



**WELSH ATHLETICS**  
ATHLETAU CYMRU

Welsh Athletics Senior League Div 2

Penlan Track

Brecon

23 April 2011

Results

**T24 - U17W, 100m**

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

**Welsh Record** Sallyanne SHORT & Rachel JOHNSON, Torfaen AC & Colwyn Bay, 11.88 & 11.88w, 1984 & 2009

| Pos | Bib | Athletes         | Club                  | Perf. | Comments |
|-----|-----|------------------|-----------------------|-------|----------|
| 1   | 709 | Laura DAVIES     | Llanelli AC           | 13.08 | *        |
| 2   | 722 | Gabriella JUKES  | Neath Harriers        | 13.39 |          |
| 3   | 614 | Ellie HARMAN     | Bridgend AC           | 13.42 |          |
| 4   | 721 | Nicole DAVIES    | Neath Harriers        | 13.61 |          |
| 5   | 562 | Carys KNAPMAN    | Barry & Vale Harriers | 13.65 |          |
| 6   | 586 | Gwenllian REEVES | Brecon AC             | 14.25 |          |
| 7   | 571 | Bethan WATKINS   | Blaenau Gwent AC      | 15.24 |          |
| 8   | 585 | Hannah CHARNLEY  | Brecon AC             | 17.51 |          |

**T30 - U17W, 300m**

**League Record** Megan ROGERS, Wrexham AC, 39.9, 2008

**Welsh Record** Faye HARDING, Wrexham AC, 39.46, 2001

| Pos | Bib | Athletes            | Club        | Perf. | Comments |
|-----|-----|---------------------|-------------|-------|----------|
| 1   | 710 | Danielle FRANKLIN   | Llanelli AC | 44.97 | * pb     |
| 2   | 712 | Leah WILSON-RANDELL | Llanelli AC | 45.52 | pb       |
| 3   | 703 | Elin EVANS          | Llanelli AC | 48.99 |          |

**T13 - U17W, 1500m**

**League Record** Kayleigh BROWN, Carmarthen Harriers, 4.45.0, 2006

**Welsh Record** Non STANFORD, Swansea Harriers, 4.23.55, 2004

| Pos | Bib | Athletes        | Club             | Perf.   | Comments |
|-----|-----|-----------------|------------------|---------|----------|
| 1   | 673 | Malika REZOUGUI | Cwmbran Harriers | 4:56.25 | *        |
| 2   | 672 | Elin LEWIS      | Cwmbran Harriers | 5:12.36 | *        |
| 3   | 671 | Francesca HYDE  | Cwmbran Harriers | 5:33.34 |          |

**T6 - U17W, 3000m**

**League Record** Ffion PRICE, Brecon AC, 10.46.30, 2009

**Welsh Record** Non STANFORD, Swansea Harriers, 9.22.84, 2004

| Pos | Bib | Athletes             | Club | Perf. |
|-----|-----|----------------------|------|-------|
|     |     | No Athletes Declared |      |       |

**T14 - U17W, 80m hurdles (76.2cm)**

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

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

| Pos | Bib | Athletes             | Club | Perf. |
|-----|-----|----------------------|------|-------|
|     |     | No Athletes Declared |      |       |

**T40 - U17W, 4 x 300 Relay**

**League Record** Cardiff AAC, 3.34.8, 2010

**Welsh Record** Not Recognised at this age group

| Pos | Bib | Athletes    | Club | Perf.   | Comments |
|-----|-----|-------------|------|---------|----------|
| 1   | 712 | Llanelli AC |      | 3:13.64 | *        |

**F6 - U17W, High Jump**

League Record Emily MORRIS, Swansea Harriers, 1.65, 2010

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

| Pos                  | Bib | Athletes | Club | Perf. |
|----------------------|-----|----------|------|-------|
| No Athletes Declared |     |          |      |       |

**F21 - U17W, Long Jump**

League Record Sarah DACEY, Swansea Harriers, 5.59, 2007

Welsh Record Lisa ARMSTRONG, Torfaen AC, 6.01, 1990

| Pos | Bib | Athletes        | Club                  | Perf. |    |
|-----|-----|-----------------|-----------------------|-------|----|
| 1   | 674 | Zoe BRADLEY     | Cwmbran Harriers      | 4.23  | pb |
| 2   | 587 | Lisa SMITH      | Brecon AC             | 3.90  | pb |
| 3   | 562 | Carys KNAPMAN   | Barry & Vale Harriers | 3.46  | pb |
| 4   | 563 | Danielle CLOSE  | Barry & Vale Harriers | 3.10  | pb |
| 5   | 585 | Hannah CHARNLEY | Brecon AC             | 2.62  | pb |

**F12 - U17W, Shot Put (4.00kg)**

League Record Sally HINDS, Swansea Harriers, 11.47, 2002

Welsh Record Philipa ROLES, Swansea Harriers, 13.65, 1994

| Pos | Bib | Athletes        | Club           | Perf. |        |
|-----|-----|-----------------|----------------|-------|--------|
| 1   | 612 | Zoe DAKIN       | Bridgend AC    | 8.37  | G4* pb |
| 2   | 721 | Nicole DAVIES   | Neath Harriers | 6.27  | pb     |
| 3   | 585 | Hannah CHARNLEY | Brecon AC      | 6.03  | pb     |

**F3 - U17W, Javelin (600g)**

League Record Lianne CLARKE, Neath Harriers, 44.40, 2003

Welsh Record Lianne CLARKE, Neath Harriers, 45.55, 2003

| Pos | Bib | Athletes         | Club                  | Perf. |     |
|-----|-----|------------------|-----------------------|-------|-----|
| 1   | 613 | Nicole DAVENPORT | Bridgend AC           | 29.04 | G4* |
| 2   | 612 | Zoe DAKIN        | Bridgend AC           | 19.85 | pb  |
| 3   | 563 | Danielle CLOSE   | Barry & Vale Harriers | 14.44 | pb  |

### T21 - U17M, 100m

League Record Lloyd REFFELL, Cardiff AAC, 11.2, 2005

Lge Rec

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

| Pos | Bib | Athletes        | Club                  | Perf. | Comments |
|-----|-----|-----------------|-----------------------|-------|----------|
| 1   | 549 | Thomas WILLIAMS | Barry & Vale Harriers | 11.17 | G1*      |
| 2   | 676 | Ryan LEE        | Cwmbran Harriers      | 11.37 | G3 pb    |
| 3   | 646 | Joshua JONES    | Colwyn Bay AC         | 11.38 | G3       |
| 4   | 644 | Carlos MARTINEZ | Colwyn Bay AC         | 11.92 |          |
| 5   | 708 | Aidan JAMES     | Llanelli AC           | 12.19 | pb       |
| 6   | 528 | Morgan EVANS    | Aberdare VAAC         | 12.55 |          |
| 7   | 593 | Rhodri BOGGUST  | Brecon AC             | 12.62 |          |
| 8   | 570 | Christian WHITE | Blaenau Gwent AC      | 13.22 |          |

### Race 2

| Pos | Bib | Athletes             | Club             | Perf. |
|-----|-----|----------------------|------------------|-------|
| 1   | 669 | Stephen SCARFI       | Cwmbran Harriers | 12.38 |
| 2   | 645 | Harrison JONES       | Colwyn Bay AC    | 12.50 |
| 3   | 701 | Jac GRIFFITHS        | Llanelli AC      | 12.62 |
| 4   | 647 | Jake LOVATT          | Colwyn Bay AC    | 12.69 |
| 5   | 599 | Jack DEVLIN          | Brecon AC        | 13.14 |
| 6   | 727 | Lloyd THOMAS-WHEELER | Neath Harriers   | 13.24 |

### Race 3

| Pos | Bib | Athletes     | Club                  | Perf. |
|-----|-----|--------------|-----------------------|-------|
| 1   | 591 | Adam JONES   | Brecon AC             | 12.1  |
| 2   | 726 | Owain MORGAN | Neath Harriers        | 12.2  |
| 3   | 550 | Jamie LAM    | Barry & Vale Harriers | 12.4  |

### T27 - U17M, 400m

League Record Rhodri SCANLON, Carmarthen Harriers, 51.1, 2003

Welsh Record Bruce TASKER, Carmarthen Harriers, 47.85, 2004

| Pos | Bib | Athletes         | Club                  | Perf. |
|-----|-----|------------------|-----------------------|-------|
| 1   | 549 | Thomas WILLIAMS  | Barry & Vale Harriers | 55.91 |
| 2   | 593 | Rhodri BOGGUST   | Brecon AC             | 56.20 |
| 3   | 649 | George BACKSHALL | Colwyn Bay AC         | 59.05 |
| 4   | 645 | Harrison JONES   | Colwyn Bay AC         | 59.84 |
| 5   | 713 | Zac LEWIS        | Llanelli AC           | 60.82 |
| 6   | 599 | Jack DEVLIN      | Brecon AC             | 61.22 |
| 7   | 647 | Jake LOVATT      | Colwyn Bay AC         | 61.30 |

### T9 - U17M, 1500m

League Record David JONES, Carmarthen Harriers, 4.07.0,

Welsh Record Colin CLARKSON, Swansea Harriers, 3.51.5, 1977

| Pos | Bib | Athletes        | Club             | Perf.   |     |
|-----|-----|-----------------|------------------|---------|-----|
| 1   | 643 | Tom EARLEY      | Colwyn Bay AC    | 4:14.89 | G3* |
| 2   | 677 | Owen DAVIES     | Cwmbran Harriers | 4:30.39 | *   |
| 3   | 706 | Nathan HARRISON | Llanelli AC      | 4:46.25 | pb  |

### T5 - U17M, 3000m

League Record Daniel CHESWORTH, Newport Harriers, 9.08.0, 2010

Welsh Record Colin CLARKSON, Swansea, 8.25.2, 1977

| Pos | Bib | Athletes     | Club             | Perf.    |
|-----|-----|--------------|------------------|----------|
| 1   | 642 | Nathan JONES | Colwyn Bay AC    | 9:39.42  |
| 2   | 670 | Ben JONES    | Cwmbran Harriers | 9:46.08  |
| 3   | 604 | Ross GRIMES  | Brecon AC        | 12:04.21 |

**T12 - U17M, 100m hurdles (91.4cm)**

League Record Dafydd WALTERS, Carmarthen Harriers, 13.8, 2007

Welsh Record David GUEST, Bridgend AC, 12.94, 2007

| Pos | Bib | Athletes     | Club          | Perf. |
|-----|-----|--------------|---------------|-------|
| 1   | 528 | Morgan EVANS | Aberdare VAAC | 18.09 |

**T33 - U17M, 4 x 100 Relay**

League Record Cardiff AAC, 45.2, 2002

Welsh Record Not Recognised at this age group

| Pos | Bib | Athletes      | Club | Perf. |
|-----|-----|---------------|------|-------|
| 1   | 647 | Colwyn Bay AC |      | 48.66 |
| 2   | 701 | Llanelli AC   |      | 53.36 |

**F18 - U17M, High Jump**

League Record Sam HOOD, Cardiff AAC, 2.05,

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

| Pos                  | Bib | Athletes | Club | Perf. |
|----------------------|-----|----------|------|-------|
| No Athletes Declared |     |          |      |       |

**F9 - U17M, Long Jump**

League Record Ricardo CHILDS, Brecon AC, 6.88, 2001

Welsh Record Marcus BROWNING, Chester, 7.11, 1986

| Pos | Bib | Athletes             | Club             | Perf.   |
|-----|-----|----------------------|------------------|---------|
| 1   | 644 | Carlos MARTINEZ      | Colwyn Bay AC    | 5.30 pb |
| 2   | 648 | Dylan SAYERS         | Colwyn Bay AC    | 4.67 pb |
| 3   | 701 | Jac GRIFFITHS        | Llanelli AC      | 4.60    |
| 4   | 570 | Christian WHITE      | Blaenau Gwent AC | 4.54 pb |
| 5   | 649 | George BACKSHALL     | Colwyn Bay AC    | 4.44 pb |
| 6   | 679 | Jordan DAVIES        | Cwmbran Harriers | 4.34 pb |
| 7   | 727 | Lloyd THOMAS-WHEELER | Neath Harriers   | 4.10 pb |
| 8   | 604 | Ross GRIMES          | Brecon AC        | 3.76 pb |

**F24 - U17M, Shot Put (5.00kg)**

League Record Tom EDWARDS, Carmarthen Harriers, 15.37, 2008

Welsh Record Mark HEWER, Cardiff AAC, 16.93, 1979

| Pos | Bib | Athletes       | Club             | Perf.        |
|-----|-----|----------------|------------------|--------------|
| 1   | 595 | Robson BLAKE   | Brecon AC        | 12.59 G2* pb |
| 2   | 679 | Jordan DAVIES  | Cwmbran Harriers | 8.29 pb      |
| 3   | 648 | Dylan SAYERS   | Colwyn Bay AC    | 7.93 pb      |
| 4   | 701 | Jac GRIFFITHS  | Llanelli AC      | 7.36         |
| 5   | 647 | Jake LOVATT    | Colwyn Bay AC    | 7.14 pb      |
| 6   | 645 | Harrison JONES | Colwyn Bay AC    | 5.37 pb      |

**F15 - U17M, Javelin (700g)**

League Record Jon LLEWELLYN, Carmarthen Harriers, 60.17, 2009

Welsh Record Colin MACKENZIE, East Kent, 70.30, 1979

| Pos | Bib | Athletes         | Club          | Perf.        |
|-----|-----|------------------|---------------|--------------|
| 1   | 595 | Robson BLAKE     | Brecon AC     | 46.70 G2* pb |
| 2   | 648 | Dylan SAYERS     | Colwyn Bay AC | 33.91 pb     |
| 3   | 593 | Rhodri BOGGUST   | Brecon AC     | 33.62 pb     |
| 4   | 649 | George BACKSHALL | Colwyn Bay AC | 30.01 pb     |

**T23 - U20W, 100m**

League Record Susan BAGNALL, Deeside AAC, 12.3, 2003

Welsh Record Helin MILES, Cardiff AAC, 11.62, 1985

| Pos | Bib | Athletes           | Club                  | Perf. | Comments |
|-----|-----|--------------------|-----------------------|-------|----------|
| 1   | 561 | Ellie CARTER       | Barry & Vale Harriers | 13.18 | *        |
| 2   | 638 | Nia ROBERTS        | Colwyn Bay AC         | 13.35 |          |
| 3   | 705 | Abigail HALL       | Llanelli AC           | 13.37 | pb       |
| 4   | 675 | Amy BRADLEY        | Cwmbran Harriers      | 13.55 |          |
| 5   | 639 | Kirsty LEE         | Colwyn Bay AC         | 14.23 |          |
| 6   | 616 | Rhianydd LLEWELLYN | Bridgend AC           | 14.47 |          |

**T29 - U20W, 400m**

League Record Gail LIPPETT, Wrexham AC, 59.00, 2007

Welsh Record Sian MORRIS, Port Talbot, 52.80, 1983

| Pos | Bib | Athletes    | Club          | Perf. |
|-----|-----|-------------|---------------|-------|
| 1   | 638 | Nia ROBERTS | Colwyn Bay AC | 76.09 |

**T18 - U20W, 1500m**

League Record Helen WILLIAMS, Wrexham AC, 4.57.0,

Welsh Record Non STANFORD, Swansea Harriers, 4.23.55, 2004

| Pos | Bib | Athletes        | Club      | Perf.   | Lge Rec |
|-----|-----|-----------------|-----------|---------|---------|
| 1   | 589 | Rhianwedd PRICE | Brecon AC | 4:48.67 | *       |
| 2   | 588 | Ffion PRICE     | Brecon AC | 4:55.55 | *       |

**T4 - U20W, 3000m**

League Record No record set

Welsh Record Non STANFORD, 9:22.84, Swansea, 2004

| Pos | Bib | Athletes             | Club | Perf. |
|-----|-----|----------------------|------|-------|
|     |     | No Athletes Declared |      |       |

**T11 - U20W, 100m hurdles (84.0cm)**

League Record Heather JONES, Carmarthen Harriers, 14.00, 2005

Welsh Record Bethan EDWARDS, Cardiff AAC, 13.57, 1992

| Pos | Bib | Athletes             | Club | Perf. |
|-----|-----|----------------------|------|-------|
|     |     | No Athletes Declared |      |       |

**F5 - U20W, High Jump**

League Record Ceri STOKOE, Swansea Harriers, 1.79

Welsh Record Rebecca JONES, Wrexham AC, 1.88, 2002

| Pos                  | Bib | Athletes | Club | Perf. |
|----------------------|-----|----------|------|-------|
| No Athletes Declared |     |          |      |       |

**F20 - U20W, Long Jump**

League Record Lara RICHARDS, Newport Harriers, 5.58,

Welsh Record Lisa ARMSTRONG, Torfaen AC, 6.25, 1992

| Pos | Bib | Athletes           | Club                  | Perf. |     |
|-----|-----|--------------------|-----------------------|-------|-----|
| 1   | 675 | Amy BRADLEY        | Cwmbran Harriers      | 5.09  | G3* |
| 2   | 616 | Rhianydd LLEWELLYN | Bridgend AC           | 4.43  |     |
| 3   | 561 | Ellie CARTER       | Barry & Vale Harriers | 4.42  | pb  |
| 4   | 705 | Abigail HALL       | Llanelli AC           | 4.38  |     |
| 5   | 711 | Kara STEADMAN      | Llanelli AC           | 4.05  |     |

**F11 - U20W, Shot Put (4.00kg)**

League Record Sally HINDS, Swansea Harriers, 13.24, 2005

Welsh Record Sally HINDS, Swansea Harriers, 14.72, 2005

| Pos | Bib | Athletes   | Club          | Perf. |    |
|-----|-----|------------|---------------|-------|----|
| 1   | 639 | Kirsty LEE | Colwyn Bay AC | 5.57  | pb |

**F2 - U20W, Javelin (600g)**

League Record Lianne CLARKE, Neath Harriers, 46.79, 2005

Welsh Record Lianne CLARKE, Cardiff AAC, 50.95, 2004

| Pos | Bib | Athletes    | Club          | Perf. |     |
|-----|-----|-------------|---------------|-------|-----|
| 1   | 615 | Amy TIDBALL | Bridgend AC   | 32.55 | G3* |
| 2   | 639 | Kirsty LEE  | Colwyn Bay AC | 12.45 | pb  |
| 3   | 638 | Nia ROBERTS | Colwyn Bay AC | 5.14  | pb  |

**T20 - U20M, 100m**

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

Welsh Record Christian MALCOLM, Cardiff AAC, 10.12, 1998

| Pos                  | Bib | Athletes | Club | Perf. | Comments |
|----------------------|-----|----------|------|-------|----------|
| No Athletes Declared |     |          |      |       |          |

**T26 - U20M, 400m**

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

Welsh Record Tim BENJAMIN, Cardiff AAC, 46.10, 2001

| Pos | Bib | Athletes       | Club                  | Perf. | Comments |
|-----|-----|----------------|-----------------------|-------|----------|
| 1   | 551 | Curtis MATHEWS | Barry & Vale Harriers | 51.30 | G3*      |
| 2   | 618 | Alex SIMON     | Bridgend AC           | 54.53 | pb       |
| 3   | 726 | Owain MORGAN   | Neath Harriers        | 57.62 |          |

**T16 - U20M, 1500m**

League Record Tom MARSHALL, Brecon AC, 4.05.6, 2007

Welsh Record Neil HORSEFIELD, Newport Harriers, 3.44.59, 1984

| Pos | Bib | Athletes        | Club           | Perf.   | Comments       |
|-----|-----|-----------------|----------------|---------|----------------|
| 1   | 724 | Matthew O'LEARY | Neath Harriers | 4:03.85 | G3*<br>Lge Rec |

**T2 - U20M, 3000m**

League Record David MOUNTFORD Deeside AAC 8.52.4 2010

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

| Pos                  | Bib | Athletes | Club | Perf. | Comments |
|----------------------|-----|----------|------|-------|----------|
| No Athletes Declared |     |          |      |       |          |

**T8 - U20M, 110m hurdles (99.0cm)**

League Record Dafydd WALTERS, Carmarthen Harriers, 14.9, 2008

Welsh Record Colin JACKSON, Cardiff AAC, 13.44, 1986

| Pos | Bib | Athletes       | Club                  | Perf. | Comments |
|-----|-----|----------------|-----------------------|-------|----------|
| 1   | 551 | Curtis MATHEWS | Barry & Vale Harriers | 15.3  | G3*      |
| 2   | 617 | Stephen GUEST  | Bridgend AC           | 17.6  |          |

**F17 - U20M, High Jump**

League Record Gareth HAINES, Carmarthen Harriers, 1.98,

Welsh Record John HILL, Solihull, 2.24, 1985

| Pos | Bib | Athletes      | Club        | Perf. | Comments |
|-----|-----|---------------|-------------|-------|----------|
| 1   | 617 | Stephen GUEST | Bridgend AC | 1.85  | G3*      |

**F8 - U20M, Long Jump**

League Record Ricardo CHILDS, Brecon AC, 7.09, 2003

Welsh Record Colin JACKSON, Cardiff AAC, 7.56, 1985

| Pos | Bib | Athletes     | Club                  | Perf. | Comments |
|-----|-----|--------------|-----------------------|-------|----------|
| 1   | 550 | Jamie LAM    | Barry & Vale Harriers | 4.79  | pb       |
| 2   | 726 | Owain MORGAN | Neath Harriers        | 3.89  | pb       |

**F23 - U20M, Shot Put (6.00kg)**

League Record Brett MORSE, Cardiff AAC, 16.34, 2008

Welsh Record Brett MORSE, Cardiff AAC, 17.05, 2008

| Pos | Bib | Athletes             | Club | Perf. | Comments |
|-----|-----|----------------------|------|-------|----------|
| 1   |     | No Athletes Declared |      |       |          |

**F14 - U20M, Javelin (800g)**

League Record Jason COPSEY, Cwmbran Harriers, 62.66, 2010

Welsh Record Jonathan CLARKE, Swansea Harriers, 68.74, 1986

| Pos | Bib | Athletes    | Club           | Perf. |        |
|-----|-----|-------------|----------------|-------|--------|
| 1   | 723 | Niki DAVIES | Neath Harriers | 45.85 | G3* pb |

**T22 - SW, 100m**

League Record Sallyanne SHORT, Torfaen AC, 11.9, 1987  
Welsh Record Sallyanne SHORT, Torfaen AC, 11.39, 1992

| Pos | Bib | Athletes             | Club | Perf. | Comments |
|-----|-----|----------------------|------|-------|----------|
|     |     | No Athletes Declared |      |       |          |

**T28 - SW, 400m**

League Record Anne MIDDLE, Newport Harriers, 55.2, 1991  
Welsh Record Michelle SCUTT, Sale Harriers, 50.63, 1982

| Pos | Bib | Athletes     | Club      | Perf. |
|-----|-----|--------------|-----------|-------|
| 1   | 583 | Leigh BARKER | Brecon AC | 68.74 |

**T17 - SW, 1500m**

League Record Hayley NASH, Swansea Harriers, 4.24.4, 1987  
Welsh Record Hayley TULLETT, Swansea Harriers, 3.59.95, 2000

| Pos | Bib | Athletes          | Club          | Perf.   | Comments |
|-----|-----|-------------------|---------------|---------|----------|
| 1   | 582 | Satu HAIKALA      | Brecon AC     | 5:12.97 |          |
| 2   | 583 | Leigh BARKER      | Brecon AC     | 5:22.16 |          |
| 3   | 704 | Jenny PHILLIPS    | Llanelli AC   | 5:27.58 | pb       |
| 4   | 707 | Ffion EVANS       | Llanelli AC   | 5:39.64 | pb       |
| 5   | 584 | Becca JONES       | Brecon AC     | 5:54.33 |          |
| 6   | 641 | Mary DOWELL-JONES | Colwyn Bay AC | 5:59.93 |          |

**T3 - SW, 5000m**

League Record No record set  
Welsh Record Angela TOOBY, Cardiff AAC, 15:27.56, 1984

| Pos | Bib | Athletes          | Club          | Perf.    |
|-----|-----|-------------------|---------------|----------|
| 1   | 641 | Mary DOWELL-JONES | Colwyn Bay AC | 23:29.38 |
| 2   | 590 | Catherine OLIVANT | Brecon AC     | 24:11.87 |

**T10 - SW, 100m hurdles (84.0cm)**

League Record Heather JONES, Carmarthen Harriers, 13.6, 2005  
Welsh Record Kay MORLEY, Cardiff AAC, 12.91, 1990

| Pos | Bib | Athletes             | Club | Perf. |
|-----|-----|----------------------|------|-------|
|     |     | No Athletes Declared |      |       |

**T34 - SW, 4 x 100 Relay**

League Record Torfaen AC, 49.1, 1987  
Welsh Record Wales, 45.37, 1986

| Pos | Bib | Athletes          | Club | Perf. |
|-----|-----|-------------------|------|-------|
|     |     | No Teams Declared |      |       |

**T41 - SW, 4 x 400 Relay**

League Record Cardiff AAC, 4.00.5, 1987  
Welsh Record Wales, 3.35.60, 1982

| Pos | Bib | Athletes          | Club | Perf. |
|-----|-----|-------------------|------|-------|
|     |     | No Teams Declared |      |       |

**F4 - SW, High Jump**

League Record Rebecca JONES, Wrexham AC, 1.73, 1999

Welsh Record Julie CRANE, Sale Harriers, 1.89, 2004

| Pos | Bib | Athletes             | Club | Perf. |
|-----|-----|----------------------|------|-------|
|     |     | No Athletes Declared |      |       |

**F19 - SW, Long Jump**

League Record Gillian REGAN, Cardiff AAC, 6.18, 1981

Welsh Record Gill REGAN, Cardiff AAC, 6.52, 1982

| Pos | Bib | Athletes             | Club | Perf. |
|-----|-----|----------------------|------|-------|
| 1   |     | No Athletes Declared |      |       |

**F10 - SW, Shot Put (4.00kg)**

League Record Vanessa HEAD, Cardiff AAC, 18.93, 1984

Welsh Record Vanessa HEAD, Cardiff AAC, 18.93, 1984

| Pos | Bib | Athletes       | Club      | Perf.   |
|-----|-----|----------------|-----------|---------|
| 1   | 581 | Julie DRISCOLL | Brecon AC | 7.37 pb |

**F1 - SW, Javelin (600g)**

League Record Karen HOUGH, Swansea Harriers, 47.94, 1984

Welsh Record Lianne CLARKE, Cardiff AAC, 52.68, 2007

| Pos | Bib | Athletes       | Club      | Perf.    |
|-----|-----|----------------|-----------|----------|
| 1   | 581 | Julie DRISCOLL | Brecon AC | 15.47 pb |

### T19 - SM, 100m

League Record Colin JACKSON, Cardiff AAC, 10.3, 1993

Welsh Record Christian MALCOLM, Cardiff AAC, 10.11, 2001

| Pos | Bib | Athletes     | Club          | Perf. | Comments |
|-----|-----|--------------|---------------|-------|----------|
| 1   | 525 | Marc RITCHIE | Aberdare VAAC | 10.91 | G3*      |
| 2   | 526 | David JAMES  | Aberdare VAAC | 11.34 | pb       |
| 3   | 702 | James THOMAS | Llanelli AC   | 11.53 |          |
| 4   | 619 | Ryan HARRIS  | Bridgend AC   | 11.63 | pb       |
| 5   | 654 | Phil JONES   | Colwyn Bay AC | 12.65 |          |
| 6   | 603 | Paul EVANS   | Brecon AC     | 13.78 |          |

### T25 - SM, 400m

League Record Roger BARRETT, Carmarthen Harriers, 48.0, 1984

Welsh Record Iwan THOMAS, Newham, 44.36, 1997

| Pos | Bib | Athletes          | Club          | Perf. | Comments |
|-----|-----|-------------------|---------------|-------|----------|
| 1   | 700 | Jonathan WILLIAMS | Llanelli AC   | 51.67 | *        |
| 2   | 523 | David WILLIAMS    | Aberdare VAAC | 57.74 |          |
| 3   | 524 | Daniel BODMAN     | Aberdare VAAC | 60.03 | pb       |
| 4   | 620 | Evatt CUMMINGS    | Bridgend AC   | 64.90 |          |
| 5   | 653 | Konrad ROBERTS    | Colwyn Bay AC | 66.09 |          |
| 6   | 603 | Paul EVANS        | Brecon AC     | 69.36 |          |

### T15 - SM, 1500m

League Record Shaun WHELAN, Swansea Harriers, 3.50.2, 1988

Welsh Record Neil HORSEFIELD, Newport Harriers, 3.35.08, 1990

| Pos | Bib | Athletes       | Club          | Perf.   | Comments |
|-----|-----|----------------|---------------|---------|----------|
| 1   | 524 | Daniel BODMAN  | Aberdare VAAC | 4:40.82 | pb       |
| 2   | 523 | David WILLIAMS | Aberdare VAAC | 4:49.88 |          |
| 3   | 620 | Evatt CUMMINGS | Bridgend AC   | 5:02.39 |          |
| 4   | 527 | Stephen HUGHES | Aberdare VAAC | 5:08.95 |          |
| 5   | 653 | Konrad ROBERTS | Colwyn Bay AC | 5:11.62 |          |

### T1 - SM, 5000m

League Record Ian HAMER, Swansea Harriers, 13:09.80, 1992

Welsh Record Nigel ADAMS, Swansea Harriers, 14:15.90, 1985

| Pos | Bib | Athletes        | Club           | Perf.    | Comments |
|-----|-----|-----------------|----------------|----------|----------|
| 1   | 600 | Philip KENDRICK | Brecon AC      | 17:38.25 |          |
| 2   | 524 | Daniel BODMAN   | Aberdare VAAC  | 18:01.01 | pb       |
| 3   | 725 | Lee SANDHAM     | Neath Harriers | 18:27.66 |          |
| 4   | 653 | Konrad ROBERTS  | Colwyn Bay AC  | 19:37.77 |          |

### T7 - SM, 110m hurdles (106.7cm)

League Record Colin JACKSON, Brecon AC, 13.3, 1993

Welsh Record Colin JACKSON, Brecon AC, 12.91, 1993

| Pos | Bib | Athletes      | Club      | Perf. | Comments |
|-----|-----|---------------|-----------|-------|----------|
| 1   | 594 | Derek OSBORNE | Brecon AC | 20.49 |          |

### T31 - SM, 4 x 100 Relay

League Record Swansea Harriers, 42.5, 1981

Welsh Record Wales, 38.73, 1998

| Pos | Bib | Athletes      | Club | Perf. | Comments |
|-----|-----|---------------|------|-------|----------|
| 1   | 523 | Aberdare VAAC |      | 46.90 |          |

### T37 - SM, 4 x 400 Relay

League Record Newport Harriers, 3.22.5, 1997

Welsh Record Wales, 3.00.41, 2002

| Pos | Bib | Athletes | Club | Perf. | Comments |
|-----|-----|----------|------|-------|----------|
|     |     |          |      |       |          |

**F16 - SM, High Jump**

League Record Paul EVANS, , 2.05, 1983

Welsh Record Robert MITCHELL, Sale Harriers, 2.25, 2001

| Pos | Bib | Athletes      | Club      | Perf. |        |
|-----|-----|---------------|-----------|-------|--------|
|     | 592 | Owen CHESHER  | Brecon AC | 1.95  | G2* pb |
|     | 594 | Derek OSBORNE | Brecon AC | 1.55  | pb     |

**F7 - SM, Long Jump**

League Record Richard JONES, , 7.44, 1983

Welsh Record Lynn DAVIES, Cardiff AAC, 8.23, 1968

| Pos | Bib | Athletes         | Club          | Perf. |      |
|-----|-----|------------------|---------------|-------|------|
| 1   | 526 | David JAMES      | Aberdare VAAC | 6.30  | * pb |
| 2   | 596 | Stephen JEFFREYS | Brecon AC     | 6.17  | * pb |
| 3   | 594 | Derek OSBORNE    | Brecon AC     | 5.15  | pb   |

**F22 - SM, Shot Put (7.26kg)**

League Record Ben ROBERTS, Deeside AAC, 14.54, 2006

Welsh Record Shaun PICKERING, Haringey, 20.45, 1997

| Pos | Bib | Athletes          | Club          | Perf. |    |
|-----|-----|-------------------|---------------|-------|----|
| 1   | 594 | Derek OSBORNE     | Brecon AC     | 7.79  | pb |
| 2   | 654 | Phil JONES        | Colwyn Bay AC | 7.13  | pb |
| 3   | 657 | Crispin BACKSHALL | Colwyn Bay AC | 6.50  | pb |

**F13 - SM, Javelin (800g)**

League Record Jonathan CLARKE, Swansea Harriers, 65.76, 1988

Welsh Record Nigel BEVAN, Belgrave Harriers, 81.7, 1992

| Pos | Bib | Athletes          | Club             | Perf. |      |
|-----|-----|-------------------|------------------|-------|------|
| 1   | 678 | Jason COPSEY      | Cwmbran Harriers | 58.61 | G1*  |
| 2   | 594 | Derek OSBORNE     | Brecon AC        | 32.37 | * pb |
| 3   | 525 | Marc RITCHIE      | Aberdare VAAC    | 24.67 | * pb |
| 4   | 654 | Phil JONES        | Colwyn Bay AC    | 24.64 | * pb |
| 5   | 657 | Crispin BACKSHALL | Colwyn Bay AC    | 18.70 | * pb |