

West Wales Regional Championship Results 2009 - Neath

<b>100m Heat 1 Under 13 Girls</b>					<b>-0.7m/s</b>	<b>200m Under 13 Girls Heat1</b>				<b>-0.5m/s</b>	
Pos	No.	Athlete	Club	Perf		Pos	No.	Athlete	Club	Perf	
1	11	Amy Leahy	Pemb	13.91	Q	1	34	Kimberley Abodunrin	Carm	28.97	Q
2	9	Ffion Wake	Swan	14.92	q	2	58	Kate Macmillan	Neath	30.96	q
3	15	Eleanor Thomas	Swan	16.07		3	35	Ria Evans	Swan	31.78	q
4	22	Abigail Jones	Swan	18.12		4	69	Gwenno Evans	Carm	31.94	
						5	27	Anna Barnes	Swan	36.56	
<b>100m Heat 2 Under 13 Girls</b>					<b>-1.1ms</b>	<b>200m Under 13 Girls Heat 2</b>					<b>+0.8m/s</b>
	34	Kimberley Abodunrin	Carm	13.83	Q	Pos					
	35	Ria Evans	Swan	14.97	q	1	64	Hannah Brier	Swan	29.31	Q
	31	Bethan Morgan	Swan	16.42		2	67	Lucy Jones	Carm	31.19	q
	27	Anna Barnes	Swan	16.90		3	68	Rebecca Lewis	Carm	31.51	q
	36	Kate Evans	Swan	17.14		4	62	Sophie Hughes	Neath	31.99	
Pos	<b>100m Heat 3 Under 13 Girls</b>				<b>-1.5m/s</b>	5	59	Kimberley Brown	Swan	33.17	
1	58	Kate Macmillan	Neath	14.83	Q	<b>200m Under 13 Girls FINAL</b>					<b>+1.7m/s</b>
2	51	Jessica Merrick	Swan	14.99	q	Pos	No.	Athlete	Club	Perf	
3	57	Ellie Bond	Swan	15.29	q	1	34	Kimberley Abodunrin	Carm	29.02	
4	68	Rebecca Lewis	Carm	15.45		2	64	Hannah Brier	Swan	29.09	
5	52	Rianne Hopkins	Swan	15.77		3	58	Kate Macmillan	Neath	30.67	
Pos	<b>100m Heat 4 Under 13 Girls</b>				<b>-1.3m/s</b>	4	67	Lucy Jones	Carm	31.11	
1	64	Hannah Brier	Swan	14.23	Q	5	68	Rebecca Lewis	Carm	31.19	
2	62	Sophie Hughes	Neath	15.30		6	35	Ria Evans	Swan	32.51	
3	99	Ffion Edmunds	Neath	15.68							
4	61	Emma Craven	Swan	15.82							
5	59	Kimberley Brown	Swan	15.86							
<b>100m Under 13 Girls FINAL</b>						<b>800m Final Under 13 Girls</b>					
Pos	No.	Athlete	Club	Perf		Pos	No.	Athlete	Club	Perf	
1	11	Amy Leahy	Pemb	13.66		1	19	Lucy Fligelstone	Swan	2:30.86	
2	34	Kimberley Abodunrin	Carm	13.83		2	65	Olivia Gwynn	Swan	2:33.29	
3	64	Hannah Brier	Swan	14.31		3	8	Charlotte Rees	Pemb	2:38.97	
4	58	Kate Macmillan	Neath	14.53		4	12	Sioned Haf Jones	Carm	2:39.34	
5	51	Jessica Merrick	Swan	14.75		5	5	Bethan Radford	Swan	2:54.45	
6	9	Ffion Wake	Swan	14.83		6	30	Catrin Evans	Swan	3:06.29	
7	57	Ellie Bond	Swan	15.07		7	27	Anna Barnes	Swan	3:21.07	
8	35	Ria Evans	Swan	15.24		8	56	Megan Jones	Swan	3:39.39	
<b>1500m Under 13 Girls FINAL</b>						<b>70mH Under 13 Girls FINAL</b>					<b>-2.7m/s</b>
Pos	No.	Athlete	Club	Perf		Pos	No.	Athlete	Club	Perf	
1	16	Siwan Thomas-Howells	Swan	5:18.21		1	11	Amy Leahy	Pemb	12.55	
2	31	Alice Russell-Strech	Pemb	5:29.68		2	8	Charlotte Rees	Pemb	13.95	
3	67	Lucy Jones	Carm	5:39.62		3	28	Anita Madan	Pemb	14.29	
4	55	Freya Eakins	Swan	6:30.14		4	52	Rianne Hopkins	Swan	16.39	
						5	33	Katie Wells	Swan	17.00	
						6	22	Abigail Jones	Swan	17.19	
						7	56	Megan Jones	Swan	17.73	
<b>100m Heat 1 Under 13 Boys</b>					<b>-1.6m/s</b>	<b>200m Under 13 Boys Heat 1</b>					<b>+0.7m/s</b>
Pos	No.	Athlete	Club	Perf		Pos	No.	Athlete	Club	Perf	
1	2	James Bryan	Carm	14.29		1	2	James Bryan	Carm	28.11	Q
2	16	Dafydd Adams	Carm	15.08		2	25	Shaun Pearce	Carm	29.14	q
3	7	Samual Thompson	Carm	15.17		3	24	Cameron Blackmore	Pemb	29.41	q
4	21	Daniel Salmon	Pemb	15.38		4	16	Dafydd Adams	Carm	30.27	q
5	6	Tomos Slinger	Carm	15.61		5	7	Samual Thompson	Carm	30.60	q
6	18	Pip Hancock	Swan	16.04							



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100m Under 15 Girls Heat 1					200m Under 15 Girls Heat 1						
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf		
				-1.8m/s					-0.4m/s		
1	314	Nia Palla	Swan	13.20	Q	1	300	Lauren Bell	Pembs	27.88	Q
2	303	Laura Davies	Llan	13.36	q	2	314	Nia Palla	Swan	28.54	q
3	356	Catrin Rees	Carm	13.42	q	3	316	Rhiannon Hails	Swan	29.23	
4	310	Elinor Jones	Swan	13.99	q	4	308	Catrin Jones	Swan	30.91	
5	316	Rhiannon Hails	Swan	14.00	q	5	340	Elsbeth Reynish	Swan	32.87	
6	308	Catrin Jones	Swan	15.24							
100m Under 15 Girls Heat 2					200m Under 15 Girls Heat 2						
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf		
				-1.2m/s					+0.8m/s		
1	321	Elli Norkett	Pemb	13.25	Q	1	356	Catrin Rees	Carm	27.62	Q
2	320	Catrin Roberts	Neath	13.56	q	2	351	Bethan Phillips	Carm	27.87	q
3	344	Elise Davies	Swan	14.17	q	3	341	Emily Dacey	Swan	27.96	q
4	340	Elsbeth Reynish	Swan	15.43		4	354	Chelsea Christopher	Swan	29.13	q
5	317	Nicola Field	Swan	15.82		5	345	Zoe Edwards	Swan	34.85	
6	349	Emma Davies	Swan	16.03							
7	345	Zoe Edwards	Swan	16.26		200m Under 15 Girls FINAL					
100m Under 15 Girls FINAL					200m Under 15 Girls FINAL						
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf		
				-1.6m/s					-0.9m/s		
1	314	Nia Palla	Swan	13.34		1	300	Lauren Bell	Pembs	26.99	
2	356	Catrin Rees	Carm	13.35		2	356	Catrin Rees	Carm	27.80	
3	303	Laura Davies	Llan	13.45		3	314	Nia Palla	Swan	27.97	
4	321	Elli Norkett	Pemb	13.50		4	351	Bethan Phillips	Carm	28.16	
5	320	Catrin Roberts	Neath	13.55		5	341	Emily Dacey	Swan	28.28	
6	310	Elinor Jones	Swan	14.09		6	354	Chelsea Christopher	Swan	dns	
7	316	Rhiannon Hails	Swan	14.17		300m Under 15 Girls FINAL					
8	344	Elise Davies	Swan	14.45		Pos	No.	Athlete	Club	Perf	
800m Under 15 Girls FINAL					300m Under 15 Girls FINAL						
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf		
1	399	Iona Evans	Swan	2:29.41	1	300	Lauren Bell	Pembs	41.30		
2	304	Naomi Osborn	Swan	2:32.13	2	320	Catrin Roberts	Neath	44.30		
3	313	Stacey Webber	Llan	2:34.40	3	322	Emily Morris	Swan	44.98		
4	325	Leah Randell	Llan	2:47.51	4	313	Stacey Webber	Llan	46.15		
					5	343	Elin Davies	Swan	46.47		
					6	342	Iona Evans	Swan	48.65		
1500m Under 15 Girls FINAL					75mH Under 15 Girls FINAL						
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf		
									+0.8m/s		
1	312	Hywelis Thomas-Howells	Swan	4:52.50	1	353	Alyce Phillips	Carm	12.53		
2	301	Megan Withers	Pemb	5:02.96	2	316	Rhiannon Hails	Swan	12.68		
3	347	Megan Turner	Aberystw	5:12.68	3	326	Lauren Jones	Swan	13.11		
					5	321	Elli Norkett	Pemb	13.18		
100m Under 15 Boys FINAL					200m Under 15 Boys FINAL						
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf		
				-1.4m/s					+0.4m/s		
1	315	Alexander Pavlou	Swan	12.38	1	315	Alexander Pavlou	Swan	25.16		
2	358	Paalibe Abugre	Swan	12.69	2	311	Rhys Granville	Carm	26.86		
3	365	Kieran Harris	Neath	13.44	3	365	Kieran Harris	Neath	27.06		
4	362	Chay Smith	Swan	14.34	4	368	Aaren Willmott	Carm	27.81		
5	361	Gareth Drummond	Swan	14.52							

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**400m Under 15 Boys FINAL**

Pos	No.	Athlete	Club	Perf
1	311	Rhys Granville	Carm	57.84
2	372	Daniel Cutajar	Swan	59.14
3	357	Matthew Overton	Pemb	59.35

**800m Under 15 Boys FINAL**

Pos	No.	Athlete	Club	Perf
		no athletes		

**80mH Under 15 Boys FINAL**

**+0.0m/s**

Pos	No.	Athlete	Club	Perf
1	370	Calvin Wellington	Swan	13.06
2	368	Aaren Willmott	Carm	14.10
3	369	Simon Snape	Carm	15.74
4	318	Jack Straw	Swan	16.84
5	361	Gareth Drummond	Swan	16.85

**1500m Under 15 Boys FINAL**

Pos	No.	Athlete	Club	Perf
1	319	Lloyd Heckler	Carm	4:38.48
2	375	Ronan Llyr	Carm	4:40.10
3	374	Daniel Lewis	Neath	4:43.93
4	359	Lewis Preece	Swan	4:56.58
5	367	Finley Davies	Swan	5:03.60
6	323	Stephan Williams	Aber	5:07.28
7	378	Daniel Hall	Swan	5:26.40

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**100m Final Under 17 Women +0.6m/s**

Pos	No.	Athlete	Club	Perf
1	112	Eleanor Rowland	Pemb	13.48
2	153	Kimberley Davies	Swan	14.13

**200m Under 17 Women FINAL**

Pos	No.	Athlete	Club	Perf
1	146	Ffion Rees	Carm	27.63

**300m Final Under 17 Women**

Pos	No.	Athlete	Club	Perf
1	146	Ffion Rees	Carm	42.88
2	114	Stacey Collins	Neath	43.45
3	116	Laura Penhallurick	Carm	44.36

**800m Under 17 Women FINAL**

Pos	No.	Athlete	Club	Perf
1	100	Elysia Pearson	Swan	2:18.91
2	147	Cerys Morgan	Swan	2:19.18
3	108	Jemima Osborn	Swan	2:20.90
4	154	Rebecca Hall	Swan	2:55.90

**1500m Under 17 Women FINAL**

Pos	No.	Athlete	Club	Perf
1	147	Cerys Morgan	Swan	5:02.05

**3000m Final Under 17 Women**

Pos	No.	Athlete	Club	Perf
no entries				

**80mH Under 17 Women FINAL +0.0m/s**

Pos	No.	Athlete	Club	Perf
1	114	Stacey Collins	Neath	12.16
2	153	Kimberley Davies	Swan	12.66

**300mH Final Under 17 Women**

Pos	No.	Athlete	Club	Perf
no entries				

**100m Final Under 17 Men -1.3m/s**

Lane	No.	Athlete	Club	Perf
2	142	Jake Randall	Carm	12.02
3	117	Alex Morgan	Neath	12.41
4	131	Alexander Thomas	Swan	12.56
5	198	Richard Triggs	Neath	12.62
6	120	Michael Davis	Swan	13.58
7	199	Darren Beynon	Swan	13.59
8	113	John Hayes	Swan	15.61

**200m Under 17 Men HEAT 1 +0.6m/s**

Pos	No.	Athlete	Club	Perf
1	106	Paul Bennett	Carm	23.95 Q
2	118	Liam Jones	Carm	24.52 q
3	117	Alex Morgan	Neath	24.88 q
4	115	Shane Jones	Neath	26.67
5	113	John Hayes	Swan	31.49

**400m Final Under 17 Men**

Pos	No.	Athlete	Club	Perf
1	106	Paul Bennett	Carm	50.83
2	138	Christopher Davies	Neath	54.58
3	136	Owain Morgan	Neath	55.23

**200m Under 17 Men HEAT 1 +1.1m/s**

Pos	No.	Athlete	Club	Perf
1	137	Evan Jenkins	Swan	23.66 Q
2	142	Jake Randall	Carm	25.18 q
3	119	Richard Triggs	Neath	26.16 q
4	130	Darren Beynon	Swan	28.08

**800m Under 17 Men FINAL**

Pos	No.	Athlete	Club	Perf
1	366	Carwyn Evans	Swan	2:08.83
2	134	Sean White	Swan	2:09.52
3	118	Liam Jones	Carm	2:09.89
4	128	Luke Clements	Carm	2:10.64
5	139	Grant Westcott	Llan	2:13.15

**200m Under 17 Men FINAL -0.6m/s**

Pos	No.	Athlete	Club	Perf
1	106	Paul Bennett	Carm	22.94
2	137	Evan Jenkins	Swan	23.47
3	118	Liam Jones	Carm	24.53
4	117	Alex Morgan	Neath	25.15
5	119	Richard Triggs	Neath	25.95
6	142	Jake Randall	Carm	dns

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**1500m Under 17 Men**

Pos	No.	Athlete	Club	Perf
1	127	Joshua Griffiths	Carm	4:32.48

**100mH Under 17 Men FINAL** +0.0m/s

Pos	No.	Athlete	Club	Perf
1	104	Josh Samson	Swan	15.04
2	115	Shane Jones	Neath	15.25
	120	Michael Davies	Swan	19.58

**400mH Final Under 17 Men**

Pos	No.	Athlete	Club	Perf
1	104	Josh Samson	Swan	61.03
2	129	Glen Elsdon	Carm	62.47

**3000m Under 17 Men FINAL**

Pos	No.	Athlete	Club	Perf
1	122	Matthew O'Leary	Neath	9:29.00
2	133	Liam Lloyd	Llan	9:42.54
3	139	Grant Westcott	Llan	10:29.38

**1500m Sc Under 17 Men FINAL**

Pos	No.	Athlete	Club	Perf
	132	Matthew Thomas	Swan	5:07.58

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<b>100m Under 20 Women FINAL</b>					<b>100m Senior women FINAL</b>				
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf
				<b>+0.4m/s</b>					<b>+0.4m/s</b>
1	207	Hannah Jones	Swan	12.70	1	208	Anna Leyshon	Swan	13.24
2	233	Chantelle Walker Jones	Swan	13.20	2	247	Helen Eve	Swan	14.51
3	220	Louise Bashford	Swan	15.32					
<b>200m Under 20 Women FINAL</b>					<b>200m Senior Women FINAL</b>				
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf
		no entries							<b>+0.9m/s</b>
					1	210	Anwen Rees	Swan	26.95
					2	111	Jade Williams (U17)	AV	27.07
					3	247	Helen Eve	Swan	30.10
<b>400m Under 20 Women FINAL</b>					<b>400m Senior Women FINAL</b>				
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf
		no entries							
					1	210	Anwen Rees	Swan	58.40
					2	111	Jade Williams (U17)	AV	58.54
					3	215	Caroline Byng	Swan	61.37
					4	245	Carol Glover	Swan	59.50
<b>800m Under 20 Women FINAL</b>					<b>800m Senior Women FINAL</b>				
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf
1	232	Rebecca King	Swan	2:32.02	1	216	Jenny Phillips	Llan	2:34.65
<b>1500m Under 20 Women FINAL</b>					<b>1500m Senior Women FINAL</b>				
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf
1	205	Emily Downey	Llan	4:56.44	1	216	Jenny Phillips	Llan	5:18.00
					2	310	Caryl Jones	Carm	4:43.35
<b>3000m Under 20 Women FINAL</b>					<b>3000m Senior Women FINAL</b>				
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf
1		no entries			1		no entries		
<b>100mH Under 20 Women FINAL</b>					<b>100mH Senior Women FINAL</b>				
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf
1	230	Catherine Goldsmith	Carm	16.22	1	249	Heather Jones	Carm	14.09
<b>400mH Under 20 Women FINAL</b>					<b>400mH Senior Women FINAL</b>				
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf
		no entries							
					1	210	Anwen Rees	Swan	62.74
					2	208	Anna Leyshon	Swan	68.4*
									hand time
<b>100m Under 20 Men FINAL</b>					<b>100m Senior Men FINAL</b>				
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf
				<b>-0.9m/s</b>					<b>-2.0m/s</b>
1	224	Jamie Price	Swan	11.63	1	236	Leon Yandle	Swan	11.98
2	225	James Thomas	Llan	11.78	2	209	David Thomas	Pemb	12.59
3	202	Benjamin Charles	Pemb	12.11	3	234	Adam Gower	Llan	12.68
4	218	James Tyler	Pemb	14.4	4	239	Mark Williams	Llan	13.34
5	229	Ashleigh Hellyer	Swan	17.38					
<b>200m Final Under 20 Men</b>					<b>200m Senior Men FINAL</b>				
Pos	No.	Athlete	Club	Perf	Pos	No.	Athlete	Club	Perf
				<b>+0.3m/s</b>					<b>+0.3m/s</b>
1	224	Jamie Price	Swan	23.32	1	236	Leon Yandle	Swan	23.98
2	202	Benjamin Charles	Pemb	24.87	2	209	David Thomas	Pemb	26.03
3	218	James Tyler	Pemb	31.24					

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**400m Final Under 20 Men**

Pos	No.	Athlete	Club	Perf
1	203	Gerwyn Slinger	Carm	52.79
2	223	David Hill	Neath	55.95

**400m Final Senior Men**

Pos	No.	Athlete	Club	Perf
1	300	Jonathan Williams	Llan	49.81

**800m Under 20 Men FINAL**

Pos	No.	Athlete	Club	Perf
1	203	Gerwyn Slinger	Carm	2:02.16

**800m Senior Men FINAL**

Pos	No.	Athlete	Club	Perf
1	300	Jonathan Williams	Llan	2:01.75
2	240	Steven Richards	Swan	2:04.14

**1500m Final Under 20 Men**

Pos	No.	Athlete	Club	Perf
1	227	Jake Watson	Trots	4:35.64

**1500m Senior Men FINAL**

Pos	No.	Athlete	Club	Perf
		no entries		

**3000m Under 20 Men FINAL**

Pos	No.	Athlete	Club	Perf
1	227	Jake Watson	Trots	9:35.55

**3000m Senior Men FINAL**

Pos	No.	Athlete	Club	Perf
1	252	Christopher Williams	Neath	9:40.87
2	238	Matthew Harvey	Neath	9:42.07
3	251	David Davies	Neath	11:01.90

**110mH Under 20 Men FINAL**

Pos	No.	Athlete	Club	Perf
				<b>-0.5m/s</b>
1	222	Dafydd Walters	Carm	15.71
	221	Jordan Brock	Swan	dnf

**2000m Sc Under 20 Men**

Pos	No.	Athlete	Club	Perf
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**400mH Under 20 Men FINAL**

Pos	No.	Athlete	Club	Perf
1	222	Dafydd Walters	Carm	60.63
2	221	Jordan Brock	Swan	63.95
3	200	Jamie Steadman	Llan	64.99
4	226	Christopher Kilner	Swan	65.69



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**High Jump Under 13 Girls**

Pos	No.	Athlete	Club	Perf
1	19	Lucy Fligelstone	Swan	1.25
2	29	Jessica Harry	Swan	1.20

**Shot Under 13 Girls**

Pos	No.	Athlete	Club	Perf
1	63	Bronwen Lewis	Carm	8.80
2	59	Kimberley Brown	Swan	6.41
3	5	Bethan Radford	Swan	5.90
4	28	Anita Madan	Pemb	5.72
5	36	Kate Evans	Swan	5.54
6	10	Hannah Matthews	Swan	4.82

**Long Jump Under 13 Girls**

Pos	No.	Athlete	Club	Perf
1	19	Lucy Fligelstone	Swan	3.92
2	9	Ffion Wake	Swan	3.65
3	64	Hannah Brier	Swan	3.60
4	35	Ria Evans	Swan	3.56
5	65	Olivia Gwynn	Swan	3.53
6	68	Rebecca Lewis	Carm	3.52
7	62	Sophie Hughes	Neath	3.46
8	29	Jessica Harry	Swan	3.15
9	33	Katie Wells	Swan	3.15
10	31	Bethan Morgan	Swan	2.93
11	30	Catrin Evans	Swan	2.85
12	60	Aimee Roberts	Swan	2.61

**Discus Under 13 Girls**

Pos	No.	Athlete	Club	Perf
1	63	Bronwen Lewis	Carm	15.84
2	10	Hannah Matthews	Swan	nt

**Javelin Under 13 Girls**

Pos	No.	Athlete	Club	Perf
1	66	Caitlin Atkins	Swan	23.54
2	5	Bethan Radford	Swan	19.06
3	36	Kate Evans	Swan	8.09

**High Jump Under 13 Boys**

Pos	No.	Athlete	Club	Perf
1	14	Miles Keller-Jenkins	Swan	1.45
2	4	Keiran Ingram	Swan	1.40
3	16	Dafydd Adams	Carm	1.30
4	37	Scott Harris	Swan	1.25
5	40	Ewan Gully	Swan	1.20

**Shot Under 13 Boys**

Pos	No.	Athlete	Club	Perf
1	39	Jack Beynon	Swan	9.61
2	47	Tristan Ross	Carm	5.85
3	50	Owain Plant	Carm	5.64
4	48	Max Harris	Swan	5.13

**Long Jump Under 13 Boys**

Pos	No.	Athlete	Club	Perf
1	25	Shaun Pearce	Carm	4.21
2	20	Llyr Freeman	Carm	4.09
3	24	Cameron Blackmore	Pemb	4.04
4	7	Samual Thompson	Carm	3.70
5	41	Rhodri Williams	Swan	3.62
6	49	Harry Randall	Carm	3.61
7	43	Harry Goforth	Pemb	3.52
8	40	Ewan Gully	Swan	3.46
9	18	Pip Hancock	Swan	3.40
10	48	Max Harris	Swan	3.24

**Discus Under 13 Boys**

Pos	No.	Athlete	Club	Perf
1	39	Jack Beynon	Swan	24.12
2	47	Tristan Ross	Carm	15.58.

**Javelin Under 13 Boys**

Pos	No.	Athlete	Club	Perf
1	3	Samual Withers	Pembs	29.28
2	4	Keiran Ingram	Swan	27.45
3	14	Miles Keller-Jenkins	Swan	19.02
4	6	Tomos Slinger	Carm	16.87

**Pole Vault Under 13 Boys**

Pos	No.	Athlete	Club	Perf
1	4	Keiran Ingram	Swan	1.80

## West Wales Regional Championship Results 2009 - Neath

## High Jump Under 15 Girls

Pos	No.	Athlete	Club	Perf
1	322	Emily Morris	Swan	1.55
2	352	Carys Mansfield	Carm	1.45
3	328	Shannon Richards	Swan	1.40
4	308	Catrin Jones	Swan	1.35
5=	344	Elise Davies	Swan	1.30
5=	377	Rhiannon Thomas	Swan	1.30
7	342	Nia Evans	Swan	1.25
8	329	Isabel Morgan	Swan	1.10

## Long Jump Under 15 Girls

Pos	No.	Athlete	Club	Perf
1	341	Emily Dacey	Swan	4.91
2	314	Nia Palla	Swan	4.79
3	354	Chelsea Christopher	Swan	4.63
4	353	Alyce Phillips	Carm	4.54
5	350	Kathrine Morris	Swan	4.26
6	310	Elinor Jones	Swan	4.17
7	346	Nicola Jones	Swan	4.00
8	328	Shannon Richards	Swan	3.86
	322	Emily Morris	Swan	nj

## Pole Vault Under 15 Girls

Pos	No.	Athlete	Club	Perf
1	355	Enfys Jones	Carm	2.20

## High Jump Under 15 Boys

Pos	No.	Athlete	Club	Perf
1	370	Calvin Wellington	Swan	1.55
2	363	Drew Beaujean	Swan	1.50
3	369	Simon Snape	Carm	1.35

## Long Jump Under 15 Boys

Pos	No.	Athlete	Club	Perf
1	368	Aaren Willmott	Carm	4.70
2	363	Drew Beaujean	Swan	4.68
3	357	Matthew Overton	Pemb	4.54
4	362	Chay Smith	Swan	4.29
5	371	Jac Weekley	Neath	4.07
6	361	Gareth Drummond	Swan	3.85
7	318	Jack Straw	Swan	3.77

## Triple Jump Under 15 Boys

Pos	No.	Athlete	Club	Perf
1	318	Jack Straw	Swan	8.73

## Shot Under 15 Girls

Pos	No.	Athlete	Club	Perf
1	348	Awen Rosser	Carm	9.76
2	302	Elliw James	Carm	8.84
3	324	Kayleigh Jones	Carm	8.03
4	346	Nicola Jones	Swan	6.91
5	329	Isabel Morgan	Swan	4.87
6	342	Nia Evans	Swan	4.72

## Discus Under 15 Girls

Pos	No.	Athlete	Club	Perf
1	302	Elliw James	Carm	26.60
2	348	Awen Rosser	Carm	24.20
3	324	Kayleigh Jones	Carm	18.48
4	346	Nicola Jones	Swan	16.00
5	305	Gabriella Cirillo	Swan	15.36

## Hammer Under 15 Girls

Pos	No.	Athlete	Club	Perf
1	305	Gabriella Cirillo	Swan	21.00

## Javelin Under 15 Girls

Pos	No.	Athlete	Club	Perf
1	352	Carys Mansfield	Carm	31.95
2	377	Rhiannon Thomas	Swan	16.36

## Shot Under 15 Boys

Pos	No.	Athlete	Club	Perf
		no athletes		

## Discus Under 15 Boys

Pos	No.	Athlete	Club	Perf
1	358	Paalibe Abugre	Swan	15.88

## Hammer Under 15 Boys

Pos	No.	Athlete	Club	Perf
		no entries		

## Javelin Under 15 Boys

Pos	No.	Athlete	Club	Perf
1	307	Gareth Hart	Pemb	29.25

## Pole Vault Under 15 Boys

Pos	No.	Athlete	Club	Perf
		No entries		

West Wales Regional Championship Results 2009 - Neath

**High Jump Under 17 Women**

Pos	No.	Athlete	Club	Perf
1	125	Rhiannon Plant	Carm	1.45
2	153	Kimberley Davies	Swan	1.50
3	151	Atlanta Williams	Swan	1.50

**Pole Vault Under 17 Women**

Pos	No.	Athlete	Club	Perf
1	102	Naomi James	Swan	3.30
2	152	Emma Jones	Swan	2.90

**Long Jump Under 17 Women**

Pos	No.	Athlete	Club	Perf
1	146	Ffion Rees	Carm	5.00
2	103	Kara Steadman	Llan	4.59
3	112	Eleanor Rowland	Pemb	4.46
4	148	Hannah Place	Carm	3.67

**Triple Jump Under 17 Women**

Pos	No.	Athlete	Club	Perf
1	103	Kara Steadman	Llan	9.84
2	151	Atlanta Williams	Swan	9.34

**High Jump Under 17 Men**

Pos	No.	Athlete	Club	Perf
1	121	Adam Davies	Pemb	1.90
2	155	Sean Bergiers	Carm	1.70
3	129	Glen Elsdon	Carm	1.65

**Pole Vault U17 Men**

Pos	No.	Athlete	Club	Perf
1	141	Emyr Jones	Carm	3.70
2	140	Morgan Atkins	Swan	2.70

**Long Jump Under 17 Men**

Pos	No.	Athlete	Club	Perf
1	129	Glen Elsdon	Carm	5.44

**Triple Jump Under 17 Men**

Pos	No.	Athlete	Club	Perf
		no entries		

**Shot Under 17 Women**

Pos	No.	Athlete	Club	Perf
1	144	Nina Prells	Swan	9.35
2	119	Lucy Griffiths	Pemb	9.12
3	145	Neven Korashi	Swan	8.69
4	126	Helena Madan	Pemb	8.33
5	125	Rhiannon Plant	Carm	8.32

**Discus Under 17 Women**

Pos	No.	Athlete	Club	Perf
1	119	Lucy Griffiths	Pemb	24.42
2	144	Nina Prells	Swan	22.15

**Hammer Under 17 Women**

Pos	No.	Athlete	Club	Perf
1	145	Neven Korashi	Swan	28.16
2	144	Nina Prells	Swan	25.10
3	126	Helena Madan	Pemb	24.13

**Javelin Under 17 Women**

Pos	No.	Athlete	Club	Perf
1	101	Zoe Priestley	Pemb	33.57
4	123	Sadie Flint	Carm	29.79
2	105	Elin Phillips	Neath	27.02
5	149	Kathryn Phillips	Swan	20.16

**Shot Under 17 Men**

Pos	No.	Athlete	Club	Perf
1	130	Johnathon Stowell	Pemb	11.01

**Discus Under 17 Men**

Pos	No.	Athlete	Club	Perf
1	109	Scott Phillips	Swan	26.86
2	131	Alexander Thomas	Swan	26.27
3	130	Johnathon Stowell	Pemb	25.54
4	120	Michael Davies	Swan	17.12

**Javelin Under 17 Men**

Pos	No.	Athlete	Club	Perf
1	106	Paul Bennett	Carm	44.43
2	109	Scott Phillips	Swan	41.45

**Hammer Under 17 Men**

Pos	No.	Athlete	Club	Perf
1	130	Johnathon Stowell	Pemb	29.91

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**High Jump Under 20 Women**

Pos	No.	Athlete	Club	Perf
1	250	Sophie Pick	Carm	1.50
2	230	Catherine Goldsmith	Carm	1.50

**High Jump Senior Women**

Pos	No.	Athlete	Club	Perf
1	215	Ceri Stokoe	Swan	1.70

**Long Jump Under 20 Women**

Pos	No.	Athlete	Club	Perf
1	206	Donna Jones	Llan	4.93

**Long Jump Senior Women**

Pos	No.	Athlete	Club	Perf
		no entries		

**Triple Jump Under 20 Women**

Pos	No.	Athlete	Club	Perf
1	206	Donna Jones	Llan	10.90

**Triple Jump Senior Women**

Pos	No.	Athlete	Club	Perf
		no entries		

**Shot Under 20 Women**

Pos	No.	Athlete	Club	Perf
1	230	Catherine Goldsmith	Carm	10.78
2	201	Jessica Huddleston	Pemb	9.34
3	233	Chantelle Walker Jones	Swan	8.60

**Shot Senior Women**

Pos	No.	Athlete	Club	Perf
1	212	Karen Llewelin	Pemb	8.69
2	213	Tracy Llewelin	Pemb	6.91

**Discus Under 20 Women**

Pos	No.	Athlete	Club	Perf
1	201	Jessica Huddleston	Pemb	26.73

**Discus Senior Women**

Pos	No.	Athlete	Club	Perf
1	248	Sarah Richards	Swan	29.60
2	213	Tracy Llewelin	Pemb	25.50
3	212	Karen Llewelin	Pemb	24.49
4	211	Jo Davies	Swan	21.12

**Hammer Under 20 Women**

Pos	No.	Athlete	Club	Perf
1	201	Jessica Huddleston	Pemb	20.90

**Hammer Senior Women**

Pos	No.	Athlete	Club	Perf
1	212	Karen Llewelin	Pemb	29.21
2	248	Sarah Richards	Swan	25.28
3	211	Jo Davies	Swan	17.00

**Javelin Under 20 Women**

Pos	No.	Athlete	Club	Perf
1	204	Claire Williams	Swan	46.19
2	231	Mary Wilson	Carm	33.81

**Javelin Senior Women**

Pos	No.	Athlete	Club	Perf
1	217	Sara Siggery	Carm	43.59
2	211	Jo Davies	Swan	28.08
3	212	Karen Llewelin	Pemb	18.44

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**High Jump Under 20 Men**

Pos	No.	Athlete	Club	Perf
1	221	Jordan Brock	Swan	1.60

**High Jump Senior Men**

Pos	No.	Athlete	Club	Perf
		no entries		

**Long Jump Under 20 Men**

Pos	No.	Athlete	Club	Perf
1	200	Jamie Steadman	Llan	4.87

**Long Jump Senior Men**

Pos	No.	Athlete	Club	Perf
1	235	Andrew Thomas	Llan	6.50
2	237	Alex Jackson	Swan	6.17

**Triple Jump Under 20 Men**

Pos	No.	Athlete	Club	Perf
1	200	Jamie Steadman	Llan	9.52

**Triple Jump Senior Men**

Pos	No.	Athlete	Club	Perf
1	234	Adam Gower	Llan	11.92

**Shot Under 20 Men**

Pos	No.	Athlete	Club	Perf
1	253	Tomos Edwards	Carm	14.38
2	203	Gerwyn Slinger	Carm	8.64

**Shot Senior Men**

Pos	No.	Athlete	Club	Perf
1	244	Peter Maitland	Swan	14.80

**Discus Under 20 Men**

Pos	No.	Athlete	Club	Perf
1	253	Tomos Edwards	Carm	41.47

**Discus Senior Men**

Pos	No.	Athlete	Club	Perf
1	244	Peter Maitland	Swan	36.35

**Hammer Under 20 Men**

Pos	No.	Athlete	Club	Perf
1	228	James Dobler	Swan	40.15

**Hammer Senior Men**

Pos	No.	Athlete	Club	Perf
1	241	Matthew Richards	Belgrave	56.67