

**West Wales Championships- 13 May Carmarthen-Track**

## 100 Heats U13B

1	112	Liam Jones	Penw	13.6
2	115	Matthew Hughes	Swan	14.7
3	103	Darren Beynon	Swan	15.2
4	107	Mathew Evans	Carm	15.9
5	123	Matthew Northcott	Carm	16.4

1	114	Daniel Howells	Carm	13.9
2	128	Henry Robinson	Swan	15.1
3	133	Harry Lewis	Carm	16.1
4	108	Robert George	Swan	16.2
5	110	Daniel Grint	Swan	16.8

## 100m Final Under 13 Boys

Pos	No.	Athlete	Club	Perf
1	112	Liam Jones	Penw	13.6
2	114	Daniel Howells	Carm	13.7
3	115	Matthew Hughes	Swan	14.6
4	128	Henry Robinson	Swan	15.2
5	103	Darren Beynon	Swan	15.2
6	107	Mathew Evans	Carm	15.6
7	133	Harry Lewis	Carm	16.1
8	108	Robert George	Swan	16.2

## 100m Heats Under 13 Girls

1	942	Eleanor Rowland	Pem	13.9
2	930	Helena Madan	Pem	14.0
3	939	Catrin Rees	Carm	14.1
4	922	Stacy Collins	Nth	14.3
5	933	Mali James	Swan	14.4
6	950	Emily Dacey	Swan	14.7
7	215	Hannah Griffiths	Swan	14.7
8	947	Emma Thomas	Swan	15.4

1	279	leah Beynon	Carm	14.4
2	946	Jessica Thompson	Swan	14.4
3	929	Jessica Harries	Pem	14.5
4	952	Meghan Good	Pem	14.6
5	936	Nia Palla	Swan	14.6
6	949	Alys Turpin	Swan	15.4
7	202	Nicola Jones	Swan	15.4
8	209	Martha Thomas	Swan	15.6

## 100m Final Under 13 Girls

Pos	No.	Athlete	Club	Perf
1	942	Eleanor Rowland	Pem	13.9
2	922	Stacy Collins	Nth	14.0
3	939	Catrin Rees	Carm	14.1
4	930	Helena Madan	Pem	14.2
5	929	Jessica Harries	Pem	14.4
6	933	Mali James	Swan	14.7
7	946	Jessica Thompson	Swan	14.7

## 100m Heats Under 15 Girls

Pos	No.	Athlete	Club	Perf
1	271	Bryanny Slade	Nth	13.3
2	14	Laura Penhallurick	Carm	13.3
3	10	Leah Grint	Swan	13.7
4	29	Catherine Williams	Swan	14.1
5	3	Miranda Davies	Pem	16.2

1	8	Sarah Evans	Swan	13.1
2	20	Rachel Rees	Swan	13.7
3	37	Jessica Williams	Swan	14.3
4	34	Michalia Davies	Nth	15.3
5	12	Danielle Midwinter	Swan	13.3
6	24	Rhian Squire	Bryn	14.3

100m Final Under 15 Girls				
Pos	No.	Athlete	Club	Perf
1	8	Sarah Evans	Swan	13
2	271	Bryanny Slade	Nth	13.1
3	12	Danielle Midwinter	Swan	13.2
4	14	Laura Penhallurick	Carm	13.5
5	20	Rachel Rees	Swan	13.6
6	10	Leah Grint	Swan	13.7

100m Heats Under 15 Boys				
Pos	No.	Athlete	Club	Perf
1	152	Adam Jeremiah	Swan	12.7
2	265	Owain Morgan	Carm	13.1
3	145	Nathan Mounter	Pem	13.1
4	147	Martin Penhallurick	Carm	13.8

1	150	Sam Jones	Neath	12.9
2	134	Nathan Brooks	Swan	13.2
3	137	Dominic Colman	Pem	13.4
4	160	Jonathan Squire	Bryn	15.2

100m Final Under 15 Boys				
Pos	No.	Athlete	Club	Perf
1	152	Adam Jeremiah	Swan	12.4
2	268	Sam Jones	Nth	12.6
3	145	Nathan Mounter	Pem	12.6
4	265	Owain Morgan	Nth	13.2
5	134	Nathan Brooks	Swan	13.3
6	137	Dominic Colman	Pem	13.6
7	147	Martin Penhallurick	Carm	13.6
8	160	Jonathan Squire	Bryn	15.3

100m Final Under 17 Women				
Pos	No.	Athlete	Club	Perf
1	78	Catrin Philips	Nth	12.8
2	75	Hannah Thomas	Carm	13.3
3	74	Amy Rowland	Pem	13.6
4	71	Caryl Thomas	Carm	13.6

100m Final Under 17 Men				
Pos	No.	Athlete	Club	Perf
1	170	Christian Davies	Carm	11.7
2	177	Kueni Igbagiri	Carm	11.9
3	173	Luke Dow	Pem	11.5
4	280	Luke Jones	Llan	12.6

100m Final Under 20 Men				
Pos	No.	Athlete	Club	Perf
1	227	Andrew Smith	Swan	11.7
2	229	Owen Evans	Carm	11.9
3	221	Luke Colman	Carm	13.7

100m Final Under 20 Women Senior Women				
Pos	No.	Athlete	Club	Perf
1	266	Natalie Lawrence	Neath	13.4
2	251	Kirsty Woolford SW	Swan	14.2

100m Final Senior Men				
Pos	No.	Athlete	Club	Perf
1	281	Stephen Evans	Carm	13.8

200m Under 13 Boys Final				
Pos	No.	Athlete	Club	Perf
1	112	Liam Jones	Penw	28.3
2	114	Daniel Howells	Carm	28.7
3	128	Henry Robinson	Swan	31.8
4	103	Darren Beynon	Swan	33.5
5	108	Robert George	Swan	34.2

200m Final Under 15 Boys				
Pos	No.	Athlete	Club	Perf
1	268	Sam Jones	Neath	26.3
3	265	Owain Morgan	Neath	26.8
2	134	Nathan Brooks	Swan	26.7
4	137	Dominic Colman	Pem	27.7
5	145	Nathan Mounter	Pem	31.7
6	160	Jonathan Squire	Bryn	33.8

200m Final Under 17 Men				
Pos	No.	Athlete	Club	Perf
1	274	Ryan Bayliss	Neath	23.3
2	173	Luke Dow	Pem	23.3
3	185	Dafydd Walters	Carm	24.9
4	280	Luc Jones	Llan	25.4
5	184	Jamie Stedman	Llan	26.7

200m Final Under 20 Men				
Pos	No.	Athlete	Club	Perf

Pos	No.	Athlete	Club	
1	257	Andrew Smith	Swan	23.6

200m Final Senior Men				
Pos	No.	Athlete	Club	Perf
1	247	Alex Scott	Swan	23.7
2	238	Anthony Oliver	Sw Uni	24.7
3	281	Stephen Evans	Carm	28.7

200m Heats Under 13 Girls				
Pos	No.	Athlete	Club	Perf
1	939	Catrin Rees	Carm	29.9
2	952	Meghan Good	Pem	30.0
3	940	Florence Bowen Rees	Carm	32.1
4	944	Laura Thomas	Swan	32.8
5	937	Olivia McCarthy	Swan	35.6

1	933	Mali James	Swan	30.6
2	201	Elysia Pearson	Swan	31.2
3	935	Emily Morris	Swan	31.7
4	941	Amy Roberts	Carm	32.4

1	924	Joelle Drummond	Swan	30.4
2	207	Alyce Phillips	Carm	30.5
3	946	Jessica Thompson	Swan	30.6
4	204	Gemma Seaman	Swan	31.9

200m Final Under 13 Girls				
Pos	No.	Athlete	Club	Perf
1	939	Catrin Rees	Carm	30.1
2	952	Meghan Good	Pem	30.1
3	924	Joelle Drummond	Swan	30.6
4	207	Alyce Phillips	Carm	30.7
5	933	Mali James	Swan	30.9
6	946	Jessica Thompson	Swan	33.0

200m Heats Under 15 Girls				
Pos	No.	Athlete	Club	Perf
1	26	Danielle Harrison	AVH	28.5
2	27	Leah Parry	Pem	28.5
3	8	Sarah Evans	Swan	28.7
4	12	Danielle Midwinter	Swan	29.9
5	33	Nia Davies	Carm	30.8

1	14	Laura Penhallurick	Carm	27.9
2	20	Rachel Rees	Swan	28.8
3	10	Leah Grint	Swan	29.0
4	24	Rhian Squire	Bryn	30.1

200m Final Under 15 Girls				
Pos	No.	Athlete	Club	Perf

1	14	Laura Penhallurick	Carm	27.7
2	26	Danielle Harrison	AVH	28.3
3	27	Leah Parry	Pem	28.6
4	20	Rachel Rees	Swan	28.8
5	10	Leah Grint	Swan	28.9

Pos                      200m Final Under 17 Women  
                             No.                      Athlete                      Club                      Perf

1	75	Hannah Thomas	Carm	26.8
2	270	Catrin Phillips	Nth	27.8
3	71	Caryl Thomas	Carm	28.5

Pos                      200m Final Senior Women  
                             No                      Athlete                      Club                      Perf

Pos                      300m Final Under 15 Girls  
                             No.                      Athlete                      Club                      Perf

1	22	Holly Roderick	Carm	44.7
2	36	Leonie Evans	Carm	46.
3	1	Jennie Brock	Pem	48.9
4	2	Sarah Jones	TAC	50.2

Pos                      300m Final Under 17 Women  
                             No.                      Athlete                      Club                      Perf

1	64	Sara Dobler	Swan	42.7
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Pos                      400m Final Under 15 Boys  
                             No.                      Athlete                      Club                      Perf

1	158	Antoina Woodman	Carm	54.5
2	140	Andrew Drakeley	Carm	65.0
3	138	Joshua Davies	TAC	67.7

Pos                      400m Final Under 17 Men  
                             No                      Athlete                      Club                      Perf

1	175	Matthew Brown	GT	57.9
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Pos                      400m Final Under 20 Men  
                             No.                      Athlete                      Club                      Perf

1	257	Andrew Smith	Swan	51.8
2	222	David Cole	Carm	53.0
3	232	Robert Mackrell	Carm	53.6

Pos                      400m Final Senior Men  
                             No.                      Athlete                      Club                      Perf

1	247	Alex Scott	Swan	51.5
2	234	Paul Clarke	Carm	52.0

Pos	No	Athlete	Club	Perf
1	96	Hannah Jones	Carm	60.1

Pos	No	Athlete	Club	Perf
1	266	Natalie Lawrence	Neath	65.5

Pos	No.	Athlete	Club	Perf
1	920	Leah Bitchell	Aber	2.31.8
2	924	Joelle Drummond	Swan	2.35.7
3	201	Elysia Pearson	Swan	2.38.3
4	207	Alyce Phillips	Carm	2.41.2
5	945	Rhiannon Thomas	Swan	2.42.9
6	931	Jemima Osborn	Swan	2.46.7
7	935	Emily Morris	Swan	2.48.7
8	948	Atlanta Williams	Swan	2.49.9
9	937	Olivia McCarthy	Swan	3.04.6
10	214	Hannah Goff	Swan	3.08.5

Pos	No.	Athlete	Club	Perf
1	112	Liam Jones	Penw	2.33.2
2	122	Jack Lear	Carm	2.36.9
3	105	Thomas Drakely	Carm	2.57.9
4	129	Scott Thomas	Swan	3.01.6

Pos	No.	Athlete	Club	Perf
1	148	Luke Parker	Carm	2.23.8
2	140	Andrew Drakeley	Carm	2.25.2
3	161	Matthew Thomas	Swan	2.25.2
4	162	Joshua Goff	Swan	2.33.1
5	157	George Lewis	Carm	2.56.6

Pos	No.	Athlete	Club	Perf
1	11	Cerys Morgan	Swan	2.27.3
2	1	Jennie Brock	Pem	2.35.8
3	16	Aneura Phillips	Carm	2.37.5
4	28	Naomi James	Swan	2.37.5
5	33	Nia Davies	Carm	2.49.1
6	3	Miranda Davies	Pem	2.51.3
7	2	Sarah Jones	TAC	2.58.0

## 800m Final Under 17 Woman

Pos	No.	Athlete	Club	Perf
1	83	Kayleigh Brown	Carm	2.22.4
2	90	Alaw Beynon -Thomas	Carm	2.25.0
3	84	Drusilla Griffiths	Swan	2.28.6
4	63	Natalie Davies	Llan	2.40.0
5	62	Ffion Davies	Sarn	2.45.5
6	61	Jemma Corcoran	Swan	2.53.9

## 800m Final Under 17 Men

Pos	No.	Athlete	Club	Perf
1	183	Geriant Mansfield	Carm	2.07.9
2	171	Michael Davies	Llan	2.08.1
3	168	Antonio Cirillo	Swan	2.12.1
4	197	Tomas Northcott	Carm	2.17.1

## 800m Final Under 20 Woman

Pos	No.	Athlete	Club	Perf
1	94	Non Stanford	Swan	2.12.4
1	101	Helen Thomas	Pem	2.30.4
2	325	Jenny Phillips	Llan	2.33.2

## 800m Final Under 20 Men

Pos	No.	Athlete	Club	Perf
1	230	Lee Ladd	Carm	1.58.9
2	222	David Cole	Carm	1.59.4
3	231	Geraint Oulton	Pem	2.12.3

## 800m Final Senior Men

Pos	No.	Athlete	Club	Perf
1	245	Tom Alexander	Swan	1.58.5
2	238	Anthony Oliver	Sw Uni	2.03.4
3	267	Steven Richards	Swan	2.07.8
4	246	Peter Watkeys SM	Swan	2.03.7

## 1500m Final Under 13 Girls

Pos	No.	Athlete	Club	Perf
1	951	Lauren Harries	TAC	5.17.5
2	940	Florence Bowen Rees	Carm	5.35.0
3	943	Katie Reynolds	Swan	5.40.4
5	932	<i>Rhiannon Plant</i>	<i>Carm</i>	5.49.0
7	928	Abigail Hansford	Swan	6.47.6
4	941	Amy Roberts	Carm	5.45.0
6	205	Jodie Jones	Carm	5.54.5

## 1500m Final 13 Boys

Pos	No.	Athlete	Club	Perf
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1	116	Ben Jenkins	Swan	5.01.2
2	118	Daniel Lewis	Nth	5.07.7
3	130	Sean White	Swan	5.19.6
4	119	Davey Lewis	Carm	5.21.5
5	125	Stephan Reynolds	Swan	5.26.7
6	109	Joseph Fisher	Carm	5.29.4
7	113	Lloyd Heckler	Carm	5.36.6

Pos	No.	Athlete	Club	Perf
1500m Final Under 15 Girls				
1	30	Jade Williams	AVH	4.57.4
2	17	Catrin Lewis	Carm	5.09.4
3	5	Cerian Davies	TAC	5.12.1
4	19	Nia Lewis	Swan	5.17.3
5	18	Katayna Ley	Swan	5.20.1
6	38	Sian Trace	AVH	5.42.4
7	25	Eve Johnston	TAC	5.55.4
	16	Aneura Phillips	Carm	

Pos	No.	Athlete	Club	Perf
1500m Final Under 15 Boys				
1	141	Joshua Harries	TAC	4.45.8
2	144	Ceri Lewis	Swan	4.57.1
3	161	Matthew Thomas	Swan	4.58.1
4	146	James Newell	Nth	5.17.8

Pos	No.	Athlete	Club	Perf
1500m Final Under 17 Men				
1	176	Dewi Griffiths	Carm	4.14.3
2	168	Antonio Cirillo	Swan	4.59.0

Pos	No.	Athlete	Club	Perf
1500m Final Under 17 Women				
1	69	Rachel Marfleet	Carm	5.07.4

Pos	No.	Athlete	Club	Perf
1500m Final Under 20 Women				
1	93	Elinor Kirk	Swan	4.48.0

Pos	No.	Athlete	Club	Perf
1500m Final senior Women				
1	325	Jenny Phillips	Llan	5.18.6

Pos	No.	Athlete	Club	Perf
3000m Final Under 17 Men				
1	176	Dewi Griffiths	Carm	
1	167	Adam Bitchell	Aber	9.33.5



2	175	Matthew Brown	GT	10.22.2
3000m Final Under 20/Senior Men				
	No.	Athlete	Club	Perf
1	230	Lee Ladd U20	Carm	9.15.5
1	244	Steve Davies SM	Swan	9.29.6
2	242	David Wilson-Evans VM	Swan	9.34.1
3000m Under 17/20 Final				
Pos	No	Athlete	Club	Perf
1	328	Wendy Higgons SW	Swan	11.51.1
2	95	Diane Wilson-Evans VF	Swan	12.27.2
1500m Final Steeplechase				
	No.	Athlete	Club	Perf
Pos				
1	183	Geriant Mansfield	Carm	5.03.6
2	197	Tomos Northcott	Carm	5.26.3
Under 13 Boys 75m hurdles				
	No	Athlete	Club	Perf
Pos				
1	126	Josh Sansom	Swan	13.1
2	115	Matthew Hughes	Swan	14.5
3	107	Mathew Evans	Carm	16.6
4	110	<i>Daniel Grint</i>	<i>Swan</i>	16.9
80m Hurdles Final Under 15 Boy				
	No.	Athlete	Club	Perf
1	164	Rhys Webb	Carm	11.8
2	139	Glen Elsdon	Carm	13.9
3	147	Martin Penhallurick	Carm	15.6
100m Hurdles Final Under 17 Man				
	No.	Athlete	Club	Perf
Pos				
1	185	Dafydd Walters	Carm	14.8
2	182	Josh Madden	Carm	16.2
110mHurdles Under 20 M				
	No	Athlete	Club	Perf
1	237	Rowan Griffiths SM	N&E	15.2
1	225	Owen Jones U20	Carm	1.2
70m Hurdles Final Under 13 Girls				
Pos		Under 13 Heats		
	No.	Athlete	Club	Perf
1	942	Eleanor Rowland	Pem	12.5
2	215	Hannah Griffiths	Swan	12.7
3	930	Helena Madan	Pem	12.9
4	936	Nia Palla	Swan	12.9
5	948	Atlanta Williams	Swan	14.1

6	205	Jodie Jones	Carm	16.6
1	922	Stacy Collins	Nth	12.1
2	953	Olivia Jones	Pem	12.7
3	204	Gemma Seaman	Swan	13.3
4	925	Bethan Jones	Swan	16.7
5	928	Abigail Hansford	Swan	17.8

Pos	No.	Athlete	Club	Perf
70m Hurdles U13 Girls Final				
1	922	Stacy Collins	Nth	11.7
2	942	Eleanor Rowland	Pem	12.1
3	953	Olivia Jones	Pem	12.4
4	215	Hannah Griffiths	Swan	12.6
5	930	Helena Madan	Pem	12.8
6	204	Gemma Seaman	Swan	13.1
7	936	Nia Palla	Swan	13.1
8	948	Atlanta Williams	Swan	13.4

Pos	No.	Athlete	Club	Perf
75m Hurdles Under 15 Girls				
1	27	Leah Parry	Pem	12.6
3	35	Ffion Rees	Carm	13
4	10	Leah Grint	Swan	13.1
2	15	Sophie Pick	Carm	12.8
5	36	Leonie Evans	Carm	13.1
6	23	Kara Stedman	Llan	16.5

	No.	Athlete	Club	Perf
U17W 80 Hurdles				
1	65	Caryl Granville	Carm	12.3
2	74	Amy Rowland	Pem	12.5
3	66	Catherine Goldsmith	Carm	12.8

Pos	No.	Athlete	Club	Perf
300m Hurdles Final Under 17 Women				
1	77	Hannah Pick	Carm	51.5

	No.	Athlete	Club	Perf
400m Hurdles Final Under 20 Woman				
1	65	Caryl Granville	Carm	62.0
2	95	Megan Thomas	Carm	68.1

Pos	No.	Athlete	Club	Perf
400m Hurdles Final Under 17 Men				
1	184	Jamie Stedman	Llan	65.2

400m Hurdles Final Under 20 Men				
Pos	No.	Athlete	Club	Perf
1	232	Robert Mackrell	Carm	60.6
2	225	Owen Jones	Carm	61.8