

Sheet1

				CG WAA
SW 60H				
	1 Lucy LOUGHER (W)	Cardiff AAC	8.99	n/a
	2 Michelle THOMAS	Birchfield Harriers	9.4	
	3 Catherine GOLDSMITH (W)	Carmarthen Harriers	9.65	
	4 Louise FEENEY	Amber Valley AC	9.95	
SM 60H				
	1 Will SHARMAN	Belgrave Harriers	7.78	n/a
	2 Chris BAILLIE	Birchfield Harriers	7.79	
	3 Steven BOYLES (W)	Swansea Harriers	8.56	
	4 Owen JONES (W)	Carmarthen Harriers	8.6	
	5 Dafydd WALTERS (W)	Carmarthen Harriers	8.89	
SW 400m				
H1				
	1 Emma PETERS	Cardiff AAC	58.79 q	53
	2 Nicola GEORGE	Newquay & Par	01:00.76	
	3 Alice FRASER (W)	Deeside AAC	01:02.70	
H2				
	1 Jessika ZEBO	Leevale AC	59.15 q	
	2 Katie HEWITT (W)	Cornwall AC	01:00.32	
	3 Caroline BYNG (W)	Swansea Harriers	01:00.87	
H3				
	1 Laura MADDOX	Team Bath AC	57.75 q	
	2 Rhianne JONES (W)	Newport Harriers	58.45 q	
	3 Jenny WHITE	Worcester	58.56 q	
	4 Sophie TWINAM	Channel Isles AC	01:00.14	
H4				
	1 Nadine OKYERE	Birchfield Harriers	56.65 q	
	2 Bryony TURNBULL (W)	Swansea Harriers	57.52 q	
	3 Lucy LOUGHER (W)	Cardiff AAC	59.01 q	
	4 Jessica DICKSON (W)	Cwmbran Harriers	01:01.55	
SM 400m				
H1				
	1 Jamie GUTTERIDGE (W)	Cardiff AAC	54.09	46
	2 Craig RUSSELL (W)	Newport Harriers	57.74	
	3 Bruno IAASNA	Bristol & West AC	01:03.98	
H2				
	1 Craig GODSALL (W)	Cwmbran Harriers	55.86	
	2 Gary WYN-JONES (W)	Deeside AAC	55.91	
	3 Adam JONES (W)	Brecon AC	56.87	
H3				
	1 Gareth WARBURTON (W)	Cardiff AAC	49.01 q	
	2 David GREEN	Cornwall AC	50.18 q	
	3 Andrew DEAN-YOUNG	AC	50.87 q	
	4 Richard CHAPPELL (W)	Cardiff AAC	52.41 q	
H4				
	1 Ryan PREDDY	Gloucester AC	49.88 q	

Sheet1

	2 Tom DRUCE	Channel Isles AC	50.2 q	
	3 Nathan FELVUS (W)	Cardiff AAC	50.31 q	
	4 Nico CONSTANTI (W)	Gloucester AC	51.32 q	
SW 60m				
H1				
	1 Zara GEORGE (W)	UWIC	7.74 Q	n/a
	2 Hannah THOMAS (W)	Wrexham AC	7.97 Q	
	3 Cara ROBERTS (W)	Cardiff AAC	8.02 Q	
	4 Michelle THOMAS	Birchfield Harriers	8.04 q	
	5 Lolita BYFIELD-MOORE (W)	Cardiff AAC	8.36	
	6 Nia BREEZE (W)	Wrexham AC	8.47	
	7 Lindsay BADMAN (W)	Newport Harriers	8.6	
	8 Sian DAVIES (W)	Swansea Harriers	8.74	
H2				
	1 Anoma SOORIYAARACHCHI	Cardiff AAC	7.66 Q	n/a
	2 Mica MOORE (W)	Cardiff AAC	7.82 Q	
	3 Laura BURNETT	Swansea Harriers	8.01 Q	
	4 Sarah POLE (W)	North Harriers	8.09 q	
	5 Jo PETT	Basingstoke & Mid Hants AC	8.23	
	6 Emma REYNOLDS (W)	Cwmbran Harriers	8.29	
	7 Sara OTUNG (W)	Cardiff AAC	DNS	
SM 60m				
H1				
	1 Chris BAILLIE	Birchfield Harriers	7.03 Q	n/a
	2 Patrick HALCROW	Thurrock Harriers AC	7.13 Q	
	3 Christopher HOWE (W)	Cardiff AAC	7.2 Q	
	4 Leon YANDLE (W)	Swansea Harriers	7.42 q	
	5 Michael OMAKOBIA	Swansea Harriers	7.61	
	6 Ioannis MEKRAS	Beagles AC	7.62	
	7 Daniel NORTON (W)	Cwmbran Harriers	8.36	
H2				
	1 Marc RITCHIE (W)	Unattached	6.96 Q	
	2 David COOK (W)	Kingston & Poly	7.08 Q	
	3 Santino DUMMETT (W)	Salford AC	7.29 Q	
	4 Gareth BREEZE (W)	Manchester	7.41 q	
	5 Lewis HINWOOD (W)	Cwmbran Harriers	7.44 q	
	6 Luke MORGAN (W)	Cardiff AAC	7.53	
	7 Simon ANNAN	Unattached	7.67	
H3				
	1 Will SHARMAN	Belgrave Harriers	7.0*	Q
	2 Mark HANSON	Enfield & Haringey AC	7.0*	Q
	3 Francis BAKER	Derby AC	7.3*	Q
	4 Johnathan SIMONSON (W)	Swansea Harriers	7.3*	q
	5 Nik MESNEY (W)	Wrexham AC	7.4*	Man
	6 Richard CHAPPELL (W)	Cardiff AAC	7.7*	Uni
	7 Bruno IAASNA	Bristol & West AC	8.9*	ng
	8 Ashleigh HELLYER (W)	Swansea Harriers	10.4*	
H4				

Sheet1

1	Richardo CHILDS (W)	Bacon AC	6.87 Q
2	Seyi SMITH	Manchester	6.89 Q
3	Liam DUFF (W)	Cardiff AAC	6.98 Q
4	Thomas CUSWORTH (W)	Wrexham AC	7.36 q
5	Derek MORGAN	Bristol & West AC	7.38 q
6	Jamie PRICE (W)	Swansea Harriers	7.46
7	David MARIS	Keynes AC	7.68
8	Gareth BENNETT (W)	Wrexham AC	7.91

SM 3000m
Final

1	Christopher WARBURTON	Notts AC	08:20.92	n/a
2	Robert WHITTLE	Hants AC	08:24.11	
3	Owain MATTHEWS (W)	Bedford & County	08:25.97	
4	John HUTCHINS	Newham & Essex	08:27.14	
5	Frank BADDICK	Beagles AC	08:31.98	
6	Daniel STEVENS	Cardiff AAC	08:34.03	
7	Chris DISCOMBE (W)	Cardiff AAC	08:36.41	
8	Dewi GRIFFITHS (W)	Carmarthen Harriers	08:39.91	
9	Chris McQUILLEN-WRIGHT	Newquay & Par	09:05.51	
10	Sam WALSH (W)	Swansea Harriers	09:13.91	
11	Tom BOWERMAN	Aberdare Harriers & District	09:16.10	
12	Daniel HISCOX (W)	Aberdare VAAC	09:41.97	

SW 60m
Final

1	Anoma SOORIYAARACHCHI	Cardiff AAC	7.6	n/a
2	Mica MOORE (W)	Cardiff AAC	7.75	
3	Zara GEORGE (W)	UWIC	7.79	
4	Hannah THOMAS (W)	Wrexham AC	7.89	
5	Laura BURNETT	Swansea Harriers	7.98	
6	Cara ROBERTS (W)	Cardiff AAC	8.05	
7	Michelle THOMAS	Birchfield Harriers	8.09	
8	Sarah POLE (W)	Neath Harriers	8.18	

SM 1500m
Final

1	Stephen DAVIES (W)	Belgrave Harriers	03:41.24	3.41.00
2	Jorge THOMAS (W)	Cardiff AAC	03:48.95	
3	Ieuan THOMAS (W)	Cwmbran Harriers	03:50.55	
4	James MILLS (W)	Wrexham AC	03:52.27	
5	Tom MARLEY (W)	Bristol & West AC	03:54.04	
6	Harry JONES (W)	Cardiff AAC	04:00.75	
7	Thomas PHILLIPS (W)	Essex L	04:01.30	
8	Johnathan MORGAN (W)	Newport Harriers	04:01.36	
9	Gareth MASSEY	Newquay & Par	04:25.45	
10	Christopher MOSS	Cardiff AAC	dnf	

SW 200m
H1

Sheet1

	1 Hannah THOMAS (W)	Wrexham AC	26.13 Q	23.6
	2 Sarah POLE (W)	Neath Harriers	26.32 q	
	3 Lolita BYFIELD-MOORE (W)	Cardiff AAC	27.35	
H2				
	1 Rebecca WILLIAMS (W)	Newport Harriers	25.86 Q	
	2 Samantha GAMBLE (W)	Cardiff AAC	26.82	
	3 Caroline BYNG (W)	Swansea Harriers	27.92	
H3				
	1 Katie HEWITT (W)	Cornwall AC	27.4 Q	
	2 Sian DAVIES (W)	Swansea Harriers	29.5	
	3 Anoma SOORIYAARACHCHI	Cardiff AAC	DNS	
SM 200m				
H1				
	1 Gareth HOPKINS (W)	Cardiff AAC	23.07 Q	20.7
	2 Christopher HALL (W)	Kingston & Poly	23.18	
	3 Leon YANDLE (W)	Swansea Harriers	23.93	
	4 Simon ANNAN	Unattached	24.9	
H2				
	1 Nik MESNEY (W)	Wrexham AC	23.42 Q	
	2 Jamie PRICE (W)	Swansea Harriers	23.69	
	3 Bruno IAASNA	Bristol & West AC	29.33	
	4 Alastair ABRAMS	Bristol & West AC	dns	
H3				
	1 Thomas CUSWORTH (W)	Wrexham AC	22.93 Q	
	2 Christopher HOWE (W)	Cardiff AAC	23 q	
	3 Lewis HINWOOD (W)	Cwmbran Harriers	24.4	
	4 Gareth BENNETT (W)	Wrexham AC	25.04	
SM 60m				
Final				
	1 Richardo CHILDS (W)	Brecon AC	6.88	n/a
	2 Liam DUFF (W)	Cardiff AAC	6.89	
	3 Marc RITCHIE (W)	Unattached	6.9	
	4 Will SHARMAN	Belgrave Harriers	6.97	
	5 Mark HANSON	Enfield & Haringey AC	7.03	
	6 David COOK (W)	Kingston & Poly	7.12	
	7 Christopher HOWE (W)	Cardiff AAC	7.21	
	8 Seyi SMITH	Manchester	DNS	
SW 400m				
Final A				
	1 Nadine OKYERE	Birchfield Harriers	56.15	53
	2 Bryony TURNBULL (W)	Swansea Harriers	57.81	
	3 Laura MADDOX	Team Bath AC	58.7	
	4 Rhianne JONES (W)	Newport Harriers	58.85	
Final B				
	1 Jenny WHITE	Worcester	57.86	
	2 Jessika ZEBO	Leevale AC	58.4	
	3 Lucy LOUGHER (W)	Cardiff AAC	58.78	

Sheet1

4 Emma PETERS Cardiff AAC DNF

SM 400m

Final A

1 Gareth WARBURTON (W)	Cardiff AAC	48.74	46
2 Tom DRUCE	Channel Isles AC	49.14	
3 Ryan PREDDY	Gloucester AC	49.51	
4 David GREEN	Cornwall AC	49.56	

Final B

1 Nathan FELVUS (W)	Cardiff AAC	50.3	
2 Andrew DEAN-YOUNG	Birmingham University AC	50.48	
3 Nico CONSTANTI (W)	Gloucester AC	50.63	
4 Richard CHAPPELL (W)	Cardiff AAC	51.91	

SW 800m

Final

1 Hayley WILLS	Swansea Harriers	02:13.01	02:02:00
2 Charlotte GAUGHAN	City of York	02:20.84	
3 Emily BROWN (W)	Cardiff AAC	02:23.39	
4 Melissa SIBLEY	Yeovil Olympiads AC	02:29.04	

SM 800m

Final

1 Richard HILL	Notts AC	01:52.37	01:48:00
2 Dean GOODMAN	Harrow AC	01:54.10	
3 Gareth WILTSHIRE (W)	UWIC	01:54.30	
4 Jonathan BUTLER (W)	Swansea Harriers	01:55.15	
5 Andrew DE-CAMPS (W)	Gloucester AC	01:55.93	
6 Michael SIMMONDS	Worcester AC	02:09.94	

SW 200m

Final

1 Hannah THOMAS (W)	Wrexham AC	25.49	23.6
2 Rebecca WILLIAMS (W)	Newport Harriers	25.51	
3 Samantha GAMBLE (W)	Cardiff AAC	26.54	
4 Katie HEWITT (W)	Cornwall AC	27.29	

SM 200m

Final

1 Thomas CUSWORTH (W)	Wrexham AC	22.88	20.7
2 Gareth HOPKINS (W)	Cardiff AAC	23	
3 Nik MESNEY (W)	Wrexham AC	23.46	
4 Christopher HOWE (W)	Cardiff AAC	23.99	

SW 1500M

Final

1 Rebecca NUTTALL (W)	Deeside AAC	04:39.92	04:11:00
2 Jade WILLIAMS (W)	Amman Valley	04:40.17	
3 Laura DUNN	Edinburgh AC	04:43.60	
4 Ellen BUTLER	Notts AC	04:46.11	

Sheet1

	5 Alaw BEYNON-THOMAS (W)	Carmarthen Harriers	04:58.83	
SW PV		Sale Harriers		
	1 Emma LYONS	Manchester	4.27	4.1
	2 Bryony RAINE	Cardiff AAC	3.86	
	3 Anna MASSEY	Manchester	3.81	
	4 Jessica ABRAHAM (W)	Cardiff AAC	3.61	
	5 Katherine OGDEN (W)	UWIC	3.51	
	6 Hannah ABRAHAM (W)	Cardiff AAC	3.51	
	7 Elinor LEWIS (W)	Cardiff AAC	3.41	
	8 Naomi JAMES (W)	Swansea Harriers	3.21	
	9 Rebecca DAVIES (W)	Deeside AAC	3.21	
	10 Rhianydd LLEWELLYN (W)	Bridgend AC	3.11	
	11 Sally PEAKE (W)	Liverpool Harriers	3.11	
	12 Rachel THOMAS	UWIC	3.01	
	13 Lucy ROULSTON (W)	Deeside AAC	2.81	
	14 Charlotte JONES (W)	Swansea Harriers	2.81	
	15 Emma JONES (W)	Swansea Harriers	0	
	16 Christina HUGHES (W)	Deeside AAC	0	
SM LJ				
	1 Richardo CHILDS (W)	Brecon AC	7.41	7.7
	2 David COOK (W)	Kingston & Poly	7.13	
	3 Navid CHILDS (W)	Thames Valley	6.85	
	4 Matthew HULYER (W)	Thames Valley	6.76	
	5 Thomas KIVELL (W)	Newport Harriers	6.59	
	6 Christopher HALL (W)	Kingston & Poly	6.3	
	7 Stephen JEFFREYS (W)	Brecon AC	6.08	
	8 Michael DWIGHT (W)	Cardiff AAC	5.7	
	9 Gareth BENNETT (W)	Wrexham AC	5.35	
	10 Owen JONES (W)	Carmarthen Harriers	3.8	
SW SP				
	1 Tesni WARD (W)	City of Sheffield	12.41	16
	2 Catherine GOLDSMITH (W)	Carmarthen Harriers	10.18	
	3 Alyson HOURIHAN (W)	Cardiff AAC	10.16	
	4 Faye CALVERT (W)	Deeside AAC	10.1	
	5 Louise ALI (W)	Aberdare VAAC	9.66	
SW LJ				
	1 Imogen MILES	Cardiff AAC	5.55	6.25
	2 Ffion REES (W)	Carmarthen Harriers	5.31	
	3 Christie WILLIAMS (W)	Bridgend AC	5.01	
SM SP				
	1 Peter MAITLAND (W)	Swansea Harriers	14.46	17.75
	2 Ryan SPENCER-JONES (W)	Swansea Harriers	13.7	
	3 Jacob MATTHEWS (W)	Newport Harriers	13.45	
	4 Andrew TURNER (W)	Bournemouth	13.32	
	5 Patrick HALCROW	Thurrock Harriers AC	13.26	

Sheet1

	6 Robert EALES	Newport Harriers	10.88	
	7 Anthony HALLING (W)	Rhondda AC	10.59	
SM TJ				
	1 Navid CHILDS (W)	Thames Valley	14.56	16.2
	2 Alex OBIAKO (W)	Cardiff AAC	14.03	
	3 Owen JONES (W)	Carmarthen Harriers	14	
	4 Thomas KIVELL (W)	Newport Harriers	13.63	
	5 Adam WILLIAMS (W)	UWIC/Menai T&F	13.39	
	6 Jonathan GUILLE	Channel Isles AC	12.87	
SW TJ				
	1 Sara BARRY (W)	Cardiff AAC	12.53	12.75
	2 Julia NILOVA	Shaftesbury Barnet Harriers	11.54	
SM HJ				
	1 Robert MITCHELL (W)	Sale Harriers Manchester	2.24	2.18
	2 Jamie THOMAS (W)	Birchfield Harriers	2.05	
	3 Patrick HALCROW	Thurrock Harriers AC	1.95	
	4 Francis BAKER	Derby AC	1.95	
	5 Owen CHESHER (W)	Brecon AC	1.9	
	6 Adam GALLIE	Derby AC	1.85	
	7 James SCHOFIELD (W)	Brecon AC	1.8	
	8 Daniel WILLIAMS (W)	Aberdare VAAC	1.8	
SW HJ				
	1 Bethan PARTRIDGE	Telford AC	1.7	1.79
	2 Sian SWANSON (W)	Maldwyn	1.6	
	3 Emma GULLIVER	UWIC	1.6	
	4 Catherine GOLDSMITH (W)	Carmarthen Harriers	1.55	
	5 Stacey COLLINS (W)	Neath Harriers	1.55	
	6 Victoria BELCHER	UWIC	1.35	
SM PV				
	1 Paul WALKER (W)	Sale Harriers Manchester	5.01	5.2
	2 Max EAVES	Newham & Essex Beagles AC	4.81	
	3 Egryn JONES (W)	Windsor Slough Eton & Hounslow	4.51	
	4 Francis BAKER	Derby AC	4.41	
	5 Patrick HALCROW	Thurrock Harriers AC	4.21	
	6 Tom GIBSON	Bristol & West AC	4.01	
	7 Leigh WALKER	Crawley AC	4.01	
	8 Stephen GUEST (W)	Bridgend AC	4.01	
	9 Glyn PRICE (W)	Swansea Harriers	3.91	
	10 Andrew HOLMES	Yeovil Olympiads AC	3.91	
	11 Lewis NEWTON (W)	Cardiff AAC	3.81	
	12 Emyr JONES (W)	Carmarthen Harriers	3.81	
	13 Daniel HODGSON (W)	Wrexham AC	3.41	
	14 Martin DAVIES	Bristol & West AC	3.01	