



WELSH ATHLETICS
ATHLETAU CYMRU

Carmarthen

Sat-29-April-2017

Welsh Athletics U15 League Match 1 West Division

Results

Today's athlete count 414

T05 - 75m

Welsh Record: Not Recognised at this age group

League Record: Amelia REYNOLDS, Newport Harriers ,10.5 (HT), [M2-Ea-Aberdare], 2009

League Record: Amcila REYNOLDS, Newport Harriers, 2015 (11), (112 Ed Athletics), 2005											
Heat 1 ws -3.7						Heat 2 ws -2.9					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	468	Anna-Rose MERCHANT	Bridgend AC	11.75	(1)-(18)	1	542	Cari ADAMS	Llanelli AC	12.66	(7)-(10)
2	469	Orea PLAYER	Bridgend AC	12.65	(6)-(8)	2	544	Louisa CLIFF	Llanelli AC	12.84	(9)-(7)
3	300	Tamara SNELL	Neath Harriers	12.86	(10)-(6)	3	472	Ffion HOWE	Bridgend AC	13.09	(13)
4	51	Ella DAVIS	Carmarthen Harriers	13.44	(19)-(4)	4	471	Jessica CRAWLEY	Bridgend AC	13.31	(17)
5	298	Katie BAKER	Neath Harriers	14.53	(28)	5	541	Amelie CAMPION	Llanelli AC	13.60	(21)
6	294	Fabia MORGAN	Neath Harriers	14.68	(30)	6	543	Emily TUCKER	Llanelli AC	13.66	(23)
						7	545	Menna EVANS	Llanelli AC	15.22	(33)
Heat 3 ws -1.9						Heat 4 ws -2.6					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	114	Jessica MANTLE	Barry & Vale Harriers	12.33	(3)-(14)	1	206	Aelwen DAVIES	Brecon AC	12.43	(4)-(12)
2	112	Chloe HOUGHTON	Barry & Vale Harriers	12.63	(5)-(9)	2	171	Nia POWELL	Pontyclun AC	12.67	(8)-(8)
3	31	Kaitlin GWYNNE-JONES	Carmarthen Harriers	13.02	(12)-(6)	3	205	Hannah MORGAN	Brecon AC	13.00	(11)-(5)
4	32	Mari COLLIER	Carmarthen Harriers	13.54	(20)	4	207	Grace LLOYD	Brecon AC	13.18	(16)
5	115	Caitlin WEAVER	Barry & Vale Harriers	13.69	(24)	5	210	Chloe DAVIES	Brecon AC	13.75	(25)
6	116	Neave RUDKIN	Barry & Vale Harriers	14.05	(26)	6	208	Matilda HEATLIE	Brecon AC	14.60	(29)
7	30	Mia LLOYD	Carmarthen Harriers	16.10	(34)	7	209	Freya ROBERTS	Brecon AC	14.79	(32)
Heat 5 ws -2.1						Heat 6 ws +1.9					
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	293	Bethan CARROLL	Neath Harriers	12.14	(2)-(16)						
2	296	Sali WATKINS	Neath Harriers	13.09	(13)						
3	662	Liane DO ROUYS	Swansea Harriers	13.17	(15)-(4)						
4	365	Grace MANAGHAN	Pembrokeshire Harriers	13.38	(18)-(2)						
5	667	Marney ALLEN	Swansea Harriers	13.61	(22)-(3)						
6	362	Alyssa ROSEMEYER	Pembrokeshire Harriers	14.43	(27)-(2)						
7	37	Greta BOWEN	Carmarthen Harriers	14.71	(31)						

T23 - 150m

Welsh Record: Not Recognised at this age group

League Record: Maisy FOLEY Pembrokeshire Harriers 21.53 [M3-We-Brecon] 2015

Heat 1 ws -2.3						Heat 2 ws -3.0					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	171	Nia POWELL	Pontyclun AC	24.98	(1)-(18)	1	206	Aelwen DAVIES	Brecon AC	25.61	(8)-(8)
2	205	Hannah MORGAN	Brecon AC	26.38	(13)-(7)	2	207	Grace LLOYD	Brecon AC	26.65	(15)
3	117	Ruby HADFIELD	Barry & Vale Harriers	26.55	(14)	3	292	Evie AITCHISON	Neath Harriers	27.10	(20)-(4)
4	204	Hanna POWELL	Brecon AC	27.74	(25)	4	210	Chloe DAVIES	Brecon AC	28.66	(28)
5	203	Hali-Rae MORRIS	Brecon AC	28.14	(27)	5	295	Mari STEPHENS	Neath Harriers	28.87	(30)-(3)
Heat 3 ws -2.6						Heat 4 ws -2.5					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	35	Erin MORGAN	Carmarthen Harriers	25.28	(3)-(16)	1	660	Makenzy BEARD	Swansea Harriers	25.33	(4)-(23)
2	31	Kaitlin GWYNNE-JONES	Carmarthen Harriers	25.33	(4)-(23)	2	473	Kate DUNGLINSON	Bridgend AC	25.34	(6)-(12)
3	34	Bessy HILL	Carmarthen Harriers	26.33	(12)	3	544	Louisa CLIFF	Llanelli AC	26.73	(17)-(6)
4	298	Katie BAKER	Neath Harriers	30.24	(35)	4	542	Cari ADAMS	Llanelli AC	27.22	(21)-(5)
Heat 5 ws -3.1						Heat 6 ws -1.4					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	114	Jessica MANTLE	Barry & Vale Harriers	25.38	(7)-(10)	1	466	Georgia SMELE	Bridgend AC	25.96	(9)
2	112	Chloe HOUGHTON	Barry & Vale Harriers	26.16	(10)-(8)	2	467	Mali MACDUFF	Bridgend AC	27.34	(22)
3	115	Caitlin WEAVER	Barry & Vale Harriers	28.92	(31)	3	299	Maddison MAHON	Neath Harriers	27.87	(26)
4	113	Alys PATTERSON	Barry & Vale Harriers	29.24	(32)	4	365	Grace MANAGHAN	Pembrokeshire Harriers	28.76	(29)
5	36	Freya BRABROOK	Carmarthen Harriers	29.42	(34)	5	664	Abigail HOWELLS	Swansea Harriers	29.24	(32)
Heat 7 ws -2.7						Heat 8					
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	293	Bethan CARROLL	Neath Harriers	25.16	(2)						
2	363	Eleanor WHITE	Pembrokeshire Harriers	26.19	(11)						
3	291	Katie SELLICK	Neath Harriers	26.66	(16)						
4	662	Liane DO ROUYS	Swansea Harriers	26.90	(18)-(6)						
5	361	Maddy JAMES	Pembrokeshire Harriers	26.95	(19)						
6	33	Seren DAVIES	Carmarthen Harriers	27.71	(23)						

T13 - 800m

Welsh Record: Not recognised at this age group

League Record: Alice RUSSELL-STRETCH, Pembrokeshire Harriers, 2:41.1, 2008

Race Record: Alice ROSSLEE STEPHEN, Pembrokeshire Harriers, 2-4-12, 2009											
Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	468	Anna-Rose MERCHANT	Bridgend AC	2:49.14	(1)-(18)	1	35	Erin MORGAN	Carmarthen Harriers	2:50.43	(2)-(16)
2	467	Mali MACDUFF	Bridgend AC	3:05.50	(6)	2	34	Bessy HILL	Carmarthen Harriers	2:54.92	(3)-(9)
3	295	Mari STEPHENS	Neath Harriers	3:06.37	(8)-(12)	3	473	Kate DUNGLINSON	Bridgend AC	2:57.99	(4)-(8)
4	466	Georgia SMELE	Bridgend AC	3:09.67	(11)	4	361	Maddy JAMES	Pembrokeshire Harriers	3:01.46	(5)-(14)
5	117	Ruby HADFIELD	Barry & Vale Harriers	3:10.46	(12)-(8)	5	33	Seren DAVIES	Carmarthen Harriers	3:05.99	(7)
6	204	Hanna POWELL	Brecon AC	3:14.60	(14)-(6)	6	363	Eleanor WHITE	Pembrokeshire Harriers	3:07.22	(9)-(7)
7	471	Jessica CRAWLEY	Bridgend AC	3:14.84	(15)	7	663	Neve DODD	Swansea Harriers	3:08.83	(10)-(10)
8	203	Hali-Rae MORRIS	Brecon AC	3:15.99	(16)-(5)	8	291	Katie SELICK	Neath Harriers	3:11.15	(13)-(6)
9	292	Evie AITCHISON	Neath Harriers	3:17.61	(17)	9	541	Amelie CAMPION	Llanelli AC	3:30.73	(20)-(4)
10	300	Tamara SNELL	Neath Harriers	3:19.44	(18)	10	543	Emily TUCKER	Llanelli AC	3:41.88	(23)-(3)
11	113	Alys PATTERSON	Barry & Vale Harriers	3:21.14	(19)-(4)	11	664	Abigail HOWELLS	Swansea Harriers	3:42.31	(24)-(2)
12	201	Daisy OSBORNE	Brecon AC	3:35.42	(21)	12	545	Menna EVANS	Llanelli AC	3:53.61	(25)
13	202	Phoebe FLETCHER	Brecon AC	3:37.70	(22)						

T36 - 4 x 100 relay

Welsh Record: Not Recognised at this age group

League Record: Cardiff Archers 59.14 [Cup Final] 2016

			Heat 1	
Pos	Bib	Club	Perf.	(Pos-Pts)
1	467	Bridgend AC	67.27	Mali MACDUFF, Georgia SMELE, Ffion HOWE, Anna-Rose MERCHANT (1)-(18)
2	667	Swansea Harriers	68.98	Liane DO ROUYS, Makenzy BEARD, Abigail HOWELLS, Marney ALLEN (3)-(14)
3	362	Pembrokeshire Harriers	71.21	Alyssa ROSEMEYER, Maddy JAMES, Grace MANAGHAN, Eleanor WHITE (5)-(10)
4	543	Llanelli AC Guests	79.75	No Relay Declared , No Relay Declared , Emily TUCKER (7)
DQ	296	Non Scoring Team		Sali WATKINS, Daisy ELEY, Fabia MORGAN, Maddison MAHON

			Heat 2	
Pos	Bib	Club	Perf.	(Pos-Pts)
1	292	Neath Harriers	68.55	Evie AITCHISON, Katie SELICK, Katie BAKER, Bethan CARROLL (2)-(16)
2	117	Barry & Vale Harriers	69.12	Neave RUDKIN, Jessica MANTLE, Chloe HOUGHTON, Ruby HADFIELD (4)-(12)
3	204	Brecon AC	73.67	Hanna POWELL, Aelwen DAVIES, Matilda HEATLIE, Phoebe FLETCHER (6)-(8)
DQ	31	Non Scoring Team		No Relay Declared , No Relay Declared , No Relay Declared , Kaitlin GWYNNE-JONES

F18 - Long Jump

Welsh Record: Not Recognised at this age group

League Record: K WILLIAMS, Carmarthen Harriers, 4.21, 1988

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	468	Anna-Rose MERCHANT	Bridgend AC	3.52	(1)-(18)
2	171	Nia POWELL	Pontyclun AC	3.48	(2)-(16)
3	206	Aelwen DAVIES	Brecon AC	3.39	(3)-(14)
4	660	Makenzy BEARD	Swansea Harriers	3.33	(4)-(12)
5	291	Katie SELICK	Neath Harriers	3.32	(5)-(10)
6	34	Bessy HILL	Carmarthen Harriers	3.25	(6)-(8)
7	466	Georgia SMELE	Bridgend AC	3.23	(7)-(9)
8	293	Bethan CARROLL	Neath Harriers	3.14	(8)-(8)
9	363	Eleanor WHITE	Pembrokeshire Harriers	2.98	(9)-(6)
10	544	Louisa CLIFF	Llanelli AC	2.98	(9)-(6)
11	662	Liane DO ROUYS	Swansea Harriers	2.96	(11)-(7)
12	292	Evie AITCHISON	Neath Harriers	2.96	(11)-(7)
13	205	Hannah MORGAN	Brecon AC	2.85	(13)-(6)
14	541	Amelie CAMPION	Llanelli AC	2.82	(14)-(5)
15	114	Jessica MANTLE	Barry & Vale Harriers	2.76	(15)-(2)
16	542	Cari ADAMS	Llanelli AC	2.74	(16)
17	297	Evie DAVIES	Neath Harriers	2.72	(17)
18	115	Caitlin WEAVER	Barry & Vale Harriers	2.70	(18)-(4)
19	299	Maddison MAHON	Neath Harriers	2.68	(19)
20	32	Mari COLLIER	Carmarthen Harriers	2.67	(20)-(3)
21	663	Neve DODD	Swansea Harriers	2.62	(21)
22	203	Hali-Rae MORRIS	Brecon AC	2.60	(22)
23	116	Neave RUDKIN	Barry & Vale Harriers	2.55	(23)
24	37	Greta BOWEN	Carmarthen Harriers	2.51	(24)
25	664	Abigail HOWELLS	Swansea Harriers	2.50	(25)
26	294	Fabia MORGAN	Neath Harriers	2.43	(26)
27	543	Emily TUCKER	Llanelli AC	2.42	(27)
28	208	Matilda HEATLIE	Brecon AC	2.37	(28)
29	202	Phoebe FLETCHER	Brecon AC	2.36	(29)
30	545	Menna EVANS	Llanelli AC	2.33	(30)
31	36	Freya BRABROOK	Carmarthen Harriers	2.29	(31)
32	209	Freya ROBERTS	Brecon AC	2.22	(32)
33	297	Evie DAVIES	Neath Harriers	2.72	(33)
34	115	Caitlin WEAVER	Barry & Vale Harriers	2.70	(34)
35	299	Maddison MAHON	Neath Harriers	2.68	(35)

F03 - Javelin (300g)

Welsh Record: Not Recognised at this age group

League Record: Cassey GRIMWADE Cardiff AAC 20.52 [Cup Final] 2013

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	467	Mali MACDUFF	Bridgend AC	11.87	(1)-(18)
2	473	Kate DUNGLINSON	Bridgend AC	10.77	(2)-(9)
3	299	Maddison MAHON	Neath Harriers	8.46	(3)-(16)
4	361	Maddy JAMES	Pembrokeshire Harriers	8.19	(4)-(14)
5	469	Orea PLAYER	Bridgend AC	7.83	(5)
6	667	Marney ALLEN	Swansea Harriers	7.36	(6)-(12)
7	666	Florence TARRANT	Swansea Harriers	7.15	(7)-(8)
8	31	Kaitlin GWYNNE-JONES	Carmarthen Harriers	6.62	(8)-(10)
9	300	Tamara SNELL	Neath Harriers	6.60	(9)-(7)
10	297	Evie DAVIES	Neath Harriers	6.24	(10)
11	202	Phoebe FLETCHER	Brecon AC	5.74	(11)-(8)
12	207	Grace LLOYD	Brecon AC	5.51	(12)-(6)
13	295	Mari STEPHENS	Neath Harriers	5.12	(13)
14	210	Chloe DAVIES	Brecon AC	4.43	(14)

F16 - Shot (2.00kg)

Welsh Record: Not Recognised at this age group

League Record: Charlotte FINNISTER Cardiff AAC 7.16 [Cup Final] 2013

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	667	Marney ALLEN	Swansea Harriers	5.19	(1)-(18)
2	297	Evie DAVIES	Neath Harriers	5.05	(2)-(16)
3	116	Neave RUDKIN	Barry & Vale Harriers	4.83	(3)-(14)
4	660	Makenzy BEARD	Swansea Harriers	4.82	(4)-(9)
5	296	Sali WATKINS	Neath Harriers	4.71	(5)-(8)
6	112	Chloe HOUGHTON	Barry & Vale Harriers	4.69	(6)-(7)
7	33	Seren DAVIES	Carmarthen Harriers	4.47	(7)-(12)
8	469	Orea PLAYER	Bridgend AC	4.34	(8)-(10)
9	298	Katie BAKER	Neath Harriers	3.99	(9)
10	471	Jessica CRAWLEY	Bridgend AC	3.91	(10)-(6)
11	208	Matilda HEATLIE	Brecon AC	3.89	(11)-(8)
12	472	Ffion HOWE	Bridgend AC	3.84	(12)
13	36	Freya BRABROOK	Carmarthen Harriers	3.68	(13)-(5)
14	201	Daisy OSBORNE	Brecon AC	3.50	(14)-(4)
15	113	Alys PATTERSON	Barry & Vale Harriers	3.39	(15)
16	294	Fabia MORGAN	Neath Harriers	3.22	(16)
17	209	Freya ROBERTS	Brecon AC	2.72	(17)
18	365	Grace MANAGHAN	Pembrokeshire Harriers	2.60	(18)-(6)

T06 - 75m

Welsh Record: Not Recognised at this age group
League Record: L EVANS, Bridgend AC, 10.3, 1999

				Heat 1	ws -3.9					Heat 2	ws -2.7
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	214	Jamie WILLIAMS	Brecon AC	12.69	(9)-(6)	1	464	Lewis STEPHENS	Bridgend AC	11.70	(1)-(18)
2	213	Aneurin SKINNER	Brecon AC	12.95	(12)-(5)	2	549	Toby FORD WILLIAMS	Llanelli AC	12.34	(5)-(10)
3	305	Iestyn THOMAS	Neath Harriers	13.01	(15)-(4)	3	547	Alfie CUTHELL	Llanelli AC	12.42	(7)-(9)
4	215	Elis BOWERS	Brecon AC	13.05	(16)	4	461	Kian WILSON	Bridgend AC	12.60	(8)-(8)
5	304	Rhys DUMMER	Neath Harriers	13.32	(20)-(3)	5	546	Thomas BATSFORD	Llanelli AC	16.54	(29)
6	175	Jac WATKINS	Pontyclun AC	13.51	(24)-(2)						
				Heat 3	ws -3.6					Heat 4	ws -2.5
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	1	Tygan DAVIES	Carmarthen Harriers	12.34	(5)-(10)	1	104	Daniel BARRY	Barry & Vale Harriers	12.22	(4)-(12)
2	102	Owen SCOTT	Barry & Vale Harriers	12.89	(11)-(6)	2	110	Joshua GRIFFITHS	Barry & Vale Harriers	12.97	(13)
3	103	Danny POTTER	Barry & Vale Harriers	13.11	(19)	3	9	James SLOYAN	Carmarthen Harriers	12.98	(14)-(4)
4	7	Aron Hedd JONES	Carmarthen Harriers	13.46	(23)	4	111	John MUXWORTHY	Barry & Vale Harriers	13.07	(18)
5	383	William HARRIES	Pembrokeshire Harriers	13.52	(25)	5	101	Rhys SCOTT	Barry & Vale Harriers	13.81	(26)
6	6	Aron BOWEN	Carmarthen Harriers	14.39	(27)	6	8	David PENEIRA	Carmarthen Harriers	16.20	(28)
				Heat 5	ws -3.9					Heat 6	
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	
1	385	Rhys LLOYD ROBERTS	Pembrokeshire Harriers	12.05	(2)-(16)						
2	682	Reuben DE VALL	Swansea Harriers	12.11	(3)-(14)						
3	681	Harry COLLINS	Swansea Harriers	12.82	(10)-(7)						
4	680	Drew DODD	Swansea Harriers	13.05	(16)						
5	683	Ioan CARTER-JONES	Swansea Harriers	13.36	(21)						
6	382	Finley BRUCE	Pembrokeshire Harriers	13.45	(22)-(2)						

T24 - 150m

Welsh Record: Not Recognised at this age group
League Record: L EVANS, Bridgend AC, 20.2, 1999

Heat 1					ws -3.3	Heat 2					ws -2.2
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	464	Lewis STEPHENS	Bridgend AC	23.23	(1)-(18)	1	176	Sam FISHER	Pontyclun AC	25.61	(7)-(9)
2	306	Thomas LOYNES	Neath Harriers	25.39	(4)-(12)	2	5	Iwan THOMAS	Carmarthen Harriers	26.28	(9)-(7)
3	548	Max WILLIAMS	Llanelli AC	26.30	(10)-(6)	3	7	Aron Hedd JONES	Carmarthen Harriers	26.68	(13)
4	303	Jake HARRIS	Neath Harriers	26.85	(14)-(6)	4	102	Owen SCOTT	Barry & Vale Harriers	27.51	(17)
5	463	Iwan FROLEY	Bridgend AC	28.28	(19)-(4)	5	3	Huw CRESSEY-RODGERS	Carmarthen Harriers	28.14	(18)
Heat 3					ws -5.1	Heat 4					ws -2.4
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	108	Joe RAY	Barry & Vale Harriers	25.53	(5)-(10)	1	385	Rhys LLOYD ROBERTS	Pembrokeshire Harriers	24.25	(2)-(16)
2	109	Myles JAMESON	Barry & Vale Harriers	26.05	(8)-(8)	2	177	Max ARNOLD	Pontyclun AC	24.99	(3)-(14)
3	213	Aneurin SKINNER	Brecon AC	26.48	(12)-(4)	3	4	Ifan BOWEN	Carmarthen Harriers	25.58	(6)-(8)
4	104	Daniel BARRY	Barry & Vale Harriers	26.95	(15)	4	103	Danny POTTER	Barry & Vale Harriers	26.37	(11)
5	212	Joshua O'DONNELL	Brecon AC	27.17	(16)-(5)	5	101	Rhys SCOTT	Barry & Vale Harriers	28.71	(20)

T14 - 800m

Welsh Record: Not recognised at this age group
League Record: Iori HUMPHREYS Pembrokeshire Harriers 2:31.80 [Cup Final 2014]

Age Record for H&V Harriers Pembrokeshire Harriers 2023-24 (Sep-Mar 2024)											
Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	461	Kian WILSON	Bridgend AC	2:46.59	(3)-(16)	1	4	Ifan BOWEN	Carmarthen Harriers	2:40.35	(1)-(18)
2	547	Alfie CUTHELL	Llanelli AC	2:49.18	(5)-(12)	2	5	Iwan THOMAS	Carmarthen Harriers	2:45.37	(2)-(9)
3	548	Max WILLIAMS	Llanelli AC	2:57.99	(13)-(6)	3	176	Sam FISHER	Pontyclun AC	2:47.68	(4)-(14)
4	549	Toby FORD WILLIAMS	Llanelli AC	2:59.84	(14)	4	214	Jamie WILLIAMS	Brecon AC	2:51.63	(6)-(10)
5	3	Huw CRESSEY-RODGERS	Carmarthen Harriers	3:01.51	(15)	5	2	Jake LYNOCK	Carmarthen Harriers	2:52.07	(7)
6	9	James SLOYAN	Carmarthen Harriers	3:05.52	(19)	6	682	Reuben DE VALL	Swansea Harriers	2:52.77	(8)-(8)
7	105	Owen THOMAS	Barry & Vale Harriers	3:07.60	(22)	7	211	Gruff PETERS	Brecon AC	2:54.26	(9)-(8)
8	382	Finley BRUCE	Pembrokeshire Harriers	3:11.04	(24)-(3)	8	383	William HARRIES	Pembrokeshire Harriers	2:54.38	(10)-(6)
9	104	Daniel BARRY	Barry & Vale Harriers	3:12.83	(25)	9	177	Max ARNOLD	Pontyclun AC	2:54.40	(11)-(7)
10	303	Jake HARRIS	Neath Harriers	3:16.21	(26)-(2)	10	215	Elis BOWERS	Brecon AC	2:55.04	(12)
11	384	Josh BARRETT	Pembrokeshire Harriers	3:22.51	(27)	11	111	John MUXWORTHY	Barry & Vale Harriers	3:02.22	(16)-(4)
12	304	Rhys DUMMER	Neath Harriers	3:25.89	(28)	12	306	Thomas LOYNES	Neath Harriers	3:02.54	(17)-(2)
13	462	Fraser HIGGINSON	Bridgend AC	3:36.48	(29)-(1)	13	107	Jack PHILLIPS	Barry & Vale Harriers	3:03.82	(18)-(5)
						14	108	Joe RAY	Barry & Vale Harriers	3:06.33	(20)
						15	685	Tom ALLISON	Swansea Harriers	3:07.56	(21)-(4)
						16	106	Joseph DOWN	Barry & Vale Harriers	3:10.03	(23)

T33 - 4 x 100 relay

Welsh Record: Not Recognised at this age group

League Record: Swansea Harriers , 52.90, [M3-We-Swansea] 2016

Heat 1					(Pos-Pts)
Pos	Bib	Club	Perf.		
1	682	Swansea Harriers	65.08	Harry COLLINS, Drew DODD, Ioan CARTER-JONES, Reuben DE VALL	(1)-(18)
2	106	Barry & Vale Harriers	67.26	Owen THOMAS, Myles JAMESON, John MUXWORTHY, Joseph DOWN	(2)-(16)
3	108	Non Scoring Team	69.33	Joshua GRIFFITHS, Daniel BARRY, Jack PHILLIPS, Joe RAY	(3)
4	306	Neath Harriers	69.88	Iestyn THOMAS, Jake HARRIS, Rhys DUMMER, Thomas LOYNES	(4)-(14)
5	5	Carmarthen Harriers	70.24	Huw CRESSEY-RODGERS, Ifan BOWEN, Iwan THOMAS, Aron BOWEN	(5)-(12)
6	385	Pembrokeshire Harriers	71.68	Finley BRUCE, William HARRIES, Morgan JENKINS, Rhys LLOYD ROBERTS	(6)-(10)

F13 - Long Jump

Welsh Record: Not Recognised at this age group

League Record: Immanuel FEYI' WABOSO, Cardiff Archers, 4.60 [Cup Final] 2013

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	681	Harry COLLINS	Swansea Harriers	3.44	(1)-(18)
2	177	Max ARNOLD	Pontyclun AC	3.29	(2)-(16)
3	680	Drew DODD	Swansea Harriers	3.15	(3)-(9)
4	7	Aron Hedd JONES	Carmarthen Harriers	3.15	(3)-(14)
5	211	Gruff PETERS	Brecon AC	3.11	(5)-(12)
6	682	Reuben DE VALL	Swansea Harriers	3.06	(6)
7	214	Jamie WILLIAMS	Brecon AC	3.04	(7)-(8)
8	461	Kian WILSON	Bridgend AC	3.01	(8)-(10)
9	215	Elis BOWERS	Brecon AC	2.99	(9)
10	684	Nathaniel OSBORNE	Swansea Harriers	2.94	(10)
11	382	Finley BRUCE	Pembrokeshire Harriers	2.92	(11)-(8)
12	111	John MUXWORTHY	Barry & Vale Harriers	2.91	(12)-(6)
13	175	Jac WATKINS	Pontyclun AC	2.82	(13)-(7)
14	3	Huw CRESSEY-RODGERS	Carmarthen Harriers	2.82	(13)-(7)
15	212	Joshua O'DONNELL	Brecon AC	2.71	(15)
16	683	Ioan CARTER-JONES	Swansea Harriers	2.68	(16)
17	2	Jake LYNOCK	Carmarthen Harriers	2.59	(17)
18	103	Danny POTTER	Barry & Vale Harriers	2.57	(18)-(5)
19	6	Aron BOWEN	Carmarthen Harriers	2.48	(19)
20	102	Owen SCOTT	Barry & Vale Harriers	2.34	(20)
21	304	Rhys DUMMER	Neath Harriers	2.29	(21)-(4)
22	110	Joshua GRIFFITHS	Barry & Vale Harriers	2.16	(22)
23	105	Owen THOMAS	Barry & Vale Harriers	2.06	(23)
24	546	Thomas BATSFORD	Llanelli AC	1.65	(24)-(2)

F30 - Javelin (300g)

Welsh Record: Not Recognised at this age group

League Record: Elys ROBJOHN, Cardiff Archers, 28.34, [M1-E-Hereford] 2013

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	176	Sam FISHER	Pontyclun AC	14.50	(1)-(18)
2	212	Joshua O'DONNELL	Brecon AC	11.83	(2)-(16)
3	681	Harry COLLINS	Swansea Harriers	10.86	(3)-(14)
4	463	Iwan FROLEY	Bridgend AC	9.36	(4)-(12)
5	306	Thomas LOYNES	Neath Harriers	9.34	(5)-(10)
6	684	Nathaniel OSBORNE	Swansea Harriers	9.20	(6)-(9)
7	108	Joe RAY	Barry & Vale Harriers	9.20	(7)-(8)
8	109	Myles JAMESON	Barry & Vale Harriers	8.82	(8)-(8)
9	107	Jack PHILLIPS	Barry & Vale Harriers	8.48	(9)
10	386	Morgan JENKINS	Pembrokeshire Harriers	8.22	(10)-(6)
11	683	Ioan CARTER-JONES	Swansea Harriers	8.12	(11)
12	4	Ifan BOWEN	Carmarthen Harriers	7.54	(12)-(4)
13	303	Jake HARRIS	Neath Harriers	6.85	(13)-(7)
14	462	Fraser HIGGINSON	Bridgend AC	5.35	(14)-(6)
15	5	Iwan THOMAS	Carmarthen Harriers	4.50	(15)-(5)

F20 - Shot (2.72kg)

Welsh Record: Not Recognised at this age group

League Record: Rheon JAMES, Carmarthen Harriers, 10.06, 2003

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	684	Nathaniel OSBORNE	Swansea Harriers	5.46	(1)-(18)
2	305	Iestyn THOMAS	Neath Harriers	4.94	(2)-(16)
3	175	Jac WATKINS	Pontyclun AC	4.70	(3)-(14)
4	213	Aneurin SKINNER	Brecon AC	4.68	(4)-(12)
5	385	Rhys LLOYD ROBERTS	Pembrokeshire Harriers	4.57	(5)-(10)
6	680	Drew DODD	Swansea Harriers	4.54	(6)-(9)
7	386	Morgan JENKINS	Pembrokeshire Harriers	4.49	(7)-(8)
8	463	Iwan FROLEY	Bridgend AC	4.26	(8)-(8)
9	106	Joseph DOWN	Barry & Vale Harriers	4.16	(9)-(6)
10	6	Aron BOWEN	Carmarthen Harriers	4.04	(10)-(4)
11	211	Gruff PETERS	Brecon AC	3.95	(11)-(7)
12	105	Owen THOMAS	Barry & Vale Harriers	3.85	(12)-(6)
13	104	Daniel BARRY	Barry & Vale Harriers	3.85	(12)-(6)
14	110	Joshua GRIFFITHS	Barry & Vale Harriers	3.07	(14)
15	462	Fraser HIGGINSON	Bridgend AC	2.57	(15)-(5)

T07 - 100m

Welsh Record: Jane BRADBEER, Cardiff AAC, 12.6 (HT), 1981

League Record: Danielle BARKER, Neath Harriers, 12.6, 1999

				Heat 1	ws -4.3					Heat 2	ws -2.3
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	181	Isobel ARNOLD	Pontyclun AC	16.40	(22)-(4)	1	501	Mali MORSE	Bridgend AC	14.95	(5)
2	216	Riley MCLOUGHLIN	Brecon AC	16.75	(26)-(2)	2	561	Chloe SIMMONITE	Llanelli AC	15.11	(9)-(8)
3	183	Elen GRIFFITHS	Pontyclun AC	17.03	(30)	3	557	Kahlen JONES	Llanelli AC	15.12	(10)-(8)
4	316	Holly REGAN	Neath Harriers	17.16	(32)	4	559	Courtney BROWN	Llanelli AC	15.68	(15)-(6)
5	370	Grace GRIFFITHS	Pembrokeshire Harriers	17.85	(36)	5	556	Hannah CARPENTER	Llanelli AC	16.02	(19)
6	218	Kathryn WOODS	Brecon AC	18.30	(38)-(1)	6	507	Nicole ROWLANDS	Bridgend AC	16.87	(27)
7	368	Seren FIFE	Pembrokeshire Harriers	18.91	(39)	7	496	Ellie LORIMER	Bridgend AC	17.28	(33)
				Heat 3	ws -2.6					Heat 4	ws -1.2
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	40	Sophia REID-THOMAS	Carmarthen Harriers	15.17	(11)-(7)	1	124	Kelise HAPPI	Barry & Vale Harriers	14.96	(6)-(14)
2	44	Megan REES	Carmarthen Harriers	15.64	(14)	2	123	Emily DOOGUE	Barry & Vale Harriers	15.68	(15)-(6)
3	41	Jessica LEE	Carmarthen Harriers	15.75	(17)	3	744	Rebekah PRATT	Swansea Harriers	16.41	(23)-(3)
4	311	Louise BAKER	Neath Harriers	16.23	(20)-(5)	4	126	Eloise GOFFIN	Barry & Vale Harriers	16.45	(24)
5	366	Megan COLE	Pembrokeshire Harriers	16.30	(21)-(4)	5	180	Ciara LANG-THOMAS	Pontyclun AC	16.94	(28)-(2)
6	375	Maddie MANAGHAN	Pembrokeshire Harriers	17.13	(31)	6	179	Bethan DAVIES	Pontyclun AC	16.95	(29)
7	374	Maisie KITE	Pembrokeshire Harriers	17.58	(34)	7	122	Ella LYONS	Barry & Vale Harriers	18.26	(37)
				Heat 5	ws -4.3					Heat 6	ws -2.9
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	373	Maisy FOLEY	Pembrokeshire Harriers	14.53	(2)-(18)	1	564	Hannah FORKOURAH	Llanelli AC	15.81	(18)
2	506	Eleni JONES	Bridgend AC	14.61	(3)-(16)	2	729	Emilia EVANS	Swansea Harriers	16.61	(25)
3	500	Jersey JONES	Bridgend AC	14.75	(4)-(9)	3	725	Ella BREARLEY	Swansea Harriers	17.58	(34)
4	42	Keira CARMODY	Carmarthen Harriers	15.07	(7)-(12)						
5	313	Jasmine HALE	Neath Harriers	15.09	(8)-(10)						
6	43	Zara EVANS	Carmarthen Harriers	15.55	(12)						
7	736	Sophie O'BRIEN	Swansea Harriers	15.63	(13)-(6)						

T28 - 200m

Welsh Record: Jane BRADBEER, Cardiff AAC, 25.7 (HT), 1981

League Record: Hannah BRIER, Swansea Harriers, 26.0, 2010

				Heat 1	ws -3.7					Heat 2	ws -2.6
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	501	Mali MORSE	Bridgend AC	30.85	(5)-(12)	1	124	Kelise HAPPI	Barry & Vale Harriers	30.43	(4)-(14)
2	559	Courtney BROWN	Llanelli AC	32.32	(16)	2	43	Zara EVANS	Carmarthen Harriers	31.41	(9)-(6)
3	494	Caitlin HURLEY	Bridgend AC	32.59	(18)	3	726	Leni BEARD	Swansea Harriers	31.45	(10)-(8)
4	508	Megan ROWLANDS	Bridgend AC	34.16	(22)	4	41	Jessica LEE	Carmarthen Harriers	31.92	(13)-(6)
				Heat 3	ws -2.2	5	40	Sophia REID-THOMAS	Carmarthen Harriers	31.94	(14)
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	312	Carys PRICE	Neath Harriers	30.85	(5)-(12)	6	311	Louise BAKER	Neath Harriers	32.97	(20)-(5)
2	557	Kahlen JONES	Llanelli AC	31.50	(12)-(7)						
3	744	Rebekah PRATT	Swansea Harriers	34.73	(23)						
4	180	Ciara LANG-THOMAS	Pontyclun AC	35.04	(24)-(4)						
5	375	Maddie MANAGHAN	Pembrokeshire Harriers	35.84	(25)-(4)						
6	368	Seren FIFE	Pembrokeshire Harriers	38.82	(26)						
				Heat 5	ws -1.4					Heat 6	
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	
1	561	Chloe SIMMONITE	Llanelli AC	31.03	(7)-(10)						
2	733	Sarah LYONS	Swansea Harriers	31.49	(11)						
3	564	Hannah FORKOURAH	Llanelli AC	32.22	(15)						
4	566	Alice BIRD	Llanelli AC	33.06	(21)						

T16 - 800m

Welsh Record: Lisa LANINI, Wrexham AAC, 2:16.1 (HT), 2000

League Record: Gemma MOUNSEY, Carmarthen Harriers, 2:25.7, 1994

				Heat 1					Heat 2
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Perf.
1	371	Ella WINTLE	Pembrokeshire Harriers	2:35.39	G3P10 (1)-(18)				
2	558	Bethan ADAMS	Llanelli AC	2:38.55	G4P10 (2)-(16)				
3	125	Rosie DAY	Barry & Vale Harriers	2:41.35	P10 (3)-(14)				
4	560	Amy TUCKER	Llanelli AC	2:42.28	P10 (4)-(9)				
5	42	Keira CARMODY	Carmarthen Harriers	2:46.72	(5)-(12)				
6	739	Mai DAVIES	Swansea Harriers	2:47.79	(6)-(10)				
7	45	Faye JONES	Carmarthen Harriers	2:54.52	(7)-(8)				
8	742	Macie-Lee WILLIAMS	Swansea Harriers	2:55.45	(8)-(7)				
9	216	Riley MCLOUGHLIN	Brecon AC	2:57.06	(9)-(8)				
10	741	Caitlin EVANS	Swansea Harriers	3:06.33	(10)				
11	515	Mia ALLEN	Bridgend AC	3:11.32	(11)-(6)				
12	514	Rebecca HOPKINS	Bridgend AC	3:29.28	(12)-(6)				

T32 - 1500m

Welsh Record: Rosa YATES, Bridgend AC, 4:48.06, 2010

League Record: Lucy DENNIS Cardiff AAC 5:03.01 [M3-Ea-Newport] 2013

League Results - 2016/17 - 100m Hurdles (10 to 12 Sept 2016)										
Heat 1						Heat 2				
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.
1	740	Ella DAVIES	Swansea Harriers	5:25.05	G4P10 (1)-(18)					
2	315	Maddison HINES	Neath Harriers	5:40.06	P10 (2)-(16)					
3	502	Erin ANDREWS	Bridgend AC	5:46.16	P10 (3)-(14)					
4	48	Emma BRAZIER	Carmarthen Harriers	5:51.64	(4)-(12)					
5	517	Bethan HARDMAN	Bridgend AC	5:52.99	(5)-(9)					
6	47	Amy GREATRICK	Carmarthen Harriers	5:53.03	(6)-(8)					
7	46	Milly JOHN	Carmarthen Harriers	6:00.94	(7)					
8	370	Grace GRIFFITHS	Pembrokeshire Harriers	6:06.28	(8)-(10)					
9	745	Jessica KITCHEN	Swansea Harriers	6:09.68	(9)-(7)					
10	503	Philippa ALLEN	Bridgend AC	6:13.71	(10)					
11	126	Eloise GOFFIN	Barry & Vale Harriers	6:35.48	(11)-(8)					

T01 - 1000m walk

Welsh Record: Jordan RICHARDS , Carmarthen Harriers, 6.01.37, 2010

New Welsh Rec

League Record: Felicity GARDNER, Llanelli AC, 5:26.2, 2009

Heat 1									
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)				
1	505	Bethan ANTHONY	Bridgend AC	5:57.8	(1)-(18)				
2	367	Amy WHITE	Pembrokeshire Harriers	6:26.6	(2)-(16)				
3	509	Gemma PRICE	Bridgend AC	6:44.7	(3)-(9)				
4	722	Sophie BEYNON	Swansea Harriers	6:55.7	(4)-(14)				
5	723	Scarlett LEWIS	Swansea Harriers	6:56.2	(5)-(8)				
6	374	Maisie KITE	Pembrokeshire Harriers	7:21.9	(6)-(7)				
7	725	Ella BREARLEY	Swansea Harriers	7:22.1	(7)				

T22 - 70m Hurdles

Welsh Record: Carys POOLE, Swansea Harriers, 11.13, 2016

League Record: Carys POOLE, Swansea Harriers, 11.13, [Cup Final] 2016

Heat 1					ws -2.3	Heat 2					ws -2.2
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	371	Ella WINTLE	Pembrokeshire Harriers	13.01	G4P10 (1)-(18)	1	503	Philippa ALLEN	Bridgend AC	14.97	(5)-(14)
2	735	Melissa DAVIES	Swansea Harriers	13.49	P10 (2)-(16)	2	733	Sarah LYONS	Swansea Harriers	15.58	(6)
3	732	Lexi ALLEN	Swansea Harriers	14.56	(3)-(9)	3	744	Rebekah PRATT	Swansea Harriers	16.00	(7)
4	369	Lleucu LLOYD	Pembrokeshire Harriers	14.70	(4)-(8)	4	374	Maisie KITE	Pembrokeshire Harriers	16.12	(8)

T37 - 4 x 100 relay

Welsh Record: Not Recognised at this age group

League Record: Swansea Harriers, 50.70, 2011

Heat 1					(Pos-Pts)
Pos	Bib	Club	Perf.		
1	736	Swansea Harriers	59.33	Melissa DAVIES, Sarah LYONS, Leni BEARD, Sophie O'BRIEN	(3)-(14)
2	561	Llanelli AC	59.47	Chloe SIMMONITE, Hannah CARPENTER, Courtney BROWN, Kahlen JONES	(4)-(12)
3	731	Non Scoring Team	65.03	Mai DAVIES, Emilia EVANS, Rebekah PRATT, Charlotte COLLINS	(6)
4	564	Non Scoring Team	65.64	Hannah FORKOURAH, Alice BIRD, Bethan ADAMS, Kenzie DAVIES	(7)
DQ	501	Bridgend AC		Mali MORSE, Jersey JONES, Ellie LORIMER, Eleni JONES	

Heat 2					(Pos-Pts)
Pos	Bib	Club	Perf.		
1	373	Pembrokeshire Harriers	58.61	Maisie KITE, Maisy FOLEY, Megan COLE, Ella WINTLE	(1)-(18)
2	312	Neath Harriers	59.10	Saran HOPKINS, Louise BAKER, Jasmine HALE, Carys PRICE	(2)-(16)
3	42	Carmarthen Harriers	59.72	Faye JONES, Jessica LEE, Keira CARMODY, Zara EVANS	(5)-(10)
4	124	Barry & Vale Harriers	66.28	Eloise GOFFIN, Ella LYONS, Emily DOOGUE, Kelise HAPPY	(8)-(8)

F26 - High Jump

Welsh Record: Julia CHARLTON, Carmarthen Harriers, 1.68, 1978

League Record: Rosie DOMICAN, Cardiff Archers, 1.52, [M4-Ea-Cardiff] 2016

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	367	Amy WHITE	Pembrokeshire Harriers	1.33	(1)-(18)
2	735	Melissa DAVIES	Swansea Harriers	1.20	(2)-(16)
3	123	Emily DOOGUE	Barry & Vale Harriers	1.15	(3)-(14)
4	729	Emilia EVANS	Swansea Harriers	1.15	(4)-(9)
5	180	Ciara LANG-THOMAS	Pontyclun AC	1.05	(5)-(12)
6	556	Hannah CARPENTER	Llanelli AC	1.05	(6)-(10)
7	503	Philippa ALLEN	Bridgend AC	1.00	(DNSc)

F08 - Long Jump

Welsh Record: Chloe HUGHES, Deeside AC, 4.89, 2011

League Record: Ellie MILES, Cardiff Archers, 4.86, [Cup Final] 2016

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	43	Zara EVANS	Carmarthen Harriers	4.14	(1)-(18)
2	371	Ella WINTLE	Pembrokeshire Harriers	4.04	(2)-(16)
3	726	Leni BEARD	Swansea Harriers	4.03	(3)-(14)
4	312	Carys PRICE	Neath Harriers	3.99	(4)-(12)
5	732	Lexi ALLEN	Swansea Harriers	3.98	(5)-(9)
6	313	Jasmine HALE	Neath Harriers	3.95	(6)-(8)
7	733	Sarah LYONS	Swansea Harriers	3.93	(7)
8	494	Caitlin HURLEY	Bridgend AC	3.90	(8)-(10)
9	561	Chloe SIMMONITE	Llanelli AC	3.84	(9)-(8)
10	317	Saran HOPKINS	Neath Harriers	3.83	(10)
11	41	Jessica LEE	Carmarthen Harriers	3.82	(11)-(7)
12	183	Elen GRIFFITHS	Pontyclun AC	3.77	(12)-(12)
13	557	Kahlen JONES	Llanelli AC	3.73	(12)-(12)
14	123	Emily DOOGUE	Barry & Vale Harriers	3.62	(14)-(5)
15	735	Melissa DAVIES	Swansea Harriers	3.62	(15)-(4)
16	366	Megan COLE	Pembrokeshire Harriers	3.56	(15)-(4)
17	517	Bethan HARDMAN	Bridgend AC	3.48	(17)-(4)
18	722	Sophie BEYNON	Swansea Harriers	3.34	(18)-(3)
19	514	Rebecca HOPKINS	Bridgend AC	3.25	(19)
20	216	Riley MCLOUGHLIN	Brecon AC	3.13	(20)
21	560	Amy TUCKER	Llanelli AC	3.13	(21)-(2)
22	181	Isobel ARNOLD	Pontyclun AC	3.10	(21)-(2)
23	316	Holly REGAN	Neath Harriers	3.06	(23)
24	218	Kathryn WOODS	Brecon AC	3.01	(24)
25	507	Nicole ROWLANDS	Bridgend AC	2.93	(25)-(2)
26	559	Courtney BROWN	Llanelli AC	2.91	(26)
27	179	Bethan DAVIES	Pontyclun AC	2.77	(27)
28	505	Bethan ANTHONY	Bridgend AC	2.77	(28)
29	508	Megan ROWLANDS	Bridgend AC	2.33	(28)
30	126	Eloise GOFFIN	Barry & Vale Harriers	2.27	(30)

F04 - Shot (2.72kg)

Welsh Record: Adele NICOLL, Oswestry Olympians, 11.81, 2009

League Record: Nicola STEVENSON, Bridgend AC, 10.30, 2001

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	727	Chloe JONES	Swansea Harriers	7.36	(1)-(18)
2	313	Jasmine HALE	Neath Harriers	7.23	(2)-(16)
3	563	Isla MELROSE	Llanelli AC	6.58	(3)-(14)
4	317	Saran HOPKINS	Neath Harriers	6.39	(4)-(9)
5	724	Honey BARRETT	Swansea Harriers	6.19	(5)-(8)
6	312	Carys PRICE	Neath Harriers	6.15	(6)
7	500	Jersey JONES	Bridgend AC	6.10	(7)-(12)
8	373	Maisy FOLEY	Pembrokeshire Harriers	6.04	(8)-(10)
9	184	Mia WILLIAMS	Pontyclun AC	5.88	(9)-(8)
10	506	Eleni JONES	Bridgend AC	5.81	(10)-(7)
11	372	Lucy WINTLE	Pembrokeshire Harriers	5.47	(11)-(6)
12	49	Cordelia WALKER	Carmarthen Harriers	5.44	(12)-(11)
13	179	Bethan DAVIES	Pontyclun AC	5.44	(12)-(11)
14	729	Emilia EVANS	Swansea Harriers	5.30	(14)
15	369	Lleucu LLOYD	Pembrokeshire Harriers	5.28	(15)
16	565	Kenzie DAVIES	Llanelli AC	5.24	(16)-(4)
17	366	Megan COLE	Pembrokeshire Harriers	5.10	(17)
18	218	Kathryn WOODS	Brecon AC	4.81	(18)-(4)
19	730	Lucy HARRIS	Swansea Harriers	4.76	(19)
20	502	Erin ANDREWS	Bridgend AC	4.70	(20)
21	217	Jess DYKES	Brecon AC	4.63	(21)-(3)
22	42	Keira CARMODY	Carmarthen Harriers	4.60	(22)-(2)
23	311	Louise BAKER	Neath Harriers	4.27	(23)
24	181	Isobel ARNOLD	Pontyclun AC	4.13	(24)
25	517	Bethan HARDMAN	Bridgend AC	3.97	(25)
26	731	Charlotte COLLINS	Swansea Harriers	3.76	(26)
27	46	Milly JOHN	Carmarthen Harriers	3.71	(27)
28	47	Amy GREATRICK	Carmarthen Harriers	3.55	(28)
29	375	Maddie MANAGHAN	Pembrokeshire Harriers	3.33	(29)

F11 - Discus (0.75kg)

Welsh Record: Adele NICOLL, Oswestry Olympians, 31.68, 2009

League Record: Holly COOPER, Swansea Harriers, 30.43 [M2-We-Neath] 2015

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	727	Chloe JONES	Swansea Harriers	23.22	(1)-(18)
2	49	Cordelia WALKER	Carmarthen Harriers	13.80	(2)-(16)
3	724	Honey BARRETT	Swansea Harriers	12.56	(3)-(9)
4	514	Rebecca HOPKINS	Bridgend AC	11.18	(4)-(14)
5	731	Charlotte COLLINS	Swansea Harriers	10.82	(5)
6	723	Scarlett LEWIS	Swansea Harriers	10.53	(6)
7	496	Ellie LORIMER	Bridgend AC	9.79	(7)-(8)
8	122	Ella LYONS	Barry & Vale Harriers	9.18	(8)-(12)
9	315	Maddison HINES	Neath Harriers	9.07	(9)-(10)
10	217	Jess DYKES	Brecon AC	7.69	(10)-(8)

F19 - Javelin (400g)

Welsh Record: Bethan REES, Cannock & Staffs, 37.38, 2012

League Record: Bethany MOULE, Neath Harriers, 30.55, [M4-We-Brecon] 2014

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	727	Chloe JONES	Swansea Harriers	29.00	(1)-(18)
2	49	Cordelia WALKER	Carmarthen Harriers	23.13	(2)-(16)
3	124	Kelise HAPPI	Barry & Vale Harriers	16.66	(3)-(14)
4	369	Lleucu LLOYD	Pembrokeshire Harriers	15.28	(4)-(12)
5	502	Erin ANDREWS	Bridgend AC	13.29	(5)-(10)
6	184	Mia WILLIAMS	Pontyclun AC	13.19	(6)-(8)
7	560	Amy TUCKER	Llanelli AC	12.45	(7)-(6)
8	563	Isla MELROSE	Llanelli AC	11.87	(8)-(9)
9	730	Lucy HARRIS	Swansea Harriers	11.33	(9)-(8)
10	723	Scarlett LEWIS	Swansea Harriers	11.16	(10)
11	315	Maddison HINES	Neath Harriers	11.10	(11)-(4)
12	726	Leni BEARD	Swansea Harriers	10.61	(12)
13	44	Megan REES	Carmarthen Harriers	10.53	(13)-(7)
14	317	Saran HOPKINS	Neath Harriers	10.01	(14)-(6)
15	501	Mali MORSE	Bridgend AC	9.59	(15)-(5)
16	725	Ella BREARLEY	Swansea Harriers	9.52	(16)
17	372	Lucy WINTLE	Pembrokeshire Harriers	9.41	(17)-(4)
18	122	Ella LYONS	Barry & Vale Harriers	9.29	(18)-(3)
19	556	Hannah CARPENTER	Llanelli AC	9.24	(19)
20	565	Kenzie DAVIES	Llanelli AC	9.15	(20)
21	731	Charlotte COLLINS	Swansea Harriers	8.54	(21)
22	217	Jess DYKES	Brecon AC	8.37	(22)-(2)
23	515	Mia ALLEN	Bridgend AC	7.79	(23)
24	140	Jennifer VLASKAMP-HALL	Barry & Vale Harriers	7.55	(24)
25	509	Gemma PRICE	Bridgend AC	6.00	(25)
26	50	Elen WILLIAMS	Carmarthen Harriers	4.05	(26)

T08 - 100m

Welsh Record: Malcolm JAMES, Cardiff AAC, 12.5 (HT), 1975/Ewan ROSSER, Cwmbran Harriers, 12.54 (ET), 2013

League Record: Carter STAPLES Cardiff AAC 12.36 [M3-Ea-Hereford] 2015

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	499	Jack O'BRIEN	Bridgend AC	15.06	(9)	1	552	Harrison WHEELER	Llanelli AC	14.71	(5)-(14)
2	227	Tom HUGHES	Brecon AC	15.28	(10)-(7)	2	504	Josh STEVENS	Bridgend AC	15.03	(7)-(8)
3	220	Tommy MATTHEWS	Brecon AC	15.65	(12)	3	708	Christian STONES	Swansea Harriers	15.03	(7)-(8)
4	15	Ioan COLLIER	Carmarthen Harriers	16.00	(17)-(8)	4	513	Elliot WILLIAMS	Bridgend AC	16.12	(18)
5	13	Jack THOMAS	Carmarthen Harriers	16.35	(19)-(5)	5	392	Steffan BRIDGER	Pembrokeshire Harriers	16.44	(20)
6	219	Bean WARRY	Brecon AC	16.48	(21)	6	551	Craig DAVIES	Llanelli AC	16.58	(22)-(4)
7	18	Rogan COX	Carmarthen Harriers	17.27	(24)	7	550	Alex THOMAS	Llanelli AC	18.16	(26)
8	321	Matthew COX	Neath Harriers	17.56	(25)-(6)						
Heat 3						Race 4					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	715	Elliot RIORDAN	Swansea Harriers	14.56	(3)-(9)	1	490	Morgan HUBBARDE	Bridgend AC	14.23	(1)-(18)
2	702	Dylan MORGAN	Swansea Harriers	14.59	(4)	2	707	Joshua KENNY	Swansea Harriers	14.24	(2)-(16)
3	711	Harrison GARCIA	Swansea Harriers	15.67	(13)-(10)	3	226	Jack ORGAN	Brecon AC	14.76	(6)-(12)
4	390	Luke THOMAS	Pembrokeshire Harriers	15.81	(15)-(6)	4	511	Ewan BAILEY	Bridgend AC	15.61	(11)
5	498	Hywel LEYSHON	Bridgend AC	15.86	(16)	5	401	Henry THOMAS	Pembrokeshire Harriers	15.67	(13)-(10)
						6	555	Finley COOMBE	Llanelli AC	16.99	(23)

T27 - 200m

Welsh Record: Ewan ROSSER, Cwmbran Harriers, 25.23, 2013

League Record: Matthew RODERICK, Carmarthen Harriers, 25.0, 1985

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	707	Joshua KENNY	Swansea Harriers	29.60	(4)-(9)	1	504	Josh STEVENS	Bridgend AC	30.51	(6)-(8)
2	552	Harrison WHEELER	Llanelli AC	30.62	(7)-(12)	2	499	Jack O'BRIEN	Bridgend AC	30.85	(9)
3	555	Finley COOMBE	Llanelli AC	35.55	(21)-(5)	3	119	Sean MCLOUGHLIN	Barry & Vale Harriers	31.47	(10)-(10)
4	493	Joshua MORGAN	Bridgend AC	35.83	(22)	4	12	Frank MORGAN	Carmarthen Harriers	31.70	(11)-(8)
						5	11	Ioan CRESSEY-RODGERS	Carmarthen Harriers	34.17	(18)-(6)
Heat 3						Heat 4					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	222	Owen GRIFFITHS	Brecon AC	32.17	P10 (13)-(7)	1	490	Morgan HUBBARDE	Bridgend AC	28.46	FALSEP1 (1)-(18)
2	220	Tommy MATTHEWS	Brecon AC	33.34	(15)	2	715	Elliot RIORDAN	Swansea Harriers	29.29	(2)-(16)
3	186	Elliot D DAVIES	Pontyclun AC	33.47	(16)-(6)	3	226	Jack ORGAN	Brecon AC	29.41	(3)-(14)
4	219	Bean WARRY	Brecon AC	33.58	(17)	4	702	Dylan MORGAN	Swansea Harriers	30.15	(5)
5	223	Brynach SKINNER	Brecon AC	41.06	(23)	5	511	Ewan BAILEY	Bridgend AC	31.72	(12)
Heat 5						Heat 6					
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	
1	710	Christian GARCIA	Swansea Harriers	30.74	(8)						
2	717	Vamsi MUDDADA	Swansea Harriers	32.81	(14)						
3	709	Freddie WEBBER	Swansea Harriers	35.03	(19)						
4	18	Rogan COX	Carmarthen Harriers	35.11	(20)						

T17 - 800m

Welsh Record: Nikita NEARY, Carmarthen Harriers, 2:11.91, 2010

League Record: Nikita NEARY, Carmarthen Harriers, 2:12.0, 2010

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	226	Jack ORGAN	Brecon AC	2:29.47	G4P10 (1)-(18)	1	401	Henry THOMAS	Pembrokeshire Harriers	2:41.55	(3)-(14)
2	13	Jack THOMAS	Carmarthen Harriers	2:39.66	(2)-(16)	2	228	Thomas DAVIES	Brecon AC	2:47.03	(7)
3	710	Christian GARCIA	Swansea Harriers	2:42.30	(4)-(12)	3	26	Matthew WAUGH	Carmarthen Harriers	2:49.62	(8)-(8)
4	498	Hywel LEYSHON	Bridgend AC	2:42.63	(5)-(10)	4	703	Harley GLEESON	Swansea Harriers	2:51.28	(11)
5	222	Owen GRIFFITHS	Brecon AC	2:43.90	(6)-(9)	5	700	Ben SULLIVAN	Swansea Harriers	2:53.44	(13)
6	495	Luc MARTEN	Bridgend AC	2:50.43	(9)-(7)	6	392	Steffan BRIDGER	Pembrokeshire Harriers	2:54.62	(14)-(5)
7	711	Harrison GARCIA	Swansea Harriers	2:50.82	(10)-(6)	7	493	Joshua MORGAN	Bridgend AC	3:04.82	(18)
8	15	Ioan COLLIER	Carmarthen Harriers	2:53.21	(12)	8	718	Macsen HOLLAND	Swansea Harriers	3:06.90	(19)
9	714	Thomas GORVETT	Swansea Harriers	2:57.03	(15)	9	554	Caian EVANS	Llanelli AC	3:06.90	(20)-(8)
10	389	Jack BRUCE	Pembrokeshire Harriers	2:57.67	(16)	10	321	Matthew COX	Neath Harriers	3:20.58	(21)-(6)
11	225	Daniel RICKETTS	Brecon AC	3:02.93	(17)						

T31 - 1500m

Welsh Record: David POWELL, Wolverhampton, 4:31.3 (HT), 1977

League Record: Ben REYNOLDS, Cardiff Archers, 4:40.72, [M1-Ea-Hereford] 2015

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	
1	492	Cameron COBURN	Bridgend AC	5:12.95	G4P10 (1)-(18)						
2	11	Ioan CRESSEY-RODGERS	Carmarthen Harriers	5:17.29	P10 (2)-(16)						
3	491	Dafydd PRATCHET	Bridgend AC	5:24.18	P10 (3)-(9)						
4	16	Steffan DAVIES	Carmarthen Harriers	5:47.41	(4)-(8)						
5	221	Isaac PIERCE	Brecon AC	5:52.67	(5)-(14)						
6	716	Dafydd KING	Swansea Harriers	5:59.43	(6)-(12)						
7	322	Jac THOMAS	Neath Harriers	6:01.47	(7)-(10)						
8	706	Lucas FRUDD	Swansea Harriers	6:26.66	(8)-(7)						
9	224	Owen PRICE DAVIES	Brecon AC	6:27.58	(9)-(6)						

T03 - 1000m walk

Welsh Record: Antonio CIRILLO, Swansea Harriers, 4.20.05,2005

League Record: Antonio CIRILLO, Swansea Harriers, 5:26.0, 2003

Heat 1				
Pos	Bib	Athletes	Club	Perf.
1	17	Brynmor PETERS	Carmarthen Harriers	5:57.2
2	512	Joshua KERRY	Bridgend AC	6:08.4
3	12	Frank MORGAN	Carmarthen Harriers	6:41.3
4	229	Thomas GILBERT	Brecon AC	6:47.8

				(Pos-Pts)
				(1)-(18)
				(2)-(16)
				(3)-(9)
				(4)-(14)

T19 - 75m Hurdles

Welsh Record: Harry HILLMAN, Cardiff AAC, 11.90, 2011

League Record: Harry HILLMAN, Cardiff AAC, 11.89, 2011 [Cup Final]

Heat 1				
Pos	Bib	Athletes	Club	Perf.
1	713	Zac DAVIES	Swansea Harriers	13.60
2	704	Samuel DAVIES	Swansea Harriers	15.29
3	719	Ieuan DAVIES	Swansea Harriers	15.88
4	119	Sean MCLOUGHLIN	Barry & Vale Harriers	15.96
5	716	Dafydd KING	Swansea Harriers	16.96
6	712	Conor O'SHAUGHNESSY	Swansea Harriers	18.07

Heat 2				
Pos	Bib	Athletes	Club	Perf.
				(Pos-Pts)
				(2)-(18)
				(3)-(9)
				(4)
				(5)-(16)
				(6)
				(7)

T34 - 4 x 100 relay

Welsh Record: Not Recognised at this age group

League Record: Pembrokeshire Harriers, 45.87 [Cup Final] 2014

Heat 1				
Pos	Bib	Athletes	Club	Perf.
1	707		Swansea Harriers	59.83
2	700	Non Scoring Team	Swansea Harriers Guests	63.23
3	552		Llanelli AC	64.92
4	492	Non Scoring Team	Bridgend AC Guests	65.84

				(Pos-Pts)
				(2)-(16)
				(4)
				(6)-(10)
				(7)

Heat 2				
Pos	Bib	Athletes	Club	Perf.
1	490		Bridgend AC	56.28
2	226		Brecon AC	60.38
3	15		Carmarthen Harriers	63.91
4	392		Pembrokeshire Harriers	66.81
5	219	Non Scoring Team	Brecon AC Guests	69.69

				(Pos-Pts)
				(1)-(18)
				(3)-(14)
				(5)-(12)
				(8)-(8)
				(9)

F09 - High Jump

Welsh Record: Jamie DALTON, Preseli Harriers, 1.67, 1992

League Record: Miles KELLER-JENKINS, Swansea Harriers, 1.63, 2010

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	704	Samuel DAVIES	Swansea Harriers	1.50	(1)-(18)
2	388	Jamie ZYGADLO	Pembrokeshire Harriers	1.45	(2)-(16)
3	715	Elliot RIORDAN	Swansea Harriers	1.40	(3)-(9)
4	14	Dylan GWYNNNE-JONES	Carmarthen Harriers	1.30	(4)-(14)
5	118	Will KINGSTON	Barry & Vale Harriers	1.25	(5)-(12)
6==	714	Thomas GORVETT	Swansea Harriers	1.20	(6)
6==	711	Harrison GARCIA	Swansea Harriers	1.20	(6)
6==	391	Troy JENKINS	Pembrokeshire Harriers	1.20	(6)-(8)
9===	551	Craig DAVIES	Llanelli AC	1.10	(9)-(10)
9===	498	Hywel LEYSHON	Bridgend AC	1.10	(9)-(10)
9===	495	Luc MARTEN	Bridgend AC	1.10	(9)-(7)
9===	712	Conor O'SHAUGHNESSY	Swansea Harriers	1.10	(9)
13	701	Daniel OWEN	Swansea Harriers	1.05	(13)

F27 - Long Jump

Welsh Record: Clive WOOLMER, Milford Haven Sch, 5.31, 1982

League Record: Theo CABANGO, Cardiff Archers, 5.42 nwr, [Cup Final] 2014

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	704	Samuel DAVIES	Swansea Harriers	4.43	(1)-(18)
2	388	Jamie ZYGADLO	Pembrokeshire Harriers	4.21	(2)-(16)
3	702	Dylan MORGAN	Swansea Harriers	4.15	(3)-(9)
4	511	Ewan BAILEY	Bridgend AC	4.01	(4)-(14)
5	119	Sean MCLOUGHLIN	Barry & Vale Harriers	3.97	(5)-(12)
6	391	Troy JENKINS	Pembrokeshire Harriers	3.94	(6)-(8)
7	552	Harrison WHEELER	Llanelli AC	3.92	(7)-(10)
8	390	Luke THOMAS	Pembrokeshire Harriers	3.84	(8)
9	220	Tommy MATTHEWS	Brecon AC	3.68	(9)-(8)
10	492	Cameron COBURN	Bridgend AC	3.64	(10)-(7)
11	708	Christian STONES	Swansea Harriers	3.62	(11)
12	222	Owen GRIFFITHS	Brecon AC	3.61	(12)-(6)
13	228	Thomas DAVIES	Brecon AC	3.59	(12)
14	11	Ioan CRESSEY-RODGERS	Carmarthen Harriers	3.56	(14)
15	323	Joseph SELICK	Neath Harriers	3.50	(15)-(6)
16	491	Dafydd PRATCHET	Bridgend AC	3.38	(16)-(4)
17	219	Bean WARRY	Brecon AC	3.37	(17)
18	16	Steffan DAVIES	Carmarthen Harriers	3.34	(18)
19	186	Elliot D DAVIES	Pontyclun AC	3.33	(19)-(5)
20	512	Joshua KERRY	Bridgend AC	3.29	(20)-(2)
21	550	Alex THOMAS	Llanelli AC	3.27	(21)
22	18	Rogan COX	Carmarthen Harriers	3.22	(22)-(4)
23	551	Craig DAVIES	Llanelli AC	3.19	(23)
24	555	Finley COOMBE	Llanelli AC	3.13	(24)
25	389	Jack BRUCE	Pembrokeshire Harriers	3.12	(25)
26	321	Matthew COX	Neath Harriers	3.11	(26)
27	706	Lucas FRUDD	Swansea Harriers	3.11	(27)-(3)
28	13	Jack THOMAS	Carmarthen Harriers	3.06	(27)
29	17	Brynmor PETERS	Carmarthen Harriers	2.87	(29)
30	229	Thomas GILBERT	Brecon AC	2.84	(30)

F24 - Shot (3.25kg)

Welsh Record: Mathew EVANS, Carmarthen Harriers, 14.47, 2001

League Record: Mathew EVANS, Carmarthen Harriers, 13.73, 2001

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	713	Zac DAVIES	Swansea Harriers	8.42	(1)-(18)
2	718	Macsen HOLLAND	Swansea Harriers	7.52	(2)-(9)
3	186	Elliot D DAVIES	Pontyclun AC	7.44	(3)-(16)
4	387	Michael JENKINS	Pembrokeshire Harriers	7.10	(4)-(14)
5	493	Joshua MORGAN	Bridgend AC	6.55	(5)-(12)
6	224	Owen PRICE DAVIES	Brecon AC	6.51	(6)
7	229	Thomas GILBERT	Brecon AC	6.47	(7)-(8)
8	225	Daniel RICKETTS	Brecon AC	6.24	(8)
9	490	Morgan HUBBARDE	Bridgend AC	6.06	(9)-(7)
10	12	Frank MORGAN	Carmarthen Harriers	5.48	(10)-(8)
11	120	George SNAITH	Barry & Vale Harriers	5.20	(11)-(6)
12	322	Jac THOMAS	Neath Harriers	5.09	(12)-(4)
13	15	Ioan COLLIER	Carmarthen Harriers	4.73	(13)-(6)
14	223	Brynach SKINNER	Brecon AC	4.42	(14)
15	717	Vamsi MUDDADA	Swansea Harriers	4.37	(15)
16	14	Dylan GWYNNNE-JONES	Carmarthen Harriers	4.28	(16)
17	227	Tom HUGHES	Brecon AC	3.91	(17)
18	497	Oscar THOMAS	Bridgend AC	3.78	(18)
19	553	Shay GRAHAM	Llanelli AC	3.71	(19)-(2)

Athlete 224 has taken part in 4 event this event was his last so his performance and points are DQ from this event

F25 - Javelin (400g)

Welsh Record: Tom NORTON, Cwmbran Harriers, 44.80, 2007

League Record: Rheon JAMES, Carmarthen Harriers, 41.00, 2005

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	120	George SNAITH	Barry & Vale Harriers	28.65	(1)-(18)
2	388	Jamie ZYGADLO	Pembrokeshire Harriers	27.32	(2)-(16)
3	700	Ben SULLIVAN	Swansea Harriers	18.19	(3)-(14)
4	714	Thomas GORVETT	Swansea Harriers	17.78	(4)-(9)
5	705	Nathan JONES	Swansea Harriers	16.84	(5)
6	703	Harley GLEESON	Swansea Harriers	16.71	(6)
7	118	Will KINGSTON	Barry & Vale Harriers	16.24	(7)-(8)
8	224	Owen PRICE DAVIES	Brecon AC	16.13	(8)-(12)
9	14	Dylan GWYNNNE-JONES	Carmarthen Harriers	14.80	(9)-(10)
10	499	Jack O'BRIEN	Bridgend AC	13.94	(10)-(8)
11	392	Steffan BRIDGER	Pembrokeshire Harriers	13.51	(11)-(7)
12	322	Jac THOMAS	Neath Harriers	13.50	(12)-(6)
13	709	Freddie WEBBER	Swansea Harriers	12.09	(13)
14	387	Michael JENKINS	Pembrokeshire Harriers	9.93	(14)
15	550	Alex THOMAS	Llanelli AC	9.64	(15)-(4)
16	223	Brynach SKINNER	Brecon AC	8.96	(16)-(6)
17	546	Thomas BATSFORD	Llanelli AC	5.51	(17)-(5)

F17 - Discus (1.00kg)

Welsh Record: Chris HUGHES, Swansea Harriers, 38.92, 1991

League Record: Mathew EVANS, Carmarthen Harriers, 41.86, 2003

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	705	Nathan JONES	Swansea Harriers	20.58	(1)-(18)
2	387	Michael JENKINS	Pembrokeshire Harriers	19.05	(2)-(16)
3	712	Conor O'SHAUGHNESSY	Swansea Harriers	14.94	(3)-(9)
4	227	Tom HUGHES	Brecon AC	13.32	(4)-(14)
5	716	Dafydd KING	Swansea Harriers	12.22	(5)
6	504	Josh STEVENS	Bridgend AC	12.04	(6)-(12)
7	703	Harley GLEESON	Swansea Harriers	11.15	(7)
8	224	Owen PRICE DAVIES	Brecon AC	9.18	(8)-(8)

T09 - 100m

Welsh Record: Helen MILES, Bridgend AC, 12.0 (HT), 1981/Hannah BRIER, Swansea Harriers, 12.04 (ET), 2012

League Record: Hannah BRIER, Swansea Harriers, 12.5, 2011

Heat 1					ws -2.6		Heat 2					ws -3.0			
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)				
1	56	Ellie TROMANS	Carmarthen Harriers	13.93	(4)-(12)	1	522	Ella HUBBARDE	Bridgend AC	13.86	(2)-(16)				
2	231	Gwen DAVIES	Brecon AC	15.21	(14)	2	524	Jodi DAVIES	Bridgend AC	14.72	(11)-(6)				
3	629	Tate MELLOR	Swansea Harriers	15.45	(16)	3	138	Betsi MOUNTFORD	Barry & Vale Harriers	15.56	(17)-(5)				
4	55	Swyn DAFYDD	Carmarthen Harriers	15.92	(22)-(4)	4	190	Amelie DONAVON DAVIES	Pontyclun AC	15.71	(19)-(6)				
5	380	Ffion WILLIAMS	Pembrokeshire Harriers	16.51	(25)-(4)	5	523	Niamh O'BRIEN	Bridgend AC	15.72	(20)				
						6	191	Bethan LANG-THOMAS	Pontyclun AC	16.01	(23)-(3)				
						7	132	Ellie-Mae ROSE	Barry & Vale Harriers	16.65	(26)				
						8	238	Gwen SMITH	Brecon AC	16.88	(27)				
Heat 3					ws -2.7		Race 4					Heat 4		ws -4.0	
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)				
1	636	Danai MUGABE	Swansea Harriers	13.29	G4-P10 (1)-(18)	1	572	Cerys BEVAN	Llanelli AC	14.17	(6)-(10)				
2	137	Kirsty LAW	Barry & Vale Harriers	13.87	(3)-(14)	2	571	Jess CLYDE	Llanelli AC	14.51	(10)-(7)				
3	635	Caitlin LLEWELYN	Swansea Harriers	14.09	(5)-(9)	3	529	Emily PENNY	Bridgend AC	14.90	(12)				
4	634	Georgia WILSON	Swansea Harriers	14.22	(7)	4	568	Elinor THOMAS	Llanelli AC	15.21	(14)				
5	235	Charlie PRICE	Brecon AC	14.29	(8)-(8)	5	570	Amy MULLEN	Llanelli AC	15.70	(18)				
6	237	Paige BALLINGTON	Brecon AC	14.35	(9)-(8)	6	567	Maddison BALL	Llanelli AC	15.81	(21)				
7	625	Emily COLLINS	Swansea Harriers	14.91	(13)	7	528	Caitlin WILLIAMS	Bridgend AC	16.34	(24)				
DNS	232	Megan NICHOLAS	Brecon AC												

T26 - 200m

Welsh Record: Hannah BRIER, Swansea Harriers, 24.54, 2012

League Record: Hannah BRIER, Swansea Harriers, 25.2, 2011

Heat 1					ws -2.4		Heat 2					ws -4.1	
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)		Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	
1	522	Ella HUBBARDE	Bridgend AC	28.12	P10 (3)-(14)		1	56	Ellie TROMANS	Carmarthen Harriers	28.09	P10 (2)-(16)	
2	526	Amber WILLIAMS	Bridgend AC	29.60	(10)-(6)		2	58	Phoebe DAVIS	Carmarthen Harriers	29.36	(8)	
3	524	Jodi DAVIES	Bridgend AC	30.68	(19)		3	59	Ellie LOWETH	Carmarthen Harriers	29.63	(11)	
4	568	Elinor THOMAS	Llanelli AC	30.70	(20)		4	640	Eve BEVAN	Swansea Harriers	30.10	(15)-(4)	
5	567	Maddison BALL	Llanelli AC	32.47	(26)		5	644	Carys DICKINSON	Swansea Harriers	30.46	(18)	
Heat 3					ws -3.5		Heat 4					ws -3.5	
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)		Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	
1	232	Megan NICHOLAS	Brecon AC	30.21	(17)		1	636	Danai MUGABE	Swansea Harriers	27.39	P10 (1)-(18)	
2	336	Imogen PHILLIPS	Neath Harriers	31.34	(21)-(6)		2	137	Kirsty LAW	Barry & Vale Harriers	28.16	(4)-(12)	
3	135	Erin MCLOUGHLIN	Barry & Vale Harriers	31.44	(22)		3	134	Hannahlise BOLT	Barry & Vale Harriers	28.45	(5)-(9)	
4	378	Gwen DODD	Pembrokeshire Harriers	31.90	(23)-(4)		4	237	Paige BALLINGTON	Brecon AC	29.83	(13)-(8)	
5	648	Grace WHITTAKER	Swansea Harriers	31.96	(24)		5	235	Charlie PRICE	Brecon AC	29.89	(14)-(5)	
6	191	Bethan LANG-THOMAS	Pontyclun AC	32.37	(25)-(2)								
Heat 5					ws -2.1		Heat 6						
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)		Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	
1	66	Beca ROBERTS	Carmarthen Harriers	28.66	(6)-(8)								
2	571	Jess CLYDE	Llanelli AC	28.88	(7)-(10)								
3	569	Iona MELROSE	Llanelli AC	29.46	(9)-(7)								
4	572	Cerys BEVAN	Llanelli AC	29.81	(12)								
5	642	Aimee MERRICK	Swansea Harriers	30.14	(16)								
6	376	Megan POUPARD	Pembrokeshire Harriers	32.63	(27)-(3)								

T12 - 300m

Welsh Record: Hannah BRIER, Swansea Harriers, 39.7 (HT), 2012

League Record: Abigail BACKSHALL, Colwyn Bay AC, 41.67, 2011 [Cup Final]

Heat 1							Heat 2						
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)		Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	
1	626	India COLLINSON	Swansea Harriers	45.14	G4 P10 (2)-(16)		1	60	Siwan JONES-EVANS	Carmarthen Harriers	44.40	G3 P10 (1)-(18)	
2	569	Iona MELROSE	Llanelli AC	45.28	G4 P10 (3)-(14)		2	640	Eve BEVAN	Swansea Harriers	47.22	(7)	
3	526	Amber WILLIAMS	Bridgend AC	45.29	G4 P10 (4)-(12)		3	59	Ellie LOWETH	Carmarthen Harriers	48.13	(9)-(7)	
4	527	Hollie MULLAN	Bridgend AC	46.07	P10 (5)-(9)		4	139	Libby MCKINNEY	Barry & Vale Harriers	50.75	(14)-(8)	
5	337	Cerys TEAGUE	Neath Harriers	49.56	(12)-(10)		5	378	Gwen DODD	Pembrokeshire Harriers	50.76	(15)-(6)	
6	335	Daisy ELEY	Neath Harriers	51.84	(16)-(6)								
Heat 3							Heat 4						
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)		Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	
1	641	Niamh JONES	Swansea Harriers	46.60	P10 (6)-(8)								
2	635	Caitlin LLEWELYN	Swansea Harriers	47.74	(8)								
3	643	Gabrielle GARCIA	Swansea Harriers	48.35	(10)								
4	642	Aimee MERRICK	Swansea Harriers	49.37	(11)								
5	62	Deryn CRESSEY-RODGERS	Carmarthen Harriers	50.67	(13)								

T20 - 800m

Welsh Record: Amanda PRITCHARD, Cardiff AAC, 2:10.66, 1994
League Record: Lauren BELL, Pembroke Harriers, 2:15.7, 2008

League Women's 200m 2022/23 - Division 1 - Round 7 - 2023										
Heat 1					Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.
1	233	Leonora RITSON-WALTON	Brecon AC	2:37.08	(1)-(18)					
2	641	Niamh JONES	Swansea Harriers	2:41.17	(2)-(16)					
3	525	Megan FROLEY	Bridgend AC	2:46.49	(3)-(14)					
4	643	Gabrielle GARCIA	Swansea Harriers	2:49.65	(4)-(9)					
5	335	Daisy ELEY	Neath Harriers	2:53.79	(5)-(12)					
6	521	Leonora BREHENY	Bridgend AC	2:56.19	(6)-(8)					
7	234	Glesni POWELL	Brecon AC	3:04.58	(7)-(7)					
8	530	Amy FRASER	Bridgend AC	3:13.21	(8)					

T30 - 1500m

Welsh Record: Cari HUGHES, Menai T&F, 4:33.33, 2013
League Record: Heledd GRUFFUD, Carmarthen Harriers, 4:53.2, 1993

League Record Women 5000m (50/55/60/65/70/75/80/85/90/95/100)										
Heat 1						Heat 2				
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.
1	57	Daisy THOMPSON	Carmarthen Harriers	5:02.69	G4 P10 (1)-(18)					
2	133	Moli LYONS	Barry & Vale Harriers	5:12.60	G4 P10 (2)-(16)					
3	236	Tiegan WARD	Brecon AC	5:18.85	P10 (3)-(14)					
4	379	Kasia COOK	Pembrokeshire Harriers	5:23.73	P10 (4)-(12)					
5	62	Deryn CRESSEY-RODGERS	Carmarthen Harriers	5:28.71	(5)-(9)					
6	61	Molly CRESSEY-RODGERS	Carmarthen Harriers	5:39.96	(6)					
7	331	Eden-Rae DAVIES	Neath Harriers	5:49.37	(7)-(10)					
8	534	Lucy HILL	Bridgend AC	7:32.79	(8)-(8)					

T02 - 1000m walk

Welsh Record: Charlene BALL, Rumney Sc, 5:27.8, 2001
League Record: Heather LEWIS, Pembroke Harriers, 4:59.7, 2008

				Heat 1	
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	632	Maddie DRAYCOTT	Swansea Harriers	5:49.0	(1)-(18)
2	633	Freya GERMINE	Swansea Harriers	7:01.0	(2)-(9)

T18 - 75m Hurdles

Welsh Record: Heather JONES, Carmarthen Harriers, 10.86, 2001
League Record: Heather JONES, Carmarthen Harriers, 11.2, 2001

League Women's Harriers Series, Carmarthen Harriers, 12/12/2022										
Heat 1						Heat 2				
ws -3.5						ws -5.1				
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	(Pos-Pts)
1	638	Jamie HOLLAND	Swansea Harriers	14.28	(3)-(9)	1	639	Carys POOLE	Swansea Harriers	(1)-(18)
2	231	Gwen DAVIES	Brecon AC	16.04	(6)-(10)	2	381	Flavia JENKINS	Pembrokeshire Harriers	(2)-(16)
3	238	Gwen SMITH	Brecon AC	18.89	(8)-(8)	3	66	Beca ROBERTS	Carmarthen Harriers	(4)-(14)
4	525	Megan FROLEY	Bridgend AC	22.26	(9)-(8)	4	135	Erin MCLOUGHLIN	Barry & Vale Harriers	(5)-(12)
						5	625	Emily COLLINS	Swansea Harriers	(7)

T38 - 4 x 100 relay

Welsh Record: Not Recognised at this age group
League Record: Swansea Harriers 59.29, [Cup Final] 2014

Heat 1					Heat 2				
Pos	Bib	Club	Perf.	(Pos-Pts)	Pos	Bib	Club	Perf.	(Pos-Pts)
1	636	Swansea Harriers	54.00	(1)-(18)					
2	644	Non Scoring Team	56.77	(3)					
3	571	Llanelli AC	57.13	(5)-(12)					
4	522	Bridgend AC	58.74	(7)-(8)					
Heat 2					Heat 3				
Pos	Bib	Club	Perf.	(Pos-Pts)	Pos	Bib	Club	Perf.	(Pos-Pts)
1	235	Brecon AC	55.40	(2)-(16)					
2	134	Barry & Vale Harriers	56.85	(4)-(14)					
3	56	Carmarthen Harriers	58.28	(6)-(10)					
DQ	377	Pembrokeshire Harriers							

F21 - High Jump

Welsh Record: Lea HAGGETT, Herne Hill Harriers, 1.81, 1986

League Record: Emily MORRIS, Swansea Harriers, 1.62, 2009

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	63	Lili CHURCH	Carmarthen Harriers	1.54	G2 P10 (1)-(18)
2	136	Mariella WATT	Barry & Vale Harriers	1.50	G3 P10 (2)-(16)
3=	630	Brooke CASTLE	Swansea Harriers	1.45	G4 P10 (3)-(14)
3=	647	Marnie MUSGRAVE	Swansea Harriers	1.45	G4 P10 (3)-(9)
5	570	Amy MULLEN	Llanelli AC	1.35	(5)-(12)
6	377	Phoebe NOOTT	Pembrokeshire Harriers	1.35	(6)-(12)
7	134	Hannahlise BOLT	Barry & Vale Harriers	1.35	(7)-(8)
8=	135	Erin MCLOUGHLIN	Barry & Vale Harriers	1.25	(8=)
8=	58	Phoebe DAVIS	Carmarthen Harriers	1.25	(8=)-(7)
10	190	Amelie DONAVON DAVIES	Pontyclun AC	1.25	(10)-(8)
11	233	Leonora RITSON-WALTON	Brecon AC	1.15	(11)-(6)
12	631	Ffion MORGAN	Swansea Harriers	1.10	(12)

F05 - Long Jump

Welsh Record: Ceri JENKINS, Cleddau, 5.57, 1972

League Record: Gabriella FAKANDE, Cwmbran Harriers, 5.19 [M2-Ea-Cwmbran] 2014

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	626	India COLLINSON	Swansea Harriers	4.49	G4* (1)-(18)
2	522	Ella HUBBARDE	Bridgend AC	4.44	* (2)-(16)
3	627	Tiana EVANS	Swansea Harriers	4.38	* (3)-(23)
4	568	Elinor THOMAS	Llanelli AC	4.38	* (3)
5	66	Beca ROBERTS	Carmarthen Harriers	4.29	(5)-(12)
6	572	Cerys BEVAN	Llanelli AC	4.27	(6)-(8)
7	235	Charlie PRICE	Brecon AC	4.21	(7)-(10)
8	381	Flavia JENKINS	Pembrokeshire Harriers	4.15	(8)-(15)
9	63	Lili CHURCH	Carmarthen Harriers	4.15	(8)
10	570	Amy MULLEN	Llanelli AC	4.07	(10)
11	237	Paige BALLINGTON	Brecon AC	4.01	(11)-(6)
12	630	Brooke CASTLE	Swansea Harriers	3.96	(12)
13	569	Iona MELROSE	Llanelli AC	3.96	(12)
14	232	Megan NICHOLAS	Brecon AC	3.95	(14)
15	628	Elin VAN BLOCK	Swansea Harriers	3.79	(15)
16	529	Emily PENNY	Bridgend AC	3.66	(16)-(5)
17	190	Amelie DONAVON DAVIES	Pontyclun AC	3.64	(17)-(6)
18	231	Gwen DAVIES	Brecon AC	3.64	(17)
19	139	Libby MCKINNEY	Barry & Vale Harriers	3.59	(19)-(4)
20	236	Tiegan WARD	Brecon AC	3.56	(20)
21	651	Safia BECHAR	Swansea Harriers	3.56	(20)
22	629	Tate MELLOR	Swansea Harriers	3.49	(22)
23	59	Ellie LOWETH	Carmarthen Harriers	3.43	(23)
24	234	Glesni POWELL	Brecon AC	3.30	(24)
25	380	Ffion WILLIAMS	Pembrokeshire Harriers	3.22	(25)-(4)
26	132	Ellie-Mae ROSE	Barry & Vale Harriers	3.16	(26)-(3)
27	530	Amy FRASER	Bridgend AC	3.01	(27)
28	528	Caitlin WILLIAMS	Bridgend AC	2.80	(28)

F22 - Discus (1.00kg)

Welsh Record: Philippa ROLES, Swansea Harriers, 44.12, 1992

League Record: Philippa ROLES, Swansea Harriers, 41.26, 1992

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	646	Neve BOWEN	Swansea Harriers	25.95	G2* (1)-(18)
2	65	Nia WILLIAMS	Carmarthen Harriers	22.21	G4* (2)-(16)
3	230	Madeleine DAVIES	Brecon AC	20.90	G4* (3)-(14)
4	337	Cerys TEAGUE	Neath Harriers	16.55	(4)-(12)
5	637	Eleanor WARD	Swansea Harriers	15.77	(5)-(9)
6	650	Isabelle ELLSMORE	Swansea Harriers	14.66	(6)
7	534	Lucy HILL	Bridgend AC	13.41	(7)-(10)
8	649	Tallulah THOMAS	Swansea Harriers	11.78	(8)
9	239	Lily CRONIN	Brecon AC	11.10	(9)-(8)
10	648	Grace WHITTAKER	Swansea Harriers	11.07	(10)
11	62	Deryn CRESSEY-RODGERS	Carmarthen Harriers	8.69	(11)-(7)
12	335	Daisy ELEY	Neath Harriers	7.94	(12)-(6)

F07 - Pole Vault

Welsh Record: Carys JONES, Carmarthen Harriers, 3.20, 2013

League Record: Megan HODGSON, Cardiff AAC, 3.00 [M1-Ea-Hereford] 2015

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	637	Eleanor WARD	Swansea Harriers	1.90	(1)-(18)

F29 - Shot (3.00kg)

Welsh Record: Sarah OMOREGIE, Cardiff AAC, 12.67, 2014

League Record: Sarah WATKINS, Neath Harriers, 10.42, [Cup Final] 2014

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	65	Nia WILLIAMS	Carmarthen Harriers	9.14	G3 P10 (1)-(18)
2	646	Neve BOWEN	Swansea Harriers	8.63	G4 P10 (2)-(16)
3	381	Flavia JENKINS	Pembrokeshire Harriers	8.59	G4 P10 (3)-(23)
4	644	Carys DICKINSON	Swansea Harriers	8.34	G4 P10 (4)
5	377	Phoebe NOOTT	Pembrokeshire Harriers	8.09	P10 (5)-(12)
6	230	Madeleine DAVIES	Brecon AC	7.66	P10 (6)-(8)
7	56	Ellie TROMANS	Carmarthen Harriers	7.18	(7)-(10)
8	637	Eleanor WARD	Swansea Harriers	7.01	(8)-(15)
9	645	Holly COOPER	Swansea Harriers	7.01	(8)
10	331	Eden-Rae DAVIES	Neath Harriers	6.43	(10)
11	631	Ffion MORGAN	Swansea Harriers	6.32	(11)-(6)
12	337	Cerys TEAGUE	Neath Harriers	6.31	(12)
13	333	Emma HAMES	Neath Harriers	6.21	(13)
14	527	Hollie MULLAN	Bridgend AC	6.20	(14)
15	523	Niamh O'BRIEN	Bridgend AC	5.92	(15)
16	650	Isabelle ELLSMORE	Swansea Harriers	5.61	(16)-(5)
17	192	Lucy FISHER	Pontyclun AC	5.46	(17)-(6)
18	530	Amy FRASER	Bridgend AC	5.04	(18)
19	239	Lily CRONIN	Brecon AC	4.83	(19)-(4)

F02 - Hammer (3.00kg)

Welsh Record: Jade WILLIAMS, Wrexham AC, 54.00, 15.07.2015

League Record: Emily PEARCE, Rhondda AC, 46.92 [M1-Ea-Hereford] 2013

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	333	Emma HAMES	Neath Harriers	37.22	G3 P10 (1)-(18)
2	645	Holly COOPER	Swansea Harriers	25.31	G4 P10 (2)-(16)
3	625	Emily COLLINS	Swansea Harriers	20.61	(3)-(9)

F10 - Javelin (500g)

Welsh Record: Bethany MOULE, Neath Harriers, 48.84, 2016

League Record: Bethany MOULE, Neath Harriers, 40.73 [M3-We-Brecon] 2015

Pos	Bib	Athletes	Club	Perf.		(Pos-Pts)
1	627	Tiana EVANS	Swansea Harriers	28.23	G2P10	(1)-(18)
2	63	Lili CHURCH	Carmarthen Harriers	25.29	G3P10	(2)-(16)
3	378	Gwen DODD	Pembrokeshire Harriers	22.99	G4P10	(3)-(14)
4	628	Elin VAN BLOCK	Swansea Harriers	22.08	G4P10	(4)-(9)
5	331	Eden-Rae DAVIES	Neath Harriers	19.20	P10	(5)-(12)
6	233	Leonora RITSON-WALTON	Brecon AC	17.50		(6)-(10)
7	236	Tiegan WARD	Brecon AC	13.75		(7)-(8)
8	192	Lucy FISHER	Pontyclun AC	10.48		(8)-(8)
9	133	Moli LYONS	Barry & Vale Harriers	9.74		(9)-(6)
10	632	Maddie DRAYCOTT	Swansea Harriers	8.41		(10)

T10 - 100m

Welsh Record: Andrew WATKINS, Pontypridd AC, 10.99, 2002

League Record: Harry HILLMAN Cardiff AAC 11.47 [Cup Final] 2013

Heat 1					Heat 2						
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	242	Euan DYKES	Brecon AC	12.49	(1)-(18)	1	597	Tommy PAYNE	Swansea Harriers	12.75	(2)-(16)
2	592	Charlie HOLLAND	Swansea Harriers	12.83	(3)-(9)	2	594	Harrison DALE	Swansea Harriers	13.60	(6)
3	591	Sam PETHERBRIDGE	Swansea Harriers	13.17	(4)	3	593	Harley THOMAS	Swansea Harriers	14.87	(9)
4	245	Will DAVIS	Brecon AC	13.54	(5)-(8)	4	129	Harvey ROSE	Barry & Vale Harriers	15.57	(10)-(7)
5	241	Patrick DEVENEY-BILLINGE	Brecon AC	14.23	(7)	5	573	Rhys BATSFORD	Llanelli AC	18.21	(11)-(12)
6	128	Lewis INGRAM	Barry & Vale Harriers	14.61	(8)-(14)						

T25 - 200m

Welsh Record: Andrew WATKINS, Pontypridd AC, 22.13, 2002

League Record: Ellis WHARTON, Newport Harriers, 23.04, [M3-Ea-Newport] 2013

Heat 1						Heat 2					
ws -2.6						ws -0.9					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	592	Charlie HOLLAND	Swansea Harriers	25.38	G4 P10 (3)-(9)	1	242	Euan DYKES	Brecon AC	24.84	G4 P10 (1)-(18)
2	591	Sam PETHERBRIDGE	Swansea Harriers	26.30	(4)	2	597	Tommy PAYNE	Swansea Harriers	25.26	G4 P10 (2)-(16)
3	533	Dylan ANDREWS	Bridgend AC	27.22	(5)-(14)	3	598	Rhidian JENKINS	Swansea Harriers	28.05	(7)
4	130	Joe DOUGHTY	Barry & Vale Harriers	27.39	(6)-(12)	4	241	Patrick DEVENEY-BILLINGE	Brecon AC	29.05	(8)-(8)
5	129	Harvey ROSE	Barry & Vale Harriers	31.53	(10)-(7)	5	22	Jac CHAPMAN	Carmarthen Harriers	29.42	(9)-(10)

T11 - 300m

Welsh Record: Sion ROBERTS, Wrexham AAC, 36.4 (HT), 2012

League Record: Carrick MCDONOUGH, Blaenau Gwent AC, 37.23, [M4-Ea-Cardiff] 2016

Heat 1					Heat 2						
Pos	Bib	Athletes	Club	Perf.	ws -5.1	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.
1	533	Dylan ANDREWS	Bridgend AC	41.20	G4	(1)-(18)					
2	23	Liam EDWARDS	Carmarthen Harriers	45.86		(2)-(16)					
3	341	Sam LENNOX	Neath Harriers	45.94		(3)-(14)					
4	127	Ben RAY	Barry & Vale Harriers	49.72		(4)-(12)					

T21 - 800m

Welsh Record: Nikita NEARY, Carmarthen Harriers, 1:58.65, 2012

League Record: Nikita NEARY, Carmarthen Harriers, 2:01.7, [M4-We-Brecon] 2012

Heat 1						Heat 2				
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.
1	23	Liam EDWARDS	Carmarthen Harriers	2:21.36	P10 (1)-(18)					
2	341	Sam LENNOX	Neath Harriers	2:26.34	(2)-(16)					
3	22	Jac CHAPMAN	Carmarthen Harriers	2:29.04	(3)-(9)					
4	240	Ethan JONES	Brecon AC	2:29.50	(4)-(14)					
5	131	Will WATT	Barry & Vale Harriers	2:31.16	(5)-(12)					
6	397	Kieran OWEN	Pembrokeshire Harriers	2:32.67	(6)-(10)					
7	396	Iwan DUGMORE	Pembrokeshire Harriers	2:34.66	(7)-(8)					
8	532	Ryan PRICE	Bridgend AC	2:36.78	(8)-(8)					

T29 - 1500m

Welsh Record: Matthew WILLIS, Wrexham AAC, 4:07.49, 2014

League Record: Seb LEWIS, Neath Harriers, 4:14.42, [Cup Final] 2016

Heat 1											Heat 2	
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.		
1	343	Finley HINES	Neath Harriers	4:43.06	G4 P10 (1)-(18)							
2	398	Cian HARRIES	Pembrokeshire Harriers	4:46.82	P10 (2)-(16)							
3	399	Iori HUMPHREYS	Pembrokeshire Harriers	4:50.09	P10 (3)-(9)							
4	342	James GRIFFITHS	Neath Harriers	4:53.19	P10 (4)-(8)							
5	130	Joe DOUGHTY	Barry & Vale Harriers	5:06.99	(5)-(14)							
6	531	Rhys HARDMAN	Bridgend AC	5:12.60	(6)-(12)							
7	393	Iwan LILLEY	Pembrokeshire Harriers	5:18.25	(7)							
8	127	Ben RAY	Barry & Vale Harriers	5:22.04	(8)-(7)							
9	575	Morgan SCRACE	Llanelli AC	5:46.17	(9)-(10)							

T04 - 1000m walk

Welsh Record: Antonio CIRILLO, Swansea Harriers, 4:20.05, 2005

League Record: Antonio CIRILLO, 4:23.5, Swansea Harriers, 2005

Heat 1					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	394	Henry WHITE	Pembrokeshire Harriers	6:08.0	(1)-(18)

T15 - 80m Hurdles

Welsh Record: Harry HILLMAN, Cardiff AAC, 11.02, 2013

League Record: John MARSDEN/Harry HILLMAN, Barry & Vale Harriers/Cardiff AAC, 11.3(HT)/11.23 (ET), 1996/[M3-Ea-Newport] 2013

Heat 1						Heat 2				
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.
1	591	Sam PETHERBRIDGE	Swansea Harriers	13.99	P10 (1)-(18)					
2	244	Harvey PARSONS	Brecon AC	16.16	(2)-(16)					

T35 - 4 x 100 relay

Welsh Record: Not Recognised at this age group

League Record: Cardiff Archers 59.14 [M4-Ea-Cardiff] 2016

				Heat 1			
Pos	Bib	Club	Perf.			(Pos-Pts)	
1	597	Swansea Harriers	49.66	No Relay Declared , No Relay Declared , No Relay Declared , Tommy PAYNE		(1)-(18)	
2	128	Barry & Vale Harriers	56.97	Joe DOUGHTY, Will WATT, Ben RAY, Lewis INGRAM		(2)-(16)	
3	21	Carmarthen Harriers	58.80	Morgan BATTEN, Jac CHAPMAN, Liam EDWARDS, Matthew WAUGH		(3)-(14)	

F14 - High Jump

Welsh Record: Miles KELLER-JENKINS Swansea Harriers 1.97 2012

League Record: Miles KELLER-JENKINS, Swansea Harriers , 1.86, [M3-We-Swansea] 201

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	25	Ryan THOMAS	Carmarthen Harriers	1.56	G4 P10 (1)-(18)
2	244	Harvey PARSONS	Brecon AC	1.54	G4 P10 (2)-(16)
3=	394	Henry WHITE	Pembrokeshire Harriers	1.35	(3=)-(14)
3=	598	Rhidian JENKINS	Swansea Harriers	1.35	(3=)-(14)
5=	532	Ryan PRICE	Bridgend AC	1.25	(5=)-(10)
5=	23	Liam EDWARDS	Carmarthen Harriers	1.25	(5=)-(9)

F23 - Long Jump

Welsh Record: Ian STRANGE, Newbridge HS, 6.63, 1977

League Record: Josh DAVIES, Pembroke Harriers, 6.30, 2011 [Cup Final]

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	597	Tommy PAYNE	Swansea Harriers	5.10	G4* (1)-(18)
2	242	Euan DYKES	Brecon AC	5.05	G4* (2)-(16)
3	245	Will DAVIS	Brecon AC	4.86	* (3)-(9)
4	596	Noah OSBORNE	Swansea Harriers	4.70	(4)-(8)
5	598	Rhidian JENKINS	Swansea Harriers	4.62	(5)
6	592	Charlie HOLLAND	Swansea Harriers	4.31	(6)
7	341	Sam LENNOX	Neath Harriers	4.26	(7)-(14)
8	241	Patrick DEVENEY-BILLINGE	Brecon AC	4.16	(8)
9	533	Dylan ANDREWS	Bridgend AC	3.64	(9)-(12)
10	129	Harvey ROSE	Barry & Vale Harriers	3.25	(10)-(10)
11	128	Lewis INGRAM	Barry & Vale Harriers	2.96	(11)-(7)
12	573	Rhys BATSFORD	Llanelli AC	2.73	(12)-(8)

F28 - Discus (1.25kg)

Welsh Record: James TOMLINSON, Pembrokeshire Harriers, 50.50, 2014

League Record: James TOMLINSON, Pembrokeshire Harriers, 43.53 [M4-We-Brecon] 20

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	344	Harry DAVIES	Neath Harriers	35.27	G2* (1)-(18)
2	599	Joshua WILTON	Swansea Harriers	26.75	G4* (2)-(16)
3	21	Morgan BATTEN	Carmarthen Harriers	19.28	(3)-(14)
4	397	Kieran OWEN	Pembrokeshire Harriers	17.75	(4)-(12)
5	395	Harley LEWIS	Pembrokeshire Harriers	16.50	(5)-(9)

F15 - Javelin (600g)

Welsh Record: Rhys WILLIAMS, 58.58, Swansea Harriers, 1996

League Record: Garth LOUGHRAN, Carmarthen Harriers, 52.08, 2003

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	599	Joshua WILTON	Swansea Harriers	36.26	G1P10 (1)-(18)
2	395	Harley LEWIS	Pembrokeshire Harriers	28.39	G4P10 (2)-(16)
3	343	Finley HINES	Neath Harriers	23.85	P10 (3)-(14)
4	240	Ethan JONES	Brecon AC	21.21	(4)-(12)
5	593	Harley THOMAS	Swansea Harriers	21.14	(5)-(9)
6	596	Noah OSBORNE	Swansea Harriers	20.66	(6)
7	131	Will WATT	Barry & Vale Harriers	18.94	(7)-(10)
8	573	Rhys BATSFORD	Llanelli AC	8.04	(8)-(8)

F06 - Pole Vault

Welsh Record: Neil WINTER, 4.40, Shaftesbury, 1988

League Record: Mark MELLOR, Cardiff Archers, 3.71, [M4-Ea-Cardiff] 2016

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	596	Noah OSBORNE	Swansea Harriers	2.40	G4P10 (1)-(18)
2	244	Harvey PARSONS	Brecon AC	2.00	(2)-(16)

F12 - Shot (4.00kg)

Welsh Record: Mathew EVANS, Carmarthen Harriers, 17.36, 2003

League Record: Mathew EVANS, Carmarthen Harriers, 16.21, 2003

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	400	Dylan PHILLIPS	Pembrokeshire Harriers	11.71	G2 P10 (1)-(18)
2	343	Finley HINES	Neath Harriers	6.70	(2)-(16)
3	532	Ryan PRICE	Bridgend AC	5.99	(3)-(14)
4	131	Will WATT	Barry & Vale Harriers	5.53	(4)-(12)
5	531	Rhys HARDMAN	Bridgend AC	5.23	(5)-(9)

F01 - Hammer (4.00kg)

Welsh Record: Rhys HODNETT, Cardiff AAC, 55.26, 2006

League Record: James WILLIAMS, Colwyn Bay AC, 48.29, [Cup Final] 2011

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	344	Harry DAVIES	Neath Harriers	43.24	G2 P10 (1)-(18)

U11 GIRLS MATCH POINTS

Events	CRM	B&V	PON	BRE	NTH	PEM	BGD	LLA	SWA
75m 'A'	6	14	8	12	16	2	18	10	4
75m 'B'	4	9		5	6	2	8	7	3
150m 'A'	16	10	18	8	4		12	6	14
150m 'B'	9	8		7	3		4	5	6
800m 'A'	16	8		6	12	14	18	4	10
800m 'B'	9	4		5	6	7	8	3	2
4 x 100 Relay		12		8	16	10	18		14
Long Jump 'A'	8	2	16	14	10	6	18	6	12
Long Jump 'B'	3	4		6	8		9	5	7
Shot Put 'A'	12	14		8	16	6	10		18
Shot Put 'B'	5	7		4	8		6		9
Javelin 'A'	10			8	16	14	18		12
Javelin 'B'				6	7		9		8
Rank OALL pts	4	6	9	5	2	7	1	8	3
U11 GIRLS TOTAL	98	92	42	97	128	61	156	46	119
League Points	6	4	1	5	8	3	9	2	7

U11 BOYS MATCH POINTS

Events	CRM	B&V	PON	BRE	NTH	PEM	BGD	LLA	SWA
75m 'A'	10	12	2	6	4	16	18	10	14
75m 'B'	4	6		5	3	2	8	9	7
150m 'A'	8	10	14	4	12	16	18	6	
150m 'B'	7	8	9	5	6		4		
800m 'A'	18	4	14	10	2	6	16	12	8
800m 'B'	9	5	7	8	2	3	1	6	4
4 x 100 Relay	12	16			14	10			18
Long Jump 'A'	14	6	16	12	4	8	10	2	18
Long Jump 'B'	7	5	7	8					9
Shot Put 'A'	4	6	14	12	16	10	8		18
Shot Put 'B'		6		7		8	5		9
Javelin 'A'	4	8	18	16	10	6	12		14
Javelin 'B'	5	8			7		6		9
Rank OALL pts	3	5	4	6	8	7	2	9	1
U11 BOYS TOTAL	102	100	101	93	80	85	106	45	128
League Points	7	5	6	4	2	3	8	1	9

U13 GIRLS MATCH POINTS

Events	CRM	B&V	PON	BRE	NTH	PEM	BGD	LLA	SWA
100m 'A'	12	14	4	2	10	18	16	8	6
100m 'B'	7	6	2	1	5	4	9	8	3
200m 'A'	6	14	4		12	16	18	10	8
200m 'B'	6				5	4	9	7	8
800m 'A'	12	14		8		18	6	16	10
800m 'B'	8						6	9	7
1500m 'A'	12	8			16	10	14		18
1500m 'B'	8						9		7
1k Walk 'A'						16	18		14
1k Walk 'B'						7	9		8
70m Hurdles 'A'						18	14		16
70m Hurdles 'B'						8			9
4 x 100 Relay	10	8			16	18		12	14
High Jump 'A'		14	12			18		10	16
High Jump 'B'									9
Long Jump 'A'	18	4	6	2	12	16	10	8	14
Long Jump 'B'	7	1	6	2	8	4	3	5	9
Shot Put 'A'	6		8	4	16	10	12	14	18
Shot Put 'B'	2		5	3	9	6	7	4	8
Discus 'A'	16	12		8	10		14		18
Discus 'B'							8		9
Javelin 'A'	16	14	8	2	4	12	10	6	18
Javelin 'B'	7	3			6	4	5	9	8
Rank OALL pts	4	7	8	9	5	2	3	6	1
U13 GIRLS TOTAL	153	112	55	32	129	207	197	126	255
League Points	6	3	2	1	5	8	7	4	9

U13 BOYS MATCH POINTS

Events	CRM	B&V	PON	BRE	NTH	PEM	BGD	LLA	SWA
100m 'A'	8			12	6	10	18	14	16
100m 'B'	5			7		6	8	4	9
200m 'A'	8	10	6	14			18	12	16
200m 'B'	6			7			8	5	9
800m 'A'	16			18	6	14	10	8	12
800m 'B'	8			9		5	7		6
1500m 'A'	16			14	10		18		12
1500m 'B'	8			6			9		7
1k Walk 'A'	18			14			16		
1k Walk 'B'	9						8		
75m Hurdles 'A'		16							18
75m Hurdles 'B'									9
4 x 100 Relay	12			14		8	18	10	16
High Jump 'A'	4	5				2	9	9	1
High Jump 'B'						6	9		3
Long Jump 'A'	15	5	20	9	16	2	4	7	1
Long Jump 'B'	19			12	27	6	10	22	3
Shot Put 'A'	8	6	16	10	4	14	12	2	18
Shot Put 'B'	6			8			7		9
Discus 'A'				14		16	12		18
Discus 'B'				8					9
Javelin 'A'	10	18		12	6	16	8	4	14
Javelin 'B'		8		6		7		5	9
Rank OALL pts	4	8	9	3	7	5	2	6	1
U13 BOYS TOTAL	176	68	42	194	75	112	209	102	215
League Points	6	2	1	7	3	5	8	4	9

U15 GIRLS MATCH POINTS

Events	CRM	B&V	PON	BRE	NTH	PEM	BGD	LLA	SWA
100m 'A'			16	12	14	6	8		4
100m 'B'	4	5	3	8			6	7	9
200m 'A'	16	12	2	8	6	4	14	10	18
200m 'B'	8	9		5		3	6	7	4
300m 'A'	18	8			10	6	12	14	16
300m 'B'	7				6		9		8
800m 'A'				18	12		14		16
800m 'B'				7			8		9
1500m 'A'	18	16		14	10	12	8		
1500m 'B'	9								
1k Walk 'A'									18
1k Walk 'B'									9
75m Hurdles 'A'	14	12		10		16	8		18
75m Hurdles 'B'				8					9
4 x 100 Relay	10	14		16			8	12	18
High Jump 'A'	18	16	8	6		12		12	14
High Jump 'B'	7	8							9
Pole Vault 'A'									18
Pole Vault 'B'									
Long Jump 'A'	12	4	6	10		8	16	14	18
Long Jump 'B'	7	3		6		4	5	8	9
Shot Put 'A'	18		6	12	10	14	8		16
Shot Put 'B'	7			4	6	8	5		9
Discus 'A'	16			14	12		10		18
Discus 'B'	7			8	6				9
Hammer 'A'					18				16
Hammer 'B'									9
Javelin 'A'	16	6	8	10	12	14			18
Javelin 'B'				8					9
Rank OALL pts	2	6	9	3	5	7	4	8	1
U15 GIRLS TOTAL	212	113	49	184	122	107	145	84	328
League Points	8	4	1	7	5	3	6	2	9

UNDER 15 BOYS MATCH POINTS

Events	CRM	B&V	PON	BRE	NTH	PEM	BGD	LLA	SWA
100m 'A'		14		18				12	16
100m 'B'		7		8					9
200m 'A'	10	12		18			14		16
200m 'B'		7		8					9
300m 'A'	16	12			14		18		
300m 'B'									
800m 'A'	18	12		14	16	10	8		
800m 'B'	9					8			
1500m 'A'		14			18	16	12	10	
1500m 'B'		7			8	9			
1k Walk 'A'						18			
1k Walk 'B'									
80m Hurdles 'A'				16					18
80m Hurdles 'B'									
4 x 100 Relay	14	16							18
High Jump 'A'	18			16		14	10		14
High Jump 'B'	9								
Pole Vault 'A'				16					18
Pole Vault 'B'									
Long Jump 'A'		10		16	14		12	8	18
Long Jump 'B'		7		9					8
Shot Put 'A'		12			16	18	14		
Shot Put 'B'							9		
Discus 'A'	14				18	12			16
Discus 'B'						9			
Hammer 'A'					18				
Hammer 'B'									
Javelin 'A'		10		12	14	16		8	18
Javelin 'B'									9
Rank OALL pts	6	3		2	4	5	7	8	1
U15 BOYS TOTAL	108	140		151	136	130	97	38	187
League Points	4	7		8	6	5	3	2	9

U11 GIRLS TABLE

Club	Match 1	Match 2	Match 3	Match 4	Totals
Bridgend AC	156	9			156
Neath Harriers	128	8			128
Swansea Harriers	119	7			119
Carmarthen Harriers	98	6			98
Brecon AC	97	5			97
Barry & Vale Harriers	92	4			92
Pembrokeshire Harriers	61	3			61
Llanelli AC	46	2			46
Pontyclun AC	42	1			42

U11 BOYS TABLE

Club	Match 1	Match 2	Match 3	Match 4	Totals
Swansea Harriers	128	9			128
Bridgend AC	106	8			106
Carmarthen Harriers	102	7			102
Pontyclun AC	101	6			101
Barry & Vale Harriers	100	5			100
Brecon AC	93	4			93
Pembrokeshire Harriers	85	3			85
Neath Harriers	80	2			80
Llanelli AC	45	1			45

COMBINED U11G & U11B TABLES

Club	Match 1	Match 2	Match 3	Match 4	Totals
Bridgend AC	262	17			262
Swansea Harriers	247	16			247
Neath Harriers	208	10			208
Carmarthen Harriers	200	13			200
Barry & Vale Harriers	192	9			192
Brecon AC	190	9			190
Pembrokeshire Harriers	146	6			146
Pontyclun AC	143	7			143
Llanelli AC	91	3			91

U13 GIRLS TABLE										U13 BOYS TABLE									
Club	Match 1	Match 2	Match 3	Match 4	Totals	Club	Match 1	Match 2	Match 3	Match 4	Totals	Club	Match 1	Match 2	Match 3	Match 4	Totals	Club	Match 1
Swansea Harriers	255				255	Swansea Harriers	215	9			215	Swansea Harriers	215	9			215	Swansea Harriers	215
Pembrokeshire Harriers	207				207	Bridgend AC	209	8			209	Bridgend AC	209	8			209	Bridgend AC	209
Bridgend AC	197				197	Brecon AC	194	2			194	Brecon AC	194	2			194	Brecon AC	194
Carmarthen Harriers	153				153	Carmarthen Harriers	176	6			176	Carmarthen Harriers	176	6			176	Carmarthen Harriers	176
Neath Harriers	129				129	Pembrokeshire Harriers	112	5			112	Pembrokeshire Harriers	112	5			112	Pembrokeshire Harriers	112
Llanelli AC	126				126	Llanelli AC	102	4			102	Llanelli AC	102	4			102	Llanelli AC	102
Barry & Vale Harriers	112				112	Neath Harriers	75	7			75	Neath Harriers	75	7			75	Neath Harriers	75
Pontyclun AC	55				55	Barry & Vale Harriers	68	2			68	Barry & Vale Harriers	68	2			68	Barry & Vale Harriers	68
Brecon AC	32				32	Pontyclun AC	42	1			42	Pontyclun AC	42	1			42	Pontyclun AC	42

COMBINED U13G & U13B TABLES									
Club	Match 1	Match 2	Match 3	Match 4	Totals	Club	Match 1	Match 2	Match 3
Swansea Harriers	470				470	Swansea Harriers	470		
Bridgend AC	406				406	Bridgend AC	406		
Carmarthen Harriers	329				329	Carmarthen Harriers	329		
Pembrokeshire Harriers	319				319	Pembrokeshire Harriers	319		
Llanelli AC	228				228	Llanelli AC	228		
Brecon AC	226				226	Brecon AC	226		
Neath Harriers	204				204	Neath Harriers	204		
Barry & Vale Harriers	180				180	Barry & Vale Harriers	180		
Pontyclun AC	97				97	Pontyclun AC	97		

U15 GIRLS TABLE										U15 BOYS TABLE									
Club	Match 1	Match 2	Match 3	Match 4	Totals	Club	Match 1	Match 2	Match 3	Match 4	Totals	Club	Match 1	Match 2	Match 3	Match 4	Totals	Club	Match 1
Swansea Harriers	328	9			328	9	Swansea Harriers	187	9			187	9	Swansea Harriers	187	9			187
Carmarthen Harriers	212	8			212	8	Brecon AC	151	8			151	8	Brecon AC	151	8			151
Brecon AC	184	7			184	7	Barry & Vale Harriers	140	7			140	7	Barry & Vale Harriers	140	7			140
Bridgend AC	145	6			145	6	Neath Harriers	136	6			136	6	Neath Harriers	136	6			136
Neath Harriers	122	5			122	5	Pembrokeshire Harriers	130	5			130	5	Pembrokeshire Harriers	130	5			130
Barry & Vale Harriers	113	4			113	4	Carmarthen Harriers	108	4			108	4	Carmarthen Harriers	108	4			108
Pembrokeshire Harriers	107	3			107	3	Bridgend AC	97	3			97	3	Bridgend AC	97	3			97
Llanelli AC	84	2			84	2	Llanelli AC	38	2			38	2	Llanelli AC	38	2			38
Pontyclun AC	49	1			49	1	Pontyclun AC							Pontyclun AC					

COMBINED U15G & U15B TABLES									
Club	Match 1	Match 2	Match 3	Match 4	Totals	Club	Match 1	Match 2	Match 3
Swansea Harriers	515	18			515	18	Swansea Harriers	515	18
Brecon AC	335	15			335	15	Brecon AC	335	15
Carmarthen Harriers	320	12			320	12	Carmarthen Harriers	320	12
Neath Harriers	258	11			258	11	Neath Harriers	258	11
Barry & Vale Harriers	253	11			253	11	Barry & Vale Harriers	253	11
Bridgend AC	242	9			242	9	Bridgend AC	242	9
Pembrokeshire Harriers	237	8			237	8	Pembrokeshire Harriers	237	8
Llanelli AC	122	4			122	4	Llanelli AC	122	4
Pontyclun AC	49	1			49	1	Pontyclun AC	49	1

COMBINED U13 & U15 TABLES										OVERALL LEAGUE TABLE									
Club	Match 1	Match 2	Match 3	Match 4	Totals	Club	Match 1	Match 2	Match 3	Match 4	Totals	Club	Match 1	Match 2	Match 3	Match 4	Totals	Club	Match 1
Swansea Harriers	985	9			985	9	Swansea Harriers	1232	9			1232	9	Swansea Harriers	1232	9			1232
Carmarthen Harriers	649	8			649	8	Bridgend AC	910	8			910	8	Bridgend AC	910	8			910
Bridgend AC	648	7			648	7	Carmarthen Harriers	849	7			849	7	Carmarthen Harriers	849	7			849
Brecon AC	561	6			561	6	Brecon AC	751	6			751	6	Brecon AC	751	6			751
Pembrokeshire Harriers	556	5			556	5	Pembrokeshire Harriers	702	5			702	5	Pembrokeshire Harriers	702	5			702
Neath Harriers	462	4			462	4	Neath Harriers	670	4			670	4	Neath Harriers	670	4			670
Barry & Vale Harriers	433	3			433	3	Barry & Vale Harriers	625	3			625	3	Barry & Vale Harriers	625	3			625
Llanelli AC	350	2			350	2	Llanelli AC	441	2			441	2	Llanelli AC	441	2			441
Pontyclun AC	146	1			146	1	Pontyclun AC	289	1			289	1	Pontyclun AC	289	1			289

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	11:00 AM	DATE	Saturday-29-April-2017	
				Welsh Record: Rhys HODNETT, Cardiff AAC, 55.26, 2006					Start Time	
EVENT		F01 U15B Hammer (4.00kg)		League Record: James WILLIAMS, Colwyn Bay AC, 48.29, [Cup Final] 2011					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
1	243	James WILLIAMS	Brecon AC					29.83		
2	344	Harry DAVIES	Neath Harriers	43.24	X	X	43.24	47.83	P10	1
3										
4										
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16										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	344	Harry DAVIES	Neath Harriers	43.24	9					
2					10					
3					11					
4					12					
5					13					Referee
6					14					
7					15					
8					16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	11:00 AM	DATE	Saturday-29-April-2017	
				Welsh Record: Jade WILLIAMS, Wrexham AC, 54.00, 15.07.2015					Start Time	
EVENT		F02 U15G Hammer (3.00kg)		League Record: Emily PEARCE, Rhondda AC, 46.92 [M1-Ea-Hereford] 2013					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
1	625	Emily COLLINS	Swansea Harriers	16.85	18.00	20.61	20.61			3
2	645	Holly COOPER	Swansea Harriers	25.10	25.31	X	25.31	20.29	PB+P10	2
3	333	Emma HAMES	Neath Harriers	36.90	37.22	35.14	37.22	37.06	PB+P10	1
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	333	Emma HAMES	Neath Harriers	37.22	9					
2	645	Holly COOPER	Swansea Harriers	25.31	10					
3	625	Emily COLLINS	Swansea Harriers	20.61	11					
4					12					
5					13					Referee
6					14					
7					15					
8					16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	11:00 AM	DATE	Saturday-29-April-2017	
				Welsh Record: Not Recognised at this age group					Start Time	
EVENT		F03 U11G Javelin (300g)		League Record: Cassey GRIMWADE Cardiff AAC 20.52 [Cup Final] 2013					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
1	666	Florence TARRANT	Swansea Harriers	6.08	5.81	7.15	7.15		PB	7
2	473	Kate DUNGLINSON	Bridgend AC	8.95	10.77	8.46	10.77		PB	2
3	469	Orea PLAYER	Bridgend AC	x	7.83	x	7.83		PB	5
4	467	Mali MACDUFF	Bridgend AC	10.07	11.87	7.72	11.87		PB	1
5	300	Tamara SNELL	Neath Harriers	6.60	x	x	6.60		PB	9
6	299	Maddison MAHON	Neath Harriers	6.60	5.00	8.46	8.46		PB	3
7	297	Evie DAVIES	Neath Harriers	x	6.24	4.80	6.24		PB	10
8	296	Sali WATKINS	Neath Harriers							
9	295	Mari STEPHENS	Neath Harriers	4.99	5.12	4.69	5.12		PB	13
10	210	Chloe DAVIES	Brecon AC	x	4.43	3.77	4.43		PB	14
11	207	Grace LLOYD	Brecon AC	5.51	4.76	x	5.51		PB	12
12	202	Phoebe FLETCHER	Brecon AC	5.74	2.70	5.26	5.74		PB	11
13	201	Daisy OSBORNE	Brecon AC							
14	31	Kaitlin GWYNNE-JONES	Carmarthen Harriers	6.62	x	4.83	6.62		PB	8
15	667	Marney ALLEN	Swansea Harriers	7.36	4.69	6.15	7.36	8.10	P10	6
16	361	Maddy JAMES	Pembrokeshire Harriers	x	8.19	6.21	8.19	8.53	P10	4

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	467	Mali MACDUFF	Bridgend AC	11.87	9	300	Tamara SNELL	Neath Harriers	6.60	
2	473	Kate DUNGLINSON	Bridgend AC	10.77	10	297	Evie DAVIES	Neath Harriers	6.24	
3	299	Maddison MAHON	Neath Harriers	8.46	11	202	Phoebe FLETCHER	Brecon AC	5.74	
4	361	Maddy JAMES	Pembrokeshire Harriers	8.19	12	207	Grace LLOYD	Brecon AC	5.51	
5	469	Orea PLAYER	Bridgend AC	7.83	13	295	Mari STEPHENS	Neath Harriers	5.12	Referee
6	667	Marney ALLEN	Swansea Harriers	7.36	14	210	Chloe DAVIES	Brecon AC	4.43	
7	666	Florence TARRANT	Swansea Harriers	7.15	15					
8	31	Kaitlin GWYNNE-JONES	Carmarthen Harriers	6.62	16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	11:00 AM	DATE	Saturday-29-April-2017	
				Welsh Record: Not Recognised at this age group					Start Time	
EVENT		F03 U11G Javelin (300g)		League Record: Cassey GRIMWADE Cardiff AAC 20.52 [Cup Final] 2013					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
17	663	Neve DODD	Swansea Harriers	x	x	x		9.04		
18										
19										
20										
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										
32										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17					25					
18					26					
19					27					
20					28					
21					29					Referee
22					30					
23					31					
24					32					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	11:00 AM	DATE	Saturday-29-April-2017	
EVENT		F04 U13G Shot (2.72kg)		Welsh Record: Adele NICOLL, Oswestry Olympians, 11.81, 2009					Start Time	
				League Record: Nicola STEVENSON, Bridgend AC, 10.30, 2001					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
1	565	Kenzie DAVIES	Llanelli AC	5.15	5.24	4.85	5.24			16
2	563	Isla MELROSE	Llanelli AC	6.50	6.58	5.85	6.58		PB	3
3	517	Bethan HARDMAN	Bridgend AC	3.97	2.80	X	3.97			25
4	506	Eleni JONES	Bridgend AC	5.19	5.81	X	5.81			10
5	502	Erin ANDREWS	Bridgend AC	4.28	4.28	4.70	4.70			20
6	375	Maddie MANAGHAN	Pembrokeshire Harriers	2.70	3.33	3.25	3.33			29
7	218	Kathryn WOODS	Brecon AC	4.58	4.81	4.26	4.81			18
8	184	Mia WILLIAMS	Pontyclun AC	5.88	5.50	5.88	5.88			9
9	181	Isobel ARNOLD	Pontyclun AC	3.90	4.08	4.13	4.13			24
10	179	Bethan DAVIES	Pontyclun AC	5.44	4.85	4.81	5.44			13
11	125	Rosie DAY	Barry & Vale Harriers							
12	121	Evie WATKINS	Barry & Vale Harriers							
13	50	Elen WILLIAMS	Carmarthen Harriers	5.12	X	4.60				
14	49	Cordelia WALKER	Carmarthen Harriers	5.37	5.44	5.27	5.44			12
15	47	Amy GREATRICK	Carmarthen Harriers	3.55	3.50	3.37	3.55			28
16	46	Milly JOHN	Carmarthen Harriers	3.40	3.25	3.71	3.71			27

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	727	Chloe JONES	Swansea Harriers	7.36	9	184	Mia WILLIAMS	Pontyclun AC	5.88	
2	313	Jasmine HALE	Neath Harriers	7.23	10	506	Eleni JONES	Bridgend AC	5.81	
3	563	Isla MELROSE	Llanelli AC	6.58	11	372	Lucy WINTLE	Pembrokeshire Harriers	5.47	
4	317	Saran HOPKINS	Neath Harriers	6.39	12	49	Cordelia WALKER	Carmarthen Harriers	5.44	
5	724	Honey BARRETT	Swansea Harriers	6.19	13	179	Bethan DAVIES	Pontyclun AC	5.44	Referee
6	312	Carys PRICE	Neath Harriers	6.15	14	729	Emilia EVANS	Swansea Harriers	5.30	
7	500	Jersey JONES	Bridgend AC	6.10	15	369	Lleucu LLOYD	Pembrokeshire Harriers	5.28	
8	373	Maisy FOLEY	Pembrokeshire Harriers	6.04	16	565	Kenzie DAVIES	Llanelli AC	5.24	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	11:00 AM	DATE	Saturday-29-April-2017			
				Welsh Record: Adele NICOLL, Oswestry Olympians, 11.81, 2009						Start Time		
EVENT		F04 U13G Shot (2.72kg)		League Record: Nicola STEVENSON, Bridgend AC, 10.30, 2001						End Time		
				1st Trial		2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres					
17	311	Louise BAKER	Neath Harriers	4.18	4.27	4.25	4.27	3.94		23		
18	42	Keira CARMODY	Carmarthen Harriers	4.50	4.60	4.57	4.60	4.07		22		
19	731	Charlotte COLLINS	Swansea Harriers	X	3.76	3.30	3.76	4.34		26		
20	217	Jess DYKES	Brecon AC	3.96	4.63	4.53	4.63	4.64		21		
21	730	Lucy HARRIS	Swansea Harriers	4.76	4.53	4.49	4.76	5.01		19		
22	729	Emilia EVANS	Swansea Harriers	5.18	5.30	X	5.30	5.26		14		
23	372	Lucy WINTLE	Pembrokeshire Harriers	5.47	X	4.50	5.47	5.30		11		
24	317	Saran HOPKINS	Neath Harriers	6.39	5.78	X	6.39	5.40	PB+P10	4		
25	369	Lleucu LLOYD	Pembrokeshire Harriers	5.06	5.28	X	5.28	5.46		15		
26	366	Megan COLE	Pembrokeshire Harriers	5.10	X	X	5.10	5.82		17		
27	724	Honey BARRETT	Swansea Harriers	6.19	6.10	5.79	6.19	6.32	P10	5		
28	500	Jersey JONES	Bridgend AC	6.10	X	X	6.10	6.44	P10	7		
29	313	Jasmine HALE	Neath Harriers	7.23	6.59	X	7.23	6.48	PB+P10	2		
30	373	Maisy FOLEY	Pembrokeshire Harriers	6.04			6.04	6.58	P10	8		
31	312	Carys PRICE	Neath Harriers	6.08	6.15		6.15	6.59	P10	6		
32	727	Chloe JONES	Swansea Harriers	6.59	7.14	7.36	7.36	7.97	P10	1		

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	366	Megan COLE	Pembrokeshire Harriers	5.10	25	517	Bethan HARDMAN	Bridgend AC	3.97	
18	218	Kathryn WOODS	Brecon AC	4.81	26	731	Charlotte COLLINS	Swansea Harriers	3.76	
19	730	Lucy HARRIS	Swansea Harriers	4.76	27	46	Milly JOHN	Carmarthen Harriers	3.71	
20	502	Erin ANDREWS	Bridgend AC	4.70	28	47	Amy GREATRICK	Carmarthen Harriers	3.55	
21	217	Jess DYKES	Brecon AC	4.63	29	375	Maddie MANAGHAN	Pembrokeshire Harriers	3.33	Referee
22	42	Keira CARMODY	Carmarthen Harriers	4.60	30					
23	311	Louise BAKER	Neath Harriers	4.27	31					
24	181	Isobel ARNOLD	Pontyclun AC	4.13	32					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	11:00 AM	DATE	Saturday-29-April-2017	
				Welsh Record: Ceri JENKINS, Cleddau, 5.57, 1972					Start Time	
EVENT		F05 U15G Long Jump		League Record: Gabriella FAKANDE, Cwmbran Harriers, 5.19 [M2-Ea-Cwmbran] 2014					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
1	572	Cerys BEVAN	Llanelli AC	4.27	4.08	4.20	4.27			6
2	570	Amy MULLEN	Llanelli AC	3.57	3.69	4.07	4.07			10
3	569	Iona MELROSE	Llanelli AC	3.96	x	x	3.96			13
4	568	Elinor THOMAS	Llanelli AC	4.38	4.07	4.11	4.38		PB	4
5	567	Maddison BALL	Llanelli AC							
6	530	Amy FRASER	Bridgend AC	2.78	2.80	3.01	3.01			27
7	529	Emily PENNY	Bridgend AC	2.71	3.66	3.54	3.66			16
8	528	Caitlin WILLIAMS	Bridgend AC	2.80	2.52	2.52	2.80			28
9	522	Ella HUBBARDE	Bridgend AC	4.44	4.17	4.25	4.44		PB	2
10	190	Amelie DONAVON DAVIES	Pontyclun AC	3.64	3.37	3.56	3.64			17
11	139	Libby MCKINNEY	Barry & Vale Harriers	3.59	3.31	3.30	3.59			19
12	138	Betsi MOUNTFORD	Barry & Vale Harriers							
13	136	Mariella WATT	Barry & Vale Harriers							
14	66	Beca ROBERTS	Carmarthen Harriers	4.20	4.29	4.28	4.29			5
15	62	Deryn CRESSEY-RODGERS	Carmarthen Harriers							
16	132	Ellie-Mae ROSE	Barry & Vale Harriers	3.16	3.05	2.83	3.16	2.89		26

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	626	India COLLINSON	Swansea Harriers	4.49	9	63	Lili CHURCH	Carmarthen Harriers	4.15	
2	522	Ella HUBBARDE	Bridgend AC	4.44	10	570	Amy MULLEN	Llanelli AC	4.07	
3	627	Tiana EVANS	Swansea Harriers	4.38	11	237	Paige BALLINGTON	Brecon AC	4.01	
4	568	Elinor THOMAS	Llanelli AC	4.38	12	630	Brooke CASTLE	Swansea Harriers	3.96	
5	66	Beca ROBERTS	Carmarthen Harriers	4.29	13	569	Iona MELROSE	Llanelli AC	3.96	Referee
6	572	Cerys BEVAN	Llanelli AC	4.27	14	232	Megan NICHOLAS	Brecon AC	3.95	
7	235	Charlie PRICE	Brecon AC	4.21	15	628	Elin VAN BLOCK	Swansea Harriers	3.79	
8	381	Flavia JENKINS	Pembrokeshire Harriers	4.15	16	529	Emily PENNY	Bridgend AC	3.66	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	11:00 AM	DATE	Saturday-29-April-2017	
				Welsh Record: Ceri JENKINS, Cleddau, 5.57, 1972					Start Time	
EVENT		F05 U15G Long Jump		League Record: Gabriella FAKANDE, Cwmbran Harriers, 5.19 [M2-Ea-Cwmbran] 2014					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
17	380	Ffion WILLIAMS	Pembrokeshire Harriers		3.22	2.68	3.22	3.20		25
18	234	Glesni POWELL	Brecon AC	3.21	3.30	3.25	3.30	3.24		24
19	237	Paige BALLINGTON	Brecon AC	4.01	4.01	3.98	4.01	3.41		11
20	231	Gwen DAVIES	Brecon AC	X	3.64	3.36	3.64	3.60		18
21	651	Safia BECHAR	Swansea Harriers	3.56	X	3.56	3.56	3.65		21
22	236	Tiegan WARD	Brecon AC	3.36	3.56	2.89	3.56	3.79		20
23	59	Ellie LOWETH	Carmarthen Harriers		3.43		3.43	4.05		23
24	630	Brooke CASTLE	Swansea Harriers	3.76	3.82	3.96	3.96	4.14		12
25	137	Kirsty LAW	Barry & Vale Harriers					4.14		
26	63	Lili CHURCH	Carmarthen Harriers	3.88	3.99	4.15	4.15	4.15		9
27	629	Tate MELLOR	Swansea Harriers			3.49	3.49	4.23		22
28	628	Elin VAN BLOCK	Swansea Harriers	3.79	3.45		3.79	4.27		15
29	232	Megan NICHOLAS	Brecon AC	3.95	3.95	3.91	3.95	4.49		14
30	381	Flavia JENKINS	Pembrokeshire Harriers	3.92	4.15	4.14	4.15	4.55		8
31	235	Charlie PRICE	Brecon AC	3.94	4.21	4.05	4.21	4.65		7
32	626	India COLLINSON	Swansea Harriers	4.49	4.38	4.31	4.49	4.71	P10	1

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	190	Amelie DONAVON DAVIES	Pontyclun AC	3.64	25	380	Ffion WILLIAMS	Pembrokeshire Harriers	3.22	
18	231	Gwen DAVIES	Brecon AC	3.64	26	132	Ellie-Mae ROSE	Barry & Vale Harriers	3.16	
19	139	Libby MCKINNEY	Barry & Vale Harriers	3.59	27	530	Amy FRASER	Bridgend AC	3.01	
20	236	Tiegan WARD	Brecon AC	3.56	28	528	Caitlin WILLIAMS	Bridgend AC	2.80	
21	651	Safia BECHAR	Swansea Harriers	3.56	29					Referee
22	629	Tate MELLOR	Swansea Harriers	3.49	30					
23	59	Ellie LOWETH	Carmarthen Harriers	3.43	31					
24	234	Glesni POWELL	Brecon AC	3.30	32					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	11:00 AM	DATE	Saturday-29-April-2017	
				Welsh Record: Ceri JENKINS, Cleddau, 5.57, 1972					Start Time	
EVENT		F05 U15G Long Jump		League Record: Gabriella FAKANDE, Cwmbran Harriers, 5.19 [M2-Ea-Cwmbran] 2014					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
33	627	Tiana EVANS	Swansea Harriers	4.38	4.17	4.31	4.38	4.73	P10	3
34										
35										
36										
37										
38										
39										
40										
41										
42										
43										
44										
45										
46										
47										
48										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
33					41					
34					42					
35					43					
36					44					
37					45					Referee
38					46					
39					47					
40					48					

Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE		Carmarthen											DATE	Sat-29-April-2017			
				TIME		Welsh Record: Neil WINTER, 4.40, Shaftesbury, 1988															
EVENT		F06 U15B Pole Vault		11:30 AM		League Record: Mark MELLOR, Cardiff Archers, 3.71, [M4-Ea-Cardiff] 2016															
				FIRST TRIAL Start up	1.80	1.90	2.00	2.10	2.20	2.40	2.50							Best Perf	PB	Power of 10	Final Position
Order	Bib	NAME	CLUB		m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm				
1	244	Harvey PARSONS	Brecon AC	1.80	XO	XO	O	XXX										2.00	2.20		2
2	596	Noah OSBORNE	Swansea Harriers	2.20					XO	O	XXX							2.40			1
3																					
4																					
5																					
6																					
7																					
8																					
9																					
10																					
11																					
12																					
13																					
14																					
15																					
16																					

Minimum height to score points 1.70m No minimum start height

FULL RESULTS										Officials Signatures	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	596	Noah OSBORNE	Swansea Harriers	2.40							
2	244	Harvey PARSONS	Brecon AC	2.00							
3											
										Referee Signature	

Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE		Carmarthen										DATE	Sat-29-April-2017			
				TIME	Welsh Record: Carys JONES, Carmarthen Harriers, 3.20, 2013															
EVENT		F07 U15G Pole Vault		11:30 AM		League Record: Megan HODGSON, Cardiff AAC, 3.00 [M1-Ea-Hereford] 2015														
				Start ht	1.60	1.80	1.90	2.00											Best Perf	PB
Order	Bib	NAME	CLUB		m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm			
1	637	Eleanor WARD	Swansea Harriers	1.60	O	XO	XXO	XXX									1.90	2.00		1
2																				
3																				
4																				
5																				
6																				
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Minimum height to score points 1.50m No minimum start height

FULL RESULTS										Officials Signatures	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	637	Eleanor WARD	Swansea Harriers	1.90							
										Referee Signature	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	11:30 AM	DATE	Saturday-29-April-2017				
				Welsh Record: Chloe HUGHES, Deeside AC, 4.89, 2011						Start Tim			
EVENT		F08 U13G Long Jump		League Record: Ellie MILES, Cardiff Archers, 4.86, [Cup Final] 2016						End Time			
				1st Trial		2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres		Metres		Metres		Metres			
1	561	Chloe SIMMONITE	Llanelli AC	X		3.60		3.84		3.84		PB	9
2	560	Amy TUCKER	Llanelli AC	3.06		3.13		2.99		3.13			21
3	559	Courtney BROWN	Llanelli AC	2.91		X		X		2.91			26
4	557	Kahlen JONES	Llanelli AC	3.30		3.73		3.43		3.73			13
5	517	Bethan HARDMAN	Bridgend AC	3.31		3.48		X		3.48			17
6	514	Rebecca HOPKINS	Bridgend AC	3.23		3.25		2.59		3.25			19
7	508	Megan ROWLANDS	Bridgend AC	X		2.33		2.33		2.33			29
8	507	Nicole ROWLANDS	Bridgend AC	X		2.69		2.93		2.93			25
9	505	Bethan ANTHONY	Bridgend AC	2.51		X		2.77		2.77			28
10	494	Caitlin HURLEY	Bridgend AC	3.02		3.75		3.90		3.90		PB	8
11	316	Holly REGAN	Neath Harriers	3.06		3.00		3.05		3.06			23
12	218	Kathryn WOODS	Brecon AC	2.93		3.01		X		3.01			24
13	183	Elen GRIFFITHS	Pontyclun AC	3.47		3.51		3.77		3.77			12
14	181	Isobel ARNOLD	Pontyclun AC	2.95		2.96		3.10		3.10			22
15	179	Bethan DAVIES	Pontyclun AC	2.75		X		2.77		2.77			27
16	140	Jennifer VLASKAMP-HALL	Barry & Vale Harriers	X		x		x					

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	43	Zara EVANS	Carmarthen Harriers	4.14	9	561	Chloe SIMMONITE	Llanelli AC	3.84	
2	371	Ella WINTLE	Pembrokeshire Harriers	4.04	10	317	Saran HOPKINS	Neath Harriers	3.83	
3	726	Leni BEARD	Swansea Harriers	4.03	11	41	Jessica LEE	Carmarthen Harriers	3.82	
4	312	Carys PRICE	Neath Harriers	3.99	12	183	Elen GRIFFITHS	Pontyclun AC	3.77	Referee
5	732	Lexi ALLEN	Swansea Harriers	3.98	13	557	Kahlen JONES	Llanelli AC	3.73	
6	313	Jasmine HALE	Neath Harriers	3.95	14	123	Emily DOOGUE	Barry & Vale Harriers	3.62	
7	733	Sarah LYONS	Swansea Harriers	3.93	15	735	Melissa DAVIES	Swansea Harriers	3.62	
8	494	Caitlin HURLEY	Bridgend AC	3.90	16	366	Megan COLE	Pembrokeshire Harriers	3.56	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	11:30 AM	DATE	Saturday-29-April-2017	
EVENT		F08 U13G Long Jump		Welsh Record: Chloe HUGHES, Deeside AC, 4.89, 2011					Start Time	
				League Record: Ellie MILES, Cardiff Archers, 4.86, [Cup Final] 2016					End Time	
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
				Metres	Metres	Metres	Metres			
17	126	Eloise GOFFIN	Barry & Vale Harriers	x	2.27	2.03	2.27			30
18	123	Emily DOOGUE	Barry & Vale Harriers	3.33	3.36	3.62	3.62			14
19	48	Emma BRAZIER	Carmarthen Harriers							
20	45	Faye JONES	Carmarthen Harriers							
21	40	Sophia REID-THOMAS	Carmarthen Harriers							
22	735	Melissa DAVIES	Swansea Harriers	x	3.57	3.62	3.62	3.08		15
23	216	Riley MCLOUGHLIN	Brecon AC	3.12	3.05	3.13	3.13	3.09		20
24	366	Megan COLE	Pembrokeshire Harriers	3.39	3.49	3.56	3.56	3.34		16
25	317	Saran HOPKINS	Neath Harriers	3.81	3.83	3.55	3.83	3.45	PB+P10	10
26	733	Sarah LYONS	Swansea Harriers	3.78	3.93	3.84	3.93	3.71	PB+P10	7
27	722	Sophie BEYNON	Swansea Harriers	3.34	3.07	3.25	3.34	3.72		18
28	371	Ella WINTLE	Pembrokeshire Harriers	3.93	4.04	3.95	4.04	3.72	PB+P10	2
29	41	Jessica LEE	Carmarthen Harriers	3.74	3.78	3.82	3.82	3.76	PB+P10	11
30	732	Lexi ALLEN	Swansea Harriers	3.98	3.81	3.52	3.98	3.79	PB+P10	5
31	313	Jasmine HALE	Neath Harriers	3.80	3.89	3.95	3.95	3.90	PB+P10	6
32	726	Leni BEARD	Swansea Harriers	x	4.03	3.99	4.03	3.95	PB+P10	3

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	517	Bethan HARDMAN	Bridgend AC	3.48	25	507	Nicole ROWLANDS	Bridgend AC	2.93	
18	722	Sophie BEYNON	Swansea Harriers	3.34	26	559	Courtney BROWN	Llanelli AC	2.91	
19	514	Rebecca HOPKINS	Bridgend AC	3.25	27	179	Bethan DAVIES	Pontyclun AC	2.77	
20	216	Riley MCLOUGHLIN	Brecon AC	3.13	28	505	Bethan ANTHONY	Bridgend AC	2.77	
21	560	Amy TUCKER	Llanelli AC	3.13	29	508	Megan ROWLANDS	Bridgend AC	2.33	Referee
22	181	Isobel ARNOLD	Pontyclun AC	3.10	30	126	Eloise GOFFIN	Barry & Vale Harriers	2.27	
23	316	Holly REGAN	Neath Harriers	3.06	31					
24	218	Kathryn WOODS	Brecon AC	3.01	32					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	11:30 AM	DATE	Saturday-29-April-2017				
				Welsh Record: Chloe HUGHES, Deeside AC, 4.89, 2011						Start Time			
EVENT		F08 U13G Long Jump		League Record: Ellie MILES, Cardiff Archers, 4.86, [Cup Final] 2016						End Time			
				1st Trial		2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres		Metres		Metres		Metres			
33	43	Zara EVANS	Carmarthen Harriers	4.14		4.06		x		4.14	4.06	PB+P10	1
34	312	Carys PRICE	Neath Harriers	3.72		3.99		3.82		3.99	4.13	P10	4
35													
36													
37													
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48													

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
33					41						
34					42						
35					43						
36					44						
37					45					Referee	
38					46						
39					47						
40					48						

Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE		Carmarthen										DATE		Sat-29-April-2017		
				TIME		Welsh Record: Jamie DALTON, Preseli Harriers, 1.67, 1992														
EVENT		F09 U13B High Jump		11:30 AM		League Record: Miles KELLER-JENKINS, Swansea Harriers,1.63, 2010														
				FIRST TRIAL	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.53	Best Perf	PB	Power of 10	Final Position
Order	Bib	NAME	CLUB	Start Ht	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm			
1	701	Daniel OWEN	Swansea Harriers	1.00	XO	O	XXX										1.05			13
2	551	Craig DAVIES	Llanelli AC	1.00	XO	O	O	XXX									1.10			10
3	498	Hywel LEYSHON	Bridgend AC	1.00	O	O	O	XXX									1.10			9
4	495	Luc MARTEN	Bridgend AC	1.00	XXO	XO	O	XXX									1.10			11
5	14	Dylan GWYNNE-JONES	Carmarthen Harriers	1.00	O	O	O	O	O	O	O	XXX					1.30			4
6	712	Conor O'SHAUGHNESSY	Swansea Harriers	1.00	O	O	XO	XXX									1.10	1.15		12
7	714	Thomas GORVETT	Swansea Harriers	1.00	O	O	XO	O	XXO	XXX							1.20	1.20		8
8	711	Harrison GARCIA	Swansea Harriers	1.00	O	O	O	O	XO	XXX							1.20	1.20		7
9	491	Dafydd PRATCHET	Bridgend AC															1.20		
10	118	Will KINGSTON	Barry & Vale Harriers	1.00	O	O	O	O	XO	XO	XXX						1.25	1.20		5
11	391	Troy JENKINS	Pembrokeshire Harriers	1.10			O	O	O	XXX							1.20	1.35		6
12	388	Jamie ZYGADLO	Pembrokeshire Harriers	1.15				O	O	O	O	O	O	O	XXX		1.45	1.42		2
13	715	Elliot RIORDAN	Swansea Harriers	1.20					O	O	XO	O	O	XXX			1.40	1.45		3
14	704	Samuel DAVIES	Swansea Harriers	1.25						O	O	O	O	O	O	XXX	1.50	1.50		1
15																				
16																				

("Minimum height to score points 1.05m No minimum start height") ENTER O FOR CLEARANCE & X FOR FAIL

FULL RESULTS										Officials Signatures	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	704	Samuel DAVIES	Swansea Harriers	1.50	9===	551	Craig DAVIES	Llanelli AC	1.10		
2	388	Jamie ZYGADLO	Pembrokeshire Harriers	1.45	9===	498	Hywel LEYSHON	Bridgend AC	1.10		
3	715	Elliot RIORDAN	Swansea Harriers	1.40	9===	495	Luc MARTEN	Bridgend AC	1.10		
4	14	Dylan GWYNNE-JONES	Carmarthen Harriers	1.30	9===	712	Conor O'SHAUGHNESSY	Swansea Harriers	1.10		
5	118	Will KINGSTON	Barry & Vale Harriers	1.25	13	701	Daniel OWEN	Swansea Harriers	1.05		
6==	714	Thomas GORVETT	Swansea Harriers	1.20						Referee Signature	
6==	711	Harrison GARCIA	Swansea Harriers	1.20							
6==	391	Troy JENKINS	Pembrokeshire Harriers	1.20							

Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE		Carmarthen											DATE	Sat-29-April-2017		
				TIME		Welsh Record: Jamie DALTON, Preseli Harriers, 1.67, 1992														
EVENT		F09 U13B High Jump		11:30 AM		League Record: Miles KELLER-JENKINS, Swansea Harriers,1.63, 2010														
				FIRST TRIAL Start List	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.53	Best Perf	PB	Power of 10	Final Position
Order	Bib	NAME	CLUB		m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm			
17																				
18																				
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27																				
28																				
29																				
30																				
31																				
32																				

("Minimum height to score points 1.05m No minimum start height") ENTER O FOR CLEARANCE & X FOR FAIL

FULL RESULTS										Officials Signatures	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
										Referee Signature	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	12:10 PM	DATE	Saturday-29-April-2017	
				Welsh Record: Bethany MOULE, Neath Harriers, 48.84, 2016					Start Time	
EVENT		F10 U15G Javelin (500g)		League Record: Bethany MOULE, Neath Harriers, 40.73 [M3-We-Brecon] 2015					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
1	632	Maddie DRAYCOTT	Swansea Harriers	8.41	8.06	8.18	8.41			10
2	331	Eden-Rae DAVIES	Neath Harriers	x	17.35	19.20	19.20			5
3	192	Lucy FISHER	Pontyclun AC	10.48	7.52	7.55	10.48			8
4	133	Moli LYONS	Barry & Vale Harriers	x	9.44	9.74	9.74			9
5	234	Glesni POWELL	Brecon AC	x	x	x		8.95		
6	236	Tiegan WARD	Brecon AC	13.75	9.48	12.40	13.75	13.89		7
7	380	Ffion WILLIAMS	Pembrokeshire Harriers	x	x	x		14.61		
8	634	Georgia WILSON	Swansea Harriers					16.00		
9	233	Leonora RITSON-WALTON	Brecon AC	17.50	17.07	x	17.50	17.72		6
10	378	Gwen DODD	Pembrokeshire Harriers	x	22.99	21.07	22.99	19.77	PB+P10	3
11	628	Elin VAN BLOCK	Swansea Harriers	x	x	22.08	22.08	24.31	P10	4
12	63	Lili CHURCH	Carmarthen Harriers	20.74	25.29	21.55	25.29	24.39	PB+P10	2
13	627	Tiana EVANS	Swansea Harriers	25.24	26.33	28.23	28.23	28.05	PB+P10	1
14										
15										
16										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	627	Tiana EVANS	Swansea Harriers	28.23	9	133	Moli LYONS	Barry & Vale Harriers	9.74	
2	63	Lili CHURCH	Carmarthen Harriers	25.29	10	632	Maddie DRAYCOTT	Swansea Harriers	8.41	
3	378	Gwen DODD	Pembrokeshire Harriers	22.99	11					
4	628	Elin VAN BLOCK	Swansea Harriers	22.08	12					
5	331	Eden-Rae DAVIES	Neath Harriers	19.20	13					Referee
6	233	Leonora RITSON-WALTON	Brecon AC	17.50	14					
7	236	Tiegan WARD	Brecon AC	13.75	15					
8	192	Lucy FISHER	Pontyclun AC	10.48	16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	12:15 PM	DATE	Saturday-29-April-2017	
				Welsh Record: Adele NICOLL, Oswestry Olympians, 31.68, 2009					Start Time	
EVENT		F11 U13G Discus (0.75kg)		League Record: Holly COOPER, Swansea Harriers, 30.43 [M2-We-Neath] 2015					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
1	724	Honey BARRETT	Swansea Harriers	9.11	12.56	12.27	12.56			3
2	723	Scarlett LEWIS	Swansea Harriers	8.87	9.53	10.53	10.53			6
3	514	Rebecca HOPKINS	Bridgend AC	x	11.18	8.57	11.18			4
4	496	Ellie LORIMER	Bridgend AC	x	9.17	9.79	9.79			7
5	315	Maddison HINES	Neath Harriers	8.81	x	9.07	9.07			9
6	217	Jess DYKES	Brecon AC	x	7.25	7.69	7.69			10
7	122	Ella LYONS	Barry & Vale Harriers	x	9.18	8.74	9.18			8
8	49	Cordelia WALKER	Carmarthen Harriers	13.26	12.20	13.80	13.80		PB	2
9	48	Emma BRAZIER	Carmarthen Harriers							
10	731	Charlotte COLLINS	Swansea Harriers	x	x	10.82	10.82	9.54		5
11	727	Chloe JONES	Swansea Harriers	23.22	18.89	x	23.22	21.64	PB+P10	1
12										
13										
14										
15										
16										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	727	Chloe JONES	Swansea Harriers	23.22	9	315	Maddison HINES	Neath Harriers	9.07	
2	49	Cordelia WALKER	Carmarthen Harriers	13.80	10	217	Jess DYKES	Brecon AC	7.69	
3	724	Honey BARRETT	Swansea Harriers	12.56	11					
4	514	Rebecca HOPKINS	Bridgend AC	11.18	12					
5	731	Charlotte COLLINS	Swansea Harriers	10.82	13					Referee
6	723	Scarlett LEWIS	Swansea Harriers	10.53	14					
7	496	Ellie LORIMER	Bridgend AC	9.79	15					
8	122	Ella LYONS	Barry & Vale Harriers	9.18	16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	12:15 PM	DATE	Saturday-29-April-2017	
				Welsh Record: Mathew EVANS, Carmarthen Harriers, 17.36, 2003					Start Time	
EVENT		F12 U15B Shot (4.00kg)		League Record: Mathew EVANS, Carmarthen Harriers, 16.21, 2003					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
1	532	Ryan PRICE	Bridgend AC	5.56	5.79	5.99	5.99			3
2	531	Rhys HARDMAN	Bridgend AC	5.23	5.00	4.71	5.23			5
3	400	Dylan PHILLIPS	Pembrokeshire Harriers	11.30	x	11.71	11.71		PB	1
4	343	Finley HINES	Neath Harriers	6.70	6.06	6.23	6.70			2
5	131	Will WATT	Barry & Vale Harriers	5.13	5.53	x	5.53			4
6	243	James WILLIAMS	Brecon AC					7.00		
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	400	Dylan PHILLIPS	Pembrokeshire Harriers	11.71	9					
2	343	Finley HINES	Neath Harriers	6.70	10					
3	532	Ryan PRICE	Bridgend AC	5.99	11					
4	131	Will WATT	Barry & Vale Harriers	5.53	12					
5	531	Rhys HARDMAN	Bridgend AC	5.23	13					Referee
6					14					
7					15					
8					16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	12:30 PM	DATE	Saturday-29-April-2017				
				Welsh Record: Not Recognised at this age group						Start Time			
EVENT		F13 U11B Long Jump		League Record: Immanuel FEYI' WABOSO, Cardiff Archers, 4.60 [Cup Final] 2013						End Time			
				1st Trial		2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres		Metres		Metres		Metres			
1	684	Nathaniel OSBORNE	Swansea Harriers	2.69		2.94		2.89		2.94		PB	10
2	683	Ioan CARTER-JONES	Swansea Harriers	x		2.68		2.53		2.68		PB	16
3	682	Reuben DE VALL	Swansea Harriers	3.00		3.02		3.06		3.06		PB	6
4	681	Harry COLLINS	Swansea Harriers	2.89		x		3.44		3.44		PB	1
5	680	Drew DODD	Swansea Harriers	3.11		3.15		3.09		3.15		PB	3
6	461	Kian WILSON	Bridgend AC	3.01		2.89		2.70		3.01		PB	8
7	546	Thomas BATSFORD	Llanelli AC										
8	304	Rhys DUMMER	Neath Harriers	2.29		x		x		2.29		PB	21
9	215	Elis BOWERS	Brecon AC	2.99		2.98		2.84		2.99		PB	9
10	214	Jamie WILLIAMS	Brecon AC	2.96		2.95		3.04		3.04		PB	7
11	212	Joshua O'DONNELL	Brecon AC	2.71		2.69		2.55		2.71		PB	15
12	211	Gruff PETERS	Brecon AC	2.99		2.75		3.11		3.11		PB	5
13	177	Max ARNOLD	Pontyclun AC	3.22		3.29		3.20		3.29		PB	2
14	175	Jac WATKINS	Pontyclun AC	2.82		2.63		2.33		2.82		PB	13
15	111	John MUXWORTHY	Barry & Vale Harriers	2.91		2.72		2.78		2.91		PB	12
16	110	Joshua GRIFFITHS	Barry & Vale Harriers	2.15		x		2.16		2.16		PB	22

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	681	Harry COLLINS	Swansea Harriers	3.44	9	215	Elis BOWERS	Brecon AC	2.99		
2	177	Max ARNOLD	Pontyclun AC	3.29	10	684	Nathaniel OSBORNE	Swansea Harriers	2.94		
3	680	Drew DODD	Swansea Harriers	3.15	11	382	Finley BRUCE	Pembrokeshire Harriers	2.92		
4	7	Aron Hedd JONES	Carmarthen Harriers	3.15	12	111	John MUXWORTHY	Barry & Vale Harriers	2.91		
5	211	Gruff PETERS	Brecon AC	3.11	13	175	Jac WATKINS	Pontyclun AC	2.82		
6	682	Reuben DE VALL	Swansea Harriers	3.06	14	3	Huw CRESSEY-RODGERS	Carmarthen Harriers	2.82	Referee	
7	214	Jamie WILLIAMS	Brecon AC	3.04	15	212	Joshua O'DONNELL	Brecon AC	2.71		
8	461	Kian WILSON	Bridgend AC	3.01	16	683	Ioan CARTER-JONES	Swansea Harriers	2.68		

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	12:30 PM	DATE	Saturday-29-April-2017	
				Welsh Record: Not Recognised at this age group					Start Time	
EVENT		F13 U11B Long Jump		League Record: Immanuel FEYI' WABOSO, Cardiff Archers, 4.60 [Cup Final] 2013					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
17	105	Owen THOMAS	Barry & Vale Harriers	2.06	x	x	2.06		PB	23
18	7	Aron Hedd JONES	Carmarthen Harriers	2.76	2.73	3.15	3.15		PB	4
19	6	Aron BOWEN	Carmarthen Harriers	2.48	x	x	2.48		PB	19
20	3	Huw CRESSEY-RODGERS	Carmarthen Harriers	2.36	x	2.82	2.82		PB	14
21	2	Jake LYNOCK	Carmarthen Harriers	2.51	2.59	2.50	2.59		PB	17
22	386	Morgan JENKINS	Pembrokeshire Harriers	x	x	x		2.16		
23	101	Rhys SCOTT	Barry & Vale Harriers	x	x	x		2.25		
24	102	Owen SCOTT	Barry & Vale Harriers	x	2.34	2.31	2.34	2.26	PB+P10	20
25	103	Danny POTTER	Barry & Vale Harriers	2.54	2.57	2.39	2.57	2.78	P10	18
26	546	Thomas BATSFORD	Llanelli AC	x	x	1.65	1.65		P10	24
27	382	Finley BRUCE	Pembrokeshire Harriers	2.71	2.52	2.92	2.92		P10	11
28										
29										
30										
31										
32										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	2	Jake LYNOCK	Carmarthen Harriers	2.59	25					
18	103	Danny POTTER	Barry & Vale Harriers	2.57	26					
19	6	Aron BOWEN	Carmarthen Harriers	2.48	27					
20	102	Owen SCOTT	Barry & Vale Harriers	2.34	28					
21	304	Rhys DUMMER	Neath Harriers	2.29	29					Referee
22	110	Joshua GRIFFITHS	Barry & Vale Harriers	2.16	30					
23	105	Owen THOMAS	Barry & Vale Harriers	2.06	31					
24	546	Thomas BATSFORD	Llanelli AC	1.65	32					

[illegible]

Minimum height to score points 1.25m No minimum start height

FULL RESULTS										Officials Signatures
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	25	Ryan THOMAS	Carmarthen Harriers	1.56						
2	244	Harvey PARSONS	Brecon AC	1.54						
3=	394	Henry WHITE	Pembrokeshire Harriers	1.35						
3=	598	RHIDIAN JENKINS	Swansea Harriers	1.35						
5=	532	Ryan PRICE	Bridgend AC	1.25						
5=	23	Liam EDWARDS	Carmarthen Harriers	1.25						Referee Signature

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	1:05 PM	DATE	Saturday-29-April-2017	
				Welsh Record: Rhys WILLIAMS, 58.58, Swansea Harriers, 1996					Start Time	
EVENT		F15 U15B Javelin (600g)		League Record: Garth LOUGHRAN, Carmarthen Harriers, 52.08, 2003					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
1	573	Rhys BATSFORD	Llanelli AC	8.04	x	x	8.04			8
2	343	Finley HINES	Neath Harriers	23.85	x	16.81	23.85			3
3	240	Ethan JONES	Brecon AC	x	21.21	17.24	21.21			4
4	131	Will WATT	Barry & Vale Harriers	18.12	18.94	14.96	18.94			7
5	128	Lewis INGRAM	Barry & Vale Harriers	x	x	x				
6	395	Harley LEWIS	Pembrokeshire Harriers	28.39	x	22.32	28.39	27.90		2
7	21	Morgan BATTEN	Carmarthen Harriers	x	x	x		33.39		
8	593	Harley THOMAS	Swansea Harriers	x	x	21.14	21.14			5
9	596	Noah OSBORNE	Swansea Harriers	x	x	20.66	20.66			6
10	599	Joshua WILTON	Swansea Harriers	34.30	36.26	35.01	36.26		P10	1
11										
12										
13										
14										
15										
16										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	599	Joshua WILTON	Swansea Harriers	36.26	9					
2	395	Harley LEWIS	Pembrokeshire Harriers	28.39	10					
3	343	Finley HINES	Neath Harriers	23.85	11					
4	240	Ethan JONES	Brecon AC	21.21	12					
5	593	Harley THOMAS	Swansea Harriers	21.14	13					Referee
6	596	Noah OSBORNE	Swansea Harriers	20.66	14					
7	131	Will WATT	Barry & Vale Harriers	18.94	15					
8	573	Rhys BATSFORD	Llanelli AC	8.04	16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	1:10 PM	DATE	Saturday-29-April-2017				
				Welsh Record: Not Recognised at this age group						Start Time			
EVENT		F16 U11G Shot (2.00kg)		League Record: Charlotte FINNISTER Cardiff AAC 7.16 [Cup Final] 2013						End Time			
				1st Trial		2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres		Metres		Metres		Metres			
1	472	Ffion HOWE	Bridgend AC	3.32		3.84		3.12		3.84		PB	12
2	471	Jessica CRAWLEY	Bridgend AC	3.71		3.02		3.91		3.91		PB	10
3	469	Orea PLAYER	Bridgend AC	x		x		4.34		4.34		PB	8
4	365	Grace MANAGHAN	Pembrokeshire Harriers	2.20		2.48		2.60		2.60		PB	18
5	297	Evie DAVIES	Neath Harriers	4.72		5.05		5.03		5.05		PB	2
6	296	Sali WATKINS	Neath Harriers	4.47		4.71		x		4.71		PB	5
7	294	Fabia MORGAN	Neath Harriers	3.17		3.22		2.84		3.22		PB	16
8	209	Freya ROBERTS	Brecon AC	2.72		2.68		2.51		2.72		PB	17
9	208	Matilda HEATLIE	Brecon AC	3.32		3.41		3.89		3.89		PB	11
10	201	Daisy OSBORNE	Brecon AC	3.16		3.50		3.16		3.50		PB	14
11	117	Ruby HADFIELD	Barry & Vale Harriers										
12	116	Neave RUDKIN	Barry & Vale Harriers	4.39		4.83		x		4.83		PB	3
13	112	Chloe HOUGHTON	Barry & Vale Harriers	4.69		x		3.95		4.69		PB	6
14	36	Freya BRABROOK	Carmarthen Harriers	3.68		x		x		3.68		PB	13
15	33	Seren DAVIES	Carmarthen Harriers	4.45		4.47		4.31		4.47		PB	7
16	298	Katie BAKER	Neath Harriers	3.99		3.90		3.44		3.99	3.90	PB+P10	9

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	667	Marney ALLEN	Swansea Harriers	5.19	9	298	Katie BAKER	Neath Harriers	3.99		
2	297	Evie DAVIES	Neath Harriers	5.05	10	471	Jessica CRAWLEY	Bridgend AC	3.91		
3	116	Neave RUDKIN	Barry & Vale Harriers	4.83	11	208	Matilda HEATLIE	Brecon AC	3.89		
4	660	Makenzy BEARD	Swansea Harriers	4.82	12	472	Ffion HOWE	Bridgend AC	3.84		
5	296	Sali WATKINS	Neath Harriers	4.71	13	36	Freya BRABROOK	Carmarthen Harriers	3.68		
6	112	Chloe HOUGHTON	Barry & Vale Harriers	4.69	14	201	Daisy OSBORNE	Brecon AC	3.50	Referee	
7	33	Seren DAVIES	Carmarthen Harriers	4.47	15	113	Alys PATTERSON	Barry & Vale Harriers	3.39		
8	469	Orea PLAYER	Bridgend AC	4.34	16	294	Fabia MORGAN	Neath Harriers	3.22		

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	1:10 PM	DATE	Saturday-29-April-2017				
				Welsh Record: Not Recognised at this age group						Start Time			
EVENT		F16 U11G Shot (2.00kg)		League Record: Charlotte FINNISTER Cardiff AAC 7.16 [Cup Final] 2013						End Time			
				1st Trial		2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres		Metres		Metres		Metres			
17	667	Marney ALLEN	Swansea Harriers	4.66		5.19		4.92		5.19	5.16	PB+P10	1
18	660	Makenzy BEARD	Swansea Harriers	4.82		4.70		4.69		4.82	5.37	P10	4
19	113	Alys PATTERSON	Barry & Vale Harriers	2.60		3.28		3.39		3.39		P10	15
20													
21													
22													
23													
24													
25													
26													
27													
28													
29													
30													
31													
32													

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
17	209	Freya ROBERTS	Brecon AC	2.72	25						
18	365	Grace MANAGHAN	Pembrokeshire Harriers	2.60	26						
19					27						
20					28						
21					29					Referee	
22					30						
23					31						
24					32						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	1:30 PM	DATE	Saturday-29-April-2017	
				Welsh Record: Chris HUGHES, Swansea Harriers, 38.92, 1991					Start Time	
EVENT		F17 U13B Discus (1.00kg)		League Record: Mathew EVANS, Carmarthen Harriers, 41.86, 2003					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
1	718	Macsen HOLLAND	Swansea Harriers	x	x	x				
2	716	Dafydd KING	Swansea Harriers	12.22	x	11.81	12.22			5
3	712	Conor O'SHAUGHNESSY	Swansea Harriers	11.78	14.94	14.92	14.94		PB	3
4	703	Harley GLEESON	Swansea Harriers	x	x	11.15	11.15			7
5	504	Josh STEVENS	Bridgend AC	x	11.58	12.04	12.04			6
6	227	Tom HUGHES	Brecon AC	10.31	10.64	13.32	13.32			4
7	225	Daniel RICKETTS	Brecon AC	x	x	x				
8	224	Owen PRICE DAVIES	Brecon AC	8.87	9.18	x	9.18			8
9	705	Nathan JONES	Swansea Harriers	x	20.58	x	20.58	10.46	PB+P10	1
10	387	Michael JENKINS	Pembrokeshire Harriers	x	19.05	x	19.05	16.61	PB+P10	2
11	120	George SNAITH	Barry & Vale Harriers					20.15		
12										
13										
14										
15										
16										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	705	Nathan JONES	Swansea Harriers	20.58	9					
2	387	Michael JENKINS	Pembrokeshire Harriers	19.05	10					
3	712	Conor O'SHAUGHNESSY	Swansea Harriers	14.94	11					
4	227	Tom HUGHES	Brecon AC	13.32	12					
5	716	Dafydd KING	Swansea Harriers	12.22	13					Referee
6	504	Josh STEVENS	Bridgend AC	12.04	14					
7	703	Harley GLEESON	Swansea Harriers	11.15	15					
8	224	Owen PRICE DAVIES	Brecon AC	9.18	16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	2:00 PM	DATE	Saturday-29-April-2017				
				Welsh Record: Not Recognised at this age group						Start Time			
EVENT		F18 U11G Long Jump		League Record: K WILLIAMS, Carmarthen Harriers, 4.21, 1988						End Time			
				1st Trial		2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres		Metres		Metres		Metres			
1	545	Menna EVANS	Llanelli AC	2.33		x		2.16		2.33		PB	30
2	544	Louisa CLIFF	Llanelli AC	2.98		x		2.78		2.98		PB	10
3	543	Emily TUCKER	Llanelli AC	x		x		2.42		2.42		PB	27
4	542	Cari ADAMS	Llanelli AC	2.68		2.60		2.74		2.74		PB	16
5	541	Amelie CAMPION	Llanelli AC	2.75		x		2.82		2.82		PB	14
6	468	Anna-Rose MERCHANT	Bridgend AC	3.52		x		x		3.52		PB	1
7	466	Georgia SMELE	Bridgend AC	2.53		3.23		3.22		3.23		PB	7
8	297	Evie DAVIES	Neath Harriers	2.67		2.24		2.72		2.72		PB	17
9	294	Fabia MORGAN	Neath Harriers	2.32		2.43		2.18		2.43		PB	26
10	292	Evie AITCHISON	Neath Harriers	x		2.96		2.43		2.96		PB	12
11	209	Freya ROBERTS	Brecon AC	2.02		2.22		2.17		2.22		PB	32
12	208	Matilda HEATLIE	Brecon AC	2.37		x		1.95		2.37		PB	28
13	206	Aelwen DAVIES	Brecon AC	3.39		x		2.59		3.39		PB	3
14	205	Hannah MORGAN	Brecon AC	2.85		2.73		2.73		2.85		PB	13
15	203	Hali-Rae MORRIS	Brecon AC	2.60		x		2.57		2.60		PB	22
16	202	Phoebe FLETCHER	Brecon AC	2.19		x		2.36		2.36		PB	29

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	468	Anna-Rose MERCHANT	Bridgend AC	3.52	9	363	Eleanor WHITE	Pembrokeshire Harriers	2.98		
2	171	Nia POWELL	Pontyclun AC	3.48	10	544	Louisa CLIFF	Llanelli AC	2.98		
3	206	Aelwen DAVIES	Brecon AC	3.39	11	662	Liane DO ROUYS	Swansea Harriers	2.96		
4	660	Makenzy BEARD	Swansea Harriers	3.33	12	292	Evie AITCHISON	Neath Harriers	2.96		
5	291	Katie SELICK	Neath Harriers	3.32	13	205	Hannah MORGAN	Brecon AC	2.85	Referee	
6	34	Bessy HILL	Carmarthen Harriers	3.25	14	541	Amelie CAMPION	Llanelli AC	2.82		
7	466	Georgia SMELE	Bridgend AC	3.23	15	114	Jessica MANTLE	Barry & Vale Harriers	2.76		
8	293	Bethan CARROLL	Neath Harriers	3.14	16	542	Cari ADAMS	Llanelli AC	2.74		

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	2:00 PM	DATE	Saturday-29-April-2017			
				Welsh Record: Not Recognised at this age group						Start Time		
EVENT		F18 U11G Long Jump		League Record: K WILLIAMS, Carmarthen Harriers, 4.21, 1988						End Time		
				1st Trial		2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres					
17	171	Nia POWELL	Pontyclun AC	3.39	3.12	3.48	3.48		PB	2		
18	116	Neave RUDKIN	Barry & Vale Harriers	x	2.55	2.42	2.55		PB	23		
19	115	Caitlin WEAVER	Barry & Vale Harriers	2.70	2.52	2.58	2.70		PB	18		
20	114	Jessica MANTLE	Barry & Vale Harriers	2.43	2.57	2.76	2.76		PB	15		
21	113	Alys PATTERSON	Barry & Vale Harriers									
22	37	Greta BOWEN	Carmarthen Harriers	x	2.31	2.51	2.51		PB	24		
23	36	Freya BRABROOK	Carmarthen Harriers	2.29	2.25	2.26	2.29		PB	31		
24	34	Bessy HILL	Carmarthen Harriers	3.20	3.06	3.25	3.25		PB	6		
25	32	Mari COLLIER	Carmarthen Harriers	2.62	2.51	2.67	2.67		PB	20		
26	362	Alyssa ROSEMEYER	Pembrokeshire Harriers					1.75				
27	299	Maddison MAHON	Neath Harriers	2.68	2.58	2.40	2.68	2.22	PB+P10	19		
28	664	Abigail HOWELLS	Swansea Harriers	2.12	2.50	x	2.50	2.32	PB+P10	25		
29	663	Neve DODD	Swansea Harriers	2.62	2.61	2.59	2.62	2.71	P10	21		
30	363	Eleanor WHITE	Pembrokeshire Harriers	2.96	2.98	2.96	2.98	2.95	PB+P10	9		
31	662	Liane DO ROUYS	Swansea Harriers	2.76	2.96	x	2.96		PB	11		
32	293	Bethan CARROLL	Neath Harriers	3.02	3.14	3.07	3.14	3.04	PB+P10	8		

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
17	297	Evie DAVIES	Neath Harriers	2.72	25	664	Abigail HOWELLS	Swansea Harriers	2.50		
18	115	Caitlin WEAVER	Barry & Vale Harriers	2.70	26	294	Fabia MORGAN	Neath Harriers	2.43		
19	299	Maddison MAHON	Neath Harriers	2.68	27	543	Emily TUCKER	Llanelli AC	2.42		
20	32	Mari COLLIER	Carmarthen Harriers	2.67	28	208	Matilda HEATLIE	Brecon AC	2.37		
21	663	Neve DODD	Swansea Harriers	2.62	29	202	Phoebe FLETCHER	Brecon AC	2.36	Referee	
22	203	Hali-Rae MORRIS	Brecon AC	2.60	30	545	Menna EVANS	Llanelli AC	2.33		
23	116	Neave RUDKIN	Barry & Vale Harriers	2.55	31	36	Freya BRABROOK	Carmarthen Harriers	2.29		
24	37	Greta BOWEN	Carmarthen Harriers	2.51	32	209	Freya ROBERTS	Brecon AC	2.22		

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	2:00 PM	DATE	Saturday-29-April-2017	
				Welsh Record: Not Recognised at this age group					Start Time	
EVENT		F18 U11G Long Jump		League Record: K WILLIAMS, Carmarthen Harriers, 4.21, 1988					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
33	660	Makenzy BEARD	Swansea Harriers	3.25	3.33	3.08	3.33	3.05	PB+P10	4
34	291	Katie SELICK	Neath Harriers	3.07	3.32	x	3.32	3.09	PB+P10	5
35										
36										
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48										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
33					41					
34					42					
35					43					
36					44					
37					45					Referee
38					46					
39					47					
40					48					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	2:05 PM	DATE	Saturday-29-April-2017	
				Welsh Record: Bethan REES, Cannock & Staffs, 37.38, 2012					Start Time	
EVENT		F19 U13G Javelin (400g)		League Record: Bethany MOULE, Neath Harriers, 30.55, [M4-We-Brecon] 2014					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
1	726	Leni BEARD	Swansea Harriers	10.61	10.40	10.32	10.61			12
2	725	Ella BREARLEY	Swansea Harriers	9.52	7.91	6.75	9.52			16
3	565	Kenzie DAVIES	Llanelli AC	9.13	9.15	8.30	9.15			20
4	563	Isla MELROSE	Llanelli AC	11.87	10.31	10.71	11.87			8
5	560	Amy TUCKER	Llanelli AC	10.72	11.62	12.45	12.45			7
6	556	Hannah CARPENTER	Llanelli AC	9.19	x	9.24	9.24			19
7	518	Catherine ROWE	Bridgend AC							
8	515	Mia ALLEN	Bridgend AC	x	x	7.79	7.79			23
9	509	Gemma PRICE	Bridgend AC	x	x	6.00	6.00			25
10	501	Mali MORSE	Bridgend AC	7.68	9.59	x	9.59			15
11	372	Lucy WINTLE	Pembrokeshire Harriers	8.21	8.09	9.41	9.41			17
12	369	Lleucu LLOYD	Pembrokeshire Harriers	13.48	15.28	x	15.28		PB	4
13	217	Jess DYKES	Brecon AC	8.37	x	8.04	8.37			22
14	184	Mia WILLIAMS	Pontyclun AC	10.97	12.33	13.19	13.19		PB	6
15	140	Jennifer VLASKAMP-HALL	Barry & Vale Harriers	7.55	x	x	7.55			24
16	125	Rosie DAY	Barry & Vale Harriers							

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	727	Chloe JONES	Swansea Harriers	29.00	9	730	Lucy HARRIS	Swansea Harriers	11.33	
2	49	Cordelia WALKER	Carmarthen Harriers	23.13	10	723	Scarlett LEWIS	Swansea Harriers	11.16	
3	124	Kelise HAPPI	Barry & Vale Harriers	16.66	11	315	Maddison HINES	Neath Harriers	11.10	
4	369	Lleucu LLOYD	Pembrokeshire Harriers	15.28	12	726	Leni BEARD	Swansea Harriers	10.61	
5	502	Erin ANDREWS	Bridgend AC	13.29	13	44	Megan REES	Carmarthen Harriers	10.53	Referee
6	184	Mia WILLIAMS	Pontyclun AC	13.19	14	317	Saran HOPKINS	Neath Harriers	10.01	
7	560	Amy TUCKER	Llanelli AC	12.45	15	501	Mali MORSE	Bridgend AC	9.59	
8	563	Isla MELROSE	Llanelli AC	11.87	16	725	Ella BREARLEY	Swansea Harriers	9.52	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	2:05 PM	DATE	Saturday-29-April-2017	
				Welsh Record: Bethan REES, Cannock & Staffs, 37.38, 2012					Start Time	
EVENT		F19 U13G Javelin (400g)		League Record: Bethany MOULE, Neath Harriers, 30.55, [M4-We-Brecon] 2014					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
17	124	Kelise HAPPI	Barry & Vale Harriers	13.84	16.47	16.66	16.66		PB	3
18	122	Ella LYONS	Barry & Vale Harriers	7.53	x	9.29	9.29			18
19	50	Elen WILLIAMS	Carmarthen Harriers	x	x	4.05	4.05			26
20	45	Faye JONES	Carmarthen Harriers	x	x	x				
21	44	Megan REES	Carmarthen Harriers	10.53	8.37	x	10.53			13
22	730	Lucy HARRIS	Swansea Harriers	x	x	11.33	11.33	10.37		9
23	315	Maddison HINES	Neath Harriers	10.20	11.10	10.74	11.10	10.84		11
24	723	Scarlett LEWIS	Swansea Harriers	9.83	11.16	x	11.16	11.10		10
25	731	Charlotte COLLINS	Swansea Harriers	x	x	8.54	8.54	11.55		21
26	502	Erin ANDREWS	Bridgend AC	12.77	11.74	13.29	13.29	13.70	P10	5
27	317	Saran HOPKINS	Neath Harriers	x	10.01	x	10.01	16.25		14
28	49	Cordelia WALKER	Carmarthen Harriers	18.92	23.13	21.56	23.13	22.05	PB+P10	2
29	727	Chloe JONES	Swansea Harriers	29.00	25.94	24.61	29.00	29.42	P10	1
30										
31										
32										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	372	Lucy WINTLE	Pembrokeshire Harriers	9.41	25	509	Gemma PRICE	Bridgend AC	6.00	
18	122	Ella LYONS	Barry & Vale Harriers	9.29	26	50	Elen WILLIAMS	Carmarthen Harriers	4.05	
19	556	Hannah CARPENTER	Llanelli AC	9.24	27					
20	565	Kenzie DAVIES	Llanelli AC	9.15	28					
21	731	Charlotte COLLINS	Swansea Harriers	8.54	29					Referee
22	217	Jess DYKES	Brecon AC	8.37	30					
23	515	Mia ALLEN	Bridgend AC	7.79	31					
24	140	Jennifer VLASKAMP-HALL	Barry & Vale Harriers	7.55	32					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	2:10 PM	DATE	Saturday-29-April-2017				
				Welsh Record: Not Recognised at this age group						Start Time			
EVENT		F20 U11B Shot (2.72kg)		League Record: Rheon JAMES, Carmarthen Harriers, 10.06, 2003						End Time			
				1st Trial		2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres		Metres		Metres		Metres			
1	684	Nathaniel OSBORNE	Swansea Harriers	5.44		5.46		5.05		5.46		PB	1
2	680	Drew DODD	Swansea Harriers	3.95		4.07		4.54		4.54		PB	6
3	463	Iwan FROLEY	Bridgend AC	4.20		3.73		4.26		4.26		PB	8
4	462	Fraser HIGGINSON	Bridgend AC	1.93		2.04		2.57		2.57		PB	15
5	305	Iestyn THOMAS	Neath Harriers	4.72		4.49		4.94		4.94		PB	2
6	213	Aneurin SKINNER	Brecon AC	4.59		4.68		x		4.68		PB	4
7	211	Gruff PETERS	Brecon AC	3.79		3.77		3.95		3.95		PB	11
8	175	Jac WATKINS	Pontyclun AC	3.98		3.97		4.70		4.70		PB	3
9	110	Joshua GRIFFITHS	Barry & Vale Harriers	x		3.07		3.05		3.07		PB	14
10	109	Myles JAMESON	Barry & Vale Harriers										
11	106	Joseph DOWN	Barry & Vale Harriers	4.16		4.13		x		4.16		PB	9
12	105	Owen THOMAS	Barry & Vale Harriers	3.85		3.50		3.72		3.85		PB	12
13	104	Daniel BARRY	Barry & Vale Harriers	3.59		3.85		x		3.85		PB	13
14	6	Aron BOWEN	Carmarthen Harriers	4.04		3.17		2.98		4.04		PB	10
15	385	Rhys LLOYD ROBERTS	Pembrokeshire Harriers	4.19		4.13		4.57		4.57	4.48	PB+P10	5
16	386	Morgan JENKINS	Pembrokeshire Harriers	4.25		4.49		4.42		4.49	5.01	P10	7

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	684	Nathaniel OSBORNE	Swansea Harriers	5.46	9	106	Joseph DOWN	Barry & Vale Harriers	4.16		
2	305	Iestyn THOMAS	Neath Harriers	4.94	10	6	Aron BOWEN	Carmarthen Harriers	4.04		
3	175	Jac WATKINS	Pontyclun AC	4.70	11	211	Gruff PETERS	Brecon AC	3.95		
4	213	Aneurin SKINNER	Brecon AC	4.68	12	105	Owen THOMAS	Barry & Vale Harriers	3.85		
5	385	Rhys LLOYD ROBERTS	Pembrokeshire Harriers	4.57	13	104	Daniel BARRY	Barry & Vale Harriers	3.85		
6	680	Drew DODD	Swansea Harriers	4.54	14	110	Joshua GRIFFITHS	Barry & Vale Harriers	3.07	Referee	
7	386	Morgan JENKINS	Pembrokeshire Harriers	4.49	15	462	Fraser HIGGINSON	Bridgend AC	2.57		
8	463	Iwan FROLEY	Bridgend AC	4.26	16						

Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen											DATE	Sat-29-April-2017			
				TIME	Welsh Record: Lea HAGGETT, Herne Hill Harriers, 1.81, 1986															
EVENT		F21 U15G High Jump		2:20 PM	League Record: Emily MORRIS, Swansea Harriers, 1.62, 2009															
					1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.52	Best Perf	PB	Power of 10	Final Position
Order	Bib	NAME	CLUB	Start Ht	1.54	1.56														
1	570	Amy MULLEN	Llanelli AC	1.15				O	O	O	O	O	XXX				1.35			5
2	525	Megan FROLEY	Bridgend AC																	
3	377	Phoebe NOOTT	Pembrokeshire Harriers	1.00	O	O	PASS	O	O	O	XO	O	XXX				1.35			6
4	376	Megan POUPARD	Pembrokeshire Harriers																	
5	238	Gwen SMITH	Brecon AC																	
6	191	Bethan LANG-THOMAS	Pontyclun AC																	
7	190	Amelie DONAVON DAVIE	Pontyclun AC	1.00	O	O	O	O	XXO	XO	XXX						1.25			10
8	631	Ffion MORGAN	Swansea Harriers	1.05		O	XO	XXX									1.10	1.15		12
9	233	Leonora RITSON-WALTON	Brecon AC	1.00	O	O	O	O	PASS	PASS	XXX						1.15	1.20		11
10	135	Erin MCLOUGHLIN	Barry & Vale Harriers	1.10			O	O	O	XO	XXX						1.25	1.30		8=
11	134	Hannahlise BOLT	Barry & Vale Harriers	1.20					O	O	O	XO	XXX				1.35	1.30		7
12	58	Phoebe DAVIS	Carmarthen Harriers	1.00	O	O	O	O	O	XO	XXX						1.25	1.30		8=
13	630	Brooke CASTLE	Swansea Harriers	1.25						O	O	O	O	O	XXX		1.45	1.45		3=
14	136	Mariella WATT	Barry & Vale Harriers	1.20					O	O	O	XO	O	O	XO	XXX	1.50	1.45		2
15	63	Lili CHURCH	Carmarthen Harriers	1.40	XXO	XXX							O	O	XO	XO	1.54	1.58		1
16	647	Marnie MUSGRAVE	Swansea Harriers	1.35								O	O	O	XXX		1.45	1.61		3=

Minimum height to score points 1.15m No minimum start height

FULL RESULTS										Officials Signatures	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	63	Lili CHURCH	Carmarthen Harriers	1.54	8=	58	Phoebe DAVIS	Carmarthen Harriers	1.25		
2	136	Mariella WATT	Barry & Vale Harriers	1.50	10	190	Amelie DONAVON DAVIES	Pontyclun AC	1.25		
3=	630	Brooke CASTLE	Swansea Harriers	1.45	11	233	Leonora RITSON-WALTON	Brecon AC	1.15		
3=	647	Marnie MUSGRAVE	Swansea Harriers	1.45	12	631	Ffion MORGAN	Swansea Harriers	1.10		
5	570	Amy MULLEN	Llanelli AC	1.35						Referee Signature	
6	377	Phoebe NOOTT	Pembrokeshire Harriers	1.35							
7	134	Hannahlise BOLT	Barry & Vale Harriers	1.35							
8=	135	Erin MCLOUGHLIN	Barry & Vale Harriers	1.25							

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	2:30 PM	DATE	Saturday-29-April-2017	
EVENT		F22 U15G Discus (1.00kg)		League Record: Phillipa ROLES, Swansea Harriers, 41.26, 1992					Start Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
1	534	Lucy HILL	Bridgend AC	13.41	13.27	12.01	13.41			7
2	521	Leonora BREHENY	Bridgend AC							
3	335	Daisy ELEY	Neath Harriers	x	6.32	7.94	7.94			12
4	239	Lily CRONIN	Brecon AC	x	11.10	x	11.10			9
5	62	Deryn CRESSEY-RODGERS	Carmarthen Harriers	8.69	x	8.32	8.69			11
6	649	Tallulah THOMAS	Swansea Harriers	11.78	x	10.94	11.78	12.93		8
7	648	Grace WHITTAKER	Swansea Harriers	11.07			11.07	15.27		10
8	650	Isabelle ELLSMORE	Swansea Harriers	x	14.18	14.66	14.66	16.45		6
9	65	Nia WILLIAMS	Carmarthen Harriers	20.77	22.21	20.10	22.21	16.74	PB+P10	2
10	637	Eleanor WARD	Swansea Harriers	x	12.23	15.77	15.77	16.95		5
11	337	Cerys TEAGUE	Neath Harriers	15.18	16.55	14.89	16.55	17.56		4
12	230	Madeleine DAVIES	Brecon AC	19.60	20.90	x	20.90	21.27	P10	3
13	646	Neve BOWEN	Swansea Harriers	25.95	25.09	24.82	25.95	25.13	PB+P10	1
14	645	Holly COOPER	Swansea Harriers	x	x	x		29.79		
15										
16										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	646	Neve BOWEN	Swansea Harriers	25.95	9	239	Lily CRONIN	Brecon AC	11.10	
2	65	Nia WILLIAMS	Carmarthen Harriers	22.21	10	648	Grace WHITTAKER	Swansea Harriers	11.07	
3	230	Madeleine DAVIES	Brecon AC	20.90	11	62	Deryn CRESSEY-RODGERS	Carmarthen Harriers	8.69	
4	337	Cerys TEAGUE	Neath Harriers	16.55	12	335	Daisy ELEY	Neath Harriers	7.94	
5	637	Eleanor WARD	Swansea Harriers	15.77	13					Referee
6	650	Isabelle ELLSMORE	Swansea Harriers	14.66	14					
7	534	Lucy HILL	Bridgend AC	13.41	15					
8	649	Tallulah THOMAS	Swansea Harriers	11.78	16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	3:00 PM	DATE	Saturday-29-April-2017	
				Welsh Record: Ian STRANGE, Newbridge HS, 6.63, 1977					Start Time	
EVENT		F23 U15B Long Jump		League Record: Josh DAVIES, Pembroke Harriers, 6.30, 2011 [Cup Final]					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
1	573	Rhys BATSFORD	Llanelli AC	x	2.73	x	2.73			12
2	533	Dylan ANDREWS	Bridgend AC	3.64	3.64	x	3.64			9
3	341	Sam LENNOX	Neath Harriers	4.26	x	x	4.26			7
4	245	Will DAVIS	Brecon AC	x	4.85	4.86	4.86		PB	3
5	128	Lewis INGRAM	Barry & Vale Harriers	2.74	2.80	2.96	2.96			11
6	129	Harvey ROSE	Barry & Vale Harriers	x	x	3.25	3.25	2.97		10
7	241	Patrick DEVENEY-BILLINGE	Brecon AC	4.16	x	x	4.16	4.12		8
8	242	Euan DYKES	Brecon AC	4.57	5.05	4.60	5.05	5.20	P10	2
9	592	Charlie HOLLAND	Swansea Harriers	4.21	4.31	2.80	4.31			6
10	596	Noah OSBORNE	Swansea Harriers	4.05	3.97	4.70	4.70			4
11	597	Tommy PAYNE	Swansea Harriers	5.10	x	4.70	5.10		P10	1
12	598	Rhidian JENKINS	Swansea Harriers	4.62	4.56	x	4.62			5
13										
14										
15										
16										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	597	Tommy PAYNE	Swansea Harriers	5.10	9	533	Dylan ANDREWS	Bridgend AC	3.64	
2	242	Euan DYKES	Brecon AC	5.05	10	129	Harvey ROSE	Barry & Vale Harriers	3.25	
3	245	Will DAVIS	Brecon AC	4.86	11	128	Lewis INGRAM	Barry & Vale Harriers	2.96	
4	596	Noah OSBORNE	Swansea Harriers	4.70	12	573	Rhys BATSFORD	Llanelli AC	2.73	
5	598	Rhidian JENKINS	Swansea Harriers	4.62	13					Referee
6	592	Charlie HOLLAND	Swansea Harriers	4.31	14					
7	341	Sam LENNOX	Neath Harriers	4.26	15					
8	241	Patrick DEVENEY-BILLINGE	Brecon AC	4.16	16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	3:00 PM	DATE	Saturday-29-April-2017				
				Welsh Record: Mathew EVANS, Carmarthen Harriers, 14.47, 2001						Start Time			
EVENT		F24 U13B Shot (3.25kg)		League Record: Mathew EVANS, Carmarthen Harriers, 13.73, 2001						End Time			
				1st Trial		2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres		Metres		Metres		Metres			
1	717	Vamsi MUDDADA	Swansea Harriers	4.37		x		3.73		4.37			15
2	553	Shay GRAHAM	Llanelli AC	3.71		x		3.54		3.71			19
3	497	Oscar THOMAS	Bridgend AC	x		2.24		3.78		3.78			18
4	493	Joshua MORGAN	Bridgend AC	5.88		6.47		6.55		6.55		PB	5
5	322	Jac THOMAS	Neath Harriers	5.06		5.09		4.49		5.09			12
6	227	Tom HUGHES	Brecon AC	3.76		x		3.91		3.91			17
7	224	Owen PRICE DAVIES	Brecon AC	6.04		6.51		5.91		6.51		PB	6
8	223	Brynach SKINNER	Brecon AC	4.07		4.42		4.37		4.42			14
9	186	Elliot D DAVIES	Pontyclun AC	7.01		7.44		6.85		7.44		PB	3
10	15	Ioan COLLIER	Carmarthen Harriers	x		x		4.73		4.73			13
11	14	Dylan GWYNNE-JONES	Carmarthen Harriers	4.28		3.79		3.63		4.28			16
12	12	Frank MORGAN	Carmarthen Harriers	5.31		5.48		x		5.48			10
13	225	Daniel RICKETTS	Brecon AC	4.32		6.24		5.74		6.24	4.32		8
14	229	Thomas GILBERT	Brecon AC	6.07		6.10		6.47		6.47	6.21		7
15	490	Morgan HUBBARDE	Bridgend AC	x		6.06		x		6.06	6.26		9
16	718	Macsen HOLLAND	Swansea Harriers	7.48		7.52		6.91		7.52	6.30	PB+P10	2

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	713	Zac DAVIES	Swansea Harriers	8.42	9	490	Morgan HUBBARDE	Bridgend AC	6.06	
2	718	Macsen HOLLAND	Swansea Harriers	7.52	10	12	Frank MORGAN	Carmarthen Harriers	5.48	
3	186	Elliot D DAVIES	Pontyclun AC	7.44	11	120	George SNAITH	Barry & Vale Harriers	5.20	
4	387	SHAY GRAHAM	Pembrokeshire Harriers	7.10	12	322	Jac THOMAS	Neath Harriers	5.09	
5	493	Joshua MORGAN	Bridgend AC	6.55	13	15	Ioan COLLIER	Carmarthen Harriers	4.73	Referee
6	224	Owen PRICE DAVIES	Brecon AC	6.51	14	223	Brynach SKINNER	Brecon AC	4.42	
7	229	Thomas GILBERT	Brecon AC	6.47	15	717	Vamsi MUDDADA	Swansea Harriers	4.37	
8	225	Daniel RICKETTS	Brecon AC	6.24	16	14	Dylan GWYNNE-JONES	Carmarthen Harriers	4.28	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	3:00 PM	DATE	Saturday-29-April-2017	
				Welsh Record: Mathew EVANS, Carmarthen Harriers, 14.47, 2001					Start Time	
EVENT		F24 U13B Shot (3.25kg)		League Record: Mathew EVANS, Carmarthen Harriers, 13.73, 2001					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
17	713	Zac DAVIES	Swansea Harriers	x	8.42	8.07	8.42	6.47	PB+P10	1
18	120	George SNAITH	Barry & Vale Harriers	5.20	4.23	4.73	5.20	7.73		11
19	387	SHAY GRAHAM	Pembrokeshire Harriers	7.10	x	6.75	7.10	8.75	P10	4
20										
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										
32										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	227	Tom HUGHES	Brecon AC	3.91	25					
18	497	Oscar THOMAS	Bridgend AC	3.78	26					
19	553	Shay GRAHAM	Llanelli AC	3.71	27					
20					28					
21					29					Referee
22					30					
23					31					
24					32					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	3:30 PM	DATE	Saturday-29-April-2017						
EVENT				League Record: Rheon JAMES, Carmarthen Harriers, 41.00, 2005						Start Time					
		F25 U13B Javelin (400g)		1st Trial				2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres		Metres		Metres		Metres					
1	709	Freddie WEBBER	Swansea Harriers	x		10.78		12.09		12.09					
2	550	Alex THOMAS	Llanelli AC	7.47		9.64		x		9.64				15	
3	512	Joshua KERRY	Bridgend AC	x		x		x							
4	497	Oscar THOMAS	Bridgend AC	x		x		x							
5	392	Steffan BRIDGER	Pembrokeshire Harriers	11.60		x		13.51		13.51				11	
6	388	Jamie ZYGADLO	Pembrokeshire Harriers	23.70		21.48		27.32		27.32			PB	2	
7	323	Joseph SELICK	Neath Harriers												
8	223	Brynach SKINNER	Brecon AC	6.83		8.96		8.05		8.96				16	
9	118	Will KINGSTON	Barry & Vale Harriers	16.24		x		x		16.24				7	
10	14	Dylan GWYNNE-JONES	Carmarthen Harriers	13.20		14.80		11.21		14.80				9	
11	710	Christian GARCIA	Swansea Harriers									7.12			
12	714	Thomas GORVETT	Swansea Harriers	14.30		17.78		16.14		17.78		10.72		4	
13	224	Owen PRICE DAVIES	Brecon AC	16.13		x		x		16.13		12.58		8	
14	499	Jack O'BRIEN	Bridgend AC	x		x		13.94		13.94		14.74		10	
15	322	Jac THOMAS	Neath Harriers	13.50		x		x		13.50		14.97		12	
16	703	Harley GLEESON	Swansea Harriers	16.71		16.54		16.26		16.71		16.07		6	

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	120	George SNAITH	Barry & Vale Harriers	28.65	9	14	Dylan GWYNNE-JONES	Carmarthen Harriers	14.80	
2	388	Jamie ZYGADLO	Pembrokeshire Harriers	27.32	10	499	Jack O'BRIEN	Bridgend AC	13.94	
3	700	Ben SULLIVAN	Swansea Harriers	18.19	11	392	Steffan BRIDGER	Pembrokeshire Harriers	13.51	
4	714	Thomas GORVETT	Swansea Harriers	17.78	12	322	Jac THOMAS	Neath Harriers	13.50	
5	705	Nathan JONES	Swansea Harriers	16.84	13	709	Freddie WEBBER	Swansea Harriers	12.09	
6	703	Harley GLEESON	Swansea Harriers	16.71	14	387	Michael JENKINS	Pembrokeshire Harriers	9.93	Referee
7	118	Will KINGSTON	Barry & Vale Harriers	16.24	15	550	Alex THOMAS	Llanelli AC	9.64	
8	224	Owen PRICE DAVIES	Brecon AC	16.13	16	223	Brynach SKINNER	Brecon AC	8.96	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	3:30 PM	DATE	Saturday-29-April-2017	
				Welsh Record: Tom NORTON, Cwmbran Harriers, 44.80, 2007					Start Time	
EVENT		F25 U13B Javelin (400g)		League Record: Rheon JAMES, Carmarthen Harriers, 41.00, 2005					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
17	387	Michael JENKINS	Pembrokeshire Harriers	x	x	9.93	9.93	16.38		14
18	705	Nathan JONES	Swansea Harriers	16.69	16.84	15.08	16.84	17.88		5
19	700	Ben SULLIVAN	Swansea Harriers	17.12	16.95	18.19	18.19	17.98	PB+P10	3
20	120	George SNAITH	Barry & Vale Harriers	24.24	28.31	28.65	28.65	30.48	P10	1
21	546	Thomas BATSFORD	Llanelli AC	x	5.00	5.51	5.51			17
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										
32										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	546	Thomas BATSFORD	Llanelli AC	5.51	25					
18					26					
19					27					
20					28					
21					29					Referee
22					30					
23					31					
24					32					

Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE		Carmarthen										DATE	Sat-29-April-2017				
				TIME		Welsh Record: Julia CHARLTON, Carmarthen Harriers, 1.68, 1978															
EVENT		F26 U13G High Jump		3:30 PM		League Record: Rosie DOMICAN, Cardiff Archers, 1.52, [M4-Ea-Cardiff] 2016															
				Start ht	0.95	1.00	1.05	1.10	1.15	1.20	1.25	1.27	1.29	1.31	1.33	1.35	Best Perf	PB	Power of 10	Final Position	
Order	Bib	NAME	CLUB		m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm					
1	729	Emilia EVANS	Swansea Harriers	1.00		O	XO	XXO	XO	XXX							1.15			4	
2	556	Hannah CARPENTER	Llanelli AC	0.95	O	O	XO	XXX									1.05			6	
3	503	Philippa ALLEN	Bridgend AC	0.95	XO	O	XXX										1.00			7	
4	180	Ciara LANG-THOMAS	Pontyclun AC	1.00		O	O	XXX									1.05			5	
5	123	Emily DOOGUE	Barry & Vale Harriers	1.00		XO	XXO	O	XO	XXX							1.15			3	
6	736	Sophie O'BRIEN	Swansea Harriers	1.00		XXX												1.15			
7	735	Melissa DAVIES	Swansea Harriers	1.00		O	O	O	XO	XO	XXX						1.20	1.20		2	
8	367	Amy WHITE	Pembrokeshire Harriers	1.05		O	O	O	O	O	O	O	O	XO	XXO	XXX	1.33	1.28		1	
9																					
10																					
11																					
12																					
13																					
14																					
15																					
16																					

Minimum height to score points 1.05m No minimum start height

FULL RESULTS										Officials Signatures	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	367	Amy WHITE	Pembrokeshire Harriers	1.33							
2	735	Melissa DAVIES	Swansea Harriers	1.20							
3	123	Emily DOOGUE	Barry & Vale Harriers	1.15							
4	729	Emilia EVANS	Swansea Harriers	1.15							
5	180	Ciara LANG-THOMAS	Pontyclun AC	1.05							
6	556	Hannah CARPENTER	Llanelli AC	1.05							
7	503	Philippa ALLEN	Bridgend AC	1.00						Referee Signature	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	3:30 PM	DATE	Saturday-29-April-2017				
				Welsh Record: Clive WOOLMER, Milford Haven Sch, 5.31, 1982						Start Time			
EVENT		F27 U13B Long Jump		League Record: Theo CABANGO, Cardiff Archers, 5.42 nwr, [Cup Final] 2014						End Time			
				1st Trial		2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres		Metres		Metres		Metres			
1	708	Christian STONES	Swansea Harriers	3.62		3.53		3.44		3.62			11
2	706	Lucas FRUDD	Swansea Harriers	3.11		x		2.45		3.11			27
3	701	Daniel OWEN	Swansea Harriers	2.58		2.24		2.10		2.58			31
4	555	Finley COOMBE	Llanelli AC	3.13		2.87		x		3.13			24
5	552	Harrison WHEELER	Llanelli AC	3.92		3.42		3.77		3.92			7
6	551	Craig DAVIES	Llanelli AC	3.19		3.16		3.11		3.19			23
7	550	Alex THOMAS	Llanelli AC	3.27		2.94		3.25		3.27			21
8	512	Joshua KERRY	Bridgend AC	3.29		x		2.96		3.29			20
9	390	Luke THOMAS	Pembrokeshire Harriers	3.65		3.84		3.76		3.84			8
10	389	Jack BRUCE	Pembrokeshire Harriers	2.94		x		3.12		3.12			25
11	228	Thomas DAVIES	Brecon AC	3.45		3.59		x		3.59			13
12	222	Owen GRIFFITHS	Brecon AC	3.34		3.29		3.61		3.61			12
13	219	Bean WARRY	Brecon AC	3.37		2.57		3.26		3.37			17
14	18	Rogan COX	Carmarthen Harriers	3.22		3.18		3.21		3.22			22
15	17	Brynmor PETERS	Carmarthen Harriers	2.87		x		2.43		2.87			29
16	11	Ioan CRESSEY-RODGERS	Carmarthen Harriers	3.24		3.38		3.56		3.56			14

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	704	Samuel DAVIES	Swansea Harriers	4.43	9	220	Tommy MATTHEWS	Brecon AC	3.68	
2	388	Jamie ZYGADLO	Pembrokeshire Harriers	4.21	10	492	Cameron COBURN	Bridgend AC	3.64	
3	702	Dylan MORGAN	Swansea Harriers	4.15	11	708	Christian STONES	Swansea Harriers	3.62	
4	511	Ewan BAILEY	Bridgend AC	4.01	12	222	Owen GRIFFITHS	Brecon AC	3.61	
5	119	Sean MCLOUGHLIN	Barry & Vale Harriers	3.97	13	228	Thomas DAVIES	Brecon AC	3.59	
6	391	Troy JENKINS	Pembrokeshire Harriers	3.94	14	11	Ioan CRESSEY-RODGERS	Carmarthen Harriers	3.56	Referee
7	552	Harrison WHEELER	Llanelli AC	3.92	15	323	Joseph SELICK	Neath Harriers	3.50	
8	390	Luke THOMAS	Pembrokeshire Harriers	3.84	16	491	Dafydd PRATCHET	Bridgend AC	3.38	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	3:30 PM	DATE	Saturday-29-April-2017			
				Welsh Record: Clive WOOLMER, Milford Haven Sch, 5.31, 1982						Start Time		
EVENT		F27 U13B Long Jump		League Record: Theo CABANGO, Cardiff Archers, 5.42 nwr, [Cup Final] 2014						End Time		
				1st Trial		2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres					
17	221	Isaac PIERCE	Brecon AC	2.25	2.45	x	2.45	1.91			32	
18	229	Thomas GILBERT	Brecon AC	2.84	2.57	2.57	2.84	2.60			30	
19	321	Matthew COX	Neath Harriers	3.11	x	2.55	3.11	2.95			26	
20	323	Joseph SELICK	Neath Harriers	3.43	x	3.50	3.50	3.21			15	
21	16	Steffan DAVIES	Carmarthen Harriers	3.34	2.88	3.27	3.34	3.31			18	
22	492	Cameron COBURN	Bridgend AC	x	3.64	3.57	3.64	3.61			10	
23	491	Dafydd PRATCHET	Bridgend AC	3.30	3.38	x	3.38	3.62			16	
24	220	Tommy MATTHEWS	Brecon AC	3.54	3.44	3.68	3.68	3.70			9	
25	118	Will KINGSTON	Barry & Vale Harriers					3.72				
26	391	Troy JENKINS	Pembrokeshire Harriers	3.94	3.79	3.86	3.94	3.74			6	
27	186	Elliot D DAVIES	Pontyclun AC	3.33	x	x	3.33	3.83			19	
28	702	Dylan MORGAN	Swansea Harriers	4.15	x	x	4.15	4.07	PB+P10		3	
29	119	Sean MCLOUGHLIN	Barry & Vale Harriers	3.81	3.97	x	3.97	4.14			5	
30	713	Zac DAVIES	Swansea Harriers					4.19				
31	511	Ewan BAILEY	Bridgend AC	x	4.01	3.91	4.01	4.20	P10		4	
32	704	Samuel DAVIES	Swansea Harriers	4.43	3.95	3.99	4.43	4.33	PB+P10		1	

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
17	219	Bean WARRY	Brecon AC	3.37	25	389	Jack BRUCE	Pembrokeshire Harriers	3.12		
18	16	Steffan DAVIES	Carmarthen Harriers	3.34	26	321	Matthew COX	Neath Harriers	3.11		
19	186	Elliot D DAVIES	Pontyclun AC	3.33	27	706	Lucas FRUDD	Swansea Harriers	3.11		
20	512	Joshua KERRY	Bridgend AC	3.29	28	13	Jack THOMAS	Carmarthen Harriers	3.06		
21	550	Alex THOMAS	Llanelli AC	3.27	29	17	Brynmor PETERS	Carmarthen Harriers	2.87	Referee	
22	18	Rogan COX	Carmarthen Harriers	3.22	30	229	Thomas GILBERT	Brecon AC	2.84		
23	551	Craig DAVIES	Llanelli AC	3.19	31	701	Daniel OWEN	Swansea Harriers	2.58		
24	555	Finley COOMBE	Llanelli AC	3.13	32	221	Isaac PIERCE	Brecon AC	2.45		

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	3:30 PM	DATE	Saturday-29-April-2017	
				Welsh Record: Clive WOOLMER, Milford Haven Sch, 5.31, 1982					Start Time	
EVENT		F27 U13B Long Jump		League Record: Theo CABANGO, Cardiff Archers, 5.42 nwr, [Cup Final] 2014					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
33	388	Jamie ZYGADLO	Pembrokeshire Harriers	4.21	4.20	4.08	4.21	4.49	P10	2
34	13	Jack THOMAS	Carmarthen Harriers	2.78	2.82	3.06	3.06			28
35										
36										
37										
38										
39										
40										
41										
42										
43										
44										
45										
46										
47										
48										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
33					41					
34					42					
35					43					
36					44					
37					45					Referee
38					46					
39					47					
40					48					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	4:00 PM	DATE	Saturday-29-April-2017	
				Welsh Record: James TOMLINSON, Pembrokeshire Harriers, 50.50, 2014					Start Time	
EVENT		F28 U15B Discus (1.25kg)		League Record: James TOMLINSON, Pembrokeshire Harriers, 43.53 [M4-We-Brecon] 2014					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
1	531	Rhys HARDMAN	Bridgend AC							
2	395	Harley LEWIS	Pembrokeshire Harriers	15.27	16.50	7.60	16.50			5
3	397	Kieran OWEN	Pembrokeshire Harriers	16.33	16.44	17.75	17.75	15.61		4
4	243	James WILLIAMS	Brecon AC					20.24		
5	21	Morgan BATTEN	Carmarthen Harriers	15.37	19.28	x	19.28	21.62		3
6	344	Harry DAVIES	Neath Harriers	x	35.27	x	35.27	40.65	P10	1
7	599	Joshua WILTON	Swansea Harriers	x	26.75	22.80	26.75		P10	2
8										
9										
10										
11										
12										
13										
14										
15										
16										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	344	Harry DAVIES	Neath Harriers	35.27	9					
2	599	Joshua WILTON	Swansea Harriers	26.75	10					
3	21	Morgan BATTEN	Carmarthen Harriers	19.28	11					
4	397	Kieran OWEN	Pembrokeshire Harriers	17.75	12					
5	395	Harley LEWIS	Pembrokeshire Harriers	16.50	13					Referee
6					14					
7					15					
8					16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	3:40 PM	DATE	Saturday-29-April-2017				
				Welsh Record: Sarah OMOREGIE, Cardiff AAC, 12.67, 2014						Start Time			
EVENT		F29 U15G Shot (3.00kg)		League Record: Sarah WATKINS, Neath Harriers, 10.42, [Cup Final] 2014						End Time			
				1st Trial		2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres		Metres		Metres		Metres			
1	631	Ffion MORGAN	Swansea Harriers	6.32		5.80		5.35		6.32			11
2	530	Amy FRASER	Bridgend AC	5.04		4.99		4.83		5.04			18
3	527	Hollie MULLAN	Bridgend AC	6.20		5.49		6.10		6.20			14
4	523	Niamh O'BRIEN	Bridgend AC	5.92		5.73		5.49		5.92			15
5	377	Phoebe NOOTT	Pembrokeshire Harriers	8.09		6.57		7.25		8.09		PB	5
6	331	Eden-Rae DAVIES	Neath Harriers	6.43		5.91		6.25		6.43			10
7	239	Lily CRONIN	Brecon AC	4.19		4.78		4.83		4.83			19
8	192	Lucy FISHER	Pontyclun AC	5.46		5.36		5.29		5.46			17
9	56	Ellie TROMANS	Carmarthen Harriers	7.04		7.18		6.57		7.18			7
10	132	Ellie-Mae ROSE	Barry & Vale Harriers								4.70		
11	650	Isabelle ELLSMORE	Swansea Harriers	x		5.57		5.61		5.61	5.94		16
12	333	Emma HAMES	Neath Harriers	5.99		6.21		5.89		6.21	6.22		13
13	637	Eleanor WARD	Swansea Harriers	x		7.01		6.97		7.01	6.45		8
14	230	Madeleine DAVIES	Brecon AC	6.97		7.66		7.23		7.66	6.67	PB+P10	6
15	134	Hannahlise BOLT	Barry & Vale Harriers								6.90		
16	337	Cerys TEAGUE	Neath Harriers	x		6.28		6.31		6.31	7.11		12

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	65	Nia WILLIAMS	Carmarthen Harriers	9.14	9	645	Holly COOPER	Swansea Harriers	7.01		
2	646	Neve BOWEN	Swansea Harriers	8.63	10	331	Eden-Rae DAVIES	Neath Harriers	6.43		
3	381	Flavia JENKINS	Pembrokeshire Harriers	8.59	11	631	Ffion MORGAN	Swansea Harriers	6.32		
4	644	Carys DICKINSON	Swansea Harriers	8.34	12	337	Cerys TEAGUE	Neath Harriers	6.31		
5	377	Phoebe NOOTT	Pembrokeshire Harriers	8.09	13	333	Emma HAMES	Neath Harriers	6.21		
6	230	Madeleine DAVIES	Brecon AC	7.66	14	527	Hollie MULLAN	Bridgend AC	6.20	Referee	
7	56	Ellie TROMANS	Carmarthen Harriers	7.18	15	523	Niamh O'BRIEN	Bridgend AC	5.92		
8	637	Eleanor WARD	Swansea Harriers	7.01	16	650	Isabelle ELLSMORE	Swansea Harriers	5.61		

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	3:40 PM	DATE	Saturday-29-April-2017	
				Welsh Record: Sarah OMOREGIE, Cardiff AAC, 12.67, 2014					Start Time	
EVENT		F29 U15G Shot (3.00kg)		League Record: Sarah WATKINS, Neath Harriers, 10.42, [Cup Final] 2014					End Time	
				1st Trial	2nd Trial	3rd Trial	Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres			
17	381	Flavia JENKINS	Pembrokeshire Harriers	8.57	8.59	8.46	8.59	7.59	PB+P10	3
18	65	Nia WILLIAMS	Carmarthen Harriers	8.94	8.86	9.14	9.14	7.66	PB+P10	1
19	646	Neve BOWEN	Swansea Harriers	8.01	8.63	8.41	8.63	8.20	PB+P10	2
20	645	Holly COOPER	Swansea Harriers	x	x	7.01	7.01	8.75		9
21	644	Carys DICKINSON	Swansea Harriers	7.82	8.15	8.34	8.34	8.90	P10	4
22										
23										
24										
25										
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28										
29										
30										
31										
32										

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	192	Lucy FISHER	Pontyclun AC	5.46	25					
18	530	Amy FRASER	Bridgend AC	5.04	26					
19	239	Lily CRONIN	Brecon AC	4.83	27					
20					28					
21					29					Referee
22					30					
23					31					
24					32					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 1 West Division		VENUE	Carmarthen	TIME	4:45 PM	DATE	Saturday-29-April-2017				
				Welsh Record: Not Recognised at this age group						Start Time			
EVENT		F30 U11B Javelin (300g)		League Record: Elys ROBJOHN, Cardiff Archers, 28.34, [M1-E-Hereford] 2013						End Time			
				1st Trial		2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking	Final Position
Order	No	NAME	CLUB	Metres		Metres		Metres		Metres			
1	684	Nathaniel OSBORNE	Swansea Harriers	x		9.20		x		9.20		PB	6
2	683	Ioan CARTER-JONES	Swansea Harriers	6.41		7.01		8.12		8.12		PB	11
3	681	Harry COLLINS	Swansea Harriers	x		10.34		10.86		10.86		PB	3
4	546	Thomas BATSFORD	Llanelli AC										
5	463	Iwan FROLEY	Bridgend AC	9.36		8.96		4.20		9.36		PB	4
6	462	Fraser HIGGINSON	Bridgend AC	5.15		4.11		5.35		5.35		PB	14
7	303	Jake HARRIS	Neath Harriers	6.85		5.05		4.89		6.85		PB	13
8	212	Joshua O'DONNELL	Brecon AC	x		x		11.83		11.83		PB	2
9	109	Myles JAMESON	Barry & Vale Harriers	8.43		x		8.82		8.82		PB	8
10	108	Joe RAY	Barry & Vale Harriers	x		9.20		x		9.20		PB	7
11	107	Jack PHILLIPS	Barry & Vale Harriers	8.48		6.55		7.11		8.48		PB	9
12	386	Morgan JENKINS	Pembrokeshire Harriers	8.22		7.55		8.15		8.22	8.20	PB+P10	10
13	306	Thomas LOYNES	Neath Harriers	7.03		8.84		9.34		9.34	8.92	PB+P10	5
14	5	Iwan THOMAS	Carmarthen Harriers	x		x		4.50		4.50	9.15	P10	15
15	4	Ifan BOWEN	Carmarthen Harriers	x		6.37		7.54		7.54	10.34	P10	12
16	176	Sam FISHER	Pontyclun AC	x		11.84		14.50		14.50	16.01	P10	1

FOR NO THROW OR NO JUMP ENTER X NOT NT OR NJ

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	176	Sam FISHER	Pontyclun AC	14.50	9	107	Jack PHILLIPS	Barry & Vale Harriers	8.48		
2	212	Joshua O'DONNELL	Brecon AC	11.83	10	386	Morgan JENKINS	Pembrokeshire Harriers	8.22		
3	681	Harry COLLINS	Swansea Harriers	10.86	11	683	Ioan CARTER-JONES	Swansea Harriers	8.12		
4	463	Iwan FROLEY	Bridgend AC	9.36	12	4	Ifan BOWEN	Carmarthen Harriers	7.54		
5	306	Thomas LOYNES	Neath Harriers	9.34	13	303	Jake HARRIS	Neath Harriers	6.85	Referee	
6	684	Nathaniel OSBORNE	Swansea Harriers	9.20	14	462	Fraser HIGGINSON	Bridgend AC	5.35		
7	108	Joe RAY	Barry & Vale Harriers	9.20	15	5	Iwan THOMAS	Carmarthen Harriers	4.50		
8	109	Myles JAMESON	Barry & Vale Harriers	8.82	16						