

1:30 PM	League Record	Colin Jackson, Cardiff AAC, 10.3, 1993	STD	13.5
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Letter	100m	Perf	Pts	Letter	Perf	Pts	
1A	W Nick MESNEY Wrexham	11.4	16	1B	WW Cynan EVANS U17 Wrexham	11.8	8
2A	D Carwyn OWEN U17 Deeside	12.1	14	2B	DD Jonathan JOHNSON U17 Deeside	12.4	7
3A	V Owain BUTTERWORTH U20 Llanelli	12.4	12	3B	BB Michael DAVIES U20 Brecon	12.5	6
4A	B Owen CHESHER Brecon	12.6	10	4B	VV Ioan DAVIES U17 Llanelli	13.4	5
5A	G Craig GODSALL U17 Cwmbran	13.0	8	5B	GG Daniel NORTON U17 Cwmbran	13.5	4
6A	N Keith POWELL Newport	13.3	6				
7A	A Daniel WILLIAMS U20 Aberdare	DNF	DNS				

4:05 PM	League Record	Andrew Watkins, , 21.7, 2006	STD	27.5
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Letter	200m	Perf	Pts	Letter	Perf	Pts		
1A	W Nick MESNEY Wrexham	22.9	16	G3	1B	WW Cynan EVANS U17 Wrexham	23.9	8
2A	D Carwyn OWEN U17 Deeside	23.7	14	2B	GG Simon BARNARD Cwmbran	24.9	7	
3A	R Dafydd WALTERS U17 Carmarthen	24.7	12	3B	RR Antoine WOODMAN U17 Carmarthen	25.1	6	
4A	V Stephen BAILEY Llanelli	24.9	10	4B	VV Owain BUTTERWORTH U2 Llanelli	25.7	5	
5A	B Gareth GRIFFITHS Brecon	26.0	8	5B	DD Tom TILSTON U20 Deeside	25.8	4	
6A	G Craig GODSALL U17 Cwmbran	26.5	6	6B	BB Chris PROTHEROE U20 Brecon	26.6	3	
7A	A David WILLIAMS Aberdare	26.6	4					

3:15 PM	League Record	Roger Barrett, , 48.0, 1984	STD	61.8
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Letter	400m	Perf	Pts	Letter	Perf	Pts		
1A	W James MILLS Wrexham	50.6	16	G3	1B	VV Jonathan WILLIAMS Llanelli	51.9	8
2A	V Stephen BAILEY Llanelli	52.9	14	2B	GG Simon BARNARD Cwmbran	54.1	7	
3A	R Antoine WOODMAN U17 Carmarthen	53.6	12	3B	WW Chris BAILEY Wrexham	55.7	6	
4A	D Gary WYN-JONES Deeside	54.4	10	4B	BB Aaron WILLIAMS U17 Brecon	58.2	5	
5A	B Gareth GRIFFITHS Brecon	56.5	8	5B	DD Tom SNOWDEN U17 Deeside	58.9	4	
6A	G Craig GODSALL U17 Cwmbran	58.3	6					

1:50 PM	League Record	Roger Barrett, , 1.50.0, 1984	STD	2:20.8
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Letter	800m	Perf	Pts	Letter	Perf	Pts	
1A	V Jonathan WILLIAMS Llanelli	2:00.6	16	1B	GG Ryan PARRY U17 Cwmbran	2:09.0	8
2A	W Chris BAILEY Wrexham	2:01.6	14	2B	DD Tim DAVIES U17 Deeside	2:13.7	7
3A	G Mike KERSHAW U17 Cwmbran	2:01.6	12	3B	BB Aaron WILLIAMS U17 Brecon	2:14.7	6
4A	B Chris PROTHEROE U20 Brecon	2:02.4	10	4B	WW Clive ROWLANDS Wrexham	DQ	DNS
5A	D Callum BENNETT U17 Deeside	2:03.0	8				

3:35 PM	League Record	Shaun Whelan, , 3.50.2, 1988	STD	4:52.2
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Letter	1500m	Perf	Pts	Letter	Perf	Pts	
1A	G Afan HUMPHRIES Cwmbran	4:14.8	16	1B	DD Shôn EVANS U17 Deeside	4:35.4	8
2A	B Tom MARSHALL U20 Brecon	4:21.4	14	2B	GG Ryan PARRY U17 Cwmbran	4:36.7	7
3A	D Adam BANKS U17 Deeside	4:34.0	12	3B	BB Chris HAYWARD U20 Brecon	4:47.6	6
4A	V Emyr EVANS Llanelli	6:25.3	DNS				

12:15 PM	League Record	Steve Henshaw, , 8.39.2, 2005	STD	11:00.0
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Letter	3000m	Perf	Pts	Letter	Perf	Pts	
1A	G Afan HUMPHRIES Cwmbran	9:02.2	16	1B	DD Phil EDGE U17 Deeside	9:30.0	8
2A	D Ricky CHALLINOR U20 Deeside	9:14.3	14	2B	BB Paul EVANS U20 Brecon	11:43.4	DNS
3A	W Gary NORGROVE Wrexham	9:40.4	12				
4A	B Chris HAYWARD U20 Brecon	10:04.6	10				

2:05 PM	League Record	Phil Cook, , 9.02.5, 1990	STD	12:35.0
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Letter	3000m S/C	Perf	Pts	Letter	Perf	Pts
1A	B Tom MARSHALL U20 Brecon	10:11.8	16			
2A	D Ricky CHALLINOR U20 Deeside	10:19.8	14			

2:40 PM	League Record	Colin Jackson, Cardiff AAC, 13.3, 1993	STD	21.0
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Letter	110m hurdles		Perf	Pts	Letter		Perf	Pts
1A	W Neil EDWARDS	Wrexham	19.6	16				
2A	B Derek OSBORNE	Brecon	20.3	14				
3A	A David WILLIAMS	Aberdare	20.8	12				
4A	D David LEMON	Deeside	21.5	DNS				

12:50 PM **League Record** *Chris Cashell, , 52.6, 1991* **STD** **73.10**

Letter	400m Hurdles		Perf	Pts	Letter		Perf	Pts
1A	R Dafydd WALTERS U17	Carmarthen	60.0	16	1B DD Tom TILSTON U20	Deeside	62.6	8
2A	G Jamie BUSSELL U17	Cwmbran	60.6	14	2B BB Jon WORGAN U20	Brecon	68.3	7
3A	D David LEMON	Deeside	60.9	12				
4A	B Tom MARSHALL U20	Brecon	64.7	10				
5A	A David WILLIAMS	Aberdare	65.9	8				
6A	V Jamie STEDMAN U17	Llanelli	67.0	6				
7A	W Gawain ROGERS U20	Wrexham	68.2	4				

League Record *Swansea Harriers, 42.5, 1981* **Perf** **Pts**

4:55 PM **4 x 100m Relay**

1A	W	Wrexham	Gawain ROGERS U20, Cynan EVANS U17, Steve SPIRES, Nick MESNEY	46.4	16
2A	V	Llanelli	Owain BUTTERWORTH U20, Ioan DAVIES U17, Jamie STEDMAN U17, Stephen BAILEY	47.7	14
3A	D	Deeside	Carwyn OWEN U17, John EDWARDS U20, Tom TILSTON U20, Jonathan JOHNSON U17	48.1	12
4A	B	Brecon	Michael DAVIES U20, Gareth GRIFFITHS, Owen CHESHER, Steven WINTER U20	49.0	10
5A	G	Cwmbran	Craig GODSALL U17, Daniel NORTON U17, Simon BARNARD, Mike KERSHAW U17	50.4	8

League Record *Newport Harriers, 3.22.5, 1997* **Perf** **Pts**

5:25 PM **4 x 400m Relay**

1A	V	Llanelli	Jonathan WILLIAMS, Stephen BAILEY, Jamie STEDMAN U17, Adam GOWER	3:41.9	16
2A	W	Wrexham	Gawain ROGERS U20, Clive ROWLANDS, Chris BAILEY, James MILLS	3:42.8	14
3A	D	Deeside	Gary WYN-JONES, Adam BANKS U17, David LEMON, Tom TILSTON U20	3:42.8	12
4A	G	Cwmbran	Jamie BUSSELL U17, Simon BARNARD, Ryan PARRY U17, Mike KERSHAW U17	3:49.7	10
5A	B	Brecon	Michael DAVIES U20, Aaron WILLIAMS U17, Tom MARSHALL U20, Gareth GRIFFITHS	3:55.8	8

3:00 PM **League Record** *Paul Evans, , 2.05, 1983* **STD** **1.45**

Letter	High Jump		Perf	Pts	Letter		Perf	Pts
1A	B Owen CHESHER	Brecon	1.90	16 G3	1B D John EDWARDS U20	Deeside	1.80	8
2A	DD Daniel EVANS U17	Deeside	1.85	14	2B BB Steven JEFFREYS U20	Brecon	1.55	7
3A	W Gawain ROGERS U20	Wrexham	1.70	12	3B A Joshua WILLIAMS U17	Aberdare	1.45	6
4A	V Adam GOWER	Llanelli	1.65	10				
5A	G Jamie BUSSELL U17	Cwmbran	1.60	8				

12:00 PM **League Record** *Alessandro Cambon 4.75 2001* **STD** **2.80**

Letter	Pole Vault		Perf	Pts	Letter		Perf	Pts
1A	D Liam EDWARDS U20	Deeside	4.05	16 G3	1B B Owen CHESHER	Brecon	2.80	8
2A	W Neil EDWARDS	Wrexham	3.00	14				
3A	BB Derek OSBORNE	Brecon	2.90	12				
4A	N Keith POWELL	Newport	2.70	DNS				

1:30 PM **League Record** *Richard Jones, , 7.44, 1983* **STD** **4.20**

Letter	Long Jump		Perf	Pts	Letter		Perf	Pts
1A	V Owain BUTTERWORTH U20	Llanelli	5.73	16	1B VV Adam Gower	Llanelli	5.54	8
2A	D John EDWARDS U20	Deeside	5.7	14	2B BB Jon WORGAN U20	Brecon	5.24	7
3A	B Steven JEFFREYS U20	Brecon	5.64	12	3B DD Liam EDWARDS U20	Deeside	5.02	6
4A	A Joshua WILLIAMS U17	Aberdare	5.19	10	4B AA Matthew WALFORD U17	Aberdare	4.72	5
5A	W Steve SPIRES	Wrexham	5.12	8	5B WW Cynan EVANS U17	Wrexham	4.14	DNS
6A	G Michael GROUT U17	Cwmbran	4.99	6				
7A	N Keith POWELL	Newport	4.76	4				

4:00 PM **League Record** *Charles Maderia-Cole, , 14.74, 1997* **STD** **9.35**

Welsh Athletics

Senior League 2007
Division 1 Men

Match 3

Letter	Triple Jump		Perf	Pts	Letter		Perf	Pts			
1A	V	Adam GOWER	Llanelli	11.88	16	1B	B	Michael DAVIES U20	Brecon	11.75	8
2A	BB	Jon WORGAN U20	Brecon	11.82	14	2B	W	Gawain ROGERS U20	Wrexham	11.13	7
3A	WW	Chris BAILEY	Wrexham	11.55	12	3B	D	Callum BENNETT U17	Deeside	10.57	6
4A	DD	David LEMON	Deeside	10.75	10	4B	VV	Jamie STEDMAN U17	Llanelli	9.82	5
5A	G	Michael GROUT U17	Cwmbran	10.04	8	5B	A	David WILLIAMS	Aberdare	9.34	DNS
6A	AA	Matthew WALFORD U17	Aberdare	9.88	6						

1:00 PM League Record

Brian Penny, , 14.53, 1970

STD

7.10

Letter	Shot Putt (7.26kg)		Perf	Pts	Letter		Perf	Pts			
1A	D	Ben ROBERTS	Deeside	13.52	16	1B	DD	James HOOPERT	Deeside	9.30	8
2A	W	Neil EDWARDS	Wrexham	10.05	14	2B	BB	Jon WORGAN U20	Brecon	8.65	7
3A	G	Stan SMITH	Cwmbran	9.24	12	3B	WW	Ian BEETSON	Wrexham	8.44	6
4A	B	Steven WINTER U20	Brecon	9.02	10	4B	GG	Simon BARNARD	Cwmbran	7.56	5
5A	V	Steve OROSZ	Llanelli	8.13	8	5B	VV	Adam Gower	Llanelli	6.84	DNS
6A	A	David WILLIAMS	Aberdare	6.01	DNS						

1:45 PM League Record

Gareth Gilbert, , 43.52, 1993

STD

22.60

Letter	Discus (2.0kg)		Perf	Pts	Letter		Perf	Pts			
1A	D	Ben ROBERTS	Deeside	40.89	16	1B	DD	James HOOPERT	Deeside	35.56	8
2A	W	Neil EDWARDS	Wrexham	29.03	14	2B	WW	Ian BEETSON	Wrexham	25.26	7
3A	V	Steve OROSZ	Llanelli	26.79	12	3B	BB	Derek OSBORNE	Brecon	20.42	DNS
4A	B	Steven WINTER U20	Brecon	25.04	10						

12:00 PM League Record

Peter Stark, , 55.48, 1979

STD

27.00

Letter	Hammer (7.26kg)		Perf	Pts	Letter		Perf	Pts				
1A	D	John PARKIN	Deeside	45.57	16	G3	1B	DD	Ben ROBERTS	Deeside	28.85	8
2A	W	Ian BEETSON	Wrexham	34.97	14							
3A	B	Derek OSBORNE	Brecon	28.47	12							
4A	V	Steve OROSZ	Llanelli	27.77	10							

4:15 PM League Record

Jonathan Clarke, , 65.76, 1988

STD

29.70

Letter	Javelin (800g)		Perf	Pts	Letter		Perf	Pts				
1A	B	Steven WINTER U20	Brecon	58.68	16	G3	1B	BB	Derek OSBORNE	Brecon	34.82	8
2A	W	Neil EDWARDS	Wrexham	44.72	14	2B	D	James HOOPERT	Deeside	33.68	7	
3A	A	Joshua WILLIAMS U17	Aberdare	43.12	12							
4A	DD	James FORTUNE U17	Deeside	41.36	10							
5A	V	Steve OROSZ	Llanelli	25.85	DNS							
6A	G	Stan SMITH	Cwmbran	22.97	DNS							