



WELSH ATHLETICS
ATHLETAU CYMRU

Welsh Athletics Senior League Div 2

Ynys Stadium

Aberdare

30 July 2011

Results

T24 - U17W, 100m

League Record Danielle BARKER, Neath Harriers, 12.2, 2003

w/s +2.3

Welsh Record Sallyanne SHORT & Rachel JOHNSON, Torfaen AC & Colwyn Bay, 11.88 & 11.88w, 1984 & 2

Pos	Bib	Athletes	Club	Perf.	Comments
1	733	Rhiannon JEFFREYS	Neath Harriers	12.74	G3*
2	710	Dannielle FRANKLIN	Llanelli AC	13.77	
3	703	Elin EVANS	Llanelli AC	14.02	pb
4	586	Reeves GWENLLIAN	Brecon AC	14.48	
5	668	Kate NASH	Colwyn Bay AC	14.83	

T30 - U17W, 300m

League Record Megan ROGERS, Wrexham AC, 39.9, 2008

Welsh Record Faye HARDING, Wrexham AC, 39.46, 2001

Pos	Bib	Athletes	Club	Perf.	Comments
1	733	Rhiannon JEFFREYS	Neath Harriers	42.97	G3*
2	625	Lora ROBERTS	Bridgend AC	44.57	
3	667	Kate MOORECROFT	Colwyn Bay AC	45.03	
4	710	Dannielle FRANKLIN	Llanelli AC	44.03	pb
5	677	Francesca HYDE	Cwmbran Harriers	49.12	
6	703	Elin EVANS	Llanelli AC	49.87	
7	668	Kate NASH	Colwyn Bay AC	51.28	

T13 - U17W, 1500m

League Record Kayleigh BROWN, Carmarthen Harriers, 4.45.0, 2006

Welsh Record Non STANFORD, Swansea Harriers, 4.23.55, 2004

Pos	Bib	Athletes	Club	Perf.
1	677	Francesca HYDE	Cwmbran Harriers	5:18.80
2	667	Kate MOORECROFT	Colwyn Bay AC	5:32.76

T6 - U17W, 3000m

League Record Ffion PRICE, Brecon AC, 10.46.30, 2009

Lge Rec

Welsh Record Non STANFORD, Swansea Harriers, 9.22.84, 2004

Pos	Bib	Athletes	Club	Perf.
1	588	Ffion PRICE	Brecon AC	10:16.17
2	589	Rhianwedd PRICE	Brecon AC	10:39.64
3	660	Helen MCARTHUR	Colwyn Bay AC	20:17.62
4	641	Mary DOWELL-JONES	Colwyn Bay AC	20:48.51
5	640	Laurie GRIFFITH	Colwyn Bay AC	22:03.78

T14 - U17W, 80m hurdles (76.2cm)

League Record Heather JONES, Carmarthen Harriers, 11.3, 2003

Welsh Record Heather JONES, Carmarthen Harriers, 11.27, 2003

+2.4

Pos	Bib	Athletes	Club	Perf.	Comments
1	625	Lora ROBERTS	Bridgend AC	12.25	G2*

F12 - U17W, Shot Put (4.00kg)

League Record Sally HINDS, Swansea Harriers, 11.47, 2002

Welsh Record Philipa ROLES, Swansea Harriers, 13.65, 1994

Pos	Bib	Athletes	Club	Perf.	Comments
1	625	Lora ROBERTS	Bridgend AC	8.97	G3* pb
2	716	Lauren HARVEY	Llanelli AC	7.01	pb
3	560	Danielle CLOSE	Barry & Vale Harriers	5.76	pb

F3 - U17W, Javelin (600g)

League Record Lianne CLARKE, Neath Harriers, 44.40, 2003

Welsh Record Lianne CLARKE, Neath Harriers, 45.55, 2003

Pos	Bib	Athletes	Club	Perf.	Comments
1	613	Nicole DAVENPORT	Bridgend AC	34.14	G2* pb
2	716	Lauren HARVEY	Llanelli AC	21.93	pb
3	560	Danielle CLOSE	Barry & Vale Harriers	19.78	pb

T21 - U17M, 100mLeague Record **Lloyd REFFELL, Cardiff AAC, 11.2, 2005**Welsh Record **Tim BENJAMIN & Andrew WATKINS , Cardiff AAC & Cwmbran H, 10 w/s +1.5**

Pos	Bib	Athletes	Club	Perf.	Lge Rec	Comments
1	551	Thomas WILLIAMS	Barry & Vale Harriers	11.11		G1*
2	673	Ryan LEE	Cwmbran Harriers	11.52		
3	529	Liam DAVIES	Aberdare VAAC	11.71		
4	644	Carlos MARTINEZ	Colwyn Bay AC	12.07		
5	593	Rhodri BOGGUST	Brecon AC	12.58		

Race 2

Pos	Bib	Athletes	Club	Perf.	w/s +1.7
1	550	Matthew COLLINS	Barry & Vale Harriers	11.56	
2	555	Joseph GREEN	Barry & Vale Harriers	12.13	
3	678	Ellis ROACH	Cwmbran Harriers	12.19	
4	708	Aidan JAMES	Llanelli AC	12.35	
5	647	Jake LOVATT	Colwyn Bay AC	13.01	

T27 - U17M, 400mLeague Record **Rhodri SCANLON, Carmarthen Harriers, 51.1, 2003**Welsh Record **Bruce TASKER, Carmarthen Harriers, 47.85, 2004**

Pos	Bib	Athletes	Club	Perf.	
1	672	Matthew ANTONIAZZI	Cwmbran Harriers	51.49	G2*
2	673	Ryan LEE	Cwmbran Harriers	52.42	G3
3	551	Thomas WILLIAMS	Barry & Vale Harriers	53.54	
4	549	Matthew EDWARDS	Barry & Vale Harriers	54.54	
5	593	Rhodri BOGGUST	Brecon AC	55.12	
6	664	Tom HARDING	Colwyn Bay AC	56.23	
7	645	Harrison JONES	Colwyn Bay AC	59.59	

Race 2

Pos	Bib	Athletes	Club	Perf.
1	671	Owen DAVIES	Cwmbran Harriers	55.83
2	553	Harrison WILLIAMS	Barry & Vale Harriers	56.66
3	669	Aaron TURLEY	Cwmbran Harriers	56.89
4	649	George BACKSHALL	Colwyn Bay AC	58.87

T9 - U17M, 1500mLeague Record **David JONES, Carmarthen Harriers, 4.07.0,**Welsh Record **Colin CLARKSON, Swansea Harriers, 3.51.5, 1977**

Pos	Bib	Athletes	Club	Perf.	
1	549	Matthew EDWARDS	Barry & Vale Harriers	4:12.22	G3*
2	664	Tom HARDING	Colwyn Bay AC	4:17.21	*
3	624	Sam LONGVILLE	Bridgend AC	4:19.30	*
4	671	Owen DAVIES	Cwmbran Harriers	4:20.09	*
5	670	Ben JONES	Cwmbran Harriers	4:30.61	*
6	732	Deri STEWART	Neath Harriers	4:39.53	

T5 - U17M, 3000mLeague Record **Daniel CHESWORTH, Newport Harriers, 9.08.0, 2010**Welsh Record **Colin CLARKSON, Swansea, 8.25.2, 1977**

Pos	Bib	Athletes	Club	Perf.
1	662	Jake GRIFFITH	Colwyn Bay AC	10:35.24
2	706	Nathan HARRISON	Llanelli AC	10:36.47

T12 - U17M, 100m hurdles (91.4cm)League Record **Dafydd WALTERS, Carmarthen Harriers, 13.8, 2007**Welsh Record **David GUEST, Bridgend AC, 12.94, 2007** +1.6

Pos	Bib	Athletes	Club	Perf.	
1	552	Ieuan ORTON	Barry & Vale Harriers	15.61	*

T33 - U17M, 4 x 100 Relay

League Record Cardiff AAC, 45.2, 2002

Welsh Record Not Recognised at this age group

Pos	Bib	Athletes	Club	Perf.	
1	551	Barry & Vale Harriers		45.66	*
2	664	Colwyn Bay AC		50.12	

T39 - U17M, 4 x 400 Relay

League Record Swansea Harriers, 3.43.6, 2010

Welsh Record Not Recognised at this age group

Pos	Bib	Athletes	Club	Perf.	
1	550	Barry & Vale Harriers		3:40.3	*

F18 - U17M, High Jump

League Record Sam HOOD, Cardiff AAC, 2.05,

Welsh Record Chuka ENIH-SNELL, Swansea Harriers, 2.15, 2000

Pos	Bib	Athletes	Club	Perf.	
1	552	Ieuan ORTON	Barry & Vale Harriers	1.65	* pb
2	644	Carlos MARTINEZ	Colwyn Bay AC	1.50	pb
3=	553	Harrison WILLIAMS	Barry & Vale Harriers	1.40	pb
3=	662	Jake GRIFFITH	Colwyn Bay AC	1.40	pb

F9 - U17M, Long Jump

League Record Ricardo CHILDS, Brecon AC, 6.88, 2001

Welsh Record Marcus BROWNING, Chester, 7.11, 1986

Pos	Bib	Athletes	Club	Perf.	
1	644	Carlos MARTINEZ	Colwyn Bay AC	5.48	* pb
2	555	Joseph GREEN	Barry & Vale Harriers	5.40	* pb
3	570	Luke COLLINS	Blaenau Gwent AC	5.31	pb
4	529	Liam DAVIES	Aberdare VAAC	4.77	pb
5	549	Matthew EDWARDS	Barry & Vale Harriers	4.31	pb
6	650	Seores BAILEY	Colwyn Bay AC	4.18	pb

F24 - U17M, Shot Put (5.00kg)

League Record Tom EDWARDS, Carmarthen Harriers, 15.37, 2008

Welsh Record Mark HEWER, Cardiff AAC, 16.93, 1979

Pos	Bib	Athletes	Club	Perf.	
1	661	Mathew REECE	Colwyn Bay AC	13.80	G1* pb
2	595	Robson BLAKE	Brecon AC	13.21	G1* pb
3	669	Aaron TURLEY	Cwmbran Harriers	8.83	pb
4	671	Owen DAVIES	Cwmbran Harriers	8.57	pb
5	648	Dylan SAYERS	Colwyn Bay AC	8.42	pb

F15 - U17M, Javelin (700g)

League Record Jon LLEWELLYN, Carmarthen Harriers, 60.17, 2009

Welsh Record Colin MACKENZIE, East Kent, 70.30, 1979

Pos	Bib	Athletes	Club	Perf.	
1	674	Tom NORTON	Cwmbran Harriers	49.68	G1* pb
2	595	Robson BLAKE	Brecon AC	43.24	G3* pb
3	553	Harrison WILLIAMS	Barry & Vale Harriers	38.91	G4* pb
4	593	Rhodri BOGGUST	Brecon AC	37.95	* pb
5	661	Mathew REECE	Colwyn Bay AC	34.82	pb
6	648	Dylan SAYERS	Colwyn Bay AC	32.75	pb
7	552	Ieuan ORTON	Barry & Vale Harriers	29.07	pb

T23 - U20W, 100m

League Record Susan BAGNALL, Deeside AAC, 12.3, 2003

Welsh Record Helin MILES, Cardiff AAC, 11.62, 1985

Pos	Bib	Athletes	Club	Perf.	Comments
1	705	Abigail HALL	Llanelli AC	13.40	
2	638	Nia ROBERTS	Colwyn Bay AC	13.59	

w/s +0.8

T29 - U20W, 400m

League Record Gail LIPPETT, Wrexham AC, 59.00, 2007

Welsh Record Sian MORRIS, Port Talbot, 52.80, 1983

Pos	Bib	Athletes	Club	Perf.
1	638	Nia ROBERTS	Colwyn Bay AC	65.92

T18 - U20W, 1500m

League Record Helen WILLIAMS, Wrexham AC, 4.57.0,

Welsh Record Non STANFORD, Swansea Harriers, 4.23.55, 2004

Pos	Bib	Athletes	Club	Perf.	Lge Rec
1	623	Ffion LEWIS	Bridgend AC	4:53.29	*
2	714	Stacey WEBBER	Llanelli AC	5:32.11	

T42 - U20W, 4 x 400 Relay

League Record Cardiff AAC, 4.23.85, 2009

Welsh Record Not Recognised at this age group

Pos	Bib	Athletes	Club	Perf.	
1	714	Llanelli AC		03:22.73	*

F2 - U20W, Javelin (600g)

League Record Lianne CLARKE, Neath Harriers, 46.79, 2005

Welsh Record Lianne CLARKE, Cardiff AAC, 50.95, 2004

Pos	Bib	Athletes	Club	Perf.	
1	558	Ellie CARTER	Barry & Vale Harriers	15.33	pb

T20 - U20M, 100m

League Record Calvin MCLAGGON & Tom KNIGHT, Barry & Vale H & Cardiff AAC, 10.9, 2003 &

Welsh Record Christian MALCOLM, Cardiff AAC, 10.12, 1998 w/s +1.4

Pos	Bib	Athletes	Club	Perf.	Comments
1	651	Luke BEVAN	Colwyn Bay AC	11.69	*

T26 - U20M, 400m

League Record Sam CONWAY, Cardiff AAC, 50.0, 2010.

Welsh Record Tim BENJAMIN, Cardiff AAC, 46.10, 2001

Pos	Bib	Athletes	Club	Perf.	Comments
1	734	Matthew O'LEARY	Neath Harriers	52.80	*
2	554	Dominic FARR	Barry & Vale Harriers	54.52	
3	591	Adam JONES	Brecon AC	55.05	
4	735	Rhodri LEWIS	Neath Harriers	59.76	

T16 - U20M, 1500m

League Record Tom MARSHALL, Brecon AC, 4.05.6, 2007

Welsh Record Neil HORSEFIELD, Newport Harriers, 3.44.59, 1984

Pos	Bib	Athletes	Club	Perf.
1	554	Dominic FARR	Barry & Vale Harriers	4:27.11

T2 - U20M, 3000m

League Record David MOUNTFORD Deeside AAC 8.52.4 2010

Welsh Record Andrew RODGERS, 8:12.6, Leeds, 1983

Pos	Bib	Athletes	Club	Perf.
No Athletes Declared				

T8 - U20M, 110m hurdles (99.0cm)

League Record Dafydd WALTERS, Carmarthen Harriers, 14.9, 2008

Welsh Record Colin JACKSON, Cardiff AAC, 13.44, 1986

Pos	Bib	Athletes	Club	Perf.
No Athletes Declared				

F17 - U20M, High Jump

League Record Gareth HAINES, Carmarthen Harriers, 1.98,

Welsh Record John HILL, Solihull, 2.24, 1985

Pos	Bib	Athletes	Club	Perf.	Comments
1	734	Matthew O'LEARY	Neath Harriers	1.45	pb

T22 - SW, 100m

League Record Sallyanne SHORT, Torfaen AC, 11.9, 1987

Welsh Record Sallyanne SHORT, Torfaen AC, 11.39, 1992

Pos	Bib	Athletes	Club	Perf.	Comments
1	531	Helen WILLIAMS	Aberdare VAAC	27.83	

w/s +1.2

T28 - SW, 400m

League Record Anne MIDDLE, Newport Harriers, 55.2, 1991

Welsh Record Michelle SCUTT, Sale Harriers, 50.63, 1982

Pos	Bib	Athletes	Club	Perf.
1	640	Laurie GRIFFITH	Colwyn Bay AC	79.86
2	531	Helen WILLIAMS	Aberdare VAAC	129.97

T17 - SW, 1500m

League Record Hayley NASH, Swansea Harriers, 4.24.4, 1987

Welsh Record Hayley TULLETT, Swansea Harriers, 3.59.95, 2000

Pos	Bib	Athletes	Club	Perf.
1	704	Jenny PHILLIPS	Llanelli AC	5:19.56
2	707	Ffion EVANS	Llanelli AC	5:42.54
3	641	Mary DOWELL-JONES	Colwyn Bay AC	5:47.29
4	660	Helen MCARTHUR	Colwyn Bay AC	6:20.24

T3 - SW, 5000m

League Record No record set

Welsh Record Angela TOOBY, Cardiff AAC, 15:27.56, 1984

Pos	Bib	Athletes	Club	Perf.
1	660	Helen MCARTHUR	Colwyn Bay AC	20:17.62
2	641	Mary DOWELL-JONES	Colwyn Bay AC	20:48.51
3	640	Laurie GRIFFITH	Colwyn Bay AC	22:03.78

F10 - SW, Shot Put (4.00kg)

League Record Vanessa HEAD, Cardiff AAC, 18.93, 1984

Welsh Record Vanessa HEAD, Cardiff AAC, 18.93, 1984

Pos	Bib	Athletes	Club	Perf.	Comments
1	581	Julie DRISCOLL	Brecon AC	7.96	pb

F1 - SW, Javelin (600g)

League Record Karen HOUGH, Swansea Harriers, 47.94, 1984

Welsh Record Lianne CLARKE, Cardiff AAC, 52.68, 2007

Pos	Bib	Athletes	Club	Perf.	Comments
1	581	Julie DRISCOLL	Brecon AC	15.56	pb

T19 - SM, 100m**League Record** Colin JACKSON, Cardiff AAC, 10.3, 1993**Welsh Record** Christian MALCOLM, Cardiff AAC, 10.11, 2001

Pos	Bib	Athletes	Club	Perf.	Comments
1	530	Marc RITCHIE	Aberdare VAAC	10.92	G3*
2	700	Jonathan WILLIAMS	Llanelli AC	11.48	
3	702	James THOMAS	Llanelli AC	11.51	
4	656	Callum MCCABE	Colwyn Bay AC	12.03	
5	523	David WILLIAMS	Aberdare VAAC	12.41	
6	605	Gethin MCFALL	Brecon AC	12.57	

T25 - SM, 400m**League Record** Roger BARRETT, Carmarthen Harriers, 48.0, 1984**Welsh Record** Iwan THOMAS, Newham, 44.36, 1997

Pos	Bib	Athletes	Club	Perf.	Comments
1	700	Jonathan WILLIAMS	Llanelli AC	49.63	G3*
2	702	James THOMAS	Llanelli AC	53.49	pb
3	523	David WILLIAMS	Aberdare VAAC	55.06	
4	525	Alex NAMAANI	Aberdare VAAC	60.19	
5	527	Stephen HUGHES	Aberdare VAAC	65.87	
6	653	Konrad ROBERTS	Colwyn Bay AC	69.74	

T15 - SM, 1500m**League Record** Shaun WHELAN, Swansea Harriers, 3.50.2, 1988**Welsh Record** Neil HORSEFIELD, Newport Harriers, 3.35.08, 1990

Pos	Bib	Athletes	Club	Perf.
1	526	Daniel BODMAN	Aberdare VAAC	4:26.03
2	524	Craig SPROD	Aberdare VAAC	4:41.08
3	600	Kendrick PHILIP	Brecon AC	4:45.81
4	528	Dafydd JONES	Aberdare VAAC	4:54.61
5	620	Evatt CUMMINGS	Bridgend AC	4:58.97
6	527	Stephen HUGHES	Aberdare VAAC	5:04.80
7	653	Konrad ROBERTS	Colwyn Bay AC	5:20.41

T1 - SM, 5000m**League Record** Ian HAMER, Swansea Harriers, 13:09.80, 1992**Welsh Record** Nigel ADAMS, Swansea Harriers, 14:15.90, 1985

Pos	Bib	Athletes	Club	Perf.
1	726	Chris WILLIAMS	Neath Harriers	16:13.87
2	600	Kendrick PHILIP	Brecon AC	16:56.54
3	731	Roy WHITEHOUSE	Neath Harriers	17:22.10
4	730	Richard MULVANY	Neath Harriers	17:25.58
5	653	Konrad ROBERTS	Colwyn Bay AC	19:59.07
6	715	Mike HALSALL	Llanelli AC	21:28.44

T7 - SM, 110m hurdles (106.7cm)**League Record** Colin JACKSON, Brecon AC, 13.3, 1993**Welsh Record** Colin JACKSON, Brecon AC, 12.91, 1993

Pos	Bib	Athletes	Club	Perf.
1	594	Derek OSBORRNE	Brecon AC	19.29

T31 - SM, 4 x 100 Relay**League Record** Swansea Harriers, 42.5, 1981**Welsh Record** Wales, 38.73, 1998

Pos	Bib	Athletes	Club	Perf.
1	524	Aberdare VAAC		52.31

T37 - SM, 4 x 400 Relay

League Record Newport Harriers, 3.22.5, 1997

Welsh Record Wales, 3.00.41, 2002

Pos	Bib	Athletes	Club	Perf.
1	523	Aberdare VAAC		03:50.43

F7 - SM, Long Jump

League Record Richard JONES, , 7.44, 1983

Welsh Record Lynn DAVIES, Cardiff AAC, 8.23, 1968

Pos	Bib	Athletes	Club	Perf.	
1	604	Childs RICHARDO	Brecon AC	7.50	G1* pb
2	596	Stephen JEFFREYS	Brecon AC	6.26	* pb
3	655	Ioan HUGHES	Colwyn Bay AC	6.00	* pb
4	594	Derek OSBORRNE	Brecon AC	5.29	pb

F22 - SM, Shot Put (7.26kg)

League Record Ben ROBERTS, Deeside AAC, 14.54, 2006

Welsh Record Shaun PICKERING, Haringey, 20.45, 1997

Pos	Bib	Athletes	Club	Perf.	
1	665	Ewart HULSE	Colwyn Bay AC	11.95	G3* pb
2	594	Derek OSBORRNE	Brecon AC	8.55	pb
3	657	Crispin BACKSHALL	Colwyn Bay AC	6.81	pb
4	736	Peter WALTON	Neath Harriers	3.77	pb

F13 - SM, Javelin (800g)

League Record Jonathan CLARKE, Swansea Harriers, 65.76, 1988

Welsh Record Nigel BEVAN, Belgrave Harriers, 81.7, 1992

Pos	Bib	Athletes	Club	Perf.	
1	605	Gethin MCFALL	Brecon AC	35.98	* pb
2	665	Ewart HULSE	Colwyn Bay AC	32.62	* pb
3	594	Derek OSBORRNE	Brecon AC	29.37	* pb
4	657	Crispin BACKSHALL	Colwyn Bay AC	17.37	* pb
5	736	Peter WALTON	Neath Harriers	10.27	pb

Sen Lge 2011 M3 DIVISION 2.xls, Match POINTS TOTALS

U17 WOMEN POINTS										
Events	ABD	B&V	BLG	BRE	BGD	COL	CWM	LLA	NTH	PTH
100m				16		14		18	20	
								10		
300m					16	14	12	18	20	
						9		10		
1500m						18	20			
3000m				20		18				
				10		9				
80m Hurdles					20					
4 x 100										
4 x 300										
High Jump										
Long Jump							20			
Shot		16			20			18		
Javelin		16			20			18		
U17W TOTALS		32		46	76	82	52	92		

U20 WOMEN POINTS										
Events	ABD	B&V	BLG	BRE	BGD	COL	CWM	LLA	NTH	PTH
100m						18		20		
400m						20				
1500m					20			18		
3000m										
100m Hurdles										
4 x 100										
4 x 400								20		
High Jump										
Long Jump								20		
Shot		20								
Javelin		20								
U20W TOTALS		40			20	38		78		

U17 MEN POINTS										
Events	ABD	B&V	BLG	BRE	BGD	COL	CWM	LLA	NTH	PTH
100m	16	20		10		14	18	12		
		10				8	9			
400m		18		16		14	20			
		9				8	10			
1500m		20			16	18	14		12	
							10			
3000m						20		18		
100m Hurdles		20								
4 x 100		20				18				
4 x 400		20								
High Jump		20				18				
		10				10				
Long Jump	14	18	16			20				
		10				9				
Shot				18		20	16			
						9	10			
Javelin		16		18		14	20			
		8		10		9				
U17M TOTALS	30	219	16	72	16	209	127	30	12	

U20 MEN POINTS										
Events	ABD	B&V	BLG	BRE	BGD	COL	CWM	LLA	NTH	PTH
100m						20				
400m		18		16					20	
									10	
1500m		20								
3000m										
110m Hurdles										
4 x 100										
4 x 400										
High Jump									20	
Long Jump										
Shot										
Javelin										
U20M TOTALS		38		16		20			50	

Sen Lge 2011 M3 DIVISION 2.xls, Match POINTS TOTALS

SENIOR WOMEN POINTS										
Events	ABD	B&V	BLG	BRE	BGD	COL	CWM	LLA	NTH	PTH
100m	20									
400m	18					20				
1500m						18		20		
						9		10		
3000m						20				
						10				
100m Hurdles										
4 x 100										
4 x 400										
High Jump										
Long Jump										
Shot				20						
Javelin				20						
SW TOTALS	38			40		77		30		

SENIOR MEN POINTS										
Events	ABD	B&V	BLG	BRE	BGD	COL	CWM	LLA	NTH	PTH
100m	20			14		16		18		
	9							10		
400m	18					16		20		
	9							10		
1500m	20			18	16	14				
	10									
3000m				18		16		14	20	
									10	
110m Hurdles				20						
4 x 100	20									
4 x 400	20									
High Jump										
Long Jump				20		18				
				10						
Shot				18		20			16	
						10				
Javelin				20		18			16	
				10		9				
SM TOTALS	126			148	16	137		72	62	

FEMALE POINTS										
Match 1 Pts	38	72		86	96	197	52	200		
Match 2 Pts										
Match 3 Pts										
Match 4 Pts										
Total Match Pts	38	72		86	96	197	52	200	0	
Match 1 Lge Pts	4	6		7	8	9	5	10		
Match 2 Lge Pts										
Match 3 Lge Pts										
Match 4 Lge Pts										
	4	6		7	8	9	5	10		
Position	7	5		4	3	2	6	1		

MALE POINTS										
Match 1 Pts	156	257	16	236	32	366	127	102	124	
Match 2 Pts										
Match 3 Pts										
Match 4 Pts										
Total Match Pts	156	257	16	236	32	366	127	102	124	
Match 1 Lge Pts	7	9	2	8	3	10	6	4	5	
Match 2 Lge Pts										
Match 3 Lge Pts										
Match 4 Lge Pts										
	7	9	2	8	3	10	6	4	5	
Position	4	2	9	3	8	1	5	7	6	

MALE & FEMALE POINTS										
	ABD	B&V	BLG	BRE	BGD	COL	CWM	LLA	NTH	PTH
Match 1 Pts	194	329	16	322	128	563	179	302	124	
Match 2 Pts										
Match 3 Pts										
Match 4 Pts										
Total Match Pts	194	329	16	322	128	563	179	302	124	
Match 1 Lge Pts	6	9	2	8	4	10	5	7	3	
Match 2 Lge Pts										
Match 3 Lge Pts										
Match 4 Lge Pts										
Total Lge Pts	6	9	2	8	4	10	5	7	3	
Position	5	2	9	3	7	1	6	4	8	

DIVISION 2 LEAGUE TABLE											
POS	CLUB	M1	M2	M3	M4	TOTAL					
1	Colwyn Bay AC	437	9	585	10	563	10			1585	29
2	Brecon AC	486	10	36	5	322	8			844	23
3	Barry & Vale Harriers	202	6	234	8	329	9			765	23
4	Aberdare VAAC	190	4	274	9	194	6			658	19
5	Bridgend AC	222	7	72	6	128	4			422	17
6	Llanelli AC	294	8			302	7			596	15
7	Neath Harriers	117	3	102	7	124	3			343	13
8	Cwmbran Harriers	199	5			179	5			378	10
9	Blaenau Gwent AC	32	2			16	2			48	4
10	Port Talbot Harriers										

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2		VENUE	Ynys Stadium, Aberdare			TIME	3:00 PM		DATE	Saturday-30-July	
EVENT		F21 - U17W, Long Jump		League Record		Sarah DACEY, Swansea Harriers, 5.59, 2007							
				Welsh Record		Lisa ARMSTRONG, Torfaen AC, 6.01, 1990							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	676	Zoe BRADLEY	Cwmbran Harriers	3.98	4.22	3.88	4.22	1	2.95	3.97	3.95	4.22	1
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	676	Zoe BRADLEY	Cwmbran Harriers	4.22	9						
2					10						
3					11						
4					12						
5					13						
6					14						
7					15						
8					16						
										Referee	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2		VENUE	Ynys Stadium, Aberdare			TIME	1:00 PM		DATE	Saturday-30-July	
EVENT		F12 - U17W, Shot Put (4.00kg)		League Record		Sally HINDS, Swansea Harriers, 11.47, 2002							
				Welsh Record		Philipa ROLES, Swansea Harriers, 13.65, 1994							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	625	Lora ROBERTS	Bridgend AC	8.97	NT	NT	8.97	1	NT	8.36	8.63	8.97	1
2	560	Danielle CLOSE	Barry & Vale Harriers	4.98	5.76	5.36	5.76	3	4.94	5.46	5.31	5.76	3
3	716	Lauren HARVEY	Llanelli AC	6.76	6.84	6.78	6.84	2	6.74	7.01	6.66	7.01	2
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	625	Lora ROBERTS	Bridgend AC	8.97	9						
2	716	Lauren HARVEY	Llanelli AC	7.01	10						
3	560	Danielle CLOSE	Barry & Vale Harriers	5.76	11						
4					12						
5					13						
6					14						
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2		VENUE	Ynys Stadium, Aberdare			TIME	4:00 PM		DATE	Saturday-30-July	
EVENT		F3 - U17W, Javelin (600g)		League Record		Lianne CLARKE, Neath Harriers, 44.40, 2003							
				Welsh Record		Lianne CLARKE, Neath Harriers, 45.55, 2003							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	560	Danielle CLOSE	Barry & Vale Harriers	18.28	19.78	NT	19.78	3	18.15	17.20	NT	19.78	3
2	613	Nicole DAVENPORT	Bridgend AC	31.90	34.14	29.93	34.14	1	33.72	28.37	31.96	34.14	1
3	716	Lauren HARVEY	Llanelli AC	21.93	20.61	20.26	21.93	2	20.66	21.45	20.19	21.93	2
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	613	Nicole DAVENPORT	Bridgend AC	34.14	9						
2	716	Lauren HARVEY	Llanelli AC	21.93	10						
3	560	Danielle CLOSE	Barry & Vale Harriers	19.78	11						
4					12						
5					13						
6					14						
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2		VENUE	Ynys Stadium, Aberdare			TIME	2:00 PM		DATE	Saturday-30-July	
EVENT		F9 - U17M, Long Jump		League Record		Ricardo CHILDS, Brecon AC, 6.88, 2001							
				Welsh Record		Marcus BROWNING, Chester, 7.11, 1986							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	644	Carlos MARTINEZ	Colwyn Bay AC		4.95	5.48	5.48	1	5.47	5.23	5.28	5.48	1
2	555	Joseph GREEN	Barry & Vale Harriers		5.40	5.21	5.40	2	5.30	NJ	5.14	5.40	2
3	650	Seores BAILEY	Colwyn Bay AC	3.92	3.93	4.18	4.18	6				4.18	6
4	549	Matthew EDWARDS	Barry & Vale Harriers	3.99	4.31	4.23	4.31	5				4.31	5
5	570	Luke COLLINS	Blaenau Gwent AC	5.16	5.17	4.97	5.17	3	5.31	5.08	4.94	5.31	3
6	529	Liam DAVIES	Aberdare VAAC		4.77	4.31	4.77	4				4.77	4
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	644	Carlos MARTINEZ	Colwyn Bay AC	5.48	9						
2	555	Joseph GREEN	Barry & Vale Harriers	5.40	10						
3	570	Luke COLLINS	Blaenau Gwent AC	5.31	11						
4	529	Liam DAVIES	Aberdare VAAC	4.77	12						
5	549	Matthew EDWARDS	Barry & Vale Harriers	4.31	13						
6	650	Seores BAILEY	Colwyn Bay AC	4.18	14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2		VENUE	Ynys Stadium, Aberdare			TIME	3:00 PM		DATE	Saturday-30-July	
EVENT		F24 - U17M, Shot Put (5.00kg)		League Record		Tom EDWARDS, Carmarthen Harriers, 15.37, 2008							
				Welsh Record		Mark HEWER, Cardiff AAC, 16.93, 1979							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	661	Mathew REECE	Colwyn Bay AC	12.73	NT	13.02	13.02	1	13.80	12.36	12.69	13.80	1
2	648	Dylan SAYERS	Colwyn Bay AC	8.35	8.42	7.90	8.42	5				8.42	5
3	595	Robson BLAKE	Brecon AC	11.16	12.33	NT	12.33	2	12.35	13.18	13.21	13.21	2
4	669	Aaron TURLEY	Cwmbran Harriers		8.83	8.26	8.83	3				8.83	3
5	671	Owen DAVIES	Cwmbran Harriers		8.57	8.28	8.57	4				8.57	4
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	661	Mathew REECE	Colwyn Bay AC	13.80	9						
2	595	Robson BLAKE	Brecon AC	13.21	10						
3	669	Aaron TURLEY	Cwmbran Harriers	8.83	11						
4	671	Owen DAVIES	Cwmbran Harriers	8.57	12						
5	648	Dylan SAYERS	Colwyn Bay AC	8.42	13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2		VENUE	Ynys Stadium, Aberdare			TIME	2:00 PM		DATE	Saturday-30-July	
EVENT		F15 - U17M, Javelin (700g)		League Record		Jon LLEWELLYN, Carmarthen Harriers, 60.17, 2009							
				Welsh Record		Colin MACKENZIE, East Kent, 70.30, 1979							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	661	Mathew REECE	Colwyn Bay AC	NT	31.66	29.07	31.66	6	34.82	NT	NT	34.82	5
2	648	Dylan SAYERS	Colwyn Bay AC	29.94	32.75	28.32	32.75	5	29.81	29.77	NT	32.75	6
3	595	Robson BLAKE	Brecon AC	NT	38.72	40.58	40.58	2	38.93	40.27	43.24	43.24	2
4	593	Rhodri BOGGUST	Brecon AC	37.95	33.46	37.95	37.95	4				37.95	4
5	674	Tom NORTON	Cwmbran Harriers	49.68	47.80	48.79	49.68	1	45.53	46.90	47.49	49.68	1
6	553	Harrison WILLIAMS	Barry & Vale Harriers	38.91	37.50	32.45	38.91	3	36.50	32.17	31.57	38.91	3
7	552	Ieuan ORTON	Barry & Vale Harriers	27.83	29.07	22.90	29.07	7				29.07	7
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	674	Tom NORTON	Cwmbran Harriers	49.68	9						
2	595	Robson BLAKE	Brecon AC	43.24	10						
3	553	Harrison WILLIAMS	Barry & Vale Harriers	38.91	11						
4	593	Rhodri BOGGUST	Brecon AC	37.95	12						
5	661	Mathew REECE	Colwyn Bay AC	34.82	13						
6	648	Dylan SAYERS	Colwyn Bay AC	32.75	14						
7	552	Ieuan ORTON	Barry & Vale Harriers	29.07	15						
8					16						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2		VENUE	Ynys Stadium, Aberdare			TIME	4:00 PM		DATE	Saturday-30-July	
EVENT		F20 - U20W, Long Jump		League Record		Lara RICHARDS, Newport Harriers, 5.58,							
				Welsh Record		Lisa ARMSTRONG, Torfaen AC, 6.25, 1992							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	711	Kara STEADMAN	Llanelli AC	4.14	4.12	4.19	4.19	1	4.28	4.10	4.18	4.28	1
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	711	Kara STEADMAN	Llanelli AC	4.28	9						
2					10						
3					11						
4					12						
5					13						
6					14						
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2		VENUE	Ynys Stadium, Aberdare			TIME	4:00 PM		DATE	Saturday-30-July	
EVENT		F11 - U20W, Shot Put (4.00kg)		League Record		Sally HINDS, Swansea Harriers, 13.24, 2005							
				Welsh Record		Sally HINDS, Swansea Harriers, 14.72, 2005							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	558	Ellie CARTER	Barry & Vale Harriers	6.78	6.57	6.31	6.78	1	5.94	6.63	6.37	6.78	1
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	558	Ellie CARTER	Barry & Vale Harriers	6.78	9						
2					10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2			VENUE	Ynys Stadium, Aberdare			TIME	1:00 PM	DATE	Saturday-30-July	
EVENT		F2 - U20W, Javelin (600g)			League Record		Lianne CLARKE, Neath Harriers, 46.79, 2005						
					Welsh Record		Lianne CLARKE, Cardiff AAC, 50.95, 2004						
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	558	Ellie CARTER	Barry & Vale Harriers	14.77	14.78	15.33	15.33	1				15.33	1
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	558	Ellie CARTER	Barry & Vale Harriers	15.33	9						
2					10						
3					11						
4					12						
5					13						
6					14						
7					15						
8					16						
										Referee	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2		VENUE	Ynys Stadium, Aberdare			TIME	1:00 PM		DATE	Saturday-30-July	
EVENT		F8 - U20M, Long Jump		League Record		Ricardo CHILDS, Brecon AC, 7.09, 2003							
				Welsh Record		Colin JACKSON, Cardiff AAC, 7.56, 1985							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

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

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2			VENUE	Ynys Stadium, Aberdare			TIME	2:00 PM		DATE	Saturday-30-July	
EVENT		F23 - U20M, Shot Put (6.00kg)			League Record		Brett MORSE, Cardiff AAC, 16.34, 2008							
					Welsh Record		Brett MORSE, Cardiff AAC, 17.05, 2008							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position	
1											97.00	97.00	1	
2														
3														
4														
5														
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	97				9						
2					10						
3					11						
4					12						
5					13						
6					14						
7					15						
8					16						
										Referee	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2		VENUE	Ynys Stadium, Aberdare			TIME	3:00 PM		DATE	Saturday-30-July	
EVENT		F14 - U20M, Javelin (800g)		League Record		Jason COPSEY, Cwmbran Harriers, 62.66, 2010							
				Welsh Record		Jonathan CLARKE, Swansea Harriers, 68.74, 1986							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1											97.00	97.00	1
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1				97.00	9						
2					10						
3					11						
4					12						
5					13						
6					14						
7					15						
8					16						
										Referee	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2		VENUE	Ynys Stadium, Aberdare			TIME	4:00 PM		DATE	Saturday-30-July	
EVENT		F19 - SW, Long Jump		League Record		Gillian REGAN, Cardiff AAC, 6.18, 1981							
				Welsh Record		Gill REGAN, Cardiff AAC, 6.52, 1982							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1											97.00	97.00	1
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	97				9						
2					10						
3					11						
4					12						
5					13						
6					14						
7					15						
8					16						
										Referee	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2			VENUE	Ynys Stadium, Aberdare			TIME	4:00 PM		DATE	Saturday-30-July	
EVENT		F10 - SW, Shot Put (4.00kg)			League Record		Vanissa HEAD, Cardiff AAC, 18.93, 1984							
					Welsh Record		Vanissa HEAD, Cardiff AAC, 18.93, 1984							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position	
1	581	Julie DRISCOLL	Brecon AC	NT	7.23	6.80	7.23	1	NT	NT	7.96	7.96	1	
2														
3														
4														
5														
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														

FULL RESULTS											Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF			
1	581	Julie DRISCOLL	Brecon AC	7.96	9							
2					10							
3					11							
4					12							
5					13							
6					14						Referee	
7					15							
8					16							

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2			VENUE	Ynys Stadium, Aberdare			TIME	1:00 PM	DATE	Saturday-30-July		
EVENT		F1 - SW, Javelin (600g)			League Record		Karen HOUGH, Swansea Harriers, 47.94, 1984							
					Welsh Record		Lianne CLARKE, Cardiff AAC, 52.68, 2007							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position	
1	581	Julie DRISCOLL	Brecon AC	14.12	14.39	12.99	14.39	1	15.56	13.43	14.63	15.56	1	
2														
3														
4														
5														
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														

FULL RESULTS											Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF			
1	581	Julie DRISCOLL	Brecon AC	15.56	9							
2					10							
3					11							
4					12							
5					13							
6					14							
7					15							
8					16							

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2		VENUE	Ynys Stadium, Aberdare			TIME	1:00 PM		DATE	Saturday-30-July	
EVENT		F7 - SM, Long Jump		League Record		Richard JONES, , 7.44, 1983							
				Welsh Record		Lynn DAVIES, Cardiff AAC, 8.23, 1968							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	655	Ioan HUGHES	Colwyn Bay AC	5.92	5.87	5.95	5.95	3	6.00	NJ	NJ	6.00	3
2	604	Childs RICHARDO	Brecon AC	7.50	7.22	NJ	7.50	1	7.28	NJ	7.15	7.50	1
3	594	Derek OSBORRNE	Brecon AC	4.82	5.29	5.21	5.29	4				5.29	4
4	596	Stephen JEFFREYS	Brecon AC	6.26	6.14		6.26	2				6.26	2
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	604	Childs RICHARDO	Brecon AC	7.50	9						
2	596	Stephen JEFFREYS	Brecon AC	6.26	10						
3	655	Ioan HUGHES	Colwyn Bay AC	6.00	11						
4	594	Derek OSBORRNE	Brecon AC	5.29	12						
5					13						
6					14						
7					15						
8					16						
										Referee	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2		VENUE	Ynys Stadium, Aberdare			TIME	2:00 PM		DATE	Saturday-30-July	
EVENT		F22 - SM, Shot Put (7.26kg)		League Record		Ben ROBERTS, Deeside AAC, 14.54, 2006							
				Welsh Record		Shaun PICKERING, Haringey, 20.45, 1997							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	736	Peter WALTON	Neath Harriers	3.77	3.77		3.77	4				3.77	4
2	665	Ewart HULSE	Colwyn Bay AC	11.33	10.52	10.75	11.33	1	10.90	11.36	11.95	11.95	1
3	594	Derek OSBORRNE	Brecon AC	8.55	8.20	8.55	8.55	2	NT	8.43	8.50	8.55	2
4	657	Crispin BACKSHALL	Colwyn Bay AC	6.81	6.34	6.56	6.81	3				6.81	3
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	665	Ewart HULSE	Colwyn Bay AC	11.95	9						
2	594	Derek OSBORRNE	Brecon AC	8.55	10						
3	657	Crispin BACKSHALL	Colwyn Bay AC	6.81	11						
4	736	Peter WALTON	Neath Harriers	3.77	12						
5					13						
6					14						
7					15						
8					16						
										Referee	

WELSH ATHLETICS DISTANCE CARD

MEETING		Welsh Athletics Senior League Div 2		VENUE	Ynys Stadium, Aberdare			TIME	3:00 PM		DATE	Saturday-30-July	
EVENT		F13 - SM, Javelin (800g)		League Record		Jonathan CLARKE, Swansea Harriers, 65.76, 1988							
				Welsh Record		Nigel BEVAN, Belgrave Harriers, 81.7, 1992							
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	594	Derek OSBORRNE	Brecon AC	29.37			29.37	3				29.37	3
2	605	Gethin MCFALL	Brecon AC	34.90	31.91	33.74	34.90	1	35.98	33.09	33.82	35.98	1
3	665	Ewart HULSE	Colwyn Bay AC	28.19	32.62	30.73	32.62	2	nt	32.50	nt	32.62	2
4	657	Crispin BACKSHALL	Colwyn Bay AC	17.37	15.03	12.50	17.37	4				17.37	4
5	736	Peter WALTON	Neath Harriers	10.27	nt		10.27	5				10.27	5
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	605	Gethin MCFALL	Brecon AC	35.98	9						
2	665	Ewart HULSE	Colwyn Bay AC	32.62	10						
3	594	Derek OSBORRNE	Brecon AC	29.37	11						
4	657	Crispin BACKSHALL	Colwyn Bay AC	17.37	12						
5	736	Peter WALTON	Neath Harriers	10.27	13						
6					14					Referee	
7					15						
8					16						