

12th Welsh Inter Regional Track & Field Championships

Cardiff International Sports Stadium

Sunday, August 29th, 2010

Senior Men

100(-3.2):					
1	2	Carl McEwan	East	11.48	8
2	3	Nik Mesney	North	11.72	7
3	4	Owen Williams	North	11.96	6
4	8	Michael Omakobia	West	12.18	5
5	6	Brian Dias	South	14.73	4
200(0.4):					
1	1	Carl McEwan	East	23.18	8
2	3	Nik Mesney	North	23.63	7
3	8	Michael Omakobia	West	24.09	6
4	4	Tom Snowdon	North	26.01	5
5	6	David Williams	South	26.15	4
6	5	Brian Dias	South	30.44	3
400:					
1	7	Jonathan Williams	West	51.30	8
2	1	Carl McEwan	East	53.16	7
3	5	James Thie	South	54.48	6
4	3	Tom Snowdon	North	59.71	5
800:					
1	7	Jonathan Williams	West	1:56.23	8
2	3	Shon Evans	North	1:59.94	7
3	5	Dafydd Jones	South	2:16.16	6
1500:					
1	7	Daniel Gurmin	West	4:11.76	8
2	8	Paul Clarke	West	4:18.31	7
3	5	Hywel Jones	South	4:28.64	6
4	6	Brian Dias	South	5:30.59	5
3000:					
1	7	Daniel Gurmin	West	8:54.74	8
2	5	Brian Dias	South	11:26.28	7
1k walk:					
1	7	John Collins	West	6:53.43	8
110H(-0.9):					
1	7	Iain Moody	West	19.01	8
2	3	Neil Edwards	North	19.15	7
3	1	Derek Osborne	East	20.66	6
4	5	David Williams	South	20.67	5
400H:					
1	5	Gareth Wiltshire	South	52.27	8
2	7	Iain Moody	West	65.18	7
3	6	David Williams	South	65.89	6
4	3	Neil Edwards	North	76.53	5
5	4	Mark Rich	North	89.14	4
2000Sc:					
1	No competitors				
4x100:					
1	5	South	South	45.88	8
		?????			
2	4	North	North	46.76	7
		O Williams, Snowdon, A Williams, Mesney			
3	8	West	West	47.41	6
		Thomas, Clarke, Williams, Williams			
4x400:					
1	8	West	West	3:31.60	8
		Bennett, Williams, Slinger, Clarke			
2	4	North	North	3:33.42	7
		Rich S Evans, Csizmadia, C Evans			
3	6	South	South	3:39.22	6
		Hopkins, H Jones, D Jones, Phillips			
HJ:					
1	1	Owen Chesher	East	1.95	8
2	5	Gareth Wiltshire	South	1.65	7
3	3	Neil Edwards	North	1.50	6
4	2	Derek Osborne	East	1.40	5
5	6	David Williams	South	1.35	4
PV:					
1	5	Robert McGregor	South	3.50	8
2	3	Neil Edwards	North	3.00	7
3	1	Derek Osborne	East	2.90	6
4	2	Keith Powell	East	2.80	5
LJ:					
1	1	Navid Childs	East	6.47	8
2	7	Andrew Thomas	West	6.43	7
3	2	Michael Payne	East	5.97	6
4	3	Neil Edwards	North	4.94	5
5	8	Richard Ledger	West	4.85	4
6	5	David Williams	South	3.88	3
7	6	Brian Dias	South	3.69	2
8	4	Mark Rich	North	3.55	1

TJ:					
1	1	Navid Childs	East	13.38	8
2	3	Adam Williams	North	13.28	7
3	4	Owen Williams	North	10.71	6
4	2	Keith Powell	East	9.34	5
SP:					
1	1	Ryan Spencer-Jones	East	17.09	8
2	5	Brett Morse	South	14.18	7
3	2	Robert Eales	East	11.61	6
4	6	Simon Bull	South	11.37	5
5	8	Richard Ledger	West	10.55	4
6	7	Peter Roberts	West	10.51	3
7	3	Neil Edwards	North	10.11	2
8	4	Mark Rich	North	7.53	1
DT:					
1	5	Brett Morse	South	56.41	8
2	1	Ryan Spencer-Jones	East	48.69	7
3	7	Peter Roberts	West	36.65	6
4	3	James Hoopert	North	33.49	5
5	6	Simon Bull	South	31.96	4
6	2	Robert Eales	East	28.87	3
7	4	Neil Edwards	North	24.10	2
8	8	Dai Jones	West	13.82	1
HT:					
1	7	Matthew Richards	West	61.36	8
2	3	Michael Lee	North	39.02	7
3	5	Brett Morse	South	35.61	6
4	1	Ryan Spencer-Jones	East	27.30	5
5	4	Mark Rich	North	16.34	4
6	8	Dai Jones	West	14.41	3
JT:					
1	6	Simon Bull	South	48.32	8
2	7	Richard Ledger	West	46.31	7
3	3	Neil Edwards	North	45.90	6
4	1	Derek Osborne	East	32.38	5
5	2	Keith Powell	East	24.77	4
6	4	Mark Rich	North	23.12	3

Team

1	South	136
2	West	130
3	North	129
4	East	118

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Junior Men

100(-2.7):					
1	5	Gareth Hopkins	South	11.36	8
2	3	Thomas Cusworth	North	11.72	7
3	6	Curtis Mathews	South	11.73	6
4	1	Lewis Hinwood	East	11.78	5
5	8	Jamie Price	West	12.05	4
6	2	Connor Harte	East	12.10	3
7	4	Ian Roberts	North	12.22	2
8	7	Owain Morgan	West	12.77	1
200(0.6):					
1	5	Gareth Hopkins	South	22.38	8
2	7	Paul Bennett	West	23.12	7
3	8	Lewis Evans	West	23.34	6
4	1	Lewis Hinwood	East	23.47	5
5	3	Ian Roberts	North	24.34	4
6	4	James Rich	North	24.70	3
7	6	Tom Phillips	South	24.79	2
400:					
1	3	Cynan Evans	North	53.26	8
2	4	James Rich	North	56.81	7
3	8	Owain Morgan	West	57.58	6
800:					
1	6	Alex Edwards	South	1:56.31	8 CBP
2	1	David Banwell-Clode	East	1:56.85	7
3	5	Dominic Farr	South	2:04.45	6
4	8	Owain Morgan	West	2:14.62	5
1500:					
1	1	Chris Carpanini	East	4:16.75	8
2	3	Thomas Csizmadia	North	4:30.74	7
3	7	Matthew Thomas	West	4:32.77	6
4	8	Shane Jones	West	5:18.83	5
3000:					
1	5	Daniel Hiscox	South	9:58.71	8
2	6	Kyle Garrison	South	13:08.37	7
1k walk:					
1	7	Antonio Cirillo	West	4:12.21	8 CBP
110H(-1.9):					
1	7	Dafydd Walters	West	15.06	8
2	3	David Hooson	North	18.51	7
3	8	Shane Jones	West	18.87	6
400H:					
1	7	Paul Bennett	West	56.41	8 =CBP
2	8	Dafydd Walters	West	56.51	7
3	5	Tom Phillips	South	60.50	6
4	3	James Rich	North	65.68	5
2000Sc:					
1	1	David Banwell-Clode	East	6:43.43	8
4x100:					
1	3	North Hooson, Roberts, Evans, Cusworth	North	44.77	8
2	1	East Hinwood, Morgan, Harte, Wotman	East	45.57	7
3	7	West Bennett, Evans, Jones, Price	West	46.01	6
HJ:					
1	7	Ben Davies	West	1.95	8
2	8	Adam Davies	West	1.90	7
3	1	Tom Morgan	East	1.80	6
4	6	Oliver Trotman	South	1.80	5
5	5	Curtis Mathews	South	1.75	4
6	2	Connor Harte	East	1.45	3
PV:					
1	3	Daniel Hodgson	North	3.80	8
LJ:					
1	8	Kueni Igbagiri	West	6.58	8
2	5	Curtis Mathews	South	6.57	7
3	3	Thomas Cusworth	North	5.74	6
4	6	Sam Bunkham	South	5.43	5
5	7	Lewis Evans	West	5.19	4
TJ:					
1	7	Glen Elsdon	West	12.04	8
2	2	Tom Morgan	East	12.00	7
3	8	Jordan Brock	West	11.77	6
4	6	Sam Bunkham	South	11.69	5
5	1	Connor Harte	East	11.42	4
6	3	Tom Csizmadia	North	9.18	3
SP:					
1	1	Josh Bussell	East	13.35	8
2	5	Curtis Mathews	South	13.00	7
3	6	Oliver Trotman	South	10.06	6
4	2	Lewis Jones	East	9.41	5
5	7	Ben Davies	West	8.94	4

6	8	Mathew Riley	West	6.79	3
DT:					
1	5	Curtis Mathews	South	37.86	8
2	1	Josh Bussell	East	36.25	7
3	7	Mathew Riley	West	14.57	6
HT:					
1	3	Osian Jones	North	55.43	8 CBP
2	1	Josh Bussell	East	27.86	7
3	7	Mathew Riley	West	21.56	6
4	5	Kyle Garrison	South	14.31	5
JT:					
1	2	Jason Copsey	East	62.10	8 CBP
2	6	Fearghas Gough	South	44.19	7
3	8	Nikki Davies	West	43.70	6
4	1	Tom Morgan	East	41.61	5
5	4	Tom Cusworth	North	38.77	4
6	5	Kyle Garrison	South	26.81	3
	7	Jon Llewellyn	West	nt	
Team					
1		West		149	
2		South		121	
3		East		103	
4		North		87	

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U17 Men

100(-1.5):

1	5 Michael Prentice	South	11.40	8
2	6 Jamie Morris	South	11.57	7
3	3 Owen Smith	North	11.66	6
4	7 Mathew Davies	West	11.69	5
5	8 Matthew Richards	West	11.86	4
6	4 Adam Williams	North	12.08	3
7	2 Conal Davies	East	12.23	2
8	1 William Davies	East	12.25	1

200(2.5):

1	5 Michael Prentice	South	22.62	8
2	6 Jamie Morris	South	23.01	7
3	8 Matthew Richards	West	23.22	6
4	3 Owen Smith	North	23.29	5
5	7 Mathew Davies	West	23.35	4
6	2 Conal Davies	East	24.22	3
7	1 William Davies	East	24.52	2
8	4 Sion Russell	North	24.80	1

400:

1	5 Elliot Slade	South	51.98	8
2	3 Owen Smith	North	53.01	7
3	8 Llyr Jamieson	West	53.27	6
4	7 Luke Clements	West	57.02	5
5	1 Adam Jones	East	57.38	4

800:

1	5 Matthew Antoniazzi	South	2:02.53	8
2	3 James Roberts	North	2:06.32	7
3	2 Curtis Goodger	East	2:07.06	6
4	8 Sean White	West	2:07.55	5
5	7 Luke Clements	West	2:09.57	4

1500:

1	1 Elliot Hardee	East	4:12.36	8
2	2 Daniel Chesworth	East	4:15.95	7
3	7 Matthew O'Leary	West	4:20.85	6
4	5 Matthew Edwards	South	4:27.11	5
5	4 William Sheridan	North	4:29.89	4
6	8 Morgan Smith	West	4:38.16	3

3000:

1	7 Liam Lloyd	West	8:56.27	8	CBP
2	8 Josh Griffiths	West	9:16.56	7	
3	2 Tyrone Fowler	East	10:30.14	6	

1k walk:

1	3 William Sheridan	North	5:41.66	8	CBP
2	1 Tyrone Fowler	East	7:09.67	7	

100H(-1.0):

1	5 Rhys L Williams	South	13.89	8	CBP
2	8 Josh Sansom	West	13.93	7	
3	7 Daniel Blain	West	14.03	6	
4	6 Nathan Lawrence	South	14.59	5	
5	2 Ben McEwan	East	16.65	4	
6	1 Tyron Blake	East	18.29	3	

400H:

1	7 Josh Sansom	West	57.22	8	CBP
2	8 Aaron Willmott	West	60.24	7	
3	2 Ben McEwan	East	62.21	6	
4	3 William Poole	North	65.35	5	

1500Sc:

1	7 Lloyd Heckler	West	4:47.68	8
2	5 Matthew Edwards	South	4:56.89	7
3	8 Ronan Llyr	West	5:05.69	6
4	1 Evan Wynne	East	5:06.11	5
5	6 Rory Heslop	South	5:14.03	4

4x100:

1	7 West	West	45.35	8
	Davies, Ward, Richards, Blain			
2	5 South	South	45.60	7
	Lawrence, Slade, Williams, Prentice			
3	1 East	East	48.42	6
	W Davies, C Davies, Scarfi, McEwan			

HJ:

1	5 Stephen Guest	South	1.80	8
2	6 Jonathan Bailey	South	1.75	6.5
2	7 Ben Jenkins	West	1.75	6.5
4	8 Lawrence Hancock	West	1.70	5
5	1 Tyrone Blake	East	1.70	4
6	3 Adam Williams	North	1.65	3
7	4 William Poole	North	1.60	2

PV:

1	5 Stephen Guest	South	3.80	8
2	2 Stephen Scarfi	East	3.00	7

LJ:

1	6 Jamie Morris	South	6.40	8
2	8 Lawrence Hancock	West	6.14	7
3	3 Adam Williams	North	5.86	6
4	7 Chris Restall	West	5.39	5
5	5 Rhys L Williams	South	4.74	4
6	4 Chris McNaught	North	3.06	3

TJ:

1	3 Chris McNaught	North	13.01	8
2	8 Lawrence Hancock	West	12.20	7
3	4 Sion Russell	North	11.91	6
4	1 Jack Rogers	East	11.81	5
5	6 Nathan Lawrence	South	11.05	4
6	7 Chris Restall	West	10.57	3

SP:

1	5 Matthew Field	South	14.41	8
2	7 Lee Taylor	West	11.28	7
3	6 Sam Norman	South	10.97	6
4	8 Kyle Ward	West	10.52	5
5	3 Will Scott	North	7.19	4

DT:

1	5 Matthew Field	South	44.15	8
2	6 David Motley	South	40.13	7
3	7 Lee Taylor	West	31.18	6
4	8 Kyle Ward	West	23.67	5
5	3 Will Scott	North	22.13	4
6	1 Stephen Scarfi	East	20.81	3

HT:

1	5 Matthew Field	South	39.25	8
2	8 Mathew John	West	30.34	7

JT:

1	7 Scott Phillips	West	52.33	8
2	1 Tom Norton	East	51.45	7
3	6 Scott Hewins	South	44.64	6
4	3 Will Scott	North	34.70	5
5	8 Matthew John	West	31.89	4
6	5 Sam Norman	South	30.00	3

Team

1	West	188.5
2	South	166.5
3	East	96
4	North	87

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U15 Boys

100(-3.0):

1	5	Thomas Williams	South	12.02	8
2	6	James McLean	South	12.13	7
3	2	Ryan Lee	East	12.20	6
4	4	Luke Ward	North	12.39	5
5	7	Alex Pavlou	West	12.45	4
6	8	Luke Morris	West	12.96	3
7	1	Ryan Morgan	East	13.45	2

200(-1.0):

1	5	Thomas Williams	South	24.06	8
2	3	Lloyd Robbins	North	24.23	7
3	7	Alex Pavlou	West	24.31	6
4	6	James McLean	South	24.31	5
5	4	Luke Ward	North	24.64	4
6	2	Marcus Bayone-Martinez	East	24.98	3
7	8	Gwion Jones	West	25.83	2

400:

1	3	Lloyd Robbins	North	55.10	8
2	7	Rhys Granville	West	55.11	7
3	5	Steffan Evans	South	56.15	6
4	6	Matthew Collins	South	56.88	5
5	8	Gwion Jones	West	61.29	4

800:

1	7	Rhys Granville	West	2:02.78	8	CBP
2	5	Matthew Collins	South	2:04.21	7	
3	1	Jack Fear	East	2:13.51	6	
4	8	Lewis Preece	West	2:15.84	5	
5	6	Jake Bosza	South	2:22.09	4	
6	4	Andrew Jones	North	2:22.68	3	
7	2	Ben Dunster	East	2:28.87	2	

1500:

1	22	Owen Davies	East	4:32.12	8
2	11	Ben Jones	East	4:35.36	7
3	55	Tom Edmunds	South	4:53.40	6
4	88	Emlyn Lewis	West	5:15.52	5

1k walk:

No competitors

80H(-0.9):

1	7	Luke Jenkins	West	11.91	8
2	8	David Omoregie	West	12.08	7
3	6	Jack Johnson	South	12.52	6
4	3	Rheon Jones	North	13.24	5
5	2	Kyle Arnold	East	14.93	4

4x100:

1	6	South Williams, McLean, Lawrence, Collins	South	48.00	8
2	4	North Ward, Thomas Robbins, Jones	North	48.85	7
3	8	West Pavlou, Morris, Jones, Price	West	49.38	6

HJ:

1	8	David Omoregie	West	1.76	8
2	7	Aled Price	West	1.74	7
3	6	George Griffiths	South	1.60	6
4	3	Shawn Murray	North	1.55	5
5	1	Ben Dunster	East	1.45	4

PV:

1	8	Lewis Preece	West	2.70	8
2	2	Stevan Russell	East	2.20	7

LJ:

1	3	Lloyd Robbins	North	6.14	8	CBP
2	7	Aled Price	West	5.90	7	
3	5	Thomas Williams	South	5.78	6	
4	8	Gwion Jones	West	5.24	5	
5	1	Ryan Morgan	East	4.47	4	

SP:

1	7	Kallum Lee Evans	West	12.53	8
2	8	Andrew Barriscale	West	11.82	7
3	3	Matthew Williams	North	11.65	6
4	6	Jac Palmer	South	7.94	5
5	5	James McLean	South	6.79	4
6	1	Kyle Arnold	East	6.57	3

DT:

1	7	Kallum Lee Evans	West	33.59	8
2	3	Matthew Williams	North	31.92	7
3	5	Matteo Holmes	South	29.63	6
4	8	Andrew Barriscale	West	26.03	5

5	6	Ryan Marlowe	South	23.91	4
6	1	Heddwyn Loudon	East	20.09	3
7	4	Bradley Thomas	North	18.88	2

HT:

1	5	Matteo Holmes	South	35.53	8
2	4	Shaun Livett	North	30.82	7
3	7	Kallum Lee Evans	West	29.54	6
4	6	Jac Palmer	South	29.29	5
5	8	Daniel Brooks	West	22.27	4

JT:

1	5	Matteo Holmes	South	42.93	8
2	6	Tom Adams	South	35.02	7
3	7	Andrew Barriscale	West	31.36	6
4	1	Steven Russell	East	30.01	5
5	2	Ryan Morgan	East	24.23	4
6	4	Shaun Livett	North	23.63	3
7	8	Keiran Ingram	West	23.53	2

Team

1	West	136
2	South	116
3	North	70
4	East	68

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Senior Women

100(-4.0):

1	1 Rhiannon Yates	East	12.40	8
2	5 Melanie Stephenson	South	12.80	7
3	4 Hannah Thomas	North	12.81	6
4	3 Hannah Pendlebury	North	13.09	5
5	6 Samantha Gamble	South	13.20	4
6	8 Ffion Rees	West	13.99	3
7	7 Jessica Huddleston	West	14.67	2

200(1.3):

1	1 Rhiannon Yates	East	25.26	8
2	5 Melanie Stephenson	South	25.30	7
3	3 Nia Breeze	North	26.02	6
4	4 Hannah Pendlebury	North	27.05	5
5	8 Sophie Thomas	West	27.48	4
6	7 Caroline Byng	West	28.53	3

400:

1	3 Megan Rogers	North	59.41	8
2	8 Sophie Thomas	West	63.23	7
3	7 Caroline Byng	West	65.76	6

800:

1	5 Kathryn Davies	South	2:19.69	8
2	7 Angharad Davies	West	2:19.77	7
3	8 Ffion Rees	West	3:02.94	6

1500:

1	7 Alaw Beynon-Thomas	West	4:46.15	8
2	5 Kate Roberts	South	5:02.09	7
3	8 Gemma Leahy	West	5:06.98	6
4	6 Leigh James	South	5:30.58	5

3000:

1	8 Gemma Leahy	West	10:31.62	8
2	5 Kate Roberts	South	10:40.28	7
3	1 Satu Haikala	East	11:07.48	6
4	6 Leigh James	South	11:12.38	5
5	7 Sharon Leech	West	11:16.10	4

1k walk:

7 No athletes 4

100H(-1.1):

1	7 Caryl Granville	West	14.63	8	CBP
2	8 Catrin Stone	West	14.89	7	
3	3 Megan Rogers	North	15.29	6	

400H:

1	7 Caryl Granville	West	63.40	8
2	8 Angharad Davies	West	67.92	7

1500Sc:

No athletes Pts 4

4x100:

1	4 North	West	51.37	8
	Breeze, Thomas, Rogers, Pendlebury			
2	8 West	West	52.44	7
	S Thomas, Rees, Granville, Stone			

4x400:

1	7 West	West	4:03.91	8	CBP
	Granville, Osborne, Byng, Thomas				
2	3 North	North	4:08.26	7	
	Marvin, C Jones, Thomas, Rogers				

HJ:

1	7 Ceri Stokoe	West	1.75	8
2	8 Sophie Pick	West	1.45	7

PV:

1	5 Lynsey Maund	South	3.50	8	=CBP
2	7 Naoimi James	West	3.40	7	
3	8 Megan Jones	West	2.30	6	

LJ:

1	1 Rhiannon Yates	East	5.58	8
2	7 Ffion Rees	West	5.30	7
3	8 Catrin Stone	West	5.05	6
4	2 Amy Bradley	East	4.83	5
5	4 Sian Swanson	North	4.70	4

TJ:

1	8 Donna Jones	West	11.09	8
2	3 Sian Swanson	North	10.40	7
3	7 Ffion Rees	West	9.44	6

SP:

1	1 Toni Wells	East	10.66	8
2	8 Catherine Goldsmith	West	9.55	7
3	3 Megan Rogers	North	8.62	6
4	7 Karen Llewellyn	West	8.61	5

5	4 Hannah Thomas	North	7.24	4	
DT:					
1	8 Jessica Huddleston	West	30.16	8	
2	1 Toni Wells	East	28.75	7	
3	7 Karen Llewellyn	West	27.83	6	
4	2 Sian Jordan	East	26.59	5	
HT:					
1	5 Carys Parry	South	61.68	8	CBP
2	1 Toni Wells	East	50.41	7	
3	2 Lisa Boswell	East	39.13	6	
4	7 Karen Llewellyn	West	28.11	5	
5	8 Jessica Huddleston	West	19.77	4	
JT:					
1	5 Lianne Clarke	South	47.37	8	CBP
2	7 Sara Siggery	West	43.79	7	
3	8 Cath Goldsmith	West	31.14	6	
4	1 Rachel Bevan	East	30.84	5	

Team

1	West	220
2	South	74
3	East	73
4	North	72

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U17 Women

100(-1.7):

1	1	Hannah Griffiths	East	12.84	8
2	7	Rhiannon Jeffreys	West	12.87	7
3	3	Sophie Lewis	North	13.32	6
4	5	Alison Singleton	South	13.51	5
5	4	Chloe Aimee Jones	North	13.54	4
6	6	Ellie Carter	South	13.85	3
7	8	Catrin Rees	West	14.44	2

200(-0.5):

1	1	Hannah Griffiths	East	26.82	8
2	4	Jade Marvin	North	27.53	7
3	3	Catrin Thomas	North	27.69	6
4	8	Catrin Rees	West	28.57	5
5	7	Jessica Thompson	West	29.75	4
6	6	Chloe Phillips	South	31.83	3

300:

1	3	Chloe Jones	North	43.48	8
2	4	Catrin Thomas	North	44.17	7
3	7	Jemima Osborne	West	44.97	6
4	6	Ellie Carter	South	47.51	5
5	8	Megan Good	West	48.50	4
6	5	Megan Thomas	South	49.51	3

800:

1	1	Ffion Price	East	2:15.48	8	CBP
2	7	Jemima Osborne	West	2:22.43	7	
3	5	Lora Roberts	South	2:28.34	6	

1500:

1	11	Ffion Price	East	4:53.78	8
2	77	Elysia Pearson	West	5:15.54	7
3	55	Fiona Bray	South	5:39.81	6

3000:

1	11	Rhianwedd Price	East	10:57.53	8	CBP
2	7	Lisa Neumann	West	11:37.74	7	
3	5	Caitlin Bryant	South	12:13.35	6	
4	8	Heather Lewis	West	12:48.75	5	

1k walk:

1	7	Heather Lewis	West	4:34.17	8	CBP
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80H(-0.4):

1	7	Kimberley Davies	West	12.73	8
2	5	Katie Lewis	South	12.92	7
3	8	Emily Dacey	West	13.46	6
4	6	Chloe Phillips	South	14.37	5

300H:

1	6	Lora Roberts	South	47.80	8
2	3	Jade Marvin	North	49.43	7
3	7	Emily Morris	West	49.75	6
4	5	Katie Lewis	South	49.99	5
5	8	Elinor Jones	West	50.40	4

1500Sc:

1	11	Rhianwedd Price	East	5:35.05	8	CBP
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4x100:

1	7	West Jeffries, Rees, Palla, Davies	West	51.76	8
2	3	North Marvin, C Jones, CA Jones, Thomas	North	53.04	7
3	5	South Phillips, Lewis, Carter, Roberts	South	53.74	6

HJ:

1	5	Ffion Bodilly	South	1.70	8	=CBP
2	7	Emily Morris	West	1.60	7	
3	3	Amy Crocombe	North	1.45	6	
4	6	Katie Lewis	South	1.45	5	
5	2	Melissa Arthur	East	1.40	3.5	
5	8	Rhiannon Plant	West	1.40	3.5	

PV:

1	5	Rhianydd Llewellyn	South	3.00	8
2=	7	Enfys Jones	West	2.50	6.5
2=	8	Alex Thomas	West	2.50	6.5

LJ:

1	6	Lucy Taylor	South	4.92	8
2	7	Nia Palla	West	4.86	7
3	8	Emily Dacey	West	4.70	6
4	5	Ruby Coates	South	4.66	5
5	1	Zoe Bradley	East	4.21	4

TJ:

1	3	Mared Baker	North	10.38	8	
2	7	Sophie Lane	West	9.99	7	
3	5	Ruby Coates	South	9.73	6	
4	4	Chloe Aimee Jones	North	9.65	5	
SP:						
1	7	Lucy Griffiths	West	11.53	8	CBP
2	3	Jennifer Coppell	North	8.89	7	
3	5	Sarah Herbert	South	8.30	6	
4	8	Emma Evans	West	8.05	5	
5	4	Amy Crocombe	North	7.26	4	
6	6	Ellie Carter	South	6.72	3	
DT:						
1	8	Nina Prells	West	35.44	8	CBP
2	7	Lucy Griffiths	West	32.25	7	
3	5	Trudy Williams	South	28.90	6	
4	4	Lydia David	North	23.85	5	
5	6	Megan Thomas	South	19.60	4	
6	2	Chloe Powell	East	16.70	3	
HT:						
1	5	Hannah Greenslade	South	36.98	8	
2	8	Emma Evans	West	29.94	7	
3	6	Trudy Williams	South	28.64	6	
4	7	Helena Madan	West	26.95	5	
5	3	Jennifer Coppell	North	25.57	4	
1	1	Jasmin Seale	East	NT		
JT:						
1	7	Zoe Priestley	West	40.38	8	
2	2	Melissa Arthur	East	36.62	7	
3	6	Lora Roberts	South	25.99	6	
4	3	Jennifer Coppell	North	25.63	5	
5	5	Amy Tidball	South	24.78	4	
6	8	Jodie Jones	West	24.67	3	

Team

1	West	188.5
2	South	151
3	North	96
4	East	65.5

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U15 Girls

100(-2.3):					
1	3	Elin Jones	North	13.00	8
2	7	Laura Davies	West	13.05	7
3	1	Katie-Jane Priest	East	13.44	6
4	4	Laura Turley	North	13.55	5
5	8	Elli Norkett	West	13.65	4
6	5	Isabel Hughes	South	13.74	3
7	6	Chelsea Siirak	South	13.74	2
8	2	Melissa Roberts	East	13.75	1

200(1.0)					
1	7	Laura Davies	West	26.43	8
2	3	Elin Jones	North	26.43	7
3	1	Katie-Jane Priest	East	27.53	6
4	4	Laura Turley	North	27.60	5
5	8	Rhiannon Hails	West	27.69	4
6	6	Lara Durrani	South	27.76	3
7	2	Melissa Roberts	East	27.87	2
8	5	Isabel Hughes	South	27.93	1

800:					
1	7	Elin Davies	West	2:29.20	8
2	5	Lucy Tarrant	South	2:32.88	7
3	8	Danielle Franklin	West	2:34.99	6
4	1	Emma Jordan	East	2:35.59	5
5	4	Emily Rowlands	North	2:37.67	4
6	6	Stephanie Lowe	South	2:38.41	3

1500:					
1	7	Olivia Gwynn	West	5:03.20	8
2	1	Malika Rezougui	East	5:16.28	7
3	5	Rebecca Evans	South	5:18.87	6
4	6	Jazmine Briganti	South	5:19.75	5
5	8	Iona Evans	West	5:20.64	4
6	3	Kathryn Roberts	North	5:27.44	3
7	2	Francesca Hyde	East	5:32.18	2
8	4	Megan Roberts	North	6:05.34	1

1k walk:					
1	7	Ellie Dainton	West	5:52.69	8
2	5	Robbie-Leigh Lock	South	6:45.38	7

75H(2.8)					
1	8	Amy Leahy	West	12.07	8
2	4	Rhian Williams	North	12.20	7
3	6	Lara Durrani	South	12.22	6
4	5	Rebecca Foley	South	12.52	5
5	7	Elli Norkett	West	12.86	4
6	3	Georgia Bates	North	12.96	3

4x100:					
1	3	North Jones, Turley Sargent, Williams	North	51.00	8
2	7	West Norkett, Leahy, Walters, Davies	West	52.47	7
3	5	South Hughes, Durrani, Siirak, Johnson	South	54.39	6
4	1	East Priest, Roberts, Hill- Howells, Norton	East	56.26	5

HJ:					
1	7	Catrin Jones	West	1.50	8
2	5	Annabel Curle	South	1.50	7
3	3	Georgia Bates	North	1.45	6
4	1	Bethan Hill- Howells	East	1.45	5
5	8	Shannon Richards	West	1.40	4
6	6	Olivia Evans	South	1.35	3
7	4	Rhian Williams	North	1.30	2

PV:					
1	5	Olivia Evans	South	2.80	8
2	6	Sally Nicholas	South	2.50	7
3	7	Caitlin Atkins	West	2.50	6
4	2	Shannon Lee	East	2.30	5
5	8	Bethan Radford	West	1.90	4

LJ:					
1	7	Erin Walters	West	5.04	8
2	8	Katherine Morris	West	4.75	7
3	5	Emma Johnson	South	4.56	6
4	3	Georgia Bates	North	4.53	5
5	4	Beth Sargent	North	4.49	4
6	1	Bethan Hill- Howells	East	4.43	3
7	6	Alice Nottingham	South	3.88	2

SP:					
1	3	Adele Nicoll	North	13.23	8
2	7	Awen Rosser	West	11.72	7
3	4	Manon Edwards	North	10.50	6
4	8	Stephanie Nicholas	West	9.07	5
5	6	Nicole Davenport	South	8.97	4
6	5	Zoe Dakin	South	8.92	3
7	1	Emma Norton	East	6.49	2

DT:					
1	3	Adele Nicoll	North	33.86	8
2	7	Awen Rosser	West	31.56	7
3	5	Zoe Dakin	South	29.49	6
4	8	Stephanie Nicholas	West	24.92	5
5	6	Holly Field	South	20.91	4
6	1	Emma Norton	East	15.58	3

HT:					
1	5	Zoe Dakin	South	43.73	8
2	7	Stephanie Nicholas	West	24.12	7
3	8	Carys Smith	West	22.87	6
4	3	Manon Edwards	North	20.33	5
5	6	Nicole Davenport	South	5.69	4

JT:					
1	5	Tasia Stephens	South	28.96	8
2	6	Nicole Davenport	South	28.49	7
3	4	Adele Nicoll	North	24.06	6
4	1	Emma Norton	East	23.56	5
5	7	Rebecca Hughes	West	22.63	4
6	3	Manon Edwards	North	21.50	3
7	8	Lauren Harvey	West	20.63	2

Team			
1	West		156
2	South		131
3	North		104
4	East		57

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Male points

	East Wales	North Wales	South Wales	West Wales	Unused
U15B	68	70	116	136	104
U17M	96	87	166.5	188.5	139
U20M	103	87	121	149	214
SM	118	129	136	130	187
	385	373	539.5	603.5	644
	3rd	4th	2nd	1st	

Female points

	East Wales	North Wales	South Wales	West Wales	Unused
U15G	57	104	131	156	46
U17W	65.5	96	151	188.5	173
SW	73	72	74	220	261
	195.5	272	356	564.5	480
	4th	3rd	2nd	1st	

Overall points

	East Wales	North Wales	South Wales	West Wales	Unused
Male	385	373	539.5	603.5	644
Female	195.5	272	356	564.5	480
Total	580.5	645	895.5	1168	1124
	4th	3rd	2nd	1st	