

WELSH ATHLETICS DISTANCE CARD

VENUE				TIME	1:00 PM	DATE	16-Dec-2018	act start time		act end time	
MEETING		Cardiff Met Grand Prix 1		All Comers Record: Venissa HEAD, Wales, 19.06, 1984							
				Welsh Record: Venissa HEAD , Cardiff AAC, 19.06, 1984							
				Grand Prix Best Performance: Dayana OCTAVIEN, Sale Harriers Manchester, 14.54, 2007							
EVENT		F04 Shot - Open (4.00kg) - Women		Weight	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	Given	Final
Order	No	NAME	CLUB	Metres	Metres	Metres	Metres	Metres	Metres	PB	Position
1	384	Emma MARTIN (U20W)	Cardiff Archers	4.00kg						1.00	
2	372	Danielle HOPKINS (U20W)	Worcester AC	4.00kg						1.00	
3	356	Cerys LEE (U20W)	Taunton Athletics Club	4.00kg						1.00	
4	285	Emilie DAVIES (U20W)	Blaenau Gwent	4.00kg						1.00	
5	389	Megan DAVIES (U20W)	Cardiff Met	4.00kg						7.65	
6	249	Nnenna OKEKE (U20W)	Cardiff Met	4.00kg						8.15	
7											
8											
9											
10											
11											
12											
13											
14											
15											
16											

FULL RESULTS										OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.	CLUB	PERF			
1					9						
2					10						
3					11						
4					12						
5					13						
6					14						
7					15						
8					16						

REFEREE