

Midland 1 - West Cardiff (Match 1 - Bridgend Host)
Sunday 21 Jun 2009

FINAL MATCH SCORES AND POSITIONS



Posn	Points after	82 event(s)
1	Llanelli & Neath	362.5
2	Bridgend	352.5
3	Hereford & County AC	219.0
4	City of Plymouth AC	6.0

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				Perf	Wind	Records	Grades					Perf	Wind	Records	Grades
T32	U17M 100m 'A'			Wind=	-2.7			U17M 100m 'B'				Wind=			
1	1	Jamie Morris	Bridgend		11.90			1	18	Alex Morgan	Llanelli & Neath				12.30
2	17	Sam Jones	Llanelli & Neath		11.90			2	2	Rhodri Griffiths	Bridgend				12.90
3	7	Nathan Higgins	City of Plymouth AC		12.60			3							
4								4							
T8	U17M 200m 'A'			Wind=	-4.1			U17M 200m 'B'				Wind=	-4.1		
1	1	Jamie Morris	Bridgend		24.30			1	2	Rhodri Griffiths	Bridgend				26.40
2	17	Chris Davies	Llanelli & Neath		25.30			2	18	Richard Triggs	Llanelli & Neath				27.00
3								3							
4								4							
T25	U17M 400m 'A'							U17M 400m 'B'							
1	17	Owain Morgan	Llanelli & Neath		55.80		G4	1	18	Justice Williams	Llanelli & Neath				63.10
2								2							
3								3							
4								4							
T14	U17M 800m 'A'							U17M 800m 'B'							
1	17	Matthew O'Leary	Llanelli & Neath		02:09.3			1							
2								2							
3								3							
4								4							
T37	U17M 1500m 'A'							U17M 1500m 'B'							
1	17	Matthew O'Leary	Llanelli & Neath		04:46.1		00	1							
2								2							
3								3							
4								4							
T16	U17M 3000m 'A'							U17M 3000m 'B'							
1	96	No Competitors Declared						1							
2								2							
3								3							
4								4							
T2	U17M 400mH 'A'							U17M 400mH 'B'							
1	17	Shane Jones	Llanelli & Neath		63.70		G4	1	18	Richard Triggs	Llanelli & Neath				78.60
2								2							
3								3							
4								4							
T23	U17M 100mh 'A'			Wind=	-1.6			U17M 100mh 'B'				Wind=	-1.6		
1	7	Nathan Higgins	City of Plymouth AC		14.60		G3*	1	18	Richard Triggs	Llanelli & Neath				22.50
2	17	Shane Jones	Llanelli & Neath		16.70			2							
3								3							
4								4							
T44	U17M 1500m S/Chase 'A'							U17M 1500m S/Chase 'B'							
1	96	No Competitors Declared						1							
2								2							
3								3							
4								4							

*= AW Standards

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				Perf	Wind	Records	Grades					Perf	Grades		
				Sunday, June 21 2009											
F2 U17M 5k Hammer 'A'				U17M 5k Hammer 'B'											
1	15	Daniel Powell	Hereford &County AC	23.74				1	17	Chris Davies	Llanelli & Neath	12.60			
2	18	Owain Morgan	Llanelli & Neath	14.02				2							
3								3							
4								4							
F9 U17M 1.5k Discus 'A'				U17M 1.5k Discus 'B'											
1	17	Shane Jones	Llanelli & Neath	16.52				1	18	Owain Morgan	Llanelli & Neath	3.49			
2	15	Daniel Powell	Hereford &County AC	16.37				2							
3								3							
4								4							
F22 U17M 5k Shot 'A'				U17M 5k Shot 'B'											
1	15	Daniel Powell	Hereford &County AC	8.62				1	2	Rhodri Griffiths	Bridgend	6.25			
2	1	Stephen Guest	Bridgend	8.25				2							
3	18	Alex Morgan	Llanelli & Neath	4.10				3							
4								4							
F32 U17M 700g Javelin 'A'				U17M 700g Javelin 'B'											
1	1	Rob McGregor	Bridgend	33.91				1	17	Matthew O'Leary	Llanelli & Neath	20.69			
2	15	Chris Brookes	Hereford &County AC	24.36				2							
3	18	Justice Williams	Llanelli & Neath	23.63				3							
4								4							
F13 U17M Pole Vault 'A'				U17M Pole Vault 'B'											
1	1	Stephen Guest	Bridgend	3.60		G3*		1	2	Rob McGregor	Bridgend	3.20	G4*		
F29 U17M High Jump 'A'				U17M High Jump 'B'											
1	1	Stephen Guest	Bridgend	1.85		G1*		1	2	Rob McGregor	Bridgend	1.55			
2	15	Chris Brookes	Hereford &County AC	1.60											
3	17	Chris Davies	Llanelli & Neath	1.55											
F17 U17M Long Jump 'A'				U17M Long Jump 'B'											
1	1	Jamie Morris	Bridgend	5.79		G4		1	18	Justice Williams	Llanelli & Neath	4.68			
2	15	Chris Brookes	Hereford &County AC	4.82				2							
3	17	Robert Colwill	Llanelli & Neath	4.78				3							
4								4							
F34 U17M Triple Jump 'A'				U17M Triple Jump 'B'											
1	17	Robert Colwill	Llanelli & Neath	10.28				1							
2								2							
3								3							
4								4							
T30 U15B 100m 'A'				Wind=	-2.5					U15B 100m 'B'				Wind=	-2.5
1	17	Kieran Kelly	Llanelli & Neath	12.60		*		1	18	Kieran Rees	Llanelli & Neath	13.20	*		
2	1	Josh Evans	Bridgend	13.00		*		2	16	Jacob Harman	Hereford &County AC	15.00			
3	15	Tom Mallon	Hereford &County AC	14.10				3	2	James Hunt	Bridgend	15.70			
4								4							

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				Perf	Wind	Records	Grades					Perf	Wind	Records	Grades
T6 U15B 200m 'A'				Wind=	-4.1			U15B 200m 'B'				Wind=	-4.1		
1	1	Josh Evans	Bridgend	26.40				1	17	Aidan James	Llanelli & Neath	27.50			
2	18	Keiran Harris	Llanelli & Neath	27.30				2	2	Daniel Glen	Bridgend	37.50			
3	15	Alex Lovell	Hereford &County AC	31.70				3							
4								4							
T24 U15B 400m 'A'								U15B 400m 'B'							
1	18	Nick Edwards	Llanelli & Neath	64.40				1	17	Keiran John	Llanelli & Neath	78.30			
2	15	Alex Lovell	Hereford &County AC	73.30				2							
3								3							
4								4							
T12 U15B 800m 'A'								U15B 800m 'B'							
1	17	Thomas Collins	Llanelli & Neath	02:25.1				1	18	Jack Wheatley	Llanelli & Neath	02:34.6			
2								2							
3								3							
4								4							
T35 U15B 1500m 'A'								U15B 1500m 'B'							
1	17	Daniel Lewis	Llanelli & Neath	04:41.3		G40		1	18	Keiran John	Llanelli & Neath	05:16.6	00		
2	1	James Hunt	Bridgend	05:00.5		00		2							
3	15	William Maul	Hereford &County AC	05:18.6		00		3							
4								4							
T21 U15B 80m 'A'				Wind=	-2.2			U15B 80m 'B'				Wind=			
1	15	Jacob Harman	Hereford &County AC	14.50				1	16	Matthew Bennett	Hereford &County AC	18.40			
2								2							
3								3							
4								4							
F1 U15B 4k Hammer 'A'								U15B 4k Hammer 'B'							
1	15	Thomas Fellowes	Hereford &County AC	21.30				1	16	Charlie Greig	Hereford &County AC	18.35			
2								2							
3								3							
4								4							
F8 U15B 1.25k Discus 'A'								U15B 1.25k Discus 'B'							
1	15	Charlie Greig	Hereford &County AC	22.99				1	16	Matthew Bennett	Hereford &County AC	13.35			
2	1	Matthew Jones	Bridgend	13.15				2	18	Keiran John	Llanelli & Neath	9.46			
3	17	Daniel Lewis	Llanelli & Neath	13.02				3							
4								4							
F23 U15B 4.00k Shot 'A'								U15B 4.00k Shot 'B'							
1	16	Charlie Greig	Hereford &County AC	8.32				1	15	Thomas Fellowes	Hereford &County AC	8.19			
2	1	Matthew Jones	Bridgend	6.28				2	2	Daniel Glen	Bridgend	4.06			
3	17	Daniel Lewis	Llanelli & Neath	5.14				3							
4								4							
F33 U15B 600g Javelin 'A'								U15B 600g Javelin 'B'							
1	1	Matthew Jones	Bridgend	17.03				1	18	Kieran Kelly	Llanelli & Neath	9.66			
2	17	Jack Wheatley	Llanelli & Neath	12.97				2							
3								3							
4								4							

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Perf

Wind
Records
Grades

Sunday, June 21 2009

Perf

Grades

F16 U15B Long Jump 'A'

1	1	Josh Evans	Bridgend	4.47
2	17	Connor Roberts	Llanelli & Neath	4.24
3	16	Jacob Harman	Hereford &County AC	4.19
4				

U15B Long Jump 'B'

1	18	Aidan James	Llanelli & Neath	4.05
2	15	Alex Lovell	Hereford &County AC	3.59
3				
4				

F28 U15B High Jump 'A'

1	18	Nick Edwards	Llanelli & Neath	1.50
2	15	Thomas Fellowes	Hereford &County AC	1.30

U15B High Jump 'B'

F12 U15B Pole Vault 'A'

1 96 No Competitors Declared

U15B Pole Vault 'B'

T28 U13B 100m 'A'

Wind= -0.1

1	1	Harry Davies	Bridgend	14.10	G4
2	15	Jonathan Grech	Hereford &County AC	15.20	
3	18	Gwydion Llyr	Llanelli & Neath	15.60	
4					

U13B 100m 'B'

Wind= -0.1

1	2	Rhys Roberts	Bridgend	14.50
2	16	Sebastian Fry	Hereford &County AC	16.00
3	17	Elliott Evans	Llanelli & Neath	16.70
4				

T4 U13B 200m 'A'

Wind= -3.7

1	1	Harry Davies	Bridgend	29.10	G4
2	15	Jonathan Grech	Hereford &County AC	30.60	
3	17	Elliott Evans	Llanelli & Neath	35.30	
4					

U13B 200m 'B'

Wind= -3.7

1	18	Gwydion Llyr	Llanelli & Neath	33.00
2	16	Sebastian Fry	Hereford &County AC	33.30
3				
4				

T10 U13B 800m 'A'

1	1	Lewis Jones	Bridgend	02:24.6	G2*
2					
3					
4					

U13B 800m 'B'

1	2	Oliver Davies	Bridgend	02:40.6
2				
3				
4				

T33 U13B 1500m 'A'

1	17	Thomas John	Llanelli & Neath	05:14.0	G40
2					
3					
4					

U13B 1500m 'B'

1				
2				
3				
4				

T17 U13B 75mh 'A'

Wind= -2.5

1	1	Jac D'Argie	Bridgend	16.00
2	15	Matthew Jones	Hereford &County AC	17.50
3				
4				

U13B 75mh 'B'

Wind=

1				
2				
3				
4				

F15 U13B 3.25k Shot 'A'

1	15	Sebastian Fry	Hereford &County AC	5.36
2	17	Elliott Evans	Llanelli & Neath	5.24
3	1	Harry Davies	Bridgend	4.95
4				

U13B 3.25k Shot 'B'

1	18	Thomas John	Llanelli & Neath	4.17
2				
3				
4				

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				Wind	Records	Grades	Sunday, June 21 2009				
				Perf							
F25 U13B Long Jump 'A'							U13B Long Jump 'B'				
1	1	Rhys Roberts	Bridgend	4.05			1	16	Matthew Jones	Hereford &County AC	3.83
2	15	Jonathan Grech	Hereford &County AC	3.84			2	2	Oliver Davies	Bridgend	3.55
3	17	Thomas John	Llanelli & Neath	2.82			3				
4							4				
F6 U13B High Jump 'A'							U13B High Jump 'B'				
1	1	Jac D'Argie	Bridgend	1.35	G3*		1	2	Rhys Roberts	Bridgend	1.35 G3*
2	15	Matthew Jones	Hereford &County AC	1.15							
T31 U17W 100m 'A'				Wind=	-1.7		U17W 100m 'B'				
1	1	Christie Williams	Bridgend	13.2			1	2	Rachel O'Connor	Bridgend	13.4
2	15	Olivia Wilding	Hereford &County AC	13.5			2	18	-	Llanelli & Neath	15.4
3	17	Kayleigh Swann	Llanelli & Neath	14.9			3				
4							4				
T7 U17W 200m 'A'				Wind=	-3.0		U17W 200m 'B'				
1	1	Christie Williams	Bridgend	27.3			1	2	Rachel O'Connor	Bridgend	28.3
2	17	Lyndsey Jones	Llanelli & Neath	31.9			2	18	Abigail Higgs	Llanelli & Neath	32.2
3							3				
4							4				
T26 U17W 300m 'A'							U17W 300m 'B'				
1	17	Stacey Collins	Llanelli & Neath	44.7	*		1	2	Bethan Hocking	Bridgend	48.7
2	15	Clara Evans	Hereford &County AC	45.4			2				
3	1	Alysha Jones	Bridgend	46.6			3				
4							4				
T13 U17W 800m 'A'							U17W 800m 'B'				
1	1	Ffion Lewis	Bridgend	02:25.2	G4		1	18	Kelly Roberts	Llanelli & Neath	02:54.2
2	17	Stacey Collins	Llanelli & Neath	02:41.2			2				
3							3				
4							4				
T36 U17W 1500m 'A'							U17W 1500m 'B'				
1	15	Clara Evans	Hereford &County AC	05:11.2	00		1				
2	17	Kelly Roberts	Llanelli & Neath	06:14.6	00		2				
3							3				
4							4				
T19 U17W 3000m 'A'							U17W 3000m 'B'				
1	96	No Competitors Declared					1				
2							2				
3							3				
4							4				
T20 U17W 80m 'A'				Wind=	-1.5		U17W 80m 'B'				
1	15	Olivia Wilding	Hereford &County AC	12.4	G2*		1				
2							2				
3							3				
4							4				

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				Perf	Wind	Records	Grades	Sunday, June 21 2009				
				Perf	Wind	Records	Grades					
T1 U17W 300mH 'A'				U17W 300mH 'B'								
1	1	Katie Lewis	Bridgend	45.4		G1*		1				
2								2				
3								3				
4								4				
F3 U17W 4k Hammer 'A'				U17W 4k Hammer 'B'								
1	1	Trudy Williams	Bridgend	28.08		G4*		1	16	Hannah Barnes	Hereford &County AC	18.88
2	15	Stephanie McNally	Hereford &County AC	26.59		G4		2				
3								3				
4								4				
F20 U17W 1.0k Discus 'A'				U17W 1.0k Discus 'B'								
1	1	Trudy Williams	Bridgend	28.62		G3*		1	16	Hannah Barnes	Hereford &County AC	17.28
2	15	Stephanie McNally	Hereford &County AC	23.17				2	2	Bethan Hocking	Bridgend	16.98
3	17	Lyndsey Jones	Llanelli & Neath	14.05				3	18	Abigail Higgs	Llanelli & Neath	6.86
4								4				
F31 U17W 4k Shot 'A'				U17W 4k Shot 'B'								
1	15	Stephanie McNally	Hereford &County AC	10.87		G1*		1	16	Hannah Barnes	Hereford &County AC	4.84
2	1	Katie Lewis	Bridgend	7.78				2	2	Rebecca Johnson	Bridgend	4.77
3	18	Lyndsey Jones	Llanelli & Neath	5.68				3				
4								4				
F26 U17W 600g Javelin 'A'				U17W 600g Javelin 'B'								
1	1	Amy Tidball	Bridgend	28.52		G4		1	2	Rebecca Johnson	Bridgend	11.05
2	17	Elin Phillips	Llanelli & Neath	23.65				2				
3								3				
4								4				
F5 U17W Long Jump 'A'				U17W Long Jump 'B'								
1	2	Bethan Hocking	Bridgend	4.32				1	1	Amy Tidball	Bridgend	3.96
2	17	Kara Stedman	Llanelli & Neath	4.22				2				
3								3				
4								4				
F35 U17W Triple Jump 'A'				U17W Triple Jump 'B'								
1	1	Christie Williams	Bridgend	9.55		G4*		1				
2	17	Kara Stedman	Llanelli & Neath	8.96				2				
3	15	Olivia Wilding	Hereford &County AC	8.44				3				
4								4				
F19 U17W High Jump 'A'				U17W High Jump 'B'								
1=	17	Stacey Collins	Llanelli & Neath	1.50		G4		1	2	Alysha Jones	Bridgend	1.45
1=	1	Katie Lewis	Bridgend	1.50		G4						
F11 U17W Pole Vault 'A'				U17W Pole Vault 'B'								
1	1	Rhianydd Llewellyn	Bridgend	3.10		G2*						

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				Perf	Wind	Records	Grades	<u>Sunday, June 21 2009</u>				Perf	Grades
T29	U15G 100m 'A'			Wind=	-2.2			U15G 100m 'B'			Wind=	-2.2	
1	17	Rhiannon Jeffreys	Llanelli & Neath		13.4		G4	1	18	Catrin Roberts	Llanelli & Neath		13.9
2	1	Lucy Taylor	Bridgend		14.1			2	2	Lucy Tarrant	Bridgend		14.8
3	15	Megan Ridsdale	Hereford &County AC		14.4			3	16	Emma Cole	Hereford &County AC		15.0
4								4					
T5	U15G 200m 'A'			Wind=	-2.4			U15G 200m 'B'			Wind=	-2.4	
1	17	Rhiannon Jeffreys	Llanelli & Neath		27.5		G4*	1	18	Catrin Roberts	Llanelli & Neath		28.6
2	15	Megan Ridsdale	Hereford &County AC		29.0			2	16	Emma Cole	Hereford &County AC		30.9
3	1	Isabel Hughes	Bridgend		29.4			3					
4								4					
T11	U15G 800m 'A'							U15G 800m 'B'					
1	1	Lucy Tarrant	Bridgend		02:30.9		G4	1	2	Hannah Mittleburger	Bridgend		02:43.5
2	17	Leah Wilson-Randall	Llanelli & Neath		02:41.8			2	18	Danni Franklin	Llanelli & Neath		02:57.2
3	15	Tasha Webster	Hereford &County AC		02:47.1			3					
4								4					
T34	U15G 1500m 'A'							U15G 1500m 'B'					
1	1	Lora Roberts	Bridgend		05:11.9		G40	1	2	Fion Bray	Bridgend		05:25.4 00
2	17	Sophie Parry	Llanelli & Neath		05:58.0		00	2					
3								3					
4								4					
T18	U15G 75mh 'A'			Wind=	-2.0			U15G 75mh 'B'			Wind=		
1	1	Isabel Hughes	Bridgend		15.0			1					
2								2					
3								3					
4								4					
F4	U15G Long Jump 'A'							U15G Long Jump 'B'					
1	1	Lucy Taylor	Bridgend		4.87		G2*	1	2	Isabel Hughes	Bridgend		3.69
2	15	Tasha Webster	Hereford &County AC		3.83			2	18	Danni Franklin	Llanelli & Neath		3.43
3	17	Sophie Parry	Llanelli & Neath		3.78			3					
4								4					
F18	U15G High Jump 'A'							U15G High Jump 'B'					
1	18	Catrin Roberts	Llanelli & Neath		1.30			1	17	Leah Wilson-Randall	Llanelli & Neath		1.20
F10	U15G Pole Vault 'A'							U15G Pole Vault 'B'					
1	96	No Competitors Declared											
F21	U15G 1.00k Discus 'A'							U15G 1.00k Discus 'B'					
1	15	Emma Crooke	Hereford &County AC		28.95		G1*	1	2	Lora Roberts	Bridgend		21.87 G4
2	1	Zoe Dakin	Bridgend		23.58		G3*	2	16	Katherine Evans	Hereford &County AC		13.93
3	18	Sophie Parry	Llanelli & Neath		11.42			3	17	Leah Wilson-Randall	Llanelli & Neath		11.37
4								4					

* = AW Standards

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Perf

Wind
Records
GradesSunday, June 21 2009

Perf

Grades

F27 U15G 600g Javelin 'A'

1	15	Emma Crooke	Hereford &County AC	30.57	G1*
2	1	Zoe Dakin	Bridgend	20.60	
3	17	Laura Davies	Llanelli & Neath	13.22	
4					

U15G 600g Javelin 'B'

1	2	Lora Roberts	Bridgend	18.25	
2	18	Lauren Harvey	Llanelli & Neath	9.90	
3	16	Tasha Webster	Hereford &County AC	5.26	
4					

F30 U15G 3.25k Shot 'A'

1	15	Emma Crooke	Hereford &County AC	10.27	G1*
2	1	Zoe Dakin	Bridgend	8.40	G4
3	17	Laura Davies	Llanelli & Neath	6.13	
4					

U15G 3.25k Shot 'B'

1	16	Katherine Evans	Hereford &County AC	6.57	
2	18	Lauren Harvey	Llanelli & Neath	4.62	
3					
4					

T27 U13G 75m 'A'

Wind= -2.3

1	1	Emma Johnson	Bridgend	11.2	G4*
2	18	Hope Jones	Llanelli & Neath	11.2	G4*
3	15	Laura Morris	Hereford &County AC	11.7	
4					

U13G 75m 'B'

Wind= -2.3

1	2	Zoe Nash	Bridgend	11.6	
2	17	Sophie Hughes	Llanelli & Neath	11.9	
3	16	Jessica Williams	Hereford &County AC	12.3	
4					

T3 U13G 150m 'A'

Wind= -1.2

1	17	Kate Macmillen	Llanelli & Neath	22.3	G4
2	1	Shauna Quirke	Bridgend	22.3	G4
3	15	Laura Morris	Hereford &County AC	23.5	
4					

U13G 150m 'B'

Wind= -1.2

1	2	Zoe Nash	Bridgend	22.7	
2	16	Fern Lovell	Hereford &County AC	24.6	
3	18	Charlotte John	Llanelli & Neath	25.8	
4					

T9 U13G 800m 'A'

1	1	Jazmine Briganti	Bridgend	02:37.6	G3*
2	17	Felicity Gardner	Llanelli & Neath	02:39.9	G3*
3	15	Katie Harman	Hereford &County AC	03:01.6	
4					

U13G 800m 'B'

1	2	Rosa Yates	Bridgend	02:38.0	G3*
2	18	Catra John	Llanelli & Neath	03:06.7	
3					
4					

T22 U13G 1200m 'A'

1	1	Nia Ward	Bridgend	04:08.3	G2*
2	17	Ellie Dainton	Llanelli & Neath	04:31.0	00
3					
4					

U13G 1200m 'B'

1	2	Katie Roberts	Bridgend	04:32.9	00
2	18	Angel Harvey	Llanelli & Neath	04:57.0	00
3					
4					

T15 U13G 70mh 'A'

Wind= -3.1

1	1	Emma Johnson	Bridgend	13.2	G4
2	17	Kate Macmillen	Llanelli & Neath	14.5	
3					
4					

U13G 70mh 'B'

Wind= -3.1

1	2	Leah Thomas	Bridgend	14.5	
2	18	Angel Harvey	Llanelli & Neath	16.0	
3					
4					

F7 U13G High Jump 'A'

1	17	Ellie Dainton	Llanelli & Neath	1.20	G4
2	1	Emma Johnson	Bridgend	1.20	G4

U13G High Jump 'B'

1	18	Hope Jones	Llanelli & Neath	1.20	G4
2	2	Leah Thomas	Bridgend	1.10	

F24 U13G Long Jump 'A'

1	1	Nia Ward	Bridgend	4.01	G4
2	17	Sophie Hughes	Llanelli & Neath	3.42	
3	15	Fern Lovell	Hereford &County AC	3.00	
4					

U13G Long Jump 'B'

1	2	Rosa Yates	Bridgend	3.63	
2	18	Catra John	Llanelli & Neath	2.86	
3	16	Anna Nicholson-Little	Hereford &County AC	2.79	
4					

* = AW Standards

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Midland 1 - West Cardiff (Match 1 - Bridgend Host)

Perf
Wind
Records
Grades

Sunday, June 21 2009

Perf
Grades

F14 U13G 2.72k Shot 'A'

Rank	Perf	Name	Club
1	15	Jessica Williams	Hereford & County AC
2	1	Shauna Quirke	Bridgend
3	17	Felicity Gardner	Llanelli & Neath
4			

U13G 2.72k Shot 'B'

Rank	Perf	Name	Club
1	2	Nia Ward	Bridgend
2	18	Angel Harvey	Llanelli & Neath
3	16	Anna Nicholson-Little	Hereford & County AC
4			

*= AW Standards

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<http://www.natyal.co.uk>Perf
GradesMidlands Midland 1 - West Cardiff (Match 1 - Bridgend Host)

	Perf	Wind	Records	Grades		Perf	Grades	
T43 17M 4x100m								
1	17	Llanelli & Neath	Sam Jones	Alex Morgan	Richard Triggs	Robert Colwill	48.70	
2	1	Bridgend	Rob McGregor	Stephen Guest	Rhodri Griffiths	Jamie Morris	56.70	
3								
4								
T47 17M 4x400m								
1	17	Llanelli & Neath	Chris Davies	Justice Williams	Owain Morgan	Matthew O'Leary	#####	
2								
3								
4								
T41 15B 4x100m								
1	17	Llanelli & Neath	Kieran Rees	Kieran Kelly	Aidan James	Connor Roberts	52.60	
2	15	Hereford &County AC	Tom Mallon	Matthew Bennett	Thomas Fellowes	Jacob Harman	59.60	
3								
4								
T46 15B 4x400m								
1	17	Llanelli & Neath	Nick Edwards	Thomas Collins	Daniel Lewis	Jack Wheatley	#####	
2								
3								
4								
T39 13B 4x100m								
1	1	Bridgend	Jac D'Argie	Harry Davies	Oliver Davies	Rhys Roberts	57.40	
2								
3								
4								
T42 17W 4x100m								
1	1	Bridgend	Christie Williams	Rachel O'Connor	Alysha Jones	Katie Lewis	51.60 *	
2	17	Llanelli & Neath	Abigail Higgs	Kayleigh Swann	Kara Stedman	Lyndsey Jones	59.20	
3	15	Hereford &County AC	-	-	-	-	59.80	
4								
T45 17W 4x300m								
1	96	No Competitors Declare						
2								
3								
4								
T40 15G 4x100m								
1	17	Llanelli & Neath	Catrin Roberts	Danni Franklin	Leah Wilson-Randall	Rhiannon Jeffreys	55.10	
2	1	Bridgend	Lucy Tarrant	Lora Roberts	Isabel Hughes	Lucy Taylor	55.90	
3	15	Hereford &County AC	Tasha Webster	Emma Crooke	Emma Cole	Megan Ridsdale	57.80	
4								
T38 13G 4x100m								
1	17	Llanelli & Neath	Felicity Gardner	Kate Macmillan	Sophie Hughes	Angel Harvey	58.60	
2	1	Bridgend	Zoe Nash	Shauna Quirke	Leah Thomas	Emma Johnson	59.40	
3	15	Hereford &County AC	Laura Morris	Katie Harman	Fern Lovell	Anna Nicholson-Little	65.60	
4								

* = AW Standards

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Midlands Midland 1 - West Cardiff (Match 1 - Bridgend Host)

Sunday, 21 Jun 2009

Events	B'end		Ply		Here		L'nelli/Neath								Unused		T		
	1		7		15		17												
17M 100m	4.0	3.0	2.0				3.0	4.0									1	3	20
17M 200m	4.0	4.0					3.0	3.0									3	3	20
17M 400m							4.0	4.0									6	6	20
17M 800m							4.0										6	10	20
17M 1500m							4.0										6	10	20
17M 3000m																	10	10	20
17M 400mH							4.0	4.0									6	6	20
17M 100mh			4.0				3.0	4.0									3	6	20
17M 1500m S/																	10	10	20
17M 5k Hamm					4.0		3.0	4.0									3	6	20
17M 1.5k Disc					3.0		4.0	4.0									3	6	20
17M 5k Shot	3.0	4.0			4.0		2.0										1	6	20
17M 700g Jave	4.0				3.0		2.0	4.0									1	6	20
17M Pole Vaul	4.0	4.0															6	6	20
17M High Jum	4.0	4.0			3.0		2.0										1	6	20
17M Long Jum	4.0				3.0		2.0	4.0									1	6	20
17M Triple Jum							4.0										6	10	20
17M 4x100m	3.0						4.0										3		10
17M 4x400m							4.0										6		10
	30.0	19.0	6.0		20.0		52.0	35.0									82	116	360

15B 100m	3.0	2.0			2.0	3.0	4.0	4.0									1	1	20
15B 200m	4.0	3.0			2.0		3.0	4.0									1	3	20
15B 400m					3.0		4.0	4.0									3	6	20
15B 800m							4.0	4.0									6	6	20
15B 1500m	3.0				2.0		4.0	4.0									1	6	20
15B 80mh					4.0	4.0											6	6	20
15B 4k Hamm					4.0	4.0											6	6	20
15B 1.25k Disc	3.0				4.0	4.0	2.0	3.0									1	3	20
15B 4.00k Shd	3.0	3.0			4.0	4.0	2.0										1	3	20
15B 600g Jave	4.0						3.0	4.0									3	6	20
15B Long Jum	4.0				2.0	3.0	3.0	4.0									1	3	20
15B High Jum					3.0		4.0										3	10	20
15B Pole Vaul																	10	10	20
15B 4x100m					3.0		4.0										3		10
15B 4x400m							4.0										6		10
	24.0	8.0			33.0	22.0	41.0	31.0									52	69	280

13B 100m	4.0	4.0			3.0	3.0	2.0	2.0									1	1	20
13B 200m	4.0				3.0	3.0	2.0	4.0									1	3	20
13B 800m	4.0	4.0															6	6	20
13B 1500m							4.0										6	10	20
13B 75mh	4.0				3.0												3	10	20
13B 3.25k Shd	2.0				4.0		3.0	4.0									1	6	20
13B Long Jum	4.0	3.0			3.0	4.0	2.0										1	3	20
13B High Jum	4.0	4.0			3.0												3	6	20
13B 4x100m	4.0																6		10
	30.0	15.0			19.0	10.0	13.0	10.0									28	45	170

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Midlands Midland 1 - West Cardiff (Match 1 - Bridgend Host)

Sunday, 21 Jun 2009

Events	B'end		Ply		Here		L'nelli/Neath								Unused		T
	1		7		15		17										
17W 100m	4.0	4.0			3.0		2.0	3.0							1	3	20
17W 200m	4.0	4.0					3.0	3.0							3	3	20
17W 300m	2.0	4.0			3.0		4.0								1	6	20
17W 800m	4.0						3.0	4.0							3	6	20
17W 1500m					4.0		3.0								3	10	20
17W 3000m															10	10	20
17W 80mh					4.0										6	10	20
17W 300mH	4.0														6	10	20
17W 4k Hamm	4.0				3.0	4.0									3	6	20
17W 1.0k Disc	4.0	3.0			3.0	4.0	2.0	2.0							1	1	20
17W 4k Shot	3.0	3.0			4.0	4.0	2.0								1	3	20
17W 600g Jav	4.0	4.0					3.0								3	6	20
17W Long Jum	4.0	4.0					3.0								3	6	20
17W Triple Jum	4.0				2.0		3.0								1	10	20
17W High Jum	3.5	4.0					3.5								3	6	20
17W Pole Vau	4.0														6	10	20
17W 4x100m	4.0				2.0		3.0								1		10
17W 4x300m															10		10
	52.5	30.0			28.0	12.0	34.5	12.0							65	106	340
15G 100m	3.0	3.0			2.0	2.0	4.0	4.0							1	1	20
15G 200m	2.0				3.0	3.0	4.0	4.0							1	3	20
15G 800m	4.0	4.0			2.0		3.0	3.0							1	3	20
15G 1500m	4.0	4.0					3.0								3	6	20
15G 75mh	4.0														6	10	20
15G Long Jum	4.0	4.0			3.0		2.0	3.0							1	3	20
15G High Jum							4.0	4.0							6	6	20
15G Pole Vaul															10	10	20
15G 1.00k Disc	3.0	4.0			4.0	3.0	2.0	2.0							1	1	20
15G 600g Jav	3.0	4.0			4.0	2.0	2.0	3.0							1	1	20
15G 3.25k Shd	3.0				4.0	4.0	2.0	3.0							1	3	20
15G 4x100m	3.0				2.0		4.0								1		10
	33.0	23.0			24.0	14.0	30.0	26.0							33	47	230

13G 75m	4.0	4.0			2.0	2.0	3.0	3.0							1	1	20
13G 150m	3.0	4.0			2.0	3.0	4.0	2.0							1	1	20
13G 800m	4.0	4.0			2.0		3.0	3.0							1	3	20
13G 1200m	4.0	4.0					3.0	3.0							3	3	20
13G 70mh	4.0	4.0					3.0	3.0							3	3	20
13G High Jum	3.0	3.0					4.0	4.0							3	3	20
13G Long Jum	4.0	4.0			2.0	2.0	3.0	3.0							1	1	20
13G 2.72k Shd	3.0	4.0			4.0	2.0	2.0	3.0							1	1	20
13G 4x100m	3.0				2.0		4.0								1		10
	32.0	31.0			14.0	9.0	29.0	24.0							15	16	170

FINAL MATCH SCORES AND POSITIONS

	2	4	3	1	5	5	5	5				
Points Summa	B'end	Ply	Here	L'nelli/Neath							UNUSED	TOTAL
Boys	126.0	6.0	104.0	182.0							392.0	810.0
Girls	201.5		101.0	155.5							282.0	740.0
Officials	25.0		14.0	25.0							36.0	100.0
Total	352.5	6.0	219.0	362.5							710.0	#####
Position	2	4	3	1	5	5	5	5				