

Welsh Athletics

105th Outdoor

Track & Field Championships



SATURDAY 2ND

SUNDAY 3RD

MONDAY 4TH

JUNE 2012

**WELSH ATHLETICS
DIAMOND JUBILEE
CHAMPIONSHIPS**

**CARDIFF INTERNATIONAL
SPORTS STADIUM**



SATURDAY 2ND
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WELSH ATHLETICS
DIAMOND JUBILEE
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CARDIFF INTERNATIONAL
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Event : T50 Under 13 Boys 100m Final

All Comers Record : Not recognised at this age group

Welsh Record : Malcolm JAMES 12.5, Cantonian HSc 1975

Championship Best : Malcolm JAMES 12.5, Cantonian HSc 1975

2011 Welsh Champion : Harry HILLMAN Cardiff AAC 12.85

w/s +2.4

Athletes qualified from event T5

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	130	Samuel WINK	Cardiff AAC	12.87		Emma Lyons
2	125	Ben PARIS	Cardiff AAC	12.93		Emma Lyons
3	126	Dylan PARRY	Bridgend AC	12.95		Jason Quirke
4	118	Ben EVANS	Pembrokeshire Harriers	13.12		Richard Thomas
5	122	Ceirion HOPKINS	Neath Harriers	13.16		
6	124	Elis LEWIS	Carmarthen Harriers	13.21		
7	117	Harri DOEL	Carmarthen Harriers	13.32		
8	127	Ewan ROSSER	Cwmbran Harriers	13.34		Dave Norton

Event : T5 Under 13 Boys 100m Heats

Qualification to FINAL T50 3(Q) & 2(q)

					heat 1	w/s +0.0
Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	125	Ben PARIS	Cardiff AAC	13.14	Q	Emma Lyons
2	126	Dylan PARRY	Bridgend AC	13.29	Q	Jason Quirke
3	118	Ben EVANS	Pembrokeshire Harriers	13.36	Q	Richard Thomas
4	124	Elis LEWIS	Carmarthen Harriers	13.48	q	
5	128	Tomos SLADE	Swansea Harriers	14.14		
6	695	Ethan BRIDGE	Rhondda AC	14.16		
7	121	Morgan HADLEY	Cwmbran Harriers	15.35		Leanna Fakande
					heat 2	w/s +1.2
Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	130	Samuel WINK	Cardiff AAC	12.83	Q	Emma Lyons
2	122	Ceirion HOPKINS	Neath Harriers	13.23	Q	
3	127	Ewan ROSSER	Cwmbran Harriers	13.23	Q	Dave Norton
4	117	Harri DOEL	Carmarthen Harriers	13.35	q	
5	119	Llyr GEALY	Swansea Harriers	13.94		Colin Davies
6	129	Michael THOMPSON	Swansea Harriers	14.74		
7	116	James DAVIES	Cwmbran Harriers	15.37		David Norton



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Event : T119 Under 13 Boys 200m Final

All Comers Record : Not recognised at this age group

Welsh Record : Sion ROBERTS Wrexham AC 25.38 2010

Championship Best : Sion ROBERTS Wrexham AC 25.38 2010

2011 Welsh Champion : Ellis WHARTON Newport Harriers 26.04

w/s +1.7

Athletes qualified from event T69

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	130	Samuel WINK	Cardiff AAC	25.99		Emma Lyons
2	270	Cliff SCHWABAUER	Menai Track & Field	26.50		
3	124	Elis LEWIS	Carmarthen Harriers	27.13		
4	122	Ceirion HOPKINS	Neath Harriers	27.49		
5	127	Ewan ROSSER	Cwmbran Harriers	27.63		Dave Norton
6	123	Stephen JONES	Aberdare VAAC	27.68		Sean Price
7	210	Deio HUGHES	Cardiff AAC	28.82		David Hawthorn
	119	Llyr GEALY	Swansea Harriers	DNS		Colin Davies

Event : T69 Under 13 Boys 200m Heats

Qualification to FINAL T119 3(Q) & 2(q)

					heat 1	w/s +0.0
Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	130	Samuel WINK	Cardiff AAC	26.23	Q	Emma Lyons
2	127	Ewan ROSSER	Cwmbran Harriers	27.98	Q	Dave Norton
3	119	Llyr GEALY	Swansea Harriers	28.42	Q	Colin Davies
4	210	Deio HUGHES	Cardiff AAC	28.93	q	David Hawthorn
5	120	Moses GEE	Barry & Vale Harriers	29.46		Fred Malkin
6	121	Morgan HADLEY	Cwmbran Harriers	31.99		Leanna Fakande
7	268	Adam BROWN	Aberdare VAAC	33.43		Gareth Jehu
					heat 2	w/s -1.1
Pos	Bib	Athlete	Club	Perf	Comments	
1	270	Cliff SCHWABAUER	Menai Track & Field	27.36	Q	
2	124	Elis LEWIS	Carmarthen Harriers	27.93	Q	
3	122	Ceirion HOPKINS	Neath Harriers	28.23	Q	
4	123	Stephen JONES	Aberdare VAAC	28.48	q	Sean Price
5	128	Tomos SLADE	Swansea Harriers	30.28		
6	269	Adam GREY	Cwmbran Harriers	31.11		David Norton



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Event : T26 Under 13 Boys 800m Final

All Comers Record : Not recognised at this age group

Welsh Record : Nikita NEARY Carmarthen Harriers 2.11.91 2010

Championship Best : Nikita NEARY 2:12.99, Carmarthen H 2010

2011 Welsh Champion : Cole SWANNACK Rhondda AC 2:21.25

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	407	Thomas EVANS	Wrexham AC	2:22.50		Steve Spires
2	413	James VINCENT	Cardiff AAC	2:24.57		Phil Banning
3	408	Iolo JAMES	Colwyn Bay AC	2:26.50		Conrad Roberts
4	406	Luke DAVIES	Brecon AC	2:29.52		
5	410	Antonio PEACOCK	Barry & Vale Harriers	2:36.00		
6	409	Ioan JONES	Cardiff AAC	2:40.00		
7	412	Mark TOBIN	Swansea Harriers	2:52.33		Kevin Tobin
8	411	Daniel PEMBERTON	Cardiff AAC	3:00.00		Emma Lyons

Event : T125 Under 13 Boys 1500m Final

All Comers Record : Not recognised at this age group

Welsh Record : David POWELL Wolverhampton 4.07.75 2004

Championship Best : Jason MURPHY Swansea Harriers 4:40.77 1986

2011 Welsh Champion : Jake HEYWARD Cardiff AAC 4:43.32

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	486	Joseph CRUTCHLEY	Maldwyn Harriers	4:48.54		
2	490	Samuel MARTIN	Swansea Harriers	4:52.32		Kevin Tobin
3	407	Thomas EVANS	Wrexham AC	4:55.65		Steve Spires
4	488	Ieuan JONES	Cardiff AAC	4:56.82		Tim Fry
5	489	Elliot LAWRENCE	Swansea Harriers	4:58.02		Andrew Jenkins
6	915	Edwards BENJI	Bridgend AC	5:02.42		
7	413	James VINCENT	Cardiff AAC	5:06.53		Phil Banning
8	410	Antonio PEACOCK	Barry & Vale Harriers	5:26.02		
9	485	Daniel AUSTIN	Cardiff AAC	5:47.52		
10	487	Oliver JACKSON	Cardiff AAC	5:49.23		Emma Lyons

Event : T92 Under 13 Boys 75m Hurdles Final

All Comers Record : Not recognised at this age group

Welsh Record : Harry HILLMAN Cardiff AAC 11.90 2011

Championship Best : Harry HILLMAN Cardiff AAC 11.90 2011

2011 Welsh Champion : Harry HILLMAN Cardiff AAC 11.90

w/s +0.2

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	129	Michael THOMPSON	Swansea Harriers	13.13		
2	125	Ben PARIS	Cardiff AAC	13.65		Emma Lyons
3	210	Deio HUGHES	Cardiff AAC	13.98		David Hawthorn
4	211	Scott MORGAN	Swansea Harriers	14.80		Andrew Jenkins
5	128	Tomos SLADE	Swansea Harriers	14.94		



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Event : F12 Under 13 Boys High Jump Final

All Comers Record : Not recognised at this age group

Welsh Record : Jamie DALTON Preseli AC 1.67 1992

Championship Best : Aled REES Carmarthen Harriers 1.57 2011

2011 Welsh Champion : Aled REES Carmarthen Harriers 1.57

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	613	Harry CARTER	Barry & Vale Harriers	1.47		
2	413	James VINCENT	Cardiff AAC	1.44		Phil Banning
3	412	Mark TOBIN	Swansea Harriers	1.41		Kevin Tobin
4	574	Meical HARDING	Cardiff AAC	1.30		Martyn Gibbons
5	210	Deio HUGHES	Cardiff AAC	1.30		David Hawthorn
6	411	Daniel PEMBERTON	Cardiff AAC	1.30		Emma Lyons
7	119	Llyr GEALY	Swansea Harriers	1.25		Colin Davies
8	129	Michael THOMPSON	Swansea Harriers	1.20		

Event : F7 Under 13 Boys Shot (3.25kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Matthew EVANS Carmarthen Harriers 14.47 2001

Championship Best : Matthew EVANS Carmarthen Harriers 13.39 2001

2011 Welsh Champion : Shaun LEE Coedcae School 10.25

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	697	Scott HILL	Swansea Harriers	8.56		Andrew Jenkins
2	699	Morgan RICHARDS	Pembrokeshire Harriers	8.08		Ron Griffiths
3	118	Ben EVANS	Pembrokeshire Harriers	7.41		Richard Thomas
4	695	Ethan BRIDGE	Rhondda AC	7.38		
5	126	Dylan PARRY	Bridgend AC	7.34		Jason Quirke
6	696	Kieran GRIMWADE	Cardiff AAC	7.16		
7	700	Morgan SPAREY	Pembrokeshire Harriers	7.07		Huw Morgan
8	119	Llyr GEALY	Swansea Harriers	6.63		Colin Davies
9	698	Kurt JONES	Brecon AC	6.46		John Mcfall
10	121	Morgan HADLEY	Cwmbran Harriers	5.61		Leanna Fakande

Event : F60 Under 13 Boys Discus (1.00kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Chris HUGHES Swansea Harriers 38.92 1991

Championship Best : Nikita NEARY Carmarthen Harriers 27.88 2010

New CBP

2011 Welsh Champion : Shaun LEE Coedcae School 23.33

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	270	Cliff SCHWABAUER	Menai Track & Field	29.19		
2	697	Scott HILL	Swansea Harriers	21.44		Andrew Jenkins
3	696	Kieran GRIMWADE	Cardiff AAC	20.79		
4	126	Dylan PARRY	Bridgend AC	20.78		Jason Quirke
5	700	Morgan SPAREY	Pembrokeshire Harriers	18.30		Huw Morgan
6	614	Brynmor CLEMENTS	Swansea Harriers	15.23		
7	740	Matthew PHIPPS	Neath Harriers	14.18		
8	487	Oliver JACKSON	Cardiff AAC	12.31		Emma Lyons
9	739	Rhys EVANS	Rhondda AC	11.59		Cath Alford



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Event : F55 Under 13 Boys Javelin (400g) Final

All Comers Record : Not recognised at this age group

Welsh Record : Tom NORTON Cwmbran Harriers 44.80 2007

Championship Best : Richard DANGERFIELD Barry & Vale Harriers 36.64 2010

2011 Welsh Champion : Nathan JAMES Coedcae School 30.77

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	407	Thomas EVANS	Wrexham AC	27.26		Steve Spires
2	696	Kieran GRIMWADE	Cardiff AAC	25.92		
3	613	Harry CARTER	Barry & Vale Harriers	23.58		
4	118	Ben EVANS	Pembrokeshire Harriers	22.10		Richard Thomas
5	614	Brynmor CLEMENTS	Swansea Harriers	19.55		
6	740	Matthew PHIPPS	Neath Harriers	19.19		
7	267	Harrison BOAKES	Swansea Harriers	18.34		
8	487	Oliver JACKSON	Cardiff AAC	18.10		Emma Lyons
9	784	Owen JONES	Swansea Harriers	17.92		Andrew Jenkins
10	661	Ieuan HOSGOOD	Swansea Harriers	17.13		
11	783	Tommy EVANS	Rhondda AC	15.78		Cath Alford



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Event : T56 Under 13 Girls 100m Final

All Comers Record : Not recognised at this age group

Welsh Record : Jane BRADBEER Cardiff AAC 12.6 1981

Championship Best : Hannah BRIER Swansea Harriers 12.71 2010

2011 Welsh Champion : Amelia REYNOLDS Newport Harriers 13.33

Athletes qualified from event T2

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	145	Sarah OMOREGIE	Pembrokeshire Harriers	13.09		
2	136	Rosie HAINING	Aberdare VAAC	13.26		Dennis Nugent
3	152	Ffion WADDON	Newport Harriers	13.51		Kevin Williams
4	141	Moli JONES	Colwyn Bay AC	13.57		Phil Jones
5	155	Armani WILLIAMS	Newport Harriers	13.60		Kevin Williams
6	142	Catrin LORD	Cardiff AAC	13.75		
7	135	Gabrielle FAKANDE	Cwmbran Harriers	13.80		David Norton
8	143	Rhiannon MAINE	Swansea Harriers	14.29		Andrew Jenkins

w/s +2.5

Event : T2 Under 13 Girls 100m Heats

Qualification to Final T19 2(Q) & 2(q)

Pos	Bib	Athlete	Club	Perf	Comments	Coach
				heat 1	w/s +0.9	
1	152	Ffion WADDON	Newport Harriers	13.66	Q	Kevin Williams
2	135	Gabrielle FAKANDE	Cwmbran Harriers	13.81	Q	David Norton
3	146	Hanna PACHUTA	Bridgend AC	14.25		Jeff Roberts
4	153	Hannah WICKERSON	Colwyn Bay AC	14.36		Phil Jones
5	134	Chelsie DAVIES	Blaenau Gwent AC	14.39		Diane Breeden
6	140	Macey JONES	Cwmbran Harriers	14.55		David Norton
7	151	Emily THOMAS	Cardiff AAC	14.88		Emma Lyons
8	139	Lisabeth JAMES	Cardiff AAC	15.08		Emma Lyons
				heat 2	w/s +0.3	
1	145	Sarah OMOREGIE	Pembrokeshire Harriers	13.32	Q	
2	141	Moli JONES	Colwyn Bay AC	13.87	Q	Phil Jones
3	155	Armani WILLIAMS	Newport Harriers	14.03	q	Kevin Williams
4	143	Rhiannon MAINE	Swansea Harriers	14.20	q	Andrew Jenkins
5	133	Felicity CHURCH	Swansea Harriers	14.59		Andrew Jenkins
6	156	Isobel WILLIAMS	Cwmbran Harriers	14.97		Dave Norton
7	131	Isabel BREEDEN	Blaenau Gwent AC	15.01		Diane Breeden
8	144	Abena OBUOBIE	Cardiff AAC	15.38		
				heat 3	w/s +0.6	
1	136	Rosie HAINING	Aberdare VAAC	13.58	Q	Dennis Nugent
2	142	Catrin LORD	Cardiff AAC	13.99	Q	
3	148	Bethan POWELL	Blaenau Gwent AC	14.27		Diane Breeden
4	149	Amy ROTHERO	Pembrokeshire Harriers	14.38		Richard Thomas
5	138	Holly HURFORD	Swansea Harriers	14.55		Andrew Jenkins
6	150	Megan SHANKLAND	Cwmbran Harriers	15.24		David Norton
7	137	Zoe HAMM	Bridgend AC	15.74		Jeff Roberts



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Event : T95 Under 13 Girls 200m Final

All Comers Record : Not recognised at this age group

Welsh Record : Jane BRADBEER Cardiff AAC 25.7 1981

Championship Best : Hannah BRIER Swansea Harriers 26.57 2010

2011 Welsh Champion : Amelia REYNOLDS Newport Harriers 27.35

Qualification to FINAL T95 3(Q) & 2(q) from Heats T67

w/s +0.5

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	136	Rosie HAINING	Aberdare VAAC	28.33		Dennis Nugent
2	152	Ffion WADDON	Newport Harriers	28.91		Kevin Williams
3	135	Gabrielle FAKANDE	Cwmbran Harriers	29.11		David Norton
4	155	Armani WILLIAMS	Newport Harriers	29.71		Kevin Williams
5	141	Moli JONES	Colwyn Bay AC	29.84		Phil Jones
6	146	Hanna PACHUTA	Bridgend AC	29.94		Jeff Roberts
7	142	Catrin LORD	Cardiff AAC	29.99		
	217	Amy AHIA	Cardiff AAC	DNS		Emma Lyons

Event : T67 Under 13 Girls 200m Heats

Qualification to Final T95 2(Q) & 2(q)

Pos	Bib	Athlete	Club	Perf	Comments	Coach
				heat 1	w/s +0.0	
1	136	Rosie HAINING	Aberdare VAAC	27.85	Q	Dennis Nugent
2	152	Ffion WADDON	Newport Harriers	28.53	Q	Kevin Williams
3	146	Hanna PACHUTA	Bridgend AC	29.50	q	Jeff Roberts
4	148	Bethan POWELL	Blaenau Gwent AC	30.22		Diane Breeden
5	140	Macey JONES	Cwmbran Harriers	30.36		David Norton
6	274	Jessica LEWIS	Swansea Harriers	30.88		
7	131	Isabel BREEDEN	Blaenau Gwent AC	31.06		Diane Breeden
8	278	Seren WYATT	Swansea Harriers	32.44		Andrew Jenkins
				heat 2	w/s -0.6	
1	135	Gabrielle FAKANDE	Cwmbran Harriers	28.71	Q	David Norton
2	142	Catrin LORD	Cardiff AAC	29.37	Q	
3	134	Chelsie DAVIES	Blaenau Gwent AC	29.98		Diane Breeden
4	276	Yana PARRY	Swansea Harriers	30.56		
5	223	Amber HARDING	Cardiff AAC	31.01		Martyn Gibbons
6	908	Isobel WILLIAMS	Cwmbran Harriers	31.36		Dave Norton
7	224	Alisha HAYES	Cardiff AAC	32.78		Ridley Griffith
8	277	Naomi REID	Pontyclun AC	32.93		Geraint Evans
				heat 3	w/s 0.9	
1	217	Amy AHIA	Cardiff AAC	29.29	Q	Emma Lyons
2	155	Armani WILLIAMS	Newport Harriers	29.38	Q	Kevin Williams
3	141	Moli JONES	Colwyn Bay AC	29.83	q	Phil Jones
4	143	Rhiannon MAINE	Swansea Harriers	30.64		Andrew Jenkins
5	273	Chloe HOPKINS	Swansea Harriers	31.54		Andrew Jenkins
6	139	Lisabeth JAMES	Cardiff AAC	32.43		Emma Lyons
7	272	Isobel EVANS	Rhondda AC	32.96		
8	271	Jasmine DUNN	Cwmbran Harriers	34.54		David Norton



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Event : T97 Under 13 Girls 800m Final

All Comers Record : Not recognised at this age group

Welsh Record : Lisa LANINI Wrexham AC 2.16.1 2000

Championship Best : Rosa YATES Bridgend AC 2:19.97 2010

2011 Welsh Champion : Cari HUGHES Menai T&F 2:23.61

Athletes qualified from event T20

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	416	Isobel DODD	Bridgend AC	2:30.70		
2	417	Caitlin EXTON	Cardiff AAC	2:31.28		Phil Banning
3	423	Holli JEHU	Aberdare VAAC	2:31.34		Sean Price
4	422	Olivia HOWELLS	Cwmbran Harriers	2:38.05		David Hawthorn
5	418	Abigail FISHER	Blaenau Gwent AC	2:39.83		Mark Howell
6	424	Katie LONG	Cardiff AAC	2:40.12		Tim Fry
7	420	Brogan HAGGETT	Aberdare VAAC	2:40.77		Sean Price
8	425	Mollyann REES	Cardiff AAC	2:42.44		Ridley Griffith

Event : T20 Under 13 Girls 800m Heats

Qualification to FINAL T97 2(Q) & 2(q)

Heat 1						
Pos	Bib	Athlete	Club	Perf	Comments	
1	423	Holli JEHU	Aberdare VAAC	2:34.78	Q	Sean Price
2	422	Olivia HOWELLS	Cwmbran Harriers	2:41.20	Q	David Hawthorn
3	424	Katie LONG	Cardiff AAC	2:41.66	q	Tim Fry
4	223	Amber HARDING	Cardiff AAC	2:43.51		Martyn Gibbons
5	224	Alisha HAYES	Cardiff AAC	2:46.54		Ridley Griffith
6	274	Jessica LEWIS	Swansea Harriers	2:49.61		
Heat 2						
Pos	Bib	Athlete	Club	Perf	Comments	
1	417	Caitlin EXTON	Cardiff AAC	2:37.24	Q	Phil Banning
2	420	Brogan HAGGETT	Aberdare VAAC	2:39.88	Q	Sean Price
3	418	Abigail FISHER	Blaenau Gwent AC	2:41.56	q	Mark Howell
4	277	Naomi REID	Pontyclun AC	2:45.48		Geraint Evans
5	426	Bethan ROBERTS	Colwyn Bay AC	2:51.78		Konrad Roberts
6	272	Isobel EVANS	Rhondda AC	3:07.29		
Heat 3						
Pos	Bib	Athlete	Club	Perf	Comments	
1	416	Isobel DODD	Bridgend AC	2:39.16	Q	
2	425	Mollyann REES	Cardiff AAC	2:41.93	Q	Ridley Griffith
3	421	Rebecca HORTON	Aberdare VAAC	2:48.11		Gareth Jehu
4	273	Chloe HOPKINS	Swansea Harriers	2:49.56		Andrew Jenkins
5	144	Abena OBUOBIE	Cardiff AAC	3:08.80		



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Event : T124 Under 13 Girls 1500m Final

All Comers Record : Not recognised at this age group

Welsh Record : Rosa YATES Bridgend 4.48.06 7.08.2010

Championship Best : Hywelis THOMAS-HOWELLS 4:49.93 Neath Harriers 2007

2011 Welsh Champion : Cari HUGHES Menai T&F 4:54.46

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	491	Lucy DENNIS	Cardiff AAC	5:05.11	Ridley Griffith
2	416	Isobel DODD	Bridgend AC	5:10.58	
3	423	Holli JEHU	Aberdare VAAC	5:12.62	Sean Price
4	492	Sioned GLYNN	Carmarthen Harriers	5:19.20	Steve Glynn Carol Jones
5	494	Rebecca HUGHES	Aberdare VAAC	5:20.99	Gareth Jehu
6	419	Sara FLOWER	North Somerset AC	5:23.78	Steve Hollier
7	417	Caitlin EXTON	Cardiff AAC	5:29.96	Phil Banning
8	424	Katie LONG	Cardiff AAC	5:33.23	Tim Fry
9	495	Martha OWEN	Deeside AAC	5:34.76	
10	420	Brogan HAGGETT	Aberdare VAAC	5:43.29	Sean Price
11	421	Rebecca HORTON	Aberdare VAAC	5:49.79	Gareth Jehu
12	493	Jeri-Lynne GRABHAM	Cardiff AAC	5:56.94	Ridley Griffith

Event : T94 Under 13 Girls 70m Hurdles Final

All Comers Record : Not recognised at this age group

Welsh Record : Hannah BRIER, Swansea H 11.30 2010

Championship Best : Joanne JAMES Port Talbot 11.5w 1988

2011 Welsh Champion : Sarah OMOREGIE Pembroke Harriers 11.87

Athletes qualified from event T62

Pos	Bib	Athlete	Club	Perf	Comments
1	222	Esme GREER	Pembrokeshire Harriers	11.77	Richard Thomas
2	220	Lauren EVANS	Cardiff AAC	11.89	
3	229	Lydia THOMAS	Pembrokeshire Harriers	12.12	Nigel Rowland/Richard T
4	218	Emily COLES	Swansea Harriers	12.40	Andrew Jenkins
5	223	Amber HARDING	Cardiff AAC	12.48	Martyn Gibbons
6	133	Felicity CHURCH	Swansea Harriers	13.01	Andrew Jenkins
7	221	Katy GREEN	Cardiff AAC	13.34	David Hawthorn
8	145	Sarah OMOREGIE	Pembrokeshire Harriers	18.87	

w/s -0.5



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Event : T62 Under 13 Girls 70m Hurdles Heats

Qualification to FINAL T94 3(Q) & 2(q)

					Heat 1 w/s -0.5	
Pos	Bib	Athlete	Club	Perf	Comments	
1	222	Esme GREER	Pembrokeshire Harriers	12.05	Q	<i>Richard Thomas</i>
2	229	Lydia THOMAS	Pembrokeshire Harriers	12.39	Q	<i>Nigel Rowland/Richard T</i>
3	133	Felicity CHURCH	Swansea Harriers	12.87	Q	<i>Andrew Jenkins</i>
4	221	Katy GREEN	Cardiff AAC	12.92	q	<i>David Hawthorn</i>
5	227	Madeleine NEWTON	Neath Harriers	13.63		<i>Martin Addis</i>
6	151	Emily THOMAS	Cardiff AAC	13.92		<i>Emma Lyons</i>
7	139	Lisabeth JAMES	Cardiff AAC	14.38		<i>Emma Lyons</i>
8	224	Alisha HAYES	Cardiff AAC	15.41		<i>Ridley Griffith</i>

					Heat 2 w/s -1.6	
Pos	Bib	Athlete	Club	Perf	Comments	
1	145	Sarah OMOREGIE	Pembrokeshire Harriers	11.76	Q	
2	220	Lauren EVANS	Cardiff AAC	11.82	Q	
3	218	Emily COLES	Swansea Harriers	11.99	Q	<i>Andrew Jenkins</i>
4	223	Amber HARDING	Cardiff AAC	12.57	q	<i>Martyn Gibbons</i>
5	149	Amy ROTHERO	Pembrokeshire Harriers	13.15		<i>Richard Thomas</i>
6	217	Amy AHIA	Cardiff AAC	14.17		<i>Emma Lyons</i>
7	154	Storm WILKINS	Blaenau Gwent AC	16.23		<i>Diane Breeden</i>
8	228	Molly SMITH	Aberdare VAAC	17.35		<i>Gareth Jehu</i>

Event : T11 Under 13 Girls 1.0km walk Final

All Comers Record : Not recognised at this age group

Welsh Record : No Record Set

Championship Best : No Record Set

2011 Welsh Champion : No Competitors

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	576	Amy PHIPPS	Neath Harriers	6:23.52	
2	577	Natasha POWELL	Bridgend AC	6:35.03	<i>Anthony Powell</i>
3	493	Jeri-Lynne GRABHAM	Cardiff AAC	6:37.22	<i>Ridley Griffith</i>
4	575	Molly PALIN	Blaenau Gwent AC	7:34.50	



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Event : F2 Under 13 Girls High Jump Final

All Comers Record : Not recognised at this age group

Welsh Record : Julia CHARLTON Carmarthen Harriers 1.68 1978

Championship Best : Kathryn EVANS Carmarthen Harriers 1.50 1979

New CBP

2011 Welsh Champion : Shauna REES Neath Harriers 1.41

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	145	Sarah OMOREGIE	Pembrokeshire Harriers	1.52		
2	220	Lauren EVANS	Cardiff AAC	1.42		
3	218	Emily COLES	Swansea Harriers	1.39		Andrew Jenkins
4	422	Olivia HOWELLS	Cwmbran Harriers	1.25		David Hawthorn
5	615	Ffion LLEWELLYN	Bridgend AC	1.25		
6	273	Chloe HOPKINS	Swansea Harriers	1.20		Andrew Jenkins
7	131	Isabel BREEDEN	Blaenau Gwent AC	1.15		Diane Breeden
8	616	Seren Ffion VAUGHAN	Swansea Harriers	1.15		Andrew Jenkins
	154	Storm WILKINS	Blaenau Gwent AC	1.10		Diane Breeden

Event : F13 Under 13 Girls Shot (2.72kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Nicola STEVENSON Bridgend AC 10.83 2001

Championship Best : Nicola STEVENSON Bridgend AC 10.29 2001

2011 Welsh Champion : Bethan LEWIS Carmarthen Harriers 9.35

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	145	Sarah OMOREGIE	Pembrokeshire Harriers	9.56		
2	704	Sarah WATKINS	Neath Harriers	9.43		David Arnold
3	702	Rachel JONES	Swansea Harriers	8.85		
4	149	Amy ROTHERO	Pembrokeshire Harriers	7.42		Richard Thomas
5	220	Lauren EVANS	Cardiff AAC	7.10		
6	701	Caitlin ARNOLD	Newport Harriers	6.63		Hilary Goodger
7	703	Caitlin SPAREY	Pembrokeshire Harriers	6.62		Huw Morgan
8	228	Molly SMITH	Aberdare VAAC	5.42		Gareth Jehu
9	616	Seren Ffion VAUGHAN	Swansea Harriers	5.26		Andrew Jenkins
10	575	Molly PALIN	Blaenau Gwent AC	3.48		

Event : F53 Under 13 Girls Discus (0.75kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Toni WELLS Swansea Harriers 29.48 2005

Championship Best : Adele NICOLL Oswestry Olympians 27.74 2009

2011 Welsh Champion : Bethan LEWIS Carmarthen Harriers 20.53

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	704	Sarah WATKINS	Neath Harriers	23.86		David Arnold
2	496	Megan STRATTON-THOMAS	Swansea Harriers	19.76		Andrew Jenkins
3	703	Caitlin SPAREY	Pembrokeshire Harriers	17.58		Huw Morgan
4	227	Madeleine NEWTON	Neath Harriers	15.27		Martin Addis
5	701	Caitlin ARNOLD	Newport Harriers	15.18		Hilary Goodger
6	576	Amy PHIPPS	Neath Harriers	14.71		
7	616	Seren Ffion VAUGHAN	Swansea Harriers	12.83		Andrew Jenkins
8	702	Rachel JONES	Swansea Harriers	8.85		



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Event : F63 Under 13 Girls Javelin (400g) Final

All Comers Record : Not recognised at this age group

Welsh Record : Tasia STEPHENS Aberdare 32.36 2009

Championship Best : Bethan REES Cannock & Stafford AC 25.12

New CBP

2011 Welsh Champion : Bethan REES Cannock & Stafford AC 25.12

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	786	Bethan REES	Cannock & Staffs AC	30.73		Mark Pinner
2	702	Rachel JONES	Swansea Harriers	22.38		
3	149	Amy ROTHERO	Pembrokeshire Harriers	20.21		Richard Thomas
4	785	Phoebe BROWN	Cwmbran Harriers	18.46		Ivor Evans
5	576	Amy PHIPPS	Neath Harriers	18.31		
6	228	Molly SMITH	Aberdare VAAC	17.93		Gareth Jehu
7	703	Caitlin SPAREY	Pembrokeshire Harriers	16.87		Huw Morgan
8	787	Jessica VIVIAN	Swansea Harriers	16.30		Andrew Jenkins
9	616	Seren Ffion VAUGHAN	Swansea Harriers	11.34		Andrew Jenkins
10	741	Caitlin WARD	Swansea Harriers	8.44		Andrew Jenkins



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Event : T49 Under 15 Boys 100m Final

All Comers Record : Not recognised at this age group

Welsh Record : Andrew WATKINS Pontypridd AC 10.99 2002

Championship Best : Malcolm JAMES/Ian STRANGE Cardiff AAC/Newbridge HSc 11.0w 1977

2011 Welsh Champion : George GRIFFITHS Cardiff AAC 11.66

w/s +3.0

Athletes qualified from event T4

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	81	Sion ROBERTS	Wrexham AC	11.28		Glyn Davies
2	78	Shane HUGHES	Wrexham AC	11.54		Glyn Davies
3	80	Daniel OMOREGIE	Pembrokeshire Harriers	11.65		Liz Rowland
4	76	Gethin GIBBY	Carmarthen Harriers	11.94		
5	73	Oliver D J BUTTERWORTH	Pembrokeshire Harriers	12.13		Liz Rowland
6	83	Jared ROSSER	Cwmbran Harriers	12.29		Dane Norton
7	88	Rhys YOUNG	Bridgend AC	12.50		Jeff Roberts
7	77	Harry HILLMAN	Cardiff AAC	DNS		

Event : T4 Under 15 Boys 100m Heats

Qualification to FINAL T49 3(Q) & 2(q)

Pos	Bib	Athlete	Club	Perf	Comments	Coach
				heat 1	w/s -0.1	
1	81	Sion ROBERTS	Wrexham AC	11.43	Q	Glyn Davies
2	80	Daniel OMOREGIE	Pembrokeshire Harriers	11.78	Q	Liz Rowland
3	76	Gethin GIBBY	Carmarthen Harriers	12.28	Q	
4	83	Jared ROSSER	Cwmbran Harriers	12.34	q	Dane Norton
5	85	Ellis WHARTON	Newport Harriers	12.48		Kevin Williams
6	87	Tyler WILLIAMS	Newport Harriers	12.88		Kevin Williams
7	75	Cullen DAVIES	Blaenau Gwent AC	13.24		Diane Breeden
8	72	Joseph BRIER	Swansea Harriers	13.30		Neal Merry
				heat 2	w/s +2.0	
Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	78	Shane HUGHES	Wrexham AC	11.68	Q	Glyn Davies
2	73	Oliver D J BUTTERWORTH	Pembrokeshire Harriers	12.05	Q	Liz Rowland
3	77	Harry HILLMAN	Cardiff AAC	12.23	Q	
4	88	Rhys YOUNG	Bridgend AC	12.38	q	Jeff Roberts
5	82	Robert RODNEY	Newport Harriers	12.56		Kevin Williams
6	84	Amin ULLAH	Barry & Vale Harriers	12.64		
7	74	Tom COLLINS	Cardiff AAC	14.14		Ian Dwight
8	79	Luke INSTONE	Cwmbran Harriers	14.61		David Norton



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Event : T121 Under 15 Boys 200m Final

All Comers Record : Not recognised at this age group

Welsh Record : Andrew WATKINS Pontypridd AC 22.13 2002

Championship Best : Andrew WATKINS Pontypridd AC 22.61w 2001

2011 Welsh Champion : Shaun PEARCE Carmarthen Harriers 23.89

w/s -0.3

Athletes qualified from event T73

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	81	Sion ROBERTS	Wrexham AC	22.99		Glyn Davies
2	78	Shane HUGHES	Wrexham AC	23.75		Glyn Davies
3	80	Daniel OMOREGIE	Pembrokeshire Harriers	24.06		Liz Rowland
4	76	Gethin GIBBY	Carmarthen Harriers	24.52		
5	85	Ellis WHARTON	Newport Harriers	25.41		Kevin Williams
6	88	Rhys YOUNG	Bridgend AC	25.72		Jeff Roberts
7	82	Robert RODNEY	Newport Harriers	26.03		Kevin Williams
8	87	Tyler WILLIAMS	Newport Harriers	27.14		Kevin Williams

Event : T73 Under 15 Boys 200m Heats

Qualification to FINAL T121 3(Q) & 2(q)

Pos	Bib	Athlete	Club	Perf	Comments	Coach
				heat 1	w/s -0.8	
1	81	Sion ROBERTS	Wrexham AC	23.15	Q	Glyn Davies
2	76	Gethin GIBBY	Carmarthen Harriers	25.02	Q	
3	85	Ellis WHARTON	Newport Harriers	25.48	Q	Kevin Williams
4	88	Rhys YOUNG	Bridgend AC	25.71	q	Jeff Roberts
5	87	Tyler WILLIAMS	Newport Harriers	26.75	q	Kevin Williams
				heat 2	w/s +0.3	
Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	78	Shane HUGHES	Wrexham AC	23.70	Q	Glyn Davies
2	80	Daniel OMOREGIE	Pembrokeshire Harriers	23.79	Q	Liz Rowland
3	82	Robert RODNEY	Newport Harriers	26.11	Q	Kevin Williams
4	259	Lewis CAMPBELL	Cardiff AAC	28.82		David Hawthorn

Event : T34 Under 15 Boys 300m Final

All Comers Record : Not recognised at this age group

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

Championship Best : David WILLIAMS 37.4 Bridgend AC. 1990(p)

2011 Welsh Champion : New Event for 2012

w/s +1.0

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	286	Luke BROWN	Aberdare VAAC	39.17		Sean Price
2	84	Amin ULLAH	Barry & Vale Harriers	40.61		
3	290	Alex LOVE	Cardiff AAC	41.36		Tim Fry
4	287	Elliot DUNN	Cwmbran Harriers	43.19		David Norton
	291	Tyler PRITCHARD	Cwmbran Harriers	DNS		



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Event : T101 Under 15 Boys 800m Final

All Comers Record : Not recognised at this age group

Welsh Record : Daniel CHESWORTH Newport Harriers 2.00.13 2008

Championship Best : Lewis JONES Bridgend AC 2:02.24 2011

New CBP

2011 Welsh Champion : Lewis JONES Bridgend AC 2:02.24

Athletes qualified from event T24

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	291	Tyler PRITCHARD	Cwmbran Harriers	2:02.04		Phil Banning
2	388	Nikita NEARY	Carmarthen Harriers	2:02.76		Delyth Brown
3	391	Alex PRICE	Aberdare VAAC	2:11.27		Deborah Price
4	290	Alex LOVE	Cardiff AAC	2:15.37		Tim Fry
5	385	Danyaal MOHAMED	Cardiff AAC	2:24.42		Ridley Griffith
6	384	Aled GEORGE	Cardiff AAC	2:26.79		Tim Fry
7	392	Jac Gardiner SMITH	Aberdare VAAC	2:27.75		Sean Price
8	389	Carwyn PENNY	Newport Harriers	2:29.40		Tony Lewis
9	393	John WARDLE	Barry & Vale Harriers	2:36.25		Fred Malkin
10	383	Dewi BENNETT	Barry & Vale Harriers	2:42.09		Andrew Jolly

Event : T127 Under 15 Boys 1500m Final

All Comers Record : Not recognised at this age group

Welsh Record : Simon LAWSON Cardiff AAC 4:07.74 2004

Championship Best : Simon LAWSON Cardiff AAC 4.16.81 2004

2011 Welsh Champion : Lewis JONES Bridgend AC 4:27.90

Final

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	388	Nikita NEARY	Carmarthen Harriers	4:19.10		Delyth Brown
2	472	Gabriel KAY	Brecon AC	4:36.76		Derek Osborne/Satu Haikala
3	391	Alex PRICE	Aberdare VAAC	4:41.18		Deborah Price
4	474	Luke SCAMMELL	Cardiff AAC	4:45.47		Tim Fry
5	469	Aeron EVANS	Cardiff AAC	4:49.36		
6	392	Jac Gardiner SMITH	Aberdare VAAC	4:52.89		Sean Price
7	475	Finnlay THOMPSON	Pembrokeshire Harriers	5:02.94		
8	393	John WARDLE	Barry & Vale Harriers	5:07.17		Fred Malkin
	468	Joseph ADLER	Cardiff AAC	DNS		

Event : T89 Under 15 Boys 80m Hurdles Final

All Comers Record : Not recognised at this age group

Welsh Record : Rhys WILLIAMS Glamorgan Sc 11.03 2008

Championship Best : Jon ARMSTRONG Carmarthen Harriers 11.6 1990

2011 Welsh Champion : Michael WILSON Swansea Harriers 12.36

w/s -0.4

Final

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	84	Amin ULLAH	Barry & Vale Harriers	13.09		
2	200	Rhys ROBERTS	Bridgend AC	13.21		Mike Guest
3	199	Joe CROSBY	Swansea Harriers	14.40		



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Event : F11 Under 15 Boys High Jump Final

All Comers Record : Not recognised at this age group

Welsh Record : Chuka ENIH-SNELL Swansea Harriers 1.96 1998

Championship Best : Jamie DALTON Preseli AC 1.82 1994

New CBP

2011 Welsh Champion : Thomas TROTMAN Cardiff AAC 1.65

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	604	Miles KELLER-JENKINS	Swansea Harriers	1.87		Stephen Ryan
2	605	Thomas TROTMAN	Cardiff AAC	1.75		
3	603	Ryan GRIMWADE	Cardiff AAC	1.60		John Penny
4	73	Oliver D J BUTTERWORTH	Pembrokeshire Harriers	1.55		Liz Rowland
5	77	Harry HILLMAN	Cardiff AAC	1.50		
6	602	Brandon DAVIES	Swansea Harriers	1.45		Andrew Jenkins
7	606	Thomas WALLEY	Wrexham AC	1.45		Amanda Wale

Event : F65 Under 15 Boys Long Jump Final

All Comers Record : Not recognised at this age group

Welsh Record : Ian STRANGE Newbridge HSc 6.63 1977

Championship Best : Ian STRANGE Newbridge HSc 6.52 1977

2011 Welsh Champion : George GRIFFITHS Cardiff AAC 6.07

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	80	Daniel OMOREGIE	Pembrokeshire Harriers	5.86	+0.8	Liz Rowland
2	84	Amin ULLAH	Barry & Vale Harriers	5.19	+1.4	
3	200	Rhys ROBERTS	Bridgend AC	4.96	+1.0	Mike Guest
4	606	Thomas WALLEY	Wrexham AC	4.84	+1.1	Amanda Wale
5	288	David FLIGELSTONE	Swansea Harriers	4.78	+1.8	Colin Davies
6	199	Joe CROSBY	Swansea Harriers	4.74	+2.9	
7	259	Lewis CAMPBELL	Cardiff AAC	4.33	+1.5	David Hawthorn
8	72	Joseph BRIER	Swansea Harriers	4.24	+1.9	Neal Merry
9	87	Tyler WILLIAMS	Newport Harriers	4.23		Kevin Williams

Event : F28 Under 15 Boys Shot (4.00kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Matthew EVANS Carmarthen Harriers 17.36 2003

Championship Best : David BUNCE Seaford GSc 15.59 1958

2011 Welsh Champion : Matthew WILLIAMS Wrexham AC 13.92

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	687	Jake EVANS	Pembrokeshire Harriers	13.55		Ron Griffiths/Huw Morgan
2	689	Nathan THOMASON	Colwyn Bay AC	12.93		John Parkin
3	83	Jared ROSSER	Cwmbran Harriers	11.33		Dane Norton



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Event : F64 Under 15 Boys Discus (1.25kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Liam WALSH Deeside AAC 48.66 1996

Championship Best : Liam WALSH Deeside AAC 43.18 1996

New CBP

2011 Welsh Champion : Matthew WILLIAMS Wrexham AC 41.28

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	689	Nathan THOMASON	Colwyn Bay AC	43.20		John Parkin
2	732	Jonathan JONES	Forest of Dean	36.51		
3	690	Jacob WILLIAMS	Brecon AC	34.33		Derek Osborne
4	687	Jake EVANS	Pembrokeshire Harriers	34.05		Ron Griffiths/Huw Morgan
5	688	Samuel JONES	Swansea Harriers	30.17		Andrew Jenkins
6	384	Aled GEORGE	Cardiff AAC	21.17		Tim Fry
7	731	Rhys DAVIES	Swansea Harriers	20.70		Andrew Jenkins

Event : F38 Under 15 Boys Hammer (4.00kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Rhys HODNETT Cardiff AAC 55.26 2006

Championship Best : Rhys HODNETT Cardiff AAC 53.7 2006

2011 Welsh Champion : Matthew WILLIAMS Wrexham AC 43.01

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	689	Nathan THOMASON	Colwyn Bay AC	46.21		John Parkin
2	690	Jacob WILLIAMS	Brecon AC	37.37		Derek Osborne
3	603	Ryan GRIMWADE	Cardiff AAC	32.86		John Penny

Event : F54 Under 15 Boys Javelin (600g) Final

All Comers Record : Not recognised at this age group

Welsh Record : Rhys WILLIAMS Swansea Harriers 58.58 1996

Championship Best : Richard LEWIS Llanelli AC 52.42 1959

2011 Welsh Champion : Tom HAINES Newport Harriers 40.60

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	388	Nikita NEARY	Carmarthen Harriers	42.29		Delyth Brown
2	687	Jake EVANS	Pembrokeshire Harriers	42.18		Ron Griffiths/Huw Morgan
3	730	Sam BLEACH	Carmarthen Harriers	41.94		Ralph Siggery
4	777	Richard DANGERFIELD	Barry & Vale Harriers	41.73		
5	603	Ryan GRIMWADE	Cardiff AAC	40.29		John Penny
6	758	Owen MURPHY	Cwmbran Harriers	35.63		John Gould
7	778	Nathan JAMES	Swansea Harriers	29.56		John Davies



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Event : T55 Under 15 Girls 100m Final

All Comers Record : Not recognised at this age group

Welsh Record : Helen MILES Bridgend AC 12.0 1981

Championship Best : Karen TAYLOR/Dawn OLIVER/Helen MILES Cardiff AAC/Sale Harriers/Cardiff AA **New CBP**

2011 Welsh Champion : Hannah BRIER Swansea Harriers 12.55

w/s +2.1

Athletes qualified from event T55

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	90	Hannah BRIER	Swansea Harriers	11.81		Neal Merry
2	115	Emily WRIGHT	Yate & District	12.27		Dean Garret
3	101	Chloe HUGHES	Deeside AAC	12.67		
4	98	Vicky GITTINS	Maldwyn Harriers	12.82		
5	89	Jodi BEYNON	Blaenau Gwent AC	12.87		
6	104	Jessica MERRICK	Swansea Harriers	12.92		Andrew Jenkins
7	114	Eve WILLIAMS	Cwmbran Harriers	13.24		Dave Norton
8	97	Millicent FAKANDE	Cwmbran Harriers	13.24		David Norton

Event : T1 Under 15 Girls 100m Heats

Qualification to Final T18 2(Q) & 2(q)

Pos	Bib	Athlete	Club	Perf	Comments	Coach
				heat 1	w/s +1.3	
1	98	Vicky GITTINS	Maldwyn Harriers	12.94	Q	
2	104	Jessica MERRICK	Swansea Harriers	12.98	Q	Andrew Jenkins
3	114	Eve WILLIAMS	Cwmbran Harriers	13.08	q	Dave Norton
4	93	Hannah DOEL	Carmarthen Harriers	13.59		
5	100	Emma-Rae HOWELLS	Cwmbran Harriers	13.67		
6	113	Tahlia TAYLOR	Cardiff AAC	14.10		Helen James
7	107	Naomi PRITCHARD	Pembrokeshire Harriers	14.53		Richard Thomas
	111	Niamh GALTON	Cardiff AAC	dns		
				heat 2	w/s +1.9	
Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	90	Hannah BRIER	Swansea Harriers	12.34	Q	Neal Merry
2	101	Chloe HUGHES	Deeside AAC	12.89	Q	
3	89	Jodi BEYNON	Blaenau Gwent AC	13.00	q	
4	95	Mia EVANS	Neath Harriers	13.56		
5	105	Danielle MORGAN	Newport Harriers	14.23		James Morgan
6	110	Lauren SHANKLAND	Cwmbran Harriers	14.29		David Norton
7	102	Megan KING	Aberdare VAAC	14.33		
				heat 3	w/s +0.6	
Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	115	Emily WRIGHT	Yate & District	12.47	Q	Dean Garret
2	97	Millicent FAKANDE	Cwmbran Harriers	13.39	Q	David Norton
3	109	Megan ROWE	Carmarthen Harriers	13.67		
4	103	Milly LACEY	Pembrokeshire Harriers	13.70		Richard Thomas
5	96	Neve EVANS	Wrexham AC	13.82		Reg Burke
6	94	Jessica EDWARDS	Cardiff AAC	13.95		Helen James
7	99	Clare HALLIGAN	Barry & Vale Harriers	14.18		Fred Malkin



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Event : T96 Under 15 Girls 200m Final

All Comers Record : Not recognised at this age group

Welsh Record : Rachel JOHNCOCK Colwyn Bay AC 24.82 2008

Championship Best : Rachel JOHNCOCK Colwyn Bay AC 25.12 2008

New CBP

2011 Welsh Champion : Hannah BRIER Swansea Harriers 25.83

w/s -1.4

Qualification to FINAL T120 3(Q) & 2(q) from Heats T68

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	90	Hannah BRIER	Swansea Harriers	24.87		Neal Merry
2	108	Amelia REYNOLDS	Newport Harriers	26.22		Tony Lewis
3	98	Vicky GITTINS	Maldwyn Harriers	26.58		
4	89	Jodi BEYNON	Blaenau Gwent AC	26.89		
5	106	Zoe NASH	Bridgend AC	27.10		
6	264	Bethan REGISTER	Cardiff AAC	27.46		Stephen Knight/Peter Lane
7	909	Eve WILLIAMS	Cwmbran Harriers	28.07		Dave Norton
8	91	Georgia DICKINSON	Neath Harriers	28.54		Peter Walton

Event : T68 Under 15 Girls 200m Heats

Qualification to Final T96 2(Q) & 2(q)

Pos	Bib	Athlete	Club	Perf	Comments	Coach
				heat 1	w/s -0.4	
1	90	Hannah BRIER	Swansea Harriers	25.68	Q	Neal Merry
2	89	Jodi BEYNON	Blaenau Gwent AC	27.01	Q	
3	91	Georgia DICKINSON	Neath Harriers	27.93	q	Peter Walton
4	97	Millicent FAKANDE	Cwmbran Harriers	27.97		David Norton
5	260	Lucy CUDDIHEE	Cardiff AAC	29.22		Helen James
6	94	Jessica EDWARDS	Cardiff AAC	29.50		Helen James
7	265	Emily ROSS	Barry & Vale Harriers	31.67		Andrew Jolly
				heat 2	w/s -1.9	
1	108	Amelia REYNOLDS	Newport Harriers	27.04	Q	Tony Lewis
2	264	Bethan REGISTER	Cardiff AAC	27.18	Q	Stephen Knight/Peter Lane
3	909	Eve WILLIAMS	Cwmbran Harriers	27.70	q	Dave Norton
4	263	Eleri MICHAEL	Neath Harriers	28.53		Enter Coach'S Name
5	109	Megan ROWE	Carmarthen Harriers	29.01		
6	102	Megan KING	Aberdare VAAC	30.08		
7	261	Ameera HASSAN	Cardiff AAC	30.30		Tim Fry
				heat 3	w/s -0.4	
1	98	Vicky GITTINS	Maldwyn Harriers	27.45	Q	
2	106	Zoe NASH	Bridgend AC	27.76	Q	
3	103	Milly LACEY	Pembrokeshire Harriers	28.81		Richard Thomas
4	96	Neve EVANS	Wrexham AC	28.94		Reg Burke
5	266	Emily WOOSTER	Barry & Vale Harriers	29.00		Fred Malkin
6	99	Clare HALLIGAN	Barry & Vale Harriers	29.64		Fred Malkin



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Event : T64 Under 15 Girls 300m Final

All Comers Record : Not recognised at this age group

Welsh Record : Hannah JONES Carmarthen Harriers 40.54 2005

Championship Best : Hannah JONES Carmarthen Harriers 41.18 2005

2011 Welsh Champion : Melissa ROBERTS Cwmbrian Harriers 41.99

w/s -0.2

Athletes qualified from event T33

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	106	Zoe NASH	Bridgend AC	43.06		
2	114	Eve WILLIAMS	Cwmbrian Harriers	43.08		Dave Norton
3	264	Bethan REGISTER	Cardiff AAC	43.29		Stephen Knight/Peter Lane
4	91	Georgia DICKINSON	Neath Harriers	43.64		Peter Walton
5	266	Emily WOOSTER	Barry & Vale Harriers	44.95		Fred Malkin
6	262	Rhiannon LONG	Cardiff AAC	45.54		Helen James
7	260	Lucy CUDDIHEE	Cardiff AAC	46.22		Helen James
8	304	Rosie-May THOMPSON	Cardiff AAC	47.56		Lee McLaren

Event : T99 Under 15 Girls 800m Final

All Comers Record : Not recognised at this age group

Welsh Record : Amanda PRITCHARD Cardiff AAC 2.10.66 1994

Championship Best : Lauren BELL Pembrokeshire Harriers 2:14.40 2009

2011 Welsh Champion : Abigail BACKSHALL Colwyn Bay 2:19.00

Athletes qualified from event T99

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	398	Cari HUGHES	Menai Track & Field	2:17.78		Andy Walling
2	405	Rosa YATES	Cardiff AAC	2:22.26		Ridley Griffith
3	394	Jessica BRADLEY	Pembrokeshire Harriers	2:26.19		Pete Freeman
4	395	Bethan EVANS	Pontyclun AC	2:28.46		
5	397	Emily GRIFFIN	Cardiff AAC	2:28.87		Steve Knight
6	304	Rosie-May THOMPSON	Cardiff AAC	2:31.24		Lee McLaren
7	401	Ffion QUAN	Sarn-Helen AC	2:32.82		
8	266	Emily WOOSTER	Barry & Vale Harriers	2:33.49		Fred Malkin
9	399	Eira JAMES	Swansea Harriers	2:33.61		Neal Merry
10	404	Felicity WILLIAMSON-SARLL	Bridgend AC	2:42.69		
11	396	Ffion EVANS	Carmarthen Harriers	2:43.82		
12	261	Ameera HASSAN	Cardiff AAC	2:48.29		Tim Fry
13	265	Emily ROSS	Barry & Vale Harriers	2:54.54		Andrew Jolly



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Event : T126 Under 15 Girls 1500m Final

All Comers Record : Not recognised at this age group

Welsh Record : Non STANFORD Swansea Harriers 4:34.24 2003

Championship Best : Non STANFORD Swansea Harriers 4:35.60 2003

2011 Welsh Champion : Scarlett MCPHILLIPS Blaenau Gwent AC 4:55.43

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	398	Cari HUGHES	Menai Track & Field	4:48.16		Andy Walling
2	394	Jessica BRADLEY	Pembrokeshire Harriers	4:52.93		Pete Freeman
3	476	Seren ALLIN	Cardiff AAC	4:55.21		Ridley Griffith
4	395	Bethan EVANS	Pontyclun AC	5:00.84		
5	481	Issy MORRIS	Blaenau Gwent AC	5:01.13		Nikki Haines
6	482	Caitlin PAGE	Sarn-Helen AC	5:12.23		Dic Evans
7	397	Emily GRIFFIN	Cardiff AAC	5:16.29		Steve Knight
8	477	Alice BROADLEY	Cardiff AAC	5:24.86		Steve Knight
9	480	Amber HOWELL	Carmarthen Harriers	5:27.53		
10	484	Megan TUCKER	Brecon AC	5:28.22		Derek Osbourne
11	402	Alice RUSSELL-STRETCH	Pembrokeshire Harriers	5:35.00		Peter Freeman
	478	Lily DAVIS	Deeside AAC	DNS		

Event : T93 Under 15 Girls 75m Hurdles Final

All Comers Record : Not recognised at this age group

Welsh Record : Heather JONES Carmarthen Harriers 10.86 2001

Championship Best : Heather JONES Carmarthen Harriers 10.86 2001

2011 Welsh Champion : Amy LEAHY Pembroke Harriers 11.72

w/s +0.0

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	212	Abigail BOWERS	Oswestry Olympians	11.83		Arnie Wray
2	104	Jessica MERRICK	Swansea Harriers	11.95		Andrew Jenkins
3	214	Faye GIBBON	Barry & Vale Harriers	12.78		Danny Carter
4	216	Sarah WILLIAMS	Maldwyn Harriers	12.81		
5	95	Mia EVANS	Neath Harriers	12.83		
6	215	Lauren WILLIAMS	Maldwyn Harriers	12.87		
7	111	Niamh GALTON	Cardiff AAC	13.84		

Event : T12 Under 15 Girls 1.0km walk Final

All Comers Record : Not recognised at this age group

Welsh Record : Charlene BALL Rumney Sc 5.27.8 2001

Championship Best : Ellie DAINTON Llanelli AC 5:29.41 2010

2011 Welsh Champion : Ellie DAINTON Llanelli AC 5:39.87

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	573	Eleri SLADE	Swansea Harriers	7:05.24		



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Event : F1 Under 15 Girls High Jump Final

All Comers Record : Not recognised at this age group
Welsh Record : Lea HAGGETT Herne Hill 1.81 1986
Championship Best : Julia CHARLTON Carmarthen Harriers 1.75 1980
2011 Welsh Champion : Erin WALTERS Carmarthen Harriers 1.65

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	610	Jess HARRY	Swansea Harriers	1.55		Steve Ryan
2	608	Abigail BUXTON	Pembrokeshire Harriers	1.50		Liz Rowland
3	607	Georgina BRADSHAW	Cardiff AAC	1.40		John Penny
4	213	Lauryn DAVEY	Carmarthen Harriers	1.40		Ivor Hopkins
5	111	Niamh GALTON	Cardiff AAC	1.35		
6	611	Brooke LANGTON-CRYER	Cardiff AAC	1.30		

Event : F10 Under 15 Girls Pole Vault Final

All Comers Record : Not recognised at this age group
Welsh Record : Rhianydd LLEWELLYN Bridgend AC 3.15 2008
Championship Best : Jessica ABRAHAM Cardiff AAC 3.00 2003
2011 Welsh Champion : Caitlin ATKINS Swansea Harriers 2.70

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	635	Carys JONES	Carmarthen Harriers	2.96		Edward Thompson
2	633	Anna BARNES	Swansea Harriers	2.56		
3	634	Maryanne EVE	Swansea Harriers	2.16		

Event : F52 Under 15 Girls Long Jump Final

All Comers Record : Not recognised at this age group
Welsh Record : Ceri JENKINS Cleddau 5.57 1972
Championship Best : Brenna PRICE Aberdare VAAC 5.35 2011
2011 Welsh Champion : Brenna PRICE Aberdare VAAC 5.35

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	115	Emily WRIGHT	Yate & District	5.43	+0.8	Dean Garret
2	101	Chloe HUGHES	Deeside AAC	5.27	+1.4	
3	97	Millicent FAKANDE	Cwmbran Harriers	4.89	+1.3	David Norton
4	216	Sarah WILLIAMS	Maldwyn Harriers	4.82	+1.2	
5	659	Sarah ATKINSON	Deeside AAC	4.61	+3.7	
6	213	Lauryn DAVEY	Carmarthen Harriers	4.50	+0.2	Ivor Hopkins
7	94	Jessica EDWARDS	Cardiff AAC	3.89	+4.8	Helen James

Event : F30 Under 15 Girls Shot (3.25kg) Final

All Comers Record : Not recognised at this age group
Welsh Record : Adele NICOLL Oswestry Olympians 13.30 2010
Championship Best : Adele NICOLL Birchfield Harriers 13.29 2011
2011 Welsh Champion : Adele NICOLL Birchfield Harriers 13.29

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	691	Emily COCKRILL	Swansea Harriers	10.67		
2	693	Lauren RICHARDS	Severn AC	10.01		
3	694	Katy WHITLEY	Wrexham AC	9.82		Ian Robinson
4	692	Bethan Mair LEWIS	Carmarthen Harriers	9.41		Richard Weir



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Event : F56 Under 15 Girls Discus (1.00kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Philippa ROLES Swansea Harriers 44.12 1992

Championship Best : Philippa ROLES Swansea Harriers 40.66 1992

2011 Welsh Champion : Adele NICOLL Birchfield Harriers 37.13

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	733	Sofia ALI	Aberdare VAAC	28.22		
2	734	Chloe DAVIES	Wrexham AC	27.60		Ian Robinson
3	694	Katy WHITLEY	Wrexham AC	24.68		Ian Robinson
4	691	Emily COCKRILL	Swansea Harriers	22.84		
5	692	Bethan Mair LEWIS	Carmarthen Harriers	20.68		Richard Weir
6	737	Emily PEARCE	Rhondda AC	20.63		Carys Parry
7	735	Emily EVANS	Swansea Harriers	20.32		Peter Roberts
8	736	Amy HUMBLE	Carmarthen Harriers	18.44		Ralph Siggery
9	738	Sian SMITH	Bridgend AC	14.40		Jane Durkin

Event : F37 Under 15 Girls Hammer (3.00kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Zoe DAKIN Bridgend AC 43.40 2010

Championship Best : Charlotte MURRAY Swansea Harriers 40.29 2004

2011 Welsh Champion : Cerys MCCOOL Swansea Harriers 37.98

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	760	Hannah POWELL	Neath Harriers	35.55		Dai Arnold
2	734	Chloe DAVIES	Wrexham AC	33.74		Ian Robinson
3	737	Emily PEARCE	Rhondda AC	33.11		Carys Parry
4	759	Stephanie LINES	Swansea Harriers	21.92		
5	735	Emily EVANS	Swansea Harriers	21.77		Peter Roberts
6	736	Amy HUMBLE	Carmarthen Harriers	21.01		Ralph Siggery
7	738	Sian SMITH	Bridgend AC	12.15		Jane Durkin

Event : F59 Under 15 Girls Javelin (600g) Final

All Comers Record : Not recognised at this age group

Welsh Record : Danielle HAMER Carmarthen Harriers 38.15 2005

Championship Best : Robyn PURCHASE Wrexham AC 36.18 2005

2011 Welsh Champion : Tasia STEPHENS Aberdare VAAC 32.58

Athletes will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	691	Emily COCKRILL	Swansea Harriers	27.89		
2	782	Jessica WILLIAMS	Carmarthen Harriers	27.81		Ralph Siggery
3	694	Katy WHITLEY	Wrexham AC	27.19		Ian Robinson
4	736	Amy HUMBLE	Carmarthen Harriers	25.99		Ralph Siggery
5	780	Amy PRICE	Cwmbran Harriers	24.79		
6	105	Danielle MORGAN	Newport Harriers	23.70		James Morgan
7	781	Katie WELLS	Swansea Harriers	23.69		Andrew Jenkins
8	734	Chloe DAVIES	Wrexham AC	23.07		Ian Robinson
9	779	Danielle JONES	Swansea Harriers	21.75		Andrew Jenkins
10	692	Bethan Mair LEWIS	Carmarthen Harriers	18.33		Richard Weir
11	738	Sian SMITH	Bridgend AC	15.85		Jane Durkin



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Event : T51 Under 17 Men 100m Final

All Comers Record : Not recognised at this age group

Welsh Record : Tim BENJAMIN/Andrew WATKINS Cardiff AAC/Cwmbran Harriers 10.71 1998/2003

Championship Best : Tim BENJAMIN Cardiff AAC 10.87 1998

2011 Welsh Champion : George PERKINS Chelmsford AC 11.22

w/s +3.5

Athletes qualified from event T6

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	59	Thomas WILLIAMS	Barry & Vale Harriers	10.97		Colin Daly
2	52	Ryan LEE	Cwmbran Harriers	11.05		David Norton
3	53	Shaun PEARCE	Carmarthen Harriers	11.05		Steve Perks
4	51	George GRIFFITHS	Cardiff AAC	11.18		
5	50	Rhys GEALY	Swansea Harriers	11.33		Colin Davies
6	55	Daniel SALMON	Pembrokeshire Harriers	11.62		Richard Thomas
7	48	Jack DUNN	Cwmbran Harriers	11.75		David Norton
8	49	Gage FRANCIS	Cardiff AAC	11.89		David Hawthorn

Event : T6 Under 17 Men 100m Heats

Qualification to FINAL T51 3(Q) & 2(q)

Pos	Bib	Athlete	Club	Perf	Comments	Coach
heat 1						
w/s +0.2						
1	52	Ryan LEE	Cwmbran Harriers	11.41	Q	David Norton
2	53	Shaun PEARCE	Carmarthen Harriers	11.51	Q	Steve Perks
3	50	Rhys GEALY	Swansea Harriers	11.64	Q	Colin Davies
4	49	Gage FRANCIS	Cardiff AAC	12.07	q	David Hawthorn
5	46	Harry DAVIES	Bridgend AC	12.17		
6	58	Dafydd WILLIAMS	Cardiff AAC	12.54		David Hawthorn
heat 2						
w/s -0.2						
1	59	Thomas WILLIAMS	Barry & Vale Harriers	11.34	Q	Colin Daly
2	51	George GRIFFITHS	Cardiff AAC	11.54	Q	
3	55	Daniel SALMON	Pembrokeshire Harriers	11.84	Q	Richard Thomas
4	48	Jack DUNN	Cwmbran Harriers	12.10	q	David Norton
5	54	Michael RODNEY	Newport Harriers	12.40		Kevin Williams

Event : T130 Under 17 Men 200m Final

All Comers Record : Not recognised at this age group

Welsh Record : Tim BENJAMIN Cardiff AAC 21.19 1998

Championship Best : Andrew WATKINS Cwmbran Harriers 21.8 2003

2011 Welsh Champion : Mathew DAVIES Carmarthen Harriers 23.06

w/s -0.8

Athletes qualified from event T72

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	245	Matthew COLLINS	Barry & Vale Harriers	23.05		
2	53	Shaun PEARCE	Carmarthen Harriers	23.44		Steve Perks
3	906	Rhys GEALY	Swansea Harriers	23.66		Colin Davies
4	55	Daniel SALMON	Pembrokeshire Harriers	23.69		Richard Thomas
5	48	Jack DUNN	Cwmbran Harriers	24.41		David Norton
6	247	Gwion JONES	Carmarthen Harriers	24.66		
7	46	Harry DAVIES	Bridgend AC	24.83		
8	54	Michael RODNEY	Newport Harriers	25.75		Kevin Williams



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Event : T65 Under 17 Men 400m Final

All Comers Record : Not recognised at this age group

Welsh Record : Bruce TASKER Carmarthen Harriers 47.85 2004

Championship Best : Mark PONTING Torfaen AC 48.82 1993

2011 Welsh Champion : Owen SMITH Deeside AAC 49.24

w/s +1.1

Athletes qualified from event T35

Pos	Bib	Athlete	Club	Perf	Comments	#N/A
1	245	Matthew COLLINS	Barry & Vale Harriers	51.03		
2	46	Harry DAVIES	Bridgend AC	52.42		
3	324	Ryan COOPER	Cardiff AAC	52.44		Helen James/Ivor Adams
4	251	Alexander PAVLOU	Swansea Harriers	54.73		Barrie Owen
5	247	Gwion JONES	Carmarthen Harriers	56.13		
6	330	Aaron TURLEY	Cwmbran Harriers	56.97		David Norton
7	328	Gareth PIKE	North Devon AC	62.17		Mark Brace
	249	Ryan MORGAN	Newport Harriers	DNS		Elwyn Jarrett

Event : T100 Under 17 Men 800m Final

All Comers Record : Not recognised at this age group

Welsh Record : Neil HORSFIELD Newport Harriers 1.51.6 1983

Championship Best : Elliot SLADE Cardiff AAC 1:53.43 2011

2011 Welsh Champion : Elliot SLADE Cardiff AAC 1:53.43

Athletes qualified from event T23

Pos	Bib	Athlete	Club	Perf	Comments
1	325	Rhys GRANVILLE	Carmarthen Harriers	1:59.54	Delyth Brown
2	329	Jacob PREECE	Cardiff AAC	1:59.91	
3	910	Lewis JONES	Cardiff AAC	2:02.00	
4	360	John COVE	Cardiff AAC	2:04.12	Lee McLaren
5	362	Dafydd GEORGE	Cardiff AAC	2:05.00	Paul Darney
6	363	James HUNT	Cardiff AAC	2:05.10	Rob Simon / Ridley Griffith
7	326	Declan MORRIS	Cardiff AAC	2:05.11	Martyn Gibbins
8	361	Jack FEAR	Newport Harriers	2:10.66	Tony Lewis

Event : T23 Under 17 Men 800m Heats

Qualification to FINAL T100 3(Q) & 2(q)

Heat 1

Pos	Bib	Athlete	Club	Perf	Comments
1	365	Lewis JONES	Cardiff AAC	2:02.77	Q
2	329	Jacob PREECE	Cardiff AAC	2:04.11	Q
3	362	Dafydd GEORGE	Cardiff AAC	2:04.91	Q Paul Darney
4	363	James HUNT	Cardiff AAC	2:05.05	q Rob Simon / Ridley Griffith
5	361	Jack FEAR	Newport Harriers	2:05.22	q Tony Lewis
6	368	Matthew TUCKER	Brecon AC	2:16.91	John Mc Fall
7	359	Liam BRADLEY	Pembrokeshire Harriers	2:17.35	Pete Freeman
8	364	Thomas JOHN	Neath Harriers	2:17.85	

Heat 2

Pos	Bib	Athlete	Club	Perf	Comments
1	325	Rhys GRANVILLE	Carmarthen Harriers	2:05.45	Q Delyth Brown
2	326	Declan MORRIS	Cardiff AAC	2:05.99	Q Martyn Gibbins
3	360	John COVE	Cardiff AAC	2:06.27	Q Lee McLaren
4	366	Andrew MORRIS-JONES	Menai Track & Field	2:07.82	Andy Walling
5	358	Jake BOZSA	Barry & Vale Harriers	2:09.69	
6	367	Thomas REES	Cardiff AAC	2:23.47	Ridley Griffith
7	328	Gareth PIKE	North Devon AC	2:25.29	Mark Brace



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Event : T103 Under 17 Men 1500m Final

All Comers Record : Not recognised at this age group

Welsh Record : Colin CLARKSON Swansea Harriers 3.55.5 1977

Championship Best : Kevin GLASTONBURY Cardiff AAC 3.58.3 1975

2011 Welsh Champion : Kyran ROBERTS Carmarthen Harriers 4:06.37

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	462	Jonathan TOBIN	Swansea Harriers	4:04.52	Kevin Tobin
2	456	Jack GOOCH	Cardiff AAC	4:06.21	Paul Darney
3	329	Jacob PREECE	Cardiff AAC	4:15.27	
4	458	Iolo HUGHES	Menai Track & Field	4:17.74	Andy Walling
5	326	Declan MORRIS	Cardiff AAC	4:27.52	Martyn Gibbins
6	359	Liam BRADLEY	Pembrokeshire Harriers	4:28.48	Pete Freeman
7	461	Christian LOVATT	Carmarthen Harriers	4:29.69	
8	460	Ieuan JONES	Cardiff AAC	4:32.68	Paul Darney
9	457	Ashley HOPKINS	Swansea Harriers	4:33.78	Kevin Tobin
10	366	Andrew MORRIS-JONES	Menai Track & Field	4:34.96	Andy Walling
11	364	Thomas JOHN	Neath Harriers	4:38.34	

Event : T85 Under 17 Men 100m Hurdles Final

All Comers Record : Not recognised at this age group

Welsh Record : David GUEST Bridgend AC 12.94 2007

Championship Best : Berian DAVIES Swansea Harriers 13.34w 1989

2011 Welsh Champion : Daniel BLAIN Carmarthen Harriers 13.59

w/s -0.5

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	197	Luke WARD	Deeside AAC	14.00	
2	196	Aled PRICE	Carmarthen Harriers	14.03	Edward Thompson
3	195	Ieuan ORTON	Barry & Vale Harriers	15.23	
4	194	Kyle ARNOLD	Newport Harriers	15.30	Nigel Lewis/Dave Goodger

Event : T107 Under 17 Men 400m Hurdles Final

All Comers Record : Not recognised at this age group

Welsh Record : Mark ROWLANDS Swansea Harriers 53.3 1994

Championship Best : Gareth LEWIS Torfaen AC 55.57 1995

2011 Welsh Champion : Ryan COOPER Cardiff AAC 59.27

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	324	Ryan COOPER	Cardiff AAC	58.26	Helen James/Ivor Adams
2	556	Rheon JONES	Menai Track & Field	60.22	
3	327	Nathan PHILLIPS	Swansea Harriers	62.01	Wynford Leyshon
4	46	Harry DAVIES	Bridgend AC	63.91	
5	58	Dafydd WILLIAMS	Cardiff AAC	64.81	David Hawthorn

Event : T128 Under 17 Men 1.5km Steeple Chase Final

All Comers Record : Not recognised at this age group

Welsh Record : Steve EVANS Abertillery 4.11.2 1974

Championship Best : Steve EVANS Abertillery 4.22.9 1974

2011 Welsh Champion : Matthew EDWARDS Barry & Vale Harriers 4:44.53

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	564	Connor DAVIES	Swansea Harriers	04:39.4	Kevin Tobin
2	566	Ciaran LEWIS	Cardiff AAC	04:57.1	Lee McLaren
3	565	Ryan FOULKES	Wrexham AC	05:05.6	



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Event : F23 Under 17 Men High Jump Final

All Comers Record : Not recognised at this age group

Welsh Record : Chuka ENIH-SNELL Swansea Harriers 2.15 2000

Championship Best : Chuka ENIH-SNELL Swansea Harriers 2.11 2000

2011 Welsh Champion : Jonathon BAILEY Cardiff AAC 1.75

Pos	Bib	Athlete	Club	Perf	Comments
1	596	Shaun MURRAY	Deeside AAC	1.75	Mark Garstang
2	197	Luke WARD	Deeside AAC	1.75	
3	195	Ieuan ORTON	Barry & Vale Harriers	1.70	
4	595	Keiran INGRAM	Swansea Harriers	1.55	Andrew Jenkins
5	597	Alexander SNELLING	Newport Harriers	1.50	Stephen Leach

Event : F9 Under 17 Men Pole Vault Final

All Comers Record : Not recognised at this age group

Welsh Record : Neil WINTER Shaftesbury 5.20 1990

Championship Best : Neil WINTER Shaftesbury 4.50 1990

2011 Welsh Champion : David CALLAN Cardiff AAC 3.90

Pos	Bib	Athlete	Club	Perf	Comments
1	630	Lewis PREECE	Swansea Harriers	3.86	
2	629	Joshua HOLLISEY-MCLEAN	Swansea Harriers	3.36	Edward Thompson

Event : F58 Under 17 Men Long Jump Final

All Comers Record : Not recognised at this age group

Welsh Record : Marcus BROWNING Chester 7.11 1986

Championship Best : Tom HALLETT Cleddau 6.77 1989

2011 Welsh Champion : James MCGUIRE Cardiff AAC 6.34

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	196	Aled PRICE	Carmarthen Harriers	6.57	-0.8 Edward Thompson
2	655	Lloyd ROBBINS	Sale Harriers Manchester	6.57	+0.7 Keith Hunter
3	51	George GRIFFITHS	Cardiff AAC	6.15	+1.8
4	194	Kyle ARNOLD	Newport Harriers	6.04	+1.9 Nigel Lewis/Dave Goodger
5	653	Samuel HUGHES	Cwmbran Harriers	5.63	+1.5 Jeff Harwood
6	247	Gwion JONES	Carmarthen Harriers	5.45	-0.3
7	58	Dafydd WILLIAMS	Cardiff AAC	4.75	+1.4 David Hawthorn

Event : F91 Under 17 Men Triple Jump Final

All Comers Record : Not recognised at this age group

Welsh Record : Steven SHALDERS Cardiff AAC 15.14 1998

Championship Best : Graham WEBB Newport HSc 14.67 1963

2011 Welsh Champion : Lloyd ROBBINS Sale Harriers Manchester 13.30

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	245	Matthew COLLINS	Barry & Vale Harriers	12.85	+2.2
2	653	Samuel HUGHES	Cwmbran Harriers	12.79	+2.7 Jeff Harwood
3	49	Gage FRANCIS	Cardiff AAC	12.56	+2.3 David Hawthorn
4	194	Kyle ARNOLD	Newport Harriers	12.46	+3.0 Nigel Lewis/Dave Goodger



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Event : F46 Under 17 Men Shot (5.00kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Mark HEWER Cardiff AAC 16.93 1979

Championship Best : Mark HEWER Cardiff AAC 16.93 1979

2011 Welsh Champion : Matthew FIELD Cardiff AAC 15.48

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	677	Matthew WILLIAMS	Wrexham AC	12.30	Ian Robinson
2	50	Rhys GEALY	Swansea Harriers	11.34	Colin Davies
3	678	Samuel WILLIAMS	Aberdare VAAC	6.96	Andrew Davies/Darran Williams

Event : F96 Under 17 Men Discus (1.50kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Gareth BULL Cardiff AAC 48.93 2001

Championship Best : Gareth BULL Cardiff AAC 47.21 2001

2011 Welsh Champion : Matthew REECE Colwyn Bay AC 44.96

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	677	Matthew WILLIAMS	Wrexham AC	42.75	Ian Robinson
2	726	Matteo HOLMES	Cardiff AAC	37.60	
3	597	Alexander SNELLING	Newport Harriers	31.13	Stephen Leach

Event : F6 Under 17 Men Hammer (5.00kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Shaun PICKERING Haringey 62.12 1978

Championship Best : Matthew REECE Colwyn Bay AC 51.46 2011 **New CBP**

2011 Welsh Champion : Matthew REECE Colwyn Bay AC 51.46

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	757	Jac PALMER	Cardiff AAC	58.37	Adrian Palmer/Paul Jensen
2	726	Matteo HOLMES	Cardiff AAC	45.93	
3	756	Shaun LIVETT	Menai Track & Field	41.86	Ewart Hulse

Event : F79 Under 17 Men Javelin (700g) Final

All Comers Record : Not recognised at this age group

Welsh Record : Colin MACKENZIE East Kent 70.30 1979

Championship Best : Gareth ROWLANDS Swansea Harriers 59.46 1980

2011 Welsh Champion : Tom NORTON Cwmbran Harriers 51.64

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	772	Drew MCLEAN	Neath Harriers	48.69	John Davies
2	196	Aled PRICE	Carmarthen Harriers	48.52	Edward Thompson
3	726	Matteo HOLMES	Cardiff AAC	40.75	
4	595	Keiran INGRAM	Swansea Harriers	36.67	Andrew Jenkins



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Event : T52 Under 17 Women 100m Final

All Comers Record : Not recognised at this age group

Welsh Record : Sallyanne SHORT Torfaen AC 11.88 1984

Championship Best : Rachel JOHNCOCK Colwyn Bay AC 11.88w 2009

2011 Welsh Champion : Beth SARGENT Wrexham AC 12.72

w/s +1.9

Athletes qualified from event T7

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	65	Shannon MALONE	Deeside AAC	12.31		Richard Sayer
2	67	Katie-Jane PRIEST	Newport Harriers	12.38		
3	64	Elin JONES	Sale Harriers Manchester	12.48		
4	70	Laura TURLEY	West Cheshire AC	12.68		
5	66	Brenna PRICE	Aberdare VAAC	12.69		Edward Thompson
6	71	Elinor WINFIELD	Yate & District	12.85		Sandra Woodman
7	62	Abbie HEWITT	Cornwall AC	12.90		Tony Lett
8	60	Laura DAVIES	Llanelli AC	12.98		Beth Jones

Event : T7 Under 17 Women 100m Heats

Qualification to FINAL T52 3(Q) & 2(q)

Pos	Bib	Athlete	Club	Perf	Comments	Coach
Heat 1 w/s +0.0						
1	65	Shannon MALONE	Deeside AAC	12.62	Q	Richard Sayer
2	67	Katie-Jane PRIEST	Newport Harriers	12.76	Q	
3	62	Abbie HEWITT	Cornwall AC	13.12	Q	Tony Lett
4	60	Laura DAVIES	Llanelli AC	13.27	q	Beth Jones
5	61	Ceri HAMMOND	Bromsgrove & Redditch AC	13.59		
6	63	Charlotte JOHN	Neath Harriers	14.07		

Pos	Bib	Athlete	Club	Perf	Comments	Coach
Heat 2 w/s -0.7						
1	64	Elin JONES	Sale Harriers Manchester	12.91	Q	
2	70	Laura TURLEY	West Cheshire AC	12.96	Q	
3	71	Elinor WINFIELD	Yate & District	13.05	Q	Sandra Woodman
4	66	Brenna PRICE	Aberdare VAAC	13.12	q	Edward Thompson
5	69	Bethan TRIGG	Cardiff AAC	13.89		
6	68	Emily ROWLANDS	Wrexham AC	13.98		Glyn Davies

Event : T129 Under 17 Women 200m Final

Welsh Record : Michelle PROBERT Sale Harriers 23.6 1976

Championship Best : Sallyanne SHORT/Jane BRADBEER Torfaen AC/Cardiff AAC 24.4 1984

2011 Welsh Champion : Beth SARGENT Wrexham AC 25.82

w/s -2.7

Athletes qualified from event T70

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	256	Beth SARGENT	Wrexham AC	25.99		Glyn Davies
2	253	Miranda HARDACRE	Erme Valley Harriers	26.35		Paul Batten
3	252	Olivia EVANS	Cardiff AAC	26.65		Edward Thompson
4	67	Katie-Jane PRIEST	Newport Harriers	26.76		
5	66	Brenna PRICE	Aberdare VAAC	27.13		Edward Thompson
6	255	Amy ODUNAIYA	Wrexham AC	27.42		
7	70	Laura TURLEY	West Cheshire AC	27.61		
8	254	Isabel HUGHES	Bridgend AC	27.73		Adrian Thomas



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Event : T70 Under 17 Women 200m Heats

Qualification to FINAL T128 3(Q) & 2(q)

Pos	Bib	Athlete	Club	Perf	Heat 1	w/s -0.4	Comments
1	67	Katie-Jane PRIEST	Newport Harriers	26.06	Q		
2	256	Beth SARGENT	Wrexham AC	26.19	Q		Glyn Davies
3	254	Isabel HUGHES	Bridgend AC	26.76	Q		Adrian Thomas
4	60	Laura DAVIES	Llanelli AC	27.25			Beth Jones
5	62	Abbie HEWITT	Cornwall AC	27.48			Tony Lett
6	258	Megan WILLIAMS	Cardiff AAC	28.53			Georgina Williams

Pos	Bib	Athlete	Club	Perf	Heat 2	w/s -0.4	Comments
1	252	Olivia EVANS	Cardiff AAC	25.96	Q		Edward Thompson
2	253	Miranda HARDACRE	Erme Valley Harriers	25.98	Q		Paul Batten
3	255	Amy ODUNAIYA	Wrexham AC	26.43	Q		
4	66	Brenna PRICE	Aberdare VAAC	26.48	q		Edward Thompson
5	70	Laura TURLEY	West Cheshire AC	26.54	q		
6	250	Elise DAVIES	Swansea Harriers	27.28			Neal Merry

Event : T63 Under 17 Women 300m Final

Welsh Record : Faye HARDING Wrexham AC 39.46 2001

Championship Best : Fay HARDING Wrexham AC 39.46 2001

2011 Welsh Champion : Abigail BACKSHALL (U15G) Colwyn Bay AC 42.01

Athletes qualified from event T32

Pos	Bib	Athlete	Club	Perf	Comments	w/s -4.2
1	256	Beth SARGENT	Wrexham AC	40.41		Glyn Davies
2	253	Miranda HARDACRE	Erme Valley Harriers	40.91		Paul Batten
3	296	Lucy HAMMETT	Swansea Harriers	41.75		John Griffiths
4	294	Lara DURRANI	Cardiff AAC	41.94		Helen James
5	301	Melissa ROBERTS	Cwmbran Harriers	42.80		Phil Banning
6	254	Isabel HUGHES	Bridgend AC	43.27		Adrian Thomas
7	71	Elinor WINFIELD	Yate & District	43.63		Sandra Woodman
8	250	Elise DAVIES	Swansea Harriers	43.97		Neal Merry

Event : T32 Under 17 Women 300m Heats

Qualification to FINAL T63 2(Q) & 2(q)

Pos	Bib	Athlete	Club	Perf	Heat 1	w/s +0.8	Comments
1	253	Miranda HARDACRE	Erme Valley Harriers	41.05	Q		Paul Batten
2	254	Isabel HUGHES	Bridgend AC	42.56	Q		Adrian Thomas
3	71	Elinor WINFIELD	Yate & District	42.99	q		Sandra Woodman
4	258	Megan WILLIAMS	Cardiff AAC	44.11			Georgina Williams
5	295	Dannielle FRANKLIN	Llanelli AC	44.91			Chris Franklin
6	298	Erin HAYES	Cardiff AAC	47.18			Ridley Griffith

Pos	Bib	Athlete	Club	Perf	Heat 2	w/s +0.6	Comments
1	294	Lara DURRANI	Cardiff AAC	41.65	Q		Helen James
2	301	Melissa ROBERTS	Cwmbran Harriers	41.71	Q		Phil Banning
3	204	Emma HENNESSY	Newport Harriers	43.71			Dave Profit
4	68	Emily ROWLANDS	Wrexham AC	44.57			Glyn Davies
5	257	Lois THOMAS	Pembrokeshire Harriers	44.94			Richard Thomas
6	302	Danielle SHORT	Cardiff AAC	48.76			Peter Lane

Pos	Bib	Athlete	Club	Perf	Heat 3	w/s +1.5	Comments
1	256	Beth SARGENT	Wrexham AC	42.19	Q		Glyn Davies
2	296	Lucy HAMMETT	Swansea Harriers	42.60	Q		John Griffiths
3	250	Elise DAVIES	Swansea Harriers	43.26	q		Neal Merry
4	62	Abbie HEWITT	Cornwall AC	43.95			Tony Lett
5	300	Alice NOTTINGHAM	Cardiff AAC	45.67			David Hawthorn



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Event : T98 Under 17 Women 800m Final

All Comers Record : Not recognised at this age group

Welsh Record : Amanda PRITCHARD Cardiff AAC 2.07.32 1996

Championship Best : Kathryn BRIGHT Newport Harriers 2.13.62 1992

2011 Welsh Champion : Lauren BELL Pembroke Harriers 2:14.25

Athletes qualified from event T21

Pos	Bib	Athlete	Club	Perf	Comments
1	293	Abigail BACKSHALL	Colwyn Bay AC	2:17.45	Phillip Oliver
2	378	Rachael SCOTT	Preston Harriers	2:17.64	Andy Bibby
3	379	Kate SEARY	Cardiff AAC	2:19.75	Phil Banning
4	377	Malika REZOUGUI	Cwmbran Harriers	2:21.08	Phil Banning
5	202	Amy COOPER	Marlborough Juniors	2:21.39	Richard Cooper
6	375	Georgia MORGAN	Cardiff AAC	2:21.72	Paul Darney
7	370	Alexandra CAWTHRA	Maldwyn Harriers	2:21.73	
8	372	Cerys HEAHER	Vale Royal AC	2:25.50	Andy Carter

Event : T21 Under 17 Women 800m Heats

Qualification to FINAL T98 3(Q) & 2(q)

Heat 1					
Pos	Bib	Athlete	Club	Perf	Comments
1	293	Abigail BACKSHALL	Colwyn Bay AC	2:26.00	Q Phillip Oliver
2	377	Malika REZOUGUI	Cwmbran Harriers	2:26.03	Q Phil Banning
3	370	Alexandra CAWTHRA	Maldwyn Harriers	2:26.06	Q
4	372	Cerys HEAHER	Vale Royal AC	2:26.71	q Andy Carter
5	374	Emma JORDAN	Cwmbran Harriers	2:30.64	David Norton
6	373	Lucy JONES	Carmarthen Harriers	2:31.35	Carol Jones
7	381	Olivia TURLEY	Cwmbran Harriers	2:40.41	David Norton
Heat 2					
Pos	Bib	Athlete	Club	Perf	Comments
1	379	Kate SEARY	Cardiff AAC	2:20.90	Phil Banning
2	202	Amy COOPER	Marlborough Juniors	2:21.65	Q Richard Cooper
3	378	Rachael SCOTT	Preston Harriers	2:22.31	Q Andy Bibby
4	375	Georgia MORGAN	Cardiff AAC	2:23.96	q Paul Darney
5	298	Erin HAYES	Cardiff AAC	2:30.10	Ridley Griffith
6	297	Chelsie HARRIS	Cwmbran Harriers	2:42.24	
7	380	Cheyenne SINCLAIR	Newport Harriers	2:42.31	Dave Proffitt

Event : T115 Under 17 Women 1500m Final

All Comers Record : Not recognised at this age group

Welsh Record : Non STANFORD Swansea Harriers 4.23.55 2004

Championship Best : Non STANFORD Swansea Harriers 4.33.21 2004

2011 Welsh Champion : Malika REZOUGUI Cwmbran Harriers 4:52.74

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	463	Ellie ATKINSON	Cardiff AAC	4:40.14	Paul Darney
2	376	Lara PHILIPPART	Swansea Harriers	4:42.09	Kevin Tobin
3	379	Kate SEARY	Cardiff AAC	4:49.62	Phil Banning
4	371	Elin DAVIES	Swansea Harriers	4:53.97	
5	465	Rebecca EVANS	Cardiff AAC	4:56.29	
6	467	Caitlin THOMPSON	Pembrokeshire Harriers	5:06.69	
7	466	Jessica JAQUES	Bridgend AC	5:22.34	Anthony Powell
8	464	Jazmine BRIGANTI	Bridgend AC	5:23.78	Anthony Powell
	377	Malika REZOUGUI	Cwmbran Harriers	DNF	Phil Banning



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Event : T90 Under 17 Women 80m Hurdles Final

All Comers Record : Not recognised at this age group

Welsh Record : Heather JONES Carmarthen Harriers 11.27 2003

Championship Best : Heather JONES Carmarthen Harriers 11.27 2003

2011 Welsh Champion : Eleanor BADHAMS Deeside AAC 12.29

w/s +0.8

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	206	Amy LEAHY	Pembrokeshire Harriers	11.91	Nigel Rowland
2	201	Keeleigh CHAPMAN	Swindon Harriers	12.13	Howard Moscrop
3	208	Claire TAYLOR	Cardiff AAC	12.48	Emma Lyons
4	207	Katherine MORRIS	Swansea Harriers	12.52	
5	209	Rosie UNWIN	Maldwyn Harriers	12.78	Arnie Wray

Event : T117 Under 17 Women 300m Hurdles Final

All Comers Record : Not recognised at this age group

Welsh Record : Caryl GRANVILLE Carmarthen Harriers 42.65 2006

Championship Best : Caryl GRANVILLE Carmarthen Harriers 43.7 2005

2011 Welsh Champion : Rhian WILLIAMS Deeside AAC 46.13

Athletes qualified from event T112

Pos	Bib	Athlete	Club	Perf	Comments
1	543	Rhian Kate WILLIAMS	Deeside AAC	44.11	Clive Burton/Tania Williams
2	201	Keeleigh CHAPMAN	Swindon Harriers	44.42	Howard Moscrop
3	294	Lara DURRANI	Cardiff AAC	46.76	Helen James
4	204	Emma HENNESSY	Newport Harriers	46.82	Dave Profit
5	540	Georgia BATES	Deeside AAC	48.95	Mark Garstang
6	302	Danielle SHORT	Cardiff AAC	50.77	Peter Lane
7	541	Angel HARVEY	Llanelli AC	51.06	Chris Franklin
8	295	Dannielle FRANKLIN	Llanelli AC	51.52	Chris Franklin

Event : T112 Under 17 Women 300m Hurdles Heats

Qualification to FINAL T117 3(Q) & 2(q)

Heat 1					
Pos	Bib	Athlete	Club	Perf	Comments
1	543	Rhian Kate WILLIAMS	Deeside AAC	46.05	Q Clive Burton/Tania Williams
2	204	Emma HENNESSY	Newport Harriers	49.03	Q Dave Profit
3	302	Danielle SHORT	Cardiff AAC	50.26	Q Peter Lane
4	295	Dannielle FRANKLIN	Llanelli AC	50.35	q Chris Franklin
5	300	Alice NOTTINGHAM	Cardiff AAC	53.47	David Hawthorn

Heat 2					
Pos	Bib	Athlete	Club	Perf	Comments
1	201	Keeleigh CHAPMAN	Swindon Harriers	45.87	Q Howard Moscrop
2	540	Georgia BATES	Deeside AAC	48.61	Q Mark Garstang
3	541	Angel HARVEY	Llanelli AC	49.46	Q Chris Franklin
4	294	Lara DURRANI	Cardiff AAC	49.95	q Helen James



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Event : T131 Under 17 Women 1.5km Steeple Chase Final

All Comers Record : Not recognised at this age group

Welsh Record : Rhianwedd PRICE Brecon AC 5:24.24 2010

Championship Best : Rhianwedd PRICE Brecon AC 5:24.24 2010

2011 Welsh Champion : Kari O'NEILL Carmarthen Harriers 5:40.80

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	567	Rhian HOMER	Pembrokeshire Harriers	5:53.39	<i>Pete Freeman</i>
2	298	Erin HAYES	Cardiff AAC	5:54.77	<i>Ridley Griffith</i>

Event : T13 Under 17 Women 3.0km Walk Final

All Comers Record : Not recognised at this age group

Welsh Record : Karen NIPPER Roath WC 14:59.32. 1981

Championship Best : No Record Set

2011 Welsh Champion : No Competitors

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	581	Ellie DANTON	Llanelli AC	16:35.96	
2	580	Tillie CARTER	Barry & Vale Harriers	20:00.37	<i>Danny Carter</i>



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Event : F22 Under 17 Women High Jump Final

All Comers Record : Not recognised at this age group

Welsh Record : Lea HAGGETT Herne Hill 1.81 1986

Championship Best : Sarah NICHOLLS/Teresa ANDREWS Bridgend AC/Preseli AC 1.70 1981/1992

2011 Welsh Champion : Georgia BATES/Catrin JONES Deeside AAC/Swansea Harriers 1.60

Pos	Bib	Athlete	Club	Perf	Comments	Coach
1	598	Catrin JONES	Swansea Harriers	1.65		R Jones
2	540	Georgia BATES	Deeside AAC	1.60		Mark Garstang
3	601	Erin WALTERS	Swansea Harriers	1.60		Steve Ryan/Steve Ingram
4	600	Laura TRIGG	Cardiff AAC	1.55		
5	599	Atlanta TAYLOR	Cardiff AAC	1.45		John Penny

Event : F8 Under 17 Women Pole Vault Final

All Comers Record : Not recognised at this age group

Welsh Record : Rebecca DAVIES Deeside AAC 3.65 2009

Championship Best : Christina HUGHES Deeside AAC 3.50 2008

2011 Welsh Champion : Lucy DALY/Shannon LEE Cardiff AAC/Carmarthen Harriers 2.60

Pos	Bib	Athlete	Club	Perf	Comments
1	252	Olivia EVANS	Cardiff AAC	2.76	Edward Thompson
2	631	Holly FIELD	Cardiff AAC	2.46	Emma Lyons
3	632	Cerys MCCOOL	Swansea Harriers	2.16	

Event : F62 Under 17 Women Long Jump Final

All Comers Record : Not recognised at this age group

Welsh Record : Lisa ARMSTRONG Torfaen AC 6.01 1990

Championship Best : Lisa ARMSTRONG Torfaen AC 5.77w 1990

2011 Welsh Champion : Eleanor BADHAMS Deeside AAC 5.07

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf		Comments
1	252	Olivia EVANS	Cardiff AAC	5.30	+0.6	Edward Thompson
2	66	Brenna PRICE	Aberdare VAAC	5.22	-0.5	Edward Thompson
3	656	Rhiann DAVIES	Telford AC	5.15	+2.4	Arnie Wray/Sharon Morris
4	601	Erin WALTERS	Swansea Harriers	5.07	+0.7	Steve Ryan/Steve Ingram
5	658	Rachel LEWIS	Bridgend AC	5.02	+1.7	Nigel Lewis
6	540	Georgia BATES	Deeside AAC	5.01	+2.1	Mark Garstang
7	207	Katherine MORRIS	Swansea Harriers	4.93	+0.6	
8	209	Rosie UNWIN	Maldwyn Harriers	4.81	+0.8	Arnie Wray
9	657	Bethan HILL-HOWELLS	Cardiff AAC	4.67	+0.8	Nigel Lewis
10	541	Angel HARVEY	Llanelli AC	4.05	-0.0	Chris Franklin



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Event : F84 Under 17 Women Triple Jump Final

All Comers Record : Not recognised at this age group

Welsh Record : Jayne LUDLOW Cardiff AAC 12.14 1994

Championship Best : Jayne LUDLOW Cardiff AAC 12.11 1995

2011 Welsh Champion : Mared BAKER Menai T&F 10.26

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	657	Bethan HILL-HOWELLS	Cardiff AAC	10.06	+0.8 Nigel Lewis
2	667	Ffion WALTERS	Swansea Harriers	9.82	+1.4 Steve Ingram
3	666	Hanna OWEN	Maldwyn Harriers	9.50	+1.3 Dave Peters
4	295	Danielle FRANKLIN	Llanelli AC	9.48	+1.2 Chris Franklin
5	300	Alice NOTTINGHAM	Cardiff AAC	8.31	+3.7 David Hawthorn

Event : F70 Under 17 Women Shot (4.00kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Adele NICOLL Birchfield Harriers 13.71p 2012

Championship Best : Adele NICOLL Birchfield Harriers 12.26 2011

New CBP

2011 Welsh Champion : Adele NICOLL Birchfield Harriers 12.26

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	685	Adele NICOLL	Birchfield Harriers	12.99	Andy Brittan
2	686	Awen ROSSER	Carmarthen Harriers	11.06	Paul Jensen
3	679	Manon EDWARDS	Wrexham AC	9.72	Ian Robinson
4	684	Stephanie NICHOLAS	Swansea Harriers	9.28	
5	680	Sabrina FORTUNE	Deeside AAC	9.16	John Parkin
6	682	Lucy HUMPHREYS	Gloucester AC	8.64	
7	683	Bronwen Naomi LEWIS	Carmarthen Harriers	8.19	Richard Weir
8	681	Lauren HARVEY	Llanelli AC	7.98	Chris Franklin

Event : F87 Under 17 Women Discus (1.00kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Philippa ROLES Swansea Harriers 48.88 1994

Championship Best : Sandra LEE Friars Sc 45.04 1979

2011 Welsh Champion : Awen ROSSER Carmarthen Harriers 37.74

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	685	Adele NICOLL	Birchfield Harriers	43.71	Andy Brittan
2	686	Awen ROSSER	Carmarthen Harriers	36.23	Paul Jensen
3	684	Stephanie NICHOLAS	Swansea Harriers	34.37	
4	727	Zoe DAKIN	Bridgend AC	32.19	Paul Jensen
5	680	Sabrina FORTUNE	Deeside AAC	29.41	John Parkin
6	729	Carys SMITH	Swansea Harriers	26.27	Paul Jensen
7	728	Sophie JACKSON	Cwmbran Harriers	24.46	John Gould
8	683	Bronwen Naomi LEWIS	Carmarthen Harriers	24.06	Richard Weir
9	682	Lucy HUMPHREYS	Gloucester AC	17.88	



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Event : F16 Under 17 Women Hammer (4.00kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Toni WELLS Swansea Harriers 51.55 2009

Championship Best : Kate YHNELL Gloucester AC 48.49 2007

2011 Welsh Champion : Zoe DAKIN Bridgend AC 45.74

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	727	Zoe DAKIN	Bridgend AC	41.13	Paul Jensen
2	729	Carys SMITH	Swansea Harriers	34.55	Paul Jensen
3	728	Sophie JACKSON	Cwmbran Harriers	30.19	John Gould
4	632	Cerys MCCOOL	Swansea Harriers	28.92	
5	680	Sabrina FORTUNE	Deeside AAC	19.40	John Parkin

Event : F75 Under 17 Women Javelin (600g) Final

All Comers Record : Not recognised at this age group

Welsh Record : Lianne CLARKE Cardiff AAC 45.55 2003

Championship Best : Carys MANSFIELD Carmarthen Harriers 42.86 2011

2011 Welsh Champion : Carys MANSFIELD Carmarthen Harriers 42.86

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	776	Tasia STEPHENS	Cardiff AAC	37.84	John Davies
2	773	Nicole DAVENPORT	Bridgend AC	32.73	John Davies
3	775	Bethan RADFORD	Swansea Harriers	30.70	Jeff Squire
4	774	Shauna QUIRKE	Bridgend AC	28.21	John Davies
	728	Sophie JACKSON	Cwmbran Harriers	22.91	John Gould
	681	Lauren HARVEY	Llanelli AC	21.54	Chris Franklin



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Event : T53 Under 20 Men 100m Final

All Comers Record : Not recognised at this age group

Welsh Record : Christian MALCOLM Cardiff AAC 10.12 1998

Championship Best : Jamie HENTHORN Carmarthen Harriers 10.54 1996

2011 Welsh Champion : Dewi HAMMOND Bromsgrove 10.87

w/s -0.6

Athletes qualified from event T8

Pos	Bib	Athlete	Club	Perf	Comments
1	36	Dewi HAMMOND	Bromsgrove & Redditch AC	11.11	
2	32	Anax DASILVA	Cardiff AAC	11.18	Helen James
3	38	Dafydd HOWELLS	Neath Harriers	11.18	
4	40	Jamie SEXTON	Cardiff AAC	11.42	Helen James
5	34	Mathew DAVIES	Carmarthen Harriers	11.45	Steve Perks
6	37	Doran HASSAN	Cardiff AAC	11.55	
7	39	Kieron MARTIN	Swansea Harriers	11.80	Steve Ingram
8	35	Elliot HADDON	Swansea Harriers	11.88	
9	33	Liam DAVIES	Aberdare VAAC	11.90	Colin Daley

Event : T75 Under 20 Men 200m Final

All Comers Record : Not recognised at this age group

Welsh Record : Christian MALCOLM Cardiff AAC 20.29 1998

Championship Best : Jamie HENTHORN Carmarthen Harriers 21.46 1996

2011 Welsh Champion : Michael PRENTICE Cardiff AAC 22.17

w/s -0.7

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	243	Samuel GORDON	Cardiff AAC	22.52	Tom Meyer
2	32	Anax DASILVA	Cardiff AAC	22.62	Helen James
3	34	Mathew DAVIES	Carmarthen Harriers	23.37	Steve Perks
4	33	Liam DAVIES	Aberdare VAAC	24.18	Colin Daley

Event : T38 Under 20 Men 400m Final

All Comers Record : Not recognised at this age group

Welsh Record : Tim BENJAMIN Cardiff AAC 46.1 2001

Championship Best : Bruce TASKER Carmarthen Harriers 48.14 2006

2011 Welsh Champion : Paul BENNETT Swansea Harriers 49.95

w/s 0.3

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	321	Owen SMITH	Deeside AAC	48.81	Caroline Sayer
2	242	Matthew ANTONIAZZI	Cwmbran Harriers	50.65	James Thie
3	319	Jonathan HOBBS	Cardiff AAC	51.14	
4	320	Christopher MCNAUGHT	Menai Track & Field	52.84	Barry Edwards
5	318	Curtis GOODGER	Newport Harriers	53.06	Dave Goodger
6	35	Elliot HADDON	Swansea Harriers	54.59	



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Event : T27 Under 20 Men 800m Final

All Comers Record : Not recognised at this age group

Welsh Record : Paul WILLIAMS Barry & Vale Harriers 1.48.20 1986

Championship Best : Tony DYKE Swansea Harriers 1.52.0 1973

2011 Welsh Champion : Charlie HULSON Sale Harriers Manchester 1:57.13

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	353	Tom EARLEY	Colwyn Bay AC	1:55.05	Phillip Oliver
2	318	Curtis GOODGER	Newport Harriers	1:56.85	Dave Goodger
3	356	Matthew O'LEARY	Neath Harriers	1:58.06	Steve Jones
4	355	Naaman MORRIS	Cardiff AAC	1:58.06	Arwyn Davies
5	354	Owen HASWELL	Cardiff AAC	2:06.88	Arwyn Davies
6	352	Rhodri BOGGUST	Brecon AC	2:14.29	

Event : T104 Under 20 Men 1500m Final

All Comers Record : Not recognised at this age group

Welsh Record : Colin CLARKSON Swansea Harriers 3.55.5 1977

Championship Best : Tony BLACKWELL Wolverhampton 3.52.7 1977

2011 Welsh Champion : Jamie WRIGHT Deeside AAC 4:10.08

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	451	Michael WARD	Cardiff AAC	4:02.21	Paul Darney
2	448	Matthew EDWARDS	Cardiff AAC	4:03.59	Paul Darney
3	446	Christopher CARPANINI	Newport Harriers	4:05.19	
4	354	Owen HASWELL	Cardiff AAC	4:10.31	Arwyn Davies
5	450	Paul TOBIN	Swansea Harriers	4:11.42	Kevin Tobin
6	355	Naaman MORRIS	Cardiff AAC	4:14.24	Arwyn Davies
7	356	Matthew O'LEARY	Neath Harriers	4:16.15	Steve Jones
8	449	Samuel LONGVILLE	Cardiff AAC	4:18.22	Ridley Griffiths
	447	Matthew DRURY	Cardiff AAC	DNS	

Event : T83 Under 20 Men 110m Hurdles Final

All Comers Record : Not recognised at this age group

Welsh Record : Colin JACKSON Cardiff AAC 13.44 1986

Championship Best : Colin JACKSON Cardiff AAC 13.8w 1984

2011 Welsh Champion : Josh SANSOM Swansea Harriers 15.50

w/s -0.1

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	188	Daniel BLAIN	Carmarthen Harriers	15.00	Ossie Morgan
2	189	Tyron BLAKE	Cwmbran Harriers	16.20	Jeff Harwood/Stephen Bailey

Event : T106 Under 20 Men 400m Hurdles Final

All Comers Record : Not recognised at this age group

Welsh Record : David GREENE Swansea Harriers 51.14 2005

Championship Best : Rhys WILLIAMS Cardiff AAC 52.54 2003

2011 Welsh Champion : Paul BENNETT Swansea Harriers 53.85

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	554	Aaron WILLMOTT	Carmarthen Harriers	59.20	Wynford Leyshon/Ozzie Morgan
2	553	William POOLE	Wrexham AC	63.87	Colin Edwards



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Event : T123 Under 20 Men 2.0km Steeple Chase Final

All Comers Record : Not recognised at this age group

Welsh Record : Micky MORRIS Cwmbran Harriers 5.34.8 1975

Championship Best : Andrew RODGERS Leeds 5.54.1 1983

2011 Welsh Champion : Emrys PENNY Newport Harriers 6:30.29

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	448	Matthew EDWARDS	Cardiff AAC	6:26.89	Paul Darney
2	452	Evan WYNNE	Newport Harriers	6:48.83	Ceri Wynne
3	561	Jacob ZENNADI	Cwmbran Harriers	6:58.97	Dave Norton
4	559	Tyrone FOWLER	Newport Harriers	7:19.01	
5	560	Rory HESLOP	Cardiff AAC	7:35.06	



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Event : F19 Under 20 Men High Jump Final

All Comers Record : Not recognised at this age group

Welsh Record : Chuka ENIH-SNELL Swansea Harriers 2.15 2000

Championship Best : John HILL Solihull 2.08 1984

2011 Welsh Champion : Adam DAVIES/Stephen GUEST Pembrokeshire Harriers/Bridgend AC 1.90

Pos	Bib	Athlete	Club	Perf	Comments
1	591	Stephen GUEST	Bridgend AC	1.90	Mike Guest
2	590	Jonathon BAILEY	Cardiff AAC	1.85	Stephen Bailey
3	592	Ben JENKINS	Swansea Harriers	1.75	Steve Ryan

Event : F45 Under 20 Men Pole Vault Final

All Comers Record : Not recognised at this age group

Welsh Record : Neil WINTER Shaftesbury 5.50 1992

Championship Best : Andrew PENK Cardiff AAC 4.71 1997

2011 Welsh Champion : Lewis NEWTON Cardiff AAC 4.00

Pos	Bib	Athlete	Club	Perf	Comments
1	624	David CALLAN	Cardiff AAC	4.16	Edward Thompson
2	625	Stephen SCARFI	Swansea Harriers	4.16	Edward Thompson

Event : F57 Under 20 Men Long Jump Final

All Comers Record : Not recognised at this age group

Welsh Record : Colin JACKSON Cardiff AAC 7.56 1985

Championship Best : Richardo CHILDS Brecon AC 7.28w 2003

2011 Welsh Champion : Tomas MORGAN Newport Harriers 6.33

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf		Comments
1	645	Tomas MORGAN	Newport Harriers	6.74	+2.3	John Picket
2	189	Tyron BLAKE	Cwmbran Harriers	6.62	-0.6	Jeff Harwood/Stephen Bailey
3	644	James MCGUIRE	Cardiff AAC	6.35	+0.5	David Hawthorn
4	39	Kieron MARTIN	Swansea Harriers	6.25	+0.9	Steve Ingram
5	34	Mathew DAVIES	Carmarthen Harriers	5.65	+0.0	Steve Perks

Event : F92 Under 20 Men Triple Jump Final

All Comers Record : Not recognised at this age group

Welsh Record : Steven SHALDERS Cardiff AAC 15.99 2000

Championship Best : Steven SHALDERS Cardiff AAC 15.47 1999

2011 Welsh Champion : Kieron MARTIN Swansea Harriers 12.18

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf		Comments
1	320	Christopher MCNAUGHT	Menai Track & Field	13.09	+1.2	Barry Edwards
2	644	James MCGUIRE	Cardiff AAC	12.47	+1.4	David Hawthorn
3	553	William POOLE	Wrexham AC	11.35	+1.8	Colin Edwards



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Event : F48 Under 20 Men Shot (6.00kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Brett MORSE Cardiff AAC 17.14 2008

Championship Best : Mathew EVANS Carmarthen Harriers 15.52 2006

New CBP

2011 Welsh Champion : Josh BUSSELL Cwmbran Harriers 14.28

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	675	Matthew FIELD	Cardiff AAC	16.09	
2	674	Alessandro DUMMETT	Telford AC	11.19	

Nigel Bevan

Eric Cartwright

Event : F97 Under 20 Men Discus (1.75kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Brett MORSE Cardiff AAC 60.46 2008

Championship Best : Brett MORSE Cardiff AAC 53.39 2007

2011 Welsh Champion : Ryan LEONARD Cardiff AAC 38.45

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	675	Matthew FIELD	Cardiff AAC	42.40	

Nigel Bevan

Event : F3 Under 20 Men Hammer (6.00kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Osian JONES Menai T&F 60.22 2010

New Welsh Record

Championship Best : Peter MORGAN Cardiff AAC 56.28 2007

New CBP

2011 Welsh Champion : Osian JONES Menai T&F 54.27

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	754	Osian JONES	Liverpool Harriers	66.97	
2	753	Bradley COLE	Cardiff AAC	50.04	

Dennis Roscoe

Paul Jensen

Event : F80 Under 20 Men Javelin (800g) Final

All Comers Record : Not recognised at this age group

Welsh Record : Jonathan CLARKE Swansea Harriers 68.74 1986

Championship Best : Jonathan CLARKE Swansea Harriers 63.14 1986

New CBP

2011 Welsh Champion : Ryan LEONARD Cardiff AAC 50.40

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	769	Aidan REYNOLDS	Telford AC	64.98	
2	753	Bradley COLE	Cardiff AAC	50.78	
3	645	Tomas MORGAN	Newport Harriers	48.30	
4	767	Niki DAVIES	Neath Harriers	44.74	

David Parker/Andy Bryan

Paul Jensen

John Picket

John Davies



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Event : T42 Under 20 Women 100m Final

All Comers Record : Not recognised at this age group

Welsh Record : Helen MILES Cardiff AAC 11.62 1985

Championship Best : Helen MILES Cardiff AAC 11.66 1985

2011 Welsh Champion : Hannah THOMAS Wrexham AC 12.04

w/s +0.0

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	45	Bethan WAKEFIELD	Bristol and West AC	12.27	David Lease
2	43	Rhiannon JEFFREYS	Neath Harriers	12.33	Peter Walton
3	42	Jamie-Leigh BOWEN	Cardiff AAC	13.02	Peter Lane
4	44	Molly PROBERT	Aberdare VAAC	13.35	Trevor Probet

Event : T80 Under 20 Women 200m Final

All Comers Record : Not recognised at this age group

Welsh Record : Michelle PROBERT Sale Harriers 23.61976

Championship Best : Sallyanne SHORT Torfaen AC 24.2 1986

2011 Welsh Champion : Hannah THOMAS Wrexham AC 24.50

w/s 0.9

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	45	Bethan WAKEFIELD	Bristol and West AC	25.11	David Lease
2	43	Rhiannon JEFFREYS	Neath Harriers	25.36	Peter Walton

Event : T39 Under 20 Women 400m Final

All Comers Record : Not recognised at this age group

Welsh Record : Sian MORRIS Port Talbot 52.80 1983

Championship Best : Amanda PRITCHARD Cardiff AAC 55.80 1996

2011 Welsh Champion : Chloe Ann JONES Wrexham AC 56.89

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	322	Chloe Ann JONES	Wrexham AC	57.73	Glyn Davies
2	323	Nia-Ann ROBERTS	Colwyn Bay AC	67.73	Phil Jones Snr

Event : T29 Under 20 Women 800m Final

All Comers Record : Not recognised at this age group

Welsh Record : Kirsty MCDERMOTT Brecon AC 2.04.01 1981

Championship Best : Amanda PRITCHARD Cardiff AAC 2.08.28 1997

2011 Welsh Champion : Jemima OSBORN Swansea Harriers 2:17.35

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	357	Ffion PRICE	Brecon AC	2:13.20	



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Event : T116 Under 20 Women 1500m Final

All Comers Record : Not recognised at this age group

Welsh Record : Non STANFORD Swansea Harriers 4.23.55 2004

Championship Best : Sarah MEAD Torfaen AC 4.38.05 1998

New CBP

2011 Welsh Champion : Sarah LIVETT Menai T&F 4:43.90

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	357	Ffion PRICE	Brecon AC	4:37.12	
2	455	Sarah LIVETT	Menai Track & Field	4:45.37	
3	453	Fiona BRAY	Cardiff AAC	5:13.85	

*Andy Walling/Jackie Newton
Ridley Griffith*

Event : T87 Under 20 Women 100m Hurdles Final

All Comers Record : Not recognised at this age group

Welsh Record : Bethan EDWARDS Cardiff AAC 13.57 1992

Championship Best : Bethan EDWARDS Cardiff AAC 13.8w/14.46 1992/1990

2011 Welsh Champion : Kimberley DAVIES Swansea Harriers 17.62

w/s -2.6

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	198	Lora ROBERTS	Bridgend AC	17.24	

Adrian Thomas

Event : T109 Under 20 Women 400m Hurdles Final

All Comers Record : Not recognised at this age group

Welsh Record : Alyson EVANS Cardiff AAC 58.37 1985

Championship Best : Faye HARDING Sale Harriers 59.98 2004

2011 Welsh Champion : Megan ROGERS Wrexham AC 63.85

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	198	Lora ROBERTS	Bridgend AC	1:08.17	
2	555	Megan THOMAS	Cardiff AAC	1:09.63	

*Adrian Thomas
Ivor Adams*

Event : T82 Under 20 Women 2.0km Steeple Chase Final

All Comers Record : Not recognised at this age group

Welsh Record : Aneura PHILLIPS Carmarthen 7:38.69 2007

New Welsh Record

Championship Best : Alaw BEYNON-THOMAS 7:40.60 Carmarthen Harriers 2007

New CBP

2011 Welsh Champion : No Competitors

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	562	Rhianwedd PRICE	Brecon AC	6:57.08	
2	563	Stacey WEBBER	Llanelli AC	8:16.63	

Alistar Griffiths

Event : T14 Under 20 Women 3.0km Walk Final

All Comers Record : Not recognised at this age group

Welsh Record : Heather LEWIS Pembroke Harriers 14:09.78 2011

New Welsh Record

Championship Best : Heather LEWIS Pembroke Harriers 14:09.78 2011

New CBP

2011 Welsh Champion : Heather LEWIS Pembroke Harriers 14:09.78

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	579	Heather LEWIS	Pembrokeshire Harriers	13:56.87	



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Event : F24 Under 20 Women High Jump Final

All Comers Record : Not recognised at this age group
Welsh Record : Rebecca JONES Wrexham AC 1.88 2002
Championship Best : Rebecca JONES Wrexham AC 1.77 2000
2011 Welsh Champion : Sian SWANSON Maldwyn Harriers 1.68

Pos	Bib	Athlete	Club	Perf
1	593	Helena MADAN	Pembrokeshire Harriers	1.55

Comments

Event : F83 Under 20 Women Pole Vault Final

All Comers Record : Not recognised at this age group
Welsh Record : Elinor LEWIS Cardiff AAC 3.74 2009
Championship Best : Jessica ABRAHAM Cardiff AAC 3.60 2008
2011 Welsh Champion : Rebecca DAVIES Deeside AAC 3.50

Pos	Bib	Athlete	Club	Perf
1	628	Enfys JONES	Carmarthen Harriers	2.76
2	626	Lucy DALY	Cardiff AAC	2.66

Comments

*Edward Thompson/Islwyn R
Edward Thompson*

Event : F66 Under 20 Women Long Jump Final

All Comers Record : Not recognised at this age group
Welsh Record : Lisa ARMSTRONG Torfaen AC 6.25 1992
Championship Best : Lisa ARMSTRONG Torfaen AC 6.19w 1992
2011 Welsh Champion : Ffion REES Carmarthen Harriers 5.14

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf
1	646	Melissa ARTHUR	Newport Harriers	5.32
2	652	Ffion REES	Carmarthen Harriers	5.18
3	649	Emily DACEY	Swansea Harriers	5.08
4	651	Rhianydd LLEWELLYN	Bridgend AC	4.85
5	647	Mared BAKER	Menai Track & Field	4.76
6	650	Sophie LANE	Swansea Harriers	4.67
7	648	Chelsea CHRISTOPHER	Swansea Harriers	4.10

Comments

*+0.8 Ken Goodger
+1.4
+1.3 Barrie Owen/Steve Ryan
+1.2 Gareth Lease
+3.7
+0.2 Steve Ingram
+4.8*

Event : F85 Under 20 Women Triple Jump Final

All Comers Record : Not recognised at this age group
Welsh Record : Sally PEAKE Liverpool Harriers 12.24 2005
Championship Best : Sally PEAKE Liverpool Harriers 12.02 2005
2011 Welsh Champion : Megan O'SULLIVAN Cardiff AAC 11.20

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf
1	594	Sian SWANSON	Swansea Harriers	10.62
2	647	Mared BAKER	Menai Track & Field	10.24
3	664	Amy CROCOMBE	Deeside AAC	9.67
4	650	Sophie LANE	Swansea Harriers	9.67
5	648	Chelsea CHRISTOPHER	Swansea Harriers	9.16

Comments

*+0.8 Denis Doyle
+1.4
+1.3
+1.2 Steve Ingram
+3.7*



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Event : F51 Under 20 Women Shot (4.00kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Sally HINDS Swansea Harriers 14.72 2005

Championship Best : Sally HINDS Swansea Harriers 14.21 2005

2011 Welsh Champion : Lucy GRIFFITHS Pembroke Harriers 11.24

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Comments

Pos	Bib	Athlete	Club	Perf
1	676	Nina PRELLS	Swansea Harriers	10.06
2	198	Lora ROBERTS	Bridgend AC	8.84

Adrian Thomas

Event : F89 Under 20 Women Discus (1.00kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Philippa ROLES Swansea Harriers 51.60 1997

Championship Best : Philippa ROLES Swansea Harriers 46.62 1996

2011 Welsh Champion : Nina PRELLS Swansea Harriers 37.84

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Comments

Pos	Bib	Athlete	Club	Perf
1	676	Nina PRELLS	Swansea Harriers	34.86

Event : F17 Under 20 Women Hammer (4.00kg) Final

All Comers Record : Not recognised at this age group

Welsh Record : Laura DOUGLAS Sale Harriers 55.22 2002

Championship Best : Laura DOUGLAS Deeside AAC 52.18 2002

New CBP

2011 Welsh Champion : Toni WELLS Swansea Harriers 50.87

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Comments

Pos	Bib	Athlete	Club	Perf
1	755	Toni WELLS	Swansea Harriers	52.22
2	593	Helena MADAN	Pembrokeshire Harriers	34.15
3	676	Nina PRELLS	Swansea Harriers	31.62

Event : F77 Under 20 Women Javelin (600g) Final

All Comers Record : Not recognised at this age group

Welsh Record : Lianne CLARKE Neath Harriers 50.95 2004

Championship Best : Lianne CLARKE Neath Harriers 47.95 2004

2011 Welsh Champion : Zoe PRIESTLEY Pembroke Harriers 38.52

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Comments

Pos	Bib	Athlete	Club	Perf
1	770	Carys MANSFIELD	Carmarthen Harriers	38.89
2	771	Amy TIDBALL	Bridgend AC	36.37



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Event : T48 Senior Men 100m Final

All Comers Record : Craig PICKERING England 10.24 2009

Welsh Record : Christian MALCOLM Cardiff AAC 10.11 2001

Championship Best : Christian MALCOLM Cardiff AAC 10.28 2005

2011 Welsh Champion : Wyn ROBERTS (SM) Swansea Harriers 10.99

w/s +3.2

Athletes qualified from event T3

Pos	Bib	Athlete	Club	Perf	Comments
1	15	Rhys KNAPMAN (U23M)	Cardiff AAC	10.66	<i>Matt Elias</i>
2	8	Lemar FRECKLETON (U23M)	Cardiff AAC	10.78	<i>Jock Anderson/Andy Paul</i>
3	7	Santino DUMMETT (U23M)	Telford AC	10.78	<i>Eric Cartwright</i>
4	13	Gareth HOPKINS (U23M)	Cardiff AAC	10.86	<i>Helen James</i>
5	17	Marc RITCHIE (SM)	Aberdare VAAC	10.90	
6	12	Chris HILL (SM)	Derby AC	10.97	<i>Matt Elias</i>
7	1	Oladele BAMISAYE (SM)	Swansea Harriers	10.97	
	4	Seriashe CHILDS (SM)	Cardiff AAC	DNS	

Event : T3 Senior Men 100m Heats

Qualification to Final T47 3(Q) & 2(q)

heat 1 w/s +2.5

Pos	Bib	Athlete	Club	Perf	Comments
1	15	Rhys KNAPMAN (U23M)	Cardiff AAC	10.85	Q <i>Matt Elias</i>
2	7	Santino DUMMETT (U23M)	Telford AC	10.94	Q <i>Eric Cartwright</i>
3	1	Oladele BAMISAYE (SM)	Swansea Harriers	11.02	Q
4	13	Gareth HOPKINS (U23M)	Cardiff AAC	11.18	q <i>Helen James</i>
5	5	Thomas CUSWORTH (U23M)	Wrexham AC	11.38	<i>Glyn Davies</i>
6	16	Gareth PRICE (SM)	Cardiff AAC	11.41	<i>Helen James</i>
7	14	Mathew JONES (SM)	Carmarthen Harriers	11.62	
8	19	Mark WILLIAMS (SM)	Llanelli AC	12.87	

heat 2 w/s +0.7

Pos	Bib	Athlete	Club	Perf	Comments
1	17	Marc RITCHIE (SM)	Aberdare VAAC	11.01	Q
2	8	Lemar FRECKLETON (U23M)	Cardiff AAC	11.10	Q <i>Jock Anderson/Andy Paul</i>
3	12	Chris HILL (SM)	Derby AC	11.17	Q <i>Matt Elias</i>
4	4	Seriashe CHILDS (SM)	Cardiff AAC	11.20	q
5	9	James GRIFFITHS (U23M)	Cardiff AAC	11.27	<i>Mark Thomas</i>
6	6	Richard DERRICK (SM)	Newton Abbot	11.47	
7	3	Navid CHILDS (SM)	Thames Valley H	11.68	



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Event : T137 Senior Men 200m Final

All Comers Record : Todd BENNETT England 20.36 1984

Welsh Record : Christian MALCOLM Cardiff AAC 20.08 2001

Championship Best : Doug TURNER Cardiff AAC 20.54 2001

2011 Welsh Champion : Rhys WILLIAMS (SM) Cardiff AAC 21.85

w/s -2.0

Athletes qualified from event T71

Pos	Bib	Athlete	Club	Perf	Comments
1	907	Rhys KNAPMAN (U23M)	Cardiff AAC	22.03	Matt Elias
2	13	Gareth HOPKINS (U23M)	Cardiff AAC	22.26	Helen James
3	8	Lemarl FRECKLETON (U23M)	Cardiff AAC	22.38	Jock Anderson/Andy Paul
4	5	Thomas CUSWORTH (U23M)	Wrexham AC	22.65	Glyn Davies
5	235	Debo ADEMUYEWO (SM)	Sale Harriers Manchester	22.74	James Hillier
6	7	Santino DUMMETT (U23M)	Telford AC	22.97	Eric Cartwright
7	237	Allaster GRANT (U23M)	Cardiff AAC	23.38	Georgina Williams
8	236	Benjamin FOWLE (U23M)	Colwyn Bay AC	23.54	Phil Jones

Event : T71 Senior Men 200m Heats

Qualification to Final T137 3(Q) & 2(q)

heat 1 w/s -1.6

Pos	Bib	Athlete	Club	Perf	Comments
1	907	Rhys KNAPMAN (U23M)	Cardiff AAC	22.76	Q Matt Elias
2	5	Thomas CUSWORTH (U23M)	Wrexham AC	22.92	Q Glyn Davies
3	235	Debo ADEMUYEWO (SM)	Sale Harriers Manchester	23.17	Q James Hillier
4	9	James GRIFFITHS (U23M)	Cardiff AAC	24.00	Mark Thomas
5	14	Mathew JONES (SM)	Carmarthen Harriers	24.11	
6	238	Ryan HARRIS (SM)	Bridgend AC	24.33	

heat 2 w/s -1.8

Pos	Bib	Athlete	Club	Perf	Comments
1	13	Gareth HOPKINS (U23M)	Cardiff AAC	22.40	Q Helen James
2	8	Lemarl FRECKLETON (U23M)	Cardiff AAC	22.50	Q Jock Anderson/Andy Paul
3	7	Santino DUMMETT (U23M)	Telford AC	22.51	Q Eric Cartwright
4	236	Benjamin FOWLE (U23M)	Colwyn Bay AC	23.33	q Phil Jones
5	237	Allaster GRANT (U23M)	Cardiff AAC	23.44	q Georgina Williams

Event : T37 Senior Men 400m Final

All Comers Record : Phil BROWN England 45.29 1986

Welsh Record : Iwan THOMAS Newham & Essex Beagles 44.36 1997

Championship Best : Iwan THOMAS Newham & Essex Beagles 45.45 1998

2011 Welsh Champion : Joe THOMAS (U23M) Cardiff AAC 47.25

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	305	Daniel DELL (SM)	Cardiff AAC	50.02	Helen James
2	236	Benjamin FOWLE (U23M)	Colwyn Bay AC	51.25	Phil Jones
3	306	Christopher HALL (SM)	Kingston AC	51.39	Richard Holt
4	309	Lee RICHARDS (SM)	Swansea Harriers	52.33	
5	238	Ryan HARRIS (SM)	Bridgend AC	54.98	



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Event : T102 Senior Men 800m Final

All Comers Record : William TANUI Kenya 1.44.65 1990

Welsh Record : Neil HORSFIELD Newport Harriers 1:45.44 1990

Championship Best : Phil NORGATE Epsom 1.47.8 1983

2011 Welsh Champion : Rhys SMITH (SM) Sale Harriers Manchester 1:51.38

Athletes qualified from event T25

Pos	Bib	Athlete	Club	Perf	Comments
1	344	Elliot SLADE (U20M)	Cardiff AAC	1:52.36	Arwyn Davies
2	335	Carl HILL (U23M)	Aberdare VAAC	1:52.57	Sean Price
3	337	Joseph MAYNARD (SM)	Cardiff AAC	1:52.97	Darrell Maynard
4	345	Ieuan THOMAS (SM)	Cardiff AAC	1:53.52	James Thie
5	341	Thomas PHILLIPS (SM)	Woodford Green	1:53.72	Arwyn Davies
6	338	Johnathan MORGAN (U23M)	Newport Harriers	1:54.23	James Thie
7	336	Michael KERSHAW (U23M)	Cardiff AAC	1:54.59	James Thie
8	333	Adam BITCHELL (U23M)	Cardiff AAC	1:57.13	James Thie
9	340	Ben PHILLIPS (U23M)	Woodford Green	1:59.65	Arwyn Davies
10	342	Chris PROTHERO (U23M)	Cardiff AAC	1:59.90	James Thie
11	343	Matthew RICHARDS (U20M)	Coventry Godiva H	2:02.89	Kevin Evans

Event : T132 Senior Men 1500m Final

All Comers Record : Rob HARRISON England 3.35.74 1986

Welsh Record : Neil HORSFIELD Newport Harriers 3.35.08 1990

Championship Best : Mal EDWARDS Andover AC 3.40.81 1986

2011 Welsh Champion : Adam BITCHELL (SM) Cardiff AAC 3:54.52

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	333	Adam BITCHELL (U23M)	Cardiff AAC	3:49.80	James Thie
2	334	Steve DAVIES (SM)	Belgrave Harriers	3:49.97	Chris Moss
3	438	James MILLS (SM)	Cardiff AAC	3:52.20	Arwyn Davies
4	344	Elliot SLADE (U20M)	Cardiff AAC	3:54.18	Arwyn Davies
5	440	Kyran ROBERTS (U17M)	Carmarthen Harriers	3:55.15	Delyth Brown
6	338	Johnathan MORGAN (U23M)	Newport Harriers	3:56.38	James Thie
7	439	Jonathan PETERS (U23M)	Cardiff AAC	4:01.63	Chris Moss
8	339	Stephen MORRIS (SM)	FDSW	4:01.94	Chris Moss
9	342	Chris PROTHERO (U23M)	Cardiff AAC	4:04.66	James Thie
10	437	Michael KALLENBERG (U23M)	Cardiff AAC	4:06.39	James Thie
11	343	Matthew RICHARDS (U20M)	Coventry Godiva H	4:14.26	Kevin Evans
12	433	Daniel BODMAN (U23M)	Aberdare VAAC	4:23.82	Sean Price
13	434	Brian DIAS (SM)	Cardiff AAC	5:03.58	Rob Hooper



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Event : T60 Senior Men 5000m Final

All Comers Record : Thomas NYARIKI Kenya 13.13.01 1996

Welsh Record : Ian HAMER Swansea Harriers 13.09.80 1992

Championship Best : Tony SIMMONS Luton 13.35.00 1978

2011 Welsh Champion : Matt JANES (SM) Bedford & County AC 15:00.26

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	516	Carwyn JONES (SM)	Cardiff AAC	14:57.57	
2	518	David MOUNTFORD (U23M)	Liverpool Harriers	14:58.09	
3	437	Michael KALLENBERG (U23M)	Cardiff AAC	15:12.42	James Thie
4	512	Ricky CHALLINOR (U23M)	Liverpool Harriers	15:15.93	Dave Evans
5	510	Steven BOYTON (SM)	Deeside AAC	15:16.49	John Messum
6	515	Richard GARDINER (SM)	Aberdare VAAC	15:37.61	Sean Price
7	514	Edward DONOVAN (SM)	Les Croupiers	16:07.77	
8	517	Nathaniel LANE (SM)	Cardiff AAC	16:08.88	Steve Brace
9	513	Stuart CREES (SM)	Les Croupiers	16:17.66	
10	433	Daniel BODMAN (U23M)	Aberdare VAAC	16:29.46	Sean Price
11	434	Brian DIAS (SM)	Cardiff AAC	19:07.55	Rob Hooper
12	511	Kevin CHALLINOR (SM)	Deeside AAC	19:57.81	

Event : T113 Senior Men 10,000m Final

All Comers Record : Ian STEWART Scotland 27.51.30 1977

Welsh Record : Steve JONES Newport Harriers 27.39.14 1983

Championship Best : Steve JONES Newport Harriers 28.43.48 1989

2011 Welsh Champion : Hywel CARE Woodford Green 31:07.06

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	518	David MOUNTFORD (U23M)	Liverpool Harriers	31:44.61	
2	515	Richard GARDINER (SM)	Aberdare VAAC	32:07.47	Sean Price
3	514	Edward DONOVAN (SM)	Les Croupiers	33:46.89	
4	517	Nathaniel LANE (SM)	Cardiff AAC	33:59.54	Steve Brace
5	513	Stuart CREES (SM)	Les Croupiers	34:00.68	
6	572	Gareth LYNCH (SM)	Les Croupiers	36:23.27	

Event : T105 Senior Men 400m Hurdles Final

All Comers Record : Rhys WILLIAMS Cardiff AAC 49.38 2009

Welsh Record : David GREENE Swansea Harriers 47.88 2010

Championship Best : Rhys WILLIAMS Cardiff AAC 49.38 2009

2011 Welsh Champion : Paul BENNETT (U20M) Swansea Harriers 53.52

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	544	Paul BENNETT (U23M)	Swansea Harriers/UWIC	53.27	Judith Gooding/Matt Elias
2	546	Darren LEWIS (SM)	Sale Harriers Manchester	53.34	Joe Caines
3	547	Gareth MORRIS (U23M)	Cardiff AAC	54.24	Nick Dakin/June Plews
4	545	Richard CHAPPELL (SM)	Cardiff AAC	54.93	Tom Meyer/Wynford Leysh
5	548	Thomas PARRY (U23M)	Kingston AC	56.31	Richard Holt

Event : T61 Senior Men 3.0km Steeple chase Final

All Comers Record : Tony STAYNINGS England 8.31.0 1977

Welsh Record : Roger HACKNEY Aldershot 8.18.91 1988

Championship Best : Roger HACKNEY Aldershot 8.32.16 1989

2011 Welsh Champion : Emrys PENNY (U20M) Newport Harriers 10:08.90

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	345	Ieuan THOMAS (SM)	Cardiff AAC	09:02.3	James Thie



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Event : F20 Senior Men High Jump Final

All Comers Record : Robbie GRABARZ England 2.28 2010

Welsh Record : Robert MITCHELL Shaftesbury 2.25 2001

Championship Best : Robert MITCHELL Sale Harriers 2.20 2006

2011 Welsh Champion : Stephen GUEST (U20M) Bridgend AC 1.90

Pos	Bib	Athlete	Club	Perf
1	587	Rob MITCHELL (SM)	Sale Harriers Manchester	2.05
2	585	Owen CHESHER (SM)	Brecon AC	1.95
3	588	Daniel WILLIAMS (SM)	Swansea Harriers	1.80

Comments

Denis Doyle

John Mcfall

Steve Ryan/Darran Williams

Event : F43 Senior Men Pole Vault Final

All Comers Record : Grigory YEGOROV Kazakhstan 5.80 1992

Welsh Record : Neil WINTER Shaftesbury 5.60 1995

Championship Best : Neil WINTER Shaftesbury 5.25 1993 1996

2011 Welsh Champion : Paul WALKER (SM) Loughborough Students AC 5.21

Pos	Bib	Athlete	Club	Perf
1	620	Paul WALKER (SM)	Loughborough Students AC	4.56
2	618	Emyr JONES (U23M)	Carmarthen Harriers	4.36
3	619	Keith POWELL (SM)	Newport Harriers	2.86

Comments

Scott Simpson

Edward Thompson/Islwyn Rees

Keith Powell

Event : F40 Senior Men Long Jump Final

All Comers Record : Ralph BOSTON USA 8.18 1965

Welsh Record : Lynn DAVIES Roath Cardiff AAC 8.23 1968

Championship Best : Steve INGRAM Swansea Harriers 7.91w 1994

2011 Welsh Champion : Richardo CHILDS (SM) Brecon AC 7.48

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf
1	637	Richardo CHILDS (SM)	Brecon AC	7.06
2	641	Adam WILLIAMS (U23M)	Cardiff AAC / UWIC	6.75
3	640	Curtis MATHEWS (U23M)	Barry & Vale Harriers	6.72
4	638	Kueni IGBAGIRI (U23M)	Carmarthen Harriers	6.20
5	306	Christopher HALL (SM)	Kingston AC	6.16
6	639	Stephen JEFFREYS (SM)	Brecon AC	6.02
7	619	Keith POWELL (SM)	Newport Harriers	4.84

Comments

-1.4 Edward Thompson

-1.6 Sean Power

-2.2

6.20 Edward Thompson

6.16 Richard Holt

6.02 John Mcfall

4.84 Keith Powell

Event : F93 Senior Men Triple Jump Final

All Comers Record : Bela BAKOSI Hungary 16.88 1980

Welsh Record : Steven SHALDERS Cardiff AAC 16.71 2005

Championship Best : Steven SHALDERS Cardiff AAC 16.26 2001

2011 Welsh Champion : Navid CHILDS (SM) Thames Valley H 14.91

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf
1	3	Navid CHILDS (SM)	Thames Valley H	13.09
2	641	Adam WILLIAMS (U23M)	Cardiff AAC / UWIC	12.47

Comments

+1.2

+1.4 Sean Power



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Event : F47 Senior Men Shot (7.26kg) Final

All Comers Record : Geoff CAPES England 21.68 1980

Welsh Record : Shaun PICKERING Haringey 20.45 1997

Championship Best : Shaun PICKERING Haringey 19.15 1997

2011 Welsh Champion : Ryan SPENCER-JONES (SM) Birchfield Harriers 16.91

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf
1	673	Ryan SPENCER-JONES (SM)	Birchfield Harriers	17.16
2	672	Jacob MATTHEWS (U23M)	Cardiff AAC	14.03
3	671	James KINGSBURY (SM)	Rhondda AC	9.10

Comments

Paul Jensen

Event : F95 Senior Men Discus (2.00kg) Final

All Comers Record : Brett MORSE Wales 62.99 2010

Welsh Record : Brett MORSE Birchfield Harriers 64.49p 2011

Championship Best : Brett MORSE Birchfield Harriers 60.29 2010

2011 Welsh Champion : David GUEST (SM) Bridgend AC 36.67

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf
1	673	Ryan SPENCER-JONES (SM)	Birchfield Harriers	51.08
2	672	Jacob MATTHEWS (U23M)	Cardiff AAC	43.57
3	640	Curtis MATHEWS (U23M)	Barry & Vale Harriers	42.14
4	721	David GUEST (U23M)	Bridgend AC	33.48
5	671	James KINGSBURY (SM)	Rhondda AC	21.34
6	434	Brian DIAS (SM)	Cardiff AAC	13.77

Comments

Paul Jensen

Mike Guest

Rob Hooper

Event : F4 Senior Men Hammer (7.26kg) Final

All Comers Record : Martin GIRVAN N Ireland 74.18 1982

Welsh Record : Shaun PICKERING Haringey 68.64 1994

Championship Best : Shaun PICKERING Haringey 63.12 1989

2011 Welsh Champion : Matthew RICHARDS (SM) Belgrave Harriers 63.68

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf
1	748	Graham HOLDER (SM)	Bexley AC	55.50
2	750	Ritchie WELLS (SM)	Swansea Harriers	54.69
3	747	Ash ANDREWS (U23M)	Cardiff AAC	47.01

Comments

Lorraine Shaw

Lorraine Shaw

Event : F81 Senior Men Javelin (800g) Final

All Comers Record : Steve BACKLEY England 88.46 1990

Welsh Record : Nigel BEVAN Belgrave 81.70 1992

Championship Best : Colin McKENZIE Newham & Essex Beagles 73.52 1986

New CBP

2011 Welsh Champion : Lee DORAN (SM) City of Sheffield AC 70.90

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf
1	764	Lee DORAN (SM)	City of Sheffield AC	77.99
2	763	Jason COPSEY (U23M)	Cwmbran Harriers	62.68
3	5	Thomas CUSWORTH (U23M)	Wrexham AC	46.11

Comments

John Davies

Glyn Davies



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Event : T54 Senior Women 100m Final

All Comers Record : Heather OAKES England 11.27 1984

Welsh Record : Sallyanne SHORT Torfaen AC/Elaine O'NEILL Woodford Green 11.39 1992/2010

Championship Best : Michelle PROBERT/Sallyanne SHORT Sale Harriers/Torfaen AC 11.3w 1980/198

2011 Welsh Champion : Rachel JOHNCOCK (U20W) Colwyn Bay 12.42

w/s -0.2

Athletes qualified from event T9

Pos	Bib	Athlete	Club	Perf	Comments
1	23	Rachel JOHNCOCK (U20W)	Colwyn Bay AC	11.92	Phillip Oliver
2	26	Hannah THOMAS (U20W)	Wrexham AC	12.27	Dave Lease
3	28	Hannah WILLIAMS (SW)	Bristol and West AC	12.94	Peter Lane
4	20	Tiffany BRANNAN (U23W)	UWIC	13.43	Darrell Maynard
5	21	Kirsty CRANE (SW)	Newport Harriers	13.43	Elwyn Jarrett
6	25	Jessica PETERSON (U23W)	Deeside AAC	14.34	Richard Saylor

Event : T136 Senior Women 200m Final

All Comers Record : Sonia LANNAMAN England 22.58 1980

Welsh Record : Michelle SCUTT Sale Harriers 22.8 1982

Championship Best : Sallyanne SHORT/Catherine MURPHY Torfaen AC/Shafesbury 23.3w 1988/200

2011 Welsh Champion : Rachel JOHNCOCK (U20W) Colwyn Bay 24.33

w/s -1.1

Athletes qualified from event T74

Pos	Bib	Athlete	Club	Perf	Comments
1	26	Hannah THOMAS (U20W)	Wrexham AC	25.23	Dave Lease
2	29	Rebecca WILLIAMS (SW)	Newport Harriers	25.46	
3	241	Hannah PENDLEBURY (U23W)	Cardiff AAC	26.24	Simon Pendlebury
4	20	Tiffany BRANNAN (U23W)	UWIC	27.94	Darrell Maynard
5	240	Katie HEWITT (U23W)	Cornwall AC	28.10	Tony Lett

Event : T66 Senior Women 400m Final

All Comers Record : Michelle SCUTT Wales 50.63 1982

Welsh Record : Michelle SCUTT Sale Harriers 50.63 1982

Championship Best : Michelle SCUTT Sale Harriers 53.08 1984

2011 Welsh Champion : Rebecca WILLIAMS (U23W) Newport Harriers 55.50

Athletes qualified from event T36

Pos	Bib	Athlete	Club	Perf	Comments
1	314	Rhiannon LININGTON-PAYNE (U23)	Cardiff AAC	55.38	Darrell Maynard
2	29	Rebecca WILLIAMS (SW)	Newport Harriers	56.62	
3	316	Megan ROGERS (U20W)	Wrexham AC/UWIC	57.57	Darrell Maynard
4	311	Shelley BRACE (U23W)	Stoke AC	58.22	Alan Morris
5	312	Kathryn DAVIES (SW)	Cardiff AAC	58.68	Trevor Marsay/Ridley Griffiths/Angela Davies
6	240	Katie HEWITT (U23W)	Cornwall AC	62.02	Tony Lett

Event : T28 Senior Women 800m Final

All Comers Record : Christiane WILDSCHEK Austria 2.00.21 1979

Welsh Record : Kirsty McDERMOTT Bristol 1.57.42 1985

Championship Best : Kirsty McDERMOTT Bristol AC 2.02.3 1985

2011 Welsh Champion : Amanda MOSS (SW) Cardiff AAC 2:13.61

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	351	Bethan STRANGE (SW)	Cardiff AAC	2:18.93	James Thie
2	315	Lauren REGAN (U23W)	Cardiff AAC	2:19.05	Paul Darney
3	346	Leigh BARKER (SW)	Brecon AC	2:28.06	Derek Osborne



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Event : T133 Senior Women 1500m Final

All Comers Record : Zola BUDD England 4.04.39 1984

Welsh Record : Hayley TULLETT Swansea Harriers 3.59.95 2003

Championship Best : Annemarie RICHARDS Cardiff AAC 4.19.7 1988

2011 Welsh Champion : Carol GLOVER (SW) Swansea Harriers 4:30.22

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	441	Alaw BEYNON-THOMAS (SW)	Swansea Harriers	4:38.14	Kevin Evans
2	351	Bethan STRANGE (SW)	Cardiff AAC	4:41.22	James Thie
3	442	Angharad DAVIES (U23W)	Carmarthen Harriers	4:50.40	Kevin Evans

Event : T59 Senior Women 5000m Final

All Comers Record : Angela TOOBY Wales 15.27.56 1984

Welsh Record : Angela TOOBY Cardiff AAC 15.13.22 1987

Championship Best : Angharad MAIR Newport Harriers 16.40.20 1997

New CBP

2011 Welsh Champion : Alaw BEYNON - THOMAS (U23W) Carmarthen Harriers 17:43.24

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	558	Caryl Mair JONES (SW)	Swansea Harriers	15:44.84	George Edwards
2	522	Sian EDWARDS (SW)	Kettering Town Harriers	17:13.67	Jeremy Price
3	527	Katie PARRY (SW)	Leeds City AC	17:23.97	Andrew Henderson
4	445	Elinor KIRK (SW)	Swansea Harriers	17:35.06	
5	528	Debbie REES (SW)	Cardiff AAC	17:54.18	Phil Banning
6	523	Leigh JAMES (SW)	Windsor Slough Eton	19:45.68	Paula Fudge

Event : T114 Senior Women 10,000m Final

All Comers Record : Liz LYNCH Scotland 32.59.59 1986

Welsh Record : Angela TOOBY Cardiff AAC 31:55.30 1987

Championship Best : Angela TOOBY Cardiff AAC 33.41.40

2011 Welsh Champion : No Competitors

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	526	Gina PALETTA (U23W)	Concordia University	35:22.93	Bashir Hussain
2	522	Sian EDWARDS (SW)	Kettering Town Harriers	35:43.79	Jeremy Price
3	523	Leigh JAMES (SW)	Windsor Slough Eton	40:48.00	Paula Fudge

Event : T88 Senior Women 100m Hurdles Final

All Comers Record : Kay MORLEY Wales 13.02 1990

Welsh Record : Kay MORLEY Cardiff AAC 13.02 1990

Championship Best : Kay MORLEY Cardiff AAC 13.24 1989

2011 Welsh Champion : Caryl GRANVILLE (U23W) Swansea Harriers 14.26

w/s -2.6

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	190	Caryl GRANVILLE (SW)	Swansea Harriers	14.34	Darrell Maynard
2	191	Heather JONES (SW)	Carmarthen Harriers	14.79	Ossie Morgan
3	193	Catrin STONE (U20W)	Swansea Harriers	15.60	Barrie Owen



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Event : T110 Senior Women 400m Hurdles Final

All Comers Record : Kim BATTEN USA 54.69 1992

Welsh Record : Alyson LAYZELL Cheltenham 56.43 1996

Championship Best : Anwen REES Carmarthen Harriers 58.71 2007

2011 Welsh Champion : Caryl GRANVILLE (U23W) Swansea Harriers 58.99

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	190	Caryl GRANVILLE (SW)	Swansea Harriers	59.29	Darrell Maynard
2	316	Megan ROGERS (U20W)	Wrexham AC/UWIC	1:00.68	Darrell Maynard
3	551	Anwen REES (SW)	Swansea Harriers	1:02.13	Wyn Leyshon
4	549	Emily BROWN (SW)	Cardiff AAC	1:07.04	Darrell Maynard
5	550	Danielle MILL (U23W)	Cardiff AAC	1:07.78	Georgina Williams

Event : T81 Senior Women 2.0km Steeple Chase Final

All Comers Record : Robin ELLERBROCK USA 6:57.36, 2006

Welsh Record : Clare MARTIN Newport Harriers 6:40.34 2005

Championship Best : Caryl JONES Carmarthen Harriers 7:02.95 2009

New CBP

2011 Welsh Champion : Emily BROWN (SW) Cardiff AAC 7:10.56

Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	549	Emily BROWN (SW)	Cardiff AAC	6:57.52	Darrell Maynard



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Event : F25 Senior Women High Jump Final

All Comers Record : Andrea MATAY Hungary 1.93 1980
Welsh Record : Julie CRANE Sale Harriers 1.89 2004
Championship Best : Julie CRANE Sale Harriers 1.82 2000/2005
2011 Welsh Champion : Ffion BODILLY (U17W) Cardiff AAC 1.68

Pos	Bib	Athlete	Club	Perf	Comments
1	589	Sophie PICK (U23W)	Carmarthen Harriers	1.60	John Pickett

Event : F82 Senior Women Pole Vault Final

All Comers Record : Sally PEAKE Wales 4.30 2011
Welsh Record : Sally PEAKE Birchfield Harriers 4.30 2011
Championship Best : Sally PEAKE Birchfield Harriers 4.30 2011
2011 Welsh Champion : Sally PEAKE (SW) Birchfield Harriers 4.30

Pos	Bib	Athlete	Club	Perf	Comments
1	622	Sally PEAKE (SW)	Birchfield Harriers	3.86	Scott Simpson
2	621	Elinor LEWIS (U23W)	Cardiff AAC	3.36	

Event : F67 Senior Women Long Jump Final

All Comers Record : Oluyinka IDOWU England 6.58 1991
Welsh Record : Gill REGAN Cardiff AAC 6.52 1982
Championship Best : Ruth HOWELL Birchfield Harriers 6.33w 1978
2011 Welsh Champion : Lara RICHARDS (SW) A.D. Marathon 6.10
Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	643	Donna JONES (U23W)	Swansea Harriers	5.04	+0.8 Steve Ingram
2	589	Sophie PICK (U23W)	Carmarthen Harriers	4.99	+1.4 John Pickett

Event : F86 Senior Women Triple Jump Final

All Comers Record : Nicole MLADENIS Australia 13.10 2002
Welsh Record : Sara BARRY Cardiff AAC 12.70 2009
Championship Best : Sara BARRY Cardiff AAC 12.62 2010
2011 Welsh Champion : Imogen MILES (SW) Cardiff AAC 11.79
Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	663	Imogen MILES (SW)	Cardiff AAC	11.67	+0.8 Darryl Maynard/ Sean Power
2	643	Donna JONES (U23W)	Swansea Harriers	10.58	+1.4 Steve Ingram



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Event : F50 Senior Women Shot (4.00kg) Final

All Comers Record : Zhu XINMEI China 19.69 1991

Welsh Record : Venissa HEAD Cardiff AAC 18.93 1984

Championship Best : Venissa HEAD Cardiff AAC 18.02 1983

2011 Welsh Champion : Lucy GRIFFITHS (U20W) Pembroke Harriers 11.38

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf
1	662	Vicky LLOYD (SW)	Pembrokeshire Harriers	10.05
2	589	Sophie PICK (U23W)	Carmarthen Harriers	7.91

Comments

John Pickett

Event : F88 Senior Women Discus (1.00kg) Final

All Comers Record : Venissa HEAD Wales 62.02 1984

Welsh Record : Venissa HEAD Cardiff AAC 64.68 1983

Championship Best : Philippa ROLES Sale Harriers 61.41 2008

2011 Welsh Champion : Philippa ROLES (SW) Swansea Harriers 54.64

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf
1	642	Beverley JONES (SW)	Gloucester AC	29.55
2	723	Tracy LLEWELLIN (SW)	Pembrokeshire Harriers	24.33

Comments

John Parkin

Event : F15 Senior Women Hammer (4.00kg) Final

All Comers Record : Lorraine SHAW England 67.10 1999

Welsh Record : Carys PARRY Rhondda AC 66.31 2008

Championship Best : Carys PARRY Rhondda AC 66.30 2008

2011 Welsh Champion : Carys PARRY (SW) Rhondda AC 63.01

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf
1	752	Carys PARRY (SW)	Rhondda AC	64.73
2	751	Laura DOUGLAS (SW)	Sale Harriers Manchester	53.30

Comments

*Lorraine Shaw
Kevin Madden*

Event : F90 Senior Women Javelin (600g) Final

All Comers Record : Shelly HOLROYD England 54.41 2005

Welsh Record : Lianne CLARKE Cardiff AAC 52.68 2007

Championship Best : Lianne CLARKE Cardiff AAC 52.26 2011

2011 Welsh Champion : Lianne CLARKE (SW) Cardiff AAC 52.26

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf
1	766	Claire WILLIAMS (U23W)	Swansea Harriers	39.11

Comments



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Event : T43 Master Men 100m Final

MM40 - MM45 - MM50

Pos	Bib	Athlete	Club	Perf	w/s +0.0 Comments
1	162	Chris MILLARD (MM45)	North Somerset AC	11.88	
2	160	Nick TAYLOR (MM40)	Newport Harriers	12.65	
3	158	Eifion LEWIS (MM40)	Carmarthen Harriers	12.75	
4	159	James MORGAN (MM40)	Newport Harriers	13.07	
5	164	Ormond WILLIAMS (MM50)	Sarn-Helen AC	14.99	
6	163	Alan MANN (MM50)	Les Croupiers	18.05	

Event : T44 Master Men 100m Final

MM60 - MM65 - MM70 - MM75 - MM80

Pos	Bib	Athlete	Club	Perf	w/s +0.8 Comments
1	168	Glyn SUTTON (MM65)	Newport Harriers	12.71	
2	166	Mel JAMES (MM65)	Les Croupiers	15.64	
3	171	John EVANS (MM75)	Rugby & Northampton	16.36	
4	167	Ray LEWIS (MM65)	City of Portsmouth	16.64	
5	172	Trefor PUGH (MM75)	Maldwyn Harriers	17.37	
6	169	Malcolm FARNHAM (MM70)	Les Croupiers	17.83	
7	173	Hubert DANIELS (MM80)	Swansea Harriers	18.30	
8	170	Phil REES (MM70)	Cardiff AAC	18.51	

Event : T77 Master Men 200m Final

MM40 - MM45

Pos	Bib	Athlete	Club	Perf	w/s -1.5 Comments
1	160	Nick TAYLOR (MM40)	Newport Harriers	25.44	
2	158	Eifion LEWIS (MM40)	Carmarthen Harriers	26.08	
3	159	James MORGAN (MM40)	Newport Harriers	26.59	
1	162	Chris MILLARD (MM45)	North Somerset AC	65.65	

Event : T78 Master Men 200m Final

MM50 - MM55 - MM60

Pos	Bib	Athlete	Club	Perf	w/s 0.3 Comments
1	282	Ian BROADHURST (MM55)	Wrexham AC	25.99	
1	280	Malcolm COWTON (MM50)	Yate & District	26.88	
2	281	Duncan STEWARD (MM50)	Clevedon AC	29.57	
1	165	Rod HOWE (MM60)	Cardiff AAC	30.38	
3	164	Ormond WILLIAMS (MM50)	Sarn-Helen AC	30.73	
4	163	Alan MANN (MM50)	Les Croupiers	37.19	

Event : T79 Master Men 200m Final

MM65 - MM70 - MM75 - MM80

Pos	Bib	Athlete	Club	Perf	w/s -0.5 Comments
1	168	Glyn SUTTON (MM65)	Newport Harriers	26.75	
2	166	Mel JAMES (MM65)	Les Croupiers	33.13	
1	171	John EVANS (MM75)	Rugby & Northampton	35.49	
1	169	Malcolm FARNHAM (MM70)	Les Croupiers	38.62	
1	173	Hubert DANIELS (MM80)	Swansea Harriers	40.10	



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Event : T40 Master Men 400m Final

2 races Race 1-MM40, Race 2 MM50+

Pos	Bib	Athlete	Club	Perf	Comments
					Race 1
1	279	Alun JONES (MM40)	Les Croupiers	56.76	
2	331	Anthony POWELL (MM40)	Porthcawl	59.18	
					Race 2
1	282	Ian BROADHURST (MM55)	Wrexham AC	58.31	
2	332	Paul BEVAN (MM50)	Cardiff AAC	58.88	
3	280	Malcolm COWTON (MM50)	Yate & District	59.85	
4	167	Ray LEWIS (MM65)	City of Portsmouth	76.58	
5	164	Ormond WILLIAMS (MM50)	Sarn-Helen AC	77.87	
6	163	Alan MANN (MM50)	Les Croupiers	91.23	

Event : T30 Master Men 800m Final

All Ages Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	428	Brett DAVIS (MM45)	Newport Harriers	2:11.97	
2	331	Anthony POWELL (MM40)	Porthcawl	2:13.60	
3	332	Paul BEVAN (MM50)	Cardiff AAC	2:14.15	
4	427	Steven JULIER (MM40)	Medway & Maidstone	2:18.61	
5	429	Barrie ROBERTS (MM65)	Bournville	2:56.18	
6	163	Alan MANN (MM50)	Les Croupiers	3:18.23	

Event : T134 Master Men 1500m Final

All Ages Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	497	Rob SAGE (MM35)	Les Croupiers	4:30.21	
2	502	Phil CRANE (MM50)	Neath Harriers	4:31.13	
3	427	Steven JULIER (MM40)	Medway & Maidstone	4:46.77	
4	506	Mick MCGEOCH (MM55)	Barry & Vale Harriers	5:01.24	
5	503	Clive OSMOND (MM50)	Les Croupiers	5:24.95	
6	507	David PROFFITT (MM55)	Newport Harriers	5:47.91	
7	505	David BREEN (MM55)	Porthcawl	5:54.61	
8	163	Alan MANN (MM50)	Les Croupiers	6:01.62	
9	429	Barrie ROBERTS (MM65)	Bournville	6:02.49	
10	508	Ian SWANSON (MM60)	Port Talbot	7:03.96	

Event : T57 Master Men 5000m Final

All Ages Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	532	Darren ROWLANDS (MM40)	Wrexham AC	16:17.30	
2	533	Christopher WILLIAMS (MM40)	Port Talbot	16:22.06	
3	531	Andy PEET (MM40)	Wigston Phoenix	16:44.71	
4	535	Robert SHEEN (MM50)	Leicester Coritanian AC	16:52.43	
5	501	Paul COKER (MM50)	Les Croupiers	18:24.92	
6	536	Huw ROBERTS (MM55)	Bridgend AC	18:55.20	
7	534	Alan MASON (MM50)	Les Croupiers	20:39.73	
8	505	David BREEN (MM55)	Porthcawl	21:38.05	
9	163	Alan MANN (MM50)	Les Croupiers	22:40.26	
10	537	Gary HYATT (MM60)	Les Croupiers	23:31.30	
11	508	Ian SWANSON (MM60)	Port Talbot	26:06.32	



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Event : T84 Master Men 110m Hurdles Final

MM45

Pos	Bib	Athlete	Club	Perf	Comments
1	230	Derek OSBORNE (MM45)	Brecon AC	20.40	

Event : T86 Master Men 100m Hurdles Final

MM50

Pos	Bib	Athlete	Club	Perf	Comments
1	232	Richard ATKIN (MM50)	Newport Harriers	21.90	

Event : T108 Master Men 400m Hurdles Final

MM55

Pos	Bib	Athlete	Club	Perf	Comments
1	282	Ian BROADHURST (MM55)	Wrexham AC	65.27	

Event : T16 Master Men 3.0km Walk Final

All Ages Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	583	Ken BOBBETT (MM65)	Hilingdon	18:01.69	
1	578	Gareth EDWARDS (MM60)	Telford AC	19:15.54	
1	582	Stephen WALKER (MM50)	Wrexham AC	19:48.88	
1	178	Loretta DALEY (MW45)	Les Croupiers	21:02.61	
1	584	John COLLINS (MM70)	Swansea Harriers	21:46.72	
2	163	Alan MANN (MM50)	Les Croupiers	22:30.50	



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Event : F21 Master Men High Jump Final

All Ages

Pos	Bib	Athlete	Club	Perf	Comments
1	617	Ron JONES (MM60)	Abingdon Amblers	1.25	
2	172	Trefor PUGH (MM75)	Maldwyn Harriers	1.15	
2	508	Ian SWANSON (MM60)	Port Talbot	1.15	
4	170	Phil REES (MM70)	Cardiff AAC	1.05	

Event : F44 Master Men Pole Vault Final

All Ages

Pos	Bib	Athlete	Club	Perf	Comments
1	230	Derek OSBORNE (MM45)	Brecon AC	2.66	

Event : F69 Master Men Long Jump Final

All Ages Athletes in masters field events will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments
1	230	Derek OSBORNE (MM45)	Brecon AC	4.69	+0.2
2	281	Duncan STEWARD (MM50)	Clevedon AC	4.11	-1.0
3	171	John EVANS (MM75)	Rugby & Northampton	3.47	+1.2
4	172	Trefor PUGH (MM75)	Maldwyn Harriers	3.32	+0.5
5	170	Phil REES (MM70)	Cardiff AAC	2.64	+1.9

Event : F73 Master Men Triple Jump Final

All Ages Athletes in masters field events will have 3 trials

Pos	Bib	Athlete	Club	Perf	Comments
1	669	Dave SHIELDS (MM50)	Reading AC	9.83	
2	668	Wayne HOWE (MM50)	Ashford	9.73	
3	670	Allan CHEERS (MM65)	Basingstoke	9.10	
4	281	Duncan STEWARD (MM50)	Clevedon AC	8.89	
5	171	John EVANS (MM75)	Rugby & Northampton	7.74	
6	172	Trefor PUGH (MM75)	Maldwyn Harriers	7.14	
7	170	Phil REES (MM70)	Cardiff AAC	5.80	



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Event : F39 Master Men Shot Final

All Ages Athletes in masters field events will have 3 trials

Pos	Bib	Athlete	Club	Perf
1	617	Ron JONES (MM60)	Abingdon Amblers	10.31
2	281	Duncan STEWARD (MM50)	Clevedon AC	9.85
3	714	Cliff SCHWABAUER (MM40)	Unattached	9.56
4	169	Malcolm FARNHAM (MM70)	Les Croupiers	7.72
5	170	Phil REES (MM70)	Cardiff AAC	7.48
6	716	Brian WEBB (MM75)	Rhondda AC	7.21
7	715	John DAVIES (MM60)	Port Talbot	6.59

Comments

Event : F71 Master Men Discus Final

All Ages Athletes in masters field events will have 3 trials

Pos	Bib	Athlete	Club	Perf
1	744	Dave STOKES (MM50)	Deeside AAC	34.79
2	617	Ron JONES (MM60)	Abingdon Amblers	33.45
3	668	Wayne HOWE (MM50)	Ashford	28.62
4	715	John DAVIES (MM60)	Port Talbot	27.74
5	281	Duncan STEWARD (MM50)	Clevedon AC	26.50
6	170	Phil REES (MM70)	Cardiff AAC	20.48
7	716	Brian WEBB (MM75)	Rhondda AC	18.22

Comments

Event : F5 Master Men Hammer Final

All Ages Athletes in masters field events will have 3 trials

Pos	Bib	Athlete	Club	Perf
1	713	Barry BARNFIELD (MM40)	Rhondda AC	34.66
2	617	Ron JONES (MM60)	Abingdon Amblers	34.02
3	761	Darran ANDREWS (MM35)	Forest of Dean	30.28
4	715	John DAVIES (MM60)	Port Talbot	24.81

Comments

Event : F78 Master Men Javelin Final

All Ages Athletes in masters field events will have 3 trials

Pos	Bib	Athlete	Club	Perf
1	790	Richard LEDGER (MM40)	Swansea Harriers	44.31
2	668	Wayne HOWE (MM50)	Ashford	37.25
3	714	Cliff SCHWABAUER (MM40)	Unattached	34.22
4	281	Duncan STEWARD (MM50)	Clevedon AC	31.34
5	715	John DAVIES (MM60)	Port Talbot	30.96
6	743	Hywel PORT (MM35)	Rhondda AC	30.75
7	617	Ron JONES (MM60)	Abingdon Amblers	29.71
8	172	Trefor PUGH (MM75)	Maldwyn Harriers	22.47
9	169	Malcolm FARNHAM (MM70)	Les Croupiers	18.29
10	170	Phil REES (MM70)	Cardiff AAC	10.24

Comments



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Event : T45 Master Women 100m Final

All Ages Straight Final

Pos	Bib	Athlete	Club	Perf	w/s +0.0 Comments
1	174	Kirsten WARING (MW35)	Newport Harriers	13.27	
2	177	Lolita BYFIELD-MOORE (MW45)	Cardiff AAC	13.76	
3	176	Lorraine GRAHAM-MULVANEY (MW45)	Cardiff AAC	15.53	
4	175	Lisa FRANKLIN (MW40)	Llanelli AC	15.79	
5	178	Loretta DALEY (MW45)	Les Croupiers	18.34	

Event : T76 Master Women 200m Final

All Ages Straight Final

Pos	Bib	Athlete	Club	Perf	w/s 0.3 Comments
1	174	Kirsten WARING (MW35)	Newport Harriers	26.70	
1	283	Amanda WALE (MW40)	Wrexham AC	28.24	
1	177	Lolita BYFIELD-MOORE (MW45)	Cardiff AAC	28.41	
1	284	Sue HOOPER (MW50)	Cardiff AAC	30.10	
2	175	Lisa FRANKLIN (MW40)	Llanelli AC	33.03	
2	178	Loretta DALEY (MW45)	Les Croupiers	38.28	
1	285	Eirian ARWYN (MW55)	Les Croupiers	39.89	

Event : T41 Master Women 400m Final

All Ages Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	174	Kirsten WARING (MW35)	Newport Harriers	60.19	
2	283	Amanda WALE (MW40)	Wrexham AC	62.32	
3	284	Sue HOOPER (MW50)	Cardiff AAC	69.59	
4	178	Loretta DALEY (MW45)	Les Croupiers	85.41	

Event : T31 Master Women 800m Final

All Ages Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	430	Jenny PHILLIPS (MW45)	Llanelli AC	2:33.58	
2	432	Pat GALLAGHER (MW65)	Yate & District/Westbury H	3:03.53	
3	178	Loretta DALEY (MW45)	Les Croupiers	3:04.63	
4	431	Rebecca HAMBROOK (MW60)	Porthcawl	3:29.31	

Event : T135 Master Women 1500m Final

All Ages Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	430	Jenny PHILLIPS (MW45)	Llanelli AC	5:19.34	
2	509	Jane COKER (MW50)	Les Croupiers	5:20.84	
3	178	Loretta DALEY (MW45)	Les Croupiers	6:26.67	
4	431	Rebecca HAMBROOK (MW60)	Porthcawl	6:58.57	
5	285	Eirian ARWYN (MW55)	Les Croupiers	7:47.96	

Event : T58 Master Women 5000m Final

All Ages Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	539	Satu HAIKALA (MW40)	Brecon AC	18:53.62	
2	509	Jane COKER (MW50)	Les Croupiers	19:19.21	
3	538	Catherine OLIVANT (MW35)	Brecon AC	23:05.54	
4	178	Loretta DALEY (MW45)	Les Croupiers	23:40.10	
5	285	Eirian ARWYN (MW55)	Les Croupiers	27:59.49	



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Event : T91 Master Women 80m Hurdles Final

All Ages Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	283	Amanda WALE (MW40)	Wrexham AC	12.92	



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Event : F68 Master Women Long Jump Final

All Ages Athletes in masters field events will have 3 trials

Pos	Bib	Athlete	Club	Perf
1	283	Amanda WALE (MW40)	Wrexham AC	4.44
2	430	Jenny PHILLIPS (MW45)	Llanelli AC	4.17
3	179	Clare ST JOHN-COLEMAN (MW50)	Chelmsford	3.90

Comments

Event : F74 Master Women Triple Jump Final

All Ages Athletes in masters field events will have 3 trials

Pos	Bib	Athlete	Club	Perf
1	179	Clare ST JOHN-COLEMAN (MW50)	Chelmsford	8.18

Comments

Event : F49 Master Women Shot Final

All Ages Athletes in masters field events will have 3 trials

Pos	Bib	Athlete	Club	Perf
1	717	Cath ALFORD (MW35)	Rhondda AC	9.31
2	718	Karen LLEWELLIN (MW45)	Pembrokeshire Harriers	7.98
3	719	Renate PRELLS (MW55)	Swansea Harriers	7.04
4	175	Lisa FRANKLIN (MW40)	Llanelli AC	6.22
5	720	Helen COLE (MW65)	Rhondda AC	5.69

Comments

Event : F72 Master Women Discus Final

All Ages Athletes in masters field events will have 3 trials

Pos	Bib	Athlete	Club	Perf
1	746	Amanda SCHWABAUER (MW40)	Menai Track & Field	33.00
2	718	Karen LLEWELLIN (MW45)	Pembrokeshire Harriers	23.33
3	719	Renate PRELLS (MW55)	Swansea Harriers	20.70
4	720	Helen COLE (MW65)	Rhondda AC	11.16

Comments

Event : F18 Master Women Hammer Final

All Ages Athletes in masters field events will have 3 trials

Pos	Bib	Athlete	Club	Perf
1	717	Cath ALFORD (MW35)	Rhondda AC	33.59
2	718	Karen LLEWELLIN (MW45)	Pembrokeshire Harriers	28.04
3	719	Renate PRELLS (MW55)	Swansea Harriers	26.99
4	762	Sarah JAMES (MW35)	Forest of Dean	16.60
5	720	Helen COLE (MW65)	Rhondda AC	15.94

Comments

Event : F76 Master Women Javelin Final

All Ages Athletes in masters field events will have 3 trials

Pos	Bib	Athlete	Club	Perf
1	283	Amanda WALE (MW40)	Wrexham AC	25.05
2	718	Karen LLEWELLIN (MW45)	Pembrokeshire Harriers	18.65
3	175	Lisa FRANKLIN (MW40)	Llanelli AC	17.82
4	720	Helen COLE (MW65)	Rhondda AC	16.06
5	719	Renate PRELLS (MW55)	Swansea Harriers	12.60
6	791	Jo DAVIS (MW35)	Swansea Harriers	10.76

Comments



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Event : T46 Ambulant Male/Female 100m Race

Disability Race

Pos	Bib	Athlete	Club	Perf	Comments
1	185	Rhys JONES (T37)	FDSW	12.31	w/s +2.8
2	186	Tony MILLS (T44)	FDSW	12.43	
3	184	Jordan HOWE (T35)	FDSW	13.25	

Event : T47 Ambulant Male/Female 100m Race

Disability Race

Pos	Bib	Athlete	Club	Perf	Comments
1	183	Earl MCRAE (T20)	FDSW	12.3*	w/s nwr
2	10	Stephen HERBERT (SM)	Cardiff AAC	14.0*	

Event : T122 Ambulant Male 200m Race

Disability Race

Pos	Bib	Athlete	Club	Perf	Comments
1	185	Rhys JONES (T37)	FDSW	25.57	
2	184	Jordan HOWE (T35)	FDSW	28.59	
3	10	Stephen HERBERT (SM)	Cardiff AAC	29.67	

Event : F29 Ambulant Male Shot Final

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	709	Kyron DUKE (F40)	FDSW	11.19	
2	705	Konrad BISPING (F12)	FDSW	10.29	

Event : F14 Ambulant Female Shot Final

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	642	Beverley JONES (SW)	Gloucester AC	9.67	

Event : F34 Ambulant Male/Female Discus Final

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	709	Kyron DUKE (F40)	FDSW	37.52	
2	710	Victoria SILK (F40)	FDSW	19.07	

Event : F31 Ambulant Male Javelin Final

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	709	Kyron DUKE (F40)	FDSW	37.39	

Event : F27 Ambulant Female Javelin Final

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	788	Hollie ARNOLD (F46)	FDSW	35.88	



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Event : F42 Ambulant Male Long Jump Final

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	182	James LEDGER (T13)	Swansea Harriers	5.40	-0.3

Event : F33 Seated Female Club Throw Final

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	706	Daniel DAVIES (F32)	FDSW	14.93	
1	742	Josie PEARSON (F51)	FDSW	12.22	

Event : F36 Seated Male Shot Final

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	707	Ashleigh HELLYER (F33)	FDSW	7.35	

Event : F36A Seated Male Javelin Final

Athletes have 3+3 trials, accepting that 1 valid trial is recorded in the first 3

Pos	Bib	Athlete	Club	Perf	Comments
1	789	Nathan STEPHENS (F57)	FDSW	37.17	