

1:30 PM League Record Colin Jackson, Cardiff AAC, 10.3, 1993 STD 13.5

Letter	100m	Perf	Pts	Letter	Perf	Pts	
1A	W Nik MESNEY Wrexham	11.0	16 G2	1B	WW Cynan EVANS (U17) Wrexham	11.5	8
2A	G Simon THOMPSON Cwmbran	11.2	14 G3	2B	BB Gethyn McFALL Brecon	11.8	7
3A	R Matthew JONES Carmarthen	11.4	12	3B	RR Matthew THOMAS Carmarthen	11.8	6
4A	D Carwyn OWEN Deeside	11.6	10	4B	AA Ben JONES (U17) Aberdare	12.2	5
5A	V James THOMAS (U17) Llanelli	11.8	8	5B	GG David NORTON (U20) Cwmbran	12.2	4
6A	B Michael DAVIES (U20) Brecon	12.0	6	6B	VV Owain BUTTERWORTH (U20) Llanelli	12.4	3
7A	N Joe SMITH (U20) Newport	12.1	4	7B	NN Craig RUSSELL Newport	12.5	2
8A	A Daniel WILLIAMS (U20) Aberdare	12.7	2	8B	DD Tom SNOWDEN (U17) Deeside	12.9	8

4:05 PM League Record Andrew Watkins, 21.7, 2006 STD 27.5

Letter	200m	Perf	Pts	Letter	Perf	Pts	
1A	W Nik MESNEY Wrexham	21.9	16 G2	1B	WW Cynan EVANS (U17) Wrexham	23.3	8
2A	D Carwyn OWEN Deeside	23.2	14	2B	RR Matthew THOMAS Carmarthen	24.1	7
3A	R Matthew JONES Carmarthen	23.3	12	3B	BB Michael DAVIES (U20) Brecon	24.3	6
4A	G Simon THOMPSON Cwmbran	23.4	10	4B	GG Simon BARNARD Cwmbran	24.7	5
5A	V Stephen BIALEY Llanelli	24.2	8	5B	VV Owain BUTTERWORTH (U20) Llanelli	25.3	4
6A	N Joe SMITH (U20) Newport	24.5	6	6B	DD Danny EVANS (U17) Deeside	25.3	3
7A	B Gareth GRIFFITHS Brecon	25.2	4	7B	NN Craig RUSSELL Newport	25.5	2
8A	A David WILLIAMS Aberdare	25.6	2				

3:15 PM League Record Roger Barrett, 48.0, 1984 STD 61.8

Letter	400m	Perf	Pts	Letter	Perf	Pts	
1A	R Paul CLARKE Carmarthen	51.5	16	1B	VV Jonathan WILLIAMS Llanelli	50.1	8 G3
2A	V Stephen BIALEY Llanelli	52.3	14	2B	WW Cynan EVANS (U17) Wrexham	52.4	7
3A	G Simon BARNARD Cwmbran	54.0	12	3B	GG Dan LESTER (U20) Cwmbran	53.3	6
4A	D Gary WYN-JONES Deeside	55.6	10	4B	RR Antoine WOODMAN (U17) Carmarthen	54.3	5
5A	W Ian BROADHURST Wrexham	56.1	8	5B	NN Malcolm MEDHURST (V40) Newport	57.2	4
6A	N Craig RUSSELL Newport	56.2	6	6B	BB Chris PROTHEROE (U20) Brecon	58.1	3
7A	B Gareth GRIFFITHS Brecon	57.5	4	7B	DD Tom SNOWDEN (U17) Deeside	58.4	2

1:50 PM League Record Roger Barrett, 1.50.0, 1984 STD 2:20.8

Letter	800m	Perf	Pts	Letter	Perf	Pts	
1A	G Ieuan THOMAS (U20) Cwmbran	1:56.9	16	1B	RR Wynne EVANS Carmarthen	2:03.4	8
2A	R Paul CLARKE Carmarthen	1:58.6	14	2B	GG Alex WOTMAN Cwmbran	2:06.8	7
3A	V Jonathan WILLIAMS Llanelli	1:59.8	12	3B	VV Michael DAVIES Llanelli	2:08.5	6
4A	B Chris PROTHEROE (U20) Brecon	2:03.6	10	4B	DD Shon EVANS Deeside	2:11.2	5
5A	W Chris BAILEY Wrexham	2:04.2	8	5B	BB Chris HAYWARD (U20) Brecon	2:14.3	4
6A	D Callum BENNETT(U17) Deeside	2:04.9	6				
7A	A Matthew WALFORD (U17) Aberdare	2:10.7	4				
8A	N Malcolm MEDHURST (V40) Newport	2:13.9	2				

3:35 PM League Record Shaun Whelan, 3.50.2, 1988 STD 4:52.2

Letter	1500m	Perf	Pts	Letter	Perf	Pts	
1A	D Adam BANKS (U17) Deeside	4:15.5	16	1B	GG Gavin HANRAHAN Cwmbran	4:21.3	8
2A	R Wynne EVANS Carmarthen	4:21.6	14	2B	BB Martin SHAW Brecon	4:25.9	7
3A	G Jonathan PETERS (U20) Cwmbran	4:23.3	12	3B	DD David MOUNTFORD (U17) Deeside	4:26.4	6
4A	W Chris BAILEY Wrexham	4:30.2	10	4B	WW Tom CZISMADIA (U17) Wrexham	4:50.4	5
5A	A Dafydd JONES (U17) Aberdare	4:37.7	8	5B	NN Dave PROFFITT (V50) Newport	5:35.0	DNS
6A	B Chris HAYWARD (U20) Brecon	4:48.9	6				
7A	N Darryn McATEE (V45) Newport	4:49.8	4				
8A	V Emyr EVANS Llanelli	6:27.6	DNS				

12:15 PM League Record Nigel Adams, FALSE, 2005 STD 18:30.0

Letter	5000m	Perf	Pts	Letter	Perf	Pts	
1A	G Afan HUMPHRIES Cwmbran	15:35.6	16	1B	BB Phil KENDRICK Brecon	16:52.6	8
2A	B Tom MARSHALL (U20) Brecon	15:57.5	14	2B	DD Phil EDGE (U17) Deeside	17:14.0	DNS
3A	D Ricky CHALLINOR Deeside	16:15.2	12				
4A	W Mike ROBINS Wrexham	16:53.3	10				
5A	R Nicky MORRELL (U17) Carmarthen	16:59.4	8				
6A	N Dave PROFFITT (V50) Newport	20:08.1	DNS				

2:05 PM League Record Ronnie McWilliam, 9.02.5, 1990 STD 8:00.0

Letter	2000 S/C	Perf	Pts	Letter	Perf	Pts	
1A	G Afan HUMPHRIES Cwmbran	6:27.4	16	1B	GG Gavin HANRAHAN Cwmbran	6:30.8	8
2A	B Tom MARSHALL (U20) Brecon	6:43.2	14	2B	BB Martin SHAW Brecon	7:30.2	7
3A	D Ricky CHALLINOR Deeside	6:43.3	12	3B	DD Callum BENNETT(U17) Deeside	7:52.8	6
4A	W David JAMES Wrexham	9:18.1	DNS				

2:40 PM League Record Colin Jackson, Cardiff AAC, 13.3, 1993 STD 21.0

Letter	110m hurdles		Perf	Pts	Letter	Perf	Pts			
1A	W	Neil EDWARDS	Wrexham	19.3	16	1B	WW Steve SPIRES	Wrexham	22.1	DNS
2A	A	David WILLIAMS	Aberdare	20.2	14					

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

Letter	400m Hurdles		Perf	Pts	Letter	Perf	Pts			
1A	G	Ieuan THOMAS (U20)	Cwmbran	60.5	16	1B	GG Dan LESTER (U20)	Cwmbran	62.9	8
2A	D	Tom TILSTON (U20)	Deeside	63.0	14	2B	DD Jonathan JOHNSON	Deeside	67.4	7
3A	W	Ian BROADHURST	Wrexham	64.1	12	3B	BB Derek OSBORNE	Brecon	68.4	6
4A	B	Jon WORGAN (U20)	Brecon	64.8	10	4B	WW Steve SPIRES	Wrexham	74.7	DNS
5A	V	Jamie STEDMAN	Llanelli	65.6	8					
6A	A	David WILLIAMS	Aberdare	66.4	6					

League Record Swansea Harriers, 42.5, 1981 Perf Pts

4:55 PM 4 x 100m Relay

1A	W	Wrexham	Steve SPIRES, Cynan EVANS (U17), Ian BROADHURST, Nik MESNEY	46.5	16
2A	D	Deeside	Tom TILSTON (U20), Carwyn OWEN, Danny EVANS (U17), Jonathan JOHNSON	46.8	14
3A	R	Carmarthen	Paul CLARKE, Antoine WOODMAN (U17), Matthew THOMAS, Matthew JONES	47.0	12
4A	B	Brecon	Michael DAVIES (U20), Gethyn McFALL, Owen CHESHER, Gareth GRIFFITHS	48.5	10
5A	G	Cwmbran	Craig GODSALL, Simon THOMPSON, David NORTON (U20), Michael GROUT (U17)	49.0	8
6A	V	Llanelli	Owain BUTTERWORTH (U20), Jamie STEDMAN, Ioan DAVIES, James THOMAS (U17)	49.4	6
7A	A	Aberdare	David WILLIAMS, Joshua WILLIAMS (U17), Craig SPROD (U17), Matthew WALFORD (U17)	50.1	4
8A	N	Newport	Joe SMITH (U20), Geoff MILLER, Keith POWELL (V45), Craig RUSSELL	50.3	2

League Record Newport Harriers, 3.22.5, 1997 Perf Pts

5:25 PM 4 x 400m Relay

1A	R	Carmarthen	Paul CLARKE, Antoine WOODMAN (U17), Wynne EVANS, Matthew THOMAS	3:34.4	16
2A	V	Llanelli	Jonathan WILLIAMS, Stephen BIALEY, Michael DAVIES, Adam GOWER	3:35.1	14
3A	G	Cwmbran	Simon BARNARD, Ieuan THOMAS (U20), Dan LESTER (U20), Gavin HANRAHAN	3:36.1	12
4A	D	Deeside	Carwyn OWEN, Gary WYN-JONES, Shon EVANS, Tom TILSTON (U20)	3:36.7	10
5A	W	Wrexham	Steve SPIRES, Ian BROADHURST, Nik MESNEY, Chris BAILEY	3:49.5	8
6A	B	Brecon	Tom MARSHALL (U20), Martin SHAW, Chris HAYWARD (U20), Chris PROTHEROE (U20)	4:00.4	6
7A	A	Aberdare	David WILLIAMS, Joshua WILLIAMS (U17), Craig SPROD (U17), Dafydd JONES (U17)	4:01.7	4
8A	N	Newport	Malcolm MEDHURST (V40), Craig RUSSELL, Darryn McATEE (V45), Dave PROFFITT (V50)	4:13.6	2

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	1.97	16	G3	1B	DD Ben ROBERTS	Deeside	1.70	8
2A	R	Craig DAVIES (U20)	Carmarthen	1.90	14	G3	2B	BB Steven JEFFREYS	Brecon	1.55	7
3A	D	Danny EVANS (U17)	Deeside	1.75	12	3B	GG Ieuan THOMAS (U20)	Cwmbran	1.50	6	
4A	V	Adam GOWER	Llanelli	1.70	10						
5A	AA	Matthew WALFORD (U17)	Aberdare	1.60	8						
6A	G	Michael GROUT (U17)	Cwmbran	1.60	6						
7A	W	Steve SPIRES	Wrexham	1.45	4						

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	3.60	16	1B	B Derek OSBORNE	Brecon	2.80	8
2A	W	Neil EDWARDS	Wrexham	3.20	14					
3A	BB	Owen CHESHER	Brecon	2.90	12					
4A	N	Keith POWELL (V45)	Newport	2.80	10					

1:30 PM		League Record				Richard Jones, , 7.44, 1983				STD	4.20
Letter		Long Jump		Perf	Pts	Letter				Perf	Pts
1A	N	Tom KIVELL (U20)	Newport	6.59	16	1B	B	Steven JEFFREYS	Brecon	5.74	8
2A	BB	Gethyn McFALL	Brecon	5.95	14	2B	V	Adam GOWER	Llanelli	5.55	7
3A	VV	Owain BUTTERWORTH (U20)	Llanelli	5.92	12	3B	AA	Matthew WALFORD (U17)	Aberdare	4.97	6
4A	A	Joshua WILLIAMS (U17)	Aberdare	5.20	10	4B	NN	Geoff MILLER	Newport	4.71	5
5A	D	Danny EVANS (U17)	Deeside	5.16	8	5B	WW	Tom CZISMADIA (U17)	Wrexham	4.35	4
6A	R	Antoine WOODMAN	Carmarthen	5.07	6	6B	GG	Dan LESTER (U20)	Cwmbran	4.20	3
7A	G	Michael GROUT (U17)	Cwmbran	5.03	4						
8A	W	Steve SPIRES	Wrexham	4.89	2						

4:00 PM		League Record				Charles Maderia-Cole, , 14.74, 1997				STD	9.35
Letter		Triple Jump		Perf	Pts	Letter				Perf	Pts
1A	N	Tom KIVELL (U20)	Newport	12.80	16	1B	VV	Jamie STEDMAN	Llanelli	11.38	8
2A	BB	Jon WORGAN (U20)	Brecon	11.98	14	2B	B	Michael DAVIES (U20)	Brecon	11.12	7
3A	V	Adam GOWER	Llanelli	11.95	12	3B	D	Ricky CHALLINOR	Deeside	10.77	6
4A	W	Chris BAILEY	Wrexham	11.26	10	4B	GG	Dan LESTER (U20)	Cwmbran	10.55	5
5A	DD	Liam EDWARDS (U20)	Deeside	10.97	8	5B	NN	Geoff MILLER	Newport	10.49	4
6A	G	Michael GROUT (U17)	Cwmbran	10.73	6	6B	AA	Matthew WALFORD (U17)	Aberdare	10.06	3
7A	A	Daniel WILLIAMS	Aberdare	10.55	4	7B	WW	Steve SPIRES	Wrexham	9.87	2

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	14.44	16	G3	1B	AA	Andrew DAVIES	Aberdare	9.10	8
2A	A	Scott WILLIAMS (U20)	Aberdare	10.43	14	2B	DD	James HOOPERT	Deeside	8.81	7	
3A	N	Dino LANTZOS (V40)	Newport	9.56	12	3B	BB	Jon WORGAN (U20)	Brecon	8.41	6	
4A	B	Steven WINTER (U20)	Brecon	8.86	10	4B	VV	Adam GOWER	Llanelli	6.86	DNS	
5A	WW	Ian BEETSON	Wrexham	8.46	8	5B	GG	Ivor EVANS	Cwmbran	6.54	DNS	
6A	V	Steve OROSZ	Llanelli	7.57	6							
7A	G	Simon BARNARD	Cwmbran	7.51	4							

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	38.91	16	1B	DD	James HOOPERT	Deeside	35.37	8
2A	A	Scott WILLIAMS (U20)	Aberdare	33.38	14	2B	AA	Andrew DAVIES	Aberdare	26.23	7
3A	W	Neil EDWARDS	Wrexham	30.77	12	3B	WW	Ian BEETSON	Wrexham	24.11	6
4A	N	Dino LANTZOS (V40)	Newport	28.29	10	4B	B	Steven WINTER (U20)	Brecon	23.16	5
5A	V	Steve OROSZ	Llanelli	26.02	8						
6A	BB	Derek OSBORNE	Brecon	25.22	6						

12:00 PM		League Record				Peter Stark, , 55.48, 1979				STD	27.00
Letter		Hammer (7.26kg)		Perf	Pts	Letter				Perf	Pts
1A	D	Ben ROBERTS	Deeside	38.56	16	1B	B	Derek OSBORNE	Brecon	27.42	8
2A	BB	Alec BILOUS	Brecon	35.71	14	2B	DD	James HOOPERT	Deeside	21.86	DNS
3A	N	Dino LANTZOS (V40)	Newport	34.51	12	3B	AA	Andrew DAVIES	Aberdare	12.49	DNS
4A	W	Ian BEETSON	Wrexham	33.95	10						
5A	V	Steve OROSZ	Llanelli	28.63	8						
6A	A	Scott WILLIAMS (U20)	Aberdare	16.34	DNS						

4:15 PM		League Record				Jonathan Clarke, , 65.76, 1988				STD	29.70	
Letter		Javelin (800g)		Perf	Pts	Letter				Perf	Pts	
1A	R	Garth LOUGHRAN (U20)	Carmarthen	62.12	16	G2	1B	RR	Michael JOHN (U20)	Carmarthen	54.51	8
2A	B	Steven WINTER (U20)	Brecon	59.42	14	G3	2B	DD	James FORTUNE (U17)	Deeside	38.34	7
3A	A	Joshua WILLIAMS (U17)	Aberdare	47.17	12	3B	BB	Gethyn McFALL	Brecon	37.09	6	
4A	W	Neil EDWARDS	Wrexham	46.69	10	4B	AA	Andrew DAVIES	Aberdare	34.71	5	
5A	D	Bill PRICE (U17)	Deeside	41.70	8	5B	GG	Afan HUMPHRIES	Cwmbran	26.35	DNS	
6A	G	Simon BARNARD	Cwmbran	31.39	6							
7A	NN	Geoff MILLER	Newport	28.56	DNS							