

West Wales Championships at Carmarthen on 11 May 2008

21 new championship best performances and one equaled

Under 13 Girls

100 m Final

1	Laura Davies	Llanelli	13.32 (chp)
2	Catrin Roberts	Neath	13.57
3	Elin Davies	Swansea	13.87
4	Eli Norkett	Pembrokeshire	13.89
5	Ffion Walters	Carmarthen	14.36
6	Kimberley Abodunrin	Carmarthen	14.42
7	Emily Gazzì	Swansea	14.53
8	Erin Walters	Carmarthen	14.78

Heat 1 (+1.6)

1	Catrin Roberts	Neath	13.65
2	Eli Norkett	Pembrokeshire	13.70
3	Elin Davies	Swansea	13.72
4	Emily Gazzì	Swansea	14.22
5	Georgia Hale	Llanelli	14.95
6	Nicole Mitchell	Swansea	15.24

Heat 2 (+0.9)

1	Laura Davies	Llanelli	13.37
2	Kimberley Abodunrin	Carmarthen	14.45
3	Jade Meredith	Swansea	14.48
4	Lora Phillips	Carmarthen	15.24
5	Ria Evans	Swansea	15.85
6	Amber Brenton	Swansea	16.09
7	Iona Evans	Swansea	16.74

Heat 3 (+ 1.0)

1	Ffion Walters	Carmarthen	14.35
2	Erin Walters	Carmarthen	14.53
3	Hope Jones	Neath	15.65
4	Emma Davies	Swansea	15.80
5	Nia Emanuel	Carmarthen	15.89
6	Rebecca Rees	Swansea	16.02
7	Gabby McAlister	Swansea	16.02

200 m Final

1	Catrin Roberts	Neath	27.55 (cbp)
2	Laura Davies	Llanelli	27.69
3	Eli Norkett	Pembrokeshire	29.41

4	Kimberley Abodunrin	Carmarthen	30.24
5	Ffion Walters	Carmarthen	30.24
6	Emily Gazzi	Swansea	30.79

Heat 1

1	Catrin Roberts	Neath	28.74
2	Kimberley Abodunrin	Carmarthen	29.96
3	Emily Gazzi	Swansea	30.18
4	Catrin Jones	Swansea	30.92
5	Miriam Williams	Swansea	31.50
6	Rachel Davies	Carmarthen	31.70

Heat 2

1	Laura Davies	Llanelli	27.90
2	Ffion Walters	Carmarthen	30.45
3	Jade Meredith	Swansea	31.50
4	Lucy Fligelstone	Swansea	32.43
5	Ria Evans	Swansea	33.76
6	Abigail Mathias	Swansea	37.84

Heat 3

1	Elli Norkett	Pembrokeshire	29.67
2	Erin Walters	Carmarthen	31.74
3	Carys Jones	Swansea	33.44
4	Hope Jones	Neath	34.46
5	Chloe Stallard	Swansea	35.33

70 m hurdles (Final)

1	Elin Davies	Swansea	12.1
2	Lauren Jones	Swansea	12.8
3	Nicole Mitchell	Swansea	13.6
4	Emma Davies	Swansea	14.3
5	Jade Meredith	Swansea	14.9
6	Natasha Jones	Swansea	15.0
7	Amber Brenton	Swansea	15.8
8	Gabby McAlister	Swansea	15.9

Heat 1 (+2.1)

1	Elin Davies	Swansea	12.14
2	Emma Davies	Swansea	14.70
3	Natasha Jones	Swansea	14.91
4	Gabby McAlister	Swansea	16.07
5	Nia Emanuel	Carmarthen	17.20

Heat 2 (+2.1)

1	Lauren Jones	Swansea	13.04
2	Nicole Mitchell	Swansea	13.63
3	Jade Meredith	Swansea	15.25
4	Amber Brenton	Swansea	16.09

800 m

1	Lucy Hammett	Swansea	2.39.7
2	Charlotte Rees	Pembrokeshire	2.44.9
3	Sioned Jones	Amman Valley	2.46.7
4	Rhian Campbell	Carmarthen	2.53.2
5	Natasha Jones	Swansea	2.55.3
6	Bethan Radford	Swansea	2.59.0

1500 m

1	Siwan Thomas Howells	Swansea	5.16.1
2	Kari O'Neill	Carmarthen	5.26.3
3	Poppy Lewis	Pembrokeshire	5.30.8
4	Megan Carter-Davies	TAC	6.18.9
5	Iona Evans	Swansea	6.27.8

High Jump

1	Shanon Richards	Swansea	1.30
2	Elise Davies	Swansea	1.25
3	Catrin Jones	Swansea	1.25
4	Bethan Radford	Swansea	1.10

Long Jump

1	Laura Davies	Llanelli	4.04
2	Carys Davies	Carmarthen	3.96
3	Emily Gazzi	Swansea	3.93
4	Erin Walters	Carmarthen	3.77
5	Miriam Williams	Swansea	3.73
6	Georgia Hale	Llanelli	3.47
7	Lauren Jones	Swansea	3.40
8	Poppy Lewis	Pembrokeshire	3.37
9	Rachel Davies	Carmarthen	3.36
10	Lucy Fligelstone	Swansea	3.33
11	Kimberley Abodunrin	Carmarthen	3.20
12	Emma Davies	Swansea	3.05
13	Rebecca Rees	Swansea	3.01
14	Gabby McAlister	Swansea	2.95
15	Iona Evans	Swansea	2.86

Shot Putt

1	Awen Rosser	Carmarthen	9.06 (cbp)
2	Stephanie Howell	Swansea	8.27
3	Elli Norkett	Pembrokeshire	7.46
4	Elsie Davies	Swansea	6.33
5	Rebecca Biggar	Swansea	5.72
6	Ria Evans	Swansea	5.38
7	Holly Dickens	Swansea	5.30
8	Emma Roberts	Carmarthen	5.19
9	Nia Emanuel	Carmarthen	5.00

Discus

1	Stephanie Howell	Swansea	18.93
2	Awen Rosser	Strade	16.98
3	Rebecca Biggar	Swansea	14.73
4	Holly Dickens	Swansea	14.32
5	Caitlin Atkins	Swansea	11.10

Javelin

1	Emma Roberts	Carmarthen	14.69
2	Jordanna Davies	Neath	13.17
3	Bethan Radford	Swansea	12.74
4	Megan Carter Davies	TAC	8.46

Under 15 Girls

100m Final

1	Rhiannon Jeffreys	Neath	13.11
2	Nia Palla	Swansea	13.13
3	Eleanor Rowland	Pembrokeshire	13.13
4	Mali James	Swansea	14.11
5	Llinos Emanuel	Carmarthen	14.13
6	Emma Thomas	Swansea	14.18
7	Milly Gatley	Swansea	14.58

Heat 1 (+0.8)

1	Rhiannon Jeffreys	Neath	13.01
2	Nia Palla	Swansea	13.07
3	Eleanor Rowland	Pembrokeshire	13.13
4	Stacey Collins	Neath	13.65
5	Grace Harwood	Swansea	14.07
6	Rebecca Hall	Swansea	15.00

Heat 2

1	Llinos Emanuel	Carmarthen	14.06
2	Emma Thomas	Swansea	14.20
3	Kimberley Davies	Swansea	14.25
4	Chelsea Christopher	Swansea	14.49
5	Alexandra Thomas	Swansea	14.68
6	Isla Evans	Swansea	17.18

Heat 3 (+1.5)

1	Mali James	Swansea	13.89
2	Milly Gatley	Swansea	14.21
3	Aimee McAndrew	Carmarthen	14.29
4	Amelia Roberts	Carmarthen	14.69
5	Ffion Griffiths	Llanelli	15.11

200 m Final

1	Rhiannon Jeffreys	Neath	26.73
2	Bethan Phillips	Carmarthen	28.32
3	Grace Harwood	Swansea	28.41
4	Laura Thomas	Swansea	29.12
5	Chelsie Kilner	Swansea	29.41

Heat 1

1	Rhiannon Jeffreys	Neath	27.66
2	Bethan Phillips	Carmarthen	28.00
3	Grace Harwood	Swansea	28.73
4	Laura Thomas	Swansea	29.12
5	Chelsie Kilner	Swansea	29.41

Heat 2

1	Aimee McAndrew	Carmarthen	29.50
2	Amelia Roberts	Carmarthen	30.00
3	Chelsea Christopher	Swansea	30.26
4	Mali James	Swansea	30.57

75 m hurdles Final

1	Stacey Collins	Neath	12.04
2	Olivia Jones	Pembrokeshire	12.28
3	Gemma Seaman	Swansea	12.30
4	Kimberley Davies	Swansea	12.30
5	Eleanor Rowland	Pembrokeshire	12.61
6	Atlanta Williams	Swansea	12.98
7	Emily Dacey	Swansea	13.20

Heat 1 (+2.0)

1	Kimberley Davies	Swansea	12.3
2	Olivia Jones	Pembrokeshire	12.3
3	Llinos Emanuel	Carmarthen	12.9
4	Emily Dacey	Swansea	13.2
5	Josie Lewis	Pembrokeshire	14.1
6	Milly Gatley	Swansea	14.3
7	Bryony K Jones	Swansea	18.0

Heat 2 (+2.2)

1	Stacey Collins	Neath	11.89
2	Gemma Seaman	Swansea	12.43
3	Eleanor Rowland	Pembrokeshire	12.54
4	Atlanta Williams	Swansea	12.55
5	Emily Morris	Swansea	13.16
6	Bethan Phillips	Carmarthen	13.19
7	Alexandra Thomas	Swansea	14.00

300 m (Final)

1	Lauren Bell	Pembrokeshire	43.22
2	Leah Bitchell	Carmarthen	43.95
3	Catrin Rees	Carmarthen	46.77
4	Megan Good	Pembrokeshire	47.59
5	Joelle Drummond	Swansea	47.83
6	Carys Mansfield	Carmarthen	48.04

Heat 1

1	Lauren Bell	Pembrokeshire	43.02
2	Leah Bitchell	Carmarthen	45.73
3	Megan Good	Pembrokeshire	46.65
4	Carys Mansfield	Carmarthen	46.85

Heat 2

1	Catrin Rees	Carmarthen	46.44
2	Joelle Drummond	Swansea	47.52
3	Elysia Pearson	Swansea	48.11

800 m

1	Lauren Bell	Pembrokeshire	2.17.93 (cbp)
2	Jordan Smart	Swansea	2.31.1
3	Katie Reynolds	Swansea	2.37.1
4	Alyce Phillips	Carmarthen	2.39.04
5	Heather Lewis	Pembrokeshire	2.52.68

1500 m

1	Hywelis Tomas Howells	Swansea	4.53.22
2	Megan Withers	Pembrokeshire	5.02.22
3	Elysia Pearson	Swansea	5.04.89
4	Josie Lewis	Pembrokeshire	5.31.82

High Jump

1	Stacey Collins	Neath	1.55 (cbp)
2	Rhiannon Plant	Carmarthen	1.50
3	Emily Morris	Swansea	1.50
4	Katie Reynolds	Swansea	1.45
5	Kimberley Davies	Swansea	1.45
6	Nia Palla	Swansea	1.40
7	Atlanta Williams	Swansea	1.40
8	Olivia Jones	Pembrokeshire	1.35
9	Helena Madden	Pembrokeshire	1.35

Pole Vault

1	Nina Prells	Swansea	2.10
2	Enfys Jones	Carmarthen	2.10
3	Alexandra Thomas	Swansea	1.90
4	Neven Korashi	Swansea	1.70

Long Jump

1	Nia Palla	Swansea	4.60
2	Emily Dacey	Swansea	4.43
3	Gemma Seaman	Swansea	4.37
4	Emily Morris	Swansea	4.33
5	Jessica Harries	Pembrokeshire	4.31
6	Katie Reynolds	Swansea	4.16
7	Chelsea Christopher	Swansea	4.00
8	Aimee McAndrew	Carmarthen	3.84
9	Martha Waters	Swansea	3.76
10	Amelia Roberts	Carmarthen	3.69
11	Isla Evans	Swansea	3.53
12	Bethan Jones	Swansea	3.49
13	Rhiannon W Bevan	Swansea	3.35
14	Bryony K Jones	Swansea	3.22

Shot

1	Nina Prells	Swansea	10.05
2	Lucy Griffiths	Pembrokeshire	9.97
3	Helena Madden	Pembrokeshire	9.37
4	Elliw James	Carmarthen	9.33
5	Neven Korashi	Swansea	8.83

6	Kathryn Phillips	Swansea	7.94
7	Rhiannon W Bevan	Swansea	5.04

Discus

1	Nina Prells	Swansea	27.84
2	Lucy Griffiths	Pembrokeshire	22.88
3	Elliw James	Carmarthen	18.28
4	Gabriella Cirillo	Swansea	16.14
5	Neven Korashi	Swansea	14.31
6	Kathryn Phillips	Swansea	13.96

Hammer

1	Gabriella Cirillo	Swansea	18.40
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Javelin

1	Carys Mansfield	Carmarthen	28.20
2	Kathryn Phillips	Swansea	19.55
3	Elin Phillips	Neath	19.10
4	Bethan Jones	Swansea	14.17

Under 17 Women

100 m (+0.3)

1	Sarah Evans	Swansea	12.97
2	Laura Penhallurick	Carmarthen	13.70
3	Louise Bashford	Swansea	15.80

200 m

1	Sarah Evans	Swansea	27.36
2	Rachel Rees	Swansea	28.67

300 m

1	Laura Penhallurick	Carmarthen	45.5
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800 m

1	Jade Williams	St Michaels	2.20.36
2	Sophie Thomas	Pembrokeshire	2.28.32
3	Nia Lewis	Swansea	2.38.88

1500 m

1	Angharad Davies	Carmarthen	4.50.56
2	Katryna Ley	Swansea	5.13.05

3	Rhiannon Anderson	Swansea	5.38.85
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3000 m

1	Aneura Phillips	Carmarthen	10.59.65
2	Emily Downey	Llanelli	11.05.56
3	Catrin Lewis	Carmarthen	11.40.01

80m hurdles (+1.2)

1	Jordan Reynolds	Pembrokeshire	12.96
2	Sophie Pick	Carmarthen	13.34

300m hurdles

1	Ffion Rees	Carmarthen	46.22
2	Sophie Pick	Carmarthen	51.03
3	Laura Sparkes	Swansea	52.27
4	Jessica Huddleston	Pembrokeshire	55.06

High Jump

1	Jordan Reynolds	Pembrokeshire	1.45
2	Phoebe Heinrich	Swansea	1.35

Pole vault

1	Emma Jones	Swansea	3.20 (cbp)
2	Naomi James	Swansea	3.20 (cbp)

Long Jump

1	Ffion Rees	Carmarthen	5.27
2	Rachel Rees	Swansea	4.72
3	Kara Stedman	Llanelli	4.15
4	Louise Bashford	Swansea	3.82

Triple Jump

1	Ffion Rees	Carmarthen	10.56
2	Sophie Pick	Carmarthen	9.36
3	Kara Stedman	Llanelli	9.25

Shot

1	Jessica Huddleston	Pembrokeshire	7.85
2	Michaela Davies	Neath	5.51

Discus

1	Jessica Huddleston	Pembrokeshire	27.41
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Javelin

1	Mary Wilson	Carmarthen	35.44
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Under 20 Women

100 m (+1.5)

1	Sarah Dacey	Swansea	12.72 (cbp)
2	Katie Thomas	Swansea	13.10
3	Amy Rowland	Pembrokeshire	13.41
4	Sian Elin Jones	Neath	13.19
5	Catrin Phillips	Neath	13.51

200 m

1	Sarah Dacey	Swansea	26.33
2	Megan Thomas	Carmarthen	27.92

400 m

1	Sara Dobler	Swansea	60.39
2	Katie Parkes	Cardiff	60.61

1500 m

1	Alaw Beynon-Thomas	Carmarthen	5.06.27
2	Rebecca King	Swansea	5.27.79

3000 m

1	Alaw Beynon-Thomas	Carmarthen	10.45.90 (cbp)
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100 m hurdles (+0.0)

1	Rebecca Gatehouse	Carmarthen	15.35
2	Sarah Dacey	Swansea	15.36
3	Catherine Goldsmith	Carmarthen	15.92

400 m hurdles

1	Megan Thomas	Carmarthen	68.32
2	Emma Colwill	Neath	74.07

High Jump

1	Catherine Goldsmith	Carmarthen	1.55
2	Katie Thomas	Swansea	1.55

3	Hannah Pick	Carmarthen	1.45
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Pole Vault

1	Rhian Jones	Neath	2.70 =cbp
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Triple Jump

1	Donna Jones	Llanelli	10.31
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Shot

1	Catherine Goldsmith	Carmarthen	9.55
2	Sian Lowe	Swansea	8.58

Discus

1	Sian Lowe	Swansea	21.38
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Hammer

1	Sian Lowe	Swansea	26.55
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Javelin

1	Danielle Hamer	Carmarthen	42.60 (cbp)
2	Claire Williams	Swansea	38.01

Senior Women

200m

1	Caroline Byng	Swansea	28.17
2	Helen Eve	Swansea	29.98

400 m

1	Kirsty Woolford	Swansea	60.25
2	Carol Glover	Swansea	62.81

1500 m

1	Jenny Phillips	Llanelli	5.11.48
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3000 m

1	Sara Griffiths	Neath	12.20.93
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100 m hurdles (+0.0)

1	Heather Jones	Carmarthen	14.27
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Shot

1	Karen Llewellyn	Pembrokeshire	8.97
2	Jo Davis	Swansea	8.35

Discus

1	Jo Davis	Swansea	23.50
2	Karen Llewellyn	Pembrokeshire	23.06

Hammer

1	Karen Llewellyn	Pembrokeshire	26.86
2	Jo Davis	Swansea	25.35

Javelin

1	Sara Siggery	Carmarthen	40.07
2	Kylie Clarke	Swansea	35.18
3	Jo Davis	Swansea	31.68
4	Karen Llewellyn	Pembrokeshire	19.46

Under 13 Boys

100 m (+1.4)

1	Alexander Pavlou	Swansea	13.24
2	Aled Price	Carmarthen	13.46
3	James Bryan	Carmarthen	14.28
4	Gareth Drummond	Swansea	14.69
5	Sion Howells	Carmarthen	15.03
6	Llyr Freeman	Carmarthen	15.05
7	Dafydd Adams	Carmarthen	15.21

200 m

1	Alexander Pavlou	Swansea	27.5 (cbp)
2	Rhys Granville	Carmarthen	28.72
3	James Bryan	Carmarthen	29.57
4	Finley Davies	Swansea	29.62
5	Dafydd Adams	Carmarthen	31.28
6	Llyr Freeman	Carmarthen	31.31

75 m hurdles (+2.1)

1	Alexander Pavlou	Swansea	13.61
2	Simon Snape	Carmarthen	14.26

3	Sam Allchurch	Swansea	15.55
4	Gareth Drummond	Swansea	15.61
5	Dafydd Adams	Carmarthen	15.92
6	Harry Austin	Swansea	16.23
7	Keiran Ingram	Swansea	16.35

800 m

1	Rhys Granville	Carmarthen	2.25.28 (cbp)
2	Finley Davies	Swansea	2.27.2
3	Ryan Coates	Swansea	2.47.75
4	Ben Bridgewater	Carmarthen	2.49.09

1500 m

1	Kyran Roberts	Carmarthen	5.01.5
2	Daniel Hall	Swansea	5.28.0
3	Curtis Mildenhall	Swansea	6.03.1

High Jump

1	Aled Price	Carmarthen	1.35
2	Simon Snape	Carmarthen	1.25
3	Keiran Ingram	Swansea	1.25
4	Ryan Coates	Swansea	1.15
5	Harry Austin	Swansea	1.15

Long Jump

1	Aled Price	Carmarthen	4.65
2	Rhys Granville	Carmarthen	4.14
3	Llyr Freeman	Carmarthen	3.75
4	James Bryan	Carmarthen	3.68
5	Gareth Drummond	Swansea	3.64
6	Sam Allchurch	Swansea	3.48
7	Callum Boote	Swansea	3.37

Shot

1	Jordan Harding	Swansea	7.64
2	Ashley Hughes	TAC	7.45
3	Jack Beynon	Swansea	7.45
4	Sion Howells	Carmarthen	6.68
5	Samuel Withers	Pembrokeshire	5.11

Discus

1	Jordan Harding	Swansea	22.03
2	Ashley Hughes	TAC	16.42
3	Samuel Withers	Pembrokeshire	14.17

4	Jack Beynon	Swansea	1.67
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Javelin

1	Sion Howells	Carmarthen	29.09
2	Samuel Withers	Pembrokeshire	22.21
3	Keith Ingram	Swansea	16.23
4	Curtis Mildenhall	Swansea	15.18
5	Jack Beynon	Swansea	10.92

Under 15 Boys

100 m (Final)

1	Jake Randall	Carmarthen	11.8 (cbp)
2	Mathew Davies	Carmarthen	11.8
3	Ryan Evans	Neath	11.9
4	Sean Bergiers	Carmarthen	12.3
5	Keiron Martin	Swansea	12.6
6	Luke Lewis	Llanelli	12.8
7	Richard Triggs	Neath	13.6

Heat 1

1	Jake Randall	Carmarthen	12.18 (+0.3)
2	Ryan Evans	Neath	12.50
3	Keiron Martin	Swansea	12.64
4	Richard Triggs	Neath	13.70

Heat 2 (+0.5)

1	Mathew Davies	Carmarthen	12.16
2	Matthew Richards	Pembrokeshire	12.32
3	Sean Bergiers	Carmarthen	12.37
4	Luke Lewis	Llanelli	12.98
5	Darren Beynon	Swansea	14.94

200 m

1	Jake Randall	Carmarthen	24.48
2	Mathew Davies	Carmarthen	24.82
3	Richard Triggs	Neath	28.07

400 m

1	Liam Jones	Carmarthen	55.5
2	Carwyn Evans	Swansea	60.1

800 m

1	Liam Jones	Carmarthen	2.19.49
2	Carwyn Evans	Swansea	2.22.11
3	Lloyd Heckler	Carmarthen	2.24.61
4	Jonathan Smith	Swansea	2.37.23

1500 m

1	Matthew O'Leary	Neath	4.28.52
2	Sean White	Swansea	4.36.62
3	Liam Lloyd	Llanelli	4.45.10
4	Daniel Lewis	Neath	4.50.19
5	Grant Westcott	Llanelli	4.51.94
6	Ronan Llyr	Carmarthen	4.55.24
7	Ben Jenkins	Swansea	4.59.36
8	Davey Lewis	Carmarthen	5.00.50
9	Stephen Reynolds	Swansea	5.04.50

80 m hurdles

1	Josh Sansom	Swansea	12.82
2	Elliot Williams	Swansea	16.08

High Jump

1	Ben Jenkins	Swansea	1.60
2	Sean Bergiers	Carmarthen	1.55

Pole Vault

1	Morgan Atkins	Swansea	1.80
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Long Jump

1	Keiron Martin	Swansea	5.01
2	Duncan carter-Davies	TAC	4.23
3	Elliott Williams	Swansea	3.30
4	Darren Beynon	Swansea	3.16

Shot

1	James Stevenson	Carmarthen	8.44
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Discus

1	Ryan Evans	Neath	25.43
2	James Stevenson	Carmarthen	21.29

Javelin

1	James Stevenson	Carmarthen	32.60
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2	Mathew Davies	Carmarthen	30.89
3	Gareth Hart	Pembrokeshire	28.19
4	Duncan Carter-Davies	TAC	22.49

Under 17 men

100 m (+1.1)

1	Tomos Coleman	Carmarthen	11.43 (cbp)
2	James Thomas	Llanelli	11.88
3	Owain Morgan	Neath	12.25
4	Shane Jones	Neath	12.42

200 m

1	Jamie Price	Swansea	23.75
2	Owain Morgan	Neath	24.56
3	Shane Jones	Neath	25.22

400 m

1	Antoine Woodman	Carmarthen	53.0
2	Gerwyn Slinger	Carmarthen	54.2

800 m

1	Gerwyn Slinger	Carmarthen	2.12.71
2	Glen Elsdon	Carmarthen	2.20.63

3000 m

1	Nicky Morrell	Carmarthen	9.38.58
2	Ceri Lewis	Swansea	10.39.93

400m hurdles

1	Chris Kilner	Swansea	63.15
2	Jordan Brock	Swansea	71.65

1500m SC

1	Matthew Richards	Pembrokeshire	5.01.17
2	Matthew Thomas	Swansea	5.13.27
3	Luke Parker	Carmarthen	5.16.03
4	Chris Kilner	Swansea	5.37.48

High Jump

1	Adam Davies	Pembrokeshire	1.85
2	Ben Davies	Swansea	1.75

3	David Palmer	Carmarthen	1.65
4	Jordan Brock	Swansea	1.60
5	Glen Elsdon	Carmarthen	1.60

Pole Vault

1	Emyr Jones	Carmarthen	3.45
2	Jordan Brock	Swansea	2.30

Triple Jump

1	Glen Elsdon	Carmarthen	10.55
2	Luke Parker	Carmarthen	10.32

Shot

1	Tomos Edwards	Carmarthen	14.54
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Discus

1	Tomos Edwards	Carmarthen	38.30
2	Alex Thomas	Swansea	21.75

Javelin

1	Jon Llewellyn	Carmarthen	49.73
2	Jamie Price	Swansea	40.32

Under 20 Men

100 m

1	Benjamin Charles	Pembrokeshire	11.82
2	Ashley Helyer	Swansea/FDSW	17.13

400m

1	Jamie Fenaroli	Swansea	53.08
2	Michael Davies	Llanelli	55.09

800m

1	Jonathan Butler	Swansea (g)	1.55.90
2	Harry Jones	Colwyn Bay (g)	1.56.63
3	Jamie Fenaroli	Swansea	1.59.94
4	Geraint Mansfield	Carmarthen	2.03.05
5	Michael Davies	Llanelli	2.04.76

1500m

1	Adam Bitchell	Carmarthen	4.04.14 (chp)
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3000m

1 Daniel Worrall Carmarthen 9.42.68

110m hurdles (+1.3)

1 Dafydd Walters Carmarthen 14.73 (cbp)

400m hurdles

1 Dafydd Walters Carmarthen 58.35 (cbp)

2 Jamie Stedman Llanelli 63.73

2000m Sc

1 Geraint Mansfield Carmarthen 7.10.00

High Jump

1 Josh Madden Carmarthen 1.70

Long Jump

1 Jamie Stedman Llanelli 5.03

Triple Jump

1 Jamie Stedman Llanelli 11.23

Hammer

1 James Dobler Swansea 35.90

Javelin

1 Michael John Carmarthen 52.18

Senior Men**100m**

1 Andrew Smith Swansea 11.40

2 Mathew Jones Carmarthen 11.81

3 David Thomas Pembrokeshire 12.61

200m

1 Andrew Smith Swansea 22.34 (cbp)

2 Matthew Jones Carmarthen 23.68

3	Alex Scott	Swansea	23.96
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400m

1	Alex Scott	Swansea	52.14
2	Nathan Cooze	Swansea	52.88

800m

1	Paul Clarke	Carmarthen	1.59.56
2	Jonathan Williams	Llanelli	2.00.85
3	Craig Hopkins	Swansea	2.02.73
4	Stephen Richards	Swansea	2.08.93
5	Peter Watkeys	Swansea	2.13.33

1500m

1	Jack Davey	Carmarthen	4.05.01 (cbp)
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110mH (+1.3)

1	Steven Boyles	Swansea	15.29
2	Owen Jones	Carmarthen	15.67

400mH

1	Wayne Taylor	Swansea Univ	56.40 (cbp)
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High Jump

1	Wayne Taylor	Swansea Univ	1.85
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Long Jump

1	Alex Jackson	Swansea	6.02
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Discus

1	Peter Roberts	Swansea	39.51
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Hammer

1	Matthew Richards	Swansea	56.00 (cbp)
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Javelin

1	Rhys Williams	Swansea	66.63 (cbp)
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