

Welsh Athletics 2006 Senior League.

Number of Events Scored = 38

Number of Events NOT Scored = 0

Results Checker

F1		Name	Club	Perf.	Pos	Name		Club	Perf.	
Record		Peter Stark	1979	55.48		Men's Hammer		Standard	27.00	
1st	N	Dino Lantzoz	#MACRO?	33.22	16	1st	#N/A	#MACRO?	8	
2nd	T	Brett Morse	#MACRO?	27.65	14	2nd	#N/A	#MACRO?	7	
3rd		#N/A	#MACRO?		12	3rd	#N/A	#MACRO?	6	
4th		#N/A	#MACRO?		10	4th	#N/A	#MACRO?	5	
5th		#N/A	#MACRO?		8	5th	#N/A	#MACRO?	4	
6th		#N/A	#MACRO?		6	6th	#N/A	#MACRO?	3	
7th		#N/A	#MACRO?		4	7th	#N/A	#MACRO?	2	
8th		#N/A	#MACRO?		2	8th	#N/A	#MACRO?	1	
F2		Name	Club	Perf.	Pos	Name		Club	Perf.	
Record		Alessandro Cambon	2001	4.75		Men's Pole Vault		Standard	2.80	
12:00 PM		Men's Pole Vault	Standard	2.80		Men's Pole Vault		Standard	2.80	
1st		#N/A	#MACRO?		16	1st	#N/A	#MACRO?	8	
2nd		#N/A	#MACRO?		14	2nd	#N/A	#MACRO?	7	
3rd		#N/A	#MACRO?		12	3rd	#N/A	#MACRO?	6	
4th		#N/A	#MACRO?		10	4th	#N/A	#MACRO?	5	
5th		#N/A	#MACRO?		8	5th	#N/A	#MACRO?	4	
6th		#N/A	#MACRO?		6	6th	#N/A	#MACRO?	3	
7th		#N/A	#MACRO?		4	7th	#N/A	#MACRO?	2	
8th		#N/A	#MACRO?		2	8th	#N/A	#MACRO?	1	
F3		Name	Club	Perf.	Pos	Name		Club	Perf.	
Record		Anna Leyshon	2003	3.30		Women's Pole Vault		Standard	2.10	
12:00 PM		Women's Pole Vault	Standard	2.10		Women's Pole Vault		Standard	2.10	
1st		#N/A	#MACRO?		16	1st	#N/A	#MACRO?	8	
2nd		#N/A	#MACRO?		14	2nd	#N/A	#MACRO?	7	
3rd		#N/A	#MACRO?		12	3rd	#N/A	#MACRO?	6	
4th		#N/A	#MACRO?		10	4th	#N/A	#MACRO?	5	
5th		#N/A	#MACRO?		8	5th	#N/A	#MACRO?	4	
6th		#N/A	#MACRO?		6	6th	#N/A	#MACRO?	3	
7th		#N/A	#MACRO?		4	7th	#N/A	#MACRO?	2	
8th		#N/A	#MACRO?		2	8th	#N/A	#MACRO?	1	
F4		Name	Club	Perf.	Pos	Name		Club	Perf.	
Record		Gillian Regan	1981	6.18		Women's Long Jump		Standard	3.29	
12:00 PM		Women's Long Jump	Standard	3.29		Women's Long Jump		Standard	3.29	
1st	N	Kirsty Crane	#MACRO?	2.92	16	1st	#N/A	#MACRO?	8	
2nd		#N/A	#MACRO?		14	2nd	#N/A	#MACRO?	7	
3rd		#N/A	#MACRO?		12	3rd	#N/A	#MACRO?	6	
4th		#N/A	#MACRO?		10	4th	#N/A	#MACRO?	5	
5th		#N/A	#MACRO?		8	5th	#N/A	#MACRO?	4	
6th		#N/A	#MACRO?		6	6th	#N/A	#MACRO?	3	
7th		#N/A	#MACRO?		4	7th	#N/A	#MACRO?	2	
8th		#N/A	#MACRO?		2	8th	#N/A	#MACRO?	1	
T1		Name	Club	Perf.	Pos	Name		Club	Perf.	
Record		Steve Henshaw	2005	8.39.2		Men's 3000m		Standard	11.00.0	
12:15 PM		Men's 3000m	Standard	11.00.0		Men's 3000m		Standard	11.00.0	
1st	I	Joe Thomas	#MACRO?	9.32.7	16	1st	II	Matthew Parkes	#MACRO?	10.21.4
2nd	Q	Alan Perkins	#MACRO?	11.14.6	14	2nd		#N/A	#MACRO?	7
3rd	M	Gareth Elliott	#MACRO?	11.26.1	12	3rd		#N/A	#MACRO?	6
4th		#N/A	#MACRO?		10	4th		#N/A	#MACRO?	5
5th		#N/A	#MACRO?		8	5th		#N/A	#MACRO?	4
6th		#N/A	#MACRO?		6	6th		#N/A	#MACRO?	3
7th		#N/A	#MACRO?		4	7th		#N/A	#MACRO?	2
8th		#N/A	#MACRO?		2	8th		#N/A	#MACRO?	1
T2		Name	Club	Perf.	Pos	Name		Club	Perf.	
Record		Angela Tooby	1983	9.35.0		Women 3000m		Standard	13.50.0	
12:35 PM		Women 3000m	Standard	13.50.0		Women 3000m		Standard	13.50.0	
1st		#N/A	#MACRO?		16	1st		#N/A	#MACRO?	8
2nd		#N/A	#MACRO?		14	2nd		#N/A	#MACRO?	7
3rd		#N/A	#MACRO?		12	3rd		#N/A	#MACRO?	6
4th		#N/A	#MACRO?		10	4th		#N/A	#MACRO?	5
5th		#N/A	#MACRO?		8	5th		#N/A	#MACRO?	4
6th		#N/A	#MACRO?		6	6th		#N/A	#MACRO?	3
7th		#N/A	#MACRO?		4	7th		#N/A	#MACRO?	2
8th		#N/A	#MACRO?		2	8th		#N/A	#MACRO?	1
T3		Name	Club	Perf.	Pos	Name		Club	Perf.	
Record		Chris Cashell	1991	52.59		Men's 400m Hurdles		Standard	73.1	
12:50 PM		Men's 400m Hurdles	Standard	73.1		Men's 400m Hurdles		Standard	73.1	
1st		#N/A	#MACRO?		16	1st		#N/A	#MACRO?	8

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2nd	#N/A	#MACRO?	14	2nd	#N/A	#MACRO?	7
3rd	#N/A	#MACRO?	12	3rd	#N/A	#MACRO?	6
4th	#N/A	#MACRO?	10	4th	#N/A	#MACRO?	5
5th	#N/A	#MACRO?	8	5th	#N/A	#MACRO?	4
6th	#N/A	#MACRO?	6	6th	#N/A	#MACRO?	3
7th	#N/A	#MACRO?	4	7th	#N/A	#MACRO?	2
8th	#N/A	#MACRO?	2	8th	#N/A	#MACRO?	1

F5

Record
1:00 PM

Name	Club	Perf.	Pos
Carys Parry	2005	56.96	
Women's Hammer	Standard	23.00	4
Nicola Stevenson	#MACRO?	45.12	16
Alyson Hourihan	#MACRO?	31.27	14
Keren Llewelin	#MACRO?	22.76	12
Lucy Bath	#MACRO?	22.75	10
#N/A	#MACRO?	8	8
#N/A	#MACRO?	6	6
#N/A	#MACRO?	4	4
#N/A	#MACRO?	2	2

Name **Club** **Perf.**

Name	Club	Perf.
Women's Hammer	Standard	23.00
#N/A	#MACRO?	8
#N/A	#MACRO?	7
#N/A	#MACRO?	6
#N/A	#MACRO?	5
#N/A	#MACRO?	4
#N/A	#MACRO?	3
#N/A	#MACRO?	2
#N/A	#MACRO?	1

F6

Record
1:00 PM

Name	Club	Perf.	Pos
Brian Penny	1970	14.53	
Men's Shot Putt	Standard	7.10	5
Brett Morse	#MACRO?	9.05	16
Dino Lantzoz	#MACRO?	9.01	14
Andrew Davies	#MACRO?	8.47	12
Robert Llewelin	#MACRO?	8.24	10
Matthew Taylor	#MACRO?	8.13	8
#N/A	#MACRO?	6	6
#N/A	#MACRO?	4	4
#N/A	#MACRO?	2	2

Name **Club** **Perf.**

Name	Club	Perf.
Men's Shot Putt	Standard	7.10
#N/A	#MACRO?	8
#N/A	#MACRO?	7
#N/A	#MACRO?	6
#N/A	#MACRO?	5
#N/A	#MACRO?	4
#N/A	#MACRO?	3
#N/A	#MACRO?	2
#N/A	#MACRO?	1

F7

Record
1:00 PM

Name	Club	Perf.	Pos
Beccy Jones	1999	1.73	
Women's High Jump	Standard	1.20	
#N/A	#MACRO?	16	16
#N/A	#MACRO?	14	14
#N/A	#MACRO?	12	12
#N/A	#MACRO?	10	10
#N/A	#MACRO?	8	8
#N/A	#MACRO?	6	6
#N/A	#MACRO?	4	4
#N/A	#MACRO?	2	2

Name **Club** **Perf.**

Name	Club	Perf.
Women's High Jump	Standard	1.20
#N/A	#MACRO?	8
#N/A	#MACRO?	7
#N/A	#MACRO?	6
#N/A	#MACRO?	5
#N/A	#MACRO?	4
#N/A	#MACRO?	3
#N/A	#MACRO?	2
#N/A	#MACRO?	1

T4

Record
1:05 PM

Name	Club	Perf.	Pos
Michelle Cook	1988	59.9	
Women's 400m Hurdles	Standard	92.4	NEW RECORD
#N/A	#MACRO?	16	16
#N/A	#MACRO?	14	14
#N/A	#MACRO?	12	12
#N/A	#MACRO?	10	10
#N/A	#MACRO?	8	8
#N/A	#MACRO?	6	6
#N/A	#MACRO?	4	4
#N/A	#MACRO?	2	2

Name **Club** **Perf.**

Name	Club	Perf.
Women's 400m Hurdles	Standard	92.4
#N/A	#MACRO?	8
#N/A	#MACRO?	7
#N/A	#MACRO?	6
#N/A	#MACRO?	5
#N/A	#MACRO?	4
#N/A	#MACRO?	3
#N/A	#MACRO?	2
#N/A	#MACRO?	1

T5

Record
1:20 PM

Name	Club	Perf.	Pos
Sallyanne Short	1987	11.9	
Women's 100m	Standard	17.2	
Jessica Robinson	#MACRO?	13.1	16
Kayleigh Balchin	#MACRO?	13.3	14
Natalie Lawrence	#MACRO?	13.4	12
Charlotte Spear	#MACRO?	14.2	10
#N/A	#MACRO?	8	8
#N/A	#MACRO?	6	6
#N/A	#MACRO?	4	4
#N/A	#MACRO?	2	2

Name **Club** **Perf.**

Name	Club	Perf.
Women's 100m	Standard	17.2
Kirsty Crane	#MACRO?	13.9
#N/A	#MACRO?	7
#N/A	#MACRO?	6
#N/A	#MACRO?	5
#N/A	#MACRO?	4
#N/A	#MACRO?	3
#N/A	#MACRO?	2
#N/A	#MACRO?	1

T6

Record
1:30 PM

Name	Club	Perf.	Pos
Colin Jackson	1979	10.3	
Men's 100m	Standard	13.5	
Nathan Palmer	#MACRO?	11.4	16
Rhys Knpmn	#MACRO?	11.5	14
Luke Litchfield	#MACRO?	11.8	12
Nicholas Johnson	#MACRO?	12.4	10
#N/A	#MACRO?	8	8
#N/A	#MACRO?	6	6

Name **Club** **Perf.**

Name	Club	Perf.
Men's 100m	Standard	13.5
Daniel Williams	#MACRO?	11.8
Adam Jones	#MACRO?	12.1
Paul Baker	Guest	11.5
#N/A	#MACRO?	5
#N/A	#MACRO?	4
#N/A	#MACRO?	3

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Rank	Time	Name	Club	Perf.	Pos	Rank	Time	Name	Club	Perf.	
7th		#N/A	#MACRO?	4		7th		#N/A	#MACRO?	2	
8th		#N/A	#MACRO?	2		8th		#N/A	#MACRO?	1	
F8						Men's Long Jump					
Record						Standard					
1:30 PM						4.20 3					
1st	FF	Richard Jones	1983	7.44		1st	F	Chris Hume	#MACRO?	5.37	
2nd	A	Dean Harry	#MACRO?	6.06	16	2nd		#N/A	#MACRO?	7	
3rd	M	Joshua Williams	#MACRO?	4.59	14	3rd		#N/A	#MACRO?	6	
4th		Robert Llewelin	#MACRO?	4.39	12	4th		#N/A	#MACRO?	5	
5th		#N/A	#MACRO?		10	5th		#N/A	#MACRO?	4	
6th		#N/A	#MACRO?		8	6th		#N/A	#MACRO?	3	
7th		#N/A	#MACRO?		6	7th		#N/A	#MACRO?	2	
8th		#N/A	#MACRO?		4	8th		#N/A	#MACRO?	1	
		#N/A	#MACRO?		2			#N/A	#MACRO?	1	
T7						Women's 800m					
Record						Standard					
1:40 PM						2.58.0 NEW RECORD					
1st	T	Samantha Porter	1989	2.11.1		1st		#N/A	#MACRO?	8	
2nd	M	Emily Brown	#MACRO?	2.32.2	16	2nd		#N/A	#MACRO?	7	
3rd		Helen Thomas	#MACRO?		14	3rd		#N/A	#MACRO?	6	
4th		#N/A	#MACRO?		12	4th		#N/A	#MACRO?	5	
5th		#N/A	#MACRO?		10	5th		#N/A	#MACRO?	4	
6th		#N/A	#MACRO?		8	6th		#N/A	#MACRO?	3	
7th		#N/A	#MACRO?		6	7th		#N/A	#MACRO?	2	
8th		#N/A	#MACRO?		4	8th		#N/A	#MACRO?	1	
		#N/A	#MACRO?		2			#N/A	#MACRO?	1	
F9						Men's Discus					
Record						Standard					
1:45 PM						22.60 0					
1st	T	Gareth Gilbert	1993	43.52		1st		#N/A	#MACRO?	8	
2nd	M	Brett Morse	#MACRO?	40.32	16	2nd		#N/A	#MACRO?	7	
3rd	N	Robert Llewelin	#MACRO?	27.28	14	3rd		#N/A	#MACRO?	6	
4th	A	Dino Lantzoz	#MACRO?	26.70	12	4th		#N/A	#MACRO?	5	
5th	157	Andrew Davies	#MACRO?	22.85	10	5th		#N/A	#MACRO?	4	
6th		Anthony Halling	Guest	23.81	8	6th		#N/A	#MACRO?	3	
7th		#N/A	#MACRO?		6	7th		#N/A	#MACRO?	2	
8th		#N/A	#MACRO?		4	8th		#N/A	#MACRO?	1	
		#N/A	#MACRO?		2			#N/A	#MACRO?	1	
T8						Men's 800m					
Record						Standard					
1:50 PM						2.20.8					
1st	M	Roger Barrett	1984	1.50.0		1st	T6	#N/A	#MACRO?	8	
2nd	152	Geraint Oulton	#MACRO?	2.14.6	16	2nd		#N/A	#MACRO?	7	
3rd		Michael Daniels	Guest	2.15.6	14	3rd		#N/A	#MACRO?	6	
4th		#N/A	#MACRO?		12	4th		#N/A	#MACRO?	5	
5th		#N/A	#MACRO?		10	5th		#N/A	#MACRO?	4	
6th		#N/A	#MACRO?		8	6th		#N/A	#MACRO?	3	
7th		#N/A	#MACRO?		6	7th		#N/A	#MACRO?	2	
8th		#N/A	#MACRO?		4	8th		#N/A	#MACRO?	1	
		#N/A	#MACRO?		2			#N/A	#MACRO?	1	
F10						Women's Shot					
Record						Standard					
2:00 PM						6.90 1					
1st	T	Vanissa Head	1984	18.93		1st	NN	Lucy Bath	#MACRO?	8	
2nd	M	Wenissa Shot	#MACRO?	6.90	3	2nd		#N/A	#MACRO?	7	
3rd	N	Alyson Hourihan	#MACRO?	10.19	16	3rd		#N/A	#MACRO?	6	
4th		Keren Llewelin	#MACRO?		14	4th		#N/A	#MACRO?	5	
5th		Jessica Robinson	#MACRO?		12	5th		#N/A	#MACRO?	4	
6th		#N/A	#MACRO?		10	6th		#N/A	#MACRO?	3	
7th		#N/A	#MACRO?		8	7th		#N/A	#MACRO?	2	
8th		#N/A	#MACRO?		6	8th		#N/A	#MACRO?	1	
		#N/A	#MACRO?		4			#N/A	#MACRO?	1	
		#N/A	#MACRO?		2			#N/A	#MACRO?	1	
T9						Men 3000m S/C					
Record						Standard					
2:05 PM						12.35.0					
1st		Phil Cook	1990	9.02.5		1st		#N/A	#MACRO?	8	
2nd		Men 3000m S/C	#MACRO?	12.35.0	16	2nd		#N/A	#MACRO?	7	
3rd		#N/A	#MACRO?		14	3rd		#N/A	#MACRO?	6	
4th		#N/A	#MACRO?		12	4th		#N/A	#MACRO?	5	
5th		#N/A	#MACRO?		10	5th		#N/A	#MACRO?	4	
6th		#N/A	#MACRO?		8	6th		#N/A	#MACRO?	3	
7th		#N/A	#MACRO?		6	7th		#N/A	#MACRO?	2	
8th		#N/A	#MACRO?		4	8th		#N/A	#MACRO?	1	
		#N/A	#MACRO?		2			#N/A	#MACRO?	1	
F11						Women's Shot					
Record						Standard					
47.94						6.90 1					
1st		Karen Hough	1984	47.94		1st		#N/A	#MACRO?	8	
2nd		#N/A	#MACRO?		16	2nd		#N/A	#MACRO?	7	
3rd		#N/A	#MACRO?		14	3rd		#N/A	#MACRO?	6	
4th		#N/A	#MACRO?		12	4th		#N/A	#MACRO?	5	
5th		#N/A	#MACRO?		10	5th		#N/A	#MACRO?	4	
6th		#N/A	#MACRO?		8	6th		#N/A	#MACRO?	3	
7th		#N/A	#MACRO?		6	7th		#N/A	#MACRO?	2	
8th		#N/A	#MACRO?		4	8th		#N/A	#MACRO?	1	
		#N/A	#MACRO?		2			#N/A	#MACRO?	1	

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2:15 PM	Women's Javelin	Standard	23.33	3		Women's Javelin	Standard	23.33	0
1st	T Alyson Hourihan	#MACRO?	30.28	16	1st	#N/A	#MACRO?		8
2nd	M Keren Llewellyn	#MACRO?	17.20	14	2nd	#N/A	#MACRO?		7
3rd	N Jessica Robinson	#MACRO?	8.90	12	3rd	#N/A	#MACRO?		6
4th	#N/A	#MACRO?		10	4th	#N/A	#MACRO?		5
5th	#N/A	#MACRO?		8	5th	#N/A	#MACRO?		4
6th	#N/A	#MACRO?		6	6th	#N/A	#MACRO?		3
7th	#N/A	#MACRO?		4	7th	#N/A	#MACRO?		2
8th	#N/A	#MACRO?		2	8th	#N/A	#MACRO?		1
F12	Name	Club	Perf.	Pos	F15	Name	Club	Perf.	
Record	Jayne Ludlow	1994	11.76						
2:15 PM	Women's Triple Jump	Standard	7.19			Women's Triple Jump	Standard	7.19	0
1st	#N/A	#MACRO?		16	1st	#N/A	#MACRO?		8
2nd	#N/A	#MACRO?		14	2nd	#N/A	#MACRO?		7
3rd	#N/A	#MACRO?		12	3rd	#N/A	#MACRO?		6
4th	#N/A	#MACRO?		10	4th	#N/A	#MACRO?		5
5th	#N/A	#MACRO?		8	5th	#N/A	#MACRO?		4
6th	#N/A	#MACRO?		6	6th	#N/A	#MACRO?		3
7th	#N/A	#MACRO?		4	7th	#N/A	#MACRO?		2
8th	#N/A	#MACRO?		2	8th	#N/A	#MACRO?		1
T10	Name	Club	Perf.	Pos		Name	Club	Perf.	
Record	No Record Set								
2:25 PM	Women 2000m S/C	Standard				Women 2000m S/C	Standard		
1st	#N/A	#MACRO?		16	1st	#N/A	#MACRO?		8
2nd	#N/A	#MACRO?		14	2nd	#N/A	#MACRO?		7
3rd	#N/A	#MACRO?		12	3rd	#N/A	#MACRO?		6
4th	#N/A	#MACRO?		10	4th	#N/A	#MACRO?		5
5th	#N/A	#MACRO?		8	5th	#N/A	#MACRO?		4
6th	#N/A	#MACRO?		6	6th	#N/A	#MACRO?		3
7th	#N/A	#MACRO?		4	7th	#N/A	#MACRO?		2
8th	#N/A	#MACRO?		2	8th	#N/A	#MACRO?		1
T11	Name	Club	Perf.	Pos		Name	Club	Perf.	
Record	Colin Jackson	1993	13.3						
2:40 PM	Men's 110m Hurdles	Standard	21.0			Men's 110m Hurdles	Standard	21.0	
1st	#N/A	#MACRO?		16	1st	#N/A	#MACRO?		8
2nd	#N/A	#MACRO?		14	2nd	#N/A	#MACRO?		7
3rd	#N/A	#MACRO?		12	3rd	#N/A	#MACRO?		6
4th	#N/A	#MACRO?		10	4th	#N/A	#MACRO?		5
5th	#N/A	#MACRO?		8	5th	#N/A	#MACRO?		4
6th	#N/A	#MACRO?		6	6th	#N/A	#MACRO?		3
7th	#N/A	#MACRO?		4	7th	#N/A	#MACRO?		2
8th	#N/A	#MACRO?		2	8th	#N/A	#MACRO?		1
T12	Name	Club	Perf.	Pos		Name	Club	Perf.	
Record	Heather Jones	2005	13.6						
2:50 PM	Women's 100m Hurdles	Standard	21.3			Women's 100m Hurdles	Standard	21.3	
1st	#N/A	#MACRO?		16	1st	#N/A	#MACRO?		8
2nd	#N/A	#MACRO?		14	2nd	#N/A	#MACRO?		7
3rd	#N/A	#MACRO?		12	3rd	#N/A	#MACRO?		6
4th	#N/A	#MACRO?		10	4th	#N/A	#MACRO?		5
5th	#N/A	#MACRO?		8	5th	#N/A	#MACRO?		4
6th	#N/A	#MACRO?		6	6th	#N/A	#MACRO?		3
7th	#N/A	#MACRO?		4	7th	#N/A	#MACRO?		2
8th	#N/A	#MACRO?		2	8th	#N/A	#MACRO?		1
F13	Name	Club	Perf.	Pos		Name	Club	Perf.	
Record	Paul Evans	1983	2.03						
3:00 PM	Men's High Jump	Standard	1.45			Men's High Jump	Standard	1.45	0
1st	F Chris Hume	#MACRO?	1.75	16	1st	#N/A	#MACRO?		8
2nd	A Daniel Williams	#MACRO?	1.75	14	2nd	#N/A	#MACRO?		7
3rd	#N/A	#MACRO?		12	3rd	#N/A	#MACRO?		6
4th	#N/A	#MACRO?		10	4th	#N/A	#MACRO?		5
5th	#N/A	#MACRO?		8	5th	#N/A	#MACRO?		4
6th	#N/A	#MACRO?		6	6th	#N/A	#MACRO?		3
7th	#N/A	#MACRO?		4	7th	#N/A	#MACRO?		2
8th	#N/A	#MACRO?		2	8th	#N/A	#MACRO?		1
T13	Name	Club	Perf.	Pos		Name	Club	Perf.	
Record	Anne Middle	1991	55.2						
3:00 PM	Women's 400m	Standard	82.3			Women's 400m	Standard	82.3	
1st	T Sue Hooper	#MACRO?	67.0	16	1st	#N/A	#MACRO?		8
2nd	#N/A	#MACRO?		14	2nd	#N/A	#MACRO?		7
3rd	#N/A	#MACRO?		12	3rd	#N/A	#MACRO?		6
4th	#N/A	#MACRO?		10	4th	#N/A	#MACRO?		5

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5th	#N/A	#MACRO?	8	5th	#N/A	#MACRO?	4
6th	#N/A	#MACRO?	6	6th	#N/A	#MACRO?	3
7th	#N/A	#MACRO?	4	7th	#N/A	#MACRO?	2
8th	#N/A	#MACRO?	2	8th	#N/A	#MACRO?	1

T14
Record
3:15 PM

Name	Club	Perf.	Pos
Roger Barrett	1984	48.0	
Men's 400m	Standard	61.8	
1st	Nicholas Johnson	#MACRO? 55.5	16
2nd	Llion Meaker	#MACRO? 56.8	14
3rd	Geraint Oulton	#MACRO? 57.4	12
4th	Ben Morgan	#MACRO? 58.1	10
5th	#N/A	#MACRO?	8
6th	#N/A	#MACRO?	6
7th	#N/A	#MACRO?	4
8th	#N/A	#MACRO?	2

Name	Club	Perf.
Men's 400m	Standard	61.8
1st	#N/A	8
2nd	#N/A	7
3rd	#N/A	6
4th	#N/A	5
5th	#N/A	4
6th	#N/A	3
7th	#N/A	2
8th	#N/A	1

T15
Record
3:20 PM

Name	Club	Perf.	Pos
Hayley Nash	1987	4.24.4	
Women's 1500m	Standard	6.19.0	
1st	Fiona Davies	#MACRO? 6.18.4	16
2nd	#N/A	#MACRO?	14
3rd	#N/A	#MACRO?	12
4th	#N/A	#MACRO?	10
5th	#N/A	#MACRO?	8
6th	#N/A	#MACRO?	6
7th	#N/A	#MACRO?	4
8th	#N/A	#MACRO?	2

Name	Club	Perf.
Womens 1500m	Standard	6.19.0
1st	#N/A	8
2nd	#N/A	7
3rd	#N/A	6
4th	#N/A	5
5th	#N/A	4
6th	#N/A	3
7th	#N/A	2
8th	#N/A	1

F14
Record
3:45 PM

Name	Club	Perf.	Pos
Vanissa Head	1984	62.02	
Women's Discus	Standard	22.80	3
1st	Alyson Hourihan	#MACRO? 36.51	16
2nd	Keren Llewelin	#MACRO? 24.46	14
3rd	Lucy Bath	#MACRO? 18.79	12
4th	#N/A	#MACRO?	10
5th	#N/A	#MACRO?	8
6th	#N/A	#MACRO?	6
7th	#N/A	#MACRO?	4
8th	#N/A	#MACRO?	2

Name	Club	Perf.
Women's Discus	Standard	22.80
1st	Jessica Robinson	#MACRO? 18.73
2nd	#N/A	7
3rd	#N/A	6
4th	#N/A	5
5th	#N/A	4
6th	#N/A	3
7th	#N/A	2
8th	#N/A	1

T16
Record
3:50 PM

Name	Club	Perf.	Pos
Peter Stark	1979	4.52.2	
Men's 1500m	Standard	4.52.2	
1st	Ed Takata	#MACRO? 4.25.6	16
2nd	Gareth Elliott	#MACRO? 5.34.0	14
3rd	#N/A	#MACRO?	12
4th	#N/A	#MACRO?	10
5th	#N/A	#MACRO?	8
6th	#N/A	#MACRO?	6
7th	#N/A	#MACRO?	4
8th	#N/A	#MACRO?	2

Name	Club	Perf.
Men's 1500m	Standard	4.52.2
1st	#N/A	8
2nd	#N/A	7
3rd	#N/A	6
4th	#N/A	5
5th	#N/A	4
6th	#N/A	3
7th	#N/A	2
8th	#N/A	1

T17
Record
4:00 PM

Name	Club	Perf.	Pos
Sallyanne Short	1987	24.4	
Women 200m	Standard	36.4	
1st	Kayleigh Balchin	#MACRO? 28.4	16
2nd	Kirsty Crane	#MACRO? 29.0	14
3rd	Sue Hooper	#MACRO? 29.3	12
4th	#N/A	#MACRO?	10
5th	#N/A	#MACRO?	8
6th	#N/A	#MACRO?	6
7th	#N/A	#MACRO?	4
8th	#N/A	#MACRO?	2

Name	Club	Perf.
Women 200m	Standard	36.4
1st	#N/A	8
2nd	#N/A	7
3rd	#N/A	6
4th	#N/A	5
5th	#N/A	4
6th	#N/A	3
7th	#N/A	2
8th	#N/A	1

F15
Record
4:00 PM

Name	Club	Perf.	Pos
Charle Maderia-Cole	1997	14.74	
Men's Triple Jump	Standard	9.35	3
1st	Adam Jones	#MACRO? 11.95	16
2nd	Sean Power	#MACRO? 11.47	14
3rd	Daniel Williams	#MACRO? 11.12	12
4th	#N/A	#MACRO?	10
5th	#N/A	#MACRO?	8
6th	#N/A	#MACRO?	6
7th	#N/A	#MACRO?	4
8th	#N/A	#MACRO?	2

Name	Club	Perf.
Men's Triple Jump	Standard	9.35
1st	#N/A	8
2nd	#N/A	7
3rd	#N/A	6
4th	#N/A	5
5th	#N/A	4
6th	#N/A	3
7th	#N/A	2
8th	#N/A	1

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T18		Name	Club	Perf.	Pos	Name	Club	Perf.		
Record		Peter Maitland	1993	21.8		Men's 200m	Standard	27.5		
4:10 PM		Men's 200m	Standard	27.5	3	Adam Jones	Standard	24.5		
1st	F	Rhys Knpman	#MACRO?	23.4	16	1st	FF	#MACRO?	24.5	8
2nd	A	Luke Litchfield	#MACRO?	24.3	14	2nd		#MACRO?		7
3rd		#N/A	#MACRO?		12	3rd		#MACRO?		6
4th		#N/A	#MACRO?		10	4th		#MACRO?		5
5th		#N/A	#MACRO?		8	5th		#MACRO?		4
6th		#N/A	#MACRO?		6	6th		#MACRO?		3
7th		#N/A	#MACRO?		4	7th		#MACRO?		2
8th		#N/A	#MACRO?		2	8th		#MACRO?		1

F16		Name	Club	Perf.	Pos	Name	Club	Perf.	
Record		Jonathan Clarke	1988	65.76		Men's Javelin	Standard	29.70	
4:15 PM		Men's Javelin	Standard	29.70	5	Andrew Davies	Standard	29.70	
1st	F	Matthew Taylor	#MACRO?	38.60	16	1st	A	#MACRO?	8
2nd	T	Brett Morse	#MACRO?	30.20	14	2nd		#MACRO?	7
3rd	AA	Joshua Williams	#MACRO?	29.42	12	3rd		#MACRO?	6
4th	M	Robert Llewelin	#MACRO?	25.20	10	4th		#MACRO?	5
5th	N	Dino Lantzoz	#MACRO?	19.95	8	5th		#MACRO?	4
6th		#N/A	#MACRO?		6	6th		#MACRO?	3
7th		#N/A	#MACRO?		4	7th		#MACRO?	2
8th		#N/A	#MACRO?		2	8th		#MACRO?	1

Record		Names	Club	Perf.	Pos	Names	Club	Perf.	
4:45 PM		Torfaen	1987	49.1		Swansea Harriers	1981	42.5	
Record		Women's 4 x 100 relay	Standard	49.1	16	Men's 4 x 100 relay	Standard	42.5	
4:55 PM		Women's 4 x 100 relay	Standard	49.1	16	Men's 4 x 100 relay	Standard	42.5	
1st		#N/A	#MACRO?		16	1st	A	49.4	16
2nd		#N/A	#MACRO?		14	2nd		#MACRO?	14
3rd		#N/A	#MACRO?		12	3rd		#MACRO?	12
4th		#N/A	#MACRO?		10	4th		#MACRO?	10
5th		#N/A	#MACRO?		8	5th		#MACRO?	8
6th		#N/A	#MACRO?		6	6th		#MACRO?	6
7th		#N/A	#MACRO?		4	7th		#MACRO?	4
8th		#N/A	#MACRO?		2	8th		#MACRO?	2

Record		Names	Club	Perf.	Pos	Names	Club	Perf.	
5:15 PM		Cardiff AAC	1987	4.00.5		Newport Harriers	1997	3.22.5	
Record		Women's 4 x 400 relay	Standard	4.00.5	16	Men's 4 x 400 relay	Standard	3.22.5	
5:25 PM		Women's 4 x 400 relay	Standard	4.00.5	16	Men's 4 x 400 relay	Standard	3.22.5	
1st		#N/A	#MACRO?		16	1st		#MACRO?	16
2nd		#N/A	#MACRO?		14	2nd		#MACRO?	14
3rd		#N/A	#MACRO?		12	3rd		#MACRO?	12
4th		#N/A	#MACRO?		10	4th		#MACRO?	10
5th		#N/A	#MACRO?		8	5th		#MACRO?	8
6th		#N/A	#MACRO?		6	6th		#MACRO?	6
7th		#N/A	#MACRO?		4	7th		#MACRO?	4
8th		#N/A	#MACRO?		2	8th		#MACRO?	2