

1:20 PM		League Record				Sallyanne Short, , 11.9, 1987				STD	17.2	
Letter		100m		Perf	Pts	Letter				Perf	Pts	
1A	R	Rebecca GATEHOUSE (U20)	Carmarthen	13.0	16	1B	GG	Benyta DOMAN (U17)	Cwmbran	13.4	8	
2A	D	Rebecca NUTTALL (U20)	Deeside	13.1	14	2B	DD	Elizabeth DAVIES	Deeside	14.5	7	
3A	N	Jessica ROBINSON (U20)	Newport	13.2	12							
4A	GG	Benyta DOMAN (U17)	Cwmbran	13.4	10							
3:55 PM		League Record				Sallyanne Short, , 24.4, 1987				STD	36.4	
Letter		200m		Perf	Pts	Letter				Perf	Pts	
1A	D	Katie PARRY	Deeside	26.8	16	1B	RR	Katie PARKES (U20)	Carmarthen	27.0	8	
2A	R	Megan THOMAS (U20)	Carmarthen	26.9	14	2B	G	Grace BIRD	Cwmbran	28.3	7	
3A	GG	Benyta DOMAN (U17)	Cwmbran	27.3	12	3B	DD	Rebecca NUTTALL (U20)	Deeside	28.8	6	
3:00 PM		League Record				Anne Middle, , 55.2, 1991				STD	82.3	
Letter		400m		Perf	Pts	Letter				Perf	Pts	
1A	R	Katie PARKES (U20)	Carmarthen	59.0	16	1B	RR	Angharad DAVIES (U17)	Carmarthen	61.5	8	
2A	D	Rebecca NUTTALL (U20)	Deeside	59.6	14	2B	GG	Christine JAMES	Cwmbran	69.3	7	
3A	G	Benyta DOMAN (U17)	Cwmbran	60.0	12							
4A	W	Amy CZISMADIA (U20)	Wrexham	65.6	10							
5A	V	Natalie DAVIES (U17)	Llanelli	76.1	8							
1:40 PM		League Record				Samantha Porter, , 2.11.1, 1989				STD	2:58.0	
Letter		800m		Perf	Pts	Letter				Perf	Pts	
1A	R	Kayleigh BROWN (U20)	Carmarthen	2:23.0	16	1B	G	Christine JAMES	Cwmbran	2:41.4	8	
2A	B	Leigh BARKER (U20)	Brecon	2:26.7	14	2B	BB	Lily MATTHEWS (U20)	Brecon	2:46.6	7	
3A	V	Jenny PHILLIPS	Llanelli	2:30.3	12	3B	VV	Natalie DAVIES	Llanelli	2:48.5	6	
4A	GG	Claire THOMPSON (U20)	Cwmbran	2:35.7	10							
3:20 PM		League Record				Hayley Nash, Swansea Harriers, 4.24.4, 1987				STD	6:19.0	
Letter		1500m		Perf	Pts	Letter				Perf	Pts	
1A	V	Jenny PHILLIPS	Llanelli	5:07.2	16	1B	VV	Emily DOWNEY (U17)	Llanelli	5:27.5	8	
2A	G	Claire THOMPSON (U20)	Cwmbran	5:15.5	14	2B	BB	Sophie KENDRICK	Brecon	5:34.9	7	
3A	R	Caryl JONES	Carmarthen	5:29.3	12							
4A	B	Leigh BARKER (U20)	Brecon	5:32.3	10							
12:35 PM		League Record				Angela Tooby, Cardiff AAC, 9.35.0, 1983				STD	13:50.0	
Letter		3000m		Perf	Pts	Letter				Perf	Pts	
1A	B	Angela JONES	Brecon	11:39.1	16	1B	BB	Sarah TOWNHILL	Brecon	11:58.6	8	
2:25 PM		League Record				Rosie Richards, Brecon AC, 6.04.0, 2006				STD	7:30.0	
New League Record												
Letter		1500m S/C		Perf	Pts	Letter				Perf	Pts	
1A	R	Alaw BEYNON-THOMAS (U20)	Carmarthen	5:42.2	16	1B	B	Angela JONES	Brecon	5:56.6	8	
2A	BB	Rosie RICHARDS (U20)	Brecon	5:55.5	14							
3A	D	Hannah ROBB (U17)	Deeside	6:39.6	12							
2:50 PM		League Record				Heather Jones, Carmarthen Harriers, 13.6, 2005				STD	21.3	
Letter		100m hurdles		Perf	Pts	Letter				Perf	Pts	
1A	R	Heather JONES	Carmarthen	13.9	16	G1	1B	RR	Rebecca GATEHOUSE (U20)	Carmarthen	15.7	8
1:05 PM		League Record				Michelle Cook, , 59.9, 1988				STD	92.4	
Letter		400m Hurdles		Perf	Pts	Letter				Perf	Pts	
1A	N	Beccy SLAYMAKER	Newport	65.2	16	G3	1B	DD	Hannah ROBB (U17)	Deeside	80.5	8
2A	R	Megan THOMAS (U20)	Carmarthen	67.1	14	2B	BB	Rosie RICHARDS (U20)	Brecon	83.9	7	
3A	D	Katie PARRY	Deeside	72.5	12							
4A	W	Amy CZISMADIA (U20)	Wrexham	76.7	10							
5A	B	Leigh BARKER (U20)	Brecon	80.5	8							

League Record			Torfaen AC, 49.1, 1987				Perf	Pts
4:45 PM			4 x 100m Relay					
1A	R	Carmarthen	Sophie PICK (U17), Rebecca GATEHOUSE (U20), Heather JONES, Megan THOMAS (U20)				51.7	16
2A	D	Deeside	Katie PARRY, Emma GARSTANG, Amy CAMPAGNE (U17), Rebecca NUTTALL (U20)				55.4	14
3A	V	Llanelli	Emily DOWNEY (U17), Jenny PHILLIPS, Natalie DAVIES (U17), Donna JONES (U20)				58.3	12
4A	B	Brecon	Angela JONES, Leigh BARKER (U20), Lily MATTHEWS (U20), Rosie RICHARDS (U20)				62.9	10

League Record			Cardiff AAC, 4.00.5, 1987				Perf	Pts
5:15 PM			4 x 400m Relay					
1A	R	Carmarthen	Angharad DAVIES (U17), Hannah PICK (U20), Megan THOMAS (U20), Katie PARKES (U2)				4:10.9	16
2A	D	Deeside	Katie PARRY, -, Rebecca NUTTALL (U20), -				4:30.4	14
3A	V	Llanelli	Emily DOWNEY (U17), Jenny PHILLIPS, Donna JONES (U20), Natalie DAVIES (U17)				4:45.4	12
4A	B	Brecon	Angela JONES, Sophie KENDRICK, Lily MATTHEWS (U20), Rosie RICHARDS (U20)				5:13.1	10

1:00 PM League Record			Rebecca Jones, Wrexham AC, 1.73, 1999				STD	1.20		
Letter	High Jump		Perf	Pts	Letter	Perf	Pts			
1A	R	Hannah PICK (U20)	Carmarthen	1.44	16	1B RR Sophie PICK (U17)	Carmarthen	1.30	8	G1
2A	D	Emma GARSTANG	Deeside	1.35	14					
3A	V	Emily DOWNEY (U17)	Llanelli	1.20	12					

12:00 PM League Record			Anna Leyshon, , 3.30, 2003				STD	2.10
Letter	Pole Vault		Perf	Pts	Letter	Perf	Pts	

12:00 PM League Record			Gillian Regan, , 6.18, 1981				STD	3.29		
Letter	Long Jump		Perf	Pts	Letter	Perf	Pts			
1A	DD	Amy CAMPAGNE (U17)	Deeside	5.03	16	1B D Emma GARSTANG	Deeside	4.74	8	
2A	V	Donna JONES (U20)	Llanelli	4.78	14	2B R Hannah PICK (U20)	Carmarthen	4.69	7	
3A	RR	Sophie PICK (U17)	Carmarthen	4.77	12	3B GG Christine JAMES	Cwmbran	3.42	6	G1
4A	W	Amy CZISMADIA (U20)	Wrexham	3.86	10	4B BB Sophie KENDRICK	Brecon	3.35	5	G1
5A	B	Rosie RICHARDS (U20)	Brecon	3.58	8					
6A	G	Claire THOMPSON (U20)	Cwmbran	3.46	6					

2:15 PM League Record			Jayne Ludlow, , 11.76, 1994				STD	7.19		
Letter	Triple Jump		Perf	Pts	Letter	Perf	Pts			
1A	D	Amy CAMPAGNE (U17)	Deeside	10.50	16	G3	1B DD Katie PARRY	Deeside	8.03	8
2A	R	Hannah PICK (U20)	Carmarthen	10.39	14	G3	2B BB Sophie KENDRICK	Brecon	7.66	7
3A	V	Donna JONES (U20)	Llanelli	10.08	12	G3				
4A	W	Amy CZISMADIA (U20)	Wrexham	8.94	10					
5A	B	Leigh BARKER (U20)	Brecon	8.91	8					

2:00 PM League Record			Vanissa Head, , 18.93, 1984				STD	6.90	
Letter	Shot Putt (4.0kg)		Perf	Pts	Letter	Perf	Pts		
1A	D	Faye CALVERT	Deeside	9.49	16	1B DD Bev JONES (F37)	Deeside	8.97	8
2A	R	Victoria BUXTON (U20)	Carmarthen	8.91	14	2B B Angela JONES	Brecon	6.98	7
3A	W	Amanda WALE	Wrexham	8.76	12	3B RR Sophie PICK (U17)	Carmarthen	6.68	DNS
4A	N	Jessica ROBINSON (U20)	Newport	7.57	10				
5A	BB	Julie DRISCOLL	Brecon	7.21	8				

3:30 PM League Record			Vanissa Head, , 62.02, 1984				STD	22.80		
Letter	Discus (1.0kg)		Perf	Pts	Letter	Perf	Pts			
1A	D	Faye CALVERT	Deeside	36.49	16	G3	1B DD Bev JONES (F37)	Deeside	20.93	DNS
2A	B	Julie DRISCOLL	Brecon	26.72	14	2B N Kirstie MILNE (U17)	Newport	17.11	DNS	
3A	NN	Jessica ROBINSON (U20)	Newport	20.29	DNS					

1:00 PM League Record			Carys Parry, Rhondda AC, 56.96, 2005				STD	23.00		
Letter	Hammer (4.0kg)		Perf	Pts	Letter	Perf	Pts			
1A	D	Faye CALVERT	Deeside	36.42	16	G3	1B NN Lucy BATH (U17)	Newport	28.73	8
2A	N	Kirstie MILNE (U17)	Newport	31.40	14					
3A	B	Julie DRISCOLL	Brecon	24.99	12					

2:15 PM	League Record	Karen Hough, , 47.94, 1984				STD	23.33
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	Letter	Javelin (600g)		Perf	Pts	Letter		Perf	Pts	
1A	RR	Sara SIGGERY	Carmarthen	41.42	16 G3	1B R	Victoria BUXTON (U20)	Carmarthen	35.72	8
2A	W	Amanda WALE	Wrexham	26.51	14					
3A	DD	Elazabeth DAVIES	Deeside	24.81	12					