



Entry list: Any issues email: jthie@cardiffmet.ac.uk

60m Open (Blue) & South West England U20/Sen (Red)

| | | | | |
|----------|--------------|-----------------------------------|------|------|
| Morgans | Jones | Cardiff Met | SENM | 7.66 |
| Mark | Prentice | Cardiff Met | SENM | 7.04 |
| Gage | Francis | Cardiff Met | SENM | 7.22 |
| Tyler | Williams | Cardiff Met | SENM | 7.00 |
| Arron | Owen | Cardiff Met | SENM | 7.01 |
| Scott | Gibson | Cardiff Met | SENM | 7.12 |
| Jami | Schleuter | Millfield School | U20M | 7.50 |
| Yuriel | Kpalobi | Millfield School | U20M | 7.31 |
| Ahmed | Hamed | Millfield School | U20M | 8.00 |
| Tai Jan | Deidrich | SGS Bristol Academy of Sport | U20M | 7.40 |
| Ruben | Findlay | SGS Bristol Academy of Sport | U20M | 7.60 |
| Tom | Williams | Cardiff Met | U23M | 6.90 |
| Luke | Cato | Tipton Harriers | SENM | 7.60 |
| Euco | Lima | UWE | SENM | 7.41 |
| Mark | Ellery | Bristol & West AC | SENM | 8.20 |
| Chris | Stone | Woodford green and Essex ladies | SENM | 6.78 |
| Oladele | Bamisaye | Swansea Harriers | SENM | 7.00 |
| Sam | Crowter | exeter harriers | SENM | 8.30 |
| Jonathan | White | University of the West of England | SENM | 7.70 |
| Jeremiah | Azu | Cardiff aac | U20M | 6.99 |
| Jamie | Samuel | University of the West of England | SENM | 7.40 |
| Lewis | Evans | Unattached | SENM | 7.46 |
| Victor | Zhang | Unattached | U20M | 8.20 |
| Wayne | Wayne Booth | Forest of Dean AC | SENM | 7.00 |
| Callum | Rea | Swansea University | SENM | 7.00 |
| william | Kennedy | Bristol and west AC | SENM | 6.98 |
| Delano | Stewart | Team Bath Athletics Club | U20M | 7.55 |
| Imam | Qazi | Team Bath AC | SENM | 7.60 |
| Ben | Tulloch | Bristol & West AC | U20M | 7.20 |
| Scott | Bajere | Bristol and West | SENM | 6.90 |
| Charlie | Bates | North Somerset AC | U20M | 7.50 |
| Simeon | Wynne | Bristol and West AC | U20M | 7.50 |
| Ben | Arnold | Bournemouth | SENM | 7.30 |
| Thomas | Haworth | Swindon harriers | U20M | 7.10 |
| Ellis | Gayle | Tipton Harriers | U20M | 7.80 |
| Tom | Evans | Newport Harriers | SENM | 7.17 |
| Owain | Lloyd Hughes | Neath Harriers | U20M | 7.10 |
| Freddie | Dickinson | Swindon Harriers | U20M | 7.80 |
| Adrian | Sum | City of Sheffield & Dearne | SENM | 7.65 |
| David | Migliorati | Swansea University | SENM | 7.73 |
| Nathan | Scott | Rhondda Athletics | U20M | 7.29 |
| Chris | Lloyd | Run4All Neath | SENM | 7.64 |
| Shaun | Bishop | Wimborne AC | SENM | 8.35 |
| Steffan | Jones | Swansea Harriers | U20M | 7.30 |
| Jamaul | Whyte | Cardiff AAC | SENM | 7.10 |
| James | Lelliott | Bournemouth | SENM | 7.05 |
| Philip | Grundy | Cardiff AAC | U20M | 7.50 |
| Liam | Montgomery | Cardiff Archers | U20M | 7.60 |

GP series
New Year Open 2018



cardiffmetathletics

| | | | | |
|----------|------------|---|------|------|
| Sam | Rutherford | Newport Harriers | U20M | 7.35 |
| Andrew | Faulkner | yeovil olympiads | SENM | 7.20 |
| Peter | Wilcock | University of Wet England | SENM | 8.00 |
| Scott | Gunning | Swindon Harriers/ Coventry University | SENM | 7.40 |
| Matt | Cave | Swindon Harriers | SENM | 7.50 |
| Zakariya | Shaikh | University of the West of England | SENM | 7.80 |
| Matthew | Alvarez | Taunton Athletics Club | U20M | 7.20 |
| Rory | Howorth | Team Bath AC | U20M | 7.70 |
| Jonathan | Evans | Team Bath Athletics Club | U20M | 7.70 |
| Tomos | Slade | swansea Harriers | U20M | 8.30 |
| Samuel | Wooding | Cardiff Archers | U20M | 7.50 |
| Kieran | Short | Marlborough & District Junior Athletics | U20M | 7.50 |
| Ashley | Jones | Cardiff university | SENM | 7.35 |

| | | | | |
|------------|----------------|--|------|-------|
| Amy | Odunaiya | Cardiff Met | SENW | 7.90 |
| Harriet | Nicholas | Cardiff Met | SENW | 8.30 |
| Amy | Bowen | Cardiff Met | SENW | 7.83 |
| Gina | Sunderland | Cardiff Met | SENW | 8.20 |
| Melissa | Roberts | Cardiff Met | SENW | 7.53 |
| Catherine | Hardy | Cardiff Met | SENW | 7.73 |
| Sey | Marcia | Millfield School | U20W | 7.75 |
| Lucia | Gifford Groves | Millfield School | U20W | 8.38 |
| Daphne | Schrager | Millfield School | U20W | 10.50 |
| Ashleigh | Bailey | Millfield School | U20W | 8.70 |
| Laura | Woodward | Millfield School | U20W | 8.30 |
| Sophie | Taglia | Millfield School | U20W | 8.65 |
| Emily | Whitehouse | Millfield School | U20W | 10.00 |
| Lauren | Smyth | Millfield School | U20W | 8.30 |
| Sophie | Kamlish | Bristol & West AC | SENW | 8.53 |
| Jenna | Blundell | SGS Bristol Academy of Sport | U20W | 8.11 |
| Rebecca | Roots | Torbay AC | U20W | 7.99 |
| Amelia | Henton | Cardiff Met | U20W | 9.10 |
| Jasmine | Barracough | Newport harriers | U20W | 8.20 |
| Melanie | Garland | Worcester AC | SENW | 9.09 |
| Issie | Tustin | Cardiff AAC | U20W | 7.79 |
| Emmanuella | Kone | Cardiff AAC | U20W | 7.90 |
| Ffion | Jones | Cardiff AAC | U20W | 8.10 |
| Clem | Macliver | Birmingham Running Athletics & Triathlon / Durham University | SENW | 8.75 |
| Maria | Sanders | University of Gloucestershire Athletics and Cross Country | U20W | 9.00 |
| Katrina | Hart | Birchfield Harriers | SENW | 9.30 |
| Sophie | Kamlish | Bristol & West | SENW | 8.53 |
| Kirsty | Taylor | DSW Para Academy | U20W | 8.93 |
| Alicia | Samuel | Carmarthen | U20W | 8.50 |
| Emma | Wiltshire | Rugby & Northampton AC | SENW | 7.90 |
| Holly | Kinsey | Tavistock AC | U20W | 8.38 |
| Sophie | Lambert | Gloucester Athletics Club | SENW | 8.03 |
| Angela | Sonn | Forest of Dean | SENW | 9.40 |

GP series
New Year Open 2018



cardiffmetathletics

| | | | | |
|-----------|-----------------|-----------------------------------|------|-------|
| Julia | Cook | Swansea University | SENW | 8.00 |
| Holly | Vagi | Newport Harriers Athletics Club | U20W | 9.20 |
| Yvette | Westwood | Yate & district athletics club | SENW | 7.65 |
| Ewurabena | Ward-Brew | Oxford University AC | U20W | 10.00 |
| Oliva | Knight | Bristol & West Athletics Club | U20W | 9.05 |
| Olivia | Wilding | Bristol and West AC | SENW | 8.40 |
| Abi | Davies | Team Bath AC | SENW | 7.99 |
| Sian | Swanson | Swansea Harriers | SENW | 7.98 |
| Armani | Williams | Swansea Harriers | U20W | 8.12 |
| Olivia | Walker | Cannock & Stafford AC | SENW | 7.97 |
| Hannah | Jackson | Bristol and West Ac | SENW | 8.30 |
| Gabrielle | Fakande | Cwmbran Harriers | U20W | 8.15 |
| Sophie | Matthews | Brecon AC | U20W | 8.12 |
| Katy | Townsend | Cheltenham Harriers | SENW | 8.09 |
| Mia | Evans | Swansea harriers | U20W | 7.80 |
| Imola | Asztalos | Cheltenham and County Harriers | SENW | 8.30 |
| Samantha | Griffiths | Cheltenham & County Harriers | SENW | 7.75 |
| Cerys | Lee | Taunton Athletics Club | U20W | 8.39 |
| Alison | Singleton | Newport Harriers | SENW | 8.09 |
| Sadie | Graham-Mulvaney | Cardiff AAC | U20W | 8.29 |
| Kirsty | McBarnet | University of the West of England | SENW | 9.00 |
| Nia | Grundy | Cardiff AAC | U20W | 7.90 |
| Charlotte | Ayton | Wimborne | U20W | 11.00 |
| Liberty | Pullen | Bristol and West AC | SENW | 8.70 |
| Sarah | Long | Team Bath/UWE | U20W | 8.19 |

200m Open (Blue) 200m

| | | | | |
|----------|------------------|------------------------------|------|-------|
| Kane | Densley | Cardiff Met | SENM | 22.30 |
| Tyler | Williams | Cardiff Met | SENM | 22.00 |
| Ahmed | Hamed | Millfield School | U20M | 25.00 |
| Cameron | Worso | SGS Bristol Academy of Sport | U20M | 26.00 |
| Treay | Reid | SGS Bristol Academy of Sport | U20M | 23.80 |
| Tom | Williams | Cardiff Met | U23M | 21.70 |
| Michael | Wilson | Cardiff Met | U23M | 22.30 |
| Jowelle | Sterling-Johnson | Tipton Harriers | SENM | 22.00 |
| Jamie | Verran | Cardiff AAC | SENM | 24.68 |
| Ben | Paris | Cardiff Archers | U20M | 21.71 |
| Debo | Ademuyewo | Sale Harries Manchester | SENM | 23.00 |
| Jonathan | Rendell | Dacorum and Tring | SENM | 23.50 |
| Jack | Stockley-Jones | Cardiff AAC | U20M | 23.47 |
| Kier | Jeffery | Cardiff AAC | U20M | 24.52 |
| Matt | Register | Cardiff AAC | U20M | 24.44 |
| Daniel | Snelling | Newport | SENM | 22.90 |
| Tom | Seabury | Swansea University | SENM | 23.80 |
| Archie | Wilson | University of Exeter | SENM | 22.50 |
| Jai Brij | Tandon | Newport Harriers | U20M | 24.00 |
| Delano | Stewart | Team Bath Athletics Club | U20M | 24.00 |

GP series
New Year Open 2018



cardiffmetathletics

| | | | | |
|-------------|--------------|------------------------|------|-------|
| Thomas | Haworth | Swindon harriers | U20M | 22.50 |
| Ellis | Gayle | Tipton Harriers | U20M | 23.90 |
| Tom | Evans | Newport Harriers | SENM | 22.59 |
| Owain | Lloyd Hughes | Neath Harriers | U20M | 22.20 |
| Freddie | Dickinson | Swindon Harriers | U20M | 24.10 |
| David | Migliorati | Swansea University | SENM | 25.00 |
| Nathan | Scott | Rhondda Athletics | U20M | 23.93 |
| Matt | Humphreys | Rhondda AC | U20M | 25.00 |
| Jamaul | Whyte | Cardiff AAC | SENM | 22.50 |
| Adam | Cox | FXU | SENM | 24.80 |
| Christopher | Munkondya | FXU | SENM | 26.00 |
| Liam | Montgomery | Cardiff Archers | U20M | 24.70 |
| Sam | Rutherford | Newport Harriers | U20M | 23.80 |
| Andrew | Faulkner | yeovil olympiads | SENM | 22.60 |
| Matthew | Alvarez | Taunton Athletics Club | U20M | 22.20 |
| Tomos | Slade | Swansea Harriers | U20M | 22.70 |
| Ashley | Jones | Cardiff university | SENM | 23.50 |

| | | | | |
|----------|----------------|-----------------------------------|------|-------|
| Amy | Odunaiya | Cardiff Met | SENW | 24.90 |
| Amy | Bowen | Cardiff Met | SENW | 25.70 |
| Sey | Marcia | Millfield School | U20W | 26.10 |
| Lucia | Gifford Groves | Millfield School | U20W | 25.60 |
| Sophie | Taglia | Millfield School | U20W | 27.85 |
| Lauren | Smyth | Millfield School | U20W | 28.00 |
| Rebecca | Roots | Torbay AC | U20W | 26.00 |
| Issie | Tustin | Cardiff AAC | U20W | 25.54 |
| Holly | Kinsey | Tavistock AC | U20W | 26.79 |
| Olivia | Wilding | Bristol and West AC | SENW | 25.90 |
| Armani | Williams | Swansea Harriers | U20W | 25.79 |
| Imola | Asztalos | Cheltenham and County Harriers | SENW | 27.50 |
| Samantha | Griffiths | Cheltenham & County Harriers | SENW | 25.40 |
| Cerys | Lee | Taunton Athletics Club | U20W | 26.65 |
| Alison | Singleton | Newport Harriers | SENW | 26.90 |
| Kirsty | McBarnet | University of the West of England | SENW | 27.00 |
| Nia | Grundy | Cardiff AAC | U20W | 26.00 |
| Liberty | Pullen | Bristol and West AC | SENW | 26.00 |

| | | | | |
|------------|----------------|------------------|------|-------|
| Hannah | Longden | Cardiff AAC | U20W | 25.60 |
| Amy | Bowen | Cardiff Met | SENW | 25.70 |
| Sey | Marcia | Millfield School | U20W | 26.10 |
| Lucia | Gifford Groves | Millfield School | U20W | 25.60 |
| Sophie | Taglia | Millfield School | U20W | 27.85 |
| Lauren | Smyth | Millfield School | U20W | 28.00 |
| Rebecca | Roots | Torbay AC | U20W | 26.00 |
| Hannah | New | Swindon Harriers | U20W | 27.90 |
| Issie | Tustin | Cardiff AAC | U20W | 25.54 |
| Keeleigh | Chapman | Swindon Harriers | SENW | 28.00 |
| Katie-jane | Priest | Swansea Harriers | SENW | 25.20 |
| Saffron | Maurice | CAAC | U20W | 28.21 |
| Skye | Sauter | Yeovil Olympiads | U20W | 26.50 |

GP series
New Year Open 2018



cardiffmetathletics

| | | | | |
|----------|------------|-----------------------------------|------|-------|
| Natalie | Jones | Bristol and West AC | SENW | 28.00 |
| Teresa | Iannetelli | Swindon harriers | U20W | 26.80 |
| Amalia | Westerlund | University of Bristol | SENW | 27.00 |
| Jade | Kinsey | Tavistock AC | U20W | 26.10 |
| Holly | Kinsey | Tavistock AC | U20W | 26.79 |
| Isabel | Breeden | Cardiff AAC | U20W | 25.50 |
| Olivia | Wilding | Bristol and West AC | SENW | 25.90 |
| Caitlyn | Mapps | Cardiff Archers | U20W | 25.67 |
| Armani | Williams | Swansea Harriers | U20W | 25.79 |
| Imola | Asztalos | Cheltenham and County Harriers | SENW | 27.50 |
| Samantha | Griffiths | Cheltenham & County Harriers | SENW | 25.40 |
| Cerys | Lee | Taunton Athletics Club | U20W | 26.65 |
| Alison | Singleton | Newport Harriers | SENW | 26.90 |
| Kirsty | McBarnet | University of the West of England | SENW | 27.00 |
| Nia | Grundy | Cardiff AAC | U20W | 26.00 |
| Chanel | Roberts | FXU Athletics Club | SENW | 29.00 |
| Liberty | Pullen | Bristol and West AC | SENW | 26.00 |
| Amy | Odunaiya | Cardiff Met | SENW | 24.90 |
| Megan | Webber | Torby AC | U20W | 26.70 |

400m Open (Blue) & South West England U20/Sen (Red)

| | | | | |
|-------------|------------|--------------------------------------|------|-------|
| William | Foster | Cardiff Met | SENM | 53.00 |
| Elliot | Scott | Cardiff Met | SENM | 49.00 |
| Ollie | Thorner | Millfield School | U20M | 52.22 |
| Cliff | Schwabauer | Millfield School | U20M | 52.50 |
| James | Eliis | Millfield School | U20M | 54.00 |
| Matthew | Coleman | Millfield School | U20M | 49.50 |
| Cameron | Worso | SGS Bristol Academy of Sport | U20M | 58.78 |
| Joshua | Snook | SGS Bristol Academy of Sport | U20M | 49.40 |
| Mikkel | Bassue | SGS Bristol Academy of Sport | U20M | 50.50 |
| Luke | Jones | Tamworth AC/University of Birmingham | SENM | 49.00 |
| John Bridge | Bridge | Cardiff AAC | U20M | 54.00 |
| Kevin | Pye | Charnwood AC | SENM | 60.00 |
| Alex | Martin | Swindon Harriers | U20M | 55.00 |
| Ethan | Kirby | newton abbot | U20M | 54.00 |
| Gerard | Lissenburg | HAMWORTHY HARRIERS | SENM | 78.00 |
| Tomos | Davey | Newport Harriers AC | U20M | 55.80 |
| Harvey | Reynolds | Cardiff AAC | U20M | 52.51 |
| Seth | Kelly | Cardiff AAC | U20M | 51.50 |
| Jamal | Clarke | FXU | SENM | 50.00 |
| Ben | Topley | Birchfield Harriers | SENM | 50.00 |
| James | Newton | Swindon Harriers | SENM | 55.00 |
| Neil | Tunstall | Cornwall AC | SENM | 57.00 |
| Elliot | Doughty | Swindon Harriers | U20M | 54.50 |
| Kane | Lee | Yate | SENM | 53.00 |
| David | Williams | Les croupies RC | SENM | 55.00 |
| Matt | Humphreys | Rhondda AC | U20M | 56.00 |
| Steffan | Jones | Swansea Harriers | U20M | 52.00 |
| Adam | Cox | FXU | SENM | 55.50 |
| Peter | Wilcock | University of Wet England | SENM | 56.00 |



| | | | | |
|----------|------------|---------------------------------------|------|-------|
| Scott | Gunning | Swindon Harriers/ Coventry University | SENM | 52.00 |
| Matt | Cave | Swindon Harriers | SENM | 56.00 |
| Rory | Howorth | Team Bath AC | U20M | 51.00 |
| Jonathan | Evans | Team Bath Athletics Club | U20M | 55.00 |
| Joseph | Hutchesson | Swansea University | SENM | 53.00 |

| | | | | |
|------------|-----------------|---------------------------------|------|-------|
| Evie | Cook | Cardiff Met | SENW | 64.00 |
| Cecily | Turner | Millfield School | U20W | 60.00 |
| Bobbi | Davies | Millfield School | U20W | 57.90 |
| Grace | Vans Agnew | Millfield School | U20W | 56.50 |
| Olivia | Worth | Birchfield Harriers | U20W | 64.00 |
| Rebecca | Roots | Torbay AC | U20W | 60.19 |
| Hollie-May | Allen | Swansea Harriers | U20W | 64.00 |
| Siobhan | Benson | Deeside | U20W | 60.00 |
| Nicole | Kendall | Kingston and Poly AC | SENW | 54.99 |
| Holly | Bankes | Stroud | U20W | 58.50 |
| Viktoria | Voskressenskaia | Ärla IF Sweden | SENW | 59.00 |
| Zoe | Benton | Exeter | U20W | 63.00 |
| donna | Jones | Swansea harriers | SENW | 59.11 |
| Anastasia | Georgievskaya | Brunel University | SENW | 61.00 |
| Jade | Kinsey | Tavistock AC | U20W | 58.20 |
| Sofia | Vella | Cardiff aac | U20W | 61.00 |
| Lily | England | FXU | SENW | 62.95 |
| Siwan | Jones-Evans | Carmarthen harriers | U20W | 60.00 |
| lily | Gaskin | cardiff aac | U20W | 60.00 |
| Harriet | Emery | yate ac | U20W | 62.00 |
| Natalie | Jones | Bristol and West AC | SENW | 62.00 |
| Grace | Cottrell | Yeovil Olympiads Athletics Club | SENW | 60.00 |
| Caitlin | Rogers | Wimborne AC | U20W | 58.00 |
| Tereza | Kleckova | Swansea University | U20W | 65.00 |
| Gabrielle | Fakande | Cwmbran Harriers | U20W | 59.00 |
| Amy | Baggs | Exeter University Athletic Club | U20W | 64.00 |
| Rebecca | Pierce | Team Bath | SENW | 65.00 |
| Chanel | Roberts | FXU Athletics Club | SENW | 67.00 |
| Sarah | Long | Team Bath/UWE | U20W | 60.60 |

800m Open (Blue)

| | | | | |
|-------------------|----------------------|---------------------|------|------|
| Kyle | Hartnell | Exeter Harriers | U20M | 2.05 |
| Kieran | Eland | Cardiff Met | U20M | 1.52 |
| Martin | Flook | Bristol and West AC | SENM | 2.00 |
| Finley | Mclear | Exeter Harriers | U20M | 1.51 |
| Ben | Hawkins | Taunton AC | SENM | 1.52 |
| Brychan | Brychan Price-Davies | Brecon AC | U20M | 1.58 |
| Evan Price-Davies | Price-Davies | Brecon AC | U20M | 2.50 |
| Gerard | Lissenburg | HAMWORTHY HARRIERS | SENM | 2.42 |
| lestyn | Williams | Carmarthen Harriers | U20M | 2.00 |

GP series
New Year Open 2018



cardiffmetathletics

| | | | | |
|----------|--------------|----------------------------------|------|------|
| Derek | Gardner | Swindon Harriers | SENM | 2.20 |
| Luke | Gawthorn | Newport Harriers | U20M | 2.03 |
| Daniel | Riddington | Bracknell ac | SENM | 1.52 |
| Elliot | Hill | Swindon Harriers | SENM | 2.04 |
| Robert | Howorth | Team Bath AC | U20M | 1.56 |
| John | Howorth | Team Bath AC | U20M | 1.52 |
| Callum | Jones | Cornwall AC | SENM | 1.52 |
| Iwan | Smith | Cardiff AAC | U20M | 2.05 |
| George | Biggs | Newbury/University of Birmingham | SENM | 2.05 |
| Lukas | Lacey-Hughes | Cardiff Archers | U20M | 1.59 |
| Will | Crisp | Swindon Harriers | U20M | 1.51 |
| Benjamin | Reynolds | CARDIFF AAC | U20M | 1.58 |
| Adam | Wilson | Yate & District | SENM | 2.00 |
| Rhys | Granville | Swansea University | SENM | 1.55 |
| Nicholas | Jones | UWE / Cardiff AAC | SENM | 2.00 |
| Tom | Baird | City of Lisburn/Cardiff Uni | SENM | 2.00 |
| Daniel | Austin | Cardiff Archers | U20M | 2.06 |
| Michael | Biss | Yeovil Olympiads | U20M | 2.01 |
| Chris | Picken | Cheltenham & County Harriers | U20M | 2.28 |
| David | Williams | Les croupies RC | SENM | 1.58 |
| Tony | Wright | Cornwall AC | SENM | 2.05 |
| Joseph | Hutchesson | Swansea University | SENM | 2.05 |
| Adrian | Davies | Bridgenorth AC | U20M | 1.52 |
| Chris | Lacey | Bournemouth | SENM | 2.10 |
| Matt | Hogg | Unattached | U20M | 2.10 |

| | | | | |
|------------|-------------|--------------------------------------|------|------|
| Seren | Allin | Cardiff Met | SENW | 2.25 |
| Evie | Cook | Cardiff Met | SENW | 2.30 |
| Elise | Thorner | Millfield School | U20W | 2.11 |
| Rachel | Sykes | Swindon Harriers | SENW | 2.17 |
| Victoria | Gittins | Birchfield Harriers | SENW | 2.20 |
| Nia | Clatworthy | Cardiff aac | U20W | 2.14 |
| Shireen | Balouch | Newport Harriers | U20W | 2.42 |
| Caitlin | Jones | Newport Harriers | U20W | 2.48 |
| Tessa | Morgan | Newport Harriers | U20W | 2.42 |
| Bethan | Wainwright | Newport Harriers | U20W | 2.30 |
| Emma | Clarke | Forest of Dean AC | U20W | 2.25 |
| Penny | Oliver | University of Exeter | SENW | 2.25 |
| Demi-Marie | Goddard | Poole Athletic Club | U20W | 2.19 |
| Natalie | Bretherton | Camberley and District Athletic Club | SENW | 2.18 |
| Annie | Lewis | Yate | U20W | 2.20 |
| Lucy | Fligelstone | Exeter university | SENW | 2.16 |
| Anna | Kelliher | Wimborne ac | U20W | 2.29 |
| Amy | Baggs | Exeter University Athletic Club | U20W | 2.30 |
| Heddwen | Daniel | Cardiff AAC | SENW | 2.30 |
| louise | Jeffries | team bath athletic club | SENW | 2.40 |

1500m Open (Blue) & South West England U20/Sen (Red)

| | | | | |
|---------|----------|-------------|------|------|
| Matthew | Williams | Cardiff Met | SENM | 3.49 |
| Piers | Copeland | Cardiff Met | SENM | 3.48 |

GP series
New Year Open 2018



cardiffmetathletics

| | | | | |
|---------|---------------|------------------------------|------|------|
| Ben | Tull | Cardiff Met | U20M | 4.14 |
| Donovan | Williams-Hale | Bridgend AC | U20M | 4.25 |
| Jackson | Mountford | Newport Harriers | U20M | 4.10 |
| Owen | Locke | Newport harriers | U20M | 4.03 |
| Samuel | Blake | Cardiff AAC | SENM | 3.45 |
| Oli | Lum | Bracknell AC | SENM | 3.59 |
| Felix | Lum | Marshall Milton Keynes AC | SENM | 4.15 |
| Larry | Ryan | Cardiff AAC | U20M | 4.05 |
| Stephen | Morris | Cardiff AAC | SENM | 3.52 |
| Joshua | Moody | Bristol & West A.C | SENM | 3.55 |
| Conor | Smith | Swansea University | U20M | 3.55 |
| James | Penrose | Cardiff Archers | U20M | 3.59 |
| Billy | Cochrane | Bristol And West AC | U20M | 4.20 |
| Stephen | Mitchell | Bristol and West AC | SENM | 3.45 |
| Matthew | Seddon | Bracknell AC | SENM | 3.52 |
| Remi | Adebiyi | Newport Harriers | U20M | 3.58 |
| Patrick | Taylor | Birchfield Harriers | SENM | 3.50 |
| Anthony | Roper | Bristol & West AC | SENM | 4.45 |
| Otto | Copping | Teambath AC | U20M | 4.10 |
| Will | Stockley | Team Bath AC | U20M | 4.06 |
| Finley | Mcclear | Exeter Harriers | U20M | 3.50 |
| Josh | Trigwell | Newham and Essex | SENM | 3.47 |
| Mike | Wilsmore | Bristol and West AC | SENM | 3.45 |
| Tc | Chulu | South West Road Runners | U20M | 4.05 |
| Joseph | Kelliher | wimborne ac | U20M | 4.09 |
| Miles | Chandler | Bristol & West AC | SENM | 3.59 |
| James | Share | Poole Runners | SENM | 4.00 |
| Chris | Picken | Cheltenham & County Harriers | U20M | 5.16 |
| Tony | Wright | Cornwall AC | SENM | 4.10 |

| | | | | |
|-----------|--------------|----------------------------|------|------|
| Lucy | Davies | Millfield School | U20W | 4.50 |
| Claire | Tarplee | St cocos | SENW | 4.13 |
| Vicky | Jackson | Swansea Harriers | SENW | 4.35 |
| Anna | Sharp | Southampton Athletics Club | SENW | 4.45 |
| Natalie | Beadle | OUCCC | SENW | 4.55 |
| Sarah | Everitt | Bristol & West AC | SENW | 5.00 |
| Fiona | Marks | Bristol & West AC | SENW | 4.40 |
| Rebecca | Pierce | Team Bath | SENW | 4.48 |
| Heddwen | Daniel | Cardiff AAC | SENW | 5.10 |
| louise | Jeffries | team bath athletic club | SENW | 5.40 |
| Charlotte | Taylor-Green | Bristol & West | SENW | 4.15 |

3000m Open (Blue)

| | | | | |
|---------|--------------|-------------|------|------|
| Jack | Hope | Cardiff Met | SENM | 8.40 |
| Jake | Smith | Cardiff Met | SENM | 8.30 |
| Dan | Nash | Cardiff Met | SENM | 8.20 |
| Charlie | Joslin-Allen | Cardiff Met | SENM | 8.15 |



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|--------|----------|---|------|-------|
| Jake | Lawrance | University of Gloucestershire/Bristol and West AC | SENM | 10.30 |
| James | Hereghan | Winchester | U20M | 8.40 |
| Ciaran | Lewis | Cardiff Met | SENM | 8.40 |

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|-------|---------|------------|------|-------|
| Sarah | Johnson | Unattached | SENW | 10.00 |
| Ruby | Woolfe | Unattached | SENW | 10.30 |

60m Hurdles Open (Blue)

| | | | | |
|---------|-----------|------------------------|------|------|
| Michael | Wilson | Cardiff Met | U23M | 8.30 |
| Kyle | Arnold | Newport Harriers | SENM | 8.20 |
| Max | Lambert | Swansea | SENM | 9.40 |
| Chinua | Ebereonwu | Cardiff archers | U20M | 8.56 |
| Tom | Beckett | Exeter University | SENM | 9.50 |
| Timothy | McKee | Taunton athletics club | U20M | 9.50 |

| | | | | |
|--------|------------|--------------------------------|------|------|
| Gina | Sunderland | Cardiff Met | SENW | 8.92 |
| Jenna | Blundell | SGS Bristol Academy of Sport | U20W | 8.83 |
| Sara | Geary | Cardiff Met | SENW | 9.00 |
| Molly | Jones | Yate | U20W | 9.10 |
| Sophie | Yorke | Cheltenham and county harriers | SENW | 8.30 |
| Sophie | Hay | Cardiff University | SENW | 8.80 |
| Niamh | Roberts | Llanelli AC | U20W | 9.61 |
| Olivia | Walker | Cannock & Stafford AC | SENW | 8.75 |
| Hannah | Jackson | Bristol and West Ac | SENW | 9.18 |
| Mia | Evans | Swansea harriers | U20W | 8.70 |
| Sarah | Omoriegie | Cardiff AAC | U20W | 9.54 |

Long Jump Open (Blue)

| | | | | |
|----------|-----------|-----------------------------------|------|------|
| Gage | Francis | Cardiff Met | SENM | 6.83 |
| Jami | Schleuter | Millfield School | U20M | 6.19 |
| Yuriel | Kpalobi | Millfield School | U20M | 5.94 |
| Imran | Qureshri | Cardiff Met | U23M | 5.00 |
| Ceirion | Hopkins | Neath Harriers | U20M | 6.75 |
| Aaron | Osuji | Neath Harriers | U20M | 6.00 |
| Samuel | Gooding | Exeter Harriers | U20M | 6.60 |
| Kellen | Jones | Usk College | U20M | 6.79 |
| Ian | Allen | Yeovil | SENM | 6.10 |
| Josh | Coombs | Swansea | U20M | 6.50 |
| Julien | Gittens | Leeds City AC | SENM | 5.44 |
| Ollie | Wheeler | Pembrokeshire Harriers | U20M | 6.24 |
| Tom | Beckett | Exeter University | SENM | 6.30 |
| Thomas | Britt | Cardiff aac | U20M | 6.47 |
| James | Lelliott | Bournemouth | SENM | 7.35 |
| Philip | Grundy | Cardiff AAC | U20M | 5.99 |
| Zakariya | Shaikh | University of the West of England | SENM | 5.14 |
| Tomos | Slade | Swansea Harriers | U20M | 6.47 |
| Samuel | Wooding | Cardiff Archers | U20M | 5.80 |



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|---------|-------|---|------|------|
| Timothy | McKee | Taunton athletics club | U20M | 6.00 |
| Kieran | Short | Marlborough & District Junior Athletics | U20M | 6.40 |
| Ashley | Jones | Cardiff university | SENM | 6.00 |

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|-----------|------------|-------------------------------|------|------|
| Harriet | Nicholas | Cardiff Met | SENW | 4.90 |
| Ashleigh | Bailey | Millfield School | U20W | 5.64 |
| Laura | Woodward | Millfield School | U20W | 5.00 |
| Emily | Whitehouse | Millfield School | U20W | 5.00 |
| Sara | Geary | Cardiff Met | SENW | 5.80 |
| Georgia | Pickles | Sale Harriers Manchester | SENW | 5.30 |
| Grace | Powell | Neath Harriers | U20W | 4.90 |
| Alisha | Webb | University of Gloucestershire | SENW | 5.00 |
| Lily | Ivin | Cardiff AAC | U20W | 5.24 |
| Emily | Thomas | Cardiff archers | U20W | 5.70 |
| Katy | Townsend | Cheltenham Harriers | SENW | 5.46 |
| Ellie-Mae | Stokes | University of Gloucestershire | SENW | 5.20 |
| Cerys | Lee | Taunton Athletics Club | U20W | 5.54 |
| Sophie | Pope | Cwmbran | U20W | 5.00 |
| Nataliya | Makukha | Exeter uni | SENW | 4.00 |
| Hannah | Winton | Wimborne AC | SENW | 5.35 |
| Charlotte | Ayton | Wimborne | U20W | 5.59 |

Triple Jump Open (Blue)

| | | | | |
|-------------|-----------|----------------------------|------|-------|
| James | King | Cardiff Met | SENM | 13.73 |
| Gage | Francis | Cardiff Met | SENM | 14.22 |
| Jeff | Angila | Cardiff Met | SENM | 13.93 |
| Tom | Atkinson | Cardiff AAC | U20M | 13.90 |
| Kristo | Ellis | Cardiff AAC | U20M | 13.10 |
| Julien | Gittens | Leeds City AC | SENM | 12.14 |
| Ollie | Wheeler | Pembrokeshire Harriers | U20M | 12.28 |
| Adrian | Sum | City of Sheffield & Dearne | SENM | 13.00 |
| Chris | Lloyd | Run4All Neath | SENM | 11.05 |
| Shaun | Bishop | Wimborne AC | SENM | 10.58 |
| Christopher | Munkondya | FXU | SENM | 11.50 |

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|--------|----------|------------------|------|-------|
| Katie | Phillips | Cardiff Met | SENW | 10.32 |
| Eliza | Durnall | Cardiff AAC | U20W | 10.86 |
| Macey | Jones | cwmbran harriers | U20W | 11.90 |
| Emily | Thomas | Cardiff archers | U20W | 11.40 |
| Sian | Swanson | Swansea Harriers | SENW | 12.08 |
| Sophie | Matthews | Brecon AC | U20W | 10.40 |



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|-----------|---------|-------------------------------|------|-------|
| Ellie-Mae | Stokes | University of Gloucestershire | SENW | 10.40 |
| Nataliya | Makukha | Exeter uni | SENW | 7.00 |
| Hannah | Winton | Wimborne AC | SENW | 11.06 |
| Caitlin | Boyle | Archer's Athletics | U20W | 7.00 |

Shot Put Open (Blue) & South West England U20/Sen (Red)

| | | | | |
|--------|----------------|------------------|------|-------|
| Lauren | Evans | Cardiff AAC | U20W | 8.68 |
| Mollie | Newton-O'Brien | Cardiff Met | U20W | 9.00 |
| Hannah | O'Connor | Newport Harriers | SENW | 7.51 |
| Jamie | Holland | Swansea Harriers | U20W | 11.15 |
| Ellie | Beddall | Cardiff Archers | U20W | 8.50 |
| Josie | Sivak | Swansea Harriers | U20W | 11.00 |
| Sarah | Omoriegie | Cardiff AAC | U20W | 14.12 |

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|---------|-----------|------------------------------|------|-------|
| Travis | McMichael | Cardiff Met | SENM | 11.00 |
| Ollie | Thorner | Millfield School | U20M | 10.61 |
| Charlie | Binning | SGS Bristol Academy of Sport | U20M | 10.00 |
| Justin | Tarrant | Cardiff Met | U23M | 12.50 |
| Patrick | Swan | Plymouth | SENM | 14.26 |
| Michael | Thompson | Swansea Harriers | U20M | 11.09 |
| Timothy | McKee | Taunton athletics club | U20M | 10.00 |

High Jump Open (Blue) & South West England U20/Sen (Red)

| | | | | |
|---------|-----------------|---|------|------|
| Jami | Schleuter | Millfield School | U20M | 1.65 |
| Ollie | Thorner | Millfield School | U20M | 1.98 |
| Kyle | Hartnell | Exeter Harriers | U20M | 1.88 |
| Jack | Moore | Yate | U20M | 1.95 |
| William | Spencer Edwards | Carmarthen | SENM | 2.10 |
| Ian | Allen | Yeovil | SENM | 1.70 |
| Max | Thomas | Exeter Harriers | U20M | 1.85 |
| David | Thomas | Yate and District A.C. | U20M | 1.80 |
| Jude | Brotherwood | Team bath | U20M | 1.85 |
| Chinua | Ebereonwu | Cardiff archers | U20M | 1.85 |
| Thomas | Britt | Cardiff aac | U20M | 1.70 |
| Michael | Thompson | Swansea Harriers | U20M | 1.70 |
| Samuel | Wooding | Cardiff Archers | U20M | 1.70 |
| Kieran | Short | Marlborough & District Junior Athletics | U20M | 1.90 |

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|--------|--------|------------------|------|------|
| Hannah | Tapley | Cardiff Met | SENW | 1.70 |
| Anna | Brophy | Millfield School | U20W | 1.71 |



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|-----------|-----------------|---------------------|------|------|
| Emily | Whitehouse | Millfield School | U20W | 1.40 |
| Elise | Thorner | Millfield School | U20W | 1.68 |
| Mollie | Newton-O'Brien | Cardiff Met | U20W | 1.70 |
| Emily | Steer | Cardiff AAC | U20W | 1.55 |
| Charlotte | Martin | Bristol and West AC | U20W | 1.60 |
| Emily | John | Yate AC | U20W | 1.55 |
| Renée | Jelf | Team Bath | U20W | 1.65 |
| Lily | Ivin | Cardiff AAC | U20W | 1.50 |
| Sophie | Pope | Cwmbran | U20W | 1.60 |
| Sadie | Graham-Mulvaney | Cardiff AAC | U20W | 1.72 |
| Josie | Sivak | Swansea Harriers | U20W | 1.50 |
| Caitlin | Boyle | Archer's Athletics | U20W | 1.40 |

Pole Vault & Open (Blue) South West England U20/Sen (Red)

| | | | | |
|--------|---------|--------------------|------|------|
| Zach | Harrop | Cardiff Met | SENM | 4.60 |
| Joseph | Jones | CARDIFF ARCHERS | U20M | 3.80 |
| Nathan | Gardner | Cardiff University | SENM | 5.00 |

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|----------|-----------|---------------------------|------|------|
| Victoria | Barlow | Millfield School | U20W | 3.80 |
| Jessica | Dunrod | wpva - cardiff university | SENW | 2.80 |
| Megan | Hodgson | Cardiff AAC | U20W | 3.50 |
| Silvia | Amabilino | University of Bristol | SENW | 3.75 |
| Maddi | Hamer | Cardiff Archers | U20W | 2.60 |
| Lois | Hillman | Cardiff AAC | U20W | 3.43 |
| Ffion | Llewellyn | Bridgend AC | U20W | 3.40 |
| Caroline | Walder | North Somerset AC | U20W | 3.50 |
| Madeline | Hartnoll | Bristol & West | U20W | 2.70 |
| Esther | Leong | North Somerset | U20W | 3.94 |

60m Hurdles Welsh Masters Events (Black)

| | | | |
|--------|----------|-------------|------|
| Neil | Tunstall | Cornwall AC | MM55 |
| Iain | Moody | Telford AC | MM55 |
| Glyn | Price | Swansea AC | MM50 |
| Derek | Osborne | Brecon AC | MM50 |
| Ian | Allen | Yeovil | MM50 |
| Martin | Davies | Newport H | MM60 |

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|------|--------|----------------|--------|
| Jane | Horder | Cheltenham H | W60-64 |
| Gaye | Clarke | Ryston Runners | W55-59 |
| Lyn | Ahmet | Radley AC | W65-69 |

200m Welsh Masters Events (Black)



| | | | |
|---------|------------|------------------------|--------|
| Stephen | Mathers | Parc Bryn Bach | M35-39 |
| Scott | Browne | Les Croupiers | M40-44 |
| Paul | Evans | Brecon AC | M40-44 |
| Stuart | Pearce | Newport H | M40-44 |
| Chris | Millard | North Somerset | MM50 |
| Alec | Williams | Pembrokeshire H | MM50 |
| Glyn | Sutton | Newport H | M70-74 |
| Mel | James | Les Croupiers | M70-74 |
| Jason | Elworthy | Barry & Vale | MM45 |
| Austin | Davies | West Suffolk AC | MM55 |
| Mark | Kallenberg | Cardigan RC | MM55 |
| Keith | Powell | Newport H | MM55 |
| Neil | Tunstall | Cornwall AC | MM55 |
| Paul | Guest | Yeovil Harriers | MM55 |
| Iain | Moody | Telford AC | MM55 |
| Triple | Pye | Charnwood AC | MM55 |
| Rod | Davies | Swansea H | MM60 |
| Kieran | McDonnell | Les Croupiers | MM60 |
| Ian | Broadhurst | Wrexham AC | MM60 |
| Henry | Hopkins | Worcester AC | MM60 |
| Ian | Willoughby | Gloucester AC | MM60 |
| Peter | Mountain | Bristol & West AC | MM60 |
| Phil | Rees | Rhondda | M75-79 |
| John | Evans | Rugby & Northampton AC | M80-84 |
| Hubert | Daniels | Swansea Harriers | M85-89 |

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|---------|------------|--------------------|--------|
| Dorothy | Fraser | Lincoln Wellington | W80-84 |
| Cheryl | Devonish | Nuneaton Harriers | W35-39 |
| Vicky | Fear | Llisbury R | W35-39 |
| Amanda | Wale | Wrexham AC | W45-49 |
| Juliet | Sidney | Newport H | W45-49 |
| Fiona | Steele | Motherwell | W50-54 |
| Joanne | Willoughby | Gloucester AC | W50-54 |
| Sharon | Kirby | Parc Bryn Bach | W50-54 |
| Jane | Horder | Cheltenham H | W60-64 |
| Melanie | Garland | Worcester AC | W55-59 |
| Angela | Sonn | Forest of Dean | W55-59 |
| Gaye | Clarke | Ryston Runners | W55-59 |
| Julie | Hicken | Warrington AC | W55-59 |

800m Welsh Masters Events (Black)

| | | | |
|---------|------------|-------------------------|--------|
| Scott | Browne | Les Croupiers | M40-44 |
| Alec | Williams | Pembrokeshire H | MM50 |
| Austin | Davies | West Suffolk AC | MM55 |
| Mark | Kallenberg | Cardigan RC | MM55 |
| Triple | Pye | Charnwood AC | MM55 |
| Peter | Mountain | Bristol & West AC | MM60 |
| Stephen | Mathers | Parc Bryn Bach | M35-39 |
| Peter | Watkeys | Basingstoke & Mid Hants | M35-39 |
| Adrian | Lewis | Aberdare Valley AC | MM45 |



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|---------|----------|-------------------|------|
| Paul | Flynn | Swansea H | MM50 |
| David | Bedwell | Bristol & West AC | MM60 |
| Clive | Osmond | Les Croupiers | MM55 |
| Jeffrey | Hanson | Rhondda AC | MM55 |
| Mark | Roberts | Brecon AC | MM55 |
| Stephen | Williams | Parc Bryn Bach | MM55 |
| Steve | Toogood | Buckley Runners | MM55 |
| Martin | Cole | Worcester AC | MM55 |

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|---------|------------|------------------------------|--------|
| Vicky | Fear | Llswerry R | W35-39 |
| Suzanne | Harding | Gloucester AC | W40-44 |
| Nancy | Hitchmough | Dudley & Stourbridge H | W65-69 |
| Pat | Gallagher | Westbury H & Yate & District | W70-74 |

Triple Jump Welsh Masters Events (Black)

| | | | |
|-------|----------|-------------------------|--------|
| Jason | Elworthy | Barry & Vale | MM45 |
| Rod | Davies | Swansea H | MM60 |
| Henry | Hopkins | Worcester AC | MM60 |
| Phil | Rees | Rhondda | M75-79 |
| John | Evans | Rugby & Northhampton AC | M80-84 |
| Derek | Osborne | Brecon AC | MM50 |
| Dave | Shields | Reading AC | MM55 |
| Allan | Cheers | Basingstoke & Mid Hants | M70-74 |

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|---------|------------|---------------|--------|
| Amanda | Wale | Wrexham AC | W45-49 |
| Joanne | Willoughby | Gloucester AC | W50-54 |
| Melanie | Garland | Worcester AC | W55-59 |
| Lyn | Ahmet | Radley AC | W65-69 |
| Iris | Holder | Worcester AC | W75-79 |

Long Jump Welsh Masters Events (Black)

| | | | |
|--------|----------|-------------------------|--------|
| Alec | Williams | Pembrokeshire H | MM50 |
| Jason | Elworthy | Barry & Vale | MM45 |
| Keith | Powell | Newport H | MM55 |
| Paul | Guest | Yeovil Harriers | MM55 |
| Rod | Davies | Swansea H | MM60 |
| Henry | Hopkins | Worcester AC | MM60 |
| Phil | Rees | Rhondda | M75-79 |
| John | Evans | Rugby & Northhampton AC | M80-84 |
| Derek | Osborne | Brecon AC | MM50 |
| Dave | Shields | Reading AC | MM55 |
| Trevor | Wade | SCVAC | MM60 |
| Allan | Cheers | Basingstoke & Mid Hants | M70-74 |

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|--------|------------|---------------|--------|
| Joanne | Willoughby | Gloucester AC | W50-54 |
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GP series
New Year Open 2018



cardiffmetathletics

| | | | |
|---------|---------|----------------|--------|
| Sharon | Kirby | Parc Bryn Bach | W50-54 |
| Melanie | Garland | Worcester AC | W55-59 |
| Gaye | Clarke | Ryston Runners | W55-59 |
| Lyn | Ahmet | Radley AC | W65-69 |
| Iris | Holder | Worcester AC | W75-79 |

Pole Vault Welsh Masters Events (Black)

| | | | |
|--------|---------|------------|--------|
| Keith | Powell | Newport H | MM55 |
| Glyn | Price | Swansea AC | MM50 |
| Derek | Osborne | Brecon AC | MM50 |
| Martin | Davies | Newport H | MM60 |
| Neal | Mason | SWVAC | M70-74 |