

WELSH CHAMPIONSHIPS

11th June 2016 - Cardiff International Sports Stadium

Men's 100m A

4th Marvin Bheka

Men's 100m B

2nd Gareth Hopkins
4th Karl McClean
5th Daniel Beadsley
7th Jason Amartey
8th Mark Prentice
*Heats Dewi Hammond

Men's 200m

Silver Gareth Hopkins
4th Daniel Beadsley
6th Karl McClean

Men's 400m

3rd Joseph Kinsey
8th Jonathan Rendell - Alumni

Men's 800m

6th Kieran Wood
8th Aaron Phelps

Men's 1500m

Gold Tom Marshall - Alumni
5th Matthew Edwards
7th Gareth Griffiths

Men's 5000m

Gold Joshua Griffiths

Men's 400mH

Gold Paul Bennett
3rd Christopher Marshall - Alumni

Men's High Jump

1st Joseph Pearse

Men's Long Jump

Gold Curtis Mathews - Alumni
Silver Simeon Clarence

Men's Triple Jump

5th Gage Francis

Men's Discus

Gold Brett Morse - Alumni
4th Curtis Matthews - Alumni

Men's Hammer

Gold Jac Palmer 64.81 PB Club Record

Men's 100m IPC

1st James Ledger
4th Morgan Jones

Women's 100m

Bronze Mica Moore
Emma Wiltshire -
8th Alumni
*Heats Amy Odunaiya

Women's 200m

5th Amy Odunaiya
*Heats Bethan Skuse

Women's 400m

7th Bethan Skuse

Women's 100m Hurdles

4th Mica Moore

Women's 400m Hurdles

4th Lily Edmonds

Women's 3000m S/C

Gold Emily Brown

Women's Long Jump

3rd Sara Geary - Alumni
10th Sian Swanson

Women's Triple Jump

Gold Sian Swanson

Women's Shot Put

Gold Adele Nicoll
Silver Lucy Griffiths

3rd Simi Pam

Women's Discus

4th Adele Nicoll

Women's Hammer

6th Joe Dakin

