

GP1 - Male Track Results

T016-Men 60m - Open

AC Record - Jason GARDENER, England, 6.52, 2002

Welsh Record - Colin JACKSON, Cardiff AAC, 6.49, 1994

			Final B				Final A
Pos	Bib	Athlete	Perf	Pos	Bib	Athlete	Perf
1	198	Jeremy DRACKETT (SENM)	7.12	1	111	Marvin BHEKA (SENM)	6.87
2	311	Callum HUNTER (SENM)	7.22	2	107	Lewis CLARKE (SENM)	6.98
3	131	Joe THORNTON (SENM)	7.25	3	319	Dan TRUEMAN (SENM)	7.05
4	187	Sam PETERS (SENM)	7.26	4	328	Gearth TENNISON (SENM)	7.24
5	330	Jordan DOWE (SENM)	7.29	DNS	191	Alex BEECHEY (SENM)	
6	324	Ryan JAMES (SENM)	7.39	DNS	109	Glen ELSDON (SENM)	
7	123	Alex NICHOLAS (SENM)	7.43	DNS	199	Seriashe CHILDS (SENM)	
DNS	101	Matthew DAVIES (U23M)		DNS	162	David OMOREGIE (SENM)	

T012-Men 60m - Open

			Heat 1						Heat 2						
Pos	Bib	Athlete	Perf	q	Pos	Bib	Athlete	Perf	q	Pos	Bib	Athlete	Perf	q	
1	109	Glen ELSDON (SENM)	7.05	5	q	1	162	David OMOREGIE (SENM)	6.98	2	162	David OMOREGIE (SENM)	6.98	2	q
2	324	Ryan JAMES (SENM)	7.28	11	q	2	101	Matthew DAVIES (U23M)	7.32	13	101	Matthew DAVIES (U23M)	7.32	13	q
3	330	Jordan DOWE (SENM)	7.30	12	q	3	308	Euco LIMA (SENM)	7.50	22	308	Euco LIMA (SENM)	7.50	22	
4	129	Sam EKINS (SENM)	7.61	26		4	157	Max NETHERCOTT (SENM)	7.55	24	157	Max NETHERCOTT (SENM)	7.55	24	
5	182	Rhys YOUNG (SENM)	7.73	32		5	119	Jonathan LE GRANGE (SENM)	7.62	29	119	Jonathan LE GRANGE (SENM)	7.62	29	
			Heat 3						Heat 4						
Pos	Bib	Athlete	Perf	q	Pos	Bib	Athlete	Perf	q	Pos	Bib	Athlete	Perf	q	
1	319	Dan TRUEMAN (SENM)	7.03	4	q	1	107	Lewis CLARKE (SENM)	7.06	6	107	Lewis CLARKE (SENM)	7.06	6	q
2	131	Joe THORNTON (SENM)	7.21	9	q	2	198	Jeremy DRACKETT (SENM)	7.25	10	198	Jeremy DRACKETT (SENM)	7.25	10	q
3	309	Matt ATKIN (U20M)	7.44	19		3	315	Simeon CLARENCE (SENM)	7.51	23	315	Simeon CLARENCE (SENM)	7.51	23	
4	125	Josh PLATT (SENM)	7.47	21		4	193	Alex RUNCIMAN (SENM)	7.58	25	193	Alex RUNCIMAN (SENM)	7.58	25	
5	172	Ollie BIDDLE (SENM)	7.80	34		5	126	Liam SANDFORD (SENM)	7.69	31	126	Liam SANDFORD (SENM)	7.69	31	
6	140	Morgan JONES (SENM)	7.93	36					Heat 6						
7	181	James MORGAN (SENM)	8.29	40		Pos	Bib	Athlete	Perf	q					
			Heat 5						Heat 7						
Pos	Bib	Athlete	Perf	q	Pos	Bib	Athlete	Perf	q	Pos	Bib	Athlete	Perf	q	
1	311	Callum HUNTER (SENM)	7.34	14	q	1	191	Alex BEECHEY (SENM)	7.15	7	191	Alex BEECHEY (SENM)	7.15	7	q
2	187	Sam PETERS (SENM)	7.36	15	q	2	328	Gearth TENNISON (SENM)	7.16	8	328	Gearth TENNISON (SENM)	7.16	8	q
3	318	Edward LANTZOS (SENM)	7.42	17		3	123	Alex NICHOLAS (SENM)	7.39	16	123	Alex NICHOLAS (SENM)	7.39	16	q
4	316	Dylan PARRY (SENM)	7.46	20		4	188	Rico MARTIN (SENM)	7.84	35	188	Rico MARTIN (SENM)	7.84	35	
5	170	Nino OPPONG (SENM)	7.61	26		5	139	Jake ANDREWS (SENM)	8.14	39	139	Jake ANDREWS (SENM)	8.14	39	
6	180	Reuben GORDON (U20M)				6	159	Euan DYKES (U13B)	8.29	40	159	Euan DYKES (U13B)	8.29	40	
7	121	Matthew BARTLETT (SENM)				DNS	150	Robin WOOD (SENM)			DNS	150	Robin WOOD (SENM)		
			Heat 7						Heat 8						
Pos	Bib	Athlete	Perf	q	Pos	Bib	Athlete	Perf	q						
1	111	Marvin BHEKA (SENM)	6.89	q				Heat 8							
2	199	Seriashe CHILDS (SENM)	6.99	q				Heat 8							
3	152	Dominic ADJEI (SENM)	7.42					Heat 8							
4	151	Daniel SALMON (SENM)	7.61					Heat 8							
5	189	Rob CARVER (SENM)	7.75					Heat 8							
6	120	Ben LYSZKOWSKI (SENM)	7.93					Heat 8							
7	171	Rhys ROBERTS (SENM)	8.12					Heat 8							

T015-Men & Women 60m Santa Sprints

Male Santa World Record - Adam WILLIAMS, UWIC, 7.59, 2012

Female Santa World Record - Rebecca CHAPMAN UWIC, 8.09, 2012

			New Santa Rec
Pos	Bib	Athlete	Perf
1	111	Marvin BHEKA (SENM)	6.87
2	107	Lewis CLARKE (SENM)	6.98
3	319	Dan TRUEMAN (SENM)	7.05
4	328	Gearth TENNISON (SENM)	7.24
DNS	191	Alex BEECHEY (SENM)	
DNS	109	Glen ELSDON (SENM)	
DNS	199	Seriashe CHILDS (SENM)	

GP1 - Male Track Results

T010-Men 300m - Open

AC Record - Matt ELIAS, Wales, 34.03, 2003

Welsh Record - Matt ELIAS, Cardiff AAC, 33.40, 2006

Pos	Bib	Athlete	Club	Heat 1 Perf	Pos	Bib	Athlete	Club	Heat 2 Perf
1	147	Elliot WILSON (SENM)	Rotherham Harriers	36.05	1	108	Jonathan RENDELL (SENM)	Dacorum and Tring	35.87
2	187	Sam PETERS (SENM)	Exeter Harriers	36.12	2	131	Joe THORNTON (SENM)	University of Bristol	36.10
3	323	Sam JONES (U20M)	St Albans	37.31	3	146	Ryan COOPER (U20M)	cardiff AAC	36.80
Heat 3									
1	191	Alex BEECHEY (SENM)	City of Plymouth	35.88	1	194	Corry LOWER (U20M)	Cardiff AAC	37.31
2	130	Yousuf RANA (SENM)	Uni of Bristol	37.59	2	186	Dominic DAY (SENM)	City of Plymouth AC	37.37
3	197	Nikita NEARY (SENM)	Carmarthen Harriers	38.56	3	313	Zak LEWIS (SENM)	Llanelli Ac	38.20
Heat 5									
1	314	Kane LEE (SENM)	Yate ac	37.50	1	151	Daniel SALMON (SENM)	Pembrokeshire Harriers	38.93
2	122	Jack TOOTELL (SENM)	University of Gloucestershire	38.57	2	192	Thomas HUNTER (SENM)	Stroud	40.61
3	325	Ben MCEWAN (SENM)	Newport	39.09	DNF	150	Robin WOOD (SENM)	swansea harriers / Welsh Masters	
Heat 7									
1	121	Matthew BARTLETT (SENM)	University of Gloucestershire	39.71	1	183	Patrick SMITH (SENM)	Pembrokeshire Harriers	39.29
2	184	Glyn WISE (SENM)	Uni of Cardiff	40.40	2	182	Rhys YOUNG (SENM)	Bridgend AC	39.67
3	195	Brian DIAS (SENM)	cardiff	49.70	3	127	Sam TURNER (SENM)	University of Gloucestershire	41.01
Heat 9									
1	179	Matt NEYLE-OPIE (SENM)	City of Plymouth Athletics Club	38.33	1	312	Jack DAVIES (SENM)	Cardif AAC	38.83
2	169	Earl MCREA (SENM)	disability sport wales	41.72	2	310	Cameron COUSINS (U20M)	Bridgend AC	41.74
3	178	Daniel NEULAND (SENM)	Plymouth AC	42.75	DNF	132	Carl DRURY (SENM)	university og Gloucestershire	
Heat 11									
1	190	Michael THORTON (SENM)	Exeter Harriers	38.37	Pos	Bib	Athlete	Club	Heat 12 Perf
2	180	Reuben GORDON (U20M)	City Of Plymouth AC	40.93					

T013-Men 600m - Open

AC Record - Joe THOMAS, Cardiff AAC, 1:18.06, 2012

Welsh Record - Joe THOMAS, Cardiff AAC, 1:18.06, 2012

Pos	Bib	Athlete	Club	Heat 1 Perf	Pos	Bib	Athlete	Club	Heat 2 Perf
1	344	David BANWELL-CLODE (SENM)	Swansea Harriers	01:22.06	1	349	Matthew O'LEARY (SENM)	Cardiff Met	01:23.15
2	314	Kane LEE (SENM)	Yate ac	01:24.49	2	331	David FISHER (SENM)	Southampton AC	01:26.50
3	335	Rhys GRANVILLE (SENM)	Carmarthen Harriers	01:24.82	3	138	Alasdair CARPENTER (SENM)	Brighton Phoenix	01:26.62
4	313	Zak LEWIS (SENM)	Llanelli Ac	01:25.04	4	341	Peter WATKEYS (SENM)	Basingstoke & Mid Hants AC	01:27.86
5	197	Nikita NEARY (SENM)	Carmarthen Harriers	01:25.27	5	167	Ollie LUM (SENM)	Marshall Milton Keynes	01:28.40
DNF	118	Jonny MONK (SENM)	Bristol Uni		6	307	James GILL (SENM)	University of Plymouth Athletics	01:31.71
Heat 3									
1	323	Sam JONES (U20M)	St Albans	01:25.19	1	339	Niko ZUIDEMA (SENM)	Olympus '70	01:25.87
2	186	Dominic DAY (SENM)	City of Plymouth AC	01:26.17	2	317	Alex WARNAKULASURIYA (SENM)	Exeter University Athletics Club	01:30.83
3	342	Daniel SHORT (SENM)	Basingstoke & Mid Hants AC	01:26.23	3	115	Michael JARVIS (SENM)	Plymouth Uni	01:33.78
4	104	Dean SMITH (SENM)	Tavistock	01:27.66	4	105	Will DAX (SENM)	Tavistock	01:35.37
5	117	Robin LANE (SENM)	University of Bristol	01:28.92	5	345	Brett DAVIS (SENM)	Newport Harriers	01:36.73
6	200	Richard WHITE (MM50)	Worcester AC	01:33.01	6	195	Brian DIAS (SENM)	cardiff	01:51.12
Heat 5									
1	124	Ben TOPLEY (SENM)	Uni of Bristol	01:24.90	Pos	Bib	Athlete	Club	Heat 6 Perf
2	106	Josh BLAKE (SENM)	600m	01:26.54					
3	337	Andrew BOWERS (SENM)	Gloucester Athletics	01:27.25					
4	343	Patrick BAATZ (SENM)	Cardiff Uni	01:27.82					
5	103			01:29.99					
6	325	Ben MCEWAN (SENM)	Newport	01:37.49					

GP1 - Male Track Results

T003-Men 3000m - Open (Graded)

AC Record - Rob WHALLEY, England, 7.53.63, 2000

Welsh Record - Ian HAMER, Swansea Harriers, 7.51.49, 1992

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	116	John ASHCROFT (SENM)	Bristol University (/Liverpool Harriers)	08:27.90	1	105	Will DAX (SENM)	Tavistock	09:28.07
2	163	Matthew EDWARDS (U23M)	Cardiff Met	08:41.33	2	154	Aaron PRITCHARD (SENM)	Cardiff Met	09:48.72
3	156	Tom MARLEY (SENM)	Cardiff AAC	08:44.30	3	259	Julia COOKE (SENW)	Cheltenham Harriers	09:50.78
4	113	Harry BISHOP (SENM)	University of Gloucestershire	08:47.10	4	137	Paul ALLEN (SENM)	Yeovil Olympiads	09:56.47
5	149	Niall HOLT (SENM)	Southampton AC/Cardiff Met	08:48.89	5	158	Craig BRIDGES (SENM)	Team Bath	09:57.46
6	174	Elliot SLADE (SENM)	CARDIFF	08:52.36	6	148	Hugh SAUNDERS (SENM)	Oxted	10:03.05
7	153	Aaron PHELPS (SENM)	stroud AC	08:52.93	7	144	Stephen SMITH (SENM)	Preston Harriers	10:03.21
8	135	Jones MARK (U20M)	Newport Harriers	08:56.84	8	128	David BEDWELL (SENM)	Bristol and West AC	10:26.98
9	141	Daniel CHESWORTH (SENM)	Cardiff Met	09:04.84	9	262	Rebecca PIERCE (SENW)	Team Bath	10:42.08
10	133	Nick WOOD (SENM)	Cardiff Met	09:10.37	10	114	James RYGATE (SENM)	UPAC	11:13.66
11	160	Mukhtaar FARHAN (SENM)	Cardiff AAC	09:15.64	11	161	Huw ROBERTS (SENM)	Bridgend	11:39.97
12	134	Bradshaw PAUL (SENM)	Blackburn Harriers	09:18.60	12	248	Zoe MAYER (SENW)	University of Gloucestershire	13:05.35
13	143	James MILLER (SENM)	Cheltenham Harriers	09:25.63	13	251	Cecilia BRADLEY (U20W)	Plymouth University	13:10.19
14					14	245	Emma MILSOM (SENW)	University of Gloucestershire	14:05.48
15					15	246	Leah HOPTON (SENW)	University of Gloucestershire	14:09.81
16					16	250	Wendy MORANT (SENW)	Birchfield Harriers	14:58.53
17					17	249	Sarah BAYLEY (SENW)	UoG Athletics & XC	15:02.17

T001-U13-U15-U17 1k Walk

AC Record -

Welsh Record -

Final				Final					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	253	Jeri-Lynne GRAHAM (U20W)	Neath	05:10.61	1	252	Heather LEWIS (U23W)	Pembrokeshire harriers	13:11.87
2	100	Daniel MCKERLICH (U20M)	Cardiff aac	05:11.87	2	235	Tatyana GABELLONE (SENW)	Leicester Walking Club	13:23.98
3	234	Molly MELEADY-HANLEY (U13G)	City Of Sheffield	05:25.43	3	238	Bethan DAVIES (SENW)	Cardiff	13:55.40
					4	237	Jasmine NICHOLLS (SENW)	Leicester Walking Club	15:49.72
					5	255	Megan STRATTON-THOMAS (U17W)	Swansea Harriers	17:26.47

T005-Men 60m Hdl- Open (Sen-106.7cm)/(U20-99.1cm)

AC Record - Sen Colin JACKSON, Wales, 7.60, 2002

Welsh Record - Sen Colin JACKSON, Brecon AC, 7.30, 1994/U20 Colin JACKSON, Cardiff AAC, 7.78, 1985

Final				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	109	Glen ELSDON (SENM)	Carmarthen Harriers	8.06					
2	168	Kyle ARNOLD (U20M)	Newport Harriers	8.08					
3	175	Oliver JEFFERIES (SENM)	Bristol and West	8.38					
4	146	Ryan COOPER (U20M)	cardiff AAC	9.08					
DNF	162	David OMOREGIE (SENM)	Cardiff AC						

T006-Men 60m Hdl CE (Sen-106.7cm)/(U20-99.1cm)

AC Record - Sen Colin JACKSON, Wales, 7.60, 2002

Welsh Record - Sen Colin JACKSON, Brecon AC, 7.30, 1994/U20 Colin JACKSON, Cardiff AAC, 7.78, 1985

Final				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	162	David OMOREGIE (SENM)	Cardiff AC	7.89					
2	196	Curtis MATHEWS (SENM)	Cardiff AAC	8.39	887				
3	176	Gavin PHILLIPS (U20M)	Team Bath	8.45	872				
4	145	Aled PRICE (SENM)	Camarthen Harriers	8.72	809				
5	164	Michael SWEENEY (SENM)	Liverpool Harriers	8.85	780				
6	177	Joseph PEARSE (U20M)	Blackburn Harriers	8.95	757				
7	142	Matthew CURTIS (SENM)	Winbourne ac	9.26	690				

T018-Men 60m - Combined Events

AC Record - Jason GARDENER, England, 6.52, 2002

Welsh Record - Colin JACKSON, Cardiff AAC, 6.49, 1994

Final				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	196	Curtis MATHEWS (SENM)	Cardiff AAC	7.11	844				
2	165	Saoirse CHINERY-EDOO (SENM)	Harrow AC	7.18	820				
3	176	Gavin PHILLIPS (U20M)	Team Bath	7.39	749				
4	145	Aled PRICE (SENM)	Camarthen Harriers	7.41	743				
5	177	Joseph PEARSE (U20M)	Blackburn Harriers	7.55	697				
6	142	Matthew CURTIS (SENM)	Winbourne ac	7.60	681				
7	164	Michael SWEENEY (SENM)	Liverpool Harriers	7.73	641				

GP1 - Male Field Results

F001-Men Pole Vault ELITE MALE

AC Record - Paul WILLIAMSON/Nick BUCKFIELD, England, 5.50, 2000/2002

Welsh Record - Scott SIMPSON , Birchfield Harriers, 5.42, 2007

Pos	Bib	Athlete	Club	Perf
1	102	Paul WALKER (SENM)	Sale Harriers Manchester	5.13
2	155	Adam CARPENTER (SENM)	sbh	4.83
	136	Nikko HUNT (SENM)	Team Bath	4.53
	173	Elliot HADDON (SENM)	Swansea	4.38

F003-Men Long Jump - Open

AC Record - Gable GARENAMOTSE, Botswana, 8.01, 2002

Welsh Record - Lynn DAVIES , Roath H, Cardiff, 7.97, 1966

Pos	Bib	Athlete	Club	Perf
1	157	Max NETHERCOTT (SENM)	Yate	5.74
2	171	Rhys ROBERTS (SENM)	Bridgend Ac	5.45
3	140	Morgan JONES (SENM)	Cardiff Met Uni/ Federation of Disability Sport Wales	5.40
4	172	Ollie BIDDLE (SENM)	Worcester AC	5.38
5	150	Robin WOOD (SENM)	swansea harriers / Welsh Masters	5.21
6	132	Carl DRURY (SENM)	university og Gloucestershire	5.15
7	119	Jonathan LE GRANGE (SENM)	University of Plymouth Athletics Club	4.99

F004-Men Shot (Sen-7.26kg)/(U20-6.00kg) CE

AC Record - Garrett JOHNSON, USA, 19.00, 2007

Welsh Record - Saun PICKERING , Haringey AC, 19.10, 1996

Pos	Bib	Athlete	Club	Perf	Pts
1	196	Curtis MATHEWS (SENM)	Cardiff AAC	13.45	695
2	145	Aled PRICE (SENM)	Camarthen Harriers	12.20	619
3	164	Michael SWEENEY (SENM)	Liverpool Harriers	11.89	600
4	142	Matthew CURTIS (SENM)	Winbourne ac	10.57	520
5	165	Saoirse CHINERY-EDOO (SENM)	Harrow AC	10.55	519
6	176	Gavin PHILLIPS (U20M)	Team Bath	10.52	517
7	177	Joseph PEARSE (U20M)	Blackburn Harriers	9.78	472

F006-Men Pole Vault - Development Male

AC Record - Paul WILLIAMSON/Nick BUCKFIELD, England, 5.50, 2000/2002

Welsh Record - Scott SIMPSON , Birchfield Harriers, 5.42, 2007

Pos	Bib	Athlete	Club	Perf
1	110	Ewan BRYDEN (U23M)	windsor slough eton and hounslow athletics club	4.10
2	333	Glyn PRICE (SENM)	Swansea	4.10
3	320	Kurt CAMERON (U20M)	Bristol & West AC	3.70
4	327	Rhordi DAVIES (SENM)	CARDIFF AAC	3.70
5	321	Jasper HAWKINS (U17M)	Cardiff AAC	3.20
6	329	Martin DAVIES (SENM)	Newport Harriers	2.90
7	338	John HOOGENDOORN (U17M)	Cardiff Archers	2.70
	322	David CALLAN (SENM)	Cardiff AC	nmr
	334	Lewis PREECE (SENM)	Swansea	nmr
	326	Lloyd THOMAS (SENM)	Cwm Ogwr	nmr

GP1 - Male Field Results

F008-Men Shot - Open (Sen-7.26kg)/(U20-6.00kg)

AC Record - Garrett JOHNSON, USA, 19.00, 2007

Welsh Record - Saun PICKERING , Haringey AC, 19.10, 1996

Pos	Bib	Athlete	Club	Perf
1	166	Jason ELWORTHY (SENM)	Barry & Vale Harriers	6.74

F010-Men High Jump - Open

AC Record - Brendan REILLY / Samson ONI, Ireland/England, 2.25, 2000/2008

Welsh Record - Robert MITCHELL , Sale Harriers Manchester, 2.24, 2009

Pos	Bib	Athlete	Club	Perf
1	336	Chris BAKER (SENM)	Sale Harriers Manchester	2.18
2	340	Adam WALL (SENM)	Bristol and West	2.03
	185	Matt GILBERT (SENM)	City of Plymouth AC	1.76

F011-Men High Jump CE

AC Record - Brendan REILLY / Samson ONI, Ireland/England, 2.25, 2000/2008

Welsh Record - Robert MITCHELL , Sale Harriers Manchester, 2.24, 2009

Pos	BIB	Athlete	Club	Perf
1	164	Michael SWEENEY (SENM)	Liverpool Harriers	1.91
2	196	Curtis MATHEWS (SENM)	Cardiff AAC	1.85
3	177	Joseph PEARSE (U20M)	Blackburn Harriers	1.85
4	145	Aled PRICE (SENM)	Camarthen Harriers	1.82
5	165	Saoirse CHINERY-EDOO (SENM)	Harrow AC	1.76
6	142	Matthew CURTIS (SENM)	Winbourne ac	1.70
	176	Gavin PHILLIPS (U20M)	Team Bath	NMR

GP1 - Female Track Results

T017-Women 60m - Open

AC Record - Joice MADUAKA, England, 7.28, 2002
 Welsh Record - Carman SMART, Cardiff AAC, 7.34, 1990

				Final B						Final A	
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	287	Mali JAMES (U23W)	Unattached	8.25		1	282	Rebecca CHAPMAN (SENW)	Cardiff Met (unattached)	7.70	
2	286	Francesca ALLEN (U20W)	North Somerset	8.25		2	294	Zoe NASH (U20W)	Bridgend AC	7.85	
3	291	Sian MORRIS (U17W)	Cardiff archers	8.25		3	292	Katie-Jane PRIEST (U20W)	Newport Harriers	7.92	
4	284	Kelly MCMAHON (U23W)	University of Exeter	8.27		4	267	Amy LEAHY (SENW)	Pembrokeshire harriers	8.01	
5	264	Jade KINSEY (SENW)	Tavistock	8.31		5	270	Katie CORBETT (SENW)	City of plymouth athletic club	8.05	
6	296	Katy TOWNSEND (U23W)	Cheltenham Harriers	8.32		6	281	Sian SWANSON (SENW)	Swansea Harriers	8.14	
7	280	Alice HUNTER (U23W)	UWE Bristol	8.52		7	256	Kiah ROSENSTEIN (SENW)	City of Plymouth AC	8.29	
DNS	289	Megan LLEWELLYN (U17W)	No club at present			DNS	290	Faye PITTMAN (SENW)	Newport Harriers		

T011-Women 60m - Open

				Heat 1								Heat 2			
Pos	Bib	Athlete	Club	Perf		q	Pos	Bib	Athlete	Club	Perf		q		
1	282	Rebecca CHAPMAN (SENW)	Cardiff Met (unattached)	7.70	1	q	1	281	Sian SWANSON (SENW)	Swansea Harriers	8.03	4	q		
2	256	Kiah ROSENSTEIN (SENW)	City of Plymouth AC	8.26	8		2	270	Katie CORBETT (SENW)	City of plymouth athletic club	8.06	5	q		
3	287	Mali JAMES (U23W)	Unattached	8.33	10	q	3	290	Faye PITTMAN (SENW)	Newport Harriers	8.25	7	q		
4	284	Kelly MCMAHON (U23W)	University of Exeter	8.43	13	q	4	296	Katy TOWNSEND (U23W)	Cheltenham Harriers	8.30	9	q		
5	280	Alice HUNTER (U23W)	UWE Bristol	8.46	14	q	5	247	Lorna PHILLIPS (U20W)	Bristol University	8.78	21			
6	258	Kate BADDOO (SENW)	Cardiff University Athletics Club	8.74	19		6	263	Melanie GARLAND (MW50)	Worcester	9.33	24			
7	243	Precious MALAZARTE-SMITH (SENW)	University of Plymouth Athletics Club	9.32	23		7	241	Sophie BERRY (SENW)	Plymouth Uni	9.55	25			
				Heat 3								Heat 4			
Pos	Bib	Athlete	Club	Perf		q	Pos	Bib	Athlete	Club	Perf		q		
1	267	Amy LEAHY (SENW)	Pembrokeshire harriers	8.10	6	q	1	294	Zoe NASH (U20W)	Bridgend AC	7.88	2	q		
2	264	Jade KINSEY (SENW)	Tavistock	8.52	15	q	2	292	Katie-Jane PRIEST (U20W)	Newport Harriers	7.99	3	q		
3	260	Calais BAKER (SENW)	University Of Gloucestershire	8.69	17		3	286	Francesca ALLEN (U20W)	North Somerset	8.34	11	q		
4	242	Lucy SYMONS (U20W)	Plymouth University	8.73	18		4	291	Sian MORRIS (U17W)	Cardiff archers	8.39	12	q		
5	271	Tamzin GRIBBLE (SENW)	City of Plymouth A.C	8.96	22		5	289	Megan LLEWELLYN (U17W)	No club at present	8.59	16	q		
							6	283	Rebecca SILK (U23W)	Exeter university	8.76	20			

T009-Women 300m - Open

AC Record - Emma PULLEN, England, 40.01, 2010
 Welsh Record - Catherine MURPHY, Shaftesbury, 37.3, 2004

				Heat 1								Heat 2			
Pos	Bib	Athlete	Club	Perf			Pos	Bib	Athlete	Club	Perf				
1	275	Megan ROGERS (SENW)	Wrexham AC	40.33			1	276	Elinor JONES (U23W)	Cardiff Met	41.85				
2	244	Emma PIATEK (SENW)	Bristol and West	42.21			2	265	Emma RYDER (SENW)	Tavistock ac	44.78				
3	269	Jessica STRANG (U20W)	City of Plymouth	43.02			3	256	Kiah ROSENSTEIN (SENW)	City of Plymouth AC	45.03				
4	264	Jade KINSEY (SENW)	Tavistock	43.99			4	277	Chloe POWELL (U23W)	Newport Harriers	49.55				
				Heat 3								Heat 4			
Pos	Bib	Athlete	Club	Perf			Pos	Bib	Athlete	Club	Perf				
1	285	Nicole KENDALL (U20W)	Exeter University	42.94											
2	271	Tamzin GRIBBLE (SENW)	City of Plymouth A.C	47.34											
3	240	Ellie STEPHENSON WILDING (U17W)	Cardiff	47.45											
4	241	Sophie BERRY (SENW)	Plymouth Uni	51.40											

T014-Women 600m - Open

AC Record - Loren BLEAKEN , Team Bath, 1:32.08, 2012
 Welsh Record - Kirsty McDERMOTT, Bristol, 1.30.16, 1985

				Heat 1								Heat 2			
Pos	Bib	Athlete	Club	Perf			Pos	Bib	Athlete	Club	Perf				
1	348	Katherine CAMP (U23W)	New Zealand	01:33.08			1	269	Jessica STRANG (U20W)	City of Plymouth	01:40.87				
2	299	Charlotte GREEN (SENW)	Bristol & West AC	01:36.27			2	265	Emma RYDER (SENW)	Tavistock ac	01:45.76				
3	450	Miranda SADLER (U20W)	Bristol & West AC	01:39.28			3	262	Rebecca PIERCE (SENW)	Team Bath	01:46.98				
4	298	Lianne VAN DER LUGT (SENW)	Olympus' 70 The Netherlands	01:39.73			4	300	Sarah EVERITT (SENW)	Bristol & West AC	01:47.70				
5	346	Rhianne JONES (SENW)	Newport Harriers	01:46.56			5	347	Eunice ANDRES (SENW)	Unattached	02:15.45				

T007-Women 60m Hdl - Open

AC Record - Diane ALLAHGRREN, England, 8.01, 2002
 Welsh Record - Kay MORLEY-BROWN , Cardiff AAC, 8.16, 1992

				Final						Heat 2	
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	267	Amy LEAHY (SENW)	Pembrokeshire harriers	9.41							
2	268	Jenna BIERTON (SENW)	Plymouth AC	9.83							
3	291	Sian MORRIS (U17W)	Cardiff archers	8.25							
4	284	Kelly MCMAHON (U23W)	University of Exeter	8.27							
5	264	Jade KINSEY (SENW)	Tavistock	8.31							
6	296	Katy TOWNSEND (U23W)	Cheltenham Harriers	8.32							
7	280	Alice HUNTER (U23W)	UWE Bristol	8.52							
DNS	289	Megan LLEWELLYN (U17W)	No club at present								

T008-Women 60m Hurdles - CE

AC Record - Diane ALLAHGRREN, England, 8.01, 2002
 Welsh Record - Kay MORLEY-BROWN , Cardiff AAC, 8.16, 1992

				Final						Heat 2	
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	274	Mollie COURTENEY (U20W)	Cheltenham Harriers	8.76	961						
2	266	Sophie PICK (U23W)	Carmarthen Harriers	10.04	705						
3	273	Jessica ROBINS (SENW)	Stroud	11.38	476						
4	272	Claire TAYLOR (U20W)	Cardiff A.C	29.57							

GP1 - Female Field Results

F002-Women Pole Vault ELITE FEMALE

AC Record - Henrietta PAXTON, Birchfield Harriers, 4.31, 2010

Welsh Record - Rhian CLARKE , Essex Ladies, 4.20, 2001

Pos	Bib	Athlete	Club	Perf
1	259	Julia COOKE (SENW)	Cheltenham Harriers	3.73
2=	239	Lyndsey MAUND (SENW)	Swansea Harriers	3.48
2=	254	Becky DONNELLY (SENW)	Worcester	3.48
4	236	Victoria HARDING (U23W)	Windsor Slough Eton & H	3.03

F007-Women Pole Vault - Development Female

AC Record - Henrietta PAXTON, Birchfield Harriers, 4.31, 2010

Welsh Record - Rhian CLARKE , Essex Ladies, 4.20, 2001

Pos	Bib	Athlete	Club	Perf
1	236	Victoria HARDING (U23W)	Windsor Slough Eton & H	3.20
2	295	Emma JONES (SENW)	Swansea	3.10
3	293	Caroline WALDER (U15G)	North Somerset	2.90
4	278	Megan HODGSON (SENW)	`	2.30
5	261	Georgia HOUSTON (SENW)	North Somerset Ac	2.00

F009-Women Shot - CE (4.00kg)

Pos	Bib	Athlete	Club	Perf	
1	266	Sophie PICK (U23W)	Carmarthen Harriers	8.81	452
2	273	Jessica ROBINS (SENW)	Stroud	7.82	388
3	274	Mollie COURTENEY (U20W)	Cheltenham Harriers	7.45	364

F009-Women Shot - Open (4.00kg)

AC Record - Venissa HEAD, Wales, 19.06, 1984

Welsh Record - Venissa HEAD , Cardiff AAC, 19.06, 1984

Pos	Bib	Athlete	Club	Perf
1	288	Lucy GRIFFITHS (SENW)	Cardiff	11.98

F012-Women Long Jump

AC Record - Gillian COOKE, Scotland, 6.43, 2008

Welsh Record - Ruth HOWELL , Birchfield, 6.51, 1974

Pos	Bib	Athlete	Club	Perf
1	282	Rebecca CHAPMAN (SENW)	Cardiff Met (unattached)	5.78
2	281	Sian SWANSON (SENW)	Swansea Harriers	5.37
3	279	Smantha BARRETT (SENW)	Bristol and West	5.10
4	296	Katy TOWNSEND (U23W)	Cheltenham Harriers	4.95
5	270	Katie CORBETT (SENW)	City of plymouth athletic club	4.49
6	263	Melanie GARLAND (MW50)	Worcester	4.39
7	297	Tessa YOUNG (U23W)	Gloicester University	4.18



GP1 - Female Field Results

F013-Women Long Jump Women CE

AC Record - Gillian COOKE, Scotland, 6.43, 2008

Welsh Record - Ruth HOWELL, Birchfield, 6.51, 1974

Pos	Bib	Athlete	Club	Perf	
1	274	Mollie COURTENEY (U20W)	Cheltenham Harriers	4.78	500
2	273	Jessica ROBINS (SENW)	Stroud	4.77	498
3	266	Sophie PICK (U23W)	Carmarthen Harriers	4.73	487



ATHLETICS

Welsh Athletics & Cardiff Metropolitan Uni

Grand Prix Series 2013-2014

GP1 - Male Combined Events

National Indoor Athletics Centre

Cyncoed, Cardiff, Sunday 15th December 2013



WELSH ATHLETICS
ATHLETAU CYMRU

Male Combined Events			60m HDL			(7.26kg)	(6.00kg)	SP	Pts	HIGH JUMP		HJ	Total	60m		60m	Total
No.	Name	Club	secs	Pts	Rank	(m.cm)	Pts	Rank	after 2	(m.cm)	Pts	Rank	after 3	secs	Pts	Rank	Points
196	Curtis MATHEWS (SENM)	Cardiff AAC	8.39	887	1	13.45	695	1	1582	1.70	544	5	2126	7.11	820	2	2945
145	Aled PRICE (SENM)	Camarthen Harriers	8.72	809	3	12.20	619	2	1428	1.82	644	3	2072	7.41	697	4	2769
177	Joseph PEARSE (U20M)	Blackburn Harriers	8.95	757	5	9.78	472	7	1229	1.85	670	2	1899	7.55	681	5	2581
142	Matthew CURTIS (SENM)	Winbourne ac	9.26	690	6	10.57	520	4	1210	1.70	544	5	1754	7.60	641	6	2395
164	Michael SWEENEY (SENM)	Liverpool Harriers	8.85	780	4	11.89	600	3	1380	1.91	723	1	2103	7.73			2103
165	Saoirse CHINERY-EDOO (SENM)	Harrow AC				10.55	519	5	519	1.76	593	4	1112	7.18	749	3	1861
176	Gavin PHILLIPS (U20M)	Team Bath	8.45	872	2	10.52	517	6	1389				1389	7.39			1389

Female Combined Events			60m HDL			SHOT (4.00kg)			Pts	LONG JUMP			Total	Total
No.	Name	Club	secs	Pts	Rank	(m.cm)	Pts	Rank	after 2	(m.cm)	Pts	Rank	after 3	Points
274	Mollie COURTENEY (U20W)	Cheltenham Harriers	8.76	961	1	7.45	364	3	1325	4.78	500	1	1825	1
266	Sophie PICK (U23W)	Carmarthen Harriers	10.04	705	2	8.81	452	1	1157	4.73	487	3	1644	2
273	Jessica ROBINS (SENW)	Stroud	11.38	476	3	7.82	388	2	864	4.77	498	2	1362	3