

Cwpan NASUWT CYMRU CUP – The Charlie Hughes Track & Field Trophy, Brecon, Wednesday, July 16th, 2003

Seven individual and one new relay best performances were set at the 16th Cwpan NASUWT Cymru Cup – The Charlie Hughes Trophy.

Jamie Jones had an outstanding afternoon.

The Barry Comprehensive year 8, who has been selected for the Welsh Schools' team at this Saturday's SIAB u17 international at Leckwith, started his afternoon with a leap of 5.91 metres in the long jump, adding 48 centimetres to the 1995 best of Chris Evans (Creuddyn), slashed 0.5 seconds off the 100 metres time of 12.3 shared by Iestyn Lewis (Maes Yr Yfa, 1993) and Mark Scropher (Bishopston, 2002) and rounded the afternoon off by combined with team-mates Eddie Roe, winner of the 200, Karl Steel, winner of the 300, and Kyle McLaggan to hack 0.7 seconds off the previous relay best set by Dwr-y-Felin in 1995.

Despite the overcast, humid conditions, three new middle distance records were set.

In the u16 boys' section, u17 cross-country champion Afan Humphries (Cwm Rhymni) lowered the 1500 metres best to 4:13.1, an improvement of 8.2 seconds.

Melanie Davies, who set a new u15 800 metres best at the Nationals, a performance which earned her the Kirsty Wade trophy, was again in record breaking mood in the u16 age group slicing 6.3 seconds off Vicky Lloyd's 2:23.6 clocking, set in 1996 while her Gwyr team-mate, Elinor Kirk, set a new mark of 4:55.4 in the 1500 metres.

Two further best were set in the u16 boys' section with James Broomfield (Olchfa) shaving 0.2 seconds off the previous 300 metres timing and Owen Jones (Amman Valley) adding 25 centimetres to Nathan Palmer's record of 13 metres.

In the team competitions, Cwm Rhymni, winner of both u14 sections last year, repeated that feat but at u16 this time while Strade finished clear of Friars in the u14 girls' competition.

Closest contest of the day came at u14 boys with first-timers Barry and Penweddig battling it out with the defending title-holders, Cwm Rhymni.

With just the relay to come, Penweddig (73) led by a point from Cwm Rhymni and Barry, both on 72 – but that relay settled all. Barry won, in that new cup best time of 48.8, with Penweddig, battling to the end, finishing second and Cwm Rhymni in fourth – and the extra two points for a victory was just enough for Barry to clinch this year's title by 1 point.

Thanks to everyone – NASUWT Cymru, pupils, teachers, officials, stadium, first aid, Buddug and Iolo and the Welsh Schools' officers, parents and supporters – who contributed to another excellent day of schools' grass-roots athletics.

U16 Boys

1	Cwm Rhymini	Glam Valleys	91
2	Olchfa	Afan N Tawe	75
3	Whitchurch	Cardiff & Vale	60
4	Amman Valley	Dyfed	59
5	Alun School	NE Wales	58
6	Brecon	Powys	50
7	Chepstow	SE Wales	48
8	Brynrefail	Eryri	38
100:			
1	Jonathan Downey	Cwm Rhymini	11.9
2	Gareth Jones	Brynrefail	12.1
3	Chris Guy	Alun School	12.2
4	Craig Moses	Brecon	12.3
5	Nikolai Davies	Olchfa	12.4
6	Harry Hogg	Whitchurch	12.6
7	Ade Adebola	Amman Valley	12.7
8	Ashley Hoskins	Chepstow	12.9
200:			
1	Adam Foley	Whitchurch	24.5
2	Chris Fortescue	Chepstow	24.7
3	Khalid Rasouki	Olchfa	25.0
4	Aron Humphries	Cwm Rhymini	25.1
5	Nathan Jenkins	Amman Valley	25.4
6	Rob Shaw	Alun School	25.5
7	Guto Llywelyn	Brynrefail	25.8
8	Owen James	Brecon	26.1
300:			
1	James Bromfield	Olchfa	37.4 cbp
2	Owen Jones	Amman Valley	38.4
3	Matthew Hogg	Cwm Rhymini	39.2
4	Adam Platt	Alun School	39.6
5	Joseph Simpson	Brynrefail	40.3
6	John Evans	Whitchurch	41.7
7	Tom-Price Stephens	Chepstow	42.1
8	Tom Watts	Brecon	44.0
800:			
1	Craig Sander	Olchfa	2:10.4
2	Ed Penman	Chepstow	2:11.7
3	Jonathan Pewtner	Cwm Rhymini	2:12.0
4	Jon Roberts	Alun School	2:18.4
5	Sean McDonnell	Whitchurch	2:19.1
6	Macsen Dickinson	Brecon	2:23.4
7	Colin Roberts	Brynrefail	2:26.0
1500:			
1	Afan Humphries	Cwm Rhymini	4:13.1 cbp
2	Matthew Jones	Olchfa	4:33.1
3	Jonathan Thomas	Chepstow	4:43.2
4	Daniel Bradshaw	Brecon	4:46.8
5	Craig Davies	Amman Valley	4:47.9
6	Richard Gooch- Butler	Alun School	4:54.5
7	Liam McDonnell	Whitchurch	4:56.5
8	Dafydd Meredydd	Brynrefail	5:21.8
80H:			
1	Gareth Key	Cwm Rhymini	11.3
2	Daniel Evans	Amman Valley	11.7
3	Lee Timothy	Whitchurch	12.3
4	David Bryan	Alun School	13.2
5	Josh Davies	Olchfa	nt
6	Dylan Eddy	Brynrefail	nt
7	James Wilson	Chepstow	nt
8	Joseph Chilvers	Brecon	nt

HJ:

1	Robert Bolter	Cwm Rhymini	1.75
2	Craig Davies	Amman Valley	1.69
3	Sam Warburton	Whitchurch	1.65
4	Howard Thomas	Chepstow	1.61
5	Josh Crozier	Alun School	1.59

6	Richard Kelly	Olchfa	1.59
7	Dafydd Williams	Brynrefail	1.55
8	Daniel Thompson	Brecon	1.45

LJ:

1	Nathan Jenkins	Amman Valley	5.37
2	Daniel Berrow	Cwm Rhymini	5.35
3	Ashley Young	Chepstow	5.25
4	Chris Guy	Alun School	5.16
5	James Bromfield	Olchfa	5.11
6	Macsen Dickinson	Brecon	5.06
7	Sam Jones	Whitchurch	4.87

TJ:

1	Owen Jones	Amman Valley	13.25 cbp
2	Jonathan Downey	Cwm Rhymini	12.12
3	Nikolai Davies	Olchfa	11.73
4	Adam Foley	Whitchurch	11.38
5	Robert Shaw	Alun School	11.31
6	Guto Llywelyn	Brynrefail	11.30
7	Tom-Price Stephens	Chepstow	10.95

8	Joseph Chilvers	Brecon	10.24
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SP

(4 Kg):			
1	Craig Moses	Brecon	12.72
2	Ross McKay	Olchfa	12.52
3	Gareth Key	Cwm Rhymini	12.52
4	Vinny Hughes	Alun School	12.20
5	Fabian Thomas	Whitchurch	10.97
6	Sion Roberts	Brynrefail	10.77
7	Craig Masters	Amman Valley	10.71
8	Michael Lear	Chepstow	10.15

DT

(1.25 Kg):			
1	Sam Hobbs	Brecon	34.94
2	Nick Howells	Whitchurch	31.56
3	Darren Pugh	Cwm Rhymini	30.48
4	Sam Williams	Chepstow	29.87
5	Sean Woods	Olchfa	29.05
6	Daryl John	Amman Valley	28.78
7	Mike Thornhill	Alun School	27.96
8	Ifan Dafydd	Brynrefail	27.53

JT

(600g):			
1	Stephen Winter	Brecon	50.95
2	Joseph Simpson	Brynrefail	46.91
3	Jon Roberts	Alun School	43.22
4	Christopher White	Cwm Rhymini	40.44
5	Stephen Dicks	Olchfa	39.48
6	Nick Dimond	Whitchurch	34.96
7	James Wilson	Chepstow	32.90
8	Lloyd Fyfield	Amman Valley	32.44

Relay:

1	Olchfa	Afan N Tawe	46.5
2	Cwm Rhymini	Glam Valleys	46.6
3	Whitchurch	Cardiff & Vale	47.1
4	Alun School	NE Wales	47.4
5	Amman Valley	Dyfed	47.9
6	Brynrefail	Eryri	48.4
7	Chepstow	SE Wales	48.9
8	Brecon	Powys	49.3

Under 14 Boys

1	Barry	Cardiff & Vale	81
2	Penweddig	Dyfed	80
3	Cwm Rhymini	Glam Valleys	77
4	Alun School	NE Wales	61
5	Ystalyfera	Afan N Tawe	59.5
6	Cwmcarn	SE Wales	48
7	Emrys ap Iwan	Eryri	41
8	Brecon	Powys	32.5

100:

1	Jamie Jones	Barry	11.8 cbp
2	Kristian Phillips	Ystalyfera	12.4
3	Daniel Knight	Emrys ap Iwan	12.7
4	Ashley Stephens	Penweddig	12.8
5	Jobe Bruzas	Cwm Rhymini	12.9
6	Tom Charman	Brecon	13.5
7	Stephen Jones	Alun School	13.8
8	Blu Mansfield	Cwmcarn	14.6

200:

1	Eddie Roe	Barry	26.0
2	Alisdair Jenkins	Cwm Rhymini	26.5
3	Mathew Carter	Ystalyfera	26.8
4	Jonathan Davies	Penweddig	27
5	Robert Morgan	Cwmcarn	28.4
6	Ben Williams	Alun School	29.1
7	Edward Coleman	Brecon	29.6
8	Oliver Jones	Emrys ap Iwan	32.2

300:

1	Karl Steel	Barry	40.1
2	Gregg Owen	Ystalyfera	42.1
3	Eurig Davies	Penweddig	42.9
4	Arwel Menear	Cwm Rhymini	44.2
5	Richard Catherall	Alun School	45.3
6	Tomos Davies	Brecon	45.6
7	Aled Roberts	Emrys ap Iwan	45.9
8	Jack Berry	Cwmcarn	46.6

800:

1	Jamie Iggo	Cwmcarn	2:19.6
2	Steffan Raw	Penweddig	2:20.9
	Rees		
3	Michael Jones	Cwm Rhymini	2:23.2
4	Karl Bryon	Barry	2:26.7
5	Jonathan	Alun School	2:32.3
	Edwards		
6	Ewan Williams	Brecon	2:38.8
7	Robert Bingham	Emrys ap Iwan	2:41.1
8	Tom Rees	Ystalyfera	2:44.6

1500:

1	Chris Evans	Penweddig	4:53.9
2	Scott Nixon	Alun School	4:59.9
3	Andrew Williams	Cwmcarn	5:00.4
4	Christian Shaw	Barry	5:02.5
5	Rhys Challoner	Cwm Rhymini	5:15.6
6	Chris Melbourne	Ystalyfera	5:16.6
7	Chris Brown	Emrys ap Iwan	5:22.8
8	Jonny Bowen	Brecon	6:04.3

75H:

1	Danny Ellis	Cwm Rhymini	12.3
2	Leighton	Barry	12.6
	Saunders		
3	John Speed	Alun School	13.2
4	Adam Sergeant	Cwmcarn	13.3
5	Sam Middleton	Penweddig	13.7
6	Aled James	Ystalyfera	14.5
7	Jackson Chilvers	Brecon	14.8
8			

HJ:

1	Jonathan	Alun School	1.48
	Edwards		
2	Sam Middleton	Penweddig	1.45
3	Daniel Walmsley	Emrys ap Iwan	1.45

4	Leighton	Barry	1.40
	Saunders		
5	Lewis Long	Cwm Rhymini	1.30
6=	Lee Davies	Brecon	1.30
6=	Josh France	Ystalyfera	1.30
8	Jamie Iggo	Cwmcarn	1.30

LJ:

1	Jamie Jones	Barry	5.91 cbp
2	Kristian Phillips	Ystalyfera	5.15
3	Tom Charman	Brecon	5.08
4	Jobe Bruzas	Cwm Rhymini	5.06
5	Aled Roberts	Emrys ap Iwan	4.81
6	Jonathan Davies	Penweddig	4.59
7	Ben Williams	Alun School	4.43
8	Andrew Williams	Cwmcarn	4.39

TJ:

1	Ashley Stephens	Penweddig	11.22
2	Daniel Knight	Emrys ap Iwan	10.70
3	Alisdair Jenkins	Cwm Rhymini	10.22
4	Karl Steel	Barry	10.10
5	Jamie Snook	Alun School	9.43
6	Oliver Jones	Brecon	9.24
7	Jake Knapman	Cwmcarn	9.10
8	Aled James	Ystalyfera	8.58

SP

	(3.25 Kg):		
1	Danny Ellis	Cwm Rhymini	12.66
2	Cerith Morris	Ystalyfera	12.38
3	Mark Evans	Penweddig	11.76
4	Daniel Jordan	Barry	10.70
5	Robert Morgan	Cwmcarn	10.25
6	Oliver Jones	Emrys ap Iwan	9.83
7	Lucas Smith	Alun School	9.70
8	Ewan Williams	Brecon	8.57

DT

	(1 Kg):		
1	Richard Catherall	Alun School	26.66
2	Chris Evans	Penweddig	24.47
3	Mathew Carter	Ystalyfera	23.33
4	Richie Wells	Cwmcarn	23.02
5	Rhys Hutcherson	Cwm Rhymini	22.15
6	Jeremy Bryan	Emrys ap Iwan	22.00
7	Lewis Coslett	Barry	18.07
8	Luke Bradley	Brecon	13.30

JT

	(400g):		
1	Ryan Sadler	Cwm Rhymini	36.22
2	Curt Jones	Cwmcarn	36.17
3	Stephen Jones	Alun School	35.37
4	Rhodri Taylor	Penweddig	34.14
5	Edward Coleman	Brecon	33.97
6	Gareth Morris	Ystalyfera	27.77
7	Julian Hobbs	Barry	22.66
8	Robert Bingham	Emrys ap Iwan	20.68

Relay:

1	Barry	Cardiff & Vale	48.8 cbp
2	Penweddig	Dyfed	51.2
3	Ystalyfera	Afan N Tawe	51.3
4	Cwm Rhymini	Glam Valleys	51.4
5	Emrys ap Iwan	Eryri	53.7
6	Alun School	NE Wales	54.0
7	Cwmcarn	SE Wales	54.6
8	Brecon	Powys	56.1

Under 16 Girls

1	Cwm Rhymni	Glam Valleys	67
2	Chepstow	SE Wales	61.5
3	Whitchurch	Cardiff & Vale	58.5
4	John Bright	Eryri	51
5	Gwyr	Afan N Tawe	49
6=	Holywell	NE Wales	48
6=	Emlyn	Dyfed	48
8	Llanfyllin	Powys	23

100:

1	Rebecca Williams	Chepstow	12.8
2	Charlotte Owen	John Bright	13.3
3	Zoe Dickinson	Holywell	13.4
4	Sarah Stevens	Gwyr	13.6
5	Abi Hollingworth	Whitchurch	13.8
6	Helena Curtis	Cwm Rhymni	14.2
7	Timonie Jones	Llanfyllin	14.5
8	Sonia Hack	Emlyn	14.7

200:

1	Eleri Noble	Cwm Rhymni	28.5
2	Rhiannon Bailey	Chepstow	28.8
3	Emily Owen	Whitchurch	29.1
4	Lisa Davies	Llanfyllin	29.4
5	Kelly Mackie	Holywell	29.6
6	Llinos Bowen	Gwyr	29.8
7	Annie Sheen	Emlyn	30.5
8	Aimee Todd	John Bright	31.6

800:

1	Melanie Davies	Gwyr	2:17.3 cbp
2	Bethan Dainton	Cwm Rhymni	2:26.2
3	Isobel Lawrence	Emlyn	2:38.1
4	Jade Rundle	Whitchurch	2:39.2
5	Daisie Rolfe	Chepstow	2:41.7
6	Zara Owen	Llanfyllin	2:47.5
7	Natalie Murray	John Bright	2:55.4
8	Caroline Harvey	Holywell	2:58.0

1500:

1	Elinor Kirk	Gwyr	4:55.4 cbp
2	Nia Dainton	Cwm Rhymni	5:03.8
3	Nicola Wood	Chepstow	5:38.2
4	Martha Kane	Whitchurch	5:46.9
5	Zoe Saynor	Holywell	6:08.5
6	Leanne Mason	John Bright	6:10.5
7	Laura Gough	Emlyn	6:10.7
8	Jessica Hughes	Llanfyllin	6:20.2

75H:

1	Natasha Harding	Cwm Rhymni	12.6
2	Tanice Oglivie	John Bright	13.0
3	Antonia Micallef	Whitchurch	13.3
4	Jade Wilcox	Chepstow	13.7
5	Holly O'Connell	Emlyn	14.1
6	Rebecca Weston	Gwyr	14.8
7	Iona Caithness	Holywell	16.0
8	Carys Murray	Llanfyllin	16.3

HJ:

1	Isobel Lawrence	Emlyn	1.45
2	Stacey Tradewell	John Bright	1.43
3	Becky James	Cwm Rhymni	1.40

4=	Jade Wilcox	Chepstow	1.35
4=	Gemma Scott	Whitchurch	1.35
6	Caroline Harvey	Holywell	1.35
7	Sian Owen	Gwyr	1.25
	Debbie Jones	Llanfyllin	nh

LJ:

1	Rebecca Williams	Chepstow	4.82
2	Zoe Dickinson	Holywell	4.74
3	Eleri Noble	Cwm Rhymni	4.51
4	Rachel Jenkins	Whitchurch	4.44
5	Aimee Todd	John Bright	4.41
6	Lucy Green	Emlyn	4.41
7	Ahgharad Davies	Gwyr	4.18
8	Bethan Thompson	Llanfyllin	3.87

SP**(3.25 Kg):**

1	Elin Williams	Emlyn	9.54
2	Donna Astley	Llanfyllin	8.97
3	Antonia Micallef	Whitchurch	8.87
4	Elisha Adferisyan	John Bright	8.75
5	Kelly Parry	Holywell	8.54
6	Beatrice Sterne	Gwyr	8.52
7	Helena Curtis	Cwm Rhymni	8.14
8	Laura Frost	Chepstow	6.86

DT**(1 Kg):**

1	Faye Calvert	Holywell	26.14
2	Heidi Deeley	Emlyn	20.12
3	Bethan Phipps	Gwyr	19.79
4	Abbiegale Wild	John Bright	19.78
5	Louise Gilbert	Cwm Rhymni	19.19
6	Lauren O'Loughlin	Chepstow	17.20
7	Jade Rundle	Whitchurch	16.07
8	Sara Trewin	Llanfyllin	14.72

JT**(600g):**

1	Ruth Thomas	Whitchurch	28.92
2	Charlotte Owen	John Bright	25.32
3	Laura Scott	Chepstow	23.22
4	Natasha Harding	Cwm Rhymni	22.60
5	Laura Thomas	Holywell	21.52
6	Lydia Savage	Emlyn	19.69
7	Cerys Phillips	Gwyr	17.04
8	Lauren Owen	Llanfyllin	13.56

Relay:

1	Cwm Rhymni	Glam Valleys	52.9
2	Chepstow	SE Wales	53.0
3	Whitchurch	Cardiff & Vale	54.0
4	Gwyr	Afan N Tawe	54.1
5	Holywell	NE Wales	54.5
6	John Bright	Eryri	54.6
7	Emlyn	Dyfed	54.9
8	Llanfyllin	Powys	55.3

Under 14 Girls

1	Strade	Dyfed	72
2	Friars	Eryri	61
3	Gwyr	Afan N Tawe	53
4	Llanfyllin	Powys	47
5	Llanhari	Glam Valleys	46
6	Llanishen	Cardiff & Vale	43
7	Caerleon	SE Wales	42
8	Alun School	NE Wales	41

100:

1	Hannah Elcock	Strade	13.6
2	Charley Broom	Llanfyllin	13.7
3	Jenna Thomas	Gwyr	14.1
4	Kate Salmon	Alun School	14.1
5	Mikella Dillon	Caerleon	14.2
6	Jade Adams	Llanhari	14.4
7	Amelia Tucker	Llanishen	14.9

8

200:

1	Ffion John	Strade	28
2	Bethan Higginson	Alun School	28.1
3	Katie Owen	Friars	28.4
4	Joanna Card	Caerleon	28.6
5	Hannah Hunt	Llanishen	29.4
6	Katherine Squire	Gwyr	30.2
7	Elinor Jordan	Llanhari	30.8
8	Ffion Morris	Llanfyllin	31

800:

1	Amy Griffiths	Friars	2:27.3
2	Claire Milward	Llanishen	2:32.1
3	Sian Booker	Llanfyllin	2:41.5
4	Nia Jenkins	Llanhari	2:42.2
5	Alice Jacques	Caerleon	2:52.4
6	Hannah Hoffman	Gwyr	2:56.6
7	Rachael Williams	Alun School	3:00.8
8	Becca Lewis	Strade	3:10.7

1500:

1	Rhian Thomas	Llanhari	5:16.3
2	Alaw Beynon	Strade	5:16.4
3	Lindsay Miller	Gwyr	5:30.7
4	Hazel Barton	Friars	5:33.9
5	Bethan Griffiths	Llanishen	5:36.9
6	Jenna Roberts	Caerleon	5:44.2
7	Rebecca Hoare	Alun School	5:54.4
8	Jessie Ellis	Llanfyllin	6:47.9

70H:

1	Caryl Granville	Strade	11.9
2	Bethan Mason	Gwyr	12.0
3	Hannah Wood	Llanfyllin	12.2
4	Amy Aukland	Alun School	12.7
5	Tara Buckland	Friars	12.8
6	Ellie Fisher	Caerleon	13.1
7	Anna Harper	Llanishen	13.9
8	Liza Stone	Llanhari	14.3

HJ:

1	Hannah Jones	Strade	1.41
2	Hannah Wood	Llanfyllin	1.41
3	Siobhan Elder	Llanishen	1.38

4	Joanna Card	Caerleon	1.35
5	Jayde Adams	Llanhari	1.29
6	Jessica Davies	Alun School	1.25
7	Charlotte Williams	Friars	1.23
8	Catrin Austin	Gwyr	1.18

LJ:

1	Charley Broom	Llanfyllin	4.57
2	Hannah Elcock	Strade	4.55
3	Jenna Thomas	Gwyr	4.40
4	Tara Buckland	Friars	4.15
5	Harriet Rees	Llanishen	3.96
6	Mikella Dillon	Caerleon	3.95
7	Katy Barley	Alun School	3.87
8	Kirsty Frewen	Llanhari	3.46

SP

(2.72 Kg):			
1	Laura Jones	Friars	8.48
2	Alice Greenwood	Llanfyllin	8.29
3	Carol A. Bunt	Gwyr	8.00
4	Carly Royle	Alun School	7.90
5	Rachel Evans	Llanishen	7.67
6	Sarah Berbilion	Llanhari	7.44
7	Kirsty Phillis	Caerleon	7.16
8	Natasha Francis	Strade	7.15

DT

(0.75 Kg):			
1	Emmie Hume	Friars	28.04
2	Mari Thomas	Llanhari	20.81
3	Amy-Jo Morris	Caerleon	20.50
4	Charlotte Hunter	Strade	19.75
5	Angharad	Gwyr	18.46

6	Woolridge		
6	Rebecca Norris	Alun School	17.59
7	Natalie Hall	Llanishen	16.32
8	Emily Wilson	Llanfyllin	15.85

JT

(400g):			
1	Melisha Greenslade	Llanhari	24.67
2	Jessica Jones	Friars	23.76
3	Lauren Hughes	Strade	22.75
4	Bethan Harper	Llanishen	22.01
5	Bethan Mason	Gwyr	21.46
6	Rebekah Wynn	Alun School	18.40
7	Ffion Morris	Llanfyllin	14.33
8	Sophia Moore	Caerleon	11.32

Relay:

1	Strade	Dyfed	53.9
2	Gwyr	Afan N Tawe	55.9
3	Caerleon	SE Wales	55.9
4	Friars	Eryri	56.0
5	Alun School	NE Wales	56.3
6	Llanishen	Cardiff & Vale	58.1
7	Llanhari	Glam Valleys	60.7
	Llanfyllin	Powys	disq