

**U17W - 100m - FINAL****Record** Sallyanne SHORT - Torfaen AC - 11.88 - 1984**CBP** Carmen SMART, Jenny DAVIES, Diane THORNE, Jane BRADBEER, Sallyanne SHORT - Barry, Plymouth, Carmarthen, Cardiff, Torfaen - 12.0 - 1976, 1976,1976, 1984, 1984**2008 Champion** Hannah THOMAS - Wrexham AC - 12.11**Equal Welsh Age Group Record****NEW CBP**

+2.8 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	7	Rachel JOHNCOCK (W)	Colwyn Bay	11.88	
2	9	Mica MOORE (W)	Cardiff AAC	12.03	
3	11	Hannah THOMAS (W)	Wrexham AC	12.11	
4	2	Jamie-Leigh BOWEN (W)	Cardiff AAC	12.50	
5	13	Christie WILLIAMS (W)	Bridgend AC	12.60	
6	54	Rachel O'CONNOR (W)	Bridgend AC	13.01	
7	6	Shaleena GRAHAM (W)	Cardiff AAC	13.27	
8	4	Ellie CARTER (W)	Barry & Vale Harriers	DNS	

**U17W - 100m - Heats****Record** Sallyanne SHORT - Torfaen AC - 11.88 - 1984**CBP** Carmen SMART, Jenny DAVIES, Diane THORNE, Jane BRADBEER, Sallyanne SHORT - Barry, Plymouth, Carmarthen, Cardiff, Torfaen - 12.0 - 1976, 1976,1976, 1984, 1984**2008 Champion** Hannah THOMAS - Wrexham AC - 12.11

+0.8 m/s Ht 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	9	Mica MOORE (W)	Cardiff AAC	12.19	Q
2	7	Rachel JOHNCOCK (W)	Colwyn Bay	12.19	Q
3	13	Christie WILLIAMS (W)	Bridgend AC	12.76	Q
4	8	Jessica MacDONALD (W)	Cardiff AAC	14.12	
5	5	Bethan DAVIES (W)	Cwmbran Harriers	14.19	

**U17W - 100m - Heats****Record** Sallyanne SHORT - Torfaen AC - 11.88 - 1984**CBP** Carmen SMART, Jenny DAVIES, Diane THORNE, Jane BRADBEER, Sallyanne SHORT - Barry, Plymouth, Carmarthen, Cardiff, Torfaen - 12.0 - 1976, 1976,1976, 1984, 1984**2008 Champion** Hannah THOMAS - Wrexham AC - 12.11

+2.6 m/s Ht 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	11	Hannah THOMAS (W)	Wrexham AC	12.23	Q
2	2	Jamie-Leigh BOWEN (W)	Cardiff AAC	12.42	Q
3	6	Shaleena GRAHAM (W)	Cardiff AAC	13.17	Q
4	54	Rachel O'CONNOR (W)	Bridgend AC	13.25	q
5	4	Ellie CARTER (W)	Barry & Vale Harriers	13.69	q

**U17W - 200m - FINAL****Record** Michelle PROBERT - Sale Harriers - 23.6 - 1976**CBP** Sallyanne SHORT, Jayne BRADBEER - Torfaen AC, Cardiff AAC - 24.4 - 1984**2008 Champion** Hannah THOMAS - Wrexham AC - 25.20

+0.2 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	9	Mica MOORE (W)	Cardiff AAC	25.49	
2	2	Jamie-Leigh BOWEN (W)	Cardiff AAC	26.36	
3	138	Rhiannon GOODMAN (W)	Bedford & County AC	27.1	
4	6	Shaleena GRAHAM (W)	Cardiff AAC	27.39	
5	57	Gwenllian WILLIAMS (W)	Cardiff AAC	27.39	
6	56	Rhiannon PLANT (W)	Carmarthen Harriers	27.88	

**U17W - 300m - FINAL****Record** Faye HARDING - Wrexham AC - 39.46 - 2001**CBP** Faye HARDING - Wrexham AC - 39.46 - 2001**2008 Champion** Lauren REGAN - Cardiff AAC - 42.76

Pos	Bib	Athlete	Club	Perf	Comments
1	84	Samantha COGAN (W)	Cardiff AAC	40.69	
2	92	Megan ROGERS (W)	Wrexham AC	41.44	
3	88	Chloe JONES (W)	Wrexham AC	41.87	
4	89	Lauren McCARTHY (W)	Cardiff AAC	42.87	
5	90	Ffion REES (W)	Carmarthen Harriers	43.58	
6	83	Leah BITCHELL (W)	Carmarthen Harriers	43.67	
7	86	Aimee HENDRICKSON (W)	Cardiff AAC	44.55	
8	91	Nia-Ann ROBERTS (W)	Colwyn Bay	46.03	

**U17W - 300m - Heats****Record** Faye HARDING - Wrexham AC - 39.46 - 2001**CBP** Faye HARDING - Wrexham AC - 39.46 - 2001**2008 Champion** Lauren REGAN - Cardiff AAC - 42.76

Ht 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	92	Megan ROGERS (W)	Wrexham AC	42.50	Q
2	86	Aimee HENDRICKSON (W)	Cardiff AAC	43.49	Q
3	83	Leah BITCHELL (W)	Carmarthen Harriers	43.57	Q
4	91	Nia-Ann ROBERTS (W)	Colwyn Bay	44.36	q
5	55	Laura PENHALLURICK (W)	Carmarthen Harriers	44.81	

**U17W - 300m - Heats****Record** Faye HARDING - Wrexham AC - 39.46 - 2001**CBP** Faye HARDING - Wrexham AC - 39.46 - 2001**2008 Champion** Lauren REGAN - Cardiff AAC - 42.76

Pos	Bib	Athlete	Club	Perf	Comments
				W/S	Ht 2 of 2
1	84	Samantha COGAN (W)	Cardiff AAC	40.96	Q
2	88	Chloe JONES (W)	Wrexham AC	42.09	Q
3	89	Lauren McCARTHY (W)	Cardiff AAC	42.79	Q
4	90	Ffion REES (W)	Carmarthen Harriers	43.36	q

**U17W - 800m - FINAL****Record** Amanda PRITCHARD - Cardiff AAC - 2.07.32 - 1996**CBP** Kathryn BRIGHT - Newport Harriers - 2.13.6 - 1992**2008 Champion** Benytta DOMAN - Cwmbran Harriers - 2.15.85

Pos	Bib	Athlete	Club	Perf	Comments
1	93	Jade WILLIAMS (W)	Amman Valley	2:14.51	
2	127	Jemima OSBORN (W)	Swansea Harriers	2:19.68	
3	121	Lucy HARVEY (W)	Cardiff AAC	2:25.38	
4	128	Elysia PEARSON (W)	Swansea Harriers	2:26.66	
5	124	Delwen LOUDEN (W)	Newport Harriers	2:48.25	
6	125	Hannah MORRIS (W)	Cardiff AAC	3:04.80	
7	87	Lora JAMES (W)	Cwmbran Harriers	DNF	
8	123	Sarah LIVETT (W)	Menai Track & Field	DQ	

**U17W - 1500m - FINAL****Record** Non STANFORD - Swansea Harriers - 4.23.55 - 2004**CBP** Non STANFORD - Swansea Harriers - 4.33.2 - 2004**2008 Champion** Jade WILLIAMS - Amman Valley - 4.42.41

Pos	Bib	Athlete	Club	Perf	Comments
1	193	Natasha COCKRAM (W)	Cwmbran Harriers	4:42.74	
2	198	Ffion PRICE (W)	Brecon AC	4:58.73	
3	196	Cerys MORGAN (W)	Swansea Harriers	4:58.84	
4	195	Ffion LEWIS (W)	Bridgend AC	5:00.73	
5	194	Bethan DAW (W)	Cardiff AAC	5:01.30	
6	199	Rhianwedd PRICE (W)	Brecon AC	5:13.94	

**U17W - 80m Hdl - FINAL****Record** Heather JONES - Carmarthen Harriers - 11.27 - 2003**CBP** Heather JONES - Carmarthen Harriers - 11.27 - 2003**2008 Champion** Catrin STONE - Swansea Harriers - 12.00

+2.8 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	71	Catrin STONE (W)	Swansea Harriers	11.56	
2	67	Stacey COLLINS (W)	Neath Harriers	11.70	
3	69	Katie LEWIS (W)	Bridgend AC	11.98	
4	68	Kimberley DAVIES (W)	Swansea Harriers	12.18	
5	72	Megan THOMAS (W)	Cardiff AAC	13.10	
6	70	Gemma SEAMAN (W)	Swansea Harriers	13.82	

**U17W - 300m hdl - FINAL****Record** Caryl GRANVILLE - Carmarthen Harriers - 42.65 - 2006**CBP** Caryl GRANVILLE - Carmarthen Harriers - 43.7 - 2005**2008 Champion** Megan ROGERS - Wrexham AC - 44.90

Pos	Bib	Athlete	Club	Perf	Comments
1	92	Megan ROGERS (W)	Wrexham AC	45.08	
2	69	Katie LEWIS (W)	Bridgend AC	46.72	
3	112	Atlanta WILLIAMS (W)	Swansea Harriers	49.13	

**U17W - 1500m s/c - FINAL****Record** Angharad DAVIES - Carmarthen Harriers - 5.24.32 - 2007**CBP** No Record - - -**2008 Champion** Event did not take place - -

Pos	Bib	Athlete	Club	Perf	Comments
1	314	Katie REYNOLDS	Swansea Harriers	5:51.07	
2	217	Catrin LEWIS (W)	Carmarthen Harriers	6:12.98	

**U17W - High Jump - FINAL****Record** Lea HAGGETT - Herne Hill - 1.81 - 1986**CBP** Sarah NICHOLLS, Teresa ANDREWS - Bridgend AC, Preseli AC - 1.70 - 1981**2008 Champion** Sian SWANSON - Maldwyn Harriers - 1.60

Pos	Bib	Athlete	Club	Perf	Comments
1	226	Sian SWANSON (W)	Maldwyn Harriers	1.60	
2	67	Stacey COLLINS (W)	Neath Harriers	1.50	
3	225	Sara OTUNG (W)	Cardiff AAC	1.50	
4	223	Alysha JONES (W)	Bridgend AC	1.45	
5	56	Rhiannon PLANT (W)	Carmarthen Harriers	1.40	

**U17W - Pole Vault - FINAL****Record** Christina HUGHES - Deeside AAC - 3.60 - 2008**CBP** Christina HUGHES - Deeside AAC - 3.60 - 2008**2008 Champion** Christina HUGHES - Deeside AAC - 3.60

Pos	Bib	Athlete	Club	Perf	Comments
1	235	Naomi JAMES (W)	Swansea Harriers	3.40	
2	237	Rhianydd LLEWELLYN (W)	Bridgend AC	3.30	
3	234	Rebecca DAVIES (W)	Deeside AAC	3.00	
4	238	Lucy ROULSTON (W)	Deeside AAC	2.90	

**U17W - Long Jump - FINAL****Record** Lisa ARMSTRONG - Torfaen AC - 6.01 - 1990**CBP** Lisa ARMSTRONG - Torfaen AC - 6.01 - 1990**2008 Champion** Ffion REES - Carmarthen Harriers - 5.39

Pos	Bib	Athlete	Club	Perf	Comments
1	90	Ffion REES (W)	Carmarthen Harriers	5.14	
2	13	Christie WILLIAMS (W)	Bridgend AC	4.87	
3	245	Natasha LEWIS (W)	Cwmbran Harriers	4.68	
4	248	Victoria WEBB (W)	Cwmbran Harriers	4.62	
5	70	Gemma SEAMAN (W)	Swansea Harriers	4.43	
6	246	Toyah NEWMAN (W)	Barry & Vale Harriers	4.09	
7	247	Kara STEDMAN (W)	Llanelli AC	4.05	
8	4	Ellie CARTER (W)	Barry & Vale Harriers	3.83	

**U17W - Triple Jump - FINAL****Record** Jayne LUDLOW - Cardiff AAC - 12.14 - 1994**CBP** Jayne LUDLOW - Cardiff AAC - 12.14 - 1994**2008 Champion** Amy BRADLEY - Cwmbran Harriers - 11.05

Pos	Bib	Athlete	Club	Perf	Comments
1	257	Amy BRADLEY (W)	Cwmbran Harriers	10.50	
2	90	Ffion REES (W)	Carmarthen Harriers	9.72	
3	247	Kara STEDMAN (W)	Llanelli AC	9.07	
4	112	Atlanta WILLIAMS (W)	Swansea Harriers	8.99	
5	70	Gemma SEAMAN (W)	Swansea Harriers	8.88	

**U17W - Shot (4.0kg) - FINAL****Record** Philippa ROLES - Swansea Harriers - 13.65 - 1994**CBP** Jayne RICHARDSON - Sale Harriers - 11.82 - 1982**2008 Champion** Toni WELLS - Swansea Harriers - 9.73

Pos	Bib	Athlete	Club	Perf	Comments
1	264	Samantha MILNER	West Suffolk AC	10.98	
2	266	Jasmine SEALE (W)	Cwmbran Harriers	10.12	
3	262	Lucy GRIFFITHS (W)	Pembroke Harriers	9.76	
4	265	Nina PRELLS (W)	Swansea Harriers	9.42	
5	261	Lydia DAVID (W)	Wrexham AC	8.73	
6	224	Helena MADAN (W)	Pembroke Harriers	8.70	
7	263	Neven KORASHI (W)	Swansea Harriers	8.41	
8	56	Rhiannon PLANT (W)	Carmarthen Harriers	8.26	

**U17W - Discus (1.0kg) - FINAL****Record** Philippa ROLES - Swansea Harriers - 48.88 - 1994**CBP** Sandra LEE - Friars Sc - 45.04 - 1979**2008 Champion** Brea LEUNG - Menai Track & Field - 35.90

Pos	Bib	Athlete	Club	Perf	Comments
1	264	Samantha MILNER	West Suffolk AC	36.23	
2	265	Nina PRELLS (W)	Swansea Harriers	33.19	
3	284	Trudy WILLIAMS (W)	Bridgend AC	31.03	
4	266	Jasmine SEALE (W)	Cwmbran Harriers	28.11	
5	262	Lucy GRIFFITHS (W)	Pembroke Harriers	22.44	
6	261	Lydia DAVID (W)	Wrexham AC	21.06	

**U17W - Hammer (4.0kg) - FINAL****Record** Stephanie OWENS - W Cheshire - 48.69 - 2007**CBP** Kate YHNELL - Gloucester AC - 48.49 - 2007**2008 Champion** Toni WELLS - Swansea Harriers - 41.70

Pos	Bib	Athlete	Club	Perf	Comments
1	267	Toni WELLS (W)	Swansea Harriers	47.46	
2	263	Neven KORASHI (W)	Swansea Harriers	28.05	
3	224	Helena MADAN (W)	Pembroke Harriers	27.41	
4	265	Nina PRELLS (W)	Swansea Harriers	27.10	
5	284	Trudy WILLIAMS (W)	Bridgend AC	26.87	

**U17W - Javelin (600g) - FINAL****Record** Lianne CLARKE - Neath Harriers - 45.55 - 2003**CBP** Lianne CLARKE - Neath Harriers - 39.33 - 2003**2008 Champion** Mary WILSON - Carmarthen Harriers - 35.11

Pos	Bib	Athlete	Club	Perf	Comments
1	300	Zoe PRIESTLEY (W)	Pembroke Harriers	34.74	
2	296	Rachel BEVAN (W)	Cwmbran Harriers	30.85	
3	301	Amy TIDBALL (W)	Bridgend AC	30.29	
4	303	Abi WILDE (W)	St Albans AC	29.31	
5	298	Elin PHILLIPS (W)	Neath Harriers	26.30	
6	246	Toyah NEWMAN (W)	Barry & Vale Harriers	23.63	
7	299	Kathryn PHILLIPS (W)	Swansea Harriers	22.86	
8	302	Eleanor VAN KLAVEREN (W)	Kingston & Poly	22.14	
9	225	Sara OTUNG (W)	Cardiff AAC	17.16	

**U17M - 100m - FINAL****Record** Tim BENJAMIN / Andrew WATKINS - Cardiff AAC / Cwmbran Harriers - 10.71 - 1998 / 2003**CBP** Tim BENJAMIN - Cardiff AAC - 10.87 - 1998**2008 Champion** Tomas COLEMAN - Carmarthen Harriers - 11.16

+2.7 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	17	Thomas CUSWORTH (W)	Wrexham AC	11.03	
2	20	Oliver EDWARDS (W)	Newport Harriers	11.07	
3	31	Jamie SEXTON (W)	Barry & Vale Harriers	11.16	
4	21	Dewi HANMMOND (W)	Bromsgrove & Redditch AC	11.17	
5	58	Paul BENNETT (W)	Carmarthen Harriers	11.25	
6	27	Jamie MORRIS (W)	Bridgend AC	11.38	
7	26	Joe McLEAN (W)	Cardiff AAC	11.56	
8	29	Jake RANDALL (W)	Carmarthen Harriers	11.72	

**U17M - 100m - Heats****Record** Tim BENJAMIN / Andrew WATKINS - Cardiff AAC / Cwmbran Harriers - 10.71 - 1998 / 2003**CBP** Tim BENJAMIN - Cardiff AAC - 10.87 - 1998**2008 Champion** Tomas COLEMAN - Carmarthen Harriers - 11.16

+1.2 m/s Ht 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	17	Thomas CUSWORTH (W)	Wrexham AC	11.20	Q
2	31	Jamie SEXTON (W)	Barry & Vale Harriers	11.28	Q
3	58	Paul BENNETT (W)	Carmarthen Harriers	11.38	Q
4	26	Joe McLEAN (W)	Cardiff AAC	11.66	q
5	30	Matt RUSSELL (W)	Bridgend AC	11.97	
6	25	Kieron MARTIN (W)	Swansea Harriers	12.06	
7	18	Conal DAVIES (W)	Cwmbran Harriers	12.11	

**U17M - 100m - Heats****Record** Tim BENJAMIN / Andrew WATKINS - Cardiff AAC / Cwmbran Harriers - 10.71 - 1998 / 2003**CBP** Tim BENJAMIN - Cardiff AAC - 10.87 - 1998**2008 Champion** Tomas COLEMAN - Carmarthen Harriers - 11.16

+1.4 m/s Ht 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	20	Oliver EDWARDS (W)	Newport Harriers	11.20	Q
2	21	Dewi HANMMOND (W)	Bromsgrove & Redditch AC	11.27	Q
3	27	Jamie MORRIS (W)	Bridgend AC	11.35	Q
4	29	Jake RANDALL (W)	Carmarthen Harriers	11.78	q
5	28	Tom PHILLIPS (W)	Barry & Vale Harriers	11.83	
6	19	Gareth DAVIES (W)	Cwmbran Harriers	11.94	
7	24	Osian HUGHES (W)	Cardiff AAC	12.13	

**U17M - 200m - FINAL****Record** Tim BENJAMIN - Cardiff AAC - 21.19 - 1998**CBP** Andrew WATKINS - Cwmbran Harriers - 21.8 - 2003**2008 Champion** Tom CUSWORTH - Wrexham AC - 22.80

+2.6 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	17	Thomas CUSWORTH (W)	Wrexham AC	22.33	
2	20	Oliver EDWARDS (W)	Newport Harriers	22.72	
3	27	Jamie MORRIS (W)	Bridgend AC	23.01	
4	26	Joe McLEAN (W)	Cardiff AAC	23.56	
5	30	Matt RUSSELL (W)	Bridgend AC	23.98	
6	29	Jake RANDALL (W)	Carmarthen Harriers	26.33	
7	61	Jonathon PENGELLY (W)	Cardiff AAC	DNS	
8	59	Ainsley CAMPBELL	Windsor Slough Eton & H	DNF	

**U17M - 200m - Heats****Record** Tim BENJAMIN - Cardiff AAC - 21.19 - 1998**CBP** Andrew WATKINS - Cwmbran Harriers - 21.8 - 2003**2008 Champion** Tom CUSWORTH - Wrexham AC - 22.80

+2.3 m/s Ht 1 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	17	Thomas CUSWORTH (W)	Wrexham AC	22.33	
2	20	Oliver EDWARDS (W)	Newport Harriers	22.72	
3	27	Jamie MORRIS (W)	Bridgend AC	23.01	
4	26	Joe McLEAN (W)	Cardiff AAC	23.56	
5	30	Matt RUSSELL (W)	Bridgend AC	23.98	
6	29	Jake RANDALL (W)	Carmarthen Harriers	26.33	
7	61	Jonathon PENGELLY (W)	Cardiff AAC	DNS	
8	59	Ainsley CAMPBELL	Windsor Slough Eton & H	DNF	

**U17M - 200m - Heats****Record** Tim BENJAMIN - Cardiff AAC - 21.19 - 1998**CBP** Andrew WATKINS - Cwmbran Harriers - 21.8 - 2003**2008 Champion** Tom CUSWORTH - Wrexham AC - 22.80

+2.3 m/s Ht 2 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	17	Thomas CUSWORTH (W)	Wrexham AC	23.06	Q
2	20	Oliver EDWARDS (W)	Newport Harriers	23.13	Q
3	26	Joe McLEAN (W)	Cardiff AAC	23.35	Q
4	30	Matt RUSSELL (W)	Bridgend AC	24.14	q
5	18	Conal DAVIES (W)	Cwmbran Harriers	24.90	
6	25	Kieron MARTIN (W)	Swansea Harriers	25.23	
7	21	Dewi HANMMOND (W)	Bromsgrove & Redditch AC	DNS	

**U17M - 200m - Heats****Record** Tim BENJAMIN - Cardiff AAC - 21.19 - 1998**CBP** Andrew WATKINS - Cwmbran Harriers - 21.8 - 2003**2008 Champion** Tom CUSWORTH - Wrexham AC - 22.80

+1.7 m/s Ht 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	59	Ainsley CAMPBELL	Windsor Slough Eton & H	22.61	Q
2	27	Jamie MORRIS (W)	Bridgend AC	23.09	Q
3	61	Jonathon PENGELLY (W)	Cardiff AAC	23.11	Q
4	29	Jake RANDALL (W)	Carmarthen Harriers	23.93	q
5	19	Gareth DAVIES (W)	Cwmbran Harriers	24.35	
6	24	Osian HUGHES (W)	Cardiff AAC	25.44	
7	60	Liam JONES (W)	Carmarthen Harriers	DNS	
8	31	Jamie SEXTON (W)	Barry & Vale Harriers	DNS	

**U17M - 400m - FINAL****Record** Bruce TASKER - Carmarthen Harriers - 47.85 - 2004**CBP** Mark PONTING - Torfaen AC - 48.82 - 1993**2008 Champion** Antoine WOODMAN - Carmarthen Harriers - 51.47

Pos	Bib	Athlete	Club	Perf	Comments
1	59	Ainsley CAMPBELL	Windsor Slough Eton & H	49.50	
2	62	James WILTSHIRE (W)	Cardiff AAC	50.52	
3	58	Paul BENNETT (W)	Carmarthen Harriers	51.63	
4	94	Scott EDWARDS (W)	Derby AC	52.57	
5	97	Adam JONES (W)	Brecon AC	55.45	
6	95	Geraint JEFFREYS (W)	Wrexham AC	58.87	
7	99	Jack McDONALD (W)	Colwyn Bay	59.87	
8	61	Jonathon PENGELLY (W)	Cardiff AAC	77.06	

**U17M - 800m - FINAL****Record** Neil HORSFIELD - Newport Harriers - 1.51.6 - 1983**CBP** Tony DYKE - Bishop Gore School - 1.54.8 - 1972**2008 Champion** Declan EVANS - Cardiff AAC - 1.59.12

Pos	Bib	Athlete	Club	Perf	Comments
1	135	Charlie HULSON (W)	Sale Harriers Manchester	2:00.69	
2	134	Lloyd HILTON (W)	Macclesfield Harriers & AC	2:01.70	
3	139	Ben PHILLIPS (W)	Woodford Green & Essex L	2:02.18	
4	132	Alex COOMBER (W)	Cardiff AAC	2:04.93	
5	101	Keiron STEPHENS (W)	Cwmbran Harriers	2:07.92	
6	136	James HUNT (W)	Cardiff AAC	2:08.67	
7	140	Marcus PRICE (W)	Cwmbran Harriers	2:14.31	
8	137	Gareth JONES (W)	Cardiff AAC	2:14.59	
9	129	Ryan ADAMS (W)	Cwmbran Harriers	2:16.50	
10	60	Liam JONES (W)	Carmarthen Harriers	2:23.91	

**U17M - 1500m - FINAL****Record** Colin CLARKSON - Swansea Harriers - 3.51.5 - 1977**CBP** Kevin GLASTONBURY - Cardiff AAC - 3.58.3 - 1975**2008 Champion** Jamie WRIGHT - Deeside AAC - 4.14.29

Pos	Bib	Athlete	Club	Perf	Comments
1	133	Elliott HARDEE (W)	Newport Harriers	4:09.66	
2	130	Daniel CHESWORTH (W)	Newport Harriers	4:11.10	
3	320	Alex EDWARDS (W)	Cwmbran Harriers	4:17.23	
4	205	Matthew O'LEARY (W)	Neath Harriers	4:23.82	
5	201	Joshua GRIFFITHS (W)	Carmarthen Harriers	4:33.84	
6	206	William SHERIDAN (W)	Menai Track & Field	4:37.74	
7	322	Joseff WHITMARSH-KNIGHT (W)	Cardiff AAC	4:38.24	
8	203	Ben JONES (W)	Carmarthen Harriers	4:41.46	
9	200	Stefano FALSINI (W)	Cardiff AAC	4:42.15	
10	207	Grant WESTCOTT (W)	Llanelli AC	4:45.24	
11	204	Darren JONES (W)	Cardiff AAC	DNF	
12	202	James HANRAHAN (W)	Cwmbran Harriers	DNF	

**U17M - 100m hdl - FINAL****Record** David GUEST - Bridgend AC - 12.94 - 2007**CBP** Berian DAVIES - Swansea Harriers - 13.34w - 1989**2008 Champion** Ben CLEARY - Cardiff AAC - 14.00

+3.4 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	77	Daniel SHARREM (W)	Cardiff AAC	13.87	
2	76	Josh SANSOM (W)	Swansea Harriers	14.54	
3	75	Shane JONES (W)	Neath Harriers	14.76	
4	74	David HOOSON (W)	Wrexham AC	15.63	

**U17M - 400m hdl - FINAL****Record** Mark ROWLANDS - Swansea Harriers - 53.3 - 1994**CBP** Gareth LEWIS - Torfaen AC - 55.57 - 1995**2008 Champion** Gerwyn MORGAN - Bridgend AC - 57.8

Pos	Bib	Athlete	Club	Perf	Comments
1	113	Jacob BRENNAN (W)	Cardiff AAC	60.21	
2	76	Josh SANSOM (W)	Swansea Harriers	61.69	
3	116	William SINGER (W)	Cardiff AAC	63.20	
4	99	Jack McDONALD (W)	Colwyn Bay	67.81	

**U17M - 1500m s/c - FINAL****Record** Steve EVANS - Abertillery AC - 4.11.2 - 1974**CBP** Steve EVANS - Abertillery AC - 4.22.9 - 1974**2008 Champion** No Competitors - -

Pos	Bib	Athlete	Club	Perf	Comments
1	218	David BANWELL-CLODE (W)	Cwmbran Harriers	4:52.78	
2	220	Matthew RICHARDS (W)	Pembroke Harriers	4:59.42	
3	219	Emrys PENNY (W)	Newport Harriers	5:03.28	
4	221	Matthew THOMAS (W)	Swansea Harriers	5:09.39	

**U17M - High Jump - FINAL****Record** Chuka ENIH-SNELL - Swansea Harriers - 2.15 - 2000**CBP** Chuka ENIH-SNELL - Swansea Harriers - 2.11 - 2000**2008 Champion** Ben DAVIES - Swansea Harriers - 1.75

Pos	Bib	Athlete	Club	Perf	Comments
1	227	Adam DAVIES (W)	Pembroke Harriers	1.85	
2	228	Stephen GUEST (W)	Bridgend AC	1.70	
3	319	Ben JENKINS (W)	Swansea Harriers	1.70	
4	15	Sean BERGIERS (W)	Carmarthen Harriers	1.60	

**U17M - Pole Vault - FINAL****Record** Neil WINTER - Shaftesbury - 5.20 - 1990**CBP** Neil WINTER - Shaftesbury - 4.50 - 1990**2008 Champion** Emyr JONES - Carmarthen Harriers - 3.60

Pos	Bib	Athlete	Club	Perf	Comments
1	243	Lewis NEWTON (W)	Cardiff AAC	3.90	
2	241	Emyr JONES (W)	Carmarthen Harriers	3.90	
3	228	Stephen GUEST (W)	Bridgend AC	3.70	
4	242	Robert McGREGOR (W)	Bridgend AC	3.40	
5	240	Daniel HODGSON (W)	Wrexham AC	3.40	

**U17M - Long Jump - FINAL****Record** Marcus BROWNING - Chester AC - 7.11 - 1986**CBP** Tom HALLETT - Cleddau - 6.77 - 1989**2008 Champion** Tom CUSWORTH - Wrexham AC - 6.24

Pos	Bib	Athlete	Club	Perf	Comments
1	251	Michael PAYNE (W)	Newport Harriers	6.03	
2	27	Jamie MORRIS (W)	Bridgend AC	5.96	
3	17	Thomas CUSWORTH (W)	Wrexham AC	5.61	
4	250	Ashley JONES (W)	Newport Harriers	5.51	
5	249	Glen ELSDON (W)	Carmarthen Harriers	5.43	
6	252	Rhys WILLIAMS (W)	Swansea Harriers	5.40	

**U17M - Triple Jump - FINAL****Record** Steven SHALDERS - Cardiff AAC - 15.14 - 1998**CBP** Graham WEBB - Cardiff AAC - 14.67 - 1963**2008 Champion** Dafydd WILLIAMS - Carmarthen Harriers - 12.45

Pos	Bib	Athlete	Club	Perf	Comments
1	252	Rhys WILLIAMS (W)	Swansea Harriers	12.33	
2	250	Ashley JONES (W)	Newport Harriers	12.15	
3	113	Jacob BRENNAN (W)	Cardiff AAC	11.13	

**U17M - Shot (5.0kg) - FINAL****Record** Mark HEWER - Cardiff AAC - 16.93 - 1979**CBP** Mark HEWER - Cardiff AAC - 16.93 - 1979**2008 Champion** Tomos EDWARDS - Carmarthen Harriers - 15.87

Pos	Bib	Athlete	Club	Perf	Comments
1	270	Rheon JAMES (W)	Carmarthen Harriers	15.40	
2	268	Josh BUSSELL (W)	Cwmbran Harriers	13.41	
3	305	Jon LLEWELYN (W)	Carmarthen Harriers	12.08	
4	273	Adam SOAR (W)	Swansea Harriers	11.30	
5	271	Lewis JONES (W)	Newport Harriers	11.19	
6	272	Tom PERRY (W)	Barry & Vale Harriers	11.04	

**U17M - Discus (1.5kg) - FINAL****Record** Gareth BULL - Cardiff AAC - 48.93 - 2001**CBP** Gareth BULL - Cardiff AAC - 47.21 - 2001**2008 Champion** Tomos EDWARDS - Carmarthen Harriers - 44.76

Pos	Bib	Athlete	Club	Perf	Comments
1	270	Rheon JAMES (W)	Carmarthen Harriers	43.22	
2	285	Tom AVISS (W)	Newport Harriers	35.67	
3	268	Josh BUSSELL (W)	Cwmbran Harriers	30.75	
4	272	Tom PERRY (W)	Barry & Vale Harriers	27.52	
5	287	Alexander THOMAS (W)	Swansea Harriers	25.21	
6	271	Lewis JONES (W)	Newport Harriers	10.75	

**U17M - Hammer (5.0kg) - FINAL****Record** Shaun PICKERING - Haringey - 62.12 - 1978**CBP** Julian TUCKER - Oxford City - 58.06 - 1981**2008 Champion** Rhys HODNETT - Cardiff AAC - 57.81

Pos	Bib	Athlete	Club	Perf	Comments
1	291	Osian JONES (W)	Menai Track & Field	48.60	
2	268	Josh BUSSELL (W)	Cwmbran Harriers	30.41	
3	272	Tom PERRY (W)	Barry & Vale Harriers	27.20	
4	97	Adam JONES (W)	Brecon AC	25.33	

**U17M - Javelin (700g) - FINAL****Record** Colin MacKENZIE - East Kent - 70.30 - 1979**CBP** Gareth ROWLANDS - Swansea Harriers - 59.46 - 1980**2008 Champion** Jon LLEWELLYN - Carmarthen Harriers - 41.87

Pos	Bib	Athlete	Club	Perf	Comments
1	305	Jon LLEWELLYN (W)	Carmarthen Harriers	50.78	
2	306	Scott PHILLIPS (W)	Swansea Harriers	42.05	
3	116	William SINGER (W)	Cardiff AAC	41.41	
4	58	Paul BENNETT (W)	Carmarthen Harriers	41.17	

**U20W - 100m - FINAL****Record** Helen MILES - Cardiff AAC - 11.62 - 1985**CBP** Helen MILES - Cardiff AAC - 11.66 - 1985**2008 Champion** Hannah PENDLEBURY - Deeside AAC - 12.45

+3.9 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	35	Hannah PENDLEBURY (W)	Deeside AAC	12.15	
2	36	Sarah POLE (W)	Neath Harriers	12.47	
3	39	Rhiannon YATES (W)	Newport Harriers	12.48	
4	37	Amber VINCENT (W)	Cardiff AAC	12.80	
5	32	Natalie BATHERS (W)	Oswestry Olympians	12.83	
6	38	Chantelle WALKER-JONES (W)	Swansea Harriers	12.92	
7	33	Jessica HINWOOD (W)	Cwmbran Harriers	13.10	
8	1	Louise BASHFORD (W)	Swansea Harriers	15.10	

**U20W - 200m - FINAL****Record** Michelle PROBERT - Sale Harriers - 23.6 - 1976**CBP** Sallyanne SHORT - Torfaen AC - 24.2 - 1986**2008 Champion** Hannah PENDLEBURY - Deeside AAC - 25.68

+1.0 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	35	Hannah PENDLEBURY (W)	Deeside AAC	25.16	
2	34	Hannah JONES (W)	Swansea Harriers	25.79	
3	36	Sarah POLE (W)	Neath Harriers	25.98	
4	64	Katie HEWITT (W)	Cornwall AC	26.60	
5	66	Lauren REGAN (W)	Cardiff AAC	26.73	
6	63	Hannah CLARKE (W)	Cardiff AAC	26.89	
7	65	Danielle MILL (W)	Cardiff AAC	27.65	
8	33	Jessica HINWOOD (W)	Cwmbran Harriers	27.79	

**U20W - 400m - FINAL****Record** Sian MORRIS - Port Talbot Harriers - 52.80 - 1983**CBP** Amanda PRITCHARD - Cardiff AAC - 55.8 - 1996**2008 Champion** Gail LIPPETT - Sale Harriers - 59.16

Pos	Bib	Athlete	Club	Perf	Comments
1	93	Jade WILLIAMS (W)	Amman Valley	59.75	
2	64	Katie HEWITT (W)	Cornwall AC	60.72	
3	102	Rhiannon ANDERSON (W)	Swansea Harriers	65.01	

**U20W - 800m - FINAL****Record** Kirsty McDERMOTT - Brecon AC - 2.04.01 - 1981**CBP** Amanda PRITCHARD - Cardiff AAC - 2.08.3 - 1997**2008 Champion** Rebecca NUTTALL - Deeside AAC - 2.15.97

Pos	Bib	Athlete	Club	Perf	Comments
1	66	Lauren REGAN (W)	Cardiff AAC	2:22.78	
2	142	Rebecca NUTTALL (W)	Liverpool Harriers & AC	2:24.61	

**U20W - 1500m - FINAL****Record** Non STANFORD - Swansea Harriers - 4.23.55 - 2004**CBP** Sarah MEAD - Torfaen AC - 4.38.0 - 1998**2008 Champion** Alaw BEYNON-THOMAS - Carmarthen Harriers - 4.56.15

Pos	Bib	Athlete	Club	Perf	Comments
1	211	Esther KEOWN	New Zealand	4:52.63	
2	209	Leah DIXON (W)	Cardiff AAC	4:55.29	
3	210	Emily DOWNEY (W)	Llanelli AC	5:10.62	

**U20W - 100m hdl - FINAL****Record** Bethan Edwards - Cardiff AAC - 13.57 - 1992**CBP** Bethan Edwards - Cardiff AAC - 13.8w - 1992**2008 Champion** Caryl GRANVILLE - Carmarthen Harriers - 14.87

+2.3 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	79	Lauren O'REILLY (W)	Newport Harriers	14.91	
2	78	Catherine GOLDSMITH (W)	Carmarthen Harriers	15.74	
3	73	Antonia YORKSHIRE (W)	Newport Harriers	16.69	

**U20W - 400m hdl - FINAL****Record** Alyson EVANS - Cardiff AAC - 58.37 - 1985**CBP** Faye HARDING - Sale Harriers - 59.98 - 2004**2008 Champion** Hannah PICK - Carmarthen Harriers - 71.43

Pos	Bib	Athlete	Club	Perf	Comments
1	73	Antonia YORKSHIRE (W)	Newport Harriers	70.63	
2	117	Sophie PICK (W)	Carmarthen Harriers	76.82	

**U20W - 1500m s/c - FINAL****Record** Aneura PHILLIPS - Carmarthen Harriers - 7.38.69 - 2007**CBP** Alaw BEYNON-THOMAS - Carmarthen Harriers - 7.40.6 - 2007**2008 Champion** No Competitors - -

Pos	Bib	Athlete	Club	Perf	Comments
1	208	Angharad DAVIES (W)	Carmarthen Harriers	8:01.2*	

**U20W - High Jump - FINAL**

3:00 PM

**Record** Rebecca JONES - Wrexham AC - 1.88 - 2002**CBP** Rebecca JONES - Wrexham AC - 1.77 - 2000**2008 Champion** Imogen LEWIS - Cardiff AAC - 1.50

Pos	Bib	Athlete	Club	Perf	Comments
1	315	Bethan PARTRIDGE	Telford AC	1.70	
2	79	Lauren O'REILLY (W)	Newport Harriers	1.50	
3	117	Sophie PICK (W)	Carmarthen Harriers	1.45	

**U20W - Pole Vault - FINAL**

11:00 AM

**Record** Rhian CLARKE - Essex Ladies - 3.70 - 1996**CBP** Jessica ABRAHAM - Cardiff AAC - 3.60 - 2008**2008 Champion** Jessica ABRAHAM - Cardiff AAC - 3.60

Pos	Bib	Athlete	Club	Perf	Comments
1	244	Elinor LEWIS (W)	Cardiff AAC	3.20	

**U20W - Long Jump - FINAL**

11:00 AM

**Record** Lisa ARMSTRONG - Torfaen AC - 6.25 - 1992**CBP** Lisa ARMSTRONG - Torfaen AC - 6.19w - 1992**2008 Champion** Sarah DACEY - Swansea Harriers - 5.74

Pos	Bib	Athlete	Club	Perf	Comments
1	39	Rhiannon YATES (W)	Newport Harriers	5.21	
2	32	Natalie BATHERS (W)	Oswestry Olympians	5.10	
3	229	Alex ELLIOT (W)	Deeside AAC	5.08	
4	253	Amy CAMPAGNE (W)	Deeside AAC	4.84	
5	254	Donna JONES (W)	Llanelli AC	4.84	
6	79	Lauren O'REILLY (W)	Newport Harriers	4.69	

**U20W - Triple Jump - FINAL**

2:30 PM

**Record** Sally PEAKE - Liverpool - 12.24 - 2005**CBP** Sally PEAKE - Liverpool - 12.02 - 2005**2008 Champion** Fiona HUNTER-JOHNSON - Forest of Dean - 11.38

Pos	Bib	Athlete	Club	Perf	Comments
1	257	Amy BRADLEY (W)	Cwmbran Harriers	10.50	
2	90	Ffion REES (W)	Carmarthen Harriers	9.72	
3	247	Kara STEDMAN (W)	Llanelli AC	9.07	
4	112	Atlanta WILLIAMS (W)	Swansea Harriers	8.99	

**U20W - Shot (4.0kg) - FINAL**

12:00 PM

**Record** Sally HINDS - Swansea Harriers - 14.72 - 2005**CBP** Sally HINDS - Swansea Harriers - 14.21 - 2005**2008 Champion** No Competitors - -

Pos	Bib	Athlete	Club	Perf	Comments
1	278	Tesni WARD (W)	City of Sheffield AC	12.76	
2	277	Ayla PHILLIPS (W)	Cardiff AAC	9.96	
3	78	Catherine GOLDSMITH (W)	Carmarthen Harriers	9.85	
4	275	Sian BALCHIN (W)	Barry & Vale Harriers	9.74	

**U20W - Discus (1.0kg) - FINAL**

1:00 PM

**Record** Philippa ROLES - Swansea Harriers - 51.50 - 1997**CBP** Philippa ROLES - Swansea Harriers - 46.62 - 1996**2008 Champion** No Competitors - -

Pos	Bib	Athlete	Club	Perf	Comments
1	278	Tesni WARD (W)	City of Sheffield AC	43.39	
2	288	Brea LEUNG (W)	Menai Track & Field	35.72	
3	289	Stephanie OWENS (W)	Shaftesbury Barnet Harriers	33.95	
4	283	Sian JORDAN (W)	Newport Harriers	28.86	
5	275	Sian BALCHIN (W)	Barry & Vale Harriers	27.12	

**U20W - Hammer (4.0kg) - FINAL**

10:00 AM

**Record** Laura DOUGLAS - Sale Harriers - 55.22 - 2002**CBP** Laura DOUGLAS - Deeside AAC - 52.18 - 2002**2008 Champion** Kate YHNELL - Gloucester AC - 45.39

Pos	Bib	Athlete	Club	Perf	Comments
1	267	Toni WELLS (W)	Swansea Harriers	47.46	
2	263	Neven KORASHI (W)	Swansea Harriers	28.05	
3	224	Helena MADAN (W)	Pembroke Harriers	27.41	
4	265	Nina PRELLS (W)	Swansea Harriers	27.10	

**U20W - Javelin (600g) - FINAL**

4:00 PM

**Record** Lianne CLARKE - Neath Harriers - 50.95 - 2004**CBP** Lianne CLARKE - Neath Harriers - 47.95 - 2004**2008 Champion** Claire WILLIAMS - Swansea Harriers - 43.13

Pos	Bib	Athlete	Club	Perf	Comments
1	307	Claire WILLIAMS (W)	Swansea Harriers	40.85	
2	278	Tesni WARD (W)	City of Sheffield AC	38.91	
3	308	Mary WILSON (W)	Carmarthen Harriers	36.49	
4	275	Sian BALCHIN (W)	Barry & Vale Harriers	29.95	

**U20M - 100m - FINAL****Record** Christian MALCOLM - Cardiff AAC - 10.12 - 1998**CBP** Jamie HENTHORN - Carmarthen Harriers - 10.54 - 1996**2008 Champion** Gareth PRICE - Team Southampton - 10.99

+2.9 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	45	Gareth HOPKINS (W)	Cardiff AAC	10.77	
2	46	Christopher HOWE (W)	Cardiff AAC	10.95	
3	41	Santino DUMMETT (W)	Telford AC	10.99	
4	47	Adam JONES (W)	Barry & Vale Harriers	11.25	
5	51	Jamie PRICE (W)	Swansea Harriers	11.35	
6	42	Lemarl FRECKLETON (W)	Newport Harriers	11.39	
7	53	James THOMAS (W)	Llanelli AC	11.48	
8	50	Curtis MATHEWS (W)	Barry & Vale Harriers	11.76	

**U20M - 100m - Heats****Record** Christian MALCOLM - Cardiff AAC - 10.12 - 1998**CBP** Jamie HENTHORN - Carmarthen Harriers - 10.54 - 1996**2008 Champion** Gareth PRICE - Team Southampton - 10.99

+1.2 m/s Ht 1 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	45	Gareth HOPKINS (W)	Cardiff AAC	10.83	
2	41	Santino DUMMETT (W)	Telford AC	11.08	
3	42	Lemarl FRECKLETON (W)	Newport Harriers	11.43	
4	53	James THOMAS (W)	Llanelli AC	11.49	
5	50	Curtis MATHEWS (W)	Barry & Vale Harriers	11.86	

**U20M - 100m - Heats****Record** Christian MALCOLM - Cardiff AAC - 10.12 - 1998**CBP** Jamie HENTHORN - Carmarthen Harriers - 10.54 - 1996**2008 Champion** Gareth PRICE - Team Southampton - 10.99

+2.2 m/s Ht 2 of 2

Pos	Bib	Athlete	Club	Perf	Comments
1	46	Christopher HOWE (W)	Cardiff AAC	11.04	
2	47	Adam JONES (W)	Barry & Vale Harriers	11.28	
3	51	Jamie PRICE (W)	Swansea Harriers	11.44	
4	49	Lewis MAJOR (W)	Bridgend AC	13.18	

**U20M - 200m - FINAL****Record** Christian MALCOLM - Cardiff AAC - 20.29 - 1998**CBP** Jamie HENTHORN - Carmarthen Harriers - 21.46 - 1996**2008 Champion** Gareth PRICE - Team Southampton - 22.6

+2.8 m/s

Pos	Bib	Athlete	Club	Perf	Comments
1	45	Gareth HOPKINS (W)	Cardiff AAC	21.95	
2	48	Thomas KNIGHT (W)	Cardiff AAC	22.06	
3	46	Christopher HOWE (W)	Cardiff AAC	22.68	
4	47	Adam JONES (W)	Barry & Vale Harriers	22.82	
5	51	Jamie PRICE (W)	Swansea Harriers	23.15	
6	42	Lemar FRECKLETON (W)	Newport Harriers	23.33	

**U20M - 400m - FINAL****Record** Tim BENJAMIN - Cardiff AAC - 46.1 - 2001**CBP** Bruce TASKER - Carmarthen Harriers - 48.14 - 2006**2008 Champion** Cynon EVANS - Wrexham AC - 50.50

Pos	Bib	Athlete	Club	Perf	Comments
1	105	Sam CONWAY (W)	Cardiff AAC	50.78	
2	109	Nathan FELVUS (W)	Cardiff AAC	50.91	
3	108	Cynan EVANS (W)	Wrexham AC	51.06	
4	110	Gareth MORRIS (W)	Ashford AC	52.16	
5	107	Antoni DAVIS-PHILLIP	Kent AC	53.20	
6	111	Gerwyn SLINGER (W)	Carmarthen Harriers	53.29	

**U20M - 800m - FINAL****Record** Paul WILLIAMS - Barry & Vales H - 1.48.20 - 1986**CBP** Tony DYKE - Swansea Harriers - 1.52.0 - 1973**2008 Champion** Jonathan BUTLER - Swansea Harriers - 2.02.40

Pos	Bib	Athlete	Club	Perf	Comments
1	143	Nico CONSTANTI	Gloucester AC	2:00.31	
2	144	Declan EVANS (W)	Cardiff AAC	2:01.79	
3	111	Gerwyn SLINGER (W)	Carmarthen Harriers	2:04.35	
4	147	Craig SPROD (W)	Aberdare VAAC	2:06.36	
5	146	Lewis SHAW (W)	Cwmbran Harriers	2:12.66	

**U20M - 1500m - FINAL****Record** Neil HORSFIELD - Newport Harriers - 3.44.49 - 1984**CBP** Tony BLACKWELL - Wolverhampton - 3.52.7 - 1977**2008 Champion** Adam BITCHELL - Carmarthen Harriers - 4.02.08

Pos	Bib	Athlete	Club	Perf	Comments
1	215	Hywel JONES (W)	Aberdare VAAC	4:25.18	
2	313	Daniel STUDLEY	Yate AC	4:26.56	
3	212	Daniel BODMAN (W)	Aberdare VAAC	4:33.84	

**U20M - 110m hdl - FINAL****Record** Colin JACKSON - Cardiff AAC - 13.44 - 1986**CBP** Colin JACKSON - Cardiff AAC - 13.8w - 1984**2008 Champion** Dafydd WALTERS - Carmarthen Harriers - 14.98

+2.7 m/s Ht 3 of 3

Pos	Bib	Athlete	Club	Perf	Comments
1	231	David GUEST (W)	Bridgend AC	14.16	
2	82	Dafydd WALTERS (W)	Carmarthen Harriers	14.87	
3	81	Michael HASLETT	Manx Harriers	17.66	
4	80	Benjamin CLEARY (W)	Cardiff AAC	DQ	

**U20M - 400m hdl - FINAL****Record** David GREENE - Swansea Harriers - 51.14 - 2005**CBP** Rhys WILLIAMS - Cardiff AAC - 52.54 - 2003**2008 Champion** Luke MORGAN - Cardiff AAC - 57.8

Pos	Bib	Athlete	Club	Perf	Comments
1	81	Michael HASLETT	Manx Harriers	55.52	
2	120	Thomas PARRY (W)	Kingston & Poly	55.93	
3	110	Gareth MORRIS (W)	Ashford AC	56.71	
4	107	Antoni DAVIS-PHILLIP	Kent AC	57.01	
5	119	Luke MORGAN (W)	Cardiff AAC	57.18	
6	44	Jamie GUTTERIDGE (W)	Cardiff AAC	58.13	
7	118	Jordan BROCK (W)	Swansea Harriers	66.53	

**U20M - 2000m s/c - FINAL****Record** Micky MORRIS - Cwmbran Harriers - 5.34.8 - 1975**CBP** Andrew ROGERS - Leeds - 5.45.1 - 1983**2008 Champion** David WESTBURY - Derby AC - 6.20.91

Pos	Bib	Athlete	Club	Perf	Comments
1	222	Michael KALLENBERG (W)	Carmarthen Harriers	6:33.7*	<i>manual</i>
2	322	Joseff WHITMARSH-KNIGHT (W)	Cardiff AAC	6:46.4*	<i>timing</i>
3	212	Daniel BODMAN (W)	Aberdare VAAC	6:52.1*	

**U20M - High Jump - FINAL****Record** John HILL - Solihull - 2.24 - 1985**CBP** John HILL - Solihull - 2.08 - 1984**2008 Champion** Daniel EVANS - Deeside AAC - 1.85

Pos	Bib	Athlete	Club	Perf	Comments
1	231	David GUEST (W)	Bridgend AC	1.95	
2	232	Lewis LONG (W)	Cardiff AAC	1.80	
3	233	Robby WELLS (W)	Swansea Harriers	1.75	

**U20M - Pole Vault - FINAL****Record** Neil WINTER - Shaftesbury - 5.50 - 1992**CBP** Andrew PENK - Cardiff AAC - 4.71 - 1997**2008 Champion** No Competitors - -

Pos	Bib	Athlete	Club	Perf	Comments
1	231	David GUEST (W)	Bridgend AC	4.30	

**U20M - Long Jump - FINAL****Record** Colin JACKSON - Cardiff AAC - 7.56 - 1985**CBP** Ricardo CHILDS - Brecon AC - 7.28w - 2003**2008 Champion** Tom KIVELL - Newport Harriers - 6.80

Pos	Bib	Athlete	Club	Perf	Comments
1	255	Thomas KIVELL (W)	Newport Harriers	6.24	
2	50	Curtis MATHEWS (W)	Barry & Vale Harriers	6.08	
3	233	Robby WELLS (W)	Swansea Harriers	5.83	
4	256	Dafydd WILLIAMS (W)	Carmarthen Harriers	5.56	

**U20M - Triple Jump - FINAL****Record** Steven SHALDERS - Cardiff AAC - 15.99 - 2000**CBP** Steven SHALDERS - Cardiff AAC - 15.47 - 1999**2008 Champion** Alex EZECHI-OBIAKO - Cardiff AAC - 14.66

Pos	Bib	Athlete	Club	Perf	Comments
1	259	Alex EZECHI-OBIAKO (W)	Cardiff AAC	13.62	
2	255	Thomas KIVELL (W)	Newport Harriers	13.00	
3	260	Adam WILLIAMS (W)	UWIC / Menai	12.86	
4	256	Dafydd WILLIAMS (W)	Carmarthen Harriers	12.04	

**U20M - Shot (6.0kg) - FINAL****Record** Brett MORSE - Cardiff AAC - 17.15 - 2008**CBP** Mathew EVANS - Carmarthen Harriers - 15.52 - 2006**2008 Champion** Jacob MATTHEWS - Newport Harriers - 13.68

Pos	Bib	Athlete	Club	Perf	Comments
1	281	Jacob MATTHEWS (W)	Cardiff AAC	15.13	
2	280	Tomos EDWARDS (W)	Carmarthen Harriers	14.98	
3	282	Ashley RALPH	St Albans AC	12.87	
4	269	James FORTUNE (W)	Deeside AAC	11.85	

**U20M - Discus (1.75kg) - FINAL****Record** Brett MORSE - Cardiff AAC - 60.46 - 2008**CBP** Brett MORSE - Cardiff AAC - 53.39 - 2007**2008 Champion** Jacob MATTHEWS - Newport Harriers - 45.35

Pos	Bib	Athlete	Club	Perf	Comments
1	281	Jacob MATTHEWS (W)	Cardiff AAC	49	
2	282	Ashley RALPH	St Albans AC	47.91	
3	290	Chris REYNOLDS	City of Lisburn AC	46.8	
4	280	Tomos EDWARDS (W)	Carmarthen Harriers	42.14	
5	269	James FORTUNE (W)	Deeside AAC	37.04	
6	50	Curtis MATHEWS (W)	Barry & Vale Harriers	35.52	
7	286	Kyle GARRISON (W)	Cardiff AAC	19.37	

**U20M - Hammer (6.0kg) - FINAL****Record** Matthew RICHARDS - Swansea Harriers - 58.44 - 2005**CBP** Peter MORGAN - Cardiff AAC - 56.28 - 2007**2008 Champion** Ritchie WELLS - Swansea Harriers - 54.93

Pos	Bib	Athlete	Club	Perf	Comments
1	295	Rhys HODNETT (W)	Cardiff AAC	51.57	
2	293	Ashley ANDREWS (W)	Forest of Dean AC	46.06	
3	294	James DOBLER (W)	Swansea Harriers	38.42	

**U20M - Javelin (800g) - FINAL****Record** Jonathan CLARKE - Swansea Harriers - 68.74 - 1986**CBP** Jonathan CLARKE - Swansea Harriers - 63.14 - 1986**2008 Champion** Josh MADDEN - Carmarthen Harriers - 54.70

Pos	Bib	Athlete	Club	Perf	Comments
1	309	Jason COPSEY (W)	Cwmbran Harriers	52.43	
2	279	Philip ALVEY (W)	Pembroke Harriers	40.33	
3	311	Joshua WILLIAMS (W)	Cardiff AAC	38.99	
4	286	Kyle GARRISON (W)	Cardiff AAC	25.84	

**U13G - 1500m - FINAL****Record** Hywelis THOMAS-HOWELLS - Neath Harriers - 4.49.93 - 2007**CBP** Hywelis THOMAS-HOWELLS - Neath Harriers - 4.49.93 - 2007**2008 Champion** Emma WILKINSON - Spenborough AC - 5.02.8

Pos	Bib	Athlete	Club	Perf	Comments
1	148	Abigail BACKSHALL	Colwyn Bay	5:02.37	
2	156	Siwan THOMAS-HOWELLS	Swansea Harriers	5:07.17	
3	149	Jazmine BRIGANTI	Bridgend AC	5:24.51	
4	150	Jordan CARPENTER	Bridgend AC	5:32.83	
5	154	Poppy LEWIS	Pembroke Harriers	5:33.24	
6	151	Chelsie HARRIS	Cwmbran Harriers	5:35.50	
7	152	Morgan JAMES	Cwmbran Harriers	5:36.77	
8	153	Lucy JONES	Carmarthen Harriers	5:45.31	
9	157	Olivia TURLEY	Cwmbran Harriers	DNS	

**U13B - 1500m - FINAL****Record** David POWELL - Wolverhampton - 4.31.3 - 1977**CBP** Jason MURPHY - Swansea - 4.40.77 - 1986**2008 Champion** Kyran ROBERTS - Carmarthen Harriers - 4.45.7

Pos	Bib	Athlete	Club	Perf	Comments
1	166	Andrew MORRIS-JONES	Menai Track & Field	4:53.10	
2	167	Rhys NORRIS	Newport Harriers	4:53.57	
3	158	Liam BRADLEY	Newport Harriers	4:54.47	
4	161	Lewis JONES	Bridgend AC	4:55.80	
5	165	Christian LOVATT	Carmarthen Harriers	4:56.50	
6	160	Luke GILL	Newport	5:21.90	
7	163	Ciaran LEWIS	Cardiff AAC	5:32.94	

**U15G - 1500m - FINAL****Record** Non STANFORD - Swansea Harriers - 4.34.24 - 2003**CBP** Non STANFORD - Swansea Harriers - 4.32.24 - 2003**2008 Champion** Lauren BELL - Pembroke Harriers - 4.37.4

Pos	Bib	Athlete	Club	Perf	Comments
1	180	Hywelis THOMAS-HOWELLS	Swansea Harriers	4:47.2*	
2	178	Jordan SMART	Swansea Harriers	5:00.5*	
3	168	Lauren BELL	Pembroke Harriers	5:07.3*	
4	169	Iona EVANS	Swansea Harriers	5:09.8*	
5	170	Rebecca EVANS	Pontyclun AC	5:14.1*	
6	174	Josie LEWIS	Pembroke Harriers	5:15.5*	
7	179	Lucy TARRANT	Bridgend AC	5:25.7*	
8	177	Malika REZOUGUI	Cwmbran Harriers	5:28.1*	
9	312	Clare HARWOOD	Cardiff AAC	5:30.3*	
10	171	Francesca HYDE	Cwmbran Harriers	5:31.6*	
11	181	Megan TURNER	Aberystwyth	DQ	

**U15B - 1500m - FINAL****Record** Simon LAWSON - Cardiff AAC - 4.07.7 - 2004**CBP** Simon LAWSON - Cardiff AAC - 4.16.81 - 2004**2008 Champion** Elliott HARDEE - Newport Harriers - 4.16.8

Pos	Bib	Athlete	Club	Perf	Comments
1	183	Matthew ANTONIAZZI	Cwmbran Harriers	4:25.96	
2	186	Carwyn EVANS	Swansea Harriers	4:26.53	
3	185	Tom EARLEY	Colwyn Bay	4:27.18	
4	188	Lloyd HECKLER	Cardiff AAC	4:28.18	
5	191	Morgan SMITH	Pembroke Harriers	4:32.62	
6	190	Ronan LLYR	Cardiff AAC	4:37.53	
7	189	Ben JONES	Cwmbran Harriers	4:47.85	
8	184	Finley DAVIES	Swansea Harriers	4:52.92	
9	316	Lewis PREECE	Swansea Harriers	5:07.57	