



**Wednesday 15th November
Cardiff Met Dual Meet
V.s
University of Birmingham
NIAC, CYNCOED CAMPUS**

RESULTS:

Corrections: jthie@cardiffmet.ac.uk

DUAL MEET SCORES		Cardiff Metropolitan		Birmingham Uni	
		1st scorer	2nd scorer	1st scorer	2nd scorer
60m	Match Women	4	2	5	3
60m	Match Men	4	3	5	2
300m	Male Match & Guests	5	2	4	3
300m	Female Match & Guests			5	4
600m	Male Match & Guests	5	2	4	3
600m	Female Match & Guests	3	2	5	4
200m	Male Match & Guests	5	4	3	2
200m	Female Match & Guests	3		5	4
T11 Mixed Interval Relay 10 Lap Relay		3	2	5	4
Relay 4 x 200m	Match Men	5	2	4	3
Relay 4 x 200m	Match Women	4		5	
Shot Put	Match Men	4	3	5	
Shot Put	Match Women	5	4		
Long Jump	Match Men	5	4	3	
Long Jump	Match Women	4	3		
		92		90	

JUNIOR BOYS CHALLENGE RESULTS				60m		Hdl Rank	LONG JUMP		LJ Rank	Pts after 3	SHOT PUT		SP Rank	Pts after 2	600m		600 Rank	Total Pts
	NAME	CLUB/SCHOOL	Age Group	secs	Pts		(m.cm)	Pts			(m.cm)	Pts			(0:00.00)	Pts		
1	Sean HOPKINS-	Cardiff Archers	U13B	9.04	295	5	4.06	322	1	617			617	1:52.80	502	1	1119	
2	Finley KEANE-	Cardiff Archers	U13B	8.93	320	4					5.00	208	3		1:57.41	416	2	944
3	Abdul AFOLABI-	Cardiff Archers	U13B	9.46	210	7	4.05	319	2	529	6.55	306	1	835	2:18.02	79	5	914
4	Nathan MOORE-	Cardiff Archers	U13B	9.38	226	6	3.51	202	5	428	6.01	272	2	700	2:11.93	170	4	870
5	Joseph HAYCOCK-	Cardiff Archers	U13B	9.52	199	8	3.74	250	4	449				449	2:00.50	360	3	809
1	Nathan SCOTT-	Rhondda AC	U17M	7.51	710	1												710
1	Tommy EVANS-	Cardiff Archers	U20M	8.56	684	2												684
1	Sonny GREENMAN-	Cardiff Archers	U15B	8.82	345	3	3.83	270	3	615				615				615

JUNIOR GIRLS CHALLENGE RESULTS				60m		Hdl Rank	LONG JUMP		LJ Rank	Pts after 3	SHOT PUT		SP Rank	Pts after 2	600m		600 Rank	Total Pts
	NAME	CLUB/SCHOOL	Age Group	secs	Pts		(m.cm)	Pts			(m.cm)	Pts			(0:00.00)	Pts		
1	Lauren GUNNEY-	Cardiff Archers	U15G	8.80	618	6	4.43	411	3	1029				1029	2:10.19	562	3	1591
2	Isabel MORGAN-	Cardiff Archers	U15G	9.12	536	9	4.12	336	5	872				872	2:07.12	607	1	1479
3	Ellie-Rose ISAAC-	Cardiff Archers	U15G	8.45	715	3	4.73	487	1	1202				1202				1202
1	Seren GRIFFITHS-	Cardiff Archers	U13G	9.16	526	10	3.96	299	6	825				825	2:08.29	590	2	1116
4	Ella JACKSON-	Cardiff Archers	U15G	8.76	629	5					8.29	418	2					1047
5	Elina DINEEN-	Cardiff Archers	U15G	8.82	613	8	4.52	433	2	1046				1046				1046
6	Ellie MILES-	Cardiff Archers	U15G	8.80	618	6	4.43	411	3	1029				1029				1029
1	Caitlyn MAPPS-	Cardiff Archers	U17W	8.11	815	2												815
1	Nathan SCOTT-	Rhondda AC	U17M	7.51	710	1												710
7	Victoria OWEN-	Cardiff Archers	U15G	8.49	704	4												704
2	Molly GREENMAN-	Cardiff Archers	U17W								10.75	579	1					579
2	Seren BEAN-	Cardiff Archers	U13G	9.52	440	11												440
8	Jennifer EMEZIE-	Cardiff Archers	U15G								7.89	392	3					392

TRACK

T01 Junior Quad Challenge 60m

ALL COMERS RECORD - Not Recognised at this age group

WELSH RECORD - No Record Set

MEETING RECORD - No Record Set

PREVIOUS WINNER - No Record Set

					Heat 1	
Pos	Bib	Name	Club		Perf.	pts
1	455	Sophie DAVIES-U13G	Cardiff Archers		8.65	659
2	453	Sophie LISK-U13G	Cardiff Archers		8.76	629
3	451	Katie GILL-U13G	Cardiff Archers		8.83	610
4	460	Anna BROOKS-U13G	Cardiff Archers		9.20	516
5	452	Amber PEARN-U13G	Cardiff Archers		9.31	489
6	458	Emily DENT-U13G	Cardiff Archers		9.42	463
7	454	Abdul AFOLABI-U13B	Cardiff Archers		9.46	210
8	459	Elijah JEFFERS-U13B	Cardiff Archers		9.62	181
					Heat 2	
Pos	Bib	Name	Club		Perf.	pts
1	472	Finley KEANE-U13B	Cardiff Archers		8.93	320
2	456	Sean HOPKINS-U13B	Cardiff Archers		9.04	295
3	466	Seren GRIFFITHS-U13G	Cardiff Archers		9.16	526
4	462	Ruby DAVIES-U13G	Cardiff Archers		9.20	516
5	463	Leon GREGSON-U13B	Cardiff Archers		9.40	222
6	461	Frankie JOLIFFE-U13G	Cardiff Archers		9.47	451
7	491	Joseph HAYCOCK-U13B	Cardiff Archers		9.52	199
					Heat 3	
Pos	Bib	Name	Club		Perf.	pts
1	489	Tommy EVANS-U20M	Cardiff Archers		8.56	684
2	457	Sonny GREENMAN-U15B	Cardiff Archers		8.82	345
3	467	Nathan MOORE-U13B	Cardiff Archers		9.38	226
4	468	Seren BEAN-U13G	Cardiff Archers		9.52	440
					Heat 4	
Pos	Bib	Name	Club		Perf.	pts
1	475	Ellie-Rose ISAAC-U15G	Cardiff Archers		8.45	715
2	479	Ella JACKSON-U15G	Cardiff Archers		8.76	629
3	465	Isabella WIGLEY-U15G	Cardiff Archers		8.76	629
4	476	Ellie MILES-U15G	Cardiff Archers		8.80	618
5	470	Lauren GUNNEY-U15G	Cardiff Archers		8.80	618
6	474	Elina DINEEN-U15G	Cardiff Archers		8.82	613
7	471	Isabel MORGAN-U15G	Cardiff Archers		9.12	536
					Heat 5	
Pos	Bib	Name	Club		Perf.	pts
1	473	Nathan SCOTT-U17M	Rhondda AC		7.51	710
2	487	Caitlyn MAPPS-U17W	Cardiff Archers		8.11	815
3	480	Victoria OWEN-U15G	Cardiff Archers		8.49	704

T02 Match Women 60m

ALL COMERS RECORD - Diane ALLAGREEN England 8.01 NIAC, Cardiff 2002

WELSH RECORD - Bethan EDWARDS Cardiff AAC 8.47 NIA, Birmingham 1992

MEETING RECORD - Charlotte ORTON-SEW, University of Birmingham, 7.71

PREVIOUS WINNER - Ellie EDWARDS-SEW, University of Birmingham, 8.18, 2016

					Heat 1	
Pos	Bib	Name	University	Perf.	pts	
1	352	Charlotte ORTON-U20W	Birmingham Uni	7.69	5.0	
2	346	Zoe NASH-SEW	Cardiff Metropolitan	7.78	4.0	
3	350	Ellie EDWARDS-SEW	Birmingham Uni	7.87	3.0	
4	356	Alice ODUNAIYA-U20W	Birmingham Uni	8.07		
5	359	Ashleigh BEAVEN-U20W	Birmingham Uni	8.40		
6	353	Mollie DARROCK-U20W	Birmingham Uni	8.70		
7	321	Eliza DURNALL-SEW	Guest	8.74		
					Heat 2	
Pos	Bib	Name	University	Perf.	pts	
1	347	Harriet NICHOLAS-SEW	Cardiff Metropolitan	8.49	2.0	
2	358	Sunita SISODIYA-U20W	Birmingham Uni	8.76		
3	351	Katherine-Ann WILSON-SEW	Birmingham Uni	8.89		
4	357	Siobhan TINNION-U20W	Birmingham Uni	9.45		
5	355	Rebeca SCONE-U20W	Birmingham Uni	9.48		
6	354	Emily POWELL-U20W	Birmingham Uni	9.93		

T03 Match Men 60m

ALL COMERS RECORD - Jason GARDENER, England, 6.52, NIAC, Cardiff, 2002

WELSH RECORD - Colin JACKSON, Cardiff AAC, 6.49, Paris, France, 1994

MEETING RECORD - Tyler WILLIAMS -SENM, Cardiff Met Uni, 7.13

PREVIOUS WINNER - Dan BEARDSLEY-SENM, Cardiff Met Uni, 7.37, 2016

					Heat 1	
Pos	Bib	Name	University	Perf.	pts	
1	333	Jack HOCKING-U20M	Birmingham Uni	7.16	5.0	
2	332	Giacomo FIORINDO-U20M	Birmingham Uni	7.47	2.0	
3	329	Niklas Adeniji ADIO-U20M	Birmingham Uni	7.47		
4	320	Morgan JONES-SENM	Cardiff Metropolitan	7.75		
5	328	David THOMAS-U20M	Birmingham Uni	7.84		
6	307	Ben CLARKE-SENM	Cardiff Metropolitan	7.88		
7	304	Jack EVANS-SENM	Cardiff Metropolitan	8.37		
					Heat 2	
Pos	Bib	Name	University	Perf.	pts	
1	315	Gage FRANCIS-SENM	Cardiff Metropolitan	7.23	4.0	
2	318	Tom ATKINSON-SENM	Guest	7.34		
3	319	Kristo ELLIS-SENM	Guest	7.41		
4	316	Jeff ANGILA-SENM	Cardiff Metropolitan	7.44	3.0	
5	327	Matthew CURTIS-SENM	Birmingham Uni	7.47		
6	317	James KING-SENM	Cardiff Metropolitan	7.47		
7	331	Lewis ACKROYD-U20M	Birmingham Uni	7.63		
					Heat 3	
Pos	Bib	Name	University	Perf.	pts	
1	309	Sean PENALVER-SENM	Cardiff Metropolitan	7.63		
2	308	Charles LOMAX-SENM	Cardiff Metropolitan	7.79		
3	326	Yahya TOURAY-SENM	Cardiff Metropolitan	7.82		
4	367	Sam PETHERBRIDGE-SENM	Swansea Harriers	7.98		

T04 Male Match & Guests 300m

ALL COMERS RECORD - Not Recognised at this age group

WELSH RECORD - Not Recognised at this age group

MEETING RECORD - Paul BENNETT-SENM, Cardiff Met Uni, 35.81, 2015

PREVIOUS WINNER - Elliot SCOTT-SENM, Cardiff Met Uni, 37.04, 2016

Pos	Bib	Name	University	Perf.	pts
1	305	William FORSTER-SENM	Cardiff Metropolitan	38.57	5.0
2	335	Thomas HUNTER-SENM	Birmingham Uni	39.23	4.0
3	334	Alastar PHELAN-U20M	Birmingham Uni	40.56	3.0
4	371	Ohijie AKHARUME-SENM	Cardiff Metropolitan	40.99	2.0

T05 Female Match & Guests 300m

ALL COMERS RECORD - Emma PULLEN, England, 40.01, NIAC, Cardiff, 2010

WELSH RECORD - Catherine MURPHY, Shaftesbury, 37.30, Sheffield, 2004

MEETING RECORD - Elliane CROCE-SENW, University of Birmingham, 42.03

PREVIOUS WINNER - Elliane CROCE-SENW, University of Birmingham, 42.03, 2016

Pos	Bib	Name	University	Perf.	pts
1	362	Ellie RAVENSCROFT-U20W	Birmingham Uni	42.44	5.0
2	363	Rebecca CARTER-U20W	Birmingham Uni	44.31	4.0

T06 Male Match & Guests 600m

ALL COMERS RECORD - Joe THOMAS, Cardiff AAC, 1:18.06, NIAC, Cardiff, 2012

WELSH RECORD - Joe THOMAS, Cardiff AAC, 1:18.06, NIAC, Cardiff, 2012

MEETING RECORD - Chris MCCALISTER-SENM, University of Birmingham, 1:22.68

PREVIOUS WINNER - Johnny CURRIE-SENM, University of Birmingham, 1:23.09, 2016

Pos	Bib	Name	University	Perf.	pts
1	340	Aaron COOPER-SENM	Birmingham Uni	84.70	
2	343	Thomas MARSDEN-SENM	Birmingham Uni	87.72	
3	337	Guy PERKINS-SENM	Birmingham Uni	87.88	
4	336	Dafydd ROBERTS-SENM	Birmingham Uni	93.33	
5	305	William FORSTER-SENM	Cardiff Metropolitan	94.09	
				Heat 2	
Pos	Bib	Name	University	Perf.	pts
1	324	Finley MCLEAR-SENM	Guest	81.23	
2	302	Kieran ELAND-SENM	Cardiff Metropolitan	81.65	5.0
3	339	Jethro MCGRAW-U20M	Birmingham Uni	82.76	4.0
4	333	Jack HOCKING-U20M	Birmingham Uni	84.26	3.0
5	338	Mark COTTAM-SENM	Birmingham Uni	84.97	
6	312	Matt WILLIAMS-SENM	Cardiff Metropolitan	85.84	2.0

T07 Female Match & Guests 600m

ALL COMERS RECORD - Loren BLEAKEN, England, 1:32.08, NIAC, Cardiff, 2012

WELSH RECORD - Kirsty MCDERMOTT, Bristol & West AC, 1:30.16, Cosford, 1985

MEETING RECORD - Georgia WALTON-SENW, Cardiff Met Uni, 1:41.76

PREVIOUS WINNER - Georgia WALTON-SENW, Cardiff Met Uni, 1:41.76, 2016

Pos	Bib	Name	University	Perf.	pts	MEETING REC
1	366	Kate SEARY-SENW	Birmingham Uni	1:38.13	5.0	
2	365	Isobel COTHAM-U20W	Birmingham Uni	1:41.39	4.0	
3	344	Seren ALLIN-SENW	Cardiff Metropolitan	1:43.65	3.0	
4	369	Klara LYNE-SENW	Cardiff Metropolitan	1:46.00	2.0	

5 323 Mark ROBERTS-SENM

Guest

1:48.05

T08 Male Match & Guests 200m

ALL COMERS RECORD - Doug TURNER, Wales, 20.92, NIAC, Cardiff, 2002

WELSH RECORD - Christian MALCOLM, Cardiff AAC, 20.54, Ghent, Belgium, 2000

MEETING RECORD - Tyler WILLIAMS -SENM, Cardiff Met Uni, 22.67

PREVIOUS WINNER - Tyler WILLIAMS -SENM, Cardiff Met Uni, 22.67, 2016

					Heat 1	
Pos	Bib	Name	University		Perf.	pts
1	331	Lewis ACKROYD-U20M	Birmingham Uni		24.50	3.0
2	329	Niklas Adeniji ADIO-U20M	Birmingham Uni		25.08	2.0
3	308	Charles LOMAX-SENM	Cardiff Metropolitan		25.40	
					Heat 2	
Pos	Bib	Name	University		Perf.	pts
1	315	Gage FRANCIS-SENM	Cardiff Metropolitan		23.64	5.0
2	325	Jake ALLMAN-SENM	Cardiff Metropolitan		23.87	4.0
3	367	Sam PETHERBRIDGE-SENM	Swansea Harriers		25.84	
4	328	David THOMAS-U20M	Birmingham Uni		26.06	

T09 Female Match & Guests 200m

ALL COMERS RECORD - Amy SPENCER, England, 23.74, NIAC, Cardiff, 2002

WELSH RECORD - Catherine MURPHY, Shaftesbury, 23.35, NIA, Birmingham, 2001

MEETING RECORD - Charlotte ORTON-SENW, University of Birmingham, 25.69

PREVIOUS WINNER - Charlotte ORTON-SENW, University of Birmingham, 25.69, 2016

					Heat 1	
Pos	Bib	Name	University		Perf.	pts
1	352	Charlotte ORTON-U20W	Birmingham Uni		25.03	5.0
2	350	Ellie EDWARDS-SENW	Birmingham Uni		25.88	4.0
3	346	Zoe NASH-SENW	Cardiff Metropolitan		26.20	3.0
					Heat 2	
Pos	Bib	Name	University		Perf.	pts
1	356	Alice ODUNAIYA-U20W	Birmingham Uni		26.11	
2	359	Ashleigh BEAVEN-U20W	Birmingham Uni		28.01	
3	351	Katherine-Ann WILSON-SENW	Birmingham Uni		30.24	

T11 Mixed Interval Relay 10 Lap Relay

ALL COMERS RECORD - Not Recognised at this age group

WELSH RECORD - Not Recognised at this age group

MEETING RECORD -

PREVIOUS WINNER -

					Heat 1	
Pos	Bib	Name	University		Perf.	pts
1	6		Birmingham Uni 'A'		4:58.30	5.0
2	7		Birmingham Uni 'B'		5:17.24	4.0
3	4		Cardiff Metropolitan 'A'		5:37.62	3.0
4	5		Cardiff Metropolitan 'B'		5:48.27	2.0

T10 Junior Quad Challenge 600m

ALL COMERS RECORD - Not Recognised at this age group

WELSH RECORD - Not Recognised at this age group

MEETING RECORD -

PREVIOUS WINNER -

				Heat 1	
Pos	Bib	Name	Club	Perf.	pts
1	458	Emily DENT-U13G	Cardiff Archers	1:55.95	780
2	460	Anna BROOKS-U13G	Cardiff Archers	2:00.16	714
3	453	Sophie LISK-U13G	Cardiff Archers	2:04.33	649
4	452	Amber PEARN-U13G	Cardiff Archers	2:06.09	623
5	451	Katie GILL-U13G	Cardiff Archers	2:08.31	589
6	455	Sophie DAVIES-U13G	Cardiff Archers	2:10.68	555
				Heat 2	
Pos	Bib	Name	Club	Perf.	pts
1	477	Fraser KING-U15B	Cardiff Archers	1:44.28	672
2	456	Sean HOPKINS-U13B	Cardiff Archers	1:52.80	502
3	472	Finley KEANE-U13B	Cardiff Archers	1:57.41	416
4	491	Joseph HAYCOCK-U13B	Cardiff Archers	2:00.50	360
5	467	Nathan MOORE-U13B	Cardiff Archers	2:11.93	170
6	454	Abdul AFOLABI-U13B	Cardiff Archers	2:18.02	79
7	463	Leon GREGSON-U13B	Cardiff Archers	2:18.11	78
				Heat 3	
Pos	Bib	Name	Club	Perf.	pts
1	465	Isabella WIGLEY-U15G	Cardiff Archers	1:54.75	800
2	461	Frankie JOLIFFE-U13G	Cardiff Archers	2:03.21	666
3	471	Isabel MORGAN-U15G	Cardiff Archers	2:07.12	607
4	466	Seren GRIFFITHS-U13G	Cardiff Archers	2:08.29	590
5	470	Lauren GUNNEY-U15G	Cardiff Archers	2:10.19	562

T12 Match Men Relay 4 x 200m

ALL COMERS RECORD - Wales, 1:26.29, NIAC, Cardiff, 2002

WELSH RECORD - Wales, 1:26.29, NIAC, Cardiff, 2002

MEETING RECORD - University of Birmingham 'A', 1:39.78, 2015

PREVIOUS WINNER - University of Birmingham 'A', 1:40.15, 2016

				Heat 1	MEETING REC
Pos	Bib	Name	University	Perf.	pts
1	4		Cardiff Metropolitan 'A'	1:33.42	5.0
2	6		Birmingham Uni 'A'	1:36.18	4.0
3	7		Birmingham Uni 'B'	1:40.06	3.0
4	5		Cardiff Metropolitan 'B'	1:43.18	2.0

T13 Match Women Relay 4 x 200m

ALL COMERS RECORD - Ireland, 1:37.48, NIAC, Cardiff 2002

WELSH RECORD - Wales, 1:39.50, NIAC, Cardiff 2014

MEETING RECORD - No Competitors

PREVIOUS WINNER - No Competitors

				Heat 1	
Pos	Bib	Name	University	Perf.	pts
1	6		Birmingham Uni 'A'	1:44.64	5.0
2	4		Cardiff Metropolitan 'A'	1:45.16	4.0

FIELD

F01 Junior Quad Challenge Long Jump									
Pos	Bib	Name	Club				Perf.		pts
1	475	Ellie-Rose ISAAC-U15G	Cardiff Archers				4.73		487
2	477	Fraser KING-U15B	Cardiff Archers				4.52		294
3	474	Elina DINEEN-U15G	Cardiff Archers				4.52		433
4	470	Lauren GUNNEY-U15G	Cardiff Archers				4.43		411
5	476	Ellie MILES-U15G	Cardiff Archers				4.43		411
6	455	Sophie DAVIES-U13G	Cardiff Archers				4.36		393
7	465	Isabella WIGLEY-U15G	Cardiff Archers				4.17		347
8	471	Isabel MORGAN-U15G	Cardiff Archers				4.12		336
9	453	Sophie LISK-U13G	Cardiff Archers				4.10		331
10	456	Sean HOPKINS-U13B	Cardiff Archers				4.06		215
11	454	Abdul AFOLABI-U13B	Cardiff Archers				4.05		214
12	466	Seren GRIFFITHS-U13G	Cardiff Archers				3.96		299
13	451	Katie GILL-U13G	Cardiff Archers				3.86		276
14	457	Sonny GREENMAN-U15B	Cardiff Archers				3.83		179
15	462	Ruby DAVIES-U13G	Cardiff Archers				3.79		261
16	491	Joseph HAYCOCK-U13B	Cardiff Archers				3.74		165
17	463	Leon GREGSON-U13B	Cardiff Archers				3.59		143
18	467	Nathan MOORE-U13B	Cardiff Archers				3.51		132
19	458	Emily DENT-U13G	Cardiff Archers				3.44		188
20	461	Frankie JOLIFFE-U13G	Cardiff Archers				3.41		182
21	460	Anna BROOKS-U13G	Cardiff Archers				3.27		155

Event Data									
Pos	Bib	Name	Club	Att 1	Att 2	Att 3			
1	475	Ellie-Rose ISAAC-U15G	Cardiff Archers	4.73	4.59	4.46			U15G-1
2	477	Fraser KING-U15B	Cardiff Archers	4.52	4.47	4.17			U15B-1
3	474	Elina DINEEN-U15G	Cardiff Archers	4.52	X	X			U15G-2
4	470	Lauren GUNNEY-U15G	Cardiff Archers	4.29	4.35	4.43			U15G-3
5	476	Ellie MILES-U15G	Cardiff Archers	4.43	3.47	4.37			U15G-4
6	455	Sophie DAVIES-U13G	Cardiff Archers	4.13	4.36	4.23			U13G-1
7	465	Isabella WIGLEY-U15G	Cardiff Archers	4.17	3.78	4.09			U15G-5
8	471	Isabel MORGAN-U15G	Cardiff Archers	4.12	4.12	3.97			U15G-6
9	453	Sophie LISK-U13G	Cardiff Archers	X	3.70	4.10			U13G-2
10	456	Sean HOPKINS-U13B	Cardiff Archers	3.93	4.06	3.78			U13B-1
11	454	Abdul AFOLABI-U13B	Cardiff Archers	X	3.98	4.05			U13B-2
12	466	Seren GRIFFITHS-U13G	Cardiff Archers	3.39	3.70	3.96			U13G-3
13	451	Katie GILL-U13G	Cardiff Archers	3.86	3.79	3.75			U13G-4
14	457	Sonny GREENMAN-U15B	Cardiff Archers	3.83	3.74	3.69			U15B-2
15	462	Ruby DAVIES-U13G	Cardiff Archers	3.79	3.57	3.62			U13G-5
16	491	Joseph HAYCOCK-U13B	Cardiff Archers	3.74	3.33	3.59			U13B-3
17	463	Leon GREGSON-U13B	Cardiff Archers	3.54	3.59	3.59			U13B-4
18	467	Nathan MOORE-U13B	Cardiff Archers	3.30	3.51	3.23			U13B-5

19	458	Emily DENT-U13G	Cardiff Archers	3.11	3.34	3.44	U13G-6
20	461	Frankie JOLIFFE-U13G	Cardiff Archers	3.41	3.11	3.19	U13G-7
21	460	Anna BROOKS-U13G	Cardiff Archers	3.25	3.27	3.25	U13G-8

F02 Match Men Shot Put

ALL COMERS RECORD - Garrett JOHNSON USA 19.00 NIAC, Cardiff 2007

WELSH RECORD - Brett MORSE Cardiff AAC 17.51 NIAC, Cardiff 2008

MEETING RECORD - Justin TARRANT-SENM, Cardiff Met Uni, 10.13, 2015

**Meeting
Record**

PREVIOUS WINNER - Justin TARRANT-SENM, Cardiff Met Uni, 12.52, 2016

Pos	Bib	Name	University	Perf.	pts
1	341	Leo ROWLEY-U20M	Birmingham Uni	13.88	5.0
2	301	Justin TARRANT-SENM	Cardiff Metropolitan	12.12	4.0
3	303	Travis MCMICHAEL-SENM	Cardiff Metropolitan	9.93	3.0

Event Data							
Pos	Bib	Name	University	Att 1	Att 2	Att 3	Att 4
1	341	Leo ROWLEY-U20M	Birmingham Uni	13.65	13.88	13.80	13.66
2	301	Justin TARRANT-SENM	Cardiff Metropolitan	11.83	12.12	11.47	12.00
3	303	Travis MCMICHAEL-SENM	Cardiff Metropolitan	8.40	9.69	9.93	9.67

F03 Match Women Shot Put

ALL COMERS RECORD - Venissa HEAD Wales 19.06 St Athan 1984

WELSH RECORD - Jayne BERRY Brecon AC 14.54 Cosford 1989

MEETING RECORD - Rebecca CHAPMAN-SENW, Cardiff Met Uni, 10.04, 2015

**Meeting
Record**

PREVIOUS WINNER - Katy SEALY-SENW, Guest, 10.91, 2016

Pos	Bib	Name	University	Perf.	pts
1	368	Jordana BRADLEY-CASTELLO-SENW	Cardiff Metropolitan	12.10	5.0
2	345	Gwennan WILLIAMS-SENW	Cardiff Metropolitan	10.80	4.0
3	370	Chloe HEMPHILL-YOUNG-SENW	Cardiff Metropolitan	6.88	

Event Data							
Pos	Bib	Name	University	Att 1	Att 2	Att 3	Att 4
1	368	Jordana BRADLEY-CASTELLO-SENW	Cardiff Metropolitan	11.18	12.10	X	X
2	345	Gwennan WILLIAMS-SENW	Cardiff Metropolitan	10.00	X	10.80	10.31
3	370	Chloe HEMPHILL-YOUNG-SENW	Cardiff Metropolitan	6.88	6.85	X	6.27

F04 Match Men Long Jump

ALL COMERS RECORD - Gable GARENAMOTSE Botswana 8.01 NIAC, Cardiff 2002

WELSH RECORD - David GUEST Bridgend AC 7.33 Bompas, France

2010

MEETING RECORD - Gage FRANCIS-SENM, Cardiff Met Uni, 6.59, 2015

**Meeting
Record**

PREVIOUS WINNER - Aled PRICE-SENM University of Birmingham,
7.05, 2016

Pos	Bib	Name	University	Perf.	pts
1	315	Gage FRANCIS-SENM	Cardiff Metropolitan	6.83	5.0
2	310	Kane DENSELY-SENM	Cardiff Metropolitan	6.37	4.0
3	342	Edward ELLIS-COOPER- U20M	Birmingham Uni	6.01	3.0
4	55	Thomas REES-SENM	Cardiff Metropolitan	5.76	
5	306	Zach HARROP-SENM	Cardiff Metropolitan	5.69	

Event Data							
Pos	Bib	Name	University	Att 1	Att 2	Att 3	Att 4
1	315	Gage FRANCIS-SENM	Cardiff Metropolitan	6.35	6.55	6.83	0.00
2	310	Kane DENSELY-SENM	Cardiff Metropolitan	6.20	6.33	6.16	6.37
3	342	Edward ELLIS-COOPER- U20M	Birmingham Uni	5.99	5.99	X	6.01
4	55	Thomas REES-SENM	Cardiff Metropolitan	X	X	X	5.76
5	306	Zach HARROP-SENM	Cardiff Metropolitan	5.68	5.69	5.47	5.55

F05 Match Women Long Jump

ALL COMERS RECORD - Gillian COOKE Scotland 6.43 NIAC, Cardiff 2008

WELSH RECORD - Rhiannon YATES Cardiff AAC 5.83 NIAC, Cardiff 2010

MEETING RECORD - Imelda MORRISON-SENW, Guest, 5.67,
2015

PREVIOUS WINNER - Katy SEALY-SENW, Guest, 5.25,2016

Pos	Bib	Name	University	Perf.	pts
1	322	Katy TOWNSEND-SENW	Guest	5.14	
2	372	Molly NEWTON-O'BRIEN- SENW	Cardiff Metropolitan	5.04	4.0
3	347	Harriet NICHOLAS-SENW	Cardiff Metropolitan	4.91	3.0

Event Data							
Pos	Bib	Name	University	Att 1	Att 2	Att 3	Att 4
1	322	Katy TOWNSEND-SENW	Guest	X	5.10	5.14	4.78
2	372	Molly NEWTON-O'BRIEN- SENW	Cardiff Metropolitan	5.04	4.85	4.95	4.91
3	347	Harriet NICHOLAS-SENW	Cardiff Metropolitan	4.65	4.44	4.41	4.91

F06 Junior Quad Challenge Shot Put

Order	BIB			1st Trial	2nd Trial	3rd Trial	Best Perf	Final Pos	<i>PB</i>
		Name	Club/School	Metres	Metres	Metres	Metres		
1	452	Amber PEARN-U13G	Cardiff Archers	3.69	4.13	4.81	4.81	7	
2	454	Abdul AFOLABI-U13B	Cardiff Archers	6.20	X	6.55	6.55	4	
3	457	Sonny GREENMAN-U15B	Cardiff Archers	0.00	0.00	0.00	0.00		
4	469	Molly GREENMAN-U17W	Cardiff Archers	9.84	10.67	10.75	10.75	1	
5	472	Finley KEANE-U13B	Cardiff Archers	5.00	0.00	0.00	5.00	6	
6	478	Zak WALL-U15B	Cardiff Archers	0.00	0.00	0.00	0.00		
7	479	Ella JACKSON-U15G	Cardiff Archers	7.81	8.29	7.57	8.29	2	
8	483	Jennifer EMEZIE-U15G	Cardiff Archers	7.89	7.18	7.04	7.89	3	
9	467	Nathan MOORE-U13B	Cardiff Archers	6.01	6.01	6.01	6.01	5	