

Cwpan NASUWT CYMRU CUP – The Charlie Hughes Track & Field Trophy, Brecon, Wednesday, July 14th, 2004**U16 Boys**

1	Cardiff High	Cardiff & Vale	84
2	Amman Valley	Dyfed	79
3	Cwm Rhymni	Glam Valleys	67
4	Croesyceiliog	SE Wales	64
4	Dwr-y-Felin	Afan Nedd T	64
6	Darland	NE Wales	47
7	Llanfyllin	Powys	44
8	Syr Thomas Jones	Eryri	32
100:			
1	Daniel Evans	Amman Valley	11.4
2	James Wilkins	Croesyceiliog	11.6
3	Daniel Evans	Dwr-y-Felin	11.7
4	Neil Evans	Darland	11.9
5	Paul Samaden	Cardiff High	12.0
6	Michael Williams	Syr Thomas Jones	12.0
7	Colin Adams	Cwm Rhymni	12.0
8	Michael Evans	Llanfyllin	12.6
200:			
1	Tom Bradbury	Croesyceiliog	22.5 cbp
2	Christian Davies	Amman Valley	23.5
3	Gavin Jones	Dwr-y-Felin	24.1
4	Andrew Lang	Cardiff High	24.4
5	Simon Baxter	Darland	24.5
6	Chris Ellis	Llanfyllin	24.9
7	Mathew Williams	Syr Thomas Jones	25.2
8	Danny Ellis	Cwm Rhymni	25.4
300:			
1	Nathaniel Smithies	Cardiff High	37.5
2	Gareth Rowlands	Syr Thomas Jones	39.2
3	Zac Saxby	Dwr-y-Felin	39.7
4	Chris Wannell	Croesyceiliog	40.3
5	Owen Evans	Amman Valley	41.1
6	Gareth Spargo	Cwm Rhymni	41.8
7	David Roberts	Darland	41.9
8	Aron Jarvis	Llanfyllin	44.9
800:			
1	Dafydd Williams	Llanfyllin	2:13.6
2	Oliver Davies	Cardiff High	2:15.6
3	Ashley Morgan	Cwm Rhymni	2:17.3
4	Kyle Thomas	Amman Valley	2:18.2
5	Rhys Jones	Dwr-y-Felin	2:18.2
6	Adam Gobern	Darland	2:20.2
7	Tom Edmonds	Croesyceiliog	2:26.1
8	Darren Clutton	Syr Thomas Jones	2:33.4
1500:			
1	Geraint Hughes	Cwm Rhymni	4:38.1
2	Adam Jenkins	Llanfyllin	4:43.4
3	Gerallt Jones	Syr Thomas Jones	4:44.8
4	Toby Wakefield	Cardiff High	4:52.0
5	Ryan Stephens	Amman Valley	4:57.0
6	Aaron Aby	Darland	4:59.5
7	Rhys Edwards	Dwr-y-Felin	5:05.4
8	Richard Evans	Croesyceiliog	5:10.0
80H:			
1	Nathan Prodger	Llanfyllin	11.5
2	Jason Freeman	Amman Valley	12.2
3	Glenn Mitchell	Cwm Rhymni	12.4
4	Tim Parry	Cardiff High	12.5
5	Joe Healey	Croesyceiliog	12.6
6	Nick Tate	Dwr-y-Felin	12.6
7	Matt Hennessey	Darland	12.7
8	Sean Pritchard	Syr Thomas Jones	12.8

HJ:

1	Andrew Smith	Cardiff High	1.70
2	Lewis Long	Cwm Rhymni	1.65
3	Stephen Gadie	Darland	1.60
4	Josh Whitton	Dwr-y-Felin	1.60
5	Steffan Trotman	Amman Valley	1.55
6	Joe Healey	Croesyceiliog	1.55
7	Chris Ellis	Llanfyllin	1.55
8	Seiriol Edwards	Syr Thomas Jones	1.50

LJ:

1	Daniel Evans	Amman Valley	5.71
2	Paul Samaden	Cardiff High	5.54
3	David James	Dwr-y-Felin	5.50
4	Adam Hughes	Croesyceiliog	5.23
5	Gavin Rees	Cwm Rhymni	5.12
6	Michael Hughes	Darland	4.83
7	Mathew Williams	Syr Thomas Jones	4.80
8	Aron Jarvis	Llanfyllin	3.82

TJ:

1	Nat Smithies	Cardiff High	12.90
2	Jamie Davies	Amman Valley	12.13
3	Gareth Hutcherson	Cwm Rhymni	12.02
4	Anthony Williams	Dwr-y-Felin	12.00
5	Matthew Hennessey	Darland	11.86
6	Gareth Rowlands	Syr Thomas Jones	11.73
7	Gary M-Thompson	Llanfyllin	11.68
8	Kieron Scotford	Croesyceiliog	11.65

SP

(4 Kg):			
1	Dafydd Thomas	Amman Valley	12.35
2	Tom Dancey	Cardiff High	11.93
3	Danny Ellis	Cwm Rhymni	11.44
4	Edward Williams	Llanfyllin	11.23
5	Andrew Barlow	Croesyceiliog	10.89
6	William Price	Dwr-y-Felin	10.49
7	Peter Jones	Darland	10.11
8	Dewi Owen	Syr Thomas Jones	9.62

DT

(1.25 Kg):			
1	Chris Wannell	Croesyceiliog	41.54
2	Gareth Jones	Cwm Rhymni	34.48
3	Ashley Beck	Dwr-y-Felin	30.42
4	Ben Thompson	Darland	29.62
5	Gruff Harrison	Amman Valley	28.04
6	Tom Williams	Cardiff High	26.65
7	Bryn Jones	Llanfyllin	25.57
8	Ashley Evans	Syr Thomas Jones	24.09

JT

(600g):			
1	Morgan Allen	Croesyceiliog	42.46
2	Gareth Spargo	Cwm Rhymni	38.84
3	Gavin Jones	Dwr-y-Felin	37.31
4	Rhys Harrison	Cardiff High	36.42
5	Tom Whittingham	Darland	35.42
6	Lloyd Fifield	Amman Valley	30.78
7	Tom Rowlands	Syr Thomas Jones	30.47
8	Nathan Prodger	Llanfyllin	26.87

Rel:

1	Cardiff High	46.9
2	Amman Valley	47.6
3	Dwr-y-Felin	47.7
4	Croesyceiliog	48.8
5	Darland	48.9
6	Cwm Rhymni	49.1
7	Syr Thomas Jones	49.4
8	Llanfyllin	50.1

Cwpan NASUWT CYMRU CUP – The Charlie Hughes Track & Field Trophy, Brecon, Wednesday, July 14th, 2004**Under 14 Boys**

1	QE Cambria	Dyfed	77
2	Ystalyfera	Afan Nedd T	76
3	Cwm Rhymni	Glam Valleys	75
4	Cardiff High	Cardiff & Vale	59
5=	Darland	NE Wales	54
5=	Cwmcarn	SE Wales	54
5=	Friars	Eryri	54
8	Llanfyllin	Powys	27

100:

1	Kristian Phillips	Ystalyfera	11.6 cbp
2	Kueni Igbagiri	QE Cambria	12.2
3	Danny Gray	Darland	12.3
4	Alex Obiako	Cardiff High	12.6
5	Phillip Edwards	Friars	12.8
6	Luke Evans	Cwm Rhymni	13.1
7	Sami Shanagher	Llanfyllin	13.1
8	Tom Harris	Cwmcarn	13.9

200:

1	Liam Powell	Ystalyfera	25.0 cbp
2	Nathan Jones	Friars	25.3
3	Gavin Jones	Darland	25.8
4	Joe Milford	Cardiff High	26.0
5	Joshua Madden	QE Cambria	26.0
6	Rhydian Wilson	Cwm Rhymni	26.9
7	Dale Jones	Llanfyllin	27.0
8	Rhys James	Cwmcarn	28.1

300:

1	Rhodri Williams	Ystalyfera	41.8
2	Jack Berry	Cwmcarn	41.9
3	Zain Haider-Brown	Friars	42.8
4	Matthew May	QE Cambria	43.0
5	Matthew Pewtner	Cwm Rhymni	43.9
6	Adam Aboalkaz	Cardiff High	44.9
7	Luke Howells	Darland	45.5
	Craig Williams	Llanfyllin	DNF

800:

1	Aaron Ramsey	Cwm Rhymni	2:15.2
2	Daniel Bright	Friars	2:16.0
3	Jamie Thomas	Cardiff High	2:23.9
4	Tomas Northcott	QE Cambria	2:28.9
5	Tom Rees	Ystalyfera	2:29.0
6	Matt Collister	Darland	2:32.6
7	Phillip Hughes	Llanfyllin	2:34.6
8	Daniel Reed	Cwmcarn	2:42.7

1500:

1	Andrew Williams	Cwmcarn	4:44.5
2	Troy Roberts	Darland	4:44.6
3	Oliver Upton	QE Cambria	4:52.6
4	Ryan Harding	Cwm Rhymni	5:07.6
5	Adam Newton	Ystalyfera	5:08.3
6	Paul McCallum	Friars	5:15.5
	Gareth Oakley	Cardiff High	DNF
		Llanfyllin	DNF

75H:

1	Arwel Menear	Cwm Rhymni	11.6
2	Dafydd Walters	QE Cambria	11.9
3	Ryan Slade	Cwmcarn	12.9
4	Alex Jenkins	Ystalyfera	13.1
5	Neil Birks	Llanfyllin	13.1
6	Jack Morgan	Darland	13.6
7	Will Jones	Friars	13.8
8	David Bush	Cardiff High	14.6

HJ:

1	Joshua Madden	QE Cambria	1.55
2	Alex Obiako	Cardiff High	1.50
3	Aaron Ramsey	Cwm Rhymni	1.50
4	Sam Roberts	Llanfyllin	1.45
5	Matt Collister	Darland	1.40
6	Nathan Jones	Friars	1.35
7	Robbie Wells	Cwmcarn	1.35
8	Adam Newton	Ystalyfera	1.10

LJ:

1	Kueni Igbagiri	QE Cambria	5.23
2	Arwel Menear	Cwm Rhymni	4.99
3	Danny Gray	Darland	4.91
4	Sami Shanagher	Llanfyllin	4.85
5	Jamie Thomas	Cardiff High	4.59
6	Mohammed Salim	Friars	4.59
7	Andrew Williams	Cwmcarn	4.06
8	Tom Rees	Ystalyfera	4.03

TJ:

1	Jack Berry	Cwmcarn	10.85
2	David Bush	Cardiff High	10.66
3	Zain Haider-Brown	Friars	10.40
4	Luke Evans	Cwm Rhymni	10.26
5	Daniel Parry	Darland	9.79
6	Oliver Upton	QE Cambria	9.69
7	Rhodri Williams	Ystalyfera	9.67
8	Dale Jones	Llanfyllin	DNF

SP

	(3.25 Kg):		
1	Kristian Phillips	Ystalyfera	13.29 cbp
2	Corey Gardener	Cwm Rhymni	12.44
3	Nick Hughes	Cardiff High	10.69
4	Martyn Hughes	Friars	9.95
5	Troy Roberts	Darland	9.83
6	Daniel Rees	Cwmcarn	9.80
7	Jason Morgan	QE Cambria	8.06
8	Phillip Hughes	Llanfyllin	6.05

DT

	(1 Kg):		
1	Liam Powell	Ystalyfera	29.18
2	Geraint Mansfield	QE Cambria	27.76
3	Ross Davies	Cwm Rhymni	27.01
4	Daniel Badnam	Cardiff High	22.88
5	Raymond Lear	Friars	22.30
6	Nick Richardson	Cwmcarn	20.89
7	Chris Jones	Llanfyllin	20.07
8	Gavin Jones	Darland	16.66

JT

	(400g):		
1	Curt Jones	Cwmcarn	41.02
2	George Gleeson	QE Cambria	35.43
3	Luke Davies	Cwm Rhymni	34.66
4	Alex Jenkins	Ystalyfera	28.14
5	Terry Jones	Darland	27.83
6	Alistair Ruff	Cardiff High	26.58
7	John Evans	Llanfyllin	25.87
8	Thomas Makhambera	Friars	25.66

Rel:

1	Ystalyfera	49.1
2	Cardiff High	50.9
3	QE Cambria	51.0
5	Darland	51.4
6	Cwm Rhymni	51.4
6	Friars	52.7
7	Llanfyllin	53.1
8	Cwmcarn	54.3

Cwpan NASUWT CYMRU CUP – The Charlie Hughes Track & Field Trophy, Brecon, Wednesday, July 14th, 2004**Under 16 Girls**

1	Llanhari	Glam Valleys	75
2	Syr Thomas Jones	Eryri	59
3	Amman Valley	Dyfed	55
3	YG Gwyr	Afan Nedd T	55
5	Cardiff High	Cardiff & Vale	48.5
6	Alun	NE Wales	47.5
7	Llantarnam	SE Wales	46
8	Llanfyllin	Powys	18

100:

1	Felicity James	Cardiff High	12.2
2	Nicola Stretton	Syr Thomas Jones	12.7
3	Rebecca Gatt	Llanhari	12.8
4	Rebecca Hetherington	Alun	12.9
5	Danielle Davies	Amman Valley	13.2
6	Sammy Pattemore	Llantarnam	13.5
7	Llinos Bowen	YG Gwyr	13.9
8	Carys Murray	Llanfyllin	14.3

200:

1	Rebecca Clark	Syr Thomas Jones	27.6
2	Louise Hopkins	Llanhari	27.8
3	Eleri Williams	Amman Valley	28.4
4	Katherine Squire	YG Gwyr	28.6
5	Claire Sheffield	Alun	28.6
6	Emma Higgs	Llantarnam	29.5
7	Sarah Healey	Cardiff High	30.4
7	Lisa Davies	Llanfyllin	DNF

800:

1	Melanie Davies	YG Gwyr	2:28.7
2	Sade Wallace	Alun	2:35.0
3	Rehana Hawthorne	Cardiff High	2:39.9
4	Jenna Paynter	Amman Valley	2:41.5
5	Holi Smith	Llanhari	2:41.5
6	Zara Owen	Llanfyllin	2:58.6
7	Sara Parry	Syr Thomas Jones	3:06.5
8	Tammia Bodenham	Llantarnam	3:12.4

1500:

1	Rhian Thomas	Llanhari	5:20.2
2	Lindsey Miller	YG Gwyr	5:32.3
3	Amy Gould	Cardiff High	5:32.7
4	Sarah Coombes	Amman Valley	5:41.9
5	Becky Hoare	Alun	5:48.9
6	Michelle Stanley	Llantarnam	6:24.5
7	Lowri Herbert	Syr Thomas Jones	6:25.2
7		Llanfyllin	DNS

75H:

1	Stephanie Murray	Amman Valley	11.8
2	Claire Andrews	Llantarnam	12.1
3	Rhian Phillips	Llanhari	12.5
4	Samantha Vaughan	Syr Thomas Jones	12.6
5	Hannah Worrall	Alun	13.2
6	Laura Beard	Cardiff High	13.5
7	Bethan Mason	YG Gwyr	13.9
8	Ffion Morris	Llanfyllin	14.1

HJ:

1	Rhian Phillips	Llanhari	1.45
2	Rebecca Clark	Syr Thomas Jones	1.45
3	Laura Davies	Amman Valley	1.45
4	Sian Owen	YG Gwyr	1.40
5=	Leanne Wright	Cardiff High	1.30
5=	Jessica Davies	Alun	1.30
7	Katie Ellis	Llanfyllin	1.30
8	Azrah Alam	Llantarnam	1.25

LJ:

1	Rebecca Gatt	Llanhari	4.67
2	Samantha Vaughan	Syr Thomas Jones	4.49
3	Claire Andrews	Llantarnam	4.19
4	Victoria Miller	Cardiff High	4.18
5	Nikki Donovan	YG Gwyr	4.04
6	Eleri Williams	Amman Valley	4.03
7	Katy Barley	Alun	3.84
8	Sara Trewin	Llanfyllin	3.71

SP

(3.25Kg):			
1	Holi Smith	Llanhari	8.65
2	Dionne Finley	Syr Thomas Jones	8.49
3	Caron Ann Bunt	YG Gwyr	7.94
4	Bea Morris	Cardiff High	7.94
5	Stephanie Watson	Amman Valley	7.68
6	Tanya Bodenham	Llantarnam	7.64
7	Sophie James	Llanfyllin	7.46
8	Hayley Roberts	Alun	6.46

DT

(1 Kg):			
1	Mari Thomas	Llanhari	27.20
2	Holly Kersey	Llantarnam	21.29
3	Elizabeth Bevan	YG Gwyr	21.25
4	Leanne Jennett	Amman Valley	18.98
5	Becky Norris	Alun	17.22
6	Laura Jones	Syr Thomas Jones	17.11
7	Sarah Ellis	Llanfyllin	16.52
8	Cath Gee	Cardiff High	15.58

JT

(600g):			
1	Stephanie Glynn	Llantarnam	28.02
2	Melisha Greenslade	Llanhari	23.21
3	Samantha Hughes	Alun	21.34
4	Bethan Mason	YG Gwyr	21.18
5	Teleri Lloyd-Evans	Llanfyllin	20.44
6	Jessica Hughes	Amman Valley	18.79
7	Jamie Holden	Cardiff High	15.95
8	Stacy Garside	Syr Thomas Jones	12.91

Rel:

1	Syr Thomas Jones	53.3
2	Alun	54.2
3	Cardiff High	54.9
4	Amman Valley	55.0
5	YG Gwyr	55.3
6	Llantarnam	55.6
7	Llanfyllin	57.0
	Llanhari	DISQ

Cwpan NASUWT CYMRU CUP – The Charlie Hughes Track & Field Trophy, Brecon, Wednesday, July 14th, 2004**Under 14 Girls**

1	Ystalyfera	Afan Nedd T	66
2	Cwm Rhymni	Glam Valleys	65
3	Whitchurch	Cardiff & Vale	61
4	Croesyceiliog	SE Wales	47
5=	Alun	NE Wales	46
5=	Dyffryn Taf	Dyfed	46
7	Builth	Powys	45
8	Llangefni	Eryri	30

100:

1	Sian Jones	Ystalyfera	12.7 cbp
2	Laura Howe	Whitchurch	13.3
3	Amie Roberts	Alun, Mold	13.8
4	Hannah Perry	Cwm Rhymni	14.0
5	Elaina Cotterell	Dyffryn Taf	14.2
6	Bethan James	Croesyceiliog	14.2
7	Keira Jones	Llangefni	14.3
8	Emily Jones	Builth	14.6

200:

1	Rhiannon Yates	Cwm Rhymni	27.0 cbp
2	Rhian Jones	Ystalyfera	27.0 cbp
3	Cerys Pike	Croesyceiliog	27.6
4	Kate Jenkins	Whitchurch	28.5
5	Bryony Rees	Dyffryn Taf	29.5
6	Rachel Williams	Alun, Mold	30.1
7	Rhiannon Morgan	Llangefni	31.1
8	Charlotte Smith	Builth	31.3

800:

1	Jordana Abdullahi	Whitchurch	2:39.7
2	Alex Elliot	Alun, Mold	2:41.2
3	Rhiannon Taylor	Cwm Rhymni	2:44.9
4	Rea John	Dyffryn Taf	2:47.0
5	Lisa Taylor	Llangefni	2:50.8
6	Rebecca Morgan	Croesyceiliog	2:53.4
7	Joanna Harris	Ystalyfera	2:57.5
8	Elin Powel	Builth	3:02.0

1500:

1	Zoe Speake	Builth	5:13.5
2	Billie Attard	Whitchurch	5:14.8
3	Becky Davies	Alun, Mold	5:42.1
4	Hefina Williams	Cwm Rhymni	5:42.9
5	Alex Pearce	Dyffryn Taf	5:49.3
6	Zoe Jones	Llangefni	6:11.0
7	Roxanne England	Croesyceiliog	6:41.6
8	Abbey Morris	Ystalyfera	DNF

70H:

1	Alex Edwards	Ystalyfera	11.4 =bp
2	Crissie Hughes	Alun, Mold	11.90
3	Ashleigh Hamilton	Dyffryn Taf	12.2
4	Natalie Powel	Builth	12.20
5	Victoria Jones	Cwm Rhymni	12.60
6	Kaye Edwards	Llangefni	12.70
7	Sarah Wheatstone	Croesyceiliog	13.00
8	Rhiannon Jones	Whitchurch	14.0

HJ:

1	Natalie Powel	Builth	1.40
2	Kate Jenkins	Whitchurch	1.40
3	Eiry Bateman	Cwm Rhymni	1.35
4	Ashleigh Hamilton	Dyffryn Taf	1.30
5	Rhian Jones	Ystalyfera	1.25
6	Cara Jones	Alun, Mold	1.25
7	Lowrie Williams	Llangefni	1.25
8	Harriet Wilkinson	Croesyceiliog	1.25

LJ:

1	Sian Jones	Ystalyfera	4.31
2	Rhiannon Yates	Cwm Rhymni	4.12
3	Alex Elliot	Alun, Mold	3.95
4	Bethan James	Croesyceiliog	3.95
5	Rachel Jones	Whitchurch	3.85
6	Keira Jones	Llangefni	3.75
7	Elin Powel	Builth	3.54
8	Aston Keogh	Dyffryn Taf	3.40

SP

(2.72Kg):			
1	Jade Pearce	Dyffryn Taf	8.95
2	Cerys Pike	Croesyceiliog	8.81
3	Chantelle Walker Jones	Ystalyfera	8.51
4	Danielle Turner	Builth	7.94
5	Jeris Mills	Cwm Rhymni	7.28
6	Alex Littler	Alun, Mold	7.08
7	Zoe Jones	Llangefni	6.48
8	Amy Groves	Whitchurch	6.45

DT

(0.75Kg):			
1	Sophie Davies	Whitchurch	19.93
2	Laura Jenkins	Builth	19.87
3	Sophie Stephens	Ystalyfera	19.49
4	Nia Rawlins	Cwm Rhymni	19.21
5	Cerianne Griffiths	Llangefni	17.19
6	Sarah Hancock	Croesyceiliog	17.08
7	Sophie Lee	Dyffryn Taf	14.76
8	Ceri Thomas	Alun, Mold	11.30

JT

(400g):			
1	Sasha Seddon	Croesyceiliog	28.53
2	Rhiannon Taylor	Cwm Rhymni	23.95
3	Natalie Stone	Whitchurch	23.55
4	Louise Haines	Ystalyfera	20.54
5	Anna Hughes	Llangefni	20.16
6	Charlotte Gutteridge	Dyffryn Taf	16.75
7	Jenny Lynch	Alun, Mold	16.22
8	Ceri Williams	Builth	9.75

Rel:

1	Ystalyfera	52.9
2	Cwm Rhymni	55.3
3	Croesyceiliog	56.2
4	Whitchurch	56.3
5	Builth	56.5
6	Dyffryn Taf	57.0
7	Alun	57.2
8	Llangefni	60.2