

**WELSH ATHLETICS  
PLATE & CUP QUALIFIER**

**SATURDAY 7TH AUG**



**WELSH ATHLETICS**  
ATHLETAU CYMRU

**CARDIFF INTERNATIONAL SPORTS STADIUM**

**WEST DIVISION  
PROVISIONAL RESULTS**

**2010 Junior League - Plate & Cup Qualifier**

SATURDAY 7TH AUGUST

**Event - T5 - U13G - 100m**

**12:35 PM**

**League Record - Emily MITCHELL, Laura DAVIES, Carmarthen Harriers, Llanelli AC, 13.2, 2003/2008**

**New League Record**

**Welsh Record - Jane BRADBEER, Swansea Harriers, 12.6, 1981**

w/s -3.0						w/s							
Pos	Bib	Athlete	Club	Perf.	Pts	Grade	Pos	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S	Hannah BRIER	Swansea Harriers	12.74	16	G2 *	1B	SS	Ffion HAILS	Swansea Harriers	13.94	8	G3 *
2A	I	Zoe NASH	Bridgend AC	14.65	14		2B	XX	Kirsty EVANS	Neath Harriers	15.25	7	
3A	X	Miah DAVIES	Neath Harriers	15.63	12		3B	RR	Menna THOMAS	Carmarthen Harriers	16.78	6	
4A	M	Naomi PRITCHARD	Pembroke Harriers	15.65	10								
5A	R	Jessica NICHOLLS	Carmarthen Harriers	16.38	8								

**Event - T37 - U13G - 200m**

**3:45 PM**

**League Record - Emily MITCHELL, Carmarthen Harriers, Neath Harriers, 27.5, 2003 / 2008**

**Welsh Record - Jane BRADBEER, Cardiff AAC, 25.70, 1981**

w/s -0.5						w/s -0.5							
Pos	Bib	Athlete	Club	Perf.	Pts	Grade	Pos	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S	Jessica MERRICK	Swansea Harriers	27.99	16	G2 *	1B	SS	Ellie COATES	Swansea Harriers	29.68	8	G4
2A	I	Zoe NASH	Bridgend AC	30.84	14		2B	II	Mae TAYLOR	Bridgend AC	32.82	7	
3A	M	Jenna GALLIVAN - CLASH	Pembroke Harriers	31.05	12		3B	X	Miah DAVIES	Neath Harriers	32.96	6	
4A	XX	Kirsty EVANS	Neath Harriers	31.31	10		4B	RR	Carys JONES	Carmarthen Harriers	35.02	5	
5A	R	Rachel WASSERMAN	Carmarthen Harriers	32.57	8								

**Event - T16 - U13G - 800m**

**1:45 PM**

**League Record - Jade WILLIAMS, Swansea Harriers, 2.27.2, 2005**

**Welsh Record - Lisa LANINI, Wrexham AC, 2.16.0, 2000**

Pos	Bib	Athlete	Club	Perf.	Pts	Grade	Pos	Bib	Athlete	Club	Perf.	Pts	Grade
1A	I	Seren ALLIN	Bridgend AC	2:39.73	16	G4 *	1B	II	Felicity WILLIAMSON-SARLL	Bridgend AC	3:01.05	8	
2A	SS	Ellie COATES	Swansea Harriers	2:48.06	14		2B	S	Emily JONES	Swansea Harriers	3:12.40	7	
3A	M	Jenna GALLIVAN - CLASH	Pembroke Harriers	3:04.52	12								
4A	R	Rachel WASSERMAN	Carmarthen Harriers	3:19.47	10								

**Event - T39 - U13G - 1500m**

**4:00 PM**

**League Record - Non STANFORD, Swansea Harriers, 5.00.5,**

**New League Record**

**Welsh Record - Hywellis THOMAS-HOWELLS, Neath Harriers, 4.49.93, 2007**

**New Welsh Record**

Pos	Bib	Athlete	Club	Perf.	Pts	Grade	Pos	Bib	Athlete	Club	Perf.	Pts	Grade
1A	I	Rosa YATES	Bridgend AC	4:48.06	16	G1 *	1B	S	Rhiannon FENN	Swansea Harriers	6:43.12	8	
2A	R	Shannon DE SMET	Carmarthen Harriers	5:37.29	14								
3A	M	Tegan HARRISON	Pembroke Harriers	5:47.06	12								
4A	SS	Kelsey RABAIOTTI	Swansea Harriers	6:15.95	10								

**Event - T30 - U13G - 70m Hurdles**

**3:00 PM**

**League Record - Eleanor ROWLAND, Stacey COLLINS, Rachel DAVIES, Laura-Kate EDWARDS, Pembroke H, Neath H, Bridgend AC, Wrex**

**Welsh Record - Adele NICOLL, Bridgend AC, 11.60, 2005**

w/s -1.9						w/s -1.3							
Pos	Bib	Athlete	Club	Perf.	Pts	Grade	Pos	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S	Jessica MERRICK	Swansea Harriers	12.54	16	G3 *	1B	MM	Jo WEEDON	Pembroke Harriers	14.06	8	
2A	M	Anita MADAN	Pembroke Harriers	13.47	14		2B	RR	Menna THOMAS	Carmarthen Harriers	14.15	7	
3A	X	Miah DAVIES	Neath Harriers	13.80	12		3B	II	Mae TAYLOR	Bridgend AC	15.24	6	
4A	I	Leah THOMAS	Bridgend AC	13.87	10		4B	SS	Ellie COATES	Swansea Harriers	17.27	5	
5A	R	Jessica NICHOLLS	Carmarthen Harriers	16.14	8								

**Event - T52 - U13G - 4 x 100m Relay**

**5:15 PM**

**League Record - Carmarthen Harriers, 55.6, 2006**

**New League Record**

**Welsh Record -**

w/s											
Pos	Bib	Athlete	Club	Perf.	Pts	Pos	Bib	Athlete	Club	Perf.	Pts
1A	S	Jessica MERRICK, Hannah BRIER, Ellie COATES, Ffion Wake	Swansea Harriers	52.43	16						
2A	I	Leah THOMAS, Mae TAYLOR, Felicity WILLIAMSON-SARLL, Zoe NASH	Bridgend AC	62.05	14						
3A	M	Tabitha STEVENSON, Anita MADAN, Jenna GALLIVAN - CLASH, Tegan HARRISON	Pembroke Harriers	62.81	12						
4A	R	Carys JONES, Megan DAVIES, Fflur JONES, Menna THOMAS	Carmarthen Harriers	68.65	10						

## 2010 Junior League - Plate & Cup Qualifier

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**Event - F13 - U13G - High Jump** 12:00 PM

**League Record - Hannah THOMAS, Wrexham AC, 1.50, 2005**

**Welsh Record - Julia CHARLTON, Carmarthen Harriers, 1.68, 1978**

Pos	Bib	Athlete	Club	Perf.	Pts	Grade	Pos	Bib	Athlete	Club	Perf.	Pts	Grade
1A	I	Leah THOMAS	Bridgend AC	1.15	16		1B	MM	Tabitha STEVENSON	Pembroke Harriers	1.05	8	
2A	M	Jo WEEDON	Pembroke Harriers	1.15	14		2B	S	Rhiannon FENN	Swansea Harriers	1.00	7	
3A	SS	Chloe CLARKE	Swansea Harriers	1.15	12								
4A	R	Jessica NICHOLLS	Carmarthen Harriers	1.10	10								

**Event - F38 - U13G - Long Jump** 3:00 PM

**League Record - Hannah THOMAS, Wrexham AC, 4.59, 2005**

**New League Record**

**Welsh Record - Lisa ARMSTRONG, Torfaen AC, 4.88, 1986**

Pos	Bib	Athlete	Club	Perf.	Pts	Grade	Pos	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S	Hannah BRIER	Swansea Harriers	4.77	16	G2 *	1B	SS	Kelsey RABAIOTTI	Swansea Harriers	3.59	8	
2A	R	Rachel WASSERMAN	Carmarthen Harriers	3.69	14		2B	RR	Shannon DE SMET	Carmarthen Harriers	2.76	7	
3A	II	Felicity WILLIAMSON-SARLL	Bridgend AC	3.38	12								
4A	X	Kirsty EVANS	Neath Harriers	3.19	10								

**Event - F24 - U13G - Shot Put (2.72kg)** 12:45 PM

**League Record - Nicola STEVENSON, Bridgend AC, 10.37,**

**Welsh Record - Nicola STEVENSON, Bridgend AC, 10.83, 2001**

Pos	Bib	Athlete	Club	Perf.	Pts	Grade	Pos	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R	Amy HUMBLE	Carmarthen Harriers	8.87	16	G2 *	1B	RR	Fflur JONES	Carmarthen Harriers	6.81	8	G4
2A	M	Anita MADAN	Pembroke Harriers	7.49	14	G3	2B	SS	Emily EVANS	Swansea Harriers	5.47	7	
3A	S	Kate EVANS	Swansea Harriers	6.65	12	G4	3B	II	Joe-Dianna GRABHAM	Bridgend AC	4.47	6	
4A	I	Sian SMITH	Bridgend AC	4.84	10		4B	MM	Tabitha STEVENSON	Pembroke Harriers	4.21	5	

**Event - F33 - U13G - Discus (0.75kg)** 2:15 PM

**League Record - Toni WELLS, Swansea Harriers, 27.75, 2005**

**Welsh Record - Toni WELLS, Swansea Harriers, 29.85, 2005**

Pos	Bib	Athlete	Club	Perf.	Pts	Grade	Pos	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S	Ffion Wake	Swansea Harriers	21.32	16	G3 *	1B	SS	Katie WELLS	Swansea Harriers	15.50	8	
2A	R	Amy HUMBLE	Carmarthen Harriers	19.79	14	G3	2B	RR	Carys JONES	Carmarthen Harriers	10.33	7	
3A	M	Anita MADAN	Pembroke Harriers	16.93	12	G4	3B	II	Joe-Dianna GRABHAM	Bridgend AC	9.82	6	
4A	I	Sian SMITH	Bridgend AC	13.04	10								

**Event - F49 - U13G - Javelin (400g)** 4:15 PM

**League Record - Robyn PURCHASE, Wrexham AC, 30.73, 2005**

**Welsh Record - Mary WILSON, Carmarthen Harriers, 31.63, 2004**

Pos	Bib	Athlete	Club	Perf.	Pts	Grade	Pos	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R	Amy HUMBLE	Carmarthen Harriers	24.11	16	G3 *	1B	RR	Megan DAVIES	Carmarthen Harriers	17.61	8	G4
2A	SS	Katie WELLS	Swansea Harriers	20.50	14	G4 *	2B	S	Kate EVANS	Swansea Harriers	15.42	7	
3A	MM	Tabitha STEVENSON	Pembroke Harriers	9.20	12		3B	II	Mae TAYLOR	Bridgend AC	7.77	6	
4A	I	Sian SMITH	Bridgend AC	8.94	10								

	Clubs	Points
1	Swansea Harriers	231
2	Bridgend AC	181
3	Carmarthen Harriers	176
4	Pembroke Harriers	145
5	Neath Harriers	57
6	Llanelli AC	0
7	Amman Valley	0
8	Aberystwyth	0
<b>The points above are for U13 Girls only</b>		

2010 Junior League - Plate & Cup Qualifier

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Event - T7 - U15G - 100m 12:45 PM

League Record - Claire JONES, Pembroke Harriers, 12.4, 2003

Welsh Record - Helin MILES, Bridgend AC, 12.0, 1981

w/s -1.9						w/s -4.6					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Erin WALTERS	Carmarthen Harriers	13.34	16	G4	1B	MM Amy LEAHY	Pembroke Harriers	13.64	8	
2A	M Elli NORKETT	Pembroke Harriers	13.51	14		2B	II Rachael LEWIS	Bridgend AC	14.17	7	
3A	I Emma JOHNSON	Bridgend AC	13.73	12		3B	RR Lucy JONES	Carmarthen Harriers	15.58	6	
4A	X Charlotte JOHN	Neath Harriers	14.49	10		4B	SS Ffion HAILS	Swansea Harriers	15.80	5	
5A	S Ria EVANS	Swansea Harriers	15.08	8		5B	XX Elle THOMAS	Neath Harriers	16.13	4	

Event - T35 - U15G - 200m 3:35 PM

League Record - Hannah JONES, Carmarthen Harriers, 25.5, 2005

Welsh Record - Jane BRADBEEER, Cardiff AAC, 24.90, 1983

w/s -1.8						w/s -2.5					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Amy LEAHY	Pembroke Harriers	27.62	16	G4	1B	RR Kimbley ABORDUNRIN	Carmarthen Harriers	27.93	8	
2A	S Rhiannon HAILS	Swansea Harriers	28.12	14		2B	MM Lois THOMAS	Pembroke Harriers	30.25	7	
3A	R Natasha JIWAWALJI	Carmarthen Harriers	28.99	12		3B	XX Gabriella JUKES	Neath Harriers	30.30	6	
4A	V Danni FRANKLIN	Llanelli AC	29.51	10		4B	SS Ria EVANS	Swansea Harriers	31.87	5	
5A	X Charlotte JOHN	Neath Harriers	29.95	8							
6A	I Shauna QUIRKE	Bridgend AC	31.45	6							

Event - T20 - U15G - 800m 2:05 PM

League Record - Non STANFORD, Swansea Harriers, 2.19.4,

Welsh Record - Amanda PRITCHARD, Cardiff AAC, 2.10.66, 1994

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	V Danni FRANKLIN	Llanelli AC	2:32.99	16		1B	VV Felicity GARDNER	Llanelli AC	2:40.58	8	
2A	I Sinead LOUNDES	Bridgend AC	2:42.51	14		2B	M Lois THOMAS	Pembroke Harriers	2:52.49	7	
3A	R Lucy JONES	Carmarthen Harriers	2:45.55	12		3B	RR Natasha JIWAWALJI	Carmarthen Harriers	2:53.35	6	
4A	MM Lucy JAMES	Pembroke Harriers	2:46.65	10							

Event - T41 - U15G - 1500m 4:15 PM

League Record - Melanie DAVIES, Swansea Harriers, 4.55.1, 2003

Welsh Record - Non STANFORD, Swansea Harriers, 4.32.24, 2003

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Iona EVANS	Swansea Harriers	5:15.10	16		1B	MM Rhian HOMER	Pembroke Harriers	5:32.52	8	
2A	M Poppy LEWIS	Pembroke Harriers	5:29.38	14							

Event - T26 - U15G - 75m Hurdles 2:45 PM

League Record - Heather JONES, Carmarthen Harriers, 11.1,

Welsh Record - Heather JONES, Carmarthen Harriers, 10.86, 2001

w/s -2.3						w/s					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	MM Amy LEAHY	Pembroke Harriers	12.25	16	G3 *	1B	SS Katherine MORRIS	Swansea Harriers	12.52	8	G4 *
2A	S Rhiannon HAILS	Swansea Harriers	12.47	14	G3 *	2B	M Elli NORKETT	Pembroke Harriers	12.76	7	G4 *
3A	I Emma JOHNSON	Bridgend AC	12.73	12	G4 *						
4A	R Bella MOSSMAN	Carmarthen Harriers	14.06	10							

Event - T54 - U15G - 4 x 100m Relay 5:25 PM

League Record - Carmarthen Harriers, 50.6, 2005

Welsh Record -

Bib	Athlete	Club	Perf.	Pts
1A	R Natasha JIWAWALJI, Kimbley ABORDUNRIN, Lucy JONES, Erin WALTERS	Carmarthen Harriers	54.54	16
2A	M Lucy JAMES, Amy LEAHY, Lois THOMAS, Elli NORKETT	Pembroke Harriers	55.16	14
3A	I Rachael LEWIS, Shauna QUIRKE, Sinead LOUNDES, Emma JOHNSON	Bridgend AC	55.54	12
4A	S Katherine MORRIS, Ffion HAILS, Rhiannon HAILS, -	Swansea Harriers	56.20	10

## 2010 Junior League - Plate & Cup Qualifier

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### Event - F14 - U15G - High Jump

12:00 PM

**League Record - Hannah THOMAS, Wrexham AC Neath Harriers, 1.60, 2003 / 2008**

**Welsh Record - Lea HAGGETT, Herne Hill, 1.81, 1986**

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Katherine MORRIS	Swansea Harriers	1.40	16		1B	SS Rhiannon HAILS	Swansea Harriers	1.35	8	
2A	R Erin WALTERS	Carmarthen Harriers	1.30	14		2B	RR Kimbley ABORDUNRIN	Carmarthen Harriers	1.30	7	
3A	M Anghared REED	Pembroke Harriers	1.30	12		3B	MM Esme BELLERBY	Pembroke Harriers	1.15	6	
4A	V Felicity GARDNER	Llanelli AC	1.25	10							

### Event - F8 - U15G - Pole Vault

12:00 PM

**League Record - Rhiannydd LLEWELLYN, Bridgend AC, 3.15, 2008**

**Welsh Record - Rhiannydd LLEWELLYN, Bridgend AC, 3.15, 2008**

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Caitlin ATKINS	Swansea Harriers	2.40	16	G2						

### Event - F35 - U15G - Long Jump

2:15 PM

**League Record - Danielle CARPENTER, Cardiff AAC, 5.17,**

**Welsh Record - Ceri JENKINS, Cleddau, 5.57, 1972**

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	I Emma JOHNSON	Bridgend AC	4.48	16	G4	1B	II Rachael LEWIS	Bridgend AC	4.37	8	
2A	R Kimbley ABORDUNRIN	Carmarthen Harriers	4.32	14		2B	RR Bella MOSSMAN	Carmarthen Harriers	3.74	7	
3A	XX Gabriella JUKES	Neath Harriers	3.88	12		3B	S Ria EVANS	Swansea Harriers	3.49	6	
4A	SS Iona EVANS	Swansea Harriers	3.61	10		4B	X Elle THOMAS	Neath Harriers	3.41	5	
5A	MM Esme BELLERBY	Pembroke Harriers	2.65	8							

### Event - F17 - U15G - Shot Put (3.25kg)

12:00 PM

**League Record - Toni WELLS, Swansea Harriers, 10.99, 2007**

New League Record

**Welsh Record - Emily STEELE, Shrewsbury AC, 13.22, 1989**

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Awen ROSSER	Carmarthen Harriers	11.61	16	G2 *	1B	SS Carys SMITH	Swansea Harriers	6.91	8	
2A	S Stephanie NICHOLAS	Swansea Harriers	9.11	14	G3 *	2B	MM Ffion CADOGAN	Pembroke Harriers	6.46	7	
3A	II Nicole DAVENPORT	Bridgend AC	9.11	12	G3 *	3B	RR Ffion WALTERS	Carmarthen Harriers	6.24	6	
4A	M Elli NORKETT	Pembroke Harriers	8.18	10	G4	4B	XX Charlotte JOHN	Neath Harriers	4.74	5	
5A	X Shannon MCKERNAN	Neath Harriers	6.87	8							

### Event - F34 - U15G - Discus (1.00kg)

2:15 PM

**League Record - Toni WELLS, Swansea Harriers, 32.15, 2007**

**Welsh Record - Philpa ROLLES, Swansea Harriers, 44.12, 1992**

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Awen ROSSER	Carmarthen Harriers	30.09	16	G2 *	1B	SS Carys SMITH	Swansea Harriers	15.50	8	
2A	S Stephanie NICHOLAS	Swansea Harriers	22.75	14	G3	2B	II Shauna QUIRKE	Bridgend AC	15.30	7	
3A	X Shannon MCKERNAN	Neath Harriers	21.12	12	G4	3B	RR Ffion WALTERS	Carmarthen Harriers	13.37	6	
4A	I Zoe DAKIN	Bridgend AC	20.79	10	G4						
5A	V Lauren Harvey	Llanelli AC	15.50	8							
6A	M Ffion CADOGAN	Pembroke Harriers	15.19	6							

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Event - F2 - U15G - Hammer (3.00kg)

11:00 AM

League Record - Toni WELLS, Swansea Harriers, 39.91, 2006

New League Record

Welsh Record - Charlotte MURRAY, Swansea Harriers, 41.90, 2004

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	I Zoe DAKIN	Bridgend AC	40.37	16	G3 *						
2A	S Carys SMITH	Swansea Harriers	31.05	14	G4 *						

Event - F50 - U15G - Javelin (600g)

4:15 PM

League Record - Danielle HAMER, Carmarthen Harriers, 35.24, 2005

Welsh Record - Danielle HAMER, Carmarthen Harriers, 38.15, 2005

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	I Nicole DAVENPORT	Bridgend AC	26.94	16	G3 *	1B	II Shauna QUIRKE	Bridgend AC	20.25	8	
2A	S Caitlin ATKINS	Swansea Harriers	24.29	14	G3	2B	R Natasha JIWAWALJI	Carmarthen Harriers	11.66	7	
3A	M Ffion CADOGAN	Pembroke Harriers	19.58	12							
4A	RR Ffion WALTERS	Carmarthen Harriers	13.78	10							

	Clubs	Points
1	Swansea Harriers	208
2	Carmarthen Harriers	189
3	Pembroke Harriers	182
4	Bridgend AC	156
5	Neath Harriers	70
6	Llanelli AC	52
7	Amman Valley	0
8	Aberystwyth	0
<b>The points above are for U15 Girls only</b>		

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Event - T9 - U17W - 100m

12:55 PM

League Record - Danielle BARKER, Neath Harriers, 12.2, 2003

Welsh Record - Sallyanne SHORT, Rachel JOHNSON, Torfaen AC, Colwyn Bay, 11.88, 1984/2009

w/s -3.2					w/s						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Eleanor ROWLAND	Pembroke Harriers	13.46	16							
2A	R Catrin REES	Carmarthen Harriers	13.63	14							
3A	S Nia PALLA	Swansea Harriers	13.67	12							
4A	I No athlete declared	Bridgend AC	14.71	10							
5A	X Sophie PARRY	Neath Harriers	15.11	8							

Event - T33 - U17W - 200m

3:25 PM

League Record - Lisa-Marie EDWARDS, Wrexham AC, 25.7, 2003

Welsh Record - Michelle PROBERT, Sale Harriers, 23.60, 1976

w/s -3.0					w/s -3.0						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Catrin REES	Carmarthen Harriers	27.60	16		1B	SS Elinor JONES	Swansea Harriers	28.03	8	
2A	S Nia PALLA	Swansea Harriers	27.72	14							
3A	M Amber KIRK	Pembroke Harriers	29.72	12							
4A	V Elin EVANS	Llanelli AC	30.67	10							

Event - T47 - U17W - 300m

4:45 PM

League Record - Megan ROGERS, Wrexham AC, 39.9, 2008

Welsh Record - Faye HARDING, Wrexham AC, 39.46, 2001

w/s					w/s						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Emily MORRIS	Swansea Harriers	45.51	16							
2A	M Meghan GOOD	Pembroke Harriers	45.71	14							
3A	V Elin EVANS	Llanelli AC	48.14	12							
4A	X Sophie PARRY	Neath Harriers	48.69	10							
5A	R Alyce PHILLIPS	Carmarthen Harriers	48.85	8							

Event - T24 - U17W - 800m

2:30 PM

League Record - Rebecca NUTALL, Deeside AC, 2.18.4, 2003

Welsh Record - Amanda PRITCHARD, Cardiff AAC, 2.07.32, 1996

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Jemima OSBORN	Swansea Harriers	2:25.67	16	G4						
2A	M Josie LEWIS	Pembroke Harriers	2:43.97	14							
3A	R Amelia ROBERTS	Carmarthen Harriers	3:11.34	12							

Event - T43 - U17W - 1500m

4:25 PM

League Record - Kayleigh BROWN, Carmarthen Harriers, 4.45.0, 2006

Welsh Record - Non STANFORD, Swansea Harriers, 4.23.55, 2004

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Jemima OSBORN	Swansea Harriers	5:00.40	16	G4 *	1B	II Caitlin BRYANT	Bridgend AC	5:17.84	8	
2A	I Ffion LEWIS	Bridgend AC	5:06.33	14							
3A	M Heather LEWIS	Pembroke Harriers	5:57.75	12							

2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

Event - T23 - U17W - 80m Hurdles 2:20 PM

League Record - Heather JONES, Carmarthen Harriers, 11.3, 2003

Welsh Record - Heather JONES, Carmarthen Harriers, 11.27, 2003

w/s -0.5						w/s					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Kimberley DAVIES	Swansea Harriers	12.42	16	G4 *	1B	SS Atlanta WILLIAMS	Swansea Harriers	12.52	8	G4 *
2A	R Alyce PHILLIPS	Carmarthen Harriers	13.66	14							

Event - T4 - U17W - 300m Hurdles 12:30 PM

League Record - Megan RODGERS, Wrexham AC, 44.89, 2010

Welsh Record - Caryl GRANVILLE, Carmarthen Harriers, 42.65, 2006

w/s -2.4						w/s -2.4					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Atlanta WILLIAMS	Swansea Harriers	47.42	16	G4 *	1B	SS Elinor JONES	Swansea Harriers	49.12	8	G4 *
2A	M Meghan GOOD	Pembroke Harriers	51.22	14		2B	MM Josie LEWIS	Pembroke Harriers	51.71	7	

Event - T56 - U17W - 4 x 100m Relay 5:35 PM

League Record - Swansea Harriers, 50.4, 2007

Welsh Record -

Bib	Athlete	Club	Perf.	Pts
1A	S Elinor JONES, Jessica THOMPSON, Emily MORRIS, Nia PALLA	Swansea Harriers	52.71	16
2A	R Enfys JONES, Alyce PHILLIPS, Amelia ROBERTS, Catrin REES	Carmarthen Harriers	56.85	14
3A	M Helena MADAN, Emily PARTRIDGE, Meghan GOOD, Amber KIRK	Pembroke Harriers	56.88	12



2010 Junior League - Plate & Cup Qualifier

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Event - F25 - U17W - High Jump 1:00 PM

League Record - Emily MORRIS, Swansea Harriers, 1.65, 2010

Welsh Record - Lea HAGGETT, Herne Hill, 1.81, 1986

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Emily MORRIS	Swansea Harriers	1.60	16	G3 *	1B	SS Kimberley DAVIES	Swansea Harriers	1.50	8	
2A	M Helena MADAN	Pembroke Harriers	1.50	14							
3A	V Stacey WEBBER	Llanelli AC	1.45	12							
4A	RR Alyce PHILLIPS	Carmarthen Harriers	1.35	10							

Event - F10 - U17W - Pole Vault 12:00 PM

League Record - Elinor LEWIS, Rachel DAVIES, Cardiff AAC, Deeside AAC, 3.50, 2009 / 2010

Welsh Record - Rhian CLARKE, Essex Ladies, 3.7, 1996

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	I Rhianydd LLEWELLYN	Bridgend AC	2.90	16	G4 *						
2A	R Enfys JONES	Carmarthen Harriers	2.40	14							
3A	S Megan JONES	Swansea Harriers	2.30	12							

Event - F15 - U17W - Long Jump 12:00 PM

League Record - Sarah DACEY, Swansea Harriers, 5.59, 2007

Welsh Record - Lisa ARMSTRONG, Torfaen AC, 6.01, 1990

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Nia PALLA	Swansea Harriers	4.97	16	G3 *	1B	SS Jessica THOMPSON	Swansea Harriers	3.82	8	
2A	M Eleanor ROWLAND	Pembroke Harriers	4.86	14	G4 *	2B	MM Emily PARTRIDGE	Pembroke Harriers	3.75	7	
3A	I Lucy TAYLOR	Bridgend AC	4.78	12	G4						
4A	X Stacey COLLINS	Neath Harriers	4.10	10							
5A	R Amelia ROBERTS	Carmarthen Harriers	4.06	8							

Event - F51 - U17W - Triple Jump 4:30 PM

League Record - Amy BRADLEY, Cwmbran Harriers, 10.93, 2008

Welsh Record - Jayne LUDLOW, Cardiff, 12.14, 1994

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	SS Chelsea CHRISTOPHER	Swansea Harriers	9.20	16	*						
2A	M Emily PARTRIDGE	Pembroke Harriers	8.67	14							

Event - F36 - U17W - Shot Put (4.00kg) 2:15 PM

League Record - Sally HINDS, Swansea Harriers, 11.47, 2002

Welsh Record - Philpa ROLES, Swansea Harriers, 13.65, 1994

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Helena MADAN	Pembroke Harriers	8.37	16	G4	1B	SS Megan JONES	Swansea Harriers	5.83	8	
2A	X Stacey COLLINS	Neath Harriers	7.58	14		2B	I Rhianydd LLEWELLYN	Bridgend AC	5.73	7	
3A	S Jodie HODGKINS	Swansea Harriers	6.52	12		3B	RR Enfys JONES	Carmarthen Harriers	5.40	6	
4A	II Amy TIDBALL	Bridgend AC	6.10	10		4B	MM Heather LEWIS	Pembroke Harriers	5.25	5	
5A	R Jodie JONES	Carmarthen Harriers	5.64	8							

2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

Event - F45 - U17W - Discus (1.00kg)

3:45 PM

League Record - Ella NEWINGTON, Swansea Harriers, 34.41, 2003

Welsh Record - Philpa ROLES, Swansea Harriers, 48.88, 1994

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	I Trudy WILLIAMS	Bridgend AC	17.41	16		1B	II Lowri MAJOR	Bridgend AC	14.52	8	
2A	SS Megan JONES	Swansea Harriers	16.04	14							
3A	R Enfys JONES	Carmarthen Harriers	13.63	12							
4A	X Sophie PARRY	Neath Harriers	11.13	10							

Event - F4 - U17W - Hammer (4.00kg)

11:00 AM

League Record - Toni WELLS, Swansea Harriers, 48.27, 2010

Welsh Record - Stephanie OWENS, West Cheshire, 48.69, 2007

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Helena MADAN	Pembroke Harriers	30.81	16	G4 *						
2A	I Trudy WILLIAMS	Bridgend AC	24.42	14							

Event - F18 - U17W - Javelin (600g)

12:00 PM

League Record - Lianne CLARKE, Neath Harriers, 44.40, 2003

Welsh Record - Lianne CLARKE, Neath Harriers, 45.55, 2003

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	I Amy TIDBALL	Bridgend AC	27.33	16	G4	1B	II Lowri MAJOR	Bridgend AC	9.82	8	
2A	R Jodie JONES	Carmarthen Harriers	19.13	14							
3A	S Emily MORRIS	Swansea Harriers	19.11	12							

Clubs	Points
1 Swansea Harriers	256
2 Pembroke Harriers	184
3 Bridgend AC	149
4 Carmarthen Harriers	144
5 Neath Harriers	66
6 Llanelli AC	34
7 Amman Valley	0
8 Aberystwyth	0
<b>The points above are for U17 Women only</b>	

2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

Event - T10 - U20W - 100m

1:00 PM

League Record - Susan BAGNALL, Deeside AC, 12.3, 2003

Welsh Record - , Cardiff AAC, 11.62, 1985

w/s					w/s					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
No Athletes Declared										

Event - T34 - U20W - 200m

3:30 PM

League Record - Melanie STEPHENSON, Cardiff AAC, 24.7, 2005

Welsh Record - Michelle PROBERT, Sale Harriers, 23.60, 1976

w/s					w/s					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	M Sophie THOMAS	Pembroke Harriers	27.93	16						

Event - T50 - U20W - 400m

5:00 PM

League Record - Gail LIPPETT, Wrexham AC, 59.0, 2007

Welsh Record - Sian MORRIS, Port Talbot, 52.8, 1983

w/s					w/s					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	M Sophie THOMAS	Pembroke Harriers	62.26	16						

Event - T25 - U20W - 800m

2:35 PM

League Record - Kate WILTSHIRE, Cardiff AAC, 2.17.2, 2006

Welsh Record - Kirsty MCDERMOTT, Brecon, 2.04.1, 1981

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
No Athletes Declared											

Event - T44 - U20W - 1500m

4:30 PM

League Record - Harriett MORRIS, Cardiff AAC, 4.56.4, 2010

Welsh Record - Non STANFORD, Swansea Harriers, 4.23.55, 2004

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	V Emily DOWNEY	Llanelli AC	5:30.25	16		1B	VV Ffion EVANS	Llanelli AC	5:39.90	

Event - T19 - U20W - 100m Hurdles

2:00 PM

League Record - Heather JONES, Carmarthen Harriers, 14.0, 2005

Welsh Record - Bethan EDWARDS, Cardiff AAC, 13.57, 1992

w/s -2.2					w/s					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	S Catrin STONE	Swansea Harriers	17.51	16						

Event - T3 - U20W - 400m Hurdles

12:20 PM

League Record - Megan ROGERS, Wrexham AC, 63.2, 2010

Welsh Record - Alyson EVANS, Cardiff AAC, 58.37, 1985

w/s -2.2					w/s					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	R Sophie PICK	Carmarthen Harriers	72.53	16						
2A	M Jessica HUDDLESTON	Pembroke Harriers	84.46	14						

Event - T58 - U20W - 4 x 100m Relay

5:45 PM

League Record - Deeside , 51.8, 2003

Bib	Athlete	Club	Perf.	Pts
No Team Declared, , ,				

2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

**Event - F26 - U20W - High Jump** **1:00 PM**  
**League Record - Ceri STOKOE, Swansea Harriers, 1.79, 2000**  
**Welsh Record - Rebecca JONES, Wrexham AC, 1.88, 2002**

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	R Sophie PICK	Carmarthen Harriers	1.40	16						

**Event - F12 - U20W - Pole Vault** **12:00 PM**  
**League Record - Lindsey MAUND, Swansea Harriers, 3.30, 2005**  
**Welsh Record - Rhian CLARKE, Essex Ladies, 3.70, 1996**

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
No Athletes Declared											

**Event - F16 - U20W - Long Jump** **12:00 PM**  
**League Record - Lara RICHARDS, Newport Harriers, 5.58,**  
**Welsh Record - Lisa ARMSTRONG, Torfaen AC, 6.25, 1992**

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Catrin STONE	Swansea Harriers	5.10	16	G3 *						

**Event - F53 - U20W - Triple Jump** **4:30 PM**  
**League Record - Victoria LLOYD, Pembroke Harriers, 11.04, 2005**  
**Welsh Record - Sally PEAKE, Liverpool, 12.24, 2005**

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	V Kara STEDMAN	Llanelli AC	9.35	16						

**Event - F37 - U20W - Shot Put (4.00kg)** **2:15 PM**  
**League Record - Sally HINDS, Swansea Harriers, 13.24, 2005**  
**Welsh Record - Sally HINDS, Swansea Harriers, 14.72, 2005**

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	M Amy ROWLAND	Pembroke Harriers	6.81	16						
2A	S Sarah EVANS	Swansea Harriers	6.62	14						

**Event - F46 - U20W - Discus (1.00kg)** **3:45 PM**  
**League Record - Faye CALVERT, Deeside AC, 38.11, 2006**  
**Welsh Record - Philipa ROLES, Swansea Harriers, 51.60, 1997**

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	M Jessica HUDDLESTON	Pembroke Harriers	30.19	16	G3 *					
2A	S Jodie HODGESON	Swansea Harriers	19.69	14						

**Event - F6 - U20W - Hammer (4.00kg)** **11:00 AM**  
**League Record - Nicola STEVENSON, Bridgend AC, 45.76, 2006**  
**Welsh Record - Laura DOUGLAS, Sale Harriers, 55.22, 2002**

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	M Jessica HUDDLESTON	Pembroke Harriers	21.97	16						

**Event - F19 - U20W - Javelin (600g)** **12:00 PM**  
**League Record - Lianne CLARKE, Neath Harriers, 46.79, 2005**  
**Welsh Record - Lianne CLARKE, Cardiff AAC, 50.95, 2004**

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	R Mary WILSON	Carmarthen Harriers	32.59	16	G4 *					
2A	I Christie WILLIAMS	Bridgend AC	29.75	14	G4					
3A	M Amy ROWLAND	Pembroke Harriers	10.96	12						

Clubs	Points
1 Pembroke Harriers	106
2 Swansea Harriers	60
3 Carmarthen Harriers	48
4 Llanelli AC	32
5 Bridgend AC	14
6 Amman Valley	0
7 Neath Harriers	0
8 Aberystwyth	0
<b>The points above are for U20 Women only</b>	

2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

Event - T6 - U13B - 100m

12:40 PM

League Record - Tomas CUSWORTH, Wrexham AC, 12.8, 2005

Welsh Record - Malcolm JAMES, Cardiff AAC, 12.5, 1975

w/s -2.9

w/s -2.9

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	MM Jorge COLLINGS	Pembroke Harriers	13.31	16	G3 *	1B	M Daniel OMOREGIE	Pembroke Harriers	13.41	8	G3 *
2A	I Tom ROWLANDS	Bridgend AC	14.07	14		2B	S Joe BRIER	Swansea Harriers	15.02	7	
3A	SS Jordan HUGHES	Swansea Harriers	14.83	12		3B	RR Alex BETON	Carmarthen Harriers	15.5	6	
4A	R Aled REES	Carmarthen Harriers	15.32	10							
5A	X Eliot DAVIES	Neath Harriers	15.82	8							

Event - T38 - U13B - 200m

3:50 PM

League Record - Thomas CUSWORTH, Wrexham AC, 25.8, 2005

Welsh Record - Sion ROBERTS, Wrexham AC, 25.38, 2010

w/s -1.3

w/s -0.3

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	I Tom ROWLANDS	Bridgend AC	28.08	16	G4	1B	SS Jordan HUGHES	Swansea Harriers	31.00	8	
2A	M Jake EVANS	Pembroke Harriers	28.09	14	G4	2B	II Dannyaal MOHAMMED	Bridgend AC	31.20	7	
3A	S Joe BRIER	Swansea Harriers	30.10	12		3B	MM Elgan ROBERTS	Pembroke Harriers	32.76	6	
4A	R Jordan RICHARDS	Carmarthen Harriers	30.51	10		4B	RR Hendric DE SMET	Carmarthen Harriers	38.89	5	
5A	X Eliot DAVIES	Neath Harriers	33.68	8							

Event - T17 - U13B - 800m

1:50 PM

League Record - Daniel BENSON, Menai T&F, 2.20.9, 2003

Welsh Record - Richard BAKER, Cardiff AAC, 2.14.0, 1983

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Elgan ROBERTS	Pembroke Harriers	2:30.34	16	G4	1B	RR Hendric DE SMET	Carmarthen Harriers	2:57.19	8	
2A	S William REYNOLDS	Swansea Harriers	2:32.08	14	G4						
3A	I Dannyaal MOHAMMED	Bridgend AC	2:38.94	12							
4A	R Jordan RICHARDS	Carmarthen Harriers	2:40.30	10							

Event - T40 - U13B - 1500m

4:10 PM

League Record - Matthew WILLIAMS, Aberdare VAAC, 4.51.1,

New League Record

Welsh Record - Dave POWELL, Wolverhampton, 4.31.3, 1977

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Nikita NEARY	Carmarthen Harriers	4:47.66	16	G2 *						
2A	S Rhodri WILLIAMS	Swansea Harriers	6:28.59	14							

Event - T27 - U13B - 75m Hurdles

2:40 PM

League Record - Thomas GRIFFITHS, Swansea Harriers, 12.9,

Welsh Record - Luke JENKINS, Swansea Harriers, 12.3, 2010

w/s -3.5

w/s -3.5

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	I Rhys ROBERTS	Bridgend AC	13.85	16	G3 *	1B	SS Rhodri WILLIAMS	Swansea Harriers	15.80	8	
2A	S Joe CROSBY	Swansea Harriers	14.32	14	G4 *	2B	II Morgan LEY	Bridgend AC	16.72	7	
3A	M Thomas HUGHES	Pembroke Harriers	15.18	12							
4A	R Hendric DE SMET	Carmarthen Harriers	21.26	10							

Event - T53 - U13B - 4 x 100m Relay

5:20 PM

League Record - Swansea Harriers, 55.2, 2005

New League Record

w/s

Bib	Athlete	Club	Perf.	Pts
1A	M Thomas HUGHES, Jorge COLLINGS, Jake EVANS, Daniel OMOREGIE	Pembroke Harriers	53.66	16
2A	I Dannyaal MOHAMMED, Tom ROWLANDS, Morgan LEY, Rhys ROBERTS	Bridgend AC	57.15	14
3A	R Alex BETON, Aled REES, Jordan RICHARDS, Nikita NEARY	Carmarthen Harriers	57.43	12
4A	S William REYNOLDS, Joe CROSBY, Jordan HUGHES, Joe BRIER	Swansea Harriers	57.69	10

## 2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

### Event - F31 - U13B - High Jump

2:15 PM

League Record - David GUEST, Charlie RANDALL, Bridgend AC, Carmarthen Harriers, 1.50, 2003 / 2008

New League Record

Welsh Record - Jamie DALTON, Preseli, 1.67, 1992

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Miles KELLER-JENKINS	Swansea Harriers	1.55	16	G2 *	1B	MM Tom MILNE	Pembroke Harriers	1.25	8	
2A	M Daniel OMOREGIE	Pembroke Harriers	1.40	14	G3 *	2B	SS Joe BRIER	Swansea Harriers	1.20	7	
3A	R Aled REES	Carmarthen Harriers	1.40	12	G3 *						

### Event - F48 - U13B - Long Jump

3:45 PM

League Record - Lloyd ROBBINS, Deeside AC, 5.10, 2008

Welsh Record - Clive WOOLMER, , 5.31, 1982

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	I Rhys ROBERTS	Bridgend AC	4.64	16	G3 *	1B	SS Joe CROSBY	Swansea Harriers	4.02	8	
2A	S William REYNOLDS	Swansea Harriers	4.13	14	G4	2B	R Aled REES	Carmarthen Harriers	3.59	7	
3A	MM Tom MILNE	Pembroke Harriers	3.75	12		3B	M Miles HUGHES	Pembroke Harriers	3.52	6	
4A	RR Alex BETON	Carmarthen Harriers	3.65	10		4B	II Morgan LEY	Bridgend AC	3.49	5	
5A	X Eliot DAVIES	Neath Harriers	3.32	8							

### Event - F27 - U13B - Shot Put (3.25kg)

1:30 PM

League Record - Matthew EVANS, Carmarthen Harriers, 14.21,

Welsh Record - Mathew EVANS, Carmarthen Harriers, 14.47, 2001

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Jake EVANS	Pembroke Harriers	10.38	16	G2 *	1B	MM Thomas HUGHES	Pembroke Harriers	6.85	8	
2A	R Nikita NEARY	Carmarthen Harriers	10.26	14	G2 *	2B	SS Ryan NICHOLAS	Swansea Harriers	5.30	7	
3A	S Sam JONES	Swansea Harriers	8.15	12	G3	3B	RR Jordan RICHARDS	Carmarthen Harriers	3.72	6	
4A	I Christopher DAKIN	Bridgend AC	6.25	10							

### Event - F20 - U13B - Discus (1.00kg)

12:45 PM

League Record - Mathew EVANS, Carmarthen Harriers, 35.35,

Welsh Record - Chris HUGHES, Swansea Harriers, 38.92, 1991

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Nikita NEARY	Carmarthen Harriers	28.94	16	G2 *	1B	SS Ryan NICHOLAS	Swansea Harriers	15.82	8	
2A	S Sam JONES	Swansea Harriers	21.77	14	G4 *	2B	I Christopher DAKIN	Bridgend AC	13.06	7	
3A	II Rhys ROBERTS	Bridgend AC	16.58	12		3B	MM Matthew LEWIS	Pembroke Harriers	10.74	6	
4A	M Ben LEAHY	Pembroke Harriers	12.20	10							

### Event - F39 - U13B - Javelin (400g)

3:00 PM

League Record - Rheon JAMES, Carmarthen Harriers, 41.04, 2005

Welsh Record - Tom NORTON, Cwmbran Harriers, 44.80, 2007

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Jake EVANS	Pembroke Harriers	31.16	16	G3 *	1B	S Sam JONES	Swansea Harriers	22.13	8	
2A	RR Kerion EVANS	Carmarthen Harriers	24.83	14	G4	2B	MM Ben LEAHY	Pembroke Harriers	17.04	7	
3A	SS Miles KELLER-JENKINS	Swansea Harriers	24.12	12	G4						
4A	I Christopher DAKIN	Bridgend AC	15.22	10							

	Clubs	Points
1	Swansea Harriers	205
2	Pembroke Harriers	191
3	Carmarthen Harriers	166
4	Bridgend AC	146
5	Neath Harriers	24
6	Llanelli AC	0
7	Amman Valley	0
8	Aberystwyth	0
<b>The points above are for U13 Boys only</b>		

2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

Event - T8 - U15B - 100m

12:50 PM

League Record - Jonathan SIMONSEN, Neath Harriers, 11.4, 2003

Welsh Record - Andrew WATKINS, Pontypridd AC, 10.99, 2002

w/s -1.1						w/s -1.7					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Josh DAVIES	Pembroke Harriers	12.64	16		1B	RR Matthew DAVIES	Carmarthen Harriers	12.66	8	
2A	V Kieran REES	Llanelli AC	12.73	14		2B	VV Aidan JAMES	Llanelli AC	12.75	7	
3A	R Gwion JONES	Carmarthen Harriers	12.82	12		3B	MM Daniel SALMON	Pembroke Harriers	13.94	6	
4A	S Rhys GEALY	Swansea Harriers	12.83	10		4B	SS No athlete declared	Swansea Harriers	14.04	5	
5A	I Christopher COOPER	Bridgend AC	14.22	8		5B	II Jamie DYER	Bridgend AC	15.37	4	
6A	X Adam GRIFFITHS	Neath Harriers	14.22	6							

Event - T36 - U15B - 200m

3:40 PM

League Record - Jonathan SIMONSEN, Neath Harriers, 23.4, 2003

Welsh Record - Andrew WATKINS, Pontypridd AC, 22.13, 2002

w/s -2.2						w/s -2.4					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Matthew DAVIES	Carmarthen Harriers	25.19	16	G4 *	1B	VV Aidan JAMES	Llanelli AC	25.28	8	G4 *
2A	V Kieran REES	Llanelli AC	25.97	14		2B	RR Rhys GRANVILLE	Carmarthen Harriers	25.56	7	G4
3A	M Matthew OVERTON	Pembroke Harriers	25.97	12		3B	II Christopher COOPER	Bridgend AC	28.75	6	
4A	S Rhys GEALY	Swansea Harriers	26.24	10		4B	MM Daniel SALMON	Pembroke Harriers	28.98	5	
5A	I Harry DAVIES	Bridgend AC	27.69	8		5B	SS Joe LINGARD	Swansea Harriers	30.24	4	
6A	X Adam GRIFFITHS	Neath Harriers	28.82	6		6B	XX Joseph DAVIES	Neath Harriers	32.91	3	

Event - T48 - U15B - 400m

4:50 PM

League Record - James ROBERTS, Wrexham AC, 57.4, 2008

New League Record

Welsh Record - Malcolm JAMES, Cardiff AAC, 50.3, 1977

w/s						w/s					
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Rhys GRANVILLE	Carmarthen Harriers	55.45	16	G3	1B	II Oliver DAVIES	Bridgend AC	65.92	8	
2A	S Tom EVANS	Swansea Harriers	56.96	14	G4						
3A	I Harry DAVIES	Bridgend AC	61.85	12							
4A	V Zac LEWIS	Llanelli AC	65.23	10							
5A	M Matthew OVERTON	Pembroke Harriers	66.75	8							

Event - T21 - U15B - 800m

2:10 PM

League Record - Chris GOWELL, Torfaen AC, 2.06.0,

Welsh Record - Huw DAVIES, Newport Harriers, 2.00.6, 1986

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Gwion JONES	Carmarthen Harriers	2:23.33	16		1B	II Morgan THOMAS	Bridgend AC	2:39.66	8	
2A	I Ben OWEN	Bridgend AC	2:24.19	14							
3A	M Laurie HAWORTH	Pembroke Harriers	2:28.00	12							
4A	S Harri HOOPER-LEWIS	Swansea Harriers	2:31.88	10							
5A	V Zac LEWIS	Llanelli AC	2:51.17	8							

Event - T42 - U15B - 1500m

4:20 PM

League Record - Dewi GRIFFITHS, Carmarthen Harriers, 4.23.5, 2005

Welsh Record - Simon LAWSON, Cardiff AAC, 4.07.75, 2004

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	I James HUNT	Bridgend AC	4:41.55	16	G4	1B	SS -	Swansea Harriers	5:29.78	8	
2A	M Llyr MILES	Pembroke Harriers	5:00.98	14		2B	XX Joseph DAVIES	Neath Harriers	6:17.96	7	
3A	S Daniel HALL	Swansea Harriers	5:02.85	12		3B	RR	Carmarthen Harriers	7:23.72	6	
4A	X Thomas JOHN	Neath Harriers	5:06.25	10							
5A	R Dafydd ADAMS	Carmarthen Harriers	7:03.30	8							

2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

Event - T22 - U15B - 80m Hurdles

2:15 PM

League Record - David GUEST, Bridgend AC, 11.6, 2006

Welsh Record - Ben CLEARY, Cardiff AAC, 11.16, 2006

			w/s -1.5						w/s		
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Michael WILSON	Swansea Harriers	13.64	16							
2A	M Llyr MILES	Pembroke Harriers	16.28	14							

Event - T55 - U15B - 4 x 100m Relay

5:30 PM

League Record - Cardiff AAC, 47.8, 2003

Bib	Athlete	Club	Perf.	Pts
1A	R Rhys GRANVILLE, Rhys GRANVILLE, Matthew DAVIES, Dafydd ADAMS	Carmarthen Harriers	50.62	16
2A	M Matthew OVERTON, Daniel SALMON, Carwyn JAMES, Matthew OVERTON	Pembroke Harriers	51.29	14
3A	S Tom EVANS, Jack BEYNON, Tom EVANS, Michael WILSON	Swansea Harriers	52.22	12
4A	I Harry DAVIES, Oliver DAVIES, Harry DAVIES, Jamie DYER	Bridgend AC	56.28	10



2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

Event - F32 - U15B - High Jump

2:15 PM

League Record - James ANTHONY, Neath Harriers, 1.87,

Welsh Record - Chuka ENIH-SNELL, Swansea Harriers, 1.96, 1998

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Rheinallt GEORGE	Pembroke Harriers	1.55	16	G4						
2A	V Kieran REES	Llanelli AC	1.45	14							
3A	R Dafydd ADAMS	Carmarthen Harriers	1.40	12							
4A	S Gareth GOSS	Swansea Harriers	1.25	10							

Event - F7 - U15B - Pole Vault

12:00 PM

League Record - Stephen GUEST, Bridgend AC, 3.30, 2008

Welsh Record - Neil WINTER, Shaftesbury, 4.40, 1988

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
No Athletes Declared											

Event - F28 - U15B - Long Jump

1:30 PM

League Record - Kueni IGBAGIRI, Carmarthen Harriers, 5.95, 2005

Welsh Record - Ian STRANGE, Newport Harriers, 6.63, 1977

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	MM Carwyn JAMES	Pembroke Harriers	5.52	16	G3 *	1B	M Josh DAVIES	Pembroke Harriers	5.18	8	G4
2A	R Gwion JONES	Carmarthen Harriers	4.90	14		2B	V Jac GRIFFITHS	Llanelli AC	4.25	7	
3A	S Michael WILSON	Swansea Harriers	4.55	12		3B	XX Joseph DAVIES	Neath Harriers	3.89	6	
4A	VV Zac LEWIS	Llanelli AC	4.46	10		4B	SS Daniel HALL	Swansea Harriers	3.74	5	
5A	X Adam GRIFFITHS	Neath Harriers	4.07	8		5B	I Jamie DYER	Bridgend AC	3.70	4	
6A	II Christopher COOPER	Bridgend AC	3.78	6		6B	RR Dafydd ADAMS	Carmarthen Harriers	3.46	3	

Event - F47 - U15B - Shot Put (4.00kg)

3:45 PM

League Record - Mathew EVANS, Carmarthen Harriers, 15.77, 2003

Welsh Record - Mathew EVANS, Carmarthen Harriers, 17.36, 2003

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Callum EVANS	Carmarthen Harriers	12.30	16	G3 *	1B	S Jack BEYNON	Swansea Harriers	10.08	8	
2A	SS Rhys GEALY	Swansea Harriers	10.32	14		2B	RR Daniel BROOKS	Carmarthen Harriers	8.91	7	
3A	MM Llyr MILES	Pembroke Harriers	8.56	12		3B	M Ashley FARMER	Pembroke Harriers	5.65	6	
4A	V Jac GRIFFITHS	Llanelli AC	8.01	10							
5A	I Oliver DAVIES	Bridgend AC	4.64	8							

Event - F21 - U15B - Discus (1.25kg)

12:45 PM

League Record - David PRICE, Deeside AC, 42.52,

Welsh Record - Liam WALSH, Deeside AAC, 48.66, 1996

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Callum EVANS	Carmarthen Harriers	32.46	16	G3 *	1B	RR Andrew BARRISCALE	Carmarthen Harriers	30.05	8	G4 *
2A	S Jack BEYNON	Swansea Harriers	31.73	14	G3 *	2B	SS Keiran INGRAM	Swansea Harriers	17.77	7	
3A	V Jac GRIFFITHS	Llanelli AC	25.53	12	G4	3B	MM Rheinallt GEORGE	Pembroke Harriers	15.78	6	
4A	M Ashley FARMER	Pembroke Harriers	19.37	10		4B	I Harry DAVIES	Bridgend AC	14.42	5	
5A	II Oliver DAVIES	Bridgend AC	14.53	8							

2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

Event - F1 - U15B - Hammer (4.00kg)

11:00 AM

League Record - Mathew EVANS, Carmarthen Harriers, 52.14, 2003

Welsh Record - Rhys HODNETT, Cardiff AAC, 55.26, 2006

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Jack BEYNON	Swansea Harriers	29.69	16	G4	1B	RR Daniel BROOKS	Carmarthen Harriers	24.62	8	
2A	R Callum EVANS	Carmarthen Harriers	29.00	14	G4						

Event - F40 - U15B - Javelin (600g)

3:00 PM

League Record - Garth LOUGHRAN, Carmarthen Harriers, 51.86,

Welsh Record - Rhys WILLIAMS, Swansea Harriers, 58.58, 1996

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	RR Andrew BARRISCALE	Carmarthen Harriers	28.30	16		1B	R Adam DAVIES	Carmarthen Harriers	25.38	8	
2A	S Gareth GOSS	Swansea Harriers	25.35	14		2B	SS Keiran INGRAM	Swansea Harriers	22.80	7	
3A	MM Rheinallt GEORGE	Pembroke Harriers	21.45	12		3B	M Ashley FARMER	Pembroke Harriers	19.53	6	

	Clubs	Points
1	Carmarthen Harriers	227
2	Swansea Harriers	208
3	Pembroke Harriers	193
4	Bridgend AC	125
5	Llanelli AC	114
6	Neath Harriers	46
7	Amman Valley	0
8	Aberystwyth	0

The points above are for U15 Boys only

2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

Event - T11 - U17M - 100m

1:05 PM

League Record - Lloyd REFFELL, Cardiff AAC, 11.2, 2005

Welsh Record - Tim BENJAMIN, Andrew WATKINS, Cardiff AAC, Cwmbran H, 10.71, 1998/2003

w/s -1.4					w/s						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Matthew DAVIES	Carmarthen Harriers	11.85	16		1B	RR Kyle WARD	Carmarthen Harriers	11.88	8	
2A	V Thomas BADGER	Llanelli AC	12.45	14		2B	MM Tom MORRISSEY	Pembroke Harriers	12.75	7	
3A	M Emil MATTHEWS	Pembroke Harriers	12.53	12							
4A	I Rhodri GRIFFITHS	Bridgend AC	13.06	10							
5A	S Morgan ATKINS	Swansea Harriers	13.98	8							

Event - T31 - U17M - 200m

3:15 PM

League Record - Thomas CUSWORTH, Wrexham AC, 22.5, 2008

Welsh Record - Tim BENJAMIN, Cardiff AAC, 21.19, 1998

w/s -2.8					w/s -2.8						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Matthew DAVIES	Carmarthen Harriers	23.77	16	G4 *	1B	RR Llyr JAMISON	Carmarthen Harriers	24.51	8	
2A	I Matthew RUSSELL	Bridgend AC	23.92	14		2B	MM Tom MORRISSEY	Pembroke Harriers	25.94	7	
3A	M Emil MATTHEWS	Pembroke Harriers	24.91	12		3B	SS Kelton DAVIES	Swansea Harriers	28.1	6	
4A	V Thomas BADGER	Llanelli AC	25.51	10							
5A	S Luke CLEMENTS	Swansea Harriers	26.31	8							

Event - T49 - U17M - 400m

4:55 PM

League Record - Rhodri SCANLON, Carmarthen Harriers, 51.1, 2003

Welsh Record - Bruce TASKER, Carmarthen Harriers, 47.85, 2004

w/s					w/s						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	I Matthew WEEK	Bridgend AC	52.18	16	G3 *	1B	RR Liam JONES	Carmarthen Harriers	54.56	8	
2A	R Llyr JAMISON	Carmarthen Harriers	53.58	14	G4	2B	MM Connor BASHFORD	Pembroke Harriers	57.49	7	
3A	M Emil MATTHEWS	Pembroke Harriers	54.09	12	G4	3B	S Kelton DAVIES	Swansea Harriers	60.69	6	
4A	SS Jack SWISTUN	Swansea Harriers	60.44	10							

Event - T28 - U17M - 800m

2:50 PM

League Record - Rob LIGHTFOOT, Wrexham AC, 1.57.7, 2003

Welsh Record - Neil HORSEFIELD, Newport Harriers, 1.51.6, 1983

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	X Matthew O'LEARY	Neath Harriers	2:01.34	16	G3 *	1B	MM Berwyn WARLOW	Pembroke Harriers	2:15.30	8	
2A	I Matthew WEEK	Bridgend AC	2:04.79	14	G4 *	2B	II Dan OWEN	Bridgend AC	2:20.54	7	
3A	M Connor BASHFORD	Pembroke Harriers	2:12.92	12		3B	RR Nathan RICHARDS	Carmarthen Harriers	2:40.78	6	
4A	R Liam JONES	Carmarthen Harriers	2:16.29	10							

Event - T45 - U17M - 1500m

4:35 PM

League Record - David JONES, Carmarthen Harriers, 4.07.0,

Welsh Record - Colin CLARKSON, Swansea Harriers, 3.51.5, 1977

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Liam LLOYD	Swansea Harriers	4:17.81	16	G4 *	1B	SS Carwyn EVANS	Swansea Harriers	4:27.56	8	
2A	R Josh GRIFFITHS	Carmarthen Harriers	4:19.42	14	G4 *	2B	MM Berwyn WARLOW	Pembroke Harriers	5:04.38	7	
3A	M Morgan SMITH	Pembroke Harriers	4:38.09	12							
4A	I Jack COUCH	Bridgend AC	4:53.01	10							

Event - T18 - U17M - 100m Hurdles

1:55 PM

League Record - Dafydd WALTERS, Carmarthen Harriers, 13.8, 2007

Welsh Record - David GUEST, Bridgend AC, 12.94, 2007

w/s -2.0					w/s -2.0						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Daniel BLAINE	Carmarthen Harriers	14.46	16	G4 *	1B	RR Aaron WILMOTT	Carmarthen Harriers	16.73	8	
2A	M Tom MORRISSEY	Pembroke Harriers	16.75	14							

Event - T2 - U17M - 400m Hurdles

12:10 PM

League Record - Gareth SUTCLIFFE, Cardiff AAC, 58.0, 2005

Welsh Record - Mark ROWLANDS, Swansea Harriers, 53.30, 1994

w/s -0.2					w/s						
Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Aaron WILMOTT	Carmarthen Harriers	60.59	16	G4 *						
2A	M Morgan SMITH	Pembroke Harriers	85.25	14							

2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

Event - T13 - U17M - 1500m Steeplechase

1:15 PM

League Record - Mitchell ASPLAND, Neath Harriers, 4.40.0, 2003

Welsh Record - Steve EVANS, Abertillery AC, 4.11.2, 1974

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Morgan SMITH	Pembroke Harriers	5:10.53	16							
2A	S Stephen REYNOLDS	Swansea Harriers	5:52.51	14							

Event - T57 - U17M - 4 x 100m Relay

5:40 PM

League Record - Cardiff AAC, 45.2, 2002

Bib	Athlete	Club	Perf.	Pts
1A	R Josh GRIFFITHS, Llyr JAMISON, Courtney BEAUMONT, Llyr JAMISON	Carmarthen Harriers	46.03	16
2A	M Morgan SMITH, Emil MATTHEWS, Johnathon STOWELL, Tom MORRISSEY	Pembroke Harriers	48.86	14
3A	I Jack COUCH, Matthew WEEK, Jack COUCH, Rhodri GRIFFITHS	Bridgend AC	49.89	12
4A	S Liam LLOYD, Kelton DAVIES, Ben JENKINS, Chris RESTALL	Swansea Harriers	52.96	10

2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

Event - F43 - U17M - High Jump 3:45 PM

League Record - Sam HOOD, Cardiff AAC, 2.05,  
Welsh Record - Chuka ENIH-SNELL, Swansea Harriers, 2.15, 2000

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Lawrence HANCOCK	Pembroke Harriers	1.70	16	G4						
2A	S Ben JENKINS	Swansea Harriers	1.65	14							
3A	R Matthew DAVIES	Carmarthen Harriers	1.45	12							

Event - F9 - U17M - Pole Vault 12:00 PM

League Record - Paul WALKER, Cardiff AAC, 4.25,  
Welsh Record - Neil WINTER, Shaftesbury, 5.20, 1990

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Morgan ATKINS	Swansea Harriers	3.20	16	G4 *						

Event - F22 - U17M - Long Jump 12:45 PM

League Record - Ricardo CHILDS, Brecon AC, 6.88, 2001  
Welsh Record - Marcus BROWNING, Chester, 7.11, 1986

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Lawrence HANCOCK	Pembroke Harriers	5.92	16	G3	1B	RR Liam JONES	Carmarthen Harriers	5.14	8	
2A	S Chris RESTALL	Swansea Harriers	5.71	14	G4						
3A	R Aaron WILMOTT	Carmarthen Harriers	5.25	12							

Event - F52 - U17M - Triple Jump 4:30 PM

League Record - Craig PHILLIPS, Deeside AC, 13.54, 2002  
Welsh Record - Steven SHALDERS, Cardiff AAC, 15.14, 1998

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Lawrence HANCOCK	Pembroke Harriers	12.35	16	G3						
2A	R Gareth THOMPSON	Carmarthen Harriers	11.00	14							
3A	V Thomas BADGER	Llanelli AC	10.23	12							

Event - F41 - U17M - Shot Put (5.00kg) 3:00 PM

League Record - Tom EDWARDS, Carmarthen Harriers, 15.37, 2008  
Welsh Record - Mark HEWER, Cardiff AAC, 16.93, 1979

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Courtney BEAUMONT	Carmarthen Harriers	11.77	16	G4	1B	RR Daniel BLAINE	Carmarthen Harriers	8.98	8	
2A	M Johnathon STOWELL	Pembroke Harriers	11.21	14		2B	II Rhodri GRIFFITHS	Bridgend AC	8.22	7	
3A	I Kieran QUIRKE	Bridgend AC	8.97	12		3B	MM Matthew JOHN	Pembroke Harriers	7.85	6	

Event - F55 - U17M - Discus (1.50kg) 5:00 PM

League Record - Glenn WILLIAMS, Cardiff AAC, 48.38,  
Welsh Record - Gareth BULL, Cardiff AAC, 48.93, 2001

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Johnathon STOWELL	Pembroke Harriers	31.70	16	G4	1B	MM Ashley WATTS	Pembroke Harriers	22.04	8	
2A	R Courtney BEAUMONT	Carmarthen Harriers	26.18	14		2B	I Jack COUCH	Bridgend AC	13.91	7	
3A	II Kieran QUIRKE	Bridgend AC	22.80	12							

Event - F3 - U17M - Hammer (5.00kg) 11:00 AM

League Record - Rhys HODNETT, Cardiff AAC, 55.85,  
Welsh Record - Shaun PICKERING, Haringey, 62.12, 1978

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Johnathon STOWELL	Pembroke Harriers	39.78	16	G4 *						

2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

Event - F29 - U17M - Javelin (700g)

1:30 PM

League Record - Jon LLEWELLYN, Carmarthen Harriers, 60.17, 2009

Welsh Record - Colin MACKENZIE, East Kent, 70.3, 1979

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	M Ashley WATTS	Pembroke Harriers	39.34	16	G4	1B	RR Courtney BEAUMONT	Carmarthen Harriers	31.16	8	
2A	R Gareth THOMPSON	Carmarthen Harriers	38.43	14							
3A	I Kieran QUIRKE	Bridgend AC	27.01	12							
4A	X Matthew O'LEARY	Neath Harriers	22.27	10							

	Clubs	Points
1	Pembroke Harriers	283
2	Carmarthen Harriers	276
3	Bridgend AC	143
4	Swansea Harriers	138
5	Llanelli AC	36
6	Neath Harriers	26
7	Amman Valley	0
8	Aberystwyth	0
<b>The points above are for U17 Men only</b>		

2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

Event - T12 - U20M - 100m

11:00 AM

League Record - Calvin MCLAGGON, Barry & Vale , 10.9, 2003

Welsh Record - Christian MALCOLM, Cardiff AAC, 10.12, 1998

w/s -1.1

w/s

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	R Paul BENNETT	Carmarthen Harriers	11.62	16						
2A	X Owain MORGAN	Neath Harriers	12.52	14						
3A	S John HAYES	Swansea Harriers	16.64	12						

U20 'B' STRING ATHLETES DO NOT SCORE IN ALL EVENTS

Event - T32 - U20M - 200m

3:20 PM

League Record - Calvin MCLAGGON, Barry & Vale , 22.2, 2003

Welsh Record - Christian MALCOLM, Cardiff AAC, 20.29, 1998

w/s

w/s

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	R Emyr JONES	Carmarthen Harriers	26.33	16						

Event - T51 - U20M - 400m

5:05 PM

League Record - Sam CONWAY, Cardiff AAC, 50.2, 2010

Welsh Record - Tim BENJAMIN, Cardiff AAC, 46.1, 2001

w/s

w/s

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	X Owain MORGAN	Neath Harriers	55.25	16						
2A	M Matthew RICHARDS	Pembroke Harriers	55.38	14						
3A	RR Geraint MANSFIELD	Carmarthen Harriers	59.31	12						

Event - T29 - U20M - 800m

2:55 PM

League Record - Konstatinos KARRAS, Cardiff AAC, 1:58.2, 2009

Welsh Record - Paul WILLIAMS, Barry & Vale H, 1:48.20, 1986

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	M Matthew RICHARDS	Pembroke Harriers	2:05.03	16						
2A	RR Geraint MANSFIELD	Carmarthen Harriers	2:15.23	14						
3A	S Sam JOSEPH	Swansea Harriers	2:20.13	12						

Event - T46 - U20M - 1500m

4:40 PM

League Record - Tom MARSHALL, Brecon AC, 4:05.6, 2007

Welsh Record - Neil HORSEFIELD, Newport Harriers, 3:44.59, 1984

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	I No athlete declared	Bridgend AC	4:32.68	16						
2A	RR Geraint MANSFIELD	Carmarthen Harriers	4:44.45	14						
3A	S Sam JOSEPH	Swansea Harriers	4:55.93	12						

Event - T15 - U20M - 110m Hurdles

1:35 PM

League Record - Dafydd WALTERS, Carmarthen Harriers, 14.9, 2008

Welsh Record - Colin JACKSON, Cardiff AAC, 13.44, 1986

w/s -2.0

w/s

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	R Dafydd WALTERS	Carmarthen Harriers	15.05	16	G3 *					
2A	X Shane JONES	Neath Harriers	18.63	14						
3A	S Michael DAVIS	Swansea Harriers	18.79	12						

Event - T1 - U20M - 400m Hurdles

12:00 PM

League Record - Luke MORGAN, Cardiff AAC, 58.0, 2008

Welsh Record - David GREENE, Swansea Harriers, 51.14, 2005

New League Record

w/s -1.8

w/s -1.8

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
1A	R Paul BENNETT	Carmarthen Harriers	55.91	16	G3 *	1B	RR Dafydd WALTERS	Carmarthen Harriers	57.50	G4 *
2A	s Jordan BROCK	Swansea Harriers	74.35	14						

Event - T14 - U20M - 2000m Steeplechase

1:25 PM

League Record - Gareth JONES, Swansea Harriers, 6:40.4, 2003

Welsh Record - Mickey MORRIS, Cwmbran Harriers, 5:34.8, 1975

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Grade
98	No Athletes Declared									

Event - T59 - U20M - 4 x 100m Relay

5:50 PM

League Record - Cardiff AAC, 45.68, 2009

Bib	Athlete	Club	Perf.	Pts
98	No Athletes Declared, No Athletes Declared, No Athletes Declared, No Team Declared			

2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

Event - F44 - U20M - High Jump

3:45 PM

League Record - Gareth HAINES, Carmarthen Harriers, 1.98,

New League Record

Welsh Record - John HILL, Solihull, 2.24, 1985

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Ben DAVIES	Swansea Harriers	2.00	16	G2	1B	SS Jordan BROCK	Swansea Harriers	1.60	8	*
2A	M Adam DAVIES	Pembroke Harriers	1.90	14	G3						

Event - F11 - U20M - Pole Vault

12:00 PM

League Record - Paul WALKER, Cardiff AAC, 4.20, 2003

Welsh Record - Neil WINTER, Shaftesbury, 5.50, 1992

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Emyr JONES	Carmarthen Harriers	4.00	16	G4						

Event - F23 - U20M - Long Jump

12:45 PM

League Record - Ricardo CHILDS, Brecon AC, 7.09, 2003

Welsh Record - Colin JACKSON, Cardiff AAC, 7.56, 1985

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Michael DAVIS	Swansea Harriers	4.55	16							

Event - F54 - U20M - Triple Jump

4:30 PM

League Record - Adam WILLIAMS, Menai T&F, 14.05, 2007

Welsh Record - Steven SHALDERS, Cardiff AAC, 15.99, 2000

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	S Jordan BROCK	Swansea Harriers	11.74	16							
2A	X Nike DAVIES	Neath Harriers	11.61	14							

Event - F42 - U20M - Shot Put (6.00kg)

3:00 PM

League Record - Brett MORSE, Cardiff AAC, 16.34, 2008

Welsh Record - Brett MORSE, Cardiff AAC, 17.05, 2008

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	RR Geraint MANSFIELD	Carmarthen Harriers	9.11	16		1B	R Emyr JONES	Carmarthen Harriers	7.64	8	
2A	S Jamie PRICE	Swansea Harriers	8.52	14							
3A	X David HILL	Neath Harriers	5.37	12							

Event - F56 - U20M - Discus (1.75kg)

5:00 PM

League Record - Brett MORSE, Cardiff AAC, 58.37, 2008

Welsh Record - Brett MORSE, Cardiff AAC, 58.37, 2008

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	R Emyr JONES	Carmarthen Harriers	17.88	16							
2A	X Shane JONES	Neath Harriers	15.19	14							



2010 Junior League - Plate & Cup Qualifier

SATURDAY 7TH AUGUST

Event - F5 - U20M - Hammer (6.00kg)

11:00 AM

League Record - Richie WELLS, Swansea Harriers, 55.26, 2007

Welsh Record - Matthew RICHARDS, Swansea Harriers, 58.44, 2005

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	X Owain MORGAN	Neath Harriers	7.90	16							

Event - F30 - U20M - Javelin (800g)

1:30 PM

League Record - Jason COPSEY, Cwmbran Harriers, 62.66, 2010

Welsh Record - Jonathan CLARKE, Swansea Harriers, 68.74, 1986

Bib	Athlete	Club	Perf.	Pts	Grade	Bib	Athlete	Club	Perf.	Pts	Grade
1A	X Nike DAVIES	Neath Harriers	42.62	16	G4						
2A	S Jamie PRICE	Swansea Harriers	42.25	14	G4						
3A	M Adam DAVIES	Pembroke Harriers	28.21	12							

Clubs	Points
1 Carmarthen Harriers	174
2 Swansea Harriers	158
3 Neath Harriers	116
4 Pembroke Harriers	56
5 Bridgend AC	32
6 Llanelli AC	0
7 Amman Valley	0
8 Aberystwyth	0

**The points above are for U20 Men only**

Scored Events	Carmarthen Harriers	Bridgend AC	Aberystwyth	Pembroke Harriers	Neath Harriers	Amman Valley	Swansea Harriers	Llanelli AC
<b>115</b>	<b>R</b>	<b>I</b>	<b>L</b>	<b>M</b>	<b>X</b>	<b>Y</b>	<b>S</b>	<b>V</b>
<b>U13 Girls</b>	176	181	0	145	57	0	231	0
<b>U13 Boys</b>	166	146	0	191	24	0	205	0
<b>U15 Girls</b>	189	156	0	182	70	0	208	52
<b>U15 Boys</b>	227	125	0	193	46	0	208	114
<b>U17 Women</b>	144	149	0	184	66	0	256	34
<b>U17 Men</b>	276	143	0	283	26	0	138	36
<b>U20 Women</b>	48	14	0	106	0	0	60	32
<b>U20 Men</b>	174	32	0	56	116	0	158	0
<b>Total</b>	<b>1400</b>	<b>946</b>	<b>0</b>	<b>1340</b>	<b>405</b>	<b>0</b>	<b>1464</b>	<b>268</b>
<b>Officials</b>	25	60		30	25		25	15
<b>Total Points</b>	<b>1425</b>	<b>1006</b>	<b>0</b>	<b>1370</b>	<b>430</b>	<b>0</b>	<b>1489</b>	<b>283</b>
<b>Position</b>	<b>2</b>	<b>4</b>	<b>8</b>	<b>3</b>	<b>5</b>	<b>7</b>	<b>1</b>	<b>6</b>
<b>AGE GROUP WINNERS</b>								
U13 Girls	Swansea Harriers	231			U17 Women	Swansea Harriers	256	
U13 Boys	Swansea Harriers	205			U17 Men	Pembroke Harriers	283	
U15 Girls	Swansea Harriers	208			U20 Women	Pembroke Harriers	106	
U15 Boys	Carmarthen Harriers	227			U20 Men	Carmarthen Harriers	174	

Junior League Plate & Cup Qualifier (West Div)

Cardiff (C.I.S.S.)

07 August 2010

Match Position after 

<b>115</b>
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 events scored  
out of 

<b>115</b>
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 to be completed

Position	Club	Points	
<b>1</b>	Swansea Harriers	1489	<b>Cup</b>
<b>2</b>	Carmarthen Harriers	1425	<b>Cup</b>
<b>3</b>	Pembroke Harriers	1370	<b>Cup</b>
<b>4</b>	Bridgend AC	1006	<b>Plate</b>
<b>5</b>	Neath Harriers	430	<b>Plate</b>
<b>6</b>	Llanelli AC	283	<b>Plate</b>
<b>7</b>	Amman Valley	0	
<b>8</b>	Aberystwyth	0	

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010			
Event		F1 - U15B Hammer (4.00kg)			League Record - Mathew EVANS, Carmarthen Harriers, 52.14, 2003					Venue	Cardiff (C.I.S.S.)				
					Welsh Record - Rhys HODNETT, Cardiff AAC, 55.26, 2006					Time	11:00 AM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	M		Pembroke Harriers												
2	V		Llanelli AC												
3	S	Jack BEYNON	Swansea Harriers	29.69	24.29	25.02	29.69	1				29.69	1	A	1
4	R	Callum EVANS	Carmarthen Harriers	NT	26.77	29.00	29.00	2				29.00	2	A	2
5	Y		Amman Valley												
6	L		Aberystwyth												
7	X		Neath Harriers												
8	I		Bridgend AC												
9	MM		Pembroke Harriers												
10	VV		Llanelli AC												
11	SS	Keiran INGRAM	Swansea Harriers												
12	RR	Daniel BROOKS	Carmarthen Harriers	22.28	24.62	NT	24.62	3				24.62	3	B	1
13	YY		Amman Valley												
14	LL		Aberystwyth												
15	XX		Neath Harriers												
16	II		Bridgend AC												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	S	Jack BEYNON	Swansea Harriers	29.69	1B	RR	Daniel BROOKS	Carmarthen Harriers	24.62						
2A	R	Callum EVANS	Carmarthen Harriers	29.00	2B										
3A					3B										
4A					4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

# Welsh Athletics : Distance Card

New League Record

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010				
Event		F2 - U15G Hammer (3.00kg)			League Record - Toni WELLS, Swansea Harriers, 39.91, 2006					Venue	Cardiff (C.I.S.S.)					
					Welsh Record -Charlotte MURRAY, Swansea Harriers, 41.90, 2004					Time	11:00 AM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	L		Aberystwyth													
2	S	Carys SMITH	Swansea Harriers	31.05	6.27	24.80	31.05	2				31.05	2	A	2	
3	M		Pembroke Harriers													
4	I	Zoe DAKIN	Bridgend AC	NT	NT	40.37	40.37	1				40.37	1	A	1	
5	V		Llanelli AC													
6	R		Carmarthen Harriers													
7	Y		Amman Valley													
8	X		Neath Harriers													
9	LL		Aberystwyth													
10	SS	Stephanie NICHOLAS	Swansea Harriers	NT	NT											
11	MM		Pembroke Harriers													
12	II	Nicole DAVENPORT	Bridgend AC													
13	VV		Llanelli AC													
14	RR		Carmarthen Harriers													
15	YY		Amman Valley													
16	XX		Neath Harriers													
A STRING RESULTS				B STRING RESULTS					JUDGES' SIGNATURES							
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	I	Zoe DAKIN	Bridgend AC	40.37	1B											
2A	S	Carys SMITH	Swansea Harriers	31.05	2B											
3A					3B											
4A					4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010			
Event		F3 - U17M Hammer (5.00kg)							League Record - Rhys HODNETT, Cardiff AAC, 55.85, Welsh Record -Shaun PICKERING, Haringey, 62.12, 1978			Venue	Cardiff (C.I.S.S.)			
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	Y		Amman Valley													
2	L		Aberystwyth													
3	I		Bridgend AC													
4	X		Neath Harriers													
5	S		Swansea Harriers													
6	M	Johnathon STOWELL	Pembroke Harriers	28.30	39.78	38.08	39.78	1				39.78	1	A	1	
7	V		Llanelli AC													
8	R		Carmarthen Harriers													
9	YY		Amman Valley													
10	LL		Aberystwyth													
11	II		Bridgend AC													
12	XX		Neath Harriers													
13	SS		Swansea Harriers													
14	MM	Matthew JOHN	Pembroke Harriers	23.17	17.28	NT	23.17	2				23.17	2	B		1
15	VV		Llanelli AC													
16	RR		Carmarthen Harriers													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	M	Johnathon STOWELL	Pembroke Harriers	39.78	1B	MM	Matthew JOHN	Pembroke Harriers	23.17							
2A					2B											
3A					3B											
4A					4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010				
Event		F4 - U17W Hammer (4.00kg)			League Record - Toni WELLS, Swansea Harriers, 48.27, 2010					Venue	Cardiff (C.I.S.S.)					
					Welsh Record -Stephanie OWENS, West Cheshire, 48.69, 2007					Time	11:00 AM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	X		Neath Harriers													
2	M	Helena MADAN	Pembroke Harriers	29.50	28.39	30.81	30.81	1				30.81	1	A	1	
3	R		Carmarthen Harriers													
4	Y		Amman Valley													
5	L		Aberystwyth													
6	V		Llanelli AC													
7	I	Trudy WILLIAMS	Bridgend AC	NT	24.42	NT	24.42	2				24.42	2	A	2	
8	S		Swansea Harriers													
9	XX		Neath Harriers													
10	MM		Pembroke Harriers													
11	RR		Carmarthen Harriers													
12	YY		Amman Valley													
13	LL		Aberystwyth													
14	VV		Llanelli AC													
15	II		Bridgend AC													
16	SS		Swansea Harriers													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	M	Helena MADAN	Pembroke Harriers	30.81	1B											
2A	I	Trudy WILLIAMS	Bridgend AC	24.42	2B											
3A					3B											
4A					4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010			
Event		F5 - U20M Hammer (6.00kg)			League Record - Richie WELLS, Swansea Harriers, 55.26, 2007					Venue	Cardiff (C.I.S.S.)				
					Welsh Record -Matthew RICHARDS, Swansea Harriers, 58.44, 2005					Time	11:00 AM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	V		Llanelli AC												
2	Y		Amman Valley												
3	X	Owain MORGAN	Neath Harriers	7.90			7.90	1				7.90	1	A	1
4	S		Swansea Harriers												
5	R		Carmarthen Harriers												
6	I		Bridgend AC												
7	L		Aberystwyth												
8	M		Pembroke Harriers												
9	VV		Llanelli AC												
10	YY		Amman Valley												
11	XX		Neath Harriers												
12	SS		Swansea Harriers												
13	RR		Carmarthen Harriers												
14	II		Bridgend AC												
15	LL		Aberystwyth												
16	MM		Pembroke Harriers												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	X	Owain MORGAN	Neath Harriers	7.90	1B										
2A					2B										
3A					3B										
4A					4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					



# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)								Date	Saturday-07-Aug-2010				
Event		F6 - U20W Hammer (4.00kg)		League Record - Nicola STEVENSON, Bridgend AC, 45.76, 2006					Venue	Cardiff (C.I.S.S.)					
				Welsh Record -Laura DOUGLAS, Sale Harriers, 55.22, 2002					Time	11:00 AM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	R		Carmarthen Harriers												
2	I		Bridgend AC												
3	L		Aberystwyth												
4	M	Jessica HUDDLESTON	Pembroke Harriers	21.97			21.97	1				21.97	1	A	1
5	X		Neath Harriers												
6	Y		Amman Valley												
7	S		Swansea Harriers												
8	V		Llanelli AC												
9	RR		Carmarthen Harriers												
10	II		Bridgend AC												
11	LL		Aberystwyth												
12	MM		Pembroke Harriers												
13	XX		Neath Harriers												
14	YY		Amman Valley												
15	SS		Swansea Harriers												
16	VV		Llanelli AC												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	M	Jessica HUDDLESTON	Pembroke Harriers	21.97	1B										
2A					2B										
3A					3B										
4A					4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

# Welsh Athletics - Height Card

MEETING		Junior League Plate & Cup Qualifiers (West Division)											DATE		Sat-07-August-2010							
EVENT		F7 - U15B Pole Vault			League Record - Stephen GUEST, Bridgend AC, 3.30, 2008									VENUE		Cardiff (C.I.S.S.)						
					Welsh Record - Neil WINTER, Shaftesbury , 4.40, 1988									TIME		12:00						
Min Start Height			1.70			Start Ht	1.70									Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB	Start Ht	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					A	B
1	I		Bridgend AC													98.00				1	A	1
2	X		Neath Harriers													0.00				0		
3	Y		Amman Valley													0.00				0		
4	V		Llanelli AC													0.00				0		
5	M		Pembroke Harriers													0.00				0		
6	S		Swansea Harriers													0.00				0		
7	R		Carmarthen Harriers													0.00				0		
8	L		Aberystwyth													0.00				0		
9	II		Bridgend AC													0.00				0		
10	XX		Neath Harriers													0.00				0		
11	YY		Amman Valley													0.00				0		
12	VV		Llanelli AC													0.00				0		
13	MM		Pembroke Harriers													0.00				0		
14	SS	Michael WILSON	Swansea Harriers													0.00				0		
15	RR		Carmarthen Harriers													0.00				0		
16	LL		Aberystwyth													0.00				0		
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES												
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF													
1A			Bridgend AC		1B																	
2A					2B																	
3A					3B																	
4A					4B																	
5A					5B																	
6A					6B																	
7A					7B																	
8A					8B																	
										REFEREE'S SIGNATURE												

# Welsh Athletics - Height Card

MEETING		Junior League Plate & Cup Qualifiers (West Division)											DATE	Sat-07-August-2010									
EVENT		F8 - U15G Pole Vault			League Record - Rhiannydd LLEWELLYN, Bridgend AC, 3.15, 2008								VENUE	Cardiff (C.I.S.S.)									
					Welsh Record - Rhiannydd LLEWELLYN, Bridgend AC, 3.15, 2008								TIME	12:00									
Min Start Height			1.50			Start Ht	1.80	1.90	2.00	2.10	2.20	2.30	2.40	2.50			Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					Metres	A
1	S	Caitlin ATKINS	Swansea Harriers			1.80	o	o	o	o	o	xo	o	xxx			2.40				1	A	1
2	R		Carmarthen Harriers														0.00				0		
3	V		Llanelli AC														0.00				0		
4	L		Aberystwyth														0.00				0		
5	I		Bridgend AC														0.00				0		
6	X		Neath Harriers														0.00				0		
7	M		Pembroke Harriers														0.00				0		
8	Y		Amman Valley														0.00				0		
9	SS		Swansea Harriers														0.00				0		
10	RR		Carmarthen Harriers														0.00				0		
11	VV		Llanelli AC														0.00				0		
12	LL		Aberystwyth														0.00				0		
13	II		Bridgend AC														0.00				0		
14	XX		Neath Harriers														0.00				0		
15	MM		Pembroke Harriers														0.00				0		
16	YY		Amman Valley														0.00				0		
A STRING RESULT						B STRING RESULT						JUDGES' SIGNATURES											
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF														
1A	S	Caitlin ATKINS	Swansea Harriers	2.40	1B																		
2A					2B																		
3A					3B																		
4A					4B																		
5A					5B																		
6A					6B																		
7A					7B																		
8A					8B																		
												REFEREE'S SIGNATURE											

# Welsh Athletics - Height Card

MEETING		Junior League Plate & Cup Qualifiers (West Division)											DATE	Sat-07-August-2010											
EVENT		F9 - U17M Pole Vault			League Record - Paul WALKER, Cardiff AAC, 4.25, Welsh Record - Neil WINTER, Shaftesbury , 5.20, 1990								VENUE	Cardiff (C.I.S.S.)											
		Min Start Height			2.40			Start Ht	2.40	2.90	3.00	3.10	3.20	3.30					Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME		CLUB	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	A					B	
1	M			Pembroke Harriers														0.00				0			
2	V			Llanelli AC														0.00				0			
3	S	Morgan ATKINS		Swansea Harriers	2.90		o	o	xxo	xxo	xxx							3.20				1	A	1	
4	R			Carmarthen Harriers														0.00				0			
5	Y			Amman Valley														0.00				0			
6	L			Aberystwyth														0.00				0			
7	X			Neath Harriers														0.00				0			
8	I			Bridgend AC														0.00				0			
9	MM			Pembroke Harriers														0.00				0			
10	VV			Llanelli AC														0.00				0			
11	SS			Swansea Harriers														0.00				0			
12	RR			Carmarthen Harriers														0.00				0			
13	YY			Amman Valley														0.00				0			
14	LL			Aberystwyth														0.00				0			
15	XX			Neath Harriers														0.00				0			
16	II			Bridgend AC														0.00				0			
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES															
	BIB	NAME		CLUB	PERF		BIB	NAME		CLUB	PERF														
1A	S	Morgan ATKINS		Swansea Harriers	3.20	1B																			
2A						2B																			
3A						3B																			
4A						4B																			
5A						5B																			
6A						6B																			
7A						7B																			
8A						8B																			
												REFEREE'S SIGNATURE													

# Welsh Athletics - Height Card

MEETING		Junior League Plate & Cup Qualifiers (West Division)											DATE	Sat-07-August-2010									
EVENT		F10 - U17W Pole Vault			League Record - Elinor LEWIS, Rachel DAVIES, Cardiff AAC, Deeside AAC, 3.50, 2009 / 20									VENUE	Cardiff (C.I.S.S.)								
					Welsh Record - Rhian CLARKE, Essex Ladies, 3.7, 1996									TIME	12:00								
Min Start Height			1.70			Start Ht	2.00	2.10	2.20	2.30	2.40	2.50	2.60	2.70	2.80	2.90	Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB	Metres	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						Metres	A
1	L		Aberystwyth													0.00				0			
2	S	Megan JONES	Swansea Harriers	2.00	o	xo	o	o	xxx							2.30				3	A	3	
3	M		Pembroke Harriers													0.00				0			
4	I	Rhianydd LLEWELLYN	Bridgend AC	2.60	xxx							o	o	o	ox	2.90				1	A	1	
5	V		Llanelli AC													0.00				0			
6	R	Enfys JONES	Carmarthen Harriers	2.30			o	o	xxx							2.40				2	A	2	
7	Y		Amman Valley													0.00				0			
8	X		Neath Harriers													0.00				0			
9	LL		Aberystwyth													0.00				0			
10	SS		Swansea Harriers													0.00				0			
11	MM		Pembroke Harriers													0.00				0			
12	II		Bridgend AC													0.00				0			
13	VV		Llanelli AC													0.00				0			
14	RR		Carmarthen Harriers													0.00				0			
15	YY		Amman Valley													0.00				0			
16	XX		Neath Harriers													0.00				0			
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES													
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF														
1A	I	Rhianydd LLEWELLYN	Bridgend AC	2.90	1B																		
2A	R	Enfys JONES	Carmarthen Harriers	2.40	2B																		
3A	S	Megan JONES	Swansea Harriers	2.30	3B																		
4A					4B																		
5A					5B																		
6A					6B																		
7A					7B																		
8A					8B																		
										REFEREE'S SIGNATURE													

# Welsh Athletics - Height Card

MEETING		Junior League Plate & Cup Qualifiers (West Division)											DATE	Sat-07-August-2010							
EVENT		F11 - U20M Pole Vault			League Record - Paul WALKER, Cardiff AAC, 4.20, 2003								VENUE	Cardiff (C.I.S.S.)							
					Welsh Record - Neil WINTER, Shaftesbury , 5.50, 1992								TIME	12:00							
Min Start Height			2.50		Start Ht	3.80	4.00	4.20							Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					A	B
1	Y		Amman Valley												0.00				0		
2	L		Aberystwyth												0.00				0		
3	I		Bridgend AC												0.00				0		
4	X		Neath Harriers												0.00				0		
5	S		Swansea Harriers												0.00				0		
6	M		Pembroke Harriers												0.00				0		
7	V		Llanelli AC												0.00				0		
8	R	Emyr JONES	Carmarthen Harriers	3.80	xo	o	xxx								4.00				1	A	1
9	YY		Amman Valley												0.00				0		
10	LL		Aberystwyth												0.00				0		
11	II		Bridgend AC												0.00				0		
12	XX		Neath Harriers												0.00				0		
13	SS		Swansea Harriers												0.00				0		
14	MM		Pembroke Harriers												0.00				0		
15	VV		Llanelli AC												0.00				0		
16	RR		Carmarthen Harriers												0.00				0		
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES											
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF												
1A	R	Emyr JONES	Carmarthen Harriers	4.00	1B																
2A					2B																
3A					3B																
4A					4B																
5A					5B																
6A					6B																
7A					7B																
8A					8B																
										REFEREE'S SIGNATURE											

# Welsh Athletics - Height Card

**New Lewgue Record**

**New Welsh Record**

MEETING		Junior League Plate & Cup Qualifiers (West Division)											DATE		Sat-07-August-2010						
EVENT		F12 - U20W Pole Vault			League Record - Lindsey MAUND, Swansea Harriers, 3.30, 2005								VENUE		Cardiff (C.I.S.S.)						
					Welsh Record - Rhian CLARKE, Essex Ladies, 3.70, 1996								TIME		12:00						
Min Start Height			2.00			Start Ht	2.00								Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB	Metres	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					Metres	A
1	X		Neath Harriers												98.00			1	A	1	
2	M		Pembroke Harriers												0.00			0			
3	R		Cardiff Harriers												0.00			0			
4	Y		Amman Valley												0.00			0			
5	L		Aberystwyth												0.00			0			
6	V		Llanelli AC												0.00			0			
7	I		Bridgend AC												0.00			0			
8	S		Swansea Harriers												0.00			0			
9	XX		Neath Harriers												0.00			0			
10	MM		Pembroke Harriers												0.00			0			
11	RR		Cardiff Harriers												0.00			0			
12	YY		Amman Valley												0.00			0			
13	LL		Aberystwyth												0.00			0			
14	VV		Llanelli AC												0.00			0			
15	II		Bridgend AC												0.00			0			
16	SS		Swansea Harriers												0.00			0			
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES											
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF												
1A	98		Neath Harriers		1B																
2A					2B																
3A					3B																
4A					4B																
5A					5B																
6A					6B																
7A					7B																
8A					8B																
										REFEREE'S SIGNATURE											

# Welsh Athletics - Height Card

MEETING		Junior League Plate & Cup Qualifiers (West Division)											DATE	Sat-07-August-2010								
EVENT		F13 - U13G High Jump			League Record - Hannah THOMAS, Wrexham AC, 1.50, 2005								VENUE	Cardiff (C.I.S.S.)								
					Welsh Record - Julia CHARLTON, Carmarthen Harriers, 1.68, 1978								TIME	12:00								
Min Start Height			1.05			Start Ht								Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B			
Order	BIB	NAME	CLUB	1.05	1.05		1.10	1.15	1.20													
1	V		Llanelli AC													0.00			0			
2	Y		Amman Valley													0.00			0			
3	X		Neath Harriers													0.00			0			
4	S	Rhiannon FENN	Swansea Harriers		o	xxx										1.00			6	B		2
5	R	Jessica NICHOLLS	Carmarthen Harriers		o	o	o	xxx								1.10			4	A	4	
6	I	Leah THOMAS	Bridgend AC		o	o	o	xo	xxx							1.15			1	A	1	
7	L		Aberystwyth													0.00			0			
8	M	Jo WEEDON	Pembroke Harriers		o	o	o	xo	xxx							1.15			2	A	2	
9	VV		Llanelli AC													0.00			0			
10	YY		Amman Valley													0.00			0			
11	XX		Neath Harriers													0.00			0			
12	SS	Chloe CLARKE	Swansea Harriers		o	xo	xo	xo	xxx							1.15			3	A	3	
13	RR		Carmarthen Harriers													0.00			0			
14	II		Bridgend AC													0.00			0			
15	LL		Aberystwyth													0.00			0			
16	MM	Tabitha STEVENSON	Pembroke Harriers		xo	o	xxx									1.05			5	B		1
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES												
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF													
1A	I	Leah THOMAS	Bridgend AC	1.15	1B	MM	Tabitha STEVENSON	Pembroke Harriers	1.05													
2A	M	Jo WEEDON	Pembroke Harriers	1.15	2B	S	Rhiannon FENN	Swansea Harriers	1.00													
3A	SS	Chloe CLARKE	Swansea Harriers	1.15	3B																	
4A	R	Jessica NICHOLLS	Carmarthen Harriers	1.10	4B																	
5A					5B																	
6A					6B																	
7A					7B																	
8A					8B																	
										REFEREE'S SIGNATURE												



# Welsh Athletics - Height Card

MEETING		Junior League Plate & Cup Qualifiers (West Division)											DATE	Sat-07-August-2010										
EVENT		F14 - U15G High Jump			League Record - Hannah THOMAS, Wrexham AC Neath Harriers, 1.60, 2003 / 2008								VENUE	Cardiff (C.I.S.S.)										
					Welsh Record - Lea HAGGETT, Herne Hill, 1.81, 1986								TIME	12:00										
Min Start Height			1.15			Start Ht	1.15	1.20	1.25	1.30	1.35	1.40	1.45				Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B		
Order	BIB	NAME	CLUB	Metres	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					A	B	
1	R	Erin WALTERS	Carmarthen Harriers				o	o	x							1.30	1			3	A	2		
2	I		Bridgend AC													0.00				0				
3	L		Aberystwyth													0.00				0				
4	M	Anghared REED	Pembroke Harriers		o	o	o	xo	xxx							1.30	2			4	A	3		
5	X		Neath Harriers													0.00				0				
6	Y		Amman Valley													0.00				0				
7	S	Katherine MORRIS	Swansea Harriers				xo	o	xo	xxo	xxx					1.40	3			1	A	1		
8	V	Felicity GARDNER	Llanelli AC			xo	xo	xxx								1.25	2			6	A	4		
9	RR	Kimbley ABORDUNRIN	Carmarthen Harriers		o	o	xo	o	xxx							1.30	1	1		4	B	2		
10	II		Bridgend AC													0.00				0				
11	LL		Aberystwyth													0.00				0				
12	MM	Esme BELLERBY	Pembroke Harriers		o	xxx										1.15	1			7	B	3		
13	XX		Neath Harriers													0.00				0				
14	YY		Amman Valley													0.00				0				
15	SS	Rhiannon HAILS	Swansea Harriers				o	o	o	xxx						1.35	1			2	B	1		
16	VV		Llanelli AC													0.00				0				
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES														
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF															
1A	S	Katherine MORRIS	Swansea Harriers	1.40	1B	SS	Rhiannon HAILS	Swansea Harriers	1.35															
2A	R	Erin WALTERS	Carmarthen Harriers	1.30	2B	RR	Kimbley ABORDUNRIN	Carmarthen Harriers	1.30															
3A	M	Anghared REED	Pembroke Harriers	1.30	3B	MM	Esme BELLERBY	Pembroke Harriers	1.15															
4A	V	Felicity GARDNER	Llanelli AC	1.25	4B																			
5A					5B																			
6A					6B																			
7A					7B																			
8A					8B																			
										REFEREE'S SIGNATURE														

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010		
Event		F15 - U17W Long Jump			League Record - Sarah DACEY, Swansea Harriers, 5.59, 2007					Venue	Cardiff (C.I.S.S.)				
					Welsh Record -Lisa ARMSTRONG, Torfaen AC, 6.01, 1990					Time	12:00 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	I	Lucy TAYLOR	Bridgend AC	4.50	4.78	4.43	4.78	3				4.78	3	A	3
2	X	Stacey COLLINS	Neath Harriers	4.08	4.10	3.57	4.10	4				4.10	4	A	4
3	Y		Amman Valley												
4	V		Llanelli AC												
5	M	Eleanor ROWLAND	Pembroke Harriers	4.74	4.68	4.86	4.86	2				4.86	2	A	2
6	S	Nia PALLA	Swansea Harriers	4.76	4.97	4.77	4.97	1				4.97	1	A	1
7	R	Amelia ROBERTS	Carmarthen Harriers	4.06	3.97	4.00	4.06	5				4.06	5	A	5
8	L		Aberystwyth												
9	II		Bridgend AC												
10	XX		Neath Harriers												
11	YY		Amman Valley												
12	VV		Llanelli AC												
13	MM	Emily PARTRIDGE	Pembroke Harriers	3.75	3.74	3.74	3.75	7				3.75	7	B	2
14	SS	Jessica THOMPSON	Swansea Harriers	3.57	3.82	3.27	3.82	6				3.82	6	B	1
15	RR		Carmarthen Harriers												
16	LL		Aberystwyth												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	S	Nia PALLA	Swansea Harriers	4.97	1B	SS	Jessica THOMPSON	Swansea Harriers	3.82						
2A	M	Eleanor ROWLAND	Pembroke Harriers	4.86	2B	MM	Emily PARTRIDGE	Pembroke Harriers	3.75						
3A	I	Lucy TAYLOR	Bridgend AC	4.78	3B										
4A	X	Stacey COLLINS	Neath Harriers	4.10	4B										
5A	R	Amelia ROBERTS	Carmarthen Harriers	4.06	5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010		
Event		F16 - U20W Long Jump		League Record - Lara RICHARDS, Newport Harriers, 5.58,						Venue	Cardiff (C.I.S.S.)				
				Welsh Record -Lisa ARMSTRONG, Torfaen AC, 6.25, 1992						Time	12:00 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	S	Catrin STONE	Swansea Harriers	5.10	4.92	NJ	5.10	1				5.10	1	A	1
2	R		Carmarthen Harriers												
3	V		Llanelli AC												
4	L		Aberystwyth												
5	I		Bridgend AC												
6	X		Neath Harriers												
7	M		Pembroke Harriers												
8	Y		Amman Valley												
9	SS		Swansea Harriers												
10	RR		Carmarthen Harriers												
11	VV		Llanelli AC												
12	LL		Aberystwyth												
13	II		Bridgend AC												
14	XX		Neath Harriers												
15	MM		Pembroke Harriers												
16	YY		Amman Valley												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	S	Catrin STONE	Swansea Harriers	5.10	1B										
2A					2B										
3A					3B										
4A					4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

# Welsh Athletics : Distance Card

New League Record

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010			
Event		F17 - U15G Shot Put (3.25kg)							League Record - Toni WELLS, Swansea Harriers, 10.99, 2007			Venue	Cardiff (C.I.S.S.)			
		Welsh Record -Emily STEELE, Shrewsbury AC, 13.22, 1989										Time	12:00 PM			
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	M	Elli NORKETT	Pembroke Harriers	8.18	7.19	7.89	8.18	4				8.18	4	A	4	
2	V		Llanelli AC													
3	S	Stephanie NICHOLAS	Swansea Harriers	8.38	9.11	8.84	9.11	2				9.11	2	A	2	
4	R	Awen ROSSER	Carmarthen Harriers	11.15	11.61	11.35	11.61	1				11.61	1	A	1	
5	Y		Amman Valley													
6	L		Aberystwyth													
7	X	Shannon MCKERNAN	Neath Harriers	6.41	6.87	6.64	6.87	6				6.87	6	A	5	
8	I	Zoe DAKIN	Bridgend AC													
9	MM	Ffion CADOGAN	Pembroke Harriers	6.42	6.46	6.33	6.46	7				6.46	7	B		2
10	VV		Llanelli AC													
11	SS	Carys SMITH	Swansea Harriers	6.91	6.42	6.44	6.91	5				6.91	5	B		1
12	RR	Ffion WALTERS	Carmarthen Harriers	6.24	5.06	5.25	6.24	8				6.24	8	B		3
13	YY		Amman Valley													
14	LL		Aberystwyth													
15	XX	Charlotte JOHN	Neath Harriers	4.67	4.74		4.74	9				4.74	9	B		4
16	II	Nicole DAVENPORT	Bridgend AC	8.01	8.44	9.11	9.11	3				9.11	3	A	3	
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	R	Awen ROSSER	Carmarthen Harriers	11.61	1B	SS	Carys SMITH	Swansea Harriers	6.91							
2A	S	Stephanie NICHOLAS	Swansea Harriers	9.11	2B	MM	Ffion CADOGAN	Pembroke Harriers	6.46							
3A	II	Nicole DAVENPORT	Bridgend AC	9.11	3B	RR	Ffion WALTERS	Carmarthen Harriers	6.24							
4A	M	Elli NORKETT	Pembroke Harriers	8.18	4B	XX	Charlotte JOHN	Neath Harriers	4.74							
5A	X	Shannon MCKERNAN	Neath Harriers	6.87	5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010			
Event		F18 - U17W Javelin (600g)			League Record - Lianne CLARKE, Neath Harriers, 44.40, 2003					Venue	Cardiff (C.I.S.S.)				
					Welsh Record -Lianne CLARKE, Neath Harriers, 45.55, 2003					Time	12:00 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	L		Aberystwyth												
2	S	Emily MORRIS	Swansea Harriers	18.74	19.11	18.57	19.11	3				19.11	3	A	3
3	M	Heather LEWIS	Pembroke Harriers												
4	I	Amy TIDBALL	Bridgend AC	23.62	27.33	27.01	27.33	1				27.33	1	A	1
5	V		Llanelli AC												
6	R	Jodie JONES	Carmarthen Harriers	12.49	19.13	NT	19.13	2				19.13	2	A	2
7	Y		Amman Valley												
8	X		Neath Harriers												
9	LL		Aberystwyth												
10	SS		Swansea Harriers												
11	MM		Pembroke Harriers												
12	II	Lowri MAJOR	Bridgend AC	9.65	9.82	9.52	9.82	4				9.82	4	B	1
13	VV		Llanelli AC												
14	RR		Carmarthen Harriers												
15	YY		Amman Valley												
16	XX		Neath Harriers												
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	I	Amy TIDBALL	Bridgend AC	27.33	1B	II	Lowri MAJOR	Bridgend AC	9.82						
2A	R	Jodie JONES	Carmarthen Harriers	19.13	2B										
3A	S	Emily MORRIS	Swansea Harriers	19.11	3B										
4A					4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010			
Event		F19 - U20W Javelin (600g)			League Record - Lianne CLARKE, Neath Harriers, 46.79, 2005					Venue	Cardiff (C.I.S.S.)				
					Welsh Record -Lianne CLARKE, Cardiff AAC, 50.95, 2004					Time	12:00 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	Y		Amman Valley												
2	L		Aberystwyth												
3	I	Christie WILLIAMS	Bridgend AC	29.75	29.49	NT	29.75	2				29.75	2	A	2
4	X		Neath Harriers												
5	S		Swansea Harriers												
6	M	Amy ROWLAND	Pembroke Harriers	NT	NT	10.96	10.96	3				10.96	3	A	3
7	V		Llanelli AC												
8	R	Mary WILSON	Carmarthen Harriers	32.59	31.85	29.85	32.59	1				32.59	1	A	1
9	YY		Amman Valley												
10	LL		Aberystwyth												
11	II		Bridgend AC												
12	XX		Neath Harriers												
13	SS		Swansea Harriers												
14	MM		Pembroke Harriers												
15	VV		Llanelli AC												
16	RR		Carmarthen Harriers												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	R	Mary WILSON	Carmarthen Harriers	32.59	1B										
2A	I	Christie WILLIAMS	Bridgend AC	29.75	2B										
3A	M	Amy ROWLAND	Pembroke Harriers	10.96	3B										
4A					4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010				
Event		F20 - U13B Discus (1.00kg)			League Record - Mathew EVANS, Carmarthen Harriers, 35.35, Welsh Record -Chris HUGHES, Swansea Harriers, 38.92, 1991					Venue	Cardiff (C.I.S.S.)					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	X		Neath Harriers													
2	M	Ben LEAHY	Pembroke Harriers	12.20	10.33	9.95	12.20	6				12.20	6	A	4	
3	R	Nikita NEARY	Carmarthen Harriers	27.01	28.94	26.80	28.94	1				28.94	1	A	1	
4	Y		Amman Valley													
5	L		Aberystwyth													
6	V		Llanelli AC													
7	I	Christopher DAKIN	Bridgend AC	NT	12.98	13.06	13.06	5				13.06	5	B		2
8	S	Sam JONES	Swansea Harriers	19.09	20.47	21.77	21.77	2				21.77	2	A	2	
9	XX		Neath Harriers													
10	MM	Matthew LEWIS	Pembroke Harriers	NT	NT	10.74	10.74	7				10.74	7	B		3
11	RR	Kerion EVANS	Carmarthen Harriers													
12	YY		Amman Valley													
13	LL		Aberystwyth													
14	VV		Llanelli AC													
15	II	Rhys ROBERTS	Bridgend AC	NT	16.58	16.38	16.58	3				16.58	3	A	3	
16	SS	Ryan NICHOLAS	Swansea Harriers	14.98	15.82	11.98	15.82	4				15.82	4	B		1
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	R	Nikita NEARY	Carmarthen Harriers	28.94	1B	SS	Ryan NICHOLAS	Swansea Harriers	15.82							
2A	S	Sam JONES	Swansea Harriers	21.77	2B	I	Christopher DAKIN	Bridgend AC	13.06							
3A	II	Rhys ROBERTS	Bridgend AC	16.58	3B	MM	Matthew LEWIS	Pembroke Harriers	10.74							
4A	M	Ben LEAHY	Pembroke Harriers	12.20	4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010			
Event		F21 - U15B Discus (1.25kg)		League Record - David PRICE, Deeside AC, 42.52,					Venue	Cardiff (C.I.S.S.)						
				Welsh Record -Liam WALSH, Deeside AAC, 48.66, 1996					Time	12:45 PM						
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	V	Jac GRIFFITHS	Llanelli AC	21.39	25.53	23.73	25.53	4				25.53	4	A	3	
2	Y		Amman Valley													
3	X		Neath Harriers													
4	S	Jack BEYNON	Swansea Harriers	31.73	NT	NT	31.73	2				31.73	2	A	2	
5	R	Callum EVANS	Carmarthen Harriers	31.68	32.46	30.48	32.46	1				32.46	1	A	1	
6	I	Harry DAVIES	Bridgend AC	13.43	13.71	14.42	14.42	9				14.42	9	B		4
7	L		Aberystwyth													
8	M	Ashley FARMER	Pembroke Harriers	19.37	18.06	18.42	19.37	5				19.37	5	A	4	
9	VV		Llanelli AC													
10	YY		Amman Valley													
11	XX		Neath Harriers													
12	SS	Keiran INGRAM	Swansea Harriers	15.37	16.15	17.77	17.77	6				17.77	6	B		2
13	RR	Andrew BARRISCALE	Carmarthen Harriers	23.32	26.82	30.05	30.05	3				30.05	3	B		1
14	II	Oliver DAVIES	Bridgend AC	NT	13.97	14.53	14.53	8				14.53	8	A	5	
15	LL		Aberystwyth													
16	MM	Rheinallt GEORGE	Pembroke Harriers	14.92	14.99	15.78	15.78	7				15.78	7	B		3
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	R	Callum EVANS	Carmarthen Harriers	32.46	1B	RR	Andrew BARRISCALE	Carmarthen Harriers	30.05							
2A	S	Jack BEYNON	Swansea Harriers	31.73	2B	SS	Keiran INGRAM	Swansea Harriers	17.77							
3A	V	Jac GRIFFITHS	Llanelli AC	25.53	3B	MM	Rheinallt GEORGE	Pembroke Harriers	15.78							
4A	M	Ashley FARMER	Pembroke Harriers	19.37	4B	I	Harry DAVIES	Bridgend AC	14.42							
5A	II	Oliver DAVIES	Bridgend AC	14.53	5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						



# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010			
Event		F22 - U17M Long Jump							League Record - Ricardo CHILDS, Brecon AC, 6.88, 2001			Venue	Cardiff (C.I.S.S.)			
		Welsh Record - Marcus BROWNING, Chester, 7.11, 1986										Time	12:45 PM			
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	R	Aaron WILMOTT	Carmarthen Harriers	4.77	4.88	5.25	5.25	3				5.25	3	A	3	
2	I		Bridgend AC													
3	L		Aberystwyth													
4	M	Lawrence HANCOCK	Pembroke Harriers	5.92	NJ	5.67	5.92	1				5.92	1	A	1	
5	X		Neath Harriers													
6	Y		Amman Valley													
7	S	Chris RESTALL	Swansea Harriers	5.71	NJ	5.53	5.71	2				5.71	2	A	2	
8	V		Llanelli AC													
9	RR	Liam JONES	Carmarthen Harriers	4.92	4.52	5.14	5.14	4				5.14	4	B		1
10	II		Bridgend AC													
11	LL		Aberystwyth													
12	MM		Pembroke Harriers													
13	XX		Neath Harriers													
14	YY		Amman Valley													
15	SS		Swansea Harriers													
16	VV		Llanelli AC													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	M	Lawrence HANCOCK	Pembroke Harriers	5.92	1B	RR	Liam JONES	Carmarthen Harriers	5.14							
2A	S	Chris RESTALL	Swansea Harriers	5.71	2B											
3A	R	Aaron WILMOTT	Carmarthen Harriers	5.25	3B											
4A					4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010		
Event		F23 - U20M Long Jump		League Record - Ricardo CHILDS, Brecon AC, 7.09, 2003						Venue	Cardiff (C.I.S.S.)				
				Welsh Record - Colin JACKSON, Cardiff AAC, 7.56, 1985						Time	12:45 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	I		Bridgend AC												
2	X	Nike DAVIES	Neath Harriers												
3	Y		Amman Valley												
4	V		Llanelli AC												
5	M		Pembroke Harriers												
6	S	Michael DAVIS	Swansea Harriers	4.23	3.28	4.55	4.55	1				4.55	1	A	1
7	R		Carmarthen Harriers												
8	L		Aberystwyth												
9	II		Bridgend AC												
10	XX		Neath Harriers												
11	YY		Amman Valley												
12	VV		Llanelli AC												
13	MM		Pembroke Harriers												
14	SS		Swansea Harriers												
15	RR		Carmarthen Harriers												
16	LL		Aberystwyth												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	S	Michael DAVIS	Swansea Harriers	4.55	1B										
2A					2B										
3A					3B										
4A					4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010				
Event		F24 - U13G Shot Put (2.72kg)			League Record - Nicola STEVENSON, Bridgend AC, 10.37, Welsh Record - Nicola STEVENSON, Bridgend AC, 10.83, 2001					Venue	Cardiff (C.I.S.S.)					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	S	Kate EVANS	Swansea Harriers	5.82	6.65	6.21	6.65	4				6.65	4	A	3	
2	R	Amy HUMBLE	Carmarthen Harriers	8.51	8.87	8.55	8.87	1				8.87	1	A	1	
3	V		Llanelli AC													
4	L		Aberystwyth													
5	I	Sian SMITH	Bridgend AC	NT	4.42	4.84	4.84	6				4.84	6	A	4	
6	X		Neath Harriers													
7	M	Anita MADAN	Pembroke Harriers	7.49	NT	7.04	7.49	2				7.49	2	A	2	
8	Y		Amman Valley													
9	SS	Emily EVANS	Swansea Harriers	5.37	5.47	5.25	5.47	5				5.47	5	B		2
10	RR	Fflur JONES	Carmarthen Harriers	5.65	6.01	6.81	6.81	3				6.81	3	B		1
11	VV		Llanelli AC													
12	LL		Aberystwyth													
13	II	Joe-Dianna GRABHAM	Bridgend AC	4.47	4.39	4.25	4.47	7				4.47	7	B		3
14	XX		Neath Harriers													
15	MM	Tabitha STEVENSON	Pembroke Harriers	3.77	3.43	4.21	4.21	8				4.21	8	B		4
16	YY		Amman Valley													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	R	Amy HUMBLE	Carmarthen Harriers	8.87	1B	RR	Fflur JONES	Carmarthen Harriers	6.81							
2A	M	Anita MADAN	Pembroke Harriers	7.49	2B	SS	Emily EVANS	Swansea Harriers	5.47							
3A	S	Kate EVANS	Swansea Harriers	6.65	3B	II	Joe-Dianna GRABHAM	Bridgend AC	4.47							
4A	I	Sian SMITH	Bridgend AC	4.84	4B	MM	Tabitha STEVENSON	Pembroke Harriers	4.21							
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics - Height Card

MEETING		Junior League Plate & Cup Qualifiers (West Division)												DATE		Sat-07-August-2010							
EVENT		F25 - U17W High Jump			League Record - Emily MORRIS, Swansea Harriers, 1.65, 2010										VENUE		Cardiff (C.I.S.S.)						
					Welsh Record - Lea HAGGETT, Herne Hill, 1.81, 1986										TIME		13:00						
Min Start Height			1.25			Start Ht	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B		
Order	BIB	NAME	CLUB	Metres	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						Metres	A	B
1	M	Helena MADAN	Pembroke Harriers	1.40				o	xxo	xo	xxx				1.50				2	A	2		
2	V	Stacey WEBBER	Llanelli AC	1.30		o	o	xxo	xo	xxx					1.45				4	A	3		
3	S	Emily MORRIS	Swansea Harriers	1.50						o	o	xo	xxx		1.60				1	A	1		
4	R	Catrin REES	Carmarthen Harriers	1.30											0.00				0				
5	Y		Amman Valley												0.00				0				
6	L		Aberystwyth												0.00				0				
7	X		Neath Harriers												0.00				0				
8	I		Bridgend AC												0.00				0				
9	MM		Pembroke Harriers												0.00				0				
10	VV		Llanelli AC												0.00				0				
11	SS	Kimberley DAVIES	Swansea Harriers	1.35			o	o	o	xo	xxx				1.50				2	B		1	
12	RR	Alyce PHILLIPS	Carmarthen Harriers	1.25	o	o	xo	xxx							1.35				5	A	4		
13	YY		Amman Valley												0.00				0				
14	LL		Aberystwyth												0.00				0				
15	XX		Neath Harriers												0.00				0				
16	II		Bridgend AC												0.00				0				
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES													
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF														
1A	S	Emily MORRIS	Swansea Harriers	1.60	1B	SS	Kimberley DAVIES	Swansea Harriers	1.50														
2A	M	Helena MADAN	Pembroke Harriers	1.50	2B																		
3A	V	Stacey WEBBER	Llanelli AC	1.45	3B																		
4A	RR	Alyce PHILLIPS	Carmarthen Harriers	1.35	4B																		
5A					5B																		
6A					6B																		
7A					7B																		
8A					8B																		
										REFEREE'S SIGNATURE													

# Welsh Athletics - Height Card

MEETING		Junior League Plate & Cup Qualifiers (West Division)											DATE		Sat-07-August-2010							
EVENT		F26 - U20W High Jump		League Record - Ceri STOKOE, Swansea Harriers, 1.79, 2000											VENUE		Cardiff (C.I.S.S.)					
				Welsh Record - Rebecca JONES, Wrexham AC, 1.88, 2002											TIME		13:00					
Min Start Height			1.35		Start Ht	1.35	1.40	1.45	1.50							Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					A	B
1	L		Aberystwyth													0.00			0			
2	S		Swansea Harriers													0.00			0			
3	M		Pembroke Harriers													0.00			0			
4	I		Bridgend AC													0.00			0			
5	V		Llanelli AC													0.00			0			
6	R	Sophie PICK	Carmarthen Harriers	1.35	o	xo	xxx									1.40			1	A	1	
7	Y		Amman Valley													0.00			0			
8	X		Neath Harriers													0.00			0			
9	LL		Aberystwyth													0.00			0			
10	SS		Swansea Harriers													0.00			0			
11	MM		Pembroke Harriers													0.00			0			
12	II		Bridgend AC													0.00			0			
13	VV		Llanelli AC													0.00			0			
14	RR		Carmarthen Harriers													0.00			0			
15	YY		Amman Valley													0.00			0			
16	XX		Neath Harriers													0.00			0			
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES												
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF													
1A	R	Sophie PICK	Carmarthen Harriers	1.40	1B																	
2A					2B																	
3A					3B																	
4A					4B																	
5A					5B																	
6A					6B																	
7A					7B																	
8A					8B																	
										REFEREE'S SIGNATURE												

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010			
Event		F27 - U13B Shot Put (3.25kg)			League Record - Matthew EVANS, Carmarthen Harriers, 14.21,					Venue	Cardiff (C.I.S.S.)				
					Welsh Record - Mathew EVANS, Carmarthen Harriers, 14.47, 2001					Time	1:30 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	Y		Amman Valley												
2	L		Aberystwyth												
3	I	Christopher DAKIN	Bridgend AC	6.00	5.93	6.25	6.25	5				6.25	5	A	4
4	X		Neath Harriers												
5	S	Sam JONES	Swansea Harriers	8.01	8.15	8.05	8.15	3				8.15	3	A	3
6	M	Jake EVANS	Pembroke Harriers	10.25	10.38	NT	10.38	1				10.38	1	A	1
7	V		Llanelli AC												
8	R	Nikita NEARY	Carmarthen Harriers	9.65	10.26	9.70	10.26	2				10.26	2	A	2
9	YY		Amman Valley												
10	LL		Aberystwyth												
11	II		Bridgend AC												
12	XX		Neath Harriers												
13	SS	Ryan NICHOLAS	Swansea Harriers	5.22	5.30	3.99	5.30	6				5.30	6	B	2
14	MM	Thomas HUGHES	Pembroke Harriers	6.62	NT	6.85	6.85	4				6.85	4	B	1
15	VV		Llanelli AC												
16	RR	Jordan RICHARDS	Carmarthen Harriers	3.72			3.72	7				3.72	7	B	3
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	M	Jake EVANS	Pembroke Harriers	10.38	1B	MM	Thomas HUGHES	Pembroke Harriers	6.85						
2A	R	Nikita NEARY	Carmarthen Harriers	10.26	2B	SS	Ryan NICHOLAS	Swansea Harriers	5.30						
3A	S	Sam JONES	Swansea Harriers	8.15	3B	RR	Jordan RICHARDS	Carmarthen Harriers	3.72						
4A	I	Christopher DAKIN	Bridgend AC	6.25	4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010				
Event		F28 - U15B Long Jump			League Record - Kueni IGBAGIRI, Carmarthen Harriers, 5.95, 2005					Venue	Cardiff (C.I.S.S.)					
					Welsh Record -Ian STRANGE, Newport Harriers, 6.63, 1977					Time	1:30 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	X	Adam GRIFFITHS	Neath Harriers	4.04	4.05	4.07	4.07	7				4.07	7	A	5	
2	M	Josh DAVIES	Pembroke Harriers	4.97	5.02	5.18	5.18	2				5.18	2	B		1
3	R	Gwion JONES	Carmarthen Harriers	NJ	NJ	4.90	4.90	3				4.90	3	A	2	
4	Y		Amman Valley													
5	L		Aberystwyth													
6	V	Jac GRIFFITHS	Llanelli AC	4.25	4.12	NJ	4.25	6				4.25	6	B		2
7	I	Jamie DYER	Bridgend AC	3.70	3.50	3.34	3.70	11				3.70	11	B		5
8	S	Michael WILSON	Swansea Harriers	4.52	4.41	4.55	4.55	4				4.55	4	A	3	
9	XX	Joseph DAVIES	Neath Harriers	3.89	3.89	3.66	3.89	8				3.89	8	B		3
10	MM	Carwyn JAMES	Pembroke Harriers	5.52	5.42	NJ	5.52	1				5.52	1	A	1	
11	RR	Dafydd ADAMS	Carmarthen Harriers	NJ	3.46		3.46	12				3.46	12	B		6
12	YY		Amman Valley													
13	LL		Aberystwyth													
14	VV	Zac LEWIS	Llanelli AC	4.46	4.41	NJ	4.46	5				4.46	5	A	4	
15	II	Christopher COOPER	Bridgend AC	3.78	3.72	3.65	3.78	9				3.78	9	A	6	
16	SS	Daniel HALL	Swansea Harriers	3.51	3.37	3.74	3.74	10				3.74	10	B		4
A STRING RESULTS				B STRING RESULTS					JUDGES' SIGNATURES							
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	MM	Carwyn JAMES	Pembroke Harriers	5.52	1B	M	Josh DAVIES	Pembroke Harriers	5.18							
2A	R	Gwion JONES	Carmarthen Harriers	4.90	2B	V	Jac GRIFFITHS	Llanelli AC	4.25							
3A	S	Michael WILSON	Swansea Harriers	4.55	3B	XX	Joseph DAVIES	Neath Harriers	3.89							
4A	VV	Zac LEWIS	Llanelli AC	4.46	4B	SS	Daniel HALL	Swansea Harriers	3.74							
5A	X	Adam GRIFFITHS	Neath Harriers	4.07	5B	I	Jamie DYER	Bridgend AC	3.70							
6A	II	Christopher COOPER	Bridgend AC	3.78	6B	RR	Dafydd ADAMS	Carmarthen Harriers	3.46							
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010			
Event		F29 - U17M Javelin (700g)			League Record - Jon LLEWELLYN, Carmarthen Harriers, 60.17, 2009					Venue	Cardiff (C.I.S.S.)				
					Welsh Record - Colin MACKENZIE, East Kent, 70.3, 1979					Time	1:30 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	V		Llanelli AC												
2	Y		Amman Valley												
3	X	Matthew O'LEARY	Neath Harriers	21.51	22.27	21.49	22.27	5				22.27	5	A	4
4	S	Morgan ATKINS	Swansea Harriers												
5	R	Gareth THOMPSON	Carmarthen Harriers	NT	35.58	38.43	38.43	2				38.43	2	A	2
6	I	Kieran QUIRKE	Bridgend AC	26.68	26.99	27.01	27.01	4				27.01	4	A	3
7	L		Aberystwyth												
8	M	Ashley WATTS	Pembroke Harriers	39.34	36.52	38.38	39.34	1				39.34	1	A	1
9	VV		Llanelli AC												
10	YY		Amman Valley												
11	XX		Neath Harriers												
12	SS		Swansea Harriers												
13	RR	Courtney BEAUMONT	Carmarthen Harriers	NT	30.87	31.16	31.16	3				31.16	3	B	1
14	II		Bridgend AC												
15	LL		Aberystwyth												
16	MM		Pembroke Harriers												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	M	Ashley WATTS	Pembroke Harriers	39.34	1B	RR	Courtney BEAUMONT	Carmarthen Harriers	31.16						
2A	R	Gareth THOMPSON	Carmarthen Harriers	38.43	2B										
3A	I	Kieran QUIRKE	Bridgend AC	27.01	3B										
4A	X	Matthew O'LEARY	Neath Harriers	22.27	4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					



# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)								Date	Saturday-07-Aug-2010				
Event		F30 - U20M Javelin (800g)		League Record - Jason COPSEY, Cwmbran Harriers, 62.66, 2010					Venue	Cardiff (C.I.S.S.)					
				Welsh Record -Jonathan CLARKE, Swansea Harriers, 68.74, 1986					Time	1:30 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	R	Geraint MANSFIELD	Carmarthen Harriers												
2	I		Bridgend AC												
3	L		Aberystwyth												
4	M	Adam DAVIES	Pembroke Harriers	28.21	NT	27.02	28.21	3				28.21	3	A	3
5	X	Nike DAVIES	Neath Harriers	41.81	40.89	42.62	42.62	1				42.62	1	A	1
6	Y		Amman Valley												
7	S	Jamie PRICE	Swansea Harriers	NT	40.70	42.25	42.25	2				42.25	2	A	2
8	V		Llanelli AC												
9	RR	Paul BENNETT	Carmarthen Harriers												
10	II		Bridgend AC												
11	LL		Aberystwyth												
12	MM		Pembroke Harriers												
13	XX		Neath Harriers												
14	YY		Amman Valley												
15	SS		Swansea Harriers												
16	VV		Llanelli AC												
A STRING RESULTS				B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	X	Nike DAVIES	Neath Harriers	42.62	1B										
2A	S	Jamie PRICE	Swansea Harriers	42.25	2B										
3A	M	Adam DAVIES	Pembroke Harriers	28.21	3B										
4A					4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

# Welsh Athletics - Height Card

**New League Record**

MEETING		Junior League Plate & Cup Qualifiers (West Division)											DATE	Sat-07-August-2010									
EVENT		F31 - U13B High Jump			League Record - David GUEST, Charlie RANDALL, Bridgend AC, Carmarthen Harriers, 1.50, 2003 / 2008									VENUE	Cardiff (C.I.S.S.)								
					Welsh Record - Jamie DALTON, Preseli, 1.67, 1992									TIME	14:15								
Min Start Height			1.05			Start Ht	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB	Metres	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						Metres	A
1	I		Bridgend AC													0.00				0			
2	X		Neath Harriers													0.00				0			
3	Y		Amman Valley													0.00				0			
4	V		Llanelli AC													0.00				0			
5	M	Daniel OMOREGIE	Pembroke Harriers	1.05	o	o	o	o	o	o	o	o	o	xxx		1.40	1			2	A	2	
6	S	Miles KELLER-JENKINS	Swansea Harriers	1.3	xo	xxx				o	o	o	o	o		1.55				1	A	1	
7	R	Aled REES	Carmarthen Harriers	1.05	o	o	o	o	o	o	o	xo	xxx			1.40	2			3	A	3	
8	L		Aberystwyth													0.00				0			
9	II		Bridgend AC													0.00				0			
10	XX		Neath Harriers													0.00				0			
11	YY		Amman Valley													0.00				0			
12	VV		Llanelli AC													0.00				0			
13	MM	Tom MILNE	Pembroke Harriers	1.05	o	o	o	o	xo	xxx						1.25				4	B	1	
14	SS	Joe BRIER	Swansea Harriers	1.05	o	o	o	xxo	xxx							1.20				5	B	2	
15	RR		Carmarthen Harriers													0.00				0			
16	LL		Aberystwyth													0.00				0			
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES													
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF														
1A	S	Miles KELLER-JENKINS	Swansea Harriers	1.55	1B	MM	Tom MILNE	Pembroke Harriers	1.25														
2A	M	Daniel OMOREGIE	Pembroke Harriers	1.40	2B	SS	Joe BRIER	Swansea Harriers	1.20														
3A	R	Aled REES	Carmarthen Harriers	1.40	3B																		
4A					4B																		
5A					5B																		
6A					6B																		
7A					7B																		
8A					8B																		
										REFEREE'S SIGNATURE													

# Welsh Athletics - Height Card

MEETING		Junior League Plate & Cup Qualifiers (West Division)											DATE		Sat-07-August-2010									
EVENT		F32 - U15B High Jump			League Record - James ANTHONY, Neath Harriers, 1.87,								VENUE		Cardiff (C.I.S.S.)									
					Welsh Record - Chuka ENIH-SNELL, Swansea Harriers, 1.96, 1998								TIME		14:15									
Min Start Height			1.25			Start Ht	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60			Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B		
Order	BIB	NAME	CLUB	Metres	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					A	B	
1	S	Gareth GOSS	Swansea Harriers	xo	xxx											1.25				4	A	4		
2	R	Dafydd ADAMS	Carmarthen Harriers		o	xo	xxo	xxx								1.40				3	A	3		
3	V	Kieran REES	Llanelli AC			o	o	o	xxx							1.45				2	A	2		
4	L		Aberystwyth													0.00				0				
5	I		Bridgend AC													0.00				0				
6	X		Neath Harriers													0.00				0				
7	M	Rheinallt GEORGE	Pembroke Harriers			o	o	o	o	xxo	xxx					1.55				1	A	1		
8	Y		Amman Valley													0.00				0				
9	SS	Keiran INGRAM	Swansea Harriers													0.00				0				
10	RR		Carmarthen Harriers													0.00				0				
11	VV		Llanelli AC													0.00				0				
12	LL		Aberystwyth													0.00				0				
13	II		Bridgend AC													0.00				0				
14	XX		Neath Harriers													0.00				0				
15	MM		Pembroke Harriers													0.00				0				
16	YY		Amman Valley													0.00				0				
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES														
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF															
1A	M	Rheinallt GEORGE	Pembroke Harriers	1.55	1B																			
2A	V	Kieran REES	Llanelli AC	1.45	2B																			
3A	R	Dafydd ADAMS	Carmarthen Harriers	1.40	3B																			
4A	S	Gareth GOSS	Swansea Harriers	1.25	4B																			
5A					5B																			
6A					6B																			
7A					7B																			
8A					8B																			
										REFEREE'S SIGNATURE														

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010			
Event		F33 - U13G Discus (0.75kg)			League Record - Toni WELLS, Swansea Harriers, 27.75, 2005					Venue	Cardiff (C.I.S.S.)					
					Welsh Record -Toni WELLS, Swansea Harriers, 29.85, 2005					Time	2:15 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	M	Anita MADAN	Pembroke Harriers	16.08	16.89	16.93	16.93	3				16.93	3	A	3	
2	V		Llanelli AC													
3	S	Ffion Wake	Swansea Harriers	NT	18.62	21.32	21.32	1				21.32	1	A	1	
4	R	Amy HUMBLE	Carmarthen Harriers	NT	19.79	19.74	19.79	2				19.79	2	A	2	
5	Y		Amman Valley													
6	L		Aberystwyth													
7	X		Neath Harriers													
8	I	Sian SMITH	Bridgend AC	NT	NT	13.04	13.04	5				13.04	5	A	4	
9	MM		Pembroke Harriers													
10	VV		Llanelli AC													
11	SS	Katie WELLS	Swansea Harriers	15.50	14.11	14.74	15.50	4				15.50	4	B		1
12	RR	Carys JONES	Carmarthen Harriers	9.81	9.83	10.33	10.33	6				10.33	6	B		2
13	YY		Amman Valley													
14	LL		Aberystwyth													
15	XX		Neath Harriers													
16	II	Joe-Dianna GRABHAM	Bridgend AC	9.82	NT	8.78	9.82	7				9.82	7	B		3
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	S	Ffion Wake	Swansea Harriers	21.32	1B	SS	Katie WELLS	Swansea Harriers	15.50							
2A	R	Amy HUMBLE	Carmarthen Harriers	19.79	2B	RR	Carys JONES	Carmarthen Harriers	10.33							
3A	M	Anita MADAN	Pembroke Harriers	16.93	3B	II	Joe-Dianna GRABHAM	Bridgend AC	9.82							
4A	I	Sian SMITH	Bridgend AC	13.04	4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010				
Event		F34 - U15G Discus (1.00kg)			League Record - Toni WELLS, Swansea Harriers, 32.15, 2007					Venue	Cardiff (C.I.S.S.)						
					Welsh Record -Philipa ROLES, Swansea Harriers, 44.12, 1992					Time	2:15 PM						
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres		A
1	L		Aberystwyth														
2	S	Stephanie NICHOLAS	Swansea Harriers	22.75	21.90	21.83	22.75	2				22.75	2	A	2		
3	M	Ffion CADOGAN	Pembroke Harriers	12.69	15.19	14.38	15.19	8				15.19	8	A	6		
4	I	Zoe DAKIN	Bridgend AC	NT	NT	20.79	20.79	4				20.79	4	A	4		
5	V	Lauren Harvey	Llanelli AC	14.49	NT	15.50	15.50	5				15.50	5	A	5		
6	R	Awen ROSSER	Carmarthen Harriers	28.81	30.09	28.61	30.09	1				30.09	1	A	1		
7	Y		Amman Valley														
8	X	Shannon MCKERNAN	Neath Harriers	19.59	17.60	21.12	21.12	3				21.12	3	A	3		
9	LL		Aberystwyth														
10	SS	Carys SMITH	Swansea Harriers	15.50	NT		15.50	5				15.50	5	B		1	
11	MM		Pembroke Harriers														
12	II	Shauna QUIRKE	Bridgend AC	15.30	14.89	13.87	15.30	7				15.30	7	B		2	
13	VV		Llanelli AC														
14	RR	Ffion WALTERS	Carmarthen Harriers	NT	13.37	12.38	13.37	9				13.37	9	B		3	
15	YY		Amman Valley														
16	XX		Neath Harriers														
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES							
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF								
1A	R	Awen ROSSER	Carmarthen Harriers	30.09	1B	SS	Carys SMITH	Swansea Harriers	15.50								
2A	S	Stephanie NICHOLAS	Swansea Harriers	22.75	2B	II	Shauna QUIRKE	Bridgend AC	15.30								
3A	X	Shannon MCKERNAN	Neath Harriers	21.12	3B	RR	Ffion WALTERS	Carmarthen Harriers	13.37								
4A	I	Zoe DAKIN	Bridgend AC	20.79	4B												
5A	V	Lauren Harvey	Llanelli AC	15.50	5B												
6A	M	Ffion CADOGAN	Pembroke Harriers	15.19	6B												
7A					7B												
8A					8B												
										REFEREE SIGNATURE							

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010			
Event		F35 - U15G Long Jump			League Record - Danielle CARPENTER, Cardiff AAC, 5.17, Welsh Record -Ceri JENKINS, Cleddau, 5.57, 1972					Venue	Cardiff (C.I.S.S.)				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	Y		Amman Valley												
2	L		Aberystwyth												
3	I	Emma JOHNSON	Bridgend AC	4.48	4.26	NJ	4.48	1				4.48	1	A	1
4	X	Elle THOMAS	Neath Harriers	NJ	3.40	3.41	3.41	8				3.41	8	B	4
5	S	Ria EVANS	Swansea Harriers	3.49	3.27	3.47	3.49	7				3.49	7	B	3
6	M	Lucy JAMES	Pembroke Harriers												
7	V		Llanelli AC												
8	R	Kimbley ABORDUNRIN	Carmarthen Harriers	4.16	4.32	NJ	4.32	3				4.32	3	A	2
9	YY		Amman Valley												
10	LL		Aberystwyth												
11	II	Rachael LEWIS	Bridgend AC	4.05	4.37	4.14	4.37	2				4.37	2	B	1
12	XX	Gabriella JUKES	Neath Harriers	3.20	3.86	3.88	3.88	4				3.88	4	A	3
13	SS	Iona EVANS	Swansea Harriers	3.38	3.61	3.52	3.61	6				3.61	6	A	4
14	MM	Esme BELLERBY	Pembroke Harriers	2.65	2.35	2.53	2.65	9				2.65	9	A	5
15	VV		Llanelli AC												
16	RR	Bella MOSSMAN	Carmarthen Harriers	3.64	3.57	3.74	3.74	5				3.74	5	B	2
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	I	Emma JOHNSON	Bridgend AC	4.48	1B	II	Rachael LEWIS	Bridgend AC	4.37						
2A	R	Kimbley ABORDUNRIN	Carmarthen Harriers	4.32	2B	RR	Bella MOSSMAN	Carmarthen Harriers	3.74						
3A	XX	Gabriella JUKES	Neath Harriers	3.88	3B	S	Ria EVANS	Swansea Harriers	3.49						
4A	SS	Iona EVANS	Swansea Harriers	3.61	4B	X	Elle THOMAS	Neath Harriers	3.41						
5A	MM	Esme BELLERBY	Pembroke Harriers	2.65	5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010			
Event		F36 - U17W Shot Put (4.00kg)							League Record - Sally HINDS, Swansea Harriers, 11.47, 2002			Venue	Cardiff (C.I.S.S.)			
		Welsh Record -Philipa ROLES, Swansea Harriers, 13.65, 1994										Time	2:15 PM			
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	X	Stacey COLLINS	Neath Harriers	7.58	5.36	7.27	7.58	2				7.58	2	A	2	
2	M	Helena MADAN	Pembroke Harriers	8.30	8.11	8.37	8.37	1				8.37	1	A	1	
3	R	Jodie JONES	Carmarthen Harriers	5.24	5.64	5.53	5.64	7				5.64	7	A	5	
4	Y		Amman Valley													
5	L		Aberystwyth													
6	V		Llanelli AC													
7	I	Rhianydd LLEWELLYN	Bridgend AC	5.12	5.73	5.55	5.73	6				5.73	6	B		2
8	S	Jodie HODGEKINS	Swansea Harriers	6.43	6.52	6.35	6.52	3				6.52	3	A	3	
9	XX		Neath Harriers													
10	MM	Heather LEWIS	Pembroke Harriers	4.75	5.25	4.87	5.25	9				5.25	9	B		4
11	RR	Enfys JONES	Carmarthen Harriers	5.09	5.40	5.38	5.40	8				5.40	8	B		3
12	YY		Amman Valley													
13	LL		Aberystwyth													
14	VV		Llanelli AC													
15	II	Amy TIDBALL	Bridgend AC	6.10	NT	5.89	6.10	4				6.10	4	A	4	
16	SS	Megan JONES	Swansea Harriers	5.72	5.83	5.46	5.83	5				5.83	5	B		1
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	M	Helena MADAN	Pembroke Harriers	8.37	1B	SS	Megan JONES	Swansea Harriers	5.83							
2A	X	Stacey COLLINS	Neath Harriers	7.58	2B	I	Rhianydd LLEWELLYN	Bridgend AC	5.73							
3A	S	Jodie HODGEKINS	Swansea Harriers	6.52	3B	RR	Enfys JONES	Carmarthen Harriers	5.40							
4A	II	Amy TIDBALL	Bridgend AC	6.10	4B	MM	Heather LEWIS	Pembroke Harriers	5.25							
5A	R	Jodie JONES	Carmarthen Harriers	5.64	5B											
6A					6B											
7A					7B											
8A					8B											
												REFEREE SIGNATURE				

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010			
Event		F37 - U20W Shot Put (4.00kg)			League Record - Sally HINDS, Swansea Harriers, 13.24, 2005					Venue	Cardiff (C.I.S.S.)				
					Welsh Record -Sally HINDS, Swansea Harriers, 14.72, 2005					Time	2:15 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	V		Llanelli AC												
2	Y		Amman Valley												
3	X		Neath Harriers												
4	S	Sarah EVANS	Swansea Harriers	6.45	6.62	6.50	6.62	2				6.62	2	A	2
5	R		Carmarthen Harriers												
6	I		Bridgend AC												
7	L		Aberystwyth												
8	M	Amy ROWLAND	Pembroke Harriers	6.81	6.20	6.56	6.81	1				6.81	1	A	1
9	VV		Llanelli AC												
10	YY		Amman Valley												
11	XX		Neath Harriers												
12	SS		Swansea Harriers												
13	RR		Carmarthen Harriers												
14	II		Bridgend AC												
15	LL		Aberystwyth												
16	MM		Pembroke Harriers												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	M	Amy ROWLAND	Pembroke Harriers	6.81	1B										
2A	S	Sarah EVANS	Swansea Harriers	6.62	2B										
3A					3B										
4A					4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					



# Welsh Athletics : Distance Card

New League Record

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010		
Event		F38 - U13G Long Jump		League Record - Hannah THOMAS, Wrexham AC, 4.59, 2005						Venue	Cardiff (C.I.S.S.)				
				Welsh Record -Lisa ARMSTRONG, Torfaen AC, 4.88, 1986						Time	3:00 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	R	Rachel WASSERMAN	Carmarthen Harriers	3.42	3.58	3.69	3.69	2				3.69	2	A	2
2	I	Zoe NASH	Bridgend AC	NJ	NJ	NJ									
3	L		Aberystwyth												
4	M	Tegan HARRISON	Pembroke Harriers												
5	X	Kirsty EVANS	Neath Harriers	3.19	2.99	2.89	3.19	5				3.19	5	A	4
6	Y		Amman Valley												
7	S	Hannah BRIER	Swansea Harriers	4.60	4.66	4.77	4.77	1				4.77	1	A	1
8	V		Llanelli AC												
9	RR	Shannon DE SMET	Carmarthen Harriers	NJ	2.76	2.68	2.76	6				2.76	6	B	2
10	II	Felicity WILLIAMSON-SAR	Bridgend AC	3.38	NJ	3.02	3.38	4				3.38	4	A	3
11	LL		Aberystwyth												
12	MM		Pembroke Harriers												
13	XX		Neath Harriers												
14	YY		Amman Valley												
15	SS	Kelsey RABAIOTTI	Swansea Harriers	3.45	3.59	3.25	3.59	3				3.59	3	B	1
16	VV		Llanelli AC												
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	S	Hannah BRIER	Swansea Harriers	4.77	1B	SS	Kelsey RABAIOTTI	Swansea Harriers	3.59						
2A	R	Rachel WASSERMAN	Carmarthen Harriers	3.69	2B	RR	Shannon DE SMET	Carmarthen Harriers	2.76						
3A	II	Felicity WILLIAMSON-SARLL	Bridgend AC	3.38	3B										
4A	X	Kirsty EVANS	Neath Harriers	3.19	4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010			
Event		F39 - U13B Javelin (400g)		League Record - Rheon JAMES, Carmarthen Harriers, 41.04, 2005					Venue		Cardiff (C.I.S.S.)					
				Welsh Record -Tom NORTON, Cwmbran Harriers, 44.80, 2007					Time		3:00 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	I	Christopher DAKIN	Bridgend AC	15.22	13.10	NT	15.22	6				15.22	6	A	4	
2	X		Neath Harriers													
3	Y		Amman Valley													
4	V		Llanelli AC													
5	M	Jake EVANS	Pembroke Harriers	30.19	31.16	29.89	31.16	1				31.16	1	A	1	
6	S	Sam JONES	Swansea Harriers	20.36	20.32	22.13	22.13	4				22.13	4	B		1
7	R	Sam BLEACH	Carmarthen Harriers													
8	L		Aberystwyth													
9	II		Bridgend AC													
10	XX		Neath Harriers													
11	YY		Amman Valley													
12	VV		Llanelli AC													
13	MM	Ben LEAHY	Pembroke Harriers	NT	12.15	17.04	17.04	5				17.04	5	B		2
14	SS	Miles KELLER-JENKINS	Swansea Harriers		24.12	23.80	24.12	3				24.12	3	A	3	
15	RR	Kerion EVANS	Carmarthen Harriers	22.02	NT	24.83	24.83	2				24.83	2	A	2	
16	LL		Aberystwyth													
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	M	Jake EVANS	Pembroke Harriers	31.16	1B	S	Sam JONES	Swansea Harriers	22.13							
2A	RR	Kerion EVANS	Carmarthen Harriers	24.83	2B	MM	Ben LEAHY	Pembroke Harriers	17.04							
3A	SS	Miles KELLER-JENKINS	Swansea Harriers	24.12	3B											
4A	I	Christopher DAKIN	Bridgend AC	15.22	4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010			
Event		F40 - U15B Javelin (600g)		League Record - Garth LOUGHRAN, Carmarthen Harriers, 51.86,					Venue	Cardiff (C.I.S.S.)						
				Welsh Record - Rhys WILLIAMS, Swansea Harriers, 58.58, 1996					Time	3:00 PM						
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	S	Gareth GOSS	Swansea Harriers	25.35	NT	22.61	25.35	3				25.35	3	A	2	
2	R	Adam DAVIES	Carmarthen Harriers	25.38	24.41	24.59	25.38	2				25.38	2	B		1
3	V		Llanelli AC													
4	L		Aberystwyth													
5	I		Bridgend AC													
6	X	Thomas JOHN	Neath Harriers													
7	M	Ashley FARMER	Pembroke Harriers	19.53	18.10	15.49	19.53	6				19.53	6	B		3
8	Y		Amman Valley													
9	SS	Keiran INGRAM	Swansea Harriers	21.09	NT	22.80	22.80	4				22.80	4	B		2
10	RR	Andrew BARRISCALE	Carmarthen Harriers	23.22	28.30	27.82	28.30	1				28.30	1	A	1	
11	VV		Llanelli AC													
12	LL		Aberystwyth													
13	II		Bridgend AC													
14	XX		Neath Harriers													
15	MM	Rheinallt GEORGE	Pembroke Harriers		NT	21.45	21.45	5				21.45	5	A		3
16	YY		Amman Valley													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	RR	Andrew BARRISCALE	Carmarthen Harriers	28.30	1B	R	Adam DAVIES	Carmarthen Harriers	25.38							
2A	S	Gareth GOSS	Swansea Harriers	25.35	2B	SS	Keiran INGRAM	Swansea Harriers	22.80							
3A	MM	Rheinallt GEORGE	Pembroke Harriers	21.45	3B	M	Ashley FARMER	Pembroke Harriers	19.53							
4A					4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010		
Event		F41 - U17M Shot Put (5.00kg)		League Record - Tom EDWARDS, Carmarthen Harriers, 15.37, 2008						Venue	Cardiff (C.I.S.S.)				
				Welsh Record - Mark HEWER, Cardiff AAC, 16.93, 1979						Time	3:00 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	M	Johnathon STOWELL	Pembroke Harriers	11.21	11.09	10.36	11.21	2				11.21	2	A	2
2	V		Llanelli AC												
3	S		Swansea Harriers												
4	R	Courtney BEAUMONT	Carmarthen Harriers	10.67	11.13	11.77	11.77	1				11.77	1	A	1
5	Y		Amman Valley												
6	L		Aberystwyth												
7	X		Neath Harriers												
8	I	Kieran QUIRKE	Bridgend AC	8.62	8.97	8.89	8.97	4				8.97	4	A	3
9	MM	Matthew JOHN	Pembroke Harriers	7.55	7.85	7.36	7.85	6				7.85	6	B	3
10	VV		Llanelli AC												
11	SS		Swansea Harriers												
12	RR	Daniel BLAINE	Carmarthen Harriers	NT	8.98	8.49	8.98	3				8.98	3	B	1
13	YY		Amman Valley												
14	LL		Aberystwyth												
15	XX		Neath Harriers												
16	II	Rhodri GRIFFITHS	Bridgend AC	NT	7.73	8.22	8.22	5				8.22	5	B	2
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	R	Courtney BEAUMONT	Carmarthen Harriers	11.77	1B	RR	Daniel BLAINE	Carmarthen Harriers	8.98						
2A	M	Johnathon STOWELL	Pembroke Harriers	11.21	2B	II	Rhodri GRIFFITHS	Bridgend AC	8.22						
3A	I	Kieran QUIRKE	Bridgend AC	8.97	3B	MM	Matthew JOHN	Pembroke Harriers	7.85						
4A					4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010				
Event		F42 - U20M Shot Put (6.00kg)			League Record - Brett MORSE, Cardiff AAC, 16.34, 2008					Venue	Cardiff (C.I.S.S.)					
					Welsh Record - Brett MORSE, Cardiff AAC, 17.05, 2008					Time	3:00 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	L		Aberystwyth													
2	S	Jamie PRICE	Swansea Harriers	8.52			8.52	2				8.52	2	A	2	
3	M		Pembroke Harriers													
4	I		Bridgend AC													
5	V		Llanelli AC													
6	R	Emyr JONES	Carmarthen Harriers	7.64			7.64	3				7.64	3	B		1
7	Y		Amman Valley													
8	X	David HILL	Neath Harriers	5.37			5.37	4				5.37	4	A	3	
9	LL		Aberystwyth													
10	SS		Swansea Harriers													
11	MM		Pembroke Harriers													
12	II		Bridgend AC													
13	VV		Llanelli AC													
14	RR	Geraint MANSFIELD	Carmarthen Harriers	9.11			9.11	1				9.11	1	A	1	
15	YY		Amman Valley													
16	XX	Shane JONES	Neath Harriers	NT												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	RR	Geraint MANSFIELD	Carmarthen Harriers	9.11	1B	R	Emyr JONES	Carmarthen Harriers	7.64							
2A	S	Jamie PRICE	Swansea Harriers	8.52	2B											
3A	X	David HILL	Neath Harriers	5.37	3B											
4A					4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics - Height Card

MEETING		Junior League Plate & Cup Qualifiers (West Division)											DATE		Sat-07-August-2010							
EVENT		F43 - U17M High Jump			League Record - Sam HOOD, Cardiff AAC, 2.05, Welsh Record - Chuka ENIH-SNELL, Swansea Harriers, 2.15, 2000								VENUE		Cardiff (C.I.S.S.)							
													TIME		15:45							
Min Start Height		1.35			Start Ht	1.35	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85	Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB	Metres		Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					A	B
1	Y		Amman Valley												0.00			0				
2	L		Aberystwyth												0.00			0				
3	I	Jack COUCH	Bridgend AC												0.00			0				
4	X		Neath Harriers												0.00			0				
5	S	Ben JENKINS	Swansea Harriers	1.65						o	xxx				1.65			2	A	2		
6	M	Lawrence HANCOCK	Pembroke Harriers	1.55				o	o	xo	xxo	xxx			1.70			1	A	1		
7	V	Thomas BADGER	Llanelli AC												0.00			0				
8	R	Matthew DAVIES	Carmarthen Harriers	1.45		o									1.45			3	A	3		
9	YY		Amman Valley												0.00			0				
10	LL		Aberystwyth												0.00			0				
11	II		Bridgend AC												0.00			0				
12	XX		Neath Harriers												0.00			0				
13	SS		Swansea Harriers												0.00			0				
14	MM		Pembroke Harriers												0.00			0				
15	VV		Llanelli AC												0.00			0				
16	RR		Carmarthen Harriers												0.00			0				
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES												
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF													
1A	M	Lawrence HANCOCK	Pembroke Harriers	1.70	1B																	
2A	S	Ben JENKINS	Swansea Harriers	1.65	2B																	
3A	R	Matthew DAVIES	Carmarthen Harriers	1.45	3B																	
4A					4B																	
5A					5B																	
6A					6B																	
7A					7B																	
8A					8B																	
										REFEREE'S SIGNATURE												

# Welsh Athletics - Height Card

**New League Record**

MEETING		Junior League Plate & Cup Qualifiers (West Division)											DATE		Sat-07-August-2010								
EVENT		F44 - U20M High Jump			League Record - Gareth HAINES, Carmarthen Harriers, 1.98,								VENUE		Cardiff (C.I.S.S.)								
					Welsh Record - John HILL, Solihull, 2.24, 1985								TIME		15:45								
Min Start Height			1.45			Start Ht	1.45	1.60	1.70	1.75	1.80	1.85	1.90	1.95	2.00	2.03	Best Perf	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B	
Order	BIB	NAME	CLUB				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						Metres	A
1	X		Neath Harriers														0.00				0		
2	M	Adam DAVIES	Pembroke Harriers			1.70			o		o	o	xo	xxx			1.90				2	A	2
3	R		Carmarthen Harriers														0.00				0		
4	Y		Amman Valley														0.00				0		
5	L		Aberystwyth														0.00				0		
6	V		Llanelli AC														0.00				0		
7	I		Bridgend AC														0.00				0		
8	S	Ben DAVIES	Swansea Harriers			1.80				o	o	o	o	xxo	xxx		2.00				1	A	1
9	XX		Neath Harriers														0.00				0		
10	MM		Pembroke Harriers														0.00				0		
11	RR		Carmarthen Harriers														0.00				0		
12	YY		Amman Valley														0.00				0		
13	LL		Aberystwyth														0.00				0		
14	VV		Llanelli AC														0.00				0		
15	II		Bridgend AC														0.00				0		
16	SS	Jordan BROCK	Swansea Harriers			1.60		o									1.60				3	B	1
A STRING RESULT					B STRING RESULT					JUDGES' SIGNATURES													
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF														
1A	S	Ben DAVIES	Swansea Harriers	2.00	1B	SS	Jordan BROCK	Swansea Harriers	1.60														
2A	M	Adam DAVIES	Pembroke Harriers	1.90	2B																		
3A					3B																		
4A					4B																		
5A					5B																		
6A					6B																		
7A					7B																		
8A					8B																		
										REFEREE'S SIGNATURE													

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010				
Event		F45 - U17W Discus (1.00kg)			League Record - Ella NEWINGTON, Swansea Harriers, 34.41, 2003					Venue	Cardiff (C.I.S.S.)					
					Welsh Record - Philipa ROLES, Swansea Harriers, 48.88, 1994					Time	3:45 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	V		Llanelli AC													
2	Y		Amman Valley													
3	X	Sophie PARRY	Neath Harriers	9.59	11.13	10.68	11.13	5				11.13	5	A	4	
4	S	Jodie HODGEKINS	Swansea Harriers													
5	R	Enfys JONES	Carmarthen Harriers	13.29	13.63	NT	13.63	4				13.63	4	A	3	
6	I	Trudy WILLIAMS	Bridgend AC	NT	NT	17.41	17.41	1				17.41	1	A	1	
7	L		Aberystwyth													
8	M		Pembroke Harriers													
9	VV		Llanelli AC													
10	YY		Amman Valley													
11	XX		Neath Harriers													
12	SS	Megan JONES	Swansea Harriers	14.65	14.47	16.04	16.04	2				16.04	2	A	2	
13	RR		Carmarthen Harriers													
14	II	Lowri MAJOR	Bridgend AC	14.52	12.56	13.73	14.52	3				14.52	3	B	1	
15	LL		Aberystwyth													
16	MM		Pembroke Harriers													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
	1A	I	Trudy WILLIAMS	Bridgend AC	17.41	1B	II	Lowri MAJOR	Bridgend AC	14.52	REFeree SIGNATURE					
	2A	SS	Megan JONES	Swansea Harriers	16.04	2B										
	3A	R	Enfys JONES	Carmarthen Harriers	13.63	3B										
	4A	X	Sophie PARRY	Neath Harriers	11.13	4B										
	5A					5B										
	6A					6B										
	7A					7B										
	8A					8B										



# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010				
Event		F46 - U20W Discus (1.00kg)			League Record - Faye CALVERT, Deeside AC, 38.11, 2006					Venue	Cardiff (C.I.S.S.)					
					Welsh Record -Philipa ROLES, Swansea Harriers, 51.60, 1997					Time	3:45 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	R		Carmarthen Harriers													
2	I		Bridgend AC													
3	L		Aberystwyth													
4	M	Jessica HUDDLESTON	Pembroke Harriers	29.53	30.00	30.19	30.19	1				30.19	1	A	1	
5	X		Neath Harriers													
6	Y		Amman Valley													
7	S	Jodie HODGESON	Swansea Harriers	19.69	NT	17.75	19.69	2				19.69	2	A	2	
8	V		Llanelli AC													
9	RR		Carmarthen Harriers													
10	II		Bridgend AC													
11	LL		Aberystwyth													
12	MM		Pembroke Harriers													
13	XX		Neath Harriers													
14	YY		Amman Valley													
15	SS		Swansea Harriers													
16	VV		Llanelli AC													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	M	Jessica HUDDLESTON	Pembroke Harriers	30.19	1B											
2A	S	Jodie HODGESON	Swansea Harriers	19.69	2B											
3A					3B											
4A					4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010			
Event		F47 - U15B Shot Put (4.00kg)		League Record - Mathew EVANS, Carmarthen Harriers, 15.77, 2003						Venue	Cardiff (C.I.S.S.)					
				Welsh Record -Mathew EVANS, Carmarthen Harriers, 17.36, 2003						Time	3:45 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	I	Oliver DAVIES	Bridgend AC	4.41	4.64	4.62	4.64	8				4.64	8	A	5	
2	X		Neath Harriers													
3	Y		Amman Valley													
4	V	Jac GRIFFITHS	Llanelli AC	7.71	8.01	7.60	8.01	6				8.01	6	A	4	
5	M	Ashley FARMER	Pembroke Harriers	NT	5.65	NT	5.65	7				5.65	7	B		3
6	S	Jack BEYNON	Swansea Harriers	NT	9.44	10.08	10.08	3				10.08	3	B		1
7	R	Callum EVANS	Carmarthen Harriers	11.93	12.15	12.30	12.30	1				12.30	1	A	1	
8	L		Aberystwyth													
9	II		Bridgend AC													
10	XX		Neath Harriers													
11	YY		Amman Valley													
12	VV		Llanelli AC													
13	MM	Llyr MILES	Pembroke Harriers	6.89	7.47	8.56	8.56	5				8.56	5	A	3	
14	SS	Rhys GEALY	Swansea Harriers	10.32	9.84	NT	10.32	2				10.32	2	A	2	
15	RR	Daniel BROOKS	Carmarthen Harriers	NT	8.59	8.91	8.91	4				8.91	4	B		2
16	LL		Aberystwyth													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	R	Callum EVANS	Carmarthen Harriers	12.30	1B	S	Jack BEYNON	Swansea Harriers	10.08							
2A	SS	Rhys GEALY	Swansea Harriers	10.32	2B	RR	Daniel BROOKS	Carmarthen Harriers	8.91							
3A	MM	Llyr MILES	Pembroke Harriers	8.56	3B	M	Ashley FARMER	Pembroke Harriers	5.65							
4A	V	Jac GRIFFITHS	Llanelli AC	8.01	4B											
5A	I	Oliver DAVIES	Bridgend AC	4.64	5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010			
Event		F48 - U13B Long Jump							League Record - Lloyd ROBBINS, Deeside AC, 5.10, 2008			Venue	Cardiff (C.I.S.S.)			
		Welsh Record -Clive WOOLMER, , 5.31, 1982										Time	3:45 PM			
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	
1	S	William REYNOLDS	Swansea Harriers	NJ	4.13	NJ	4.13	2				4.13	2	A	2	
2	R	Aled REES	Carmarthen Harriers	3.59	3.57	3.32	3.59	6				3.59	6	B		2
3	V		Llanelli AC													
4	L		Aberystwyth													
5	I	Rhys ROBERTS	Bridgend AC	4.27	4.32	4.64	4.64	1				4.64	1	A	1	
6	X	Eliot DAVIES	Neath Harriers	3.32	2.94	2.91	3.32	9				3.32	9	A	5	
7	M	Miles HUGHES	Pembroke Harriers	2.02	NJ	3.52	3.52	7				3.52	7	B		3
8	Y		Amman Valley													
9	SS	Joe CROSBY	Swansea Harriers	NJ	4.02	4.02	4.02	3				4.02	3	B		1
10	RR	Alex BETON	Carmarthen Harriers	NJ	3.56	3.65	3.65	5				3.65	5	A	4	
11	VV		Llanelli AC													
12	LL		Aberystwyth													
13	II	Morgan LEY	Bridgend AC	3.36	3.43	3.49	3.49	8				3.49	8	B		4
14	XX		Neath Harriers													
15	MM	Tom MILNE	Pembroke Harriers	3.62	3.04	3.75	3.75	4				3.75	4	A	3	
16	YY		Amman Valley													
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	I	Rhys ROBERTS	Bridgend AC	4.64	1B	SS	Joe CROSBY	Swansea Harriers	4.02							
2A	S	William REYNOLDS	Swansea Harriers	4.13	2B	R	Aled REES	Carmarthen Harriers	3.59							
3A	MM	Tom MILNE	Pembroke Harriers	3.75	3B	M	Miles HUGHES	Pembroke Harriers	3.52							
4A	RR	Alex BETON	Carmarthen Harriers	3.65	4B	II	Morgan LEY	Bridgend AC	3.49							
5A	X	Eliot DAVIES	Neath Harriers	3.32	5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010			
Event		F49 - U13G Javelin (400g)			League Record - Robyn PURCHASE, Wrexham AC, 30.73, 2005					Venue	Cardiff (C.I.S.S.)				
					Welsh Record - Mary WILSON, Carmarthen Harriers, 31.63, 2004					Time	4:15 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	M	Jenna GALLIVAN - CLASH	Pembroke Harriers												
2	V		Llanelli AC												
3	S	Kate EVANS	Swansea Harriers	NT	15.42	14.84	15.42	4				15.42	4	B	2
4	R	Amy HUMBLE	Carmarthen Harriers	21.81	24.11	NT	24.11	1				24.11	1	A	1
5	Y		Amman Valley												
6	L		Aberystwyth												
7	X		Neath Harriers												
8	I	Sian SMITH	Bridgend AC	NT	NT	8.94	8.94	6				8.94	6	A	4
9	MM	Tabitha STEVENSON	Pembroke Harriers	6.99	9.20	8.36	9.20	5				9.20	5	A	3
10	VV		Llanelli AC												
11	SS	Katie WELLS	Swansea Harriers	20.50	19.00	NT	20.50	2				20.50	2	A	2
12	RR	Megan DAVIES	Carmarthen Harriers	17.61	14.82	16.30	17.61	3				17.61	3	B	1
13	YY		Amman Valley												
14	LL		Aberystwyth												
15	XX		Neath Harriers												
16	II	Mae TAYLOR	Bridgend AC	7.77	7.00	NT	7.77	7				7.77	7	B	3
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	R	Amy HUMBLE	Carmarthen Harriers	24.11	1B	RR	Megan DAVIES	Carmarthen Harriers	17.61						
2A	SS	Katie WELLS	Swansea Harriers	20.50	2B	S	Kate EVANS	Swansea Harriers	15.42						
3A	MM	Tabitha STEVENSON	Pembroke Harriers	9.20	3B	II	Mae TAYLOR	Bridgend AC	7.77						
4A	I	Sian SMITH	Bridgend AC	8.94	4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010				
Event		F50 - U15G Javelin (600g)			League Record - Danielle HAMER, Carmarthen Harriers, 35.24, 2005					Venue	Cardiff (C.I.S.S.)					
					Welsh Record -Danielle HAMER, Carmarthen Harriers, 38.15, 2005					Time	4:15 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	L		Aberystwyth													
2	S	Caitlin ATKINS	Swansea Harriers	22.17	24.29	24.09	24.29	2				24.29	2	A	2	
3	M	Ffion CADOGAN	Pembroke Harriers	19.58	17.33	18.62	19.58	4				19.58	4	A	3	
4	I	Nicole DAVENPORT	Bridgend AC	26.94	26.82	24.59	26.94	1				26.94	1	A	1	
5	V		Llanelli AC													
6	R	Natasha JIWAWALJI	Carmarthen Harriers		10.58	11.66	11.66	6				11.66	6	B		2
7	Y		Amman Valley													
8	X		Neath Harriers													
9	LL		Aberystwyth													
10	SS		Swansea Harriers													
11	MM		Pembroke Harriers													
12	II	Shauna QUIRKE	Bridgend AC		20.25	NT	20.25	3				20.25	3	B		1
13	VV		Llanelli AC													
14	RR	Ffion WALTERS	Carmarthen Harriers	10.21	13.78	13.38	13.78	5				13.78	5	A	4	
15	YY		Amman Valley													
16	XX		Neath Harriers													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	I	Nicole DAVENPORT	Bridgend AC	26.94	1B	II	Shauna QUIRKE	Bridgend AC	20.25							
2A	S	Caitlin ATKINS	Swansea Harriers	24.29	2B	R	Natasha JIWAWALJI	Carmarthen Harriers	11.66							
3A	M	Ffion CADOGAN	Pembroke Harriers	19.58	3B											
4A	RR	Ffion WALTERS	Carmarthen Harriers	13.78	4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010			
Event		F51 - U17W Triple Jump			League Record - Amy BRADLEY, Cwmbran Harriers, 10.93, 2008						Venue	Cardiff (C.I.S.S.)				
					Welsh Record -Jayne LUDLOW, Cardiff, 12.14, 1994						Time	4:30 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	Y		Amman Valley													
2	L		Aberystwyth													
3	I		Bridgend AC													
4	X		Neath Harriers													
5	S	Sophie LANE	Swansea Harriers													
6	M	Emily PARTRIDGE	Pembroke Harriers	8.67	8.33	8.37	8.67	2				8.67	2	A	2	
7	V	Cara STEDMAN	Llanelli AC													
8	R		Carmarthen Harriers													
9	YY		Amman Valley													
10	LL		Aberystwyth													
11	II		Bridgend AC													
12	XX		Neath Harriers													
13	SS	Chelsea CHRISTOPHER	Swansea Harriers	9.20	9.10	9.17	9.20	1				9.20	1	A	1	
14	MM		Pembroke Harriers													
15	VV		Llanelli AC													
16	RR		Carmarthen Harriers													
A STRING RESULTS				B STRING RESULTS						JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	SS	Chelsea CHRISTOPHER	Swansea Harriers	9.20	1B											
2A	M	Emily PARTRIDGE	Pembroke Harriers	8.67	2B											
3A					3B											
4A					4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010			
Event		F52 - U17M Triple Jump			League Record - Craig PHILLIPS, Deeside AC, 13.54, 2002					Venue	Cardiff (C.I.S.S.)				
					Welsh Record -Steven SHALDERS, Cardiff AAC, 15.14, 1998					Time	4:30 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	X		Neath Harriers												
2	M	Lawrence HANCOCK	Pembroke Harriers	11.68	12.11	12.35	12.35	1				12.35	1	A	1
3	R	Gareth THOMPSON	Carmarthen Harriers	10.49	10.45	11.00	11.00	2				11.00	2	A	2
4	Y		Amman Valley												
5	L		Aberystwyth												
6	V	Thomas BADGER	Llanelli AC	10.23	NJ	9.76	10.23	3				10.23	3	A	3
7	I		Bridgend AC												
8	S		Swansea Harriers												
9	XX		Neath Harriers												
10	MM		Pembroke Harriers												
11	RR		Carmarthen Harriers												
12	YY		Amman Valley												
13	LL		Aberystwyth												
14	VV		Llanelli AC												
15	II		Bridgend AC												
16	SS		Swansea Harriers												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	M	Lawrence HANCOCK	Pembroke Harriers	12.35	1B										
2A	R	Gareth THOMPSON	Carmarthen Harriers	11.00	2B										
3A	V	Thomas BADGER	Llanelli AC	10.23	3B										
4A					4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010		
Event		F53 - U20W Triple Jump				League Record - Victoria LLOYD, Pembroke Harriers, 11.04, 2005					Venue	Cardiff (C.I.S.S.)			
						Welsh Record - Sally PEAKE, Liverpool, 12.24, 2005					Time	4:30 PM			
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	V	Kara STEDMAN	Llanelli AC	NJ	9.35	9.07	9.35	1				9.35	1	A	1
2	Y		Amman Valley												
3	X		Neath Harriers												
4	S		Swansea Harriers												
5	R		Carmarthen Harriers												
6	I		Bridgend AC												
7	L		Aberystwyth												
8	M		Pembroke Harriers												
9	VV		Llanelli AC												
10	YY		Amman Valley												
11	XX		Neath Harriers												
12	SS		Swansea Harriers												
13	RR		Carmarthen Harriers												
14	II		Bridgend AC												
15	LL		Aberystwyth												
16	MM		Pembroke Harriers												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	V	Kara STEDMAN	Llanelli AC	9.35	1B										
2A					2B										
3A					3B										
4A					4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					



# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010			
Event		F54 - U20M Triple Jump							League Record - Adam WILLIAMS, Menai T&F, 14.05, 2007			Venue	Cardiff (C.I.S.S.)			
		Welsh Record -Steven SHALDERS, Cardiff AAC, 15.99, 2000										Time	4:30 PM			
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	R		Carmarthen Harriers													
2	I		Bridgend AC													
3	L		Aberystwyth													
4	M		Pembroke Harriers													
5	X	Nike DAVIES	Neath Harriers	11.40	11.50	11.61	11.61	2				11.61	2	A	2	
6	Y		Amman Valley													
7	S	Jordan BROCK	Swansea Harriers	11.50	11.60	11.74	11.74	1				11.74	1	A	1	
8	V		Llanelli AC													
9	RR		Carmarthen Harriers													
10	II		Bridgend AC													
11	LL		Aberystwyth													
12	MM		Pembroke Harriers													
13	XX		Neath Harriers													
14	YY		Amman Valley													
15	SS		Swansea Harriers													
16	VV		Llanelli AC													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	S	Jordan BROCK	Swansea Harriers	11.74	1B											
2A	X	Nike DAVIES	Neath Harriers	11.61	2B											
3A					3B											
4A					4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)										Date	Saturday-07-Aug-2010		
Event		F55 - U17M Discus (1.50kg)		League Record - Glenn WILLIAMS, Cardiff AAC, 48.38,						Venue	Cardiff (C.I.S.S.)				
				Welsh Record -Gareth BULL, Cardiff AAC, 48.93, 2001						Time	5:00 PM				
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres
1	I	Jack COUCH	Bridgend AC	NT	12.58	13.91	13.91	5				13.91	5	B	2
2	X		Neath Harriers												
3	Y		Amman Valley												
4	V		Llanelli AC												
5	M	Johnathon STOWELL	Pembroke Harriers	31.70	28.02	NT	31.70	1				31.70	1	A	1
6	S	Ben JENKINS	Swansea Harriers												
7	R	Courtney BEAUMONT	Carmarthen Harriers	24.24	26.18	NT	26.18	2				26.18	2	A	2
8	L		Aberystwyth												
9	II	Kieran QUIRKE	Bridgend AC	21.72	21.47	22.80	22.80	3				22.80	3	A	3
10	XX		Neath Harriers												
11	YY		Amman Valley												
12	VV		Llanelli AC												
13	MM	Ashley WATTS	Pembroke Harriers	NT	NT	22.04	22.04	4				22.04	4	B	1
14	SS		Swansea Harriers												
15	RR	Daniel BLAINE	Carmarthen Harriers	NT	NT	NT									
16	LL		Aberystwyth												
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES					
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF						
1A	M	Johnathon STOWELL	Pembroke Harriers	31.70	1B	MM	Ashley WATTS	Pembroke Harriers	22.04						
2A	R	Courtney BEAUMONT	Carmarthen Harriers	26.18	2B	I	Jack COUCH	Bridgend AC	13.91						
3A	II	Kieran QUIRKE	Bridgend AC	22.80	3B										
4A					4B										
5A					5B										
6A					6B										
7A					7B										
8A					8B										
										REFEREE SIGNATURE					

# Welsh Athletics : Distance Card

Meeting		Junior League Plate & Cup Qualifiers (West Division)									Date	Saturday-07-Aug-2010				
Event		F56 - U20M Discus (1.75kg)			League Record - Brett MORSE, Cardiff AAC, 58.37, 2008					Venue	Cardiff (C.I.S.S.)					
					Welsh Record - Brett MORSE, Cardiff AAC, 58.37, 2008					Time	5:00 PM					
Order	BIB	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft. 3	4th Trial	5th Trial	6th Trial	Best of All	Final Positio	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	A
1	S	Jamie PRICE	Swansea Harriers													
2	R	Emyr JONES	Carmarthen Harriers	16.36	16.46	17.88	17.88	1				17.88	1	A	1	
3	V		Llanelli AC													
4	L		Aberystwyth													
5	I		Bridgend AC													
6	X	Shane JONES	Neath Harriers	11.40	15.19	13.88	15.19	2				15.19	2	A	2	
7	M		Pembroke Harriers													
8	Y		Amman Valley													
9	SS		Swansea Harriers													
10	RR		Carmarthen Harriers													
11	VV		Llanelli AC													
12	LL		Aberystwyth													
13	II		Bridgend AC													
14	XX		Neath Harriers													
15	MM		Pembroke Harriers													
16	YY		Amman Valley													
A STRING RESULTS					B STRING RESULTS					JUDGES' SIGNATURES						
	BIB	NAME	CLUB	PERF		BIB	NAME	CLUB	PERF							
1A	R	Emyr JONES	Carmarthen Harriers	17.88	1B											
2A	X	Shane JONES	Neath Harriers	15.19	2B											
3A					3B											
4A					4B											
5A					5B											
6A					6B											
7A					7B											
8A					8B											
										REFEREE SIGNATURE						