

| 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 |

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| LJB 100m | | | | w/s |
| Final | | 1 | | |
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|-----------------|----------------|---------------------|-------------|-------------|
| LJB 200m | Record: | Simon Hooper | 2004 | 26.9 |
| H1 | | 1 | | w/s |
| | | 2 | | |
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|----|--|---|--|-----|
| H2 | | 1 | | w/s |
| | | 2 | | |
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| 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 Norkett | 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 Noreitt | 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 | | | |
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| 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 | | |
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| | | 6 | | |
| JB2 400m | Record: | Andrew Drakely | 2006 | 57.7 |
| | | 1 | | |
| | | 2 | | |
| | | 3 | | |
| | | 4 | | |
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| JB2 800m | Record: | Luke Parker | 2006 | 02:15.3 |
| | | 1 | | |
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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 | | |
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| 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 | | |
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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 RelayRecord: **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 | | |
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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 Mason Stroud | Australia | 12.5w/s |
| | | 2 Jack Evans | Penweddig | 12.6 |
| | | 3 Nathan Mounter | Pembroke | 12.6 |
| | | 4 Oliver Thomas | Glan-y-Mor | 12.9 |
| H2 | | 1 Lewys Evans | Tregaron | 12.3 |
| | | 2 Joe Morris | Preseli | 12.4 |
| | | 3 Leon Fletcher | Amman | 12.6 |
| | | 4 Liam Lynch | STP | 12.7 |
| | | 5 Thomas Brookes | Glan-y-mor | 12.8 |
| JB3 100m Final | | 1 | | w/s |
| | | 2 | | |
| | | 3 | | |
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| | | 5 | | |
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| | | 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
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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 |
|----------------|----------------|------------------------|-------------|----------------|
| 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 Palsler | Bro Myrddin | 15.5 |
| MG 100m | Record: | Diane Thorne | 1976 | 12.0 |
| 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 |
| 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 | | | | |
| | | 1 | | |
| | | 2 | | |
| | | 3 | | |
| | | 4 | | |
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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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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 Taylor Mills | Australia | 11.8w/s |
| | | 2 Thomas Ellis-Williams | MYY | 12.1 |
| | | 3 James Thomas | Bryngwyn | 12.1 |
| | | 4 Simon Hooper | Pembroke | 12.2 |
| | | 5 Dorian Coleman | Ttregaron | 12.2 |
| H2 | | 1 Tom Coleman | Preseli | 11.7 |
| | | 2 Gryfydd Jones | MYY | 11.9 |
| | | 3 Daniel Rosser | Tregib | 12.1 |
| | | 4 Jordan Sellich | Coedcae | 12.5 |
| | | 5 Robin Mills | Coedcae | 13.0 |
| MB 100m | | | | |
| Final | | 1 | | w/s |
| | | 2 | | |
| | | 3 | | |
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| | | 5 | | |
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| | | 7 | | |
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| 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**

- | | | |
|-------------------|-----------|----------|
| 1 Tom Northcott | QEH | 05:07.10 |
| 2 Joshua Harries | Penweddig | 05:07.10 |
| 3 Daniel Harries | STP | 05:30.70 |
| 4 Matthew Leonard | Emlyn | 06:08.80 |
| 5 Kennedy Tsang | Fishguard | 06:27.40 |
| 6 | | |
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MB 3000m **Record: David Jones** **2000** **08:59.9**

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|------------------|------------|----------|
| 1 Adam Bictell | Penweddig | 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 mKrell | Emlyn | 12.52.2 |

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

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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 |

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MB 100m Relay Record: Brianne

1989

45.5

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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 Hannah Thomas | Lampeter | 13.2 w/s |
| | | 2 Rebecca Gatehouse | Aberaeron | 13.7 |
| | | 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 | | |
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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 |
| 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 |
| 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 | | | | |
| | 1 | | | |
| | 2 | | | |
| | 3 | | | |
| | 4 | | | |
| | 5 | | | |
| | 6 | | | |
| SB 800m | Record: | Neil Lewis | 1994 | 01:57.9 |
| | 1 | | | |
| | 2 | | | |
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