

The 8th Welsh Inter-Regional Track & Field Championships 2006

Results of the Eighth Championships held at Cardiff Athletic Stadium – Sunday, August 27th, 2006 – **FOR PUBLICATION**

Senior Men					Junior Men						
Team					Team						
1	West	164			1	South	219				
2	South	144.5			2	West	160				
3	East	108			3	East	69				
4	North	55.5			4	North	27				
100	(no wind speed):	cbp	10.86	2003	100	(1.1)	cbp	11.1	1999		
1	5	Mark Ritchie	South	10.68	8	1	5	Andrew Watkins	South	11.14	8
2	1	Simon Thompson	East	11.30	7	2	6	Lloyd Reffell	South	11.22	7
3	7	Rowan Griffiths	West	11.68	6	3	3	Gareth Breeze	North	11.44	6
4	6	Luke Litchfield	South	11.72	5	4	7	Andrew Smith	West	11.62	5
200	(1.0):	cbp	22.35	2001	5	4	4	Tom Edwards	North	11.67	4
1	3	Nik Mesney	North	23.14	8	6	2	Simon Barnard	East	11.75	3
2	1	Simon Thompson	East	23.75	7	7	1	Nigel Jones	East	12.09	2
3	6	Luke Litchfield	South	24.85	6	8	8	Matthew Thomas	West	12.30	1
400:		cbp	48.2	2000	200	(0.6)	cbp	21.90	2004		
1	7	Paul Clarke	West	50.83	8	1	6	Lloyd Reffell	South	22.02	8
2	8	Alexander Scott	West	51.38	7	2	5	Andrew Watkins	South	22.26	7
3	5	Matt Williams	South	52.42	6	3	3	Gareth Breeze	North	23.04	6
800:		cbp	1:55.6	1999	400:		cbp	49.79	2003		
1	7	Paul Clarke	West	1:56.83	8	1	7	Bruce Tasker	West	49.13	8
2	5	James Williams	South	1:57.84	7	2	5	Joe Thomas	South	49.30	7
3	6	Edward Takata	South	2:02.63	6	3	6	Richard Chappell	South	51.41	6
1500:		cbp	4:01.01	2003	3000:		cbp	8:48.5	2001		
1	7	Wynne Evans	West	4:08.72	8	1	55	Afan Humphries	h	4:16.56	7
2	8	Gwyn Bellamy	West	4:11.01	7	2	11	Tom Marshall	East	9:06.22	7
3	5	Joe Thomas	South	4:25.82	6	3	88	Nick Jones	West	9:31.27	6
3000:		cbp	8:42.3	1999	4	77	Jack Davey	West	9:32.93	5	
1	7	Gwyn Bellamy	West	8:53.57	8	5	66	Jonathan Butler	h	9:41.26	4
2	8	Steve Davies	West	9:12.81	7	6	22	Chris Heyward	East	7	3
3	1	Dave Proffitt	East	11:49.8	6						
4	2	Colin Bradley	East	12:18.8	5						
2Km SC:		cbp	5:58.69	2001							
1	7	Steven Richards	West	7:06.64	8						
110H	(1.1):	cbp	14.24	2002							
1	7	Rowan Griffiths	West	16.21	8						
2	3	Neil Edwards	North	18.58	7						
3	1	Craig Moulton	East	18.59	6						
4	2	Derek Osborne	East	19.67	5						
400H:		cbp	56.56	2001							
1	6	Matt Williams	South	57.31	8						
2	1	Craig Moulton	East	1:05.60	7						
HJ:		cbp	2.05	2000							
1	1	Owen Cheshire	East	1.85	8						
2	8	Rowan Griffiths	West	1.80	7						
3	5	Daniel Williams	South	1.70	6						
4=	3	Neil Edwards	North	1.60	4.5						
4=	6	Luke Litchfield	South	1.60	4.5						
6	7	Adam Gower	West	1.55	3						
PV:		cbp	4.60	99&01							
1	3	Neil Edwards	North	3.00	8						
2	1	Derek Osborne	East	2.70	7						
LJ:		cbp	7.06	2004							
1	5	Mark Ritchie	South	6.71	8						
2	8	Andrew Alvey	West	6.27	7						
3	6	Daniel Williams	South	5.74	6						
4	3	Neil Edwards	North	5.30	5						
5	1	Derek Osborne	East	5.24	4						
6	4	Dave Stokes	North	3.78	3						
TJ:		cbp	14.61	1999							
1	7	Andrew Alvey	West	12.48	0.5						
2	8	Andrew Thomas	West	12.04	-0.8						
3	5	Daniel Williams	South	11.60	3.8						
4	1	Derek Osborne	East	10.82	2.3						
5	6	Luke Litchfield	South	10.04	2.6						
SP:		cbp	14.54	1999							
1	2	Ryan Spencer-Jones	East	12.46	8						
2	7	Peter Roberts	West	12.27	7						
3	6	Simon Bull	South	11.74	6						
4	5	Gareth Bull	South	10.59	5						
5	3	Neil Edwards	North	10.20	4						
6	1	Craig Moulton	East	9.94	3						
7	4	Dave Stokes	North	8.24	2						
8	8	Steve Orosz	West	7.63	1						
DT:		cbp	42.96	1999							
1	5	Gareth Bull	South	41.14	8						
2	7	Peter Roberts	West	40.33	7						
3	6	Simon Bull	South	35.32	6						
4	2	Ryan Spencer-	East	34.86	5						

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#	Rank	Name	Region	Time	Year	Rank	Rank	Name	Region	Time	Year	Rank	
2Km SC:		cbp		6:07.65	2001	3	3	Cynon Evans	North	24.09		6	
		Kurt Edwards	Sout	6:56.46		4	7	Christian Davies	West	24.20		5	
	1	55	h			5	6	Chris Howe	South	24.26		4	
		Mark Fowles	Sout	8:07.24		6	4	Carwyn Owen	North	24.44		3	
2	66	h			7	7	Dafydd Walters	West	24.98		2		
					8	2	Nick Johnson	East	25.49		1		
						400:		cbp	50.86	2002			
110H		(-1.6):	cbp	14.77	2002	1	1	Nathan Felvus	East	52.30		8	
1	6	Ryan Turner	South	15.56		2	5	Gareth Sutcliffe	South	53.01		7	
2	8	Steven Boyles	West	15.64		3	8	Craig George	West	54.08		6	
3	5	Nicholas Hunt	South	16.81		4	6	Matthew Morgan	South	55.38		5	
4	7	Owen Jones	West	17.24		5	3	Tom Snowdon	North	1:01.26		4	
400H:			cbp	56.41	2004	6	7	Jamie Stedman	West	1:02.40		3	
1	5	Richard Chappell	South	58.38		8	800:	cbp	1:57.40	2005			
2	6	Ryan Turner	South	59.49		7	1	Guy Smith	West	2:02.7		8	
3	8	Rob Mackrell	West	1:01.85		6	2	Nick Johnson	East	2:07.8		7	
4	3	Daniel Sykes	North	1:02.16		5	3	Chris Prothero	East	2:09.1		6	
5	7	Owen Jones	West	1:03.12		4	4	Geraint Mansfield	West	2:13.7		5	
HJ:			cbp	1.98	2001	5	6	Matthew Morgan	South	2:18.7		4	
1	7	Craig Davies	West	1.85		8	6	Robert Bennett	North	2:25.2		3	
2	5	Dean Harrhy	South	1.80		7	1500:	cbp	4:12.99	2005			
3	8	Harry Mostyn	West	1.75		6	1	Guy Smith	West	4:11.82	cbp	8	
PV:			cbp	4.20	2002	2	5	Simon Lawson	South	4:15.52		7	
		No competitors	East			3	1	Jonathan Morgan	East	4:17.42		6	
LJ:			cbp	6.92	2000	4	6	Rowan Axe	South	4:27.57		5	
1	5	Michael Dwight	South	6.32		8	5	Jonathan Peters	East	4:40.52		4	
2	7	Harry Mostyn	West	6.26		7	6	Daniel Thomas	West	4:40.72		3	
3	6	Dean Harrhy	South	6.20		6	3000:	cbp	9:05.28	2005			
4	8	Owen Jones	West	5.85		5	1	Dewi Griffiths	West	9:07.57		8	
5	3	Thomas Edwards	North	5.50		4	2	Jamie Bussell	East	9:27.58		7	
TJ:			cbp	14.19	2003	3	5	Ali Soljhoo	South	9:44.79		6	
1	7	Harry Mostyn	West	13.48	+ 5.5	8	4	Matthew John	West	9:49.30		5	
2	6	Ryan Turner	South	13.38	+ 0.7	7				10:11.6			
3	8	Owen Jones	West	13.24	+ 0.5	6	5	2	Gareth Lewis	East	7	4	
4	5	Michael Dwight	South	12.22	+ 1.7	5				11:39.2			
SP:			cbp	14.67	2002	6	6	Matthew Hooper	South	9		3	
1	7	Matthew Evans	West	15.48	cbp	8	1.5Ksc:	cbp	4:38.5	2000			
2	5	Brett Morse	South	13.43		7	1	5	Adam Lewis	South	4:42.85		8
3	6	Scott Williams	South	11.35		6	2	6	Dafydd Jenkins	South	4:44.64		7
4	8	Rob Llewellyn	West	10.82		5	3	7	Mitchell Asplund	West	4:47.63		6
5	2	Mark Boswell	East	9.25		4	4	2	Nathan Hardee	East	4:48.53		5
DT:			cbp	45.04	2004	4	5	8	Geraint Mansfield	West	5:20.15		4
1	5	Brett Morse	South	48.77	cbp	8	100H	(-2.2)	cbp	14.22	01&02		
2	7	Matthew Evans	West	45.17		7	1	5	Gareth Sutcliffe	South	14.52		8
3	6	Peter Morgan	South	34.92		6	2	7	Dafydd Walters	West	14.56		7
4	8	Rob Llewellyn	West	32.65		5	3	8	Josh Madden	West	15.04		6
5	1	Mark Boswell	East	23.85		4	4	6	Arwel Menear	South	15.17		5
HT:			cbp	51.17	2002	4	5	3	Tom Tilston	North	15.41		4
1	6	Peter Morgan	South	46.77		8	400H:	cbp	58.20	2005			
2	5	Brett Morse	South	37.71		7	1	5	Gareth Sutcliffe	South	58.25		8
3	7	Matthew Evans	West	37.66		6	2	6	Fred Wilson	South	1:01.77		7
4	1	Mark Boswell	East	34.57		5	3	8	Daniel Davis	West	1:03.34		6
5	8	Rob Llewellyn	West	24.70		4	4	1	Sam Seabourne	East	1:04.47		5
JT:			cbp	54.01	2000	4	5	3	Tom Tilston	North	1:04.82		4
1	1	Stephen Winter	East	50.06		8	6	7	Jamie Stedman	West	1:08.63		3
2	7	Matthew Evans	West	39.61		7	HJ:	cbp	2.10	2000			
3	5	Peter Morgan	South	37.82		6	1	8	Josh Madden	West	1.80		8
4	6	Scott Williams	South	35.36		5	2	5	Luke James	South	1.75		7
5	8	Rob Llewellyn	West	27.16		4	3	1	Robbie Wells	East	1.70		6
4x100:			cbp	44.4	2000	4	4	3	Danny Evans	North	1.70		5
1	5	South		44.76		8	5	4	Gawain Rogers	North	1.65		4
2	7	West		44.90		7	6	6	Lewis Harrhy	South	1.60		3
3	1	East		47.79		6	7	7	Andrew Davies	West	1.60		2
		U17 Men					PV:	cbp	4.00	2001			
Team							1	6	Lewis Harrhy	South	3.40		8
1		South	184				LJ:	cbp	6.79	2001			
2		West	172				1	1	Thomas Kivell	East	6.28		8
3		East	141				2	6	Chris Howe	South	6.05		7
4		North	59				3	7	Kueni Igbagiri	West	5.94		6
100		(0.9):	cbp	11.08	2004	4	4	8	Daniel Davis	West	5.93		5
1	5	Rhys Knapman	South	11.42		8	5	5	Adam Jones	South	5.80		4
2	1	Jamie Mayers	East	11.50		7	6	4	Jason Edwards	North	5.34		3
3	6	Chris Howe	South	11.51		6	7	3	Danny Evans	North	5.22		2
4	3	Cynon Evans	North	11.73		5	8	2	Robbie Wells	East	5.13		1
5	7	Christian Davies	West	11.87		4	TJ:	cbp	14.14	2002			
6	4	Carwyn Owen	North	11.92		3	1	2	Thomas Kivell	East	13.05	+ 2.3	8
7	2	Sam Seabourne	East	12.77		2	2	8	Daniel Davis	West	12.88	+ 1.2	7
200		(-0.8):	cbp	21.91	2004	2	3	5	Adam Jones	South	12.28	+ 0.6	6
1	5	Rhys Knapman	South	23.47		8	4	6	Aneirin Wenner	South	12.19	+ 1.1	5
2	1	Jamie Mayers	East	23.80		7	5	1	Jonathan Worgan	East	11.24	+ 2.7	4

