

Event	Pos	Athlete	School	Perf
LJB 75H	Record:	Nico Algieri	1994	12.3
w/s -4.88	1			w/s
	2			
	3			
	4			
	5			
	6			
	7			

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				w/s
	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 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	
LJG70H	Record: Danielle Selley			1996 11.6 w/s	
	1				
	2				
	3				
	4				
	5				
	6				
	7				
LJG 100m	Record: Anna McGovern			1994 12.8 w/s	
	H1	1			
		2			
		3			
		4			
		5			
	H2	1			w/s
		2			
		3			
		4			
5					
LJG 100m Final				w/s	
	1				
	2				
	3				
	4				
	5				
	6				
	7				
8					
LJG 200m	Record: Mannon Richards			1979 27.9	
	H1	1			w/s
		2			
		3			
		4			
		5			
	H2	1			w/s
		2			
		3			
		4			
5					
LJG 200m Final				w/s	
	1				
2					

Event	Pos	Athlete	School	Perf
JB2 80H	Record:	Berian Davies	1986	12.4
		1		w/s
		2		
		3		
		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
	1			w/s
	2			
	3			
	4			
	5			
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
	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
JG3 75H	Record:	Heather Jones	2001	11.1
	1			w/s
	2			
	3			
	4			
	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
- 3

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

Event	Pos	Athlete	School	Perf
MG 80H	Record:	Heather Jones	2003	11.4
		1		w/s
		2		
		3		
		4		
		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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- 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
		1		w/s
		2		
		3		
		4		
		5		
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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- 4
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MB 1500m s/c **Record: Peter Ward** **1976** **04:33.3**

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- 4
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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

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- 2
- 3
- 4

Event	Pos	Athlete	School	Perf
SG 100H	Record:	Claire Jones	2004	14.2
	1			w/s
	2			
	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 Penning	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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- 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
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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SB 800m **Record: Neil Lewis** **1994** **01:57.9**

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

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- 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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- 2

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4

SB 100 Relay Record

45.7