



WELSH ATHLETICS  
ATHLETAU CYMRU

Welsh Athletics  
Senior Outdoor Championships  
incorporating  
Parallel Success  
& U13-U15 1500m Championships  
2011  
Cardiff International Sports Stadium  
18th & 19th June  
Sat 18th Results

## Event : T31 Senior Men 100m Final

All Comers Record : Craig PICKERING England 10.24 2009  
 Welsh Record : Christian MALCOLM Cardiff AAC 10.11 2001  
 Championship Best : Christian MALCOLM Cardiff AAC 10.28 2005  
 2010 Welsh Champion : Christian MALCOLM, Cardiff AAC, 10.57

w/s -2.8

*Athletes qualified from T12*

Pos	Bib	Athlete	Club	Perf	Comments
1	23	Wyn ROBERTS (SM)	Swansea Harriers	10.99	
2	22	Gareth PRICE (U23M)	Cardiff AAC	11.08	
3	12	Milton BAKER (SM)	Cardiff AAC	11.30	
4	17	Santino DUMMETT (U23M)	Telford AC	11.47	
5	234	Seriashe CHILDS (SM)	Cardiff AAC	11.57	
6	16	Thomas CUSWORTH (U20M)	Wrexham AC	11.68	
7	19	Ryan HARRIS (SM)	Bridgend AC	11.96	
	24	Ben SIMONS (SM)	Telford AC	DNS	

## Event : T12 Senior Men 100m Heats

*Qualification to next round event T31 3(Q) 2(q)*

Pos	Bib	Athlete	Club	Perf	Comments
1	23	Wyn ROBERTS (SM)	Swansea Harriers	11.13	Q
2	24	Ben SIMONS (SM)	Telford AC	11.22	Q
3	12	Milton BAKER (SM)	Cardiff AAC	11.38	Q
4	16	Thomas CUSWORTH (U20M)	Wrexham AC	11.70	q
5	19	Ryan HARRIS (SM)	Bridgend AC	11.94	q
6	15	Navid CHILDS (SM)	Thames Valley H	12.18	

Pos	Bib	Athlete	Club	Perf	Comments
1	22	Gareth PRICE (U23M)	Cardiff AAC	11.22	Q
2	17	Santino DUMMETT (U23M)	Telford AC	11.42	Q
3	234	Seriashe CHILDS (SM)	Cardiff AAC	11.56	Q
4	18	James GRIFFITHS (U20M)	Cardiff AAC	11.98	
5	20	Mathew JONES (SM)	Carmarthen Harriers	11.99	



### Event : T49 Senior Men 200m Final

All Comers Record : Todd BENNETT England 20.36 1984  
Welsh Record : Christian MALCOLM Cardiff AAC 20.08 2001  
Championship Best : Doug TURNER Cardiff AAC 20.54 2001  
2010 Welsh Champion : Tim ABEYIE, Woodford Green & Essex L, 22.16

w/s -2.4

*Athletes qualified from T40*

Pos	Bib	Athlete	Club	Perf	Comments
1	45	Rhys WILLIAMS (SM)	Cardiff AAC	21.85	
2	22	Gareth PRICE (U23M)	Cardiff AAC	22.08	
3	42	Dwayne LEWIS (SM)	Birchfield Harriers	22.29	
4	43	Michael PRENTICE (U20M)	Cardiff AAC	22.41	
5	46	James WILTSHIRE (U20M)	Cardiff AAC	22.62	
6	41	Rhys KNAPMAN (U23M)	Cardiff AAC	22.75	
7	39	Christopher HALL (SM)	Kingston AC	23.02	
	16	Thomas CUSWORTH (U20M)	Wrexham AC	dns	

### Event : T40 Senior Men 200m Heats

*Qualification to next round event T49 3(Q) 2(q)*

Pos	Bib	Athlete	Club	Perf	Comments
1	45	Rhys WILLIAMS (SM)	Cardiff AAC	21.81	Q
2	22	Gareth PRICE (U23M)	Cardiff AAC	22.11	Q
3	43	Michael PRENTICE (U20M)	Cardiff AAC	22.65	Q
4	39	Christopher HALL (SM)	Kingston AC	22.75	q
5	38	Samuel GORDON (U17M)	Cardiff AAC	23.25	
6	36	Michael DICKENS (SM)	Telford AC	23.77	
7	37	Craig GODSALL (SM)	Cwmbran Harriers	24.72	

heat 1 w/s -0.5

Pos	Bib	Athlete	Club	Perf	Comments
1	42	Dwayne LEWIS (SM)	Birchfield Harriers	22.63	Q
2	46	James WILTSHIRE (U20M)	Cardiff AAC	22.86	Q
3	41	Rhys KNAPMAN (U23M)	Cardiff AAC	22.90	Q
4	16	Thomas CUSWORTH (U20M)	Wrexham AC	23.11	q
5	35	Daniel DELL (U23M)	Cardiff AAC	23.46	
6	44	Jamie PRICE (U23M)	Swansea Harriers	23.79	

heat 2 w/s -2.1

### Event : T29 Senior Men 400m Final

All Comers Record : Phil BROWN England 45.29 1986  
Welsh Record : Iwan THOMAS Newham & Essex Beagles 44.36 1997  
Championship Best : Iwan THOMAS Newham & Essex Beagles 45.45 1998  
2010 Welsh Champion : David GREENE, Swansea Harriers, 46.38

*Athletes qualified from T3*

Pos	Bib	Athlete	Club	Perf	Comments
1	61	Joe THOMAS (U23M)	Cardiff AAC	47.25	
2	59	Tom MILLER (U23M)	Cardiff AAC	48.65	
3	40	Glyn HAWKES (SM)	Cardiff AAC	49.29	
4	63	Jonathan WILLIAMS (SM)	Llanelli AC	49.84	
5	35	Daniel DELL (U23M)	Cardiff AAC	50.84	
6	55	Matthew ANTONIAZZI (U17M)	Cwmbran Harriers	52.26	
7	60	Tom ROBERTS (SM)	Leeds City AC	53.03	
8	57	Adam DAVIES (SM)	Newport Harriers	53.27	



### Event : T51 Senior Men 800m Final

All Comers Record : William TANUI Kenya 1.44.65 1990  
Welsh Record : Neil HORSFIELD Newport Harriers 1:45.44 1990  
Championship Best : Phil NORGATE Epsom 1.47.8 1983  
2010 Welsh Champion : Gareth WARBURTON, Cardiff AAC, 1:48.17

*Athletes qualified from T34*

Pos	Bib	Athlete	Club	Perf	Comments
1	81	Rhys SMITH (SM)	Sale Harriers Manchester	1:51.38	
2	83	Ieuan THOMAS (U23M)	Cardiff AAC	1:51.73	
3	75	Michael KERSHAW (U23M)	Cardiff AAC	1:52.67	
4	63	Jonathan WILLIAMS (SM)	Llanelli AC	1:54.78	
5	78	Chris PROTHERO (SM)	Cardiff AAC	1:56.56	
6	73	Paul CLARKE (SM)	Carmarthen Harriers	1:56.94	
7	84	Sean WHITE (U20M)	Swansea Harriers	2:00.52	
8	85	David WILLIAMS (SM)	Aberdare VAAC	2:02.79	
9	77	Callam MCCABE (U23M)	UWIC	2:03.91	
	57	Adam DAVIES (SM)	Newport Harriers	dnf	

### Event : T24 Senior Men 1500m Final

All Comers Record : Rob HARRISON England 3.35.74 1986  
Welsh Record : Neil HORSFIELD Newport Harriers 3.35.08 1990  
Championship Best : Mal EDWARDS Andover AC 3.40.81 1986  
2010 Welsh Champion : James MILLS, Wrexham AC, 4:12.19

*Final*

Pos	Bib	Athlete	Club	Perf	Comments
1	139	Adam BITCHELL (SM)	Cardiff AAC	3:54.52	
2	148	Thomas PHILLIPS (U23M)	Woodford Green	3:55.74	
3	145	James MILLS (SM)	Cardiff AAC	3:57.69	
4	143	Jonathan HOPKINS (U20M)	Bridgend AC	3:58.57	
5	149	Elliot SLADE (U17M)	Cardiff AAC	4:00.29	
6	147	Jonathan PETERS (U23M)	Cardiff AAC	4:01.87	
7	140	Christopher DISCOMBE (SM)	Les Croupiers	4:07.14	
8	142	Daniel HISCOX (SM)	Swansea Harriers	4:10.48	
9	146	Stephen MORRIS (SM)	Aberdare VAAC	4:21.24	
10	144	James HUNT (U17M)	Bridgend AC	4:25.81	

### Event : T47 Senior Men 5000m Straight Final

All Comers Record : Thomas Nyariki Kenya 13.13.01 1996  
Welsh Record : Ian HAMER Swansea Harriers 13.09.80 1992  
Championship Best : Tony SIMMONS Luton 13.35.00 1978  
2010 Welsh Champion : Chris DISCOMBE, Les Croupiers, 14:37.65

*Straight Final*

Pos	Bib	Athlete	Club	Perf	Comments
1	152	Matt JANES (SM)	Bedford & County AC	15:00.26	
2	154	David MOUNTFORD (U20M)	Deeside AAC	15:13.24	
3	153	Michael KALLENBERG (U20M)	Carmarthen Harriers	15:19.60	
4	239	Stuart CREES (SM)	Les Croupiers	16:12.30	

### Event : T32 Senior Men 400m Hdl Straight Final

All Comers Record : Rhys WILLIAMS, Cardiff AAC, 49.38, 2009

Welsh Record : David GREENE Swansea Harriers 47.88 2010

Championship Best : Rhys WILLIAMS Cardiff AAC 49.38 2009

2010 Welsh Champion : Rhys WILLIAMS, Cardiff AAC, 49.89

*Straight Final*

Pos	Bib	Athlete	Club	Perf	Comments
1	56	Paul BENNETT (U20M)	Swansea Harriers	53.52	
2	158	Gareth MORRIS (U23M)	Ashford AC	53.86	
3	157	Richard CHAPPELL (SM)	Cardiff AAC	56.81	
4	60	Tom ROBERTS (SM)	Leeds City AC	58.99	

### Event : T38 Senior Men 3000m S/C Straight Final

All Comers Record : Tony STAYNINGS England 8.31.0 1977

Welsh Record : Roger HACKNEY Aldershot 8.18.91 1988

Championship Best : Roger HACKNEY Aldershot 8.32.16 1989

2010 Welsh Champion : David WESTBURY, Derby AC, 9:22.43

*Straight Final*

Pos	Bib	Athlete	Club	Perf	Comments
1	162	Emrys PENNY (U20M)	Newport Harriers	10:08.90	
2	161	Daniel BODMAN (SM)	Aberdare VAAC	10:24.03	



### Event : F15 Senior Men High Jump Final

All Comers Record : Robbie GRABARZ, England, 2.28, 2010  
Welsh Record : Robert MITCHELL Shaftesbury 2.25 2001  
Championship Best : Robert MITCHELL Sale Harriers 2.20 2006  
2010 Welsh Champion : Robert MITCHELL, Sale Harriers, 2.05

*Final*

Pos	Bib	Athlete	Club	Perf
1	168	Stephen GUEST (U20M)	Bridgend AC	1.90
2	167	Owen CHESHER (SM)	Brecon AC	1.85
3	165	Jonathon BAILEY (U17M)	Cardiff AAC	1.85
4	166	Tyron BLAKE (U17M)	Cardiff AAC	1.80
5	170	Daniel WILLIAMS (U23M)	Swansea Harriers	1.70

### Event : F25 Senior Men Pole Vault Final

All Comers Record : Grigory YEGOROV Kazakhstan 5.80 1992  
Welsh Record : Neil WINTER Shaftesbury 5.60 1995  
Championship Best : Neil WINTER Shaftesbury 5.25 1993, 1996  
2010 Welsh Champion : Scott SIMPSON, Birchfield Harriers, 5.10

*Final*

Pos	Bib	Athlete	Club	Perf
1	184	Paul WALKER (SM)	Loughborough Students AC	5.21
2	183	Glyn PRICE (SM)	Swansea Harriers	4.01
3	180	Daniel HODGSON (U20M)	Wrexham AC	3.81
4	181	Emyr JONES (U20M)	Carmarthen Harriers	3.61
5	182	Robert MCGREGOR (U20M)	Bridgend AC	3.61

### Event : F13 Senior Men Long Jump Final

All Comers Record : Ralph BOSTON USA 8.18 1965  
Welsh Record : Lynn DAVIES Roath, Cardiff AAC 8.23 1968  
Championship Best : Steve INGRAM Swansea Harriers 7.91w 1994  
2010 Welsh Champion : Ricardo CHILDS, Brecon AC, 7.29

*Final*

Pos	Bib	Athlete	Club	Perf	w/s
1	189	Richardo CHILDS (SM)	Brecon AC	7.48	+4.1
2	190	David COOK (SM)	Kingston AC	7.23	+0.3
3	24	Ben SIMONS (SM)	Telford AC	6.69	+3.8
4	39	Christopher HALL (SM)	Kingston AC	6.56	+1.7
5	193	Kieron MARTIN (U20M)	Swansea Harriers	6.30	+3.7
6	194	Keith POWELL (SM)	Newport Harriers	5.19	+4.9

### Event : F27 Senior Men Triple Jump Final

All Comers Record : Bela BAKOSI Hungary 16.88 1980  
Welsh Record : Steven SHALDERS Cardiff AAC 16.71 2005  
Championship Best : Steven SHALDERS Cardiff AAC 16.26 2001  
2010 Welsh Champion : Navid CHILDS, Thames Valley Harriers, 14.13

*Final*

Pos	Bib	Athlete	Club	Perf	w/s
1	15	Navid CHILDS (SM)	Thames Valley H	14.91	+3.7
2	198	Adam WILLIAMS (U23M)	UWIC	13.90	-0.2/+2.3



### Event : F17 Senior Men Shot (7.26kg) Final

All Comers Record : Geoff CAPES England 21.68 1980  
Welsh Record : Shaun PICKERING Haringey 20.45 1997  
Championship Best : Shaun PICKERING Haringey 19.15 1997  
2010 Welsh Champion : Ryan SPENCER-JONES, Birchfield Harriers, 17.64

Final

Pos	Bib	Athlete	Club	Perf
1	204	Ryan SPENCER-JONES (SM)	Birchfield Harriers	16.91
2	203	David GUEST (SM)	Bridgend AC	11.24
3	202	David GLENDOWER (SM)	Pembroke Harriers	7.85

### Event : F26 Senior Men Discus (2.00kg) Final

All Comers Record : Brett MORSE Wales 62.99 2010  
Welsh Record : Brett MORSE Birchfield Harriers 64.49p 2011  
Championship Best : Brett MORSE, Birchfield Harriers, 60.29, 2010  
2010 Welsh Champion : Brett MORSE U23, Birchfield Harriers, 60.92

Final

Pos	Bib	Athlete	Club	Perf
1	203	David GUEST (SM)	Bridgend AC	36.67
2	210	Graham HOLDER (SM)	Bexley AC	35.26
3	211	Robert LLEWELLIN (SM)	Pembroke Harriers	30.47
4	202	David GLENDOWER (SM)	Pembroke Harriers	22.21

### Event : F5 Senior Men Hammer (7.26kg) Final

All Comers Record : Martin GIRVAN N Ireland 74.18 1982  
Welsh Record : Shaun PICKERING Haringey 68.64 1994  
Championship Best : Shaun PICKERING Haringey 63.12 1989  
2010 Welsh Champion : Matthew RICHARDS, Belgrave Harriers, 60.42

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Final

Pos	Bib	Athlete	Club	Perf	Comments
1	222	Matthew RICHARDS (SM)	Belgrave Harriers	63.68	
2	210	Graham HOLDER (SM)	Bexley AC	55.32	
3	223	Ritchie WELLS (U23M)	Swansea Harriers	48.50	
4	218	Ashley ANDREWS (U20M)	Forest of Dean AC/Rhondda	47.60	
5	220	Bradley COLE (U20M)	Cardiff AAC	43.94	
6	219	Darren ANDREWS (SM)	Forest of Dean	32.26	
7	202	David GLENDOWER (SM)	Pembroke Harriers	21.96	

### Event : F14 Senior Men Javelin (800g) Final

All Comers Record : Steve BACKLEY England 88.46 1990  
Welsh Record : Nigel BEVAN Belgrave 81.70 1992  
Championship Best : Colin McKENZIE Newham & Essex Beagles 73.52 1986  
2010 Welsh Champion : Lee DORAN, City of Sheffield, 71.98

Final

Pos	Bib	Athlete	Club	Perf	Comments
1	228	Lee DORAN (SM)	City of Sheffield AC	70.90	
2	229	Jason HALLETT (SM)	Cardiff AAC	54.09	
3	220	Bradley COLE (U20M)	Cardiff AAC	53.85	
4	230	Michael TARRAN (SM)	Birchfield Harriers	49.82	

## Event : T30 Senior Women 100m Final

All Comers Record : Heather OAKES England 11.27 1984

Welsh Record : Sallyanne SHORT Torfaen AC, Elaine O'NEILL Woodford Green 11.39 1992

Championship Best : Michelle PROBERT / Sallyanne SHORT Sale Harriers, Torfaen AC 11.3w 1980, 1989

2010 Welsh Champion : Elaine O'NEILL, Woodford Green & Essex L, 11.91

w/s -4.4

*Athletes qualified from T11*

Pos	Bib	Athlete	Club	Perf	Comments
1	5	Rachel JOHNCOCK (U20W)	Colwyn Bay	12.42	
2	6	Mica MOORE (U20W)	Cardiff AAC	12.48	
3	3	Lucy EVANS (SW)	Sale Harriers Manchester	12.48	
4	9	Hannah THOMAS (U20W)	Wrexham AC	12.49	
5	8	Melanie STEPHENSON (SW)	Cardiff AAC	12.86	
6	4	Rhiannon JEFFREYS (U17W)	Neath Harriers	13.23	
7	10	Hannah WILLIAMS (U23W)	Cardiff AAC	13.50	
8	2	Kirsty CRANE (SW)	Newport harriers	13.96	

## Event : T11 Senior Women 100m Heats

*Qualification to next round event T30 3(Q) 2(q)*

Pos	Bib	Athlete	Club	Perf	Comments
				heat 1	w/s -3.5
1	9	Hannah THOMAS (U20W)	Wrexham AC	12.34	Q
2	6	Mica MOORE (U20W)	Cardiff AAC	12.36	Q
3	5	Rachel JOHNCOCK (U20W)	Colwyn Bay	12.49	Q
4	2	Kirsty CRANE (SW)	Newport harriers	13.59	q
5	1	Lolita BYFIELD-MOORE (SW)	Cardiff AAC	13.87	
				heat 2	w/s -2.0
1	3	Lucy EVANS (SW)	Sale Harriers Manchester	12.24	Q
2	8	Melanie STEPHENSON (SW)	Cardiff AAC	12.57	Q
3	4	Rhiannon JEFFREYS (U17W)	Neath Harriers	12.92	Q
4	10	Hannah WILLIAMS (U23W)	Cardiff AAC	13.08	q
5	7	Jessica PETERSON (U23W)	Deeside AAC	14.33	

## Event : T48 Senior Women 200m Final

All Comers Record : Sonia LANNAMAN England 22.58 1980

Welsh Record : Michelle SCUTT Sale Harriers 22.8 1982

Championship Best : Sallyanne SHORT / Catherine MURPHY Torfaen AC, Shaftesbury 23.3w 1988, 2001

2010 Welsh Champion : Lucy EVANS, Sale Harriers, 24.95

w/s -0.3

*Athletes qualified from T39*

Pos	Bib	Athlete	Club	Perf	Comments
1	5	Rachel JOHNCOCK (U20W)	Colwyn Bay	24.33	
2	3	Lucy EVANS (SW)	Sale Harriers Manchester	24.69	
3	33	Rebecca WILLIAMS (U23W)	Newport Harriers	24.70	
4	30	Laura MADDOX (U23W)	Team Bath AC	25.08	
5	8	Melanie STEPHENSON (SW)	Cardiff AAC	25.35	
6	32	Gwenllian WILLIAMS (U20W)	Cardiff AAC	26.53	
7	29	Hannah CLARKE (U23W)	Newport Harriers	26.55	
	9	Hannah THOMAS (U20W)	Wrexham AC	dns	

## Event : T39 Senior Women 200m Heats

*Qualification to next round event T48 3(Q) 2(q)*

Pos	Bib	Athlete	Club	Perf	Comments
heat 1					
					w/s -0.4
1	3	Lucy EVANS (SW)	Sale Harriers Manchester	24.86	Q
2	33	Rebecca WILLIAMS (U23W)	Newport Harriers	25.07	Q
3	8	Melanie STEPHENSON (SW)	Cardiff AAC	25.78	Q
4	32	Gwenllian WILLIAMS (U20W)	Cardiff AAC	26.84	q
5	29	Hannah CLARKE (U23W)	Newport Harriers	26.91	q
heat 2					
					w/s -3.3
1	5	Rachel JOHNCOCK (U20W)	Colwyn Bay	25.14	Q
2	30	Laura MADDOX (U23W)	Team Bath AC	25.43	Q
3	9	Hannah THOMAS (U20W)	Wrexham AC	25.73	Q
4	2	Kirsty CRANE (SW)	Newport harriers	28.45	
5	1	Lolita BYFIELD-MOORE (SW)	Cardiff AAC	28.89	

**Event : T28 Senior Women 400m Final**

All Comers Record : Michelle SCUTT Wales 50.63 1982

Welsh Record : Michelle SCUTT Sale Harriers 50.63 1982

Championship Best : Michelle SCUTT Sale Harriers 53.08 1984

2010 Welsh Champion : Laura MADDOX, Team Bath AC, 54.42

*Athletes qualified from T4*

Pos	Bib	Athlete	Club	Perf	Comments
1	33	Rebecca WILLIAMS (U23W)	Newport Harriers	55.50	
2	49	Chloe Ann JONES (U20W)	Wrexham AC	57.50	
3	54	Kirsten WARING (SW)	Newport Harriers	58.60	
4	50	Rhianne JONES (SW)	Cardiff AAC	58.67	
5	51	Jemima OSBORN (U20W)	Swansea Harriers	59.23	
6	53	Lauren REGAN (U20W)	Cardiff AAC	59.99	
7	48	Kathryn DAVIES (U23W)	Cardiff AAC	60.33	
8	47	Shelley BRACE (U23W)	Stoke AC	62.46	

**Event : T4 Senior Women 400m Heats***Qualification to next round event T28 3(Q) 2(q)*

Pos	Bib	Athlete	Club	Perf	Comments
1	33	Rebecca WILLIAMS (U23W)	Newport Harriers	56.50	Q
2	51	Jemima OSBORN (U20W)	Swansea Harriers	58.87	Q
3	53	Lauren REGAN (U20W)	Cardiff AAC	59.30	Q
4	47	Shelley BRACE (U23W)	Stoke AC	59.89	q
5	52	Elysia PEARSON (U17W)	Swansea Harriers	61.85	

heat 1

Pos	Bib	Athlete	Club	Perf	Comments
1	50	Rhianne JONES (SW)	Cardiff AAC	58.68	Q
2	49	Chloe Ann JONES (U20W)	Wrexham AC	58.84	Q
3	54	Kirsten WARING (SW)	Newport Harriers	60.15	Q
4	48	Kathryn DAVIES (U23W)	Cardiff AAC	60.63	q
5	29	Hannah CLARKE (U23W)	Newport Harriers	63.16	

heat 2

**Event : T50 Senior Women 800m Straight Final**

All Comers Record : Christiane WILDSCHEK Austria 2.00.21 1979

Welsh Record : Kirsty McDERMOTT Bristol 1.57.42 1985

Championship Best : Kirsty McDERMOTT Bristol AC 2.02.3 1985

2010 Welsh Champion : Amanda MOSS, Cardiff AAC, 2:04.60

*Straight Final*

Pos	Bib	Athlete	Club	Perf	Comments
1	67	Amanda MOSS (SW)	Cardiff AAC	2:13.61	
2	68	Rebecca NUTTALL (SW)	Liverpool Harriers	2:19.75	
3	69	Katie PARRY (SW)	Valley Striders	2:23.88	
4	70	Rosalind RICHARDS (SW)	Newport Harriers	2:28.33	
5	66	Rachel MATTHEWS (SW)	Cardiff AAC	2:28.75	



## Event : T25 Senior Women 1500m Final

All Comers Record : Zola BUDD England 4.04.39 1984  
Welsh Record : Hayley TULLETT Swansea Harriers 3.59.95 2003  
Championship Best : Annemarie RICHARDS Cardiff AAC 4.19.7 1988  
2010 Welsh Champion : Amanda JONES, Swansea Harriers, 4:33.82

### Final

Pos	Bib	Athlete	Club	Perf	Comments
1	65	Carol GLOVER (SW)	Swansea Harriers	4:30.22	
2	138	Jade WILLIAMS (U20W)	Amman Valley	4:36.01	
3	137	Debbie REES (SW)	Cardiff AAC	4:39.32	
4	134	Angharad DAVIES (U23W)	Carmarthen Harriers	4:47.29	
5	133	Alaw BEYNON - THOMAS (U23W)	Carmarthen Harriers	4:48.23	
6	69	Katie PARRY (SW)	Valley Striders	4:49.97	
7	131	Michelle ALLEN (U23W)	Cardiff AAC	5:00.63	
8	132	Natalie ALLEN (U23W)	Cardiff AAC	5:12.75	
9	135	Majidah HARB (U20W)	Cardiff AAC	5:15.63	
	71	Bethan STRANGE (SW)	Cardiff AAC	DNF	
	68	Rebecca NUTTALL (SW)	Liverpool Harriers	DNF	

## Event : T46 Senior Women 5000m Straight Final

All Comers Record : Angela Tooby Wales 15.27.56 1984  
Welsh Record : Angela TOOBY Cardiff AAC 15.13.22 1987  
Championship Best : Angharad MAIR Newport Harriers 16.40.20 1997  
2010 Welsh Champion : Alaw BEYNON-THOMAS, Carmarthen Harriers, 18:46.10

### Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	133	Alaw BEYNON - THOMAS (U23W)	Carmarthen Harriers	17:43.24	
2	134	Angharad DAVIES (U23W)	Carmarthen Harriers	18:27.51	

## Event : T1 Senior Women 100m Hdl Final

All Comers Record : Kay MORLEY Wales 13.02 1990  
Welsh Record : Kay MORLEY Cardiff AAC 13.02 1990  
Championship Best : Kay MORLEY Cardiff AAC 13.24 1989  
2010 Welsh Champion : Heather JONES, Carmarthen Harriers, 14.15

### Final

Pos	Bib	Athlete	Club	Perf	Comments
1	25	Caryl GRANVILLE (U23W)	Swansea Harriers	14.26	
2	26	Lauren O'REILLY (U23W)	Newport Harriers	14.44	
3	27	Catrin STONE (U20W)	Swansea Harriers	14.93	

-0.1 w/s

## Event : T33 Senior Women 400m Hdl Straight Final

All Comers Record : Kim BATTEN USA 54.69 1992  
Welsh Record : Alyson LAYZELL Cheltenham 56.43 1996  
Championship Best : Anwen REES Carmarthen Harriers 58.71 2007  
2010 Welsh Champion : Caryl GRANVILLE, Swansea Harriers, 59.99

### Straight Final

Pos	Bib	Athlete	Club	Perf	Comments
1	25	Caryl GRANVILLE (U23W)	Swansea Harriers	58.99	
2	156	Anwen REES (SW)	Swansea Harriers	62.93	
3	155	Emily BROWN (SW)	Cardiff AAC	67.93	

**Event : T45 Senior Women 2000M S/C Straight Final**

All Comers Record : Robin Ellerbrock USA, 2006

Welsh Record : Clare MARTIN Newport Harriers 6:40.34 2005

Championship Best : Caryl JONES, Carmarthen Harriers, 7:02.95, 2009

2010 Welsh Champion : Emily BROWN, Cardiff AAC, 10:50.87

*Straight Final*

Pos	Bib	Athlete	Club	Perf	Comments
1	155	Emily BROWN (SW)	Cardiff AAC	7:10.56	



## Event : F2 Senior Women High Jump Final

All Comers Record : Andrea MATAY Hungary 1.93 1980  
Welsh Record : Julie CRANE Sale Harriers 1.89 2004  
Championship Best : Julie CRANE Sale Harriers 1.82 2000, 2005  
2010 Welsh Champion : Julie CRANE, Sale Harriers Manchester, 1.75

*Final*

Pos	Bib	Athlete	Club	Perf
1	163	Ffion BODILLY (U17W)	Cardiff AAC	1.68
2	164	Sian SWANSON (U20W)	Maldwyn Harriers	1.60

## Event : F7 Senior Women Pole Vault Final

All Comers Record : Janine WHITLOCK England 4.26 2005 & 2006  
Welsh Record : Sally PEAKE, Liverpool Harriers, 2011  
Championship Best : Sonia LAWRENCE Cardiff AAC 4.02 2003  
2010 Welsh Champion : Sally PEAKE, Liverpool Harriers, 3.85

New All Comers Record  
New Welsh Record  
New CBP

*Final*

Pos	Bib	Athlete	Club	Perf
1	176	Sally PEAKE (SW)	Birchfield Harriers	4.30
2	177	Bryony RAINE (SW)	Cardiff AAC	3.90
3	178	Emily TAYLOR (U23W)	Bath University	3.60
4	175	Lyndsey MAUND (SW)	Swansea Harriers	3.45
5	174	Shannon LEE (U17W)	Swansea Harriers	2.70
6	173	Enfys JONES (U17W)	Carmarthen Harriers	2.50

## Event : F18 Senior Women Long Jump Final

All Comers Record : Oluyinka IDOWU England 6.58 1991  
Welsh Record : Gill REGAN Cardiff AAC 6.52 1982  
Championship Best : Ruth HOWELL Birchfield Harriers 6.33w 1978  
2010 Welsh Champion : Rhiannon YATES U20, Cardiff AAC, 5.80

*Final*

Pos	Bib	Athlete	Club	Perf	w/s
1	187	Lara RICHARDS (SW)	A.D. Marathon	6.10	+6.9
2	186	Imogen MILES (SW)	Cardiff AAC	5.59	+2.9
3	185	Donna JONES (U23W)	Swansea Harriers	5.19	+3.0

## Event : F30 Senior Women Triple Jump Final

All Comers Record : Nicole MLADENIS Australia 13.10 2002  
Welsh Record : Sara BARRY Cardiff AAC 12.70 2009  
Championship Best : Sara BARRY Cardiff AAC 12.62 2010  
2010 Welsh Champion : Sara BARRY, Cardiff AAC, 12.62

*Final*

Pos	Bib	Athlete	Club	Perf	w/s
1	186	Imogen MILES (SW)	Cardiff AAC	11.79	3.1
2	196	Megan O'SULLIVAN (U20W)	Cardiff AAC	11.07	2.7
3	185	Donna JONES (U23W)	Swansea Harriers	11.05	3.9
4	195	Amy BRADLEY (U20W)	Cwmbran Harriers	10.83	1.3

**Event : F10 Senior Women Shot (4.00kg) Final**

All Comers Record : Zhu XINMEI China 19.69 1991

Welsh Record : Venissa HEAD Cardiff AAC 18.93 1984

Championship Best : Venissa HEAD Cardiff AAC 18.02 1983

2010 Welsh Champion : Lucy GRIFFITHS U17, Pembroke Harriers, 10.86

*Final*

Pos	Bib	Athlete	Club	Perf
1	199	Lucy GRIFFITHS (U20W)	Pembroke Harriers	11.38
2	200	Jessica HUDDLESTON (U23W)	Pembroke Harriers	9.88
3	201	Karen LLEWELLIN (SW)	Pembroke Harriers	8.69

**Event : F24 Senior Women Discus (1.00kg) Final**

All Comers Record : Venissa HEAD Wales 62.02 1984

Welsh Record : Venissa HEAD Cardiff AAC 64.68 1983

Championship Best : Philippa ROLES Sale Harriers 61.41 2008

2010 Welsh Champion : Philippa ROLES, Swansea Harriers, 55.16

*Final*

Pos	Bib	Athlete	Club	Perf
1	207	Philippa ROLES (SW)	Swansea Harriers	54.64
2	209	Claire WILLIAMS (SW)	Carmarthen Harriers	40.76
3	208	Awen ROSSER (U17W)	Carmarthen Harriers	35.98
4	199	Lucy GRIFFITHS (U20W)	Pembroke Harriers	34.23
5	200	Jessica HUDDLESTON (U23W)	Pembroke Harriers	32.51
6	201	Karen LLEWELLIN (SW)	Pembroke Harriers	24.30
7	206	Tracy LLEWELLIN (SW)	Pembroke Harriers	23.94

**Event : F1 Senior Women Hammer (4.00kg) Final**

All Comers Record : Lorraine SHAW England 67.10 1999

Welsh Record : Carys PARRY Rhondda AC 66.31 2008

Championship Best : Carys PARRY Rhondda AC 66.30 2008

2010 Welsh Champion : Carys PARRY, Rhondda AC, 62.79

*Final*

Pos	Bib	Athlete	Club	Perf
1	215	Carys PARRY (SW)	Rhondda AC	63.01
2	214	Laura DOUGLAS (SW)	Sale Harriers Manchester	60.06
3	216	Toni WELLS (U20W)	Swansea Harriers	51.95
4	217	Kate YHNELL (U23W)	Gloucester AC	48.13
5	213	Zoe DAKIN (U17W)	Bridgend AC	46.03

**Event : F9 Senior Women Javelin (600g) Final**

All Comers Record : Shelly HOLROYD England 54.41 2005

Welsh Record : Lianne CLARKE Cardiff AAC 52.68 2007

Championship Best : Lianne CLARKE Cardiff AAC 48.32 2007

2010 Welsh Champion : Tesni WARD U20, City of Sheffield, 46.82

*Final*

Pos	Bib	Athlete	Club	Perf
1	224	Lianne CLARKE (SW)	Cardiff AAC	52.26
2	226	Tesni WARD (U23W)	City of Sheffield AC	50.63
3	227	Claire WILLIAMS (SW)	Swansea Harriers	39.76

New CBP



### Event : T19 Under 13 Girls 1500m Final

Welsh Record : Rosa YATES Bridgend 4.48.06 7.08.2010

Championship Best : Hywellis THOMS-HOWELLS, Neath Harriers, 4:49.93, 2007

2010 Welsh Champion : Heidi DAVIES Brecon AC 5:04.9

*Final*

Pos	Bib	Athlete	Club	Perf	Comments
1	93	Cari HUGHES	Menai Track and Field	4:54.46	
2	100	Issy MORRIS	Blaenau Gwent AC	5:11.64	
3	90	Bethan EVANS	Pontyclun AC	5:16.57	
4	98	Courtley LOCK	Bridgend AC	5:20.57	
5	88	Jessica BRADLEY	Pembroke Harriers	5:26.98	
6	99	Isobel MOGG	Blaenau Gwent AC	5:34.07	
7	97	Emma LIGTHART	Cardiff AAC	5:39.28	
8	89	Lucy DAVIES	Pembroke Harriers	5:41.00	
9	95	Holli JEHU	Aberdare VAAC	5:41.10	
10	92	Tegan HARRISON	Pembroke Harriers	5:48.57	
11	91	Beth HARRIS	Swansea Harriers	5:50.66	
12	94	Rosie JAMES	Brecon AC	5:54.27	
13	96	Ffion JENKINS	Swansea Harriers	5:55.41	

### Event : T20 Under 13 Boys 1500m Final

Welsh Record : David POWELL Wolverhampton 4.07.75 2004

Championship Best : Jason MURPHY, Swansea Harriers, 4:40.77, 1986

2010 Welsh Champion : Nikita NEARY Carmarthen Harriers 4:44.53

*Final*

Pos	Bib	Athlete	Club	Perf	Comments
1	103	Jake HEYWARD	Cardiff AAC	4:43.32	
2	237	Marinus PETERSEN	Pembroke Harriers	5:04.46	
3	102	Thomas EVANS	Wrexham AC	5:15.41	
4	101	Lawrence ELLIOT	Swansea Harriers	5:26.46	
5	104	Cameron HOUSE	Barry & Vale Harriers	5:57.01	

### Event : T21 Under 15 Girls 1500m Final

Welsh Record : Non STANFORD Swansea 4:34.24 14.06.2003

Championship Best : Non STANFORD Swansea 4:35.60, 2003

2010 Welsh Champion : Olivia GWYNN Swansea Harriers 4:50.0

*Final*

Pos	Bib	Athlete	Club	Perf	Comments
1	115	Scarlett MCPHILLIPS	Blaenau Gwent AC	4:55.43	
2	235	Lara PHILIPART	Swansea Harriers	4:56.42	
3	233	Rosa YATES	Bridgend AC	4:57.39	
4	112	Olivia GWYNN	Swansea Harriers	4:57.44	
5	117	Kate SEARY	Cardiff AAC	5:01.95	
6	109	Heidi DAVIES	Brecon AC	5:12.39	
7	116	Madeleine PERRINS	Swindon Harriers	54:15.58	
8	108	Kate COKER	Cardiff AAC	5:16.62	
9	118	Emily THOMAS	Carmarthen Harriers	5:19.54	
10	111	Joe-Dianna GRABHAM	Bridgend AC	5:48.49	
11	110	Rhiannon FENN	Swansea Harriers	5:55.89	

## Event : T23 Under 15 Boys 1500m Final

Welsh Record : Simon LAWSON Cardiff AAC 4.31.3 1977

Championship Best : Simon LAWSON Cardiff AAC 4.16.81, 2004

2010 Welsh Champion : Kyran ROBERTS Carmarthen Harriers 4:18.47

*Final*

Pos	Bib	Athlete	Club	Perf	Comments
1	123	Lewis JONES	Bridgend AC	4:27.90	
2	128	Andrew MORRIS-JONES	Menai Track and Field	4:31.52	
3	121	Iolo HUGHES	Menai Track and Field	4:34.10	
4	129	Alex PRICE	Aberdare VAAC	4:40.04	
5	119	Liam BRADLEY	Pembroke Harriers	4:40.69	
6	127	Danny MORGAN	Aberdare VAAC	4:42.84	
7	124	Ciaran LEWIS	Cardiff AAC	4:43.95	
8	120	Lewis BRUNT	Cardiff AAC	4:45.32	
9	130	John SPILL	Menai Track and Field	4:49.55	
10	236	Isaac MACKAY	Blaenau Gwent AC	4:54.27	
11	126	Alex LOVE	Cardiff AAC	5:03.28	

**Event : T13 Fastest Kids Schools Race Boys Yr 7 Race**

Pos	Bib	Athlete	Club	Perf	Comments
1	364	Aaron O'NEIL	Cynon Schools	14.60	
2	361	Cameron DAVIES	Cynon Schools	14.62	
3	363	Josh WILLIAMS	Rhondda Schools	15.67	
4	365	Daniel KING	Taf Schools	15.77	
5	362	Lloyd OWENS	Taf Schools	16.11	
6	360	Zak RIMES	Rhondda Schools	16.26	

**Event : T14 Fastest Kids Schools Race Girls Yr 7 Race**

Pos	Bib	Athlete	Club	Perf	Comments
1	367	Shelby HARRIS	Cynon Schools	14.79	
2	368	Cassie EVANS	Taf Schools	15.15	
3	366	Emily PEARCE	Rhondda Schools	15.47	
4	371	Emily MCKENZIE	Taf Schools	15.50	
5	369	Cadie EDWARDS	Rhondda Schools	18.34	

**Event : T15 Fastest Kids Schools Race Boys Yr 8 Race**

Pos	Bib	Athlete	Club	Perf	Comments
1	375	Declan WILLIAMS	Rhondda Schools	14.00	
2	372	Jack PEARSON	Rhondda Schools	14.37	
3	374	Josh DEAN	Taf Schools	14.73	
4	376	Rhys ABBRUZZESE	Cynon Schools	15.23	
5	373	Charlie THOMAS	Cynon Schools	15.35	
6	377	Luke BISHOP	Taf Schools	15.75	

**Event : T16 Fastest Kids Schools Race Girls Yr 8 Race**

Pos	Bib	Athlete	Club	Perf	Comments
1	380	Sophie REES	Taf Schools	14.61	
2	383	Morgan WALTERS	Taf Schools	15.00	
3	381	Bethan HUGHES	Rhondda Schools	15.03	
4	382	Jordan-Leigh HOLMAN	Cynon Schools	15.30	
5	378	Martha COLEMAN	Rhondda Schools	15.71	

**Event : T17 Fastest Kids Schools Race Boys Yr 9 Race**

Pos	Bib	Athlete	Club	Perf	Comments
1	384	Josh WYLLIS	Rhondda Schools	12.64	
2	387	Connor DAVIES	Rhondda Schools	13.05	
3	389	Dan WILDE	Taf Schools	13.12	

**Event : T18 Fastest Kids Schools Race Girls Yr 9 Race**

Pos	Bib	Athlete	Club	Perf	Comments
1	392	Emily CHRISTOPHER	Taf Schools	15.08	
2	395	Tasha BISHOP	Taf Schools	15.19	
3	393	Rochelle JONES	Rhondda Schools	15.33	
4	390	Demi HUGHES	Rhondda Schools	15.53	
5	391	Rebecca JONES	Cynon Schools	15.57	
6	394	Leah RICHARDS	Cynon Schools	15.58	



### Event : T8 Ambulant Male 100m Races

Pos	Bib	Athlete	Club	Perf	PTS	
1	278	Stephen Keeling (T37)	Stoke AC	13.15	702	w/s -3.5
2	273	Rhys Jones (T37)	FDSW	13.36	663	w/s -3.5
3	259	Jordan Howe (T35)	FDSW	15.12	653	w/s -3.5
4	264	Joshua Taylor (T35)	Invicta East Kent AC	15.74	590	w/s -3.5
5	397	Owen FENNELL-RUTHERFORD (T37)	Southport & Waterloo	13.84	578	w/s -3.5
6	277	Daniel Hooker (T37)	OUAC	13.95	559	w/s -3.5
7	266	Matthew Raasch-Sotinwa (T36)	North Devon AC	15.07	556	w/s -3.5
8	253	James Ledger (T12)	Swansea Harriers	12.75	536	w/s -2.9
9	272	Thomas Smith (T37)	Unattached	14.09	535	w/s -2.9
10	265	Kristian Fox (T35)	Stevenage & North Herts AC	16.34	533	w/s -2.9
11	252	Jack Roughan (T12)	Birchfield Harriers	12.85	515	w/s -2.9
12	291	Kyle Powell (T45)	St Mary's Richmond	12.54	482	w/s -2.9
13	267	James Taylor (T36)	Carlisle & Aspatria	16.20	432	w/s -2.9
14	352	Kushal Limbu (T43)	Ashford AC	13.47	430	w/s -2.9
15	288	Jonas Zimnicki (T44)	C.U.A.C	14.45	267	w/s -1.0
16	276	Anthony Bryan (T37)	Herts Phoenix AC	16.77	188	w/s -1.0
17	279	Josh Scarborough (T37)	Stevenage & North Herts AC	16.77	188	w/s -1.0
18	286	Glenn Scott (T43)	Bromsgrove & Redditch	15.32	159	w/s -1.0
19	281	Dominic Hopkins (T38)	Phoenix AC	17.42	8	w/s -1.0

### Event : T42 Ambulant Male 200m Races

Pos	Bib	Athlete	Club	Perf		
1	264	Joshua Taylor (T35)	Invicta East Kent AC	31.04	704	w/s +0.1
2	278	Stephen Keeling (T37)	Stoke AC	26.59	687	w/s +0.1
3	306	Scott Jones (F35)	Cheltenham Harriers AC	31.39	680	w/s -4.2
4	397	Owen FENNELL-RUTHERFORD (T37)	Southport & Waterloo	27.05	640	w/s +0.1
5	273	Rhys Jones (T37)	FDSW	27.22	623	w/s -4.2
6	259	Jordan Howe (T35)	FDSW	32.30	619	w/s -3.1
7	265	Kristian Fox (T35)	Stevenage & North Herts AC	33.25	557	w/s -3.1
8	305	Chris Honess (T38)	Southport & Waterloo	27.28	555	w/s +0.1
9	266	Matthew Raasch-Sotinwa (T36)	North Devon AC	30.94	522	w/s -4.2
10	267	James Taylor (T36)	Carlisle & Aspatria	31.16	508	w/s -3.1
11	253	James Ledger (T12)	Swansea Harriers	26.13	483	w/s +0.1
12	288	Jonas Zimnicki (T44)	C.U.A.C	28.09	228	w/s -4.2
13	352	Kushal Limbu (T43)	Ashford AC	28.42	203	w/s -3.1
14	276	Anthony Bryan (T37)	Herts Phoenix AC	34.44	130	w/s -3.1
15	286	Glenn Scott (T43)	Bromsgrove & Redditch	30.31	92	w/s -4.2
16	281	Dominic Hopkins (T38)	Phoenix AC	34.85	91	w/s -3.1
	274	Matthew Jones (T37)	FDSW	dns		

### Event : T5 Ambulant Male 400m Race

Pos	Bib	Athlete	Club	Perf
1	305	Chris Honess (T38)	Southport & Waterloo	62.91

### Event : T35 Ambulant Male 800m Race

Pos	Bib	Athlete	Club	Perf
1	308	Philip Lee (T37)	Kendal AAC	2:21.38

## Event : T22 Ambulant 1500m Final

Pos	Bib	Athlete	Club	Perf
1	308	Philip Lee (T37)	Kendal AAC	4:54.68

## Event : T10 Wheelchair Male 100m Race

Pos	Bib	Athlete	Club	Perf	
1	295	Jamie Carter (T34)	Cleethorpes AC	19.51	829 w/s
2	256	Louis Speight (T33)	Unattached	21.07	741 w/s
3	301	Sheihk Muhidin (T54)	Newham & Essex Beagles	17.31	564 w/s
4	299	Daniel Cook (T54)	Poole AC	17.40	554 w/s
5	399	Stuart BLOOR (T54)		18.01	489 w/s
6	296	Rob Smith (T52)	Unattached	22.40	395 w/s
7	354	Jamie BURTON (T33)	Stevenage & North Herts AC	28.67	312 w/s
8	302	Joseph TUCKER-Lawrence (T54)	Velocity	21.77	175 w/s
9	297	Simon Lawson (T53)	Unattached	21.05	145 w/s
10	303	Bret Crossley (T54)	Leeds City AC	22.61	129 w/s
11	398	James PRICE (T52)		23.92	75 w/s
12	400	Steve OSBORNE (T51)		29.46	63 w/s

## Event : T44 Wheelchair Male 200m Race

Pos	Bib	Athlete	Club	Perf	
1	301	Sheihk Muhidin (T54)	Newham & Essex Beagles	29.79	487 w/s -1.7
2	309	Ross Lowe (T54)	Red Star	30.49	441 w/s -1.7
3	399	Stuart BLOOR (T54)		30.73	427 w/s -1.7
4	299	Daniel Cook (T54)	Poole AC	30.84	420 w/s -1.7
5	295	Jamie Carter (T34)	Cleethorpes AC	33.42	857 w/s -1.7
6	297	Simon Lawson (T53)	Unattached	36.89	177 w/s -3.2
7	256	Louis Speight (T33)	Unattached	38.61	703 w/s -3.2
8	303	Bret Crossley (T54)	Leeds City AC	38.83	119 w/s -3.2
9	302	Joseph TUCKER-Lawrence (T54)	Velocity	40.76	84 w/s -3.2
10	354	Jamie BURTON (T33)	Stevenage & North Herts AC	53.60	325 w/s -3.2
11	400	Steve OSBORNE (T51)		54.14	42 w/s -3.2

## Event : T6 Wheelchair Male & Female 400m Race

				Race 1	w/s -2.5
Pos	Bib	Athlete	Club	Perf	
1	355	Georgina Oliver (T54)		67.37	
2	300	Meggan Dawson-Farrell (T54)	Red Star	74.97	
3	298	Charlotte Moore (T53)	Unattached	83.37	
				Race 2	
Pos	Bib	Athlete	Club	Perf	
1	256	Louis Speight (T33)	Unattached	76.57	755
2	309	Ross Lowe (T54)	Red Star	57.47	474
3	399	Stuart BLOOR (T54)		59.50	379
4	299	Daniel Cook (T54)	Poole AC	61.18	330
5	301	Sheihk Muhidin (T54)	Newham & Essex Beagles	61.34	326
6	297	Simon Lawson (T53)	Unattached	67.66	242
7	354	Jamie BURTON (T33)	Stevenage & North Herts AC	107.78	211
8	302	Joseph TUCKER-Lawrence (T54)	Velocity	80.96	40
9	303	Bret Crossley (T54)	Leeds City AC	81.21	38
10	398	James PRICE (T52)		89.68	11

**Event : T37 Wheelchair Male 800m Race**

Pos	Bib	Athlete	Club	Perf	
1	309	Ross Lowe (T54)	Red Star	1:58.33	455
2	399	Stuart BLOOR (T54)		1:58.64	450
3	301	Sheihk Muhidin (T54)	Newham & Essex Beagles	2:02.08	397
4	299	Daniel Cook (T54)	Poole AC	2:03.01	383
5	297	Simon Lawson (T53)	Unattached	2:09.74	294
6	295	Jamie Carter (T34)	Cleethorpes AC	2:21.45	175
7	398	James PRICE (T52)		2:55.66	22

**Event : T27 Wheelchair Male 1500m Race**

Pos	Bib	Athlete	Club	Perf
1	399	Stuart BLOOR (T54)		4:00.69
2	309	Ross Lowe (T54)	Red Star	4:04.90
3	297	Simon Lawson (T53)	Unattached	4:05.69
4	301	Sheihk Muhidin (T54)	Newham & Essex Beagles	4:09.69



### Event : F8 Ambulant Male Long Jump Final

Pos	Bib	Athlete	Club	Perf	
1	277	Daniel Hooker (T37)	OUAC	4.24	464
2	272	Thomas Smith (T37)	Unattached	4.12	411
3	291	Kyle Powell (T45)	St Mary's Richmond	5.08	313
4	276	Anthony Bryan (T37)	Herts Phoenix AC	3.71	236
5	307	Ollie Minns (T38)	Orwell Panthers	3.33	1

### Event : F3 Ambulant Male Shot Final

Pos	Bib	Athlete	Club	Perf	PTS
1	327	Kenny Churchill (F37)	Charnwood AC	10.91	692
2	306	Scott Jones (F35)	Cheltenham Harriers AC	10.84	685
3	322	Konrad Bisping (F12)	FDSW	10.35	633
4	328	Lee Cupit (F38)	Charnwood AC	8.40	538
5	332	Michael Pope (F40)	Watford Harriers	7.63	519
6	321	Josh Clark (T37)	FDSW	9.27	511
7	330	Andrew Martin (F40)	South London Harriers	7.28	455
8	335	Thomas Burton (F40)	Sale Harriers Manchester	6.36	289
9	337	Joshua Morgan (F46)	FDSW	8.98	162
10	336	Robert Abraham (F40)	Unattached	4.05	25

### Event : F19 Ambulant Male Discus Final

Pos	Bib	Athlete	Club	Perf	
1	340	Keith Gardner (F36)	Scottish Disability Sport	29.57	726
2	328	Lee Cupit (F38)	Charnwood AC	27.93	660
3	338	Mitchell Dutton (F37)	Watford Harriers	31.86	652
4	335	Thomas Burton (F40)	Sale Harriers Manchester	21.55	648
5	337	Joshua Morgan (F46)	FDSW	31.55	632
6	332	Michael Pope (F40)	Watford Harriers	20.78	608
7	322	Konrad Bisping (F12)	FDSW	26.53	422
8	321	Josh Clark (T37)	FDSW	24.42	382
9	279	Josh Scarborough (T37)	Stevenage & North Herts AC	22.36	303
10	270	Robert Carrick-Smith (T37)	Yeovil Olympians AC	21.51	271
11	306	Scott Jones (F35)	Cheltenham Harriers AC	20.04	155
12	396	Matthew RICHARDS (T44)		18.22	134
13	336	Robert Abraham (F40)	Unattached	11.47	87

### Event : F28 Ambulant Male Javelin Final

Pos	Bib	Athlete	Club	Perf	
1	348	Scott Moorhouse (F42)	Unattached	47.33	970
2	331	Kyron Duke (F40)	FDSW	30.41	836
3	338	Mitchell Dutton (F37)	Watford Harriers	32.25	663
4	330	Andrew Martin (F40)	South London Harriers	24.82	635
5	339	Daniel Berney (F37)	Henley Sports College	31.23	634
6	351	Ollie Clarke (F40)	Unattached	24.60	624
7	350	Jack Gambrill (F40)	Bedford & County AC	20.29	405
8	279	Josh Scarborough (T37)	Stevenage & North Herts AC	19.89	260
9	307	Ollie Minns (T38)	Orwell Panthers	22.86	1



### Event : F12 Seated Male Shot Final

Pos	Bib	Athlete	Club	Perf	
1	315	Jonathan Adams (F34)	Ipswich Harriers	8.99	879
2	314	Ray O'Dwyer (F34)	Ireland	8.46	833
3	320	James McCarthy (F57)	Ireland	9.93	609
4	356	Sean Sewell (F54)	Unattached	6.41	506
5	312	Ashleigh Hellyer (F33)	FDSW	6.10	496
6	311	Daniel Davies (F32)	FDSW	4.44	328
7	310	Eamon Bulter (F32)	Ireland	3.93	240

### Event : F22 Seated Male Discus Final

Pos	Bib	Athlete	Club	Perf	
1	343	Kieran Tscherniawsky (F33)	Loughborough Students AC	27.57	944
2	341	Nathan Stephens (F57)	FDSW	39.55	794
3	315	Jonathan Adams (F34)	Ipswich Harriers	30.22	701
4	314	Ray O'Dwyer (F34)	Ireland	28.62	644
5	319	Seamus Wall (F56)	Ireland	22.42	430
6	320	James McCarthy (F57)	Ireland	27.68	413
7	310	Eamon Bulter (F32)	Ireland	11.60	211
8	312	Ashleigh Hellyer (F33)	FDSW	11.41	204

### Event : F29 Male & Female Club Throw Final

Pos	Bib	Athlete	Club	Perf	
1	345	Stephen Miller (F32)	Gateshead Harriers	27.99	
2	344	Kieron Murphy (F32)	Birchfield Harriers	25.70	
3	347	Graham Condie (F31)	Gateshead Harriers	19.36	
4	311	Daniel Davies (F32)	FDSW	14.95	

### Event : F21 Seated Male Javelin Final

Pos	Bib	Athlete	Club	Perf	
1	341	Nathan Stephens (F57)	FDSW	37.83	849
2	314	Ray O'Dwyer (F34)	Ireland	20.79	715
3	319	Seamus Wall (F56)	Ireland	16.01	259



### Event : T7 Ambulant Female 100m Races

Pos	Bib	Athlete	Club	Perf	
1	262	Poppy Howell (T35)	Unattached	18.88	854 w/s -1.7
2	250	Tracey Hinton (T11)	Cardiff AAC	14.04	768 w/s -2.6
3	263	Serenity Howell (T35)	Unattached	19.86	742 w/s -2.9
4	260	Maria Verdeille (T35)	Stevenage & North Herts AC	20.09	717 w/s -2.9
5	261	Shannon Wallace (T35)	Unattached	20.78	644 w/s -1.7
6	271	Kelly Hutchins (T37)	Team Bath AC	17.03	540 w/s -2.6
7	251	Selina Litt (T11)	Charnwood AC	15.90	529 w/s -1.7
8	255	Natasha Mead (T13)	Exeter Harriers	15.15	517 w/s -2.6
9	292	Polly Maton (T46)	Team Devizes Moonraker AC	15.89	480 w/s -1.7
10	282	Amy Wareing (T38)	Stevenage & North Herts AC	16.23	457 w/s -2.9
11	280	Fiona Clarke (T38)	BRAT	16.43	418 w/s -1.7
12	257	Fiona Montgomery (T35)	Stevenage & North Herts AC	21.32	393 w/s -1.7
13	268	Eleanor Hubbert (T36)	Witney Road Runners	21.97	357 w/s -2.6
14	293	Sanjana Emmanuel (T46)	Reading AC	16.87	191 w/s -2.9
15	289	Sophie Kamlish (T44)	Team Bath AC	17.22	141 w/s -2.9
16	284	Natalie Williams (T38)	SUHAC	20.20	64 w/s -2.6
17	283	Hannah Pedder (T38)	Southport & Waterloo	20.60	49 w/s -2.6

### Event : T41 Ambulant Female 200m Races

Pos	Bib	Athlete	Club	Perf	Pts
1	262	Poppy Howell (T35)	Unattached	39.81	897 w/s -1.8
2	260	Maria Verdeille (T35)	Stevenage & North Herts AC	41.43	856 w/s -1.8
3	250	Tracey Hinton (T11)	Cardiff AAC	28.51	781 w/s -2.4
4	257	Fiona Montgomery (T35)	Stevenage & North Herts AC	45.70	696 w/s -1.8
5	282	Amy Wareing (T38)	Stevenage & North Herts AC	33.07	570 w/s -2.4
6	255	Natasha Mead (T13)	Exeter Harriers	30.58	526 w/s -2.4
7	268	Eleanor Hubbert (T36)	Witney Road Runners	43.56	523 w/s -1.8
8	280	Fiona Clarke (T38)	BRAT	34.34	476 w/s -2.4
9	271	Kelly Hutchins (T37)	Team Bath AC	35.26	437 w/s -2.4
10	284	Natalie Williams (T38)	SUHAC	38.56	219 w/s -1.8
11	283	Hannah Pedder (T38)	Southport & Waterloo	40.78	127 w/s -1.8
	292	Polly Maton (T46)	Team Devizes Moonraker AC	DNS	

### Event : T9 Wheelchair Female 100m Race

Pos	Bib	Athlete	Club	Perf	Pts
1	355	Georgina Oliver (T54)		19.76	573
2	294	Melissa Nicholls (T33)	Cheltenham Harriers AC	29.36	317
3	300	Meggan Dawson-Farrell (T54)	Red Star	23.37	221
4	342	Josie Pearson (F51)	FDSW	27.02	198
5	298	Charlotte Moore (T53)	Unattached	25.08	137
6	304	Doaa Shayea (T54)	City of Plymouth	27.81	25

### Event : T43 Wheelchair Female 200m Race

Pos	Bib	Athlete	Club	Perf	Pts
				w/s -3.4	
1	355	Georgina Oliver (T54)		36.08	439
2	300	Meggan Dawson-Farrell (T54)	Red Star	40.77	252
3	294	Melissa Nicholls (T33)	Cheltenham Harriers AC	47.56	241
4	342	Josie Pearson (F51)	FDSW	49.64	154

### Event : T6 Wheelchair Male & Female 400m Race

Pos	Bib	Athlete	Club	Perf	Pts
1	355	Georgina Oliver (T54)		67.37	
2	300	Meggan Dawson-Farrell (T54)	Red Star	74.97	
3	298	Charlotte Moore (T53)	Unattached	83.37	

### Event : T36 Wheelchair Female 800m Race

Pos	Bib	Athlete	Club	Perf	Pts
1	355	Georgina Oliver (T54)		2:21.33	391
1	300	Meggan Dawson-Farrell (T54)	Red Star	2:33.19	261
	294	Melissa Nicholls (T33)	Cheltenham Harriers AC	2:42.02	202

### Event : T26 Wheelchair Female 1500m Race

Pos	Bib	Athlete	Club	Perf	Pts
1	300	Meggan Dawson-Farrell (T54)	Red Star	5:14.48	



**Event : F4 Ambulant Female Long Jump Final**

Pos	Bib	Athlete	Club	Perf	W/S	PTS
1	280	Fiona Clarke (T38)	BRAT	3.26	3.1	557
2	293	Sanjana Emmanuel (T46)	Reading AC	3.70	2.3	369
3	284	Natalie Williams (T38)	SUHAC	2.82	4.5	297
4	251	Selina Litt (T11)	Charnwood AC	2.87	-0.9	268

**Event : F6 Ambulant Female Shot Final**

Pos	Bib	Athlete	Club	Perf		
1	326	Beverley Jones (F37)	Gloucester AC	10.10	878	878
2	329	Vicky Silk (F40)	Ashford AC	6.25	637	637
3	323	Lucie Prosser (F36)	Marshall Milton Keynes AC	4.54	135	135
4	260	Maria Verdeille (T35)	Stevenage & North Herts AC	4.07	54	54
5	324	Misty Campbell (F36)	Hastings AC	2.52	2	2

**Event : F11 Ambulant Female Discus Final**

Pos	Bib	Athlete	Club	Perf	
1	326	Beverley Jones (F37)	Gloucester AC	27.92	835
2	329	Vicky Silk (F40)	Ashford AC	17.82	609
3	323	Lucie Prosser (F36)	Marshall Milton Keynes AC	15.76	486
4	282	Amy Wareing (T38)	Stevenage & North Herts AC	18.12	355
5	263	Serenity Howell (T35)	Unattached	11.21	191
6	268	Eleanor Hubbert (T36)	Witney Road Runners	9.64	103

**Event : F31 Ambulant Female Javelin Final**

Pos	Bib	Athlete	Club	Perf
1	349	Hollie Arnold (F46)	Unattached	34.27
2	324	Misty Campbell (F36)	Hastings AC	5.16

**Event : F20 Seated Female Shot Final**

Pos	Bib	Athlete	Club	Perf	
1	318	Lorraine Regan (F56)	Ireland	5.68	386
2	317	Deidre Mongan (F53)	Ireland	2.73	284
3	316	Ciara Staunton (F52)	Ireland	2.61	160

**Event : F16 Seated Female Discus Final**

Pos	Bib	Athlete	Club	Perf	
1	342	Josie Pearson (F51)	FDSW	4.20	504
2	317	Deidre Mongan (F53)	Ireland	7.57	219
3	325	Rosemary Tallon (F37)	Ireland	5.49	117

**Event : F29 Male & Female Club Throw Final**

Pos	Bib	Athlete	Club	Perf	
1	346	Maxine Moore (F32)	Yeovil Olympians AC	14.89	797

**Event : F23 Seated Female Javelin Final**

Pos	Bib	Athlete	Club	Perf	
1	318	Lorraine Regan (F56)	Ireland	13.73	504
2	317	Deidre Mongan (F53)	Ireland	5.53	160
3	325	Rosemary Tallon (F37)	Ireland	4.93	119





# WELSH ATHLETICS DISTANCE CARD

Venue		Cardiff International Sports Stadium				Date	Saturday-18-June					Time	11:30 AM	
Meeting		Welsh Senior Championship & Aviva Parallel Success 2011				All Comers Record:								
Event		F3 Ambulant Male Shot Final				Welsh Record:								
						Championship Best Performance:								
						2010 Welsh Champion -								
Order	Bib	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	336	Robert Abraham (F40)	Unattached	3.73	3.77	3.98	3.98	10	3.87	3.65	4.05	4.05	10	
2	322	Konrad Bisping (F12)	FDSW	10.22	10.35	10.33	10.35	3	9.41	10.03	10.34	10.35	3	
3	335	Thomas Burton (F40)	Sale Harriers Manchester	5.84	6.09	6.36	6.36	9	6.26	6.15	6.22	6.36	8	
4	327	Kenny Churchill (F37)	Charnwood AC	10.69	10.47	9.59	10.69	2	10.91	nt	10.52	10.91	1	
5	328	Lee Cupit (F38)	Charnwood AC	7.95	8.21	8.40	8.40	6	8.17	8.39	8.22	8.40	4	
6	306	Scott Jones (F35)	Cheltenham Harriers AC	10.79	10.75	NT	10.79	1	10.19	10.18	10.84	10.84	2	
7	330	Andrew Martin (F40)	South London Harriers	6.86	7.28	7.11	7.28	8	6.45	6.74	6.83	7.28	7	
8	337	Joshua Morgan (F46)	FDSW	8.77	8.98	NT	8.98	5	NT	NT	8.41	8.98	9	
9	332	Michael Pope (F40)	Watford Harriers	7.63	7.39	7.06	7.63	7	7.15	6.85	7.35	7.63	5	
10	321	Josh Clark (T37)	FDSW	NT	8.94	9.27	9.27	4	NT	NT	NT	9.27	6	

FULL RESULTS											Officials		
POS	No.	NAME	CLUB	PERF	PTS	POS	No.	NAME	CLUB	PERF	PTS		
1	327	Kenny Churchill (F37)	Charnwood AC	10.91	692	9	337	Joshua Morgan (F46)	FDSW	8.98	162		
2	306	Scott Jones (F35)	Cheltenham Harriers AC	10.84	685	10	336	Robert Abraham (F40)	Unattached	4.05	25		
3	322	Konrad Bisping (F12)	FDSW	10.35	633								
4	328	Lee Cupit (F38)	Charnwood AC	8.40	538								
5	332	Michael Pope (F40)	Watford Harriers	7.63	519								
6	321	Josh Clark (T37)	FDSW	9.27	511							Referee	
7	330	Andrew Martin (F40)	South London Harriers	7.28	455								
8	335	Thomas Burton (F40)	Sale Harriers Manchester	6.36	289								

# WELSH ATHLETICS DISTANCE CARD

Venue		Cardiff International Sports Stadium				Date	Saturday-18-June					Time	11:30 AM
Meeting		Welsh Senior Championship & Aviva Parallel Success 2011				All Comers Record:							
						Welsh Record:							
Event		F4 Ambulant Female Long Jump Final				Championship Best Performance:							
						2010 Welsh Champion -							
Order	Bib	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	293	Sanjana Emmanuel (T46)	Reading AC	3.56	3.64	3.70	3.70	1	3.53	3.38	NJ	3.70	2
2	251	Selina Litt (T11)	Charnwood AC	2.57	2.61	2.74	2.74	4	2.74	2.74	2.87	2.87	4
3	284	Natalie Williams (T38)	SUHAC	2.42	2.82	2.57	2.82	3	2.80	2.28	2.60	2.82	3
4	280	Fiona Clarke (T38)	BRAT	3.11	3.09	3.26	3.26	2	3.24	3.23	NJ	3.26	1

FULL RESULTS											Officials	
POS	No.	NAME	CLUB	PERF	PTS	POS	No.	CLUB	PERF	PTS		
1	280	Fiona Clarke (T38)	BRAT	3.26	557							
2	293	Sanjana Emmanuel (T46)	Reading AC	3.70	369							
3	284	Natalie Williams (T38)	SUHAC	2.82	297							
4	251	Selina Litt (T11)	Charnwood AC	2.87	268							
											Referee	

All Athletes have 3+3 trials with top 8 having 3 more, except High Jump & Pole Vault

# WELSH ATHLETICS DISTANCE CARD

New CBP

Venue		Cardiff International Sports Stadium		Date	Saturday-18-June					Time	11:45 AM		
Meeting		Welsh Senior Championship & Aviva Parallel Success 2011		All Comers Record: Martin GIRVAN N Ireland 74.18 1982									
				Welsh Record: Shaun PICKERING Haringey 68.64 1994									
Event		F5 Senior Men Hammer (7.26kg) Final		Championship Best Performance: Shaun PICKERING Haringey 63.12 1989									
				2010 Welsh Champion - Matthew RICHARDS, Belgrave Harriers, 60.42									
Order	Bib	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	218	Ashley ANDREWS (U20M)	Forest of Dean AC/Rhondda	NT	43.86	NT	43.86	4	44.02	45.47	47.60	47.60	4
2	219	Darren ANDREWS (SM)	Forest of Dean	32.26	NT	NT	32.26	6	NT	30.42	30.72	32.26	6
3	220	Bradley COLE (U20M)	Cardiff AAC	41.92	41.82	41.70	41.92	5	43.94	41.90	43.71	43.94	5
4	202	David GLENDOWER (SM)	Pembroke Harriers	NT	NT	18.29	18.29	7	21.96	NT	NT	21.96	7
5	210	Graham HOLDER (SM)	Bexley AC	53.82	53.18	53.74	53.82	2	54.12	54.92	55.32	55.32	2
6	222	Matthew RICHARDS (SM)	Belgrave Harriers	59.75	NT	58.86	59.75	1	NT	62.74	63.68	63.68	1
7	223	Ritchie WELLS (U23M)	Swansea Harriers	48.50	NT	NT	48.50	3	NT	NT	NT	48.50	3

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	222	Matthew RICHARDS (SM)	Belgrave Harriers	63.68							
2	210	Graham HOLDER (SM)	Bexley AC	55.32							
3	223	Ritchie WELLS (U23M)	Swansea Harriers	48.50							
4	218	Ashley ANDREWS (U20M)	Forest of Dean AC/Rhondda	47.60							
5	220	Bradley COLE (U20M)	Cardiff AAC	43.94							
6	219	Darren ANDREWS (SM)	Forest of Dean	32.26							
7	202	David GLENDOWER (SM)	Pembroke Harriers	21.96						Referee	

All Athletes have 3+3 trials with top 8 having 3 more, except High Jump & Pole Vault



# Welsh Athletics - Height Card

New All Comers Record

New Welsh Record

New CBP

VENUE		Cardiff International Sports Stadium										DATE		Sat-18-June-2011				TIME		12:45 PM						
MEETING		<b>Welsh Senior Championship &amp; Aviva Parallel Success 2011</b>										All Comers Record: Janine WHITLOCK England 4.26 2005 & 2006														
Welsh Record: Sally PEAKE, Liverpool Harriers, 2011																										
Championship Best Performance: Sonia LAWRENCE Cardiff AAC 4.02 2003																										
EVENT		<b>F7 Senior Women Pole Vault Final</b>										2010 Welsh Champion - Sally PEAKE, Liverpool Harriers, 3.85														
Order	Bib											NAME	CLUB	START	2.30	2.50	2.70	2.90	3.30	3.45	3.60	3.75	3.90	4.05	4.20	Best
				Opening Height	4.30	4.40											Metres									
1	172	Christina HUGHES (SW)	Deeside AAC	3.30					X X X															3	3	7
2	173	Enfys JONES (U17W)	Carmarthen Harriers	2.30	O	O	X X X										2.50	1	3	5					6	
3	174	Shannon LEE (U17W)	Swansea Harriers	2.70			O	X X X									2.70	1	3	4					5	
4	175	Lyndsey MAUND (SW)	Swansea Harriers	3.45						X X O	X X X						3.45	3	5	6					4	
5	176	Sally PEAKE (SW)	Birchfield Harriers	3.90	X X O	X X X							X X O	O	X O	4.30	3	8	12						1	
6	177	Bryony RAINE (SW)	Cardiff AAC	3.75								X O	O	X X X		3.90	1	4	6						2	
7	178	Emily TAYLOR (U23W)	Bath University	3.30					O	X O	X X O	X X X				3.60	3	6	9						3	

FULL RESULTS										OFFICIALS SIGNATURES			
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF				
1	176	Sally PEAKE (SW)	Birchfield Harriers	4.30									
2	177	Bryony RAINE (SW)	Cardiff AAC	3.90									
3	178	Emily TAYLOR (U23W)	Bath University	3.60									
4	175	Lyndsey MAUND (SW)	Swansea Harriers	3.45									
5	174	Shannon LEE (U17W)	Swansea Harriers	2.70									
6	173	Enfys JONES (U17W)	Carmarthen Harriers	2.50									
										REFEREE'S SIGNATURE			

# WELSH ATHLETICS DISTANCE CARD

Venue		Cardiff International Sports Stadium				Date	Saturday-18-June				Time	1:00 PM	
Meeting		Welsh Senior Championship & Aviva Parallel Success 2011				All Comers Record:							
						Welsh Record:							
Event		F8 Ambulant Male Long Jump Final				Championship Best Performance:							
						2010 Welsh Champion -							
Order	Bib	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	276	Anthony Bryan (T37)	Herts Phoenix AC	3.45	3.51		3.51	4		3.58	3.71	3.71	4
2	277	Daniel Hooker (T37)	OUAC	4.17	4.11		4.17	2		4.24	4.18	4.24	1
3	307	Ollie Minns (T38)	Orwell Panthers	NJ	3.08	NJ	3.08	5	NJ	3.33	2.95	3.33	5
4	291	Kyle Powell (T45)	St Mary's Richmond	NJ	5.03		5.03	1		4.65	5.08	5.08	3
5	272	Thomas Smith (T37)	Unattached	4.12	3.75		4.12	3		3.74	3.77	4.12	2

FULL RESULTS											Officials	
POS	No.	NAME	CLUB	PERF	PTS	POS	No.	CLUB	PERF	PTS	Referee	
1	277	Daniel Hooker (T37)	OUAC	4.24	464							
2	272	Thomas Smith (T37)	Unattached	4.12	411							
3	291	Kyle Powell (T45)	St Mary's Richmond	5.08	313							
4	276	Anthony Bryan (T37)	Herts Phoenix AC	3.71	236							
5	307	Ollie Minns (T38)	Orwell Panthers	3.33	1							

All Athletes have 3+3 trials with top 8 having 3 more, except High Jump & Pole Vault







# WELSH ATHLETICS DISTANCE CARD

Venue		Cardiff International Sports Stadium				Date	Saturday-18-June					Time	2:00 PM	
Meeting		Welsh Senior Championship & Aviva Parallel Success 2011				All Comers Record:								
Event		F12 Seated Male Shot Final				Welsh Record:								
						Championship Best Performance:								
						2010 Welsh Champion -								
Order	Bib	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	315	Jonathan Adams (F34)	Ipswich Harriers	8.46	8.45	8.92	8.92	2	8.99	NT	NT	8.99	1	
2	310	Eamon Bulter (F32)	Ireland	3.63	3.80	NT	3.80	7	3.93	NT	NT	3.93	7	
3	311	Daniel Davies (F32)	FDSW	4.22	4.19	NT	4.22	6	4.44	NT	4.21	4.44	6	
4	312	Ashleigh Hellyer (F33)	FDSW	6.10	5.75	NT	6.10	4	5.84	NT	-	6.10	5	
5	320	James McCarthy (F57)	Ireland	9.57	9.78	9.68	9.78	1	9.67	9.93	9.73	9.93	3	
6	314	Ray O'Dwyer (F34)	Ireland	7.65	8.12	8.46	8.46	3	8.25	8.15	7.63	8.46	2	
7	356	Sean Sewell (F54)	Unattached	5.83	5.92	6.03	6.03	5	6.24	6.33	6.41	6.41	4	

FULL RESULTS											Officials	
POS	No.	NAME	CLUB	PERF	PTS	POS	No.	CLUB	PERF	PTS		
1	315	Jonathan Adams (F34)	Ipswich Harriers	8.99	879							
2	314	Ray O'Dwyer (F34)	Ireland	8.46	833							
3	320	James McCarthy (F57)	Ireland	9.93	609							
4	356	Sean Sewell (F54)	Unattached	6.41	506							
5	312	Ashleigh Hellyer (F33)	FDSW	6.10	496							
6	311	Daniel Davies (F32)	FDSW	4.44	328							
7	310	Eamon Bulter (F32)	Ireland	3.93	240						Referee	

# WELSH ATHLETICS DISTANCE CARD

Venue	Cardiff International Sports Stadium			Date	Saturday-18-June				Time	2:15 PM			
Meeting	Welsh Senior Championship & Aviva Parallel Success 2011			All Comers Record: Ralph BOSTON USA 8.18 1965									
				Welsh Record: Lynn DAVIES Roath, Cardiff AAC 8.23 1968									
Event	F13 Senior Men Long Jump Final			Championship Best Performance: Steve INGRAM Swansea Harriers 7.91w 1994									
				2010 Welsh Champion - Ricardo CHILDS, Brecon AC, 7.29									
Order	Bib	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	189	Richardo CHILDS (SM)	Brecon AC	7.28	7.24	7.35	7.35	1	7.35	7.48	7.06	7.48	1
2	190	David COOK (SM)	Kingston AC	NJ	7.14	7.22	7.22	2	7.23	NJ	NJ	7.23	2
3	39	Christopher HALL (SM)	Kingston AC	6.45	6.28	6.33	6.45	4	6.37	6.56	NJ	6.56	4
4	193	Kieron MARTIN (U20M)	Swansea Harriers	6.08	6.30	6.21	6.30	5	6.16	NJ	NJ	6.30	5
5	194	Keith POWELL (SM)	Newport Harriers	4.99	4.68	4.52	4.99	6	NJ	NJ	5.19	5.19	6
6	24	Ben SIMONS (SM)	Telford AC	6.69	3.47	WD	6.69	3				6.69	3

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	CLUB	PERF			
1	189	Richardo CHILDS (SM)	Brecon AC	7.48					Referee		
2	190	David COOK (SM)	Kingston AC	7.23							
3	24	Ben SIMONS (SM)	Telford AC	6.69							
4	39	Christopher HALL (SM)	Kingston AC	6.56							
5	193	Kieron MARTIN (U20M)	Swansea Harriers	6.30							
6	194	Keith POWELL (SM)	Newport Harriers	5.19							

All Athletes have 3+3 trials with top 8 having 3 more, except High Jump & Pole Vault









# WELSH ATHLETICS DISTANCE CARD

Venue		Cardiff International Sports Stadium		Date	Saturday-18-June					Time	3:45 PM		
Meeting		Welsh Senior Championship & Aviva Parallel Success 2011		All Comers Record: Oluyinka IDOWU England 6.58 1991									
				Welsh Record: Gill REGAN Cardiff AAC 6.52 1982									
Event		F18 Senior Women Long Jump Final		Championship Best Performance: Ruth HOWELL Birchfield Harriers 6.33w 1978									
				2010 Welsh Champion - Rhiannon YATES U20, Cardiff AAC, 5.80									
Order	Bib	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	185	Donna JONES (U23W)	Swansea Harriers	NJ	5.03	5.19	5.19	2	5.06	NJ	NJ	5.19	3
2	186	Imogen MILES (SW)	Cardiff AAC	1.81	2.32	3.69	3.69	3	5.51	5.59	NJ	5.59	2
3	187	Lara RICHARDS (SW)	A.D. Marathon	5.92	5.35	5.87	5.92	1	5.96	4.55	6.10	6.10	1

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	CLUB	PERF			
1	187	Lara RICHARDS (SW)	A.D. Marathon	6.10							
2	186	Imogen MILES (SW)	Cardiff AAC	5.59							
3	185	Donna JONES (U23W)	Swansea Harriers	5.19							
										Referee	

All Athletes have 3+3 trials with top 8 having 3 more, except High Jump & Pole Vault

# WELSH ATHLETICS DISTANCE CARD

Venue		Cardiff International Sports Stadium				Date	Saturday-18-June					Time	4:00 PM	
Meeting		Welsh Senior Championship & Aviva Parallel Success 2011				All Comers Record:								
Event		F19 Ambulant Male Discus Final				Welsh Record:								
						Championship Best Performance:								
						2010 Welsh Champion -								
Order	Bib	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	336	Robert Abraham (F40)	Unattached	9.47	8.75	8.91	9.47	13	10.22	11.47	9.35	11.47	13	
2	322	Konrad Bisping (F12)	FDSW	26.53	26.02	21.18	26.53	4	24.47	25.26	25.95	26.53	7	
3	335	Thomas Burton (F40)	Sale Harriers Manchester	20.66	NT	NT	20.66	9	21.55	20.41	20.58	21.55	4	
4	270	Robert Carrick-Smith (T37)	Yeovil Olympians AC	NT	NT	21.51	21.51	8	16.95	18.24	15.73	21.51	10	
5	328	Lee Cupit (F38)	Charnwood AC	25.85	26.13	25.92	26.13	5	26.47	27.93	24.44	27.93	2	
6	338	Mitchell Dutton (F37)	Watford Harriers	28.98	NT	31.17	31.17	1	31.86	NT	NT	31.86	3	
7	340	Keith Gardner (F36)	Scottish Disability Sport	26.92	26.72	28.13	28.13	3	29.57	NT	24.54	29.57	1	
8	306	Scott Jones (F35)	Cheltenham Harriers AC	NT	18.11	17.65	18.11	10	20.04	NT	NT	20.04	11	
9	337	Joshua Morgan (F46)	FDSW	30.91	NT	NT	30.91	2	NT	31.55	30.73	31.55	5	
10	332	Michael Pope (F40)	Watford Harriers	NT	17.41	NT	17.41	12	20.57	20.78	20.72	20.78	6	
11	279	Josh Scarborough (T37)	Stevenage & North Herts AC	19.05	22.36	16.76	22.36	7	19.13	20.26	19.61	22.36	9	
12	396	Matthew RICHARDS (T44)		NT	15.04	17.81	17.81	11	18.22	18.01	17.59	18.22	12	
13	321	Josh Clark (T37)	FDSW	NT	21.36	23.91	23.91	6	24.42	NT	NT	24.42	8	

FULL RESULTS												Officials	
POS	No.	NAME	CLUB	PERF	PTS	POS	No.	NAME	CLUB	PERF	PTS		
1	340	Keith Gardner (F36)	Scottish Disability Sport	29.57	726	9	279	Josh Scarborough (T37)	Stevenage & North Herts AC	22.36	303		
2	328	Lee Cupit (F38)	Charnwood AC	27.93	660	10	270	Robert Carrick-Smith (T37)	Yeovil Olympians AC	21.51	271		
3	338	Mitchell Dutton (F37)	Watford Harriers	31.86	652	11	306	Scott Jones (F35)	Cheltenham Harriers AC	20.04	155		
4	335	Thomas Burton (F40)	Sale Harriers Manchester	21.55	648	12	396	Matthew RICHARDS (T44)		18.22	134		
5	337	Joshua Morgan (F46)	FDSW	31.55	632	13	336	Robert Abraham (F40)	Unattached	11.47	87		
6	332	Michael Pope (F40)	Watford Harriers	20.78	608							Referee	
7	322	Konrad Bisping (F12)	FDSW	26.53	422								
8	321	Josh Clark (T37)	FDSW	24.42	382								

# WELSH ATHLETICS DISTANCE CARD

Venue	Cardiff International Sports Stadium				Date	Saturday-18-June				Time	4:15 PM		
Meeting	Welsh Senior Championship & Aviva Parallel Success 2011			All Comers Record:									
				Welsh Record:									
Event	F20 Seated Female Shot Final			Championship Best Performance:									
				2010 Welsh Champion -									
Order	Bib	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	317	Deidre Mongan (F53)	Ireland	2.36	2.72	2.47	2.72	2	2.67	2.71	2.73	2.73	2
2	318	Lorraine Regan (F56)	Ireland	5.65	5.50	5.58	5.65	1	5.36	5.39	5.68	5.68	1
3	316	Ciara Staunton (F52)	Ireland	2.60	2.61	2.22	2.61	3	2.22	2.44	2.36	2.61	3

FULL RESULTS											Officials	
POS	No.	NAME	CLUB	PERF	PTS	POS	No.	CLUB	PERF	PTS	Referee	
1	318	Lorraine Regan (F56)	Ireland	5.68	386							
2	317	Deidre Mongan (F53)	Ireland	2.73	284							
3	316	Ciara Staunton (F52)	Ireland	2.61	160							



# WELSH ATHLETICS DISTANCE CARD

Venue		Cardiff International Sports Stadium				Date	Sunday-19-June					Time	10:30 AM
Meeting		Welsh Senior Championship & Aviva Parallel Success 2011				All Comers Record:							
						Welsh Record:							
Event		F22 Seated Male Discus Final				Championship Best Performance:							
						2010 Welsh Champion -							
Order	Bib	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	315	Jonathan Adams (F34)	Ipswich Harriers	28.45	29.90	27.67	29.90	2	28.73	NT	30.22	30.22	3
2	310	Eamon Bulter (F32)	Ireland	11.20	11.06	11.22	11.22	7	11.21	11.60	10.69	11.60	7
3	312	Ashleigh Hellyer (F33)	FDSW	9.21	10.73	NT	10.73	8	9.06	10.23	11.41	11.41	8
4	320	James McCarthy (F57)	Ireland	22.99	27.13	21.95	27.13	4	20.28	25.23	27.68	27.68	6
5	314	Ray O'Dwyer (F34)	Ireland	28.36	28.29	28.06	28.36	3	28.62	22.50	27.68	28.62	4
6	341	Nathan Stephens (F57)	FDSW	NT	36.40	NT	36.40	1	39.55	NT	35.70	39.55	2
7	343	Kieran Tscherniawsky (F33)	Loughborough Students AC	25.56	23.45	25.56	25.56	5	26.42	27.57	25.28	27.57	1
8	319	Seamus Wall (F56)	Ireland	20.97	21.37	20.35	21.37	6	22.11	22.05	22.42	22.42	5

FULL RESULTS											Officials	
POS	No.	NAME	CLUB	PERF	PTS	POS	No.	CLUB	PERF	PTS		
1	343	Kieran Tscherniawsky (F33)	Loughborough Students AC	27.57	944							
2	341	Nathan Stephens (F57)	FDSW	39.55	794							
3	315	Jonathan Adams (F34)	Ipswich Harriers	30.22	701							
4	314	Ray O'Dwyer (F34)	Ireland	28.62	644							
5	319	Seamus Wall (F56)	Ireland	22.42	430							
6	320	James McCarthy (F57)	Ireland	27.68	413						Referee	
7	310	Eamon Bulter (F32)	Ireland	11.60	211							
8	312	Ashleigh Hellyer (F33)	FDSW	11.41	204							

# WELSH ATHLETICS DISTANCE CARD

<b>Venue</b>		<b>Cardiff International Sports Stadium</b>		<b>Date</b>		<b>Sunday-19-June</b>				<b>Time</b>		<b>11:30 AM</b>	
<b>Meeting</b>		<b>Welsh Senior Championship &amp; Aviva Parallel Success 2011</b>		All Comers Record:									
				Welsh Record:									
<b>Event</b>		<b>F23 Seated Female Javelin Final</b>		Championship Best Performance:									
				2010 Welsh Champion -									
Order	Bib	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	<b>Best of 3</b>	Pos aft 3	4th Trial	5th Trial	6th Trial	<b>Best of All</b>	Final Position
				Metres	Metres	Metres	<b>Metres</b>		Metres	Metres	Metres	<b>Metres</b>	
1	317	Deidre Mongan (F53)	Ireland	4.84	5.53	5.29	<b>5.53</b>	<b>2</b>	5.49	4.82	5.39	<b>5.53</b>	2
2	318	Lorraine Regan (F56)	Ireland	13.27	13.60	12.87	<b>13.60</b>	<b>1</b>	12.26	13.62	13.73	<b>13.73</b>	1
3	316	Ciara Staunton (F52)	Ireland	3.68	3.35	3.28	<b>3.68</b>	<b>4</b>	3.77	3.64	3.34	<b>3.77</b>	4
4	325	Rosemary Tallon (F37)	Ireland	4.56	4.93	4.47	<b>4.93</b>	<b>3</b>	4.68	nt	4.77	<b>4.93</b>	3

FULL RESULTS											Officials	
POS	No.	NAME	CLUB	PERF	PTS	POS	No.	CLUB	PERF	PTS		
1	318	Lorraine Regan (F56)	Ireland	13.73	504							
2	317	Deidre Mongan (F53)	Ireland	5.53	160							
3	325	Rosemary Tallon (F37)	Ireland	4.93	119							
4	316	Ciara Staunton (F52)	Ireland	3.77	71							
											Referee	

All Athletes have 3+3 trials with top 8 having 3 more, except High Jump & Pole Vault

# WELSH ATHLETICS DISTANCE CARD

Venue		Cardiff International Sports Stadium				Date	Sunday-19-June				Time	12:15 PM	
Meeting		Welsh Senior Championship & Aviva Parallel Success 2011		All Comers Record: Venissa HEAD Wales 62.02 1984									
				Welsh Record: Venissa HEAD Cardiff AAC 64.68 1983									
Event		F24 Senior Women Discus (1.00kg) Final		Championship Best Performance: Philippa ROLES Sale Harriers 61.41 2008									
				2010 Welsh Champion - Philippa ROLES, Swansea Harriers, 55.16									
Order	Bib	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	199	Lucy GRIFFITHS (U20W)	Pembroke Harriers	NT	NT	30.57	30.57	5	34.01	34.23	33.76	34.23	4
2	200	Jessica HUDDLESTON (U23W)	Pembroke Harriers	25.24	28.71	31.47	31.47	4	31.47	NT	32.51	32.51	5
3	201	Karen LLEWELLIN (SW)	Pembroke Harriers	22.44	23.11	NT	23.11	7	24.30	24.19	21.76	24.30	6
4	206	Tracy LLEWELLIN (SW)	Pembroke Harriers	22.58	23.94	NT	23.94	6	22.42	21.79	23.12	23.94	7
5	207	Philippa ROLES (SW)	Swansea Harriers	52.86	53.77	NT	53.77	1	NT	54.64	54.06	54.64	1
6	208	Awen ROSSER (U17W)	Carmarthen Harriers	35.98	35.30	31.80	35.98	3	NT	31.29	35.03	35.98	3
7	209	Claire WILLIAMS (SW)	Carmarthen Harriers	32.22	37.75	40.76	40.76	2	NT	35.54	NT	40.76	2

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	207	Philippa ROLES (SW)	Swansea Harriers	54.64							
2	209	Claire WILLIAMS (SW)	Carmarthen Harriers	40.76							
3	208	Awen ROSSER (U17W)	Carmarthen Harriers	35.98							
4	199	Lucy GRIFFITHS (U20W)	Pembroke Harriers	34.23							
5	200	Jessica HUDDLESTON (U23W)	Pembroke Harriers	32.51							
6	201	Karen LLEWELLIN (SW)	Pembroke Harriers	24.30						Referee	
7	206	Tracy LLEWELLIN (SW)	Pembroke Harriers	23.94							



# WELSH ATHLETICS DISTANCE CARD

Venue		Cardiff International Sports Stadium				Date	Sunday-19-June					Time	1:30 PM
Meeting		Welsh Senior Championship & Aviva Parallel Success 2011		All Comers Record: Brett MORSE Wales 62.99 2010 Welsh Record: Brett MORSE Birchfield Harriers 64.49p 2011									
Event		F26 Senior Men Discus (2.00kg) Final		Championship Best Performance: Brett MORSE, Birchfield Harriers, 60.29, 2010 2010 Welsh Champion - Brett MORSE U23, Birchfield Harriers, 60.92									
Order	Bib	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	202	David GLENDOWER (SM)	Pembroke Harriers	19.78	22.21	19.91	22.21	4	NT	21.59	21.61	22.21	4
2	203	David GUEST (SM)	Bridgend AC	NT	32.42	35.39	35.39	1	NT	36.67	NT	36.67	1
3	210	Graham HOLDER (SM)	Bexley AC	35.26	34.62	34.08	35.26	2	34.18	NT	35.16	35.26	2
4	211	Robert LLEWELLIN (SM)	Pembroke Harriers	30.47	29.61	30.37	30.47	3	NT	NT	28.88	30.47	3

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	CLUB	PERF			
1	203	David GUEST (SM)	Bridgend AC	36.67							
2	210	Graham HOLDER (SM)	Bexley AC	35.26							
3	211	Robert LLEWELLIN (SM)	Pembroke Harriers	30.47							
4	202	David GLENDOWER (SM)	Pembroke Harriers	22.21							
									Referee		

All Athletes have 3+3 trials with top 8 having 3 more, except High Jump & Pole Vault



# WELSH ATHLETICS DISTANCE CARD

Venue		Cardiff International Sports Stadium				Date	Sunday-19-June				Time	2:30 PM	
Meeting		Welsh Senior Championship & Aviva Parallel Success 2011				All Comers Record:							
						Welsh Record:							
Event		F28 Ambulant Male Javelin Final				Championship Best Performance:							
						2010 Welsh Champion -							
Order	Bib	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	
1	339	Daniel Berney (F37)	Henley Sports College	31.23	31.06	31.08	31.23	3	31.23	NT	29.46	31.23	5
2	351	Ollie Clarke (F40)	Unattached	23.97	NT	24.60	24.60	5	24.37	24.50	23.75	24.60	6
3	331	Kyron Duke (F40)	FDSW	28.89	30.41	NT	30.41	4	25.59	27.21	27.71	30.41	2
4	338	Mitchell Dutton (F37)	Watford Harriers	30.40	29.87	32.25	32.25	2	29.07	30.05	28.92	32.25	3
5	350	Jack Gambrill (F40)	Bedford & County AC	19.54	19.64	19.83	19.83	8	NT	20.29	19.65	20.29	7
6	330	Andrew Martin (F40)	South London Harriers	24.28	24.32	23.57	24.32	6	20.09	24.19	24.82	24.82	4
7	307	Ollie Minns (T38)	Orwell Panthers	21.07	4.99	22.86	22.86	7	19.32	NT	16.97	22.86	9
8	348	Scott Moorhouse (F42)	Unattached	40.73	39.93	47.33	47.33	1	41.59	40.19	38.23	47.33	1
9	279	Josh Scarborough (T37)	Stevenage & North Herts AC	17.77	19.37	19.32	19.37	9	19.89	19.23	18.46	19.89	8

FULL RESULTS												Officials	
POS	No.	NAME	CLUB	PERF	PTS	POS	No.	NAME	CLUB	PERF	PTS		
1	348	Scott Moorhouse (F42)	Unattached	47.33	970	9	307	Ollie Minns (T38)	Orwell Panthers	22.86	1		
2	331	Kyron Duke (F40)	FDSW	30.41	836								
3	338	Mitchell Dutton (F37)	Watford Harriers	32.25	663								
4	330	Andrew Martin (F40)	South London Harriers	24.82	635								
5	339	Daniel Berney (F37)	Henley Sports College	31.23	634								
6	351	Ollie Clarke (F40)	Unattached	24.60	624							Referee	
7	350	Jack Gambrill (F40)	Bedford & County AC	20.29	405								
8	279	Josh Scarborough (T37)	Stevenage & North Herts AC	19.89	260								







