

Deeside

Sat-20-July-2013

Welsh Athletics U15 League North Match 1

North Division

Results

**Event : T005 - 75m**

League Record : Amelia REYNOLDS, 10.5, Newport Harriers (M2-Aberdare), 2009  
Welsh Record : Not Recognised at this age group

				Heat 1								Heat 2						
Pos	Bib	Athletes	Club	Perf.		Pos	Bib	Athletes	Club	Perf.		Pos	Bib	Athletes	Club	Perf.		
1	2	Ffion EVANS	Colwyn Bay	11.4	(1)	1	3	Caitlin EVANS	Colwyn Bay AC	11.8	(4)	2						
2	132	Ella Hunter	Wrexham AAC	12.1	(7)	2	153	FfionJONES	Menai T&F	12.4	(10)	8						
3	59	Hannah HUTCHINSON	Deeside AAC	12.3	(9)	3	57	Phoebe EDWARDS	Deeside AAC	13.1	(13)	10						
4	147	Samia JONES	Menai T&F	13.2	(15)	4	128	Rhianna DAVIES	Wrexham AAC	13.8	(18)	13						
				Heat 3								Heat 4						
Pos	Bib	Athletes	Club	Perf.		Pos	Bib	Athletes	Club	Perf.		Pos	Bib	Athletes	Club	Perf.		
1	129	Hannah WARWICK	Wrexham AAC	11.7	(3)	1	131	Aisling WORT	Wrexham AAC	11.9	(5)	4						
2	4	Sasha DUNKERLEY	Colwyn Bay AC	12.0	(6)	2	5	Hannah MACKENNAN	Colwyn Bay AC	12.4	(10)	9						
3	149	Alys REES JONES	Menai T&F	13.0	(12)	3	58	Kelsey JACKOMIS	Deeside AAC	13.1	(13)	10						
4	56	Emily WOOD	Deeside AAC	13.5	(17)	4	55	Mia HAROLD	Deeside AAC	14.8	(19)	14						
				Heat 5								Heat 6						
Pos	Bib	Athletes	Club	Perf.		Pos	Bib	Athletes	Club	Perf.		Pos	Bib	Athletes	Club	Perf.		
1	134	Catrin CHAFFER	Wrexham AAC	11.4	(1)													
2	80	Imogen OWEN	Deeside AAC	12.2	(8)													
3	54	Courtney JONES	Deeside AAC	13.2	(15)													
4	55	Mia HAROLD	Deeside AAC	15.5	(19)													

**Event : T023 - 150m**

League Record : Amelia REYNOLDS, Lauren BELL, 21.6, Newport Harriers/Pembroke Harriers, 2009/2005  
Welsh Record : Not Recognised at this age group

				Heat 1								Heat 2						
Pos	Bib	Athletes	Club	Perf.		Pos	Bib	Athletes	Club	Perf.		Pos	Bib	Athletes	Club	Perf.		
1	2	Ffion EVANS	Colwyn Bay	23.4	(4)	1	134	Catrin CHAFFER	Wrexham AAC	23.3	(3)							
2	132	Ella HUNTER	Wrexham AAC	23.8	(7)	2	3	Caitlin EVANS	Colwyn Bay AC	23.5	(5)							
3	58	Kelsey JACKOMIS	Deeside AAC	26.4	(11)	3	80	Imogen OWEN	Deeside AAC	24.7	(8)							
4	149	Alys REES JONES	Menai T&F	27.0	(12)	4	54	Courtney JONES	Deeside AAC	25.7	(10)							
5	53	Lucy GRIMSTER	Deeside AAC	29.0	(14)	5	130	No Athlete DECLARED	Wrexham AAC	27.8	(13)							
				Heat 3								Heat 4						
Pos	Bib	Athletes	Club	Perf.		Pos	Bib	Athletes	Club	Perf.		Pos	Bib	Athletes	Club	Perf.		
1	146	Molly JONES	Menai T&F	22.7	(1)													
2	129	Hannah WARWICK	Wrexham AAC	23.1	(2)													
3	1	Chloe JONES	Colwyn Bay	23.6	(6)													
4	59	Hannah HUTCHINSON	Deeside AAC	25.3	(9)													

**Event : T013 - 800m**

League Record : Alice RUSSELL-STRETCH, Pembrokeshire Harriers, 2:41.1, 2008  
Welsh Record : Not recognised at this age group

				Heat 1								Heat 2						
Pos	Bib	Athletes	Club	Perf.		Pos	Bib	Athletes	Club	Perf.		Pos	Bib	Athletes	Club	Perf.		
1	1	Chloe JONES	Colwyn Bay	2:46.0	(1)													
2	83	Fifi DAVIES	Deeside AAC	2:54.4	(2)													
3	131	Aisling WORT	Wrexham AAC	2:58.1	(3)													
4	59	Hannah HUTCHINSON	Deeside AAC	3:05.0	(4)													
5	84	Maddie JACKSON	Deeside AAC	3:05.9	(5)													
6	148	Ffion REES JONES	Menai T&F	3:06.1	(6)													
7	5	Hannah MACKENNAN	Colwyn Bay AC	3:06.6	(7)													
8	4	Sasha DUNKERLEY	Colwyn Bay AC	3:07.2	(8)													
9	149	Alys REES JONES	Menai T&F	3:10.6	(9)													
10	85	Imogen OWEN	Deeside AAC	3:22.2	(10)													

**Event : T039 - 4 x 100 relay**

League Record - Swansea Harriers, 61.77, 2011 (Cup Final)

		Heat 1		Athletes	
Pos	Bib	Club	Perf.		
1	4	Colwyn Bay AC	62.3	Chloe JONES, Ffion JONES, Caitlin JONES, Sacha DUNKERLEY,	
2	128	Wrexham AAC	63.5	Not DECLARED, Not DECLARED, Not DECLARED, Not DECLARED,	
3	149	Menai T&F	68.7	Not DECLARED, Samia JONES, Ffion REES JONES, Alys REES JONES,	
4	85	Deeside AAC	69.6	No ATHLETE, Hannah HUTCHINSON, Kelsey JACKOMIS, No ATHLETE,	

**Event : F027 - Long Jump**

League Record : K WILLIAMS, 4.21, Carmarthen Harriers, 1988  
Welsh Record : Not Recognised at this age group

Pos	Bib	Athletes	Club	Perf.
1	146	Molly JONES	Menai T&F	3.88
2	148	Ffion REES JONES	Menai T&F	3.67
3	1	Chloe JONES	Colwyn Bay	3.39
4	2	Ffion EVANS	Colwyn Bay	3.36
5	3	Caitlin EVANS	Colwyn Bay AC	3.30
6	129	Hannah WARWICK	Wrexham AAC	3.19
7	131	Aisling WORT	Wrexham AAC	3.14
8	80	Imogen OWEN	Deeside AAC	2.95
9	57	Phoebe EDWARDS	Deeside AAC	2.83
10	58	Kelsey JACKOMIS	Deeside AAC	2.82
11	130	Rhian WILLIAMS	Wrexham AAC	2.23
12	56	Emily WOOD	Deeside AAC	2.16
13	55	Mia HAROLD	Deeside AAC	2.14
14	128	Rhianna DAVIES	Wrexham AAC	1.58

**Event : F022 - (300g) Javelin**

League Record : Mollie JONES, 19.93, Bridgend AC, 2010  
Welsh Record : Not Recognised at this age group

Pos	Bib	Athletes	Club	Perf.
1	147	Samia JONES	Menai T&F	7.62
2	5	Hannah MACKENNAN	Colwyn Bay AC	6.37
3	4	Sasha DUNKERLEY	Colwyn Bay AC	5.49

**Event : F015 - (2.00kg) Shot**

League Record : Eiliw JAMES, 7.12, Carmarthen Harriers, 2005  
Welsh Record : Not Recognised at this age group

Pos	Bib	Athletes	Club	Perf.
1	146	Molly JONES	Menai T&F	6.18
2	132	Ella HUNTER	Wrexham AAC	5.42
3	147	Samia JONES	Menai T&F	4.99

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**Event : T007 - 100m**League Record : Danielle BARKER, 12.6, Neath Harriers, 1999  
Welsh Record : Jane BRADBEER, 12.6, Cardiff AAC, 1981

				Heat 1							Heat 2		
Pos	Bib	Athletes	Club	Perf.		(Pos)	Pos	Bib	Athletes	Club	Perf.		(Pos)
1	16	Hagar HERENCIA	Colwyn Bay AC	14.1	G3*	(2)	1	15	Hannah WICKERSON	Colwyn Bay AC	13.7	G2*	(1)
2	66	Leanne BITHELL	Deeside AAC	15.2		(5)	2	90	Abigail WOODING	Deeside AAC	14.3	G4*	(3)
3	117	Olivia WELLS	Wrexham AAC	15.5		(7)	3	69	Lauren EVANS	Deeside AAC	14.5	G4*	(4)
4	161	Medi MONTAGUE	Menai T&F	15.9		(8)	4	65	Anna WILLIAMS	Deeside AAC	15.2		(5)
5	68	Carys JONES	Deeside AAC	16.4		(9)	5	121	Aleah DAVIES	Wrexham AAC	17.0		(10)
6	120	Freya MORRIS	Wrexham AAC	17.5		(11)							

**Event : T028 - 200m**League Record : Hannah BRIER, 26.0, Swansea Harriers, 2010  
Welsh Record : Jane BRADBEER, 25.7, Cardiff AAC, 1981

				Heat 1							Heat 2		
Pos	Bib	Athletes	Club	Perf.		(Pos)	Pos	Bib	Athletes	Club	Perf.		(Pos)
1	15	Hannah WICKERSON	Colwyn Bay AC	28.5	G1*	(1)	1	90	Abigail WOODING	Deeside AAC	30.4	G4*	(3)
2	116	Megan HUNTER	Wrexham AAC	29.5	G3*	(2)	2	115	Yasmine BAKER	Wrexham AAC	31.9		(5)
3	17	Holly ROBERTS	Colwyn Bay AC	30.9	*	(4)	3	19	Bethan DAVIES	Colwyn Bay AC	32.8		(6)
4	66	Leanne BITHELL	Deeside AAC	32.8		(6)	4	160	Lucy LAWRENCE	Menai T&F	33.2		(8)
5	162	Isabelle BARBARESI	Menai T&F	34.4		(9)	5	121	Aleah DAVIES	Wrexham AAC	35.0		(10)

**Event : T016 - 800m**League Record : Gemma MOUNSEY, 2:25.7, Carmarthen Harriers, 1994  
Welsh Record : Lisa LANINI, 2.16.1, Wrexham AC, 2000

				Heat 1							Heat 2		
Pos	Bib	Athletes	Club	Perf.		(Pos)	Pos	Bib	Athletes	Club	Perf.		(Pos)
1	115	Yasmine BAKER	Wrexham AAC	2:39.9	G4*	(1)							
2	19	Bethan DAVIES	Colwyn Bay AC	2:52.3		(2)							
3	160	Lucy LAWRENCE	Menai T&F	2:57.6		(3)							

**Event : T032 - 1500m**League Record : Lucy THOMAS, 5:04.2, Neath Harriers, 1997  
Welsh Record : Hywelis THOMAS-HOWELLS, 4.49.93, Neath Harriers, 2007

				Heat 1							Heat 2		
Pos	Bib	Athletes	Club	Perf.		(Pos)	Pos	Bib	Athletes	Club	Perf.		(Pos)
1	17	Holly ROBERTS	Colwyn Bay AC	5:19.8	G3*	(1)							
2	18	Ceri VAUGHAN	Colwyn Bay AC	5:41.4	*	(2)							
3	119	Cara BIRD	Wrexham AAC	6:15.5		(3)							

**Event : T001 - 1000m walk**League Record : Felicity GARDNER, 5:26.2, Llanelli AC, 2009  
Welsh Record : Jordan RICHARDS, Carmarthen Harriers, 6.01.37, 201

				Heat 1							Heat 2		
Pos	Bib	Athletes	Club	Perf.		(Pos)	Pos	Bib	Athletes	Club	Perf.		(Pos)
1	102	Lydia WILLIAMS U15G	Wrexham AAC	6.39.7	U15G	(1)							
2	173	Amelia HARPER JONES U15G	Menai T&F	6.44.6	U15G	(1)							

**Event : T022 - 70m Hurdles**League Record : Hannah BRIER, 11.2, Swansea Harriers, 2010  
Welsh Record : Adele NICOLL, 11.59, Oswestry Olympians, 2009

				Heat 1							Heat 2		
Pos	Bib	Athletes	Club	Perf.		(Pos)	Pos	Bib	Athletes	Club	Perf.		(Pos)
1	116	Megan HUNTER	Wrexham AAC	12.9		1							
2	16	Hagar HERENCIA	Colwyn Bay AAC	13.6		2							
3	69	Lauren EVANS	Deeside AAC	13.6		3							
4	90	Abigail WOODING	Deeside AAC	14.0		4							
5	117	Olivia WELLS	Wrexham AAC	15.7		5							

**Event : T041 - 4 x 100 relay**

League Record - Swansea Harriers, 51.6, 2010

Pos	Bib	Club	Heat 1 Perf.	Athletes
1	16	Colwyn Bay AC	56.8	Not DECLARED, Hannah WICKERSON, Holly ROBERTS, Hagar HERENCIA,
2	117	Wrexham AAC	60.3	Not DECLARED, Not DECLARED, Not DECLARED, Not DECLARED,
3	68	Deeside AAC	60.4	Not DECLARED, Anna WILLIAMS, Abigail WOODING, Carys JONES,

**Event : F026 - High Jump**

League Record : Sarah OMOREGIE, 1.50, Pembroshire Harriers, (Cup Final) 2012  
Welsh Record : Julia CHARLTON, 1.68, Carmarthen Harriers 1978

Pos	Bib	Athletes	Club	Perf.	
1	16	Hagar HERENCIA	Colwyn Bay AC	1.26	G4*
2	18	Ceri VAUGHAN	Colwyn Bay AC	1.26	G4*
3	119	Cara BIRD	Wrexham AAC	1.20	*

**Event : F014 - Long Jump**

League Record : E JONES, 4.70, Carmarthen Harriers, 1989  
Welsh Record : Chloe HUGHES, Deeside AC, 4.89, 2011

Pos	Bib	Athletes	Club	Perf.	
1	21	Eve BUTLER	Colwyn Bay AC	4.30	G3*
2	15	Hannah WICKERSON	Colwyn Bay AC	3.81	*
3	119	Cara BIRD	Wrexham AAC	3.69	
4	65	Anna WILLIAMS	Deeside AAC	3.60	
5	162	Isabelle BARBARESI	Menai T&F	3.50	
6	161	Medi MONTAGUE	Menai T&F	3.44	
7	69	Lauren EVANS	Deeside AAC	3.39	
8	66	Leanne BITHELL	Deeside AAC	3.38	
9	20	Bryony CARSLYJONES	Colwyn Bay AC	3.25	
10	121	Aleah DAVIES	Wrexham AAC	2.83	

**Event : F006 - (2.72kg) Shot**

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

Pos	Bib	Athletes	Club	Perf.	
1	67	Hannah TUSHINGHAM	Deeside AAC	5.88	
2	68	Carys JONES	Deeside AAC	5.72	
3	116	Megan HUNTER	Wrexham AAC	5.45	
4	135	Isabelle COLLINS	Wrexham AAC	5.44	
5	160	Lucy LAWRENCE	Menai T&F	5.33	
6	161	Medi MONTAGUE	Menai T&F	4.98	
7	162	Isabelle BARBARESI	Menai T&F	4.90	
8	18	Ceri VAUGHAN	Colwyn Bay AC	4.68	
9	20	Bryony CARSLYJONES	Colwyn Bay AC	3.71	

**Event : F016 - (0.75kg) Discus**

League Record : Toni WELLS, 26.27, Swansea Harriers, 2005  
Welsh Record : Adele NICOLL, 31.68, Oswestry Olympians, 2009

Pos	Bib	Athletes	Club	Perf.	
1	67	Hannah TUSHINGHAM	Deeside AAC	20.87	G2*
2	135	Isabelle COLLINS	Wrexham AAC	13.04	*

**Event : F017 - (400g) Javelin**

League Record : Sara SIGGERY, 28.12, Carmarthen Harriers, 1997  
Welsh Record : Tasia STEPHENS, 32.36, Aberdare AAC, 2009

Pos	Bib	Athletes	Club	Perf.	
1	135	Isabelle COLLINS	Wrexham AAC	19.19	G3*
2	20	Bryony CARSLYJONES	Colwyn Bay AC	10.91	
3	17	Holly ROBERTS	Colwyn Bay AC	9.68	
4	19	Bethan DAVIES	Colwyn Bay AC	7.28	
5	117	Olivia WELLS	Wrexham AAC	6.95	
6	115	Yasmine BAKER	Wrexham AAC	6.82	

**Event : T009 - 100m**

League Record : Hannah BRIER, 12.5, Swansea Harriers, 2011  
Welsh Record : Helen MILES, 12.0, Bridgend AC, 1981

				Heat 1							Heat 2							
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos)	
1	71	Anna WOODWARD	Deeside AAC	14.0	(4)	1	70	Sarah ATKINSON	Deeside AAC	13.5	G4*	(1)	2	75	Siobhan BENSON	Deeside AAC	13.5	(1)
2	30	Emily PIERCE	Colwyn Bay AC	14.4	(8)	2	75	Siobhan BENSON	Deeside AAC	13.5	(1)	3	106	Claudia WHITTAKER	Wrexham AAC	13.7	(3)	
3	105	Maizee DAVIES	Wrexham AAC	14.9	(9)	3	106	Claudia WHITTAKER	Wrexham AAC	13.7	(3)	4	32	Megan ROBERTS	Colwyn Bay AC	14.1	(5)	
4	177	Caitlin HOWELL WILLIAMS	Menai T&F	15.2	(10)	4	32	Megan ROBERTS	Colwyn Bay AC	14.1	(5)	5	103	Alice ODUNAIYA	Wrexham AAC	14.1	(5)	
5	73	Ailish LEIPER	Deeside AAC	15.2	(10)	5	103	Alice ODUNAIYA	Wrexham AAC	14.1	(5)	6	28	Elin JONES	Colwyn Bay AC	14.2	(7)	
						6	28	Elin JONES	Colwyn Bay AC	14.2	(7)							

**Event : T026 - 200m**

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

				Heat 1							Heat 2							
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos)	
1	102	Lydia WILLIAMS	Wrexham AAC	29.4	(4)	1	75	Siobhan BENSON	Deeside AAC	27.3	G3*	(1)	2	70	Sarah ATKINSON	Deeside AAC	28.3	*
2	30	Emily PIERCE	Colwyn Bay AC	31.0	(5)	2	70	Sarah ATKINSON	Deeside AAC	28.3	*	(2)	3	28	Elin JONES	Colwyn Bay AC	28.9	(3)
3	173	Amelia HARPER JONES	Menai T&F	31.5	(6)	3	28	Elin JONES	Colwyn Bay AC	28.9	(3)	4	177	Caitlin HOWELL WILLIAMS	Menai T&F	32.1	(8)	
4	76	Martha Owen	Deeside AAC	32.0	(7)	4	177	Caitlin HOWELL WILLIAMS	Menai T&F	32.1	(8)							

**Event : T012 - 300m**

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

				Heat 1							Heat 2						
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos)
1	101	Neve EVANS	Wrexham AAC	44.8	G4*	(1)											
2	29	Bethan ROBERTS	Colwyn Bay AC	45.7	*	(2)											
3	72	Charlotte MEIKLE	Deeside AAC	46.2	*	(3)											
4	102	Lydia WILLIAMS	Wrexham AAC	47.0	*	(4)											

**Event : T020 - 800m**

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

				Heat 1							Heat 2						
Pos	Bib	Athletes	Club	Perf.	+3.9 (Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos)
1	76	Martha OWEN	Deeside AAC	2:33.9	*	(1)											
2	177	Caitlin HOWELL WILLIAMS	Menai T&F	2:38.0	(2)												
3	29	Bethan ROBERTS	Colwyn Bay AC	3:05.6	(3)												

**Event : T030 - 1500m**

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

				Heat 1							Heat 2						
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos)
1	31	Gwenno MORRIS	Colwyn Bay AC	5:15.4	*	(1)											
2	104	Megan MORRIS	Wrexham AAC	6:03.9	(2)												

**Event : T018 - 75m Hurdles**

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

				Heat 1							Heat 2						
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.	(Pos)
1	71	Anna WOODWARD	Deeside AAC	13.2	G4*	(1)											
2	107	Ffion WILLIAMS	Wrexham AAC	14.7	(2)												
3	105	Maizee DAVIES	Wrexham AAC	15.8	(3)												
4	73	Ailish Leiper	Deeside AAC	16.2	(4)												
5	104	Megan MORRIS	Wrexham AAC	16.5	(5)												

**Event : T043 - 4 x 100 relay**

League Record - Swansea Harriers, 50.70, 2011

				Heat 1						
Pos	Bib	Club	Perf.	Athletes	Pos	Bib	Club	Perf.	Athletes	
1	71	Deeside AAC	54.0	Not DECLARED, Sarah ATKINSON, Not DECLARED, Anna WOODWARD,						
2	32	Colwyn Bay AC	56.6	Not DECLARED, Elin JONES, Bethan ROBERTS, Megan ROBERTS,						
3	106	Wrexham AAC	56.6	Not DECLARED, Not DECLARED, Not DECLARED, Not DECLARED,						
4	176	Menai T&F	61.1	Not DECLARED, Tya RIDDINGS, Zoe WOOD, Inez RAYMENT GOMEZ,						

**Event : F021 - High Jump**

League Record : Emily MORRIS, 1.62, Swansea Harriers, 2009  
Welsh Record : Lea HAGGETT, 1.81, Herne Hill, 1986

Pos	Bib	Athletes	Club	Perf.
1	32	Megan ROBERTS	Colwyn Bay AC	1.35

**Event : F005 - Long Jump**

League Record : Brenna PRICE, 5.08, Aberdare VAAC (M3-Newport), 2011  
Welsh Record : Ceri JENKINS, 5.57, Cleddau, 1972

Pos	Bib	Athletes	Club	Perf.
1	70	Sarah ATKINSON	Deeside AAC	5.17
2	174	Tya RIDDINGS	Menai T&F	4.17
3	105	Maizee DAVIES	Wrexham AAC	4.08
4	28	Elin JONES	Colwyn Bay AC	3.99
5	72	Lloyd PEACOCK	Deeside AAC	3.73
6	177	Caitlin HOWELL WILLIAMS	Menai T&F	3.65
7	71	Anna WOODWARD	Deeside AAC	3.64
8	174	Tya RIDDINGS	Menai T&F	3.53
9	104	Megan MORRIS	Wrexham AAC	3.48
10	30	Emily PIERCE	Colwyn Bay AC	2.87

**Event : F025 - (1.0kg) Discus**

League Record : Phillipa ROLES, 41.26, Swansea Harriers, 1992  
Welsh Record : Philippa ROLES, 44.12, Swansea Harriers, 1992

Pos	Bib	Athletes	Club	Perf.
1	175	Zoe WOOD	Menai T&F	15.00
2	179	Tya RIDDINGS	Menai T&F	14.67
3	176	Inez RAYMENT GOMEZ	Menai T&F	12.45
4	32	Megan ROBERTS	Colwyn Bay AC	12.13

**Event : F011 - (600g) Javelin**

League Record : Carys MANSFIELD, 37.20, Carmarthen Harriers, 2009  
Welsh Record : Danielle HAMER, 38.15, Carmarthen Harriers 2005

Pos	Bib	Athletes	Club	Perf.
1	110	Ellie COLLINS	Wrexham AAC	22.43
2	74	Tia WILLIAMS	Deeside AAC	20.32
3	176	Inez RAYMENT GOMEZ	Menai T&F	11.47

**Event : F008 - Pole Vault**

League Record : Carys JONES, Carmarthen Harriers, (M2-W-Neath) 2012  
Welsh Record : Rhianydd LLEWELLYN, 3.15, Bridgend AC, 2008

Pos	Bib	Athletes	Club	Perf.
1	110	Ellie COLLINS	Wrexham AAC	1.82

**Event : F029 - (3.25kg) Shot**

**New League Record** : Awen ROSSER, 12.10, Carmarthen Harriers, 2010  
Welsh Record : Adelle Nicoll, 14.23, Birchfield Harriers, 2011

Pos	Bib	Athletes	Club	Perf.
1	75	Siobhan BENSON	Deeside AAC	6.97
2	174	Tya RIDDINGS	Menai T&F	5.89
3	175	Zoe WOOD	Menai T&F	5.66
4	72	Lloyd PEACOCK	Deeside AAC	5.65
5	176	Inez RAYMENT GOMEZ	Menai T&F	4.91
6	76	Dylan PARRY	Deeside AAC	4.79

**Event : F002 - (3.00kg) Hammer**

League Record : Emily PEARCE, 46.92, Rhondda AC, (M1-E-Hereford) 2013  
Welsh Record : Emily PEARCE, 46.92p, Rhondda AC, (M1-E-Hereford) 2013

Pos	Bib	Athletes	Club	Perf.
1	110	Ellie COLLINS	Wrexham AAC	26.06

**Event : T006 - 75m**

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

				Heat 1				Heat 2			
Pos	Bib	Athletes	Club	Pos	Bib	Athletes	Club	Pos	Bib	Athletes	Club
1	154	Aled ODDY	Menai T&F	1	155	Cai WOODFORD	Menai T&F	1	155	Cai WOODFORD	Menai T&F
2	8	Cameron BARRY	Colwyn Bay AC	2	124	Elliot ODUNAIYA	Wrexham AAC	2	124	Elliot ODUNAIYA	Wrexham AAC
3	127	Toby REES SLAWSON	Wrexham AAC	3	52	Daniel GREGGAN	Deeside AAC	3	52	Daniel GREGGAN	Deeside AAC
4	82	Zak Vyse	Deeside AAC	4	7	Sol PITA	Colwyn Bay AC	4	7	Sol PITA	Colwyn Bay AC
				Heat 3				Heat 4			
Pos	Bib	Athletes	Club	Pos	Bib	Athletes	Club	Pos	Bib	Athletes	Club
1	156	Callan MONTAGUE	Menai T&F	1	156	Callan MONTAGUE	Menai T&F	1	156	Callan MONTAGUE	Menai T&F
2	81	Dylan PARRY	Deeside AAC	2	81	Dylan PARRY	Deeside AAC	2	81	Dylan PARRY	Deeside AAC
3	6	Evan POND	Colwyn Bay AC	3	6	Evan POND	Colwyn Bay AC	3	6	Evan POND	Colwyn Bay AC
4	153	Oscar DOWNING	Menai T&F	4	153	Oscar DOWNING	Menai T&F	4	153	Oscar DOWNING	Menai T&F

**Event : T024 - 150m**

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

				Heat 1				Heat 2			
Pos	Bib	Athletes	Club	Pos	Bib	Athletes	Club	Pos	Bib	Athletes	Club
1	155	Cai WOODFORD	Menai T&F	1	155	Cai WOODFORD	Menai T&F	1	155	Cai WOODFORD	Menai T&F
2	8	Cameron BARRY	Colwyn Bay AC	2	8	Cameron BARRY	Colwyn Bay AC	2	8	Cameron BARRY	Colwyn Bay AC
3	154	Aled ODDY	Menai T&F	3	154	Aled ODDY	Menai T&F	3	154	Aled ODDY	Menai T&F
4	127	Toby REES SLAWSON	Wrexham AAC	4	127	Toby REES SLAWSON	Wrexham AAC	4	127	Toby REES SLAWSON	Wrexham AAC
5	52	Daniel GREGGAN	Deeside AAC	5	52	Daniel GREGGAN	Deeside AAC	5	52	Daniel GREGGAN	Deeside AAC
6	125	James EVANS	Wrexham AAC	6	125	James EVANS	Wrexham AAC	6	125	James EVANS	Wrexham AAC

**Event : T014 - 800m**

League Record : Luke DAVIES, 2:33.9, Brecon AC, 2011  
Welsh Record : Not recognised at this age group

				Heat 1				Heat 2			
Pos	Bib	Athletes	Club	Pos	Bib	Athletes	Club	Pos	Bib	Athletes	Club
1	126	Jay PUGH	Wrexham AAC	1	126	Jay PUGH	Wrexham AAC	1	126	Jay PUGH	Wrexham AAC
2	51	James JONES	Deeside AAC	2	51	James JONES	Deeside AAC	2	51	James JONES	Deeside AAC
3	125	James EVANS	Wrexham AAC	3	125	James EVANS	Wrexham AAC	3	125	James EVANS	Wrexham AAC
4	81	Dylan PARRY	Deeside AAC	4	81	Dylan PARRY	Deeside AAC	4	81	Dylan PARRY	Deeside AAC
5	6	Evan POND	Colwyn Bay AC	5	6	Evan POND	Colwyn Bay AC	5	6	Evan POND	Colwyn Bay AC
6	82	Zak Vyse	Deeside AAC	6	82	Zak Vyse	Deeside AAC	6	82	Zak Vyse	Deeside AAC

**Event : T033 - 4 x 100 relay**

League Record - Cardiff AAC, 59.32, (M3-E-Hereford) 2012

Pos	Bib	Club	Athletes
1	153	Menai T&F	Not DECLARED, Not DECLARED, Not DECLARED, Oscar DOWNING,

**Event : F009 - Long Jump**

League Record : Immanuel FEYI' WABOSO, Cardiff Archers, 4.34, (M1-E-Hereford) 2012  
Welsh Record : Not Recognised at this age group

Pos	Bib	Athletes	Club	Perf.
1	155	Cai WOODFORD	Menai T&F	3.96
2	154	Aled ODDY	Menai T&F	3.88
3	8	Cameron BARRY	Colwyn Bay AC	3.69
4	127	Toby REES SLAWSON	Wrexham AAC	3.68
5	125	James EVANS	Wrexham AAC	3.08
6	7	Sol PITA	Colwyn Bay AC	3.05
7	153	Oscar DOWNING	Menai T&F	2.59

**Event : F019 - (2.72kg) Shot**

League Record : Rheon JAMES, 10.06, Carmarthen Harriers, 2003  
Welsh Record : Not Recognised at this age group

Pos	Bib	Athletes	Club	Perf.
1	156	Callan MONTAGUE	Menai T&F	4.40
2	153	Oscar DOWNING	Menai T&F	4.31

**Event : F028 - (300g) Javelin**

League Record : Elys ROBJOHN, Cardiff Archers, 28.34, (M1-E-Hereford) 2013  
Welsh Record : Not Recognised at this age group

Pos	Bib	Athletes	Club	Perf.
1	124	Elliot ODUNAIYA	Wrexham AAC	22.50
2	153	Oscar DOWNING	Menai T&F	13.36
3	156	Callan MONTAGUE	Menai T&F	12.29
4	7	Sol PITA	Colwyn Bay AC	11.61



**Event : T008 - 100m**

League Record : Harry HILLMAN, 12.58, Cardiff AAC, 2011 (Cup Final)

Welsh Record : Malcolm JAMES, 12.5, Cardiff AAC, 1975/Sion ROBERTS, 12.59, Wrexham AC, 2010

Heat 1						Heat 2				
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.
1	61	Matthew HILL	Deeside AAC	14.1	*	(6)				
2	10	Jack GIZZI	Colwyn Bay AC	14.5		(7)				
3	14	Matthew JONES	Colwyn Bay AC	14.6		(8)				
4	136	Joe REES SLAWSON	Wrexham AAC	14.6		(8)				
5	172	Cai Roberts	Menai T&F	15.1		(10)				
6	11	George WELS	Colwyn Bay AC	15.8		(11)				
7	91	Findley ABBOTT	Deeside AAC	15.8		(11)				

**Event : T027 - 200m**

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

Welsh Record : Sion ROBERTS, 25.43, Wrexham AC, 2010

Heat 1						Heat 2				
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.
1	62	Sam FOWLES	Deeside AAC	29.0	G4*	(1)				
2	168	Zac PRICE	Menai T&F	29.6	*	(2)				
3	136	Joe REES SLAWSON	Wrexham AAC	29.8		(3)				
4	10	Jack GIZZI	Colwyn Bay AC	29.9		(4)				
5	11	George WELS	Colwyn Bay AC	31.3		(5)				
6	13	Luke VERHOLEMAN	Colwyn Bay AC	31.7		(6)				
7	91	Findley ABBOTT	Deeside AAC	33.2		(7)				
8	139	Alexander SMITH	Wrexham AAC	34.9		(8)				

**Event : T017 - 800m**

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

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

Heat 1						Heat 2				
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.
1	168	Zac PRICE	Menai T&F	2:28.4	G3*	(1)				
2	61	Matthew HILL	Deeside AAC	2:35.0	*	(2)				
3	11	George WELS	Colwyn Bay AC	2:40.8		(3)				
4	13	Luke VERHOLEMAN	Colwyn Bay AC	2:41.1		(4)				
5	60	Ethan ACKROYD	Deeside AAC	2:53.3		(5)				
6	139	Alexander SMITH	Wrexham AAC	3:01.2		(6)				
7	77	Lloyd PEACOCK	Deeside AAC	3:33.7		(7)				

**Event : T031 - 1500m**

League Record : Jake HAYWOOD, 4:48.1, Cardiff AAC (M3-Newport) 2011

Welsh Record : David POWELL, 4:31.3, Wolverhampton, 1977

Heat 1						Heat 2				
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.
	78	MaxMoore	Deeside AAC	5:15.9	G4*	(1)				
	14	Matthew JONES	Colwyn Bay AC	5:22.4	*	(2)				
	51	James JONES	Deeside AAC	5:42.7		(3)				

**Event : T035 - 4 x 100 relay**

League Record - Carmarthen Harriers, 53.3, 2008

		Heat 1		Athletes	
Pos	Bib	Club	Perf.		
1	61	Deeside AAC	60.1	Not DECLARED, Findley ABBOTT, Sam FOWLES, Matthew HILL,	
2	10	Colwyn Bay AC	61.7	Not DECLARED, Matthew JONES, George WELS, Jack GIZZI,	
3	167	Menai T&F	64.8	Not DECLARED, Not DECLARED, Not DECLARED, Not DECLARED,	

**Event : F012 - High Jump**

League Record : Miles KELLER-JENKINS, 1.63, Swansea Harriers, 2010  
Welsh Record : Jamie DALTON, 1.67, Preseli, 1992

Pos	Bib	Athletes	Club	Perf.	
1=	62	Sam FOWLES	Deeside AAC	1.30	G4*
1=	168	Zac PRICE	Menai T&F	1.30	G4*
3	170	Aaron WHITE	Menai T&F	1.15	

**Event : F018 - Long Jump**

League Record : G JAMES, 5.10, Carmarthen Harriers, 1989  
Welsh Record : Clive WOOLMER, 5.31, Milford Haven Sc, 1982

Pos	Bib	Athletes	Club	Perf.	
1	168	Zac PRICE	Menai T&F	4.54	G3*
2	62	Sam FOWLES	Deeside AAC	4.15	G4*
3	136	Joe REES SLAWSON	Wrexham AAC	4.09	*
4	10	Jack GIZZI	Colwyn Bay AC	3.95	
5	12	Kyle POND	Colwyn Bay AC	3.91	
6	61	Matthew HILL	Deeside AAC	3.80	

**Event : F024 - (3.25kg) Shot**

League Record : Mathew EVANS, 13.73, Carmarthen Harriers, 2001  
Welsh Record : Matthew EVANS, 14.47, Carmarthen Harriers 2001

Pos	Bib	Athletes	Club	Perf.	
1	169	Bo LEUNG	Menai T&F	7.31	G4*
2	138	Aiden MCRAE	Wrexham AAC	6.76	*
3	14	Matthew JONES	Colwyn Bay AC	5.43	
4	12	Kyle POND	Colwyn Bay AC	5.27	
5	139	Alexander SMITH	Wrexham AAC	5.24	
6	170	Aaron WHITE	Menai T&F	4.88	

**Event : F020 - (1.0kg) Discus**

League Record : Mathew EVANS, 41.86, Carmarthen Harriers, 2003  
Welsh Record : Chris HUGHES, 38.92, Swansea Harriers, 1991

Pos	Bib	Athletes	Club	Perf.	
1	169	Bo LEUNG	Menai T&F	20.62	G3*
2	138	Aiden MCRAE	Wrexham AAC	18.76	G4*
3	170	Aaron WHITE	Menai T&F	11.79	

**Event : F004 - (400g) Javelin**

League Record : Rheon JAMES, 41.00, Carmarthen Harriers, 2005  
Welsh Record : Tom NORTON, 44.80, Cwmbran Harriers, 2007

Pos	Bib	Athletes	Club	Perf.	
1	138	Aiden MCRAE	Wrexham AAC	23.09	G4*
2	13	Luke VERHOLEMAN	Colwyn Bay AC	17.14	
3	12	Kyle POND	Colwyn Bay AC	16.14	
4	169	Bo LEUNG	Menai T&F	13.83	

**Event : T010 - 100m**

League Record : George GRIFFITHS, 11.5, Cardiff AAC (M2-Hereford), 2011

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

Heat 1					Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.
	24	Finley ROBERTS	Colwyn Bay AC	13.1	(1)					
	27	Nathan JONES	Colwyn Bay AC	13.2	(2)					
	22	Alex BARTLETT	Colwyn Bay AC	13.7	(3)					
	23	Laurence PICKERING	Colwyn Bay AC	14.5	(4)					
	184	Oliver BARBARESI	Menai T&F	14.5	(4)					

**Event : T025 - 200m**

League Record : Marcus BAYONA-MARTINEZ, 23.3, Brecon AC, 2011

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

Heat 1					Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.
	24	Finley ROBERTS	Colwyn Bay AC	26.7	(1)					
	22	Alex BARTLETT	Colwyn Bay AC	27.3	(2)					
	63	Matthew STURGESS	Deeside AAC	27.6	(3)					

**Event : T011 - 300m**

League Record : Ryan JAMES, 38.98, Cardiff AAC, (M3-E-Hereford) 2012

Welsh Record : David WILLIAMS 37.4 Bridgend AC. 1990(p)

Heat 1					Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.
	26	Iolo JAMES	Colwyn Bay AC	40.0	* (1)					
	112	Christian SMITH	Wrexham AAC	43.4	* (2)					
	25	Matthew VAUGHAN	Colwyn Bay AC	45.5	* (3)					

**Event : T021 - 800m**

League Record : Nikita NEARY, 2:01.7, Carmarthen Harriers (M4-W-Brecon) 2012

Welsh Record : Daniel CHESWORTH, 2:00.13, Newport Harriers, 2008

Heat 1					Heat 2					
Pos	Bib	Athletes	Club	Perf.	+3.9 ( (Pos)	Pos	Bib	Athletes	Club	Perf.
	113	Matthew WILLIS	Wrexham AAC	2:11.9	G3* (1)					
	184	Oliver BARBARESI	Menai T&F	2:12.9	G3* (2)					
	26	Iolo JAMES	Colwyn Bay AC	2:13.1	G4* (3)					
	114	George MORRIS	Wrexham AAC	2:18.0	G4* (4)					

**Event : T029 - 1500m**

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

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

Heat 1					Heat 2					
Pos	Bib	Athletes	Club	Perf.	(Pos)	Pos	Bib	Athletes	Club	Perf.
	1	112 Christian SMITH	Wrexham AAC	4:35.0	G3* (1)					
	2	183 Olly WHITE	Menai T&F	4:42.0	G4* (2)					
	3	111 Evan PRICE	Wrexham AAC	5:54.1	(3)					

**Event : T037 - 4 x 100 relay**

League Record - Pembrokeshire Harriers, 47.0 (M3-Swansea) 2012

Pos	Bib	Club	Heat 1 Perf.	Athletes
1	24	Colwyn Bay AC	54.4	Not DECLARED, Iolo JAMES, Alex BARTLETT, Finley ROBERTS,
2	111	Wrexham AAC	56.7	Not DECLARED, Not DECLARED, Not DECLARED, Not DECLARED,

**Event : F003 - High Jump**

League Record : Miles KELLER-JENKINS 1.86, Swansea Harriers (M3-W-Swansea)  
Welsh Record : Miles KELLER-JENKINS, Swansea Harriers, 1.97p, 201

Pos	Bib	Athletes	Club	Perf.	
1	63	Matthew STURGESS	Deeside AAC	1.55	G4*
2	182	Cai LINTON	Menai T&F	1.40	
3	25	Matthew VAUGHAN	Colwyn Bay AC	1.35	

**Event : F023 - Long Jump**

League Record : Josh DAVIES, 6.30, Pembroke Harriers, 2011 (Cup Final)  
Welsh Record : Ian STRANGE, 6.63, Newport Harriers, 1977

Pos	Bib	Athletes	Club	Perf.
1	63	Matthew STURGESS	Deeside AAC	4.67
2	27	Nathan JONES	Colwyn Bay AC	4.46
3	23	Laurence PICKERING	Colwyn Bay AC	4.19

**Event : F030 - (1.25kg) Discus**

League Record : Mathew EVANS, 42.05, Carmarthen Harriers, 2003  
Welsh Record : Matthew WILLIAMS, 50.11, Wrexham AC, 2011

Pos	Bib	Athletes	Club	Perf.
1	183	Olly WHITE	Menai T&F	20.73
2	27	Nathan JONES	Colwyn Bay AC	12.67
3	22	Alex BARTLETT	Colwyn Bay AC	11.77

**Event : F013 - (600g) Javelin**

League Record : Garth LOUGHRAN, 52.08, Carmarthen Harriers, 2003  
Welsh Record : Rhys WILLIAMS, 58.58, Swansea Harriers, 1996

Pos	Bib	Athletes	Club	Perf.
1	183	Olly WHITE	Menai T&F	21.90
2	111	Evan PRICE	Wrexham AAC	21.77
3	112	Christian SMITH	Wrexham AAC	18.30
4	24	Finley ROBERTS	Colwyn Bay AC	3.73

**Event : F007 - Pole Vault**

League Record : Joshua HOLLISEY-McLEAN, 2.70, Swansea Harriers, 2011 (Cup Final)  
Welsh Record : Neil WINTER, 4.40, Shaftesbury, 1988

Pos	Bib	Athletes	Club	Perf.
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**Event : F010 - (4.00kg) Shot**

League Record : Mathew EVANS, 16.21, Carmarthen Harriers, 2003  
Welsh Record : Matthew EVANS, 17.36, Carmarthen Harriers 2003

Pos	Bib	Athletes	Club	Perf.
1	183	Olly WHITE	Menai T&F	8.45
2	182	Cai LINTON	Menai T&F	7.03

**Event : F001 - (4.00kg) Hammer**

League Record : James WILLIAMS, 48.29, Colwyn Bay, (Cup Final) 2011  
Welsh Record : Rhys HODNETT, 55.26, Cardiff AAC, 2006

Pos	Bib	Athletes	Club	Perf.
1	111	Evan PRICE	Wrexham AAC	19.03

U11 GIRLS POINTS							
Events	COL	DEE	WRX	MEN			
75m	14	12	16	10			
	7	6	8	5			
150m	12	10	14	16			
		7	8	6			
800m	10	16	14	12			
	7	8		6			
4X100	16	10	14	12			
LONG JUMP	14	10	12	16			
		6	7	8			
SHOT			14	16			
				8			
JAVELIN	14			16			
	8						
<b>U11 GIRLS TOTAL</b>	<b>102</b>	<b>85</b>	<b>107</b>	<b>131</b>			
<b>League Points</b>	<b>6</b>	<b>5</b>	<b>7</b>	<b>8</b>			

U11 Girls	COL	DEE	WRX	MEN			
Match 1 Pts	102	85	107	131			
Rank	3	4	2	1			
<b>League Points</b>	<b>6</b>	<b>5</b>	<b>7</b>	<b>8</b>			
Match 2 Pts							
Rank							
<b>League Points</b>							
Match 3 Pts	102	85	107	131			
Rank	3	4	2	1			
<b>League Points</b>	<b>6</b>	<b>5</b>	<b>7</b>	<b>8</b>			
Match 4 Pts							
Rank							
<b>League Points</b>							
<b>Total Match Points</b>	<b>204</b>	<b>170</b>	<b>214</b>	<b>262</b>			
<b>Total League Points</b>	<b>12</b>	<b>10</b>	<b>14</b>	<b>16</b>			

U11 BOYS MATCH POINTS							
Events	COL	DEE	WRX	MEN			
75m	16	10	12	16			
	5	6	7	8			
150m	12	10	14	16			
			7	8			
800m	12	14	16				
		7	8				
4X100							
LONG JUMP	14		12	16			
	6		7	8			
SHOT				16			
				8			
JAVELIN	12		16	14			
				8			
<b>U11 BOYS TOTAL</b>	<b>77</b>	<b>47</b>	<b>99</b>	<b>118</b>			
<b>Lge Points</b>	<b>6</b>	<b>5</b>	<b>7</b>	<b>8</b>			

U11 Boys	COL	DEE	WRX	MEN			
Match 1 Pts	77	47	99	118			
Rank	3	4	2	1			
<b>League Points</b>	<b>6</b>	<b>5</b>	<b>7</b>	<b>8</b>			
Match 2 Pts							
Rank							
<b>League Points</b>							
Match 3 Pts	77	47	99	118			
Rank	3	4	2	1			
<b>League Points</b>	<b>6</b>	<b>5</b>	<b>7</b>	<b>8</b>			
Match 4 Pts							
Rank							
<b>League Points</b>							
<b>Total Match Points</b>	<b>163</b>	<b>103</b>	<b>207</b>	<b>245</b>			
<b>Total League Points</b>	<b>12</b>	<b>10</b>	<b>14</b>	<b>16</b>			

Club	M1	M2	M3	M4	Totals	Club	M1	M2	M3	M4	Totals
Menai T&F	131	8			131	8					139
Wrexham AAC	107	7			107	7					114
Colwyn Bay AC	102	6			102	6					108
Deeside AAC	85	5			85	5					90

U11 Girls & U11 Boys	COL	DEE	WRX	MEN			
Match 1 Pts	179	132	206	249			
Match 2 Pts							
Match 3 Pts	179	132	206	249			
Match 4 Pts							
<b>Total Match Pts</b>	<b>358</b>	<b>264</b>	<b>412</b>	<b>498</b>			
Match 1 Lge Pts	6	5	7	8			
Match 2 Lge Pts							
Match 3 Lge Pts	3	4	2	1			
Match 4 Lge Pts							
<b>Total Lge Pts</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>			

U11 BOYS AND GIRLS COMBINED LEAGUE TABLE AND POSITIONS										
Pos	Club	M1	M2	M3	M4	Totals				
1	Menai T&F	249	8			249	1			250
2	Wrexham AAC	206	7			206	2			208
3	Colwyn Bay AC	179	6			179	3			182
4	Deeside AAC	132	5			132	4			136
5										
6										
7										
8										

Under 13 Girls Points							
Events	COL	DEE	WRX	MEN			
100m	16	14	12	10			
	8	7	6				
200m	16	12	14	10			
	8	6	7	5			
800m	14		16	12			
1500m	16		14				
	8						
1k walk							
70m Hurdles			16				
4X100	16	12	14				
HIGH JUMP	16		14				
	8						
LONG JUMP	16	12	14	10			
	8	6	5	7			
SHOT	10	16	14	12			
	5	8	7	6			
DISCUS		16	14				
JAVELIN	14		16				
	8		7				
<b>U13 GIRLS TOTAL</b>	<b>187</b>	<b>109</b>	<b>190</b>	<b>72</b>			
<b>League Points</b>	<b>7</b>	<b>6</b>	<b>8</b>	<b>5</b>			

Under 13 Boys Points							
Events	COL	DEE	WRX	MEN			
100m	14	16	12	10			
	8	7					
200m	10	16	12	14			
	8	7	6				
800m	12	14	10	16			
	8	7					
1500m	14	16					
		8					
1k walk							
75m Hurdles							
4X100	14	16		12			
HIGH JUMP		16		16			
				8			
LONG JUMP	10	14	12	16			
	8	7					
SHOT	12		14	16			
	8		7	6			
DISCUS			14	16			
				8			
JAVELIN	14		16	12			
	8						
<b>U13 BOYS TOTAL</b>	<b>148</b>	<b>144</b>	<b>103</b>	<b>150</b>			
<b>League Points</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>8</b>			

U13 GIRLS	COL	DEE	WRX	MEN			
Match 1 Pts	187	109	190	72			
Rank	2	3	1	4			
<b>League Points</b>	<b>7</b>	<b>6</b>	<b>8</b>	<b>5</b>			
Match 2 Pts							
Rank							
<b>League Points</b>							
Match 3 Pts	187	109	190	72			
Rank	2	3	1	4			
<b>League Points</b>	<b>7</b>	<b>6</b>	<b>8</b>	<b>5</b>			
Match 4 Pts							
Rank							
<b>League Points</b>							
<b>Total Match Points</b>	<b>374</b>	<b>218</b>	<b>380</b>	<b>144</b>			
<b>Total League Points</b>	<b>21</b>	<b>18</b>	<b>24</b>	<b>15</b>			
	2	3	1	4			
	2	3	1	4	5	5	5

U13 BOYS	COL	DEE	WRX	MEN			
Match 1 Pts	148	144	103	150			
Rank	2	2	2	1			
<b>League Points</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>8</b>			
Match 2 Pts							
Rank							
<b>League Points</b>							
Match 3 Pts	148	144	103	150			
Rank	2	2	2	1			
<b>League Points</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>8</b>			
Match 4 Pts							
Rank							
<b>League Points</b>							
<b>Total Match Points</b>	<b>296</b>	<b>288</b>	<b>206</b>	<b>300</b>			
<b>Total League Points</b>	<b>21</b>	<b>21</b>	<b>21</b>	<b>24</b>			
	2	2	2	1			
	2	3	4	1	5	5	5

Club	M1	M2	M3	M4	Totals	Club	M1	M2	M3	M4	Totals	
Wrexham AAC	190	8			380	16	Menai T&F	150	8			300
Colwyn Bay AC	187	7			374	14	Colwyn Bay AC	148	7			296
Deeside AAC	109	6			218	12	Deeside AAC	144	7			288
Menai T&F	72	5			144	10	Wrexham AAC	103	7			206

U13G & U13B	COL	DEE	WRX	MEN			
Match 1 Pts	335	253	293	222			
Match 2 Pts							
Match 3 Pts	335	253	293	222			
Match 4 Pts							
<b>Total Match Pts</b>	<b>670</b>	<b>506</b>	<b>586</b>	<b>444</b>			
Match 1 Lge Pts	8	6	7	5			
Match 2 Lge Pts							
Match 3 Lge Pts	8	6	7	5			
Match 4 Lge Pts							
<b>Total Lge Pts</b>	<b>16</b>	<b>12</b>	<b>14</b>	<b>10</b>			

U13 BOYS & GIRLS COMBINED LEAGUE TABLE & POSITIONS											
Pos	Club	M1	M2	M3	M4	Totals					
1	Colwyn Bay AC	335	8			335	8			670	16
2	Wrexham AAC	293	7			293	7			586	14
3	Deeside AAC	253	6			253	6			506	12
4	Menai T&F	222	5			222	5			444	10
5											
6											
7											
8											

Under 15 Girls Points							
Events	COL	DEE	WRX	MEN			
100m	12	16	14	10			
	6	8	7				
200m	14	16	12	10			
	7	8		6			
300m	14	12	16				
			8				
800m	12	16		14			
1500m	16		14				
1k walk							
75m Hurdles		16	14				
		7	8				
4x100	14	16	14	10			
HIGH JUMP	16						
POLE VAULT			16				
LONG JUMP	10	16	12	14			
	5	8	6	7			
SHOT		16		14			
		7		8			
DISCUS	14			16			
				8			
HAMMER			16				
JAVELIN		14	16	12			
<b>U15 GIRLS TOTAL</b>	<b>140</b>	<b>176</b>	<b>173</b>	<b>129</b>			
<b>League Points</b>	<b>6</b>	<b>8</b>	<b>7</b>	<b>5</b>			

U15 GIRLS	COL	DEE	WRX	MEN			
Match 1 Pts	140	176	173	129			
Rank	3	1	2	4			
<b>League Points</b>	<b>6</b>	<b>8</b>	<b>7</b>	<b>5</b>			
Match 2 Pts							
Rank							
<b>League Points</b>							
Match 3 Pts	140	176	173	129			
Rank	3	1	2	4			
<b>League Points</b>	<b>6</b>	<b>8</b>	<b>7</b>	<b>5</b>			
Match 4 Pts							
Rank							
<b>League Points</b>							
<b>Total Match Points</b>	<b>280</b>	<b>352</b>	<b>346</b>	<b>258</b>			
<b>Total League Points</b>	<b>12</b>	<b>16</b>	<b>14</b>	<b>10</b>			

Under 15 Boys Points							
Events	COL	DEE	WRX	MEN			
100m	16			14			
	8						
200m	16	14					
	8						
300m	16		14				
	8						
800m	12		16	14			
			8				
1500m			16	14			
			8				
1k walk							
80m Hurdles							
4x100	16		14				
HIGH JUMP	12	16		14			
POLE VAULT							
LONG JUMP	14	16					
	8						
SHOT				16			
				8			
DISCUS	14			16			
	8						
HAMMER			16				
JAVELIN	12		14	16			
			8				
<b>U15 BOYS TOTAL</b>	<b>168</b>	<b>46</b>	<b>114</b>	<b>112</b>			
<b>League Points</b>	<b>8</b>	<b>5</b>	<b>7</b>	<b>6</b>			

U15 BOYS	COL	DEE	WRX	MEN			
Match 1 Pts	168	46	114	112			
Rank	1	4	2	3			
<b>League Points</b>	<b>8</b>	<b>5</b>	<b>7</b>	<b>6</b>			
Match 2 Pts							
Rank							
<b>League Points</b>							
Match 3 Pts	168	46	114	112			
Rank	1	4	2	3			
<b>League Points</b>	<b>8</b>	<b>5</b>	<b>7</b>	<b>6</b>			
Match 4 Pts							
Rank							
<b>League Points</b>							
<b>Total Match Points</b>	<b>336</b>	<b>92</b>	<b>228</b>	<b>224</b>			
<b>Total League Points</b>	<b>16</b>	<b>10</b>	<b>14</b>	<b>12</b>			

Club	M1	M2	M3	M4	Totals	Club	M1	M2	M3	M4	Totals		
Deeside AAC	176	8			352	16	Colwyn Bay AC	168	8			336	16
Wrexham AAC	173	7			346	14	Wrexham AAC	114	7			228	14
Colwyn Bay AC	140	6			280	12	Menai T&F	112	6			224	12
Menai T&F	129	5			258	10	Deeside AAC	46	5			92	10

U15B & U15G	COL	DEE	WRX	MEN			
Match 1 Pts	308	222	287	241			
Match 2 Pts							
Match 3 Pts	308	222	287	241			
Match 4 Pts							
<b>G TOTALS</b>	<b>616</b>	<b>444</b>	<b>574</b>	<b>482</b>			
Match 1 Lge Pts	8	5	7	6			
Match 2 Lge Pts							
Match 3 Lge Pts	8	5	7	6			
Match 4 Lge Pts							
<b>Total Lge Pts</b>	<b>16</b>	<b>10</b>	<b>14</b>	<b>12</b>			
<b>Position</b>	<b>1</b>	<b>4</b>	<b>2</b>	<b>3</b>			

U15 Boys & Girls LEAGUE TABLE & POSITIONS											
Pos	Club	M1	M2	M3	M4	Totals					
1	Colwyn Bay AC	308	8			308	8			616	16
2	Wrexham AAC	287	7			287	7			574	14
3	Menai T&F	241	6			241	6			482	12
4	Deeside AAC	222	5			222	5			444	10
5											
6											
7											
8											

U13 & U15 B&G								
	COL	DEE	WRX	MEN				
Match 1 Pts	643	475	580	463				
Match 2 Pts								
Match 3 Pts	643	475	580	463				
Match 4 Pts								
<b>Total Match Pts</b>	<b>1286</b>	<b>950</b>	<b>1160</b>	<b>926</b>				
Match 1 Lge Pts	8	6	7	5				
Match 2 Lge Pts								
Match 3 Lge Pts	8	6	7	5				
Match 4 Lge Pts								
<b>Total Lge Pts</b>	<b>16</b>	<b>12</b>	<b>14</b>	<b>10</b>				
<b>Position</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>4</b>				

U13 & U15 Boys & Girls LEAGUE TABLE & POSITIONS											
Pos	Club	M1	M2	M3	M4	Totals					
1	Colwyn Bay AC	643	8			643	8			1286	16
2	Wrexham AAC	580	7			580	7			1160	14
3	Deeside AAC	475	6			475	6			950	12
4	Menai T&F	463	5			463	5			926	10
5											
6											
7											
8											

U11 & U13 & U15 OVERALL								
Match 1 Pts	822	607	786	712				
Match 2 Pts								
Match 3 Pts								
Match 4 Pts								
<b>Total Match Pts</b>	<b>822</b>	<b>607</b>	<b>786</b>	<b>712</b>				
Match 1 Lge Pts	8	5	7	6				
Match 2 Lge Pts								
Match 3 Lge Pts								
Match 4 Lge Pts								
<b>Total Lge Pts</b>	<b>8</b>	<b>5</b>	<b>7</b>	<b>6</b>				
<b>Position</b>	<b>1</b>	<b>4</b>	<b>2</b>	<b>3</b>				

U11 & U13 & U15 Boys & Girls OVERALL LEAGUE TABLE & POSITIONS											
Pos	Club	M1	M2	M3	M4	Totals					
1	Colwyn Bay AC	822	8							822	8
2	Wrexham AAC	786	7							786	7
3	Menai T&F	712	6							712	6
4	Deeside AAC	607	5							607	5

U11G FINAL TABLE		U11B FINAL TABLE		U11 COMBINED FINAL TABLE	
<b>Menai T&amp;F</b>	<b>16</b>	<b>Menai T&amp;F</b>	<b>16</b>	<b>Menai T&amp;F</b>	<b>9</b>
Wrexham AAC	14	Wrexham AAC	14	Wrexham AAC	9
Colwyn Bay AC	12	Colwyn Bay AC	12	Colwyn Bay AC	9
Deeside AAC	10	Deeside AAC	10	Deeside AAC	9

U13G FINAL TABLE		U13B FINAL TABLE		U13 COMBINED FINAL TABLE	
<b>Wrexham AAC</b>	<b>16</b>	<b>Menai T&amp;F</b>	<b>16</b>	<b>Colwyn Bay AC</b>	<b>9</b>
Colwyn Bay AC	14	Colwyn Bay AC	14	Wrexham AAC	9
Deeside AAC	12	Deeside AAC	14	Deeside AAC	9
Menai T&F	10	Wrexham AAC	14	Menai T&F	9

U15G FINAL TABLE		U15B FINAL TABLE		U15 COMBINED FINAL TABLE	
<b>Deeside AAC</b>	<b>16</b>	<b>Colwyn Bay AC</b>	<b>16</b>	<b>Colwyn Bay AC</b>	<b>9</b>
Wrexham AAC	14	Wrexham AAC	14	Wrexham AAC	9
Colwyn Bay AC	12	Menai T&F	12	Menai T&F	9
Menai T&F	10	Deeside AAC	10	Deeside AAC	9

U13 & U15 COMBINED		OVERALL FINAL TABLE		FINALS	
<b>Colwyn Bay AC</b>	<b>16</b>	Colwyn Bay AC	8	CUP FINAL SUNDAY 15TH SEPTEMBER PLATE FINAL SATURDAY 14TH SEPTEMBER	
Wrexham AAC	14	Wrexham AAC	7		
Deeside AAC	12	Menai T&F	6		
Menai T&F	10	Deeside AAC	5		



# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	11:00 AM		DATE	Sat-20-Jul	
EVENT		F001 U15B_HAMMER (4.00kg)		League Record - James WILLIAMS, 48.29, Colwyn Bay, (Cup Final) 2011									
				Welsh Record - Rhys HODNETT, 55.26, Cardiff AAC, 2006									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	111	Evan PRICE	Wrexham AAC	11.92	19.03	12.98	19.03	1				19.03	1
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	CLUB	PERF			
1	111	Evan PRICE	Wrexham AAC	19.03	9						
2					10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	11:00 AM		DATE	Sat-20-Jul	
EVENT		F002 U15G_HAMMER (3.00kg)		League Record - Emily PEARCE, 46.92, Rhondda AC, (M1-E-Hereford) 2013									
				Welsh Record - Emily PEARCE, 46.92p, Rhondda AC, (M1-E-Hereford) 2013									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	110	Ellie COLLINS	Wrexham AAC	NT	19.03	26.06	26.06	1				26.06	1
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	110	Ellie COLLINS	Wrexham AAC	26.06	9						
2					10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	11:30 AM		DATE	Sat-20-Jul	
EVENT		F004 U13B_JAVELIN (400g)		League Record - Rheon JAMES, 41.00, Carmarthen Harriers, 2005									
				Welsh Record - Tom NORTON, 44.80, Cwmbran Harriers, 2007									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	12	Kyle POND	Colwyn Bay AC	NT	NT	16.14	16.14	3				16.14	3
2	13	Luke VERHOLEMAN	Colwyn Bay AC	15.60	NT	17.14	17.14	2				17.14	2
3	138	Aiden MCRAE	Wrexham AAC	NT	NT	23.09	23.09	1				23.09	1
4	169	Bo LEUNG	Menai T&F	NT	11.93	13.83	13.83	4				13.83	4
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	138	Aiden MCRAE	Wrexham AAC	23.09	9						
2	13	Luke VERHOLEMAN	Colwyn Bay AC	17.14	10						
3	12	Kyle POND	Colwyn Bay AC	16.14	11						
4	169	Bo LEUNG	Menai T&F	13.83	12						
5					13						
6					14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

New League Record

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	11:30 AM		DATE	Sat-20-Jul	
EVENT		F005 U15G_LONG_JUMP		League Record - Brenna PRICE, 5.08, Aberdare VAAC (M3-Newport), 2011									
				Welsh Record - Ceri JENKINS, 5.57, Cleddau, 1972									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	28	Elin JONES	Colwyn Bay AC	NJ	3.99	NJ	3.99	4				3.99	4
2	30	Emily PIERCE	Colwyn Bay AC	2.87	2.60	2.46	2.87	10				2.87	10
3	70	Sarah ATKINSON	Deeside AAC	5.11	NJ	5.17	5.17	1				5.17	1
4	71	Anna WOODWARD	Deeside AAC	3.64	3.55	3.44	3.64	7				3.64	7
5	72	Charlotte Meikle	Deeside AAC	3.28	3.01	3.73	3.73	5				3.73	5
6	104	Megan MORRIS	Wrexham AAC	NJ	3.48	NJ	3.48	9				3.48	9
7	105	Maizee DAVIES	Wrexham AAC	4.08	3.78	4.04	4.08	3				4.08	3
8	174	Tya RIDDINGS	Menai T&F	3.45	3.37	3.53	3.53	8				3.53	8
9	179	TyaRIDDINGS	Menai T&F	4.17	4.13	4.08	4.17	2				4.17	2
10	177	Caitlin HOWELL WILLIAMS	Menai T&F	3.47	3.23	3.65	3.65	6				3.65	6
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	70	Sarah ATKINSON	Deeside AAC	5.17	9	104	Megan MORRIS	Wrexham AAC	3.48		
2	179	TyaRIDDINGS	Menai T&F	4.17	10	30	Emily PIERCE	Colwyn Bay AC	2.87		
3	105	Maizee DAVIES	Wrexham AAC	4.08	11						
4	28	Elin JONES	Colwyn Bay AC	3.99	12						
5	72	Charlotte Meikle	Deeside AAC	3.73	13						
6	177	Caitlin HOWELL WILLIAMS	Menai T&F	3.65	14					Referee	
7	71	Anna WOODWARD	Deeside AAC	3.64	15						
8	174	Tya RIDDINGS	Menai T&F	3.53	16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	11:30 AM		DATE	Sat-20-Jul	
EVENT		F006 U13G_SHOT_PUT (2.72kg)		League Record - Nicola STEVENSON, 10.30, Bridgend AC, 2001									
				Welsh Record - Adelle NICOLL, 11.81, Oswestry Olympians, 2009									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	18	Ceri VAUGHAN	Colwyn Bay AC	4.10	4.17	4.68	4.68	8				4.68	8
2	20	Bryony CARSLEYJONES	Colwyn Bay AC	NT	3.34	3.71	3.71	9				3.71	9
3	67	Hannah TUSHINGHAM	Deeside AAC	5.60	5.88	NT	5.88	1				5.88	1
4	68	Carys JONES	Deeside AAC	5.62	5.72	5.38	5.72	2				5.72	2
5	116	Megan HUNTER	Wrexham AAC	5.19	4.98	5.45	5.45	3				5.45	3
6	135	Isabelle COLLINS	Wrexham AAC	5.44	4.20	5.15	5.44	4				5.44	4
7	160	Lucy LAWRENCE	Menai T&F	4.69	5.00	5.33	5.33	5				5.33	5
8	161	Medi MONTAGUE	Menai T&F	4.98	4.38	4.40	4.98	6				4.98	6
9	162	Isabelle BARBARES	Menai T&F	4.84	4.90	4.81	4.90	7				4.90	7
10													
11													
12													
13													
14													
15													
16													

										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	67	Hannah TUSHINGHAM	Deeside AAC	5.88	9	20	Bryony CARSLEYJONES	Colwyn Bay AC	3.71		
2	68	Carys JONES	Deeside AAC	5.72	10						
3	116	Megan HUNTER	Wrexham AAC	5.45	11						
4	135	Isabelle COLLINS	Wrexham AAC	5.44	12						
5	160	Lucy LAWRENCE	Menai T&F	5.33	13						
6	161	Medi MONTAGUE	Menai T&F	4.98	14						
7	162	Isabelle BARBARES	Menai T&F	4.90	15						
8	18	Ceri VAUGHAN	Colwyn Bay AC	4.68	16						
										Referee	

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	12:20 PM	DATE	Sat-20-Jul		
EVENT		F009 U11B_LONG_JUMP		League Record - Immanuel FEYI' WABOSO, Cardiff Archers, 4.34, (M1-E-Hereford) 2013									
				Welsh Record - Not Recognised at this age group									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	7	Sol PITA	Colwyn Bay AC	2.87	2.97	3.05	3.05	6				3.05	6
2	8	Cameron BARRY	Colwyn Bay AC	3.69	3.51	3.58	3.69	3				3.69	3
3	153	Oscar DOWNING	Menai T&F	NJ	NJ	2.59	2.59	7				2.59	7
4	125	James EVANS	Wrexham AAC	3.08	3.07	2.79	3.08	5				3.08	5
5	127	Toby REES SLAWSON	Wrexham AAC	3.68	3.18	3.59	3.68	4				3.68	4
6	155	Cai WOODFORD	Menai T&F	3.80	3.88	3.96	3.96	1				3.96	1
7	154	Aled ODDY	Menai T&F	3.76	3.88	3.74	3.88	2				3.88	2
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	155	Cai WOODFORD	Menai T&F	3.96	9						
2	154	Aled ODDY	Menai T&F	3.88	10						
3	8	Cameron BARRY	Colwyn Bay AC	3.69	11						
4	127	Toby REES SLAWSON	Wrexham AAC	3.68	12						
5	125	James EVANS	Wrexham AAC	3.08	13						
6	7	Sol PITA	Colwyn Bay AC	3.05	14					Referee	
7	153	Oscar DOWNING	Menai T&F	2.59	15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	12:20 PM		DATE	Sat-20-Jul	
EVENT		F010 U15B_SHOT_PUT (4.00kg)		League Record - Mathew EVANS, 16.21, Carmarthen Harriers, 2003									
				Welsh Record - Matthew EVANS, 17.36, Carmarthen Harriers 2003									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	182	Cai LINTON	Menai T&F	6.53	6.58	7.03	7.03	2				7.03	2
2	183	Oilly WHITE	Menai T&F	6.97	7.54	8.45	8.45	1				8.45	1
3													
4													
5													
6													
7													
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9													
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11													
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14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	183	Oilly WHITE	Menai T&F	8.45	9						
2	182	Cai LINTON	Menai T&F	7.03	10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	12:20 PM		DATE	Sat-20-Jul	
EVENT		F011 U15G_JAVELIN (600g)		League Record - Carys MANSFIELD, 37.20, Carmarthen Harriers, 2009									
				Welsh Record - Danielle HAMER, 38.15, Carmarthen Harriers 2005									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	74	Tia WILLIAMS	Deeside AAC	18.78	20.32	NT	20.32	2				20.32	2
2	176	Inez RAYMENT GOMEZ	Menai T&F	9.66	11.47	10.46	11.47	3				11.47	3
3	110	Ellie COLLINS	Wrexham AAC	18.73	19.63	22.43	22.43	1				22.43	1
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	110	Ellie COLLINS	Wrexham AAC	22.43	9						
2	74	Tia WILLIAMS	Deeside AAC	20.32	10						
3	176	Inez RAYMENT GOMEZ	Menai T&F	11.47	11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						



# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	1:10 PM		DATE	Sat-20-Jul	
EVENT		F013 U15B_JAVELIN (600g)		League Record - Garth LOUGHRAN, 52.08, Carmarthen Harriers, 2003									
				Welsh Record - Rhys WILLIAMS, 58.58, Swansea Harriers, 1996									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	24	Finley ROBERTS	Colwyn Bay AC	NT	NT	3.73	3.73	4				3.73	4
2	183	Oilly WHITE	Menai T&F	18.00	17.30	21.90	21.90	1				21.90	1
3	112	Christian SMITH	Wrexham AAC	18.30	15.80	15.74	18.30	3				18.30	3
4	111	Evan PRICE	Wrexham AAC	18.33	NT	21.77	21.77	2				21.77	2
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	183	Oilly WHITE	Menai T&F	21.90	9						
2	111	Evan PRICE	Wrexham AAC	21.77	10						
3	112	Christian SMITH	Wrexham AAC	18.30	11						
4	24	Finley ROBERTS	Colwyn Bay AC	3.73	12						
5					13						
6					14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	1:10 PM		DATE	Sat-20-Jul	
EVENT		F014 U13G_LONG_JUMP		League Record - E JONES, 4.70, Carmarthen Harriers, 1989									
				Welsh Record - Chloe HUGHES, Deeside AC, 4.89, 2011									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	15	Hannah WICKERSON	Colwyn Bay AC	3.51	3.81	3.20	3.81	2				3.81	2
2	20	Bryony CARSLEYJONES	Colwyn Bay AC	3.05	3.06	3.25	3.25	9				3.25	9
3	21	Eve BUTLER	Colwyn Bay AC	4.10	4.15	4.30	4.30	1				4.30	1
4	65	Anna WILLIAMS	Deeside AAC	3.60	3.51	3.58	3.60	4				3.60	4
5	66	Leanne BITHELL	Deeside AAC	3.30	3.38	3.08	3.38	8				3.38	8
6	69	Lauren EVANS	Deeside AAC	3.02	NJ	3.39	3.39	7				3.39	7
7	119	Cara BIRD	Wrexham AAC	3.69	3.64	3.64	3.69	3				3.69	3
8	121	Aleah DAVIES	Wrexham AAC	2.78	2.83	2.76	2.83	10				2.83	10
9	161	Medi MONTAGUE	Menai T&F	3.44	3.38	3.26	3.44	6				3.44	6
10	162	Isabelle BARBARES	Menai T&F	3.46	3.43	3.50	3.50	5				3.50	5
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	21	Eve BUTLER	Colwyn Bay AC	4.30	9	20	Bryony CARSLEYJONES	Colwyn Bay AC	3.25		
2	15	Hannah WICKERSON	Colwyn Bay AC	3.81	10	121	Aleah DAVIES	Wrexham AAC	2.83		
3	119	Cara BIRD	Wrexham AAC	3.69	11						
4	65	Anna WILLIAMS	Deeside AAC	3.60	12						
5	162	Isabelle BARBARES	Menai T&F	3.50	13						
6	161	Medi MONTAGUE	Menai T&F	3.44	14					Referee	
7	69	Lauren EVANS	Deeside AAC	3.39	15						
8	66	Leanne BITHELL	Deeside AAC	3.38	16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	1:10 PM		DATE	Sat-20-Jul	
EVENT		F015 U11G_SHOT_PUT (2.00kg)		League Record - Elliw JAMES, 7.12, Carmarthen Harriers, 2005									
				Welsh Record - Not Recognised at this age group									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	132	Ella HUNTER	Wrexham AAC	4.15	4.79	5.42	5.42	2				5.42	2
2	146	Molly JONES	Menai T&F	5.93	6.18	5.67	6.18	1				6.18	1
3	147	Samia JONES	Menai T&F	4.19	4.58	4.99	4.99	3				4.99	3
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	146	Molly JONES	Menai T&F	6.18	9						
2	132	Ella HUNTER	Wrexham AAC	5.42	10						
3	147	Samia JONES	Menai T&F	4.99	11						
4					12						
5					13						
6					14						
7					15						
8					16						
										Referee	

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	1:20 PM		DATE	Sat-20-Jul	
EVENT		F016 U13G_DISCUS (0.75kg)		League Record - Toni WELLS, 26.27, Swansea Harriers, 2005									
				Welsh Record - Adele NICOLL, 31.68, Oswestry Olympians, 2009									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	67	Hannah TUSHINGHAM	Deeside AAC	20.05	20.87	19.88	20.87	1				20.87	1
2	135	Isabelle COLLINS	Wrexham AAC	12.97	13.04	11.97	13.04	2				13.04	2
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	67	Hannah TUSHINGHAM	Deeside AAC	20.87	9						
2	135	Isabelle COLLINS	Wrexham AAC	13.04	10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	2:00 PM		DATE	Sat-20-Jul	
EVENT		F017 U13G_JAVELIN (400g)		League Record - Sara SIGGERY, 28.12, Carmarthen Harriers, 1997									
				Welsh Record - Tasia STEPHENS, 32.36, Aberdare AAC, 2009									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	17	Holly ROBERTS	Colwyn Bay AC	6.33	9.68	NT	9.68	3				9.68	3
2	19	Bethan DAVIES	Colwyn Bay AC	7.28	NT	5.74	7.28	4				7.28	4
3	20	Bryony CARSLEYJONES	Colwyn Bay AC	10.15	10.91	9.72	10.91	2				10.91	2
4	67	Hannah TUSHINGHAM	Deeside AAC	NT	NT	NT							
5	135	Isabelle COLLINS	Wrexham AAC	17.75	NT	19.19	19.19	1				19.19	1
6	115	Yasmine BAKER	Wrexham AAC	6.82	6.81	6.25	6.82	6				6.82	6
7	117	Olivia WELLS	Wrexham AAC	NT	6.95	6.41	6.95	5				6.95	5
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	135	Isabelle COLLINS	Wrexham AAC	19.19	9						
2	20	Bryony CARSLEYJONES	Colwyn Bay AC	10.91	10						
3	17	Holly ROBERTS	Colwyn Bay AC	9.68	11						
4	19	Bethan DAVIES	Colwyn Bay AC	7.28	12						
5	117	Olivia WELLS	Wrexham AAC	6.95	13						
6	115	Yasmine BAKER	Wrexham AAC	6.82	14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	2:00 PM		DATE	Sat-20-Jul	
EVENT		F019 U11B_SHOT_PUT (2.72kg)		League Record - Rheon JAMES, 10.06, Carmarthen Harriers, 2003									
				Welsh Record - Not Recognised at this age group									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	153	Oscar DOWNING	Menai T&F	NT	NT	4.31	4.31	2				4.31	2
2	156	Callan MONTAGUE	Menai T&F	NT	4.40	4.30	4.40	1				4.40	1
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	156	Callan MONTAGUE	Menai T&F	4.40	9						
2	153	Oscar DOWNING	Menai T&F	4.31	10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	2:00 PM		DATE	Sat-20-Jul	
EVENT		F018 U13B_LONG_JUMP		League Record - G JAMES, 5.10, Carmarthen Harriers, 1989									
				Welsh Record - Clive WOOLMER, 5.31, Milford Haven Sc, 1982									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	12	Kyle POND	Colwyn Bay AC	NJ	NJ	3.91	3.91	5				3.91	5
2	61	Matthew HILL	Deeside AAC	3.80	3.79	3.80	3.80	6				3.80	6
3	62	Sam FOWLES	Deeside AAC	NJ	3.99	4.15	4.15	2				4.15	2
4	136	Joe REES SLAWSON	Wrexham AAC	4.09	3.67	3.67	4.09	3				4.09	3
5	168	Zac PRICE	Menai T&F	4.33	4.38	4.54	4.54	1				4.54	1
6	10	Jack GIZZI	Colwyn Bay AC	3.42	3.95	3.81	3.95	4				3.95	4
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	168	Zac PRICE	Menai T&F	4.54	9						
2	62	Sam FOWLES	Deeside AAC	4.15	10						
3	136	Joe REES SLAWSON	Wrexham AAC	4.09	11						
4	10	Jack GIZZI	Colwyn Bay AC	3.95	12						
5	12	Kyle POND	Colwyn Bay AC	3.91	13						
6	61	Matthew HILL	Deeside AAC	3.80	14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	2:10 PM		DATE	Sat-20-Jul	
EVENT		F020 U13B_DISCUS (1.00kg)		League Record - Mathew EVANS, 41.86, Carmarthen Harriers, 2003									
				Welsh Record - Chris HUGHES, 38.92, Swansea Harriers, 1991									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	138	Aiden MCRAE	Wrexham AAC	18.76	16.90	NT	18.76	2				18.76	2
2	169	Bo LEUNG	Menai T&F	15.10	20.62	NT	20.62	1				20.62	1
3	170	Aaron WHITE	Menai T&F	11.79	10.33	10.39	11.79	3				11.79	3
4													
5													
6													
7													
8													
9													
10													
11													
12													
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14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	169	Bo LEUNG	Menai T&F	20.62	9						
2	138	Aiden MCRAE	Wrexham AAC	18.76	10						
3	170	Aaron WHITE	Menai T&F	11.79	11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						



# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	2:50 PM		DATE	Sat-20-Jul	
EVENT		F022 U11G_JAVELIN (300g)		League Record - Mollie JONES, 19.93, Bridgend AC, 2010									
				Welsh Record - Not Recognised at this age group									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	4	Sasha DUNKERLEY	Colwyn Bay AC	NT	NT	5.49	5.49	3				5.49	3
2	5	Hannah MACKENNAN	Colwyn Bay AC	NT	5.52	6.37	6.37	2				6.37	2
3	147	Samia JONES	Menai T&F	7.62	NT	6.23	7.62	1				7.62	1
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	147	Samia JONES	Menai T&F	7.62	9						
2	5	Hannah MACKENNAN	Colwyn Bay AC	6.37	10						
3	4	Sasha DUNKERLEY	Colwyn Bay AC	5.49	11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	2:50 PM		DATE	Sat-20-Jul	
EVENT		F023 U15B_LONG_JUMP		League Record - Josh DAVIES, 6.30, Pembroke Harriers, 2011 (Cup Final)									
				Welsh Record - Ian STRANGE, 6.63, Newport Harriers, 1977									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	23	Laurence PICKERING	Colwyn Bay AC	4.19	4.04	4.02	4.19	3				4.19	3
2	27	Nathan JONES	Colwyn Bay AC	4.08	4.12	4.46	4.46	2				4.46	2
3	63	Matthew STURGESS	Deeside AAC	NJ	4.67	4.66	4.67	1				4.67	1
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	63	Matthew STURGESS	Deeside AAC	4.67	9						
2	27	Nathan JONES	Colwyn Bay AC	4.46	10						
3	23	Laurence PICKERING	Colwyn Bay AC	4.19	11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	2:50 PM		DATE	Sat-20-Jul	
EVENT		F024 U13B_SHOT_PUT (3.25kg)		League Record - Mathew EVANS, 13.73, Carmarthen Harriers, 2001									
				Welsh Record - Matthew EVANS, 14.47, Carmarthen Harriers 2001									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	12	Kyle POND	Colwyn Bay AC	5.23	5.27	4.95	5.27	4				5.27	4
2	138	Aiden MCRAE	Wrexham AAC	5.95	6.76	6.73	6.76	2				6.76	2
3	139	Alexander SMITH	Wrexham AAC	4.72	NT	5.24	5.24	5				5.24	5
4	169	Bo LEUNG	Menai T&F	6.94	7.25	7.31	7.31	1				7.31	1
5	170	Aaron WHITE	Menai T&F	4.54	4.88	3.65	4.88	6				4.88	6
6	14	Matthew JONES	Colwyn Bay AC	4.72	5.43	5.10	5.43	3				5.43	3
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	CLUB	PERF			
1	169	Bo LEUNG	Menai T&F	7.31	9						
2	138	Aiden MCRAE	Wrexham AAC	6.76	10						
3	14	Matthew JONES	Colwyn Bay AC	5.43	11						
4	12	Kyle POND	Colwyn Bay AC	5.27	12						
5	139	Alexander SMITH	Wrexham AAC	5.24	13						
6	170	Aaron WHITE	Menai T&F	4.88	14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	3:00 PM		DATE	Sat-20-Jul	
EVENT		F025 U15G_DISCUS (1.00kg)		League Record - Phillipa ROLES, 41.26, Swansea Harriers, 1992									
				Welsh Record - Philippa ROLES, 44.12, Swansea Harriers, 1992									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	32	Megan ROBERTS	Colwyn Bay AC	11.85	NT	12.13	12.13	4				12.13	4
2	175	Zoe WOOD	Menai T&F	12.83	15.00	13.60	15.00	1				15.00	1
3	176	Inez RAYMENT GOMEZ	Menai T&F	12.45	NT	12.13	12.45	3				12.45	3
4	179	Tya RIDDINGS	Menai T&F	14.67	12.44	NT	14.67	2				14.67	2
5													
6													
7													
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11													
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13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	175	Zoe WOOD	Menai T&F	15.00	9						
2	179	Tya RIDDINGS	Menai T&F	14.67	10						
3	176	Inez RAYMENT GOMEZ	Menai T&F	12.45	11						
4	32	Megan ROBERTS	Colwyn Bay AC	12.13	12						
5					13						
6					14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	3:40 PM		DATE	Sat-20-Jul	
EVENT		F027 U11G_LONG_JUMP		League Record - K WILLIAMS, 4.21, Carmarthen Harriers, 1988									
				Welsh Record - Not Recognised at this age group									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	<b>Best of 3 Metres</b>	<b>Pos aft 3</b>	4th Trial Metres	5th Trial Metres	6th Trial Metres	<b>Best of All Metres</b>	Final Position
1	1	Chloe JONES	Colwyn Bay	3.22	3.32	3.39	<b>3.39</b>	<b>3</b>				<b>3.39</b>	3
2	2	Ffion EVANS	Colwyn Bay	2.91	3.36	3.26	<b>3.36</b>	<b>4</b>				<b>3.36</b>	4
3	3	Caitlin EVANS	Colwyn Bay AC	3.23	NJ	3.30	<b>3.30</b>	<b>5</b>				<b>3.30</b>	5
4													
5	57	Phoebe EDWARDS	Deeside AAC	2.83	2.82	2.76	<b>2.83</b>	<b>9</b>				<b>2.83</b>	9
6	55	Mia HAROLD	Deeside AAC	2.14	2.08	NJ	<b>2.14</b>	<b>13</b>				<b>2.14</b>	13
7	58	Kelsey JACKOMIS	Deeside AAC	2.59	NJ	2.82	<b>2.82</b>	<b>10</b>				<b>2.82</b>	10
8	80	Lucy Hughes	Deeside AAC	2.58	2.95	2.88	<b>2.95</b>	<b>8</b>				<b>2.95</b>	8
9	56	Emily WOOD	Deeside AAC	2.16	2.07	NJ	<b>2.16</b>	<b>12</b>				<b>2.16</b>	12
10	128	Rhianna DAVIES	Wrexham AAC	NJ	NJ	1.58	<b>1.58</b>	<b>14</b>				<b>1.58</b>	14
11	129	Hannah WARWICK	Wrexham AAC	3.19	2.97	3.01	<b>3.19</b>	<b>6</b>				<b>3.19</b>	6
12	130	Rhian WILLIAMS	Wrexham AAC	1.83	2.23	2.20	<b>2.23</b>	<b>11</b>				<b>2.23</b>	11
13	131	Aisling WORT	Wrexham AAC	3.14	2.97	NJ	<b>3.14</b>	<b>7</b>				<b>3.14</b>	7
14	146	Molly JONES	Menai T&F	3.61	3.88	3.57	<b>3.88</b>	<b>1</b>				<b>3.88</b>	1
15	148	Ffion REES JONES	Menai T&F	2.91	3.67	3.07	<b>3.67</b>	<b>2</b>				<b>3.67</b>	2
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	146	Molly JONES	Menai T&F	3.88	9	57	Phoebe EDWARDS	Deeside AAC	2.83		
2	148	Ffion REES JONES	Menai T&F	3.67	10	58	Kelsey JACKOMIS	Deeside AAC	2.82		
3	1	Chloe JONES	Colwyn Bay	3.39	11	130	Rhian WILLIAMS	Wrexham AAC	2.23		
4	2	Ffion EVANS	Colwyn Bay	3.36	12	56	Emily WOOD	Deeside AAC	2.16		
5	3	Caitlin EVANS	Colwyn Bay AC	3.30	13	55	Mia HAROLD	Deeside AAC	2.14		
6	129	Hannah WARWICK	Wrexham AAC	3.19	14	128	Rhianna DAVIES	Wrexham AAC	1.58	Referee	
7	131	Aisling WORT	Wrexham AAC	3.14	15						
8	80	Lucy Hughes	Deeside AAC	2.95	16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	3:40 PM		DATE	Sat-20-Jul	
EVENT		F028 U11B_JAVELIN (300g)		League Record - Elys ROBJOHN, Cardiff Archers, 28.34, (M1-E-Hereford) 2013									
				Welsh Record - Not Recognised at this age group									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	6	Evan POND	Colwyn Bay AC	NT	NT	NT							
2	7	Sol PITA	Colwyn Bay AC	NT	NT	11.61	11.61	4				11.61	4
3													
4	153	Oscar DOWNING	Menai T&F	9.10	13.36	13.08	13.36	2				13.36	2
5	156	Callan MONTAGUE	Menai T&F	NT	NT	12.29	12.29	3				12.29	3
6	124	Elliot ODUNAIYA	Wrexham AAC	22.50	NT	NT	22.50	1				22.50	1
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	124	Elliot ODUNAIYA	Wrexham AAC	22.50	9						
2	153	Oscar DOWNING	Menai T&F	13.36	10						
3	156	Callan MONTAGUE	Menai T&F	12.29	11						
4	7	Sol PITA	Colwyn Bay AC	11.61	12						
5					13						
6					14						
7					15						
8					16						
										Referee	

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	3:40 PM		DATE	Sat-20-Jul	
EVENT		F029 U15G_SHOT_PUT (3.25kg)		League Record - Awen ROSSER, 12.10, Carmarthen Harriers, 2010									
				Welsh Record - Adelle Nicoll, 14.23, Birchfield Harriers, 2011									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	72	Charlotte MEIKLE	Deeside AAC	5.65	5.21	4.52	5.65	4				5.65	4
2	75	Siobhan BENSON	Deeside AAC	6.97	6.73	NT	6.97	1				6.97	1
3	76	Martha OWEN	Deeside AAC	4.71	4.79	4.29	4.79	6				4.79	6
4	174	Tya RIDDINGS	Menai T&F	5.89	5.57	5.68	5.89	2				5.89	2
5	175	Zoe WOOD	Menai T&F	5.37	5.25	5.66	5.66	3				5.66	3
6	176	Inez RAYMENT GOMEZ	Menai T&F	4.75	4.41	4.91	4.91	5				4.91	5
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	75	Siobhan BENSON	Deeside AAC	6.97	9						
2	174	Tya RIDDINGS	Menai T&F	5.89	10						
3	175	Zoe WOOD	Menai T&F	5.66	11						
4	72	Charlotte MEIKLE	Deeside AAC	5.65	12						
5	176	Inez RAYMENT GOMEZ	Menai T&F	4.91	13						
6	76	Martha OWEN	Deeside AAC	4.79	14					Referee	
7					15						
8					16						

# WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics U15 League North Match 1		VENUE	Deeside			TIME	3:50 PM		DATE	Sat-20-Jul	
EVENT		F030 U15B_DISCUS (1.25kg)		League Record - Mathew EVANS, 42.05, Carmarthen Harriers, 2003									
				Welsh Record - Matthew WILLIAMS, 50.11, Wrexham AC, 2011									
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	27	Nathan JONES	Colwyn Bay AC	11.82	12.67	11.79	12.67	2				12.67	2
2	183	Olly WHITE	Menai T&F	20.03	20.73	NT	20.73	1				20.73	1
3	22	Alex BARTLETT	Colwyn Bay AC	NT	11.77	11.03	11.77	3				11.77	3
4													
5													
6													
7													
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9													
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16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	183	Olly WHITE	Menai T&F	20.73	9						
2	27	Nathan JONES	Colwyn Bay AC	12.67	10						
3	22	Alex BARTLETT	Colwyn Bay AC	11.77	11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						



# Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League North Match 1			VENUE	Deeside										DATE	Sat-20-July-2013							
EVENT		F003 U15B_HIGH_JUMP (SH 1.25)			TIME	League Record - Miles KELLER-JENKINS 1.86, Swansea Harriers (M3-W-Swansea) 2012																		
					11:30 AM	Welsh Record - Miles KELLER-JENKINS, Swansea Harriers, 1.97p, 2012																		
Order	Bib	NAME	CLUB	FIRST TRIAL	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60							Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	
				MIN START HEIGHT	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					Metres
1	25	Matthew VAUGHAN	Colwyn Bay AC			X O	X X O	X X X												1.35	3	6		3
2	63	Matthew STURGESS	Deeside AAC						X X O O		X O	X X X								1.55	2	6		1
3	182	Cai LINTON	Menai T&F			O	X O	O	X X X											1.40	1	4		2
4																								
5																								
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7																								
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12																								
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16																								

minimum start height of 1.25

FULL RESULTS										OFFICIALS SIGNATURES			
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF				
1	63	Matthew STURGESS	Deeside AAC	1.55									
2	182	Cai LINTON	Menai T&F	1.40									
3	25	Matthew VAUGHAN	Colwyn Bay AC	1.35									
										REFEREE'S SIGNATURE			





# Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League North Match 1				VENUE		Deeside									DATE		Sat-20-July-2013																	
						TIME		League Record - Emily MORRIS, 1.62, Swansea Harriers, 2009																												
EVENT		F021 U15G_HIGH_JUMP (SH 1.15)				2:10 PM		Welsh Record - Lea HAGGETT, 1.81, Herne Hill, 1986																												
						FIRST TRIAL		1.15	1.30		1.35		1.40																							
Order		Bib	NAME		CLUB		MIN START HEIGHT	Metres		Metres		Metres		Metres		Metres		Metres		Metres		Metres		Metres		Metres		<b>Best</b>	Trials at Ht	Cleared	Total	Failures	Total	Trials	Final	Position
1		32	Megan ROBERTS		Colwyn Bay AC			O		O		X X X																1.35	1	3			1			
2																																				
3																																				
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minimum start height 1.15

FULL RESULTS											OFFICIALS SIGNATURES							
POS	BIB	NAME		CLUB	PERF	POS	BIB	NAME		CLUB	PERF							
1	32	Megan ROBERTS		Colwyn Bay AC	1.35													
											REFEREE'S SIGNATURE							

# Welsh Athletics - Height Card

MEETING		Welsh Athletics U15 League North Match 1			VENUE		Deeside													DATE	Sat-20-July-2013										
EVENT		F026 U13G_HIGH_JUMP (SH 1.05)			3:30 PM		Welsh Record - Julia CHARLTON, 1.68, Carmarthen Harriers 1978																								
Order	Bib	NAME	CLUB	MIN START HEIGHT	1.05		1.10		1.15		1.20		1.23		1.26		1.28					Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position					
					Metres		Metres		Metres		Metres		Metres		Metres		Metres		Metres		Metres										
1	16	Hagar HERENCIA	Colwyn Bay AC		X	O	O	O	X	O	O	O	O	X	X	X											1.26	1	5		1
2	18	Ceri VAUGHAN	Colwyn Bay AC		O		O		O		X	O	O	X	O	X	X	X									1.26	2	5		2
3	119	Cara BIRD	Wrexham AAC		O		O		O	X	X	O	X	X	X											1.20	3	5		3	
4																															
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14																															
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minimum start height 1.05

FULL RESULTS											OFFICIALS SIGNATURES		
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF				
1	16	Hagar HERENCIA	Colwyn Bay AC	1.26									
2	18	Ceri VAUGHAN	Colwyn Bay AC	1.26									
3	119	Cara BIRD	Wrexham AAC	1.20									
											REFEREE'S SIGNATURE		

**ALL HIGH JUMP AND POLE VAULT EVENTS HAVE MINIMUM START HEIGHTS**