

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
H1		1		w/s
		2		
		3		
		4		
		5		
H2		1		w/s
		2		
		3		
		4		
		5		
LJB 100m Final		1		w/s
		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 Final				w/s

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			
		2			
		3			
		4			
		5			
		6			
		7			
		8			
LJG 100m	Record:	Anna McGovern		1994	12.8
H1		1			w/s
		2			
		3			
		4			
		5			
H2		1			w/s
		2			
		3			
		4			
		5			
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

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5

w/s

LJG 200m
Final

1
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3
4
5

w/s

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
H1		1		w/s
		2		
		3		
		4		
		5		
H2		1		
		2		
		3		
		4		
		5		
JB2 100m Final		1		w/s
		2		
		3		
		4		
		5		
		6		
		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

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JB2 800m **Record: Luke Parker** **2006** **02:15.3**

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

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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	12.2 w/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
H1		1		w/s
		2		
		3		
		4		
		5		
H2		1		
		2		
		3		
		4		
		5		
JG3 100m Final		1		w/s
		2		
		3		
		4		
		5		
		6		
		7		
		8		
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	
		1		w/s	
		2			
		3			
		4			
		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			
		6			
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
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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		
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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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- 2
- 3
- 4
- 5

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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- 3
- 4
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MB 3000m **Record: David Jones** **2000** **08:59.9**

- 1
- 2
- 3
- 4
- 5
- 6

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

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- 2
- 3
- 4
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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

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- 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		
		8		

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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- 2
- 3
- 4
- 5
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SG 400H **Record: Anwen Rees** **2003** **62.9**

- 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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- 5
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SB 800m **Record: Neil Lewis** **1994** **01:57.9**

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- 2
- 3
- 4
- 5
- 6
- 7
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SB 1500m **Record: Peter Lloyd** **1980** **04:10.6**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
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SB 3000m **Record: David Jones** **2001** **08:47.2**

- 1
- 2
- 3
- 4
- 5
- 6

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

- 1
- 2
- 3
- 4
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SB 400H **Record: Luke Evans** **1988** **56.7**

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SB 100 Relay Record

45.7