

Welsh Athletics

40th Indoor Track & Field Championships 2016
National Indoor Athletics Centre
Cyncoed, Cardiff
16th & 17th January



WELSH ATHLETICS
ATHLETAU CYMRU

T49-U13B 60m Final

16 January 2016

Welsh Record - Sion ROBERTS, Wrexham AAC, 7.95, Manchester, 2010

CBP - Sion ROBERTS, 8.08, Wrexham AAC 2010

2015 Welsh Champion - Luca LOGUE-FONSECA 8.76 Cardiff AAC

Final					
Pos	Bib	Athlete	Club	Perf	Coach(es)
1	179	Sam PETHERBRIDGE	Swansea Harriers	8.38	Colin DAVies
2	175	Evan JONES	Bridgend AC	8.47	Jeff Roberts
3	182	Finley SAVAGE	Deeside AAC	8.62	Caroline Sayer
4	168	James HARKIN	Cardiff Archers	8.68	
5	176	Luca LOGUE-FONSECA	Cardiff AAC	8.71	Helen James
6	164	James CREWE	Cwmbran Harriers	8.72	
7	170	Morgan HUBBARDE	Bridgend AC	8.76	Geoff Roberts
8	185	Zak WALL	Cardiff Archers	8.82	

T24-U13B 60m Semi Final

16 January 2016

Welsh Record - Sion ROBERTS, Wrexham AAC, 7.95, Manchester, 2010

CBP - Sion ROBERTS, 8.08, Wrexham AAC 2010

2015 Welsh Champion - Luca LOGUE-FONSECA 8.76 Cardiff AAC

Heat 1					
Pos	Bib	Athlete	Club	Perf	Qual
1	179	Sam PETHERBRIDGE	Swansea Harriers	8.52	Q
2	182	Finley SAVAGE	Deeside AAC	8.60	Q PB
3	176	Luca LOGUE-FONSECA	Cardiff AAC	8.70	Q PB
4	174	Harvey JAMES	Swansea Harriers	8.91	
5	184	Ben VINCENT	Cardiff AAC	8.94	
6	167	Morgan HALL	Cwmbran Harriers	8.99	
7	177	Sean MCLOUGHLIN	Barry & Vale Harriers	9.26	
DNS	180	Thomas REID	Cardiff AAC		
Heat 2					
Pos	Bib	Athlete	Club	Perf	Qual
1	175	Evan JONES	Bridgend AC	8.47	Q PB
2	170	Morgan HUBBARDE	Bridgend AC	8.58	Q PB
3	164	James CREWE	Cwmbran Harriers	8.61	Q
4	168	James HARKIN	Cardiff Archers	8.64	q
5	185	Zak WALL	Cardiff Archers	8.80	q
6	169	Mason HEAL	Blaenau Gwent AC	9.05	PB
7	163	Tomos BROAD	Bridgend AC	9.13	
DNS	186	Evan WILLIS	Swansea Harriers		

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WELSH ATHLETICS
ATHLETAU CYMRU

T14-U13B 60m Heat

16 January 2016

Welsh Record - Sion ROBERTS, Wrexham AAC, 7.95, Manchester, 2010

CBP - Sion ROBERTS, 8.08, Wrexham AAC 2010

2015 Welsh Champion - Luca LOGUE-FONSECA 8.76 Cardiff AAC

Heat 1						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	179	Sam PETHERBRIDGE	Swansea Harriers	8.46	Q PB	Colin DAVies
2	182	Finley SAVAGE	Deeside AAC	8.50	Q PB	Caroline Sayer
3	163	Tomos BROAD	Bridgend AC	8.94	Q	Jeff Roberts
4	165	Patrick DEVENNEY-BILLINGE	Brecon AC	9.18		Charlie Northey
5	173	Lewis JACOBS	Rhondda AC	9.25	PB	
6	181	Kieran RODWAY	Rhymney Valley AC	10.37	PB	
DNS	188	Lewis BROAD	Swansea Harriers			
Heat 2						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	175	Evan JONES	Bridgend AC	8.47	Q PB	Jeff Roberts
2	174	Harvey JAMES	Swansea Harriers	8.79	Q PB	Andrew Jenkins
3	185	Zak WALL	Cardiff Archers	8.79	Q	Emma Lyons
4	167	Morgan HALL	Cwmbran Harriers	8.92		Andy Williams
5	180	Thomas REID	Cardiff AAC	9.16	PB	
6	161	Ewan BAILEY	Bridgend AC	9.41		
7	171	Ben HUGHES	Cardiff AAC	9.66		
Heat 3						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	176	Luca LOGUE-FONSECA	Cardiff AAC	8.64	Q PB	Helen James
2	170	Morgan HUBBARDE	Bridgend AC	8.68	Q PB	Geoff Roberts
3	177	Sean MCLOUGHLIN	Barry & Vale Harriers	9.17	Q	
4	183	Benjamin SULLIVAN	Swansea Harriers	10.13	PB	Andrew Jenkins
5	172	Ethan ISAAC	Cardiff Archers	10.29	PB	
DNS	160	Toks AKANBI-MORTIMER	Rhymney Valley AC			
DNS	106	Ben PETHERBRIDGE	Swansea Harriers			
Heat 4						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	164	James CREWE	Cwmbran Harriers	8.61	Q	
2	168	James HARKIN	Cardiff Archers	8.62	Q	Emma Lyons
3	184	Ben VINCENT	Cardiff AAC	8.68	Q PB	Helen James/ AJ Mohsin
4	169	Mason HEAL	Blaenau Gwent AC	9.02	PB	Dean Turner
5	186	Evan WILLIS	Swansea Harriers	9.11	PB	
DNS	162	Harry BEDDALL	Cardiff Archers			

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WELSH ATHLETICS
ATHLETAU CYMRU

T08-U13B 800m Time Trials

16 January 2016

Welsh Record - Jacob REYNOLDS, Cardiff AAC, 2:20.52, NIAC, Cardiff, 2016

CBP - Scott EDWARDS, 2:22.04, Derby AC 2007

2015 Welsh Champion - Benjamin REYNOLDS 2:22.76 Cardiff Archers

Heat 1					
Pos	Bib	Athlete	Club	Perf	Qual
1	165	Patrick DEVENEY-BILLINGE	Brecon AC	2:43.63	7
2	171	Ben HUGHES	Cardiff AAC	2:45.73	9
3	183	Benjamin SULLIVAN	Swansea Harriers	2:46.39	12
4	370	Oliver HUMPHREYS	Newport Harriers	2:46.88	13
5	181	Kieran RODWAY	Rhymney Valley AC	2:50.92	14
6	371	Isaac JONES	Newport Harriers	2:56.27	15
Heat 2					
Pos	Bib	Athlete	Club	Perf	
1	373	Jacob REYNOLDS	Cardiff AAC	2:22.33	1
2	298	Charlie HOLLAND	Swansea Harriers	2:29.44	2
3	368	Ryan EDWARDS	Cardiff AAC	2:29.53	3
4	372	Lloyd JONES	Cardiff AAC	2:30.26	4
5	299	Fraser KING	Cardiff Archers	2:37.50	5
6	367	Rhys BLOW	Cardiff AAC	2:40.71	6
Heat 3					
Pos	Bib	Athlete	Club	Perf	
1	188	Lewis BROAD	Swansea Harriers	2:45.62	8
2	180	Thomas REID	Cardiff AAC	2:45.94	10
3	366	Tom BLAKE	Swansea Harriers	2:46.19	11

Medallists

1	373	Jacob REYNOLDS	Cardiff AAC	2:22.33
2	298	Charlie HOLLAND	Swansea Harriers	2:29.44
3	368	Ryan EDWARDS	Cardiff AAC	2:29.53

T07-U13B 60m Hurdles (76.2cm) Straight Final

16 January 2016

Welsh Record - Daniel MURATHODZIC, Cardiff Archers, 9.62, NIAC, Cardiff, 2014

CBP - Daniel MURATHODZIC, 9.62, Cardiff Archers 2014

2015 Welsh Champion - Immanuel FEYI WABOSO 9.67 Cardiff Archers

Final					
Pos	Bib	Athlete	Club	Perf	
1	179	Sam PETHERBRIDGE	Swansea Harriers	10.14	PB
2	174	Harvey JAMES	Swansea Harriers	10.76	
3	251	Jamie ZYGADLO	Pembrokeshire Harriers	10.96	
4	177	Sean MCLOUGHLIN	Barry & Vale Harriers	11.69	
5	164	James CREWE	Cwmbran Harriers	11.73	PB
6	167	Morgan HALL	Cwmbran Harriers	11.92	PB
7	160	Toks AKANBI-MORTIMER	Rhymney Valley AC	12.44	PB
8	172	Ethan ISAAC	Cardiff Archers	12.67	PB

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WELSH ATHLETICS
ATHLETAU CYMRU

T70-U13B 200m Multi Final

17 January 2016

Welsh Record - Sion ROBERTS, Wrexham AAC, 25.92, NIAC, Cardiff, 2010

CBP - Sion ROBERTS, 25.92, Wrexham AAC 2010

2015 Welsh Champion - Euan DYKES 27.23 Brecon AC

Heat 1						
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	175	Evan JONES	Bridgend AC	27.22	PB	Jeff Roberts
2	179	Sam PETHERBRIDGE	Swansea Harriers	28.04	PB	Colin DAVies
3	182	Finley SAVAGE	Deeside AAC	28.38	PB	Caroline Sayer
4	184	Ben VINCENT	Cardiff AAC	28.81		Helen James/ AJ Mohsin
Heat 2						
Pos	Bib	Athlete	Club	Perf		Coach(es)
1	176	Luca LOGUE-FONSECA	Cardiff AAC	28.76		Helen James
2	174	Harvey JAMES	Swansea Harriers	28.86	PB	Andrew Jenkins
3	299	Fraser KING	Cardiff Archers	29.26		Emma Lyons
4	170	Morgan HUBBARDE	Bridgend AC	29.46	PB	Geoff Roberts

T56-U13B 200m Heats

17 January 2016

Welsh Record - Sion ROBERTS, Wrexham AAC, 25.92, NIAC, Cardiff, 2010

CBP - Sion ROBERTS, 25.92, Wrexham AAC 2010

2015 Welsh Champion - Euan DYKES 27.23 Brecon AC

Heat 1						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	182	Finley SAVAGE	Deeside AAC	28.10	Q PB	Caroline Sayer
2	176	Luca LOGUE-FONSECA	Cardiff AAC	28.78	q	Helen James
3	177	Sean MCLOUGHLIN	Barry & Vale Harriers	30.55	PB	
4	173	Lewis JACOBS	Rhondda AC	30.61		
Heat 2						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	179	Sam PETHERBRIDGE	Swansea Harriers	28.13	Q	Colin DAVies
2	299	Fraser KING	Cardiff Archers	29.03	q	Emma Lyons
3	167	Morgan HALL	Cwmbran Harriers	29.91		Andy Williams
4	180	Thomas REID	Cardiff AAC	31.69	PB	Gwyn Jones / Garry Jones
Heat 3						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	184	Ben VINCENT	Cardiff AAC	28.40	Q PB	Helen James/ AJ Mohsin
2	174	Harvey JAMES	Swansea Harriers	28.89	q =PB	Andrew Jenkins
3	165	Patrick DEVENNEY-BILLINGE	Brecon AC	31.47		Charlie Northey
4	297	William Kaden DAVIES	Swansea Harriers	33.00	PB	
Heat 4						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	175	Evan JONES	Bridgend AC	27.47	Q	Jeff Roberts
2	170	Morgan HUBBARDE	Bridgend AC	29.60	q PB	Geoff Roberts
3	164	James CREWE	Cwmbran Harriers	32.21		
4	183	Benjamin SULLIVAN	Swansea Harriers	34.47		Andrew Jenkins

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WELSH ATHLETICS
ATHLETAU CYMRU

T62-U13B 1500m Straight Final

17 January 2016

Welsh Record - Benjamin REYNOLDS, Cardiff Archers, 4:43.24, NIAC, Cardiff, 2015

CBP - Benjamin REYNOLDS, 4:43.24, Cardiff Archers 2015

2015 Welsh Champion - Benjamin REYNOLDS 4:43.24 Cardiff Archers

					Final		
Pos	Bib	Athlete	Club	Perf			Coach(es)
1	373	Jacob REYNOLDS	Cardiff AAC	4:47.63	PB		Arwyn Davies
2	440	Frank MORGAN	Carmarthen Harriers	5:07.93			Carol Jones
3	374	Huw RILEY	Cardiff Archers	5:10.48	PB		paul Hill
4	438	Thomas HALL	Cardiff Archers	5:12.90			
5	367	Rhys BLOW	Cardiff AAC	5:13.52			Sean Price
6	439	Ben MACEY	Barry & Vale Harriers	5:16.85	PB		
7	443	Henry SPENCER	Cardiff AAC	5:28.80			Liz Davies
8	183	Benjamin SULLIVAN	Swansea Harriers	5:45.64	PB		Andrew Jenkins

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WELSH ATHLETICS
ATHLETAU CYMRU

F08-U13B Long Jump

Saturday-16

Welsh Record - Daniel MURATHODZIC, Cardiff Archers, 5.02, NIAC, Cardiff, 2013

CBP - Kierran COOPER, 4.92, Wrexham AAC 2008

2015 Welsh Champion - Immanuel FEYI WABOSO 4.40 Cardiff Archers

Pos	Bib	Athlete	Club	Perf	Coach(es)
1	184	Ben VINCENT	Cardiff AAC	4.78	Helen James/ AJ Mohsin
2	168	James HARKIN	Cardiff Archers	4.62	Emma Lyons
3	299	Fraser KING	Cardiff Archers	4.55	Emma Lyons
4	182	Finley SAVAGE	Deeside AAC	4.37	Caroline Sayer
5	175	Evan JONES	Bridgend AC	4.22	Jeff Roberts
6	179	Sam PETHERBRIDGE	Swansea Harriers	4.22	Colin DAVies
7	169	Mason HEAL	Blaenau Gwent AC	4.14	Dean Turner
8	176	Luca LOGUE-FONSECA	Cardiff AAC	4.06	Helen James
9	177	Sean MCLOUGHLIN	Barry & Vale Harriers	3.96	
10	251	Jamie ZYGADLO	Pembrokeshire Harriers	3.61	Nigel Rowland
11	188	Lewis BROAD	Swansea Harriers	3.56	Andrew Jenkins
12	167	Morgan HALL	Cwmbran Harriers	3.52	Andy Williams
13	161	Ewan BAILEY	Bridgend AC	3.49	Jeff Roberts
14	186	Evan WILLIS	Swansea Harriers	3.29	Andrew Jenkins
15	165	Patrick DEVENEY-BILLINGE	Brecon AC	3.21	Charlie Northey
16	164	James CREWE	Cwmbran Harriers	3.04	
17	181	Kieran RODWAY	Rhymney Valley AC	3.03	Bleddyn Jones
18	183	Benjamin SULLIVAN	Swansea Harriers	2.82	Andrew Jenkins

F17-U13B High Jump

Sunday-17

Welsh Record - Jamie DALTON, Preseli Harriers, 1.55, Swansea, 1992

CBP - Miles KELLER-JENKINS, 1.48, Swansea Harriers 2010

2015 Welsh Champion - Joshua HASSELL 1.42 Cardiff Archers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	299	Fraser KING	Cardiff Archers	1.42	PB	Emma Lyons
2	179	Sam PETHERBRIDGE	Swansea Harriers	1.30		Colin DAVies
3	492	Matthew PARIS	Cardiff Archers	1.20		Phil Warwicker
4	165	Patrick DEVENEY-BILLINGE	Brecon AC	1.10		Charlie Northey
5	172	Ethan ISAAC	Cardiff Archers	1.00	PB	Phil Warwicker

F16-U13B Shot Put (3.25kg)

Sunday-17

Welsh Record - Mathew EVANS, Carmarthen Harriers, 13.26, Carmarthen, 2001

CBP - Mathew EVANS, 12.59, Carmarthen Harriers 2001

2015 Welsh Champion - George DUN 8.51 Swansea Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	561	Scott WILLIAMS	Swansea Harriers	6.51	PB	
2	558	Iefan LAWRY	Rhondda AC	5.06	PB	Glyn Pugh
3	549	Daniel COOPER	Swansea Harriers	5.01		
4	251	Jamie ZYGADLO	Pembrokeshire Harriers	6.98	PB	Nigel Rowland
5	492	Matthew PARIS	Cardiff Archers	6.75		Phil Warwicker
6	555	Oscar DUN	Swansea Harriers	8.18	PB	
7	560	Aron WILLIAMS	Swansea Harriers	10.07		

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WELSH ATHLETICS
ATHLETAU CYMRU

T50-U13G 60m Final

16 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 8.2(HT)/8.23(ET), Swansea , 2009/2010

CBP - Hannah BRIER, 8.23, Swansea Harriers 2010

2015 Welsh Champion - Sacha DIDCOTE 8.51 Colwyn Bay AC

Final					
Pos	Bib	Athlete	Club	Perf	Coach(es)
1	203	Chloe GRIFFITH	Menai T&F	8.47	Alwyn Roberts
2	211	Holly MEDINA	Cardiff AAC	8.54	Pete Lane
3	210	Maddy JONES	Cardiff AAC	8.60	Helen James
4	192	Emily COLLINS	Swansea Harriers	8.74	
5	196	Gabby DICKINSON	Cardiff Archers	8.85	Phil Warwicker
6	201	Maisy FOLEY	Pembrokeshire Harriers	8.91	Richard Thomas/ Nigel Rowlands
7	215	Victoria OWEN	Cardiff Archers	8.94	
8	194	Jodi DAVIES	Bridgend AC	8.97	Jeff Roberts

T25-U13G 60m Semi Final

16 January 2016

					Heat 1			
Pos	Bib	Athlete	Club	Perf	Qual		Coach(es)	
1	203	Chloe GRIFFITH	Menai T&F	8.55	Q	PB	Alwyn Roberts	
2	210	Maddy JONES	Cardiff AAC	8.75	Q	PB	Helen James	
3	201	Maisy FOLEY	Pembrokeshire Harriers	8.83	Q	PB	Richard Thomas/ Nigel Rowlands	
4	215	Victoria OWEN	Cardiff Archers	8.86	q	PB		
5	194	Jodi DAVIES	Bridgend AC	8.90	q	PB	Jeff Roberts	
6	221	Ella WINTLE	Pembrokeshire Harriers	9.10		PB		
7	198	Seren DOWELL	Cardiff Archers	9.14		PB	Phil Warwicker	
8	204	Lauren GUNNEY	Cardiff Archers	9.27		PB		

				Heat 2		
Pos	Bib	Athlete	Club	Perf		
1	211	Holly MEDINA	Cardiff AAC	8.63	Q	PB
2	192	Emily COLLINS	Swansea Harriers	8.69	Q	PB
3	196	Gabby DICKINSON	Cardiff Archers	8.77	Q	PB
4	208	Erika JARRETT	Newport Harriers	8.92		PB
5	220	Olivia SUGARMAN	Cardiff AAC	9.02		PB
6	207	Ellie-Rose ISAAC	Cardiff Archers	9.05		PB
7	212	Jessica MILLER	Swansea Harriers	9.16		PB
8	195	Eve DENMAN	Cardiff Archers	9.19		PB

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WELSH ATHLETICS
ATHLETAU CYMRU

T15-U13G 60m Heat

16 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 8.2(HT)/8.23(ET), Swansea , 2009/2010

CBP - Hannah BRIER, 8.23, Swansea Harriers 2010

2015 Welsh Champion - Sacha DIDCOTE 8.51 Colwyn Bay AC

Heat 1						
Pos	Bib	Athlete	Club	Perf	O/ALL Coach(es)	
1	192	Emily COLLINS	Swansea Harriers	8.67	Q	
2	196	Gabby DICKINSON	Cardiff Archers	8.84	Q	Phil Warwicker
3	207	Ellie-Rose ISAAC	Cardiff Archers	9.04	Q	Phil Warwicker
4	212	Jessica MILLER	Swansea Harriers	9.24	q	Andrew Jenkins
5	199	Naomi DUNNING	Cwmbran Harriers	9.35		Andy Williams
6	217	Jemima ROBINSON	Cardiff AAC	9.43		Gwyn Jones / Garry Jones
7	189	Libby ANDREWS	Cardiff AAC	9.59		Gwyn Jones / Garry Jones
Heat 2						
Pos	Bib	Athlete	Club	Perf		
1	211	Holly MEDINA	Cardiff AAC	8.75	Q	Pete Lane
2	194	Jodi DAVIES	Bridgend AC	8.96	Q	Jeff Roberts
3	220	Olivia SUGARMAN	Cardiff AAC	9.01	Q	Gwyn Jones / Garry Jones
4	195	Eve DENMAN	Cardiff Archers	9.27	q	
5	204	Lauren GUNNEY	Cardiff Archers	9.29	q	
6	214	Amy MULLEN	Llanelli AC	9.74		
7	190	Mollie BANNER	Rhondda AC	10.57		
Heat 3						
Pos	Bib	Athlete	Club	Perf		
1	215	Victoria OWEN	Cardiff Archers	8.89	Q	
2	208	Erika JARRETT	Newport Harriers	8.93	Q	Kevin Williams/Cliff Webb
3	201	Maisy FOLEY	Pembrokeshire Harriers	8.93	Q	Richard Thomas/ Nigel Rowlands
4	198	Seren DOWELL	Cardiff Archers	9.09	q	Phil Warwicker
5	213	Isabel MORGAN	Cardiff Archers	9.83		Rebecca Chapman
6	200	Georgina EDWARDS	Cardiff AAC	9.90		Huw Phillips
Heat 4						
Pos	Bib	Athlete	Club	Perf		
1	203	Chloe GRIFFITH	Menai T&F	8.56	Q	Alwyn Roberts
2	210	Maddy JONES	Cardiff AAC	8.81	Q	Helen James
3	221	Ella WINTLE	Pembrokeshire Harriers	9.08	Q	
4	209	Charlotte JONES	Cwmbran Harriers	9.33		
5	205	Jasmine HALE	Neath Harriers	9.63		
6	191	Charlotte COLLINS	Swansea Harriers	10.88		

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WELSH ATHLETICS
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T10-U13G 800m Time Trials

16 January 2016

Welsh Record - Lora ROBERTS, Bridgend AC, 2:24.99, NIAC, Cardiff, 2007

CBP - Lora ROBERTS, 2:24.99, Bridgend AC 2007

2015 Welsh Champion - Ella MORGAN 2:33.98 Aberdare VAAC

Heat 1					
Pos	Bib	Athlete	Club	Perf	Qual
1	379	Samia JONES	Menai T&F	2:34.53	1
2	376	Kiera GRIFFITHS	Aberdare VAAC	2:46.27	4
3	383	Moli WATTS	Cardiff Archers	2:49.52	7
4	302	Erin DAVIES	Newport Harriers	3:21.70	11
DQ	385	Lily WILLIAMS	Newport Harriers		
DNS	190	Mollie BANNER	Rhondda AC		

Coach(es)

Steve Livett

Sean Price

Darryn McAtee

Rhianna Taylor

Heat 2					
Pos	Bib	Athlete	Club	Perf	
1	384	Eden WILLIAMS	Cardiff Archers	2:35.55	2
2	377	Alanah HILL	Cardiff Archers	2:40.60	3
3	221	Ella WINTLE	Pembrokeshire Harriers	2:47.13	5
4	378	Lili JONES	Cardiff AAC	2:48.37	6
5	382	Sapphire SAMUEL	Newport Harriers	2:52.57	8
6	375	Elin GRIFFITHS	Newport Harriers	2:52.86	9
7	445	Katie GOULD	Cardiff AAC	3:17.38	10

Arwyn Davies

Paul Hill

Sean Price

Darryn McAtee

Darryn McAtee

Gwyn Jones / Garry Jones

Medallist

1	379	Samia JONES	Menai T&F	2:34.53
2	384	Eden WILLIAMS	Cardiff Archers	2:35.55
3	377	Alanah HILL	Cardiff Archers	2:40.60

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WELSH ATHLETICS
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T38-U13G 60m Hurdles (68.5cm) Final

16 January 2016

Welsh Record - Rachel DAVIES/Sarah OMOREGIE, Bridgend AC/Pembrokeshire Harriers, 9.94(ET)/9.8(H)

CBP - Emma MARTIN, 10.03, Cardiff Archers 2014

CBP

2015 Welsh Champion - Elina DINEEN 10.33 Cardiff Archers

Final					Coach(es)
Pos	Bib	Athlete	Club	Perf	
1	252	Carys POOLE	Swansea Harriers	10.00	Andrew Griffiths
2	207	Ellie-Rose ISAAC	Cardiff Archers	10.30	Phil Warwicker
3	253	Evie WONG	Cardiff AAC	10.70	Huw Phillips
4	192	Emily COLLINS	Swansea Harriers	10.80	
5	201	Maisy FOLEY	Pembrokeshire Harriers	11.00	Richard Thomas/ Nigel Rowlands
6	204	Lauren GUNNEY	Cardiff Archers	11.10	
7	213	Isabel MORGAN	Cardiff Archers	11.30	Rebecca Chapman
DQ	197	Elina DINEEN	Cardiff Archers		Phil Warwicker

T09-U13G 60m Hurdles (68.5cm) heats

16 January 2016

Heat 1					Coach(es)
Pos	Bib	Athlete	Club	Perf	Qual
1	197	Elina DINEEN	Cardiff Archers	9.86	Q
2	207	Ellie-Rose ISAAC	Cardiff Archers	10.23	Q
3	201	Maisy FOLEY	Pembrokeshire Harriers	10.95	Q
4	221	Ella WINTLE	Pembrokeshire Harriers	11.23	
5	214	Amy MULLEN	Llanelli AC	12.54	
6	205	Jasmine HALE	Neath Harriers	13.87	
Heat 2					Coach(es)
Pos	Bib	Athlete	Club	Perf	
1	252	Carys POOLE	Swansea Harriers	10.00	Q
2	192	Emily COLLINS	Swansea Harriers	10.42	Q
3	253	Evie WONG	Cardiff AAC	10.72	Q
4	204	Lauren GUNNEY	Cardiff Archers	11.02	q
5	213	Isabel MORGAN	Cardiff Archers	11.14	q
6	217	Jemima ROBINSON	Cardiff AAC	12.74	

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WELSH ATHLETICS
ATHLETAU CYMRU

T68-U13G 200m Multi Final

17 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 27.43, NIAC, Cardiff, 2010

CBP - Hannah BRIER, 27.43, Swansea Harriers 2010

2015 Welsh Champion - Sacha DIDCOTE 27.81 Colwyn Bay AC

Heat 1						
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	203	Chloe GRIFFITH	Menai T&F	27.93	PB	Alwyn Roberts
2	211	Holly MEDINA	Cardiff AAC	29.00		Pete Lane
3	303	Jennifer EMEZIE	Cardiff Archers	29.36		Phil Warwicker
4	252	Carys POOLE	Swansea Harriers	30.29		Andrew Griffiths
Heat 2						
Pos	Bib	Athlete	Club	Perf		
1	210	Maddy JONES	Cardiff AAC	29.00	PB	Helen James
2	215	Victoria OWEN	Cardiff Archers	29.58		
3	208	Erika JARRETT	Newport Harriers	30.18		Kevin Williams/Cliff Webb
Heat 3						
Pos	Bib	Athlete	Club	Perf		
1	307	Connie REYNOLDS-CUNLIFFE	Neath Harriers	29.74		
2	192	Emily COLLINS	Swansea Harriers	30.65		
3	194	Jodi DAVIES	Bridgend AC	30.93		Jeff Roberts

T54-U13G 200m Heats

17 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 27.43, NIAC, Cardiff, 2010

CBP - Hannah BRIER, 27.43, Swansea Harriers 2010

2015 Welsh Champion - Sacha DIDCOTE 27.81 Colwyn Bay AC

Heat 1						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	252	Carys POOLE	Swansea Harriers	29.19	Q PB	Andrew Griffiths
2	210	Maddy JONES	Cardiff AAC	29.49	q PB	Helen James
3	305	Rhiannon LEWIS	Blaenau Gwent AC	30.85	PB	Dean Turner
4	191	Charlotte COLLINS	Swansea Harriers	37.38	PB	
Heat 2						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	208	Erika JARRETT	Newport Harriers	29.86	Q PB	Kevin Williams/Cliff Webb
2	307	Connie REYNOLDS-CUNLIFFE	Neath Harriers	30.07	q PB	
3	309	Amy TUCKER	Llanelli AC	32.97	PB	
4	302	Erin DAVIES	Newport Harriers	37.83	PB	Darryn McAtee
Heat 3						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	215	Victoria OWEN	Cardiff Archers	29.66	Q PB	
2	198	Seren DOWELL	Cardiff Archers	29.88	q PB	Phil Warwicker
3	201	Maisy FOLEY	Pembrokeshire Harriers	30.61	q PB	Richard Thomas/ Nigel Rowlands
4	195	Eve DENMAN	Cardiff Archers	31.55	PB	
Heat 4						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	303	Jennifer EMEZIE	Cardiff Archers	29.09	Q PB	Phil Warwicker
2	194	Jodi DAVIES	Bridgend AC	30.39	q PB	Jeff Roberts
3	301	Libby DAVIDSON	Newport Harriers	34.79	PB	

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					Heat 5		Coach(es)
Pos	Bib	Athlete	Club	Perf	O/ALL		
1	211	Holly MEDINA	Cardiff AAC	29.08	Q	PB	Pete Lane
2	192	Emily COLLINS	Swansea Harriers	30.10	q	PB	
3	304	Freya GEMINE	Swansea Harriers	35.37		PB	
					Heat 6		Coach(es)
Pos	Bib	Athlete	Club	Perf	O/ALL		
1	203	Chloe GRIFFITH	Menai T&F	28.02	Q	PB	Alwyn Roberts
2	209	Charlotte JONES	Cwmbran Harriers	31.90		PB	
3	214	Amy MULLEN	Llanelli AC	32.14		PB	

T61-U13G 1500m Straight Final

17 January 2016

Welsh Record - Hywelis THOMAS-HOWELLS, Neath Harriers, 5:01.00, NIAC, Cardiff, 2007

CBP - Hywelis THOMAS-HOWELLS, 5:01.0, Neath Harriers, 2007

2015 Welsh Champion - Caitlin GWYTHYR 5:10.69 Swansea Harriers

Final					Coach(es)
Pos	Bib	Athlete	Club	Perf	
1	379	Samia JONES	Menai T&F	5:06.68	Steve Livett
2	377	Alanah HILL	Cardiff Archers	5:08.15	Paul Hill
3	384	Eden WILLIAMS	Cardiff Archers	5:13.18	Arwyn Davies
4	449	Molly REARDON	Neath Harriers	5:28.91	Steve Jones
5	381	Freya ROBERTS	Cardiff Archers	5:33.93	Paul Hill
6	447	Bethan MORGAN	Newport Harriers	5:34.41	Darryn McAtee
7	378	Lili JONES	Cardiff AAC	5:39.53	Sean Price
8	448	Elin MURPHY	Swansea Harriers	5:46.82	John Griffiths
9	444	Ffion BIRT	Rhymney Valley AC	5:47.24	
10	450	Tiffany REES	Swansea Harriers	5:49.29	
DNF	309	Amy TUCKER	Llanelli AC		
DNF	446	Lily HALL	Cardiff Archers		
DNF	451	Angel SAMUEL	Newport Harriers		Darryn McAtee

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WELSH ATHLETICS
ATHLETAU CYMRU

F01-U13G Shot Put (2.72kg)

Saturday-16

Welsh Record - Adele NICOLL, Oswestry Olympians, 11.39, Manchester, 2009

CBP - Adele NICOLL, 10.32, Oswestry Olympians 2009

2015 Welsh Champion - Jamie HOLLAND 9.05 Swansea Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	309	Amy TUCKER	Llanelli AC	7.70	PB	
2	539	Neve BOWEN	Swansea Harriers	7.47	PB	Andrew Jenkins
3	198	Seren DOWELL	Cardiff Archers	6.20		Phil Warwicker
4	204	Lauren GUNNEY	Cardiff Archers	6.02		
4	199	Naomi DUNNING	Cwmbran Harriers	5.42	PB	Andy Williams
6	205	Jasmine HALE	Neath Harriers	5.04		
7	200	Georgina EDWARDS	Cardiff AAC	4.86		Huw Phillips
8	562	Lily AUSTIN	Cardiff Archers	4.74		Phil Warwicker
9	209	Charlotte JONES	Cwmbran Harriers	4.30	PB	
10	191	Charlotte COLLINS	Swansea Harriers	3.55	PB	

F18-U13G High Jump

Sunday-17

Welsh Record - Marnie MUSGRAVE, Swansea Harriers, 1.56, NIAC, Cardiff, 2015

CBP - Marnie MUSGRAVE, 1.56, Swansea Harriers 2015

2015 Welsh Champion - Marnie MUSGRAVE 1.56 Swansea Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	211	Holly MEDINA	Cardiff AAC	1.41	PB	Pete Lane
2	303	Jennifer EMEZIE	Cardiff Archers	1.30		Phil Warwicker
3	493	Millie CARTER	Swansea Harriers	1.15	PB	
4	306	Iola PARRY	Swansea Harriers	0.95	PB	Andrew Jenkins
5	445	Katie GOULD	Cardiff AAC	0.95	PB	Gwyn Jones / Garry Jones

F19-U13G Long Jump

Sunday-17

Welsh Record - Gabrielle FAKANDE, Cwmbran Harriers, 4.96, NIAC, Cardiff, 2013

CBP - Chloe HUGHES, 4.61, Deeside AAC 2011

2015 Welsh Champion - Carys HILL 4.11 Swansea Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	197	Elina DINEEN	Cardiff Archers	4.53		Phil Warwicker
2	252	Carys POOLE	Swansea Harriers	4.16	PB	Andrew Griffiths
3	207	Ellie-Rose ISAAC	Cardiff Archers	4.09	PB	Phil Warwicker
4	220	Olivia SUGARMAN	Cardiff AAC	4.06	PB	Gwyn Jones / Garry Jones
5	307	Connie REYNOLDS-CUNLIFFE	Neath Harriers	4.02		
6	196	Gabby DICKINSON	Cardiff Archers	3.87		Phil Warwicker
7	192	Emily COLLINS	Swansea Harriers	3.86		
8	203	Chloe GRIFFITH	Menai T&F	3.77		Alwyn Roberts
9	540	Ellie MILES	Cardiff Archers	3.71	PB	Emma Lyons
10	189	Libby ANDREWS	Cardiff AAC	3.60	PB	Gwyn Jones / Garry Jones
11	213	Isabel MORGAN	Cardiff Archers	3.41		Rebecca Chapman
12	214	Amy MULLEN	Llanelli AC	3.29		
13	493	Millie CARTER	Swansea Harriers	3.28		
14	539	Neve BOWEN	Swansea Harriers	3.25		Andrew Jenkins
15	304	Freya GEMINE	Swansea Harriers	2.87		
16	202	Lily GREGSON	Cardiff AAC	2.86	PB	
17	191	Charlotte COLLINS	Swansea Harriers	2.65	PB	
18	302	Erin DAVIES	Newport Harriers	2.51		Darryn McAtee
19	306	Iola PARRY	Swansea Harriers	2.29		Andrew Jenkins

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T44-U15B 60m Final

Sat 16 Jan 2016

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

CBP - Andrew WATKINS, 7.20, Pontypridd AC 2002

2015 Welsh Champion - Ellis JOHN 7.33 Cardiff Archers

Pos	Bib	Athlete	Club	Final Perf	Coach(es)
1	102	Carrick MCDONOUGH	Blaenau Gwent AC	7.66	
2	110	Harvey REYNOLDS	Newport Harriers	7.73	Kevin Williams
3	107	Zach PRICE	Menai T&F	7.73	Barry Edwards
4	108	Joe PRITCHARD	Pembrokeshire Harriers	7.73	Richard Thomas
5	92	Cameron CIABURRI	Swansea Harriers	7.75	Andrew Jenkins
6	113	Carter STAPLES	Cardiff AAC	7.91	
7	93	Joseph COOPE-FRANKLIN	Cardiff AAC	7.95	Helen James
8	95	Euan DYKES	Brecon AC	8.09	

T19-U15B 60m Heat

Sat 16 Jan 2016

				Heat 1		Coach(es)
Pos	Bib	Athlete	Club	Perf	Qual	
1	92	Cameron CIABURRI	Swansea Harriers	7.80	Q	Andrew Jenkins
2	108	Joe PRITCHARD	Pembrokeshire Harriers	7.83	Q	Richard Thomas
3	93	Joseph COOPE-FRANKLIN	Cardiff AAC	7.94	q	Helen James
4	571	Steffan JONES	Aberdare VAAC	7.96		Judith Gooding
5	97	Ben HILLMAN	Cardiff AAC	8.48		Helen James
6	99	Iwan Pyrs JONES	Cardiff AAC	9.02		Gary Jones
7	114	Dewi WILLIAMS	Swansea Harriers	9.38		Colin Davies
8	95	Euan DYKES	Brecon AC	8.09		
				Heat 2		Coach(es)
Pos	Bib	Athlete	Club	Perf	Qual	
1	107	Zach PRICE	Menai T&F	7.71	Q	Barry Edwards
2	110	Harvey REYNOLDS	Newport Harriers	7.79	Q	Kevin Williams
3	113	Carter STAPLES	Cardiff AAC	7.89	q	
4	94	Scott DOWELL	Cardiff Archers	8.29		Phil Warwicker
5	106	Ben PETHERBRIDGE	Swansea Harriers	8.38		Colin Davies
6	101	William LLOYD	Pembrokeshire Harriers	8.44		Nigel Rowland
7	104	Harry OWEN	Cardiff AAC	8.60		Pete Lane
8	96	Jonathan GIBSON	Cardiff AAC	8.69		A J Moshin.
				Heat 3		Coach(es)
Pos	Bib	Athlete	Club	Perf	Qual	
1	102	Carrick MCDONOUGH	Blaenau Gwent AC	7.88	Q	
2	95	Euan DYKES	Brecon AC	8.06	Q	
3	105	Thomas PAYNE	Swansea Harriers	8.21		
4	573	Ben HENSON	Cardiff Archers	8.65		
5	98	Matt HUMPHREYS	Rhondda AC	8.72		Sean Price
6	112	Toby ROBINSON	Newport Harriers	8.84		Sarah Priest
7	111	Joseph RICHARDS	Swansea Harriers	8.85		Andrew Jenkins
8	103	Patrick O'NEILL	Bridgend AC	8.94		Jeff Roberts

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WELSH ATHLETICS
ATHLETAU CYMRU

T32-U15B 60m Hurdles (84.0cm) Straight Final

Sat 16 Jan 2016

Welsh Record - Harry HILLMAN, Cardiff AAC, 8.58, Glasgow, 2012

CBP - Harry HILLMAN, 8.58, Cardiff AAC 2013

2015 Welsh Champion - Thomas BRITT 9.35 Cardiff AAC

Pos	Bib	Athlete	Club	Final Perf	Coach(es)
1	237	Tyler COOK	Swansea Harriers	9.07	
2	101	William LLOYD	Pembrokeshire Harriers	9.73	Nigel Rowland
3	239	Rhidian JENKINS	Swansea Harriers	10.52	
4	240	Evan PENNY	Blaenau Gwent AC	11.40	Chris Davies
5	99	Iwan Pyrs JONES	Cardiff AAC	11.83	Gary Jones
6	112	Toby ROBINSON	Newport Harriers	11.95	Sarah Priest
7	238	Ben DAVIES	Newport Harriers	12.48	Darryn McAtee

T71-U15B 200m Multi Final

17 January 2016

Welsh Record - Andrew WATKINS, Pontypridd AC, 22.57, NIA, Birmingham, 2002

CBP - Andrew WATKINS, 23.30, Pontypridd AC 2002

2015 Welsh Champion - Ellis JOHN 23.86 Cardiff Archers

Pos	Bib	Athlete	Club	Heat 1 Perf	Qual	Coach(es)
1	102	Carrick MCDONOUGH	Blaenau Gwent AC	24.75	PB	
2	110	Harvey REYNOLDS	Newport Harriers	25.11	PB	Kevin Williams
3	113	Carter STAPLES	Cardiff AAC	25.26		
4	93	Joseph COOPE-FRANKLIN	Cardiff AAC	25.89		Helen James
Heat 2						
Pos	Bib	Athlete	Club	Perf		
1	571	Steffan JONES	Aberdare VAAC	25.67	PB	Judith Gooding
2	95	Euan DYKES	Brecon AC	26.25		
3	286	George DUN	Swansea Harriers	27.98		
DNS	107	Zach PRICE	Menai T&F			Barry Edwards
Heat 3						
Pos	Bib	Athlete	Club	Perf		
1	94	Scott DOWELL	Cardiff Archers	26.91	PB	Phil Warwicker
2	106	Ben PETHERBRIDGE	Swansea Harriers	27.10		Colin Davies
3	285	Connor CALLAGHAN	Rhymney Valley AC	27.51		Ruth powell
4	97	Ben HILLMAN	Cardiff AAC	27.71	PB	Helen James

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WELSH ATHLETICS
ATHLETAU CYMRU

T57-U15B 200m Heats

17 January 2016

Welsh Record - Andrew WATKINS, Pontypridd AC, 22.57, NIA, Birmingham, 2002

CBP - Andrew WATKINS, 23.30, Pontypridd AC 2002

2015 Welsh Champion - Ellis JOHN 23.86 Cardiff Archers

Heat 1						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	107	Zach PRICE	Menai T&F	25.82	Q PB	Barry Edwards
2	94	Scott DOWELL	Cardiff Archers	26.86	q PB	Phil Warwicker
3	103	Patrick O'NEILL	Bridgend AC	28.92	PB	Jeff Roberts
DNS	101	William LLOYD	Pembrokeshire Harriers			Nigel Rowland
Heat 2						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	110	Harvey REYNOLDS	Newport Harriers	25.27	Q PB	Kevin Williams
2	95	Euan DYKES	Brecon AC	25.96	q PB	
3	99	Iwan Pyrs JONES	Cardiff AAC	30.10	PB	Gary Jones
4	238	Ben DAVIES	Newport Harriers	31.59	PB	Darryn McAtee
Heat 3						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	113	Carter STAPLES	Cardiff AAC	25.27	Q PB	
2	285	Connor CALLAGHAN	Rhymney Valley AC	27.43	q PB	Ruth powell
3	288	George POWELL	Rhymney Valley AC	28.91	PB	Rob Saddler
4	114	Dewi WILLIAMS	Swansea Harriers	32.10	PB	Colin Davies
Heat 4						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	93	Joseph COOPE-FRANKLIN	Cardiff AAC	25.46	Q PB	Helen James
2	286	George DUN	Swansea Harriers	26.42	q PB	
3	97	Ben HILLMAN	Cardiff AAC	27.09	q PB	Helen James
4	573	Ben HENSON	Cardiff Archers	27.45	PB	
Heat 5						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	102	Carrick MCDONOUGH	Blaenau Gwent AC	25.01	Q PB	
2	571	Steffan JONES	Aberdare VAAC	26.10	q PB	Judith Gooding
3	106	Ben PETHERBRIDGE	Swansea Harriers	27.19	q PB	Colin Davies
4	104	Harry OWEN	Cardiff AAC	28.32	PB	Pete Lane

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WELSH ATHLETICS
ATHLETAU CYMRU

T76-U15B 1500m Final

17 January 2016

Welsh Record - Elliott HARDEE, Newport Harriers, 4:15.61, NIAC, Cardiff, 2008

CBP - Jake HEYWARD, 4:16.92, Cardiff AAC 2013

2015 Welsh Champion - Liam GRIFFITHS 4:35.49 Aberdare VAAC

Final					
Pos	Bib	Athlete	Club	Perf	Coach(es)
1	408	James PENROSE	Cardiff Archers	4:26.68	Paul Hill
2	412	Connor RICHARDS	Newport Harriers	4:30.42	Darryn McAtee
3	411	Benjamin REYNOLDS	Cardiff AAC	4:31.40	Arwyn Davies
4	404	Liam GRIFFITHS	Aberdare VAAC	4:33.49	Sean Price
5	406	James JONES	Deeside AAC	4:39.10	John Messum
6	410	Joseph REARDON	Neath Harriers	4:40.43	Steve Jones
7	98	Matt HUMPHREYS	Rhondda AC	4:40.59	Sean Price
8	417	Louis SPENCER	Cardiff AAC	4:47.42	Liz Davies
9	401	Devin COOMBES	Bridgend AC	5:00.81	Hiram Mullan
DNS	407	Michael OWEN	Blaenau Gwent AC		Nicola Haines

T52-U15B 1500m Heats

17 January 2016

Heat 1					
Pos	Bib	Athlete	Club	Perf	Qual
1	412	Connor RICHARDS	Newport Harriers	4:43.85	Q
2	98	Matt HUMPHREYS	Rhondda AC	4:43.86	Q
3	404	Liam GRIFFITHS	Aberdare VAAC	4:43.98	Q
4	410	Joseph REARDON	Neath Harriers	4:44.32	q
5	417	Louis SPENCER	Cardiff AAC	4:47.41	q
6	407	Michael OWEN	Blaenau Gwent AC	4:59.77	q
7	415	Lloyd SHEPPARD	Rhymney Valley AC	5:07.36	
8	409	Owain POWELL-JONES	Brecon AC	5:22.85	
Heat 2					
Pos	Bib	Athlete	Club	Perf	
1	408	James PENROSE	Cardiff Archers	4:35.98	Q
2	411	Benjamin REYNOLDS	Cardiff AAC	4:39.37	Q
3	406	James JONES	Deeside AAC	4:44.90	Q
4	401	Devin COOMBES	Bridgend AC	4:59.15	q
5	414	Jake SEVILLE	Newport Harriers	5:06.33	
6	416	Ben SMITH	Cardiff AAC	5:09.56	
7	403	Iestyn EDWARDS	Cardiff AAC	5:22.96	

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WELSH ATHLETICS
ATHLETAU CYMRU

F03-U15B Pole Vault

Saturday-16

Welsh Record - Stephen GUEST, Bridgend AC, 3.60, NIA, Birmingham, 2008

CBP - Stephen GUEST, 3.25, Bridgend AC 2008

2015 Welsh Champion - Ieuan HOSGOOD 2.85 Swansea Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	514	Mark MELLOR	Cardiff Archers	3.20	PB	Emma Lyons / Ed Thompson
2	100	Steffan JONES	Swansea Harriers	2.50	PB	Judith Gooding
3	520	William TROTT	Swansea Harriers	2.20	PB	Jane Hosgood
4	516	Iwan SLADE	Swansea Harriers	2.20	PB	
4	515	Lewis SAUNDERS	Cardiff Archers	1.95		Lewis Preece
6	483	Edward KING	Cardiff Archers	1.80	PB	Emma Lyons

F24-U15B High Jump

Sunday-17

Welsh Record - Chuka ENIH-SNELL, Swansea Harriers, 1.91, NIA, Birmingham, 1998

CBP - Thomas TROTMAN, 1.86, Cardiff AAC 2012

2015 Welsh Champion - Iwan BEGGS 1.59 Swansea Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	481	Luca CONTINO	Cardiff AAC	1.68	PB	Gwyn Jones / Garry Jones
2	285	Connor CALLAGHAN	Rhymney Valley AC	1.60		Ruth powell
3	101	Wiliam LLOYD	Pembrokeshire Harriers	1.60	PB	Nigel Rowland
4	96	Jonathan GIBSON	Cardiff AAC	1.55	=PB	A J Moshin.
5	484	Nathan LAKE	Swansea Harriers	1.45		
6	483	Edward KING	Cardiff Archers	1.40	PB	Emma Lyons
7	485	Adam MOHSIN	Cardiff AAC	1.40		Sharon Heveran
8	238	Ben DAVIES	Newport Harriers	1.35	=PB	Darryn McAtee
9	239	Rhidian JENKINS	Swansea Harriers	1.35		
10	409	Owain POWELL-JONES	Brecon AC	1.35	=PB	Charlie Northey

F30-U15B Long Jump

Sunday-17

Welsh Record - Lloyd ROBBINS, Deeside AAC, 6.16, NIA, Birmingham, 2010

CBP - Jamie JONES, 5.86, Barry & Vale Harriers 2004

2015 Welsh Champion - Thomas BRITT 5.40 Cardiff AAC

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	96	Jonathan GIBSON	Cardiff AAC	5.04	PB	A J Moshin.
2	105	Thomas PAYNE	Swansea Harriers	4.99		
3	285	Connor CALLAGHAN	Rhymney Valley AC	4.77		Ruth powell
4	286	George DUN	Swansea Harriers	4.65		
5	106	Ben PETHERBRIDGE	Swansea Harriers	4.64		Colin Davies
6	484	Nathan LAKE	Swansea Harriers	4.62	PB	
7	104	Harry OWEN	Cardiff AAC	4.51		Pete Lane
8	239	Rhidian JENKINS	Swansea Harriers	4.45	PB	
9	483	Edward KING	Cardiff Archers	4.31	PB	Emma Lyons
10	532	Dewi PARIS	Cardiff Archers	4.29		Jeff Harwood
11	97	Ben HILLMAN	Cardiff AAC	4.15		Helen James
12	238	Ben DAVIES	Newport Harriers	4.11		Darryn McAtee
13	103	Patrick O'NEILL	Bridgend AC	4.04		Jeff Roberts
14	409	Owain POWELL-JONES	Brecon AC	3.83		Charlie Northey

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WELSH ATHLETICS
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T48-U15G 60m Final

16 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 7.74, NIA, Birmingham, 2012

CBP - Hannah BRIER, 7.77, Swansea Harriers 2012

2015 Welsh Champion - Moli JONES 7.99 Colwyn Bay AC

Final					
Pos	Bib	Athlete	Club	Perf	Coach(es)
1	157	Issie TUSTIN	Cardiff AAC	8.14	Jeff Harwood
2	124	Sacha DIDCOTE	Colwyn Bay	8.23	phil jones
3	156	Jennifer TOWNLEY	Colwyn Bay	8.23	Phil Jones
4	123	Isabel DAVIES	Newport Harriers	8.27	Kevin Williams
5	572	Michaela POTTINGER	Herne Hill Harriers	8.35	
6	147	Tegan RAWSTHORNE	Deeside AAC	8.38	
7	131	Caitlin HIER	Swansea Harriers	8.42	neil merry
8	126	Holli EVANS	Swansea Harriers	8.46	Neil Merry

T23-U15G 60m Semi Final

16 January 2016

					Heat 1	
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	157	Issie TUSTIN	Cardiff AAC	8.07	Q	Jeff Harwood
2	124	Sacha DIDCOTE	Colwyn Bay	8.26	Q	phil jones
3	572	Michaela POTTINGER	Herne Hill Harriers	8.45		
4	134	Emmanuella KONE	Cardiff AAC	8.64		Helen James
5	159	Anya WILLIAMS	Menai T&F	8.65		Alwyn Roberts
6	133	Ella HUBBARDE	Bridgend AC	8.96		Geoff Roberts
DNS	136	Caitlin LEGGETT	Cardiff AAC			Gwyn Jones / Garry Jones
DNS	150	Eos ROBERTS	Cardiff Archers			Phil Warwicker

					Heat 2	
Pos	Bib	Athlete	Club	Perf		
1	131	Caitlin HIER	Swansea Harriers	8.38	Q	neil merry
2	147	Tegan RAWSTHORNE	Deeside AAC	8.41	Q	
3	126	Holli EVANS	Swansea Harriers	8.42	q	Neil Merry
4	148	Sophie REES-BYARD	Newport Harriers	8.49		Sarah Priest
5	138	Caitlyn MAPPS	Cardiff Archers	8.74		Phil Warwicker
6	151	Anais ROWLANDS	Cardiff AAC	8.77		Gwyn Jones / Garry Jones
7	139	Saffron MAURICE	Cardiff AAC	8.85		Gwyn Jones / Garry Jones
8	155	Lauren THOMAS	Neath Harriers	9.06		Tony John

Heat 3					
Pos	Bib	Athlete	Club	Perf	
1	123	Isabel DAVIES	Newport Harriers	8.28	Q
2	156	Jennifer TOWNLEY	Colwyn Bay	8.29	Q
3	142	Danai MUGABE	Swansea Harriers	8.45	q
4	121	Emilie DAVIES	Blaenau Gwent AC	8.53	
5	117	Paige BALLINGTON	Brecon AC	8.76	
6	129	Lily GASKIN	Cardiff AAC	8.77	
7	125	Hannah DIXON	Bridgend AC	8.82	
8	143	Isobel OWEN	Cardiff AAC	8.89	

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T13-U15G 60m Heat

16 January 2016

Heat 1

Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	131	Caitlin HIER	Swansea Harriers	8.39	Q	neil merry
2	121	Emilie DAVIES	Blaenau Gwent AC	8.59	Q	Steve Boyles
3	117	Paige BALLINGTON	Brecon AC	8.68	Q	
4	151	Anais ROWLANDS	Cardiff AAC	8.81	Q	Gwyn Jones / Garry Jones
5	136	Caitlin LEGGETT	Cardiff AAC	8.97	q	
6	154	Grace THOMAS	Swansea Harriers	9.00		
7	120	India COLLINSON	Swansea Harriers	9.06		
8	128	Tiana EVANS	Swansea Harriers	9.51		

Heat 2

Pos	Bib	Athlete	Club	Perf		
1	147	Tegan RAWSTHORNE	Deeside AAC	8.24	Q	
2	148	Sophie REES-BYARD	Newport Harriers	8.42	Q	Sarah Priest
3	126	Holli EVANS	Swansea Harriers	8.48	Q	Neil Merry
4	129	Lily GASKIN	Cardiff AAC	8.67	Q	Liz Davies
5	125	Hannah DIXON	Bridgend AC	8.84	q	
6	144	Leah OWEN	Neath Harriers	9.06		
7	127	Lowri EVANS	Cardiff AAC	9.72		
DNS	135	Gracie LAWRENCE	Pembrokeshire Harriers			

Heat 3

Pos	Bib	Athlete	Club	Perf		
1	123	Isabel DAVIES	Newport Harriers	8.32	Q	Kevin Williams
2	142	Danai MUGABE	Swansea Harriers	8.47	Q	Andrew Jenkins
3	138	Caitlyn MAPPS	Cardiff Archers	8.64	Q	Phil Warwicker
4	133	Ella HUBBARDE	Bridgend AC	8.81	Q	Geoff Roberts
5	143	Isobel OWEN	Cardiff AAC	8.86	q	
6	155	Lauren THOMAS	Neath Harriers	8.96	q	
7	152	Rhianna SATTERLY	Cardiff AAC	9.29		
8	140	Erin MCLOUGHLIN	Barry & Vale Harriers	9.54		

Heat 4

Pos	Bib	Athlete	Club	Perf		
1	156	Jennifer TOWNLEY	Colwyn Bay	8.34	Q	Phil Jones
2	572	Michaela POTTINGER	Herne Hill Harriers	8.41	Q	
3	159	Anya WILLIAMS	Menai T&F	8.63	Q	Alwyn Roberts
4	150	Eos ROBERTS	Cardiff Archers	8.85	Q	Phil Warwicker
5	130	Charlotte HIBLER	Cardiff Archers	8.99		
6	149	Sophie RICHARDS	Blaenau Gwent AC	9.41		
7	132	Jamie HOLLAND	Swansea Harriers	9.44		

Heat 5

Pos	Bib	Athlete	Club	Perf		
2	124	Sacha DIDCOTE	Colwyn Bay	8.09	Q	phil jones
3	134	Emmanuella KONE	Cardiff AAC	8.57	Q	Helen James
4	139	Saffron MAURICE	Cardiff AAC	8.85	Q	Gwyn Jones / Garry Jones
5	158	Lucy WARNER	Cardiff AAC	9.03		
6	145	Medi PHILLIPS	Neath Harriers	9.08		
7	137	Grace LEGGETT	Cardiff AAC	9.53		

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WELSH ATHLETICS
ATHLETAU CYMRU

T35-U15G 60m Hurdles (76.2cm) Final

16 January 2016

Welsh Record - Heather JONES, Carmarthen Harriers, 8.79, NIA, Birmingham, 2001

CBP - Heather JONES, 9.07, Carmarthen Harriers 2001

2015 Welsh Champion - Isabel BREEDEN 9.33 Cardiff AAC

Final					
Pos	Bib	Athlete	Club	Perf	Coach(es)
1	141	Grace MORGAN	Cardiff Archers	9.45	Nigel Lewis
2	121	Emilie DAVIES	Blaenau Gwent AC	9.53	Steve Boyles
3	246	Emma MARTIN	Cardiff Archers	9.84	Francis Baker
4	135	Gracie LAWRENCE	Pembrokeshire Harriers	9.86	Richard Thomas
5	241	Brooke ANNANDALE	Cardiff AAC	10.03	
6	138	Caitlyn MAPPS	Cardiff Archers	10.14	
7	139	Saffron MAURICE	Cardiff AAC	10.42	

T05-U15G 60m Hurdles (76.2cm) Heat

16 January 2016

Heat 1					
Pos	Bib	Athlete	Club	Perf	Qual
1	141	Grace MORGAN	Cardiff Archers	9.45	Q
2	121	Emilie DAVIES	Blaenau Gwent AC	9.53	Q
3	246	Emma MARTIN	Cardiff Archers	9.84	q
4	135	Gracie LAWRENCE	Pembrokeshire Harriers	9.86	q
5	241	Brooke ANNANDALE	Cardiff AAC	10.03	
6	138	Caitlyn MAPPS	Cardiff Archers	10.14	
7	139	Saffron MAURICE	Cardiff AAC	10.42	
Heat 2					
Pos	Bib	Athlete	Club	Perf	
1	135	Gracie LAWRENCE	Pembrokeshire Harriers	9.83	Q
2	246	Emma MARTIN	Cardiff Archers	9.84	Q
3	248	Medi MONTAGUE	Menai T&F	10.22	
4	243	Leah GRIFFITHS	Cardiff AAC	10.38	
5	242	Alaw EVANS	Cardiff Archers	10.49	
6	140	Erin MCLOUGHLIN	Barry & Vale Harriers	11.27	
Heat 3					
Pos	Bib	Athlete	Club	Perf	
1	141	Grace MORGAN	Cardiff Archers	9.56	Q
2	138	Caitlyn MAPPS	Cardiff Archers	10.13	Q
3	244	Lily IVIN	Cardiff Archers	10.46	
4	250	Lily WHEELER-SEXTON	Cardiff AAC	11.06	
5	245	Madeleine JACKSON	Deeside AAC	11.24	

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WELSH ATHLETICS
ATHLETAU CYMRU

T67-U15G 200m Multi Final

17 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 24.85, NIA, Birmingham, 2012

CBP - Hannah BRIER, 25.42, Swansea Harriers 2012

2015 Welsh Champion - Gabrielle FAKANDE 25.90 Cwmbran Harriers

Heat 1						
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	157	Issie TUSTIN	Cardiff AAC	26.81	PB	Jeff Harwood
2	147	Tegan RAWSTHORNE	Deeside AAC	27.11	PB	
3	123	Isabel DAVIES	Newport Harriers	27.21	PB	Kevin Williams
4	294	Macey MORRIS	Newport Harriers	27.89		Stuart Pearce
Heat 2						
Pos	Bib	Athlete	Club	Perf		
1	156	Jennifer TOWNLEY	Colwyn Bay	27.34	PB	Phil Jones
2	124	Sacha DIDCOTE	Colwyn Bay	27.42	PB	phil jones
3	242	Alaw EVANS	Cardiff Archers	28.09	PB	Francis Baker
4	148	Sophie REES-BYARD	Newport Harriers	28.23	PB	Sarah Priest
Heat 3						
Pos	Bib	Athlete	Club	Perf		
1	572	Michaela POTTINGER	Herne Hill Harriers	28.08		
2	126	Holli EVANS	Swansea Harriers	28.36		Neil Merry
3	142	Danai MUGABE	Swansea Harriers	28.99		Andrew Jenkins
DQ	131	Caitlin HIER	Swansea Harriers			neil merry
Heat 4						
Pos	Bib	Athlete	Club	Perf		
1	159	Anyia WILLIAMS	Menai T&F	28.82		Alwyn Roberts
2	129	Lily GASKIN	Cardiff AAC	28.86		Liz Davies
3	134	Emmanuella KONE	Cardiff AAC	29.40		Helen James
DNS	139	Saffron MAURICE	Cardiff AAC			Gwyn Jones / Garry Jones

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WELSH ATHLETICS
ATHLETAU CYMRU

T53-U15G 200m Heats

17 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 24.85, NIA, Birmingham, 2012

CBP - Hannah BRIER, 25.42, Swansea Harriers 2012

2015 Welsh Champion - Gabrielle FAKANDE 25.90 Cwmbran Harriers

Heat 1						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	294	Macey MORRIS	Newport Harriers	27.40	Q PB	Stuart Pearce
2	244	Lily IVIN	Cardiff Archers	29.44	PB	Francis Baker
3	144	Leah OWEN	Neath Harriers	31.00		Tony John
4	250	Lily WHEELER-SEXTON	Cardiff AAC	31.31	PB	Gwyn Jones / Garry Jones
Heat 2						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	131	Caitlin HIER	Swansea Harriers	28.04	Q	neil merry
2	142	Danai MUGABE	Swansea Harriers	28.74	q	Andrew Jenkins
3	290	Charlotte COPELAND	Cardiff Archers	31.52	PB	Emma Lyons
4	140	Erin MCLOUGHLIN	Barry & Vale Harriers	31.92		
Heat 3						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	156	Jennifer TOWNLEY	Colwyn Bay	27.58	Q	Phil Jones
2	151	Anais ROWLANDS	Cardiff AAC	29.95		Gwyn Jones / Garry Jones
3	152	Rhianna SATTERLY	Cardiff AAC	30.11		Gary Jones
4	127	Lowri EVANS	Cardiff AAC	32.76		Gwyn Jones / Garry Jones
Heat 4						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	124	Sacha DIDCOTE	Colwyn Bay	27.61	Q	phil jones
2	129	Lily GASKIN	Cardiff AAC	29.07	q	Liz Davies
3	145	Medi PHILLIPS	Neath Harriers	30.74		Tony John
4	295	Courtney PREECE	Blaenau Gwent AC	31.96	PB	Dean Turner
Heat 5						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	123	Isabel DAVIES	Newport Harriers	27.31	Q	Kevin Williams
2	159	Anya WILLIAMS	Menai T&F	29.01	q	Alwyn Roberts
3	133	Ella HUBBARDE	Bridgend AC	29.44	PB	Geoff Roberts
4	155	Lauren THOMAS	Neath Harriers	29.51		Tony John
Heat 6						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	148	Sophie REES-BYARD	Newport Harriers	27.90	Q	Sarah Priest
2	126	Holli EVANS	Swansea Harriers	28.35	q	Neil Merry
3	134	Emmanuella KONE	Cardiff AAC	28.80	q	Helen James
Heat 7						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	147	Tegan RAWSTHORNE	Deeside AAC	26.97	Q PB	
2	572	Michaela POTTINGER	Herne Hill Harriers	28.66	q	
3	139	Saffron MAURICE	Cardiff AAC	29.05	q	Gwyn Jones / Garry Jones
4	293	Elinor KENWARD	Newport Harriers	29.20	PB	Sarah Priest
Heat 8						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	157	Issie TUSTIN	Cardiff AAC	26.77	Q	Jeff Harwood
2	242	Alaw EVANS	Cardiff Archers	27.75	q PB	Francis Baker
3	117	Paige BALLINGTON	Brecon AC	29.24		

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WELSH ATHLETICS
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T75-U15G 1500m Final

17 January 2016

Welsh Record - Jade WILLIAMS, Amman Valley, 4:45.80, NIAC, Cardiff, 2007

CBP - Jade WILLIAMS, 4:45.8, Amman Valley, 2007

2015 Welsh Champion - Abi FISHER 4:53.30 Cardiff AAC

Final					
Pos	Bib	Athlete	Club	Perf	Coach(es)
1	420	Nia CLATWORTHY	Bridgend AC	4:56.35	Arwyn Davies
2	437	Olivia WISEMAN	City of Portsmouth AC	4:58.46	Vince Stamp
3	425	Mollie JONES	Swansea Harriers	5:02.74	Kevin Tobin
4	422	Caitlin GWYOTHER	Swansea Harriers	5:06.56	John Griffiths
5	436	Sofia VELLA	Cardiff AAC	5:10.22	Phil Banning
6	431	Nia RILEY	Cardiff Archers	5:10.95	Paul Hill
7	418	Darcie BASS	Swansea Harriers	5:16.31	John Griffiths
8	430	Catrin PHILLIPS	Newport Harriers	5:18.08	Darryn McAtee
9	428	Ella MORGAN	Aberdare VAAC	5:21.36	Sean Price
10	426	Anyia LENNON	Cardiff Archers	5:29.34	Arwyn Davies

T51-U15G 1500m Heats

17 January 2016

Heat 1					
Pos	Bib	Athlete	Club	Perf	Qual
1	431	Nia RILEY	Cardiff Archers	5:16.14	Q
2	425	Mollie JONES	Swansea Harriers	5:16.31	Q
3	422	Caitlin GWYOTHER	Swansea Harriers	5:16.36	Q
4	430	Catrin PHILLIPS	Newport Harriers	5:16.58	q
5	432	Ellie ROBINSON	Newport Harriers	5:17.77	
6	427	Emily-Jae MASON	Cwmbran Harriers	5:26.12	
7	421	Alice EVANS	Pembrokeshire Harriers	5:30.24	
8	424	Megan JONES	Cardiff Archers	5:33.03	
Heat 2					
Pos	Bib	Athlete	Club	Perf	Qual
1	437	Olivia WISEMAN	City of Portsmouth AC	5:07.14	Q
2	420	Nia CLATWORTHY	Bridgend AC	5:08.79	Q
3	436	Sofia VELLA	Cardiff AAC	5:10.00	Q
4	418	Darcie BASS	Swansea Harriers	5:12.04	q
5	428	Ella MORGAN	Aberdare VAAC	5:15.73	q
6	426	Anyia LENNON	Cardiff Archers	5:16.78	q
7	419	Isabel CLARK	Blaenau Gwent AC	5:27.34	
DNS	423	Jemima JENKINS	Newport Harriers		

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WELSH ATHLETICS
ATHLETAU CYMRU

F02-U15G Long Jump

Saturday-16

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

CBP - Emily WRIGHT, 5.30, Yate & District 2012

2015 Welsh Champion - Emily THOMAS 4.96 Cardiff Archers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	141	Grace MORGAN	Cardiff Archers	4.82	PB	Nigel Lewis
2	123	Isabel DAVIES	Newport Harriers	4.74	PB	Kevin Williams
3	246	Emma MARTIN	Cardiff Archers	4.63		Francis Baker
4	154	Grace THOMAS	Swansea Harriers	4.52		
5	244	Lily IVIN	Cardiff Archers	4.45		Francis Baker
6	241	Brooke ANNANDALE	Cardiff AAC	4.31		Gwyn Jones / Garry Jones
7	147	Tegan RAWSTHORNE	Deeside AAC	4.30	PB	
8	138	Caitlyn MAPPS	Cardiff Archers	4.19		Phil Warwicker
9	120	India COLLINSON	Swansea Harriers	4.18	PB	
10	242	Alaw EVANS	Cardiff Archers	4.17		Francis Baker
11	143	Isobel OWEN	Cardiff AAC	4.13		A J Moshin.
12	130	Charlotte HIBLER	Cardiff Archers	4.02		Phil Warwicker
13	535	Emma CARTER	Cardiff AAC	3.98		
14	537	Scarlett RUSSELL	Cardiff AAC	3.92		Gwyn Jones / Garry Jones
15	136	Caitlin LEGGETT	Cardiff AAC	3.90		Gwyn Jones / Garry Jones
16	132	Jamie HOLLAND	Swansea Harriers	3.89	PB	
17	536	Rosa HUMPHREYS	Swansea Harriers	3.84		Kevin Tobin
18	151	Anais ROWLANDS	Cardiff AAC	3.81		Gwyn Jones / Garry Jones
19	152	Rhianna SATTERLY	Cardiff AAC	3.79		Gary Jones
20	538	Elin VAN BLOCK	Swansea Harriers	3.78	PB	
21	128	Tiana EVANS	Swansea Harriers	3.76		Andrew Jenkins
22	144	Leah OWEN	Neath Harriers	3.76		Tony John
23	250	Lily WHEELER-SEXTON	Cardiff AAC	3.75		Gwyn Jones / Garry Jones
24	137	Grace LEGGETT	Cardiff AAC	3.75	PB	Gwyn Jones / Garry Jones
25	245	Madeleine JACKSON	Deeside AAC	3.68		Tanya Jones
26	572	Michaela POTTINGER	Herne Hill Harriers	3.66		
27	534	Ellie BEDDALL	Cardiff Archers	3.53	PB	
28	533	Karolinka BACAKOVA	Neath Harriers	3.48		Cellan Hopkins
29	127	Lowri EVANS	Cardiff AAC	3.03		Gwyn Jones / Garry Jones

F22-U15G High Jump

Sunday-17

Welsh Record - Julia CHARLTON, Carmarthen Harriers, 1.79, St Athan, 1980

CBP - Lea HAGGETT, 1.65, Herne Hill Harriers, St Athan 1986

2015 Welsh Champion - Ellie May STONEHEWER 1.45 Cardiff AAC

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	490	Marnie MUSGRAVE	Swansea Harriers	1.58	PB	Stephen Ryan
2	488	Lydia HANNAFORD	Swansea Harriers	1.55		Stephen Ryan
3	486	Lili CHURCH	Carmarthen Harriers	1.50	PB	
4	487	Bethan CUSHION	Cardiff AAC	1.45		Stephen Bailey
5	246	Emma MARTIN	Cardiff Archers	1.45	=PB	Francis Baker
6	143	Isobel OWEN	Cardiff AAC	1.45	PB	A J Moshin.
7	244	Lily IVIN	Cardiff Archers	1.40		Francis Baker
8	290	Charlotte COPELAND	Cardiff Archers	1.40	PB	Emma Lyons
9	491	Shannon THOMAS	Swansea Harriers	1.35	PB	Andrew Jenkins
10	155	Lauren THOMAS	Neath Harriers	1.25	=PB	Tony John

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WELSH ATHLETICS
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F25-U15G Pole Vault

Sunday-17

Welsh Record - Rhianydd LLEWELLYN, Bridgend AC, 3.20, NIA, Birmingham, 2008

CBP - Ffion LLEWELLYN, 3.15, Bridgend AC 2014

2015 Welsh Champion - Megan HODGSON 3.03 Cardiff AAC

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	517	Nell DAVIES	Swansea Harriers	2.14		
2	518	Lara SPACEY	Swansea Harriers	2.04	PB	
3	139	Saffron MAURICE	Cardiff AAC	1.74	PB	Gwyn Jones / Garry Jones
4	290	Charlotte COPELAND	Cardiff Archers	1.54	PB	Emma Lyons

F20-U15G Shot Put (3.00kg)

Sunday-17

Welsh Record - Danielle JONES, Carmarthen Harriers, 10.79, Swansea, 2015

CBP - Danielle JONES, 10.68, Carmarthen Harriers 2015

2015 Welsh Champion - Danielle JONES 10.68 Carmarthen Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	565	Molly GREENMAN	Cardiff Archers	8.86	PB	
2	567	Sally HOPKINS	Swansea Harriers	8.83		
3	534	Ellie BEDDALL	Cardiff Archers	8.50		
4	132	Jamie HOLLAND	Swansea Harriers	8.40		
5	141	Grace MORGAN	Cardiff Archers	8.23		Nigel Lewis
6	246	Emma MARTIN	Cardiff Archers	8.23		Francis Baker
7	566	Cassey GRIMWADE	Cardiff AAC	8.19		Lisa Grimwade
8	244	Lily IVIN	Cardiff Archers	7.77	PB	Francis Baker
9	563	Holly COOPER	Swansea Harriers	7.58	PB	
10	242	Alaw EVANS	Cardiff Archers	7.49	PB	Francis Baker
11	151	Anais ROWLANDS	Cardiff AAC	7.43	PB	Gwyn Jones / Garry Jones
12	152	Rhianna SATTERLY	Cardiff AAC	7.32	PB	Gary Jones
13	250	Lily WHEELER-SEXTON	Cardiff AAC	6.98	PB	Gwyn Jones / Garry Jones
14	518	Lara SPACEY	Swansea Harriers	6.87	PB	
15	138	Caitlyn MAPPS	Cardiff Archers	6.84	PB	Phil Warwicker

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WELSH ATHLETICS
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T45-U17M 60m Final

16 January 2016

Welsh Record - Tim BENJAMIN, Cardiff AAC, 6.93, NIA, Birmingham, 1998

CBP - Shaun PEARCE, 7.03, Carmarthen Harriers 2013

2015 Welsh Champion - Callum DAVIES 7.04 Swansea Harriers

Final					
Pos	Bib	Athlete	Club	Perf	Coach(es)
1	53	Ben PARIS	Cardiff Archers	7.14	Jeff Harwood
2	51	Richard LEE	Cardiff AAC	7.18	Pete Lane
3	55	Iwan ROBINSON-BOOTH	Cardiff AAC	7.23	Helen James
4	46	Ben GRIFFIN	Brecon AC	7.37	John McFall
5	50	Kellen JONES	Newport Harriers	7.43	Nigel Lewis
6	54	Tomas REES	Cardiff Archers	7.59	Ivor Adams
7	52	Eli ONYEWU	Swansea Harriers	7.63	
8	57	Guto TEGID	Menai T&F	7.78	Alwyn Roberts / Barry Edwards

T20-U17M 60m Heat

16 January 2016

Heat 1					
Pos	Bib	Athlete	Club	Perf	Qual
1	55	Iwan ROBINSON-BOOTH	Cardiff AAC	7.33	Q
2	46	Ben GRIFFIN	Brecon AC	7.42	Q
3	52	Eli ONYEWU	Swansea Harriers	7.67	q
4	57	Guto TEGID	Menai T&F	7.70	q
5	58	Michael THOMPSON	Swansea Harriers	7.75	
6	60	Harri WHEELER-SEXTON	Cardiff AAC	7.78	
7	47	Callum HEARD	Newport Harriers	7.80	
Heat 2					
Pos	Bib	Athlete	Club	Perf	Qual
1	53	Ben PARIS	Cardiff Archers	7.25	Q
2	51	Richard LEE	Cardiff AAC	7.29	Q
3	50	Kellen JONES	Newport Harriers	7.40	q
4	54	Tomas REES	Cardiff Archers	7.64	q
5	56	Dylan SAVAGE	Deeside AAC	7.70	
6	49	Callum JONES	Menai T&F	7.90	
7	42	Hakeem AL-HADDI	Newport Harriers	8.11	
8	61	Thomas WHITTAKER	Cardiff AAC	8.16	

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WELSH ATHLETICS
ATHLETAU CYMRU

T37-U17M 800m Final

16 January 2016

Welsh Record - Rhys GRANVILLE, Carmarthen Harriers, 1:55.46, NIA, Birmingham, 2012

CBP - Jake HEYWARD, 1:57.16, Cardiff AAC 2015

2015 Welsh Champion - Jake HEYWARD 1:57.16 Cardiff AAC

				Final	
Pos	Bib	Athlete	Club	Perf	Coach(es)
1	353	James VINCENT	Cardiff AAC	1:58.16	Phil Banning
2	350	Michael PARRY	Colwyn Bay	2:00.67	Phil oliver
3	347	Iolo JAMES	Colwyn Bay	2:00.85	phil oliver
4	349	Owen LOCKE	Newport Harriers	2:03.76	Darryn McAtee
5	270	Seth KELLY	Cardiff AAC	2:12.49	Liz Davies
6	346	Luke GAWTHORN	Newport Harriers	2:13.85	Darryn McAtee

T02-U17M 800m Heat

16 January 2016

				Heat 1		
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	350	Michael PARRY	Colwyn Bay	2:06.59	Q	Phil oliver
2	347	Iolo JAMES	Colwyn Bay	2:07.89	Q	phil oliver
3	346	Luke GAWTHORN	Newport Harriers	2:11.20	q	Darryn McAtee
4	352	Morgan TAYLOR	Menai T&F	2:17.14		PB
5	61	Thomas WHITTAKER	Cardiff AAC	2:25.22		
6	344	Ieuan DAVIES	Rhondda AC	2:30.46		
				Heat 2		
Pos	Bib	Athlete	Club	Perf		Coach(es)
1	353	James VINCENT	Cardiff AAC	2:08.79	Q	Phil Banning
2	349	Owen LOCKE	Newport Harriers	2:08.82	Q	Darryn McAtee
3	270	Seth KELLY	Cardiff AAC	2:10.74	q	Liz Davies
4	351	Cai Morgan ROBERTS	Menai T&F	2:14.97		Steve Livett
5	343	Daniel AUSTIN	Cardiff Archers	2:19.38		
6	348	Lukas LACEY-HUGHES	Cardiff Archers	2:21.32		

T28-U17M 3000m Straight Final

16 January 2016

Welsh Record - Simon LAWSON Cardiff AAC 8:46.33 NIAC, Cardiff, 2005

CBP - Elliott HARDEE, 8:57.78, Newport Harriers 2010

2015 Welsh Champion - Marinus PETERSEN 9:28.76 Pembrokeshire Harriers

				Final		
Pos	Bib	Athlete	Club	Perf		Coach(es)
1	460	Dominic SMITH	Swansea Harriers	9:06.25	PB	Kevin Tobin
2	458	Elliot LAWRENCE	Swansea Harriers	9:24.98	PB	Kevin Tobin
3	455	Morgan JAMES	Cardiff AAC	9:30.99	PB	Liz Davies
4	462	Ben THOMAS	Carmarthen Harriers	9:31.89	PB	Carol Jones
5	459	Jackson MOUNTFORD	Newport Harriers	9:36.36	PB	Darryn McAtee
6	389	David EVANS	Pembrokeshire Harriers	10:19.33	PB	Peter Freeman
7	456	Rhys JONES	Cardiff AAC	10:37.61	PB	

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WELSH ATHLETICS
ATHLETAU CYMRU

T01-U17M 60m Hurdles (91.4cm) Straight Final

16 January 2016

Welsh Record - David OMOREGIE, Pembrokeshire Harriers, 8.09, Glasgow, 2011

CBP - Kyle ARNOLD, 8.30, Newport Harriers 2013

2015 Welsh Champion - Harry HILLMAN 8.58 Cardiff AAC

					Final			Coach(es)
Pos	Bib	Athlete	Club	Perf				
1	229	Shaun ZYGADLO	Pembrokeshire Harriers	8.55				Nigel Rowland
2	58	Michael THOMPSON	Swansea Harriers	8.70		PB		Tony Morris
3	50	Kellen JONES	Newport Harriers	8.84		PB		Nigel Lewis
4	54	Tomas REES	Cardiff Archers	8.84				Ivor Adams
5	227	Chinua EBEREONWU	Cardiff Archers	8.86		PB		Emma Lyons
6	44	Thomas ATKINSON	Cardiff AAC	8.94		PB		Diane Breeden
7	226	Thomas BRITT	Cardiff AAC	9.13		PB		Diane Breeden / Pete Lane
8	57	Guto TEGID	Menai T&F	9.78				Alwyn Roberts / Barry Edwards
9	228	Jacob MAULLIN-DAVIES	Cardiff Archers	9.89				

T72-U17M 200m A-B FINAL

17 January 2016

Welsh Record - Tim BENJAMIN, Cardiff AAC, 21.51, NIA, Birmingham, 1998

CBP - Bruce TASKER, 22.59, Carmarthen Harriers 2004

2015 Welsh Champion - Ben PARIS 22.79 Cardiff Archers

					Heat 1			Coach(es)
Pos	Bib	Athlete	Club	Perf	Qual			
1	53	Ben PARIS	Cardiff Archers	22.44				Jeff Harwood
2	274	George THOMAS	Brecon AC	22.59				John McFall
3	55	Iwan ROBINSON-BOOTH	Cardiff AAC	23.43				Helen James
4	46	Ben GRIFFIN	Brecon AC	23.92				John McFall
					Heat 2			Coach(es)
Pos	Bib	Athlete	Club	Perf				
1	267	Rhun EDWARDS	Carmarthen Harriers	24.33		PB		Carol Jones
2	266	Zak DALY	Carmarthen Harriers	24.52				Carol Jones
3	56	Dylan SAVAGE	Deeside AAC	25.26		PB		Caroline Sayer
DNS	227	Chinua EBEREONWU	Cardiff Archers					Emma Lyons

T58-U17M 200m Heats

17 January 2016

Welsh Record - Tim BENJAMIN, Cardiff AAC, 21.51, NIA, Birmingham, 1998

CBP - Bruce TASKER, 22.59, Carmarthen Harriers 2004

2015 Welsh Champion - Ben PARIS 22.79 Cardiff Archers

					Heat 1			Coach(es)
Pos	Bib	Athlete	Club	Perf	O/ALL			
1	55	Iwan ROBINSON-BOOTH	Cardiff AAC	23.36	Q	PB		Helen James
2	227	Chinua EBEREONWU	Cardiff Archers	23.93	q	PB		Emma Lyons
3	42	Hakeem AL-HADDI	Newport Harriers	25.81		PB		Kevin Williams
4	269	Oliver HOWARD	Cardiff Archers	26.27		PB		Gareth Hopkins
					Heat 2			Coach(es)
Pos	Bib	Athlete	Club	Perf	O/ALL			
1	274	George THOMAS	Brecon AC	22.66	Q	PB		John McFall
2	266	Zak DALY	Carmarthen Harriers	24.76	q	PB		Carol Jones
3	56	Dylan SAVAGE	Deeside AAC	25.20	q	PB		Caroline Sayer
4	271	Oliver LEWIS	Bridgend AC	28.44		PB		Jeff Roberts

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ATHLETAU CYMRU

Heat 3					
Pos	Bib	Athlete	Club	Perf	O/ALL
1	46	Ben GRIFFIN	Brecon AC	23.62	Q PB
2	267	Rhun EDWARDS	Carmarthen Harriers	24.29	q PB
3	44	Thomas ATKINSON	Cardiff AAC	25.59	PB
4	228	Jacob MAULLIN-DAVIES	Cardiff Archers	26.09	PB
Heat 4					
Pos	Bib	Athlete	Club	Perf	O/ALL
1	53	Ben PARIS	Cardiff Archers	22.48	Q PB
2	268	Tyler HEALAN	Cardiff AAC	25.65	PB
3	272	Samuel MAULLIN-DAVIES	Cardiff Archers	26.31	PB

Coach(es)
John McFall
Carol Jones
Diane Breedon

Coach(es)
Jeff Harwood
Helen James

T64-U17M 1500m Straight Final

17 January 2016

Welsh Record - Jake HEYWARD, Cardiff AAC, 3:57.31, NIAC, Cardiff, 2015

CBP - Jonathan MORGAN, 4:06.1, Newport H 2007

2015 Welsh Champion - Matthew WILLIAMS 4:11.57 Pembrokeshire Harriers

Final				
Pos	Bib	Athlete	Club	Perf
1	353	James VINCENT	Cardiff AAC	4:11.25
2	350	Michael PARRY	Colwyn Bay	4:16.34
3	349	Owen LOCKE	Newport Harriers	4:16.58
4	270	Seth KELLY	Cardiff AAC	4:34.71
5	389	David EVANS	Pembrokeshire Harriers	4:34.77
6	393	Iestyn WILLIAMS	Carmarthen Harriers	4:37.09
7	391	Brychan PRICE-DAVIES	Brecon AC	4:38.42
8	390	Callum LOVATT	Carmarthen Harriers	4:48.58
9	392	Evan PRICE-DAVIES	Brecon AC	5:00.92

Coach(es)
Phil Banning
Phil oliver
Darryn McAtee
Liz Davies
Peter Freeman
Carol Jones
Derek Osborne
Delyth Brown
Derek Osborne

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WELSH ATHLETICS
ATHLETAU CYMRU

F04-U17M Pole Vault

Saturday-16

Welsh Record - Neil WINTER, Shaftesbury, 4.85, Cosford, 1990

CBP - Ben GREGORY, 4.21, Vale of Aylesbury 2007

2015 Welsh Champion - Rhodri DAVIES 3.50 Cardiff AAC

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	504	Ieuan HOSGOOD	Swansea Harriers	3.50	=PB	
2	226	Thomas BRITT	Cardiff AAC	3.40	PB	Diane Breeden / Pete Lane
3	507	Sam TAYLOR	Cardiff Archers	2.80		Lewis Preece
4	503	Johan HOOGENDOORN	Cardiff Archers	2.70		Lewis Preece
5	508	Benjamin WOODNUTT	Swansea Harriers	2.30	PB	Jane Hosgood

F06-U17M Triple Jump

Saturday-16

Welsh Record - Steven SHALDERS, Cardiff AAC, 14.42, NIA, Birmingham, 1998

CBP - Lee HARRIS, 13.77, Bristol & West AC 2000

2015 Welsh Champion - Osaze AGHEDO 13.47 Swansea Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	542	Tom BOND	Swansea Harriers	11.76	PB	Steve Ingram
2	528	Ceirion HOPKINS	Neath Harriers	11.36	PB	
3	270	Seth KELLY	Cardiff AAC	10.72	PB	Liz Davies
4	508	Benjamin WOODNUTT	Swansea Harriers	9.89	PB	Jane Hosgood

F31-U17M High Jump

Sunday-17

Welsh Record - Chuka ENIH-SNELL, Swansea Harriers, 2.07, NIA, Birmingham, 2000

CBP - Chuka ENIH-SNELL, 2.05, Swansea Harriers 2000

2015 Welsh Champion - James VINCENT 1.81 Cardiff AAC

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	50	Kellen JONES	Newport Harriers	1.75		Nigel Lewis
2	227	Chinua EBEREONWU	Cardiff Archers	1.75	PB	Emma Lyons
3	226	Thomas BRITT	Cardiff AAC	1.70		Diane Breeden / Pete Lane
4	473	David THOMAS	Yate AC	1.60	PB	Jeremy Dale

F21-U17M Long Jump

Sunday-17

Welsh Record - Scott HERBERT, Milton Keynes, 6.90, Cosford, 1990

CBP - Josh DAVIES, 6.65, Pembrokeshire Harriers 2013

2015 Welsh Champion - Osaze AGHEDO 6.42 Swansea Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	50	Kellen JONES	Newport Harriers	6.25		Nigel Lewis
2	528	Ceirion HOPKINS	Neath Harriers	6.01	PB	
3	229	Shaun ZYGADLO	Pembrokeshire Harriers	5.84		Nigel Rowland
4	49	Callum JONES	Menai T&F	5.74	PB	Barry Edwards
5	60	Harri WHEELER-SEXTON	Cardiff AAC	5.40	PB	steve boyles
6	226	Thomas BRITT	Cardiff AAC	5.38		Diane Breeden / Pete Lane
7	529	Nicholas WILLIAMS	Swansea Harriers	5.37		

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WELSH ATHLETICS
ATHLETAU CYMRU

T22-U17W 60m Final

16 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 7.47, NIAC, Cardiff, 2014

CBP - Hannah BRIER, 7.63, Swansea Harriers 2014

2015 Welsh Champion - Amelia REYNOLDS 7.93 Cardiff AAC

					Final	
Pos	Bib	Athlete	Club	Perf	Coach(es)	
1	74	Moli JONES	Colwyn Bay	7.72	Phil Jones	
2	83	Francesca SCOTT	Shrewsbury AC	8.01	Colin Lancaster	
3	65	Lana CULLIFORD	Cardiff AAC	8.14	Helen James	
4	71	Elliza HILL	Cardiff AAC	8.17	Anthony Lee	
5	88	Armani WILLIAMS	Newport Harriers	8.26	Kevin Williams	
6	81	Renee MOORE	Cardiff AAC	8.27	Darrell Maynard	
7	67	Tegan FOLEY	Pembrokeshire Harriers	8.29	Richard Thomas	
8	76	Sophie MATTHEWS	Brecon AC	8.61	John Mcfall	

T12-U17W 60m Heat

16 January 2016

					Heat 1	
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	83	Francesca SCOTT	Shrewsbury AC	8.10	Q	Colin Lancaster
2	88	Armani WILLIAMS	Newport Harriers	8.25	Q	Kevin Williams
3	81	Renee MOORE	Cardiff AAC	8.26	q	Darrell Maynard
4	70	Amelia HILL	Blaenau Gwent AC	8.47		Dean Turner
5	86	Seren WENHAM	Cardiff AAC	8.50		Gwyn Jones / Garry Jones
6	84	Josie SIVAK	Swansea Harriers	8.60		Steve Ingram
7	69	Abigail HENDERSON	Menai T&F	8.86		Barry Edwards
8	79	Rhiannon PHILLIPS	Neath Harriers	9.56		Steve Jones
					Heat 2	
Pos	Bib	Athlete	Club	Perf		Coach(es)
1	67	Tegan FOLEY	Pembrokeshire Harriers	8.40	Q	Richard Thomas
2	76	Sophie MATTHEWS	Brecon AC	8.60	Q	John Mcfall
3	73	Elin JAMES	Neath Harriers	8.69		
4	72	Seren HUGHES	Menai T&F	8.72		Barry Edwards
5	82	Sophie SARGEANT	Neath Harriers	8.98		Tony John
6	66	Catrina DAVIES	Neath Harriers	9.72		Tony John
DNS	63	Isabel BREEDEN	Cardiff AAC			Diane Breeden
					Heat 3	
Pos	Bib	Athlete	Club	Perf		Coach(es)
2	71	Elliza HILL	Cardiff AAC	8.18	Q	Anthony Lee
3	65	Lana CULLIFORD	Cardiff AAC	8.26	q	Helen James
4	64	Rebecca CHICK	Cwmbran Harriers	8.39		Nigel Lewis
5	87	Anna WILLIAMS	Deeside AAC	8.58		Tania Williams
6	68	Talia GOULD	Cardiff AAC	9.03		Gwyn Jones / Garry Jones
DNS	31	Siriol JONES	Colwyn Bay			

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WELSH ATHLETICS
ATHLETAU CYMRU

T39-U17W 800m Final

16 January 2016

Welsh Record - Jade WILLIAMS, Amman Valley, 2:11.68, NIAC, Cardiff, 2009

CBP - Isobel PARRY-JONES, 2:11.90, Cwmbran Harriers 2015

2015 Welsh Champion - Isobel PARRY-JONES 2:11.90 Cwmbran Harriers

Final					
Pos	Bib	Athlete	Club	Perf	Coach(es)
1	358	Naomi REID	Cardiff AAC	2:14.65	Phil Banning
2	361	Jessica WADEY	Cardiff AAC	2:18.97	Phil Banning
3	360	Holly ROBERTS	Colwyn Bay	2:20.27	Konrad Roberts
4	355	Holli JEHU	Aberdare VAAC	2:26.73	Phil Banning
5	356	Ffion MORGAN	Cardiff Archers	2:31.89	Arwyn Davies

T04-U17W 800m Heat

16 January 2016

				Heat 1		
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	361	Jessica WADEY	Cardiff AAC	2:31.61	Q	Phil Banning
2	355	Holli JEHU	Aberdare VAAC	2:33.19	Q	Phil Banning
3	234	Charlotte MITCHELL	Newport Harriers	2:33.95	q	Francis Baker
4	359	Anwen ROBERTS	Newport Harriers	2:34.02		Darryn McAtee
5	362	Jasmine WALLACE	Cardiff AAC	2:52.86		
6	357	Amy MORRIS	Cardiff AAC	3:16.07		
				Heat 2		
2	360	Holly ROBERTS	Colwyn Bay	2:31.99	Q	Konrad Roberts
3	356	Ffion MORGAN	Cardiff Archers	2:32.57	q	Arwyn Davies
4	365	Elan WATKIN-JONES	Menai T&F	2:34.22		Barry Edwards
5	364	Gracie WHEELER	Cardiff AAC	2:40.47		

T26-U17W 3000m Straight Final

16 January 2016

Welsh Record - Olivia GWYNN, Swansea Harriers, 10:15.90, NIAC, Cardiff, 2013

CBP - Olivia GWYNN, 10:15.90, Swansea Harriers 2013

2015 Welsh Champion - Issy MORRIS 10:35.64 Brecon AC

Final					
Pos	Bib	Athlete	Club	Perf	Coach(es)
1	395	Carys BILL	Cardiff AAC	10:56.48	Tim Fry/Diane Hains
2	400	Bethan WAINWRIGHT	Newport Harriers	11:46.77	Darryn McAtee
3	463	Laura WRIGHT	Cardiff AAC	11:47.47	tim Fry
4	399	Mollie SAMUEL	Newport Harriers	11:48.72	
5	398	Rhian JONES	Cardiff AAC	12:22.18	Tim Fry
6	79	Rhiannon PHILLIPS	Neath Harriers	12:47.30	Steve Jones

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WELSH ATHLETICS
ATHLETAU CYMRU

T03-U17W 60m Hurdles (76.2cm) Straight Final

16 January 2016

Welsh Record - Bethan EDWARDS, Brecon AC, 8.67, Cosford, 1989

CBP - Heather JONES, 8.75, Carmarthen Harriers 2003

2015 Welsh Champion - Mia EVANS 8.97 Neath Harriers

					Final	
Pos	Bib	Athlete	Club	Perf		Coach(es)
1	83	Francesca SCOTT	Shrewsbury AC	8.98	PB	Colin Lancaster
2	231	Lauren EVANS	Cardiff AAC	9.02	PB	Nigel Lewis
3	232	Esme GREER	Pembrokeshire Harriers	9.04	PB	Nigel Rowland
4	63	Isabel BREEDEN	Cardiff AAC	9.12		Diane Breeden
5	235	Sarah OMOREGIE	Cardiff AAC	9.36		
6	64	Rebecca CHICK	Cwmbran Harriers	9.58		
7	78	Clara NUTHALL	Cardiff AAC	9.61		
8	234	Charlotte MITCHELL	Newport Harriers	9.89		
9	66	Catrina DAVIES	Neath Harriers	12.14		

T69-U17W 200m Multi Final

17 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 24.20, NIA, Birmingham, 2013

CBP - Emily WRIGHT, 24.87, Yate & District 2013

2015 Welsh Champion - Amelia REYNOLDS 25.11 Cardiff AAC

					Heat 1	
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	280	Hannah LONGDEN	Bridgend AC	25.84		Jason Quirke
2	74	Moli JONES	Colwyn Bay	26.04	PB	Phil Jones
3	65	Lana CULLIFORD	Cardiff AAC	26.33	PB	Helen James
4	63	Isabel BREEDEN	Cardiff AAC	27.48		Diane Breeden
					Heat 2	
Pos	Bib	Athlete	Club	Perf		Coach(es)
1	281	Sophie MILLS	Doncaster AC	26.61		Mike Cooke
2	88	Armani WILLIAMS	Newport Harriers	27.01		Kevin Williams
3	277	Jessica HILL	Cardiff AAC	27.33		Helen James
4	283	Ffion ROBERTS	Colwyn Bay	27.68		Phil Jones

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WELSH ATHLETICS
ATHLETAU CYMRU

T55-U17W 200m Heats

17 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 24.20, NIA, Birmingham, 2013

CBP - Emily WRIGHT, 24.87, Yate & District 2013

2015 Welsh Champion - Amelia REYNOLDS 25.11 Cardiff AAC

Heat 1						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	65	Lana CULLIFORD	Cardiff AAC	26.45	Q PB	Helen James
2	63	Isabel BREEDEN	Cardiff AAC	26.69	q PB	Diane Breeden
3	70	Amelia HILL	Blaenau Gwent AC	28.17	PB	Dean Turner
Heat 2						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	74	Moli JONES	Colwyn Bay	26.31	Q PB	Phil Jones
2	67	Tegan FOLEY	Pembrokeshire Harriers	27.83	PB	Richard Thomas
3	86	Seren WENHAM	Cardiff AAC	29.02	PB	Gwyn Jones / Garry Jones
4	278	Lisa JAMES	Cardiff Archers	31.16	PB	Rebecca Chapman
Heat 3						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	88	Armani WILLIAMS	Newport Harriers	26.78	Q PB	Kevin Williams
2	282	Holly PICKERSGILL	Cardiff Archers	28.17	PB	
3	87	Anna WILLIAMS	Deeside AAC	28.21	PB	Tania Williams
4	78	Clara NUTHALL	Cardiff AAC	29.38	PB	Diane Breeden
Heat 4						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	281	Sophie MILLS	Doncaster AC	26.78	Q PB	Mike Cooke
2	277	Jessica HILL	Cardiff AAC	26.97	q PB	Helen James
3	76	Sophie MATTHEWS	Brecon AC	28.96	PB	John Mcfall
4	82	Sophie SARGEANT	Neath Harriers	31.07	PB	Tony John
Heat 5						
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	280	Hannah LONGDEN	Bridgend AC	25.97	Q PB	Jason Quirke
2	283	Ffion ROBERTS	Colwyn Bay	27.47	q PB	Phil Jones
3	81	Renee MOORE	Cardiff AAC	27.61	PB	Darrell Maynard
4	73	Elin JAMES	Neath Harriers	28.64	PB	

T63-U17W 1500m Straight Final

17 January 2016

Welsh Record - Ellie ATKINSON, Cardiff AAC, 4:30.42, NIAC, Cardiff, 2013

CBP - Isobel PARRY-JONES, 4:36.85, Cwmbran Harriers 2015

2015 Welsh Champion - Isobel PARRY-JONES 4:36.85 Cwmbran Harriers

Final				
Pos	Bib	Athlete	Club	Perf
1	358	Naomi REID	Cardiff AAC	4:45.30
2	396	Kiara FRIZELLE	Cardiff AAC	4:47.44
3	360	Holly ROBERTS	Colwyn Bay	4:56.06
4	361	Jessica WADEY	Cardiff AAC	5:04.98
5	400	Bethan WAINWRIGHT	Newport Harriers	5:20.81
6	359	Anwen ROBERTS	Newport Harriers	5:21.56
7	398	Rhian JONES	Cardiff AAC	5:28.13
8	399	Mollie SAMUEL	Newport Harriers	5:31.15
9	397	Amy GONCALVES	Blaenau Gwent AC	5:37.09
10	79	Rhiannon PHILLIPS	Neath Harriers	5:48.08
DNF	365	Elan WATKIN-JONES	Menai T&F	

Coach(es)
Phil Banning
Phil Banning
Konrad Roberts
Phil Banning
Darryn McAtee
Darryn McAtee
Tim Fry

Nicola Haines
Steve Jones
Barry Edwards

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WELSH ATHLETICS
ATHLETAU CYMRU

F12-U17W Triple Jump

Saturday-16

Welsh Record - Jayne LUDLOW, Cardiff AAC, 11.74, NIA, Birmingham, 1994

CBP - Sally PEAKE, 11.48, Wirral 2002

2015 Welsh Champion - Lauryn DAVEY 10.77 Carmarthen Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	279	Macey JONES	Cwmbran Harriers	11.10	PB	Arnie Wray
2	480	Olivia MICHAEL	Neath Harriers	10.69	PB	Barry Edwards
3	75	Catrin LORD	Cardiff AAC	10.46	PB	Andrew Griffiths
4	547	Ellie May STONEHEWER	Cardiff AAC	10.02	PB	neal merry
5	479	Sophie HUTCHINSON	Swansea Harriers	9.95	PB	Colin Baross
6	236	Emily THOMAS	Cardiff Archers	9.69	PB	Alan Richardson
7	476	Eliza DURNALL	Cardiff AAC	9.35	PB	John McFall

F28-U17W High Jump

Sunday-17

Welsh Record - Julia CHARLTON, Carmarthen Harriers, 1.79, St Athan, 1980

CBP - Julia CHARLTON, 1.75, Carmarthen Harriers, St Athan 1982

2015 Welsh Champion - Lauren EVANS 1.60 Cardiff AAC

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	231	Lauren EVANS	Cardiff AAC	1.63		Nigel Lewis
2	480	Olivia MICHAEL	Neath Harriers	1.50		Jones/Steve Ingram
3	475	Amelia DAVEY	Carmarthen Harriers	1.50	=PB	
4	84	Josie SIVAK	Swansea Harriers	1.45	=PB	Steve Ingram
5	477	Shani EVANS	Cardiff AAC	1.45		Stephen Bailey
6	476	Eliza DURNALL	Cardiff AAC	1.40		Stephen Bailey
7	479	Sophie HUTCHINSON	Swansea Harriers	1.40		Steve Ingram
8	474	Moli BEYNON	Cardiff AAC	1.40	=PB	

F26-U17W Pole Vault

Sunday-17

Welsh Record - Christina HUGHES/Rebecca DAVIES, Deeside AAC, 3.60, 2008/2009

CBP - Rebecca DAVIES, 3.41, Deeside AAC 2009

2015 Welsh Champion - Carys JONES 3.22 Carmarthen Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	512	Ffion LLEWELLYN	Bridgend AC	3.24	PB	Laurie Needham
2	511	Lois HILLMAN	Cardiff AAC	3.04		Laurie Needham
3	510	Tirion EVANS	Cardiff Archers	2.74		Ed Thompson
4	509	Orla COX	Deeside AAC	2.34		Denise Harris
5	282	Holly PICKERSGILL	Cardiff Archers	1.94		

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F23-U17W Long Jump

Sunday-17

Welsh Record - Nichola SHORT, Torfaen AC, 5.77, Cosford, 1986

CBP - Rebecca WILLIAMS, 5.54, Newport Harriers 2005

2015 Welsh Champion - Chloe HUGHES 5.46 Deeside AAC

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	75	Catrin LORD	Cardiff AAC	5.45	PB	Nigel Lewis
2	231	Lauren EVANS	Cardiff AAC	5.34		Nigel Lewis
3	236	Emily THOMAS	Cardiff Archers	5.13		Nigel Lewis
4	279	Macey JONES	Cwmbran Harriers	5.07		nigel lewis
5	84	Josie SIVAK	Swansea Harriers	4.94		Steve Ingram
6	531	Seren WYATT	Swansea Harriers	4.88		Steve Ingram
7	77	Madeleine NEWTON	Neath Harriers	4.68		Matin Addis
8	530	Felicity CHURCH	Swansea Harriers	4.62		Steve Ingram
9	479	Sophie HUTCHINSON	Swansea Harriers	4.48		Steve Ingram
10	69	Abigail HENDERSON	Menai T&F	4.30	PB	Barry Edwards
11	73	Elin JAMES	Neath Harriers	4.28		
12	76	Sophie MATTHEWS	Brecon AC	4.19		John Mcfall
13	357	Amy MORRIS	Cardiff AAC	3.57	PB	Anthony Lee

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WELSH ATHLETICS
ATHLETAU CYMRU

T43-U20M 60m Final

16 January 2016

Welsh Record - Christian MALCOLM, Cardiff AAC, 6.67, Chemnitz, Germany, 1997

CBP - Dewi HAMMOND, 6.95, Bromsgrove & R. AC 2013

CBP

2015 Welsh Champion - Jake DAWKINS 7.05 Cardiff AAC

Final					Coach(es)
Pos	Bib	Athlete	Club	Perf	
1	11	Kristian JONES	Cardiff AAC	6.91	Helen James
2	4	Callum DAVIES	Swansea Harriers	7.02	neal merry
3	15	Arron OWEN	Cardiff AAC	7.10	Pete Lane
4	1	Joe BAKER	Oswestry Olympians	7.21	Arnie Wray
5	17	Niall PRICE*	Wolverhampton & Bilston AC	7.22	Claudio Albanese
6	2	Alex BURGESS	Menai T&F	7.22	Barry Edwards
7	22	Tyler WILLIAMS	Newport Harriers	7.24	Kevin Williams
8	3	Joseph CROSBY	Swansea Harriers	7.31	Andrew Griffiths

T18-U20M 60m Heat

Sat 16 Jan 2016

Heat 1					Coach(es)
Pos	Bib	Athlete	Club	Perf	
1	11	Kristian JONES	Cardiff AAC	6.91	Q
2	4	Callum DAVIES	Swansea Harriers	7.02	Q
3	15	Arron OWEN	Cardiff AAC	7.10	q
4	1	Joe BAKER	Oswestry Olympians	7.21	q
5	17	Niall PRICE*	Wolverhampton & Bilston AC	7.22	
6	2	Alex BURGESS	Menai T&F	7.22	
7	22	Tyler WILLIAMS	Newport Harriers	7.24	
Heat 2					Coach(es)
Pos	Bib	Athlete	Club	Perf	
1	4	Callum DAVIES	Swansea Harriers	7.02	Q
2	17	Niall PRICE*	Wolverhampton & Bilston AC	7.24	Q
3	22	Tyler WILLIAMS	Newport Harriers	7.30	
4	14	Tim MCKEE*	Taunton AC	7.60	
5	8	Charles GRIFFITHS	Carmarthen Harriers	8.79	
DNS	42	Hakeem AL-HADDI	Newport Harriers		
Heat 3					Coach(es)
Pos	Bib	Athlete	Club	Perf	
1	1	Joe BAKER	Oswestry Olympians	7.18	Q
2	2	Alex BURGESS	Menai T&F	7.28	Q
3	18	Samuel RUTHERFORD	Newport Harriers	7.47	
4	23	Josh GILLESPIE*	Millfield School	7.53	
5	5	Jordan EARLEY*	Team Bath AC	7.57	
DNS	12	Laurenz KIRCHMAYR*	Millfield School		

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WELSH ATHLETICS
ATHLETAU CYMRU

T41-U20M 400m Final

Sat 16 Jan 2016

Welsh Record - Bruce TASKER, Carmarthen Harriers, 47.74, NIA, Birmingham, 2006

CBP - Owen SMITH, 49.08, Deeside AAC 2013

CBP

2015 Welsh Champion - Thomas ARNOLD 50.83 Cwmbran Harriers

Pos	Bib	Athlete	Club	Final Perf		Coach(es)
1	311	Ellis GREATREX*	Wolverhampton & Bilston AC	48.47		Claudio Albanese
2	317	Psalm ROBERTS-NASH*	Wolverhampton & Bilston AC	49.25	PB	Claudio Albanese
3	254	Joseph BRIER	Swansea Harriers	50.02	1-w PB	Neal Merry
4	258	Rhodri WILLIAMS	Swansea Harriers	50.98	2-w	Neal Merry

T16-U20M 400m Heat

Sat 16 Jan 2016

				Heat 1		Coach(es)
Pos	Bib	Athlete	Club	Perf	Qual	
1	254	Joseph BRIER	Swansea Harriers	51.27	Q PB	Neal Merry
2	6	Calum ELEY*	Millfield School	53.33	PB	Alan Richardson
3	314	Iestyn JONES	Cardiff AAC	55.87	PB	Helen James
4	312	Dwayne GRIFFITHS	Carmarthen Harriers	56.13	PB	Delyth Brown
				Heat 2		Coach(es)
Pos	Bib	Athlete	Club	Perf		
1	317	Psalm ROBERTS-NASH*	Wolverhampton & Bilston AC	50.31	Q PB	Claudio Albanese
2	310	Lewis DANIELS	Cwmbran Harriers	52.61	PB	Darrell Maynard
3	318	Cliff SCHWABAUER	Millfield School	55.22	PB	Alan Richardson
				Heat 3		Coach(es)
Pos	Bib	Athlete	Club	Perf		
1	311	Ellis GREATREX*	Wolverhampton & Bilston AC	49.69	Q PB	Claudio Albanese
2	258	Rhodri WILLIAMS	Swansea Harriers	50.92	q PB	Neal Merry
3	316	James NORBURY	Deeside AAC	54.46	PB	tania williams

T06-U20M 800m Straight Final

16 January 2016

Welsh Record - Elliott SLADE, Cardiff AAC, 1:50.11, Linz, Austria, 2013

CBP - Joe THOMAS, 1:51.94, Cardiff AAC 2007

2015 Welsh Champion - Nicholas JONES 1:59.56 Cardiff AAC

				Final			Coach(es)
Pos	Bib	Athlete	Club	Perf			
1	334	Matthew WILLIAMS	Pembrokeshire Harriers	1:56.94			Peter Freeman
2	333	Evan WEBB	City of Sheffield AC	1:58.57			John Wood
3	329	Nicholas JONES	Cardiff AAC	1:58.90			Phil Banning
4	330	Ashraf LILES	Carmarthen Harriers	2:00.89			Delyth Brown
5	331	Alex PRICE	Rhondda AC	2:03.89			Deborah Price
6	335	Adam WILSON*	Yate AC	2:06.75			Rob Ellchuk
7	327	Sam CURWEN	Cardiff AAC	2:15.70			Tim Fry
DNS	2	Alex BURGESS	Menai T&F				Barry Edwards

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ATHLETAU CYMRU

T28A-U20M 3000m Straight Final

16 January 2016

Welsh Record - Tony BLACKWELL, Wolverhampton, 8:13.4 (HT), Cosford 1977

CBP - Matthew JONES, 8:37.58, City of Stoke AC 2000

2015 Welsh Champion - Jack GOOCH 8:45.01 Cardiff AAC

				Final			Coach(es)
Pos	Bib	Athlete	Club	Perf			
1	453	Marinus PETERSEN	Pembrokeshire Harriers	9:01.22	U20M		Peter Freeman
2	452	Mark JONES	Newport Harriers	9:02.71	U20M		Rod Jones

T27-U20M 60m Hurdles (99.1cm) Straight Final

16 January 2016

Welsh Record - David OMOREGIE, Cardiff AAC, 7.50, NIAC, Cardiff, 2014

CBP - David OMOREGIE, 8.04, Cardiff AAC 2013

2015 Welsh Champion - Kyle ARNOLD 8.05 Newport Harriers

				Final			Coach(es)
Pos	Bib	Athlete	Club	Perf			
1	223	Harry HILLMAN	Cardiff AAC	8.49			Laurie Needham
2	222	Rhys HARRIS	Swansea Harriers	8.64			Nigel Lewis
3	14	Tim MCKEE*	Taunton AC	10.45			

T73-U20M 200m A-B FINAL

17 January 2016

Welsh Record - Tim BENJAMIN, Cardiff AAC, 20.78, NIA, Birmingham, 2001

CBP - Gareth HOPKINS, 22.13, Cardiff AAC 2010

2015 Welsh Champion - Jake DAWKINS 22.37 Cardiff AAC

				Heat 1	Qual	Coach(es)
Pos	Bib	Athlete	Club	Perf		
1	11	Kristian JONES	Cardiff AAC	21.75		Helen James
2	258	Rhodri WILLIAMS	Swansea Harriers	22.68		Neal Merry
3	254	Joseph BRIER	Swansea Harriers	22.85		Neal Merry
4	22	Tyler WILLIAMS	Newport Harriers	23.77		Kevin Williams
				Heat 2		
Pos	Bib	Athlete	Club	Perf		
1	20	Daniel SNELLING	Newport Harriers	23.40		Kevin Williams
DNS	15	Arron OWEN	Cardiff AAC			Pete Lane
DNS	6	Calum ELEY*	Millfield School			Alan Richardson

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WELSH ATHLETICS
ATHLETAU CYMRU

T59-U20M 200m Heats

17 January 2016

Welsh Record - Tim BENJAMIN, Cardiff AAC, 20.78, NIA, Birmingham, 2001

CBP - Gareth HOPKINS, 22.13, Cardiff AAC 2010

2015 Welsh Champion - Jake DAWKINS 22.37 Cardiff AAC

Heat 1					Coach(es)	
Pos	Bib	Athlete	Club	Perf	O/ALL	
1	254	Joseph BRIER	Swansea Harriers	22.79	Q	PB Neal Merry
2	6	Calum ELEY*	Millfield School	23.36	q	PB Alan Richardson
3	9	Raymond GUNDU	Swansea Harriers	24.71		PB Judith Gooding
4	255	Matthew CATTERALL	Brecon AC	24.95		PB Derek Osborne
Heat 2					Coach(es)	
Pos	Bib	Athlete	Club	Perf	O/ALL	
1	22	Tyler WILLIAMS	Newport Harriers	23.10	Q	PB Kevin Williams
2	1	Joe BAKER	Oswestry Olympians	23.21	q	PB Arnie Wray
3	5	Jordan EARLEY*	Team Bath AC	24.82		PB Colin Baross
4	8	Charles GRIFFITHS	Carmarthen Harriers	29.18		PB
Heat 3					Coach(es)	
Pos	Bib	Athlete	Club	Perf	O/ALL	
1	258	Rhodri WILLIAMS	Swansea Harriers	22.66	Q	PB Neal Merry
2	15	Arron OWEN	Cardiff AAC	23.28	q	PB Pete Lane
3	7	Tomos GRIFFIN	Brecon AC	25.26		PB John McFall
DNS	256	Cameron COUSINS	Bridgend AC			Jason Quirke
Heat 4					Coach(es)	
Pos	Bib	Athlete	Club	Perf	O/ALL	
1	11	Kristian JONES	Cardiff AAC	22.01	Q	PB Helen James
2	20	Daniel SNELLING	Newport Harriers	23.42	q	PB Kevin Williams
3	2	Alex BURGESS	Menai T&F	24.06		PB Barry Edwards

T65-U20M 1500m Straight Final

17 January 2016

Welsh Record - Tony BLACKWELL/Kyran ROBERTS, 3:52.0 (HT)/3:52.00 (ET), Wolverhampton/Carmarthen

CBP - Elliot SLADE, 3:56.56, Cardiff AAC 2012

2015 Welsh Champion - Jake HEYWARD 3:57.31 Cardiff AAC

Final					Coach(es)	
Pos	Bib	Athlete	Club	Perf		
1	387	Jac SMITH	Cardiff AAC	4:13.28	1-W	Sean Price
2	335	Adam WILSON*	Yate AC	4:14.22		Rob Ellchuk
3	312	Dwayne GRIFFITHS	Carmarthen Harriers	4:44.19	2-W	Delyth Brown

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WELSH ATHLETICS
ATHLETAU CYMRU

F10-U20M Shot Put (6.00kg)

Saturday-16

Welsh Record - Brett MORSE, Cardiff AAC, 17.51, NIAC, Cardiff, 2008

CBP - Matthew FIELD, 16.22, Cardiff AAC 2013

2015 Welsh Champion - Connor LAVERTY 15.75 Menai T&F

Pos	Bib	Athlete	Club	Perf	Coach(es)
1	559	Patrick SWAN*	Cornwall AC	14.22	Arnie Wray
2	550	Daniel CORK	Newport Harriers	12.29	Barry Edwards

F07-U20M Triple Jump

Saturday-16

Welsh Record - Steven SHALDERS, Cardiff AAC, 15.45, NIA, Birmingham, 1999

CBP - Alex EZECHI-OBIAKO, 14.24, Cardiff AAC 2009

2015 Welsh Champion - Osaze AGHEDO 13.87 Swansea Harriers

Pos	Bib	Athlete	Club	Perf	Coach(es)
1	541	Osaze AGHEDO	Swansea Harriers	14.06	Arnie Wray
2	543	Thomas WALLEY	Wrexham AAC	13.36	Barry Edwards
3	468	Iwan PARRY	Deeside AAC	12.39	Andrew Griffiths
4	522	Gethin HUGHES	Menai T&F	11.95	neal merry
5	544	Elliot WEBBER	Swansea Harriers	11.65	Colin Baross

F32-U20M High Jump

Sunday-17

Welsh Record - Andrew MCIVER, Cardiff AAC, 2.15, Cosford, 1980

CBP - John HILL, 2.03, Solihull 1983

2015 Welsh Champion - Miles KELLER-JENKINS 1.85 Swansea Harriers

Pos	Bib	Athlete	Club	Perf	Coach(es)
1	470	Thomas TROTMAN	Cardiff AAC	2.00 PB	Sharon Heveran
2	465	Jamie CROUCHER*	Yeovil Olympiads AC	1.85	Stephen Faulkner
3	468	Iwan PARRY	Deeside AAC	1.85	Chris McNaught
4	469	Ollie THORNER*	Millfield School	1.80	Alan Richardson
5	464	Henry-James COWIE*	Millfield School	1.65	Alan Richardson
6	466	Ioan JENKINS	Neath Harriers	1.60	Stephen Ryan

F15-U20M Long Jump

Sunday-17

Welsh Record - David GUEST, Bridgend AC, 7.33, Bompas, France, 2010

CBP - James GARDNER, 6.99, City of Stoke AC 2010

2015 Welsh Champion - Gage FRANCIS 6.36 Cardiff AAC

Pos	Bib	Athlete	Club	Perf	Coach(es)
1	521	Jordan FENDER	Cardiff AAC	6.29 PB	Nigel Iewis
2	222	Rhys HARRIS	Swansea Harriers	6.08	Nigel Lewis
3	223	Harry HILLMAN	Cardiff AAC	5.92	Laurie Needham
4	523	Rhys ROBERTS	Bridgend AC	5.90 PB	Ed Thompson
5	466	Ioan JENKINS	Neath Harriers	5.67	Stephen Ryan
6	5	Jordan EARLEY*	Team Bath AC	5.65	Colin Baross
7	469	Ollie THORNER*	Millfield School	5.52	Alan Richardson
8	522	Gethin HUGHES	Menai T&F	5.40	Barry Edwards
9	465	Jamie CROUCHER*	Yeovil Olympiads AC	5.02	Stephen Faulkner
10	464	Henry- James Croucher*	Yeovil Olympiads AC	4.98	

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WELSH ATHLETICS
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T46-U20W 60m Final

Sat 16 Jan 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 7.41, NIAC, Cardiff, 2015

CBP - Shannon MALONE, 7.58, Deeside AAC, 2015

CBP

2015 Welsh Champion - Shannon MALONE 7.58 Deeside AAC

				Final	
Pos	Bib	Athlete	Club	Perf	Coach(es)
1	24	Hannah BRIER	Swansea Harriers	7.43	Neal Merry
2	36	Zoe NASH	Bridgend AC	7.79	Jason Quirke
3	38	Amelia REYNOLDS	Cardiff AAC	7.83	Dave Norton
4	41	Yvette WESTWOOD*	Yate AC	7.98	Rob Ellchuk
5	33	Rebecca KENNETT	Cardiff AAC	8.21	Helen James
6	27	Ellys CONNOR	Blaenau Gwent AC	8.30	
7	29	Sarah GIBBS	Newport Harriers	8.32	James Morgan
8	30	Alice HANNAN*	Millfield School	8.42	Alan Richardson

T21-U20W 60m Heat

Sat 16 Jan 2016

				Heat 1		
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	24	Hannah BRIER	Swansea Harriers	7.49	Q	Neal Merry
2	29	Sarah GIBBS	Newport Harriers	8.24	Q	James Morgan
3	62	Jenna BLUNDELL*	Team Bath AC	8.45		Di Viles
4	26	Isobel CARE*	Millfield School	8.49		Alan Richardson
5	35	Sarah LONG*	Team Bath AC	8.51		Colin Baross
6	34	Annie LLOYD	Cardiff AAC	9.22		Richie Jones
DNS	31	Siriol JONES	Colwyn Bay			Phil Jones
				Heat 2		
Pos	Bib	Athlete	Club	Perf		Coach(es)
1	38	Amelia REYNOLDS	Cardiff AAC	7.85	Q	Dave Norton
2	33	Rebecca KENNETT	Cardiff AAC	8.18	Q	Helen James
3	30	Alice HANNAN*	Millfield School	8.35	q	Alan Richardson
4	28	Eve GEORGE	Cardiff AAC	8.45		Pete Lane
5	32	Sophie JONES	Menai T&F	8.70		Barry Edwards
DNS	39	Amy TAYLOR*	Millfield School			Alan Richardson
				Heat 3		
Pos	Bib	Athlete	Club	Perf		Coach(es)
1	36	Zoe NASH	Bridgend AC	7.80	Q	Jason Quirke
2	41	Yvette WESTWOOD*	Yate AC	7.93	Q	Rob Ellchuk
3	27	Ellys CONNOR	Blaenau Gwent AC	8.37	q	
4	25	Tamsin CAMPBELL*	Millfield School	8.39		Alan Richardson
5	37	Megan RANDELL	Maldwyn Harriers	8.80		
6	40	Glesni TEGID	Menai T&F	9.34		Barry Edwards

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WELSH ATHLETICS
ATHLETAU CYMRU

T42-U20W 400m Final

Sat 16 Jan 2016

Welsh Record - Faye HARDING, Sale Harriers, 55.75, NIA, Birmingham, 2004

CBP - Melissa ROBERTS, 56.66, Cardiff AAC 2014

2015 Welsh Champion - Emma HENNESSY 59.08 Newport Harriers

Pos	Bib	Athlete	Club	Final Perf		Coach(es)
1	264	Eve WILLIAMS	Cwmbran Harriers	57.24	PB	Darrell Maynard
2	326	Lauren WILLIAMS	Swansea Harriers	57.56	PB	Arnie Wray
3	322	Aileen KEARNEY	Wirral AC	58.60		Norman Waterson
4	31	Siriol JONES	Colwyn Bay	64.21		Phil Jones

T17-U20W 400m Heat

Sat 16 Jan 2016

				Heat 1			Coach(es)
Pos	Bib	Athlete	Club	Perf	Qual		
1	264	Eve WILLIAMS	Cwmbran Harriers	58.73	Q	PB	
2	30	Alice HANNAN*	Millfield School	63.30			
3	321	Ffion JENKINS	Swansea Harriers	65.58		PB	
4	37	Megan RANDELL	Maldwyn Harriers	66.43	q	PB	
				Heat 2			Coach(es)
Pos	Bib	Athlete	Club	Perf			
1	326	Lauren WILLIAMS	Swansea Harriers	60.23	Q	PB	
2	31	Siriol JONES	Colwyn Bay	62.10	q	PB	
3	39	Amy TAYLOR*	Millfield School	62.37		PB	
4	224	Abigail BOWERS	Oswestry Olympians	63.37		PB	
				Heat 3			Coach(es)
Pos	Bib	Athlete	Club	Perf			
1	322	Aileen KEARNEY	Wirral AC	61.19	Q	PB	
2	35	Sarah LONG*	Team Bath AC	63.85		PB	
3	320	Alice GEORGE*	Stroud AC	64.04		PB	

T11-U20W 800m Straight Final

16 January 2016

Welsh Record - Kirsty MCDERMOTT, Brecon AC, 2:02.88, Grenoble, France, 1981

CBP - Ffion PRICE, 2:13.50, Brecon AC 2013

2015 Welsh Champion - Isobel PARRY-JONES 2:14.79 Cwmbran Harriers

Pos	Bib	Athlete	Club	Final Perf		Coach(es)
1	341	Isobel PARRY-JONES	Cwmbran Harriers	2:16.06	1-w	
2	324	Carianne ROBERTSON*	Solihull & Small Heath AC	2:19.78		Andrew Webber
3	336	Isobel COTHAM*	Wolverhampton & Bilston AC	2:20.40		John Abbis
4	340	Gwenno MORRIS	Colwyn Bay	2:23.95	2-w	Phil Oliver
5	337	Caitlin EDGAR*	Millfield School	2:36.99		Alan Richardson
6	339	Phoebe MARSDEN	Newport Harriers	2:43.69	3-w	Michael Adams
7	342	Belinda WALLACE	Cardiff AAC	2:45.21		Tim Fry
4	273	Iestyn RAVEN	Bridgend AC	57.12		Jason Quirke

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WELSH ATHLETICS
ATHLETAU CYMRU

T26A-U20W 3000m Straight Final

16 January 2016

Welsh Record - Non STANFORD, Swansea Harriers, 9:22.98, Sheffield, 2006

CBP - Natasha COCKRAM, 10:06.21, Cwmbran Harriers 2011

2015 Welsh Champion - Olivia GWYNN 9:37.04 Swansea Harriers

Pos	Bib	Athlete	Club	Final Perf	Coach(es)
1	454	Bethan HARRIS	Swansea Harriers	11:03.97	Kevin Tobin

T31-U20W 60m Hurdles (84.0cm) Straight Final

16 January 2016

Welsh Record - Bethan EDWARDS, Cardiff AAC, 8.47, NIA, Birmingham, 1992

CBP - Lauren MCLOUGHLIN/Heather JONES, 8.77, Cardiff AAC/Carmarthen Harriers, 2001/2004

2015 Welsh Champion - Amy LEAHY 9.20 Pembrokeshire Harriers

Pos	Bib	Athlete	Club	Final Perf	Coach(es)
1	224	Abigail BOWERS	Oswestry Olympians	9.97	Arnie Wray
DNS	62	Jenna BLUNDELL*	Team Bath AC		Di Viles

T74-U20W 200m A-B FINAL

17 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 24.20, NIA, Birmingham, 2013

CBP - Hannah BRIER, 24.54, Swansea Harriers, 2015

2015 Welsh Champion - Hannah BRIER 24.54 Swansea Harriers

Pos	Bib	Athlete	Club	Final Perf	Qual	Coach(es)
1	24	Hannah BRIER	Swansea Harriers	24.35		Neal Merry
2	264	Eve WILLIAMS	Cwmbran Harriers	25.48		Darrell Maynard
3	38	Amelia REYNOLDS	Cardiff AAC	25.69		Dave Norton
4	36	Zoe NASH	Bridgend AC	26.08		Jason Quirke

T60-U20W 200m Heats

17 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 24.20, NIA, Birmingham, 2013

CBP - Hannah BRIER, 24.54, Swansea Harriers, 2015

2015 Welsh Champion - Hannah BRIER 24.54 Swansea Harriers

Heat 1						Coach(es)
Pos	Bib	Athlete	Club	Perf	O/ALL	
1	38	Amelia REYNOLDS	Cardiff AAC	25.52	Q PB	Dave Norton
2	36	Zoe NASH	Bridgend AC	25.65	q PB	Jason Quirke
3	62	Jenna BLUNDELL*	Team Bath AC	27.50	PB	Di Viles
4	40	Glesni TEGID	Menai T&F	29.04	PB	Barry Edwards
Heat 2						Coach(es)
Pos	Bib	Athlete	Club	Perf	O/ALL	
1	264	Eve WILLIAMS	Cwmbran Harriers	25.27	Q PB	Darrell Maynard
2	41	Yvette WESTWOOD*	Yate AC	26.22	PB	Rob Ellchuk
3	260	Annie LEWIS*	Yate AC	26.60	PB	Rob Ellchuk
4	32	Sophie JONES	Menai T&F	29.82	PB	Barry Edwards
Heat 3						Coach(es)
Pos	Bib	Athlete	Club	Perf	O/ALL	
1	24	Hannah BRIER	Swansea Harriers	24.66	Q PB	Neal Merry
2	263	Georgia Kate SILCOX*	Yeovil Olympiads AC	27.12	PB	Kevin Skinner
3	29	Sarah GIBBS	Newport Harriers	27.33	PB	James Morgan

Welsh Athletics

40th Indoor Track & Field Championships 2016
National Indoor Athletics Centre
Cyncoed, Cardiff
16th & 17th January



WELSH ATHLETICS
ATHLETAU CYMRU

T66-U20W 1500m Straight Final

17 January 2016

Welsh Record - Non STANFORD, Swansea Harriers, 4:27.66, NIAC, Cardiff, 2006

CBP - Katie SEARY, 4:35.57, Cardiff AAC 2014

2015 Welsh Champion - Isobel DODD 5:01.72 Bridgend AC

Pos	Bib	Athlete	Club	Final		Coach(es)
				Perf		
1	341	Isobel PARRY-JONES	Cwmbran Harriers	4:44.07	1=W	John Abbis Michael Adams
2	336	Isobel COTHAM*	Wolverhampton & Bilston AC	5:05.31		
3	339	Phoebe MARSDEN	Newport Harriers	5:33.96	2=W	

Welsh Athletics

40th Indoor Track & Field Championships 2016
National Indoor Athletics Centre
Cyncoed, Cardiff
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WELSH ATHLETICS
ATHLETAU CYMRU

F13-U20W Triple Jump

Saturday-16

Welsh Record - Megan O'SULLIVAN, Cardiff AAC, 11.86, NIAC, Cardiff, 2013

CBP - Sally PEAKE, 11.78, Liverpool Harriers, 2003

2015 Welsh Champion - Lauryn DAVEY 10.59 Carmarthen Harriers

Pos	Bib	Athlete	Club	Perf	Coach(es)
1	545	Katie PHILLIPS	Swansea Harriers	9.72	Arnie Wray
2	261	Jaycee PENNY	Blaenau Gwent AC	9.69	Barry Edwards
3	546	Sophie RICHARDS	Menai T&F	8.97	

F29-U20W High Jump

Sunday-17

Welsh Record - Rebecca JONES, Wrexham AAC, 1.86, NIAC, Cardiff, 2002

CBP - Rebecca JONES, 1.86, Wrexham AAC 2002

2015 Welsh Champion - Lauren EVANS 1.60 Cardiff AAC

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	259	Anna BROPHY*	Millfield School	1.63	=PB	Alan Richardson
2	62	Jenna BLUNDELL*	Team Bath AC	1.55	PB	Di Viles
3	471	Abigail BUXTON	Pembrokeshire Harriers	1.50		Liz Rowlands

F27-U20W Pole Vault

Sunday-17

Welsh Record - Rebecca DAVIES, Deeside AAC, 3.66, NIAC, Cardiff, 2010

CBP - Elinor LEWIS, 3.61, Cardiff AAC 2009

2015 Welsh Champion - Carys JONES 3.16 Carmarthen Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	500	Carys JONES	Carmarthen Harriers	3.44	PB	Ed Thompson
2	25	Tamsin CAMPBELL*	Millfield School	3.34		Alan Richardson
3	502	Claudia LAVENDER*	Bath University	3.24		Christian North
4	501	Ceri JONES	Cardiff AAC	1.14	PB	

F14-U20W Long Jump

Sunday-17

Welsh Record - Emily WRIGHT, Bristol & West, 6.19, NIAC, Cardiff, 2015

CBP - Melissa ARTHUR, 5.71, Newport Harriers 2013

CBP

2015 Welsh Champion - Brenna PRICE 5.39 Aberdare VAAC

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	527	Emily Wright	Bristol & West AC	5.90		
2	263	Georgia Kate SILCOX*	Yeovil Olympiads AC	5.35		Kevin Skinner
3	337	Caitlin EDGAR*	Millfield School	5.33	PB	Alan Richardson
4	526	Chloe MARTIN*	Taunton AC	4.87		steve shaw
5	259	Anna BROPHY*	Millfield School	4.76	PB	Alan Richardson
6	471	Abigail BUXTON	Pembrokeshire Harriers	4.62	PB	Liz Rowlands
7	525	Chloe HUGHES	Deeside AAC	4.41		Andrew Burgess