

13th Welsh Inter Regional Track Field Championships - DEESIDE - 28th August 2011

Overall Points Table	Overall Male Points	Overall Female Points	Match Scoring	
1 - North Wales 973 pts	1 - North Wales 531	1 - West Wales 463	Events To Score	
2 - West Wales 944 pts	2 - South Wales 498	2 - North Wales 442		
3 - South Wales 785 pts	3 - West Wales 481	3 - South Wales 287	Events Scored	126
4 - East Wales 560 pts	4 - East Wales 362	4 - East Wales 198		

100m	wind= -1.2	200m	wind= -2.0
CBP - Marc Ritchie, South, 10.68, 2006	Perf Pts	CBP - Bruce Tasker, West, 21.91, 2004	Perf Pts
1 5 Marc Ritchie South Wales	10.98 8	1 5 Gareth Hopkins South Wales	23.01 8
2 1 Carl McEwan East Wales	11.62 7	2 1 Carl McEwan East Wales	23.45 7
3 2 Ed Lantzogs East Wales	11.99 6	3 3 Ben Fowle North Wales	23.57 6
4 3 Tom Snowdon North Wales	13.16 5	4 6 Daniel Dell South Wales	23.66 5
5 7 Jeff Cooze West Wales	14.57 4	5 2 Ed Lantzogs East Wales	24.59 4
		6 7 Jeff Cooze West Wales	29.84 3

400m		800m	
CBP - Matthew Elias, South, 48.2, 2000	Perf Pts	CBP - Paul Clarke, West, 1.55.6, 1999	Perf Pts
1 4 Ben Fowle North Wales	51.57 8	1 5 James Thie South Wales	01:55.00 8
2 1 Carl McEwan East Wales	51.97 7	2 3 Shon Evans North Wales	01:59.80 7
3 3 Shon Evans North Wales	52.23 6	3 6 Stephen Morris South Wales	02:01.60 6
4 2 Lee Richards East Wales	52.50 5	4 1 Craig Hudson East Wales	02:05.10 5
5 5 James Thie South Wales	52.93 4	5 4 Tom Snowdon North Wales	02:11.50 4
6 6 Stephen Morris South Wales	54.82 3	6 2 Brett Davis East Wales	02:11.70 3
7 7 Iain Moody West Wales	61.19 2	7 7 Gary Irving West Wales	02:33.20 2

1500m		3000m	
CBP - Jon Phillips, South, 4.01.01, 2003	Perf Pts	CBP - Steve Brace, South, 8.42.3, 1999	Perf Pts
1 4 Ben Fowle North Wales	04:03.80 8	1 3 David Mountford North Wales	08:49.80 8
2 1 Carl McEwan East Wales	04:04.90 7	2 4 Ricky Challinor North Wales	09:00.10 7
3 3 Shon Evans North Wales	04:07.30 6	3 7 Chris Williams West Wales	09:16.60 6
4 7 Iain Moody West Wales	04:25.30 5	4 2 Phil Kendrick East Wales	09:48.90 5
5 8 Jeff Cooze West Wales	05:12.40 4	5 8 Gary Irving West Wales	10:45.00 4
6 5 James Thie South Wales	05:37.40 3	6 5 Brian Dias South Wales	11:49.70 3
		7 1 Dave Proffitt East Wales	12:10.10 2

1k walk		110m Hdl	
CBP - John Collins, West, 6:53.43, 2010	Perf Pts	CBP - Nathan Palmer, South, 14.24, 2002	Perf Pts
1 5 Brian Dias South Wales	06:27.46 8	1 7 Iain Moody West Wales	19.57 8
2 6 Howard Brown South Wales	06:29.10 7	2 3 Neil Edwards North Wales	20.36 7
3 7 John Collins West Wales	07:10.01 6	3 1 Keith Powell East Wales	22.25 6
4 8 Peter Walton West Wales	07:48.36 5		

400m Hdl		2.0km Steeple Chase	
CBP - Gareth Wiltshire, South, 52.27, 2010	Perf Pts	CBP - Phil Cook, South, 5.58.7, 2001	Perf Pts
1 5 Daniel Dell South Wales	60.62 8	1 97	
2 7 Iain Moody West Wales	66.39 7		
3 3 David James North Wales	71.06 6		
4 1 Darryn McAtee East Wales	76.30 5		

High Jump		Pole Vault	
CBP - Andrew Penk, North, 2.05, 2000	Perf Pts	CBP - Paul Jones/Andrew Penk, North, 4.60, 1999/2001	Perf Pts
1 1 Owen Chesher East Wales	1.90 8	1 3 Neil Edwards North Wales	3.00 8
2 5 Daniel Williams South Wales	1.75 7	2 1 Keith Powell East Wales	3.00 7
3 3 Gawain Rogers North Wales	1.70 6		
4 2 Cory Ruiz East Wales	1.45 5		
5 4 David James North Wales	1.20 4		

Long Jump		Triple Jump	
CBP - Richardo Childs, East, 7.06, 2004	Perf Pts	CBP - Charles Maderia-Cole, West, 14.61, 1999	Perf Pts
1 3 Adam Williams North Wales	6.50 8	1 5 Ross McKenzie South Wales	13.67 8
2 6 Daniel Williams South Wales	5.37 7	2 3 Adam Williams North Wales	13.56 7
3 4 Gawain Rogers North Wales	5.04 6	3 6 Daniel Williams South Wales	11.13 6
4 1 Keith Powell East Wales	5.04 5	4 4 Gawain Rogers North Wales	11.07 5
5 2 Cory Ruiz East Wales	4.98 4	5 2 Cory Ruiz East Wales	10.89 4
6 5 Brian Dias South Wales	3.85 3		

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Shot (7.26kg)

CBP - Ryan Spencer Jones, East, 17.09, 2010				Perf	Pts
1	4	Neil Edwards	North Wales	10.42	8
2	7	Richard Ledger	West Wales	9.60	7
3	1	Dino Lantzoz	East Wales	9.11	6
4	3	Dave Stokes	North Wales	8.15	5
5	2	Keith Powell	East Wales	7.75	4
6	5	Brian Dias	South Wales	4.93	3
7	8	Peter Walton	West Wales	4.48	2

Discus (2.00kg)

CBP - Brett Morse, South, 56.41, 2010				Perf	Pts
1	4	Dave Stokes	North Wales	31.12	8
2	7	Richard Ledger	West Wales	29.53	7
3	3	Neil Edwards	North Wales	27.78	6
4	1	Dino Lantzoz	East Wales	26.28	5
5	6	Marc Ritchie	South Wales	23.09	4
6	2	Cory Ruiz	East Wales	19.82	3
7	5	Brian Dias	South Wales	14.33	2
8	8	Gary Irving	West Wales	12.70	1

Hammer (7.26kg)

CBP - Matthew Richards, West, 61.36, 2010				Perf	Pts
1	1	Dino Lantzoz	East Wales	31.01	8
2	3	Neil Edwards	North Wales	28.03	7

Javelin (800g)

CBP - Stuart Loughran, West, 63.98, 2008				Perf	Pts
1	1	Jason Copsey	East Wales	59.33	8
2	7	Richard Ledger	West Wales	44.84	7
3	3	Neil Edwards	North Wales	39.25	6
4	2	Keith Powell	East Wales	23.39	5

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100m						wind= +1.0	200m						wind= +2.2																						
CBP - Andrew Parker, East, 11.1, 1999						Perf	Pts	CBP - Marc Ritchie, South, 21.9, 2004						Perf	Pts																				
1	5	Jamaul Whyte	South Wales	11.29	8	1	5	Jamaul Whyte	South Wales	22.94	8	2	7	Matthew Richards	West Wales	11.78	7	2	7	Matthew Richards	West Wales	23.96	7												
2	7	Matthew Richards	West Wales	11.78	7	3	3	Gareth Bennett	North Wales	11.91	6	3	3	Gareth Bennett	North Wales	24.46	6	4	4	David Hooson	North Wales	12.04	5	4	4	David Hooson	North Wales	25.13	5						
3	3	Gareth Bennett	North Wales	11.91	6	5	4	David Hooson	North Wales	12.35	4	5	1	Ben McEwan	East Wales	12.35	4	5	1	Ben McEwan	East Wales	25.76	4	6	8	Shane Jones	West Wales	12.80	3	6	2	Tyrone Fowler	East Wales	28.01	3
4	6	Matthew Antoniazzi	South Wales	12.04	5	400m						800m																							
5	4	David Hooson	North Wales	12.35	4	CBP - Gareth Hopkins, South, 49.12, 2009						Perf	Pts	CBP - Alex Edwards, South, 1:56.31, 2010						Perf	Pts														
6	8	Shane Jones	West Wales	12.80	3	1	6	Matthew Antoniazzi	South Wales	50.52	8	1	6	Naaman Morris	South Wales	01:59.30	8	2	3	James Roberts	North Wales	02:03.60	7	2	5	Jamaul Whyte	South Wales	53.57	7	2	3	James Roberts	North Wales	02:03.60	7
400m						CBP - Gareth Hopkins, South, 49.12, 2009						Perf	Pts	CBP - Alex Edwards, South, 1:56.31, 2010						Perf	Pts														
1	6	Matthew Antoniazzi	South Wales	50.52	8	3	1	Ben McEwan	East Wales	56.47	6	3	5	Owen Haswell	South Wales	02:06.80	6	3	1	Ben McEwan	East Wales	56.47	6	4	8	Shane Jones	West Wales	59.27	5	4	8	Shane Jones	West Wales	59.27	5
1500m						3000m																													
CBP - Jon Phillips, South, 4.01.01, 2003						Perf	Pts	CBP - Steve Brace, South, 8.42.3, 1999						Perf	Pts																				
1	33	Owain James	North Wales	04:06.00	8	1	55	Matt Drury	South Wales	09:11.30	8	1	55	Matt Drury	South Wales	09:11.30	8	2	33	Owain James	North Wales	10:10.70	7	2	55	Matt Drury	South Wales	10:10.70	7						
2	55	Matt Drury	South Wales	04:19.50	7	3	11	Tyrone Fowler	East Wales	10:41.10	6	3	11	Tyrone Fowler	East Wales	10:41.10	6	3	44	No Athlete Declared	North Wales	04:24.60	6	1k walk											
3	44	No Athlete Declared	North Wales	04:24.60	6	CBP - Antonio Cirillo, West, 4:12.21, 2010						Perf	Pts	110m Hdl						wind=															
1k walk						CBP - Antonio Cirillo, West, 4:12.21, 2010						Perf	Pts	CBP - David Guest, South, 14.52, 2009						Perf	Pts														
1	97					1	97					1	7	Glen Elsdon	West Wales	14.89	8	1	7	Glen Elsdon	West Wales	14.89	8	2	8	Josh Sansom	West Wales	16.19	7						
400m Hdl						2.0km Steeple Chase																													
CBP - David Greene & Paul Bennett, West, 56.41, 2004						Perf	Pts	CBP - Phil Cook, South, 5.58.7, 2001						Perf	Pts																				
1	8	Josh Sansom	West Wales	57.43	8	1	11	Moses Collins	East Wales	07:00.80	8	1	11	Moses Collins	East Wales	07:00.80	8	2	7	Glen Elsdon	West Wales	60.23	7	2	55	Ciaran Lewis	South Wales	07:13.90	7						
2	7	Glen Elsdon	West Wales	60.23	7	3	22	Alex McDowell	East Wales	07:49.00	6	3	22	Alex McDowell	East Wales	07:49.00	6	3	5	Tom Phillips	South Wales	61.88	6	4	1	Ben McEwan	East Wales	62.61	5						
3	5	Tom Phillips	South Wales	61.88	6	4	1	Ben McEwan	East Wales	62.61	5	4	1	Ben McEwan	East Wales	62.61	5	4	1	Ben McEwan	East Wales	62.61	5	5	2	Tyrone Fowler	East Wales	69.13	4						
4	1	Ben McEwan	East Wales	62.61	5	High Jump						Pole Vault																							
5	2	Tyrone Fowler	East Wales	69.13	4	CBP - Kim Harland, West, 1.98, 2001						Perf	Pts	CBP - Paul Walker, South, 4.20, 2002						Perf	Pts														
High Jump						CBP - Kim Harland, West, 1.98, 2001						Perf	Pts	CBP - Paul Walker, South, 4.20, 2002						Perf	Pts														
1	5	Curtis Matthews	South Wales	1.85	8	1	5	Curtis Matthews	South Wales	1.85	8	1	5	Robert McGregor	South Wales	3.90	8	1	5	Robert McGregor	South Wales	3.90	8	2	1	Tom Morgan	East Wales	1.75	7	2	6	Lewis Newton	South Wales	3.80	7
2	1	Tom Morgan	East Wales	1.75	7	2	1	Tom Morgan	East Wales	1.75	7	3	7	Emyr Jones	West Wales	3.60	6	3	7	Emyr Jones	West Wales	3.60	6	3	7	Emyr Jones	West Wales	3.60	6	4	3	William Scott	North Wales	2.30	5
Long Jump						Triple Jump																													
CBP - David Guest, South, 7.21, 2009						Perf	Pts	CBP - Craig Phillips, North, 14.19, 2003						Perf	Pts																				
1	5	Curtis Matthews	South Wales	6.63	8	1	1	Tom Morgan	East Wales	12.27	8	1	1	Tom Morgan	East Wales	12.27	8	1	5	Curtis Matthews	South Wales	6.63	8	2	6	Rhys Williams	South Wales	6.39	7						
2	6	Rhys Williams	South Wales	6.39	7	2	6	Rhys Williams	South Wales	6.39	7	2	6	Rhys Williams	South Wales	6.39	7	2	6	Rhys Williams	South Wales	6.39	7	3	1	Tom Morgan	East Wales	6.26	6						
3	1	Tom Morgan	East Wales	6.26	6	3	1	Tom Morgan	East Wales	6.26	6	3	1	Tom Morgan	East Wales	6.26	6	3	1	Tom Morgan	East Wales	6.26	6	4	2	Tyron Blake	East Wales	6.21	5						
4	2	Tyron Blake	East Wales	6.21	5	4	2	Tyron Blake	East Wales	6.21	5	4	2	Tyron Blake	East Wales	6.21	5	4	2	Tyron Blake	East Wales	6.21	5	5	7	Kieron Martin	West Wales	6.19	4						
5	7	Kieron Martin	West Wales	6.19	4	5	7	Kieron Martin	West Wales	6.19	4	5	7	Kieron Martin	West Wales	6.19	4	5	7	Kieron Martin	West Wales	6.19	4	6	8	Niki Davies	West Wales	5.39	3						
6	8	Niki Davies	West Wales	5.39	3	6	8	Niki Davies	West Wales	5.39	3	6	8	Niki Davies	West Wales	5.39	3	6	8	Niki Davies	West Wales	5.39	3	Shot (6.00kg)											
Shot (6.00kg)						Discus (1.75kg)																													
CBP - Brett Morse, South, 16.53, 2008						Perf	Pts	CBP - Brett Morse, South, 57.89, 2008						Perf	Pts																				
1	1	Josh Bussell	East Wales	13.29	8	1	5	Curtis Matthews	South Wales	41.79	8	1	5	Curtis Matthews	South Wales	41.79	8	1	5	Josh Bussell	East Wales	38.68	7	2	5	Curtis Matthews	South Wales	12.19	7						
2	5	Curtis Matthews	South Wales	12.19	7	2	1	Josh Bussell	East Wales	38.68	7	2	1	Josh Bussell	East Wales	38.68	7	2	1	Josh Bussell	East Wales	38.68	7	3	6	Bradley Cole	South Wales	11.31	6						
3	6	Bradley Cole	South Wales	11.31	6	3	6	Bradley Cole	South Wales	37.12	6	3	6	Bradley Cole	South Wales	37.12	6	3	6	Bradley Cole	South Wales	37.12	6	4	7	Jon Llewellyn	West Wales	10.51	5						
4	7	Jon Llewellyn	West Wales	10.51	5	4	7	Jon Llewellyn	West Wales	27.47	5	4	7	Jon Llewellyn	West Wales	27.47	5	4	7	Jon Llewellyn	West Wales	27.47	5	5	2	Tom Morgan	East Wales	10.05	4						
5	2	Tom Morgan	East Wales	10.05	4	5	2	Tom Morgan	East Wales	10.05	4	5	2	Tom Morgan	East Wales	10.05	4	5	2	Tom Morgan	East Wales	10.05	4	6	8	Niki Davies	West Wales	5.39	3						
6	8	Niki Davies	West Wales	5.39	3	6	8	Niki Davies	West Wales	5.39	3	6	8	Niki Davies	West Wales	5.39	3	6	8	Niki Davies	West Wales	5.39	3	Discus (1.75kg)											
Discus (1.75kg)						CBP - Brett Morse, South, 57.89, 2008						Perf	Pts	CBP - Brett Morse, South, 57.89, 2008						Perf	Pts														
1	5	Curtis Matthews	South Wales	41.79	8	1	5	Curtis Matthews	South Wales	41.79	8	1	5	Curtis Matthews	South Wales	41.79	8	1	5	Curtis Matthews	South Wales	41.79	8	2	1	Josh Bussell	East Wales	38.68	7						
2	1	Josh Bussell	East Wales	38.68	7	2	1	Josh Bussell	East Wales	38.68	7	2	1	Josh Bussell	East Wales	38.68	7	2	1	Josh Bussell	East Wales	38.68	7	3	6	Bradley Cole	South Wales	37.12	6						
3	6	Bradley Cole	South Wales	37.12	6	3	6	Bradley Cole	South Wales	37.12	6	3	6	Bradley Cole	South Wales	37.12	6	3	6	Bradley Cole	South Wales	37.12	6	4	7	Jon Llewellyn	West Wales	27.47	5						
4	7	Jon Llewellyn	West Wales	27.47	5	4	7	Jon Llewellyn	West Wales	27.47	5	4	7	Jon Llewellyn	West Wales	27.47	5	4	7	Jon Llewellyn	West Wales	27.47	5	5	3	William Scott	North Wales	24.88	4						
5	3	William Scott	North Wales	24.88	4	5	3	William Scott	North Wales	24.88	4	5	3	William Scott	North Wales	24.88	4	5	3	William Scott	North Wales	24.88	4	6	8	Niki Davies	West Wales	20.52	3						
6	8	Niki Davies	West Wales	20.52	3	6	8	Niki Davies	West Wales	20.52	3	6	8	Niki Davies	West Wales	20.52	3	6	8	Niki Davies	West Wales	20.52	3												

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Hammer (6.00kg)

CBP - Osian Jones, North, 55.53, 2010

				Perf	Pts
1	5	Bradley Cole	South Wales	49.44	8
2	1	Josh Bussell	East Wales	29.90	7

Javelin (800g)

CBP - Jason Copsey, East, 62.10, 2010

				Perf	Pts
1	5	Bradley Cole	South Wales	53.06	8
2	7	Jon Llewellyn	West Wales	52.35	7
3	1	Tom Morgan	East Wales	46.00	6
4	8	Niki Davies	West Wales	43.53	5
5	6	Rhys Williams	South Wales	38.28	4
6	2	Josh Bussell	East Wales	31.75	3
7	3	William Scott	North Wales	31.35	2

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100m				wind=	200m				wind=			
CBP - Lloyd Refell, South, 11.08, 2004				Perf	Pts	CBP - Bruce Tasker, West, 21.91, 2004				Perf	Pts	
1	5	Tom Williams	South Wales	11.22	8	1	3	Owen Smith	North Wales	22.88	8	
2	6	Anax Da Siliva	South Wales	11.40	7	2	5	Tom Williams	South Wales	22.93	7	
3	1	Ryan Lee	East Wales	11.69	6	3	6	Anax Da Siliva	South Wales	23.66	6	
4	3	Joshua Jones	North Wales	11.79	5	4	1	Ryan Lee	East Wales	23.91	5	
5	4	Luke Ward	North Wales	11.99	4	5	4	Aled Thomas	North Wales	24.27	4	
6	8	Alex Pavlou	West Wales	12.09	3	6	7	Alex Pavlou	West Wales	24.68	3	
						7	2	Curtis Goodger	East Wales	25.45	2	
						8	8	Nathan Phillips	West Wales	26.08	1	
400m						800m						
CBP - Paul Bennett, West, 50.14, 2009				Perf	Pts	CBP - Ieuan Thomas, East, 1.57.40, 2005				Perf	Pts	
1	5	Matthew Collins	South Wales	51.01	8	1	7	Rhys Granville	West Wales	02:01.60	8	
2	1	Ryan Lee	East Wales	51.99	7	2	4	Tom Harding	North Wales	02:02.20	7	
3	3	Matthew Purnell	North Wales	52.86	6	3	5	Jacob Preece	South Wales	02:02.20	6	
4	2	Curtis Goodger	East Wales	52.97	5	4	3	Matthew Purnell	North Wales	02:04.40	5	
5	4	Aled Thomas	North Wales	53.16	4	5	1	Aaron Turley	East Wales	02:18.20	4	
6	7	Rhys Granville	West Wales	56.27	3	6	8	Daniel Hall	West Wales	02:42.30	3	
7	8	Nathan Phillips	West Wales	57.63	2							
1500m						3000m						
CBP - Guy Smith, West, 4.11.82, 2006				Perf	Pts	CBP - Liam Lloyd, West, 8:56.27, 2010				Perf	Pts	
1	3	Matthew Purnell	North Wales	4.26.54	8	1	3	Nathan Jones	North Wales	09:24.50	8	
2	7	Ronan Llyr	West Wales	4.27.79	7	2	4	Jake Griffiths	North Wales	10:31.40	7	
3	5	Jacob Preece	South Wales	4.37.95	6	3	7	Nathan Harrison	West Wales	10:32.50	6	
						4	8	Robert-Jay Curry	West Wales	13:31.40	5	
1k walk				CBP			100m Hdl				CBP	wind=
CBP - William Sheridan, North, 5:41.66, 2010				Perf	Pts	CBP - Rhys L Williams, South, 13.89, 2010				Perf	Pts	
1	5	Jacob Preece	South Wales	05:32.78	8	1	7	Daniel Blain	West Wales	13.49	8	
2	7	Daniel Hall	West Wales	05:46.95	7	2	8	David Omoregie	West Wales	13.82	7	
3	8	Robert-Jay Curry	West Wales	06:26.23	6	3	3	Luke Ward	North Wales	15.09	6	
						4	5	Ryan Cooper	South Wales	16.86	5	
400m Hdl						1.5km Steeple Chase						
CBP - Josh Sansom, West, 57.22, 2010				Perf	Pts	CBP - David Jones, West, 4.38.5, 2000				Perf	Pts	
1	7	Aaron Willmott	West Wales	59.55	8	1	3	Jake Griffiths	North Wales	4.58.59	8	
2	5	Ryan Cooper	South Wales	60.53	7	2	1	Evan Wynne	East Wales	5.02.02	7	
3	4	William Poole	North Wales	62.43	6	3	7	Ronan Llyr	West Wales	5.12.44	6	
4	3	Rheon Jones	North Wales	63.99	5	4	8	Laurie Haworth	West Wales	5.19.44	5	
5	8	Nathan Phillips	West Wales	65.08	4							
High Jump						Pole Vault						
CBP - Chuka Enih Snell, West, 2.1, 2000				Perf	Pts	CBP - Emyr Jones, West, 4.10i, 2009				Perf	Pts	
1	7	David Omoregie	West Wales	1.80	8	1	1	Stephen Scarfi	East Wales	3.80	8	
2	5	Jonathan Bailey	South Wales	1.75	7	2	7	Lewis Preece	West Wales	3.50	7	
3	3	Luke Ward	North Wales	1.65	6							
4	4	Liam Price	North Wales	1.60	5							
Long Jump						Triple Jump						
CBP - Ricardo Childs, East, 6.79, 2001				Perf	Pts	CBP - Craig Phillips, North, 14.14, 2002				Perf	Pts	
1	3	Lloyd Robbins	North Wales	6.67	8	1	4	Lloyd Robbins	North Wales	13.35	8	
2	7	David Omoregie	West Wales	6.59	7	2	3	Connor Laverty	North Wales	12.82	7	
3	6	Tom Williams	South Wales	6.35	6	3	5	Matthew Collins	South Wales	12.77	6	
4	5	Jonathan Bailey	South Wales	5.61	5	4	7	Aaron Willmott	West Wales	11.27	5	
5	8	Jack Straw	West Wales	5.04	4	5	8	Jack Straw	West Wales	10.49	4	
6	5	Jonathan Bailey	South Wales	4.37	3							

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Shot (5.00kg)

CBP - Ryan Spencer-Jones, East, 14.92, 2003

				Perf	Pts
1	5	Matthew Field	South Wales	10.42	8
2	3	Connor Laverty	North Wales	9.60	7
3	4	Matthew Reece	North Wales	9.11	6
4	7	Andrew Barriscale	West Wales	8.15	5
5	2	Aaron Turley	East Wales	8.83	4
6	1	Joel Fowler	East Wales	8.52	3

Discus (1.50kg)

CBP - Gareth Bull, South, 47.46, 2001

				Perf	Pts
1	5	Matthew Field	South Wales	49.19	8
2	3	Matthew Reece	North Wales	38.14	7
3	6	Mateo Holmes	South Wales	34.77	6
4	4	Connor Laverty	North Wales	32.89	5
5	8	Andrew Barriscale	West Wales	31.49	4

Hammer (5.00kg)

CBP - Ritchie Wells, East, 55.42, 2006

				Perf	Pts
1	3	Matthew Reece	North Wales	51.82	8
2	5	Matthew Field	South Wales	46.42	7
3	6	Mateo Holmes	South Wales	42.37	6
4	7	Andrew Barriscale	West Wales	23.22	5
5	8	Daniel Hall	West Wales	9.66	4

Javelin (700g)

CBP - Stephen Winter, East, 55.09, 2004

				Perf	Pts
1	1	Tom Norton	East Wales	50.88	8
2	5	Mateo Holmes	South Wales	47.55	7
3	2	Stephen Scarfi	East Wales	41.86	6
4	3	Ryan Foulkes	North Wales	35.73	5
5	4	William Poole	North Wales	33.58	4
6	7	Aaron Willmott	West Wales	31.01	3

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100m					wind= -0.8	200m					wind=		
CBP - Andrew Watkins, South, 11.14, 2002					Perf	Pts	CBP - Andrew Watkins, South, 22.43, 2002					Perf	Pts
1	7	Shaun Pearce	West Wales	11.63	8	1	7	Shaun Pearce	West Wales	24.12	8		
2	3	Sion Roberts	North Wales	11.92	7	2	3	Sion Roberts	North Wales	24.37	7		
3	1	Jack Dunn	East Wales	12.17	6	3	1	Jack Dunn	East Wales	24.43	6		
4	8	Rhys Gealy	West Wales	12.23	5	4	8	Samuel Jones	West Wales	24.83	5		
5	4	Shane Hughes	North Wales	12.40	4	5	4	Shane Hughes	North Wales	25.28	4		
6	5	Jack Hogan	South Wales	12.40	3	6	2	James Scarfi	East Wales	25.93	3		
7	2	James Scarfi	East Wales	12.72	2	7	6	Luke Harry	South Wales	26.67	2		
8	6	Rhys Roberts	South Wales	14.02	1	8	5	Jack Hogan	South Wales	dnf	1		
400m					Perf	Pts	800m					Perf	Pts
CBP - Gerwyn Morgan, South, 52.64, 2007					Perf	Pts	CBP - Rhys Granville, West, 2:02.78, 2010					Perf	Pts
1	1	Tyler Pritchard	East Wales	54.93	8	1	7	Nikita Neary	West Wales	02:06.20	8		
2	3	Iestyn Thomas	North Wales	55.46	7	2	1	Tyler Pritchard	East Wales	02:07.70	7		
3	8	Ashley Farmer	West Wales	55.72	6	3	8	Gwion Jones	West Wales	02:18.20	6		
4	7	Nikita Neary	West Wales	57.39	5	4	3	Grant Leach	North Wales	02:18.70	5		
5	4	Andrew Morris Jones	North Wales	58.78	4	5	4	Scott Campbell	North Wales	02:23.90	4		
6	2	Ryan Morgan	East Wales	58.81	3								
7	5	Luke Harry	South Wales	60.02	2								
8	6	Richard Dangerfield	South Wales	62.60	1								
1500m					Perf	Pts	1k walk					Perf	Pts
CBP - Matthew Williams, South, 4.20.27, 2003					Perf	Pts	CBP - Antonio Cirillo, West, 4.30.11, 2005					Perf	Pts
1	77	No Athlete Declared	West Wales	04:27.80	8	1	7	Ashley Farmer	West Wales	05:53.70	8		
2	44	Will Sheridan	North Wales	04:34.70	7	2	3	John Spill	North Wales	06:12.30	7		
3	11	No Athlete Declared	East Wales	04:39.40	6	3	4	Harrison Davies	North Wales	06:51.30	6		
4	33	James Wright	North Wales	04:41.30	5								
5	88	No Athlete Declared	West Wales	04:43.10	4								
6	22	No Athlete Declared	East Wales	04:46.10	3								
7	55	Matt Drury	South Wales	04:48.40	2								
8	66	No Athlete Declared	South Wales	05:38.50	1								
80m Hdl					Perf	Pts	High Jump					Perf	Pts
CBP - Rhys Williams, South, 11.03, 2008					Perf	Pts	CBP - David Guest, South, 1.85, 2006					Perf	Pts
1	7	Michael Wilson	West Wales	11.95	8	1	3	Shaun Murray	North Wales	1.75	8		
2	5	Dafydd Williams	South Wales	13.15	7	2	7	Keiran Ingram	West Wales	1.65	7		
3	6	Rhys Roberts	South Wales	14.94	6	3	5	Jack Hogan	South Wales	1.60	6		
						4	6	Ryan Grimwade	South Wales	1.50	5		
						5	8	Jordan Evans	West Wales	1.45	4		
						6	4	Thomas Walley	North Wales	1.45	3		
Pole Vault					Perf	Pts	Long Jump					Perf	Pts
CBP - Lewis Newton, South, 3.32, 2007					Perf	Pts	CBP - Lloyd Robbins, North, 6.14, 2010					Perf	Pts
1	8	Keiran Ingram	West Wales	2.60	8	1	8	Gwion Jones	West Wales	5.08	8		
2	7	Josh Hollisey-McLean	West Wales	2.60	7	2	3	Scott Campbell	North Wales	5.01	7		
						3	7	Michael Wilson	West Wales	4.89	6		
						4	5	Dafydd Williams	South Wales	4.89	5		
						5	4	Joe Southall	North Wales	4.77	4		
						6	6	Rhys Roberts	South Wales	4.30	3		
						7	1	James Scarfi	East Wales	4.02	2		
Shot (4.00kg)					Perf	Pts	Discus (1.25kg)					Perf	Pts
CBP - Matthew Evans, West, 16.01, 2003					Perf	Pts	CBP - Matthew Evans, West, 47.71, 2003					Perf	Pts
1	3	Matthew Williams	North Wales	12.79	8	1	3	Matthew Williams	North Wales	41.49	8		
2	7	Jake Evans	West Wales	11.86	7	2	4	Nathan Thomason	North Wales	35.44	7		
3	4	Nathan Thomason	North Wales	11.85	6	3	7	Jake Evans	West Wales	31.16	6		
4	8	Sam Bleach	West Wales	9.57	5	4	8	Nikita Neary	West Wales	26.29	5		
5	1	Alex Snelling	East Wales	7.72	4	5	1	Alex Snelling	East Wales	23.12	4		
6	6	Luke Harry	South Wales	7.56	3	6	5	Dafydd Williams	South Wales	20.00	3		
7	5	Sam Williams	South Wales	6.99	2								

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Hammer (4.00kg)

CBP - Rhys Hodnett, South, 53.94, 2006

				Perf	Pts
1	3	Matthew Williams	North Wales	51.83	8
2	4	Shaun Livett	North Wales	38.05	7
3	1	Jordan Bryant	East Wales	21.42	6
4	2	Jamie Bryant	East Wales	20.06	5
5	8	Sam Bleach	West Wales	17.82	4

Javelin (600g)

CBP - Garth Loughran, West, 49.48, 2003

				Perf	Pts
1	8	Drew McLean	West Wales	41.89	8
2	1	Tom Haines	East Wales	39.85	7
3	6	Ryan Grimwade	South Wales	36.04	6
4	3	Shaun Murray	North Wales	35.78	5
5	4	Nathan Thomason	North Wales	31.84	4
6	7	Sam Bleach	West Wales	29.97	3

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100m				CBP		wind= -0.8		200m				wind= +2.2	
CBP - Rachel Conway, East, 12.45, 2002				Perf	Pts	CBP - Rozelle Cavaciuti, East, 25.1, 2003				Perf	Pts		
1	4	Rachel Johncock	North Wales	12.33	8	1	3	Rachel Johncock	North Wales	25.41	8		
2	3	Hannah Thomas	North Wales	12.33	7	2	4	Hannah Thomas	North Wales	25.79	7		
3	5	Hannah Williams	South Wales	13.08	6	3	5	Emma Peters	South Wales	26.41	6		
4	7	Ffion Rees	West Wales	13.41	5	4	7	Ffion Rees	West Wales	27.48	5		
5	1	Kirsty Crane	East Wales	13.47	4	5	1	Kirsty Crane	East Wales	28.01	4		
6	8	Abigail Hall	West Wales	13.57	3	6	8	Abigail Hall	West Wales	28.20	3		
400m				CBP		800m							
CBP - Kathryn Bright, East, 57.7, 2000				Perf	Pts	CBP - Lisa Thompson, North, 2.16.0, 2000				Perf	Pts		
1	3	Megan Rogers	North Wales	55.92	8	1	1	Ffion Price	East Wales	02:18.00	8		
2	4	Chloe Jones	North Wales	58.27	7	2	7	Elysia Pearson	West Wales	02:26.10	7		
3	5	Lauren Regan	South Wales	59.81	6	3	2	Leigh Barker	East Wales	02:34.70	6		
4	8	Elysia Pearson	West Wales	63.85	5	4	3	Sian Messum	North Wales	02:36.50	5		
5	7	Caroline Byng	West Wales	66.72	4	5	8	Rhiannon Anderson	West Wales	02:38.60	4		
1500m						3000m							
CBP - Ann Marie Hutchison, West, 4.37.8, 2000				Perf	Pts	CBP - Caryl Jones, West, 9.56.1, 2009				Perf	Pts		
1	1	Ffion Price	East Wales	04:51.20	8	1	5	Gwenno Brown	South Wales	10:54.40	8		
2	7	Rhiannon Anderson	West Wales	05:35.40	7	2	1	Cassidy Skinner	East Wales	11:46.90	7		
3	8	Ffion Evans	West Wales	05:47.80	6	3	3	Laurie Griffith	North Wales	13:52.00	6		
4	3	Laurie Griffith	North Wales	06:35.40	5								
1k walk				CBP		100m Hdl							
CBP - New Event				Perf	Pts	CBP - Caryl Granville, West, 14.63, 2010				Perf	Pts		
1	7	Renate Prells	West Wales	07:01.94	8	1	7	Kimberley Davies	West Wales	17.95	8		
						2	8	Helena Madan	West Wales	19.89	7		
400m Hdl				CBP		1.5km Steeple Chase				CBP			
CBP - Anwen Rees, West, 60.91, 2006				Perf	Pts	CBP - New Event				Perf	Pts		
1	5	Emma Peters	South Wales	60.82	8	1	1	Rhiannwed Price	East Wales	05:05.10	8		
2	3	Jade Marvin	North Wales	73.45	7	2	7	Kaiha Williams	West Wales	06:51.30	7		
High Jump						Pole Vault							
CBP - Rebecca Jones, North, 1.78, 2007				Perf	Pts	CBP - Elinor Lewis, South, & Lynsey Maund South, 3.50				Perf	Pts		
1	3	Hannah Thomas	North Wales	1.61	8	1	3	Rachel Williams	North Wales	2.30	8		
2	8	Helena Madan	West Wales	1.45	7								
3	4	Amanda Wale	North Wales	1.40	6								
Long Jump						Triple Jump							
CBP - Rebecca Jones, North, 5.67, 2002				Perf	Pts	CBP - Alison Croad, South, 12.09, 2004				Perf	Pts		
1	7	Ffion Rees	West Wales	5.12	8	1	1	Amy Bradley	East Wales	10.78	8		
2	1	Amy Bradley	East Wales	4.94	7	2	7	Donna Jones	West Wales	10.72	7		
3	4	Amanda Wale	North Wales	4.87	6	3	8	Sophie Lane	West Wales	10.23	6		
4	3	Megan Rogers	North Wales	4.75	5	4	3	Jade Marvin	North Wales	9.15	5		
5	8	Sophie Lane	West Wales	4.57	4	5	4	Jess Peterson	North Wales	8.46	4		
6	5	Amy Tidball	South Wales	4.15	3								
Shot (4.00kg)						Discus (1.00kg)							
CBP - Jayne Berry, East, 12.91, 2004				Perf	Pts	CBP - Alyson Hourihan, South, 38.98, 2001				Perf	Pts		
1	7	Lucy Griffiths	West Wales	11.09	8	1	8	Nina Prells	West Wales	33.34	8		
2	8	Jessica Huddleston	West Wales	9.88	7	2	7	Lucy Griffiths	West Wales	30.71	7		
3	4	Amanda Wale	North Wales	9.21	6	3	3	Bev Jones	North Wales	27.22	6		
4	3	Bev Jones	North Wales	9.09	5	4	4	Brea Leung	North Wales	26.20	5		
5	6	Trudy Williams	South Wales	7.97	4	5	1	Sian Jordan	East Wales	19.47	4		
6	1	Rachel Bevan	East Wales	6.80	3	6	2	Cassidy Skinner	East Wales	9.26	3		
7	2	Cassidy Skinner	East Wales	4.42	2								
Hammer (4.00kg)						Javelin (600g)							
CBP - Carys Parry, South, 61.68, 2010				Perf	Pts	CBP - Lianne Clarke, South, 47.37, 2010				Perf	Pts		
1	5	Carys Parry	South Wales	60.55	8	1	1	Rachel Bevan	East Wales	33.43	8		
2	7	Helena Madan	West Wales	37.94	7	2	5	Amy Tidball	South Wales	29.26	7		
3	6	Trudy Williams	South Wales	32.85	6	3	4	Amanda Wale	North Wales	26.81	6		
4	8	Karen Llewellyn	West Wales	27.81	5	4	3	Megan Rogers	North Wales	25.90	5		
5	1	Sian Jordan	East Wales	17.76	4	5	7	Karen Llewellyn	West Wales	18.38	4		

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100m						wind= +1.7	200m						wind= +0.8																																																										
CBP - Lisa Marie Edwards, North, 12.1, 2004						Perf	Pts	CBP - Lisa Marie Edwards, North, 24.67, 2004						Perf	Pts																																																								
1	3	Beth Sargent	North Wales	12.65	8	1	3	Beth Sargent	North Wales	25.92	8	2	4	Sophie Lewis	North Wales	13.00	7	2	7	Laura Davies	West Wales	26.96	7	3	7	Laura Davies	West Wales	13.16	6	3	4	Sophie Lewis	North Wales	27.03	6	4	5	Ellie Harman	South Wales	13.56	5	4	5	Ellie Harman	South Wales	29.05	5	5	6	Georgia Morgan	South Wales	14.17	4	5	8	Elin Evans	West Wales	30.39	4	6	8	Elin Evans	West Wales	14.27	3						
300m						Perf	Pts	800m						Perf	Pts																																																								
CBP - Samantha Cogan, South, 40.57, 2009						Perf	Pts	CBP - Ffion Price, East, 2:15.48, 2010						Perf	Pts																																																								
1	6	Lara Durrani	South Wales	43.50	8	1	1	Melika Rezougui	East Wales	02:21.80	8	2	4	Emily Rowlands	North Wales	44.93	7	2	8	Danielle Franklin	West Wales	02:27.50	7	3	3	Catrin Thomas	North Wales	45.06	6	3	5	Megan Osborne	South Wales	02:31.10	6	4	5	Georgia Morgan	South Wales	45.10	5	4	7	Leah Wilson-Randell	West Wales	02:36.30	5	5	8	Danielle Franklin	West Wales	45.17	4	5	3	Jess Arnull	North Wales	03:00.20	4	6	1	Melika Rezougui	East Wales	45.29	3	7	7	Leah Wilson-Randell	West Wales	45.30	2
1500m						Perf	Pts	3000m						Perf	Pts																																																								
CBP - Ann Marie Hutchison, West, 4.37.8, 2000						Perf	Pts	CBP - Rhianwedd Price, East, 10:57.53, 2010						Perf	Pts																																																								
1	77	Iona Evans	West Wales	05:11.00	8	1	77	Kari O'Neill	West Wales	11:14.70		2	55	Claire Harwood	South Wales	05:19.10	7	3	11	Francesca Hyde	East Wales	05:22.10	6	4	33	Eleanor Jones	North Wales	05:23.90	5																																										
1k walk						Perf	Pts	80m Hdl						Perf	Pts																																																								
CBP - Heather Lewis, 4:34.17, 2010						Perf	Pts	CBP - Heather Jones, West, 11.33, 2003						Perf	Pts																																																								
1	7	Ellie Dainton	West Wales	05:23.47	8	1	5	Lora Roberts	South Wales	12.38	8	2	8	Katherine Morris	West Wales	12.61	7	3	6	Lara Durrani	South Wales	13.03	6	4	4	Georgia Bates	North Wales	13.18	5	5	7	Shannon Richards	West Wales	14.92	4	6	3	Chloe Jones	North Wales	dnf	3																														
300m Hdl						Perf	Pts	1.5km Steeple Chase						Perf	Pts																																																								
CBP - Caryl Granville, West, 44.6, 2006						Perf	Pts	CBP - New Event						Perf	Pts																																																								
1	4	Abi Williams	North Wales	46.11	8	1	88	Stacey Webber	West Wales	05:53.90	8	2	5	Lora Roberts	South Wales	47.14	7	2	77	Rhian Homer	West Wales	06:36.70	7	3	6	Lara Durrani	South Wales	47.31	6	4	8	Emily Morris	West Wales	50.75	5	5	7	Shannon Richards	West Wales	55.65	4																														
High Jump						Perf	Pts	Pole Vault						Perf	Pts																																																								
CBP - Rebecca Jones, North & Ffion Bodilly, South, 1.70, 2008						Perf	Pts	CBP - Rebecca Davies, North, 3.60i, 2008						Perf	Pts																																																								
1	7	Emily Morris	West Wales	1.50	8	1	7	Enfys Jones	West Wales	2.50	8	2	6	Laura Trigg	South Wales	1.45	7	2	3	Laura Williams	North Wales	2.30	7	3	3	Georgia Bates	North Wales	1.45	6	4	8	Shannon Richards	West Wales	1.45	5																																				
Long Jump						Perf	Pts	Triple Jump						Perf	Pts																																																								
CBP - Sally Peake, North, 5.42, 2002						Perf	Pts	CBP - Sally Peake, North, 11.51, 2002						Perf	Pts																																																								
1	5	Lucy Taylor	South Wales	5.00	8	1	3	Mared Baker	North Wales	10.30	8	2	1	Melissa Arthur	East Wales	4.95	7	2	4	Amy Crocombe	North Wales	9.51	7	3	7	Katherine Morris	West Wales	4.89	6	3	7	Rhiannon Thomas	West Wales	9.17	6	4	4	Georgia Bates	North Wales	4.88	5	4	5	Miriam Bennett	South Wales	8.72	5	5	3	Ellie Badhams	North Wales	4.61	4	6	6	Laura Trigg	South Wales	4.08	3	7	2	Zoe Bradley	East Wales	4.01	2	8	8	Rhiannon Thomas	West Wales	3.79	1

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Shot (4.00kg)

CBP - Lucy Griffiths, West, 11.53, 2010

				Perf	Pts
1	3	Ellie Badhams	North Wales	9.72	8
2	6	Zoe Dakin	South Wales	8.89	7
3	4	Manon Edwards	North Wales	8.86	6
4	1	Melissa Arthur	East Wales	8.71	5
5	5	Nicole Davenport	South Wales	8.68	4
6	8	Lauren Harvey	West Wales	7.11	3
7	7	Kayleigh Jones	West Wales	6.89	2

Discus (1.00kg)

CBP - Nina Prells, West, 35.44, 2010

				Perf	Pts
1	3	Megan Varley	North Wales	27.85	8
2	7	Kayleigh Jones	West Wales	22.51	7
3	5	Zoe Dakin	South Wales	21.68	6
4	6	Nicole Davenport	South Wales	16.61	5
5	8	Enfys Jones	West Wales	14.51	4
6	1	Chloe Powell	East Wales	14.10	3

Hammer (4.00kg)

CBP - Toni Wells, East, 45.86, 2009

				Perf	Pts
1	5	Zoe Dakin	South Wales	41.89	8
2	4	Manon Edwards	North Wales	24.74	7
3	3	Jennifer Coppel	North Wales	23.02	6

Javelin (600g)

CBP - Charlotte Rees, West, 43.11, 2000

				Perf	Pts
1	1	Melissa Arthur	East Wales	35.48	8
2	4	Jennifer Coppel	North Wales	33.43	7
3	5	Nicole Davenport	South Wales	32.64	6
4	3	Hayley Nuttall	North Wales	27.57	5
5	6	Lora Roberts	South Wales	22.89	4
6	8	Lauren Harvey	West Wales	22.28	3
7	7	Kayleigh Jones	West Wales	19.71	2

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100m				wind= -1.3		200m				wind= -0.8	
CBP - Ellie Mardle, South, 12.19, 2004				Perf	Pts	CBP - Rachel Conway, East, 25.67, 2002				Perf	Pts
1	3	Shannon Malone	North Wales	12.68	8	1	3	Abigail Backshall	North Wales	26.78	8
2	7	Hannah Brier	West Wales	12.70	7	2	1	Melissa Roberts	East Wales	27.27	7
3	5	Brenna Price	South Wales	13.13	6	3	5	Brenna Price	South Wales	27.67	6
4	1	Melissa Roberts	East Wales	13.23	5	4	7	Amy Leahy	West Wales	27.74	5
5	4	Laura Turley	North Wales	13.26	4	5	4	Laura Turley	North Wales	27.84	4
6	6	Emma Johnson	South Wales	13.47	3	6	6	Emma Johnson	South Wales	28.31	3
7	8	Ffion Walters	West Wales	13.53	2	7	8	Kimberley Abodunrin	West Wales	28.57	2
800m						1500m					
CBP - Melanie Davies, West, 2.17.97, 2003				Perf	Pts	CBP - Ann Marie Hutchison, West, 4.37.8, 2000				Perf	Pts
1	3	Abigail Backshall	North Wales	2.23.70	8	1	7	Olivia Gwynn	West Wales	05:06.70	8
2	1	Heidi Davies	East Wales	2.25.92	7	2	8	Lara Phillipart	West Wales	05:10.70	7
3	4	Alex Cawthra	North Wales	2.28.04	6	3	3	Grace Lovatt	North Wales	05:47.90	6
4	2	Emma Jordan	East Wales	2.31.80	5	4	1	Olivia Turley	East Wales	06:03.90	5
5	7	Lucy Fligelstone	West Wales	2.34.25	4						
6	8	Lucy Jones	West Wales	2.34.50	3						
1k walk				CBP		75m Hdl				wind= +2.1	
CBP - Danni Andrews, South, 5.35.19, 2007				Perf	Pts	CBP - Heather Jones, West, 11.03, 2001				Perf	Pts
1	8	Catrena John	West Wales	05:30.70	8	1	7	Amy Leahy	West Wales	11.60	8
2	4	Jordi Evans	North Wales	07:40.00	7	2	5	Claire Taylor	South Wales	12.17	7
						3	1	Emma Hennesey	East Wales	12.44	6
						4	3	Rosie Unwin	North Wales	12.53	5
						5	4	Sarah Williams	North Wales	12.59	4
						6	6	Olivia Evans	South Wales	13.11	3
						7	8	Miriam Williams	West Wales	13.20	2
High Jump						Pole Vault					
CBP - Hannah Thomas, North, 1.65, 2007				Perf	Pts	CBP - Christina Hughes, North, 3.01, 2006				Perf	Pts
1	8	Caitlin Atkins	West Wales	1.50	8	1	7	Caitlin Atkins	West Wales	2.85	8
2	4	Sara Davies	North Wales	1.50	7	2	8	Anna Barnes	West Wales	2.50	7
3	3	Rosie Unwin	North Wales	1.45	6	3	5	Olivia Evans	South Wales	2.40	6
4	6	Lottie Coakley	South Wales	1.40	5						
5	7	Erin Walters	West Wales	1.40	4						
6	1	Emma Hennesey	East Wales	1.40	3						
7	5	Georgina Bradshaw	South Wales	1.35	2						
Long Jump						Shot (3.25kg)				CBP	
CBP - Sally Peake, North, 5.26, 1999				Perf	Pts	CBP - Adele Nicoll, North, 13.23, 2010				Perf	Pts
1	7	Erin Walters	West Wales	5.19	8	1	3	Adele Nicoll	North Wales	13.42	8
2	5	Brenna Price	South Wales	4.95	7	2	4	Sabrina Fortune	North Wales	10.11	7
3	1	Emma Hennesey	East Wales	4.78	6	3	7	Stephanie Nicholas	West Wales	9.67	6
4	8	Miriam Williams	West Wales	4.51	5	4	8	Bronwen Lewis	West Wales	8.73	5
5	6	Claire Taylor	South Wales	4.46	4	5	5	Claire Taylor	South Wales	8.45	4
6	3	Sara Davies	North Wales	4.18	3	6	2	Sophie Jackson	East Wales	6.57	3
7	4	Sarah Williams	North Wales	4.14	2	7	1	Emma Norton	East Wales	6.39	2
						8	6	Georgina Bradshaw	South Wales	5.48	1
Discus (1.00kg)				CBP		Hammer (3.00kg)					
CBP - Adele Nicoll, North, 33.86, 2010				Perf	Pts	CBP - Zoe Dakin, South, 43.73, 2010				Perf	Pts
1	3	Adele Nicoll	North Wales	37.62	8	1	7	Carys Smith	West Wales	33.03	8
2	4	Sabrina Fortune	North Wales	31.84	7	2	8	Hannah Powell	West Wales	31.60	7
3	5	Sofia Ali	South Wales	25.68	6	3	4	Sabrina Fortune	North Wales	26.43	6
4	7	Stephanie Nicholas	West Wales	23.69	5	4	3	Chloe Davies	North Wales	21.21	5
5	1	Sophie Jackson	East Wales	23.59	4						
6	8	Carys Smith	West Wales	20.71	3						
7	2	Emma Norton	East Wales	15.62	2						
Javelin (600g)											
CBP - Kylie Clarke, West, 37.22, 2002				Perf	Pts						
1	3	Adele Nicoll	North Wales	36.23	8						
2	5	Tasia Stephens	South Wales	32.14	7						
3	7	Bethan Radford	West Wales	29.75	6						
4	6	Shauna Quirke	South Wales	24.71	5						
5	8	Amy Humble	West Wales	23.96	4						
6	2	Emma Norton	East Wales	23.45	3						
7	4	Chloe Davies	North Wales	22.05	2						
8	1	Sophie Jackson	East Wales	21.50	1						

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SM - 4x100m - CBP - West Wales, 44.1, 1999				Perf	Pts
1	6	Gareth Hopkins, Marc Ritchie, Daniel Williams Daniel Dell	South Wales	44.79	8
2	2	Craig Hudson, Dino Lantz, Lee Richards & Carl McEwan	East Wales	46.83	7
3	8	Jeff Cooze, Chris Williams, Gary Irving & Iain Moody	West Wales	57.87	6
U20M - 4x100m - CBP - South Wales, 44.03, 2009				Perf	Pts
1	5	Rhys Williams, Tom Phillips, Jamaul Whyte & Matthew Antoniazzi	South Wales	44.98	8
2	7	Glen Elsdon, Josh Sansom, Matthew Richards &	West Wales	45.47	7
3	3	David Hooson, Gareth Bennett, James Roberts & Josh Radford	North Wales	47.86	6
					0
U17M - 4x100m - CBP - South Wales, 45.02, 2009				=CBP Perf	Pts
1	5	Ryan Cooper, Anax Da Siliva, Matthew Collins & Tom Williams	South Wales	45.02	8
2	3	Aled Thomas, Joshua Jones, Luke Ward & Owen Smith	North Wales	45.16	7
3	7	Daniel Blain, Alex Pavlou, David Omoregie & Nathan Phillips	West Wales	46.52	6
4	1	Curtis Goodger, Stephen Scarfi, Adam Turley & Ryan Lee	East Wales	48.00	5
SW - 4x100m - CBP - East Wales, 49.7, 2001				CBP Perf	Pts
1	4	Jade Marvin, Hannah Thomas, Nia Breeze & Rachel Johncock	North Wales	49.62	8
2	6	Hannah Williams, Emma Peters, Lauren Reagan & Amy Tidball	South Wales	51.85	7
3	8	Ffion Rees, Caroline Byng, Abigail Hall & Kimberley Davies	West Wales	53.47	6
4	2	Amy Bradley, Cassidy Skinner, Rachel Bevan & Kirsty Crane	East Wales	53.83	5
U17W - 4x100m - CBP - West Wales, 50.33, 2002				CBP Perf	Pts
1	3	Beth Sargent, Sophie Lewis, Elin Jones, Mared Baker	North Wales	50.00	8
2	7	No Team Declared	West Wales	54.53	7
3	5	Lara Durrani, Miriam Bennett, Laura Trigg & Ellie Harman	South Wales	54.93	6
4	1	Melissa Arthur, Francesca Hyde, Zoe Bradley & Melika Rezougui	East Wales	55.71	5
U15G - 4x100m - CBP - North Wales, 50.66, 2007				Perf	Pts
1	7	Hannah Brier, Amy Leahy, Ffion Walters & Erin Walters	West Wales	51.66	8
2	5	Brenna Price, Emma Johnson, Clair Taylor, Olivia Evans	South Wales	52.83	7
3	3	Laura Turley, Abigail Backshall, Chloe Roberts, Rosie Unwin	North Wales	53.02	6
4	1	Olivia Turley, Emma Hennesey, Emma Jordan & Melissa Roberts	East Wales	55.17	5
U15B - 4x100m - CBP - South Wales, 46.7, 2006				Perf	Pts
1	8	Rhys Gealy, Gwion Jones, Samuel Jones & Shaun Pearce	West Wales	47.51	8
2	4	Scott Campbell, Iestyn Thomas, Shane Hughes & Sion Roberts	North Wales	48.62	7
3	2	Tyler Pritchard, Ryan Morgan, James Scarfi & Jack Dunn	East Wales	49.18	6
4	6	Rhys Roberts, Luke Harry, Richard Dangerfield & Dafydd Williams	South Wales	55.39	5
SM/U20M - 4x400m - CBP - East Wales, 3.23.8, 2001				Perf	Pts
1	3	Gareth Bennett, Shon Evans, James Roberts & Ben Fowle	North Wales	03:29.90	8
2	5	Gareth Hopkins, Daniel Dell, Stephen Morris & James Thie	South Wales	03:32.00	7
3	1	Dino Lantz, Chris Prothero, Lee Richards & Carl McEwan	East Wales	03:34.80	6
4	7	No Team Declared	West Wales	03:41.00	5
SW/U17W - 4x400m - CBP - West Wales, 4:03.91, 2010				Perf	Pts
1	4	Emily Rowlands, Chloe Jones, Rhian Williams & Hannah Thomas	North Wales	04:08.60	8
2	6	Claire Harwood, Lauren Reagan, Lora Roberts & Georgia Morgan	South Wales	04:21.10	7
3	2	Leigh Barker, Rhiannwedd Price, Ffion Price & Kirsty Crane	East Wales	04:22.10	6
4	8	Ffion Rees, Caroline Byng, Abigail Hall & Sophie Lane	West Wales	04:27.90	5

AGE	EVENT	East Wales	North Wales	South Wales	West Wales	Unused
U15B	100m	8	11	4	13	
U15B	200m	9	11	3	13	
U15B	400m	11	11	3	11	
U15B	800m	7	9		14	6
U15B	1500m	9	12	3	12	
U15B	1000m Walk		13		8	15
U15B	80H			13	8	15
U15B	4x100	6	7	5	8	
U15B	HJ		11	11	11	3
U15B	PV				15	21
U15B	LJ	2	11	8	14	1
U15B	SP	4	14	5	12	1
U15B	DT	4	15	3	11	3
U15B	JT	7	9	6	11	3
U15B Totals		67	134	64	161	68

AGE	EVENT	East Wales	North Wales	South Wales	West Wales	Unused
U17M	100m	6	9	15	3	3
U17M	200m	7	12	13	4	
U17M	400m	12	10	8	5	1
U17M	800m	4	12	6	11	3
U17M	1500m		8	6	7	15
U17M	3000m		15		11	10
U17M	1000m Walk			8	13	15
U17M	100H		6	5	15	10
U17M	400H		11	7	12	6
U17M	1.5k sc	7	8		11	10
U17M	4x100	5	7	8	6	
U17M	HJ		11	7	8	10
U17M	PV	8			7	21
U17M	LJ		8	14	11	3
U17M	TJ		15	6	9	6
U17M	SP	7	13	8	5	3
U17M	DT		12	14	4	6
U17M	HT		8	13	9	6
U17M	JT					36
U17M Totals		56	165	138	151	128

AGE	EVENT	East Wales	North Wales	South Wales	West Wales	Unused
U20M	100m		10	13	10	3
U20M	200m	7	11	8	7	3
U20M	400m	6		15	5	10
U20M	800m		7	14		15
U20M	1500m		14	7		15
U20M	3000m	6	7	8		15
U20M	1000m Walk					36
U20M	110H	4		11	15	6
U20M	400H	9		6	15	6
U20M	2 Km sc	14		7		15
U20M	4x100		6	8	7	5
U20M	HJ	7		8		21
U20M	PV		9	15	6	6
U20M	LJ	11		15	7	3
U20M	TJ	8				28
U20M	SP	12		13	5	6
U20M	DT	7	4	14	8	3
U20M	HT	7		8		21
U20M	JT					36
U20M Totals		98	68	170	85	217

AGE	EVENT	East Wales	North Wales	South Wales	West Wales	Unused
SM	100m	13	5	8	4	6
SM	200m	11	6	13	3	3
SM	400m	12	14	7	2	1
SM	800m	8	11	14	2	1
SM	1500m	7	14	3	9	3
SM	3000m	7	15	3	10	1
SM	1000m Walk			15	11	10
SM	110H	6	7		8	15
SM	400H	5	6	8	7	10
SM	2 Km sc					36
SM	4x100	7		8	6	5
SM	4x400	6	8	7	5	
SM	HJ	13	10	7		6
SM	PV	7	8			21
SM	LJ	9	14	10		3
SM	TJ	4	12	14		6
SM	SP	10	13	3	9	1
SM	DT	8	14	6	8	
SM	HT	8	7			21
SM	JT					36
SM Totals		141	164	126	84	149

Overall Male Points					
	East Wales	North Wales	South Wales	West Wales	Unused
U15B	67	134	64	161	68
U17M	56	165	138	151	128
U20M	98	68	170	85	217
SM	141	164	126	84	149
Male G Totals	362	531	498	481	562

AGE	EVENT	East Wales	North Wales	South Wales	West Wales	Unused
U15G	100m	5	12	9	9	1
U15G	200m	7	12	9	7	1
U15G	800m	12	14		7	3
U15G	1500m	5	6		15	10
U15G	1000m Walk		7		8	21
U15G	75H	6	9	10	10	1
U15G	relay	5	6	7	8	10
U15G	HJ	3	13	7	12	1
U15G	PV			6	15	15
U15G	LJ	6	5	11	13	1
U15G	SP	5	15	5	11	
U15G	DT	6	15	6	8	1
U15G	HT		11		15	10
U15G	JT	4	10	12	10	
U15G Totals		64	135	82	148	75

AGE	EVENT	East Wales	North Wales	South Wales	West Wales	Unused
U17W	100m		15	9	9	3
U17W	200m		14	5	11	6
U17W	300m	3	13	13	6	1
U17W	800m	8	4	6	12	6
U17W	1500m	6	5	7	8	10
U17W	3000m					36
U17W	1000m Walk				8	28
U17W	80H		8	14	11	3
U17W	300H		8	13	9	6
U17W	1.5km s/c				15	21
U17W	relay	5	8	6	7	
U17W	HJ		6	7	13	10
U17W	PV		7		8	21
U17W	LJ	9	9	11	7	
U17W	TJ		15	5	6	10
U17W	SP	5	14	11	5	1
U17W	DT	3	8	11	11	3
U17W	HT		13	8		15
U17W	JT	8	12	10	5	1
U17W Totals		47	159	136	151	88

AGE	EVENT	East Wales	North Wales	South Wales	West Wales	Unused
SW	100	4	15	6	8	3
SW	200	4	15	6	8	3
SW	400		15	6	9	6
SW	800	14	5		11	6
SW	1500	8	5		13	10
SW	3000	7	6	8		15
SW	1000m Walk				8	28
SW	100H				15	21
SW	400H		7	8		21
SW	1.5km s/c	8			7	21
SW	4x100	5	8	7	6	
SW	4x400	6	8	7	5	
SW	HJ		14		7	15
SW	PV		8			28
SW	LJ	7	11	3	12	3
SW	TJ	8	9		13	6
SW	SP	5	11	4	15	1
SW	DT	7	11		15	3
SW	HT	4		14	12	6
SW	JT					36
SW Totals		87	148	69	164	232

Overall Female Points					
	East Wales	North Wales	South Wales	West Wales	Unused
U15G	64	135	82	148	75
U17W	47	159	136	151	88
SW	87	148	69	164	232
Female G Totals	198	442	287	463	395

Combined Male & Female Points					
	East Wales	North Wales	South Wales	West Wales	Unused
Male	362	531	498	481	562
Female	198	442	287	463	395
Total	560	973	785	944	957