

Event	Pos	Athlete	School	Perf
LJB 75H	Record:	Nico Algieri	1994	12.3
w/s -4.88		1 Marlon Fasthers Greenhill		13.2w/s
		2 Steffan Jones	Strade	13.9
		3 Aran Wilmott	Emlyn	14.6
		4 Mark Rogers	Tregyb	14.7
		5 Gareth Thompson	Dyffryn teifi	14.7
		6 Matthew Northcott	QEH	15.3
		7 Josh Jones	Aberaeron	15.3
		8 Steven Davies	Strade	18.9

LJB 100m	Record:	Derwyn Owen	1987	12.6
Final		1 Matthew Davies	Tregib	13.5w/s
		2 James Stevenson	Gwendreath	14
		3 Jamie Evans	QEH	14.3
		4 Jevan Barnes	STP	14.3
		5 Josh Gray	Dteifi	14.4
		6 Alun Jenkins	Cardigan	14.9
		7 Connor Burner	Penglais	22.5

LJB 100m				w/s
Final		1		
		2		
		3		
		4		
		5		
		6		
		7		
		8		

LJB 200m	Record:	Simon Hooper	2004	26.9
H1		1		w/s
		2		
		3		
		4		
		5		

H2		1		w/s
		2		
		3		
		4		
		5		

LJB 200m				w/s
Final				

LJB 800m Record: Jason Murphy 1986 02:19.7

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LJB 1500m Record: Michael Simms 1994 05:00.9

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LJB 100m Relay Record: Brianne 1978 54.9

Event	Pos	Athlete	School	Perf	
LJG70H	Record:	Danielle Selley		1996	11.6
H1		1 Alice Phillips	QEH		13w/s
		2 Jocie Lewis	STP		13.6
		3 Gweran Davies	Dyff Teifi		13.6
		4 Sophie Lewis	Strade		13.6
		5 Natalie Miles	Aberaeron		13.7
H2		1 Lowri Norkett	Taskers		12.9
		2 Rachel Davies	Tregib		13
		3 Lowri Bevan	Coedcae		13.6
		4 Abigail Bleach	Emlyn		13.9
		5 Kirsten Clark	Greenhill		14.4
		6 Harriet Bowen	Coedcae		14.4
Final		1 Alice Phillips	QEH		12.9
		2 Lowri Norkiff	Taskers		13
		3 Rachel Davies	Tregib		13.1
		4 Lowri Bevan	Coedcae		13.1
		5 Abigail Bleach	Emlyn		13.5
		6 Josie Lewis	STP		13.6
		7 Gwenan Davies	D Teifi		13.7
		8 Sophie Lewis	Strade		13.8
LJG 100m	Record:	Anna McGovern		1994	12.8
H1		1 Catrin Rees	MYY		14 w/s
		2 Marian Thomas	Lampeter		14.9
		3 Becky Ferrarer	Emlyn		15.1
		4 Kristen Clark	Greenhill		15.2
		5 Lowri Bevan	Coedcae		15.3
		6 Megan Williams	Strade		15.5
H2		1 Tamara Court	Amman Valley		14.7w/s
		2 Sophie Bushnell	STP		14.7
		3 Lowri Norkitt	Taskers		15
		4 Rachel Davies	Tregib		15.1
		5 Martha Williams	Penweddig		15.1
		6 Kate Lowe	Glan Y Mor		15.6
LJG 100m					w/s
Final		1			
		2			
		3			
		4			
		5			
		6			
		7			
		8			

LJG 200m **Record: Mannon Richards** **1979** **27.9**

H1 1 w/s
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H2 1 w/s
 2
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 4
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LJG 200m w/s
Final 1
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 4
 5

LJG 800m **Record: Marie Jones** **1986** **02:23.0**

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LJG 1500m **Record: Carys Davies** **2002** **05:08.2**

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LJG 100m RelayRecord: **Brianne** **1979** **53.5**

Event	Pos	Athlete	School	Perf
JB2 80H	Record:	Berian Davies	1986	12.4
Final		1 Tom Morrissey	STP	13.8w/s
		2 Ryan Price	Emlyn	13.8
		3 Gethin Long	Strade	15.4
		4 Cameron John	Coedcae	16.4
		5		
JB2 100m	Record:	Derwyn Owen	1988	11.6
JB2 100m		1 Liam Jones	Penweddig	12.7w/s
Final		2 Evan Jenkins	St Michaels	12.7
		3 Jake Randall	Amman	12.7
		4 Daniel Howells	Bro Myrddin	13.0
		5 Dylan Morgans	Aberaeron	13.3
		6 Luke Lewis	St Johns	13.3
		7 Daryl Newsham	STP	13.7
		8		
JB2 200m	Record:	Derwyn Owen	1988	24.2
H1		1		w/s
		2		
		3		
		4		
H2		1		w/s
		2		
		3		
		4		
Final		1		w/s
		2		
		3		
		4		
		5		
		6		
JB2 400m	Record:	Andrew Drakely	2006	57.7
		1		
		2		
		3		
		4		
		5		
		6		
JB2 800m	Record:	Luke Parker	2006	02:15.3
		1		
		2		
		3		

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JB2 1500m **Record: Matthew Freeman** **1992 04:43.3**

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JB2 100m relay **Brianne** **51.7** **1986**

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Event	Pos	Athlete	School	Perf
JG2 75H	Record:	Heather Jones		2000 11.8
Final		1 Eleanor Rowland	Milford	12.9w/s
		2 Olivia John	Taskers	13.3
		3 Llinos Emmanuel	Bro Myrdin	13.5
		4 Helena Madan	STP	13.5
		5 Rhiannon Plant	Bro Myrddin	13.7
		6 Caroline Sharman	Emlyn	14.7
		7 Elen Evans	Aberaeron	15.6
		8 Catrin Burton	Cardigan	15.9
JG2 100m	Record:	Emily Mitchell		2004 12.6
Final		1 Elinor Roland	Milford	13.9w/s
		2 Lucy Taylor	Pembroke	14.0
		3 Amy Townsend	STP	14.3
		4 Rhian George	Pantycelyn	14.3
		5 Judy Coombes	Lampeter	14.4
		6 Paige Goss	Amman Valley	14.6
		7 Sian Adner	Strade	15.5
JG2 100m Final		1		w/s
		2		
		3		
		4		
		5		
		6		
		7		
		8		
JG2 200m	Record:	Hannah Jones		2004 26.3
H1		1		w/s
		2		
		3		
		4		
H2		1		w/s
		2		
		3		
		4		
Final		1		w/s
		2		
		3		
		4		
		5		
		6		
JG2 800m	Record:	Marie Jones		1987 02:25.7

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JG2 1500m Record: Carys Davies 2003 04:55.3

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JG2 100m Relay Record: Brianne 1988 54.9

Event	Pos	Athlete	School	Perf
JG3 75H	Record:	Heather Jones	2001	11.1
		1 Leah Parry	Taskers	12.2w/s
		2 Jordan Reynolds	Milford	12.3
		3 Ffion Rees	Bro Myrddin	12.8
		4 Karan Steadman	Coedcae	13.1
		5 Danielle Price	Penweddyg	14.4
		6 Nia Davies	Cardigan	14.5
		7 Sharney Anderson	Glan Y Mor	16.5

JG3 100m **Record: Danielle Selley** **1998** **12.3**

JG3 100m Final		1 Leah Parry	Taskers	13.3w/s
		2 Laura Penhalerick	QEH	13.5
		3 Sophie Rees	STP	13.6
		4 Jordan Teynolds	Milford	13.7
		5 Helen White	Tregib	13.9
		6 Helen Hughes	D Teifi	14.1
		7 Naomi Thomas	D Taf	14.2
		8 Catrin Jones	Cardigan	14.4

JG3 200m **Record: Heather Jones** **2001** **26.1**

H1		1		w/s
		2		
		3		
		4		
H2		1		w/s
		2		
		3		
		4		
Final		1		w/s
		2		
		3		
		4		
		5		
		6		

JG3 800m **Record: Lucy Thomas** **1999** **02:18.1**

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JG3 1500m Record: Heledd Griffudd 1993 04:57.9

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JG3 100m Relay Record: Brianne 1988 53.1

Event	Pos	Athlete	School	Perf
JB3 80H	Record:	Graham Thomas	1992	11.6
H1		1 James Oberin	Australia	12.9w/s
		2 Thomas Brooks	Glan Y Mor	13.9
		3 Matthew Richards	STP	14.0
		4 Kearon Thomas	QEH	14.0
		5 David Thomas	Penweddyg	15.5
H2		1 John Lumb	Cardigan	12.9
		2 Dominic Coleman	Pembroke	13.0
		3 Glen Elsdon	Bro Myrrdin	13.5
		4 Craig Crook	Emlyn	14.1
Final		1 James Oberin	Australia	12.4
		2 Dominic Coleman	Pembroke	12.6
		3 Jonathon Lumb	Cardigan	12.7
		4 Glen Elsdon	Bro Myrrdin	13.1
		5 Thomas Brookes	Glan Y Mor	13.4
		6 Keiran Thomas	QEH	14.2
		7 Craig Crook	Emlyn	14.4
		8 Matthew Richards	STP	15.5
JB3 100m	Record:	Jamie Henthorn	1993	10.9
H1		1		w/s
		2		
		3		
		4		
		5		
H2		1		
		2		
		3		
		4		
		5		
JB3 100m Final		1		w/s
		2		
		3		
		4		
		5		
		6		
		7		
		8		
JB3 200m	Record:	Richard Bunnyon	1988	24.1
H1		1		w/s
		2		
		3		
		4		

H2 1 w/s
2
3
4

Final 1 w/s
2
3
4
5
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JB3 400m Record: Lewis Richards 1990 55

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JB3 800m Record: Mark Britton 1978 02:05.1

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JB3 1500m Record: Dewi Griffiths 2005 04:16.5

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JB3 1000m Walk Record: Gareth Peters 2004 06:11.3

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2
3

JB3 100m Relay Record: Llanelli 1987 48.7

Event	Pos	Athlete	School	Perf
MG 80H	Record:	Heather Jones	2003	11.4
Final		1 Amy Rowland	Milford	12.6w/s
		2 Catherine Goldsmith	QEH	12.8
		3 Jess Huddlestone	St Davids	13.2
		4 Lowri Phillips	Cardigan	14.7
		5 Catrin Lloyd	Emlyn	15.0
		6 Eleanor Palser	Bro Myrddin	15.5

MG 100m	Record:	Diane Thorne	1976	12.0
H1		1		w/s
		2		
		3		
		4		
		5		
H2		1		
		2		
		3		
		4		
		5		

MG 100m Final		1		w/s
		2		
		3		
		4		
		5		
		6		
		7		
		8		

MG 200m	Record:	Michelle John	1994	25.7
H1		1		w/s
		2		
		3		
		4		
H2		1		w/s
		2		
		3		
		4		
Final		1		w/s
		2		
		3		
		4		
		5		
		6		

MG 300m **Record: Sian Bradshaw** **1992** **40.9**
Final

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MG 800m **Record: Caroline Morgan** **1975** **02:21.0**

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MG 1500m **Record: Nicola Morgan** **1986** **04:49.8**

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MG 3000m **Record: Sarah Brew** **1996** **10:26.0**

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MG 300H **Record: Caryl Granville** **2005** **44.6**

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- 4
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MG 100m Relay Record: Brianne **1976** **51.5**

Event	Pos	Athlete	School	Perf
MB 100H	Record:	Berian Davies	1989	13.7
Final		1 Josh Madden	QEH	13.9w/s
		2 Dafydd Walters	QEH	14.0
		3 Antoine Woodman	Emlyn	15.3
		4 Damian Thomas	Aberaeron	19.3
		5 Kennedy Tseng	Fishguard	20.3
MB 100m	Record:	Stephen Rees	1988	11.0
H1		1		w/s
		2		
		3		
		4		
		5		
H2		1		
		2		
		3		
		4		
		5		
MB 100m Final		1		w/s
		2		
		3		
		4		
		5		
		6		
		7		
		8		
MB 200m	Record:	Stephen Rees	1988	22.2
H1		1		w/s
		2		
		3		
		4		
H2		1		w/s
		2		
		3		
		4		
Final		1		w/s
		2		
		3		
		4		
		5		
		6		
MB 400m	Record:	Bruce Tasker	2004	50.5

Final

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MB 800m **Record: Mark Britton** **1978** **01:58.0**

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MB 1500m **Record: Peter Ward** **1976** **04:33.3**

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MB 3000m **Record: David Jones** **2000** **08:59.9**

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|------------------|------------|----------|
| 1 Adam Bictell | Penweddyg | 8.59.2 |
| 2 Jared Backly | Australia | 9.17.3 |
| 3 Nicky Moirell | Glan-Y-Mor | 9.49.2 |
| 4 Daniel Cartapa | Australia | 10.29.2 |
| 5 Alinur Miah | Lampeter | 11:06.50 |
| 6 Jack Woolley | Penglais | 11.30.7 |
| 7 Andrew mckrell | Emlyn | 12.52.2 |

MB 1500m s/c **Record: Peter Ward** **1976** **04:33.3**

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- 2
- 3
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MB 400H **Record: Leighton Lewis** **1998** **56.5**

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|------------------|--------|------|
| 1 Dafydd Walters | QEH | 59.6 |
| 2 Lee Rees | Tregib | 61.2 |
| 3 David Richards | STP | 67.8 |
| 4 | | |

MB 100m Relay Record: Brianne

1989

45.5

- 1
- 2
- 3
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Event	Pos	Athlete	School	Perf
SG 100H	Record:	Claire Jones		2004 14.2
Final		1 Megan Thomas	Coleg SirGar	16.4 w/s
		2 Rebecca Gatehouse	Aberaeron	16.9
		3		
		4		
		5		
SG 100m	Record:	Gail Evans		1997 12.3
Final		1		w/s
		2		
		3		
		4		
		5		
		6		
		7		
		8		
SG 200m	Record:	Gail Evans		1997 25.7
Final		1		w/s
		2		
		3		
		4		
		5		
		6		
SG 400m	Record:	Angela Pennington		1977 58.8
Final		1		
		2		
		3		
		4		
		5		
		6		
SG 800m	Record:	Angela Owen		1998 02:21.8
		1		
		2		
		3		
		4		
		5		
		6		
		7		
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SG 1500m **Record: Nicola Morgan** **1988** **04:56.2**

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SG 3000m **Record: Gemma Leahy** **2006** **10:37.6**

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SG 400H **Record: Anwen Rees** **2003** **62.9**

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|---|--------------|------------|------|
| 1 | Megan Thomas | Coleg SG | 65.6 |
| 2 | Hannah Pick | Gwendreath | 71.7 |
| 3 | | | |
| 4 | | | |

SG 100m Relay Record: **Brianne** **1979** **52**

Event	Pos	Athlete	School	Perf
SB 110H	Record:	James Archampong	1993	14.2
	1			w/s
	2			
	3			
	4			
	5			
SB 100m	Record:	Jamie Henthorn	1994	10.6
H1	1			w/s
	2			
	3			
	4			
	5			
H2	1			
	2			
	3			
	4			
	5			
SB 100m Final	1			w/s
	2			
	3			
	4			
	5			
	6			
	7			
	8			
SB 200m	Record:	Stephen Perks	1975	22.1
H1	1			w/s
	2			
	3			
	4			
H2	1			w/s
	2			
	3			
	4			
Final	1			w/s
	2			
	3			
	4			
	5			
	6			

SB 400m **Record: Huw Bannister** **1997** **49.7**

Final

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- 4
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SB 800m **Record: Neil Lewis** **1994** **01:57.9**

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- 2
- 3
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SB 1500m **Record: Peter Lloyd** **1980** **04:10.6**

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- 2
- 3
- 4
- 5
- 6
- 7
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SB 3000m **Record: David Jones** **2001** **08:47.2**

- 1 Luke Watson STP 10.54.8
- 2
- 3
- 4
- 5
- 6

SB 2000m s/c **Record: Lee Ladd** **2005** **06:09.3**

- 1
- 2
- 3
- 4
- 5

SB 400H **Record: Luke Evans** **1988** **56.7**

- 1
- 2

3
4

SB 100 Relay Record

45.7