



Cardiff Met GP 2 Non Thomas Open 4th Feb 2018

Timetable

TRACK

Start	Event Male/Female Entries numbers/Location Status				
11:30	60m Hurdles Men OPEN & South West Championships *Entries: 7 (3 SM/4U20) * 1 race				
	Neil	Tunstall	Cornwall AC	SENM	9.20
	Chinua	Ebereonwu	Cardiff archers	U20M	8.60
	Beckett	Beckett	University of Exeter	SENM	9.50
	Arnold	Arnold	Newport	SENM	8.33
	Harri	Wheeler-Sexton	cardiff aac	U20M	8.60
	Tim	McKee	Taunton	U20M	9.50
	Thomas	Britt	Cardiff aac	U20M	9.00
11:35	3000m Womens Welsh Championships				
	Emily	Brown	Cardiff AAC	SENW	10.00
	Beth	Kidger	Brighton Phoenix	SENW	9.40
	Kiara	Frizelle	Cardiff AAC	U20W	9.46
11:50	60m Hurdles Women OPEN & South West Championships *Entries: 8 1 races				
	Sara	Geary	Cardiff Met	SENW	9.00
	Gina	Sunderland	Cardiff Met	SENW	8.92
	Lauren	Evans	Cardiff AAC	U20W	8.89
	Georgia	Silcox	Yeovil Olympiads/Bath University	SENW	8.65
	Bethan	Burley	Wimborne AC	U20W	8.90
	Hannah	Jackson	Bristol and West AC	SENW	9.40
	Josie	Sivak	Swansea University	U20W	9.37
	Molly	Jones	Yate and District	U20W	9.50
12:00	60m Heats Men OPEN (fastest 8 into final) *Entries: 69* 9 races				
	Muhamed-Mustaph	Animashawun	Millfield	U20M	7.40
	Cliff	Schwabauer	Millfield	U20M	7.50
	Ahmed	Hamed	Millfield	U20M	7.10
	Jami	Schleuter	Millfield	U17M	7.50
	Josh	Gillespie	Millfield	U20M	7.53
	Marcus	Sychta	Millfield	U20M	7.50
	Arron	Owen	Cardiff Met	SENM	6.94
	Jason	Amartey	Cardiff Met	SENM	6.97
	Dan	Beadsley	Cardiff Met	SENM	6.90
	Tyler	Williams	Cardiff Met	SENM	7.03
	Troy	Reid	Cardiff Met	SENM	7.20
	Justin	Tarrant	Cardiff Met	SENM	7.45
	Sean P	Penalver	Cardiff Met	SENM	7.60
	Kane	Densley	Cardiff Met	SENM	6.99
	Kieran	Shah	Cardiff Met	SENM	7.00
	Matthew	Bark Churchill	lavington	U20M	7.45
	Jonathan	Evans	Team Bath AC	U20M	7.70

Tim	Pike	Bristol and West Athletics Club	U20M	7.50
Hayden	Fey	Torbay AC	U20M	7.50
Fernando	Silva	City of Salisbury A & RC	U20M	8.20
Rory	Cawkwell	Gloucester AC	U20M	7.30
Scott	Gunning	Swindon Harriers	SENM	7.30
Matthew	Alvarez	Taunton Athletics Club	U20M	7.08
Thomas	Casson	Poole AC	U20M	7.30
Joseph	Keane	Team Bath AC	U20M	7.50
Benjamin	Davidson	Taunton AC	U20M	7.80
William	Scamell	TEAM BATH	U20M	7.50
Joshua	Dyer	City Of Salisbury	U20M	8.00
Jack	Irish	Taunton AC	U20M	7.50
Sam	Stephenson	city of salisbury	U20M	7.50
mark	Ellery	Bristol & West AC	SENM	8.25
Luke	Simpson	Bristol and west AC	SENM	7.75
Talal	Al Alami	Belgrave harriers/uni of Bath	SENM	7.30
Jacob	Norcliffe	City of Salisbury	U20M	7.50
Kenny	Howard	Unattached	SENM	7.10
Euco Lima	Lima	UWE	SENM	7.41
Ben Matsuka-Williams	Matsuka-Williams	City of Norwich AC	SENM	6.95
Darren Thomas	Thomas	Exeter Harriers	SENM	8.00
Marvin	Edwards	Northern Masters	SENM	7.15
scott	Bajere	Bristol	SENM	6.80
Luke	Hicks	Unattached	SENM	7.80
Jacob	Wilkinson	Lavington Athletics	U20M	7.20
Elliott	Powell	Leicester Coritainas	SENM	7.80
Delano	Stewart	Team Bath AC	U20M	7.55
Oliver	Clark	Bath Uni	SENM	7.00
Ben Tulloch	Tulloch	Bristol & West AC	U20M	7.40
Callan	Smithson	Cheltenham Athletics Club	U20M	7.80
Oladele	Bamisaye	swansea harriers	SENM	7.15
William	Kennedy	Bristol and West AC	SENM	6.98
Lemarl	Freckleton	Swansea	SENM	6.90
Lewis	Evans	Unattached	SENM	7.46
Ruben	Findlay	Bristol & West	U20M	7.50
Tai Jan	Deidrich	SGS College	U20M	7.30
Trey	Reid	Bristol & West	U20M	7.40
Chai	Chai	Swansea University	SENM	7.20
Daniel	Banks	Worcester AC	SENM	7.20
Shaun	Bishop	wimborne AC	SENM	8.30
Daniel	Cartwright	tamworth	U20M	7.31
Owain	Lloyd-Hughes	Neath Harriers	U20M	7.10
Alex	Eveleigh	UWE	SENM	7.25
Rutherford	Rutherford	Newport Harriers	U20M	7.35
Lloyd	Lloyd	Run4All Neath	SENM	7.63
Arnold	Arnold	Newport	SENM	7.10
Harri	Wheeler-Sexton	cardiff aac	U20M	7.50
Ben	Ben	Cheltenham Harriers	SENM	7.87
Ceirion	Ceirion	Neath Harriers	U20M	7.10
Callum	Rea	Lavington Athletics	SENM	7.10
Michael	Shonibare	Victoria Park & Tower Hamlets AC	U20M	7.25

	Robinson	Okumu	Dorchester	U20M	7.00
	Zakariya	Shaikh	University of the West of England	SENM	7.64
	James	Lelliott	Bournemouth AC	SENM	6.90
	Alfie	Rowett	Cardiff University	SENM	7.10
	Julien	Gittens	Leeds City AC	SENM	8.20
	Tim	McKee	Taunton	U20M	7.50
12:40	60m Heats Women OPEN (fastest 8 into final) *Entries: 43* 5 races				
	Daphne	Schrager	Millfield	U20W	10.49
	Ashleigh	Bailey	Millfield	U20W	8.56
	Sophia	Taglia	Millfield	U20W	8.60
	Marcia	Sey	Millfield	U20W	7.66
	Emily	Whitehouse	Millfield	U20W	8.50
	Lauren	Smyth	Millfield	U20W	8.50
	Julie	Rogers	Cardiff Met	SENW	10.30
	Harriet	Nicholas	Cardiff Met	SENW	8.50
	Amy	Bowen	Cardiff Met	SENW	7.83
	Sophie	Kamlish	Bristol & West	SENW	8.53
	ELYSE	LEECH	Torbay AAC	U20W	8.00
	Tia	Jackson	Bristol & West	U20W	7.70
	Olivia	Wilding	Bristol and West AC	SENW	8.00
	Ellie	Wheeler - Smith	Gloucester AC	U20W	8.10
	Lucy	Elcock	Bridgnorth ac	U20W	8.13
	Olivia	Breen	city of portsmouth AC	SENW	8.55
	Sophie	Matthews	Brecon AC	U20W	8.12
	Molly	Jones	Yate and District	U20W	9.00
	Sarah	Gibbs	Newport Harries/ University of Birmingham	SENW	8.10
	Sarah	Brett	Salisbury	U20W	8.50
	Katy	Townsend	Cheltenham Harriers	SENW	8.02
	Rebecca	Roots	Torbay AC	U20W	7.99
	Macey	Morris	Swansea	U20W	7.97
	Kirsty	McBarnet	UWE	SENW	8.50
	Sophie	Temple	Gloucester Athletic Club	U20W	8.30
	Williams	Armani	Swansea Harriers	U20W	8.01
	Katrina	Hart	Birchfield Harriers	SENW	9.30
	Sadie	Graham-Mulvaney	Cardiff aac	U20W	8.29
	Emmanuella	Kone	Cardiff AAC	U20W	7.74
	Julia	Cook	Swansea University	SENW	7.90
	Michelle	Thomas	Birchfield Harriers	SENW	8.00
	Henrietta	Anstey	Bristol and West AC	SENW	9.00
	Sophie	Lambert	Gloucester AC	SENW	7.92
	Liberty	Pullen	Bristol and West AC	SENW	8.40
	Hannah	Jackson	Bristol and West AC	SENW	8.40
	Jade	Simson	City of Plymouth AC	SENW	8.01
	Jessica	Lawrence	University of the West of England	U20W	8.82
	Abi	Davies	Team Bath AC	SENW	7.90
	Charlotte	McLennaghan	notts ac/ university of bath	SENW	7.55
	Michelle	Mamuda	Unattached	U20W	8.00
	Cara	Clarke	Worcester AC	U20M	7.81
13:00	60m Men & Women Masters Championships WM 6 races				

13:30	60m Final Men OPEN 1 races				
13:35	60m Final Women OPEN 1 races				
13:40	800m Men OPEN & South West Championship *Entries: 28* 5 races				
	Michael	Parry	Cardiff Met	SENM	2.10
	Ellery	Cole	Team Bath AC	U20M	2.02
	Nathan	Brown	Erme Valley Harriers	U20M	1.54
	Ben	Hawkins	Taunton AC	SENM	1.52
	Jed	Skilton	Poole AC	U20M	1.57
	Themis	Bower	Team Bath AC	U20M	1.56
	Jevgeni	Jevgeni	Exeter Harriers	SENM	2.02
	Joseph	Kelliher	wimborne ac	U20M	1.59
	Jack	Dutton	NDAC	U20M	2.05
	Guy	Perkins	Poole AC/University of Birmingham	SENM	2.00
	Will	Stockley	Team Bath AC	U20M	1.56
	Adam	Wilson	Yate Ac	SENM	1.58
	Ethan	Pierce	Swindon harriers	U20M	2.02
	Paul	Guest	Yeovil Olympiads	SENM	1.57
	Finley	Mclear	Exeter Harriers	U20M	1.52
	Henry	Dix	City of Salisbury athletics club	U20M	2.08
	Gerade	Lissenburg	HAMWORTY HARRIERS	SENM	2.46
	Liam	Hallows	Erme Valley Harriers	U20M	2.06
	Brychan	Price-Davies	Brecon AC	U20M	1.58
	Evan	Price-Davies	Brecon AC	U20M	2.05
	Fraser	Gorvett	Edinburgh AC	U20M	1.59
	Marc	Turner	Halesowen	SENM	2.03
	Iestyn	Williams	Carmarthen	U20M	2.00
	Adrian	Lloyd-Davies	Bridgnorth AC	U20M	1.52
	Andrew	Dean-Young	Bristol and West AC	SENM	2.00
	Matthew	Cole	Yeovil Olympiads Athletics Club	SENM	1.58
	Cara Anderson	Anderson	Perth Strathtay Harriers	SENM	2.10
	Oliver Carvell	Carvell	Bridgnorth AC	U20M	1.51
	Dave	Ragan	Basingstoke	SENM	1.52
	Reece	Sharman-Newell	Basingstoke	U20M	1.58
	Iwan	Smith	Cardiff AAC	U20M	2.06
	Matt	Hogg	North Somerset	U20M	2.06
	David	Williams	Les croupiers RC	SENM	1.59
	Samuel	Blake	Cardiff AAC	SENM	1.51
	Owen	Locke	Newport Harriers	U20M	1.57
	Adam	Stevens	University of Gloucestershire	SENM	2.20
14:05	800m Women OPEN & South West Championship *Entries 16* 3 races				
	Evie	Cook	Cardiff Met	SENW	2.30
	Abbie	Lovering	Wimborne	U20W	2.15
	Emma	Clarke	Forest of Dean AC	U20W	2.25
	Molly	Canham	Exeter Harriers	U20W	2.07
	Anna	Burt	Team Bath AC	U20W	2.05
	Sophie	Capel	Swindon Harriers Athletics club	U20W	2.25
	Natalie	Bretherton	Bristol University	SENW	2.20
	Katie	Allen	Birchfield Harriers	SENW	2.10

	Tessa	Morgan	Newport Harriers	U20W	2.40
	Shireen	Balouch	Newport Harriers	U20W	2.42
	Emma	Stentz Hansen	Cheltenham & County Harriers	U20W	2.19
	Rochelle	Harrison	Lincoln Wellington Athletics Club	SENW	2.09
	Caitlin	Jones	Newport Harriers	U20W	2.48
	Nia	Clatworthy	Cardiff aac	U20W	2.14
	Ella	Morgan	aberdare avvc	U20W	2.20
	Chloe	pettitt	Birchfield harriers	U20W	2.23
	Nia	Riley	Cardiff Archers	U20W	2.14
	Naomi	Reid	Cardiff AAC	U20W	2.08
14:20	3000m Mens Welsh Championships				
	ieuan	Thomas	Cardiff AAC	SENM	7.59
	Abed	Teweldebrhan	Newport harriers	SENM	8.42
	James	Vincent	Cardiff AAC	U20M	9.06
	Piers	Copeland	Wimborne Ac/Cardiff Met Uni *	SENM	8.11
	Conor	Smith	Swansea University *	U20M	8.30
	Mark	Fowles	Cardiff	SENM	9.30
	Jake	Heyward	Cardiff AAC	U20M	8.10
	Morgan	James	Cardiff AAC	U20M	8.53
	Paul	Tobin	Swansea Harriers	SENM	8.43
	Guy	Smith	Swansea	SENM	8.15
	Jack	Gooch	Swansea Harriers	SENM	8.35
	Stephen	Mitchell	Bristol & West AC *	SENM	8.04
14:35	1000m Men & Women Non Thomas Invite				
	Tom	Marshall	Cardiff AAC	SENM	2.21
	Stephen	Morris	Cardiff AAC	SENM	2.30
	Charlotte	Taylor-Green	Bristol & West	SENW	2.50
14:40	1500m Women OPEN *Entries: 21* 2 races				
	Louise	Webb	City of Salisbury Athletic & Running Club	U20W	5.12
	Fiona	Marks	Bristol and West	SENW	4.40
	Rebecca	Pierce	Team Bath	SENW	4.48
	Vicky	Jackson	Swansea Harriers	SENW	4.35
	Sofie	Kent-Ryan	Aldershot, Farnham & District	SENW	4.38
	Madeleine	Johnson	Dorchester AC	U20W	4.46
	louise	Jeffries	team bath athletics club	SENW	5.40
	Georgina	Westwood	University of Exeter	SENW	5.00
	Julia	Cooke	Birchfield Harriers	SENW	4.25
	Sarah	Everitt	Bristol & West AC	SENW	5.00
	Hannah	England	Oxford City AC	SENW	4.15
	Heddwen	Daniel	Cardiff AAC	SENW	5.00
	Mel	Newbery	Bristol and West	SENW	4.45
	Lowri	Thomas	Newport harriers	U20W	5.30
14:55	1500m Men OPEN *Entries: 36* 3 race				
	Matthew	Williams	Cardiff Met	SENM	3.49
	Ben	Tull	Cardiff Met	SENM	4.09
	Callum	Jones	Cornwall AC	SENM	3.52

	Tom	Syckelmoore	Basingstoke & Mid Hants AC	SENM	4.00
	John	Howorth	Team Bath AC	U20M	3.55
	Finley	Mclear	Exeter Harriers	U20M	3.52
	Henry	Dix	City of Salisbury athletics club	U20M	4.40
	Larry	Ryan	Cardiff AAC	U20M	4.05
	Billy	Cochrane	Bristol and West AC	U20M	4.20
	Anthony	Roper	Bristol & West AC	SENM	4.45
	Glenn Trigwell	Glenn Trigwell	Newham	SENM	3.50
	Tc	Chulu	South west road runners	U20M	4.10
	Dan	Galpin	University of Bath	SENM	4.08
	Adrian Haines	Haines	Crawley	SENM	4.20
	Allan Stewart	Stewart	Chiltern Harriers	SENM	3.52
	Matthew	Seddon	Bracknell AC	SENM	3.51
	Benjamin	Reynolds	Cardiff AAC	U20M	4.02
	Luke	Gawthorn	Newport Harriers	U20M	4.25
	Bridges	Bridges	Team Bath AC	SENM	4.35
	Joshua	Moody	Bristol & West A.C	SENM	3.51
15:15	1500m Men & Women Masters 2 race				
15:30	200m Men OPEN & South West Championships *Entries: 44* 11 races				
	Muhamed-Mustaph	Animashawun	Millfield	U20M	23.40
	Ahmed	Hamed	Millfield	U20M	25.00
	Josh	Gillespie	Millfield	U20M	22.56
	Jason	Amartey	Cardiff Met	SENM	22.60
	Tyler	Williams	Cardiff Met	SENM	21.89
	Jake	Allman	Cardiff Met	SENM	23.50
	Kieran	Shah	Cardiff Met	SENM	22.70
	Matthew	Bark Churchill	lavington	U20M	24.70
	Neil	Tunstall	Cornwall AC	SENM	25.50
	Jacob	Norcliffe	City of Salisbury	U20M	24.30
	Euco	Lima	UWE	SENM	24.00
	Treay	Reid	Bristol & West	U20M	23.50
	Shaun	Bishop	Wimborne AC	SENM	26.00
	Paul	Guest	Yeovil Olympiads	SENM	25.70
	Fernando	Silva	City of Salisbury A & RC	U20M	26.90
	Rory	Cawkwell	Gloucester AC	U20M	23.0
	Scott	Gunning	Swindon Harriers	SENM	23.00
	Matthew	Alvarez	Taunton Athletics Club	U20M	22.50
	Thomas	Casson	Poole AC	U20M	22.60
	Joseph	Keane	Team Bath AC	U20M	24.20
	Benjamin	Davidson	Taunton AC	U20M	24.00
	Gerade	Lissenburg	HAMWORTY HARRIERS	SENM	34.00
	Joshua	Dyer	City Of Salisbury	U20M	26.00
	Jack	Irish	Taunton AC	U20M	23.00
	Sam	Stephenson	city of salisbury	U20M	23.90
	Tom	Mann	Notts AC	U20M	23.45
	Mark	Ellery	Bristol & West AC	SENM	26.70
	Matt	Register	Cardiff AAC	U20M	24.44
	Mikkel	Bassue	Bristol and west	U20M	22.80
	Philip	Grundy	Cardiff AAC	U20M	24.00
	Jamie	Verran	Cardiff AAC	SENM	24.44

Ethan	Kirby	newton abbot ac	U20M	25.50
Michael	Gardiner	Cheltenham Harriers	SENM	24.00
Daniel	Cartwright	tamworth	U20M	22.33
Owain	Lloyd-Hughes	Neath Harriers	U20M	22.10
Alex	Evelegh	UWE	SENM	22.80
Rutherford	Rutherford	Newport Harriers	U20M	23.80
Lloyd	Lloyd	Run4All Neath	SENM	23.94
John	Bridge	Cardiff AAC	U20M	24.00
Ben	Ben	Cheltenham Harriers	SENM	25.50
Ceirion	Ceirion	Neath Harriers	U20M	22.35
Michael	Shonibare	Victoria Park & Tower Hamlets AC	U20M	22.40
Robinson	Okumu	Dorchester	U20M	21.94
Zakariya	Shaikh	University of the West of England	SENM	24.50
Alfie	Rowett	Cardiff University	SENM	22.40
Kane	Lee	Yate	SENM	24.00

16:10 **200m Women OPEN & South West Championships** *Entries: 30* 8 races

Sophia	Taglia	Millfield	U20W	27.00
Lauren	Smyth	Millfield	U20W	26.00
Melissa	Roberts	Cardiff Met	SENW	24.56
ELYSE	LEECH	Torbay AAC	U20W	25.32
Olivia	Wilding	Bristol and West AC	SENW	26.30
Ellie	Wheeler - Smith	Gloucester AC	U20W	26.50
Georgia	Silcox	Yeovil Olympiads/Bath University	SENW	25.40
Bethan	Burley	Wimborne AC	U20W	25.40
Rebecca	Roots	Torbay AC	U20W	26.68
Henrietta	Anstey	Bristol and West AC	SENW	31.00
Liberty	Pullen	Bristol and West AC	SENW	28.00
Teresa	Iannetelli	Swindon Harriers	U20W	26.80
Natalie	Jones	Bristol and West AC	SENW	27.00
Olivia	Willmore	Dorchester AC	U20W	27.00
Lucy	Elcock	Bridgnorth ac	U20W	25.36
Caitlyn	Caitlyn Mapps	Cardiff Archers	U20W	25.67
Sarah	Gibbs	Newport Harries/ University of Birmingham	SENW	27.00
Imola	Asztalos	Cheltenham and County Harriers	SENW	27.00
Janet	Dickinson	Bournemouth Athletic Club	SENW	28.80
Macey	Morris	Swansea	U20W	25.30
Donna	Jones	Swansea harriers	SENW	27.80
Kirsty	McBarnet	UWE	SENW	26.50
Sophie	Temple	Gloucester Athletic Club	U20W	26.50
lily	Gaskin	cardiff AAC	U20W	26.00
Williams	Armani	Swansea Harriers	U20W	25.79
Saffron	Maurice	Cardiff AAC	U20W	28.20
Amalia	Westerlund	University of Bristol	SENW	26.50
Miranda	Hardacre	Exeter Harriers	SENW	26.00
Gabrielle	Fakande	Cwmbran Harriers	U20W	25.80
Nia	Grundy	Cardiff AAC	U20W	26.00
Michelle	Mamuda	Unattached	U20W	25.60
Cara	Clarke	Worcester AC	U20M	25.00

16:40

400m Men OPEN *Entries: 22* 5 races

Ollie	Thorner	Millfield	U20M	51.00
Cliff	Schwabauer	Millfield	U20M	51.70
James	Eliis	Millfield	U20M	53.00
Matthew	Coleman	Millfield	U20M	51.70
Marcus	Sychta	Millfield	U20M	51.40
Elliot	Scott	Cardiff Met	SENM	49.00
Jason	Amartey	Cardiff Met	SENM	51.00
Kieran	Eland	Cardiff Met	SENM	49.00
Richard	Strachan	Victoria Park	SENM	48.50
Richard	Holt	city of salisbury	SENM	52.00
Martyn	Morant	South West Vets	SENM	53.00
Elliot	Doughty	Swindon Harriers	U20M	53.50
Harvey	Reynolds	Cardiff AAC	U20M	51.73
Peter	Wilcock	UWE Athletics Club	SENM	57.00
Ben Topley	Topley	Birchfield Harriers	SENM	50.00
Matthew Dawe	Dawe	Oxford University Athletics Club	SENM	54.00s
Fraser	Gorvett	Edinburgh AC	U20M	54.00
Lukas	Lacey-Hughes	Cardiff Archers	U20M	52.00
Rhys	Granville	Swansea University	SENM	50.10
Steffan	Jones	Swansea Harriers	U20M	52.00
Matt	Humphreys	Rhondda AC	U20M	55.00
Jack	Hocking	Worcester AC	SENM	50.50
John	Bridge	Cardiff AAC	U20M	53.00
Kane	Lee	Yate	SENM	51.50

17:00

400m Women OPEN *Entries: 28 7 Open

Robyn	Watkins	Millfield	U20W	60.00
Bobbie	Davies	Millfield	U20W	58.78
Grace	Vans Agnew	Millfield	U20W	61.22
Evie	Cook	Cardiff Met	SENW	64.00
Carline	Muir	Canada	SENW	52.00
Abbie	Lovering	Wimborne	U20W	60.79
India	Ibbotson	Team Bath Athletic Club	U20W	65.00
Sophie	Hill	Swindon Harriers	U20W	69.00
Lucy	Elcock	Bridgnorth ac	U20W	57.00
Imola	Asztalos	Cheltenham and County Harriers	SENW	60.00
Sarah	Brett	Salisbury	U20W	60.00
Anya	Turner	Exeter Harriers	SENW	59.00
Rebecca	Roots	Torbay AC	U20W	61.47
Donna	Jones	Swansea harriers	SENW	61.50
Rebecca	Pierce	Team Bath	SENW	65.00
lily	Gaskin	cardiff AAC	U20W	60.00
Harriet	Emery	yate ac	U20W	62.00
Olivia	Worth	Birchfield Harriers	U20W	63.00
Verity	O'shea	Birtchfield Harriers	U20W	61.00
Grace	Cottrell	Yeovil Olympiads Athletics Club	SENW	59.50
Rhiannon	Linington-Payne	Cardiff AAC	SENW	55.00
Sofia	Vella	Cardiff aac	U20W	61.00
Butler	Butler	Birchfield Harriers	U20W	60.00
Annie	Lewis	Yate	U20W	58.00

	Natalie	Jones	Bristol and West AC	SENW	60.00
	Olivia	Willmore	Dorchester AC	U20W	61.00
	Ashleigh	Nelson	City of stoke	SENW	52.80
	Ellie	Ravenscroft	University of Birmingham	SENW	58.38
17:30	400m Men & Womens Masters 9 races				
FIELD					
Start	Event Male/Female Entries numbers/Location Status				
12:00	Pole Vault Men OPEN *Entries: 6*				
	Ollie	Thorner	Millfield	U20M	4.28
	Zach	Harrop	Cardiff Met	SENM	4.53
	Nathan	Gardner	Cardiff university	SENM	5.00
	Glyn	Price	Swansea	SENM	4.10
	Keith	Powell	Newport Harriers	SENM	2.80
	Gareth	Wiltshire	Cardiff AAC	SENM	4.00
12:00	Long Jump Men OPEN & South West Championships *Entries: 14* INFIELD				
	Jami	Schleuter	Millfield	U17M	5.50
	Justin	Tarrant	Cardiff Met	SENM	6.26
	Gage	Francis	Cardiff Met	SENM	6.83
	Matthew	Bark Churchill	lavington	U20M	5.36
	Richard	Holt	city of salisbury	SENM	6.50
	Ian	Allen	Yeovil	SENM	6.10
	Simon	Hammann	Bristol & West AC	SENM	6.70
	Rory	Howorth	Team Bath AC	U20M	5.60
	Darren Thomas	Thomas	Exeter Harriers	SENM	5.50
	William	Scamell	TEAM BATH	U20M	6.00
	Stephen	Buttler	Shrewsbury AC	SENM	5.43
	Ben	Hillman	Cardiff AAC	U20M	6.35
	James	Lelliott	Bournemouth AC	SENM	7.30
	Julien	Gittens	Leeds City AC	SENM	5.44
	Thomas	Britt	Cardiff aac	U20M	6.47
12:00	Shot Put Men OPEN & Men Masters *Entries: 4 & WM 14 *				
	Travis	McMichael	Cardiff Met	SENM	11.00
	Paul	Evans	Brecon AC	SENM	6.76
	Beckett	Beckett	University of Exeter	SENM	10.00
	Harry	Shepherd	Shaftesbury school	U20M	10.00
14:00	Long Jump Women OPEN & South West Championships *Entries: 25* INFIELD				
	Ashleigh	Bailey	Millfield	U20W	5.64
	Harriet	Nicholas	Cardiff Met	SENW	5.00
	Sara	Geary	Cardiff Met	SENW	5.80
	ROBYN	ELLISON	Team Bath	U20W	5.08
	Tia	Jackson	Bristol & West	U20W	5.80
	Louise	Webb	City of Salisbury Athletic & Running Club	U20W	4.50
	Georgia	Silcox	Yeovil Olympiads/Bath University	SENW	5.80
	Jade	Simson	City of Plymouth AC	SENW	5.63
	Georgia	Pickles	Sale Harriers Manchester	SENW	5.29

	Josie	Sivak	Swansea University	U20W	5.23
	Caitlyn	Caitlyn Mapps	Cardiff Archers	U20W	5.52
	Olivia	Breen	city of portsmouth AC	SENW	4.80
	lily Ivin	Ivin	Cardiff AAC	U20W	5.24
	Sophie	Matthews	Brecon AC	U20W	4.93
	Katy	Townsend	Cheltenham Harriers	SENW	5.46
	Janet	Dickinson	Bournemouth Athletic Club	SENW	4.80
	Macey	Jones	cwmbran harriers	U20W	5.65
	Grace	Powell	NEATH HARRIERS	U20W	4.90
	Catrin	Lord	Cardiff AAC	U20W	5.63
	Isobel	Gray	Winchester and District AC/University of Exeter	SENW	5.42
	Harriet	Legg	City of Salisbury	U20W	5.00
	Rachel	Noble	Salisbury ARC	U20W	4.80
	Alisha	Webb	University of Gloucestershire	SENW	5.00
14:00	Shot Put Women OPEN & Women Masters *Entries: 8 & WM 12 *				
	Sara	Geary	Cardiff Met	SENW	10.20
	Jordana	Badley Costello	Cardiff Met	SENW	12.00
	Adele	Nicholl	Cardiff Met	SENW	16.00
	Bethan	Burley	Wimborne AC	U20W	12.00
	Georgia	Pickles	Sale Harriers Manchester	SENW	9.50
	Josie	Sivak	Swansea University	U20W	11.00
	Anya	Turner	Exeter Harriers	SENW	10.40
	Hannah	O'Connor	Newport Harriers	SENW	7.51
	Gwennan	Lewis	Newport Harriers	U20W	11.00
	Sarah	Omoregie	Cardiff AAC	U20W	14.31
	Georgina	Westwood	University of Exeter	SENW	10.00
15:00	Pole Vault Women OPEN *Entries: 11*				
	Victoria	Barlow	Millfield	U20W	3.80
	Fiona	Hockey	Cardiff Met	SENW	3.80
	Jade	Brewster	Cardiff Met	SENW	3.83
	Madeline	Hartnoll	Bristol & West	U20W	2.70
	Georgia	Pickles	Sale Harriers Manchester	SENW	3.83
	Maddison	Hamer	Cardiff Archers	U20W	2.60
	Jessica	Dunrod	wpva - cardiff university	SENW	3.10
	Silvia	Amabilino	University of Bristol	SENW	3.80
	Megan	Hodgson	Cardiff AAC	U20W	3.51
	Ffion	Llewellyn	Bridgend AC	U20W	3.40
	Lois	Hillman	Cardiff AAC	U20W	3.43
15:30	High Jump Men & Women OPEN *Entries: 5 & 6 * BED 1				
	Jami	Schleuter	Millfield	U17M	1.65
	Justin	Tarrant	Cardiff Met	SENM	1.75
	Rory	Howorth	Team Bath AC	U20M	1.90
	Chinua	Ebereonwu	Cardiff archers	U20M	1.85
	Callum	Rea	Lavington Athletics	SENM	1.80
	Tim	McKee	Taunton	U20M	1.65

	Thomas	Britt	Cardiff aac	U20M	1.74
	Hannah	Tapley	Cardiff Met	SENW	1.75
	lily Ivin	Ivin	Cardiff AAC	U20W	1.50
	Emily	Steer	Cardiff AAC	U20W	1.55
	Alex	Hancock	Exeter University	SENW	1.55
	Sophie	Pope	Cwmbran	U20W	1.60
	Charlotte	Martin	Bristol and West	U20W	1.60
15:30	High Jump Men & Women Masters OPEN Entries: 7 & WM 2* BED 2				
15:30	Triple Jump Men & Women OPEN & South West Championships *Entries 7 & 9* INFIELD				
	Jeff	Angila	Cardiff Met	SENM	13.93
	Gage	Francis	Cardiff Met	SENM	14.22
	Oliver	Keitley	Gloucester AC	U20M	12.20
	Darren Thomas	Thomas	Exeter Harriers	SENM	11.50
	Kristo	Ellis	Cardiff AAC	U20M	12.97
	Harry	Shepherd	Shaftesbury school	U20M	11.00
	Julien	Gittens	Leeds City AC	SENM	12.14
	Dikesto	Karas	Millfield	U20W	10.66
	Khumo	Karas	Millfield	U20W	10.56
	Katie	Phillips	Cardiff Met	SENW	10.32
	ROBYN	ELLISON	Team Bath	U20W	10.50
	Lucy	Durham	Yate and District AC	U20W	10.56
	Macey	Jones	cwmbran harriers	U20W	11.90
	Eliza	Durna	Cardiff AAC	U20W	11.86
	Sian	Swanson	Swansea Harriers	SENW	12.08
	Charlotte	Campion	Swansea Harriers	U20W	11.25