



**WELSH ATHLETICS**  
ATHLETAU CYMRU

Welsh Athletics Senior League Div 1

Sunday-22-Apr-2012

Deeside College

22 April 2012

Results

### T22 - U17W, 100m

w/s +2.0

League Record: Danielle BARKER, Neath Harriers, 12.2, 2003

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

| Pos | Bib | Athletes       | Club             | Perf. | Comments    |
|-----|-----|----------------|------------------|-------|-------------|
| 1   | 176 | Shannon MALONE | Deeside AAC      | 12.13 | G1* Lge Rec |
| 2   | 313 | Beth SARGENT   | Wrexham AC       | 12.43 | G2          |
| 3   | 127 | Abi BACKSHALL  | Colwyn Bay AC    | 12.99 | G4          |
| 4   | 277 | Elise DAVIES   | Swansea Harriers | 13.28 |             |

#### Race 2

w/s 0.6

|   |     |               |                  |      |  |
|---|-----|---------------|------------------|------|--|
| 1 | 314 | Amy ODUNIAYA  | Wrexham AC       | 13.4 |  |
| 2 | 230 | Lucy HAMMETT  | Swansea Harriers | 13.7 |  |
| 3 | 126 | Chloe ROBERTS | Colwyn Bay AC    | 13.8 |  |
| 4 | 124 | Lori SCRIVEN  | Colwyn Bay AC    | 13.8 |  |

### T28 - 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   | 127 | Abi BACKSHALL   | Colwyn Bay AC    | 41.98 | G2*      |
| 2   | 181 | Rhian WILLIAMS  | Deeside AAC      | 42.84 | G3       |
| 3   | 312 | Emily ROWLANDS  | Wrexham AC       | 46.01 |          |
| 4   | 228 | Miriam WILLIAMS | Swansea Harriers | 47.12 |          |

#### Race 2

|   |     |               |                  |       |  |
|---|-----|---------------|------------------|-------|--|
| 1 | 277 | Elise DAVIES  | Swansea Harriers | 44.61 |  |
| 2 | 124 | Lori SCRIVEN  | Colwyn Bay AC    | 46.71 |  |
| 3 | 316 | Melys EDWARDS | Wrexham AC       | 49.84 |  |

### T12 - U17W, 80m hurdles (76.2cm)

W/S +1.7

League Record: Heather JONES, Carmarthen Harriers, 11.3, 2003

Welsh Record: Heather JONES, Carmarthen Harriers, 11.27, 2003

| Pos | Bib | Athletes        | Club             | Perf. | Comments |
|-----|-----|-----------------|------------------|-------|----------|
| 1   | 228 | Miriam WILLIAMS | Swansea Harriers | 13.6  | *        |
| 2   | 316 | Melys EDWARDS   | Wrexham AC       | 14.1  |          |
| 3   | 315 | Manon EDWARDS   | Wrexham AC       | 16.0  |          |
| 4   | 128 | Sara DAVIES     | Colwyn Bay AC    | 16.77 |          |

### T34 - U17W, 4 x 100 Relay

League Record: Swansea Harriers, 50.4, 2007

Welsh Record: Not Recognised at this age group

| Pos | Bib | Club             | Perf. |
|-----|-----|------------------|-------|
| 1   | 277 | Swansea Harriers | 54.42 |
| 2   | 313 | Wrexham AC       | 54.57 |

### T38 - U17W, 4 x 300 Relay

League Record: Cardiff AAC, 3.34.8, 2010

Welsh Record: Not Recognised at this age group

| Pos | Bib | Club       | Perf.   |
|-----|-----|------------|---------|
| 1   | 313 | Wrexham AC | 3:14.65 |

### F13 - U17W, High Jump

League Record: Emily MORRIS, Swansea Harriers, 1.65, 2010

Welsh Record: Lea HAGGETT, Herne Hill Harriers, 1.81, 1986

| Pos | Bib | Athletes         | Club             | Perf. | Comments |
|-----|-----|------------------|------------------|-------|----------|
| 1   | 180 | Georgia BATES    | Deeside AAC      | 1.50  | G4*      |
| 2   | 277 | Elise DAVIES     | Swansea Harriers | 1.45  | *        |
| 3   | 227 | Shannon RICHARDS | Swansea Harriers | 1.40  |          |
| 4   | 128 | Sara DAVIES      | Colwyn Bay AC    | 1.35  |          |

### F15 - U17W, Triple Jump

League Record: Amy BRADLEY, Cwmbran Harriers, 10.93, 2008

Welsh Record: Jayne LUDLOW, Cardiff AAC, 12.14, 1994

| Pos | Bib | Athletes         | Club             | Perf. |   |
|-----|-----|------------------|------------------|-------|---|
| 1   | 128 | Sara DAVIES      | Colwyn Bay AC    | 9.13  | * |
| 2   | 227 | Shannon RICHARDS | Swansea Harriers | 9.05  | * |

### F5 - 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. |     |
|-----|-----|--------------------|------------------|-------|-----|
| 1   | 229 | Stephanie NICHOLLS | Swansea Harriers | 9.81  | G2* |
| 2   | 179 | Sabrina FORTUNE    | Deeside AAC      | 9.33  | G3* |
| 3   | 315 | Manon EDWARDS      | Wrexham AC       | 9.05  | G3* |
| 4   | 180 | Georgia BATES      | Deeside AAC      | 7.92  | G4* |
| 5   | 228 | Miriam WILLIAMS    | Swansea Harriers | 6.29  |     |
| 6   | 227 | Shannon RICHARDS   | Swansea Harriers | 6.12  |     |
| 7   | 181 | Rhian WILLIAMS     | Deeside AAC      | 5.29  |     |
| 8   | 126 | Chloe ROBERTS      | Colwyn Bay AC    | 5.20  |     |
| 9   | 124 | Lori SCRIVEN       | Colwyn Bay AC    | 4.48  |     |
| 10  | 230 | Lucy HAMMETT       | Swansea Harriers | 2.89  |     |

### T19 - U17M, 100m

w/s +2.5

League Record: Thomas WILLIAMS, Barry & Vale, 11.11, 2011

Welsh Record: Tim BENJAMIN & Andrew WATKINS, Cardiff AAC & Cwmbbran H, 10.71, 1998 & 2003

| Pos           | Bib | Athletes        | Club                | Perf.           | Comments |
|---------------|-----|-----------------|---------------------|-----------------|----------|
| 1             | 76  | Aled PRICE      | Carmarthen Harriers | 11.80           | *        |
| 2             | 164 | Luke WARD       | Deeside AAC         | 12.14           |          |
| 3             | 240 | James TAYLOR    | Swansea Harriers    | 12.21           |          |
| 4             | 119 | Dylan SAYERS    | Colwyn Bay AC       | 12.38           |          |
| 5             | 303 | Philip SWATTON  | Wrexham AC          | 13.17           |          |
| <b>Race 2</b> |     |                 |                     | <b>w/s +1.7</b> |          |
| 1             | 241 | Rhys GEALEY     | Swansea Harriers    | 11.73           |          |
| 2             | 168 | Scott CAMBELL   | Deeside AAC         | 12.17           |          |
| 3             | 130 | Oliver BUCK     | Colwyn Bay AC       | 12.55           |          |
| 4             | 238 | Bashir BALUGAN  | Swansea Harriers    | 12.64           |          |
| <b>Race 3</b> |     |                 |                     | <b>w/s +1.8</b> |          |
| 1             | 242 | Nathan PHILLIPS | Swansea Harriers    | 12.45           |          |
| 2             | 116 | Bryn O BRIAN    | Colwyn Bay AC       | 12.57           |          |
| 3             | 167 | George CAMBELL  | Deeside AAC         | 13.22           |          |
| 4             | 165 | Ben LEWIS       | Deeside AAC         | 13.58           |          |

### T25 - U17M, 400m

League Record: Rhodri SCANLON, Carmarthen Harriers, 51.1, 2003

Welsh Record: Bruce TASKER, Carmarthen Harriers, 47.85, 2004

| Pos | Bib | Athletes        | Club             | Perf. |
|-----|-----|-----------------|------------------|-------|
| 1   | 242 | Nathan PHILLIPS | Swansea Harriers | 55.57 |
| 2   | 304 | Ryan FOULKES    | Wrexham AC       | 56.26 |
| 3   | 243 | Alex PAVLOU     | Swansea Harriers | 57.14 |
| 4   | 115 | Mike WHITE      | Colwyn Bay AC    | 57.89 |
| 5   | 130 | Oliver BUCK     | Colwyn Bay AC    | 58.25 |
| 6   | 239 | Ashley HOPKINS  | Swansea Harriers | 61.35 |
| 7   | 117 | Joe SOUTHALL    | Colwyn Bay AC    | 63.56 |

### T7 - U17M, 1500m

League Record: David JONES, Carmarthen Harriers, 4.07.0,

Welsh Record: Colin CLARKSON, Swansea Harriers, 3.51.5, 1977

| Pos | Bib | Athletes          | Club             | Perf.    |   |
|-----|-----|-------------------|------------------|----------|---|
| 1   | 160 | Matthew BLACKWELL | Deeside AAC      | 04:27.72 | * |
| 2   | 304 | Ryan FOULKES      | Wrexham AC       | 04:31.94 | * |
| 3   | 161 | Andrew WILLIAMS   | Deeside AAC      | 04:33.73 | * |
| 4   | 239 | Ashley HOPKINS    | Swansea Harriers | 04:40.09 |   |
| 5   | 305 | Liam PRICE        | Wrexham AC       | 04:42.51 |   |
| 6   | 118 | Jake GRIFFITH     | Colwyn Bay AC    | 04:46.01 |   |
| 7   | 162 | Grant LEACH       | Deeside AAC      | 04:52.43 |   |
| 8   | 163 | Ryan COLECLOUGH   | Deeside AAC      | 05:03.38 |   |
| 9   | 236 | Daniel HALL       | Swansea Harriers | 05:13.14 |   |

### T10 - U17M, 100m hurdles (91.4cm)

W/S +1.8

League Record: Daniel BLAIN, Carmarthen Harriers, 13.67, 2011

Welsh Record: David GUEST, Bridgend AC, 12.94, 2007

| Pos | Bib | Athletes   | Club                | Perf. |   |
|-----|-----|------------|---------------------|-------|---|
| 1   | 76  | Aled PRICE | Carmarthen Harriers | 14.0  | * |
| 2   | 164 | Luke WARD  | Deeside AAC         | 14.2  |   |

### T31 - U17M, 4 x 100 Relay

League Record: Cardiff AAC, 45.2, 2002

Welsh Record: Not Recognised at this age group

| Pos | Bib | Club             | Perf. |
|-----|-----|------------------|-------|
| 1   | 240 | Swansea Harriers | 49.05 |
| 2   | 119 | Colwyn Bay AC    | 49.87 |
| 3   | 164 | Deeside AAC      | 50.09 |

### F22 - 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=  | 76  | Aled PRICE    | Carmarthen Harriers | 1.75  | * |
| 1=  | 166 | Shaun MURRAY  | Deeside AAC         | 1.75  | * |
| 3   | 164 | Luke WARD     | Deeside AAC         | 1.70  | * |
| 4   | 305 | Liam PRICE    | Wrexham AC          | 1.65  | * |
| 5   | 237 | Keiran INGRAM | Swansea Harriers    |       |   |
| 6   | 118 | Jake GRIFFITH | Colwyn Bay AC       |       |   |

### F10 - U17M, Triple Jump

League Record: Craig PHILLIPS, Deeside AAC, 13.51, 2002

Welsh Record: Steven SHALDERS, Cardiff AAC, 15.14, 1998

| Pos | Bib | Athletes      | Club          | Perf. |   |
|-----|-----|---------------|---------------|-------|---|
| 1   | 168 | Scott CAMBELL | Deeside AAC   | 11.95 | * |
| 2   | 116 | Bryn O BRIAN  | Colwyn Bay AC | 10.78 |   |
| 3   | 117 | Joe SOUTHALL  | Colwyn Bay AC | 10.25 |   |
| 4   | 119 | Dylan SAYERS  | Colwyn Bay AC | 8.04  |   |

### F14 - U17M, Shot Put (5.00kg)

League Record: Tom EDWARDS, Carmarthen Harriers, 15.37, 2008

Welsh Record: Matthew FIELD, Cardiff AAC, 17.42, 2011

| Pos | Bib | Athletes       | Club             | Perf. |   |
|-----|-----|----------------|------------------|-------|---|
| 1   | 241 | Rhys GEALEY    | Swansea Harriers | 12.08 | * |
| 2   | 243 | Alex PAVLOU    | Swansea Harriers | 8.95  |   |
| 3   | 237 | Keiran INGRAM  | Swansea Harriers | 7.90  |   |
| 4   | 303 | Philip SWATTON | Wrexham AC       | 5.75  |   |
| 5   | 115 | Mike WHITE     | Colwyn Bay AC    | 5.09  |   |

### F16 - U17M, Discus (1.00kg)

League Record: Glenn WILLIAMS, Cardiff AAC, 48.38,

Welsh Record: Matthew FIELD, Cardiff AAC, 51.12, 2011

| Pos | Bib | Athletes       | Club             | Perf. |
|-----|-----|----------------|------------------|-------|
| 1   | 237 | Keiran INGRAM  | Swansea Harriers | 23.06 |
| 2   | 239 | Ashley HOPKINS | Swansea Harriers | 18.19 |
| 3   | 118 | Jake GRIFFITH  | Colwyn Bay AC    | 17.09 |
| 4   | 117 | Joe SOUTHALL   | Colwyn Bay AC    | 9.50  |

### T21 - U20W, 100m

w/s +2.1

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   | 276 | Sian SWANSON   | Swansea Harriers | 13.4  |          |
| 2   | 123 | Nia ROBERTS    | Colwyn Bay AC    | 13.6  |          |
| 3   | 296 | Abi ROGERS     | Wrexham AC       | 14.4  |          |
| 4   | 297 | Laura WILLIAMS | Wrexham AC       | 16.3  |          |

### T27 - 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. | Comments   |
|-----|-----|--------------|------------|-------|------------|
| 1   | 294 | Megan ROGERS | Wrexham AC | 57.18 | G1 Lge Rec |
| 2   | 295 | Chloe JONES  | Wrexham AC | 58.85 | G3         |

### T33 - U20W, 4 x 100 Relay

League Record: Cardiff AAC, 51.2, 2010

Welsh Record: Not Recognised at this age group

| Pos | Bib | Athletes   | Club | Perf. |
|-----|-----|------------|------|-------|
| 1   | 294 | Wrexham AC |      | 55.84 |

### F7 - U20W, High Jump

League Record: Ceri STOKOE, Swansea Harriers, 1.79

Welsh Record: Rebecca JONES, Wrexham AC, 1.88, 2002

| Pos | Bib | Athletes     | Club             | Perf. |
|-----|-----|--------------|------------------|-------|
| 1   | 276 | Sian SWANSON | Swansea Harriers | 1.60  |

### F24 - U20W, Triple Jump

League Record: Victoria LLOYD, Pembroke Harriers, 11.04, 2005

Welsh Record: Sally PEAKE, Liverpool, 12.24, 2005

| Pos | Bib | Athletes     | Club        | Perf. |
|-----|-----|--------------|-------------|-------|
| 1   | 171 | Amy CROCOMBE | Deeside AAC | 9.50  |

### F20 - U20W, Shot Put (4.00kg)

League Record: Sally HINDS, Swansea Harriers, 13.24, 2005

Welsh Record: Sally HINDS, Swansea Harriers, 14.72, 2005

| Pos | Bib | Athletes      | Club       | Perf. |
|-----|-----|---------------|------------|-------|
| 1   | 298 | Jenny COPPELL | Wrexham AC | 8.89  |
| 2   | 294 | Megan ROGERS  | Wrexham AC | 8.21  |

### F12 - U20W, Discus (1.00kg)

League Record: Vanessa HEAD, Cardiff AAC, 62.02, 1984

Welsh Record: Philippa ROLES, Swansea, 51.60, 1997

| Pos | Bib | Athletes       | Club       | Perf. |
|-----|-----|----------------|------------|-------|
| 1   | 294 | Megan ROGERS   | Wrexham AC | 19.59 |
| 2   | 297 | Laura WILLIAMS | Wrexham AC | 11.29 |

### T18 - U20M, 100m

w/s +2.2

League Record: Calvin MCLAGGON & Tom KNIGHT, Barry & Vale H & Cardiff AAC, 10.9, 2003 & 2010

Welsh Record: Christian MALCOLM, Cardiff AAC, 10.12, 1998

| Pos | Bib | Athletes        | Club                | Perf. | Comments |
|-----|-----|-----------------|---------------------|-------|----------|
| 1   | 75  | Daniel BLAIN    | Carmarthen Harriers | 11.4  |          |
| 2   | 113 | Carlos MARTINEZ | Colwyn Bay AC       | 11.9  |          |
| 3   | 114 | Iestyn THOMAS   | Colwyn Bay AC       | 12.3  |          |
| 4   | 289 | William POOLE   | Wrexham AC          | 12.4  |          |

### T24 - 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   | 156 | Owen SMITH       | Deeside AAC      | 49.86 | G2* Lge Rec |
| 2   | 112 | Tom EARLEY       | Colwyn Bay AC    | 52.15 |             |
| 3   | 157 | Matthew PURNELL  | Deeside AAC      | 53.33 |             |
| 4   | 169 | Brad THOMAS      | Deeside AAC      | 57.09 |             |
| 5   | 290 | David BLOWER     | Wrexham AC       | 58.15 |             |
| 6   | 110 | George BACKSHALL | Colwyn Bay AC    | 59.61 |             |
| 7   | 186 | Tyrone FOWLER    | Newport Harriers | 61.63 |             |

### T14 - 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   | 291 | James ROBERTS | Wrexham AC  | 04:18.96 |
| 2   | 155 | Will SHERIDAN | Deeside AAC | 04:29.03 |
| 3   | 290 | David BLOWER  | Wrexham AC  | 04:32.23 |

### T2 - U20M, 5000m

League Record: No record set

Welsh Record: Adrian LEEK, Cardiff AAC, 14:07.2, Aldershot, Eng 31.07.1977

| Pos | Bib | Athletes      | Club             | Perf.    |
|-----|-----|---------------|------------------|----------|
| 1   | 186 | Tyrone FOWLER | Newport Harriers | 18:51.20 |

### T6 - 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. | Comments    |
|-----|-----|--------------|---------------------|-------|-------------|
| 1   | 75  | Daniel BLAIN | Carmarthen Harriers | 14.86 | G2* Lge Rec |
| 2   | 235 | Shane JONES  | Swansea Harriers    | 19.32 |             |

### T30 - U20M, 4 x 100 Relay

League Record: Cardiff AAC, 45.68, 2009

Welsh Record: Not Recognised at this age group

| Pos | Bib | Club          | Perf. |
|-----|-----|---------------|-------|
| 1   | 113 | Colwyn Bay AC | 48.41 |

### T36 - U20M, 4 x 400 Relay

League Record: Cardiff AAC, 3:38.6, 2010

Welsh Record: Not Recognised at this age group

| Pos | Bib | Club        | Perf.   |
|-----|-----|-------------|---------|
| 1   | 156 | Deeside AAC | 3:43.64 |

### F18 - U20M, High Jump

League Record: Gareth HAINES, Carmarthen Harriers, 1.98,

Welsh Record: John HILL, Solihull, 2.24, 1985

| Pos | Bib | Athletes      | Club       | Perf. |
|-----|-----|---------------|------------|-------|
| 1   | 289 | William POOLE | Wrexham AC | 1.65  |

### F4 - U20M, Triple Jump

League Record: Adam WILLIAMS, Menai T&F, 14.05, 2007

Welsh Record: Steven SHALDERS, Cardiff AAC, 15.99, 2000

| Pos | Bib | Athletes         | Club          | Perf. |   |
|-----|-----|------------------|---------------|-------|---|
| 1   | 113 | Carlos MARTINEZ  | Colwyn Bay AC | 11.83 | * |
| 2   | 289 | William POOLE    | Wrexham AC    | 11.77 | * |
| 3   | 110 | George BACKSHALL | Colwyn Bay AC | 10.38 |   |

### F9 - U20M, Shot Put (6.00kg)

League Record: Brett MORSE, Cardiff AAC, 16.34, 2008

Welsh Record: Brett MORSE, Cardiff AAC, 17.05, 2008

| Pos | Bib | Athletes         | Club             | Perf. |   |
|-----|-----|------------------|------------------|-------|---|
| 1   | 111 | Matthew REECE    | Colwyn Bay AC    | 12.29 | * |
| 2   | 289 | William POOLE    | Wrexham AC       | 9.17  |   |
| 3   | 186 | Tyrone FOWLER    | Newport Harriers | 6.99  |   |
| 4   | 110 | George BACKSHALL | Colwyn Bay AC    | 6.82  |   |

### F2 - U20M, Discus (1.75kg)

League Record: Brett MORSE, Cardiff AAC, 58.37, 2008

Welsh Record: Brett MORSE, Cardiff AAC, 58.37, 2008

| Pos | Bib | Athletes      | Club             | Perf. |     |
|-----|-----|---------------|------------------|-------|-----|
| 1   | 111 | Matthew REECE | Colwyn Bay AC    | 38.24 | G3* |
| 2   | 289 | William POOLE | Wrexham AC       | 19.95 |     |
| 3   | 186 | Tyrone FOWLER | Newport Harriers | 13.92 |     |
| 4   | 290 | David BLOWER  | Wrexham AC       | 13.84 |     |
| 5   | 114 | Iestyn THOMAS | Colwyn Bay AC    | 11.12 |     |



### T20 - SW, 100m

No w/s rec

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   | 121 | Rachel JOHNCOCK | Colwyn Bay AC       | 12.1  | G1*      |
| 2   | 73  | Heather JONES   | Carmarthen Harriers | 13.1  |          |
| 3   | 285 | Amanda WALE     | Wrexham AC          | 13.9  |          |
| 4   | 286 | Amanda COOK     | Wrexham AC          | 13.9  |          |

### T26 - 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   | 22  | Sue HOOPER      | Cardiff AAC   | 68.25 |
| 2   | 120 | Laurie GRIFFITH | Colwyn Bay AC | 85.29 |

### T15 - 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   | 178 | Eleanor JONES | Deeside AAC | 05:31.38 |

### T3 - SW, 5000m

League Record: No record set

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

| Pos | Bib | Athletes        | Club          | Perf.   |         |
|-----|-----|-----------------|---------------|---------|---------|
| 1   | 122 | Izzy REDFERN    | Colwyn Bay AC | 19:03.8 | Lge Rec |
| 2   | 120 | Laurie GRIFFITH | Colwyn Bay AC | 24:55.3 |         |

### T8 - SW, 100m hurdles (84.0cm)

W/S +2.0

League Record: Heather JONES, Carmarthen Harriers, 13.6, 2005

Welsh Record: Kay MORLEY, Cardiff AAC, 12.91, 1990

| Pos | Bib | Athletes      | Club                | Perf. |
|-----|-----|---------------|---------------------|-------|
| 1   | 73  | Heather JONES | Carmarthen Harriers | 14.55 |
| 2   | 286 | Amanda COOK   | Wrexham AC          | 17.45 |

### T39 - SW, 4 x 400 Relay

League Record: Cardiff AAC, 4.00.5, 1987

Welsh Record: Wales, 3.35.60, 1982

| Pos | Bib | Athletes   | Club | Perf.    |
|-----|-----|------------|------|----------|
| 1   | 294 | Wrexham AC |      | 05:40.36 |

### F6 - SW, High Jump

League Record: Rebecca JONES, Wrexham AC, 1.73, 1999

Welsh Record: Julie CRANE, Sale Harriers, 1.89, 2004

| Pos | Bib | Athletes    | Club                | Perf. |   |
|-----|-----|-------------|---------------------|-------|---|
| 1   | 78  | Sophie PICK | Carmarthen Harriers | 1.55  | * |

### F23 - SW, Triple Jump

League Record: Jayne LUDLOW, Cardiff AAC, 11.76, 1994

Welsh Record: Sara BARRY, Cardiff AAC, 12.75, 2009

| Pos | Bib | Athletes    | Club       | Perf. |   |
|-----|-----|-------------|------------|-------|---|
| 1   | 286 | Amanda COOK | Wrexham AC | 10.39 | * |

### F19 - 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. |     |
|-----|-----|-------------|---------------------|-------|-----|
| 1   | 285 | Amanda WALE | Wrexham AC          | 9.70  | G3* |
| 2   | 78  | Sophie PICK | Carmarthen Harriers | 7.84  |     |
| 3   | 275 | Jo DAVIS    | Swansea Harriers    | 7.67  |     |

### F11 - SW, Discus (1.00kg)

League Record: Claire WILLIAMS, Carmarthen Harriers, 38.78, 2011

Welsh Record: Vanessa HEAD, Cardiff AAC, 64.68, 1983

| Pos | Bib | Athletes        | Club             | Perf. |   |
|-----|-----|-----------------|------------------|-------|---|
| 1   | 275 | Jo DAVIS        | Swansea Harriers | 21.05 | * |
| 2   | 286 | Amanda COOK     | Wrexham AC       | 17.91 |   |
| 3   | 120 | Laurie GRIFFITH | Colwyn Bay AC    | 12.23 |   |

### T17 - SM, 100m

W/S +4.7

League Record: Colin JACKSON, Cardiff AAC, 10.3, 1993

Welsh Record: Christian MALCOLM, Cardiff AAC, 10.11, 2001

| Pos | Bib | Athletes        | Club             | Perf. |
|-----|-----|-----------------|------------------|-------|
| 1   | 281 | Thomas CUSWORTH | Wrexham AC       | 11.21 |
| 2   | 146 | H.Bud SKINKIS   | Deeside AAC      | 11.82 |
| 3   | 232 | Lee RICHARDS    | Swansea Harriers | 12.00 |
| 4   | 129 | Simon WHITFIELD | Colwyn Bay AC    | 12.36 |

**Race 2**

| Pos | Bib | Athletes          | Club             | Perf. |
|-----|-----|-------------------|------------------|-------|
| 1   | 279 | David JAMES       | Wrexham AC       | 13.56 |
| 2   | 233 | Jeff COOZE        | Swansea Harriers | 14.27 |
| 3   | 106 | Crispin BACKSHALL | Colwyn Bay AC    | 15.79 |

### T23 - SM, 400m

League Record: Roger BARRETT, Carmarthen Harriers, 48.0, 1984

Welsh Record: Iwan THOMAS, Newham, 44.36, 1997

| Pos | Bib | Athletes        | Club             | Perf. |
|-----|-----|-----------------|------------------|-------|
| 1   | 281 | Thomas CUSWORTH | Wrexham AC       | 51.18 |
| 2   | 232 | Lee RICHARDS    | Swansea Harriers | 52.97 |
| 3   | 146 | H.Bud SKINKIS   | Deeside AAC      | 54.90 |
| 4   | 108 | Ian MULLIGAN    | Colwyn Bay AC    | 62.63 |
| 5   | 279 | David JAMES     | Wrexham AC       | 63.90 |
| 6   | 109 | Steve EARLEY    | Colwyn Bay AC    | 66.69 |

### T13 - 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   | 148 | Lee JONES       | Deeside AAC   | 04:13.7 |
| 2   | 109 | Steve EARLEY    | Colwyn Bay AC | 04:51.7 |
| 3   | 280 | Mike ROBBINS    | Wrexham AC    | 05:06.0 |
| 4   | 145 | Mark GARSTANG   | Deeside AAC   | 05:22.4 |
| 5   | 104 | Konrad ROBERTS  | Colwyn Bay AC | 05:29.7 |
| 6   | 149 | Jimmy CHALLINOR | Deeside AAC   | 05:37.7 |

### 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   | 151 | Andrew BROMLEY | Deeside AAC   | 17:33.5 |
| 2   | 280 | Mike ROBBINS   | Wrexham AC    | 17:50.6 |
| 3   | 108 | Ian MULLIGAN   | Colwyn Bay AC | 19:37.9 |
| 4   | 153 | John MORRIS    | Deeside AAC   | 19:45.5 |
| 5   | 104 | Konrad ROBERTS | Colwyn Bay AC | 19:53.0 |
| 6   | 150 | Stephen JOLLEY | Deeside AAC   | 21:38.7 |

### T5 - 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   | 278 | Neil EDWARDS | Wrexham AC | 22.2  |

### T29 - SM, 4 x 100 Relay

League Record: Swansea Harriers, 42.5, 1981

Welsh Record: Wales, 38.73, 1998

| Pos | Bib | Athletes         | Club | Perf. |
|-----|-----|------------------|------|-------|
| 1   | 233 | Swansea Harriers |      | 50.42 |
| 2   | 281 | Wrexham AC       |      | 52.38 |
| 3   | 108 | Colwyn Bay AC    |      | 56.86 |

### T35 - 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   | 281 | Wrexham AC    |      | 4:33.2 |
| 2   | 104 | Colwyn Bay AC |      | 4:44.2 |

### F3 - SM, Triple Jump

League Record: Charles MADERIA-COLE, Carmarthen Harriers, 14.74, 1997

Welsh Record: Steven SHALDERS, Cardiff AAC, 16.71, 2005

| Pos | Bib | Athletes        | Club             | Perf. |
|-----|-----|-----------------|------------------|-------|
| 1   | 234 | Daniel WILLIAMS | Swansea Harriers | 11.27 |
| 2   | 278 | Neil EDWARDS    | Wrexham AC       | 10.13 |
| 3   | 279 | David JAMES     | Wrexham AC       | 8.82  |

### F8 - 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   | 152 | Phil DAVIES       | Deeside AAC      | 10.77 | * |
| 2   | 278 | Neil EDWARDS      | Wrexham AC       | 10.61 | * |
| 3   | 129 | Simon WHITFIELD   | Colwyn Bay AC    | 10.18 | * |
| 4   | 147 | Dave STOKES       | Deeside AAC      | 8.03  |   |
| 5   | 282 | Mark RICH         | Wrexham AC       | 7.41  |   |
| 6   | 106 | Crispin BACKSHALL | Colwyn Bay AC    | 6.39  |   |
| 7   | 231 | Dave JONES        | Swansea Harriers | 5.60  |   |

### F1 - SM, Discus (2.00kg)

League Record: David COLEMAN, Cardiff AAC, 45.50, 2009

Welsh Record: Brett MORSE, Birchfield Harriers, 66.06, 2011

| Pos | Bib | Athletes          | Club             | Perf. |   |
|-----|-----|-------------------|------------------|-------|---|
| 1   | 147 | Dave STOKES       | Deeside AAC      | 31.25 | * |
| 2   | 278 | Neil EDWARDS      | Wrexham AC       | 31.17 | * |
| 3   | 152 | Phil DAVIES       | Deeside AAC      | 29.36 | * |
| 4   | 282 | Mark RICH         | Wrexham AC       | 20.88 |   |
| 5   | 105 | Phil JONES        | Colwyn Bay AC    | 17.25 |   |
| 6   | 106 | Crispin BACKSHALL | Colwyn Bay AC    | 15.89 |   |
| 7   | 231 | Dave JONES        | Swansea Harriers | 11.08 |   |

| U17 WOMEN POINTS    |     |           |           |           |           |     |            |            |             | Max Available | Unused Points | Total Unused       | U17 MEN POINTS    |     |     |            |            |            |           |            |            |             | Max Available | Unused Points | Total Unused |
|---------------------|-----|-----------|-----------|-----------|-----------|-----|------------|------------|-------------|---------------|---------------|--------------------|-------------------|-----|-----|------------|------------|------------|-----------|------------|------------|-------------|---------------|---------------|--------------|
| Events              | B&V | CDF       | CRM       | COL       | DEE       | NPT | SWA        | WXM        | Events      |               |               |                    | B&V               | CDF | CRM | COL        | DEE        | NPT        | SWA       | WXM        |            |             |               |               |              |
| 100m                |     |           |           | 12        | 16        |     | 10         | 14         | 72          | -20           | -35           | 100m               |                   |     |     | 14         | 10         | 12         | 16        | 8          | 72         | -12         | -27           |               |              |
|                     |     |           |           | 6         |           |     | 7          | 8          | 36          | -15           |               |                    |                   |     |     |            |            | 7          | 8         | 36         | -15        |             |               |               |              |
| 300m                |     |           |           | 16        | 14        |     | 12         | 10         | 72          | -20           | -35           | 400m               |                   |     |     |            | 12         |            | 16        | 14         | 72         | -30         | -51           |               |              |
|                     |     |           |           | 8         |           |     | 7          | 6          | 36          | -15           |               |                    |                   |     |     |            |            | 7          | 8         | 36         | -21        |             |               |               |              |
| 1500m               |     |           |           |           |           |     |            |            | 72          | -72           | -108          | 1500m              |                   |     |     |            | 10         | 16         | 12        | 14         | 72         | -20         | -35           |               |              |
|                     |     |           |           |           |           |     |            |            | 36          | -36           |               |                    |                   |     |     |            |            | 8          | 6         | 7          | 36         | -15         |               |               |              |
|                     |     |           |           |           |           |     |            |            | 72          | -72           | -108          |                    |                   |     |     |            |            |            |           |            | 72         | -72         | -108          |               |              |
|                     |     |           |           |           |           |     |            |            | 36          | -36           |               |                    |                   |     |     |            |            |            |           |            | 36         | -36         |               |               |              |
| 80m Hurdles         |     |           |           | 12        |           |     | 16         | 14         | 72          | -30           | -58           | 100m Hurdles       |                   |     |     | 16         |            | 14         |           |            | 72         | -42         | -78           |               |              |
|                     |     |           |           |           |           |     |            | 8          | 36          | -28           |               |                    |                   |     |     |            |            |            |           |            | 36         | -36         |               |               |              |
|                     |     |           |           |           |           |     |            |            |             |               |               |                    |                   |     |     |            |            |            |           |            |            |             |               |               |              |
| 4x100               |     |           |           |           |           |     | 16         | 14         | 72          | -42           |               | 4x100              |                   |     |     |            | 14         | 12         |           | 16         | 72         | -30         |               |               |              |
| 4x300               |     |           |           |           |           |     |            | 16         | 72          | -56           |               | 4x400              |                   |     |     |            |            |            |           |            | 72         | -72         |               |               |              |
| High Jump           |     |           |           | 12        | 16        |     | 14         |            | 72          | -30           | -58           | High Jump          |                   |     |     | 16         |            | 16         |           | 12         | 72         | -28         | -56           |               |              |
|                     |     |           |           |           |           |     | 8          |            | 36          | -28           |               |                    |                   |     |     |            |            | 8          |           |            | 36         | -28         |               |               |              |
| Triple Jump         |     |           |           | 16        |           |     | 14         |            | 72          | -42           | -78           | Triple Jump        |                   |     |     |            | 14         | 16         |           |            | 72         | -42         | -70           |               |              |
|                     |     |           |           |           |           |     |            |            | 36          | -36           |               |                    |                   |     |     |            | 8          |            |           |            | 36         | -28         |               |               |              |
| Shot                |     |           |           | 10        | 14        |     | 16         | 12         | 72          | -20           | -35           | Shot               |                   |     |     |            |            |            | 16        | 14         | 72         | -30         | -58           |               |              |
|                     |     |           |           | 6         | 8         |     | 7          |            | 36          | -15           |               |                    |                   |     |     |            |            |            | 8         |            | 36         | -28         |               |               |              |
| Discus              |     |           |           |           |           |     |            |            | 72          | -72           | -108          | Discus             |                   |     |     |            |            |            | 16        |            | 72         | -42         | -63           |               |              |
|                     |     |           |           |           |           |     |            |            | 36          | -36           |               |                    |                   |     |     |            |            | 7          |           | 8          | 36         | -21         |               |               |              |
| <b>U17W TOTALS</b>  |     |           |           | <b>98</b> | <b>68</b> |     | <b>127</b> | <b>102</b> | <b>1116</b> | <b>-721</b>   |               | <b>U17M TOTALS</b> |                   |     |     | <b>46</b>  | <b>114</b> | <b>110</b> |           | <b>129</b> | <b>69</b>  | <b>1116</b> | <b>-648</b>   |               |              |
| U20 WOMEN POINTS    |     |           |           |           |           |     |            |            |             | Max Available | Unused Points | Total Unused       | U20 MEN POINTS    |     |     |            |            |            |           |            |            |             | Max Available | Unused Points | Total Unused |
| Events              | B&V | CDF       | CRM       | COL       | DEE       | NPT | SWA        | WXM        | Events      |               |               |                    | B&V               | CDF | CRM | COL        | DEE        | NPT        | SWA       | WXM        |            |             |               |               |              |
| 100m                |     |           |           | 14        |           |     | 16         | 12         | 72          | -30           | -58           | 100m               |                   |     |     | 16         | 14         |            |           | 12         | 72         | -30         | -58           |               |              |
|                     |     |           |           |           |           |     |            | 8          | 36          | -28           |               |                    |                   |     |     |            |            | 8          |           |            | 36         | -28         |               |               |              |
| 400m                |     |           |           |           |           |     |            | 16         | 72          | -56           | -84           | 400m               |                   |     |     |            | 14         | 16         | 10        | 12         | 72         | -20         | -41           |               |              |
|                     |     |           |           |           |           |     |            | 8          | 36          | -28           |               |                    |                   |     |     |            | 7          | 8          |           |            | 36         | -21         |               |               |              |
| 1500m               |     |           |           |           |           |     |            |            | 72          | -72           | -108          | 1500m              |                   |     |     |            |            |            | 14        |            | 16         | 72          | -42           | -70           |              |
|                     |     |           |           |           |           |     |            |            | 36          | -36           |               |                    |                   |     |     |            |            |            |           | 8          | 36         | -28         |               |               |              |
| 5000m               |     |           |           |           |           |     |            |            |             |               |               | 5000m              |                   |     |     |            |            |            | 16        |            |            |             |               |               |              |
| 100m Hurdles        |     |           |           |           |           |     |            |            |             |               |               | 110m Hurdles       |                   |     |     | 16         |            |            |           | 14         |            |             |               |               |              |
|                     |     |           |           |           |           |     |            |            |             |               |               |                    |                   |     |     |            |            |            |           |            |            |             |               |               |              |
| 4x100               |     |           |           |           |           |     |            |            |             |               |               | 4x100              |                   |     |     |            | 16         |            |           |            |            |             |               |               |              |
| 4x400               |     |           |           |           |           |     |            | 16         |             |               |               | 4x400              |                   |     |     |            |            | 16         |           |            |            |             |               |               |              |
| High Jump           |     |           |           |           |           |     | 16         |            | 72          | -56           | -92           | High Jump          |                   |     |     |            |            |            |           | 16         | 72         | -56         | -92           |               |              |
|                     |     |           |           |           |           |     |            |            | 36          | -36           |               |                    |                   |     |     |            |            |            |           |            | 36         | -36         |               |               |              |
| Triple Jump         |     |           |           |           | 16        |     |            |            |             |               |               | Triple Jump        |                   |     |     |            | 16         |            |           |            | 14         |             |               |               |              |
|                     |     |           |           |           |           |     |            |            |             |               |               |                    |                   |     |     |            |            |            |           |            |            |             |               |               |              |
| Shot                |     |           |           |           |           |     |            | 16         | 72          | -56           | -84           | Shot               |                   |     |     |            | 16         |            | 12        |            | 14         | 72          | -30           | -58           |              |
|                     |     |           |           |           |           |     |            | 8          | 36          | -28           |               |                    |                   |     |     |            |            |            |           |            | 36         | -28         |               |               |              |
| Discus              |     |           |           |           |           |     |            | 16         | 72          | -56           | -84           | Discus             |                   |     |     |            | 16         |            | 12        |            | 14         | 72          | -30           | -51           |              |
|                     |     |           |           |           |           |     |            | 8          | 36          | -28           |               |                    |                   |     |     |            | 7          |            |           | 8          | 36         | -21         |               |               |              |
| <b>U20W TOTALS</b>  |     |           |           | <b>14</b> | <b>16</b> |     | <b>32</b>  | <b>108</b> | <b>648</b>  | <b>-510</b>   |               | <b>U20M TOTALS</b> |                   |     |     | <b>32</b>  | <b>130</b> | <b>54</b>  | <b>50</b> | <b>14</b>  | <b>114</b> | <b>648</b>  | <b>-370</b>   |               |              |
| SENIOR WOMEN POINTS |     |           |           |           |           |     |            |            |             | Max Available | Unused Points | Total Unused       | SENIOR MEN POINTS |     |     |            |            |            |           |            |            |             | Max Available | Unused Points | Total Unused |
| Events              | B&V | CDF       | CRM       | COL       | DEE       | NPT | SWA        | WXM        | Events      |               |               |                    | B&V               | CDF | CRM | COL        | DEE        | NPT        | SWA       | WXM        |            |             |               |               |              |
| 100m                |     |           | 14        | 16        |           |     |            | 12         | 72          | -30           | -58           | 100m               |                   |     |     | 10         | 14         |            | 12        | 16         | 72         | -20         | -35           |               |              |
|                     |     |           |           |           |           |     |            | 8          | 36          | -28           |               |                    |                   |     |     |            |            | 6          | 8         | 7          | 8          | 36          | -15           |               |              |
| 400m                |     | 16        |           | 14        |           |     |            |            | 72          | -42           | -78           | 400m               |                   |     |     | 10         | 12         |            | 14        | 16         | 72         | -20         | -41           |               |              |
|                     |     |           |           |           |           |     |            |            | 36          | -36           |               |                    |                   |     |     |            |            | 7          |           |            | 8          | 36          | -21           |               |              |
| 1500m               |     |           |           |           | 16        |     |            |            | 72          | -56           | -92           | 1500m              |                   |     |     | 14         | 16         |            |           | 12         | 72         | -30         | -51           |               |              |
|                     |     |           |           |           |           |     |            |            | 36          | -36           |               |                    |                   |     |     | 7          | 8          |            |           |            | 36         | -21         |               |               |              |
| 5000m               |     |           |           | 16        |           |     |            |            |             |               |               | 5000m              |                   |     |     | 12         | 16         |            |           |            | 14         |             |               |               |              |
|                     |     |           |           | 8         |           |     |            |            |             |               |               |                    |                   |     |     | 7          | 8          |            |           |            |            |             |               |               |              |
| 100m Hurdles        |     |           | 16        |           |           |     |            | 14         |             |               |               | 110m Hurdles       |                   |     |     |            |            |            |           |            | 16         |             |               |               |              |
|                     |     |           |           |           |           |     |            |            |             |               |               |                    |                   |     |     |            |            |            |           |            |            |             |               |               |              |
| 4x100               |     |           |           |           |           |     |            |            |             |               |               | 4x100              |                   |     |     |            | 12         |            |           | 16         | 14         |             |               |               |              |
| 4x400               |     |           |           |           |           |     |            | 16         |             |               |               | 4x400              |                   |     |     |            | 14         |            |           |            | 16         |             |               |               |              |
| High Jump           |     |           | 16        |           |           |     |            |            | 72          | -56           | -92           | High Jump          |                   |     |     |            |            |            |           |            | 72         | -72         | -108          |               |              |
|                     |     |           |           |           |           |     |            |            | 36          | -36           |               |                    |                   |     |     |            |            |            |           |            | 36         | -36         |               |               |              |
| Triple Jump         |     |           |           |           |           |     |            | 16         |             |               |               | Triple Jump        |                   |     |     |            |            |            |           | 16         | 14         | 8           |               |               |              |
|                     |     |           |           |           |           |     |            |            |             |               |               |                    |                   |     |     |            |            |            |           |            |            |             |               |               |              |
| Shot                |     |           | 14        |           |           |     | 12         | 16         | 72          | -30           | -66           | Shot               |                   |     |     | 12         | 16         |            | 10        | 14         | 72         | -20         | -35           |               |              |
|                     |     |           |           |           |           |     |            |            | 36          | -36           |               |                    |                   |     |     | 6          | 8          |            |           | 7          | 36         | -15         |               |               |              |
| Discus              |     |           |           | 12        |           |     | 16         | 14         | 72          | -30           | -66           | Discus             |                   |     |     | 12         | 16         |            | 10        | 14         | 72         | -20         | -35           |               |              |
|                     |     |           |           |           |           |     |            |            | 36          | -36           |               |                    |                   |     |     | 6          | 8          |            |           | 7          | 36         | -15         |               |               |              |
| <b>SW TOTALS</b>    |     | <b>16</b> | <b>60</b> | <b>66</b> | <b>16</b> |     | <b>28</b>  | <b>96</b>  | <b>648</b>  | <b>-452</b>   |               | <b>SM TOTALS</b>   |                   |     |     | <b>135</b> | <b>122</b> |            | <b>85</b> | <b>184</b> |            |             |               |               |              |

| U17 WOMEN              |  |  |  |           |           |  |            |            |
|------------------------|--|--|--|-----------|-----------|--|------------|------------|
| Match 1 Pts            |  |  |  | 98        | 68        |  | 127        | 102        |
| Match 2 Pts            |  |  |  |           |           |  |            |            |
| Match 3 Pts            |  |  |  |           |           |  |            |            |
| Match 4 Pts            |  |  |  |           |           |  |            |            |
| <b>Total Match Pts</b> |  |  |  | <b>98</b> | <b>68</b> |  | <b>127</b> | <b>102</b> |
| Match 1 Lge Pts        |  |  |  | 6         | 5         |  | 8          | 7          |
| Match 2 Lge Pts        |  |  |  |           |           |  |            |            |
| Match 3 Lge Pts        |  |  |  |           |           |  |            |            |
| Match 4 Lge Pts        |  |  |  |           |           |  |            |            |
|                        |  |  |  | 6         | 5         |  | 8          | 7          |
| <b>Position</b>        |  |  |  | <b>3</b>  | <b>4</b>  |  | <b>1</b>   | <b>2</b>   |

| U20 WOMEN              |  |  |  |           |           |  |           |            |
|------------------------|--|--|--|-----------|-----------|--|-----------|------------|
| Match 1 Pts            |  |  |  | 14        | 16        |  | 32        | 108        |
| Match 2 Pts            |  |  |  |           |           |  |           |            |
| Match 3 Pts            |  |  |  |           |           |  |           |            |
| Match 4 Pts            |  |  |  |           |           |  |           |            |
| <b>Total Match Pts</b> |  |  |  | <b>14</b> | <b>16</b> |  | <b>32</b> | <b>108</b> |
| Match 1 Lge Pts        |  |  |  | 5         | 6         |  | 7         | 8          |
| Match 2 Lge Pts        |  |  |  |           |           |  |           |            |
| Match 3 Lge Pts        |  |  |  |           |           |  |           |            |
| Match 4 Lge Pts        |  |  |  |           |           |  |           |            |
|                        |  |  |  | 5         | 6         |  | 7         | 8          |
| <b>Position</b>        |  |  |  | <b>4</b>  | <b>3</b>  |  | <b>2</b>  | <b>1</b>   |

| SENIOR WOMEN           |  |           |           |           |           |  |           |           |
|------------------------|--|-----------|-----------|-----------|-----------|--|-----------|-----------|
| Match 1 Pts            |  | 16        | 60        | 66        | 16        |  | 28        | 96        |
| Match 2 Pts            |  |           |           |           |           |  |           |           |
| Match 3 Pts            |  |           |           |           |           |  |           |           |
| Match 4 Pts            |  |           |           |           |           |  |           |           |
| <b>Total Match Pts</b> |  | <b>16</b> | <b>60</b> | <b>66</b> | <b>16</b> |  | <b>28</b> | <b>96</b> |
| Match 1 Lge Pts        |  | 3         | 6         | 7         | 3         |  | 5         | 8         |
| Match 2 Lge Pts        |  |           |           |           |           |  |           |           |
| Match 3 Lge Pts        |  |           |           |           |           |  |           |           |
| Match 4 Lge Pts        |  |           |           |           |           |  |           |           |
|                        |  | 3         | 6         | 7         | 3         |  | 5         | 8         |
| <b>Position</b>        |  | <b>5</b>  | <b>3</b>  | <b>2</b>  | <b>5</b>  |  | <b>4</b>  | <b>1</b>  |

| FEMALE POINTS          |  |           |           |            |            |  |            |            |
|------------------------|--|-----------|-----------|------------|------------|--|------------|------------|
| Match 1 Pts            |  | 16        | 60        | 178        | 100        |  | 187        | 306        |
| Match 2 Pts            |  |           |           |            |            |  |            |            |
| Match 3 Pts            |  |           |           |            |            |  |            |            |
| Match 4 Pts            |  |           |           |            |            |  |            |            |
| <b>Total Match Pts</b> |  | <b>16</b> | <b>60</b> | <b>178</b> | <b>100</b> |  | <b>187</b> | <b>306</b> |
| Match 1 Lge Pts        |  | 3         | 4         | 6          | 5          |  | 7          | 8          |
| Match 2 Lge Pts        |  |           |           |            |            |  |            |            |
| Match 3 Lge Pts        |  |           |           |            |            |  |            |            |
| Match 4 Lge Pts        |  |           |           |            |            |  |            |            |
|                        |  | 3         | 4         | 6          | 5          |  | 7          | 8          |
| <b>Position</b>        |  | <b>6</b>  | <b>5</b>  | <b>3</b>   | <b>4</b>   |  | <b>2</b>   | <b>1</b>   |

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| MALE & FEMALE POINTS   |  |           |            |            |            |           |            |            |
|------------------------|--|-----------|------------|------------|------------|-----------|------------|------------|
| Match 1 Pts            |  | 16        | 138        | 557        | 386        | 50        | 415        | 673        |
| Match 2 Pts            |  |           |            |            |            |           |            |            |
| Match 3 Pts            |  |           |            |            |            |           |            |            |
| Match 4 Pts            |  |           |            |            |            |           |            |            |
| <b>Total Match Pts</b> |  | <b>16</b> | <b>138</b> | <b>557</b> | <b>386</b> | <b>50</b> | <b>415</b> | <b>673</b> |
| Match 1 Lge Pts        |  | 2         | 4          | 7          | 5          | 3         | 6          | 8          |
| Match 2 Lge Pts        |  |           |            |            |            |           |            |            |
| Match 3 Lge Pts        |  |           |            |            |            |           |            |            |
| Match 4 Lge Pts        |  |           |            |            |            |           |            |            |
| <b>Total Lge Pts</b>   |  |           |            |            |            |           |            |            |
| <b>Position</b>        |  | <b>7</b>  | <b>5</b>   | <b>2</b>   | <b>4</b>   | <b>6</b>  | <b>3</b>   | <b>1</b>   |

| U17 MEN                |  |  |  |           |            |            |  |            |           |
|------------------------|--|--|--|-----------|------------|------------|--|------------|-----------|
| Match 1 Pts            |  |  |  | 46        | 114        | 110        |  | 129        | 69        |
| Match 2 Pts            |  |  |  |           |            |            |  |            |           |
| Match 3 Pts            |  |  |  |           |            |            |  |            |           |
| Match 4 Pts            |  |  |  |           |            |            |  |            |           |
| <b>Total Match Pts</b> |  |  |  | <b>46</b> | <b>114</b> | <b>110</b> |  | <b>129</b> | <b>69</b> |
| Match 1 Lge Pts        |  |  |  | 4         | 7          | 6          |  | 8          | 5         |
| Match 2 Lge Pts        |  |  |  |           |            |            |  |            |           |
| Match 3 Lge Pts        |  |  |  |           |            |            |  |            |           |
| Match 4 Lge Pts        |  |  |  |           |            |            |  |            |           |
|                        |  |  |  | 4         | 7          | 6          |  | 8          | 5         |
| <b>Position</b>        |  |  |  | <b>5</b>  | <b>2</b>   | <b>3</b>   |  | <b>1</b>   | <b>4</b>  |

| U20 MEN                |  |  |  |           |            |           |           |           |            |
|------------------------|--|--|--|-----------|------------|-----------|-----------|-----------|------------|
| Match 1 Pts            |  |  |  | 32        | 130        | 54        | 50        | 14        | 114        |
| Match 2 Pts            |  |  |  |           |            |           |           |           |            |
| Match 3 Pts            |  |  |  |           |            |           |           |           |            |
| Match 4 Pts            |  |  |  |           |            |           |           |           |            |
| <b>Total Match Pts</b> |  |  |  | <b>32</b> | <b>130</b> | <b>54</b> | <b>50</b> | <b>14</b> | <b>114</b> |
| Match 1 Lge Pts        |  |  |  | 4         | 8          | 6         | 5         | 3         | 7          |
| Match 2 Lge Pts        |  |  |  |           |            |           |           |           |            |
| Match 3 Lge Pts        |  |  |  |           |            |           |           |           |            |
| Match 4 Lge Pts        |  |  |  |           |            |           |           |           |            |
|                        |  |  |  | 4         | 8          | 6         | 5         | 3         | 7          |
| <b>Position</b>        |  |  |  | <b>5</b>  | <b>1</b>   | <b>3</b>  | <b>4</b>  | <b>6</b>  | <b>2</b>   |

| SENIOR MEN             |  |  |  |  |            |            |  |           |            |
|------------------------|--|--|--|--|------------|------------|--|-----------|------------|
| Match 1 Pts            |  |  |  |  | 135        | 122        |  | 85        | 184        |
| Match 2 Pts            |  |  |  |  |            |            |  |           |            |
| Match 3 Pts            |  |  |  |  |            |            |  |           |            |
| Match 4 Pts            |  |  |  |  |            |            |  |           |            |
| <b>Total Match Pts</b> |  |  |  |  | <b>135</b> | <b>122</b> |  | <b>85</b> | <b>184</b> |
| Match 1 Lge Pts        |  |  |  |  | 7          | 6          |  | 5         | 8          |
| Match 2 Lge Pts        |  |  |  |  |            |            |  |           |            |
| Match 3 Lge Pts        |  |  |  |  |            |            |  |           |            |
| Match 4 Lge Pts        |  |  |  |  |            |            |  |           |            |
|                        |  |  |  |  | 7          | 6          |  | 5         | 8          |
| <b>Position</b>        |  |  |  |  | <b>2</b>   | <b>3</b>   |  | <b>4</b>  | <b>1</b>   |

| MALE POINTS            |  |  |  |  |           |            |            |           |            |            |
|------------------------|--|--|--|--|-----------|------------|------------|-----------|------------|------------|
| Match 1 Pts            |  |  |  |  | 78        | 379        | 286        | 50        | 228        | 367        |
| Match 2 Pts            |  |  |  |  |           |            |            |           |            |            |
| Match 3 Pts            |  |  |  |  |           |            |            |           |            |            |
| Match 4 Pts            |  |  |  |  |           |            |            |           |            |            |
| <b>Total Match Pts</b> |  |  |  |  | <b>78</b> | <b>379</b> | <b>286</b> | <b>50</b> | <b>228</b> | <b>367</b> |
| Match 1 Lge Pts        |  |  |  |  | 4         | 8          | 6          | 3         | 5          | 7          |
| Match 2 Lge Pts        |  |  |  |  |           |            |            |           |            |            |
| Match 3 Lge Pts        |  |  |  |  |           |            |            |           |            |            |
| Match 4 Lge Pts        |  |  |  |  |           |            |            |           |            |            |
|                        |  |  |  |  | 4         | 8          | 6          | 3         | 5          | 7          |
| <b>Position</b>        |  |  |  |  | <b>5</b>  | <b>1</b>   | <b>3</b>   | <b>6</b>  | <b>4</b>   | <b>2</b>   |

| LEAGUE TABLE |                     |     |    |    |    |       |  |  |     |   |
|--------------|---------------------|-----|----|----|----|-------|--|--|-----|---|
| POS          | CLUB                | M1  | M2 | M3 | M4 | TOTAL |  |  |     |   |
| 1            | Wrexham AC          | 673 | 8  |    |    |       |  |  | 673 | 8 |
| 2            | Colwyn Bay AC       | 557 | 7  |    |    |       |  |  | 557 | 7 |
| 3            | Swansea Harriers    | 415 | 6  |    |    |       |  |  | 415 | 6 |
| 4            | Deeside AAC         | 386 | 5  |    |    |       |  |  | 386 | 5 |
| 5            | Carmarthen Harriers | 138 | 4  |    |    |       |  |  | 138 | 4 |
| 6            | Newport Harriers    | 50  | 3  |    |    |       |  |  | 50  | 3 |
| 7            | Cardiff AAC         | 16  | 2  |    |    |       |  |  | 16  | 2 |

# WELSH ATHLETICS DISTANCE CARD

| MEETING |     | Welsh Athletics Senior League Div 1 |                  | VENUE                                                     | Deeside College, |           | TIME      | 3:00 PM |           | DATE      | Sunday-22-April |             |          |
|---------|-----|-------------------------------------|------------------|-----------------------------------------------------------|------------------|-----------|-----------|---------|-----------|-----------|-----------------|-------------|----------|
| EVENT   |     | F15 - U17W, Triple Jump             |                  | League Record: Amy BRADLEY, Cwmbran Harriers, 10.93, 2008 |                  |           |           |         |           |           |                 |             |          |
|         |     |                                     |                  | Welsh Record: Jayne LUDLOW, Cardiff AAC, 12.14, 1994      |                  |           |           |         |           |           |                 |             |          |
| Order   | No  | NAME                                | CLUB             | 1st Trial                                                 | 2nd Trial        | 3rd Trial | Best of 3 | Pos     | 4th Trial | 5th Trial | 6th Trial       | Best of All | Final    |
|         |     |                                     |                  | Metres                                                    | Metres           | Metres    | Metres    | aft 3   | Metres    | Metres    | Metres          | Metres      | Position |
| 1       | 227 | Shannon RICHARDS                    | Swansea Harriers | 8.71                                                      | NJ               | 8.98      | 8.98      | 2       | 9.05      | NJ        | 8.43            | 9.05        | 2        |
| 2       | 128 | Sara DAVIES                         | Colwyn Bay AC    | 8.59                                                      | 9.13             | NJ        | 9.13      | 1       | 9.09      | 8.98      | NJ              | 9.13        | 1        |
| 3       |     |                                     |                  |                                                           |                  |           |           |         |           |           |                 |             |          |
| 4       |     |                                     |                  |                                                           |                  |           |           |         |           |           |                 |             |          |
| 5       |     |                                     |                  |                                                           |                  |           |           |         |           |           |                 |             |          |
| 6       |     |                                     |                  |                                                           |                  |           |           |         |           |           |                 |             |          |
| 7       |     |                                     |                  |                                                           |                  |           |           |         |           |           |                 |             |          |
| 8       |     |                                     |                  |                                                           |                  |           |           |         |           |           |                 |             |          |
| 9       |     |                                     |                  |                                                           |                  |           |           |         |           |           |                 |             |          |
| 10      |     |                                     |                  |                                                           |                  |           |           |         |           |           |                 |             |          |
| 11      |     |                                     |                  |                                                           |                  |           |           |         |           |           |                 |             |          |
| 12      |     |                                     |                  |                                                           |                  |           |           |         |           |           |                 |             |          |
| 13      |     |                                     |                  |                                                           |                  |           |           |         |           |           |                 |             |          |
| 14      |     |                                     |                  |                                                           |                  |           |           |         |           |           |                 |             |          |
| 15      |     |                                     |                  |                                                           |                  |           |           |         |           |           |                 |             |          |
| 16      |     |                                     |                  |                                                           |                  |           |           |         |           |           |                 |             |          |

| FULL RESULTS |     |                  |                  |      |     |     |      |      |      | Officials |  |
|--------------|-----|------------------|------------------|------|-----|-----|------|------|------|-----------|--|
| POS          | No. | NAME             | CLUB             | PERF | POS | No. | NAME | CLUB | PERF |           |  |
| 1            | 128 | Sara DAVIES      | Colwyn Bay AC    | 9.13 | 9   |     |      |      |      |           |  |
| 2            | 227 | Shannon RICHARDS | Swansea Harriers | 9.05 | 10  |     |      |      |      |           |  |
| 3            |     |                  |                  |      | 11  |     |      |      |      |           |  |
| 4            |     |                  |                  |      | 12  |     |      |      |      |           |  |
| 5            |     |                  |                  |      | 13  |     |      |      |      |           |  |
| 6            |     |                  |                  |      | 14  |     |      |      |      | Referee   |  |
| 7            |     |                  |                  |      | 15  |     |      |      |      |           |  |
| 8            |     |                  |                  |      | 16  |     |      |      |      |           |  |

# WELSH ATHLETICS DISTANCE CARD

| MEETING |     | Welsh Athletics Senior League Div 1 |                  | VENUE                                                      | Deeside College, |           |           | TIME  | 1:00 PM   |           | DATE      | Sunday-22-April |          |
|---------|-----|-------------------------------------|------------------|------------------------------------------------------------|------------------|-----------|-----------|-------|-----------|-----------|-----------|-----------------|----------|
| EVENT   |     | F5 - 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                                                  | 2nd Trial        | 3rd Trial | Best of 3 | Pos   | 4th Trial | 5th Trial | 6th Trial | Best of All     | Final    |
|         |     |                                     |                  | Metres                                                     | Metres           | Metres    | Metres    | aft 3 | Metres    | Metres    | Metres    | Metres          | Position |
| 1       | 229 | Stephanie NICHOLLS                  | Swansea Harriers | 8.81                                                       | 9.77             | 8.64      | 9.77      | 1     | 9.63      | 9.18      | 9.81      | 9.81            | 1        |
| 2       | 227 | Shannon RICHARDS                    | Swansea Harriers | 5.53                                                       | 6.12             | 5.79      | 6.12      | 6     |           |           |           | 6.12            | 6        |
| 3       | 228 | Miriam WILLIAMS                     | Swansea Harriers | 6.29                                                       | 5.62             | 6.00      | 6.29      | 5     | 6.07      | 6.00      | 5.78      | 6.29            | 5        |
| 4       | 230 | Lucy HAMMETT                        | Swansea Harriers | 2.89                                                       | NT               | NT        | 2.89      | 10    |           |           |           | 2.89            | 10       |
| 5       | 180 | Georgia BATES                       | Deeside AAC      | 7.74                                                       | 7.92             | 7.47      | 7.92      | 4     |           |           |           | 7.92            | 4        |
| 6       | 181 | Rhian WILLIAMS                      | Deeside AAC      | 5.29                                                       | 4.74             | 5.00      | 5.29      | 7     |           |           |           | 5.29            | 7        |
| 7       | 179 | Sabrina FORTUNE                     | Deeside AAC      | 8.35                                                       | 9.17             | 9.19      | 9.19      | 2     | 8.51      | 9.33      | 8.01      | 9.33            | 2        |
| 8       | 126 | Chloe ROBERTS                       | Colwyn Bay AC    | 5.20                                                       | NT               | 4.35      | 5.20      | 8     |           |           |           | 5.20            | 8        |
| 9       | 124 | Lori SCRIVEN                        | Colwyn Bay AC    | 4.07                                                       | 4.07             | 4.48      | 4.48      | 9     |           |           |           | 4.48            | 9        |
| 10      | 315 | Manon EDWARDS                       | Wrexham AC       | 8.94                                                       | 9.04             | 9.05      | 9.05      | 3     | 9.05      | 8.96      | 8.58      | 9.05            | 3        |
| 11      |     |                                     |                  |                                                            |                  |           |           |       |           |           |           |                 |          |
| 12      |     |                                     |                  |                                                            |                  |           |           |       |           |           |           |                 |          |
| 13      |     |                                     |                  |                                                            |                  |           |           |       |           |           |           |                 |          |
| 14      |     |                                     |                  |                                                            |                  |           |           |       |           |           |           |                 |          |
| 15      |     |                                     |                  |                                                            |                  |           |           |       |           |           |           |                 |          |
| 16      |     |                                     |                  |                                                            |                  |           |           |       |           |           |           |                 |          |

| FULL RESULTS |     |                    |                  |      |     |     |              |                  |      | Officials |  |
|--------------|-----|--------------------|------------------|------|-----|-----|--------------|------------------|------|-----------|--|
| POS          | No. | NAME               | CLUB             | PERF | POS | No. | NAME         | CLUB             | PERF |           |  |
| 1            | 229 | Stephanie NICHOLLS | Swansea Harriers | 9.81 | 9   | 124 | Lori SCRIVEN | Colwyn Bay AC    | 4.48 |           |  |
| 2            | 179 | Sabrina FORTUNE    | Deeside AAC      | 9.33 | 10  | 230 | Lucy HAMMETT | Swansea Harriers | 2.89 |           |  |
| 3            | 315 | Manon EDWARDS      | Wrexham AC       | 9.05 | 11  |     |              |                  |      |           |  |
| 4            | 180 | Georgia BATES      | Deeside AAC      | 7.92 | 12  |     |              |                  |      |           |  |
| 5            | 228 | Miriam WILLIAMS    | Swansea Harriers | 6.29 | 13  |     |              |                  |      |           |  |
| 6            | 227 | Shannon RICHARDS   | Swansea Harriers | 6.12 | 14  |     |              |                  |      |           |  |
| 7            | 181 | Rhian WILLIAMS     | Deeside AAC      | 5.29 | 15  |     |              |                  |      |           |  |
| 8            | 126 | Chloe ROBERTS      | Colwyn Bay AC    | 5.20 | 16  |     |              |                  |      |           |  |



# WELSH ATHLETICS DISTANCE CARD

| MEETING |    | Welsh Athletics Senior League Div 1 |      | VENUE                                                 | Deeside College,    |                     | TIME                | 4:00 PM      |                     | DATE                | Sunday-22-April     |                       |                   |
|---------|----|-------------------------------------|------|-------------------------------------------------------|---------------------|---------------------|---------------------|--------------|---------------------|---------------------|---------------------|-----------------------|-------------------|
| EVENT   |    | F21 - U17W, Discus (1.00kg)         |      | League Record: Faye CALVERT, Deeside AAC, 38.11, 2006 |                     |                     |                     |              |                     |                     |                     |                       |                   |
|         |    |                                     |      | Welsh Record: Philippa ROLES, 44.12, Swansea, 1992    |                     |                     |                     |              |                     |                     |                     |                       |                   |
| Order   | No | NAME                                | CLUB | 1st Trial<br>Metres                                   | 2nd Trial<br>Metres | 3rd Trial<br>Metres | Best of 3<br>Metres | Pos<br>aft 3 | 4th Trial<br>Metres | 5th Trial<br>Metres | 6th Trial<br>Metres | Best of All<br>Metres | Final<br>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  |     |      |      |  | Referee   |  |
| 7            |     |      |      |      | 15  |     |      |      |  |           |  |
| 8            |     |      |      |      | 16  |     |      |      |  |           |  |

# WELSH ATHLETICS DISTANCE CARD

| MEETING |    | Welsh Athletics Senior League Div 1 |      | VENUE                                                 | Deeside College,    |                     | TIME                | 4:00 PM      |                     | DATE                | Sunday-22-April     |                       |                   |
|---------|----|-------------------------------------|------|-------------------------------------------------------|---------------------|---------------------|---------------------|--------------|---------------------|---------------------|---------------------|-----------------------|-------------------|
| EVENT   |    | F21 - U17W, Discus (1.00kg)         |      | League Record: Faye CALVERT, Deeside AAC, 38.11, 2006 |                     |                     |                     |              |                     |                     |                     |                       |                   |
|         |    |                                     |      | Welsh Record: Philippa ROLES, 44.12, Swansea, 1992    |                     |                     |                     |              |                     |                     |                     |                       |                   |
| Order   | No | NAME                                | CLUB | 1st Trial<br>Metres                                   | 2nd Trial<br>Metres | 3rd Trial<br>Metres | Best of 3<br>Metres | Pos<br>aft 3 | 4th Trial<br>Metres | 5th Trial<br>Metres | 6th Trial<br>Metres | Best of All<br>Metres | Final<br>Position |
| 17      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 18      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 19      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 20      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 21      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 22      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 23      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 24      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 25      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 26      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 27      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 28      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 29      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 30      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 31      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 32      |    |                                     |      |                                                       |                     |                     |                     |              |                     |                     |                     |                       |                   |

| FULL RESULTS |     |      |      |      |     |     |      |      |  | Officials |  |
|--------------|-----|------|------|------|-----|-----|------|------|--|-----------|--|
| POS          | No. | NAME | CLUB | PERF | POS | No. | CLUB | PERF |  |           |  |
| 17           |     |      |      |      | 25  |     |      |      |  |           |  |
| 18           |     |      |      |      | 26  |     |      |      |  |           |  |
| 19           |     |      |      |      | 27  |     |      |      |  |           |  |
| 20           |     |      |      |      | 28  |     |      |      |  |           |  |
| 21           |     |      |      |      | 29  |     |      |      |  |           |  |
| 22           |     |      |      |      | 30  |     |      |      |  | Referee   |  |
| 23           |     |      |      |      | 31  |     |      |      |  |           |  |
| 24           |     |      |      |      | 32  |     |      |      |  |           |  |

# WELSH ATHLETICS DISTANCE CARD

| MEETING |     | Welsh Athletics Senior League Div 1 |               | VENUE                                                   | Deeside College, |           | TIME      | 2:00 PM |           | DATE      | Sunday-22-April |             |          |
|---------|-----|-------------------------------------|---------------|---------------------------------------------------------|------------------|-----------|-----------|---------|-----------|-----------|-----------------|-------------|----------|
| EVENT   |     | F10 - U17M, Triple Jump             |               | League Record: Craig PHILLIPS, Deeside AAC, 13.51, 2002 |                  |           |           |         |           |           |                 |             |          |
|         |     |                                     |               | Welsh Record: Steven SHALDERS, Cardiff AAC, 15.14, 1998 |                  |           |           |         |           |           |                 |             |          |
| Order   | No  | NAME                                | CLUB          | 1st Trial                                               | 2nd Trial        | 3rd Trial | Best of 3 | Pos     | 4th Trial | 5th Trial | 6th Trial       | Best of All | Final    |
|         |     |                                     |               | Metres                                                  | Metres           | Metres    | Metres    | aft 3   | Metres    | Metres    | Metres          | Metres      | Position |
| 1       | 117 | Joe SOUTHALL                        | Colwyn Bay AC | NJ                                                      | NJ               | 10.25     | 10.25     | 3       | 10.01     | 9.73      | NJ              | 10.25       | 3        |
| 2       | 168 | Scott CABBELL                       | Deeside AAC   | 11.84                                                   | 11.95            | 11.53     | 11.95     | 1       |           |           |                 | 11.95       | 1        |
| 3       | 116 | Bryn O BRIAN                        | Colwyn Bay AC | 10.47                                                   | 10.57            | 10.78     | 10.78     | 2       |           |           |                 | 10.78       | 2        |
| 4       | 119 | Dylan SAYERS                        | Colwyn Bay AC | NJ                                                      | 8.04             | NJ        | 8.04      | 4       |           |           |                 | 8.04        | 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            | 168 | Scott CABBELL | Deeside AAC   | 11.95 | 9   |     |      |      |  |           |  |
| 2            | 116 | Bryn O BRIAN  | Colwyn Bay AC | 10.78 | 10  |     |      |      |  |           |  |
| 3            | 117 | Joe SOUTHALL  | Colwyn Bay AC | 10.25 | 11  |     |      |      |  |           |  |
| 4            | 119 | Dylan SAYERS  | Colwyn Bay AC | 8.04  | 12  |     |      |      |  |           |  |
| 5            |     |               |               |       | 13  |     |      |      |  |           |  |
| 6            |     |               |               |       | 14  |     |      |      |  | Referee   |  |
| 7            |     |               |               |       | 15  |     |      |      |  |           |  |
| 8            |     |               |               |       | 16  |     |      |      |  |           |  |

# WELSH ATHLETICS DISTANCE CARD

| MEETING |     | Welsh Athletics Senior League Div 1 |                  | VENUE                                                        | Deeside College, |           |           | TIME  | 3:00 PM   |           | DATE      | Sunday-22-April |          |
|---------|-----|-------------------------------------|------------------|--------------------------------------------------------------|------------------|-----------|-----------|-------|-----------|-----------|-----------|-----------------|----------|
| EVENT   |     | F14 - U17M, Shot Put (5.00kg)       |                  | League Record: Tom EDWARDS, Carmarthen Harriers, 15.37, 2008 |                  |           |           |       |           |           |           |                 |          |
|         |     |                                     |                  | Welsh Record: Matthew FIELD, Cardiff AAC, 17.42, 2011        |                  |           |           |       |           |           |           |                 |          |
| Order   | No  | NAME                                | CLUB             | 1st Trial                                                    | 2nd Trial        | 3rd Trial | Best of 3 | Pos   | 4th Trial | 5th Trial | 6th Trial | Best of All     | Final    |
|         |     |                                     |                  | Metres                                                       | Metres           | Metres    | Metres    | aft 3 | Metres    | Metres    | Metres    | Metres          | Position |
| 1       | 303 | Philip SWATTON                      | Wrexham AC       | 5.17                                                         | 5.43             | 5.44      | 5.44      | 4     | 5.75      | 5.60      | 5.10      | 5.75            | 4        |
| 2       | 243 | Alex PAVLOU                         | Swansea Harriers | 8.75                                                         | 8.95             |           | 8.95      | 2     |           |           |           | 8.95            | 2        |
| 3       | 241 | Rhys GEALEY                         | Swansea Harriers | 10.76                                                        | 10.95            | 11.94     | 11.94     | 1     | 12.08     | 11.89     | 11.82     | 12.08           | 1        |
| 4       | 115 | Mike WHITE                          | Colwyn Bay AC    | 5.09                                                         | 3.88             |           | 5.09      | 5     |           |           |           | 5.09            | 5        |
| 5       | 237 | Keiran INGRAM                       | Swansea Harriers | 7.90                                                         |                  |           | 7.90      | 3     |           |           |           | 7.90            | 3        |
| 6       |     |                                     |                  |                                                              |                  |           |           |       |           |           |           |                 |          |
| 7       |     |                                     |                  |                                                              |                  |           |           |       |           |           |           |                 |          |
| 8       |     |                                     |                  |                                                              |                  |           |           |       |           |           |           |                 |          |
| 9       |     |                                     |                  |                                                              |                  |           |           |       |           |           |           |                 |          |
| 10      |     |                                     |                  |                                                              |                  |           |           |       |           |           |           |                 |          |
| 11      |     |                                     |                  |                                                              |                  |           |           |       |           |           |           |                 |          |
| 12      |     |                                     |                  |                                                              |                  |           |           |       |           |           |           |                 |          |
| 13      |     |                                     |                  |                                                              |                  |           |           |       |           |           |           |                 |          |
| 14      |     |                                     |                  |                                                              |                  |           |           |       |           |           |           |                 |          |
| 15      |     |                                     |                  |                                                              |                  |           |           |       |           |           |           |                 |          |
| 16      |     |                                     |                  |                                                              |                  |           |           |       |           |           |           |                 |          |

| FULL RESULTS |     |                |                  |       |     |     |      |      |  | Officials |  |
|--------------|-----|----------------|------------------|-------|-----|-----|------|------|--|-----------|--|
| POS          | No. | NAME           | CLUB             | PERF  | POS | No. | CLUB | PERF |  |           |  |
| 1            | 241 | Rhys GEALEY    | Swansea Harriers | 12.08 | 9   |     |      |      |  |           |  |
| 2            | 243 | Alex PAVLOU    | Swansea Harriers | 8.95  | 10  |     |      |      |  |           |  |
| 3            | 237 | Keiran INGRAM  | Swansea Harriers | 7.90  | 11  |     |      |      |  |           |  |
| 4            | 303 | Philip SWATTON | Wrexham AC       | 5.75  | 12  |     |      |      |  |           |  |
| 5            | 115 | Mike WHITE     | Colwyn Bay AC    | 5.09  | 13  |     |      |      |  |           |  |
| 6            |     |                |                  |       | 14  |     |      |      |  | Referee   |  |
| 7            |     |                |                  |       | 15  |     |      |      |  |           |  |
| 8            |     |                |                  |       | 16  |     |      |      |  |           |  |

# WELSH ATHLETICS DISTANCE CARD

| MEETING |     | Welsh Athletics Senior League Div 1 |                  | VENUE                                                 | Deeside College, |           |           | TIME  | 3:00 PM   |           | DATE      | Sunday-22-April |          |
|---------|-----|-------------------------------------|------------------|-------------------------------------------------------|------------------|-----------|-----------|-------|-----------|-----------|-----------|-----------------|----------|
| EVENT   |     | F16 - U17M, Discus (1.00kg)         |                  | League Record: Glenn WILLIAMS, Cardiff AAC, 48.38,    |                  |           |           |       |           |           |           |                 |          |
|         |     |                                     |                  | Welsh Record: Matthew FIELD, Cardiff AAC, 51.12, 2011 |                  |           |           |       |           |           |           |                 |          |
| Order   | No  | NAME                                | CLUB             | 1st Trial                                             | 2nd Trial        | 3rd Trial | Best of 3 | Pos   | 4th Trial | 5th Trial | 6th Trial | Best of All     | Final    |
|         |     |                                     |                  | Metres                                                | Metres           | Metres    | Metres    | aft 3 | Metres    | Metres    | Metres    | Metres          | Position |
| 1       | 237 | Keiran INGRAM                       | Swansea Harriers | 16.79                                                 | 23.06            | 22.43     | 23.06     | 1     | 20.31     | 20.61     | 21.20     | 23.06           | 1        |
| 2       | 118 | Jake GRIFFITH                       | Colwyn Bay AC    | 14.89                                                 | 16.26            | 16.66     | 16.66     | 3     | 15.25     | NT        | 17.09     | 17.09           | 3        |
| 3       | 239 | Ashley HOPKINS                      | Swansea Harriers | 12.86                                                 | 18.19            | NT        | 18.19     | 2     |           |           |           | 18.19           | 2        |
| 4       | 117 | Joe SOUTHALL                        | Colwyn Bay AC    | 9.50                                                  | NT               | NT        | 9.50      | 4     |           |           |           | 9.50            | 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            | 237 | Keiran INGRAM  | Swansea Harriers | 23.06 | 9   |     |      |      |  |           |  |
| 2            | 239 | Ashley HOPKINS | Swansea Harriers | 18.19 | 10  |     |      |      |  |           |  |
| 3            | 118 | Jake GRIFFITH  | Colwyn Bay AC    | 17.09 | 11  |     |      |      |  |           |  |
| 4            | 117 | Joe SOUTHALL   | Colwyn Bay AC    | 9.50  | 12  |     |      |      |  |           |  |
| 5            |     |                |                  |       | 13  |     |      |      |  |           |  |
| 6            |     |                |                  |       | 14  |     |      |      |  | Referee   |  |
| 7            |     |                |                  |       | 15  |     |      |      |  |           |  |
| 8            |     |                |                  |       | 16  |     |      |      |  |           |  |

# WELSH ATHLETICS DISTANCE CARD

| MEETING |     | Welsh Athletics Senior League Div 1 |             | VENUE                                                         | Deeside College,    |                     | TIME                | 4:00 PM      |                     | DATE                | Sunday-22-April     |                       |                   |
|---------|-----|-------------------------------------|-------------|---------------------------------------------------------------|---------------------|---------------------|---------------------|--------------|---------------------|---------------------|---------------------|-----------------------|-------------------|
| EVENT   |     | F24 - U20W, Triple Jump             |             | League Record: Victoria LLOYD, Pembroke Harriers, 11.04, 2005 |                     |                     |                     |              |                     |                     |                     |                       |                   |
|         |     |                                     |             | Welsh Record: Sally PEAKE, Liverpool, 12.24, 2005             |                     |                     |                     |              |                     |                     |                     |                       |                   |
| Order   | No  | NAME                                | CLUB        | 1st Trial<br>Metres                                           | 2nd Trial<br>Metres | 3rd Trial<br>Metres | Best of 3<br>Metres | Pos<br>aft 3 | 4th Trial<br>Metres | 5th Trial<br>Metres | 6th Trial<br>Metres | Best of All<br>Metres | Final<br>Position |
| 1       | 171 | Amy CROCOMBE                        | Deeside AAC | 9.34                                                          | NJ                  | NJ                  | 9.34                | 1            | NJ                  | 9.50                | NJ                  | 9.50                  | 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            | 171 | Amy CROCOMBE | Deeside AAC | 9.50 | 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 1 |            | VENUE                                                     | Deeside College, |           | TIME      | 4:00 PM |           | DATE      | Sunday-22-April |             |          |
|---------|-----|-------------------------------------|------------|-----------------------------------------------------------|------------------|-----------|-----------|---------|-----------|-----------|-----------------|-------------|----------|
| EVENT   |     | F20 - 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                                                 | 2nd Trial        | 3rd Trial | Best of 3 | Pos     | 4th Trial | 5th Trial | 6th Trial       | Best of All | Final    |
|         |     |                                     |            | Metres                                                    | Metres           | Metres    | Metres    | aft 3   | Metres    | Metres    | Metres          | Metres      | Position |
| 1       | 298 | Jenny COPPELL                       | Wrexham AC | 8.76                                                      | 8.89             | 8.82      | 8.89      | 1       | 8.76      | 8.71      | 8.83            | 8.89        | 1        |
| 2       | 294 | Megan ROGERS                        | Wrexham AC |                                                           | 8.21             |           | 8.21      | 2       |           |           |                 | 8.21        | 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            | 298 | Jenny COPPELL | Wrexham AC | 8.89 | 9   |     |      |      |  |           |  |
| 2            | 294 | Megan ROGERS  | Wrexham AC | 8.21 | 10  |     |      |      |  |           |  |
| 3            |     |               |            |      | 11  |     |      |      |  |           |  |
| 4            |     |               |            |      | 12  |     |      |      |  |           |  |
| 5            |     |               |            |      | 13  |     |      |      |  |           |  |
| 6            |     |               |            |      | 14  |     |      |      |  | Referee   |  |
| 7            |     |               |            |      | 15  |     |      |      |  |           |  |
| 8            |     |               |            |      | 16  |     |      |      |  |           |  |

# WELSH ATHLETICS DISTANCE CARD

| MEETING |     | Welsh Athletics Senior League Div 1 |            | VENUE                                                 | Deeside College, |           | TIME      | 2:00 PM |           | DATE      | Sunday-22-April |             |          |
|---------|-----|-------------------------------------|------------|-------------------------------------------------------|------------------|-----------|-----------|---------|-----------|-----------|-----------------|-------------|----------|
| EVENT   |     | F12 - U20W, Discus (1.00kg)         |            | League Record: Vanessa HEAD, Cardiff AAC, 62.02, 1984 |                  |           |           |         |           |           |                 |             |          |
|         |     |                                     |            | Welsh Record: Philippa ROLES, Swansea, 51.60, 1997    |                  |           |           |         |           |           |                 |             |          |
| Order   | No  | NAME                                | CLUB       | 1st Trial                                             | 2nd Trial        | 3rd Trial | Best of 3 | Pos     | 4th Trial | 5th Trial | 6th Trial       | Best of All | Final    |
|         |     |                                     |            | Metres                                                | Metres           | Metres    | Metres    | aft 3   | Metres    | Metres    | Metres          | Metres      | Position |
| 1       | 297 | Laura WILLIAMS                      | Wrexham AC | 10.50                                                 | 10.96            | 11.29     | 11.29     | 2       |           |           |                 | 11.29       | 2        |
| 2       | 294 | Megan ROGERS                        | Wrexham AC | NT                                                    | 18.88            | 15.17     | 18.88     | 1       | 18.82     | 19.59     | 17.87           | 19.59       | 1        |
| 3       |     |                                     |            |                                                       |                  |           |           |         |           |           |                 |             |          |
| 4       |     |                                     |            |                                                       |                  |           |           |         |           |           |                 |             |          |
| 5       |     |                                     |            |                                                       |                  |           |           |         |           |           |                 |             |          |
| 6       |     |                                     |            |                                                       |                  |           |           |         |           |           |                 |             |          |
| 7       |     |                                     |            |                                                       |                  |           |           |         |           |           |                 |             |          |
| 8       |     |                                     |            |                                                       |                  |           |           |         |           |           |                 |             |          |
| 9       |     |                                     |            |                                                       |                  |           |           |         |           |           |                 |             |          |
| 10      |     |                                     |            |                                                       |                  |           |           |         |           |           |                 |             |          |
| 11      |     |                                     |            |                                                       |                  |           |           |         |           |           |                 |             |          |
| 12      |     |                                     |            |                                                       |                  |           |           |         |           |           |                 |             |          |
| 13      |     |                                     |            |                                                       |                  |           |           |         |           |           |                 |             |          |
| 14      |     |                                     |            |                                                       |                  |           |           |         |           |           |                 |             |          |
| 15      |     |                                     |            |                                                       |                  |           |           |         |           |           |                 |             |          |
| 16      |     |                                     |            |                                                       |                  |           |           |         |           |           |                 |             |          |

| FULL RESULTS |     |                |            |       |     |     |      |      |  | Officials |  |
|--------------|-----|----------------|------------|-------|-----|-----|------|------|--|-----------|--|
| POS          | No. | NAME           | CLUB       | PERF  | POS | No. | CLUB | PERF |  |           |  |
| 1            | 294 | Megan ROGERS   | Wrexham AC | 19.59 | 9   |     |      |      |  |           |  |
| 2            | 297 | Laura WILLIAMS | Wrexham AC | 11.29 | 10  |     |      |      |  |           |  |
| 3            |     |                |            |       | 11  |     |      |      |  |           |  |
| 4            |     |                |            |       | 12  |     |      |      |  |           |  |
| 5            |     |                |            |       | 13  |     |      |      |  |           |  |
| 6            |     |                |            |       | 14  |     |      |      |  | Referee   |  |
| 7            |     |                |            |       | 15  |     |      |      |  |           |  |
| 8            |     |                |            |       | 16  |     |      |      |  |           |  |



# WELSH ATHLETICS DISTANCE CARD

| MEETING |     | Welsh Athletics Senior League Div 1 |               | VENUE                                                   | Deeside College,    |                     | TIME                | 1:00 PM      |                     | DATE                | Sunday-22-April     |                       |                   |
|---------|-----|-------------------------------------|---------------|---------------------------------------------------------|---------------------|---------------------|---------------------|--------------|---------------------|---------------------|---------------------|-----------------------|-------------------|
| EVENT   |     | F4 - U20M, Triple Jump              |               | League Record: Adam WILLIAMS, Menai T&F, 14.05, 2007    |                     |                     |                     |              |                     |                     |                     |                       |                   |
|         |     |                                     |               | Welsh Record: Steven SHALDERS, Cardiff AAC, 15.99, 2000 |                     |                     |                     |              |                     |                     |                     |                       |                   |
| Order   | No  | NAME                                | CLUB          | 1st Trial<br>Metres                                     | 2nd Trial<br>Metres | 3rd Trial<br>Metres | Best of 3<br>Metres | Pos<br>aft 3 | 4th Trial<br>Metres | 5th Trial<br>Metres | 6th Trial<br>Metres | Best of All<br>Metres | Final<br>Position |
| 1       | 113 | Carlos MARTINEZ                     | Colwyn Bay AC | 10.98                                                   | 11.60               | 11.57               | 11.60               | 2            | 11.55               | 11.67               | 11.83               | 11.83                 | 1                 |
| 2       | 110 | George BACKSHALL                    | Colwyn Bay AC | 10.05                                                   | 10.08               | 10.30               | 10.30               | 3            | NJ                  | 10.38               | 10.36               | 10.38                 | 3                 |
| 3       | 289 | William POOLE                       | Wrexham AC    | 11.39                                                   | 11.77               | 11.59               | 11.77               | 1            | 11.53               | 11.53               | 11.24               | 11.77                 | 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            | 113 | Carlos MARTINEZ  | Colwyn Bay AC | 11.83 | 9   |     |      |      |  |           |  |
| 2            | 289 | William POOLE    | Wrexham AC    | 11.77 | 10  |     |      |      |  |           |  |
| 3            | 110 | George BACKSHALL | Colwyn Bay AC | 10.38 | 11  |     |      |      |  |           |  |
| 4            |     |                  |               |       | 12  |     |      |      |  |           |  |
| 5            |     |                  |               |       | 13  |     |      |      |  |           |  |
| 6            |     |                  |               |       | 14  |     |      |      |  | Referee   |  |
| 7            |     |                  |               |       | 15  |     |      |      |  |           |  |
| 8            |     |                  |               |       | 16  |     |      |      |  |           |  |

# WELSH ATHLETICS DISTANCE CARD

| MEETING |     | Welsh Athletics Senior League Div 1 |                  | VENUE                                                | Deeside College,    |                     | TIME                | 2:00 PM      |                     | DATE                | Sunday-22-April     |                       |                   |
|---------|-----|-------------------------------------|------------------|------------------------------------------------------|---------------------|---------------------|---------------------|--------------|---------------------|---------------------|---------------------|-----------------------|-------------------|
| EVENT   |     | F9 - 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<br>Metres                                  | 2nd Trial<br>Metres | 3rd Trial<br>Metres | Best of 3<br>Metres | Pos<br>aft 3 | 4th Trial<br>Metres | 5th Trial<br>Metres | 6th Trial<br>Metres | Best of All<br>Metres | Final<br>Position |
| 1       | 289 | William POOLE                       | Wrexham AC       | 9.17                                                 |                     |                     | 9.17                | 2            |                     |                     |                     | 9.17                  | 2                 |
| 2       | 111 | Matthew REECE                       | Colwyn Bay AC    | 12.29                                                | 11.54               | 11.65               | 12.29               | 1            | 12.17               | 12.00               | 11.50               | 12.29                 | 1                 |
| 3       | 186 | Tyrone FOWLER                       | Newport Harriers | 6.91                                                 | 6.99                | 6.87                | 6.99                | 3            |                     |                     |                     | 6.99                  | 3                 |
| 4       | 110 | George BACKSHALL                    | Colwyn Bay AC    | 6.81                                                 | 6.69                | 6.82                | 6.82                | 4            |                     |                     |                     | 6.82                  | 4                 |
| 5       |     |                                     |                  |                                                      |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 6       |     |                                     |                  |                                                      |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 7       |     |                                     |                  |                                                      |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 8       |     |                                     |                  |                                                      |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 9       |     |                                     |                  |                                                      |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 10      |     |                                     |                  |                                                      |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 11      |     |                                     |                  |                                                      |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 12      |     |                                     |                  |                                                      |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 13      |     |                                     |                  |                                                      |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 14      |     |                                     |                  |                                                      |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 15      |     |                                     |                  |                                                      |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 16      |     |                                     |                  |                                                      |                     |                     |                     |              |                     |                     |                     |                       |                   |

| FULL RESULTS |     |                  |                  |       |     |     |      |      |  | Officials |  |
|--------------|-----|------------------|------------------|-------|-----|-----|------|------|--|-----------|--|
| POS          | No. | NAME             | CLUB             | PERF  | POS | No. | CLUB | PERF |  |           |  |
| 1            | 111 | Matthew REECE    | Colwyn Bay AC    | 12.29 | 9   |     |      |      |  |           |  |
| 2            | 289 | William POOLE    | Wrexham AC       | 9.17  | 10  |     |      |      |  |           |  |
| 3            | 186 | Tyrone FOWLER    | Newport Harriers | 6.99  | 11  |     |      |      |  |           |  |
| 4            | 110 | George BACKSHALL | Colwyn Bay AC    | 6.82  | 12  |     |      |      |  |           |  |
| 5            |     |                  |                  |       | 13  |     |      |      |  |           |  |
| 6            |     |                  |                  |       | 14  |     |      |      |  | Referee   |  |
| 7            |     |                  |                  |       | 15  |     |      |      |  |           |  |
| 8            |     |                  |                  |       | 16  |     |      |      |  |           |  |

# WELSH ATHLETICS DISTANCE CARD

| MEETING |     | Welsh Athletics Senior League Div 1 |                  | VENUE                                                | Deeside College, |           | TIME      | 12:00 PM |           | DATE      | Sunday-22-April |             |          |
|---------|-----|-------------------------------------|------------------|------------------------------------------------------|------------------|-----------|-----------|----------|-----------|-----------|-----------------|-------------|----------|
| EVENT   |     | F2 - U20M, Discus (1.75kg)          |                  | League Record: Brett MORSE, Cardiff AAC, 58.37, 2008 |                  |           |           |          |           |           |                 |             |          |
|         |     |                                     |                  | Welsh Record: Brett MORSE, Cardiff AAC, 58.37, 2008  |                  |           |           |          |           |           |                 |             |          |
| Order   | No  | NAME                                | CLUB             | 1st Trial                                            | 2nd Trial        | 3rd Trial | Best of 3 | Pos      | 4th Trial | 5th Trial | 6th Trial       | Best of All | Final    |
|         |     |                                     |                  | Metres                                               | Metres           | Metres    | Metres    | aft 3    | Metres    | Metres    | Metres          | Metres      | Position |
| 1       | 114 | Iestyn THOMAS                       | Colwyn Bay AC    | NT                                                   | 10.63            | 11.12     | 11.12     | 5        |           |           |                 | 11.12       | 5        |
| 2       | 186 | Tyrone FOWLER                       | Newport Harriers | 13.72                                                | 13.64            | 13.92     | 13.92     | 3        |           |           |                 | 13.92       | 3        |
| 3       | 111 | Matthew REECE                       | Colwyn Bay AC    | 26.70                                                | 33.40            | 38.24     | 38.24     | 1        | 36.76     | NT        | NT              | 38.24       | 1        |
| 4       | 289 | William POOLE                       | Wrexham AC       | 19.95                                                | 18.32            |           | 19.95     | 2        |           |           |                 | 19.95       | 2        |
| 5       | 290 | David BLOWER                        | Wrexham AC       | NT                                                   | 13.51            | 13.84     | 13.84     | 4        |           |           |                 | 13.84       | 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            | 111 | Matthew REECE | Colwyn Bay AC    | 38.24 | 9   |     |      |      |  |           |  |
| 2            | 289 | William POOLE | Wrexham AC       | 19.95 | 10  |     |      |      |  |           |  |
| 3            | 186 | Tyrone FOWLER | Newport Harriers | 13.92 | 11  |     |      |      |  |           |  |
| 4            | 290 | David BLOWER  | Wrexham AC       | 13.84 | 12  |     |      |      |  |           |  |
| 5            | 114 | Iestyn THOMAS | Colwyn Bay AC    | 11.12 | 13  |     |      |      |  |           |  |
| 6            |     |               |                  |       | 14  |     |      |      |  | Referee   |  |
| 7            |     |               |                  |       | 15  |     |      |      |  |           |  |
| 8            |     |               |                  |       | 16  |     |      |      |  |           |  |

# WELSH ATHLETICS DISTANCE CARD

| MEETING |     | Welsh Athletics Senior League Div 1 |            | VENUE                                                 | Deeside College, |           | TIME      | 4:00 PM |           | DATE      | Sunday-22-April |             |          |
|---------|-----|-------------------------------------|------------|-------------------------------------------------------|------------------|-----------|-----------|---------|-----------|-----------|-----------------|-------------|----------|
| EVENT   |     | F23 - SW, Triple Jump               |            | League Record: Jayne LUDLOW, Cardiff AAC, 11.76, 1994 |                  |           |           |         |           |           |                 |             |          |
|         |     |                                     |            | Welsh Record: Sara BARRY, Cardiff AAC, 12.75, 2009    |                  |           |           |         |           |           |                 |             |          |
| Order   | No  | NAME                                | CLUB       | 1st Trial                                             | 2nd Trial        | 3rd Trial | Best of 3 | Pos     | 4th Trial | 5th Trial | 6th Trial       | Best of All | Final    |
|         |     |                                     |            | Metres                                                | Metres           | Metres    | Metres    | aft 3   | Metres    | Metres    | Metres          | Metres      | Position |
| 1       | 286 | Amanda COOK                         | Wrexham AC | NJ                                                    | 10.05            | 10.09     | 10.09     | 1       | NJ        | 10.39     | 9.93            | 10.39       | 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            | 286 | Amanda COOK | Wrexham AC | 10.39 | 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 1 |                     | VENUE                                                 | Deeside College, |           |           | TIME  | 4:00 PM   |           | DATE      | Sunday-22-April |          |
|---------|-----|-------------------------------------|---------------------|-------------------------------------------------------|------------------|-----------|-----------|-------|-----------|-----------|-----------|-----------------|----------|
| EVENT   |     | F19 - SW, Shot Put (4.00kg)         |                     | League Record: Vanessa HEAD, Cardiff AAC, 18.93, 1984 |                  |           |           |       |           |           |           |                 |          |
|         |     |                                     |                     | Welsh Record: Vanessa HEAD, Cardiff AAC, 18.93, 1984  |                  |           |           |       |           |           |           |                 |          |
| Order   | No  | NAME                                | CLUB                | 1st Trial                                             | 2nd Trial        | 3rd Trial | Best of 3 | Pos   | 4th Trial | 5th Trial | 6th Trial | Best of All     | Final    |
|         |     |                                     |                     | Metres                                                | Metres           | Metres    | Metres    | aft 3 | Metres    | Metres    | Metres    | Metres          | Position |
| 1       | 275 | Jo DAVIS                            | Swansea Harriers    | 7.60                                                  | 7.67             | 7.32      | 7.67      | 3     | NT        |           |           | 7.67            | 3        |
| 2       | 78  | Sophie PICK                         | Carmarthen Harriers | 7.68                                                  | 6.71             | 7.81      | 7.81      | 2     | 7.51      | 7.65      | 7.84      | 7.84            | 2        |
| 3       | 285 | Amanda WALE                         | Wrexham AC          | 8.99                                                  | 8.70             | 9.22      | 9.22      | 1     | 8.86      | 9.08      | 9.70      | 9.70            | 1        |
| 4       |     |                                     |                     |                                                       |                  |           |           |       |           |           |           |                 |          |
| 5       |     |                                     |                     |                                                       |                  |           |           |       |           |           |           |                 |          |
| 6       |     |                                     |                     |                                                       |                  |           |           |       |           |           |           |                 |          |
| 7       |     |                                     |                     |                                                       |                  |           |           |       |           |           |           |                 |          |
| 8       |     |                                     |                     |                                                       |                  |           |           |       |           |           |           |                 |          |
| 9       |     |                                     |                     |                                                       |                  |           |           |       |           |           |           |                 |          |
| 10      |     |                                     |                     |                                                       |                  |           |           |       |           |           |           |                 |          |
| 11      |     |                                     |                     |                                                       |                  |           |           |       |           |           |           |                 |          |
| 12      |     |                                     |                     |                                                       |                  |           |           |       |           |           |           |                 |          |
| 13      |     |                                     |                     |                                                       |                  |           |           |       |           |           |           |                 |          |
| 14      |     |                                     |                     |                                                       |                  |           |           |       |           |           |           |                 |          |
| 15      |     |                                     |                     |                                                       |                  |           |           |       |           |           |           |                 |          |
| 16      |     |                                     |                     |                                                       |                  |           |           |       |           |           |           |                 |          |

| FULL RESULTS |     |             |                     |      |     |     |      |      |  | Officials |  |
|--------------|-----|-------------|---------------------|------|-----|-----|------|------|--|-----------|--|
| POS          | No. | NAME        | CLUB                | PERF | POS | No. | CLUB | PERF |  |           |  |
| 1            | 285 | Amanda WALE | Wrexham AC          | 9.70 | 9   |     |      |      |  |           |  |
| 2            | 78  | Sophie PICK | Carmarthen Harriers | 7.84 | 10  |     |      |      |  |           |  |
| 3            | 275 | Jo DAVIS    | Swansea Harriers    | 7.67 | 11  |     |      |      |  |           |  |
| 4            |     |             |                     |      | 12  |     |      |      |  |           |  |
| 5            |     |             |                     |      | 13  |     |      |      |  |           |  |
| 6            |     |             |                     |      | 14  |     |      |      |  | Referee   |  |
| 7            |     |             |                     |      | 15  |     |      |      |  |           |  |
| 8            |     |             |                     |      | 16  |     |      |      |  |           |  |

# WELSH ATHLETICS DISTANCE CARD

| MEETING |     | Welsh Athletics Senior League Div 1 |                  | VENUE                                                            | Deeside College, |           | TIME      | 2:00 PM |           | DATE      | Sunday-22-April |             |          |
|---------|-----|-------------------------------------|------------------|------------------------------------------------------------------|------------------|-----------|-----------|---------|-----------|-----------|-----------------|-------------|----------|
| EVENT   |     | F11 - SW, Discus (1.00kg)           |                  | League Record: Claire WILLIAMS, Carmarthen Harriers, 38.78, 2011 |                  |           |           |         |           |           |                 |             |          |
|         |     |                                     |                  | Welsh Record: Vanessa HEAD, Cardiff AAC, 64.68, 1983             |                  |           |           |         |           |           |                 |             |          |
| Order   | No  | NAME                                | CLUB             | 1st Trial                                                        | 2nd Trial        | 3rd Trial | Best of 3 | Pos     | 4th Trial | 5th Trial | 6th Trial       | Best of All | Final    |
|         |     |                                     |                  | Metres                                                           | Metres           | Metres    | Metres    | aft 3   | Metres    | Metres    | Metres          | Metres      | Position |
| 1       | 120 | Laurie GRIFFITH                     | Colwyn Bay AC    | 12.23                                                            | NT               | NT        | 12.23     | 3       | 11.10     | 11.93     | 11.41           | 12.23       | 3        |
| 2       | 275 | Jo DAVIS                            | Swansea Harriers | NT                                                               | NTR              | 15.96     | 15.96     | 2       | 17.14     | 15.60     | 21.05           | 21.05       | 1        |
| 3       | 286 | Amanda COOK                         | Wrexham AC       | 17.91                                                            |                  |           | 17.91     | 1       |           |           |                 | 17.91       | 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            | 275 | Jo DAVIS        | Swansea Harriers | 21.05 | 9   |     |      |      |  |           |  |
| 2            | 286 | Amanda COOK     | Wrexham AC       | 17.91 | 10  |     |      |      |  |           |  |
| 3            | 120 | Laurie GRIFFITH | Colwyn Bay AC    | 12.23 | 11  |     |      |      |  |           |  |
| 4            |     |                 |                  |       | 12  |     |      |      |  |           |  |
| 5            |     |                 |                  |       | 13  |     |      |      |  |           |  |
| 6            |     |                 |                  |       | 14  |     |      |      |  | Referee   |  |
| 7            |     |                 |                  |       | 15  |     |      |      |  |           |  |
| 8            |     |                 |                  |       | 16  |     |      |      |  |           |  |

# WELSH ATHLETICS DISTANCE CARD

| MEETING |     | Welsh Athletics Senior League Div 1 |                  | VENUE                                                                 | Deeside College,    |                     |                     | TIME         | 1:00 PM             |                     | DATE                | Sunday-22-April       |                   |
|---------|-----|-------------------------------------|------------------|-----------------------------------------------------------------------|---------------------|---------------------|---------------------|--------------|---------------------|---------------------|---------------------|-----------------------|-------------------|
| EVENT   |     | F3 - SM, Triple Jump                |                  | League Record: Charles MADERIA-COLE, Carmarthen Harriers, 14.74, 1997 |                     |                     |                     |              |                     |                     |                     |                       |                   |
|         |     |                                     |                  | Welsh Record: Steven SHALDERS, Cardiff AAC, 16.71, 2005               |                     |                     |                     |              |                     |                     |                     |                       |                   |
| Order   | No  | NAME                                | CLUB             | 1st Trial<br>Metres                                                   | 2nd Trial<br>Metres | 3rd Trial<br>Metres | Best of 3<br>Metres | Pos<br>aft 3 | 4th Trial<br>Metres | 5th Trial<br>Metres | 6th Trial<br>Metres | Best of All<br>Metres | Final<br>Position |
| 1       | 278 | Neil EDWARDS                        | Wrexham AC       | NJ                                                                    | 10.07               |                     | 10.07               | 2            |                     |                     | 10.13               | 10.13                 | 2                 |
| 2       | 105 | Phil JONES                          | Colwyn Bay AC    | NJ                                                                    | NJ                  |                     |                     |              |                     |                     |                     |                       |                   |
| 3       | 279 | David JAMES                         | Wrexham AC       | 8.39                                                                  | 8.37                | 8.60                | 8.60                | 3            | 8.82                | 8.20                | 8.57                | 8.82                  | 3                 |
| 4       | 234 | Daniel WILLIAMS                     | Swansea Harriers | 11.27                                                                 |                     |                     | 11.27               | 1            |                     |                     |                     | 11.27                 | 1                 |
| 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            | 234 | Daniel WILLIAMS | Swansea Harriers | 11.27 | 9   |     |      |      |  |           |  |
| 2            | 278 | Neil EDWARDS    | Wrexham AC       | 10.13 | 10  |     |      |      |  |           |  |
| 3            | 279 | David JAMES     | Wrexham AC       | 8.82  | 11  |     |      |      |  |           |  |
| 4            |     |                 |                  |       | 12  |     |      |      |  |           |  |
| 5            |     |                 |                  |       | 13  |     |      |      |  |           |  |
| 6            |     |                 |                  |       | 14  |     |      |      |  | Referee   |  |
| 7            |     |                 |                  |       | 15  |     |      |      |  |           |  |
| 8            |     |                 |                  |       | 16  |     |      |      |  |           |  |

# WELSH ATHLETICS DISTANCE CARD

| MEETING |     | Welsh Athletics Senior League Div 1 |                  | VENUE                                                | Deeside College, |           |           | TIME  | 2:00 PM   |           | DATE      | Sunday-22-April |          |
|---------|-----|-------------------------------------|------------------|------------------------------------------------------|------------------|-----------|-----------|-------|-----------|-----------|-----------|-----------------|----------|
| EVENT   |     | F8 - 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                                            | 2nd Trial        | 3rd Trial | Best of 3 | Pos   | 4th Trial | 5th Trial | 6th Trial | Best of All     | Final    |
|         |     |                                     |                  | Metres                                               | Metres           | Metres    | Metres    | aft 3 | Metres    | Metres    | Metres    | Metres          | Position |
| 1       | 278 | Neil EDWARDS                        | Wrexham AC       | 9.31                                                 | 10.33            | 10.61     | 10.61     | 2     | 9.56      | 10.03     | 9.63      | 10.61           | 2        |
| 2       | 282 | Mark RICH                           | Wrexham AC       | 7.23                                                 | 7.41             | NT        | 7.41      | 5     |           |           |           | 7.41            | 5        |
| 3       | 231 | Dave JONES                          | Swansea Harriers | 5.60                                                 | 5.40             | 5.24      | 5.60      | 7     |           |           |           | 5.60            | 7        |
| 4       | 106 | Crispin BACKSHALL                   | Colwyn Bay AC    | 6.14                                                 | NJ               | 6.39      | 6.39      | 6     |           |           |           | 6.39            | 6        |
| 5       | 147 | Dave STOKES                         | Deeside AAC      | 7.63                                                 | 7.91             |           | 7.91      | 4     | 8.03      |           |           | 8.03            | 4        |
| 6       | 129 | Simon WHITFIELD                     | Colwyn Bay AC    | 9.49                                                 | 9.81             | 10.18     | 10.18     | 3     |           |           |           | 10.18           | 3        |
| 7       | 152 | Phil DAVIES                         | Deeside AAC      | 10.77                                                | 10.48            | 10.67     | 10.77     | 1     | NT        | NT        |           | 10.77           | 1        |
| 8       |     |                                     |                  |                                                      |                  |           |           |       |           |           |           |                 |          |
| 9       |     |                                     |                  |                                                      |                  |           |           |       |           |           |           |                 |          |
| 10      |     |                                     |                  |                                                      |                  |           |           |       |           |           |           |                 |          |
| 11      |     |                                     |                  |                                                      |                  |           |           |       |           |           |           |                 |          |
| 12      |     |                                     |                  |                                                      |                  |           |           |       |           |           |           |                 |          |
| 13      |     |                                     |                  |                                                      |                  |           |           |       |           |           |           |                 |          |
| 14      |     |                                     |                  |                                                      |                  |           |           |       |           |           |           |                 |          |
| 15      |     |                                     |                  |                                                      |                  |           |           |       |           |           |           |                 |          |
| 16      |     |                                     |                  |                                                      |                  |           |           |       |           |           |           |                 |          |

| FULL RESULTS |     |                   |                  |       |     |     |      |      |  | Officials |  |
|--------------|-----|-------------------|------------------|-------|-----|-----|------|------|--|-----------|--|
| POS          | No. | NAME              | CLUB             | PERF  | POS | No. | CLUB | PERF |  |           |  |
| 1            | 152 | Phil DAVIES       | Deeside AAC      | 10.77 | 9   |     |      |      |  |           |  |
| 2            | 278 | Neil EDWARDS      | Wrexham AC       | 10.61 | 10  |     |      |      |  |           |  |
| 3            | 129 | Simon WHITFIELD   | Colwyn Bay AC    | 10.18 | 11  |     |      |      |  |           |  |
| 4            | 147 | Dave STOKES       | Deeside AAC      | 8.03  | 12  |     |      |      |  |           |  |
| 5            | 282 | Mark RICH         | Wrexham AC       | 7.41  | 13  |     |      |      |  |           |  |
| 6            | 106 | Crispin BACKSHALL | Colwyn Bay AC    | 6.39  | 14  |     |      |      |  | Referee   |  |
| 7            | 231 | Dave JONES        | Swansea Harriers | 5.60  | 15  |     |      |      |  |           |  |
| 8            |     |                   |                  |       | 16  |     |      |      |  |           |  |



# WELSH ATHLETICS DISTANCE CARD

| MEETING |     | Welsh Athletics Senior League Div 1 |                  | VENUE                                                       | Deeside College,    |                     |                     | TIME         | 12:00 PM            |                     | DATE                | Sunday-22-April       |                   |
|---------|-----|-------------------------------------|------------------|-------------------------------------------------------------|---------------------|---------------------|---------------------|--------------|---------------------|---------------------|---------------------|-----------------------|-------------------|
| EVENT   |     | F1 - SM, Discus (2.00kg)            |                  | League Record: David COLEMAN, Cardiff AAC, 45.50, 2009      |                     |                     |                     |              |                     |                     |                     |                       |                   |
|         |     |                                     |                  | Welsh Record: Brett MORSE, Birchfield Harriers, 66.06, 2011 |                     |                     |                     |              |                     |                     |                     |                       |                   |
| Order   | No  | NAME                                | CLUB             | 1st Trial<br>Metres                                         | 2nd Trial<br>Metres | 3rd Trial<br>Metres | Best of 3<br>Metres | Pos<br>aft 3 | 4th Trial<br>Metres | 5th Trial<br>Metres | 6th Trial<br>Metres | Best of All<br>Metres | Final<br>Position |
| 1       | 278 | Neil EDWARDS                        | Wrexham AC       | 26.92                                                       | 29.60               | 27.57               | 29.60               | 1            | 30.26               | 31.17               | 30.63               | 31.17                 | 2                 |
| 2       | 231 | Dave JONES                          | Swansea Harriers | 11.08                                                       | 10.95               | 11.05               | 11.08               | 7            |                     |                     |                     | 11.08                 | 7                 |
| 3       | 282 | Mark RICH                           | Wrexham AC       | 16.07                                                       | 16.74               | 19.89               | 19.89               | 4            | 19.62               | 19.78               | 20.88               | 20.88                 | 4                 |
| 4       | 152 | Phil DAVIES                         | Deeside AAC      | NT                                                          | NT                  | 28.97               | 28.97               | 3            | NT                  | 29.36               | NT                  | 29.36                 | 3                 |
| 5       | 147 | Dave STOKES                         | Deeside AAC      | 28.73                                                       | NT                  | 29.45               | 29.45               | 2            | 30.36               | 31.25               | 30.58               | 31.25                 | 1                 |
| 6       | 105 | Phil JONES                          | Colwyn Bay AC    | 16.86                                                       | 17.25               | NT                  | 17.25               | 5            |                     |                     |                     | 17.25                 | 5                 |
| 7       | 106 | Crispin BACKSHALL                   | Colwyn Bay AC    | 15.77                                                       | 15.42               | 15.89               | 15.89               | 6            |                     |                     |                     | 15.89                 | 6                 |
| 8       |     |                                     |                  |                                                             |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 9       |     |                                     |                  |                                                             |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 10      |     |                                     |                  |                                                             |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 11      |     |                                     |                  |                                                             |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 12      |     |                                     |                  |                                                             |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 13      |     |                                     |                  |                                                             |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 14      |     |                                     |                  |                                                             |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 15      |     |                                     |                  |                                                             |                     |                     |                     |              |                     |                     |                     |                       |                   |
| 16      |     |                                     |                  |                                                             |                     |                     |                     |              |                     |                     |                     |                       |                   |

| FULL RESULTS |     |                   |                  |       |     |     |      |      |  | Officials |  |
|--------------|-----|-------------------|------------------|-------|-----|-----|------|------|--|-----------|--|
| POS          | No. | NAME              | CLUB             | PERF  | POS | No. | CLUB | PERF |  |           |  |
| 1            | 147 | Dave STOKES       | Deeside AAC      | 31.25 | 9   |     |      |      |  |           |  |
| 2            | 278 | Neil EDWARDS      | Wrexham AC       | 31.17 | 10  |     |      |      |  |           |  |
| 3            | 152 | Phil DAVIES       | Deeside AAC      | 29.36 | 11  |     |      |      |  |           |  |
| 4            | 282 | Mark RICH         | Wrexham AC       | 20.88 | 12  |     |      |      |  |           |  |
| 5            | 105 | Phil JONES        | Colwyn Bay AC    | 17.25 | 13  |     |      |      |  |           |  |
| 6            | 106 | Crispin BACKSHALL | Colwyn Bay AC    | 15.89 | 14  |     |      |      |  | Referee   |  |
| 7            | 231 | Dave JONES        | Swansea Harriers | 11.08 | 15  |     |      |      |  |           |  |
| 8            |     |                   |                  |       | 16  |     |      |      |  |           |  |

# Welsh Athletics - Height Card

| MEETING |     | Welsh Athletics Senior League Div 1 |                  |                | VENUE   | Deeside College,                                           |        |        |        |        |        |        |        |        |        | DATE   | Sun-22-April-2012       |                   |              |                   |  |  |
|---------|-----|-------------------------------------|------------------|----------------|---------|------------------------------------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------------------------|-------------------|--------------|-------------------|--|--|
| EVENT   |     | F13 - U17W, High Jump               |                  |                | TIME    | League Record: Emily MORRIS, Swansea Harriers, 1.65, 2010  |        |        |        |        |        |        |        |        |        |        |                         |                   |              |                   |  |  |
|         |     |                                     |                  |                | 2:00 PM | Welsh Record: Lea HAGGETT, Herne Hill Harriers, 1.81, 1986 |        |        |        |        |        |        |        |        |        |        |                         |                   |              |                   |  |  |
| Order   | Bib | NAME                                | CLUB             | START          | 1.25    | 1.30                                                       | 1.35   | 1.40   | 1.45   | 1.50   | 1.55   |        |        |        |        | Best   | Trials at Ht<br>Cleared | Total<br>Failures | Total Trials | Final<br>Position |  |  |
|         |     |                                     |                  | Opening Height | Metres  | Metres                                                     | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres |                         |                   |              |                   |  |  |
| 1       | 277 | Elise DAVIES                        | Swansea Harriers | 1.30           |         | O                                                          | X O    | O      | X X O  | X X X  |        |        |        |        |        | 1.45   | 3                       | 6                 | 10           | 2                 |  |  |
| 2       | 227 | Shannon RICHARDS                    | Swansea Harriers | 1.35           |         |                                                            | O      | X X O  | X X X  |        |        |        |        |        |        | 1.40   | 3                       | 5                 | 7            | 3                 |  |  |
| 3       | 180 | Georgia BATES                       | Deeside AAC      | 1.40           |         |                                                            |        | O      | O      | X X O  | X X X  |        |        |        |        | 1.50   | 3                       | 5                 | 8            | 1                 |  |  |
| 4       | 128 | Sara DAVIES                         | Colwyn Bay AC    | 1.25           | O       | O                                                          | X O    | X X X  |        |        |        |        |        |        |        | 1.35   | 2                       | 4                 | 7            | 4                 |  |  |
| 5       |     |                                     |                  |                |         |                                                            |        |        |        |        |        |        |        |        |        |        |                         |                   |              |                   |  |  |
| 6       |     |                                     |                  |                |         |                                                            |        |        |        |        |        |        |        |        |        |        |                         |                   |              |                   |  |  |
| 7       |     |                                     |                  |                |         |                                                            |        |        |        |        |        |        |        |        |        |        |                         |                   |              |                   |  |  |
| 8       |     |                                     |                  |                |         |                                                            |        |        |        |        |        |        |        |        |        |        |                         |                   |              |                   |  |  |
| 9       |     |                                     |                  |                |         |                                                            |        |        |        |        |        |        |        |        |        |        |                         |                   |              |                   |  |  |
| 10      |     |                                     |                  |                |         |                                                            |        |        |        |        |        |        |        |        |        |        |                         |                   |              |                   |  |  |
| 11      |     |                                     |                  |                |         |                                                            |        |        |        |        |        |        |        |        |        |        |                         |                   |              |                   |  |  |
| 12      |     |                                     |                  |                |         |                                                            |        |        |        |        |        |        |        |        |        |        |                         |                   |              |                   |  |  |
| 13      |     |                                     |                  |                |         |                                                            |        |        |        |        |        |        |        |        |        |        |                         |                   |              |                   |  |  |
| 14      |     |                                     |                  |                |         |                                                            |        |        |        |        |        |        |        |        |        |        |                         |                   |              |                   |  |  |
| 15      |     |                                     |                  |                |         |                                                            |        |        |        |        |        |        |        |        |        |        |                         |                   |              |                   |  |  |
| 16      |     |                                     |                  |                |         |                                                            |        |        |        |        |        |        |        |        |        |        |                         |                   |              |                   |  |  |

| FULL RESULTS |     |                  |                  |      |     |     |      |      |      | OFFICIALS SIGNATURES |  |
|--------------|-----|------------------|------------------|------|-----|-----|------|------|------|----------------------|--|
| POS          | BIB | NAME             | CLUB             | PERF | POS | BIB | NAME | CLUB | PERF |                      |  |
| 1            | 180 | Georgia BATES    | Deeside AAC      | 1.50 |     |     |      |      |      |                      |  |
| 2            | 277 | Elise DAVIES     | Swansea Harriers | 1.45 |     |     |      |      |      |                      |  |
| 3            | 227 | Shannon RICHARDS | Swansea Harriers | 1.40 |     |     |      |      |      |                      |  |
| 4            | 128 | Sara DAVIES      | Colwyn Bay AC    | 1.35 |     |     |      |      |      |                      |  |
|              |     |                  |                  |      |     |     |      |      |      |                      |  |
|              |     |                  |                  |      |     |     |      |      |      | REFEREE'S SIGNATURE  |  |
|              |     |                  |                  |      |     |     |      |      |      |                      |  |



# Welsh Athletics - Height Card

| MEETING |     | Welsh Athletics Senior League Div 1 |                     |       |      | VENUE   | , Deeside College                                    |      |  |  |  |  |  |  |  |  |  | DATE | Sun-22-April-2012 |      |                      |                |              |                |        |
|---------|-----|-------------------------------------|---------------------|-------|------|---------|------------------------------------------------------|------|--|--|--|--|--|--|--|--|--|------|-------------------|------|----------------------|----------------|--------------|----------------|--------|
|         |     |                                     |                     |       |      | TIME    | League Record: Rebecca JONES, Wrexham AC, 1.73, 1999 |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| EVENT   |     | F6 - SW, High Jump                  |                     |       |      | 1:15 PM | Welsh Record: Julie CRANE, Sale Harriers, 1.89, 2004 |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| Order   | Bib | NAME                                | CLUB                | START | 1.45 | 1.50    | 1.55                                                 | 1.60 |  |  |  |  |  |  |  |  |  |      |                   | Best | Trials at Ht Cleared | Total Failures | Total Trials | Final Position |        |
|         |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                | Metres |
| 1       | 78  | Sophie PICK                         | Carmarthen Harriers | 1.45  | O    | O       | X X O X                                              |      |  |  |  |  |  |  |  |  |  |      |                   |      | 1.55                 | 3              | 3            | 6              | 1      |
| 2       |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| 3       |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| 4       |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| 5       |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| 6       |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| 7       |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| 8       |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| 9       |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| 10      |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| 11      |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| 12      |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| 13      |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| 14      |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| 15      |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |
| 16      |     |                                     |                     |       |      |         |                                                      |      |  |  |  |  |  |  |  |  |  |      |                   |      |                      |                |              |                |        |

| FULL RESULTS |     |             |                     |      |     |     |      |      |      | OFFICIALS SIGNATURES |  |  |
|--------------|-----|-------------|---------------------|------|-----|-----|------|------|------|----------------------|--|--|
| POS          | BIB | NAME        | CLUB                | PERF | POS | BIB | NAME | CLUB | PERF |                      |  |  |
| 1            | 78  | Sophie PICK | Carmarthen Harriers | 1.55 |     |     |      |      |      |                      |  |  |
|              |     |             |                     |      |     |     |      |      |      |                      |  |  |
|              |     |             |                     |      |     |     |      |      |      |                      |  |  |
|              |     |             |                     |      |     |     |      |      |      |                      |  |  |
|              |     |             |                     |      |     |     |      |      |      |                      |  |  |
|              |     |             |                     |      |     |     |      |      |      |                      |  |  |
|              |     |             |                     |      |     |     |      |      |      |                      |  |  |
|              |     |             |                     |      |     |     |      |      |      |                      |  |  |
|              |     |             |                     |      |     |     |      |      |      | REFEREE'S SIGNATURE  |  |  |
|              |     |             |                     |      |     |     |      |      |      |                      |  |  |
|              |     |             |                     |      |     |     |      |      |      |                      |  |  |

# Welsh Athletics - Height Card

| MEETING |     | Welsh Athletics Senior League Div 1 |                     |       |        | VENUE   |        | , Deeside College                                            |        |        |        |        |        |        |        |      |                         | DATE              |              | Sun-22-April-2012 |        |
|---------|-----|-------------------------------------|---------------------|-------|--------|---------|--------|--------------------------------------------------------------|--------|--------|--------|--------|--------|--------|--------|------|-------------------------|-------------------|--------------|-------------------|--------|
| EVENT   |     | F22 - U17M, High Jump               |                     |       |        | TIME    |        | League Record: Sam HOOD, Cardiff AAC, 2.05,                  |        |        |        |        |        |        |        |      |                         |                   |              |                   |        |
|         |     |                                     |                     |       |        | 4:00 PM |        | Welsh Record: Chuka ENIH-SNELL, Swansea Harriers, 2.15, 2000 |        |        |        |        |        |        |        |      |                         |                   |              |                   |        |
| Order   | Bib | NAME                                | CLUB                | START | 1.40   | 1.45    | 1.50   | 1.55                                                         | 1.60   | 1.65   | 1.70   | 1.75   | 1.80   |        |        | Best | Trials at Ht<br>Cleared | Total<br>Failures | Total Trials | Final<br>Position |        |
|         |     |                                     |                     |       | Metres | Metres  | Metres | Metres                                                       | Metres | Metres | Metres | Metres | Metres | Metres | Metres |      |                         |                   |              |                   | Metres |
| 1       | 305 | Liam PRICE                          | Wrexham AC          | 1.40  | O      | O       | O      | O                                                            | O      | X X O  | X X X  |        |        |        |        | 1.65 | 3                       | 5                 | 11           | 4                 |        |
| 2       | 237 | Keiran INGRAM                       | Swansea Harriers    | 1.40  | O      | X O     | O      | X X O                                                        | X X X  |        |        |        |        |        |        | 1.55 | 3                       | 6                 | 10           | 5                 |        |
| 3       | 118 | Jake GRIFFITH                       | Colwyn Bay AC       | 1.40  | X X O  | O       | O      | X X X                                                        |        |        |        |        |        |        |        | 1.50 | 1                       | 5                 | 8            | 6                 |        |
| 4       | 76  | Aled PRICE                          | Carmarthen Harriers | 1.65  |        |         |        |                                                              |        | O      | O      | X O    | X X X  |        |        | 1.75 | 2                       | 4                 | 7            | 1                 |        |
| 5       | 164 | Luke WARD                           | Deeside AAC         | 1.65  |        |         |        |                                                              |        | X X O  | O      | X X X  |        |        |        | 1.70 | 1                       | 5                 | 7            | 3                 |        |
| 6       | 166 | Shaun MURRAY                        | Deeside AAC         | 1.60  |        |         |        |                                                              | X O    | O      | X O    | X O    | X X X  |        |        | 1.75 | 2                       | 6                 | 10           | 1                 |        |
| 7       |     |                                     |                     |       |        |         |        |                                                              |        |        |        |        |        |        |        |      |                         |                   |              |                   |        |
| 8       |     |                                     |                     |       |        |         |        |                                                              |        |        |        |        |        |        |        |      |                         |                   |              |                   |        |
| 9       |     |                                     |                     |       |        |         |        |                                                              |        |        |        |        |        |        |        |      |                         |                   |              |                   |        |
| 10      |     |                                     |                     |       |        |         |        |                                                              |        |        |        |        |        |        |        |      |                         |                   |              |                   |        |
| 11      |     |                                     |                     |       |        |         |        |                                                              |        |        |        |        |        |        |        |      |                         |                   |              |                   |        |
| 12      |     |                                     |                     |       |        |         |        |                                                              |        |        |        |        |        |        |        |      |                         |                   |              |                   |        |
| 13      |     |                                     |                     |       |        |         |        |                                                              |        |        |        |        |        |        |        |      |                         |                   |              |                   |        |
| 14      |     |                                     |                     |       |        |         |        |                                                              |        |        |        |        |        |        |        |      |                         |                   |              |                   |        |
| 15      |     |                                     |                     |       |        |         |        |                                                              |        |        |        |        |        |        |        |      |                         |                   |              |                   |        |
| 16      |     |                                     |                     |       |        |         |        |                                                              |        |        |        |        |        |        |        |      |                         |                   |              |                   |        |

| FULL RESULTS |     |               |                     |      |     |     |      |      |      | OFFICIALS SIGNATURES |  |
|--------------|-----|---------------|---------------------|------|-----|-----|------|------|------|----------------------|--|
| POS          | BIB | NAME          | CLUB                | PERF | POS | BIB | NAME | CLUB | PERF |                      |  |
| 1=           | 76  | Aled PRICE    | Carmarthen Harriers | 1.75 |     |     |      |      |      |                      |  |
| 1=           | 166 | Shaun MURRAY  | Deeside AAC         | 1.75 |     |     |      |      |      |                      |  |
| 3            | 164 | Luke WARD     | Deeside AAC         | 1.70 |     |     |      |      |      |                      |  |
| 4            | 305 | Liam PRICE    | Wrexham AC          | 1.65 |     |     |      |      |      |                      |  |
| 5            | 237 | Keiran INGRAM | Swansea Harriers    |      |     |     |      |      |      |                      |  |
| 6            | 118 | Jake GRIFFITH | Colwyn Bay AC       |      |     |     |      |      |      |                      |  |
|              |     |               |                     |      |     |     |      |      |      | REFEREE'S SIGNATURE  |  |
|              |     |               |                     |      |     |     |      |      |      |                      |  |

# Welsh Athletics - Height Card

| MEETING |     | Welsh Athletics Senior League Div 1 |            |                    |        | VENUE   |        | , Deeside College                                        |        |        |        |        |        |        |        | DATE   |        | Sun-22-April-2012 |                      |                |              |                |  |
|---------|-----|-------------------------------------|------------|--------------------|--------|---------|--------|----------------------------------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------------------|----------------------|----------------|--------------|----------------|--|
| EVENT   |     | F17 - SM, High Jump                 |            |                    |        | TIME    |        | League Record: Paul EVANS, , 2.05, 1983                  |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| EVENT   |     | F17 - SM, High Jump                 |            |                    |        | 3:00 PM |        | Welsh Record: Robert MITCHELL, Sale Harriers, 2.25, 2001 |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| Order   | Bib | NAME                                | CLUB       | Min Opening Height | START  | 1.55    | 1.60   | 1.65                                                     | 1.70   |        |        |        |        |        |        |        |        | Best              | Trials at Ht Cleared | Total Failures | Total Trials | Final Position |  |
|         |     |                                     |            |                    | Metres | Metres  | Metres | Metres                                                   | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres            |                      |                |              |                |  |
| 1       | 289 | William POOLE                       | Wrexham AC | 1.55               | O      | O       | X O    | X X X                                                    |        |        |        |        |        |        |        |        |        | 1.65              | 2                    | 4              | 7            | 1              |  |
| 2       |     |                                     |            |                    |        |         |        |                                                          |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| 3       |     |                                     |            |                    |        |         |        |                                                          |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| 4       |     |                                     |            |                    |        |         |        |                                                          |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| 5       |     |                                     |            |                    |        |         |        |                                                          |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| 6       |     |                                     |            |                    |        |         |        |                                                          |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| 7       |     |                                     |            |                    |        |         |        |                                                          |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| 8       |     |                                     |            |                    |        |         |        |                                                          |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| 9       |     |                                     |            |                    |        |         |        |                                                          |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| 10      |     |                                     |            |                    |        |         |        |                                                          |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| 11      |     |                                     |            |                    |        |         |        |                                                          |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| 12      |     |                                     |            |                    |        |         |        |                                                          |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| 13      |     |                                     |            |                    |        |         |        |                                                          |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| 14      |     |                                     |            |                    |        |         |        |                                                          |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| 15      |     |                                     |            |                    |        |         |        |                                                          |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |
| 16      |     |                                     |            |                    |        |         |        |                                                          |        |        |        |        |        |        |        |        |        |                   |                      |                |              |                |  |

| FULL RESULTS |     |               |            |      |     |     |      |      |      | OFFICIALS SIGNATURES |  |
|--------------|-----|---------------|------------|------|-----|-----|------|------|------|----------------------|--|
| POS          | BIB | NAME          | CLUB       | PERF | POS | BIB | NAME | CLUB | PERF |                      |  |
| 1            | 289 | William POOLE | Wrexham AC | 1.65 |     |     |      |      |      |                      |  |
|              |     |               |            |      |     |     |      |      |      |                      |  |
|              |     |               |            |      |     |     |      |      |      |                      |  |
|              |     |               |            |      |     |     |      |      |      |                      |  |
|              |     |               |            |      |     |     |      |      |      |                      |  |
|              |     |               |            |      |     |     |      |      |      |                      |  |
|              |     |               |            |      |     |     |      |      |      | REFEREE'S SIGNATURE  |  |
|              |     |               |            |      |     |     |      |      |      |                      |  |
|              |     |               |            |      |     |     |      |      |      |                      |  |

