

Cymdeithas Athletau Ysgolion
Uwchradd Ceredigion

Mabolgampau'r Sir/County Athletics Meeting

Trac Johnstown Caerfyrddin/Carmarthen

(TRWY GANIATAD CAREDIG/WITH KIND PERMISSION)

2019

I DDECHRAU AM 10:30 O'R GLOCH/TO START AT 10:30 A.M.

SWYDDOGION/OFFICIALS

TRACK: Emlyn and Aberaeron

RECORDING: Tregaron

ANNOUNCER: Tregaron

STARTER: Mr. Llyr Thomas

SHOT: Bro Pedr

DISCUS: Bro Teifi

JAVELIN: Aberteifi

HIGH JUMP: Penweddig

LONG JUMP: Penglais – TJ & LJ

TRIPLE JUMP: Penglais

LLYTHRENAU'R YSGOLION/ SCHOOL LETTERS

A – Aberaeron

C – Aberteifi/Cardigan

**E – Castellnewydd Emlyn/
Newcastle Emlyn**

G – Bro Pedr

H – Bro Teifi

N – Penweddig

P – Penglais

T – Tregaron

FE – Coleg Addysg Bellach/Further Education College

Rules/rheolau

1. **The Competition runs under A.A.A. laws.**
2. **Each competitor must have his school letter clearly marked on the front and back of his/her vest.**
3. **Each school is allowed one competitor per event and each competitor may only compete in his/her age group.**
4. **A competitor may compete in any 3 events and relay.**
5. **Heats:** **In order to qualify for the final, the first place in each place in each heat and the next two fastest times will be taken. Competitors in heats are warned to remain at the finishing line until both heats are over. Finalists will be given slips from the judges which they must produce at the start of the final.**
6. **In both heats and finals competitors must report to the chief judge at the end of their race, for the first six races count.**
7. **Any competitor wilfully jostling or running across another competitor will be disqualified.**
8. **Field events will be decided with three trials per competitor.**
9. **Competitors only are allowed in dressing rooms.**
10. **No spiked shoes to be worn indoors.**
*** NO SPKIES LONGER THAN 6mm TO BE WORN AT ALL FOR ANY TRACK AND FIELD EVENT.**
11. **In the interest of safety, spectators to keep away from the centre of the arena.**
12. **If competitors are competing in a track and field event at the same time, they are asked to send their name to the field event judge and proceed to run in their track event. NO track event will be delayed for any late-comer.**

Amserlen y Trac/Track Timetable

10:30	200m	Finals	7 GIRLS
	200m	Finals	7 BOYS
	200m	Finals	8 GIRLS
	200m	Finals	8 BOYS
	200m	Finals	9 GIRLS
	200m	Finals	9 BOYS
	200m	Finals	10/11 GIRLS
	200m	Finals	10/11 BOYS
	200m	Finals	12/13 GIRLS
	200m	Finals	12/13 BOYS
11:15	300M	Finals	8 GIRLS
	300m	Finals	8 BOYS
	300m	Finals	9 GIRLS
	300m	Finals	9 BOYS
	300m	Finals	10/11 GIRLS
11:45	400m	Finals	10/11 BOYS
	400m	Finals	12/13 GIRLS
	400m	Finals	12/13 BOYS
12:00	1500m	Steeplechase	10/11 BOYS
12:10	2000m	Steeplechase	12/13 BOYS
12:20	1500m	Finals	7 GIRLS
	1500m	Finals	7 BOYS
	1500m	Finals	8 GIRLS
	1500m	Finals	8 BOYS
	1500m	Finals	9 GIRLS
	1500m	Finals	9 BOYS
	1500m	Finals	10/11 GIRLS
	1500m	Finals	10/11 BOYS
	1500m	Finals	12/13 GIRLS
	1500m	Finals	12/13 BOYS
1:30	100m	Finals	7 GIRLS
	100m	Finals	7 BOYS
	100m	Finals	8 GIRLS

	100m	Finals	8 BOYS
	100m	Finals	9 GIRLS
	100m	Finals	9 BOYS
	100m	Finals	10/11 GIRLS
	100m	Finals	10/11 BOYS
	100m	Finals	12/13 GIRLS
	100m	Finals	12/13 BOYS
2:00	800m	Finals	7 GIRLS
	800m	Finals	7 BOYS
	800m	Finals	8 GIRLS
	800m	Finals	8 BOYS
	800m	Finals	9 GIRLS
	800m	Finals	9 BOYS
	800m	Finals	10/11 GIRLS
	800m	Finals	10/11 BOYS
	800m	Finals	12/13 GIRLS
	800m	Finals	12/13 BOYS
2.40	70m	Hurdle Finals	7 GIRLS
	75m	Hurdle Finals	7 BOYS
	75m	Hurdle Finals	8 GIRLS
	75m	Hurdle Finals	9 GIRLS
	80m	Hurdle Finals	10/11 GIRLS
	80m	Hurdle Finals	8 BOYS
	80m	Hurdle Finals	9 BOYS
	100m	Hurdle Finals	12/13 GIRLS
	100m	Hurdle Finals	10/11 BOYS
	100m	Hurdle Finals	12/13 BOYS
3:30	3000m	Finals	10/11 GIRLS
	3000m	Finals	10/11 BOYS
	3000m	Finals	12/13 GIRLS
	3000m	Finals	12/13 BOYS

4:00

**CYFLWYNO TARIAN GOFFA NON TAYLOR/
PRESENTATION OF THE NON TAYLOR AWARD.**

4:05

Relay Finals

7 GIRLS

Relay Finals

7 BOYS

Relay Finals

8 GIRLS

Relay Finals

8 BOYS

Relay Finals

9 GIRLS

Relay Finals

9 BOYS

Relay Finals

10/11 GIRLS

Relay Finals

10/11 BOYS

Relay Finals

12/13 GIRLS

Relay Finals

12/13 BOYS

JUMPS

TIME	HIGH JUMP	LONG JUMP	TRIPLE JUMP
10:30	BOYS 9	BOYS 7	BOYS 12/13
11:00	GIRLS 9	GIRLS 12/13	BOYS 10/11
11:30	BOYS 7	BOYS 12/3	GIRLS 12/13
12:00	GIRLS 7	GIRLS 9	BOYS 9
12:30	BOYS 8	GIRLS 7	GIRLS 10/11
1:00	GIRLS 8	GIRLS 10/11	GIRLS 9
1:30	BOYS 12/13	BOYS 9	
2:00	GIRLS 12/13	BOYS 10/11	
2:30	BOYS 10/11	GIRLS 8	
3:00	GIRLS 10/11	BOYS 8	

THROWS

TIME	SHOT	DISCUS	JAVELIN
10:30	GIRLS 10/11	BOYS 10/11	GIRLS 7
11:00	BOYS 9	GIRLS 8	BOYS 12/13
11:30	GIRLS 7	GIRLS 12/13	GIRLS 9
12:00	GIRLS 12/13	GIRLS 9	BOYS 9
12:30	BOYS 10/11	BOYS 9	GIRLS 8
1:00	BOYS 8	GIRLS 10/11	BOYS 10/11
1:30	GIRLS 8	BOYS 8	BOYS 8
2:00	BOYS 7	BOYS 7	BOYS 7
2:30	BOYS 12/12	BOYS 12/13	GIRLS 10/11
3:00	GIRLS 9		GIRLS 12/13

ENNILLYDD GWOBR GOFFA NON TAYLOR

- 2003 CATRIN VAUGHAN - PENWEDDIG
- 2004 CATRIN VAUGHAN - PENWEDDIG
- 2005 HANNAH THOMAS - LLANBED
- 2006 GEMMA CONWAY - EMLYN
- 2007 LIAM JONES - PENWEDDIG
- 2008 PAUL BENNET & LIAM JONES - PENGLAIS
- 2009 PAUL BENNETT - PENGLAIS
- 2010 ALICE COWDY - PENWEDDIG
- 2011 CONNOR CHAMBERS - EMLYN & ALICE COWDY - PENWEDDIG
- 2012 CONNOR CHAMBERS, OLIVER BUTTERWORTH, SAM BLEACH - EMLYN
AMELIA GLOVER - ABERTEIFI, MEGAN ROWE - PENGLAIS,
ALICE COWDY - PENWEDDIG
- 2013 ALICE COWDY-PENWEDDIG, SAM BLEACH-EMLYN, MEGAN ROWE - PENGLAIS, EMILY THOMAS - PENGLAIS
- 2014 TRINITY HANCOCK-ABERAERON OWEN JONES-ABERAERON CAITLIN PAGE- BRO PEDR TOM SAYWER- BRO PEDR
- 2015-SIAN DAVIES - ABERAERON
- 2016- LILI CHURCH-ABERAERON
- 2017- LILI CHURCH ABERAERON, ELLIE TROMAN-BRO TEIFI
- 2018-BECA ROBERTS, BRO PEDR.

CEREDIGION ATHLETICS RECORDS 2006

7 GIRLS

100m	13.3	ALICE COWDY	N	2010
200m	28.26	ALICE COWDY	N	2010
800m	2.32.5	YVONNE EVANS	A	1990
1500m	5.03.80	LUCY THOMAS	N	1997
75m Hurdles	12.76	SIONED REES	G	1996
Relay	58.2		A	1989
High Jump	1.38m	H JONES	P	1976
Long Jump	4.64m	S JONES	A	1973
Shot	7.86m	S THOMAS	A	
Javelin	27.40m	CORDELIA WALKER	ABERAERON	2018

8 GIRLS

100m	12.6	HANNAH THOMAS	G	2003
200m	26.69	HANNAH THOMAS	G	2003
300M	46.68	ELLIE TROMAN	DT	2016
800m	2.22.0	LUCY THOMAS	N	1998
1500m	5.06.77	HELEDD GRUFFYDD	N	1991
75m Hurdles	12.10	C HLOE FOX	CNE	2015
Relay	56.1		A	1990
High Jump	1.52m	LILI CHURCH	AERON	2016
Long Jump	4.57m	REBECCA GATEHOUSE	A	2003
Shot	8.34m	CATRIN VAUGHAN	N	2003
Javelin	26.22m	HANNAH TAYLOR	ABERTEIFI	2014
Discus	21.19m	ROBBYN WILMOTT	E	2009

9 GIRLS

100m	12.26	HANNAH THOMAS	G	2004
200m	26.65	HANNAH THOMAS	G	2004
300M	44.50	ELLIE TROMANS	B TEIFI	2017
800m	2.22.4	LUCY THOMAS	N	1999
1500m	4.52.75	HELEDD GRUFFYDD	N	1993
75m	12.2	CATRIN VAUGHAN	A	1990
Relay	53.4		A	1980
High Jump	1.55m	LILY CHURCH	AERON	2017
Long Jump	4.85m	S DAVIES	N	1980
Shot	9.85m	D LAWS	T	1976
Javelin	27.57	R JAMES	N	2004
Discus	24.21m	D LAWS	T	1976

10/11 GIRLS

100m	12.3	HANNAH THOMAS	G	2005
200m	26.2	HANNAH THOMAS	G	2005
300m	43.84	CAITLIN PAGE	G	2014
400m	61.0	G JONES	A	1981
800m	2.24.0	LUCY THOMAS	A	2000
1500m	4.59.2	RACHAEL MARFLEET	A	2005
3000m	11.30.06	CLARE PECK	E	1995
80m Hurdles	12.1	REBECCA GATEHOUSE	A	2005
300m Hurdles	49.5	MARI P JONES	A	1990
400m Hurdles	66.5	A EVANS	C	1983
Relay	52.9		C	1983
High Jump	1.55m	LILI CHURCH	ABERAERON	2018
Long Jump	5.04m	LINDA CROFT	A	1973
Triple Jump	10.66	BECA ROBERTS	BRO PEDR	2018
Shot	10.13m	D LAWS	A	1977
Javelin	29.62m	CAROLINE DAVIES	H	
Discus	31.16m	A MORGAN	N	1983

12/13 GIRLS

100m	12.5	R TILSON	H	1977
200m	26.2	R. TILSON	H	1977
400m	60.56	KAY VOBÉ	A	1992
800m	2.31.0	J WILLIAMS	P	1987
1500m	5.21.02	ANGELA ABBOTT	A	1991
3000m	10.48.5	J WILLIAMS	A	1987
100m Hurdles	13.4	R DAVIES/S JONES	A/G	1970/1974
400m Hurdles	66.2	MARI P JONES	A	1991
Relay	53.2		ARDWYN	1963
High Jump	1.52m	GEMMA CONWAY	E	2005
Long Jump	5.23m	R TILSON	H	1977
Triple Jump	9.76m	GEMMA CONWAY	E	2006
Shot	9.51m	SHEENAH MCAVITY	G	2002
Javelin	30.03m	V DAVIES	ARDWYN	1969
Discus	31.16m	H JONES	H	1982

7 BOYS

100m	12.4	JACK WILLIMAS	BP	2014
200m	27.0	RICHARD BARKER	T	1998
800m	2.29.9	MATTHEW STAPLETON	E	1992
1500m	5.04.9	SION LEWIS	H	1994
75m Hurdles	12.9	DERWYN OWEN	N	1987
Relay	56.6		A	1980
High Jump	1.44m	SAM MIDDLETON	N	2002
Long Jump	4.80	GARETH GITTINS	C	1993
Triple Jump	9.35m	SAM MARTIN	E	1992
Shot	10.44	GARETH GITTINS	P	1993
Javelin		28.18m AARON WILMOTT	E	2007
Pole Vault	1.82m	MEURIG AP HYWEL	T	1980

8 BOYS

100m	11.88	LIAM JONES	N	2007
200m	24.0	DERWYN OWEN	N	1988
300m	42.37	TOM RAINSBURY	H	1993
400m	58.4	ANDREW DRAKLEY	P	2006
800m	2.18.7	LIAM JONES	Np	2007
1500m	4.50.5	CHARLES HARVEY	A	1998
80m Hurdles	12.6	ANTOINE WOODMAN	E	2005
Relay	51.1		E	2005
High Jump	1.57m	KUBA BORYZMA	PG	2016
Long Jump	5.33	OWEN GAWTHORPE	A	2010
Triple Jump	10.56m	E DAVIES	C	1983
Shot	11.90m	SIMON COLE	P	1997
Javelin	37.32m	SAM BLEACH	E	2011
Discus	27.14	STEVEN THOMAS	G	1995
Pole Vault	1.64m	P WILKINSON	G	1982

9 BOYS

100m	11.5	DAFYDD GRFFITHS	DT	2015
200m	23.7	G JENKINS	ARDWYN	1973
300m	40.8	TIM MOAKES	N	2002
400m	54.36	LIAM JONES	N	2008
800m	2.10.0	D HUGHES	ARDWYN	1968
1500m	4.33.3	CHARLES HARVEY	A	1999
80m Hurdles	12.1	JOHN LIMB	C	2007
Relay	48.6		A	1980
High Jump	1.71m	THOMAS SAWYER	G	2014
Long Jump	5.52m	DERWYN OWEN	N	1989
Triple Jump	11.94m	S ENTWHISTLE	C	1969
Shot	12.35m	SIMON COLE	P	1998
Javelin	46.08m	MARK EVANS	N	2005
Discus	35.57m	JOE WORREL	CNE	2015
Pole Vault	2.49m	D WILLIAMS	C	1980

10/11 BOYS

100m	10.99	MATTHEW JONES	A	1999
200m	22.14	PAUL BENNETT	P	2009
400m	52.6	PAUL BENNETT	P	2009
800m	2.00.85	MATTHEW MCHUGH	E	1993
1500m	4.19.3	G DAVIES	ARDWYN	1973
1500m Stchase	4.36.8	LEE LAD	C	2004
3000m	9.10.32	LEE LAD	C	2004
100m Hurdles	13.7	T LEWIS	A	1977
400m Hurdles	59.90	I BEBB	P	1987
Relay	47.3		A/C	1964/1981
High Jump	1.80m	B WILLIAMS	C	1968
Long Jump	6.01m	NICK THOMPSON	E	2000
Triple Jump	13.15m	DAVID WOOD	T	1978
Shot	12.56m	L HARRIES	P	1982
Javelin	50.56m	M JONES	C	1975
Discus	39.77m	ANDREW SHERWOOD	E	1999
Pole Vault	2.87m	K JAMES	C	1969

12/13 BOYS

100m	11.1	OWAIN WRIGHT/MATTHEW STAPLETON	E	2000/2003
200m	22.46	PAUL BENNETT	P	2010
400m	52.3	B WILLIAMS	C	1969
800m	1.57.4	F THOMAS	ARDWYN	1968
1500m	4.02.3	C LOOSELY	ARDWYN	1964
3000m	9.09.7	ANDRES JONES	A	1994
2000m Stchase	5.39.5	L JONES	A	1975
110m Hurdles	14.95	T LEWIS	A	1978
400m Hurdles	59.5	R SHERMAN	P	1977
Relay	45.6		ARDWYN	1965
High Jump	1.88m	MEIRION THOMAS	H	1997
Long Jump	6.59	DAVID WOOD	T	1980
Triple Jump	13.81m	DAVID WOOD	T	1980
Javelin	50.16m	JOSH TURNBULL	E	2005
Shot	12.46m	L JONES	H	1968
Discus	37.50m	I REES	A	1977
Pole Vault	3.13m	I JONES	ARDWYN	1970