

1:30 PM *League Record*

Colin Jackson, Cardiff AAC, 10.3, 1993

STD 13.5

Letter	100m	Perf	Pts	Letter	Perf	Pts	
1A	G Jamie MAYERS U20 Cwmbran	11.5	16	1B	VV Owain BUTTERWORTH U20 Llanelli	12.2	8
2A	R Matthew JONES Carmarthen	11.6	14	2B	GG Jamie BUSSELL U17 Cwmbran	12.4	7
3A	A Daniel WILLIAMS U20 Aberdare	11.9	12	3B	BB Gareth GRIFFITHS Brecon	12.6	6
4A	B Gethin McFALL Brecon	11.9	10	4B	DD Tim DAVIES Deeside	12.6	5
5A	D Jonathan JOHNSON U17 Deeside	12.1	8	5B	WW David JONES Wrexham	14.1	DNS
6A	V Adam GOWER Llanelli	12.3	6				
7A	W Steve SPIRES Wrexham	12.5	4				

4:05 PM *League Record*

Andrew Watkins, , 21.7, 2006

STD 27.5

Letter	200m	Perf	Pts	Letter	Perf	Pts	
1A	G Jamie MAYERS U20 Cwmbran	23.6	16	1B	VV Owain BUTTERWORTH U20 Llanelli	25.6	8
2A	V Stephen BAILEY Llanelli	24.4	14	2B	BB Gareth GRIFFITHS Brecon	26.0	7
3A	R Matthew JONES Carmarthen	24.5	12	3B	DD Tim DAVIES Deeside	26.8	6
4A	D Gary WYN JONES Deeside	25.0	10	4B	WW David JONES Wrexham	29.6	DNS
5A	B Michael DAVIES Brecon	25.0	8				
6A	W Steve SPIRES Wrexham	26.4	6				

3:15 PM *League Record*

Roger Barrett, , 48.0, 1984

STD 61.8

Letter	400m	Perf	Pts	Letter	Perf	Pts	
1A	V Stephen BAILEY Llanelli	51.4	16	1B	VV Jonathan WILLIAMS Llanelli	51.9	8
2A	R Paul CLARKE Carmarthen	51.4	14	2B	RR Antione WOODMAN U17 Carmarthen	53.6	7
3A	D Gary WYN JONES Deeside	54.8	12	3B	GG Mike KERSHAW U17 Cwmbran	56.1	6
4A	G Afan HUMPHRIES Cwmbran	57.0	10	4B	DD David LEMON Deeside	58.4	5
5A	B Gareth GRIFFITHS Brecon	57.2	8				
6A	W Neil DAVIES Wrexham	60.9	6				

1:50 PM *League Record*

Roger Barrett, , 1.50.0, 1984

STD 2:20.8

Letter	800m	Perf	Pts	Letter	Perf	Pts	
1A	R Paul CLARKE Carmarthen	1:57.7	16	1B	VV Michael DAVIES U20 Llanelli	2:06.4	8
2A	G Mike KERSHAW U17 Cwmbran	1:59.7	14	2B	DD Phil EDGE U17 Deeside	2:11.4	7
3A	V Jonathan WILLIAMS Llanelli	2:00.8	12				
4A	B Chris PROTHEROE U20 Brecon	2:01.8	10				
5A	D Callum BENNETT U17 Deeside	2:08.3	8				
6A	B Chris PROTHEROE U20 Brecon	DNF	DNS				

3:35 PM *League Record*

Shaun Whelan, , 3.50.2, 1988

STD 4:52.2

Letter	1500m	Perf	Pts	Letter	Perf	Pts	
1A	G Gavin HANRAHAN U20 Cwmbran	4:18.4	16	1B	GG Jonathan PETERS U20 Cwmbran	4:26.6	8
2A	BB Ed MARTIN U20 Brecon	4:25.2	14	2B	D Callum BENNETT U17 Deeside	4:34.5	7
3A	DD Phil EDGE U17 Deeside	4:29.0	12	3B	B Tom MARSHALL U20 Brecon	5:04.6	DNS
4A	W Tom CZISMADIA U17 Wrexham	4:51.9	10				
5A	V Emyr EVANS Llanelli	6:28.0	DNS				

12:15 PM *League Record*

Nigel Adams, , 14.15.9, 2005

STD 18:30.0

Letter	5000m	Perf	Pts	Letter	Perf	Pts
1A	B Tom MARSHALL U20 Brecon	15:46.4	16			
2A	G Afan HUMPHRIES Cwmbran	16:11.8	14			
3A	R Jack DAVEY U20 Carmarthen	16:16.9	12			

2:05 PM *League Record**Ronnie McWilliam, , 9.02.5, 1990*

STD 8:00.0

	Letter	2000 S/C		Perf	Pts	Letter		Perf	Pts			
1A	GG	Afan HUMPHRIES	Cwmbran	6:26.6	16	G2	1B	G	Gavin HANRAHAN U20	Cwmbran	6:41.1	8
2A	D	David LEMON	Deeside	6:41.1	14	G2						
3A	B	Ed MARTIN U20	Brecon	7:10.5	12	G2						

2:40 PM *League Record**Colin Jackson, Cardiff AAC, 13.3, 1993*

STD 21.0

	Letter	110m hurdles		Perf	Pts	Letter		Perf	Pts
1A	R	Owen JONES	Carmarthen	16.3	16				
2A	W	Neil EDWARDS	Wrexham	19.2	14				
3A	V	Leighton LEWIS	Llanelli	19.4	12				
4A	B	Derek OSBORNE	Brecon	20.2	10				
5A	W	Neil EDWARDS	Wrexham	20.9	8				

12:50 PM *League Record**Chris Cashell, , 52.6, 1991*

STD 73.10

	Letter	400m Hurdles		Perf	Pts	Letter		Perf	Pts		
1A	D	David LEMON	Deeside	61.1	16	1B	DD	Jonathan JOHNSON U17	Deeside	67.9	8
2A	V	Leighton LEWIS	Llanelli	61.5	14	2B	G	Jamie BUSSELL U17	Cwmbran	71.2	7
3A	G	Jamie BUSSELL U17	Cwmbran	61.8	12						
4A	A	David WILLIAMS	Aberdare	63.0	10						
5A	B	Derek OSBORNE	Brecon	65.7	8						
6A	W	Neil DAVIES	Wrexham	67.7	6						

*League Record**Swansea Harriers, 42.5, 1981*

Perf Pts

4:55 PM 4 x 100m Relay

1A	D	Deeside	Jonathan JOHNSON U17, Gary WYN JONES, Tim DAVIES, Danny EVANS U17	53.0	16
2A	R	Carmarthen	Tomas COLEMAN U17, Paul CLARKE, Harry MOSTYN U20, Matthew JONES	54.1	14
3A	G	Cwmbran	Jamie MAYERS U20, Jamie BUSSELL U17, Gavin HANRAHAN U20, Mike KERSHAW U17	59.8	12
4A	B	Brecon	Gethin McFALL, Owen CHESHER, Gareth GRIFFITHS, Michael DAVIES	66.2	10
5A	V	Llanelli	Adam GOWER, Owain BUTTERWORTH U20, Jonathan WILLIAMS, Stephen BAILEY	67.0	8

*League Record**Newport Harriers, 3.22.5, 1997*

Perf Pts

5:25 PM 4 x 400m Relay

1A	V	Llanelli	Michael DAVIES U20, Jonathan WILLIAMS, Stephen BAILEY, Leighton LEWIS	3:39.1	16
2A	D	Deeside	Gary WYN JONES, David LEMON, Callum BENNETT U17, Phil EDGE U17	3:45.8	14
3A	B	Brecon	Tom MARSHALL U20, Chris PROTHEROE U20, Michael DAVIES, Gareth GRIFFITHS	3:48.6	12
4A	G	Cwmbran	Afan HUMPHRIES, Gavin HANRAHAN U20, Jonathan PETERS U20, Mike KERSHAW U17	3:56.1	10

3:00 PM *League Record*

Paul Evans, , 2.05, 1983

STD 1.45

Letter	High Jump	Perf	Pts	Letter	Perf	Pts			
1A	R Craig DAVIES U20	Carmarthen	1.95	16	G3	1B VV Leighton LEWIS	Llanelli	1.45	8
2A	B Owen CHESHER	Brecon	1.90	14	G3	2B WW Neil DAVIES	Wrexham	1.45	7
3A	V Adam GOWER	Llanelli	1.75	12		3B BB Gethin McFALL	Brecon	1.45	6
4A	D Danny EVANS U17	Deeside	1.70	10					
5A	W Gawain ROGERS U20	Wrexham	1.65	8					
6A	G Jamie BUSSELL U17	Cwmbran	1.60	6					

12:00 PM *League Record*

Alessandro Cambon 4.75 2001

STD 2.80

Letter	Pole Vault	Perf	Pts	Letter	Perf	Pts			
1A	D Liam EDWARDS U20	Deeside	4.00	16	G3	1B RR Jamie STUBBS U17	Carmarthen	2.80	8
2A	R Richard STUBBS	Carmarthen	3.60	14		2B B Derek OSBORNE	Brecon	2.80	7
3A	W Neil EDWARDS	Wrexham	3.40	12					
4A	BB Owen CHESHER	Brecon	2.80	10					

1:30 PM *League Record*

Richard Jones, , 7.44, 1983

STD 4.20

Letter	Long Jump	Perf	Pts	Letter	Perf	Pts			
1A	V Andrew THOMAS	Llanelli	6.43	16		1B VV Owain BUTTERWORTH U20	Llanelli	6.06	8
2A	RR Harry MOSTYN U20	Carmarthen	6.04	14		2B R Josh MADDEN U17	Carmarthen	5.84	7
3A	BB Steven JEFFREYS	Brecon	5.65	12		3B B Gethin McFALL	Brecon	4.92	6
4A	W Gawain ROGERS U20	Wrexham	4.85	10		4B D Jonathan JOHNSON U17	Deeside	4.77	5
5A	DD Liam EDWARDS U20	Deeside	4.83	8		5B WW Tom CZISMADIA U17	Wrexham	4.39	4
6A	A Joshua WILLIAMS U17	Aberdare	4.61	6					

4:00 PM *League Record*

Charles Maderia-Cole, , 14.74, 1997

STD 9.35

Letter	Triple Jump	Perf	Pts	Letter	Perf	Pts			
1A	R Owen JONES	Carmarthen	13.66	16		1B RR Harry MOSTYN U20	Carmarthen	13.37	8
2A	DD Callum BENNETT U17	Deeside	11.67	14		2B VV Jonathan WILLIAMS	Llanelli	10.51	7
3A	V Adam GOWER	Llanelli	11.36	12		3B D David LEMON	Deeside	10.25	6
4A	B Michael DAVIES	Brecon	11.34	10		4B W Steve SPIRES	Wrexham	9.71	5
5A	A Daniel WILLIAMS U20	Aberdare	10.91	8					
6A	G Mike KERSHAW U17	Cwmbran	10.41	6					
7A	WW Tom CZISMADIA U17	Wrexham	10.06	4					

1:00 PM *League Record*

Brian Penny, , 14.53, 1970

STD 7.10

Letter	Shot Putt (7.26kg)	Perf	Pts	Letter	Perf	Pts			
1A	R Matthew EVANS U20	Carmarthen	13.40	16		1B RR Michael JOHN U20	Carmarthen	10.45	8
2A	D Ben ROBERTS	Deeside	12.75	14		2B WW Ian BEETSON	Wrexham	8.79	7
3A	G Ivor EVANS	Cwmbran	9.94	12		3B DD James HOOPERT	Deeside	8.74	6
4A	V Andrew THOMAS	Llanelli	9.90	10		4B BB Derek OSBORNE	Brecon	8.17	5
5A	W Neil EDWARDS	Wrexham	9.85	8		5B VV Steve OROSZ	Llanelli	7.91	4
6A	B Steven WINTER	Brecon	9.30	6					

1:45 PM *League Record*

Gareth Gilbert, , 43.52, 1993

STD 22.60

Letter	Discus (2.0kg)	Perf	Pts	Letter	Perf	Pts			
1A	R Matthew EVANS U20	Carmarthen	42.37	16		1B DD James HOOPERT	Deeside	34.45	8
2A	D Ben ROBERTS	Deeside	42.27	14		2B WW Ian BEETSON	Wrexham	25.77	7
3A	W Neil EDWARDS	Wrexham	30.44	12		3B RR Richard STUBBS	Carmarthen	25.68	6
4A	V Steve OROSZ	Llanelli	27.10	10		4B B Steven WINTER	Brecon	23.74	5
5A	BB Derek OSBORNE	Brecon	23.89	8					

12:00 PM

League Record

Peter Stark, , 55.48, 1979

STD

27.00

	Letter	Hammer (7.26kg)		Perf	Pts	Letter		Perf	Pts	
1A	D	Ben ROBERTS	Deeside	34.71	16	1B	WW Steve SPIRES	Wrexham	15.98	DNS
2A	W	Ian BEETSON	Wrexham	33.14	14					
3A	V	Steve OROSZ	Llanelli	29.81	12					

4:15 PM

League Record

Jonathan Clarke, , 65.76, 1988

STD

29.70

	Letter	Javelin (800g)		Perf	Pts	Letter		Perf	Pts	
1A	B	Steven WINTER	Brecon	52.20	16	1B	RR Josh MADDEN U17	Carmarthen	48.35	8
2A	R	Michael JOHN U20	Carmarthen	51.94	14	2B	DD James HOOPERT	Deeside	30.26	7
3A	W	Neil EDWARDS	Wrexham	44.52	12					
4A	D	Ben ROBERTS	Deeside	37.41	10					
5A	A	Joshua WILLIAMS U17	Aberdare	36.38	8					
6A	G	Ivor EVANS	Cwmbran	23.69	DNS					