

Welsh Athletics Outdoor Track Field Championships
Senior Open
Sunday 15th June 2008

CBP 10.28s
Welsh Record 10.11s
All Comers 10.28s

5:20 PM

Event	T30	100m	FINAL	Wind	-1.0
Position	Bib	Athlete	Club	Perf	Remarks
1	28	Bradley WILLIAMS (W)	Deeside	10.92	
2	19	Liam DUFF (W)	Cardiff	11.08	
3	26	Gareth PRICE (W)	Team Southampton	11.10	
4	25	Elliot O'NEILL	Cardiff	11.13	
5	21	Chris HOWE (W)	Cardiff	11.35	
6	20	Gareth HOPKINS (W)	Cardiff	11.45	
7	16	Gareth BREEZE (W)	Sale	11.63	
DNS	27	Douglas TURNER (W)	Cardiff		

CBP 10.28s
Welsh Record 10.11s
All Comers 10.28s

4:10 PM

Event	T22	100m	Heat 1	Wind	-0.3
Position	Bib	Athlete	Club	Perf	Remarks
1	28	Bradley WILLIAMS (W)	Deeside	11.01	Q
2	26	Gareth PRICE (W)	Team Southampton	11.13	Q
3	25	Elliot O'NEILL	Cardiff	11.19	Q
4	27	Douglas TURNER (W)	Cardiff	11.31	q
5	20	Gareth HOPKINS (W)	Cardiff	11.36	q
6	24	Michael OMAKOBIA (W)	Swansea	12.27	

CBP 10.28s
Welsh Record 10.11s
All Comers 10.28s

4:10 PM

Event	T22	100m	Heat 2	Wind	
Position	Bib	Athlete	Club	Perf	Remarks
1	19	Liam DUFF (W)	Cardiff	11.21	Q
2	21	Chris HOWE (W)	Cardiff	11.45	Q
3	16	Gareth BREEZE (W)	Sale	11.67	Q
4	17	Thomas CUSWORTH (W)	Wrexham	11.72	
5	14	Deji ALLI	Cardiff University	11.76	
DNS	23	James MOORE (W)	Cardiff		

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CBP 20.54s
Welsh Record 20.08s
All Comers 20.36s

Event		T13	200m	FINAL	Wind	2:45 PM +0.4
Position	Bib	Athlete	Club	Perf	Remarks	
1	37	Bruce TASKER (W)	Carmarthen	21.85		
2	26	Gareth PRICE (W)	Team Southampton	22.39		
3	20	Gareth HOPKINS (W)	Cardiff	22.73		
4	19	Liam DUFF (W)	Cardiff	22.82		
5	17	Thomas CUSWORTH (W)	Wrexham	23.14		
6	21	Chris HOWE (W)	Cardiff	23.22		
DNF	16	Gareth BREEZE (W)	Sale			
DNF	234	Rhys WILLIAMS (W)	Cardiff			

CBP 20.54s
Welsh Record 20.08s
All Comers 20.36s

Event		T8	200m	Heat 1	Wind	1:35 PM +0.0
Position	Bib	Athlete	Club	Perf	Remarks	
1	26	Gareth PRICE (W)	Team Southampton	22.53	Q	
2	20	Gareth HOPKINS (W)	Cardiff	22.66	Q	
3	16	Gareth BREEZE (W)	Sale	23.16	Q	
4	35	Christopher HALL (W)	Kingston & Polytechnic	23.37		
5	36	Jon SWELL (W)	Cardiff	23.37		
6	23	James MOORE (W)	Cardiff	23.55		

CBP 20.54s
Welsh Record 20.08s
All Comers 20.36s

Event		T8	200m	Heat 2	Wind	1:35 PM -1.1
Position	Bib	Athlete	Club	Perf	Remarks	
1	37	Bruce TASKER (W)	Carmarthen	21.81	Q	
2	234	Rhys WILLIAMS (W)	Cardiff	22.05	Q	
3	19	Liam DUFF (W)	Cardiff	22.75	Q	
4	17	Thomas CUSWORTH (W)	Wrexham	23.13	q	
5	21	Chris HOWE (W)	Cardiff	23.30	q	

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CBP		45.45			
Welsh Record		44.36s			
All Comers		45.29s			3:05 PM
Event	T15	400m	FINAL		-0.9
Position	Bib	Athlete	Club	Perf	Remarks
1	63	James NASRAT (W)	Newport	48.59	
2	61	Thomas MILLER (W)	Cardiff	48.63	
3	60	Glyn HAWKES (W)	Loughborough Students	48.73	
4	66	Alex SCOTT (W)	Swansea	51.30	
5	62	Gerwyn MORGAN (W)	Bridgend	51.83	
6	59	Jamie GUTTERIDGE (W)	Cardiff	52.87	
7	55	Nathan COOZE (W)	Swansea	54.06	
DNS	65	Craig RUSSELL (W)	Newport		

CBP		45.45s			
Welsh Record		44.36s			
All Comers		45.29s			12:10 PM
Event	T2	400m	Heat 1	<i>WIND</i>	-0.6
Position	Bib	Athlete	Club	Perf	Remarks
1	60	Glyn HAWKES (W)	Loughborough Students	48.82	Q
2	66	Alex SCOTT (W)	Swansea	50.80	Q
3	59	Jamie GUTTERIDGE (W)	Cardiff	53.11	Q
4	65	Craig RUSSELL (W)	Newport	56.21	q
DNF	238	Adebowale ADEMUYEWO (W)	Sale		

CBP		45.45s			
Welsh Record		44.36s			
All Comers		45.29s			12:10 PM
Event	T2	400m	Heat 2	<i>WIND</i>	+0.5
Position	Bib	Athlete	Club	Perf	Remarks
1	61	Thomas MILLER (W)	Cardiff	53.11	Q
2	62	Gerwyn MORGAN (W)	Bridgend	53.59	Q
3	63	James NASRAT (W)	Newport	54.45	Q
4	55	Nathan COOZE (W)	Swansea	54.90	q

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CBP 1 min 47.8s
Welsh Record 1 min 45.44s
All Comers 1 min 44.65s

4:35 PM

Event	T26	800m	FINAL	WIND	+0.4
Position	Bib	Athlete	Club	Perf	Remarks
1	92	Joseph MAYNARD (W)	Cardiff	1:51.10	
2	85	Chris BRYANT (W)	Wigan	1:52.48	
3	86	Jonathan BUTLER (W)	Swansea	1:53.41	
4	90	Andrew DECAMPS (W)	Gloucester	1:55.04	
5	99	Gareth WILTSHIRE (W)	Cardiff	1:55.69	
6	87	Paul CLARKE (W)	Carmarthen	1:56.56	
7	96	Lee RICHARDS (W)	Newport	2:02.12	
8	100	Alex WOTMAN (W)	Cwmbran	2:04.50	
9	98	Peter WATKEYS (W)	Swansea	2:09.40	

CBP 3 min 40.81s
Welsh Record 3 min 35.08s
All Comers 3 min 35.74s

3:30 PM

Event	T17	1500m	FINAL	WIND	-1.7
Position	Bib	Athlete	Club	Perf	Remarks
1	93	James MILLS (W)	Wrexham	3:55.11	
2	120	Tom MARLEY (W)	Bristol & West	3:56.04	
3	126	Jorge THOMAS (W)	Cardiff	3:56.38	
4	123	Richard PETERS	Bristol & West	3:56.81	
5	118	Harry JONES (W)	Cardiff	3:57.87	
6	124	Thomas PHILLIPS (W)	Woodford Green	4:02.27	
7	113	Dewi GRIFFITHS (W)	Carmarthen	4:02.98	
8	112	Chris GOWELL (W)	Swansea	4:03.40	
9	121	Johnathan MORGAN (W)	Newport	4:06.19	
10	116	Jonathan HOPKINS (W)	Bridgend	4:08.01	
DNS	125	James THIE (W)	Cardiff		
DNF	128	James WILLIAMS (W)	Cardiff		

CBP 3 min 40.81s
Welsh Record 3 min 35.08s
All Comers 3 min 35.74s

12:20 PM

Event	T3	1500m	Heat 1	Perf	Remarks
Position	Bib	Athlete	Club	Perf	Remarks
1	112	Chris GOWELL (W)	Swansea	4:07.90	Q
2	93	James MILLS (W)	Wrexham	4:07.93	Q
3	123	Richard PETERS	Bristol & West	4:07.99	Q
4	126	Jorge THOMAS (W)	Cardiff	4:08.23	Q
5	118	Harry JONES (W)	Cardiff	4:09.35	q
6	119	Michael KERSHAW (W)	Cwmbran	4:11.08	
7	115	Craig HOPKINS	Swansea	4:11.18	
8	111	Rowan AXE (W)	Cardiff	4:11.65	
9	122	Jonathan PETERS (W)	Cwmbran	4:13.18	

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CBP 3 min 40.81s
Welsh Record 3 min 35.08s
All Comers 3 min 35.74s

12:20 PM

Event	T3	1500m	Heat 2		
Position	Bib	Athlete	Club	Perf	Remarks
1	125	James THIE (W)	Cardiff	3:59.53	Q
2	124	Thomas PHILLIPS (W)	Woodford Green	3:59.98	Q
3	120	Tom MARLEY (W)	Bristol & West	3:59.99	Q
4	128	James WILLIAMS (W)	Cardiff	4:00.01	Q
5	113	Dewi GRIFFITHS (W)	Carmarthen	4:00.06	q
6	121	Johnathan MORGAN (W)	Newport	4:01.03	q
7	116	Jonathan HOPKINS (W)	Bridgend	4:04.59	q
DNF	114	Marc HOBBS (W)	Swansea		

CBP 13 min 35.0s
Welsh Record 13 min 09.80s
All Comers 13 min 13.01s

5:00 PM

Event	T28	5000m Sen Men	FINAL		
Position	Bib	Athlete	Club	Perf	Remarks
1	129	Jonathan WILLS (W)	Bristol & West	14:38.30	
2	138	Matt JANES (W)	Bedford & County	14:41.91	
3	140	Craig PETERS (W)	Bristol & West	15:15.42	
DNF	139	Michael JOHNSON (W)	Cardiff		
DNF	137	Lewys HOBBS (W)	Swansea		

CBP 15 min 00.7s
Welsh Record 14 min 07.2s
All Comers 13 min 13.01s

5:00 PM

Event	T28A	5000m U20M	FINAL		
Position	Bib	Athlete	Club	Perf	Remarks
1	133	Adam BITCHELL (W)	Carmarthen	15:12.39	
2	136	Nathan HARDEE (W)	Newport	15:50.40	

CBP 8 min 32.16s
Welsh Record 8 min 18.91s
All Comers 8 min 31.0s

3:15 PM

Event	T16	3000m S/C	FINAL		
Position	Bib	Athlete	Club	Perf	Remarks
1	142	Andrew DONNO (W)	Brighton & Hove City	9:42.56	
2	141	Jamie BUSSELL (W)	Cwmbran	10:12.35	
3	143	Gavin HANRAHAN (W)	Cwmbran	10:19.91	

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CBP 13.45s

Welsh Record 12.91s

All Comers 13.10s

3:55 PM

Event	T20	110m Hurdles	FINAL	Wind	
Position	Bib	Athlete	Club	Perf	Remarks
1	46	Paul WALKER (W)	Sale Harriers	15.14	
2	44	Steven BOYLES (W)	Swansea	15.91	
3	47	Dafydd WALTERS (W)	Carmarthen	16.12	

CBP 50.66cm

Welsh Record 49.09s

All Comers 49.57s

2:20 PM

Event	T11	400m Hurdles	FINAL	WIND	-1.8
Position	Bib	Athlete	Club	Perf	Remarks
1	240	Toby ULM	Swindon	52.84	
2	77	Wayne TAYLOR	Thames Valley Harriers	56.34	
3	76	Gareth MORRIS (W)	Ashford	58.14	
4	75	Robert BARKER-DAVIES (W)	Coventry Godiva	60.71	
5	65	Craig RUSSELL (W)	Newport	73.82	

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CBP 2m 20cm
Welsh Record 2m 25cm
All Comers 2m 27cm 11:00 AM

Event	F3	High Jump	FINAL		
Position	Bib	Athlete	Club	Perf	Remarks
1	151	Robert MITCHELL (W)	Sale	2.10	
2	232	Ben CHALLENGER	Belgrave	2.00	
3	152	Kabelo MMONO	Cardiff	2.00	
4	148	Owen CHESHER (W)	Brecon	1.95	
5	147	Francis BAKER	Derby	1.95	

CBP 5m 25cm
Welsh Record 5m 60cm
All Comers 5m 80cm 2:30 PM

Event	F16	Pole Vault	FINAL		
Position	Bib	Athlete	Club	Perf	Remarks
1	171	Paul WALKER (W)	Sale Harriers	4.90	
2	164	Egryn JONES (W)	WSE & H	4.60	
3	169	Leigh WALKER	Crawley	4.20	
4	162	Neil COTTRELL	Wycombe Phoenix	4.20	
5	163	Lewis NEWTON (W)	Cardiff	3.80	
6	165	Emyr JONES (W)	Carmarthen	3.60	
7	166	Robert MCGREGOR (W)	Bridgend	3.40	

CBP 7m 91cm w
Welsh Record 8m 23cm
All Comers 8m 18cm 1:00 PM

Event	F10	Long Jump	FINAL		Wind
Position	Bib	Athlete	Club	Perf	Remarks
1	178	Richardo CHILDS (W)	Brecon	7.26	-2.0
2	179	David COOK (W)	Kingston & Poly	7.13	-0.9
3	181	Matthew HULYER (W)	Thames Valley Harriers	6.40	-1.1
4	184	Andrew THOMAS (W)	Llanelli	6.28	-1.6
5	183	Thomas KIVELL (W)	Newport	6.24	-1.4
6	182	Alex JACKSON (W)	Swansea	6.11	-1.5
7	35	Christopher HALL (W)	Kingston & Polytechnic	6.10	+1.9
8	17	Thomas CUSWORTH (W)	Wrexham	6.08	-0.6

CBP 16m 26cm w
Welsh Record 16m 71cm
All Comers 16m 88cm 2:00 PM

Event	F13	Triple Jump	FINAL		Wind
Position	Bib	Athlete	Club	Perf	Remarks
1	187	Alex OBIAKO (W)	Cardiff	13.98	-2.0
2	188	Adam WILLIAMS (W)	Menai	13.33	-2.4
3	183	Thomas KIVELL (W)	Newport	13.21	-1.4
4					

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CBP 19m 15cm
Welsh Record 20m 45cm
All Comers 21m 68cm 2:00 PM

Event	F14	Shot (7.26kg)	FINAL		
Position	Bib	Athlete	Club	Perf	Remarks
1	196	Ryan SPENCER-JONES (W)	Swansea	15.22	
2	194	Brett MORSE (W)	Cardiff	14.87	
3	193	Jacob MATTHEWS (W)	Newport	12.34	
4	147	Francis BAKER	Derby	11.18	

CBP 58m 29cm
Welsh Record 60m 43cm
All Comers 62m 10cm 1:00 PM

Event	F9	Discus (2kg)	FINAL		
Position	Bib	Athlete	Club	Perf	Remarks
1	194	Brett MORSE (W)	Cardiff	53.60	
2	201	David COLEMAN	Cardiff	49.44	
3	196	Ryan SPENCER-JONES (W)	Swansea	47.51	
4	193	Jacob MATTHEWS (W)	Newport	43.16	

CBP 63.12s
Welsh Record 68m 64cm
All Comers 74m 18cm 10:00 AM

Event	F1	Hammer (7.26kg)	FINAL		
Position	Bib	Athlete	Club	Perf	Remarks
1	209	Matthew RICHARDS (W)	Swansea	57.27	
2	208	Graham HOLDER (W)	Shaftesbury Barnet	57.22	
3	210	Ritchie WELLS (W)	Swansea	45.87	
4	205	Jonathan ARNOLD (W)	Swansea	42.64	

CBP 73m 52cm
Welsh Record 81m 70cm
All Comers 88m 46cm 5:00 PM

Event	F19	Javelin (800g)	FINAL		
Position	Bib	Athlete	Club	Perf	Remarks
1	220	Lee DORAN	Sheffield	64.61	
2	219	Simon BENNETT	Woodford Green	62.11	
3	225	Rhys WILLIAMS (W)	Swansea	60.43	
4	236	Stephen WINTER (W)	Woodford Green	58.33	
5	223	Michael TARRAN (W)	Birchfield	55.85	
6	224	Joshua WILLIAMS (W)	Aberdare	44.42	

CBP
Welsh Record
All Comers 4:15 PM

Event	T23	100m Male & Famlle	FINAL		
Position	Bib	Athlete	Club	Perf	Remarks
1	300	James BALL	FDSW	12.58	
2	306	Louise BASHFORD	FDSW	15.71	
3	303	Ashleigh HELLYER	FDSW	18.55	

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CBP

Welsh Record

All Comers

12:00 PM

Event	F8	Shot (Seated)	FINAL		
Position	Bib	Athlete	Club	Perf	Remarks
1	309	Andrew WILLIAMS	FDSW	6.09	
2	310	Dan DAVIES	FDSW	4.33	

CBP

Welsh Record

All Comers

6:00 PM

Event	F20	Discus FDSW	FINAL		
Position	Bib	Athlete	Club	Perf	Remarks
1	313	Konrad GALEN-BISPING	FDSW	27.58	
2	314	John JONES	FDSW	18.68	

CBP

Welsh Record

All Comers

2:00 PM

Event	F14	Shot (7.26kg)	FINAL		
Position	Bib	Athlete	Club	Perf	Remarks
1	313	Konrad GALEN-BISPING	FDSW	10.75	
2	314	John JONES	FDSW	7.75	

Welsh Athletics - Height Card

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008			VENUE							DATE		Sunday 15th June							
EVENT					Senior Men High Jump		11:00 AM		Swansea					Welsh Record							
									All Comers Rec					Robert MITCHELL Shaftesbury 2m 25cm 2001							
EVENT		Senior Men High Jump			11:00 AM		C.B.P					Robert MITCHELL Sale 2m 20cm 2006									
EVENT		Senior Men High Jump			11:00 AM		2007 Welsh Champion					Owen CHESHER Brecon 1m 90cm									
Order	ID Number	NAME	CLUB	Start Height	1.70	1.80	1.85	1.90	1.95	2.00	2.05	2.10	2.15				Best of All	Trials at Ht Cleared	Total Failures	Total Trials	Final Position
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					
1	147	Francis BAKER	Derby	1.80		o	o	xo	xxo	xxx							1.95				5
2	148	Owen CHESHER (W)	Brecon	1.70	o	o	o	o	xxo	xxx							1.95				4
3	149	Adam GALLIE	Derby																		
4	150	David GUEST (W)	Bridgend																		
5	151	Robert MITCHELL (W)	Sale	2.00						o	o	xo	xxx				2.10				1
6	152	Kabelo MMONO	Cardiff	1.95					o	o	xxx						2.00				3
7	232	Ben CHALLENGER	Belgrave	2.00						xo		xxx					2.00				2
8																					
9																					
10																					
11																					
12																					
13																					
14																					
15																					
16																					

RESULT										JUDGES' SIGNATURES									
ID No	NAME	CLUB	PERF		ID No	NAME	CLUB	PERF		REFeree's Signature									
1	151	Robert MITCHELL (W)	Sale	2.10	9														
2	232	Ben CHALLENGER	Belgrave	2.00	10														
3	152	Kabelo MMONO	Cardiff	2.00	11														
4	148	Owen CHESHER (W)	Brecon	1.95	12														
5	147	Francis BAKER	Derby	1.95	13														
6					14														
7					15														
8					16														

Welsh Athletics - Height Card

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008			VENUE						Swansea		DATE		Sunday 15th June						
EVENT					Senior Men Pole Vault			2:30 PM		TIME			Welsh Record			Neil WINTER Shaftesbury 5m 60cm 1995					
										All Comers Rec			Grigory YEGOROV (Kazakhstan) 5m 80cm 1992								
EVENT		Senior Men Pole Vault			2:30 PM		C.B.P			Neil WINTER Shaftesbury 5m 25cm 1993 / 1996											
EVENT		Senior Men Pole Vault			2:30 PM		2007 Welsh Champion			Michael WALKER Cardiff / B-ham Uni 4m 70cm											
Order	ID Number	NAME	CLUB	Start Height	3.20	3.40	3.60	3.80	4.00	4.20	4.40	4.60	4.80	4.90	5.00	5.10	Best of All	Trials at Ht Cleared	Total Failures	Total Trials	Final Position
					Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					
1	162	Neil COTTRELL	Wycombe Phoenix	4.00					xo	xo	xxx						4.20				4
2	163	Lewis NEWTON (W)	Cardiff	3.40		o	xo	xo	xxx								3.80				5
3	164	Egryn JONES (W)	WSE & H	4.40							o	xo	xxx				4.60				2
4	165	Emyr JONES (W)	Carmarthen	3.20	o	xo	xxo	xxx									3.60				6
5	166	Robert MCGREGOR (W)	Bridgend	3.20	o	o	xxx										3.40				7
6	167	Andy MORRIS	Ealing, Southall & Middlesex																		
7	168	Glyn PRICE (W)	Swansea	4.00					xxx								NHR				
8	169	Leigh WALKER	Crawley	3.80				o	o	o	xxx						4.20				3
9	170	Michael WALKER (W)	Cardiff	4.20						xxx							NHR				
10	171	Paul WALKER (W)	Sale Harriers	4.90										o	pass	xxx	4.90				1
11	172	Alex WILLIAMS (W)	Birchfield																		
12																					
13																					
14																					
15																					
16																					

RESULT										JUDGES' SIGNATURES									
ID No	NAME	CLUB	PERF		ID No	NAME	CLUB	PERF		REFeree's SIGNATURE									
1	171	Paul WALKER (W)	Sale Harriers	4.90	9														
2	164	Egryn JONES (W)	WSE & H	4.60	10														
3	169	Leigh WALKER	Crawley	4.20	11														
4	162	Neil COTTRELL	Wycombe Phoenix	4.20	12														
5	163	Lewis NEWTON (W)	Cardiff	3.80	13														
6	165	Emyr JONES (W)	Carmarthen	3.60	14														
7	166	Robert MCGREGOR (W)	Bridgend	3.40	15														
8					16														

Welsh Athletics - Height Card

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008		VENUE	Swansea			DATE	Sunday 15th June					
EVENT	Senior Men Long Jump			1:00 PM	WELSH RECORD		Lynn DAVIES Roath, Cardiff 8m 23cm 1968							
					ALL COMERS REC		Ralph BOSTON (USA) 8m 18cm 1965							
				C.B.P		Steve INGRAM Swansea 7m 91cm w 1994								
				2007 Welsh Champion		David COOK Kingston & Poly 6m 93cm								
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	17	Thomas CUSWORTH (W)	Wrexham	6.08	5.94	5.87	6.08	7				6.08	8	-0.6
2	35	Christopher HALL (W)	Kingston & Polytechnic	6.10	4.67		6.10	6				6.10	7	+1.9
3	150	David GUEST (W)	Bridgend											
4	177	Andy ALVEY (W)	Pembrokeshire											
5	178	Richardo CHILDS (W)	Brecon	7.04	6.98	7.11	7.11	1	7.26	7.16	5.67	7.26	1	-2.0
6	179	David COOK (W)	Kingston & Poly	NJ	6.89	7.00	7.00	2	7.13	NJ	6.90	7.13	2	-0.9
7	180	Charles EXTON	Hereford & County											
8	181	Matthew HULYER (W)	Thames Valley Harriers	6.19	6.24	NJ	6.24	3	5.19	6.30	6.40	6.40	3	-1.1
9	182	Alex JACKSON (W)	Swansea	NJ	5.85	5.90	5.90	8	NJ	5.96	6.11	6.11	6	-1.5
10	183	Thomas KIVELL (W)	Newport	6.09	6.01	6.14	6.14	4	6.20	6.16	6.24	6.24	5	-1.4
11	184	Andrew THOMAS (W)	Llanelli	5.95	6.11	6.11	6.11	5	6.28	6.13	6.08	6.28	4	-1.6
12														
13														
14														
15														
16														
Top 8 performances after 3 trials progress for a further 3 trials														
RESULTS														
										JUDGES' SIGNATURES				
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance					
1	178	Richardo CHILDS (W)	Brecon	7.26	9									
2	179	David COOK (W)	Kingston & Poly	7.13	10									
3	181	Matthew HULYER (W)	Thames Valley Harriers	6.40	11									
4	184	Andrew THOMAS (W)	Llanelli	6.28	12									
5	183	Thomas KIVELL (W)	Newport	6.24	13									
6	182	Alex JACKSON (W)	Swansea	6.11	14					REFEREE SIGNATURE				
7	35	Christopher HALL (W)	Kingston & Polytechnic	6.10	15									
8	17	Thomas CUSWORTH (W)	Wrexham	6.08	16									

Welsh Athletics - Height Card

WINDSPEED CARD

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008		VENUE	Swansea			DATE	Sunday 15th June					
				TIME	Welsh Record		Lynn DAVIES Roath, Cardiff 8m 23cm 1968							
EVENT		Senior Men Long Jump		1:00 PM	All Comers Rec		Ralph BOSTON (USA) 8m 18cm 1965							
					C.B.P		Steve INGRAM Swansea 7m 91cm w 1994							
					2007 Welsh Champion		David COOK Kingston & Poly 6m 93cm							
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	17	Thomas CUSWORTH (W)	Wrexham	+0.6	+1.1	-1.0								
2	35	Christopher HALL (W)	Kingston & Polytechnic	+1.85	+2.53									
3	150	David GUEST (W)	Bridgend											
4	177	Andy ALVEY (W)	Pembrokeshire											
5	178	Richardo CHILDS (W)	Brecon	+2.46	-2.0	-1.4			-2.0	-1.8	-0.5			
6	179	David COOK (W)	Kingston & Poly	+0.0	+1.3	-1.4			-0.9	-1.8	-0.8			
7	180	Charles EXTON	Hereford & County											
8	181	Matthew HULYER (W)	Thames Valley Harriers	+2.5	+2.1	-2.7			-0.8	-0.5	-1.1			
9	182	Alex JACKSON (W)	Swansea	+2.2	+1.8	-2.8			-1.9	-1.9	-1.5			
10	183	Thomas KIVELL (W)	Newport	+3.0	-2.8	-1.7			-0.6	-1.1	-1.4			
11	184	Andrew THOMAS (W)	Llanelli	+1.4	-1.3	-0.8			-1.6	-2.8	-1.8			
12														
13														
14														
15														
16														

Top 8 performances after 3 trials progress for a further 3 trials

RESULTS										JUDGES' SIGNATURES				
No.	NAME	CLUB	Distance	No.	NAME	CLUB	Distance							
1				9										
2				10										
3				11										
4				12										
5				13										
6				14				REFEREE SIGNATURE						
7				15										
8				16										

Welsh Athletics - Height Card

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008		VENUE	Swansea			DATE	Sunday 15th June					
EVENT				Senior Men Triple Jump		TIME	2:00 PM		Welsh Record	Steven SHALDERS Cardiff 16m 71cm 2005				
								All Comers Rec	Bela BAKOSI (Hungary) 16m 88cm 1980					
								C.B.P	Steven SHALDERS Cardiff 16m 26cm w 2001					
								2007 Welsh Champion	Owen JONES Carmarthen 13m 29cm					
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	45	Owen JONES (W)	Carmarthen	NJ	WITHDRAW									-2.4
2	183	Thomas KIVELL (W)	Newport	12.94	13.21	13.16	13.21	3	NJ	13.01	13.20	13.21	3	-1.4
3	187	Alex OBIAKO (W)	Cardiff	13.98	NJ	12.72	13.98	1	13.39	NJ	NJ	13.98	1	-2.0
4	188	Adam WILLIAMS (W)	Menai	13.04	13.09	13.33	13.33	2	11.64	NJ	13.21	13.33	2	-2.4
5														
6														
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14														
15														
16														
Top 8 performances after 3 trials progress for a further 3 trials														
RESULTS														
										JUDGES' SIGNATURES				
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance					
1	187	Alex OBIAKO (W)	Cardiff	13.98	9									
2	188	Adam WILLIAMS (W)	Menai	13.33	10									
3	183	Thomas KIVELL (W)	Newport	13.21	11									
4					12									
5					13									
6					14									
7					15									
8					16									
										REFEREE SIGNATURE				

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008		VENUE	Swansea			DATE	Sunday 15th June					
				TIME	Welsh Record		Steven SHALDERS Cardiff 16m 71cm 2005							
EVENT		Senior Men Triple Jump		2:00 PM	All Comers Rec		Bela BAKOSI (Hungary) 16m 88cm 1980							
					C.B.P		Steven SHALDERS Cardiff 16m 26cm w 2001							
					2007 Welsh Champion		Owen JONES Carmarthen 13m 29cm							
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	45	Owen JONES (W)	Carmarthen	-2.4										
2	183	Thomas KIVELL (W)	Newport	-1.5	-1.4	-1.8			-0.3	-0.4	-2.6			
3	187	Alex OBIAKO (W)	Cardiff	-2.0	-3.1	-1.0			-2.3	-1.3	-3.6			
4	188	Adam WILLIAMS (W)	Menai	-2.5	-3.6	-2.4			-1.5	-0.8	-2.9			
5														
6														
7														
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11														
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14														
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16														

Top 8 performances after 3 trials progress for a further 3 trials

RESULTS										JUDGES' SIGNATURES	
No.	NAME	CLUB	Distance	No.	NAME	CLUB	Distance				
1				9							
2				10							
3				11							
4				12							
5				13							
6				14						REFEREE SIGNATURE	
7				15							
8				16							

Welsh Athletics - Height Card

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008			VENUE	Swansea			DATE	Sunday 15th June				
EVENT	Senior Men Shot (7.26kg)				2:00 PM	WELSH RECORD		Shaun PICKERING Haringey 20m 45cm 1997						
						ALL COMERS REC		Geoff CAPES (England) 21m 68cm 1980						
C.B.P		Shaun PICKERING Haringey 19m 15cm 1997												
2007 Welsh Champion		Brett MORSE Cardiff 14m 43cm												
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	147	Francis BAKER	Derby	10.34	11.18	NT	11.18	4	10.51	11.05	11.16	11.18	4	
2	193	Jacob MATTHEWS (W)	Newport	12.26	12.10	12.00	12.26	3	NT	12.19	12.34	12.34	3	
3	194	Brett MORSE (W)	Cardiff	14.02	14.79	NT	14.79	2	14.03	14.87	14.87	14.87	2	
4	195	Ben ROBERTS (W)	Birchfield											
5	196	Ryan SPENCER-JONES (W)	Swansea	14.35	14.52	15.08	15.08	1	15.22	15.19	15.22	15.22	1	
6	197	Andrew TURNER (W)	Bournemouth											
7														
8														
1	313	Konrad GALEN-BISPING	FDSW	9.71	9.72	10.75	10.75	1	9.02	10.71	9.21	10.75	1	
2	314	John JONES	FDSW	7.37	7.39	7.64	7.64	2	7.71	7.75	7.22	7.75	2	
3														
4														
5														
6														
7														
8														
Top 8 performances after 3 trials progress for a further 3 trials														
RESULTS														
FDSW RESULTS										JUDGES' SIGNATURES				
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance					
1	196	Ryan SPENCER-JONES (W)	Swansea	15.22	1	313	Konrad GALEN-BISPING	FDSW	10.75					
2	194	Brett MORSE (W)	Cardiff	14.87	2	314	John JONES	FDSW	7.75					
3	193	Jacob MATTHEWS (W)	Newport	12.34	3									
4	147	Francis BAKER	Derby	11.18	4									
5					5									
6					6									
7					7									
8					8									
										REFEREE SIGNATURE				

Welsh Athletics - Height Card

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008		VENUE	Swansea				DATE	Sunday 15th June									
EVENT	Senior Men Discus (2kg)			1:00 PM	Welsh Record		Lee NEWMAN Belgrave 60m 43cm 1998												
					All Comers Rec		Richard SLANEY (England) 62m 10cm 1983												
				C.B.P		Lee NEWMAN Belgrave 58m 29cm 1999													
				2007 Welsh Champion		Brett MORSE Cardiff 47m 99cm													
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance					
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres							
1	193	Jacob MATTHEWS (W)	Newport	39.96	40.45	42.06	42.06	3	40.45	NT	43.16	43.16	4						
2	194	Brett MORSE (W)	Cardiff	53.60	NT	NT	53.60	1	NT	49.60	NT	53.60	1						
3	196	Ryan SPENCER-JONES (W)	Swansea	40.94	NT	NT	40.94	4	43.20	NT	47.51	47.51	3						
4	197	Andrew TURNER (W)	Bournemouth																
5	201	David COLEMAN	Cardiff	45.45	46.61	49.37	49.37	2	48.49	48.06	49.44	49.44	2						
6																			
7																			
8																			
1	313	Konrad GALEN-BISPING	FDSW	NT	19.28	24.12	24.12	5	27.58	27.09	22.26	27.58	1						
2	314	John JONES	FDSW	16.72	17.18	18.68	18.68	6	17.94	17.70	17.78	18.68	2						
3																			
4																			
5																			
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7																			
8																			
Top 8 performances after 3 trials progress for a further 3 trials																			
RESULTS																			
RESULTS										FDSW RESULTS					JUDGES' SIGNATURES				
	No.	NAME	CLUB	Distance		No.	NAME	CLUB	Distance										
1	194	Brett MORSE (W)	Cardiff	53.60	1	313	Konrad GALEN-BISPING	FDSW	27.58										
2	201	David COLEMAN	Cardiff	49.44	2	314	John JONES	FDSW	18.68										
3	196	Ryan SPENCER-JONES (W)	Swansea	47.51	3														
4	193	Jacob MATTHEWS (W)	Newport	43.16	4														
5					5														
6					6														
7					7														
8					8														
										REFEREE SIGNATURE									

Welsh Athletics - Height Card

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008		VENUE	Swansea			DATE	Sunday 15th June					
				TIME	Welsh Record		Shaun PICKERING Haringey 68m 64cm 1994							
EVENT		Senior Men Hammer (7.26kg)		10:00 AM	All Comers Rec		Martin GIRVAN (N Ireland) 74m 18cm 1982							
					C.B.P		Shaun PICKERING Haringey 63.12s 1989							
					2007 Welsh Champion		Graham HOLDER Shaftesbury B 57m 83cm							
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	205	Jonathan ARNOLD (W)	Swansea	31.51	NT	42.64	42.64	4	NT	NT	NT	42.64	4	
2	206	James DOBLER (W)	Swansea											
3	207	Andy FROST	Woodford Green											
4	208	Graham HOLDER (W)	Shaftesbury Barnet	52.74	NT	53.68	53.68	1	57.22	NT	NT	57.22	2	
5	209	Matthew RICHARDS (W)	Swansea	NT	NT	46.84	46.84	2	55.20	57.27	55.88	57.27	1	
6	210	Ritchie WELLS (W)	Swansea	43.52	44.54	NT	44.54	3	45.66	45.38	45.87	45.87	3	
7														
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16														

Top 8 performances after 3 trials progress for a further 3 trials

RESULTS										JUDGES' SIGNATURES	
No.	NAME	CLUB	Distance	No.	NAME	CLUB	Distance				
1	209	Matthew RICHARDS (W)	Swansea	57.27	9						
2	208	Graham HOLDER (W)	Shaftesbury Barnet	57.22	10						
3	210	Ritchie WELLS (W)	Swansea	45.87	11						
4	205	Jonathan ARNOLD (W)	Swansea	42.64	12						
5					13						
6					14					REFEREE SIGNATURE	
7					15						
8					16						

Welsh Athletics - Height Card

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008		VENUE	Swansea			DATE	Sunday 15th June					
EVENT				TIME	Welsh Record		Nigel BEVAN Belgrave 81m 70cm 1992							
				All Comers Rec		Steve BACKLEY (England) 88m 46cm 1990								
				C.B.P		Colin McKENZIE Newham 73m 52cm 1986								
				2007 Welsh Champion		Rhys WILLIAMS Swansea 62m 35cm								
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	147	Francis BAKER	Derby											
2	218	Mike ALVEY (W)	Pembrokeshire											
3	219	Simon BENNETT	Woodford Green	61.36	60.79	61.39	61.39	2	62.11	57.79	60.14	62.11	2	
4	220	Lee DORAN	Sheffield	64.61	62.53	61.16	64.61	1	64.48	NT	61.87	64.61	1	
5	221	Garth LOUGHRAN (W)	Carmarthen											
6	222	Stuart LOUGHRAN (W)	Swansea											
7	223	Michael TARRAN (W)	Birchfield	55.85	50.92	NT	55.85	5				55.85	5	
8	224	Joshua WILLIAMS (W)	Aberdare	43.13	42.66	41.02	43.13	6	40.03	44.42	41.21	44.42	6	
9	225	Rhys WILLIAMS (W)	Swansea	NT	60.43	59.24	60.43	3	NT	57.85	60.38	60.43	3	
10	236	Stephen WINTER (W)	Woodford Green	58.33	55.77	NT	58.33	4	54.69	54.92	NT	58.33	4	
11														
12														
13														
14														
15														
16														

Top 8 performances after 3 trials progress for a further 3 trials

RESULTS										JUDGES' SIGNATURES	
No.	NAME	CLUB	Distance	No.	NAME	CLUB	Distance				
1	220	Lee DORAN	Sheffield	64.61	9						
2	219	Simon BENNETT	Woodford Green	62.11	10						
3	225	Rhys WILLIAMS (W)	Swansea	60.43	11						
4	236	Stephen WINTER (W)	Woodford Green	58.33	12						
5	223	Michael TARRAN (W)	Birchfield	55.85	13						
6	224	Joshua WILLIAMS (W)	Aberdare	44.42	14					REFEREE SIGNATURE	
7				15							
8				16							

Welsh Athletics - Height Card

MEETING		Welsh Athletics Senior Outdoor Track & Field Championships 2008		VENUE	Swansea				DATE	Sunday 15th June				
EVENT				FDSW Shot (Seated)		11:00 AM	Welsh Record							
							All Comers Rec							
					C.B.P									
					2007 Welsh Champion									
Order	Number	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Pos aft 3	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Wind Speed for best performance
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		
1	308	Tyler THOMPSON	FDSW											
2	309	Andrew WILLIAMS	FDSW	5.71	5.75	5.81	5.81	1	5.87	5.75	6.09	6.09	1	
3	310	Dan DAVIES	FDSW	4.17	4.33	4.10	4.33	2	4.23	4.38	4.33	4.33	2	
4	311	Sam SCOTT	FDSW											
5	312	Ieuan COOMBES	FDSW											
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														

Top 8 performances after 3 trials progress for a further 3 trials

RESULTS										JUDGES' SIGNATURES	
No.	No.	NAME	CLUB	Distance	No.	No.	NAME	CLUB	Distance		
1	309	Andrew WILLIAMS	FDSW	6.09	9						
2	310	Dan DAVIES	FDSW	4.33	10						
3					11						
4					12						
5					13						
6					14						
7					15					REFEREE SIGNATURE	
8					16						