





EVENT: T15-International Men 100m A & B

All Comers Record : Craig PICKERING England 10.24 2009
Welsh Record : Christian MALCOLM Cardiff AAC 10.11 2001
Stadium Record : Craig PICKERING, 10.24, 2009

Race A

w/s -2.7

Pos	Bib	Athlete	Country	Perf
1	40	Emmanuel CALLENDER	Trinidad & Tobago	10.50
2	268	Joshua ROSS	Australia	10.51
3	46	Jason ROGERS	Saint Kitts & Nevis	10.74
4	41	Miguel LOPEZ	Puerto Rico	10.83
5	43	Willie PERRY	USA	10.85
6	47	Jamol JAMES	Trinidad & Tobago	10.86
7	100	Brijesh LAWRENCE	Saint Kitts & Nevis	10.87

Race B

w/s -1.5

Pos	Bib	Athlete	Country	Perf
1	55	Delwayne DELANEY	Saint Kitts & Nevis	10.88
2	51	Scott BAJERE	England	10.90
3	282	Tim LEOTHART	Australia	10.90
4	291	Andy ROBERTSON	England	10.93
5	102	Lestrod ROLAND	Saint Kitts & Nevis	10.95
6	279	Isaac NTIMOAH	Australia	10.96
7	52	J'Maal ALEXANDER	British Virgin Isles	11.10
8	56	Rhys KNAPMAN	Wales	11.21

EVENT: T09-National Men 100m

All Comers Record : Craig PICKERING England 10.24 2009
Welsh Record : Christian MALCOLM Cardiff AAC 10.11 2001
Stadium Record : Craig PICKERING, 10.24, 2009

w/s -1.6

Pos	Bib	Athlete	Country	Perf
1	294	Emmanuel STEPHENS	England	10.85
2	64	Ben SIMON	Wales	11.09
3	58	Santino DUMMET	Wales	11.30
4	59	Lemarl FRECKLETON	Wales	11.33
	57	Tom CUSWORTH	Wales	DQ

EVENT: T23-International Men 200m A & B

All Comers Record : Todd BENNETT England 20.36 1984
Welsh Record : Christian MALCOLM Cardiff AAC 20.08 2001
Stadium Record : Ryan SCOTT, 20.90, 2011 **Stadium Rec**

Race A

w/s -1.1

Pos	Bib	Athlete	Country	Perf
1	40	Emmanuel CALLENDER	Trinidad & Tobago	20.89
2	110	Deon LENDORE	Trinidad & Tobago	21.27
3	43	Willie PERRY	USA	21.30
4	101	La-Londe GORDON	Trinidad & Tobago	21.43
5	102	Lestrod ROLAND	Saint Kitts & Nevis	21.49
6	100	Brijesh LAWRENCE	Saint Kitts & Nevis	21.57
7	298	Andrew MCCABE	Australia	21.66
8	56	Rhys KNAPMAN	Wales	22.55

EVENT: T19-International Men 400m A & B

All Comers Record : Phil BROWN England 45.29 1986
Welsh Record : Iwan THOMAS Newham & Essex Beagles 44.36 1997
Stadium Record : Richard STRACHAN, 45.95, 2009

Race A

Pos	Bib	Athlete	Country	Perf
1	112	Isac MAKWALA	Botswana	46.46
2	250	Adi ALLEYNE-FORTE	Trinidad & Tobago	47.25
3	113	Mark MUTAI	Kenya	47.61
4	115	Nelson STONE	Papua New-Guinea	49.11

Race B

Pos	Bib	Athlete	Country	Perf
1	118	Kris ROBERTSON	Scotland	46.97
2	117	Jamie BOWIE	Scotland	47.64
3	124	Anthony YOUNG	Scotland	48.75
4	125	Ross ALLEN	England	49.33







EVENT: T02-National Men 400m

All Comers Record : Phil BROWN England 45.29 1986
Welsh Record : Iwan THOMAS Newham & Essex Beagles 44.36 1997
Stadium Record : Richard STRACHAN, 45.95, 2009

Pos	Bib	Athlete	Country	Perf
1	126	Nik KANONIK	England	48.92
2	128	Blair CRAWFORD	Scotland	49.24
3	127	Gareth HOPKINS	Wales	49.27
4	129	Robert RIDLEY	England	49.86
5	287	John HOBBS	Wales	52.09

EVENT: T21-International Men 800m

All Comers Record : William TANUI Kenya 1.44.65 1990
Welsh Record : Gareth WARBURTON, Cardiff AAC, 1:44.98p, 201
Stadium Record : Andrew OSAGIE, 1:47.15, 2009

Pos	Bib	Athlete	Country	Perf
1	175	Guy LEARMOUTH	Scotland	1:48.90
2	174	Michael PREBLE	USA	1:49.12
3	177	Elliott SLADE	Wales	1:49.19
4	186	Andy WOODS	England	1:50.23
5	166	Dave BISHOP	Scotland	1:50.24
6	185	Mike WILSMORE	England	1:50.52
7	167	Chris GOWELL	Wales	1:51.14

EVENT: T05-National Men 800m

All Comers Record : William TANUI Kenya 1.44.65 1990
Welsh Record : Gareth WARBURTON, Cardiff AAC, 1:44.98p,
Stadium Record : Andrew OSAGIE, 1:47.15, 2009

Pos	Bib	Athlete	Country	Perf
1	183	Tom MARLEY	Wales	1:53.58
2	187	Carl HILL	Wales	1:54.08
3	188	Mark PATTERSON	Ireland	1:54.26
4	180	John MORGAN	Wales	1:54.46
5	181	Adam BITCHELL	Wales	1:55.22
6	184	Alexander HOLMBLAD	Sweden	1:55.32
7	179	Dan STUDLEY	England	1:55.58
8	182	Tom PHILLIPS	Wales	1:55.66
9	301	Chris PROTHERO	Wales	1:57.11

EVENT: T24-International Men 3000m

All Comers Record : David JAMES, Wales, 07:46.95, Cwmbran 19
Welsh Record : Ian HAMER, Edinburgh, 07:46.40, Auckland,NZ 1
Stadium Record : Steve DAVIES, 8:28.18, 2009 **Stadium Rec**

Pos	Bib	Athlete	Country	Perf
1	201	Ben TRUE	USA	7:52.58
2	198	Stephen DAVIES	Wales	8:14.03
3	205	Tom MARSHALL	Wales	8:19.70
4	200	Adam HICKEY	England	8:20.47
5	204	Harry HARPER	England	8:26.09
6	199	Steve MITCHELL	England	8:35.52

EVENT: T13-National Men 110m Hurdles

All Comers Record : Colin JACKSON, Wales, 13.10, 1990
Welsh Record : Colin JACKSON, Brecon AC, 12.91, 1993
Stadium Record : Mathew HUDSON, 13.84, 2011

w/s -3.0

Pos	Bib	Athlete	Country	Perf
1	272	Mikel THOMAS	Trinidad & Tobago	13.86
2	88	Hector COTTO	Puerto Rico	14.27
3	90	Ronald FORBES	Cayman Isles	14.30
4	89	Enrique LLANOS	Puerto Rico	14.43
5	86	Edi OKORO	England	14.64
	85	David GUEST	Wales	DQ

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Welsh Government

18th July
Welsh Athletics International

WELSH ATHLETICS
ATHLETAU CYMRU

EVENT: T18-International Men 400m Hurdles A & B

All Comers Record : Rhys WILLIAMS Cardiff AAC 49.38 2009
Welsh Record : David GREENE Swansea Harriers 47.84 2012
Stadium Record : Rhys WILLIAMS, 49.38, 2009

Race A

Pos	Bib	Athlete	Country	Perf
1	150	Jehue GORDON	Trinidad & Tobago	49.75
2	158	Georg FLEISCHHAUER	Germany	49.98
3	156	Jamele MASON	Puerto Rico	50.22
4	157	Kerron CLEMENT	USA	50.33
5	153	Kenneth MEDWOOD	Belize	51.12
6	154	Alex WILRIGHT	USA	51.12
7	114	Boniface MUCHERU	Kenya	51.35
8	165	Vincent KOSGEI	Kenya	51.93

Race B

Pos	Bib	Athlete	Country	Perf
1	151	Richard DAVENPORT	GBR	51.12
2	164	Chris WAKEFORD	England	51.22
3	152	Mowen BOINO	Papua New-Guinea	52.18
4	288	Gareth MORRIS	Wales	53.87
5	159	Connor HENDERSON	Scotland	54.25
6	162	Paul BENNETT	Wales	56.18

EVENT: T26-International Men 4x100 Relay

All Comers Record : Australia, 39.55, Newport 2002
Welsh Record : Wales, 38.73, Kuala Lumpur, 1998
Stadium Record : Thames Valley Harriers, 42.1, 2009 **Stadium Rec**

Race A

Pos	Bib	Team	Country	Perf
1	9		Australia	39.79
2	8		Saint Kitts & Nevis	39.96
3	10		Wales B	41.89
	7		Wales	DQ

EVENT: T28-International Men 4x400 Relay

All Comers Record : Trinidad & Tobago, 3:05.11, Cwmbran, 1992
Welsh Record : Wales, 3:00.41, Manchester, 2002
Stadium Record : Cardiff AAC, 3:19.50, 2009 **Stadium Rec**

Race A

Pos	Bib	Athlete	Country	Perf
1	26		Trinidad & Tobago	3:07.11
2	23		African Combined	3:08.05
3	21		New Zealand	3:08.88
4	22		Scotland	3:12.27
5	24		Wales	3:24.76
	25		Wales B	DQ

EVENT: F11-International Men Long Jump

All Comers Record : Ralph BOSTON USA 8.18 1965
Welsh Record : Lynn DAVIES Roath Cardiff AAC 8.23 1968
Stadium Record : Chris TOMLINSON, 7.96, 2009

Race A

Pos	Bib	Athlete	Country	Perf
1	225	Kurt FELIX	Grenada	7.69 +3.0
2	85	David GUEST	Wales	7.20 +0.8
3	228	Oliver NEWPORT	England	7.17 +0.5
4	261	Richardo CHILDS	Wales	7.14 +3.1
5	265	Michael CAUSER	England	7.13 +1.5
6	226	Curtis MATHEWS	Wales	6.95 +3.0
7	227	Tomas MORGAN	Wales	6.87 +1.5
8	50	Brent NEWDICK	New Zealand	6.75 +1.8

EVENT: F07-International Men & Women Male (7.26kg), Female (4.00kg)

All Comers Record : Geoff CAPES England 21.68 1980
Welsh Record : Shaun PICKERING Haringey 20.45 1997
Stadium Record : Carl MYERSCOUGH, 20.26, 2009

Race A

Pos	Bib	Athlete	Country	Perf
1	295	Rimantas MARTISAUSKA	Lithuania (M)	18.11
2	230	Ryan SPENCER-JONES	Wales (M)	17.82
3	231	Kirsty YATES	Scotland (F)	14.51







EVENT: F10-International Men Javelin (800g)

All Comers Record : Steve BACKLEY England 88.46 1990
Welsh Record : Nigel BEVAN Belgrave 81.70 1992
Stadium Record : Lee DORAN, 75.69, 2011 **Stadium Record**

Race A

Pos	Bib	Athlete	Country	Perf
1	271	Leslie COPELAND	Fiji	76.28
2	240	Lee DORAN	Wales	72.28
3	239	Neil CROSSLEY	England	66.61
4	245	Aidan REYNOLDS	Wales	65.20
5	241	Ben LANGTON BURNELL	New Zealand	64.90
6	225	Kurt FELIX	Grenada	61.96
7	242	Craig LACY	England	59.78

EVENT: F12-International Men Discus (2.00kg)

All Comers Record : Brett MORSE Wales 62.99 2010
Welsh Record : Brett MORSE Birchfield Harriers 64.49p 2011
Stadium Record : Brett MORSE, 62.99, 2010

Race A

Pos	Bib	Athlete	Country	Perf
1	233	Mart ISRAEL	Estonia	60.88
2	234	Brett MORSE	Wales	59.99
3	299	Nick PERCEY	SCO U20 Guest	55.63
4	230	Ryan SPENCER-JONES	Wales (M)	48.56
5	289	Aled DAVIES	Wales (FDSW)	46.13
6	295	Rimantas MARTISAUSKA	Lithuania (M)	43.12







EVENT: T16-International Women 100m

All Comers Record : Heather OAKES England 11.27 1984
Welsh Record : Sallyanne SHORT Torfaen AC/Elaine O'NEILL Wo
Stadium Record : Elaine O'NEILL, 11.74, 2009 **Stadium Rec**

w/s -2.0

Pos	Bib	Athlete	Country	Perf
1	76	Semoy HACKET	Trinidad & Tobago	11.54
2	305	Tameka WILLIAMS	Saint Kitts & Nevis	11.56
3	281	Michelle LEE AHYE	Trinidad & Tobago	11.62
4	78	Kai SELVON	Trinidad & Tobago	11.78
5	84	Toea WISIL	Papua New-Guinea	11.99
6	73	Tahesia HARRIGAN-SCOTT	British Virgin Isles	12.03
7	72	Rachel JOHNCOCK	Wales	12.10

EVENT: T10-National Women 100m

All Comers Record : Heather OAKES England 11.27 1984
Welsh Record : Sallyanne SHORT Torfaen AC/Elaine O'NEILL
Stadium Record : Elaine O'NEILL, 11.74, 2009

w/s -2.8

Pos	Bib	Athlete	Country	Perf
1	83	Emily DIAMOND	England	12.05
2	80	Abbi TYSON	England	12.06
3	82	Mica MOORE	Wales	12.25
4	256	Lucy EVANS	Wales	12.29
5	81	Hannah WILLIAMS	Wales	13.13
6	254	Sarah COWELY	New Zealand	13.18

EVENT: T22-International Women 200m

All Comers Record : Sonia LANNAMAN England 22.58 1980
Welsh Record : Michelle SCUTT Sale Harriers 22.8 1982
Stadium Record : Helen PRYOR, 23.78, 2009 **Stadium Rec**

w/s

Pos	Bib	Athlete	Country	Perf
1	76	Semoy HACKET	Trinidad & Tobago	23.65
2	77	Reyare THOMAS	Trinidad & Tobago	24.25
3	83	Emily DIAMOND	England	24.49

EVENT: T20-International Women 400m A & B

All Comers Record : Michelle SCUTT Wales 50.63 1982
Welsh Record : Michelle SCUTT Sale Harriers 50.63 1982
Stadium Record : Kelly MASSY, 53.95, 2009 **Stadium Rec**

Race A

w/s

Pos	Bib	Athlete	Country	Perf
1	133	Tjipekapora HERUNGA	Namibia	53.15
2	96	Joyce SAKARI	Kenya	53.71
3	75	Sparkle MCKNIGHT	Trinidad & Tobago	53.74
4	136	Maureen CHELAGAT	Kenya	54.42
5	135	Laura WAKE	England	54.44
6	134	Lynsey SHARP	Scotland	54.74
7	137	Janeil BELLILE	Trinidad & Tobago	55.66

Race B

Pos	Bib	Athlete	Country	Perf
1	292	Lucy JAMES	England	54.07
2	131	Betty BURUA	Papua New-Guinea	54.32
3	142	Dianne RAMSAY	Scotland	54.96
4	148	Caryl GRANVILLE	Wales	55.24
5	147	Zoey CLARK	Scotland	55.48
6	141	Rhainnon LININGTON-PAYNE	Wales	55.49
7	144	Chloe JONES	Wales	57.89

EVENT: T17-International Women 1500m

All Comers Record : Zola BUDD England 4.04.39 1984
Welsh Record : Hayley TULLETT Swansea Harriers 3.59.95 2003
Stadium Record : Ingvill MAKESTAD BOVIN, 4:10.58, 2009

Pos	Bib	Athlete	Country	Perf
1	293	Jane JELEGAT	Kenya	4:19.98
2	193	Gemma KERSEY	England	4:20.40
3	192	Charlotte ARTER	England	4:21.33
4	277	Carol GLOVER	Wales	4:33.92
5	195	Bethan STRANGE	Wales	4:47.58

EVENT: T14-International Women 100m Hurdles

All Comers Record : Kay MORLEY, Wales, 13.02, 1990
Welsh Record : Kay MORLEY, Cardiff AAC, 12.91, 1990
Stadium Record : Tasha DANVERS, 13.39, 2009

w/s -2.5

Pos	Bib	Athlete	Country	Perf
1	283	Ashley HELSBY	England	14.07
2	68	Caryl GRANVILLE	Wales	14.09
3	65	Fiona MORRISON	New Zealand	14.56
4	254	Sarah COWELY	New Zealand	14.67







EVENT: T25-International Women 4x100 Relay

All Comers Record : Germany, 43.99, Cwmbran 1979
Welsh Record : Wales, 45.37, Edinburgh, 1986
Stadium Record : Cardiff AAC, 48.2, 2009 **Stadium Rec**

Pos	Bib	Athlete	Country	Perf
1	17		Trinidad & Tobago	44.70
2	14		Wales	46.24
3	16		Wales B	47.69

EVENT: T27-International Women 4x400 Relay

All Comers Record : Great Britain, 3:31.22, Cwmbran 1979
Welsh Record : Wales, 3:35.60, Dublin, 1982
Stadium Record : Team Southampton, 3:53.80, 2009 **Stadium Rec**

Pos	Bib	Athlete	Country	Perf
1	31		Scotland	3:44.38
2	29		Wales	3:45.35
3	30		Composite Team 1	4:10.98

EVENT: F09-International Women High Jump

All Comers Record : Andrea MATAY Hungary 1.93 1980
Welsh Record : Julie CRANE Sale Harriers 1.89 2004
Stadium Record : Vicki HUBBARD, 1.84, 2009

Pos	Bib	Athlete	Country	Perf
1	209	Hayley PITMAN	England	1.67
2	213	Sian SWANSON	Wales	1.67
3	212	Hazel ROSS	Scotland	1.64
4	211	Kate SEALY	Belize	1.64

EVENT: F08-International Women Pole Vault

All Comers Record : Sally PEAKE Wales 4.30 2011 **New AC Rec**
Welsh Record : Sally PEAKE Birchfield Harriers 4.30 2011
Stadium Record : Sally PEAKE, 4.30, 2011 **Stadium Record**

Pos	Bib	Athlete	Country	Perf
1	220	Caroline BONDE-HOLM	Denmark	4.36
2	218	Sally PEAKE	Wales	4.00
3	275	Sophie COOK	England -U20	3.70
4	276	Kate COWLEY	England -U20	3.70
5	273	Nancy EPSLY	England -U20	3.55
6	274	Hannah GRUBB	England -U20	3.55
7	219	Bryony RAINE	Wales	3.55

EVENT: F06-International Women Hammer (4.00kg)

All Comers Record : Lorraine SHAW England 67.10 1999 **AC REC**
Welsh Record : Carys PARRY Rhondda AC 66.31 2008
Stadium Record : Carys PARRY, 62.79, 2010

Pos	Bib	Athlete	Country	Perf
1	235	Jennifer DAHLGREN	Argentina	69.14
2	238	Zoe DERHAM	England	64.39
3	237	Susan MCKELVIE	Scotland	64.24
4	236	Carys PARRY	Wales	62.77

Llywodraeth Cymru
Welsh Government

18th July Welsh Athletics International

WELSH ATHLETICS
ATHLETAU CYMRU

EVENT: T08-Under 20 Men 100m

Welsh Record : Christian MALCOLM Cardiff AAC 10.12 1998 w/s -3.1

Pos	Bib	Athlete	Country	Perf	Pts
1	3	Tom HOLLIGAN	SCO U20	11.08	5
2	2	Joshua COX	ENG U20	11.14	3
3	4	Sam GORDON	WSAA U20	11.25	2
4	1	Dafydd HOWELLS	WAL U20	11.35	1
5	62	Anax DA SILVA	WAL U20 GUEST	11.35	
6	304	Jamaul WHYTE	WAL U20 GUEST	11.43	
7	303	Ryan LEE	WAL U20 GUEST	11.47	

EVENT: T11-Under 20 Women 200m

7 Welsh Record : Michelle PROBERT Sale Harriers 23.61976 w/s -3.0

Pos	Bib	Athlete	Country	Perf	Pts
1	2	Steffi WILSON	ENG U20	24.92	5
2	1	Bethan WAKEFIELD	WAL U20	25.46	3
3	4	Rhiannon JEFFREYS	WSAA U20	25.74	2
GUEST 4	280	Miranda HARDACRE	WAL U20 GUEST	26.07	
GUEST 5	263	Katie-Jane PRIEST	WAL U20 GUEST	26.45	

EVENT: T04-Under 20 Men 400m

Welsh Record : Tim BENJAMIN Cardiff AAC 46.1 2001

Pos	Bib	Athlete	Country	Perf	
1	2	George CADDICK	ENG U20	47.39	5
2	3	Jay YONGER	SCO U20	47.85	3
3	1	Owen SMITH	WAL U20	48.83	2
4	4	Matthew ANTONIAZZI	WSAA U20	51.06	1

EVENT: T06-Under 20 Women 800m

8 Welsh Record : Kirsty MCDERMOTT Brecon AC 2.04.01 1981

Pos	Bib	Athlete	Country	Perf	
1	2	Adelle TRACEY	ENG U20	2:07.00	5
2	3	Laura MUIR	SCO U20	2:08.48	3
3	1	Ffion PRICE	WAL U20	2:09.81	2
4	4	Rhianwedd PRICE	WSAA U20	2:17.00	1

EVENT: T12-Under 20 Men 1500m

Welsh Record : Colin CLARKSON Swansea Harriers 3.55.5 197

Pos	Bib	Athlete	Country	Perf	
1	2	Robbie FARNHAM-ROSE	ENG U20	4:06.89	5
2	253	Cameron BOYEK	SCO U20 Guest	4:07.72	3
3	3	Neil GOURLAY	SCO U20	4:08.07	2
4	4	Michael WARD	WSAA U20	4:08.87	1
5	1	Charlie HULSON	WAL U20	4:10.77	
6	252	Mathew EDWARDS	WAL U20 Guest	4:11.63	
7	286	Jacob PREECE	WAL U20 Guest	4:16.19	

EVENT: F01-Under 20 Men High Jump

Welsh Record : Chuka ENIH-SNELL Swansea Harriers 2.15 200

Pos	Bib	Athlete	Country	Perf	
1	3	Robert FERGUSON	SCO U20	1.94	5
2	1	Stephen GUEST	WAL U20	1.94	3
3	285	Adam WALL	GUEST	1.86	
4	4	Jonathan BAILEY	WSAA U20	1.81	2
5	266	Adam DAVIES	GUEST	1.81	

EVENT: F02-Under 20 Women Discus (1.00kg)

10 Welsh Record : Philippa ROLES Swansea Harriers 51.60 1997

Pos	Bib	Athlete	Country	Perf	
1	2	Phoebe DOWSON	ENG U20	44.62	5
2	1	Adele NICOLL	WAL U20	42.18	3
GUEST 3	302	Awen ROSSER	WAL U20 GUEST	39.23	
4	4	Nina PRELLS	WSAA U20	34.34	1

EVENT: F03-Under 20 Women Javelin (600g)

Welsh Record : Lianne CLARKE Neath Harriers 50.95 2004

Pos	Bib	Athlete	Country	Perf	
1	2	Freya JONES	ENG U20	47.25	5
2	1	Tasia STEPHENS	WAL U20	40.81	3
3	3	Aileen RENNIE	SCO U20	39.55	2
4	290	Hollie ROBINSON	New Zealand GUEST	28.49	

EVENT: F04-Under 20 Men Shot (6.00kg)

6 Welsh Record : Brett MORSE Cardiff AAC 17.14 2008 **Welsh Rec**

Pos	Bib	Athlete	Country	Perf	
1	2	Scott LINCOLN	ENG U20	17.29	5
2	1	Matthew FIELD	WAL U20	16.92	3
3	3	Nick PERCEY	SCO U20	16.07	2
Guest 4	267	Alessando DUMMETT	WAL U20 Guest	12.37	

EVENT: F05-Under 20 Women Long Jump

Welsh Record : Lisa ARMSTRONG Torfaen AC 6.25 1992

Pos	Bib	Athlete	Country	Perf	
1	2	Danielle MCGIFFORD	ENG U20	5.95 +3.4	5
2	3	Faye NICHOLSON	SCO U20	5.61 +2.1	3
3	1	Ffion REES	WAL U20	5.3 +2.2	2
4	4	Emily DACEY	WSAA U20	5.06 +2.7	1

U20 Match Score after 10 events with 0 remaining	
1st ENG U20 43 pts	**3rd WAL U20 22 pts**
2nd SCO U20 25 pts	**4th WSAA U20 11 pts**