

North Wales Regional Championships 2011

Deeside College

3000m							
Andrew BROMLEY	Deeside	9.45.5	Mark RICH	Wrexham	20.81		
Padraig GOGGIN	Deeside	10.05.7	Discus SM				
			Neil EDWARDS	Wrexham	28.01		
3000m			Discus SW				
Steffan SAYER	Menai	9.47.3	Faye CALVERT	Liverpool	38.00	NR	
3000m			Discus U20W				
Mike ROBBINS	Wrexham	10.15.4	Lydia DAVID	Wrexham	25.46		
Konrad ROBERTS	Colwyn Bay	10.58.4					
Stephen LIVETT	Menai	11.28.9	Discus U20M				
Kevin CHALLINOR	Deeside	11.43.3	James FORTUNE	Deeside	31.10		
3000m							
Jacob GRIFFITH	ColwynBay	10.31.0					
3000m							
Georgia	ColwynBay	11.47.3					
3000m							
Laurie GRIFFITHVW	ColwynBay	13.32.6	Discus U15B				
			NR				
400Hurdles	U20W		Matthew WILLIAMS	WREXHAM	39.12	NR	
Megan ROGERS	Wrexham	62.1	Nathan THOMASON	ColwynBay	32.54		
400Hurdles	U20M		Shaun LIVETT	Menai	22.15		
Will POOLE	Wrexham	62.7					
James RICH	Wrexham	64.5	U15Girls DISCUS				
400Hurdles	VM		Adele NICHOLL	Birchfield	38.36	NR	
David JAMES	Wrexham	72.6	Sabrina FORTUNE	Deeside	28.06		
			Chloerhiannondavies	WREXHAM	11.79		
110H SM			U13G DISCUS				
Neil EDWARDS	WREXHAM	20.2	Tia WILLIAMS	Deeside	17.00		
110H U20M			Libby SCOTHERN	WREXHAM	15.55		
David HOOSON	Wrexham	17.1	Erin PARRY	Deeside	11.91		
80H VW							
Amanda WALE	Wrexham	12.6	ER				
80H U17W							
Chloe JONES	Sale	12.1	Shot SENIOR	MEN			
Eleanor BADHAMS	Deeside	12.2					
Rhian WILLIAMS	Deeside	12.2	Neil EDWARDS	WREXHAM	10.26		
Georgia BATES	Deeside	12.9					
Manon EDWARDS	Wrexham	14.9	Shot VL				
			Amanda WALE	Wrexham	9.29		
80H U15B							
			Shot SL				
Shaun MURRAY	Deeside	16.7	Faye CALVERT	Deeside	10.24		
75Mh U15G			U17W SHOT				
Rosie UNWIN	Maldwyn	12.4	Manon EDWARDS	Wrexham	8.96		
Sarah WILLIAMS	Maldwyn	12.8	Hayley NUTTALL	Deeside	8.53		
Adele NICHOLL	Birchfield	12.9	Jenny COPPELL	Wrexham	8.35		
Melys EDWARDS	Wrexham	13.2	Amy CROCOMBE	Deeside	7.53		
75Mh U13B			U17M SHOT				
James JARVIS	Maldwyn	16.7	Matthew REECE	Colwyn Bay	13.46	NR	
			Connor LAVERTY	Menai	13.25		
70H U13G							
Josie HUGHES	Maldwyn	13.1	U15Boys SHOT				
Ameliah JONES	Menai	18.2	Matthew WILLIAMS	WREXHAM	13.73	NR	
			Nathan THOMASON	ColwynBay	10.85		
U20W 1500M			Shaun LIVETT	Menai	8.44		
Sarah LIVETT	Menai	5.12.4					
U17W 1500M			U15Girls SHOT				
Eleanor JONES	Deeside	5.23.1	Adele NICHOLL	Birchfield	12.31	NR	
Vw 1500M			Sabrina FORTUNE	Deeside	9.39		
Laurie GRIFFITHVW	ColwynBay	6.32.9	Chloerhiannondavies	WREXHAM	8.71		
1500M U15G			U13Girls SHOT				
Alex CAWTHRA	Maldwyn	5.19.2	Tia WILLIAMS	Deeside	6.61		
1500M U13G			Erin PARRY	Deeside	5.74		
Fern DAVIES	ColwynBay	5.35.4.	Bethan YATES	ColwynBay	5.03		
Erin ROBERTS	Menai	5.45.2	Libby SCOTHERN	WREXHAM	4.94		
Martha OWEN	Deeside	5.56.4	Sm/U20M HAMMER				
Gwenno MORRIS	ColwynBay	5.58.9	Demetris ELIA	BangorU	54.10	NR	
Zara BAKER	Oswestry	6.09.2					
Abigail ROBERTS	Maldwyn	6.13.3					

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U15B 1500M				Sw HAMMER			
Andrew MORRISJONES	Menai	4.35.9		Laura DOUGLAS	Sale	57.70	
Iolo HUGHES	Menai	4.40.1		Lesley BROWN	Deeside	44.20	
John SPILL	Menai	4.44.5		Faye CALVERT	Liverpool	43.05	
Grant LEACH	Deeside	4.47.6					
				U20Men HAMMER			
U13B 1500M				Osian JONES	Menai	59.82	NR
Mike ROBERTS	ColwynBay	5.08.2					
Joseph CRUTCHLEY	Maldwyn	5.11.6		U17M HAMMER			
Liam LEES	Maldwyn	5.29.1		Matthew REECE	Colwyn Bay	49.94	
1500M SM				U17W HAMMER			
Steffan SAYER	Menai	4.34.2		Jenny COPPELL	Wrexham	20.53	
1500M VM				U15Boys HAMMER			
Stephen LIVETT	Menai	5.37.2		Matthew WILLIAMS	WREXHAM	36.35	
				Shaun LIVETT	Menai	35.86	
1500M U20M				Nathan THOMASON	ColwynBay	34.55	
Will SHERIDAN	Deeside	4.29.0					
				Pvault			
1500M U17M				Neil EDWARDS	WREXHAM	3.00	
Tom EARLEY	ColwynBay	4.26.1					
Matthew BLACKWELL	Deeside	4.43.4		U20Men			
Tom HARDING	ColwynBay	4.52.2		Daniel HODGSON	WREXHAM	3.90	
1500S/C U17M				U20Women			
Jacob GRIFFITH	ColwynBay	5.28.7		Rebecca DAVIES	Deeside	3.60	NR
2000S/C U20M				U17W			
Jamie DUMAYNE	Maldwyn	10.06.2		Laura WILLIAMS	Deeside	2.20	
100M SW				U17M PVAULT			
Hannah PENDLEBURY	Cardiff	12.6		Evan COOK	Deeside	2.60	
Hannah ROBERTS	LpoolPem	13.9					
Jessica PETERSON	Deeside	14.0		U20W	HighJump		
				Sian SWANSON	MaldwynHarriers	1.60	NR
100M SM							
Ian ROBERTS	Menai	12.0		HIGHJUMP	SM		
Dan BURTON	Deeside	12.8		Neil EDWARDS	WREXHAM	1.50	
100M U20M				U13G HIGHJUMP			
Thomas CUSWORTH	Wrexham	11.2		Megan ROBERTS	ColwynBay	1.10	
David HOOSON	Wrexham	11.8					
Matthew RUSSELL	Menai	12.7		U13B			
				Rhodri DAVIES	ColwynBay	1.15	
100M U20W							
Hannah THOMAS	Wrexham	12.2		U15G	HighJump		
Jade MARVIN	Wrexham	12.6		Rosie UNWIN	Maldwyn	1.40	
Nia BREEZE	Wrexham	12.8		Sara DAVIES	ColwynBay	1.35	
				Amy ODUNAIYA	Wrexham	1.30	
100M U17W				Alex CAWTHRA	Maldwyn	1.15	
Elin JONES	Sale	13.1					
Sophie LEWIS	Menai	13.3		U15B	HighJump		
Mared BAKER	Menai	13.7		Shaun MURRAY	Deeside	1.60	NR
Amy ROBERTS	Wrexham	14.1		Tom WHALLEY	Wrexham	1.40	
Kathryn ROBERTS	Wrexham	14.8					
Kate NASH	ColwynBay	15.2		ER U17W	HighJump		
				Eleanor BADHAMS	Deeside	1.55	
100M U17M				Georgia BATES	Deeside	1.50	
Owen SMITH	Deeside	11.4					
Lloyd ROBBINS	Sale	11.8		U17M	TripleJump		
Tom HIGGS	Wrexham	12.6		Connor LAVERTY	Menai	12.87	
Bradley THOMAS	Deeside	12.7		Thomas HIGGS	Wrexham	10.92	
100M U15G				U17W	TripleJump		
Laura TURLEY	Deeside	13.0		Mared BAKER	Menai	10.27	
Chloejayne ROBERTS	ColwynBay	13.7		Chloe JONES	Sale	9.74	
Lori SCRIVEN	ColwynBay	13.9		Amy CROCOMBE	Deeside	9.35	
Emily NOTT	Wrexham	14.3					
Beth JONES	Deeside	14.4					
Sarah DAVIES	ColwynBay	14.4					
Melys EDWARDS	Wrexham	14.9					
Jaz PUGH	Maldwyn	15.1					

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100M U15B			Sm JAVELIN			
Sion ROBERTS	Wrexham	12.0	Sean ALDRED	Deeside	34.68	
Shane HUGHES	Wrexham	12.4	U20M JAVELIN			
Iestyn THOMAS	ColwynBay	12.7	Thomas CUSWORTH	Wrexham	39.05	NR
Joe BAKER	Oswestry	14.0				
			U17W JAVELIN			
100M U13B			Jenny COPPELL	Wrexham	27.08	
Rhodri DAVIES	ColwynBay	13.8	Hayley NUTTALL	Deeside	26.90	
Ellis ROBERTS	Menai	14.0	Manon EDWARDS	Wrexham	21.55	
Thomas EVANS	Wrexham	14.7				
Owen HIBBERT	Deeside	15.0	U17M JAVELIN			
Jack NASH	ColwynBay	15.2	Matthew REECE	Colwyn Bay	39.73	
Josh ABLETT	ColwynBay	15.3	William POOLE	Wrexham	29.94	
James JARVIS	Maldwyn	15.4				
			U15G JAVELIN			
100M U13G	HEAT1/2		Beth ALDRED	Deeside	22.99	
Chloe HUGHES	Deeside	14.1	Chloerhiannondavies	WREXHAM	16.28	
Alice ODUNAIYA	Wrexham	14.7	U13G JAVELIN			
Josie PUGH	Maldwyn	15.3	Tia WILLIAMS	Deeside	22.99	
Siriol JONES	ColwynBay	15.5	Erin ROBERTS	Menai	6.02	
Amelia HARPERJONES	Menai	15.5				
Megan ROBERTS	ColwynBay	16.0	U13B JAVELIN			
Gwenno MORRIS	ColwynBay	16.8	Mitchell THOMAS	Deeside	24.84	
Olivia SOFIANOS	Maldwyn	17.2	VW	Javelin		
			Amanda WALE	Wrexham	25.25	NR
100M U13G	Heat 2		VM	Javelin		
Neve EVANS	Wrexham	14.3	Mark RICH	WREXHAM	22.62	
Sarah ATKINSON	Deeside	14.5				
Bethan YATES	ColwynBay	15.3	Sw LONGJUMP			
Carys SMITH	ColwynBay	16.3	Jessica PETERSON	Deeside	4.10	
100M U13G	FINAL		U20W			
Chloe HUGHES	Deeside	14.4	Jade MARVIN	Wrexham	3.59	
Neve EVANS	Wrexham	14.7				
Sarah ATKINSON	Deeside	14.9	U17W LONGJUMP			
Alice ODUNAIYA	Wrexham	15.2	Eleanor BADHAMS	Deeside	5.06	
Josie PUGH	Maldwyn	15.9	Mared BAKER	Menai	4.60	
Bethan YATES	ColwynBay	15.9	Georgia BATES	Deeside	4.57	
Siriol JONES	ColwynBay	16.1	Sophie LEWIS	Menai	4.41	
Amelia HARPERJONES	Menai	16.8	Amy ROBERTS	Wrexham	4.22	
800M VM			U17M LONGJUMP			
Lee JONES	Deeside	2.01.6	Lloyd ROBBINS	Sale	6.40	NR
Reuben WOODFORD	Menai	2.20.4	Connor LAVERTY	Menai	6.22	
Konrad ROBERTS	ColwynBay	2.24.0	Thomas HIGGS	Wrexham	5.35	
Mike ROBBINS	Wrexham	2.25.2				
			U15B LONGJUMP			
800M U20M			Shaun MURRAY	Deeside	4.99	
Jamie WRIGHT	Deeside	2.00.2	Tom WHALLEY	Wrexham	4.87	
James ROBERTS	Wrexham	2.05.9	Joe BAKER	Oswestry	4.40	
William SHERIDAN	Deeside	2.08.4	Bertie BROCK	Maldwyn	3.51	
George OLIVER	Deeside	2.10.8				
Matthew RUSSELL	Menai	2.13.9	U15G LONGJUMP			
			Sarah DAVIES	ColwynBay	4.67	
800M U17M			Sarah WILLIAMS	Maldwyn	4.41	
Tom EARLEY	Colwyn Bay	2.02.6	Beth JONES	Deeside	4.41	
Ryan FFOULKES	Wrexham	2.05.2	Alex CAWTHRA	Maldwyn	3.85	
Tom HARDING	Colwyn Bay	2.05.3				
David BLOWER	Wrexham	2.07.1	U13G LONGJUMP			
			Chloe HUGHES	Deeside	4.60	
800M U20W			Sarah ATKINSON	Deeside	4.19	
Abbie OLIVER	Deeside	2.20.7	Zara BAKER	Oswestry	3.70	
Sarah LIVETT	Menai	2.21.7	Neve EVANS	Wrexham	3.60	
Sian MESSUM	Deeside	2.34.6	Bethan YATES	ColwynBay	3.43	
			Robyn WILLIAMS	Wrexham	3.30	
800M U17W			Siriol JONES	ColwynBay	3.29	
Lily OWEN	Maldwyn	2.32.4	Carys SMITH	ColwynBay	3.17	
Emily OWEN	Wrexham	2.37.9	Abigail ROBERTS	Maldwyn	3.13	
800M U15G			U13B LONGJUMP			
Abi BACKSHALL	ColwynBay	2.31.3	Rhodri DAVIES	ColwynBay	4.23	
Rosie UNWIN	Maldwyn	2.40.7	Thomas EVANS	Wrexham	3.94	
Grace LOVATT	ColwynBay	2.43.7	Joseph CRUTCHLEY	ColwynBay	3.59	
			Jack NASH	ColwynBay	3.55	
800M U15B						
Richard EVANS	Deeside	2.20.7				
Harry OWEN	Maldwyn	2.29.1				

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800M U13G				LONG	Jump	U11BOYS
Carillyr HUGHES	Menai	2.26.5		James JARVIS	Maldwyn	3.41
Robyn WILLIAMS	Wrexham	2.41.6		Kieran FORREST	Menai	3.02
Siriol JONES	ColwynBay	2.58.3		Kyle EVISON	Maldwyn	2.51
Hannah PRYCE	Oswestry	3.00.4				
Erin PARRY	Deeside	3.17.9		LONG	Jump	U11Girls
				Hannah WICKERSON	Colwyn Bay	3.09
800M U13B				Shannon WALKER	Maldwyn	2.92
Thomas EVANS	Wrexham	2.37.7		Lily ROBERTS	Oswestry	2.73
Owen HIBBERT	Deeside	2.38.5		Kate PUGH	Wrexham	2.53
Josh ABLETT	ColwynBay	2.42.8		Niamh MCLEISH	Maldwyn	2.45
				Annie UNWIN	Maldwyn	2.17
200M SM				Yasmine BAKER	Wrexham	2.06
Ian ROBERTS	Menai	25.3				
Dan BURTON	Deeside	27.4				
				400M U20W		
200M VM				Megan ROGERS	Wrexham	55.9
David JAMES	Wrexham	28.2		Chloeann JONES	Wrexham	57.9
				Niaann ROBERTS	ColwynBay	66.7
						NR
200M SW				400M U20M		
Hannah PENDLEBURY	Cardiff	27.3		Benjamin FOWLE	Colwyn Bay	52.1
Jessica PETERSON	Deeside	29.6		James RICH	Wrexham	54.3
Hannah ROBERTS	Lpoolpemb	30.1				
				400M VM		
200M U20M				David JAMES	Wrexham	62.8
Thomas CUSWORTH	Wrexham	22.8				
Benjamin FOWLE	Colwyn Bay	24.0		400M U17M		
David HOOSON	Wrexham	24.8		Owen SMITH	Deeside	50.5
				Aled THOMAS	Menai	53.3
200M U20W				NR Ryan FOULKES	Wrexham	56.1
Hannah THOMAS	Wrexham	25.7	NR	Jake LOVATT	Colwyn Bay	57.5
Jade MARVIN	Wrexham	27.3		Bradley THOMAS	Deeside	58.0
Nia BREEZE	Wrexham	27.6				
				300M U17W		
200M U17W				Emily ROWLANDS	Wrexham	45.2
Amy ROBERTS	Wrexham	28.9		Kathryn ROBERTS	Wrexham	47.1
Kate NASH	ColwynBay	32.2		Kate NASH	ColwynBay	49.3
200M U17M				NR		
Owen SMITH	Deeside	22.9		300H U17W		
Lloyd ROBBINS	Sale	24.1		Rhian WILLIAMS	Deeside	48.2
Aled THOMAS	Menai	24.9		Chloe JONES	Sale	53.2
Bradley THOMAS	Deeside	26.1				
Jake LOVATT	Colwyn Bay	26.4		600M U11B		
				Kieran FORREST	Menai	1.59.8
200M U15G				Jack DAVIES	Menai	2.08.1
Laura TURLEY	Deeside	27.8		Stephen DONE	Wrexham	2.12.5
Chloe ROBERTS	ColwynBay	28.8		Kyle EVISON	Maldwyn	2.18.5
Lori SCRIVEN	ColwynBay	29.5				
Sarah DAVIES	ColwynBay	29.5		U11Girls 600M		
Emily NOTT	Wrexham	30.7		Kate PUGH	Wrexham	2.16.4
Jaz PUGH	Maldwyn	32.7		Niamh MCLEISH	Maldwyn	2.18.4
				Shannon WALKER	Maldwyn	2.18.6
200M U15B				Yasmine BAKER	Wrexham	2.19.9
Sion ROBERTS	Wrexham	24.5		Lily ROBERTS	Oswestry	2.28.7
Shane HUGHES	Wrexham	26.0		Annie UNWIN	Maldwyn	2.32.7
Iestyn THOMAS	ColwynBay	26.6				
Harry OWEN	Maldwyn	29.2		U11B 75M		
Joe BAKER	Oswestry	29.3		Kieran FORREST	Menai	12.1
Bertie BROCK	Maldwyn	34.9		Jack DAVIES	Menai	12.1
				Kyle EVISON	Maldwyn	12.7
200M U13G	TimeTrials			Stephen DONE	Wrexham	12.7
Neve EVANS	Wrexham	30.6				
Alice ODUNAIYA	Wrexham	32.7		U11G 75M		
Gwenno MORRIS	ColwynBay	35.1		Hannah WICKERSON	ColwynBay	11.9
				Lily ROBERTS	Oswestry	12.4
200M U13G	TimeTrials			Yasmine BAKER	Wrexham	12.7
Chloe HUGHES	Deeside	29.7		Kate PUGH	Wrexham	13.0
Sarah ATKINSON	Deeside	31.0		Shannon WALKER	Maldwyn	13.5
Robyn WILLIAMS	Wrexham	31.7		Niamh MCLEISH	Maldwyn	13.8
Tyler JEFFRIES	Maldwyn	32.4		Annie UNWIN	Maldwyn	14.6
Erin ROBERTS	Menai	35.6				
Amelia HARPERJONES	Menai	36.1				
200M U13B						
Owen HIBBERT	Deeside	30.3				
Jack NASH	ColwynBay	31.4				
Mitchell THOMAS	Deeside	31.8				
Nathan JONES	ColwynBay	33.4				