

100m			Race 1		
Pos	Bib	Athlete	Club	Perf	W/S
1	579	Thomas WILLIAMS - U15B	Barry & Vale	12.30	
2	590	Connor MARTIN - U13B	Cardiff AAC	13.64	
3	618	James SCARFI - U13	Cwmbran Harriers	13.81	

100m			Race 2		
Pos	Bib	Athlete	Club	Perf	W/S
1	607	Jamaul WHYTE - U17M	Cardiff AAC	11.35	
2	568	Dewi HAMMOND - U17M	Bromsgrove & Redditch	11.50	
3	628	Rhys WILLIAMS - U17M	Cardiff AAC	11.51	
4	624	Daniel SHARREM - U17M	Cardiff AAC	12.12	

100m			Race 3		
Pos	Bib	Athlete	Club	Perf	W/S
1	582	Gareth HOPKINS - U20M	Cardiff AAC	11.04	
2	615	Tom KNIGHT - U20M	Cardiff AAC	11.04	
3	626	Chris HOWE - U20M	Cardiff AAC	11.09	
4	629	Curtis MATTHEWS - U20M	Barry & Vale	11.74	
5	616	Jamie GUTTERIDGE - U20M	Cardiff AAC	11.89	

100m			Race 4		
Pos	Bib	Athlete	Club	Perf	W/S
1	648	Owen BROAD - SM	No Club Declared	11.51	
2	569	Luke LITCHFIELD - SM	Aberdare VAAC	12.15	
3	630	Craig RUSSELL - SM	Newport Harriers	13.05	
4	577	Mark WILLIAMS - SM	Llanelli AC	13.35	
5	578	Brian DIAS - SM	Cardiff University	14.45	

100m			Race 5		
Pos	Bib	Athlete	Club	Perf	W/S
1	593	Christie WILLIAMS - U17W	Bridgend AC	12.98	
2	617	Ellie CARTER - U17W	Barry & Vale	13.77	
3	639	Catrin COSIER - U15G	Barry & Vale	13.79	
4	640	Caryl KNAPMAN - U15G	Barry & Vale	14.06	
5	627	Lucy TAYLOR - U15G	Bridgend AC	14.07	
6	608	Bethany WHEDDON - U17W	No Club Declared	14.38	
7	591	Gabbi MARTIN - U17W	Cardiff AAC	14.83	

100m			Race 6		
Pos	Bib	Athlete	Club	Perf	W/S
1	584	Emma PETERS - SW	Cardiff AAC	12.95	
2	588	Lucy LOUGHER - SW	Cardiff AAC	13.07	
3	583	Danielle PRICE - SW	Cardiff AAC	13.28	
4	587	Bethan EVANS - SW	UWIC / North Devon	13.79	
5	565	Louise FEENEY - SW	Amber Valley	13.84	

800m Open & Regional Championships

Race 1

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	1	Jazmine BRIGANTI - U13G	Bridgend AC	2:28.98		SW Reg Champs 1st
2	8	Megan JAMES - U13G	Cwmbran Harriers	2:37.21		EW Reg Champs 1st
3	2	Jordan CARPENTER - U13G	Bridgend AC	2:37.35		SW Reg Champs 2nd
4	657	Kate COKER - U13G	Barry & Vale	2:37.93		Open
5	6	Erin HAYES - U13G	Barry & Vale	2:38.47		SW Reg Champs 3rd
6	7	Emma HENNESSY - U13G	Newport Harriers	2:40.91		EW Reg Champs 2nd
7	13	Olivia TURLEY - U13G	Cwmbran Harriers	2:41.42		EW Reg Champs 3rd
8	14	Nia WARD - U13G	Bridgend AC	2:41.62		SW Reg Champs
9	625	Chelsie HARRIS - U13G	Cwmbran Harriers	2:41.89		EW Reg Champs
10	4	Rachel COSIER - U13G	Barry & Vale	2:49.32		SW Reg Champs
11	9	Anna LAWSON - U13G	Cardiff AAC	2:50.45		SW Reg Champs
12	3	Tillie CARTER - U13G	Barry & Vale	2:52.77		SW Reg Champs
13	11	Kate SEARY - U13G	Cardiff AAC	2:57.04		SW Reg Champs
14	5	Rhian ELLIS - U13G	Eglwys Newydd School	2:58.68		SW Reg Champs
15	12	Lucy SHARIFF - U13G	Eglwys Newydd School	3:04.20		SW Reg Champs

800m Open & Regional Championships

Race 2

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	22	Lewis JONES - U13B	Bridgend AC	2:21.79		SW Reg Champs 1st
2	545	Christian LOVATT - U13B	Carmarthen Harriers	2:27.04		Open
3	610	Rhys NORRIS -	Newport Harriers	2:27.67		Open
4	17	Harry DAVIES - U13B	Bridgend AC	2:36.13		SW Reg Champs 2nd
5	18	Oliver DAVIES - U13B	Bridgend AC	2:37.82		SW Reg Champs 3rd
6	19	Luke GILL - U13B	Newport Harriers	2:38.61		SW Reg Champs
7	649	Ben OWEN - U15B	Bridgend AC	2:40.17		Open
8	25	Joseph MacPHERSON - U13B	No Club Declared	2:43.32		SW Reg Champs
9	21	Luke HARRY - U13B	Cardiff AAC	2:44.15		SW Reg Champs
10	26	Danyaal MOHAMED - U13B	Bridgend AC	2:45.85		SW Reg Champs
11	20	Keiran HARRIS - U13B	Cardiff AAC	2:55.56		SW Reg Champs
12	15	Scott ANDREWS - U13B	Brecon AC	3:01.38		EW Reg Champs 1st
13	23	Jacob KNIGHT - U13B	Cardiff AAC	3:06.87		SW Reg Champs

800m Open & Regional Championships

Race 3

Pos	Bib	Athlete	Club	Perf	W/S
1	40	Megan OSBORNE - U15G	Bridgend AC	2:28.82	SW Reg Champs 1st
2	31	Rebecca EVANS - U15G	Pontyclun AC	2:29.39	SW Reg Champs 2nd
3	37	Ellie LEEK - U15G	Cwmbran Harriers	2:32.36	EW Reg Champs 1st
4	44	Lucy TARRANT - U15G	Bridgend AC	2:32.38	SW Reg Champs 3rd
5	41	Malika REZOUGI - U15G	Cwmbran Harriers	2:36.79	EW Reg Champs 2nd
6	39	Francesca MORRIS - U15G	Cardiff AAC	2:38.38	EW Reg Champs 3rd
7	612	Fiona BRAY - U15G	Bridgend AC	2:39.59	Open
8	36	Francesca HYDE - U15G	Cwmbran Harriers	2:40.37	EW Reg Champs
9	33	Catrin GRIFFITHS - U15G	Cardiff AAC	2:40.81	EW Reg Champs
10	42	Catrin ROBERTS - U15G	Bridgend AC	2:47.12	SW Reg Champs
11	38	Hannah MITTELBERGER - U15G	Bridgend AC	2:48.42	SW Reg Champs
12	35	Zoe HOLLOWAY - U15G	Cwmbran Harriers	2:49.01	EW Reg Champs
13	32	Francesca FALSINI - U15G	Cardiff AAC	3:00.03	SW Reg Champs

800m Open & Regional Championships

Race 4

Pos	Bib	Athlete	Club	Perf	W/S
1	635	Sam LONGVILLE - U15B	Bridgend AC	2:18.35	SW Reg Champs 1st
2	49	Curtis GOODGER - U15B	Newport Harriers	2:19.04	EW Reg Champs 1st
3	46	Rhodri BOGGUST - U15B	Brecon AC	2:22.40	EW Reg Champs 2nd
4	50	Liam HARDEE - U15B	Newport Harriers	2:25.02	EW Reg Champs 3rd
5	54	Charlie WALKER - U15B	Cwmbran Harriers	2:25.35	EW Reg Champs
6	643	James HUNT - U15B	Bridgend AC	2:26.53	Open
7	52	Samuel PETERKEN - U15B	Cardiff AAC	2:28.73	SW Reg Champs 2nd
8	650	Daniel OWEN - U15B	Bridgend AC	2:29.55	Open
9	51	Felix IACONO - U15B	Cardiff AAC	2:33.61	SW Reg Champs 3rd
10	47	Jacob DAVID - U15B	Bridgend AC	2:46.05	SW Reg Champs

800m BMC Race F and Reg Championships

Race 5

Pos	Bib	Athlete	Club	Perf	W/S
1	531	Gareth JONES - U17M	Cardiff AAC	2:14.13	SW Reg Champs
2	548	Stuart PEARCE - SM	Newport Harriers	2:14.95	EW Reg Champs 2nd
3	543	Darryn McATEE - MM	Newport Harriers	2:18.10	EW Reg Champs 1st
4	546	Lucy HARVEY - U17W	Cardiff AAC	2:23.35	SW Reg Champs 1st
5	549	Bethan DAW - U17W	Cardiff AAC	2:32.32	SW Reg Champs 2nd
6	578	Brian DIAS - SM	Cardiff University	2:42.50	Open
7	550	Delwen LOUDEN - U17W	Newport Harriers	2:42.91	EW Reg Champs 1st
8	552	David J PROFFITT - MM	Newport Harriers	2:45.57	EW Reg Champs 2nd

800m BMC Race E and Reg Championships

Race 6

Pos	Bib	Athlete	Club	Perf	W/S
1	544	Darren JONES - U17M	Cardiff AAC	2:10.33	SW Reg Champs 2nd
2	525	Joseff WHITMARSH-KNIGHT - U17M	Cardiff AAC	2:12.74	SW Reg Champs 3rd
3	535	Laura DUNN - U20W	Edinburgh Southern/Bath Uni	2:15.61	BMC
4	539	Adnan HAQ - U20M	Cardiff University	2:16.97	BMC
5	540	Caryl JONES - U23W	Carmarthen Harriers	2:17.44	BMC
6	541	Lauren REGAN - U20W	Cardiff AAC	2:19.99	SW Reg Champs 1st
7	537	Moses TUTESIGENSI - U20M	Cardiff University	2:20.21	BMC
8	534	Angharad DAVIES - U20W	Carmarthen Harriers	2:21.04	BMC
9	538	Lora JAMES - U17W	Cwmbran Harriers	2:24.64	EW Reg Champs 1st

800m BMC Race D and Reg Championships

Race 7

Pos	Bib	Athlete	Club	Perf	W/S
1	529	Ed TAKATA - SM	Cardiff AAC	2:06.49	SW Reg Champs 1st
2	561	Elliott MEARS - U17M	Bridgend AC	2:06.86	
3	527	Marcus PRICE - U17M	Cwmbran Harriers	2:08.43	BMC
4	526	Bilal NAMANI - MM	Rhondda AC	2:12.35	SW Reg Champs 2nd
5	532	Ben McEWAN - U17M	Newport Harriers	2:14.09	EW Reg Champs 3rd
6	530	Ryan ADAMS - U17M	Cwmbran Harriers	2:16.40	EW Reg Champs

800m BMC Race C and Reg Championships

Race 8

Pos	Bib	Athlete	Club	Perf	W/S
1	524	Alex WOTMAN - U20M	Cwmbran Harriers	2:02.65	EW Reg Champs 1st
2	519	Daniel HISCOX - U20M	Aberdare VAAC	2:03.10	BMC
3	518	James HUNT - U17M	Cardiff AAC	2:04.06	SW Reg Champs 1st
4	528	James HANRAHAN - U17M	Cwmbran Harriers	2:04.17	EW Reg Champs 2nd
5	520	Sean PRICE - MM	Rhondda AC	2:04.87	SW Reg Champs 1st
6	522	Daniel BODMAN - U20M	Aberdare VAAC	2:07.17	BMC
7	562	Matthew ANTONIAZZI - U15B	Cwmbran Harriers	2:07.65	SW Reg Champs

800m BMC Race B and Reg Championships

Race 9

Pos	Bib	Athlete	Club	Perf	W/S
1	511	Chris DISCOMBE - SM	Les Croupiers	1:56.97	BMC
2	513	Jonathan WILLIAMS - SM	Llanelli AC	1:58.64	BMC
3	512	Declan EVANS - U20M	Cardiff AAC	1:59.05	SW Reg Champs 1st
4	510	Chris PROTHERO - U23M	Cwmbran Harriers	1:59.97	BMC
5	517	Elliott HARDEE - U17M	Newport Harriers	2:00.35	EW Reg Champs 1st
6	514	Lee RICHARDS - SM	Newport Harriers	2:02.47	EW Reg Champs 1st
7	521	Craig SPROD - U20M	Aberdare VAAC	2:05.41	SW Reg Champs 2nd

800m BMC Race A and Reg Championships

Race 10

Pos	Bib	Athlete	Club	Perf	W/S
1	509	Joseph MAYNARD - SM	Cardiff AAC	1:51.35	BMC
2	554	Matt FURBER - SM	Crawley/Hertfordshire Uni	1:54.39	BMC
3	553	Sam WALSH - U23M	Swansea/Bath Uni	1:55.72	BMC
4	557	Harry JONES - U23M	Cardiff/UWIC	1:56.30	BMC
5	559	Tom PHILLIPS - U23M	WGEL/UWIC	1:57.37	BMC
6	506	Johnathan MORGAN - U20M	Newport Harriers	1:58.12	Open
7	555	Dewi GRIFFITHS - U20M	Carmarthen Harriers	1:59.13	BMC
8	556	Craig HOPKINS - U23M	Swansea/UW Swansea	2:06.91	BMC

800m Open Race 1

Race 11

Pos	Bib	Athlete	Club	Perf	W/S
1	636	David GUEST - U20M	Bridgend AC	2:01.01	
2	592	Sam CONWAY - U20M	Cardiff AAC	2:16.62	
3	616	Jamie GUTTERIDGE - U20M	Cardiff AAC	2:19.63	

200m Open Meeting

Race 1

Pos	Bib	Athlete	Club	Perf	W/S
1	618	James SCARFI - U13	Cwmbran Harriers	28.18	
2	604	Harry DAVIES -	Bridgend AC	28.46	
3	595	Emma HENNESSY - U13G	Newport Harriers	30.77	
4	644	Danyaal MOHAMED - U13B	Bridgend AC	32.02	
5	596	Scott ANDREWS - U13B	Brecon AC	33.23	

200m Open Meeting

Race 2

Pos	Bib	Athlete	Club	Perf	W/S
1	651	Adnan HAQ - U20M	Cardiff University	27.27	
2	631	Lauren McCARTHY - U17W	Cardiff AAC	27.49	
3	661	Danielle MILL - U20W	Cardiff AAC	28.54	
4	639	Catrin COSIER - U15G	Barry & Vale	28.87	
5	640	Caryl KNAPMAN - U15G	Barry & Vale	28.90	
6	608	Bethany WHEDDON - U17W	No Club Declared	30.20	

200m Open Meeting

Race 3

Pos	Bib	Athlete	Club	Perf	W/S
1	607	Jamaul WHYTE - U17M	Cardiff AAC	23.66	
2	624	Daniel SHARREM - U17M	Cardiff AAC	24.89	
3	579	Thomas WILLIAMS - U15B	Barry & Vale	25.25	

200m Open Meeting

Race 4

Pos	Bib	Athlete	Club	Perf	W/S
1	615	Tom KNIGHT - U20M	Cardiff AAC	22.33	
2	582	Gareth HOPKINS - U20M	Cardiff AAC	22.59	
3	626	Chris HOWE - U20M	Cardiff AAC	23.3*	
4	623	Aaron TEALL - SM	Cardiff AAC	23.93	
5	616	Jamie GUTTERIDGE - U20M	Cardiff AAC	25.07	
6	578	Brian DIAS - SM	Cardiff University	31.09	

* = manual entered timing

200m Open Meeting

Race 5

Pos	Bib	Athlete	Club	Perf	W/S
1	584	Emma PETERS - SW	Cardiff AAC	26.4*	
2	588	Lucy LOUGHER - SW	Cardiff AAC	26.6*	
3	583	Danielle PRICE - SW	Cardiff AAC	27.18	
4	565	Louise FEENEY - SW	Amber Valley	29.00	

* = manual entered timing

200m Open Meeting

Race 6

Pos	Bib	Athlete	Club	Perf	W/S
1	618	James SCARFI - U13	Cwmbran Harriers	28.18	
2	604	Harry DAVIES -	Bridgend AC	28.46	
3	595	Emma HENNESSY - U13G	Newport Harriers	30.77	
4	644	Danyaal MOHAMED - U13B	Bridgend AC	32.02	
5	596	Scott ANDREWS - U13B	Brecon AC	33.23	

3000m Open Meeting

Race 1

Pos	Bib	Athlete	Club	Perf	W/S
1	662	Tom MARSHALL - SM	Cardiff AAC	8:38.26	
2	666	Nat LANE - SM	Cardiff AAC	8:44.37	
3	659	Craig HOPKINS - SM	Swansea Harriers	8:50.07	
4	571	David NOTMAN - SM	Swansea Harriers	9:09.63	
5	614	Peter GRIST - SM	Cardiff AAC	9:13.56	
6	656	Andrew FRIEND - SM	Cardiff AAC	9:24.55	
7	663	Julien BAKER - SM	Les Croupiers	9:33.64	
8	667	Angela SPEIGHT - SW	UWIC	10:54.68	
9	578	Brian DIAS - SM	Cardiff University	13:03.39	

Pole Vault			FEMALE	
Pos	Bib	Athlete	Club	Perf
1	641	Elinor LEWIS - U20W	Cardiff AAC	3.40
2	585	Hannah ABRAHAM - SW	Cardiff AAC	3.40
3	586	Rhianydd LLEWELLYN - U17W	Bridgend AC	3.20
4	652	Rachel THOMAS - SW	UWIC	2.90
5	606	Charlotte JONES - SW	Cardiff AAC	2.50

Pole Vault			MALE	
Pos	Bib	Athlete	Club	Perf
1	638	Lewis NEWTON - U17M	Cardiff AAC	4.00
2	645	Emyr JONES - U17M	Carmarthen Harriers	3.90
3	637	Stephen GUEST - U17M	Bridgend AC	3.70
4	646	Glyn PRICE - SM	Swansea Harriers	NHR
5	609	Robert McGREGOR - U17M	Bridgend AC	NHR

Long Jump			FEMALE	
Pos	Bib	Athlete	Club	Perf
1	654	Imogen MILES - SW	Cardiff AAC	5.06
2	593	Christie WILLIAMS - U17W	Bridgend AC	4.94
3	664	Sara OTUNG - U17W	Cardiff AAC	4.91
4	660	Natasha LEWIS - U17W	Cwmbran Harriers	4.54
5	627	Lucy TAYLOR - U15G	Bridgend AC	4.44
6	652	Rachel THOMAS - SW	UWIC	4.38
7	587	Bethan EVANS - SW	UWIC / North Devon	3.89
8	595	Emma HENNESSY - U13G	Newport Harriers	3.73

Long Jump			MALE	
Pos	Bib	Athlete	Club	Perf
1	629	Curtis MATTHEWS - U20M	Barry & Vale	5.88
2	600	Robby WELLS - U20M	Swansea Harriers	5.68
3	576	Thomas WILLIAMS - U15B	Barry & Vale	5.08
4	665	Lewys JONES - U15B	Cardiff AAC	4.76
5	605	Oliver DAVIES - U13B	Bridgend AC	3.63

Hammer			FEMALE	
Pos	Bib	Athlete	Club	Perf
1	602	Bolanie OGUN - SW	WSE&H	49.94
2	601	Toni WELLS - U17W	Swansea Harriers	45.53
3	597	Beth SEWELL - SW	Cardiff AAC	43.58
4	580	Anna ROBERTSON - SW	Hereford AC	37.49
5	611	Alyson HOURIHAN - SW	Cardiff AAC	31.42
6	619	Lisa BOSWELL - SW	Newport Harriers	31.10
7	634	Lauren BURLEY - U17W	Whitchurch HSc	16.08

Hammer			MALE	
Pos	Bib	Athlete	Club	Perf
1	594	Matthew RICHARDS - SM	Belgrave Harriers	55.74
2	603	Mike TOMMEY - U20M	Gloucester AC	55.43
3	599	Ritchie WELLS - SM	Swansea Harriers	51.24
4	613	Ashley ANDREWS - U20M	Forest of Dean	48.43
5	633	Darren ANDREWS - SM	Forest of Dean	36.60
6	647	Bradley COLE - U17M	St Cyres HSc	30.71
7	620	Mark BOSWELL - SM	Newport Harriers	27.69
8	589	Adam JONES - U17M	Brecon AC	24.20
9	642	Jac PALMER - U15B	Cardiff AAC	24.19
10	649	Ben OWEN - U15B	Bridgend AC	10.47

Javelin			FEMALE	
Pos	Bib	Athlete	Club	Perf
1	632	Lianne CLARKE - SW	Cardiff AAC	44.86
2	621	Zoe PRIESTLEY - U17M	Pembroke Harriers	31.71
3	611	Alyson HOURIHAN - SW	Cardiff AAC	28.93

Javelin			MALE	
Pos	Bib	Athlete	Club	Perf
1	622	Richard LEDGER - SM	Swansea Harriers	42.7
2	600	Robby WELLS - U20M	Swansea Harriers	38.28
3	636	David GUEST - U20M	Bridgend AC	36.84
4	629	Curtis MATTHEWS - U20M	Barry & Vale	36.01

WELSH ATHLETICS DISTANCE CARD

MEETING		CARDIFF OPEN GRADED MEETING		VENUE		Cardiff International Sports Stadium			DATE		Wednesday 13th May			
EVENT		HAMMER - female		TIME		6:30 PM			CBP					
Order	No	NAME & age Group	CLUB SCHOOL	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final	REFEREE
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	619	Lisa BOSWELL - SW	Newport Harriers	23.87	28.30	29.62	29.62	6	30.41	31.10	30.93	31.10	6	
2	597	Beth SEWELL - SW	Cardiff AAC	39.56	40.88	43.44	43.44	3	NT	43.58	42.17	43.58	3	
3	602	Bolanie OGUN - SW	WSE&H	48.50	48.23	49.85	49.85	1	49.09	49.94	NT	49.94	1	
4	611	Alyson HOURIHAN - SW	Cardiff AAC	31.24	31.20	NT	31.24	5	31.42	NT	PASS	31.42	5	
5	580	Anna ROBERTSON - SW	Hereford AC	NT	36.83	NT	36.83	4	37.49	NT	NT	37.49	4	
6	634	Lauren BURLEY - U17W	Whitchurch HSc	15.96	15.97	16.08	16.08	7	0.00	0.00	0.00	16.08	7	
7	601	Toni WELLS - U17W	Swansea Harriers	43.65	45.01	45.28	45.28	2	45.40	45.43	45.53	45.53	2	
8				0.00	0.00	0.00			0.00	0.00	0.00			
9				0.00	0.00	0.00			0.00	0.00	0.00			
10				0.00	0.00	0.00			0.00	0.00	0.00			
11				0.00	0.00	0.00			0.00	0.00	0.00			
12				0.00	0.00	0.00			0.00	0.00	0.00			
13				0.00	0.00	0.00			0.00	0.00	0.00			
14				0.00	0.00	0.00			0.00	0.00	0.00			
15				0.00	0.00	0.00			0.00	0.00	0.00			
16				0.00	0.00	0.00			0.00	0.00	0.00			
FULL RESULTS														
	No.	NAME	CLUB	DISTANCE		No.	NAME		CLUB		DISTANCE			OFFICIALS SIGNATURES
1	602	Bolanie OGUN - SW	WSE&H	49.94	9									
2	601	Toni WELLS - U17W	Swansea Harriers	45.53	10									
3	597	Beth SEWELL - SW	Cardiff AAC	43.58	11									
4	580	Anna ROBERTSON - SW	Hereford AC	37.49	12									
5	611	Alyson HOURIHAN - SW	Cardiff AAC	31.42	13									
6	619	Lisa BOSWELL - SW	Newport Harriers	31.10	14									
7	634	Lauren BURLEY - U17W	Whitchurch HSc	16.08	15									
8					16									

WELSH ATHLETICS DISTANCE CARD

MEETING		CARDIFF OPEN GRADED MEETING		VENUE		Cardiff International Sports Stadium			DATE			Wednesday 13th May		
EVENT		HAMMER - MALE		TIME		6:30 PM			CBP					
Order	No	NAME & age Group	CLUB SCHOOL	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final	REFEREE
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	649	Ben OWEN - U15B	Bridgend AC	10.10	PASS	10.47	10.47	10	0.00	0.00	0.00	10.47	10	
2	589	Adam JONES - U17M	Brecon AC	22.42	24.20	23.37	24.20	8	0.00	0.00	0.00	24.20	8	
3	613	Ashley ANDREWS - U20M	Forest of Dean	46.01	48.16	46.87	48.16	4	NT	48.43	NT	48.43	4	
4	603	Mike TOMMEY - U20M	Gloucester AC	NT	49.34	53.70	53.70	2	NT	NT	55.43	55.43	2	
5	599	Ritchie WELLS - SM	Swansea Harriers	NT	51.16	51.24	51.24	3	48.72	50.81	49.07	51.24	3	
6	594	Matthew RICHARDS - SM	Belgrave Harriers	55.74	NT	NT	55.74	1	NT	53.58	PASS	55.74	1	
7	620	Mark BOSWELL - SM	Newport Harriers	24.92	25.09	NT	25.09	7	27.50	NT	27.69	27.69	7	
8	633	Darren ANDREWS - SM	Forest of Dean	34.27	36.39	34.95	36.39	5	36.60	34.26	36.04	36.60	5	
9	642	Jac PALMER - U15B	Cardiff AAC	NT	NT	24.19	24.19	9	0.00	0.00	0.00	24.19	9	
10	647	Bradley COLE - U17M	St Cyres HSc	NT	30.71	29.48	30.71	6	0.00	0.00	0.00	30.71	6	
11				0.00	0.00	0.00			0.00	0.00	0.00			
12				0.00	0.00	0.00			0.00	0.00	0.00			
13				0.00	0.00	0.00			0.00	0.00	0.00			
14				0.00	0.00	0.00			0.00	0.00	0.00			
15				0.00	0.00	0.00			0.00	0.00	0.00			
16				0.00	0.00	0.00			0.00	0.00	0.00			
FULL RESULTS														
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE	OFFICIALS SIGNATURES				
1	594	Matthew RICHARDS - SM	Belgrave Harriers	55.74	9	642	Jac PALMER - U15B	Cardiff AAC	24.19					
2	603	Mike TOMMEY - U20M	Gloucester AC	55.43	10	649	Ben OWEN - U15B	Bridgend AC	10.47					
3	599	Ritchie WELLS - SM	Swansea Harriers	51.24	11									
4	613	Ashley ANDREWS - U20M	Forest of Dean	48.43	12									
5	633	Darren ANDREWS - SM	Forest of Dean	36.60	13									
6	647	Bradley COLE - U17M	St Cyres HSc	30.71	14									
7	620	Mark BOSWELL - SM	Newport Harriers	27.69	15									
8	589	Adam JONES - U17M	Brecon AC	24.20	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		CARDIFF OPEN GRADED MEETING		VENUE		Cardiff International Sports Stadium			DATE		Wednesday 13th May			
EVENT		JAVELIN		TIME		7:30 PM			CBP					
Order	No	NAME & age Group	CLUB SCHOOL	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final	REFEREE
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	621	Zoe PRIESTLEY - U17M	Pembroke Harriers	30.48	NT	31.63	31.63	2	NT	31.71	30.26	31.71	2	
2	611	Alyson HOURIHAN - SW	Cardiff AAC	27.57	NT	28.93	28.93	3	28.67	0.00	0.00	28.93	3	
3	632	Lianne CLARKE - SW	Cardiff AAC	NT	44.86	42.68	44.86	1	NT	41.59	NT	44.86	1	
4				0.00	0.00	0.00			0.00	0.00	0.00			
5				0.00	0.00	0.00			0.00	0.00	0.00			
6				0.00	0.00	0.00			0.00	0.00	0.00			
7				0.00	0.00	0.00			0.00	0.00	0.00			
8				0.00	0.00	0.00			0.00	0.00	0.00			
9				0.00	0.00	0.00			0.00	0.00	0.00			
10				0.00	0.00	0.00			0.00	0.00	0.00			
11				0.00	0.00	0.00			0.00	0.00	0.00			
12				0.00	0.00	0.00			0.00	0.00	0.00			
13				0.00	0.00	0.00			0.00	0.00	0.00			
14				0.00	0.00	0.00			0.00	0.00	0.00			
15				0.00	0.00	0.00			0.00	0.00	0.00			
16				0.00	0.00	0.00			0.00	0.00	0.00			
FULL RESULTS														
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE	OFFICIALS SIGNATURES				
1	632	Lianne CLARKE - SW	Cardiff AAC	44.86	9									
2	621	Zoe PRIESTLEY - U17M	Pembroke Harriers	31.71	10									
3	611	Alyson HOURIHAN - SW	Cardiff AAC	28.93	11									
4					12									
5					13									
6					14									
7					15									
8					16									

WELSH ATHLETICS DISTANCE CARD

MEETING		CARDIFF OPEN GRADED MEETING		VENUE		Cardiff International Sports Stadium			DATE		Wednesday 13th May			
EVENT		JAVELIN		TIME		7:30 PM			CBP					
Order	No	NAME & age Group	CLUB SCHOOL	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final	REFEREE
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	600	Robby WELLS - U20M	Swansea Harriers	33.75	31.60	36.97	36.97	2	36.63	35.82	38.28	38.28	2	
2	622	Richard LEDGER - SM	Swansea Harriers	39.74	NT	40.77	40.77	1	35.69	42.70	42.02	42.70	1	
3	629	Curtis MATTHEWS - U20M	Barry & Vale	NT	33.28	NT	33.28	3	NT	30.23	36.01	36.01	4	
4	636	David GUEST - U20M	Bridgend AC	30.36	32.28	NT	32.28	4	34.71	NT	36.84	36.84	3	
5				0.00	0.00	0.00			0.00	0.00	0.00			
6				0.00	0.00	0.00			0.00	0.00	0.00			
7				0.00	0.00	0.00			0.00	0.00	0.00			
8				0.00	0.00	0.00			0.00	0.00	0.00			
9				0.00	0.00	0.00			0.00	0.00	0.00			
10				0.00	0.00	0.00			0.00	0.00	0.00			
11				0.00	0.00	0.00			0.00	0.00	0.00			
12				0.00	0.00	0.00			0.00	0.00	0.00			
13				0.00	0.00	0.00			0.00	0.00	0.00			
14				0.00	0.00	0.00			0.00	0.00	0.00			
15				0.00	0.00	0.00			0.00	0.00	0.00			
16				0.00	0.00	0.00			0.00	0.00	0.00			
FULL RESULTS														
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE	OFFICIALS SIGNATURES				
1	622	Richard LEDGER - SM	Swansea Harriers	42.70	9									
2	600	Robby WELLS - U20M	Swansea Harriers	38.28	10									
3	636	David GUEST - U20M	Bridgend AC	36.84	11									
4	629	Curtis MATTHEWS - U20M	Barry & Vale	36.01	12									
5					13									
6					14									
7					15									
8					16									

WELSH ATHLETICS DISTANCE CARD

MEETING		CARDIFF OPEN GRADED MEETING		VENUE		Cardiff International Sports Stadium			DATE			Wednesday 13th May		
EVENT		LONG JUMP		TIME		8:00 PM			CBP					
Order	No	NAME & age Group	CLUB SCHOOL	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final	REFEREE
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	664	Sara OTUNG - U17W	Cardiff AAC	4.72	4.87	4.91	4.91	2	4.63	4.67	4.80	4.91	3	
2	660	Natasha LEWIS - U17W	Cwmbran Harriers	4.54	NJ	4.31	4.54	4	0.00	0.00	0.00	4.54	4	
3	587	Bethan EVANS - SW	UWIC / North Devon	3.87	3.89	NJ	3.89	7	0.00	0.00	0.00	3.89	7	
4	652	Rachel THOMAS - SW	UWIC	4.38	4.38	NJ	4.38	6	0.00	0.00	0.00	4.38	6	
5	654	Imogen MILES - SW	Cardiff AAC	5.06	5.03	4.87	5.06	1	5.00	5.04	4.93	5.06	1	
6	627	Lucy TAYLOR - U15G	Bridgend AC	4.22	4.44	4.20	4.44	5	4.20	3.88	4.23	4.44	5	
7	593	Christie WILLIAMS - U17W	Bridgend AC	4.83	4.87	4.87	4.87	3	4.88	4.94	4.92	4.94	2	
8	595	Emma HENNESSY - U13G	Newport Harriers	3.73	3.34	3.67	3.73	8	0.00	0.00	0.00	3.73	8	
9				0.00	0.00	0.00			0.00	0.00	0.00			
10				0.00	0.00	0.00			0.00	0.00	0.00			
11				0.00	0.00	0.00			0.00	0.00	0.00			
12				0.00	0.00	0.00			0.00	0.00	0.00			
13				0.00	0.00	0.00			0.00	0.00	0.00			
14				0.00	0.00	0.00			0.00	0.00	0.00			
15				0.00	0.00	0.00			0.00	0.00	0.00			
16				0.00	0.00	0.00			0.00	0.00	0.00			
FULL RESULTS														
	No.	NAME	CLUB	DISTANCE		No.	NAME		CLUB		DISTANCE	OFFICIALS SIGNATURES		
1	654	Imogen MILES - SW	Cardiff AAC	5.06	9									
2	593	Christie WILLIAMS - U17W	Bridgend AC	4.94	10									
3	664	Sara OTUNG - U17W	Cardiff AAC	4.91	11									
4	660	Natasha LEWIS - U17W	Cwmbran Harriers	4.54	12									
5	627	Lucy TAYLOR - U15G	Bridgend AC	4.44	13									
6	652	Rachel THOMAS - SW	UWIC	4.38	14									
7	587	Bethan EVANS - SW	UWIC / North Devon	3.89	15									
8	595	Emma HENNESSY - U13G	Newport Harriers	3.73	16									

WELSH ATHLETICS DISTANCE CARD

MEETING		CARDIFF OPEN GRADED MEETING		VENUE		Cardiff International Sports Stadium			DATE		Wednesday 13th May			
EVENT		LONG JUMP		TIME		8:00 PM			CBP					
Order	No	NAME & age Group	CLUB SCHOOL	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final	REFEREE
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres	Metres	
1	576	Thomas WILLIAMS - U15B	Barry & Vale	5.08	4.82	4.79	5.08	3	4.77	4.84	5.07	5.08	3	
2	629	Curtis MATTHEWS - U20M	Barry & Vale	5.69	5.83	5.88	5.88	1	5.51	5.80	5.75	5.88	1	
3	605	Oliver DAVIES - U13B	Bridgend AC	3.63	3.39	3.30	3.63	5	0.00	0.00	0.00	3.63	5	
4	665	Lewys JONES - U15B	Cardiff AAC	4.76	4.73	4.58	4.76	4	4.54	4.36	0.00	4.76	4	
5	600	Robby WELLS - U20M	Swansea Harriers	5.68	0.00	0.00	5.68	2	0.00	0.00	0.00	5.68	2	
6				0.00	0.00	0.00			0.00	0.00	0.00			
7				0.00	0.00	0.00			0.00	0.00	0.00			
8				0.00	0.00	0.00			0.00	0.00	0.00			
9				0.00	0.00	0.00			0.00	0.00	0.00			
10				0.00	0.00	0.00			0.00	0.00	0.00			
11				0.00	0.00	0.00			0.00	0.00	0.00			
12				0.00	0.00	0.00			0.00	0.00	0.00			
13				0.00	0.00	0.00			0.00	0.00	0.00			
14				0.00	0.00	0.00			0.00	0.00	0.00			
15				0.00	0.00	0.00			0.00	0.00	0.00			
16				0.00	0.00	0.00			0.00	0.00	0.00			
FULL RESULTS														
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE	OFFICIALS SIGNATURES				
1	629	Curtis MATTHEWS - U20M	Barry & Vale	5.88	9									
2	600	Robby WELLS - U20M	Swansea Harriers	5.68	10									
3	576	Thomas WILLIAMS - U15B	Barry & Vale	5.08	11									
4	665	Lewys JONES - U15B	Cardiff AAC	4.76	12									
5	605	Oliver DAVIES - U13B	Bridgend AC	3.63	13									
6					14									
7					15									
8					16									

WELSH ATHLETICS HEIGHT CARD

MEETING		CARDIFF OPEN GRADED MEETING				VENUE	Cardiff International Sports Stadium										DATE	Wednesday 13th May	
EVENT		POLE VAULT - FEMALE				TIME	7:00 PM										CBP		
Order	No	NAME	CLUB / SCHOOL	Uprights	Start Height	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	Best of All	Final Position	
						Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			Metres
1	606	Charlotte JONES - SW	Cardiff AAC	60	2.50	xo	x--	--xx									2.50	5	
2	652	Rachel THOMAS - SW	UWIC	70	2.50	o	-	o	o	xo	xxx						2.90	4	
3	586	Rhianydd LLEWELLYN - U17W	Bridgend AC	65	3.00					o	xxo	o	xxx				3.20	3	
4	585	Hannah ABRAHAM - SW	Cardiff AAC	80	3.20							xxo	o	xo	xxx		3.40	2	
5	641	Elinor LEWIS - U20W	Cardiff AAC	60	3.30								o	o	xxx		3.40	1	
6																			
7																			
8																			
9																			
10																			
11																			
12																			
13																			
14																			
15																			
16																			
FULL RESULTS																			
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT										
1	641	Elinor LEWIS - U20W	Cardiff AAC	3.40	9														
2	585	Hannah ABRAHAM - SW	Cardiff AAC	3.40	10														
3	586	Rhianydd LLEWELLYN - U17W	Bridgend AC	3.20	11														
4	652	Rachel THOMAS - SW	UWIC	2.90	12														
5	606	Charlotte JONES - SW	Cardiff AAC	2.50	13														
6					14														
7					15														
8					16														

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OFFICIALS SIGNATURES

WELSH ATHLETICS HEIGHT CARD

MEETING		CARDIFF OPEN GRADED MEETING				VENUE		Cardiff International Sports Stadium										DATE		Wednesday 13th May	
EVENT		POLE VAULT - FEMALE				TIME		7:00 PM										CBP			
Order	No	NAME	CLUB / SCHOOL	Uprights	Start Height	3.20	3.50	3.60	3.70	3.80	3.90	4.00							Best of All	Final Position	
						Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres			
1	609	Robert McGREGOR - U17M	Bridgend AC	80	3.20	xxx													NHR	5	
2	637	Stephen GUEST - U17M	Bridgend AC	80	3.50		o	o	o	xxx									3.70	3	
3	645	Emyr JONES - U17M	Carmarthen Harriers	80	3.70				xxo	PASS	xxo	xxx							3.90	2	
4	638	Lewis NEWTON - U17M	Cardiff AAC	80	3.50		xo	xxo	PASS	xo	PASS	xo							4.00	1	
5	646	Glyn PRICE - SM	Swansea Harriers	65	3.90														NHR	4	
6																					
7																					
8																					
9																					
10																					
11																					
12																					
13																					
14																					
15																					
16																					
FULL RESULTS																					
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT												
1	638	Lewis NEWTON - U17M	Cardiff AAC	4.00	9																
2	645	Emyr JONES - U17M	Carmarthen Harriers	3.90	10																
3	637	Stephen GUEST - U17M	Bridgend AC	3.70	11																
4	646	Glyn PRICE - SM	Swansea Harriers	NHR	12																
5	609	Robert McGREGOR - U17M	Bridgend AC	NHR	13																
6					14																
7					15																
8					16																

REFEREE

OFFICIALS SIGNATURES