

Sun-06-June-2010

Spytty Stadium

Welsh U15 League

East Division

Match 3

Results

12:00 PM Race 1 Amelia REYNOLDS, 10.5, Newport, (M2-Aberdare), 2009

-1.5 m/s

Pos	Bib	T2-1-1 - 75m - U11G	Club	Perf.
1	201	Gabbi FAKANDE	Cwmbran Harriers	11.99
2	129	Brogan HAGGETT	Aberdare VAAC	12.35
3	418	Lisa SCARFI	Newport Harriers	12.50
4	301	Elle MORGAN	Hereford AC	13.01
5	702	Jessica JONES	Cardiff AAC	13.05
6	507	Niamh MIDDLE	Rhondda AC	13.40
7	812	Gemma TOVEY	Blaenau Gwent	14.19

12:00 PM Race 2 Amelia REYNOLDS, 10.5, Newport, (M2-Aberdare), 2009

-2.4 m/s

Pos	Bib	T2-1-2 - 75m - U11G	Club	Perf.
1	429	Emily GILL	Newport Harriers	12.59
2	419	Mia DAVUES	Newport Harriers	12.75
3	305	Hannah GOAD	Hereford AC	12.94
4	303	Rhiannon TURTON	Hereford AC	13.10
5	422	Jody MARSHALL	Newport Harriers	15.35

12:00 PM Race 3 Amelia REYNOLDS, 10.5, Newport, (M2-Aberdare), 2009

-0.8 m/s

Pos	Bib	T2-1-3 - 75m - U11G	Club	Perf.
1	200	Rebecca CHICK	Cwmbran Harriers	12.15
2	300	Cara BENNETT	Hereford AC	12.26
3	428	Elinor W JONES	Newport Harriers	12.91
4	701	Erin PHILLIPS	Cardiff AAC	13.15
5	425	Molly HARTE	Newport Harriers	13.71
6	811	Sadie TUCKER	Blaenau Gwent	14.07
7	126	Holly LAMBERT	Aberdare VAAC	14.10

3:00 PM Race 1 Amelia REYNOLDS, 21.6, Newport, (M2-Aberdare), 2009

Pos	Bib	T20-1-1 - 150m - U11G	Club	Perf.
1	302	Megan TURTON	Hereford AC	22.75
2	201	Gabbi FAKANDE	Cwmbran Harriers	23.52
3	419	Mia DAVUES	Newport Harriers	24.61
4	423	Aimee WALLACE	Newport Harriers	25.15
5	428	Elinor W JONES	Newport Harriers	25.16
6	702	Jessica JONES	Cardiff AAC	25.88
7	507	Niamh MIDDLE	Rhondda AC	27.34
8	126	Holly LAMBERT	Aberdare VAAC	28.57

3:00 PM Race 2

Pos	Bib	T20-1-2 - 150m - U11G	Club	Perf.
1	129	Brogan HAGGETT	Aberdare VAAC	23.65
2	429	Emily GILL	Newport Harriers	23.81
3	200	Rebecca CHICK	Cwmbran Harriers	24.05
4	703	Katie LONG	Cardiff AAC	24.66
5	305	Hannah GOAD	Hereford AC	24.80
6	420	Jasmine STONE	Newport Harriers	25.29
7	304	Ellie PROSSER	Hereford AC	26.27

1:10 PM Race 1 Emma LIGHTHART, 2.50.9, Newport, (M2-Aberdare), 2009

Pos	Bib	T10-1-1 - 800m - U11G	Club	Perf.
1	129	Brogan HAGGETT	Aberdare VAAC	2:59.14
2	703	Katie LONG	Cardiff AAC	3:03.53
3	551	Megan BOWEN	Rhymney Valley	3:04.74
4	418	Lisa SCARFI	Newport Harriers	3:05.53
5	428	Elinor W JONES	Newport Harriers	3:22.78
6	817	Aimee GONCALVES	Blaenau Gwent	3:26.51
7	425	Molly HARTE	Newport Harriers	3:30.28
8	821	Jade SLIMMON	Blaenau Gwent	3:38.90
9	426	Sasha FOWLER	Newport Harriers	3:51.42

4:20 PM Team, 64.3, Newport, (M2-Aberdare), 2009

Pos	Bib	T30-1-1 - 4 x 100 relay - U11G	Perf.
1	300	Hereford AC	67.74
2	400	Newport Harriers	69.01

4:20 PM Team, 69.3, Newport, (M2-Aberdare), 2009

New East Division League Record

Pos	Bib	T30-1-2 - 4 x 100 Guest Relay - U11G	Club	Perf.
1	200	Cwmbran Harriers - Guest Team		68.6

12:05 PM Race 1 Daniel SNELLING, 10.47, Newport, (M4-Aberdare), 2009

-2.4 m/s

Pos	Bib	T3-1-1 - 75m - U11B	Club	Perf.
1	750	Deio HUGHES	Cardiff AAC	11.81
2	309	Pascal BARSACQ	Hereford AC	12.01
3	205	Henry GAUNTLETT	Cwmbran Harriers	12.59
4	401	Rhys WHITTAKER	Newport Harriers	12.63
5	506	Lewis CHALLENGER	Rhondda AC	13.02
6	404	Lloyd ARTHUR	Newport Harriers	13.12
7	502	Ethan JONES	Rhondda AC	13.22
8	403	James WILLIAMS	Newport Harriers	14.22

12:05 PM Race 2 Daniel SNELLING, 10.47, Newport, (M4-Aberdare), 2009

-1.5 m/s

Pos	Bib	T3-1-2 - 75m - U11B	Club	Perf.
1	505	Ethan BRIDGE	Rhondda AC	11.46
2	406	Morgan RICHARDS	Newport Harriers	12.87
3	306	Tom FAIRHURST	Hereford AC	13.06
4	405	Ieuan PHILLIPS	Newport Harriers	13.33
5	307	James HURDS	Hereford AC	13.59
6	206	Lewis GREENMAN	Cwmbran Harriers	13.88
7	308	Jack PROSSER	Hereford AC	13.91

3:05 PM Race 1 Daniel SNELLING, 20.28, Newport, (M4-Aberdare), 2009

+0.6 m/s

Pos	Bib	T21-1-1 - 150m - U11B	Club	Perf.
1	505	Ethan BRIDGE	Rhondda AC	21.99
2	309	Pascal BARSACQ	Hereford AC	22.38
3	131	Ewan JAMES	Aberdare VAAC	23.24
4	205	Henry GAUNTLETT	Cwmbran Harriers	24.32
5	404	Lloyd ARTHUR	Newport Harriers	24.80

3:05 PM Race 2

+2.2 m/s

Pos	Bib	T21-1-2 - 150m - U11B	Club	Perf.
1	750	Deio HUGHES	Cardiff AAC	21.9
2	401	Rhys WHITTAKER	Newport Harriers	23.5
3	306	Tom FAIRHURST	Hereford AC	24.4
4	506	Lewis CHALLENGER	Rhondda AC	24.6
5	406	Morgan RICHARDS	Newport Harriers	24.6

1:20 PM Race 1 Carwyn PENNY, 2.40.39, Newport, (M4-Aberdare), 2009

Pos	Bib	T11-1-1 - 800m - U11B	Club	Perf.
1	131	Ewan JAMES	Aberdare VAAC	2:46.88
2	504	Rhodri EDWARDS	Rhondda AC	2:53.83
3	310	Jordan BEATSON	Hereford AC	2:58.85
4	400	Jack HAINES	Newport Harriers	3:01.91

4:35 PM , 61.68, Newport, (M4-Aberdare), 2009

Pos	Bib	T33-1-1 - 4 x 100 relay - U11B	Club	Perf.
1	300	Hereford AC		68.8
2	400	Newport Harriers		69.6
3	500	Rhondda AC		72.0

3:40 PM

Amelia REYNOLDS, 3.57, Newport, (M3-Hereford), 2009

Pos	Bib	F27 - Long Jump - U11G	Club	Perf.
1	300	Cara BENNETT	Hereford AC	3.12
2	302	Megan TURTON	Hereford AC	3.07
3	703	Katie LONG	Cardiff AAC	2.98
4	419	Mia DAVUES	Newport Harriers	2.98
5	420	Jasmine STONE	Newport Harriers	2.88
6	301	Elle MORGAN	Hereford AC	2.78
7	303	Rhiannon TURTON	Hereford AC	2.67
8	423	Aimee WALLACE	Newport Harriers	2.62
9	304	Ellie PROSSER	Hereford AC	2.61
10	812	Gemma TOVEY	Blaenau Gwent	2.08
11	507	Niamh MIDDLE	Rhondda AC	2.00
12	429	Emily GILL	Newport Harriers	1.97
13	811	Sadie TUCKER	Blaenau Gwent	1.97
14	426	Sasha FOWLER	Newport Harriers	1.85
15	427	Alix POWELL	Newport Harriers	1.29

1:10 PM

Megan TURTON, 5.64, Hereford, (M2-Hereford), 2010

Pos	Bib	F15 - (2.00kg) Shot - U11G	Club	Perf.
1	302	Megan TURTON	Hereford AC	5.44
2	200	Rebecca CHICK	Cwmbran Harriers	5.37
3	300	Cara BENNETT	Hereford AC	5.28
4	304	Ellie PROSSER	Hereford AC	5.18
5	417	Caitlin ARNOLD	Newport Harriers	4.56
6	130	Holli JEHU	Aberdare VAAC	4.51
7	701	Erin PHILLIPS	Cardiff AAC	4.47
8	420	Jasmine STONE	Newport Harriers	4.30
9	702	Jessica JONES	Cardiff AAC	3.93
10	303	Rhiannon TURTON	Hereford AC	3.82
11	425	Molly HARTE	Newport Harriers	3.46
12	427	Alix POWELL	Newport Harriers	3.03

2:50 PM

Ella MORGAN, 14.58, Hereford, (M2-Hereford), 2010

Pos	Bib	F22 - (300g) Javelin - U11G	Club	Perf.
1	201	Gabbi FAKANDE	Cwmbran Harriers	13.00
2	301	Elle MORGAN	Hereford AC	12.53
3	130	Holli JEHU	Aberdare VAAC	11.29
4	423	Aimee WALLACE	Newport Harriers	10.92
5	701	Erin PHILLIPS	Cardiff AAC	10.29
6	305	Hannah GOAD	Hereford AC	9.96
7	812	Gemma TOVEY	Blaenau Gwent	9.96
8	811	Sadie TUCKER	Blaenau Gwent	9.55
9	417	Caitlin ARNOLD	Newport Harriers	9.18
10	426	Sasha FOWLER	Newport Harriers	8.43
11	126	Holly LAMBERT	Aberdare VAAC	7.24
12	427	Alix POWELL	Newport Harriers	5.42

12:20 PM

Carwyn PENNY, 3.99, Newport, (M4-Aberdare), 2009

Pos	Bib	F9 - Long Jump - U11B	Club	Perf.
1	504	Rhodri EDWARDS	Rhondda AC	3.05
2	813	Iestyn HAINES	Blaenau Gwent	2.97
3	405	Ieuan PHILLIPS	Newport Harriers	2.93
4	506	Lewis CHALLENGER	Rhondda AC	2.90
5	502	Ethan JONES	Rhondda AC	2.89
6	401	Rhys WHITTAKER	Newport Harriers	2.87
7	400	Jack HAINES	Newport Harriers	2.70
8	308	Jack PROSSER	Hereford AC	2.56
9	500	Tommy EVANS	Rhondda AC	2.44
10	307	James HURDS	Hereford AC	2.31
11	403	James WILLIAMS	Newport Harriers	1.99
12	206	Lewis GREENMAN	Cwmbran Harriers	1.90

2:00 PM

Deio HUGHES, 6.71, Cardiff, (M2-Hereford), 2010

Pos	Bib	F19 - (2.72kg) Shot - U11B	Club	Perf.
1	505	Ethan BRIDGE	Rhondda AC	6.31
2	750	Deio HUGHES	Cardiff AAC	5.93
3	131	Ewan JAMES	Aberdare VAAC	5.48
4	813	Iestyn HAINES	Blaenau Gwent	5.21
5	310	Jordan BEATSON	Hereford AC	4.14
6	307	James HURDS	Hereford AC	3.81
7	500	Tommy EVANS	Rhondda AC	3.63
8	404	Lloyd ARTHUR	Newport Harriers	3.42
9	403	James WILLIAMS	Newport Harriers	3.28

3:40 PM

Carwyn PENNY, 25.06, Newport, (M4-Aberdare), 2009

Pos	Bib	F28 - (300g) Javelin - U11B	Club	Perf.
1	309	Pascal BARSACQ	Hereford AC	17.30
2	310	Jordan BEATSON	Hereford AC	13.94
3	406	Morgan RICHARDS	Newport Harriers	13.86
4	500	Tommy EVANS	Rhondda AC	12.81
5	400	Jack HAINES	Newport Harriers	11.66
6	306	Tom FAIRHURST	Hereford AC	11.13
7	813	Iestyn HAINES	Blaenau Gwent	11.10
8	205	Henry GAUNTLETT	Cwmbran Harriers	11.09
9	504	Rhodri EDWARDS	Rhondda AC	9.75
10	308	Jack PROSSER	Hereford AC	9.00
11	502	Ethan JONES	Rhondda AC	7.40
12	206	Lewis GREENMAN	Cwmbran Harriers	6.38

12:15 PM Race 1 Amelia REYNOLDS, 13.4, Newport, (M2-Hereford), 2010

w/s
-3.9 m/s

Pos	Bib	T4-1-1 - 100m - U13G	Club	Perf.	AW	Grade
1	485	Amelia REYNOLDS	Newport Harriers	13.71	*	G2
2	313	Rosie JACKSON	Hereford AC	14.52	*	G4
3	209	Elle MATTHEWS	Cwmbran Harriers	15.48		
4	713	Lydia BOWEN-WILLIAMS	Cardiff AAC	15.77		
5	822	Courtney JONES	Blaenau Gwent	17.85		

12:15 PM Race 2

w/s
-3.9 m/s

Pos	Bib	T4-1-2 - 100m - U13G	Club	Perf.	AW	Grade
1	210	Jodie BEYNON	Cwmbran Harriers	14.91		
2	480	Danielle MORGAN	Newport Harriers	15.17		
3	718	Sophie WALPOLE	Cardiff AAC	15.73		
4	312	Fern WHITE	Hereford AC	15.87		
5	820	Leah SLIMMON	Blaenau Gwent	17.06		

12:15 PM Race 3

w/s
-3.9 m/s

Pos	Bib	T4-1-3 - 100m - U13G	Club	Perf.	AW	Grade
1	717	Sian PURCELL	Cardiff AAC	14.8	*	
2	482	Caitlin SCARFI	Newport Harriers	15.1		
3	213	Caitlin FINNERTY	Cwmbran Harriers	15.7		
4	212	Millie FAKANDE	Cwmbran Harriers	15.9		
5	311	Katie HARMEN	Hereford AC	17.0		

12:15 PM Race 4

w/s
-2.4 m/s

Pos	Bib	T4-1-4 - 100m - U13G	Club	Perf.	AW	Grade
1	719	Sylvia KITENGE	Cardiff AAC	15.44		
2	478	Ffion LLEWELLYN	Newport Harriers	15.54		
3	214	Natalie JONES	Cwmbran Harriers	15.75		
4	127	Sophie ALI	Aberdare VAAC	15.78		
5	484	Francis BISHOP	Newport Harriers	16.43		

3:30 PM Race 1 Amelia REYNOLDS, 28.2, Newport, (M2-Hereford), 2010

w/s

Pos	Bib	T25-1-1 - 200m - U13G	Club	Perf.	AW	Grade
1	485	Amelia REYNOLDS	Newport Harriers	28.22	*	G1
2	210	Jodie BEYNON	Cwmbran Harriers	29.75	*	G4
3	313	Rosie JACKSON	Hereford AC	29.98	*	G4
4	717	Sian PURCELL	Cardiff AAC	30.93	*	
5	214	Natalie JONES	Cwmbran Harriers	33.22		
6	508	Emily PEARCE	Rhondda AC	34.38		

3:30 PM Race 2

w/s

Pos	Bib	T25-1-2 - 200m - U13G	Club	Perf.	AW	Grade
1	482	Caitlin SCARFI	Newport Harriers	30.43	*	G4
2	215	Geri MCNAMARA	Cwmbran Harriers	30.97	*	
3	719	Sylvia KITENGE	Cardiff AAC	30.99	*	
4	127	Sophie ALI	Aberdare VAAC	33.03		
5	483	Amy LITTLE	Newport Harriers	33.18		
6	820	Leah SLIMMON	Blaenau Gwent	37.40		

3:30 PM Race 3 Amelia REYNOLDS, 28.2, Newport, (M2-Hereford), 2010

w/s

Pos	Bib	T25-1-3 - 200m - U13G	Club	Perf.	AW	Grade
1	718	Sophie WALPOLE	Cardiff AAC	30.8	*	G4
2	213	Caitlin FINNERTY	Cwmbran Harriers	31.6		
3	716	Rhianon LONG	Cardiff AAC	31.9		
4	478	Ffion LLEWELLYN	Newport Harriers	32.6		
5	484	Francis BISHOP	Newport Harriers	34.5		
6	822	Courtney JONES	Blaenau Gwent	37.6		

1:40 PM Race 1 Emma HENNESSY, 2.34.73, Newport, (M4-Aberdare), 2009

w/s

Pos	Bib	T13-1-1 - 800m - U13G	Club	Perf.	AW	Grade
1	706	Bethan REGISTER	Cardiff AAC	2:44.39	*	G4
2	705	Anna MIRZA-DAVIES	Cardiff AAC	2:47.09		
3	720	Elishka COUPAR	Cardiff AAC	2:47.24		
4	216	Tara PALMER	Cwmbran Harriers	2:55.23		
5	312	Fern WHITE	Hereford AC	2:56.60		
6	479	Mollie CLAYDEN	Newport Harriers	2:57.30		
7	483	Amy LITTLE	Newport Harriers	2:59.32		
8	508	Emily PEARCE	Rhondda AC	3:14.53		

4:10 PM Sophie TIPPING, 5:32.50, Cardiff, (M4-Aberdare), 2009

w/s

New East Division League Record

Pos	Bib	T29-1-1 - 1500m - U13G	Club	Perf.	AW	Grade
1	816	Issy MORRIS	Blaenau Gwent	5:22.7	*	G3
2	714	Megan TATNELL	Cardiff AAC	5:36.9	*	G4
3	709	Emma LIGTHART	Cardiff AAC	5:47.6	*	

2:40 PM Race 1 Bethan TRIGG, 12.9, Cardiff, (M3-Hereford), 2009

w/s

-0.3 m/s

Pos	Bib	T19-1-1 - 70m Hurdles - U13G	Club	Perf.	AW	Grade
1	717	Sian PURCELL	Cardiff AAC	13.34	*	G4
2	311	Katie HARMEN	Hereford AC	14.54		
3	716	Rhianon LONG	Cardiff AAC	15.08		

4:25 PM Team, 58.81, Newport, (M4-Aberdare), 2009

w/s

Pos	Bib	T31-1-1 - 4 x 100 relay - U13G	Club	Perf.	AW	Grade
1	400	Newport Harriers		59.70		
2	700	Cardiff AAC		59.83		
3	200	Cwmbran Harriers		60.78		
4	300	Hereford AC		63.74		

4:25 PM Team, 61.24, Aberdare, (M4-Aberdare), 2009

w/s

Pos	Bib	T31-1-2 - 4 x 100 Guest Relay - U13G	Club	Perf.	AW	Grade
1	700	Cardiff AAC - Guest Team		62.30		

12:20 PM Race 1 Nick ENTWHISTLE, 13.5, Hereford, (M2-Hereford), 2010

w/s
-2.7 m/s

Pos	Bib	T5-1-1 - 100m - U13B	Club	Perf.	AW	Grade
1	318	Nick ENTWHISTLE	Hereford AC	13.82	*	
2	438	Daniel SNELLING	Newport Harriers	13.99	*	
3	224	Aaron POWELL	Cwmbran Harriers	14.01	*	
4	752	Alex LOVE	Cardiff AAC	15.47		
5	128	Jaymes PRICE	Aberdare VAAC	15.59		

12:20 PM Race 2

w/s
-2.7 m/s

Pos	Bib	T5-1-2 - 100m - U13B	Club	Perf.	AW	Grade
1	761	William BROWN	Cardiff AAC	15.03		
2	316	Sebastian FRY	Hereford AC	15.05		
3	222	Danny MORGAN	Cwmbran Harriers	15.32		
4	134	Alex PRICE	Aberdare VAAC	15.62		
5	315	Matthew JONES	Hereford AC	16.16		

3:20 PM Race 1 Nick ENTWHISTLE, 28.1, Hereford, (M2-Hereford), 2010

w/s

Pos	Bib	T24-1-1 - 200m - U13B	Club	Perf.	AW	Grade
1	438	Daniel SNELLING	Newport Harriers	28.3	*	G3
2	224	Aaron POWELL	Cwmbran Harriers	28.5	*	G4
3	318	Nick ENTWHISTLE	Hereford AC	28.7	*	G4
4	225	Tyler PRITCHARD	Cwmbran Harriers	28.9	*	G4
5	434	Carwyn PENNY	Newport Harriers	30.2		
6	761	William BROWN	Cardiff AAC	30.4		
7	752	Alex LOVE	Cardiff AAC	30.8		

1:50 PM Race 1 Tyler PRITCHARD, 2.26.0, Cwmbran, (M2-Hereford), 2010

New East Division League Record

Pos	Bib	T14-1-1 - 800m - U13B	Club	Perf.	AW	Grade
1	225	Tyler PRITCHARD	Cwmbran Harriers	2:25.61	*	G2
2	434	Carwyn PENNY	Newport Harriers	2:31.70	*	G4
3	510	Cole SWANNACK	Rhondda AC	2:34.19	*	G4
4	222	Danny MORGAN	Cwmbran Harriers	2:36.69	*	
5	134	Alex PRICE	Aberdare VAAC	2:36.78	*	
6	317	George HUDSON	Hereford AC	2:37.66	*	
7	757	Jacob KNIGHT	Cardiff AAC	2:46.64		
8	760	Tom CLARKE	Cardiff AAC	2:47.34		
9	753	David CONSTANTINO	Cardiff AAC	2:52.20		
10	762	George GOUGH	Cardiff AAC	2:56.23		
11	756	Jack GRIFFITHS	Cardiff AAC	3:00.73		
12	439	Atkin TOM	Newport Harriers	3:02.00		
13	319	James GLADWIN	Hereford AC	3:11.71		

4:00 PM Rhys NORRIS, 4.57.7, Newport, (M2-Aberdare), 2009

Pos	Bib	T28-1-1 - 1500m - U13B	Club	Perf.	AW	Grade
1	759	Rhys GOOCH	Cardiff AAC	5:21.63	*	
2	758	Kieran HARRIS	Cardiff AAC	5:22.76	*	

2:10 PM Race 1 James SCARFI, 13.07, Cwmbran, (M4-Aberdare), 2009

Pos	Bib	T16-1-1 - 75m Hurdles - U13B	Club	Perf.	AW	Grade
1	318	Nick ENTWHISTLE	Hereford AC	14.60	*	G4
2	316	Sebastian FRY	Hereford AC	16.31		

w/s
+1.2 m/s

4:40 PM Team, 58.8, Newport, (M3-Hereford), 2009

Pos	Bib	T34-1-1 - 4 x 100 relay - U13B	Club	Perf.	AW
1	300	Hereford AC		59.4	

4:40 PM Team, 58.0, Hereford, (M2-Hereford), 2010

Pos	Bib	T34-1-2 - 4 x 100 Guest Relay - U13B	Club	Perf.	AW
1	700	Cardiff AAC - Guest Team		59.9	

3:30 PM

Jodie BEYNON, 1.35, Cwmbran, (M2-Hereford), 2010

Pos	Bib	F26 - High Jump - U13G	Club	Perf.	AW	Grade
1	210	Jodie BEYNON	Cwmbran Harriers	1.33		
2	706	Bethan REGISTER	Cardiff AAC	1.10		
3	705	Anna MIRZA-DAVIES	Cardiff AAC	1.05		
4	715	Molly DAVIES	Cardiff AAC	NMR		
5	720	Elishka COUPAR	Cardiff AAC	NMR		

1:10 PM

Brenna PRICE, 4.21, Aberdare, (M4-Aberdare), 2009

Pos	Bib	F14 - Long Jump - U13G	Club	Perf.	AW	Grade
1	313	Rosie JACKSON	Hereford AC	3.84		
2	485	Amelia REYNOLDS	Newport Harriers	3.73		
3	716	Rhianon LONG	Cardiff AAC	3.54		
4	215	Geri MCNAMARA	Cwmbran Harriers	3.46		
5	209	Elle MATTHEWS	Cwmbran Harriers	3.40		
6	718	Sophie WALPOLE	Cardiff AAC	3.32		
7	214	Natalie JONES	Cwmbran Harriers	3.26		
8	478	Ffion LLEWELLYN	Newport Harriers	3.20		
9	311	Katie HARMEN	Hereford AC	3.11		
10	714	Megan TATNELL	Cardiff AAC	2.89		
11	484	Francis BISHOP	Newport Harriers	2.61		
12	704	Alice BROADLEY	Cardiff AAC	2.52		
13	480	Danielle MORGAN	Newport Harriers	NMR		

11:30 AM

Jess WILLIAMS, 8.23, Hereford, (M2-Hereford), 2010

New East Division League Record

Pos	Bib	F6 - (2.72kg) Shot - U13G	Club	Perf.	AW	Grade
1	314	Jess WILLIAMS	Hereford AC	8.82	*	G1
2	509	Kirsty ELLIOTT	Rhondda AC	7.15		
3	212	Millie FAKANDE	Cwmbran Harriers	6.25		
4	217	Amy PRICE	Cwmbran Harriers	6.17		
5	708	Carrigan GRISTOCK	Cardiff AAC	5.48		
6	711	Jessica LANE	Cardiff AAC	5.07		
7	704	Alice BROADLEY	Cardiff AAC	3.94		
8	715	Molly DAVIES	Cardiff AAC	3.33		

1:20 PM

Jess WILLIAMS, 22.57, Hereford, (M2-Hereford), 2010

New East Division League Record

Pos	Bib	F16 - (0.75kg) Discus - U13G	Club	Perf.	AW	Grade
1	314	Jess WILLIAMS	Hereford AC	23.58	*	G1
2	127	Sophie ALI	Aberdare VAAC	17.69		
3	509	Kirsty ELLIOTT	Rhondda AC	13.33		
4	508	Emily PEARCE	Rhondda AC	13.12		
5	216	Tara PALMER	Cwmbran Harriers	12.72		
6	708	Carrigan GRISTOCK	Cardiff AAC	11.36		
7	212	Millie FAKANDE	Cwmbran Harriers	11.34		
8	719	Sylvia KITENGE	Cardiff AAC	10.56		
9	711	Jessica LANE	Cardiff AAC	9.94		

2:00 PM

Jess WILLIAMS, 27.23, Hereford, (M2-Hereford), 2010

New East Division League Record

Pos	Bib	F17 - (400g) Javelin - U13G	Club	Perf.	AW	Grade
1	314	Jess WILLIAMS	Hereford AC	27.73	*	G1
2	480	Danielle MORGAN	Newport Harriers	20.28		
3	720	Elishka COUPAR	Cardiff AAC	14.08		
4	212	Millie FAKANDE	Cwmbran Harriers	12.99		
5	708	Carrigan GRISTOCK	Cardiff AAC	11.70		
6	711	Jessica LANE	Cardiff AAC	9.40		
7	822	Courtney JONES	Blaenau Gwent	7.78		
8	312	Fern WHITE	Hereford AC	7.33		
9	820	Leah SLIMMON	Blaenau Gwent	6.69		
10	706	Bethan REGISTER	Cardiff AAC	NMR		

12:50 PM

Kyle ARNOLD, 1.35, Newport, (M4-Aberdare), 2009

New East Division League Record

Pos	Bib	F12 - High Jump - U13B	Club	Perf.	AW	Grade
1	225	Tyler PRITCHARD	Cwmbran Harriers	1.38	*	G1
2	763	Harry GOUGH	Cardiff AAC	1.28		
3	751	Oliver HUNT	Cardiff AAC	NMR		

2:00 PM

Oliver HUNT, 4.44, Cardiff, (M2-Hereford), 2010

Pos	Bib	F18 - Long Jump - U13B	Club	Perf.	AW	Grade
1	751	Oliver HUNT	Cardiff AAC	3.80		
2	438	Daniel SNELLING	Newport Harriers	3.66		
3	434	Carwyn PENNY	Newport Harriers	3.59		
4	510	Cole SWANNACK	Rhondda AC	3.59		
5	752	Alex LOVE	Cardiff AAC	3.54		
6	756	Jack GRIFFITHS	Cardiff AAC	3.53		
7	763	Harry GOUGH	Cardiff AAC	3.50		
8	222	Danny MORGAN	Cwmbran Harriers	3.32		
9	317	George HUDSON	Hereford AC	3.10		
10	760	Tom CLARKE	Cardiff AAC	3.00		
11	128	Jaymes PRICE	Aberdare VAAC	2.99		
12	315	Matthew JONES	Hereford AC	2.61		

2:50 PM

Jordan BRYANT, 7.54, Newport, (M2-Hereford), 2010

New East Division League Record

Pos	Bib	F24 - (3.25kg) Shot - U13B	Club	Perf.	AW	Grade
1	435	Jordan BRYANT	Newport Harriers	7.62	*	G1
2	316	Sebastian FRY	Hereford AC	7.12		
3	436	Jamie BRYANT	Newport Harriers	6.26		
4	223	Owen MURPHY	Cwmbran Harriers	5.63		
5	756	Jack GRIFFITHS	Cardiff AAC	5.37		
6	221	Rhys JONES	Cwmbran Harriers	5.20		
7	319	James GLADWIN	Hereford AC	4.95		
8	317	George HUDSON	Hereford AC	4.75		
9	757	Jacob KNIGHT	Cardiff AAC	4.07		
10	762	George GOUGH	Cardiff AAC	2.94		

2:10 PM

Jordan BRYANT, 21.89, Newport, (M2-Hereford), 2010

New East Division League Record

Pos	Bib	F20 - (1.00kg) Discus - U13B	Club	Perf.	AW	Grade
1	435	Jordan BRYANT	Newport Harriers	22.28	*	G1
2	436	Jamie BRYANT	Newport Harriers	19.81		
3	223	Owen MURPHY	Cwmbran Harriers	14.27		
4	221	Rhys JONES	Cwmbran Harriers	12.45		
5	753	David CONSTANTINO	Cardiff AAC	12.25		
6	758	Kieran HARRIS	Cardiff AAC	11.17		

11:30 AM

Aaron POWELL, 31.94, Cwmbran, (M1-Cardiff), 2010

New East Division League Record

Pos	Bib	F4 - (400g) Javelin - U13B	Club	Perf.	AW	Grade
1	224	Aaron POWELL	Cwmbran Harriers	33.04	*	G1
2	223	Owen MURPHY	Cwmbran Harriers	24.72		
3	221	Rhys JONES	Cwmbran Harriers	18.01		
4	128	Jaymes PRICE	Aberdare VAAC	14.70		
5	758	Kieran HARRIS	Cardiff AAC	12.35		
6	319	James GLADWIN	Hereford AC	11.13		
7	762	George GOUGH	Cardiff AAC	11.13		
8	760	Tom CLARKE	Cardiff AAC	10.48		

12:25 PM Race 1 Bethan WAKEFIELD/Cindy KITENGE, 13.0, Newport/Cardiff, (M2-Aberdare), 2009

-4.4 m/s

Pos	Bib	T6-1-1 - 100m - U15G	Club	Perf.	AW	Grade
1	233	Sophie EDWARDS	Cwmbran Harriers	14.32		
2	496	Melissa ROBERTS	Newport Harriers	14.34		
3	737	Rebecca FOLEY	Cardiff AAC	14.48		
4	124	Brenna PRICE	Aberdare VAAC	14.49		
5	739	Alice NOTTINGHAM	Cardiff AAC	15.02		
6	320	Imogen WILDING	Hereford AC	15.62		

12:25 PM Race 2

-4.3 m/s

Pos	Bib	T6-1-2 - 100m - U15G	Club	Perf.	AW	Grade
1	497	Katie-Jane PRIEST	Newport Harriers	13.83		
2	734	Lucy ORAM	Cardiff AAC	14.56		
3	736	Olivia EVANS	Cardiff AAC	14.61		
4	122	Sian JONES	Aberdare VAAC	14.67		
5	231	Emily BROWN	Cwmbran Harriers	15.35		
6	495	Amy CHORLEY	Newport Harriers	15.40		
7	230	Laura BEVAN	Cwmbran Harriers	15.91		

12:25 PM Race 3

w/s
-3.5 m/s

Pos	Bib	T6-1-3 - 100m - U15G	Club	Perf.	AW	Grade
1	240	Francesca PARKIN	Cwmbran Harriers	14.20		
2	489	Sophie O'BRIEN	Newport Harriers	14.72		
3	123	Holly JONES	Aberdare VAAC	14.90		
4	125	Jessica LAMBERT	Aberdare VAAC	14.97		
5	741	Hannah BURNELL	Cardiff AAC	15.13		
6	742	Megan WILLIAMS	Cardiff AAC	16.51		

3:15 PM Race 1 Hannah GRIFFITHS, 26.4, Newport, (M2-Aberdare), 2009

Pos	Bib	T23-1-1 - 200m - U15G	Club	Perf.	AW	Grade
1	497	Katie-Jane PRIEST	Newport Harriers	28.79		
2	734	Lucy ORAM	Cardiff AAC	29.40		
3	736	Olivia EVANS	Cardiff AAC	29.84		
4	240	Francesca PARKIN	Cwmbran Harriers	29.99		
5	489	Sophie O'BRIEN	Newport Harriers	30.58		
6	490	Katie HUNTER	Newport Harriers	31.20		
7	238	Elin LEWIS	Cwmbran Harriers	31.94		
8	735	Morgan CUTLAM	Cardiff AAC	32.67		

12:50 PM Race 1 Hannah GRIFFITHS, 42.5, Newport, (M2-Aberdare), 2009

Pos	Bib	T9-1-1 - 300m - U15G	Club	Perf.	AW	Grade
1	731	Lara DURRANI	Cardiff AAC	44.6	*	G4
2	727	Fran MORRIS	Cardiff AAC	49.7		
3	125	Jessica LAMBERT	Aberdare VAAC	49.9		
4	730	Kate SEARY	Cardiff AAC	50.9		

2:20 PM Race 1 Isobelle GODFREY, 2.28.90, Chepstow, (M4-Aberdare), 2009

Pos	Bib	T17-1-1 - 800m - U15G	Club	Perf.	AW	Grade
1	247	Elina BASSINI-GAZZI	Cwmbran Harriers	2:33.00	*	G2
2	237	Emma JORDAN	Cwmbran Harriers	2:33.03	*	G2
3	492	Bethan JACKSON	Newport Harriers	2:39.06		
4	235	Chelsie HARRIS	Cwmbran Harriers	2:42.04		
5	238	Elin LEWIS	Cwmbran Harriers	2:42.65		
6	727	Fran MORRIS	Cardiff AAC	2:42.65		
7	738	Alex BASS	Cardiff AAC	2:49.78		
8	321	Tasha WEBSTER	Hereford AC	3:02.75		

3:50 PM Ellie LEEK, 5.18.84, Cwmbran, (M4-Aberdare), 2009

Pos	Bib	T27-1-1 - 1500m - U15G	Club	Perf.	AW	Grade
1	730	Kate SEARY	Cardiff AAC	5:20.70	*	
2	723	Angharad COLE	Cardiff AAC	5:42.53		
3	729	Izzy LEWIS	Cardiff AAC	5:43.56		

11:45 AM Race 1 Tasher WEBSTER, 5.14.2, Hereford, (M2-Hereford), 2010

Pos	Bib	T1-1-4 - 1000m walk - U15G	Club	Perf.	AW	Grade
1	321	Tasha WEBSTER	Hereford AC	5:18.22		

2:00 PM Race 1 Rebecca FOLEY, 12.5, Cardiff, (M2-Hereford), 2010

New East Division League Recordw/s
+0.3 m/s

Pos	Bib	T15-1-1 - 75m Hurdles - U15G	Club	Perf.	AW	Grade
1	737	Rebecca FOLEY	Cardiff AAC	12.37	*	G3
2	725	Claire TAYLOR	Cardiff AAC	12.53	*	G3
3	731	Lara DURRANI	Cardiff AAC	12.81	*	G4
4	733	Leonora FOLEY	Cardiff AAC	13.29	*	G4
5	493	Emma HENNESSEY	Newport Harriers	13.49	*	G4
6	320	Imogen WILDING	Hereford AC	14.21		

4:30 PM Team, 53.2, Cardiff, (M2-Aberdare), 2009

New East Division League Record

Pos	Bib	T32-1-1 - 4 x 100 relay - U15G	Club	Perf.	AW	Grade
1	700	Cardiff AAC		48.87	*	
2	200	Cwmbran Harriers		54.70		

4:30 PM Team, 55.9, Cardiff, (M2-Hereford), 2010

New East Division League Record

Pos	Bib	T32-1-2 - 4 x 100 Guest Relay - U15G	Club	Perf.	AW	Grade
1	700	Cardiff AAC - Guest Team		53.66		

12:30 PM Race 1 Tom NORTON, 12.1, Cwmbran, (M2-Aberdare), 2009

w/s
-3.9 m/s

Pos	Bib	T7-1-1 - 100m - U15B	Club	Perf.	AW	Grade
1	780	Ryan COOPER	Cardiff AAC	13.01		
2	783	Jordan LEAMAN	Cardiff AAC	13.27		
3	447	Ryan MORGAN	Newport Harriers	13.70		
4	255	James SCARFI	Cwmbran Harriers	13.96		
5	324	Charlie CREIG	Hereford AC	13.99		
6	819	Dylan HURTER	Blaenau Gwent	14.01		

12:30 PM Race 2

w/s
-2.3 m/s

Pos	Bib	T7-1-2 - 100m - U15B	Club	Perf.	AW	Grade
1	773	James MACLEAN	Cardiff AAC	12.33	*	G4
2	767	Dafydd WILLIAMS	Cardiff AAC	14.27		
3	253	Alex MCDOWELL	Cwmbran Harriers	14.52		
4	784	Sam GOUGH	Cardiff AAC	15.76		
5	121	Sam WILLIAMS	Aberdare VAAC	16.07		

3:10 PM Race 1 Tom NORTON, 24.96, Cwmbran, (M4-Aberdare), 2009

Pos	Bib	T22-1-1 - 200m - U15B	Club	Perf.	AW	Grade
1	780	Ryan COOPER	Cardiff AAC	25.71	*	
2	256	Aaron TURLEY	Cwmbran Harriers	27.12		
3	819	Dylan HURTER	Blaenau Gwent	27.74		
4	448	Jack FEAR	Newport Harriers	27.92		
5	324	Charlie CREIG	Hereford AC	29.18		
6	133	Rhodri DAVIES	Aberdare VAAC	32.81		

3:10 PM Race 2

New East Division League Record

Pos	Bib	T22-1-2 - 200m - U15B	Club	Perf.	AW	Grade
1	773	James MACLEAN	Cardiff AAC	24.62	*	G3
2	766	Conor KIDNER	Cardiff AAC	25.97	*	
3	783	Jordan LEAMAN	Cardiff AAC	26.39		
4	255	James SCARFI	Cwmbran Harriers	27.43		
5	767	Dafydd WILLIAMS	Cardiff AAC	28.69		
6	777	Luke HARRY	Cardiff AAC	29.18		

12:40 PM Race 1

Pos	Bib	T8-1-1 - 400m - U15B	Club	Perf.	AW	Grade
1	772	Jacob PREECE	Cardiff AAC	57.17	*	G4
2	766	Conor KIDNER	Cardiff AAC	58.37	*	G4
3	448	Jack FEAR	Newport Harriers	59.04	*	
4	781	Sam PETERKEN	Cardiff AAC	61.74		
5	777	Luke HARRY	Cardiff AAC	66.41		
6	768	Felix IACONO	Cardiff AAC	69.80		

2:30 PM Race 1 Jack FEAR, 2.16.2, Newport, (M1-Cardiff), 2010

New East Division League Record

Pos	Bib	T18-1-1 - 800m - U15B	Club	Perf.	AW	Grade
1	772	Jacob PREECE	Cardiff AAC	2:13.09	*	G3
2	448	Jack FEAR	Newport Harriers	2:13.36	*	G3
3	256	Aaron TURLEY	Cwmbran Harriers	2:19.51	*	
4	257	Seb WAINWRIGHT	Cwmbran Harriers	2:20.90	*	
5	253	Alex MCDOWELL	Cwmbran Harriers	2:25.88		
6	443	Luke GILL	Newport Harriers	2:31.28		
7	765	Ciaran LEWIS	Cardiff AAC	2:36.90		
8	784	Sam GOUGH	Cardiff AAC	2:47.11		
9	133	Rhodri DAVIES	Aberdare VAAC	2:48.05		

3:40 PM Ben JONES, 4.36.5, Newport, (M2-Hereford), 2010

Pos	Bib	T26-1-1 - 1500m - U15B	Club	Perf.	AW	Grade
1	252	Ben JONES	Cwmbran Harriers	4:38.75	*	G4
2	771	Jack GOOCH	Cardiff AAC	4:43.73	*	G4
3	775	John COVE	Cardiff AAC	4:52.53	*	
4	136	Owain SPRAKILIN-JONES	Aberdare VAAC	DNF		

1:30 PM Race 1 Ben PEARSE, 12.24, Cardiff, (M4-Aberdare), 2009

w/s
-3.6 m/s

Pos	Bib	T12-1-1 - 80m Hurdles - U15B	Club	Perf.	AW	Grade
1	774	James SHARREM	Cardiff AAC	12.76	*	G3
2	764	Adrian LAWRENCE	Cardiff AAC	12.88	*	G3
3	444	Kyle ARNOLD	Newport Harriers	15.30		
4	324	Charlie CREIG	Hereford AC	15.57		
5	767	Dafydd WILLIAMS	Cardiff AAC	15.61		

4:45 PM , , , ,

Pos	Bib	T35-1-2 - 4 x 100 Guest Relay - U15B	Perf.	AW	Grade
1	400	Newport Harriers - Guest Team	74.84		

2:10 PM

Ffion BODILLY, 1.60, Cardiff, (M4-Aberdare), 2009

Pos	Bib	F21 - High Jump - U15G	Club	Perf.	AW
1	499	Bethan HILL-HOWELLS	Newport Harriers	1.47	
2	124	Brenna PRICE	Aberdare VAAC	1.45	
3	730	Kate SEARY	Cardiff AAC	1.30	
4	493	Emma HENNESSEY	Newport Harriers	1.30	
5	736	Olivia EVANS	Cardiff AAC	1.26	
6	248	Sophie JACKSON	Cwmbran Harriers	1.25	

11:30 AM

Amy CHORLEY, 4.95, Neport, (M1-Cardiff), 2010

Pos	Bib	F5 - Long Jump - U15G	Club	Perf.	AW
1	725	Claire TAYLOR	Cardiff AAC	4.82	
2	124	Brenna PRICE	Aberdare VAAC	4.49	
3	724	Bryony HARPER	Cardiff AAC	4.40	
4	495	Amy CHORLEY	Newport Harriers	4.38	
5	122	Sian JONES	Aberdare VAAC	4.33	
6	732	Laura TRIGG	Cardiff AAC	3.83	
7	320	Imogen WILDING	Hereford AC	3.63	
8	739	Alice NOTTINGHAM	Cardiff AAC	3.57	
9	735	Morgan CUTLAM	Cardiff AAC	3.26	
10	499	Bethan HILL-HOWELLS	Newport Harriers	NMR	

3:40 PM

Emma CROOKE, 10.00, Hereford, (M4-Aberdare), 2009

Pos	Bib	F29 - (3.25kg) Shot - U15G	Club	Perf.	AW
1	511	Meaghan ELLIOTT	Rhondda AC	7.24	
2	322	Katherine EVANS	Hereford AC	6.99	
3	490	Katie HUNTER	Newport Harriers	6.85	
4	135	Tasia STEPHENS	Aberdare VAAC	6.43	
5	512	Atlanta SWANNACK	Rhondda AC	6.32	
6	321	Tasha WEBSTER	Hereford AC	6.29	
7	740	Carys DAWE	Cardiff AAC	6.25	
8	728	Holly FIELD	Cardiff AAC	6.04	
9	741	Hannah BURNELL	Cardiff AAC	5.60	
10	513	Kirsty TOOLAN	Rhondda AC	5.39	
11	722	Alice BRENNAN	Cardiff AAC	5.22	
12	120	Katie HALL	Aberdare VAAC	4.94	
13	495	Amy CHORLEY	Newport Harriers	4.92	
14	739	Alice NOTTINGHAM	Cardiff AAC	4.64	
15	727	Fran MORRIS	Cardiff AAC	3.26	

3:00 PM

Emma CROOKE, 32.49, Hereford, (M2-Aberdare), 2009

Pos	Bib	F25 - (1.00kg) Discus - U15G	Club	Perf.	AW
1	728	Holly FIELD	Cardiff AAC	18.87	
2	239	Emma NORTON	Cwmbran Harriers	17.86	
3	511	Meaghan ELLIOTT	Rhondda AC	16.26	
4	248	Sophie JACKSON	Cwmbran Harriers	15.11	
5	512	Atlanta SWANNACK	Rhondda AC	14.57	
6	741	Hannah BURNELL	Cardiff AAC	14.24	
7	737	Rebecca FOLEY	Cardiff AAC	14.18	
8	135	Tasia STEPHENS	Aberdare VAAC	14.17	
9	513	Kirsty TOOLAN	Rhondda AC	13.14	
10	740	Carys DAWE	Cardiff AAC	13.12	
11	322	Katherine EVANS	Hereford AC	12.90	
12	729	Izzy LEWIS	Cardiff AAC	12.85	
13	120	Katie HALL	Aberdare VAAC	12.66	

11:00 AM

Emma CROOKE, 41.80, Hereford, (M4-Aberdare), 2009

Pos	Bib	F2 - (3.00kg) Hammer - U15G	Club	Perf.	AW
1	322	Katherine EVANS	Hereford AC	26.89	
2	511	Meaghan ELLIOTT	Rhondda AC	20.82	
3	513	Kirsty TOOLAN	Rhondda AC	20.02	
4	512	Atlanta SWANNACK	Rhondda AC	18.07	

12:20 PM

Melissa ARTHUR, 34.03, Newport, (M4-Aberdare), 2009

Pos	Bib	F11 - (600g) Javelin - U15G	Club	Perf.	AW
1	135	Tasia STEPHENS	Aberdare VAAC	31.20	
2	239	Emma NORTON	Cwmbran Harriers	23.20	
3	248	Sophie JACKSON	Cwmbran Harriers	21.48	
4	120	Katie HALL	Aberdare VAAC	13.70	
5	235	Chelsie HARRIS	Cwmbran Harriers	12.93	
6	735	Morgan CUTLAM	Cardiff AAC	12.43	
7	492	Bethan JACKSON	Newport Harriers	11.88	
8	723	Angharad COLE	Cardiff AAC	9.51	
9	724	Bryony HARPER	Cardiff AAC	9.38	
10	740	Carys DAWE	Cardiff AAC	8.84	

11:30 AM Tyron BLAKE, 1.66, Cwmbran, (M2-Aberdare), 2009

Pos	Bib	F3 - High Jump - U15B	Club	Perf.	AW
1	764	Adrian LAWRENCE	Cardiff AAC	1.57	
2	768	Felix IACONO	Cardiff AAC	1.45	
3	253	Alex MCDOWELL	Cwmbran Harriers	1.30	
4	765	Ciaran LEWIS	Cardiff AAC	1.25	

2:50 PM James PERRY, 5.45, Cwmbran, (M2-Aberdare), 2009

Pos	Bib	F23 - Long Jump - U15B	Club	Perf.	AW
1	776	Lewys JONES	Cardiff AAC	5.19	
2	773	James MACLEAN	Cardiff AAC	5.04	
3	447	Ryan MORGAN	Newport Harriers	4.57	
4	819	Dylan HURTER	Blaenau Gwent	4.24	
5	444	Kyle ARNOLD	Newport Harriers	4.06	
6	772	Jacob PREECE	Cardiff AAC	3.97	
7	768	Felix IACONO	Cardiff AAC	3.94	
8	765	Ciaran LEWIS	Cardiff AAC	3.57	
9	136	Owain SPRAKILIN-JONES	Aberdare VAAC	3.31	

12:20 PM Matthew FIELD, 14.14, Aberdare, (M4-Aberdare), 2009

Pos	Bib	F10 - (4.00kg) Shot - U15B	Club	Perf.	AW
1	325	Joseph HAYWARD	Hereford AC	9.76	
2	323	Tom FELLOWES	Hereford AC	9.48	
3	121	Sam WILLIAMS	Aberdare VAAC	6.21	
4	136	Owain SPRAKILIN-JONES	Aberdare VAAC	5.76	
5	449	Heddwyn LOUDEN	Newport Harriers	4.83	

3:50 PM Matthew FIELD, 39.40, Aberdare, (M4-Aberdare), 2009

Pos	Bib	F30 - (1.25kg) Discus - U15B	Club	Perf.	AW
1	778	Matteo HOLMES	Cardiff AAC	30.84	
2	325	Joseph HAYWARD	Hereford AC	26.97	
3	764	Adrian LAWRENCE	Cardiff AAC	26.44	
4	323	Tom FELLOWES	Hereford AC	23.39	
5	776	Lewys JONES	Cardiff AAC	20.32	
6	256	Aaron TURLEY	Cwmbran Harriers	19.94	
7	255	James SCARFI	Cwmbran Harriers	18.96	
8	449	Heddwyn LOUDEN	Newport Harriers	18.75	
9	777	Luke HARRY	Cardiff AAC	13.43	

11:00 AM

Jac PALMER, 36.81, Cardiff, (M2_Hereford), 2010

Pos	Bib	F1 - (4.00kg) Hammer - U15B	Club	Perf.	AW
1	778	Matteo HOLMES	Cardiff AAC	35.39	
2	770	Jac PALMER	Cardiff AAC	33.57	
3	323	Tom FELLOWES	Hereford AC	33.13	

1:10 PM

Pos	Bib	F13 - (600g) Javelin - U15B	Club	Perf.	AW
1	778	Matteo HOLMES	Cardiff AAC	35.21	
2	447	Ryan MORGAN	Newport Harriers	29.23	
3	325	Joseph HAYWARD	Hereford AC	23.88	
4	784	Sam GOUGH	Cardiff AAC	NMR	

U11 GIRLS MATCH POINTS										U11 BOYS MATCH POINTS										U11 Unused Points		
Events	Cdf	Chw	Cwm	Blg	Her	Rho	Abd	Rhv	Npt	Events	Cdf	Chw	Cwm	Blg	Her	Rho	Abd	Rhv	Npt			
U11 GIRLS 75m	6		16		14		12		10	U11 BOYS 75m	14		10		12	16			8	14	12	
	5		8		6		4		7				5		6	7				8	6	10
U11 GIRLS 150m	6		14		16	4	12		10	U11 BOYS 150m										10	72	
	6				7		5		8												10	36
U11 GIRLS 800m	14			8			16	12	10	U11 BOYS 800m					12	14	16			12	20	
				7					8												21	36
U11G 4X100					16				14	U11B 4X100					16	12				14	42	30
U11 GIRLS LJ	14			10	16	8			12	U11 BOYS LJ			8	14	10	16				12	12	12
				6	8				7							8				7	15	21
U11 GIRLS SP	8		14		16		10		12	U11 BOYS SP	14			10	8	16	12			6	12	6
	6				8				7						8	7				6	15	15
U11 GIRLS JT	8		16	6	14		12		10	U11 BOYS JT			8	10	16	12				14	6	12
				7	8		5		6				4		8	6				7	10	11
U11 GIRLS TOTAL	73		68	44	129	12	76	12	121	U11 BOYS TOTAL	28		35	34	96	114	28		92	185	293	
Under 13 Girls Points										Under 13 Boys Points										U13 Unused points		
Events	Cdf	Chw	Cwm	Blg	Her	Rho	Abd	Rhv	Npt	Events	Cdf	Chw	Cwm	Blg	Her	Rho	Abd	Rhv	Npt			
U13 GIRLS 100m	12		10	6	14		8		16	U13 BOYS 100m	10		12		16		8		14	6	12	
	7		6	4	5				8			6		7		8		5			6	10
U13 GIRLS 200m	10		14	4	12	6	8		16	U13 BOYS 200m										2	72	
	7		6	5					8												10	36
U13 GIRLS 800m	16		14		12	8			10	U13 BOYS 800m	6		16		8	12	10		14	12	6	
	8								7			7		8		4				6	21	11
U13 GIRLS 1500m	14			16						U13 BOYS 1500m	16									42	56	
	8											8									28	28
13 GIRLS 1k WALK	16				14					U13B 1k WALK					16					42	56	
	8														8						28	28
U13G 70m HDL	16				14					U13B 75m HDL					16					42	56	
	8														8						28	28
U13G 4X100	14		12		10				16	U13B 4X100					16					20	56	
U13 GIRLS HJ	14		16							U13 BOYS HJ	14		16							42	42	
	8											8									28	28
U13 GIRLS LJ	12		10		16				14	U13 BOYS LJ	16		10		8	12	6		14	20	6	
	7		8		5				6			7				6				8	10	15
U13 GIRLS SP	10		12		16	14				U13 BOYS SP	10		12		14				16	20	20	
	7		8										7		6				8	21	15	
U13 GIRLS DT	8		10		16	12	14			U13 BOYS DT	12		14						16	12	30	
	6		7			8						6		7					8	15	15	
U13 GIRLS JT	12		10	8	16				14	U13 BOYS JT	12		16		10		14			12	20	
	8			6	7							7		8						15	21	
U13 GIRLS TOTAL	236		143	49	157	48	30		115	U13 BOYS TOTAL	145		133		144	24	43		104	482	667	
UNUSED POINTS PER AGE GROUP										UNUSED POINTS PER AGE GROUP												
U11 GIRLS					185					U11 BOYS					293							
U13 GIRLS					482					U13 BOYS					667							
U15 GIRLS					803					U15 BOYS					850							
TOTAL GIRLS UNUSED					1470					TOTAL BOYS UNUSED					1810							

Under 15 Girls Points										Under 15 Boys Points										U15 Unused Points	
Events	Cdf	Chw	Cwm	Blg	Her	Rho	Abd	Rhv	Npt	Events	Cdf	Chw	Cwm	Blg	Her	Rho	Abd	Rhv	Npt		
U15 GIRLS 100m	12		14		8		10		16	U15 BOYS 100m	16		12	8	10		6		14	12	6
	6		8				5		7		8		7							10	21
U15 GIRLS 200m	14		12						16	U15 BOYS 200m	16		14	12	8		6		10	30	6
	8		6						7		8		7							15	21
U15 GIRLS 300m	16						14			U15 BOYS 400m	16								14	42	42
	8										8									28	28
U15 GIRLS 800m	12		16		10				14	U15 BOYS 800m	16		12				10		14	20	20
	7		8								6		8						7	21	15
U15 GIRLS 1500m	16									U15 BOYS 1500m	14		16							56	42
	8										8									28	28
U15 GIRLS 1k WALK					16					U15 BOYS 1k WALK	16				12				14	56	30
											8									36	28
U15 GIRLS 75m HDL	16				12				14	U15 BOYS 80m HDL	16				12				14	30	30
	8										8									28	28
U15G 4X100	16		14							U15B 4X100										42	72
U15 GIRLS HJ	12		10				14		16	U15 BOYS HJ	16		14							20	42
	7								8		8									21	28
U15 GIRLS PV										U15 BOYS PV										72	72
U15 GIRLS LJ	16				10		14		12	U15 BOYS LJ	16			12			10		14	20	20
	8						7				8								7	21	21
U15 GIRLS SP	8				14	16	10		12	U15 BOYS SP					16		14		12	12	30
	6				7	8	5		4						8		7			6	21
U15 GIRLS DT	16		14			12	10			U15 BOYS DT	16		12		14				10	20	20
	6		8			7	5				8		6		7					10	15
U15 GIRLS HT					16	14				U15 BOYS HT	16				14					42	42
						8					8									28	28
U15 GIRLS JT	12		14				16		10	U15 BOYS JT	16				12				14	20	30
			8				7				8									21	28
U15 GIRLS TOTAL	238		132		93	65	117		136	U15 BOYS TOTAL	284		108	32	113		53		144	803	850

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		11:00 AM	DATE		Sun-06-Jun	
EVENT		F1 - (4.00kg) Hammer - U15B		RECORD		36.81		ATHLETE		Jac PALMER - Cardiff (M2_Hereford) 2010				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	BEST OF ALL 3 TRIALS	FINAL POSITION						
				Metres	Metres	Metres								
1	323	Tom FELLOWES	Hereford AC	33.13	NT	29.92	33.13	3						
2	778	Matteo HOLMES	Cardiff AAC	33.21	35.04	35.39	35.39	1						
3	770	Jac PALMER	Cardiff AAC	NT	33.57	NT	33.57	2						
4				:	:	:	0.00							
5				:	:	:	0.00							
6				:	:	:	0.00							
7				:	:	:	0.00							
8				:	:	:	0.00							
9				:	:	:	0.00							
10				:	:	:	0.00							
11				:	:	:	0.00							
12				:	:	:	0.00							
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS										REFEREE				
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	778	Matteo HOLMES	Cardiff AAC	35.39	9									
2	770	Jac PALMER	Cardiff AAC	33.57	10					OFFICIALS SIGNATURES				
3	323	Tom FELLOWES	Hereford AC	33.13	11									
4					12									
5					13									
6					14									
7					15									
8					16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		11:00 AM	DATE		Sun-06-Jun	
EVENT		F2 - (3.00kg) Hammer - U15G		RECORD		41.80		ATHLETE		Emma CROOKE - Hereford (M4-Aberdare) 2009				
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		BEST OF ALL 3 TRIALS	FINAL POSITION			
				Metres	Metres	Metres	Metres	Metres						
1	511	Meaghan ELLIOTT	Rhondda AC	19.91	20.82	NT	20.82	2						
2	512	Atlanta SWANNACK	Rhondda AC	15.80	15.53	18.07	18.07	4						
3	513	Kirsty TOOLAN	Rhondda AC	17.75	20.02	19.53	20.02	3						
4	322	Katherine EVANS	Hereford AC	22.74	23.80	26.89	26.89	1						
5				:	:	:	0.00							
6				:	:	:	0.00							
7				:	:	:	0.00							
8				:	:	:	0.00							
9				:	:	:	0.00							
10				:	:	:	0.00							
11				:	:	:	0.00							
12				:	:	:	0.00							
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	OFFICIALS SIGNATURES				
1	322	Katherine EVANS	Hereford AC	26.89	9									
2	511	Meaghan ELLIOTT	Rhondda AC	20.82	10									
3	513	Kirsty TOOLAN	Rhondda AC	20.02	11									
4	512	Atlanta SWANNACK	Rhondda AC	18.07	12									
5					13									
6					14									
7					15									
8					16									

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh Athletics U15 League				VENUE		Newport		TIME		11:30 AM		DATE	06/Jun/2010					
EVENT		F3 - High Jump - U15B				RECORD		1.66		ATHLETE		Tyron BLAKE - Cwmbran (M2-Aberdare) 2009								
Order	No	START HEIGHT		1.25	Start Height	1.25	1.30	1.35	1.40	1.45	1.48	1.51	1.54	1.57	1.60	Best of All	Total Trials	Total Failures	Total Trials	Final Position
		NAME	CLUB			Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					
1	765	Ciaran LEWIS	Cardiff AAC	1.25	o	xxx										1.25				4
2	253	Alex MCDOWELL	Cwmbran Harriers	1.25	o	xo	xxx									1.30				3
3	764	Adrian LAWRENCE	Cardiff AAC	1.25	o	o	o	o	o	o	xo	o	xxo	xxx	1.57					1
4	768	Felix IACONO	Cardiff AAC	1.25	o	o	xo	o	xo	xxx					1.45					2
5																				
6																				
7																				
8																				
9																				
10																				
11																				
12																				
13																				
14																				
15																				
16																				
FULL RESULTS																	REFEREE			
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT											
1	764	Adrian LAWRENCE	Cardiff AAC	1.57	9															
2	768	Felix IACONO	Cardiff AAC	1.45	10															
3	253	Alex MCDOWELL	Cwmbran Harriers	1.30	11															
4	765	Ciaran LEWIS	Cardiff AAC	1.25	12															
5					13															
6					14															
7					15															
8					16															
JUDGES SIGNATURES																				

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		11:30 AM	DATE		Sun-06-Jun	
EVENT		F4 - (400g) Javelin - U13B		RECORD		31.94		ATHLETE		Aaron POWELL - Cwmbran (M1-Cardiff) 2010				
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		BEST OF ALL 3 TRIALS	FINAL POSITION			
				Metres	Metres	Metres	Metres	Metres						
1	224	Aaron POWELL	Cwmbran Harriers	NT	NT	33.04	33.04	1						
2	221	Rhys JONES	Cwmbran Harriers	17.15	16.43	18.01	18.01	3						
3	510	Cole SWANNACK	Rhondda AC	NT	NT	NT	NMR	10						
4	223	Owen MURPHY	Cwmbran Harriers	24.72	NT	20.81	24.72	2						
5	319	James GLADWIN	Hereford AC	10.69	8.93	11.13	11.13	6						
6	128	Jaymes PRICE	Aberdare VAAC	NT	NT	14.70	14.70	4						
7	758	Kieran HARRIS	Cardiff AAC	12.35	NT	11.23	12.35	5						
8	760	Tom CLARKE	Cardiff AAC	9.10	7.16	10.48	10.48	8						
9	762	George GOUGH	Cardiff AAC	10.55	11.13	NT	11.13	7						
10	761	William BROWN	Cardiff AAC	8.60	7.67	NT	8.60	9						
11				:	:	:	0.00							
12				:	:	:	0.00							
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	OFFICIALS SIGNATURES				
1	224	Aaron POWELL	Cwmbran Harriers	33.04	9	761	William BROWN	Cardiff AAC	8.60					
2	223	Owen MURPHY	Cwmbran Harriers	24.72	10	510	Cole SWANNACK	Rhondda AC	NMR					
3	221	Rhys JONES	Cwmbran Harriers	18.01	11									
4	128	Jaymes PRICE	Aberdare VAAC	14.70	12									
5	758	Kieran HARRIS	Cardiff AAC	12.35	13									
6	319	James GLADWIN	Hereford AC	11.13	14									
7	762	George GOUGH	Cardiff AAC	11.13	15									
8	760	Tom CLARKE	Cardiff AAC	10.48	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		11:30 AM	DATE		Sun-06-Jun	
EVENT		F5 - Long Jump - U15G		RECORD		4.95		ATHLETE		Amy CHORLEY - Neport (M1-Cardiff) 2010				
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		BEST OF ALL 3 TRIALS	FINAL POSITION			
				Metres	Metres	Metres	Metres	Metres						
1	124	Brenna PRICE	Aberdare VAAC	4.49	4.33	3.57	4.49	2						
2	122	Sian JONES	Aberdare VAAC	4.33	4.14	4.08	4.33	5						
3	725	Claire TAYLOR	Cardiff AAC	3.22	4.82	4.47	4.82	1						
4	732	Laura TRIGG	Cardiff AAC	3.83	:	:	3.83	6						
5	735	Morgan CUTLAM	Cardiff AAC	3.20	3.26	3.05	3.26	9						
6	724	Bryony HARPER	Cardiff AAC	3.04	4.30	4.40	4.40	3						
7	739	Alice NOTTINGHAM	Cardiff AAC	3.57	3.18	3.29	3.57	8						
8	499	Bethan HILL-HOWELLS	Newport Harriers	NJ	NJ	NJ	NMR	10						
9	495	Amy CHORLEY	Newport Harriers	4.38	4.19	2.47	4.38	4						
10	320	Imogen WILDING	Hereford AC	3.63	3.16	3.23	3.63	7						
11				:	:	:	0.00							
12				:	:	:	0.00							
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	725	Claire TAYLOR	Cardiff AAC	4.82	9	735	Morgan CUTLAM	Cardiff AAC	3.26					
2	124	Brenna PRICE	Aberdare VAAC	4.49	10	499	Bethan HILL-HOWELLS	Newport Harriers	NMR	OFFICIALS SIGNATURES				
3	724	Bryony HARPER	Cardiff AAC	4.40	11									
4	495	Amy CHORLEY	Newport Harriers	4.38	12									
5	122	Sian JONES	Aberdare VAAC	4.33	13									
6	732	Laura TRIGG	Cardiff AAC	3.83	14									
7	320	Imogen WILDING	Hereford AC	3.63	15									
8	739	Alice NOTTINGHAM	Cardiff AAC	3.57	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		11:30 AM	DATE		Sun-06-Jun		
EVENT		F6 - (2.72kg) Shot - U13G		RECORD		8.23		ATHLETE		Jess WILLIAMS - Hereford (M2-Hereford) 2010					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	BEST OF ALL 3 TRIALS	FINAL POSITION							
				Metres	Metres	Metres									
1	711	Jessica LANE	Cardiff AAC	4.94	4.47	5.07	5.07	6							
2	314	Jess WILLIAMS	Hereford AC	8.37	8.82	8.27	8.82	1							
3	708	Carrigan GRISTOCK	Cardiff AAC	5.48	5.23	5.19	5.48	5							
4	217	Amy PRICE	Cwmbran Harriers	6.03	5.78	6.17	6.17	4							
5	212	Millie FAKANDE	Cwmbran Harriers	5.46	5.80	6.25	6.25	3							
6	509	Kirsty ELLIOTT	Rhondda AC	6.68	6.74	7.15	7.15	2							
7	704	Alice BROADLEY	Cardiff AAC	NT	2.72	3.94	3.94	7							
8	715	Molly DAVIES	Cardiff AAC	2.62	3.33	3.25	3.33	8							
9				:	:	:	0.00								
10				:	:	:	0.00								
11				:	:	:	0.00								
12				:	:	:	0.00								
13				:	:	:	0.00								
14				:	:	:	0.00								
15				:	:	:	0.00								
16				:	:	:	0.00								
FULL RESULTS											REFEREE				
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF						
1	314	Jess WILLIAMS	Hereford AC	8.82	9										
2	509	Kirsty ELLIOTT	Rhondda AC	7.15	10					OFFICIALS SIGNATURES					
3	212	Millie FAKANDE	Cwmbran Harriers	6.25	11										
4	217	Amy PRICE	Cwmbran Harriers	6.17	12										
5	708	Carrigan GRISTOCK	Cardiff AAC	5.48	13										
6	711	Jessica LANE	Cardiff AAC	5.07	14										
7	704	Alice BROADLEY	Cardiff AAC	3.94	15										
8	715	Molly DAVIES	Cardiff AAC	3.33	16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		12:20 PM	DATE		Sun-06-Jun	
EVENT		F9 - Long Jump - U11B		RECORD		3.99		ATHLETE		Carwyn PENNY - Newport (M4-Aberdare) 2009				
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		BEST OF ALL 3 TRIALS	FINAL POSITION			
				Metres	Metres	Metres	Metres	Metres						
1	813	Iestyn HAINES	Blaenau Gwent	2.90	2.79	2.97	2.97	2						
2	504	Rhodri EDWARDS	Rhondda AC	2.74	3.05	2.80	3.05	1						
3	500	Tommy EVANS	Rhondda AC	2.44	2.44	2.42	2.44	9						
4	400	Jack HAINES	Newport Harriers	2.70	2.45	2.58	2.70	7						
5	502	Ethan JONES	Rhondda AC	NJ	2.89	2.56	2.89	5						
6	506	Lewis CHALLENGER	Rhondda AC	NJ	2.50	2.90	2.90	4						
7	401	Rhys WHITTAKER	Newport Harriers	NJ	2.87	2.83	2.87	6						
8	405	Ieuan PHILLIPS	Newport Harriers	2.90	2.87	2.93	2.93	3						
9	308	Jack PROSSER	Hereford AC	2.56	2.34	2.47	2.56	8						
10	307	James HURDS	Hereford AC	2.16	2.30	2.31	2.31	10						
11	403	James WILLIAMS	Newport Harriers	NJ	1.88	1.99	1.99	11						
12	206	Lewis GREENMAN	Cwmbran Harriers	1.76	1.90	1.50	1.90	12						
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	OFFICIALS SIGNATURES				
1	504	Rhodri EDWARDS	Rhondda AC	3.05	9	500	Tommy EVANS	Rhondda AC	2.44					
2	813	Iestyn HAINES	Blaenau Gwent	2.97	10	307	James HURDS	Hereford AC	2.31					
3	405	Ieuan PHILLIPS	Newport Harriers	2.93	11	403	James WILLIAMS	Newport Harriers	1.99					
4	506	Lewis CHALLENGER	Rhondda AC	2.90	12	206	Lewis GREENMAN	Cwmbran Harriers	1.90					
5	502	Ethan JONES	Rhondda AC	2.89	13									
6	401	Rhys WHITTAKER	Newport Harriers	2.87	14									
7	400	Jack HAINES	Newport Harriers	2.70	15									
8	308	Jack PROSSER	Hereford AC	2.56	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		12:20 PM	DATE		Sun-06-Jun	
EVENT		F10 - (4.00kg) Shot - U15B		RECORD		14.14		ATHLETE		Matthew FIELD - Aberdare (M4-Aberdare) 2009				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	BEST OF ALL 3 TRIALS	FINAL POSITION						
				Metres	Metres	Metres								
1	449	Heddwyn LOUDEN	Newport Harriers	4.35	4.73	4.83	4.83	5						
2	323	Tom FELLOWES	Hereford AC	9.24	8.35	9.48	9.48	2						
3	325	Joseph HAYWARD	Hereford AC	9.76	9.43	NT	9.76	1						
4	136	Owain SPRAKILIN-JONES	Aberdare VAAC	5.60	5.76	5.10	5.76	4						
5	121	Sam WILLIAMS	Aberdare VAAC	6.11	6.21	6.21	6.21	3						
6				:	:	:	0.00							
7				:	:	:	0.00							
8				:	:	:	0.00							
9				:	:	:	0.00							
10				:	:	:	0.00							
11				:	:	:	0.00							
12				:	:	:	0.00							
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	325	Joseph HAYWARD	Hereford AC	9.76	9									
2	323	Tom FELLOWES	Hereford AC	9.48	10					OFFICIALS SIGNATURES				
3	121	Sam WILLIAMS	Aberdare VAAC	6.21	11									
4	136	Owain SPRAKILIN-JONES	Aberdare VAAC	5.76	12									
5	449	Heddwyn LOUDEN	Newport Harriers	4.83	13									
6					14									
7					15									
8					16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		12:20 PM	DATE		Sun-06-Jun	
EVENT		F11 - (600g) Javelin - U15G		RECORD		34.03		ATHLETE		Melissa ARTHUR - Newport (M4-Aberdare) 2009				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial		BEST OF ALL 3 TRIALS	FINAL POSITION					
				Metres	Metres	Metres								
1	492	Bethan JACKSON	Newport Harriers	10.03	10.43	11.88	11.88	7						
2	235	Chelsie HARRIS	Cwmbran Harriers	8.95	12.93	12.14	12.93	5						
3	239	Emma NORTON	Cwmbran Harriers	22.48	22.26	23.20	23.20	2						
4	248	Sophie JACKSON	Cwmbran Harriers	15.73	17.63	21.48	21.48	3						
5	135	Tasia STEPHENS	Aberdare VAAC	27.63	28.93	31.20	31.20	1						
6	120	Katie HALL	Aberdare VAAC	13.70	13.40	13.55	13.70	4						
7	735	Morgan CUTLAM	Cardiff AAC	12.43	NT	4.95	12.43	6						
8	724	Bryony HARPER	Cardiff AAC	NT	NT	9.38	9.38	9						
9	723	Angharad COLE	Cardiff AAC	3.40	6.08	9.51	9.51	8						
10	740	Carys DAWE	Cardiff AAC	8.84	6.52	5.68	8.84	10						
11				:	:	:	0.00							
12				:	:	:	0.00							
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS										REFEREE				
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	135	Tasia STEPHENS	Aberdare VAAC	31.20	9	724	Bryony HARPER	Cardiff AAC	9.38					
2	239	Emma NORTON	Cwmbran Harriers	23.20	10	740	Carys DAWE	Cardiff AAC	8.84					
3	248	Sophie JACKSON	Cwmbran Harriers	21.48	11									
4	120	Katie HALL	Aberdare VAAC	13.70	12									
5	235	Chelsie HARRIS	Cwmbran Harriers	12.93	13									
6	735	Morgan CUTLAM	Cardiff AAC	12.43	14									
7	492	Bethan JACKSON	Newport Harriers	11.88	15									
8	723	Angharad COLE	Cardiff AAC	9.51	16									
										OFFICIALS SIGNATURES				

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh Athletics U15 League				VENUE		Newport		TIME		12:50 PM	DATE	06/Jun/2010						
EVENT		F12 - High Jump - U13B				RECORD		1.35		ATHLETE		Kyle ARNOLD - Newport (M4-Aberdare) 2009								
Order	No	START HEIGHT		1.05	Start Height	1.05	1.10	1.15	1.20	1.25	1.28	1.30	1.32	1.34	1.36	Best of All	Total Trials	Total Failures	Total Trials	Final Position
		NAME	CLUB			Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					
1	225	Tyler PRITCHARD	Cwmbran Harriers	1.05	o	o	o	o	o	o	xo	o	xo	o						
2	751	Oliver HUNT	Cardiff AAC	1.05	xxx										NMR				3	
3	763	Harry GOUGH	Cardiff AAC	1.05	o	o	o	o	o	xxo	xxx				1.28				2	
4																				
5	225	Tyler PRITCHARD	Cwmbran Harriers		o	xxx									1.38				1	
6																				
7																				
8																				
9																				
10																				
11																				
12																				
13																				
14																				
15																				
16																				
FULL RESULTS																	REFEREE			
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT											
1	225	Tyler PRITCHARD	Cwmbran Harriers	1.38	9															
2	763	Harry GOUGH	Cardiff AAC	1.28	10															
3	751	Oliver HUNT	Cardiff AAC	NMR	11															
4					12															
5					13															
6					14															
7					15															
8					16															
										JUDGES SIGNATURES										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		1:10 PM	DATE		Sun-06-Jun	
EVENT		F13 - (600g) Javelin - U15B		RECORD		44.64		ATHLETE		Tom NORTON - Cwmbran (M4-Aberdare) 2009				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	BEST OF ALL 3 TRIALS	FINAL POSITION						
				Metres	Metres	Metres								
1	325	Joseph HAYWARD	Hereford AC	NT	NT	23.88	23.88	3						
2	447	Ryan MORGAN	Newport Harriers	29.23	28.33	27.15	29.23	2						
3	778	Matteo HOLMES	Cardiff AAC	35.21	NT	34.88	35.21	1						
4	784	Sam GOUGH	Cardiff AAC	NT	NT	NT	NMR	4						
5				:	:	:	0.00							
6				:	:	:	0.00							
7				:	:	:	0.00							
8				:	:	:	0.00							
9				:	:	:	0.00							
10				:	:	:	0.00							
11				:	:	:	0.00							
12				:	:	:	0.00							
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	778	Matteo HOLMES	Cardiff AAC	35.21	9									
2	447	Ryan MORGAN	Newport Harriers	29.23	10					OFFICIALS SIGNATURES				
3	325	Joseph HAYWARD	Hereford AC	23.88	11									
4	784	Sam GOUGH	Cardiff AAC	NMR	12									
5					13									
6					14									
7					15									
8					16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		1:10 PM	DATE		Sun-06-Jun	
EVENT		F14 - Long Jump - U13G		RECORD		4.21		ATHLETE		Brenna PRICE - Aberdare (M4-Aberdare) 2009				
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		BEST OF ALL 3 TRIALS	FINAL POSITION			
				Metres	Metres	Metres	Metres	Metres						
1	313	Rosie JACKSON	Hereford AC	3.66	3.84	3.80	3.84	1						
2	478	Ffion LLEWELLYN	Newport Harriers	3.20	3.06	2.97	3.20	8						
3	484	Francis BISHOP	Newport Harriers	2.61	2.59	2.17	2.61	11						
4	714	Megan TATNELL	Cardiff AAC	NJ	2.78	2.89	2.89	10						
5	214	Natalie JONES	Cwmbran Harriers	3.05	3.14	3.26	3.26	7						
6	311	Katie HARMEN	Hereford AC	2.83	3.03	3.11	3.11	9						
7	485	Amelia REYNOLDS	Newport Harriers	3.73	3.39	3.20	3.73	2						
8	716	Rhianon LONG	Cardiff AAC	3.54	3.53	3.50	3.54	3						
9	718	Sophie WALPOLE	Cardiff AAC	3.32	3.18	2.77	3.32	6						
10	480	Danielle MORGAN	Newport Harriers	NJ	NJ	NJ	NMR	13						
11	704	Alice BROADLEY	Cardiff AAC	2.02	2.00	2.52	2.52	12						
12	715	Molly DAVIES	Cardiff AAC	1.78	1.79	NJ	1.79	13						
13	215	Geri MCNAMARA	Cwmbran Harriers	3.43	3.43	3.46	3.46	4						
14	209	Elle MATTHEWS	Cwmbran Harriers	2.39	3.40	3.39	3.40	5						
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	OFFICIALS SIGNATURES				
1	313	Rosie JACKSON	Hereford AC	3.84	9	311	Katie HARMEN	Hereford AC	3.11					
2	485	Amelia REYNOLDS	Newport Harriers	3.73	10	714	Megan TATNELL	Cardiff AAC	2.89					
3	716	Rhianon LONG	Cardiff AAC	3.54	11	484	Francis BISHOP	Newport Harriers	2.61					
4	215	Geri MCNAMARA	Cwmbran Harriers	3.46	12	704	Alice BROADLEY	Cardiff AAC	2.52					
5	209	Elle MATTHEWS	Cwmbran Harriers	3.40	13	480	Danielle MORGAN	Newport Harriers	NMR					
6	718	Sophie WALPOLE	Cardiff AAC	3.32	14									
7	214	Natalie JONES	Cwmbran Harriers	3.26	15									
8	478	Ffion LLEWELLYN	Newport Harriers	3.20	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		1:10 PM	DATE		Sun-06-Jun	
EVENT		F15 - (2.00kg) Shot - U11G		RECORD		5.64		ATHLETE		Megan TURTON - Hereford (M2-Hereford) 2010				
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		BEST OF ALL 3 TRIALS	FINAL POSITION			
				Metres		Metres		Metres						
1	200	Rebecca CHICK	Cwmbran Harriers	5.37		NT		4.86		5.37	2			
2	302	Megan TURTON	Hereford AC	5.16		5.32		5.44		5.44	1			
3	303	Rhiannon TURTON	Hereford AC	3.70		3.61		3.82		3.82	10			
4	304	Ellie PROSSER	Hereford AC	4.73		5.18		5.00		5.18	4			
5	417	Caitlin ARNOLD	Newport Harriers	4.56		4.26		4.46		4.56	5			
6	420	Jasmine STONE	Newport Harriers	3.32		3.94		4.30		4.30	8			
7	427	Alix POWELL	Newport Harriers	3.03		2.35		2.44		3.03	12			
8	425	Molly HARTE	Newport Harriers	:		3.05		3.46		3.46	11			
9	130	Holli JEHU	Aberdare VAAC	4.48		4.19		4.51		4.51	6			
10	300	Cara BENNETT	Hereford AC	4.55		5.28		5.14		5.28	3			
11	701	Erin PHILLIPS	Cardiff AAC	4.47		NT		NT		4.47	7			
12	702	Jessica JONES	Cardiff AAC	3.66		3.82		3.93		3.93	9			
13				:		:		:		0.00				
14				:		:		:		0.00				
15				:		:		:		0.00				
16				:		:		:		0.00				
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	302	Megan TURTON	Hereford AC	5.44	9	702	Jessica JONES	Cardiff AAC	3.93					
2	200	Rebecca CHICK	Cwmbran Harriers	5.37	10	303	Rhiannon TURTON	Hereford AC	3.82	OFFICIALS SIGNATURES				
3	300	Cara BENNETT	Hereford AC	5.28	11	425	Molly HARTE	Newport Harriers	3.46					
4	304	Ellie PROSSER	Hereford AC	5.18	12	427	Alix POWELL	Newport Harriers	3.03					
5	417	Caitlin ARNOLD	Newport Harriers	4.56	13									
6	130	Holli JEHU	Aberdare VAAC	4.51	14									
7	701	Erin PHILLIPS	Cardiff AAC	4.47	15									
8	420	Jasmine STONE	Newport Harriers	4.30	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		1:20 PM	DATE		Sun-06-Jun	
EVENT		F16 - (0.75kg) Discus - U13G		RECORD		22.57		ATHLETE		Jess WILLIAMS - Hereford (M2-Hereford) 2010				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	BEST OF ALL 3 TRIALS	FINAL POSITION						
				Metres	Metres	Metres								
1	708	Carrigan GRISTOCK	Cardiff AAC	10.51	11.11	11.36	11.36	6						
2	711	Jessica LANE	Cardiff AAC	NT	9.94	9.56	9.94	9						
3	314	Jess WILLIAMS	Hereford AC	NT	20.71	23.58	23.58	1						
4	508	Emily PEARCE	Rhondda AC	12.48	13.12	NT	13.12	4						
5	719	Sylvia KITENGE	Cardiff AAC	8.51	10.40	10.56	10.56	8						
6	212	Millie FAKANDE	Cwmbran Harriers	11.34	10.59	10.01	11.34	7						
7	509	Kirsty ELLIOTT	Rhondda AC	12.31	NT	13.33	13.33	3						
8	216	Tara PALMER	Cwmbran Harriers	12.72	12.32	NT	12.72	5						
9	127	Sophie ALI	Aberdare VAAC	16.29	15.24	17.69	17.69	2						
10				:	:	:	0.00							
11				:	:	:	0.00							
12				:	:	:	0.00							
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS												REFEREE		
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	314	Jess WILLIAMS	Hereford AC	23.58	9	711	Jessica LANE	Cardiff AAC	9.94					
2	127	Sophie ALI	Aberdare VAAC	17.69	10					OFFICIALS SIGNATURES				
3	509	Kirsty ELLIOTT	Rhondda AC	13.33	11									
4	508	Emily PEARCE	Rhondda AC	13.12	12									
5	216	Tara PALMER	Cwmbran Harriers	12.72	13									
6	708	Carrigan GRISTOCK	Cardiff AAC	11.36	14									
7	212	Millie FAKANDE	Cwmbran Harriers	11.34	15									
8	719	Sylvia KITENGE	Cardiff AAC	10.56	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		2:00 PM	DATE		Sun-06-Jun	
EVENT		F17 - (400g) Javelin - U13G		RECORD		27.23		ATHLETE		Jess WILLIAMS - Hereford (M2-Hereford) 2010				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	BEST OF ALL 3 TRIALS	FINAL POSITION						
				Metres	Metres	Metres								
1	822	Courtney JONES	Blaenau Gwent	6.20	7.53	7.78	7.78	7						
2	820	Leah SLIMMON	Blaenau Gwent	6.69	6.34	5.73	6.69	9						
3	480	Danielle MORGAN	Newport Harriers	18.88	20.28	19.95	20.28	2						
4	720	Elishka COUPAR	Cardiff AAC	14.08	12.47	12.62	14.08	3						
5	706	Bethan REGISTER	Cardiff AAC	NT	NT	NT	NMR	10						
6	212	Millie FAKANDE	Cwmbran Harriers	11.35	12.99	12.64	12.99	4						
7	711	Jessica LANE	Cardiff AAC	8.60	9.40	8.80	9.40	6						
8	708	Carrigan GRISTOCK	Cardiff AAC	NT	9.53	11.70	11.70	5						
9	312	Fern WHITE	Hereford AC	NT	NT	7.33	7.33	8						
10	314	Jess WILLIAMS	Hereford AC	23.00	27.73	24.80	27.73	1						
11				:	:	:	0.00							
12				:	:	:	0.00							
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	314	Jess WILLIAMS	Hereford AC	27.73	9	820	Leah SLIMMON	Blaenau Gwent	6.69					
2	480	Danielle MORGAN	Newport Harriers	20.28	10	706	Bethan REGISTER	Cardiff AAC	NMR	OFFICIALS SIGNATURES				
3	720	Elishka COUPAR	Cardiff AAC	14.08	11									
4	212	Millie FAKANDE	Cwmbran Harriers	12.99	12									
5	708	Carrigan GRISTOCK	Cardiff AAC	11.70	13									
6	711	Jessica LANE	Cardiff AAC	9.40	14									
7	822	Courtney JONES	Blaenau Gwent	7.78	15									
8	312	Fern WHITE	Hereford AC	7.33	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		2:00 PM	DATE		Sun-06-Jun	
EVENT		F18 - Long Jump - U13B		RECORD		4.44		ATHLETE		Oliver HUNT - Cardiff (M2-Hereford) 2010				
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		BEST OF ALL 3 TRIALS	FINAL POSITION			
				Metres	Metres	Metres	Metres	Metres						
1	763	Harry GOUGH	Cardiff AAC	3.30	3.50	2.75	3.50	7						
2	751	Oliver HUNT	Cardiff AAC	3.80	3.32	3.65	3.80	1						
3	315	Matthew JONES	Hereford AC	2.31	2.58	2.61	2.61	12						
4	752	Alex LOVE	Cardiff AAC	3.35	3.34	3.54	3.54	5						
5	222	Danny MORGAN	Cwmbran Harriers	3.04	3.23	3.32	3.32	8						
6	434	Carwyn PENNY	Newport Harriers	3.46	3.59	3.56	3.59	3						
7	438	Daniel SNELLING	Newport Harriers	3.60	3.66	3.35	3.66	2						
8	128	Jaymes PRICE	Aberdare VAAC	2.84	2.99	2.30	2.99	11						
9	756	Jack GRIFFITHS	Cardiff AAC	3.53	3.20	2.91	3.53	6						
10	317	George HUDSON	Hereford AC	NJ	3.10	3.00	3.10	9						
11	510	Cole SWANNACK	Rhondda AC	3.40	3.59	3.29	3.59	4						
12	760	Tom CLARKE	Cardiff AAC	3.00	NJ	2.97	3.00	10						
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	OFFICIALS SIGNATURES				
1	751	Oliver HUNT	Cardiff AAC	3.80	9	317	George HUDSON	Hereford AC	3.10					
2	438	Daniel SNELLING	Newport Harriers	3.66	10	760	Tom CLARKE	Cardiff AAC	3.00					
3	434	Carwyn PENNY	Newport Harriers	3.59	11	128	Jaymes PRICE	Aberdare VAAC	2.99					
4	510	Cole SWANNACK	Rhondda AC	3.59	12	315	Matthew JONES	Hereford AC	2.61					
5	752	Alex LOVE	Cardiff AAC	3.54	13									
6	756	Jack GRIFFITHS	Cardiff AAC	3.53	14									
7	763	Harry GOUGH	Cardiff AAC	3.50	15									
8	222	Danny MORGAN	Cwmbran Harriers	3.32	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		2:00 PM	DATE		Sun-06-Jun	
EVENT		F19 - (2.72kg) Shot - U11B		RECORD		6.71		ATHLETE		Deio HUGHES - Cardiff (M2-Hereford) 2010				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	BEST OF ALL 3 TRIALS		FINAL POSITION					
				Metres	Metres	Metres								
1	307	James HURDS	Hereford AC	3.65	3.73	3.81	3.81		6					
2	310	Jordan BEATSON	Hereford AC	NT	3.90	4.14	4.14		5					
3	500	Tommy EVANS	Rhondda AC	3.61	3.06	3.63	3.63		7					
4	505	Ethan BRIDGE	Rhondda AC	5.80	6.31	6.12	6.31		1					
5	403	James WILLIAMS	Newport Harriers	2.31	3.12	3.28	3.28		9					
6	404	Lloyd ARTHUR	Newport Harriers	NT	3.42	NT	3.42		8					
7	750	Deio HUGHES	Cardiff AAC	5.91	5.73	5.93	5.93		2					
8	131	Ewan JAMES	Aberdare VAAC	5.01	5.29	5.48	5.48		3					
9	813	Iestyn HAINES	Blaenau Gwent	4.59	4.93	5.21	5.21		4					
10				:	:	:	0.00							
11				:	:	:	0.00							
12				:	:	:	0.00							
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	OFFICIALS SIGNATURES				
1	505	Ethan BRIDGE	Rhondda AC	6.31	9	403	James WILLIAMS	Newport Harriers	3.28					
2	750	Deio HUGHES	Cardiff AAC	5.93	10									
3	131	Ewan JAMES	Aberdare VAAC	5.48	11									
4	813	Iestyn HAINES	Blaenau Gwent	5.21	12									
5	310	Jordan BEATSON	Hereford AC	4.14	13									
6	307	James HURDS	Hereford AC	3.81	14									
7	500	Tommy EVANS	Rhondda AC	3.63	15									
8	404	Lloyd ARTHUR	Newport Harriers	3.42	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		2:10 PM	DATE		Sun-06-Jun	
EVENT		F20 - (1.00kg) Discus - U13B		RECORD		21.89		ATHLETE		Jordan BRYANT - Newport (M2-Hereford) 2010				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	BEST OF ALL 3 TRIALS	FINAL POSITION						
				Metres	Metres	Metres								
1	436	Jamie BRYANT	Newport Harriers	19.81	17.89	17.16	19.81	2						
2	435	Jordan BRYANT	Newport Harriers	20.23	22.28	18.69	22.28	1						
3	758	Kieran HARRIS	Cardiff AAC	10.40	9.65	11.17	11.17	6						
4	221	Rhys JONES	Cwmbran Harriers	11.92	11.01	12.45	12.45	4						
5	223	Owen MURPHY	Cwmbran Harriers	NT	NT	14.27	14.27	3						
6	753	David CONSTANTINO	Cardiff AAC	9.46	12.25	11.83	12.25	5						
7				:	:	:	0.00							
8				:	:	:	0.00							
9				:	:	:	0.00							
10				:	:	:	0.00							
11				:	:	:	0.00							
12				:	:	:	0.00							
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	435	Jordan BRYANT	Newport Harriers	22.28	9									
2	436	Jamie BRYANT	Newport Harriers	19.81	10					OFFICIALS SIGNATURES				
3	223	Owen MURPHY	Cwmbran Harriers	14.27	11									
4	221	Rhys JONES	Cwmbran Harriers	12.45	12									
5	753	David CONSTANTINO	Cardiff AAC	12.25	13									
6	758	Kieran HARRIS	Cardiff AAC	11.17	14									
7					15									
8					16									

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh Athletics U15 League				VENUE		Newport		TIME		2:10 PM		DATE	06/Jun/2010				
EVENT		F21 - High Jump - U15G				RECORD		1.60		ATHLETE		Ffion BODILLY - Cardiff (M4-Aberdare) 2009							
Order	No	START HEIGHT		1.15	Start Height	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.47	1.50	Best of All	Total Trials	Total Failures	Total Trials	Final Position
		NAME	CLUB			Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					
1	736	Olivia EVANS	Cardiff AAC	1.20		o	xxo	xxx							1.26				5
2	730	Kate SEARY	Cardiff AAC	1.20		o	xo	o	xxx						1.30				3
3	124	Brenna PRICE	Aberdare VAAC	1.25			o	o	o	xo	xo	xxx			1.45				2
4	499	Bethan HILL-HOWELLS	Newport Harriers	1.30				o	o	o	o	xo	xxx		1.47				1
5	248	Sophie JACKSON	Cwmbran Harriers	1.15	o	xo	o	xxx							1.25				6
6	493	Emma HENNESSEY	Newport Harriers	1.15	o	xo	o	xxo	xxx						1.30				4
7																			
8																			
9																			
10																			
11																			
12																			
13																			
14																			
15																			
16																			
FULL RESULTS																REFEREE			
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT										
1	499	Bethan HILL-HOWELLS	Newport Harriers	1.47	9														
2	124	Brenna PRICE	Aberdare VAAC	1.45	10														
3	730	Kate SEARY	Cardiff AAC	1.30	11														
4	493	Emma HENNESSEY	Newport Harriers	1.30	12														
5	736	Olivia EVANS	Cardiff AAC	1.26	13														
6	248	Sophie JACKSON	Cwmbran Harriers	1.25	14														
7					15														
8					16														
										JUDGES SIGNATURES									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		2:50 PM	DATE		Sun-06-Jun	
EVENT		F22 - (300g) Javelin - U11G		RECORD		14.58		ATHLETE		Ella MORGAN - Hereford (M2-Hereford) 2010				
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		BEST OF ALL 3 TRIALS	FINAL POSITION			
				Metres	Metres	Metres	Metres	Metres						
1	126	Holly LAMBERT	Aberdare VAAC	4.38	5.41	7.24	7.24	11						
2	701	Erin PHILLIPS	Cardiff AAC	10.29	8.13	8.60	10.29	5						
3	426	Sasha FOWLER	Newport Harriers	5.90	8.43	7.80	8.43	10						
4	811	Sadie TUCKER	Blaenau Gwent	6.83	8.52	9.55	9.55	8						
5	812	Gemma TOVEY	Blaenau Gwent	9.96	9.83	9.36	9.96	7						
6	417	Caitlin ARNOLD	Newport Harriers	8.62	9.18	8.09	9.18	9						
7	427	Alix POWELL	Newport Harriers	5.42	3.95	3.70	5.42	12						
8	423	Aimee WALLACE	Newport Harriers	9.43	7.64	10.92	10.92	4						
9	130	Holli JEHU	Aberdare VAAC	9.50	7.80	11.29	11.29	3						
10	201	Gabbi FAKANDE	Cwmbran Harriers	10.87	10.53	13.00	13.00	1						
11	301	Elle MORGAN	Hereford AC	12.53	11.97	12.29	12.53	2						
12	305	Hannah GOAD	Hereford AC	9.96	9.83	9.65	9.96	6						
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	OFFICIALS SIGNATURES				
1	201	Gabbi FAKANDE	Cwmbran Harriers	13.00	9	417	Caitlin ARNOLD	Newport Harriers	9.18					
2	301	Elle MORGAN	Hereford AC	12.53	10	426	Sasha FOWLER	Newport Harriers	8.43					
3	130	Holli JEHU	Aberdare VAAC	11.29	11	126	Holly LAMBERT	Aberdare VAAC	7.24					
4	423	Aimee WALLACE	Newport Harriers	10.92	12	427	Alix POWELL	Newport Harriers	5.42					
5	701	Erin PHILLIPS	Cardiff AAC	10.29	13									
6	305	Hannah GOAD	Hereford AC	9.96	14									
7	812	Gemma TOVEY	Blaenau Gwent	9.96	15									
8	811	Sadie TUCKER	Blaenau Gwent	9.55	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		2:50 PM	DATE		Sun-06-Jun	
EVENT		F23 - Long Jump - U15B		RECORD		5.45		ATHLETE		James PERRY - Cwmbran (M2-Aberdare) 2009				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	BEST OF ALL 3 TRIALS	FINAL POSITION						
				Metres	Metres	Metres								
1	447	Ryan MORGAN	Newport Harriers	4.27	4.57	4.47	4.57	3						
2	444	Kyle ARNOLD	Newport Harriers	NJ	4.01	4.06	4.06	5						
3	136	Owain SPRAKILIN-JONES	Aberdare VAAC	3.19	3.31	3.19	3.31	9						
4	772	Jacob PREECE	Cardiff AAC	NJ	3.84	3.97	3.97	6						
5	776	Lewys JONES	Cardiff AAC	4.72	5.19	5.11	5.19	1						
6	773	James MACLEAN	Cardiff AAC	5.00	4.94	5.04	5.04	2						
7	768	Felix IACONO	Cardiff AAC	3.71	3.78	3.94	3.94	7						
8	819	Dylan HURTER	Blaenau Gwent	4.24	3.72	4.13	4.24	4						
9	765	Ciaran LEWIS	Cardiff AAC	3.44	3.57	3.53	3.57	8						
10				:	:	:	0.00							
11				:	:	:	0.00							
12				:	:	:	0.00							
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1	776	Lewys JONES	Cardiff AAC	5.19	9	136	Owain SPRAKILIN-JONES	Aberdare VAAC	3.31					
2	773	James MACLEAN	Cardiff AAC	5.04	10					OFFICIALS SIGNATURES				
3	447	Ryan MORGAN	Newport Harriers	4.57	11									
4	819	Dylan HURTER	Blaenau Gwent	4.24	12									
5	444	Kyle ARNOLD	Newport Harriers	4.06	13									
6	772	Jacob PREECE	Cardiff AAC	3.97	14									
7	768	Felix IACONO	Cardiff AAC	3.94	15									
8	765	Ciaran LEWIS	Cardiff AAC	3.57	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		2:50 PM	DATE		Sun-06-Jun	
EVENT		F24 - (3.25kg) Shot - U13B		RECORD		7.54		ATHLETE		Jordan BRYANT - Newport (M2-Hereford) 2010				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	BEST OF ALL 3 TRIALS		FINAL POSITION					
				Metres	Metres	Metres								
1	435	Jordan BRYANT	Newport Harriers	7.17	7.32	7.62	7.62		1					
2	436	Jamie BRYANT	Newport Harriers	6.23	6.11	6.26	6.26		3					
3	221	Rhys JONES	Cwmbran Harriers	4.76	5.20	4.95	5.20		6					
4	223	Owen MURPHY	Cwmbran Harriers	5.63	5.10	5.35	5.63		4					
5	319	James GLADWIN	Hereford AC	4.55	4.76	4.95	4.95		7					
6	316	Sebastian FRY	Hereford AC	7.12	6.50	6.70	7.12		2					
7	317	George HUDSON	Hereford AC	4.61	:	4.75	4.75		8					
8	756	Jack GRIFFITHS	Cardiff AAC	4.17	:	5.37	5.37		5					
9	762	George GOUGH	Cardiff AAC	2.94	:	:	2.94		10					
10	757	Jacob KNIGHT	Cardiff AAC	4.07	3.40	3.70	4.07		9					
11				:	:	:	0.00							
12				:	:	:	0.00							
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	OFFICIALS SIGNATURES				
1	435	Jordan BRYANT	Newport Harriers	7.62	9	757	Jacob KNIGHT	Cardiff AAC	4.07					
2	316	Sebastian FRY	Hereford AC	7.12	10	762	George GOUGH	Cardiff AAC	2.94					
3	436	Jamie BRYANT	Newport Harriers	6.26	11									
4	223	Owen MURPHY	Cwmbran Harriers	5.63	12									
5	756	Jack GRIFFITHS	Cardiff AAC	5.37	13									
6	221	Rhys JONES	Cwmbran Harriers	5.20	14									
7	319	James GLADWIN	Hereford AC	4.95	15									
8	317	George HUDSON	Hereford AC	4.75	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		3:00 PM	DATE	Sun-06-Jun
EVENT		F25 - (1.00kg) Discus - U15G		RECORD		32.49		ATHLETE		Emma CROOKE - Hereford (M2-Aberdare) 2009		
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	BEST OF ALL 3 TRIALS		FINAL POSITION			
				Metres	Metres	Metres						
1	740	Carys DAWE	Cardiff AAC	13.12	NT	12.35	13.12		10			
2	741	Hannah BURNELL	Cardiff AAC	NT	11.78	14.24	14.24		6			
3	728	Holly FIELD	Cardiff AAC	NT	14.65	18.87	18.87		1			
4	511	Meaghan ELLIOTT	Rhondda AC	NT	16.13	16.26	16.26		3			
5	513	Kirsty TOOLAN	Rhondda AC	13.14	10.45	10.86	13.14		9			
6	512	Atlanta SWANNACK	Rhondda AC	13.95	12.59	14.57	14.57		5			
7	737	Rebecca FOLEY	Cardiff AAC	12.88	14.18	13.18	14.18		7			
8	248	Sophie JACKSON	Cwmbran Harriers	NT	14.42	15.11	15.11		4			
9	239	Emma NORTON	Cwmbran Harriers	14.80	17.86	NT	17.86		2			
10	135	Tasia STEPHENS	Aberdare VAAC	12.68	14.17	13.91	14.17		8			
11	120	Katie HALL	Aberdare VAAC	NT	11.16	12.66	12.66		13			
12	729	Izzy LEWIS	Cardiff AAC	11.30	12.85	11.70	12.85		12			
13	322	Katherine EVANS	Hereford AC	12.88	12.90	12.52	12.90		11			
14				:	:	:	0.00					
15				:	:	:	0.00					
16				:	:	:	0.00					
FULL RESULTS											REFEREE	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	OFFICIALS SIGNATURES		
1	728	Holly FIELD	Cardiff AAC	18.87	9	513	Kirsty TOOLAN	Rhondda AC	13.14			
2	239	Emma NORTON	Cwmbran Harriers	17.86	10	740	Carys DAWE	Cardiff AAC	13.12			
3	511	Meaghan ELLIOTT	Rhondda AC	16.26	11	322	Katherine EVANS	Hereford AC	12.90			
4	248	Sophie JACKSON	Cwmbran Harriers	15.11	12	729	Izzy LEWIS	Cardiff AAC	12.85			
5	512	Atlanta SWANNACK	Rhondda AC	14.57	13	120	Katie HALL	Aberdare VAAC	12.66			
6	741	Hannah BURNELL	Cardiff AAC	14.24	14							
7	737	Rebecca FOLEY	Cardiff AAC	14.18	15							
8	135	Tasia STEPHENS	Aberdare VAAC	14.17	16							

WELSH ATHLETICS HEIGHT CARD

MEETING		Welsh Athletics U15 League			VENUE		Newport		TIME		3:30 PM		DATE		06/Jun/2010				
EVENT		F26 - High Jump - U13G			RECORD		1.35		ATHLETE		Jodie BEYNON - Cwmbran (M2-Hereford) 2010								
Order	No	START HEIGHT		Start Height	1.05	1.10	1.15	1.18	1.21	1.24	1.27	1.30	1.33	1.36	Best of All	Total Trials	Total Failures	Total Trials	Final Position
		NAME	CLUB		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					
1	210	Jodie BEYNON	Cwmbran Harriers	1.18				o	o	xo	xo	xxo	o	xxx	1.33				1
2	706	Bethan REGISTER	Cardiff AAC	1.05	o	o	xxx								1.10				2
3	715	Molly DAVIES	Cardiff AAC	1.05	xxx										NMR				4
4	705	Anna MIRZA-DAVIES	Cardiff AAC	1.05	xxo	xxx									1.05				3
5	712	Lucy MATON	Cardiff AAC	1.15	xo		o	o	o	o	o	o	xo	o					
6	720	Elishka COUPAR	Cardiff AAC	1.05	xxx										NMR				5
7																			
8																			
9																			
10																			
11																			
12																			
13																			
14																			
15																			
16																			
FULL RESULTS																REFEREE			
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT										
1	210	Jodie BEYNON	Cwmbran Harriers	1.33	9														
2	706	Bethan REGISTER	Cardiff AAC	1.10	10														
3	705	Anna MIRZA-DAVIES	Cardiff AAC	1.05	11														
4	715	Molly DAVIES	Cardiff AAC	NMR	12														
5	720	Elishka COUPAR	Cardiff AAC	NMR	13														
6					14														
7					15														
8					16														
																JUDGES SIGNATURES			

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		3:40 PM	DATE		Sun-06-Jun		
EVENT		F27 - Long Jump - U11G		RECORD		3.57		ATHLETE		Amelia REYNOLDS - Newport (M3-Hereford) 2009					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	BEST OF ALL 3 TRIALS	FINAL POSITION							
				Metres	Metres	Metres									
1	303	Rhiannon TURTON	Hereford AC	2.61	2.48	2.67	2.67	7							
2	304	Ellie PROSSER	Hereford AC	2.52	2.46	2.61	2.61	9							
3	429	Emily GILL	Newport Harriers	1.94	1.97	1.90	1.97	12							
4	419	Mia DAVUES	Newport Harriers	2.98	2.65	NJ	2.98	4							
5	423	Aimee WALLACE	Newport Harriers	2.62	NJ	2.08	2.62	8							
6	811	Sadie TUCKER	Blaenau Gwent	1.97	1.93	1.78	1.97	13							
7	812	Gemma TOVEY	Blaenau Gwent	2.07	NJ	2.08	2.08	10							
8	426	Sasha FOWLER	Newport Harriers	1.70	1.85	1.85	1.85	14							
9	703	Katie LONG	Cardiff AAC	2.87	2.98	2.85	2.98	3							
10	301	Elle MORGAN	Hereford AC	2.60	2.78	2.59	2.78	6							
11	302	Megan TURTON	Hereford AC	3.07	2.96	2.95	3.07	2							
12	300	Cara BENNETT	Hereford AC	2.90	3.12	2.81	3.12	1							
13	507	Niamh MIDDLE	Rhondda AC	1.99	2.00	1.96	2.00	11							
14	420	Jasmine STONE	Newport Harriers	2.36	2.68	2.88	2.88	5							
15	427	Alix POWELL	Newport Harriers	1.25	NJ	1.29	1.29	15							
16				:	:	:	0.00								
FULL RESULTS											REFEREE				
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	OFFICIALS SIGNATURES					
1	300	Cara BENNETT	Hereford AC	3.12	9	304	Ellie PROSSER	Hereford AC	2.61						
2	302	Megan TURTON	Hereford AC	3.07	10	812	Gemma TOVEY	Blaenau Gwent	2.08						
3	703	Katie LONG	Cardiff AAC	2.98	11	507	Niamh MIDDLE	Rhondda AC	2.00						
4	419	Mia DAVUES	Newport Harriers	2.98	12	429	Emily GILL	Newport Harriers	1.97						
5	420	Jasmine STONE	Newport Harriers	2.88	13	811	Sadie TUCKER	Blaenau Gwent	1.97						
6	301	Elle MORGAN	Hereford AC	2.78	14	426	Sasha FOWLER	Newport Harriers	1.85						
7	303	Rhiannon TURTON	Hereford AC	2.67	15	427	Alix POWELL	Newport Harriers	1.29						
8	423	Aimee WALLACE	Newport Harriers	2.62	16										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		3:40 PM	DATE		Sun-06-Jun	
EVENT		F28 - (300g) Javelin - U11B		RECORD		25.06		ATHLETE		Carwyn PENNY - Newport (M4-Aberdare) 2009				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	BEST OF ALL 3 TRIALS	FINAL POSITION						
				Metres	Metres	Metres								
1	504	Rhodri EDWARDS	Rhondda AC	8.56	9.75	7.13	9.75	9						
2	502	Ethan JONES	Rhondda AC	7.06	7.40	6.69	7.40	11						
3	308	Jack PROSSER	Hereford AC	9.00	7.60	8.86	9.00	10						
4	206	Lewis GREENMAN	Cwmbran Harriers	5.96	6.38	5.94	6.38	12						
5	205	Henry GAUNTLETT	Cwmbran Harriers	9.74	9.74	11.09	11.09	8						
6	400	Jack HAINES	Newport Harriers	10.35	9.35	11.66	11.66	5						
7	500	Tommy EVANS	Rhondda AC	12.81	10.51	11.18	12.81	4						
8	813	Iestyn HAINES	Blaenau Gwent	10.27	11.10	8.74	11.10	7						
9	406	Morgan RICHARDS	Newport Harriers	13.86	12.34	11.32	13.86	3						
10	310	Jordan BEATSON	Hereford AC	11.19	13.64	13.94	13.94	2						
11	309	Pascal BARSACQ	Hereford AC	14.46	16.55	17.30	17.30	1						
12	306	Tom FAIRHURST	Hereford AC	9.90	11.13	11.06	11.13	6						
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	OFFICIALS SIGNATURES				
1	309	Pascal BARSACQ	Hereford AC	17.30	9	504	Rhodri EDWARDS	Rhondda AC	9.75					
2	310	Jordan BEATSON	Hereford AC	13.94	10	308	Jack PROSSER	Hereford AC	9.00					
3	406	Morgan RICHARDS	Newport Harriers	13.86	11	502	Ethan JONES	Rhondda AC	7.40					
4	500	Tommy EVANS	Rhondda AC	12.81	12	206	Lewis GREENMAN	Cwmbran Harriers	6.38					
5	400	Jack HAINES	Newport Harriers	11.66	13									
6	306	Tom FAIRHURST	Hereford AC	11.13	14									
7	813	Iestyn HAINES	Blaenau Gwent	11.10	15									
8	205	Henry GAUNTLETT	Cwmbran Harriers	11.09	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		3:40 PM	DATE		Sun-06-Jun	
EVENT		F29 - (3.25kg) Shot - U15G		RECORD		10.00		ATHLETE		Emma CROOKE - Hereford (M4-Aberdare) 2009				
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		BEST OF ALL 3 TRIALS	FINAL POSITION			
				Metres	Metres	Metres	Metres	Metres						
1	740	Carys DAWE	Cardiff AAC	5.76	6.25	6.18	6.25	7						
2	490	Katie HUNTER	Newport Harriers	6.85	NT	5.95	6.85	3						
3	739	Alice NOTTINGHAM	Cardiff AAC	4.64	4.54	4.39	4.64	14						
4	722	Alice BRENNAN	Cardiff AAC	4.91	5.22	4.91	5.22	11						
5	741	Hannah BURNELL	Cardiff AAC	4.59	5.53	5.60	5.60	9						
6	321	Tasha WEBSTER	Hereford AC	5.61	6.29	6.25	6.29	6						
7	727	Fran MORRIS	Cardiff AAC	3.02	3.26	2.93	3.26	15						
8	512	Atlanta SWANNACK	Rhondda AC	5.27	5.82	6.32	6.32	5						
9	513	Kirsty TOOLAN	Rhondda AC	NT	5.30	5.39	5.39	10						
10	322	Katherine EVANS	Hereford AC	6.39	6.99	6.98	6.99	2						
11	511	Meaghan ELLIOTT	Rhondda AC	7.24	7.19	6.64	7.24	1						
12	728	Holly FIELD	Cardiff AAC	5.62	5.81	6.04	6.04	8						
13	120	Katie HALL	Aberdare VAAC	NT	NT	4.94	4.94	12						
14	135	Tasia STEPHENS	Aberdare VAAC	5.93	6.35	6.43	6.43	4						
15	495	Amy CHORLEY	Newport Harriers	4.92	NT	4.83	4.92	13						
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	OFFICIALS SIGNATURES				
1	511	Meaghan ELLIOTT	Rhondda AC	7.24	9	741	Hannah BURNELL	Cardiff AAC	5.60					
2	322	Katherine EVANS	Hereford AC	6.99	10	513	Kirsty TOOLAN	Rhondda AC	5.39					
3	490	Katie HUNTER	Newport Harriers	6.85	11	722	Alice BRENNAN	Cardiff AAC	5.22					
4	135	Tasia STEPHENS	Aberdare VAAC	6.43	12	120	Katie HALL	Aberdare VAAC	4.94					
5	512	Atlanta SWANNACK	Rhondda AC	6.32	13	495	Amy CHORLEY	Newport Harriers	4.92					
6	321	Tasha WEBSTER	Hereford AC	6.29	14	739	Alice NOTTINGHAM	Cardiff AAC	4.64					
7	740	Carys DAWE	Cardiff AAC	6.25	15	727	Fran MORRIS	Cardiff AAC	3.26					
8	728	Holly FIELD	Cardiff AAC	6.04	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League		VENUE		Newport		TIME		3:50 PM	DATE		Sun-06-Jun	
EVENT		F30 - (1.25kg) Discus - U15B		RECORD		39.40		ATHLETE		Matthew FIELD - Aberdare (M4-Aberdare) 2009				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	BEST OF ALL 3 TRIALS		FINAL POSITION					
				Metres	Metres	Metres								
1	256	Aaron TURLEY	Cwmbran Harriers	19.94	18.68	NT	19.94		6					
2	449	Heddwyn LOUDEN	Newport Harriers	18.75	15.59	14.74	18.75		8					
3	325	Joseph HAYWARD	Hereford AC	26.97	NT	25.77	26.97		2					
4	323	Tom FELLOWES	Hereford AC	NT	19.56	23.39	23.39		4					
5	778	Matteo HOLMES	Cardiff AAC	25.70	27.36	30.84	30.84		1					
6	777	Luke HARRY	Cardiff AAC	12.72	NT	13.43	13.43		9					
7	774	James SHARREM	Cardiff AAC	12.95	NT	13.43	13.43		9					
8	764	Adrian LAWRENCE	Cardiff AAC	23.33	20.30	26.44	26.44		3					
9	776	Lewys JONES	Cardiff AAC	18.89	20.32	NT	20.32		5					
10	255	James SCARFI	Cwmbran Harriers	16.37	18.96	17.62	18.96		7					
11				:	:	:	0.00							
12				:	:	:	0.00							
13				:	:	:	0.00							
14				:	:	:	0.00							
15				:	:	:	0.00							
16				:	:	:	0.00							
FULL RESULTS											REFEREE			
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	OFFICIALS SIGNATURES				
1	778	Matteo HOLMES	Cardiff AAC	30.84	9	777	Luke HARRY	Cardiff AAC	13.43					
2	325	Joseph HAYWARD	Hereford AC	26.97	10									
3	764	Adrian LAWRENCE	Cardiff AAC	26.44	11									
4	323	Tom FELLOWES	Hereford AC	23.39	12									
5	776	Lewys JONES	Cardiff AAC	20.32	13									
6	256	Aaron TURLEY	Cwmbran Harriers	19.94	14									
7	255	James SCARFI	Cwmbran Harriers	18.96	15									
8	449	Heddwyn LOUDEN	Newport Harriers	18.75	16									