



WELSH ATHLETICS
ATHLETAU CYMRU

Welsh Athletics U15 League Cup Final

RESULTS

Sunday-21-Aug-2011

WINNERS

Swansea Harriers

Penlan Track

Brecon

Welsh Athletics
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1 Swansea Harriers 1168Pts	5 Colwyn Bay AC 697Pts
2 Carmarthen Harriers 1116Pts	6 Cwmbran Harriers 613Pts
3 Pembroke Harriers 989Pts	7 Wrexham AC 572Pts
4 Cardiff AAC 799Pts	8 Newport Harriers 498Pts

To Score

Scored

68

Welsh Record - Not Recognised at this age group

Combined League Record - Amelia REYNOLDS, 10.5, Newport Harriers (M2-Aberdare), 2009

T5 - 75m

wind= +0.2

wind= +0.4

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	N	Ffion WADDON	Newport Harriers	11.15	1	SS	Gabrielle CHRISTMAS	Swansea Harriers	11.23
2	M	Amy ROTHERO	Pembroke Harriers	11.16	2	NN	Armani WILLIAMS	Newport Harriers	11.31
3	S	Yana PARRY	Swansea Harriers	11.40	3	RR	Katie JONES	Carmarthen Harriers	11.63
4	K	Hannah WICKERSON	Colwyn Bay AC	11.51	4	KK	Molly NEW	Colwyn Bay AC	11.63
5	T	Lydia GILL	Cardiff AAC	11.79	5	MM	Elin JONES	Pembroke Harriers	12.06
6	G	Isobel WILLIAMS	Cwmbran Harriers	11.87	6	TT	Emily THOMAS	Cardiff AAC	12.08
7	R	Rosie BENNETT	Carmarthen Harriers	12.06	7	WW	Yasmine BAKER	Wrexham AC	12.13
8	W	Sophie PAXTON	Wrexham AC	12.34	8	GG	Jasmin DUNN	Cwmbran Harriers	12.91

Welsh Record - Not Recognised at this age group

Combined League Record - Amelia REYNOLDS, Lauren BELL, 21.6, Newport Harriers/Pembroke Harriers, 2009/2005

T23 - 150m

wind= +0.5

wind= +1.4

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	N	Armani WILLIAMS	Newport Harriers	21.75	1	NN	Ffion WADDON	Newport Harriers	22.44
2	M	Amy ROTHERO	Pembroke Harriers	22.03	2	KK	Molly NEW	Colwyn Bay AC	22.95
3	S	Yana PARRY	Swansea Harriers	22.04	3	MM	Ffion BELLERBY	Pembroke Harriers	23.43
4	W	Alex LOVATT	Wrexham AC	22.17	4	SS	Bethan HOWELLS	Swansea Harriers	23.66
5	K	Hannah WICKERSON	Colwyn Bay AC	22.53	5	TT	Emily THOMAS	Cardiff AAC	23.92
6	T	Lydia GILL	Cardiff AAC	23.04	6	RR	Cerys DAVIES	Carmarthen Harriers	24.99
7	G	Isobel WILLIAMS	Cwmbran Harriers	23.67	7	WW	Lowri HUNT	Wrexham AC	25.54
8	R	Rosie BENNETT	Carmarthen Harriers	23.76	8	GG	Jasmin DUNN	Cwmbran Harriers	26.00

Welsh Record - Not recognised at this age group

Combined League Record - Alice RUSSELL-STRETCH, 2:41.1, 2008

T13 - 800m

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	W	Alex LOVATT	Wrexham AC	02:48.87	1	K	Ceri VAUGHAN	Colwyn Bay AC	02:55.18
2	N	Lisa SCARFI	Newport Harriers	02:51.50	2	WW	Sophie PAXTON	Wrexham AC	03:01.91
3	T	Sofia VELLA	Cardiff AAC	02:53.00	3	SS	Abigail PASSEY	Swansea Harriers	03:03.28
4	KK	Chloe JONES	Colwyn Bay AC	02:55.12	4	NN	Jessica TAYLOR	Newport Harriers	03:08.12
5	S	Chloe HOPKINS	Swansea Harriers	02:56.79	5	TT	Seren DAVIES	Cardiff AAC	03:15.42
6	M	Chloe HARRY	Pembroke Harriers	03:03.72	6	R	Hanna DAVIES	Carmarthen Harriers	03:16.01
7	RR	Taylor MCARTHUR	Carmarthen Harriers	03:13.28	7	MM	Chloe BUTTERWORTH	Pembroke Harriers	03:23.78
8	G	Tegan LONG	Cwmbran Harriers	03:38.17					

Athlete 'W' ran 150m & 800m, Athlete 'WW' ran 75m & 800m, not permitted for U11 athletes, points removed all other athletes moved up 1 place, performances stand.

Welsh Record - Not Recognised at this age group

Combined League Record - K WILLIAMS, 4.21, Carmarthen Harriers, 1988

F27 - Long Jump

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	TT	Emily THOMAS	Cardiff AAC	3.59	1	NN	Isabel DAVIES	Newport Harriers	3.26
2	N	Lily IVIN	Newport Harriers	3.39	2	T	Sofia VELLA	Cardiff AAC	3.22
3	SS	Seren WYATT	Swansea Harriers	3.30	3	S	Gabrielle CHRISTMAS	Swansea Harriers	3.11
4	M	Ffion BELLERBY	Pembroke Harriers	3.13	4	R	Rosie BENNETT	Carmarthen Harriers	2.76
5	K	Hannah WICKERSON	Colwyn Bay AC	3.00	5	MM	Chloe BUTTERWORTH	Pembroke Harriers	2.68
6	RR	Katie JONES	Carmarthen Harriers	2.81	6	KK	Bryony CARSLY-JONES	Colwyn Bay AC	2.54
7	WW	Yasmine BAKER	Wrexham AC	2.73	7	W	Sophie PAXTON	Wrexham AC	2.54
8	G	Jasmin DUNN	Cwmbran Harriers	2.47	8	GG	Tegan LONG	Cwmbran Harriers	2.17

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Welsh Record - Not Recognised at this age group

Combined League Record - Eiliw JAMES, 7.12, Carmarthen Harriers, 2005

F15 - (2.0kg) Shot

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	N	Caitlin ARNOLD	Newport Harriers	6.31	1	GG	Isobel WILLIAMS	Cwmbran Harriers	5.06
2	M	Caitlin SPAREY	Pembroke Harriers	6.24	2	RR	Hannah TAYLOR	Carmarthen Harriers	4.74
3	S	Jessica VIVIAN	Swansea Harriers	6.02	3	MM	Ffion BELLERBY	Pembroke Harriers	4.67
4	R	Danielle JONES	Carmarthen Harriers	5.87	4	T	Erin PHILLIPS	Cardiff AAC	4.62
5	G	Phoebe BROWN	Cwmbran Harriers	5.79	5	SS	Chloe WILLIAMS	Swansea Harriers	4.35
6	TT	Sofia VELLA	Cardiff AAC	5.15	6	NN	Georgia HYDE	Newport Harriers	4.19
7	KK	Molly NEW	Colwyn Bay AC	4.44	7	K	Ceri VAUGHAN	Colwyn Bay AC	3.83
8	W	Alex LOVATT	Wrexham AC	4.18					

Welsh Record - Not Recognised at this age group

Combined League Record - Mollie JONES, 19.93, Bridgend AC, 2010

F22 - (300g) Javelin

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	M	Caitlin SPAREY	Pembroke Harriers	17.29	1	MM	Elin JONES	Pembroke Harriers	12.24
2	G	Phoebe BROWN	Cwmbran Harriers	15.45	2	SS	Chloe HOPKINS	Swansea Harriers	10.03
3	RR	Hannah TAYLOR	Carmarthen Harriers	13.74	3	NN	Isabel DAVIES	Newport Harriers	9.69
4	S	Jessica VIVIAN	Swansea Harriers	12.69	4	R	Danielle JONES	Carmarthen Harriers	9.26
5	N	Caitlin ARNOLD	Newport Harriers	12.57	5	TT	Seren DAVIES	Cardiff AAC	8.86
6	T	Erin PHILLIPS	Cardiff AAC	11.18	6	K	Ceri VAUGHAN	Colwyn Bay AC	8.61
7	KK	Bryony CARSLY-JONES	Colwyn Bay AC	9.22					
8	W	Yasmine BAKER	Wrexham AC	7.32					

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Welsh Record - Not Recognised at this age group

Combined League Record - L EVANS, 10.3, Bridgend AC, 1999

T6 - 75m

wind= +1.2

wind= nwr

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	G	Ewan ROSSER	Cwmbran Harriers	10.44	1	MM	Joe PRITCHARD	Pembroke Harriers	11.32
2	M	William LEWIS	Pembroke Harriers	10.94	2	WW	John CAZEAU	Wrexham AC	11.56
3	T	Dewi PARIS	Cardiff AAC	10.99	3	KK	Morgan ASHWORTH	Colwyn Bay AC	11.62
4	S	Tomos SLADE	Swansea Harriers	11.14	4	RR	Edward BENNETT	Carmarthen Harriers	11.72
5	K	Sam EARLE	Colwyn Bay AC	11.30	5	TT	Meical HARDING	Cardiff AAC	12.04
6	N	Henry GAUNTLETT	Newport Harriers	11.43	6	NN	Hakeem AL HADDI	Newport Harriers	13.15
7	R	Bradley RODERICK	Carmarthen Harriers	11.64	7	SS	Dewi WILLIAMS	Swansea Harriers	13.36
8	W	Aiden MCRAE	Wrexham AC	12.80					

Welsh Record - Not Recognised at this age group

Combined League Record - L EVANS, 20.2, Bridgend AC, 1999

T24 - 150m

wind= +1.6

wind= +3.5

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	G	Ewan ROSSER	Cwmbran Harriers	21.05	1	MM	Joe PRITCHARD	Pembroke Harriers	21.86
2	M	William LEWIS	Pembroke Harriers	21.26	2	TT	Dewi PARIS	Cardiff AAC	21.97
3	S	Tomos SLADE	Swansea Harriers	22.07	3	RR	Kyle WASHBOURNE	Carmarthen Harriers	22.82
4	K	Sam EARLE	Colwyn Bay AC	22.40	4	KK	Morgan ASHWORTH	Colwyn Bay AC	23.28
5	N	Henry GAUNTLETT	Newport Harriers	22.52	5	GG	Evan PROBERT	Cwmbran Harriers	23.80
6	W	John CAZEAU	Wrexham AC	23.57	6	SS	Iwan SLADE	Swansea Harriers	25.25
7	R	Edward BENNETT	Carmarthen Harriers	24.09	7	NN	Hakeem AL HADDI	Newport Harriers	26.57
8	T	Meical HARDING	Cardiff AAC	24.33					

Welsh Record - Not recognised at this age group

Combined League Record - Luke DAVIES, 2:33.9, Brecon AC, 2011

T14 - 800m

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	R	Iestyn WILLIAMS	Carmarthen Harriers	02:41.45	1	RR	Gareth THOMPSON	Carmarthen Harriers	02:48.77
2	TT	Jacob MCPHERSON	Cardiff AAC	02:43.89	2	T	Daniel AUSTIN	Cardiff AAC	02:58.97
3	K	Rowen HUGHES	Colwyn Bay AC	02:45.61	3	WW	Kian JONES	Wrexham AC	03:02.96
4	S	Kieran RICHARDS	Swansea Harriers	02:46.56	4	SS	Ieuan HOSGOOD	Swansea Harriers	03:03.56
5	G	Adam GREY	Cwmbran Harriers	02:47.66	5	M	Theo LUCKMAN	Pembroke Harriers	03:19.88
6	W	Stephen DONE	Wrexham AC	02:48.27					
7	N	Ben DAVIES	Newport Harriers	03:16.31					
8	MM	Andrew SALMON	Pembroke Harriers	03:19.88					

Welsh Record - Not Recognised at this age group

Combined League Record - G JAMES, 4.33, Carmarthen Harriers, 1987

F9 - Long Jump

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	K	Sam EARLE	Colwyn Bay AC	4.13	1	KK	Rowen HUGHES	Colwyn Bay AC	3.90
2	S	Tom BOND	Swansea Harriers	4.08	2	MM	Joe PRITCHARD	Pembroke Harriers	3.45
3	G	Ewan ROSSER	Cwmbran Harriers	3.77	3	RR	Gareth THOMPSON	Carmarthen Harriers	3.35
4	R	Bradley RODERICK	Carmarthen Harriers	3.74	4	SS	Brynmor CLEMENTS	Swansea Harriers	3.26
5	T	Daniel AUSTIN	Cardiff AAC	3.66	5	NN	Ben DAVIES	Newport Harriers	2.97
6	N	Henry GAUNTLETT	Newport Harriers	3.61	6	W	Kian JONES	Wrexham AC	2.95
7	M	William LEWIS	Pembroke Harriers	3.56	7	GG	Lewis GREENMAN	Cwmbran Harriers	2.74
8	WW	John CAZEAU	Wrexham AC	3.44					

Welsh Record - Not Recognised at this age group

Combined League Record - Rheon JAMES, 10.06, Carmarthen Harriers, 2003

F19 - (2.72kg) Shot

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	M	William HUGHES	Pembroke Harriers	6.59	1	RR	Joshua THOMAS	Carmarthen Harriers	5.57
2	S	Brynmor CLEMENTS	Swansea Harriers	6.06	2	SS	Tom BOND	Swansea Harriers	5.28
3	T	Meical HARDING	Cardiff AAC	5.77	3	W	Stephen DONE	Wrexham AC	4.65
4	R	Edward BENNETT	Carmarthen Harriers	5.60	4	TT	Jacob MCPHERSON	Cardiff AAC	4.40
5	G	Evan PROBERT	Cwmbran Harriers	5.08	5	MM	Andrew SALMON	Pembroke Harriers	3.90
6	WW	Aiden MCRAE	Wrexham AC	4.82					
7	N	Hakeem AL HADDI	Newport Harriers	4.02					

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Combined League Record - S HOWELLS, 27.20, Carmarthen Harriers, 2006

F28 - (300g) Javelin

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	M	William HUGHES	Pembroke Harriers	22.04	1	MM	Andrew SALMON	Pembroke Harriers	15.81
2	WW	Aiden MCRAE	Wrexham AC	17.01	2	S	Tomos SLADE	Swansea Harriers	13.17
3	RR	Joshua THOMAS	Carmarthen Harriers	15.96	3	K	Morgan ASHWORTH	Colwyn Bay AC	13.15
4	KK	Rowen HUGHES	Colwyn Bay AC	15.42	4	W	Kian JONES	Wrexham AC	12.62
5	SS	Bryn GOSS	Swansea Harriers	13.77	5	T	Daniel AUSTIN	Cardiff AAC	11.85
6	TT	Dewi PARIS	Cardiff AAC	13.63	6	R	Iestyn WILLIAMS	Carmarthen Harriers	9.70
7	N	Ben DAVIES	Newport Harriers	12.53					
8	G	Adam GREY	Cwmbran Harriers	12.26					

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

Combined League Record - Danielle BARKER, 12.6, Neath Harriers, 1999

T7 - 100m

wind= +2.5

wind= +2.8

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	N	Amelia REYNOLDS	Newport Harriers	13.79	1	NN	Caitlin SCARFFI	Newport Harriers	13.89
2	W	Neve EVANS	Wrexham AC	13.82	2	SS	Delun ALLCOCK	Swansea Harriers	14.08
3	G	Eve WILLIAMS	Cwmbran Harriers	13.82	3	WW	Grace LECKIE	Wrexham AC	14.15
4	R	Carly JONES	Carmarthen Harriers	14.00	4	TT	Tahila TAYLOR	Cardiff AAC	14.66
5	S	Jamie O'DRISCOLL	Swansea Harriers	14.07	5	MM	Phoebe BELLERBY	Pembroke Harriers	14.68
6	M	Katie THICKER	Pembroke Harriers	14.57	6	RR	Nia GRIFFITHS	Carmarthen Harriers	14.70
7	T	Lauren EVANS	Cardiff AAC	14.59	7	GG	Rebecca CHICK	Cwmbran Harriers	14.92
8	K	Georgia GALEA-JONES	Colwyn Bay AC	15.39	8	KK	Danielle WILLIAMS	Colwyn Bay AC	14.97

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

Combined League Record - Hannah BRIER, 26.0, Swansea Harriers, 2010

T28 - 200m

wind= +1.6

wind= +2.3

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	N	Amelia REYNOLDS	Newport Harriers	26.78	1	NN	Caitlin SCARFFI	Newport Harriers	29.21
2	W	Neve EVANS	Wrexham AC	28.59	2	SS	Eira JAMES	Swansea Harriers	30.21
3	K	Georgia GALEA-JONES	Colwyn Bay AC	28.73	3	WW	Alice ODUNAIYA	Wrexham AC	30.21
4	G	Eve WILLIAMS	Cwmbran Harriers	28.98	4	MM	Phoebe BELLERBY	Pembroke Harriers	31.58
5	R	Carly JONES	Carmarthen Harriers	29.25	5	RR	Nia GRIFFITHS	Carmarthen Harriers	31.77
6	S	Delun ALLCOCK	Swansea Harriers	29.25	6	KK	Bethan ROBERTS	Colwyn Bay AC	31.97
7	M	Alicia PUGH	Pembroke Harriers	30.43	7	TT	Bethan REGISTER	Cardiff AAC	32.05
8	T	Amber HARDING	Cardiff AAC	31.63	8	GG	Macey JONES	Cwmbran Harriers	33.44

Welsh Record - Lisa LANINI, 2.16.1, Wrexham AC, 2000

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

T16 - 800m

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	W	Robyn WILLIAMS	Wrexham AC	02:37.04	1	MM	Beth MEOPHAM	Pembroke Harriers	02:45.29
2	M	Lucy DAVIES	Pembroke Harriers	02:42.61	2	S	Kylie RICHARDS	Swansea Harriers	02:48.00
3	SS	Eira JAMES	Swansea Harriers	02:42.77	3	WW	Natasha HUNTER	Wrexham AC	02:48.48
4	T	Emily GRIFFIN	Cardiff AAC	02:47.74	4	RR	Emily Megan THOMAS	Carmarthen Harriers	02:53.38
5	R	Ffion EVANS	Carmarthen Harriers	02:50.60	5	TT	Jasmin HUGHES	Cardiff AAC	02:56.55
6	N	Elinor JONES	Newport Harriers	02:52.66	6	NN	Emily GILL	Newport Harriers	02:56.62
7	K	Bethan ROBERTS	Colwyn Bay AC	02:57.97	7	KK	Siriol JONES	Colwyn Bay AC	03:04.68

Welsh Record - Hywelis THOMAS-HOWELLS, 4.49.93, Neath Harriers, 2007

Combined League Record - Lucy THOMAS, 5:04.2, Neath Harriers, 1997

T32 - 1500m

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	M	Jessica BRADLEY	Pembroke Harriers	05:26.92	1	SS	Emily JONES	Swansea Harriers	06:43.50
2	W	Ellie RUSSELL	Wrexham AC	05:46.03	2	TT	Eleanor STEPHENSO-WILLIAM	Cardiff AAC	06:55.15
3	T	Emma LIGTHART	Cardiff AAC	05:58.18					
4	S	Kelsey RABAIOTTI	Swansea Harriers	06:21.26					
5	R	Amelia DAVEY	Carmarthen Harriers	07:02.77					

Welsh Record - Adele NICOLL, 11.59, Oswestry Olympians, 2009

Combined League Record - Hannah BRIER, 11.2, Swansea Harriers, 2010

T22 - 70m Hurdles

wind= +3.7

wind= +1.1

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	M	Sarah OMOREGIE	Pembroke Harriers	11.72	1	RR	Menna THOMAS	Carmarthen Harriers	13.22
2	R	Lauryn DAVEY	Carmarthen Harriers	12.11	2	TT	Amber HARDING	Cardiff AAC	13.28
3	T	Lauren EVANS	Cardiff AAC	12.58	3	MM	Alicia PUGH	Pembroke Harriers	13.75
4	S	Jamie O'DRISCOLL	Swansea Harriers	12.81	4	SS	Rhiannon MAINE	Swansea Harriers	14.75
5	W	Ellie RUSSELL	Wrexham AC	14.12	5	GG	Rebecca CHICK	Cwmbran Harriers	15.45
6	K	Sophie JONES	Colwyn Bay AC	15.00	6	WW	Grace LECKIE	Wrexham AC	15.84
7	G	Macey JONES	Cwmbran Harriers	15.83	7	KK	Megan ROBERTS	Colwyn Bay AC	16.78

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

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

T1 - 1000m walk

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	SS	Megan STRATTON-THOMAS	Swansea Harriers	06:29.13	1	RR	Amelia DAVEY	Carmarthen Harriers	06:53.03
2	WW	Natasha HUNTER	Wrexham AC	06:37.36	2	M	Lucy DAVIES	Pembroke Harriers	06:54.37
3	MM	Clementyne STEVENSON	Pembroke Harriers	06:46.79	3	GG	Ellie MATTHEWS	Cwmbran Harriers	07:18.29
4	G	Olivia LAWRENCE	Cwmbran Harriers	06:49.74	4	W	Sinead BAKER	Wrexham AC	07:34.72
5	R	Ffion EVANS	Carmarthen Harriers	06:50.52	5	S	Eleri SLADE	Swansea Harriers	07:52.54

Welsh Record - Julia CHARLTON, 1.68, Carmarthen Harriers 1978

Combined League Record - Sarah DACEY, 1.47, Swansea Harriers, 2003

F26 - High Jump

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	M	Abi BUXTON	Pembroke Harriers	1.44	1	MM	Sarah OMOREGIE	Pembroke Harriers	1.35
2	R	Lauryn DAVEY	Carmarthen Harriers	1.20	2	S	Danielle JONES	Swansea Harriers	1.20
3	SS	Cerys MARTONE	Swansea Harriers	1.20	3	T	Caitlin EXON	Cardiff AAC	1.10
4	WW	Robyn WILLIAMS	Wrexham AC	1.20	4	KK	Sophie JONES	Colwyn Bay AC	1.10
5	TT	Tahila TAYLOR	Cardiff AAC	1.20	5	RR	Amelia DAVEY	Carmarthen Harriers	1.05
6	K	Megan ROBERTS	Colwyn Bay AC	1.10					
7	G	Eve WILLIAMS	Cwmbran Harriers	1.05					

Welsh Record - Lisa ARMSTRONG, 4.88, Torfaen, 1986

Combined League Record - E JONES, 4.70, Carmarthen Harriers, 1989

F14 - Long Jump

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	R	Lauryn DAVEY	Carmarthen Harriers	4.30	1	RR	Carly JONES	Carmarthen Harriers	4.00
2	S	Jamie O'DRISCOLL	Swansea Harriers	4.10	2	T	Caitlin EXON	Cardiff AAC	3.80
3	GG	Macey JONES	Cwmbran Harriers	3.96	3	WW	Alice ODUNAIYA	Wrexham AC	3.78
4	TT	Lauren EVANS	Cardiff AAC	3.85	4	M	Katie THICKER	Pembroke Harriers	3.69
5	W	Neve EVANS	Wrexham AC	3.85	5	K	Bethan YATES	Colwyn Bay AC	3.66
6	MM	Lydia THOMAS	Pembroke Harriers	3.79	6	SS	Kelsey RABAIOTTI	Swansea Harriers	3.56
7	KK	Danielle WILLIAMS	Colwyn Bay AC	3.71					

Welsh Record - Adelle NICOLL, 11.81, Oswestry Olympians, 2009

Combined League Record - Nicola STEVENSON, 10.30, Bridgend AC, 2001

F6 - (2.72kg) Shot

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	R	Bethan LEWIS	Carmarthen Harriers	9.15	1	RR	Olivia LAWRENCE	Carmarthen Harriers	7.03
2	S	Emily EVANS	Swansea Harriers	6.77	2	SS	Delun ALLCOCK	Swansea Harriers	6.61
3	MM	Erin REES	Pembroke Harriers	6.63	3	GG		Cwmbran Harriers	5.47
4	G	Rebecca CHICK	Cwmbran Harriers	5.72	4	NN	Emily GILL	Newport Harriers	5.18
5	T	Caitlin EXON	Cardiff AAC	5.71	5	KK	Siriol JONES	Colwyn Bay AC	4.78
6	N	Elinor JONES	Newport Harriers	5.65	6	W	Sinead BAKER	Wrexham AC	4.73
7	WW	Robyn WILLIAMS	Wrexham AC	5.62					
8	K	Bethan YATES	Colwyn Bay AC	5.25					

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

Combined League Record - Toni WELLS, 26.27, Swansea Harriers, 2005

F16 - (0.75kg) Discus

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	R	Bethan LEWIS	Carmarthen Harriers	23.28	1	RR	Carys JONES	Carmarthen Harriers	14.64
2	T	Emily GRIFFIN	Cardiff AAC	22.62	2	TT	Amber HARDING	Cardiff AAC	12.36
3	S	Emily EVANS	Swansea Harriers	18.27	3	SS	Megan STRATTON-THOMAS	Swansea Harriers	11.57
4	M	Erin REES	Pembroke Harriers	16.16	4	K	Niamh NEALE	Colwyn Bay AC	11.03
5	G	Olivia LAWRENCE	Cwmbran Harriers	13.10	5	MM	Phoebe BELLERBY	Pembroke Harriers	10.90
6	KK	Georgia GALEA-JONES	Colwyn Bay AC	11.58					
7	W	Natasha HUNTER	Wrexham AC	8.95					

Welsh Record - Tasia STEPHENS, 32.36, Aberdare AAC, 2009

Combined League Record - Sara SIGGERY, 28.12, Carmarthen Harriers, 1997

F17 - (400g) Javelin

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	S	Danielle JONES	Swansea Harriers	23.73	1	RR	Carys JONES	Carmarthen Harriers	14.46
2	R	Bethan LEWIS	Carmarthen Harriers	22.92	2	T	Emily GRIFFIN	Cardiff AAC	13.09
3	TT	Tahila TAYLOR	Cardiff AAC	15.19	3	MM	Erin REES	Pembroke Harriers	9.26
4	M	Abi BUXTON	Pembroke Harriers	12.37	4	K	Niamh NEALE	Colwyn Bay AC	8.55
5	N	Caitlin SCARFFI	Newport Harriers	12.23	5	SS	Jennifer THOMAS	Swansea Harriers	6.89
6	WW	Ellie RUSSELL	Wrexham AC	11.29	6	W	Grace LECKIE	Wrexham AC	5.62
7	KK	Bethan YATES	Colwyn Bay AC	10.04					



Welsh Record - Malcolm JAMES, 12.5, Cardiff AAC, 1975

Combined League Record - Evan JENKINS, 12.7, Swansea Harriers, 2006

New U15 Combined Lge Record

T8 - 100m

wind= +3.2

wind= +3.3

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	T	Harry HILLMAN	Cardiff AAC	12.58	1	TT	Ben PARIS	Cardiff AAC	13.39
2	N	Daniel SNELLING	Newport Harriers	13.07	2	RR	Elis LEWIS	Carmarthen Harriers	13.81
3	S	Callum DAVIES	Swansea Harriers	13.31	3	MM	Ben EVANS	Pembroke Harriers	13.87
4	M	Patrick SMITH	Pembroke Harriers	13.91	4	KK	Nathan JONES	Colwyn Bay AC	14.45
5	G	Elliot DUNN	Cwmbran Harriers	14.20	5	SS	Llyr GEALY	Swansea Harriers	14.85
6	K	Josh ABLETT	Colwyn Bay AC	14.42					
7	R	Alex BEATON	Carmarthen Harriers	14.69					
8	W	leuan THOMAS	Wrexham AC	14.86					

Welsh Record - Sion ROBINS, 25.38, Wrexham AC, 2010

Combined League Record - Matthew RODERICK, 25.0, Carmarthen Harriers, 1985

T27 - 200m

wind= +1.0

wind= +1.4

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	N	Daniel SNELLING	Newport Harriers	26.75	1	SS	Joe CROSBY	Swansea Harriers	28.12
2	S	Callum DAVIES	Swansea Harriers	28.09	2	MM	Patrick SMITH	Pembroke Harriers	28.43
3	M	Matthew WILLIAMS	Pembroke Harriers	28.32	3	RR	Elis LEWIS	Carmarthen Harriers	28.60
4	K	Josh ABLETT	Colwyn Bay AC	29.73	4	KK	Iolo JAMES	Colwyn Bay AC	30.57
5	T	Deio HUGHES	Cardiff AAC	29.77	5	TT	Ioan DAVIES	Cardiff AAC	31.11
6	W	Thomas EVANS	Wrexham AC	29.84					
7	G	Elliot DUNN	Cwmbran Harriers	29.86					
8	R	Aled REES	Carmarthen Harriers	31.83					

Welsh Record - Richard BAKER, 2:14.0, Cardiff AAC, 1983

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

T17 - 800m

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	M	Matthew WILLIAMS	Pembroke Harriers	02:29.62	1	SS	Rhys HARRIS	Swansea Harriers	02:42.63
2	N	Carwyn PENNY	Newport Harriers	02:31.76	2	KK	Josh ABLETT	Colwyn Bay AC	02:48.42
3	S	David FLIGELSTONE	Swansea Harriers	02:34.41	3	TT	Ben PARIS	Cardiff AAC	02:56.13
4	W	Thomas EVANS	Wrexham AC	02:36.63	4	R	Aeron BICKERDIKE	Carmarthen Harriers	03:03.07
5	K	Iolo JAMES	Colwyn Bay AC	02:37.88					
6	T	James VINCENT	Cardiff AAC	02:40.47					
7	RR	Thomas JONES	Carmarthen Harriers	02:49.31					

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

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

T31 - 1500m

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	M	Marinus PETERSEN	Pembroke Harriers	04:58.55	1	KK	Matthew VAUGHAN	Colwyn Bay AC	05:34.68
2	K	Michael ROBERTS	Colwyn Bay AC	05:18.60	2	MM	Sulien LUCKMAN	Pembroke Harriers	06:08.66
3	S	Sam MARTIN	Swansea Harriers	05:24.85	3	RR	Brandon THOMAS	Carmarthen Harriers	06:22.25
4	R	Aled PHILLIPS	Carmarthen Harriers	05:29.82	4	SS	Ryan NICHOLAS	Swansea Harriers	06:59.03
5	T	Thomas FELIX RICHARDS	Cardiff AAC	06:19.41					

Welsh Record - Harry HILLMAN, 11.98, Cardiff AAC, 2011

Combined League Record - Rhys WEBB & Joe CROSBY 12.1, Carmarthen Harriers/Swansea Harriers, 2004/2011

New Welsh Record

New U15 Lge Record

T19 - 75m Hurdles

wind= +2.5

wind= +2.5

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	T	Harry HILLMAN	Cardiff AAC	11.89	1	SS	Rhys HARRIS	Swansea Harriers	12.06
2	S	Joe CROSBY	Swansea Harriers	12.05	2	TT	Deio HUGHES	Cardiff AAC	15.34
3	M	Thomas HUGHES	Pembroke Harriers	12.98	3	R	Aled REES	Carmarthen Harriers	16.54
4	RR	Aled PHILLIPS	Carmarthen Harriers	13.66					
5	W	leuan THOMAS	Wrexham AC	16.04					

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

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

T3 - 1000m walk

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	S	David FLIGELSTONE	Swansea Harriers	06:43.19	1	MM	Sulien LUCKMAN	Pembroke Harriers	06:54.50
2	M	Marinus PETERSEN	Pembroke Harriers	06:43.31	2	SS	Ryan NICHOLAS	Swansea Harriers	07:25.53
3	G	Lewis BELL	Cwmbran Harriers	07:03.23	3	R	Alex BEATON	Carmarthen Harriers	07:29.05
4	RR	Thomas JONES	Carmarthen Harriers	07:25.39					

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Welsh Record - Jamie DALTON, 1.67, Preseli, 1992

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

F12 - High Jump

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	R	Aled REES	Carmarthen Harriers	1.55	1	TT	Deio HUGHES	Cardiff AAC	1.30
2	N	Carwyn PENNY	Newport Harriers	1.40	2	SS	Hedd WILLIAMS	Swansea Harriers	1.30
3	T	Harry HILLMAN	Cardiff AAC	1.40	3	RR	Aled PHILLIPS	Carmarthen Harriers	1.25
4	S	Rhys HARRIS	Swansea Harriers	1.35	4	KK	Iolo JAMES	Colwyn Bay AC	1.10
5	M	Marinus PETERSEN	Pembroke Harriers	1.25	5	MM	Sulien LUCKMAN	Pembroke Harriers	1.05
6	K	Jack NASH	Colwyn Bay AC	1.10					

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

Combined League Record - G JAMES, 5.10, Carmarthen Harriers, 1989

F18 - Long Jump

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	S	Joe CROSBY	Swansea Harriers	4.54	1	SS	David FLIGELSTONE	Swansea Harriers	4.25
2	M	Thomas HUGHES	Pembroke Harriers	4.41	2	T	James VINCENT	Cardiff AAC	4.11
3	R	George LOWRY	Carmarthen Harriers	4.28	3	MM	Matthew WILLIAMS	Pembroke Harriers	3.83
4	TT	Ben PARIS	Cardiff AAC	4.20	4	RR	Aeron BICKERDIKE	Carmarthen Harriers	3.50
5	W	Thomas EVANS	Wrexham AC	3.95	5	KK	Nathan JONES	Colwyn Bay AC	2.91
6	K	Jack NASH	Colwyn Bay AC	3.37					

Welsh Record - Matthew EVANS, 14.47, Carmarthen Harriers 2001

Combined League Record - Mathew EVANS, 13.73, Carmarthen Harriers, 2001

F24 - (3.25kg) Shot

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	S	Rhys DAVIES	Swansea Harriers	9.02	1	SS	Scott HILL	Swansea Harriers	6.96
2	R	Kieran EVANS	Carmarthen Harriers	7.38	2	RR	Thomas TAYLOR	Carmarthen Harriers	6.19
3	M	Thomas HUGHES	Pembroke Harriers	7.11	3	MM	Morgan SPAREY	Pembroke Harriers	6.06
4	N	Daniel SNELLING	Newport Harriers	6.01	4	K	Matthew VAUGHAN	Colwyn Bay AC	4.71
5	TT	John CUMMINGS	Cardiff AAC	5.56	5	T	Ciaran GRIMWADE	Cardiff AAC	4.66
6	KK	Jack NASH	Colwyn Bay AC	4.92					
7	G	Lewis BELL	Cwmbran Harriers	4.84					

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

Combined League Record - Mathew EVANS, 41.86, Carmarthen Harriers, 2003

F20 - (1.0kg) Discus

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	SS	Scott HILL	Swansea Harriers	20.33	1	S	Rhys DAVIES	Swansea Harriers	19.99
2	R	Kieran EVANS	Carmarthen Harriers	18.03	2	RR	Thomas TAYLOR	Carmarthen Harriers	12.78
3	K	Michael ROBERTS	Colwyn Bay AC	16.25	3	T	Iolan DAVIES	Cardiff AAC	9.75
4	M	Ben EVANS	Pembroke Harriers	15.09	4	KK	Nathan JONES	Colwyn Bay AC	8.61
5	G	Lewis BELL	Cwmbran Harriers	12.12					
6	TT	Ciaran GRIMWADE	Cardiff AAC	10.19					

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

Combined League Record - Rheon JAMES, 41.00, Carmarthen Harriers, 2005

F4 - (400g) Javelin

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	R	Kieran EVANS	Carmarthen Harriers	28.68	1	RR	Aeron BICKERDIKE	Carmarthen Harriers	23.27
2	N	Carwyn PENNY	Newport Harriers	25.61	2	S	Hedd WILLIAMS	Swansea Harriers	20.13
3	K	Michael ROBERTS	Colwyn Bay AC	23.76	3	MM	Patrick SMITH	Pembroke Harriers	13.16
4	M	Ben EVANS	Pembroke Harriers	22.03	4	KK	Matthew VAUGHAN	Colwyn Bay AC	10.34
5	T	Ciaran GRIMWADE	Cardiff AAC	21.43					
6	SS	Ciaran PARKHOUSE	Swansea Harriers	21.10					
7	W	Ieuan THOMAS	Wrexham AC	20.59					

Welsh Record - Helen MILES, 12.0, Bridgend AC, 1981

Combined League Record - Hannah BRIER, 12.5, Swansea Harriers, 2011

T9 - 100m

wind= +3.3

wind= +2.7

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	K	Chloe ROBERTS	Colwyn Bay AC	13.09	1	SS	Alisha JONES	Swansea Harriers	13.65
2	G	Melissa ROBERTS	Cwmbran Harriers	13.13	2	GG	Jodie BEYNON	Cwmbran Harriers	13.70
3	R	Ffion WALTERS	Carmarthen Harriers	13.14	3	RR	Natasha JIWA-WALJI	Carmarthen Harriers	13.76
4	S	Ffion WAKE	Swansea Harriers	13.46	4	TT	Sian PURCELL	Cardiff AAC	13.92
5	W	Amy ODUNAIYA	Wrexham AC	13.59	5	NN	Danielle MORGAN	Newport Harriers	14.24
6	T	Alice NOTTINGHAM	Cardiff AAC	13.69	6	WW	Melys EDWARDS	Wrexham AC	14.45
7	M	Fen SMITH	Pembroke Harriers	13.83	7	KK	Tesney GLISTER-JACKSON	Colwyn Bay AC	14.62
8	N	Bronwyn SATTERLY	Newport Harriers	14.47	8	MM	Naomi PRITCHARD	Pembroke Harriers	14.90

Welsh Record - Rachel JOHNCOCK, 24.82, Colwyn Bay AC, 2008

Combined League Record - Hannah BRIER, 25.2, Swansea Harriers, 2011

T26 - 200m

wind= +3.0

wind= +2.8

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	G	Melissa ROBERTS	Cwmbran Harriers	26.75	1	RR	Ffion WALTERS	Carmarthen Harriers	27.57
2	K	Chloe ROBERTS	Colwyn Bay AC	27.44	2	GG	Jodie BEYNON	Cwmbran Harriers	28.38
3	T	Olivia EVANS	Cardiff AAC	27.56	3	TT	Danielle SHORT	Cardiff AAC	28.57
4	M	Fen SMITH	Pembroke Harriers	27.94	4	MM	Jenna GALLIVAN-CLASH	Pembroke Harriers	29.50
5	S	Ffion WAKE	Swansea Harriers	27.99	5	KK	Tesney GLISTER-JACKSON	Colwyn Bay AC	31.58
6	R	Kimberley ABODUNRIN	Carmarthen Harriers	28.11	6	SS	Georgia WILLIAMS	Swansea Harriers	32.24
7	W	Amy ODUNAIYA	Wrexham AC	28.69					
8	N	Bronwyn SATTERLY	Newport Harriers	30.68					

Welsh Record - Hannah JONES, 40.54, Carmarthen Harriers, 2005

Combined League Record - Hannah JONES, 42.2, Carmarthen Harriers, 2005

New U15 Lge Record

T12 - 300m

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	K	Abi BACKSHALL	Colwyn Bay AC	41.67	1	TT	Danielle SHORT	Cardiff AAC	46.72
2	S	Lucy FLIGELSTONE	Swansea Harriers	44.09	2	SS	Ellie COATES	Swansea Harriers	47.60
3	N	Emma HENNESSY	Newport Harriers	44.58	3	KK	Ellie NEW	Colwyn Bay AC	47.74
4	T	Alice NOTTINGHAM	Cardiff AAC	46.48	4	RR	Natasha JIWA-WALJI	Carmarthen Harriers	48.55
5	R	Gwenno EVANS	Carmarthen Harriers	46.89	5	WW	Jodie HUGHES	Wrexham AC	49.63
6	M	Milly LACEY	Pembroke Harriers	47.88	6	GG	Amy PRICE	Cwmbran Harriers	54.29
7	G	Chelsie HARRIS	Cwmbran Harriers	48.79	7	MM	Naomi PRITCHARD	Pembroke Harriers	54.62
8	W	Melys EDWARDS	Wrexham AC	49.45					

Welsh Record - Amanda PRITCHARD, 2.10.66, Cardiff AAC, 1994

Combined League Record - Lauren BELL, 2:15.7, Pembroke Harriers, 2008

T20 - 800m

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	K	Abi BACKSHALL	Colwyn Bay AC	02:27.84	1	RR	Emily Jay THOMAS	Carmarthen Harriers	02:36.38
2	S	Olivia GWYNN	Swansea Harriers	02:28.45	2	T	Annastasia MIRZA-DAVIES	Cardiff AAC	02:43.66
3	TT	Kate COKER	Cardiff AAC	02:30.62	3	GG	Olivia TURLEY	Cwmbran Harriers	02:43.92
4	G	Emma JORDAN	Cwmbran Harriers	02:35.70	4	KK	Ellie NEW	Colwyn Bay AC	02:50.43
5	R	Lucy JONES	Carmarthen Harriers	02:35.80	5	SS	Alisha JONES	Swansea Harriers	03:03.85
6	M	Charlotte REES	Pembroke Harriers	02:36.38					
7	W	Jodie HUGHES	Wrexham AC	02:41.41					
8	N	Cheyenne SINCLAIR	Newport Harriers	02:44.10					

Welsh Record - Non STANFORD, 4.34.24, Swansea Harriers, 2003

Combined League Record - Heledd GRUFFUD, 4:53.2, Carmarthen Harriers, 1993

T30 - 1500m

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	G	Chelsie HARRIS	Cwmbran Harriers	05:29.02	1	RR	Amber HOWELL	Carmarthen Harriers	05:42.00
2	R	Shannon DE SMET	Carmarthen Harriers	05:30.20					
3	T	Megan TATNELL	Cardiff AAC	05:38.26					
4	S	Eve KYRIAKIDES	Swansea Harriers	06:26.77					

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Welsh Record - Heather JONES, 10.86, Carmarthen Harriers, 2001

Combined League Record - Heather JONES, 11.2, Carmarthen Harriers, 2001

T18 - 75m Hurdles

wind= +1.1

wind= +1.1

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	T	Claire TAYLOR	Cardiff AAC	12.13	1	SS	Rebekah STOCK	Swansea Harriers	13.23
2	S	Lucy FLIGELSTONE	Swansea Harriers	12.52	2	TT	Olivia EVANS	Cardiff AAC	13.43
3	N	Emma HENNESSY	Newport Harriers	12.62	3	RR	Natasha JIWA-WALI	Carmarthen Harriers	13.56
4	W	Melys EDWARDS	Wrexham AC	12.99					
5	R	Erin WALTERS	Carmarthen Harriers	13.42					

Welsh Record - Charlene BALL, Rumney Sc, 5.27.8,2001

Combined League Record - Heather LEWIS, Pembroke Harriers, 4:59.7, 2008

T2 - 1000m walk

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	M	Esme BELLERBY	Pembroke Harriers	06:15.67	1	MM	Tabitha STEVENSON	Pembroke Harriers	06:16.85
2	W	Chloe DAVIES	Wrexham AC	06:32.96	2	RR	Niamh ELAIN	Carmarthen Harriers	07:31.67
3	R	Siobhan ELERI	Carmarthen Harriers	07:30.04	3	WW	Jordi EVANS	Wrexham AC	07:47.79
4	SS	Alisha JONES	Swansea Harriers	07:58.91	4	S	Georgia WILLIAMS	Swansea Harriers	07:59.00
5	G	Amy PRICE	Cwmbran Harriers	07:59.38					
6	N	Caitlin CRIMMINS	Newport Harriers	08:05.73					

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

Combined League Record - Emily MORRIS, 1.62, Swansea Harriers, 2009

F21 - High Jump

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	R	Erin WALTERS	Carmarthen Harriers	1.45	1	RR	Kimberley ABODUNRIN	Carmarthen Harriers	1.35
2	S	Bethan RADFORD	Swansea Harriers	1.40	2	TT	Georgina BRADSHAW	Cardiff AAC	1.35
3	T	Lottie COAKLEY	Cardiff AAC	1.35					
4	N	Emma HENNESSY	Newport Harriers	1.25					
5	W	Amy ODUNAIYA	Wrexham AC	1.25					
6	G	Sophie JACKSON	Cwmbran Harriers	1.20					

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

Combined League Record - Sally NICHOLAS, 2.60, Cardiff AAC (M4-Aberdare), 2009

New U15 Combined Lge Record

F8 - Pole Vault

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	T	Olivia EVANS	Cardiff AAC	2.70	1	TT	Holly FIELD	Cardiff AAC	2.30
2	S	Anna BARNES	Swansea Harriers	2.40	2	SS	Bethan RADFORD	Swansea Harriers	2.20

Welsh Record - Ceri JENKINS, 5.57, Cleddau, 1972

Combined League Record - Brenna PRICE, 5.08, Aberdare VAAC (M3-Newport), 2011

F5 - Long Jump

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	R	Erin WALTERS	Carmarthen Harriers	4.90	1	SS	Ellie COATES	Swansea Harriers	4.22
2	TT	Claire TAYLOR	Cardiff AAC	4.30	2	RR	Kimberley ABODUNRIN	Carmarthen Harriers	4.14
3	G	Jodie BEYNON	Cwmbran Harriers	4.29	3	T	Alice NOTTINGHAM	Cardiff AAC	3.68
4	S	Lucy FLIGELSTONE	Swansea Harriers	4.23	4	K	Chloe ROBERTS	Colwyn Bay AC	3.59
5	KK	Lauren CARSLEY-JONES	Colwyn Bay AC	4.16	5	MM	Milly LACEY	Pembroke Harriers	3.48
6	M	Fen SMITH	Pembroke Harriers	3.75	6	GG	Emma JORDAN	Cwmbran Harriers	3.45
7	W	Jodie HUGHES	Wrexham AC	2.18					

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Welsh Record - Emily STEELE, 13.22, Shrewsbury, 1989

Combined League Record - Awen ROSSER, 12.10, Carmarthen Harriers, 2010

F29 - (3.25kg) Shot

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	W	Katy WHITLEY	Wrexham AC	8.82	1	R	Amy HUMBLE	Carmarthen Harriers	8.64
2	RR	Bronwen LEWIS	Carmarthen Harriers	8.71	2	T	Holly FIELD	Cardiff AAC	7.23
3	TT	Claire TAYLOR	Cardiff AAC	8.53	3	MM	Nia JAMES	Pembroke Harriers	6.90
4	S	Ffion WAKE	Swansea Harriers	8.52	4	SS	Hannah MATTHEWS	Swansea Harriers	6.40
5	M	Anita MADAN	Pembroke Harriers	7.16	5	GG	Amy PRICE	Cwmbran Harriers	5.83
6	K	Hollie PROFITT	Colwyn Bay AC	7.15	6	WW	Jordi EVANS	Wrexham AC	5.48
7	G	Emma NORTON	Cwmbran Harriers	6.13	7	KK	Lauren CARSLEY-JONES	Colwyn Bay AC	5.22
8	N	Danielle MORGAN	Newport Harriers	5.57	8	NN	Caitlin CRIMMINS	Newport Harriers	5.07

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

Combined League Record - Phillipa ROLES, 41.26, Swansea Harriers, 1992

F25 - (1.0kg) Discus

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	S	Carys SMITH	Swansea Harriers	26.22	1	G	Emma NORTON	Cwmbran Harriers	17.47
2	GG	Sophie JACKSON	Cwmbran Harriers	24.78	2	RR	Lucy HAYNES	Carmarthen Harriers	17.12
3	R	Bronwen LEWIS	Carmarthen Harriers	23.46	3	WW	Katy WHITLEY	Wrexham AC	16.28
4	W	Chloe DAVIES	Wrexham AC	23.01	4	SS	Katie WELLS	Swansea Harriers	12.98
5	M	Anita MADAN	Pembroke Harriers	20.94	5	MM	Nia JAMES	Pembroke Harriers	12.36
6	K	Freya SIMONDS	Colwyn Bay AC	17.73	6	KK	Hollie PROFITT	Colwyn Bay AC	11.36
7	TT	Annastasia MIRZA-DAVIES	Cardiff AAC	10.79					
8	N	Bronwyn SATTERLY	Newport Harriers	9.65					

Welsh Record - Charlotte MURRAY, 41.90, Swansea Harriers, 2004

Combined League Record - Zoe DAKIN, 43.40, Bridgend AC, 2010

F2 - (3.00kg) Hammer

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	S	Cerys MCCOOL	Swansea Harriers	35.67	1	SS	Carys SMITH	Swansea Harriers	34.78
2	R	Amy HUMBLE	Carmarthen Harriers	22.35	2	RR	Lucy HAYNES	Carmarthen Harriers	13.93
3	W	Chloe DAVIES	Wrexham AC	20.15					
4	M	Anita MADAN	Pembroke Harriers	19.80					
5	K	Freya SIMONDS	Colwyn Bay AC	18.83					

Welsh Record - Danielle HAMER, 38.15, Carmarthen Harriers 2005

Combined League Record - Carys MANSFIELD, 37.20, Carmarthen Harriers, 2009

F11 - (600g) Javelin

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	S	Bethan RADFORD	Swansea Harriers	29.31	1	GG	Sophie JACKSON	Cwmbran Harriers	23.16
2	G	Emma NORTON	Cwmbran Harriers	23.83	2	SS	Katie WELLS	Swansea Harriers	19.03
3	R	Amy HUMBLE	Carmarthen Harriers	22.51	3	NN	Caitlin CRIMMINS	Newport Harriers	11.64
4	N	Danielle MORGAN	Newport Harriers	22.19	4	TT	Georgina BRADSHAW	Cardiff AAC	10.57
5	M	Esme BELLERBY	Pembroke Harriers	17.31	5	RR	Bronwen LEWIS	Carmarthen Harriers	10.18
6	K	Hollie PROFITT	Colwyn Bay AC	14.70	6	MM	Tabitha STEVENSON	Pembroke Harriers	7.81
7	W	Katy WHITLEY	Wrexham AC	14.12	7	WW	Jordi EVANS	Wrexham AC	7.07
8	T	Lottie COAKLEY	Cardiff AAC	10.67					

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

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

New U15 Combined Lge Record

T10 - 100m

wind= +2.3

Pos	Bib	Athlete	Club	Perf.
1	R	Shaun PEARCE	Carmarthen Harriers	11.19
2	M	Josh Davies DAVIES	Pembroke Harriers	11.57
3	G	Tom REYNOLDS	Cwmbran Harriers	11.91
4	W	Shane HUGHES	Wrexham AC	11.96
5	S	James TAYLOR	Swansea Harriers	12.09
6	N	Ryan MORGAN	Newport Harriers	12.21
7	K	Joe SOUTHALL	Colwyn Bay AC	12.81
8	T	Ryan GRIMWADE	Cardiff AAC	13.43

wind= +3.7

Pos	Bib	Athlete	Club	Perf.
1	RR	Samuel JONES	Carmarthen Harriers	11.76
2	GG	Jarad ROSSER	Cwmbran Harriers	12.46
3	WW	Scott LECKIE	Wrexham AC	12.57
4	MM	Daniel SALMON	Pembroke Harriers	12.61
5	KK	Josh MOORE	Colwyn Bay AC	13.37
6	SS	Josh HOLLISEY-MCLEAN	Swansea Harriers	13.99

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

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

T25 - 200m

wind= +2.4

Pos	Bib	Athlete	Club	Perf.
1	R	Shaun PEARCE	Carmarthen Harriers	23.84
2	G	Jack DUNN	Cwmbran Harriers	24.11
3	S	James TAYLOR	Swansea Harriers	24.54
4	W	Shane HUGHES	Wrexham AC	24.73
5	K	Iestyn THOMAS	Colwyn Bay AC	24.78
6	N	Ryan MORGAN	Newport Harriers	25.40
7	M	Ashley FARMER	Pembroke Harriers	25.52
8	T	Levi MARIANO	Cardiff AAC	26.12

wind= +1.7

Pos	Bib	Athlete	Club	Perf.
1	RR	Samuel JONES	Carmarthen Harriers	24.24
2	GG	Tom REYNOLDS	Cwmbran Harriers	24.32
3	WW	Scott LECKIE	Wrexham AC	26.24
4	MM	William RATCLIFFE	Pembroke Harriers	26.74
5	KK	Methan RATNAKUMAR	Colwyn Bay AC	26.75
6	SS	Ben TURNER	Swansea Harriers	27.02
7	TT	Luke HARRY	Cardiff AAC	27.50
8	NN	Joseph DAVIES	Newport Harriers	28.29

Welsh Record - Malcolm JAMES, 50.3, Cardiff AAC, 1977

Combined League Record - Evan JENKINS, 52.0, Swansea Harriers, 2008

T11 - 400m

wind=

Pos	Bib	Athlete	Club	Perf.
1	K	Iestyn THOMAS	Colwyn Bay AC	55.70
2	R	Nikita NEARY	Carmarthen Harriers	56.67
3	S	Rhys GEALY	Swansea Harriers	58.55
4	W	Lewis THOMAS	Wrexham AC	59.33
5	T	Luke HARRY	Cardiff AAC	59.81
6	M	Jorge COLLINGS	Pembroke Harriers	61.01
7	G	Aaron POWELL	Cwmbran Harriers	61.53
8	N	Joseph DAVIES	Newport Harriers	63.73

wind=

Pos	Bib	Athlete	Club	Perf.
1	GG	Ben SMITH	Cwmbran Harriers	58.45
2	MM	Patrick PEARCE	Pembroke Harriers	60.67
3	SS	Ben TURNER	Swansea Harriers	61.95
4	KK	Joe SOUTHALL	Colwyn Bay AC	63.56
5	RR	Dylan NICHOLAS	Carmarthen Harriers	66.33

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

Combined League Record - Stephen RICHARDS, 2:06.6, Swansea Harriers, 1998

T21 - 800m

Pos	Bib	Athlete	Club	Perf.
1	R	Nikita NEARY	Carmarthen Harriers	02:15.58
2	T	Ciaren LEWIS	Cardiff AAC	02:21.19
3	M	Patrick PEARCE	Pembroke Harriers	02:22.08
4	S	Rhydian JONES	Swansea Harriers	02:23.05
5	W	Lewis THOMAS	Wrexham AC	02:27.77

Pos	Bib	Athlete	Club	Perf.
1	MM	Llyr MILES	Pembroke Harriers	02:34.18
2	RR	Steffan NICHOLAS	Carmarthen Harriers	02:59.95

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

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

T29 - 1500m

Pos	Bib	Athlete	Club	Perf.
1	S	Jac HOPKINS	Swansea Harriers	04:26.19
2	G	Tyler PRITCHARD	Cwmbran Harriers	04:27.44
3	R	Christian LOVATT	Carmarthen Harriers	04:41.87
4	M	Liam BRADLEY	Pembroke Harriers	04:48.78
5	T	Tom EDMONDS	Cardiff AAC	04:52.93

Pos	Bib	Athlete	Club	Perf.
1	GG	Michael LEWIS	Cwmbran Harriers	04:55.26
2	SS	Ashley HOPKINS	Swansea Harriers	04:56.86
3	MM	Jack REES	Pembroke Harriers	04:58.36
4	RR	Hendrik DE SMET	Carmarthen Harriers	05:18.61
5	TT	Jack GRIFFITHS	Cardiff AAC	05:30.48

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

Combined League Record - John MARSDEN, 11.3, Barry & Vale Harriers, 1996

T15 - 80m Hurdles

wind= +0.8

wind= +1.7

Pos	Bib	Athlete	Club	Perf.
1	R	Joe CRIDDLE	Carmarthen Harriers	12.37
2	M	William RATCLIFFE	Pembroke Harriers	12.46
3	W	Lewis THOMAS	Wrexham AC	13.63
4	K	Methan RATNAKUMAR	Colwyn Bay AC	14.07
5	G	Conner HOWELL	Cwmbran Harriers	15.50
6	S	Rhodri WILLIAMS	Swansea Harriers	16.40
7	N	Tyler WILLIAMS	Newport Harriers	20.67

Pos	Bib	Athlete	Club	Perf.
1	RR	Tim WILLIAMS	Carmarthen Harriers	13.30
2	SS	Josh HOLLISEY-MCLEAN	Swansea Harriers	14.00
3	MM	Oliver BUTTERWORTH	Pembroke Harriers	14.18

Welsh Record - No Record Set

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

T4 - 1000m walk

Pos	Bib	Athlete	Club	Perf.
1	M	Ashley FARMER	Pembroke Harriers	05:42.04
2	R	Dylan NICHOLAS	Carmarthen Harriers	06:11.27
3	W	Harrison DAVIES	Wrexham AC	06:27.48
4	GG	Jarad ROSSER	Cwmbran Harriers	07:29.43

Pos	Bib	Athlete	Club	Perf.
1	RR	Steffan NICHOLAS	Carmarthen Harriers	06:33.25
2	MM	William RATCLIFFE	Pembroke Harriers	06:59.36
3	G	Jack DUNN	Cwmbran Harriers	07:29.63

Welsh Record - Chuka ENIH-SNELL, 1.96, Swansea Harriers, 1998

Combined League Record - Jamie DALTON, 1.85, Preseli Harriers, 1994

F3 - High Jump

Pos	Bib	Athlete	Club	Perf.
1	S	Keiran INGRAM	Swansea Harriers	1.55
2	M	Oliver BUTTERWORTH	Pembroke Harriers	1.55
3	T	Ryan GRIMWADE	Cardiff AAC	1.50
4	W	Thomas WALLEY	Wrexham AC	1.45
5	K	Josh DOWD	Colwyn Bay AC	1.45
6	RR	Tim WILLIAMS	Carmarthen Harriers	1.40

Pos	Bib	Athlete	Club	Perf.
1	SS	Rhodri WILLIAMS	Swansea Harriers	1.35
2	KK	Methan RATNAKUMAR	Colwyn Bay AC	1.35

Welsh Record - Neil WINTER, 4.40, Shaftesbury, 1988

Combined League Record - Gareth GOSS, 2.55, Swansea Harriers, 2011

New Combined U15 Lge Record

F7 - Pole Vault

Pos	Bib	Athlete	Club	Perf.
1	S	Josh HOLLISEY-MCLEAN	Swansea Harriers	2.70

Pos	Bib	Athlete	Club	Perf.
1	SS	Gareth GOSS	Swansea Harriers	2.50

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

Combined League Record - Josh DAVIES, 6.25, Pembroke Harriers, 2011

New U15 Lge Record

F23 - Long Jump

Pos	Bib	Athlete	Club	Perf.
1	M	Josh DAVIES	Pembroke Harriers	6.30
2	R	Shaun PEARCE	Carmarthen Harriers	5.55
3	TT	Levi MARCIANO	Cardiff AAC	4.94
4	W	Thomas WALLEY	Wrexham AC	4.82
5	K	Joe SOUTHALL	Colwyn Bay AC	4.68
6	SS	Rhodri WILLIAMS	Swansea Harriers	4.08
7	N	Joseph DAVIES	Newport Harriers	4.03
8	GG	Rhys JONES	Cwmbran Harriers	3.06

Pos	Bib	Athlete	Club	Perf.
1	MM	Ashley FARMER	Pembroke Harriers	4.81
2	RR	Gethin GIBBY	Carmarthen Harriers	4.78
3	KK	Josh MOORE	Colwyn Bay AC	4.40
4	WW	Scott LECKIE	Wrexham AC	4.01
5	T	Tom EDMONDS	Cardiff AAC	3.87
6	S	Sam JONES	Swansea Harriers	3.43

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Welsh Record - Matthew EVANS, 17.36, Carmarthen Harriers 2003

Combined League Record - Mathew EVANS, 16.21, Carmarthen Harriers, 2003

F10 - (4.00kg) Shot

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	K	Nathan THOMASON	Colwyn Bay AC	11.44	1	M	Jake EVANS	Pembroke Harriers	11.25
2	MM	Alvil OSANS	Pembroke Harriers	11.43	2	RR	Sam BLEACH	Carmarthen Harriers	10.25
3	S	Rhys GEALY	Swansea Harriers	11.40	3	GG	Jared ROSSER	Cwmbran Harriers	9.17
4	R	William MEPHAM	Carmarthen Harriers	11.25	4	KK	James WILLIAMS	Colwyn Bay AC	7.96
5	W	Shane HUGHES	Wrexham AC	10.68	5	WW	Harrison DAVIES	Wrexham AC	7.17
6	G	Aaron POWELL	Cwmbran Harriers	9.40	6	SS	Jac HOPKINS	Swansea Harriers	7.15
7	NN	Jordan BRYANT	Newport Harriers	7.66	7	N	Jamie BRYANT	Newport Harriers	6.51
8	T	Luke HARRY	Cardiff AAC	6.80					

Welsh Record - Liam WALSH, 48.66, Deeside AAC, 1996

Combined League Record - Mathew EVANS, 42.05, Carmarthen Harriers, 2003

F30 - (1.25kg) Discus

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	K	Nathan THOMASON	Colwyn Bay AC	34.62	1	MM	Alvil OSANS	Pembroke Harriers	29.11
2	M	Jake EVANS	Pembroke Harriers	32.98	2	R	Nikita NEARY	Carmarthen Harriers	26.83
3	RR	William MEPHAM	Carmarthen Harriers	30.70	3	SS	Keiran INGRAM	Swansea Harriers	22.52
4	NN	Jordan BRYANT	Newport Harriers	25.71	4	N	Jamie BRYANT	Newport Harriers	21.79
5	W	Matthew GRAYDON	Wrexham AC	24.33	5	KK	Josh DOWD	Colwyn Bay AC	16.68
6	S	Sam JONES	Swansea Harriers	23.10	6	GG	Rhys JONES	Cwmbran Harriers	12.29
7	G	Owen MURPHY	Cwmbran Harriers	15.25					
8	T	Ciaren LEWIS	Cardiff AAC	14.17					

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

Combined League Record - Matteo HOLMES, 37.00, Cardiff AAC (M4-Newport), 2010

New U15 Lge Record

F1 - (4.00kg) Hammer

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	K	James WILLIAMS	Colwyn Bay AC	48.29	1	KK	Nathan THOMASON	Colwyn Bay AC	36.20
2	M	Alvil OSANS	Pembroke Harriers	24.34	2	RR	Sam BLEACH	Carmarthen Harriers	17.74
3	R	William MEPHAM	Carmarthen Harriers	23.03	3	N	Jamie BRYANT	Newport Harriers	17.57
4	NN	Jordan BRYANT	Newport Harriers	21.85	4	GG	Rhys JONES	Cwmbran Harriers	14.77
5	S	Sam JONES	Swansea Harriers	18.22					
6	W	Matthew GRAYDON	Wrexham AC	16.51					
7	G	Owen MURPHY	Cwmbran Harriers	15.80					

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

Combined League Record - Garth LOUGHRAN, 52.08, Carmarthen Harriers, 2003

F13 - (600g) Javelin

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	M	Jake EVANS	Pembroke Harriers	42.40	1	SS	Gareth GOSS	Swansea Harriers	27.08
2	R	Sam BLEACH	Carmarthen Harriers	36.26	2	GG	Owen MURPHY	Cwmbran Harriers	27.07
3	T	Ciaren LEWIS	Cardiff AAC	32.66	3	TT	Ryan GRIMWADE	Cardiff AAC	26.86
4	G	Aaron POWELL	Cwmbran Harriers	29.63	4	MM	Llyr MILES	Pembroke Harriers	21.65
5	S	Keiran INGRAM	Swansea Harriers	28.38	5	RR	Steffan NICHOLAS	Carmarthen Harriers	18.61
6	K	Josh DOWD	Colwyn Bay AC	25.53	6	KK	Josh MOORE	Colwyn Bay AC	14.49
7	N	Alex JENKINS	Newport Harriers	22.08	7	WW	Harrison DAVIES	Wrexham AC	13.05
8	W	Thomas WALLEY	Wrexham AC	20.15					

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Combined League Record - Team, 64.0, Newport Harriers (M1-Aberdare), 2010

T33 - U11G - 4 x 100 relay

Pos	Bib	Leg 1	Leg2	Leg 3	Leg 4	Club	Perf.
1	S	Chloe HOPKINS	Gabrielle CHRISTMAS	Seren WYATT	Yana PARRY	Swansea Harriers	61.77
2	T	Sofia VELLA	Emily THOMAS	Lydia GILL	Seren DAVIES	Cardiff AAC	63.11
3	N	Jessica TAYLOR	Armani WILLIAMS	Lisa SCARFI	Ffion WADDON	Newport Harriers	63.63
4	M	Elin JONES	Chloe BUTTERWORTH	Ffion BELLERBY	Amy ROTHERO	Pembroke Harriers	64.34
5	K	Chloe JONES	Hannah WICKERSON	Ceri VAUGHAN	Molly NEW	Colwyn Bay AC	65.72
6	R	Rosie BENNETT	Cerys DAVIES	Danielle JONES	Katie JONES	Carmarthen Harriers	65.88
7	W	Alex LOVATT	Lowri HUNT	Yasmine BAKER	Sophie PAXTON	Wrexham AC	66.33
8	G	Phoebe BROWN	Tegan LONG	Jasmin DUNN	Isobel Williams	Cwmbran Harriers	73.25

Combined League Record - Swansea Harriers, 2010

T34 - U13G - 4 x 100 relay

Pos	Bib	Leg 1	Leg2	Leg 3	Leg 4	Club	Perf.
1	S	Eira JAMES	Jamie O'DRISCOLL	Rhiannon MAINE	Delun ALLCOCK	Swansea Harriers	57.14
2	W	Robyn WILLIAMS	Grace LECKIE	Alice ODUNAIYA	Neve EVANS	Wrexham AC	57.35
3	N	Caitlin SCARFFI	Emily Gill	Elinor JONES	Amelia REYNOLDS	Newport Harriers	57.77
4	K	Danielle WILLIAMS	Georgia GALEA-JONES	Bethan YATES	Bethan ROBERTS	Colwyn Bay AC	59.22
5	R	Ffion GRIFFITHS	Lauryn DAVEY	Nia GRIFFITHS	Carly JONES	Carmarthen Harriers	59.24
6	M	Phoebe BELLERBY	Alicia PUGH	Katie THICKER	Sarah OMOREGIE	Pembroke Harriers	59.60
7	T	Lauren EVANS	Caitlin EXON	Amber HARDING	Tahila TAYLOR	Cardiff AAC	60.52
8	G	Eira JAMES	Jamie O'DRISCOLL	Rhiannon MAINE	Delun ALLCOCK	Cwmbran Harriers	63.57

Combined League Record - Swansea Harriers, 2011

T35 - U15G - 4 x 100 relay

Pos	Bib	Leg 1	Leg2	Leg 3	Leg 4	Club	Perf.
1	R	Ffion WALTERS	Natasha JIWA-WALJI	Kimberley ABODUNRIN	Erin WALTERS	Carmarthen Harriers	52.94
2	S	Lucy FLIGELSTONE	Ffion WAKE	ELLIE COATES	ALISHA JONES	Swansea Harriers	54.50
3	T	Alice NOTTINGHAM	Claire TAYLOR	Olivia EVANS	Danielle SHORT	Cardiff AAC	54.86
4	G	Emma JORDAN	Chelsie HARRIS	Jodie BEYNON	Melissa ROBERTS	Cwmbran Harriers	56.15
5	K	Tesney GLISTER-JACKSON	Abi BACKSHALL	Ellie NEW	Chloe ROBERTS	Colwyn Bay AC	56.23
6	M	Naomi PRITCHARD	Jenna GALLIVAN CLASH	Milly LACEY	Fen SMITH	Pembroke Harriers	57.02
7	N	Emma HGENNESSEY	Bronwen SATTERLY	Caitlin CRIMMINGS	Dannielle MORGAN	Newport Harriers	60.00
8	W	Jordi EVANS	Jodie HUGHES	Melys EDWARDS	Amy ODUNAIYA	Wrexham AC	61.23

Combined League Record - Team, 61.68, Newport Harriers (M4-Aberdare), 2009

T36 - U11B - 4 x 100 relay

Pos	Bib	Leg 1	Leg2	Leg 3	Leg 4	Club	Perf.
1	G	Lewis GREENMAN	Adam GREY	Evan PROBERT	Ewan ROSSER	Cwmbran Harriers	64.37
2	R	Bradley RODERICK	Edward BENNETT	Kyle WASHBOURNE	Joshua THOMAS	Carmarthen Harriers	64.49
3	S	Dewi WILLIAMS	Ieuan HOSGOOD	Iwan SLADE	Tomos SLADE	Swansea Harriers	67.41
4	W	Aiden MCRAE	John CAZEAU	Kian JONES	Stephen DONE	Wrexham AC	67.59
5	M	William HUGHES	Theo LUCKMAN	Andrew SALMON	William LEWIS	Pembroke Harriers	68.46

Combined League Record - Carmarthen Harriers, 53.3, 2008

T37 - U13B - 4 x 100 relay

Pos	Bib	Leg 1	Leg2	Leg 3	Leg 4	Club	Perf.
1	S	David FLIGELSTONE	Joe CROSBY	Rhys HARRIS	Callum DAVIES	Swansea Harriers	54.39
2	M	Matthew WILLIAMS	Patrick SMITH	Thomas HUGHES	Ben EVANS	Pembroke Harriers	57.68
3	R	George LOWRY	Aled REES	Elis LEWIS	Aled PHILLIPS	Carmarthen Harriers	58.18
4	T	Ben PARIS	Deio HUGHES	James VINCENT	Ioan DAVIES	Cardiff AAC	59.83
5	K	Iolo JAMES	Josh ABLETT	Jack NASH	Nathan JONES	Colwyn Bay AC	61.74

Combined League Record - Cardiff, 48.1, (M4-Newport), 2010

T38 - U15B - 4 x 100 relay

Pos	Bib	Leg 1	Leg2	Leg 3	Leg 4	Club	Perf.
1	R	Shaun PEARCE	Tim WILLIAMS	Samuel JONES	Nikita NEARY	Carmarthen Harriers	48.67
2	G	Tyler PRITCHARD	Jarad ROSSER	Tom REYNOLDS	Jack DUNN	Cwmbran Harriers	48.86
3	M	Oliver BUTTERWORTH	William RATCLIFFE	Ashley FARMER	Josh DAVIES	Pembroke Harriers	50.66
4	K	Josh MOORE	Iestyn THOMAS	Methan RATNAKUMAR	Joe SOUTHALL	Colwyn Bay AC	51.93
5	S	Ashley HOPKINS	Ben TURNER	Jack HOPKINS	James TAYLOR	Swansea Harriers	52.55
6	W	Lewis THOMAS	Thomas WALLEY	Scott LECKIE	Shane HUGHES	Wrexham AC	52.93



Under 11 Boys Events	CDF	NPT	CWM	SWA	CRM	PEM	COL	WXM	CDF	NPT	CWM	SWA	CRM	PEM	COL	WXM
75m	12	6	16	10	4	14	8	2	4	3		2	5	8	6	7
150m	2	8	16	12	4	14	10	6	7	2	4	3	6	8	5	
800m	14	4	8	10	16	2	12	6	7			5	8	4		6
4 x 100 relay			16	12	14	8		10								
Long Jump	8	6	12	14	10	4	16	2		4	2	5	6	7	8	3
(2.72kg) Shot	12	4	8	14	10	16		6	5			7	8	4		6
(300g) Javelin	6	4	2	8	12	16	10	14	4			7	3	8	6	5
Under 11 Girls Events																
75m	8	16	6	12	4	14	10	2	3	7	1	8	6	4	5	2
150m	6	16	4	12	2	14	8	10	4	8	1	5	3	6	7	2
800m	14	16	4	10	6	8	12		5	6		7	4	3	8	
4 x 100 relay	14	12	2	16	6	10	8	4								
Long Jump	16	14	2	12	6	10	8	4	7	8	1	6	5	4	3	2
(2.00kg) Shot	6	16	8	12	10	14	4	2	5	3	8	4	7	6	2	
(300g) Javelin	6	8	14	10	12	16	4	2	4	6		7	5	8	3	
Under 13 Boys Events																
100m	16	14	8	12	4	10	6	2	8			4	7	6	5	
200m	8	16	4	14	2	12	10	6	4			8	6	7	5	
800m	6	14		12	4	16	8	10	6			8	5		7	
1500m	8			12	10	16	14					5	6	7	8	
75m Hurdles	16			14	10	12		8	7			8	6			
1000m walk			12	16	10	14						7	6	8		
4 x 100 relay	10			16	12	14	8									
High Jump	12	14		10	16	8	6		8			7	6	4	5	
Long Jump	10			16	12	14	6	8	7			8	5	6	4	
(3.25kg) Shot	8	10	4	16	14	12	6		4			8	7	6	5	
(1.0kg) Discus	6		8	16	14	10	12		6			8	7		5	
(400g) Javelin	8	14		6	16	10	12	4				7	8	6	5	
Under 13 Girls Events																
100m	4	16	12	8	10	6	2	14	5	8	2	7	3	4	1	6
200m	2	16	10	6	8	4	12	14	2	8	1	7	4	5	3	6
800m	10	6		12	8	14	4	16	4	3		7	5	8	2	6
1500m	12			10	8	16		14	7			8				
70m Hurdles	12		4	10	14	16	6	8	7		4	5	8	6	2	3
1000m walk			10	16	8	12		14			6	4	8	7		5
4 x 100 relay	4	12	2	16	8	6	10	14								
High Jump	8		4	12	14	16	6	10	6			7	4	8	5	
Long Jump	10		12	14	16	6	4	8	7			3	8	5	4	6
(2.72kg) Shot	8	6	10	14	16	12	2	4		5	6	7	8		4	3
(0.75kg) Discus	14		8	12	16	10	6	4	7			6	8	4	5	
(400g) Javelin	12	8		16	14	10	4	6	7			4	8	6	5	3



Under 15 Boys Events																
100m	2	6	12	8	16	14	4	10			7	3	8	5	4	6
200m	2	6	14	12	16	4	8	10	2	1	7	3	8	5	4	6
400m	8	2	4	12	14	6	16	10			8	6	4	7	5	
800m	14			10	16	12		8					7	8		
1500m	8		14	16	12	10			4		8	7	5	6		
80m Hurdles		4	8	6	16	14	10	12				7	8	6		
1000m walk			10		14	16		12			6		8	7		
4 x 100 relay			14	8	16	12	10	6								
High Jump	12			16	6	14	8	10				8			7	
Pole Vault				16								8				
Long Jump	12	4	2	6	14	16	8	10	4			3	7	8	6	5
(4.00kg) Shot	2	4	6	12	10	14	16	8		2	6	3	7	8	5	4
(1.25kg) Discus	2	10	4	6	12	14	16	8		5	3	6	7	8	4	
(4.00kg) Hammer		10	4	8	12	14	16	6		6	5		7		8	
(600g) Javelin	12	4	10	8	14	16	6	2	6		7	8	4	5	3	2
Under 15 Girls Events																
100m	6	2	14	10	12	4	16	8	5	4	7	8	6	1	2	3
200m	12	2	16	8	6	10	14	4	6		7	3	8	5	4	
300m	10	12	4	14	8	6	16	2	8		3	7	5	2	6	4
800m	12	2	10	14	8	6	16	4	7		6	4	8		5	
1500m	12		16	10	14								8			
75m Hurdles	16	12		14	8			10	7			8	6			
1000m walk		6	8	10	12	16		14				5	7	8		6
4 x 100 relay	12	4	10	14	16	6	8	2								
High Jump	12	10	6	14	16			8	7				8			
Pole Vault	16			14					8			7				
Long Jump	14		12	10	16	6	8	4	6		3	8	7	4	5	
(3.25kg) Shot	12	2	4	10	14	8	6	16	7	1	4	5	8	6	2	3
(1.0kg) Discus	4	2	14	16	12	8	6	10			8	5	7	4	3	6
(3.00kg) Hammer				16	14	10	8	12				8	7			
(600g) Javelin	2	10	14	16	12	8	6	4	5	6	8	7	4	3		2

Club	A	B	Total	1st 'A'	1st 'B'	Total 1st's
4 Cardiff AAC	542	239	799	5	0	4 9
8 Newport Harriers	390	96	498	7	0	4 11
6 Cwmbran Harriers	456	139	613	5	0	5 10
1 Swansea Harriers	804	346	1168	15	0	15 30
2 Carmarthen Harriers	736	368	1116	14	0	18 32
3 Pembroke Harriers	700	279	989	12	0	12 24
5 Colwyn Bay AC	476	206	697	8	0	4 12
7 Wrexham AC	444	118	572	2	0	2

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Venue		Brecon		Match Duties		Cardiff AAC		Date		Sunday-21-Aug-2011		
Event		F1 - U15B (4.00kg) Hammer		Welsh Record - Rhys HODNETT, 55.26, Cardiff AAC, 2006												
				Combined League Record - Matteo HOLMES, 37.00, Cardiff AAC (M4-Newport), 2010												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	N	Jamie BRYANT	Newport Harriers	17.43	17.57	17.50	17.57	8				17.57	8	B		3
2	W	Matthew GRAYDON	Wrexham AC	16.51	NT	14.27	16.51	9				16.51	9	A	6	
3	K	James WILLIAMS	Colwyn Bay AC	43.36	NT	48.29	48.29	1				48.29	1	A	1	
4	T		Cardiff AAC													
5	M	Alvil OSANS	Pembroke Harriers	NT	NT	24.34	24.34	3				24.34	3	A	2	
6	S	Sam JONES	Swansea Harriers	15.15	18.22		18.22	6				18.22	6	A	5	
7	G	Owen MURPHY	Cwmbran Harriers	NT	15.32	15.80	15.80	10				15.80	10	A	7	
8	R	William MEPHAM	Carmarthen Harriers	20.70	18.74	23.03	23.03	4				23.03	4	A	3	
9	NN	Jordan BRYANT	Newport Harriers	19.06	21.85	18.80	21.85	5				21.85	5	A	4	
10	WW		Wrexham AC													
11	KK	Nathan THOMASON	Colwyn Bay AC	28.91	NT	36.20	36.20	2				36.20	2	B		1
12	TT		Cardiff AAC													
13	MM		Pembroke Harriers													
14	SS		Swansea Harriers													
15	GG	Rhys JONES	Cwmbran Harriers	14.32	14.77	14.20	14.77	11				14.77	11	B		4
16	RR	Sam BLEACH	Carmarthen Harriers	15.69		17.74	17.74	7				17.74	7	B		2

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1A	K	James WILLIAMS	Colwyn Bay AC	48.29	1B	KK	Nathan THOMASON	Colwyn Bay AC	36.20		
2A	M	Alvil OSANS	Pembroke Harriers	24.34	2B	RR	Sam BLEACH	Carmarthen Harriers	17.74		
3A	R	William MEPHAM	Carmarthen Harriers	23.03	3B	N	Jamie BRYANT	Newport Harriers	17.57		
4A	NN	Jordan BRYANT	Newport Harriers	21.85	4B	GG	Rhys JONES	Cwmbran Harriers	14.77		
5A	S	Sam JONES	Swansea Harriers	18.22	5B						
6A	W	Matthew GRAYDON	Wrexham AC	16.51	6B					REFEREE SIGNATURE	
7A	G	Owen MURPHY	Cwmbran Harriers	15.80	7B						
8A					8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final							Match Duties			Cardiff AAC						
Meeting	Welsh Athletics U15 League Cup Final			Venue	Brecon		Time	11:00 AM		Date	Sunday-21-Aug-2011					
Event		F2 - U15G (3.00kg) Hammer			Welsh Record - Charlotte MURRAY, 41.90, Swansea Harriers, 2004											
					Combined League Record - Zoe DAKIN, 43.40, Bridgend AC, 2010											
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	G		Cwmbran Harriers													
2	K	Freya SIMONDS	Colwyn Bay AC	NT	18.83	18.67	18.83	6				18.83	6	A	5	
3	R	Amy HUMBLE	Carmarthen Harriers	22.35	20.90	21.33	22.35	3				22.35	3	A	2	
4	N		Newport Harriers													
5	S	Cerys MCCOOL	Swansea Harriers	NT	NT	35.67	35.67	1				35.67	1	A	1	
6	W	Chloe DAVIES	Wrexham AC	20.15	19.53	16.65	20.15	4				20.15	4	A	3	
7	T		Cardiff AAC													
8	M	Anita MADAN	Pembroke Harriers	19.80	17.87	19.26	19.80	5				19.80	5	A	4	
9	GG		Cwmbran Harriers													
10	KK		Colwyn Bay AC													
11	RR	Lucy HAYNES	Carmarthen Harriers	NT	13.93	12.47	13.93	7				13.93	7	B		2
12	NN		Newport Harriers													
13	SS	Carys SMITH	Swansea Harriers	NT	33.08	34.78	34.78	2				34.78	2	B		1
14	WW		Wrexham AC													
15	TT		Cardiff AAC													
16	MM		Pembroke Harriers													

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES		
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance			
1A	S	Cerys MCCOOL	Swansea Harriers	35.67	1B	SS	Carys SMITH	Swansea Harriers	34.78			
2A	R	Amy HUMBLE	Carmarthen Harriers	22.35	2B	RR	Lucy HAYNES	Carmarthen Harriers	13.93			
3A	W	Chloe DAVIES	Wrexham AC	20.15	3B							
4A	M	Anita MADAN	Pembroke Harriers	19.80	4B							
5A	K	Freya SIMONDS	Colwyn Bay AC	18.83	5B							
6A					6B							
7A					7B							
8A					8B							

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Brecon		Match Duties			Cwmbran Harriers							
Meeting		Venue		Time		11:30 AM		Date		Sunday-21-Aug-2011						
Event		F4 - U13B (400g) Javelin		Welsh Record - Tom NORTON, 44.80, Cwmbran Harriers, 2007												
				Combined League Record - Rheon JAMES, 41.00, Carmarthen Harriers, 2005												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres		A
1	K	Michael ROBERTS	Colwyn Bay AC	22.06	23.76	NT	23.76	3				23.76	3	A	3	
2	S	Hedd WILLIAMS	Swansea Harriers	NT	20.13	NT	20.13	9				20.13	9	B		2
3	M	Ben EVANS	Pembroke Harriers	22.03	18.38	19.25	22.03	5				22.03	5	A	4	
4	G		Cwmbran Harriers													
5	W	Ieuan THOMAS	Wrexham AC	20.59	14.63	16.56	20.59	8				20.59	8	A	7	
6	R	Kieran EVANS	Carmarthen Harriers	28.68	27.62	26.98	28.68	1				28.68	1	A	1	
7	N	Carwyn PENNY	Newport Harriers	23.42	25.38	25.61	25.61	2				25.61	2	A	2	
8	T	Ciaran GRIMWADE	Cardiff AAC	21.43	17.94	17.22	21.43	6				21.43	6	A	5	
9	KK	Matthew VAUGHAN	Colwyn Bay AC	7.33	10.34	8.69	10.34	11				10.34	11	B		4
10	SS	Ciaran PARKHOUSE	Swansea Harriers	15.53	21.10	17.94	21.10	7				21.10	7	A	6	
11	MM	Patrick SMITH	Pembroke Harriers	12.13	13.16	12.44	13.16	10				13.16	10	B		3
12	GG		Cwmbran Harriers													
13	WW		Wrexham AC													
14	RR	Aeron BICKERDIKE	Carmarthen Harriers	23.27	22.86	21.90	23.27	4				23.27	4	B		1
15	NN		Newport Harriers													
16	TT		Cardiff AAC													

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
No.	NAME	CLUB	Distance	No.	NAME	CLUB	Distance				
1A	R	Kieran EVANS	Carmarthen Harriers	28.68	1B	RR	Aeron BICKERDIKE	Carmarthen Harriers	23.27	REFeree SIGNATURE	
2A	N	Carwyn PENNY	Newport Harriers	25.61	2B	S	Hedd WILLIAMS	Swansea Harriers	20.13		
3A	K	Michael ROBERTS	Colwyn Bay AC	23.76	3B	MM	Patrick SMITH	Pembroke Harriers	13.16		
4A	M	Ben EVANS	Pembroke Harriers	22.03	4B	KK	Matthew VAUGHAN	Colwyn Bay AC	10.34		
5A	T	Ciaran GRIMWADE	Cardiff AAC	21.43	5B						
6A	SS	Ciaran PARKHOUSE	Swansea Harriers	21.10	6B						
7A	W	Ieuan THOMAS	Wrexham AC	20.59	7B						
8A					8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Brecon		Match Duties			Carmarthen Harriers							
Meeting		Welsh Athletics U15 League Cup Final		Venue		Time		11:30 AM		Date		Sunday-21-Aug-2011				
Event		F5 - U15G Long Jump		Welsh Record - Ceri JENKINS, 5.57, Cleddau, 1972												
				Combined League Record - Brenna PRICE, 5.08, Aberdare VAAC (M3-Newport), 2011												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres		A
1	W	Jodie HUGHES	Wrexham AC	NJ	2.18	2.06	2.18	13				2.18	13	A	7	
2	M	Fen SMITH	Pembroke Harriers	3.75	3.72	3.61	3.75	8				3.75	8	A	6	
3	K	Chloe ROBERTS	Colwyn Bay AC	3.59	2.07		3.59	10				3.59	10	B		4
4	R	Erin WALTERS	Carmarthen Harriers	4.90	2.61	4.84	4.90	1				4.90	1	A	1	
5	N		Newport Harriers													
6	T	Alice NOTTINGHAM	Cardiff AAC	3.68	3.54	3.32	3.68	9				3.68	9	B		3
7	S	Lucy FLIGELSTONE	Swansea Harriers	4.20	4.22	4.23	4.23	4				4.23	4	A	4	
8	G	Jodie BEYNON	Cwmbran Harriers	3.80	4.29	4.11	4.29	3				4.29	3	A	3	
9	WW		Wrexham AC													
10	MM	Milly LACEY	Pembroke Harriers	3.37	3.48	3.09	3.48	11				3.48	11	B		5
11	KK	Lauren CARSLEY-JONES	Colwyn Bay AC	3.78	3.82	4.16	4.16	6				4.16	6	A	5	
12	RR	Kimberley ABODUNRIN	Carmarthen Harriers	4.02	4.07	4.14	4.14	7				4.14	7	B		2
13	NN		Newport Harriers													
14	TT	Claire TAYLOR	Cardiff AAC	4.30	4.18	4.21	4.30	2				4.30	2	A	2	
15	SS	Ellie COATES	Swansea Harriers	4.18	4.13	4.22	4.22	5				4.22	5	B		1
16	GG	Emma JORDAN	Cwmbran Harriers	3.44	3.36	3.45	3.45	12				3.45	12	B		6

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1A	R	Erin WALTERS	Carmarthen Harriers	4.90	1B	SS	Ellie COATES	Swansea Harriers	4.22	REFeree SIGNATURE	
2A	TT	Claire TAYLOR	Cardiff AAC	4.30	2B	RR	Kimberley ABODUNRIN	Carmarthen Harriers	4.14		
3A	G	Jodie BEYNON	Cwmbran Harriers	4.29	3B	T	Alice NOTTINGHAM	Cardiff AAC	3.68		
4A	S	Lucy FLIGELSTONE	Swansea Harriers	4.23	4B	K	Chloe ROBERTS	Colwyn Bay AC	3.59		
5A	KK	Lauren CARSLEY-JONES	Colwyn Bay AC	4.16	5B	MM	Milly LACEY	Pembroke Harriers	3.48		
6A	M	Fen SMITH	Pembroke Harriers	3.75	6B	GG	Emma JORDAN	Cwmbran Harriers	3.45		
7A	W	Jodie HUGHES	Wrexham AC	2.18	7B					REFeree SIGNATURE	
8A					8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Brecon		Match Duties		Wrexham AC								
Meeting	Welsh Athletics U15 League Cup Final			Venue	Brecon		Time	11:30 AM	Date	Sunday-21-Aug-2011						
Event	F6 - U13G (2.72kg) Shot			Welsh Record - Adelle NICOLL, 11.81, Oswestry Olympians, 2009												
				Combined League Record - Nicola STEVENSON, 10.30, Bridgend AC, 2001												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	T	Caitlin EXON	Cardiff AAC	4.90	4.81	5.71	5.71	7				5.71	7	A	5	
2	N	Elinor JONES	Newport Harriers	5.65	NT	4.73	5.65	8				5.65	8	A	6	
3	G	Rebecca CHICK	Cwmbran Harriers	5.72	5.68	5.01	5.72	6				5.72	6	A	4	
4	S	Emily EVANS	Swansea Harriers	6.17	6.77	6.75	6.77	3				6.77	3	A	2	
5	R	Bethan LEWIS	Carmarthen Harriers	8.75	8.99	9.15	9.15	1				9.15	1	A	1	
6	M	Sarah OMOREGIE	Pembroke Harriers	NT	NT	NT										
7	K	Bethan YATES	Colwyn Bay AC	5.17	5.19	5.25	5.25	11				5.25	11	A	8	
8	W	Sinead BAKER	Wrexham AC	4.45		4.73	4.73	14				4.73	14	B		6
9	TT		Cardiff AAC													
10	NN	Emily GILL	Newport Harriers	5.18	NT	4.29	5.18	12				5.18	12	B		4
11	GG		Cwmbran Harriers	5.35		5.47	5.47	10				5.47	10	B		3
12	SS	Delun ALLCOCK	Swansea Harriers	6.61	6.57	6.27	6.61	5				6.61	5	B		2
13	RR	Olivia LAWRENCE	Carmarthen Harriers	6.48	6.37	7.03	7.03	2				7.03	2	B		1
14	MM	Erin REES	Pembroke Harriers	NT	6.63	NT	6.63	4				6.63	4	A	3	
15	KK	Siriol JONES	Colwyn Bay AC	4.78	4.35	4.24	4.78	13				4.78	13	B		5
16	WW	Robyn WILLIAMS	Wrexham AC	4.43	5.62	NT	5.62	9				5.62	9	A	7	

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1A	R	Bethan LEWIS	Carmarthen Harriers	9.15	1B	RR	Olivia LAWRENCE	Carmarthen Harriers	7.03		
2A	S	Emily EVANS	Swansea Harriers	6.77	2B	SS	Delun ALLCOCK	Swansea Harriers	6.61		
3A	MM	Erin REES	Pembroke Harriers	6.63	3B	GG		Cwmbran Harriers	5.47		
4A	G	Rebecca CHICK	Cwmbran Harriers	5.72	4B	NN	Emily GILL	Newport Harriers	5.18		
5A	T	Caitlin EXON	Cardiff AAC	5.71	5B	KK	Siriol JONES	Colwyn Bay AC	4.78		
6A	N	Elinor JONES	Newport Harriers	5.65	6B	W	Sinead BAKER	Wrexham AC	4.73	REFEREE SIGNATURE	
7A	WW	Robyn WILLIAMS	Wrexham AC	5.62	7B						
8A	K	Bethan YATES	Colwyn Bay AC	5.25	8B						

Welsh Athletics - Height Card				MINIMUM START HEIGHT				1.70				Match Duties				Swansea Harriers								
MEETING		Welsh Athletics U15 League Cup Final		VENUE		Brecon		TIME		11:30 AM		DATE		Sunday-21-August-2011										
EVENT		F7 - U15B Pole Vault		Welsh Record - Neil WINTER, 4.40, Shaftesbury, 1988																				
				Combined U15 Lge Record - Gareth GOSS, 2.55, Swansea Harriers, 2011																				
Order	BIB	NAME	CLUB	START	1.70	2.20	2.30	2.40	2.50	2.60	2.70	2.75					Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B		
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	M		Pembroke Harriers																					
2	R		Carmarthen Harriers																					
3	T		Cardiff AAC																					
4	K		Colwyn Bay AC																					
5	G		Cwmbran Harriers																					
6	N		Newport Harriers																					
7	W		Wrexham AC																					
8	S	Josh HOLLISEY-MCLEAN	Swansea Harriers	2.20		O	O	X X O O		X X O X O	X X X						2.70	2	8	14	1	A	1	
9	MM		Pembroke Harriers																					
10	RR		Carmarthen Harriers																					
11	TT		Cardiff AAC																					
12	KK		Colwyn Bay AC																					
13	GG		Cwmbran Harriers																					
14	NN		Newport Harriers																					
15	WW		Wrexham AC																					
16	SS	Gareth GOSS	Swansea Harriers	2.30			O	O	X O	X X X							2.50	2	4	7	2	B	1	

A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1A	S	Josh HOLLISEY-MCLEAN	Swansea Harriers	2.70	1B	SS	Gareth GOSS	Swansea Harriers	2.50		
2A					2B						
3A					3B						
4A					4B						
5A					5B						
6A					6B						
7A					7B						
8A					8B						

Welsh Athletics - Height Card				MINIMUM START HEIGHT				1.50			Match Duties				Swansea Harriers																							
MEETING	Welsh Athletics U15 League Cup Final			VENUE	Brecon				TIME			11:30 AM		DATE		Sunday-21-August-2011																						
EVENT	F8 - U15G Pole Vault			Welsh Record - Rhianydd LLEWELLYN, 3.15, Bridgend AC, 2008																																		
				Combined U15 Lge Record - Sally NICHOLAS, 2.60, Cardiff AAC (M4-Aberdare), 2009																																		
Order	BIB	NAME	CLUB	START	1.50			2.10			2.20			2.30			2.40			2.50			2.60			2.70			2.75			Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres												
1	S	Anna BARNES	Swansea Harriers	2.10			O		O		O		X	X	O	X	X	X													2.40	3	5	9	2	A	2	
2	G		Cwmbran Harriers																																			
3	N		Newport Harriers																																			
4	M		Pembroke Harriers																																			
5	T	Olivia EVANS	Cardiff AAC	2.40									O		O		O		X	X	O	X									2.70	3	3	7	1	A	1	
6	W		Wrexham AC																																			
7	R		Carmarthen Harriers																																			
8	K		Colwyn Bay AC																																			
9	SS	Bethan RADFORD	Swansea Harriers	2.10			O		O		X	X	X																		2.20	1	3	5	4	B	2	
10	GG		Cwmbran Harriers																																			
11	NN		Newport Harriers																																			
12	MM		Pembroke Harriers																																			
13	TT	Holly FIELD	Cardiff AAC	2.30								O		X	X	X															2.30	1	3	4	3	B	1	
14	WW		Wrexham AC																																			
15	RR		Carmarthen Harriers																																			
16	KK		Colwyn Bay AC																																			

A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1A	T	Olivia EVANS	Cardiff AAC	2.70	1B	TT	Holly FIELD	Cardiff AAC	2.30		
2A	S	Anna BARNES	Swansea Harriers	2.40	2B	SS	Bethan RADFORD	Swansea Harriers	2.20		
3A					3B						
4A					4B						
5A					5B						
6A					6B						
7A					7B						
8A					8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final							Match Duties			Colwyn Bay AC						
Meeting		Venue		Brecon		Time		12:20 PM		Date		Sunday-21-Aug-2011				
Event		F9 - U11B Long Jump		Welsh Record - Not Recognised at this age group												
				Combined League Record - G JAMES, 4.33, Carmarthen Harriers, 1987												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	N	Henry GAUNTLETT	Newport Harriers	3.61	3.33	3.33	3.61	7				3.61	7	A	6	
2	W	Kian JONES	Wrexham AC	2.03	2.66	2.95	2.95	14				2.95	14	B		6
3	K	Sam EARLE	Colwyn Bay AC	3.83	4.13	4.10	4.13	1				4.13	1	A	1	
4	T	Daniel AUSTIN	Cardiff AAC	3.32	3.28	3.66	3.66	6				3.66	6	A	5	
5	M	William LEWIS	Pembroke Harriers	3.56			3.56	8				3.56	8	A	7	
6	S	Tom BOND	Swansea Harriers	3.64	3.52	4.08	4.08	2				4.08	2	A	2	
7	G	Ewan ROSSER	Cwmbran Harriers	3.54	3.73	3.77	3.77	4				3.77	4	A	3	
8	R	Bradley RODERICK	Carmarthen Harriers	3.74	3.64	3.58	3.74	5				3.74	5	A	4	
9	NN	Ben DAVIES	Newport Harriers	2.97	NJ	2.86	2.97	13				2.97	13	B		5
10	WW	John CAZEAU	Wrexham AC	3.44	3.03	3.30	3.44	10				3.44	10	A	8	
11	KK	Rowen HUGHES	Colwyn Bay AC	3.54	NJ	3.90	3.90	3				3.90	3	B		1
12	TT		Cardiff AAC													
13	MM	Joe PRITCHARD	Pembroke Harriers	2.83	2.90	3.45	3.45	9				3.45	9	B		2
14	SS	Brynmor CLEMENTS	Swansea Harriers	2.89	3.03	3.26	3.26	12				3.26	12	B		4
15	GG	Lewis GREENMAN	Cwmbran Harriers	NJ	2.74	2.61	2.74	15				2.74	15	B		7
16	RR	Gareth THOMPSON	Carmarthen Harriers	3.35	3.25	NJ	3.35	11				3.35	11	B		3

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1A	K	Sam EARLE	Colwyn Bay AC	4.13	1B	KK	Rowen HUGHES	Colwyn Bay AC	3.90		
2A	S	Tom BOND	Swansea Harriers	4.08	2B	MM	Joe PRITCHARD	Pembroke Harriers	3.45		
3A	G	Ewan ROSSER	Cwmbran Harriers	3.77	3B	RR	Gareth THOMPSON	Carmarthen Harriers	3.35		
4A	R	Bradley RODERICK	Carmarthen Harriers	3.74	4B	SS	Brynmor CLEMENTS	Swansea Harriers	3.26		
5A	T	Daniel AUSTIN	Cardiff AAC	3.66	5B	NN	Ben DAVIES	Newport Harriers	2.97		
6A	N	Henry GAUNTLETT	Newport Harriers	3.61	6B	W	Kian JONES	Wrexham AC	2.95	REFEREE SIGNATURE	
7A	M	William LEWIS	Pembroke Harriers	3.56	7B	GG	Lewis GREENMAN	Cwmbran Harriers	2.74		
8A	WW	John CAZEAU	Wrexham AC	3.44	8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Brecon		Match Duties			Wrexham AC							
Meeting		Welsh Athletics U15 League Cup Final		Venue		Brecon		Time		12:20 PM		Date		Sunday-21-Aug-2011		
Event		F10 - U15B (4.00kg) Shot		Welsh Record - Matthew EVANS, 17.36, Carmarthen Harriers 2003												
				Combined League Record - Mathew EVANS, 16.21, Carmarthen Harriers, 2003												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	G	Aaron POWELL	Cwmbran Harriers	9.40	NT	7.48	9.40	8				9.40	8	A	6	
2	K	Nathan THOMASON	Colwyn Bay AC	10.54	11.20	11.44	11.44	1				11.44	1	A	1	
3	R	William MEPHAM	Carmarthen Harriers	11.25	10.85	9.80	11.25	4				11.25	4	A	4	
4	N	Jamie BRYANT	Newport Harriers	6.36	6.36	6.51	6.51	15				6.51	15	B		7
5	S	Rhys GEALY	Swansea Harriers	9.70	11.34	11.40	11.40	3				11.40	3	A	3	
6	W	Shane HUGHES	Wrexham AC	NT	10.52	10.68	10.68	6				10.68	6	A	5	
7	T	Luke HARRY	Cardiff AAC	6.80	6.66	6.51	6.80	14				6.80	14	A	8	
8	M	Jake EVANS	Pembroke Harriers	11.00	11.25		11.25	4				11.25	4	B		1
9	GG	Jared ROSSER	Cwmbran Harriers	9.17			9.17	9				9.17	9	B		3
10	KK	James WILLIAMS	Colwyn Bay AC	7.83	7.96	7.76	7.96	10				7.96	10	B		4
11	RR	Sam BLEACH	Carmarthen Harriers	9.57	10.25	10.23	10.25	7				10.25	7	B		2
12	NN	Jordan BRYANT	Newport Harriers	7.28	7.66	7.36	7.66	11				7.66	11	A	7	
13	SS	Jac HOPKINS	Swansea Harriers	7.01	7.15	NT	7.15	13				7.15	13	B		6
14	WW	Harrison DAVIES	Wrexham AC	7.13	7.17	6.74	7.17	12				7.17	12	B		5
15	TT		Cardiff AAC													
16	MM	Alvil OSANS	Pembroke Harriers	11.04	NT	11.43	11.43	2				11.43	2	A	2	

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1A	K	Nathan THOMASON	Colwyn Bay AC	11.44	1B	M	Jake EVANS	Pembroke Harriers	11.25		
2A	MM	Alvil OSANS	Pembroke Harriers	11.43	2B	RR	Sam BLEACH	Carmarthen Harriers	10.25		
3A	S	Rhys GEALY	Swansea Harriers	11.40	3B	GG	Jared ROSSER	Cwmbran Harriers	9.17		
4A	R	William MEPHAM	Carmarthen Harriers	11.25	4B	KK	James WILLIAMS	Colwyn Bay AC	7.96		
5A	W	Shane HUGHES	Wrexham AC	10.68	5B	WW	Harrison DAVIES	Wrexham AC	7.17		
6A	G	Aaron POWELL	Cwmbran Harriers	9.40	6B	SS	Jac HOPKINS	Swansea Harriers	7.15	REFEREE SIGNATURE	
7A	NN	Jordan BRYANT	Newport Harriers	7.66	7B	N	Jamie BRYANT	Newport Harriers	6.51		
8A	T	Luke HARRY	Cardiff AAC	6.80	8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final							Match Duties			Newport Harriers						
Meeting		Welsh Athletics U15 League Cup Final		Venue	Brecon		Time		12:20 PM		Date	Sunday-21-Aug-2011				
Event		F11 - U15G (600g) Javelin		Welsh Record - Danielle HAMER, 38.15, Carmarthen Harriers 2005												
				Combined League Record - Carys MANSFIELD, 37.20, Carmarthen Harriers, 2009												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	R	Amy HUMBLE	Carmarthen Harriers	22.51	21.64	22.31	22.51	4				22.51	4	A	3	
2	T	Lottie COAKLEY	Cardiff AAC	NT	NT	10.67	10.67	11				10.67	11	A	8	
3	S	Bethan RADFORD	Swansea Harriers	29.31	NT	21.53	29.31	1				29.31	1	A	1	
4	W	Katy WHITLEY	Wrexham AC	NT	14.12	NT	14.12	9				14.12	9	A	7	
5	K	Hollie PROFITT	Colwyn Bay AC	14.70	NT	12.43	14.70	8				14.70	8	A	6	
6	G	Emma NORTON	Cwmbran Harriers	23.83	23.34	22.48	23.83	2				23.83	2	A	2	
7	M	Esme BELLERBY	Pembroke Harriers	14.82	16.13	17.31	17.31	7				17.31	7	A	5	
8	N	Danielle MORGAN	Newport Harriers	22.19	21.73	22.01	22.19	5				22.19	5	A	4	
9	RR	Bronwen LEWIS	Carmarthen Harriers	17.82	19.61	NT	10.18	13				10.18	13	B		5
10	TT	Georgina BRADSHAW	Cardiff AAC	10.57	9.58		10.57	12				10.57	12	B		4
11	SS	Katie WELLS	Swansea Harriers	17.82	17.97	19.03	19.03	6				19.03	6	B		2
12	WW	Jordi EVANS	Wrexham AC	7.07	7.05	6.70	7.07	15				7.07	15	B		7
13	KK	Freya SIMONDS	Colwyn Bay AC	NT	NT	NT										
14	GG	Sophie JACKSON	Cwmbran Harriers	22.82	23.16	18.32	23.16	3				23.16	3	B		1
15	MM	Tabitha STEVENSON	Pembroke Harriers	NT	NT	7.81	7.81	14				7.81	14	B		6
16	NN	Caitlin CRIMMINS	Newport Harriers	11.64	10.64	10.48	11.64	10				11.64	10	B		3

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1A	S	Bethan RADFORD	Swansea Harriers	29.31	1B	GG	Sophie JACKSON	Cwmbran Harriers	23.16	REFeree SIGNATURE	
2A	G	Emma NORTON	Cwmbran Harriers	23.83	2B	SS	Katie WELLS	Swansea Harriers	19.03		
3A	R	Amy HUMBLE	Carmarthen Harriers	22.51	3B	NN	Caitlin CRIMMINS	Newport Harriers	11.64		
4A	N	Danielle MORGAN	Newport Harriers	22.19	4B	TT	Georgina BRADSHAW	Cardiff AAC	10.57		
5A	M	Esme BELLERBY	Pembroke Harriers	17.31	5B	RR	Bronwen LEWIS	Carmarthen Harriers	10.18		
6A	K	Hollie PROFITT	Colwyn Bay AC	14.70	6B	MM	Tabitha STEVENSON	Pembroke Harriers	7.81		
7A	W	Katy WHITLEY	Wrexham AC	14.12	7B	WW	Jordi EVANS	Wrexham AC	7.07		
8A	T	Lottie COAKLEY	Cardiff AAC	10.67	8B						

Welsh Athletics - Height Card				MINIMUM START HEIGHT				1.05		Match Duties				Pembroke Harriers								
MEETING	Welsh Athletics U15 League Cup Final			VENUE	Brecon				TIME		12:50 PM		DATE		Sunday-21-August-2011							
EVENT	F12 - U13B High Jump			Welsh Record - Jamie DALTON, 1.67, Preseli, 1992																		
				Combined U15 Lge Record - Miles KELLER-JENKINS, 1.63, Swansea Harriers, 2010																		
Order	BIB	NAME	CLUB	START	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
					1.58																	
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					
1	K	Jack NASH	Colwyn Bay AC	1.05	O	O	X X X										1.10	1	3	5	9	A 6
2	S	Rhys HARRIS	Swansea Harriers	1.25					O	O	X X O	X X X					1.35		5	8	4	A 4
3	M	Marinus PETERSEN	Pembroke Harriers	1.05	O	O	O	O	X X O	X X X							1.25		5	10	8	A 5
4	G		Cwmbran Harriers																			
5	W		Wrexham AC																			
6	R	Aled REES	Carmarthen Harriers	1.40	X X X							X O	O	O	X O	1.55	2	5	9	1	A 1	
7	N	Carwyn PENNY	Newport Harriers	1.20				O	O	O	O	O	X X X				1.40	1	3	8	2	A 2
8	T	Harry HILLMAN	Cardiff AAC	1.30						O	O	O	X X X				1.40	1	3	6	3	A 3
9	KK	Iolo JAMES	Colwyn Bay AC	1.05	X O	X X O	X X X										1.10	3	6	8	10	B 4
10	SS	Hedd WILLIAMS	Swansea Harriers	1.10		O	O	O	O	X O	X X X						1.30	2	4	9	6	B 2
11	MM	Sulien LUCKMAN	Pembroke Harriers	1.05	X O	X X X											1.05	2	4	5	11	B 5
12	GG		Cwmbran Harriers																			
13	WW		Wrexham AC																			
14	RR	Aled PHILLIPS	Carmarthen Harriers	1.20				O	X O	X X X							1.25	2	4	6	7	B 3
15	NN		Newport Harriers																			
16	TT	Deio HUGHES	Cardiff AAC	1.05	O	O	O	O	O	O	X X X						1.30	1	3	9	5	B 1

A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1A	R	Aled REES	Carmarthen Harriers	1.55	1B	TT	Deio HUGHES	Cardiff AAC	1.30		
2A	N	Carwyn PENNY	Newport Harriers	1.40	2B	SS	Hedd WILLIAMS	Swansea Harriers	1.30		
3A	T	Harry HILLMAN	Cardiff AAC	1.40	3B	RR	Aled PHILLIPS	Carmarthen Harriers	1.25		
4A	S	Rhys HARRIS	Swansea Harriers	1.35	4B	KK	Iolo JAMES	Colwyn Bay AC	1.10		
5A	M	Marinus PETERSEN	Pembroke Harriers	1.25	5B	MM	Sulien LUCKMAN	Pembroke Harriers	1.05		
6A	K	Jack NASH	Colwyn Bay AC	1.10	6B						
7A					7B						
8A					8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final							Match Duties			Cwmbran Harriers						
Meeting		Welsh Athletics U15 League Cup Final		Venue	Brecon		Time		1:10 PM		Date	Sunday-21-Aug-2011				
Event		F13 - U15B (600g) Javelin		Welsh Record - Rhys WILLIAMS, 58.58, Swansea Harriers, 1996												
				Combined League Record - Garth LOUGHRAN, 52.08, Carmarthen Harriers, 2003												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	W	Thomas WALLEY	Wrexham AC	NT	20.15	NT	20.15	12				20.15	12	A	8	
2	M	Jake EVANS	Pembroke Harriers	41.40	42.40	42.29	42.40	1				42.40	1	A	1	
3	K	Josh DOWD	Colwyn Bay AC	NT	NT	25.53	25.53	9				25.53	9	A	6	
4	R	Sam BLEACH	Carmarthen Harriers	NT	36.07	36.26	36.26	2				36.26	2	A	2	
5	N	Alex JENKINS	Newport Harriers	21.96	22.08	21.63	22.08	10				22.08	10	A	7	
6	T	Ciaren LEWIS	Cardiff AAC	NT	32.66	NT	32.66	3				32.66	3	A	3	
7	S	Keiran INGRAM	Swansea Harriers	NT	NT	28.38	28.38	5				28.38	5	A	5	
8	G	Aaron POWELL	Cwmbran Harriers	24.93	29.63	28.88	29.63	4				29.63	4	A	4	
9	WW	Harrison DAVIES	Wrexham AC	11.67	13.05	NT	13.05	15				13.05	15	B		7
10	MM	Llyr MILES	Pembroke Harriers	20.72	21.65	17.44	21.65	11				21.65	11	B		4
11	KK	Josh MOORE	Colwyn Bay AC	NT	14.49	11.67	14.49	14				14.49	14	B		6
12	RR	Steffan NICHOLAS	Carmarthen Harriers	NT	NT	18.61	18.61	13				18.61	13	B		5
13	NN		Newport Harriers													
14	TT	Ryan GRIMWADE	Cardiff AAC	26.86	NT	NT	26.86	8				26.86	8	B		3
15	SS	Gareth GOSS	Swansea Harriers	NT	27.08	26.34	27.08	6				27.08	6	B		1
16	GG	Owen MURPHY	Cwmbran Harriers	NT	25.95	27.07	27.07	7				27.07	7	B		2

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1A	M	Jake EVANS	Pembroke Harriers	42.40	1B	SS	Gareth GOSS	Swansea Harriers	27.08	REFeree SIGNATURE	
2A	R	Sam BLEACH	Carmarthen Harriers	36.26	2B	GG	Owen MURPHY	Cwmbran Harriers	27.07		
3A	T	Ciaren LEWIS	Cardiff AAC	32.66	3B	TT	Ryan GRIMWADE	Cardiff AAC	26.86		
4A	G	Aaron POWELL	Cwmbran Harriers	29.63	4B	MM	Llyr MILES	Pembroke Harriers	21.65		
5A	S	Keiran INGRAM	Swansea Harriers	28.38	5B	RR	Steffan NICHOLAS	Carmarthen Harriers	18.61		
6A	K	Josh DOWD	Colwyn Bay AC	25.53	6B	KK	Josh MOORE	Colwyn Bay AC	14.49		
7A	N	Alex JENKINS	Newport Harriers	22.08	7B	WW	Harrison DAVIES	Wrexham AC	13.05		
8A	W	Thomas WALLEY	Wrexham AC	20.15	8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final							Match Duties			Cardiff AAC						
Meeting		Welsh Athletics U15 League Cup Final		Venue	Brecon		Time		1:10 PM	Date	Sunday-21-Aug-2011					
Event		F14 - U13G Long Jump		Welsh Record - Lisa ARMSTRONG, 4.88, Torfaen, 1986												
				Combined League Record - E JONES, 4.70, Carmarthen Harriers, 1989												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	T	Caitlin EXON	Cardiff AAC	3.80	3.15	3.44	3.80	7				3.80	7	B		2
2	N		Newport Harriers													
3	G	Ellie MATTHEWS	Cwmbran Harriers													
4	S	Jamie O'DRISCOLL	Swansea Harriers	4.10	3.83	3.70	4.10	2				4.10	2	A	2	
5	R	Lauryn DAVEY	Carmarthen Harriers	4.30	3.94	4.14	4.30	1				4.30	1	A	1	
6	M	Katie THICKER	Pembroke Harriers	3.69	3.17	3.42	3.69	11				3.69	11	B		4
7	K	Bethan YATES	Colwyn Bay AC	3.35	3.46	3.66	3.66	12				3.66	12	B		5
8	W	Neve EVANS	Wrexham AC	3.85	3.77	3.47	3.85	6				3.85	6	A	5	
9	TT	Lauren EVANS	Cardiff AAC	3.84	3.74	3.85	3.85	5				3.85	5	A	4	
10	NN		Newport Harriers													
11	GG	Macey JONES	Cwmbran Harriers	3.96	3.79	3.87	3.96	4				3.96	4	A	3	
12	SS	Kelsey RABAIOTTI	Swansea Harriers	3.56	3.50	3.56	3.56	13				3.56	13	B		6
13	RR	Carly JONES	Carmarthen Harriers	3.60	3.80	4.00	4.00	3				4.00	3	B		1
14	MM	Lydia THOMAS	Pembroke Harriers	NJ	3.59	3.79	3.79	8				3.79	8	A	6	
15	KK	Danielle WILLIAMS	Colwyn Bay AC	3.48	3.71	3.49	3.71	10				3.71	10	A	7	
16	WW	Alice ODUNAIYA	Wrexham AC	3.78	3.64	3.37	3.78	9				3.78	9	B		3

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1A	R	Lauryn DAVEY	Carmarthen Harriers	4.30	1B	RR	Carly JONES	Carmarthen Harriers	4.00	REFeree SIGNATURE	
2A	S	Jamie O'DRISCOLL	Swansea Harriers	4.10	2B	T	Caitlin EXON	Cardiff AAC	3.80		
3A	GG	Macey JONES	Cwmbran Harriers	3.96	3B	WW	Alice ODUNAIYA	Wrexham AC	3.78		
4A	TT	Lauren EVANS	Cardiff AAC	3.85	4B	M	Katie THICKER	Pembroke Harriers	3.69		
5A	W	Neve EVANS	Wrexham AC	3.85	5B	K	Bethan YATES	Colwyn Bay AC	3.66		
6A	MM	Lydia THOMAS	Pembroke Harriers	3.79	6B	SS	Kelsey RABAIOTTI	Swansea Harriers	3.56		
7A	KK	Danielle WILLIAMS	Colwyn Bay AC	3.71	7B					REFeree SIGNATURE	
8A					8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Venue		Brecon		Match Duties		Wrexham AC		Date		Sunday-21-Aug-2011		
Event		F15 - U11G (2.0kg) Shot		Welsh Record - Not Recognised at this age group												
				Combined League Record - Eiliw JAMES, 7.12, Carmarthen Harriers, 2005												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres		A
1	M	Caitlin SPAREY	Pembroke Harriers	6.11	6.24	5.90	6.24	2				6.24	2	A	2	
2	R	Danielle JONES	Carmarthen Harriers	5.37	5.87	5.66	5.87	4				5.87	4	A	4	
3	T	Erin PHILLIPS	Cardiff AAC	NT	4.62	NT	4.62	10				4.62	10	B		4
4	K	Ceri VAUGHAN	Colwyn Bay AC	3.83		NT	3.83	15				3.83	15	B		7
5	G	Phoebe BROWN	Cwmbran Harriers	5.79	NT	NT	5.79	5				5.79	5	A	5	
6	N	Caitlin ARNOLD	Newport Harriers	6.31	5.81	5.90	6.31	1				6.31	1	A	1	
7	W	Alex LOVATT	Wrexham AC	3.54		4.18	4.18	14				4.18	14	A	8	
8	S	Jessica VIVIAN	Swansea Harriers	5.40	6.02	5.65	6.02	3				6.02	3	A	3	
9	MM	Ffion BELLERBY	Pembroke Harriers	4.67	NT	3.52	4.67	9				4.67	9	B		3
10	RR	Hannah TAYLOR	Carmarthen Harriers	NT	4.64	4.74	4.74	8				4.74	8	B		2
11	TT	Sofia VELLA	Cardiff AAC	NT		5.15	5.15	6				5.15	6	A	6	
12	KK	Molly NEW	Colwyn Bay AC	4.01	3.83	4.44	4.44	11				4.44	11	A	7	
13	GG	Isobel WILLIAMS	Cwmbran Harriers	NT	5.06	4.38	5.06	7				5.06	7	B		1
14	NN	Georgia HYDE	Newport Harriers	3.92	4.13	4.19	4.19	13				4.19	13	B		6
15	WW		Wrexham AC													
16	SS	Chloe WILLIAMS	Swansea Harriers	4.35	3.20	3.82	4.35	12				4.35	12	B		5

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance			
1A	N	Caitlin ARNOLD	Newport Harriers	6.31	1B	GG	Isobel WILLIAMS	Cwmbran Harriers	5.06	REFeree SIGNATURE	
2A	M	Caitlin SPAREY	Pembroke Harriers	6.24	2B	RR	Hannah TAYLOR	Carmarthen Harriers	4.74		
3A	S	Jessica VIVIAN	Swansea Harriers	6.02	3B	MM	Ffion BELLERBY	Pembroke Harriers	4.67		
4A	R	Danielle JONES	Carmarthen Harriers	5.87	4B	T	Erin PHILLIPS	Cardiff AAC	4.62		
5A	G	Phoebe BROWN	Cwmbran Harriers	5.79	5B	SS	Chloe WILLIAMS	Swansea Harriers	4.35		
6A	TT	Sofia VELLA	Cardiff AAC	5.15	6B	NN	Georgia HYDE	Newport Harriers	4.19		
7A	KK	Molly NEW	Colwyn Bay AC	4.44	7B	K	Ceri VAUGHAN	Colwyn Bay AC	3.83		
8A	W	Alex LOVATT	Wrexham AC	4.18	8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Venue		Brecon		Match Duties		Swansea Harriers		Date		Sunday-21-Aug-2011		
Event		F16 - U13G (0.75kg) Discus		Welsh Record - Adele NICOLL, 31.68, Oswestry Olympians, 2009												
				Combined League Record - Toni WELLS, 26.27, Swansea Harriers, 2005												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres		A
1	S	Emily EVANS	Swansea Harriers	NT	18.27	NT	18.27	3				18.27	3	A	3	
2	G	Olivia LAWRENCE	Cwmbran Harriers	10.74	NT	13.10	13.10	6				13.10	6	A	5	
3	N	Emily GILL	Newport Harriers													
4	M	Erin REES	Pembroke Harriers	16.16	14.49	NT	16.16	4				16.16	4	A	4	
5	T	Emily GRIFFIN	Cardiff AAC	17.57	22.62	16.61	22.62	2				22.62	2	A	2	
6	W	Natasha HUNTER	Wrexham AC	NT	7.82	8.95	8.95	12				8.95	12	A	7	
7	R	Bethan LEWIS	Carmarthen Harriers	23.28	22.57	16.08	23.28	1				23.28	1	A	1	
8	K	Niamh NEALE	Colwyn Bay AC	9.25	11.03	9.91	11.03	10				11.03	10	B		4
9	SS	Megan STRATTON-THOMAS	Swansea Harriers	NT	NT	11.57	11.57	9				11.57	9	B		3
10	GG		Cwmbran Harriers													
11	NN		Newport Harriers													
12	MM	Phoebe BELLERBY	Pembroke Harriers	9.16	9.24	10.90	10.90	11				10.90	11	B		5
13	TT	Amber HARDING	Cardiff AAC	10.10	12.36	10.63	12.36	7				12.36	7	B		2
14	WW		Wrexham AC													
15	RR	Carys JONES	Carmarthen Harriers	14.04	14.64	13.15	14.64	5				14.64	5	B		1
16	KK	Georgia GALEA-JONES	Colwyn Bay AC	11.21	11.58	NT	11.58	8				11.58	8	A	6	

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance			
1A	R	Bethan LEWIS	Carmarthen Harriers	23.28	1B	RR	Carys JONES	Carmarthen Harriers	14.64		
2A	T	Emily GRIFFIN	Cardiff AAC	22.62	2B	TT	Amber HARDING	Cardiff AAC	12.36		
3A	S	Emily EVANS	Swansea Harriers	18.27	3B	SS	Megan STRATTON-THOMAS	Swansea Harriers	11.57		
4A	M	Erin REES	Pembroke Harriers	16.16	4B	K	Niamh NEALE	Colwyn Bay AC	11.03		
5A	G	Olivia LAWRENCE	Cwmbran Harriers	13.10	5B	MM	Phoebe BELLERBY	Pembroke Harriers	10.90		
6A	KK	Georgia GALEA-JONES	Colwyn Bay AC	11.58	6B					REFEREE SIGNATURE	
7A	W	Natasha HUNTER	Wrexham AC	8.95	7B						
8A					8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final							Match Duties		Newport Harriers							
Meeting		Venue		Brecon		Time		2:00 PM		Date		Sunday-21-Aug-2011				
Event		F17 - U13G (400g) Javelin		Welsh Record - Tasia STEPHENS, 32.36, Aberdare AAC, 2009									Combined League Record - Sara SIGGERY, 28.12, Carmarthen Harriers, 1997			
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	N	Caitlin SCARFFI	Newport Harriers	NT	5.90	12.23	12.23	7				12.23	7	A	5	
2	W	Grace LECKIE	Wrexham AC	NT	5.62	5.33	5.62	13				5.62	13	B		6
3	K	Niamh NEALE	Colwyn Bay AC	8.55	6.25	NT	8.55	11				8.55	11	B		4
4	T	Emily GRIFFIN	Cardiff AAC	13.09	11.28	NT	13.09	5				13.09	5	B		2
5	M	Abi BUXTON	Pembroke Harriers	9.09	12.37	NT	12.37	6				12.37	6	A	4	
6	S	Danielle JONES	Swansea Harriers	23.73	22.52	22.67	23.73	1				23.73	1	A	1	
7	G		Cwmbran Harriers													
8	R	Bethan LEWIS	Carmarthen Harriers	NT	22.92	NT	22.92	2				22.92	2	A	2	
9	NN		Newport Harriers													
10	WW	Ellie RUSSELL	Wrexham AC	NT	11.29	NT	11.29	8				11.29	8	A	6	
11	KK	Bethan YATES	Colwyn Bay AC	9.04	10.04	NT	10.04	9				10.04	9	A	7	
12	TT	Tahila TAYLOR	Cardiff AAC	12.35	15.19	14.94	15.19	3				15.19	3	A	3	
13	MM	Erin REES	Pembroke Harriers	8.12	9.03	9.26	9.26	10				9.26	10	B		3
14	SS	Jennifer THOMAS	Swansea Harriers	NT	NT	6.89	6.89	12				6.89	12	B		5
15	GG		Cwmbran Harriers													
16	RR	Carys JONES	Carmarthen Harriers	14.46	10.34	10.91	14.46	4				14.46	4	B		1

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1A	S	Danielle JONES	Swansea Harriers	23.73	1B	RR	Carys JONES	Carmarthen Harriers	14.46		
2A	R	Bethan LEWIS	Carmarthen Harriers	22.92	2B	T	Emily GRIFFIN	Cardiff AAC	13.09		
3A	TT	Tahila TAYLOR	Cardiff AAC	15.19	3B	MM	Erin REES	Pembroke Harriers	9.26		
4A	M	Abi BUXTON	Pembroke Harriers	12.37	4B	K	Niamh NEALE	Colwyn Bay AC	8.55		
5A	N	Caitlin SCARFFI	Newport Harriers	12.23	5B	SS	Jennifer THOMAS	Swansea Harriers	6.89		
6A	WW	Ellie RUSSELL	Wrexham AC	11.29	6B	W	Grace LECKIE	Wrexham AC	5.62		
7A	KK	Bethan YATES	Colwyn Bay AC	10.04	7B					REFEREE SIGNATURE	
8A					8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Venue		Brecon		Match Duties		Colwyn Bay AC						
Meeting		Welsh Athletics U15 League Cup Final		Venue		Brecon		Time		2:00 PM		Date		Sunday-21-Aug-2011		
Event		F18 - U13B Long Jump		Welsh Record - Clive WOOLMER, 5.31, Milford Haven Sc, 1982												
				Combined League Record - G JAMES, 5.10, Carmarthen Harriers, 1989												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres		A
1	G	Luke INSTONE	Cwmbran Harriers													
2	K	Jack NASH	Colwyn Bay AC	3.37	3.06	NJ	3.37	10				3.37	10	A	6	
3	R	George LOWRY	Carmarthen Harriers	3.97	4.22	4.28	4.28	3				4.28	3	A	3	
4	N		Newport Harriers													
5	S	Joe CROSBY	Swansea Harriers	4.45		4.54	4.54	1				4.54	1	A	1	
6	W	Thomas EVANS	Wrexham AC	3.95	3.92	3.91	3.95	7				3.95	7	A	5	
7	T	James VINCENT	Cardiff AAC	3.38	4.11	3.78	4.11	6				4.11	6	B		2
8	M	Thomas HUGHES	Pembroke Harriers	4.41		4.29	4.41	2				4.41	2	A	2	
9	GG	Jarad DEGAREPITT	Cwmbran Harriers													
10	KK	Nathan JONES	Colwyn Bay AC	2.72	NJ	2.91	2.91	11				2.91	11	B		5
11	RR	Aeron BICKERDIKE	Carmarthen Harriers	3.31	3.13	3.50	3.50	9				3.50	9	B		4
12	NN		Newport Harriers													
13	SS	David FLIGELSTONE	Swansea Harriers	NJ	4.25	NJ	4.25	4				4.25	4	B		1
14	WW		Wrexham AC													
15	TT	Ben PARIS	Cardiff AAC	4.20	4.15	4.09	4.20	5				4.20	5	A	4	
16	MM	Matthew WILLIAMS	Pembroke Harriers	NJ	3.83	NJ	3.83	8				3.83	8	B		3

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1A	S	Joe CROSBY	Swansea Harriers	4.54	1B	SS	David FLIGELSTONE	Swansea Harriers	4.25		
2A	M	Thomas HUGHES	Pembroke Harriers	4.41	2B	T	James VINCENT	Cardiff AAC	4.11		
3A	R	George LOWRY	Carmarthen Harriers	4.28	3B	MM	Matthew WILLIAMS	Pembroke Harriers	3.83		
4A	TT	Ben PARIS	Cardiff AAC	4.20	4B	RR	Aeron BICKERDIKE	Carmarthen Harriers	3.50		
5A	W	Thomas EVANS	Wrexham AC	3.95	5B	KK	Nathan JONES	Colwyn Bay AC	2.91		
6A	K	Jack NASH	Colwyn Bay AC	3.37	6B					REFEREE SIGNATURE	
7A					7B						
8A					8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Brecon		Match Duties			Wrexham AC							
Meeting	Welsh Athletics U15 League Cup Final			Venue	Brecon		Time	2:00 PM		Date	Sunday-21-Aug-2011					
Event	F19 - U11B (2.72kg) Shot			Welsh Record - Not Recognised at this age group												
				Combined League Record - Rheon JAMES, 10.06, Carmarthen Harriers, 2003												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	R	Edward BENNETT	Carmarthen Harriers	5.55	5.60	4.83	5.60	4				5.60	4	A	4	
2	T	Meical HARDING	Cardiff AAC	5.48	NT	5.77	5.77	3				5.77	3	A	3	
3	S	Brynmor CLEMENTS	Swansea Harriers	5.36	5.97	6.06	6.06	2				6.06	2	A	2	
4	W	Stephen DONE	Wrexham AC	NT	4.17	4.65	4.65	9				4.65	9	B		3
5	K		Colwyn Bay AC													
6	G	Evan PROBERT	Cwmbran Harriers	4.39	5.06	5.08	5.08	7				5.08	7	A	5	
7	M	William HUGHES	Pembroke Harriers	6.59	6.28	6.32	6.59	1				6.59	1	A	1	
8	N	Hakeem AL HADDI	Newport Harriers	3.96	3.68	4.02	4.02	11				4.02	11	A	7	
9	RR	Joshua THOMAS	Carmarthen Harriers	5.33	5.46	5.57	5.57	5				5.57	5	B		1
10	TT	Jacob MCPHERSON	Cardiff AAC	NT	4.00	4.40	4.40	10				4.40	10	B		4
11	SS	Tom BOND	Swansea Harriers	5.28	4.63	4.51	5.28	6				5.28	6	B		2
12	WW	Aiden MCRAE	Wrexham AC	4.82	NT	4.31	4.82	8				4.82	8	A	6	
13	KK		Colwyn Bay AC													
14	GG	Morgan HADLEY	Cwmbran Harriers													
15	MM	Andrew SALMON	Pembroke Harriers	3.84	NT	3.90	3.90	12				3.90	12	B		5
16	NN		Newport Harriers													

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1A	M	William HUGHES	Pembroke Harriers	6.59	1B	RR	Joshua THOMAS	Carmarthen Harriers	5.57		
2A	S	Brynmor CLEMENTS	Swansea Harriers	6.06	2B	SS	Tom BOND	Swansea Harriers	5.28		
3A	T	Meical HARDING	Cardiff AAC	5.77	3B	W	Stephen DONE	Wrexham AC	4.65		
4A	R	Edward BENNETT	Carmarthen Harriers	5.60	4B	TT	Jacob MCPHERSON	Cardiff AAC	4.40		
5A	G	Evan PROBERT	Cwmbran Harriers	5.08	5B	MM	Andrew SALMON	Pembroke Harriers	3.90		
6A	WW	Aiden MCRAE	Wrexham AC	4.82	6B					REFEREE SIGNATURE	
7A	N	Hakeem AL HADDI	Newport Harriers	4.02	7B						
8A					8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Brecon		Match Duties			Carmarthen Harriers							
Meeting		Welsh Athletics U15 League Cup Final		Venue		Time		2:10 PM		Date		Sunday-21-Aug-2011				
Event		F20 - U13B (1.0kg) Discus		Welsh Record - Chris HUGHES, 38.92, Swansea Harriers, 1991												
				Combined League Record - Mathew EVANS, 41.86, Carmarthen Harriers, 2003												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres		A
1	K	Michael ROBERTS	Colwyn Bay AC	12.83	16.25	14.24	16.25	4				16.25	4	A	3	
2	S	Rhys DAVIES	Swansea Harriers	19.99	NT	NT	19.99	2				19.99	2	B		1
3	M	Ben EVANS	Pembroke Harriers	13.10	11.90	15.09	15.09	5				15.09	5	A	4	
4	G	Lewis BELL	Cwmbran Harriers	10.69	12.12	9.07	12.12	7				12.12	7	A	5	
5	W		Wrexham AC													
6	R	Kieran EVANS	Carmarthen Harriers	NT	18.03	15.97	18.03	3				18.03	3	A	2	
7	N		Newport Harriers													
8	T	Ioan DAVIES	Cardiff AAC	9.46	9.75	9.29	9.75	9				9.75	9	B		3
9	KK	Nathan JONES	Colwyn Bay AC	8.61	6.57	NT	8.61	10				8.61	10	B		4
10	SS	Scott HILL	Swansea Harriers	20.33	17.29	18.93	20.33	1				20.33	1	A	1	
11	MM	Morgan SPAREY	Pembroke Harriers													
12	GG		Cwmbran Harriers													
13	WW		Wrexham AC													
14	RR	Thomas TAYLOR	Carmarthen Harriers	12.78	12.19	NT	12.78	6				12.78	6	B		2
15	NN		Newport Harriers													
16	TT	Ciaran GRIMWADE	Cardiff AAC	10.19	NT	9.49	10.19	8				10.19	8	A	6	

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES		
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance			
1A	SS	Scott HILL	Swansea Harriers	20.33	1B	S	Rhys DAVIES	Swansea Harriers	19.99			
2A	R	Kieran EVANS	Carmarthen Harriers	18.03	2B	RR	Thomas TAYLOR	Carmarthen Harriers	12.78			
3A	K	Michael ROBERTS	Colwyn Bay AC	16.25	3B	T	Ioan DAVIES	Cardiff AAC	9.75			
4A	M	Ben EVANS	Pembroke Harriers	15.09	4B	KK	Nathan JONES	Colwyn Bay AC	8.61			
5A	G	Lewis BELL	Cwmbran Harriers	12.12	5B							
6A	TT	Ciaran GRIMWADE	Cardiff AAC	10.19	6B					REFEREE SIGNATURE		
7A					7B							
8A					8B							

Welsh Athletics - Height Card				MINIMUM START HEIGHT				1.15		Match Duties				Pembroke Harriers																					
MEETING	Welsh Athletics U15 League Cup Final			VENUE	Brecon				TIME		2:10 PM		DATE		Sunday-21-August-2011																				
EVENT	F21 - U15G High Jump			Welsh Record - Lea HAGGETT, 1.81, Herne Hill, 1986																															
				Combined U15 Lge Record - Emily MORRIS, 1.62, Swansea Harriers, 2009																															
Order	BIB	NAME	CLUB	START	1.15			1.20			1.25			1.30			1.35			1.40			1.45			1.50			Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres										
1	W	Amy ODUNAIYA	Wrexham AC	1.15	O		O		O		X	X	X															1.25	1	3	6	7	A	5	
2	M	Esme BELLERBY	Pembroke Harriers	1.15					X	X	X																								
3	K		Colwyn Bay AC																																
4	R	Erin WALTERS	Carmarthen Harriers	1.35									O		O		O		X	X	X							1.45	1	3	6	1	A	1	
5	N	Emma HENNESSY	Newport Harriers	1.25				O		X	X	X																1.25	1	3	4	6	A	4	
6	T	Lottie COAKLEY	Cardiff AAC	1.25				O		O		O		X	X	X												1.35	1	3	6	3	A	3	
7	S	Bethan RADFORD	Swansea Harriers	1.30						O		X	O	X	X	O	X	X	X										1.40	3	6	9	2	A	2
8	G	Sophie JACKSON	Cwmbran Harriers	1.15	O		O		X	X	X																	1.20	1	3	5	8	A	6	
9	WW		Wrexham AC																																
10	MM	Tabitha STEVENSON	Pembroke Harriers	1.15	X	X	X																												
11	KK		Colwyn Bay AC																																
12	RR	Kimberley ABODUNRIN	Carmarthen Harriers	1.15	O		O		O		O		O		X	X	X												1.35	1	3	8	4	B	1
13	NN		Newport Harriers																																
14	TT	Georgina BRADSHAW	Cardiff AAC	1.15	O		O		X	O	O		O		X	X	X												1.35	1	4	9	5	B	2
15	SS	Rebekah STOCK	Swansea Harriers	1.35								X	X	X																					
16	GG		Cwmbran Harriers																																

A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1A	R	Erin WALTERS	Carmarthen Harriers	1.45	1B	RR	Kimberley ABODUNRIN	Carmarthen Harriers	1.35		
2A	S	Bethan RADFORD	Swansea Harriers	1.40	2B	TT	Georgina BRADSHAW	Cardiff AAC	1.35		
3A	T	Lottie COAKLEY	Cardiff AAC	1.35	3B						
4A	N	Emma HENNESSY	Newport Harriers	1.25	4B						
5A	W	Amy ODUNAIYA	Wrexham AC	1.25	5B						
6A	G	Sophie JACKSON	Cwmbran Harriers	1.20	6B						
7A					7B						
8A					8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Brecon		Match Duties		Cwmbran Harriers								
Meeting		Venue		Time		Date		Sunday-21-Aug-2011								
Event		F22 - U11G (300g) Javelin		Welsh Record - Not Recognised at this age group												
				Combined League Record - Mollie JONES, 19.93, Bridgend AC, 2010												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	T	Erin PHILLIPS	Cardiff AAC	9.78	10.19	11.18	11.18	7				11.18	7	A	6	
2	N	Caitlin ARNOLD	Newport Harriers	12.57	10.94	12.22	12.57	5				12.57	5	A	5	
3	G	Phoebe BROWN	Cwmbran Harriers	15.37	14.53	15.45	15.45	2				15.45	2	A	2	
4	S	Jessica VIVIAN	Swansea Harriers	12.69	12.29	11.71	12.69	4				12.69	4	A	4	
5	R	Danielle JONES	Carmarthen Harriers	8.33	8.38	9.26	9.26	10				9.26	10	B		4
6	M	Caitlin SPAREY	Pembroke Harriers	16.16	14.55	17.29	17.29	1				17.29	1	A	1	
7	K	Ceri VAUGHAN	Colwyn Bay AC	8.61	5.94	5.89	8.61	13				8.61	13	B		6
8	W	Yasmine BAKER	Wrexham AC	7.25	7.32	4.94	7.32	14				7.32	14	A	8	
9	TT	Seren DAVIES	Cardiff AAC	7.23	6.72	8.86	8.86	12				8.86	12	B		5
10	NN	Isabel DAVIES	Newport Harriers	8.21	8.28	9.69	9.69	9				9.69	9	B		3
11	GG		Cwmbran Harriers													
12	SS	Chloe HOPKINS	Swansea Harriers	7.44	10.03	8.58	10.03	8				10.03	8	B		2
13	RR	Hannah TAYLOR	Carmarthen Harriers	13.74	13.19	12.34	13.74	3				13.74	3	A	3	
14	MM	Elin JONES	Pembroke Harriers	8.25	12.24	8.84	12.24	6				12.24	6	B		1
15	KK	Bryony CARSLY-JONES	Colwyn Bay AC	8.67	9.22	6.59	9.22	11				9.22	11	A	7	
16	WW		Wrexham AC													

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
No.	NAME	CLUB	Distance	No.	NAME	CLUB	Distance				
1A	M	Caitlin SPAREY	Pembroke Harriers	17.29	1B	MM	Elin JONES	Pembroke Harriers	12.24		
2A	G	Phoebe BROWN	Cwmbran Harriers	15.45	2B	SS	Chloe HOPKINS	Swansea Harriers	10.03		
3A	RR	Hannah TAYLOR	Carmarthen Harriers	13.74	3B	NN	Isabel DAVIES	Newport Harriers	9.69		
4A	S	Jessica VIVIAN	Swansea Harriers	12.69	4B	R	Danielle JONES	Carmarthen Harriers	9.26		
5A	N	Caitlin ARNOLD	Newport Harriers	12.57	5B	TT	Seren DAVIES	Cardiff AAC	8.86		
6A	T	Erin PHILLIPS	Cardiff AAC	11.18	6B	K	Ceri VAUGHAN	Colwyn Bay AC	8.61		
7A	KK	Bryony CARSLY-JONES	Colwyn Bay AC	9.22	7B					REFEREE SIGNATURE	
8A	W	Yasmine BAKER	Wrexham AC	7.32	8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Brecon		Match Duties		Cardiff AAC								
Meeting		Welsh Athletics U15 League Cup Final		Venue		Time		2:50 PM		Date		Sunday-21-Aug-2011				
Event		F23 - U15B Long Jump		Welsh Record - Ian STRANGE, 6.63, Newport Harriers, 1977												
				Combined League Record - Josh DAVIES, 6.25, Pembroke Harriers, 2011												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres		A
1	M	Josh DAVIES	Pembroke Harriers	6.21	6.18	6.30	6.30	1				6.30	1	A	1	
2	R	Shaun PEARCE	Carmarthen Harriers	NJ	5.55	NJ	5.55	2				5.55	2	A	2	
3	T	Tom EDMONDS	Cardiff AAC	3.83	3.87	3.72	3.87	12				3.87	12	B		5
4	K	Joe SOUTHALL	Colwyn Bay AC	4.53	4.68	4.67	4.68	7				4.68	7	A	5	
5	G	Tyler PRITCHARD	Cwmbran Harriers													
6	N	Joseph DAVIES	Newport Harriers	4.00	4.03	3.69	4.03	10				4.03	10	A	7	
7	W	Thomas WALLEY	Wrexham AC	4.82	4.49	4.71	4.82	4				4.82	4	A	4	
8	S	Sam JONES	Swansea Harriers	3.43	NJ	NJ	3.43	13				3.43	13	B		6
9	MM	Ashley FARMER	Pembroke Harriers	4.81	NJ		4.81	5				4.81	5	B		1
10	RR	Gethin GIBBY	Carmarthen Harriers	4.78	4.43	4.54	4.78	6				4.78	6	B		2
11	TT	Levi MARCIANO	Cardiff AAC	NJ	4.94	4.81	4.94	3				4.94	3	A	3	
12	KK	Josh MOORE	Colwyn Bay AC	4.22	4.02	4.40	4.40	8				4.40	8	B		3
13	GG	Rhys JONES	Cwmbran Harriers	2.72	3.06	2.90	3.06	14				3.06	14	A	8	
14	NN		Newport Harriers													
15	WW	Scott LECKIE	Wrexham AC	4.01			4.01	11				4.01	11	B		4
16	SS	Rhodri WILLIAMS	Swansea Harriers	3.75	3.82	4.08	4.08	9				4.08	9	A	6	

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1A	M	Josh DAVIES	Pembroke Harriers	6.30	1B	MM	Ashley FARMER	Pembroke Harriers	4.81	REFeree SIGNATURE	
2A	R	Shaun PEARCE	Carmarthen Harriers	5.55	2B	RR	Gethin GIBBY	Carmarthen Harriers	4.78		
3A	TT	Levi MARCIANO	Cardiff AAC	4.94	3B	KK	Josh MOORE	Colwyn Bay AC	4.40		
4A	W	Thomas WALLEY	Wrexham AC	4.82	4B	WW	Scott LECKIE	Wrexham AC	4.01		
5A	K	Joe SOUTHALL	Colwyn Bay AC	4.68	5B	T	Tom EDMONDS	Cardiff AAC	3.87		
6A	SS	Rhodri WILLIAMS	Swansea Harriers	4.08	6B	S	Sam JONES	Swansea Harriers	3.43		
7A	N	Joseph DAVIES	Newport Harriers	4.03	7B					REFeree SIGNATURE	
8A	GG	Rhys JONES	Cwmbran Harriers	3.06	8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Brecon		Match Duties		Wrexham AC								
Meeting		Welsh Athletics U15 League Cup Final		Venue		Time		2:50 PM		Date		Sunday-21-Aug-2011				
Event		F24 - U13B (3.25kg) Shot		Welsh Record - Matthew EVANS, 14.47, Carmarthen Harriers 2001												
				Combined League Record - Mathew EVANS, 13.73, Carmarthen Harriers, 2001												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	S	Rhys DAVIES	Swansea Harriers	8.47	9.02	8.57	9.02	1				9.02	1	A	1	
2	G	Lewis BELL	Cwmbran Harriers	4.84	4.83	4.63	4.84	10				4.84	10	A	7	
3	N	Daniel SNELLING	Newport Harriers	5.45	6.01	5.43	6.01	7				6.01	7	A	4	
4	M	Thomas HUGHES	Pembroke Harriers	6.96	7.11	6.98	7.11	3				7.11	3	A	3	
5	T	Ciaran GRIMWADE	Cardiff AAC	4.59	4.66	NT	4.66	12				4.66	12	B		5
6	W		Wrexham AC													
7	R	Kieran EVANS	Carmarthen Harriers	NT	7.38	6.90	7.38	2				7.38	2	A	2	
8	K	Matthew VAUGHAN	Colwyn Bay AC	4.71	4.64	4.32	4.71	11				4.71	11	B		4
9	SS	Scott HILL	Swansea Harriers	6.72	6.96	6.33	6.96	4				6.96	4	B		1
10	GG	Elliot DUNN	Cwmbran Harriers													
11	NN		Newport Harriers													
12	MM	Morgan SPAREY	Pembroke Harriers	5.98	5.86	6.06	6.06	6				6.06	6	B		3
13	TT	John CUMMINGS	Cardiff AAC	4.84	NT	5.56	5.56	8				5.56	8	A	5	
14	WW		Wrexham AC													
15	RR	Thomas TAYLOR	Carmarthen Harriers	6.19	6.02	5.72	6.19	5				6.19	5	B		2
16	KK	Jack NASH	Colwyn Bay AC	4.92	4.90	4.91	4.92	9				4.92	9	A	6	

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1A	S	Rhys DAVIES	Swansea Harriers	9.02	1B	SS	Scott HILL	Swansea Harriers	6.96		
2A	R	Kieran EVANS	Carmarthen Harriers	7.38	2B	RR	Thomas TAYLOR	Carmarthen Harriers	6.19		
3A	M	Thomas HUGHES	Pembroke Harriers	7.11	3B	MM	Morgan SPAREY	Pembroke Harriers	6.06		
4A	N	Daniel SNELLING	Newport Harriers	6.01	4B	K	Matthew VAUGHAN	Colwyn Bay AC	4.71		
5A	TT	John CUMMINGS	Cardiff AAC	5.56	5B	T	Ciaran GRIMWADE	Cardiff AAC	4.66		
6A	KK	Jack NASH	Colwyn Bay AC	4.92	6B					REFEREE SIGNATURE	
7A	G	Lewis BELL	Cwmbran Harriers	4.84	7B						
8A					8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Brecon		Match Duties		Newport Harriers								
Meeting		Venue		Time		3:00 PM		Date		Sunday-21-Aug-2011						
Event		F25 - U15G (1.0kg) Discus		Welsh Record - Philippa ROLES, 44.12, Swansea Harriers, 1992												
				Combined League Record - Phillipa ROLES, 41.26, Swansea Harriers, 1992												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres		A
1	N	Bronwyn SATTERLY	Newport Harriers	9.65			9.65	14				9.65	14	A	8	
2	W	Chloe DAVIES	Wrexham AC	20.78	23.01	19.42	23.01	4				23.01	4	A	4	
3	K	Freya SIMONDS	Colwyn Bay AC	16.77	17.73	17.01	17.73	6				17.73	6	A	6	
4	T	Holly FIELD	Cardiff AAC	NT	NT	NT										
5	M	Anita MADAN	Pembroke Harriers	16.93	17.24	20.94	20.94	5				20.94	5	A	5	
6	S	Carys SMITH	Swansea Harriers	NT	23.83	26.22	26.22	1				26.22	1	A	1	
7	G	Emma NORTON	Cwmbran Harriers	NT	17.47	16.45	17.47	7				17.47	7	B		1
8	R	Bronwen LEWIS	Carmarthen Harriers	NT	23.46	NT	23.46	3				23.46	3	A	3	
9	NN		Newport Harriers													
10	WW	Katy WHITLEY	Wrexham AC	NT	16.28	NT	16.28	9				16.28	9	B		3
11	KK	Hollie PROFITT	Colwyn Bay AC	10.76	11.36	NT	11.36	12				11.36	12	B		6
12	TT	Annastasia MIRZA-DAVIES	Cardiff AAC	10.11	9.89	10.79	10.79	13				10.79	13	A	7	
13	MM	Nia JAMES	Pembroke Harriers	12.36	NT	12.36	12.36	11				12.36	11	B		5
14	SS	Katie WELLS	Swansea Harriers	NT	11.31	12.98	12.98	10				12.98	10	B		4
15	GG	Sophie JACKSON	Cwmbran Harriers	24.78	NT	NT	24.78	2				24.78	2	A	2	
16	RR	Lucy HAYNES	Carmarthen Harriers	13.78	16.08	17.12	17.12	8				17.12	8	B		2

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance			
1A	S	Carys SMITH	Swansea Harriers	26.22	1B	G	Emma NORTON	Cwmbran Harriers	17.47	REFeree SIGNATURE	
2A	GG	Sophie JACKSON	Cwmbran Harriers	24.78	2B	RR	Lucy HAYNES	Carmarthen Harriers	17.12		
3A	R	Bronwen LEWIS	Carmarthen Harriers	23.46	3B	WW	Katy WHITLEY	Wrexham AC	16.28		
4A	W	Chloe DAVIES	Wrexham AC	23.01	4B	SS	Katie WELLS	Swansea Harriers	12.98		
5A	M	Anita MADAN	Pembroke Harriers	20.94	5B	MM	Nia JAMES	Pembroke Harriers	12.36		
6A	K	Freya SIMONDS	Colwyn Bay AC	17.73	6B	KK	Hollie PROFITT	Colwyn Bay AC	11.36		
7A	TT	Annastasia MIRZA-DAVIES	Cardiff AAC	10.79	7B					REFeree SIGNATURE	
8A	N	Bronwyn SATTERLY	Newport Harriers	9.65	8B						

Welsh Athletics - Height Card				MINIMUM START HEIGHT				1.05			Match Duties				Pembroke Harriers																										
MEETING	Welsh Athletics U15 League Cup Final			VENUE	Brecon				TIME			3:30 PM		DATE			Sunday-21-August-2011																								
EVENT	F26 - U13G High Jump			Welsh Record - Julia CHARLTON, 1.68, Carmarthen Harriers 1978																																					
				Combined U15 Lge Record - Sarah DACEY, 1.47, Swansea Harriers, 2003																																					
Order	BIB	NAME	CLUB	START	1.05			1.10			1.15			1.20			1.25			1.30			1.35			1.40			1.44			1.46			Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres										
1	G	Eve WILLIAMS	Cwmbran Harriers	1.05	O										X	X	X															1.05	1	3	4	11	A	7			
2	K	Megan ROBERTS	Colwyn Bay AC	1.05	O		O		X	X	X																					1.10	1	3	5	8	A	6			
3	R	Lauryn DAVEY	Carmarthen Harriers	1.05	X	O	O		O					X	X	X															1.20	1	4	8	3	A	2				
4	N		Newport Harriers																																						
5	S	Danielle JONES	Swansea Harriers	1.05	O		O		X	O		X	X	O	X	X	X														1.20	3	6	10	7	B	2				
6	W	Alice ODUNAIYA	Wrexham AC																																						
7	T	Caitlin EXON	Cardiff AAC	1.05	O		O		X	X	X																				1.10	1	3	5	9	B	3				
8	M	Abi BUXTON	Pembroke Harriers	1.20							O			O			O		O		O		O				X	X	X		1.44	1	3	9	1	A	1				
9	GG		Cwmbran Harriers																																						
10	KK	Sophie JONES	Colwyn Bay AC	1.05	O		O		X	X	X																				1.10	1	3	5	10	B	4				
11	RR	Amelia DAVEY	Carmarthen Harriers	1.05	X	O	X																								1.05	2	2	3	12	B	5				
12	NN		Newport Harriers																																						
13	SS	Cerys MARTONE	Swansea Harriers	1.05	O		O		O		X	O		X	X	X															1.20	2	4	8	4	A	3				
14	WW	Robyn WILLIAMS	Wrexham AC	1.10			X	X	O	X	O		X	O		X	X	X														1.20	2	7	10	5	A	4			
15	TT	Tahila TAYLOR	Cardiff AAC	1.05	O		O		O		X	X	O	X	X	X															1.20	3	5	9	6	A	5				
16	MM	Sarah OMOREGIE	Pembroke Harriers	1.15					O		X	X	O	O		O		O		X	X	X									1.35	1	5	10	2	B	1				

A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES				
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF					
1A	M	Abi BUXTON	Pembroke Harriers	1.44	1B	MM	Sarah OMOREGIE	Pembroke Harriers	1.35					
2A	R	Lauryn DAVEY	Carmarthen Harriers	1.20	2B	S	Danielle JONES	Swansea Harriers	1.20					
3A	SS	Cerys MARTONE	Swansea Harriers	1.20	3B	T	Caitlin EXON	Cardiff AAC	1.10					
4A	WW	Robyn WILLIAMS	Wrexham AC	1.20	4B	KK	Sophie JONES	Colwyn Bay AC	1.10					
5A	TT	Tahila TAYLOR	Cardiff AAC	1.20	5B	RR	Amelia DAVEY	Carmarthen Harriers	1.05					
6A	K	Megan ROBERTS	Colwyn Bay AC	1.10	6B					REFEREE'S SIGNATURE				
7A	G	Eve WILLIAMS	Cwmbran Harriers	1.05	7B									
8A					8B									

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Brecon		Match Duties			Colwyn Bay AC							
Meeting		Welsh Athletics U15 League Cup Final		Venue		Time		3:40 PM		Date		Sunday-21-Aug-2011				
Event		F27 - U11G Long Jump		Welsh Record - Not Recognised at this age group												
				Combined League Record - K WILLIAMS, 4.21, Carmarthen Harriers, 1988												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	R	Rosie BENNETT	Carmarthen Harriers	2.76	2.47	NJ	2.76	10				2.76	10	B		4
2	T	Sofia VELLA	Cardiff AAC	3.16	2.75	3.22	3.22	5				3.22	5	B		2
3	S	Gabrielle CHRISTMAS	Swansea Harriers	3.11	NJ	2.74	3.11	7				3.11	7	B		3
4	W	Sophie PAXTON	Wrexham AC	2.23	2.36	2.54	2.54	14				2.54	14	B		7
5	K	Hannah WICKERSON	Colwyn Bay AC	3.00	2.91	2.99	3.00	8				3.00	8	A	5	
6	G	Jasmin DUNN	Cwmbran Harriers	2.47	2.44	2.44	2.47	15				2.47	15	A	8	
7	M	Ffion BELLERBY	Pembroke Harriers	2.92	2.71	3.13	3.13	6				3.13	6	A	4	
8	N	Lily IVIN	Newport Harriers	3.27	3.26	3.39	3.39	2				3.39	2	A	2	
9	RR	Katie JONES	Carmarthen Harriers	NJ	2.38	2.81	2.81	9				2.81	9	A	6	
10	TT	Emily THOMAS	Cardiff AAC	3.48	3.53	3.59	3.59	1				3.59	1	A	1	
11	SS	Seren WYATT	Swansea Harriers	3.30	3.08	3.11	3.30	3				3.30	3	A	3	
12	WW	Yasmine BAKER	Wrexham AC	NJ	2.73	2.63	2.73	11				2.73	11	A	7	
13	KK	Bryony CARSLY-JONES	Colwyn Bay AC	2.52	2.38	2.54	2.54	13				2.54	13	B		6
14	GG	Tegan LONG	Cwmbran Harriers	2.17	2.06	1.91	2.17	16				2.17	16	B		8
15	MM	Chloe BUTTERWORTH	Pembroke Harriers	2.68	2.66	NJ	2.68	12				2.68	12	B		5
16	NN	Isabel DAVIES	Newport Harriers	3.26	2.94	NJ	3.26	4				3.26	4	B		1

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance			
1A	TT	Emily THOMAS	Cardiff AAC	3.59	1B	NN	Isabel DAVIES	Newport Harriers	3.26		
2A	N	Lily IVIN	Newport Harriers	3.39	2B	T	Sofia VELLA	Cardiff AAC	3.22		
3A	SS	Seren WYATT	Swansea Harriers	3.30	3B	S	Gabrielle CHRISTMAS	Swansea Harriers	3.11		
4A	M	Ffion BELLERBY	Pembroke Harriers	3.13	4B	R	Rosie BENNETT	Carmarthen Harriers	2.76		
5A	K	Hannah WICKERSON	Colwyn Bay AC	3.00	5B	MM	Chloe BUTTERWORTH	Pembroke Harriers	2.68		
6A	RR	Katie JONES	Carmarthen Harriers	2.81	6B	KK	Bryony CARSLY-JONES	Colwyn Bay AC	2.54		
7A	WW	Yasmine BAKER	Wrexham AC	2.73	7B	W	Sophie PAXTON	Wrexham AC	2.54	REFEREE SIGNATURE	
8A	G	Jasmin DUNN	Cwmbran Harriers	2.47	8B	GG	Tegan LONG	Cwmbran Harriers	2.17		

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Brecon		Match Duties		Cwmbran Harriers								
Meeting		Welsh Athletics U15 League Cup Final		Venue		Time		3:40 PM		Date		Sunday-21-Aug-2011				
Event		F28 - U11B (300g) Javelin		Welsh Record - Not Recognised at this age group												
				Combined League Record - S HOWELLS, 27.20, Carmarthen Harriers, 2006												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres		A
1	K	Morgan ASHWORTH	Colwyn Bay AC	10.16	13.15	NT	13.15	9				13.15	9	B		3
2	S	Tomos SLADE	Swansea Harriers	12.67	13.17	11.52	13.17	8				13.17	8	B		2
3	M	William HUGHES	Pembroke Harriers	19.35	22.04	16.26	22.04	1				22.04	1	A	1	
4	G	Adam GREY	Cwmbran Harriers	8.48	7.69	12.26	12.26	12				12.26	12	A	8	
5	W	Kian JONES	Wrexham AC	8.48	7.69	12.62	12.62	10				12.62	10	B		4
6	R	Iestyn WILLIAMS	Carmarthen Harriers	7.85	NT	9.70	9.70	14				9.70	14	B		6
7	N	Ben DAVIES	Newport Harriers	NT	10.56	12.53	12.53	11				12.53	11	A	7	
8	T	Daniel AUSTIN	Cardiff AAC	9.56	11.85	10.69	11.85	13				11.85	13	B		5
9	KK	Rowen HUGHES	Colwyn Bay AC	14.32	15.42	11.16	15.42	5				15.42	5	A	4	
10	SS	Bryn GOSS	Swansea Harriers	11.22	13.77	NT	13.77	6				13.77	6	A	5	
11	MM	Andrew SALMON	Pembroke Harriers	15.81	14.30	15.74	15.81	4				15.81	4	B		1
12	GG	Josh GREENSLADE	Cwmbran Harriers													
13	WW	Aiden MCRAE	Wrexham AC	17.01	14.16	NT	17.01	2				17.01	2	A	2	
14	RR	Joshua THOMAS	Carmarthen Harriers	15.42	15.96	15.42	15.96	3				15.96	3	A	3	
15	NN		Newport Harriers													
16	TT	Dewi PARIS	Cardiff AAC	13.63	12.46	11.65	13.63	7				13.63	7	A	6	

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance			
1A	M	William HUGHES	Pembroke Harriers	22.04	1B	MM	Andrew SALMON	Pembroke Harriers	15.81		
2A	WW	Aiden MCRAE	Wrexham AC	17.01	2B	S	Tomos SLADE	Swansea Harriers	13.17		
3A	RR	Joshua THOMAS	Carmarthen Harriers	15.96	3B	K	Morgan ASHWORTH	Colwyn Bay AC	13.15		
4A	KK	Rowen HUGHES	Colwyn Bay AC	15.42	4B	W	Kian JONES	Wrexham AC	12.62		
5A	SS	Bryn GOSS	Swansea Harriers	13.77	5B	T	Daniel AUSTIN	Cardiff AAC	11.85		
6A	TT	Dewi PARIS	Cardiff AAC	13.63	6B	R	Iestyn WILLIAMS	Carmarthen Harriers	9.70	REFEREE SIGNATURE	
7A	N	Ben DAVIES	Newport Harriers	12.53	7B						
8A	G	Adam GREY	Cwmbran Harriers	12.26	8B						

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final				Venue		Brecon		Match Duties		Swansea Harriers		Date		Sunday-21-Aug-2011		
Meeting		Event		Welsh Record - Emily STEELE, 13.22, Shrewsbury, 1989												
		F29 - U15G (3.25kg) Shot		Combined League Record - Awen ROSSER, 12.10, Carmarthen Harriers, 2010												
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos. aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	W	Katy WHITLEY	Wrexham AC	8.82	8.69	8.68	8.82	1				8.82	1	A	1	
2	M	Anita MADAN	Pembroke Harriers	6.80	7.16	6.91	7.16	7				7.16	7	A	5	
3	K	Hollie PROFITT	Colwyn Bay AC	6.28	6.73	7.15	7.15	8				7.15	8	A	6	
4	R	Amy HUMBLE	Carmarthen Harriers	NT	8.04	8.64	8.64	3				8.64	3	B		1
5	N	Danielle MORGAN	Newport Harriers	5.46	NT	5.57	5.57	13				5.57	13	A	8	
6	T	Holly FIELD	Cardiff AAC	6.47	7.14	7.23	7.23	6				7.23	6	B		2
7	S	Ffion WAKE	Swansea Harriers	8.52	8.38	8.37	8.52	5				8.52	5	A	4	
8	G	Emma NORTON	Cwmbran Harriers	5.93	6.13	6.01	6.13	11				6.13	11	A	7	
9	WW	Jordi EVANS	Wrexham AC	5.48	5.46	5.40	5.48	14				5.48	14	B		6
10	MM	Nia JAMES	Pembroke Harriers	6.85	6.90	6.43	6.90	9				6.90	9	B		3
11	KK	Lauren CARSLEY-JONES	Colwyn Bay AC	5.01	4.89	5.22	5.22	15				5.22	15	B		7
12	RR	Bronwen LEWIS	Carmarthen Harriers	8.71	8.47	7.97	8.71	2				8.71	2	A	2	
13	NN	Caitlin CRIMMINS	Newport Harriers	5.03	5.07	NT	5.07	16				5.07	16	B		8
14	TT	Claire TAYLOR	Cardiff AAC	7.82	8.53	8.04	8.53	4				8.53	4	A	3	
15	SS	Hannah MATTHEWS	Swansea Harriers	5.58	6.08	6.40	6.40	10				6.40	10	B		4
16	GG	Amy PRICE	Cwmbran Harriers	4.80	4.70	5.83	5.83	12				5.83	12	B		5

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
No.	NAME	CLUB	Distance	No.	NAME	CLUB	Distance				
1A	W	Katy WHITLEY	Wrexham AC	8.82	1B	R	Amy HUMBLE	Carmarthen Harriers	8.64		
2A	RR	Bronwen LEWIS	Carmarthen Harriers	8.71	2B	T	Holly FIELD	Cardiff AAC	7.23		
3A	TT	Claire TAYLOR	Cardiff AAC	8.53	3B	MM	Nia JAMES	Pembroke Harriers	6.90		
4A	S	Ffion WAKE	Swansea Harriers	8.52	4B	SS	Hannah MATTHEWS	Swansea Harriers	6.40		
5A	M	Anita MADAN	Pembroke Harriers	7.16	5B	GG	Amy PRICE	Cwmbran Harriers	5.83		
6A	K	Hollie PROFITT	Colwyn Bay AC	7.15	6B	WW	Jordi EVANS	Wrexham AC	5.48		
7A	G	Emma NORTON	Cwmbran Harriers	6.13	7B	KK	Lauren CARSLEY-JONES	Colwyn Bay AC	5.22		
8A	N	Danielle MORGAN	Newport Harriers	5.57	8B	NN	Caitlin CRIMMINS	Newport Harriers	5.07		

Welsh Athletics : Distance Card

Welsh Athletics U15 League Cup Final							Match Duties			Carmarthen Harriers						
Meeting		Venue			Brecon		Time		3:50 PM		Date		Sunday-21-Aug-2011			
Event		F30 - U15B (1.25kg) Discus			Welsh Record - Liam WALSH, 48.66, Deeside AAC, 1996											
					Combined League Record - Mathew EVANS, 42.05, Carmarthen Harriers, 2003											
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	T	Ciaren LEWIS	Cardiff AAC	14.17			14.17	13				14.17	13	A	8	
2	N	Jamie BRYANT	Newport Harriers	9.97	21.79	18.75	21.79	10				21.79	10	B		4
3	G	Owen MURPHY	Cwmbran Harriers	NT	NT	15.25	15.25	12				15.25	12	A	7	
4	S	Sam JONES	Swansea Harriers	21.95	23.10	NT	23.10	8				23.10	8	A	6	
5	R	Nikita NEARY	Carmarthen Harriers	26.80	26.83	25.20	26.83	5				26.83	5	B		2
6	M	Jake EVANS	Pembroke Harriers	32.22	29.63	32.98	32.98	2				32.98	2	A	2	
7	K	Nathan THOMASON	Colwyn Bay AC	34.34	33.27	34.62	34.62	1				34.62	1	A	1	
8	W	Matthew GRAYDON	Wrexham AC	NT	24.02	24.33	24.33	7				24.33	7	A	5	
9	TT	Ryan GRIMWADE	Cardiff AAC													
10	NN	Jordan BRYANT	Newport Harriers	25.71	19.95	22.19	25.71	6				25.71	6	A	4	
11	GG	Rhys JONES	Cwmbran Harriers	NT	NT	12.29	12.29	14				12.29	14	B		6
12	SS	Keiran INGRAM	Swansea Harriers	18.38	22.52	18.62	22.52	9				22.52	9	B		3
13	RR	William MEPHAM	Carmarthen Harriers	30.70	26.58	29.83	30.70	3				30.70	3	A	3	
14	MM	Alvil OSANS	Pembroke Harriers	26.73	29.11	24.90	29.11	4				29.11	4	B		1
15	KK	Josh DOWD	Colwyn Bay AC	16.68	15.99	16.29	16.68	11				16.68	11	B		5
16	WW		Wrexham AC													

"A" STRING RESULTS					"B" STRING RESULTS					JUDGES' SIGNATURES	
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance		
1A	K	Nathan THOMASON	Colwyn Bay AC	34.62	1B	MM	Alvil OSANS	Pembroke Harriers	29.11	REFeree SIGNATURE	
2A	M	Jake EVANS	Pembroke Harriers	32.98	2B	R	Nikita NEARY	Carmarthen Harriers	26.83		
3A	RR	William MEPHAM	Carmarthen Harriers	30.70	3B	SS	Keiran INGRAM	Swansea Harriers	22.52		
4A	NN	Jordan BRYANT	Newport Harriers	25.71	4B	N	Jamie BRYANT	Newport Harriers	21.79		
5A	W	Matthew GRAYDON	Wrexham AC	24.33	5B	KK	Josh DOWD	Colwyn Bay AC	16.68		
6A	S	Sam JONES	Swansea Harriers	23.10	6B	GG	Rhys JONES	Cwmbran Harriers	12.29		
7A	G	Owen MURPHY	Cwmbran Harriers	15.25	7B					REFeree SIGNATURE	
8A	T	Ciaren LEWIS	Cardiff AAC	14.17	8B						