

WELSH ATHLETICS

U13 & U15 Outdoor T&F Championships
incorporating Senior Open 10,000m
Saturday 23rd July 2011
Cardiff International Sports Stadium



Event : T21 U13B 100m FINAL

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

Championship Best : Malcolm JAMES, Cardiff AAC, 12.5, 1975

2010 Welsh Champion : Sion ROBERTS, Wrexham AC, 12.63

w/s -0.8

Athletes qualified from heat T12

Pos	Bib	Athlete	Club	Perf
1	42	Harry HILLMAN	Cardiff AAC	12.85
2	37	Ellis WHARTON	Newport Harriers	12.91
3	32	Daniel SNELLING	Newport Harriers	13.13
4	46	Callum DAVIES	Swansea Harriers	13.31
5	38	Joseph CROSBY	Swansea Harriers	13.67
6	33	Ben PARIS	Cardiff AAC	14.05
7	39	Jordan HUGHES	Swansea Harriers	14.17
8	31	Joseph BRIER	Swansea Harriers	14.27

Event : T12 U13B 100m Heats

Qualification to the next round T21 Will be the fastest 2 (Q) & 2 (q)

Pos	Bib	Athlete	Club	Perf	
				<i>heat 1</i>	w/s -1.9
1	42	Harry HILLMAN	Cardiff AAC	12.92	Q
2	38	Joseph CROSBY	Swansea Harriers	13.55	Q PB
3	48	Ceirion HOPKINS	Neath Harriers	13.96	
4	45	Ben EVANS	Pembroke Harriers	14.33	
5	43	Jed ANDREW	Newport Harriers	14.78	
6	40	Luke INSTONE	Cwmbran Harriers	15.09	
7	34	Moses GEE	Barry & Vale Harriers	15.21	
				<i>heat 2</i>	w/s -1.2
Pos	Bib	Athlete	Club	Perf	
1	32	Daniel SNELLING	Newport Harriers	13.20	Q
2	33	Ben PARIS	Cardiff AAC	13.75	Q
3	31	Joseph BRIER	Swansea Harriers	13.81	q
4	39	Jordan HUGHES	Swansea Harriers	13.85	q
5	44	Harri DOEL	Carmarthen Harriers	14.16	
6	49	Dylan PARRY	Bridgend AC	14.29	
7	36	Samuel SNAITH	Barry & Vale Harriers	16.11	
				<i>heat 3</i>	w/s -3.4
Pos	Bib	Athlete	Club	Perf	
1	37	Ellis WHARTON	Newport Harriers	13.13	Q
2	46	Callum DAVIES	Swansea Harriers	13.27	Q
3	47	Oghenetega EMESEH	Carmarthen Harriers	14.05	
4	50	Ethan BRIDGE	Rhondda AC	14.40	
5	41	Michael THOMPSON	Swansea Harriers	14.77	
6	35	Lewis CAMPBELL	Barry & Vale Harriers	14.80	

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Event : T35 U13B 200m FINAL

Welsh Record : Sion ROBERTS, Wrexham AC, 25.38, 2010

Championship Best : Sion ROBERTS, Wrexham AC, 25.38, 2010

2010 Welsh Champion : Sion ROBERTS, Wrexham AC, 25.38.

w/s -1.5

Athletes qualified from heat T27

Pos	Bib	Athlete	Club	Perf	
1	37	Ellis WHARTON	Newport Harriers	26.04	PB
2	32	Daniel SNELLING	Newport Harriers	26.05	PB
3	46	Callum DAVIES	Swansea Harriers	27.04	PB
4	137	Matthew CATTERALL	Brecon AC	27.12	PB
5	47	Oghenetega EMESEH	Carmarthen Harriers	28.24	
6	31	Joseph BRIER	Swansea Harriers	28.79	
7	39	Jordan HUGHES	Swansea Harriers	28.95	
8	48	Ceirion HOPKINS	Neath Harriers	29.42	

Event : T27 U13B 200m Heats

Qualification to the next round T35 Will be the fastest 3 (Q) & 2 (q)

heat 1 w/s -1.6

Pos	Bib	Athlete	Club	Perf	
1	37	Ellis WHARTON	Newport Harriers	26.58	Q
2	137	Matthew CATTERALL	Brecon AC	28.17	Q PB
3	31	Joseph BRIER	Swansea Harriers	29.07	Q
4	48	Ceirion HOPKINS	Neath Harriers	29.34	q
5	107	Rhys HARRIS	Swansea Harriers	29.90	
6	41	Michael THOMPSON	Swansea Harriers	31.56	
7	34	Moses GEE	Barry & Vale Harriers	31.84	

heat 2 w/s -1.2

Pos	Bib	Athlete	Club	Perf	
1	32	Daniel SNELLING	Newport Harriers	26.64	Q
2	46	Callum DAVIES	Swansea Harriers	27.20	Q
3	47	Oghenetega EMESEH	Carmarthen Harriers	27.83	Q
4	39	Jordan HUGHES	Swansea Harriers	29.02	q
5	35	Lewis CAMPBELL	Barry & Vale Harriers	29.65	
6	44	Harri DOEL	Carmarthen Harriers	30.16	PB

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Event : T32 U13B 800m FINAL

Welsh Record : Nikita NEARY, Carmarthen Harriers, 2.12.0p, 2010

Championship Best : Richard BAKER, Cardiff AAC, 2.14.0, 1983

2010 Welsh Champion : Nikita NEARY, Carmarthen Harriers, 2:12.99

Athletes qualified from heat T4

Pos	Bib	Athlete	Club	Perf	
1	189	Cole SWANNACK	Rhondda AC	02:21.25	PB
2	185	David FLIGELSTONE	Swansea Harriers	02:23.15	PB
3	184	Marinus PETERSEN	Pembroke Harriers	02:25.11	PB
4	47	Oghenetega EMESEH	Carmarthen Harriers	02:26.18	PB
5	137	Matthew CATTERALL	Brecon AC	02:26.27	PB
6	181	Oliver JONES	Swansea Harriers	02:26.73	PB
7	192	Matthew WILLIAMS	Pembroke Harriers	02:29.39	PB
8	188	Joseph ADLER	Cardiff AAC	02:30.32	
9	187	Evan WILLIAMS	Bridgend AC	02:31.10	PB
10	182	Thomas EVANS	Wrexham AC	02:31.71	PB
11	190	William MARSH	Barry & Vale Harriers	02:35.97	PB
12	191	Llyr EINION	Aberystwyth AC	02:36.66	PB

Event : T6 U13B 75m Hdl FINAL

Welsh Record : Luke JENKINS, Swansea Harriers, 12.38, 2008

NEW WELSH RECORD

Championship Best : Wynne JAMES / John MARSDEN, Afon Taf Sc, Barry & Vale Harriers, 12.40, 1992

NEW CBP

2010 Welsh Champion : Rhys ROBERTS, Bridgend AC, 12.96

w/s -1.4

Straight Final

Pos	Bib	Athlete	Club	Perf	
1	42	Harry HILLMAN	Cardiff AAC	11.90	PB
2	38	Joseph CROSBY	Swansea Harriers	12.08	PB
3	107	Rhys HARRIS	Swansea Harriers	12.92	
4	108	Thomas HUGHES	Pembroke Harriers	13.19	
5	106	Iwan WILLIAMS	Cardiff AAC	14.59	
6	109	Deio HUGHES	Cardiff AAC	15.09	PB
7	33	Ben PARIS	Cardiff AAC	15.17	
8	36	Samuel SNAITH	Barry & Vale Harriers	15.46	PB

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Event : F17 U13B High Jump FINAL

Welsh Record : Jamie DALTON, Preseli AC, 1.67, 1992

Championship Best : Miles KELLER-JENKINS, Swansea Harriers, 1.56, 2010

2010 Welsh Champion : Miles KELLER-JENKINS, Swansea Harriers, 1.56.

FINAL

Pos	Bib	Athlete	Club	Perf	
1	231	Aled REES	Carmarthen Harriers	1.57	PB
2	42	Harry HILLMAN	Cardiff AAC	1.51	= PB
3=	107	Rhys HARRIS	Swansea Harriers	1.35	
3=	232	Harry CARTER	Barry & Vale Harriers	1.35	
5	109	Deio HUGHES	Cardiff AAC	1.30	
6	233	Hedd WILLIAMS	Swansea Harriers	1.20	
7	41	Michael THOMPSON	Swansea Harriers	1.15	

Event : F3 U13B Long Jump FINAL

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

Championship Best : Paul FARMAHAN, Cleddau AC, 5.11, 1989

2010 Welsh Champion : Rhys ROBERTS, Bridgend AC, 4.55

FINAL

Pos	Bib	Athlete	Club	Perf	w/s
1	38	Joseph CROSBY	Swansea Harriers	4.76	+2.3
2	185	David FLIGELSTONE	Swansea Harriers	4.38	+0.5
3	35	Lewis CAMPBELL	Barry & Vale Harriers	4.27	+2.3
4	48	Ceirion HOPKINS	Neath Harriers	4.15	+0.7
5	106	Iwan WILLIAMS	Cardiff AAC	3.95	+1.7
6	43	Jed ANDREW	Newport Harriers	3.78	+1.5
7	182	Thomas EVANS	Wrexham AC	3.77	+0.9
8	34	Moses GEE	Barry & Vale Harriers	3.76	+1.8
9	33	Ben PARIS	Cardiff AAC	3.60	+1.7
10	36	Samuel SNAITH	Barry & Vale Harriers	3.56	-0.4
11	248	Kieron GRIMWADE	Cardiff AAC	3.36	-0.6

Event : F19 U13B Shot (3.25kg) FINAL

Welsh Record : Matthew EVANS, Carmarthen Harriers, 14.47, 2001

Championship Best : Matthew EVANS, Carmarthen Harriers, 13.39, 2001

2010 Welsh Champion : Nathan THOMPSON, Colwyn Bay AC, 10.45

FINAL

Pos	Bib	Athlete	Club	Perf	
1	260	Shaun LEE	Coedcae School	10.25	PB
2	256	Rhys DAVIES	Swansea Harriers	8.94	PB
3	108	Thomas HUGHES	Pembroke Harriers	7.38	
4	259	Nathan JAMES	Coedcae School	7.06	PB
5	257	Scott HILL	Swansea Harriers	6.84	
6	45	Ben EVANS	Pembroke Harriers	6.63	
7	109	Deio HUGHES	Cardiff AAC	6.39	
8	50	Ethan BRIDGE	Rhondda AC	6.32	
9	258	Ben LEAHY	Pembroke Harriers	6.13	
10	248	Kieron GRIMWADE	Cardiff AAC	4.54	PB

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Event : F23 U13B Discus (1.00kg) FINAL

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

Championship Best : Nikita NEARY, Carmarthen Harriers, 27.88, 2010

2010 Welsh Champion : Nikita NEARY, Carmarthen Harriers, 27.88.

FINAL

Pos	Bib	Athlete	Club	Perf	
1	260	Shaun LEE	Coedcae School	23.33	PB
2	256	Rhys DAVIES	Swansea Harriers	22.75	PB
3	278	Ryan NICHOLAS	Swansea Harriers	19.57	PB
4	257	Scott HILL	Swansea Harriers	19.24	
5	49	Dylan PARRY	Bridgend AC	18.93	PB
6	43	Jed ANDREW	Newport Harriers	15.56	
7	258	Ben LEAHY	Pembroke Harriers	14.76	

Event : F16 U13B Javelin (400g) FINAL

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

Championship Best : Richard DANGERFIELD, Barry & Vale Harriers, 36.64, 2010

2010 Welsh Champion : Richard DANGERFIELD, Barry & Vale Harriers, 36.64.

FINAL

Pos	Bib	Athlete	Club	Perf	
1	259	Nathan JAMES	Coedcae School	30.77	PB
2	189	Cole SWANNACK	Rhondda AC	29.84	PB
3	290	Keiran EVANS	Carmarthen Harriers	27.57	
4	50	Ethan BRIDGE	Rhondda AC	23.86	PB
5	232	Harry CARTER	Barry & Vale Harriers	21.75	
6	289	Aeron BICKERDIKE	Carmarthen Harriers	21.03	
7	233	Hedd WILLIAMS	Swansea Harriers	20.94	PB
8	248	Kieron GRIMWADE	Cardiff AAC	20.39	PB
9	258	Ben LEAHY	Pembroke Harriers	19.29	
10	278	Ryan NICHOLAS	Swansea Harriers	17.61	

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Event : T20 U13G 100m FINAL

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

Championship Best : Hannah BRIER, Swansea Harriers, 12.71, 2010

2010 Welsh Champion : Hannah BRIER, Swansea Harriers, 12.71, 2010

w/s -3.0

Athletes qualified from heat T11

Pos	Bib	Athlete	Club	Perf	
1	9	Amelia REYNOLDS	Newport Harriers	13.33	
2	4	Chloe HUGHES	Deeside AAC	13.75	
3	30	Sarah OMOREGIE	Pembroke Harriers	13.85	
4	21	Hannah DOEL	Carmarthen Harriers	14.13	
5	3	Eve WILLIAMS	Cwmbran Harriers	14.24	
6	23	Megan ROWE	Carmarthen Harriers	14.26	
7	7	Caitlin SCARFI	Newport Harriers	14.40	PB
8	5	Millicent FAKANDE	Cwmbran Harriers	14.40	

Event : T11 U13G 100m Heats

Qualification to the next round T20 Will be the fastest 4 (Q) & 1 (q)

heat 1 w/s -1.8

Pos	Bib	Athlete	Club	Perf	
1	30	Sarah OMOREGIE	Pembroke Harriers	13.68	Q
2	24	Jamie O'DRISCOLL	Swansea Harriers	14.38	
3	1	Neve EVANS	Wrexham AC	14.49	
4	22	Mia EVANS	Neath Harriers	14.70	
5	16	Lauren EVANS	Cardiff AAC	14.89	
6	11	Alice ODUNAIYA	Wrexham AC	15.00	
7	18	Felicity CHURCH	Swansea Harriers	15.64	PB
8	26	Jasmine HUGHES	Cardiff AAC	16.19	

heat 2 w/s -1.8

Pos	Bib	Athlete	Club	Perf	
1	5	Millicent FAKANDE	Cwmbran Harriers	14.06	Q PB
2	25	Delun ALLCOCK	Swansea Harriers	14.27	
3	10	Lauryn DAVEY	Carmarthen Harriers	14.75	
4	19	Eira JAMES	Swansea Harriers	14.82	
5	20	Rhiannon MAINE	Swansea Harriers	14.97	PB
6	15	Rebecca CHICK	Cwmbran Harriers	15.01	
7	2	Bethan REES	Cannock & Stafford AC	15.49	

heat 3 w/s -3.4

Pos	Bib	Athlete	Club	Perf	
1	9	Amelia REYNOLDS	Newport Harriers	13.68	Q
2	3	Eve WILLIAMS	Cwmbran Harriers	13.94	q PB
3	23	Megan ROWE	Carmarthen Harriers	14.14	q
4	12	Eleri MICHAEL	Neath Harriers	14.22	PB
5	14	Sarah ATKINSON	Deeside AAC	14.56	
6	28	Olivia MAYNARD	Swansea Harriers	15.07	PB
7	6	Ffion JENKINS	Swansea Harriers	15.08	

heat 4 w/s -1.3

Pos	Bib	Athlete	Club	Perf	
1	4	Chloe HUGHES	Deeside AAC	13.84	Q
2	21	Hannah DOEL	Carmarthen Harriers	13.93	q
3	7	Caitlin SCARFI	Newport Harriers	14.19	q PB
4	8	Faye GIBBON	Barry & Vale Harriers	14.57	
5	29	Catrin LORD	Cardiff AAC	14.83	PB
6	17	Ellie MATTHEWS	Cwmbran Harriers	15.11	
7	13	Macey JONES	Cwmbran Harriers	15.86	

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Event : T34 U13G 200m FINAL

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

Championship Best : Hannah BRIER, Swansea Harriers, 26.57, 2010

2010 Welsh Champion : Hannah BRIER, Swansea Harriers, 26.57.

w/s -1.5

Athletes qualified from heat T26

Pos	Bib	Athlete	Club	Perf	
1	9	Amelia REYNOLDS	Newport Harriers	27.35	
2	4	Chloe HUGHES	Deeside AAC	28.49	
3	3	Eve WILLIAMS	Cwmbran Harriers	28.66	PB
4	21	Hannah DOEL	Carmarthen Harriers	28.94	PB
5	7	Caitlin SCARFI	Newport Harriers	29.24	
6	12	Eleri MICHAEL	Neath Harriers	29.39	PB
7	5	Millicent FAKANDE	Cwmbran Harriers	29.47	PB
8	23	Megan ROWE	Carmarthen Harriers	29.58	

Event : T26 U13G 200m Heats

Qualification to the next round T34 Will be the fastest 2 (Q) & 2 (q)

heat 1 w/s -1.6

Pos	Bib	Athlete	Club	Perf	
1	4	Chloe HUGHES	Deeside AAC	28.6	Q
2	21	Hannah DOEL	Carmarthen Harriers	29.4	Q PB
3	14	Sarah ATKINSON	Deeside AAC	30.2	
4	19	Eira JAMES	Swansea Harriers	30.3	
5	29	Catrin LORD	Cardiff AAC	31.4	
6	132	Caitlin EXTON	Cardiff AAC	31.8	PB
7	15	Rebecca CHICK	Cwmbran Harriers	32.2	

manual timings

heat 2 w/s -1.9

Pos	Bib	Athlete	Club	Perf	
1	7	Caitlin SCARFI	Newport Harriers	29.2	Q PB
2	23	Megan ROWE	Carmarthen Harriers	29.2	Q
3	5	Millicent FAKANDE	Cwmbran Harriers	29.5	q
4	28	Olivia MAYNARD	Swansea Harriers	31.8	
5	100	Amber HARDING	Cardiff AAC	32.3	
6	136	Eleanor STEPHENSON WILDING	Cardiff AAC	35.5	PB
7	134	Isabel BARCLAY	Swansea Harriers	36.8	

manual timings

heat 3 w/s

Pos	Bib	Athlete	Club	Perf	
1	9	Amelia REYNOLDS	Newport Harriers	28.7	Q
2	3	Eve WILLIAMS	Cwmbran Harriers	29.1	Q PB
3	12	Eleri MICHAEL	Neath Harriers	29.5	q PB
4	1	Neve EVANS	Wrexham AC	30.3	
5	25	Delun ALLCOCK	Swansea Harriers	30.8	
6	11	Alice ODUNAIYA	Wrexham AC	31.2	PB
7	13	Macey JONES	Cwmbran Harriers	34.2	

manual timings

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Event : T33 U13G 800m FINAL

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

Championship Best : Rosa YATES, Bridgend AC, 2:19.97, 2010

2010 Welsh Champion : Rosa YATES, Bridgend AC, 2:19.97.

Athletes qualified from heat T3

Pos	Bib	Athlete	Club	Perf	
1	166	Cari HUGHES	Menai T&F	02:23.61	PB
2	165	Seren ALLIN	Bridgend AC	02:29.30	PB
3	163	Bethan EVANS	Pontyclun AC	02:31.56	PB
4	171	Elishka COUPAR	Cardiff AAC	02:36.24	
5	174	Ceris DAVIES	Carmarthen Harriers	02:36.41	
6	6	Ffion JENKINS	Swansea Harriers	02:36.72	
7	175	Kylie RICHARDS	Swansea Harriers	02:40.74	
8	96	Lucy DAVIES	Pembroke Harriers	02:43.56	

Event : T3 U13G 800m Heats

Qualification to the next round T33 Will be the fastest 3 (Q) & 2 (q)

Pos	Bib	Athlete	Club	Perf	
<i>heat 1</i>					
1	166	Cari HUGHES	Menai T&F	02:35.00	Q
2	174	Ceris DAVIES	Carmarthen Harriers	02:36.98	Q
3	163	Bethan EVANS	Pontyclun AC	02:38.71	Q
4	6	Ffion JENKINS	Swansea Harriers	02:38.79	q
5	96	Lucy DAVIES	Pembroke Harriers	02:43.69	q
6	173	Ffion EVANS	Carmarthen Harriers	02:45.46	
7	179	Kelsey RABAIOTTI	Swansea Harriers	02:47.95	
8	176	Seren MARSH	Barry & Vale Harriers	02:53.55	PB
9	177	Emily JONES	Swansea Harriers	02:55.63	

Pos	Bib	Athlete	Club	Perf	
<i>heat 2</i>					
1	175	Kylie RICHARDS	Swansea Harriers	02:35.54	Q
2	165	Seren ALLIN	Bridgend AC	02:38.12	Q
3	171	Elishka COUPAR	Cardiff AAC	02:38.85	Q
4	101	Sophie DAVIES	Swansea Harriers	02:45.41	
5	169	Tegan HARRISON	Pembroke Harriers	02:46.24	
6	164	Sara FLOWER	North Somerset AC	02:48.83	
7	97	Ceri JONES	Bridgend AC	02:49.05	PB
8	26	Jasmine HUGHES	Cardiff AAC	02:50.18	PB
	167	Robyn WILLIAMS	Wrexham AC	DNF	

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Event : T17 U13G 70m Hdl FINAL

Welsh Record : Rachel DAVIES, Bridgend AC, 11.6, 2005

Championship Best : Joanne JAMES, Port Talbot, 11.5w, 1988

2010 Welsh Champion : Jessica MERRICK, Seasea Harriers, 12.25

w/s -2.0

Athletes qualified from heat T8

Pos	Bib	Athlete	Club	Perf	
1	30	Sarah OMOREGIE	Pembroke Harriers	11.87	
2	8	Faye GIBBON	Barry & Vale Harriers	11.92	PB
3	22	Mia EVANS	Neath Harriers	12.28	
4	24	Jamie O'DRISCOLL	Swansea Harriers	12.44	PB
5	16	Lauren EVANS	Cardiff AAC	12.53	
6	105	Lauren WILLIAMS	Maldwyn Harriers	12.62	
7	10	Lauryn DAVEY	Carmarthen Harriers	12.72	
8	99	Josie PUGH	Maldwyn Harriers	13.41	

Event : T8 U13G 70m Hdl Heats

Qualification to the next round T17 Will be the fastest 3 (Q) & 2 (q)

heat 1 w/s -1.1

Pos	Bib	Athlete	Club	Perf	
1	30	Sarah OMOREGIE	Pembroke Harriers	11.78	Q
2	16	Lauren EVANS	Cardiff AAC	12.31	Q PB
3	105	Lauren WILLIAMS	Maldwyn Harriers	12.53	Q PB
4	99	Josie PUGH	Maldwyn Harriers	12.82	q PB
5	102	Chloe CLARKE	Swansea Harriers	13.25	
6	96	Lucy DAVIES	Pembroke Harriers	13.71	PB
7	97	Ceri JONES	Bridgend AC	14.00	PB

heat 2 w/s +0.6

Pos	Bib	Athlete	Club	Perf	
1	8	Faye GIBBON	Barry & Vale Harriers	11.93	Q PB
2	22	Mia EVANS	Neath Harriers	12.10	Q PB
3	10	Lauryn DAVEY	Carmarthen Harriers	12.50	Q PB
4	24	Jamie O'DRISCOLL	Swansea Harriers	12.54	q
5	98	Bethan JOHNSON	Bridgend AC	13.12	
6	100	Amber HARDING	Cardiff AAC	13.68	

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Event : F18 U13G High Jump FINAL

Welsh Record : Julia CHARLTON, Carmarthen Harriers, 1.68, 1978

Championship Best : Kathryn EVANS, Carmarthen Harriers, 1.50, 1979

2010 Welsh Champion : Lucy MATON, Cardiff AAC, 1.40

FINAL

Pos	Bib	Athlete	Club	Perf	
1	135	Shauna REES	Neath Harriers	1.41	PB
2	228	Abigail BUXTON	Pembroke Harriers	1.38	PB
3	102	Chloe CLARKE	Swansea Harriers	1.35	= PB
4	30	Sarah OMOREGIE	Pembroke Harriers	1.30	
5	229	Cerys MARTONE	Swansea Harriers	1.20	= PB
6	132	Caitlin EXTON	Cardiff AAC	1.10	
7	20	Rhiannon MAINE	Swansea Harriers	1.10	

Event : F4 U13G Long Jump FINAL

Welsh Record : Lisa ARMSTRONG, Torfaen AC, 4.88, 1986

Championship Best : Sarah LANE, Torfaen AC, 4.82, 1993

2010 Welsh Champion : Hannah BRIER, Swansea Harriers, 4.52

FINAL

Pos	Bib	Athlete	Club	Perf	
1	4	Chloe HUGHES	Deeside AAC	4.57	
2	5	Millicent FAKANDE	Cwmbran Harriers	4.44	PB
3	10	Lauryn DAVEY	Carmarthen Harriers	4.20	
4	17	Ellie MATTHEWS	Cwmbran Harriers	3.82	
5	29	Catrin LORD	Cardiff AAC	3.86	PB
6	16	Lauren EVANS	Cardiff AAC	3.71	
7	14	Sarah ATKINSON	Deeside AAC	3.69	
8	179	Kelsey RABAIOTTI	Swansea Harriers	3.68	PB
9	135	Shauna REES	Chloe HUGHES	3.71	
10	2	Caitlin EXTON	Millicent FAKANDE	3.54	PB
11	3	Alice ODUNAIYA	Lauryn DAVEY	3.46	PB
12	4	Amber HARDING	Ellie MATTHEWS	3.43	
13	5	Macey JONES	Catrin LORD	3.36	
14	6	Jamie O'DRISCOLL	Lauren EVANS	3.33	PB
15	7	Jasmine HUGHES	Sarah ATKINSON	3.23	PB
16	8	Rebecca CHICK	Kelsey RABAIOTTI	3.21	PB
17	229	Cerys MARTONE	Swansea Harriers	3.14	
18	18	Felicity CHURCH	Swansea Harriers	3.13	
19	134	Isabel BARCLAY	Swansea Harriers	3.04	
20	136	Eleanor STEPHENSON WILDING	Cardiff AAC	2.99	PB

no wind readings

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Event : F22 U13G Shot (2.72kg) FINAL

Welsh Record : Nicola STEVENSON, Bridgend AC, 10.83, 2001

Championship Best : Nicola STEVENSON, Bridgend AC, 10.29, 2001

2010 Welsh Champion : Lauren RICHARDS, Severn AC, 9.29

FINAL

Pos	Bib	Athlete	Club	Perf	
1	255	Bethan LEWIS	Carmarthen Harriers	9.35	
2	254	Sarah WATKINS	Neath Harriers	7.90	
3	252	Rachel JONES	Swansea Harriers	7.85	
4	3	Eve WILLIAMS	Cwmbran Harriers	7.05	
5	253	Emily EVANS	Swansea Harriers	6.86	PB
6	8	Faye GIBBON	Barry & Vale Harriers	6.81	PB
7	178	Megan STRATTON-THOMAS	Swansea Harriers	5.40	

Event : F20 U13G Discus (0.75kg) FINAL

Welsh Record : Toni WELLS, Swansea Harriers, 29.48, 2005

Championship Best : Adele NICOLL, Oswestry Olympians, 27.74, 2009

2010 Welsh Champion : Amy HUMBLE, Carmarthen Harriers, 23.27

FINAL

Pos	Bib	Athlete	Club	Perf	
1	255	Bethan LEWIS	Carmarthen Harriers	20.53	
2	277	Emily PEARCE	Rhondda AC	19.80	
3	170	Emily GRIFFIN	Cardiff AAC	18.75	PB
4	253	Emily EVANS	Swansea Harriers	18.61	
5	230	Tia WILLIAMS	Deeside AAC	17.34	PB
6	97	Ceri JONES	Bridgend AC	17.20	PB
7	276	Sian SMITH	Bridgend AC	15.90	PB
8	178	Megan STRATTON-THOMAS	Swansea Harriers	13.91	PB
9	177	Emily JONES	Swansea Harriers	10.83	

Event : F14 U13G Javelin (400g) FINAL

Welsh Record : Tasia STEPHENS, Aberdare, 32.36, 2009

Championship Best : Rebecca HUGHES, Swansea Harriers, 24.78, 2009

NEW CBP

2010 Welsh Champion : Amy HUMBLE, Carmarthen Harriers, 21.19

FINAL

Pos	Bib	Athlete	Club	Perf	
1	2	Bethan REES	Cannock & Stafford AC	25.12	
2	287	Bethan LEWIS	Carmarthen Harriers	23.60	PB
3	286	Danielle JONES	Swansea Harriers	20.44	
4	230	Tia WILLIAMS	Deeside AAC	19.74	
5	252	Rachel JONES	Swansea Harriers	16.77	
6	134	Isabel BARCLAY	Swansea Harriers	15.44	PB
7	276	Sian SMITH	Bridgend AC	13.89	
8	228	Abigail BUXTON	Pembroke Harriers	12.86	PB

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Event : T23 U15B 100m FINAL

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

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

2010 Welsh Champion : Thomas WILLIAMS, Barry & Vale, 11.87

w/s -2.6

Athletes qualified from heat T14

Pos	Bib	Athlete	Club	Perf
1	88	George GRIFFITHS	Cardiff AAC	11.66
2	79	Shaun PEARCE	Carmarthen Harriers	11.70
3	73	Sion ROBERTS	Wrexham AC	12.04
4	75	Jack DUNN	Cwmbran Harriers	12.19
5	87	James MERCURIUS-TAYLOR	Swansea Harriers	12.34
6	83	Joshua DAVIES	Pembroke Harriers	12.37
7	81	Jack HOGAN	Bridgend AC	12.38
8	95	Daniel OMOREGIE	Pembroke Harriers	12.50

Event : T14 U15B 100m Heats

Qualification to the next round T23 Will be the fastest 2 (Q) & 2 (q)

Pos	Bib	Athlete	Club	Perf	
				<i>heat 1</i>	w/s -1.9
1	88	George GRIFFITHS	Cardiff AAC	11.89	Q
2	95	Daniel OMOREGIE	Pembroke Harriers	12.49	Q
3	78	Shane HUGHES	Wrexham AC	12.56	
4	77	Daniel SALMON	Pembroke Harriers	12.88	
5	74	James SCARFI	Cwmbran Harriers	12.89	
6	86	Robert RODNEY	Newport Harriers	13.54	
7	80	Richard DANGERFIELD	Barry & Vale Harriers	13.80	
				<i>heat 2</i>	w/s -2.7
1	73	Sion ROBERTS	Wrexham AC	12.16	Q
2	81	Jack HOGAN	Bridgend AC	12.52	Q
3	83	Joshua DAVIES	Pembroke Harriers	12.55	q
4	84	Jared ROSSER	Cwmbran Harriers	12.83	
5	76	Alexander SNELLING	Newport Harriers	13.39	
6	90	Alex HILL	Barry & Vale Harriers	13.55	
7	92	Tyler WILLIAMS	Newport Harriers	14.46	PB
				<i>heat 3</i>	w/s -2.1
1	79	Shaun PEARCE	Carmarthen Harriers	12.08	Q
2	75	Jack DUNN	Cwmbran Harriers	12.23	Q
3	87	James MERCURIUS-TAYLOR	Swansea Harriers	12.25	q
4	85	Michael RODNEY	Newport Harriers	12.67	PB
5	89	Callum MORRIS	Pembroke Harriers	12.68	
6	91	Ben TURNER	Swansea Harriers	13.66	

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Event : T37 U15B 200m FINAL

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

Championship Best : Andrew WATKINS, Pontypridd AC, 22.61w, 2001

2010 Welsh Champion : Alexander PAVLOU, Swansea Harriers, 24.07

w/s -3.2

Athletes qualified from heat T29

Pos	Bib	Athlete	Club	Perf
1	79	Shaun PEARCE	Carmarthen Harriers	23.89
2	73	Sion ROBERTS	Wrexham AC	24.22
3	75	Jack DUNN	Cwmbran Harriers	24.57
4	148	Samuel JONES	Carmarthen Harriers	24.58
5	81	Jack HOGAN	Bridgend AC	24.81
6	147	Rhys GEALY	Swansea Harriers	24.85
7	84	Jared ROSSER	Cwmbran Harriers	25.70
	146	Ryan MORGAN	Newport Harriers	DNS

Event : T29 U15B 200m Heats

Qualification to the next round T37 Will be the fastest 2 (Q) & 2 (q)

Pos	Bib	Athlete	Club	Perf	
					<i>heat 1</i>
					w/s -3.9
1	79	Shaun PEARCE	Carmarthen Harriers	24.68	Q
2	75	Jack DUNN	Cwmbran Harriers	24.93	Q
3	145	Harry DAVIES	Bridgend AC	25.36	PB
4	87	James MERCURIUS-TAYLOR	Swansea Harriers	25.53	
5	90	Alex HILL	Barry & Vale Harriers	27.13	PB
6	86	Robert RODNEY	Newport Harriers	28.01	
					<i>heat 2</i>
					w/s -1.2
1	73	Sion ROBERTS	Wrexham AC	24.39	Q
2	81	Jack HOGAN	Bridgend AC	24.76	Q
3	84	Jared ROSSER	Cwmbran Harriers	25.24	q
4	146	Ryan MORGAN	Newport Harriers	25.34	q
5	91	Ben TURNER	Swansea Harriers	27.59	
6	92	Tyler WILLIAMS	Newport Harriers	29.31	PB
					<i>heat 3</i>
					w/s -3.3
1	148	Samuel JONES	Carmarthen Harriers	24.73	Q
2	147	Rhys GEALY	Swansea Harriers	25.23	Q
3	78	Shane HUGHES	Wrexham AC	25.48	
4	85	Michael RODNEY	Newport Harriers	26.15	PB
5	74	James SCARFI	Cwmbran Harriers	26.24	
6	77	Daniel SALMON	Pembroke Harriers	26.68	

Event : T19 U15B 400m FINAL

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

Championship Best : Bruce TASKER, Carmarthen Harriers, 52.51, 2002

2010 Welsh Champion : Alexander PAVLOU, Swansea Harriers, 54.37

w/s -1.8

Straight Final

Pos	Bib	Athlete	Club	Perf
1	145	Harry DAVIES	Bridgend AC	52.82
2	160	Ashley FARMER	Pembroke Harriers	54.98
3	156	Tyler PRITCHARD	Cwmbran Harriers	55.00
4	157	Nikita NEARY	Carmarthen Harriers	56.87
5	146	Ryan MORGAN	Newport Harriers	57.24
6	125	Dafydd WILLIAMS	Cardiff AAC	57.51
7	159	James BRYAN	Carmarthen Harriers	60.62
8	155	Gareth PIKE	North Devon AC	62.79

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Event : T31 U15B 800m FINAL

Welsh Record : Daniel CHESWORTH, Newport Harriers, 2.00.13, 2008

Championship Best : Kyran ROBERTS, Carmarthen Harriers, 2:02.57, 2010

NEW CBP

2010 Welsh Champion : Kyran ROBERTS, Carmarthen Harriers, 2:02.57.

Athletes qualified from heat T2

Pos	Bib	Athlete	Club	Perf	
1	215	Lewis JONES	Bridgend AC	02:02.24	PB
2	225	Isaac HENRY	Cwmbran Harriers	02:04.69	PB
3	157	Nikita NEARY	Carmarthen Harriers	02:04.96	PB
4	219	Jac HOPKINS	Swansea Harriers	02:09.78	PB
5	221	Alex MCDOWELL	Cwmbran Harriers	02:12.63	PB
6	218	Andrew MORRIS-JONES	Menai T&F	02:13.62	
7	210	Danny MORGAN	Aberdare VAAC	02:14.76	PB
8	211	Alex PRICE	Aberdare VAAC	02:19.58	

Event : T2 U15B 800m Heats

Qualification to the next round T31 Will be the fastest 3 (Q) & 2 (q)

Pos	Bib	Athlete	Club	Perf	
1	225	Isaac HENRY	Cwmbran Harriers	02:10.22	Q
2	219	Jac HOPKINS	Swansea Harriers	02:11.22	Q PB
3	218	Andrew MORRIS-JONES	Menai T&F	02:12.96	Q PB
4	210	Danny MORGAN	Aberdare VAAC	02:15.65	q PB
5	223	Rhys BAYLISS	Blaenau Gwent AC	02:18.38	PB
6	220	Ashley HOPKINS	Swansea Harriers	02:20.89	
7	224	Thomas JOHN	Neath Harriers	02:21.29	
8	226	Hendrik DE-SMET	Carmarthen Harriers	02:37.17	
	227	Benjamin WILLIAMS	Carmarthen Harriers	DNF	

heat 1

Perf

heat 2

Perf

Pos	Bib	Athlete	Club	Perf	
1	215	Lewis JONES	Bridgend AC	02:07.46	Q PB
2	157	Nikita NEARY	Carmarthen Harriers	02:08.14	Q
3	211	Alex PRICE	Aberdare VAAC	02:11.38	Q PB
4	221	Alex MCDOWELL	Cwmbran Harriers	02:13.79	q PB
5	212	Ciaran LEWIS	Cardiff AAC	02:15.99	PB
6	217	Alex LOVE	Cardiff AAC	02:16.91	PB
7	155	Gareth PIKE	North Devon AC	02:25.55	
8	222	John WARDLE	Barry & Vale Harriers	02:41.27	PB

Event : T15 U15B 80m Hdl FINAL

Welsh Record : Rhys WILLIAMS, Glamorgan Sc, 11.03, 2008

Championship Best : Jon ARMSTRONG, Carmarthen Harriers, 11.6, 1990

2010 Welsh Champion : Luke JENKINS, Swansea Harriers, 11.56

w/s -0.4

straight final

Pos	Bib	Athlete	Club	Perf	
1	127	Michael WILSON	Swansea Harriers	12.36	
2	124	Kyle ARNOLD	Newport Harriers	12.68	PB
3	128	William RATCLIFFE	Pembroke Harriers	12.81	
4	125	Dafydd WILLIAMS	Cardiff AAC	12.94	PB
5	129	Joe CRIDDLE	Carmarthen Harriers	13.42	
6	126	Rhys ROBERTS	Bridgend AC	14.81	
7	130	Rhodri WILLIAMS	Swansea Harriers	15.96	
8	122	Dominic YAU	Cardiff AAC	16.04	PB

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Event : F8 U15B High Jump FINAL

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

Championship Best : Jamie DALTON, Preseli AC, 1.82, 1994

2010 Welsh Champion : Aled PRICE, Carmarthen Harriers, 1.70

FINAL

Pos	Bib	Athlete	Club	Perf	
1	239	Thomas TROTMAN	Cardiff AAC	1.65	
2	123	Shaun MURRAY	Deeside AAC	1.65	
3	81	Jack HOGAN	Bridgend AC	1.65	PB
4	241	Leon MORGAN	Swansea Harriers	1.65	PB
5	237	Keiran INGRAM	Swansea Harriers	1.55	
6	240	Ryan GRIMWADE	Cardiff AAC	1.50	
7	238	Thomas WALLEY	Wrexham AC	1.45	
8	159	James BRYAN	Carmarthen Harriers	1.40	

Event : F11 U15B Pole Vault FINAL

Welsh Record : Neil WINTER, Shaftesbury, 4.40, 1988

Championship Best : Steven FRANCIS, Ben GREGORY, Newport Harriers, Vale of Aylesbury, 3.40, 1993, 2005

2010 Welsh Champion : Lewis PREECE, Swansea Harriers, 2.40

FINAL

Pos	Bib	Athlete	Club	Perf	
1	237	Keiran INGRAM	Swansea Harriers	2.50	PB
2	247	Gareth GOSS	Swansea Harriers	2.50	PB

Event : F6 U15B Long Jump FINAL

Welsh Record : Ian STRANGE, Newbridge HSc, 6.63, 1977

Championship Best : Ian STRANGE, Newbridge HSc, 6.52, 1977

2010 Welsh Champion : Lloyd ROBBINS, Deeside AAC, 5.99

FINAL

Pos	Bib	Athlete	Club	Perf	W/S
1	88	George GRIFFITHS	Cardiff AAC	6.07	+0.5
2	83	Joshua DAVIES	Pembroke Harriers	5.94	+1.6
3	124	Kyle ARNOLD	Newport Harriers	5.32	+0.4 PB
4	239	Thomas TROTMAN	Cardiff AAC	5.30	-0.1
5	79	Shaun PEARCE	Carmarthen Harriers	5.20	+1.5
6	126	Rhys ROBERTS	Bridgend AC	4.90	+1.1
7	127	Michael WILSON	Swansea Harriers	4.89	+2.4
8	160	Ashley FARMER	Pembroke Harriers	4.88	+2.0
9	125	Dafydd WILLIAMS	Cardiff AAC	4.81	+1.4 PB
10	87	James MERCURIUS-TAYLOR	Swansea Harriers	4.75	-0.2 PB
11	90	Alex HILL	Barry & Vale Harriers	4.64	+1.4
12	238	Thomas WALLEY	Wrexham AC	4.62	+1.0
13	130	Rhodri WILLIAMS	Swansea Harriers	4.28	+1.3 PB
14	250	Isaac MACKAY	Blaenau Gwent AC	4.03	+1.0 PB

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Event : F10 U15B Shot (4.00kg) FINAL

Welsh Record : Matthew EVANS, Carmarthen Harriers, 17.36, 2003

Championship Best : David BUNCE, Seaford GSc, 15.59, 1958

2010 Welsh Champion : Kallam-Lee EVANS, Carmarthen Harriers, 12.65

FINAL

Pos	Bib	Athlete	Club	Perf	
1	270	Matthew WILLIAMS	Wrexham AC	13.92	
2	272	Ashley MORRIS	Swansea Harriers	12.84	PB
3	274	Jake EVANS	Pembroke Harriers	12.24	
4	147	Rhys GEALY	Swansea Harriers	11.41	
5	269	Nathan THOMASON	Colwyn Bay	10.71	
6	275	Jack BEYNON	Swansea Harriers	10.58	
7	273	Ieuan JONES	Blaenau Gwent AC	10.41	
8	158	Aaron POWELL	Cwmbran Harriers	9.61	PB
9	271	Samuel JONES	Swansea Harriers	9.13	PB
10	76	Alexander SNELLING	Newport Harriers	8.46	

Event : F15 U15B Discus (1.25kg) FINAL

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

Championship Best : Liam WALSH, Deeside AAC, 43.18, 1996

2010 Welsh Champion : William VAN-KLAVEREN, Kingston & Poly AC, 36.36

FINAL

Pos	Bib	Athlete	Club	Perf	
1	270	Matthew WILLIAMS	Wrexham AC	41.28	
2	269	Nathan THOMASON	Colwyn Bay	32.30	
3	274	Jake EVANS	Pembroke Harriers	31.57	
4	275	Jack BEYNON	Swansea Harriers	29.60	
5	272	Ashley MORRIS	Swansea Harriers	25.61	
6	157	Nikita NEARY	Carmarthen Harriers	25.00	
7	271	Samuel JONES	Swansea Harriers	24.12	PB
8	76	Alexander SNELLING	Newport Harriers	22.52	
9	240	Ryan GRIMWADE	Cardiff AAC	16.85	PB

Event : F1 U15B Hammer (4.00kg) FINAL

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

Championship Best : Rhys HODNETT, Cardiff AAC, 53.7, 2006

2010 Welsh Champion : Matteo HOLMES, Cardiff AAC, 41.10

FINAL

Pos	Bib	Athlete	Club	Perf	
1	270	Matthew WILLIAMS	Wrexham AC	43.01	PB
2	285	Shaun LIVETT	Menai T&F	41.70	PB
3	269	Nathan THOMASON	Colwyn Bay	35.65	PB
4	275	Jack BEYNON	Swansea Harriers	28.49	
5	272	Ashley MORRIS	Swansea Harriers	21.94	PB

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Event : F24 U15B Javelin (600g) FINAL

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

Championship Best : Richard LEWIS, Llanelli AC, 52.42, 1959

2010 Welsh Champion : Aled PRICE, Carmarthen Harriers, 44.92

FINAL

Pos	Bib	Athlete	Club	Perf	
1	297	Tom HAINES	Newport Harriers	40.60	PB
2	274	Jake EVANS	Pembroke Harriers	40.42	PB
3	295	Drew MCLEAN	Neath Harriers	40.26	PB
4	80	Richard DANGERFIELD	Barry & Vale Harriers	39.03	PB
5	294	Sam BLEACH	Carmarthen Harriers	36.06	PB
6	158	Aaron POWELL	Cwmbran Harriers	34.18	PB
7	240	Ryan GRIMWADE	Cardiff AAC	32.86	PB
8	250	Isaac MACKAY	Blaenau Gwent AC	31.62	PB
9	271	Samuel JONES	Swansea Harriers	23.53	
10	296	Owen MURPHY	Cwmbran Harriers	23.46	

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Event : T22 U15G 100m FINAL

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

Championship Best : Karen TAYLOR / Dawn OLIVER / Helen MILES, Cardiff AAC. Sale Harriers, Cardiff AAC, 12.2, 197

2010 Welsh Champion : Laura DAVIES, Llanelli AC, 13.15

w/s -3.9

Athletes qualified from heat T13

Pos	Bib	Athlete	Club	Perf
1	54	Hannah BRIER	Swansea Harriers	12.55
2	55	Shannon MALONE	Deeside AAC	12.69
3	51	Emily WRIGHT	Yate AC	13.10
4	52	Elinor WINFIELD	Yate AC	13.11
5	63	Brenna PRICE	Aberdare VAAC	13.19
6	53	Laura TURLEY	Deeside AAC	13.34
7	62	Jessica MERRICK	Swansea Harriers	13.39
	59	Ffion WALTERS	Carmarthen Harriers	DNS

Event : T13 U15G 100m Heats

Qualification to the next round T22 Will be the fastest 2 (Q) & 2 (q)

heat 1 w/s -3.3

Pos	Bib	Athlete	Club	Perf	
1	54	Hannah BRIER	Swansea Harriers	12.99	Q
2	63	Brenna PRICE	Aberdare VAAC	13.25	Q
3	53	Laura TURLEY	Deeside AAC	13.48	q
4	65	Ffion WAKE	Swansea Harriers	13.79	
5	70	Zoe NASH	Bridgend AC	14.06	PB
6	67	Chelsea HUTCHEON	Barry & Vale Harriers	14.70	PB

heat 2 w/s -6.5

Pos	Bib	Athlete	Club	Perf	
1	55	Shannon MALONE	Deeside AAC	13.21	Q
2	59	Ffion WALTERS	Carmarthen Harriers	13.85	Q
3	60	Amy ODUNAIYA	Wrexham AC	14.09	
4	69	Jodi BEYNON	Cwmbran Harriers	14.21	
5	71	Angharad THOMAS	Cardiff AAC	14.88	
6	64	Danielle MORGAN	Newport Harriers	15.18	

heat 3 w/s -1.4

Pos	Bib	Athlete	Club	Perf	
1	51	Emily WRIGHT	Yate AC	12.92	Q
2	52	Elinor WINFIELD	Yate AC	13.17	Q
3	62	Jessica MERRICK	Swansea Harriers	13.25	q
4	66	Natasha JIWA-WALJI	Carmarthen Harriers	13.92	
5	68	Naomi PRITCHARD	Pembroke Harriers	15.11	

WELSH ATHLETICS

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Event : T36 U15G 200m FINAL

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

Championship Best : Erica BURFOOT, Cardiff AAC, 25.28w, 1996

2010 Welsh Champion : Elin JONES, Sale Harriers Manchester, 26.61

w/s -2.1

Athletes qualified from heat T28

Pos	Bib	Athlete	Club	Perf
1	54	Hannah BRIER	Swansea Harriers	25.83
2	55	Shannon MALONE	Deeside AAC	26.74
3	52	Elinor WINFIELD	Yate AC	27.11
4	111	Emma JOHNSON	Bridgend AC	27.36
5	63	Brenna PRICE	Aberdare VAAC	27.37
6	62	Jessica MERRICK	Swansea Harriers	27.77
7	114	Amy LEAHY	Pembroke Harriers	27.82
8	53	Laura TURLEY	Deeside AAC	27.89

Event : T28 U15G 200m Heats

Qualification to the next round T36 Will be the fastest 2 (Q) & 2 (q)

heat 1 w/s -3.4

Pos	Bib	Athlete	Club	Perf	
1	54	Hannah BRIER	Swansea Harriers	25.93	Q
2	55	Shannon MALONE	Deeside AAC	26.64	Q
3	62	Jessica MERRICK	Swansea Harriers	27.69	q
4	69	Jodi BEYNON	Cwmbran Harriers	28.46	
5	143	Alice NOTTINGHAM	Cardiff AAC	29.80	
6	67	Chelsea HUTCHEON	Barry & Vale Harriers	30.77	PB

heat 2 w/s -2.0

Pos	Bib	Athlete	Club	Perf	
1	52	Elinor WINFIELD	Yate AC	27.12	Q
2	111	Emma JOHNSON	Bridgend AC	27.43	Q
3	60	Amy ODUNAIYA	Wrexham AC	28.67	
4	141	Megan WILLIAMS	Cardiff AAC	29.50	
5	140	Megan BUNNEY	Aberdare VAAC	31.55	

heat 3 w/s -2.2

Pos	Bib	Athlete	Club	Perf	
1	63	Brenna PRICE	Aberdare VAAC	27.24	Q
2	114	Amy LEAHY	Pembroke Harriers	27.42	Q
3	53	Laura TURLEY	Deeside AAC	27.87	q
4	112	Lucy FLIGELSTONE	Swansea Harriers	28.00	PB
5	116	Olivia EVANS	Cardiff AAC	28.33	
6	144	Jessica LAMBERT	Aberdare VAAC	30.28	

WELSH ATHLETICS

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Event : T18 U15G 300m FINAL

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

Championship Best : Hannah JONES, Carmarthen Harriers, 41.18,

2010 Welsh Champion : Isabel HUGHES, Bridgend AC, 42.70

w/s -2.8

Athletes qualified from heat T9

Pos	Bib	Athlete	Club	Perf	
1	57	Melissa ROBERTS	Cwmbran Harriers	41.99	PB
2	139	Katie-Jane PRIEST	Newport Harriers	43.87	
3	154	Emma HENNESSY	Newport Harriers	44.36	
4	143	Alice NOTTINGHAM	Cardiff AAC	44.41	
5	149	Gwenno EVANS	Carmarthen Harriers	45.51	
6	66	Natasha JIWA-WALJI	Carmarthen Harriers	46.18	PB
7	70	Zoe NASH	Bridgend AC	46.52	
8	153	Ellie COATES	Swansea Harriers	46.55	

Event : T9 U15G 300m Heats

Qualification to the next round T18 Will be the fastest 3 (Q) & 2 (q)

heat 1 w/s +0.2

Pos	Bib	Athlete	Club	Perf	
1	139	Katie-Jane PRIEST	Newport Harriers	44.83	Q
2	143	Alice NOTTINGHAM	Cardiff AAC	45.05	Q
3	66	Natasha JIWA-WALJI	Carmarthen Harriers	46.21	Q PB
4	153	Ellie COATES	Swansea Harriers	46.27	q PB
5	144	Jessica LAMBERT	Aberdare VAAC	46.92	PB
6	151	Charlotte JOHN	Neath Harriers	48.36	PB

heat 2 w/s -0.2

Pos	Bib	Athlete	Club	Perf	
1	57	Melissa ROBERTS	Cwmbran Harriers	42.73	Q PB
2	154	Emma HENNESSY	Newport Harriers	44.15	Q
3	149	Gwenno EVANS	Carmarthen Harriers	45.46	Q PB
4	70	Zoe NASH	Bridgend AC	46.15	q PB
5	205	Rebecca CLEMENTS	Swansea Harriers	47.54	PB
6	152	Shauna QUIRKE	Bridgend AC	48.09	

WELSH ATHLETICS

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Event : T30 U15G 800m FINAL

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

Championship Best : Julie GARRETT, Cardiff AAC, 2.14.60, 1987

2010 Welsh Champion : Abigail BACKSALL, Colwyn Bay AC, 2:19.30

Athletes qualified from heat T1

Pos	Bib	Athlete	Club	Perf	
1	150	Abigail BACKSHALL	Colwyn Bay	02:19.00	
2	117	Amy COOPER	Marlborough Juniors	02:19.27	
3	199	Rosa YATES	Bridgend AC	02:22.61	
4	196	Heidi DAVIES	Brecon AC	02:23.92	
5	198	Lara PHILIPPART	Swansea Harriers	02:27.02	
6	194	Kate SEARY	Cardiff AAC	02:27.63	PB
7	201	Emma JORDAN	Cwmbran Harriers	02:27.80	
8	142	Alexandra CAWTHRA	Maldwyn Harriers	02:32.36	

Event : T1 U15G 800m Heats

Qualification to the next round T30 Will be the fastest 3 (Q) & 2 (q)

Pos	Bib	Athlete	Club	Perf	
<i>heat 1</i>					
1	199	Rosa YATES	Bridgend AC	02:23.75	Q
2	198	Lara PHILIPPART	Swansea Harriers	02:25.36	Q PB
3	142	Alexandra CAWTHRA	Maldwyn Harriers	02:27.12	Q PB
4	204	Lucy JONES	Carmarthen Harriers	02:29.35	PB
5	206	Ffion QUAN	Sarn-Helen AC	02:29.94	PB
6	195	Emily THOMAS	Carmarthen Harriers	02:31.73	PB
7	207	Ellie DAINTON	Llanelli AC	02:37.20	PB
8	208	Shannon DE-SMET	Carmarthen Harriers	02:38.35	
9	140	Megan BUNNEY	Aberdare VAAC	02:48.77	PB
10	268	Rhiannon FENN	Swansea Harriers	03:06.44	
<i>heat 2</i>					
1	150	Abigail BACKSHALL	Colwyn Bay	02:28.49	Q
2	117	Amy COOPER	Marlborough Juniors	02:28.53	Q
3	194	Kate SEARY	Cardiff AAC	02:28.55	Q
4	201	Emma JORDAN	Cwmbran Harriers	02:28.64	q
5	196	Heidi DAVIES	Brecon AC	02:28.99	q
6	197	Kate COKER	Cardiff AAC	02:29.57	PB
7	200	Caitlin PAGE	Sarn-Helen AC	02:34.54	
8	209	Nia WARD	Bridgend AC	02:36.99	
9	203	Joe-Dianna GRABHAM	Bridgend AC	02:45.68	PB

WELSH ATHLETICS

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Event : T16 U15G 75m Hdl FINAL

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

Championship Best : Heather JONES, Carmarthen Harriers, 10.86, 2001

2010 Welsh Champion : Georgia BATES, Deeside AAC, 12.12

w/s -1.8

Athletes qualified from heat T7

Pos	Bib	Athlete	Club	Perf
1	114	Amy LEAHY	Pembroke Harriers	11.72
2	113	Claire TAYLOR	Cardiff AAC	11.92
3	112	Lucy FLIGELSTONE	Swansea Harriers	12.02
4	62	Jessica MERRICK	Swansea Harriers	12.15
5	116	Olivia EVANS	Cardiff AAC	12.34
6	111	Emma JOHNSON	Bridgend AC	12.34
7	115	Rose UNWIN	Maldwyn Harriers	12.77
	120	Bethan TRIGG	Cardiff AAC	DNS

Event : T7 U15G 75m Hdl Heats

Qualification to the next round T16 Will be the fastest 3 (Q) & 2 (q)

heat 1 w/s -0.1

Pos	Bib	Athlete	Club	Perf	
1	114	Amy LEAHY	Pembroke Harriers	11.57	Q
2	113	Claire TAYLOR	Cardiff AAC	11.88	Q PB
3	112	Lucy FLIGELSTONE	Swansea Harriers	11.92	Q PB
4	120	Bethan TRIGG	Cardiff AAC	12.63	q PB
5	118	Sarah WILLIAMS	Maldwyn Harriers	13.06	
6	110	Charlotte PRESTON	Swansea Harriers	16.73	

heat 2 w/s -0.6

Pos	Bib	Athlete	Club	Perf	
1	62	Jessica MERRICK	Swansea Harriers	11.94	Q
2	116	Olivia EVANS	Cardiff AAC	12.17	Q PB
3	111	Emma JOHNSON	Bridgend AC	12.39	Q
4	115	Rose UNWIN	Maldwyn Harriers	12.51	q
5	117	Amy COOPER	Marlborough Juniors	12.93	PB
6	119	Miriam WILLIAMS	Swansea Harriers	13.16	

WELSH ATHLETICS

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Event : F7 U15G High Jump FINAL

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

Championship Best : Julia CHARLTON, Carmarthen Harriers, 1.75, 1980

2010 Welsh Champion : Catrin JONES, Swansea Harriers, 1.50

FINAL

Pos	Bib	Athlete	Club	Perf	
1	234	Erin WALTERS	Carmarthen Harriers	1.65	PB
2	115	Rose UNWIN	Maldwyn Harriers	1.53	
3	121	Jessica HARRY	Swansea Harriers	1.45	= PB
4	236	Lottie COAKLEY	Cardiff AAC	1.40	= PB
5	58	Zoe JENKINS	Barry & Vale Harriers	1.40	
6	110	Charlotte PRESTON	Swansea Harriers	1.25	PB
7	141	Megan WILLIAMS	Cardiff AAC	1.25	

Event : F12 U15G Pole Vault FINAL

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

Championship Best : Jessica ABRAHAM, Cardiff AAC, 3.00, 2003

2010 Welsh Champion : Olivia EVANS, Cardiff AAC, 2.60

FINAL

Pos	Bib	Athlete	Club	Perf	
1	235	Caitlin ATKINS	Swansea Harriers	2.70	= PB
2	282	Holly FIELD	Cardiff AAC	2.60	PB
3	244	Anna BARNES	Swansea Harriers	2.40	PB
4	245	Bethan RADFORD	Swansea Harriers	2.40	= PB
5	116	Olivia EVANS	Cardiff AAC	2.30	
6	242	Carys JONES	Carmarthen Harriers	2.30	PB
7	243	Cerys MCCOOL	Swansea Harriers	2.10	PB
8	246	Ffion LLEWELLYN	Bridgend AC	2.10	PB

WELSH ATHLETICS

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Event : F5 U15G Long Jump FINAL

Welsh Record : Ceri JENKINS, Cleddau, 5.57, 1972

Championship Best : Elinor LAMERTON, Cardiff AAC, 5.34, 1992

NEW CBP

2010 Welsh Champion : Erin WALTERS, Carmarthen Harriers, 4.83

FINAL

Pos	Bib	Athlete	Club	Perf	
1	63	Brenna PRICE	Aberdare VAAC	5.35	-2.4 PB
2	51	Emily WRIGHT	Yate AC	5.07	+0.3 PB
3	234	Erin WALTERS	Carmarthen Harriers	4.91	+0.4
4	113	Claire TAYLOR	Cardiff AAC	4.84	-0.1 = PB
5	70	Zoe NASH	Bridgend AC	4.73	-2.1 PB
6	154	Emma HENNESSY	Newport Harriers	4.60	
7	119	Miriam WILLIAMS	Swansea Harriers	4.54	PB
8	249	Rachel LEWIS	Bridgend AC	4.52	
9	153	Ellie COATES	Swansea Harriers	4.16	
10	118	Sarah WILLIAMS	Maldwyn Harriers	4.06	
11	143	Alice NOTTINGHAM	Cardiff AAC	3.86	
12	67	Chelsea HUTCHEON	Barry & Vale Harriers	3.79	
13	71	Angharad THOMAS	Cardiff AAC	3.19	

Event : F9 U15G Shot (3.25kg) FINAL

Welsh Record : Emily STEELE, Shrewsbury, 13.22, 1989

New Welsh Record

Championship Best : Philippa ROLES, Swansea Harriers, 12.43, 1992

NEW CBP

2010 Welsh Champion : Adele NICOLL, Oswestry Olympians, 11.99

FINAL

Pos	Bib	Athlete	Club	Perf	
1	261	Adele NICOLL	Birchfield Harriers	13.29	
2	265	Stephanie NICHOLAS	Swansea Harriers	10.46	PB
3	262	Sabrina FORTUNE	Deeside AAC	10.20	PB
4	264	Amy HUMBLE	Carmarthen Harriers	9.67	PB
5	263	Katy WHITLEY	Wrexham AC	9.50	
6	267	Bronwen LEWIS	Carmarthen Harriers	9.35	
7	65	Ffion WAKE	Swansea Harriers	8.68	
8	266	Lucy HUMPHREYS	Gloucester AC	8.28	

WELSH ATHLETICS

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Event : F13 U15G Discus (1.00kg) FINAL

Welsh Record : Philippa ROLES, Swansea Harriers, 44.12, 1992
Championship Best : Philippa ROLES, Swansea Harriers, 40.66, 1992
2010 Welsh Champion : Awen ROSSER, Carmarthen Harriers, 33.12

FINAL

Pos	Bib	Athlete	Club	Perf	
1	261	Adele NICOLL	Birchfield Harriers	37.13	
2	262	Sabrina FORTUNE	Deeside AAC	29.26	
3	265	Stephanie NICHOLAS	Swansea Harriers	28.20	
4	282	Holly FIELD	Cardiff AAC	25.23	PB
5	280	Carys SMITH	Swansea Harriers	23.55	PB
6	279	Sophie JACKSON	Cwmbran Harriers	22.73	PB
7	267	Bronwen LEWIS	Carmarthen Harriers	22.02	PB
8	283	Rebekah THOMAS	Swansea Harriers	21.35	PB
9	281	Sofia ALI	Aberdare VAAC	21.00	
10	266	Lucy HUMPHREYS	Gloucester AC	16.88	
11	264	Amy HUMBLE	Carmarthen Harriers	15.43	

Event : F2 U15G Hammer (3.00kg) FINAL

Welsh Record : Zoe DAKIN, Bridgend AC, 43.40, 2010
Championship Best : Charlotte MURRAY, Swansea Harriers, 40.29, 2004
2010 Welsh Champion : Zoe DAKIN, Bridgend AC, 39.97

FINAL

Pos	Bib	Athlete	Club	Perf	
1	243	Cerys MCCOOL	Swansea Harriers	37.98	PB
2	280	Carys SMITH	Swansea Harriers	33.84	
3	265	Stephanie NICHOLAS	Swansea Harriers	33.66	PB
4	284	Hannah POWELL	Neath Harriers	29.34	PB
5	266	Lucy HUMPHREYS	Gloucester AC	21.88	

Event : F21 U15G Javelin (600g) FINAL

Welsh Record : Danielle HAMER, Carmarthen Harriers, 38.15, 2005
Championship Best : Robyn PURCHASE, Wrexham AC, 36.18, 2005
2010 Welsh Champion : Tasia STEPHENS, Aberdare VAAC, 34.05

FINAL

Pos	Bib	Athlete	Club	Perf	
1	292	Tasia STEPHENS	Aberdare VAAC	32.58	
2	261	Adele NICOLL	Birchfield Harriers	30.08	PB
3	245	Bethan RADFORD	Swansea Harriers	29.15	PB
4	291	Emma NORTON	Cwmbran Harriers	25.23	PB
5	152	Shauna QUIRKE	Bridgend AC	24.08	
6	264	Amy HUMBLE	Carmarthen Harriers	23.74	
7	279	Sophie JACKSON	Cwmbran Harriers	22.74	PB
8	235	Caitlin ATKINS	Swansea Harriers	21.27	
9	293	Bronwen LEWIS	Carmarthen Harriers	20.78	

WELSH ATHLETICS

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Event : T24 Senior Men 10,000m FINAL

All Comers Record : Ian STEWART, Scotland, 27.51.30, 1977

Welsh Record : Ian STEWART, Scotland, 27.51.30, 1977

Championship Best : Steve JONES, Newport Harriers, 28.43.48, 1989

2010 Welsh Champion : Matt JANES, Bedford & County, 30:32.71

Straight Final

Pos	Bib	Athlete	Club	Perf
1	305	Hywel CARE (W)	Woodford Green	31:07.06
2	304	Nathaniel LANE (W)	Cardiff AAC	32:55.67
3	301	Stuart CREES (W)	Les Croupiers	33:46.12
4	300	Daniel BODMAN (W)	Aberdare VAAC	33:48.62
5	302	Gareth LYNCH (W)	Les Croupiers	37:36.06
6	307	Scott HOWELLS	Les Croupiers	37:39.26
	306	Nick WOOD *	Dartford Harriers AC	DNF

WELSH ATHLETICS DISTANCE CARD

VENUE		Cardiff International Sports Stadium, Saturday 23rd July								TIME	10:30 AM		
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Clive WOOLMER, Milford Haven Sc, 5.31, 1982									
				CBP - Paul FARMAHAN, Cleddau AC, 5.11, 1989									
Event		U13B Long Jump FINAL		2010 Welsh Champion - Rhys ROBERTS, Bridgend AC, 4.55									
				Trial 1		Trial 2		Trial 3		PB	Best Performance & Wind Speed		Final Position
Order	Bib	NAME	CLUB	Metres	Wind Sp	Metres	Wind Sp	Metres	Wind Sp				
1	35	Lewis CAMPBELL	Barry & Vale Harriers	4.27	+2.3	4.11	+1.6	NJ	+1.3	4.36	4.27	+2.3	3
2	38	Joseph CROSBY	Swansea Harriers	4.61	+1.9	4.76	+2.3	4.72	+1.4	4.81	4.76	+2.3	1
3	182	Thomas EVANS	Wrexham AC	3.77	+0.9	NJ	+1.5	NJ	+0.6	4.07	3.77	+0.9	7
4	185	David FLIGELSTONE	Swansea Harriers	4.03	+3.3	4.24	+1.7	4.38	+0.5	4.55	4.38	+0.5	2
5	34	Moses GEE	Barry & Vale Harriers	3.55	+2.5	3.76	+1.8	3.75	-0.2	3.82	3.76	+1.8	8
6	248	Kieron GRIMWADE	Cardiff AAC	3.03	+1.8	3.34	+1.7	3.36	-0.6	3.42	3.36	-0.6	11
7	48	Ceirion HOPKINS	Neath Harriers	4.06	+1.2	4.15	+0.7	4.12	-0.3	4.20	4.15	+0.7	4
8	43	Jed ANDREW	Newport Harriers	3.78	+1.5	3.78	+1.4	NJ	-0.4	4.11	3.78	+1.5	6
9	33	Ben PARIS	Cardiff AAC	3.60	+1.7	3.46	+1.9	3.48	-0.1	4.12	3.60	+1.7	9
10	36	Samuel SNAITH	Barry & Vale Harriers	3.46	+2.0	NJ	+1.4	3.56	-0.4	3.61	3.56	-0.4	10
11	106	Iwan WILLIAMS	Cardiff AAC	3.95	+1.7	3.24	+0.2	3.27	-0.6	4.50	3.95	+1.7	5

FULL RESULTS											Officials signatures		
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	PERF			
1	38	Joseph CROSBY	Swansea Harriers	4.76 +2.3	9	33	Ben PARIS	Cardiff AAC	3.60 +1.7				
2	185	David FLIGELSTONE	Swansea Harriers	4.38 +0.5	10	36	Samuel SNAITH	Barry & Vale Harriers	3.56 -0.4				
3	35	Lewis CAMPBELL	Barry & Vale Harriers	4.27 +2.3	11	248	Kieron GRIMWADE	Cardiff AAC	3.36 -0.6				
4	48	Ceirion HOPKINS	Neath Harriers	4.15 +0.7									
5	106	Iwan WILLIAMS	Cardiff AAC	3.95 +1.7									
6	43	Jed ANDREW	Newport Harriers	3.78 +1.5									
7	182	Thomas EVANS	Wrexham AC	3.77 +0.9									
8	34	Moses GEE	Barry & Vale Harriers	3.76 +1.8									
											Referee's signature		

WELSH ATHLETICS DISTANCE CARD

VENUE		Cardiff International Sports Stadium, Saturday 23rd July								TIME	10:30 AM	
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Lisa ARMSTRONG, Torfaen AC, 4.88, 1986								
				CBP - Sarah LANE, Torfaen AC, 4.82, 1993								
Event		U13G Long Jump FINAL		2010 Welsh Champion - Hannah BRIER, Swansea Harriers, 4.52								
				Trial 1		Trial 2		Trial 3		PB	Best Performance & Wind Speed	Final Position
Order	Bib	NAME	CLUB	Metres	Wind Sp	Metres	Wind Sp	Metres	Wind Sp			
1	14	Sarah ATKINSON	Deeside AAC	3.62		3.52		3.69		4.19	3.69	7
2	134	Isabel BARCLAY	Swansea Harriers	3.04		2.87		2.72		3.50	3.04	19
3	15	Rebecca CHICK	Cwmbran Harriers	3.13		3.21		3.19		3.46	3.21	16
4	18	Felicity CHURCH	Swansea Harriers	NJ		3.02		3.13		3.49	3.13	18
5	10	Lauryn DAVEY	Carmarthen Harriers	4.07		4.12		4.20		4.43	4.20	3
6	16	Lauren EVANS	Cardiff AAC	3.48		3.71		3.29		3.81	3.71	6
7	132	Caitlin EXTON	Cardiff AAC	3.32		3.41		3.54		3.46 PB	3.54	10
8	5	Millicent FAKANDE	Cwmbran Harriers	4.20		4.15		4.44		4.36 PB	4.44	2
9	100	Amber HARDING	Cardiff AAC	3.18		NJ		3.43		3.80	3.43	12
10	4	Chloe HUGHES	Deeside AAC	4.40		4.57		4.19		4.89	4.57	1
11	26	Jasmine HUGHES	Cardiff AAC	3.08				3.23		3.30	3.23	15
12	13	Macey JONES	Cwmbran Harriers	2.99		3.36		3.24		3.46	3.36	13
13	229	Cerys MARTONE	Swansea Harriers	3.01		3.09		3.14		3.27	3.14	17
14	17	Ellie MATTHEWS	Cwmbran Harriers	3.82		3.53		3.68		4.20	3.82	4
15	24	Jamie O'DRISCOLL	Swansea Harriers	3.33		3.19		3.23		4.02	3.33	14
16	11	Alice ODUNAIYA	Wrexham AC	3.46		3.19		3.21		PB	3.46	11

FULL RESULTS											Officials signatures	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF			
1	4	Chloe HUGHES	Deeside AAC	4.57	9	135	Sauna REES	Chloe HUGHES	3.71			
2	5	Millicent FAKANDE	Cwmbran Harriers	4.44	10	2	Caitlin EXTON	Millicent FAKANDE	3.54			
3	10	Lauryn DAVEY	Carmarthen Harriers	4.20	11	3	Alice ODUNAIYA	Lauryn DAVEY	3.46			
4	17	Ellie MATTHEWS	Cwmbran Harriers	3.82	12	4	Amber HARDING	Ellie MATTHEWS	3.43			
5	29	Catrin LORD	Cardiff AAC	3.86	13	5	Macey JONES	Catrin LORD	3.36			
6	16	Lauren EVANS	Cardiff AAC	3.71	14	6	Jamie O'DRISCOLL	Lauren EVANS	3.33			
7	14	Sarah ATKINSON	Deeside AAC	3.69	15	7	Jasmine HUGHES	Sarah ATKINSON	3.23			
8	179	Kelsey RABAIOTTI	Swansea Harriers	3.68	16	8	Rebecca CHICK	Kelsey RABAIOTTI	3.21			

Referee's signature

WELSH ATHLETICS DISTANCE CARD

New CBP

VENUE		Cardiff International Sports Stadium, Saturday 23rd July								TIME	11:00 AM			
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Ceri JENKINS, Cleddau, 5.57, 1972										
				CBP - Elinor LAMERTON, Cardiff AAC, 5.34, 1992										
Event		U15G Long Jump FINAL		2010 Welsh Champion - Erin WALTERS, Carmarthen Harriers, 4.83										
				Trial 1		Trial 2		Trial 3		PB		Best Performance & Wind Speed		Final Position
Order	Bib	NAME	CLUB	Metres	Wind Sp	Metres	Wind Sp	Metres	Wind Sp					
1	113	Claire TAYLOR	Cardiff AAC	4.84	+0.3	4.82	-0.9	4.67	+1.1	4.84	=PB	4.84	+0.3	4
2	119	Miriam WILLIAMS	Swansea Harriers	4.42	+0.5	4.54	-0.6	4.41	-1.8	4.45	PB	4.54	-0.6	7
3	118	Sarah WILLIAMS	Maldwyn Harriers	4.06	+0.3	4.06	-1.0	4.00	-1.9	4.47		4.06	+0.3	10
4	67	Chelsea HUTCHEON	Barry & Vale Harriers	3.79	-0.1	3.66	-2.1	3.79	-0.8	4.25		3.79	-0.1	12
5	249	Rachel LEWIS	Bridgend AC	NJ	+0.8	4.52	-2.5	NJ	+0.3	5.01		4.52	-2.5	8
6	70	Zoe NASH	Bridgend AC	4.73	-0.7	NJ	-1.9	4.71	-0.2	4.72	PB	4.73	-0.7	5
7	143	Alice NOTTINGHAM	Cardiff AAC	3.86	+0.4	3.78	-2.1	3.41	-0.4	4.44		3.86	+0.4	11
8	63	Brenna PRICE	Aberdare VAAC	5.00	+0.8	5.21	-1.2	5.35	+0.7	5.08	PB	5.35	+0.7	1
9	71	Angharad THOMAS	Cardiff AAC	3.19	-2.1	3.00	-2.1	2.97	-1.2	4.25		3.19	-2.1	13
10	234	Erin WALTERS	Carmarthen Harriers	4.91	+1.1	4.55	-1.6	4.83	-1.5	5.42		4.91	+1.1	3
11	153	Ellie COATES	Swansea Harriers	3.98	-1.1	4.16	-2.4	NJ	-0.9	4.24		4.16	-2.4	9
12	154	Emma HENNESSY	Newport Harriers	4.52	-0.8	4.32	-1.9	4.60	+0.5	4.61		4.60	+0.5	6
13	51	Emily WRIGHT	Yate AC	4.83	-0.4	5.07	-2.4	4.99	+1.0	4.58	PB	5.07	-2.4	2

FULL RESULTS											Officials signatures			
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	PERF				
1	63	Brenna PRICE	Aberdare VAAC	5.35	-2.4	9	153	Ellie COATES	Swansea Harriers	4.16	-2.4			
2	51	Emily WRIGHT	Yate AC	5.07	+0.3	10	118	Sarah WILLIAMS	Maldwyn Harriers	4.06	+0.3			
3	234	Erin WALTERS	Carmarthen Harriers	4.91	+0.4	11	143	Alice NOTTINGHAM	Cardiff AAC	3.86	+0.4			
4	113	Claire TAYLOR	Cardiff AAC	4.84	-0.1	12	67	Chelsea HUTCHEON	Barry & Vale Harriers	3.79	-0.1			
5	70	Zoe NASH	Bridgend AC	4.73	-2.1	13	71	Angharad THOMAS	Cardiff AAC	3.19	-2.1			
6	154	Emma HENNESSY	Newport Harriers	4.60										
7	119	Miriam WILLIAMS	Swansea Harriers	4.54										
8	249	Rachel LEWIS	Bridgend AC	4.52										

Referee's signature

WELSH ATHLETICS DISTANCE CARD

VENUE		Cardiff International Sports Stadium, Saturday 23rd July								TIME	10:30 AM			
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Ian STRANGE, Newbridge HSc, 6.63, 1977										
				CBP - Ian STRANGE, Newbridge HSc, 6.52, 1977										
Event		U15B Long Jump FINAL		2010 Welsh Champion - Lloyd ROBBINS, Deeside AAC, 5.99										
				Trial 1		Trial 2		Trial 3		PB		Best Performance & Wind Speed		Final Position
Order	Bib	NAME	CLUB	Metres	Wind Sp	Metres	Wind Sp	Metres	Wind Sp					
1	124	Kyle ARNOLD	Newport Harriers	5.32	+0.4	5.24	+0.3	NJ	-0.5	5.17	PB	5.32	+0.4	3
2	126	Rhys ROBERTS	Bridgend AC	4.58	+0.7	4.90	+1.1	4.73	-0.1	5.09		4.90	+1.1	6
3	125	Dafydd WILLIAMS	Cardiff AAC	4.80	+0.7	4.69	+0.7	4.81	+1.4	4.78	PB	4.81	+1.4	9
4	130	Rhodri WILLIAMS	Swansea Harriers	4.28	+1.3	3.98	-0.6	3.74	+1.6	4.06	PB	4.28	+1.3	13
5	127	Michael WILSON	Swansea Harriers	4.45	+0.8	4.81	-0.8	4.89	+2.4	5.20		4.89	+2.4	7
6	160	Ashley FARMER	Pembroke Harriers	NJ	+0.7	4.73	-0.4	4.88	+2.0	5.01		4.88	+2.0	8
7	88	George GRIFFITHS	Cardiff AAC	6.04	+0.9	6.07	+0.5	NJ	+1.3	6.34		6.07	+0.5	1
8	90	Alex HILL	Barry & Vale Harriers	4.61	+2.5	4.47	-0.4	4.64	+1.4	4.96		4.64	+1.4	11
9	250	Isaac MACKAY	Blaenau Gwent AC	NJ	+2.0	4.03	+1.0	NJ	+0.8		PB	4.03	+1.0	14
10	87	James MERCURIUS-TAYLOR	Swansea Harriers	4.59	+1.2	4.75	-0.2	3.79	+2.4	3.64	PB	4.75	-0.2	10
11	79	Shaun PEARCE	Carmarthen Harriers	5.06	+1.5	NJ	-0.1	5.20	+1.5	5.30		5.20	+1.5	5
12	239	Thomas TROTMAN	Cardiff AAC	3.29	+2.2	5.01	-1.8	5.30	-0.1	5.42		5.30	-0.1	4
13	83	Joshua DAVIES	Pembroke Harriers	5.94	+1.6	5.83	-0.4	5.68	+0.7	6.25		5.94	+1.6	2
14	238	Thomas WALLEY	Wrexham AC	4.42	+1.4	4.21	-0.9	4.62	+1.0	4.87		4.62	+1.0	12

FULL RESULTS											Officials signatures			
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF					
1	88	George GRIFFITHS	Cardiff AAC	6.07 +0.5	9	125	Dafydd WILLIAMS	Cardiff AAC	4.81 +1.4					
2	83	Joshua DAVIES	Pembroke Harriers	5.94 +1.6	10	87	James MERCURIUS-TAYLOR	Swansea Harriers	4.75 -0.2					
3	124	Kyle ARNOLD	Newport Harriers	5.32 +0.4	11	90	Alex HILL	Barry & Vale Harriers	4.64 +1.4					
4	239	Thomas TROTMAN	Cardiff AAC	5.30 -0.1	12	238	Thomas WALLEY	Wrexham AC	4.62 +1.0					
5	79	Shaun PEARCE	Carmarthen Harriers	5.20 +1.5	13	130	Rhodri WILLIAMS	Swansea Harriers	4.28 +1.3					
6	126	Rhys ROBERTS	Bridgend AC	4.90 +1.1	14	250	Isaac MACKAY	Blaenau Gwent AC	4.03 +1.0					
7	127	Michael WILSON	Swansea Harriers	4.89 +2.4										
8	160	Ashley FARMER	Pembroke Harriers	4.88 +2.0										

Referee's signature

Welsh Athletics - Height Card

VENUE		Cardiff International Sports Stadium, Saturday 23rd July															TIME	12:00 PM				
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		Welsh Record : - Lea HAGGETT, Herne Hill, 1.81, 1986																		
				CBP : - Julia CHARLTON, Carmarthen Harriers, 1.75, 1980																		
EVENT		F7 - U15G - High Jump		2010 Welsh Champion : - Catrin JONES, Swansea Harriers, 1.50																		
Order	Bib	NAME	CLUB	Start	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.53	1.56	PB		Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position		
				Prog	1.60	1.65															Metres	
				St Ht	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					Metres	Metres
1	110	Charlotte PRESTON	Swansea Harriers	1.20	X O	X O	X X X								1.17	PB	1.25	2	5	7	7	
2	205	Rebecca CLEMENTS	Swansea Harriers	1.20					X X X						1.30				3	3		
3	60	Amy ODUNAIYA	Wrexham AC	1.20	X X X										1.30				3	3		
4	141	Megan WILLIAMS	Cardiff AAC	1.20	O	X O	X X X								1.33		1.25	2	4	6	6	
5	236	Lottie COAKLEY	Cardiff AAC	1.20		O	O	O	X X O	X X X					1.40	=PB	1.40	3	5	9	4	
6	121	Jessica HARRY	Swansea Harriers	1.25		O	O	O	O	X O	X X X				1.45	=PB	1.45	2	4	9	3	
7	58	Zoe JENKINS	Barry & Vale Harriers	1.20	O	O	O	O	X O	X X X					1.50		1.40	2	4	9	4	
8	115	Rose UNWIN	Maldwyn Harriers	1.35				O	O	X O	X X O	O	X X X	1.55		1.53	1	6	11	2		
9	234	Erin WALTERS	Carmarthen Harriers	1.40	O	X X X			O	O	O	X O	X X O	1.63	PB	1.65	3	6	12	1		

FULL RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	234	Erin WALTERS	Carmarthen Harriers	1.65							
2	115	Rose UNWIN	Maldwyn Harriers	1.53							
3	121	Jessica HARRY	Swansea Harriers	1.45							
4	236	Lottie COAKLEY	Cardiff AAC	1.40							
5	58	Zoe JENKINS	Barry & Vale Harriers	1.40							
6	110	Charlotte PRESTON	Swansea Harriers	1.25							
7	141	Megan WILLIAMS	Cardiff AAC	1.25							
										REFEREE'S SIGNATURE	

Welsh Athletics - Height Card

VENUE		Cardiff International Sports Stadium, Saturday 23rd July														TIME	12:00 PM				
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		Welsh Record : - Chuka ENIH-SNELL, Swansea Harriers, 1.96, 1998																	
				CBP : - Jamie DALTON, Preseli AC, 1.82, 1994																	
EVENT		F8 - U15B - High Jump		2010 Welsh Champion : - Aled PRICE, Carmarthen Harriers, 1.70																	
Order	Bib	NAME	CLUB	Start	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70	PB	Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position		
				Prog																	
				St Ht	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres		Metres					Metres	Metres
1	159	James BRYAN	Carmarthen Harriers	1.30	O	O	O	X X X						1.46	1.40	1	3	6	8		
2	240	Ryan GRIMWADE	Cardiff AAC	1.40			O	O	O	X X X				1.55	1.50	1	3	6	6		
3	81	Jack HOGAN	Bridgend AC	1.40			O	O	O	X O	X O	X O	X X X	1.57	PB	2	6	12	3		
4	237	Keiran INGRAM	Swansea Harriers	1.30	O	O	O	O	O	O	X X X			1.60		1	3	9	5		
5	241	Leon MORGAN	Swansea Harriers	1.35		O	O	X O	O	X X O	O	X O	X X X	1.60	PB	2	7	14	4		
6	123	Shaun MURRAY	Deeside AAC	1.55						X O	O	O	X X X	1.71		1	4	7	2		
7	239	Thomas TROTMAN	Cardiff AAC	1.55						O	O	O	X X X	1.75		1	3	6	1		
8	238	Thomas WALLEY	Wrexham AC	1.35		X O	O	X O	X X X					1.47	1.45	2	5	8	7		

FULL RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	239	Thomas TROTMAN	Cardiff AAC	1.65							
2	123	Shaun MURRAY	Deeside AAC	1.65							
3	81	Jack HOGAN	Bridgend AC	1.65							
4	241	Leon MORGAN	Swansea Harriers	1.65							
5	237	Keiran INGRAM	Swansea Harriers	1.55							
6	240	Ryan GRIMWADE	Cardiff AAC	1.50						REFEREE'S SIGNATURE	
7	238	Thomas WALLEY	Wrexham AC	1.45							
8	159	James BRYAN	Carmarthen Harriers	1.40							

WELSH ATHLETICS DISTANCE CARD

New Welsh Record

New CBP

VENUE		Cardiff International Sports Stadium, Saturday 23rd July					TIME	12:00 PM			
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Emily STEELE, Shrewsbury, 13.22, 1989							
				CBP - Philippa ROLES, Swansea Harriers, 12.43, 1992							
Event		U15G Shot (3.25kg) FINAL		2010 Welsh Champion - Adele NICOLL, Oswestry Olympians, 11.99							
				Trial 1	Trial 2	Trial 3	PB	Best Perf	PB	Final Position	
Order	Bib	NAME	CLUB	Metres	Metres	Metres					
1	262	Sabrina FORTUNE	Deeside AAC	9.10	9.96	10.20	9.39	10.20	PB	3	
2	264	Amy HUMBLE	Carmarthen Harriers	8.95	9.67	9.36	9.51	9.67	PB	4	
3	266	Lucy HUMPHREYS	Gloucester AC	8.28	7.38	8.25	8.61	8.28		8	
4	267	Bronwen LEWIS	Carmarthen Harriers	8.82	NT	9.35	10.03	9.35		6	
5	265	Stephanie NICHOLAS	Swansea Harriers	10.46	NT	9.31	10.34	10.46	PB	2	
6	261	Adele NICOLL	Birchfield Harriers	13.23	13.29	12.20	13.30	13.29		1	
7	65	Ffion WAKE	Swansea Harriers	8.56	8.23	8.68	8.83	8.68		7	
8	263	Katy WHITLEY	Wrexham AC	9.19	9.50	8.62	10.03	9.50		5	

FULL RESULTS										Officials signatures
POS	BIB	NAME	CLUB	PERF	POS	BIB		CLUB	PERF	
1	261	Adele NICOLL	Birchfield Harriers	13.29						
2	265	Stephanie NICHOLAS	Swansea Harriers	10.46						
3	262	Sabrina FORTUNE	Deeside AAC	10.20						
4	264	Amy HUMBLE	Carmarthen Harriers	9.67						
5	263	Katy WHITLEY	Wrexham AC	9.50						
6	267	Bronwen LEWIS	Carmarthen Harriers	9.35						
7	65	Ffion WAKE	Swansea Harriers	8.68						Referee's signature
8	266	Lucy HUMPHREYS	Gloucester AC	8.28						

WELSH ATHLETICS DISTANCE CARD

VENUE		Cardiff International Sports Stadium, Saturday 23rd July					TIME	12:00 PM		
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Matthew EVANS, Carmarthen Harriers, 17.36, 2003						
				CBP - David BUNCE, Seaford GSc, 15.59, 1958						
Event		U15B Shot (4.00kg) FINAL		2010 Welsh Champion - Kallam-Lee EVANS, Carmarthen Harriers, 12.65						
				Trial 1	Trial 2	Trial 3	PB	Best Perf	PB	Final Position
Order	Bib	NAME	CLUB	Metres	Metres	Metres				
1	275	Jack BEYNON	Swansea Harriers	10.58	10.00	10.26	12.10	10.58		6
2	274	Jake EVANS	Pembroke Harriers	12.24	11.71	11.50	12.28	12.24		3
3	147	Rhys GEALY	Swansea Harriers	11.41	11.41	9.91	12.33	11.41		4
4	273	Ieuan JONES	Blaenau Gwent AC	10.21	10.41	10.16	10.82	10.41		7
5	271	Samuel JONES	Swansea Harriers	9.13	NT		8.89	9.13	PB	9
6	272	Ashley MORRIS	Swansea Harriers	12.84	NT	12.59	12.74	12.84	PB	2
7	158	Aaron POWELL	Cwmbran Harriers	9.39	9.01	9.61	9.31	9.61	PB	8
8	76	Alexander SNELLING	Newport Harriers	8.00	8.23	8.46	9.06	8.46		10
9	269	Nathan THOMASON	Colwyn Bay	10.26	10.71	NT	11.67	10.71		5
10	270	Matthew WILLIAMS	Wrexham AC	13.91	13.92	13.74	14.07	13.92		1

FULL RESULTS										Officials signatures
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	270	Matthew WILLIAMS	Wrexham AC	13.92	9	271	Samuel JONES	Swansea Harriers	9.13	
2	272	Ashley MORRIS	Swansea Harriers	12.84	10	76	Alexander SNELLING	Newport Harriers	8.46	
3	274	Jake EVANS	Pembroke Harriers	12.24						
4	147	Rhys GEALY	Swansea Harriers	11.41						
5	269	Nathan THOMASON	Colwyn Bay	10.71						
6	275	Jack BEYNON	Swansea Harriers	10.58						
7	273	Ieuan JONES	Blaenau Gwent AC	10.41						
8	158	Aaron POWELL	Cwmbran Harriers	9.61						
										Referee's signature

WELSH ATHLETICS DISTANCE CARD

VENUE		Cardiff International Sports Stadium, Saturday 23rd July					TIME	1:15 PM		
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Philippa ROLES, Swansea Harriers, 44.12, 1992						
				CBP - Philippa ROLES, Swansea Harriers, 40.66, 1992						
Event		U15G Discus (1.00kg) FINAL		2010 Welsh Champion - Awen ROSSER, Carmarthen Harriers, 33.12						
				Trial 1	Trial 2	Trial 3	PB	Best Perf	PB	Final Position
Order	Bib	NAME	CLUB	Metres	Metres	Metres				
1	281	Sofia ALI	Aberdare VAAC	NT	NT	21.00	21.66	21.00		9
2	282	Holly FIELD	Cardiff AAC	23.96	23.82	25.23	23.40	25.23	PB	4
3	262	Sabrina FORTUNE	Deeside AAC	24.48	29.26	29.16	31.42	29.26		2
4	264	Amy HUMBLE	Carmarthen Harriers	15.43	NT	NT	23.37	15.43		11
5	266	Lucy HUMPHREYS	Gloucester AC	16.22	16.87	16.88	17.97	16.88		10
6	279	Sophie JACKSON	Cwmbran Harriers	21.70	16.87	22.73	21.98	22.73	PB	6
7	267	Bronwen LEWIS	Carmarthen Harriers	22.02	20.65	12.57	21.85	22.02	PB	7
8	265	Stephanie NICHOLAS	Swansea Harriers	28.20	NT	NT	29.45	28.20		3
9	261	Adele NICOLL	Birchfield Harriers	37.05	32.97	37.13	38.36	37.13		1
10	280	Carys SMITH	Swansea Harriers	NT	23.55	21.50	23.26	23.55	PB	5
11	283	Rebekah THOMAS	Swansea Harriers	14.81	21.35	17.09	16.50	21.35	PB	8

FULL RESULTS										Officials signatures Referee's signature
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	261	Adele NICOLL	Birchfield Harriers	37.13	9	281	Sofia ALI	Aberdare VAAC	21.00	
2	262	Sabrina FORTUNE	Deeside AAC	29.26	10	266	Lucy HUMPHREYS	Gloucester AC	16.88	
3	265	Stephanie NICHOLAS	Swansea Harriers	28.20	11	264	Amy HUMBLE	Carmarthen Harriers	15.43	
4	282	Holly FIELD	Cardiff AAC	25.23						
5	280	Carys SMITH	Swansea Harriers	23.55						
6	279	Sophie JACKSON	Cwmbran Harriers	22.73						
7	267	Bronwen LEWIS	Carmarthen Harriers	22.02						
8	283	Rebekah THOMAS	Swansea Harriers	21.35						

WELSH ATHLETICS DISTANCE CARD

New CBP

VENUE		Cardiff International Sports Stadium, Saturday 23rd July					TIME	1:45 PM		
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Tasia STEPHENS, Aberdare, 32.36, 2009						
				CBP - Rebecca HUGHES, Swansea Harriers, 24.78, 2009						
Event		U13G Javelin (400g) FINAL		2010 Welsh Champion - Amy HUMBLE, Carmarthen Harriers, 21.19						
				Trial 1	Trial 2	Trial 3	PB	Best Perf	PB	Final Position
Order	Bib	NAME	CLUB	Metres	Metres	Metres				
1	134	Isabel BARCLAY	Swansea Harriers	15.44	NT	10.15	11.00	15.44	PB	6
2	228	Abigail BUXTON	Pembroke Harriers	12.80	12.86	NT	12.16	12.86	PB	8
3	286	Danielle JONES	Swansea Harriers	20.44	19.19	18.58	24.18	20.44		3
4	252	Rachel JONES	Swansea Harriers	13.25	16.77	16.44	17.04	16.77		5
5	287	Bethan LEWIS	Carmarthen Harriers	21.66	23.60	22.92	18.85	23.60	PB	2
6	2	Bethan REES	Cannock & Stafford AC	25.12	21.22	24.19	25.38	25.12		1
7	276	Sian SMITH	Bridgend AC	12.77	12.96	13.89	16.75	13.89		7
8	230	Tia WILLIAMS	Deeside AAC	19.00	16.42	19.74	22.69	19.74		4
9	178	Megan STRATTON-THOMAS	Swansea Harriers	8.84	NT	9.71		9.71	PB	9

FULL RESULTS										Officials signatures
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	2	Bethan REES	Cannock & Stafford AC	25.12	9	178	Megan STRATTON-THOMAS	Swansea Harriers	9.71	
2	287	Bethan LEWIS	Carmarthen Harriers	23.60						
3	286	Danielle JONES	Swansea Harriers	20.44						
4	230	Tia WILLIAMS	Deeside AAC	19.74						
5	252	Rachel JONES	Swansea Harriers	16.77						
6	134	Isabel BARCLAY	Swansea Harriers	15.44						
7	276	Sian SMITH	Bridgend AC	13.89						Referee's signature
8	228	Abigail BUXTON	Pembroke Harriers	12.86						

WELSH ATHLETICS DISTANCE CARD

VENUE		Cardiff International Sports Stadium, Saturday 23rd July					TIME	2:15 PM		
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Liam WALSH, Deeside AAC, 48.66, 1996						
				CBP - Liam WALSH, Deeside AAC, 43.18, 1996						
Event		U15B Discus (1.25kg) FINAL		2010 Welsh Champion - William VAN-KLAVEREN, Kingston & Poly AC, 36.36						
				Trial 1	Trial 2	Trial 3	PB	Best Perf	PB	Final Position
Order	Bib	NAME	CLUB	Metres	Metres	Metres				
1	275	Jack BEYNON	Swansea Harriers	27.51	NT	29.60	33.06	29.60		4
2	274	Jake EVANS	Pembroke Harriers	26.76	31.57	NT	32.13	31.57		3
3	240	Ryan GRIMWADE	Cardiff AAC	NT	NT	16.85		16.85	PB	9
4	271	Samuel JONES	Swansea Harriers	24.12	20.47	18.36	21.05	24.12	PB	7
5	272	Ashley MORRIS	Swansea Harriers	25.61	23.88	21.33	27.76	25.61		5
6	157	Nikita NEARY	Carmarthen Harriers	24.94	NT	25.00	30.45	25.00		6
7	76	Alexander SNELLING	Newport Harriers	10.19	20.57	22.52	25.85	22.52		8
8	269	Nathan THOMASON	Colwyn Bay	32.30	NT	31.44	35.07	32.30		2
9	270	Matthew WILLIAMS	Wrexham AC	41.28	NT	NT	43.85	41.28		1

FULL RESULTS										Officials signatures
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	270	Matthew WILLIAMS	Wrexham AC	41.28	9	240	Ryan GRIMWADE	Cardiff AAC	16.85	
2	269	Nathan THOMASON	Colwyn Bay	32.30						
3	274	Jake EVANS	Pembroke Harriers	31.57						
4	275	Jack BEYNON	Swansea Harriers	29.60						
5	272	Ashley MORRIS	Swansea Harriers	25.61						
6	157	Nikita NEARY	Carmarthen Harriers	25.00						
7	271	Samuel JONES	Swansea Harriers	24.12						
8	76	Alexander SNELLING	Newport Harriers	22.52						
										Referee's signature

WELSH ATHLETICS DISTANCE CARD

VENUE		Cardiff International Sports Stadium, Saturday 23rd July					TIME	2:30 PM			
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Tom NORTON, Cwmbrian Harriers, 44.80, 2007							
				CBP - Richard DANGERFIELD, Barry & Vale Harriers, 36.64, 2010							
Event		U13B Javelin (400g) FINAL		2010 Welsh Champion - Richard DANGERFIELD, Barry & Vale Harriers, 36.64.							
				Trial 1	Trial 2	Trial 3	PB	Best Perf	PB	Final Position	
Order	Bib	NAME	CLUB	Metres	Metres	Metres					
1	232	Harry CARTER	Barry & Vale Harriers	19.73	19.65	21.75	22.20	21.75		5	
2	50	Ethan BRIDGE	Rhondda AC	23.86	NT	23.34	19.72	23.86	PB	4	
3	289	Aeron BICKERDIKE	Carmarthen Harriers	21.03	20.06	20.95	31.00	21.03		6	
4	290	Keiran EVANS	Carmarthen Harriers	25.65	27.57	NT	28.77	27.57		3	
5	248	Kieron GRIMWADE	Cardiff AAC	15.48	20.39	15.75	19.54	20.39	PB	8	
6	259	Nathan JAMES	Coedcae School	20.38	26.68	30.77	27.14	30.77	PB	1	
7	258	Ben LEAHY	Pembroke Harriers	NT	14.84	19.29	22.88	19.29		9	
8	278	Ryan NICHOLAS	Swansea Harriers	NT	NT	17.61	22.08	17.61		10	
9	189	Cole SWANNACK	Rhondda AC	29.84	29.19	29.78	28.23	29.84	PB	2	
10	233	Hedd WILLIAMS	Swansea Harriers	20.94	19.64	20.76	20.71	20.94	PB	7	

FULL RESULTS										Officials signatures
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	259	Nathan JAMES	Coedcae School	30.77	9	258	Ben LEAHY	Pembroke Harriers	19.29	
2	189	Cole SWANNACK	Rhondda AC	29.84	10	278	Ryan NICHOLAS	Swansea Harriers	17.61	
3	290	Keiran EVANS	Carmarthen Harriers	27.57						
4	50	Ethan BRIDGE	Rhondda AC	23.86						
5	232	Harry CARTER	Barry & Vale Harriers	21.75						
6	289	Aeron BICKERDIKE	Carmarthen Harriers	21.03						
7	233	Hedd WILLIAMS	Swansea Harriers	20.94						
8	248	Kieron GRIMWADE	Cardiff AAC	20.39						

Referee's signature

Welsh Athletics - Height Card

VENUE		Cardiff International Sports Stadium, Saturday 23rd July														TIME	2:45 PM				
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		Welsh Record : - Julia CHARLTON, Carmarthen Harriers, 1.68, 1978																	
EVENT		F18 - U13G - High Jump		CBP : - Kathryn EVANS, Carmarthen Harriers, 1.50, 1979																	
				2010 Welsh Champion : - Lucy MATON, Cardiff AAC, 1.40																	
Order	Bib	NAME	CLUB	Start	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.38	PB	Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position		
				Prog	1.41	1.43														Metres	
				St Ht	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres		Metres					Metres	
1	132	Caitlin EXTON	Cardiff AAC	1.00	O	O	O	X X X						1.20	1.10	1	3	6	6		
2	20	Rhiannon MAINE	Swansea Harriers	1.05		O	X X O	X X X						1.20	1.10	3	5	7	7		
3	229	Cerys MARTONE	Swansea Harriers	1.05		O	O	X X O	O	X X X				1.20	=PB 1.20	1	5	9	5		
4	230	Tia WILLIAMS	Deeside AAC	1.10			X X X							1.28			3	3			
5	228	Abigail BUXTON	Pembroke Harriers	1.10	X X X		O	O	O	O	O	O	O	1.35	PB 1.38	1	3	10	2		
6	102	Chloe CLARKE	Swansea Harriers	1.15				O	O	X O	X O	X X O	X X X	1.35	=PB 1.35	3	7	12	3		
7	135	Shauna REES	Neath Harriers	1.15	O	X X X		O	O	O	O	X O	O	1.35	PB 1.41	1	4	11	1		
8	30	Sarah OMOREGIE	Pembroke Harriers	1.10			O	O	O	X O	X X O	X X X		1.40	1.30	3	6	11	4		

FULL RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	135	Shauna REES	Neath Harriers	1.41							
2	228	Abigail BUXTON	Pembroke Harriers	1.38							
3	102	Chloe CLARKE	Swansea Harriers	1.35							
4	30	Sarah OMOREGIE	Pembroke Harriers	1.30							
5	229	Cerys MARTONE	Swansea Harriers	1.20							
6	132	Caitlin EXTON	Cardiff AAC	1.10							
7	20	Rhiannon MAINE	Swansea Harriers	1.10							
										REFEREE'S SIGNATURE	

WELSH ATHLETICS DISTANCE CARD

VENUE		Cardiff International Sports Stadium, Saturday 23rd July					TIME	3:30 PM		
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Matthew EVANS, Carmarthen Harriers, 14.47, 2001						
				CBP - Matthew EVANS, Carmarthen Harriers, 13.39, 2001						
Event		U13B Shot (3.25kg) FINAL		2010 Welsh Champion - Nathan THOMPSON, Colwyn Bay AC, 10.45						
				Trial 1	Trial 2	Trial 3	PB	Best Perf	PB	Final Position
Order	Bib	NAME	CLUB	Metres	Metres	Metres				
1	50	Ethan BRIDGE	Rhondda AC	6.32	NT	5.67	6.74	6.32		8
2	256	Rhys DAVIES	Swansea Harriers	8.84	8.94	8.64	8.59	8.94	PB	2
3	45	Ben EVANS	Pembroke Harriers	6.19	6.63	6.40	6.85	6.63		6
4	248	Kieron GRIMWADE	Cardiff AAC	NT	3.87	4.54		4.54	PB	10
5	257	Scott HILL	Swansea Harriers	6.79	6.84	6.52	7.39	6.84		5
6	109	Deio HUGHES	Cardiff AAC	6.39	5.60	6.31	6.79	6.39		7
7	108	Thomas HUGHES	Pembroke Harriers	7.27	7.38	7.35	8.21	7.38		3
8	259	Nathan JAMES	Coedcae School	7.06	NT	6.51		7.06	PB	4
9	258	Ben LEAHY	Pembroke Harriers	5.68	NT	6.13	6.21	6.13		9
10	260	Shaun LEE	Coedcae School	9.49	10.25	9.10		10.25	PB	1

FULL RESULTS										Officials signatures
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	260	Shaun LEE	Coedcae School	10.25	9	258	Ben LEAHY	Pembroke Harriers	6.13	
2	256	Rhys DAVIES	Swansea Harriers	8.94	10	248	Kieron GRIMWADE	Cardiff AAC	4.54	
3	108	Thomas HUGHES	Pembroke Harriers	7.38						
4	259	Nathan JAMES	Coedcae School	7.06						
5	257	Scott HILL	Swansea Harriers	6.84						
6	45	Ben EVANS	Pembroke Harriers	6.63						
7	109	Deio HUGHES	Cardiff AAC	6.39						
8	50	Ethan BRIDGE	Rhondda AC	6.32						

Referee's signature

WELSH ATHLETICS DISTANCE CARD

VENUE		Cardiff International Sports Stadium, Saturday 23rd July					TIME	3:45 PM		
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Toni WELLS, Swansea Harriers, 29.48, 2005						
				CBP - Adele NICOLL, Oswestry Olympians, 27.74, 2009						
Event		U13G Discus (0.75kg) FINAL		2010 Welsh Champion - Amy HUMBLE, Carmarthen Harriers, 23.27						
				Trial 1	Trial 2	Trial 3	PB	Best Perf	PB	Final Position
Order	Bib	NAME	CLUB	Metres	Metres	Metres				
1	253	Emily EVANS	Swansea Harriers	NT	18.61	NT	21.47	18.61		4
2	170	Emily GRIFFIN	Cardiff AAC	18.35	17.57	18.75		18.75	PB	3
3	97	Ceri JONES	Bridgend AC	17.20	NT	14.30	16.88	17.20	PB	6
4	177	Emily JONES	Swansea Harriers	10.58	10.83	10.64	12.11	10.83		9
5	255	Bethan LEWIS	Carmarthen Harriers	20.48	NT	20.53	25.65	20.53		1
6	277	Emily PEARCE	Rhondda AC	18.09	19.80	NT	23.43	19.80		2
7	276	Sian SMITH	Bridgend AC	15.90	15.76	NT	13.01	15.90	PB	7
8	178	Megan STRATTON-THOMAS	Swansea Harriers	NT	12.48	13.91	11.39	13.91	PB	8
9	230	Tia WILLIAMS	Deeside AAC	17.34	14.46	16.16	17.00	17.34	PB	5

FULL RESULTS										Officials signatures
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	255	Bethan LEWIS	Carmarthen Harriers	20.53	9	177	Emily JONES	Swansea Harriers	10.83	
2	277	Emily PEARCE	Rhondda AC	19.80						
3	170	Emily GRIFFIN	Cardiff AAC	18.75						
4	253	Emily EVANS	Swansea Harriers	18.61						
5	230	Tia WILLIAMS	Deeside AAC	17.34						
6	97	Ceri JONES	Bridgend AC	17.20						
7	276	Sian SMITH	Bridgend AC	15.90						
8	178	Megan STRATTON-THOMAS	Swansea Harriers	13.91						

Referee's signature

WELSH ATHLETICS DISTANCE CARD

VENUE		Cardiff International Sports Stadium, Saturday 23rd July					TIME	3:45 PM		
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Danielle HAMER, Carmarthen Harriers, 38.15, 2005						
				CBP - Robyn PURCHASE, Wrexham AC, 36.18, 2005						
Event		U15G Javelin (600g) FINAL		2010 Welsh Champion - Tasia STEPHENS, Aberdare VAAC, 34.05						
				Trial 1	Trial 2	Trial 3	PB	Best Perf	PB	Final Position
Order	Bib	NAME	CLUB	Metres	Metres	Metres				
1	235	Caitlin ATKINS	Swansea Harriers	21.27	18.81	NT	29.19	21.27		8
2	264	Amy HUMBLE	Carmarthen Harriers	23.74	23.55	21.64	26.44	23.74		6
3	279	Sophie JACKSON	Cwmbran Harriers	21.62	22.34	22.74	22.69	22.74	PB	7
4	293	Bronwen LEWIS	Carmarthen Harriers	20.60	19.56	20.78	22.87	20.78		9
5	64	Danielle MORGAN	Newport Harriers	NT	NT	NT	24.24			
6	261	Adele NICOLL	Birchfield Harriers	NT	30.08	30.06	27.63	30.08	PB	2
7	291	Emma NORTON	Cwmbran Harriers	NT	23.51	25.23	23.95	25.23	PB	4
8	152	Shauna QUIRKE	Bridgend AC	24.08	22.96	19.98	25.48	24.08		5
9	245	Bethan RADFORD	Swansea Harriers	24.11	24.16	29.15	28.24	29.15	PB	3
10	292	Tasia STEPHENS	Aberdare VAAC	NT	NT	32.58	34.05	32.58		1

FULL RESULTS										Officials signatures
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	292	Tasia STEPHENS	Aberdare VAAC	32.58	9	293	Bronwen LEWIS	Carmarthen Harriers	20.78	Referee's signature
2	261	Adele NICOLL	Birchfield Harriers	30.08						
3	245	Bethan RADFORD	Swansea Harriers	29.15						
4	291	Emma NORTON	Cwmbran Harriers	25.23						
5	152	Shauna QUIRKE	Bridgend AC	24.08						
6	264	Amy HUMBLE	Carmarthen Harriers	23.74						
7	279	Sophie JACKSON	Cwmbran Harriers	22.74						
8	235	Caitlin ATKINS	Swansea Harriers	21.27						

WELSH ATHLETICS DISTANCE CARD

VENUE		Cardiff International Sports Stadium, Saturday 23rd July					TIME	4:45 PM		
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Nicola STEVENSON, Bridgend AC, 10.83, 2001						
				CBP - Nicola STEVENSON, Bridgend AC, 10.29, 2001						
Event		U13G Shot (2.72kg) FINAL		2010 Welsh Champion - Lauren RICHARDS, Severn AC, 9.29						
				Trial 1	Trial 2	Trial 3	PB	Best Perf	PB	Final Position
Order	Bib	NAME	CLUB	Metres	Metres	Metres				
1	253	Emily EVANS	Swansea Harriers	6.86	6.82	6.68	6.70	6.86	PB	5
2	8	Faye GIBBON	Barry & Vale Harriers	6.63	6.77	6.81	6.23	6.81	PB	6
3	252	Rachel JONES	Swansea Harriers	7.26	7.85	7.32	7.91	7.85		3
4	255	Bethan LEWIS	Carmarthen Harriers	8.83	8.94	9.35	10.33	9.35		1
5	178	Megan STRATTON-THOMAS	Swansea Harriers	5.30	4.91	5.40	5.47	5.40		7
6	254	Sarah WATKINS	Neath Harriers	7.90	7.52	7.52	7.96	7.90		2
7	3	Eve WILLIAMS	Cwmbran Harriers	7.05	6.70	6.60	8.15	7.05		4

FULL RESULTS										Officials signatures
POS	BIB	NAME	CLUB	PERF	POS	BIB		CLUB	PERF	
1	255	Bethan LEWIS	Carmarthen Harriers	9.35						
2	254	Sarah WATKINS	Neath Harriers	7.90						
3	252	Rachel JONES	Swansea Harriers	7.85						
4	3	Eve WILLIAMS	Cwmbran Harriers	7.05						
5	253	Emily EVANS	Swansea Harriers	6.86						
6	8	Faye GIBBON	Barry & Vale Harriers	6.81						
7	178	Megan STRATTON-THOMAS	Swansea Harriers	5.40						
										Referee's signature

WELSH ATHLETICS DISTANCE CARD

VENUE		Cardiff International Sports Stadium, Saturday 23rd July					TIME	5:00 PM			
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Chris HUGHES, Swansea Harriers, 38.92, 1991							
				CBP - Nikita NEARY, Carmarthen Harriers, 27.88, 2010							
Event		U13B Discus (1.00kg) FINAL		2010 Welsh Champion - Nikita NEARY, Carmarthen Harriers, 27.88.							
				Trial 1	Trial 2	Trial 3	PB	Best Perf	PB	Final Position	
Order	Bib	NAME	CLUB	Metres	Metres	Metres					
1	43	Jed ANDREW	Newport Harriers	13.67	14.40	15.56	17.47	15.56		6	
2	256	Rhys DAVIES	Swansea Harriers	14.33	17.08	22.75	18.74	22.75	PB	2	
3	257	Scott HILL	Swansea Harriers	2.86	19.24	14.67	19.46	19.24		4	
4	258	Ben LEAHY	Pembroke Harriers	NT	14.76	NT	17.81	14.76		7	
5	260	Shaun LEE	Coedcae School	23.33	21.76	18.79		23.33	PB	1	
6	278	Ryan NICHOLAS	Swansea Harriers	18.38	16.38	19.57	18.91	19.57	PB	3	
7	49	Dylan PARRY	Bridgend AC	18.93	17.55	NT	16.92	18.93	PB	5	

FULL RESULTS										Officials signatures
POS	BIB	NAME	CLUB	PERF	POS	BIB		CLUB	PERF	
1	260	Shaun LEE	Coedcae School	23.33						Referee's signature
2	256	Rhys DAVIES	Swansea Harriers	22.75						
3	278	Ryan NICHOLAS	Swansea Harriers	19.57						
4	257	Scott HILL	Swansea Harriers	19.24						
5	49	Dylan PARRY	Bridgend AC	18.93						
6	43	Jed ANDREW	Newport Harriers	15.56						
7	258	Ben LEAHY	Pembroke Harriers	14.76						

WELSH ATHLETICS DISTANCE CARD

VENUE		Cardiff International Sports Stadium, Saturday 23rd July					TIME	5:00 PM		
Meeting		Welsh Athletics U13 & U15 Outdoor Track & Field Championships 2011		Welsh Record - Rhys WILLIAMS, Swansea Harriers, 58.58, 1996						
				CBP - Richard LEWIS, Llanelli AC, 52.42, 1959						
Event		U15B Javelin (600g) FINAL		2010 Welsh Champion - Aled PRICE, Carmarthen Harriers, 44.92						
				Trial 1	Trial 2	Trial 3	PB	Best Perf	PB	Final Position
Order	Bib	NAME	CLUB	Metres	Metres	Metres				
1	294	Sam BLEACH	Carmarthen Harriers	34.22	34.77	36.06	35.03	36.06	PB	5
2	80	Richard DANGERFIELD	Barry & Vale Harriers	NT	35.03	39.03	37.02	39.03	PB	4
3	274	Jake EVANS	Pembroke Harriers	40.42	37.22	NT	39.50	40.42	PB	2
4	240	Ryan GRIMWADE	Cardiff AAC	29.49	32.86	31.05	32.71	32.86	PB	7
5	297	Tom HAINES	Newport Harriers	31.98	31.60	40.60	40.16	40.60	PB	1
6	271	Samuel JONES	Swansea Harriers	23.53	NT	NT	28.00	23.53		9
7	250	Isaac MACKAY	Blaenau Gwent AC	31.62	28.53	24.53	30.18	31.62	PB	8
8	295	Drew MCLEAN	Neath Harriers	40.26	39.75	25.73	39.34	40.26	PB	3
9	296	Owen MURPHY	Cwmbran Harriers	19.80	NT	23.46	27.38	23.46		10
10	158	Aaron POWELL	Cwmbran Harriers	34.18	33.83	32.42	32.89	34.18	PB	6

FULL RESULTS										Officials signatures
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF	
1	297	Tom HAINES	Newport Harriers	40.60	9	271	Samuel JONES	Swansea Harriers	23.53	
2	274	Jake EVANS	Pembroke Harriers	40.42	10	296	Owen MURPHY	Cwmbran Harriers	23.46	
3	295	Drew MCLEAN	Neath Harriers	40.26						
4	80	Richard DANGERFIELD	Barry & Vale Harriers	39.03						
5	294	Sam BLEACH	Carmarthen Harriers	36.06						
6	158	Aaron POWELL	Cwmbran Harriers	34.18						
7	240	Ryan GRIMWADE	Cardiff AAC	32.86						
8	250	Isaac MACKAY	Blaenau Gwent AC	31.62						
										Referee's signature

2011 WELSH CHAMPIONSHIP MEDALISTS

AGE GROUP	EVENT	GOLD			SILVER			BRONZE		
		ATHLETE	CLUB	PERF	ATHLETE	CLUB	PERF	ATHLETE	CLUB	PERF
U15G	1k Walk	Elie DAINTON	Llanelli AC	5:39.87						
U20W	3k Walk	Heather LEWIS (W)	Pembroke Harriers	14:09.78						
SEN MEN	3k Walk	Stephen WALKER (W)	Wrexham AC	18:43.52						
U17M	100m	George PERKINS	Chelmsford AC	11.22	Thomas WILLIAMS	Barry & Vale Harriers	11.33	Mathew DAVIES	Carmarthen Harriers	11.43
U17M	200m	Mathew DAVIES	Carmarthen Harriers	23.06	Thomas WILLIAMS	Barry & Vale Harriers	23.51	Ryan LEE	Cwmbran Harriers	23.52
U17M	400m	Owen SMITH	Deeside AAC	49.24	Scott EDWARDS	Cardiff AAC	50.59	Llyr JAMIESON	Carmarthen Harriers	51.79
U17M	800m	Elliot SLADE	Cardiff AAC	1:53.43	Tom EARLEY	Colwyn Bay AC	1:56.90	Carwyn EVANS	Swansea Harriers	1:58.05
U17M	1500m	Kyran ROBERTS	Carmarthen Harriers	4:06.37	Michael WARD	Cardiff AAC	4:10.13	Lloyd HECKLER	Carmarthen Harriers	4:11.25
U17M	100m Hdl	Daniel BLAIN	Carmarthen Harriers	13.59	Ieuan ORTON	Barry & Vale Harriers	15.89			
U17M	400m Hdl	Ryan COOPER	Cardiff AAC	59.27	Aaron WILLMOTT	Carmarthen Harriers	59.73	Rheon JONES	Menai T&F	61.12
U17M	1.5km Steeplechase	Matthew EDWARDS	Barry & Vale Harriers	4:44.53	Nathan JONES	Colwyn Bay AC	4:48.70	Evan WYNNE	Newport Harriers	4:50.08
U17M	HIGH JUMP	Jonathon BAILEY	Cardiff AAC	1.75	Ieuan ORTON	Barry & Vale Harriers	1.70	Luke WARD	Deeside AAC	1.70
U17M	POLE VAULT	David CALLAN	Cardiff AAC	3.90	Stephen SCARFI	Cwmbran Harriers	3.70	Lewis PREECE	Swansea Harriers	3.30
U17M	LONG JUMP	James MCGUIRE	Cardiff AAC	6.34	Lloyd ROBBINS	Sale Harriers Manchester	6.28	Connor LAVERTY	Menai T&F	6.09
U17M	TRIPLE JUMP	Lloyd ROBBINS	Sale Harriers Manchester	13.30	Christopher MCNAUGHT	Menai T&F	12.41	Connor LAVERTY	Menai T&F	12.34
U17M	SHOT (5.00kg)	Matthew FIELD	Cardiff AAC	15.48	Matthew REECE	Colwyn Bay AC	14.40	Connor LAVERTY	Menai T&F	14.13
U17M	DISCUS (1.50kg)	Matthew REECE	Colwyn Bay AC	44.96	Matthew FIELD	Cardiff AAC	44.77	Lee TAYLOR	Carmarthen Harriers	38.08
U17M	HAMMER (5.00kg)	Matthew REECE	Colwyn Bay AC	51.46	Jac PALMER	Cardiff AAC	50.56	Matteo HOLMES	Cardiff AAC	44.79
U17M	JAVELIN (700g)	Tom NORTON	Cwmbran Harriers	51.64	Aled PRICE	Carmarthen Harriers	45.63	Robson BLAKE	Brecon AC	44.23
U17W	100m	Beth SARGENT	Wrexham AC	12.72	Rhiannon JEFFREYS	Neath Harriers	12.76	Elin JONES	Sale Harriers Manchester	12.88
U17W	200m	Beth SARGENT	Wrexham AC	25.82	Rhiannon JEFFREYS	Neath Harriers	25.93	Victoria MITCHELL	City of Norwich AC	26.23
U17W	300m	Abigail BACKSHALL (U15G)	Colwyn Bay AC	42.01	Isabel HUGHES	Bridgend AC	43.63	Elinor JONES	Swansea Harriers	44.05
U17W	800m	Lauren BELL	Pembroke Harriers	2:14.25	Malika REZOUGUI	Cwmbran Harriers	2:18.11	Cerys HEAHER	Vale Royal AC	2:19.03
U17W	1500m	Malika REZOUGUI	Cwmbran Harriers	4:52.74	Rebecca EVANS	Pontyclun AC	4:57.26	Georgia GARNER	Colwyn Bay AC	5:09.46
U17W	80m Hdl	Eleanor BADHAMS	Deeside AAC	12.29	Chloe JONES	Sale Harriers Manchester	12.37	Rhiannon HAILS	Swansea Harriers	12.51
U17W	300m Hdl	Rhian WILLIAMS	Deeside AAC	46.13	Lora ROBERTS	Bridgend AC	47.58	Lara DURRANI	Cardiff AAC	48.11
U17W	1.5km Steeplechase	Kari O'NEILL	Carmarthen Harriers	5:40.80	Rhian HOMER	Pembroke Harriers	6:14.53			
U17W	HIGH JUMP	Georgia BATES	Deeside AAC	1.60				Emily MORRIS	Swansea Harriers	1.50
U17W	HIGH JUMP	Catrin JONES	Swansea Harriers	1.60						
U17W	POLE VAULT	Lucy DALY	Cardiff AAC	2.60				Enfys JONES	Swansea Harriers	2.60
U17W	POLE VAULT	Shannon LEE	Carmarthen Harriers	2.60						
U17W	LONG JUMP	Eleanor BADHAMS	Deeside AAC	5.07	Beth SARGENT	Wrexham AC	5.06	Melissa ARTHUR	Newport Harriers	4.89
U17W	TRIPLE JUMP	Mared BAKER	Menai T&F	10.26	Rhiannon HAILS	Swansea Harriers	9.56	Chloe JONES	Sale Harriers Manchester	9.51
U17W	SHOT (4.0kg)	Adele NICOLL	Birchfield Harriers	12.26	Awen ROSSER	Carmarthen Harriers	11.41	Manon EDWARDS	Wrexham AC	9.54
U17W	DISCUS (1.00kg)	Awen ROSSER	Carmarthen Harriers	37.74	Adele NICOLL	Birchfield Harriers	33.26	Zoe DAKIN	Bridgend AC	32.47
U17W	HAMMER (4.00kg)	Zoe DAKIN	Bridgend AC	45.74	Manon EDWARDS	Wrexham AC	20.36			
U17W	JAVELIN (600g)	Carys MANSFIELD	Carmarthen Harriers	42.86	Melissa ARTHUR	Newport Harriers	40.30	Nicole DAVENPORT	Bridgend AC	30.87

2011 WELSH CHAMPIONSHIP MEDALISTS

AGE GROUP	EVENT	GOLD			SILVER			BRONZE		
		ATHLETE	CLUB	PERF	ATHLETE	CLUB	PERF	ATHLETE	CLUB	PERF
U20M	100m	Dewi HAMMOND (W)	Bromsgrove	10.87	Michael PRENTICE (W)	Cardiff AAC	10.90	Thomas KNIGHT (W)	Cardiff AAC	10.93
U20M	200m	Michael PRENTICE (W)	Cardiff AAC	22.17	Thomas KNIGHT (W)	Cardiff AAC	22.22	Jamaul WHYTE (W)	Cardiff AAC	22.52
U20M	400m	Paul BENNETT (W)	Swansea Harriers	49.95	Matthew RICHARDS (W)	Pembroke Harriers	50.23	Ben FOWLE (W)	Colwyn Bay AC	50.78
U20M	800m	Charlie HULSON (W)	Sale Harriers Manchester	1:57.13	David BANWELL-CLODE (W)	Cwmbran Harriers	1:57.70	Alex EDWARDS (W)	Cwmbran Harriers	1:58.13
U20M	1500m	Jamie WRIGHT (W)	Deeside AAC	4:10.08	Matthew O'LEARY (W)	Neath Harriers	4:11.00	William SHERIDAN (W)	Deeside AAC	4:18.48
U20M	110m Hdl	Josh SANSOM (W)	Swansea Harriers	15.50	Tyron BLAKE (U17M) (W)	Cardiff AAC	15.59	Stephen GUEST (W)	Bridgend AC	16.84
U20M	400m Hdl	Paul BENNETT (W)	Swansea Harriers	53.85	Josh SANSOM (W)	Swansea Harriers	56.85	Ben PHILLIPS (W)	Woodford Green	57.41
U20M	2.0km Steeplechase	Emrys PENNY (W)	Newport Harriers	6:30.29	Matthew THOMAS (W)	Swansea Harriers	6:49.09			
U20M	HIGH JUMP	Adam DAVIES (W)	Pembroke Harriers	1.90						
U20M	HIGH JUMP	Stephen GUEST (W)	Bridgend AC	1.90				Tyron BLAKE (U17M) (W)	Cardiff AAC	1.80
U20M	POLE VAULT	Lewis NEWTON (W)	Cardiff AAC	4.00	Robert MCGREGOR (W)	Bridgend AC	3.90	Emyr JONES (W)	Carmarthen Harriers	3.90
U20M	LONG JUMP	Tomas MORGAN (W)	Newport Harriers	6.33	Kieron MARTIN (W)	Swansea Harriers	6.06	Stephen GUEST (W)	Bridgend AC	5.70
U20M	TRIPLE JUMP	Kieron MARTIN (W)	Swansea Harriers	12.18						
U20M	SHOT (6.00kg)	Josh BUSSELL (W)	Cwmbran Harriers	14.28						
U20M	DISCUS (1.75kg)	Ryan LEONARD (W)	Cardiff AAC	38.45	Josh BUSSELL (W)	Cwmbran Harriers	38.15			
U20M	HAMMER (6.00kg)	Osian JONES (W)	Menai T&F	54.27	Ashley ANDREWS (W)	Forest of Dean AC/Rhondda	52.47	Bradley COLE (W)	Cardiff AAC	51.75
U20M	JAVELIN (800g)	Ryan LEONARD (W)	Cardiff AAC	50.40	Bradley COLE (W)	Cardiff AAC	50.33	Niki DAVIES (W)	Neath Harriers	47.52
U20W	100m	Hannah THOMAS (W)	Wrexham AC	12.04	Rachel JOHNCOCK (W)	Colwyn Bay AC	12.17	Mica MOORE (W)	Cardiff AAC	12.17
U20W	200m	Hannah THOMAS (W)	Wrexham AC	24.50	Rachel JOHNCOCK (W)	Colwyn Bay AC	24.64	Jade MARVIN (W)	Wrexham AC	26.06
U20W	400m	Chloe Ann JONES (W)	Wrexham AC	56.89	Lauren REGAN (W)	Cardiff AAC	62.07			
U20W	800m	Jemima OSBORN (W)	Swansea Harriers	2:17.35	Abbie OLIVER (W)	Deeside AAC	2:23.88			
U20W	1500m	Sarah LIVETT (W)	Menai T&F	4:43.90	Rhianwedd PRICE (W)	Brecon AC	4:51.16	Ffion LEWIS (W)	Bridgend AC	4:56.32
U20W	100m Hdl	Kimberley DAVIES (W)	Swansea Harriers	17.62						
U20W	400m Hdl	Megan ROGERS (W)	Wrexham AC	63.85	Danielle MILL (W)	Cardiff AAC	69.27	Sophie PICK (W)	Carmarthen Harriers	69.68
U20W	1.5km Steeplechase	Rhianwedd PRICE (W)	Brecon AC	5:24.59	Katie REYNOLDS (W)	Swansea Harriers	5:36.79			
U20W	HIGH JUMP	Sian SWANSON (W)	Maldwyn Harriers	1.68	Sophie PICK (W)	Carmarthen Harriers	1.55	Kimberley DAVIES (W)	Swansea Harriers	1.50
U20W	POLE VAULT	Rebecca DAVIES (W)	Deeside AAC	3.50	Naomi JAMES (W)	Swansea Harriers	3.40	Megan JONES (W)	Swansea Harriers	2.20
U20W	LONG JUMP	Ffion REES (W)	Carmarthen Harriers	5.14	Sophie LANE (W)	Swansea Harriers	5.01	Kimberley DAVIES (W)	Swansea Harriers	4.94
U20W	TRIPLE JUMP	Megan O'SULLIVAN (W)	Cardiff AAC	11.20	Sian SWANSON (W)	Maldwyn Harriers	10.29	Amy BRADLEY (W)	Cwmbran Harriers	10.26
U20W	SHOT (4.0kg)	Lucy GRIFFITHS (W)	Pembroke Harriers	11.24						
U20W	DISCUS (1.00kg)	Nina PRELLS (W)	Swansea Harriers	37.84	Lucy GRIFFITHS (W)	Pembroke Harriers	36.65			
U20W	HAMMER (4.00kg)	Toni WELLS (W)	Swansea Harriers	50.87						
U20W	JAVELIN (600g)	Zoe PRIESTLEY (W)	Pembroke Harriers	38.52	Rachel BEVAN (W)	Cwmbran Harriers	34.19	Amy TIDBALL (W)	Bridgend AC	30.48

2011 WELSH CHAMPIONSHIP MEDALISTS

AGE GROUP	EVENT	GOLD			SILVER			BRONZE		
		ATHLETE	CLUB	PERF	ATHLETE	CLUB	PERF	ATHLETE	CLUB	PERF
SEN MEN	100m	Wyn ROBERTS (SM)	Swansea Harriers	10.99	Gareth PRICE (U23M)	Cardiff AAC	11.08	Milton BAKER (SM)	Cardiff AAC	11.30
SEN MEN	200m	Rhys WILLIAMS (SM)	Cardiff AAC	21.85	Gareth PRICE (U23M)	Cardiff AAC	22.08	Dwayne LEWIS (SM)	Birchfield Harriers	22.29
SEN MEN	400m	Joe THOMAS (U23M)	Cardiff AAC	47.25	Tom MILLER (U23M)	Cardiff AAC	48.65	Glyn HAWKES (SM)	Cardiff AAC	49.29
SEN MEN	800m	Rhys SMITH (SM)	Sale Harriers Manchester	1:51.38	Ieuan THOMAS (U23M)	Cardiff AAC	1:51.73	Michael KERSHAW (U23M)	Cardiff AAC	1:52.67
SEN MEN	1500m	Adam BITCHELL (SM)	Cardiff AAC	3:54.52	Thomas PHILLIPS (U23M)	Woodford Green	3:55.74	James MILLS (SM)	Cardiff AAC	3:57.69
SEN MEN	5000m	Matt JANES (SM)	Bedford & County AC	15:00.26	David MOUNTFORD (U20M)	Deeside AAC	15:13.24	Michael KALLENBERG (U20M)	Carmarthen Harriers	15:19.60
SEN MEN	110m Hdl									
SEN MEN	400m Hdl	Paul BENNETT (U20M)	Swansea Harriers	53.52	Gareth MORRIS (U23M)	Ashford AC	53.86	Richard CHAPPELL (SM)	Cardiff AAC	56.81
SEN MEN	3.0k Steeple Chase	Emrys PENNY (U20M)	Newport Harriers	10:08.90	Daniel BODMAN (SM)	Aberdare VAAC	10:24.03			
SEN MEN	HIGH JUMP	Stephen GUEST (U20M)	Bridgend AC	1.90	Owen CHESHER (SM)	Brecon AC	1.85	Jonathon BAILEY (U17M)	Cardiff AAC	1.85
SEN MEN	POLE VAULT	Paul WALKER (SM)	Loughborough Students AC	5.21	Glyn PRICE (SM)	Swansea Harriers	4.01	Daniel HODGSON (U20M)	Wrexham AC	3.81
SEN MEN	LONG JUMP	Richardo CHILDS (SM)	Brecon AC	7.48	David COOK (SM)	Kingston AC	7.23	Ben SIMONS (SM)	Telford AC	6.69
SEN MEN	TRIPLE JUMP	Navid CHILDS (SM)	Thames Valley H	14.91	Adam WILLIAMS (U23M)	UWIC	13.90			
SEN MEN	SHOT (7.26kg)	Ryan SPENCER-JONES (SM)	Birchfield Harriers	16.91	David GUEST (SM)	Bridgend AC	11.24	David GLENDOWER (SM)	Pembroke Harriers	7.85
SEN MEN	DISCUS (2.00kg)	David GUEST (SM)	Bridgend AC	36.67	Graham HOLDER (SM)	Bexley AC	35.26	Robert LLEWELLIN (SM)	Pembroke Harriers	30.47
SEN MEN	HAMMER (7.26kg)	Matthew RICHARDS (SM)	Belgrave Harriers	63.68	Graham HOLDER (SM)	Bexley AC	55.32	Ritchie WELLS (U23M)	Swansea Harriers	48.50
SEN MEN	JAVELIN (800g)	Lee DORAN (SM)	City of Sheffield AC	70.90	Jason HALLETT (SM)	Cardiff AAC	54.09	Bradley COLE (U20M)	Cardiff AAC	53.85
SEN WOM	100m	Rachel JOHNCOCK (U20W)	Colwyn Bay	12.42	Mica MOORE (U20W)	Cardiff AAC	12.48	Lucy EVANS (SW)	Sale Harriers Manchester	12.48
SEN WOM	200m	Rachel JOHNCOCK (U20W)	Colwyn Bay	24.33	Lucy EVANS (SW)	Sale Harriers Manchester	24.69	Rebecca WILLIAMS (U23W)	Newport Harriers	24.70
SEN WOM	400m	Rebecca WILLIAMS (U23W)	Newport Harriers	55.50	Chloe Ann JONES (U20W)	Wrexham AC	57.50	Kirsten WARING (SW)	Newport Harriers	58.60
SEN WOM	800m	Amanda MOSS (SW)	Cardiff AAC	2:13.61	Rebecca NUTTALL (SW)	Liverpool Harriers	2:19.75	Katie PARRY (SW)	Valley Striders	2:23.88
SEN WOM	1500m	Carol GLOVER (SW)	Swansea Harriers	4:30.22	Jade WILLIAMS (U20W)	Amman Valley	4:36.01	Debbie REES (SW)	Cardiff AAC	4:39.32
SEN WOM	5000m	Alaw BEYNON - THOMAS (U23W)	Carmarthen Harriers	17:43.24	Angharad DAVIES (U23W)	Carmarthen Harriers	18:27.51			
SEN WOM	100m Hdl	Caryl GRANVILLE (U23W)	Swansea Harriers	14.26	Lauren O'REILLY (U23W)	Newport Harriers	14.44	Catrin STONE (U20W)	Swansea Harriers	14.93
SEN WOM	400m Hdl	Caryl GRANVILLE (U23W)	Swansea Harriers	58.99	Anwen REES (SW)	Swansea Harriers	62.93	Emily BROWN (SW)	Cardiff AAC	67.93
SEN WOM	2.0km Steeplechase	Emily BROWN (SW)	Cardiff AAC	7:10.56						
SEN WOM	HIGH JUMP	Ffion BODILLY (U17W)	Cardiff AAC	1.68	Sian SWANSON (U20W)	Maldwyn Harriers	1.60			
SEN WOM	POLE VAULT	Sally PEAKE (SW)	Birchfield Harriers	4.30	Bryony RAINE (SW)	Cardiff AAC	3.90	Emily TAYLOR (U23W)	Bath University	3.60
SEN WOM	LONG JUMP	Lara RICHARDS (SW)	A.D. Marathon	6.10	Imogen MILES (SW)	Cardiff AAC	5.59	Donna JONES (U23W)	Swansea Harriers	5.19
SEN WOM	TRIPLE JUMP	Imogen MILES (SW)	Cardiff AAC	11.79	Megan O'SULLIVAN (U20W)	Cardiff AAC	11.07	Donna JONES (U23W)	Swansea Harriers	11.05
SEN WOM	SHOT (4.0kg)	Lucy GRIFFITHS (U20W)	Pembroke Harriers	11.38	Jessica HUDDLESTON (U23W)	Pembroke Harriers	9.88	Karen LLEWELLIN (SW)	Pembroke Harriers	8.69
SEN WOM	DISCUS (1.00kg)	Philippa ROLES (SW)	Swansea Harriers	54.64	Claire WILLIAMS (SW)	Carmarthen Harriers	40.76	Awen ROSSER (U17W)	Carmarthen Harriers	35.98
SEN WOM	HAMMER (4.00kg)	Carys PARRY (SW)	Rhondda AC	63.01	Laura DOUGLAS (SW)	Sale Harriers Manchester	60.06	Toni WELLS (U20W)	Swansea Harriers	51.95
SEN WOM	JAVELIN (600g)	Lianne CLARKE (SW)	Cardiff AAC	52.26	Tesni WARD (U23W)	City of Sheffield AC	50.63	Claire WILLIAMS (SW)	Swansea Harriers	39.76
U13G	1500m	Cari HUGHES	Menai Track and Field	4:54.46	Issy MORRIS	Blaenau Gwent AC	5:11.64	Bethan EVANS	Pontyclun AC	5:16.57
U13B	1500m	Jake HEYWARD	Cardiff AAC	4:43.32	Marinus PETERSEN	Pembroke Harriers	5:04.46	Thomas EVANS	Wrexham AC	5:15.41
U15G	1500m	Scarlett MCPHILLIPS	Blaenau Gwent AC	4:55.43	Lara PHILIPART	Swansea Harriers	4:56.42	Rosa YATES	Bridgend AC	4:57.39
U15B	1500m	Lewis JONES	Bridgend AC	4:27.90	Andrew MORRIS-JONES	Menai Track and Field	4:31.52	Iolo HUGHES	Menai Track and Field	4:34.10

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AGE GROUP	EVENT	GOLD			SILVER			BRONZE		
		ATHLETE	CLUB	PERF	ATHLETE	CLUB	PERF	ATHLETE	CLUB	PERF
U13B	100m	Harry HILLMAN	Cardiff AAC	12.85	Ellis WHARTON	Newport Harriers	12.91	Daniel SNELLING	Newport Harriers	13.13
U13B	200m	Ellis WHARTON	Newport Harriers	26.04	Daniel SNELLING	Newport Harriers	26.05	Callum DAVIES	Swansea Harriers	27.04
U13B	800m	Cole SWANNACK	Rhondda AC	02:21.25	David FLIGELSTONE	Swansea Harriers	02:23.15	Marinus PETERSEN	Pembroke Harriers	02:25.11
U13B	75m Hdl	Harry HILLMAN	Cardiff AAC	11.90	Joseph CROSBY	Swansea Harriers	12.08	Rhys HARRIS	Swansea Harriers	12.92
U13B	HIGH JUMP	Aled REES	Carmarthen Harriers	1.57	Harry HILLMAN	Cardiff AAC	1.51	Rhys HARRIS	Swansea Harriers	1.35
U13B	LONG JUMP	Joseph CROSBY	Swansea Harriers	4.76	David FLIGELSTONE	Swansea Harriers	4.38	Lewis CAMPBELL	Barry & Vale Harriers	4.27
U13B	SHOT (3.25kg)	Shaun LEE	Coedcae School	10.25	Rhys DAVIES	Swansea Harriers	8.94	Thomas HUGHES	Pembroke Harriers	7.38
U13B	DISCUS (1.00kg)	Shaun LEE	Coedcae School	23.33	Rhys DAVIES	Swansea Harriers	22.75	Ryan NICHOLAS	Swansea Harriers	19.57
U13B	JAVELIN (400g)	Nathan JAMES	Coedcae School	30.77	Cole SWANNACK	Rhondda AC	29.84	Keiran EVANS	Carmarthen Harriers	27.57
U13G	100m	Amelia REYNOLDS	Newport Harriers	13.33	Chloe HUGHES	Deeside AAC	13.75	Sarah OMOREGIE	Pembroke Harriers	13.85
U13G	200m	Amelia REYNOLDS	Newport Harriers	27.35	Chloe HUGHES	Deeside AAC	28.49	Eve WILLIAMS	Cwmbran Harriers	28.66
U13G	800m	Cari HUGHES	Menai T&F	02:23.61	Seren ALLIN	Bridgend AC	02:29.30	Bethan EVANS	Pontyclun AC	02:31.56
U13G	70m Hdl	Sarah OMOREGIE	Pembroke Harriers	11.87	Faye GIBBON	Barry & Vale Harriers	11.92	Mia EVANS	Neath Harriers	12.28
U13G	HIGH JUMP	Shauna REES	Neath Harriers	1.41	Abigail BUXTON	Pembroke Harriers	1.38	Chloe CLARKE	Swansea Harriers	1.35
U13G	LONG JUMP	Chloe HUGHES	Deeside AAC	4.57	Millicent FAKANDE	Cwmbran Harriers	4.44	Lauryn DAVEY	Carmarthen Harriers	4.20
U13G	SHOT (2.72kg)	Bethan LEWIS	Carmarthen Harriers	9.35	Sarah WATKINS	Neath Harriers	7.90	Rachel JONES	Swansea Harriers	7.85
U13G	DISCUS (0.75kg)	Bethan LEWIS	Carmarthen Harriers	20.53	Emily PEARCE	Rhondda AC	19.80	Emily GRIFFIN	Cardiff AAC	18.75
U13G	JAVELIN (400g)	Bethan REES	Cannock & Stafford AC	25.12	Bethan LEWIS	Carmarthen Harriers	23.60	Danielle JONES	Swansea Harriers	20.44
U15B	100m	George GRIFFITHS	Cardiff AAC	11.66	Shaun PEARCE	Carmarthen Harriers	11.70	Sion ROBERTS	Wrexham AC	12.04
U15B	200m	Shaun PEARCE	Carmarthen Harriers	23.89	Sion ROBERTS	Wrexham AC	24.22	Jack DUNN	Cwmbran Harriers	24.57
U15B	400m	Harry DAVIES	Bridgend AC	52.82	Ashley FARMER	Pembroke Harriers	54.98	Tyler PRITCHARD	Cwmbran Harriers	55.00
U15B	800m	Lewis JONES	Bridgend AC	02:02.24	Isaac HENRY	Cwmbran Harriers	02:04.69	Nikita NEARY	Carmarthen Harriers	02:04.96
U15B	80m Hdl	Michael WILSON	Swansea Harriers	12.36	Kyle ARNOLD	Newport Harriers	12.68	William RATCLIFFE	Pembroke Harriers	12.81
U15B	High Jump	Thomas TROTMAN	Cardiff AAC	1.65	Shaun MURRAY	Deeside AAC	1.65	Jack HOGAN	Bridgend AC	1.65
U15B	Pole Vault	Keiran INGRAM	Swansea Harriers	2.50	Gareth GOSS	Swansea Harriers	2.50			
U15B	Long Jump	George GRIFFITHS	Cardiff AAC	6.07	Joshua DAVIES	Pembroke Harriers	5.94	Kyle ARNOLD	Newport Harriers	5.32
U15B	Shot (4.00kg)	Matthew WILLIAMS	Wrexham AC	13.92	Ashley MORRIS	Swansea Harriers	12.84	Jake EVANS	Pembroke Harriers	12.24
U15B	Discus (1.25kg)	Matthew WILLIAMS	Wrexham AC	41.28	Nathan THOMASON	Colwyn Bay	32.30	Jake EVANS	Pembroke Harriers	31.57
U15B	Hammer (4.00kg)	Matthew WILLIAMS	Wrexham AC	43.01	Shaun LIVETT	Menai T&F	41.70	Nathan THOMASON	Colwyn Bay	35.65
U15B	Javelin (600g)	Tom HAINES	Newport Harriers	40.60	Jake EVANS	Pembroke Harriers	40.42	Drew MCLEAN	Neath Harriers	40.26

WILKINSON SWORD 2011 MEDAL TABLE

CLUB	GOLD	SILVER	BRONZE	TOTAL
Cardiff AAC	26	23	17	66
Swansea Harriers	22	19	28	69
Carmarthen Harriers	14	8	12	34
Wrexham AC	10	4	5	19
Pembroke Harriers	8	9	9	26
Deeside AAC	8	8	3	19
Newport Harriers	8	6	7	21
Bridgend AC	7	5	9	21
Birchfield Harriers	5	2	1	8
Cwmbran Harriers	4	7	6	17
Menai T&F	4	2	4	10
Colwyn Bay AC	3	5	2	10
Sale Harriers Manchester	3	4	3	10
Colwyn Bay	3	1	1	5
Coedcae School	3			3
Brecon AC	2	2	1	5
Rhondda AC	2	2		4
Aberdare VAAC	2	1		3
Barry & Vale Harriers	1	5	1	7
Neath Harriers	1	4	3	8
Maldwyn Harriers	1	3		4
Woodford Green	1	1	1	3
Menai Track and Field	1	1	1	3
Blaenau Gwent AC	1	1		2
City of Sheffield AC	1	1		2
Bromsgrove	1			1
Chelmsford AC	1			1
Llanelli AC	1			1
A.D. Marathon	1			1
Bedford & County AC	1			1
Belgrave Harriers	1			1
Loughborough Students AC	1			1
Thames Valley H	1			1
Cannock & Stafford AC	1			1
Bexley AC		2		2

WILKINSON SWORD 2011 MEDAL TABLE

CLUB	GOLD	SILVER	BRONZE	TOTAL
Pontyclun AC		1	2	3
Yate AC		1	2	3
Forest of Dean AC/Rhondda		1		1
Amman Valley		1		1
Ashford AC		1		1
Kingston AC		1		1
Liverpool Harriers		1		1
UWIC		1		1
Marlborough Juniors		1		1
City of Norwich AC			1	1
Vale Royal AC			1	1
Bath University			1	1
Les Croupiers			1	1
Telford AC			1	1
Valley Striders			1	1