



WELSH ATHLETICS

ATHLETAU CYMRU

Welsh Athletics Indoor International

Incorporating

Clubs 4 x 200 relay & Welsh 3000m Championships for U15 &
Senior age groups

Sunday-05-Mar-2017

WAL U20 162pts ENG U20 243pts

Match score after 30 events with 0 events remaining

WAL U20 162pts ENG U20 243pts

T05 Guest Race Women 200m

ALL COMERS RECORD - Amy SPENCER England 23.74 NIAC Cardiff 2002

WELSH RECORD - Hannah BRIER Swansea Harriers 24.20 NIA Birmingham 2013

U20 MEETING RECORD - Finette AGYAPONG ENG U20 24.82 2015

PREVIOUS EVENT WINNER - Bille JO HARRIS ENG U20 25.35

Pos	Bib	Name	Country	Heat 1 Perf.
1	27	Armarni WILLIAMS (U17W)	Wales Guest	25.90
2	84	Alice ODUNAIYA (U20W)	Wrexham	26.26
3	29	Lana CULLIFORD (U18W)	Wales Guest	26.46

[Photo](#) Supplied by Welsh Timing Team

Pos	Bib	Name	Country	Heat 2 Perf.
1	28	Hannah LONGDEN (U17W)	Cardiff AAC	25.68 pb
2	30	Bronwen REED (U20W)	Vale of Aylesbury	26.35

[Photo](#) Supplied by Welsh Timing Team

T06 U20 Men/U18 Men 1500m

ALL COMERS RECORD - Stephen DAVIES Wales 3:41.25 NIAC, Cardiff 2009

WELSH RECORD - Tony BLACKWELL Wolverhampton (HT) 3:52.0 Cosford 1977/Kyran ROBERTS Carmarthen Harriers (ET) 3:52.00 Vienna, Au

U20 MEETING RECORD - Ross MATHESON SCO U20 3:54.36 2011

PREVIOUS EVENT WINNER - Kyran ROBERTS WAL U20 4:05.06 2015

Pos	Bib	Name	Country	Final Perf.	Pts
1	2	Ben DAVIES	ENG U20	3:58.22	5.0
2	4	Luke DUFFY	ENG U18	4:01.80	5.0
3	1	Tom JENKINS	WAL U20	4:06.91	3.0

[Photo](#) Supplied by Welsh Timing Team

T07 Guest Race Women 400m

ALL COMERS RECORD - Catherine MURPHY Wales 52.54 NIAC Cardiff 2002

WELSH RECORD - Faye HARDING Sale Harriers 55.75 NIA Birmingham 2004

U20 MEETING RECORD - Dianne RAMSAY/Amy HILLYARD SCO U20/ENG U20 56.11 2012/2013 **MR**

PREVIOUS EVENT WINNER - Ashton GREENWOOD ENG U20 56.99

Pos	Bib	Name	Country	Final Perf.
1	41	Caryl GRANVILLE (SEW)	Swansea Harriers	55.93
2	43	Emma ALDERSON (U20W)	Liverpool Harriers	56.14 pb
3	44	Ffion Mair ROBERTS (U20W)	Colwyn Bay	59.86

[Photo](#) Supplied by Welsh Timing Team

T08 Guest Race Men 400m

ALL COMERS RECORD - Matt ELIAS Wales 47.39 NIAC Cardiff 2002

WELSH RECORD - Bruce TASKER Carmarthen Harriers 47.74 NIA Birmingham 2006

U20 MEETING RECORD - Clovis ASONG ENG U20 48.61 2013

PREVIOUS EVENT WINNER - Owen RICHARDSON ENG U20 48.86

Pos	Bib	Name	Country	Heat 1 Perf.
1	35	Alex COOMBER (SENM)	Cardiff AAC	49.45
2	37	Daniel MORRIS (U20M)	Cardiff AAC	52.23

[Photo](#) Supplied by Welsh Timing Team

Pos	Bib	Name	Country	Heat 2 Perf.
1	36	Lemarl FRECKLETON (SENM)	Swansea Harriers	50.96
2	38	Niall CARNEY (U23M)	Shafesbury Barnet	51.76
3	40	Nathan LANGLEY (U20M)	Workshop Harriers	53.28

[Photo](#) Supplied by Welsh Timing Team

Match score after 30 events with 0 events remaining

WAL U20 162pts ENG U20 243pts

T10 U20 Men/U18 Men 800m

ALL COMERS RECORD - Joe THOMAS Wales 1:47.82 NIAC Cardiff 2012

WELSH RECORD - (SENM) Joe THOMAS Cardiff AAC 1:46.33 Stockholm 2012/(U20M) Elliott SLADE Cardiff AAC 1:50.11 Linz Austria 2013

U20 MEETING RECORD - Mark ENGLISH Ireland 1:50.67 2010

PREVIOUS EVENT WINNER - Piers COPELAND ENG U20 1:52.94

Pos	Bib	Name	Country	Final Perf.	Points
1	2	Joseph TUFFIN	ENG U20	1:54.64	5.0
2	4	Joshua HULSE	ENG U18	1:56.58	5.0
3	1	James VINCENT	WAL U20	1:57.02	3.0
4	47	Nathan BROWN (U20M)	Erme Valley	1:57.10	
5	48	Larry RYAN (U17M)	Cardiff AAC	2:01.31	pb

[Photo](#) Supplied by Welsh Timing Team

T11 U20 Women/U18 Women 800m

ALL COMERS RECORD - Jemma SIMPSON England 2:03.66 NIAC Cardiff 2008

WELSH RECORD - Kirsty MCDERMOTT Brecon AC 2:02.88 Grenoble France 1981

U20 MEETING RECORD - Charlotte CAYTON-SMITH ENG U20 2:06.69 2016

PREVIOUS EVENT WINNER - Charlotte CAYTON-SMITH ENG U20 2:06.69

Pos	Bib	Name	Country	Final Perf.	Points
1	2	Isabelle BOFFEY	ENG U20	2:06.98	pb 6.0
2	3	Naomi REID	WAL U18	2:09.02	pb 6.0
3	1	Izzy PARRY-JONES	WAL U20	2:11.75	3.0
4	4	Molly CANHAM	ENG U18	2:12.51	pb 4.0
5	46	Nia RILEY (U17W)	Cardiff Archers	2:19.72	

[Photo](#) Supplied by Welsh Timing Team

T12 U20 Women/U18 Women 400m

ALL COMERS RECORD - Catherine MURPHY Wales 52.54 NIAC Cardiff 2002

WELSH RECORD - Faye HARDING Sale Harriers 55.75 NIA Birmingham 2004

U20 MEETING RECORD - Dianne RAMSAY/Amy HILLYARD SCO U20/ENG U20 56.11 2012/2013

PREVIOUS EVENT WINNER - Ashton GREENWOOD ENG U20 56.99

Pos	Bib	Name	Country	Final Perf.	Points
1	2	Megan DAVIES	ENG U20	56.89	5.0
2	4	Alex SHAW	ENG U18	57.37	5.0
3	1	Lauren WILLIAMS	WAL U20	58.17	3.0
4	3	Hannah PACHUTA	WAL U18	60.51	3.0

[Photo](#) Supplied by Welsh Timing Team

T13 U20 Men/U18 Men 400m

ALL COMERS RECORD - Matt ELIAS Wales 47.39 NIAC Cardiff 2002

WELSH RECORD - Bruce TASKER Carmarthen Harriers 47.74 NIA Birmingham 2006

U20 MEETING RECORD - Clovis ASONG ENG U20 48.61 2013 **MR**

PREVIOUS EVENT WINNER - Owen RICHARDSON ENG U20 48.86

Pos	Bib	Name	Country	Final Perf.	Points
1	2	Ellis GREATREX	ENG U20	48.53	5.0
2	1	Joe BRIER	WAL U20	49.03	ACE 6.0
3	4	Ben HIGGINS	ENG U18	51.20	5.0
4	3	Seth KELLY	WAL U18	52.01	3.0

[Photo](#) Supplied by Welsh Timing Team

Match score after 30 events with 0 events remaining

WAL U20 162pts ENG U20 243pts

T14 Guest Race Men 60m

ALL COMERS RECORD - Jason GARDENER England 6.52 NIAC Cardiff 2002

WELSH RECORD - (SENM) Colin JACKSON Cardiff AAC 6.49 Paris France 1994/(U20M) Christian MALCOLM Cardiff AAC 6.67 Chemnitz Germ:

U20 MEETING RECORD - Chris STONE Bristol & West AC 6.8 (HT) 2015/Harry AKINES-ARETEEY 6.8 (HT) England 2011

PREVIOUS EVENT WINNER - Oliver BROMBY ENG U20 6.87

Pos	Bib	Name	Country	Final Perf.	
1	13	Anax DASILVA (SENM)	Cardiff AAC	6.85	pb
2	12	Joshua BROWN (SENM)	Cardiff AAC	6.92	
3	15	William KENNEDY (SENM)	Team Bath	7.12	
4	16	Tyler WILLIAMS (U20M)	Wales Guest	7.16	
5	10	Jordan HOWE (SENM)	FDSW (T35)	8.16	

[Photo](#) Supplied by Welsh Timing Team

T15 Guest Race Women 60m

ALL COMERS RECORD - Asha PHILIP England 7.21 NIAC Cardiff 2016

WELSH RECORD - Hannah BRIER Swansea Harriers 7.37 NIAC Cardiff 2016

U20 MEETING RECORD - Hannah BRIER WAL U20 7.47 2014

PREVIOUS EVENT WINNER - Hannah BRIER WAL U20 7.54

Pos	Bib	Name	Country	Final Perf.	
1	20	Hannah WILLIAMS (SENW)	Bristol & West	7.74	=pb
2	19	Katie-Jane PRIEST (U23W)	Swansea Harriers	7.76	
3	21	Zoe NASH (U20W)	Wales Guest	7.81	
4	22	Issie TUSTIN (U17W)	Wales Guest	7.89	
5	24	Sophie MATTHEWS (U20W)	Brecon	8.28	
6	26	Nia GRUNDY (U17W)	Cardiff AAC	8.31	
7	25	Elisha THOMAS (U17W)	Newport Harriers	8.36	

[Photo](#) Supplied by Welsh Timing Team

T16 U20 Men/U18 Men 60m

ALL COMERS RECORD - Jason GARDENER England 6.52 NIAC Cardiff 2002

WELSH RECORD - (SENM) Colin JACKSON Cardiff AAC 6.49 Paris France 1994/(U20M) Christian MALCOLM Cardiff AAC 6.67 Chemnitz Germ:

U20 MEETING RECORD - Chris STONE Bristol & West AC 6.8 (HT) 2015/Harry AKINES-ARETEEY 6.8 (HT) England 2011

PREVIOUS EVENT WINNER - Oliver BROMBY ENG U20 6.87

Pos	Bib	Name	Country	Final Perf.	Points
1	2	Rio MITCHAM	ENG U20	6.85	5.0
2	1	Callum DAVIES	WAL U20	6.95	3.0
3	4	David AFOLABI	ENG U18	6.97	pb 6.0
4	3	Eli ONYEWU	WAL U18	7.30	3.0

[Photo](#) Supplied by Welsh Timing Team

T17 U20 Women/U18 Women 60m

ALL COMERS RECORD - Asha PHILIP England 7.21 NIAC Cardiff 2016

WELSH RECORD - Hannah BRIER Swansea Harriers 7.37 NIAC Cardiff 2016

U20 MEETING RECORD - Hannah BRIER WAL U20 7.47 2014

MR

PREVIOUS EVENT WINNER - Hannah BRIER WAL U20 7.54

Pos	Bib	Name	Country	Final Perf.	Points
1	1	Hannah BRIER	WAL U20	7.44	5.0
2	18	Amy HUNT (U18W)	England Guest	7.45	
3	2	Kristal AWUAH	ENG U20	7.62	3.0
4	4	Immanuela ALIU	ENG U18	7.65	5.0
5	3	Moli JONES	WAL U18	7.67	

[Photo](#) Supplied by Welsh Timing Team

Match score after 30 events with 0 events remaining

WAL U20 162pts ENG U20 243pts

T18 U20 Men/U18 Men 200m

ALL COMERS RECORD - Doug TURNER Wales 20.92 NIAC Cardiff 2002
WELSH RECORD - Tim BENJAMIN Cardiff AAC 20.78 NIA Birmingham 2001
U20 MEETING RECORD - Toby HARRIES ENG U20 21.45 2016
PREVIOUS EVENT WINNER - Toby HARRIES ENG U20 21.45

Pos	Bib	Name	Country	Final Perf.	Points
1	2	Charles HILLIARD	ENG U20	22.25	5.0
2	1	Ben PARIS	WAL U20	22.34	3.0
3	3	Iwan ROBINSON-BOOTH	WAL U18	23.12	5.0
4	4	Ethan BROWN	ENG U18	23.14	3.0

[Photo](#) Supplied by Welsh Timing Team

T19 U20 Women/U18 Women 200m

ALL COMERS RECORD - Amy SPENCER England 23.74 NIAC Cardiff 2002
WELSH RECORD - Hannah BRIER Swansea Harriers 24.20 NIA Birmingham 2013
U20 MEETING RECORD - Finette AGYAPONG ENG U20 24.82 2015 **MR**
PREVIOUS EVENT WINNER - Bille JO HARRIS ENG U20 25.35

Pos	Bib	Name	Country	Final Perf.	Points
1	1	Amelia REYNOLDS	WAL U20	24.51	5.0
2	2	Mair EDWARDS	ENG U20	24.78	3.0
3	4	Ella WANSELL	ENG U18	25.25	5.0
4	3	Isabel DAVIES	WAL U18	26.51	3.0

[Photo](#) Supplied by Welsh Timing Team

T20 U20 Men 60m Hurdles

ALL COMERS RECORD - Not Recognised at this age group
WELSH RECORD - David OMOREGIE Cardiff AAC 7.50 NIAC Cardiff 2014
U20 MEETING RECORD - David OMOREGIE 7.50 WAL U20 2014
PREVIOUS EVENT WINNER - Rory DWYER ENG U20 7.99

Pos	Bib	Name	Country	Final Perf.	Points
1	2	Tre THOMAS	ENG U20	7.88	5.0
2	52	George VAUGHAN (U20M)	Enfield & Harringey	7.98	pb
3	1	Rhys HARRIS	WAL U20	8.39	pb 4.0
4	54	Michael THOMPSON (U20M)	Swansea Harriers	9.15	

[Photo](#) Supplied by Welsh Timing Team

T21 U20 Women/U18 Women 1500m

ALL COMERS RECORD - Gemma TURTLE England 4:14.06 NIAC Cardiff 2010
WELSH RECORD - Non STANFORD Swansea Harriers 4:27.66 NIAC Cardiff 2006
U20 MEETING RECORD - Laura MUIR Scotland 4:23.78 2012
PREVIOUS EVENT WINNER - Katy-Ann MCDONALD ENG U20 4:35.21

Pos	Bib	Name	Country	Final Perf.	Points
1	2	Ellie BAKER	ENG U20	4:31.60	pb 6.0
2	3	Kiara FRIZELLE	WAL U18	4:37.47	pb ACE 11.0
3	1	Issy MORRIS	WAL U20	4:38.84	3.0
4	4	Nancie BOWLEY	ENG U18	4:56.20	pb 4.0

[Photo](#) Supplied by Welsh Timing Team

Match score after 30 events with 0 events remaining

WAL U20 162pts ENG U20 243pts

T22 U18 Men 60m Hurdles

ALL COMERS RECORD - Not Recognised at this age group

WELSH RECORD - David OMOREGIE Cardiff AAC 7.50 NIAC Cardiff 2014

U20 MEETING RECORD - David OMOREGIE 7.50 WAL U20 2014

PREVIOUS EVENT WINNER - Rory DWYER ENG U20 7.99

Pos	Bib	Name	Country	Final Perf.	Points
1	53	Jack SUMNERS (U18M)	England Guest	7.92	pb
2	85	Oliver CRESSWELL (U18M)	England Guest	8.04	pb
3	4	Sam BENNETT	ENG U18	8.13	ACE 10.0
4	3	Tomos SLADE	WAL U18	8.38	pb 4.0

[Photo](#) Supplied by Welsh Timing Team

T24 U20 Women 60m Hurdles

ALL COMERS RECORD - Diane ALLAGREEN England 8.01 NIAC Cardiff 2002

WELSH RECORD - Bethan EDWARDS Cardiff AAC 8.47 NIA Birmingham 1992

U20 MEETING RECORD - Olivia WALKER ENG U20 8.45 2014

PREVIOUS EVENT WINNER - Sophie YORKE ENG U20 8.59

Pos	Bib	Name	Country	Final Perf.	Points
					Final

T26 U20 Women/U18 Women 60m Hurdles

ALL COMERS RECORD - Diane ALLAGREEN England 8.01 NIAC Cardiff 2002

WELSH RECORD - Bethan EDWARDS Cardiff AAC 8.47 NIA Birmingham 1992

U20 MEETING RECORD - Olivia WALKER ENG U20 8.45 2014

PREVIOUS EVENT WINNER - Sophie YORKE ENG U20 8.59

Pos	Bib	Name	Country	Final Perf.	Points
1	2	Alicia BARRETT	ENG U20	8.30	ACE 10.0
2	4	Anya BATES	ENG U18	8.57	pb 6.0
3	41	Caryl GRANVILLE (SEW)	Swansea Harriers	8.62	pb
4	51	Lauren EVANS (U18W)	Wales Guest	8.76	pb
5	3	Isabel BREEDEN	WAL U18	8.92	pb 4.0
6	1	Mia EVANS	WAL U20	9.04	pb 6.0

T29 U20 Men/U18 Men 4x200m Relay

ALL COMERS RECORD - Wales 1:26.29 NIAC Cardiff 2002

WELSH RECORD - Wales 1:28.88 NIAC Cardiff 2014

U20 MEETING RECORD - ENG U20 1:27.09 2014

PREVIOUS EVENT WINNER - WAL U20 1:28.08

Pos	Bib	Name	Country	Final Perf.	Points
1	1		WAL U20	1:29.22	5.0
2	2		ENG U20	1:29.33	3.0

[Photo](#) Supplied by Welsh Timing Team

- 1 WAL U20:- Ben PARIS, Joe BRIER, Tyler WILLIAMS, Iwan ROBINSON-BOOTH,
2 ENG U20:- Ellis GREATREX, Charles HILLIARD, Rio HITCHAM, Ethan BROWN,

Match score after 30 events with 0 events remaining

WAL U20 162pts ENG U20 243pts

T30 U20 Women/U18 Women 4x200m Relay

ALL COMERS RECORD - Ireland 1:37.48 NIAC Cardiff 2002

WELSH RECORD - Wales 1:39.50 NIAC Cardiff 2014

U20 MEETING RECORD - ENG U20 1.39.34 2008

PREVIOUS EVENT WINNER - ENG U20 1:40.07

Pos	Bib	Name	Country	Final Perf.	Points
1	2		ENG U20	1:40.92	5.0
2	1		WAL U20	1:41.24	3.0
3	4		ENG U18	1:45.11	
4	3		WAL U18	1:45.57	

[Photo](#) *Supplied by Welsh Timing Team*

- 1 ENG U20:- Ella WANSELL, Holly CANHAM, Alex SHAW, Amy HUNT,
- 2 WAL U20:- Amelia REYNOLDS, Moli JONES, Issie TUSTIN, Armarni WILLIAMS,
- 3 ENG U18:- Mair EDWARDS, Kristal AWUAH, Megan DAVIES, Immanuela ALIU,
- 4 WAL U18:- Isabel DAVIES, Lana CULLIFORD, Hannah PUCHUTA, Zoe NASH,

F01 U20 Men/U18 Men High Jump

ALL COMERS RECORD - Chris BAKER 2.27 England NIAC Cardiff 2016

WELSH RECORD - Andrew MCIVER Cardiff AAC 2.15 Cosford 1980

U20 MEETING RECORD - Rory DWYER ENG U20 2.15 2016

PREVIOUS EVENT WINNER - Rory DWYER ENG U20 2.15

Pos	Bib	Name	Country	Perf.	Pts
1	2	Tom GALE	ENG U20	2.13	5.0
2	56	Joel KHAN (U20M)	England Guest	2.10	
3	1	William EDWARDS	WAL U20	1.99	3.0
4	4	Luke OKOSIEME	ENG U18	1.95	5.0
5	58	Eliot PEREZ (U23M)	Cardiff Metropolitan Uni	1.95	
6	3	Chinua EBEREONWU	WAL U18	1.80 pb	4.0

EVENT DATA			1.65	1.70	1.75	1.80	1.85	1.90	1.95	1.99	2.03	2.07	2.10	2.13
Pos	Bib	Name	2.16	2.19	2.21	2.23	2.25	2.27	2.29					
1	2	Tom GALE	XXX							O	O	O	O	XO
2	56	Joel KHAN (U20M)							O	O	XO	XXO	XXO	XXX
3	1	William EDWARDS						XO	O	O	XX	X		
4	4	Luke OKOSIEME							O	XXX				
5	58	Eliot PEREZ (U23M)					XO	XXO	O	XXX				
6	3	Chinua EBEREONWU	O	O	XO	O	XXX							

F02 U20 Women/U18 Women High Jump

ALL COMERS RECORD - Susan JONES England 1.90 NIAC Cardiff 2002

WELSH RECORD - Rebecca JONES 1.86 Wrexham AC 2002

U20 MEETING RECORD - Abby WARD ENG U20 1.89 2016

PREVIOUS EVENT WINNER - Abby WARD ENG U20 1.89

Pos	Bib	Name	Country	Perf.	Pts
1	4	Ashleigh WEST	ENG U18	1.71	5.0
2	2	Rebecca HAWKINS	ENG U20	1.68	5.0
3	1	Abigail BUXTON	WAL U20	1.64	3.0

EVENT DATA			1.50	1.55	1.60	1.64	1.68	1.71	1.74	1.77	1.80	1.83	1.85	1.87
Pos	Bib	Name												
1	4	Ashleigh WEST			O	O	XO	O	XXX					
2	2	Rebecca HAWKINS				O	O	XXX						
3	1	Abigail BUXTON		XO	O	O	XXX							

F03 U20 Men/U18 Men Triple Jump

ALL COMERS RECORD - Julian GOLLEY England 16.05 NIAC Cardiff 2001

WELSH RECORD - Steven SHALDERS Cardiff AAC 15.45 NIA Birmingham 1999

U20 MEETING RECORD - Efe UWAIFO ENG U20 15.20 2013

PREVIOUS EVENT WINNER - Jude BRIGHT-DAVIES ENG U20 14.90

MR

Pos	Bib	Name	Country	Perf.	Pts
1	2	Jude BRIGHT-DAVIES	ENG U20	15.46	5.0
2	4	Teepee PRINCEWILL	ENG U18	15.35 pb	6.0
3	1	Osaze AGHEDO	WAL U20	14.73	3.0
4	75	Thomas WALLEY (U20M)	Wales Guest	13.99 pb	

EVENT DATA								
Pos	Bib	Athletes	1st trial	2nd trial	3rd trial	4th trial	5th trial	6th trial
1	2	Jude BRIGHT-DAVIES	14.91	14.60	13.49	14.95	15.46	14.52
2	4	Teepee PRINCEWILL	15.10	14.44	-	-	14.58	15.35
3	1	Osaze AGHEDO	14.46	14.38	14.72	14.73	14.41	14.32
4	75	Thomas WALLEY (U20M)	13.49	13.82	12.41	13.35	13.49	13.99

F04 U20 Women/U18 Women Triple Jump

ALL COMERS RECORD - Yamile ALDAMA Cuba 14.11 NIAC Cardiff 2003

WELSH RECORD - Megan O'SULLIVAN Cardiff AAC 11.86 NIAC Cardiff 2013

U20 MEETING RECORD - Laura ZIALOR ENG U20 12.31 2016

PREVIOUS EVENT WINNER - Laura ZIALOR ENG U20 12.31

Pos	Bib	Name	Country	Perf.	Pts
1	4	Eloise HARVEY	ENG U18	11.89	3.0
2	1	Macey JONES	WAL U20	11.58 pb	3.0
3	78	Sian SWANSON (SENW)	Swansea Harriers	11.41 pb	
4	2	Abazz SHAYAAM-SMITH	ENG U20	11.40	1.0
5	3	Eliza DURNELL	WAL U18	10.81 =pb	2.0
6	24	Sophie MATTHEWS (U20W)	Brecon	9.94	

EVENT DATA								
Pos	Bib	Athletes	1st trial	2nd trial	3rd trial	4th trial	5th trial	6th trial
1	4	Eloise HARVEY	11.89	11.66	11.55	11.57	11.64	11.45
2	1	Macey JONES	x	x	x	11.58	x	x
3	78	Sian SWANSON (SENW)	11.05	11.30	11.25	9.29	11.41	11.12
4	2	Abazz SHAYAAM-SMITH	11.40	11.20	11.18	10.86	11.35	11.32
5	3	Eliza DURNELL	10.73	10.81	10.76	10.81	9.59	10.25
6	24	Sophie MATTHEWS (U20W)	x	9.74	9.82	9.94	9.45	9.55

F05 U20 Women/U18 Women Pole Vault

ALL COMERS RECORD - Henrietta PAXTON England 4.31 NIAC Cardiff 2010

WELSH RECORD - Rhian CLARKE Essex Ladies 3.65 Lieven France 1996

WR

U20 MEETING RECORD - Lucy BRYAN ENG U20 4.30 2013

PREVIOUS EVENT WINNER - Abigail ROBERTS ENG U20 3.91

Pos	Bib	Name	Country	Perf.	Pts
1	66	Jade IVE (SENW)	Sutton & District AC	4.26	
2	65	Sally PEAKE (SENW)	Birchfield Harriers	4.26	
3	4	Molly CAUDERY	ENG U18	3.91	5.0
4	69	Jess SWANNACK (U20M)	Preston	3.91 pb	
5	67	Courtney MACGUIRE (SENW)	Edinburgh AC	3.71	
6	70	Georgia PICKLES (U23W)	Sale Harriers Manchester	3.71	
7	3	Megan HODGSON	WAL U18	3.51	3.0
8	2	Fiona HOCKEY	ENG U20	3.36 pb	6.0
9	1	Lois HILLMAN	WAL U20	3.20 pb	4.0

EVENT DATA			3.00	3.20	3.36	3.51	3.61	3.71	3.81	3.91	4.01	4.11	4.16	4.21
Pos	Bib	Name	4.26	4.31	4.36	4.41	4.46							
1	66	Jade IVE (SENW)	O	XXX							O	O		O
2	65	Sally PEAKE (SENW)	O	XXX								O		XO
3	4	Molly CAUDERY					O	O	XO	XXO	XXX			
4	69	Jess SWANNACK (U20M)					XO	O	XO	XXO	XXX			
5	67	Courtney MACGUIRE (SENW)						O	XXX					
6	70	Georgia PICKLES (U23W)					XO	O	XXX					
7	3	Megan HODGSON	O	O	XXO	O	XXX							
8	2	Fiona HOCKEY			O	XXX								
9	1	Lois HILLMAN	XO	XO	XXX									

F06 (6.00kg) U20 Men/(5.00kg) U18 Men Shot Put (6.00kg)

ALL COMERS RECORD - Garrett JOHNSON, USA, 19.00, NIAC, Cardiff, 2007 (7.26kg)

WELSH RECORD - Brett MORSE Cardiff AAC 17.51 NIAC Cardiff 2008 (6.00kg)

U20 MEETING RECORD - Kieran SHOWLER-DAVIES England 17.52 2009 (6.00kg)

PREVIOUS EVENT WINNER - Dan CARTWRIGHT ENG U20 16.84

Pos	Bib	Name	Country	Perf.	Pts
1	2	Dan CARTWRIGHT	ENG U20	17.38	5.0
2	4	George HYDE	ENG U18	15.69	5.0
3	3	Thomas HANSON	WAL U18	14.72	3.0
4	1	Nicholas YOUNG	WAL U20	14.28	3.0
5	82	Geraint PUGH (U20M)	Cardiff AAC	11.51	

EVENT DATA

Pos	Bib	Athletes	1st trial	2nd trial	3rd trial	4th trial	5th trial	6th trial
1	2	Dan CARTWRIGHT	X	16.44	17.07	X	X	17.38
2	4	George HYDE	15.38	15.69	15.47	15.19	15.04	14.03
3	3	Thomas HANSON	14.24	X	14.33	14.26	13.89	14.72
4	1	Nicholas YOUNG	12.16	13.25	13.62	14.15	14.28	13.93
5	82	Geraint PUGH (U20M)	10.99	10.57	11.14	11.08	11.51	X

F07 U20 Men/U18 Men Long Jump

ALL COMERS RECORD - Gable GARENAMOTSE Botswana 8.01 NIAC Cardiff 2002

WELSH RECORD - David GUEST Bridgend AC 7.33 Bompas France 2010

U20 MEETING RECORD - Michael CAUSER ENG U20 7.52 2014

PREVIOUS EVENT WINNER - Joe HOBSON ENG U20 7.05

Pos	Bib	Name	Country	Perf.	Pts
1	1	Ceirion HOPKINS	WAL U20	7.11	5.0
2	2	Reynold BANIGO	ENG U20	6.95	3.0
3	4	Jack SUMNERS	ENG U18	6.65	5.0
4	3	Harri WHEELER-SEXTON	WAL U18	6.34	3.0
5	54	Michael THOMPSON (U20M)	Swansea Harriers	6.22	

EVENT DATA

Pos	Bib	Athletes	1st trial	2nd trial	3rd trial	4th trial	5th trial	6th trial
1	1	Ceirion HOPKINS	6.67	6.89	6.55	6.33	7.11	6.49
2	2	Reynold BANIGO	6.71	6.81	6.82	x	6.95	5.35
3	4	Jack SUMNERS	6.15	x	6.65	6.50	6.64	6.56
4	3	Harri WHEELER-SEXTON	x	x	x	x	5.99	6.34
5	54	Michael THOMPSON (U20M)	5.85	x	6.08	6.01	x	6.22

F08 (4.00kg) U20 Women/(3.00kg) U18 Women Shot Put (4.00kg)

ALL COMERS RECORD - Venissa HEAD Wales 19.06 St Athan 1984

WELSH RECORD - Jayne BERRY Brecon AC 14.54 Cosford 1989

U20 MEETING RECORD - Eden FRANCIS England 14.68 2007

PREVIOUS EVENT WINNER - Sophie MERRITT ENG U20 13.66

MR

Pos	Bib	Name	Country	Perf.	Pts
1	79	Adele NICOLL (SENW)	Birchfield Harriers	16.09 pb	
2	3	Sarah OMOREGIE	WAL U18	15.36 pb	6.0
3	4	Serena VINCENT	ENG U18	13.92	3.0
4	80	Olivia DOBSON (U17W)	Exeter	12.71	
5	2	Gaia OSBORNE	ENG U20	12.42	5.0
6	81	Caitlin ARNOLD (U17W)	Newport Harriers	11.80	

EVENT DATA

Pos	Bib	Athletes	1st trial	2nd trial	3rd trial	4th trial	5th trial	6th trial
1	79	Adele NICOLL (SENW)	15.68	15.85	16.09	15.22	15.50	15.89
2	3	Sarah OMOREGIE	13.47	13.95	12.98	15.36	13.67	14.27
3	4	Serena VINCENT	13.12	12.83	13.51	13.33	12.60	13.92
4	80	Olivia DOBSON (U17W)	12.47	12.05	12.71	12.19	11.31	12.15
5	2	Gaia OSBORNE	11.97	12.42	X	X	X	X
6	81	Caitlin ARNOLD (U17W)	10.87	X	11.48	11.80	11.62	10.97

F09 U20 Men/U18 Men Pole Vault

ALL COMERS RECORD - Luke CUTTS, 5.70 Sheffield & Dearne, 2016

WELSH RECORD - Paul WALKER Sale Harriers Manchester 5.45 NIAC Cardiff 2014

U20 MEETING RECORD - Adam HAGUE ENG U20 5.53 2.16

PREVIOUS EVENT WINNER - Adam HAGUE ENG U20 5.53

Pos	Bib	Name	Country	Perf.	Pts
1=	59	Luke CUTTS (SENM)	Sheffield & Dearne	5.35	
1=	61	Adam HAGUE (SENM)	Sheffield & Dearne	5.35	
3	2	Joel BENITEZ	ENG U20	5.25 pb	6.0
4	62	Nick CRUCHLEY (SENM)	Halesowen	5.25	
5	60	Max EAVES (SENM)	Newham & Essex Beagles	5.10	
6	63	Nicolas COLE (SENM)	Sheffield & Dearne	4.80	
7	64	Nathan GARDNER (U20M)	England Guest	4.65	
8	4	Frankie JOHNSON	ENG U18	4.65	5.0
9	1	Thomas WALLEY	WAL U20	4.20	3.0

EVENT DATA

Pos	Bib	Name	3.70	3.90	4.05	4.20	4.35	4.50	4.65	4.80	4.95	5.10	5.25	5.35
			5.45	5.50	5.55	5.60	5.65	5.70						
1=	59	Luke CUTTS (SENM)			XXX								O	O
1=	61	Adam HAGUE (SENM)			XXX								O	O
3	2	Joel BENITEZ									O	O	O	XXX
4	62	Nick CRUCHLEY (SENM)									O	O	XO	XXX
5	60	Max EAVES (SENM)										XXO		XXO
6	63	Nicolas COLE (SENM)						XO	XO	O	XXX			
7	64	Nathan GARDNER (U20M)												
8	4	Frankie JOHNSON					O	O	XO	XXO	XXX			
9	1	Thomas WALLEY	XO	XO	XXX									

F10 U20 Women/U18 Women Long Jump

ALL COMERS RECORD - Gillian COOKE Scotland 6.43 NIAC Cardiff 2008

WELSH RECORD - Emily WRIGHT, Bristol & West, 6.19, NIAC, Cardiff, 2015

U20 MEETING RECORD - Emily WRIGHT WAL U20 Guest 6.19 2015

PREVIOUS EVENT WINNER - Emily WRIGHT WAL U20 6.03

Pos	Bib	Name	Country	Perf.	Pts
1	4	Holly MILLS	ENG U18	6.16	5.0
2	2	Eleanor BROOME	ENG U20	6.06	5.0
3	3	Catrin LORD	WAL U18	5.35	3.0
4	72	Grace MORGAN (U17W)	Cardiff Archers	5.29 pb	
5	73	Macey JONES (U18W)	Wales Guest	5.16	
6	71	Abby MILES (U20M)	Swindon	5.07	
7	1	Emily THOMAS	WAL U20	4.99 pb	4.0

EVENT DATA								
Pos	Bib	Athletes	1st trial	2nd trial	3rd trial	4th trial	5th trial	6th trial
1	4	Holly MILLS	X	X	6.05	4.79	6.12	6.16
2	2	Eleanor BROOME	X	5.84	5.97	6.06	X	6.02
3	3	Catrin LORD	X	X	5.35	X	X	4.96
4	72	Grace MORGAN (U17W)	5.06	4.45	5.29	X	4.85	4.99
5	73	Macey JONES (U18W)	X	X		X	5.16	X
6	71	Abby MILES (U20M)	4.89	5.07	X	X	X	4.99
7	1	Emily THOMAS	X	X	4.99	X	4.93	X

T03 U13 Boys 4x200m Relay

Welsh Record - Not Recognised at this age group
Meeting Record - Cardiff Archers 'A' 1:54.53 2014
2014 Welsh Champion - Cardiff AAC 'A' 1:56.88

			Heat 1	
Pos	Bib	Athletes	Country	Perf.
1	135	Tomos BROAD,Ewan BAILEY, Jack O'BRIEN, Morgan HUBBARDE	Bridgend AC	1:57.64
2	137	Oliver KIRKHAM,Harry BEDDALL, Sonny GREENMAN, Ryan CLARK	Cardiff Archers 'A'	1:58.06
3	136	Rohan MATTHEW,Ben HUGHES, Gethin EVANS, Charlie STOCKLEY-JONES	Cardiff AAC	2:09.10
DQ	139	Aneurin PATERSON,Llewelyn REES, Louie ROBERTS, Toks AKANBI-MORTIMER	Rhymney Valley AC	Rule 170.7

[Photo](#) Supplied by Welsh Timing Team

T23 U13 Girls 4x200m Relay

Welsh Record - Not Recognised at this age group
Meeting Record - 2016Cardiff Archers 'A' 1:57.02
2014 Welsh Champion - Cardiff Archers 'A' 1:57.02

			Heat 1	
Pos	Bib	Athletes	Country	Perf.
1	145	Sophie KNOYLE,Mia SKLAVOUNOS, Seren GRIFFITHS, Amelia NORTON	Cardiff Archers 'C'	2:12.43
2	142	Sophia FOSCOLO,Savanah CAMPBELL-DAVIES, Emma JONES, Mali JONES	Cardiff AAC 'B'	2:16.63
DQ	140	Jersey JONES,Aimee CHILDS, Tianna TEISAR, Eleni JONES	Bridgend AC	Rule 170.7

[Photo](#) Supplied by Welsh Timing Team

			Heat 2	
Pos	Bib	Athletes	Country	Perf.
1	143	Sophie DAVIES,Katie GILL, Lauren GUNNEY, Sophie LISK	Cardiff Archers 'A'	1:59.13
2	146	Chloe SIMMONITE,Hannah CARPENTER, Courtney BROWN, Kahlen JONES	Llanelli AC	2:07.91
3	147	Carys PRICE,Saran HOPKINS, Gabrielle JONES, Jasmine HALE	Neath Harriers	2:08.20

[Photo](#) Supplied by Welsh Timing Team

			Heat 3	
Pos	Bib	Athletes	Country	Perf.
1	144	Anna BROOKS,Emily CRUWYS, Emily DENT, Chalise COLDERLEY	Cardiff Archers 'B'	2:05.53
2	141	Rhiannon HARRIES,Molly TYPE, Maddie LEA, Jemima ROBINSON	Cardiff AAC 'A'	2:10.06
3	148	Ella MITCHELL,Freya HUGHES-ROLLS, Abigail JAMES, Alys GODFREY	Rhymney Valley AC	2:22.87

[Photo](#) Supplied by Welsh Timing Team

U13G 4 X 200m MEDALISTS

1	143	Sophie DAVIES,Katie GILL, Lauren GUNNEY, Sophie LISK	Cardiff Archers 'A'	1:59.13
2	144	Anna BROOKS,Emily CRUWYS, Emily DENT, Chalise COLDERLEY	Cardiff Archers 'B'	2:05.53
3	146	Chloe SIMMONITE,Hannah CARPENTER, Courtney BROWN, Kahlen JONES	Llanelli AC	2:07.91

T25 U15 Girls 4x200m Relay

Welsh Record - Not Recognised at this age group

Meeting Record - Cwmbran Harriers 1:48.84

2014 Welsh Champion - Cardiff AAC 'A' 1:51.34

Pos	Bib	Athletes	Country	Heat 1 Perf.
1	156	Alana LEA,Olivia SUGARMAN, Saffy MAURICE, Emmanuella KONE	Cardiff AAC 'A'	1:49.77
2	161	Caitlyn MAPPS,Alaw EVANS, Victoria OWEN, Ellie ROSE ISAAC	Cardiff Archers 'A'	1:52.78
3	155	Hannah DIXON,Molly RIDGE, Jodi DAVIES, Ella HUBBARDE	Bridgend Ac	1:56.58
4	160	Lily GREGSON,Ffion HUTCHINSON, Leah RADFORD, Lily DOWNIE	Cardiff AAC 'E'	2:12.24

[Photo](#) Supplied by Welsh Timing Team

Pos	Bib	Athletes	Country	Heat 2 Perf.
1	157	Evie PEARSON,Holly MEDINA, Emma CARTER, Erin MURRAY	Cardiff AAC 'B'	1:55.24
2	159	Sophie LIAS,Mollie SCOTT, Lili JONES, Elen JAMES	Cardiff AAC 'D'	2:06.45
DQ	158	Evie WONG,Eden WILLIAMS, Gabby DICKINSON, Darcy JOHN-COOK	Cardiff AAC 'C'	Rule 170.7
DQ	163	Elinor THOMAS,Hannah CUTHELL, Maddison BALL, Jessica CLYDE	Llanelli AC	Rule 170.7

[Photo](#) Supplied by Welsh Timing Team**U15G 4 X 200m MEDALISTS**

1	156	Alana LEA,Olivia SUGARMAN, Saffy MAURICE, Emmanuella KONE	Cardiff AAC 'A'	1:49.77
2	161	Caitlyn MAPPS,Alaw EVANS, Victoria OWEN, Ellie ROSE ISAAC	Cardiff Archers 'A'	1:52.78
3	157	Evie PEARSON,Holly MEDINA, Emma CARTER, Erin MURRAY	Cardiff AAC 'B'	1:55.24

T27 U15 Boys 4x200m Relay

Welsh Record - Not Recognised at this age group

Meeting Record - Cardiff AAC 'A' 1:43.47 2016

2014 Welsh Champion - Cardiff AAC 'A' 1:43.47

Pos	Bib	Athletes	Country	Heat 1 Perf.
1	153	Zak WALL,Fraser KING, Gibril CARLISLE, Joshua NOTT	Cardiff Archers	1:50.38
2	149	Dylan ANDREWS,Finlay SULLIVAN, Rhys HARDMAN, Evan JONES	Bridgend AC	1:52.74
3	151	Ben REYNOLDS,Jay THORNE, Thomas EDWARDS, Jake WHITE	Cardiff AAC 'B'	1:54.62

[Photo](#) Supplied by Welsh Timing Team

Pos	Bib	Athletes	Country	Heat 2 Perf.
1	150	Harry OWEN,Matthew REGISTER, Phil GRUNDY, Lance THORNE	Cardiff AAC 'A'	1:42.49
2	152	Fin BAKER,Lloyd JONES, Carwyn HASTINGS, Iwan SMITH	Cardiff AAC 'C'	1:57.68

[Photo](#) Supplied by Welsh Timing Team**U15B 4 X 200m MEDALISTS**

1	150	Harry OWEN,Matthew REGISTER, Phil GRUNDY, Lance THORNE	Cardiff AAC 'A'	1:42.49
2	153	Zak WALL,Fraser KING, Gibril CARLISLE, Joshua NOTT	Cardiff Archers	1:50.38
3	149	Dylan ANDREWS,Finlay SULLIVAN, Rhys HARDMAN, Evan JONES	Bridgend AC	1:52.74

T01 U15 Boys 3000m

ALL COMERS RECORD - Not Recognised at this age group

WELSH RECORD - Jake HEYWARD Cardiff AAC 9:26.28 NIAC Cardiff 2013

WR

U20 MEETING RECORD - Jake HEYWARD 9:26.28 Cardiff AAC 2013

PREVIOUS EVENT WINNER - Samuel ROBERTS City of Sheffield AC 9:51.17

Pos	Bib	Name	Country	Final Perf.
1	101	James JONES U15B	Deeside AAC	9:25.19
2	103	Joseph REARDON U15B	Aberdare VAAC	9:33.36
3	105	Lloyd SHEPPARD U15B	Rhymney Valley AC	9:42.42

[Photo](#) Supplied by Welsh Timing Team**T02 U15 Girls 3000m**

ALL COMERS RECORD - Not Recognised at this age group

WELSH RECORD - Olivia GWYNN Swansea Harriers 10:41.07 NIAC Cardiff 2011

WR

U20 MEETING RECORD - Olivia GWYNN 10:41.07 Swansea Harriers 2011

PREVIOUS EVENT WINNER - Ffion Madi REES JONES Menai T&F 11:08.61

Pos	Bib	Name	Country	Final Perf.
1	106	Aimee CALLOW U15G	Cardiff Archers	10:40.63
2	108	Rheagan EDWARDS U15G	Deeside AAC	10:42.98
3	111	Ella MORGAN U15G	Aberdare VAAC	10:57.53
4	109	Alanah HILL U15G	Cardiff Archers	11:13.66
5	110	Moli LYONS U15G	Barry & Vale Harriers	11:41.32
6	115	Freya ROBERTS U15G	Cardiff Archers	11:51.62
7	112	Maddie MORGAN U15G	Carmarthen Harriers	0.01

[Photo](#) Supplied by Welsh Timing Team**T09 Senior Women 3000m**

ALL COMERS RECORD - Gemma TURTLE England 8:56.23 NIAC Cardiff 2010

WELSH RECORD - Hayley TULLETT Swansea Harriers 8:45.36 Lisbon Portugal 2001

U20 MEETING RECORD - Olivia GWYNN 9:37.04 Swansea Harriers 2015

PREVIOUS EVENT WINNER - No athletes

Pos	Bib	Name	Country	Final Perf.
1	131	Julia COOKE SENW	Birchfield Harriers	9:54.65 1=W
2	133	Charlotte GAUGHAN SENW *	Cardiff AAC	10:20.61
3	130	Emily BROWN SENW	Cardiff AAC	10:31.68 2=W pb

[Photo](#) Supplied by Welsh Timing Team**T28 Senior Men 3000m**

ALL COMERS RECORD - Rob WHALLEY England 7:53.63 NIAC Cardiff 2000

WELSH RECORD - Ian HAMER Swansea Harriers 7:51.49 NIA Birmingham 1992

U20 MEETING RECORD - David WESTBURY 8:17.84 Derby AC 2010

PREVIOUS EVENT WINNER - James THIE (SENM) Cardiff AAC 8:39.95

Pos	Bib	Name	Country	Final Perf.
1	99	Oliver BARBARESI U20M	Menai Track & Field	8:38.64 1=W pb
2	120	Abed TEWELDEBRHAN U23M	Newport Harriers	8:58.90 2=W
3	126	Joel REDMAN SENM	Cardiff AAC	9:15.30 3=W
4	129	Nick WOOD SENM *	Dartford Harriers AC	9:20.45
5	124	Mark FOWLES SENM	Cardiff AAC	10:11.49 4=W
6	121	Brian DIAS SENM	Cardiff AAC	10:57.64 5=W

[Photo](#) Supplied by Welsh Timing Team

2017 WA Indoor International

A.O.M

Best Male & Best Female

Performances of the day

U20 MEN: RANKING BASED ON MEETING RECORDS										
U20 Men/U18 Men 1500m	10	T	0.00	0.00	-1.65%	6	2	Ben DAVIES	ENG U20	
U20 Men/U18 Men 800m	8	T	1:50.67	1:54.64	-3.59%	7	2	Joseph TUFFIN	ENG U20	
U20 Men/U18 Men 400m	6	T	48.61	48.53	0.16%	2	2	Ellis GREATREX	ENG U20	
U20 Men/U18 Men 60m	2	T	6.80	6.85	-0.74%	3	2	Rio MITCHAM	ENG U20	
U20 Men/U18 Men 200m	4	T	21.45	0:00.00	-3.73%	8	2	Charles HILLIARD	ENG U20	
U20 Men 60m Hurdles	12	T	7.50	7.88	-5.07%	10	2	Tre THOMAS	ENG U20	
U18 Men 60m Hurdles	12	T	7.50	8.13	-8.40%	12	4	Sam BENNETT	ENG U18	
U20 Men/U18 Men High Jump	14	F	2.15	2.13	-0.93%	5	2	Tom GALE	ENG U20	
U20 Men/U18 Men Triple Jump	20	F	15.20	15.46	1.71%	1	2	Jude BRIGHT-DAVIES	ENG U20	
(6.00kg) U20 Men/(5.00kg) U18 Men Shot Put (6.00kg)	22	F	17.52	17.38	-0.80%	4	2	Dan CARTWRIGHT	ENG U20	
U20 Men/U18 Men Long Jump	18	F	7.52	7.11	-5.45%	11	1	Ceirion HOPKINS	WAL U20	
U20 Men/U18 Men Pole Vault	16	F	5.53	5.25	-5.06%	9	2	Joel BENITEZ	ENG U20	
U20 WOMEN										
U20 Women/U18 Women 800m	37	T	2:06.69	2:06.98	-0.23%	5	2	Isabelle BOFFEY	ENG U20	
U20 Women/U18 Women 400m	35	T	56.11	56.89	-1.39%	7	2	Megan DAVIES	ENG U20	
U20 Women/U18 Women 60m	31	T	7.47	33:36.00	0.40%	4	1	Hannah BRIER	WAL U20	
U20 Women/U18 Women 200m	33	T	24.87	24.51	1.45%	3	1	Amelia REYNOLDS	WAL U20	
U20 Women/U18 Women 1500m	39	T	0.00	0.00	-2.96%	8	53	Ellie BAKER	ENG U20	
U20 Women 60m Hurdles	41	T	8.45		-100.00%					
U20 Women/U18 Women 60m Hurdles	41	T	8.45	8.30	1.78%	2	2	Alicia BARRETT	ENG U20	
U20 Women/U18 Women High Jump	43	F	1.89	1.71	-9.52%	11	4	Ashleigh WEST	ENG U18	
U20 Women/U18 Women Triple Jump	49	F	12.31	11.89	-3.41%	9	4	Eloise HARVEY	ENG U18	
U20 Women/U18 Women Pole Vault	45	F	4.30	3.91	-9.07%	10	4	Molly CAUDERY	ENG U18	
(4.00kg) U20 Women/(3.00kg) U18 Women	51	F	14.68	15.36	4.63%	1	3	Sarah OMOREGIE	WAL U18	
U20 Women/U18 Women Long Jump	47	F	6.19	6.16	-0.48%	6	4	Holly MILLS	ENG U18	

			WAL U20	WAL U18	ENG U20	ENG U18
			1	3	2	4
T06	1500m	U20 Men/U18 Men	3.0		5.0	5.0
T10	800m	U20 Men/U18 Men	3.0		5.0	5.0
T11	800m	U20 Women/U18 Women	3.0	6.0	6.0	4.0
T12	400m	U20 Women/U18 Women	3.0	3.0	5.0	5.0
T13	400m	U20 Men/U18 Men	6.0	3.0	5.0	5.0
T16	60m	U20 Men/U18 Men	3.0	3.0	5.0	6.0
T17	60m	U20 Women/U18 Women	5.0		3.0	5.0
T18	200m	U20 Men/U18 Men	3.0	5.0	5.0	3.0
T19	200m	U20 Women/U18 Women	5.0	3.0	3.0	5.0
T20	60m Hurdles	U20 Men	4.0		5.0	
T21	1500m	U20 Women/U18 Women	3.0	11.0	6.0	4.0
T22	60m Hurdles	U18 Men		4.0		10.0
T24	60m Hurdles	U20 Women	6.0	4.0	10.0	6.0
T26	60m Hurdles	U20 Women/U18 Women	6.0	4.0	10.0	6.0
T29	4x200m Relay	U20 Men/U18 Men	5.0		3.0	
T30	4x200m Relay	U20 Women/U18 Women	3.0		5.0	
TRACK TOTAL POINTS			107.0		150.0	
F01	High Jump	U20 Men/U18 Men	3.0	4.0	5.0	5.0
F02	High Jump	U20 Women/U18 Women	3.0		5.0	5.0
F03	Triple Jump	U20 Men/U18 Men	3.0		5.0	6.0
F04	Triple Jump	U20 Women/U18 Women	3.0	2.0	1.0	3.0
F05	Pole Vault	U20 Women/U18 Women	4.0	3.0	6.0	5.0
F06	Shot Put (6.00kg)	(6.00kg) U20 Men/(5.00kg) U18 Men	3.0	3.0	5.0	5.0
F07	Long Jump	U20 Men/U18 Men	5.0	3.0	3.0	5.0
F08	Shot Put (4.00kg)	(4.00kg) U20 Women/(3.00kg) U18 Women		6.0	5.0	3.0
F09	Pole Vault	U20 Men/U18 Men	3.0		6.0	5.0
F10	Long Jump	U20 Women/U18 Women	4.0	3.0	5.0	5.0
FIELD TOTAL POINTS			55.0		93.0	
OVERALL SCORE		WALES	162.0			
		ENGLAND	243.0			