



# WELSH ATHLETICS ATHLETAU CYMRU

**#WAOI2015**

## **Welsh Athletics Outdoor International**

*Incorporating*

*3000m age group Championships & Clubs 4 x 100 relays*

*Wednesday-29-Jul-2015*

**1st: England Midlands U20 101 pts**

**2nd: England South U20 100 pts**

**3rd: England North U20 94.5 pts**

**4th: Wales U20 81 pts**

## 3000m Results

WELSH ATHLETICS  
ATHLETAU CYMRU**T01 U15G 3000m**

All Comers Record - Not Recognised at this age group

Welsh Record - Lara philippart Swansea Harriers 10:22.93 2011

CBP - Lara philippart Swansea Harriers 10:22.93 2011

2014 Welsh Champion - Anwen GAMMON Cardiff AAC 10:50.44

**Heat 1**

Pos	Bib	Athlete	Club	Perf	Coach(es)
1	135	Kiara FRIZELLE (U15G)	Cardiff AAC	10:23.62	<i>Phil Banning</i>
2	134	Abi FISHER (U15G)	Cardiff AAC	10:24.76	<i>PB Phil Banning</i>
3	136	Mollie JONES (U15G)	Swansea Harriers	10:43.99	<i>PB Kevin Tobin</i>
4	138	Mia ROBERTS (U15G)	Deeside AAC	11:02.60	<i>PB John Messum</i>
5	143	Jessica WADEY (U15G)	Cardiff AAC	11:14.86	<i>Phil Banning</i>
6	144	Bethan WAINWRIGHT (U15G)	Newport Harriers	11:41.55	<i>PB Darryn Mcatee</i>
7	142	Sofia VELLA (U15G)	Cardiff AAC	11:53.63	<i>PB Phil Banning</i>
8	140	Mollie SAMUEL (U15G)	Newport Harriers	11:54.88	<i>PB Darryn McAtee</i>
9	139	Ellie ROBINSON (U15G)	Newport Harriers	12:08.16	<i>PB Darryn McAtee</i>
10	137	Rhiannon PHILLIPS (U15G)	Neath Harriers	12:30.59	<i>PB Steve Jones</i>

**T02 U15B 3000m**

All Comers Record - Not Recognised at this age group

Welsh Record - Matthew WILLIS Wrexham AAC 8:57.25 2014

CBP - Matthew WILLIS Wrexham AAC 8:57.3 2014

2014 Welsh Champion - Matthew WILLIS Wrexham AAC 8:57.25

**Heat 1**

Pos	Bib	Athlete	Club	Perf	Coach(es)
1	124	Luke DAVIES (U15B)	Brecon AC	9:30.73	
2	127	Morgan JAMES (U15B)	Cardiff AAC	9:48.57	<i>PB Liz Davies</i>
3	129	Jackson MOUNTFORD (U15B)	Newport Harriers	9:59.22	<i>PB Darryn McAtee</i>
4	128	Joseph LLOYD (U15B)	Swansea Harriers	10:15.11	<i>PB</i>
5	131	Brychan PRICE-DAVIES (U15B)	Brecon AC	10:17.86	<i>PB Derek Osborne</i>
6	125	Samuel GRIFFIN (U15B)	Cardiff AAC	10:27.72	<i>Liz Davies</i>
7	133	Jake SEVILLE (U15B)	Newport Harriers	11:09.08	<i>Darryn McAtee</i>
8	132	Evan PRICE-DAVIES (U15B)	Brecon AC	11:25.44	<i>PB Derek Osborne</i>
9	123	Ben DAVIES (U15B)	Newport Harriers	11:33.31	<i>PB Darryn McAtee</i>
10	130	Caerwyn PHILLIPS (U15B)	Cardiff AAC	11:45.65	<i>PB Liz Davies</i>
DNF	126	Liam GRIFFITHS (U15B)	Aberdare VAAC		<i>Sean Price</i>

[Photo](#) Supplied by Welsh Timing Team

**T03 U17M & U17W 3000m**

All Comers Record - Not Recognised at this age group

Welsh Record - Colin CLARKSON Swansea Harriers 8:25.20 1977/Non STANFORD Swansea Harriers 9:22.84 2004

CBP - Colin CLARKSON Swansea Harriers 8:31.8 1977/Ffion PRICE 9:56.26 Brecon AC 2010

2014 Welsh Champion - U17M: Joseph SCAMMELL Cardiff AAC 11:04.04/U17W: Heidi DAVIES Brecon AC 10:23.15

					Heat 1	
Pos	Bib	Athlete	Club	Perf	Coach(es)	
1	6	Marinus PETERSEN U17M	Pembrokeshire Harriers	9:15.36		
2	150	Jac SMITH (U17M)	Cardiff AAC	9:17.32		
3	149	Dominic SMITH (U17M)	Swansea Harriers	9:19.30		
4	147	Elliot LAWRENCE (U17M)	Swindon Harriers	9:27.94		
5	152	Donovan WILLIAMS-HALE (U17M)	Bridgend AC	9:55.88		
6	146	Joe HEWINGS (U17M)	Barry & Vale Harriers	10:19.99		
7	156	Abbie WILLIAMS (U17W)	Pembrokeshire Harriers	10:20.25		
8	153	Bethan EVANS (U17W)	Cardiff AAC	10:28.17		
9	155	Lucy OMNET (U17W)	Pembrokeshire Harriers	10:51.51		
10	154	Holli JEHU (U17W)	Aberdare VAAC	11:11.39		

[Photo](#) Supplied by Welsh Timing Team**U17M Medallist**

Pos	Bib	Athlete	Club	Perf
1	6	Marinus PETERSEN U17M	Pembrokeshire Harriers	9:15.36
2	150	Jac SMITH (U17M)	Cardiff AAC	9:17.32
3	149	Dominic SMITH (U17M)	Swansea Harriers	9:19.30

**U17W Medallist**

Pos	Bib	Athlete	Club	Perf
1	156	Abbie WILLIAMS (U17W)	Pembrokeshire Harriers	10:20.25
2	153	Bethan EVANS (U17W)	Cardiff AAC	10:28.17
3	155	Lucy OMNET (U17W)	Pembrokeshire Harriers	10:51.51

**T15 SENM & U20M 3000m - Male**

All Comers Record - David JAMES Wales 7:46.95 1980

Welsh Record - SENM: Ian HAMER Edinburgh 7:46.4 (HT) 20.01.1990/U20M: Andrew RODGERS Leeds 8:12.6 (HT) 2

CBP - SENM: Stephen DAVIES Belgrave Harriers 8:28.2 (HT) 2009/U20M: Colin CLARKSON Swansea Harriers 8:16.7

2014 Welsh Champion - SENM: Guy SMITH Swansea Harriers 8:35.36/U20M: Christian LOVATT Swansea Harriers 8:47.08

					Heat 1	
Pos	Bib	Athlete	Club	Perf	Coach(es)	
1	162	Chris CARPANINI (U23M)	Swansea Harriers	8:41.42	James Thie	
2	160	Christian LOVATT (U20M)	Swansea Harriers	8:47.45		
3	98	Matthew COLLINS SENM	Micky Morris Racing Team	9:22.94		

[Photo](#) Supplied by Welsh Timing Team**SENM Medallist**

Pos	Bib	Athlete	Club	Perf
1	160	Christian LOVATT (U20M)	Swansea Harriers	8:47.45
2				
3				

**U20M Medallist**

Pos	Bib	Athlete	Club	Perf
1	162	Chris CARPANINI (U23M)	Swansea Harriers	8:41.42
2	98	Matthew COLLINS SENM	Micky Morris Racing Team	9:22.94
3				

**T20 SENW & U20W 3000m - Female**

All Comers Record - Paula FUDGE England 8:52.88 1982

Welsh Record - SENW: Hayley TULLETT Swansea Harriers 8:45.39 2000/U20W: Non STANFORD Swansea Harriers 9

CBP - SENW: Susan TOOBY Cardiff AAC 9:07.8 (HT) 1988/U20W: Carol HAYWARD Newport Harriers 9:47.8 (HT) 198

## 3000m Results



WELSH ATHLETICS  
ATHLETAU CYMRU

2014 Welsh Champion - U20W: Rebecca EVANS Cardiff AAC 10:09.77

					Heat 1	
Pos	Bib	Athlete	Club		Perf	Coach(es)
1	167	Camilla BARNES (U23W)	Worcester AC		9:54.58	Arwyn Davis
2	166	Heidi DAVIES (U20W)	Brecon AC		9:58.59	
3	170	Lucy MARLAND (SENW)	Cardiff AAC		10:06.15	
4	169	Alaw BEYNON-THOMAS (SENW)	Swansea Harriers		10:28.52	

[Photo](#) *Supplied by Welsh Timing Team*

**SENW Medallist**

Pos	Bib	Athlete	Club	Perf
1	167	Camilla BARNES (U23W)	Worcester AC	9:54.58
2	170	Lucy MARLAND (SENW)	Cardiff AAC	9:54.58
3	168	Rebecca EVANS (U23W)	Cardiff AAC	10:06.15

**U20W Medallist**

Pos	Bib	Athlete	Club	Perf
1	166	Heidi DAVIES (U20W)	Brecon AC	9:58.59
2				
3				

**T06 Men 400m Hurdles**

ALL COMERS RECORD - Rhys WILLIAMS Wales 49.38 2009

WELSH RECORD - David GREENE Swansea Harriers 47.84 2012

WELSH U20 RECORD - David GREENE Swansea Harriers 51.14 2005

STADIUM RECORD - Rhys WILLIAMS Cardiff AAC 49.38 2009

U20 MEETING RECORD - Samuel PLUMB England South U20 53.22 2013

Pos	Bib	Name	Country	Heat 1	
				Perf.	PTS
1	70	Paul BENNETT SENM	Cardiff AAC	53.32	
2	3	Alex DALEY U20M	England Midlands U20	53.37	<b>pb 6.0</b>
3	4	Jack MESSENGER U20M	England South U20	54.30	<b>pb 4.0</b>
4	1	Ryan COOPER U20M	Wales U20	55.14	<b>2.0</b>
5	2	Josiah FILLEUL U20M	England North U20	55.52	<b>1.0</b>

[Photo](#) Supplied by Welsh Timing Team**T07 Women 400m Hurdles**

ALL COMERS RECORD - Kim BATTEN USA 54.69 1992

WELSH RECORD - Alyson LAYZELL Cheltenham 56.43 1996

WELSH U20 RECORD - Alyson EVANS Cardiff AAC 58.37 1985

STADIUM RECORD - Sian SCOTT Team Southampton 58.39 2009

U20 MEETING RECORD - Jessica TURNER England North U20 58.74 2013

Pos	Bib	Name	Country	Heat 1	
				Perf.	PTS
1	2	Chelsea WALKER U20W	England North U20	61.88	<b>5.0</b>
2	1	Lucy FLIGELSTONE	Wales U20	63.58	<b>3.0</b>
3	4	Kotryna BAJORINAITE U20W	England South U20	65.39	<b>2.0</b>
4	68	Vicky GITTINS U20W	Maldwyn Wales	66.47	
5	3	Tara CHIN	England Midlands U20	70.84	<b>1.0</b>

[Photo](#) Supplied by Welsh Timing Team**T08 Women (inc Dave Lewis Mile) Mile**

ALL COMERS RECORD - Bev NICHOLSON England 4:29.48 Cardiff 1989

WELSH RECORD - Kirsty McDERMOTT Bristol 4:19.4 (HT) 1985

WELSH U20 RECORD - Non STANFORD 4:51.3 (HT) Oxford 2004

STADIUM RECORD - Rhianwedd PRICE Wales 4:41.71 2014

U20 MEETING RECORD - Kate SEARY Wales U20 4:53.73 2014

Pos	Bib	Name	Country	Heat 1	
				Perf.	PTS
1	61	Julia COOKE SENW	Birchfield Harriers	4:38.37	
2	4	Georgia TUCKFIELD U20W	England South U20	4:55.22	<b>5.0</b>
3	1	Bronwen OWEN U20W	Wales U20	4:57.90	<b>3.0</b>
4	2	Catrina THOMAS U20W	England North U20	5:09.68	<b>2.0</b>
5	3	Helena KEENAN U20W	England Midlands U20	5:11.95	<b>1.0</b>
6	62	Kate SEARY U23W	Cardiff AAC	5:15.13	

**Stadium Record**  
**Meeting Record**[Photo](#) Supplied by Welsh Timing Team

**T09 Women 100m**

ALL COMERS RECORD - Heather OAKES England 11.27 1984

WELSH RECORD - Sallyanne SHORT Torfaen AC/Elaine O'NEILL Woodford Green/Hannah BRIER Swansea Harriers 11.39 1'

WELSH U20 RECORD - Hannah BRIER Swansea Harriers 11.39 2015

STADIUM RECORD - Semoy HACKETT Trinidad &amp; Tobago 11.54 2012

U20 MEETING RECORD - Hannah BRIER Wales U20 11.93 2014

Pos	Bib	Name	Country	Heat 1 Perf.	ws -1.7	PTS
1	4	Anna SHORT U20W	England South U20	12.10		5.0
2	3	Sophie Y YORKE U20W	England Midlands U20	12.13		3.0
3	2	Lilly HUGHES U20W	England North U20	12.18		2.0
4	15	Danielle BLAKE U20W	England Guest	12.20		
5	1	Katie-Jane PRIEST U20W	Wales U20	12.49		1.0

[Photo](#) Supplied by Welsh Timing Team

Pos	Bib	Name	Country	Heat 2 Perf.	ws -1.6	PTS
1	11	Amelia REYNOLDS U20W	Cardiff AAC	12.44		
2	12	Zoe NASH U20W	Bridgend AC	12.56		
3	9	Francesca SCOTT U20W	Shrewsbury AC	12.87		
4	13	Rebecca KENNETT U20W	Cardiff AAC	12.91		
5	14	Amy BOWEN U20W	England Guest	12.96		

DNS 8 Guest ATHLETE

[Photo](#) Supplied by Welsh Timing Team**T10 Men 100m**

ALL COMERS RECORD - Craig PICKERING England 10.24 2009

WELSH RECORD - Christian MALCOLM Cardiff AAC 10.11 2001

WELSH U20 RECORD - Christian MALCOLM Cardiff AAC 10.12 1998

STADIUM RECORD - Craig PICKERING Marshall Milton Keynes 10.24 2009

U20 MEETING RECORD - Demetric NELSON England North U20 10.84 2013

Pos	Bib	Name	Country	Heat 1 Perf.	ws +1.0	Meeting Record	PTS
1	16	Sam GORDON U23M	Cardiff AAC	10.55			
2	3	Kyle De ESCOFET U20M	England Midlands U20	10.65	<b>pb</b>	6.0	
3	22	James GRIFFITHS SENM	Cardiff AAC	10.86			
4	2	Daniel WALSH U20M	England North U20	10.88		3.0	
5	18	Yannick PHIPPEN SENM	Birchfield Harriers	10.88			
6	27	Kane WRIGHT U20M	England Guest	10.99			
7	1	Cameron STARR U20M	Wales U20	11.02		2.0	
8	4	Michael WATSON U20M	England South U20	11.04		1.0	1.0

[Photo](#) Supplied by Welsh Timing Team

Pos	Bib	Name	Country	Heat 2 Perf.	PTS
1	17	Jake DAWKINS U20M	Cardiff Archers	10.84	
2	23	Clinton OSOBA-GEORGE U20M	England Guest	10.97	
3	19	Thomas WILLIAMS U20M	Barry & Vale Harriers	10.99	
4	24	Nicholas WALSH U20M	England Guest	11.04	
5	20	Sam IGE U20M	Belgrave Harriers	11.05	
6	25	Mackanaki WILLIAMS U20M	England Guest	11.07	
7	26	Frano VAINIO-DOISEUL U20M	England Guest	11.11	
8	21	Mark PRENTICE U23M	Cardiff AAC	11.30	

**T11 Women 400m**

ALL COMERS RECORD - Michelle SCUTT Wales 50.63 1982

WELSH RECORD - Michelle SCUTT Sale Harriers 50.63 1982

WELSH U20 RECORD - Sian MORRIS Port Talbot Harriers 52.80 1983

STADIUM RECORD - Seren BUNDY-DAVIES Wales 52.71 2014

U20 MEETING RECORD - Loren BLEAKEN England Midlands U20 54.66 2013

				Heat 1	
Pos	Bib	Name	Country	Perf.	PTS
1	40	Nicole KENDALL U20W	England Guest	56.21	
2	3	Alice DESFORGES U20W	England Midlands U20	56.44	5.0
3	2	Emily BORTHWICK U20W	England North U20	56.51	3.0
4	38	Mia SPENCE U20W	England Guest	57.45	
5	39	Lauren RULE U20W	England Guest	57.95	

[Photo](#) Supplied by Welsh Timing Team

				Heat 2	
Pos	Bib	Name	Country	Perf.	PTS
1	1	Rachel DONNISON U20W	Wales U20	57.31	pb 2.0
2	4	Olivia CAESER U20W	England South U20	57.67	1.0
3	35	Katherine MARSHALL SENW	New Zealand	58.66	

**T12 Men 400m**

ALL COMERS RECORD - Phil BROWN England 45.29 1986

WELSH RECORD - Iwan THOMAS Newham &amp; Essex Beagles 44.36 1997

WELSH U20 RECORD - Tim BENJAMIN Cardiff AAC 46.10 2001

STADIUM RECORD - Richard STRACHAN Trafford AC 45.95 2009

U20 MEETING RECORD - Alex BOYCE England North U20 47.81 2013

				Heat 1	
Pos	Bib	Name	Country	Perf.	PTS
1	42	Owen SMITH U23M	Cardiff AAC	48.23	
2	2	Lee THOMPSON U20M	England North U20	49.01	5.0
3	4	Harrison POCOCK U20M	England South U20	49.56	3.0
4	1	George THOMAS U18M	Wales U20	49.66	2.0
5	44	Daniel BLAIN U23M	Cardiff AAC	49.71	

DNS 41 Dara KERVICK SENM

Ireland  
Sale Harries Manchester

DNS 43 Adebowale ADEMUYEWO SENM

[Photo](#) Supplied by Welsh Timing Team

				Heat 2	
Pos	Bib	Name	Country	Perf.	PTS
1	48	Jack HOUGHTON U23M	City of sheffield	47.84	
2	49	Joseph ROGERS U20M	England Guest	49.81	
3	3	Mark COTTAM U20M	England Midlands U20	49.86	1.0
4	46	Daniel DELL SENM	Cardiff AAC	50.08	
5	47	Rhodri WILLIAMS U20M	Swansea Harriers	50.78	
DNS	50	Alex DALEY U20M	England Guest		
DNS	51	Scott BAKER U23M	England Guest		

**T16 Women 4x100m**

ALL COMERS RECORD - Germany 43.99 1979

WELSH RECORD - Wales 44.51 2014

WELSH U20 RECORD - Wales U20 47.67 Cardiff 2014

STADIUM RECORD - Trinidad &amp; Tobago 44.70 2012

U20 MEETING RECORD - Wales 45.49 2013

Pos	Bib	Name	Country	Heat 1 Perf.	PTS
1	2		England North U20	47.21	5.0
2	1		Wales U20	47.24	3.0
3	3		England Midlands U20	47.73	2.0
4	4		England South U20	48.39	1.0

[Photo](#) Supplied by Welsh Timing Team

1	2	Alyssia CARR Lily HUGHES Chelsea WALKER Ella BARRETT
2	1	Hannah BRIER Hannah BRIER Katie-Jane PR Wales U20
3	3	Catherine HARDY Amy BOWEN Catherine HARDY Sophie YORKE
4	4	Anna SHORT Amy TEAL Michella NNEOMA England South U20

**T17 Men 4x100m**

ALL COMERS RECORD - Australia 39.55 2002

WELSH RECORD - Wales 38.73 1998

WELSH U20 RECORD - Wales 41.60 Netherlands 1995

STADIUM RECORD - Australia 39.79 2012

U20 MEETING RECORD - England South U20 41.52 2013

Pos	Bib	Name	Country	Heat 1 Perf.	PTS
1	1		Wales U20	41.85	5.0
2	3		England Midlands U20	42.00	3.0
DNF	4		England South U20		
DNF	2		England North U20		

[Photo](#) Supplied by Welsh Timing Team

1	1	Jake DAWKINS Iori MOORE Tom WILLIAMS Cameron STARR
2	3	Elliott POWELL Elliott POWELL Nicholas W England Midlands U20
3	4	Ayub HAKEEM Mackanaki WILLIAMS Frano VANIO-DOISEUL Micheal WATSON
4	2	Kane WRIGHT Jacob FINCHUM DUKES Lee England North U20

**T18 Women 800m**

ALL COMERS RECORD - Christiane WILDSCHEK Austria 2:00.21 1979

WELSH RECORD - Kirsty MCDERMOTT Bristol &amp; West AC 1:57.42 1985

WELSH U20 RECORD - Kirsty MCDERMOTT Brecon AC 2:04.01 1981

STADIUM RECORD - Claire GIBSON 2:01.34 Kilbarchan 2009

U20 MEETING RECORD - Kaylee DODD England South U20 2:09.04 2014

Meeting Record

Pos	Bib	Name	Country	Heat 1 Perf.	PTS
1	1	Georgina OUTTEN U20W	Wales U20	2:07.21	pb 6.0
2	2	Millie HOWARD U20W	England North U20	2:07.55	pb 5.0
3	4	Gemma HOLLOWAY U20W	England South U20	2:10.91	3.0
4	3	Caelidh ROSS U20W	England Midlands U20	2:11.03	2.0
5	36	Rachael SCOTT U20W	Preston Harriers	2:16.95	
DNS	52	Faye NICHOLSON U23W	Cardiff AAC		

[Photo](#) Supplied by Welsh Timing Team



**T19 Men 800m**

ALL COMERS RECORD - William TANUI Kenya 1.44.65 1990

WELSH RECORD - Gareth WARBURTON Cardiff AAC 1:44.98 2012

WELSH U20 RECORD - Paul WILLIAMS Barry &amp; Vale H 1:48.20 1986

STADIUM RECORD - Andrew OSAGIE Harlow 1:47.15 2009

U20 MEETING RECORD - Kyle LANGFORD England South U20 1:49.37 2013

Pos	Bib	Name	Country	Heat 1	
				Perf.	PTS
1	4	Joseph O'HARA U20M	England South U20	1:50.84	5.0
2	59	Tom MARSHALL SENM	Cardiff AAC	1:51.05	
3	3	Adam WRIGHT U20M	England Midlands U20	1:51.19	3.0
4	60	Alex COOMBER U23M	Cardiff AAC	1:51.60	
5	1	Jack GOOCH U20M	Wales U20	1:52.21	pb 3.0
6	2	Jacob BROWN U20M	England North U20	1:54.48	1.0
7	66	Hassan ABDI U20M	Cardiff AAC	1:55.72	
8	58	Charlie WALKER U23M	Cardiff AAC	1:56.27	
9	55	Kane LEE U23M	Yate AC	1:56.38	
10	56	Andrew DEAN-YOUNG SENM	Bristol & West	1:58.02	
DNS	57	Carl HILL SENM	Cardiff AAC		

[Photo](#) Supplied by Welsh Timing Team**T21 Women 200m**

ALL COMERS RECORD - Sonia LANNAMAN England 22.58 1980

WELSH RECORD - Michelle SCUTT Sale Harriers 22.8 1982

WELSH U20 RECORD - Michelle PROBERT Sale Harriers 23.60 1976

STADIUM RECORD - Semoy HACKETT Trinidad &amp; Tobago 23.65 2012

U20 MEETING RECORD - Amelia REYNOLDS Wales U20 24.73 2014

Pos	Bib	Name	Country	Heat 1	
				Perf.	PTS
1	1	Hannah BRIER U18W	Wales U20	23.84	5.0
2	2	Ella BARRETT U18W	England North U20	24.46	3.0
3	4	Jazz CRAWFORD U20W	England South U20	24.97	2.0
4	28	Eve WILLIAMS U20W	Cwmbran Harriers	25.10	
5	3	Catherine HARDY U20W	England Midlands U20	25.54	1.0
6	29	Rebecca KENNETT U17W	Cardiff AAC	27.03	

[Photo](#) Supplied by Welsh Timing Team

## TRACK RESULTS

WELSH ATHLETICS  
ATHLETAU CYMRU**T22 Men 200m**

ALL COMERS RECORD - Todd BENNETT England 20.36 1984

WELSH RECORD - Christian MALCOLM Cardiff AAC 20.08 2001

WELSH U20 RECORD - Christian MALCOLM Cardiff AAC 20.29 1998

STADIUM RECORD - Emmanuel CALLENDER Trinidad &amp; Tobago 20.89 2012

U20 MEETING RECORD - Thomas SOMERS England North U20 21.52 2013

**Meeting Record**

Pos	Bib	Name	Country	Heat 1 Perf.	ws -0.2	PTS
1	3	Elliott POWELL U20M	England Midlands U20	21.32	<b>pb</b>	<b>6.0</b>
2	1	Iori MOORE U20M	Wales U20	21.83		<b>3.0</b>
3	18	Yannick PHIPPEN SENM	Birchfield Harriers	22.01		
4	33	Freddie OWSLEY U20M	England Guest	22.44		
5	2	Kane WRIGHT U20M	England North U20	22.71		<b>2.0</b>

[Photo](#) Supplied by Welsh Timing Team

Pos	Bib	Name	Country	Heat 2 Perf.		PTS
1	4	Mackanaki WILLIAMS U20M	England South U20	22.85		<b>1.0</b>
2	31	Matthew COLLINS U23M	Cardiff AAC	23.19		
3	32	Daniel PAPURA SENM	Swansea University	23.98		
DNS	20	Sam IGE U20M	Belgrave Harriers			

**T23 Men 110m Hurdles**

ALL COMERS RECORD - Colin JACKSON Wales 13.10 1990

WELSH RECORD - Colin JACKSON Brecon AC 12.91 20.08.1993

WELSH U20 RECORD - David OMOREGIE Cardiff AAC 13.17 2014

STADIUM RECORD - Matthew HUDSON 13.84 City of Sheffield 13.84

U20 MEETING RECORD - Event not held previously

Pos	Bib	Name	Country	Heat 1 Perf.	ws -0.4	PTS
1	5	David OMOREGIE SENM	Cardiff AAC	13.89		
2	4	Jack KIRBY U20M	England South U20	14.26		<b>5.0</b>
3	3	Rory DWYER U20M	England Midlands U20	14.51		<b>3.0</b>
DNS	2	Miles MCGRADY U20M	England North U20			
DNS	67	Glen ELSDON SENM	Carmarthen Harriers			

[Photo](#) Supplied by Welsh Timing Team**T24 Women 100m Hurdles**

ALL COMERS RECORD - Kay MORLEY Wales 13.02 1990

WELSH RECORD - Kay MORLEY Cardiff AAC 12.91 1990

WELSH U20 RECORD - Bethan EDWARDS Cardiff AAC 13.57 1992

STADIUM RECORD - Tasha DANVERS England 13.39 2009

U20 MEETING RECORD - Olivia WALKER England North U20 14.28

**Meeting Record**

Pos	Bib	Name	Country	Heat 1 Perf.	ws +0.0	PTS
1	4	Jessica HUNTER U20W	England South U20	13.93		<b>5.0</b>
2	3	Mollie COURTNEY U20W	England Midlands U20	14.68		<b>3.0</b>
3	2	Zoe LUCAS U20W	England North U20	14.86		<b>2.0</b>
4	1	Amy LEAHY U20W	Wales U20	15.95		<b>1.0</b>

**T25 Men (inc Ann Hill Mile) Mile**

ALL COMERS RECORD - Geoff SMITH Engalnd 3:55.8 1981

WELSH RECORD - Neil HORSEFIELD Newport Harriers 3:54.4 (HT) 1986

WELSH U20 RECORD - Neil HORSEFIELD Newport Harriers 4:01.7 (HT) Cheltenham 1985

STADIUM RECORD - Chris GOWELL Wales 3:58.25 Cardiff 2014

U20 MEETING RECORD - John COVE Wales U20 4:14.19 2014

Pos	Bib	Name	Country	Heat 1	
				Perf.	PTS
1	1	Jonathon TOBIN U20M	Wales U20	4:19.27	5.0
2	4	Miles WEATHERSEED U20M	England South U20	4:19.59	3.0
3	3	Thomas GEORGE U20M	England Midlands U20	4:20.25	2.0
4	64	Iolo HUGHES U20M	Menai Track and Field	4:21.65	
5	2	Cameron FIELD U20M	England North U20	4:22.73	1.0
6	7	Chris PROTHERO SENM	Cardiff AAC	4:24.65	
7	65	Adam DAVIES SENM	Newport Harriers	4:25.39	

[Photo](#) Supplied by Welsh Timing Team**T26 Women 4 x 400m**

ALL COMERS RECORD - Great Britain 3:31.22 1979

WELSH RECORD - Wales 3:35.60 1982

WELSH U20 RECORD - Wales U20 3:53.54 2014

STADIUM RECORD - New Zealand 3:37.53 2014

U20 MEETING RECORD - England Midlands U20 3:51.67 2014

Pos	Bib	Name	Country	Heat 1	
				Perf.	PTS
1	2		England North U20	3:51.91	5.0
2	1		Wales U20	3:54.30	3.0
3	3		England Midlands U20	3:57.62	2.0
4	4		England South U20	3:59.03	

[Photo](#) Supplied by Welsh Timing Team

1	2	Emily BORTHWICK Ella BARRETT Millie HOWARD Chelsea WALKER
2	1	Rachel DONNISON Rachel DONNISON Rach Wales U20
3	3	Mia SPENCE Caelidh ROSS Mia SPENCE Alice DESFORGES
4	4	Kotryna BAJORINATE Olivia CEASER Gemma HOLLOWAY Kotryna BAJORINATE

**T27 Men 4 x 400m**

ALL COMERS RECORD - Trinidad &amp; Tobago 3:05.11 1992

WELSH RECORD - Wales 3:00.41 2002

WELSH U20 RECORD - Wales 3:17.05 1997

STADIUM RECORD - Trinidad &amp; Tobago 3:07.11 2012

U20 MEETING RECORD - England North U20 3:17.44 2013

Pos	Bib	Name	Country	Heat 1	
				Perf.	PTS
1	3		England Midlands U20	3:17.92	5.0
2	4		England South U20	3:17.92	3.0
3	2		England North U20	3:19.84	2.0
4	1		Wales U20	3:22.71	

[Photo](#) Supplied by Welsh Timing Team

1	3	Mark COTTHAM Alex DALEY Joseph RODGERS Freddie OWSLEY
2	4	Harrison POCOCK Harrison POCOCK Joseph O'HARA Scott BARKER
3	2	Josiah FILLEOL Jacob FINCHUM DUKES Josiah FILLEOL Lee THOMPSON
4	1	Ryan COOPER Joseph BRIER Marcus BAYONA-MARTINEZ Ryan COOPER



1st: England Midlands U20 101 pts

3rd: England North U20 94.5 pts

2nd: England South U20 100 pts

4th: Wales U20 81 pts

**F01 Women Javelin (600g)**

ALL COMERS RECORD - Shelly HOLROYD England 54.41 2005

WELSH RECORD - Tesni WARD City of Sheffield 52.78 2011

U20 WELSH RECORD - Lianne CLARKE Neath Harriers 50.95 2004

STADIUM RECORD - Laura WHITTINGHAM Sale Harriers Manchester 53.75 2010

U20 MEETING RECORD - Event not held previously

Pos	Bib	Name	Country	Perf.	U20 Meeting Record	Points
1	1	Tasia STEPHENS U20W	Wales U20	41.29		5.0
2	92	Hollie ARNOLD (F46) U23W	Cleethorpes	39.99	<b>pb</b>	
3	3	Felicity BEE U20W	England Midlands U20	38.53		3.0
4	2	Vikki ADAMS U20W	England North U20	37.39		2.0
5	4	Cathy COLEMAN U20W	England South U20	37.12		1.0
6	91	Nicole DAVENPORT U20W	Swansea Harriers	36.79		

**F02 Men Javelin (800g)**

ALL COMERS RECORD - Steve BACKLEY England 88.46 1990

WELSH RECORD - Nigel BEVAN Belgrave 81.70 1992

U20 WELSH RECORD - Aidan REYNOLDS Shaftesbury 68.77 2013

STADIUM RECORD - Lee DORAN City of Sheffield 77.99 2012

U20 MEETING RECORD - Ryan LEONARD Wales U20 61.42 2013

Pos	Bib	Name	Country	Perf.	Points
1	93	Scott PHILLIPS U23M	Swansea Harriers	59.70	
2	4	William MARKLEW U20M	England South U20	54.14	5.0
3	1	Richard DANGERFIELD U20M	Wales U20	52.56	3.0
4	3	Robert PALMER U20M	England Midlands U20	46.08	2.0
5	2	Alexander INGHAM U20M	England North U20	42.21	1.0

**F03 Women Pole Vault**

ALL COMERS RECORD - Holly BRADSHAW 4.50 Blackburn Harriers AC 2015

WELSH RECORD - Sally PEAKE Birchfield Harriers 4.40 2014

U20 WELSH RECORD - Elinor LEWIS Cardiff AAC 3.74 2009

STADIUM RECORD - Holly BRADSHAW Blackburn Harriers AC 4.50 2015

U20 MEETING RECORD - Jenny ROBBINS England Midlands U20 3.55 2014

Pos	Bib	Name	Country	Perf.	U20 Meeting Record	Points
1	2	Abigail ROBERTS U20W	England North U20	4.01	<b>=pb</b>	5.5
2	73	Lyndsey MAUND SENW	Swansea Harriers	3.80		
3	3	Jennifer ROBBINS U20W	England Midlands U20	3.65		3.0
4	4	Sophie DOWSON U20W	England South U20	3.50		2.0



1st: England Midlands U20 101 pts

3rd: England North U20 94.5 pts

2nd: England South U20 100 pts

4th: Wales U20 81 pts

**F04 Men High Jump**

ALL COMERS RECORD - Robbie GRABARZ England 2.28 28.08.2010

WELSH RECORD - Robert MITCHELL Shaftesbury 2.25 2001

U20 WELSH RECORD - John HILL Solihull 2.24 1985

STADIUM RECORD - Robbie GRABARZ Newham &amp; Essex Beagles 2.28 2010

U20 MEETING RECORD - Joshua HILL England Midlands U20 1.99 2013

Pos	Bib	Name	Country	Perf.	Points
1	71	Barry PENDER SENM	Ireland	2.10	
2	3	Rory DWYER U20M	England Midlands U20	2.00	5.0
3	72	Jonathon BAILEY SENM	Cardiff AAC	1.95	
4	2	Joseph PEARSE U20M	England North U20	1.95	3.0
5	4	Tayo ANDREWS U20M	England South U20	1.95	2.0
6	1	Tom TROTMAN U20M	Wales U20	1.95	1.0

## U20 Meeting Record

**F05 Women Long Jump**

ALL COMERS RECORD - Jade JOHNSON England 6.69 2002

WELSH RECORD - Gill REGAN Cardiff AAC 6.52 1982

U20 WELSH RECORD - Lisa ARMSTRONG Torfaen AC 6.25 1992

STADIUM RECORD - Phyllis AGBO Thames Valley Harriers 6.40 2009

U20 MEETING RECORD - Event not held previously

Pos	Bib	Name	Country	Perf.	Points
1	78	Rebecca CHAPMAN SENW	Cardiff AAC	5.93/+0.4	
2	4	Simi FAJEMISIN U20W	England South U20	5.64/+3.2	5.0
3	2	Alyssia CARR U20W	England North U20	5.39/+0.2	3.0
4	97	Claire TAYLOR U20W	Cardiff AAC	5.38/+1.9	
5	3	Mia TOMLINSON U20W	England Midlands U20	5.09/-0.1	2.0

## U20 Meeting Record

**F06 Women Discus (1.00kg)**

ALL COMERS RECORD - Beatrice FAUMUINA New Zealand 62.09 2002

WELSH RECORD - Venissa HEAD Cardiff AAC 64.68 1983

U20 WELSH RECORD - Philippa ROLES Swansea Harriers 51.60 1997

STADIUM RECORD - Navdeep DHALIWAL Birchfield Harriers 50.51 2009

U20 MEETING RECORD - Event not held previously

Pos	Bib	Name	Country	Perf.	Points
1	95	Jade LALLY SENW	Shaftesbury Barnet	59.49	
2	4	Amy HOLDER U20W	England South U20	47.34	5.0
3	3	Emily BALL U20W	England Midlands U20	39.43	3.0
4	2	Jemma IBBETSON U20W	England North U20	38.28	2.0
5	84	Nina PRELLS U23W	Swansea Harriers	37.65	<b>pb</b>

## Stadium Record

## U20 Meeting Record

## FIELD RESULTS



1st: England Midlands U20 101 pts

3rd: England North U20 94.5 pts

2nd: England South U20 100 pts

4th: Wales U20 81 pts

**F07 Men Discus (1.75kg)**

ALL COMERS RECORD - Brett MORSE Birchfield Harriers 66.84 2013

WELSH RECORD - Brett MORSE Birchfield Harriers 66.84 2013

U20 WELSH RECORD - Brett MORSE Cardiff AAC 56.87 2008

STADIUM RECORD - Brett MORSE Birchfield Harriers 66.84 2013

U20 MEETING RECORD - Nik AARRE England Midlands U20 46.36 2014

Pos	Bib	Name	Country	Perf.	Points
1	86	Brett MORSE SENM	Cardiff AAC	63.30	
2	85	Zane DUQUEMIN SENM	Shaftsbury Barnet AC	57.95	
3	4	Louis MASCARENHAS U20M	England South U20	54.85	5.0
4	2	Daniel FLEMING U20M	England North U20	48.35	3.0
5	3	Niklas AARRE U20M	England Midlands U20	48.04	2.0
6	1	Nathan THOMASON U18M	Wales U20	45.51	1.0

## U20 Meeting Record

**F08 Women Shot Put (4.00kg)**

ALL COMERS RECORD - Zhu XINMEI China 19.69 1991

WELSH RECORD - Venissa HEAD Cardiff AAC 18.93 1984

U20 WELSH RECORD - Sally HINDS Swansea Harriers 14.72 2005

STADIUM RECORD - Melisa BOEKELMAN Netherlands 16.69 2009

U20 MEETING RECORD - Annabel SHERRY England Midlands U20 13.43 2013

Pos	Bib	Name	Country	Perf.	Points
1	1	Adele NICOLL U20W	Wales U20	15.25	5.0
2	3	Rownita MARSTON U20W	England Midlands U20	12.47	3.0
3	82	Lucy GRIFFITHS U23W	Cardiff AAC	12.34	
4	4	Michella NNEOMA OBIJIAKU U20W	England South U20	11.75	2.0
5	2	Toni BUCKINGHAM U20W	England North U20	11.56	1.0

## U20 Welsh Record

## U20 Meeting Record

**F09 Men Shot Put (6.00kg)**

ALL COMERS RECORD - Geoff CAPES England 21.68 1980

WELSH RECORD - Shaun PICKERING Haringey 20.45 1997

U20 WELSH RECORD - Brett MORSE Cardiff AAC 17.15 2008

STADIUM RECORD - Carl MYERSCOUGH Blackpool Wyre &amp; Fylde 20.26 2009

U20 MEETING RECORD - Joseph WATSON England South U20 17.10 2014

Pos	Bib	Name	Country	Perf.	Points
1	2	Robbie SHAW U20M	England North U20	15.33	6.0
2	4	Louis MASCARENHAS U20M	England South U20	15.18	3.0
3	1	Nathan THOMASON U18M	Wales U20	14.55	2.0
4	3	William KNIGHT U20M	England Midlands U20	14.05	1.0
5	83	Josh CLARK (F37) SENM	Disability Sport Wales (FDSW)	10.84	

## FIELD RESULTS



1st: England Midlands U20 101 pts

3rd: England North U20 94.5 pts

2nd: England South U20 100 pts

4th: Wales U20 81 pts

## F10 Men Long Jump

ALL COMERS RECORD - Ralph BOSTON USA 8.18 1965

WELSH RECORD - Lynn DAVIES Roath H Cardiff 8.23 1968

U20 WELSH RECORD - Colin JACKSON Cardiff AAC 7.56 1985

STADIUM RECORD - Chris TOMLINSON Newham &amp; Essex Beagles 7.96 2009

U20 MEETING RECORD - Scott HALL England North U20 7.38 2013

Pos	Bib	Name	Country	Perf.	Points
1	80	Jacob FINCHAM-DUKES U20M	Leeds City AC	7.21/-0.1	
2	3	Sam KHOGALI U20M	England Midlands U20	6.78/-0.2	5.0
3	2	Reynold BANIGO U20M	England North U20	6.71/-0.5	3.0
4	1	Gage FRANCIS U20M	Wales U20	6.58/+0.6	<b>pb</b> 3.0
5	4	Alexander LAW U20M	England South U20	6.49/+0.5	1.0

## F11 Men Triple Jump

ALL COMERS RECORD - Bela BAKOSI Hungary 16.88 1980

WELSH RECORD - Steven SHALDERS Cardiff AAC 16.71 2005

U20 WELSH RECORD - Steven SHALDERS Cardiff AAC 15.99 2000

STADIUM RECORD - Trevor OKOROFOR Croydon 15.83 2010

U20 MEETING RECORD - Adam WALKER-KAHN England North U20 14.55 2013

Pos	Bib	Name	Country	Perf.	Points
1	2	Kevin METZGER U20M	England North U20	14.23/+0.7	5.0
2	1	Adrian LAWRENCE U20M	Wales U20	13.62/+0.7	3.0
3	3	O'Briel NYAMBAYO U20M	England Midlands U20	12.98/+0.6	2.0

## F12 Women Triple Jump

ALL COMERS RECORD - Nadia WILLIAMS England 13.53 2009

WELSH RECORD - Hannah FRANKSON Woodford Green 12.95 2013

U20 WELSH RECORD - Sally PEAKE Liverpool Harriers 12.24 2005

STADIUM RECORD - Nadia WILLIAMS Shaftesbury Barnet 13.53 2009

U20 MEETING RECORD - Lisa JAMES England North U20 11.93 2013

Pos	Bib	Name	Country	Perf.	Points
1	81	Saragh BUGGY SENW	St Abbans A.C. Ireland	12.28/+0.3	<b>pb</b>
2	4	Lia STEPHENSON U20W	England South U20	12.10/+0.6	5.0
3	3	Beth MORTIBOY U20W	England Midlands U20	11.32/+1.1	3.0
4	2	Zoe HUGHES U20W	England North U20	10.94/+1.7	2.0
5	1	Laurnyn DAVEY U18W	Wales U20	10.79/+1.1	1.0

U20 Meeting Record

## F13 Men Pole Vault

ALL COMERS RECORD - Grigory YEGOROV Kazakhstan 5.80 1992

WELSH RECORD - Neil WINTER Shaftesbury Barnet 5.60 1995

U20 WELSH RECORD - Neil WINTER Shaftesbury 5.50 1992

STADIUM RECORD - Max EAVES Newham &amp; Essex Beagles 5.40 2011

U20 MEETING RECORD - Ethan WALSH England Midlands U20 4.55 2014

Pos	Bib	Name	Country	Perf.	Points
1	76	Andy SUTCLIFFE SENM	Sale Harriers Manchester	5.42	
2	2	Adam HAGUE U20M	England North U20	5.02	5.0
3	4	Samuel BASS-COOPER U20M	England South U20	4.57	3.0
4	1	Ryan GRIMWADE U20M	Wales U20	3.82	2.0

Stadium Record

U20 Meeting Record





1st: England Midlands U20 101 pts

3rd: England North U20 94.5 pts

2nd: England South U20 100 pts

4th: Wales U20 81 pts

**F14 Men Hammer (6.00kg)**

ALL COMERS RECORD - Markus ESSER Germany 74.49 2002

WELSH RECORD - Shaun PICKERING Haringey 68.64 1984

U20 WELSH RECORD - Jac PALMER Cardiff AAC 70.28 2015

STADIUM RECORD - Alex SMITH Shaftesbury 70.40 2009

U20 MEETING RECORD - Jac PALMER Wales U20 66.98 2014

Pos	Bib	Name	Country	Perf.	Points
1	4	Taylor CAMPBELL U20M	England South U20	74.10	5.0
2	1	Jac PALMER U20M	Wales U20	65.28	3.0
3	90	Matthew RICHARDS SENM	Cardiff AAC	59.85	
4	2	Francis MULVANEY U20M	England North U20	51.91	2.0
5	3	Jonathan JONES U20M	England Midlands U20	43.34	1.0

**Stadium Record**  
**U20 Meeting Record**

**F15 Women Hammer (4.00kg)**

ALL COMERS RECORD - Jennifer DAHLGREN Argentina 69.14 2012

WELSH RECORD - Carys PARRY Rhondda AC 66.80 2014

U20 WELSH RECORD - Toni WELLS Swansea Harriers 55.81 2012

STADIUM RECORD - Jennifer DAHLGREN Argentina 69.14 2012

U20 MEETING RECORD - Louisa JAMES England South U20 57.68 2013

Pos	Bib	Name	Country	Perf.	Points
	89	Christina JONES SENW	Bristol & West	59.18	
2	3	Katie LAMBERT U20W	England Midlands U20	50.77	<b>pb</b> 6.0
3	2	Maggie OKUL U20W	England North U20	50.36	3.0
4	88	Zoe DAKIN U23W	Swansea Harriers	49.19	
5	4	Rebecca KEATING U20W	England South U20	48.81	2.0
6	1	Hannah MORGAN U20W	Wales U20	44.33	1.0
7	87	Carys SMITH U20W	Swansea Harriers	41.30	<b>pb</b>

**U20 Meeting Record**

**F16 Women High Jump**

ALL COMERS RECORD - Andrea MATAY Hungary 1.93 1980

WELSH RECORD - Julie CRANE Sale Harriers 1.89 2004

U20 WELSH RECORD - Rebecca JONES Wrexham AAC 1.88 2002

STADIUM RECORD - Isobel POOLEY England 1.88 2013

U20 MEETING RECORD - label BROWN England South U20 1.64 2013

Pos	Bib	Name	Country	Perf.	Points
1	4	Lillie FRANKS U20W	England South U20	1.69	5.0
2	3	Mollie COURTNEY U20W	England Midlands U20	1.69	5.0
3	1	Lauren EVANS U18W	Wales U20	1.65	2.0
4	2	Emily BORTHWICK U20W	England North U20	1.60	1.0

**U20 Meeting Record**



**T04 U13G 4 x 100m**

Welsh Record - Cwmbran Harriers 53.37 2014

Meeting Record - Cwmbran Harriers 53.37 2014

2014 Welsh Champion - Neath Harriers 'A' 55.22

			Heat 1	
Pos	Bib	Athletes	Country	Perf.
1	111	Safron MAURICE, Marcey WEBBE, Scarlett RUSSELL, Holly MEDINA	Cardiff AAC 'A'	56.66
2	107	Seren DOWELL, Victoria OWEN, Ellie Rose ISAAC, Gabby DICKINSON	Cardiff Archers 'A'	57.07
3	109	Angel BROWN, Maddison POWELL, Megan KEYSE, Naomi DUNNING	Cwmbran Harriers 'A'	57.69
4	112	Emma CARTER, Georgina WILLIAMS, Bethan MEYRICK, Maddy JONES	Cardiff AAC 'B'	59.86
5	106	Callie RATTENBURY, Cerys TEAGUE, Amy RATENBURRY, Mia EDWARDS	Neath Harriers	59.93
6	108	Ella JACKSON, Chantelle BROWN, Isabel MORGAN, Alanah HAMILTON TOMBS	Cardiff Archers 'B'	61.16
7	110	Jessica MCLOUGHLIN, Ella ECCLES, Teresa DAVEY, Beth ECCLES	Cwmbran Harriers 'B'	64.45

[Photo](#) Supplied by Welsh Timing Team**T05 U13B 4 x 100m**

Welsh Record - Cardiff Archers 'A' 51.54 2014

Meeting Record - Cardiff Archers 'A' 51.54 2014

2014 Welsh Champion - Cardiff Archers 'A' 51.54

			Heat 1	
Pos	Bib	Athletes	Country	Perf.
1	102	Ben REYNOLDS, Alex KING, Ben HENSON, Aidan MACNAMARA	Cardiff Archers 'A'	54.45
2	105	Ben HILLMAN, Bailee WHEEDON, Phil GRUNDY, Harri OWEN	Cardiff AAC	54.82
3	103	Harry PEARCE, Fraser KING, Thomas ALLEN, Jacob REYNOLDS	Cardiff Archers 'B'	59.26
4	104	Luca ELLIOTT, Matthew GOSS, Tbc, Alex WILLIAMS	Cwmbran Harriers	59.74

[Photo](#) Supplied by Welsh Timing Team**T13 U15B 4 x 100m**

Welsh Record - Cardiff Archers 'A' 46.44 2014

Meeting Record - Cardiff Archers 'A' 46.44 2014

2014 Welsh Champion - Cardiff Archers 'A' 46.44

			Heat 1	
Pos	Bib	Athletes	Country	Perf.
1	114	Oliver HOWARD, Chinua EBEREONWU, Theo CABANGO, Ellis JOHN	Cardiff Archers	47.01
2	116	Evander LEWIS, Josh LOCK, Thomas HANSON, Iwan ROBINSON-BOOTH	Cardiff AAC 'A'	47.19
3	117	Maruice KLOMMITE, Luca CONTINO, Thomas ATKINSON, Seth KELLY	Cardiff AAC 'B'	49.22
4	113	Seren WENHAM, Ieuan DAVIES, Molly DARBY, Harri WHEELER-SEXTON	Rhondda AC	52.69
5	100	Sebastian LEWIS, Thomas CALLARD, Jamie PHILLIPS, Rhys PHILLIPS	Neath Harriers	53.04

[Photo](#) Supplied by Welsh Timing Team**T14 U15G 4 x 100m**

Welsh Record - Cwmbran Harriers 'A' 48.99 2013

Meeting Record - Cwmbran Harriers 'A' 48.99 2013

2014 Welsh Champion - Cwmbran Harriers 'A' 51.08

			Heat 1	
Pos	Bib	Athletes	Country	Perf.
1	121	Issie TUSTIN, Isabel BREEDEN, Lana CULLIFORD, Elliza HILL	Cardiff AAC 'A'	50.29
2	171	Bethan POWELL, Gabrielle FAKANDE, Armarni WILLIAMS, Ffion WADDON	Gwent Team	50.49
3	120	Eos ROBERTS, Grace MORGAN, Lily SCAPLEHORN, Emily THOMAS	Cardiff Archers	53.16
4	122	Clara NUTHALL, Anais ROWLANDS, Leah GRIFFITHS, Nia GRUNDY	Cardiff AAC 'B'	53.87
5	118	Medi PHILLIPS, Amy EVANS, Katrina DAVIES, Karalinka BACKACOVA	Neath Harriers	57.65

DNS 119

[Photo](#) Supplied by Welsh Timing Team

## Welsh Athletics U20 Outdoor International

Wednesday 29th July 2015  
 Cardiff International Sports Stadium  
 Scoring Table



WELSH ATHLETICS  
 ATHLETAU CYMRU

		Wales U20	England North U20	England Midlands U20	England South U20
		1	2	3	4
400m Hurdles	Men	2.0	1.0	6.0	4.0
400m Hurdles	Women	3.0	5.0	1.0	2.0
Mile	Women (inc Dave Lewis Mile)	3.0	2.0	1.0	5.0
100m	Women	1.0	2.0	3.0	5.0
100m	Men	2.0	3.0	6.0	1.0
400m	Women	2.0	3.0	5.0	1.0
400m	Men	2.0	5.0	1.0	3.0
4x100m	Women	3.0	5.0	2.0	1.0
4x100m	Men	5.0		3.0	
800m	Women	6.0	5.0	2.0	3.0
800m	Men	3.0	1.0	3.0	5.0
200m	Women	5.0	3.0	1.0	2.0
200m	Men	3.0	2.0	6.0	1.0
110m Hurdles	Men			3.0	5.0
100m Hurdles	Women	1.0	2.0	3.0	5.0
Mile	Men (inc Ann Hill Mile)	5.0	1.0	2.0	3.0
4 x 400m	Women	3.0	5.0	2.0	
4 x 400m	Men		2.0	5.0	3.0
	<b>total track points</b>	<b>49.0</b>	<b>47.0</b>	<b>55.0</b>	<b>49.0</b>
Javelin (600g)	Women	5.0	2.0	3.0	1.0
Javelin (800g)	Men	3.0	1.0	2.0	5.0
Pole Vault	Women		5.5	3.0	2.0
High Jump	Men	1.0	3.0	5.0	2.0
Long Jump	Women		3.0	2.0	5.0
Discus (1.00kg)	Women		2.0	3.0	5.0
Discus (1.75kg)	Men	1.0	3.0	2.0	5.0
Shot Put (4.00kg)	Women	5.0	1.0	3.0	2.0
Shot Put (6.00kg)	Men	2.0	6.0	1.0	3.0
Long Jump	Men	3.0	3.0	5.0	1.0
Triple Jump	Men	3.0	5.0	2.0	
Triple Jump	Women	1.0	2.0	3.0	5.0
Pole Vault	Men	2.0	5.0		3.0
Hammer (6.00kg)	Men	3.0	2.0	1.0	5.0
Hammer (4.00kg)	Women	1.0	3.0	6.0	2.0
High Jump	Women	2.0	1.0	5.0	5.0
	<b>total field points</b>	<b>32.0</b>	<b>47.5</b>	<b>46.0</b>	<b>51.0</b>
	<b>Overall Points</b>	<b>81.0</b>	<b>94.5</b>	<b>101.0</b>	<b>100.0</b>

**WELSH ATHLETICS DISTANCE CARD**

<b>VENUE</b>		<b>Cardiff International Sports Stadium</b>		<b>TIME</b>	<b>5:00 PM</b>	<b>DATE</b>	<b>Wednesday-29-Jul-2015</b>				
<b>MEETING</b>		<b>Welsh Athletics U20 Internaional</b>		<b>All Comers Record:</b>	Shelly HOLROYD England 54.41 2005						
				<b>Welsh Record</b>	Tesni WARD City of Sheffield 52.78 2011						
				<b>Welsh U20 Records</b>	Lianne CLARKE Neath Harriers 50.95 2004						
<b>EVENT</b>		<b>F01 Women Javelin (600g)</b>		<b>Stadium Record</b>	Laura WHITTINGHAM Sale Harriers Manchester 53.75 2010						
				<b>U20 Meeting Record</b>	Event not held previously						
				<b>1st Trial</b>	<b>2nd Trial</b>	<b>3rd Trial</b>	<b>4th Trial</b>	<b>Best of 4</b>	<b>PB</b>		<b>Final Position</b>
<b>Order</b>	<b>No</b>	<b>NAME</b>	<b>COUNTRY/CLUB</b>	<b>Metres</b>	<b>Metres</b>	<b>Metres</b>	<b>Metres</b>	<b>Metres</b>			
<b>1</b>	92	Hollie ARNOLD (F46) U23W	Cleethorpes	34.20	39.99	37.54	37.86	<b>39.99</b>	<b>39.00</b>	<b>PB</b>	2
<b>2</b>	2	Vikki ADAMS U20W	England North U20	37.39	34.02	35.72	36.99	<b>37.39</b>	<b>39.67</b>		4
<b>3</b>	3	Felicity BEE U20W	England Midlands U20	36.93	38.53	35.02	37.08	<b>38.53</b>	<b>40.45</b>		3
<b>4</b>	4	Cathy COLEMAN U20W	England South U20	30.82	37.05	35.91	37.12	<b>37.12</b>	<b>40.46</b>		5
<b>5</b>	1	Tasia STEPHENS U20W	Wales U20	36.04	37.44	41.29	36.66	<b>41.29</b>	<b>41.16</b>	<b>PB</b>	1
<b>6</b>	91	Nicole DAVENPORT U20W	Swansea Harriers	36.79	36.63	36.36	35.88	<b>36.79</b>	<b>43.27</b>		6
<b>7</b>											
<b>8</b>											

**ANNOUNCER Final Results**

<b>FULL RESULTS</b>										<b>REFEREE &amp; OFFICIALS</b>	
<b>POS</b>	<b>BIB</b>	<b>NAME</b>	<b>CLUB</b>	<b>PERF</b>	<b>POS</b>	<b>BIB</b>	<b>NAME</b>	<b>CLUB</b>	<b>PERF</b>		
<b>1</b>	1	Tasia STEPHENS U20W	Wales U20	41.29	<b>5</b>	4	Cathy COLEMAN U20W	England South U20	37.12		
<b>2</b>	92	Hollie ARNOLD (F46) U23W	Cleethorpes	39.99	<b>6</b>	91	Nicole DAVENPORT U20W	Swansea Harriers	36.79		
<b>3</b>	3	Felicity BEE U20W	England Midlands U20	38.53	<b>7</b>						
<b>4</b>	2	Vikki ADAMS U20W	England North U20	37.39	<b>8</b>						

**WELSH ATHLETICS DISTANCE CARD**

VENUE		Cardiff International Sports Stadium		TIME	5:00 PM		DATE	Wednesday-29-Jul-2015			
MEETING	Welsh Athletics U20 Internaional			All Comers Record:	Steve BACKLEY England 88.46 1990						
				Welsh Record	Nigel BEVAN Belgrave 81.70 1992						
				Welsh U20 Records	Aidan REYNOLDS Shaftesbury 68.77 2013						
EVENT	F02 Men Javelin (800g)			Stadium Record	Lee DORAN City of Sheffield 77.99 2012						
				U20 Meeting Record	Ryan LEONARD Wales U20 61.42 2013						
				1st Trial	2nd Trial	3rd Trial	4th Trial	Best of 4	PB		Final Position
Order	No	NAME	COUNTRY/CLUB	Metres	Metres	Metres	Metres	Metres			
1	3	Robert PALMER U20M	England Midlands U20	44.48	42.70	40.62	46.08	46.08	48.53		4
2	1	Richard DANGERFIELD U20M	Wales U20	52.56	50.67	51.58	50.91	52.56	53.80		3
3	2	Alexander INGHAM U20M	England North U20		39.43	40.65	42.21	42.21	54.93		5
4	4	William MARKLEW U20M	England South U20	53.75	54.14	X	X	54.14	58.73		2
5	93	Scott PHILLIPS U23M	Swansea Harriers	57.72	59.70	58.96	57.03	59.70	60.39		1
6	94	Craig LACY SENM	Birchfield harriers						64.65		
7											
8											

FULL RESULTS										REFEREE & OFFICIALS	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	93	Scott PHILLIPS U23M	Swansea Harriers	59.70	5	2	Alexander INGHAM U20M	England North U20	42.21		
2	4	William MARKLEW U20M	England South U20	54.14	6						
3	1	Richard DANGERFIELD U20M	Wales U20	52.56	7						
4	3	Robert PALMER U20M	England Midlands U20	46.08	8						

Welsh Athletics - Height Card

Meeting Record

MEETING		Welsh Athletics U20 Internaional		TIME	5:00 PM		VENUE	Cardiff International Sports Stadium						DATE	Wed-29-July-2015					
				All Comers Record: Holly BRADSHAW 4.50 Blackburn Harriers AC 2015											Start Time					
				Welsh Record: Sally PEAKE Birchfield Harriers 4.40 2014											End Time					
				U20 Welsh Record: Elinor LEWIS Cardiff AAC 3.74 2009																
EVENT		F03 Women Pole Vault		Stadium Record: Holly BRADSHAW Blackburn Harriers AC 4.50 2015																
				U20 Meeting Record: Jenny ROBBINS England Midlands U20 3.55 2014																
				FIRST TRIAL	3.30	3.50	3.65	3.80	3.91	4.01	4.10	4.15	4.20	4.25	4.30	4.35	Best	PB		TOTAL FAILURES
Order	Bib	NAME	CLUB	Start Ht	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm						
1	1		Wales U20																	
2	4	Sophie DOWSON U20W	England South U20	3.30	XO	XO	XXX							3.50	3.62		5	4		
3	3	Jennifer ROBBINS U20W	England Midlands U20	3.50		XO	XXO	XXX						3.65	3.75		6	3		
4	73	Lyndsey MAUND SENW	Swansea Harriers	3.50		O	O	XXO	XXX					3.80	3.90		5	2		
5	74	Katie JAMES SENW	Woodford Green and Essex ladies	3.50		XXX									3.90		3			
6	2	Abigail ROBERTS U20W	England North U20	3.80				O		XO	XXX			4.01	4.00	PB	4	1		
7																				
8																				

FULL RESULTS										REFEREE & OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	2	Abigail ROBERTS U20W	England North U20	4.01							
2	73	Lyndsey MAUND SENW	Swansea Harriers	3.80							
3	3	Jennifer ROBBINS U20W	England Midlands U20	3.65							
4	4	Sophie DOWSON U20W	England South U20	3.50							

Welsh Athletics - Height Card

Meeting Record

MEETING		Welsh Athletics U20 Internaional		TIME	5:30 PM	VENUE	Cardiff International Sports Stadium							DATE	Wed-29-July-2015						
				All Comers Record: Robbie GRABARZ England 2.28 28.08.2010											Start Time						
				Welsh Record: Robert MITCHELL Shaftesbury 2.25 2001											End Time						
				U20 Welsh Record: John HILL Solihull 2.24 1985																	
EVENT		F04 Men High Jump		Stadium Record: Robbie GRABARZ Newham & Essex Beagles 2.28 2010																	
				U20 Meeting Record: Joshuah HILL England Midlands U20 1.99 2013																	
				FIRST TRIAL	1.85	1.90	1.95	2.00	2.05	2.10	2.15							Best	PB		TOTAL FAILURES
Order	Bib	NAME	CLUB	Start Ht	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm					
1	1	Tom TROTMAN U20M	Wales U20	1.85	XO	O	XXO	XXX									1.95	1.98		6	6
2	4	Tayo ANDREWS U20M	England South U20	1.85	O	O	XXO	XXX									1.95	2.00		5	5
3	72	Jonathon BAILEY SENM	Cardiff AAC	1.85	O	O	O	XXX									1.95	2.02		3	3
4	2	Joseph PEARSE U20M	England North U20	1.85	O	O	XO	XXX									1.95	2.04		4	4
5	3	Rory DWYER U20M	England Midlands U20	1.90		O	O	XXO	XXX								2.00	2.12		5	2
6	71	Barry PENDER SENM	Ireland	2.00				XXO	O	XXO	XXX						2.10	2.20		7	1
7																					
8																					

FULL RESULTS										REFEREE & OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	71	Barry PENDER SENM	Ireland	2.10	5	4	Tayo ANDREWS U20M	England South U20	1.95		
2	3	Rory DWYER U20M	England Midlands U20	2.00	6	1	Tom TROTMAN U20M	Wales U20	1.95		
3	72	Jonathon BAILEY SENM	Cardiff AAC	1.95							
4	2	Joseph PEARSE U20M	England North U20	1.95							

**WELSH ATHLETICS DISTANCE CARD**

VENUE		Cardiff International Sports Stadium		TIME		6:00 PM		DATE		Wednesday-29-Jul-2015					
MEETING		Welsh Athletics U20 Internaional		All Comers Record: Jade JOHNSON England 6.69 2002											
				Welsh Record: Gill REGAN Cardiff AAC 6.52 1982											
				Welsh U20 Record: Lisa ARMSTRONG Torfaen AC 6.25 1992											
EVENT		F05 Women Long Jump		Stadium Record: Phyllis AGBO Thames Valley Harriers 6.40 2009											
				U20 Meeting Record: Event not held previously											
				1st Trial		2nd Trial		3rd Trial		4th Trial		Best of 4	PB		Final Position
Order	No	NAME	COUNTRY/CLUB	Metres	W/S	Metres	W/S	Metres	W/S	Metres	W/S	Metres			
1	97	Claire TAYLOR U20W	Cardiff AAC	5.38	<b>+1.9</b>	5.25	<b>+0.3</b>	5.36	<b>-0.1</b>	X	<b>+1.1</b>	5.38/+1.9	0.00	<b>PB</b>	4
2	3	Mia TOMLINSON U20W	England Midlands U20	X	<b>+3.5</b>	X	<b>+1.1</b>	5.09	<b>-0.1</b>	X	<b>-0.2</b>	5.09/-0.1	5.29	<b>=PB</b>	5
3	1	Brenna PRICE U20W	Wales U20	4.94	<b>+1.2</b>	4.70	<b>+2.2</b>	5.11	<b>-1.4</b>	4.96	<b>+0.2</b>	5.11/-1.4	5.48		6
4	2	Alyssia CARR U20W	England North U20	5.17	<b>+1.8</b>	5.37	<b>+0.6</b>	5.39	<b>+0.2</b>	5.32	<b>-0.6</b>	5.39/+0.2	5.65		3
5	4	Simi FAJEMISIN U20W	England South U20	5.64	<b>+3.2</b>	5.41	<b>-0.1</b>	5.58	<b>+0.4</b>	4.56	<b>+0.4</b>	5.64/+3.2	5.83		2
6	78	Rebecca CHAPMAN SENW	Cardiff AAC	X	<b>+1.7</b>	5.85	<b>+0.9</b>	5.87	<b>+0.8</b>	5.93	<b>+0.4</b>	5.93/+0.4	6.23		1
7															
8															

FULL RESULTS										REFEREE & OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	78	Rebecca CHAPMAN SENW	Cardiff AAC	5.93/+0.4	5	3	Mia TOMLINSON U20W	England Midlands U20	5.09/-0.1		
2	4	Simi FAJEMISIN U20W	England South U20	5.64/+3.2	6	1	Brenna PRICE U20W	Wales U20	5.11/-1.4		
3	2	Alyssia CARR U20W	England North U20	5.39/+0.2	7						
4	97	Claire TAYLOR U20W	Cardiff AAC	5.38/+1.9	8						

**WELSH ATHLETICS DISTANCE CARD**
**New Meeting Record**

VENUE		Cardiff International Sports Stadium		TIME	6:30 PM		DATE	Wednesday-29-Jul-2015			
MEETING	Welsh Athletics U20 Internaional			All Comers Record:	Beatrice FAUMUINA New Zealand 62.09 2002						
				Welsh Record	Venissa HEAD Cardiff AAC 64.68 1983						
				Welsh U20 Records	Philippa ROLES Swansea Harriers 51.60 1997						
EVENT	F06 Women Discus (1.00kg)			Stadium Record	Navdeep DHALIWAL Birchfield Harriers 50.51 2009						
				U20 Meeting Record	Event not held previously						
				1st Trial	2nd Trial	3rd Trial	4th Trial	Best of 4	PB		Final Position
Order	No	NAME	COUNTRY/CLUB	Metres	Metres	Metres	Metres	Metres			
1	1		Wales U20								
2	95	Jade LALLY SENW	Shaftesbury Barnet	59.49	56.73	57.57	x	59.49	18.07	PB	1
3	84	Nina PRELLS U23W	Swansea Harriers	37.65	34.72	36.42	35.06	37.65	36.77	PB	5
4	2	Jemma IBBETSON U20W	England North U20	38.28	34.52	36.51	x	38.28	39.52		4
5	3	Emily BALL U20W	England Midlands U20	38.27	37.62	39.43	x	39.43	39.55		3
6	4	Amy HOLDER U20W	England South U20	47.34	47.21	45.65	x	47.34	51.89		2
7											
8											

FULL RESULTS										REFEREE & OFFICIALS	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	95	Jade LALLY SENW	Shaftesbury Barnet	59.49	5	84	Nina PRELLS U23W	Swansea Harriers	37.65		
2	4	Amy HOLDER U20W	England South U20	47.34	6						
3	3	Emily BALL U20W	England Midlands U20	39.43	7						
4	2	Jemma IBBETSON U20W	England North U20	38.28	8						



**WELSH ATHLETICS DISTANCE CARD**

New Meeting Record

VENUE		Cardiff International Sports Stadium		TIME	6:30 PM		DATE	Wednesday-29-Jul-2015			
MEETING		Welsh Athletics U20 Internaional		All Comers Record:	Brett MORSE Birchfield Harriers 66.84 2013						
				Welsh Record	Brett MORSE Birchfield Harriers 66.84 2013						
				Welsh U20 Records	Brett MORSE Cardiff AAC 56.87 2008						
EVENT		F07 Men Discus (1.75kg)		Stadium Record	Brett MORSE Birchfield Harriers 66.84 2013						
				U20 Meeting Record	Nik AARRE England Midlands U20 46.36 2014						
				1st Trial	2nd Trial	3rd Trial	4th Trial	Best of 4	PB		Final Position
Order	No	NAME	COUNTRY/CLUB	Metres	Metres	Metres	Metres	Metres			
1	1	Nathan THOMASON U18M	Wales U20	42.41	43.64	45.51	39.60	45.51	45.70		6
2	2	Daniel FLEMING U20M	England North U20	45.77	48.35	44.44	46.51	48.35	48.61		4
3	3	Niklas AARRE U20M	England Midlands U20	41.13	48.04	47.28	45.18	48.04	49.63		5
4	4	Louis MASCARENHAS U20M	England South U20	49.63	X	48.88	54.85	54.85	56.71		3
5	85	Zane DUQUEMIN SENM	Shaftsbury Barnet AC	57.95	X	56.68	55.32	57.95	58.93		2
6	86	Brett MORSE SENM	Cardiff AAC	63.30	58.80	56.51	X	63.30	63.50		1
7											
8											

FULL RESULTS										REFEREE & OFFICIALS	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	86	Brett MORSE SENM	Cardiff AAC	63.30	5	3	Niklas AARRE U20M	England Midlands U20	48.04		
2	85	Zane DUQUEMIN SENM	Shaftsbury Barnet AC	57.95	6	1	Nathan THOMASON U18M	Wales U20	45.51		
3	4	Louis MASCARENHAS U20M	England South U20	54.85	7						
4	2	Daniel FLEMING U20M	England North U20	48.35	8						

**WELSH ATHLETICS DISTANCE CARD**

New Meeting Record

VENUE		Cardiff International Sports Stadium		TIME	7:00 PM		DATE	Wednesday-29-Jul-2015			
MEETING	Welsh Athletics U20 Internaional			All Comers Record:	Zhu XINMEI China 19.69 1991						
				Welsh Record	Venissa HEAD Cardiff AAC 18.93 1984						
				Welsh U20 Records	Sally HINDS Swansea Harriers 14.72 2005						
EVENT	F08 Women Shot Put (4.00kg)			Stadium Record	Melisa BOEKELMAN Netherlands 16.69 2009						
				U20 Meeting Record	Annabel SHERRY England Midlands U20 13.43 2013						
				1st Trial	2nd Trial	3rd Trial	4th Trial	Best of 4	PB		Final Position
Order	No	NAME	COUNTRY/CLUB	Metres	Metres	Metres	Metres	Metres			
1	3	Rownita MARSTON U20W	England Midlands U20	12.27	X	12.47	X	12.47	12.87		2
2	2	Toni BUCKINGHAM U20W	England North U20	11.56	X	X	11.20	11.56	12.97		5
3	82	Lucy GRIFFITHS U23W	Cardiff AAC	12.29	11.93	12.34	X	12.34	13.07		3
4	4	Michella NNEOMAObIJIaku U20W	England South U20	11.75	11.42	X	X	11.75	13.13		4
5	1	Adele NICOLL U20W	Wales U20	15.25	14.77	14.90	14.89	15.25	15.55		1
6											
7											
8											

FULL RESULTS										REFEREE & OFFICIALS	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	1	Adele NICOLL U20W	Wales U20	15.25	5	2	Toni BUCKINGHAM U20W	England North U20	11.56		
2	3	Rownita MARSTON U20W	England Midlands U20	12.47	6						
3	82	Lucy GRIFFITHS U23W	Cardiff AAC	12.34	7						
4	4	Michella NNEOMAObIJIaku U20W	England South U20	11.75	8						

**WELSH ATHLETICS DISTANCE CARD**

<b>VENUE</b>		<b>Cardiff International Sports Stadium</b>		<b>TIME</b>	<b>7:00 PM</b>	<b>DATE</b>	<b>Wednesday-29-Jul-2015</b>				
<b>MEETING</b>		<b>Welsh Athletics U20 Internaional</b>		<b>All Comers Record:</b>	Geoff CAPES England 21.68 1980						
				<b>Welsh Record</b>	Shaun PICKERING Haringey 20.45 1997						
				<b>Welsh U20 Records</b>	Brett MORSE Cardiff AAC 17.15 2008						
<b>EVENT</b>		<b>F09 Men Shot Put (6.00kg)</b>		<b>Stadium Record</b>	Carl MYERSCOUGH Blackpool Wyre & Fylde 20.26 2009						
				<b>U20 Meeting Record</b>	Joseph WATSON England South U20 17.10 2014						
				<b>1st Trial</b>	<b>2nd Trial</b>	<b>3rd Trial</b>	<b>4th Trial</b>	<b>Best of 4</b>	<b>PB</b>		<b>Final Position</b>
<b>Order</b>	<b>No</b>	<b>NAME</b>	<b>COUNTRY/CLUB</b>	<b>Metres</b>	<b>Metres</b>	<b>Metres</b>	<b>Metres</b>	<b>Metres</b>			
<b>1</b>	83	Josh CLARK (F37) SENM	Disability Sport Wales (FDSW)	X	10.84	10.49	X	10.84	11.07		5
<b>2</b>	3	William KNIGHT U20M	England Midlands U20	13.81	12.71	14.05	12.46	14.05	14.83		4
<b>3</b>	2	Robbie SHAW U20M	England North U20	X	15.33	X	X	15.33	15.00	<b>PB</b>	1
<b>4</b>	1	Nathan THOMASON U18M	Wales U20	13.64	14.55	14.47	14.08	14.55	15.14		3
<b>5</b>	4	Louis MASCARENHAS U20M	England South U20	14.70	15.18	14.66	X	15.18	15.77		2
<b>6</b>	96	Gareth WINTER SENM	Sheffield & Dearne						18.07		
<b>7</b>											
<b>8</b>											

<b>FULL RESULTS</b>										<b>REFEREE &amp; OFFICIALS</b>	
<b>POS</b>	<b>BIB</b>	<b>NAME</b>	<b>CLUB</b>	<b>PERF</b>	<b>POS</b>	<b>BIB</b>	<b>NAME</b>	<b>CLUB</b>	<b>PERF</b>		
<b>1</b>	2	Robbie SHAW U20M	England North U20	15.33	<b>5</b>	83	Josh CLARK (F37) SENM	Disability Sport Wales (FDSW)	10.84		
<b>2</b>	4	Louis MASCARENHAS U20M	England South U20	15.18	<b>6</b>						
<b>3</b>	1	Nathan THOMASON U18M	Wales U20	14.55	<b>7</b>						
<b>4</b>	3	William KNIGHT U20M	England Midlands U20	14.05	<b>8</b>						

**WELSH ATHLETICS DISTANCE CARD**

VENUE		Cardiff International Sports Stadium		TIME		7:15 PM		DATE		Wednesday-29-Jul-2015					
MEETING		Welsh Athletics U20 Internaional		All Comers Record: Ralph BOSTON USA 8.18 1965											
				Welsh Record: Lynn DAVIES Roath H Cardiff 8.23 1968											
				Welsh U20 Record: Colin JACKSON Cardiff AAC 7.56 1985											
EVENT		F10 Men Long Jump		Stadium Record: Chris TOMLINSON Newham & Essex Beagles 7.96 2009											
				U20 Meeting Record: Scott HALL England North U20 7.38 2013											
				1st Trial		2nd Trial		3rd Trial		4th Trial		Best of 4	PB		Final Position
Order	No	NAME	COUNTRY/CLUB	Metres	W/S	Metres	W/S	Metres	W/S	Metres	W/S	Metres			
1	1	Gage FRANCIS U20M	Wales U20	6.58	<b>+0.6</b>	6.27	<b>+1.0</b>	6.47	<b>+0.05</b>	6.36	<b>+0.4</b>	6.58/+0.6	6.48	<b>PB</b>	4
2	2	Reynold BANIGO U20M	England North U20	X	<b>+0.2</b>	X	<b>+0.8</b>	6.58	<b>+0.7</b>	6.71	<b>-0.5</b>	6.71/-0.5	6.92		3
3	4	Alexander LAW U20M	England South U20	6.31	<b>+1.0</b>	6.42	<b>+0.2</b>	6.49	<b>+0.5</b>	6.34	<b>+0.2</b>	6.49/+0.5	7.05		5
4	79	Colm BOURKE SENM	Raheny Shamrocks Ireland	6.83	<b>+0.8</b>	X	<b>+0.6</b>	X	<b>-0.3</b>	X	<b>-0.3</b>	6.83/+0.8	7.18		
5	3	Sam KHOGALI U20M	England Midlands U20	X	<b>+0.7</b>	6.77	<b>+0.2</b>	X	<b>+0.2</b>	6.78	<b>-0.2</b>	6.78/-0.2	7.20		2
6	80	Jacob FINCHAM-DUKES U20M	Leeds City AC	6.71	<b>+1.2</b>	7.18	<b>+1.0</b>	7.21	<b>-0.1</b>	6.90	<b>-0.6</b>	7.21/-0.1	7.60		1
7															
8															

FULL RESULTS										REFEREE & OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	80	Jacob FINCHAM-DUKES U20M	Leeds City AC	7.21/-0.1	5	4	Alexander LAW U20M	England South U20	6.49/+0.5		
2	3	Sam KHOGALI U20M	England Midlands U20	6.78/-0.2	6						
3	2	Reynold BANIGO U20M	England North U20	6.71/-0.5	7						
4	1	Gage FRANCIS U20M	Wales U20	6.58/+0.6	8						

**WELSH ATHLETICS DISTANCE CARD**

VENUE		Cardiff International Sports Stadium		TIME		7:15 PM		DATE		Wednesday-29-Jul-2015					
<b>MEETING</b>		<b>Welsh Athletics U20 Internaional</b>		All Comers Record: Bela BAKOSI Hungary 16.88 1980											
				Welsh Record: Steven SHALDERS Cardiff AAC 16.71 2005											
				Welsh U20 Record: Steven SHALDERS Cardiff AAC 15.99 2000											
<b>EVENT</b>		<b>F11 Men Triple Jump</b>		Stadium Record: Trevor OKOROFOR Croydon 15.83 2010											
				U20 Meeting Record: Adam WALKER-KAHN England North U20 14.55 2013											
				<b>1st Trial</b>		<b>2nd Trial</b>		<b>3rd Trial</b>		<b>4th Trial</b>		<b>Best of 4</b>	<b>PB</b>		<b>Final Position</b>
<b>Order</b>	<b>No</b>	<b>NAME</b>	<b>COUNTRY/CLUB</b>	<b>Metres</b>	<b>W/S</b>	<b>Metres</b>	<b>W/S</b>	<b>Metres</b>	<b>W/S</b>	<b>Metres</b>	<b>W/S</b>	<b>Metres</b>			
1	3	O'Briel NYAMBAYO U20M	England Midlands U20	12.89	<b>+2.0</b>	12.96	<b>+1.2</b>	12.93	<b>+0.8</b>	12.98	<b>+0.6</b>	12.98/+0.6	13.55		3
2	1	Adrian LAWRENCE U20M	Wales U20	13.15	<b>+2.8</b>	X	<b>+0.5</b>	13.46	<b>+1.3</b>	13.62	<b>+0.7</b>	13.62/+0.7	14.05		2
3	2	Kevin METZGER U20M	England North U20	14.18	<b>+1.2</b>	14.00	<b>+1.9</b>	14.01	<b>+0.9</b>	14.23	<b>+0.7</b>	14.23/+0.7	14.47		1
4	4	Stefan AMOKWANDO H U20M	England South U20										14.81		
5															
6															
7															
8															

FULL RESULTS										REFEREE & OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	2	Kevin METZGER U20M	England North U20	14.23/+0.7	5						
2	1	Adrian LAWRENCE U20M	Wales U20	13.62/+0.7	6						
3	3	O'Briel NYAMBAYO U20M	England Midlands U20	12.98/+0.6	7						
4					8						

**WELSH ATHLETICS DISTANCE CARD**

VENUE		Cardiff International Sports Stadium		TIME		7:15 PM		DATE		Wednesday-29-Jul-2015					
MEETING		Welsh Athletics U20 Internaional		All Comers Record: Nadia WILLIAMS England 13.53 2009											
				Welsh Record: Hannah FRANKSON Woodford Green 12.95 2013											
				Welsh U20 Record: Sally PEAKE Liverpool Harriers 12.24 2005											
EVENT		F12 Women Triple Jump		Stadium Record: Nadia WILLIAMS Shaftesbury Barnet 13.53 2009											
				U20 Meeting Record: Lisa JAMES England North U20 11.93 2013											
				1st Trial		2nd Trial		3rd Trial		4th Trial		Best of 4	PB		Final Position
Order	No	NAME	COUNTRY/CLUB	Metres	W/S	Metres	W/S	Metres	W/S	Metres	W/S	Metres			
1	1	Lauryn DAVEY U18W	Wales U20	X	<b>+0.9</b>	10.79	<b>+1.1</b>	10.57	<b>+1.7</b>	X	<b>+1.6</b>	10.79/+1.1	11.42		5
2	2	Zoe HUGHES U20W	England North U20	X	<b>+0.7</b>	10.84	<b>+0.8</b>	10.44	<b>+2.4</b>	10.94	<b>+1.7</b>	10.94/+1.7	11.48		4
3	3	Beth MORTIBOY U20W	England Midlands U20	11.32	<b>+1.1</b>	11.26	<b>+1.2</b>	11.30	<b>+1.1</b>	10.99	<b>+1.2</b>	11.32/+1.1	11.53		3
4	81	Saragh BUGGY SENW	St Abbans A.C. Ireland	12.06	<b>+1.1</b>	11.92	<b>+1.8</b>	11.57	<b>+2.5</b>	12.28	<b>+0.3</b>	12.28/+0.3	12.25	<b>PB</b>	1
5	4	Lia STEPHENSON U20W	England South U20	11.90	<b>+1.6</b>	12.10	<b>+0.6</b>	12.04	<b>+0.4</b>	12.05	<b>+0.5</b>	12.10/+0.6	12.71		2
6															
7															
8															

FULL RESULTS										REFEREE & OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.	NAME	CLUB	PERF		
1	81	Saragh BUGGY SENW	St Abbans A.C. Ireland	12.28/+0.3	5	1	Lauryn DAVEY U18W	Wales U20	10.79/+1.1		
2	4	Lia STEPHENSON U20W	England South U20	12.10/+0.6	6						
3	3	Beth MORTIBOY U20W	England Midlands U20	11.32/+1.1	7						
4	2	Zoe HUGHES U20W	England North U20	10.94/+1.7	8						

Welsh Athletics - Height Card

Stadium Record

Meeting Record

MEETING	Welsh Athletics U20 Internaional			TIME	7:30 PM	VENUE	Cardiff International Sports Stadium							DATE	Wed-29-July-2015					
				All Comers Record: Grigory YEGOROV Kazakhstan 5.80 1992											Start Time					
				Welsh Record: Neil WINTER Shaftesbury Barnet 5.60 1995											End Time					
				U20 Welsh Record: Neil WINTER Shaftesbury 5.50 1992																
EVENT	F13 Men Pole Vault			Stadium Record: Max EAVES Newham & Essex Beagles 5.40 2011																
				U20 Meeting Record: Ethan WALSH England Midlands U20 4.55 2014																
				FIRST TRIAL	3.82	3.97	4.12	4.27	4.42	4.57	4.72	4.87	5.02	5.12	5.22	5.32	Best	PB		TOTAL FAILURES
Order	Bib	NAME	CLUB	Start Ht	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm						
1	1	Ryan GRIMWADE U20M	Wales U20	3.82	o		xxx								3.82	4.20		3	4	
2	4	Samuel BASS-COOPER U20M	England South U20	4.27				o	o	o	XXX				4.57	4.70		3	3	
3	3	Joel LEON BENITEZ U20M	England Midlands U20													5.10				
4	75	Paul WALKER SENM	Sale Harriers Manchester	5.02								XXX				5.35		3		
5	76	Andy SUTCLIFFE SENM	Sale Harriers Manchester	5.22	XO	XXX								o	o	5.42	5.45		4	1
6	2	Adam HAGUE U20M	England North U20	4.87								o	XO	PASS	XXX	5.02	5.60		4	2
7																				
8																				

FULL RESULTS										REFEREE & OFFICIALS SIGNATURES			
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF				
1	76	Andy SUTCLIFFE SENM	Sale Harriers Manchester	5.42									
2	2	Adam HAGUE U20M	England North U20	5.02									
3	4	Samuel BASS-COOPER U20M	England South U20	4.57									
4	1	Ryan GRIMWADE U20M	Wales U20	3.82									

**WELSH ATHLETICS DISTANCE CARD**

**New Meeting Record**

<b>VENUE</b>		<b>Cardiff International Sports Stadium</b>		<b>TIME</b>	<b>8:00 PM</b>	<b>DATE</b>	<b>Wednesday-29-Jul-2015</b>				
<b>MEETING</b>		<b>Welsh Athletics U20 Internaional</b>		<b>All Comers Record:</b>	Markus ESSER Germany 74.49 2002						
				<b>Welsh Record</b>	Shaun PICKERING Haringey 68.64 1984						
				<b>Welsh U20 Records</b>	Jac PALMER Cardiff AAC 70.28 2015						
<b>EVENT</b>		<b>F14 Men Hammer (6.00kg)</b>		<b>Stadium Record</b>	Alex SMITH Shaftesbury 70.40 2009						
				<b>U20 Meeting Record</b>	Jac PALMER Wales U20 66.98 2014						
				<b>1st Trial</b>	<b>2nd Trial</b>	<b>3rd Trial</b>	<b>4th Trial</b>	<b>Best of 4</b>	<b>PB</b>		<b>Final Position</b>
<b>Order</b>	<b>No</b>	<b>NAME</b>	<b>COUNTRY/CLUB</b>	<b>Metres</b>	<b>Metres</b>	<b>Metres</b>	<b>Metres</b>	<b>Metres</b>			
1	3	Jonathan JONES U20M	England Midlands U20	41.98	X	43.34	X	43.34	51.64		5
2	2	Francis MULVANEY U20M	England North U20	47.41	49.61	48.73	51.91	51.91	53.52		4
3	90	Matthew RICHARDS SENM	Cardiff AAC	58.47	59.85	59.36	X	59.85	61.87		3
4	1	Jac PALMER U20M	Wales U20	X	65.05	X	65.28	65.28	70.88		2
5	4	Taylor CAMPBELL U20M	England South U20	X	74.10	X	70.92	74.10	78.74		1
6											
7											
8											

<b>FULL RESULTS</b>										<b>REFEREE &amp; OFFICIALS</b>	
<b>POS</b>	<b>BIB</b>	<b>NAME</b>	<b>CLUB</b>	<b>PERF</b>	<b>POS</b>	<b>BIB</b>	<b>NAME</b>	<b>CLUB</b>	<b>PERF</b>		
1	4	Taylor CAMPBELL U20M	England South U20	74.10	5	3	Jonathan JONES U20M	England Midlands U20	43.34		
2	1	Jac PALMER U20M	Wales U20	65.28	6						
3	90	Matthew RICHARDS SENM	Cardiff AAC	59.85	7						
4	2	Francis MULVANEY U20M	England North U20	51.91	8						



**WELSH ATHLETICS DISTANCE CARD**
**New Meeting Record**

VENUE		Cardiff International Sports Stadium		TIME	8:00 PM		DATE	Wednesday-29-Jul-2015			
MEETING		Welsh Athletics U20 Internaional		All Comers Record:	Jennifer DAHLGREN Argentina 69.14 2012						
				Welsh Record	Carys PARRY Rhondda AC 66.80 2014						
				Welsh U20 Records	Toni WELLS Swansea Harriers 55.81 2012						
EVENT		F15 Women Hammer (4.00kg)		Stadium Record	Jennifer DAHLGREN Argentina 69.14 2012						
				U20 Meeting Record	Louisa JAMES England South U20 57.68 2013						
				1st Trial	2nd Trial	3rd Trial	4th Trial	Best of 4	PB		Final Position
Order	No	NAME	COUNTRY/CLUB	Metres	Metres	Metres	Metres	Metres			
1	87	Carys SMITH U20W	Swansea Harriers	X	X	41.30	40.76	41.30	40.65	PB	7
2	1	Hannah MORGAN U20W	Wales U20	44.33	43.26	42.51	X	44.33	44.44		6
3	88	Zoe DAKIN U23W	Swansea Harriers	44.31	45.48	48.59	49.19	49.19	49.41		4
4	3	Katie LAMBERT U20W	England Midlands U20	48.29	50.77	50.75	X	50.77	49.58	PB	2
5	2	Maggie OKUL U20W	England North U20	39.59	50.36	43.62	46.47	50.36	53.46		3
6	4	Rebecca KEATING U20W	England South U20	X	46.75	48.81	48.69	48.81	57.17		5
7	89	Christina JONES SENW	Bristol & West	58.80	59.18	58.21	58.31	59.18	63.98		1
8											

FULL RESULTS										REFEREE & OFFICIALS	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	89	Christina JONES SENW	Bristol & West	59.18	5	4	Rebecca KEATING U20W	England South U20	48.81		
2	3	Katie LAMBERT U20W	England Midlands U20	50.77	6	1	Hannah MORGAN U20W	Wales U20	44.33		
3	2	Maggie OKUL U20W	England North U20	50.36	7	87	Carys SMITH U20W	Swansea Harriers	41.30		
4	88	Zoe DAKIN U23W	Swansea Harriers	49.19	8						

Welsh Athletics - Height Card

Meeting Record

MEETING		Welsh Athletics U20 Internaional		TIME	8:00 PM		VENUE	Cardiff International Sports Stadium							DATE	Wed-29-July-2015					
				All Comers Record: Andrea MATAY Hungary 1.93 1980											Start Time						
				Welsh Record: Julie CRANE Sale Harriers 1.89 2004											End Time						
				U20 Welsh Record: Rebecca JONES Wrexham AAC 1.88 2002																	
EVENT		F16 Women High Jump		Stadium Record: Isobel POOLEY England 1.88 2013																	
				U20 Meeting Record: label BROWN England South U20 1.64 2013																	
				FIRST TRIAL	1.50	1.55	1.60	1.65	1.69	1.73									Best	PB	
Order	Bib	NAME	CLUB	Start Ht	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm					
1	1	Lauren EVANS U18W	Wales U20	1.50	0	0	0	0	XXX								1.65	1.68		3	3
2	3	Mollie COURTNEY U20W	England Midlands U20	1.55		0	XO	XO	XO	XXX							1.69	1.71		6	2
3	4	Lillie FRANKS U20W	England South U20	1.60		0	0	0	XO	XXX							1.69	1.72		4	1
4	2	Emily BORTHWICK U20W	England North U20	1.60			XO	XXX									1.60	1.80		4	4
5																					
6																					
7																					
8																					

FULL RESULTS										REFEREE & OFFICIALS SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	4	Lillie FRANKS U20W	England South U20	1.69							
2	3	Mollie COURTNEY U20W	England Midlands U20	1.69							
3	1	Lauren EVANS U18W	Wales U20	1.65							
4	2	Emily BORTHWICK U20W	England North U20	1.60							