

LJG70H w/s -4.88	1 Eleanor Rowland	Aberdaugleddau	12.2
	2 Helene Madam	STD	12.4
	3 Llinos Emmanuel	Bro Myrddin	12.5
	4 Olivia James	Taskers	12.7
	5 Sophie Morris	Coedcae	12.8
	6 Phoebe Sampuy	Dyffryn Taf	13.5
	7 Katie Lewis	Bry Gwyn	14.8
LJB 70H w/s-3	1 Sam Carden	Tregib	14.2
	2 Justin Quinn	Penglais	14.6
	3 Gethin Long	Strade	15.1
	4 Rhys Davis	Bro Myrddin	15.2
	5 Max Chambers	Emlyn	15.5
	6 Connor Rideout	Preseli	15.6
	7 Jake Joseph	Taskers	15.6
LJB 100m w/s -3.68	1 Matthew Richards	STP	13.6
	2 Jake Raindall	Aman Valley	13.6
	3 Daniel Howells	Bro Myrddin	13.8
	4 Kyle Ward	Llanbed	13.8
	5 Emyr Hughes	Strade	13.9
	6 Dylan Morgan	Aberaeron	14.2
	7 Jordan Howells	Glan Y Mor	14.2
	8 Matthew Peyton	Taskers	15
LJG 100m H1	1 Eleanor Rowland	Aberngleddu	14.4
	2 Phoebe Sampuy	D Taf	14.9
	3 Candice Edwards	Coed Cae	15.2
	4 Laura Samuel	Penglais	15.3
H2	1 Kylie McMann	Amman Valley	15
	2 Megan Good	Taskers	15.1
	3 Jodie Coombes	Llanbed	15.1
	4 Rhian George	Pontycelyn	15.2
	5 Gwenllian Lewis	Penweddig	15.6
LJG 100m F W/S -3.0	1 Elinor Rowland	Milford	14.5
	2 Kayley McMann	Amman	14.7
	3 Meghan Good	Tasker	14.8
	4 Rhian George	Llandyfri	14.8
	5 Candice Edwards	Coed Cau	14.9
	6 Jodie Coombes	Llanbed	15.3
	7 Phoebe Sampey	D Taf	15.4
	8 Laura Samuel	Penglais	15.9
LJB 200m H1 w/s-5.44	1 Matthew Richards	STP	26.9
	2 Daniel Howells	Bro Myrddin	28.7
	3 Dylan Morgan	Aberaeron	29.1
	4 Jordan Rolfe	Coedcae	32.1

H2 -1.94	1 Jake Randall	Amman	28.1
	2 Steffan Moran	Dyffryn Teifi	28.4
	3 Kyle Ward	Llanbed	28.8
	4 Emyr Huws	Strade	29.1
LJB 200m F w/s -1.7	1 Matthew Richards	STP	26.9
	2 Jake Randall	Amman	28
	3 Daniel Howells	Bro Myrdin	28.3
	4 Dylan Morgan	Aberaeron	28.9
	5 Steffan Morgan	D Teifi	29
	6 Kyle Wood	Llanbed	29.4
LJG 200m H1 w/s-3.56	1 Kylie Macman	Amman	31.1
	2 Danielle Mansel	SJL	31.4
	3 Megan Good	Taskers	31.7
	4 Carys Davies	Dyffryn Teifi	34.4
H2 w/s -3.56	1 Helena Madam	STP	29.4
	2 Emily Thomas	Bro Myrddin	31.4
	3 Candice Edwards	Coedcae	31.4
	4 Shannon Fitzgerald	Bryngwyn	35.4
LJG 200m F w/s -1.3	1 Helena Madden	STP	29.2
	2 Kayleigh mcMahon	Amman	31
	3 Danielle Mansell	SJL	31.2
	4 Megan Good	Tasker	31.4
	5 Cadice Edwards	Coed Cau	32.2
LJG 800m	1 Leah Bitchell	Penweddig	2.34.6
	2 Sara Davies	Bro Myrdin	2.50.6
	3 Sarah Martin	Dewi Sant	2.51.0
	4 Betsan Williams	Preseli	2.54.7
	5 Claire Fitzatrick Smith	Taskers	2.56.3
	6 Alice Reynolds	QE	.58.8
	7 Lois Samuel	Penglais	3.00.6
LJB 800m	1 Tom Morrissey	STD	2.30.9
	2 Luke Masters	Amman	2.36.0
	3 David Lewis	Aberteifi	2.37.9
	4 Thomas Hughes	Bro Myrddin	2.39.3
	5 Niall Millbend	Emlyn	2.40.2
	6 Shane Richards	Bryn Gwyn	2.42.3
	7 Shaun Keenan	Strade	2.42.7
	8 Rubin Rai	Coed Cae	2.42.8
	9 Rhys Dow	Preseli	2.43.2
	10 Stewart White	D Taf	2.52.1
LJG 1500m	1 Lauren Harris	Penweddig	5.11.3
	2 Florence Bowen Rhys	Taf	5.33.6
	3 Lisa Neumann	St Davids	5.34.1
	4 Rhiannon Plant	Bro Myrddin	5.49.9
	5 Katie Hall	Emlyn	6.08.0
	6 Mali Rhys	Strade	6.14.6

LJB 1500m	1 Luke Masters	Amman Valley	5.19.5
	2 Samba Ndong	Cardigan	5.21.0
	3 Harry lewis	D Taf	5.22.4
	4 Jack Morris	Penglais	5.23.0
	5 Johannes Neumann	Dewi Sant	5.24.1
	6 Kristopher Jones	Strade	5.29.5
	7 James Hinchcliffe	Greenhill	5.30.8
	8 Thomas Hughes	Bro Myrddin	5.31.0
	9 Thomas Kurowski	Emlyn	5.33.7
	10 Ricky Williams	Coed Cau	5.35.2

<b>Event</b>	<b>Position</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
<b>Long Jump</b>	1	Tom Morrison	STP	4.53
<b>LJ Boys</b>	2	Daniel Howells	Bro Myrddin	4.24
	3	Lewis Davies	Bro Myrddin	4.20
	4	Jake Randall	Amman Valley	4.05
	5	Ashley James	Preseli	3.75
	6	Joseph Fisher	Lampeter	3.59
<b>High Jump</b>	1	Ashley James	Preseli	1.38
<b>LJ Boys</b>	2	Dylan Morgan	Aberaeron	1.38
	3	Ben Kentish	Emlyn	1.30
	4	Laurence Hancock	STP	1.30
	5	Harry Lewis	Dyffryn Taf	1.25
	6	Rob Lewis	Coedcae	1.25
	7	Rhodri James	Strade	1.25
	8	Daniel Thomas	Bro Myrddin	1.20
<b>Shot</b>	1	Henry French	Tregib	9.23
<b>LJ Boys</b>	2	Thomas Jones	Amman Valley	8.63
	3	Jordan Ross	Coedcae	8.16
	4	Thomas Kaijaks	Pembrokeshire	7.97
	5	Josh Cranfield	Tregib	7.87
	6	Jonathan Stowell	STP	7.87
	7	Rhodri Armstrong	Penweddig	7.71
	8	Chris Max	Dyffryn Teifi	7.61
	9	Fenton Holder	St Mikes	7.53
<b>Javelin</b>	1	James Jones	QEHS	31.79
<b>LJ Boys</b>	2	Gethin Long	Strade	29.19
	3	Osian Phillips	Preseli	27.43
	4	Matthew Sprusini	St John Lloyd	26.44
	5	Jake Pritchard	STP	23.57
	6	Gyrun Thomas	Tregib	22.26
	7	Matthew Cooke	Bryngwyn	22.26
	8	Courtenay Bowman	Dyffryn Taf	20.56
	9	Daniel Gough	Dyffryn Teifi	19.90
	10	Max Chambers	Emlyn	19.30

**1500m**  
**LJB**



J2B 80H w/s -3.10	1 Glen Elsdon	Bro Myrddin	13.7
	2 Pen Rushesha	S Michaels	14.2
	3 Garrett Thomas	STP	14.2
	4 Tomas Brookes	Glanymor	15.7
	5 Alex Alderwick	St Davids	16.0
	6 Jonathon Evans	Penglais	16.5
J2G 75H	1 Leah Parry	Taskers	13.0
	2 Ffion Rees	AmmanValley	13.9
	3 Mari Griffiths	Preseli	14.6
	4 Nia Davies	Aberteifi	14.7
	5 Jade Davies	Penfro	15.1
	6 Hannah Hill	Dyffryn Taf	16.5
	7 Samantha Thomas	Coedcae	19.4
J2G 100m	1 Laura Penhallurick	QE	13.8
	2 Jordan Reynolds	Aberauglydds	14.5
	3 Helen Hughes	D teifi	14.6
	4 Catrin Jones	Aberteifi	14.6
J2B 100m H1	1 Leon Fletcher	Amman Vallk	12.9
	2 Lewis Evans	Tregaron	13.1
	3 Nathan Mounter	Penfro	13.5
	4 Jake Davis	Australia	13.6
	5 Luke Treharne	St J.Lloyd	13.8
H2	1 Andrew Davies	Emlyn	13.2
	2 Thomas Brookes	Glanymor	13.6
	3 Ben Mcaff	St Michaels	136.0
	4 Joe Morris	Preseli	14.0
JB2 100m H1	1 Leon Fletcher	Amman	12.9
	2 Lewis Evans	Tregaron	13.4
	3 Nathan Mainter	Pembroke	13.4
	4 Jake Davies	Australia	13.5
	5 Andrew Davies	Emlyn	13.6
	6 Luke Treharne	St John Wods	13.8
	7 Tomas Brookes	Glan Y Mor	13.9
	8 Ben McMirth	St Michaels	13.9
J2G 100m h2	1 Hayley Ferrier	Penfro	14.0
	2 Rose Lagross	STP	14.3
	3 Ffion Rees	Amman Vallk	14.4
	4 Elin Hopkins	Strade	14.7
	5 Nia Jones	Bro Myrddin	14.8
J2G 100m F w/s -2.7	1 Hayley Ferrier	Pembroke	13.6
	2 Laura Penhallurick	QE	13.6
	3 Rose Lagrosas	STP	14.1
	4 Jordan Reynolds	Milford	14.3
	5 Helen Hughes	D Teifi	14.6
	6 Een Hopkins	Strade	14.7

	7 Catrin Jones	Aberteifi	14.8
JB2 200m	1 Andrew Davies	Emlyn	27.5
H1	2 Thomas Brookes	GlanyMor	27.6
w/s-4.92	3 Nathan Mounter	Pembroke	27.6
H2	1 Leone Fletcher	Amman	25.4
w/s-2.10	2 Lewis Evans	Tregaron	27.6
	3 Ben Macniff	St Michaels	28.4
	4 Oliver Thomas	Glan Y mor	28.7
JB2 200m	1 Leon Fletcher	Amman	26.3
F	2 Andrew Davies	Emlyn	28.0
w/s -1.8	3 Thomas Brookes	Glan Y Mor	28.1
	4 Lewis Evans	Tregaron	28.8
	5 Nathan Mounter	Pembroke	29.0
JG2	1 Alice Metson	Aberaeron	29.6
H1	2 Hannah Clemence	Pembroke	30.0
w/s -4.2	3 Carys Jones	Tregib	30.7
	4 Katie McCave	STJ	32.7
H2	1 Laura Penhallurick	QEH	28.3
w/s -3.53	2 Leah Parry	Taskers	28.4
	3 Ffion Rees	Amman valle	30.0
	4 Emily Evans	Coedcae	32.2
JG2 200m	1 Laura Penhalrick	QE	28.3
F	2 Leah Parry	Tasker	28.7
w/s -1.2	3 Alice metsan	Aberaeron	29.1
	4 Hannah Clements	Pembroke	30.0
	5 Ffion Rhys	Amman valle	30.1
	6 Carys Jones	Tregib	31.3
JG2 800m	1 Jenny Brock	Tasker	2.38.6
	2 Freya Rhys	St Michaels	2.40.3
	3 Rhian Davies	Lampeter	2.41.2
	4 Nia Davies	Cardigan	2.44.4
	5 Rosie Bailey	Penglais	2.45.4
	6 Nia Owen	Dyffryn Taf	2.45.5
	7 Caryl Griffiths		2.46.0
	8 Porshe Rhys-Jones	St Michaels	2.46.1
	9 Nia Thomas		2.49.9
JB2 800m	1 Luke Parker	Cardigan	2.15.3
	2 Harrison Malone	Australia	2.16.3
	3 Dominic Coleman	Pembroke	2.21.0
	4 Andrew Williams	Preseli	2.28.4
	5 Matthew Richards	STP	2.30.6
	6 Rhys Watson	Llanelli	2.32.0
	7 Owain Powell	Ceredigion	2.40.1
J2G 1500r	1 Jade Williams	Amman	4.58.1

2	Catrin Lewis	AberTeifi	5.0.4
3	Ceri Anne Davies	Tregaron	5.14.5
4	Miranda Davies	Greenhill	5.43.7
5	Freya Rhys Jones	St Michael	5.47.1
6	Bethan Shepard	Pembroke	6.02.7
7	Mari Griffiths	Preseli	6.10.8
8	Nia Owen	D Taf	6.24.1
9	Rhiannon Pocock	Abeaeron	6.27.2
10	Elin Hopins	Strade	6.30.6
11	Bianca Gry	Glan Y Mor	6.30.6
12	Lisa Davies	Bro Myrddin	6.39.5

J2B Boys	1	Andrew Drakley	Penweddig	4.49.3
	2	Ben Manolitsas	Australia	4.59.9
	3	Arron Warren	Gan Y Mor	5.01.00
	4	Simon Evans	STP	5.05.8
	5	Alex Matchett	STP	5.08.6
	6	Phillip Mayhew	Tasker	5.17.1
	7	Ryan Bailey	Pantcelin	5.18.1
	8	Nathaniel Butler	Tregib	5.25.2

Event	Position	Name	School	Performance
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<b>Long Jump</b>	1	Leon Fletcher	Amman Valley	5.01
<b>J 2 Boys</b>	2	Lewis Evans	Tregaron	4.91
	3	Will Curtis	STP	4.55
	4	Ben McNiff	St Michaels	4.53
	5	Joe Hope	Cardigan	4.44
	6	Dominic Coleman	Pembroke	4.39
	7	Steffan Whatton	St John Lloyd	4.38
	8	Daniel Williams	Pantycelyn	4.38
	9	Joe Morris	Preseli	4.23
	10	Mark Miller	Pantycelyn	4.21

<b>High Jump</b>	1	Ryan Miller	Taskers	1.53
<b>J 2 Boys</b>	2=	Glen Elsdon	Bro Myrddin	1.45
	2=	Thomas Brooks	Glan y Mor	1.45
	4	Adam Davies	Pembroke	1.45
	5	Christian Jenkins	Penglais	1.40
	6	Jason Booth	Glan y Mor	1.35
	7	Jacob Thomas	Amman Valley	1.35
	8	Huw Evans	Penweddig	1.25

<b>Pole Vault</b>	1	Emyr Jones	Tregib	2.30
<b>J 2 Boys</b>	2	Luke Harvatt	STP	2.00

<b>Shot</b>	1	Rheon James	Bro Myrddin	11.84
<b>J 2 Boys</b>	2	Jonathan Gardner	Bro Myrddin	11.32
	3	David Thomas	Penweddig	9.48
	4	Andrew Davies	Emlyn	9.29
	5	Scott Meakins	QEHS	9.18
	6	Matthew Fulton	STP	8.54
	7	Dylan Evans	Lampeter	7.82

<b>Discus</b>	1	Luke Brabazon	Australia	38.79
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<b>J 2 Boys</b>	2	Scott Meakins	QEHS	25.91
	3	Rheon James	Bro Myrddin	23.66
	4	Matthew Fulton	STP	22.95
	5	Gareth Comley	Amman Valley	22.46
	6	Ellis Davies	Coedcae	21.45
	7	Jason Avery	Pembroke	20.31
	8	Rhys Williams	Milford	19.66
	9	David Thomas	Penweddig	19.23
	10	Ashley Jennings	Emlyn	17.35

<b>Hammer</b>	1	Gareth Conley	Amman Valley	19.85
<b>J 2 Boys</b>				

<b>Javelin</b>	1	Rheon James	Bro Myrddin	35.32
	2	Luke Treharne	St John Lloyd	30.45
	3	John Llewellyn	Tregib	29.28
	4	William Rowberry	QEHS	29.07
	5	Richard Blomfield	QEHS	26.82
	6	Daniel Martoni	Coedcae	23.15

**1500m**  
**J2B**

<b>400m</b>	1	Andrew Drakeley	Penweddig	57.7
	2	Luke Parker	Cardigan	60.9
	3	Dominic Coleman	Pembroke	61.1
	4	Jake Davies	Australia	62.2
	5	Harrison Malone	Australia	62.4
	6	Daniel Evans	Amman Valley	63.0

<b>4 x 100</b>	1	STP	Pembroke	53.8
<b>J2B</b>				

<b>Event</b>	<b>Position</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
<b>Long Jump</b>	1	Ffion Rees	Bro Myrddin	4.69
	2	Jordan Reynolds	Milford	4.33
	3	Nia Jones	Bro Myrddin	4.32
	4	Kara Steadman	Coedcae	4.25
	5	Alex Thomas	Pembroke	4.22
	6	Kelly Jackson	Pembroke	4.07
	7	Sam Quinell	Glan y Mor	4.06
	8	Danielle Price	Penweddig	4.04
	9	Rosie Bailey	Penglais	3.81
	10	Nia Davies	Cardigan	3.73

<b>High Jump</b>	1	Catrin Jones	Cardigan	1.38
	2	Samantha Thomas	Coedcae	1.35
	3	Helen While	Tregib	1.30
	4	Rebecca Lamb	Fishguard	1.30
	5	Katie Millar	Taskers	1.30
	6	Shani Anderson	Glan y Mor	1.20



	7	Naomi Thomas	Dyffryn Taf	1.15
<b>Shot</b>	1	Emma While	Tregib	8.01
<b>J 2 Girls</b>	2	Amy Waters	Taskers	7.85
	3	Zoe McCall	Gwendraeth	7.59
	4	Sarah Thomas	Fishguard	7.34
	5	Jade Davies	Pembroke	7.13
	6	Helen Hughes	Dyffryn Teifi	6.80
	7	Ashleigh Owen	Emlyn	6.71
	8	Nia Boyce	?	6.64
	9	Sioned Llewellyn	Penweddig	6.55
<b>Discus</b>	1	Emma While	Tregib	17.98
<b>J 2 Girls</b>	2	Ashley Owen	Emlyn	17.64
	3	Nia Boyce	SJL	15.72
	4	Alysha Gibson	Glanymor	15.61
	5	Gwawr James	Lampeter	14.31
<b>Javelin</b>	1	Megan Williams	Milford	23.39
<b>J 2 Girls</b>	2	Helen While	Tregib	21.14
	3	Jessica Northcott	QEHS	20.84
	4	Abi Manning	Pembroke	20.04
	5	Emma Garrero	Greenhill	15.01
	6	Hayley Miles	Emlyn	14.77
	7	Sadie Flint	Glan y Mor	14.10
		Kiri Evans	Tregaron	nt
		Laura Wilson	Strade	nt
<b>1500m</b>				
<b>J2G</b>				
<b>4 x 100</b>	1		Pembroke	55.1
<b>J2G</b>				

Dyfed Schools

J3B3 80H w/s-3.10	1 Rhys Webb	Bryngwyn	11.8
	2 Antoine Woodman	Emlyn	12.2
	3 Daniel Rosser	Tregib	13.6
	4 Martin Penhallurick	QE	14.0
	5 Tyler Smith	Aus	14.0
	6 Jamie Roger	Coedcae	14.1
J3G3 7H w/s -3.1	1 Sophie Pick	Gwendraeth	13.4
	2 Jessica Huddleston	Dewi Sant	14.1
	3 Shaune Humphreys	Bro Myrddin	14.6
	4 Katie Rebinow	Dyffryn Amai	15.3
	5 Ruth Ashford	Penglais	15.4
	6 Bethan James	Penweddig	16.5
J3B 100m H1	1 Mitch Dickinson	Australia	12.4
	2 Daniel Rosser	Tregib	12.6
	3 Max Wilkinson	Emlyn	13.1
	4 Christopher Bassett	Taskers	13.2
	5 lloyd Morgan	Coed Cae	13.6
H2	1 Thomas Cleman	Preseli	11.8
	2 Tyson Bradshaw	Australia	12.5
	3 Aled Evans	Bro Myrddin	12.7
	4 Scott gerrard	Amman Valley	12.8
	5 Taylor Smith	Australia	13.0
J3B 100m F w/s -1.5	1 Tom Coleman	Preseli	12.0
	2 Mitch Dckinson	Australia	12.2
	3 Daniel Rosser	Tregib	12.6
	4 Scott Gerrard	Amman	12.6
	5 Aled Evans	Bro Myrddin	12.7
	6 Max Wilkinson	Emlyn	13.2
J3G100m H1	1 Holl Roderick	QE	14.7
	2 Aisha Aroussi	Ilanbed	15.2
	3 Jessica Huddleston	Dewi Sant	15.3
	4 Caitlin Phillips	Starde	16.0
H2	1 Chloe Mcateer	Penfro	14.3
	2 Shauna Humphrey	Bro Myrddin	14.6
	3 Sophie Morgan	Bro Myrddin	14.7
	4 Elin Hughes	Strade	14.7
	5 Lowri Jones	Preseli	14.9
J3G 100M F w/s: -4.1	1 Holly Roderick	QE	14.1
	2 Chloe Macateer	Pembroke	14.2
	3 Shona Humphreys	Bro Myrddin	14.2
	4 Lowri Jones	Preseli	14.3
	5 Sophie Morgan	Bro Myrddin	14.5
	6 Jessica Huddleston	Dewi Sant	14.7

JG3 200m			
H1	1 Holly Roderick	QE	28.0
w/s -3.52	2 Joe Rowe	Preseli	29.5
	3 Anwen Thomas	Strade	30.5
	4 Elin Thomas	Dyffryn Teifi	30.8
H2	1 Danielle Harrison	Amman Valley	29.1
w/s -3.68	2 Chloe Mcatweer	Pembroke	29.2
	3 Aisha Aroussi	Llanbed	29.2
	4 Sophie Morgan	Bro Myrddin	29.4
	5 ?		32.9
JG3 200m			
F	1 Holly Roderick	QE	28.5
w/s -1.9	2 Danielle Harrison	Amman	29.1
	3 Chloe Mcatheer	Pembroke	29.5
	4 Jo Roe	Preseli	30.2
	5 Sophie Morgan	Bro Myrddin	30.5
JB3 200m			
H1	1 Thomas Coleman	Preseli	24.8
w/s -3.33	2 Rhys Webb	Bryngwyn	25.3
	3 James Russell	Aberteifi	26.1
	4 Stewart Johnson	QE	26.7
H2	1 Ricki Watts	STP	26.4
w/s -2.98	2 Aled Evans	Bro Myrddin	26.6
	3 David Griffiths	Penglais	26.6
	4 Bodem Llewellyn	Taskers	26.8
	5 Ashton Daniels	Emlyn	27.2
JB3 200m			
F	1 Tom Coleman	Preseli	24.2
w/s -1.9	2 Rhys Webb	BrynGwyn	25.5
	3 Ricky Watts	STP	25.9
	4 Aled Evans	Bro Myrddin	26.0
	5 James Russell	Aberteifi	26.1
	6 David Griffiths	penglais	26.3
JG3 800m			
	1 Angharad Davies	Brianne	2.28.4
	2 Sophie Thomas	Greenhill	2.34.1
	3 Sioned Howells	Strade	2.37.0
	4 Elinor Thorogood	Penwellin	2.41.1
	5 Sarah James	Ceredigion	2.55.9
JB3 800m			
	1 Genwyn Slinger	Penglove	2.16.2
	2 Nathan Toft	Llanelli	2.18.6
	3 Paul O'Toole	Brianne	2.18.7
	4 Dean Mead	Brianne	2.19.6
	5 Tomas Powell	Preseli	2.24.2
J3G 1500m			
	1 Sian Trace	Amman	5.25.2
	2 Aneura Phillips	Preseli	5.31.3
	3 Elior Thorogood	Penglais	5.35.1
	4 Rebecca Ansell	Penweddig	5.37.0

5	Angharad Roberts	Bro Myrddin	5.39.1
6	Olivia Osbourne	Pembroke	6.08.6
7	Ceri Brunson	Glan Y Mor	6.28.5

<b>Event</b>	<b>Position</b>	<b>First Name</b>	<b>School</b>	<b>Performance</b>
<b><u>Long Jump</u></b>	1	Tom Coleman	Preseli	5.59
<b><u>J 3 Boys</u></b>	2	Robin Mills	Coedcae	5.03
	3	Daniel Rosser	Tregib	4.99
	4	Lemmy Best	Milford	4.82
	5	Dylan Morgan	Penglais	4.73
	6	Liam Jones	Lampeter	4.56
	7	Simon Walters	Bryngwyn	4.47
	8	Tyson Bradshaw	Australia	4.48
<b><u>Triple Jump</u></b>	1	Dafydd Williams	Bro Myrddin	11.64
<b><u>J 3 Boys</u></b>	2	Lemmy Best	Milford	11.45
	3	Matthew Goodman	QEHS	11.13
	4	Aston Daniels	Emlyn	10.97
	5	Jack Lewis	Amman Valley	10.81
	6	Robin Mills	Coedcae	10.66
	7	Simon Walters	Bryngwyn	10.46
	8	Liam Jones	Lampeter	9.23
<b><u>High Jump</u></b>	1	Llyr Davies	Bro Myrddin	1.60
<b><u>J 3 Boys</u></b>	2	Antoine Woodman	Emlyn	1.60
	3	Gareth Keen	QEHS	1.55
	4	Shane King	Preseli	1.50
	5	Dean Mead	QEHS	1.50
	6	Billy Moors	Bro Gwaun	1.45
	7	Scott Candler	Dewi Sant	1.40
<b><u>Pole Vault</u></b>	1	Xien Witt	Tregib	2.60
<b><u>J 3 Boys</u></b>	2	Jamie Stubbs	Milford	2.50
	3			
<b><u>Shot</u></b>	1	Tom Edwards	Maes yr Yrfa	13.49
<b><u>J 3 Boys</u></b>	2	Luke Brabazon	Australia	12.31
	3	Aaron Phillips	Coedcae	11.17
	4	Jordan Price	QEHS	9.26
	5	Daniel Watkins	Emlyn	10.09
	6	Jamie Owen	Lampeter	9.89
<b><u>Discus</u></b>	1	Tomos Edwards	Maes yr Yrfa	38.04
<b><u>J 3 Boys</u></b>	2	Dan Watkins	Emlyn	30.24
	3	Gareth Rees	Penweddig	24.10
	4	Thomas Copley	Pantycelyn	20.95
<b><u>Hammer</u></b>	1	Tom Edwards	Maes yr Yrfa	24.69
<b><u>J 3 Boys</u></b>	2	James Kaijaks	Pembroke	24.12
	3	Chris Morris	Amman Valley	23.85
	4	Jack Young	Tregib	19.38
	5	Hedd Jones	Amman Valley	17.49
<b><u>Javelin</u></b>	1	Rhys Webb	Bryngwyn	36.88

<b>J 3 Boys</b>	2	George Gleeson	QEHS	34.92
	3	Johnjo Nobel	Emlyn	34.02
	4	Lyn Jones	Lampeter	32.99
	5	Morgan Scale	Taskers	32.26
	6	Ben John	STP	32.10
	7	Nathan Lloyd	Preseli	31.86
	8	Luke Brabazon	Australia	31.40
	9	Dafydd Pritchard	Maes yr Yrfa	28.24

<b>1500m</b>	1	Joshua Harries	Penweddig	4:36.3
<b>J3B</b>	2	Nicky Morell	Glanymor	4:54.3
	3	David O'leary	Taskers	4:54.7
	4	Josh Davies	Tregaron	4:57.4
	5	Jack Jones	Preseli	4:59.4
	6	James Cromwell	STP	5:06.6
	7	Xien Witt	Tregib	5:22.3

<b>400m</b>	1	Antoine Woodman	Emlyn	53.8
<b>J3B</b>	2	Tyson Bradshaw	Australia	57.0
	3	Ricky Watts	STP	57.1
	4	Tyler Smith	Australia	61.5

<b>4 x 100</b>	1		Preseli	48.6
<b>J3B</b>	2		Emlyn	50.8

<b>Event</b>	<b>Position</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
<b>Long Jump</b>	1	Sophie Pick	Gwendraeth	4.54
<b>J 3 Girls</b>	2	Shona Humphries	Bro Myrddin	4.39
	3	Caitlyn Phillips	Strade	4.32
	4	Jessica Huddleston	Dewi Sant	4.31
	5	Melanie Thomas	Lampeter	4.16
	6	Elin Thomas	Dyffryn Teifi	3.91

<b>High Jump</b>	1	Aneura Phillips	Preseli	1.45
<b>J 3 Girls</b>	2	Sophie Pick	Gwendraeth	1.35
	3	Harriet Bogmanski	Penweddig	1.30
	4=	Lilian Stoke	Cardigan	1.30
	4=	Jade Evans	Strade	1.30
	6	Sarah James	Lampeter	1.25
	7	Heledd Walters	Strade	1.30

<b>Shot</b>	1	Jade Pearce	Dyffryn Taf	8.71
<b>J 3 Girls</b>	2	Jessica Huddleston	Dewi Sant	8.39
	3	Lleucu Phillips	Bro Myrddin	8.29
	4	Chloe Howells	Dyffryn Taf	7.80
	5	Jade Evans	Strade	7.18
	6	Jana Neumann	Dewi Sant	6.66
	7	Claire Thomas	Emlyn	6.04

<b>Discus</b>	1	Jade Pearce	Dyffryn Taf	21.21
<b>J 3 Girls</b>	2	Mary Wilson	Dyffryn Taf	20.08
	3	Kerry James	Emlyn	19.64

4	Lleucu Phillips	Bro Myrddin	17.87
5	Tanya Hancock	STP	17.49
6	Gwenllian Jones	Aberaeron	17.32
7	Bobby Wilson	Lampeter	17.20
8	Heledd James	Bro Myrddin	16.86
9	Megan Hickling	Pembroke	16.56
10	Aneura Phillips	Preseli	16.06
11	Stacey Crossman	Glan y Mor	15.05

**Javelin**  
**J 3 Girls**

1	Mary Wilson	Dyffryn Taf	32.48
2	Megan Hickling	Pembroke	23.42
3	Florence Edwards	Bro Myrddin	20.39
4	Elin Jones	Cardigan	20.12
5	Amy Hubbard	Emlyn	18.07
6	Chloe Howells	Dyffryn Taf	17.97
7	Alex Llewellyn	Lampeter	14.86

**1500m**  
**J3G**

4 x 100	1	Brianne	54.2
J3G	2	Preseli	56.3
	3	Ceredigion	60.5

MB 100H	1 Dafydd Walters	QE	14.6
	2 Josh Madden	QE	15.6
	3 Shaun Lewis	Penveddig	16.5
	4 Sean Griffiths	Strade	16.9
MG 80H w/s -2.68	1 Rebecca Gatehouse	Aberaeron	12.4
	2 Amy Rowland	Aberdanglad	12.6
	3 Catherine Goldsmith	QE	12.8
	4 Donne Jones	Coedcae	14.0
	5 Charlotte Rowarth	Dyffryn Teifi	14.3
	6 Beth Miller	Taskers	15.1
	7 Jodie Evans	QE	15.7
	8 Rhian Thomas	Llambed	16.8
MG 300 Hurdles	1 Caryl Granville	Strade	45.0
	2 Hannah Pick	Gwendreath	50.6
	3 Sioned Harries	Aberaeron	53.8
	4 Caryl Thomas	Lampeter	55.5
	5 Beth Miller	Tasker Milwr	55.9
	6 Leah Francis	Emlyn	57.5
MB 400 Hurdles	1 Jamie Steadman	Coedcae	65.9
MB 100m -1.65	1 Luke Dow	Penfro	11.8
	2 Christian Cavies	Amman Vall	11.9
	3 Kueni Igbagiri	St Michaels	12.0
	4 Griffiths Jones	Maes Yr yrfa	12.3
	5 Ayanda Mashabane	QE	12.6
	6 Dorian Coalman	Tregaron	12.6
	7 Sam Pettit	STP	12.7
	8 Aled Williams	Strade	12.8
MG 100m w/s-3.65	1 Emily Mitchell	D Taf	13.1
	2 Hannah Thomas	Llanbed	13.4
	3 Leanne Cox	Maes yr Yrfa	14.1
	4 Eleanor Williams	Dewi Sant	14.8
	5 Fflur Davies	Bro Myrddin	14.8
	6 Ruth Fletcher	St Michaels	15.1
MG 200m w/s -2.63 F	1 Hannah Jones	Strade	26.0
	2 Emily Mitchell	Taf	26.1
	3 Hannah Thomas	Llanbed	27.3
	4 unknown		29.3
	5 Catrin Robinson	Bro Myrddin	32.6
MB 200m F w/s-3.0	1 Luke Dow	Pembroke	23.9
	2 Spencer Ratcliffe	Australia	24.6
	3 Gryfydd Jones	Maes Yr Yrfa	25.2
	4 Mitch Dickinson	Australia	25.5
MG 800m	1 Katie Parkes	Llanbed	2.21.5
	2 Alaw Beynon Thomas	Strade	2.33.1

3	Natalie Davies	Coed Cau	2.38.3
4	Sally Smithson	Tasker	2.47.5
5	Sarah Hall	Emlyn	2.55.9
6	Vicky Brace	Greenhill	3.00.8
7	Catrin Robertson	Bro Myrddin	3.02.0
8	Ffion Evans	Tregib	3.05.8
9	Kelly Thomas	Gwyndraith	3.09.4
10	Shawny Bournar	Dyffryn Taf	3.38.8

MB 800m	1	Geraint Mansfield	QE	2.09.6
	2	Michael Davies	Coed Cau	2.10.5
	3	Tom Joyce	QE	2.11.7
	4	Rhys Jones	Bryn	2.16.4
	5	Robin Nelson	Emlyn	2.31.6
	6	Kristian Bond	Penglais	2.35.4

MB 1500SC	1	Daniel Harries	STP	5.30.0
	2	Callum McKrell	NCE	6.39.7

MB 3000m	1	Dewi Griffiths	Tregib	9.03.1
	2	Luke Watson	Taskers	10.21.2
	3	Thomas Kalpatrick	Penfro	10.21.9
	4	Christian Bond	Penglais	10.52.6
	5	Jamie Weyburn	STP	10.57.6

MG 3000m	1	Kayleigh Brown	Tregib	10.56.6
	2	Rachel Marfleet	Aberaeron	11.05.5
	3	Carys Davies	Llanbed	11.16.3

<b>Event</b>	<b>Position</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
<b><u>Long Jump</u></b> <b>MG</b>	1	Caryl Granville	Strade	5.05
	2	Eleanor Williams	Dewi Sant	4.76
	3	Donna Jones	Coedcae	4.68
	4	Beth Millar	Taskers	4.62
	5	Rebecca Davies	Tregaron	4.51
	6	Emily Mitchell	Dyffryn Taf	4.35
	7	Hannah Thomas	Lampeter	4.23
	8	Polly Mossman	Emlyn	4.11
	9	Fflur Davies	Bro Myrddin	4.03

<b><u>Triple Jump</u></b> <b>MG</b>	1	Caryl Granville	Strade	11.19 <b>REC</b>
	2	Fflur Davies	Bro Myrddin	9.84
	3	Hannah Pick	Gwendraeth	9.69
	4	Polly Mossman	Emlyn	9.43
	5	Sally Smithson	Tasker	8.91

<b><u>High Jump</u></b> <b>MG</b>	1	Hannah Pick	Gwendraeth	1.45
	2	Donna Jones	Coedcae	1.45
	3	Katie Parkes	Lampeter	1.45
	4	Catherine Goldsmith	QEHS	1.40
	5	Beth Miller	Taskers	1.40
	6	Anwen Bentley	Dyffryn Taf	1.40
	7	Charlotte Rowerth	Dyffryn Teifi	1.30
	8	Sarah Griffiths	Cardigan	1.30



<b><u>Pole Vault</u></b>	1	Eleanor Williams	Dewi Sant	1.80
<b><u>MG</u></b>				
<b><u>Shot</u></b>	1	Catherine Goldsmith	Queen Elizal	10.01
<b><u>MG</u></b>	2	Alys Silcox	Pembroke	8.12
	3	Sophie Mangano	Strade	7.87
	4	Laura Jones	Tregaron	7.77
	5	Esther Jones	Maes yr Yrfa	7.33
	6	Jade Roberts	Coedcae	7.27
<b><u>Discus</u></b>	1	Esther Jones	Maes yr Yrfa	24.43
<b><u>MG</u></b>	2	Sophie Mangano	Strade	22.31
	3	Victoria Owens	Bro Myrddin	20.39
	4	Sarah Williams	Emlyn	19.12
	5			
<b><u>Hammer</u></b>	1	Esther Jones	Maes yr Yrfa	18.19
<b><u>MG</u></b>	2	Victoria Owens	Bro Myrddin	25.38
<b><u>Javelin</u></b>	1	Claire Williams	QEHS	36.10
<b><u>MG</u></b>	2	Lydia Jones	QEHS	34.17
	3	Danielle Hamer	Llandovery c	33.39
	4	Sarah Thomas	Llandovery c	25.41
	5	Emma Davies	Dyffryn Teifi	20.07
	6	Chloe Johnston	Glan y Mor	13.23
		Jade Roberts	Coedcae	nj
<b><u>1500m</u></b>	1	Kayleigh Brown	Tregib	5:06.5
<b><u>MG</u></b>	2	Eleri Jones	Taskers	5:48.6
	3	Alex Thorogood	Penglais	6:00.3
	4	Abi Thompson	QEHS	6:07.0
	5	Jessica Baker	Strade	6:08.2
	6	Llinos James	Strade	6:22.2
	7	Bryony Spracklint	Tregib	6:28.4
<b><u>300m</u></b>	1	Hannah Jones	Strade	41.2
<b><u>MG</u></b>	2	Alaw Beynon-Thomas	Strade	44.7
	3	Eleri Jones	Taskers	47.8
	4	Ffion Davies	Lampeter	49.4
	5	Leah Francis	Emlyn	50.5
	6	Laura Watts	Dyffryn Taf	51.8
<b><u>4 x 100</u></b>	1	Lampeter	Ceredigion	55.6
<b><u>MG</u></b>	2	Taskers	Pembroke	57.7
<b><u>Event</u></b>	<b><u>Position</u></b>	<b><u>Name</u></b>	<b><u>School</u></b>	<b><u>Performance</u></b>
<b><u>Long Jump</u></b>	1	Kueni Igbagiri	St Michaels	5.94
<b><u>MB</u></b>	2	Daniel Davies	Tregib	5.68
	3	Andrew McDonald	Milford	5.60
		Christian Davies	Amman Vall	5.55
		Sam Wilmet	Emlyn	5.34
		James Thomas	Bryngwyn	5.06
<b><u>Triple Jump</u></b>	1	Daniel Davies	Tregib	12.92

<b>MB</b>	2	Andrew Davies Dorian Lewis	Pembroke Bro Myrddin	11.87 nj
<b>High Jump</b>	1	Josh Madden	QEHS	1.83
<b>MB</b>	2	Daniel Davies	Tregib	1.75
	3	Simon Stanford	Greenhill	1.65
	4	Ian Evans	Coedcae	1.65
	5	Andrew Davies	Pembroke	1.60
	6	Jordan Dunne	Coedcae	1.60
	7	Alex Ward	Glan y Mor	1.55
	8	Shaun Lewis	Penweddig	1.50
<b>Pole Vault</b>	1	Will Bowen	Tasker	2.70
<b>MB</b>	2	Ben Charles	STP	2.60
<b>Shot</b>	1	Trystan Davies	Bro Myrddin	13.26
<b>MB</b>	2	Michael John	Tregib	12.57
	3	Chad Monk	Pembroke	12.19
	4	Josh Breen	Amman Vall	11.28
	5	Rhys Gingell	Coedcae	10.97
	6	Callum Mason	?	10.11
	7	Rhydian Watkins	Lampeter	9.64
<b>Discus</b>	1	Owain Williams	Bro Myrddin	37.51
<b>MB</b>	2	Chad Monk	Pembroke	32.79
	3	Trystan Davies	Bro Myrddin	31.25
	4	Dorian Coleman	Tregaron	30.48
<b>Hammer</b>	1	<b>Chad Monk</b>	<b>Pembroke</b>	<b>50.16REC</b>
<b>MB</b>	2	Tristan Davies	Bro Myrddin	25.56
<b>Javelin</b>	1	Michael John	Tregib	54.11
<b>MB</b>	2	Josh Madden	QEHS	47.78
	3	Phillip Alvey	Pembroke	41.56
	4	Luke Lewis	Bryngwyn	36.81
	5	Rhys Gingell	Coedcae	33.41
	6	Michael Wilson	Emlyn	nt
<b>1500m</b>	1	Adam Bitchell	Penweddig	4:23.3
<b>MB</b>	2	Daniel Thomas	Bryngwyn	4:29.2
	3	Geraint Mansfield	QEHS	4:36.3
	4	Richard Stevenson	QEHS	4:36.7
	5	Matthew Brown	Greenhill	4:43.0
	6	Tom Kilpatrick	Pembroke	4:51.7
	7	Jamie Whiteman	STP	4:57.3
	8	Joe Elliott	Dewi Sant	5:23.5
<b>400m</b>	1	Spencer Ratliff	Australia	54.4
<b>MB</b>	2	Craig George	Pembroke	54.9
	3	Ifan Beynon-Thomas	Strade	56.4
	4	Matthew Brown	Greenhall	57.2

**4 x 100  
MB**

1

Brianne

49.4

SB 110H	1	Stephen Boyles	Maes yr Yrfa	18.0
SB 400H	1	Robert Mackrell	Emlyn	61.6
SG 400H	1	Megan Thomas	CCTA	66.5
SG 100m w/s -3.57	1	Rhiannon Edwards	STP	13.6
	2	Bethan Lewis	Tregaron	14.5
SB 100m w/s -4.02	1	Steffan Davies	Coleg Llandy	12.2
	2	Owen Evans	Amman Valle	12.3
	3	Grant Rogers	Coleg Llandy	12.6
SG 200m w/s -1.31	1	Rhiannon Edwards	STP	27.8
	2	Bethan Lewis	Tregaron	30.4
SB 200m w/s -2.63	1	Robert Mackrell	Emlyn	24.1
	2	Steffan Davies	Llandyfri	24.2
	3	Matthew Thomas	QE	24.4
SB 400m	1	Robert Mackrell	Emlyn	52.1
	2	David Cole	D Teifi	52.7
	3	David Thomas	Tregaron	54.4
	4	Adam Bishop	Llandyfri	54.4
SB 800m	1	David Cole	Dyfri Teifi	2.08.6
SB 1500SC	1	Lee Ladd	Aberteifi	6.34.0
SB 3000m	1	Nick Jones	Dyffryn Taf	9.03.2
	2	Jack Davey	Aberaeron	9.19.2
	3	Geraint Alton	STP	11.50.9
SG 3000m	1	Gemme Leahy	Bro Gwaun	10.37.6

<b>Event</b>	<b>Position</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
<b><u>Long Jump</u></b>	1	Harry Mostyn	Llandovery cc	6.42
<b><u>SB</u></b>	2	Grant Rogers	Llandovery cc	5.76
	3	Alex Prigmore	Tregib	5.49
<b><u>Triple Jump</u></b>	1	Harry Mostyn	Llandovery cc	13.52
<b><u>SB</u></b>	2	Jamie Davies	Amman Valle	13.18
<b><u>High Jump</u></b>	1	Harry Mostyn	Llandovery cc	1.80
<b><u>SB</u></b>	2	Adam Bishop	Llandovery cc	1.40
<b><u>Pole Vault</u></b>	1	Tom Worrell	Milford	2.70
<b><u>SB</u></b>				
<b><u>Shot</u></b>	1	<b>Mathew Evans</b>	<b>Coleg Sir Ga</b>	<b>15.02REC</b>

<b><u>SB</u></b>	2	Grant Rogers	Llandovery c	10.60
	3	Adam Bishop	Llandovery c	10.60
	4	Robert Llewellyn	Pembrokeshi	9.91
	5	Harry Mostyn	Llandovery c	9.19
<b><u>Discus</u></b>	1	<b>Mathew Evans</b>	<b>Coleg Sir Ga</b>	<b>44.36</b> REC
<b><u>SB</u></b>	2	Robert Llewellyn	Pembrokeshi	30.96
	3	Adam Bishop	andovery colle	24.83
<b><u>Hammer</u></b>	1			
<b><u>SB</u></b>				
<b><u>Javelin</u></b>	1	Josh Turnbull	Emlyn	49.15
<b><u>SB</u></b>	2	Grant Rogers	Llandovery c	40.88
<b>1500m</b>	1			
<b><u>SB</u></b>	2			
	3			
	4			
	5			
	6			
	7			
	8			
	9			
<b>400m</b>	1			
<b><u>SB</u></b>	2			
	3			
	4			
<b>4 x 100</b>	1	Llandovery college	Brianne	46.9
<b><u>SB</u></b>				
<b>Event</b>	<b>Position</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
<b><u>Long Jump</u></b>	1	Gemma Conway	Emlyn	4.61
<b><u>SG</u></b>	2	Ferdia Earl	Llandovery c	4.60
	3	Mari Fenton	Penweddig	4.46
<b><u>Triple Jump</u></b>	1	Mari Fenton	Penweddig	10.24
<b><u>SG</u></b>	2	Gemma Conway	Emlyn	9.76
	3	Ferdia Earl	Llandovery	8.78
<b><u>High Jump</u></b>	1	Gemma Conway	Emlyn	1.52
<b><u>SG</u></b>	2	Bethan Thomas	Lampeter	1.45
	3	Ferdia Earl	Llandovery c	1.40
<b><u>Pole Vault</u></b>	1	Kay Reynolds	Milford	2.50
<b><u>SG</u></b>				
<b><u>Shot</u></b>	1	Elin Williams	Emlyn	8.59
<b><u>SG</u></b>				
<b><u>Discus</u></b>	1	Claire Willaims	Bro Myrddin	31.10
<b><u>SG</u></b>				

**Hammer**  
**SG**

1



**Javelin**  
**SG**

1

Kylie Clarke

QEHS

38.84

2

Zoe Paulson

Dyffryn Teifi

24.93

**1500m**  
**SG**

1

Gemma Leahy

Bro Gwaun

5:00.0

**400m**  
**SG**