON (W) U20W	Swansea Harriers	02:32.79	John Griffiths

Event-T27 : U20 Men 800m - Straight Final

Welsh Record - Joe THOMAS, Cardiff AAC, 01:51.94, Cardiff, 2007

CBP - Joe THOMAS, 01.51.94, Cardiff AAC 28.01.2007

2010 Welsh Champion - Alex EDWARDS U20M Cwmbran Harriers 01:57.83

<u>Pos</u>	<u>Bib</u>	<u>Athlete</u>	<u>Club</u>	<u>Perf</u>	<u>Coach</u>
1	269	Matthew FAYERS * U20M	Hillingdon AC	01:55.30	Stevan Dokic
2	271	Elliot SLADE (W) U20M	Cardiff AAC	01:55.43	Arwyn Davies
3	267	Tom EARLEY (W) U20M	Colwyn Bay	01:57.49	Philip Oliver
4	270	Matthew RICHARDS (W) U20M	Coventry Godiva	02:01.90	Kevin Evans
5	268	Carwyn EVANS (W) U20M	Swansea Harriers	02:05.83	John Griffiths
6	272	Jacob ZENNADI (W) U20M	Cwmbran Harriers	02:12.89	David Norton

Welsh Athletics - Height Card

NEW WELSH RECORD

NEW CBP

MEETING	Welsh Athletics Indoor T&F Championships. U13-U15-SENIOR		VENUE	National Indoor Athletics Centre, Cyncoed, Cardiff										DATE	Sat-21-January-2012					
			TIME	ALL COMERS RECORD - Not Recognised at this age group WELSH RECORD - Susannah FILCE, Wrexham AC, 1.50, 1987																
EVENT	F1 - U13 Girls High Jump		11:00 AM	CHAMPIONSHIP BEST - Helena MADAN, 1.43, Pembrokeshire H 29.01.2006 2010 WELSH CHAMPION - Ffion JENKINS Amman Valley .90																

Order	Bib	NAME	CLUB	START	0.90		0.95		1.00		1.05		1.10		1.15		1.20		1.23		1.26		1.29		1.32		Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	
				Start Height	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						
1	92	Isabel BREEDEN	Blaenau Gwent AC	1.00					O		O		O		X	O	X	X	O	X	X	X					1.20	3	6	11	5	
2	168	Emily COLES	Swansea Harriers	1.05							O		O		O		O		O		X	X	O	X	X	X		1.26	3	5	11	3
3	98	Lydia GILL	Cardiff AAC	0.90	O			O			X	X	X														1.00	1	3	6	8	
4	321	Chloe HOPKINS	Swansea Harriers	1.00					O		O		O		X	P	P				X	X					1.15	1	3	9	6	
5	387	Ffion LLEWELLYN	Bridgend AC	1.05							O		P	P	P	O		O		O		X	X	O	X	X	X	1.29	3	5	14	2
6	111	Madeleine NEWTON	Neath Harriers	1.00					O		O		O		X	X	O	X	X	X							1.15	3	5	9	7	
7	112	Sarah OMOREGIE	Pembrokeshire Harriers	1.20	O			X	O	X	X	O	X	O	O		O		O		O		O		O		1.57	1	4	15	1	
8	388	Seren ROBERTS	Cardiff AAC	1.00					O		X	X	X														1.00	1	3	4	8	
9	331	Aimee WALLACE	Newport Harriers	1.00					O		O		O		O		O		X	O	X	X	X				1.23	2	4	10	4	
10																																
11	112	Sarah OMOREGIE	Pembrokeshire Harriers												O		X	X	O	O		X	O	X	X	X				6	10	
12																																
13																																
14																																
15																																
16																																

FULL RESULTS														JUDGES SIGNATURES			
	Bib	NAME	CLUB	PERF	No.	Bib	NAME	CLUB	PERF								
1	112	Sarah OMOREGIE	Pembrokeshire Harriers	1.57	9												
2	387	Ffion LLEWELLYN	Bridgend AC	1.29	10												
3	168	Emily COLES	Swansea Harriers	1.26	11												
4	331	Aimee WALLACE	Newport Harriers	1.23	12												
5	92	Isabel BREEDEN	Blaenau Gwent AC	1.20	13												
6	321	Chloe HOPKINS	Swansea Harriers	1.15	14					REFEREE'S SIGNATURE							
7	111	Madeleine NEWTON	Neath Harriers	1.15	15												
8	98	Lydia GILL	Cardiff AAC	1.00	16												

Welsh Athletics - Height Card

FALSE

MEETING	Welsh Athletics Indoor T&F Championships. U13-U15-SENIOR	VENUE	National Indoor Athletics Centre, Cyncoed, Cardiff	DATE	Sat-21-January-2012
		TIME	ALL COMERS RECORD - Henrietta PAXTON, Birchfield Harriers, 2010 WELSH RECORD - Rhian CLARKE , Essex Ladies, 4.20, 2001		
EVENT	F2 - Senior Women Pole Vault	12:00 PM	CHAMPIONSHIP BEST - Bryony RAINE, 4.11, Cardiff AAC 23.01.2010 2010 WELSH CHAMPION - Jessica ABRAHAM SW Cardiff AAC 3.90		

Order	Bib	NAME	CLUB	START	2.54	2.64	3.04	3.14	3.24	3.34	3.44	3.54	3.64	3.84	4.04	Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position
				Start Height	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					
1	397	Emily TAYLOR (W) SW	Notts AC	3.44							O	X O	X X X			3.54	2	4	6	2
2	394	Elinor LEWIS (W) U23W	Cardiff AAC	3.04			X X X									NMR		3	3	8
3	396	Anne REES * U23W	Stevenage	3.04			O	X O	X X O	X X O	X X X					3.34	3	8	12	6
4	391	Hannah GRUBB * U20W	Team Bath AC	3.24					O	O	X O	X O	X X X			3.54	2	5	9	3
5	389	Zoe BROWN * SW	Shaftesbury Barnet Harriers	3.84										X X O	X X X	3.84	3	5	6	1
6	393	Enfys JONES (W) U20W	Carmarthen Harriers	2.54	O	X X X										2.54		3	4	7
7	395	Lyndsey MAUND (W) SW	Swansea Harriers	3.44							O	X X X				3.44	1	3	4	5
8	392	Naomi JAMES (W) U20W	Swansea Harriers	3.34						X O	O	X X O	X X X			3.54	3	6	9	4
9																				
10																				
11																				
12																				
13																				
14																				
15																				
16																				

FULL RESULTS											JUDGES SIGNATURES			
	Bib	NAME	CLUB	PERF	No.	Bib	NAME	CLUB	PERF					
1	389	Zoe BROWN * SW	Shaftesbury Barnet Harriers	3.84	9									
2	397	Emily TAYLOR (W) SW	Notts AC	3.54	10									
3	391	Hannah GRUBB * U20W	Team Bath AC	3.54	11									
4	392	Naomi JAMES (W) U20W	Swansea Harriers	3.54	12									
5	395	Lyndsey MAUND (W) SW	Swansea Harriers	3.44	13									
6	396	Anne REES * U23W	Stevenage	3.34	14								REFEREE'S SIGNATURE	
7	393	Enfys JONES (W) U20W	Carmarthen Harriers	2.54	15									
8	394	Elinor LEWIS (W) U23W	Cardiff AAC	NMR	16									

Welsh Athletics : Distance Card

NEW CBP

Meeting		Welsh Athletics Indoor T&F Championships. U13-U15-SENIOR		Venue	National Indoor Athletics Centre, Cyncoed, Cardiff					Date	Sat-21-January-2012			
				Time	ALL COMERS RECORD - Not Recognised at this age group WELSH RECORD - Sara OTUNG, Cardiff, 5.51, Cardiff 2008									
Event		F3 - U15 Girls Long Jump		12:00 PM	CHAMPIONSHIP BEST - Ceri JENKINS, 5.28, Cleddau AC 12.03.1972 2010 WELSH CHAMPION - Brenna PRICE Aberdare VAAC 4.86									
				1st Trial	2nd Trial	3rd Trial	Best of 3	Posaft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	
Order	BIB	Name	Club	Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	76	Emily WRIGHT	Yate AC	5.30	5.08	4.99	5.30	1				5.30	1	
2	303	Kelsey RABAIOTTI	Swansea Harriers	3.75	3.69	3.63	3.75	11				3.75	11	
3	224	Zoe NASH	Bridgend AC	4.41	NJ	4.60	4.60	5				4.60	5	
4	63	Chloe HUGHES	Deeside AAC	NJ	5.11	5.12	5.12	2				5.12	2	
5	61	Millicent FAKANDE	Cwmbran Harriers	4.43	4.38	4.61	4.61	4				4.61	4	
6	56	Sarah ATKINSON	Deeside AAC	4.32	4.30	4.09	4.32	6				4.32	6	
7	55	Delun ALLCOCK	Swansea Harriers	3.83	3.06	3.65	3.83	9				3.83	9	
8	57	Jodi BEYNON	Blaenau Gwent AC	NJ	4.45	4.87	4.87	3				4.87	3	
9	62	Clare HALLIGAN	Barry & Vale Harriers	3.48	3.64	3.96	3.96	8				3.96	8	
10	66	Aimie LOWER	Cardiff AAC	3.22	3.46	3.68	3.68	12				3.68	12	
11	69	Jamie O'DRISCOLL	Swansea Harriers	3.51	3.35	3.82	3.82	10				3.82	10	
12	73	Leoni STEVENS	Bridgend AC	2.74	3.85	4.20	4.20	7				4.20	7	
13														
14														
15														
16														

FULL RESULTS										JUDGES' SIGNATURES			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF				
1	76	Emily WRIGHT	Yate AC	5.30	9	76	Delun ALLCOCK	Swansea Harriers	3.83				
2	63	Chloe HUGHES	Deeside AAC	5.12	10	63	Jamie O'DRISCOLL	Swansea Harriers	3.82				
3	57	Jodi BEYNON	Blaenau Gwent AC	4.87	11	57	Kelsey RABAIOTTI	Swansea Harriers	3.75				
4	61	Millicent FAKANDE	Cwmbran Harriers	4.61	12	61	Aimie LOWER	Cardiff AAC	3.68				
5	224	Zoe NASH	Bridgend AC	4.60	13	224							
6	56	Sarah ATKINSON	Deeside AAC	4.32	14	56				REFEREE SIGNATURE			
7	73	Leoni STEVENS	Bridgend AC	4.20	15	73							
8	62	Clare HALLIGAN	Barry & Vale Harriers	3.96	16	62							

Welsh Athletics - Height Card

MEETING		Welsh Athletics Indoor T&F Championships. U13-U15-SENIOR			VENUE		National Indoor Athletics Centre, Cyncoed, Cardiff										DATE	Sat-21-January-2012										
EVENT		F4 - U13 Boys High Jump			12:30 PM		CHAMPIONSHIP BEST - Miles KELLER-JENKINS, 1.48, Swansea Harriers 30.01.2010															2010 WELSH CHAMPION - Harry HILLMAN Cardiff AAC 1.42						
Order	Bib	NAME	CLUB	START	1.15		1.20		1.25		1.30		1.35		1.40								Best	Trials at Ht	Total Failures	Total Trials	Final Position	
				Start Height	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres									
1	135	Deio HUGHES	Cardiff AAC	1.20			X	O	X	O	O			X	O	X	X	X						1.35	2	6	10	2
2	145	Samuel WINK	Cardiff AAC	1.15	O		O		O		X	O	X	X	O	X	X	X						1.35	3	6	11	3
3	144	Michael THOMPSON	Swansea Harriers	1.15	O		O		X	X	X												1.20		3	5	4	
4	341	James VINCENT	Cardiff AAC	1.15	O		O		X	O	O		O		X	X	X						1.35	1	4	9	1	
5	175	Scott MORGAN	Swansea Harriers	1.15	O		X	O	X	X	X												1.20		4	6	5	
6																												
7																												
8																												
9																												
10																												
11																												
12																												
13																												
14																												
15																												
16																												

FULL RESULTS															JUDGES SIGNATURES				
	Bib	NAME	CLUB	PERF	No.	Bib	NAME	CLUB	PERF										
1	341	James VINCENT	Cardiff AAC	1.35	9														
2	135	Deio HUGHES	Cardiff AAC	1.35	10														
3	145	Samuel WINK	Cardiff AAC	1.35	11														
4	144	Michael THOMPSON	Swansea Harriers	1.20	12														
5	175	Scott MORGAN	Swansea Harriers	1.20	13														
6					14					REFEREE'S SIGNATURE									
7					15														
8					16														

Welsh Athletics - Height Card

NEW CBP

MEETING		Welsh Athletics Indoor T&F Championships. U13-U15-SENIOR		VENUE	National Indoor Athletics Centre, Cyncoed, Cardiff												DATE	Sat-21-January-2012			
EVENT		F5 - U15 Boys High Jump		1:15 PM	ALL COMERS RECORD - Not Recognised at this age group																
					WELSH RECORD - Chuka ENIH-SNELL, Swansea Harriers H, 1.91, Birmingham,Eng 21.02.1998																
					CHAMPIONSHIP BEST - Andrew BLOW, 1.73, Beddau 13.04.1985																
					2010 WELSH CHAMPION - Thomas TROTMAN Cardiff AAC 1.63																
Order	Bib	NAME	CLUB	START	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80	Best	Trials at Ht	Cleared	Total Failures	Total Trials	Final Position
				Start Height	1.83	1.86	1.89														
1	79	Harry HILLMAN	Cardiff AAC	1.40			X O	O	O	O	X X X					1.55	1	4	8	3	
2	383	Miles KELLER-JENKINS	Swansea Harriers	1.55						O	O	O	O	O	X X X	1.75	1	3	8	2	
3	384	Thomas TROTMAN	Cardiff AAC	1.60	O	X X O X					O	O	O	O	X O	1.86	3	4	11	1	
4	385	Thomas WALLEY	Wrexham AC	1.40			O	O	X O	X X X						1.50	2	4	7	5	
5	386	Joel WATSON	Cardiff AAC	1.30	O	O	O	O	O	X X X						1.50	1	3	8	4	
6																					
7																					
8																					
9																					
10																					
11																					
12																					
13																					
14																					
15																					
16																					

FULL RESULTS																JUDGES SIGNATURES			
	Bib	NAME	CLUB	PERF	No.	Bib	NAME	CLUB	PERF										
1	384	Thomas TROTMAN	Cardiff AAC	1.86	9														
2	383	Miles KELLER-JENKINS	Swansea Harriers	1.75	10														
3	79	Harry HILLMAN	Cardiff AAC	1.55	11														
4	386	Joel WATSON	Cardiff AAC	1.50	12														
5	385	Thomas WALLEY	Wrexham AC	1.50	13														
6					14					REFEREE'S SIGNATURE									
7					15														
8					16														

Welsh Athletics : Distance Card

Meeting		Welsh Athletics Indoor T&F Championships. U13-U15-SENIOR		Venue	National Indoor Athletics Centre, Cyncoed, Cardiff				Date	Sat-21-January-2012			
Event		F6 - U15 Girls Shot (3.25kg)		Time	ALL COMERS RECORD - Not Recognised at this age group								
				1:30 PM	WELSH RECORD - Adele NICOLL, Birchfield Harriers, 13.56, Cardiff 2011								
				1:30 PM	CHAMPIONSHIP BEST - Adele NICOLL, 13.56, Birchfield H 29.01.2011								
				1:30 PM	2010 WELSH CHAMPION - Adele NICOLL Birchfield Harriers 13.56								
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	438	Emily COCKRILL	Swansea Harriers	9.24	10.16	9.70	10.16	2				10.16	2
2	439	Amy HUMBLE	Carmarthen Harriers	8.91	9.01	8.75	9.01	4				9.01	4
3	441	Lauren RICHARDS	Severn AC	9.28	9.07	8.05	9.28	3				9.28	3
4	442	Katy WHITLEY	Wrexham AC	10.15	10.01	10.71	10.71	1				10.71	1
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										JUDGES' SIGNATURES			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF				
1	442	Katy WHITLEY	Wrexham AC	10.71	9	442							
2	438	Emily COCKRILL	Swansea Harriers	10.16	10	438							
3	441	Lauren RICHARDS	Severn AC	9.28	11	441							
4	439	Amy HUMBLE	Carmarthen Harriers	9.01	12	439							
5					13								
6					14					REFEREE SIGNATURE			
7					15								
8					16								

Welsh Athletics : Distance Card

Meeting		Welsh Athletics Indoor T&F Championships. U13-U15-SENIOR		Venue	National Indoor Athletics Centre, Cyncoed, Cardiff					Date	Sat-21-January-2012				
				Time	ALL COMERS RECORD - Not Recognised at this age group WELSH RECORD - Chloe HUGHES, Deeside, 4.61, Cardiff 2011										
Event		F7 - U13 Girls Long Jump		1:45 PM	CHAMPIONSHIP BEST - Chloe HUGHES, 4.61, Deeside AAC 29.01.2011 2010 WELSH CHAMPION - Chloe HUGHES Deeside AAC 4.61										
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position		
Order	BIB	Name	Club	Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	92	Isabel BREEDEN	Blaenau Gwent AC	3.37	3.52	3.35	3.52	10				3.52	10		
2	94	Chelsie DAVIES	Blaenau Gwent AC	3.55	3.25	2.94	3.55	7				3.55	7		
3	422	Mia DAVIES	Newport Harriers	3.41	3.42	3.52	3.52	9				3.52	9		
4	95	Seren DAVIES	Cardiff AAC	3.23	3.02	3.13	3.23	17				3.23	17		
5	97	Gabrielle FAKANDE	Cwmbran Harriers	3.88	3.91	4.14	4.14	1				4.14	1		
6	171	Katy GREEN	Cardiff AAC	3.46	3.74	3.66	3.74	4				3.74	4		
7	102	Zoe HAMM	Bridgend AC	3.05	2.91	NJ	3.05	20				3.05	20		
8	172	Olivia HOPE	Cardiff AAC	3.39	3.39	3.38	3.39	13				3.39	13		
9	322	Rebecca HORTON	Aberdare VAAC	3.02	3.06	NJ	3.06	19				3.06	19		
10	104	Bethan HOWELLS	Swansea Harriers	2.67	2.92	2.99	2.99	21				2.99	21		
11	105	Cassie JOHN	Bridgend AC	3.33	3.01	3.18	3.33	16				3.33	16		
12	107	Macey JONES	Cwmbran Harriers	3.70	3.64	NJ	3.70	6				3.70	6		
13	325	Jessica LEWIS	Swansea Harriers	2.72	2.79	2.77	2.79	24				2.79	24		
14	108	Caitlin LLEWELYN	Swansea Harriers	3.45	3.28	3.32	3.45	11				3.45	11		
15	109	Catrin LORD	Cardiff AAC	NJ	3.94	3.86	3.94	3				3.94	3		
16	328	Amber MURPHY	Swansea Harriers	3.23	3.40	3.44	3.44	12				3.44	12		

FULL RESULTS										JUDGES' SIGNATURES		
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF			
1	97	Gabrielle FAKANDE	Cwmbran Harriers	4.14	9	97	Mia DAVIES	Newport Harriers	3.52			
2	121	Emily THOMAS	Cardiff AAC	3.94	10	121	Isabel BREEDEN	Blaenau Gwent AC	3.52			
3	109	Catrin LORD	Cardiff AAC	3.94	11	109	Caitlin LLEWELYN	Swansea Harriers	3.45			
4	171	Katy GREEN	Cardiff AAC	3.74	12	171	Amber MURPHY	Swansea Harriers	3.44			
5	111	Madeleine NEWTON	Neath Harriers	3.70	13	111	Olivia HOPE	Cardiff AAC	3.39			
6	107	Macey JONES	Cwmbran Harriers	3.70	14	107	Hanna PACHUTA	Bridgend AC	3.38	REFEREE SIGNATURE		
7	94	Chelsie DAVIES	Blaenau Gwent AC	3.55	15	94	Seren WYATT	Swansea Harriers	3.36			
8	331	Aimee WALLACE	Newport Harriers	3.54	16	331	Cassie JOHN	Bridgend AC	3.33			

Welsh Athletics : Distance Card

Meeting		Welsh Athletics Indoor T&F Championships. U13-U15-SENIOR		Venue	National Indoor Athletics Centre, Cyncoed, Cardiff					Date	Sat-21-January-2012		
Event		F7 - U13 Girls Long Jump		Time	ALL COMERS RECORD - Not Recognised at this age group								
				1:45 PM	WELSH RECORD - Chloe HUGHES, Deeside, 4.61, Cardiff 2011								
				2nd Trial	3rd Trial	4th Trial	Best of 4	Pos aft 4	5th Trial	6th Trial	7th Trial	Best of All	Final Position
Order	BIB	Name	Club	Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
17	111	Madeleine NEWTON	Neath Harriers	NJ	3.60	3.70	3.70	5				3.70	5
18	114	Hanna PACHUTA	Bridgend AC	3.38	NJ	NJ	3.38	14				3.38	14
19	117	Erin PHILLIPS	Cardiff AAC	2.64	NJ	2.62	2.64	25				2.64	25
20	119	Amy ROTHERO	Pembrokeshire Harriers	3.06	3.12	3.00	3.12	18				3.12	18
21	388	Seren ROBERTS	Cardiff AAC	2.92	2.35	2.62	2.92	22				2.92	22
22	121	Emily THOMAS	Cardiff AAC	3.93	3.94	3.82	3.94	2				3.94	2
23	331	Aimee WALLACE	Newport Harriers	3.35	3.20	3.54	3.54	8				3.54	8
24	332	Caitlin WARD	Swansea Harriers	2.75	2.83	2.82	2.83	23				2.83	23
25	126	Seren WYATT	Swansea Harriers	3.36	3.14	3.25	3.36	15				3.36	15
26													
27													
28													
29													
30													
31													
32													

FULL RESULTS

JUDGES' SIGNATURES

POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF
17	95	Seren DAVIES	Cardiff AAC	3.23	25	95	Erin PHILLIPS	Cardiff AAC	2.64
18	119	Amy ROTHERO	Pembrokeshire Harriers	3.12	26	119			
19	322	Rebecca HORTON	Aberdare VAAC	3.06	27	322			
20	102	Zoe HAMM	Bridgend AC	3.05	28	102			
21	104	Bethan HOWELLS	Swansea Harriers	2.99	29	104			
22	388	Seren ROBERTS	Cardiff AAC	2.92	30	388			
23	332	Caitlin WARD	Swansea Harriers	2.83	31	332			
24	325	Jessica LEWIS	Swansea Harriers	2.79	32	325			

REFEREE SIGNATURE

Welsh Athletics : Distance Card

FALSE

Meeting		Welsh Athletics Indoor T&F Championships. U13-U15-SENIOR		Venue	National Indoor Athletics Centre, Cyncoed, Cardiff					Date	Sat-21-January-2012		
Event		F8 - Senior Women Long Jump		Time	ALL COMERS RECORD - Gillian COOKE, Scotland, 6.43, 2008								
				2:15 PM	WELSH RECORD - Ruth HOWELL , Birchfield, 6.51, 1974								
				1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position
Order	BIB	Name	Club	Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	409	Rebecca CHAPMAN * U23W	Exeter Harriers AC	5.80	5.70	5.71	5.80	2	3.98	5.67	5.73	5.80	3
2	410	Donna JONES (W) U23W	Swansea Harriers	5.40	5.24	NJ	5.40	6	NJ	5.15	5.12	5.40	6
3	411	Emma LYONS * SW	Sale Harriers Manchester	5.60	5.76	5.68	5.76	3	5.78	5.84	5.94	5.94	1
4	412	Imogen MILES (W) SW	Cardiff AAC	5.56	5.57	5.51	5.57	5	5.55	5.55	5.43	5.57	5
5	10	Imelda MORRISSON * SW	Swansea Harriers	5.84	5.82	5.82	5.84	1	5.70	PASS	5.71	5.84	2
6	149	Lauren O'REILLY (W) U23W	Newport Harriers	5.24	NJ	5.18	5.24	7	NJ	5.11	5.33	5.33	7
7	413	Ffion REES (W) U20W	Carmarthen Harriers	NJ	NJ	NJ	NMR					NMR	9
8	151	Katy SEALY * U23W	UWIC	4.79	4.74	5.15	5.15	8	5.18	5.02	4.99	5.18	8
9	20	Rhiannon YATES (W) U23W	Cardiff AAC/ UWIC	NJ	5.71	5.73	5.73	4	5.77	PASS	NJ	5.77	4
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										JUDGES' SIGNATURES			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF				
1	411	Emma LYONS * SW	Sale Harriers Manchester	5.94	9	411	Ffion REES (W) U20W	Carmarthen Harriers	NMR				
2	10	Imelda MORRISSON * SW	Swansea Harriers	5.84	10								
3	409	Rebecca CHAPMAN * U23W	Exeter Harriers AC	5.80	11								
4	20	Rhiannon YATES (W) U23W	Cardiff AAC/ UWIC	5.77	12								
5	412	Imogen MILES (W) SW	Cardiff AAC	5.57	13								
6	410	Donna JONES (W) U23W	Swansea Harriers	5.40	14					REFEREE SIGNATURE			
7	149	Lauren O'REILLY (W) U23W	Newport Harriers	5.33	15								
8	151	Katy SEALY * U23W	UWIC	5.18	16								

Welsh Athletics : Distance Card

NEW CBP

Meeting		Welsh Athletics Indoor T&F Championships. U13-U15-SENIOR		Venue	National Indoor Athletics Centre, Cyncoed, Cardiff					Date	Sat-21-January-2012		
Event		F10 - Senior Men Shot (7.26kg)		Time	ALL COMERS RECORD - Garrett JOHNSON, USA, 19.00, 2007								
				3:00 PM	WELSH RECORD - Shaun PICKERING , Haringey AC, 19.10, 1996								
				3:00 PM	CHAMPIONSHIP BEST - Ryan SPENCER-JONES, 17.32, Birchfield Harriers 23.10.2010								
				3:00 PM	2010 WELSH CHAMPION - Ryan SPENCER-JONES SM Birchfield Harriers 16.89								
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	434	David GLENDOWER (W) SM	Pembrokeshire Harriers	7.34	NT	NT	7.34	5	NT	NT	7.39	7.39	5
2	435	Anthony HALLING (W) U23M	Rhondda AC	10.59	10.17	10.80	10.80	3	10.67	10.72	10.71	10.80	3
3	45	James KINGSBURY (W) SM	Rhondda AC	9.26	9.34	9.10	9.34	4	8.95	NT	NT	9.34	4
4	436	Ryan SPENCER-JONES (W) SM	Birchfield Harriers	17.18	17.87	NT	17.87	1	17.31	NT	NT	17.87	1
5	437	Stuart THURGOOD * SM	Luton	12.98	13.24	NT	13.24	2	12.93	NT	13.07	13.24	2
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										JUDGES' SIGNATURES			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF				
1	436	Ryan SPENCER-JONES (W) SM	Birchfield Harriers	17.87	9	436							
2	437	Stuart THURGOOD * SM	Luton	13.24	10	437							
3	435	Anthony HALLING (W) U23M	Rhondda AC	10.80	11	435							
4	45	James KINGSBURY (W) SM	Rhondda AC	9.34	12	45							
5	434	David GLENDOWER (W) SM	Pembrokeshire Harriers	7.39	13	434							
6					14					REFEREE SIGNATURE			
7					15								
8					16								

Welsh Athletics : Distance Card

NEW CBP

Meeting		Welsh Athletics Indoor T&F Championships. U13-U15-SENIOR		Venue	National Indoor Athletics Centre, Cyncoed, Cardiff					Date	Sat-21-January-2012		
Event		F11 - Senior Men Triple Jump		Time	ALL COMERS RECORD - Julian GOLLEY, (England), 16.05, Cardiff 2001 WELSH RECORD - Steven SHALDERS, Cardiff AAC, 16.39, Sheffield,Eng 2006 CHAMPIONSHIP BEST - Navid CHILDS, 14.56, Thames Valley Harriers 24.01.2009 2010 WELSH CHAMPION - Navid CHILDS SM Thames Valley Harriers 14.47								
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	184	Navid CHILDS (W) SM	Thames Valley H	NJ	14.84	14.67	14.84	1	14.55	14.84	14.39	14.84	1
2	428	Alex EZECHI-OBIAKO (W) U23M	Cardiff AAC	14.45	12.38	NJ	14.45	2	14.24	14.53	14.65	14.65	2
3	430	Max NETHERCOTT * U17M	Yate AC	11.72	11.73	11.79	11.79	5	11.12	11.48	11.79	11.79	5
4	420	Phillip WARWICKER * U23M	Cardiff AAC/ UWIC	13.30	NJ	NJ	13.30	4	PASS	13.23	13.76	13.76	4
5	421	Adam WILLIAMS (W) U23M	Cardiff AAC/ UWIC	13.98	14.02	14.11	14.11	3	14.49	14.55	14.22	14.55	3
6													
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FULL RESULTS										JUDGES' SIGNATURES			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF				
1	184	Navid CHILDS (W) SM	Thames Valley H	14.84	9	184							
2	428	Alex EZECHI-OBIAKO (W) U23M	Cardiff AAC	14.65	10	428							
3	421	Adam WILLIAMS (W) U23M	Cardiff AAC/ UWIC	14.55	11	421							
4	420	Phillip WARWICKER * U23M	Cardiff AAC/ UWIC	13.76	12	420							
5	430	Max NETHERCOTT * U17M	Yate AC	11.79	13	430							
6					14								
7					15								
8					16								

Welsh Athletics : Distance Card

FALSE

Meeting		Welsh Athletics Indoor T&F Championships. U13-U15-SENIOR		Venue	National Indoor Athletics Centre, Cyncoed, Cardiff				Date	Sat-21-January-2012			
Event		F12 - Senior Women Shot (4.00kg)		Time	ALL COMERS RECORD - Venissa HEAD, Wales, 19.06, 1984 WELSH RECORD - Venissa HEAD , Cardiff AAC, 19.06, 1984 CHAMPIONSHIP BEST - Venissa HEAD, 19.06, Cardiff AAC 7.04.1984 2010 WELSH CHAMPION - Lucy GRIFFITHS U20W Pembroke Harriers 11.34								
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	431	Sarah BENSON * SW	Bingley Harriers	11.41	nt	11.73	11.73	1	11.41	12.08	12.85	12.85	1
2	432	Jessica HUDDLESTON (W) U23W	Pembrokeshire Harriers	8.86	10.03	9.88	10.03	3	10.14	NT	9.67	10.14	3
3	151	Katy SEALY * U23W	UWIC	9.64	9.71	10.09	10.09	2	10.03	9.76	10.09	10.09	4
4	148	Vicky LLOYD (W) SW	Pembrokeshire Harriers	9.74	9.80	9.70	9.80	4	9.75	10.15	10.67	10.67	2
5													
6													
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FULL RESULTS										JUDGES' SIGNATURES			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF				
1	431	Sarah BENSON * SW	Bingley Harriers	12.85	9	431							
2	148	Vicky LLOYD (W) SW	Pembrokeshire Harriers	10.67	10	148							
3	432	Jessica HUDDLESTON (W) U23W	Pembrokeshire Harriers	10.14	11	432							
4	151	Katy SEALY * U23W	UWIC	10.09	12	151							
5					13								
6					14								
7					15								
8					16								
										REFEREE SIGNATURE			