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WELSH ATHLETICS ATHLETAU CYMRU
 19th Inter Regional T&F Championships
 Saturday 26th August 2017 - Penlan, Brecon

F01 MALE Hammer 7.26kg/6.00kg

Welsh Record: SENM Shaun PICKERING, Haringey, 68.64, 1984/U20M Jac PALMER, Cardiff AAC, 70.88, 18.04.2015

CBP : Osian JONES, North, 65.02, 2015

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	5	Jac PALMER	South/Cardiff AAC	63.65	X	63.73	61.04	63.73	8.0
2	3	Neil EDWARDS	North/Wrexham AAC	26.83	X	28.31	24.91	28.31	7.0
3	1	Derek OSBORNE	East/Brecon AC	25.47		22.94	22.25	25.47	6.0
4	7	Patryk GLANCERZ	West/Llanelli AC	19.08	16.89	15.98	17.37	19.08	5.0
5	2	Paul EVANS	East/Brecon AC	12.17	X	11.30	10.99	12.17	4.0
6	8	Dai JONES	West/Swansea Harriers	X	9.59	11.94	11.73	11.94	3.0

F02 U17M Hammer 5.00kg

Welsh Record: Jac PALMER, Cardiff AAC, 63.85, 2012

CBP : Kieran GRIMWADE, South, 56.16, 2016

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	1	Kyle DAVIES	East/Brecon AC	X	X	35.16	X	35.16	8.0
2	5	Rhys BARKLEY	South/Cardiff AAC	25.34	24.68	25.78	23.21	25.78	7.0
3	8	Brynmor CLEMENTS	West/Swansea Harriers	22.49	25.49			25.49	6.0
4	7	Andrew SALMON	West/Pembrokeshire Harriers	22.44	22.78	X	19.78	22.78	5.0

F03 U15B Hammer 4.00kg

Welsh Record: Rhys HODNETT, Cardiff AAC, 55.26, 2006

CBP : Rhys HODNETT, South, 53.94, 2006

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	5	Evan MORGAN	South/Cardiff AAC	36.20	37.27	38.64	39.05	39.05	8.0
2	8	Harry DAVIES	West/Neath Harriers	31.77	38.83	X	X	38.83	7.0
3	1	James WILLIAMS	East/Brecon	15.11	31.57	27.38	X	31.57	6.0
4	7	Joshua WILTON	West/Swansea Harriers	23.89	X	26.01		26.01	5.0
5	4	Elvis LAVERTY	North/Deeside AAC	23.35	23.74	24.67	23.84	24.67	4.0
6	6	Jake KNIGHT	South/Cardiff Archers	23.95	22.64	21.73		23.95	3.0
7	3	Issac LECKI	North/Wrexham AAC	23.39	21.83	WD		23.39	2.0

F04 - F04 FEMALE Long Jump

Welsh Record: SENW Gill REGAN, Cardiff AAC, 6.52, 1982/U20W Lisa ARMSTRONG, Torfaen AC, 6.25, 1992

CBP : Rebecca JONES, North, 5.67, 2002

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts				
1	3	Rhian WILLIAMS	North/Deeside AAC	5.13	+0.2	5.07	-0.7	4.91	+0.7	X	-0.8	5.13/+0.2	8.0
2	7	Maddie NEWTON (U20)	West/Neath Harriers	4.90	+0.2	4.49	-0.3	4.38	-0.9	4.60	-0.1	4.90/+0.2	7.0
3	4	Rosie UNWIN	North/Deeside AAC	X	-0.4	4.84	+0.7	4.81	-1.0	4.84	-0.2	4.84/+0.7	6.0
4	2	Megan LINNELL	East/Newport Harriers	4.83	+0.2	4.56	+0.6	X	-0.4	4.83		4.83/+0.2	5.0
5	8	Sophie HUTCHINSON	West/Swansea Harriers	4.41	-1.0	4.49	-0.6	4.33	-1.3	4.52	-0.3	4.52/-0.3	4.0
6	1	Caitlin KIRBY	East/Rhymney Valley AC	2.97	-0.6	3.26	-0.4	3.26	-0.7	3.12	+0.4	3.26/-0.4	3.0

F05 U17W Long Jump

Welsh Record: Lisa ARMSTRONG, Torfaen AC, 6.01, 1990

CBP : Sally PEAKE, North, 5.42, 2002

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts				
1	2	Lily IVIN	East/Cardiff Archers	5.07	+1.5	X	+0.3					5.07/+1.5	8.0
2	1	Sophie POPE	East/Cwmbran Harriers	4.83	-1.1	4.83	+0.8	4.92	-0.9	4.64	-0.8	4.92/-0.9	7.0
3	8	Niamh ROBERTS	West/Llanelli AC	4.51	-0.2	4.50	-1.1	4.87	-0.3	4.41	-0.4	4.87/-0.3	6.0
4	3	Alice FISHER	North/Colwyn Bay AC	4.36	+0.5	4.33	-0.5	4.49	-0.1	4.22	-0.5	4.49/-0.1	5.0
5	7	Seren WYATT	West/Swansea Harriers	4.49	+0.3	X	+1.2	4.27	+0.5	4.05	+0.2	4.49/+0.3	4.0
6	4	Leanne BITHELL	North/Deeside AAC	4.16	+0.3	4.45	+1.7	4.24	+1.1			4.45/+1.7	3.0
7	5	Eliza DURNALL	South/Cardiff AAC	4.34	+1.1	X	-0.1	4.12	-0.5	4.35	-0.4	4.35/-0.4	2.0
8	6	Ellie STONEHEWER	South/Cardiff AAC	X	-0.8	X	+0.6	4.05	-0.1	4.21	+0.2	4.21/+0.2	1.0

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F06 U15G Long Jump

Welsh Record: Ceri JENKINS, Cleddau, 5.57, 1972

CBP : Sally PEAKE, North, 5.26, 1999

Pos	Bib	Athlete	Region	1st Trial		2nd Trial		3rd Trial		4th Trial		Best Perf	Pts
1	7	India COLLINSON	West/Swansea Harriers	4.94	+0.9	4.89	-0.9	4.77	-0.1	X	-0.2	4.94/+0.9	8.0
2	8	Carys POOLE	West/Swansea Harriers	4.93	-0.5	4.58	-0.2	4.70	-1.8	4.82	-0.2	4.93/-0.5	7.0
3	1	Amy JENKINS	East/Newport Harriers	4.32	+0.2	4.70	+0.4	4.59	-0.4	X	+0.4	4.70/+0.4	6.0
4	3	Chloe GRIFFITH	North/Menai T&F	4.46	+0.4	4.23	-0.3	4.50	-1.1	4.60	-0.7	4.60/-0.7	5.0
5	5	Ella JACKSON	South/Cardiff Archers	4.50	-0.1	4.44	-0.8	4.34	-0.9	4.41	-0.1	4.50/-0.1	4.0
6	6	Kirsty LAW	South/Barry & Vale Harriers	1.78	-0.6	3.45	-0.3	4.04	-0.5	4.21	-0.5	4.21/-0.5	3.0
7	2	Paige BALLINGTON	East/Brecon AC	4.11	+1.2	3.99	-1.0	3.98	-0.6			4.11/+1.2	2.0
8	4	Hannah SMITH	North/Deeside AAC	3.89	+1.4	3.94	-0.6	X	-0.1	4.04	-0.6	4.04/-0.6	1.0

F07 - F07 FEMALE Pole Vault

Welsh Record: SENW Sally PEAKE, Birchfield Harriers, 4.40, 2014/U20W Elinor LEWIS, Cardiff AAC, 3.74, 2009

CBP : Elinor LEWIS/Lyndsey MAUND, South, 3.50, 2009/2010

Pos	Bib	Athlete	Region	2.40	2.50	2.80	3.00	3.10	3.20				Perf	Pts
1	7	Carys JONES	West/Carmarthen Harriers				O	PASS	XXX				3.00	8.0
2	5	Lois HILLMAN	South/Cardiff AAC			XO	XXO	XXX					3.00	7.0
3	3	Ellie COLLINS (U20)	North/Wrexham AAC	O	XXX								2.40	6.0

F08 - F08 U17W Pole Vault

Welsh Record: Rebecca DAVIES, Deeside AAC, 3.65, 2009

CBP : Rebecca DAVIES, North, 3.60, 2009 (ind)

Pos	Bib	Athlete	Region	1.70	1.80	1.90	2.00	2.10	2.20	2.30	2.40	2.50	2.60	Perf	Pts
1	3	Elin HAWKE	North/Deeside AAC	2.70	2.80	2.90								2.80	8.0
2	5	Caitlin LEGGET	South/Cardiff AAC	O	XXX						XO	XO	XO	2.70	7.0
3	7	Caitlin WARD	West/Swansea Harriers						O	PASS	O	O	XXX	2.50	6.0
4	8	Eleanor WARD	West/Swansea Harriers	XO	O	O	XXX							1.90	5.0
5	1	Maisie STOTT	East/Brecon AC	O	XO	XXX								1.80	4.0

F09 U15G Pole Vault

Welsh Record: Carys JONES, Carmarthen Harriers, 3.20, 2013

CBP : Christina HUGHES, North, 3.01, 2006

Pos	Bib	Athlete	Region	1.50	1.70	1.80	1.90	2.00	2.10	2.20	2.30	2.40	2.50	Perf	Pts
1	8	Evie LAWRENCE	West/Swansea Harriers	2.60										2.50	8.0
2	3	Morgan EDWARDS	North/Deeside AAC	XXX					O	PASS	O	O	O	2.30	7.0
3	4	Lowri JARVIS	North/Wrexham AAC					XO	XXX					2.00	6.0
4	7	Emily COLLINS	West/Swansea Harriers		O	XXX								1.70	5.0

F10 MALE High Jump

Welsh Record: SENM Robert MITCHELL, Shaftesbury, 2.25, 2001/U20M John HILL, Solihull, 2.24, 1985

CBP : Andrew PENK, North, 2.05, 2000

Pos	Bib	Athlete	Region	1.27	1.32	1.37	1.42	1.47	1.52	1.57	1.62	1.67	1.72	Perf	Pts
1	5	Jon BAILEY	South/Cardiff AAC	1.77	1.82	1.87	1.92	1.97	2.02	2.06				2.02	8.0
2	6	Ieuan ORTON	South/Barry & Vale Harriers		O	O	XXX	XO	XXO	XXX				1.87	7.0
3	7	Ioan JENKINS (U20)	West/Swansea Harriers	XO	XXO	XO	XXX						O	1.87	6.0
4	4	Tom WALLEY	North/Wrexham AAC		XO	XXX							XO	1.82	5.0
5	3	Rhodri DAVIES	North/Colwyn Bay AC	O								O	O	1.77	4.0
6	8	Charles LLEWELLIN (U20)	West/Pembrokeshire Harriers					O	XO	X	O	O	XXX	1.67	3.0
7	1	Owen CHESHER	East/Brecon AC								O		X	1.62	2.0
8	2	Charles NORTHEY	East/Brecon AC	O	XO	XXO	XXX							1.37	1.0

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F11 U17M High Jump

Welsh Record: Chuka ENIH-SNELL, Swansea Harriers , 2.15, 2000

CBP : Chuka ENIH SNELL, West, 2.10, 2000

Pos	Bib	Athlete	Region	1.32	1.37	1.42	1.47	1.52	1.57	1.62	1.67	1.72	1.77	Perf	Pts
1	7	Iwan BEGGS	West/Swansea Harriers	1.82	1.87									1.82	8.0
2	5	Chinua EBEREONWU	South/Cardiff Archers	XO	XXX							O	O	1.77	7.0
3	8	Stephen JENKINS	West/Swansea Harriers					O	O	XO	O	O	XXX	1.72	6.0
4	6	Cameron PAMMENT	South/Cardiff AAC				O	O	O	O	XO	XXX		1.67	5.0
5	1	Connor CALLAGHAN	East/Rhymney Valley AC				O	O	O	XXO	XXO	XXX		1.67	4.0
6	2	Owain POWELL-JONES	East/Brecon AC		O	O	XO	XXX						1.47	3.0
7	3	Luc SHAROCK	North/Menai T&F	O	XO	O	XO	XXX						1.47	2.0
8	4	Morgan ASHWORTH	North/Colwyn Bay AC	O	XXX									1.32	1.0

F12 U15B High Jump

Welsh Record: Miles KELLER-JENKINS, Swansea Harriers , 1.97, 2012

CBP : David GUEST, South, 1.85, 2006

Pos	Bib	Athlete	Region	1.17	1.22	1.27	1.32	1.37	1.42	1.47	1.52	1.57	1.62	Perf	Pts
1	7	Dylan PHILLIPS	West/Pembrokeshire Harriers	1.67						O	O	XXO	O	1.67	8.0
2	1	Iwan REES	East/Rhymney Valley AC	XXX			O	O	O	O	O	O	XO	1.62	7.0
3	8	Ryan THOMAS	West/Carmarthen Harriers							XO	XXO	XXX		1.52	6.0
4	4	Ellis JONES	North/Menai T&F			O	O	O	XXO	XXO	XXX			1.47	5.0
5	3	Sion Ynyr ROBERTS	North/Menai T&F				O	XXO	XXO	XXO	XXX			1.47	4.0
6	5	Fraser KING	South/Cardiff Archers			O	O	O	XO	XXX				1.42	3.0
7	2	Oliver WATKINS	East/Rhymney Valley AC			O	XO	XXX						1.32	2.0
8	6	Lloyd JONES	South/Cardiff AAC	O	XO	XXX								1.22	1.0

F13 FEMALE Hammer 4.00kg

Welsh Record: SENW Carys PARRY, Rhondda AC, 66.80, 2014/U20W Toni WELLS, Swansea Harriers, 55.81, 2012

CBP : Carys PARRY, South, 61.68, 2010

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	3	Amber SIMPSON (U20)	North/Deeside AAC	50.66	51.63	51.82	52.40	52.40	8.0
2	5	Ffion PALMER (U20)	South/Cardiff AAC	X	X	46.97	46.19	46.97	7.0
3	7	Sarah WATKINS (U20)	West/Neath Harriers	34.52	37.07	30.38	36.43	37.07	6.0
4	4	Megan WEETMAN	North/Deeside AAC	30.92	X	X	X	30.92	5.0
5	8	Karen LLEWELLIN	West/Pembrokeshire Harriers	24.99	25.68	26.27	X	26.27	4.0
6	2	Julie DRISCOLL	East/Brecon AC	X	25.69	X	X	25.69	3.0

F14 U17W Hammer 3.00kg

Welsh Record: Jade WILLIAMS, Wrexham AC, 59.09, 2016

CBP : Ffion PALMER, South, 52.08, 2016

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	5	Bethan GAMMON	South/Cardiff AAC	X	40.95	49.57	X	49.57	8.0
2	7	Lara SPACEY	West/Swansea Harriers	39.28	42.30	X	44.84	44.84	7.0
3	8	Karilinka BACKACOVA	West/Neath Harriers	40.87	X	X	X	40.87	6.0
4	1	Carys JORDAN	East/Newport Harriers	32.96	33.56	33.27	X	33.56	5.0
5	3	Isabelle COLLINS	North/Wrexham AAC	X	X	31.85	31.08	31.85	4.0
6	2	Gwennan LEWIS	East/Newport Harriers	28.34	X	28.92		28.92	3.0
7	6	Anais ROWLANDS	South/Cardiff AAC	27.88	X	X	28.00	28.00	2.0

F15 - F15 U15G Hammer 3.00kg

Welsh Record: Jade WILLIAMS, Wrexham AC, 54.00, 2015

CBP : Cassey GRIMWADE, South, 41.83, 2016

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	7	Emma HAMES	West/Neath Harriers	40.77	39.00	38.61	36.45	40.77	8.0
2	5	Ellie BEDDALL	South/Cardiff Archers	25.11	23.95	25.90	X	25.90	7.0
3	6	Lily GREGSON	South/Cardiff AAC	19.05	22.42	22.40	22.78	22.78	6.0
4	8	Emily COLLINS	West/Swansea Harriers	22.06	X	22.40	17.75	22.40	5.0
5	3	Holly PEMBERTON	North/Wrexham AAC	20.51	20.26	21.74	20.55	21.74	4.0
6	4	Leah CLARKE	North/Deeside AAC	X	18.68	X	20.40	20.40	3.0

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F16 MALE Long Jump

Welsh Record: SENM Lynn DAVIES, Roath H, Cardiff, 8.23, 1968/U20M Colin JACKSON, Cardiff AAC, 7.56, 1985

CBP : Ricardo CHILDS, East, 7.06, 2004

Pos	Bib	Athlete	Region	1st Trial		2nd Trial		3rd Trial		4th Trial		Best Perf	Pts
1	1	Kellen JONES (U20)	East/Newport Harriers	6.44	+0.4	X	+1.7					6.44/+0.4	8.0
2	3	Tom WALLEY	North/Wrexham AAC	6.24	+1.1	2.98	+0.3	6.43	+0.3	6.29	+1.3	6.43/+0.3	7.0
3	4	Rhodri DAVIES	North/Colwyn Bay AC	6.13	+0.2	6.07	+1.2	6.04	+0.8			6.13/+0.2	6.0
4	5	Rhys ROBERTS (U20)	South/Bridgend AC	5.61	-0.2	5.59	-0.1	5.65	+0.3	5.97	+2.3	5.97/+2.3	5.0
5	7	Aaron OSUJI	West/Neath Harriers	5.50	-0.3	5.59	+1.5	5.49	+1.1	5.38	+0.5	5.59/+1.5	4.0
6	8	Chris LLOYD	West/Run4All Neath	3.83	-0.2	4.65	+1.0	4.76	+0.4	4.20	-0.1	4.76/+0.4	3.0
7	2	Derek OSBORNE	East/Brecon AC	4.02	+0.4	4.35	+0.4	4.10	+0.2	4.26	+0.2	4.35/+0.4	2.0

F17 U17M Long Jump

Welsh Record: Marcus BROWNING, Chester, 7.11, 1986

CBP : Ricardo CHILDS, East, 6.79, 2001

Pos	Bib	Athlete	Region	1st Trial		2nd Trial		3rd Trial		4th Trial		Best Perf	Pts
1	3	Zachary PRICE	North/Menai T&F	5.76	-1.5	5.77	+1.5	6.05	+0.7	6.11	+0.1	6.11/+0.1	8.0
2	7	Nicholas WILLIAMS	West/Swansea Harriers	5.64	+0.2	5.67	+0.9	5.44	+0.8	X	+1.9	5.67/+0.9	7.0
3	8	Kian GRAHAM	West/Llanelli AC	5.24	+0.2	X	+1.5	X	+0.8	5.41	+2.4	5.41/+2.4	6.0
4	4	Luc SHAROCK	North/Menai T&F	5.17	-0.7	5.02	+0.3	X	+1.1	1.60	+1.0	5.17/-0.7	5.0
5	1	Finlay BERTRAM	East/Newport Harriers	4.58	+0.2	X	+0.5	X	+0.8	4.99	+0.6	4.99/+0.6	4.0
6	2	Owain POWELL-JONES	East/Cwmbrian Harriers	4.84	-0.4	4.75	+0.6	4.83	+0.6	4.86	+0.8	4.86/+0.8	3.0

F18 U15B Long Jump

Welsh Record: Ian STRANGE, Newbridge HS, 6.63, 1977

CBP : Lloyd ROBBINS, North, 6.14, 2010

Pos	Bib	Athlete	Region	1st Trial		2nd Trial		3rd Trial		4th Trial		Best Perf	Pts
1	5	Ben VINCENT	South/Cardiff AAC	5.41	+1.6	5.33	+0.4	4.82	+0.8	5.37	+0.5	5.41/+1.6	8.0
2	3	Finley SAVAGE	North/Deeside AAC	5.17	+1.4	4.26	+1.9	3.67	+0.5	4.87	+0.7	5.17/+1.4	7.0
3	6	Phil GRUNDY	South/Cardiff AAC	X	+0.7	4.93	+1.3	4.58	+0.9	4.21	+0.5	4.93/+1.3	6.0
4	4	Sion Ynyr ROBERTS	North/Menai T&F	4.88	+0.9		+0.9		+1.3		-0.2	4.88/+0.9	5.0
5	8	Harvey JAMES	West/Swansea Harriers	4.81	+1.0	4.45	+0.6					4.81/+1.0	4.0
6	7	Charlie HOLLAND	West/Swansea Harriers	4.80	+0.5	X	+0.8	4.61	+1.6			4.80/+0.5	3.0
7	1	Iwan REES	East/Rhymney Valley AC	4.52	+1.6	4.22	-0.1	4.69	+0.4	4.44	+0.7	4.69/+0.4	2.0
8	2	Ben HARRIS	East/Rhymney Valley AC	4.14	+0.4	4.05	+0.4	4.02	-0.1	4.10	+0.9	4.14/+0.4	1.0

F19 FEMALE Discus 1.00kg

Welsh Record: SENW Venissa HEAD, Cardiff AAC, 64.68, 1983/U20W Philippa ROLES, Swansea Harriers, 51.60, 1997

CBP : Adele NICOLL, North, 42.32, 2014

Pos	Bib	Athlete	Region	1st Trial		2nd Trial		3rd Trial		4th Trial		Best Perf	Pts
1	8	Awen ROSSER	West/Swansea Harriers	38.26		42.67		X		41.53		42.67	8.0
2	3	Amber SIMPSON (U20)	North/Deeside AAC	31.81		32.39		36.85		35.47		36.85	7.0
3	7	Nina PRELLS	West/Swansea Harriers	X		33.23		X		34.59		34.59	6.0
4	4	Tia WILLIAMS (U20)	North/Deeside AAC	27.65		X		28.42		27.57		28.42	5.0
5	2	Frances BATEMAN	East/Brecon AC	21.94		22.83		X		23.40		23.40	4.0

F20 U17W Discus 1.00kg

Welsh Record: Philippa ROLES, Swansea Harriers, 48.88, 1994

CBP : Nina PRELLS, West, 35.44, 2010

Pos	Bib	Athlete	Region	1st Trial		2nd Trial		3rd Trial		4th Trial		Best Perf	Pts
1	7	Danielle JONES	West/Carmarthen Harriers	29.31		32.79		28.31		32.31		32.79	8.0
2	5	Anais ROWLANDS	South/Cardiff AAC	28.30		27.54		29.19		x		29.19	7.0
3	6	Molly GREENMAN	South/Cardiff Archers	21.56		25.84		25.77		25.03		25.84	6.0
4	8	Karilinka BACKACOVA	West/Neath Harriers	X		21.38		21.79		21.10		21.79	5.0
5	3	Isabelle COLLINS	North/Wrexham AAC	X		21.72						21.72	4.0
6	2	Bethan NELSON	East/Brecon AC	X		X		16.48		20.70		20.70	3.0
7	1	Carys JORDAN	East/Newport Harriers	19.62								19.62	2.0

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F21 U15G Discus 1.00kg

Welsh Record: Philippa ROLES, Swansea Harriers, 44.12, 1992

CBP : Adele NICOLL, North, 37.62, 2011

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	3	Holly PEMBERTON	North/Wrexham AAC	25.77	25.24	28.39	27.31	28.39	8.0
2	1	Bree CRONIN	East/Newport Harriers	X	22.40	25.90	X	25.90	7.0
3	5	Ellie BEDDALL	South/Cardiff Archers	20.91	21.85	24.40	X	24.40	6.0
4	7	Sally HOPKINS	West/Swansea Harriers	X	19.44	24.23	X	24.23	5.0
5	6	Ella JACKSON	South/Cardiff Archers	22.83	22.41	24.05	24.07	24.07	4.0
6	4	Kaya LLOYD MARTIN	North/Wrexham AAC	19.18	21.24	22.82	X	22.82	3.0
7	8	Nia WILLIAMS	West/Carmarthen Harriers	22.36	X	22.30	X	22.36	2.0
8	2	Madeleine DAVIES	East/Brecon AC	19.50	20.80	21.08	20.32	21.08	1.0

F22 MALE Shot 7.26kg/6.00kg

Welsh Record: SENM Shaun PICKERING, Haringey, 20.45, 1997/U20M Brett MORSE, Cardiff AAC, 17.15, 2008

CBP : Ryan SPENCER-JONES, East, 17.48, 2012

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	1	Daniel CORK	East/Newport Harriers	13.95	13.96	X	14.72	14.72	8.0
2	5	Brett MORSE	South/Cardiff AAC	14.41	14.47	14.41	X	14.47	7.0
3	7	Aled PRICE	West/Carmarthen Harriers	9.80	10.89	10.96	X	10.96	6.0
4	3	Neil EDWARDS	North/Wrexham AAC	9.85	9.77			9.85	5.0
5	2	Ian WILLIAMS	East/Newport Harriers	8.65	9.10	8.15	8.66	9.10	4.0
6	8	Lee LLEWELLYN	West/Run4All Neath	7.49	6.88	X	7.05	7.49	3.0
7	6	Lloyd HARRIES	South/Rhondda AC	7.20	6.58	7.29	7.39	7.39	2.0
8	4	Chike AWENDOI	North/	6.59	6.05	6.20	5.52	6.59	1.0

F23 U17M Shot 5.00kg

Welsh Record: Matthew FIELD, Cardiff AAC, 17.42, 2011

CBP : Ryan SPENCER-JONES, East, 14.92, 2003

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	7	Thomas HANSON	West/Cardiff AAC	13.43	X	14.04	13.83	14.04	8.0
2	3	Patrick HARRIS	North/Menai T&F	X	12.69	12.57	12.57	12.69	7.0
3	2	Dylan BEVAN	East/Newport Harriers	10.92	11.91	11.49	11.10	11.91	6.0
4	1	Morgan HADLEY	East/Newport Harriers	11.42	11.48	10.88	11.25	11.48	5.0
5	8	Brynmor CLEMENTS	West/Swansea Harriers	11.29	X	11.44	X	11.44	4.0
6	4	Dylan SAVAGE	North/Deeside AAC	10.14	9.98			10.14	3.0
7	5	Callum RUSSELL	South/Cardiff AAC	6.64				6.64	2.0

F24 U15B Shot 4.00kg

Welsh Record: Mathew EVANS, Carmarthen Harriers, 17.36, 2003

CBP : Mathew EVANS, West, 16.01, 2003

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	7	Dylan PHILLIPS	West/Pembrokeshire Harriers	12.80	12.58	12.17	13.23	13.23	8.0
2	5	Zak WALL	South/Cardiff Archers		10.14	10.52	10.22	10.52	7.0
3	1	George POWELL	East/Rhymney Valley AC		10.41	9.81	10.44	10.44	6.0
4	3	Issac LECKI	North/Wrexham AAC	9.32	9.77	9.60	9.71	9.77	5.0
5	2	Thomas LLEWELLYN	East/Rhymney Valley AC	8.52	X	X	9.45	9.45	4.0
6	4	Elvis LAVERTY	North/Menai T&F	9.19	9.09	8.14	X	9.19	3.0
7	6	Jake KNIGHT	South/Cardiff Archers	7.93	7.66	7.97	7.61	7.97	2.0
8	8	Ryan THOMAS	West/Carmarthen Harriers	7.32	7.47	6.93	7.07	7.47	1.0

F25 - F25 FEMALE High Jump

Welsh Record: SENW Julie CRANE, Sale Harriers, 1.89, 2004/U20W Rebecca JONES, Wrexham AAC, 1.88, 2002

CBP : Rebecca JONES, North, 1.78, 2007

Pos	Bib	Athlete	Region	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.63	Perf	Pts
1	8	Abigail BUXTON	West/Pembrokeshire Harriers					XO	O	O	XXX	1.60	8.0
2	3	Megan DAVIES (U20)	North/Maldwyn Harriers				O	XO	XXX			1.50	7.0
3	1	Maisie STOTT	East/Brecon AC	O	O	O	XXX					1.40	6.0
4	7	Sophie HUTCHINSON	West/Swansea Harriers	O	O	X						1.35	5.0

F26 U17W High Jump

Welsh Record: Lea HAGGETT, Herne Hill Harriers, 1.81, 1986

CBP : Rebecca JONES/Ffion BODILLY, North/South, 1.70, 1999/2010

Pos	Bib	Athlete	Region	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.63	Perf	Pts
1	7	Thea JENKINS	West/Pembrokeshire Harriers				O	O	O	O	XO	XXO	XXX	1.60	8.0
2	1	Sophie POPE	East/Cwmbran Harriers							XXO	O	XXX		1.55	7.0
3	2	Honey FORDHAM-SCOVELL	East/Newport Harriers					O	O	O	XXO	XXX		1.55	6.0
4	5	Emily STEER	South/Cardiff AAC				O	O	XXO	O	XXX			1.50	5.0
5	6	Eliza DURNALL	South/Cardiff AAC					O	XO	XXX				1.45	4.0
6	3	Alice FISHER	North/Colwyn Bay AC				O	XO	XXO	XXX				1.45	3.0
7	8	Grace THOMAS	West/Swansea Harriers	O	O	O	XXX							1.30	2.0

F27 U15G High Jump

Welsh Record: Lea HAGGETT, Herne Hill Harriers, 1.81, 1986

CBP : Hannah THOMAS, North, 1.65, 2007

Pos	Bib	Athlete	Region	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	Perf	Pts
1	8	Lili CHURCH	West/Carmarthen Harriers	1.63	1.66	1.68	1.70							1.68	8.0
2	1	Amy JENKINS	East/Newport Harriers						O	O	XO	XXX		1.50	7.0
3	7	Marnie MUSGRAVE	West/Swansea Harriers					O	O	O	XXX			1.45	6.0
4	5	Rosie DOMICAN	South/Cardiff Archers						O	XO	XXX			1.45	5.0
5	4	Anya WILLIAMS	North/Menai T&F		O	O	O	XXX						1.30	4.0
6	2	Izzie BRYANT	East/Newport Harriers	O	O	XO	O	XXX						1.30	3.0
7	3	Alys DION REES JONES	North/Menai T&F	XO	X									1.15	2.0

F28 MALE Javelin 800g

Welsh Record: SENM Nigel BEVAN, Belgrave H, 81.70, 1992/U20M Aidan REYNOLDS, Shaftesbury, 68.77, 2013

CBP : Stuart LOUGHRAN, West, 63.98, 2008

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	7	Nathan JAMES (U20)	West/Swansea Harriers	59.32	59.82	58.24	65.91	65.91	8.0
2	5	Jason COPSEY	South/Cardiff AAC	60.28	61.27	58.88	61.06	61.27	7.0
3	6	Richard DANGERFIELD	South/Cardiff AAC	54.80	51.98	50.61	51.11	54.80	6.0
4	8	Aaron MORGAN	West/Carmarthen Harriers	50.01	53.66			53.66	5.0
5	1	Charles NORTHEY	East/Brecon AC	35.72	32.67	32.34	33.55	35.72	4.0
6	3	Tom EVANS	North/Wrexham AAC	32.64	X	31.85	34.27	34.27	3.0
7	2	Paul EVANS	East/Brecon AC	15.72	12.91	13.58	15.06	15.72	2.0
8	4	Nathan JONES	North/Colwyn Bay AC			14.33	14.05	14.33	1.0

F29 - F29 U17M Javelin 700g

Welsh Record: Colin MACKENZIE, East Kent, 70.30, 1979

CBP : Stephen WINTER, East, 55.09, 2004

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	6	Rhys BARKLEY	South/Cardiff AAC	38.39	30.38	35.62	32.23	38.39	8.0
2	1	Kyle DAVIES	East/Brecon AC	30.55	33.26	33.83	30.60	33.83	7.0
3	3	Patrick HARRIS	North/Menai T&F	X	27.75	27.12	28.68	28.68	6.0
4	2	Evan PRICE DAVIES	East/Brecon AC	27.12	22.41	19.69		27.12	5.0
5	7	William HUGHES	West/Pembrokeshire Harriers	X	23.29			23.29	4.0
6	4	Cai Morgan ROBERTS	North/Menai T&F	22.09	X			22.09	3.0

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F30 U15B Javelin 600g

Welsh Record: Garth LOUGHRAN, Carmarthen Harriers, 55.61, 2003

CBP : Garth LOUGHRAN, West, 49.48, 2003

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	5	Tyler SANTOS	South/Cardiff AAC	X	38.63	40.57	39.44	40.57	8.0
2	3	Brett PARKINSON	North/Menai T&F	36.35	39.95	36.42	37.11	39.95	7.0
3	7	Joshua WILTON	West/Swansea Harriers	36.30	33.16	34.53	35.10	36.30	6.0
4	8	Morgan BATTEN	West/Carmarthen Harriers	33.13	X	33.93	34.04	34.04	5.0
5	1	Oliver WATKINS	East/Rhymney Valley AC	X	27.63	21.83	X	27.63	4.0
6	2	Ben TILEY	East/Rhymney Valley AC	25.13	24.33	X		25.13	3.0
7	6	Evan JONES	South/Cardiff AAC	19.33	20.12	19.64	21.13	21.13	2.0
8	4	Ben WILLIAMS	North/Wrexham AAC	18.14	X	12.64	X	18.14	1.0

F31 MALE Pole Vault

Welsh Record: SENM Neil WINTER, Shaftesbury, 5.60, 1995/U20M Neil WINTER, Shaftesbury, 5.50, 1992

CBP : Paul JONES/Andrew PENK, North, 4.60, 1999/2001

Pos	Bib	Athlete	Region	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	Perf	Pts
1	3	Tom WALLEY	North/Wrexham AAC	3.50	3.80	3.90	4.00	4.10	4.25	4.45				4.25	8.0
2	5	Glyn PRICE	South/Swansea Harriers		XO		XXO	XXX						4.00	7.0
3	8	Sonny WALSH (U17)	West/Swansea Harriers				O	O	O	O	O	XXX		3.20	6.0
4	7	Iwan SLADE (U17)	West/Swansea Harriers		O		O	XXO	XO	XXX				3.00	5.0
5	1	Kellen JONES (U20)	East/Newport Harriers						XO			XXX		3.00	4.0
6	4	Neil EDWARDS	North/Wrexham AAC	O		O		XO	XXX					2.90	3.0
7	2	Keith POWELL	East/Newport Harriers	XXO	XXX									2.50	2.0
				XXX											

F32 U17M Pole Vault

Welsh Record: Neil WINTER, Shaftesbury, 5.20, 1990

CBP : Emyr JONES, West, 4.10, 2009

Pos	Bib	Athlete	Region	2.30	2.50	2.60	2.70	2.80	2.90	3.00	3.50	3.60	3.70	Perf	Pts
1	7	Ieuan HOSGODD	West/Swansea Harriers	3.80										3.70	8.0
2	8	Sam FENWICK	West/Swansea Harriers	XXX				O	O	XXX	O	O	O	2.90	7.0
3	6	Edward KING	South/Cardiff Archers	O	O	O	O	O	XXX					2.80	6.0

F33 U15B Pole Vault

Welsh Record: Neil WINTER, Shaftesbury, 4.40, 1988

CBP : Lewis NEWTON, South, 3.32, 2007

Pos	Bib	Athlete	Region	1.50	1.70	1.90	2.00	2.10	2.20	2.30	2.40	2.50	2.60	Perf	Pts
1	7	Dylan WARD	West/Swansea Harriers	2.70	2.80	2.90	3.00							2.90	8.0
2	8	Noah OSBORNE	West/Swansea Harriers	XO	O	O						O	XO	2.80	7.0
3	5	Evan MORGAN	South/Cardiff AAC	O	XO	XXX						O	O	2.50	6.0
4	1	Harvey PARSONS	East/Brecon				O	O	O	O	O	O	XXX	2.40	5.0
5	6	Fraser KING	South/Cardiff Archers	O	O	O	XXX							1.90	4.0

F34 - F34 FEMALE Triple Jump

Welsh Record: SENW Hannah FRANKSON, Woodford Green, 12.95, 2013/U20W Sally PEAKE, Liverpool Harriers, 12.24, 2005

CBP : Alison CROAD, South, 12.09, 2004

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts				
1	5	Sian SWANSON	South/Swansea Harriers	10.97	+0.3	10.88	-0.1	11.18	-0.8	11.09	+0.3	11.18/-0.8	8.0
2	3	Rhian WILLIAMS	North/Deeside AAC	10.29	-0.1	10.42	-0.2					10.42/-0.2	7.0
3	7	Olivia HAINES (U20)	West/Carmarthen Harriers	9.33	-0.1	X	-0.1	9.96	+0.2	9.57	+0.8	9.96/+0.2	6.0
4	8	Sophie HUTCHINSON	West/Swansea Harriers	9.57	-0.1	X	+0.8	X	+0.5	9.16	-1.1	9.57/-0.1	5.0

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F35 U17W Triple Jump

Welsh Record: Jayne LUDLOW, Cardiff AAC, 12.14, 1994

CBP : Sally PEAKE, North, 11.51, 2002

Pos	Bib	Athlete	Region	1st Trial		2nd Trial		3rd Trial		4th Trial		Best Perf	Pts
1	5	Eliza DURNALL	South/Cardiff AAC	9.68	+1.0	X	+0.3	9.64	+0.3	10.21	-0.9	10.21/-0.9	8.0
2	6	Ellie STONEHEWER	South/Cardiff AAC	X	+1.0	X	-0.3	X	-1.5	9.87	+0.2	9.87/+0.2	7.0
3	3	Elin HAWKE	North/Deeside AAC	9.58	+0.8	9.53	+1.8	9.35	+0.2	9.41	+0.6	9.58/+0.8	6.0

F36 FEMALE Javelin 600g

Welsh Record: SENW Tesni WARD, City of Sheffield, 52.78, 2011/U20W Lianne CLARKE, Neath Harriers, 50.95, 2004

CBP : Lianne CLARKE, South, 47.37, 2010

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	5	Tasia STEPHENS	South/Cardiff AAC	X	X	33.40	38.70	38.70	8.0
2	3	Tia WILLIAMS	North/Deeside AAC	29.48	31.28	31.60	31.84	31.84	7.0
3	7	Rachel JONES (U20)	West/Swansea Harriers	x	30.58	29.69	29.36	30.58	6.0
4	4	Ellie COLLINS	North/Wrexham AAC	27.13	26.66	27.12	25.45	27.13	5.0
5	8	Danni FRANKLIN	West/Llanelli AC	22.98	17.28			22.98	4.0
6	2	Frances BATEMAN	East/Brecon AC	15.52	17.14	16.28	16.65	17.14	3.0
7	1	Julie DRISCOLL	East/Brecon AC	15.70				15.70	2.0

F37 U17W Javelin 500g

Welsh Record: Felicity BEE, Birchfield Harriers, 41.49, 2014

CBP : Phoebe BROWN, East, 35.97, 2016

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	1	Phoebe BROWN	East/Blaenau Gwent AC	33.14	38.13	X	39.47	39.47	8.0
2	7	Nieve JENKINS	West/Pembrokeshire Harriers	26.91	27.24	25.53	24.83	27.24	7.0
3	2	Ffion PROSSER	East/Blaenau Gwent AC	X	X	27.14	X	27.14	6.0
4	5	Anais ROWLANDS	South/Cardiff AAC	X	X	14.77		14.77	5.0
5	6	Caitlin CHAPMAN	South/Cardiff AAC	9.87	12.64	13.00	11.43	13.00	4.0

F38 - F38 U15G Javelin 500g

Welsh Record: Bethany MOULE, Neath Harriers, 48.84, 2016

CBP : Bethany MOULE, West, 37.88, 2015

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	3	Holly PEMBERTON	North/Wrexham AAC	32.55	27.58	30.34	30.63	32.55	8.0
2	5	Scarlett RUSSELL	South/Cardiff AAC	32.10	X	X	31.58	32.10	7.0
3	7	Tiana EVANS	West/Swansea Harriers	25.16	25.09	X	29.90	29.90	6.0
4	1	Sydney DAVIES	East/Newport Harriers	29.30	X	X	X	29.30	5.0
5	6	Emma FITZHERBERT	South/Cardiff AAC	25.18	22.93	22.49	26.59	26.59	4.0
6	4	Abbi PARKINSON	North/Menai T&F	20.30	26.21	26.02	24.02	26.21	3.0
7	8	Lili CHURCH	West/Swansea Harriers	25.03	24.26	23.16	X	25.03	2.0
8	2	Izzie BRYANT	East/Newport Harriers	X	15.69	X	14.86	15.69	1.0

F39 MALE Discus 2.00kg/1.75kg

Welsh Record: SENM Brett MORSE, Birchfield Harriers, 66.84, 2013/U20M Brett MORSE, Cardiff AAC, 60.46, 2008

CBP : Brett MORSE, South, 59.43, 2014

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	5	Brett MORSE	South/Cardiff AAC	56.13	X	57.32	X	57.32	8.0
2	3	Neil EDWARDS	North/Wrexham AAC	29.10	31.10	30.37	29.51	31.10	7.0
3	8	Aled PRICE	West/Carmarthen Harriers	X	28.34	X	24.15	28.34	6.0
4	2	Ian WILLIAMS	East/Newport Harriers	27.67	27.87	26.36	X	27.87	5.0
5	1	Kellen JONES (U20)	East/Newport Harriers	X	X	21.09		21.09	4.0
6	4	Nathan JONES	North/Colwyn Bay AC	17.79				99.00	3.0
7	7	Dai JONES	West/Swansea Harriers	10.94	10.28	10.80	11.49	11.49	2.0

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F40 U17M Discus 1.50kg

Welsh Record: James TOMLINSON, Pembrokeshire Harriers, 59.13, 2016

CBP : Matthew FIELD, South, 49.19, 2011

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	3	Patrick HARRIS	North/Menai T&F	X	38.67	X	X	38.67	8.0
2	8	Brynmor CLEMENTS	West/Swansea Harriers	36.82	35.44	36.59	X	36.82	7.0
3	7	Jamie PHILLIPS	West/Neath Harriers	X	31.10	32.47	X	32.47	6.0
4	1	Morgan HADLEY	East/Newport Harriers	X	31.45	X	31.38	99.00	5.0
5	2	Fraser EVANS	East/Newport Harriers	28.98	29.15	X	28.90	29.15	4.0
6	6	Evan MORGAN (U15)	South/Cardiff AAC	X	23.18	22.41		23.18	3.0
7	5	Rhys BARKLEY	South/Cardiff AAC	22.05	16.77	20.35		22.05	2.0

F41 U15B Discus 1.25kg

Welsh Record: James TOMLINSON, Pembrokeshire Harriers, 50.50, 2014

CBP : Matthew EVANS, West, 47.71, 2003

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	8	Harry DAVIES	West/Neath Harriers	40.72	39.28	41.33		41.33	8.0
2	3	Issac LECKI	North/Wrexham AAC	26.33	31.97	30.51	31.02	31.97	7.0
3	4	Ben WILLIAMS	North/Wrexham AAC	X	30.90	28.16	29.99	30.90	6.0
4	7	Joshua WILTON	West/Swansea Harriers	X	X	30.67	30.49	30.67	5.0
5	1	George POWELL	East/Rhymney Valley AC	X	24.78	28.25	25.77	28.25	4.0
6	6	Jake KNIGHT	South/Cardiff Archers	X	27.93	21.76	X	27.93	3.0
7	5	Evan MORGAN	South/Cardiff AAC	X	24.73	21.27	16.37	99.00	2.0
8	2	Ross MAYO	East/Rhymney Valley AC	X	X	18.42	18.93	18.93	1.0

F42 FEMALE Shot 4.00kg

Welsh Record: SENW Venissa HEAD, Cardiff AAC, 18.93, 1984/U20W Sally HINDS, Swansea Harriers, 14.72, 2005

CBP : Adele NICOLL, North, 14.27, 2014

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	3	Sabrina FORTUNE	North/Deeside AAC	11.83	10.07	11.54	X	11.83	8.0
2	7	Awen ROSSER	West/Swansea Harriers	10.53	11.10	11.69	X	11.69	7.0
3	4	Amber SIMPSON (U20)	North/Deeside AAC	9.44	9.07	9.93	9.63	9.93	6.0
4	8	Nina PRELLS	West/Swansea Harriers	9.19	8.75	8.83	9.17	9.19	5.0
5	1	Julie DRISCOLL	East/Brecon AC	7.05	6.76	6.55	8.72	8.72	4.0
6	2	Frances BATEMAN	East/Brecon AC	7.62	7.55	6.55	7.94	7.94	3.0

F43 U17W Shot 3.00kg

Welsh Record: Adele NICOLL, Birchfield Harriers, 16.00, 2013

CBP : Emily COCKRILL, West, 12.83, 2014

Pos	Bib	Athlete	Region	1st Trial	2nd Trial	3rd Trial	4th Trial	Best Perf	Pts
1	5	Molly GREENMAN	South/Cardiff Archers	10.43	10.19	10.30	9.96	10.43	8.0
2	1	Gwennan LEWIS	East/Newport Harriers	X	9.44	10.41	X	10.41	7.0
3	7	Danielle JONES	West/Carmarthen Harriers	X	X	10.03	10.00	10.03	6.0
4	3	Isabelle COLLINS	North/Wrexham AAC	9.54	9.97	X	9.20	9.97	5.0
5	2	Lily IVIN	East/Cardiff Archers	9.00	X	7.86		9.00	4.0
6	8	Karilinka BACKACOVA	West/Neath Harriers	8.15	7.79			8.15	3.0
7	6	Bethan GAMMON	South/Cardiff AAC	7.39	8.11	8.04	X	8.11	2.0

F44 U15G Shot 3.00kg

Welsh Record: Sarah OMOREGIE, Cardiff AAC, 12.67, 2014

CBP : Caitlin ARNOLD, East, 10.48, 2015

Pos	Bib	Athlete	Region	1st Trial		2nd Trial		3rd Trial		4th Trial		Best Perf	Pts
1	5	Ellie BEDDALL	South/Cardiff Archers	9.32		9.50		10.42		X		10.42	8.0
2	1	Bree CRONIN	East/Newport Harriers	9.63		9.26		9.64		9.28		9.64	7.0
3	8	Nia WILLIAMS	West/Carmarthen Harriers	9.01		8.28		9.61		9.48		9.61	6.0
4	7	Sally HOPKINS	West/Swansea Harriers	9.40		9.40		9.55		8.88		9.55	5.0
5	4	Kaya LLOYD MARTIN	North/Wrexham AAC	8.23		8.77		7.95		7.45		8.77	4.0
6	6	Hannahlise BOLT	South/Barry & Vale Harriers	8.26		7.85		7.20		8.14		8.26	3.0
7	3	Anya WILLIAMS	North/Menai T&F	7.30		6.99						7.30	2.0
8	2	Sydney DAVIES	East/Newport Harriers	X		-		6.58		6.37		6.58	1.0

F45 MALE Triple Jump

Welsh Record: SENM Steven SHALDERS, Cardiff AAC, 16.71, 2005/U20M Steven SHALDERS, Cardiff AAC, 15.99, 2000

CBP : Adam WILLIAMS, North, 14.89, 2012

Pos	Bib	Athlete	Region	1st Trial		2nd Trial		3rd Trial		4th Trial		Best Perf	Pts
1	3	Tom WALLEY	North/Wrexham AAC	X	+0.6	13.56	+0.2	13.76	-1.0	14.12	-0.1	14.12/-0.1	8.0
2	5	Gage FRANCIS	South/Cardiff AAC	X	+0.6	X	+0.7	13.67	-0.5	13.79	-0.6	13.79/-0.6	7.0
3	7	Charles LLEWELLIN (U20)	West/Pembrokeshire Harriers	12.00	+0.3	12.14	+0.7	11.87	-0.5	12.38	+0.1	12.38/+0.1	6.0
4	8	Chris LLOYD	West/Run4All Neath	10.44	-0.5	11.05	+0.1	10.83	+0.7			11.05/+0.1	5.0
5	2	Derek OSBORNE	East/Brecon AC	9.05	+0.2	9.07	+0.3					9.07/+0.3	4.0
6	1	Keith POWELL	East/Newport Harriers	X	+0.2	X	+0.7	X	+0.2	8.55	-0.2	8.55/-0.2	3.0

F46 U17M Triple Jump

Welsh Record: Steven SHALDERS, Cardiff AAC, 15.14, 1998

CBP : Craig PHILLIPS, North, 14.14, 2002

Pos	Bib	Athlete	Region	1st Trial		2nd Trial		3rd Trial		4th Trial		Best Perf	Pts
1	7	Nicholas WILLIAMS	West/Swansea Harriers	11.89	+0.3	11.84	+0.1	12.02	+0.3	12.21	+0.0	12.21/+0.0	8.0
2	5	Cameron PAMMENT	South/Cardiff AAC	11.14	+0.5	11.29	+0.1	11.70	-0.1	X		11.70/-0.1	7.0
3	4	Patrick HARRIS	North/Menai T&F	PASS		10.50	-0.2	10.87	+0.9			10.87/+0.9	6.0
4	8	Iwan BEGGS	West/Swansea Harriers	10.36	+0.4	X	+0.1	10.85	-0.2	X	+0.1	10.85/-0.2	5.0
5	3	Luc SHAROCK	North/Menai T&F	10.79	+0.5	10.68	+0.1		-0.2		+0.2	10.79/+0.5	4.0
6	2	Luke GAWTHORN	East/Newport Harriers	10.73	-0.2	10.71	+0.1	10.61	+1.1	10.76	+0.6	10.76/+0.6	3.0
7	1	Toby ROBINSON	East/Newport Harriers	10.62	+0.6	10.68	+0.6	10.67	-0.2	X	+0.2	10.68/+0.6	2.0
8	6	Steffan JONES	South/Swansea Harriers	10.25	+0.2	10.23	-0.1	9.87	-0.3	X	+0.3	10.25/+0.2	1.0