



WELSH ATHLETICS
ATHLETAU CYMRU

Neath

Sat-28-May-2016

Welsh Athletics U15 League Match 2 West Division

Results

Today's athlete count 454

T05 - 75m

Welsh Record: Not Recognised at this age group

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

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	547	Kahlen JONES	Llanelli AC	11.53	(1)-(18)	1	55	Annabella LEAHY	Carmarthen Harriers	12.08	(6)-(8)
2	641	Sophie O'BRIEN	Swansea Harriers	11.69	(4)-(12)	2	548	Eva PHILLIPS	Llanelli AC	12.27	(11)
3	643	Eleyna BEARD	Swansea Harriers	11.75	(5)-(9)	3	652	Mia WILLIAMS	Swansea Harriers	12.27	(11)
4	642	Camryn DOXS	Swansea Harriers	12.13	(8)	4	391	Megan COLE	Pembrokeshire Harriers	12.53	(17)-(8)
5	543	Hannah CARPENTER	Llanelli AC	12.20	(9)-(6)	5	644	Carys LEWIS HOPKINS	Swansea Harriers	12.60	(19)
6	561	Chloe SIMMONITE	Llanelli AC	12.46	(14)-(10)	6	542	Alice BIRD	Llanelli AC	12.75	(20)
7	549	Gwennan WILLMETT	Llanelli AC	12.50	(16)	7	53	Leia VOB	Carmarthen Harriers	12.83	(21)
Heat 3						Heat 4					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	473	Martha HERBERT	Bridgend AC	12.20	(9)-(6)	1	292	Bethan CARROLL	Neath Harriers	12.58	(18)-(6)
2	52	Hanna EVANS	Carmarthen Harriers	12.41	(13)	2	475	Kate DUNGLINSON	Bridgend AC	13.09	(23)
3	106	Lottie DUTTON	Barry & Vale Harriers	12.46	(14)-(10)	3	105	Rosie DAY	Barry & Vale Harriers	13.16	(24)-(4)
4	296	Alexandra LEWIS	Neath Harriers	12.87	(22)-(5)	4	50	Efa JAMES	Carmarthen Harriers	13.63	(26)
5	294	Sali WATKINS	Neath Harriers	13.60	(25)	5	291	Katie BAKER	Neath Harriers	14.60	(30)
6	51	Cordeila WALKER	Carmarthen Harriers	13.86	(28)	DNS	104		Barry & Vale Harriers		
Heat 5						Heat 6					
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	
1	474	Tianna TEISAR	Bridgend AC	11.64	(2)-(16)						
2	54	Sophia Reid THOMAS	Carmarthen Harriers	11.65	(3)-(14)						
3	480	Isobel EVANS	Bridgend AC	12.09	(7)-(7)						
4	297	Katie SELICK	Neath Harriers	13.85	(27)						
5	295	Maddison MAHON	Neath Harriers	14.25	(29)						

T23 - 150m

Welsh Record: Not Recognised at this age group

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

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	57	Jessica LEE	Carmarthen Harriers	22.75	(1)-(18)	1	394	Maddy JAMES	Pembrokeshire Harriers	25.36	(19)-(4)
2	396	Lucy WINTLE	Pembrokeshire Harriers	24.01	(7)-(10)	2	647	Emilia EVANS	Swansea Harriers	25.82	(22)
3	55	Annabella LEAHY	Carmarthen Harriers	24.24	(8)-(8)	3	544	Mai DAVIES	Llanelli AC	26.12	(23)
4	652	Mia WILLIAMS	Swansea Harriers	24.45	(12)-(6)	4	392	Storm GIBSON	Pembrokeshire Harriers	27.31	(27)
5	561	Chloe SIMMONITE	Llanelli AC	25.13	(15)	5	393	Grace GRIFFITHS	Pembrokeshire Harriers	28.71	(29)
6	645	Bethany MORGAN	Swansea Harriers	26.12	(23)	DNS	545		Llanelli AC		
Heat 3						Heat 4					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	474	Tianna TEISAR	Bridgend AC	22.83	(2)-(16)	1	292	Bethan CARROLL	Neath Harriers	24.35	(11)-(8)
2	542	Alice BIRD	Llanelli AC	24.32	(10)-(7)	2	59	Bessy HILL	Carmarthen Harriers	24.92	(13)
3	296	Alexandra LEWIS	Neath Harriers	25.17	(16)-(5)	3	649	Rebekah PRATT	Swansea Harriers	25.27	(17)
4	52	Hanna EVANS	Carmarthen Harriers	25.33	(18)	4	291	Katie BAKER	Neath Harriers	29.59	(30)
5	56	Seren DAVIES	Carmarthen Harriers	25.48	(21)	DNS	477	Isabella LOTT	Bridgend AC		
6	58	Ella DAVIS	Carmarthen Harriers	26.95	(26)	DNS	650	Eleanor TIFFIN	Swansea Harriers		
Heat 5						Heat 6					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	643	Eleyna BEARD	Swansea Harriers	23.17	(4)-(14)	1	547	Kahlen JONES	Llanelli AC	23.03	(3)
2	473	Martha HERBERT	Bridgend AC	23.81	(5)-(9)	2	480	Isobel EVANS	Bridgend AC	24.24	(8)-(8)
3	548	Eva PHILLIPS	Llanelli AC	23.90	(6)-(12)	3	546	Hannah FORKUOH	Llanelli AC	25.36	(19)-(4)
4	478	Kaitlyn SPURGEON	Bridgend AC	25.06	(14)	4	295	Maddison MAHON	Neath Harriers	30.16	(31)
5	298	Aimee LAZDA	Neath Harriers	26.81	(25)						
6	293	Catrin CHAPPLE	Neath Harriers	28.35	(28)						

T13 - 800m

Welsh Record: Not recognised at this age group

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

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	396	Lucy WINTLE	Pembrokeshire Harriers	2:52.31	(1)-(18)	1	56	Seren DAVIES	Carmarthen Harriers	2:57.95	(5)-(9)
2	541	Bethan ADAMS	Llanelli AC	2:52.48	(2)-(16)	2	475	Kate DUNGLINSON	Bridgend AC	3:10.19	(13)-(5)
3	57	Jessica LEE	Carmarthen Harriers	2:55.00	(4)-(12)	3	393	Grace GRIFFITHS	Pembrokeshire Harriers	3:24.21	(16)
4	60	Milly JOHN	Carmarthen Harriers	2:57.96	(6)	4	392	Storm GIBSON	Pembrokeshire Harriers	3:27.41	(17)
5	544	Mai DAVIES	Llanelli AC	3:00.31	(8)-(8)	5	297	Katie SELICK	Neath Harriers	3:38.86	(22)
6	394	Maddy JAMES	Pembrokeshire Harriers	3:03.74	(10)-(7)	6	293	Catrin CHAPPLE	Neath Harriers	3:40.38	(23)
7	644	Carys LEWIS HOPKINS	Swansea Harriers	3:06.85	(11)-(10)	DNF	650	Eleanor TIFFIN	Swansea Harriers		
8	651	Olivia KEY	Swansea Harriers	3:07.38	(12)-(6)	DNS	395		Pembrokeshire Harriers		
9	543	Hannah CARPENTER	Llanelli AC	3:29.89	(18)	DNS	654		Swansea Harriers		
Heat 3						Heat 4					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	
1	477	Isabella LOTT	Bridgend AC	2:52.93	(3)-(14)						
2	61	Emma BRAZIER	Carmarthen Harriers	3:00.24	(7)						
3	59	Bessy HILL	Carmarthen Harriers	3:01.17	(9)						
4	300	Roxy OWEN	Neath Harriers	3:13.43	(14)-(8)						
5	645	Bethany MORGAN	Swansea Harriers	3:20.44	(15)						
6	62	Amelia LEAHY	Carmarthen Harriers	3:30.29	(19)						
7	299	Ellie LAZDA	Neath Harriers	3:32.85	(20)-(4)						
8	294	Sali WATKINS	Neath Harriers	3:35.10	(21)						

T36 - 4 x 100 relay

Welsh Record: Not Recognised at this age group

League Record: Cardiff Archers 60.72 [M2-Ea-Newport] 2015

			Heat 1		
Pos	Bib	Club	Perf.		(Pos-Pts)
1	57	Carmarthen Harriers	66.83	Efa JAMES, Hanna EVANS, Annabella LEAHY, Jessica LEE	(4)-(14)
2	396	Pembrokeshire Harriers	70.15	Storm GIBSON, Maddy JAMES, Grace GRIFFITHS, Lucy WINTLE	(6)-(12)
3	300	Neath Harriers	73.90	Katie BAKER, Aimee LAZDA, Catrin CHAPPLE, Roxy OWEN	(7)-(10)
DQ	299	Non Scoring Team		Maddison MAHON, Katie SELICK, Sali WATKINS, Ellie LAZDA	
			Heat 2		
Pos	Bib	Club	Perf.		(Pos-Pts)
1	547	Llanelli AC	64.40	Chloe SIMMONITE, Hannah CARPENTER, Gwennan WILLMETT, Kahlen JONES	(1)-(18)
2	643	Swansea Harriers	65.00	Camryn DOXSY, Bethany MORGAN, Sophie O'BRIEN, Eleyna BEARD	(2)-(16)
3	548	Non Scoring Team	66.34	Hannah FORKUOH, Bethan ADAMS, Alice BIRD, Eva PHILLIPS	(3)
4	644	Non Scoring Team	68.21	Scarlet LEWIS, Rebekah PRATT, Emilia EVANS, Carys LEWIS HOPKINS	(5)

F18 - Long Jump

Welsh Record: Not Recognised at this age group

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	57	Jessica LEE	Carmarthen Harriers	3.52	(1)-(18)
2	474	Tianna TEISAR	Bridgend AC	3.52	(1)-(18)
3	643	Eleyna BEARD	Swansea Harriers	3.49	(3)-(14)
4	391	Megan COLE	Pembrokeshire Harriers	3.06	(4)-(12)
5	642	Camryn DOXSY	Swansea Harriers	3.01	(5)-(9)
6	53	Leia VOB	Carmarthen Harriers	2.97	(6)-(8)
7	52	Hanna EVANS	Carmarthen Harriers	2.97	(6)-(8)
8	645	Bethany MORGAN	Swansea Harriers	2.93	(8)
9	651	Olivia KEY	Swansea Harriers	2.89	(9)
10	296	Alexandra LEWIS	Neath Harriers	2.85	(10)-(10)
11	549	Gwennan WILLMETT	Llanelli AC	2.83	(11)-(8)
12	106	Lottie DUTTON	Barry & Vale Harriers	2.79	(12)-(6)
13	546	Hannah FORKUOH	Llanelli AC	2.77	(13)-(7)
14	542	Alice BIRD	Llanelli AC	2.72	(14)
15	55	Annabella LEAHY	Carmarthen Harriers	2.72	(14)
16	392	Storm GIBSON	Pembrokeshire Harriers	2.64	(16)-(6)
17	649	Rebekah PRATT	Swansea Harriers	2.61	(17)
18	544	Mai DAVIES	Llanelli AC	2.61	(17)
19	473	Martha HERBERT	Bridgend AC	2.59	(19)-(5)
20	292	Bethan CARROLL	Neath Harriers	2.59	(19)-(5)
21	478	Kaitlyn SPURGEON	Bridgend AC	2.58	(21)
22	393	Grace GRIFFITHS	Pembrokeshire Harriers	2.51	(22)
23	647	Emilia EVANS	Swansea Harriers	2.50	(23)
24	297	Katie SELICK	Neath Harriers	2.48	(24)
25	298	Aimee LAZDA	Neath Harriers	2.32	(25)
26	50	Efa JAMES	Carmarthen Harriers	2.00	(26)
27	295	Maddison MAHON	Neath Harriers	1.98	(27)
28	58	Ella DAVIS	Carmarthen Harriers	1.98	(27)
29	291	Katie BAKER	Neath Harriers	1.89	(29)

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	391	Megan COLE	Pembrokeshire Harriers	5.77	(1)-(18)
2	648	Scarlet LEWIS	Swansea Harriers	5.21	(2)-(16)
3	51	Cordeila WALKER	Carmarthen Harriers	5.11	(3)-(14)
4	299	Ellie LAZDA	Neath Harriers	4.87	(4)-(12)
5	396	Lucy WINTLE	Pembrokeshire Harriers	4.81	(5)-(9)
6	652	Mia WILLIAMS	Swansea Harriers	4.77	(6)-(8)
7	647	Emilia EVANS	Swansea Harriers	4.71	(7)
8	646	Ellie BOND	Swansea Harriers	4.64	(8)
9	105	Rosie DAY	Barry & Vale Harriers	4.55	(9)-(10)
10	480	Isobel EVANS	Bridgend AC	4.53	(10)-(8)
11	649	Rebekah PRATT	Swansea Harriers	4.48	(11)
12	653	Sophie WILLIS	Swansea Harriers	3.36	(12)
13	300	Roxy OWEN	Neath Harriers	2.72	(13)-(7)

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	298	Aimee LAZDA	Neath Harriers	11.68	(1)-(18)
2	648	Scarlet LEWIS	Swansea Harriers	10.89	(2)-(16)
3	299	Ellie LAZDA	Neath Harriers	10.12	(3)-(9)
4	106	Lottie DUTTON	Barry & Vale Harriers	9.13	(4)-(14)
5	477	Isabella LOTT	Bridgend AC	7.87	(5)-(12)
6	105	Rosie DAY	Barry & Vale Harriers	6.85	(6)-(8)
7	549	Gwennan WILLMETT	Llanelli AC	6.83	(7)-(10)
8	475	Kate DUNGLINSON	Bridgend AC	6.47	(8)-(7)
9	651	Olivia KEY	Swansea Harriers	5.88	(9)-(6)
10	653	Sophie WILLIS	Swansea Harriers	5.58	(10)
11	59	Bessy HILL	Carmarthen Harriers	4.84	(11)-(8)

T07 - 100m

Welsh Record: Jane BRADBEER, 12.6, Cardiff AAC, 1981

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

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	591	Emily COLLINS	Swansea Harriers	14.12	(1)-(18)	1	420	Phoebe JONES	Pembrokeshire Harriers	15.14	(15)-(6)
2	308	Connie REYNOLDS-CUNLIFFE	Neath Harriers	14.25	(2)-(16)	2	310	Jasmine HALE	Neath Harriers	15.43	(18)
3	400	Maisy FOLEY	Pembrokeshire Harriers	14.61	(4)-(12)	3	311	Louise BAKER	Neath Harriers	15.71	(22)
4	562	Frankie GIANNINI	Llanelli AC	14.63	(5)-(10)	4	314	Caitlin EVANS	Neath Harriers	15.77	(23)
5	592	Georgia WILSON	Swansea Harriers	14.82	(6)-(9)	5	596	Freya MORGAN	Swansea Harriers	16.06	(26)
6	594	Molly CRABBE	Swansea Harriers	14.95	(9)	6	408	Ffion WILLIAMS	Pembrokeshire Harriers	16.14	(27)
7	409	Ella WINTLE	Pembrokeshire Harriers	15.14	(15)-(6)	7	215	Keira LAWRENCE	Brecon AC	16.59	(30)-(2)
8	564	Linos WILLMETT	Llanelli AC	15.65	(21)-(3)	8	403	Isla MACDONALD	Pembrokeshire Harriers	17.54	(36)
Heat 3						Race 4					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	70	Sadie-May MASON	Carmarthen Harriers	14.86	(7)-(8)	1	493	Jodi DAVIES	Bridgend AC	14.34	(3)-(14)
2	315	Joy HALL	Neath Harriers	15.43	(18)	2	501	Rashmika KANDANEARACHCHI	Bridgend AC	14.96	(10)-(7)
3	500	Caitlin HURLEY	Bridgend AC	15.95	(25)	3	67	Nia WILLIAMS	Carmarthen Harriers	15.11	(13)-(6)
4	213	Bethan JONES	Brecon AC	16.40	(29)-(4)	4	129	Evie WATKINS	Barry & Vale Harriers	15.11	(13)-(6)
5	595	Cerys JONES	Swansea Harriers	16.85	(31)	5	313	Gabrielle JONES	Neath Harriers	15.41	(17)-(5)
6	132	Caitlin KAVANAGH	Barry & Vale Harriers	16.87	(32)	6	491	Jersey Lee JONES	Bridgend AC	15.93	(24)
7	66	Gwenno ROBERTS	Carmarthen Harriers	17.07	(34)	DNS	217	Katie POWELL	Brecon AC		
8	406	Ella REES	Pembrokeshire Harriers	17.32	(35)	DNS	212	Tayla DAVIES	Brecon AC		
Heat 5						Heat 6					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	69	Thaja DAVIES	Carmarthen Harriers	14.87	(8)-(8)						
2	495	Mali MORSE	Bridgend AC	15.04	(11)						
3	76	Zara EVANS	Carmarthen Harriers	15.09	(12)						
4	131	Freya MORGAN	Barry & Vale Harriers	15.54	(20)-(4)						
5	71	Swyn DAFYDD	Carmarthen Harriers	16.38	(28)						
6	174	Elinor MUNN	Pontyclun AC	17.01	(33)-(2)						
7	502	Lucy JOHN	Bridgend AC	17.76	(37)						

T28 - 200m

Welsh Record: Jane BRADBEER, 25.7, Cardiff AAC, 1981

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

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	597	Carys POOLE	Swansea Harriers	28.11	(1)-(18)	1	65	Phoebe DAVIS	Carmarthen Harriers	29.86	(3)-(16)
2	308	Connie REYNOLDS-CUNLIFFE	Neath Harriers	30.31	(5)-(14)	2	598	Grace WHITAKER	Swansea Harriers	31.20	(7)-(9)
3	400	Maisy FOLEY	Pembrokeshire Harriers	31.08	(6)-(12)	3	592	Georgia WILSON	Swansea Harriers	31.20	(7)-(9)
DNS	405		Pembrokeshire Harriers			4	599	Safi BECHAR	Swansea Harriers	33.33	(16)
DNS	73	Daisy THOMPSON	Carmarthen Harriers			DNS	214	Ruby JONES	Brecon AC		
Heat 3						Heat 4					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	74	Megan REES	Carmarthen Harriers	32.60	(12)-(8)	1	215	Keira LAWRENCE	Brecon AC	34.26	(22)-(2)
2	311	Louise BAKER	Neath Harriers	33.06	(14)-(6)	2	408	Ffion WILLIAMS	Pembrokeshire Harriers	34.56	(26)-(4)
3	402	Rosie HUGHES	Pembrokeshire Harriers	36.14	(30)	3	216	Riley MCLOUGHLIN	Brecon AC	34.78	(27)-(3)
4	403	Isla MACDONALD	Pembrokeshire Harriers	37.56	(32)	4	607	Freya GAMINE	Swansea Harriers	35.73	(29)
DNS	312		Neath Harriers			DNS	210	Natasha ADAMS	Brecon AC		
Heat 5						Heat 6					
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos)
1	495	Mali MORSE	Bridgend AC	32.37	(11)-(8)	1	563	Amy MULLEN	Llanelli AC	31.41	P10 (9)-(10)
2	313	Gabrielle JONES	Neath Harriers	34.27	(23)	2	500	Caitlin HURLEY	Bridgend AC	32.90	(13)-(7)
3	309	Daisy ELEY	Neath Harriers	35.10	(28)	3	175	Caitlyn RICHARDS	Pontyclun AC	33.63	(18)-(11)
4	406	Ella REES	Pembrokeshire Harriers	36.28	(31)	4	564	Linos WILLMETT	Llanelli AC	33.63	(18)-(11)
5	601	Charlotte COLLINS	Swansea Harriers	39.07	(34)	5	131	Freya MORGAN	Barry & Vale Harriers	33.67	(20)-(4)
Heat 7						Heat 8					
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos)
1	565	Gabrielle GARCIA	Llanelli AC	33.31	(15)	1	493	Jodi DAVIES	Bridgend AC	29.72	G4* (2)
2	75	Lylyanna HARRALL	Carmarthen Harriers	33.67	(20)-(4)	2	501	Rashmika KANDANEARACHCHI	Bridgend AC	30.09	G4* (4)
3	68	Chloe DAVIES	Carmarthen Harriers	34.36	(25)	3	129	Evie WATKINS	Barry & Vale Harriers	31.86	(10)
4	502	Lucy JOHN	Bridgend AC	38.31	(33)	4	72	Olivia LLOYD-EVANS	Carmarthen Harriers	33.58	(17)
DNS	496		Bridgend AC			5	213	Bethan JONES	Brecon AC	34.27	(23)

T16 - 800m

Welsh Record: Lisa LANINI, 2.16.1, Wrexham AC, 2000
League Record: Gemma MOUNSEY, 2:25.7, Carmarthen Harriers, 1994

				Heat 1						Heat 2	
Pos	Bib	Athletes	Club	Perf.		(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.
1	218	Leonora RITSON-WALTON	Brecon AC	2:40.17	G4P10	(1)-(18)					
2	503	Megan FROLEY	Bridgend AC	2:48.29		(2)-(16)					
3	409	Ella WINTLE	Pembrokeshire Harriers	2:49.83		(3)-(14)					
4	604	Nia BAILEY-JONES	Swansea Harriers	2:55.14		(4)-(12)					
5	315	Joy HALL	Neath Harriers	2:57.17		(5)-(10)					
6	307	Ella LLOYD-WEST	Neath Harriers	2:57.67		(6)-(9)					
7	309	Daisy ELEY	Neath Harriers	2:57.94		(7)					
8	72	Olivia LLOYD-EVANS	Carmarthen Harriers	2:58.62		(8)-(8)					
9	398	Evie Jean DAVIES	Pembrokeshire Harriers	2:58.94		(9)-(8)					
10	603	Abbie HALL	Swansea Harriers	2:59.60		(10)-(7)					
11	174	Elinor MUNN	Pontyclun AC	3:02.83		(11)-(6)					
12	499	Ella ROBERTS	Bridgend AC	3:06.19		(12)-(6)					
13	216	Riley MCLOUGHLIN	Brecon AC	3:06.23		(13)-(5)					
14	211	Alice DAVIES	Brecon AC	3:09.86		(14)					

T32 - 1500m

Welsh Record: Hywelis THOMAS-HOWELLS, 4.49.93, Neath Harriers, 2007
League Record: Lucy DENNIS Cardiff AAC 5:03.01 [M3-Ea-Newport] 2013

Heat 1					Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.
1	73	Daisy THOMPSON	Carmarthen Harriers	5:03.80	G1P10 (1)-(18)					
2	130	Moli LYONS	Barry & Vale Harriers	5:20.30	G4P10 (2)-(16)					
3	404	Jess MORRIS	Pembrokeshire Harriers	5:31.40	G4P10 (3)-(14)					
4	397	Kasia COOK	Pembrokeshire Harriers	5:32.90	G4P10 (4)-(9)					
5	401	Katy HILL	Pembrokeshire Harriers	5:50.10	(5)					
6	407	Amy WHITE	Pembrokeshire Harriers	5:50.60	(6)					
7	316	Madison HINES	Neath Harriers	5:56.30	(7)-(12)					
8	498	Sophie EVANS	Bridgend AC	6:01.20	(8)-(10)					
9	497	Jessica EVANS	Bridgend AC	6:07.50	(9)-(8)					
10	494	Erin ANDREWS	Bridgend AC	6:12.80	(10)					
11	504	Philippa ALLEN	Bridgend AC	6:17.20	(11)					
12	71	Swyn DAFYDD	Carmarthen Harriers	6:24.60	(12)-(7)					
DNS	65	Phoebe DAVIS	Carmarthen Harriers							
DNS	174	Elinor MUNN	Pontyclun AC							

T01 - 1000m walk

Welsh Record: Jordan RICHARDS , Carmarthen Harriers, 6.01.37, 2010
League Record: Felicity GARDNER, 5:26.2, Llanelli AC, 2009

New Welsh Rec

Heat 1					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	606	Maddie DRAYCOTT	Swansea Harriers	5:59.3	(1)-(18)
2	598	Grace WHITAKER	Swansea Harriers	6:04.8	(2)-(9)
3	607	Freya GAMINE	Swansea Harriers	6:13.2	(3)
4	492	Bethan ANTHONY	Bridgend AC	6:49.3	(4)-(16)
5	68	Chloe DAVIES	Carmarthen Harriers	7:23.4	(5)-(14)
6	66	Gwenno ROBERTS	Carmarthen Harriers	7:38.2	(6)-(8)
7	69	Thaja DAVIES	Carmarthen Harriers	8:05.1	(7)
8	605	Eleanor WARD	Swansea Harriers	8:16.1	(8)

T22 - 70m Hurdles

Welsh Record: Lauren EVANS, Cardiff AAC, 11.30, 2012
League Record: Hannah BRIER, 11.2, Swansea Harriers, 2010

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	597	Carys POOLE	Swansea Harriers	11.38	G1P10 (1)-(18)	1	504	Philippa ALLEN	Bridgend AC	15.74	(7)-(10)
2	591	Emily COLLINS	Swansea Harriers	12.63	G4P10 (2)-(9)	2	76	Zara EVANS	Carmarthen Harriers	16.10	(8)-(8)
3	70	Sadie-May MASON	Carmarthen Harriers	12.80	G4P10 (3)-(16)	3	175	Caitlyn RICHARDS	Pontyclun AC	16.40	(9)-(8)
4	602	Hollie NEWBURY	Swansea Harriers	13.42	P10 (4)	4	503	Megan FROLEY	Bridgend AC	16.70	(10)-(7)
5	218	Leonora RITSON-WALTON	Brecon AC	13.68	P10 (5)-(14)	5	498	Sophie EVANS	Bridgend AC	16.87	(11)
6	409	Ella WINTLE	Pembrokeshire Harriers	14.27	(6)-(12)	6	310	Jasmine HALE	Neath Harriers	16.88	(12)-(6)
DNF	403	Isla MACDONALD	Pembrokeshire Harriers			DNS	212	Tayla DAVIES	Brecon AC		
DNS	603	Abbie HALL	Swansea Harriers								

T37 - 4 x 100 relay

Welsh Record: Not Recognised at this age group
League Record: Swansea Harriers, 51.6, 2010

Heat 1					Heat 2				
Pos	Bib	Club	Perf.	(Pos-Pts)	Pos	Bib	Club	Perf.	(Pos-Pts)
1	308	Neath Harriers	59.70	Louise BAKER, Gabrielle JONES, Jasmine HALE, Connie REYNOLDS-CUNLIFFE					(1)-(18)
2	218	Brecon AC	64.60	Bethan JONES, Keira LAWRENCE, Riley MCLOUGHLIN, Leonora RITSON-WALTON					(2)-(16)
3	68	Non Scoring Team	64.80	Chloe DAVIES, Swyn DAFYDD, Thaja DAVIES, Zara EVANS					(3)-(14)
DQ	73	Carmarthen Harriers		Daisy THOMPSON, Megan REES, Lylyanna HARRALL, Phoebe DAVIS					(4)-(12)
									(5)
Heat 2					Heat 3				
Pos	Bib	Club	Perf.	(Pos-Pts)	Pos	Bib	Club	Perf.	(Pos-Pts)
1	592	Swansea Harriers	55.91	Emily COLLINS, Carys POOLE, Molly CRABBE, Georgia WILSON					(1)-(18)
2	495	Bridgend AC	60.85	Rashmika KANDANEARACHCHI, Jodi DAVIES, Erin ANDREWS, Mali MORSE					(2)-(16)
3	400	Pembrokeshire Harriers	63.24	Rosie HUGHES, Ella WINTLE, Ffion WILLIAMS, Maisy FOLEY					(3)-(14)
4	563	Non Scoring Team	63.75	Gabrielle GARCIA, Zuhayr IBRAHIM, Llinos WILLMETT, Amy MULLEN					(4)-(12)
DQ	401	Non Scoring Team							(5)

F26 - High Jump

Welsh Record: Julia CHARLTON, 1.68, Carmarthen Harriers 1978
League Record: Sarah OMOREGIE, 1.50, Pembrokeshire Harriers, [Cup Final] 2012

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	399	Gwen DODD	Pembrokeshire Harriers	1.37	(1)-(18)
2=	65	Phoebe DAVIS	Carmarthen Harriers	1.30	(2)-(16)
2=	602	Hollie NEWBURY	Swansea Harriers	1.30	(2)-(16)
4	563	Amy MULLEN	Llanelli AC	1.25	(4)-(21)
5	75	Lylyanna HARRALL	Carmarthen Harriers	1.25	(4)-(21)
6	591	Emily COLLINS	Swansea Harriers	1.25	(4)-(21)
7	613	Freya HANNAFORD	Swansea Harriers	1.25	(4)-(21)
8	594	Molly CRABBE	Swansea Harriers	1.20	(8)
9	504	Philippa ALLEN	Bridgend AC	1.10	(9)-(10)
10	69	Thaja DAVIES	Carmarthen Harriers	1.05	(10)
11	599	Safi BECHAR	Swansea Harriers	1.05	(10)

F08 - Long Jump

Welsh Record: Chloe HUGHES, Deeside AC, 4.89, 2011
League Record: E JONES/Gabrielle FAKANDE, 4.70, Carmarthen Harriers/Cwmbran H

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	597	Carys POOLE	Swansea Harriers	4.28	(1)-(18)
2	308	Connie REYNOLDS-CUNLIFFE	Neath Harriers	4.11	(2)-(16)
3	501	Rashmika KANDANEARACHCHI	Bridgend AC	3.62	(3)-(14)
4	129	Evie WATKINS	Barry & Vale Harriers	3.60	(4)-(12)
5	564	Linos WILLMETT	Llanelli AC	3.47	(5)-(10)
6	76	Zara EVANS	Carmarthen Harriers	3.43	(6)-(8)
7	596	Freya MORGAN	Swansea Harriers	3.38	(7)-(9)
8	499	Ella ROBERTS	Bridgend AC	3.37	(8)-(8)
9	563	Amy MULLEN	Llanelli AC	3.36	(9)-(7)
10	131	Freya MORGAN	Barry & Vale Harriers	3.34	(10)-(6)
11	315	Joy HALL	Neath Harriers	3.18	(11)-(5)
12	495	Mali MORSE	Bridgend AC	3.16	(12)
13	600	Sophie BEYENON	Swansea Harriers	3.14	(12)
14	406	Ella REES	Pembrokeshire Harriers	3.12	(14)
15	565	Gabrielle GARCIA	Llanelli AC	3.10	(15)-(6)
16	494	Erin ANDREWS	Bridgend AC	3.09	(16)
17	401	Katy HILL	Pembrokeshire Harriers	3.06	(17)
18	402	Rosie HUGHES	Pembrokeshire Harriers	3.05	(18)-(4)
19	216	Riley MCLOUGHLIN	Brecon AC	3.05	(19)-(4)
20	603	Abbie HALL	Swansea Harriers	2.89	(19)-(4)
21	311	Louise BAKER	Neath Harriers	2.63	(21)
22	68	Amy DAVIES	Carmarthen Harriers	2.61	(22)
23	593	Emily JONES	Swansea Harriers	2.54	(23)-(3)
24	599	Safi BECHAR	Swansea Harriers	2.53	(24)
25	492	Bethan ANTHONY	Bridgend AC	2.47	(25)
26	314	Caitlin EVANS	Neath Harriers	2.21	(26)

F04 - Shot (2.72kg)

Welsh Record: Adele NICOLL, 11.81, Oswestry Olympians, 2009
League Record: Nicola STEVENSON, 10.30, Bridgend AC, 2001

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	611	Carys DICKENSON	Swansea Harriers	8.00	(1)-(18)
2	610	Neve BOWEN	Swansea Harriers	7.23	(2)-(9)
3	67	Nia WILLIAMS	Carmarthen Harriers	6.77	(3)-(16)
4	605	Eleanor WARD	Swansea Harriers	6.22	(4)
5	399	Gwen DODD	Pembrokeshire Harriers	5.84	(5)-(14)
6	313	Gabrielle JONES	Neath Harriers	5.72	(6)-(12)
7	609	Nia JOHNS	Swansea Harriers	5.66	(7)
8	491	Jersey Lee JONES	Bridgend AC	5.55	(8)-(10)
9	310	Jasmine HALE	Neath Harriers	5.17	(9)-(8)
10	314	Caitlin EVANS	Neath Harriers	5.01	(10)
11	400	Maisy FOLEY	Pembrokeshire Harriers	4.80	(11)-(7)
12	595	Cerys JONES	Swansea Harriers	4.64	(12)
13	309	Daisy ELEY	Neath Harriers	4.49	(13)
14	499	Ella ROBERTS	Bridgend AC	4.40	(14)-(6)
15	66	Gwenno ROBERTS	Carmarthen Harriers	4.37	(15)-(5)
16	497	Jessica EVANS	Bridgend AC	4.07	(16)
17	492	Bethan ANTHONY	Bridgend AC	4.06	(17)
18	500	Caitlin HURLEY	Bridgend AC	3.30	(18)

F11 - Discus (0.75kg)

Welsh Record: Adele NICOLL, 31.68, Oswestry Olympians, 2009
League Record: Holly COOPER, Swansea Harriers, 30.43 [M2-We-Neath] 2015

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	610	Neve BOWEN	Swansea Harriers	19.39	(1)-(18)
2	611	Carys DICKENSON	Swansea Harriers	16.52	(2)-(9)
3	612	Chloe JONES	Swansea Harriers	16.05	(3)
4	598	Grace WHITAKER	Swansea Harriers	15.17	(4)
5	609	Nia JOHNS	Swansea Harriers	12.89	(5)
6	503	Megan FROLEY	Bridgend AC	10.91	(6)-(16)
7	491	Jersey Lee JONES	Bridgend AC	10.09	(7)-(8)
8	601	Charlotte COLLINS	Swansea Harriers	8.67	(8)

F19 - Javelin (400g)

Welsh Record: Bethan EVANS, 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	399	Gwen DODD	Pembrokeshire Harriers	18.37	(1)-(18)
2	592	Georgia WILSON	Swansea Harriers	16.67	(2)-(16)
3	612	Chloe JONES	Swansea Harriers	15.45	(3)-(9)
4	218	Leonora RITSON-WALTON	Brecon AC	14.47	(4)-(14)
5	594	Molly CRABBE	Swansea Harriers	13.66	(5)
6	175	Caitlyn RICHARDS	Pontyclun AC	13.34	(6)-(12)
7	595	Cerys JONES	Swansea Harriers	13.30	(7)
8	213	Bethan JONES	Brecon AC	11.62	(8)-(8)
9	211	Alice DAVIES	Brecon AC	10.95	(9)
10	402	Rosie HUGHES	Pembrokeshire Harriers	10.06	(10)-(7)
11	316	Madison HINES	Neath Harriers	9.90	(11)-(10)
12	408	Ffion WILLIAMS	Pembrokeshire Harriers	9.58	(12)
13	498	Sophie EVANS	Bridgend AC	9.31	(13)-(8)
14	74	Megan REES	Carmarthen Harriers	9.23	(14)-(6)
15	215	Keira LAWRENCE	Brecon AC	8.99	(15)
16	607	Freya GAMINE	Swansea Harriers	8.23	(16)
17	601	Charlotte COLLINS	Swansea Harriers	8.22	(17)
18	130	Moli LYONS	Barry & Vale Harriers	8.16	(18)-(4)
19	502	Lucy JOHN	Bridgend AC	7.72	(19)-(6)
20	497	Jessica EVANS	Bridgend AC	7.59	(20)
21	494	Erin ANDREWS	Bridgend AC	7.15	(21)

T09 - 100m

Welsh Record: Hannah BRIER, Swansea Harriers, 11.81, 2012
 League Record: Hannah BRIER, 12.5, Swansea Harriers, 2011

Heat 1											Heat 2		
Pos	Bib	Athletes	Club	Perf.		(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.		(Pos-Pts)
1	529	Ffion JONES	Bridgend AC	13.22	G4-P10	(1)-(18)	1	329	Emily MICHAEL	Neath Harriers	13.64	-P10	(2)-(16)
2	571	Niamh ROBERTS	Llanelli AC	13.79		(3)-(14)	2	568	Jessica CLYDE	Llanelli AC	14.12		(6)-(7)
3	341	Lucy MOULE	Neath Harriers	14.04		(4)-(9)	3	573	Elinor THOMAS	Llanelli AC	14.20		(8)
4	525	Crystal HUGHES	Bridgend AC	14.08		(5)-(8)	4	86	Abbie PAINTER	Carmarthen Harriers	14.43		(13)-(6)
5	227	Paige BALLINGTON	Brecon AC	14.22		(9)-(10)	5	697	Brooklyn STOKOE	Swansea Harriers	14.50		(14)-(4)
6	415	Gracie LAWRENCE	Pembrokeshire Harriers	14.27		(10)-(8)	6	694	Teigan DAVIES	Swansea Harriers	14.55		(15)-(5)
7	339	Alice COUGHLIN	Neath Harriers	14.30		(11)	7	567	Maddison BALL	Llanelli AC	14.75		(16)
DNS	521	Ella HUBBARDE	Bridgend AC				8	688	Tate MELLOR	Swansea Harriers	14.78		(17)
Heat 3											Heat 4		
Pos	Bib	Athletes	Club	Perf.		(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.		(Pos-Pts)
1	85	Rebecca WILLIAMS	Carmarthen Harriers	14.18		(7)-(12)							
2	137	Kirsty LAW	Barry & Vale Harriers	14.35		(12)-(6)							
3	411	Josie DODD	Pembrokeshire Harriers	14.85		(18)-(4)							
4	336	Hannah SMITH	Neath Harriers	15.09		(19)							
5	532	Mia DAVES	Bridgend AC	15.53		(20)							
6	534	Caitlin WILLIAMS	Bridgend AC	15.54		(21)							
DNS	679	Ellie CHAHAL	Swansea Harriers										

T26 - 200m

Welsh Record: Rachel JOHNCOCK, 24.82, Colwyn Bay AC, 2008
 League Record: Hannah BRIER, 25.2, Swansea Harriers, 2011

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	687	Amber EVANS	Swansea Harriers	27.88	G4 P10 (1)-(18)	1	231	Charlie PRICE	Brecon AC	28.96	(4)-(9)
2	232	Willow RANSOME	Brecon AC	28.09	P10 (2)-(16)	2	87	Ellie TROMANS	Carmarthen Harriers	29.26	(5)-(12)
3	335	Lauren THOMAS	Neath Harriers	28.41	P10 (3)-(14)	3	568	Jessica CLYDE	Llanelli AC	29.31	(6)-(10)
4	227	Paige BALLINGTON	Brecon AC	29.42	(7)-(8)	4	570	Roseanne GARCIA	Llanelli AC	30.23	(13)
5	341	Lucy MOULE	Neath Harriers	29.59	(9)	5	340	Medi PHILLIPS	Neath Harriers	30.30	(14)
DNS	529	Ffion JONES	Bridgend AC			DNS	411	Josie DODD	Pembrokeshire Harriers		
Heat 3						Heat 4					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	339	Alice COUGHLIN	Neath Harriers	29.42	(7)-(8)	1	137	Kirsty LAW	Barry & Vale Harriers	29.92	(10)-(8)
2	679	Ellie CHAHAL	Swansea Harriers	30.04	(11)-(7)	2	138	Ffion SPENCE	Barry & Vale Harriers	30.55	(15)-(5)
3	573	Elinor THOMAS	Llanelli AC	30.08	(12)-(6)	3	140	Erin MCLOUGHLIN	Barry & Vale Harriers	31.38	(17)
4	337	Emma HAMES	Neath Harriers	31.09	(16)	4	532	Mia DAVES	Bridgend AC	31.85	(19)-(6)
5	567	Maddison BALL	Llanelli AC	31.64	(18)	5	328	Rachel BEVAN	Neath Harriers	32.54	(21)
6	86	Abbie PAINTER	Carmarthen Harriers	32.17	(20)-(4)	6	417	Sydnee TURNER	Pembrokeshire Harriers	32.57	(22)-(4)

T12 - 300m

Welsh Record: Hannah JONES, 40.54, Carmarthen Harriers, 2005
 League Record: Abigail BACKSHALL, 41.67, Colwyn Bay AC, 2011 [Cup Final]

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	687	Amber EVANS	Swansea Harriers	44.23	G3 P10 (1)-(18)	1	87	Ellie TROMANS	Carmarthen Harriers	45.60	G4 P10 (3)-(14)
2	232	Willow RANSOME	Brecon AC	45.15	G4 P10 (2)-(16)	2	570	Roseanne GARCIA	Llanelli AC	47.20	(6)-(10)
3	527	Amber WILLIAMS	Bridgend AC	45.89	G4 P10 (4)-(12)	3	684	Hannah DAVIES	Swansea Harriers	48.70	(9)
4	692	Rosa HUMPHREYS	Swansea Harriers	46.96	P10 (5)-(9)	DNS	338	Mia EDWARDS	Neath Harriers		
Heat 3						Heat 4					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	526	Hollie MULLAN	Bridgend AC	47.56	(8)-(8)	1	329	Emily MICHAEL	Neath Harriers	47.20	(6)-(10)
2	416	Kaitlin MORGAN	Pembrokeshire Harriers	48.77	(10)-(6)	2	331	Amy RATTENBURY	Neath Harriers	51.28	(11)-(7)
3	418	Nia WILLIAMS	Pembrokeshire Harriers	51.34	(12)-(6)	3	328	Rachel BEVAN	Neath Harriers	51.81	(14)
4	330	Callie RATTENBURY	Neath Harriers	51.62	(13)	4	337	Emma HAMES	Neath Harriers	51.96	(15)

T20 - 800m										
Welsh Record: Amanda PRITCHARD, 2.10.66, Cardiff AAC, 1994										
League Record: Lauren BELL, 2:15.7, Pembroke Harriers, 2008										
Heat 1					Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.
1	233	Tiegan WARD	Brecon AC	2:37.25	(1)-(18)					
2	524	Lili HUTCHING	Bridgend AC	2:39.20	(2)-(16)					
3	523	Leonora BREHNEY	Bridgend AC	2:41.12	(3)-(9)					
4	533	Meg MCCLOY	Bridgend AC	2:41.35	(4)					
5	419	Ella TOWNSEND	Pembrokeshire Harriers	2:44.58	(5)-(14)					
6	416	Kaitlin MORGAN	Pembrokeshire Harriers	2:45.12	(6)-(8)					
7	526	Hollie MULLAN	Bridgend AC	2:49.41	(7)					
8	332	Paige BROAD	Neath Harriers	2:54.34	(8)-(12)					
9	691	Caitlin TOLLEY	Swansea Harriers	3:01.75	(9)-(10)					
10	230	Glesni POWELL	Brecon AC	3:04.43	(10)-(7)					
11	693	Marian LLOYD	Swansea Harriers	3:05.90	(11)-(6)					
12	343	Ruth WOOD	Neath Harriers	3:12.17	(12)-(5)					

T30 - 1500m									
Welsh Record: Non STANFORD, 4.34.24, Swansea Harriers, 2003									
League Record: Heledd GRUFFUD, 4:53.2, Carmarthen Harriers, 1993									

Heat 1					Heat 2					
Pos	Bib	Athletes	Club	Perf.		Pos	Bib	Athletes	Club	Perf.
1	522	Ffion HIGGINSON	Bridgend AC	5:00.10	G3 P10 (1)-(18)					
2	670	Darcie BASS	Swansea Harriers	5:03.30	G4 P10 (2)-(16)					
3	410	Alice EVANS	Pembrokeshire Harriers	5:11.70	G4 P10 (3)-(14)					
4	88	Maddie MORGAN	Carmarthen Harriers	5:16.40	P10 (4)-(12)					
5	689	Rebecca MARTIN	Swansea Harriers	5:19.90	P10 (5)-(9)					
6	683	Beth THOMAS	Swansea Harriers	5:20.30	P10 (6)					
7	327	Cerys TEAGUE	Neath Harriers	5:45.50	(7)-(10)					
8	342	Cathryn MORGAN	Neath Harriers	5:51.40	(8)-(8)					
9	234	Rhianna WHYMAN	Brecon AC	5:51.90	(9)-(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	569	Mollie DAINTON	Llanelli AC	5:23.6	(1)-(18)				
2	680	Shannon THOMAS	Swansea Harriers	6:46.3	(2)-(16)				
3	675	Isobel RUDDY	Swansea Harriers	6:56.9	(3)-(9)				
4	89	Laurie THOMAS	Carmarthen Harriers	8:05.6	(4)-(14)				

T18 - 75m Hurdles									
Welsh Record: Heather JONES, 10.86, Carmarthen Harriers, 2001									
League Record: Heather JONES, 11.2, Carmarthen Harriers, 2001									

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	571	Niamh ROBERTS	Llanelli AC	12.53	G3 P10 (1)-(18)	1	413	Flavia JENKINS	Pembrokeshire Harriers	13.81	P10 (6)-(8)
2	677	Daniela RAMOS	Swansea Harriers	12.78	G4 P10 (2)-(16)	2	339	Alice COUGHLIN	Neath Harriers	14.15	(9)-(6)
3	415	Gracie LAWRENCE	Pembrokeshire Harriers	12.93	G4 P10 (3)-(14)	3	692	Rosa HUMPHREYS	Swansea Harriers	14.55	(10)
4	335	Lauren THOMAS	Neath Harriers	12.97	G4 P10 (4)-(12)	4	140	Erin MCLOUGHLIN	Barry & Vale Harriers	15.61	(11)-(8)
5	686	Grace THOMAS	Swansea Harriers	13.53	P10 (5)-(9)	DNS	342	Cathryn MORGAN	Neath Harriers		
6	90	Olwen BATTEN	Carmarthen Harriers	13.93	P10 (7)-(10)	DNS	88	Maddie MORGAN	Carmarthen Harriers		
7	92	Hanna LEWIS	Carmarthen Harriers	14.05	P10 (8)-(7)						

T38 - 4 x 100 relay									
Welsh Record: Not Recognised at this age group									
League Record: Swansea Harriers, 50.70, 2011									

Heat 1									
Pos	Bib	Club	Perf.	(Pos-Pts)					
1	335	Neath Harriers	54.48	Lucy MOULE, Grace POWELL, Alice COUGHLIN, Lauren THOMAS					(1)-(18)
2	232	Brecon AC	54.50	Megan NICHOLAS, Charlie PRICE, Willow RANSOME, Rhianna WHYMAN					(2)-(16)
3	85	Carmarthen Harriers	58.00	Rebecca WILLIAMS, Abbie PAINTER, Olwen BATTEN, Maddie MORGAN					(5)-(10)
4	333	Non Scoring Team	59.32	Rachel BEVAN, Emma HAMES, Cerys TEAGUE, Karolinka BACAKOVA					(8)
Heat 2									
Pos	Bib	Club	Perf.	(Pos-Pts)					
1	687	Swansea Harriers	55.86	Beth THOMAS, Ellie CHAHAL, Rebecca MARTIN, Amber EVANS					(3)-(14)
2	571	Llanelli AC	55.86	Elinor THOMAS, Jessica CLYDE, Maddison BALL, Niamh ROBERTS					(3)-(14)
3	415	Pembrokeshire Harriers	58.43	Kaitlin MORGAN, Nia WILLIAMS, Josie DODD, Gracie LAWRENCE					(6)-(8)
4	137	Barry & Vale Harriers	58.55	Kirsty LAW, Evie WATKINS, Erin MCLOUGHLIN, Ffion SPENCE					(7)-(6)

F21 - High Jump

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

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1=	676	Lydia HANNAFORD	Swansea Harriers	1.50	G3 P10 (1=)-(18)
1=	91	Lili CHURCH	Carmarthen Harriers	1.50	G3 P10 (1=)-(18)
3	674	Marnie MUSGRAVE	Swansea Harriers	1.50	G3 P10 (3)-(27)
4=	139	Mariella WATT	Barry & Vale Harriers	1.45	G4 P10 (4=)-(14)
4=	690	Catrin MORGAN	Swansea Harriers	1.45	G4 P10 (4=)-(14)
5	411	Josie DODD	Pembrokeshire Harriers	1.40	G4 P10 (5)-(12)
6	333	Karolinka BACAKOVA	Neath Harriers	1.40	G4 P10 (6)-(12)
7	695	Brooke CASTLE	Swansea Harriers	1.40	G4 P10 (7)-(12)
8	412	Eloise JENKINS	Pembrokeshire Harriers	1.40	G4 P10 (8)-(20)
9	92	Hanna LEWIS	Carmarthen Harriers	1.35	(9)-(7)
10	680	Shannon THOMAS	Swansea Harriers	1.30	(10)
11=	87	Ellie TROMANS	Carmarthen Harriers	1.25	(11=)-(8)
11=	233	Tiegan WARD	Brecon AC	1.25	(11=)-(8)
13	688	Tate MELLOR	Swansea Harriers	1.25	(13)-(8)
15	89	Laurie THOMAS	Carmarthen Harriers	1.20	(15)
16	418	Nia WILLIAMS	Pembrokeshire Harriers	1.15	(16)
17	342	Cathryn MORGAN	Neath Harriers	1.05	(17)-(6)

F05 - Long Jump

Welsh Record: Ceri JENKINS, 5.57, Cleddau, 1972

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	686	Grace THOMAS	Swansea Harriers	4.44	* (1)-(18)
2	571	Niamh ROBERTS	Llanelli AC	4.36	* (2)-(16)
3	414	Nieve JENKINS	Pembrokeshire Harriers	4.27	(3)-(14)
4	573	Elinor THOMAS	Llanelli AC	4.25	(4)-(9)
5	413	Flavia JENKINS	Pembrokeshire Harriers	4.19	(5)-(8)
6	341	Lucy MOULE	Neath Harriers	4.06	(6)-(12)
7	681	Charlotte CAMPION	Swansea Harriers	4.03	(7)-(7)
8	231	Charlie PRICE	Brecon AC	3.99	(8)-(10)
9	335	Lauren THOMAS	Neath Harriers	3.95	(9)-(6)
10	685	Tiana EVANS	Swansea Harriers	3.92	(10)
11	334	Grace POWELL	Neath Harriers	3.89	(11)
12	229	Megan NICHOLAS	Brecon AC	3.85	(12)-(5)
13	684	Hannah DAVIES	Swansea Harriers	3.82	(13)
14	139	Mariella WATT	Barry & Vale Harriers	3.74	(14)-(8)
15	412	Eloise JENKINS	Pembrokeshire Harriers	3.73	(15)
16	90	Olwen BATTEN	Carmarthen Harriers	3.70	(16)-(6)
17	233	Tiegan WARD	Brecon AC	3.51	(17)
18	524	Lili HUTCHING	Bridgend AC	3.35	(18)-(4)
19	88	Maddie MORGAN	Carmarthen Harriers	3.19	(19)-(4)
20	415	Gracie LAWRENCE	Pembrokeshire Harriers	3.15	(20)
21	534	Caitlin WILLIAMS	Bridgend AC	2.41	(21)-(3)

F07 - Pole Vault

Welsh Record: Rhianydd LLEWELLYN, 3.15, Bridgend AC, 2008

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	678	Nell DAVIES	Swansea Harriers	2.20	G4P10 (1)-(18)
2	681	Charlotte CAMPION	Swansea Harriers	1.90	(2)-(9)

F29 - Shot (3.00kg)

Welsh Record: Sarah OMOREGIE, Cardiff AAC, 12.67, 31.08.2014

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	417	Sydnee TURNER	Pembrokeshire Harriers	9.73	G3 P10 (1)-(18)
2	672	Sally HOPKINS	Swansea Harriers	9.57	G3 P10 (2)-(16)
3	333	Karolinka BACAKOVA	Neath Harriers	9.23	G3 P10 (3)-(14)
4	682	Holly COOPER	Swansea Harriers	7.90	P10 (4)-(9)
5	414	Nieve JENKINS	Pembrokeshire Harriers	7.47	P10 (5)-(8)
6	330	Callie RATTENBURY	Neath Harriers	7.33	(6)-(12)
7	413	Flavia JENKINS	Pembrokeshire Harriers	7.27	(7)-(7)
8	91	Lili CHURCH	Carmarthen Harriers	7.18	(8)-(10)
9	679	Ellie CHAHAL	Swansea Harriers	6.82	(9)-(6)
10	234	Rhianna WHYMAN	Brecon AC	6.79	(10)
11	331	Amy RATTENBURY	Neath Harriers	6.58	(11)
12	522	Ffion HIGGINSON	Bridgend AC	6.48	(12)-(5)
13	337	Emma HAMES	Neath Harriers	6.22	(13)
14	526	Hollie MULLAN	Bridgend AC	6.20	(14)-(8)
15	534	Caitlin WILLIAMS	Bridgend AC	5.06	(15)
16	228	Libby JONES	Brecon AC	4.87	(16)-(6)

F22 - Discus (1.00kg)

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

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	672	Sally HOPKINS	Swansea Harriers	22.62	G4* (1)-(18)
2	682	Holly COOPER	Swansea Harriers	22.38	G4* (2)-(9)
3	334	Grace POWELL	Neath Harriers	19.27	* (3)-(16)
4	417	Sydnee TURNER	Pembrokeshire Harriers	18.59	* (4)-(14)
5	418	Nia WILLIAMS	Pembrokeshire Harriers	17.46	(5)-(8)
6	327	Cerys TEAGUE	Neath Harriers	16.32	(6)-(7)
7	330	Callie RATTENBURY	Neath Harriers	11.86	(7)
8	331	Amy RATTENBURY	Neath Harriers	11.57	(8)
9	138	Ffion SPENCE	Barry & Vale Harriers	11.24	(9)-(12)

F10 - Javelin (500g)

Welsh Record: Bethan REES Cannock & Staffs 43.12 2014

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	414	Nieve JENKINS	Pembrokeshire Harriers	29.61	G1P10 (1)-(18)
2	685	Tiana EVANS	Swansea Harriers	23.76	G3P10 (2)-(16)
3	90	Olwen BATTEN	Carmarthen Harriers	22.44	G4P10 (3)-(14)
4	91	Lili CHURCH	Carmarthen Harriers	21.55	G4P10 (4)-(9)
5	334	Grace POWELL	Neath Harriers	21.37	G4P10 (5)-(12)
6	412	Eloise JENKINS	Pembrokeshire Harriers	18.89	P10 (6)-(8)
7	675	Isobel RUDDY	Swansea Harriers	15.17	(7)-(7)
8	340	Medi PHILLIPS	Neath Harriers	13.06	(8)-(6)
9	140	Erin MCLOUGHLIN	Barry & Vale Harriers	12.00	(9)-(10)
10	522	Ffion HIGGINSON	Bridgend AC	10.09	(10)-(8)
11	137	Kirsty LAW	Barry & Vale Harriers	8.59	(11)-(5)
12	328	Rachel BEVAN	Neath Harriers	7.71	(12)

F02 - Hammer (3.00kg)

Welsh Record: Amber RIMMINGTON Deeside AAC 52.11 2013

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	333	Karolinka BACAKOVA	Neath Harriers	41.57	G2 P10 (1)-(18)
2	673	Ffion BERRELL	Swansea Harriers	31.96	G3 P10 (2)-(16)
3	228	Libby JONES	Brecon AC	17.66	(3)-(14)
4	340	Medi PHILLIPS	Neath Harriers	15.10	(4)-(9)
5	327	Cerys TEAGUE	Neath Harriers	14.58	(5)

T06 - 75m

Welsh Record: Not Recognised at this age group

League Record: L EVANS, 10.3, Bridgend AC, 1999

League Record: EVANS, 10.9, Bridgend AC, 1999											
Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	427	Jack NICHOLAS	Pembrokeshire Harriers	11.37	(2)-(-16)	1	429	Rhys LLOYD ROBERTS	Pembrokeshire Harriers	12.01	(11)-(-6)
2	6	Harri HOWELLS	Carmarthen Harriers	11.55	(4)-(-14)	2	426	Steffan BRIDGER	Pembrokeshire Harriers	12.25	(16)
3	3	Owain-Hari DAVIES	Carmarthen Harriers	11.74	(7)	3	171	Lewis HARRIS	Pontyclun AC	12.29	(19)-(-4)
4	556	Christian GARCIA	Llanelli AC	11.85	(9)-(-8)	4	657	Dafydd KING	Swansea Harriers	12.52	(22)-(-3)
5	557	Harrison GARCIA	Llanelli AC	11.95	(10)-(-7)	5	658	Vamsi MUDDADA	Swansea Harriers	12.63	(23)
6	663	Euan RILEY	Swansea Harriers	12.02	(12)-(-6)	6	204	Arthur BELL	Brecon AC	13.21	(33)
7	173	Rhys ISRAEL	Pontyclun AC	12.06	(13)-(-4)	7	554	Cody ESPOSITO	Llanelli AC	13.40	(36)
8	553	Craig DAVIES	Llanelli AC	12.18	(14)	8	431	Gwilym REES	Pembrokeshire Harriers	13.76	(39)
Heat 3						Heat 4					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	461	Louis LOTT	Bridgend AC	11.27	(1)-(-18)	1	206	Jayden WILKINSON	Brecon AC	11.62	(5)-(-12)
2	462	Jack O'BRIEN	Bridgend AC	11.44	(3)-(-9)	2	465	Tate GEAR	Bridgend AC	12.46	(20)
3	464	Ryo ROBERTS	Bridgend AC	12.28	(18)	3	113	Sam WILLIAMS	Barry & Vale Harriers	12.47	(21)-(-2)
4	559	Alex THOMAS	Llanelli AC	12.92	(28)	4	667	Zane KEMBANI-ENTWISTLE	Swansea Harriers	12.69	(25)
5	9	Iwan THOMAS	Carmarthen Harriers	12.97	(29)	5	303	Charlie FALVEY	Neath Harriers	12.83	(27)-(-1)
6	656	Cai WILLIAMS	Swansea Harriers	13.20	(32)	6	555	Caian EVANS	Llanelli AC	13.03	(31)
7	109	Rhys SCOTT	Barry & Vale Harriers	13.31	(34)	7	172	Morgan EVANS	Pontyclun AC	13.40	(36)
8	665	Isaac WHITTAKER	Swansea Harriers	13.43	(38)	8	112	Lucas MCAULEY	Barry & Vale Harriers	14.34	(40)
Heat 5						Heat 6					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	10	Meilyr THOMAS	Carmarthen Harriers	11.65	(6)-(-8)						
2	301	Morgan KINSMAN	Neath Harriers	11.84	(8)-(-10)						
3	205	Jamie TESTER	Brecon AC	12.21	(15)-(-5)						
4	463	Alfie O'NEILL	Bridgend AC	12.25	(16)						
5	111	Danny POTTER	Barry & Vale Harriers	12.66	(24)-(-2)						
6	7	Finlay CLYDE	Carmarthen Harriers	12.74	(26)						
7	302	Matthew COX	Neath Harriers	12.97	(29)						
8	110	Owen SCOTT	Barry & Vale Harriers	13.35	(35)						

T24 - 150m

Welsh Record: Not Recognised at this age group

League Record: L EVANS, 20.2, Bridgend AC, 1999

Heat 1					Heat 2						
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	556	Christian GARCIA	Llanelli AC	22.54	(4)-(12)	1	3	Owain-Hari DAVIES	Carmarthen Harriers	22.74	(5)-(10)
2	6	Harri HOWELLS	Carmarthen Harriers	23.13	(7)-(9)	2	560	Iwan WILSON	Llanelli AC	23.43	(10)-(8)
3	464	Ryo ROBERTS	Bridgend AC	23.96	(12)-(7)	3	429	Rhys LLOYD ROBERTS	Pembrokeshire Harriers	23.91	(11)-(6)
4	171	Lewis HARRIS	Pontyclun AC	24.41	(18)-(4)	4	426	Steffan BRIDGER	Pembrokeshire Harriers	24.07	(15)-(4)
5	303	Charlie FALVEY	Neath Harriers	26.12	(24)	5	658	Vamsi MUDDADA	Swansea Harriers	24.18	(16)
Heat 3					Heat 4						
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	8	Tomos LEWIS	Carmarthen Harriers	23.37	(9)	1	663	Euan RILEY	Swansea Harriers	23.11	(6)-(8)
2	205	Jamie TESTER	Brecon AC	25.33	(22)-(3)	2	301	Morgan KINSMAN	Neath Harriers	23.98	(13)-(6)
3	559	Alex THOMAS	Llanelli AC	26.27	(26)	3	662	Conor O'SHAUGHNESSY	Swansea Harriers	24.03	(14)-(5)
4	7	Finlay CLYDE	Carmarthen Harriers	26.30	(27)	4	467	Kian WILSON	Bridgend AC	25.14	(21)
5	469	Jack THOMAS	Bridgend AC	26.33	(28)	5	4	Ifan BOWEN	Carmarthen Harriers	26.13	(25)
Heat 5					Heat 6						
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	206	Jayden WILKINSON	Brecon AC	22.01	(1)-(18)	1	553	Craig DAVIES	Llanelli AC	24.25	(17)
2	461	Louis LOTT	Bridgend AC	22.13	(2)-(16)	2	551	Finlay COOMBE	Llanelli AC	24.76	(19)
3	304	Jac THOMAS	Neath Harriers	22.34	(3)-(14)	3	468	William KERRY	Bridgend AC	27.56	(32)
4	202	Owen PRICE-DAVIES	Brecon AC	27.08	(30)	4	112	Lucas MCAULEY	Barry & Vale Harriers	29.44	(34)
5	302	Matthew COX	Neath Harriers	27.77	(33)	DNS	466		Bridgend AC		
Heat 7					Heat 8						
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos)
1	10	Meilyr THOMAS	Carmarthen Harriers	23.15	(8)						
2	113	Sam WILLIAMS	Barry & Vale Harriers	24.90	(20)						
3	111	Danny POTTER	Barry & Vale Harriers	25.92	(23)						
4	110	Owen SCOTT	Barry & Vale Harriers	27.02	(29)						
5	109	Rhys SCOTT	Barry & Vale Harriers	27.18	(31)						

T14 - 800m

Welsh Record: Not recognised at this age group

League Record: Iori HUMPHREYS Pembrokeshire Harriers 2:31.80 [Cup Final 2014]

League Record: 1011 HOWN HIREYS F Embroekeshire Harriers 2:51.66 (cup 1 mar 2014)											
Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	201	Jack ORGAN	Brecon AC	2:34.73	(1)-(18)	1	304	Jac THOMAS	Neath Harriers	2:49.80	(10)-(6)
2	560	Iwan WILSON	Llanelli AC	2:45.80	(5)-(12)	2	204	Arthur BELL	Brecon AC	2:56.00	(14)-(5)
3	430	Steffan JONES	Pembrokeshire Harriers	2:46.90	(6)-(10)	3	9	Iwan THOMAS	Carmarthen Harriers	2:56.81	(15)
4	659	Harley GLEESON	Swansea Harriers	2:49.18	(8)-(8)	4	661	Thomas GORVETT	Swansea Harriers	2:59.76	(16)
5	1	Steffan DAVIES	Carmarthen Harriers	2:49.58	(9)	5	664	Harry NEWTON	Swansea Harriers	3:00.32	(17)
6	557	Harrison GARCIA	Llanelli AC	2:51.67	(12)-(6)	6	2	Brynmor PETERS	Carmarthen Harriers	3:02.00	(18)
7	657	Dafydd KING	Swansea Harriers	2:52.24	(13)	7	656	Cai WILLIAMS	Swansea Harriers	3:05.19	(20)
						8	555	Caian EVANS	Llanelli AC	3:06.62	(22)

				Heat 3						
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.
1	4	Ifan BOWEN	Carmarthen Harriers	2:41.85	(2)-(16)					
2	462	Jack O'BRIEN	Bridgend AC	2:44.07	(3)-(14)					
3	8	Tomos LEWIS	Carmarthen Harriers	2:45.24	(4)-(9)					
4	467	Kian WILSON	Bridgend AC	2:47.89	(7)-(8)					
5	666	Morgan WILLIS	Swansea Harriers	2:51.40	(11)-(7)					
6	472	Joshua MORGAN	Bridgend AC	3:02.80	(19)					
7	5	Jake LYNOCK	Carmarthen Harriers	3:05.48	(21)					
8	431	Gwilym REES	Pembrokeshire Harriers	3:10.31	(23)-(4)					
9	471	Joshua CANNING	Bridgend AC	3:13.66	(24)					
10	172	Morgan EVANS	Pontyclun AC	3:16.69	(25)-(4)					
11	203	Thomas GILBERT	Brecon AC	3:17.66	(26)					
12	468	William KERRY	Bridgend AC	3:17.78	(27)					
13	207	Daniel RICKETTS	Brecon AC	3:18.39	(28)					
14	470	Oscar THOMAS	Bridgend AC	3:27.97	(29)					
DNF	428	Dylan KIDD	Pembrokeshire Harriers							

T33 - 4 x 100 relay

Welsh Record: Not Recognised at this age group

League Record: Swansea Harriers 59.29, [Cup Final] 2014

League Record: Swansea Harriers 55-257, (Cup Final) 2014				
			Heat 1	
Pos	Bib	Club	Perf.	(Pos-Pts)
1	6	Carmarthen Harriers	60.77	(1)-(18)
2	553	Llanelli AC	61.41	(2)-(16)
3	429	Pembrokeshire Harriers	63.19	(4)-(12)
4	663	Swansea Harriers	64.24	(5)-(10)
5	206	Brecon AC	66.69	(6)-(8)
6	301	Neath Harriers	68.85	(8)-(6)
			Heat 2	
Pos	Bib	Club	Perf.	(Pos-Pts)
1	462	Bridgend AC	61.99	(3)-(14)
2	9	Non Scoring Team	67.62	(7)
3	472	Non Scoring Team	70.32	(9)
4	559	Non Scoring Team	70.35	(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	461	Louis LOTT	Bridgend AC	3.74	(1)-(18)
2	427	Jack NICHOLAS	Pembrokeshire Harriers	3.64	(2)-(16)
3	3	Owain-Hari DAVIES	Carmarthen Harriers	3.41	(3)-(14)
4	206	Jayden WILKINSON	Brecon AC	3.27	(4)-(12)
5	1	Steffan DAVIES	Carmarthen Harriers	3.22	(5)-(9)
6	173	Rhys ISRAEL	Pontyclun AC	3.15	(6)-(10)
7	304	Jac THOMAS	Neath Harriers	3.09	(7)-(8)
8	559	Alex THOMAS	Llanelli AC	3.03	(8)-(6)
9	658	Vamsi MUDDADA	Swansea Harriers	3.00	(9)-(4)
10	553	Craig DAVIES	Llanelli AC	2.93	(10)-(8)
11	551	Finlay COOMBE	Llanelli AC	2.91	(11)
12	662	Conor O'SHAUGHNESSY	Swansea Harriers	2.89	(12)-(7)
13	9	Iwan THOMAS	Carmarthen Harriers	2.85	(13)
14	6	Harri HOWELLS	Carmarthen Harriers	2.85	(13)
15	659	Harley GLEESON	Swansea Harriers	2.80	(15)
16	113	Sam WILLIAMS	Barry & Vale Harriers	2.75	(16)-(8)
17	171	Lewis HARRIS	Pontyclun AC	2.75	(16)-(8)
18	465	Tate GEAR	Bridgend AC	2.74	(18)-(5)
19	558	Finley ROBERTS	Llanelli AC	2.73	(19)
20	429	Rhys LLOYD ROBERTS	Pembrokeshire Harriers	2.68	(20)-(4)
21	205	Jamie TESTER	Brecon AC	2.67	(21)-(3)
22	467	Kian WILSON	Bridgend AC	2.66	(22)
23	4	Ifan BOWEN	Carmarthen Harriers	2.65	(23)
24	469	Jack THOMAS	Bridgend AC	2.59	(24)
25	554	Cody ESPOSITO	Llanelli AC	2.57	(25)
26	201	Jack ORGAN	Brecon AC	2.56	(26)
27	471	Joshua CANNING	Bridgend AC	2.52	(27)
28	665	Isaac WHITTAKER	Swansea Harriers	2.48	(28)
29	431	Gwilym REES	Pembrokeshire Harriers	2.44	(29)
30	428	Dylan KIDD	Pembrokeshire Harriers	2.42	(30)
31	664	Harry NEWTON	Swansea Harriers	2.37	(31)
32	111	Danny POTTER	Barry & Vale Harriers	2.24	(32)-(2)
33	109	Rhys SCOTT	Barry & Vale Harriers	2.23	(33)
34	109	Rhys SCOTT	Barry & Vale Harriers	2.23	(33)
35	302	Matthew COX	Neath Harriers	2.13	(35)
36	660	Nathan JONES	Swansea Harriers	2.11	(36)
37	8	Tomos LEWIS	Carmarthen Harriers	1.96	(37)
38	110	Owen SCOTT	Barry & Vale Harriers	1.88	(38)
39	112	Lucas MCAULEY	Barry & Vale Harriers	1.48	(39)

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	208	Elijah RITSON-WALTON	Brecon AC	18.10	(1)-(18)
2	661	Thomas GORVETT	Swansea Harriers	17.28	(2)-(16)
3	301	Morgan KINSMAN	Neath Harriers	15.05	(3)-(14)
4	462	Jack O'BRIEN	Bridgend AC	13.62	(4)-(12)
5	660	Nathan JONES	Swansea Harriers	12.89	(5)-(9)
6	202	Owen PRICE-DAVIES	Brecon AC	12.58	(6)-(8)
7	204	Arthur BELL	Brecon AC	12.26	(7)-(10)
8	558	Finley ROBERTS	Llanelli AC	12.26	(7)-(10)
9	664	Harry NEWTON	Swansea Harriers	11.84	(9)
10	468	William KERRY	Bridgend AC	11.43	(10)-(7)
11	472	Joshua MORGAN	Bridgend AC	11.30	(11)
12	557	Harrison GARCIA	Llanelli AC	11.18	(12)-(6)
13	203	Thomas GILBERT	Brecon AC	10.83	(13)
14	469	Jack THOMAS	Bridgend AC	10.65	(14)
15	426	Steffan BRIDGER	Pembrokeshire Harriers	10.32	(15)-(8)
16	428	Dylan KIDD	Pembrokeshire Harriers	9.08	(16)-(5)
17	470	Oscar THOMAS	Bridgend AC	7.80	(17)
18	551	Finlay COOMBE	Llanelli AC	7.53	(18)
19	556	Christian GARCIA	Llanelli AC	6.23	(19)
20	550	Thomas BATSFORD	Llanelli AC	5.51	(20)

F20 - Shot (2.72kg)

Welsh Record: Not Recognised at this age group

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	661	Thomas GORVETT	Swansea Harriers	5.37	(1)-(18)
2	427	Jack NICHOLAS	Pembrokeshire Harriers	5.33	(2)-(16)
3	203	Thomas GILBERT	Brecon AC	5.33	(2)-(16)
4	208	Elijah RITSON-WALTON	Brecon AC	4.98	(4)-(9)
5	465	Tate GEAR	Bridgend AC	4.71	(5)-(12)
6	554	Cody ESPOSITO	Llanelli AC	4.61	(6)-(10)
7	662	Conor O'SHAUGHNESSY	Swansea Harriers	4.50	(7)-(8)
8	472	Joshua MORGAN	Bridgend AC	4.34	(8)-(7)
9	172	Morgan EVANS	Pontyclun AC	4.11	(9)-(8)
10	471	Joshua CANNING	Bridgend AC	4.11	(9)-(8)
11	428	Dylan KIDD	Pembrokeshire Harriers	4.03	(11)-(6)
12	667	Zane KEMBANI-ENTWISTLE	Swansea Harriers	3.92	(12)
13	464	Ryo ROBERTS	Bridgend AC	3.87	(13)
14	207	Daniel RICKETTS	Brecon AC	3.77	(14)
15	202	Owen PRICE-DAVIES	Brecon AC	3.76	(15)
16	470	Oscar THOMAS	Bridgend AC	3.35	(16)
17	665	Isaac WHITTAKER	Swansea Harriers	3.31	(17)

T08 - 100m

Welsh Record: Carter STAPLES Cardiff AAC 12.50 2015, Malcolm JAMES, 12.5 (HT) Cardiff AAC, 1975

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	505	Evan JONES	Bridgend AC	13.07	G2 -P10 (1)-(18)	1	506	Morgan HUBBARDE	Bridgend AC	13.93	-P10 (6)
2	617	Sam PETHERBRIDGE	Swansea Harriers	13.14	G3 -P10 (2)-(16)	2	176	Mabon RHYS	Pontyclun AC	14.43	(11)-(12)
3	321	Llien MORGAN	Neath Harriers	13.60	G4 -P10 (3)-(14)	3	620	Joseph ENGLISH	Swansea Harriers	14.70	(12)
4	616	Harvey JAMES	Swansea Harriers	13.88	G4 -P10 (5)-(8)	4	16	Guto THOMAS	Carmarthen Harriers	14.95	(14)-(8)
5	507	Tomos BROAD	Bridgend AC	14.10	-P10 (7)	5	509	Ewan BAILEY	Bridgend AC	15.06	(16)
6	619	Dylan PERKINS	Swansea Harriers	14.20	-P10 (8)	6	220	Iwan COYLE	Brecon AC	15.17	(17)-(6)
7	618	Joshua KENNY	Swansea Harriers	14.25	(9)	7	441	Troy JENKINS	Pembrokeshire Harriers	15.61	(19)-(4)
8	622	Evan WILLIS	Swansea Harriers	14.37	(10)	8	438	Henry THOMAS	Pembrokeshire Harriers	15.62	((20)-(5))
Heat 3						Race 4					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	515	Ethan RAND	Bridgend AC	13.73	G4 -P10 (4)-(9)	1	119	Jac PATTERSON	Barry & Vale Harriers	14.91	(13)-(10)
2	25	Steffan LEWIS	Carmarthen Harriers	15.44	(18)-(6)	2	117	Sean MCLOUGHLIN	Barry & Vale Harriers	15.02	(15)-(7)
3	26	Frank MORGAN	Carmarthen Harriers	15.90	(21)	3	223	Jack DYKES	Brecon AC	15.95	(23)-(4)
4	566	Zuhayr IBRAHIM	Llanelli AC	15.92	(22)-(2)	4	219	Dylan BOYDE	Brecon AC	16.03	(25)
5	434	Iwan DAVIES	Pembrokeshire Harriers	15.98	(24)	5	508	Jake LESTER	Bridgend AC	16.07	(26)
6	24	Harry LEAHY	Carmarthen Harriers	16.16	(27)	6	221	Tomas DAVIES	Brecon AC	17.28	(29)
7	120	Will KINGSTON	Barry & Vale Harriers	16.17	(28)	7	17	Griff JAMES	Carmarthen Harriers	17.44	(31)
8	318	Dominic OWEN	Neath Harriers	17.31	(30)-(3)						

T27 - 200m

Welsh Record: Ewan ROSSER Cwmbran Harriers 25.23 2013

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

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	505	Evan JONES	Bridgend AC	26.54	(1)-(18)	1	507	Tomos BROAD	Bridgend AC	29.18	P10 (4)-(9)
2	321	Llien MORGAN	Neath Harriers	27.36	(2)-(16)	2	27	Jac CHAPMAN	Carmarthen Harriers	30.10	(8)-(7)
3	617	Sam PETHERBRIDGE	Swansea Harriers	27.74	(3)-(14)	3	619	Dylan PERKINS	Swansea Harriers	30.18	(9)
4	506	Morgan HUBBARDE	Bridgend AC	29.35	(5)	4	618	Joshua KENNY	Swansea Harriers	30.64	(10)
5	625	Owain CLARKE	Swansea Harriers	30.05	(7)-(8)	5	509	Ewan BAILEY	Bridgend AC	31.86	(14)
DNS	222	Patrick DEVENEY-BILLINGE	Brecon AC			DNS	15	Dafydd JONES	Carmarthen Harriers		
Heat 3						Heat 4					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	630	Kaden DAVIES	Swansea Harriers	31.70	(13)	1	319	Steffan LLOYD-WEST	Neath Harriers	31.63	(12)-(6)
2	440	Cian HARRIES	Pembrokeshire Harriers	32.69	(20)-(6)	2	627	Elliott HARRIS	Swansea Harriers	32.08	(15)
3	566	Zuhayr IBRAHIM	Llanelli AC	32.95	(21)-(4)	3	16	Guto THOMAS	Carmarthen Harriers	32.10	(16)
4	123	Will WATT	Barry & Vale Harriers	35.53	(24)-(5)	4	119	Jac PATTERSON	Barry & Vale Harriers	32.63	(19)-(8)
DNS	439		Pembrokeshire Harriers			5	508	Jake LESTER	Bridgend AC	33.73	(22)
DNS	122	Harrison DAY	Barry & Vale Harriers			DNS	176	Mabon RHYS	Pontyclun AC		
Heat 5						Heat 6					
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	
1	22	Cai IFANS	Carmarthen Harriers	29.56	P10 (6)-(12)						
2	225	Rory ORTON	Brecon AC	31.12	(11)-(10)						
3	25	Steffan LEWIS	Carmarthen Harriers	32.22	(17)						
4	512	Joel BOWNESS	Bridgend AC	32.42	(18)						
5	20	Taran YATE	Carmarthen Harriers	34.17	(23)						

T17 - 800m

Welsh Record: Nikita NEARY, 2:11.91, Carmarthen Harriers, 2010
League Record: Nikita NEARY, 2:12.0, Carmarthen Harriers, 2010

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	635	Charlie HOLLAND	Swansea Harriers	2:18.77	G1P10 (1)-(18)	1	220	Iwan COYLE	Brecon AC	2:30.18	G4P10 (2)-(16)
2	27	Jac CHAPMAN	Carmarthen Harriers	2:32.11	G4P10 (3)-(14)	2	627	Elliott HARRIS	Swansea Harriers	2:40.70	(7)
3	440	Cian HARRIES	Pembrokeshire Harriers	2:33.89	G4P10 (4)-(12)	3	438	Henry THOMAS	Pembrokeshire Harriers	2:41.27	(8)-(8)
4	634	Noah OSBORNE	Swansea Harriers	2:39.94	(6)-(9)	4	631	Daniel HUTFIELD	Swansea Harriers	2:42.20	(10)
5	510	Hywel LEYSHON	Bridgend AC	2:41.31	(9)-(8)	5	442	Cian ROGERS	Pembrokeshire Harriers	2:44.12	(12)
6	437	Henry WHITE	Pembrokeshire Harriers	2:42.74	(11)	6	434	Iwan DAVIES	Pembrokeshire Harriers	2:46.81	(14)
7	513	Tom ATTWOOD	Bridgend AC	2:52.34	(18)	7	566	Zuhayr IBRAHIM	Llanelli AC	2:47.10	(15)-(6)
DNS	320	Kian ABRAHAM	Neath Harriers			8	221	Tomas DAVIES	Brecon AC	3:00.66	(21)
						9	626	Ben LUDBROOK	Swansea Harriers	3:08.03	(24)
Heat 3											
Pos	Bib	Athletes	Club	Perf.	#N/A	Pos	Bib	Athletes	Club	Perf.	#N/A
1	122	Harrison DAY	Barry & Vale Harriers	2:34.50	G4P10 (5)-(10)						
2	514	Cameron COBURN	Bridgend AC	2:44.81	(13)-(7)						
3	225	Rory ORTON	Brecon AC	2:48.37	(16)-(6)						
4	123	Will WATT	Barry & Vale Harriers	2:51.74	(17)-(5)						
5	20	Taran YATE	Carmarthen Harriers	2:52.62	(19)-(4)						
6	324	Brychan WOOD	Neath Harriers	2:58.99	(20)-(4)						
7	17	Griff JAMES	Carmarthen Harriers	3:06.32	(22)						
8	318	Dominic OWEN	Neath Harriers	3:07.90	(23)-(3)						
9	226	Isaac PIERCE	Brecon AC	3:09.75	(25)						

T31 - 1500m

Welsh Record: David POWELL, 4:31.3, Wolverhampton, 1977
League Record: Ben REYNOLDS, 4:40.72, Cardiff Archers [M1-Ea-Hereford] 2015

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	
1	443	Iori HUMPHREYS	Pembrokeshire Harriers	4:54.31	G2P10 (1)-(18)						
2	26	Frank MORGAN	Carmarthen Harriers	4:58.81	G3P10 (2)-(16)						
3	435	Iwan LILLEY	Pembrokeshire Harriers	5:08.73	G4P10 (3)-(9)						
4	15	Dafydd JONES	Carmarthen Harriers	5:12.22	G4P10 (4)-(8)						
5	23	Jac WALTERS	Carmarthen Harriers	5:18.20	P10 (5)						
6	322	Elliot BENNET	Neath Harriers	5:18.85	P10 (6)-(14)						
7	121	Ben RAY	Barry & Vale Harriers	5:19.32	P10 (7)-(12)						
8	517	Dafydd PRATCHETT	Bridgend AC	5:21.53	P10 (8)-(10)						
9	629	Tom BLAKE	Swansea Harriers	5:37.86	(9)-(8)						

T03 - 1000m walk

Welsh Record: Antonio CIRILLO, Swansea Harriers, 4.20.05,2005
League Record: Antonio CIRILLO, 5:26.0, Swansea Harriers, 2003

Heat 1											
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	
1	224	Daniel GILBERT	Brecon AC	5:46.0	(1)-(18)						
2	628	Toby WARD	Swansea Harriers	7:22.8	(2)-(16)						

T19 - 75m Hurdles

Welsh Record: Harry HILLMAN, 11.98, Cardiff AAC, 2011
League Record: Harry HILLMAN, 11.89, Cardiff AAC, 2011 [Cup Final]

Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	617	Sam PETHERBRIDGE	Swansea Harriers	12.78	G1P10 (1)-(18)	1	117	Sean MCLOUGHLIN	Barry & Vale Harriers	16.09	(7)-(14)
2	625	Owain CLARKE	Swansea Harriers	13.45	G2P10 (2)-(9)	2	621	Joseph EDWARDS	Swansea Harriers	17.40	(8)
3	433	Jamie ZYGADLO	Pembrokeshire Harriers	13.82	G3P10 (3)-(16)	3	224	Daniel GILBERT	Brecon AC	17.44	(9)-(12)
4	616	Harvey JAMES	Swansea Harriers	13.86	G3P10 (4)	4	517	Dafydd PRATCHETT	Bridgend AC	17.79	(10)-(10)
5	620	Joseph ENGLISH	Swansea Harriers	14.25	G4P10 (5)	5	510	Hywel LEYSHON	Bridgend AC	17.86	(11)-(8)
6	622	Evan WILLIS	Swansea Harriers	15.28	G4P10 (6)						

T34 - 4 x 100 relay

Welsh Record: Not Recognised at this age group
League Record: Carmarthen Harriers, 53.3, 2008

Heat 1											
Pos	Bib	Club	Perf.			Pos	Bib	Club	Perf.		
1	505	Bridgend AC	55.50	Tomos BROAD, Ethan RAND, Morgan HUBBARDE, Evan JONES						(1)-(18)	
2	618	Swansea Harriers	56.30	Dylan PERKINS, Noah OSBORNE, Evan WILLIS, Joshua KENNY						(2)-(16)	
3	119	Barry & Vale Harriers	61.00	Ben RAY, Will KINGSTON, Sean MCLOUGHLIN, Jac PATTERSON						(3)-(14)	
4	16	Carmarthen Harriers	61.40	Steffan LEWIS, Guto THOMAS, Harry LEAHY, Jac CHAPMAN						(4)-(12)	
5	514	Non Scoring Team	63.60	Hywel LEYSHON, Ewan BAILEY, Joel BOWNESS, Cameron COBURN						(5)	
6	220	Brecon AC	64.70	Dylan BOYDE, Iwan COYLE, Daniel GILBERT, Jack DYKES						(6)-(10)	

F09 - High Jump

Welsh Record: Jamie DALTON, 1.67, Preseli, 1992

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	634	Noah OSBORNE	Swansea Harriers	1.42	(1)-(18)
2	437	Henry WHITE	Pembrokeshire Harriers	1.38	(2)-(16)
3	623	Elliot RIORDAN	Swansea Harriers	1.30	(3)-(9)
4	20	Taran YATE	Carmarthen Harriers	1.20	(4)-(14)
5=	442	Cian ROGERS	Pembrokeshire Harriers	1.15	(5)-(20)
5=	616	Harvey JAMES	Swansea Harriers	1.15	(5)-(20)
6	517	Dafydd PRATCHETT	Bridgend AC	1.15	(5)-(20)

F27 - Long Jump

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

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	634	Noah OSBORNE	Swansea Harriers	4.49	(1)-(18)
2	633	Alex DAVIES	Swansea Harriers	4.24	(2)-(9)
3	321	Llien MORGAN	Neath Harriers	4.19	(3)-(16)
4	620	Joseph ENGLISH	Swansea Harriers	4.07	(4)
5	117	Sean MCLOUGHLIN	Barry & Vale Harriers	3.95	(5)-(14)
6	437	Henry WHITE	Pembrokeshire Harriers	3.85	(6)-(12)
7	120	Will KINGSTON	Barry & Vale Harriers	3.84	(7)-(8)
8	618	Joshua KENNY	Swansea Harriers	3.79	(8)
9	509	Ewan BAILEY	Bridgend AC	3.74	(9)-(10)
10	26	Frank MORGAN	Carmarthen Harriers	3.69	(10)-(8)
11	433	Jamie ZYGADLO	Pembrokeshire Harriers	3.64	(11)-(7)
12	507	Tomos BROAD	Bridgend AC	3.61	(12)-(6)
13	441	Troy JENKINS	Pembrokeshire Harriers	3.59	(12)-(6)
14	508	Jake LESTER	Bridgend AC	3.58	(14)
15	219	Dylan BOYDE	Brecon AC	3.57	(15)
16	220	Iwan COYLE	Brecon AC	3.57	(16)-(11)
17	514	Cameron COBURN	Bridgend AC	3.56	(16)-(11)
18	176	Mabon RHYS	Pontyclun AC	3.55	(18)
19	510	Hywel LEYSHON	Bridgend AC	3.54	(19)-(4)
20	225	Rory ORTON	Brecon AC	3.51	(20)
21	24	Harry LEAHY	Carmarthen Harriers	3.49	(21)
22	119	Jac PATTERSON	Barry & Vale Harriers	3.43	(22)-(4)
23	221	Tomas DAVIES	Brecon AC	3.34	(23)
24	630	Kaden DAVIES	Swansea Harriers	3.20	(24)
25	323	Joseph SELICK	Neath Harriers	2.81	(25)
26	318	Dominic OWEN	Neath Harriers	2.55	(26)-(3)

F24 - Shot (3.25kg)

Welsh Record: Matthew EVANS, 14.47, Carmarthen Harriers 2001

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	624	Aron WILLIAMS	Swansea Harriers	10.62	(1)-(18)
2	22	Cai IFANS	Carmarthen Harriers	9.88	(2)-(16)
3	28	Joshua MORSE	Carmarthen Harriers	7.52	(3)-(9)
4	19	Tomos ROBERTS	Carmarthen Harriers	7.01	(4)
5	506	Morgan HUBBARDE	Bridgend AC	6.36	(5)-(14)
6	118	George SNAITH	Barry & Vale Harriers	6.34	(6)-(12)
7	444	Jake LAUGHARNE	Pembrokeshire Harriers	5.72	(7)-(10)
8	29	Dylan PEARCE-TAYLOR	Carmarthen Harriers	5.68	(8)
9	436	Harley LEWIS	Pembrokeshire Harriers	5.42	(9)-(8)
10	518	Rowan GEAR	Bridgend AC	5.42	(9)-(8)
11	621	Joseph EDWARDS	Swansea Harriers	5.10	(11)-(6)
12	121	Ben RAY	Barry & Vale Harriers	5.03	(12)-(5)
13	223	Jack DYKES	Brecon AC	4.96	(13)-(8)
14	512	Joel BOWNESS	Bridgend AC	3.39	(14)
15	511	Joshua KERRY	Bridgend AC	2.59	(15)

F17 - Discus (1.00kg)

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

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	624	Aron WILLIAMS	Swansea Harriers	26.77	(1)-(18)
2	18	Morgan BATTEN	Carmarthen Harriers	20.63	(2)-(16)
3	118	George SNAITH	Barry & Vale Harriers	20.15	(3)-(14)
4	505	Evan JONES	Bridgend AC	18.73	(4)-(12)
5	28	Joshua MORSE	Carmarthen Harriers	17.15	(5)-(9)
6	433	Jamie ZYGADLO	Pembrokeshire Harriers	15.26	(6)-(10)
7	19	Tomos ROBERTS	Carmarthen Harriers	14.20	(7)
8	436	Harley LEWIS	Pembrokeshire Harriers	11.89	(8)-(8)
9	444	Jake LAUGHARNE	Pembrokeshire Harriers	11.77	(9)
10	621	Joseph EDWARDS	Swansea Harriers	10.70	(10)-(7)
11	511	Joshua KERRY	Bridgend AC	5.21	(11)-(6)

F25 - Javelin (400g)

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

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	18	Morgan BATTEN	Carmarthen Harriers	28.42	(1)-(18)
2	436	Harley LEWIS	Pembrokeshire Harriers	25.88	(2)-(16)
3	118	George SNAITH	Barry & Vale Harriers	23.33	(3)-(14)
4	28	Joshua MORSE	Carmarthen Harriers	22.38	(4)-(9)
5	19	Tomos ROBERTS	Carmarthen Harriers	21.04	(5)
6	444	Jake LAUGHARNE	Pembrokeshire Harriers	19.89	(6)-(8)
7	224	Daniel GILBERT	Brecon AC	17.81	(7)-(12)
8	123	Will WATT	Barry & Vale Harriers	17.61	(8)-(7)
9	624	Aron WILLIAMS	Swansea Harriers	16.83	(9)-(10)
10	622	Evan WILLIS	Swansea Harriers	16.36	(10)-(6)
11	29	Dylan PEARCE-TAYLOR	Carmarthen Harriers	16.23	(11)
12	636	Ollie SPILLER	Swansea Harriers	15.45	(12)
13	518	Rowan GEAR	Bridgend AC	15.36	(13)-(8)
14	120	Will KINGSTON	Barry & Vale Harriers	13.61	(14)
15	627	Elliott HARRIS	Swansea Harriers	12.50	(15)
16	219	Dylan BOYDE	Brecon AC	12.30	(16)-(5)
17	441	Troy JENKINS	Pembrokeshire Harriers	11.43	(17)
18	632	Joseff LEWIS	Swansea Harriers	11.24	(18)
19	121	Ben RAY	Barry & Vale Harriers	8.92	(19)
20	226	Isaac PIERCE	Brecon AC	6.16	(20)

T10 - 100m

Welsh Record: Andrew WATKINS, 10.99, Pontypridd AC, 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	709	Cameron CIABURRI	Swansea Harriers	11.99	G3-P10 (1)-(18)	1	357	Sebastian LEWIS	Neath Harriers	12.97	(4)-(14)
2	456	Joe PRITCHARD	Pembrokeshire Harriers	12.25	G4-P10 (2)-(16)	2	145	James CASSIDY	Barry & Vale Harriers	13.07	(7)-(12)
3	708	Tristan JAMES	Swansea Harriers	12.56	-P10 (3)-(9)	3	238	James RYAN	Brecon AC	13.80	(11)-(8)
4	449	Dylan PHILLIPS	Pembrokeshire Harriers	13.02	(5)-(8)	4	454	Tomos REES	Pembrokeshire Harriers	14.34	(13)
5	445	Andrew SALMON	Pembrokeshire Harriers	13.04	(6)	5	446	Gethin GREENHALGH	Pembrokeshire Harriers	14.47	(14)
6	43	Nicholas EVANS	Carmarthen Harriers	13.27	(9)-(10)	DNS	352		Neath Harriers		
Heat 3						Heat 4					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	144	Harry GIBBON	Barry & Vale Harriers	13.08	(8)-(7)						
2	44	Aaron KERR	Carmarthen Harriers	13.46	(10)-(6)						
3	530	Sam HAYMAN	Bridgend AC	13.97	(12)-(6)						
4	349	Rhys THOMAS	Neath Harriers	14.65	(15)-(5)						

T25 - 200m

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

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

Brygada Harriers and Wymannery, 2017, Newport Harriers (plus 2016, 2017, 2018)											
Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	447	William HUGHES	Pembrokeshire Harriers	25.72	P10 (1)-(18)	1	41	Gareth THOMPSON	Carmarthen Harriers	28.27	(6)-(8)
2	237	Euan DYKES	Brecon AC	25.89	P10 (2)-(16)	2	575	Callum CAMPION	Llanelli AC	29.67	(8)-(10)
3	449	Dylan PHILLIPS	Pembrokeshire Harriers	25.91	P10 (3)-(9)	3	574	Lewis BAMFORD	Llanelli AC	29.98	(10)-(5)
4	712	Ben PETHERBRIDGE	Swansea Harriers	26.05	P10 (4)-(14)	4	240	Rhys PETERS	Brecon AC	30.07	(12)
5	43	Nicholas EVANS	Carmarthen Harriers	26.73	(5)-(12)	DNF	350	Alex JONES	Neath Harriers		
Heat 3						Heat 4					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	238	James RYAN	Brecon AC	28.93	(7)-(7)						
2	717	Dewi WILLIAMS	Swansea Harriers	29.82	(9)-(6)						
3	349	Rhys THOMAS	Neath Harriers	30.05	(11)-(8)						
4	453	Nathan HARVEY	Pembrokeshire Harriers	31.22	(13)						
DNS	44	Aaron KERR	Carmarthen Harriers								

T11 - 300m

Welsh Record: Sion ROBERTS, Wrexham AC, 36.40, 2012

League Record: Ben GRIFFIN, 37.48, Brecon AC [M4-We-Swansea] 2015

League Record: Ben GRIFFIN, 39.46, Brecon AC (W4 - W5 Swansea) 2015											
Heat 1						Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	448	James HILL	Pembrokeshire Harriers	39.97	G3 (1)-(18)	1	528	Dylan ANDREWS	Bridgend AC	44.27	(5)-(10)
2	712	Ben PETHERBRIDGE	Swansea Harriers	40.62	G4 (2)-(16)	2	575	Callum CAMPION	Llanelli AC	44.77	(6)-(8)
3	237	Euan DYKES	Brecon AC	40.98	G4 (3)-(14)	3	360	Connor GRAHAM	Neath Harriers	45.36	(7)-(9)
4	354	Jamie PHILLIPS	Neath Harriers	43.17	(4)-(12)	4	36	Bedwyr THOMAS	Carmarthen Harriers	46.02	(8)-(6)
						5	717	Dewi WILLIAMS	Swansea Harriers	47.69	(9)-(8)

T21 - 800m

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

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

Heat 1						Heat 2 ws +1.0				
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.
1	357	Sebastian LEWIS	Neath Harriers	2:09.47	G2 P10 (1)-(18)					
2	40	Tomos REES	Carmarthen Harriers	2:14.10	G4 P10 (2)-(16)					
3	41	Gareth THOMPSON	Carmarthen Harriers	2:20.08	P10 (3)-(9)					
4	360	Connor GRAHAM	Neath Harriers	2:25.82	(4)-(8)					
5	241	Owain POWELL-JONES	Brecon AC	2:27.12	(5)-(14)					
6	528	Dylan ANDREWS	Bridgend AC	2:27.69	(6)-(12)					
7	37	Archi MORGAN	Carmarthen Harriers	2:30.27	(7)					
8	580	Samuel BIRD	Llanelli AC	2:31.76	(8)-(10)					
9	452	Kyle COOK	Pembrokeshire Harriers	2:37.49	(9)-(8)					
10	450	Kieran OWEN	Pembrokeshire Harriers	2:37.75	(10)-(7)					
11	240	Rhys PETERS	Brecon AC	2:38.89	(11)-(6)					
12	574	Lewis BAMFORD	Llanelli AC	2:40.40	(12)-(5)					
13	715	Rhys BOWDEN	Swansea Harriers	3:02.30	(13)-(6)					

T29 - 1500m

Welsh Record: Simon LAWSON, 4:07.75, Cardiff AAC, 2004

League Record: Dewi GRIFFITHS, 4:21.9, Carmarthen Harriers, 2005

Heat 1						Heat 2				
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.
1	39	Iwan GLYNN	Carmarthen Harriers	4:31.20	G3 P10 (1)-(18)					
2	353	Thomas CALLARD	Neath Harriers	4:33.20	G3 P10 (2)-(16)					
3	358	Joshua WALLACE	Neath Harriers	4:48.40	P10 (3)-(9)					
4	235	Sion COYLE	Brecon AC	4:51.70	P10 (4)-(14)					
5	579	Ryan LEWIS	Llanelli AC	4:58.40	(5)-(12)					
6	518	Rowan GEAR	Bridgend AC	4:58.40	(5)-(12)					
7	35	Rhodri PETERS	Carmarthen Harriers	5:20.60	(7)-(8)					
8	454	Tomos REES	Pembrokeshire Harriers	5:35.60	(8)-(8)					

T04 - 1000m walk

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

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

				Heat 1	
Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	445	Andrew SALMON	Pembrokeshire Harriers	5:12.4	(1)-(18)
2	446	Gethin GREENHALGH	Pembrokeshire Harriers	6:03.9	(2)-(9)
3	451	Harry WORTH	Pembrokeshire Harriers	6:05.7	(3)

T15 - 80m Hurdles

Welsh Record: Rhys WILLIAMS, 11.03, Glamorgan Valley Sc, 2008

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

Heat 1							Heat 2						
Pos	Bib	Athletes	Club	Perf.	ws	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	ws	
1	708	Tristan JAMES	Swansea Harriers	12.03	G1 P10	(1)-(18)							
2	457	William LLOYD	Pembrokeshire Harriers	12.80	G3 P10	(2)-(16)							
3	711	Rhidian JENKINS	Swansea Harriers	13.88	P10	(3)-(9)							
4	239	Harvey PARSONS	Brecon AC	15.20		(4)-(14)							
5	235	Sion COYLE	Brecon AC	15.30		(5)-(8)							

T35 - 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	Club	Perf.	(Pos-Pts)		
1	449	Pembrokeshire Harriers	50.70	James HILL, Joe PRITCHARD, William HUGHES, Dylan PHILLIPS (1)-(18)		
2	712	Non Scoring Team	51.80	Tristan JAMES, Sam PETHERBRIDGE, Harvey JAMES, Ben PETHERBRIDGE (2)		
3	43	Carmarthen Harriers	52.90	Iwan GLYNN, Gareth THOMPSON, Nicholas EVANS, Tomos REES (3)-(16)		
4	357	Neath Harriers	53.50	Rhys THOMAS, Jamie PHILLIPS, Thomas CALLARD, Sebastian LEWIS (4)-(14)		
5	456	Pembrokeshire Harriers	53.90	James HILL, Joe PRITCHARD, William HUGHES, Dylan PHILLIPS (5)		
6	237	Brecon AC	54.70	James RYAN, Euan DYKES, Harvey PARSONS, Sion COYLE (6)-(12)		

F14 - High Jump

Welsh Record: Miles KELLER-JENKINS Swansea Harriers 1.97 2012

League Record: Miles KELLER-JENKINS 1.86, Swansea Harriers [M3-We-Swansea] 2

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)	Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	457	William LLOYD	Pembrokeshire Harriers	1.70	G1 P10 (1)-(18)	1	706	Iwan SLADE	Swansea Harriers	2.40	G4P10 (1)-(18)
2	577	Kian GRAHAM	Llanelli AC	1.55	G4 P10 (2)-(16)	2	705	Steffan JONES	Swansea Harriers	2.30	P10 (2)-(9)
3	711	Rhidian JENKINS	Swansea Harriers	1.50	P10 (3)-(14)	3	707	Dylan WARD	Swansea Harriers	2.10	(3)
4	710	Nathan LAKE	Swansea Harriers	1.50	P10 (4)-(23)	4	239	Harvey PARSONS	Brecon AC	1.70	(4)-(16)
5	357	Sebastian LEWIS	Neath Harriers	1.45	(5)-(12)						
6	239	Harvey PARSONS	Brecon AC	1.45	(6)-(12)						
7	241	Owain POWELL-JONES	Brecon AC	1.40	(7)-(16)						
8	42	Ryan THOMAS	Carmarthen Harriers	1.40	(8)-(8)						
9	38	Owen PALMER	Carmarthen Harriers	1.40	(9)-(16)						
10	358	Joshua WALLACE	Neath Harriers	1.25	(10)-(6)						

F06 - Pole Vault

Welsh Record: Neil WINTER, 4.40, Shaftesbury, 1988

League Record: Ieuan HOSGOOD Swansea Harriers 3.21 [M3-We-Brecon] 201!

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	706	Iwan SLADE	Swansea Harriers	2.40	G4P10 (1)-(18)
2	705	Steffan JONES	Swansea Harriers	2.30	P10 (2)-(9)
3	707	Dylan WARD	Swansea Harriers	2.10	(3)
4	239	Harvey PARSONS	Brecon AC	1.70	(4)-(16)

F23 - Long Jump

Welsh Record: Ian STRANGE, 6.63, Newport Harriers, 1977

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	448	James HILL	Pembrokeshire Harriers	5.67	G2* (1)-(18)
2	456	Joe PRITCHARD	Pembrokeshire Harriers	5.57	G2* (2)-(9)
3	711	Rhidian JENKINS	Swansea Harriers	4.65	(3)-(16)
4	712	Ben PETHERBRIDGE	Swansea Harriers	4.60	(4)-(22)
5	38	Owen PALMER	Carmarthen Harriers	4.60	(4)
6	710	Nathan LAKE	Swansea Harriers	4.58	(6)
7	530	Sam HAYMAN	Bridgend AC	4.49	(7)-(12)
8	446	Gethin GREENHALGH	Pembrokeshire Harriers	4.38	(8)
9	235	Sion COYLE	Brecon AC	4.36	(9)-(10)
10	241	Owain POWELL-JONES	Brecon AC	4.28	(10)-(7)
11	354	Jamie PHILLIPS	Neath Harriers	4.22	(11)-(8)
12	454	Tomos REES	Pembrokeshire Harriers	4.03	(12)
13	358	Joshua WALLACE	Neath Harriers	3.74	(13)-(6)
14	353	Thomas CALLARD	Neath Harriers	3.68	(14)
15	349	Rhys THOMAS	Neath Harriers	3.59	(15)

F28 - Discus (1.25kg)

Welsh Record: Matthew WILLIAMS, 50.11, Wrexham AC, 2011

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	354	Jamie PHILLIPS	Neath Harriers	31.81	G3* (1)-(18)
2	351	Harry DAVIES	Neath Harriers	31.53	G3* (2)-(9)
3	355	Marcus DICKINSON	Neath Harriers	27.23	G4* (3)
4	713	Joshua WILTON	Swansea Harriers	25.14	* (4)-(16)
5	455	Thomas ELLIOTT	Pembrokeshire Harriers	23.20	* (5)-(14)
6	450	Kieran OWEN	Pembrokeshire Harriers	14.64	(6)-(8)
7	359	Tomos EVANS	Neath Harriers	13.04	(7)

F15 - Javelin (600g)

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

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	447	William HUGHES	Pembrokeshire Harriers	39.59	G1P10 (1)-(18)
2	713	Joshua WILTON	Swansea Harriers	30.89	G3P10 (2)-(16)
3	236	Kyle DAVIES	Brecon AC	28.37	G4P10 (3)-(14)
4	706	Iwan SLADE	Swansea Harriers	25.81	G4P10 (4)-(9)
5	445	Andrew SALMON	Pembrokeshire Harriers	20.73	(5)-(8)
6	359	Tomos EVANS	Neath Harriers	18.60	(6)-(12)

F12 - Shot (4.00kg)

Welsh Record: Matthew EVANS, 17.36, Carmarthen Harriers 2003

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	447	William HUGHES	Pembrokeshire Harriers	12.87	G1 P10 (1)-(18)
2	355	Marcus DICKINSON	Neath Harriers	12.74	G1 P10 (2)-(16)
3	576	Zak GIANNINI	Llanelli AC	11.20	G3 P10 (3)-(14)
4	449	Dylan PHILLIPS	Pembrokeshire Harriers	10.03	P10 (4)-(9)
5	708	Tristan JAMES	Swansea Harriers	9.72	P10 (5)-(12)
6	236	Kyle DAVIES	Brecon AC	9.27	(6)-(10)
7	351	Harry DAVIES	Neath Harriers	8.22	(7)-(8)
8	455	Thomas ELLIOTT	Pembrokeshire Harriers	7.89	(8)

F01 - Hammer (4.00kg)

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

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

Pos	Bib	Athletes	Club	Perf.	(Pos-Pts)
1	355	Marcus DICKINSON	Neath Harriers	44.09	G2 P10 (1)-(18)
2	351	Harry DAVIES	Neath Harriers	30.53	G4 P10 (2)-(9)
3	236	Kyle DAVIES	Brecon AC	26.86	G4 P10 (3)-(16)

U11 GIRLS MATCH POINTS

Events	CRM	B&V	PON	BRE	NTH	PEM	BGD	LLA	SWA
75m 'A'	14	10			6	8	16	18	12
75m 'B'	8	4			5		7	6	9
150m 'A'	18				8	10	16	12	14
150m 'B'	8				5	4	9	7	6
800m 'A'	12				8	18	14	16	10
800m 'B'	9				4	7	5	8	6
4 x 100 Relay	14				10	12		18	16
Long Jump 'A'	18	6			10	12	18	8	14
Long Jump 'B'	8				5	6	5	7	9
Shot Put 'A'	14	10			12	18	8		16
Shot Put 'B'					7	9			8
Javelin 'A'	8	14			18		12	10	16
Javelin 'B'		8			9		7		6
Rank OALL pts	2	7			5	6	3	4	1
U11 GIRLS TOTAL	131	52			107	104	117	110	142
League Points	8	3			5	4	7	6	9

U11 BOYS MATCH POINTS

Events	CRM	B&V	PON	BRE	NTH	PEM	BGD	LLA	SWA
75m 'A'	14	2	4	12	10	16	18	8	6
75m 'B'	8	2	4	5	1	6	9	7	3
150m 'A'	10		4	18	14	6	16	12	8
150m 'B'	9			3	6	4	7	8	5
800m 'A'	16		4	18	6	10	14	12	8
800m 'B'	9			5		4	8	6	7
4 x 100 Relay	18			8	6	12	14	16	10
Long Jump 'A'	14	2	10	12	8	16	18	6	4
Long Jump 'B'	9	2	6	3		4	5	8	7
Shot Put 'A'			8	16		16	12	10	18
Shot Put 'B'				9		6	7		8
Javelin 'A'				18	14	8	12	10	16
Javelin 'B'				8		5	7	6	9
Rank OALL pts	6	9	8	2	7	3	1	5	4
U11 BOYS TOTAL	107	8	40	135	65	113	147	109	109
League Points	4	1	2	8	3	7	9	5	6

U13 GIRLS MATCH POINTS

Events	CRM	B&V	PON	BRE	NTH	PEM	BGD	LLA	SWA
100m 'A'	8	6	2	4	16	12	14	10	18
100m 'B'	8	4		2	5	6	7	3	9
200m 'A'	16	4	6	2	14	12	8	10	18
200m 'B'	8			3	6	4	7	5	9
800m 'A'	8		6	18	10	14	16		12
800m 'B'				5	9	8	6		7
1500m 'A'	18	16			12	14	10		
1500m 'B'	7					9	8		
1k Walk 'A'	14						16		18
1k Walk 'B'	8								9
70m Hurdles 'A'	16		8	14	6	12	10		18
70m Hurdles 'B'	8						7		9
4 x 100 Relay				10	16	12	14		18
High Jump 'A'	16					18	10	12	16
High Jump 'B'	9								9
Long Jump 'A'	8	12		4	16	6	14	10	18
Long Jump 'B'	3	6			5	4	8	7	9
Shot Put 'A'	16				12	14	10		18
Shot Put 'B'	5				8	7	6		9
Discus 'A'							16		18
Discus 'B'							8		9
Javelin 'A'	6	4	12	14	10	18	8		16
Javelin 'B'				8		7	6		9
Rank OALL pts	3	8	9	6	5	4	2	7	1
U13 GIRLS TOTAL	182	52	34	84	145	177	209	57	276
League Points	7	2	1	4	5	6	8	3	9

U13 BOYS MATCH POINTS

Events	CRM	B&V	PON	BRE	NTH	PEM	BGD	LLA	SWA
100m 'A'	8	10	12	6	14	4	18	2	16
100m 'B'	6	7		4	3	5	9		8
200m 'A'	12	8		10	16	6	18	4	14
200m 'B'	7	5			6		9		8
800m 'A'	14	10		16	4	12	8	6	18
800m 'B'	4	5		6	3	8	7		9
1500m 'A'	16	12			14	18	10		8
1500m 'B'	8					9			
1k Walk 'A'				18					16
1k Walk 'B'									
75m Hurdles 'A'		14		12		16	10		18
75m Hurdles 'B'							8		9
4 x 100 Relay	12	14		10			18		16
High Jump 'A'	4					2	5		1
High Jump 'B'						5			3
Long Jump 'A'	10	5	19	16	3	6	9		1
Long Jump 'B'	22	7		16	26	11	12		2
Shot Put 'A'	16	12		8		10	14		18
Shot Put 'B'	9	5				8	8		6
Discus 'A'	16	14				10	12		18
Discus 'B'	9					8	6		7
Javelin 'A'	18	14		12		16	8		10
Javelin 'B'	9	7		5		8			6
Rank OALL pts	2	5	8	6	7	4	3	9	1
U13 BOYS TOTAL	200	149	31	139	89	162	189	12	212
League Points	8	5	2	4	3	6	7	1	9

U15 GIRLS MATCH POINTS									
Events	CRM	B&V	PON	BRE	NTH	PEM	BGD	LLA	SWA
100m 'A'				12	6		10	16	8
100m 'B'	6				9	4	8	7	5
200m 'A'	12	8		16	14	4	6	10	18
200m 'B'	4	5		9	8			6	7
300m 'A'	14			16	10	6	12	10	18
300m 'B'					7	6	8		9
800m 'A'				18	12	14	16		10
800m 'B'				7	5	8	9		6
1500m 'A'	12			8	10	14	18		16
1500m 'B'					8				9
1k Walk 'A'	14							18	16
1k Walk 'B'									9
75m Hurdles 'A'	10	8			12	14		18	16
75m Hurdles 'B'	7				6	8			9
4 x 100 Relay	10	6		16	18	8		14	14
High Jump 'A'	18	14		8	12	12			18
High Jump 'B'	7				6	8			9
Pole Vault 'A'									18
Pole Vault 'B'									9
Long Jump 'A'	6	8		10	12	14	4	16	18
Long Jump 'B'	4			5	6	8	3	9	7
Shot Put 'A'	12			10	14	18	8		16
Shot Put 'B'				5	7	8	6		9
Discus 'A'		12			16	14			18
Discus 'B'					7	8			9
Hammer 'A'				14	18				16
Hammer 'B'					9				
Javelin 'A'	14	10			12	18	8		16
Javelin 'B'	9	5			6	8			7
Rank OALL pts	4	8		5	2	3	7	6	1
U15 GIRLS TOTAL	159	76		154	250	202	116	124	340
League Points	6	2		5	8	7	3	4	9

UNDER 15 BOYS MATCH POINTS									
Events	CRM	B&V	PON	BRE	NTH	PEM	BGD	LLA	SWA
100m 'A'	10	12		8	14	16	6		18
100m 'B'	6	7			5	8			9
200m 'A'	12			16	8	18		10	14
200m 'B'	8			7		9		5	6
300m 'A'	6			14	12	18	10	8	16
300m 'B'					9				8
800m 'A'	16			14	18	8	12	10	6
800m 'B'	9			6	8	7		5	
1500m 'A'	18			14	16	8	12	12	
1500m 'B'	8				9				
1k Walk 'A'						18			
1k Walk 'B'						9			
80m Hurdles 'A'				14		16			18
80m Hurdles 'B'				8					9
4 x 100 Relay									
High Jump 'A'	8			12	12	18		16	14
High Jump 'B'	8			8	6				9
Pole Vault 'A'				16					18
Pole Vault 'B'									9
Long Jump 'A'	14			10	8	18	12		16
Long Jump 'B'	5			7	6	9			8
Shot Put 'A'				10	16	18		14	12
Shot Put 'B'					8	9			
Discus 'A'					18	14			16
Discus 'B'					9	8			
Hammer 'A'				16	18				
Hammer 'B'					9				
Javelin 'A'				14	12	18			16
Javelin 'B'						8			9
Rank OALL pts	5	8		4	3	1	7	6	2
U15 BOYS TOTAL	128	19		194	221	255	52	80	231
League Points	5	2		6	7	9	3	4	8

U11 GIRLS TABLE										U11 BOYS TABLE									
Club	Match 1		Match 2		Match 3		Match 4		Totals	Club	Match 1		Match 2		Match 3		Match 4		Totals
Carmarthen Harriers	161	9	131	8					292 17	Pembrokeshire Harriers	152	9	113	7					265 16
Swansea Harriers	140	8	142	9					282 17	Bridgend AC	116	8	147	9					263 17
Bridgend AC	126	6	117	7					243 13	Brecon AC	107	5	135	8					242 13
Llanelli AC	132	7	110	6					242 13	Swansea Harriers	115	6	109	6					224 12
Pembrokeshire Harriers	82	5	104	4					186 9	Llanelli AC	115	7	109	5					224 12
Neath Harriers	52	3	107	5					159 8	Carmarthen Harriers	106	4	107	4					213 8
Barry & Vale Harriers	54	4	52	3					106 7	Neath Harriers	53	3	65	3					118 6
Brecon AC										Pontyclun AC	34	2	40	2					74 4
Pontyclun AC										Barry & Vale Harriers	25	1	8	1					33 2

COMBINED U11G & U11B TABLES									
Club	Match 1		Match 2		Match 3		Match 4		Totals
Swansea Harriers	255	14	251	15					506 29
Bridgend AC	242	14	264	16					506 30
Carmarthen Harriers	267	13	238	12					505 25
Llanelli AC	247	14	219	11					466 25
Pembrokeshire Harriers	234	14	217	11					451 25
Neath Harriers	105	6	172	8					277 14
Brecon AC	107	5	135	8					242 13
Barry & Vale Harriers	79	5	60	4					139 9
Pontyclun AC	34	2	40	2					74 4

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
Swansea Harriers	295	9	276	9					571 18	Carmarthen Harriers	211	9	200	8					411 17
Pembrokeshire Harriers	201	8	177	6					378 14	Swansea Harriers	189	7	212	9					401 16
Bridgend AC	160	7	209	8					369 15	Bridgend AC	208	8	189	7					397 15
Carmarthen Harriers	117	5	182	7					299 12	Pembrokeshire Harriers	153	6	162	6					315 12
Neath Harriers	94	4	145	5					239 9	Barry & Vale Harriers	123	5	149	5					272 10
Llanelli AC	131	6	57	3					188 9	Brecon AC	89	4	139	4					228 8
Brecon AC	66	2	84	4					150 6	Neath Harriers	64	3	89	3					153 6
Pontyclun AC	76	3	34	1					110 4	Llanelli AC	36	2	12	1					48 3
Barry & Vale Harriers	47	1	52	2					99 3	Pontyclun AC			31	2					31 2

COMBINED U13G & U13B TABLES									
Club	Match 1		Match 2		Match 3		Match 4		Totals
Swansea Harriers	484	16	488	18					972 34
Bridgend AC	368	15	398	15					766 30
Carmarthen Harriers	328	14	382	15					710 29
Pembrokeshire Harriers	354	14	339	12					693 26
Neath Harriers	158	7	234	8					392 15
Brecon AC	155	6	223	8					378 14
Barry & Vale Harriers	170	6	201	7					371 13
Llanelli AC	167	8	69	4					236 12
Pontyclun AC	76	3	65	3					141 6

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
Swansea Harriers	307	9	340	9					647 18	Neath Harriers	266	9	221	7					487 16
Neath Harriers	198	8	250	8					448 16	Pembrokeshire Harriers	208	8	255	9					463 17
Pembrokeshire Harriers	146	6	202	7					348 13	Swansea Harriers	200	7	231	8					431 15
Carmarthen Harriers	177	7	159	6					336 13	Brecon AC	124	5	194	6					318 11
Brecon AC	142	5	154	5					296 10	Carmarthen Harriers	142	6	128	5					270 11
Llanelli AC	101	4	124	4					225 8	Llanelli AC	63	2	80	4					143 6
Bridgend AC	92	3	116	3					208 6	Bridgend AC	78	4	52	3					130 7
Barry & Vale Harriers	74	2	76	2					150 4	Barry & Vale Harriers	72	3	19	2					91 5
Pontyclun AC										Pontyclun AC									

COMBINED U15G & U15B TABLES									
Club	Match 1		Match 2		Match 3		Match 4		Totals
Swansea Harriers	507	16	571	17					1078 33
Neath Harriers	464	17	471	15					935 32
Pembrokeshire Harriers	354	14	457	16					811 30
Brecon AC	266	10	348	11					614 21
Carmarthen Harriers	319	13	287	11					606 24
Llanelli AC	164	6	204	8					368 14
Bridgend AC	170	7	168	6					338 13
Barry & Vale Harriers	146	5	95	4					241 9
Pontyclun AC									

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
Swansea Harriers	991	9	1059	9					2050 18	Swansea Harriers	1246	9	1059	9					2305 18
Pembrokeshire Harriers	708	8	796	8					1504 16	Carmarthen Harriers	914	7	907	8					1821 15
Neath Harriers	622	6	705	7					1327 13	Pembrokeshire Harriers	942	8	796	7					1738 15
Carmarthen Harriers	647	7	669	6					1316 13	Neath Harriers	727	5	705	6					1432 11
Bridgend AC	538	5	566	4					1104 9	Bridgend AC	780	6	566	4					1346 10
Brecon AC	421	4	571	5					992 9	Brecon AC	528	3	571	5					1099 8
Barry & Vale Harriers	316	2	296	3					612 5	Llanelli AC	578	4	273	2					851 6
Llanelli AC	331	3	273	2					604 5	Barry & Vale Harriers	395	2	296	3					691 5
Pontyclun AC	76	1	65	1					141 2	Pontyclun AC	110	1	65	1					175 2

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	11:00 AM	DATE	Saturday-28-May-2016	
				Welsh Record: Rhys HODNETT, 55.26, Cardiff AAC, 2006					Start Time	
EVENT		F01 U15B Hammer (4.00kg)		League Record: James WILLIAMS, 48.29, Colwyn Bay, [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	351	Harry DAVIES	Neath Harriers	29.29	X	30.53	30.53	31.81	P10	2
2	236	Kyle DAVIES	Brecon AC	25.81	X	26.86	26.86	31.95	P10	3
3	355	Marcus DICKINSON	Neath Harriers	38.93	43.54	44.09	44.09	40.02	PB+P10	1
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	355	Marcus DICKINSON	Neath Harriers	44.09	9					
2	351	Harry DAVIES	Neath Harriers	30.53	10					
3	236	Kyle DAVIES	Brecon AC	26.86	11					
4					12					
5					13					
6					14					
7					15					Referee
8					16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	11:00 AM	DATE	Saturday-28-May-2016			
				Welsh Record: Amber RIMMINGTON Deeside AAC 52.11 2013						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
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres					
1	327	Cerys TEAGUE	Neath Harriers	13.74	13.57	14.58	14.58				5	
2	228	Libby JONES	Brecon AC	15.74	17.66	16.59	17.66				3	
3	340	Medi PHILLIPS	Neath Harriers	15.10	X	14.08	15.10	16.68			4	
4	673	Ffion BERRELL	Swansea Harriers	31.96	X	X	31.96	35.00	P10		2	
5	333	Karolinka BACAKOVA	Neath Harriers	41.57	X	X	41.57	43.89	P10		1	
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	333	Karolinka BACAKOVA	Neath Harriers	41.57	9					
2	673	Ffion BERRELL	Swansea Harriers	31.96	10					
3	228	Libby JONES	Brecon AC	17.66	11					
4	340	Medi PHILLIPS	Neath Harriers	15.10	12					
5	327	Cerys TEAGUE	Neath Harriers	14.58	13					
6					14					Referee
7					15					
8					16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	11:00 AM	DATE	Saturday-28-May-2016				
				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	653	Sophie WILLIS	Swansea Harriers	X		5.30		5.58		5.58		PB	10
2	644	Carys LEWIS HOPKINS	Swansea Harriers	X		X		X					
3	477	Isabella LOTT	Bridgend AC	6.01		7.87		7.49		7.87		PB	5
4	475	Kate DUNGLINSON	Bridgend AC	6.47						6.47		PB	8
5	299	Ellie LAZDA	Neath Harriers	X		5.99		10.12		10.12		PB	3
6	298	Aimee LAZDA	Neath Harriers	X		6.56		11.68		11.68		PB	1
7	106	Lottie DUTTON	Barry & Vale Harriers	9.13						9.13		PB	4
8	105	Rosie DAY	Barry & Vale Harriers	6.85						6.85		PB	6
9	59	Bessy HILL	Carmarthen Harriers	X		X		4.84		4.84		PB	11
10	51	Cordeila WALKER	Carmarthen Harriers	X									
11	549	Gwennan WILLMETT	Llanelli AC	X		X		6.83		6.83	8.76	P10	7
12	651	Olivia KEY	Swansea Harriers	X		X		5.88		5.88	9.14	P10	9
13	648	Scarlet LEWIS	Swansea Harriers	10.89		10.28		9.83		10.89	11.43	P10	2
14													
15													
16													

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	298	Aimee LAZDA	Neath Harriers	11.68	9	651	Olivia KEY	Swansea Harriers	5.88	
2	648	Scarlet LEWIS	Swansea Harriers	10.89	10	653	Sophie WILLIS	Swansea Harriers	5.58	
3	299	Ellie LAZDA	Neath Harriers	10.12	11	59	Bessy HILL	Carmarthen Harriers	4.84	
4	106	Lottie DUTTON	Barry & Vale Harriers	9.13	12					
5	477	Isabella LOTT	Bridgend AC	7.87	13					Referee
6	105	Rosie DAY	Barry & Vale Harriers	6.85	14					
7	549	Gwennan WILLMETT	Llanelli AC	6.83	15					
8	475	Kate DUNGLINSON	Bridgend AC	6.47	16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	11:00 AM	DATE	Saturday-28-May-2016				
				Welsh Record: Adele NICOLL, 11.81, Oswestry Olympians, 2009						Start Time			
EVENT		F04 U13G Shot (2.72kg)		League Record: Nicola STEVENSON, 10.30, Bridgend AC, 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	500	Caitlin HURLEY	Bridgend AC	2.90		3.01		3.30		3.30			18
2	499	Ella ROBERTS	Bridgend AC	4.20		4.40		4.40		4.40			14
3	497	Jessica EVANS	Bridgend AC	4.07		3.94		3.88		4.07			16
4	492	Bethan ANTHONY	Bridgend AC			4.06				4.06			17
5	491	Jersey Lee JONES	Bridgend AC	5.55		5.39		4.75		5.55			8
6	314	Caitlin EVANS	Neath Harriers	3.25		3.79		5.01		5.01			10
7	313	Gabrielle JONES	Neath Harriers	4.51		5.72		4.62		5.72			6
8	309	Daisy ELEY	Neath Harriers	4.19		4.49		4.07		4.49			13
9	67	Nia WILLIAMS	Carmarthen Harriers	6.08		6.03		6.77		6.77		PB	3
10	66	Gwenno ROBERTS	Carmarthen Harriers					4.37		4.37			15
11	310	Jasmine HALE	Neath Harriers	5.17		4.93		5.09		5.17	5.21		9
12	595	Cerys JONES	Swansea Harriers	4.42		4.64		4.61		4.64	5.47		12
13	400	Maisy FOLEY	Pembrokeshire Harriers					4.80		4.80	5.55		11
14	399	Gwen DODD	Pembrokeshire Harriers	5.83		5.83		5.84		5.84	5.94		5
15	609	Nia JOHNS	Swansea Harriers	5.50		5.66		5.41		5.66	6.17		7
16	605	Eleanor WARD	Swansea Harriers			6.22		5.89		6.22	6.37	P10	4

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	611	Carys DICKENSON	Swansea Harriers	8.00	9	310	Jasmine HALE	Neath Harriers	5.17	
2	610	Neve BOWEN	Swansea Harriers	7.23	10	314	Caitlin EVANS	Neath Harriers	5.01	
3	67	Nia WILLIAMS	Carmarthen Harriers	6.77	11	400	Maisy FOLEY	Pembrokeshire Harriers	4.80	
4	605	Eleanor WARD	Swansea Harriers	6.22	12	595	Cerys JONES	Swansea Harriers	4.64	
5	399	Gwen DODD	Pembrokeshire Harriers	5.84	13	309	Daisy ELEY	Neath Harriers	4.49	
6	313	Gabrielle JONES	Neath Harriers	5.72	14	499	Ella ROBERTS	Bridgend AC	4.40	
7	609	Nia JOHNS	Swansea Harriers	5.66	15	66	Gwenno ROBERTS	Carmarthen Harriers	4.37	
8	491	Jersey Lee JONES	Bridgend AC	5.55	16	497	Jessica EVANS	Bridgend AC	4.07	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	11:00 AM	DATE	Saturday-28-May-2016	
				Welsh Record: Adele NICOLL, 11.81, Oswestry Olympians, 2009					Start Time	
EVENT		F04 U13G Shot (2.72kg)		League Record: Nicola STEVENSON, 10.30, Bridgend AC, 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	610	Neve BOWEN	Swansea Harriers	6.79	7.02	7.23	7.23	7.47	P10	2
18	611	Carys DICKENSON	Swansea Harriers	7.26	7.66	8.00	8.00	8.49	P10	1
19										
20										
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										
32										

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	492	Bethan ANTHONY	Bridgend AC	4.06	25					
18	500	Caitlin HURLEY	Bridgend AC	3.30	26					
19					27					
20					28					
21					29					
22					30					Referee
23					31					
24					32					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	11:00 AM	DATE	Saturday-28-May-2016				
				Welsh Record: Ceri JENKINS, 5.57, Cleddau, 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	684	Hannah DAVIES	Swansea Harriers	3.67		3.66		3.82		3.82			13
2	534	Caitlin WILLIAMS	Bridgend AC	2.41		2.14		2.19		2.41			21
3	524	Lili HUTCHING	Bridgend AC	3.35		X		3.17		3.35			18
4	139	Mariella WATT	Barry & Vale Harriers	3.74		3.62		3.63		3.74			14
5	335	Lauren THOMAS	Neath Harriers	3.95		3.83		3.79		3.95	3.25		9
6	88	Maddie MORGAN	Carmarthen Harriers	3.19		2.09		2.72		3.19	3.37		19
7	233	Tiegan WARD	Brecon AC	3.51		3.31		3.35		3.51	3.79		17
8	229	Megan NICHOLAS	Brecon AC	3.75		3.56		3.85		3.85	3.80		12
9	413	Flavia JENKINS	Pembrokeshire Harriers	4.07		4.19		3.83		4.19	3.86		5
10	412	Eloise JENKINS	Pembrokeshire Harriers	3.73		3.38		3.66		3.73	3.89		15
11	415	Gracie LAWRENCE	Pembrokeshire Harriers	3.15		X		3.04		3.15	3.97		20
12	573	Elinor THOMAS	Llanelli AC	4.25		4.04		4.21		4.25	4.00		4
13	90	Olwen BATTEN	Carmarthen Harriers	3.63		3.62		3.70		3.70	4.02		16
14	685	Tiana EVANS	Swansea Harriers	3.92		3.92		3.79		3.92	4.06		10
15	681	Charlotte CAMPION	Swansea Harriers	4.03		4.02		3.94		4.03	4.11		7
16	341	Lucy MOULE	Neath Harriers	3.95		4.06		3.78		4.06	4.13		6

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	686	Grace THOMAS	Swansea Harriers	4.44	9	335	Lauren THOMAS	Neath Harriers	3.95	
2	571	Niamh ROBERTS	Llanelli AC	4.36	10	685	Tiana EVANS	Swansea Harriers	3.92	
3	414	Nieve JENKINS	Pembrokeshire Harriers	4.27	11	334	Grace POWELL	Neath Harriers	3.89	
4	573	Elinor THOMAS	Llanelli AC	4.25	12	229	Megan NICHOLAS	Brecon AC	3.85	
5	413	Flavia JENKINS	Pembrokeshire Harriers	4.19	13	684	Hannah DAVIES	Swansea Harriers	3.82	Referee
6	341	Lucy MOULE	Neath Harriers	4.06	14	139	Mariella WATT	Barry & Vale Harriers	3.74	
7	681	Charlotte CAMPION	Swansea Harriers	4.03	15	412	Eloise JENKINS	Pembrokeshire Harriers	3.73	
8	231	Charlie PRICE	Brecon AC	3.99	16	90	Olwen BATTEN	Carmarthen Harriers	3.70	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	11:00 AM	DATE	Saturday-28-May-2016	
				Welsh Record: Ceri JENKINS, 5.57, Cleddau, 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	334	Grace POWELL	Neath Harriers	3.40	3.89	3.83	3.89	4.18		11
18	414	Nieve JENKINS	Pembrokeshire Harriers	4.27	4.07	4.07	4.27	4.26		3
19	231	Charlie PRICE	Brecon AC	3.99	3.85	X	3.99	4.27		8
20	686	Grace THOMAS	Swansea Harriers	3.82	4.44	4.16	4.44	4.52	P10	1
21	571	Niamh ROBERTS	Llanelli AC	4.35	4.32	4.36	4.36	4.56	P10	2
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										
32										

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	233	Tiegan WARD	Brecon AC	3.51	25					
18	524	Lili HUTCHING	Bridgend AC	3.35	26					
19	88	Maddie MORGAN	Carmarthen Harriers	3.19	27					
20	415	Gracie LAWRENCE	Pembrokeshire Harriers	3.15	28					
21	534	Caitlin WILLIAMS	Bridgend AC	2.41	29					Referee
22					30					
23					31					
24					32					

Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE		Neath											DATE	Sat-28-May-2016		
				TIME		Welsh Record: Neil WINTER, 4.40, Shaftesbury, 1988														
EVENT		F06 U15B Pole Vault		11:30 AM		League Record: Ieuan HOSGOOD Swansea Harriers 3.21 [M3-We-Brecon] 2015														
				FIRST TRIAL Start up	1.50	1.60	1.70	1.80	1.90	2.00	2.10	2.20	2.30	2.40	2.45		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	239	Harvey PARSONS	Brecon AC	1.50	O	O	O	XXX									1.70			4
2	240	Rhys PETERS	Brecon AC	1.50	XXX													2.14		
3	707	Dylan WARD	Swansea Harriers	1.80				O	-	XXO	O	XXX					2.10	2.15		3
4	706	Iwan SLADE	Swansea Harriers	2.00						O	XXO	XO	XO	XO	XXX		2.40	2.30		1
5	705	Steffan JONES	Swansea Harriers	2.00						O	O	XXO	O	XXX			2.30	2.60		2
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	706	Iwan SLADE	Swansea Harriers	2.40							
2	705	Steffan JONES	Swansea Harriers	2.30							
3	707	Dylan WARD	Swansea Harriers	2.10							
4	239	Harvey PARSONS	Brecon AC	1.70							
										Referee Signature	

Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE		Neath											DATE	Sat-28-May-2016		
				TIME		Welsh Record: Rhianydd LLEWELLYN, 3.15, Bridgend AC, 2008														
EVENT		F07 U15G Pole Vault		11:30 AM		League Record: Megan HODGSON, Cardiff AAC, 3.00 [M1-Ea-Hereford] 2015														
				Start List	1.40	1.50	1.60	1.70	1.80	1.90	2.00	2.10	2.20	2.30			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	681	Charlotte CAMPION	Swansea Harriers	1.40	O	-	O	XO	O	O	XXX						1.90	1.85		2
2	678	Nell DAVIES	Swansea Harriers	2.00							O	XXO	O	XXX			2.20	2.30		1
3																				
4																				
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9																				
10																				
11																				
12																				
13																				
14																				
15																				
16																				

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	678	Nell DAVIES	Swansea Harriers	2.20							
2	681	Charlotte CAMPION	Swansea Harriers	1.90							
										Referee Signature	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	11:30 AM	DATE	Saturday-28-May-2016				
				Welsh Record: Chloe HUGHES, Deeside AC, 4.89, 2011						Start Time			
EVENT		F08 U13G Long Jump		League Record: E JONES/Gabrielle FAKANDE, 4.70, Carmarthen Harriers/Cwmbran Harriers [						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	Gabrielle GARCIA	Llanelli AC	3.10		2.73		2.91		3.10			15
2	563	Amy MULLEN	Llanelli AC	3.33		3.17		3.36		3.36			9
3	501	Rashmika KANDANEARACHCHI	Bridgend AC	3.62		3.24		2.80		3.62			3
4	499	Ella ROBERTS	Bridgend AC	3.37		3.28		3.20		3.37			8
5	495	Mali MORSE	Bridgend AC	3.12		2.93		3.16		3.16			12
6	494	Erin ANDREWS	Bridgend AC	2.43		3.09		2.91		3.09			16
7	492	Bethan ANTHONY	Bridgend AC	2.47		2.21		2.32		2.47			25
8	406	Ella REES	Pembrokeshire Harriers	X				3.12		3.12			14
9	315	Joy HALL	Neath Harriers	3.18						3.18			11
10	314	Caitlin EVANS	Neath Harriers	2.21						2.21			26
11	311	Louise BAKER	Neath Harriers	2.63						2.63			21
12	131	Freya MORGAN	Barry & Vale Harriers	3.34						3.34			10
13	129	Evie WATKINS	Barry & Vale Harriers	3.60				3.58		3.60			4
14	76	Zara EVANS	Carmarthen Harriers	3.24		3.34		3.43		3.43			6
15	68	Chloe DAVIES	Carmarthen Harriers	1.84		2.61		2.45		2.61			22
16	593	Emily JONES	Swansea Harriers	2.54		2.34		2.29		2.54	2.21		23

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	597	Carys POOLE	Swansea Harriers	4.28	9	563	Amy MULLEN	Llanelli AC	3.36	
2	308	Connie REYNOLDS-CUNLIFFE	Neath Harriers	4.11	10	131	Freya MORGAN	Barry & Vale Harriers	3.34	
3	501	Rashmika KANDANEARACHCHI	Bridgend AC	3.62	11	315	Joy HALL	Neath Harriers	3.18	
4	129	Evie WATKINS	Barry & Vale Harriers	3.60	12	495	Mali MORSE	Bridgend AC	3.16	
5	564	Llinos WILLMETT	Llanelli AC	3.47	13	600	Sophie BEYENON	Swansea Harriers	3.14	
6	76	Zara EVANS	Carmarthen Harriers	3.43	14	406	Ella REES	Pembrokeshire Harriers	3.12	Referee
7	596	Freya MORGAN	Swansea Harriers	3.38	15	565	Gabrielle GARCIA	Llanelli AC	3.10	
8	499	Ella ROBERTS	Bridgend AC	3.37	16	494	Erin ANDREWS	Bridgend AC	3.09	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	11:30 AM	DATE	Saturday-28-May-2016				
				Welsh Record: Chloe HUGHES, Deeside AC, 4.89, 2011						Start Time			
EVENT		F08 U13G Long Jump		League Record: E JONES/Gabrielle FAKANDE, 4.70, Carmarthen Harriers/Cwmbran Harriers [						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	216	Riley MCLOUGHLIN	Brecon AC	2.24		2.53		3.05		3.05	2.87		19
18	401	Katy HILL	Pembrokeshire Harriers	2.77		3.06		2.30		3.06	3.06		17
19	402	Rosie HUGHES	Pembrokeshire Harriers	3.03		2.76		3.05		3.05	3.15		18
20	603	Abbie HALL	Swansea Harriers	2.14		2.29		2.89		2.89	3.19		20
21	599	Safi BECHAR	Swansea Harriers	X		2.53		1.75		2.53	3.29		24
22	564	Llinos WILLMETT	Llanelli AC	3.24				3.47		3.47	3.30		5
23	600	Sophie BEYENON	Swansea Harriers	3.14		2.50		2.92		3.14	3.47		13
24	596	Freya MORGAN	Swansea Harriers					3.38		3.38	3.48		7
25	308	Connie REYNOLDS-CUNLIFFE	Neath Harriers	4.11						4.11	4.31	P10	2
26	597	Carys POOLE	Swansea Harriers	3.96		4.21		4.28		4.28	4.35	P10	1
27													
28													
29													
30													
31													
32													

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	401	Katy HILL	Pembrokeshire Harriers	3.06	25	492	Bethan ANTHONY	Bridgend AC	2.47	
18	402	Rosie HUGHES	Pembrokeshire Harriers	3.05	26	314	Caitlin EVANS	Neath Harriers	2.21	
19	216	Riley MCLOUGHLIN	Brecon AC	3.05	27					
20	603	Abbie HALL	Swansea Harriers	2.89	28					
21	311	Louise BAKER	Neath Harriers	2.63	29					Referee
22	68	Chloe DAVIES	Carmarthen Harriers	2.61	30					
23	593	Emily JONES	Swansea Harriers	2.54	31					
24	599	Safi BECHAR	Swansea Harriers	2.53	32					

Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE		Neath											DATE	Sat-28-May-2016		
				TIME		Welsh Record: Jamie DALTON, 1.67, Preseli, 1992														
EVENT		F09 U13B High Jump		11:30 AM		League Record: Miles KELLER-JENKINS, 1.63, Swansea Harriers, 2010														
				FIRST TRIAL Start Ht.	1.05	1.10	1.15	1.20	1.23	1.25	1.27	1.30	1.32	1.34	1.36	1.38	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	517	Dafydd PRATCHETT	Bridgend AC	1.05	XO	XXO	O	XXX										1.15		6
2	442	Cian ROGERS	Pembrokeshire Harriers	1.05	O	O	O	XXX										1.15		5=
3	616	Harvey JAMES	Swansea Harriers	1.05														1.15	1.30	5=
4	20	Taran YATE	Carmarthen Harriers	1.05	O	O	O	XXX										1.20	1.30	4
5	437	Henry WHITE	Pembrokeshire Harriers	1.05	O/XXX	O	O	XO	O	O	O	O	O	O	O	O	O	1.38	1.32	2
6	623	Elliot RIORDAN	Swansea Harriers	1.05	O	O	O	O	O	O	XO	XO	XXX					1.30	1.35	3
7	634	Noah OSBORNE	Swansea Harriers	1.05	O/XO	O/O	O/XXX	O	O	O	O	XO	XO	O	O	O	O	1.42	1.37	1
8																				
9																				
10																				
11																				
12																				
13																				
14																				
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	634	Noah OSBORNE	Swansea Harriers	1.42							
2	437	Henry WHITE	Pembrokeshire Harriers	1.38							
3	623	Elliot RIORDAN	Swansea Harriers	1.30							
4	20	Taran YATE	Carmarthen Harriers	1.20							
5=	442	Cian ROGERS	Pembrokeshire Harriers	1.15							
5=	616	Harvey JAMES	Swansea Harriers	1.15							
6	517	Dafydd PRATCHETT	Bridgend AC	1.15						Referee Signature	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	12:10 PM	DATE	Saturday-28-May-2016	
				Welsh Record: Bethan REES Cannock & Staffs 43.12 2014					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	675	Isobel RUDDY	Swansea Harriers	X	15.17	12.10	15.17			7
2	522	Ffion HIGGINSON	Bridgend AC	10.09	8.13	8.62	10.09			10
3	328	Rachel BEVAN	Neath Harriers	X	7.71	X	7.71			12
4	140	Erin MCLOUGHLIN	Barry & Vale Harriers	12.00	11.86	X	12.00			9
5	137	Kirsty LAW	Barry & Vale Harriers	6.51	8.59	5.82	8.59			11
6	340	Medi PHILLIPS	Neath Harriers	10.23	13.06	11.00	13.06	13.60		8
7	412	Eloise JENKINS	Pembrokeshire Harriers	17.78	18.08	18.89	18.89	19.29		6
8	685	Tiana EVANS	Swansea Harriers	X	23.76	X	23.76	21.00	PB+P10	2
9	91	Lili CHURCH	Carmarthen Harriers	X	20.71	21.55	21.55	21.98	P10	4
10	334	Grace POWELL	Neath Harriers	21.20	17.80	21.37	21.37	22.80	P10	5
11	90	Olwen BATTEN	Carmarthen Harriers	22.23	22.44	22.07	22.44	23.75	P10	3
12	671	Elin VAN BLOCK	Swansea Harriers	X	X	X		24.00		
13	414	Nieve JENKINS	Pembrokeshire Harriers	26.59	26.30	29.61	29.61	28.73	PB+P10	1
14										
15										
16										

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	414	Nieve JENKINS	Pembrokeshire Harriers	29.61	9	140	Erin MCLOUGHLIN	Barry & Vale Harriers	12.00	
2	685	Tiana EVANS	Swansea Harriers	23.76	10	522	Ffion HIGGINSON	Bridgend AC	10.09	
3	90	Olwen BATTEN	Carmarthen Harriers	22.44	11	137	Kirsty LAW	Barry & Vale Harriers	8.59	
4	91	Lili CHURCH	Carmarthen Harriers	21.55	12	328	Rachel BEVAN	Neath Harriers	7.71	
5	334	Grace POWELL	Neath Harriers	21.37	13					Referee
6	412	Eloise JENKINS	Pembrokeshire Harriers	18.89	14					
7	675	Isobel RUDDY	Swansea Harriers	15.17	15					
8	340	Medi PHILLIPS	Neath Harriers	13.06	16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	12:15 PM	DATE	Saturday-28-May-2016	
EVENT		F11 U13G Discus (0.75kg)		Welsh Record: Adele NICOLL, 31.68, Oswestry Olympians, 2009					Start Time	
				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	601	Charlotte COLLINS	Swansea Harriers	X	8.67	X	8.67			8
2	503	Megan FROLEY	Bridgend AC	10.91	10.37	10.09	10.91			6
3	491	Jersey Lee JONES	Bridgend AC	10.09	9.81	10.01	10.09			7
4	598	Grace WHITAKER	Swansea Harriers	15.17	14.17	14.77	15.17	12.04	PB+P10	4
5	612	Chloe JONES	Swansea Harriers	X	X	16.05	16.05	12.90	PB+P10	3
6	609	Nia JOHNS	Swansea Harriers	11.64	11.85	12.89	12.89	13.44		5
7	610	Neve BOWEN	Swansea Harriers	14.41	15.94	19.39	19.39	14.41	PB+P10	1
8	611	Carys DICKENSON	Swansea Harriers	16.52	15.13	14.99	16.52	16.68	P10	2
9										
10										
11										
12										
13										
14										
15										
16										

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	610	Neve BOWEN	Swansea Harriers	19.39	9					
2	611	Carys DICKENSON	Swansea Harriers	16.52	10					
3	612	Chloe JONES	Swansea Harriers	16.05	11					
4	598	Grace WHITAKER	Swansea Harriers	15.17	12					
5	609	Nia JOHNS	Swansea Harriers	12.89	13					
6	503	Megan FROLEY	Bridgend AC	10.91	14					Referee
7	491	Jersey Lee JONES	Bridgend AC	10.09	15					
8	601	Charlotte COLLINS	Swansea Harriers	8.67	16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	12:15 PM	DATE	Saturday-28-May-2016		
EVENT				Welsh Record: Matthew EVANS, 17.36, Carmarthen Harriers 2003						Start Time	
		League Record: Mathew EVANS, 16.21, Carmarthen Harriers, 2003						End Time			
		F12 U15B Shot (4.00kg)		1st Trial		2nd Trial		3rd Trial		Best of 3	PB
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres				
1	576	Zak GIANNINI	Llanelli AC	10.86	11.20	10.38	11.20		PB	3	
2	455	Thomas ELLIOTT	Pembrokeshire Harriers	7.23	7.35	7.89	7.89			8	
3	708	Tristan JAMES	Swansea Harriers	9.72			9.72	9.36	PB+P10	5	
4	236	Kyle DAVIES	Brecon AC	9.27	9.16	8.38	9.27	9.58		6	
5	351	Harry DAVIES	Neath Harriers	8.22	X	X	8.22	9.94		7	
6	449	Dylan PHILLIPS	Pembrokeshire Harriers	10.03			10.03	10.20	P10	4	
7	447	William HUGHES	Pembrokeshire Harriers	11.97	12.67	12.87	12.87	12.10	PB+P10	1	
8	355	Marcus DICKINSON	Neath Harriers	12.74	12.66	12.59	12.74	12.45	PB+P10	2	
9											
10											
11											
12											
13											
14											
15											
16											

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	447	William HUGHES	Pembrokeshire Harriers	12.87	9					
2	355	Marcus DICKINSON	Neath Harriers	12.74	10					
3	576	Zak GIANNINI	Llanelli AC	11.20	11					
4	449	Dylan PHILLIPS	Pembrokeshire Harriers	10.03	12					
5	708	Tristan JAMES	Swansea Harriers	9.72	13					
6	236	Kyle DAVIES	Brecon AC	9.27	14					
7	351	Harry DAVIES	Neath Harriers	8.22	15					Referee
8	455	Thomas ELLIOTT	Pembrokeshire Harriers	7.89	16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	12:30 PM	DATE	Saturday-28-May-2016				
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	659	Harley GLEESON	Swansea Harriers	2.80		X		X		2.80		PB	15
2	554	Cody ESPOSITO	Llanelli AC	2.57		2.39		X		2.57		PB	25
3	553	Craig DAVIES	Llanelli AC	2.93		2.76		2.85		2.93		PB	10
4	551	Finlay COOMBE	Llanelli AC	2.91		2.79		2.69		2.91		PB	11
5	550	Thomas BATSFORD	Llanelli AC	X		X		X					
6	471	Joshua CANNING	Bridgend AC	2.52		2.38		2.18		2.52		PB	27
7	469	Jack THOMAS	Bridgend AC	2.43		2.59		2.56		2.59		PB	24
8	467	Kian WILSON	Bridgend AC	2.66		2.45		2.39		2.66		PB	22
9	465	Tate GEAR	Bridgend AC	2.55		2.48		2.74		2.74		PB	18
10	461	Louis LOTT	Bridgend AC	3.12		3.38		3.74		3.74		PB	1
11	431	Gwilym REES	Pembrokeshire Harriers	2.44		X		2.21		2.44		PB	29
12	304	Jac THOMAS	Neath Harriers	3.09		2.86		X		3.09		PB	7
13	302	Matthew COX	Neath Harriers	1.78		1.78		2.13		2.13		PB	34
14	206	Jayden WILKINSON	Brecon AC	3.01		3.27		2.95		3.27		PB	4
15	205	Jamie TESTER	Brecon AC	X		2.67		1.96		2.67		PB	21
16	201	Jack ORGAN	Brecon AC	2.48		2.37		2.56		2.56		PB	26

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	461	Louis LOTT	Bridgend AC	3.74	9	658	Vamsi MUDDADA	Swansea Harriers	3.00	
2	427	Jack NICHOLAS	Pembrokeshire Harriers	3.64	10	553	Craig DAVIES	Llanelli AC	2.93	
3	3	Owain-Hari DAVIES	Carmarthen Harriers	3.41	11	551	Finlay COOMBE	Llanelli AC	2.91	
4	206	Jayden WILKINSON	Brecon AC	3.27	12	662	Conor O'SHAUGHNESSY	Swansea Harriers	2.89	
5	1	Steffan DAVIES	Carmarthen Harriers	3.22	13	9	Iwan THOMAS	Carmarthen Harriers	2.85	Referee
6	173	Rhys ISRAEL	Pontyclun AC	3.15	14	6	Harri HOWELLS	Carmarthen Harriers	2.85	
7	304	Jac THOMAS	Neath Harriers	3.09	15	659	Harley GLEESON	Swansea Harriers	2.80	
8	559	Alex THOMAS	Llanelli AC	3.03	16	113	Sam WILLIAMS	Barry & Vale Harriers	2.75	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	12:30 PM	DATE	Saturday-28-May-2016	
				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	173	Rhys ISRAEL	Pontyclun AC	2.75	X	3.15	3.15		PB	6
18	113	Sam WILLIAMS	Barry & Vale Harriers	2.59	2.69	2.75	2.75		PB	16
19	112	Lucas MCAULEY	Barry & Vale Harriers	1.48	X	X	1.48		PB	38
20	111	Danny POTTER	Barry & Vale Harriers	2.13	1.81	2.24	2.24		PB	32
21	110	Owen SCOTT	Barry & Vale Harriers	1.88	1.79	X	1.88		PB	37
22	109	Rhys SCOTT	Barry & Vale Harriers	2.20	2.23	2.21	2.23		PB	33
23	8	Tomos LEWIS	Carmarthen Harriers	1.96	1.92		1.96		PB	36
24	4	Ifan BOWEN	Carmarthen Harriers	2.59	2.65		2.65		PB	23
25	429	Rhys LLOYD ROBERTS	Pembrokeshire Harriers	2.40	2.46	2.68	2.68	2.45	PB+P10	20
26	558	Finley ROBERTS	Llanelli AC	2.56	2.45	2.73	2.73	2.48	PB+P10	19
27	660	Nathan JONES	Swansea Harriers	1.76	1.74	2.11	2.11	2.55	P10	35
28	428	Dylan KIDD	Pembrokeshire Harriers	2.35	2.32	2.42	2.42	2.55	P10	30
29	6	Harri HOWELLS	Carmarthen Harriers	2.85	X	2.75	2.85	2.75	PB+P10	14
30	171	Lewis HARRIS	Pontyclun AC	X	2.75	2.65	2.75	2.78	P10	17
31	665	Isaac WHITTAKER	Swansea Harriers	2.31	2.48	2.10	2.48	2.79	P10	28
32	1	Steffan DAVIES	Carmarthen Harriers	3.22	2.94		3.22	2.92	PB+P10	5

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	171	Lewis HARRIS	Pontyclun AC	2.75	25	554	Cody ESPOSITO	Llanelli AC	2.57	
18	465	Tate GEAR	Bridgend AC	2.74	26	201	Jack ORGAN	Brecon AC	2.56	
19	558	Finley ROBERTS	Llanelli AC	2.73	27	471	Joshua CANNING	Bridgend AC	2.52	
20	429	Rhys LLOYD ROBERTS	Pembrokeshire Harriers	2.68	28	665	Isaac WHITTAKER	Swansea Harriers	2.48	
21	205	Jamie TESTER	Brecon AC	2.67	29	431	Gwilym REES	Pembrokeshire Harriers	2.44	
22	467	Kian WILSON	Bridgend AC	2.66	30	428	Dylan KIDD	Pembrokeshire Harriers	2.42	
23	4	Ifan BOWEN	Carmarthen Harriers	2.65	31	664	Harry NEWTON	Swansea Harriers	2.37	Referee
24	469	Jack THOMAS	Bridgend AC	2.59	32	111	Danny POTTER	Barry & Vale Harriers	2.24	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	12:30 PM	DATE	Saturday-28-May-2016			
				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
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres					
33	9	Iwan THOMAS	Carmarthen Harriers	2.71	2.85	2.63	2.85	2.98	P10	13		
34	662	Conor O'SHAUGHNESSY	Swansea Harriers	2.89	2.83	2.63	2.89	3.05	P10	12		
35	658	Vamsi MUDDADA	Swansea Harriers	3.00	2.79	2.58	3.00	3.06	P10	9		
36	559	Alex THOMAS	Llanelli AC	3.03	2.95	2.99	3.03	3.11	P10	8		
37	664	Harry NEWTON	Swansea Harriers	2.37			2.37	3.20	P10	31		
38	3	Owain-Hari DAVIES	Carmarthen Harriers	3.38	3.41	3.27	3.41	3.32	PB+P10	3		
39	427	Jack NICHOLAS	Pembrokeshire Harriers	3.53	3.64	X	3.64	3.57	PB+P10	2		
40												
41												
42												
43												
44												
45												
46												
47												
48												

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
33	109	Rhys SCOTT	Barry & Vale Harriers	2.23	41					
34	302	Matthew COX	Neath Harriers	2.13	42					
35	660	Nathan JONES	Swansea Harriers	2.11	43					
36	8	Tomos LEWIS	Carmarthen Harriers	1.96	44					
37	110	Owen SCOTT	Barry & Vale Harriers	1.88	45					Referee
38	112	Lucas MCAULEY	Barry & Vale Harriers	1.48	46					
39					47					
40					48					

Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE		Neath											DATE	Sat-28-May-2016			
				TIME		Welsh Record: Miles KELLER-JENKINS Swansea Harriers 1.97 2012															
EVENT		F14 U15B High Jump		12:50 PM		League Record: Miles KELLER-JENKINS 1.86, Swansea Harriers [M3-We-Swansea] 2012															
				FIRST TRIAL	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.68	1.70	1.73		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	457	William LLOYD	Pembrokeshire Harriers	1.50						O	O	O	O	O	O	XXX	1.70			1	
2	358	Joshua WALLACE	Neath Harriers	1.25	O	XXX											1.25	1.30		10	
3	577	Kian GRAHAM	Llanelli AC	1.45					O	O	XO	XXX					1.55	1.35		2	
4	241	Owain POWELL-JONES	Brecon AC	1.20	O	O	O	O	XXX								1.40	1.35		7	
5	42	Ryan THOMAS	Carmarthen Harriers	1.30		O	XXO	O	XXX								1.40	1.35		8	
6	38	Owen PALMER	Carmarthen Harriers	1.20	O	O	O	XO	XXX								1.40	1.40		9	
7	239	Harvey PARSONS	Brecon AC	1.20	O	O	O	XO	XO	XXX							1.45	1.45		6	
8	357	Sebastian LEWIS	Neath Harriers	1.35			O	O	O	XXX							1.45	1.51		5	
9	710	Nathan LAKE	Swansea Harriers	1.35			O	O	O	XXO	XXX						1.50	1.53		4	
10	711	Rhidian JENKINS	Swansea Harriers	1.35			O	O	O	O	XXX						1.50	1.55		3	
11																					
12																					
13																					
14																					
15																					
16																					

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	457	William LLOYD	Pembrokeshire Harriers	1.70	9	38	Owen PALMER	Carmarthen Harriers	1.40		
2	577	Kian GRAHAM	Llanelli AC	1.55	10	358	Joshua WALLACE	Neath Harriers	1.25		
3	711	Rhidian JENKINS	Swansea Harriers	1.50							
4	710	Nathan LAKE	Swansea Harriers	1.50							
5	357	Sebastian LEWIS	Neath Harriers	1.45							
6	239	Harvey PARSONS	Brecon AC	1.45							
7	241	Owain POWELL-JONES	Brecon AC	1.40						Referee Signature	
8	42	Ryan THOMAS	Carmarthen Harriers	1.40							

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	1:05 PM	DATE	Saturday-28-May-2016	
EVENT		F15 U15B Javelin (600g)		Welsh Record: Rhys WILLIAMS, 58.58, Swansea Harriers, 1996					Start Time	
				League Record: Garth LOUGHRAN, 52.08, Carmarthen Harriers, 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	359	Tomos EVANS	Neath Harriers	11.17	14.01	18.60	18.60	18.61		6
2	445	Andrew SALMON	Pembrokeshire Harriers	20.73	20.72	x	20.73	20.14		5
3	706	Iwan SLADE	Swansea Harriers	25.81	25.62	x	25.81	25.42		4
4	713	Joshua WILTON	Swansea Harriers	30.19	30.89	22.98	30.89	27.59	PB+P10	2
5	236	Kyle DAVIES	Brecon AC	26.30	28.37	28.21	28.37	28.53		3
6	447	William HUGHES	Pembrokeshire Harriers	37.95	36.44	39.59	39.59	41.48	P10	1
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	447	William HUGHES	Pembrokeshire Harriers	39.59	9					
2	713	Joshua WILTON	Swansea Harriers	30.89	10					
3	236	Kyle DAVIES	Brecon AC	28.37	11					
4	706	Iwan SLADE	Swansea Harriers	25.81	12					
5	445	Andrew SALMON	Pembrokeshire Harriers	20.73	13					
6	359	Tomos EVANS	Neath Harriers	18.60	14					Referee
7					15					
8					16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	1:10 PM	DATE	Saturday-28-May-2016				
				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	653	Sophie WILLIS	Swansea Harriers	2.71		2.75		3.36		3.36		PB	12
2	652	Mia WILLIAMS	Swansea Harriers	4.77		4.21		3.92		4.77		PB	6
3	480	Isobel EVANS	Bridgend AC	4.26		4.53		4.16		4.53		PB	10
4	300	Roxy OWEN	Neath Harriers	2.72						2.72		PB	13
5	299	Ellie LAZDA	Neath Harriers	4.87						4.87		PB	4
6	293	Catrin CHAPPLE	Neath Harriers	X									
7	105	Rosie DAY	Barry & Vale Harriers	4.52		4.55		4.28		4.55		PB	9
8	51	Cordeila WALKER	Carmarthen Harriers	4.84		5.11		5.08		5.11		PB	3
9	649	Rebekah PRATT	Swansea Harriers	4.48		X		3.95		4.48	4.47	PB+P10	11
10	647	Emilia EVANS	Swansea Harriers	3.65		4.71		4.54		4.71	4.72	P10	7
11	648	Scarlet LEWIS	Swansea Harriers	5.05		5.21		4.66		5.21	5.08	PB+P10	2
12	646	Ellie BOND	Swansea Harriers	X		4.01		4.64		4.64	5.09	P10	8
13	396	Lucy WINTLE	Pembrokeshire Harriers	4.63				4.81		4.81	5.28	P10	5
14	391	Megan COLE	Pembrokeshire Harriers	4.36		5.77		4.96		5.77	5.31	PB+P10	1
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	391	Megan COLE	Pembrokeshire Harriers	5.77	9	105	Rosie DAY	Barry & Vale Harriers	4.55		
2	648	Scarlet LEWIS	Swansea Harriers	5.21	10	480	Isobel EVANS	Bridgend AC	4.53		
3	51	Cordeila WALKER	Carmarthen Harriers	5.11	11	649	Rebekah PRATT	Swansea Harriers	4.48		
4	299	Ellie LAZDA	Neath Harriers	4.87	12	653	Sophie WILLIS	Swansea Harriers	3.36		
5	396	Lucy WINTLE	Pembrokeshire Harriers	4.81	13	300	Roxy OWEN	Neath Harriers	2.72		
6	652	Mia WILLIAMS	Swansea Harriers	4.77	14					Referee	
7	647	Emilia EVANS	Swansea Harriers	4.71	15						
8	646	Ellie BOND	Swansea Harriers	4.64	16						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	1:30 PM	DATE	Saturday-28-May-2016				
				Welsh Record: Chris HUGHES, 38.92, Swansea Harriers, 1991						Start Time			
EVENT		F17 U13B Discus (1.00kg)		League Record: Mathew EVANS, 41.86, Carmarthen Harriers, 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	511	Joshua KERRY	Bridgend AC	5.21		3.99		4.83		5.21			11
2	505	Evan JONES	Bridgend AC	18.73		16.60		16.65		18.73		PB	4
3	444	Jake LAUGHARNE	Pembrokeshire Harriers	X		11.77		10.62		11.77			9
4	118	George SNAITH	Barry & Vale Harriers	17.41		18.06		20.15		20.15		PB	3
5	436	Harley LEWIS	Pembrokeshire Harriers	10.79		11.89		11.52		11.89	12.14		8
6	28	Joshua MORSE	Carmarthen Harriers	15.08		16.78		17.15		17.15	14.97	PB+P10	5
7	19	Tomos ROBERTS	Carmarthen Harriers	12.81		13.29		14.20		14.20	15.36	P10	7
8	433	Jamie ZYGADLO	Pembrokeshire Harriers	13.77		X		15.26		15.26	18.69	P10	6
9	621	Joseph EDWARDS	Swansea Harriers	X		10.70		X		10.70	18.89		10
10	18	Morgan BATTEN	Carmarthen Harriers	X		20.63		3.25		20.63	20.58	PB+P10	2
11	624	Aron WILLIAMS	Swansea Harriers	20.38		23.16		26.77		26.77	27.25	P10	1
12													
13													
14													
15													
16													

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	624	Aron WILLIAMS	Swansea Harriers	26.77	9	444	Jake LAUGHARNE	Pembrokeshire Harriers	11.77	
2	18	Morgan BATTEN	Carmarthen Harriers	20.63	10	621	Joseph EDWARDS	Swansea Harriers	10.70	
3	118	George SNAITH	Barry & Vale Harriers	20.15	11	511	Joshua KERRY	Bridgend AC	5.21	
4	505	Evan JONES	Bridgend AC	18.73	12					
5	28	Joshua MORSE	Carmarthen Harriers	17.15	13					Referee
6	433	Jamie ZYGADLO	Pembrokeshire Harriers	15.26	14					
7	19	Tomos ROBERTS	Carmarthen Harriers	14.20	15					
8	436	Harley LEWIS	Pembrokeshire Harriers	11.89	16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	2:00 PM	DATE	Saturday-28-May-2016				
Welsh Record: Not Recognised at this age group							Start Time						
EVENT		F18 U11G Long Jump		League Record: K WILLIAMS, 4.21, Carmarthen Harriers, 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	546	Hannah FORKUOH	Llanelli AC	2.77		2.55		X		2.77		PB	13
2	542	Alice BIRD	Llanelli AC	2.71		2.72		2.54		2.72		PB	14
3	478	Kaitlyn SPURGEON	Bridgend AC	2.58		2.37		2.54		2.58		PB	21
4	474	Tianna TEISAR	Bridgend AC	3.46		3.39		3.52		3.52		PB	2
5	473	Martha HERBERT	Bridgend AC	2.53		2.59		2.47		2.59		PB	19
6	298	Aimee LAZDA	Neath Harriers	2.32		X		1.82		2.32		PB	25
7	297	Katie SELICK	Neath Harriers	2.48		2.13		2.27		2.48		PB	24
8	296	Alexandra LEWIS	Neath Harriers	2.85		X		1.17		2.85		PB	10
9	295	Maddison MAHON	Neath Harriers	1.82		1.68		1.98		1.98		PB	27
10	292	Bethan CARROLL	Neath Harriers	2.59		2.44		2.11		2.59		PB	20
11	291	Katie BAKER	Neath Harriers	X		1.89		1.88		1.89		PB	29
12	106	Lottie DUTTON	Barry & Vale Harriers	2.46		2.36		2.79		2.79		PB	12
13	58	Ella DAVIS	Carmarthen Harriers	1.91		1.98		1.56		1.98		PB	28
14	55	Annabella LEAHY	Carmarthen Harriers	2.64		2.72		X		2.72		PB	15
15	52	Hanna EVANS	Carmarthen Harriers	2.67		2.73		2.97		2.97		PB	7
16	50	Efa JAMES	Carmarthen Harriers	1.66		2.00		1.84		2.00		PB	26

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	57	Jessica LEE	Carmarthen Harriers	3.52	9	651	Olivia KEY	Swansea Harriers	2.89	
2	474	Tianna TEISAR	Bridgend AC	3.52	10	296	Alexandra LEWIS	Neath Harriers	2.85	
3	643	Eleyna BEARD	Swansea Harriers	3.49	11	549	Gwennan WILLMETT	Llanelli AC	2.83	
4	391	Megan COLE	Pembrokeshire Harriers	3.06	12	106	Lottie DUTTON	Barry & Vale Harriers	2.79	
5	642	Camryn DOXSY	Swansea Harriers	3.01	13	546	Hannah FORKUOH	Llanelli AC	2.77	Referee
6	53	Leia VOBÉ	Carmarthen Harriers	2.97	14	542	Alice BIRD	Llanelli AC	2.72	
7	52	Hanna EVANS	Carmarthen Harriers	2.97	15	55	Annabella LEAHY	Carmarthen Harriers	2.72	
8	645	Bethany MORGAN	Swansea Harriers	2.93	16	392	Storm GIBSON	Pembrokeshire Harriers	2.64	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	2:00 PM	DATE	Saturday-28-May-2016				
				Welsh Record: Not Recognised at this age group						Start Time			
EVENT		F18 U11G Long Jump		League Record: K WILLIAMS, 4.21, Carmarthen Harriers, 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			
17	647	Emilia EVANS	Swansea Harriers	2.50		2.22		2.42		2.50	1.94	PB+P10	23
18	544	Mai DAVIES	Llanelli AC	2.59		2.61		2.30		2.61	2.45	PB+P10	18
19	53	Leia VOBÉ	Carmarthen Harriers	2.85		2.58		2.97		2.97	2.48	PB+P10	6
20	393	Grace GRIFFITHS	Pembrokeshire Harriers	2.51		2.32		X		2.51	2.50	PB+P10	22
21	392	Storm GIBSON	Pembrokeshire Harriers	2.06		2.57		2.64		2.64	2.50	PB+P10	16
22	651	Olivia KEY	Swansea Harriers	2.89		2.71		2.88		2.89	2.89	=PB	9
23	649	Rebekah PRATT	Swansea Harriers	2.52		2.61		2.57		2.61	2.93	P10	17
24	549	Gwennan WILLMETT	Llanelli AC	2.52		2.64		2.83		2.83	2.95	P10	11
25	642	Camryn DOXSY	Swansea Harriers	2.67		3.01		2.88		3.01	2.99	PB+P10	5
26	391	Megan COLE	Pembrokeshire Harriers	2.81		3.06		2.83		3.06	3.18	P10	4
27	643	Eleyna BEARD	Swansea Harriers	3.27		3.30		3.49		3.49	3.22	PB+P10	3
28	645	Bethany MORGAN	Swansea Harriers	2.68		2.93		X		2.93	3.26	P10	8
29	57	Jessica LEE	Carmarthen Harriers	3.41		3.52		3.49		3.52	3.28	PB+P10	1
30													
31													
32													

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	649	Rebekah PRATT	Swansea Harriers	2.61	25	298	Aimee LAZDA	Neath Harriers	2.32	
18	544	Mai DAVIES	Llanelli AC	2.61	26	50	Efa JAMES	Carmarthen Harriers	2.00	
19	473	Martha HERBERT	Bridgend AC	2.59	27	295	Maddison MAHON	Neath Harriers	1.98	
20	292	Bethan CARROLL	Neath Harriers	2.59	28	58	Ella DAVIS	Carmarthen Harriers	1.98	
21	478	Kaitlyn SPURGEON	Bridgend AC	2.58	29	291	Katie BAKER	Neath Harriers	1.89	
22	393	Grace GRIFFITHS	Pembrokeshire Harriers	2.51	30					Referee
23	647	Emilia EVANS	Swansea Harriers	2.50	31					
24	297	Katie SELICK	Neath Harriers	2.48	32					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	2:05 PM	DATE	Saturday-28-May-2016				
EVENT				Welsh Record: Bethan EVANS, Cannock & Staffs, 37.38, 2012						Start Time			
		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	607	Freya GAMINE	Swansea Harriers	8.23		6.85		7.00		8.23			16
2	594	Molly CRABBE	Swansea Harriers	13.66		13.31		X		13.66		PB	5
3	502	Lucy JOHN	Bridgend AC	X		X		7.72		7.72			19
4	498	Sophie EVANS	Bridgend AC	9.31		5.90		5.72		9.31			13
5	497	Jessica EVANS	Bridgend AC	4.95		7.39		7.59		7.59			20
6	494	Erin ANDREWS	Bridgend AC	7.15		4.13		6.19		7.15			21
7	316	Madison HINES	Neath Harriers	X		8.82		9.90		9.90			11
8	213	Bethan JONES	Brecon AC	X		10.84		11.62		11.62			8
9	175	Caitlyn RICHARDS	Pontyclun AC	11.25		11.20		13.34		13.34		PB	6
10	130	Moli LYONS	Barry & Vale Harriers	X		8.16		7.89		8.16			18
11	74	Megan REES	Carmarthen Harriers	6.89		9.23		6.99		9.23			14
12	402	Rosie HUGHES	Pembrokeshire Harriers	10.06		9.67		9.58		10.06	6.63		10
13	215	Keira LAWRENCE	Brecon AC	8.16		8.99		7.10		8.99	8.13		15
14	601	Charlotte COLLINS	Swansea Harriers	X		7.88		8.22		8.22	9.07		17
15	211	Alice DAVIES	Brecon AC	10.95		10.07		9.80		10.95	9.65		9
16	408	Ffion WILLIAMS	Pembrokeshire Harriers	9.58		9.20		X		9.58	10.56		12

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	399	Gwen DODD	Pembrokeshire Harriers	18.37	9	211	Alice DAVIES	Brecon AC	10.95	
2	592	Georgia WILSON	Swansea Harriers	16.67	10	402	Rosie HUGHES	Pembrokeshire Harriers	10.06	
3	612	Chloe JONES	Swansea Harriers	15.45	11	316	Madison HINES	Neath Harriers	9.90	
4	218	Leonora RITSON-WALTON	Brecon AC	14.47	12	408	Ffion WILLIAMS	Pembrokeshire Harriers	9.58	
5	594	Molly CRABBE	Swansea Harriers	13.66	13	498	Sophie EVANS	Bridgend AC	9.31	
6	175	Caitlyn RICHARDS	Pontyclun AC	13.34	14	74	Megan REES	Carmarthen Harriers	9.23	Referee
7	595	Cerys JONES	Swansea Harriers	13.30	15	215	Keira LAWRENCE	Brecon AC	8.99	
8	213	Bethan JONES	Brecon AC	11.62	16	607	Freya GAMINE	Swansea Harriers	8.23	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	2:05 PM	DATE	Saturday-28-May-2016						
EVENT				League Record: Bethany MOULE Neath Harriers 30.55 [M4-We-Brecon] 2014						Start Time					
		F19 U13G 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					
17	218	Leonora RITSON-WALTON	Brecon AC	14.47		13.33		11.09		14.47	13.32	PB+P10	4		
18	592	Georgia WILSON	Swansea Harriers	16.67		10.76		13.60		16.67	13.90	PB+P10	2		
19	595	Cerys JONES	Swansea Harriers	13.02		13.30		10.92		13.30	14.90	P10	7		
20	399	Gwen DODD	Pembrokeshire Harriers	18.37		17.88		16.45		18.37	19.61	P10	1		
21	612	Chloe JONES	Swansea Harriers	15.45		X		X		15.45	23.11	P10	3		
22															
23															
24															
25															
26															
27															
28															
29															
30															
31															
32															

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	601	Charlotte COLLINS	Swansea Harriers	8.22	25					
18	130	Moli LYONS	Barry & Vale Harriers	8.16	26					
19	502	Lucy JOHN	Bridgend AC	7.72	27					
20	497	Jessica EVANS	Bridgend AC	7.59	28					
21	494	Erin ANDREWS	Bridgend AC	7.15	29					Referee
22					30					
23					31					
24					32					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	2:10 PM	DATE	Saturday-28-May-2016				
				Welsh Record: Not Recognised at this age group						Start Time			
EVENT		F20 U11B Shot (2.72kg)		League Record: Rheon JAMES, 10.06, Carmarthen Harriers, 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	667	Zane KEMBANI-ENTWISTLE	Swansea Harriers	3.92		3.79		3.18		3.92		PB	12
2	665	Isaac WHITTAKER	Swansea Harriers	X		3.31		X		3.31		PB	17
3	472	Joshua MORGAN	Bridgend AC	2.83		4.34		3.40		4.34		PB	8
4	471	Joshua CANNING	Bridgend AC	X		X		4.11		4.11		PB	10
5	470	Oscar THOMAS	Bridgend AC	X		3.35		2.79		3.35		PB	16
6	465	Tate GEAR	Bridgend AC	X		4.71		X		4.71		PB	5
7	464	Ryo ROBERTS	Bridgend AC	3.65		3.87		3.71		3.87		PB	13
8	208	Elijah RITSON-WALTON	Brecon AC	4.13		4.51		4.98		4.98		PB	4
9	207	Daniel RICKETTS	Brecon AC	3.54		3.77		3.65		3.77		PB	14
10	202	Owen PRICE-DAVIES	Brecon AC	X		3.63		3.76		3.76		PB	15
11	172	Morgan EVANS	Pontyclun AC	X		3.50		4.11		4.11		PB	9
12	661	Thomas GORVETT	Swansea Harriers	4.76		5.37		4.98		5.37	3.56	PB+P10	1
13	662	Conor O'SHAUGHNESSY	Swansea Harriers	X		4.50		3.36		4.50	4.23	PB+P10	7
14	428	Dylan KIDD	Pembrokeshire Harriers	3.95		3.84		4.03		4.03	4.70	P10	11
15	554	Cody ESPOSITO	Llanelli AC	4.61		4.33		4.43		4.61	4.94	P10	6
16	203	Thomas GILBERT	Brecon AC	4.57		4.50		5.33		5.33	5.17	PB+P10	3

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	661	Thomas GORVETT	Swansea Harriers	5.37	9	172	Morgan EVANS	Pontyclun AC	4.11	
2	427	Jack NICHOLAS	Pembrokeshire Harriers	5.33	10	471	Joshua CANNING	Bridgend AC	4.11	
3	203	Thomas GILBERT	Brecon AC	5.33	11	428	Dylan KIDD	Pembrokeshire Harriers	4.03	
4	208	Elijah RITSON-WALTON	Brecon AC	4.98	12	667	Zane KEMBANI-ENTWISTLE	Swansea Harriers	3.92	
5	465	Tate GEAR	Bridgend AC	4.71	13	464	Ryo ROBERTS	Bridgend AC	3.87	
6	554	Cody ESPOSITO	Llanelli AC	4.61	14	207	Daniel RICKETTS	Brecon AC	3.77	
7	662	Conor O'SHAUGHNESSY	Swansea Harriers	4.50	15	202	Owen PRICE-DAVIES	Brecon AC	3.76	Referee
8	472	Joshua MORGAN	Bridgend AC	4.34	16	470	Oscar THOMAS	Bridgend AC	3.35	

[illegible]

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	665	Isaac WHITTAKER	Swansea Harriers	3.31	25					
18					26					
19					27					
20					28					
21					29					
22					30					Referee
23					31					
24					32					

Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath												DATE	Sat-28-May-2016			
				TIME	Welsh Record: Lea HAGGETT, 1.81, Herne Hill, 1986																
EVENT		F21 U15G High Jump		2:20 PM	League Record: Emily MORRIS, 1.62, Swansea Harriers, 2009																
				Start List	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	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	418	Nia WILLIAMS	Pembrokeshire Harriers	1.00	O	O	O	O	XXX								1.15			16	
2	416	Kaitlin MORGAN	Pembrokeshire Harriers	1.00					XXX												
3	342	Cathryn MORGAN	Neath Harriers	1.00	XO	XO	XXX										1.05			17	
4	139	Mariella WATT	Barry & Vale Harriers	1.15				O	O	O	XO	O	O	O	XXX		1.45			4=	
5	89	Laurie THOMAS	Carmarthen Harriers	1.10			O	O	O	XXX							1.20			15	
6	87	Ellie TROMANS	Carmarthen Harriers	1.10			O	O	O	XO	XXX						1.25			11=	
7	233	Tiegan WARD	Brecon AC	1.00						XXO	XXX						1.25	1.20		11=	
8	688	Tate MELLOR	Swansea Harriers	1.20					O	XXO	XXX						1.25	1.25		13	
9	412	Eloise JENKINS	Pembrokeshire Harriers	1.10			O	O	O	O	O	XO	XXX				1.40	1.32		8	
10	680	Shannon THOMAS	Swansea Harriers	1.10			O	O	O	O	XO	XXX					1.30	1.35		10	
11	92	Hanna LEWIS	Carmarthen Harriers	1.20					O	XO	O	XO	XXX				1.35	1.35		9	
12	695	Brooke CASTLE	Swansea Harriers	1.20					O	O	O	O	XO	XXX			1.40	1.45		7	
13	690	Catrin MORGAN	Swansea Harriers	1.30							O	O	O	O	XXX		1.45	1.50		4=	
14	411	Josie DODD	Pembrokeshire Harriers	1.25						O	O	O	O	XXO	XXX		1.40	1.50		5	
15	333	Karolinka BACAKOVA	Neath Harriers	1.35								XO	O	XXX			1.40	1.50		6	
16	676	Lydia HANNAFORD	Swansea Harriers	1.35								O	O	O	O	XXX	1.50	1.55		1=	

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=	676	Lydia HANNAFORD	Swansea Harriers	1.50	8	412	Eloise JENKINS	Pembrokeshire Harriers	1.40		
1=	91	Lili CHURCH	Carmarthen Harriers	1.50	9	92	Hanna LEWIS	Carmarthen Harriers	1.35		
3	674	Marnie MUSGRAVE	Swansea Harriers	1.50	10	680	Shannon THOMAS	Swansea Harriers	1.30		
4=	139	Mariella WATT	Barry & Vale Harriers	1.45	11=	87	Ellie TROMANS	Carmarthen Harriers	1.25		
4=	690	Catrin MORGAN	Swansea Harriers	1.45	11=	233	Tiegan WARD	Brecon AC	1.25		
5	411	Josie DODD	Pembrokeshire Harriers	1.40	13	688	Tate MELLOR	Swansea Harriers	1.25		
6	333	Karolinka BACAKOVA	Neath Harriers	1.40	15	89	Laurie THOMAS	Carmarthen Harriers	1.20	Referee Signature	
7	695	Brooke CASTLE	Swansea Harriers	1.40	16	418	Nia WILLIAMS	Pembrokeshire Harriers	1.15		

Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath												DATE	Sat-28-May-2016			
				TIME	Welsh Record: Lea HAGGETT, 1.81, Herne Hill, 1986																
EVENT		F21 U15G High Jump		2:20 PM	League Record: Emily MORRIS, 1.62, Swansea Harriers, 2009																
				Start Ht	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	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	91	Lili CHURCH	Carmarthen Harriers	1.35									O	O	O	O	XXX	1.50			1=
18	674	Marnie MUSGRAVE	Swansea Harriers	1.35									O	O	O	XO	XXX	1.50			3
19																					
20																					
21																					
22																					
23																					
24																					
25																					
26																					
27																					
28																					
29																					
30																					
31																					
32																					

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		
17	342	Cathryn MORGAN	Neath Harriers	1.05							
										Referee Signature	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	2:30 PM	DATE	Saturday-28-May-2016				
				Welsh Record: Philippa ROLES, 44.12, Swansea Harriers, 1992						Start Time			
EVENT		F22 U15G Discus (1.00kg)		League Record: Phillipa ROLES, 41.26, Swansea Harriers, 1992						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	330	Callie RATTENBURY	Neath Harriers	X		10.51		11.86		11.86			7
2	327	Cerys TEAGUE	Neath Harriers	X		16.32		14.50		16.32			6
3	138	Ffion SPENCE	Barry & Vale Harriers	9.78		11.24		10.24		11.24			9
4	331	Amy RATTENBURY	Neath Harriers	9.83		11.33		11.57		11.57	11.50		8
5	417	Sydnee TURNER	Pembrokeshire Harriers	17.87		17.68		18.59		18.59	16.50	PB+P10	4
6	418	Nia WILLIAMS	Pembrokeshire Harriers	17.42		16.40		17.46		17.46	16.92		5
7	334	Grace POWELL	Neath Harriers	19.27		X		18.95		19.27	18.00	PB+P10	3
8	672	Sally HOPKINS	Swansea Harriers	21.34		22.62		19.79		22.62	24.00	P10	1
9	682	Holly COOPER	Swansea Harriers	X		22.38		21.34		22.38	27.00	P10	2
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	672	Sally HOPKINS	Swansea Harriers	22.62	9	138	Ffion SPENCE	Barry & Vale Harriers	11.24	
2	682	Holly COOPER	Swansea Harriers	22.38	10					
3	334	Grace POWELL	Neath Harriers	19.27	11					
4	417	Sydnee TURNER	Pembrokeshire Harriers	18.59	12					
5	418	Nia WILLIAMS	Pembrokeshire Harriers	17.46	13					
6	327	Cerys TEAGUE	Neath Harriers	16.32	14					Referee
7	330	Callie RATTENBURY	Neath Harriers	11.86	15					
8	331	Amy RATTENBURY	Neath Harriers	11.57	16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	3:00 PM	DATE	Saturday-28-May-2016			
				Welsh Record: Ian STRANGE, 6.63, Newport Harriers, 1977						Start Time		
EVENT		F23 U15B Long Jump		League Record: Josh DAVIES, 6.30, Pembroke Harriers, 2011 [Cup Final]						End Time		
				1st Trial		2nd Trial		3rd Trial		Best of 3	PB	Power 10 Ranking
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres					
1	530	Sam HAYMAN	Bridgend AC	4.49	4.26	4.46	4.49			7		
2	454	Tomos REES	Pembrokeshire Harriers	4.03	3.92	3.99	4.03			12		
3	358	Joshua WALLACE	Neath Harriers	3.74	3.71	3.72	3.74			13		
4	354	Jamie PHILLIPS	Neath Harriers	3.96	4.19	4.22	4.22			11		
5	349	Rhys THOMAS	Neath Harriers	3.59	X	3.33	3.59			15		
6	353	Thomas CALLARD	Neath Harriers	3.68	3.59	X	3.68	3.48		14		
7	42	Ryan THOMAS	Carmarthen Harriers	2.94			2.94	3.72		16		
8	235	Sion COYLE	Brecon AC	4.36	3.93	3.72	4.36	4.02		9		
9	528	Dylan ANDREWS	Bridgend AC	X	X	X		4.11				
10	446	Gethin GREENHALGH	Pembrokeshire Harriers	4.12	4.19	4.38	4.38	4.14		8		
11	241	Owain POWELL-JONES	Brecon AC	4.26	4.28	4.08	4.28	4.28		10		
12	456	Joe PRITCHARD	Pembrokeshire Harriers	5.57	5.36	5.45	5.57	4.50	PB+P10	2		
13	711	Rhidian JENKINS	Swansea Harriers	4.65	4.60	X	4.65	4.85		3		
14	710	Nathan LAKE	Swansea Harriers	4.54	4.49	4.58	4.58	4.95		6		
15	712	Ben PETHERBRIDGE	Swansea Harriers	4.57	4.60		4.60	4.97		4		
16	448	James HILL	Pembrokeshire Harriers	5.41	5.33	5.67	5.67	5.66	PB+P10	1		

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	448	James HILL	Pembrokeshire Harriers	5.67	9	235	Sion COYLE	Brecon AC	4.36	
2	456	Joe PRITCHARD	Pembrokeshire Harriers	5.57	10	241	Owain POWELL-JONES	Brecon AC	4.28	
3	711	Rhidian JENKINS	Swansea Harriers	4.65	11	354	Jamie PHILLIPS	Neath Harriers	4.22	
4	712	Ben PETHERBRIDGE	Swansea Harriers	4.60	12	454	Tomos REES	Pembrokeshire Harriers	4.03	
5	38	Owen PALMER	Carmarthen Harriers	4.60	13	358	Joshua WALLACE	Neath Harriers	3.74	Referee
6	710	Nathan LAKE	Swansea Harriers	4.58	14	353	Thomas CALLARD	Neath Harriers	3.68	
7	530	Sam HAYMAN	Bridgend AC	4.49	15	349	Rhys THOMAS	Neath Harriers	3.59	
8	446	Gethin GREENHALGH	Pembrokeshire Harriers	4.38	16	42	Ryan THOMAS	Carmarthen Harriers	2.94	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	3:00 PM	DATE	Saturday-28-May-2016				
				Welsh Record: Matthew EVANS, 14.47, Carmarthen Harriers 2001						Start Time			
EVENT		F24 U13B Shot (3.25kg)		League Record: Mathew EVANS, 13.73, Carmarthen Harriers, 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	518	Rowan GEAR	Bridgend AC	5.42		X		X		5.42			10
2	512	Joel BOWNESS	Bridgend AC	3.39		X		2.83		3.39			14
3	511	Joshua KERRY	Bridgend AC	X		2.37		2.59		2.59			15
4	506	Morgan HUBBARDE	Bridgend AC	5.20		6.06		6.36		6.36			5
5	223	Jack DYKES	Brecon AC	4.96		X		X		4.96			13
6	121	Ben RAY	Barry & Vale Harriers	4.63		5.03		4.63		5.03			12
7	118	George SNAITH	Barry & Vale Harriers	6.34		X		6.15		6.34			6
8	22	Cai IFANS	Carmarthen Harriers	9.88		9.61		9.52		9.88		PB	2
9	621	Joseph EDWARDS	Swansea Harriers	4.74		5.00		5.10		5.10	5.05		11
10	436	Harley LEWIS	Pembrokeshire Harriers	5.07		4.79		5.42		5.42	5.53		9
11	444	Jake LAUGHARNE	Pembrokeshire Harriers	5.11		5.72		5.36		5.72	5.65		7
12	29	Dylan PEARCE-TAYLOR	Carmarthen Harriers	5.60		5.09		5.68		5.68	5.70		8
13	28	Joshua MORSE	Carmarthen Harriers	7.48		7.27		7.52		7.52	7.16	PB+P10	3
14	19	Tomos ROBERTS	Carmarthen Harriers	7.01		6.94		6.32		7.01	7.20	P10	4
15	624	Aron WILLIAMS	Swansea Harriers	10.62		9.93		10.20		10.62	11.10	P10	1
16													

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	624	Aron WILLIAMS	Swansea Harriers	10.62	9	436	Harley LEWIS	Pembrokeshire Harriers	5.42	
2	22	Cai IFANS	Carmarthen Harriers	9.88	10	518	Rowan GEAR	Bridgend AC	5.42	
3	28	Joshua MORSE	Carmarthen Harriers	7.52	11	621	Joseph EDWARDS	Swansea Harriers	5.10	
4	19	Tomos ROBERTS	Carmarthen Harriers	7.01	12	121	Ben RAY	Barry & Vale Harriers	5.03	
5	506	Morgan HUBBARDE	Bridgend AC	6.36	13	223	Jack DYKES	Brecon AC	4.96	
6	118	George SNAITH	Barry & Vale Harriers	6.34	14	512	Joel BOWNESS	Bridgend AC	3.39	
7	444	Jake LAUGHARNE	Pembrokeshire Harriers	5.72	15	511	Joshua KERRY	Bridgend AC	2.59	Referee
8	29	Dylan PEARCE-TAYLOR	Carmarthen Harriers	5.68	16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	3:00 PM	DATE	Saturday-28-May-2016	
				Welsh Record: Matthew EVANS, 14.47, Carmarthen Harriers 2001					Start Time	
EVENT		F24 U13B Shot (3.25kg)		League Record: Mathew EVANS, 13.73, Carmarthen Harriers, 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										
18										
19										
20										
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										
32										

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

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	3:30 PM	DATE	Saturday-28-May-2016				
				Welsh Record: Tom NORTON, 44.80, Cwmbran Harriers, 2007						Start Time			
EVENT		F25 U13B Javelin (400g)		League Record: Rheon JAMES, 41.00, Carmarthen Harriers, 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			
1	636	Ollie SPILLER	Swansea Harriers	15.45		X		14.50		15.45			12
2	518	Rowan GEAR	Bridgend AC	15.36		12.07		11.91		15.36			13
3	441	Troy JENKINS	Pembrokeshire Harriers	X		11.08		11.43		11.43			17
4	226	Isaac PIERCE	Brecon AC	X		X		6.16		6.16			20
5	224	Daniel GILBERT	Brecon AC	X		16.93		17.81		17.81			7
6	123	Will WATT	Barry & Vale Harriers	16.95		17.56		17.61		17.61			8
7	121	Ben RAY	Barry & Vale Harriers	X		7.93		8.92		8.92			19
8	120	Will KINGSTON	Barry & Vale Harriers	X		13.22		13.61		13.61			14
9	118	George SNAITH	Barry & Vale Harriers	14.98		17.89		23.33		23.33		PB	3
10	22	Cai IFANS	Carmarthen Harriers	X		X		X					
11	632	Joseff LEWIS	Swansea Harriers	X		11.24		X		11.24	9.62		18
12	219	Dylan BOYDE	Brecon AC	6.56		X		12.30		12.30	12.21		16
13	627	Elliott HARRIS	Swansea Harriers	X		X		12.50		12.50	15.66		15
14	444	Jake LAUGHARNE	Pembrokeshire Harriers	17.34		17.38		19.89		19.89	17.36	PB+P10	6
15	622	Evan WILLIS	Swansea Harriers	16.36		9.68		X		16.36	18.26		10
16	624	Aron WILLIAMS	Swansea Harriers	16.83		11.32		X		16.83	19.37		9

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	18	Morgan BATTEN	Carmarthen Harriers	28.42	9	624	Aron WILLIAMS	Swansea Harriers	16.83	
2	436	Harley LEWIS	Pembrokeshire Harriers	25.88	10	622	Evan WILLIS	Swansea Harriers	16.36	
3	118	George SNAITH	Barry & Vale Harriers	23.33	11	29	Dylan PEARCE-TAYLOR	Carmarthen Harriers	16.23	
4	28	Joshua MORSE	Carmarthen Harriers	22.38	12	636	Ollie SPILLER	Swansea Harriers	15.45	
5	19	Tomos ROBERTS	Carmarthen Harriers	21.04	13	518	Rowan GEAR	Bridgend AC	15.36	
6	444	Jake LAUGHARNE	Pembrokeshire Harriers	19.89	14	120	Will KINGSTON	Barry & Vale Harriers	13.61	Referee
7	224	Daniel GILBERT	Brecon AC	17.81	15	627	Elliott HARRIS	Swansea Harriers	12.50	
8	123	Will WATT	Barry & Vale Harriers	17.61	16	219	Dylan BOYDE	Brecon AC	12.30	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	3:30 PM	DATE	Saturday-28-May-2016				
				Welsh Record: Tom NORTON, 44.80, Cwmbran Harriers, 2007						Start Time			
EVENT		F25 U13B Javelin (400g)		League Record: Rheon JAMES, 41.00, Carmarthen Harriers, 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	29	Dylan PEARCE-TAYLOR	Carmarthen Harriers	X		16.23		15.63		16.23	21.98		11
18	19	Tomos ROBERTS	Carmarthen Harriers	18.78		21.04		X		21.04	22.86	P10	5
19	28	Joshua MORSE	Carmarthen Harriers	21.38		22.38		19.50		22.38	23.03	P10	4
20	436	Harley LEWIS	Pembrokeshire Harriers	25.88		21.49		X		25.88	28.12	P10	2
21	18	Morgan BATTEN	Carmarthen Harriers	26.67		28.42		X		28.42	29.77	P10	1
22													
23													
24													
25													
26													
27													
28													
29													
30													
31													
32													

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	441	Troy JENKINS	Pembrokeshire Harriers	11.43	25					
18	632	Joseff LEWIS	Swansea Harriers	11.24	26					
19	121	Ben RAY	Barry & Vale Harriers	8.92	27					
20	226	Isaac PIERCE	Brecon AC	6.16	28					
21					29					Referee
22					30					
23					31					
24					32					

Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath												DATE	Sat-28-May-2016		
				TIME	Welsh Record: Julia CHARLTON, 1.68, Carmarthen Harriers 1978															
EVENT		F26 U13G High Jump		3:30 PM	League Record: Sarah OMOREGIE, 1.50, Pembrokeshire Harriers, [Cup Final] 2012															
				Start Height	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.33	1.35	1.37	1.40		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	504	Philippa ALLEN	Bridgend AC	1.00	0	0	0	XXX									1.10			9
2	75	Lylyanna HARRALL	Carmarthen Harriers	1.00	0	0	0	0	XO	0	XXX						1.25			5
3	69	Thaja DAVIES	Carmarthen Harriers	1.00	0	0	XXX										1.05			10
4	599	Safi BECHAR	Swansea Harriers	1.00	0	XO	XXX										1.05	1.10		11
5	613	Freya HANNAFORD	Swansea Harriers	1.00	0	0	0	0	0	XXO	XXX						1.25	1.20		7
6	591	Emily COLLINS	Swansea Harriers	1.00	0	0	0	0	XXO	0	XXX						1.25	1.20		6
7	594	Molly CRABBE	Swansea Harriers	1.00	0	0	0	0	XO	XXX							1.20	1.25		8
8	563	Amy MULLEN	Llanelli AC	1.00	0	0	0	0	0	0	XXX						1.25	1.25		4
9	65	Phoebe DAVIS	Carmarthen Harriers	1.00	0	0	0	0	0	0	XO	XXX					1.30	1.27		2=
10	602	Hollie NEWBURY	Swansea Harriers	1.00	0	0	0	0	0	0	XO	XXX					1.30	1.30		2=
11	399	Gwen DODD	Pembrokeshire Harriers	1.00	0	0	0	0	0	0	0	0	0	XO	XXX		1.37	1.30		1
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	399	Gwen DODD	Pembrokeshire Harriers	1.37	9	504	Philippa ALLEN	Bridgend AC	1.10		
2=	65	Phoebe DAVIS	Carmarthen Harriers	1.30	10	69	Thaja DAVIES	Carmarthen Harriers	1.05		
2=	602	Hollie NEWBURY	Swansea Harriers	1.30	11	599	Safi BECHAR	Swansea Harriers	1.05		
4	563	Amy MULLEN	Llanelli AC	1.25							
5	75	Lylyanna HARRALL	Carmarthen Harriers	1.25							
6	591	Emily COLLINS	Swansea Harriers	1.25							
7	613	Freya HANNAFORD	Swansea Harriers	1.25						Referee Signature	
8	594	Molly CRABBE	Swansea Harriers	1.20							

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	3:30 PM	DATE	Saturday-28-May-2016				
				Welsh Record: Clive WOOLMER, 5.31, Milford Haven Sc, 1982						Start Time			
EVENT		F27 U13B Long Jump		League Record: Theo CABANGO, 5.42, Cardiff Archers [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	630	Kaden DAVIES	Swansea Harriers	2.99		3.15		3.20		3.20			24
2	508	Jake LESTER	Bridgend AC	3.48		3.39		3.58		3.58			14
3	323	Joseph SELICK	Neath Harriers	2.81		2.74		X		2.81			25
4	321	Llien MORGAN	Neath Harriers	4.19		3.95		3.97		4.19		PB	3
5	318	Dominic OWEN	Neath Harriers	2.36		2.55		2.45		2.55			26
6	225	Rory ORTON	Brecon AC	3.51						3.51			20
7	120	Will KINGSTON	Barry & Vale Harriers	3.84		3.73		X		3.84			7
8	119	Jac PATTERSON	Barry & Vale Harriers	3.43		3.21				3.43			22
9	117	Sean MCLOUGHLIN	Barry & Vale Harriers	3.95		3.82		3.91		3.95			5
10	510	Hywel LEYSHON	Bridgend AC	3.54		3.37		3.16		3.54	3.24		19
11	24	Harry LEAHY	Carmarthen Harriers	3.49		3.29		3.45		3.49	3.26		21
12	26	Frank MORGAN	Carmarthen Harriers	3.69		3.45				3.69	3.28		10
13	514	Cameron COBURN	Bridgend AC	3.37		3.56		3.26		3.56	3.35		17
14	219	Dylan BOYDE	Brecon AC	3.57		3.46		3.54		3.57	3.38		15
15	441	Troy JENKINS	Pembrokeshire Harriers	3.58		3.57		3.59		3.59	3.40		13
16	220	Iwan COYLE	Brecon AC	3.57		3.00				3.57	3.41		16

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	634	Noah OSBORNE	Swansea Harriers	4.49	9	509	Ewan BAILEY	Bridgend AC	3.74	
2	633	Alex DAVIES	Swansea Harriers	4.24	10	26	Frank MORGAN	Carmarthen Harriers	3.69	
3	321	Llien MORGAN	Neath Harriers	4.19	11	433	Jamie ZYGADLO	Pembrokeshire Harriers	3.64	
4	620	Joseph ENGLISH	Swansea Harriers	4.07	12	507	Tomos BROAD	Bridgend AC	3.61	
5	117	Sean MCLOUGHLIN	Barry & Vale Harriers	3.95	13	441	Troy JENKINS	Pembrokeshire Harriers	3.59	
6	437	Henry WHITE	Pembrokeshire Harriers	3.85	14	508	Jake LESTER	Bridgend AC	3.58	Referee
7	120	Will KINGSTON	Barry & Vale Harriers	3.84	15	219	Dylan BOYDE	Brecon AC	3.57	
8	618	Joshua KENNY	Swansea Harriers	3.79	16	220	Iwan COYLE	Brecon AC	3.57	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	3:30 PM	DATE	Saturday-28-May-2016				
				Welsh Record: Clive WOOLMER, 5.31, Milford Haven Sc, 1982						Start Time			
EVENT		F27 U13B Long Jump		League Record: Theo CABANGO, 5.42, Cardiff Archers [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	221	Tomas DAVIES	Brecon AC	3.31		3.27		3.34		3.34	3.44		23
18	509	Ewan BAILEY	Bridgend AC	3.64		X		3.74		3.74	3.65		9
19	176	Mabon RHYS	Pontyclun AC	3.39		3.39		3.55		3.55	3.65		18
20	618	Joshua KENNY	Swansea Harriers	3.50		3.39		3.79		3.79	3.72		8
21	620	Joseph ENGLISH	Swansea Harriers	4.07		4.00		3.77		4.07	3.89	PB+P10	4
22	507	Tomos BROAD	Bridgend AC	3.61		3.09		3.58		3.61	3.93		12
23	437	Henry WHITE	Pembrokeshire Harriers	3.70		3.49		3.85		3.85	3.93		6
24	633	Alex DAVIES	Swansea Harriers	3.92		4.24		4.14		4.24	4.14	PB+P10	2
25	634	Noah OSBORNE	Swansea Harriers	4.24		4.32		4.49		4.49	4.30	PB+P10	1
26	433	Jamie ZYGADLO	Pembrokeshire Harriers	3.32		X		3.64		3.64	4.49		11
27													
28													
29													
30													
31													
32													

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	514	Cameron COBURN	Bridgend AC	3.56	25	323	Joseph SELICK	Neath Harriers	2.81	
18	176	Mabon RHYS	Pontyclun AC	3.55	26	318	Dominic OWEN	Neath Harriers	2.55	
19	510	Hywel LEYSHON	Bridgend AC	3.54	27					
20	225	Rory ORTON	Brecon AC	3.51	28					
21	24	Harry LEAHY	Carmarthen Harriers	3.49	29					
22	119	Jac PATTERSON	Barry & Vale Harriers	3.43	30					
23	221	Tomas DAVIES	Brecon AC	3.34	31					Referee
24	630	Kaden DAVIES	Swansea Harriers	3.20	32					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	4:00 PM	DATE	Saturday-28-May-2016				
				Welsh Record: Matthew WILLIAMS, 50.11, Wrexham AC, 2011						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	355	Marcus DICKINSON	Neath Harriers	X		27.23		27.23		27.23		PB	3
2	359	Tomos EVANS	Neath Harriers	12.55		13.04		12.29		13.04	10.10		7
3	450	Kieran OWEN	Pembrokeshire Harriers	X		14.64		12.76		14.64	14.42		6
4	455	Thomas ELLIOTT	Pembrokeshire Harriers	X		20.51		23.20		23.20	19.80	PB+P10	5
5	242	Llyr THOMAS	Brecon AC								21.00		
6	713	Joshua WILTON	Swansea Harriers	24.79		23.66		25.14		25.14	22.29	PB+P10	4
7	354	Jamie PHILLIPS	Neath Harriers	28.31		X		31.81		31.81	33.85	P10	1
8	351	Harry DAVIES	Neath Harriers	31.53		X		X		31.53	34.40	P10	2
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	354	Jamie PHILLIPS	Neath Harriers	31.81	9					
2	351	Harry DAVIES	Neath Harriers	31.53	10					
3	355	Marcus DICKINSON	Neath Harriers	27.23	11					
4	713	Joshua WILTON	Swansea Harriers	25.14	12					
5	455	Thomas ELLIOTT	Pembrokeshire Harriers	23.20	13					
6	450	Kieran OWEN	Pembrokeshire Harriers	14.64	14					
7	359	Tomos EVANS	Neath Harriers	13.04	15					Referee
8					16					

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	4:00 PM	DATE	Saturday-28-May-2016	
EVENT		F29 U15G Shot (3.00kg)		Welsh Record: Sarah OMOREGIE, Cardiff AAC, 12.67, 31.08.2014					Start Time	
				League Record: Sarak 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	534	Caitlin WILLIAMS	Bridgend AC	4.91	4.71	5.06	5.06			15
2	526	Hollie MULLAN	Bridgend AC	6.02	6.20	5.32	6.20			14
3	522	Ffion HIGGINSON	Bridgend AC	6.48			6.48			12
4	234	Rhianna WHYMAN	Brecon AC	6.79	4.91	6.19	6.79			10
5	228	Libby JONES	Brecon AC	4.55	4.73	4.87	4.87			16
6	337	Emma HAMES	Neath Harriers	5.13	6.22	5.23	6.22	6.17		13
7	679	Ellie CHAHAL	Swansea Harriers	6.71	6.82	6.48	6.82	6.64		9
8	414	Nieve JENKINS	Pembrokeshire Harriers	7.47	7.15	7.12	7.47	6.92	PB+P10	5
9	91	Lili CHURCH	Carmarthen Harriers	6.65	7.18	6.91	7.18	7.23		8
10	413	Flavia JENKINS	Pembrokeshire Harriers	7.08	7.27	6.83	7.27	7.49		7
11	331	Amy RATTENBURY	Neath Harriers	6.58	6.31	6.42	6.58	7.52		11
12	330	Callie RATTENBURY	Neath Harriers	6.92	7.33	6.91	7.33	7.93		6
13	682	Holly COOPER	Swansea Harriers	6.64	7.74	7.90	7.90	8.15	P10	4
14	333	Karolinka BACAKOVA	Neath Harriers	8.57	8.35	9.23	9.23	8.36	PB+P10	3
15	417	Sydnee TURNER	Pembrokeshire Harriers	9.64	9.73	9.55	9.73	9.35	PB+P10	1
16	672	Sally HOPKINS	Swansea Harriers	9.39	8.60	9.57	9.57	9.54	PB+P10	2

FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
1	417	Sydnee TURNER	Pembrokeshire Harriers	9.73	9	679	Ellie CHAHAL	Swansea Harriers	6.82	
2	672	Sally HOPKINS	Swansea Harriers	9.57	10	234	Rhianna WHYMAN	Brecon AC	6.79	
3	333	Karolinka BACAKOVA	Neath Harriers	9.23	11	331	Amy RATTENBURY	Neath Harriers	6.58	
4	682	Holly COOPER	Swansea Harriers	7.90	12	522	Ffion HIGGINSON	Bridgend AC	6.48	
5	414	Nieve JENKINS	Pembrokeshire Harriers	7.47	13	337	Emma HAMES	Neath Harriers	6.22	Referee
6	330	Callie RATTENBURY	Neath Harriers	7.33	14	526	Hollie MULLAN	Bridgend AC	6.20	
7	413	Flavia JENKINS	Pembrokeshire Harriers	7.27	15	534	Caitlin WILLIAMS	Bridgend AC	5.06	
8	91	Lili CHURCH	Carmarthen Harriers	7.18	16	228	Libby JONES	Brecon AC	4.87	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	4:45 PM	DATE	Saturday-28-May-2016				
				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	664	Harry NEWTON	Swansea Harriers	10.57		9.82		11.84		11.84		PB	9
2	558	Finley ROBERTS	Llanelli AC	9.71		6.53		12.26		12.26		PB	8
3	557	Harrison GARCIA	Llanelli AC	X		11.18		X		11.18		PB	12
4	551	Finlay COOMBE	Llanelli AC	X		X		7.53		7.53		PB	18
5	550	Thomas BATSFORD	Llanelli AC	5.51		5.08		X		5.51		PB	20
6	472	Joshua MORGAN	Bridgend AC	X		X		11.30		11.30		PB	11
7	470	Oscar THOMAS	Bridgend AC	X		7.80		6.30		7.80		PB	17
8	469	Jack THOMAS	Bridgend AC	10.51		10.65		X		10.65		PB	14
9	468	William KERRY	Bridgend AC	X		11.43		X		11.43		PB	10
10	462	Jack O'BRIEN	Bridgend AC	10.89		10.09		13.62		13.62		PB	4
11	428	Dylan KIDD	Pembrokeshire Harriers	X		9.08		9.03		9.08		PB	16
12	426	Steffan BRIDGER	Pembrokeshire Harriers	X		10.32		X		10.32		PB	15
13	301	Morgan KINSMAN	Neath Harriers	14.53		15.05		11.70		15.05		PB	3
14	208	Elijah RITSON-WALTON	Brecon AC	18.10		X		17.55		18.10		PB	1
15	204	Arthur BELL	Brecon AC	12.26		11.42		10.01		12.26		PB	7
16	202	Owen PRICE-DAVIES	Brecon AC	10.50		11.65		12.58		12.58		PB	6

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	208	Elijah RITSON-WALTON	Brecon AC	18.10	9	664	Harry NEWTON	Swansea Harriers	11.84		
2	661	Thomas GORVETT	Swansea Harriers	17.28	10	468	William KERRY	Bridgend AC	11.43		
3	301	Morgan KINSMAN	Neath Harriers	15.05	11	472	Joshua MORGAN	Bridgend AC	11.30		
4	462	Jack O'BRIEN	Bridgend AC	13.62	12	557	Harrison GARCIA	Llanelli AC	11.18		
5	660	Nathan JONES	Swansea Harriers	12.89	13	203	Thomas GILBERT	Brecon AC	10.83		
6	202	Owen PRICE-DAVIES	Brecon AC	12.58	14	469	Jack THOMAS	Bridgend AC	10.65	Referee	
7	204	Arthur BELL	Brecon AC	12.26	15	426	Steffan BRIDGER	Pembrokeshire Harriers	10.32		
8	558	Finley ROBERTS	Llanelli AC	12.26	16	428	Dylan KIDD	Pembrokeshire Harriers	9.08		

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League Match 2 West Division		VENUE	Neath	TIME	4:45 PM	DATE	Saturday-28-May-2016				
				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			
17	556	Christian GARCIA	Llanelli AC	X		6.23		X		6.23	9.43	P10	19
18	203	Thomas GILBERT	Brecon AC	9.90		10.83		4.10		10.83	10.25	PB+P10	13
19	660	Nathan JONES	Swansea Harriers	X		12.89		12.58		12.89	12.52	PB+P10	5
20	661	Thomas GORVETT	Swansea Harriers	X		17.28		13.99		17.28	15.03	PB+P10	2
21													
22													
23													
24													
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FULL RESULTS										Officials
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF	
17	470	Oscar THOMAS	Bridgend AC	7.80	25					
18	551	Finlay COOMBE	Llanelli AC	7.53	26					
19	556	Christian GARCIA	Llanelli AC	6.23	27					
20	550	Thomas BATSFORD	Llanelli AC	5.51	28					Referee
21					29					
22					30					
23					31					
24					32					