



BUCS Outdoor Track & Field Championships 2016

April 30th - May 2nd BEDFORD



cardiffmetathletics

TRACK			PB	TRACK		Athlete	PB
100m	11.0	Sam Gordon	10.45	100m	12.4	Mica Moore	11.65
		Marvin Bheka	10.89			Charlotte Wingfield	11.69
		Gareth Hopkins	10.68	200m	25.4	Mica Moore <i>TBC</i>	23.92
		Karl McClean	10.95			Amy Odunaiya	25.27
200m	22.15	Iori Moore	21.35	400m	57.0	Megan Rogers - <i>TBC</i>	54.97
		Daniel Trueman	21.44			Bethan Skuse	62.13
		Gareth Hopkins	21.66	800m	2:13.14	Jess Anstice	2:29.3
		Leon Greenwood	22.0	1500m	4:38.13		
400m	49.0	Owen Smith	47.36	5000m	20:00.0		
		Scott Gibson	47.6	10000m	45:00.0	Lucy Marland	38.04
		Joseph Reid	47.68	2000mSC	7:28.0	Emily Brown	6:52.93
		Joseph Kinsey	48.83	100mH	15.0		
800m	1:53.93	Harry Fisher	1:48.76	400mH	1:03.0	Megan Rogers - <i>TBC</i>	60.68
1500m	3:53.86	Niall Holt	3:51.90	4x100m		Mica Moore	
		Matthew Edwards tbc	3:51.98			Rebecca Chapman	
5000m	17:00.0	Kieran Wood	14:37.51			Charlotte Wingfield	
		Matthew Edwards tbc	14:49.0			Amy Odunaiya	
		Gareth Griffiths	15:44.0			Melanie Stephenson	
10000m	35:00.0	Joshua Griffiths	31:22.75			<i>TBC</i>	
		Sam Lloyd-Perks	32:53.0	4x400m		Charlotte Wingfield	
3000mSC	9:42.00	Jonathan Hopkins	8:46.27			Megan Rogers	
		Matthew Seddon	9:40.9			Amy Odunaiya	
110mH	15.2	Nathan Higgins	14.65			Jess Anstice	
		Luke Townsend	15.19			Bethan Skuse	
400mH	54.8	Paul Bennet	51.55			<i>TBC</i>	
		Ryan Cooper	54.08				
4x100m		Marvin Bheka					
		Gareth Hopkins					
		Karl McClean					
		Daniel Trueman					
		Leon Greenwood					
		Sam Gordon					
4x400m		Joseph Reid					
		Paul Bennett					
		Joe Kinsey					
		Owen Smith					
		tbc					
		tbc					
FIELD				FIELD			15.91
SP	11.70			SP	10.50	Adele Nicoll	13.88
DT	37.00	Justin Tarrant	11.59			Lucy Griffiths	13.27
HT	41.00	Gurlal Randhawa	42.03			Simi Pam	45.34
		Jac Palmer	63.25	DT	33.0	Adele Nicoll	32.65
		Oliver Thompson	49.34			Zoe Dakin	50.56
JT	52.00	Connor Swan	59.03	HT	38.0	Zoe Dakin	41.63
LJ	6.60	Simeon Clarence	6.87			Rebecca Todd	45.89
		Gage Francis	6.61	JT	32.40	Hannah Johnson	37.92
TJ	12.0 (13.55)	Gage Francis	13.58			Rebecca Chapman	5.55
		James King	13.61	LJ	5.20	Sian Swanson	6.23
HJ	1.85	Hans Christian Von Lieres	1.96			Rebecca Champman	11.80
		Joseph Pearse	2.04	TJ	10.0 (10.60)	Sian Swanson	
PV	3.80	Justin Tarrant	4.10	HJ	1.55		4.00
Ambulant LJ		Morgan Jones	5.97	PV	2.70	Anna Gordon	3.81
		James Ledger	5.80			Jade Bewster	
Ambulant 100m		Morgan Jones	12.24				
		James Ledger	12.36				