

Saturday June 6, 2009

Hereford

Welsh U15 League

East Division

Match 3

12:00 PM Race 1

Record 10.5, Amelia Reynolds, Newport, 2009

| Pos | Bib | 75m U11G | Club | Perf. |
|-----|-----|--------------------|------------------|-------|
| 1 | 600 | Megan Bowen | Rhymney Valley | 12.5 |
| 2 | 744 | Taneshia Sweetland | Cardiff AAC | 12.6 |
| 3 | 403 | Emily James | Newport Harriers | 12.6 |
| 4 | 104 | Holli Jehu | Aberdare VAAC | 13.0 |
| 5 | 402 | Katie Shine | Newport Harriers | 13.3 |
| 6 | 411 | Alana Hardee | Newport Harriers | 13.6 |

12:00 PM Race 2

Record 10.5, Amelia Reynolds, Newport, 2009

| Pos | Bib | 75m U11G | Club | Perf. |
|-----|-----|-------------------|------------------|-------------|
| 1 | 400 | Amelia Reynolds | Newport Harriers | no time rec |
| 2 | 407 | Caitlin Scarfi | Newport Harriers | no time rec |
| 3 | 412 | Amy Little | Newport Harriers | no time rec |
| 4 | 562 | Michaela Williams | Rhondda AC | no time rec |
| 5 | 333 | Cara Bennett | Hereford AC | no time rec |
| 6 | 334 | Ella Morgan | Hereford AC | no time rec |

3:00 PM Race 1

Record 21.6, Amelia Reynolds, Newport, 2009

| Pos | Bib | 150m U11G | Club | Perf. |
|-----|-----|-------------------|------------------|-------|
| 1 | 400 | Amelia Reynolds | Newport Harriers | 21.8 |
| 2 | 407 | Caitlin Scarfi | Newport Harriers | 24.9 |
| 3 | 104 | Holli Jehu | Aberdare VAAC | 26.3 |
| 4 | 402 | Katie Shine | Newport Harriers | 27.2 |
| 5 | 562 | Michaela Williams | Rhondda AC | 27.2 |
| 6 | 335 | Rian Smith | Hereford AC | 29.2 |

3:00 PM Race 2

Record 21.6, Amelia Reynolds, Newport, 2009

| Pos | Bib | 150m U11G | Club | Perf. |
|-----|-----|--------------------|------------------|-------|
| 1 | 200 | Millie Fakande | Cwmbran Harriers | 24.6 |
| 2 | 412 | Amy Little | Newport Harriers | 25.1 |
| 3 | 403 | Emily James | Newport Harriers | 25.2 |
| 4 | 600 | Megan Bowen | Rhymney Valley | 25.5 |
| 5 | 744 | Taneshia Sweetland | Cardiff AAC | 27.3 |
| 6 | 411 | Alana Hardee | Newport Harriers | 27.5 |
| 7 | 743 | Jessica Jones | Cardiff AAC | 27.9 |

1:10 PM Race 1

Record 2.50.9, Emma Lighthart, Newport, 2009

| Pos | Bib | 800m U11G | Club | Perf. |
|-----|-----|------------------|-------------------|--------|
| 1 | 405 | Emma Lighthart | Newport Harriers | 2:57.8 |
| 2 | 336 | Paige williams | Hereford AC | 3:12.8 |
| 3 | 404 | Aimee Wallace | Newport Harriers | 3:14.3 |
| 4 | 104 | Holli Jehu | Aberdare VAAC | 3:14.4 |
| 5 | 401 | Jessica Bradley | Newport Harriers | 3:14.4 |
| 6 | 9 | Polly Summers | Chepstow Harriers | 3:31.0 |
| 7 | 368 | Phoebe Ratcliffe | Hereford AC | 3:34.1 |

4:20 PM

Record 64.3, Team, Newport, 2009

| Pos | Bib | 4 x 100 relay U11G | Club | Perf. |
|-----|-----|--------------------|------------------|-------|
| 1 | 494 | U11 Scoring Team | Newport Harriers | 64.7 |
| 2 | 394 | U11 Scoring Team | Hereford AC | 74.6 |

4:20 PM

Record , , ,

| Pos | Bib | 4 x 100 Guest Relay U11G | Club | Perf. |
|-----|-----|----------------------------|------------------|-------|
| 1 | 495 | U11 Non Scoring Guest Team | Newport Harriers | 73.8 |

12:05 PM Race 1

Record 11.3, Deio Hughes, Cardiff, 2009

New East Division League Record

| Pos | Bib | 75m U11B | Club | Perf. |
|-----|-----|---------------------|-------------------|-------|
| 1 | 415 | Tyrone Tucker Dixon | Newport Harriers | 11.2 |
| 2 | 416 | Alex Cisuelo | Newport Harriers | 11.6 |
| 3 | 337 | Pascal Barsacq | Hereford AC | 11.9 |
| 4 | 223 | Max Sawkins | Cwmbran Harriers | 12.2 |
| 5 | 370 | Tom Griffiths-Rose | Hereford AC | 13.1 |
| 6 | 36 | Robert George | Chepstow Harriers | 13.4 |
| 7 | 32 | Joe Summers | Chepstow Harriers | 13.8 |
| 8 | 340 | Jacob Taylor | Hereford AC | 16.6 |

3:05 PM Race 1

Record 23.8, Pascal Barsaq, Newport, 2009

| Pos | Bib | 150m U11B | Club | Perf. |
|-----|-----|--------------------|------------------|-------|
| 1 | 791 | Deio Hughes | Cardiff AAC | 23.7 |
| 2 | 759 | Zak Martin | Cardiff AAC | 24.7 |
| 3 | 223 | Max Sawkins | Cwmbran Harriers | 24.8 |
| 4 | 789 | Daniel Swabey | Cardiff AAC | 24.9 |
| 5 | 370 | Tom Griffiths-Rose | Hereford AC | 25.8 |
| 6 | 100 | Ewan James | Aberdare VAAC | 26.0 |
| 7 | 607 | Lewis Thomas | Rhymney Valley | 28.7 |

3:05 PM Race 2

Record 23.8, Tyrone Tucker-Dixon, Newport, 2009

New East Division League Record

| Pos | Bib | 150m U11B | Club | Perf. |
|-----|-----|---------------------|-------------------|-------|
| 1 | 415 | Tyrone Tucker Dixon | Newport Harriers | 23.1 |
| 2 | 416 | Alex Cisuelo | Newport Harriers | 23.5 |
| 3 | 31 | Cador Morgan | Chepstow Harriers | 23.8 |
| 4 | 337 | Pascal Barsacq | Hereford AC | 23.8 |
| 5 | 32 | Joe Summers | Chepstow Harriers | 28.8 |
| 6 | 340 | Jacob Taylor | Hereford AC | 35.9 |

1:20 PM Race 1

Record 2.48.3, Tom Clarke, Cardiff, 2009

New East Division League Record

| Pos | Bib | 800m U11B | Club | Perf. |
|-----|-----|----------------|-------------------|--------|
| 1 | 420 | Carwyn Penny | Newport Harriers | 2:43.9 |
| 2 | 419 | Edward O'keefe | Newport Harriers | 2:48.2 |
| 3 | 338 | George Hudson | Hereford AC | 2:49.6 |
| 4 | 100 | Ewan James | Aberdare VAAC | 3:01.3 |
| 5 | 339 | Jacob Price | Hereford AC | 3:15.3 |
| 6 | 36 | Robert George | Chepstow Harriers | 3:20.0 |

4:35 PM

Record , No Record Set, , 2009

| Pos | Bib | 4 x 100 relay U11B | Club | Perf. |
|-----|-----|--------------------|-------------|-------|
| 1 | 394 | U11 Scoring Team | Hereford AC | 68.7 |

3:40 PM

Record 3.25, Amelia Reynolds, Newport, 2009
New East Division League Record

| Pos | Bib | Long Jump U11G | Club | Perf. |
|-----|-----|--------------------|-------------------|-------|
| 1 | 400 | Amelia Reynolds | Newport Harriers | 3.57 |
| 2 | 335 | Rian Smith | Hereford AC | 3.05 |
| 3 | 403 | Emily James | Newport Harriers | 2.86 |
| 4 | 404 | Aimee Wallace | Newport Harriers | 2.75 |
| 5 | 744 | Taneshia Sweetland | Cardiff AAC | 2.74 |
| 6 | 333 | Cara Bennett | Hereford AC | 2.63 |
| 7 | 405 | Emma Lighthart | Newport Harriers | 2.57 |
| 8 | 401 | Jessica Bradley | Newport Harriers | 2.46 |
| 9 | 336 | Paige williams | Hereford AC | 2.43 |
| 10 | 9 | Polly Summers | Chepstow Harriers | 2.38 |
| 11 | 334 | Ella Morgan | Hereford AC | 2.37 |

1:10 PM

Record 5.39, Caitlin Scarfi, Newport, 2009

| Pos | Bib | (2.0kg) Shot U11G | Club | Perf. |
|-----|-----|-------------------|------------------|-------|
| 1 | 200 | Millie Fakande | Cwmbran Harriers | 5.22 |
| 2 | 407 | Caitlin Scarfi | Newport Harriers | 4.70 |
| 3 | 402 | Katie Shine | Newport Harriers | 3.77 |
| 4 | 333 | Cara Bennett | Hereford AC | 3.66 |
| 5 | 334 | Ella Morgan | Hereford AC | 3.48 |
| 6 | 743 | Jessica Jones | Cardiff AAC | 3.28 |
| 7 | 368 | Phoebe Ratcliffe | Hereford AC | 3.22 |

2:50 PM

Record 10.79, Hannah Goad, Hereford, 2009
New East Division League Record

| Pos | Bib | (300g) Javelin U11G | Club | Perf. |
|-----|-----|---------------------|-------------------|-------|
| 1 | 200 | Millie Fakande | Cwmbran Harriers | 12.74 |
| 2 | 335 | Rian Smith | Hereford AC | 11.64 |
| 3 | 404 | Aimee Wallace | Newport Harriers | 8.97 |
| 4 | 405 | Emma Lighthart | Newport Harriers | 8.27 |
| 5 | 401 | Jessica Bradley | Newport Harriers | 7.85 |
| 6 | 336 | Paige williams | Hereford AC | 7.26 |
| 7 | 9 | Polly Summers | Chepstow Harriers | 6.59 |
| 8 | 411 | Alana Hardee | Newport Harriers | 5.67 |
| 9 | 743 | Jessica Jones | Cardiff AAC | 4.22 |

12:20 PM

Record 3.59, Deio Hughes, Cardiff, 2009

New East Division League Record

| Pos | Bib | Long Jump U11B | Club | Perf. |
|-----|-----|--------------------|-------------------|-------|
| 1 | 420 | Carwyn Penny | Newport Harriers | 3.84 |
| 2 | 338 | George Hudson | Hereford AC | 3.48 |
| 3 | 791 | Deio Hughes | Cardiff AAC | 3.39 |
| 4 | 31 | Cador Morgan | Chepstow Harriers | 3.28 |
| 5 | 789 | Daniel Swabey | Cardiff AAC | 3.22 |
| 6 | 339 | Jacob Price | Hereford AC | 3.03 |
| 7 | 100 | Ewan James | Aberdare VAAC | 2.93 |
| 8 | 370 | Tom Griffiths-Rose | Hereford AC | 2.74 |
| 9 | 36 | Robert George | Chepstow Harriers | 2.48 |
| 10 | 32 | Joe Summers | Chepstow Harriers | 2.48 |
| 11 | 418 | Dylan Hill Howells | Newport Harriers | 2.43 |
| 12 | 346 | Charlie green | Hereford AC | 1.96 |

2:00 PM

Record 5.66, Deio Hughes, Cardiff, 2009

| Pos | Bib | (2.72kg) Shot U11B | Club | Perf. |
|-----|-----|--------------------|------------------|-------|
| 1 | 339 | Jacob Price | Hereford AC | 4.56 |
| 2 | 338 | George Hudson | Hereford AC | 4.00 |
| 3 | 418 | Dylan Hill Howells | Newport Harriers | 3.78 |

3:40 PM

Record 14.45, Pasqual Barsaq, Hereford, 2009

New East Division League Record

| Pos | Bib | (300g) Javelin U11B | Club | Perf. |
|-----|-----|---------------------|------------------|-------|
| 1 | 337 | Pascal Barsacq | Hereford AC | 22.08 |
| 2 | 789 | Daniel Swabey | Cardiff AAC | 13.42 |
| 3 | 791 | Deio Hughes | Cardiff AAC | 12.91 |
| 4 | 415 | Tyrone Tucker Dixon | Newport Harriers | 12.52 |
| 5 | 416 | Alex Cisuelo | Newport Harriers | 11.13 |
| 6 | 418 | Dylan Hill Howells | Newport Harriers | 9.34 |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 3:40 PM | | DATE | | 06/Jun/09 | |
|--------------|------|----------------------------|-------------------|-----------|-----------|-----------|----------------|-------------------------|-----------|--------------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F27 - Long Jump - U11G | | RECORD | | 3.25 | | ATHLETE | | Amelia Reynolds - Newport 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | | Metres |
| 1 | 744 | Taneshia Sweetland | Cardiff AAC | NJ | 2.74 | 2.53 | 2.74 | 5 | | | | 2.74 | 5 | | |
| 2 | 400 | Amelia Reynolds | Newport Harriers | 3.46 | 3.37 | 3.57 | 3.57 | 1 | | | | 3.57 | 1 | | |
| 3 | 401 | Jessica Bradley | Newport Harriers | 2.17 | 2.45 | 2.46 | 2.46 | 8 | | | | 2.46 | 8 | | |
| 4 | 405 | Emma Lighthart | Newport Harriers | 2.31 | 2.57 | 2.24 | 2.57 | 7 | | | | 2.57 | 7 | | |
| 5 | 336 | Paige williams | Hereford AC | 2.43 | 2.15 | 2.24 | 2.43 | 9 | | | | 2.43 | 9 | | |
| 6 | 335 | Rian Smith | Hereford AC | 2.86 | 2.75 | 3.05 | 3.05 | 2 | | | | 3.05 | 2 | | |
| 7 | 334 | Ella Morgan | Hereford AC | NJ | 2.37 | 2.27 | 2.37 | 11 | | | | 2.37 | 11 | | |
| 8 | 333 | Cara Bennett | Hereford AC | 2.24 | 2.63 | 2.62 | 2.63 | 6 | | | | 2.63 | 6 | | |
| 9 | 9 | Polly Summers | Chepstow Harriers | 2.33 | 2.36 | 2.38 | 2.38 | 10 | | | | 2.38 | 10 | | |
| 10 | 403 | Emily James | Newport Harriers | 2.68 | 2.86 | 2.82 | 2.86 | 3 | | | | 2.86 | 3 | | |
| 11 | 404 | Aimee Wallace | Newport Harriers | 2.75 | 2.55 | 2.72 | 2.75 | 4 | | | | 2.75 | 4 | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| No. | NAME | CLUB | DISTANCE | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | | | |
| 1 | 400 | Amelia Reynolds | Newport Harriers | 3.57 | 9 | 336 | Paige williams | Hereford AC | 2.43 | | | | | | |
| 2 | 335 | Rian Smith | Hereford AC | 3.05 | 10 | 9 | Polly Summers | Chepstow Harriers | 2.38 | | | | | | |
| 3 | 403 | Emily James | Newport Harriers | 2.86 | 11 | 334 | Ella Morgan | Hereford AC | 2.37 | | | | | | |
| 4 | 404 | Aimee Wallace | Newport Harriers | 2.75 | 12 | | | | | | | | | | |
| 5 | 744 | Taneshia Sweetland | Cardiff AAC | 2.74 | 13 | | | | | | | | | | |
| 6 | 333 | Cara Bennett | Hereford AC | 2.63 | 14 | | | | | | | | | | |
| 7 | 405 | Emma Lighthart | Newport Harriers | 2.57 | 15 | | | | | | | | | | |
| 8 | 401 | Jessica Bradley | Newport Harriers | 2.46 | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 1:10 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|----------------------------|------------------|-----------|-----------|-----------|-----------|-------------------------|-----------|-------------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F15 - (2.0kg) Shot - U11G | | RECORD | | 5.39 | | ATHLETE | | Caitlin Scarfi - Newport 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | | Metres |
| 1 | 333 | Cara Bennett | Hereford AC | 3.07 | 3.66 | 2.89 | 3.66 | 4 | | | | 3.66 | 4 | | |
| 2 | 334 | Ella Morgan | Hereford AC | 3.40 | 3.48 | 2.87 | 3.48 | 5 | | | | 3.48 | 5 | | |
| 3 | 407 | Caitlin Scarfi | Newport Harriers | 4.56 | 4.37 | 4.70 | 4.70 | 2 | | | | 4.70 | 2 | | |
| 4 | 743 | Jessica Jones | Cardiff AAC | 3.00 | 3.28 | 2.62 | 3.28 | 6 | | | | 3.28 | 6 | | |
| 5 | 402 | Katie Shine | Newport Harriers | 3.08 | 3.77 | 3.31 | 3.77 | 3 | | | | 3.77 | 3 | | |
| 6 | 200 | Millie Fakande | Cwmbran Harriers | 5.22 | NT | 3.98 | 5.22 | 1 | | | | 5.22 | 1 | | |
| 7 | 368 | Phoebe Ratcliffe | Hereford AC | 0.00 | 3.22 | 3.07 | 3.22 | 7 | | | | 3.22 | 7 | | |
| 8 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 9 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| No. | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 200 | Millie Fakande | Cwmbran Harriers | 5.22 | 9 | | | | | | | | | | |
| 2 | 407 | Caitlin Scarfi | Newport Harriers | 4.70 | 10 | | | | | | | | | | |
| 3 | 402 | Katie Shine | Newport Harriers | 3.77 | 11 | | | | | | | | | | |
| 4 | 333 | Cara Bennett | Hereford AC | 3.66 | 12 | | | | | | | | | | |
| 5 | 334 | Ella Morgan | Hereford AC | 3.48 | 13 | | | | | | | | | | |
| 6 | 743 | Jessica Jones | Cardiff AAC | 3.28 | 14 | | | | | | | | | | |
| 7 | 368 | Phoebe Ratcliffe | Hereford AC | 3.22 | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 2:50 PM | | DATE | | 06/Jun/09 | |
|----------------------|-----|-----------------------------|-------------------|-----------|-----------|-----------|---------------|-------------------------|-----------|-----------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F22 - (300g) Javelin - U11G | | RECORD | | 10.79 | | ATHLETE | | Hannah Goad - Hereford 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | | Metres |
| 1 | 335 | Rian Smith | Hereford AC | 8.63 | 7.88 | 11.64 | 11.64 | 2 | / | / | / | 11.64 | 2 | | |
| 2 | 336 | Paige williams | Hereford AC | 7.26 | 6.69 | 7.12 | 7.26 | 6 | / | / | / | 7.26 | 6 | | |
| 3 | 743 | Jessica Jones | Cardiff AAC | 2.69 | 4.22 | 0.00 | 4.22 | 9 | / | / | / | 4.22 | 9 | | |
| 4 | 405 | Emma Lighthart | Newport Harriers | 8.27 | 6.33 | 7.61 | 8.27 | 4 | / | / | / | 8.27 | 4 | | |
| 5 | 9 | Polly Summers | Chepstow Harriers | 3.84 | 4.15 | 6.59 | 6.59 | 7 | / | / | / | 6.59 | 7 | | |
| 6 | 404 | Aimee Wallace | Newport Harriers | 6.00 | 8.03 | 8.97 | 8.97 | 3 | / | / | / | 8.97 | 3 | | |
| 7 | 411 | Alana Hardee | Newport Harriers | 4.94 | 5.63 | 5.67 | 5.67 | 8 | / | / | / | 5.67 | 8 | | |
| 8 | 401 | Jessica Bradley | Newport Harriers | 7.85 | 6.72 | 6.79 | 7.85 | 5 | / | / | / | 7.85 | 5 | | |
| 9 | 200 | Millie Fakande | Cwmbran Harriers | 12.74 | 10.93 | 11.39 | 12.74 | 1 | / | / | / | 12.74 | 1 | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | | | | | | |
| 1 | 200 | Millie Fakande | Cwmbran Harriers | 12.74 | 9 | 743 | Jessica Jones | Cardiff AAC | 4.22 | | | | | | |
| 2 | 335 | Rian Smith | Hereford AC | 11.64 | 10 | | | | | | | | | | |
| 3 | 404 | Aimee Wallace | Newport Harriers | 8.97 | 11 | | | | | | | | | | |
| 4 | 405 | Emma Lighthart | Newport Harriers | 8.27 | 12 | | | | | | | | | | |
| 5 | 401 | Jessica Bradley | Newport Harriers | 7.85 | 13 | | | | | | | | | | |
| 6 | 336 | Paige williams | Hereford AC | 7.26 | 14 | | | | | | | | | | |
| 7 | 9 | Polly Summers | Chepstow Harriers | 6.59 | 15 | | | | | | | | | | |
| 8 | 411 | Alana Hardee | Newport Harriers | 5.67 | 16 | | | | | | | | | | |
| OFFICIALS SIGNATURES | | | | | | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 12:20 PM | | DATE | | 06/Jun/09 | |
|--------------|------|----------------------------|-------------------|-----------|-----------|-----------|--------------------|-------------------------|-----------|----------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F9 - Long Jump - U11B | | RECORD | | 3.59 | | ATHLETE | | Deio Hughes - Cardiff 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | | Metres |
| 1 | 339 | Jacob Price | Hereford AC | 3.03 | 2.88 | 2.87 | 3.03 | 6 | | | | 3.03 | 6 | | |
| 2 | 420 | Carwyn Penny | Newport Harriers | 3.65 | 3.75 | 3.84 | 3.84 | 1 | | | | 3.84 | 1 | | |
| 3 | 791 | Deio Hughes | Cardiff AAC | 3.39 | NJ | 3.25 | 3.39 | 3 | | | | 3.39 | 3 | | |
| 4 | 759 | Zak Martin | Cardiff AAC | NJ | NJ | NJ | | | | | | | | | |
| 5 | 31 | Cador Morgan | Chepstow Harriers | NJ | 3.28 | 2.99 | 3.28 | 4 | | | | 3.28 | 4 | | |
| 6 | 338 | George Hudson | Hereford AC | 3.48 | 3.28 | 3.28 | 3.48 | 2 | | | | 3.48 | 2 | | |
| 7 | 100 | Ewan James | Aberdare VAAC | NJ | 2.93 | 2.47 | 2.93 | 7 | | | | 2.93 | 7 | | |
| 8 | 418 | Dylan Hill Howells | Newport Harriers | 2.43 | NJ | 1.08 | 2.43 | 11 | | | | 2.43 | 11 | | |
| 9 | 789 | Daniel Swabey | Cardiff AAC | 3.22 | 3.12 | 2.25 | 3.22 | 5 | | | | 3.22 | 5 | | |
| 10 | 346 | Charlie green | Hereford AC | 1.96 | 1.32 | 1.60 | 1.96 | 12 | | | | 1.96 | 12 | | |
| 11 | 36 | Robert George | Chepstow Harriers | 2.48 | 1.89 | NJ | 2.48 | 9 | | | | 2.48 | 9 | | |
| 12 | 370 | Tom Griffiths-Rose | Hereford AC | 2.62 | 2.74 | 2.74 | 2.74 | 8 | | | | 2.74 | 8 | | |
| 13 | 32 | Joe Summers | Chepstow Harriers | 2.48 | NJ | NJ | 2.48 | 10 | | | | 2.48 | 10 | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| No. | NAME | CLUB | DISTANCE | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | | | |
| 1 | 420 | Carwyn Penny | Newport Harriers | 3.84 | 9 | 36 | Robert George | Chepstow Harriers | 2.48 | | | | | | |
| 2 | 338 | George Hudson | Hereford AC | 3.48 | 10 | 32 | Joe Summers | Chepstow Harriers | 2.48 | | | | | | |
| 3 | 791 | Deio Hughes | Cardiff AAC | 3.39 | 11 | 418 | Dylan Hill Howells | Newport Harriers | 2.43 | | | | | | |
| 4 | 31 | Cador Morgan | Chepstow Harriers | 3.28 | 12 | 346 | Charlie green | Hereford AC | 1.96 | | | | | | |
| 5 | 789 | Daniel Swabey | Cardiff AAC | 3.22 | 13 | | | | | | | | | | |
| 6 | 339 | Jacob Price | Hereford AC | 3.03 | 14 | | | | | | | | | | |
| 7 | 100 | Ewan James | Aberdare VAAC | 2.93 | 15 | | | | | | | | | | |
| 8 | 370 | Tom Griffiths-Rose | Hereford AC | 2.74 | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 2:00 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|----------------------------|------------------|-----------|-----------|-----------|-----------|-------------------------|-----------|----------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F19 - (2.72kg) Shot - U11B | | RECORD | | 5.66 | | ATHLETE | | Deio Hughes - Cardiff 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | | Metres |
| 1 | 418 | Dylan Hill Howells | Newport Harriers | 3.46 | 3.78 | 3.75 | 3.78 | 3 | / | / | / | 3.78 | 3 | | |
| 2 | 339 | Jacob Price | Hereford AC | 4.05 | 4.56 | 4.13 | 4.56 | 1 | / | / | / | 4.56 | 1 | | |
| 3 | 338 | George Hudson | Hereford AC | 4.00 | 3.95 | 3.79 | 4.00 | 2 | / | / | / | 4.00 | 2 | | |
| 4 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 5 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 6 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 7 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 8 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 9 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 339 | Jacob Price | Hereford AC | 4.56 | 9 | | | | | | | | | | |
| 2 | 338 | George Hudson | Hereford AC | 4.00 | 10 | | | | | | | | | | |
| 3 | 418 | Dylan Hill Howells | Newport Harriers | 3.78 | 11 | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 3:40 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|-----------------------------|------------------|-----------|-----------|-----------|-----------|-------------------------|-----------|--------------------------------|-----------|-------------|-----------------|-----------|--|
| EVENT | | F28 - (300g) Javelin - U11B | | RECORD | | 14.45 | | ATHLETE | | Pasqual Barsaq - Hereford 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | | |
| 1 | 337 | Pascal Barsacq | Hereford AC | 14.78 | 22.08 | 14.55 | 22.08 | 1 | / | / | / | 22.08 | 1 | | |
| 2 | 416 | Alex Cisuelo | Newport Harriers | 7.89 | 11.13 | 9.55 | 11.13 | 5 | / | / | / | 11.13 | 5 | | |
| 3 | 791 | Deio Hughes | Cardiff AAC | 12.01 | 12.91 | 10.23 | 12.91 | 3 | / | / | / | 12.91 | 3 | | |
| 4 | 789 | Daniel Swabey | Cardiff AAC | 12.01 | 12.60 | 13.42 | 13.42 | 2 | / | / | / | 13.42 | 2 | | |
| 5 | 415 | Tyrone Tucker Dixon | Newport Harriers | 8.09 | 10.83 | 12.52 | 12.52 | 4 | / | / | / | 12.52 | 4 | | |
| 6 | 418 | Dylan Hill Howells | Newport Harriers | 9.34 | 8.69 | 8.76 | 9.34 | 6 | / | / | / | 9.34 | 6 | | |
| 7 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 8 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 9 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 337 | Pascal Barsacq | Hereford AC | 22.08 | 9 | | | | | | | | | | |
| 2 | 789 | Daniel Swabey | Cardiff AAC | 13.42 | 10 | | | | | | | | | | |
| 3 | 791 | Deio Hughes | Cardiff AAC | 12.91 | 11 | | | | | | | | | | |
| 4 | 415 | Tyrone Tucker Dixon | Newport Harriers | 12.52 | 12 | | | | | | | | | | |
| 5 | 416 | Alex Cisuelo | Newport Harriers | 11.13 | 13 | | | | | | | | | | |
| 6 | 418 | Dylan Hill Howells | Newport Harriers | 9.34 | 14 | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

12:15 PM Race 1

Record 13.6, Katie-Jane Priest, Newport, 2009

| Pos | Bib | 100m U13G | Club | Perf. | WS | AW | Grade |
|-----|-----|-----------------|------------------|-------|----|----|-------|
| 1 | 115 | Brenna Price | Aberdare VAAC | 14.7 | | * | G4 |
| 2 | 732 | Megan Williams | Cardiff AAC | 14.7 | | * | G4 |
| 3 | 224 | Jodie Beynon | Cwmbran Harriers | 14.7 | | * | G4 |
| 4 | 739 | Rhian Ellis | Cardiff AAC | 15.5 | | | |
| 5 | 431 | Danielle Morgan | Newport Harriers | 16.2 | | | |
| 6 | 735 | Nia Bodilly | Cardiff AAC | 16.7 | | | |

12:15 PM Race 2

Record 13.6, Katie-Jane Priest, Newport, 2009

| Pos | Bib | 100m U13G | Club | Perf. | WS | AW | Grade |
|-----|-----|-------------------|------------------|-------|----|----|-------|
| 1 | 439 | Katie-Jane Priest | Newport Harriers | 14.0 | | * | G3 |
| 2 | 728 | Ffion Collins | Cardiff AAC | 14.8 | | * | |
| 3 | 114 | Jesscia Lambert | Aberdare VAAC | 15.2 | | | |
| 4 | 111 | Kaysha Hughes | Aberdare VAAC | 15.5 | | | |
| 5 | 723 | Alice Brennan | Cardiff AAC | 15.6 | | | |
| 6 | 116 | Sophia Ali | Aberdare VAAC | 16.3 | | | |
| 7 | 213 | Elin Adams | Cwmbran Harriers | 16.5 | | | |
| 8 | 737 | Toni-Marie Payne | Cardiff AAC | 18.50 | | | |

3:30 PM Race 1

Record 29.1, Katie-Jane Priest, Newport, 2009

| Pos | Bib | 200m U13G | Club | Perf. | WS | AW | Grade |
|-----|-----|--------------------|------------------|-------|----|----|-------|
| 1 | 442 | Emma Hennessy | Newport Harriers | 30.2 | | * | G4 |
| 2 | 224 | Jodie Beynon | Cwmbran Harriers | 31.5 | | * | |
| 3 | 732 | Megan Williams | Cardiff AAC | 32.4 | | | |
| 4 | 728 | Ffion Collins | Cardiff AAC | 32.7 | | | |
| 5 | 114 | Jesscia Lambert | Aberdare VAAC | 33.2 | | | |
| 6 | 724 | Bethan Trigg | Cardiff AAC | 33.2 | | | |
| 7 | 444 | Charmaine Sinclair | Newport Harriers | 33.7 | | | |

3:30 PM Race 2

Record 29.1, Katie-Jane Priest, Newport, 2009

| Pos | Bib | 200m U13G | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------------|------------------|-------|----|----|-------|
| 1 | 439 | Katie-Jane Priest | Newport Harriers | 30.2 | | * | G4 |
| 2 | 115 | Brenna Price | Aberdare VAAC | 31.8 | | | |
| 3 | 440 | Katy Hunt | Newport Harriers | 32.6 | | | |
| 4 | 211 | Jamila Masawi-Morgan | Cwmbran Harriers | 34.5 | | | |
| 5 | 727 | Crystal Phillipou | Cardiff AAC | 34.7 | | | |
| 6 | 344 | Ffern Lovel | Hereford AC | 35.7 | | | |
| 7 | 722 | Abigail Walker | Cardiff AAC | 36.7 | | | |
| 8 | 725 | Carrigan Gristock | Cardiff AAC | 38.4 | | | |

1:40 PM Race 1

Record 2.39.8, Chelsie Harris, Cwmbran, 2009

| Pos | Bib | 800m U13G | Club | Perf. | WS | AW | Grade |
|-----|-----|--------------------|------------------|--------|----|----|-------|
| 1 | 442 | Emma Hennessy | Newport Harriers | 2:47.0 | | | |
| 2 | 440 | Katy Hunt | Newport Harriers | 2:52.0 | | | |
| 3 | 444 | Charmaine Sinclair | Newport Harriers | 2:53.0 | | | |
| 4 | 733 | Morgan Cutlan | Cardiff AAC | 3:05.8 | | | |
| 5 | 343 | Katie Harmen | Hereford AC | 3:06.1 | | | |
| 6 | 342 | Iona prosser | Hereford AC | 3:10.2 | | | |
| 7 | 344 | Ffern Lovel | Hereford AC | 3:23.3 | | | |
| 8 | 731 | Matilda Matthews | Cardiff AAC | 3:34.1 | | | |

4:10 PM

Record 5.34.46, Chelsie Harris, Cwmbran, 2009

| Pos | Bib | 1500m U13G | Club | Perf. | WS | AW | Grade |
|-----|-----|-----------------|------------------|--------|----|----|-------|
| 1 | 729 | Kate Seary | Cardiff AAC | 6:11.5 | | | |
| 2 | 212 | Hannah Grey | Cwmbran Harriers | 6:38.0 | | | |
| 3 | 345 | Charlotte jones | Hereford AC | 6:57.9 | | | |
| 4 | 726 | Carys Dawe | Cardiff AAC | 7:27.4 | | | |

2:40 PM Race 1

Record 13.0, Bethan Trigg, Cardiff, 2009

New East Division League Record

| Pos | Bib | 70m Hurdles U13G | Club | Perf. | WS | AW | Grade |
|-----|-----|-------------------|------------------|-------|----|----|-------|
| 1 | 724 | Bethan Trigg | Cardiff AAC | 12.9 | | * | G3 |
| 2 | 728 | Ffion Collins | Cardiff AAC | 13.6 | | * | G4 |
| 3 | 114 | Jesscia Lambert | Aberdare VAAC | 14.6 | | | |
| 4 | 730 | Lucy Maton | Cardiff AAC | 15.5 | | | |
| 5 | 739 | Rhian Ellis | Cardiff AAC | 15.7 | | | |
| 6 | 214 | Emma Norton | Cwmbran Harriers | 16.3 | | | |
| 7 | 731 | Matilda Matthews | Cardiff AAC | 17.5 | | | |
| 8 | 727 | Crystal Phillipou | Cardiff AAC | 20.4 | | | |

4:25 PM

Record 59.6, Team, Newport, 2009

| Pos | Bib | 4 x 100 relay U13G | Club | Perf. | WS | AW | Grade |
|-----|-----|--------------------|------------------|-------|----|----|-------|
| 1 | 496 | U13 Scoring Team | Newport Harriers | 60.5 | | | |
| 2 | 196 | U13 Scoring Team | Aberdare VAAC | 61.6 | | | |
| 3 | 796 | U13 Scoring Team | Cardiff AAC | 62.5 | | | |
| 4 | 396 | U13 Scoring Team | Hereford AC | 68.4 | | | |

4:25 PM

Record , , ,

| Pos | Bib | 4 x 100 Guest Relay U13G | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------------------|-------------|-------|----|----|-------|
| 1 | 797 | U13 Non Scoring Guest Team | Cardiff AAC | 64.9 | | | |

12:20 PM Race 1

Record 13.7, James Scarfi, Newport, 2009

| Pos | Bib | 100m U13B | Club | Perf. | WS | AW | Grade |
|-----|-----|---------------|-------------------|-------|----|----|-------|
| 1 | 201 | James Scarfi | Cwmbran Harriers | 13.8 | | * | |
| 2 | 449 | Ryan Morgan | Newport Harriers | 13.8 | | * | |
| 3 | 764 | Tom Johnson | Cardiff AAC | 14.8 | | | |
| 4 | 757 | Oliver Hunt | Cardiff AAC | 15.1 | | | |
| 5 | 16 | Manni Kempton | Chepstow Harriers | 16.3 | | | |
| 6 | 352 | Sinon Chapman | Hereford AC | 16.7 | | | |
| 7 | 208 | Owen Murphy | Cwmbran Harriers | 17.4 | | | |
| 8 | 110 | Sam Williams | Aberdare VAAC | 17.5 | | | |

12:20 PM Race 2

Record 13.7, James Scarfi, Newport, 2009

| Pos | Bib | 100m U13B | Club | Perf. | WS | AW | Grade |
|-----|-----|--------------|-------------------|-------|----|----|-------|
| 1 | 108 | Harry Evans | Aberdare VAAC | 14.3 | | | |
| 2 | 203 | Tom Brookes | Cwmbran Harriers | 14.9 | | | |
| 3 | 202 | Tom Parry | Cwmbran Harriers | 15.0 | | | |
| 4 | 349 | George Jones | Hereford AC | 15.3 | | | |
| 5 | 15 | Jack Prince | Chepstow Harriers | 15.8 | | | |
| 6 | 761 | Tomas Ellis | Cardiff AAC | 16.0 | | | |
| 7 | 109 | Owen Zalar | Aberdare VAAC | 16.4 | | | |
| 8 | 18 | Will George | Chepstow Harriers | 16.6 | | | |

12:20 PM Race 3

Record 13.7, James Scarfi, Newport, 2009

| Pos | Bib | 100m U13B | Club | Perf. | WS | AW | Grade |
|-----|-----|--------------------|-------------------|-------|----|----|-------|
| 1 | 756 | Connor Martin | Cardiff AAC | 14.1 | | * | G4 |
| 2 | 369 | Jonathon Gretch | Hereford AC | 15.0 | | | |
| 3 | 206 | Cameron Greenslade | Cwmbran Harriers | 15.7 | | | |
| 4 | 347 | Sebastain fry | Hereford AC | 16.2 | | | |
| 5 | 125 | Alex Price | Aberdare VAAC | 16.3 | | | |
| 6 | 205 | Morgan Parry | Cwmbran Harriers | 16.7 | | | |
| 7 | 30 | Adam Keeble | Chepstow Harriers | 17.0 | | | |

3:20 PM Race 1

Record 28.7, James Scarfi, Cwmbran, 2009

| Pos | Bib | 200m U13B | Club | Perf. | WS | AW | Grade |
|-----|-----|-----------------|-------------------|-------|----|----|-------|
| 1 | 201 | James Scarfi | Cwmbran Harriers | 28.9 | | * | G4 |
| 2 | 108 | Harry Evans | Aberdare VAAC | 29.9 | | | |
| 3 | 768 | Luke Harry | Cardiff AAC | 30.4 | | | |
| 4 | 601 | Jason Deere | Rhymney Valley | 31.9 | | | |
| 5 | 369 | Jonathon Gretch | Hereford AC | 32.2 | | | |
| 6 | 205 | Morgan Parry | Cwmbran Harriers | 33.3 | | | |
| 7 | 202 | Tom Parry | Cwmbran Harriers | 34.1 | | | |
| 8 | 16 | Manni Kempton | Chepstow Harriers | 35.8 | | | |

3:20 PM Race 2

Record 28.7, James Scarfi, Cwmbran, 2009

| Pos | Bib | 200m U13B | Club | Perf. | WS | AW | Grade |
|-----|-----|---------------|------------------|-------|----|----|-------|
| 1 | 203 | Tom Brookes | Cwmbran Harriers | 31.3 | | | |
| 2 | 207 | Alex McDowell | Cwmbran Harriers | 31.7 | | | |

| | | | | |
|---|-----|--------------------|-------------------|------|
| 3 | 455 | Luke Gill | Newport Harriers | 32.2 |
| 4 | 349 | George Jones | Hereford AC | 32.7 |
| 5 | 206 | Cameron Greenslade | Cwmbran Harriers | 33.0 |
| 6 | 709 | Joshua Couper | Cardiff AAC | 33.5 |
| 7 | 18 | Will George | Chepstow Harriers | 36.2 |

1:50 PM Race 1

Record 2.43.0, Tom Johnson, Cardiff, 2009

New East Division League Record

| Pos | Bib | 800m U13B | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------------|------------------|--------|----|----|-------|
| 1 | 454 | Liam Bradley | Newport Harriers | 2:33.4 | | * | G4 |
| 2 | 455 | Luke Gill | Newport Harriers | 2:37.5 | | * | |
| 3 | 207 | Alex McDowell | Cwmbran Harriers | 2:40.5 | | | |
| 4 | 463 | Nathan Scarfi | Newport Harriers | 2:46.2 | | | |
| 5 | 773 | Ciaran Lewis | Cardiff AAC | 2:48.6 | | | |
| 6 | 107 | Jamie Hargreaves | Aberdare VAAC | 2:50.4 | | | |
| 7 | 457 | Jamie Hughes | Newport Harriers | 2:51.2 | | | |
| 8 | 209 | Felix Lindsell-Hales | Cwmbran Harriers | 2:56.1 | | | |
| 9 | 352 | Sinon Chapman | Hereford AC | 2:56.5 | | | |
| 10 | 601 | Jason Deere | Rhymney Valley | 3:01.0 | | | |
| 11 | 125 | Alex Price | Aberdare VAAC | 3:05.8 | | | |
| 12 | 771 | Sam Maybank | Cardiff AAC | 3:23.7 | | | |

4:00 PM

Record 4.57.7, Rhys Norris, Newport, 2009

| Pos | Bib | 1500m U13B | Club | Perf. | WS | AW | Grade |
|-----|-----|-----------------|-------------|--------|----|----|-------|
| 1 | 767 | Joe Macphearson | Cardiff AAC | 5:33.7 | | | |
| 2 | 760 | Kieran Harris | Cardiff AAC | 5:49.8 | | | |

11:45 AM Race 1

Record 9.26.0, Iona Prosser, Hereford, 2009

New East Division League Record

| Pos | Bib | 1000m walk U13G | Club | Perf. | WS | AW | Grade |
|-----|-----|-----------------|-------------|---------|----|----|-------|
| 1 | 342 | Iona prosser | Hereford AC | 9:14.50 | | | |
| 2 | 357 | Olivia Mills | Hereford AC | 9:16.30 | | | |

2:10 PM Race 1

Record 13.9, Kyle Arnold, Newport, 2009

| Pos | Bib | 75m Hurdles U13B | Club | Perf. | WS | AW | Grade |
|-----|-----|------------------|-------------------|-------|----|----|-------|
| 1 | 430 | Kyle Arnold | Newport Harriers | 15.2 | | * | G4 |
| 2 | 15 | Jack Prince | Chepstow Harriers | 16.4 | | | |
| 3 | 757 | Oliver Hunt | Cardiff AAC | 17.0 | | | |
| 4 | 204 | James Croke | Cwmbran Harriers | 18.3 | | | |

4:40 PM

Record 58.8, Team, Newport, 2009

Equal Record

| Pos | Bib | 4 x 100 relay U13B | Club | Perf. | WS | AW | Grade |
|-----|-----|--------------------|------------------|-------|----|----|-------|
| 1 | 496 | U13 Scoring Team | Newport Harriers | 58.8 | | | |
| 2 | 296 | U13 Scoring Team | Cwmbran Harriers | 61.2 | | | |
| 3 | 796 | U13 Scoring Team | Cardiff AAC | 62.8 | | | |
| 4 | 396 | U13 Scoring Team | Hereford AC | 63.8 | | | |
| 5 | 196 | U13 Scoring Team | Aberdare VAAC | 65.4 | | | |

3:30 PM

Record

1.30, Kate Seary / Lucy Maton, Cardiff, 2009

New East Division League Record

| Pos | Bib | High Jump U13G | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------|-------------|-------|----|----|-------|
| 1 | 730 | Lucy Maton | Cardiff AAC | 1.32 | | * | G3 |
| 2 | 729 | Kate Seary | Cardiff AAC | 1.25 | | * | G4 |
| 3 | 739 | Rhian Ellis | Cardiff AAC | 1.20 | | * | G4 |
| 4 | 723 | Alice Brennan | Cardiff AAC | 1.15 | | | |
| 5 | 738 | Mary Ware | Cardiff AAC | 1.10 | | | |

1:10 PM

Record

3.71, Jodie Beynon, Cwmbran, 2009

New East Division League Record

| Pos | Bib | Long Jump U13G | Club | Perf. | WS | AW | Grade |
|-----|-----|-------------------|------------------|-------|----|----|-------|
| 1 | 115 | Brenna Price | Aberdare VAAC | 3.86 | | * | G4 |
| 2 | 442 | Emma Hennessy | Newport Harriers | 3.68 | | | |
| 3 | 224 | Jodie Beynon | Cwmbran Harriers | 3.65 | | | |
| 4 | 400 | Amelia Reynolds | Newport Harriers | 3.57 | | | |
| 5 | 111 | Kaysha Hughes | Aberdare VAAC | 3.37 | | | |
| 6 | 724 | Bethan Trigg | Cardiff AAC | 3.31 | | | |
| 7 | 440 | Katy Hunt | Newport Harriers | 3.28 | | | |
| 8 | 725 | Carrigan Gristock | Cardiff AAC | 3.23 | | | |
| 9 | 723 | Alice Brennan | Cardiff AAC | 3.17 | | | |
| 10 | 431 | Danielle Morgan | Newport Harriers | 3.16 | | | |
| 11 | 335 | Rian Smith | Hereford AC | 3.05 | | | |
| 12 | 344 | Ffern Lovel | Hereford AC | 3.04 | | | |
| 13 | 735 | Nia Bodilly | Cardiff AAC | 2.96 | | | |
| 14 | 403 | Emily James | Newport Harriers | 2.86 | | | |
| 15 | 726 | Carys Dawe | Cardiff AAC | 2.78 | | | |
| 16 | 404 | Aimee Wallace | Newport Harriers | 2.75 | | | |

11:30 AM

Record

7.16, Jess Williams, Hereford, 2009

| Pos | Bib | (2.72kg) Shot U13G | Club | Perf. | WS | AW | Grade |
|-----|-----|--------------------|-------------|-------|----|----|-------|
| 1 | 734 | Naomi Pearce | Cardiff AAC | 6.48 | | * | G4 |
| 2 | 737 | Toni-Marie Payne | Cardiff AAC | 6.45 | | * | G4 |
| 3 | 341 | Jess Williams | Hereford AC | 6.42 | | * | G4 |
| 4 | 726 | Carys Dawe | Cardiff AAC | 6.35 | | * | G4 |
| 5 | 731 | Matilda Matthews | Cardiff AAC | 4.32 | | | |
| 6 | 342 | Iona Prosser | Hereford AC | 3.43 | | | |
| 7 | 371 | Anna Little | Hereford AC | 3.38 | | | |
| 8 | 345 | Charlotte Jones | Hereford AC | 3.22 | | | |

1:20 PM

Record

17.39, Jess Williams, Hereford, 2009

| Pos | Bib | (0.75kg) Discus U13G | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------------|-------------------|-------|----|----|-------|
| 1 | 214 | Emma Norton | Cwmbran Harriers | 14.90 | | * | G4 |
| 2 | 341 | Jess williams | Hereford AC | 13.62 | | * | |
| 3 | 116 | Sophia Ali | Aberdare VAAC | 12.88 | | | |
| 4 | 730 | Lucy Maton | Cardiff AAC | 12.19 | | | |
| 5 | 738 | Mary Ware | Cardiff AAC | 8.76 | | | |
| 6 | 19 | Beth Rymer | Chepstow Harriers | 8.57 | | | |
| 7 | 734 | Naomi Pearce | Cardiff AAC | 8.52 | | | |

2:00 PM

Record

21.42, Emma Norton, Cwmbran, 2009

| Pos | Bib | (400g) Javelin U13G | Club | Perf. | WS | AW | Grade |
|-----|-----|---------------------|------------------|-------|----|----|-------|
| 1 | 214 | Emma Norton | Cwmbran Harriers | 20.88 | | * | G2 |
| 2 | 341 | Jess williams | Hereford AC | 16.44 | | * | G4 |
| 3 | 431 | Danielle Morgan | Newport Harriers | 12.73 | | | |
| 4 | 737 | Toni-Marie Payne | Cardiff AAC | 11.09 | | | |
| 5 | 738 | Mary Ware | Cardiff AAC | 11.06 | | | |
| 6 | 733 | Morgan Cutlan | Cardiff AAC | 9.61 | | | |
| 7 | 725 | Carrigan Gristock | Cardiff AAC | 8.21 | | | |
| 8 | 734 | Naomi Pearce | Cardiff AAC | 7.97 | | | |
| 9 | 371 | Anna Little | Hereford AC | 6.59 | | | |
| 10 | 722 | Abigail Walker | Cardiff AAC | 6.27 | | | |

12:50 PM

Record

1.33, Kyle Arnold, Newport, 2009

New East Division League Record

| Pos | Bib | High Jump U13B | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------|------------------|-------|----|----|-------|
| 1 | 430 | Kyle Arnold | Newport Harriers | 1.35 | | * | G3 |
| 2 | 757 | Oliver Hunt | Cardiff AAC | 1.20 | | | |
| 3 | 201 | James Scarfi | Cwmbran Harriers | 1.15 | | | |
| 4 | 348 | Mathew Jones | Hereford AC | 1.10 | | | |
| 5 | 460 | Heddwyn Loudon | Newport Harriers | 1.10 | | | |
| 6 | 771 | Sam Maybank | Cardiff AAC | 1.05 | | | |
| 7 | 709 | Joshua Couper | Cardiff AAC | 1.05 | | | |

2:00 PM

Record

4.29, Mitchell Boswell, Newport, 2009

| Pos | Bib | Long Jump U13B | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------------|-------------------|-------|----|----|-------|
| 1 | 449 | Ryan Morgan | Newport Harriers | 4.02 | | * | |
| 2 | 369 | Jonathon Gretch | Hereford AC | 3.83 | | | |
| 3 | 349 | George Jones | Hereford AC | 3.75 | | | |
| 4 | 348 | Mathew Jones | Hereford AC | 3.67 | | | |
| 5 | 108 | Harry Evans | Aberdare VAAC | 3.57 | | | |
| 6 | 768 | Luke Harry | Cardiff AAC | 3.51 | | | |
| 7 | 16 | Manni Kempton | Chepstow Harriers | 3.40 | | | |
| 8 | 756 | Connor Martin | Cardiff AAC | 3.28 | | | |
| 9 | 761 | Tomas Ellis | Cardiff AAC | 3.24 | | | |
| 10 | 15 | Jack Prince | Chepstow Harriers | 3.22 | | | |
| 11 | 204 | James Crooke | Cwmbran Harriers | 3.21 | | | |
| 12 | 30 | Adam Keeble | Chepstow Harriers | 3.21 | | | |
| 13 | 209 | Felix Lindsell-Hales | Cwmbran Harriers | 3.18 | | | |
| 14 | 774 | Sam Gough | Cardiff AAC | 3.17 | | | |
| 15 | 455 | Luke Gill | Newport Harriers | 3.16 | | | |
| 16 | 107 | Jamie Hargreaves | Aberdare VAAC | 3.09 | | | |
| 17 | 767 | Joe Macpherson | Cardiff AAC | 3.04 | | | |
| 18 | 347 | Sebastain fry | Hereford AC | 3.01 | | | |

2:50 PM

Record

7.02, Lloyd James, Aberdare, 2009

| Pos | Bib | (3.25kg) Shot U13B | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------------|------------------|-------|----|----|-------|
| 1 | 106 | Lloyd James | Aberdare VAAC | 6.21 | | | |
| 2 | 209 | Felix Lindsell-Hales | Cwmbran Harriers | 6.20 | | | |
| 3 | 350 | Harry Jones | Hereford AC | 5.62 | | | |
| 4 | 773 | Ciaran Lewis | Cardiff AAC | 5.33 | | | |
| 5 | 347 | Sebastain fry | Hereford AC | 5.02 | | | |
| 6 | 768 | Luke Harry | Cardiff AAC | 4.97 | | | |
| 7 | 460 | Heddwyn Loudon | Newport Harriers | 4.94 | | | |
| 8 | 348 | Mathew Jones | Hereford AC | 4.88 | | | |
| 9 | 459 | Jordan Bryant | Newport Harriers | 4.77 | | | |
| 10 | 203 | Tom Brookes | Cwmbran Harriers | 4.77 | | | |
| 11 | 110 | Sam Williams | Aberdare VAAC | 4.53 | | | |
| 12 | 771 | Sam Maybank | Cardiff AAC | 4.41 | | | |
| 13 | 774 | Sam Gough | Cardiff AAC | 4.33 | | | |
| 14 | 458 | Jamie Bryant | Newport Harriers | 4.12 | | | |
| 15 | 767 | Joe Macpherson | Cardiff AAC | 3.80 | | | |
| 16 | 760 | Kieran Harris | Cardiff AAC | 3.48 | | | |

2:10 PM

Record

16.46, Heddwyn Louden, Newport, 2009

| Pos | Bib | (1.0kg) Discus U13B | Club | Perf. | WS | AW | Grade |
|-----|-----|---------------------|------------------|-------|----|----|-------|
| 1 | 460 | Heddwyn Louden | Newport Harriers | 15.58 | | * | |
| 2 | 459 | Jordan Bryant | Newport Harriers | 15.22 | | * | |
| 3 | 458 | Jamie Bryant | Newport Harriers | 14.86 | | * | |
| 4 | 350 | Harry Jones | Hereford AC | 11.42 | | | |
| 5 | 208 | Owen Murphy | Cwmbran Harriers | 10.32 | | | |
| 6 | 764 | Tom Johnson | Cardiff AAC | 7.98 | | | |

11:30 AM

Record

27.21, Ryan Morgan, Newport, 2009

| Pos | Bib | (400g) Javelin U13B | Club | Perf. | WS | AW | Grade |
|-----|-----|---------------------|------------------|-------|----|----|-------|
| 1 | 449 | Ryan Morgan | Newport Harriers | 26.52 | | * | G3 |
| 2 | 107 | Jamie Hargreaves | Aberdare VAAC | 21.56 | | * | |
| 3 | 430 | Kyle Arnold | Newport Harriers | 19.42 | | * | |
| 4 | 773 | Ciaran Lewis | Cardiff AAC | 19.24 | | * | |
| 5 | 208 | Owen Murphy | Cwmbran Harriers | 18.39 | | * | |
| 6 | 709 | Joshua Couper | Cardiff AAC | 16.87 | | | |
| 7 | 756 | Connor Martin | Cardiff AAC | 11.88 | | | |
| 8 | 764 | Tom Johnson | Cardiff AAC | 11.47 | | | |
| 9 | 204 | James Croke | Cwmbran Harriers | 11.29 | | | |
| 10 | 110 | Sam Williams | Aberdare VAAC | 10.21 | | | |
| 11 | 350 | Harry Jones | Hereford AC | 9.49 | | | |
| 12 | 761 | Tomas Ellis | Cardiff AAC | 9.41 | | | |
| 13 | 351 | Oliver Jones | Hereford AC | 9.24 | | | |

WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh Athletics U15 League | | | | VENUE | | Hereford | | | TIME | | | 3:30 PM | | DATE | | Saturday 9th May 2009 | | |
|--------------|-----|----------------------------|-------------|--------------|--------|--------|--------|----------|--------|----------------------|---------|--------|--------|--|--------|--------|--------|-----------------------|----------------|---------|
| EVENT | | F26 - High Jump - U13G | | | | RECORD | | 1.30 | | | ATHLETE | | | Kate Seary / Lucy Maton - Cardiff 2009 | | | | | | |
| Order | No | NAME | CLUB | Start Height | 0.80 | 0.85 | 0.90 | 0.95 | 1.00 | 1.05 | 1.10 | 1.15 | 1.20 | 1.25 | 1.28 | 1.30 | 1.32 | Best of All | Final Position | REFEREE |
| | | | | | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | | | |
| 1 | 723 | Alice Brennan | Cardiff AAC | 0.80 | o | o | o | o | o | xo | o | o | xxx | | | | | 1.15 | 4 | |
| 2 | 739 | Rhian Ellis | Cardiff AAC | 0.80 | o | o | o | o | o | o | o | xxo | o | xxx | | | | 1.20 | 3 | |
| 3 | 738 | Mary Ware | Cardiff AAC | 0.80 | o | o | o | o | o | xo | o | xxx | | | | | | 1.10 | 5 | |
| 4 | 730 | Lucy Maton | Cardiff AAC | 1.00 | | | | | o | o | o | o | o | o | o | o | o | 1.32 | 1 | |
| 5 | 729 | Kate Seary | Cardiff AAC | 1.05 | | | | | | o | o | o | o | o | xxx | | | 1.25 | 2 | |
| 6 | | | | | | | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | | | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | OFFICIALS SIGNATURES | | | | | | | | | | |
| 1 | 730 | Lucy Maton | Cardiff AAC | 1.32 | 9 | | | | | | | | | | | | | | | |
| 2 | 729 | Kate Seary | Cardiff AAC | 1.25 | 10 | | | | | | | | | | | | | | | |
| 3 | 739 | Rhian Ellis | Cardiff AAC | 1.20 | 11 | | | | | | | | | | | | | | | |
| 4 | 723 | Alice Brennan | Cardiff AAC | 1.15 | 12 | | | | | | | | | | | | | | | |
| 5 | 738 | Mary Ware | Cardiff AAC | 1.10 | 13 | | | | | | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 1:10 PM | | DATE | | 06/Jun/09 | | | |
|--------------|------|----------------------------|-------------------|-----------|-----------|-----------|-----------------|-------------------------|-----------|-----------------------------|-----------|-------------|-----------------|-----------|--------|--|--|
| EVENT | | F14 - Long Jump - U13G | | RECORD | | 3.71 | | ATHLETE | | Jodie Beynon - Cwmbran 2009 | | | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | | | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | | Metres | | |
| 1 | 440 | Katy Hunt | Newport Harriers | 3.28 | 0.00 | 0.00 | 3.28 | 7 | | | | 3.28 | 7 | | | | |
| 2 | 343 | Katie Harmen | Hereford AC | 2.46 | 2.65 | 0.00 | 2.65 | 19 | | | | 2.65 | 19 | | | | |
| 3 | 344 | Ffern Lovel | Hereford AC | 3.04 | 2.88 | 0.00 | 3.04 | 12 | | | | 3.04 | 12 | | | | |
| 4 | 345 | Charlotte jones | Hereford AC | 2.26 | 2.19 | 2.19 | 2.26 | 27 | | | | 2.26 | 27 | | | | |
| 5 | 371 | Anna Little | Hereford AC | NJ | 2.65 | 2.73 | 2.73 | 18 | | | | 2.73 | 18 | | | | |
| 6 | 224 | Jodie Beynon | Cwmbran Harriers | 3.65 | 3.47 | 3.46 | 3.65 | 3 | | | | 3.65 | 3 | | | | |
| 7 | 725 | Carrigan Gristock | Cardiff AAC | 3.14 | 3.11 | 3.23 | 3.23 | 8 | | | | 3.23 | 8 | | | | |
| 8 | 724 | Bethan Trigg | Cardiff AAC | 3.29 | 3.31 | 3.20 | 3.31 | 6 | | | | 3.31 | 6 | | | | |
| 9 | 431 | Danielle Morgan | Newport Harriers | 2.87 | 3.07 | 3.16 | 3.16 | 10 | | | | 3.16 | 10 | | | | |
| 10 | 723 | Alice Brennan | Cardiff AAC | 2.88 | 2.89 | 3.17 | 3.17 | 9 | | | | 3.17 | 9 | | | | |
| 11 | 442 | Emma Hennessy | Newport Harriers | 3.68 | 0.00 | 0.00 | 3.68 | 2 | | | | 3.68 | 2 | | | | |
| 12 | 735 | Nia Bodilly | Cardiff AAC | 2.84 | 2.89 | 2.96 | 2.96 | 13 | | | | 2.96 | 13 | | | | |
| 13 | 115 | Brenna Price | Aberdare VAAC | 3.86 | 3.80 | 3.81 | 3.86 | 1 | | | | 3.86 | 1 | | | | |
| 14 | 19 | Beth Rymer | Chepstow Harriers | 2.61 | 0.00 | 0.00 | 2.61 | 21 | | | | 2.61 | 21 | | | | |
| 15 | 726 | Carys Dawe | Cardiff AAC | 2.78 | 2.71 | 2.55 | 2.78 | 15 | | | | 2.78 | 15 | | | | |
| 16 | 111 | Kaysha Hughes | Aberdare VAAC | NJ | 3.37 | 3.22 | 3.37 | | | | | 3.37 | 5 | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | | | |
| No. | NAME | CLUB | DISTANCE | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | | | | | |
| 1 | 115 | Brenna Price | Aberdare VAAC | 3.86 | 9 | 723 | Alice Brennan | Cardiff AAC | 3.17 | | | | | | | | |
| 2 | 442 | Emma Hennessy | Newport Harriers | 3.68 | 10 | 431 | Danielle Morgan | Newport Harriers | 3.16 | | | | | | | | |
| 3 | 224 | Jodie Beynon | Cwmbran Harriers | 3.65 | 11 | 335 | Rian Smith | Hereford AC | 3.05 | | | | | | | | |
| 4 | 400 | Amelia Reynolds | Newport Harriers | 3.57 | 12 | 344 | Ffern Lovel | Hereford AC | 3.04 | | | | | | | | |
| 5 | 111 | Kaysha Hughes | Aberdare VAAC | 3.37 | 13 | 735 | Nia Bodilly | Cardiff AAC | 2.96 | | | | | | | | |
| 6 | 724 | Bethan Trigg | Cardiff AAC | 3.31 | 14 | 403 | Emily James | Newport Harriers | 2.86 | | | | | | | | |
| 7 | 440 | Katy Hunt | Newport Harriers | 3.28 | 15 | 726 | Carys Dawe | Cardiff AAC | 2.78 | | | | | | | | |
| 8 | 725 | Carrigan Gristock | Cardiff AAC | 3.23 | 16 | 404 | Aimee Wallace | Newport Harriers | 2.75 | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 1:10 PM | | DATE | | 06/Jun/09 | | |
|--------------|------|----------------------------|-------------------|-----------|-----------|---------------------|-------------------|-------------------------|-----------|-----------------------------|-----------|-------------|-----------------|-----------|--------|--|
| EVENT | | F14 - Long Jump - U13G | | RECORD | | 3.71 | | ATHLETE | | Jodie Beynon - Cwmbran 2009 | | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | | Metres | |
| 1 | 744 | Taneshia Sweetland | Cardiff AAC | NJ | 2.74 | 2.53 | 2.74 | 17 | | | | 2.74 | 17 | | | |
| 2 | 400 | Amelia Reynolds | Newport Harriers | 3.46 | 3.37 | 3.57 | 3.57 | 4 | | | | 3.57 | 4 | | | |
| 3 | 401 | Jessica Bradley | Newport Harriers | 2.17 | 2.45 | 2.46 | 2.46 | 23 | | | | 2.46 | 23 | | | |
| 4 | 405 | Emma Lighthart | Newport Harriers | 2.31 | 2.57 | NJ | 2.57 | 22 | | | | 2.57 | 22 | | | |
| 5 | 336 | Paige williams | Hereford AC | 2.43 | 2.15 | 2.24 | 2.43 | 24 | | | | 2.43 | 24 | | | |
| 6 | 335 | Rian Smith | Hereford AC | 2.86 | 2.75 | 3.05 | 3.05 | 11 | | | | 3.05 | 11 | | | |
| 7 | 334 | Ella Morgan | Hereford AC | NJ | 2.37 | 2.27 | 2.37 | 26 | | | | 2.37 | 26 | | | |
| 8 | 333 | Cara Bennett | Hereford AC | 2.24 | 2.63 | 2.62 | 2.63 | 20 | | | | 2.63 | 20 | | | |
| 9 | 9 | Polly Summers | Chepstow Harriers | 2.33 | 2.36 | 2.38 | 2.38 | 25 | | | | 2.38 | 25 | | | |
| 10 | 403 | Emily James | Newport Harriers | 2.68 | 2.86 | 2.82 | 2.86 | 14 | | | | 2.86 | 14 | | | |
| 11 | 404 | Aimee Wallace | Newport Harriers | 2.75 | 2.55 | 2.72 | 2.75 | 16 | | | | 2.75 | 16 | | | |
| 12 | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | | |
| No. | NAME | CLUB | DISTANCE | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | | | | |
| 1 | 744 | Taneshia Sweetland | Cardiff AAC | 2.74 | 9 | Polly Summers | Chepstow Harriers | 2.38 | | | | | | | | |
| 2 | 371 | Anna Little | Hereford AC | 2.73 | 10 | 334 Ella Morgan | Hereford AC | 2.37 | | | | | | | | |
| 3 | 343 | Katie Harmen | Hereford AC | 2.65 | 11 | 345 Charlotte jones | Hereford AC | 2.26 | | | | | | | | |
| 4 | 333 | Cara Bennett | Hereford AC | 2.63 | 12 | | | | | | | | | | | |
| 5 | 19 | Beth Rymer | Chepstow Harriers | 2.61 | 13 | | | | | | | | | | | |
| 6 | 405 | Emma Lighthart | Newport Harriers | 2.57 | 14 | | | | | | | | | | | |
| 7 | 401 | Jessica Bradley | Newport Harriers | 2.46 | 15 | | | | | | | | | | | |
| 8 | 336 | Paige williams | Hereford AC | 2.43 | 16 | | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 11:30 AM | | DATE | | 06/Jun/09 | |
|--------------|-----|----------------------------|-------------|-----------|-----------|-----------|-----------|-------------------------|-----------|-------------------------------|-----------|-------------|-----------------|-----------|--|
| EVENT | | F6 - (2.72kg) Shot - U13G | | RECORD | | 7.16 | | ATHLETE | | Jess Williams - Hereford 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | | |
| 1 | 731 | Matilda Matthews | Cardiff AAC | 3.81 | 4.32 | 4.14 | 4.32 | 5 | / | / | / | 4.32 | 5 | | |
| 2 | 341 | Jess williams | Hereford AC | 6.42 | 5.92 | 6.24 | 6.42 | 3 | / | / | / | 6.42 | 3 | | |
| 3 | 371 | Anna Little | Hereford AC | 3.38 | 3.26 | NT | 3.38 | 7 | / | / | / | 3.38 | 7 | | |
| 4 | 345 | Charlotte jones | Hereford AC | 3.22 | NT | 3.17 | 3.22 | 8 | / | / | / | 3.22 | 8 | | |
| 5 | 342 | Iona prosser | Hereford AC | 3.00 | 3.38 | 3.43 | 3.43 | 6 | / | / | / | 3.43 | 6 | | |
| 6 | 737 | Toni-Marie Payne | Cardiff AAC | NY | 6.45 | NT | 6.45 | 2 | / | / | / | 6.45 | 2 | | |
| 7 | 726 | Carys Dawe | Cardiff AAC | 6.25 | 6.35 | 4.94 | 6.35 | 4 | / | / | / | 6.35 | 4 | | |
| 8 | 734 | Naomi Pearce | Cardiff AAC | 4.12 | 6.35 | 6.48 | 6.48 | 1 | / | / | / | 6.48 | 1 | | |
| 9 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | | | | | | |
| 1 | 734 | Naomi Pearce | Cardiff AAC | 6.48 | 9 | | | | | | | | | | |
| 2 | 737 | Toni-Marie Payne | Cardiff AAC | 6.45 | 10 | | | | | | | | | | |
| 3 | 341 | Jess williams | Hereford AC | 6.42 | 11 | | | | | | | | | | |
| 4 | 726 | Carys Dawe | Cardiff AAC | 6.35 | 12 | | | | | | | | | | |
| 5 | 731 | Matilda Matthews | Cardiff AAC | 4.32 | 13 | | | | | | | | | | |
| 6 | 342 | Iona prosser | Hereford AC | 3.43 | 14 | | | | | | | | | | |
| 7 | 371 | Anna Little | Hereford AC | 3.38 | 15 | | | | | | | | | | |
| 8 | 345 | Charlotte jones | Hereford AC | 3.22 | 16 | | | | | | | | | | |

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 1:20 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|------------------------------|-------------------|-----------|-----------|-----------|-----------|-------------------------|-----------|-------------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F16 - (0.75kg) Discus - U13G | | RECORD | | 17.39 | | ATHLETE | | Jess Williams - Hereford 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | Metres | | Metres |
| 1 | 19 | Beth Rymer | Chepstow Harriers | 7.88 | 8.57 | NT | 8.57 | 6 | / | / | / | 8.57 | 6 | | |
| 2 | 341 | Jess williams | Hereford AC | NT | NT | 13.62 | 13.62 | 2 | / | / | / | 13.62 | 2 | | |
| 3 | 214 | Emma Norton | Cwmbran Harriers | 14.85 | 14.60 | 14.90 | 14.90 | 1 | / | / | / | 14.90 | 1 | | |
| 4 | 738 | Mary Ware | Cardiff AAC | NT | 8.52 | 8.76 | 8.76 | 5 | / | / | / | 8.76 | 5 | | |
| 5 | 730 | Lucy Maton | Cardiff AAC | 9.85 | 12.19 | 10.24 | 12.19 | 4 | / | / | / | 12.19 | 4 | | |
| 6 | 734 | Naomi Pearce | Cardiff AAC | NT | 7.98 | 8.52 | 8.52 | 7 | / | / | / | 8.52 | 7 | | |
| 7 | 116 | Sophia Ali | Aberdare VAAC | 12.88 | 12.81 | NT | 12.88 | 3 | / | / | / | 12.88 | 3 | | |
| 8 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 9 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 214 | Emma Norton | Cwmbran Harriers | 14.90 | 9 | | | | | | | | | | |
| 2 | 341 | Jess williams | Hereford AC | 13.62 | 10 | | | | | | | | | | |
| 3 | 116 | Sophia Ali | Aberdare VAAC | 12.88 | 11 | | | | | | | | | | |
| 4 | 730 | Lucy Maton | Cardiff AAC | 12.19 | 12 | | | | | | | | | | |
| 5 | 738 | Mary Ware | Cardiff AAC | 8.76 | 13 | | | | | | | | | | |
| 6 | 19 | Beth Rymer | Chepstow Harriers | 8.57 | 14 | | | | | | | | | | |
| 7 | 734 | Naomi Pearce | Cardiff AAC | 8.52 | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 2:00 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|-----------------------------|------------------|-----------|-----------|-----------|----------------|-------------------------|-----------|----------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F17 - (400g) Javelin - U13G | | RECORD | | 21.42 | | ATHLETE | | Emma Norton - Cwmbran 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | | Metres |
| 1 | 725 | Carrigan Gristock | Cardiff AAC | 7.29 | 0.00 | 8.21 | 8.21 | 7 | / | / | / | 8.21 | 7 | | |
| 2 | 734 | Naomi Pearce | Cardiff AAC | 7.52 | 6.58 | 7.97 | 7.97 | 8 | / | / | / | 7.97 | 8 | | |
| 3 | 738 | Mary Ware | Cardiff AAC | 8.90 | 8.73 | 11.06 | 11.06 | 5 | / | / | / | 11.06 | 5 | | |
| 4 | 431 | Danielle Morgan | Newport Harriers | 12.63 | 12.73 | 9.31 | 12.73 | 3 | / | / | / | 12.73 | 3 | | |
| 5 | 341 | Jess williams | Hereford AC | 16.44 | 13.57 | 15.20 | 16.44 | 2 | / | / | / | 16.44 | 2 | | |
| 6 | 371 | Anna Little | Hereford AC | 0.00 | 0.00 | 6.59 | 6.59 | 9 | / | / | / | 6.59 | 9 | | |
| 7 | 733 | Morgan Cutlan | Cardiff AAC | 6.59 | 9.61 | 7.31 | 9.61 | 6 | / | / | / | 9.61 | 6 | | |
| 8 | 214 | Emma Norton | Cwmbran Harriers | 19.85 | 20.12 | 20.88 | 20.88 | 1 | / | / | / | 20.88 | 1 | | |
| 9 | 722 | Abigail Walker | Cardiff AAC | 6.27 | 4.16 | 5.45 | 6.27 | 10 | / | / | / | 6.27 | 10 | | |
| 10 | 737 | Toni-Marie Payne | Cardiff AAC | 0.00 | 0.00 | 11.09 | 11.09 | 4 | / | / | / | 11.09 | 4 | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| No. | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 214 | Emma Norton | Cwmbran Harriers | 20.88 | 9 | 371 | Anna Little | Hereford AC | 6.59 | | | | | | |
| 2 | 341 | Jess williams | Hereford AC | 16.44 | 10 | 722 | Abigail Walker | Cardiff AAC | 6.27 | | | | | | |
| 3 | 431 | Danielle Morgan | Newport Harriers | 12.73 | 11 | | | | | | | | | | |
| 4 | 737 | Toni-Marie Payne | Cardiff AAC | 11.09 | 12 | | | | | | | | | | |
| 5 | 738 | Mary Ware | Cardiff AAC | 11.06 | 13 | | | | | | | | | | |
| 6 | 733 | Morgan Cutlan | Cardiff AAC | 9.61 | 14 | | | | | | | | | | |
| 7 | 725 | Carrigan Gristock | Cardiff AAC | 8.21 | 15 | | | | | | | | | | |
| 8 | 734 | Naomi Pearce | Cardiff AAC | 7.97 | 16 | | | | | | | | | | |

WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh Athletics U15 League | | | | VENUE | | Hereford | | | TIME | | 11:50 AM | | DATE | | Saturday 9th May 2009 | | |
|--------------|-----|----------------------------|------------------|--------------|--------|--------|--------|----------|--------|--------|---------|--------|----------------------------|--------|--------|--------|-----------------------|-------------|----------------|
| EVENT | | F12 - High Jump - U13B | | | | RECORD | | 1.33 | | | ATHLETE | | Kyle Arnold - Newport 2009 | | | | | | |
| Order | No | NAME | CLUB | Start Height | 1.00 | 1.05 | 1.10 | 1.15 | 1.20 | 1.25 | 1.30 | 1.33 | 1.35 | 1.37 | | | | Best of All | Final Position |
| | | | | | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | | |
| 1 | 348 | Mathew Jones | Hereford AC | 1.00 | o | o | o | xxx | | | | | | | | | | 1.10 | 4 |
| 2 | 757 | Oliver Hunt | Cardiff AAC | 1.00 | o | o | o | xo | o | xxx | | | | | | | | 1.20 | 2 |
| 3 | 709 | Joshua Couper | Cardiff AAC | 1.00 | o | xxo | xxx | | | | | | | | | | | 1.05 | 7 |
| 4 | 460 | Heddwyn Louden | Newport Harriers | 1.00 | xo | xo | o | x-- | | | | | | | | | | 1.10 | 5 |
| 5 | 771 | Sam Maybank | Cardiff AAC | 1.00 | o | xxo | xxx | | | | | | | | | | | 1.05 | 6 |
| 6 | 430 | Kyle Arnold | Newport Harriers | 1.15 | | | | o | o | xo | xxo | o | o | x-- | | | | 1.35 | 1 |
| 7 | 201 | James Scarfi | Cwmbran Harriers | 1.05 | | o | o | xo | xxx | | | | | | | | | 1.15 | 3 |
| 8 | | | | | | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | |
| 1 | 430 | Kyle Arnold | Newport Harriers | 1.35 | 9 | | | | | | | | | | | | | | |
| 2 | 757 | Oliver Hunt | Cardiff AAC | 1.20 | 10 | | | | | | | | | | | | | | |
| 3 | 201 | James Scarfi | Cwmbran Harriers | 1.15 | 11 | | | | | | | | | | | | | | |
| 4 | 348 | Mathew Jones | Hereford AC | 1.10 | 12 | | | | | | | | | | | | | | |
| 5 | 460 | Heddwyn Louden | Newport Harriers | 1.10 | 13 | | | | | | | | | | | | | | |
| 6 | 771 | Sam Maybank | Cardiff AAC | 1.05 | 14 | | | | | | | | | | | | | | |
| 7 | 709 | Joshua Couper | Cardiff AAC | 1.05 | 15 | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | |

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 2:00 PM | | DATE | | 06/Jun/09 | |
|--------------|------|----------------------------|-------------------|-----------|-----------|-----------|----------------------|-------------------------|-----------|---------------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F18 - Long Jump - U13B | | RECORD | | 4.29 | | ATHLETE | | Mitchell Boswell - Newport 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | | Metres |
| 1 | 347 | Sebastain fry | Hereford AC | 3.01 | 2.85 | 2.49 | 3.01 | 18 | / | / | / | 3.01 | 18 | | |
| 2 | 348 | Mathew Jones | Hereford AC | NJ | NJ | 3.67 | 3.67 | 4 | / | / | / | 3.67 | 4 | | |
| 3 | 349 | George Jones | Hereford AC | 3.65 | 3.67 | 3.75 | 3.75 | 3 | / | / | / | 3.75 | 3 | | |
| 4 | 204 | James Crooke | Cwmbran Harriers | 3.04 | 2.77 | 3.21 | 3.21 | 11 | / | / | / | 3.21 | 11 | | |
| 5 | 30 | Adam Keeble | Chepstow Harriers | 2.60 | 0.00 | 3.21 | 3.21 | 12 | / | / | / | 3.21 | 12 | | |
| 6 | 15 | Jack Prince | Chepstow Harriers | 3.22 | 3.11 | 3.08 | 3.22 | 10 | / | / | / | 3.22 | 10 | | |
| 7 | 369 | Jonathon Gretch | Hereford AC | 3.52 | 3.62 | 3.83 | 3.83 | 2 | / | / | / | 3.83 | 2 | | |
| 8 | 768 | Luke Harry | Cardiff AAC | 3.51 | 3.21 | 2.92 | 3.51 | 6 | / | / | / | 3.51 | 6 | | |
| 9 | 108 | Harry Evans | Aberdare VAAC | 3.32 | NJ | 3.57 | 3.57 | 5 | / | / | / | 3.57 | 5 | | |
| 10 | 351 | Oliver Jones | Hereford AC | 2.17 | 1.74 | 2.04 | 2.17 | 22 | / | / | / | 2.17 | 22 | | |
| 11 | 106 | Lloyd James | Aberdare VAAC | 2.81 | 2.72 | NJ | 2.81 | 19 | / | / | / | 2.81 | 19 | | |
| 12 | 209 | Felix Lindsell-Hales | Cwmbran Harriers | 3.18 | NJ | 2.83 | 3.18 | 13 | / | / | / | 3.18 | 13 | | |
| 13 | 449 | Ryan Morgan | Newport Harriers | 4.02 | 3.83 | 3.31 | 4.02 | 1 | / | / | / | 4.02 | 1 | | |
| 14 | 774 | Sam Gough | Cardiff AAC | 3.17 | NJ | 2.83 | 3.17 | 14 | / | / | / | 3.17 | 14 | | |
| 15 | 756 | Connor Martin | Cardiff AAC | 2.90 | NJ | 3.28 | 3.28 | 8 | / | / | / | 3.28 | 8 | | |
| 16 | 352 | Sinon Chapman | Hereford AC | 2.48 | 2.39 | 2.66 | 2.66 | 21 | / | / | / | 2.66 | 21 | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| No. | NAME | CLUB | DISTANCE | No. | NAME | CLUB | DISTANCE | | | | | | | | |
| 1 | 449 | Ryan Morgan | Newport Harriers | 4.02 | 9 | 761 | Tomas Ellis | Cardiff AAC | 3.24 | | | | | | |
| 2 | 369 | Jonathon Gretch | Hereford AC | 3.83 | 10 | 15 | Jack Prince | Chepstow Harriers | 3.22 | | | | | | |
| 3 | 349 | George Jones | Hereford AC | 3.75 | 11 | 204 | James Crooke | Cwmbran Harriers | 3.21 | | | | | | |
| 4 | 348 | Mathew Jones | Hereford AC | 3.67 | 12 | 30 | Adam Keeble | Chepstow Harriers | 3.21 | | | | | | |
| 5 | 108 | Harry Evans | Aberdare VAAC | 3.57 | 13 | 209 | Felix Lindsell-Hales | Cwmbran Harriers | 3.18 | | | | | | |
| 6 | 768 | Luke Harry | Cardiff AAC | 3.51 | 14 | 774 | Sam Gough | Cardiff AAC | 3.17 | | | | | | |
| 7 | 16 | Manni Kempton | Chepstow Harriers | 3.40 | 15 | 455 | Luke Gill | Newport Harriers | 3.16 | | | | | | |
| 8 | 756 | Connor Martin | Cardiff AAC | 3.28 | 16 | 107 | Jamie Hargreaves | Aberdare VAAC | 3.09 | | | | | | |

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 2:00 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|----------------------------|-------------------|-----------|-----------|-----------|-----------|-------------------------|-----------|---------------------------------|-----------|-------------|-----------------|-----------|--|
| EVENT | | F18 - Long Jump - U13B | | RECORD | | 4.29 | | ATHLETE | | Mitchell Boswell - Newport 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | | |
| 1 | 761 | Tomas Ellis | Cardiff AAC | 3.24 | 3.20 | 2.96 | 3.24 | 9 | / | / | / | 3.24 | 9 | | |
| 2 | 107 | Jamie Hargreaves | Aberdare VAAC | 3.09 | 2.74 | 2.65 | 3.09 | 16 | / | / | / | 3.09 | 16 | | |
| 3 | 18 | Will George | Chepstow Harriers | 2.68 | 2.58 | 2.16 | 2.68 | 20 | / | / | / | 2.68 | 20 | | |
| 4 | 16 | Manni Kempton | Chepstow Harriers | NJ | 3.40 | NJ | 3.40 | 7 | / | / | / | 3.40 | 7 | | |
| 5 | 767 | Joe Macphearson | Cardiff AAC | 2.69 | 2.66 | 3.04 | 3.04 | 17 | / | / | / | 3.04 | 17 | | |
| 6 | 455 | Luke Gill | Newport Harriers | 0.00 | 2.55 | 3.16 | 3.16 | 15 | / | / | / | 3.16 | 15 | | |
| 7 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 8 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 9 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 17 | 767 | Joe Macphearson | Cardiff AAC | 3.04 | 25 | | | | | | | | | | |
| 18 | 347 | Sebastain fry | Hereford AC | 3.01 | 26 | | | | | | | | | | |
| 19 | 106 | Lloyd James | Aberdare VAAC | 2.81 | 27 | | | | | | | | | | |
| 20 | 18 | Will George | Chepstow Harriers | 2.68 | 28 | | | | | | | | | | |
| 21 | 352 | Sinon Chapman | Hereford AC | 2.66 | 29 | | | | | | | | | | |
| 22 | 351 | Oliver Jones | Hereford AC | 2.17 | 30 | | | | | | | | | | |
| 23 | | | | | 31 | | | | | | | | | | |
| 24 | | | | | 32 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 2:50 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|----------------------------|------------------|-----------|-----------|-----------|----------------|-------------------------|-----------|-----------------------------|-----------|-------------|----------------|-----------|--------|
| EVENT | | F24 - (3.25kg) Shot - U13B | | RECORD | | 7.02 | | ATHLETE | | Lloyd James - Aberdare 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Position | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | | Metres |
| 1 | 760 | Kieran Harris | Cardiff AAC | 3.40 | 3.48 | 2.90 | 3.48 | 16 | / | / | / | 3.48 | 16 | | |
| 2 | 768 | Luke Harry | Cardiff AAC | 4.88 | 4.61 | 4.97 | 4.97 | 6 | / | / | / | 4.97 | 6 | | |
| 3 | 771 | Sam Maybank | Cardiff AAC | 4.18 | 3.94 | 4.41 | 4.41 | 12 | / | / | / | 4.41 | 12 | | |
| 4 | 773 | Ciaran Lewis | Cardiff AAC | 4.75 | 4.87 | 5.33 | 5.33 | 4 | / | / | / | 5.33 | 4 | | |
| 5 | 351 | Oliver Jones | Hereford AC | 3.18 | 3.17 | 3.12 | 3.18 | 17 | / | / | / | 3.18 | 17 | | |
| 6 | 460 | Heddwyn Louden | Newport Harriers | 4.92 | 4.94 | 4.58 | 4.94 | 7 | / | / | / | 4.94 | 7 | | |
| 7 | 459 | Jordan Bryant | Newport Harriers | 4.77 | 4.64 | NT | 4.77 | 9 | / | / | / | 4.77 | 9 | | |
| 8 | 458 | Jamie Bryant | Newport Harriers | 3.74 | 4.12 | 4.01 | 4.12 | 14 | / | / | / | 4.12 | 14 | | |
| 9 | 110 | Sam Williams | Aberdare VAAC | 4.49 | 4.05 | 4.53 | 4.53 | 11 | / | / | / | 4.53 | 11 | | |
| 10 | 203 | Tom Brookes | Cwmbran Harriers | 4.77 | 0.00 | 0.00 | 4.77 | 10 | / | / | / | 4.77 | 10 | | |
| 11 | 767 | Joe Macpherson | Cardiff AAC | 3.59 | 3.80 | 3.66 | 3.80 | 15 | / | / | / | 3.80 | 15 | | |
| 12 | 106 | Lloyd James | Aberdare VAAC | 5.70 | 5.06 | 6.21 | 6.21 | 1 | / | / | / | 6.21 | 1 | | |
| 13 | 209 | Felix Lindsell-Hales | Cwmbran Harriers | 4.90 | 6.16 | 6.20 | 6.20 | 2 | / | / | / | 6.20 | 2 | | |
| 14 | 350 | Harry Jones | Hereford AC | 5.44 | 5.30 | 5.62 | 5.62 | 3 | / | / | / | 5.62 | 3 | | |
| 15 | 774 | Sam Gough | Cardiff AAC | NT | 3.83 | 4.33 | 4.33 | 13 | / | / | / | 4.33 | 13 | | |
| 16 | 348 | Mathew Jones | Hereford AC | 4.66 | 4.79 | 4.88 | 4.88 | 8 | / | / | / | 4.88 | 8 | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| No. | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 106 | Lloyd James | Aberdare VAAC | 6.21 | 9 | 459 | Jordan Bryant | Newport Harriers | 4.77 | | | | | | |
| 2 | 209 | Felix Lindsell-Hales | Cwmbran Harriers | 6.20 | 10 | 203 | Tom Brookes | Cwmbran Harriers | 4.77 | | | | | | |
| 3 | 350 | Harry Jones | Hereford AC | 5.62 | 11 | 110 | Sam Williams | Aberdare VAAC | 4.53 | | | | | | |
| 4 | 773 | Ciaran Lewis | Cardiff AAC | 5.33 | 12 | 771 | Sam Maybank | Cardiff AAC | 4.41 | | | | | | |
| 5 | 347 | Sebastain fry | Hereford AC | 5.02 | 13 | 774 | Sam Gough | Cardiff AAC | 4.33 | | | | | | |
| 6 | 768 | Luke Harry | Cardiff AAC | 4.97 | 14 | 458 | Jamie Bryant | Newport Harriers | 4.12 | | | | | | |
| 7 | 460 | Heddwyn Louden | Newport Harriers | 4.94 | 15 | 767 | Joe Macpherson | Cardiff AAC | 3.80 | | | | | | |
| 8 | 348 | Mathew Jones | Hereford AC | 4.88 | 16 | 760 | Kieran Harris | Cardiff AAC | 3.48 | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 2:50 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|----------------------------|-------------|-----------|-----------|-----------|-----------|-------------------------|-----------|-----------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F24 - (3.25kg) Shot - U13B | | RECORD | | 7.02 | | ATHLETE | | Lloyd James - Aberdare 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | | Metres |
| 1 | 347 | Sebastain fry | Hereford AC | 5.02 | 4.84 | 4.86 | 5.02 | 5 | / | / | / | 5.02 | 5 | | |
| 2 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 3 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 4 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 5 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 6 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 7 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 8 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 9 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| No. | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 351 | Oliver Jones | Hereford AC | 3.18 | 9 | | | | | | | | | | |
| 2 | | | | | 10 | | | | | | | | | | |
| 3 | | | | | 11 | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 2:10 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|-----------------------------|-------------------|-----------|-----------|-----------|-----------|-------------------------|-----------|-------------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F20 - (1.0kg) Discus - U13B | | RECORD | | 16.46 | | ATHLETE | | Heddwyn Louden - Newport 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | | Metres |
| 1 | 208 | Owen Murphy | Cwmbran Harriers | 8.65 | NT | 10.32 | 10.32 | 5 | / | / | / | 10.32 | 5 | | |
| 2 | 460 | Heddwyn Louden | Newport Harriers | 14.78 | 15.58 | 14.93 | 15.58 | 1 | / | / | / | 15.58 | 1 | | |
| 3 | 459 | Jordan Bryant | Newport Harriers | 13.82 | NT | 15.22 | 15.22 | 2 | / | / | / | 15.22 | 2 | | |
| 4 | 764 | Tom Johnson | Cardiff AAC | 7.98 | NT | 7.25 | 7.98 | 6 | / | / | / | 7.98 | 6 | | |
| 5 | 350 | Harry Jones | Hereford AC | NT | 10.02 | 11.42 | 11.42 | 4 | / | / | / | 11.42 | 4 | | |
| 6 | 458 | Jamie Bryant | Newport Harriers | 10.74 | 12.04 | 14.86 | 14.86 | 3 | / | / | / | 14.86 | 3 | | |
| 7 | 30 | Adam Keeble | Chepstow Harriers | NT | NT | NT | | | / | / | / | | | | |
| 8 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 9 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 460 | Heddwyn Louden | Newport Harriers | 15.58 | 9 | | | | | | | | | | |
| 2 | 459 | Jordan Bryant | Newport Harriers | 15.22 | 10 | | | | | | | | | | |
| 3 | 458 | Jamie Bryant | Newport Harriers | 14.86 | 11 | | | | | | | | | | |
| 4 | 350 | Harry Jones | Hereford AC | 11.42 | 12 | | | | | | | | | | |
| 5 | 208 | Owen Murphy | Cwmbran Harriers | 10.32 | 13 | | | | | | | | | | |
| 6 | 764 | Tom Johnson | Cardiff AAC | 7.98 | 14 | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 11:30 AM | | DATE | | 06/Jun/09 | |
|----------------------|------|----------------------------|------------------|-----------|-----------|-----------|--------------|-------------------------|-----------|----------------------------|-----------|-------------|-----------------|-----------|--|
| EVENT | | F4 - (400g) Javelin - U13B | | RECORD | | 27.21 | | ATHLETE | | Ryan Morgan - Newport 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | | |
| 1 | 107 | Jamie Hargreaves | Aberdare VAAC | 21.56 | 18.68 | 19.89 | 21.56 | 2 | | | | 21.56 | 2 | | |
| 2 | 709 | Joshua Couper | Cardiff AAC | 16.87 | 12.45 | 16.36 | 16.87 | 6 | | | | 16.87 | 6 | | |
| 3 | 204 | James Crooke | Cwmbran Harriers | 0.00 | 0.00 | 11.29 | 11.29 | 9 | | | | 11.29 | 9 | | |
| 4 | 208 | Owen Murphy | Cwmbran Harriers | 0.00 | 18.39 | 15.64 | 18.39 | 5 | | | | 18.39 | 5 | | |
| 5 | 773 | Ciaran Lewis | Cardiff AAC | 0.00 | 18.69 | 19.24 | 19.24 | 4 | | | | 19.24 | 4 | | |
| 6 | 764 | Tom Johnson | Cardiff AAC | 0.00 | 11.47 | 0.00 | 11.47 | 8 | | | | 11.47 | 8 | | |
| 7 | 449 | Ryan Morgan | Newport Harriers | 26.52 | 19.12 | 23.14 | 26.52 | 1 | | | | 26.52 | 1 | | |
| 8 | 756 | Connor Martin | Cardiff AAC | 10.44 | 0.00 | 11.88 | 11.88 | 7 | | | | 11.88 | 7 | | |
| 9 | 110 | Sam Williams | Aberdare VAAC | 7.28 | 10.21 | 0.00 | 10.21 | 10 | | | | 10.21 | 10 | | |
| 10 | 350 | Harry Jones | Hereford AC | 0.00 | 9.49 | 9.22 | 9.49 | 11 | | | | 9.49 | 11 | | |
| 11 | 430 | Kyle Arnold | Newport Harriers | 18.42 | 19.42 | 18.44 | 19.42 | 3 | | | | 19.42 | 3 | | |
| 12 | 351 | Oliver Jones | Hereford AC | 9.24 | 7.66 | 8.38 | 9.24 | 13 | | | | 9.24 | 13 | | |
| 13 | 761 | Tomas Ellis | Cardiff AAC | 7.55 | 0.00 | 9.41 | 9.41 | 12 | | | | 9.41 | 12 | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| No. | NAME | CLUB | DISTANCE | No. | NAME | CLUB | DISTANCE | | | | | | | | |
| 1 | 449 | Ryan Morgan | Newport Harriers | 26.52 | 9 | 204 | James Crooke | Cwmbran Harriers | 11.29 | | | | | | |
| 2 | 107 | Jamie Hargreaves | Aberdare VAAC | 21.56 | 10 | 110 | Sam Williams | Aberdare VAAC | 10.21 | | | | | | |
| 3 | 430 | Kyle Arnold | Newport Harriers | 19.42 | 11 | 350 | Harry Jones | Hereford AC | 9.49 | | | | | | |
| 4 | 773 | Ciaran Lewis | Cardiff AAC | 19.24 | 12 | 761 | Tomas Ellis | Cardiff AAC | 9.41 | | | | | | |
| 5 | 208 | Owen Murphy | Cwmbran Harriers | 18.39 | 13 | 351 | Oliver Jones | Hereford AC | 9.24 | | | | | | |
| 6 | 709 | Joshua Couper | Cardiff AAC | 16.87 | 14 | | | | | | | | | | |
| 7 | 756 | Connor Martin | Cardiff AAC | 11.88 | 15 | | | | | | | | | | |
| 8 | 764 | Tom Johnson | Cardiff AAC | 11.47 | 16 | | | | | | | | | | |
| OFFICIALS SIGNATURES | | | | | | | | | | | | | | | |

12:25 PM Race 1

Record 13.0, Bethan Wakefield/Cindy Kitenge, Newport/Cardiff

| Pos | Bib | 100m U15G | Club | Perf. | WS | AW | Grade |
|-----|-----|------------------|-------------------|-------|----|----|-------|
| 1 | 702 | Cyndi Kitenge | Cardiff AAC | 13.3 | | * | G3 |
| 2 | 716 | Alison Singleton | Cardiff AAC | 13.5 | | * | G4 |
| 3 | 220 | Sophie Edwards | Cwmbran Harriers | 13.5 | | * | G4 |
| 4 | 713 | Olivia Dyer | Cardiff AAC | 13.8 | | | |
| 5 | 704 | Ffion Bodilly | Cardiff AAC | 13.9 | | | |
| 6 | 29 | Lily Harris | Chepstow Harriers | 14.4 | | | |
| 7 | 124 | Naomi Richardson | Aberdare VAAC | 14.9 | | | |
| 8 | 707 | Helena Davies | Cardiff AAC | 15.1 | | | |

3:15 PM Race 1

Record 26.4, Hannah Griffiths, Newport, 2009

| Pos | Bib | 200m U15G | Club | Perf. | WS | AW | Grade |
|-----|-----|------------------|-------------------|-------|----|----|-------|
| 1 | 479 | Hannah Griffiths | Newport Harriers | 27.4 | | * | G4 |
| 2 | 716 | Alison Singleton | Cardiff AAC | 28.1 | | * | |
| 3 | 361 | Megan Risdale | Hereford AC | 29.0 | | | |
| 4 | 712 | Maisie Matthews | Cardiff AAC | 29.5 | | | |
| 5 | 29 | Lily Harris | Chepstow Harriers | 30.1 | | | |

12:50 PM Race 1

Record 42.5, Hannah Griffiths, Newport, 2009

| Pos | Bib | 300m U15G | Club | Perf. | WS | AW | Grade |
|-----|-----|------------------|------------------|-------|----|----|-------|
| 1 | 478 | Chloe Powell | Newport Harriers | 43.4 | | * | G3 |
| 2 | 361 | Megan Risdale | Hereford AC | 45.4 | | * | |
| 3 | 700 | Catrin Griffiths | Cardiff AAC | 46.2 | | * | |
| 4 | 734 | Naomi Pearce | Cardiff AAC | 46.3 | | * | |
| 5 | 710 | Laura Trigg | Cardiff AAC | 46.7 | | * | |

2:20 PM Race 1

Record 2.37.02, Isobelle Godfrey, Chepstow, 2009

New East Division League Record

| Pos | Bib | 800m U15G | Club | Perf. | WS | AW | Grade |
|-----|-----|-------------------|-------------------|--------|----|----|-------|
| 1 | 34 | Isabel Godfrey | Chepstow Harriers | 2:31.9 | | * | G2 |
| 2 | 353 | Jade Williams | Hereford AC | 2:44.9 | | | |
| 3 | 221 | Zoe Holloway | Cwmbran Harriers | 2:45.9 | | | |
| 4 | 700 | Catrin Griffiths | Cardiff AAC | 2:47.3 | | | |
| 5 | 717 | Bethan Ellis | Cardiff AAC | 2:49.5 | | | |
| 6 | 124 | Naomi Richardson | Aberdare VAAC | 2:49.5 | | | |
| 7 | 355 | Tasha Webster | Hereford AC | 2:58.5 | | | |
| 8 | 705 | Francesca Falsini | Cardiff AAC | 3:00.9 | | | |

3:50 PM

Record 5.34.76, Ellie Leek, Cwmbran, 2009

| Pos | Bib | 1500m U15G | Club | Perf. | WS | AW | Grade |
|-----|-----|------------|-------------|--------|----|----|-------|
| 1 | 708 | Izzy Lewis | Cardiff AAC | 5:46.7 | | | |
| 2 | 715 | Tara James | Cardiff AAC | 6:05.0 | | | |

2:00 PM Race 1

Record 12.6, Rebecca Foley, Cardiff, 2009

| Pos | Bib | 75m Hurdles U15G | Club | Perf. | WS | AW | Grade |
|-----|-----|------------------|-------------------|-------|----|----|-------|
| 1 | 711 | Leonora Foley | Cardiff AAC | 13.8 | | * | |
| 2 | 701 | Chloe Phillips | Cardiff AAC | 13.9 | | * | |
| 3 | 28 | Paige Wright | Chepstow Harriers | 15.1 | | | |
| 4 | 563 | Channel Roberts | Rhondda AC | 18.4 | | | |

4:30 PM

Record 53.2, Team, Cardiff, 2009

| Pos | Bib | 4 x 100 relay U15G | Club | Perf. | WS | AW | Grade |
|-----|-----|--------------------|-------------------|-------|----|----|-------|
| 1 | 798 | U15 Scoring Team | Cardiff AAC | 53.4 | | * | |
| 2 | 498 | U15 Scoring Team | Newport Harriers | 56.3 | | | |
| 3 | 96 | U15 Scoring Team | Chepstow Harriers | 58.6 | | | |
| 4 | 398 | U15 Scoring Team | Hereford AC | 58.6 | | | |

4:30 PM

Record , , ,

| Pos | Bib | 4 x 100 Guest Relay U15G | Club | Perf. | WS | AW | Grade |
|-----|-----|--------------------------|-------------|-------|----|----|-------|
| 1 | 799 | U15 Non Scoring Team | Cardiff AAC | 57.7 | | | |

12:30 PM Race 1

Record 12.1, Tom Norton, Cwmbran, 2009

| Pos | Bib | 100m U15B | Club | Perf. | WS | AW | Grade |
|-----|-----|--------------|------------------|-------|----|----|-------|
| 1 | 219 | Tom Norton | Cwmbran Harriers | 12.4 | | * | G4 |
| 2 | 781 | Lewys Jones | Cardiff AAC | 13.2 | | | |
| 3 | 363 | Perry Fry | Hereford AC | 13.5 | | | |
| 4 | 778 | Ashley Bundy | Cardiff AAC | 13.8 | | | |
| 5 | 364 | Jacob Harmen | Hereford AC | 14.2 | | | |
| 6 | 777 | Aiden Keay | Cardiff AAC | 14.6 | | | |
| 7 | 122 | Rodri Davies | Aberdare VAAC | 15.5 | | | |

3:10 PM Race 1

Record 26.5, Joe McLean, Cardiff, 2009

| Pos | Bib | 200m U15B | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------|-------------------|-------|----|----|-------|
| 1 | 219 | Tom Norton | Cwmbran Harriers | 25.9 | | * | |
| 2 | 718 | Gabriel Davies | Cardiff AAC | 26.7 | | | |
| 3 | 121 | Ellis Evans | Aberdare VAAC | 27.6 | | | |
| 4 | 363 | Perry Fry | Hereford AC | 28.3 | | | |
| 5 | 751 | George Ivins | Cardiff AAC | 29.2 | | | |
| 6 | 777 | Aiden Keay | Cardiff AAC | 29.8 | | | |
| 7 | 25 | Johnathan Rees | Chepstow Harriers | 30.6 | | | |

3:10 PM Race 2

Record 26.5, Joe McLean, Cardiff, 2009

| Pos | Bib | 200m U15B | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------|------------------|-------|----|----|-------|
| 1 | 713 | Olivia Dyer | Cardiff AAC | 28.9 | | | |
| 2 | 220 | Sophie Edwards | Cwmbran Harriers | 29.1 | | | |
| 3 | 353 | Jade Williams | Hereford AC | 30.3 | | | |
| 4 | 609 | Limarah Thomas | Rhymney Valley | 30.6 | | | |
| 5 | 703 | Ellie Rapson | Cardiff AAC | 31.2 | | | |

12:40 PM Race 1

Record 59.5, Curtis Goodger, Newport, 2009

| Pos | Bib | 400m U15B | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------------|------------------|-------|----|----|-------|
| 1 | 784 | Iwan Hughes | Cardiff AAC | 61.9 | | | |
| 2 | 485 | Taylor Jones | Newport Harriers | 63.0 | | | |
| 3 | 218 | Sebastian Wainwright | Cwmbran Harriers | 65.8 | | | |

2:30 PM Race 1

Record 2.23.6, Stephen Scarfi, Cwmbran, 2009

| Pos | Bib | 800m U15B | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------------|-------------------|--------|----|----|-------|
| 1 | 480 | Liam Hardee | Newport Harriers | 2:27.3 | | | |
| 2 | 218 | Sebastian Wainwright | Cwmbran Harriers | 2:28.7 | | | |
| 3 | 367 | Chris Rooney | Hereford AC | 2:29.3 | | | |
| 4 | 489 | Jack Fear | Newport Harriers | 2:35.9 | | | |
| 5 | 783 | Felix Iacono | Cardiff AAC | 2:37.6 | | | |
| 6 | 122 | Rodri Davies | Aberdare VAAC | 2:47.4 | | | |
| 7 | 35 | Luke Hussey | Chepstow Harriers | 2:51.0 | | | |

3:40 PM

Record 5.04.5, Tomos Adler, Aberdare, 2009

| Pos | Bib | 1500m U15B | Club | Perf. | WS | AW | Grade |
|-----|-----|------------|-------------------|--------|----|----|-------|
| 1 | 366 | Will Maul | Hereford AC | 5:16.4 | | | |
| 2 | 24 | Rhys Penny | Chepstow Harriers | 5:16.9 | | | |

1:30 PM Race 1

Record 12.52, Tyron Blake, Cwmbran, 2009

| Pos | Bib | 80m Hurdles U15B | Club | Perf. | WS | AW | Grade |
|-----|-----|------------------|-------------|-------|----|----|-------|
| 1 | 750 | James Sharrem | Cardiff AAC | 13.7 | | * | G4 |
| 2 | 364 | Jacob Harmen | Hereford AC | 14.3 | | | |
| 3 | 751 | George Ivins | Cardiff AAC | 14.9 | | | |
| 4 | 362 | Mathew Bennett | Hereford AC | 17.1 | | | |

4:45 PM

Record 54.53, Team, Cardiff, 2009

| Pos | Bib | 4 x 100 relay U15B | Club | Perf. | WS | AW | Grade |
|-----|-----|--------------------|-------------|-------|----|----|-------|
| 1 | 798 | U15 Scoring Team | Cardiff AAC | 55.30 | | | |
| 2 | 398 | U15 Scoring Team | Hereford AC | 60.80 | | | |

2:10 PM

Record 1.57, Ffion Bodilly, Cardiff, 2009

New East Division League Record

| Pos | Bib | High Jump U15G | Club | Perf. | WS | AW | Grade |
|-----|-----|---------------------|------------------|-------|----|----|-------|
| 1 | 704 | Ffion Bodilly | Cardiff AAC | 1.58 | | * | G1 |
| 2 | 476 | Bethan Hill-Howells | Newport Harriers | 1.45 | | * | G3 |
| 3 | 710 | Laura Trigg | Cardiff AAC | 1.40 | | * | G4 |
| 4 | 222 | Olivia Perry | Cwmbran Harriers | 1.35 | | | |
| 5 | 713 | Olivia Dyer | Cardiff AAC | 1.25 | | | |
| 6 | 360 | Lydia Prosser | Hereford AC | 1.25 | | | |
| 7 | 715 | Tara James | Cardiff AAC | 1.05 | | | |

11:30 AM

Record 4.84, Bethan Wakefield, Neport, 2009

| Pos | Bib | Long Jump U15G | Club | Perf. | WS | AW | Grade |
|-----|-----|---------------------|-------------------|-------|----|----|-------|
| 1 | 476 | Bethan Hill-Howells | Newport Harriers | 4.22 | | | |
| 2 | 34 | Isabel Godfrey | Chepstow Harriers | 4.03 | | | |
| 3 | 28 | Paige Wright | Chepstow Harriers | 4.01 | | | |
| 4 | 712 | Maisie Matthews | Cardiff AAC | 4.00 | | | |
| 5 | 355 | Tasha Webster | Hereford AC | 3.66 | | | |
| 6 | 29 | Lily Harris | Chepstow Harriers | 3.50 | | | |
| 7 | 707 | Helena Davies | Cardiff AAC | 3.49 | | | |
| 8 | 711 | Leonora Foley | Cardiff AAC | 3.45 | | | |
| 9 | 221 | Zoe Holloway | Cwmbran Harriers | 3.25 | | | |
| 10 | 717 | Bethan Ellis | Cardiff AAC | 3.21 | | | |
| 11 | 703 | Ellie Rapson | Cardiff AAC | 3.13 | | | |
| 12 | 124 | Naomi Richardson | Aberdare VAAC | 3.02 | | | |
| 13 | 708 | Izzy Lewis | Cardiff AAC | 2.95 | | | |

3:40 PM

Record 8.57, Melissa Arthur, Newport, 2009

| Pos | Bib | (3.25kg) Shot U15G | Club | Perf. | WS | AW | Grade |
|-----|-----|--------------------|-------------------|-------|----|----|-------|
| 1 | 477 | Melissa Arthur | Newport Harriers | 7.72 | | * | |
| 2 | 702 | Cyndi Kitenge | Cardiff AAC | 7.35 | | | |
| 3 | 704 | Ffion Bodilly | Cardiff AAC | 6.50 | | | |
| 4 | 357 | Olivia Mills | Hereford AC | 5.88 | | | |
| 5 | 356 | Katherine Evans | Hereford AC | 5.79 | | | |
| 6 | 27 | Darcy Wright | Chepstow Harriers | 5.68 | | | |
| 7 | 478 | Chloe Powell | Newport Harriers | 5.55 | | | |
| 8 | 703 | Ellie Rapson | Cardiff AAC | 5.46 | | | |
| 9 | 37 | Megan Davies | Chepstow Harriers | 5.21 | | | |
| 10 | 222 | Olivia Perry | Cwmbran Harriers | 4.98 | | | |
| 11 | 717 | Bethan Ellis | Cardiff AAC | 4.00 | | | |

3:00 PM

Record 32.49, Emma Crooke, Hereford, 2009

| Pos | Bib | (1.0kg) Discus U15G | Club | Perf. | WS | AW | Grade |
|-----|-----|---------------------|------------------|-------|----|----|-------|
| 1 | 354 | Emma crooke | Hereford AC | 22.92 | | * | G3 |
| 2 | 477 | Melissa Arthur | Newport Harriers | 20.43 | | * | G4 |
| 3 | 478 | Chloe Powell | Newport Harriers | 17.37 | | | |
| 4 | 357 | Olivia Mills | Hereford AC | 15.44 | | | |
| 5 | 356 | Katherine Evans | Hereford AC | 13.11 | | | |
| 6 | 700 | Catrin Griffiths | Cardiff AAC | 11.12 | | | |

11:00 AM

Record 38.33, Emma Crooke, Hereford, 2009

| Pos | Bib | (3.00kg) Hammer U15G | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------------|-------------|-------|----|----|-------|
| 1 | 354 | Emma crooke | Hereford AC | 35.32 | | * | G2 |
| 2 | 356 | Katherine Evans | Hereford AC | 16.36 | | | |
| 3 | 701 | Chloe Phillips | Cardiff AAC | 15.35 | | | |

12:20 PM

Record 31.73, Emma Crooke, Hereford, 2009

| Pos | Bib | (600g) Javelin U15G | Club | Perf. | WS | AW | Grade |
|-----|-----|---------------------|------------------|-------|----|----|-------|
| 1 | 354 | Emma crooke | Hereford AC | 30.99 | | * | G1 |
| 2 | 477 | Melissa Arthur | Newport Harriers | 30.51 | | * | G1 |
| 3 | 353 | Jade Williams | Hereford AC | 15.64 | | | |
| 4 | 701 | Chloe Phillips | Cardiff AAC | 11.01 | | | |
| 5 | 712 | Maisie Matthews | Cardiff AAC | 10.87 | | | |
| 6 | 708 | Izzy Lewis | Cardiff AAC | 7.38 | | | |
| 7 | 715 | Tara James | Cardiff AAC | 7.29 | | | |

11:30 AM

Record 1.66, Tyron Blake, Cwmbran, 2009

| Pos | Bib | High Jump U15B | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------|-------------------|-------|----|----|-------|
| 1 | 216 | Tyron Blake | Cwmbran Harriers | 1.55 | | * | G4 |
| 2 | 778 | Ashley Bundy | Cardiff AAC | 1.45 | | | |
| 3 | 783 | Felix Iacono | Cardiff AAC | 1.35 | | | |
| 4 | 24 | Rhys Penny | Chepstow Harriers | Nhr | | | |

2:50 PM

Record 5.45, James Perry, Cwmbran, 2009

| Pos | Bib | Long Jump U15B | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------|-------------------|-------|----|----|-------|
| 1 | 781 | Lewys Jones | Cardiff AAC | 4.83 | | * | |
| 2 | 485 | Taylor Jones | Newport Harriers | 4.63 | | | |
| 3 | 762 | Paul Keeling | Cardiff AAC | 4.51 | | | |
| 4 | 782 | James Gough | Cardiff AAC | 4.49 | | | |
| 5 | 784 | Iwan Hughes | Cardiff AAC | 4.28 | | | |
| 6 | 364 | Jacob Harmen | Hereford AC | 4.17 | | | |
| 7 | 24 | Rhys Penny | Chepstow Harriers | 4.15 | | | |
| 8 | 366 | Will Maul | Hereford AC | 3.92 | | | |
| 9 | 25 | Johnathan Rees | Chepstow Harriers | 3.92 | | | |
| 10 | 777 | Aiden Key | Cardiff AAC | 3.77 | | | |
| 11 | 363 | Perry Fry | Hereford AC | 3.01 | | | |
| 12 | 489 | Jack Fear | Newport Harriers | 2.99 | | | |

12:20 PM

Record 12.96, Matthew Field, Aberdare, 2009

| Pos | Bib | (4.00kg) Shot U15B | Club | Perf. | WS | AW | Grade |
|-----|-----|--------------------|------------------|-------|----|----|-------|
| 1 | 365 | Tom Fellows | Hereford AC | 9.69 | | * | |
| 2 | 217 | Stephen Scarfi | Cwmbran Harriers | 7.25 | | | |
| 3 | 785 | Matt Holmes | Cardiff AAC | 7.10 | | | |
| 4 | 783 | Felix Iacono | Cardiff AAC | 6.56 | | | |
| 5 | 751 | George Ivins | Cardiff AAC | 6.50 | | | |
| 6 | 362 | Mathew Bennett | Hereford AC | 5.73 | | | |
| 7 | 486 | Matt Arnold | Newport Harriers | 5.05 | | | |

3:50 PM

Record 39.08, Matthew Field, Aberdare, 2009

| Pos | Bib | (1.25kg) Discus U15B | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------------|-------------------|-------|----|----|-------|
| 1 | 365 | Tom Fellows | Hereford AC | 23.39 | | * | |
| 2 | 217 | Stephen Scarfi | Cwmbran Harriers | 18.61 | | | |
| 3 | 718 | Gabriel Davies | Cardiff AAC | 17.54 | | | |
| 4 | 486 | Matt Arnold | Newport Harriers | 15.60 | | | |
| 5 | 25 | Johnathan Rees | Chepstow Harriers | 14.95 | | | |
| 6 | 791 | Deio Hughes | Cardiff AAC | 13.95 | | | |
| 7 | 35 | Luke Hussey | Chepstow Harriers | 13.63 | | | |
| 8 | 362 | Mathew Bennett | Hereford AC | 13.58 | | | |

11:00 AM

Record 20.95, Thomas Fellows, Hereford, 2009

| Pos | Bib | (4.00kg) Hammer U15B | Club | Perf. | WS | AW | Grade |
|-----|-----|----------------------|------------------|-------|----|----|-------|
| 1 | 365 | Tom Fellows | Hereford AC | 20.59 | | | |
| 2 | 486 | Matt Arnold | Newport Harriers | 18.84 | | | |
| 3 | 785 | Matt Holmes | Cardiff AAC | 17.05 | | | |

1:10 PM

Record 42.96, Tom Norton, Cwmbran, 2009

New East Division League Record

| Pos | Bib | (600g) Javelin U15B | Club | Perf. | WS | AW | Grade |
|-----|-----|---------------------|------------------|-------|----|----|-------|
| 1 | 219 | Tom Norton | Cwmbran Harriers | 43.84 | | * | G1 |
| 2 | 217 | Stephen Scarfi | Cwmbran Harriers | 27.64 | | | |
| 3 | 785 | Matt Holmes | Cardiff AAC | 24.49 | | | |
| 4 | 778 | Ashley Bundy | Cardiff AAC | 20.89 | | | |
| 5 | 489 | Jack Fear | Newport Harriers | 20.19 | | | |
| 6 | 762 | Paul Keeling | Cardiff AAC | 19.74 | | | |
| 7 | 782 | James Gough | Cardiff AAC | 19.72 | | | |
| 8 | 784 | Iwan Hughes | Cardiff AAC | 15.23 | | | |

WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh Athletics U15 League | | | | VENUE | | Hereford | | | TIME | | 12:00 PM | | DATE | | Saturday 9th May 2009 | | | | |
|--------------|-----|----------------------------|------------------|--------------|--------|--------|--------|----------|--------|--------|---------|--------|------------------------------|--------|--------|--------|-----------------------|-------------|----------------|--|--|
| EVENT | | F21 - High Jump - U15G | | | | RECORD | | 1.57 | | | ATHLETE | | Ffion Bodilly - Cardiff 2009 | | | | | | | | |
| Order | No | NAME | CLUB | Start Height | 0.80 | 0.85 | 0.90 | 0.95 | 1.00 | 1.05 | 1.10 | 1.15 | 1.20 | 1.25 | 1.30 | 1.35 | 1.40 | Best of All | Final Position | | |
| | | | | | 1.45 | 1.50 | 1.55 | 1.58 | 1.60 | | | | | | | | | | | | |
| | | | | | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | | | | |
| 1 | 715 | Tara James | Cardiff AAC | 0.80 | o | o | o | o | xxo | o | xxx | | | | | | | 1.05 | 7 | | |
| 2 | 713 | Olivia Dyer | Cardiff AAC | 1.00 | | | | | o | o | o | o | o | o | xxx | | | 1.25 | 5 | | |
| 3 | 360 | Lydia Prosser | Hereford AC | 1.05 | | | | | | o | o | o | xo | o | xxx | | | 1.25 | 6 | | |
| 4 | 710 | Laura Trigg | Cardiff AAC | 1.30 | xxx | | | | | | | | | | o | xxo | xo | 1.40 | 3 | | |
| 5 | 476 | Bethan Hill-Howells | Newport Harriers | 1.35 | o | xxx | | | | | | | | | | xo | o | 1.45 | 2 | | |
| 6 | 222 | Olivia Perry | Cwmbran Harriers | 1.35 | | | | | | | | | | | | xo | xxx | 1.35 | 4 | | |
| 7 | 704 | Ffion Bodilly | Cardiff AAC | 1.45 | xo | o | xo | xxo | xxx | | | | | | | | | 1.58 | 1 | | |
| 8 | | | | | | | | | | | | | | | | | | | | | |
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| FULL RESULTS | | | | | | | | | | | | | | | | | | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | | |
| 1 | 704 | Ffion Bodilly | Cardiff AAC | 1.58 | 9 | | | | | | | | | | | | | | | | |
| 2 | 476 | Bethan Hill-Howells | Newport Harriers | 1.45 | 10 | | | | | | | | | | | | | | | | |
| 3 | 710 | Laura Trigg | Cardiff AAC | 1.40 | 11 | | | | | | | | | | | | | | | | |
| 4 | 222 | Olivia Perry | Cwmbran Harriers | 1.35 | 12 | | | | | | | | | | | | | | | | |
| 5 | 713 | Olivia Dyer | Cardiff AAC | 1.25 | 13 | | | | | | | | | | | | | | | | |
| 6 | 360 | Lydia Prosser | Hereford AC | 1.25 | 14 | | | | | | | | | | | | | | | | |
| 7 | 715 | Tara James | Cardiff AAC | 1.05 | 15 | | | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | | | |

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh Athletics U15 League | | | | VENUE | | Hereford | | TIME | | 11:30 AM | | DATE | | Saturday 9th May 2009 | | | |
|--------------|-----|----------------------------|------|--------------|--------|--------|--------|----------|--------|---------|--------|---------------------------|--------|--------|--------|-----------------------|-------------|----------------|--------|
| EVENT | | F8 - Pole Vault - U15G | | | | RECORD | | 2.50 | | ATHLETE | | Lucy Daley - Cardiff 2009 | | | | | | | |
| Order | No | NAME | CLUB | Start Height | | | | | | | | | | | | | Best of All | Final Position | |
| | | | | | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | | | Metres |
| 1 | | | | | | | | | | | | | | | | | 96.00 | 1 | |
| 2 | | | | | | | | | | | | | | | | | | | |
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| FULL RESULTS | | | | | | | | | | | | | | | | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | |
| 1 | | | | 96.00 | 9 | | | | | | | | | | | | | | |
| 2 | | | | | 10 | | | | | | | | | | | | | | |
| 3 | | | | | 11 | | | | | | | | | | | | | | |
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| 6 | | | | | 14 | | | | | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | |

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 11:30 AM | | DATE | | 06/Jun/09 | |
|--------------|-----|----------------------------|-------------------|-----------|-----------|-----------|------------------|-------------------------|-----------|--------------------------------|-----------|-------------|-----------------|-----------|--|
| EVENT | | F5 - Long Jump - U15G | | RECORD | | 4.84 | | ATHLETE | | Bethan Wakefield - Neport 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | | |
| 1 | 34 | Isabel Godfrey | Chepstow Harriers | 4.00 | 4.01 | 4.03 | 4.03 | 2 | | | | 4.03 | 2 | | |
| 2 | 221 | Zoe Holloway | Cwmbran Harriers | 3.22 | 2.38 | 3.25 | 3.25 | 9 | | | | 3.25 | 9 | | |
| 3 | 355 | Tasha Webster | Hereford AC | 3.39 | 3.60 | 3.66 | 3.66 | 5 | | | | 3.66 | 5 | | |
| 4 | 708 | Izzy Lewis | Cardiff AAC | NJ | 2.95 | NJ | 2.95 | 13 | | | | 2.95 | 13 | | |
| 5 | 711 | Leonora Foley | Cardiff AAC | 3.19 | 3.38 | 3.45 | 3.45 | 8 | | | | 3.45 | 8 | | |
| 6 | 717 | Bethan Ellis | Cardiff AAC | 2.19 | 2.68 | 3.21 | 3.21 | 10 | | | | 3.21 | 10 | | |
| 7 | 712 | Maisie Matthews | Cardiff AAC | 3.49 | 3.80 | 4.00 | 4.00 | 4 | | | | 4.00 | 4 | | |
| 8 | 707 | Helena Davies | Cardiff AAC | 3.44 | 3.49 | NJ | 3.49 | 7 | | | | 3.49 | 7 | | |
| 9 | 124 | Naomi Richardson | Aberdare VAAC | 2.84 | 3.01 | 3.02 | 3.02 | 12 | | | | 3.02 | 12 | | |
| 10 | 476 | Bethan Hill-Howells | Newport Harriers | 3.29 | 4.22 | 3.53 | 4.22 | 1 | | | | 4.22 | 1 | | |
| 11 | 703 | Ellie Rapson | Cardiff AAC | 3.13 | 2.78 | NJ | 3.13 | 11 | | | | 3.13 | 11 | | |
| 12 | 28 | Paige Wright | Chepstow Harriers | 4.01 | NJ | NJ | 4.01 | 3 | | | | 4.01 | 3 | | |
| 13 | 29 | Lily Harris | Chepstow Harriers | 3.50 | 3.45 | 3.17 | 3.50 | 6 | | | | 3.50 | 6 | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | | | | | | |
| 1 | 476 | Bethan Hill-Howells | Newport Harriers | 4.22 | 9 | 221 | Zoe Holloway | Cwmbran Harriers | 3.25 | | | | | | |
| 2 | 34 | Isabel Godfrey | Chepstow Harriers | 4.03 | 10 | 717 | Bethan Ellis | Cardiff AAC | 3.21 | | | | | | |
| 3 | 28 | Paige Wright | Chepstow Harriers | 4.01 | 11 | 703 | Ellie Rapson | Cardiff AAC | 3.13 | | | | | | |
| 4 | 712 | Maisie Matthews | Cardiff AAC | 4.00 | 12 | 124 | Naomi Richardson | Aberdare VAAC | 3.02 | | | | | | |
| 5 | 355 | Tasha Webster | Hereford AC | 3.66 | 13 | 708 | Izzy Lewis | Cardiff AAC | 2.95 | | | | | | |
| 6 | 29 | Lily Harris | Chepstow Harriers | 3.50 | 14 | | | | | | | | | | |
| 7 | 707 | Helena Davies | Cardiff AAC | 3.49 | 15 | | | | | | | | | | |
| 8 | 711 | Leonora Foley | Cardiff AAC | 3.45 | 16 | | | | | | | | | | |

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 3:40 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|----------------------------|-------------------|-----------|-----------|-----------|--------------|-------------------------|-----------|-------------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F29 - (3.25kg) Shot - U15G | | RECORD | | 8.57 | | ATHLETE | | Melissa Arthur - Newport 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | Metres | | Metres |
| 1 | 27 | Darcy Wright | Chepstow Harriers | 5.33 | 5.68 | 5.53 | 5.68 | 6 | | | | 5.68 | 6 | | |
| 2 | 37 | Megan Davies | Chepstow Harriers | 4.88 | 5.21 | 4.51 | 5.21 | 9 | | | | 5.21 | 9 | | |
| 3 | 477 | Melissa Arthur | Newport Harriers | 7.49 | 7.09 | 7.72 | 7.72 | 1 | | | | 7.72 | 1 | | |
| 4 | 478 | Chloe Powell | Newport Harriers | 5.55 | 5.45 | 5.20 | 5.55 | 7 | | | | 5.55 | 7 | | |
| 5 | 222 | Olivia Perry | Cwmbran Harriers | 4.52 | NT | 4.98 | 4.98 | 10 | | | | 4.98 | 10 | | |
| 6 | 357 | Olivia Mills | Hereford AC | 5.03 | 5.32 | 5.88 | 5.88 | 4 | | | | 5.88 | 4 | | |
| 7 | 356 | Katherine Evans | Hereford AC | 5.66 | 5.79 | 5.52 | 5.79 | 5 | | | | 5.79 | 5 | | |
| 8 | 704 | Ffion Bodilly | Cardiff AAC | 6.50 | 4.71 | NT | 6.50 | 3 | | | | 6.50 | 3 | | |
| 9 | 717 | Bethan Ellis | Cardiff AAC | 4.00 | 3.49 | 3.60 | 4.00 | 11 | | | | 4.00 | 11 | | |
| 10 | 702 | Cyndi Kitenge | Cardiff AAC | 6.42 | 7.35 | 7.09 | 7.35 | 2 | | | | 7.35 | 2 | | |
| 11 | 703 | Ellie Rapson | Cardiff AAC | NT | 5.46 | 5.31 | 5.46 | 8 | | | | 5.46 | 8 | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| No. | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 477 | Melissa Arthur | Newport Harriers | 7.72 | 9 | 37 | Megan Davies | Chepstow Harriers | 5.21 | | | | | | |
| 2 | 702 | Cyndi Kitenge | Cardiff AAC | 7.35 | 10 | 222 | Olivia Perry | Cwmbran Harriers | 4.98 | | | | | | |
| 3 | 704 | Ffion Bodilly | Cardiff AAC | 6.50 | 11 | 717 | Bethan Ellis | Cardiff AAC | 4.00 | | | | | | |
| 4 | 357 | Olivia Mills | Hereford AC | 5.88 | 12 | | | | | | | | | | |
| 5 | 356 | Katherine Evans | Hereford AC | 5.79 | 13 | | | | | | | | | | |
| 6 | 27 | Darcy Wright | Chepstow Harriers | 5.68 | 14 | | | | | | | | | | |
| 7 | 478 | Chloe Powell | Newport Harriers | 5.55 | 15 | | | | | | | | | | |
| 8 | 703 | Ellie Rapson | Cardiff AAC | 5.46 | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 3:00 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|-----------------------------|------------------|-----------|-----------|-----------|-----------|-------------------------|-----------|-----------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F25 - (1.0kg) Discus - U15G | | RECORD | | 32.49 | | ATHLETE | | Emma Crooke - Hereford 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | Metres | | Metres |
| 1 | 356 | Katherine Evans | Hereford AC | 12.64 | 12.92 | 13.11 | 13.11 | 5 | / | / | / | 13.11 | 5 | | |
| 2 | 357 | Olivia Mills | Hereford AC | NT | 11.71 | 15.44 | 15.44 | 4 | / | / | / | 15.44 | 4 | | |
| 3 | 477 | Melissa Arthur | Newport Harriers | 16.72 | NT | 20.43 | 20.43 | 2 | / | / | / | 20.43 | 2 | | |
| 4 | 354 | Emma crooke | Hereford AC | NT | 18.64 | 22.92 | 22.92 | 1 | / | / | / | 22.92 | 1 | | |
| 5 | 700 | Catrin Griffiths | Cardiff AAC | 9.97 | 11.12 | 10.45 | 11.12 | 6 | / | / | / | 11.12 | 6 | | |
| 6 | 478 | Chloe Powell | Newport Harriers | 17.37 | 13.09 | 12.42 | 17.37 | 3 | / | / | / | 17.37 | 3 | | |
| 7 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 8 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 9 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 354 | Emma crooke | Hereford AC | 22.92 | 9 | | | | | | | | | | |
| 2 | 477 | Melissa Arthur | Newport Harriers | 20.43 | 10 | | | | | | | | | | |
| 3 | 478 | Chloe Powell | Newport Harriers | 17.37 | 11 | | | | | | | | | | |
| 4 | 357 | Olivia Mills | Hereford AC | 15.44 | 12 | | | | | | | | | | |
| 5 | 356 | Katherine Evans | Hereford AC | 13.11 | 13 | | | | | | | | | | |
| 6 | 700 | Catrin Griffiths | Cardiff AAC | 11.12 | 14 | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 11:00 AM | | DATE | | 06/Jun/09 | |
|--------------|-----|-----------------------------|-------------|-----------|-----------|-----------|-----------|-------------------------|-----------|-----------------------------|-----------|-------------|-----------------|-----------|--|
| EVENT | | F2 - (3.00kg) Hammer - U15G | | RECORD | | 38.33 | | ATHLETE | | Emma Crooke - Hereford 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | Metres | | |
| 1 | 354 | Emma crooke | Hereford AC | 35.06 | 32.99 | 35.32 | 35.32 | 1 | / | / | / | 35.32 | 1 | | |
| 2 | 701 | Chloe Phillips | Cardiff AAC | 15.35 | 14.33 | 12.45 | 15.35 | 3 | / | / | / | 15.35 | 3 | | |
| 3 | 356 | Katherine Evans | Hereford AC | 13.95 | 14.57 | 16.36 | 16.36 | 2 | / | / | / | 16.36 | 2 | | |
| 4 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 5 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 6 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 7 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 8 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 9 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 354 | Emma crooke | Hereford AC | 35.32 | 9 | | | | | | | | | | |
| 2 | 356 | Katherine Evans | Hereford AC | 16.36 | 10 | | | | | | | | | | |
| 3 | 701 | Chloe Phillips | Cardiff AAC | 15.35 | 11 | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 12:20 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|-----------------------------|------------------|-----------|-----------|-----------|-----------|-------------------------|-----------|-----------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F11 - (600g) Javelin - U15G | | RECORD | | 31.73 | | ATHLETE | | Emma Crooke - Hereford 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | | Metres |
| 1 | 354 | Emma crooke | Hereford AC | 27.81 | 30.99 | 29.33 | 30.99 | 1 | / | / | / | 30.99 | 1 | | |
| 2 | 353 | Jade Williams | Hereford AC | 15.24 | 12.23 | 15.64 | 15.64 | 3 | / | / | / | 15.64 | 3 | | |
| 3 | 477 | Melissa Arthur | Newport Harriers | 30.31 | 30.51 | 29.59 | 30.51 | 2 | / | / | / | 30.51 | 2 | | |
| 4 | 708 | Izzy Lewis | Cardiff AAC | 7.38 | 0.00 | 0.00 | 7.38 | 6 | / | / | / | 7.38 | 6 | | |
| 5 | 715 | Tara James | Cardiff AAC | 6.93 | 7.29 | 6.65 | 7.29 | 7 | / | / | / | 7.29 | 7 | | |
| 6 | 701 | Chloe Phillips | Cardiff AAC | 9.07 | 9.20 | 11.01 | 11.01 | 4 | / | / | / | 11.01 | 4 | | |
| 7 | 712 | Maisie Matthews | Cardiff AAC | 0.00 | 10.87 | 9.15 | 10.87 | 5 | / | / | / | 10.87 | 5 | | |
| 8 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 9 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 354 | Emma crooke | Hereford AC | 30.99 | 9 | | | | | | | | | | |
| 2 | 477 | Melissa Arthur | Newport Harriers | 30.51 | 10 | | | | | | | | | | |
| 3 | 353 | Jade Williams | Hereford AC | 15.64 | 11 | | | | | | | | | | |
| 4 | 701 | Chloe Phillips | Cardiff AAC | 11.01 | 12 | | | | | | | | | | |
| 5 | 712 | Maisie Matthews | Cardiff AAC | 10.87 | 13 | | | | | | | | | | |
| 6 | 708 | Izzy Lewis | Cardiff AAC | 7.38 | 14 | | | | | | | | | | |
| 7 | 715 | Tara James | Cardiff AAC | 7.29 | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh Athletics U15 League | | | | VENUE | | Hereford | | | TIME | | 10:30 AM | | DATE | | Saturday 9th May 2009 | | | |
|--------------|-----|----------------------------|-------------------|--------------|--------|--------|--------|----------|--------|--------|---------|--------|----------------------------|--------|--------|--------|-----------------------|-------------|----------------|--------|
| EVENT | | F3 - High Jump - U15B | | | | RECORD | | 1.66 | | | ATHLETE | | Tyron Blake - Cwmbran 2009 | | | | | | | |
| Order | No | NAME | CLUB | Start Height | 1.25 | 1.30 | 1.35 | 1.40 | 1.45 | 1.50 | 1.55 | 1.60 | | | | | | Best of All | Final Position | |
| | | | | | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | | | Metres |
| 1 | 778 | Ashley Bundy | Cardiff AAC | 1.25 | o | o | xo | o | xo | xxx | | | | | | | | 1.45 | 2 | |
| 2 | 783 | Felix Iacono | Cardiff AAC | 1.25 | o | o | xxo | xxx | | | | | | | | | | 1.35 | 3 | |
| 3 | 24 | Rhys Penny | Chepstow Harriers | 1.25 | xxx | | | | | | | | | | | | | Nhr | 4 | |
| 4 | 216 | Tyron Blake | Cwmbran Harriers | 1.40 | | | | o | o | o | xxo | xxx | | | | | | 1.55 | 1 | |
| 5 | | | | | | | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | | | | | | | |
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| 11 | | | | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | | | | | | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | |
| 1 | 216 | Tyron Blake | Cwmbran Harriers | 1.55 | 9 | | | | | | | | | | | | | | | |
| 2 | 778 | Ashley Bundy | Cardiff AAC | 1.45 | 10 | | | | | | | | | | | | | | | |
| 3 | 783 | Felix Iacono | Cardiff AAC | 1.35 | 11 | | | | | | | | | | | | | | | |
| 4 | 24 | Rhys Penny | Chepstow Harriers | Nhr | 12 | | | | | | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | | |

REFEREE

OFFICIALS SIGNATURES

WELSH ATHLETICS HEIGHT CARD

| MEETING | | Welsh Athletics U15 League | | | | VENUE | | Hereford | | TIME | | 11:30 AM | | DATE | | Saturday 9th May 2009 | | | | |
|--------------|-----|----------------------------|------|--------------|--------|--------|--------|----------|--------|---------|--------|----------------------|--------|--------|--------|-----------------------|-------------|----------------|----------------------|--------|
| EVENT | | F7 - Pole Vault - U15B | | | | RECORD | | 0 | | ATHLETE | | No Record Set - 2009 | | | | | | | | |
| Order | No | NAME | CLUB | Start Height | | | | | | | | | | | | | Best of All | Final Position | REFEREE | |
| | | | | | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | | | | Metres |
| 1 | | | | | | | | | | | | | | | | | | 96.00 | | 1 |
| 2 | | | | | | | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | | | | | |
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| 11 | | | | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | | | | | OFFICIALS SIGNATURES | |
| Pos | No. | NAME | CLUB | HEIGHT | Pos | No. | NAME | CLUB | HEIGHT | | | | | | | | | | | |
| 1 | 98 | | | 96.00 | 9 | | | | | | | | | | | | | | | |
| 2 | | | | | 10 | | | | | | | | | | | | | | | |
| 3 | | | | | 11 | | | | | | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 2:50 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|----------------------------|-------------------|-----------|-----------|-----------|----------------|-------------------------|-----------|----------------------------|-----------|-------------|-----------------|-----------|--|
| EVENT | | F23 - Long Jump - U15B | | RECORD | | 5.45 | | ATHLETE | | James Perry - Cwmbran 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | | |
| 1 | 489 | Jack Fear | Newport Harriers | 2.97 | 2.99 | 0.00 | 2.99 | 12 | / | / | / | 2.99 | 12 | | |
| 2 | 777 | Aiden Keay | Cardiff AAC | 3.60 | 3.77 | 3.56 | 3.77 | 10 | / | / | / | 3.77 | 10 | | |
| 3 | 781 | Lewys Jones | Cardiff AAC | 4.55 | 4.79 | 4.83 | 4.83 | 1 | / | / | / | 4.83 | 1 | | |
| 4 | 762 | Paul Keeling | Cardiff AAC | 4.51 | 4.47 | NJ | 4.51 | 3 | / | / | / | 4.51 | 3 | | |
| 5 | 784 | Iwan Hughes | Cardiff AAC | 4.18 | 4.28 | 3.94 | 4.28 | 5 | / | / | / | 4.28 | 5 | | |
| 6 | 782 | James Gough | Cardiff AAC | 4.19 | 4.34 | 4.49 | 4.49 | 4 | / | / | / | 4.49 | 4 | | |
| 7 | 24 | Rhys Penny | Chepstow Harriers | 3.90 | 4.15 | 0.00 | 4.15 | 7 | / | / | / | 4.15 | 7 | | |
| 8 | 25 | Johnathan Rees | Chepstow Harriers | 0.00 | 3.76 | 3.92 | 3.92 | 9 | / | / | / | 3.92 | 9 | | |
| 9 | 485 | Taylor Jones | Newport Harriers | 4.45 | 4.63 | 4.46 | 4.63 | 2 | / | / | / | 4.63 | 2 | | |
| 10 | 363 | Perry Fry | Hereford AC | 0.00 | 3.01 | NJ | 3.01 | 11 | / | / | / | 3.01 | 11 | | |
| 11 | 366 | Will Maul | Hereford AC | 3.82 | 3.90 | 3.92 | 3.92 | 8 | / | / | / | 3.92 | 8 | | |
| 12 | 364 | Jacob Harmen | Hereford AC | 4.17 | 3.89 | 3.60 | 4.17 | 6 | / | / | / | 4.17 | 6 | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | | | | | | |
| 1 | 781 | Lewys Jones | Cardiff AAC | 4.83 | 9 | 25 | Johnathan Rees | Chepstow Harriers | 3.92 | | | | | | |
| 2 | 485 | Taylor Jones | Newport Harriers | 4.63 | 10 | 777 | Aiden Keay | Cardiff AAC | 3.77 | | | | | | |
| 3 | 762 | Paul Keeling | Cardiff AAC | 4.51 | 11 | 363 | Perry Fry | Hereford AC | 3.01 | | | | | | |
| 4 | 782 | James Gough | Cardiff AAC | 4.49 | 12 | 489 | Jack Fear | Newport Harriers | 2.99 | | | | | | |
| 5 | 784 | Iwan Hughes | Cardiff AAC | 4.28 | 13 | | | | | | | | | | |
| 6 | 364 | Jacob Harmen | Hereford AC | 4.17 | 14 | | | | | | | | | | |
| 7 | 24 | Rhys Penny | Chepstow Harriers | 4.15 | 15 | | | | | | | | | | |
| 8 | 366 | Will Maul | Hereford AC | 3.92 | 16 | | | | | | | | | | |

OFFICIALS SIGNATURES

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 12:20 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|----------------------------|------------------|-----------|-----------|-----------|-----------|-------------------------|-----------|-------------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F10 - (4.00kg) Shot - U15B | | RECORD | | 12.96 | | ATHLETE | | Matthew Field - Aberdare 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | Metres | | Metres |
| 1 | 217 | Stephen Scarfi | Cwmbran Harriers | 7.25 | 6.88 | 6.84 | 7.25 | 2 | / | / | / | 7.25 | 2 | | |
| 2 | 362 | Mathew Bennett | Hereford AC | 4.91 | 5.44 | 5.73 | 5.73 | 6 | / | / | / | 5.73 | 6 | | |
| 3 | 365 | Tom Fellows | Hereford AC | 9.69 | 7.99 | 8.21 | 9.69 | 1 | / | / | / | 9.69 | 1 | | |
| 4 | 751 | George Ivins | Cardiff AAC | NT | NT | 6.50 | 6.50 | 5 | / | / | / | 6.50 | 5 | | |
| 5 | 783 | Felix Iacono | Cardiff AAC | 6.56 | 5.57 | NT | 6.56 | 4 | / | / | / | 6.56 | 4 | | |
| 6 | 785 | Matt Holmes | Cardiff AAC | 7.10 | 6.91 | 6.89 | 7.10 | 3 | / | / | / | 7.10 | 3 | | |
| 7 | 486 | Matt Arnold | Newport Harriers | 0.00 | 5.05 | 4.85 | 5.05 | 7 | / | / | / | 5.05 | 7 | | |
| 8 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 9 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 365 | Tom Fellows | Hereford AC | 9.69 | 9 | | | | | | | | | | |
| 2 | 217 | Stephen Scarfi | Cwmbran Harriers | 7.25 | 10 | | | | | | | | | | |
| 3 | 785 | Matt Holmes | Cardiff AAC | 7.10 | 11 | | | | | | | | | | |
| 4 | 783 | Felix Iacono | Cardiff AAC | 6.56 | 12 | | | | | | | | | | |
| 5 | 751 | George Ivins | Cardiff AAC | 6.50 | 13 | | | | | | | | | | |
| 6 | 362 | Mathew Bennett | Hereford AC | 5.73 | 14 | | | | | | | | | | |
| 7 | 486 | Matt Arnold | Newport Harriers | 5.05 | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 3:50 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|------------------------------|-------------------|-----------|-----------|-----------|-----------|-------------------------|-----------|-------------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F30 - (1.25kg) Discus - U15B | | RECORD | | 39.08 | | ATHLETE | | Matthew Field - Aberdare 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | | Metres |
| 1 | 217 | Stephen Scarfi | Cwmbran Harriers | NT | 15.72 | 18.61 | 18.61 | 2 | / | / | / | 18.61 | 2 | | |
| 2 | 365 | Tom Fellows | Hereford AC | 20.15 | 18.41 | 23.39 | 23.39 | 1 | / | / | / | 23.39 | 1 | | |
| 3 | 362 | Mathew Bennett | Hereford AC | 13.58 | 12.59 | NT | 13.58 | 8 | / | / | / | 13.58 | 8 | | |
| 4 | 486 | Matt Arnold | Newport Harriers | 15.60 | NT | NT | 15.60 | 4 | / | / | / | 15.60 | 4 | | |
| 5 | 35 | Luke Hussey | Chepstow Harriers | 13.43 | 13.63 | NT | 13.63 | 7 | / | / | / | 13.63 | 7 | | |
| 6 | 25 | Johnathan Rees | Chepstow Harriers | 14.80 | NT | 14.95 | 14.95 | 5 | / | / | / | 14.95 | 5 | | |
| 7 | 718 | Gabriel Davies | Cardiff AAC | NT | 16.69 | 17.54 | 17.54 | 3 | / | / | / | 17.54 | 3 | | |
| 8 | 791 | Deio Hughes | Cardiff AAC | 13.35 | NT | 13.95 | 13.95 | 6 | / | / | / | 13.95 | 6 | | |
| 9 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 365 | Tom Fellows | Hereford AC | 23.39 | 9 | | | | | | | | | | |
| 2 | 217 | Stephen Scarfi | Cwmbran Harriers | 18.61 | 10 | | | | | | | | | | |
| 3 | 718 | Gabriel Davies | Cardiff AAC | 17.54 | 11 | | | | | | | | | | |
| 4 | 486 | Matt Arnold | Newport Harriers | 15.60 | 12 | | | | | | | | | | |
| 5 | 25 | Johnathan Rees | Chepstow Harriers | 14.95 | 13 | | | | | | | | | | |
| 6 | 791 | Deio Hughes | Cardiff AAC | 13.95 | 14 | | | | | | | | | | |
| 7 | 35 | Luke Hussey | Chepstow Harriers | 13.63 | 15 | | | | | | | | | | |
| 8 | 362 | Mathew Bennett | Hereford AC | 13.58 | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 11:00 AM | | DATE | | 06/Jun/09 | |
|--------------|-----|-----------------------------|------------------|-----------|-----------|-----------|-----------|-------------------------|-----------|--------------------------------|-----------|-------------|-----------------|-----------|--------|
| EVENT | | F1 - (4.00kg) Hammer - U15B | | RECORD | | 20.95 | | ATHLETE | | Thomas Fellows - Hereford 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | | Metres |
| 1 | 785 | Matt Holmes | Cardiff AAC | 15.74 | 15.97 | 17.05 | 17.05 | 3 | / | / | / | 17.05 | 3 | | |
| 2 | 365 | Tom Fellows | Hereford AC | 20.59 | NT | 17.33 | 20.59 | 1 | / | / | / | 20.59 | 1 | | |
| 3 | 486 | Matt Arnold | Newport Harriers | 18.79 | 18.84 | 15.97 | 18.84 | 2 | / | / | / | 18.84 | 2 | | |
| 4 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 5 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 6 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 7 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 8 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 9 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 365 | Tom Fellows | Hereford AC | 20.59 | 9 | | | | | | | | | | |
| 2 | 486 | Matt Arnold | Newport Harriers | 18.84 | 10 | | | | | | | | | | |
| 3 | 785 | Matt Holmes | Cardiff AAC | 17.05 | 11 | | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | | |

WELSH ATHLETICS DISTANCE CARD

| MEETING | | Welsh Athletics U15 League | | VENUE | | Hereford | | TIME | | 1:10 PM | | DATE | | 06/Jun/09 | |
|--------------|-----|-----------------------------|------------------|-----------|-----------|-----------|-----------|-------------------------|-----------|---------------------------|-----------|-------------|-----------------|-----------|--|
| EVENT | | F13 - (600g) Javelin - U15B | | RECORD | | 42.96 | | ATHLETE | | Tom Norton - Cwmbran 2009 | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Positionn | REFEREE | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | | |
| 1 | 762 | Paul Keeling | Cardiff AAC | 19.74 | 17.44 | 18.51 | 19.74 | 6 | / | / | / | 19.74 | 6 | | |
| 2 | 785 | Matt Holmes | Cardiff AAC | 20.21 | 24.49 | 19.49 | 24.49 | 3 | / | / | / | 24.49 | 3 | | |
| 3 | 784 | Iwan Hughes | Cardiff AAC | 11.60 | 15.23 | 14.05 | 15.23 | 8 | / | / | / | 15.23 | 8 | | |
| 4 | 217 | Stephen Scarfi | Cwmbran Harriers | 19.68 | 27.64 | 25.44 | 27.64 | 2 | / | / | / | 27.64 | 2 | | |
| 5 | 489 | Jack Fear | Newport Harriers | 20.19 | 18.61 | 19.32 | 20.19 | 5 | / | / | / | 20.19 | 5 | | |
| 6 | 219 | Tom Norton | Cwmbran Harriers | 42.87 | 43.83 | 43.84 | 43.84 | 1 | / | / | / | 43.84 | 1 | | |
| 7 | 782 | James Gough | Cardiff AAC | 19.72 | 18.83 | 19.13 | 19.72 | 7 | / | / | / | 19.72 | 7 | | |
| 8 | 778 | Ashley Bundy | Cardiff AAC | 0.00 | 20.89 | 19.93 | 20.89 | 4 | / | / | / | 20.89 | 4 | | |
| 9 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 10 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 11 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 12 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 13 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 14 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 15 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| 16 | | | | 0.00 | 0.00 | 0.00 | | | / | / | / | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | |
| | No. | NAME | CLUB | DISTANCE | | No. | NAME | CLUB | DISTANCE | OFFICIALS SIGNATURES | | | | | |
| 1 | 219 | Tom Norton | Cwmbran Harriers | 43.84 | 9 | | | | | | | | | | |
| 2 | 217 | Stephen Scarfi | Cwmbran Harriers | 27.64 | 10 | | | | | | | | | | |
| 3 | 785 | Matt Holmes | Cardiff AAC | 24.49 | 11 | | | | | | | | | | |
| 4 | 778 | Ashley Bundy | Cardiff AAC | 20.89 | 12 | | | | | | | | | | |
| 5 | 489 | Jack Fear | Newport Harriers | 20.19 | 13 | | | | | | | | | | |
| 6 | 762 | Paul Keeling | Cardiff AAC | 19.74 | 14 | | | | | | | | | | |
| 7 | 782 | James Gough | Cardiff AAC | 19.72 | 15 | | | | | | | | | | |
| 8 | 784 | Iwan Hughes | Cardiff AAC | 15.23 | 16 | | | | | | | | | | |