

EVENT T29 - U17M - 100m - FINAL

WELSH RECORD - Tim BENJAMIN / Andrew WATKINS, Cardiff AAC / Cwmbran Harriers, 10.71,1998

WELSH CBP - Tim BENJAMIN, Cardiff AAC, 10.87, 1998

2010 WELSH CHAMPION - Jamaul WHYTE Cardiff AAC 11.38

Athletes qualified from heat T6

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s -0.5	
1	17	George PERKINS	Chelmsford AC	11.22	
2	23	Thomas WILLIAMS	Barry & Vale Harriers	11.33	
3	13	Mathew DAVIES	Carmarthen Harriers	11.43	
4	21	Owen SMITH	Deeside AAC	11.58	
5	20	Arran REID	Barry & Vale Harriers	11.61	
6	15	Ryan LEE	Cwmbran Harriers	11.62	
7	22	Luke WARD	Deeside AAC	11.87	
8	19	Aled PRICE	Carmarthen Harriers	12.30	

EVENT T6 - U17M - 100m - Heats

Qualification to the next round T29 Will be the fastest 3 (Q) & 2 (q)

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s +0.7	
1	21	Owen SMITH	Deeside AAC	11.21	Q
2	13	Mathew DAVIES	Carmarthen Harriers	11.28	Q
3	20	Arran REID	Barry & Vale Harriers	11.63	Q
4	22	Luke WARD	Deeside AAC	11.79	q
5	19	Aled PRICE	Carmarthen Harriers	12.06	q

Heat 2 of 2

w/s +1.2

Pos	Bib	Athletes	Club	Perf.	Comments
1	23	Thomas WILLIAMS	Barry & Vale Harriers	11.17	Q
2	17	George PERKINS	Chelmsford AC	11.17	Q
3	15	Ryan LEE	Cwmbran Harriers	11.50	Q
4	14	Jonathan HOBBS	Cardiff AAC	12.27	

EVENT T42 - U17M - 200m - FINAL

WELSH RECORD - Tim BENJAMIN, Cardiff AAC, 21.19,1998

WELSH CBP - Andrew WATKINS, Cwmbran Harriers, 21.8, 2003

2010 WELSH CHAMPION - Jamaul WHYTE Cardiff AAC 22.84

Athletes qualified from heat T34

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	
1	13	Mathew DAVIES	Carmarthen Harriers	23.06	
2	23	Thomas WILLIAMS	Barry & Vale Harriers	23.51	
3	15	Ryan LEE	Cwmbran Harriers	23.52	
4	61	Ryan COOPER	Cardiff AAC	24.25	
5	60	Jacob BRISCOMBE	Barry & Vale Harriers	25.07	
6	62	Ryan JONES	Wrexham AC	27.19	

EVENT T27 - U17M - 400m - FINAL

WELSH RECORD - Bruce TASKER, Carmarthen Harriers, 47.85,2004

WELSH CBP - Mark PONTING, Torfaen AC, 48.82, 1993

2010 WELSH CHAMPION - Morgan HARRIES Sale Harriers 51.23

Athletes qualified from heat T11

Pos	Bib	Athletes	Club	Perf.	Comments
1	21	Owen SMITH	Deeside AAC	49.24	
2	79	Scott EDWARDS	Cardiff AAC	50.59	
3	82	Llyr JAMIESON	Carmarthen Harriers	51.79	
4	99	Matthew ANTONIAZZI	Cwmbran Harriers	52.19	
5	78	Matthew COLLINS	Barry & Vale Harriers	52.54	
6	16	Alexander PAVLOU	Swansea Harriers	55.02	
7	84	Bradley THOMAS	Deeside AAC	58.79	
8	83	Christopher MCNAUGHT	Menai T&F	DNF	

EVENT T11 - U17M - 400m - Heats

Heat 1 of 2

Qualification to the next round T27 Will be the fastest 3 (Q) & 2 (q)

Pos	Bib	Athletes	Club	Perf.	Comments
1	21	Owen SMITH	Deeside AAC	51.20	Q
2	99	Matthew ANTONIAZZI	Cwmbran Harriers	52.43	Q
3	82	Llyr JAMIESON	Carmarthen Harriers	53.34	Q
4	16	Alexander PAVLOU	Swansea Harriers	54.47	q
5	84	Bradley THOMAS	Deeside AAC	56.72	q

Heat 2 of 2

Pos	Bib	Athletes	Club	Perf.	Comments
1	79	Scott EDWARDS	Cardiff AAC	50.67	Q
2	78	Matthew COLLINS	Barry & Vale Harriers	52.70	Q
3	83	Christopher MCNAUGHT	Menai T&F	53.03	Q
4	77	David BLOWER	Wrexham AC	56.80	

EVENT T31 - U17M - 800m - FINAL

WELSH RECORD - Neil HORSFIELD, Newport Harriers, 1.51.6,1983

WELSH CBP - Tony DYKE, Bishop Gore Sc, 1.54.8, 1972

2010 WELSH CHAMPION - Elliott HARDEE Newport Harriers 1:59.30

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	105	Elliot SLADE	Cardiff AAC	1:53.43	
2	102	Tom EARLEY	Colwyn Bay AC	1:56.90	
3	103	Carwyn EVANS	Swansea Harriers	1:58.05	
4	104	Rhys GRANVILLE	Carmarthen Harriers	1:59.66	
5	80	Curtis GOODGER	Newport Harriers	2:01.34	
6	101	Owen DAVIES	Cwmbran Harriers	2:03.20	
7	77	David BLOWER	Wrexham AC	2:07.92	
8	100	George BACKSHALL	Colwyn Bay AC	2:14.47	

New CBP

EVENT T17 - U17M - 1500m - FINAL

WELSH RECORD - Colin CLARKSON, Swansea Harriers, 3.55.5,1977

WELSH CBP - Kevin GLASTONBURY, Cardiff AAC, 3.58.3, 1975

2010 WELSH CHAMPION - Matthew O'LEARY Neath Harriers 4:07.40

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	131	Kyran ROBERTS	Carmarthen Harriers	4:06.37	
2	132	Michael WARD	Cardiff AAC	4:10.13	
3	128	Lloyd HECKLER	Carmarthen Harriers	4:11.25	
4	126	Matthew EDWARDS	Barry & Vale Harriers	4:16.35	
5	129	James HUNT	Bridgend AC	4:22.45	
6	125	Matthew BLACKWELL	Deeside AAC	4:26.87	
7	127	Jacob GRIFFITH	Colwyn Bay AC	4:43.56	

EVENT T18 - U17M - 100m Hdl - FINAL

WELSH RECORD - David GUEST, Bridgend AC, 12.94,2007

WELSH CBP - Berian DAVIES, Swansea Harriers, 13.34w, 1989

2010 WELSH CHAMPION - Rhys WILLIAMS Cardiff AAC 14.09

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	49	Daniel BLAIN	Carmarthen Harriers	13.59	
2	52	Ieuan ORTON	Barry & Vale Harriers	15.89	W/S -0.3

EVENT T2 - U17M - 400m Hurdles - FINAL

WELSH RECORD - Mark ROWLANDS, Swansea Harriers, 53.3,1994

WELSH CBP - Gareth LEWIS, Torfaen AC, 55.57, 1995

2010 WELSH CHAMPION - Joshua SANSOM Swansea Harriers 57.86

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	61	Ryan COOPER	Cardiff AAC	59.27	
2	143	Aaron WILLMOTT	Carmarthen Harriers	59.73	
3	51	Rheon JONES	Menai T&F	61.12	
4	142	William POOLE	Wrexham AC	62.91	

EVENT T37 - U17M - 1.5km Steeplechase - FINAL

WELSH RECORD - Steve EVANS, Abertillery, 4.11.2,1974

WELSH CBP - Steve EVANS, Abertillery, 4.22.9, 1974

2010 WELSH CHAMPION - Matthew EDWARDS Barry & Vale Harriers 4:54.18

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	126	Matthew EDWARDS	Barry & Vale Harriers	4:44.53	
2	153	Nathan JONES	Colwyn Bay AC	4:48.70	
3	155	Evan WYNNE	Newport Harriers	4:50.08	
4	154	Ronan LLYR	Carmarthen Harriers	4:50.16	
5	152	Ryan FOULKES	Wrexham AC	5:07.96	
6	100	George BACKSHALL	Colwyn Bay AC	5:21.60	
7	127	Jacob GRIFFITH	Colwyn Bay AC	5:24.90	

EVENT F27 - U17M - HIGH JUMP - FINAL

WELSH RECORD - Chuka ENIH-SNELL, Swansea Harriers, 2.15,2000

WELSH CBP - Chuka ENIH-SNELL, Swansea Harriers, 2.11, 2000

2010 WELSH CHAMPION - Stephen GUEST Bridgend AC 1.90

Pos	Bib	Athletes	Club	Perf.
1	173	Jonathon BAILEY	Cardiff AAC	1.75
2	52	Ieuan ORTON	Barry & Vale Harriers	1.70
3	22	Luke WARD	Deeside AAC	1.70
4	174	Osian GRIFFITHS	Swansea Harriers	1.65

EVENT F21 - U17M - POLE VAULT - FINAL

WELSH RECORD - Neil WINTER, Shaftesbury, 5.20,1990

WELSH CBP - Neil WINTER, Shaftesbury, 4.50, 1990

2010 WELSH CHAMPION - Stephen GUEST Bridgend AC 3.80

Pos	Bib	Athletes	Club	Perf.
1	183	David CALLAN	Cardiff AAC	3.90
2	185	Stephen SCARFI	Cwmbran Harriers	3.70
3	184	Lewis PREECE	Swansea Harriers	3.30

EVENT F15 - U17M - LONG JUMP - FINAL

WELSH RECORD - Marcus BROWNING, Chester, 7.11,1986

WELSH CBP - Tom HALLETT, Cleddau, 6.77, 1989

2010 WELSH CHAMPION - Rhys WILLIAMS Swansea Harriers 6.42

Pos	Bib	Athletes	Club	Perf.	W/S
1	197	James MCGUIRE	Cardiff AAC	6.34	-0.5
2	198	Lloyd ROBBINS	Sale Harriers Manchester	6.28	+0.7
3	196	Connor LAVERTY	Menai T&F	6.09	-0.9
4	60	Jacob BRISCOMBE	Barry & Vale Harriers	5.47	+0.5
5	20	Arran REID	Barry & Vale Harriers	5.46	-0.6
6	173	Jonathon BAILEY	Cardiff AAC	5.44	+1.0
7	142	William POOLE	Wrexham AC	4.77	-0.9

EVENT F29 - U17M - TRIPLE JUMP - FINAL

WELSH RECORD - Steven SHALDERS, Cardiff AAC, 15.14,1998

WELSH CBP - Graham WEBB, Newport HSc, 14.67, 1963

2010 WELSH CHAMPION - Rhys WILLIAMS Swansea Harriers 13.15

Pos	Bib	Athletes	Club	Perf.	Comments
1	198	Lloyd ROBBINS	Sale Harriers Manchester	13.30	+0.4
2	83	Christopher MCNAUGHT	Menai T&F	12.41	-0.6
3	196	Connor LAVERTY	Menai T&F	12.34	+0.7
4	78	Matthew COLLINS	Barry & Vale Harriers	12.31	-0.1
5	197	James MCGUIRE	Cardiff AAC	11.91	+0.6

EVENT F6 - U17M - SHOT (5.00kg) - FINAL

WELSH RECORD - Mark HEWER, Cardiff AAC, 16.93,1979

WELSH CBP - Mark HEWER, Cardiff AAC, 16.93, 1979

2010 WELSH CHAMPION - Matthew FIELD Cardiff AAC 14.24

Pos	Bib	Athletes	Club	Perf.	Comments
1	213	Matthew FIELD	Cardiff AAC	15.48	
2	214	Matthew REECE	Colwyn Bay AC	14.40	
3	196	Connor LAVERTY	Menai T&F	14.13	
4	212	Robson BLAKE	Brecon AC	12.48	
5	215	Lee TAYLOR	Carmarthen Harriers	11.90	

EVENT F13 - U17M - DISCUS (1.50kg) - FINAL

WELSH RECORD - Gareth BULL, Cardiff AAC, 48.93,2001

WELSH CBP - Gareth BULL, Cardiff AAC, 47.21, 2001

2010 WELSH CHAMPION - Matthew FIELD Cardiff AAC 41.37

Pos	Bib	Athletes	Club	Perf.	Comments
1	214	Matthew REECE	Colwyn Bay AC	44.96	
2	213	Matthew FIELD	Cardiff AAC	44.77	
3	215	Lee TAYLOR	Carmarthen Harriers	38.08	
4	220	Matteo HOLMES	Cardiff AAC	34.60	

EVENT F8 - U17M - HAMMER (5.00kg) - FINAL

WELSH RECORD - Shaun PICKERING, Haringey, 62.12,1978

WELSH CBP - Julian TUCKER, Oxford City, 50.06, 1981

2010 WELSH CHAMPION - Matthew REECE Colwyn Bay AC 47.63

Pos	Bib	Athletes	Club	Perf.	Comments
1	214	Matthew REECE	Colwyn Bay AC	51.46	
2	224	Jac PALMER	Cardiff AAC	50.56	
3	220	Matteo HOLMES	Cardiff AAC	14.28	

EVENT F25 - U17M - JAVELIN (700g) - FINAL

2:30 PM

WELSH RECORD - Colin MACKENZIE, East Kent, 70.30,1979

WELSH CBP - Gareth ROWLANDS, Swansea Harriers, 59.46, 1980

2010 WELSH CHAMPION - Ryan LEONARD Cardiff AAC 55.99

Pos	Bib	Athletes	Club	Perf.	Comments
1	235	Tom NORTON	Cwmbran Harriers	51.64	
2	19	Aled PRICE	Carmarthen Harriers	45.63	
3	212	Robson BLAKE	Brecon AC	44.23	
4	215	Lee TAYLOR	Carmarthen Harriers	43.92	
5	220	Matteo HOLMES	Cardiff AAC	43.82	
6	62	Ryan JONES	Wrexham AC	35.05	

EVENT T28 - U17W - 100m - FINAL

WELSH RECORD - Sallyanne SHORT, Torfaen AC, 11.88,1984

WELSH CBP - Rachel JOHNCOCK, Colwyn Bay AC, 11.88w, 2009

2010 WELSH CHAMPION - Rhiannon JEFFREYS Neath Harriers 12.88

Athletes qualified from heat T5

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s -0.2	
1	11	Beth SARGENT	Wrexham AC	12.72	
2	6	Rhiannon JEFFREYS	Neath Harriers	12.76	
3	7	Elin JONES	Sale Harriers Manchester	12.88	
4	9	Victoria MITCHELL	City of Norwich AC	12.98	
5	157	Sophie LEWIS	Menai T&F	13.11	
6	10	Amy ROBERTS	Wrexham AC	13.47	
7	8	Marthienne MIMBANGO	Cardiff AAC	13.48	
8	2	Megan BROOKE-JONES	Deeside AAC	13.65	

EVENT T5 - U17W - 100m - Heats

Qualification to the next round T28 Will be the fastest 3 (Q) & 2 (q)

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	
1	7	Elin JONES	Sale Harriers Manchester	12.72	Q
2	6	Rhiannon JEFFREYS	Neath Harriers	12.90	Q
3	2	Megan BROOKE-JONES	Deeside AAC	13.34	Q
4	10	Amy ROBERTS	Wrexham AC	13.34	q
5	1	Helen BLOWER	Wrexham AC	14.34	

Heat 2 of 2

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	
1	11	Beth SARGENT	Wrexham AC	12.81	Q
2	9	Victoria MITCHELL	City of Norwich AC	12.88	Q
3	157	Sophie LEWIS	Menai T&F	12.92	Q
4	8	Marthienne MIMBANGO	Cardiff AAC	13.31	q
5	3	Elise DAVIES	Swansea Harriers	13.40	

EVENT T40 - U17W - 200m - FINAL

WELSH RECORD - Michelle PROBERT, Sale Harriers, 23.6,1976

WELSH CBP - Sallyanne SHORT/Jane BRADBEER, Torfaen AC/Cardiff AAC, 24.4, 1984

2010 WELSH CHAMPION - Hannah GRIFFITHS Newport Harriers 26.08

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	
1	11	Beth SARGENT	Wrexham AC	25.82	
2	6	Rhiannon JEFFREYS	Neath Harriers	25.93	
3	9	Victoria MITCHELL	City of Norwich AC	26.23	
4	7	Elin JONES	Sale Harriers Manchester	26.88	
5	8	Marthienne MIMBANGO	Cardiff AAC	27.78	
6	10	Amy ROBERTS	Wrexham AC	27.80	

EVENT T26 - U17W - 300m - FINAL

WELSH RECORD - Faye HARDING, Wrexham AC, 39.46,2001

WELSH CBP - Fay HARDING, Wrexham AC, 39.46, 2001

2010 WELSH CHAMPION - Hannah GRIFFITHS Newport Harriers 40.67

Athletes qualified from heat T12

Pos	Bib	Athletes	Club	Perf.	Comments
1	70	Abigail BACKSHALL U15G	Colwyn Bay AC	42.01	
2	71	Isabel HUGHES	Bridgend AC	43.63	
3	72	Elinor JONES	Swansea Harriers	44.05	
4	75	Emily ROWLANDS	Wrexham AC	44.37	
5	73	Kate MOORCROFT	Colwyn Bay AC	44.68	
6	76	Rachael STARK	Chelmsford AC	46.90	
7	1	Helen BLOWER	Wrexham AC	48.08	

EVENT T30 - U17W - 800m - FINAL

WELSH RECORD - Amanda PRITCHARD, Cardiff AAC, 2.07.32,1996

WELSH CBP - Kathryn BRIGHT, Newport Harriers, 2.13.62, 1992

2010 WELSH CHAMPION - Lauren BELL Pembroke Harriers 2:16.11

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	92	Lauren BELL	Pembroke Harriers	2:14.25	
2	98	Malika REZOUGUI	Cwmbran Harriers	2:18.11	
3	95	Cerys HEAHER	Vale Royal AC	2:19.03	
4	97	Elin LEWIS	Cwmbran Harriers	2:27.06	
5	94	Danielle FRANKLIN	Llanelli AC	2:27.58	
6	93	Rebecca EVANS	Pontyclun AC	2:29.08	
7	75	Emily ROWLANDS	Wrexham AC	2:31.79	
8	96	Francesca HYDE	Cwmbran Harriers	2:33.51	

EVENT T15 - U17W - 1500m - FINAL

WELSH RECORD - Non STANFORD, Swansea Harriers, 4.23.55,2004

WELSH CBP - Non STANFORD, Swansea Harriers, 4.33.21, 2004

2010 WELSH CHAMPION - Ffion PRICE Brecon AC 4:40.45

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	98	Malika REZOUGUI	Cwmbran Harriers	4:52.74	
2	93	Rebecca EVANS	Pontyclun AC	4:57.26	
3	120	Georgia GARNER	Colwyn Bay AC	5:09.46	
4	96	Francesca HYDE	Cwmbran Harriers	5:12.02	
5	122	Rhian HOMER	Pembroke Harriers	5:27.99	
6	123	Eleanor JONES	Deeside AAC	5:30.80	

EVENT T22 - U17W - 80m Hdl - FINAL

WELSH RECORD - Heather JONES, Carmarthen Harriers, 11.27,2003

WELSH CBP - Heather JONES, Carmarthen Harriers, 11.27, 2003

2010 WELSH CHAMPION - Katie LEWIS Bridgend AC 12.46

Athletes qualified from heat T14

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s -0.9	
1	39	Eleanor BADHAMS	Deeside AAC	12.29	
2	44	Chloe JONES	Sale Harriers Manchester	12.37	
3	43	Rhiannon HAILS	Swansea Harriers	12.51	
4	47	Lora ROBERTS	Bridgend AC	12.61	
5	48	Rhian WILLIAMS	Deeside AAC	12.65	
6	41	Emily DACEY	Swansea Harriers	12.83	
7	46	Katherine MORRIS	Swansea Harriers	12.94	
8	42	Lara DURRANI	Cardiff AAC	13.38	

EVENT T4 - U17W - 300m Hurdles - FINAL

WELSH RECORD - Caryl GRANVILLE, Carmarthen Harriers, 42.65,2006

WELSH CBP - Caryl GRANVILLE, Carmarthen Harriers, 43.7, 2005

2010 WELSH CHAMPION - Abi WILLIAMS Sale Harriers 46.51

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	48	Rhian WILLIAMS	Deeside AAC	46.13	
2	47	Lora ROBERTS	Bridgend AC	47.58	
3	42	Lara DURRANI	Cardiff AAC	48.11	
4	141	Emily MORRIS	Swansea Harriers	48.76	
5	72	Elinor JONES	Swansea Harriers	49.58	
6	94	Dannielle FRANKLIN	Llanelli AC	50.61	
7	140	Josie LEWIS	Pembroke Harriers	52.47	
8	74	Kathryn ROBERTS	Wrexham AC	61.31	

EVENT T39 - U17W - 1.5km Steeplechase - FINAL

WELSH RECORD - Rhianwedd PRICE, Brecon AC, 5:24.24, 2010

WELSH CBP - Rhianwedd PRICE, Brecon AC, 5:24.24, 2010

2010 WELSH CHAMPION - Rhianwedd PRICE, Brecon AC, 5:24.24.

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	124	Kari O'NEILL	Carmarthen Harriers	5:40.80	
2	122	Rhian HOMER	Pembroke Harriers	6:14.53	

EVENT F16 - U17W - HIGH JUMP - FINAL

WELSH RECORD - Lea HAGGETT, Herne Hill, 1.81,1986

WELSH CBP - Sarah NICHOLLS / Teresa ANDREWS, Bridgend AC /Preseli AC, 1.70, 1981 / 1992

2010 WELSH CHAMPION - Ffion BODILLY Cardiff AAC 1.65

Pos	Bib	Athletes	Club	Perf.
1=	40	Georgia BATES	Deeside AAC	1.60
1=	172	Catrin JONES	Swansea Harriers	1.60
3	141	Emily MORRIS	Swansea Harriers	1.50

EVENT F4 - U17W - POLE VAULT - FINAL

WELSH RECORD - Rebecca DAVIES, Deeside AAC, 3.65,2009

WELSH CBP - Christina HUGHES, Deeside AAC, 3.50, 2008

2010 WELSH CHAMPION - Lucy DALY Cardiff AAC 2.50

Pos	Bib	Athletes	Club	Perf.
1=	180	Lucy DALY	Cardiff AAC	2.60
1=	181	Enfys JONES	Carmarthen Harriers	2.60
3	182	Shannon LEE	Swansea Harriers	2.60

EVENT F3 - U17W - LONG JUMP - FINAL

WELSH RECORD - Lisa ARMSTRONG, Torfaen AC, 6.01,1990

WELSH CBP - Lisa ARMSTRONG, Torfaen AC, 5.77w, 1990

2010 WELSH CHAMPION - Lucy TAYLOR Bridgend AC 4.88

Pos	Bib	Athletes	Club	Perf.	W/S
1	39	Eleanor BADHAMS	Deeside AAC	5.07	+0.3
2	11	Beth SARGENT	Wrexham AC	5.06	+1.5
3	193	Melissa ARTHUR	Newport Harriers	4.89	+0.3
4	40	Georgia BATES	Deeside AAC	4.84	-2.5
5	41	Emily DACEY	Swansea Harriers	4.81	-0.9
6	46	Katherine MORRIS	Swansea Harriers	4.79	-2.4
7	194	Mared BAKER	Menai T&F	4.66	-0.5
8	195	Zoe BRADLEY	Cwmbran Harriers	4.35	-1.0
9	157	Sophie LEWIS	Menai T&F	4.13	+1.2

EVENT F23 - U17W - TRIPLE JUMP - FINAL

WELSH RECORD - Jayne LUDLOW, Cardiff AAC, 12.14,1994

WELSH CBP - Jayne LUDLOW, Cardiff AAC, 12.11, 1995

2010 WELSH CHAMPION - Megan O'SULLIVAN Cardiff AAC 11.27

Pos	Bib	Athletes	Club	Perf.	Comments
1	194	Mared BAKER	Menai T&F	10.26	-0.2
2	43	Rhiannon HAILS	Swansea Harriers	9.56	+0.5
3	44	Chloe JONES	Sale Harriers Manchester	9.51	+0.6
4	204	Amy CROCOMBE	Deeside AAC	9.23	-1.1
5	73	Kate MOORCROFT	Colwyn Bay AC	9.09	-1.0
6	9	Victoria MITCHELL	City of Norwich AC	9.03	-0.8

EVENT F11 - U17W - SHOT (4.0kg) - FINAL

WELSH RECORD - Philippa ROLES, Swansea Harriers, 13.65,1994

WELSH CBP - Jayne RICHARDSON, Sale Harriers, 11.82, 1982

2010 WELSH CHAMPION - Lucy GRIFFITHS Pembroke Harriers 11.05

Pos	Bib	Athletes	Club	Perf.	Comments
1	209	Adele NICOLL	Birchfield Harriers	12.26	
2	211	Adele NICOLL	Birchfield Harriers	11.41	
3	208	Awen ROSSER	Carmarthen Harriers	9.54	
4	207	Manon EDWARDS	Wrexham AC	8.83	
5	210	Jenny COPPELL	Wrexham AC	8.66	

New CBP

EVENT F18 - U17W - DISCUS (1.00kg) - FINAL

WELSH RECORD - Philippa ROLES, Swansea Harriers, 48.88,1994

WELSH CBP - Sandra LEE, Friars Sc, 45.04, 1979

2010 WELSH CHAMPION - Nina PRELLS Swansea Harriers 33.24

Pos	Bib	Athletes	Club	Perf.	Comments
1	211	Awen ROSSER	Carmarthen Harriers	37.74	
2	209	Awen ROSSER	Carmarthen Harriers	33.26	
3	218	Adele NICOLL	Birchfield Harriers	32.47	
4	219	Zoe DAKIN	Bridgend AC	23.60	

EVENT F1 - U17W - HAMMER (4.00kg) - FINAL

WELSH RECORD - Toni WELLS, Swansea Harriers, 51.55,2009

WELSH CBP - Kate YHNELL, Gloucester AC, 48.49, 2007

2010 WELSH CHAMPION - Zoe DAKIN Bridgend AC 37.58

Pos	Bib	Athletes	Club	Perf.	Comments
1	218	Zoe DAKIN	Bridgend AC	45.74	
2	208			20.36	

EVENT F31 - U17W - JAVELIN (600g) - FINAL

WELSH RECORD - Lianne CLARKE, Cardiff AAC, 45.55,2003

WELSH CBP - Carys MANSFIELD, Carmarthen Harriers, 39.76, 2010

2010 WELSH CHAMPION - Carys MANSFIELD Carmarthen Harriers 39.76

Pos	Bib	Athletes	Club	Perf.	Comments
1	232	Carys MANSFIELD	Carmarthen Harriers	42.86	
2	193	Melissa ARTHUR	Newport Harriers	40.30	
3	231	Nicole DAVENPORT	Bridgend AC	30.87	
4	207	Jenny COPPELL	Wrexham AC	30.47	
5	210	Hayley NUTTALL	Deeside AAC	28.45	
6	208	Manon EDWARDS	Wrexham AC	22.82	

New CBP

EVENT T7 - U20M - 100m - FINAL

WELSH RECORD - Christian MALCOLM, Cardiff AAC, 10.12,1998

WELSH CBP - Jamie HENTHORN, Carmarthen Harriers, 10.54, 1996

2010 WELSH CHAMPION - David GUEST Bridgend AC 11.23

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s -0.9	
1	34	Dewi HAMMOND	Bromsgrove	10.87	
2	37	Michael PRENTICE	Cardiff AAC	10.90	
3	36	Thomas KNIGHT	Cardiff AAC	10.93	
4	38	Jamaul WHYTE	Cardiff AAC	11.17	
5	32	Thomas CUSWORTH	Wrexham AC	11.20	
6	33	James GRIFFITHS	Cardiff AAC	11.50	

EVENT T43 - U20M - 200m - FINAL

WELSH RECORD - Christian MALCOLM, Cardiff AAC, 20.29,1998

WELSH CBP - Jamie HENTHORN, Carmarthen Harriers, 21.46, 1996

2010 WELSH CHAMPION - David GUEST, Bridgend AC, 22.68

Athletes qualified from heat T35

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s	
1	37	Michael PRENTICE	Cardiff AAC	22.17	
2	36	Thomas KNIGHT	Cardiff AAC	22.22	
3	38	Jamaul WHYTE	Cardiff AAC	22.52	
4	65	David EDWARDS	Telford AC	22.92	
5	69	Matthew RICHARDS	Pembroke Harriers	23.21	
6	66	Ben FOWLE	Colwyn Bay AC	23.29	
7	33	James GRIFFITHS	Cardiff AAC	23.84	
8	67	Adam JONES	Brecon AC	24.86	

EVENT T35 - U20M - 200m - Heats

Qualification to the next round T43 Will be the fastest 3 (Q) & 2 (q)

Pos	Bib	Athletes	Club	Perf.	Comments
Heat 1 of 2					
				w/s	
1	36	Thomas KNIGHT	Cardiff AAC	22.75	Q
2	69	Matthew RICHARDS	Pembroke Harriers	24.06	Q
3	33	James GRIFFITHS	Cardiff AAC	25.06	Q
4	68	Liam JONES	Carmarthen Harriers	26.20	

Pos	Bib	Athletes	Club	Perf.	Comments
Heat 2 of 2					
				w/s	
1	65	David EDWARDS	Telford AC	22.69	Q
2	37	Michael PRENTICE	Cardiff AAC	22.91	Q
3	38	Jamaul WHYTE	Cardiff AAC	23.35	Q
4	66	Ben FOWLE	Colwyn Bay AC	23.63	q
5	67	Adam JONES	Brecon AC	24.59	q

EVENT T9 - U20M - 400m - FINAL

WELSH RECORD - Tim BENJAMIN, Cardiff AAC, 46.1,2001

WELSH CBP - Bruce TASKER, Carmarthen Harriers, 48.14, 2006

2010 WELSH CHAMPION - Lloyd HILTON, Macclesfield Harriers, 51.12

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	242	Paul BENNETT	Swansea Harriers	49.95	
2	69	Matthew RICHARDS	Pembroke Harriers	50.23	
3	66	Ben FOWLE	Colwyn Bay AC	50.78	
4	67	Adam JONES	Brecon AC	53.32	
5	90	James RICH	Wrexham AC	53.71	
6	68	Liam JONES	Carmarthen Harriers	56.72	

EVENT T33 - U20M - 800m - FINAL

WELSH RECORD - Paul WILLIAMS, Barry & Vale Harriers, 1.48.20,1986

WELSH CBP - Tony DYKE, Swansea Harriers, 1.52.0, 1973

2010 WELSH CHAMPION - Adam BITCHELL, Cardiff AAC, 1:55.57

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	117	Charlie HULSON	Sale Harriers Manchester	1:57.13	
2	112	David BANWELL-CLODE	Cwmbran Harriers	1:57.70	
3	114	Alex EDWARDS	Cwmbran Harriers	1:58.13	
4	119	James ROBERTS	Wrexham AC	1:59.59	
5	115	Dominic FARR	Barry & Vale Harriers	2:01.13	
6	89	Naaman MORRIS	Cardiff AAC	2:06.88	

EVENT T21 - U20M - 1500m - FINAL

WELSH RECORD - Colin CLARKSON, Swansea Harriers, 3.55.5,1977

WELSH CBP - Tony BLACKWELL, Wolverhampton, 3.52.7, 1977

2010 WELSH CHAMPION - Adam BITCHELL, Cardiff AC, 4:00.18

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	139	Jamie WRIGHT	Deeside AAC	4:10.08	
2	136	Matthew O'LEARY	Neath Harriers	4:11.00	
3	137	William SHERIDAN	Deeside AAC	4:18.48	

EVENT T16 - U20M - 110m Hdl - FINAL

WELSH RECORD - Colin JACKSON, Cardiff AAC, 13.44,1986

WELSH CBP - Colin JACKSON, Cardiff AAC, 13.8w, 1984

2010 WELSH CHAMPION - Dafydd WALTERS, Carmarthen Harriers, 15.50

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	58	Josh SANSOM	Swansea Harriers	15.50	w/s +0.4
2	50	Tyron BLAKE U17M	Cardiff AAC (U17M)	15.59	
3	55	Stephen GUEST	Bridgend AC	16.84	
4	56	David HOOSON	Wrexham AC	16.86	

EVENT T1 - U20M - 400m Hurdles - FINAL

WELSH RECORD - David GREENE, Swansea Harriers, 51.14,2005

WELSH CBP - Rhys WILLIAMS, Cardiff AAC, 52.54, 2003

2010 WELSH CHAMPION - Paul BENNETT, Carmarthen Harriers, 54.46

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	242	Paul BENNETT	Swansea Harriers	53.85	
2	58	Josh SANSOM	Swansea Harriers	56.85	
3	150	Ben PHILLIPS	Woodford Green	57.41	
4	148	Jacob BRENNAN	Cardiff AAC	60.06	
5	151	Tom PHILLIPS	Cardiff AAC	60.69	
6	149	Ben MCEWAN	Newport Harriers	61.68	

EVENT T36 - U20M - 2.0km Steeplechase - FINAL

WELSH RECORD - Micky MORRIS, Cwmbran Harriers, 5.34.8,1975

WELSH CBP - Andrew RODGERS, Leeds, 5.54.1, 1983

2010 WELSH CHAMPION - David BANWELL-CLODE, Cwmbran Harriers, 6:26.75

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	159	Emrys PENNY	Newport Harriers	6:30.29	
2	160	Matthew THOMAS	Swansea Harriers	6:49.09	

EVENT F28 - U20M - HIGH JUMP - FINAL

WELSH RECORD - Chuka ENIH-SNELL, Swansea Harriers, 2.15,2000

WELSH CBP - John HILL, Solihull, 2.08, 1984

2010 WELSH CHAMPION - Ben DAVIES, Swansea Harriers, 2.00

Pos	Bib	Athletes	Club	Perf.
1	179	Allan SMITH	Shaftesbury Barnet Harriers	2.05
2=	176	Adam DAVIES	Pembroke Harriers	1.90
2=	55	Stephen GUEST	Bridgend AC	1.90
4	50	Tyron BLAKE U17M	Cardiff AAC (U17M)	1.80
5=	177	Ben JENKINS	Swansea Harriers	1.75
5=	178	Tomas MORGAN	Newport Harriers	1.75

EVENT F22 - U20M - POLE VAULT - FINAL

WELSH RECORD - Neil WINTER, Shaftesbury, 5.50,1992

WELSH CBP - Andrew PENK, Cardiff AAC, 4.71, 1997

2010 WELSH CHAMPION - Lewis NEWTON, Cardiff AAC, 4.20

Pos	Bib	Athletes	Club	Perf.
1	192	Lewis NEWTON	Cardiff AAC	4.00
2	191	Robert MCGREGOR	Bridgend AC	3.90
3	190	Emyr JONES	Carmarthen Harriers	3.90

EVENT F20 - U20M - LONG JUMP - FINAL

WELSH RECORD - Colin JACKSON, Cardiff AAC, 7.56,1985

WELSH CBP - Richardo CHILDS, Brecon AC, 7.28w, 2003

2010 WELSH CHAMPION - Kueni IGBAGIRI, Carmarthen Harriers, 6.76

Pos	Bib	Athletes	Club	Perf.	W/S
1	178	Tomas MORGAN	Newport Harriers	6.33	-0.8
2	203	Kieron MARTIN	Swansea Harriers	6.06	-2.6
3	55	Stephen GUEST	Bridgend AC	5.70	-0.6

EVENT F30 - U20M - TRIPLE JUMP - FINAL

WELSH RECORD - Steven SHALDERS, Cardiff AAC, 15.99,2000

WELSH CBP - Steven SHALDERS, Cardiff AAC, 15.47, 1999

2010 WELSH CHAMPION - Ross MCKENZIE, Cardiff AAC, 12.77

Pos	Bib	Athletes	Club	Perf.	Comments
1	203	Kieron MARTIN	Swansea Harriers	12.18	

EVENT F7 - U20M - SHOT (6.00kg) - FINAL

WELSH RECORD - Brett MORSE, Cardiff AAC, 17.14,2008

WELSH CBP - Mathew EVANS, Carmarthen Harriers, 15.52, 2006

2010 WELSH CHAMPION - Jacob MATTHEWS, Cardiff AAC, 14.33

Pos	Bib	Athletes	Club	Perf.	Comments
1	217	Josh BUSSELL	Cwmbran Harriers	14.28	

EVENT F14 - U20M - DISCUS (1.75kg) - FINAL

WELSH RECORD - Brett MORSE, Cardiff AAC, 60.46,2008

WELSH CBP - Bret MORSE, Cardiff AAC, 53.39, 2007

2010 WELSH CHAMPION - Jacob MATTHEWS, Cardiff AAC, 44.78

Pos	Bib	Athletes	Club	Perf.	Comments
1	223	Ryan LEONARD	Cardiff AAC	38.45	
2	217	Josh BUSSELL	Cwmbran Harriers	38.15	

12:30 PM

EVENT F9 - U20M - HAMMER (6.00kg) - FINAL

WELSH RECORD - Matthew RICHARDS, Swansea Harriers, 58.44,2005

WELSH CBP - Peter MORGAN, Cardiff AAC, 56.28, 2007

2010 WELSH CHAMPION - Ashley ANDREWS, Rhondda AC, 53.43

Pos	Bib	Athletes	Club	Perf.	Comments
1	230	Osian JONES	Menai T&F	54.27	
2	229	Simon EVANS	Worthing	52.57	
3	226	Ashley ANDREWS	Forest of Dean AC/Rhondda	52.47	

EVENT F26 - U20M - JAVELIN (800g) - FINAL

WELSH RECORD - Jonathan CLARKE, Swansea Harriers, 68.74,1986

WELSH CBP - Jonathan CLARKE, Swansea Harriers, 63.14, 1986

2010 WELSH CHAMPION - Jason COPSEY, Cwmbran Harriers, 59.89

Pos	Bib	Athletes	Club	Perf.	Comments
1	223	Ryan LEONARD	Cardiff AAC	50.40	
2	227	Bradley COLE	Cardiff AAC	50.33	
3	239	Niki DAVIES	Neath Harriers	47.52	
4	241	William SCOTT	Wrexham AC	32.62	

EVENT T8 - U20W - 100m - FINAL

WELSH RECORD - Helen MILES, Cardiff AAC, 11.62,1985

WELSH CBP - Helen MILES, Cardiff AAC, 11.66, 1985

2010 WELSH CHAMPION - Hannah THOMAS, Wrexham AC, 12.49

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s +0.7	
1	31	Hannah THOMAS	Wrexham AC	12.04	
2	28	Rachel JOHNCOCK	Colwyn Bay AC	12.17	
3	30	Mica MOORE	Cardiff AAC	12.17	
4	24	Jamie-Leigh BOWEN	Cardiff AAC	12.72	
5	29	Jade MARVIN	Wrexham AC	12.80	
6	26	Nia BREEZE	Wrexham AC	12.95	
7	27	Ellie CARTER	Barry & Vale Harriers	13.70	
8	25	Tiffany BRANNAN	UWIC	14.00	

EVENT T41 - U20W - 200m - FINAL

WELSH RECORD - Michelle PROBERT, Sale Harriers, 23.6,1976

WELSH CBP - Sallyanne SHORT, Torfaen AC, 24.2, 1986

2010 WELSH CHAMPION - Hannah THOMAS, Wrexham AC, 25.05

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
				w/s +1.0	
1	31	Hannah THOMAS	Wrexham AC	24.50	
2	28	Rachel JOHNCOCK	Colwyn Bay AC	24.64	
3	29	Jade MARVIN	Wrexham AC	26.06	
4	24	Jamie-Leigh BOWEN	Cardiff AAC	26.33	
5	26	Nia BREEZE	Wrexham AC	26.41	

EVENT T10 - U20W - 400m - FINAL

WELSH RECORD - Sian MORRIS, Port Talbot, 52.80,1983

WELSH CBP - Amanda PRITCHARD, Cardiff AAC, 55.80, 1996

2010 WELSH CHAMPION - Samantha COGAN, Cardiff AAC, 58.45

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	86	Chloe Ann JONES	Wrexham AC	56.89	
2	87	Lauren REGAN	Cardiff AAC	62.07	

EVENT T32 - U20W - 800m - FINAL

WELSH RECORD - Kirsty MCDERMOTT, Brecon AC, 2.04.01,1981

WELSH CBP - Amanda PRITCHARD, Cardiff AAC, 2.08.28, 1997

2010 WELSH CHAMPION - Angharad DAVIES, Carmarthen Harriers, 2:17.83

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	110	Jemima OSBORN	Swansea Harriers	2:17.35	
2	109	Abbie OLIVER	Deeside AAC	2:23.88	

EVENT T19 - U20W - 1500m - FINAL

WELSH RECORD - Non STANFORD, Swansea Harriers, 4.23.55,2004

WELSH CBP - Sarah MEAD, Torfaen AC, 4.38.05, 1998

2010 WELSH CHAMPION - Natasha COCKRAM, Cwmbran Harriers, 4:45.94

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	134	Sarah LIVETT	Menai T&F	4:43.90	
2	135	Rhianwedd PRICE	Brecon AC	4:51.16	
3	133	Ffion LEWIS	Bridgend AC	4:56.32	

EVENT T20 - U20W - 100m HdI - FINAL

WELSH RECORD - Bethan EDWARDS, Cardiff AAC, 13.57,1992

WELSH CBP - Bethan EDWARDS, Cardiff AAC, 13.8w/14.46, 1992/1990

2010 WELSH CHAMPION - Catrin STONE, Swansea Harriers, 15.35

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	53	Kimberley DAVIES	Swansea Harriers	17.62	w/s +0.5

EVENT T3 - U20W - 400m Hurdles - FINAL

WELSH RECORD - Alyson EVANS, Cardiff AAC, 58.37,1985

WELSH CBP - Faye HARDING, Sale Harriers, 59.98, 2004

2010 WELSH CHAMPION - Megan ROGERS, Wrexham AC, 65.83

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	88	Megan ROGERS	Wrexham AC	63.85	
2	144	Danielle MILL	Cardiff AAC	69.27	
3	145	Sophie PICK	Carmarthen Harriers	69.68	
4	146	Megan THOMAS	Cardiff AAC	72.56	

EVENT T38 - U20W - 1.5km Steeplechase - FINAL

WELSH RECORD - Catrin LEWIS, Carmarthen Harriers, 6:16.51, 2010

WELSH CBP - Catrin LEWIS, Carmarthen Harriers, 6:16.51, 2010

2010 WELSH CHAMPION - Catrin LEWIS, Carmarthen Harriers, 6:16.51

Straight Final

Pos	Bib	Athletes	Club	Perf.	Comments
1	135	Rhianwedd PRICE	Brecon AC	5:24.59	New Record
2	156	Katie REYNOLDS	Swansea Harriers	5:36.79	New CBP

EVENT F17 - U20W - HIGH JUMP - FINAL

1:00 PM

WELSH RECORD - Rebecca JONES, Wrexham AC, 1.88,2002

WELSH CBP - Rebecca JONES, Wrexham AC, 1.77, 2000

2009 WELSH CHAMPION - Sian SWANSON, Maldwyn Harriers, 1.65

Pos	Bib	Athletes	Club	Perf.
1	175	Sian SWANSON	Maldwyn Harriers	1.68
2	145	Sophie PICK	Carmarthen Harriers	1.55
3	53	Kimberley DAVIES	Swansea Harriers	1.50

EVENT F5 - U20W - POLE VAULT - FINAL

11:00 AM

WELSH RECORD - Elinor LEWIS, Cardiff AAC, 3.74,2009

WELSH CBP - Jessica ABRAHAM, Cardiff AAC, 3.60, 2008

2009 WELSH CHAMPION - Naomi JAMES, Swansea Harriers, 3.30

Pos	Bib	Athletes	Club	Perf.
1	186	Rebecca DAVIES	Deeside AAC	3.50
2	187	Naomi JAMES	Swansea Harriers	3.40
3	188	Megan JONES	Swansea Harriers	2.20

EVENT F10 - U20W - LONG JUMP - FINAL

12:00 PM

WELSH RECORD - Lisa ARMSTRONG, Torfaen AC, 6.25,1992

WELSH CBP - Lisa ARMSTRONG, Torfaen AC, 6.19w, 1992

2009 WELSH CHAMPION - Ffion REES, Carmarthen Harriers, 5.24

Pos	Bib	Athletes	Club	Perf.	W/S
1	64	Ffion REES	Carmarthen Harriers	5.14	-1.3
2	200	Sophie LANE	Swansea Harriers	5.01	-0.4
3	53	Kimberley DAVIES	Swansea Harriers	4.94	-0.3
4	199	Natalie BATHERS	Oswestry Olympians	4.68	+1.2
5	27	Ellie CARTER	Barry & Vale Harriers	4.63	-0.3
6	201	Rhianydd LLEWELLYN	Bridgend AC	4.47	+1.2

EVENT F24 - U20W - TRIPLE JUMP - FINAL

WELSH RECORD - Sally PEAKE, Liverpool Harriers, 12.24,2005

WELSH CBP - Sally PEAKE, Liverpool Harriers, 12.02, 2005

2009 WELSH CHAMPION - Amy BRADLEY, Cwmbran Harriers, 10.46

Pos	Bib	Athletes	Club	Perf.	Comments
1	206	Megan O'SULLIVAN	Cardiff AAC	11.20	+1.2
2	175	Sian SWANSON	Maldwyn Harriers	10.29	-2.5
3	205	Amy BRADLEY	Cwmbran Harriers	10.26	-1.2
4	200	Sophie LANE	Swansea Harriers	10.19	-1.7

EVENT F12 - U20W - SHOT (4.0kg) - FINAL

12:00 PM

WELSH RECORD - Sally HINDS, Swansea Harriers, 14.72,2005

WELSH CBP - Sally HINDS, Swansea Harriers, 14.21, 2005

2009 WELSH CHAMPION - No Athletes

Pos	Bib	Athletes	Club	Perf.	Comments
1	216	Lucy GRIFFITHS	Pembroke Harriers	11.24	

EVENT F19 - U20W - DISCUS (1.00kg) - FINAL

WELSH RECORD - Philippa ROLES, Swansea Harriers, 51.60,1997

WELSH CBP - Philippa ROLES, Swansea Harriers, 46.62, 1996

2009 WELSH CHAMPION - Jessica HUDDLESTON, Pembroke Harriers, 31.51

Pos	Bib	Athletes	Club	Perf.	Comments
1	222	Nina PRELLS	Swansea Harriers	37.84	
2	216	Lucy GRIFFITHS	Pembroke Harriers	36.65	
3	221	Lydia DAVID	Wrexham AC	25.15	

EVENT F2 - U20W - HAMMER (4.00kg) - FINAL

WELSH RECORD - Laura DOUGLAS, Sale Harriers, 55.22,2002

WELSH CBP - Laura DOUGLAS, Deeside AAC, 52.18, 2002

2009 WELSH CHAMPION - Toni WELLS, Swansea Harriers, 48.63

Pos	Bib	Athletes	Club	Perf.	Comments
1	225	Toni WELLS	Swansea Harriers	50.87	

EVENT F32 - U20W - JAVELIN (600g) - FINAL

WELSH RECORD - Lianne CLARKE, Neath Harriers, 50.95,2004

WELSH CBP - Lianne CLARKE, Neath Harriers, 47.95, 2004

2009 WELSH CHAMPION - Rachel BEVAN, Cwmbran Harriers, 32.17

Pos	Bib	Athletes	Club	Perf.	Comments
1	237	Zoe PRIESTLEY	Pembroke Harriers	38.52	
2	236	Rachel BEVAN	Cwmbran Harriers	34.19	
3	238	Amy TIDBALL	Bridgend AC	30.48	

EVENT T13 - U15G - 1k Walk - FINAL

WELSH RECORD - Charlene BALL, Rumney Sc, 5.27.8,2001

WELSH CBP - Ellie DAINTON Llanelli AC, 5:29.41, 2010

2010 WELSH CHAMPION - Ellie DAINTON Llanelli AC, 5:29.41.

Pos	Bib	Athletes	Club	Perf.	Comments
1	161	Ellie DAINTON	Llanelli AC	5:39.87	
2	163	Felicity GARDNER	Llanelli AC	6:30.83	
3	162	Chloe DAVIES	Wrexham AC	7:18.04	

EVENT T23 - U20W - 3k Walk - FINAL

WELSH RECORD - Karen DUNSTER, Aldershot F&D, 14:33.45, 1988

WELSH CBP - No CBP

2010 WELSH CHAMPION - No Athletes

**New Record
CBP**

Pos	Bib	Athletes	Club	Perf.	Comments
1	164	Heather LEWIS	Pembroke Harriers	14:09.78	
2	165	Tasha WEBSTER	Birchfield Harriers	15:04.28	

EVENT T24 - U20M - 3k Walk - FINAL

WELSH RECORD - Gareth HOLLOWAY, Roath WC, 12.25.8,1989

WELSH CBP - Antonio CIRILLO, Swansea Harriers, 13:59.50, 2010

2010 WELSH CHAMPION - Antonio CIRILLO, Swansea Harriers, 13:59.50

Pos	Bib	Athletes	Club	Perf.	Comments
1	167	Jamie HIGGINS	Leeds City AC	13:34.76	

EVENT T25 - SEN MEN - 3k Walk - FINAL

WELSH RECORD - Steve Johnson, Cardiff AAC, 11.45.77,1987

WELSH CBP - Stephen WALKER, Wrexham AC 18:27.38, 2010

2010 WELSH CHAMPION - Stephen WALKER, Wrexham AC 18:27.38.

Pos	Bib	Athletes	Club	Perf.	Comments
1	170	Alex WRIGHT	Belgrave Harriers	12:23.66	
2	169	Stephen WALKER	Wrexham AC	18:43.52	
3	168	Antonio CIRILLO	Coventry Godiva Harriers	DNF	

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	10:30 AM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Toni WELLS, Swansea Harriers, 51.55,2009									
				WELSH CBP - Kate YHNELL, Gloucester AC, 48.49, 2007									
EVENT		F1: U17W HAMMER (4.00kg) FINAL		2010 WELSH CHAMPION - Zoe DAKIN Bridgend AC 37.58									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	218	Zoe DAKIN	Bridgend AC	43.59	40.59	41.04	43.59	1	45.74	NT	NT	45.74	1
2	208	Manon EDWARDS	Wrexham AC	16.72	15.53	13.37	16.72	2	20.36	18.77	NT	20.36	2
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	218	Zoe DAKIN	Bridgend AC	45.74	9						
2	208	Manon EDWARDS	Wrexham AC	20.36	10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE		Saturday-11-June			TIME		10:30 AM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships				WELSH RECORD - Laura DOUGLAS, Sale Harriers, 55.22,2002								
						WELSH CBP - Laura DOUGLAS, Deeside AAC, 52.18, 2002								
EVENT		F2: U20W HAMMER (4.00kg) FINAL				2010 WELSH CHAMPION - Toni WELLS, Swansea Harriers, 48.63								
Order	No					NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres
1	225	Toni WELLS (W)	Swansea Harriers	49.64	50.31	49.02	50.31	1	NT	NT	50.87	50.87	1	
2														
3														
4														
5														
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7														
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10														
11														
12														
13														
14														
15														
16														

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	225	Toni WELLS (W)	Swansea Harriers	50.87	9						
2					10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM			DATE	Saturday-11-June				TIME	11:00 AM		
MEETING		Welsh Athletics U17 Closed & U20 Open Championships			WELSH RECORD - Lisa ARMSTRONG, Torfaen AC, 6.01,1990								
					WELSH CBP - Lisa ARMSTRONG, Torfaen AC, 5.77w, 1990								
EVENT		F3: U17W LONG JUMP FINAL			2010 WELSH CHAMPION - Lucy TAYLOR Bridgend AC 4.88								
					1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	193	Melissa ARTHUR	Newport Harriers	NJ	NJ	4.80	4.80	4	NJ	4.68	4.89	4.89	3
2	39	Eleanor BADHAMS	Deeside AAC	4.77	5.06	4.60	5.06	1	4.89	4.56	5.07	5.07	1
3	194	Mared BAKER	Menai T&F	4.63	4.48	4.66	4.66	7	4.40	4.53	NJ	4.66	7
4	40	Georgia BATES	Deeside AAC	4.82	4.76	NJ	4.82	3	4.84	4.58	NJ	4.84	4
5	195	Zoe BRADLEY	Cwmbran Harriers	4.06	4.20	4.35	4.35	8	4.12	4.18	3.97	4.35	8
6	41	Emily DACEY	Swansea Harriers	4.60	4.79	4.80	4.80	4	4.79	4.81	NJ	4.81	5
7	46	Katherine MORRIS	Swansea Harriers	4.48	NJ	4.79	4.79	6	4.59	4.63	4.66	4.79	6
8	11	Beth SARGENT	Wrexham AC	NJ	4.65	4.95	4.95	2	4.92	NJ	5.06	5.06	2
9	157	Sophie LEWIS	Menai T&F	4.10	4.13	4.12	4.13	9				4.13	9
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	39	Eleanor BADHAMS	Deeside AAC	5.07	9	157	Sophie LEWIS	Menai T&F	4.13		
2	11	Beth SARGENT	Wrexham AC	5.06	10						
3	193	Melissa ARTHUR	Newport Harriers	4.89	11						
4	40	Georgia BATES	Deeside AAC	4.84	12						
5	41	Emily DACEY	Swansea Harriers	4.81	13						
6	46	Katherine MORRIS	Swansea Harriers	4.79	14					Referee	
7	194	Mared BAKER	Menai T&F	4.66	15						
8	195	Zoe BRADLEY	Cwmbran Harriers	4.35	16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	11:00 AM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Mark HEWER, Cardiff AAC, 16.93,1979									
				WELSH CBP - Mark HEWER, Cardiff AAC, 16.93, 1979									
EVENT		F6: U17M SHOT (5.00kg) FINAL		2010 WELSH CHAMPION - Matthew FIELD Cardiff AAC 14.24									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	212	Robson BLAKE	Brecon AC	10.21	12.30	11.86	12.30	4	12.48	11.76	12.22	12.48	4
2	213	Matthew FIELD	Cardiff AAC	15.48	NT	NT	15.48	1	NT	15.22	14.74	15.48	1
3	196	Connor LAVERTY	Menai T&F	13.18	14.13	14.04	14.13	3	13.22	12.95	NT	14.13	3
4	214	Matthew REECE	Colwyn Bay AC	14.34	14.36	14.40	14.40	2	13.78	12.79	13.20	14.40	2
5	215	Lee TAYLOR	Carmarthen Harriers	11.75	11.68	11.90	11.90	5	11.83	11.59	11.67	11.90	5
6													
7													
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9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	213	Matthew FIELD	Cardiff AAC	15.48	9						
2	214	Matthew REECE	Colwyn Bay AC	14.40	10						
3	196	Connor LAVERTY	Menai T&F	14.13	11						
4	212	Robson BLAKE	Brecon AC	12.48	12						
5	215	Lee TAYLOR	Carmarthen Harriers	11.90	13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	11:00 AM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Brett MORSE, Cardiff AAC, 17.14,2008									
				WELSH CBP - Mathew EVANS, Carmarthen Harriers, 15.52, 2006									
EVENT		F7: U20M SHOT (6.00kg) FINAL		2010 WELSH CHAMPION - Jacob MATTHEWS, Cardiff AAC, 14.33									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	217	Josh BUSSELL (W)	Cwmbran Harriers	13.62	14.26	14.28	14.28	1	14.05	14.24	13.63	14.28	1
2													
3													
4													
5													
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13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	217	Josh BUSSELL (W)	Cwmbran Harriers	14.28	9						
2					10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	11:30 AM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Shaun PICKERING, Haringey, 62.12,1978									
				WELSH CBP - Julian TUCKER, Oxford City, 50.06, 1981									
EVENT		F8: U17M HAMMER (5.00kg) FINAL		2010 WELSH CHAMPION - Matthew REECE Colwyn Bay AC 47.63									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	220	Matteo HOLMES	Cardiff AAC	13.62	14.26	14.28	14.28	3	14.05	14.24	13.63	14.28	3
2	224	Jac PALMER	Cardiff AAC	47.78	NT	50.56	50.56	1	NT	NT	46.53	50.56	2
3	214	Matthew REECE	Colwyn Bay AC	NT	48.62	NT	48.62	2	49.94	51.46	51.20	51.46	1
4													
5													
6													
7													
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9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	214	Matthew REECE	Colwyn Bay AC	51.46	9						
2	224	Jac PALMER	Cardiff AAC	50.56	10						
3	220	Matteo HOLMES	Cardiff AAC	14.28	11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE		Saturday-11-June			TIME		11:30 AM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships				WELSH RECORD - Matthew RICHARDS, Swansea Harriers, 58.44,2005								
EVENT		F9: U20M HAMMER (6.00kg) FINAL				WELSH CBP - Peter MORGAN, Cardiff AAC, 56.28, 2007								
						2010 WELSH CHAMPION - Ashley ANDREWS, Rhondda AC, 53.43								
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position	
1	226	Ashley ANDREWS (W)	Forest of Dean AC/Rhondda	49.47	NT	NT	49.47	4	52.31	51.63	52.47	52.47	3	
2	227	Bradley COLE (W)	Cardiff AAC	47.51	50.07	48.00	50.07	3	50.15	51.75	45.75	51.75	4	
3	228	Matthew EVANS *	Worthing	45.71	46.85	49.01	49.01	5	45.16	48.65	50.16	50.16	5	
4	229	Simon EVANS *	Worthing	51.81	52.57	NT	52.57	2	NT	NT	49.56	52.57	2	
5	230	Osian JONES (W)	Menai T&F	52.74	53.25	NT	53.25	1	NT	NT	54.27	54.27	1	
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8														
9														
10														
11														
12														
13														
14														
15														
16														

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	230	Osian JONES (W)	Menai T&F	54.27	9						
2	229	Simon EVANS *	Worthing	52.57	10						
3	226	Ashley ANDREWS (W)	Forest of Dean AC/Rhondda	52.47	11						
4	227	Bradley COLE (W)	Cardiff AAC	51.75	12						
5	228	Matthew EVANS *	Worthing	50.16	13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE		Saturday-11-June			TIME		12:00 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships				WELSH RECORD - Lisa ARMSTRONG, Torfaen AC, 6.25,1992								
						WELSH CBP - Lisa ARMSTRONG, Torfaen AC, 6.19w, 1992								
EVENT		F10: U20W LONG JUMP FINAL				2010 WELSH CHAMPION - Ffion REES, Carmarthen Harriers, 5.24								
						1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position	
1	199	Natalie BATHERS (W)	Oswestry Olympians	4.19	4.51	NJ	4.51	4	4.68	4.48	4.48	4.68	4	
2	53	Kimberley DAVIES (W)	Swansea Harriers	4.94	4.73	4.83	4.94	1	4.87	4.48	4.79	4.94	3	
3	200	Sophie LANE (W)	Swansea Harriers	NJ	NJ	4.46	4.46	6	5.01	5.01	NJ	5.01	2	
4	201	Rhianydd LLEWELLYN (W)	Bridgend AC	4.47	4.38	4.46	4.47	5	4.22	4.41	2.52	4.47	6	
5	64	Ffion REES (W)	Carmarthen Harriers	NJ	4.94	NJ	4.94	1	5.13	5.14	4.78	5.14	1	
6	27	Ellie CARTER (W)	Barry & Vale Harriers	4.63	4.49	4.44	4.63	3		4.28	4.53	4.63	5	
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														

FULL RESULTS										Officials			
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF				
1	64	Ffion REES (W)	Carmarthen Harriers	5.14	9								
2	200	Sophie LANE (W)	Swansea Harriers	5.01	10								
3	53	Kimberley DAVIES (W)	Swansea Harriers	4.94	11								
4	199	Natalie BATHERS (W)	Oswestry Olympians	4.68	12								
5	27	Ellie CARTER (W)	Barry & Vale Harriers	4.63	13								
6	201	Rhianydd LLEWELLYN (W)	Bridgend AC	4.47	14								
7					15								
8					16								

WELSH ATHLETICS DISTANCE CARD

New CBP

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	12:00 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Philippa ROLES, Swansea Harriers, 13.65,1994									
				WELSH CBP - Jayne RICHARDSON, Sale Harriers, 11.82, 1982									
EVENT		F11: U17W SHOT (4.0kg) FINAL		2010 WELSH CHAMPION - Lucy GRIFFITHS Pembroke Harriers 11.05									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	207	Jenny COPPELL	Wrexham AC	7.45	8.56	8.83	8.83	4	8.24	8.29	8.57	8.83	4
2	208	Manon EDWARDS	Wrexham AC	8.41	9.54	8.96	9.54	3	8.43	9.44	NT	9.54	3
3	209	Adele NICOLL	Birchfield Harriers	11.00	12.26	11.87	12.26	1	11.40	11.92	11.89	12.26	1
4	210	Hayley NUTTALL	Deeside AAC	7.97	8.09	8.66	8.66	5	8.05			8.66	5
5	211	Awen ROSSER	Carmarthen Harriers	11.08	NT	10.59	11.08	2	10.79	11.07	11.41	11.41	2
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	209	Adele NICOLL	Birchfield Harriers	12.26	9						
2	211	Awen ROSSER	Carmarthen Harriers	11.41	10						
3	208	Manon EDWARDS	Wrexham AC	9.54	11						
4	207	Jenny COPPELL	Wrexham AC	8.83	12						
5	210	Hayley NUTTALL	Deeside AAC	8.66	13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	12:00 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Sally HINDS, Swansea Harriers, 14.72,2005									
				WELSH CBP - Sally HINDS, Swansea Harriers, 14.21, 2005									
EVENT		F12: U20W SHOT (4.0kg) FINAL		2010 WELSH CHAMPION - No Athletes									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	216	Lucy GRIFFITHS (W)	Pembroke Harriers	11.14	11.24	10.51	11.24	1	10.59	11.14	10.97	11.24	1
2													
3													
4													
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11													
12													
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14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	216	Lucy GRIFFITHS (W)	Pembroke Harriers	11.24	9						
2					10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	12:30 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Gareth BULL, Cardiff AAC, 48.93,2001									
				WELSH CBP - Gareth BULL, Cardiff AAC, 47.21, 2001									
EVENT		F13: U17M DISCUS (1.50kg) FINAL		2010 WELSH CHAMPION - Matthew FIELD Cardiff AAC 41.37									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	213	Matthew FIELD	Cardiff AAC	35.23	44.77	44.63	44.77	2	NT	39.96	42.74	44.77	2
2	220	Matteo HOLMES	Cardiff AAC	26.37	34.60	NT	34.60	4	NT	31.93	32.05	34.60	4
3	214	Matthew REECE	Colwyn Bay AC	36.69	NT	44.96	44.96	1	40.99	44.82	NT	44.96	1
4	215	Lee TAYLOR	Carmarthen Harriers	29.56	37.05	38.08	38.08	3	NT	36.52	NT	38.08	3
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	214	Matthew REECE	Colwyn Bay AC	44.96	9						
2	213	Matthew FIELD	Cardiff AAC	44.77	10						
3	215	Lee TAYLOR	Carmarthen Harriers	38.08	11						
4	220	Matteo HOLMES	Cardiff AAC	34.60	12						
5					13					Referee	
6					14						
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	12:30 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Brett MORSE, Cardiff AAC, 60.46,2008									
				WELSH CBP - Bret MORSE, Cardiff AAC, 53.39, 2007									
EVENT		F14: U20M DISCUS (1.75kg) FINAL		2010 WELSH CHAMPION - Jacob MATTHEWS, Cardiff AAC, 44.78									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	217	Josh BUSSELL (W)	Cwmbran Harriers	NT	36.88	NT	36.88	2	NT	35.93	38.15	38.15	2
2	223	Ryan LEONARD (W)	Cardiff AAC	37.84	NT	36.60	37.84	1	NT	NT	38.45	38.45	1
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	223	Ryan LEONARD (W)	Cardiff AAC	38.45	9						
2	217	Josh BUSSELL (W)	Cwmbran Harriers	38.15	10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM			DATE	Saturday-11-June				TIME	1:00 PM		
MEETING		Welsh Athletics U17 Closed & U20 Open Championships			WELSH RECORD - Marcus BROWNING, Chester, 7.11,1986								
EVENT		F15: U17M LONG JUMP FINAL			WELSH CBP - Tom HALLETT, Cleddau, 6.77, 1989								
					2010 WELSH CHAMPION - Rhys WILLIAMS Swansea Harriers 6.42								
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position
1	173	Jonathon BAILEY	Cardiff AAC	5.27	4.06	NJ	5.27	4	5.44			5.44	6
2	60	Jacob BRISCOMBE	Barry & Vale Harriers	5.13	NJ	5.43	5.43	3	5.31	5.47	5.29	5.47	4
3	196	Connor LAVERTY	Menai T&F	NJ	NJ	2.07	2.07	7	4.82	6.09	5.64	6.09	3
4	197	James MCGUIRE	Cardiff AAC	6.34	6.34	5.95	6.34	1	5.95	6.05	6.15	6.34	1
5	142	William POOLE	Wrexham AC	4.77			4.77	6				4.77	7
6	20	Arran REID	Barry & Vale Harriers	4.26	4.95	4.73	4.95	5	NJ	5.15	5.46	5.46	5
7	198	Lloyd ROBBINS	Sale Harriers Manchester	6.27	6.28	6.12	6.28	2	5.99	NJ	6.28	6.28	2
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	197	James MCGUIRE	Cardiff AAC	6.34	9						
2	198	Lloyd ROBBINS	Sale Harriers Manchester	6.28	10						
3	196	Connor LAVERTY	Menai T&F	6.09	11						
4	60	Jacob BRISCOMBE	Barry & Vale Harriers	5.47	12						
5	20	Arran REID	Barry & Vale Harriers	5.46	13						
6	173	Jonathon BAILEY	Cardiff AAC	5.44	14					Referee	
7	142	William POOLE	Wrexham AC	4.77	15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	1:30 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Philippa ROLES, Swansea Harriers, 48.88,1994									
				WELSH CBP - Sandra LEE, Friars Sc, 45.04, 1979									
EVENT		F18: U17W DISCUS (1.00kg) FINAL		2010 WELSH CHAMPION - Nina PRELLS Swansea Harriers 33.24									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	218	Zoe DAKIN	Bridgend AC	26.44	32.47	NT	32.47	3	31.55	NT	32.11	32.47	3
2	209	Adele NICOLL	Birchfield Harriers	NT	33.26	NT	33.26	2	NT	NT	28.70	33.26	2
3	211	Awen ROSSER	Carmarthen Harriers	34.98	NT	NT	34.98	1	37.74	31.25	NT	37.74	1
4	219	Megan VARLEY	Maldwyn Harriers	NT	NT	18.73	18.73	4	NT	23.60	NT	23.60	4
5													
6													
7													
8													
9													
10													
11													
12													
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14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	211	Awen ROSSER	Carmarthen Harriers	37.74	9						
2	209	Adele NICOLL	Birchfield Harriers	33.26	10						
3	218	Zoe DAKIN	Bridgend AC	32.47	11						
4	219	Megan VARLEY	Maldwyn Harriers	23.60	12						
5					13					Referee	
6					14						
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	1:30 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Philippa ROLES, Swansea Harriers, 51.60,1997									
				WELSH CBP - Philippa ROLES, Swansea Harriers, 46.62, 1996									
EVENT		F19: U20W DISCUS (1.00kg) FINAL		2010 WELSH CHAMPION - Jessica HUDDLESTON, Pembroke Harriers, 31.51									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	221	Lydia DAVID (W)	Wrexham AC	24.65	25.15	18.35	25.15	3	NT	24.87	NT	25.15	3
2	216	Lucy GRIFFITHS (W)	Pembroke Harriers	33.10	35.75	35.41	35.75	2	36.65	31.24	NT	36.65	2
3	222	Nina PRELLS (W)	Swansea Harriers	NT	37.84	26.37	37.84	1	35.45	35.55	35.01	37.84	1
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	222	Nina PRELLS (W)	Swansea Harriers	37.84	9						
2	216	Lucy GRIFFITHS (W)	Pembroke Harriers	36.65	10						
3	221	Lydia DAVID (W)	Wrexham AC	25.15	11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE		Saturday-11-June			TIME		2:00 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships				WELSH RECORD - Colin JACKSON, Cardiff AAC, 7.56,1985								
EVENT		F20: U20M LONG JUMP FINAL				WELSH CBP - Richardo CHILDS, Brecon AC, 7.28w, 2003								
						2010 WELSH CHAMPION - Kueni IGBAGIRI, Carmarthen Harriers, 6.76								
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position	
1	55	Stephen GUEST (W)	Bridgend AC	5.59	5.70	5.65	5.70	3	WD			5.70	3	
2	203	Kieron MARTIN (W)	Swansea Harriers	NJ	6.04	4.79	6.04	2	NJ	NJ	6.06	6.06	2	
3	178	Tomas MORGAN (W)	Newport Harriers	6.33	6.20	6.33	6.33	1	6.28	6.22	NJ	6.33	1	
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5														
6														
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9														
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14														
15														
16														

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	178	Tomas MORGAN (W)	Newport Harriers	6.33	9						
2	203	Kieron MARTIN (W)	Swansea Harriers	6.06	10						
3	55	Stephen GUEST (W)	Bridgend AC	5.70	11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM			DATE	Saturday-11-June				TIME	2:30 PM		
MEETING		Welsh Athletics U17 Closed & U20 Open Championships			WELSH RECORD - Jayne LUDLOW, Cardiff AAC, 12.14,1994								
					WELSH CBP - Jayne LUDLOW, Cardiff AAC, 12.11, 1995								
EVENT		F23: U17W TRIPLE JUMP FINAL			2010 WELSH CHAMPION - Megan O'SULLIVAN Cardiff AAC 11.27								
					1st Trial	2nd Trial	3rd Trial	Best of 3	Pos	4th Trial	5th Trial	6th Trial	Best of All
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	aft 3	Metres	Metres	Metres	Metres	Position
1	194	Mared BAKER	Menai T&F	10.26	9.66	NJ	10.26	1	9.75	9.71	9.91	10.26	1
2	204	Amy CROCOMBE	Deeside AAC	9.23	NJ	8.72	9.23	4	9.18	8.90	9.10	9.23	4
3	43	Rhiannon HAILS	Swansea Harriers	9.14	9.38	8.82	9.38	2	9.56	9.25	NJ	9.56	2
4	44	Chloe JONES	Sale Harriers Manchester	9.26	9.00	8.98	9.26	3	9.51	NJ	9.49	9.51	3
5	9	Victoria MITCHELL	City of Norwich AC	8.62	9.03		9.03	6				9.03	6
6	73	Kate MOORCROFT	Colwyn Bay AC	9.07	8.70	9.09	9.09	5	8.68	8.68	8.78	9.09	5
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials			
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF				
1	194	Mared BAKER	Menai T&F	10.26	9								
2	43	Rhiannon HAILS	Swansea Harriers	9.56	10								
3	44	Chloe JONES	Sale Harriers Manchester	9.51	11								
4	204	Amy CROCOMBE	Deeside AAC	9.23	12								
5	73	Kate MOORCROFT	Colwyn Bay AC	9.09	13								
6	9	Victoria MITCHELL	City of Norwich AC	9.03	14								
7					15								
8					16								

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	2:30 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Sally PEAKE, Liverpool Harriers, 12.24,2005									
				WELSH CBP - Sally PEAKE, Liverpool Harriers, 12.02, 2005									
EVENT		F24: U20W TRIPLE JUMP FINAL		2010 WELSH CHAMPION - Amy BRADLEY, Cwmbran Harriers, 10.46									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	205	Amy BRADLEY (W)	Cwmbran Harriers	9.51	10.26	9.75	10.26	3	10.22	10.21	10.09	10.26	3
2	200	Sophie LANE (W)	Swansea Harriers	10.04	10.19	9.47	10.19	4	9.91			10.19	4
3	206	Megan O'SULLIVAN (W)	Cardiff AAC	NJ	11.13	10.60	11.13	1	11.20	10.84	9.60	11.20	1
4	175	Sian SWANSON (W)	Maldwyn Harriers	10.07	10.29	NJ	10.29	2	10.12	9.71	NJ	10.29	2
5													
6													
7													
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16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	206	Megan O'SULLIVAN (W)	Cardiff AAC	11.20	9						
2	175	Sian SWANSON (W)	Maldwyn Harriers	10.29	10						
3	205	Amy BRADLEY (W)	Cwmbran Harriers	10.26	11						
4	200	Sophie LANE (W)	Swansea Harriers	10.19	12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	2:30 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Colin MACKENZIE, East Kent, 70.30,1979									
				WELSH CBP - Gareth ROWLANDS, Swansea Harriers, 59.46, 1980									
EVENT		F25: U17M JAVELIN (700g) FINAL		2010 WELSH CHAMPION - Ryan LEONARD Cardiff AAC 55.99									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	212	Robson BLAKE	Brecon AC	41.01	44.23	42.92	44.23	3	39.61	40.40	43.18	44.23	3
2	220	Matteo HOLMES	Cardiff AAC	40.36	40.18	43.65	43.65	5	43.82	42.06	42.74	43.82	5
3	62	Ryan JONES	Wrexham AC	35.05	NT	NT	35.05	6		31.59	NT	35.05	6
4	235	Tom NORTON	Cwmbran Harriers	51.64	51.39	50.48	51.64	1	49.86	48.93	48.84	51.64	1
5	19	Aled PRICE	Carmarthen Harriers	44.61	45.63	42.99	45.63	2			45.45	45.63	2
6	215	Lee TAYLOR	Carmarthen Harriers		41.98	43.69	43.69	4	43.92	41.06	39.63	43.92	4
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	235	Tom NORTON	Cwmbran Harriers	51.64	9						
2	19	Aled PRICE	Carmarthen Harriers	45.63	10						
3	212	Robson BLAKE	Brecon AC	44.23	11						
4	215	Lee TAYLOR	Carmarthen Harriers	43.92	12						
5	220	Matteo HOLMES	Cardiff AAC	43.82	13						
6	62	Ryan JONES	Wrexham AC	35.05	14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE		Saturday-11-June			TIME		2:30 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships				WELSH RECORD - Jonathan CLARKE, Swansea Harriers, 68.74,1986								
EVENT		F26: U20M JAVELIN (800g) FINAL				WELSH CBP - Jonathan CLARKE, Swansea Harriers, 63.14, 1986								
						2010 WELSH CHAMPION - Jason COPSEY, Cwmbran Harriers, 59.89								
Order	No	NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres	Best of All Metres	Final Position	
1	227	Bradley COLE (W)	Cardiff AAC	50.15	50.33	49.59	50.33	1	48.98		47.88	50.33	2	
2	239	Niki DAVIES (W)	Neath Harriers	47.52	44.01	44.41	47.52	3	41.64	43.17	43.20	47.52	3	
3	223	Ryan LEONARD (W)	Cardiff AAC	45.14	49.51	48.45	49.51	2	48.55	50.40		50.40	1	
4	241	William SCOTT (W)	Wrexham AC	32.62	30.87	31.87	32.62	4	31.59	30.48	30.20	32.62	4	
5														
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	223	Ryan LEONARD (W)	Cardiff AAC	50.40	9						
2	227	Bradley COLE (W)	Cardiff AAC	50.33	10						
3	239	Niki DAVIES (W)	Neath Harriers	47.52	11						
4	241	William SCOTT (W)	Wrexham AC	32.62	12						
5					13					Referee	
6					14						
7					15						
8					16						

Welsh Athletics - Height Card

VENUE		QUEENSWAY International Sports Stadium, WREXHAM										DATE	Saturday-11-June-2011			TIME	3:00 PM			
MEETING		Welsh Athletics U17 Closed & U20 Open Championships										Welsh Record : - Chuka ENIH-SNELL, Swansea Harriers, 2.15,2000								
												CBP : - John HILL, Solihull, 2.08, 1984								
EVENT		F28 - U20M - HIGH JUMP										2010 Welsh Champion : - Ben DAVIES, Swansea Harriers, 2.00								
Order	Bib	NAME	CLUB	Start	1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00	2.05	2.09	Best	Trials at Ht Cleared	Total Failures	Total Trials	Final Position
				Prog	St Ht	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					
1	50	Tyron BLAKE U17M	Cardiff AAC (U17M)	1.70			O	O	X X O	X X X						1.80	3	5	8	4
2	176	Adam DAVIES (W)	Pembroke Harriers	1.80					O		O	X X X				1.90	1	3	5	2
3	55	Stephen GUEST (W)	Bridgend AC	1.70			O		O	O	X X X					1.90	1	3	7	2
4	177	Ben JENKINS (W)	Swansea Harriers	1.65		O	X O	X X O	X X X							1.75	3	6	9	5
5	178	Tomas MORGAN (W)	Newport Harriers	1.60	O	X O	O	X X O	X X X							1.75	3	6	10	5
6	179	Allan SMITH *	Shaftesbury Barnet Harriers	2.00									O	X O	X X X	2.05	2	4	6	1
7																				
8																				
9																				
10																				
11																				
12																				
13																				
14																				
15																				
16																				

FULL RESULTS										OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	179	Allan SMITH *	Shaftesbury Barnet Harriers	2.05							
2=	176	Adam DAVIES (W)	Pembroke Harriers	1.90							
2=	55	Stephen GUEST (W)	Bridgend AC	1.90							
4	50	Tyron BLAKE U17M	Cardiff AAC (U17M)	1.80							
5=	177	Ben JENKINS (W)	Swansea Harriers	1.75							
5=	178	Tomas MORGAN (W)	Newport Harriers	1.75						REFEREE'S SIGNATURE	

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	4:00 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Steven SHALDERS, Cardiff AAC, 15.14,1998									
				WELSH CBP - Graham WEBB, Newport HSc, 14.67, 1963									
EVENT		F29: U17M TRIPLE JUMP FINAL		2010 WELSH CHAMPION - Rhys WILLIAMS Swansea Harriers 13.15									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	78	Matthew COLLINS	Barry & Vale Harriers	11.25	11.55	11.70	11.70	2	12.04	11.88	12.31	12.31	4
2	196	Connor LAVERTY	Menai T&F	NJ	NJ	10.51	10.51	5	12.34	NJ	NJ	12.34	3
3	197	James MCGUIRE	Cardiff AAC	11.61	11.69	10.21	11.69	3	11.87	11.91	NJ	11.91	5
4	83	Christopher MCNAUGHT	Menai T&F	NJ	NJ	10.58	10.58	4	11.93	NJ	12.41	12.41	2
5	198	Lloyd ROBBINS	Sale Harriers Manchester	12.70	12.66	12.47	12.70	1	13.01	13.30	13.04	13.30	1
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	198	Lloyd ROBBINS	Sale Harriers Manchester	13.30	9						
2	83	Christopher MCNAUGHT	Menai T&F	12.41	10						
3	196	Connor LAVERTY	Menai T&F	12.34	11						
4	78	Matthew COLLINS	Barry & Vale Harriers	12.31	12						
5	197	James MCGUIRE	Cardiff AAC	11.91	13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	4:00 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Steven SHALDERS, Cardiff AAC, 15.99,2000									
				WELSH CBP - Steven SHALDERS, Cardiff AAC, 15.47, 1999									
EVENT		F30: U20M TRIPLE JUMP FINAL		2010 WELSH CHAMPION - Ross MCKENZIE, Cardiff AAC, 12.77									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	203	Kieron MARTIN (W)	Swansea Harriers	12.18	NJ	10.72	12.18	1	NJ	12.00	NJ	12.18	1
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	203	Kieron MARTIN (W)	Swansea Harriers	12.18	9						
2					10						
3					11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

New CBP

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	4:00 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Lianne CLARKE, Cardiff AAC, 45.55,2003									
				WELSH CBP - Carys MANSFIELD, Carmarthen Harriers, 39.76, 2010									
EVENT		F31: U17W JAVELIN (600g) FINAL		2010 WELSH CHAMPION - Carys MANSFIELD Carmarthen Harriers 39.76									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	193	Melissa ARTHUR	Newport Harriers	36.36	40.30	37.70	40.30	2	NT	NT	38.38	40.30	2
2	207	Jenny COPPELL	Wrexham AC	28.23	28.28	30.47	30.47	4	27.98	25.30	28.33	30.47	4
3	231	Nicole DAVENPORT	Bridgend AC	NT	27.73	30.55	30.55	3	26.50	28.30	30.87	30.87	3
4	208	Manon EDWARDS	Wrexham AC	22.82	19.71	NT	22.82	6	21.42	18.44	19.38	22.82	6
5	232	Carys MANSFIELD	Carmarthen Harriers	42.86	37.37	39.35	42.86	1	41.74	41.70	39.28	42.86	1
6	210	Hayley NUTTALL	Deeside AAC	28.45	27.03	28.34	28.45	5	27.90	27.95	26.44	28.45	5
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	232	Carys MANSFIELD	Carmarthen Harriers	42.86	9						
2	193	Melissa ARTHUR	Newport Harriers	40.30	10						
3	231	Nicole DAVENPORT	Bridgend AC	30.87	11						
4	207	Jenny COPPELL	Wrexham AC	30.47	12						
5	210	Hayley NUTTALL	Deeside AAC	28.45	13						
6	208	Manon EDWARDS	Wrexham AC	22.82	14					Referee	
7					15						
8					16						

WELSH ATHLETICS DISTANCE CARD

VENUE		QUEENSWAY International sports stadium, WREXHAM				DATE	Saturday-11-June				TIME	4:00 PM	
MEETING		Welsh Athletics U17 Closed & U20 Open Championships		WELSH RECORD - Lianne CLARKE, Neath Harriers, 50.95,2004									
				WELSH CBP - Lianne CLARKE, Neath Harriers, 47.95, 2004									
EVENT		F32: U20W JAVELIN (600g) FINAL		2010 WELSH CHAMPION - Rachel BEVAN, Cwmbran Harriers, 32.17									
Order	No			NAME	CLUB	1st Trial Metres	2nd Trial Metres	3rd Trial Metres	Best of 3 Metres	Pos aft 3	4th Trial Metres	5th Trial Metres	6th Trial Metres
1	236	Rachel BEVAN (W)	Cwmbran Harriers	31.78	31.49	34.19	34.19	2	31.10	31.10	31.49	34.19	2
2	237	Zoe PRIESTLEY (W)	Pembroke Harriers	33.03	38.52	NT	38.52	1	35.18	33.49	34.16	38.52	1
3	238	Amy TIDBALL (W)	Bridgend AC	NT	NT	18.50	18.50	3	NT	30.48	NT	30.48	3
4													
5													
6													
7													
8													
9													
10													
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12													
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15													
16													

FULL RESULTS										Officials	
POS	No.	NAME	CLUB	PERF	POS	No.		CLUB	PERF		
1	237	Zoe PRIESTLEY (W)	Pembroke Harriers	38.52	9						
2	236	Rachel BEVAN (W)	Cwmbran Harriers	34.19	10						
3	238	Amy TIDBALL (W)	Bridgend AC	30.48	11						
4					12						
5					13						
6					14					Referee	
7					15						
8					16						