

Welsh Schools' AA

57th National Track & Field Championships 2004 – Penlan Arena, Brecon – Saturday, July 3rd

Cloudy, windy (from outside cage end), sometimes chilly, some very heavy rain showers

After the heavy rain at Cardiff for the Combined Events on June 26th, perhaps we should be grateful for the weather at Brecon for these 57th National Schools' championships. Undoubtedly the conditions had a significant impact on performances, with the wind aiding the sprinters, sprint hurdlers and triple jumpers but making life difficult for athletes in the long jump and from 400 metres and upwards on the track.

Eight new championship bests were set.

Wales is fortunate to have athletes of the quality of Andrew Watkins (Glamorgan Valleys), Bruce Tasker (Dyfed) and Non Stanford in the u17 age group. All three set new marks.

Coedylan pupil Watkins, having missed last year's event on GB duty at the World Youth Championships in Canada, made up for lost time, scorching to a sprint double in 10.90 and 21.72 and erasing Christian Malcolm's 1994 best for the shorter distance.

Greenhill product Tasker, who has been in outstanding form, both indoors and out, made light of the difficult conditions to retain the 400, taking 0.28 off the 1979 best, but had to settle for second place in the defence of his 200 metres title.

Double SIAB cross-country champion Non Stanford (St Joseph's, Port Talbot) again translated her winter form into an outstanding, solo run in the 1500 metres, taking nearly ten seconds off the previous best with a 4:30.62.

It will be interesting to see how the three fare at the SIAB u17 international at Chelmsford on July 17th. All three competed at SIAB 2003 in Cardiff, with Watkins claiming victory in the 200 on that occasion.

In the u15 section, the multi-talented Simon Lawson (Llanishen) achieved one ambition by breaking Nicky Comerford's 1980 1500 best with a fine run in 4:17.57 while the performance of Bishop Vaughan pupil Antonio Cirillo in the 1 km walk, in which he set new figures of 4:57.84, may just have brought him into contention for a possible place for the team at Chelmsford.

Only two new bests were set in the field – and both were in the recently introduced senior boys 6 kg events. In the shot, Ryan Spencer-Jones (Christ College, Brecon) had a close contest with defending champion Gareth Bull (Barry College), the Powys athlete winning with a new mark of 13.44 metres, while Matthew Richards (Neath Port Talbot College) added over two metres to the figures that he set last year with a throw of 49.36 metres.

In the overall team competition, Dyfed was again the top district, claiming the Champion's Trophy for the eighth consecutive time.

For many of the athletes taking part on Saturday, that may have been their final schools' fixture of the summer while for others the season is not yet over. On the afternoon of July 14th, the 17th Inter Schools' Cup – now sponsored by NASUWT Cymru and linked with one of the great characters of Welsh Schools by being called 'The Charlie Hughes Trophy' - will be held at Brecon. The competition, arguably the finest and most enjoyable grassroots athletics competition in Wales, brings together the top school team from each of the eight districts in the u14 (years 7 & 8) and u16 (years 9 & 10) age groups. Last year, the winners were Barry (u14 boys), Strade (u14 girls) and Cwm Rhymni (both u16 sections). It will be interesting to see if those teams have qualified this year. In the evening, the senior age group athletes have a chance to compete at representative level. Sadly, there is no third team this year leaving, hopefully, the top four Welsh athletes to battle it out for the top honours in a Welsh Schools v Athletics Association of Wales match, a fixture which first started in 1981.

And, finally, there is the SIAB match, hosted this year by English Schools at Chelmsford. At Cardiff in 2003, Welsh Schools provided five individual winners but still finished fourth in the team competition. Will the 2004 team match or, perhaps, better those statistics?

Good Luck to all the athletes taking part at those three competitions.

Finally, the Welsh Schools' Athletic Association wishes to record its grateful thanks to:

1. UK Athletics, for sponsoring the 57th National championships
2. The athletes, who took part
3. The manager and staff of Brecon Leisure Centre
4. The Headteacher and staff of Brecon High School
5. The St John Ambulance Brigade, for providing first aid cover
6. The officials, technical and non-technical, for ensuring that the meeting ran to time, despite the weather
7. All the other volunteers, who contributed to the staging of another successful National championships
8. The eight district schools' association for staging their qualifying competitions, selecting the athletes and arranging for team managers to transport them to Brecon
9. The parents, coaches and club officials, who have contributed to the progress and success of the athletes
10. National Track & Field Secretary, Mrs Kath Elias – for whom this was her last 'Nationals' as Organizing Secretary

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Middle Boys

| Team | Rank | Name | Club | Time | Notes |
|--------------|------|-------------------------------|---------------------|-------------|-------|
| | 1 | Dyfed | 119 | | |
| | 2 | Cardiff & the Vale | 102 | | |
| | 3 | South East Wales | 85 | | |
| | 4 | Glamorgan Valleys | 82 | | |
| | 5 | Afan Nedd Tawe | 64 | | |
| | 6 | Eryri | 60 | | |
| | 7 | North East Wales | 53 | | |
| | 8 | Powys | 49 | | |
| 100: | | (0.2) | cbp – 10.92 | 1994 | |
| | 1 | Andrew Watkins | Coed y Lan | 10.90 | cbp |
| | 2 | Lloyd Reffell | Michaelston Coll | 11.17 | |
| | 3 | Gareth Breeze | Llanfyllin | 11.24 | |
| | 4 | Sipho Nobatana | Brynmawr | 11.38 | |
| | 5 | Jonathan Simonsen | Cefn Saeson | 11.40 | |
| | 6 | Geraint Peachment | Tasker Milward | 11.51 | |
| | 7 | James Gregson | John Bright | 11.64 | |
| | 8 | Geraint Lewis | Alun | 11.84 | |
| 200: | | (1.5) | cbp – 22.25 | 2002 | |
| | 1 | Andrew Watkins | Coed y Lan | 21.73 | cbp |
| | 2 | Bruce Tasker | Greenhill | 22.13 | |
| | 3 | Lloyd Reffell | Michaelston Coll | 22.36 | |
| | 4 | Gareth Breeze | Llanfyllin | 22.90 | |
| | 5 | Jonathan Simonsen | Cefn Saeson | 23.23 | |
| | 6 | Sipho Nobatana | Brynmawr | 23.69 | |
| | 7 | Karl Moody | Dyffryn Nanlle | 24.10 | |
| 400: | | | cbp – 49.1 | 1979 | |
| | 1 | Bruce Tasker | Greenhill | 48.82 | cbp |
| | 2 | Nathaniel Perkin-Smithies | Cardiff High | 50.83 | |
| | 3 | Rhydian Jones | Afon Taf | 51.92 | |
| | 4 | Jordan White | Llantarnam | 53.02 | |
| | 5 | Paul Morgan | Dwr y Felin | 53.25 | |
| | 6 | Sion Campbell | Llangefni | 57.14 | |
| | 7 | Dane Kapoor | Ruthin | 60.78 | |
| 800: | | | cbp – 1:56.5 | 1990 | |
| | 1 | James Mills | Rhosnesni | 1:59.39 | |
| | 2 | Sam Walsh | Bishopston | 2:00.47 | |
| | 3 | Ieuan Thomas | West Mon | 2:01.74 | |
| | 4 | David Cole | Dyffryn Teifi | 2:02.65 | |
| | 5 | Nick Stubbs | Whitchurch | 2:06.70 | |
| | 6 | Craig Maybank | Afon Taf | 2:08.37 | |
| | 7 | Robert Quearns | Newtown | 2:29.34 | |
| 1500: | | | cbp – 4:03.6 | 1977 | |
| | 1 | Matthew Williams | Aberdare Boys | 4:11.94 | |
| | 2 | Mark Fowles | Llantwit Major | 4:17.07 | |
| | 3 | James Mills | Rhosnesni | 4:21.30 | |
| | 4 | Gavin Hanrahan | St. Albans | 4:22.47 | |
| | 5 | Jamie Fenaroli | Llangatwg | 4:29.40 | |
| | 6 | Harry Jones | Bryn Eilian | 4:31.14 | |
| | 7 | Alex Powell | Dyffryn Taf | 4:32.60 | |
| 3000: | | | cbp – 8:48.7 | 1990 | |
| | 1 | Gavin Hanrahan | St Albans | 9:22.94 | |
| | 2 | Nicholas Northall | Dinas Bran | 9:32.69 | |
| | 3 | Jack Davey | Aberaeron | 9:39.05 | |
| | 4 | Matthew Jones | Olchfa | 10:05.94 | |
| | 5 | Lloyd King | St John's Coll | 10:09.92 | |
| | 6 | Joe Thomas | Coed y Lan | 10:17.98 | |
| | 7 | Guto Lewis | Caereinion | 11:20.07 | |
| 1500 | | SC: | cbp – 4:21.8 | 1979 | |
| | 1 | Lee Ladd | Cardigan | 4:40.17 | |
| | 2 | Nicholas Northall | Dinas Bran | 4:52.04 | |
| | 3 | Harry Jones | Bryn Eilian | 4:54.19 | |
| | 4 | Kurt Edwards | Aberdare Boys | 4:56.82 | |
| | 5 | Jack Hobbs | Corpus Christi | 4:57.47 | |
| | 6 | Craig Sander | Olchfa | 5:19.21 | |
| | 7 | Rob Evans | Builth Wells | 5:52.46 | |
| 100H: | | (2.3) | cbp – 13.3 | 1989 | |
| | 1 | Daniel Evans | Amman Valley | 13.91 | |
| | 2 | Owen Jones | Amman Valley | 14.23 | |
| | 3 | Richard Chappel | YG Rhydywaun | 14.59 | |
| | 4 | Nick Hunt | B of Llandaff | 14.86 | |
| | 5 | Matt Williams | Oakdale | 15.79 | |
| | 6 | Nick Tait | Dwr y Felin | 16.08 | |
| | 7 | Ifan Jams | Brynrefail | 17.84 | |
| | 8 | Owain Jones | Christ Coll | 19.32 | |
| 400H: | | | cbp – 54.42 | 1994 | |
| | 1 | Richard Chappel | YG Rhydywaun | 60.35 | |
| | 2 | Alex Dean | Brynhyfryd | 63.35 | |
| | 3 | Patrick Viol | Tasker Milward | 64.12 | |
| | 4 | Andrew Lang | Cardiff High | 64.88 | |
| | 5 | Gary Foster | Welshpool | 66.88 | |
| | 6 | Nick Tait | Dwr y Felin | 68.48 | |

| | | | | | |
|-----------------|---|-----------------------|--------------------|-------------|---------|
| HJ: | 1 | Tom Bissatt | B of Llandaff | Card&V | 1.87 |
| | 2 | Craig Davies | Amman Valley | Dyfed | 1.84 |
| | 3 | Gethin Hughes | Dyffryn Nanlle | Eryri | 1.75 |
| | 4 | Robert Bolter | Cwm Rhymini | GlamV | 1.70 |
| | 5 | Howard Thomas | Chepstow | SEWales | 1.60 |
| | 6 | Neil Jones | Newtown | Powys | 1.55 |
| PV: | | | cbp – 4.80 | 1990 | |
| | 1 | Geraint Reynolds | Monmouth Comp | SEWales | 3.20 |
| | 2 | Joe Broad | Dwr y Felin | Afan NT | 3.10 |
| | 3 | Dafydd Rees | Lampeter | Dyfed | 3.00 |
| | 4 | Alun Blackler | YG Glantaf | Card&V | 3.00 |
| LJ: | | | cbp – 6.69 | 1995 | |
| | 1 | Gethin Hughes | Dyffryn Nanlle | Eryri | 5.85 |
| | 2 | Michael Dwight | Cardiff High | Card&V | 5.76 |
| | 3 | Nathan Jenkins | Amman Valley | Dyfed | 5.51 |
| | 4 | Harry Cole | Rougemont | SEWales | 5.35 |
| | 5 | Jonathan Bennett | Cyfarthfa | GlamV | 5.29 |
| | 6 | Niko Davies | Olchfa | Afan NT | 5.15 |
| | 7 | Mike Hembury | Penley | NEWales | 5.13 |
| | 8 | Gary Foster | | Powys | 4.66 |
| TJ: | | | cbp – 15.06 | 1998 | |
| | 1 | Owen Jones | Amman Valley | Dyfed | 13.90 |
| | 2 | Gethin Hughes | Dyffryn Nanlle | Eryri | 12.45 |
| | 3 | Niko Davies | Olchfa | Afan NT | 12.04 |
| | 4 | Niall Allen | Whitchurch | Card&V | 11.80 |
| | 5 | Ben Morgan | Argoed | NEWales | 11.80 |
| | 6 | Steven Morgan | John Beddoes | Powys | 11.54 |
| | 7 | Luke Lear | Cwm Rhymini | GlamV | 11.36 |
| SP: | | | cbp – 16.63 | 1980 | |
| | 1 | Mathew Evans | Gwendraeth | Dyfed | 14.70 |
| | 2 | Geraint Baldwin | YG Llanhari | GlamV | 13.71 |
| | 3 | Michael Jones | Oakdale | SEWales | 11.62 |
| | 4 | Robin Sweeney | Brynrefail | Eryri | 11.19 |
| | 5 | Andrew Fenlon | B of Llandaff | Card&V | 10.75 |
| | 6 | Michael Powell | Brecon | Powys | 10.74 |
| | 7 | Bobby Jones | Brynhyfryd | NEWales | 10.72 |
| | 8 | Stephen Florance | Dwr y Felin | Afan NT | 9.84 |
| DT: | | | cbp – 48.86 | 2001 | |
| | 1 | Mathew Evans | Gwendraeth | Dyfed | 43.86 |
| | 2 | Michael Jones | Oakdale | SEWales | 36.71 |
| | 3 | Andrew Fenlon | B of Llandaff | Card&V | 34.75 |
| | 4 | Kevin Williams | Dyffryn Conwy | Eryri | 34.04 |
| | 5 | Scott Williams | Rhymney | GlamV | 29.95 |
| | 6 | Jonathan Fisher-Jones | B'd Edward Jones | NEWales | 27.51 |
| | 7 | Stephen Florance | Dwr y Felin | Afan NT | 27.23 |
| | 8 | Joe Adams | Newtown | Powys | 21.11 |
| HT: | | | cbp – 55.78 | 1989 | |
| | 1 | Mathew Evans | Gwendraeth | Dyfed | 46.17 |
| | 2 | Peter Morgan | Radyr | Card&V | 37.65 |
| | 3 | Byron Jones | Builth Wells | Powys | 30.08 |
| | 4 | Jason Leach | Bettws | SEWales | 22.12 |
| JT: | | | cbp – 59.12 | 1989 | |
| | 1 | Garth Loughran | Dyffryn Taf | Dyfed | 57.75 |
| | 2 | Chris Wannell | Croesyceiliog | SEWales | 51.95 |
| | 3 | Steven Winters | Brecon | Powys | 51.09 |
| | 4 | Joe Simpson | Brynrefail | Eryri | 48.63 |
| | 5 | Geraint Baldwin | YG Llanhari | GlamV | 48.56 |
| | 6 | Jamie Williams | Dwr y Felin | Afan NT | 46.85 |
| | 7 | James Gainey | YG Glantaf | Card&V | 44.85 |
| | 8 | Simon Baxter | Darland | NEWales | 26.56 |
| 4 x 100: | | | cbp – 44.2 | 1989 | |
| | 1 | Cardiff & the Vale | 45.38 | | |
| | 2 | Dyfed | 45.56 | | |
| | 3 | SEWales | 45.59 | | |
| | 4 | Eryri | 46.30 | | |
| | 5 | Afan Nedd Tawe | 47.76 | | |
| | 6 | Powys | 48.64 | | |
| | 7 | NEWales | 49.15 | | |
| DQ | | | | | |
| 1K | | Walk: | cbp – N/A | | |
| | | Owen Jones | | Powys | 7:15.62 |

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Junior Boys

Team

| | | | | | |
|--------------|-------------------------------|----------------------|-------------|---------|-----|
| 1 | Cardiff & the Vale | 102 | | | |
| 2 | Dyfed | 89 | | | |
| 3 | Glamorgan Valleys | 64 | | | |
| 4 | South East Wales | 63 | | | |
| 5 | Afan Nedd Tawe | 59 | | | |
| 6 | North East Wales | 58 | | | |
| 7 | Eryri | 49 | | | |
| 8 | Powys | 39 | | | |
| 100: | | | | | |
| | (2.3) | cbp - 11.09 | 2002 | | |
| 1 | Tom Bradbury | Croesyceiliog | SEWales | 11.28 | |
| 2 | Jamie Jones | Barry | Card&V | 11.56 | |
| 3 | Aled Thomas | Maes yr Yrfa | Dyfed | 11.83 | |
| 4 | Steffan Cambriani | Bishopston | Afan NT | 11.87 | |
| 5 | Rhys Williams | Argoed | NEWales | 12.08 | |
| 6 | Scott Hancock | Llanhari | GlamV | 12.20 | |
| 7 | Daniel Knight | Emrys Ap Iwan | Eryri | 12.40 | |
| 200: | | | | | |
| | (0.5) | cbp - 22.13 | 2002 | | |
| 1 | Tom Bradbury | Croesyceiliog | SEWales | 23.29 | |
| 2 | Aled Thomas | Maes yr Yrfa | Dyfed | 24.28 | |
| 3 | Gerome Campbell | Glyn Derw | Card&V | 24.81 | |
| 4 | Gavin Jones | Dwr y Felin | Afan NT | 24.86 | |
| 5 | Daniel Knight | Emrys Ap Iwan | Eryri | 25.25 | |
| 6 | Lion Meaker | YG Rhydywaun | GlamV | 25.74 | |
| 7 | Thomas Tilston | Castell Alun | NEWales | 25.98 | |
| 8 | Gary Roberts | Llanfyllin | Powys | 26.48 | |
| 400: | | | | | |
| | | cbp - 51.0 | 1977 | | |
| 1 | Elliott Wilson | YG Plasmawr | Card&V | 55.27 | |
| 2 | Michael Rees | Mountain Ash | GlamV | 56.65 | |
| 3 | Daniel Morgan | Birchgrove | Afan NT | 56.74 | |
| 4 | Nikki Williams | Oakdale | SEWales | 57.16 | |
| 5 | Tom Price | Alun | NEWales | 57.32 | |
| 6 | Craig George | Pembroke | Dyfed | 57.58 | |
| 7 | Aled Williams | Glan Y Mor | Eryri | 57.59 | |
| 8 | Daniel Astley | Llanfyllin | Powys | 60.28 | |
| 800: | | | | | |
| | | cbp - 2:01.52 | 2003 | | |
| 1 | Guy Smith | St. Joseph's | Afan NT | 2:04.39 | |
| 2 | Nico Constanti | Monmouth Comp | SEWales | 2:09.79 | |
| 3 | Alun Thomas | Whitchurch | Card&V | 2:09.94 | |
| 5 | Chris Evans | Penweddig | Dyfed | 2:10.23 | |
| 5 | Edward Hurly | Eirias | Eryri | 2:10.46 | |
| 6 | Stefan Raw-Rees | Christ College | Powys | 2:14.82 | |
| 7 | Lesley Rogers | Lewis Boys | GlamV | 2:23.85 | |
| 1500: | | | | | |
| | | cbp - 4:18.7 | 1980 | | |
| 1 | Simon Lawson | Llanishen | Card&V | 4:17.57 | cbp |
| 2 | Scott Roberts | John Bright | Eryri | 4:26.95 | |
| 3 | Paul Williams | Holywell | NEWales | 4:27.11 | |
| 4 | Robert Bennet | Caereinion | Powys | 4:39.02 | |
| 5 | Daniel Thomas | Glan y Mor | Dyfed | 4:40.53 | |
| 6 | Leigh Staples | Afan Taf | GlamV | 4:44.85 | |
| 7 | Chris Melbourne | Ystalyfera | Afan NT | 4:48.67 | |
| 8 | Kyle Harvey | Llantarnam | SEWales | 4:59.92 | |
| 80H: | | | | | |
| | (1.8) | cbp - 11.4 | 1978 | | |
| 1 | Jamie Jones | Barry | Card&V | 12.02 | |
| 2 | Daniel Jenkins | Oakdale | SEWales | 12.23 | |
| 3 | Thomas Tilston | Castell Alun | NEWales | 12.65 | |
| 4 | Tom Pornell | Cardigan | Dyfed | 12.82 | |
| 5 | Joss Pope | YG Rhydywaun | GlamV | 12.92 | |
| 6 | Danny Williams | Caereinion | Powys | 13.02 | |
| 7 | Thomas Northcote | YG Gwyr | Afan NT | 13.44 | |
| 8 | Mathew Jones | Emrys Ap Iwan | Eryri | 15.89 | |

HJ:

| | | | | | |
|----|------------------|-------------------|-------------|------|--|
| 1 | Jonathan Edwards | cbp - 1.91 | 1998 | | |
| 2= | Owen Sedgebeer | Alun | NEWales | 1.68 | |
| 2= | Michael Beer | Cowbridge | Card&V | 1.65 | |
| 4 | Adam Quill | Glanafan | Afan NT | 1.65 | |
| 5 | Lewis Long | QE Maridunum | Dyfed | 1.60 | |
| 6 | Tristan Nicholls | Cwm Rhymini | GlamV | 1.55 | |
| 7 | Osian Gadsby | Crickhowell | Powys | 1.55 | |
| | | Sir Thomas Jones | Eryri | 1.50 | |

PV:

| | | | | | |
|---|----------------|-------------------|-------------|------|--|
| 1 | Liam Edwards | cbp - 3.40 | 1993 | | |
| 2 | William Bowen | Bryn Alyn | NEWales | 2.30 | |
| 3 | Stephen Pirie | Tasker Milward | Dyfed | 2.20 | |
| 4 | Aneurin Wenner | Dwr y Felin | Afan NT | 2.10 | |
| | | YG Glantaf | Card&V | 2.00 | |

LJ:

| | | | | | |
|---|----------------|-------------------|-------------|------|--|
| 1 | Jamie Jones | cbp - 6.19 | 1977 | | |
| 2 | Daniel Davies | Barry | Card&V | 5.86 | |
| 3 | Luke Evans | Tre-gib | Dyfed | 5.65 | |
| 4 | Gavin Jones | Maes Garmon | NEWales | 5.59 | |
| 5 | Nathan Watkins | Dwr y Felin | Afan NT | 5.57 | |
| 6 | Ryan Bayliss | Afon Taf | GlamV | 5.47 | |
| 7 | Daniel Jenkins | Maesydderwen | Powys | 5.27 | |
| 8 | Spencer Mosely | Oakdale | SEWales | 5.24 | |
| | | Bodedern | Eryri | 4.68 | |

TJ:

| | | | | | |
|---|----------------|--------------------|-------------|-------|--|
| 1 | Paul Samaden | cbp - 13.05 | 1989 | | |
| 2 | Ashley Stevens | Cardiff High | Card&V | 12.32 | |
| 3 | Thomas Kivell | Penweddig | Dyfed | 12.31 | |
| 4 | Taylor Roberts | Brynawr | SEWales | 11.59 | |
| 5 | Gwyn Hughes | Llanfyllin | Powys | 11.54 | |
| 6 | Ben Cullen | Dyffryn Ogwen | Eryri | 11.54 | |
| 7 | Jamie Price | Afon Taf | GlamV | 11.23 | |
| 8 | Gavin Jones | Argoed | NEWales | 11.14 | |
| | | Dwr y Felin | Afan NT | 10.73 | |

SP:

| | | | | | |
|---|----------------|--------------------|-------------|-------|--|
| 1 | Darren Gray | cbp - 15.57 | 1970 | | |
| 2 | Stuart McGuire | Cowbridge | Card&V | 12.47 | |
| 3 | Michael John | St Josephs | SEWales | 12.00 | |
| 4 | Danny Ellis | Tre-gib | Dyfed | 11.87 | |
| 5 | Stefan Thomas | Cwm Rhymini | GlamV | 11.18 | |
| 6 | Robert Davies | Christ College | Powys | 10.35 | |
| 7 | Harry Powell | Moelwyn | Eryri | 10.19 | |
| 8 | Matthew McCabe | YG Gwyr | Afan NT | 9.53 | |
| | | Glan Clwyd | NEWales | 8.34 | |

DT:

| | | | | | |
|---|-------------------|--------------------|-------------|-------|--|
| 1 | Richie Wells | cbp - 44.06 | 1996 | | |
| 2 | Tomos Parkinson | Cwmarn | SEWales | 33.61 | |
| 3 | Michael Alexander | Botwnnog | Eryri | 30.83 | |
| 4 | Liam Dereck | Llanishen | Card&V | 29.51 | |
| 5 | Andrew Davies | Ferndale | GlamV | 29.21 | |
| 6 | Daniel Astley | Pembroke | Dyfed | 28.90 | |
| 7 | Liam Powell | Llanfyllin | Powys | 26.79 | |
| | | Ystalyfera | Afan NT | 25.48 | |

HT:

| | | | | | |
|---|---------------|--------------------|-------------|-------|--|
| 1 | Chad Monk | cbp - 48.73 | 1999 | | |
| 2 | Lewis Hughes | Pembroke | Dyfed | 32.90 | |
| 3 | Luke Ogden | Afon Taf | GlamV | 31.06 | |
| 4 | Rhys Meredith | Morgan Llwyd | NEWales | 29.31 | |
| 5 | Jamie Iggo | B of Llandaff | Card&V | 26.76 | |
| 6 | David Ramplee | Cwmarn | SEWales | 22.72 | |
| | | Llandrindod | Powys | 21.34 | |

JT:

| | | | | | |
|---|----------------|--------------------|-------------|-------|--|
| 1 | Michael John | cbp - 55.44 | 2003 | | |
| 2 | Sean Clarke | Tre-gib | Dyfed | 45.31 | |
| 3 | Joel Bridgeman | Cowbridge | Card&V | 40.59 | |
| 4 | Steven Horrell | Maesteg | GlamV | 35.18 | |
| 5 | Mathew Brown | Cefn Saeson | Afan NT | 34.33 | |
| 6 | Luke Bradley | St Davids | Eryri | 31.50 | |
| | | Brecon | Powys | 27.19 | |

4 x 100

| | | | | | |
|---|--------------------|--------------------|-------------|--|--|
| 1 | Glamorgan Valleys | cbp - 45.42 | 2003 | | |
| 2 | Dyfed | 48.70 | | | |
| 3 | Cardiff & the Vale | 48.74 | | | |
| 4 | NEWales | 48.87 | | | |
| 5 | Afan Nedd Tawe | 49.19 | | | |
| 6 | Eryri | 49.2 | | | |
| 7 | Powys | 49.64 | | | |
| 8 | SEWales | 49.90 | | | |

Dq

1Km

| | | | | | |
|---|-----------------|---------------------|-------------|---------|-----|
| 1 | Antonio Cirillo | cbp - 5:02.2 | 2001 | | |
| 2 | Dafydd Jenkins | Bishop Vaughan | Afan NT | 4:57.84 | cbp |
| 3 | Jordan Fleming | YG Plasmawr | Card&V | 5:23.58 | |
| 4 | Gareth Peters | Cowbridge | Card&V | 5:44.90 | |
| 5 | Declan Link | Glan y Mor | Dyfed | 6:05.01 | |
| | | St Cyres | Card&V | 6:05.14 | |

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Senior Girls

| Team | | |
|------|--------------------|----|
| 1 | Dyfed | 90 |
| 2 | Afan Nedd Tawe | 85 |
| 3 | South East Wales | 71 |
| 4 | North East Wales | 55 |
| 5 | Cardiff & the Vale | 54 |
| 6 | Glamorgan Valleys | 48 |
| 7 | Powys | 45 |
| 8 | Eryri | 38 |

| | | | | |
|--------------|--------------------|----------------------|-------------|----------|
| 100: | (2.3) | cbp - 12.0 | 1991 | |
| 1 | Danielle Barker | Swansea Coll | Afan NT | 12.20 |
| 2 | Jessica Tucker | Crickhowell | Powys | 12.36 |
| 3 | Kelly Birkin | Crosskeys Coll | SE Wales | 12.53 |
| 4 | Danielle Carpenter | Y Pant | GlamV | 12.82 |
| 5 | Leanne Martlew | Llantwit Major | Card&V | 13.19 |
| 6 | Tina Clark | Dyffryn Conwy | Eryri | 13.67 |
| 7 | Laura Clements | Sir Thomas Picton | Dyfed | 16.07 |
| 200: | (2.1) | cbp - 24.9 | 1991 | |
| 1 | Danielle Barker | Swansea Coll | Afan NT | 25.23 |
| 2 | Kelly Birkin | Crosskeys Coll | SE Wales | 25.76 |
| 3 | Jessica Tucker | Crickhowell | Powys | 25.84 |
| 4 | Leanne Martlew | Llantwit Major | Card&V | 27.09 |
| 5 | Sophie Wint | Pembroke | Dyfed | 28.64 |
| 400: | | cbp - 56.49 | 1996 | |
| 1 | Natalie Spettie | St David's Coll | Card&V | 61.09 |
| 2 | Danielle Price | Monmouth Comp | SE Wales | 62.53 |
| 3 | Natalie Lawrence | Neath PT Coll | Afan NT | 64.12 |
| 4 | Jenny Corbett | Llanfyllin | Powys | 64.92 |
| 5 | Charlene Beedie | Tre-gib | Dyfed | 69.05 |
| 6 | Emma Jones | David Hughes | Eryri | 71.29 |
| 7 | Susie Jarrold | Hawthorn | GlamV | 76.69 |
| 800: | | cbp - 2:16.6 | 1980 | |
| 1 | Bethan Strange | Caerleon | SE Wales | 2:19.84 |
| 2 | Sian Kirk | YG Gwyr | Afan NT | 2:23.80 |
| 3 | Tara Paisey | St. Albans | SE Wales | 2:27.62 |
| 4 | Joanne Summerfield | Tredegar | SE Wales | 2:33.16 |
| 5 | Charlene Beedie | Tre-gib | Dyfed | 2:52.23 |
| 1500: | | cbp - 4:48.27 | 1997 | |
| 1 | Bethan Strange | Caerleon | SE Wales | 4:57.30 |
| 2 | Sarah McRobie | David Hughes | Eryri | 5:04.25 |
| 3 | Caryl Jones | Bro Myrddin | Dyfed | 5:06.87 |
| 4 | Efa Llewellyn | Ffynon House | Afan NT | 5:13.48 |
| 5 | Emily Kendrick | Llandrindod | Powys | 5:20.27 |
| 6 | Sophie Harrington | | NE Wales | 5:51.76 |
| 3000: | | cbp - 10:11.1 | 1987 | |
| 1 | Caryl Jones | Bro Myrddin | Dyfed | 11:04.37 |
| 2 | Sophie Harrington | Brynhafryd | NE Wales | 12:03.06 |
| 3 | Kim Johnson | | Card&Vale | 12:37.45 |
| 4 | Amy Johns | Bryncelynog | GlamV | 13:04.88 |
| 100H: | (1.9) | cbp - 14.4 | 1978 | |
| 1 | Claire Jones | Dewi Sant | Dyfed | 15.59 |
| 2 | Amy Thompson | Dyffryn Conwy | Eryri | 17.84 |
| 3 | Katy Parry | Rhyl | NE Wales | 19.32 |
| 400H: | | cbp - 61.2 | 1985 | |
| 1 | Sam Appleby | St David's | NE Wales | 72.40 |
| 2 | Vicky Lloyd | Sir Thomas Picton | Dyfed | 77.16 |
| 3 | Katy Parry | | NE Wales | 79.69 |

| | | | | |
|----------------|--------------------|--------------------|-------------|-------|
| HJ: | | cbp - 1.76 | 2000 | |
| 1 | Hazel Surguy-Price | Brynhafryd | NE Wales | 1.58 |
| 2 | Angharad Randall | Neath PT Coll | Afan NT | 1.51 |
| 3 | Rebecca Crane | Cardiff High | Card&V | 1.45 |
| 4 | Charlene Beedie | Tre-gib | Dyfed | 1.40 |
| PV: | | cbp - 2.82 | 2002 | |
| 1 | Charlie Jones | Crosskeys Coll | SE Wales | 2.50 |
| 2 | Heather Abraham | Brynteg | GlamV | 2.10 |
| 3 | Stacy Blundell | | SE Wales | 2.00 |
| 4 | Laura Clements | Sir Thomas Picton | Dyfed | 1.80 |
| LJ: | | cbp - 5.80 | 1993 | |
| 1 | Danielle Carpenter | Y Pant | GlamV | 5.11 |
| 2 | Polly James | Barry Coll | Card&V | 5.02 |
| 3 | Elen King | Col Meirion Dwyfor | Eryri | 5.00 |
| 4 | Natalie Lawrence | Neath PT Coll | Afan NT | 4.50 |
| 5 | Hazel Surguy-Price | Brynhafryd | NE Wales | 3.97 |
| TJ: | | cbp - 11.28 | 2003 | |
| 1 | Vicky Lloyd | Sir Thomas Picton | Dyfed | 11.25 |
| 2 | Elen King | Col Meirion Dwyfor | Eryri | 10.34 |
| 3 | Polly James | Barry Coll | Card&V | 10.18 |
| 4 | Carly Jones | | GlamV | 9.71 |
| 5 | Jenny Corbett | Llanfyllin | Powys | 9.34 |
| 6 | Jane Harwood | Neath PT Coll | Afan NT | 9.17 |
| SP: | | cbp - 13.90 | 1988 | |
| 1 | Sally Hinds | Gorseinon Coll | Afan NT | 12.59 |
| 2 | Louise Watkins | Newtown | Powys | 10.45 |
| 3 | Sam Adams | Crosskeys Coll | SE Wales | 9.38 |
| 4 | Vicky Lloyd | Sir Thomas Picton | Dyfed | 8.99 |
| 5 | Lisa McDuff | Rhymney | GlamV | 7.41 |
| 7 | Sophie Mortimore | Llantwit Major | Card&V | 6.94 |
| DT: | | cbp - 50.48 | 1997 | |
| 1 | Ella Newington | Olechfa | Afan NT | 34.64 |
| 2 | Samantha Adams | Crosskeys Coll | SE Wales | 25.98 |
| 3 | Delyth Jones | Maes yr Yrfa | Dyfed | 25.50 |
| 4 | Emma Fletcher | Holywell | NE Wales | 19.43 |
| HT: | | cbp - 49.55 | 2001 | |
| 1 | Sally Hinds | Gorseinon Coll | Afan NT | 36.54 |
| 2 | Heather Abraham | Brynteg | GlamV | 27.17 |
| 3 | Lisa Boswell | Hartridge | SE Wales | 23.69 |
| 4 | Lorna Loveday | Cardiff High | Card&V | 23.01 |
| 5 | Delyth Jones | Maes yr Yrfa | Dyfed | 20.10 |
| 6 | Emma Fletcher | Holywell | NE Wales | 17.60 |
| JT: | | cbp - 43.50 | 1994 | |
| 1 | Lisa Boswell | Hartridge | SE Wales | 29.08 |
| 2 | Amy Gleeson | QE Cambria | Dyfed | 28.70 |
| 3 | Kirsty Matthews | Rhymney | GlamV | 28.69 |
| 4 | Natalie Oldham | Coleg Powys | Powys | 22.11 |
| 5 | Natalie Lawrence | Neath PT Coll | Afan NT | 20.47 |
| 6 | Sophie Mortimore | Llantwit Major | Card&V | 20.43 |
| 7 | Katy Parry | Rhyl | NE Wales | 9.86 |
| 4 x 100 | | cbp - 49.7 | 1991 | |
| 1 | Afan Nedd Tawe | | | 52.54 |
| 2 | Powys | | | 53.72 |
| 3 | NEWales | | | 54.13 |
| 4 | Eryri | | | 54.28 |
| 5 | Dyfed | | | 55.54 |

Welsh Schools' AA

57th National Track & Field Championships 2004 – Penlan Arena, Brecon – Saturday, July 3rd

Cloudy, windy (from outside cage end), sometimes chilly, some very heavy rain showers

Middle Girls

| Team | Name | Age | Club | Year | Time | Notes |
|--------------|-------------------------------|----------------------|-----------|------|----------|-------|
| 1 | Glamorgan Valleys | 112 | | | | |
| 2 | Dyfed | 90 | | | | |
| 3 | Eryri | 72 | | | | |
| 4 | Afan Nedd Tawe | 69 | | | | |
| 5= | Cardiff & the Vale | 65 | | | | |
| 5= | South East Wales | 65 | | | | |
| 7 | North East Wales | 58 | | | | |
| 8 | Powys | 40 | | | | |
| 100: | (1.8) | cbp - 12.1 | 1978 & 98 | | | |
| 1 | Felicity James | Cardiff High | Card&V | | 12.31 | |
| 2 | Melanie Stephenson | B of Llandaff | Card&V | | 12.50 | |
| 3 | Zoe Llywellyn | Bettws | SE Wales | | 12.68 | |
| 4 | Kimberley Morgan | Porthcawl | GlamV | | 13.01 | |
| 5 | Rhiannon Edwards | Tasker Milward | Dyfed | | 13.13 | |
| 6 | Hannah Harries | Llangatwg | Afan NT | | 13.29 | |
| 7 | Yasmin Ogbu | Friars | Eryri | | 13.33 | |
| 8 | Tryphena James | Newtown | Powys | | 13.80 | |
| 200: | (1.7) | cbp - 24.9 | 1989 | | | |
| 1 | Lisa Edwards | Penley | NE Wales | | 25.19 | |
| 2 | Melanie Stephenson | B of Llandaff | Card&V | | 25.54 | |
| 3 | Rebecca Williams | Chepstow | SE Wales | | 25.63 | |
| 4 | Anna Smith | Dwr y Felin | Afan NT | | 26.56 | |
| 5 | Rhian Bell | | GlamV | | 27.08 | |
| 6 | Linos Cassidy | St Michaels | Dyfed | | 27.10 | |
| 7 | Becky Clark | Sir Thomas Jones | Eryri | | 27.70 | |
| 8 | Sabrina Kissane | Llandrindod | Powys | | 28.76 | |
| 300: | | cbp - 39.75 | 2002 | | | |
| 1 | Sarah Harbour | West Mon | SE Wales | | 41.60 | |
| 2 | Jade Williams | Brynteg | GlamV | | 42.12 | |
| 3 | Nicola Stretton | Sir Thomas Jones | Eryri | | 42.70 | |
| 4 | Alicia Spettie | St Iltyd's | Card&V | | 43.11 | |
| 5 | Charlotte McGettigan | Caereinion | Powys | | 43.92 | |
| 6 | Megan Thomas | Bro Myrddin | Dyfed | | 44.79 | |
| 7 | Mercedes Hughes | Darland | NE Wales | | 45.28 | |
| 8 | Sarah Taylor | St. Joseph's | Afan NT | | 45.78 | |
| 800: | | cbp - 2:14.0 | 1977 | | | |
| 1 | Debbie Williams | Tryfan | Eryri | | 2:18.54 | |
| 2 | Jessica Dickson | Rougemont | SE Wales | | 2:19.07 | |
| 3 | Rhian Jones | Croesyceiliog | SE Wales | | 2:21.02 | |
| 4 | Sian Peters | Glan y Mor | Dyfed | | 2:22.02 | |
| 5 | Charlotte McGettigan | Caereinion | Powys | | 2:22.09 | |
| 6 | Kate Wiltshire | St Cyres | Card&V | | 2:23.09 | |
| 7 | Melanie Davies | YG Gwyr | Afan NT | | 2:25.87 | |
| 8 | Jade Williams | Brynteg | GlamV | | 2:26.39 | |
| 9 | Katherine Hopwood | Elfed | NE Wales | | 2:32.59 | |
| 1500: | | cbp - 4:40.3 | 1987 | | | |
| 1 | Non Stanford | St. Joseph's | Afan NT | | 4:30.62 | Cbp |
| 2 | Elinor Kirk | YG Gwyr | Afan NT | | 4:51.44 | |
| 3 | Paris Williams | Brynteg | GlamV | | 4:58.18 | |
| 4 | Anna Symonds | Stanwell | Card&V | | 5:01.98 | |
| 5 | Gemma Leahy | Fishguard | Dyfed | | 5:05.64 | |
| 6 | Leah Brighouse | Prestatyn | NE Wales | | 5:15.23 | |
| 7 | Elin Wozencroft | Llandrindod | Powys | | 5:28.11 | |
| 8 | Victoria Belcher | Croesyceiliog | SE Wales | | 5:47.54 | |
| 9 | Margiad Ifan | Dyffryn Conwy | Eryri | | 5:49.11 | |
| 3000: | | cbp - 10:14.2 | 1992 | | | |
| 1 | Rosie Richards | Gwernyfed | Powys | | 11:24.85 | |
| 2 | Natalie Arthur | Cwmataw | Afan NT | | 11:26.55 | |
| 3 | Sade Wallace | Alun | NE Wales | | 11:57.18 | |
| 4 | Jenna Paynter | Amman Valley | Dyfed | | 12:02.28 | |
| 5 | Christina Bridge | Porth County | GlamV | | 12:23.76 | |
| 80H: | (1.3) | cbp - 11.34 | 2003 | | | |
| 1 | Samantha Jones | Bro Myrddin | Dyfed | | 11.95 | |
| 2 | Kathryn Davies | Ogmore | GlamV | | 12.58 | |
| 3 | Cristyn Jenkins | Cefn Saeson | Afan NT | | 12.71 | |
| 4 | Vicky Oliver | Hawarden | NE Wales | | 12.95 | |
| 5 | Gemma Goulbourne | St Cyres | Card&V | | 13.00 | |
| 6 | Claire Andrews | Llantarnam | SE Wales | | 13.29 | |
| 7 | Kim Owen | Syr Huw Owen | Eryri | | 13.43 | |
| 300H: | | cbp - 43.42 | 2001 | | | |
| 1 | Kathryn Davies | Ogmore | GlamV | | 46.26 | |
| 2 | Anna Smith | Dwr y Felin | Afan NT | | 46.51 | |
| 3 | Megan Thomas | Bro Myrddin | Dyfed | | 47.23 | |
| 4 | Linos Cassidy | St. Michaels | Dyfed | | 49.57 | |
| 5 | Sarah Colbourne | Penley | NE Wales | | 50.59 | |
| 6 | Kerry Jones | Llantwit Major | Card&V | | 56.81 | |
| 7 | Georgie York | Builth Wells | Powys | | 57.98 | |

Welsh Schools' AA

57th National Track & Field Championships 2004 – Penlan Arena, Brecon – Saturday, July 3rd

Cloudy, windy (from outside cage end), sometimes chilly, some very heavy rain showers

Junior Girls

| Team | Points |
|----------------------|--------|
| 1 Dyfed | 70 |
| 2 Afan Nedd Tawe | 60 |
| 4 Glamorgan Valleys | 56 |
| 4 North East Wales | 46 |
| 5 Eryri | 45.5 |
| 6 South East Wales | 43 |
| 7 Powys | 38 |
| 8 Cardiff & the Vale | 35.5 |

| | | | | |
|--------------|--------------------|----------------------|-------------|---------|
| 100: | (0.6) | cbp - 12.3 | 1980 | |
| 1 | Llio Evans | Eifionydd | Eryri | 12.73 |
| 2 | Zara George | St John Baptist | GlamV | 12.76 |
| 3 | Emily Mitchell | Dyffryn Taf | Dyfed | 12.81 |
| 4 | Sarah Pole | Newtown | Powys | 13.34 |
| 5 | Hannah Cery | Ystalyfera | Afan NT | 13.39 |
| 6 | Terri Evans | St. Albans | SE Wales | 13.43 |
| 7 | Megan Cooper | Llantwit Major | Card&V | 13.47 |
| 8 | Hannah Pendleburgh | Rhyl | NE Wales | 13.52 |
| 200: | (0.1) | cbp - 25.2 | 1980 | |
| 1 | Llio Evans | Eifionydd | Eryri | 25.72 |
| 2 | Hannah Jones | Strade | Dyfed | 25.87 |
| 3 | Zara George | St John Baptist | GlamV | 26.56 |
| 4 | Hannah Pendleburgh | Rhyl | NE Wales | 27.29 |
| 5 | Sarah Pole | Newtown | Powys | 27.39 |
| 6 | Catrin Williams | Radyr | Card&V | 27.67 |
| 7 | Alex Edwards | Ystalyfera | Afan NT | 27.79 |
| 8 | Sian Davies | Croesyceiliog | SE Wales | 28.07 |
| 800: | | cbp - 2:14.0 | 1987 | |
| 1 | Katie Parkes | Lampeter | Dyfed | 2:18.36 |
| 2 | Bethany Cann | Chepstow | SE Wales | 2:22.31 |
| 3 | Rebecca Nuttall | Connah's Quay | NE Wales | 2:23.47 |
| 4 | Samantha Humphrey | Ogmore | GlamV | 2:28.69 |
| 5 | Amy Griffiths | Eryri | Eryri | 2:29.37 |
| 6 | Sali Roberts | Caereinion | Powys | 2:30.09 |
| 7 | Nia Williams | Cefn Hengoed | Afan NT | 2:33.53 |
| 8 | Sadie James | Llantwit Major | Card&V | 2:39.94 |
| 1500: | | cbp - 4:35.61 | 2003 | |
| 1 | Carys Davies | Lampeter | Dyfed | 5:01.76 |
| 2 | Sarah Dobler | St. Joseph's | Afan NT | 5:10.86 |
| 3 | Rhian Thomas | Llanhari | GlamV | 5:15.16 |
| 4 | Zoe Speake | Builth Wells | Powys | 5:15.81 |
| 5 | Alicia Phelps | Monmouth Comp | SE Wales | 5:22.60 |
| 6 | Rehana Hawthorne | Cardiff High | Card&V | 5:24.44 |
| 7 | Hazel Barton | Friars | Eryri | 5:30.55 |
| 8 | Becky Hoare | Alun | NE Wales | 5:37.92 |
| 75H: | (0.7) | cbp - 11.2 | 1978 | |
| 1 | Alex Edwards | Ystalyfera | Afan NT | 11.98 |
| 2 | Catrin Vaughan | Penweddig | Dyfed | 12.01 |
| 3 | Erin Dafydd | YG Plasmawr | Card&V | 12.41 |
| 4 | Hannah Wood | Llanfyllin | Powys | 12.92 |
| 5 | Hannah Lewis | YG Llanhari | GlamV | 12.96 |
| 6 | Laura James | West Mon | SE Wales | 13.21 |
| 7 | Anna Rice | Dyffryn Nanlle | Eryri | 13.32 |
| 8 | Sophie Beck | Hawarden | NE Wales | 13.71 |

| | | | | |
|------------------|--------------------|---------------------|----------------------|--------|
| HJ: | | cbp - 1.70 | 1979 & 80 | |
| 1 | Hannah Wood | Llanfyllin | Powys | 1.55 |
| 2 | Emma Garstang | Glan Clwyd | NE Wales | 1.45 |
| 3 | Sarah Dacey | Cefn Hengoed | Afan NT | 1.45 |
| 4= | Jodie Jones | Tywyn | Eryri | 1.40 |
| 4= | Laura Seary | Whitchurch | Card&V | 1.40 |
| 6 | Amy Rowland | Milford | Dyfed | 1.40 |
| 7 | Eiryn Bateman | Cwm Rhymini | GlamV | 1.40 |
| LJ: | | cbp - 5.43 | 1998 | |
| 1 | Zara George | St John Baptist | GlamV | 4.96 |
| 2 | Sarah Dacey | Cefn Hengoed | Afan NT | 4.69 |
| 3 | Caryl Granville | Strade | Dyfed | 4.63 |
| 4 | Noleen Morris | St Josephs | SE Wales | 4.56 |
| 5 | Amy Campagne | Brynhafryd | NE Wales | 4.50 |
| 6 | Ela Williams | | Eryri | 4.40 |
| 7 | Megan Evans | Bro Morgannwg | Card&V | 4.29 |
| 8 | Charley Broom | Llanfyllin | Powys | 4.20 |
| SP: | | cbp - 12.19 | 1980 | |
| 1 | Charlotte Murray | Cefn Hengoed | Afan NT | 11.18 |
| 2 | Caryl Lloyd | Bro Myrddin | Dyfed | 9.20 |
| 3 | Stephanie Owens | Argoed | NE Wales | 9.04 |
| 4 | Cerian Williams | Gwynllyw | SE Wales | 8.76 |
| 5 | Mari Thomas | Llanhari | GlamV | 8.70 |
| 6 | Alice Greenwood | Llanfyllin | Powys | 8.68 |
| 7 | Laura Jones | Friars | Eryri | 8.20 |
| 8 | Jodie Marshall | St Teilo's | Card&V | 7.20 |
| DT: | | cbp - 38.44 | 1978 | |
| 1 | Sarah Richards | Birchgrove | Afan NT | 28.37 |
| 2 | Mari Thomas | Llanhari | GlamV | 27.08 |
| 3 | Stephanie Owens | Argoed | NE Wales | 26.24 |
| 4 | Cerian Williams | Gwynllyw | SE Wales | 24.05 |
| 5 | Amy Burke | Emrys Ap Iwan | Eryri | 19.11 |
| 6 | Esther Jones | Maes yr Yrfa | Dyfed | 18.65 |
| 7 | Kerianne Bowsher | St Richard Gwyn | Card&V | 17.09 |
| 8 | Siany Evans | Welshpool | Powys | 14.81 |
| JT: | | cbp - 41.00 | 1982 | |
| 1 | Laura Wynne | Castell Alun | NE Wales | 29.55 |
| 2 | Catrin Vaughan | Penweddig | Dyfed | 27.74 |
| 3 | Katie Davies | Pontllanfraith | SE Wales | 20.98 |
| 4 | Rhiannon Taylor | Cwm Rhymini | GlamV | 20.92 |
| 5 | Jodie Marshall | St Teilo's | Card&V | 20.75 |
| 6 | Jessica Jones | Friars | Eryri | 18.59 |
| 7 | Jenna Smith | Dwr y Felin | Afan NT | 17.16 |
| 8 | Beth Preece | Maesydderwen | Powys | nt |
| 4 x 100: | | cbp - 50.07 | 1996 | |
| 1 | Dyfed | | 51.26 | |
| 2 | Cardiff & the Vale | | 52.61 | |
| 3 | Afan Nedd Tawe | | 52.63 | |
| 4 | Eryri | | 53.73 | |
| 5 | SE Wales | | 54.13 | |
| 6 | Powys | | 54.53 | |
| 7 | Glamorgan Valleys | | 54.53 | |
| 8 | NE Wales | | 55.40 | |
| 1Km Walk: | | cbp - 5:27.8 | 2001 | |
| 1 | Lilly Matthews | Builth Wells | Powys | 6:11.8 |

| Overall Team | | |
|--------------|--------------------|-------|
| 1 | Dyfed | 556 |
| 2 | Cardiff & the Vale | 471 |
| 3 | Glamorgan Valleys | 429 |
| 4 | Afan Nedd Tawe | 398.5 |
| 5 | South East Wales | 370 |
| 6 | North East Wales | 316 |
| 7 | Eryri | 310.5 |
| 8 | Powys | 272 |