

CARDIFF MET OPEN 4th SEPT 2017

100m Final Entries (29th Aug) *If missing off entries please email jthie@cardiffmet.ac.uk

1	Caitlyn	Mapps	Cardiff Archers	U15G	100m	12.66
3	Sophie	Davies	Cardiff Archers	U13G	100m	13.78
8	Mason	Heal	Cardiff Archers	U15B	100m	14.60
13	Ben	Paris	Cardiff Archers	U20M	100m	10.94
14	Dewi	Paris	Cardiff Archers	U17M	100m	12.36
18	Harry	Beddall	Cardiff Archers	U13B	100m	13.76
21	Zak	Wall	Cardiff Archers	U15B	100m	11.84
23	Anna	Brooks	Cardiff Archers	U13G	100m	15
27	Ellie	Isaac	Cardiff Archers	U15G	100m	13.21
29	Ellie	Miles	Cardiff Archers	U15G	100m	13.9
34	Sam	Davies	Cardiff Archers	U17M	100m	12.11
35	Jacob	Davies	Cardiff Archers	U17M	100m	11.9
38	Katie	Gill	Cardiff Archers	U13G	100m	14.09
40	Josh	Nott	Cardiff Archers	U15B	100m	11.7
41	Liam	Montgomery	Cardiff Archers	U17M	100m	11.85
42	Maddie	Hamer	Cardiff Archers	U15G	100m	14.46
45	Steffan	Jones	Swansea harriers	U17M	100m	11.6
49	Owain	Hughes	Neath Harriers	U17M	100m	11.15
51	Aharan	Mulvaney	Cardiff AAC	U13B	100m	15.6
54	Dylan	Parry	Swansea harriers	U20M	100m	11.3
60	Eve	Peason	Cardiff AAC	U17G	100m	13.35
63	William	Hawker	Rhymney Valley	U13B	100m	14.5
66	Noah	Bennett	Cwmbran	U13B	100m	14.5
70	Katy	Townsend	Cheltenham	SW	100m	12.82
72	Aimee	Childs	Bridgend AC	U13G	100m	14.18
73	Jack	O'Brien	Bridgend AC	U13B	100m	14.67
75	Niamh	O'Brien	Bridgend AC	U15G	100m	15.27
77	Tomos	Broad	Bridgend AC	U13B	100m	13.84
78	Evan	Bailey	Bridgend AC	U13G	100m	14.44
85	Wayne	Booth	FODAC	SM	100m	11
88	Mabon	Rhys	Bridgend AC	U13B	100m	13.5
90	Gabby	Dickinson	Cardiff AAC	U15G	100m	13.04
92	Sophie	Matthews	Brecon AC	U20W	100m	12.58
94	Thomas	Matthews	Brecon AC	U13B	100m	15.12
99	Cameron	Pamment	Cardiff AAC	U17M	100m	11.79
102	Juliet	Sidney	Newport	SW	100m	13.81
104	Mel	James	Les croups	SM	100m	16.6
106	Taylor	Jones	No Club	SM	100m	12.5
107	Paul	Evans	Brecon AC	SM	100m	13.35
111	Ben	Gerraghty	Cardiff Archers	U13B	100m	14.2
113	Rhys	Isreal	Cardiff Archers	U13B	100m	14.8

CARDIFF MET OPEN 4th SEPT 2017

119	Mary	Ryan	Cardiff AAC	U15G	100m	15
121	Ceri	Jones	Cardiff AAC	U20W	100m	15
123	Elinor	Thomas,	Llanelli AAC	U15G	100m	14.31
127	Victoria	Owen	Cardiff Archers	U15G	100m	13.59
128	Charlie	Northey	Brecon AC	SM	100m	15
131	Ffion	Windsor	Cardiff AAC	U15G	100m	15
133	Lowri	Windsor	Cardiff AAC	U13G	100m	15
135	Jack	Jones	Cardiff AAC	U17M	100m	11.9
136	Charlie	Jones	Cardiff AAC	U13B	100m	13.79
137	Rhianna	Satterly	Cardiff AAC	U17W	100m	14.4
139	JAC	BURNE	Cardiff AAC	U17M	100m	11.4
140	Ben	Griffin	Brecon AC	U17M	100m	11.62
144	Joseph	Alexander	Cardiff AAC	U17B	100m	12.5

Shot Final Entries (29th Aug) *If missing off entries please email jthie@cardiffmet.ac.uk

7	Molly	Greenman	Cardiff Archers	U17W	Shot	10.88
15	Matthew	Paris	Cardiff Archers	U13B	Shot	7.75
20	Ellie	Beddall	Cardiff Archers	U15G	Shot	10.67
30	Sophie	Lisk	Cardiff Archers	U13G	Shot	7.04
33	Ella	Jackson	Cardiff Archers	U15G	Shot	8.11
47	Garaint	Pugh	Cardiff AAC	U20M	Shot	13.02
50	Gwennan	lewis	Newport	U17W	Shot	11.52
56	lily	Gregson	Cardiff AAC	U15G	Shot	7.51
58	Dylan	bevan	Newport	U17M	Shot	11.88
76	Niamh	O'Brien	Bridgend AC	U15G	Shot	5.99
98	Mia	Williams	Pontyclun AC	U13G	Shot	
114	Chloe	Jones	Swansea	U13G	Shot	9.2
115	Peter	Maitland	Swansea	SM	Shot	15
129	Charlie	Northey	Brecon AC	SM	Shot	
132	Ffion	Windsor	Cardiff AAC	U15G	Shot	7.04
138	Rhianna	Satterly	Cardiff AAC	U17W	Shot	7.63

CARDIFF MET OPEN 4th SEPT 2017

Long Jump Final Entries (29th Aug) *If missing off entries please email

jthie@cardiffmet.ac.uk

2	Caitlyn	Mapps	Cardiff Archers	U15G	Long Jump	5.52
4	Sophie	Davies	Cardiff Archers	U13G	Long Jump	3.97
5	Phil	Warwicker	Cardiff Archers	SM	Long Jump	6.13
9	Mason	Heal	Cardiff Archers	U15B	Long Jump	4.58
19	Harry	Beddall	Cardiff Archers	U13B	Long Jump	4.36
22	Zak	Wall	Cardiff Archers	U15B	Long Jump	4.87
26	Ellie	Isaac	Cardiff Archers	U15G	Long Jump	4.76
28	Ellie	Miles	Cardiff Archers	U15G	Long Jump	4.62
32	Ella	Jackson	Cardiff Archers	U15G	Long Jump	4.61
39	Katie	Gill	Cardiff Archers	U13G	Long Jump	4.29
43	Maddie	Hamer	Cardiff Archers	U15G	Long Jump	3.96
52	Aharan	Mulvaney	Cardiff AAC	U13B	Long Jump	2.74
55	Kellen	Jones	Newport	U20M	Long Jump	6.79
67	Noah	Bennett	Cwmbran	U13B	Long Jump	4.75
71	Katy	Townsend	Cheltenham	SW	long jump	5.35
74	Jack	O'Brien	Bridgend AC	U13B	Long jump	3.92
79	Evan	Bailey	Bridgend AC	U13G	long jump	4.22
87	Rhys	Roberts	Bridgend AC	U20M	Long Jump	6.09
89	Simon	Hammann	Bristol & west	SM	Long jump	6.72
91	Gabby	Dickinson	Cardiff AAC	U15G	Long Jump	4.86
93	Sophie	Matthews	Brecon AC	U20W	Long Jump	4.93
95	Thomas	Matthews	Brecon AC	U13B	Long Jump	3.7
100	Cameron	Pamment	Cardiff AAC	U17M	Long Jump	5.81
105	Ashley	Jones	Cardiff	SM	Long Jump	NA
112	Ben	Gerraghty	Cardiff Archers	U13B	Long Jump	4
120	Mary	Ryan	Cardiff AAC	U15G	Long jump	3.5
124	Elinor	Thomas,	Llanelli AAC	U15G	Long jump	4.67
126	Alex	Thomas	Llanelli AAC	U13B	Long Jump	3.3
134	Lowri	Windsor	Cardiff AAC	U13G	Long jump	3.45
143	Imogen	Vaughan	Cardiff AAC	U15G	Long Jump	3.5

CARDIFF MET OPEN 4th SEPT 2017

Mile Final Entries (29th Aug) *If missing off entries please email jthie@cardiffmet.ac.uk

6	Finley	Keane	Cardiff Archers	U13B	Mile	6.2
10	Rhys	Bowen	Cardiff Archers	U13B	Mile	5.3
11	Freya	Roberts	Cardiff Archers	U15G	Mile	5.55
12	Loui	Camilleri	Cardiff Archers	U13B	Mile	5.3
16	James	Penrose	Cardiff Archers	U17M	Mile	4.24
17	Andrew	Penrose	Cardiff Archers	U15B	Mile	5.32
24	Callum	Thomas	Cardiff Archers	U15B	Mile	5.40
25	Seren	Rayment	Cardiff Archers	U17W	Mile	5.30
31	Charlie	Flynn	Cardiff Archers	U13B	Mile	6
36	Nia	Riley	Cardiff Archers	U17W	Mile	5.15
37	Huw	Riley	Cardiff Archers	U15B	Mile	5.15
44	Gabrielis	Stuokes	Les Croups	SM	Mile	5.07
46	Steffan	Jones	Swansea	U17M	Mile	4.45
48	Danielle	Phillips	Park Bryn Bach	SW	Mile	5.59
53	Dan	lloyd	CDF	SM	Mile	5.49
57	Claire	Bruce	Les Croups	SW	Mile	5.47
59	Constance	wood	Cardiff AAC	U15G	Mile	5.3
61	Lucy	Marsh	Good Gym	SW	Mile	7.09
62	Ben	Annear	Good Gym	SM	Mile	5.4
64	Miles	Thomas	Lliswerry	SM	Mile	4.55
65	Tom	Power	Good Gym	SM	Mile	7
68	Mikey	Owens	Good Gym	SM	mile	7.15
69	Paul	O'Callaghan		SM	mile	5
80	Daniel	Mckerlich	Cardiff AAC	U17M	Mile	7
81	Brian	Dias	Cardiff AAC	SM	Mile	5
82	Paul	Lacey	Cardiff AAC	SM	Mile	4.55
83	Eleanor	Lacey		SW	Mile	6.1
84	Steve	Morris	Cardiff AAC	SM	Mile	4.15
86	Amy	Tucker	Llanelli AAC	U13G	Mile	6
96	Olly	Sheppard	Emersons G	SM	Mile	4.4
97	Mark	Roberts		SM	Mile	6.1
101	Sebastian	Iewis	Neath Harriers	U17M	Mile	4.3
103	Neil	Sidney	Newport	SM	Mile	6.3
108	Alanah	Hill	Cardiff Archers	U15G	Mile	5.2
109	Dan	Austin	Cardiff Archers	U17M	Mile	4.3
110	Emily	Dent	Cardiff Archers	U13G	Mile	6
116	Lee	Aherne	Parc Bryn Bach	SM	Mile	4.55
117	Aimee	Ferguson	Aberdare VAAC	SW	Mile	5.59
118	Dan	Bodman	Aberdare VAAC	SM	Mile	4.3
122	Callum	Campion	Llanelli AAC	U17M	Mile	5.28
125	Elinor	Thomas,	Llanelli AAC	U15G	Mile	6.47
130	Hannah	Brooks	Cardiff Met AC	SW	Mile	4.5
141	Richie	Mann	San Domenico	SM	Mile	6
142	Imogen	Vaughan	Cardiff AAC	U15G	Mile	7

CARDIFF MET OPEN 4th SEPT 2017