

## Welsh Athletics 2006 Senior League Division 1

	<b>Record</b>	<b>Peter Stark</b>	<b>1979</b>	<b>55.48</b>									
	<b>12:00 PM</b>	<b>Men's Hammer</b>	<b>Standard</b>	<b>27.00</b>									
1A	S	Matthew Richards	Swansea	51.20	16	2	1B	B	Derek Osborne (SM)	D N Score	<b>25.51</b>		
2A	D	Ben Roberts (SM)	Deeside	37.26	14		2B	DD	Dave Stokes (SM)	D N Score	<b>23.42</b>		
3A	W	Ian Beetson	Wrexham	34.45	12		3B	UU	Hywel Port	D N Score	<b>21.10</b>		
4A	BB	Dave Roberts (SM)	Brecon	30.86	10								
5A	V	Steve Oroz (V40)	Llanelli	30.72	8								
6A	U	Anthony Halling	D N Score	<b>22.11</b>									
	<b>Record</b>	<b>Alessandro Cambon</b>	<b>2001</b>	<b>4.75</b>									
	<b>12:00 PM</b>	<b>Men's Pole Vault</b>	<b>Standard</b>	<b>2.80</b>									
1A	S	Glyn Price	Swansea	3.90	16		1B	BB	Owen Chesher (SM)	Brecon	2.80	8	
2A	B	Derek Osborne (SM)	Brecon	2.90	14		2B	DD	Daniel Calvert (U17)	D N Score	<b>2.40</b>		
3A	W	Neil Edwards	Wrexham	2.80	12								
4A	D	Ben Roberts (SM)	Deeside	2.80	10								
5A	U	John Howe	D N Score	<b>2.70</b>									
	<b>Record</b>	<b>Anna Leyshon</b>	<b>2003</b>	<b>3.30</b>									
	<b>12:00 PM</b>	<b>Women's Pole Vault</b>	<b>Standard</b>	<b>2.10</b>									
1A	W	Ruby Ogden	D N Score	<b>2.00</b>									
2A	B	Christine Place (SW)	D N Score	<b>0.00</b>									
	<b>Record</b>	<b>Gillian Regan</b>	<b>1981</b>	<b>6.18</b>									
	<b>12:00 PM</b>	<b>Women's Long Jump</b>	<b>Standard</b>	<b>3.29</b>									
1A	DD	Hazel Surgay Price (U20)	Deeside	4.87	16		1B	VV	Jenny Phillips (V40)	Llanelli	4.15	8	
2A	V	Donna Jones (U17)	Llanelli	4.58	14		2B	WW	Anna Williams	Wrexham	4.01	7	
3A	B	Natalie Powell (U17)	Brecon	4.52	12		3B	DD	Hazel Surgay Price (U20)	Deeside	3.83	6	
4A	W	Lisa-Marie Edwards	Wrexham	4.45	10		4B	U	Natalie Williams	Rhondda	3.46	5	
5A	R	Hannah Pick (U17)	Carmarthen	4.24	8		5B	BB	Jo Summerfield (U20)	Brecon	3.44	4	
6A	UU	Amy Edwards	Rhondda	3.72	6								
	<b>Record</b>	<b>Nigel Adams</b>	<b>1985</b>	<b>14:15.9</b>									
	<b>12:15 PM</b>	<b>Men's 5000m</b>	<b>Standard</b>	<b>18.30.0</b>									
1A	R	Gwyn Bellamy (SM)	Carmarthen	15.23.3	16								
2A	B	Tom Marshall (U20)	Brecon	16.45.4	14								
3A	W	Mike Robbins	Wrexham	17.04.8	12								
4A	D	Edward Hughes (SM)	D N Score	18.42.6									
5A	S	Paul Donovan	D N Score	19.13.3									
6A	294	Nick Davies	Les Cr/Gst	17.32.0									
	<b>Record</b>	<b>Angela Tooby</b>	<b>1983</b>	<b>09:35.0</b>									
	<b>12:35 PM</b>	<b>Women 3000m</b>	<b>Standard</b>	<b>13.50.0</b>									
1A	G	Claire Thompson	Cwmbran	11.14.8	16		1B	GG	Jenna Roberts	Cwmbran	11.40.9	8	
2A	B	Leigh Barker (U17)	Brecon	11.54.3	14		2B	BB	Sophie Kendrick (U17)	Brecon	12.22.5	7	
	<b>Record</b>	<b>Chris Cashell</b>	<b>1991</b>	<b>52.59</b>									
	<b>12:50 PM</b>	<b>Men's 400m Hurdles</b>	<b>Standard</b>	<b>73.1</b>									
1A	R	Paul Clarke (SM)	Carmarthen	59.3	16		1B	RR	Daniel Davies (U17)	Carmarthen	63.0	8	
2A	D	David Lemon (SM)	Deeside	61.5	14		2B	DD	Tom Tilston (U17)	Deeside	69.2	7	
3A	B	Derek Osborne (SM)	Brecon	67.1	12		3B	BB	Jon Worgan (U17)	Brecon	70.5	6	
4A	W	Steve Spires	Wrexham	71.7	10								
	<b>Record</b>	<b>Carys Parry</b>	<b>2005</b>	<b>56.96</b>									
	<b>1:00 PM</b>	<b>Women's Hammer</b>	<b>Standard</b>	<b>23.00</b>									
1A	S	Charlotte Murray	Swansea	42.67	16	2	1B	DD	Ffion Jones (SW)	Deeside	32.32	8	
2A	D	Faye Calvert (U20)	Deeside	38.55	14	3	2B	SS	Sian Lowe	D N Score	<b>22.37</b>		
3A	B	Jayne Berry (SW)	Brecon	31.19	12		3B	UU	Natalie Williams	D N Score	<b>14.34</b>		
4A	U	Cath Alford	Rhondda	24.47									
	<b>Record</b>	<b>Brian Penny</b>	<b>1970</b>	<b>14.53</b>									
	<b>1:00 PM</b>	<b>Men's Shot Putt</b>	<b>Standard</b>	<b>7.10</b>									
1A	D	Ben Roberts (SM)	Deeside	14.08		3	1B	UU	Hywel Port	Rhondda	9.73	8	
2A	B	Dave Roberts (SM)	Brecon	11.47			2B	BB	Steven Winter (U20)	Brecon	9.39	7	
3A	U	Anthony Halling	Rhondda	10.52			3B	WW	Ian Beetson	Wrexham	9.07	6	

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4A	W	Neil Edwards	Wrexham	9.67			4B	DD	Dave Stokes (SM)	Deeside	8.37	5
5A	V	Andrew Thomas (SM)	Llanelli	9.62			5B	VV	Steve Oroz (V40)	Llanelli	8.11	4
6A	G	Dave Connolly	Cwmbran	9.04								
7A	RR	Harry Mostyn (U20)	Carmarthen	8.02								
		<b>Record</b>	<b>Beccy Jones</b>	<b>1999</b>	<b>1.73</b>							
		<b>1:00 PM</b>	<b>Women's High Jump</b>	<b>Standard</b>	<b>1.20</b>							
1A	D	Hazel Surgay Price (U20)	Deeside	1.56			1B	WW	Anna Williams	Wrexham	1.25	8
2A	B	Natalie Powell (U17)	Brecon	1.50								
3A	R	Hannah Pick (U17)	Carmarthen	1.30								
4A	W	Ruby Ogden	Wrexham	1.30								
		<b>Record</b>	<b>Michelle Cook</b>	<b>1988</b>	<b>59.9</b>							
		<b>1:05 PM</b>	<b>Women's 400m Hurdles</b>	<b>Standard</b>	<b>92.4</b>							
1A	R	Megan Thomas (U20)	Carmarthen	66.1	16	3	1B	WW	Jessica Jones	Wrexham	80.1	8
2A	W	Sarah Colbourne	Wrexham	73.3	14		2B	BB	Lily Matthews (U17)	Brecon	81.8	7
3A	B	Rosie Richards (U20)	Brecon	76.9	12							
		<b>Record</b>	<b>Sallyanne Short</b>	<b>1987</b>	<b>11.9</b>							
		<b>1:20 PM</b>	<b>Women's 100m</b>	<b>Standard</b>	<b>17.2</b>							
1A	W	Lisa-Marie Edwards	Wrexham	13.0			1B	DD	Eli Jones (U17)	Deeside	13.9	8
2A	B	Sarah Pole (U17)	Brecon	13.6			2B	WW	Anna Williams	Wrexham	14.3	7
3A	S	Sara Dobler	Swansea	13.9			3B	VV	Lowrie Davies (U20)	Llanelli	15.8	6
4A	G	Jessica Dickson	Cwmbran	13.9								
5A	D	Katie Parry (U20)	Deeside	14.6								
6A	V	Donna Jones (U17)	Llanelli	14.6								
7A	U	Natalie Williams	Rhondda	15.4								
		<b>Record</b>	<b>Colin Jackson</b>	<b>1979</b>	<b>10.3</b>							
		<b>1:30 PM</b>	<b>Men's 100m</b>	<b>Standard</b>	<b>13.5</b>							
1A	R	Bruce Tasker (U20)	Carmarthen	11.3		3	1B	WW	Tom Edwards	Wrexham	11.9	8
2A	W	Nick Mesney	Wrexham	11.3		3	2B	SS	Alex Scott	Swansea	12.0	7
3A	G	Jamie Mayer	Cwmbran	11.6			3B	GG	Simon Barnard	Cwmbran	12.1	6
4A	V	Owain Butterworth (U20)	Llanelli	12.0			4B	RR	Christian Davies (U17)	Carmarthen	12.1	5
5A	B	Gethin McFall (SM)	Brecon	12.1			5B	DD	Hefin Rowlands (U20)	Deeside	12.6	4
6A	D	Rhodri Jones (SM)	Deeside	12.3			6B	BB	Wayne Jones (U20)	Brecon	12.8	3
7A	S	Nathan Cooze	Swansea	12.3			7B	VV	Adam Gower (SM)	Llanelli	13.1	2
8A	U	Lee Richards	Rhondda	13.0			8B	287	Daniel Norton	Cwm/Guest	13.6	
		<b>Record</b>	<b>Richard Jones</b>	<b>1983</b>	<b>7.44</b>							
		<b>1:30 PM</b>	<b>Men's Long Jump</b>	<b>Standard</b>	<b>4.20</b>							
1A	R	Harry Mostyn (U20)	Carmarthen	6.69			1B	RR	Kueni Igbagiri (U17)	Carmarthen	6.43	8
2A	VV	Owain Butterworth (U20)	Llanelli	6.25			2B	V	Andrew Thomas (SM)	Llanelli	6.09	7
3A	B	Gethin McFall (SM)	Brecon	6.04			3B	BB	Stephen Jeffries (U20)	Brecon	5.85	6
4A	D	Luke Evans (U17)	Deeside	5.68			4B	DD	Daniel Evans (U17)	Deeside	5.21	5
5A	SS	Robert John	Swansea	5.25			5B	S	Russell Creaser	Swansea	5.15	4
6A	W	Steve Spires	Wrexham	4.94			6B	UU	Mike Mullins	Rhondda	4.53	3
7A	U	Sean Davies	Rhondda	4.83			7B	GG	Mike Kershaw	Cwmbran	4.29	2
8A	G	Dave Connolly	Cwmbran	4.78								
		<b>Record</b>	<b>Samantha Porter</b>	<b>1989</b>	<b>2.11.1</b>							
		<b>1:40 PM</b>	<b>Women's 800m</b>	<b>Standard</b>	<b>2.58.0</b>							
1A	W	Caroline Harney	Wrexham	2.27.9								
2A	B	Jo Summerfield (U20)	Brecon	2.29.8								
3A	S	Drew Griffiths	Swansea	2.30.4								
4A	V	Jenny Phillips (V40)	Llanelli	2.33.4								
5A	D	Kathryn Hopwood	Deeside	2.49.4								
		<b>Record</b>	<b>Gareth Gilbert</b>	<b>1993</b>	<b>43.52</b>							
		<b>1:45 PM</b>	<b>Men's Discus</b>	<b>Standard</b>	<b>22.60</b>							
1A	D	Ben Roberts (SM)	Deeside	40.40	16		1B	DD	Dave Stokes (SM)	Deeside	28.18	8
2A	B	Dave Roberts (SM)	Brecon	33.52	14		2B	U	Anthony Halling	Rhondda	26.51	7
3A	UU	Hywel Port	Rhondda	29.51	12		3B	BB	Derek Osborne (SM)	Brecon	23.65	6
4A	G	Dave Connolly	Cwmbran	29.05	10		4B	VV	Andrew Thomas (SM)	Llanelli	23.07	5

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5A	W	Neil Edwards	Wrexham	28.98	8						
		<b>Record</b>	<b>Roger Barrett</b>	<b>1984</b>	<b>1.50.0</b>						
		<b>1:50 PM</b>	<b>Men's 800m</b>	<b>Standard</b>	<b>2.20.8</b>						
1A	R	Paul Clarke (SM)	Carmarthen	1.59.2		1B	RR	Wynne Evans (U20)	Carmarthen	1.59.0	8
2A	G	Ieuan Thomas	Cwmbran	1.59.4		2B	GG	Afan Humpries	Cwmbran	2.01.0	7
3A	V	Jonathan Williams (SM)	Llanelli	2.02.6		3B	VV	Stephen Bailey (SM)	Llanelli	2.06.5	6
4A	D	David Lemon (SM)	Deeside	2.05.7		4B	DD	Neil Wynn (SM)	Deeside	2.08.9	5
5A	U	Bilal Naamani	Rhondda	2.06.2		5B	UU	Sean Price	Rhondda	2.10.0	4
6A	S	Anthony Oliver	Swansea	2.06.7		6B	BB	Chris Protheroe (U20)	Brecon	2.15.1	3
7A	W	Clive Rowland	Wrexham	2.07.2		7B	288	Daniel Lester	Cwm/Guest	2.02.8	2
8A	B	Tom Marshall (U20)	Brecon	2:08.8		8B	289	Gavin Hanrahan	Cwm/Guest	2.05.3	

		<b>Record</b>	<b>Vanessa Head</b>	<b>1984</b>	<b>18.93</b>						
		<b>2:00 PM</b>	<b>Women's Shot</b>	<b>Standard</b>	<b>6.90</b>						
1A	B	Jayne Berry (SW)	Brecon	12.50		2 1B	DD	Ffion Jones (SW)	Deeside	8.83	8
2A	S	Charlotte Murray	Swansea	10.60		2B	SS	Sian Lowe	Swansea	8.71	7
3A	D	Faye Calvert (U20)	Deeside	9.59		3B	BB	Bethan Roberts (SW)	Brecon	7.38	6
4A	U	Cath Alford	Rhondda	8.52		4B	UU	Claire Halling	Rhondda	7.19	5
5A	GG	Lauren Lewis	D N Score	5.33							

		<b>Record</b>	<b>Ronnie McWilliam</b>	<b>2002</b>	<b>6.22.9</b>						
		<b>2:05 PM</b>	<b>Men 2000m S/C</b>	<b>Standard</b>	<b>12.35.0</b>						
1A	D	Adam Banks (U17)	Deeside	7.07.2		1 1B	DD	Simon Eardley (U17)	Deeside	7.36.6	8
2A	G	Gavin Hanrahan	Cwmbran	7.18.5				#N/A			7

TIMES DO NOT COUNT FOR RANKINGS MISSED WATER JUMP 1ST TIME

		<b>Record</b>	<b>Karen Hough</b>	<b>1984</b>	<b>47.94</b>						
		<b>2:15 PM</b>	<b>Women's Javelin</b>	<b>Standard</b>	<b>23.33</b>						
1A	RR	Sara Siggery (U23)	Carmarthen	41.85	16	3 1B	R	Alison Siggery (SW)	Carmarthen	40.70	8 3
2A	S	Jo Davis	Swansea	29.48	14	2B	DD	Hazel Surgay Price (U20)	D N Score	20.34	7
3A	B	Jayne Berry (SW)	Brecon	27.00	12	3B	360	Kylie Clarke	Carm/Guest	36.69	6 3
4A	D	Ffion Jones (SW)	Deeside	25.44		4B	291	Victoria Buxton	Carm/Guest	36.02	5 3
5A	G	Jessica Dickson	D N Score	13.21							

		<b>Record</b>	<b>Rosie Richards</b>	<b>2006</b>	<b>6:04.0</b>	<b>NEW RECORD</b>					
		<b>2:25 PM</b>	<b>Women 1500m S/C</b>	<b>Standard</b>							
1A	B	Rosie Richards (U20)	Brecon	5.44.2		1 1B	BB	Lily Matthews (U17)	Brecon	6.32.2	8
2A	R	Rachel Marfleet (U17)	Carmarthen	5.46.9							

		<b>Record</b>	<b>Colin Jackson</b>	<b>1993</b>	<b>13.3</b>						
		<b>2:40 PM</b>	<b>Men's 110m Hurdles</b>	<b>Standard</b>	<b>21.0</b>						
1A	W	Neil Edwards	Wrexham	19.9							
2A	B	Derek Osborne (SM)	Brecon	20.7							
3A	U	Mike Mullins	D N Score	21.2							

		<b>Record</b>	<b>Heather Jones</b>	<b>2005</b>	<b>13.6</b>						
		<b>2:50 PM</b>	<b>Women's 100m Hurdles</b>	<b>Standard</b>	<b>21.3</b>						
1A	R	Megan Thomas (U20)	Carmarthen	17.1							
2A	W	Jessica Jones	D N Score	21.9							

		<b>Record</b>	<b>Paul Evans</b>	<b>1983</b>	<b>2.03</b>						
		<b>3:00 PM</b>	<b>Men's High Jump</b>	<b>Standard</b>	<b>1.45</b>						
1A	B	Owen Cheshier (SM)	Brecon	1.85		1B	RR	Daniel Davies (U17)	Carmarthen	1.70	8
2A	D	Daniel Evans (U17)	Deeside	1.75		2B	BB	Gethin McFall (SM)	Brecon	1.55	7
3A	R	Josh Madden (U17)	Carmarthen	1.75		3B	DD	Tom Tilston (U17)	Deeside	1.45	6
4A	S	Anthony Oliver	Swansea	1.70							
5A	V	Adam Gower (SM)	Llanelli	1.55							

		<b>Record</b>	<b>Anne Middle</b>	<b>1991</b>	<b>55.2</b>						
		<b>3:00 PM</b>	<b>Women's 400m</b>	<b>Standard</b>	<b>82.3</b>						
1A	D	Rebecca Nuttall (U17)	Deeside	58.9	16	1B	DD	Eli Jones (U17)	Deeside	62.7	8
2A	G	Jessica Dickson	Cwmbran	59.6	14	2B	GG	Jemma Reynolds	Cwmbran	65.1	7
3A	W	Sarah Colbourne	Wrexham	62.2	12						

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4A	B	Jo Summerfield (U20)	Brecon	65.6	10								
		<b>Record</b> <b>3:15 PM</b>	<b>Roger Barrett</b> <b>Men's 400m</b>	<b>1984</b> <b>Standard</b>	<b>48.0</b> <b>61.8</b>								
1A	V	Jonathan Williams (SM)	Llanelli	51.2	16	1B	DD	Neil Wynn (SM)	Deeside	52.1	8		
2A	R	Paul Clarke (SM)	Carmarthen	51.6	14	2B	SS	Alex Scott	Swansea	52.8	7		
3A	U	Sean Price	Rhondda	53.6	12	3B	VV	Stephen Bailey (SM)	Llanelli	54.5	6		
4A	W	Tom Edwards	Wrexham	54.0	10	4B	RR	Christian Davies (U17)	Carmarthen	56.4	5		
5A	S	Nathan Cooze	Swansea	54.4	8	5B	UU	Alex Naamani	Rhondda	56.8	4		
6A	G	Dan Lester	Cwmbran	54.5	6	6B	BB	Wayne Jones (U20)	Brecon	60.0	3		
7A	D	David Lemon (SM)	Deeside	56.7	4	7B	WW	Steve Spires	D N Score	62.4	2		
8A	B	Chris Protheroe (U20)	Brecon	57.4	2								
		<b>Record</b> <b>3:20 PM</b>	<b>Hayley Nash</b> <b>Women's 1500m</b>	<b>1987</b> <b>Standard</b>	<b>4.24.4</b> <b>6.19.0</b>								
1A	W	Caroline Harney	Wrexham	4.59.5		1B	BB	Rosie Richards (U20)	Brecon	5.39.2	8		
2A	G	Aysha Doman	Cwmbran	5.01.4		2B	UU	Amy Edwards	Rhondda	5.54.9	7		
3A	V	Jenny Phillips (V40)	Llanelli	5.21.3									
4A	B	Sophie Kendrick (U17)	Brecon	5.24.1									
5A	U	Ann Folan	Rhondda	5.46.8									
		<b>Record</b> <b>3:45 PM</b>	<b>Vanessa Head</b> <b>Women's Discus</b>	<b>1984</b> <b>Standard</b>	<b>62.02</b> <b>22.80</b>								
1A	DD	Ffion Jones (SW)	Deeside	36.95	16	3	1B	D	Faye Calvert (U20)	Deeside	36.56	8	3
2A	B	Jayne Berry (SW)	Brecon	31.90	14		2B	BB	Bethan Roberts (SW)	Brecon	24.98	7	
3A	SS	Sian Lowe	Swansea	26.77			3B	U	Cath Alford	Rhondda	24.18	6	
4A	UU	Claire Halling	Rhondda	24.36			4B	S	Charlotte Murray	Swansea	24.06	5	
5A	G	Jessica Dickson	D N Score	15.44									
		<b>Record</b> <b>3:50 PM</b>	<b>Shaun Whelan</b> <b>Men's 1500m</b>	<b>1988</b> <b>Standard</b>	<b>3.50.2</b> <b>4.52.2</b>								
1A	R	Gwyn Bellamy (SM)	Carmarthen	4.11.0			1B	GG	Mike Kershaw	Cwmbran	4.31.7	8	
2A	G	Afan Humpries	Cwmbran	4.11.7			2B	W	Mike Robbins	Wrexham	4.37.9	7	
3A	D	Ricky Challinor (U17)	Deeside	4.20.1			3B	DD	David Mountford (U17)	Deeside	4.42.6	6	
4A	WW	Clive Rowland	Wrexham	4.30.4			4B	SS	Paul Donovan	D N Score	5.05.2	5	
5A	B	Tom Marshall (U20)	Brecon	4.36.0					#N/A			4	
6A	V	Daniel Thomas (U17)	Llanelli	4.40.5					#N/A			3	
7A	S	Anthony Oliver	Swansea	4:48.0					#N/A			2	
8A	293	Ieuan Thomas	Cwm/Gst	4:10.3					#N/A				
		<b>Record</b> <b>4:00 PM</b>	<b>Sallyanne Short</b> <b>Women 200m</b>	<b>1987</b> <b>Standard</b>	<b>24.4</b> <b>36.4</b>								
1A	D	Rebecca Nuttall (U17)	Deeside	27.6	16		1B	DD	Kathryn Hopwood	Deeside	30.3	8	
2A	R	Megan Thomas (U20)	Carmarthen	28.0	14		2B	UU	Amy Edwards	Rhondda	33.0	7	
3A	S	Sara Dobler	Swansea	28.1	12								
4A	G	Lauren Lewis	Cwmbran	28.6	10								
5A	V	Donna Jones (U17)	Llanelli	30.3	8								
6A	B	Jo Summerfield (U20)	Brecon	31.4	6								
7A	U	Natalie Williams	Rhondda	32.7	4								
		<b>Record</b> <b>3:15 PM</b>	<b>Charle Maderia-Cole</b> <b>Men's Triple Jump</b>	<b>1997</b> <b>Standard</b>	<b>14.74</b> <b>9.35</b>								
1A	R	Harry Mostyn (U20)	Carmarthen	12.94			1B	RR	Daniel Davies (U17)	Carmarthen	12.41	8	
2A	B	Stephen Jeffries (U20)	Brecon	11.66			2B	BB	Jon Worgan (U17)	Brecon	11.32	7	
3A	S	Russell Creaser	Swansea	11.56			3B	SS	Robert John	Swansea	10.79	6	
4A	G	Dan Lester	Cwmbran	11.20			4B	VV	Stephen Bailey (SM)	Llanelli	10.03	5	
5A	V	Jonathan Williams (SM)	Llanelli	10.78			5B	GG	Gareth Lewis	Cwmbran	9.98	4	
6A	D	David Lemon (SM)	Deeside	10.53									
7A	W	Steve Spires	Wrexham	9.86									
		<b>Record</b> <b>4:10 PM</b>	<b>Andrew Watkins</b> <b>Men's 200m</b>	<b>2006</b> <b>Standard</b>	<b>21.7</b> <b>27.5</b>								
1A	R	Bruce Tasker (U20)	Carmarthen	22.3		3	1B	GG	Simon Barnard	Cwmbran	24.0	8	
2A	G	Jamie Mayer	Cwmbran	23.6			2B	RR	Matthew Thomas (U20)	Carmarthen	24.3	7	

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3A	S	Andrew Smith	Swansea	23.7		3B	SS	Alex Scott	Swansea	24.6	6
4A	D	Rhodri Jones (SM)	Deeside	24.8		4B	DD	Luke Evans (U17)	Deeside	24.7	5
5A	U	Alex Naamani	Rhondda	25.8		5B	VV	Owain Butterworth (U20)	Llanelli	25.2	4
6A	B	Wayne Jones (U20)	Brecon	26.1		6B	BB	Gethin McFall (SM)	Brecon	25.4	3
7A	V	Jamie Stedman (U17)	Llanelli	27.2	4	7B	UU	Lee Richards	Rhondda	26.8	2
						8B	287	Daniel Norton	Cwm/Guest	28.3	

**Record**      **Jayne Ludlow**      **1994**      **11.76**

**4:30 PM**      **Women's Triple Jump**      **Standard**      **7.19**

1A	B	Natalie Powell (U17)	Brecon	10.03	3	1B	BB	Leigh Barker (U17)	Brecon	9.18	8
2A	R	Hannah Pick (U17)	Carmarthen	9.28		2B	WW	Ruby Ogden	Wrexham	7.94	7
3A	W	Jessica Jones	Wrexham	9.26							
4A	D	Kathryn Hopwood	Deeside	7.50							

**Record**      **Jonathan Clarke**      **1988**      **65.76**

**4:30 PM**      **Men's Javelin**      **Standard**      **29.70**

1A	S	Rhys Williams	Swansea	53.99	16	1B	R	Josh Madden (U17)	Carmarthen	42.00	8
2A	RR	Julian Howells (SM)	Carmarthen	51.44	14	2B	BB	Dave Roberts (SM)	Brecon	32.55	7
3A	B	Steven Winter (U20)	Brecon	51.40	12	3B	UU	John Howe	Rhondda	31.68	6
4A	D	Ben Roberts (SM)	Deeside	40.57	10	4B	GG	Simon Barnard	D N Score	28.98	
5A	U	Anthony Halling	Rhondda	31.68	8	5B	DD	Daniel Calvert (U17)	D N Score	27.93	
6A	G	Dave Connolly	Cwmbran	30.77	6	6B	WW	Ian Beetson	D N Score	26.40	

**Record**      **Torfaen**      **1987**      **49.1**

**4:45 PM**      **Women's 4 x 100 relay**      **6**

	<u>Club</u>	<u>Leg 1</u>	<u>Leg 2</u>	<u>Leg 3</u>	<u>Leg 4</u>	<u>Perf.</u>	
1A	Wrexham	Anna Williams	Jessica Jones	Lisa-Marie Edwards	Sarah Colbourne	54.1	16
2A	Cwmbran	Emma Reynolds	Lauren Lewis	Claire Thompson	Jessica Dickson	54.6	14
3A	Deeside	Rebecca Nuttall (U17)	Kathryn Hopwood	Hazel Surgay Price (U20)	Katie Parry (U20)	56.8	12
4A	Llanelli	Lowrie Davies (U20)	Jenny Phillips (V40)	Donna Jones (U17)	Caryl John (U20)	58.4	10
5A	Brecon	Sarah Pole (U17)	Natalie Powell (U17)	Jo Summerfield (U20)	Leigh Barker (U17)	61.3	8
6A	Rhondda	Ann Folan	Amy Edwards	Cath Alford	Natalie Williams	69.1	6

**Record**      **Swansea Harriers**      **1981**      **42.5**

**4:55 PM**      **Men's 4 x 100 relay**

	<u>Club</u>	<u>Leg 1</u>	<u>Leg 2</u>	<u>Leg 3</u>	<u>Leg 4</u>	<u>Perf.</u>	
1A	Carmarthen	Bruce Tasker (U20)	Christian Davies (U17)	Kueni Igbagiri (U17)	Josh Madden (U17)	45.4	16
2A	Deeside	Rhodri Jones (SM)	Tom Tilston (U17)	Hefin Rowlands (U20)	Luke Evans (U17)	47.0	14
3A	Brecon	Gethin McFall (SM)	Stephen Jeffries (U20)	Owen Chesher (SM)	Jon Worgan (U17)	49.1	12
4A	Cwmbran	Dave Connolly	Simon Barnard	Daniel Norton	Jamie Mayer	49.9	10
5A	Rhondda	Lee Richards	Sean Davies	Alex Naamani	Mike Mullins	49.9	8
6A	Wrexham	Ian Beetson	Tom Edwards	Steve Spires	Neil Edwards	51.4	6

**Record**      **Cardiff AAC**      **1987**      **4:00.5**

**5:15 PM**      **Women's 4 x 400 relay**

	<u>Club</u>	<u>Leg 1</u>	<u>Leg 2</u>	<u>Leg 3</u>	<u>Leg 4</u>	<u>Perf.</u>	
1A	Cwmbran	Emma Reynolds	Lauren Lewis	Claire Thompson	Jessica Dickson	4.24.3	
2A	Deeside	Katie Parry (U20)	Rebecca Nuttall (U17)	Hazel Surgay Price (U20)	Kathryn Hopwood	4.29.2	
3A	Llanelli	Lowrie Davies (U20)	Jenny Phillips (V40)	Donna Jones (U17)	Caryl John (U20)	4.53.3	
4A	Brecon	Sophie Kendrick (U17)	Rosie Richards (U20)	Lily Matthews (U17)	Leigh Barker (U17)	5.05.1	

**Record**      **Newport Harriers**      **1997**      **3.22.5**

**5:25 PM**      **Men's 4 x 400 relay**

	<u>Club</u>	<u>Leg 1</u>	<u>Leg 2</u>	<u>Leg 3</u>	<u>Leg 4</u>	<u>Perf.</u>	
1A	Carmarthen	Paul Clarke (SM)	Wynne Evans (U20)	Matthew Thomas (U20)	Bruce Tasker (U20)	3.33.1	
2A	Cwmbran	Afan Humpries	Dan Lester	Ieuan Thomas	Simon Barnard	3.33.6	
3A	Deeside	Ricky Challinor (U17)	Adam Banks (U17)	Neil Wynn (SM)	David Lemon (SM)	3.42.3	
4A	Llanelli	Jonathan Williams (SM)	Stephen Bailey (SM)	Daniel Thomas (U17)	Jamie Stedman (U17)	3.50.9	
5A	Rhondda	Sean Price	Alex Naamani	Bilal Naamani	Lee Richards	3.53.3	
6A	Wrexham	Neil Edwards	Tom Edwards	Clive Rowland	Steve Spires	3.53.8	
7A	Brecon	Tom Marshall (U20)	Chris Protheroe (U20)	Wayne Jones (U20)	Jon Worgan (U17)	3.53.8	