

Event	Pos	Athlete	School	Perf
<b>LJB 75H</b>	<b>Record:</b>	<b>Nico Algieri</b>	<b>1994</b>	<b>12.3</b>
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

<b>LJB 100m</b>	<b>Record:</b>	<b>Derwyn Owen</b>	<b>1987</b>	<b>12.6</b>
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		

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

H2		1		w/s
		2		
		3		
		4		
		5		

LJB 200m Final				w/s
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**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	
<b>LJG70H</b>	<b>Record:</b>	<b>Danielle Selley</b>		<b>1996</b>	<b>11.6</b>
H1		1 Alice Phillips	QEH		13 w/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
<b>LJG 100m</b>	<b>Record:</b>	<b>Anna McGovern</b>		<b>1994</b>	<b>12.8</b>
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			
<b>LJG 200m</b>	<b>Record:</b>	<b>Mannon Richards</b>		<b>1979</b>	<b>27.9</b>

H1 1 w/s  
2  
3  
4  
5

H2 1 w/s  
2  
3  
4  
5

LJG 200m w/s  
Final 1  
2  
3  
4  
5

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

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- 5
- 6
- 7
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**LJG 1500m Record: Carys Davies 2002 05:08.2**

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- 4
- 5
- 6
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**LJG 100m Relay Record: Brianne 1979 53.5**

Event	Pos	Athlete	School	Perf
<b>JB2 80H</b>	<b>Record:</b>	<b>Berian Davies</b>	<b>1986</b>	<b>12.4</b>
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		
<b>JB2 100m</b>	<b>Record:</b>	<b>Derwyn Owen</b>	<b>1988</b>	<b>11.6</b>
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		
<b>JB2 200m</b>	<b>Record:</b>	<b>Derwyn Owen</b>	<b>1988</b>	<b>24.2</b>
H1		1		w/s
		2		
		3		
		4		
H2		1		w/s
		2		
		3		
		4		
Final		1		w/s
		2		
		3		
		4		
		5		
		6		
<b>JB2 400m</b>	<b>Record:</b>	<b>Andrew Drakely</b>	<b>2006</b>	<b>57.7</b>

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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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- 2
- 3
- 4

Event	Pos	Athlete	School	Perf
<b>JG2 75H</b>	<b>Record:</b>	<b>Heather Jones</b>	<b>2000</b>	<b>11.8</b>
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

<b>JG2 100m</b>	<b>Record:</b>	<b>Emily Mitchell</b>	<b>2004</b>	<b>12.6</b>
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		

<b>JG2 200m</b>	<b>Record:</b>	<b>Hannah Jones</b>	<b>2004</b>	<b>26.3</b>
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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**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
<b>JG3 75H</b>	<b>Record:</b>	<b>Heather Jones</b>	<b>2001</b>	<b>11.1</b>
		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
<b>JG3 100m</b>	<b>Record:</b>	<b>Danielle Selley</b>	<b>1998</b>	<b>12.3</b>
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		
<b>JG3 200m</b>	<b>Record:</b>	<b>Heather Jones</b>	<b>2001</b>	<b>26.1</b>
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
<b>JB3 80H</b>	<b>Record:</b>	<b>Graham Thomas</b>	<b>1992</b>	<b>11.6</b>
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
<b>JB3 100m</b>	<b>Record:</b>	<b>Jamie Henthorn</b>	<b>1993</b>	<b>10.9</b>
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		
<b>JB3 200m</b>	<b>Record:</b>	<b>Richard Bunnyon</b>	<b>1988</b>	<b>24.1</b>
H1		1		w/s
		2		
		3		
		4		



Event	Pos	Athlete	School	Perf
<b>MG 80H</b>	<b>Record:</b>	<b>Heather Jones</b>	<b>2003</b>	<b>11.4</b>
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

<b>MG 100m</b>	<b>Record:</b>	<b>Diane Thorne</b>	<b>1976</b>	<b>12.0</b>
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		

<b>MG 200m</b>	<b>Record:</b>	<b>Michelle John</b>	<b>1994</b>	<b>25.7</b>
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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- 2
- 3
- 4
- 5
- 6

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

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- 5
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**MG 1500m**      **Record: Nicola Morgan**      **1986**      **04:49.8**

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- 3
- 4
- 5
- 6
- 7
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**MG 3000m**      **Record: Sarah Brew**      **1996**      **10:26.0**

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

**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
<b>MB 100H</b>	<b>Record:</b>	<b>Berian Davies</b>	<b>1989</b>	<b>13.7</b>
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
<b>MB 100m</b>	<b>Record:</b>	<b>Stephen Rees</b>	<b>1988</b>	<b>11.0</b>
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		
<b>MB 200m</b>	<b>Record:</b>	<b>Stephen Rees</b>	<b>1988</b>	<b>22.2</b>
H1		1		w/s
		2		
		3		
		4		
H2		1		w/s
		2		
		3		
		4		
Final		1		w/s
		2		
		3		
		4		
		5		
		6		
<b>MB 400m</b>	<b>Record:</b>	<b>Bruce Tasker</b>	<b>2004</b>	<b>50.5</b>

Final

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- 2
- 3
- 4
- 5
- 6

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

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- 5
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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**

- |                  |            |          |
|------------------|------------|----------|
| 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
- 4
- 5

**MB 400H**      **Record: Leighton Lewis**                      **1998**    **56.5**

- |                  |        |      |
|------------------|--------|------|
| 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
- 4

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

**SG 1500m**    **Record: Nicola Morgan**                      **1988**    **04:56.2**

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- 3
- 4
- 5
- 6
- 7
- 8

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

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- 2
- 3
- 4
- 5
- 6

**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
<b>SB 110H</b>	<b>Record:</b>	<b>James Archampong</b>	<b>1993</b>	<b>14.2</b>
	1			w/s
	2			
	3			
	4			
	5			
<b>SB 100m</b>	<b>Record:</b>	<b>Jamie Henthorn</b>	<b>1994</b>	<b>10.6</b>
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			
<b>SB 200m</b>	<b>Record:</b>	<b>Stephen Perks</b>	<b>1975</b>	<b>22.1</b>
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

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

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

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

**SB 1500m**      **Record: Peter Lloyd**                      **1980**      **04:10.6**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

**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
- 5

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

- 1
- 2

3  
4

**SB 100 Relay Record**

**45.7**