

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>
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		

<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				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	
<b>LJG70H</b>	<b>Record:</b>	<b>Danielle Selley</b>		<b>1996</b>	<b>11.6</b>
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
<b>LJG 100m</b>	<b>Record:</b>	<b>Anna McGovern</b>		<b>1994</b>	<b>12.8</b>
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			
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		6			
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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>
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		
<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>
		1		
		2		
		3		
		4		
		5		
		6		
<b>JB2 800m</b>	<b>Record:</b>	<b>Luke Parker</b>	<b>2006</b>	<b>02:15.3</b>
		1		
		2		
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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
<b>JG2 75H</b>	<b>Record:</b>	<b>Heather Jones</b>		<b>2000 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 12.6</b>
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		
<b>JG2 200m</b>	<b>Record:</b>	<b>Hannah Jones</b>		<b>2004 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		
		6		
<b>JG2 800m</b>	<b>Record:</b>	<b>Marie Jones</b>		<b>1987 02:25.7</b>

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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	12.2w/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
<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		

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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**JB3 100m Relay Record: Llanelli 1987 48.7**

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 Palsler	Bro Myrddin	15.5
<b>MG 100m</b>	<b>Record:</b>	<b>Diane Thorne</b>	<b>1976</b>	<b>12.0</b>
MG 100m				
Final		1 Emily Mitchell	D Taf	13.1w/s
		2 Chloe McAlleer	Pembroke	13.2
		3 Sophie Morgan	BM	13.9
		4 Lia Jones	Aberaeron	13.9
		5 Kaiya Mallaburn	Coedcae	14.0
		6 Sian Davies	Milford	14.1
		7 Kelly James	Emlyn	14.3
<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		
<b>MG 300m</b>	<b>Record:</b>	<b>Sian Bradshaw</b>	<b>1992</b>	<b>40.9</b>
Final				
		1		
		2		
		3		
		4		
		5		
		6		
<b>MG 800m</b>	<b>Record:</b>	<b>Caroline Morgan</b>	<b>1975</b>	<b>02:21.0</b>
		1		
		2		

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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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**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>



**MB 100m Relay Record: Brianne**

**1989**

**45.5**

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

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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
<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>
SB 100m Final		1 Aaron Rouge-Serrac	Australia	11.0w/s
		2 Adam Bishop	LI.Col	11.9
		3 James Isles	STP	12.1
		4 Emran Noor	Cardigan	12.3
<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			
<b>SB 400m</b>	<b>Record:</b>	<b>Huw Bannister</b>	<b>1997</b>	<b>49.7</b>
Final				
	1			
	2			
	3			
	4			
	5			
	6			
<b>SB 800m</b>	<b>Record:</b>	<b>Neil Lewis</b>	<b>1994</b>	<b>01:57.9</b>
	1			
	2			
	3			
	4			

