

**WELSH ATHLETICS DISTANCE CARD**

VENUE				TIME	3:45 PM	DATE	16-Dec-2018	act start time		act end time	
MEETING		<b>Cardiff Met Grand Prix 1</b>		All Comers Record: Gillian COOKE, Scotland, 6.43, 2008				Welsh Record: Ruth HOWELL , Birchfield, 6.51, 1974		Grand Prix Best Performance: Amy WOODMAN, Birchfield Harriers, 6.08, 2014	
EVENT		<b>F12 Long Jump - Women</b>		Weight	1st Trial	2nd Trial	3rd Trial	4th Trial	Best of All	Given	Final
Order	No	NAME	CLUB		Metres	Metres	Metres	Metres	Metres	PB	Position
1	357	Jan TIMBERLAKE (SENW)	Worcester Athletics Club							1.00	
2	329	Talia JONES (SENW)	Southampton Athletics Club							4.00	
3	389	Megan DAVIES (U20W)	Cardiff Met							4.22	
4	305	Samantha RAETTIG (SENW)	University of Bristol							4.35	
5	374	Mel GARLAND (SENW)	Worster AC							4.50	
6	334	Laura STATHAM (SENW)	EUAC							4.74	
7	328	Isabel MORGAN (U20W)	Cardiff Archers							4.75	
8	385	Sadie COPPERTHWAITTE (U20W)	Team Bath							4.81	
9	358	Stephanie BROOKS (U20W)	North Somerset Athletic Club							4.90	
10	296	Bethan MORGAN (U20W)	Newport Harriers							5.00	
11	284	Ella JACKSON (U20W)	Cardiff Archers							5.00	
12	243	Maddie NEWTON (U20W)	Cardiff Met							5.04	
13	279	Ellie MILES (U17W)	Cardiff Archers							5.10	
14	144	Elinor DINEEN (U20W)	Cardiff Archers							5.10	
15	300	Ellie-Rose ISAAC (U20W)	Cardiff Archers							5.20	
16	266	Robyn ELLISON (U20W)	Team Bath							5.25	

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**

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Order	No	NAME	CLUB		Metres	Metres	Metres	Metres	Metres	Metres	PB
17	355	Katie CHAPMAN (U20W)	Exeter Harriers							#REF!	
18	332	Caitlyn MAPPS (U20W)	Cardiff Archers							#REF!	
19	310	Samantha BARRETT (SENW)	Bristol and West							#REF!	
20	347	Lottie GARRATT (SENW)	Yeovil Olympiads AC							#REF!	
21	256	Lauren EVANS (U20W)	Cardiff Uni							#REF!	
22	338	Katy TOWNSEND (SENW)	Cheltenham Harriers							#REF!	
23	246	Macey MACEY JONES (U20W)	Cardiff Met							#REF!	
24	369	Emily THOMAS (U20W)	Cardiff Archers							#REF!	
25											
26											
27											
28											
29											
30											
31											
32											

FULL RESULTS										OFFICIALS	
POS	No.	NAME	CLUB	PERF	POS	No.	CLUB	PERF			
17					25						
18					26						
19					27						
20					28						
21					29						
22					30						
23					31						
24					32						