



WELSH ATHLETICS
ATHLETAU CYMRU

U17 & U20 CHAMPIONSHIPS
including U13 & U15 1500m
and all age group walks

Saturday 10th July

Carmarthen





WELSH ATHLETICS

U17 & U20 Outdoor Track & Field Championships Incorporating All Age Group Walks, U13 & U15 1500m Saturday 10th July, Johnstown Track, Carmarthen.



WELSH ATHLETICS
ATHLETAU CYMRU

EVENT T27 - U17M - 100m - FINAL

2:25 PM

WELSH RECORD - Tim BENJAMIN / Andrew WATKINS, Cardiff AAC / Cwmbran Harriers, 10.71,1998

WELSH CBP - Tim BENJAMIN, Cardiff AAC, 10.87, 1998

2009 WELSH CHAMPION - Tom CUSWORTH, Wrexham AC, 11.03

Athletes qualified from Heat T16

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-2.8
1	35	Jamaul WHYTE	Cardiff AAC	11.38	
2	30	Michael PRENTICE	Cardiff AAC	11.53	
3	37	Rhys WILLIAMS	Swansea Harriers	11.55	
4	346	Matthew RICHARDS	Pembroke Harriers	11.79	
5	22	Mathew DAVIES	Carmarthen Harriers	11.84	
6	27	Jamie MORRIS	Bridgend AC	12.16	
7	26	Joe McLEAN	Cardiff AAC	12.17	
8	24	Connor HARTE	Newport Harriers	12.29	

EVENT T16 - U17M - 100m - Heats

Heat 1 of 2 12:50 PM

Qualification to finals. First 3 athletes (Q), and 2 fastest (q) - EVENT T27

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-0.7
1	37	Rhys WILLIAMS	Swansea Harriers	11.40	Q
2	27	Jamie MORRIS	Bridgend AC	11.65	Q
3	346	Matthew RICHARDS	Pembroke Harriers	11.70	Q
4	26	Joe McLEAN	Cardiff AAC	11.98	q
5	28	Declan O'BRIEN	Newport Harriers	12.32	
6	34	Joseph TAYLOR	Cwmbran Harriers	13.34	
7	21	Jordan DAVIES	Cwmbran Harriers	DNS	

Heat 2 of 2

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-0.8
1	35	Jamaul WHYTE	Cardiff AAC	11.33	Q
2	30	Michael PRENTICE	Cardiff AAC	11.40	Q
3	22	Mathew DAVIES	Carmarthen Harriers	11.66	Q
4	24	Connor HARTE	Newport Harriers	12.16	q
5	23	Conal DAVIS	Cwmbran Harriers	12.48	
6	29	Craig PIKE	North Devon AC	12.50	

EVENT T57 - U17M - 200m - FINAL

6:20 PM

WELSH RECORD - Tim BENJAMIN, Cardiff AAC, 21.19,1998

WELSH CBP - Andrew WATKINS, Cwmbran Harriers, 21.8, 2003

2009 WELSH CHAMPION - Tom CUSWORTH, Wrexham AC, 22.33

Athletes qualified from Heat T45

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-2.9
1	35	Jamaul WHYTE	Cardiff AAC	22.84	
2	30	Michael PRENTICE	Cardiff AAC	23.11	
3	346	Matthew RICHARDS	Pembroke Harriers	23.46	
4	22	Mathew DAVIES	Carmarthen Harriers	23.87	
5	26	Joe McLEAN	Cardiff AAC	DNS	
6	23	Conal DAVIS	Cwmbran Harriers	DNS	

EVENT T45 - U17M - 200m - Heats

Heat 1 of 3

4:52 PM

Qualification to finals. First 2 athletes (Q) - EVENT T57

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-4.2
1	35	Jamaul WHYTE	Cardiff AAC	23.7*	Q
2	28	Declan O'BRIEN	Newport Harriers	24.9*	
3	66	Nathan LAWRENCE	Cardiff AAC	25.5*	
4	34	Joseph TAYLOR	Cwmbran Harriers	26.8*	
5	21	Jordan DAVIES	Cwmbran Harriers	27.5*	

Heat 2 of 3

-2.8

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-2.8
1	30	Michael PRENTICE	Cardiff AAC	23.4*	Q
2	346	Matthew RICHARDS	Pembroke Harriers	23.7*	q
3	23	Conal DAVIS	Cwmbran Harriers	24.8*	q
4	83	William POOLE	Wrexham AC	25.7*	

Heat 3 of 3

-1.8

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-1.8
1	22	Mathew DAVIES	Carmarthen Harriers	24.0*	Q
2	26	Joe McLEAN	Cardiff AAC	24.5*	q
3	82	Michael JOHNSON	Cardiff AAC	24.9*	
4	29	Craig PIKE	North Devon AC	25.0*	



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WELSH ATHLETICS
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EVENT T50 - U17M - 400m - FINAL

5:30 PM

WELSH RECORD - Bruce TASKER, Carmarthen Harriers, 47.85, 2004

WELSH CBP - Mark PONTING, Torfaen AC, 48.82, 1993

2009 WELSH CHAMPION - James WILTSHIRE, Cardiff AAC, 50.52

Athletes qualified from Heat T32

Pos	Bib	Athletes	Club	Perf.	Comments
1	81	Morgan HARRIES	Sale Harriers	51.23	
2	33	Owen SMITH	Deeside AAC	51.60	
3	105	Evan JENKINS	Swansea Harriers	52.37	
4	104	Llyr JAMIESON	Carmarthen Harriers	53.77	
5	106	Adam JONES	Brecon AC	54.55	
6	82	Michael JOHNSON	Cardiff AAC	55.33	

EVENT T32 - U17M - 400m - Heats

Heat 1 of 2

3:05 PM

Qualification to finals. First 2 athletes (Q), and 2 fastest (q) - EVENT T50

Pos	Bib	Athletes	Club	Perf.	Comments
1	33	Owen SMITH	Deeside AAC	51.6*	Q
2	81	Morgan HARRIES	Sale Harriers	52.2*	Q
3	106	Adam JONES	Brecon AC	54.5*	q
4	82	Michael JOHNSON	Cardiff AAC	54.6*	q

Heat 2 of 2

Pos	Bib	Athletes	Club	Perf.	Comments
1	105	Evan JENKINS	Swansea Harriers	54.0*	Q
2	104	Llyr JAMIESON	Carmarthen Harriers	55.2*	Q
3	107	Liam JONES	Carmarthen Harriers	56.8*	

EVENT T34 - U17M - 800m - FINAL

3:25 PM

WELSH RECORD - Neil HORSFIELD, Newport Harriers, 1.51.6, 1983

WELSH CBP - Tony DYKE, Bishop Gore Sc, 1.54.8, 1972

2009 WELSH CHAMPION - Charlie HULSON, Sale Harriers, 2.00.69

Athletes qualified from Heat T10

Pos	Bib	Athletes	Club	Perf.	Comments
1	138	Elliott HARDEE	Newport Harriers	1:59.3	
2	134	Alex COOMBER	Cardiff AAC	1:59.7	
3	141	Elliott SLADE	Bishop of Llandaff Sch	2:01.9	
4	351	Matthew ANTONIAZZI	Cwmbran Harriers	2:04.0	
5	140	james ROBERTS	Wrexham AC	2:05.3	
6	142	Mathew WEEKS	Bridgend AC	2:06.1	
7	133	luke CLEMENTS	Swansea Harriers	2:06.1	
8	137	Curtis GOODGER	Newport Harriers	2:13.0	

EVENT T10 - U17M - 800m - Heats

Heat 1 of 2 11:50 AM

Qualification to finals. First 3 athletes (Q), and 2 fastest (q) - EVENT T34

Pos	Bib	Athletes	Club	Perf.	Comments
1	134	Alex COOMBER	Cardiff AAC	2:08.33	Q
2	138	Elliott HARDEE	Newport Harriers	2:09.31	Q
3	137	Curtis GOODGER	Newport Harriers	2:09.38	Q
4	132	Leo BURNS-SCULLY	Wrexham AC	2:10.30	
5	131	David BLOWER	Wrexham AC	2:11.85	
6	135	Tom EARLEY	Colwyn Bay AC	2:11.92	
7	342	George BACKSHALL	Colwyn Bay AC	2:16.02	

Heat 2 of 2

Pos	Bib	Athletes	Club	Perf.	Comments
1	141	Elliott SLADE	Bishop of Llandaff Sch	2:03.20	Q
2	351	Matthew ANTONIAZZI	Cwmbran Harriers	2:04.16	Q
3	133	luke CLEMENTS	Swansea Harriers	2:05.02	Q
4	142	Mathew WEEKS	Bridgend AC	2:05.78	q
5	140	james ROBERTS	Wrexham AC	2:05.85	q
6	136	Carwyn EVANS	Swansea Harriers	2:08.23	



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EVENT T25 - U17M - 1500m - FINAL

2:15 PM

WELSH RECORD - Colin CLARKSON, Swansea Harriers, 3.55.5,1977

WELSH CBP - Kevin GLASTONBURY, Cardiff AAC, 3.58.3, 1975

2009 WELSH CHAMPION - Elliott HARDEE, Newport Harriers, 4.09.66

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	166	Matthew O'LEARY	Neath Harriers	4:07.4	
2	158	Daniel CHESWORTH	Newport Harriers	4:10.7	
3	159	Matthew EDWARDS	Barry & Vale Harriers	4:11.0	
4	161	Lloyd HECKLER	Carmarthen Harriers	4:11.0	
5	135	Tom EARLEY	Colwyn Bay AC	4:12.4	
6	168	Michael WARD	Cardiff AAC	4:15.1	
7	163	Joshua GRIFFITHS	Carmarthen Harriers	4:16.4	
8	165	Samuel LONGVILLE	Bridgend AC	4:20.2	
9	132	Leo BURNS-SCULLY	Wrexham AC	4:23.2	
10	167	William SHERIDAN	Deeside AAC	4:23.6	
11	164	Ronan LLYR	Carmarthen Harriers	4:30.1	
12	131	David BLOWER	Wrexham AC	4:41.1	

EVENT T23 - U17M - 100m Hdl - FINAL

2:00 PM

WELSH RECORD - David GUEST, Bridgend AC, 12.94,2007

WELSH CBP - Berian DAVIES, Swansea Harriers, 13.34w, 1989

2009 WELSH CHAMPION - Daniel SHARREM, Cardiff AAC, 13.87

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	69	Rhys WILLIAMS	Cardiff AAC	14.09	
2	356	Daniel BLAIN (W)	Carmarthen Harriers	14.35	
3	65	Tyron BLAKE	Cardiff AAC	14.47	
4	35	Jamaul WHYTE	Cardiff AAC	14.55	
5	66	Nathan LAWRENCE	Cardiff AAC	14.57	
6	67	Joshua SANSOM	Swansea Harriers	14.90	
7	68	Gareth THOMAS	Deeside AAC	15.99	

w/s -0.4

EVENT T39 - U17M - 400m Hdl - FINAL

4:05 PM

WELSH RECORD - Mark ROWLANDS, Swansea Harriers, 53.3,1994

WELSH CBP - Gareth LEWIS, Torfaen AC, 55.57, 1995

2009 WELSH CHAMPION - Jacob BRENNAN, Cardiff AAC, 60.21

Athletes qualified from Heat T13

Pos	Bib	Athletes	Club	Perf.	Comments
1	67	Joshua SANSOM	Swansea Harriers	57.86	
2	118	Aaron WILLMOTT	Carmarthen Harriers	61.00	
3	117	Jonathan CLEMENTS	Cardiff AAC	61.39	
4	83	William POOLE	Wrexham AC	62.03	
5	25	Jack McDONALD	Sale Harriers	62.18	
6	68	Gareth THOMAS	Deeside AAC	63.09	



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EVENT T53 - U17M - 1.5km Steeplechase - FINAL

5:55 PM

WELSH RECORD - Steve EVANS, Abertillery, 4.11.2,1974

WELSH CBP - Steve EVANS, Abertillery, 4.22.9, 1974

2009 WELSH CHAMPION - Daniel BANWELL-CLODE, Cwmbran Harriers, 4.52.78

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	159	Matthew EDWARDS	Barry & Vale Harriers	4:54.18	
2	250	George OLIVER	Deeside AAC	4:57.97	
3	164	Ronan LLYR	Carmarthen Harriers	5:02.61	
4	342	George BACKSHALL	Colwyn Bay AC	5:22.63	



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WELSH ATHLETICS
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EVENT F27 - U17M - HIGH JUMP - FINAL

3:00 PM

WELSH RECORD - Chuka ENIH-SNELL, Swansea Harriers, 2.15,2000

WELSH CBP - Chuka ENIH-SNELL, Swansea Harriers, 2.11, 2000

2009 WELSH CHAMPION - Adam DAVIES, Swansea Harriers, 1.85

Pos	Bib	Athletes	Club	Perf.
1	266	Stephen GUEST	Bridgend AC	1.90
2	65	Tyron BLAKE	Cardiff AAC	1.80
3	268	Ben JENKINS	Swansea Harriers	1.80
4	354	David OMEREGIE (W)	Pembroke Harriers	1.75
5	265	Jonathon BAILEY	Cardiff AAC	1.75
6	267	Lawrence HANCOCK	Pembroke Harriers	1.60

EVENT F21 - U17M - POLE VAULT - FINAL

2:00 PM

WELSH RECORD - Neil WINTER, Shaftesbury, 5.20,1990

WELSH CBP - Neil WINTER, Shaftesbury, 4.50, 1990

2009 WELSH CHAMPION - Lewis NEWTON, Cardiff AAC, 3.90

Pos	Bib	Athletes	Club	Perf.
1	266	Stephen GUEST	Bridgend AC	3.80
2	281	David CALLAN	Cardiff AAC	3.10

EVENT F15 - U17M - LONG JUMP - FINAL

1:00 PM

WELSH RECORD - Marcus BROWNING, Chester, 7.11,1986

WELSH CBP - Tom HALLETT, Cleddau, 6.77, 1989

2009 WELSH CHAMPION - Michael PAYNE, Newport Harriers, 6.03

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	W/S
1	37	Rhys WILLIAMS	Swansea Harriers	6.42	+2.7
2	27	Jamie MORRIS	Bridgend AC	6.26	+2.9
3	291	James McGUIRE	Cardiff AAC	6.14	+1.7
4	290	Kieron MARTIN	Swansea Harriers	6.14	+0.2
5	292	Michael PAYNE	Llantarnham HSc	6.09	+1.8
6	69	Rhys WILLIAMS	Cardiff AAC	5.94	+0.2
7	267	Lawrence HANCOCK	Pembroke Harriers	5.88	+2.0
8	265	Jonathon BAILEY	Cardiff AAC	5.70	+0.0
9	25	Jack McDONALD	Sale Harriers	5.66	+0.4
10	354	David OMEREGIE (W)	Pembroke Harriers	5.61	+2.6
11	293	James PERRY	Cwmbran Harriers	5.58	+1.0
12	21	Jordan DAVIES	Cwmbran Harriers	4.77	+1.4

EVENT F29 - U17M - TRIPLE JUMP - FINAL

4:00 PM

WELSH RECORD - Steven SHALDERS, Cardiff AAC, 15.14,1998

WELSH CBP - Graham WEBB, Newport HSc, 14.67, 1963

2009 WELSH CHAMPION - Rhys WILLIAMS, Swansea Harriers, 12.33

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	37	Rhys WILLIAMS	Swansea Harriers	13.15	+2.8
2	290	Kieron MARTIN	Swansea Harriers	12.11	+3.2
3	267	Lawrence HANCOCK	Pembroke Harriers	11.96	+3.3
4	118	Aaron WILLMOTT	Carmarthen Harriers	11.13	+4.0
5	24	Connor HARTE	Newport Harriers	10.98	+4.6



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WELSH ATHLETICS
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EVENT F6 - U17M - SHOT (5.00kg) - FINAL

11:00 AM

WELSH RECORD - Mark HEWER, Cardiff AAC, 16.93,1979

WELSH CBP - Mark HEWER, Cardiff AAC, 16.93, 1979

2009 WELSH CHAMPION - Rheon JAMES, Carmarthen Harriers, 15.40

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	310	Matthew FIELD	Cardiff AAC	14.24	
2	311	Matthew REECE	Colwyn Bay AC	12.80	

EVENT F13 - U17M - DISCUS (1.50kg) - FINAL

12:30 PM

WELSH RECORD - Gareth BULL, Cardiff AAC, 48.93,2001

WELSH CBP - Gareth BULL, Cardiff AAC, 47.21, 2001

2009 WELSH CHAMPION - Rheon JAMES, Carmarthen Harriers, 43.22

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	310	Matthew FIELD	Cardiff AAC	41.37	
2	320	Ryan LEONARD	Cardiff AAC	39.12	
3	311	Matthew REECE	Colwyn Bay AC	33.83	

EVENT F8 - U17M - HAMMER (5.00kg) - FINAL

11:30 AM

WELSH RECORD - Shaun PICKERING, Haringey, 62.12,1978

WELSH CBP - Julian TUCKER, Oxford City, 50.06, 1981

2009 WELSH CHAMPION - Osian JONES, Menai T&F, 48.60

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	311	Matthew REECE	Colwyn Bay AC	47.63	
2	326	Robert ROGERS	Neath Harriers	41.32	
3	327	Johnathon STOWELL	Pembroke Harriers	38.03	
4	353	Jac PALMER (W)	Cardiff AAC	33.51	

EVENT F25 - U17M - JAVELIN (700g) - FINAL

2:30 PM

WELSH RECORD - Colin MACKENZIE, East Kent, 70.30,1979

WELSH CBP - Gareth ROWLANDS, Swansea Harriers, 59.46, 1980

2009 WELSH CHAMPION - Jon LLEWELLYN, Carmarthen Harriers, 50.78

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	320	Ryan LEONARD	Cardiff AAC	55.99	
2	335	Tom NORTON	Cwmbran Harriers	51.81	
3	336	Scott PHILLIPS	Swansea Harriers	49.88	
4	337	Gareth THOMSON	Carmarthen Harriers	37.43	



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WELSH ATHLETICS
ATHLETAU CYMRU

EVENT T26 - U17W - 100m - FINAL

2:20 PM

WELSH RECORD - Sallyanne SHORT, Torfaen AC, 11.88,1984

WELSH CBP - Rachel JOHNSCOCK, Colwyn Bay AC, 11.88w, 2009

2009 WELSH CHAMPION - Rachel JOHNSCOCK, Colwyn Bay Ac, 11.88w

Athletes qualified from Heat T15

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-2.1
1	42	Rhiannon JEFFREYS	Neath Harriers	12.88	
2	40	Jamie-Leigh BOWEN	Cardiff AAC	12.88	
3	49	Catrin REES	Carmarthen Harriers	13.33	
4	45	Cyndi KITENGE	Cardiff AAC	13.43	
5	47	Sammy-Jo MORGAN	Aberdare VAAC	13.55	
6	44	Chloe JONES	Sale Harriers	13.57	
7	41	Ellie CARTER	Barry & Vale Harriers	13.65	
8	48	Nia PALLA	Swansea Harriers	13.70	

EVENT T15 - U17W - 100m - Heats

Heat 1 of 2 12:42 PM

Qualification to finals. First 3 athletes (Q), and 2 fastest (q) - EVENT T26

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-2.0
1	42	Rhiannon JEFFREYS	Neath Harriers	13.34	Q
2	49	Catrin REES	Carmarthen Harriers	13.38	Q
3	41	Ellie CARTER	Barry & Vale Harriers	13.58	Q
4	48	Nia PALLA	Swansea Harriers	13.66	q
5	39	Helen BLOWER	Wrexham AC	14.46	
6	51	Bethany WHEDDON	Cardiff AAC	14.74	

Heat 2 of 2

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-3.1
1	40	Jamie-Leigh BOWEN	Cardiff AAC	12.98	
2	45	Cyndi KITENGE	Cardiff AAC	13.54.00	
3	44	Chloe JONES	Sale Harriers	13.59	
4	47	Sammy-Jo MORGAN	Aberdare VAAC	13.94	
5	50	Eleanor ROWLAND	Pembroke Harriers		



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WELSH ATHLETICS
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EVENT T56 - U17W - 200m - FINAL

6:15 PM

WELSH RECORD - Michelle PROBERT, Sale Harriers, 23.6,1976

WELSH CBP - Sallyanne SHORT/Jane BRADBEER, Torfaen AC/Cardiff AAC, 24.4, 1984

2009 WELSH CHAMPION - Mica MOORE, Cardiff AAC, 25.49

Athletes qualified from Heat T44

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-0.7
1	358	Hannah GRIFFITHS	Newport Harriers	26.08	
2	40	Jamie-Leigh BOWEN	Cardiff AAC	26.36	
3	42	Rhiannon JEFFREYS	Neath Harriers	26.64	
4	84	Olivia DYER	Cardiff AAC	27.21	
5	85	Elinor JONES	Swansea Harriers	27.72	
6	45	Cyndi KITENGE	Cardiff AAC	27.98	

EVENT T44 - U17W - 200m - Heats

Heat 1 of 2

4:44 PM

Qualification to finals. First 2 athletes (Q), and 2 fastest (q) - EVENT T56

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	
1	42	Rhiannon JEFFREYS	Neath Harriers	26.9*	Q
2	84	Olivia DYER	Cardiff AAC	27.0*	Q
3	45	Cyndi KITENGE	Cardiff AAC	28.0*	q
4	85	Elinor JONES	Swansea Harriers	28.3*	q

Heat 2 of 2

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	
1	40	Jamie-Leigh BOWEN	Cardiff AAC	26.8*	Q
2	358	Hannah GRIFFITHS	Newport Harriers	28.0*	Q
3	39	Helen BLOWER	Wrexham AC	30.2*	
4	51	Bethany WHEDDON	Cardiff AAC	31.1*	



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WELSH ATHLETICS
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EVENT T48 - U17W - 300m - FINAL

5:20 PM

WELSH RECORD - Faye HARDING, Wrexham AC, 39.46, 2001

WELSH CBP - Fay HARDING, Wrexham AC, 39.46, 2001

2009 WELSH CHAMPION - Samantha COGAN, Cardiff AAC, 40.69

Athletes qualified from Heat T30

Pos	Bib	Athletes	Club	Perf.	Comments
1	358	Hannah GRIFFITHS	Newport Harriers	40.67	
2	90	Chloe JONES	Wrexham AC	40.74	
3	86	Catrin THOMAS	Maldwyn Harriers	42.76	
4	41	Ellie CARTER	Barry & Vale Harriers	44.52	
5	93	Nia-Ann ROBERTS	Colwyn Bay AC	45.68	
6	87	Leah BITCHELL	Carmarthen Harriers	DNS	

EVENT T30 - U17W - 300m - Heats

Heat 1 of 2

2:45 PM

Qualification to finals. First 2 athletes (Q), and 2 fastest (q) - EVENT T48

Pos	Bib	Athletes	Club	Perf.	Comments
1	90	Chloe JONES	Wrexham AC	41.2*	Q
2	86	Catrin THOMAS	Maldwyn Harriers	42.6*	Q
3	41	Ellie CARTER	Barry & Vale Harriers	44.5*	q
4	93	Nia-Ann ROBERTS	Colwyn Bay AC	45.4*	q

Heat 2 of 2

Pos	Bib	Athletes	Club	Perf.	Comments
1	358	Hannah GRIFFITHS	Newport Harriers	43.8*	Q
2	87	Leah BITCHELL	Carmarthen Harriers	45.3*	Q
3	88	Meghan GOOD	Pembroke Harriers	45.9*	



WELSH ATHLETICS

U17 & U20 Outdoor Track & Field Championships Incorporating All Age Group Walks, U13 & U15 1500m Saturday 10th July, Johnstown Track, Carmarthen.



WELSH ATHLETICS
ATHLETAU CYMRU

EVENT T33 - U17W - 800m - FINAL

3:20 PM

WELSH RECORD - Amanda PRITCHARD, Cardiff AAC, 2.07.32,1996

WELSH CBP - Kathryn BRIGHT, Newport Harriers, 2.13.62, 1992

2009 WELSH CHAMPION - Jade WILLIAMS, Amman Valley, 2.14.51

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	360	Lauren BELL	Pembroke Harriers	2:16.11	
2	91	Jemima OSBORN	Swansea Harriers	2:18.54	
3	92	Elysia PEARSON	Swansea Harriers	2:25.93	
4	149	Stacey WEBBER	Llanelli AC	2:36.41	
5	89	Catrin GRIFFITHS	Cardiff AAC	2:41.06	
6	148	Elin-Sara THOMAS	Carmarthen Harriers	2:51.01	
7	146	Josie LEWIS	Pembroke Harriers	DNS	

EVENT T18 - U17W - 1500m - FINAL

1:10 PM

WELSH RECORD - Non STANFORD, Swansea Harriers, 4.23.55,2004

WELSH CBP - Non STANFORD, Swansea Harriers, 4.33.21, 2004

2009 WELSH CHAMPION - Natasha COCKRAM, Cwmbran Harriers, 4.42.74

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	175	Ffion PRICE	Brecon AC	4:40.45	
2	173	Sarah LIVETT	Menai T&F	4:55.62	
3	170	Bethan DAW	Cardiff AAC	4:57.27	
4	176	Katie REYNOLDS	Swansea Harriers	5:33.08	

EVENT T37 - U17W - 80m Hdl - FINAL

3:45 PM

WELSH RECORD - Heather JONES, Carmarthen Harriers, 11.27,2003

WELSH CBP - Heather JONES, Carmarthen Harriers, 11.27, 2003

2009 WELSH CHAMPION - Catrin STONE, Swansea Harriers, 11.56

Athletes qualified from Heat T20

Pos	Bib	Athletes	Club	Perf.	Comments
1	56	Katie LEWIS	Bridgend AC	12.46	
2	55	Kimberley DAVIES	Swansea Harriers	12.55	
3	49	Catrin REES	Carmarthen Harriers	12.84	
4	57	Alyce PHILLIPS	Carmarthen Harriers	13.38	
5	47	Sammy-Jo MORGAN	Aberdare VAAC	14.31	
6	52	Eleanor BADHAMS	Deeside AAC	DQ	
7	54	Emily DACEY	Swansea Harriers	DQ	



WELSH ATHLETICS

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WELSH ATHLETICS
ATHLETAU CYMRU

EVENT T43 - U17W - 300m Hdl - FINAL

4:36 PM

WELSH RECORD - Caryl GRANVILLE, Carmarthen Harriers, 42.65, 2006

WELSH CBP - Caryl GRANVILLE, Carmarthen Harriers, 43.7, 2005

2009 WELSH CHAMPION - Megan ROGERS, Wrexham AC, 45.08

Athletes qualified from Heat T14

Pos	Bib	Athletes	Club	Perf.	Comments
1	58	Abi WILLIAMS	Sale Harriers	46.51	
2	59	Atlanta WILLIAMS	Swansea Harriers	47.05	
3	111	Lora ROBERTS	Bridgend AC	47.30	
4	110	Emily MORRIS	Swansea Harriers	48.08	
5	357	Megan THOMAS (W)	Cardiff AAC	49.81	
6	56	Katie LEWIS	Bridgend AC	DNS	

EVENT T14 - U17W - 300m Hdl - Heats

Heat 1 of 2 12:30 PM

Qualification to finals. First 2 athletes (Q), and 2 fastest (q) - EVENT T43

Pos	Bib	Athletes	Club	Perf.	Comments
1	58	Abi WILLIAMS	Sale Harriers	47.82	Q
2	357	Megan THOMAS (W)	Cardiff AAC	49.96	Q
3	109	Katie GARDNER	City of Stoke AC	51.30	
4	88	Meghan GOOD	Pembroke Harriers	52.24	

Heat 2 of 2

Pos	Bib	Athletes	Club	Perf.	Comments
1	59	Atlanta WILLIAMS	Swansea Harriers	48.03	Q
2	110	Emily MORRIS	Swansea Harriers	48.08	Q
3	111	Lora ROBERTS	Bridgend AC	48.45	q
4	56	Katie LEWIS	Bridgend AC	49.74	q

EVENT T55 - U17W - 1.5km Steeplechase - FINAL

6:05 PM

WELSH RECORD - Angharad DAVIES, Carmarthen Harriers, 5.34.32, 2007

WELSH CBP - Katie REYNOLDS, Swansea Harriers, 5.51.07, 2009

2009 WELSH CHAMPION - Katie REYNOLDS, Swansea Harriers, 5.51.07

Straight Final

New Record
New CBP

Pos	Bib	Athletes	Club	Perf.	Comments
1	251	Rhianwedd PRICE	Brecon AC	5:25.24	



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WELSH ATHLETICS
ATHLETAU CYMRU

EVENT F16 - U17W - HIGH JUMP - FINAL

1:00 PM

WELSH RECORD - Lea HAGGETT, Herne Hill, 1.81,1986

WELSH CBP - Sarah NICHOLLS / Teresa ANDREWS, Bridgend AC / Preseli AC, 1.70, 1981 / 1992

2009 WELSH CHAMPION - Sian SWANSON, Maldwyn Harriers, 1.60

Pos	Bib	Athletes	Club	Perf.
1	269	Ffion BODILLY	Cardiff AAC	1.65
2	110	Emily MORRIS	Swansea Harriers	1.60

EVENT F4 - U17W - POLE VAULT - FINAL

11:00 AM

WELSH RECORD - Rebecca DAVIES, Deeside AAC, 3.65,2009

WELSH CBP - Christina HUGHES, Deeside AAC, 3.50, 2008

2009 WELSH CHAMPION - Naomi JAMES, Swansea Harriers, 3.40

Pos	Bib	Athletes	Club	Perf.
1	283	Lucy DALY	Cardiff AAC	2.50
2	284	Enfys JONES	Carmarthen Harriers	2.40

EVENT F3 - U17W - LONG JUMP - FINAL

11:00 AM

WELSH RECORD - Lisa ARMSTRONG, Torfaen AC, 6.01,1990

WELSH CBP - Lisa ARMSTRONG, Torfaen AC, 5.77w, 1990

2009 WELSH CHAMPION - Ffion REES, Carmarthen Harriers, 5.14

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	W/S
1	299	Lucy TAYLOR	Bridgend AC	4.88	+0.4
2	50	Eleanor ROWLAND	Pembroke Harriers	4.87	+1.3
3	48	Nia PALLA	Swansea Harriers	4.73	+1.3
4	269	Ffion BODILLY	Cardiff AAC	4.68	+0.4
5	54	Emily DACEY	Swansea Harriers	4.67	+0.3
6	57	Alyce PHILLIPS	Carmarthen Harriers	4.35	+0.8
7	296	Chelsea CHRISTOPHER	Swansea Harriers	4.25	+2.7
8	295	Zoe BRADLEY	Cwmbran Harriers	4.13	-0.2
9	47	Sammy-Jo MORGAN	Aberdare VAAC	4.09	+1.2
10	300	Rhiannon THOMAS	Swansea Harriers	4.00	+1.1
11	297	Nicola JONES	Swansea Harriers	3.86	+0.2

EVENT F23 - U17W - TRIPLE JUMP - FINAL

2:30 PM

WELSH RECORD - Jayne LUDLOW, Cardiff AAC, 12.14,1994

WELSH CBP - Jayne LUDLOW, Cardiff AAC, 12.11, 1995

2009 WELSH CHAMPION - Amy BRADLEY, Cwmbran Harriers, 10.50

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	304	Megan O'SULLIVAN	Cardiff AAC	11.27	+4.4
2	298	Sophie LANE	Swansea Harriers	10.43	+4.6
3	303	Amy CROCOMBE	Deeside AAC	9.76	+2.9
4	44	Chloe JONES	Sale Harriers	9.74	+5.2
5	296	Chelsea CHRISTOPHER	Swansea Harriers	9.17	+3.8
6	300	Rhiannon THOMAS	Swansea Harriers	9.13	+2.9
7	297	Nicola JONES	Swansea Harriers	8.66	+3.7



WELSH ATHLETICS

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WELSH ATHLETICS
ATHLETAU CYMRU

EVENT F11 - U17W - SHOT (4.0kg) - FINAL

12:00 PM

WELSH RECORD - Philippa ROLES, Swansea Harriers, 13.65,1994

WELSH CBP - Jayne RICHARDSON, Sale Harriers, 11.82, 1982

2009 WELSH CHAMPION - Jasmine SEALE, Cwmbran Harriers, 10.12

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	313	Lucy GRIFFITHS	Pembroke Harriers	11.05	
2	355	Awen ROSSER (W)	Carmarthen Harriers	10.62	
3	316	Nina PRELLS	Swansea Harriers	9.29	
4	314	Jodie HODGKINS	Swansea Harriers	8.88	
5	52	Eleanor BADHAMS	Deeside AAC	8.69	
6	329	Hannah GREENSLADE	Bridgend AC	8.47	

EVENT F18 - U17W - DISCUS (1.00kg) - FINAL

1:30 PM

WELSH RECORD - Philippa ROLES, Swansea Harriers, 48.88,1994

WELSH CBP - Sandra LEE, Friars Sc, 45.04, 1979

2009 WELSH CHAMPION - Nina PRELLS, Swansea Harriers, 33.19

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	313	Lucy GRIFFITHS	Pembroke Harriers	32.08	
2	355	Awen ROSSER (W)	Carmarthen Harriers	31.89	
3	316	Nina PRELLS	Swansea Harriers	31.75	
4	359	Megan VARLEY	Maldwyn Harriers	28.56	
5	315	Elliw JAMES	Carmarthen Harriers	24.35	
6	322	Lydia DAVID	Wrexham AC	24.30	
7	321	Gabriella CIRILLO	Swansea Harriers	20.61	
8	303	Amy CROCOMBE	Deeside AAC	19.31	

EVENT F1 - U17W - HAMMER (4.00kg) - FINAL

10:00 AM

WELSH RECORD - Toni WELLS, Swansea Harriers, 51.55,2009

WELSH CBP - Kate YHNELL, Gloucester AC, 48.49, 2007

2009 WELSH CHAMPION - Toni WELLS, Swansea Harriers, 47.46

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	348	Zoe DAKIN	Bridgend AC	37.58	
2	329	Hannah GREENSLADE	Bridgend AC	36.95	
3	328	Emma EVANS	Carmarthen Harriers	30.59	
4	270	Helena MADAN	Pembroke Harriers	29.48	
5	315	Elliw JAMES	Carmarthen Harriers	28.45	
6	321	Gabriella CIRILLO	Swansea Harriers	26.63	

EVENT F31 - U17W - JAVELIN (600g) - FINAL

4:00 PM

WELSH RECORD - Lianne CLARKE, Cardiff AAC, 45.55,2003

WELSH CBP - Lianne CLARKE, Neath Harriers, 39.33, 2003

2009 WELSH CHAMPION - Zoe PRIESTLEY, Pembroke Harriers, 34.74

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	339	Carys MANSFIELD	Carmarthen Harriers	39.76	
2	294	Melissa ARTHUR	Newport Harriers	36.41	
3	340	Zoe PRIESTLEY	Pembroke Harriers	35.32	
4	341	Amy TIDBALL	Bridgend AC	27.93	
5	338	Jodie JONES	Carmarthen Harriers	27.10	
6	111	Lora ROBERTS	Bridgend AC	26.35	

New CBP



WELSH ATHLETICS

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WELSH ATHLETICS
ATHLETAU CYMRU

EVENT T29 - U20M - 100m - FINAL

2:35 PM

WELSH RECORD - Christian MALCOLM, Cardiff AAC, 10.12,1998

WELSH CBP - Jamie HENTHORN, Carmarthen Harriers, 10.54, 1996

2009 WELSH CHAMPION - Gareth HOPKINS, Cardiff AAC, 10.77

Athletes qualified from Heat T17

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-2.8
1	6	David GUEST (W)	Bridgend AC	11.23	
2	9	Gareth HOPKINS (W)	Cardiff AAC	11.37	
3	11	Curtis MATHEWS (W)	Barry & Vale Harriers	11.56	
4	3	Paul BENNETT (W)	Carmarthen Harriers	11.57	
5	352	Lemarl FRECKLETON (W)	Newport Harriers	11.64	
6	5	Lewis EVANS (W)	Carmarthen Harriers	11.70	
7	12	Jamie PRICE (W)	Swansea Harriers	11.92	
8	7	Lewis HINWOOD (W)	Cwmbran Harriers	11.98	

EVENT T17 - U20M - 100m - Heats

Heat 1 of 2

1:02 PM

Qualification to finals. First 3 athletes (Q), and 2 fastest (q) - EVENT T29

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	
1	6	David GUEST (W)	Bridgend AC	11.2*	Q
2	352	Lemarl FRECKLETON (W)	Newport Harriers	11.4*	Q
3	3	Paul BENNETT (W)	Carmarthen Harriers	11.5*	Q
4	7	Lewis HINWOOD (W)	Cwmbran Harriers	11.7*	q
5	8	David HOOSON (W)	Wrexham AC	12.1*	
6	1	Michael ADAMS (W)	Loughborough Students AC	dnf	

Heat 2 of 2

-2.5

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	
1	9	Gareth HOPKINS (W)	Cardiff AAC	11.39	Q
2	11	Curtis MATHEWS (W)	Barry & Vale Harriers	11.66	Q
3	5	Lewis EVANS (W)	Carmarthen Harriers	11.76	Q
4	12	Jamie PRICE (W)	Swansea Harriers	11.83	q
5	4	Thomas CUSWORTH (W)	Wrexham AC	11.84	
6					



WELSH ATHLETICS

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WELSH ATHLETICS
ATHLETAU CYMRU

EVENT T59 - U20M - 200m - FINAL

6:30 PM

WELSH RECORD - Christian MALCOLM, Cardiff AAC, 20.29,1998

WELSH CBP - Jamie HENTHORN, Carmarthen Harriers, 21.46, 1996

2009 WELSH CHAMPION - Gareth HOPKINS, Cardiff AAC, 21.95

Athletes qualified from Heat T47

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-3.3
1	6	David GUEST (W)	Bridgend AC	22.68	
2	9	Gareth HOPKINS (W)	Cardiff AAC	22.99	
3	352	Lemarl FRECKLETON (W)	Newport Harriers	23.50	
4	76	Allaster GRANT (W)	Cardiff AAC	23.67	
5	7	Lewis HINWOOD (W)	Cwmbran Harriers	24.01	
6	4	Thomas CUSWORTH (W)	Wrexham AC	DNS	

EVENT T47 - U20M - 200m - Heats

Heat 1 of 2

5:12 PM

Qualification to finals. First 2 athletes (Q), and 2 fastest (q) - EVENT T59

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-0.8
1	9	Gareth HOPKINS (W)	Cardiff AAC	22.86	Q
2	352	Lemarl FRECKLETON (W)	Newport Harriers	23.62	Q
3	75	Jacob BRENNAN (W)	Cardiff AAC	24.64	
4	12	Jamie PRICE (W)	Swansea Harriers	DNS	

Heat 2 of 2

+1.0

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	+1.0
1	6	David GUEST (W)	Bridgend AC	22.99	Q
2	76	Allaster GRANT (W)	Cardiff AAC	23.39	Q
3	7	Lewis HINWOOD (W)	Cwmbran Harriers	23.53	q
4	4	Thomas CUSWORTH (W)	Wrexham AC	23.91	q

EVENT T51 - U20M - 400m - FINAL

5:35 PM

WELSH RECORD - Tim BENJAMIN, Cardiff AAC, 46.1, 2001

WELSH CBP - Bruce TASKER, Carmarthen Harriers, 48.14, 2006

2009 WELSH CHAMPION - Sam CONWAY, Cardiff AAC, 50.78

Athletes qualified from Heat T31

Pos	Bib	Athletes	Club	Perf.	Comments
1	112	Lloyd HILTON (W)	Macclesfield Harriers	51.12	
2	73	Finlay THIRD (W)	Tonbridge AC	51.82	
3	2	Gareth BENNETT (W)	Wrexham AC	52.38	
4	96	Ed LANTZOS (W)	Newport Harriers	53.49	
5	98	Owain MORGAN (W)	Neath Harriers	DNS	
6	77	James WILTSHIRE (W)	Cardiff AAC	DNF	

EVENT T31 - U20M - 400m - Heats

Heat 1 of 2

2:55 PM

Qualification to finals. First 2 athletes (Q), and 2 fastest (q) - EVENT T51

Pos	Bib	Athletes	Club	Perf.	Comments
1	77	James WILTSHIRE (W)	Cardiff AAC	53.1*	Q
2	2	Gareth BENNETT (W)	Wrexham AC	53.3*	Q
3	99	Freddie NASERIYAN (W)	Cwmbran Harriers	54.6*	
4	100	James RICH (W)	Wrexham AC	54.6*	
5	95	Craig GODSALL (W)	Cwmbran Harriers	55.4*	

Heat 2 of 2

Pos	Bib	Athletes	Club	Perf.	Comments
1	73	Finlay THIRD (W)	Tonbridge AC	52.2*	Q
2	112	Lloyd HILTON (W)	Macclesfield Harriers	53.0*	Q
3	96	Ed LANTZOS (W)	Newport Harriers	53.8*	q
4	98	Owain MORGAN (W)	Neath Harriers	54.4*	q



WELSH ATHLETICS

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WELSH ATHLETICS
ATHLETAU CYMRU

EVENT T36 - U20M - 800m - FINAL

3:35 PM

WELSH RECORD - Paul WILLIAMS, Barry & Vale Harriers, 1.48.20,1986

WELSH CBP - Tony DYKE, Swansea Harriers, 1.52.0, 1973

2009 WELSH CHAMPION - Declan EVANS, Cardiff AAC, 2.01.79

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	150	Adam BITCHELL (W)	Cardiff AAC	1:55.57	
2	124	Gerwyn SLINGER (W)	Carmarthen Harriers	1:58.58	
3	123	Abdi SALEBAN (W)	Cardiff AAC	2:00.57	
4	122	Matthew RICHARDS (W)	Pembroke Harriers	2:03.50	
5	125	Craig SPROD (W)	Aberdare VAAC	2:04.15	

EVENT T24 - U20M - 1500m - FINAL

2:05 PM

WELSH RECORD - Colin CLARKSON, Swansea Harriers, 3.55.5,1977

WELSH CBP - Tony BLACKWELL, Wolverhampton, 3.52.7, 1977

2009 WELSH CHAMPION - Hywel JONES, Aberdare VAAC, 4.25.18

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	150	Adam BITCHELL (W)	Cardiff AAC	4:00.18	
2	152	Dewi GRIFFITHS (W)	Carmarthen Harriers	4:06.35	
3	151	Alex EDWARDS (W)	Cwmbran Harriers	4:12.67	
4	153	Daniel HISCOX (W)	Aberdare VAAC	4:19.64	
5	155	Matthew THOMAS (W)	Swansea Harriers	4:33.00	
6	121	Darren JONES (W)	Cardiff AAC	4:38.07	

EVENT T22 - U20M - 110m Hdl - FINAL

1:50 PM

WELSH RECORD - Colin JACKSON, Cardiff AAC, 13.44,1986

WELSH CBP - Colin JACKSON, Cardiff AAC, 13.8w, 1984

2009 WELSH CHAMPION - David GUEST, Bridgend AC, 14.16

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	74	Dafydd WALTERS (W)	Carmarthen Harriers	15.50	
2	71	Oliver JEFFERIES (W)	Cardiff AAC	15.92	
3	73	Finlay THIRD (W)	Tonbridge AC	17.37	
4	72	Shane JONES (W)	Neath Harriers	21.40	
5	70	Benjamin CLEARY (W)	Cardiff AAC	DNF	
6	114	Tom PHILLIPS (W)	Barry & Vale Harriers	DNF	



WELSH ATHLETICS

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WELSH ATHLETICS
ATHLETAU CYMRU

EVENT T11 - U20M - 400m Hdl - FINAL

12:00 PM

WELSH RECORD - David GREENE, Swansea Harriers, 51.14,2005

WELSH CBP - Rhys WILLIAMS, Cardiff AAC, 52.54, 2003

2009 WELSH CHAMPION - Thomas PARRY, Kingston & Poly, 55.93

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	3	Paul BENNETT (W)	Carmarthen Harriers	54.46	
2	73	Finlay THIRD (W)	Tonbridge AC	56.54	
3	113	Ben PHILLIPS (W)	Woodford Green	56.64	
4	75	Jacob BRENNAN (W)	Cardiff AAC	58.79	
5	112	Lloyd HILTON (W)	Macclesfield Harriers	59.14	
6	114	Tom PHILLIPS (W)	Barry & Vale Harriers	61.19	

EVENT T52 - U20M - 2.0km Steeplechase - FINAL

5:45 PM

WELSH RECORD - Micky MORRIS, Cwmbran Harriers, 5.34.8,1975

WELSH CBP - Andrew RODGERS, Leeds, 5.54.1, 1983

2009 WELSH CHAMPION - Michael KALLENBERG, Carmarthen Harriers, 6.33.7

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	245	David BANWELL-CLODE (W)	Cwmbran Harriers	6:26.75	
2	247	Emrys PENNY (W)	Newport Harriers	6:32.85	



WELSH ATHLETICS

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WELSH ATHLETICS
ATHLETAU CYMRU

EVENT F28 - U20M - HIGH JUMP - FINAL

3:00 PM

WELSH RECORD - Chuka ENIH-SNELL, Swansea Harriers, 2.15,2000

WELSH CBP - John HILL, Solihull, 2.08, 1984

2009 WELSH CHAMPION - David GUEST, Bridgend AC, 1.95

Pos	Bib	Athletes	Club	Perf.
1	262	Ben DAVIES (W)	Swansea Harriers	2.00
2	261	Adam DAVIES (W)	Pembroke Harriers	1.95
3	263	Tomas MORGAN (W)	Newport Harriers	1.80

EVENT F22 - U20M - POLE VAULT - FINAL

2:00 PM

WELSH RECORD - Neil WINTER, Shaftesbury, 5.50,1992

WELSH CBP - Andrew PENK, Cardiff AAC, 4.71, 1997

2009 WELSH CHAMPION - David GUEST, Bridgend AC, 4.30

Pos	Bib	Athletes	Club	Perf.
1	273	Lewis NEWTON (W)	Cardiff AAC	4.20
2	271	Emyr JONES (W)	Carmarthen Harriers	4.10
3	272	Robert McGREGOR (W)	Bridgend AC	3.70
4				

EVENT F20 - U20M - LONG JUMP - FINAL

2:00 PM

WELSH RECORD - Colin JACKSON, Cardiff AAC, 7.56,1985

WELSH CBP - Richardo CHILDS, Brecon AC, 7.28w, 2003

2009 WELSH CHAMPION - Tom KIVELL, Newport Harriers, 6.24

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	W/S
1	10	Kueni IGBAGIRI (W)	Carmarthen Harriers	6.76	+1.8
2	287	James GARDNER (W)	City of Stoke AC	6.61	+1.5
3	11	Curtis MATHEWS (W)	Barry & Vale Harriers	6.37	+0.9
4	263	Tomas MORGAN (W)	Newport Harriers	5.86	+1.4
5	5	Lewis EVANS (W)	Carmarthen Harriers	5.46	+3.2

EVENT F30 - U20M - TRIPLE JUMP - FINAL

4:00 PM

WELSH RECORD - Steven SHALDERS, Cardiff AAC, 15.99,2000

WELSH CBP - Steven SHALDERS, Cardiff AAC, 15.47, 1999

2009 WELSH CHAMPION - Alex EZECHI-OBIAKO, Cardiff AAC, 13.62

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	301	Ross McKENZIE (W)	Cardiff AAC	12.77	+2.2



WELSH ATHLETICS

U17 & U20 Outdoor Track & Field Championships Incorporating All Age Group Walks, U13 & U15 1500m Saturday 10th July, Johnstown Track, Carmarthen.



WELSH ATHLETICS
ATHLETAU CYMRU

EVENT F7 - U20M - SHOT (6.00kg) - FINAL

11:00 AM

WELSH RECORD - Brett MORSE, Cardiff AAC, 17.14,2008

WELSH CBP - Mathew EVANS, Carmarthen Harriers, 15.52, 2006

2009 WELSH CHAMPION - Jacob MATTHEWS, Cardiff AAC, 15.13

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	349	Liam BIDDLECOMBE *	Yeovil Olympians	15.25	
2	350	Jacob MATTHEWS (W)	Cardiff AAC	14.33	
3	308	James PRESTON *	Bristol & West AC	14.05	
4	6	David GUEST (W)	Bridgend AC	13.54	
5	305	Josh BUSSELL (W)	Cwmbran Harriers	12.78	
6	11	Curtis MATHEWS (W)	Barry & Vale Harriers	12.57	

EVENT F14 - U20M - DISCUS (1.75kg) - FINAL

12:30 PM

WELSH RECORD - Brett MORSE, Cardiff AAC, 60.46,2008

WELSH CBP - Bret MORSE, Cardiff AAC, 53.39, 2007

2009 WELSH CHAMPION - Jacob MATTHEWS, Cardiff AAC, 49.00

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	349	Liam BIDDLECOMBE *	Yeovil Olympians	48.22	
2	350	Jacob MATTHEWS (W)	Cardiff AAC	44.78	
3	11	Curtis MATHEWS (W)	Barry & Vale Harriers	40.71	
4	308	James PRESTON *	Bristol & West AC	39.52	
5	305	Josh BUSSELL (W)	Cwmbran Harriers	33.76	
6	317	Alex THOMAS (W)	Swansea Harriers	27.29	

EVENT F9 - U20M - HAMMER (6.00kg) - FINAL

11:30 AM

WELSH RECORD - Matthew RICHARDS, Swansea Harriers, 58.44,2005

WELSH CBP - Peter MORGAN, Cardiff AAC, 56.28, 2007

2009 WELSH CHAMPION - Rhys HODNETT, Cardiff AAC, 51.57

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	324	Ashley ANDREWS (W)	Rhondda AC	53.43	
2	305	Josh BUSSELL (W)	Cwmbran Harriers	33.07	

EVENT F26 - U20M - JAVELIN (800g) - FINAL

2:30 PM

WELSH RECORD - Jonathan CLARKE, Swansea Harriers, 68.74,1986

WELSH CBP - Jonathan CLARKE, Swansea Harriers, 63.14, 1986

2009 WELSH CHAMPION - Jason COPSEY, Cwmbran Harriers, 52.43

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	330	Jason COPSEY (W)	Cwmbran Harriers	59.89	
2	332	Jon LLEWELYN (W)	Carmarthen Harriers	54.53	
3	331	Niki DAVIES (W)	Neath Harriers	44.31	
4					



WELSH ATHLETICS

U17 & U20 Outdoor Track & Field Championships Incorporating All Age Group Walks, U13 & U15 1500m Saturday 10th July, Johnstown Track, Carmarthen.



WELSH ATHLETICS
ATHLETAU CYMRU

EVENT T28 - U20W - 100m - FINAL

2:30 PM

WELSH RECORD - Helen MILES, Cardiff AAC, 11.62,1985

WELSH CBP - Helen MILES, Cardiff AAC, 11.66, 1985

2009 WELSH CHAMPION - Hannah PENDLEBURY, Deeside AAC, 12.15

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-1.6
1	17	Hannah THOMAS (W)	Wrexham AC	12.49	
2	16	Hannah PENDLEBURY (W)	Deeside AAC	12.55	
3	345	Claire WILLIAMS (W)	Cwmbran Harriers	12.71	
4	13	Natalie BATHERS (W)	Oswestry Olympians	13.20	
5	14	Nia BREEZE (W)	Wrexham AC	13.32	

EVENT T58 - U20W - 200m - FINAL

6:25 PM

WELSH RECORD - Michelle PROBERT, Sale Harriers, 23.6,1976

WELSH CBP - Sallyanne SHORT, Torfaen AC, 24.2, 1986

2009 WELSH CHAMPION - Hannah PENDLEBURY, Deeside AAC, 25.16

Athletes qualified from Heat T46

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	-1.8
1	17	Hannah THOMAS (W)	Wrexham AC	25.05	
2	16	Hannah PENDLEBURY (W)	Deeside AAC	25.11	
3	80	Gwenllian WILLIAMS (W)	Cardiff AAC	26.97	
4	78	Esther DIXON *	Swansea Harriers	28.29	

EVENT T49 - U20W - 400m - FINAL

5:25 PM

WELSH RECORD - Sian MORRIS, Port Talbot, 52.80,1983

WELSH CBP - Amanda PRITCHARD, Cardiff AAC, 55.80, 1996

2009 WELSH CHAMPION - Jade WILLIAMS, Amman Valley, 59.75

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	101	Samantha COGAN (W)	Cardiff AAC	58.45	
2	102	Rhiannon GOODMAN (W)	Bedford & County	60.07	
3	347	Shelley BRACE	City of Stoke AC	61.82	

EVENT T35 - U20W - 800m - FINAL

3:30 PM

WELSH RECORD - Kirsty MCDERMOTT, Brecon AC, 2.04.01,1981

WELSH CBP - Amanda PRITCHARD, Cardiff AAC, 2.08.28, 1997

2009 WELSH CHAMPION - Lauren REGAN, Cardiff AAC, 2.22.78

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	126	Angharad DAVIES (W)	Carmarthen Harriers	2:17.83	



WELSH ATHLETICS

U17 & U20 Outdoor Track & Field Championships Incorporating All Age Group Walks, U13 & U15 1500m Saturday 10th July, Johnstown Track, Carmarthen.



WELSH ATHLETICS
ATHLETAU CYMRU

EVENT T21 - U20W - 1500m - FINAL

1:40 PM

WELSH RECORD - Non STANFORD, Swansea Harriers, 4.23.55,2004

WELSH CBP - Sarah MEAD, Torfaen AC, 4.38.05, 1998

2009 WELSH CHAMPION - Leah DIXON, Cardiff AAC, 4.55.29

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	156	Natasha COCKRAM (W)	Cwmbran Harriers	4:45.94	
2	174	Abbie OLIVER	Deeside AAC	4:55.06	

EVENT T19 - U20W - 100m Hdl - FINAL

1:20 PM

WELSH RECORD - Bethan EDWARDS, Cardiff AAC, 13.57,1992

WELSH CBP - Bethan EDWARDS, Cardiff AAC, 13.8w/14.46, 1992/1990

2009 WELSH CHAMPION - Lauren O'REILLY, Newport Harriers, 14.91

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	63	Catrin STONE (W)	Swansea Harriers	15.35	w/s -3.2
2	62	Megan ROGERS (W)	Wrexham AC	18.06	
3					
4					
5					

EVENT T12 - U20W - 400m Hdl - FINAL

12:10 PM

WELSH RECORD - Alyson EVANS, Cardiff AAC, 58.37,1985

WELSH CBP - Faye HARDING, Sale Harriers, 59.98, 2004

2009 WELSH CHAMPION - Antonia YORKSHIRE, Newport Harriers, 70.63

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	62	Megan ROGERS (W)	Wrexham AC	65.83	
2	126	Angharad DAVIES (W)	Carmarthen Harriers	65.94	
3	115	Danielle MILL (W)	Cardiff AAC	69.95	
4	64	Antonia YORKSHIRE (W)	Newport Harriers	71.16	

EVENT T54 - U20W - 1.5km Steeplechase - FINAL

6:05 PM

WELSH RECORD - Aneura PHILLIPS, Carmarthen Harriers, 7.38.69,2007

WELSH CBP - Alaw BEYNON-THOMAS, Carmarthen Harriers, 7.40.60, 2007

2009 WELSH CHAMPION - Angharad DAVIES, Carmarthen Harriers, 8.01.2

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	249	Catrin LEWIS (W)	Carmarthen Harriers	6:16.51	New Record New CBP



WELSH ATHLETICS

U17 & U20 Outdoor Track & Field Championships Incorporating All Age Group Walks, U13 & U15 1500m Saturday 10th July, Johnstown Track, Carmarthen.



WELSH ATHLETICS
ATHLETAU CYMRU

EVENT F17 - U20W - HIGH JUMP - FINAL

1:00 PM

WELSH RECORD - Rebecca JONES, Wrexham AC, 1.88,2002

WELSH CBP - Rebecca JONES, Wrexham AC, 1.77, 2000

2009 WELSH CHAMPION - Lauren O'REILLY, Newport Harriers, 1.50

Pos	Bib	Athletes	Club	Perf.
1	61	Kate LYSONS *	UWIC	1.70
2	264	Sian SWANSON (W)	Maldwyn Harriers	1.65
3	80	Gwenllian WILLIAMS (W)	Cardiff AAC	1.55

EVENT F5 - U20W - POLE VAULT - FINAL

11:00 AM

WELSH RECORD - Elinor LEWIS, Cardiff AAC, 3.74,2009

WELSH CBP - Jessica ABRAHAM, Cardiff AAC, 3.60, 2008

2009 WELSH CHAMPION - Elinor LEWIS, Cardiff AAC, 3.20

Pos	Bib	Athletes	Club	Perf.
1	277	Naomi JAMES (W)	Swansea Harriers	3.30
2	275	Rebecca DAVIES (W)	Deeside AAC	3.30

EVENT F10 - U20W - LONG JUMP - FINAL

12:00 PM

WELSH RECORD - Lisa ARMSTRONG, Torfaen AC, 6.25,1992

WELSH CBP - Lisa ARMSTRONG, Torfaen AC, 6.19w, 1992

2009 WELSH CHAMPION - Rhiannon YATES, Newport Harriers, 5.21

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	W/S
1	289	Ffion REES (W)	Carmarthen Harriers	5.24	+3.3
2	13	Natalie BATHERS (W)	Oswestry Olympians	5.16	+3.6
3	63	Catrin STONE (W)	Swansea Harriers	5.09	+2.0
4	288	Amy BRADLEY (W)	Cwmbran Harriers	4.68	+5.5
5	18	Christie-Marie WILLIAMS (W)	Bridgend AC	4.57	+5.3

EVENT F24 - U20W - TRIPLE JUMP - FINAL

2:30 PM

WELSH RECORD - Sally PEAKE, Liverpool Harriers, 12.24,2005

WELSH CBP - Sally PEAKE, Liverpool Harriers, 12.02, 2005

2009 WELSH CHAMPION - Amy CAMPAGNE, Deeside AAC, 10.50

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	288	Amy BRADLEY (W)	Cwmbran Harriers	10.46	+3.6
2	289	Ffion REES (W)	Carmarthen Harriers	10.11	+2.1
3	302	Kara STEDMAN (W)	Llanelli AC	9.57	+4.3



WELSH ATHLETICS

U17 & U20 Outdoor Track & Field Championships Incorporating All Age Group Walks, U13 & U15 1500m Saturday 10th July, Johnstown Track, Carmarthen.



WELSH ATHLETICS
ATHLETAU CYMRU

EVENT F12 - U20W - SHOT (4.0kg) - FINAL

12:00 PM

WELSH RECORD - Sally HINDS, Swansea Harriers, 14.72,2005

WELSH CBP - Sally HINDS, Swansea Harriers, 14.21, 2005

2009 WELSH CHAMPION - Tesni WARD, City of Sheffield, 12.76

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1		NO ATHLETES			

EVENT F19 - U20W - DISCUS (1.00kg) - FINAL

1:30 PM

WELSH RECORD - Philippa ROLES, Swansea Harriers, 51.60,1997

WELSH CBP - Philippa ROLES, Swansea Harriers, 46.62, 1996

2009 WELSH CHAMPION - Tesni WARD, City of Sheffield, 43.39

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	318	Jessica HUDDLESTON (W)	Pembroke Harriers	31.51	
2	319	sian JORDAN (W)	Newport Harriers	24.55	

EVENT F2 - U20W - HAMMER (4.00kg) - FINAL

10:00 AM

WELSH RECORD - Laura DOUGLAS, Sale Harriers, 55.22,2002

WELSH CBP - Laura DOUGLAS, Deeside AAC, 52.18, 2002

2009 WELSH CHAMPION - Stephanie OWENS, Shaftesbury Barnet Harriers, 46.25

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	325	Toni WELLS (W)	Swansea Harriers	48.63	

EVENT F32 - U20W - JAVELIN (600g) - FINAL

4:00 PM

WELSH RECORD - Lianne CLARKE, Neath Harriers, 50.95,2004

WELSH CBP - Lianne CLARKE, Neath Harriers, 47.95, 2004

2009 WELSH CHAMPION - Claire WILLIAMS, Swansea Harriers, 40.85

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3 for the top 8

Pos	Bib	Athletes	Club	Perf.	Comments
1	333	Rachel BEVAN (W)	Cwmbran Harriers	32.17	



WELSH ATHLETICS

U17 & U20 Outdoor Track & Field Championships Incorporating All Age Group Walks, U13 & U15 1500m Saturday 10th July, Johnstown Track, Carmarthen.



WELSH ATHLETICS
ATHLETAU CYMRU

EVENT T40 - U13B - 1500m - FINAL

4:10 PM

WELSH RECORD - David POWELL, Wolverhampton, 4.31.3,1977

WELSH CBP - Jason MURPHY, Swansea Harriers, 4.40.77, 1986

2009 WELSH CHAMPION - Andrew MORRIS-JONES , Menai Track & Field, 4.53.10

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	226	Nikita NEARY	Carmarthen Harriers	4:44.33	
2	229	Jordan RICHARDS	Carmarthen Harriers	4:50.80	
3	231	John SPILL	Menai T&F	4:55.75	
4	223	Rhys GOOCH	Cardiff AAC	5:00.62	
5	228	Alex PRICE	Aberdare VAAC	5:02.50	
6	230	Michael ROBERTS	Colwyn Bay AC	5:08.62	
7	225	Danny MORGAN	Cwmbran Harriers	5:17.22	
8	227	Aled PHILLIPS	Amman Valley Harriers	5:37.89	
9	224	Joshua MOORE	Cardiff AAC	DNF	

EVENT T38 - U13G - 1500m - FINAL

3:55 PM

WELSH RECORD - Hywelis THOMAS-HOWELLS, Neath Harriers, 4.49.93,2007

WELSH CBP - Hywelis THOMAS-HOWELLS, Neath Harriers, 4.49.93, 2007

2009 WELSH CHAMPION - Abigail BACKSHALL , Colwyn Bay, 5.02.37

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	235	Heidi DAVIES	Brecon AC	5:04.9	
2	242	Issy MORRIS	Blaenau Gwent	5:13.9	
3	244	Emily THOMAS	Aberystwyth AC	5:18.3	
4	238	Bethan EVANS	Pontyclun AC	5:29.2	
5	240	Tegan HARRISON	Pembroke Harriers	5:32.0	
6	236	Lily DAVIS	Deeside AAC	5:32.6	
7	243	Katie PARFITT	Swansea Harriers	5:41.7	
8	241	Emma LIGTHART	Cardiff AAC	5:42.2	
9	237	Siobhan ELERI	Carmarthen Harriers	5:56.1	
10	232	Alice BROADLEY	Cardiff AAC	DNF	



WELSH ATHLETICS

U17 & U20 Outdoor Track & Field Championships Incorporating All Age Group Walks, U13 & U15 1500m Saturday 10th July, Johnstown Track, Carmarthen.



WELSH ATHLETICS
ATHLETAU CYMRU

EVENT T42 - U15B - 1500m - FINAL

4:28 PM

WELSH RECORD - Simon LAWSON, Cardiff AAC, 4.07.75,2004

WELSH CBP - Simon LAWSON, Cardiff AAC, 4.16.81, 2004

2009 WELSH CHAMPION - Matthew ANTONIAZZI , Cwmbran Harriers, 4.25.96

Athletes qualified from Heat T3

Pos	Bib	Athletes	Club	Perf.	Comments
1	194	Kyran ROBERTS	Carmarthen Harriers	4:18.47	
2	178	Connor DAVIES	Swansea Harriers	4:21.59	
3	182	Ryan FOULKES	Wrexham AC	4:22.65	
4	179	Owen DAVIES	Cwmbran Harriers	4:26.53	
5	181	Jack FEAR	Newport Harriers	4:26.56	
6	184	Rhys GRANVILLE	Carmarthen Harriers	4:27.41	
7	188	Ben JONES	Cwmbran Harriers	4:29.06	
8	183	Jack GOOCH	Cardiff AAC	4:32.40	
9	198	Andrew WILLIAMS	Deeside AAC	4:38.63	
10	186	James HUNT	Bridgend AC	4:43.89	
11	193	Lewis PREECE	Swansea Harriers	4:45.06	
12	191	Rhys NORRIS	Newport Harriers	4:49.56	
13	180	Thomas EDMUNDS	Cardiff AAC	4:51.82	
14	189	Ciaran LEWIS	Cardiff AAC	4:54.21	
15	187	Thomas JOHN	Neath Harriers	5:09.60	

EVENT T41 - U15G - 1500m - FINAL

4:20 PM

WELSH RECORD - Non STANFORD, Swansea Harriers, 4.34.24,2003

WELSH CBP - Non STANFORD, Swansea Harriers, 4.35.60, 2003

2009 WELSH CHAMPION - Hywelis THOMAS-HOWELLS , Swansea Harriers, 4.47.2

Athletes qualified from Heat T2

Pos	Bib	Athletes	Club	Perf.	Comments
1	205	Olivia GWYNN	Swansea Harriers	4:50.0	
2	200	Abigail BACKSHALL	Colwyn Bay AC	4:53.3	
3	218	Malika REZOUGUI	Cwmbran Harriers	4:55.0	
4	203	Rebecca EVANS	Pontyclun AC	5:00.0	
5	201	Elin DAVIES	Swansea Harriers	5:03.6	
6	216	Megan OSBORNE	Bridgend AC	5:12.1	
7	213	Scarlett McPHILLIPS	Cwmbran Harriers	5:13.2	
8	215	Kari O'NEILL	Carmarthen Harriers	5:16.8	
9	209	Francesca HYDE	Cwmbran Harriers	5:25.1	
10	206	Chelsie HARRIS	Cwmbran Harriers	5:29.3	
11	211	Izzy LEWIS	Cardiff AAC	5:34.3	
12	212	Poppy LEWIS	Pembroke Harriers	5:35.6	
13	208	Rhian HOMER	Pembroke Harriers	5:45.8	
14	219	Katie ROBERTS	Bridgend AC	5:53.0	
15	202	Iona EVANS	Swansea Harriers	dnf	



WELSH ATHLETICS

U17 & U20 Outdoor Track & Field Championships Incorporating All Age Group Walks, U13 & U15 1500m Saturday 10th July, Johnstown Track, Carmarthen.



WELSH ATHLETICS
ATHLETAU CYMRU

EVENT T3A - U13B - 1k Walk - FINAL

11:20 AM

WELSH RECORD -

WELSH CBP -

2009 WELSH CHAMPION -

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	229	Jordan RICHARDS	Carmarthen Harriers	6:01.37	

EVENT T4 - U15B - 1k Walk - FINAL

11:20 AM

WELSH RECORD - Antonio CIRILLO, Swansea Harriers, 4.20.05,2005

WELSH CBP - , , ,

2009 WELSH CHAMPION - No event, ,

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	257	Jacob PREECE	Cardiff AAC	5:52.48	

EVENT T5 - U15G - 1k Walk - FINAL

11:20 AM

WELSH RECORD - Charlene BALL, Rumney Sc, 5.27.8,2001

WELSH CBP - , , ,

2009 WELSH CHAMPION - No event, ,

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	254	Ellie DAINTON	Llanelli AC	5:29.41	
2	252	Tillie CARTER	Barry & Vale Harriers	6:22.75	

EVENT T6 - U17W - 3k Walk - FINAL

11:30 AM

WELSH RECORD - Karen NIPPER, Roath WC, 14.59.32,1981

WELSH CBP - , , ,

2009 WELSH CHAMPION - No event, ,

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	255	Heather LEWIS	Pembroke Harriers	15:06.12	

EVENT T7 - U20M - 3k Walk - FINAL

11:30 AM

WELSH RECORD - Gareth HOLLOWAY, Roath WC, 12.25.8,1989

WELSH CBP - , , ,

2009 WELSH CHAMPION - No event, ,

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	253	Antonio CIRILLO (W)	Swansea Harriers	13:59.50	

EVENT T8 - SEN MEN - 3k Walk - FINAL

11:30 AM

WELSH RECORD - Steve Johnson, Cardiff AAC, 11.45.77,1987

WELSH CBP - , , ,

2009 WELSH CHAMPION - No event, ,

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	260	Luke FINCH *	Colchester Harriers	12:25.01	
2	259	Stephen WALKER (W)	Wrexham AC	18:27.38	



WELSH ATHLETICS

U17 & U20 Outdoor Track & Field Championships
Incorporating All Age Group Walks, U13 & U15 1500m
Saturday 10th July, Johnstown Track, Carmarthen.



WELSH ATHLETICS
ATHLETAU CYMRU

EVENT T9 - SEN WOM - 3k Walk - FINAL

11:30 AM

WELSH RECORD - Karen Dunster, Aldershot,F&D, 14.28.2,1991

WELSH CBP - , , ,

2009 WELSH CHAMPION - No Event, ,

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	256	Fiona McGORUM *	Leicester Walking Club	14:58.42	

medal table

CLUB	GOLD	SILVER	BRONZE	TOTAL
Cardiff AAC	15	15	15	45
Carmarthen Harriers	10	10	10	30
Swansea Harriers	9	9	9	27
Bridgend AC	7	7	7	21
Cwmbran Harriers	5	5	5	15
Pembroke Harriers	5	5	5	15
Brecon AC	3	3	3	9
Newport Harriers	3	3	3	9
Wrexham AC	3	3	3	9
Neath Harriers	2	2	2	6
Sale Harriers	2	2	2	6
Barry & Vale Harriers	1	1	1	3
Colchester Harriers	1	1	1	3
Colwyn Bay AC	1	1	1	3
Leicester Walking Club	1	1	1	3
Llanelli AC	1	1	1	3
Macclesfield Harriers	1	1	1	3
Rhondda AC	1	1	1	3
UWIC	1	1	1	3
Aberdare VAAC	0	0	0	0
Aberystwyth AC	0	0	0	0
Amman Valley Harriers	0	0	0	0
Bedford & County	0	0	0	0
Birchfield Harriers	0	0	0	0
Bishop of Llandaff Sch	0	0	0	0
Blaenau Gwent	0	0	0	0
Bristol & West AC	0	0	0	0
City of Sheffield AC	0	0	0	0
City of Stoke AC	0	0	0	0
Cornwall AC	0	0	0	0
Deeside AAC	0	0	0	0
Enfield	0	0	0	0
Hereford & County AC	0	0	0	0
Llantarnham HSc	0	0	0	0
Loughborough Students AC	0	0	0	0
Maldwyn Harriers	0	0	0	0
Menai T&F	0	0	0	0
North Devon AC	0	0	0	0
North Somerset	0	0	0	0
Nuneaton Harriers	0	0	0	0
Oswestry Olympians	0	0	0	0
Pontyclun AC	0	0	0	0
Shaftesbury Barnet Harriers	0	0	0	0
Tamworth AC	0	0	0	0
Tonbridge AC	0	0	0	0
Woodford Green	0	0	0	0
Ysgol Glan Gwynllyw	0	0	0	0

2010 Welsh U17 & U20 Championships Medalists

AGE GROUP	EVENT	GOLD			SILVER			BRONZE		
		ATHLETE	CLUB	PERF	ATHLETE	CLUB	PERF	ATHLETE	CLUB	PERF
U13B	1500m	Nikita NEARY	Carmarthen Harriers	4:44.33	Jordan RICHARDS	Carmarthen Harriers	4:50.80	John SPILL	Menai T&F	4:55.75
U13B	1k Walk	Jordan RICHARDS	Carmarthen Harriers	6:01.37						
U13G	1500m	Heidi DAVIES	Brecon AC	5:04.90	Issy MORRIS	Blaenau Gwent	5:13.90	Emily THOMAS	Aberystwyth AC	5:18.30
U15B	1500m	Kyran ROBERTS	Carmarthen Harriers	4:18.47	Connor DAVIES	Swansea Harriers	4:21.59	Ryan FOULKES	Wrexham AC	4:22.65
U15B	1k Walk	Jacob PREECE	Cardiff AAC	5:52.48						
U15G	1500m	Olivia GWYNN	Swansea Harriers	4:50.00	Abigail BACKSHALL	Colwyn Bay AC	4:53.30	Malika REZOUGUI	Cwmbran Harriers	4:55.00
U15G	1k Walk	Ellie DANTON	Llanelli AC	5:29.41	Tillie CARTER	Barry & Vale Harriers	6:22.75			
SEN MEN	3k Walk	Luke FINCH *	Colchester Harriers	12:25.01	Stephen WALKER (W)	Wrexham AC	18:27.38			
SEN WOM	3k Walk	Fiona MCGORUM *	Leicester Walking Club	14:58.42						
U17M	100m	Jamaul WHYTE	Cardiff AAC	11.38	Michael PRENTICE	Cardiff AAC	11.53	Rhys WILLIAMS	Swansea Harriers	11.55
U17M	200m	Jamaul WHYTE	Cardiff AAC	22.84	Michael PRENTICE	Cardiff AAC	23.11	Matthew RICHARDS	Pembroke Harriers	23.46
U17M	400m	Morgan HARRIES	Sale Harriers	51.23	Owen SMITH	Deeside AAC	51.6	Evan JENKINS	Swansea Harriers	52.37
U17M	800m	Elliott HARDEE	Newport Harriers	1:59.30	Alex COOMBER	Cardiff AAC	1:59.70	Elliot SLADE	Bishop of Llandaff Sch	2:01.90
U17M	1500m	Matthew O'LEARY	Neath Harriers	4:07.40	Daniel CHESWORTH	Newport Harriers	4:10.70	Matthew EDWARDS	Barry & Vale Harriers	4:11.00
U17M	100m Hdl	Rhys WILLIAMS	Cardiff AAC	14.09	Daniel BLAIN (W)	Carmarthen Harriers	14.35	Tyron BLAKE	Cardiff AAC	14.47
U17M	400m Hdl	Joshua SANSOM	Swansea Harriers	57.86	Aaron WILLMOTT	Carmarthen Harriers	61	Jonathan CLEMENTS	Cardiff AAC	61.39
U17M	1.5km Steeplechase	Matthew EDWARDS	Barry & Vale Harriers	4:54.18	George OLIVER	Deeside AAC	4:57.97	Ronan LLYR	Carmarthen Harriers	5:02.61
U17M	HIGH JUMP	Stephen GUEST	Bridgend AC	1.9	Tyron BLAKE	Cardiff AAC	1.801	Ben JENKINS	Swansea Harriers	1.8
U17M	POLE VAULT	Stephen GUEST	Bridgend AC	3.8	David CALLAN	Cardiff AAC	3.1			
U17M	LONG JUMP	Rhys WILLIAMS	Swansea Harriers	6.42	Jamie MORRIS	Bridgend AC	6.26	James MCGUIRE	Cardiff AAC	6.141
U17M	TRIPLE JUMP	Rhys WILLIAMS	Swansea Harriers	13.15	Kieron MARTIN	Swansea Harriers	12.11	Lawrence HANCOCK	Pembroke Harriers	11.96
U17M	SHOT (5.00kg)	Matthew FIELD	Cardiff AAC	14.24	Matthew REECE	Colwyn Bay AC	12.8			
U17M	DISCUS (1.50kg)	Matthew FIELD	Cardiff AAC	41.37	Ryan LEONARD	Cardiff AAC	39.12	Matthew REECE	Colwyn Bay AC	33.83
U17M	HAMMER (5.00kg)	Matthew REECE	Colwyn Bay AC	47.63	Robert ROGERS	Neath Harriers	41.32	Johnathon STOWELL	Pembroke Harriers	38.03
U17M	JAVELIN (700g)	Ryan LEONARD	Cardiff AAC	55.99	Tom NORTON	Cwmbran Harriers	51.81	Scott PHILLIPS	Swansea Harriers	49.88
U17W	100m	Rhiannon JEFFREYS	Neath Harriers	12.88	Jamie-Leigh BOWEN	Cardiff AAC	12.88	Catrin REES	Carmarthen Harriers	13.33
U17W	200m	Hannah GRIFFITHS	Newport Harriers	26.08	Jamie-Leigh BOWEN	Cardiff AAC	26.36	Rhiannon JEFFREYS	Neath Harriers	26.64
U17W	300m	Hannah GRIFFITHS	Newport Harriers	40.67	Chloe JONES	Wrexham AC	40.74	Catrin THOMAS	Maldwyn Harriers	42.76
U17W	800m	Lauren BELL	Pembroke Harriers	2:16.11	Jemima OSBORN	Swansea Harriers	2:18.54	Elysia PEARSON	Swansea Harriers	2:25.93
U17W	1500m	Ffion PRICE	Brecon AC	4:40.45	Sarah LIVETT	Menai T&F	4:55.62	Bethan DAW	Cardiff AAC	4:57.27
U17W	80m Hdl	Katie LEWIS	Bridgend AC	12.46	Kimberley DAVIES	Swansea Harriers	12.55	Catrin REES	Carmarthen Harriers	12.84
U17W	300m Hdl	Abi WILLIAMS	Sale Harriers	46.51	Atlanta WILLIAMS	Swansea Harriers	47.05	Lora ROBERTS	Bridgend AC	47.3
U17W	1.5km Steeplechase	Rhianwedd PRICE	Brecon AC	0.00376435						
U17W	3k Walk	Heather LEWIS	Pembroke Harriers	15:06.12						
U17W	HIGH JUMP	Ffion BODILLY	Cardiff AAC	1.65	Emily MORRIS	Swansea Harriers	1.6			
U17W	POLE VAULT	Lucy DALY	Cardiff AAC	2.5	Enfys JONES	Carmarthen Harriers	2.4			
U17W	LONG JUMP	Lucy TAYLOR	Bridgend AC	4.88	Eleanor ROWLAND	Pembroke Harriers	4.87	Nia PALLA	Swansea Harriers	4.73
U17W	TRIPLE JUMP	Megan O'SULLIVAN	Cardiff AAC	11.27	Sophie LANE	Swansea Harriers	10.43	Amy CROCOMBE	Deeside AAC	9.76
U17W	SHOT (4.0kg)	Lucy GRIFFITHS	Pembroke Harriers	11.05	Awen ROSSER (W)	Carmarthen Harriers	10.62	Nina PRELLS	Swansea Harriers	9.29
U17W	DISCUS (1.00kg)	Lucy GRIFFITHS	Pembroke Harriers	32.08	Awen ROSSER (W)	Carmarthen Harriers	31.89	Nina PRELLS	Swansea Harriers	31.75
U17W	HAMMER (4.00kg)	Zoe DAKIN	Bridgend AC	37.58	Hannah GREENSLADE	Bridgend AC	36.95	Emma EVANS	Carmarthen Harriers	30.59
U17W	JAVELIN (600g)	Carys MANSFIELD	Carmarthen Harriers	39.76	Melissa ARTHUR	Newport Harriers	36.41	Zoe PRIESTLEY	Pembroke Harriers	35.32
U20M	100m	David GUEST (W)	Bridgend AC	11.23	Gareth HOPKINS (W)	Cardiff AAC	11.37	Curtis MATHEWS (W)	Barry & Vale Harriers	11.56
U20M	200m	David GUEST (W)	Bridgend AC	22.68	Gareth HOPKINS (W)	Cardiff AAC	22.99	Lemar FRECKLETON (W)	Newport Harriers	23.5
U20M	400m	Lloyd HILTON (W)	Macclesfield Harriers	51.12	Finlay THIRD (W)	Tonbridge AC	51.82	Gareth BENNETT (W)	Wrexham AC	52.38
U20M	800m	Adam BITCHELL (W)	Cardiff AAC	1:55.57	Gerwyn SLINGER (W)	Carmarthen Harriers	1:58.58	Abdi SALEBAN (W)	Cardiff AAC	2:00.57
U20M	1500m	Adam BITCHELL (W)	Cardiff AAC	4:00.18	Dewi GRIFFITHS (W)	Carmarthen Harriers	4:06.35	Alex EDWARDS (W)	Cwmbran Harriers	4:12.67
U20M	110m Hdl	Dafydd WALTERS (W)	Carmarthen Harriers	15.5	Oliver JEFFERIES (W)	Cardiff AAC	15.92	Finlay THIRD (W)	Tonbridge AC	17.37
U20M	400m Hdl	Paul BENNETT (W)	Carmarthen Harriers	54.46	Finlay THIRD (W)	Tonbridge AC	56.54	Ben PHILLIPS (W)	Woodford Green	56.64
U20M	2.0km Steeplechase	David BANWELL-CLODE (W)	Cwmbran Harriers	6:26.75	Emrys PENNY (W)	Newport Harriers	6:32.85			
U20M	3k Walk	Antonio CIRILLO (W)	Swansea Harriers	13:59.50						
U20M	HIGH JUMP	Ben DAVIES (W)	Swansea Harriers	2.00	Adam DAVIES (W)	Pembroke Harriers	1.95	Tomas MORGAN (W)	Newport Harriers	1.8
U20M	POLE VAULT	Lewis NEWTON (W)	Cardiff AAC	4.20	Emyr JONES (W)	Carmarthen Harriers	4.1	Robert MCGREGOR (W)	Bridgend AC	3.7
U20M	LONG JUMP	Kuoni IGBAGIRI (W)	Carmarthen Harriers	6.76	James GARDNER (W)	City of Stoke AC	6.61	Curtis MATHEWS (W)	Barry & Vale Harriers	6.37
U20M	TRIPLE JUMP	Ross MCKENZIE (W)	Cardiff AAC	12.77						
U20M	SHOT (6.00kg)	Liam BIDDLECOMBE *	Yeovil Olympians	15.25	Jacob MATTHEWS (W)	Cardiff AAC	14.33	James PRESTON *	Bristol & West AC	14.05
U20M	DISCUS (1.75kg)	Liam BIDDLECOMBE *	Yeovil Olympians	48.22	Jacob MATTHEWS (W)	Cardiff AAC	44.78	Curtis MATHEWS (W)	Barry & Vale Harriers	40.71
U20M	HAMMER (6.00kg)	Ashley ANDREWS (W)	Rhondda AC	53.43	Josh BUSSELL (W)	Cwmbran Harriers	33.07			
U20M	JAVELIN (800g)	Jason COPSEY (W)	Cwmbran Harriers	59.89	Jon LLEWELYN (W)	Carmarthen Harriers	54.53	Niki DAVIES (W)	Neath Harriers	44.31
U20W	100m	Hannah THOMAS (W)	Wrexham AC	12.49	Hannah PENDELBURY (W)	Deeside AAC	12.55	Claire WILLIAMS (W)	Cwmbran Harriers	12.71
U20W	200m	Hannah THOMAS (W)	Wrexham AC	25.05	Hannah PENDELBURY (W)	Deeside AAC	25.11	Gwenllian WILLIAMS (W)	Cardiff AAC	26.97
U20W	400m	Samantha COGAN (W)	Cardiff AAC	58.45	Rhiannon GOODMAN (W)	Bedford & County	60.07	Shelley BRACE	City of Stoke AC	61.82
U20W	800m	Angharad DAVIES (W)	Carmarthen Harriers	2:17.83						
U20W	1500m	Natasha COCKRAM (W)	Cwmbran Harriers	4:45.94	Abbie OLIVER	Deeside AAC	4:55.06			
U20W	100m Hdl	Catrin STONE (W)	Swansea Harriers	15.35	Megan ROGERS (W)	Wrexham AC	18.06			
U20W	400m Hdl	Megan ROGERS (W)	Wrexham AC	65.83	Angharad DAVIES (W)	Carmarthen Harriers	65.94	Danielle MILL (W)	Cardiff AAC	69.95
U20W	1.5km Steeplechase	Catrin LEWIS (W)	Carmarthen Harriers	6:16.51						
U20W	HIGH JUMP	Kate LYSONS *	UWIC	1.7	Sian SWANSON (W)	Maldwyn Harriers	1.65	Gwenllian WILLIAMS (W)	Cardiff AAC	1.55
U20W	POLE VAULT	Naomi JAMES (W)	Swansea Harriers	3.3	Rebecca DAVIES (W)	Deeside AAC	3.3			
U20W	LONG JUMP	Ffion REES (W)	Carmarthen Harriers	5.24	Natalie BATHERS (W)	Oswestry Olympians	5.16	Catrin STONE (W)	Swansea Harriers	5.09
U20W	TRIPLE JUMP	Amy BRADLEY (W)	Cwmbran Harriers	10.46	Ffion REES (W)	Carmarthen Harriers	10.11	Kara STEDMAN (W)	Llanelli AC	9.57
U20W	SHOT (4.0kg)	NO ATHLETES								
U20W	DISCUS (1.00kg)	Jessica HUDDLESTON (W)	Pembroke Harriers	31.51	sian JORDAN (W)	Newport Harriers	24.55			
U20W	HAMMER (4.00kg)	Toni WELLS (W)	Swansea Harriers	48.63						
U20W	JAVELIN (600g)	Rachel BEVAN (W)	Cwmbran Harriers	32.17						