

Saturday August 22, 2009

NEATH

Welsh U15 League

PLATE FINAL 2009



WELSH ATHLETICS
ATHLETAU CYMRU

RESULTS

12:05 PM Combined Lge Record

L Evans, Bridgend A C, 10.3, 1999

T3 - 75m U11B

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	B	Tomi Lewis	Brecon AC	10.92	-0.7	1	FF	Moses Gee	Barry & Vale H	11.97	-1.4
2	I	Dylan Parry	Bridgend AC	11.64		2	EE	Teifion Allcock	Amman Valley	11.99	
3	A	James Price	Aberdare VAAC	11.88		3	II	Lewis Blythe	Bridgend AC	12.35	
4	E	Aled Philips	Amman Valley	11.89		4	WW	Thomas Evans	Wrexham AC	12.36	
5	F	Harry Carter	Barry & Vale H	12.65		5	BB	Michael Adams	Brecon AC	12.38	
6	C	Matthew Anderson	Chepstow H	13.27							
7	W	Cameron Thorold	Wrexham AC	13.68							

3:05 PM Combined Lge Record

L Evans, Bridgend A C, 20.2, 1999

T21 - 150m U11B

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	A	Ewan James	Aberdare VAAC	25.77	-2.0	1	B	Tomi Lewis	Brecon AC	23.34	-2.5
2	B	Tomi Lewis	Brecon AC	26.64		2	II	Rhys Davies	Bridgend AC	25.97	
3	I	Morgan Ley	Bridgend AC	27.02		3	FF	No Athlete Declared	Barry & Vale H	26.04	
4	W	Cameron Thorold	Wrexham AC	28.03		4	WW	Thomas Evans	Wrexham AC	26.75	
5	F	Moses Gee	Barry & Vale H	28.91		5	A	Ewan James	Aberdare VAAC	26.92	
6	C	Matthew Anderson	Chepstow H	29.37		6	E	Tom Richards	Amman Valley	27.62	

1:20 PM Combined Lge Record

Lewis Jones, Bridgend A C, 2.40.64, 2007

T11 - 800m U11B

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	E	Aled Philips	Amman Valley	2:50.71		1	EE	Teifion Allcock	Amman Valley	3:02.37	
2	B	Louis Norton	Brecon AC	2:52.03		2	FF	Sam Williams	Barry & Vale H	3:03.57	
3	W	Cameron Thorold	Wrexham AC	2:54.75		3	I	Morgan Ley	Bridgend AC	3:04.87	
4	F	Harry Carter	Barry & Vale H	2:55.68		4	BB	Tom Richards	Brecon AC	3:08.73	
5	A	Ewan James	Aberdare VAAC	2:56.57		5	WW	Thomas Evans	Wrexham AC	3:36.40	
6	II	Rhys Davies	Bridgend AC	2:58.66							

4:35 PM Combined Lge Record

Newport, 61.68, 2009

T33 - 4 x 100 relay U11B

Pos	Bib	Athletes	Club	Perf.
1	I	Rhys Davies, Lewis Blythe, Morgan Ley, Dylan Parry	Bridgend AC	64.72
2	B	Louis Norton, Michael Adams, Tomi Lewis, Tom Richards	Brecon AC	65.65

12:20 PM Combined Lge Record

G James, Carmarthen Harriers, 4.33, 1987

F9 - Long Jump U11B

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	B	Tomi Lewis	Brecon AC	3.99		1	II	Rhys Davies	Bridgend AC	3.40	
2	E	Aled Philips	Amman Valley	3.65		2	EE	Teifion Allcock	Amman Valley	3.31	
3	I	Morgan Ley	Bridgend AC	3.49		3	A	Ewan James	Aberdare VAAC	3.09	
4	F	Moses Gee	Barry & Vale H	3.40		4	BB	Tom Richards	Brecon AC	2.60	
5	AA	Jaymes Price	Aberdare VAAC	3.17							
6	C	Matthew Anderson	Chepstow H	3.00							

2:00 PM Combined Lge Record

Rheon James, Carmarthen Harriers, 10.06, 2003

F19 - (2.72kg) Shot U11B

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	II	Lewis Blythe	Bridgend AC	5.04	1	I	Dylan Parry	Bridgend AC	5.00
2	W	Brynach Edwards	Wrexham AC	4.56	2	BB	Tom Richards	Brecon AC	3.62
3	B	Louis Norton	Brecon AC	3.94					
4	E	Tom Richards	Amman Valley	3.62					

3:40 PM Combined Lge Record

Carwyn Penny, Newport, 25.06, 2009

F28 - (300g) Javelin U11B

Pos	Bib	Athlete	Club	Perf.	Pos	Bib	Athlete	Club	Perf.
1	F	Harry Carter	Barry & Vale H	15.02	1	II	Lewis Blythe	Bridgend AC	8.18
2	I	Dylan Parry	Bridgend AC	14.62	2	B	Louis Norton	Brecon AC	6.90
3	W	Brynach Edwards	Wrexham AC	11.54					
4	BB	Michael Adams	Brecon AC	7.86					
5	EE	Sam Woodnut	Amman Valley	7.79					

12:00 PM Combined Lge Record

Amelia Reynolds, Newport, 10.5, 2009

T2 - 75m U11G

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	I	Courtley Lock	Bridgend AC	11.8	MAN	1	II	Mae Taylor	Bridgend AC	12.23	-0.2
2	E	Delyn Allcock	Amman Valley	11.8		2	EE	Ffion Jenkins	Amman Valley	12.50	
3	G	Geri McNamara	Cwmbran H	11.9		3	AA	Eboni Sherwood	Aberdare VAAC	12.58	
4	W	Lisa Davies	Wrexham AC	12.1		4	WW	Sian Williams	Wrexham AC	13.11	
5	A	Holli Jehu	Aberdare VAAC	12.6		5	BB	Zoe Parry	Brecon AC	13.69	
6	F	Ysobelle Williams	Barry & Vale H	13.1							
7	B	Ruby Morgan	Brecon AC	13.4							

3:00 PM Combined Lge Record

Amelia Reynolds / Lauren Bell, Newport / Pembroke, 21.6, 2009 / 2005

T20 - 150m U11G

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	E	Delyn Allcock	Amman Valley	25.36	-2.2	1	FF	Ysobelle Williams	Barry & Vale H	25.59	-3.1
2	G	Geri McNamara	Cwmbran H	25.87		2	II	Mae Taylor	Bridgend AC	26.80	
3	I	Bethan Johnson	Bridgend AC	26.26		3	AA	Eboni Sherwood	Aberdare VAAC	27.80	
4	W	Lisa Davies	Wrexham AC	26.29		4	WW	Sian Williams	Wrexham AC	28.60	
5	F	Emily Wooster	Barry & Vale H	27.57		5	BB	Lucy Parry	Brecon AC	31.13	
6	A	Holli Jehu	Aberdare VAAC	28.20							
7	B	Zoe Parry	Brecon AC	31.30							

1:10 PM Combined Lge Record

Alice Russell-Stretch , Pembrokeshire Harriers, 2.41.1, 2008

T10 - 800m U11G

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	I	Courtley Lock	Bridgend AC	2:45.2	man	1	FF	Samantha Thomas	Barry & Vale H	2:57.7	
2	F	Emily Wooster	Barry & Vale H	2:50.4		2	II	Amy Thomas	Bridgend AC	3:07.5	
3	E	Ffion Jenkins	Amman Valley	2:58.9							
4	A	Holli Jehu	Aberdare VAAC	3:01.5							
5	W	India Large	Wrexham AC	3:15.2							

4:20 PM Combined Lge Record

Team Newport, 64.3, 2009

T30 - 4 x 100 relay U11G

Pos	Bib	Athletes	Club	Perf.
1	I	Amy Thomas, Mae Taylor, Bethan Johnson, Courtley Lock	Bridgend AC	65.52

3:40 PM Combined Lge Record

K Williams, Carmarthen Harriers, 4.21, 1988

F27 - Long Jump U11G

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	G	Geri McNamara	Cwmbran H	3.34		1	II	Amy Thomas	Bridgend AC	3.07	
2	I	Courtley Lock	Bridgend AC	3.21		2	W	Sian Williams	Wrexham AC	2.61	
3	WW	India Large	Wrexham AC	3.14		3	BB	Lucy Parry	Brecon AC	1.82	
4	E	Delyn Allcock	Amman Valley	3.06							
5	A	Eboni Sherwood	Aberdare VAAC	2.75							
6	B	Zoe Parry	Brecon AC	2.36							

1:10 PM Combined Lge Record

Eliw James, Carmarthen Harriers, 7.12, 2005

F15 - (2.0kg) Shot U11G

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	I	Bethan Johnson	Bridgend AC	4.62		1	II	Mae Taylor	Bridgend AC	4.01	
2	B	Ruby Morgan	Brecon AC	3.82							

2:50 PM Combined Lge Record

Millie Fakande, Cwmbran, 13.27, 2009

F22 - (300g) Javelin U11G

Pos	Bib	Athlete	Club	Perf.	W/S	Pos	Bib	Athlete	Club	Perf.	W/S
1	I	Bethan Johnson	Bridgend AC	11.02		1	II	Amy Thomas	Bridgend AC	7.81	
2	E	Ffion Jenkins	Amman Valley	9.01							
3	B	Ruby Morgan	Brecon AC	7.70							

12:20 PM Combined Lge Record

Evan Jenkins, Swansea Harriers, 12.7, 2006

T5 - 100m U13B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	W	Sion Roberts	Wrexham AC	13.48	G3*	-12	1	GG	Aaron Powell	Cwmbran H	14.57		+0.2
2	E	Talfan Allcock	Amman Valley	14.05	G4*		2	WW	Michael McNee	Wrexham AC	15.23		
3	A	Harry Evans	Aberdare VAAC	14.26			3	BB	Dafydd Havard	Brecon AC	15.86		
4	I	Harry Davies	Bridgend AC	14.27			4	EE	Dwayne Griffiths	Amman Valley	15.90		
5	G	James Scarfi	Cwmbran H	14.37			5	AA	Sam Williams	Aberdare VAAC	17.49		
6	F	Richard Dangerfield	Barry & Vale H	14.83									
7	C	Jack Prince	Chepstow H	15.38									
8	B	Scott Andrews	Brecon AC	16.40									

3:20 PM Combined Lge Record

Matthew Roderick, Carmarthen Harriers, 25.0, 1985

T24 - 200m U13B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	W	Sion Roberts	Wrexham AC	27.62	G3*	-2.5	1	EE	Jared Walters	Amman Valley	29.96		-1.9
2	G	James Scarfi	Cwmbran H	28.64	G4*		2	GG	Aaron Powell	Cwmbran H	30.45		
3	I	Harry Davies	Bridgend AC	29.19	G4*		3	AA	Jamie Hargreaves	Aberdare VAAC	32.33		
4	A	Harry Evans	Aberdare VAAC	29.58	*								
5	E	Talfan Allcock	Amman Valley	30.03									
6	C	David Anderson	Chepstow H	35.72									

1:50 PM Combined Lge Record

Lewis Jones, Bridgend AC, 2.19.7, 2009

T14 - 800m U13B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	EE	Jared Walters	Amman Valley	2:37.50	*		1	E	Dwayne Griffiths	Amman Valley	2:57.38		
2	I	Oliver Davies	Bridgend AC	2:40.99									
3	A	Jamie Hargreaves	Aberdare VAAC	2:45.39									
4	C	David Anderson	Chepstow H	2:53.50									
5	B	Scott Andrews	Brecon AC	2:58.98									

4:00 PM Combined Lge Record

K Jones, Port Talbot Harriers, 4.49.1, 1988

T28 - 1500m U13B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	W	Michael McNee	Wrexham AC	5:15.79	G4*								
2	C	Danny Kennedy	Chepstow H	5:32.75									
3	A	Owain Sprakilin-Jones	Aberdare VAAC	5:34.21									

2:10 PM Combined Lge Record

Rhys Webb, Carmarthen Harriers, 12.1, 2004

T16 - 75m Hurdles U13B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	G	James Scarfi	Cwmbran H	13.69	G3*	-2.2							
2	I	Jak Dargie	Bridgend AC	14.62	G4*								
3	B	Dafydd Havard	Brecon AC	16.41									
4	C	Jack Prince	Chepstow H	16.43									
5	A	Owain Sprakilin-Jones	Aberdare VAAC	17.91									

11:45 AM Combined Lge Record

Antonio Cirillo, Swansea Harriers, 5.26.0, 2003

T1 - 1000m Walk U13B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	B	Mark Andrews	Brecon AC	7:13.30									

4:40 PM Combined Lge Record

Carmarthen Harriers, 53.3, 2008

T34 - 4 x 100 relay U13B

Pos	Bib	Athletes	Club	Perf.
1	A	Sam Williams, Owain Spraklin-Jones, Jamie Hargreaves, Harry Evans	Aberdare VAAC	62.69
12:50 PM		Combined Lge Record	Jamie Dalton, Preseli Harriers, 1.60, 1992	

F12 - High Jump U13B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	II	Oliver Davies	Bridgend AC	1.20		1	I	Jak Dargie	Bridgend AC	1.15	
2	C	Danny Kennedy	Chepstow H	1.20							
3	B	Scott Andrews	Brecon AC	1.10							
4	A	Sam Williams	Aberdare VAAC	1.00							

2:00 PM Combined Lge Record G James, Carmarthen Harriers, 5.10, 1989

F18 - Long Jump U13B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	E	Talfan Allcock	Amman Valley	4.67	G1*	1	EE	Jared Walters	Amman Valley	4.34	G4*
2	A	Harry Evans	Aberdare VAAC	3.87		2	WW	Sion Roberts	Wrexham AC	3.68	
3	W	Michael McNee	Wrexham AC	3.68		3	CC	Jack Prince	Chepstow H	3.57	
4	C	David Anderson	Chepstow H	3.66		4	AA	Owain Spraklin-Jones	Aberdare VAAC	3.38	
5	I	Oliver Davies	Bridgend AC	3.52							

2:50 PM Combined Lge Record Matthew Evans, Carmarthen Harriers, 13.73, 2001

F24 - (3.25kg) Shot U13B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	G	Aaron Powell	Cwmbran H	6.29		1	GG	Owain Murphy	Cwmbran H	5.26	
2	I	Jak Dargie	Bridgend AC	6.24		2	II	Christopher Dakin	Bridgend AC	5.22	
3	C	Danny Kennedy	Chepstow H	5.72							
4	A	Sam Williams	Aberdare VAAC	5.57							
5	W	Kyle Cooper	Wrexham AC	5.35							
6	B	Mark Andrews	Brecon AC	5.05							

2:10 PM Combined Lge Record Matthew Evans, Carmarthen Harriers, 41.86, 2003

F20 - (1.0kg) Discus U13B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	B	Mark Andrews	Brecon AC	14.84	*						
2	G	Owain Murphy	Cwmbran H	14.36	*						
3	I	Harry Davies	Bridgend AC	10.84							
4	W	Kyle Cooper	Wrexham AC	8.74							

11:30 AM Combined Lge Record Rheon James, Carmarthen Harriers, 41.00, 2005

F4 - (400g) Javelin U13B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	F	Richard Dangerfield	Barry & Vale H	30.80	G2*						
2	A	Jamie Hargreaves	Aberdare VAAC	22.56	G4*						
3	G	Owain Murphy	Cwmbran H	19.07	*						
4	I	Christopher Dakin	Bridgend AC	12.41							
5	E	Dwayne Griffiths	Amman Valley	11.76							
6	W	Kyle Cooper	Wrexham AC	10.85							

12:15 PM Combined Lge Record Danielle Barker, Neath Harriers, 12.6, 1999

T4 - 100m U13G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	G	Jodie Beynon	Cwmbran H	14.40	G4*		1	AA	Jessica Lambert	Aberdare VAAC	15.12		
2	A	Brenna Price	Aberdare VAAC	14.80	G4*		2	II	Caitlin Mellor	Bridgend AC	15.33		
3	I	Zoe Nash	Bridgend AC	14.58	G4*		3	GG	Emily Finister	Cwmbran H	15.34		
4	F	Karisha dee	Barry & Vale H	15.05			4	BB	Abigail Martin	Brecon AC	15.42		
5	W	Melys Edwards	Wrexham AC	15.36			5	WW	Beth Jones	Wrexham AC	16.14		
6	B	Ffion Richards	Brecon AC	16.44									

3:30 PM Combined Lge Record E Thomas, Carmarthen Harriers, 27.0, 1990

T25 - 200m U13G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	G	Jodie Beynon	Cwmbran H	29.40	G3*		1	II	Zoe Nash	Bridgend AC	30.83	*	
2	I	Emma Johnson	Bridgend AC	31.00	*		2	WW	Melys Edwards	Wrexham AC	31.61		
3	A	Sophie Ali	Aberdare VAAC	34.37			3	GG	Emily Finister	Cwmbran H	32.38		
4	W	Beth Jones	Wrexham AC	34.66									

1:40 PM Combined Lge Record Gemma Mounsey, Carmarthen Harriers, 2.25.7, 1994

T13 - 800m U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	I	Nia Ward	Bridgend AC	2:43.52	G4*	1	F	Tillie Carter	Barry & Vale H	2:47.41	
2	FF	Rachel Cosier	Barry & Vale H	2:46.92		2	II	Katie Roberts	Bridgend AC	2:49.84	
3	W	Nia Jones	Wrexham AC	2:48.12							

4:10 PM Combined Lge Record Lucy Thomas, Neath Harriers, 5.04.2, 1997

T29 - 1500m U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	F	Kate Coker	Barry & Vale H	5:21.03	G3*	1	II	Jordan Carpenter	Bridgend AC	5:40.84	G4*
2	G	Chelsie Harris	Cwmbran H	5:22.68	G3*	2	GG	Hannah Grey	Cwmbran H	6:31.45	
3	I	Jazmine Brigasnti	Bridgend AC	5:23.57	G3*						

2:40 PM Combined Lge Record K Smith, Preseli Harriers, 11.8, 1995

T19 - 70m Hurdles U13G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	I	Emma Johnson	Bridgend AC	12.35	G2*		1	II	Shauna Quirke	Bridgend AC	13.71	G4*	
2	W	Melys Edwards	Wrexham AC	12.96	G3*		2	A	Jessica Lambert	Aberdare VAAC	15.51		
3	AA	Tasia Stephens	Aberdare VAAC	15.32			3	WW	Nia Jones	Wrexham AC	17.45		

11:45 AM Combined Lge Record Felicity Gardner, Llanelli AC, 5.26.2, 2009

T1A - 1000m Walk U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	F	Tillie Carter	Barry & Vale H	6:46.0		1	I	Robbie-Leigh Lock	Bridgend AC	7:30.7	
2	II	Joe-Dianna Grabham	Bridgend AC	7:13.3							
3	E	Charlie Todd	Amman Valley	7:29.3							

4:25 PM Combined Lge Record Swansea Harriers , 54.8, 2009

T31 - 4 x 100 relay U13G

Pos	Bib	Athletes	Club	Perf.
1	I	Shauna Quirke, Nia Ward, Emma Johnson, Robbie-Leigh Lock	Bridgend AC	59.82
2	A	Tasia Stephens, Jessica Lambert, Brenna Price, Sophie Ali	Aberdare VAAC	60.18
3	G	Emily Finister, Hannah Grey, Jodie Beynon, Amy Price	Cwmbran H	64.73

3:30 PM Combined Lge Record Sarah Dacey, Swansea Harriers, 1.47, 2003

F26 - High Jump U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	A	Brenna Price	Aberdare VAAC	1.35	G2*	1	II	Nia Ward	Bridgend AC	1.15	
2	G	Jodie Beynon	Cwmbran H	1.30	G3*						
3	B	Abigail Martin	Brecon AC	1.25	G4*						
4	I	Emma Johnson	Bridgend AC	1.15							
5	WW	Beth Jones	Wrexham AC	1.05							

1:10 PM Combined Lge Record Enfys Jones, Carmarthen Harriers, 4.70, 1989

F14 - Long Jump U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	A	Brenna Price	Aberdare VAAC	4.14	G3*	1	II	Zoe Nash	Bridgend AC	3.71	
2	B	Abigail Martin	Brecon AC	4.13	G3*	2	AA	Jessica Lambert	Aberdare VAAC	3.56	
3	I	Nia Ward	Bridgend AC	3.89	G4*	3	BB	Isabella Morgan	Brecon AC	3.52	
4	G	Emily Finister	Cwmbran H	3.57							

11:30 AM Combined Lge Record Nicola Stevenson, Bridgend A C, 10.30, 2001

F6 - (2.72kg) Shot U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	I	Shauna Quirke	Bridgend AC	6.47	G4*						
2	G	Emma Norton	Cwmbran H	5.97							
3	B	Ffion Richards	Brecon AC	5.89							
4	A	Holly Field	Aberdare VAAC	5.65							

1:20 PM Combined Lge Record Toni Wells, Swansea Harriers, 26.27, 2005

F16 - (0.75kg) Discus U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	A	Holly Field	Aberdare VAAC	19.73	G2*	1	AA	Sophie Ali	Aberdare VAAC	14.81	G4*
2	G	Emma Norton	Cwmbran H	15.97	G4*	2	GG	Amy Price	Cwmbran H	13.30	*
3	I	Robbie-Leigh Lock	Bridgend AC	10.36		3	II	Joe-Dianna Grabham	Bridgend AC	9.07	

2:00 PM Combined Lge Record Sara Siggery, Carmarthen Harriers, 28.12, 1997

F17 - (400g) Javelin U13G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	A	Tasia Stephens	Aberdare VAAC	31.40	G1*	1	II	Katie Roberts	Bridgend AC	13.44	*
2	G	Emma Norton	Cwmbran H	22.40	G2*	2	FF	Tillie Carter	Barry & Vale H	11.51	
3	I	Shauna Quirke	Bridgend AC	20.98	G2*						
4	F	Rachel Cosier	Barry & Vale H	15.11	G4*						
5	E	Charlie Todd	Amman Valley	10.19							

12:30 PM Combined Lge Record

J Boreham, Pembrokeshire Harriers, 11.7, 2001

T7 - 100m U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	F	Aaran Reed	Barry & Vale H	11.91	G3*		1	FF	Thomas Williams	Barry & Vale H	12.45	G4*	
2	G	Jordan Peake	Cwmbran H	12.35	G4*		2	GG	Andrew Chan	Cwmbran H	13.11		
3	C	Cobi Robinson	Chepstow H	12.39	G4*		3	WW	Matthew Rich	Wrexham AC	15.37		
4	I	Josh Evans	Bridgend AC	12.48	G4*								
5	W	Kieran Cooper	Wrexham AC	13.29									
6	A	Brandon Sherwood	Aberdare VAAC	13.77									

3:10 PM Combined Lge Record

J Boreham, Pembrokeshire Harriers, 23.9, 2001

T22 - 200m U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	F	Aaran Reed	Barry & Vale H	24.83	G4*	-2.2	1	FF	Thomas Williams	Barry & Vale H	26.90		
2	C	Johnathan Rees	Chepstow H	26.05	*		2	WW	Will Poole	Wrexham AC	27.29		
3	G	Andrew Chan	Cwmbran H	26.97									
4	B	Rhodri Bogust	Brecon AC	27.23									
5	W	Kieran Cooper	Wrexham AC	27.54									

12:40 PM Combined Lge Record

Evan Jenkins, Swansea Harriers, 52.0, 2008

T8 - 400m U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	B	Rhodri Bogust	Brecon AC	58.36	G4*	+0.2							
2	F	Luke Bowles	Barry & Vale H	59.00	G4*								
3	G	Stephen Scarfi	Cwmbran H	59.87	*								
4	W	Will Poole	Wrexham AC	60.56	*								

2:30 PM Combined Lge Record

Steven Richards, Swansea Harriers, 2.06.6, 1998

T18 - 800m U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	I	Sam Longville	Bridgend AC	2:21.56	*		1	II	Josh Evans	Bridgend AC	2:22.85		
2	G	Stephen Scarfi	Cwmbran H	2:22.78			2	FF	Elliott Richards	Barry & Vale H	2:36.50		
3	F	Aaran Reed	Barry & Vale H	2:26.82									
4	W	Ryan Jones	Wrexham AC	3:16.90									

3:40 PM Combined Lge Record

Dewi Griffiths, Carmarthen Harriers, 4.21.9, 2005

T26 - 1500m U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	W	Ryan Ffoulkes	Wrexham AC	4:36.06	G4*		1	FF	Callam Barrie	Barry & Vale H	4:39.41	G4*	
2	F	Matthew Edwards	Barry & Vale H	4:37.37	G4*		2	BB	Evan Best	Brecon AC	5:48.88		
3	A	Tomos Adler	Aberdare VAAC	4:46.45	*								
4	I	James Hunt	Bridgend AC	5:00.71									
5	B	James Leuschke	Brecon AC	5:29.46									

1:30 PM Combined Lge Record

John Marsden, Barry & Vale Harriers, 11.3, 1996

T12 - 80m Hurdles U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	FF	Ieuan Orton	Barry & Vale H	14.36		-0.6	1	F	Matthew Edwards	Barry & Vale H	15.38		-0.6
2	A	Brandon Sherwood	Aberdare VAAC	15.92									
3	B	James Leuschke	Brecon AC	16.27									

11:45 AM Combined Lge Record

Antonio Cirillo, Swansea Harriers, 4.23.5, 2005

T1B - 1000m Walk U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	F	Huw Evans	Barry & Vale H	6:10.10			1	FF	Elliott Richards	Barry & Vale H	6:10.40		

4:45 PM Combined Lge Record

Carmarthen Harriers, 48.8, 1992

T35 - 4 x 100 relay U15B

Pos	Bib	Athletes	Club	Perf.
1	G	Stephen Scarfi, Tom Norton, Andrew Chan, Jordan Peake	Cwmbran H	49.11
2	F	Jacob Briscoombe, Matthew Edwards, Thomas Williams, Aaran Reed	Barry & Vale H	49.11
3	W	Matthew Rich, Kieran Cooper, Ryan Jones, Will Poole	Wrexham AC	54.83

11:30 AM Combined Lge Record Jamie Dalton, Preseli Harriers, 1.85, 1994

F3 - High Jump U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	FF	Ieuan Orton	Barry & Vale H	1.46			1	F	Jacob Briscoombe	Barry & Vale H	1.35		
2	W	Ryan Jones	Wrexham AC	1.43									

11:30 AM Combined Lge Record Stephen Scarfi, Cwmbran, 2.45, 2009

F7 - Pole Vault U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	G	Stephen Scarfi	Cwmbran H	2.26	G4*								

2:50 PM Combined Lge Record Dominic Coleman, Pembrokeshire Harriers, 5.99, 2007

F23 - Long Jump U15B

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	FF	Thomas Williams	Barry & Vale H	5.19	G4*		1	WW	Ryan Ffoulkes	Wrexham AC	4.35		
2	I	Josh Evans	Bridgend AC	4.97	*		2	F	Matthew Edwards	Barry & Vale H	4.32		
3	W	Kieran Cooper	Wrexham AC	4.94	*		3	BB	Evan Best	Brecon AC	3.19		
4	B	Rhodri Bogust	Brecon AC	4.93	*								

12:20 PM Combined Lge Record Matthew Evans, Carmarthen Harriers, 16.21, 2003

F10 - (4.00kg) Shot U15B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	A	Matthew Field	Aberdare VAAC	14.16	G1*	1	G	Shane Jones	Cwmbran H	11.36	G3*
2	GG	Jordan Peake	Cwmbran H	11.64	G2*	2	FF	Callam Barrie	Barry & Vale H	6.44	
3	F	Aaran Reed	Barry & Vale H	10.49	G4*						
4	W	Matthew Rich	Wrexham AC	6.55							

3:50 PM Combined Lge Record Matthew Evans, Carmarthen Harriers, 42.05, 2003

F30 - (1.25kg) Discus U15B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	A	Matthew Field	Aberdare VAAC	41.09	G1*	1	GG	Tom Norton	Cwmbran H	28.85	G4*
2	G	Shane Jones	Cwmbran H	30.58	G3*	2	WW	Matthew Rich	Wrexham AC	16.55	
3	W	Rory Jones	Wrexham AC	20.51		3	FF	Luke Bowles	Barry & Vale H	9.89	
4	F	Huw Evans	Barry & Vale H	12.77							

11:00 AM Combined Lge Record Matthew Field, Aberdare, 34.03, 2009

F1 - (4.00kg) Hammer U15B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	A	Matthew Field	Aberdare VAAC	32.83	G3*	1	W	Rory Jones	Wrexham AC	16.95	
2	WW	Ryan Jones	Wrexham AC	17.44							

1:10 PM Combined Lge Record Garth Loughran, Carmarthen Harriers, 52.08, 2003

F13 - (600g) Javelin U15B

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	G	Tom Norton	Cwmbran H	45.78	G1*	1	GG	Jordan Peake	Cwmbran H	32.12	*
2	W	Will Poole	Wrexham AC	33.78	G4*	2	WW	Rory Jones	Wrexham AC	26.82	
3	F	Jacob Briscoombe	Barry & Vale H	25.86		3	FF	Elliott Richards	Barry & Vale H	4.91	
4	I	Sam Longville	Bridgend AC	20.55							

12:25 PM Combined Lge Record

Danielle Selley, Preseli Harriers, 12.7, 1997

T6 - 100m U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	A	Samantha Morgan	Aberdare VAAC	13.73		-0.1	1	GG	Sophie Edwards	Cwmbran H	13.79		+0.0
2	G	Fran Parkin	Cwmbran H	13.94			2	FF	Carys Knapman	Barry & Vale H	14.10		
3	F	Catrin Cosier	Barry & Vale H	14.07			3	AA	Naomi Richardson	Aberdare VAAC	14.88		
4	W	Amy Roberts	Wrexham AC	14.08									
5	E	Elin Evans	Amman Valley	14.45									
6	I	Lucy Taylor	Bridgend AC	14.49									

3:15 PM Combined Lge Record

Heather Jones, Carmarthen Harriers, 26.1, 2004

T23 - 200m U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	A	Samantha Morgan	Aberdare VAAC	28.81		-2.5	1	GG	Fran Parkin	Cwmbran H	29.90		-1.2
2	G	Sophie Edwards	Cwmbran H	28.93			2	CC	Amber Ellis-Martin	Chepstow H	30.84		
3	F	Catrin Cosier	Barry & Vale H	29.37			3	WW	Kathryn Roberts	Wrexham AC	30.92		
4	E	Elin Evans	Amman Valley	30.04			4	II	Nicole Davenport	Bridgend AC	33.16		
5	I	Lucy Taylor	Bridgend AC	30.16			5	AA	Katie Hall	Aberdare VAAC	33.41		
6	W	Amy Roberts	Wrexham AC	30.32									
7	C	Darcy Wright	Chepstow H	30.99									

12:50 PM Combined Lge Record

Heather Jones, Carmarthen Harriers, 42.2, 2005

T9 - 300m U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	I	Isabel Hughes	Bridgend AC	44.93	*	-1.4	1	II	Lora Roberts	Bridgend AC	45.18	*	-0.8
2	G	Ellie Leek	Cwmbran H	47.21			2	GG	Francesca Hyde	Cwmbran H	52.68		
3	W	Kathryn Roberts	Wrexham AC	47.66									
4	C	Kayley Kennedy	Chepstow H	48.16									
5	F	Danielle Close	Barry & Vale H	51.41									

2:20 PM Combined Lge Record

Lauren Bell, Pembrokeshire Harriers, 2.15.7, 2008

T17 - 800m U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	I	Lora Roberts	Bridgend AC	2:28.22	G2*		1	GG	Zoe Holloway	Cwmbran H	2:43.01		
2	G	Malika Rezougui	Cwmbran H	2:39.29									
3	A	Naomi Richardson	Aberdare VAAC	2:49.17									
4	W	Charlotte Beckett	Wrexham AC	3:05.64									

3:50 PM Combined Lge Record Heledd Gruffud, Carmarthen Harriers, 4.53.2, 1993

T27 - 1500m U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	C	Kayley Kennedy	Chepstow H	5:28.29									
2	G	Francesca Hyde	Cwmbran H	5:45.85									

2:00 PM Combined Lge Record Rebecca Foley, Cardiff, 12.6, 2009

T15 - 75m Hurdles U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	W	Manon Edwards	Wrexham AC	13.57	*	-1.1	1	WW	Hannah Browning	Wrexham AC	13.59	*	-1.1
2	G	Fran Parkin	Cwmbran H	13.94	*		2	GG	Sophie Edwards	Cwmbran H	17.94		
3	C	Paige Wright	Chepstow H	14.58									
4	I	Isabel Hughes	Bridgend AC	14.63									

11:45 AM Combined Lge Record Heather Lewis, Pembrokeshire Harriers, 4.59.7, 2008

T1C - 1000m Walk U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	I	Rebecca Lewis	Bridgend AC	7:45.60									

4:30 PM Combined Lge Record Swansea Harriers, 51.6, 2009

T32 - 4 x 100 relay U15G

Pos	Bib	Athletes	Club	Perf.
1	W	Hannah Browning, Kathryn Roberts, Manon Edwards, Amy Roberts	Wrexham AC	56.72
2	I	Lucy Taylor, Isabel Hughes, Lora Roberts, Nicole Davenport	Bridgend AC	56.90
3	C	Darcy Wright, Paige Wright, Amber Ellis-Martin, Kayley Kennedy	Chepstow H	57.95
4	G	Olivia Perry, Melika Rezougui, Fran Parkin, Zoe Holloway	Cwmbran H	58.02

2:10 PM Combined Lge Record Emily Morris, Swansea Harriers, 1.62, 2009

F21 - High Jump U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	G	Olivia Perry	Cwmbran H	1.40	G4*		1	GG	Ellie Leek	Cwmbran H	1.40	G4*	
2	W	Hannah Browning	Wrexham AC	1.35			2	CC	Amber Ellis-Martin	Chepstow H	1.25		
3	C	Darcy Wright	Chepstow H	1.30									

11:30 AM Combined Lge Record Zara George, Pontyclun Junior AC, 5.06, 2004

F5 - Long Jump U15G

Pos	Bib	Athlete	Club	Perf.	Grade	W/S	Pos	Bib	Athlete	Club	Perf.	Grade	W/S
1	I	Lucy Taylor	Bridgend AC	4.32	*		1	CC	Amber Ellis-Martin	Chepstow H	3.83		
2	C	Paige Wright	Chepstow H	4.23			2	FF	Carys Knapman	Barry & Vale H	3.62		
3	A	Samantha Morgan	Aberdare VAAC	4.18			3	II	Isabel Hughes	Bridgend AC	3.58		
4	W	Hannah Browning	Wrexham AC	4.12			4	WW	Charlotte Beckett	Wrexham AC	3.55		
5	GG	Zoe Bradley	Cwmbran H	3.97			5	G	Zoe Holloway	Cwmbran H	3.39		
6	F	Danielle Close	Barry & Vale H	3.65			6	AA	Katie Hall	Aberdare VAAC	3.00		

3:40 PM Combined Lge Record Phillipa Roles, Swansea Harriers, 11.86, 1992

F29 - (3.25kg) Shot U15G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	I	Hayley Davies	Bridgend AC	9.52	G2*	1	II	Nicole Davenport	Bridgend AC	8.10	G4*
2	W	Manon Edwards	Wrexham AC	8.42	G4*	2	GG	Zoe Bradley	Cwmbran H	5.15	
3	G	Olivia Perry	Cwmbran H	6.33							
4	F	Danielle Close	Barry & Vale H	6.31							
5	A	Naomi Richardson	Aberdare VAAC	6.14							

3:00 PM Combined Lge Record Phillipa Roles, Swansea Harriers, 41.26, 1992

F25 - (1.0kg) Discus U15G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	I	Zoe Dakin	Bridgend AC	24.00	G3*	1	II	Hayley Davies	Bridgend AC	20.03	G4*
2	A	Katie Hall	Aberdare VAAC	16.02							
3	W	Kathryn Roberts	Wrexham AC	13.39							
4	E	Elin Evans	Amman Valley	11.92							
5	G	Melika Rezougui	Cwmbran H	9.39							

11:00 AM Combined Lge Record Emma Crooke, Hereford, 41.80, 2009

F2 - (3.00kg) Hammer U15G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	I	Zoe Dakin	Bridgend AC	31.79	G3*	1	II	Rebecca Lewis	Bridgend AC	12.43	

12:20 PM Combined Lge Record Carys Mansfield, Carmarthen Harriers, 37.20,

F11 - (600g) Javelin U15G

Pos	Bib	Athlete	Club	Perf.	Grade	Pos	Bib	Athlete	Club	Perf.	Grade
1	I	Nicole Davenport	Bridgend AC	25.44	G3*	1	II	Lora Roberts	Bridgend AC	22.24	G4*
2	W	Manon Edwards	Wrexham AC	22.33	G4*	2	G	Melika Rezougui	Cwmbran H	9.81	
3	C	Kayley Kennedy	Chepstow H	13.20							
4	GG	Francesca Hyde	Cwmbran H	11.40							

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		11:00 AM		DATE		22/Aug/09		
EVENT		F1 - U15B - (4.00kg) Hammer		LGE RECORD		34.03		ATHLETE		Matthew Field - Aberdare - 2009						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	I		Bridgend AC	0.00	0.00	0.00			0.00	0.00	0.00					
2	A	Matthew Field	Aberdare VAAC	NT	32.83	NT	32.83	1	0.00	0.00	0.00	32.83	1	A	1	
3	G		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
4	E		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
5	B		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
6	F		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
7	C		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
8	W	Rory Jones	Wrexham AC	NT	16.95	NT	16.95	3	0.00	0.00	0.00	16.95	3	B		1
9	II		Bridgend AC	0.00	0.00	0.00			0.00	0.00	0.00					
10	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					
11	GG		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
12	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
13	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
14	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
15	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
16	WW	Ryan Jones	Wrexham AC	15.26	NT	17.44	17.44	2	0.00	0.00	0.00	17.44	2	A	2	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE			
1	A	Matthew Field	Aberdare VAAC	32.83	1	W	Rory Jones	Wrexham AC	16.95			
2	WW	Ryan Jones	Wrexham AC	17.44	2							
3					3							
4					4							
5					5							
6					6							
7					7							
8					8							

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		11:00 AM		DATE		22/Aug/09		
EVENT		F2 - U15G - (3.00kg) Hammer		LGE RECORD		41.80		ATHLETE		Emma Crooke - Hereford - 2009						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	B		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
2	I	Zoe Dakin	Bridgend AC	31.79	27.57	NT	31.79	1	0.00	0.00	0.00	31.79	1	A	1	
3	E		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
4	W		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00					
5	C		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
6	A		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					
7	F		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
8	G		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
9	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
10	II	Rebecca Lewis	Bridgend AC	NT	12.43	11.83	12.43	2	0.00	0.00	0.00	12.43	2	B		1
11	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
12	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00					
13	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
14	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					
15	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
16	GG		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	I	Zoe Dakin	Bridgend AC	31.79	1	II	Rebecca Lewis	Bridgend AC	12.43		
2					2						
3					3						
4					4						
5					5						
6					6						
7					7						
8					8						

WELSH ATHLETICS HEIGHT CARD

MEETING		PLATE FINAL 2009				VENUE		NEATH				TIME		10:30 AM		DATE	22/Aug/09								
EVENT		F3 - High Jump - U15B				RECORD		1.85		ATHLETE		Jamie Dalton - Preseli Harriers 1994													
Order	No	NAME	CLUB	1.15	1.20	1.25	1.30	1.35	1.40	1.43	1.46	1.48	1.53	1.58	1.63	Best of All	Trials at Ht Cleared	Total	Failures	Total Trials	Final	Position	A or B		
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres									Metres	
1	A		Aberdare VAAC																						
2	G		Cwmbran H																						
3	C		Chepstow H																						
4	B		Brecon AC																						
5	I		Bridgend AC																						
6	F	Jacob Briscombe	Barry & Vale H	o	o	o	xo	xxo	xxx							1.35						3	B	1	
7	E		Amman Valley																						
8	W	Ryan Jones	Wrexham AC	o	o	o	o	o	xxo	o	xxx					1.43							2	A	2
9	AA		Aberdare VAAC																						
10	GG		Cwmbran H																						
11	CC		Chepstow H																						
12	BB		Brecon AC																						
13	II		Bridgend AC																						
14	FF	Ieuan Orton	Barry & Vale H	o	o	o	o	o	o	o	o	xxx				1.46							1	A	1
15	EE		Amman Valley																						
16	WW		Wrexham AC																						

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT			
1	FF	Ieuan Orton	Barry & Vale H	1.46	1	F	Jacob Briscombe	Barry & Vale H	1.35			
2	W	Ryan Jones	Wrexham AC	1.43	2							
3					3							
4					4							
5					5							
6					6							
7					7							
8					8							
										REFEREE'S SIGNATURE		

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		11:30 AM		DATE		22/Aug/09		
EVENT		F4 - U13B - (400g) Javelin		LGE RECORD		41.00		ATHLETE		Rheon James - Carmarthen Harriers - 2005						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	C		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
2	F	Richard Dangerfield	Barry & Vale H	30.80	29.29	24.25	30.80	1	0.00	0.00	0.00	30.80	1	A	1	
3	W	Kyle Cooper	Wrexham AC	NT	10.69	10.85	10.85	6	0.00	0.00	0.00	10.85	6	A	6	
4	A	Jamie Hargreaves	Aberdare VAAC	22.56	21.61	18.38	22.56	2	0.00	0.00	0.00	22.56	2	A	2	
5	E	Dwayne Griffiths	Amman Valley	11.76	NT	11.72	11.76	5	0.00	0.00	0.00	11.76	5	A	5	
6	G	Owain Murphy	Cwmbran H	18.01	NT	19.07	19.07	3	0.00	0.00	0.00	19.07	3	A	3	
7	I	Christopher Dakin	Bridgend AC	12.25	10.07	12.41	12.41	4	0.00	0.00	0.00	12.41	4	A	4	
8	B		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
9	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
10	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
11	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00					
12	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					
13	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
14	GG		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
15	II		Bridgend AC	0.00	0.00	0.00			0.00	0.00	0.00					
16	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	F	Richard Dangerfield	Barry & Vale H	30.80	1						
2	A	Jamie Hargreaves	Aberdare VAAC	22.56	2						
3	G	Owain Murphy	Cwmbran H	19.07	3						
4	I	Christopher Dakin	Bridgend AC	12.41	4						
5	E	Dwayne Griffiths	Amman Valley	11.76	5						
6	W	Kyle Cooper	Wrexham AC	10.85	6						
7					7						
8					8						

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009				VENUE		NEATH		TIME		11:30 AM		DATE		22/Aug/09	
EVENT		F5 - U15G - Long Jump				LGE RECORD		5.06		ATHLETE		Zara George - Pontyclun Junior AC - 2004					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			Metres	A	B	
1	E		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00						
2	W	Hannah Browning	Wrexham AC	NJ	4.12	4.01	4.12	4	0.00	0.00	0.00	4.12	4	A	4		
3	A	Samantha Morgan	Aberdare VAAC	3.97	3.55	4.18	4.18	3	0.00	0.00	0.00	4.18	3	A	3		
4	G	Zoe Holloway	Cwmbran H	3.39	3.35	3.23	3.39	11	0.00	0.00	0.00	3.39	11	B		5	
5	F	Danielle Close	Barry & Vale H	NJ	3.40	3.65	3.65	7	0.00	0.00	0.00	3.65	7	A	6		
6	B		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00						
7	C	Paige Wright	Chepstow H	4.05	3.99	4.23	4.23	2	0.00	0.00	0.00	4.23	2	A	2		
8	I	Lucy Taylor	Bridgend AC	NJ	4.32	NJ	4.32	1	0.00	0.00	0.00	4.32	1	A	1		
9	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00						
10	WW	Charlotte Beckett	Wrexham AC	3.53	3.42	3.55	3.55	10	0.00	0.00	0.00	3.55	10	B		4	
11	AA	Katie Hall	Aberdare VAAC	2.80	2.93	3.00	3.00	12	0.00	0.00	0.00	3.00	12	B		6	
12	GG	Zoe Bradley	Cwmbran H	3.42	3.86	3.97	3.97	5	0.00	0.00	0.00	3.97	5	A	5		
13	FF	Carys Knapman	Barry & Vale H	3.62	3.47	NJ	3.62	8	0.00	0.00	0.00	3.62	8	B		2	
14	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00						
15	CC	Amber Ellis-Martin	Chepstow H	3.73	3.83	3.52	3.83	6	0.00	0.00	0.00	3.83	6	B		1	
16	II	Isabel Hughes	Bridgend AC	3.48	3.46	3.58	3.58	9	0.00	0.00	0.00	3.58	9	B		3	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE			
1	I	Lucy Taylor	Bridgend AC	4.32	1	CC	Amber Ellis-Martin	Chepstow H	3.83			
2	C	Paige Wright	Chepstow H	4.23	2	FF	Carys Knapman	Barry & Vale H	3.62			
3	A	Samantha Morgan	Aberdare VAAC	4.18	3	II	Isabel Hughes	Bridgend AC	3.58			
4	W	Hannah Browning	Wrexham AC	4.12	4	WW	Charlotte Beckett	Wrexham AC	3.55			
5	GG	Zoe Bradley	Cwmbran H	3.97	5	G	Zoe Holloway	Cwmbran H	3.39			
6	F	Danielle Close	Barry & Vale H	3.65	6	AA	Katie Hall	Aberdare VAAC	3.00	REFEREE'S SIGNATURE		
7					7							
8					8							

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		11:30 AM		DATE		22/Aug/09	
EVENT		F6 - U13G - (2.72kg) Shot		LGE RECORD		10.30		ATHLETE		Nicola Stevenson - Bridgend A C - 2001					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B
1	F		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00				
2	E		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00				
3	B	Ffion Richards	Brecon AC	5.89	5.30	5.73	5.89	3	0.00	0.00	0.00	5.89	3	A	3
4	C		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00				
5	W		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00				
6	I	Shauna Quirke	Bridgend AC	6.47	6.12	6.37	6.47	1	0.00	0.00	0.00	6.47	1	A	1
7	G	Emma Norton	Cwmbran H	5.57	5.83	5.97	5.97	2	0.00	0.00	0.00	5.97	2	A	2
8	A	Holly Field	Aberdare VAAC	5.34	5.65	5.29	5.65	4	0.00	0.00	0.00	5.65	4	A	4
9	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00				
10	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00				
11	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00				
12	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00				
13	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00				
14	II	Robbie-Leigh Lock	Bridgend AC	0.00	0.00	NT			0.00	0.00	0.00				
15	GG	Amy Price	Cwmbran H	4.59	4.79	5.17	5.17	6	0.00	0.00	0.00	5.17	6	B	2
16	AA	Sophie Ali	Aberdare VAAC	3.69	5.24	5.57	5.57	5	0.00	0.00	0.00	5.57	5	B	1

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	I	Shauna Quirke	Bridgend AC	6.47	1	AA	Sophie Ali	Aberdare VAAC	5.57		
2	G	Emma Norton	Cwmbran H	5.97	2	GG	Amy Price	Cwmbran H	5.17		
3	B	Ffion Richards	Brecon AC	5.89	3						
4	A	Holly Field	Aberdare VAAC	5.65	4						
5					5					REFEREE'S SIGNATURE	
6					6						
7					7						
8					8						

WELSH ATHLETICS HEIGHT CARD

MEETING		PLATE FINAL 2009		VENUE			NEATH					TIME		10:30 AM		DATE	22/Aug/09						
EVENT		F7 - Pole Vault - U15B		RECORD			2.45		ATHLETE			Stephen Scarfi - Cwmbran 2009											
Order	No	NAME	CLUB	2.66	2.71	2.76	2.81	2.86	2.91	2.96	3.01	3.06	3.11	3.16	3.21	Best of All	Trials at Ht Cleared	Total	Failures	Total Trials	Final Position	A or B	
				3.26	3.31	3.36	3.41	3.46	3.51	3.56	3.61	3.66	3.71	3.76	3.81								Metres
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							Metres
1	G	Stephen Scarfi	Cwmbran H	o	o	xxo	o			xxx						2.26					1	A	1
2	C		Chepstow H																		0		
3	W		Wrexham AC																		0		
4	I		Bridgend AC																		0		
5	A		Aberdare VAAC																		0		
6	E		Amman Valley																		0		
7	B		Brecon AC																		0		
8	F		Barry & Vale H																		0		
9	GG		Cwmbran H																		0		
10	CC		Chepstow H																		0		
11	WW		Wrexham AC																		0		
12	II		Bridgend AC																		0		
13	AA		Aberdare VAAC																		0		
14	EE		Amman Valley																		0		
15	BB		Brecon AC																		0		
16	FF		Barry & Vale H																		0		

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT		
1	G	Stephen Scarfi	Cwmbran H	2.26	1						
2					2						
3					3						
4					4						
5					5						
6					6						
7					7						
8					8						
										REFEREE'S SIGNATURE	

WELSH ATHLETICS HEIGHT CARD

MEETING		PLATE FINAL 2009				VENUE			NEATH				TIME		10:30 AM	DATE	22/Aug/09						
EVENT		F8 - Pole Vault - U15G				RECORD			2.60		ATHLETE		Sally Nicholas - Cardiff 2009										
Order	No	NAME	CLUB	1.71	1.81	1.91	2.01	2.11	2.21	2.31	2.41	2.46	2.51	2.56	2.61	Best of All Metres	Trials at Ht Cleared	Total Trials	Total Failures	Total Trials	Final Position	A or B	
				2.66	2.71	2.76	2.81	2.86	2.91	2.96	3.01	3.06	3.11	3.16	3.21								
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres								Metres
1	W		Wrexham AC													98.00					1	A	1
2	B		Brecon AC																		0		
3	I		Bridgend AC																		0		
4	F		Barry & Vale H																		0		
5	G		Cwmbran H																		0		
6	C		Chepstow H																		0		
7	A		Aberdare VAAC																		0		
8	E		Amman Valley																		0		
9	WW		Wrexham AC																		0		
10	BB		Brecon AC																		0		
11	II		Bridgend AC																		0		
12	FF		Barry & Vale H																		0		
13	GG		Cwmbran H																		0		
14	CC		Chepstow H																		0		
15	AA		Aberdare VAAC																		0		
16	EE		Amman Valley																		0		

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT		
1	98	-	Wrexham AC	98.00	1						
2					2						
3					3						
4					4						
5					5						
6					6						
7					7						
8					8						
										REFEREE'S SIGNATURE	

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		12:20 PM		DATE		22/Aug/09		
EVENT		F9 - U11B - Long Jump		LGE RECORD		4.33		ATHLETE		G James - Carmarthen Harriers - 1987						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	I	Morgan Ley	Bridgend AC	3.49	3.21	3.12	3.49	3	0.00	0.00	0.00	3.49	3	A	3	
2	A	Ewan James	Aberdare VAAC	3.00	2.94	3.09	3.09	8	0.00	0.00	0.00	3.09	8	B		3
3	G		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
4	E	Aled Philips	Amman Valley	NJ	3.29	3.65	3.65	2	0.00	0.00	0.00	3.65	2	A	2	
5	B	Tomi Lewis	Brecon AC	3.39	3.99	3.40	3.99	1	0.00	0.00	0.00	3.99	1	A	1	
6	F	Moses Gee	Barry & Vale H	3.37	3.40	3.40	3.40	4	0.00	0.00	0.00	3.40	4	A	4	
7	C	Matthew Anderson	Chepstow H	2.76	2.75	3.00	3.00	9	0.00	0.00	0.00	3.00	9	A	6	
8	W	Brynach Edwards	Wrexham AC	2.84	2.70	3.00	3.00	9	0.00	0.00	0.00	3.00	9	A	6	
9	II	Rhys Davies	Bridgend AC	3.06	3.40	3.25	3.40	4	0.00	0.00	0.00	3.40	4	B		1
10	AA	Jaymes Price	Aberdare VAAC	2.92	NJ	3.17	3.17	7	0.00	0.00	0.00	3.17	7	A	5	
11	GG		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
12	EE	Teifion Allcock	Amman Valley	3.31	2.53	NJ	3.31	6	0.00	0.00	0.00	3.31	6	B		2
13	BB	Tom Richards	Brecon AC	2.60	2.59	2.55	2.60	11	0.00	0.00	0.00	2.60	11	B		4
14	FF	Moses Gee	Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
15	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
16	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	B	Tomi Lewis	Brecon AC	3.99	1	II	Rhys Davies	Bridgend AC	3.40		
2	E	Aled Philips	Amman Valley	3.65	2	EE	Teifion Allcock	Amman Valley	3.31		
3	I	Morgan Ley	Bridgend AC	3.49	3	A	Ewan James	Aberdare VAAC	3.09		
4	F	Moses Gee	Barry & Vale H	3.40	4	BB	Tom Richards	Brecon AC	2.60		
5	AA	Jaymes Price	Aberdare VAAC	3.17	5						
6	C	Matthew Anderson	Chepstow H	3.00	6						
7					7					REFEREE'S SIGNATURE	
8					8						

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		12:20 PM		DATE		22/Aug/09	
EVENT		F10 - U15B - (4.00kg) Shot		LGE RECORD		16.21		ATHLETE		Matthew Evans - Carmarthen Harriers - 2003					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B
1	B		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00				
2	I		Bridgend AC	0.00	0.00	0.00			0.00	0.00	0.00				
3	E		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00				
4	W	Matthew Rich	Wrexham AC	6.54	5.86	6.55	6.55	5	0.00	0.00	0.00	6.55	5	A	4
5	C		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00				
6	A	Matthew Field	Aberdare VAAC	13.39	13.82	14.16	14.16	1	0.00	0.00	0.00	14.16	1	A	1
7	F	Aaran Reed	Barry & Vale H	10.41	10.49	10.26	10.49	4	0.00	0.00	0.00	10.49	4	A	3
8	G	Shane Jones	Cwmbran H	9.78	11.05	11.36	11.36	3	0.00	0.00	0.00	11.36	3	B	1
9	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00				
10	II		Bridgend AC	0.00	0.00	0.00			0.00	0.00	0.00				
11	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00				
12	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00				
13	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00				
14	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00				
15	FF	Callam Barrie	Barry & Vale H	6.43	6.44	0.00	6.44	6	0.00	0.00	0.00	6.44	6	B	2
16	GG	Jordan Peake	Cwmbran H	10.94	11.64	11.00	11.64	2	0.00	0.00	0.00	11.64	2	A	2

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE			
1	A	Matthew Field	Aberdare VAAC	14.16	1	G	Shane Jones	Cwmbran H	11.36			
2	GG	Jordan Peake	Cwmbran H	11.64	2	FF	Callam Barrie	Barry & Vale H	6.44			
3	F	Aaran Reed	Barry & Vale H	10.49	3							
4	W	Matthew Rich	Wrexham AC	6.55	4							
5					5							
6					6							
7					7							
8					8							

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		12:20 PM		DATE		22/Aug/09	
EVENT		F11 - U15G - (600g) Javelin		LGE RECORD		37.20		ATHLETE		Carys Mansfield - Carmarthen Harriers -					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B
1	A		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00				
2	G	Melika Rezougui	Cwmbran H	7.67	8.85	9.81	9.81	6	0.00	0.00	0.00	9.81	6	B	2
3	C	Kayley Kennedy	Chepstow H	13.00	NT	13.20	13.20	4	0.00	0.00	0.00	13.20	4	A	3
4	B		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00				
5	I	Nicole Davenport	Bridgend AC	19.90	23.18	25.44	25.44	1	0.00	0.00	0.00	25.44	1	A	1
6	F		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00				
7	E		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00				
8	W	Manon Edwards	Wrexham AC	18.36	20.09	22.33	22.33	2	0.00	0.00	0.00	22.33	2	A	2
9	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00				
10	GG	Francesca Hyde	Cwmbran H	9.37	11.40	NT	11.40	5	0.00	0.00	0.00	11.40	5	A	4
11	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00				
12	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00				
13	II	Lora Roberts	Bridgend AC	17.34	20.13	22.24	22.24	3	0.00	0.00	0.00	22.24	3	B	1
14	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00				
15	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00				
16	VV		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00				

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	I	Nicole Davenport	Bridgend AC	25.44	1	II	Lora Roberts	Bridgend AC	22.24		
2	W	Manon Edwards	Wrexham AC	22.33	2	G	Melika Rezougui	Cwmbran H	9.81		
3	C	Kayley Kennedy	Chepstow H	13.20	3						
4	GG	Francesca Hyde	Cwmbran H	11.40	4						
5					5						
6					6						
7					7						
8					8						

WELSH ATHLETICS HEIGHT CARD

MEETING		PLATE FINAL 2009				VENUE			NEATH					TIME		10:30 AM		DATE	22/Aug/09				
EVENT		F12 - High Jump - U13B				RECORD			1.60		ATHLETE			Jamie Dalton - Preseli Harriers 1992									
Order	No	NAME	CLUB	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	Best of All Metres	Trials at Ht Cleared	Total	Failures	Total Trials	Final Position	A or B	
				1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00	2.05	2.10	2.15								
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres								Metres
1	C	Danny Kennedy	Chepstow H	o	o	o	o	xo	xxx							1.20					2	A	2
2	F		Barry & Vale H																		0		
3	W		Wrexham AC																		0		
4	A	Sam Williams	Aberdare VAAC	o	xxx											1.00					5	A	4
5	E		Amman Valley																		0		
6	G		Cwmbran H																		0		
7	I	Jak Dargie	Bridgend AC				o	xxx								1.15					3	B	1
8	B	Scott Andrews	Brecon AC	o	o	xo	xxx									1.10					4	A	3
9	CC		Chepstow H																		0		
10	FF		Barry & Vale H																		0		
11	WW		Wrexham AC																		0		
12	AA		Aberdare VAAC																		0		
13	EE		Amman Valley																		0		
14	GG		Cwmbran H																		0		
15	II	Oliver Davies	Bridgend AC			o	o	o	xxx							1.20					1	A	1
16	BB		Brecon AC																		0		

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT			
1	II	Oliver Davies	Bridgend AC	1.20	1	I	Jak Dargie	Bridgend AC	1.15			
2	C	Danny Kennedy	Chepstow H	1.20	2							
3	B	Scott Andrews	Brecon AC	1.10	3							
4	A	Sam Williams	Aberdare VAAC	1.00	4							
5					5							
6					6							
7					7							
8					8							
										REFEREE'S SIGNATURE		

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		1:10 PM		DATE		22/Aug/09		
EVENT		F13 - U15B - (600g) Javelin		LGE RECORD		52.08		ATHLETE		Garth Loughran - Carmarthen Harriers - 2003						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			Metres	A	B
1	E		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
2	W	Will Poole	Wrexham AC	28.00	30.65	33.78	33.78	2	0.00	0.00	0.00	33.78	2	A	2	
3	A		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					
4	G	Tom Norton	Cwmbran H	44.25	45.27	45.78	45.78	1	0.00	0.00	0.00	45.78	1	A	1	
5	F	Jacob Briscoombe	Barry & Vale H	25.86	23.66	22.23	25.86	5	0.00	0.00	0.00	25.86	5	A	3	
6	B	Rhodri Bogust	Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
7	C	Johnathan Rees	Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
8	I	Sam Longville	Bridgend AC	NT	20.55	NT	20.55	6	0.00	0.00	0.00	20.55	6	A	4	
9	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
10	WW	Rory Jones	Wrexham AC	23.75	24.08	26.82	26.82	4	0.00	0.00	0.00	26.82	4	B		2
11	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					
12	GG	Jordan Peake	Cwmbran H	28.18	32.12	NT	32.12	3	0.00	0.00	0.00	32.12	3	B		1
13	FF	Elliott Richards	Barry & Vale H	NT	4.91	NT	4.91	7	0.00	0.00	0.00	4.91	7	B		3
14	BB	James Leuschke	Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
15	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
16	II		Bridgend AC	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	G	Tom Norton	Cwmbran H	45.78	1	GG	Jordan Peake	Cwmbran H	32.12		
2	W	Will Poole	Wrexham AC	33.78	2	WW	Rory Jones	Wrexham AC	26.82		
3	F	Jacob Briscoombe	Barry & Vale H	25.86	3	FF	Elliott Richards	Barry & Vale H	4.91		
4	I	Sam Longville	Bridgend AC	20.55	4						
5					5						
6					6						
7					7						
8					8						

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		1:10 PM		DATE		22/Aug/09	
EVENT		F14 - U13G - Long Jump		LGE RECORD		4.70		ATHLETE		Enfys Jones - Carmarthen Harriers - 1989					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B
1	F		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00				
2	E		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00				
3	B	Abigail Martin	Brecon AC	4.13	NJ	3.98	4.13	2	0.00	0.00	0.00	4.13	2	A	2
4	C		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00				
5	W		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00				
6	I	Nia Ward	Bridgend AC	3.61	3.89	3.57	3.89	3	0.00	0.00	0.00	3.89	3	A	3
7	G	Emily Finister	Cwmbran H	3.45	3.57	3.46	3.57	5	0.00	0.00	0.00	3.57	5	A	4
8	A	Brenna Price	Aberdare VAAC	4.01	4.14	4.14	4.14	1	0.00	0.00	0.00	4.14	1	A	1
9	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00				
10	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00				
11	BB	Isabella Morgan	Brecon AC	3.22	3.25	3.52	3.52	7	0.00	0.00	0.00	3.52	7	B	3
12	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00				
13	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00				
14	II	Zoe Nash	Bridgend AC	3.71	3.63	3.69	3.71	4	0.00	0.00	0.00	3.71	4	B	1
15	GG		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00				
16	AA	Jessica Lambert	Aberdare VAAC	3.41	3.56	3.49	3.56	6	0.00	0.00	0.00	3.56	6	B	2

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	A	Brenna Price	Aberdare VAAC	4.14	1	II	Zoe Nash	Bridgend AC	3.71		
2	B	Abigail Martin	Brecon AC	4.13	2	AA	Jessica Lambert	Aberdare VAAC	3.56		
3	I	Nia Ward	Bridgend AC	3.89	3	BB	Isabella Morgan	Brecon AC	3.52		
4	G	Emily Finister	Cwmbran H	3.57	4						
5					5						
6					6						
7					7						
8					8						

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		1:10 PM		DATE		22/Aug/09		
EVENT		F15 - U11G - (2.0kg) Shot		LGE RECORD		7.12		ATHLETE		Eliw James - Carmarthen Harriers - 2005						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	G		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
2	C		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
3	W		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00					
4	I	Bethan Johnson	Bridgend AC	4.43	4.55	4.62	4.62	1	0.00	0.00	0.00	4.62	1	A	1	
5	A		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					
6	E		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
7	B	Ruby Morgan	Brecon AC	3.71	3.82	3.56	3.82	3	0.00	0.00	0.00	3.82	3	A	2	
8	F		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
9	GG		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
10	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
11	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00					
12	II	Mae Taylor	Bridgend AC	4.01	3.59	3.40	4.01	2	0.00	0.00	0.00	4.01	2	B		1
13	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					
14	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
15	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
16	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE			
1	I	Bethan Johnson	Bridgend AC	4.62	1	II	Mae Taylor	Bridgend AC	4.01			
2	B	Ruby Morgan	Brecon AC	3.82	2							
3					3							
4					4							
5					5							
6					6							
7					7							
8					8							

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		1:20 PM		DATE		22/Aug/09		
EVENT		F16 - U13G - (0.75kg) Discus		LGE RECORD		26.27		ATHLETE		Toni Wells - Swansea Harriers - 2005						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			Metres	A	B
1	W		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00					
2	B		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
3	I	Robbie-Leigh Lock	Bridgend AC	10.12	10.36	8.77	10.36	5	0.00	0.00	0.00	10.36	5	A	3	
4	F	Tillie Carter	Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
5	G	Emma Norton	Cwmbran H	15.97	NT	15.04	15.97	2	0.00	0.00	0.00	15.97	2	A	2	
6	C		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
7	A	Holly Field	Aberdare VAAC	19.73	NT	NT	19.73	1	0.00	0.00	0.00	19.73	1	A	1	
8	E		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
9	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00					
10	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
11	II	Joe-Dianna Grabham	Bridgend AC	NT	8.36	9.07	9.07	6	0.00	0.00	0.00	9.07	6	B		3
12	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
13	GG	Amy Price	Cwmbran H	11.19	13.30	11.66	13.30	4	0.00	0.00	0.00	13.30	4	B		2
14	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
15	AA	Sophie Ali	Aberdare VAAC	14.81	12.95	14.19	14.81	3	0.00	0.00	0.00	14.81	3	B		1
16	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	A	Holly Field	Aberdare VAAC	19.73	1	AA	Sophie Ali	Aberdare VAAC	14.81		
2	G	Emma Norton	Cwmbran H	15.97	2	GG	Amy Price	Cwmbran H	13.30		
3	I	Robbie-Leigh Lock	Bridgend AC	10.36	3	II	Joe-Dianna Grabham	Bridgend AC	9.07		
4					4						
5					5						
6					6						
7					7						
8					8						

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		2:00 PM		DATE		22/Aug/09		
EVENT		F17 - U13G - (400g) Javelin		LGE RECORD		28.12		ATHLETE		Sara Siggery - Carmarthen Harriers - 1997						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	I	Shauna Quirke	Bridgend AC	19.29	20.98	20.70	20.98	3	0.00	0.00	0.00	20.98	3	A	3	
2	A	Tasia Stephens	Aberdare VAAC	28.17	24.38	31.40	31.40	1	0.00	0.00	0.00	31.40	1	A	1	
3	G	Emma Norton	Cwmbran H	22.40	21.20	21.88	22.40	2	0.00	0.00	0.00	22.40	2	A	2	
4	E	Charlie Todd	Amman Valley	9.10	NT	10.19	10.19	7	0.00	0.00	0.00	10.19	7	A	5	
5	B		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
6	F	Rachel Cosier	Barry & Vale H	14.42	15.11	9.10	15.11	4	0.00	0.00	0.00	15.11	4	A	4	
7	C		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
8	W		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00					
9	II	Katie Roberts	Bridgend AC	13.44	NT	13.39	13.44	5	0.00	0.00	0.00	13.44	5	B		1
10	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					
11	GG		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
12	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
13	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
14	FF	Tillie Carter	Barry & Vale H	8.11	11.51	NT	11.51	6	0.00	0.00	0.00	11.51	6	B		2
15	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
16	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00					

New U15 LGE Combined League Record

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	A	Tasia Stephens	Aberdare VAAC	31.40	1	II	Katie Roberts	Bridgend AC	13.44		
2	G	Emma Norton	Cwmbran H	22.40	2	FF	Tillie Carter	Barry & Vale H	11.51		
3	I	Shauna Quirke	Bridgend AC	20.98	3						
4	F	Rachel Cosier	Barry & Vale H	15.11	4						
5	E	Charlie Todd	Amman Valley	10.19	5						
6					6					REFEREE'S SIGNATURE	
7					7						
8					8						

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		2:00 PM		DATE		22/Aug/09		
EVENT		F18 - U13B - Long Jump		LGE RECORD		5.10		ATHLETE		G James - Carmarthen Harriers - 1989						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	B	Dafydd Havard	Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
2	I	Oliver Davies	Bridgend AC	3.52	3.48	3.41	3.52	8	0.00	0.00	0.00	3.52	8	A	5	
3	E	Talfan Allcock	Amman Valley	NJ	4.00	4.67	4.67	1	0.00	0.00	0.00	4.67	1	A	1	
4	W	Michael McNee	Wrexham AC	NJ	3.68	3.61	3.68	4	0.00	0.00	0.00	3.68	4	A	3	
5	C	David Anderson	Chepstow H	3.15	3.66	3.08	3.66	6	0.00	0.00	0.00	3.66	6	A	4	
6	A	Harry Evans	Aberdare VAAC	3.76	3.87	3.81	3.87	3	0.00	0.00	0.00	3.87	3	A	2	
7	F		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
8	G		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
9	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
10	II		Bridgend AC	0.00	0.00	0.00			0.00	0.00	0.00					
11	EE	Jared Walters	Amman Valley	4.07	4.34	4.02	4.34	2	0.00	0.00	0.00	4.34	2	B		1
12	WW	Sion Roberts	Wrexham AC	3.01	3.64	3.68	3.68	4	0.00	0.00	0.00	3.68	4	B		2
13	CC	Jack Prince	Chepstow H	3.57	3.57	3.57	3.57	7	0.00	0.00	0.00	3.57	7	B		3
14	AA	Owain Spraklin-Jones	Aberdare VAAC	3.38	3.01	NJ	3.38	9	0.00	0.00	0.00	3.38	9	B		4
15	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
16	GG		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	E	Talfan Allcock	Amman Valley	4.67	1	EE	Jared Walters	Amman Valley	4.34		
2	A	Harry Evans	Aberdare VAAC	3.87	2	WW	Sion Roberts	Wrexham AC	3.68		
3	W	Michael McNee	Wrexham AC	3.68	3	CC	Jack Prince	Chepstow H	3.57		
4	C	David Anderson	Chepstow H	3.66	4	AA	Owain Spraklin-Jones	Aberdare VAAC	3.38		
5	I	Oliver Davies	Bridgend AC	3.52	5						
6					6					REFEREE'S SIGNATURE	
7					7						
8					8						

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		2:00 PM		DATE		22/Aug/09	
EVENT		F19 - U11B - (2.72kg) Shot		LGE RECORD		10.06		ATHLETE		Rheon James - Carmarthen Harriers - 2003					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B
1	A		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00				
2	G		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00				
3	C		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00				
4	B	Louis Norton	Brecon AC	3.80	3.77	3.94	3.94	4	0.00	0.00	0.00	3.94	4	A	3
5	I	Dylan Parry	Bridgend AC	0.00	4.10	5.00	5.00	2	0.00	0.00	0.00	5.00	2	B	1
6	F		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00				
7	E	Tom Richards	Amman Valley	3.59	3.62	3.30	3.62	5	0.00	0.00	0.00	3.62	5	A	4
8	W	Brynach Edwards	Wrexham AC	3.55	4.06	4.56	4.56	3	0.00	0.00	0.00	4.56	3	A	2
9	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00				
10	GG		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00				
11	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00				
12	BB	Tom Richards	Brecon AC	3.59	3.62	3.30	3.62	5	0.00	0.00	0.00	3.62	5	B	2
13	II	Lewis Blythe	Bridgend AC	4.22	4.66	5.04	5.04	1	0.00	0.00	0.00	5.04	1	A	1
14	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00				
15	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00				
16	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00				

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	II	Lewis Blythe	Bridgend AC	5.04	1	I	Dylan Parry	Bridgend AC	5.00		
2	W	Brynach Edwards	Wrexham AC	4.56	2	BB	Tom Richards	Brecon AC	3.62		
3	B	Louis Norton	Brecon AC	3.94	3						
4	E	Tom Richards	Amman Valley	3.62	4						
5					5						
6					6						
7					7						
8					8						

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		2:10 PM		DATE		22/Aug/09	
EVENT		F20 - U13B - (1.0kg) Discus		LGE RECORD		41.86		ATHLETE		Matthew Evans - Carmarthen Harriers - 2003					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B
1	C		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00				
2	F		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00				
3	W	Kyle Cooper	Wrexham AC	8.58	8.51	8.74	8.74	4	0.00	0.00	0.00	8.74	4	A	4
4	A		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00				
5	E		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00				
6	G	Owain Murphy	Cwmbran H	12.30	12.75	14.36	14.36	2	0.00	0.00	0.00	14.36	2	A	2
7	I	Harry Davies	Bridgend AC	10.84	10.79	NT	10.84	3	0.00	0.00	0.00	10.84	3	A	3
8	B	Mark Andrews	Brecon AC	NT	NT	14.84	14.84	1	0.00	0.00	0.00	14.84	1	A	1
9	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00				
10	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00				
11	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00				
12	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00				
13	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00				
14	GG		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00				
15	II		Bridgend AC	0.00	0.00	0.00			0.00	0.00	0.00				
16	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00				

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	B	Mark Andrews	Brecon AC	14.84	1						
2	G	Owain Murphy	Cwmbran H	14.36	2						
3	I	Harry Davies	Bridgend AC	10.84	3						
4	W	Kyle Cooper	Wrexham AC	8.74	4						
5					5						
6					6						
7					7						
8					8						
										REFEREE'S SIGNATURE	

WELSH ATHLETICS HEIGHT CARD

MEETING		PLATE FINAL 2009				VENUE			NEATH					TIME		10:30 AM		DATE		22/Aug/09				
EVENT		F21 - High Jump - U15G				RECORD			1.62		ATHLETE			Emily Morris - Swansea Harriers 2009										
Order	No	NAME	CLUB	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	Best of All	Trials at Ht Cleared	Total	Failures	Total Trials	Final	Position	A or B	
				1.70	1.75	1.80	1.85	1.90	1.95	2.00	2.05	2.10	2.15	2.20	2.25									
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres									Metres
1	E		Amman Valley																					
2	W	Hannah Browning	Wrexham AC			o	o	o	xo	xxx						1.35								
3	A		Aberdare VAAC																					
4	G	Olivia Perry	Cwmbran H						o	xo	xx					1.40								
5	F	Catrin Cosier	Barry & Vale H																					
6	B		Brecon AC																					
7	C	Darcy Wright	Chepstow H	o	o	o	o	o	xxx							1.30								
8	I		Bridgend AC																					
9	EE		Amman Valley																					
10	WW	Charlotte Beckett	Wrexham AC																					
11	AA		Aberdare VAAC																					
12	GG	Ellie Leek	Cwmbran H			o	xo	o	xo	xo	xxx					1.40								
13	FF		Barry & Vale H																					
14	BB		Brecon AC																					
15	CC	Amber Ellis-Martin	Chepstow H	o	o	xo	o	x								1.25								
16	II		Bridgend AC																					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT			
1	G	Olivia Perry	Cwmbran H	1.40	1	GG	Ellie Leek	Cwmbran H	1.40			
2	W	Hannah Browning	Wrexham AC	1.35	2	CC	Amber Ellis-Martin	Chepstow H	1.25			
3	C	Darcy Wright	Chepstow H	1.30	3							
4					4							
5					5							
6					6							
7					7							
8					8							
										REFEREE'S SIGNATURE		

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		2:50 PM		DATE		22/Aug/09		
EVENT		F22 - U11G - (300g) Javelin		LGE RECORD		13.27		ATHLETE		Millie Fakande - Cwmbran - 2009						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	F		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
2	E	Ffion Jenkins	Amman Valley	9.01	8.41	NT	9.01	2	0.00	0.00	0.00	9.01	2	A	2	
3	B	Ruby Morgan	Brecon AC	NT	7.60	7.70	7.70	4	0.00	0.00	0.00	7.70	4	A	3	
4	C		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
5	W		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00					
6	I	Bethan Johnson	Bridgend AC	9.74	9.77	11.02	11.02	1	0.00	0.00	0.00	11.02	1	A	1	
7	G		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
8	A		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					
9	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
10	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
11	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
12	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
13	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00					
14	II	Amy Thomas	Bridgend AC	7.81	7.09	6.93	7.81	3	0.00	0.00	0.00	7.81	3	B		1
15	GG		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
16	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE			
1	I	Bethan Johnson	Bridgend AC	11.02	1	II	Amy Thomas	Bridgend AC	7.81			
2	E	Ffion Jenkins	Amman Valley	9.01	2							
3	B	Ruby Morgan	Brecon AC	7.70	3							
4					4							
5					5							
6					6							
7					7							
8					8							

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		2:50 PM		DATE		22/Aug/09	
EVENT		F23 - U15B - Long Jump		LGE RECORD		5.99		ATHLETE		Dominic Coleman - Pembrokeshire Harriers - 2007					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B
1	G	Charlie Walker	Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00				
2	C		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00				
3	W	Kieran Cooper	Wrexham AC	4.86	4.94	4.94	4.94	3	0.00	0.00	0.00	4.94	3	A	3
4	I	Josh Evans	Bridgend AC	4.55	4.97	4.60	4.97	2	0.00	0.00	0.00	4.97	2	A	2
5	A	Brandon Sherwood	Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00				
6	E		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00				
7	B	Rhodri Bogust	Brecon AC	4.78	4.93	4.86	4.93	4	0.00	0.00	0.00	4.93	4	A	4
8	F	Matthew Edwards	Barry & Vale H	4.32	NJ	4.26	4.32	6	0.00	0.00	0.00	4.32	6	B	2
9	GG		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00				
10	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00				
11	WW	Ryan Ffoulkes	Wrexham AC	3.82	4.04	4.35	4.35	5	0.00	0.00	0.00	4.35	5	B	1
12	II	Sam Longville	Bridgend AC	0.00	0.00	0.00			0.00	0.00	0.00				
13	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00				
14	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00				
15	BB	Evan Best	Brecon AC	3.03	3.19	2.96	3.19	7	0.00	0.00	0.00	3.19	7	B	3
16	FF	Thomas Williams	Barry & Vale H	5.19	4.95	4.11	5.19	1	0.00	0.00	0.00	5.19	1	A	1

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	FF	Thomas Williams	Barry & Vale H	5.19	1	WW	Ryan Ffoulkes	Wrexham AC	4.35		
2	I	Josh Evans	Bridgend AC	4.97	2	F	Matthew Edwards	Barry & Vale H	4.32		
3	W	Kieran Cooper	Wrexham AC	4.94	3	BB	Evan Best	Brecon AC	3.19		
4	B	Rhodri Bogust	Brecon AC	4.93	4						
5					5						
6					6						
7					7						
8					8						

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		2:50 PM		DATE		22/Aug/09		
EVENT		F24 - U13B - (3.25kg) Shot		LGE RECORD		13.73		ATHLETE		Matthew Evans - Carmarthen Harriers - 2001						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	W	Kyle Cooper	Wrexham AC	4.73	5.35	5.27	5.35	5	0.00	0.00	0.00	5.35	5	A	5	
2	B	Mark Andrews	Brecon AC	4.78	5.05	4.65	5.05	8	0.00	0.00	0.00	5.05	8	A	6	
3	I	Jak Dargie	Bridgend AC	5.83	6.04	6.24	6.24	2	0.00	0.00	0.00	6.24	2	A	2	
4	F		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
5	G	Aaron Powell	Cwmbran H	6.29	0.00	0.00	6.29	1	0.00	0.00	0.00	6.29	1	A	1	
6	C	Danny Kennedy	Chepstow H	5.43	5.72	4.25	5.72	3	0.00	0.00	0.00	5.72	3	A	3	
7	A	Sam Williams	Aberdare VAAC	5.35	5.57	5.06	5.57	4	0.00	0.00	0.00	5.57	4	A	4	
8	E		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
9	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00					
10	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
11	II	Christopher Dakin	Bridgend AC	5.17	5.22	4.85	5.22	7	0.00	0.00	0.00	5.22	7	B		2
12	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
13	GG	Owain Murphy	Cwmbran H	4.57	4.95	5.26	5.26	6	0.00	0.00	0.00	5.26	6	B		1
14	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
15	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					
16	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	G	Aaron Powell	Cwmbran H	6.29	1	GG	Owain Murphy	Cwmbran H	5.26		
2	I	Jak Dargie	Bridgend AC	6.24	2	II	Christopher Dakin	Bridgend AC	5.22		
3	C	Danny Kennedy	Chepstow H	5.72	3						
4	A	Sam Williams	Aberdare VAAC	5.57	4						
5	W	Kyle Cooper	Wrexham AC	5.35	5						
6	B	Mark Andrews	Brecon AC	5.05	6						
7					7					REFEREE'S SIGNATURE	
8					8						

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		3:00 PM		DATE		22/Aug/09		
EVENT		F25 - U15G - (1.0kg) Discus		LGE RECORD		41.26		ATHLETE		Phillipa Roles - Swansea Harriers - 1992						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	I	Zoe Dakin	Bridgend AC	23.53	24.00	21.60	24.00	1	0.00	0.00	0.00	24.00	1	A	1	
2	A	Katie Hall	Aberdare VAAC	16.02	NT	0.00	16.02	3	0.00	0.00	0.00	16.02	3	A	2	
3	G	Melika Rezougui	Cwmbran H	7.83	9.39	9.33	9.39	6	0.00	0.00	0.00	9.39	6	A	5	
4	E	Elin Evans	Amman Valley	11.70	11.92	0.00	11.92	5	0.00	0.00	0.00	11.92	5	A	4	
5	B		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
6	F		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
7	C	Paige Wright	Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
8	W	Kathryn Roberts	Wrexham AC	13.39	0.00	0.00	13.39	4	0.00	0.00	0.00	13.39	4	A	3	
9	II	Hayley Davies	Bridgend AC	20.03	NT	19.65	20.03	2	0.00	0.00	0.00	20.03	2	B		1
10	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					
11	GG		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
12	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
13	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
14	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
15	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
16	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	I	Zoe Dakin	Bridgend AC	24.00	1	II	Hayley Davies	Bridgend AC	20.03		
2	A	Katie Hall	Aberdare VAAC	16.02	2						
3	W	Kathryn Roberts	Wrexham AC	13.39	3						
4	E	Elin Evans	Amman Valley	11.92	4						
5	G	Melika Rezougui	Cwmbran H	9.39	5						
6					6					REFEREE'S SIGNATURE	
7					7						
8					8						

WELSH ATHLETICS HEIGHT CARD

MEETING		PLATE FINAL 2009				VENUE			NEATH					TIME		10:30 AM		DATE	22/Aug/09				
EVENT		F26 - High Jump - U13G				RECORD			1.47		ATHLETE			Sarah Dacey - Swansea Harriers 2003									
Order	No	NAME	CLUB	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	Best of All Metres	Trials at Ht Cleared	Total Trials	Total Failures	Final Position	A or B		
				1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00	2.05	2.10	2.15								
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							Metres	
1	B	Abigail Martin	Brecon AC	o	o	o	o	o	xo	xxx						1.25					3	A	3
2	I	Emma Johnson	Bridgend AC	o	o	o	o	xxx								1.15					4	A	4
3	E		Amman Valley																		0		
4	W	Nia Jones	Wrexham AC	xxx																	0		
5	C		Chepstow H																		0		
6	A	Brenna Price	Aberdare VAAC					o	o	o	o	xxx				1.35					1	A	1
7	F		Barry & Vale H																		0		
8	G	Jodie Beynon	Cwmbran H	o	xo	o	o	o	xo	xo	xxx					1.30					2	A	2
9	BB		Brecon AC																		0		
10	II	Nia Ward	Bridgend AC		o	o	xo	xxo	xxx							1.15					4	B	1
11	EE		Amman Valley																		0		
12	WW	Beth Jones	Wrexham AC		xo	o	xxo	xxx								1.05					7	A	5
13	CC		Chepstow H																		0		
14	AA	Holly Field	Aberdare VAAC	o	o	o	o	xxx								1.15					4	B	1
15	FF		Barry & Vale H																		0		
16	GG		Cwmbran H																		0		

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Pos	No.	NAME	CLUB	HEIGHT	Pos	No.	NAME	CLUB	HEIGHT			
1	A	Brenna Price	Aberdare VAAC	1.35	1	II	Nia Ward	Bridgend AC	1.15			
2	G	Jodie Beynon	Cwmbran H	1.30	2							
3	B	Abigail Martin	Brecon AC	1.25	3							
4	I	Emma Johnson	Bridgend AC	1.15	4							
5	WW	Beth Jones	Wrexham AC	1.05	5							
6					6							
7					7							
8					8							
										REFEREE'S SIGNATURE		

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		3:40 PM		DATE		22/Aug/09		
EVENT		F27 - U11G - Long Jump		LGE RECORD		4.21		ATHLETE		K Williams - Carmarthen Harriers - 1988						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	A	Eboni Sherwood	Aberdare VAAC	2.64	2.72	2.75	2.75	6	0.00	0.00	0.00	2.75	6	A	5	
2	G	Geri McNamara	Cwmbran H	3.22	3.29	3.34	3.34	1	0.00	0.00	0.00	3.34	1	A	1	
3	C		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
4	B	Zoe Parry	Brecon AC	2.36	2.29	2.13	2.36	8	0.00	0.00	0.00	2.36	8	A	6	
5	I	Courtley Lock	Bridgend AC	2.52	2.63	3.21	3.21	2	0.00	0.00	0.00	3.21	2	A	2	
6	F		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
7	E	Delyn Allcock	Amman Valley	2.88	2.92	3.06	3.06	5	0.00	0.00	0.00	3.06	5	A	4	
8	W	Sian Williams	Wrexham AC	2.61	1.94	2.38	2.61	7	0.00	0.00	0.00	2.61	7	B		2
9	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					
10	GG		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
11	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
12	BB	Lucy Parry	Brecon AC	NJ	NJ	1.82	1.82	9	0.00	0.00	0.00	1.82	9	B		3
13	II	Amy Thomas	Bridgend AC	3.07	2.58	3.03	3.07	4	0.00	0.00	0.00	3.07	4	B		1
14	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
15	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
16	WW	India Large	Wrexham AC	2.90	3.10	3.14	3.14	3	0.00	0.00	0.00	3.14	3	A	3	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	G	Geri McNamara	Cwmbran H	3.34	1	II	Amy Thomas	Bridgend AC	3.07		
2	I	Courtley Lock	Bridgend AC	3.21	2	W	Sian Williams	Wrexham AC	2.61		
3	WW	India Large	Wrexham AC	3.14	3	BB	Lucy Parry	Brecon AC	1.82		
4	E	Delyn Allcock	Amman Valley	3.06	4						
5	A	Eboni Sherwood	Aberdare VAAC	2.75	5						
6	B	Zoe Parry	Brecon AC	2.36	6					REFEREE'S SIGNATURE	
7					7						
8					8						

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		3:40 PM		DATE		22/Aug/09		
EVENT		F28 - U11B - (300g) Javelin		LGE RECORD		25.06		ATHLETE		Carwyn Penny - Newport - 2009						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	C		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
2	F	Harry Carter	Barry & Vale H	15.02	12.74	13.31	15.02	1	0.00	0.00	0.00	15.02	1	A	1	
3	W	Brynach Edwards	Wrexham AC	11.54	NT	NT	11.54	3	0.00	0.00	0.00	11.54	3	A	3	
4	A		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					
5	E	Tom Richards	Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
6	G		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
7	I	Dylan Parry	Bridgend AC	14.62	9.43	9.81	14.62	2	0.00	0.00	0.00	14.62	2	A	2	
8	B	Louis Norton	Brecon AC	6.78	6.32	6.90	6.90	7	0.00	0.00	0.00	6.90	7	B		2
9	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
10	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00					
11	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00					
12	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					
13	EE	Sam Woodnut	Amman Valley	7.79	6.17	7.60	7.79	6	0.00	0.00	0.00	7.79	6	A	5	
14	GG		Cwmbran H	0.00	0.00	0.00			0.00	0.00	0.00					
15	II	Lewis Blythe	Bridgend AC	NT	8.18	NT	8.18	4	0.00	0.00	0.00	8.18	4	B		1
16	BB	Michael Adams	Brecon AC	7.53	7.69	7.86	7.86	5	0.00	0.00	0.00	7.86	5	A	4	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	F	Harry Carter	Barry & Vale H	15.02	1	II	Lewis Blythe	Bridgend AC	8.18		
2	I	Dylan Parry	Bridgend AC	14.62	2	B	Louis Norton	Brecon AC	6.90		
3	W	Brynach Edwards	Wrexham AC	11.54	3						
4	BB	Michael Adams	Brecon AC	7.86	4						
5	EE	Sam Woodnut	Amman Valley	7.79	5						
6					6					REFEREE'S SIGNATURE	
7					7						
8					8						

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		3:40 PM		DATE		22/Aug/09	
EVENT		F29 - U15G - (3.25kg) Shot		LGE RECORD		11.86		ATHLETE		Phillipa Roles - Swansea Harriers - 1992					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B	
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B
1	E		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00				
2	W	Manon Edwards	Wrexham AC	8.42	7.72	8.24	8.42	2	0.00	0.00	0.00	8.42	2	A	2
3	A	Naomi Richardson	Aberdare VAAC	4.57	4.56	6.14	6.14	6	0.00	0.00	0.00	6.14	6	A	5
4	G	Olivia Perry	Cwmbran H	5.75	6.23	6.33	6.33	4	0.00	0.00	0.00	6.33	4	A	3
5	F	Danielle Close	Barry & Vale H	5.96	6.31	5.81	6.31	5	0.00	0.00	0.00	6.31	5	A	4
6	B		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00				
7	C	Darcy Wright	Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00				
8	I	Hayley Davies	Bridgend AC	9.52	9.23	8.64	9.52	1	0.00	0.00	0.00	9.52	1	A	1
9	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00				
10	WW		Wrexham AC	0.00	0.00	0.00			0.00	0.00	0.00				
11	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00				
12	GG	Zoe Bradley	Cwmbran H	5.07	0.00	5.15	5.15	7	0.00	0.00	0.00	5.15	7	B	2
13	FF		Barry & Vale H	0.00	0.00	0.00			0.00	0.00	0.00				
14	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00				
15	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00				
16	II	Nicole Davenport	Bridgend AC	7.95	8.10	7.97	8.10	3	0.00	0.00	0.00	8.10	3	B	1

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE		
1	I	Hayley Davies	Bridgend AC	9.52	1	II	Nicole Davenport	Bridgend AC	8.10		
2	W	Manon Edwards	Wrexham AC	8.42	2	GG	Zoe Bradley	Cwmbran H	5.15		
3	G	Olivia Perry	Cwmbran H	6.33	3						
4	F	Danielle Close	Barry & Vale H	6.31	4						
5	A	Naomi Richardson	Aberdare VAAC	6.14	5						
6					6					REFEREE'S SIGNATURE	
7					7						
8					8						

WELSH ATHLETICS DISTANCE CARD

MEETING		PLATE FINAL 2009		VENUE		NEATH		TIME		3:50 PM		DATE		22/Aug/09		
EVENT		F30 - U15B - (1.25kg) Discus		LGE RECORD		42.05		ATHLETE		Matthew Evans - Carmarthen Harriers - 2003						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos after 3	4th Trial	5th Trial	6th Trial	Best of All Metres	Final Pos	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres			A	B	
1	F	Huw Evans	Barry & Vale H	NT	11.93	12.77	12.77	6	0.00	0.00	0.00	12.77	6	A	4	
2	E		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
3	B	James Leuschke	Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
4	C	Johnathan Rees	Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
5	W	Rory Jones	Wrexham AC	20.51	NT	NT	20.51	4	0.00	0.00	0.00	20.51	4	A	3	
6	I		Bridgend AC	0.00	0.00	0.00			0.00	0.00	0.00					
7	G	Shane Jones	Cwmbran H	NT	30.58	NT	30.58	2	0.00	0.00	0.00	30.58	2	A	2	
8	A	Matthew Field	Aberdare VAAC	NT	NT	41.09	41.09	1	0.00	0.00	0.00	41.09	1	A	1	
9	FF	Luke Bowles	Barry & Vale H	NT	NT	9.89	9.89	7	0.00	0.00	0.00	9.89	7	B		3
10	EE		Amman Valley	0.00	0.00	0.00			0.00	0.00	0.00					
11	BB		Brecon AC	0.00	0.00	0.00			0.00	0.00	0.00					
12	CC		Chepstow H	0.00	0.00	0.00			0.00	0.00	0.00					
13	WW	Matthew Rich	Wrexham AC	14.12	16.55	14.87	16.55	5	0.00	0.00	0.00	16.55	5	B		2
14	II		Bridgend AC	0.00	0.00	0.00			0.00	0.00	0.00					
15	GG	Tom Norton	Cwmbran H	28.85	26.46	0.00	28.85	3	0.00	0.00	0.00	28.85	3	B		1
16	AA		Aberdare VAAC	0.00	0.00	0.00			0.00	0.00	0.00					

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Pos	No.	NAME	CLUB	DISTANCE	Pos	No.	NAME	CLUB	DISTANCE			
1	A	Matthew Field	Aberdare VAAC	41.09	1	GG	Tom Norton	Cwmbran H	28.85			
2	G	Shane Jones	Cwmbran H	30.58	2	WW	Matthew Rich	Wrexham AC	16.55			
3	W	Rory Jones	Wrexham AC	20.51	3	FF	Luke Bowles	Barry & Vale H	9.89			
4	F	Huw Evans	Barry & Vale H	12.77	4							
5					5							
6					6							
7					7							
8					8							