

Welsh Athletics

40th Indoor Track & Field Championships 2016
National Indoor Athletics Centre
Cyncoed, Cardiff
16th & 17th January



WELSH ATHLETICS
ATHLETAU CYMRU

T49-U13B 60m Final

16 January 2016

Welsh Record - Sion ROBERTS, Wrexham AAC, 7.95, Manchester, 2010

CBP - Sion ROBERTS, 8.08, Wrexham AAC 2010

2015 Welsh Champion - Luca LOGUE-FONSECA 8.76 Cardiff AAC

Pos	Bib	Athlete	Club	Final		Coach(es)
				Perf		
1	179	Sam PETHERBRIDGE	Swansea Harriers	8.38		Colin DAVies
2	175	Evan JONES	Bridgend AC	8.47		Jeff Roberts
3	182	Finley SAVAGE	Deeside AAC	8.62		Caroline Sayer
4	168	James HARKIN	Cardiff Archers	8.68		
5	176	Luca LOGUE-FONSECA	Cardiff AAC	8.71		Helen James
6	164	James CREWE	Cwmbran Harriers	8.72		
7	170	Morgan HUBBARDE	Bridgend AC	8.76		Geoff Roberts
8	185	Zak WALL	Cardiff Archers	8.82		

T24-U13B 60m Semi Final

16 January 2016

Welsh Record - Sion ROBERTS, Wrexham AAC, 7.95, Manchester, 2010

CBP - Sion ROBERTS, 8.08, Wrexham AAC 2010

2015 Welsh Champion - Luca LOGUE-FONSECA 8.76 Cardiff AAC

Pos	Bib	Athlete	Club	Heat 1			Coach(es)
				Perf	Qual		
1	179	Sam PETHERBRIDGE	Swansea Harriers	8.52	Q		Colin DAVies
2	182	Finley SAVAGE	Deeside AAC	8.60	Q	PB	Caroline Sayer
3	176	Luca LOGUE-FONSECA	Cardiff AAC	8.70	Q	PB	Helen James
4	174	Harvey JAMES	Swansea Harriers	8.91			Andrew Jenkins
5	184	Ben VINCENT	Cardiff AAC	8.94			Helen James/ AJ Mohsin
6	167	Morgan HALL	Cwmbran Harriers	8.99			Andy Williams
7	177	Sean MCLOUGHLIN	Barry & Vale Harriers	9.26			
DNS	180	Thomas REID	Cardiff AAC				Gwyn Jones / Garry Jones

Pos	Bib	Athlete	Club	Heat 2			Coach(es)
				Perf	Qual		
1	175	Evan JONES	Bridgend AC	8.47	Q	PB	Jeff Roberts
2	170	Morgan HUBBARDE	Bridgend AC	8.58	Q	PB	Geoff Roberts
3	164	James CREWE	Cwmbran Harriers	8.61	Q		
4	168	James HARKIN	Cardiff Archers	8.64	q		Emma Lyons
5	185	Zak WALL	Cardiff Archers	8.80	q		Emma Lyons
6	169	Mason HEAL	Blaenau Gwent AC	9.05		PB	Dean Turner
7	163	Tomos BROAD	Bridgend AC	9.13			Jeff Roberts
DNS	186	Evan WILLIS	Swansea Harriers				Andrew Jenkins

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WELSH ATHLETICS
ATHLETAU CYMRU

T14-U13B 60m Heat

16 January 2016

Welsh Record - Sion ROBERTS, Wrexham AAC, 7.95, Manchester, 2010

CBP - Sion ROBERTS, 8.08, Wrexham AAC 2010

2015 Welsh Champion - Luca LOGUE-FONSECA 8.76 Cardiff AAC

							Heat 1			Coach(es)
Pos	Bib	Athlete	Club	Perf	O/ALL					
1	179	Sam PETHERBRIDGE	Swansea Harriers	8.46	Q	PB			Colin DAVies	
2	182	Finley SAVAGE	Deeside AAC	8.50	Q	PB			Caroline Sayer	
3	163	Tomos BROAD	Bridgend AC	8.94	Q				Jeff Roberts	
4	165	Patrick DEVENEY-BILLINGE	Brecon AC	9.18					Charlie Northey	
5	173	Lewis JACOBS	Rhondda AC	9.25		PB				
6	181	Kieran RODWAY	Rhymney Valley AC	10.37		PB				
DNS	188	Lewis BROAD	Swansea Harriers							
							Heat 2			Coach(es)
Pos	Bib	Athlete	Club	Perf	O/ALL					
1	175	Evan JONES	Bridgend AC	8.47	Q	PB			Jeff Roberts	
2	174	Harvey JAMES	Swansea Harriers	8.79	Q	PB			Andrew Jenkins	
3	185	Zak WALL	Cardiff Archers	8.79	Q				Emma Lyons	
4	167	Morgan HALL	Cwmbran Harriers	8.92					Andy Williams	
5	180	Thomas REID	Cardiff AAC	9.16		PB				
6	161	Ewan BAILEY	Bridgend AC	9.41						
7	171	Ben HUGHES	Cardiff AAC	9.66						
							Heat 3			Coach(es)
Pos	Bib	Athlete	Club	Perf	O/ALL					
1	176	Luca LOGUE-FONSECA	Cardiff AAC	8.64	Q	PB			Helen James	
2	170	Morgan HUBBARDE	Bridgend AC	8.68	Q	PB			Geoff Roberts	
3	177	Sean MCLOUGHLIN	Barry & Vale Harriers	9.17	Q					
4	183	Benjamin SULLIVAN	Swansea Harriers	10.13		PB			Andrew Jenkins	
5	172	Ethan ISAAC	Cardiff Archers	10.29		PB				
DNS	160	Toks AKANBI-MORTIMER	Rhymney Valley AC							
DNS	106	Ben PETHERBRIDGE	Swansea Harriers							
							Heat 4			Coach(es)
Pos	Bib	Athlete	Club	Perf	O/ALL					
1	164	James CREWE	Cwmbran Harriers	8.61	Q					
2	168	James HARKIN	Cardiff Archers	8.62	Q				Emma Lyons	
3	184	Ben VINCENT	Cardiff AAC	8.68	Q	PB			Helen James/ AJ Mohsin	
4	169	Mason HEAL	Blaenau Gwent AC	9.02		PB			Dean Turner	
5	186	Evan WILLIS	Swansea Harriers	9.11		PB				
DNS	162	Harry BEDDALL	Cardiff Archers							

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WELSH ATHLETICS
ATHLETAU CYMRU

T08-U13B 800m Time Trials

16 January 2016

Welsh Record - Jacob REYNOLDS, Cardiff AAC, 2:20.52, NIAC, Cardiff, 2016

CBP - Scott EDWARDS, 2:22.04, Derby AC 2007

2015 Welsh Champion - Benjamin REYNOLDS 2:22.76 Cardiff Archers

						Heat 1		
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)		
1	165	Patrick DEVENEY-BILLINGE	Brecon AC	2:43.63	7	Charlie Northey		
2	171	Ben HUGHES	Cardiff AAC	2:45.73	9			
3	183	Benjamin SULLIVAN	Swansea Harriers	2:46.39	12	Andrew Jenkins		
4	370	Oliver HUMPHREYS	Newport Harriers	2:46.88	13	Darryn McAtee		
5	181	Kieran RODWAY	Rhymney Valley AC	2:50.92	14			
6	371	Isaac JONES	Newport Harriers	2:56.27	15			
						Heat 2		
Pos	Bib	Athlete	Club	Perf		Coach(es)		
1	373	Jacob REYNOLDS	Cardiff AAC	2:22.33	1	Arwyn Davies		
2	298	Charlie HOLLAND	Swansea Harriers	2:29.44	2	Colin Davies		
3	368	Ryan EDWARDS	Cardiff AAC	2:29.53	3	Phil Banning		
4	372	Lloyd JONES	Cardiff AAC	2:30.26	4	Sean Price		
5	299	Fraser KING	Cardiff Archers	2:37.50	5			
6	367	Rhys BLOW	Cardiff AAC	2:40.71	6			
						Heat 3		
Pos	Bib	Athlete	Club	Perf		Coach(es)		
1	188	Lewis BROAD	Swansea Harriers	2:45.62	8	Andrew Jenkins		
2	180	Thomas REID	Cardiff AAC	2:45.94	10	Gwyn Jones / Garry Jones		
3	366	Tom BLAKE	Swansea Harriers	2:46.19	11	Andrew Jenkins		

Medallists

1	373	Jacob REYNOLDS	Cardiff AAC	2:22.33
2	298	Charlie HOLLAND	Swansea Harriers	2:29.44
3	368	Ryan EDWARDS	Cardiff AAC	2:29.53

T07-U13B 60m Hurdles (76.2cm) Straight Final

16 January 2016

Welsh Record - Daniel MURATHODZIC, Cardiff Archers, 9.62, NIAC, Cardiff, 2014

CBP - Daniel MURATHODZIC, 9.62, Cardiff Archers 2014

2015 Welsh Champion - Immanuel FEYI WABOSO 9.67 Cardiff Archers

						Final		
Pos	Bib	Athlete	Club	Perf		Coach(es)		
1	179	Sam PETHERBRIDGE	Swansea Harriers	10.14	PB	Colin Davies		
2	174	Harvey JAMES	Swansea Harriers	10.76	PB	Andrew Jenkins		
3	251	Jamie ZYGADLO	Pembrokeshire Harriers	10.96	PB	Nigel Rowland		
4	177	Sean MCLOUGHLIN	Barry & Vale Harriers	11.69	PB			
5	164	James CREWE	Cwmbran Harriers	11.73	PB			
6	167	Morgan HALL	Cwmbran Harriers	11.92	PB	Andy Williams		
7	160	Toks AKANBI-MORTIMER	Rhymney Valley AC	12.44	PB			
8	172	Ethan ISAAC	Cardiff Archers	12.67	PB			

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WELSH ATHLETICS
ATHLETAU CYMRU

Saturday-16

F08-U13B Long Jump

Welsh Record - Daniel MURATHODZIC, Cardiff Archers, 5.02, NIAC, Cardiff, 2013

CBP - Kierran COOPER, 4.92, Wrexham AAC 2008

2015 Welsh Champion - Immanuel FEYI WABOSO 4.40 Cardiff Archers

Pos	Bib	Athlete	Club	Perf	Coach(es)
1	184	Ben VINCENT	Cardiff AAC	4.78	Helen James/ AJ Mohsin
2	168	James HARKIN	Cardiff Archers	4.62	Emma Lyons
3	299	Fraser KING	Cardiff Archers	4.55	Emma Lyons
4	182	Finley SAVAGE	Deeside AAC	4.37	Caroline Sayer
5	175	Evan JONES	Bridgend AC	4.22	Jeff Roberts
6	179	Sam PETHERBRIDGE	Swansea Harriers	4.22	Colin Davies
7	169	Mason HEAL	Blaenau Gwent AC	4.14	Dean Turner
8	176	Luca LOGUE-FONSECA	Cardiff AAC	4.06	Helen James
9	177	Sean MCLOUGHLIN	Barry & Vale Harriers	3.96	
10	251	Jamie ZYGADLO	Pembrokeshire Harriers	3.61	Nigel Rowland
11	188	Lewis BROAD	Swansea Harriers	3.56	Andrew Jenkins
12	167	Morgan HALL	Cwmbran Harriers	3.52	Andy Williams
13	161	Ewan BAILEY	Bridgend AC	3.49	Jeff Roberts
14	186	Evan WILLIS	Swansea Harriers	3.29	Andrew Jenkins
15	165	Patrick DEVENEY-BILLINGE	Brecon AC	3.21	Charlie Northey
16	164	James CREWE	Cwmbran Harriers	3.04	
17	181	Kieran RODWAY	Rhymney Valley AC	3.03	Bleddyn Jones
18	183	Benjamin SULLIVAN	Swansea Harriers	2.82	Andrew Jenkins
19	520	William TROTT	Swansea Harriers	DNS	Jane Hosgood
20	170	Morgan HUBBARDE	Bridgend AC	DNS	Geoff Roberts
21	160	Toks AKANBI-MORTIMER	Rhymney Valley AC	DNS	
22	162	Harry BEDDALL	Cardiff Archers	DNS	

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WELSH ATHLETICS
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T50-U13G 60m Final

16 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 8.2(HT)/8.23(ET), Swansea , 2009/2010

CBP - Hannah BRIER, 8.23, Swansea Harriers 2010

2015 Welsh Champion - Sacha DIDCOTE 8.51 Colwyn Bay AC

					Final		
Pos	Bib	Athlete	Club	Perf	Coach(es)		
1	203	Chloe GRIFFITH	Menai T&F	8.47	Alwyn Roberts		
2	211	Holly MEDINA	Cardiff AAC	8.54	Pete Lane		
3	210	Maddy JONES	Cardiff AAC	8.60	Helen James		
4	192	Emily COLLINS	Swansea Harriers	8.74			
5	196	Gabby DICKINSON	Cardiff Archers	8.85	Phil Warwicker		
6	201	Maisy FOLEY	Pembrokeshire Harriers	8.91	Richard Thomas/ Nigel Rowlands		
7	215	Victoria OWEN	Cardiff Archers	8.94			
8	194	Jodi DAVIES	Bridgend AC	8.97	Jeff Roberts		

T25-U13G 60m Semi Final

16 January 2016

					Heat 1		
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)	
1	203	Chloe GRIFFITH	Menai T&F	8.55	Q PB	Alwyn Roberts	
2	210	Maddy JONES	Cardiff AAC	8.75	Q PB	Helen James	
3	201	Maisy FOLEY	Pembrokeshire Harriers	8.83	Q PB	Richard Thomas/ Nigel Rowlands	
4	215	Victoria OWEN	Cardiff Archers	8.86	q PB		
5	194	Jodi DAVIES	Bridgend AC	8.90	q PB	Jeff Roberts	
6	221	Ella WINTLE	Pembrokeshire Harriers	9.10	PB		
7	198	Seren DOWELL	Cardiff Archers	9.14	PB	Phil Warwicker	
8	204	Lauren GUNNEY	Cardiff Archers	9.27	PB		

					Heat 2		
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)	
1	211	Holly MEDINA	Cardiff AAC	8.63	Q PB	Pete Lane	
2	192	Emily COLLINS	Swansea Harriers	8.69	Q PB		
3	196	Gabby DICKINSON	Cardiff Archers	8.77	Q PB	Phil Warwicker	
4	208	Erika JARRETT	Newport Harriers	8.92	PB	Kevin Williams/Cliff Webb	
5	220	Olivia SUGARMAN	Cardiff AAC	9.02	PB	Gwyn Jones / Garry Jones	
6	207	Ellie-Rose ISAAC	Cardiff Archers	9.05	PB	Phil Warwicker	
7	212	Jessica MILLER	Swansea Harriers	9.16	PB	Andrew Jenkins	
8	195	Eve DENMAN	Cardiff Archers	9.19	PB		

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WELSH ATHLETICS
ATHLETAU CYMRU

T15-U13G 60m Heat

16 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 8.2(HT)/8.23(ET), Swansea , 2009/2010

CBP - Hannah BRIER, 8.23, Swansea Harriers 2010

2015 Welsh Champion - Sacha DIDCOTE 8.51 Colwyn Bay AC

						Heat 1		
Pos	Bib	Athlete	Club	Perf	O/ALL		Coach(es)	
1	192	Emily COLLINS	Swansea Harriers	8.67	Q			
2	196	Gabby DICKINSON	Cardiff Archers	8.84	Q		Phil Warwicker	
3	207	Ellie-Rose ISAAC	Cardiff Archers	9.04	Q		Phil Warwicker	
4	212	Jessica MILLER	Swansea Harriers	9.24	q		Andrew Jenkins	
5	199	Naomi DUNNING	Cwmbran Harriers	9.35			Andy Williams	
6	217	Jemima ROBINSON	Cardiff AAC	9.43			Gwyn Jones / Garry Jones	
7	189	Libby ANDREWS	Cardiff AAC	9.59			Gwyn Jones / Garry Jones	
						Heat 2		
Pos	Bib	Athlete	Club	Perf	O/ALL		Coach(es)	
1	211	Holly MEDINA	Cardiff AAC	8.75	Q		Pete Lane	
2	194	Jodi DAVIES	Bridgend AC	8.96	Q		Jeff Roberts	
3	220	Olivia SUGARMAN	Cardiff AAC	9.01	Q		Gwyn Jones / Garry Jones	
4	195	Eve DENMAN	Cardiff Archers	9.27	q			
5	204	Lauren GUNNEY	Cardiff Archers	9.29	q			
6	214	Amy MULLEN	Llanelli AC	9.74				
7	190	Mollie BANNER	Rhondda AC	10.57				
						Heat 3		
Pos	Bib	Athlete	Club	Perf	O/ALL		Coach(es)	
1	215	Victoria OWEN	Cardiff Archers	8.89	Q			
2	208	Erika JARRETT	Newport Harriers	8.93	Q		Kevin Williams/Cliff Webb	
3	201	Maisy FOLEY	Pembrokeshire Harriers	8.93	Q		Richard Thomas/ Nigel Rowlands	
4	198	Seren DOWELL	Cardiff Archers	9.09	q		Phil Warwicker	
5	213	Isabel MORGAN	Cardiff Archers	9.83			Rebecca Chapman	
6	200	Georgina EDWARDS	Cardiff AAC	9.90			Huw Phillips	
						Heat 4		
Pos	Bib	Athlete	Club	Perf	O/ALL		Coach(es)	
1	203	Chloe GRIFFITH	Menai T&F	8.56	Q		Alwyn Roberts	
2	210	Maddy JONES	Cardiff AAC	8.81	Q		Helen James	
3	221	Ella WINTLE	Pembrokeshire Harriers	9.08	Q			
4	209	Charlotte JONES	Cwmbran Harriers	9.33				
5	205	Jasmine HALE	Neath Harriers	9.63				
6	191	Charlotte COLLINS	Swansea Harriers	10.88				

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WELSH ATHLETICS
ATHLETAU CYMRU

T10-U13G 800m Time Trials

16 January 2016

Welsh Record - Lora ROBERTS, Bridgend AC, 2:24.99, NIAC, Cardiff, 2007

CBP - Lora ROBERTS, 2:24.99, Bridgend AC 2007

2015 Welsh Champion - Ella MORGAN 2:33.98 Aberdare VAAC

						Heat 1		
Pos	Bib	Athlete	Club	Perf	Qual		Coach(es)	
1	379	Samia JONES	Menai T&F	2:34.53	1		Steve Livett	
2	376	Kiera GRIFFITHS	Aberdare VAAC	2:46.27	4		Sean Price	
3	383	Moli WATTS	Cardiff Archers	2:49.52	7			
4	302	Erin DAVIES	Newport Harriers	3:21.70	11		Darryn McAtee	
DQ	385	Lily WILLIAMS	Newport Harriers				Rhianna Taylor	
DNS	190	Mollie BANNER	Rhondda AC					

						Heat 2		
Pos	Bib	Athlete	Club	Perf			Coach(es)	
1	384	Eden WILLIAMS	Cardiff Archers	2:35.55	2		Arwyn Davies	
2	377	Alanah HILL	Cardiff Archers	2:40.60	3		Paul Hill	
3	221	Ella WINTLE	Pembrokeshire Harriers	2:47.13	5			
4	378	Lili JONES	Cardiff AAC	2:48.37	6		Sean Price	
5	382	Sapphire SAMUEL	Newport Harriers	2:52.57	8		Darryn McAtee	
6	375	Elin GRIFFITHS	Newport Harriers	2:52.86	9		Darryn McAtee	
7	445	Katie GOULD	Cardiff AAC	3:17.38	10		Gwyn Jones / Garry Jones	

Medallist

1	379	Samia JONES	Menai T&F	2:34.53
2	384	Eden WILLIAMS	Cardiff Archers	2:35.55
3	377	Alanah HILL	Cardiff Archers	2:40.60

T38-U13G 60m Hurdles (68.5cm) Final

16 January 2016

Welsh Record - Rachel DAVIES/Sarah OMOREGIE, Bridgend AC/Pembrokeshire Harriers, 9.94(ET)/9.8(H)

CBP - Emma MARTIN, 10.03, Cardiff Archers 2014

2015 Welsh Champion - Elina DINEEN 10.33 Cardiff Archers

CBP

						Final		
Pos	Bib	Athlete	Club	Perf			Coach(es)	
1	252	Carys POOLE	Swansea Harriers	10.00			Andrew Griffiths	
2	207	Ellie-Rose ISAAC	Cardiff Archers	10.30			Phil Warwicker	
3	253	Evie WONG	Cardiff AAC	10.70			Huw Phillips	
4	192	Emily COLLINS	Swansea Harriers	10.80				
5	201	Maisy FOLEY	Pembrokeshire Harriers	11.00			Richard Thomas/ Nigel Rowlands	
6	204	Lauren GUNNEY	Cardiff Archers	11.10				
7	213	Isabel MORGAN	Cardiff Archers	11.30			Rebecca Chapman	
DQ	197	Elina DINEEN	Cardiff Archers				Phil Warwicker	

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WELSH ATHLETICS
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T09-U13G 60m Hurdles (68.5cm) heats

16 January 2016

						Heat 1
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	197	Elina DINEEN	Cardiff Archers	9.86	Q	Phil Warwicker
2	207	Ellie-Rose ISAAC	Cardiff Archers	10.23	Q	Phil Warwicker
3	201	Maisy FOLEY	Pembrokeshire Harriers	10.95	Q	Richard Thomas/ Nigel Rowlands
4	221	Ella WINTLE	Pembrokeshire Harriers	11.23		
5	214	Amy MULLEN	Llanelli AC	12.54		
6	205	Jasmine HALE	Neath Harriers	13.87		
						Heat 2
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	252	Carys POOLE	Swansea Harriers	10.00	Q	Andrew Griffiths
2	192	Emily COLLINS	Swansea Harriers	10.42	Q	
3	253	Evie WONG	Cardiff AAC	10.72	Q	Huw Phillips
4	204	Lauren GUNNEY	Cardiff Archers	11.02	q	
5	213	Isabel MORGAN	Cardiff Archers	11.14	q	Rebecca Chapman
6	217	Jemima ROBINSON	Cardiff AAC	12.74		Gwyn Jones / Garry Jones

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WELSH ATHLETICS
ATHLETAU CYMRU

Saturday-16

F01-U13G Shot Put (2.72kg)

Welsh Record - Adele NICOLL, Oswestry Olympians, 11.39, Manchester, 2009

CBP - Adele NICOLL, 10.32, Oswestry Olympians 2009

2015 Welsh Champion - Jamie HOLLAND 9.05 Swansea Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	309	Amy TUCKER	Llanelli AC	7.70	PB	
2	539	Neve BOWEN	Swansea Harriers	7.47	PB	Andrew Jenkins
3	198	Seren DOWELL	Cardiff Archers	6.20		Phil Warwicker
4	204	Lauren GUNNEY	Cardiff Archers	6.02		
4	199	Naomi DUNNING	Cwmbran Harriers	5.42	PB	Andy Williams
6	205	Jasmine HALE	Neath Harriers	5.04		
7	200	Georgina EDWARDS	Cardiff AAC	4.86		Huw Phillips
8	562	Lily AUSTIN	Cardiff Archers	4.74		Phil Warwicker
9	209	Charlotte JONES	Cwmbran Harriers	4.30	PB	
10	191	Charlotte COLLINS	Swansea Harriers	3.55	PB	

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WELSH ATHLETICS
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T44-U15B 60m Final

Sat 16 Jan 2016

Welsh Record - Andrew WATKINS, Pontypridd AC, 7.06, NIA, Birmingham, 2002

CBP - Andrew WATKINS, 7.20, Pontypridd AC 2002

2015 Welsh Champion - Ellis JOHN 7.33 Cardiff Archers

Pos	Bib	Athlete	Club	Final Perf	Coach(es)
1	102	Carrick MCDONOUGH	Blaenau Gwent AC	7.66	
2	110	Harvey REYNOLDS	Newport Harriers	7.73	Kevin Williams
3	107	Zach PRICE	Menai T&F	7.73	Barry Edwards
4	108	Joe PRITCHARD	Pembrokeshire Harriers	7.73	Richard Thomas
5	92	Cameron CIABURRI	Swansea Harriers	7.75	Andrew Jenkins
6	113	Carter STAPLES	Cardiff AAC	7.91	
7	93	Joseph COOPE-FRANKLIN	Cardiff AAC	7.95	Helen James
8	95	Euan DYKES	Brecon AC	8.09	

T19-U15B 60m Heat

Sat 16 Jan 2016

				Heat 1			
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)	
1	102	Carrick MCDONOUGH	Blaenau Gwent AC	7.66	Q		
2	110	Harvey REYNOLDS	Newport Harriers	7.73	Q	Kevin Williams	
3	107	Zach PRICE	Menai T&F	7.73	q	Barry Edwards	
4	108	Joe PRITCHARD	Pembrokeshire Harriers	7.73	q	Richard Thomas	
5	92	Cameron CIABURRI	Swansea Harriers	7.75		Andrew Jenkins	
6	113	Carter STAPLES	Cardiff AAC	7.91			
7	93	Joseph COOPE-FRANKLIN	Cardiff AAC	7.95		Helen James	
8	95	Euan DYKES	Brecon AC	8.09			
				Heat 2			
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)	
1	107	Zach PRICE	Menai T&F	7.71	Q	Barry Edwards	
2	110	Harvey REYNOLDS	Newport Harriers	7.79	Q	Kevin Williams	
3	113	Carter STAPLES	Cardiff AAC	7.89			
4	94	Scott DOWELL	Cardiff Archers	8.29		Phil Warwicker	
5	106	Ben PETHERBRIDGE	Swansea Harriers	8.38		Colin Davies	
6	101	Wiliam LLOYD	Pembrokeshire Harriers	8.44		Nigel Rowland	
7	104	Harry OWEN	Cardiff AAC	8.60		Pete Lane	
8	96	Jonathan GIBSON	Cardiff AAC	8.69		A J Moshin.	
				Heat 3			
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)	
1	102	Carrick MCDONOUGH	Blaenau Gwent AC	7.88	Q		
2	95	Euan DYKES	Brecon AC	8.06	Q		
3	105	Thomas PAYNE	Swansea Harriers	8.21			
4	573	Ben HENSON	Cardiff Archers	8.65			
5	98	Matt HUMPHREYS	Rhondda AC	8.72		Sean Price	
6	112	Toby ROBINSON	Newport Harriers	8.84		Sarah Priest	
7	111	Joseph RICHARDS	Swansea Harriers	8.85		Andrew Jenkins	
8	103	Patrick O'NEILL	Bridgend AC	8.94		Jeff Roberts	

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WELSH ATHLETICS
ATHLETAU CYMRU

T32-U15B 60m Hurdles (84.0cm) Straight Final

Sat 16 Jan 2016

Welsh Record - Harry HILLMAN, Cardiff AAC, 8.58, Glasgow, 2012

CBP - Harry HILLMAN, 8.58, Cardiff AAC 2013

2015 Welsh Champion - Thomas BRITT 9.35 Cardiff AAC

Pos	Bib	Athlete	Club	Final Perf	Coach(es)
1	237	Tyler COOK	Swansea Harriers	9.07	
2	101	Wiliam LLOYD	Pembrokeshire Harriers	9.73	Nigel Rowland
3	239	Rhidian JENKINS	Swansea Harriers	10.52	
4	240	Evan PENNY	Blaenau Gwent AC	11.40	Chris Davies
5	99	Iwan Pyrs JONES	Cardiff AAC	11.83	Gary Jones
6	112	Toby ROBINSON	Newport Harriers	11.95	Sarah Priest
7	238	Ben DAVIES	Newport Harriers	12.48	Darryn McAtee

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WELSH ATHLETICS
ATHLETAU CYMRU

Saturday-16

F03-U15B Pole Vault

Welsh Record - Stephen GUEST, Bridgend AC, 3.60, NIA, Birmingham, 2008

CBP - Stephen GUEST, 3.25, Bridgend AC 2008

2015 Welsh Champion - Ieuan HOSGOOD 2.85 Swansea Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	514	Mark MELLOR	Cardiff Archers	3.20	PB	Emma Lyons / Ed Thompson
2	100	Steffan JONES	Swansea Harriers	2.50	PB	Judith Gooding
3	520	William TROTT	Swansea Harriers	2.20	PB	Jane Hosgood
4	516	Iwan SLADE	Swansea Harriers	2.20	PB	
4	515	Lewis SAUNDERS	Cardiff Archers	1.95		Lewis Preece
6	483	Edward KING	Cardiff Archers	1.80	PB	Emma Lyons

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WELSH ATHLETICS
ATHLETAU CYMRU

T48-U15G 60m Final

16 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 7.74, NIA, Birmingham, 2012

CBP - Hannah BRIER, 7.77, Swansea Harriers 2012

2015 Welsh Champion - Moli JONES 7.99 Colwyn Bay AC

					Final	
Pos	Bib	Athlete	Club	Perf	Coach(es)	
1	157	Issie TUSTIN	Cardiff AAC	8.14	Jeff Harwood	
2	124	Sacha DIDCOTE	Colwyn Bay	8.23	phil jones	
3	156	Jennifer TOWNLEY	Colwyn Bay	8.23	Phil Jones	
4	123	Isabel DAVIES	Newport Harriers	8.27	Kevin Williams	
5	572	Michaela POTTINGER	Herne Hill Harriers	8.35		
6	147	Tegan RAWSTHORNE	Deeside AAC	8.38		
7	131	Caitlin HIER	Swansea Harriers	8.42	neil merry	
8	126	Holli EVANS	Swansea Harriers	8.46	Neil Merry	

T23-U15G 60m Semi Final

16 January 2016

					Heat 1	
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	157	Issie TUSTIN	Cardiff AAC	8.07	Q	Jeff Harwood
2	124	Sacha DIDCOTE	Colwyn Bay	8.26	Q	phil jones
3	572	Michaela POTTINGER	Herne Hill Harriers	8.45		
4	134	Emmanuella KONE	Cardiff AAC	8.64		Helen James
5	159	Anya WILLIAMS	Menai T&F	8.65		Alwyn Roberts
6	133	Ella HUBBARDE	Bridgend AC	8.96		Geoff Roberts
DNS	136	Caitlin LEGGETT	Cardiff AAC			Gwyn Jones / Garry Jones
DNS	150	Eos ROBERTS	Cardiff Archers			Phil Warwicker

					Heat 2	
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	131	Caitlin HIER	Swansea Harriers	8.38	Q	neil merry
2	147	Tegan RAWSTHORNE	Deeside AAC	8.41	Q	
3	126	Holli EVANS	Swansea Harriers	8.42	q	Neil Merry
4	148	Sophie REES-BYARD	Newport Harriers	8.49		Sarah Priest
5	138	Caitlyn MAPPS	Cardiff Archers	8.74		Phil Warwicker
6	151	Anais ROWLANDS	Cardiff AAC	8.77		Gwyn Jones / Garry Jones
7	139	Saffron MAURICE	Cardiff AAC	8.85		Gwyn Jones / Garry Jones
8	155	Lauren THOMAS	Neath Harriers	9.06		Tony John

					Heat 3	
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	123	Isabel DAVIES	Newport Harriers	8.28	Q	Kevin Williams
2	156	Jennifer TOWNLEY	Colwyn Bay	8.29	Q	Phil Jones
3	142	Danai MUGABE	Swansea Harriers	8.45	q	Andrew Jenkins
4	121	Emilie DAVIES	Blaenau Gwent AC	8.53		Steve Boyles
5	117	Paige BALLINGTON	Brecon AC	8.76		
6	129	Lily GASKIN	Cardiff AAC	8.77		Liz Davies
7	125	Hannah DIXON	Bridgend AC	8.82		Jason Quirke
8	143	Isobel OWEN	Cardiff AAC	8.89		A J Moshin.

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WELSH ATHLETICS
ATHLETAU CYMRU

T13-U15G 60m Heat

16 January 2016

Heat 1

Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	131	Caitlin HIER	Swansea Harriers	8.39	Q	neil merry
2	121	Emilie DAVIES	Blaenau Gwent AC	8.59	Q	Steve Boyles
3	117	Paige BALLINGTON	Brecon AC	8.68	Q	
4	151	Anais ROWLANDS	Cardiff AAC	8.81	Q	Gwyn Jones / Garry Jones
5	136	Caitlin LEGGETT	Cardiff AAC	8.97	q	
6	154	Grace THOMAS	Swansea Harriers	9.00		
7	120	India COLLINSON	Swansea Harriers	9.06		
8	128	Tiana EVANS	Swansea Harriers	9.51		

Heat 2

Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	147	Tegan RAWSTHORNE	Deeside AAC	8.24	Q	
2	148	Sophie REES-BYARD	Newport Harriers	8.42	Q	Sarah Priest
3	126	Holli EVANS	Swansea Harriers	8.48	Q	Neil Merry
4	129	Lily GASKIN	Cardiff AAC	8.67	Q	Liz Davies
5	125	Hannah DIXON	Bridgend AC	8.84	q	
6	144	Leah OWEN	Neath Harriers	9.06		
7	127	Lowri EVANS	Cardiff AAC	9.72		
DNS	135	Gracie LAWRENCE	Pembrokeshire Harriers			

Heat 3

Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	123	Isabel DAVIES	Newport Harriers	8.32	Q	Kevin Williams
2	142	Danai MUGABE	Swansea Harriers	8.47	Q	Andrew Jenkins
3	138	Caitlyn MAPPS	Cardiff Archers	8.64	Q	Phil Warwicker
4	133	Ella HUBBARDE	Bridgend AC	8.81	Q	Geoff Roberts
5	143	Isobel OWEN	Cardiff AAC	8.86	q	
6	155	Lauren THOMAS	Neath Harriers	8.96	q	
7	152	Rhianna SATTERLY	Cardiff AAC	9.29		
8	140	Erin MCLOUGHLIN	Barry & Vale Harriers	9.54		

Heat 4

Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	156	Jennifer TOWNLEY	Colwyn Bay	8.34	Q	Phil Jones
2	572	Michaela POTTINGER	Herne Hill Harriers	8.41	Q	
3	159	Anya WILLIAMS	Menai T&F	8.63	Q	Alwyn Roberts
4	150	Eos ROBERTS	Cardiff Archers	8.85	Q	Phil Warwicker
5	130	Charlotte HIBLER	Cardiff Archers	8.99		
6	149	Sophie RICHARDS	Blaenau Gwent AC	9.41		
7	132	Jamie HOLLAND	Swansea Harriers	9.44		

Heat 5

Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
2	124	Sacha DIDCOTE	Colwyn Bay	8.09	Q	phil jones
3	134	Emmanuella KONE	Cardiff AAC	8.57	Q	Helen James
4	139	Saffron MAURICE	Cardiff AAC	8.85	Q	Gwyn Jones / Garry Jones
5	158	Lucy WARNER	Cardiff AAC	9.03		
6	145	Medi PHILLIPS	Neath Harriers	9.08		
7	137	Grace LEGGETT	Cardiff AAC	9.53		

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WELSH ATHLETICS
ATHLETAU CYMRU

T35-U15G 60m Hurdles (76.2cm) Final

16 January 2016

Welsh Record - Heather JONES, Carmarthen Harriers, 8.79, NIA, Birmingham, 2001

CBP - Heather JONES, 9.07, Carmarthen Harriers 2001

2015 Welsh Champion - Isabel BREENEN 9.33 Cardiff AAC

					Final	
Pos	Bib	Athlete	Club	Perf	Coach(es)	
1	141	Grace MORGAN	Cardiff Archers	9.45	Nigel Lewis	
2	121	Emilie DAVIES	Blaenau Gwent AC	9.53	Steve Boyles	
3	246	Emma MARTIN	Cardiff Archers	9.84	Francis Baker	
4	135	Gracie LAWRENCE	Pembrokeshire Harriers	9.86	Richard Thomas	
5	241	Brooke ANNANDALE	Cardiff AAC	10.03		
6	138	Caitlyn MAPPS	Cardiff Archers	10.14		
7	139	Saffron MAURICE	Cardiff AAC	10.42		

T05-U15G 60m Hurdles (76.2cm) Heat

16 January 2016

					Heat 1	
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	141	Grace MORGAN	Cardiff Archers	9.45	Q	Nigel Lewis
2	121	Emilie DAVIES	Blaenau Gwent AC	9.53	Q	Steve Boyles
3	246	Emma MARTIN	Cardiff Archers	9.84	q	Francis Baker
4	135	Gracie LAWRENCE	Pembrokeshire Harriers	9.86	q	Richard Thomas
5	241	Brooke ANNANDALE	Cardiff AAC	10.03		
6	138	Caitlyn MAPPS	Cardiff Archers	10.14		
7	139	Saffron MAURICE	Cardiff AAC	10.42		
					Heat 2	
Pos	Bib	Athlete	Club	Perf		Coach(es)
1	135	Gracie LAWRENCE	Pembrokeshire Harriers	9.83	Q	Richard Thomas
2	246	Emma MARTIN	Cardiff Archers	9.84	Q	Francis Baker
3	248	Medi MONTAGUE	Menai T&F	10.22		
4	243	Leah GRIFFITHS	Cardiff AAC	10.38		Derrick Stephenson
5	242	Alaw EVANS	Cardiff Archers	10.49		
6	140	Erin MCLOUGHLIN	Barry & Vale Harriers	11.27		
					Heat 3	
Pos	Bib	Athlete	Club	Perf		Coach(es)
1	141	Grace MORGAN	Cardiff Archers	9.56	Q	Nigel Lewis
2	138	Caitlyn MAPPS	Cardiff Archers	10.13	Q	Phil Warwicker
3	244	Lily IVIN	Cardiff Archers	10.46		Francis Baker
4	250	Lily WHEELER-SEXTON	Cardiff AAC	11.06		Gwyn Jones / Garry Jones
5	245	Madeleine JACKSON	Deeside AAC	11.24		

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WELSH ATHLETICS
ATHLETAU CYMRU

F02-U15G Long Jump

Saturday-16

Welsh Record - Sara OTUNG, Cardiff AAC, 5.51, NIAC, Cardiff, 2008

CBP - Emily WRIGHT, 5.30, Yate & District 2012

2015 Welsh Champion - Emily THOMAS 4.96 Cardiff Archers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	141	Grace MORGAN	Cardiff Archers	4.82	PB	Nigel Lewis
2	123	Isabel DAVIES	Newport Harriers	4.74	PB	Kevin Williams
3	246	Emma MARTIN	Cardiff Archers	4.63		Francis Baker
4	154	Grace THOMAS	Swansea Harriers	4.52		
5	244	Lily IVIN	Cardiff Archers	4.45		Francis Baker
6	241	Brooke ANNANDALE	Cardiff AAC	4.31		Gwyn Jones / Garry Jones
7	147	Tegan RAWSTHORNE	Deeside AAC	4.30	PB	
8	138	Caitlyn MAPPS	Cardiff Archers	4.19		Phil Warwicker
9	120	India COLLINSON	Swansea Harriers	4.18	PB	
10	242	Alaw EVANS	Cardiff Archers	4.17		Francis Baker
11	143	Isobel OWEN	Cardiff AAC	4.13		A J Moshin.
12	130	Charlotte HIBLER	Cardiff Archers	4.02		Phil Warwicker
13	535	Emma CARTER	Cardiff AAC	3.98		
14	537	Scarlett RUSSELL	Cardiff AAC	3.92		Gwyn Jones / Garry Jones
15	136	Caitlin LEGGETT	Cardiff AAC	3.90		Gwyn Jones / Garry Jones
16	132	Jamie HOLLAND	Swansea Harriers	3.89	PB	
17	536	Rosa HUMPHREYS	Swansea Harriers	3.84		Kevin Tobin
18	151	Anais ROWLANDS	Cardiff AAC	3.81		Gwyn Jones / Garry Jones
19	152	Rhianna SATTERLY	Cardiff AAC	3.79		Gary Jones
20	538	Elin VAN BLOCK	Swansea Harriers	3.78	PB	
21	128	Tiana EVANS	Swansea Harriers	3.76		Andrew Jenkins
22	144	Leah OWEN	Neath Harriers	3.76		Tony John
23	250	Lily WHEELER-SEXTON	Cardiff AAC	3.75		Gwyn Jones / Garry Jones
24	137	Grace LEGGETT	Cardiff AAC	3.75	PB	Gwyn Jones / Garry Jones
25	245	Madeleine JACKSON	Deeside AAC	3.68		Tanya Jones
26	572	Michaela POTTINGER	Herne Hill Harriers	3.66		
27	534	Ellie BEDDALL	Cardiff Archers	3.53	PB	
28	533	Karolinka BACAKOVA	Neath Harriers	3.48		Cellan Hopkins
29	127	Lowri EVANS	Cardiff AAC	3.03		Gwyn Jones / Garry Jones

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WELSH ATHLETICS
ATHLETAU CYMRU

T45-U17M 60m Final

16 January 2016

Welsh Record - Tim BENJAMIN, Cardiff AAC, 6.93, NIA, Birmingham, 1998

CBP - Shaun PEARCE, 7.03, Carmarthen Harriers 2013

2015 Welsh Champion - Callum DAVIES 7.04 Swansea Harriers

					Final	
Pos	Bib	Athlete	Club	Perf	Coach(es)	
1	53	Ben PARIS	Cardiff Archers	7.14	Jeff Harwood	
2	51	Richard LEE	Cardiff AAC	7.18	Pete Lane	
3	55	Iwan ROBINSON-BOOTH	Cardiff AAC	7.23	Helen James	
4	46	Ben GRIFFIN	Brecon AC	7.37	John McFall	
5	50	Kellen JONES	Newport Harriers	7.43	Nigel Lewis	
6	54	Tomas REES	Cardiff Archers	7.59	Ivor Adams	
7	52	Eli ONYEWU	Swansea Harriers	7.63		
8	57	Guto TEGID	Menai T&F	7.78	Alwyn Roberts / Barry Edwards	

T20-U17M 60m Heat

16 January 2016

					Heat 1	
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	55	Iwan ROBINSON-BOOTH	Cardiff AAC	7.33	Q	Helen James
2	46	Ben GRIFFIN	Brecon AC	7.42	Q	John McFall
3	52	Eli ONYEWU	Swansea Harriers	7.67	q	
4	57	Guto TEGID	Menai T&F	7.70	q	Alwyn Roberts / Barry Edwards
5	58	Michael THOMPSON	Swansea Harriers	7.75		Tony Morris
6	60	Harri WHEELER-SEXTON	Cardiff AAC	7.78		steve boyles
7	47	Callum HEARD	Newport Harriers	7.80		
					Heat 2	
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	53	Ben PARIS	Cardiff Archers	7.25	Q	Jeff Harwood
2	51	Richard LEE	Cardiff AAC	7.29	Q	Pete Lane
3	50	Kellen JONES	Newport Harriers	7.40	q	Nigel Lewis
4	54	Tomas REES	Cardiff Archers	7.64	q	Ivor Adams
5	56	Dylan SAVAGE	Deeside AAC	7.70		Caroline Sayer
6	49	Callum JONES	Menai T&F	7.90		Barry Edwards
7	42	Hakeem AL-HADDI	Newport Harriers	8.11		Kevin Williams
8	61	Thomas WHITTAKER	Cardiff AAC	8.16		Gwyn Jones / Garry Jones

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WELSH ATHLETICS
ATHLETAU CYMRU

T37-U17M 800m Final

16 January 2016

Welsh Record - Rhys GRANVILLE, Carmarthen Harriers, 1:55.46, NIA, Birmingham, 2012

CBP - Jake HEYWARD, 1:57.16, Cardiff AAC 2015

2015 Welsh Champion - Jake HEYWARD 1:57.16 Cardiff AAC

				Final	
Pos	Bib	Athlete	Club	Perf	Coach(es)
1	353	James VINCENT	Cardiff AAC	1:58.16	Phil Banning
2	350	Michael PARRY	Colwyn Bay	2:00.67	Phil oliver
3	347	Iolo JAMES	Colwyn Bay	2:00.85	phil oliver
4	349	Owen LOCKE	Newport Harriers	2:03.76	Darryn McAtee
5	270	Seth KELLY	Cardiff AAC	2:12.49	Liz Davies
6	346	Luke GAWTHORN	Newport Harriers	2:13.85	Darryn McAtee

T02-U17M 800m Heat

16 January 2016

				Heat 1		
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
1	350	Michael PARRY	Colwyn Bay	2:06.59	Q	Phil oliver
2	347	Iolo JAMES	Colwyn Bay	2:07.89	Q	phil oliver
3	346	Luke GAWTHORN	Newport Harriers	2:11.20	q	Darryn McAtee
4	352	Morgan TAYLOR	Menai T&F	2:17.14		PB
5	61	Thomas WHITTAKER	Cardiff AAC	2:25.22		
6	344	Ieuan DAVIES	Rhondda AC	2:30.46		
				Heat 2		
Pos	Bib	Athlete	Club	Perf		Coach(es)
1	353	James VINCENT	Cardiff AAC	2:08.79	Q	Phil Banning
2	349	Owen LOCKE	Newport Harriers	2:08.82	Q	Darryn McAtee
3	270	Seth KELLY	Cardiff AAC	2:10.74	q	Liz Davies
4	351	Cai Morgan ROBERTS	Menai T&F	2:14.97		Steve Livett
5	343	Daniel AUSTIN	Cardiff Archers	2:19.38		
6	348	Lukas LACEY-HUGHES	Cardiff Archers	2:21.32		

T28-U17M 3000m Straight Final

16 January 2016

Welsh Record - Simon LAWSON Cardiff AAC 8:46.33 NIAC, Cardiff, 2005

CBP - Elliott HARDEE, 8:57.78, Newport Harriers 2010

2015 Welsh Champion - Marinus PETERSEN 9:28.76 Pembrokeshire Harriers

				Final		
Pos	Bib	Athlete	Club	Perf		Coach(es)
1	460	Dominic SMITH	Swansea Harriers	9:06.25	PB	Kevin Tobin
2	458	Elliot LAWRENCE	Swansea Harriers	9:24.98	PB	Kevin Tobin
3	455	Morgan JAMES	Cardiff AAC	9:30.99	PB	Liz Davies
4	462	Ben THOMAS	Carmarthen Harriers	9:31.89	PB	Carol Jones
5	459	Jackson MOUNTFORD	Newport Harriers	9:36.36	PB	Darryn McAtee
6	389	David EVANS	Pembrokeshire Harriers	10:19.33	PB	Peter Freeman
7	456	Rhys JONES	Cardiff AAC	10:37.61	PB	

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WELSH ATHLETICS
ATHLETAU CYMRU

T01-U17M 60m Hurdles (91.4cm) Straight Final

16 January 2016

Welsh Record - David OMOREGIE, Pembrokeshire Harriers, 8.09, Glasgow, 2011

CBP - Kyle ARNOLD, 8.30, Newport Harriers 2013

2015 Welsh Champion - Harry HILLMAN 8.58 Cardiff AAC

Pos	Bib	Athlete	Club	Final Perf		Coach(es)
1	229	Shaun ZYGADLO	Pembrokeshire Harriers	8.55		Nigel Rowland
2	58	Michael THOMPSON	Swansea Harriers	8.70	PB	Tony Morris
3	50	Kellen JONES	Newport Harriers	8.84	PB	Nigel Lewis
4	54	Tomas REES	Cardiff Archers	8.84		Ivor Adams
5	227	Chinua EBEREONWU	Cardiff Archers	8.86	PB	Emma Lyons
6	44	Thomas ATKINSON	Cardiff AAC	8.94	PB	Diane Breeden
7	226	Thomas BRITT	Cardiff AAC	9.13	PB	Diane Breeden / Pete Lane
8	57	Guto TEGID	Menai T&F	9.78		Alwyn Roberts / Barry Edwards
9	228	Jacob MAULLIN-DAVIES	Cardiff Archers	9.89		

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WELSH ATHLETICS
ATHLETAU CYMRU

F04-U17M Pole Vault

Saturday-16

Welsh Record - Neil WINTER, Shaftesbury, 4.85, Cosford, 1990

CBP - Ben GREGORY, 4.21, Vale of Aylesbury 2007

2015 Welsh Champion - Rhodri DAVIES 3.50 Cardiff AAC

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	504	Ieuan HOSGOOD	Swansea Harriers	3.50	=PB	
2	226	Thomas BRITT	Cardiff AAC	3.40	PB	Diane Breeden / Pete Lane
3	507	Sam TAYLOR	Cardiff Archers	2.80		Lewis Preece
4	503	Johan HOOGENDOORN	Cardiff Archers	2.70		Lewis Preece
5	508	Benjamin WOODNUTT	Swansea Harriers	2.30	PB	Jane Hosgood

F06-U17M Triple Jump

Saturday-16

Welsh Record - Steven SHALDERS, Cardiff AAC, 14.42, NIA, Birmingham, 1998

CBP - Lee HARRIS, 13.77, Bristol & West AC 2000

2015 Welsh Champion - Osaze AGHEDO 13.47 Swansea Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	542	Tom BOND	Swansea Harriers	11.76	PB	Steve Ingram
2	528	Ceirion HOPKINS	Neath Harriers	11.36	PB	
3	270	Seth KELLY	Cardiff AAC	10.72	PB	Liz Davies
4	508	Benjamin WOODNUTT	Swansea Harriers	9.89	PB	Jane Hosgood

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WELSH ATHLETICS
ATHLETAU CYMRU

T22-U17W 60m Final

16 January 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 7.47, NIAC, Cardiff, 2014

CBP - Hannah BRIER, 7.63, Swansea Harriers 2014

2015 Welsh Champion - Amelia REYNOLDS 7.93 Cardiff AAC

					Final	
Pos	Bib	Athlete	Club	Perf	Coach(es)	
1	74	Moli JONES	Colwyn Bay	7.72	Phil Jones	
2	83	Francesca SCOTT	Shrewsbury AC	8.01	Colin Lancaster	
3	65	Lana CULLIFORD	Cardiff AAC	8.14	Helen James	
4	71	Elliza HILL	Cardiff AAC	8.17	Anthony Lee	
5	88	Armani WILLIAMS	Newport Harriers	8.26	Kevin Williams	
6	81	Renee MOORE	Cardiff AAC	8.27	Darrell Maynard	
7	67	Tegan FOLEY	Pembrokeshire Harriers	8.29	Richard Thomas	
8	76	Sophie MATTHEWS	Brecon AC	8.61	John Mcfall	

T12-U17W 60m Heat

16 January 2016

					Heat 1	
Pos	Bib	Athlete	Club	Perf	O/ALL	Coach(es)
1	83	Francesca SCOTT	Shrewsbury AC	8.10	Q	Colin Lancaster
2	88	Armani WILLIAMS	Newport Harriers	8.25	Q	Kevin Williams
3	81	Renee MOORE	Cardiff AAC	8.26	q	Darrell Maynard
4	70	Amelia HILL	Blaenau Gwent AC	8.47		Dean Turner
5	86	Seren WENHAM	Cardiff AAC	8.50		Gwyn Jones / Garry Jones
6	84	Josie SIVAK	Swansea Harriers	8.60		Steve Ingram
7	69	Abigail HENDERSON	Menai T&F	8.86		Barry Edwards
8	79	Rhiannon PHILLIPS	Neath Harriers	9.56		Steve Jones

					Heat 2	
Pos	Bib	Athlete	Club	Perf		Coach(es)
1	67	Tegan FOLEY	Pembrokeshire Harriers	8.40	Q	Richard Thomas
2	76	Sophie MATTHEWS	Brecon AC	8.60	Q	John Mcfall
3	73	Elin JAMES	Neath Harriers	8.69		
4	72	Seren HUGHES	Menai T&F	8.72		Barry Edwards
5	82	Sophie SARGEANT	Neath Harriers	8.98		Tony John
6	66	Catrina DAVIES	Neath Harriers	9.72		Tony John
DNS	63	Isabel BREEDEN	Cardiff AAC			Diane Breeden

					Heat 3	
Pos	Bib	Athlete	Club	Perf		Coach(es)
2	71	Elliza HILL	Cardiff AAC	8.18	Q	Anthony Lee
3	65	Lana CULLIFORD	Cardiff AAC	8.26	q	Helen James
4	64	Rebecca CHICK	Cwmbran Harriers	8.39		Nigel Lewis
5	87	Anna WILLIAMS	Deeside AAC	8.58		Tania Williams
6	68	Talia GOULD	Cardiff AAC	9.03		Gwyn Jones / Garry Jones
DNS	31	Siriol JONES	Colwyn Bay			

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WELSH ATHLETICS
ATHLETAU CYMRU

T39-U17W 800m Final

16 January 2016

Welsh Record - Jade WILLIAMS, Amman Valley, 2:11.68, NIAC, Cardiff, 2009

CBP - Isobel PARRY-JONES, 2:11.90, Cwmbran Harriers 2015

2015 Welsh Champion - Isobel PARRY-JONES 2:11.90 Cwmbran Harriers

Pos	Bib	Athlete	Club	Perf	Coach(es)
				Final	
1	358	Naomi REID	Cardiff AAC	2:14.65	Phil Banning
2	361	Jessica WADEY	Cardiff AAC	2:18.97	Phil Banning
3	360	Holly ROBERTS	Colwyn Bay	2:20.27	Konrad Roberts
4	355	Holli JEHU	Aberdare VAAC	2:26.73	Phil Banning
5	356	Ffion MORGAN	Cardiff Archers	2:31.89	Arwyn Davies

T04-U17W 800m Heat

16 January 2016

Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)
				Heat 1		
1	361	Jessica WADEY	Cardiff AAC	2:31.61	Q	Phil Banning
2	355	Holli JEHU	Aberdare VAAC	2:33.19	Q	Phil Banning
3	234	Charlotte MITCHELL	Newport Harriers	2:33.95	q	Francis Baker
4	359	Anwen ROBERTS	Newport Harriers	2:34.02		Darryn McAtee
5	362	Jasmine WALLACE	Cardiff AAC	2:52.86		
6	357	Amy MORRIS	Cardiff AAC	3:16.07		
				Heat 2		
2	360	Holly ROBERTS	Colwyn Bay	2:31.99	Q	Konrad Roberts
3	356	Ffion MORGAN	Cardiff Archers	2:32.57	q	Arwyn Davies
4	365	Elan WATKIN-JONES	Menai T&F	2:34.22		Barry Edwards
5	364	Gracie WHEELER	Cardiff AAC	2:40.47		

T26-U17W 3000m Straight Final

16 January 2016

Welsh Record - Olivia GWYNN, Swansea Harriers, 10:15.90, NIAC, Cardiff, 2013

CBP - Olivia GWYNN, 10:15.90, Swansea Harriers 2013

2015 Welsh Champion - Issy MORRIS 10:35.64 Brecon AC

Pos	Bib	Athlete	Club	Perf	Coach(es)
				Final	
1	395	Carys BILL	Cardiff AAC	10:56.48	Tim Fry/Diane Hains
2	400	Bethan WAINWRIGHT	Newport Harriers	11:46.77	Darryn McAtee
3	463	Laura WRIGHT	Cardiff AAC	11:47.47	tim Fry
4	399	Mollie SAMUEL	Newport Harriers	11:48.72	
5	398	Rhian JONES	Cardiff AAC	12:22.18	Tim Fry
6	79	Rhiannon PHILLIPS	Neath Harriers	12:47.30	Steve Jones

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WELSH ATHLETICS
ATHLETAU CYMRU

T03-U17W 60m Hurdles (76.2cm) Straight Final

16 January 2016

Welsh Record - Bethan EDWARDS, Brecon AC, 8.67, Cosford, 1989

CBP - Heather JONES, 8.75, Carmarthen Harriers 2003

2015 Welsh Champion - Mia EVANS 8.97 Neath Harriers

Pos	Bib	Athlete	Club	Final Perf		Coach(es)
1	83	Francesca SCOTT	Shrewsbury AC	8.98	PB	Colin Lancaster
2	231	Lauren EVANS	Cardiff AAC	9.02	PB	Nigel Lewis
3	232	Esme GREER	Pembrokeshire Harriers	9.04	PB	Nigel Rowland
4	63	Isabel BREEDEN	Cardiff AAC	9.12		Diane Breeden
5	235	Sarah OMOREGIE	Cardiff AAC	9.36		
6	64	Rebecca CHICK	Cwmbran Harriers	9.58		
7	78	Clara NUTHALL	Cardiff AAC	9.61		
8	234	Charlotte MITCHELL	Newport Harriers	9.89		
9	66	Catrina DAVIES	Neath Harriers	12.14		

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WELSH ATHLETICS
ATHLETAU CYMRU

F12-U17W Triple Jump

Saturday-16

Welsh Record - Jayne LUDLOW, Cardiff AAC, 11.74, NIA, Birmingham, 1994

CBP - Sally PEAKE, 11.48, Wirral 2002

2015 Welsh Champion - Lauryn DAVEY 10.77 Carmarthen Harriers

Pos	Bib	Athlete	Club	Perf		Coach(es)
1	279	Macey JONES	Cwmbran Harriers	11.10	PB	Arnie Wray
2	480	Olivia MICHAEL	Neath Harriers	10.69	PB	Barry Edwards
3	75	Catrin LORD	Cardiff AAC	10.46	PB	Andrew Griffiths
4	547	Ellie May STONEHEWER	Cardiff AAC	10.02	PB	neal merry
5	479	Sophie HUTCHINSON	Swansea Harriers	9.95	PB	Colin Baross
6	236	Emily THOMAS	Cardiff Archers	9.69	PB	Alan Richardson
7	476	Eliza DURNALL	Cardiff AAC	9.35	PB	John McFall

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WELSH ATHLETICS
ATHLETAU CYMRU

T43-U20M 60m Final

16 January 2016

Welsh Record - Christian MALCOLM, Cardiff AAC, 6.67, Chemnitz, Germany, 1997

CBP - Dewi HAMMOND, 6.95, Bromsgrove & R. AC 2013

CBP

2015 Welsh Champion - Jake DAWKINS 7.05 Cardiff AAC

Pos	Bib	Athlete	Club	Final Perf	Coach(es)
1	11	Kristian JONES	Cardiff AAC	6.91	Helen James
2	4	Callum DAVIES	Swansea Harriers	7.02	neal merry
3	15	Arron OWEN	Cardiff AAC	7.10	Pete Lane
4	1	Joe BAKER	Oswestry Olympians	7.21	Arnie Wray
5	17	Niall PRICE*	Wolverhampton & Bilston AC	7.22	Claudio Albanese
6	2	Alex BURGESS	Menai T&F	7.22	Barry Edwards
7	22	Tyler WILLIAMS	Newport Harriers	7.24	Kevin Williams
8	3	Joseph CROSBY	Swansea Harriers	7.31	Andrew Griffiths

T18-U20M 60m Heat

Sat 16 Jan 2016

				Heat 1			
Pos	Bib	Athlete	Club	Perf	Qual	Coach(es)	
1	11	Kristian JONES	Cardiff AAC	6.91	Q		
2	4	Callum DAVIES	Swansea Harriers	7.02	Q		
3	15	Arron OWEN	Cardiff AAC	7.10	q		
4	1	Joe BAKER	Oswestry Olympians	7.21	q		
5	17	Niall PRICE*	Wolverhampton & Bilston AC	7.22			
6	2	Alex BURGESS	Menai T&F	7.22			
7	22	Tyler WILLIAMS	Newport Harriers	7.24			
				Heat 2			
Pos	Bib	Athlete	Club	Perf	Qual		
1	4	Callum DAVIES	Swansea Harriers	7.02	Q		
2	17	Niall PRICE*	Wolverhampton & Bilston AC	7.24	Q		
3	22	Tyler WILLIAMS	Newport Harriers	7.30			
4	14	Tim MCKEE*	Taunton AC	7.60			
5	8	Charles GRIFFITHS	Carmarthen Harriers	8.79			
DNS	42	Hakeem AL-HADDI	Newport Harriers				
				Heat 3			
Pos	Bib	Athlete	Club	Perf	Qual		
1	1	Joe BAKER	Oswestry Olympians	7.18	Q		
2	2	Alex BURGESS	Menai T&F	7.28	Q		
3	18	Samuel RUTHERFORD	Newport Harriers	7.47			
4	23	Josh GILLESPIE*	Millfield School	7.53			
5	5	Jordan EARLEY*	Team Bath AC	7.57			
DNS	12	Laurenz KIRCHMAYR*	Millfield School				

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WELSH ATHLETICS
ATHLETAU CYMRU

T41-U20M 400m Final

Sat 16 Jan 2016

Welsh Record - Bruce TASKER, Carmarthen Harriers, 47.74, NIA, Birmingham, 2006

CBP - Owen SMITH, 49.08, Deeside AAC 2013

2015 Welsh Champion - Thomas ARNOLD 50.83 Cwmbran Harriers

CBP

Pos	Bib	Athlete	Club	Final Perf		Coach(es)
1	311	Ellis GREATREX*	Wolverhampton & Bilston AC	48.47		Claudio Albanese
2	317	Psalm ROBERTS-NASH*	Wolverhampton & Bilston AC	49.25	PB	Claudio Albanese
3	254	Joseph BRIER	Swansea Harriers	50.02	1-w PB	Neal Merry
4	258	Rhodri WILLIAMS	Swansea Harriers	50.98	2-w	Neal Merry

T16-U20M 400m Heat

Sat 16 Jan 2016

Pos	Bib	Athlete	Club	Heat 1 Perf	Qual	Coach(es)
1	254	Joseph BRIER	Swansea Harriers	51.27	Q PB	Neal Merry
2	6	Calum ELEY*	Millfield School	53.33	PB	Alan Richardson
3	314	Iestyn JONES	Cardiff AAC	55.87	PB	Helen James
4	312	Dwayne GRIFFITHS	Carmarthen Harriers	56.13	PB	Delyth Brown
				Heat 2 Perf		
1	317	Psalm ROBERTS-NASH*	Wolverhampton & Bilston AC	50.31	Q PB	Claudio Albanese
2	310	Lewis DANIELS	Cwmbran Harriers	52.61	PB	Darrell Maynard
3	318	Cliff SCHWABAUER	Millfield School	55.22	PB	Alan Richardson
				Heat 3 Perf		
1	311	Ellis GREATREX*	Wolverhampton & Bilston AC	49.69	Q PB	Claudio Albanese
2	258	Rhodri WILLIAMS	Swansea Harriers	50.92	q PB	Neal Merry
3	316	James NORBURY	Deeside AAC	54.46	PB	tania williams

T06-U20M 800m Straight Final

16 January 2016

Welsh Record - Elliott SLADE, Cardiff AAC, 1:50.11, Linz, Austria, 2013

CBP - Joe THOMAS, 1:51.94, Cardiff AAC 2007

2015 Welsh Champion - Nicholas JONES 1:59.56 Cardiff AAC

Pos	Bib	Athlete	Club	Final Perf	Coach(es)
1	334	Matthew WILLIAMS	Pembrokeshire Harriers	1:56.94	Peter Freeman
2	333	Evan WEBB	City of Sheffield AC	1:58.57	John Wood
3	329	Nicholas JONES	Cardiff AAC	1:58.90	Phil Banning
4	330	Ashraf LILES	Carmarthen Harriers	2:00.89	Delyth Brown
5	331	Alex PRICE	Rhondda AC	2:03.89	Deborah Price
6	335	Adam WILSON*	Yate AC	2:06.75	Rob Ellchuk
7	327	Sam CURWEN	Cardiff AAC	2:15.70	Tim Fry
DNS	2	Alex BURGESS	Menai T&F		Barry Edwards

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WELSH ATHLETICS
ATHLETAU CYMRU

T28A-U20M 3000m Straight Final

16 January 2016

Welsh Record - Tony BLACKWELL, Wolverhampton, 8:13.4 (HT), Cosford 1977

CBP - Matthew JONES, 8:37.58, City of Stoke AC 2000

2015 Welsh Champion - Jack GOOCH 8:45.01 Cardiff AAC

Pos	Bib	Athlete	Club	Final Perf	Coach(es)
1	453	Marinus PETERSEN	Pembrokeshire Harriers	9:01.22 U20M	Peter Freeman
2	452	Mark JONES	Newport Harriers	9:02.71 U20M	Rod Jones

T27-U20M 60m Hurdles (99.1cm) Straight Final

16 January 2016

Welsh Record - David OMOREGIE, Cardiff AAC, 7.50, NIAC, Cardiff, 2014

CBP - David OMOREGIE, 8.04, Cardiff AAC 2013

2015 Welsh Champion - Kyle ARNOLD 8.05 Newport Harriers

Pos	Bib	Athlete	Club	Final Perf	Coach(es)
1	223	Harry HILLMAN	Cardiff AAC	8.49	Laurie Needham
2	222	Rhys HARRIS	Swansea Harriers	8.64	Nigel Lewis
3	14	Tim MCKEE*	Taunton AC	10.45	

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WELSH ATHLETICS
ATHLETAU CYMRU

F10-U20M Shot Put (6.00kg)

Saturday-16

Welsh Record - Brett MORSE, Cardiff AAC, 17.51, NIAC, Cardiff, 2008

CBP - Matthew FIELD, 16.22, Cardiff AAC 2013

2015 Welsh Champion - Connor LAVERTY 15.75 Menai T&F

Pos	Bib	Athlete	Club	Perf	Coach(es)
1	559	Patrick SWAN*	Cornwall AC	14.22	Arnie Wray
2	550	Daniel CORK	Newport Harriers	12.29	Barry Edwards

F07-U20M Triple Jump

Saturday-16

Welsh Record - Steven SHALDERS, Cardiff AAC, 15.45, NIA, Birmingham, 1999

CBP - Alex EZECHI-OBIAKO, 14.24, Cardiff AAC 2009

2015 Welsh Champion - Osaze AGHEDO 13.87 Swansea Harriers

Pos	Bib	Athlete	Club	Perf	Coach(es)
1	541	Osaze AGHEDO	Swansea Harriers	14.06	Arnie Wray
2	543	Thomas WALLEY	Wrexham AAC	13.36	Barry Edwards
3	468	Iwan PARRY	Deeside AAC	12.39	Andrew Griffiths
4	522	Gethin HUGHES	Menai T&F	11.95	neal merry
5	544	Elliot WEBBER	Swansea Harriers	11.65	Colin Baross

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WELSH ATHLETICS
ATHLETAU CYMRU

T46-U20W 60m Final

Sat 16 Jan 2016

Welsh Record - Hannah BRIER, Swansea Harriers, 7.41, NIAC, Cardiff, 2015

CBP - Shannon MALONE, 7.58, Deeside AAC, 2015

CBP

2015 Welsh Champion - Shannon MALONE 7.58 Deeside AAC

Pos	Bib	Athlete	Club	Final		Coach(es)
				Perf		
1	24	Hannah BRIER	Swansea Harriers	7.43		Neal Merry
2	36	Zoe NASH	Bridgend AC	7.79		Jason Quirke
3	38	Amelia REYNOLDS	Cardiff AAC	7.83		Dave Norton
4	41	Yvette WESTWOOD*	Yate AC	7.98		Rob Ellchuk
5	33	Rebecca KENNETT	Cardiff AAC	8.21		Helen James
6	27	Ellys CONNOR	Blaenau Gwent AC	8.30		
7	29	Sarah GIBBS	Newport Harriers	8.32		James Morgan
8	30	Alice HANNAN*	Millfield School	8.42		Alan Richardson

T21-U20W 60m Heat

Sat 16 Jan 2016

Pos	Bib	Athlete	Club	Heat 1		Coach(es)
				Perf	Qual	
1	24	Hannah BRIER	Swansea Harriers	7.49	Q	Neal Merry
2	29	Sarah GIBBS	Newport Harriers	8.24	Q	James Morgan
3	62	Jenna BLUNDELL*	Team Bath AC	8.45		Di Viles
4	26	Isobel CARE*	Millfield School	8.49		Alan Richardson
5	35	Sarah LONG*	Team Bath AC	8.51		Colin Baross
6	34	Annie LLOYD	Cardiff AAC	9.22		Richie Jones
DNS	31	Siriol JONES	Colwyn Bay			Phil Jones
Pos	Bib	Athlete	Club	Heat 2		Coach(es)
				Perf		
1	38	Amelia REYNOLDS	Cardiff AAC	7.85	Q	Dave Norton
2	33	Rebecca KENNETT	Cardiff AAC	8.18	Q	Helen James
3	30	Alice HANNAN*	Millfield School	8.35	q	Alan Richardson
4	28	Eve GEORGE	Cardiff AAC	8.45		Pete Lane
5	32	Sophie JONES	Menai T&F	8.70		Barry Edwards
DNS	39	Amy TAYLOR*	Millfield School			Alan Richardson
Pos	Bib	Athlete	Club	Heat 3		Coach(es)
				Perf		
1	36	Zoe NASH	Bridgend AC	7.80	Q	Jason Quirke
2	41	Yvette WESTWOOD*	Yate AC	7.93	Q	Rob Ellchuk
3	27	Ellys CONNOR	Blaenau Gwent AC	8.37	q	
4	25	Tamsin CAMPBELL*	Millfield School	8.39		Alan Richardson
5	37	Megan RANDELL	Maldwyn Harriers	8.80		
6	40	Glesni TEGID	Menai T&F	9.34		Barry Edwards

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WELSH ATHLETICS
ATHLETAU CYMRU

T42-U20W 400m Final

Sat 16 Jan 2016

Welsh Record - Faye HARDING, Sale Harriers, 55.75, NIA, Birmingham, 2004

CBP - Melissa ROBERTS, 56.66, Cardiff AAC 2014

2015 Welsh Champion - Emma HENNESSY 59.08 Newport Harriers

Pos	Bib	Athlete	Club	Final		Coach(es)
				Perf		
1	264	Eve WILLIAMS	Cwmbran Harriers	57.24	PB	Darrell Maynard
2	326	Lauren WILLIAMS	Swansea Harriers	57.56	PB	Arnie Wray
3	322	Aileen KEARNEY	Wirral AC	58.60		Norman Waterson
4	31	Siriol JONES	Colwyn Bay	64.21		Phil Jones

T17-U20W 400m Heat

Sat 16 Jan 2016

Pos	Bib	Athlete	Club	Heat 1			Coach(es)
				Perf	Qual		
1	264	Eve WILLIAMS	Cwmbran Harriers	58.73	Q	PB	
2	30	Alice HANNAN*	Millfield School	63.30			
3	321	Ffion JENKINS	Swansea Harriers	65.58		PB	
4	37	Megan RANDELL	Maldwyn Harriers	66.43	q	PB	
				Heat 2			
Pos	Bib	Athlete	Club	Perf			Coach(es)
1	326	Lauren WILLIAMS	Swansea Harriers	60.23	Q	PB	
2	31	Siriol JONES	Colwyn Bay	62.10	q	PB	
3	39	Amy TAYLOR*	Millfield School	62.37		PB	
4	224	Abigail BOWERS	Oswestry Olympians	63.37		PB	
				Heat 3			
Pos	Bib	Athlete	Club	Perf			Coach(es)
1	322	Aileen KEARNEY	Wirral AC	61.19	Q	PB	
2	35	Sarah LONG*	Team Bath AC	63.85		PB	
3	320	Alice GEORGE*	Stroud AC	64.04		PB	

T11-U20W 800m Straight Final

16 January 2016

Welsh Record - Kirsty MCDERMOTT, Brecon AC, 2:02.88, Grenoble, France, 1981

CBP - Ffion PRICE, 2:13.50, Brecon AC 2013

2015 Welsh Champion - Isobel PARRY-JONES 2:14.79 Cwmbran Harriers

Pos	Bib	Athlete	Club	Final		Coach(es)
				Perf		
1	341	Isobel PARRY-JONES	Cwmbran Harriers	2:16.06	1-w	
2	324	Carianne ROBERTSON*	Solihull & Small Heath AC	2:19.78		Andrew Webber
3	336	Isobel COTHAM*	Wolverhampton & Bilston AC	2:20.40		John Abbas Phil Oliver
4	340	Gwenno MORRIS	Colwyn Bay	2:23.95	2-w	Alan Richardson
5	337	Caitlin EDGAR*	Millfield School	2:36.99		Michael Adams
6	339	Phoebe MARSDEN	Newport Harriers	2:43.69	3-w	Tim Fry
7	342	Belinda WALLACE	Cardiff AAC	2:45.21		Jason Quirke
4	273	Iestyn RAVEN	Bridgend AC	57.12		

T26A-U20W 3000m Straight Final

16 January 2016

Welsh Record - Non STANFORD, Swansea Harriers, 9:22.98, Sheffield, 2006

CBP - Natasha COCKRAM, 10:06.21, Cwmbran Harriers 2011

2015 Welsh Champion - Olivia GWYNN 9:37.04 Swansea Harriers

Pos	Bib	Athlete	Club	Final		Coach(es)
				Perf		
1	454	Bethan HARRIS	Swansea Harriers	11:03.97		Kevin Tobin

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WELSH ATHLETICS
ATHLETAU CYMRU

T31-U20W 60m Hurdles (84.0cm) Straight Final

16 January 2016

Welsh Record - Bethan EDWARDS, Cardiff AAC, 8.47, NIA, Birmingham, 1992

CBP - Lauren MCLOUGHLIN/Heather JONES, 8.77, Cardiff AAC/Carmarthen Harriers, 2001/2004

2015 Welsh Champion - Amy LEAHY 9.20 Pembrokeshire Harriers

Pos	Bib	Athlete	Club	Final Perf	Coach(es)
1	224	Abigail BOWERS	Oswestry Olympians	9.97	Arnie Wray
DNS	62	Jenna BLUNDELL*	Team Bath AC		Di Viles

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WELSH ATHLETICS
ATHLETAU CYMRU

F13-U20W Triple Jump

Saturday-16

Welsh Record - Megan O'SULLIVAN, Cardiff AAC, 11.86, NIAC, Cardiff, 2013

CBP - Sally PEAKE, 11.78, Liverpool Harriers, 2003

2015 Welsh Champion - Lauryn DAVEY 10.59 Carmarthen Harriers

Pos	Bib	Athlete	Club	Perf	Coach(es)
1	545	Katie PHILLIPS	Swansea Harriers	9.72	<i>Arnie Wray</i>
2	261	Jaycee PENNY	Blaenau Gwent AC	9.69	<i>Barry Edwards</i>
3	546	Sophie RICHARDS	Menai T&F	8.97	