

Dyfed Schools Champs
Carmarthen 11 June

Dyfed Schools
Friday Evening
MG 300 Hurdles

10 Jun 05

	F	1 Caryl	Granville	Strade	44.6
	F	2 Llinos	Cassidy	St Michaels	46.6
	F	3 Megan	Thomas	Bro Myrddin	47.7
	F	4 Amanda	Evans	Raskers	54
	F	5 Tania	Jones	Llandysul	61.1
		Record	Luke Evans	56.7	1998
SB 400 Hurdles	F	1 Josh	Turnbull	Emlyn	64.4
		Record	Leighton Lewis	56.5	1998
MB 400Hurdles	F	1 Daniel	Davies	Tregib	65.3
	F	2 Jamie	Steadman	Coedcae	68.6
	F	3 Callum	McKrell	Emlyn	70.3
		Record	Claire Jones	14.2	2004
				w/s	-1.2
SG 100 Hurdles	F	1 Heather	Jones	Tregib	14.3
	F	2 Bethan	Thomas	Ceredigion	20.6
		Record	Graham Thomas	11.6	1992
				w/s	-0.5
	F	1 Dafydd	Walters	Cambria	12.3
	F	2 Luke	Rees	Coedcae	12.7
	F	3 Chris	Hanson	Greenhill	13.3
	F	4 Carwyn	Jones	Bro Myrddin	14.3
	F	5 Mark	Lloyd	Coedcae	14.3
		Record	James Archampong	14.2	1993
				w/s	-1.2
SB 110 Hurdles	F	1 Steven	Boyles	Maes yr yrfa	16.8
		Record	Berian Davies	13.7	1989
				w/s	0.1
	F	1 Daniel	Evans	Amman Valley	14.5
	F	2 Tom	Burnell	Cardigan	15.6
	F	3 Paul	Hodge	Greenhill	18.4
	F	4 Jamie	Steadman	Coedcae	18.5
		Record	Berian Davies	12.4	1986
				w/s	-1.3
	F	1 Rhys	Webb	Bryngwyn	12.7
	F	2 Antoine	Woodman	Emlyn	13.2
	F	3 Tom	Coleman	Preseli	13.6
	F	4 Robin	Mills	Coedcae	15.3
	F	5 Daniel	Reese	Tasker	15.7
	F	6 Aled	Tucker	Cardigan	15.8
	F	7 Adam	Hann	Bro Myrddin	15.8
	F	8 Mike	Thomas	Tregaron	15.9
		Record	Heather Jones	11.4	2003
				w/s	-1.1
MG 80H					

F	1 Caryl	Granville	Stradey	12.4
F	2 Rebecca	Gatehouse	Aberaeron	12.6
F	3 Megan	Thomas	Bro Myrddin	13.4
F	4 Amanda	Evans	Tasker	13.5
F	5 Samantha	Lewis	Pant Y Celyn	15.4
F	6 Catrin	Davies	Dyffryn Taf	16.2

JG3 75 Hurdles	Record	Heather Jones	11.1	2001	
				w/s	-1.3
H1	1 Amy	Rowland	Milford	12.4	
H1	2 Charlotte	Johnson	Greenhill	14.9	
H1	3 Lucy	Cobain	Emlyn	15.5	
H1	4 Heini	Evans	Stradey	16.3	
				w/s	-1.5
H2	1 Catherine	Goldsmith	Cambria	12.6	
H2	2 Nesta	Thomas	Bro Myrddin	12.9	
H2	3 Beth	Miller	Tasker	12.9	
H2	4 Donna	Jones	Coedcae	13.2	
H2	5 Natalie	Eddey	Glan Y Mor	17.1	

JG2 75 Hurdles	H1 Record	Heather Jones	11.8	2000	
				w/s	-1.1
H1	1 Sophie	Pick	Gwendraeth	13.6	
H1	2 Leah	Hargreaves	Lampeter	15.1	
H1	3 Kelsey	Williams	Coedcae	15.5	
H1	4 Katie	Evans	Tasker	16.2	
				w/s	-1.1
H2	1 Katherine	Phillips	Stradey	13.6	
H2	2 Leoni	Evans	Greenhill	13.9	
H2	3 Katie	Robinson	Amman Valley	14.3	
H2	4 Megan	Rogers	Dyffryn Taf	15.7	
H2	5 Jessica	Huddleston	Dewi Sant	15.9	

JG1 70 Hurdles	Record	Danielle Selley	11.8	1996	
				w/s	-0.4
H1	1 Carol	Steadman	Coedcae	13.5	
H1	2 Ffion	Rees	Amman Valley	13.8	
H1	3 Megan	Williams	Milford	14.1	
H1	4 Ursula	Cooke	Dyffryn Teifi	14.4	
				w/s	-0.3
H2	1 Ffion	Rees	Bro Myrddin	12.8	
H2	2 Leah	Parry	Taskers	13.1	
H2	3 Nia	Richards	Amman Valley	13.5	
H2	4 Autumn	Gayle	Lampeter	13.6	
H2	5 Samantha	Thomas	Coedcae	14.2	

JB1 75H	Record	Nico Algeri	12.3	1994	
				w/s	-0.1
H1	1 Leon	Fletcher	Amman Valley	13.5	
H1	2 Gareth	Thomas	STP	13.6	
H1	3 Alex	Rother	Coedcae	15.5	
H1	4 Ian	Holman	Tregrib	16.8	
				w/s	-0.1
H2	1 Thomas	Brookes	Glan Y Mor	13.8	
H2	2 Andrew	Davies	Emlyn	13.8	

	H2	3 Lloyd	Williams	St Michael	14.9
	H2	4 Joseph	Keff	Taskers	15
	H2	5 Rhys	Lewis	Ysgol BroGwaun	15.6
MG 3000m	Record	Sarah Brew	10.26.0		1996
	F	1 Kaleigh	Brown	Tregib	10.41.6
		2 Kimberley	Richard	St Davids	13.30.0
SG 3000m	Record	Vicky Hammer	10.51.2		
	F	1 Caryl	Jones	Bro Myrddin	10.47.3
MB 3000m	Record	David Jones	8.59.9		2000
	F	1 Tom	Kilpatrick	Pembroke	10.06.1
	F	2 Irfon	Thomas	Lampeter	10.08.1
	F	3 Graham	Price	Taskers	11.05.4
SB 3000m	Record	David Jones	8.47.2		2001
	F	1 Gavin	Williams	Sir Gar	9.55.2
		2 Tom	White	Dewi Sant	9.55.5
JG2 75 Hurdles	H1	Record	Heather Jones	11.8	2000
				w/s	-0.64
	F	1 Sophie	Pick	Gwendraeth	13.2
	F	2 Caitrin	Phillips	Stradey	13.3
	F	3 Katie	Robinson	Amman Valley	13.9
	F	4 Leoni	Evans	Greenhill	13.9
	F	5 Jessica	Huddleston	Dewi Sant	14.5
	F	6 Leah	Hargreaves	Lampeter	14.9
	F	7 Kelsey	Williams	Coedcae	15
	F	8 Megan	Rogers	Dyffryn Teifi	15.8
JG3 75 Hurdles	Record	Heather Jones	11.1		2001
				w/s	-1.86
	F	1 Amy	Rowland	Milford	12.4
	F	2 Catherine	Goldsmith	Cambria	12.5
	F	3 Nesta	Thomas	Bro Myrddin	12.9
	F	4 Donna	Jones	Coedcae	13.4
	F	5 Beth	Miller	Taskers	14.2
	F	6 Chantelle	Johnson	Greenhill	14.6
	F	7 Lucy	Cobain	Emlyn	15.7
	F	8 Heini	Evans	Stradey	16.3
JG1 70 Hurdles	Record	Danielle Selley	11.6		1996
				w/s	-1.15
	F	1 Ffion	Rees	Bro Myrddin	12.7
	F	2 Leah	Parry	Tasker	12.9
	F	3 Ffion	Rees	Amman Valley	13.2
	F	4 Carol	Steadman	Coedcae	13.3
	F	5 Megan	Williams	Milford	13.5
	F	6 Autumn	Gayle	Lampeter	13.7
	F	7 Nia	Richards	Amman Valley	14
JB1 75H	Record	Nico Algieri	12.3		1994
	F	1 Gareth	Thomas	STP	13.4

F	2 Leon	Fletcher	Amman Valley	13.4
F	3 Thomas	Brookes	Glan Y Mor	13.6
F	4 Andrew	Davies	Emlyn	13.7
F	5 Joesph	Keff	Taskers	15.9
	6			20.8

JG1 100m	Record	Anna McGovern	12.8	1994	
				w/s	-2.39
H1	1 Ffion	Rees	Amman Valley	14.6	
H1	2 Sophie	Rees	STP	14.6	
H1	3 Angharad	Davies	Stradey	14.8	
H1	4 Danielle	Price	Penweddig	15.4	
				w/s	-0.66
H2	1 Laura	Pemhallurick	Cambria	13.9	
H2	2 Hayley	Ferrier	Pembroke	13.9	
H2	3 Elin	Hopkins	Stradey	14.5	
H2	4 Nia	Jones	Bro Myrddin	15.1	

JG2 100m	Record	Emily Mitchell	12.6	2004	
				w/s	-0.28
H1	1 Holly	Roderick	Cambria	13.4	
H1	2 Elin	Hughes	Stradey	14.1	
H1	3 Emma Jayne	Walters	Tasker	14.2	
H1	4 Aisha	Aroussi	Lampeter	14.1	
				w/s	-0.22
H2	1 Sharne	Davies	Milford	14	
H2	2 Sophie	Morgan	Bro Myrddin	14.1	
H2	3 Charlotte	Thomas	Tregib	14.2	
H2	4 Kaiya	Mallaburm	Coedcae	14.2	
H2	5 Elin	Thomas	Dyffryn Teifi	14.5	

JB2 100m	Record	Derwyn Owen	11.6	1988	
				w/s	-0.56
F	1 Tom	Coleman	Preseli	12.4	
F	2 Daniel	Rosser	Tregib	12.7	
F	3 James	Green	Emlyn	12.9	
F	4 Chris	Morris	Amman Valley	12.9	
F	5 Tom	Ellis-Williams	Maes Yr Yrfa	13.2	
F	6 Gerwyn	Slingop	Penglas	13.6	
F	7 Geraint	James	Aberteifi	13.6	

JG3 100m	Record	Danielle Selley	12.3	1998	
				w/s -.96	
F	1 Hannah	Jones	Stradey	12.8	
F	2 Betsan	Morgan	Tregaron	13.6	
F	3 Amy	Rowland	Milford	13.9	
F	4 Elinor	Williams	Dewi Sant	13.9	
F	5 Eleri	Jones	Taskers	13.9	
F	6 Meredid	Hughes	Pant	14	

JB1 100m	Record	Derwyn Owen	12.6	1987 w/s 0-.43	
H1	1 Leon	Fletcher	Amman Valley	13.8	
H1	2 Thomas	Brookes	Glan Y Mor	13.8	
H1	3 Nathan	Mounter	Pembroke	13.9	
H1	4 Adam	Lazell	Dyffryn Taf	14.2	
H1	5 Ifan	Howell	Penneddog	14.3	

	H1	6 Alex	Aderwick	St Davids	14.5
	H2	1 Evan	Jenkins	St Michaels	13.5
	H2	2 Lewis	Evans	Tregaron	13.6
	H2	3 Josh	Rowlands	Stradey	13.6
	H2	4 Andrew	Davies	Emlyn	13.7
	H2	5 Thomas	Cuffe	Taskers	13.9
MB 100m	Record	Stephen Rees		11	1988 w/s 0-.66
	H1	1 Christian	Davies	Amman Valley	11.9
	H1	2 Luke	Dow	Pembroke	12
	H1	3 Chris	Shehan	St Michaels	12.1
	H1	4 Llyr	Williams	Stradey	13.1
	H2	1 Patrick	Viol	Taskers	12
	H2	2 Yanni	Garivaldis	Australia	12.2
	H2	3 Paul	Conway	Emlyn	12.5
	H2	4 Shafayat	Sohail	St Michaels	12.7
	H2	5 Dayle	Watts	Coedcae	12.8
JB3 100m	Record	Jamie Henthorn		10.9	1993
				w/s	-1.04
	H1	1 Mitchell	Cooper	Australia	12.1
	H1	2 Kueni	Igbagri	St Michaels	12.2
	H1	3 Sam	Pettet	STP	12.5
	H1	4 Mark	Lloyd	Coedcae	12.7
	H1	5 Ab	Hawkins	Pembroke	13.3
				w/s	-0.62
	H2`	1 Josh	Smart	Milford	12.2
	H2`	2 Andy	Lee	Australia	12.5
	H2`	3 Rhys	Gingall	Coedcae	12.5
	H2`	4 Dorian	Coleman	Tregaron	12.7
	H2`	5 Scott	Roderick	Tregib	13
MG 100m	Record	Diane Thorne		12	1976
	H1			w/s	0.79
	H1	1 Hannah	Thomas	Lampeter	12.9
	H1	2 Cathy	Johnson	Preseli	14.1
	H1	3 Frankie	Goddard	St Davids	14.1
	H1	4 Rebecca	Goulding	Pant Celyn	14.2
	H1	5 Tamsin	Bowen	Coedcae	14.3
				w/s	-0.33
	H2	1 Rhiannon	Edwards	Tasker	13.3
	H2	2 Rebecca	Gatehouse	Aberaeron	13.5
	H2	3 Bethan	Lewis	Tregaron	13.6
	H2	4 Jenna	Francis	Tregib	13.8
	H2	5 Sarah	Morris-Jones	Cambria	13.9
SG 100m	Record	Gail Evans		12.3	1997
				w/s	-0.41
	F	1 Heather	Jones	CCTA	12.7
	F	2 Bethan	Thomas	Lampeter	13.9
	F	3 Heledd	Stephens	Tregib	14.4
				w/s	-0.69
SB 100m	Record	Jamie Henthorn		10.6	1994
				w/s	-0.69

	F	1 Steffan	Davies	Llandovery College	12
		2 Robert	Mackrell	Emlyn	12.2
		3 Sam	Stalbow	Milford	12.3
		4 Owen	Thomas	CCTA	12.7
MB 1500 SC	Record	Peter Ward			1976
	F	1 James	Barton	STP	5.19.7
	F	2 Rory	Blake	Tasker	5.40.7
	F	3 Matt	Hagen	Guest	5.57.1
SB 2000 sc	Record	David Jones			2001
	F	1 Lee	Ladd	Cardigan	6.09.3
JG1 200m	Record	Mannon Richards		27.9	1979
	H1	1 Hannah	Clements	Pembroke	30.3
	H1	2 Ffion	Rees	Amman Valley	30.7
	H1	3 Sioned	Rees	Tregaron	32.2
	H1	4 Alicia	Beynon	Stradey	33.9
	H2	1 Laura	Penhallerick	Cambria	29.3
	H2	2 Abi	Slater	Cardigan	31.3
	H2	3 Carol	Steadman	Coedcae	32.7
	H2	4 Jade	Garner	Amman Valley	32.9
JB3 200m	Record	Richard Bunnyon		24.1	1988
	F	1 Tom	Bullint	Milford	25.4
	F	2 Sam	Petter	STP	25.4
	F	3 Josh	Madden	Cambria	25.9
	F	4 Tom	Morgan	Cardigan	26.1
	F	5 Matthew	May	Cambria	26.4
JG2 200m	Record	Hannah Jones		26.3	2004
	H1	1 Charlotte	Thomas	Tregib	29.6
	H1	2 Eneuria	Phillips	Preseli	29.8
	H1	3 Aishya	Aroussi	Lampeter	30.3
	H1	4 Emma Jayne	Walters	Tasker	30.3
	H1	5 Emma	Jones	Stradey	30.9
	H1	6 Lexine	Williams	St John Lloyd	32.8
	H2	1 Holly	Roderick	Maridunum	27.7
	H2	2 Sian	Davies	Milford	29.5
	H2	3 Sioned	Howells	Stradey	29.8
	H2	4 Sophie	Morgan	Bro Myrddin	30
	H2	5 Elin	Thomas	Dyffryn Teifi	31.5
	H2	6 Sioned	Davies	Tregaron	31.5
JG3 200m	Record	Heather Jones		26.1	2001
	H1	1 Jessica	Griffiths	STP	29.2
	H1	2 Tara	Evans	Greenhill	30.4
	H1	3 Nia	Herbert	Coedcae	30.8
	H1	4 Jodie	Warlow	Dyffryn Taf	31.8
	H2	1 Hannah	Jones	Stradey	26.7

	H2	2 Jenny	Rimmer	Tasker	28.4
	H2	3 Hayley	Rees	Tregaron	28.5
	H2	4 Mererid	Hughes	Pant Celyn	29.5
	H2	5 Sarah	Griffiths	Cardigan	30.2
JB1 200m	Record	Jamie Dalton		27.3	1992
	H1	1 Jordan	Martin	St Michael	29.4
	H1	2 Liam	Lynch	STP	29.6
	H1	3 Adam	Lazell	Dyffryn Taf	29.9
	H1	4 Lewis	Evans	Tregaron	30
	H2	1 Andrew	Drakely	Penneddig	27.6
	H2	2 Josh	Rowlands	Stradey	28.6
	H2	3 Leon	Fletcher	Amman Valley	28.8
	H2	4 Thomas	Brookes	Glan Y Mor	29.1
	H2	5 Nathan	Mounter	Pembroke	30.6
JB2 200m	Record	Derwyn Owen		24.2	1988
	F	1 James	Green	Emlyn	26.4
	F	2 Chris	McCafferty	Tregib	26.6
	F	3 Daniel	Rosser	Tregib	27.4
	F	4 Damien	Bradbury	Dyffryn Taf	27.6
	F	5 Kennedy	Tsang	Fishguard	28.2
	F	6 Simon	Hooper	Pembroke	28.3
SG 200m	Record	Gail Evans		25.7	1997
				w/s	-4.97
	F	1 Heather	Jones	CCTA	26.4
	F	2 Caryl	John	Stradey	27.9
	F	3 Emma	Simions	STP	31.2
SB 200m	Record	Stephen Perks		22.1	1975
				w/s	-2.11
	F	1 Bruce	Tasker	Greenhill	22.4
	F	2 Sam	Stalbot	Milford	24.2
	F	3 Robert	Mackerell	Emlyn	24.4
	F	4 Owain	Butterworth	Stradey	28.5
MB 200m	Record	Stephen Rees		22.2	1988
	H1	1 Daniel	Jones	Stradey	24.3
	H1	2 Luke	Dow	Pembroke	24.6
	H1	3 Gareth	Walters	Pant Celyn	25.2
	H1	4 Rhys	Lewis	Penneddig	26.5
	H2	1 Christian	Davies	Amman Valley	24.4
	H2	2 Yann	Grivaldis	Australia	25
	H2	3 Jack	Townsend	Cardigan	25.5
	H2	4 Harry	Smyth	Emlyn	26
MG 200m	Record	Michelle John		25.7	1994
	H1	1 Hannah	Thomas	Llanbed	26.4
	H1	2 Ffion	John	Stradey	29.4
	H1	3 Frankie	Goddard	St Davids	29.5
	H1	4 Sarah	Lunn	Pembroke	30.1
	H2	1 Llinos	Cassidy	St Michael	27.8

	H2	2 Allaw	Benyon-Thomas	Stradey	28.2
	H2	3 Bethan	Lewis	Tregaron	29.7
JG1 800m	Record	Marie Jones	2.23.0		1986
	F	1 Ffion	Rees	Bro Myrddin	2.39.2
	F	2 Nia	Davies	Abertiefi	2.39.2
	F	3 Freya	Rhys-Jones	St Michaels	2.41.3
	F	4 Nia	Thomas	Dyffryn Taf	2.47.2
	F	5 Jenny	Brock	Taskers	2.48.2
	F	6 Portia	Rhys-Jones	St Michaels	2.49.1
	F	7 Amy	Kander	STP	2.53.8
	F	8 Cary Ann	Scudermore	Llandovery College	2.54.0
JB1 800m	Record	Jason Murphy	2.19.7		1986
	F	1 Luke	Parker	Cardigan	2.29.4
	F	2 Jordan	Martin	St Michaels	2.37.6
	F	3 Luke	Hioirns	Bryngwyn	2.38.5
	F	4 Matthew	Richards	STP	2.41.6
	F	5 Oliver	Davies	Dewi Sant	2.42.1
	F	6 Kristian	Jenkins	Strade	2.43.7
	F	7 Ben	Lake	Lampeter	2.47.1
	F	8 Liam	Price	Dyffryn Taf	2.47.9
	F	9 Gareth	Evans	Tregib	2.49.3
	F	10 Harry	Stad	Aberaeron	2.51.1
JG2 800m	Record	Marie Jones	2.25.7		1987
	F	1 Carys	Leiftley	Emlyn	2.44.6
	F	2 Sophie	Thomas	Greenhill	2.46.7
	F	3 Sioned	Davies	Tregaron	2.47.6
	F	4 Lowri	Thomas	Amman Valley	2.47.7
	F	5 Zoe	Russel	STP	2.48.1
	F	6 Sion	Trace	Amman Valley	2.49.8
	F	7 Gemma	Green	Pant	2.50.8
	F	8 Elin	Hughes	Strade	2.51.3
	F	9 Eve	Jonston	Lampeter	2.57.5
	F	10 Olivia	Osborne	Taskers	2.57.8
JB2 800m	Record	David Rowley	2.17.5		1988
	F	1 Gerwyn	Springer	Penglais	2.24.0
	F	2 Lewis	Ankers	Lampeter	2.29.6
JG3 800m	Record	Lucy Thomas	2.18.1		1999
	F	1 Hayley	Rees	Tregaron	2.37.7
	F	2 Bethan	Jones	Strade	2.39.5
	F	3 Eleri	Jones	Tasker	2.39.7
	F	4 Natalie	Davies	Coedcae	2.39.8
	F	5 Kay	Guest	Dewi Sant	2.48.8
	F	6 Rhian	Price-Davies	Pontycelyn	2.51.7
	F	7 Sarah	Hall	Emlyn	2.59.8
JB3 800m	Record	Mark Britton	2.05.1		1978
	F	1 Chris	Heesom	Greenhill	2.08.3
	F	2 Tom	Northcott	Cambria	2.09.3
	F	3 Lee	Rees	Tregib	2.18.8
MG 800m	Record	Caroline Morgan	2.21.0		1975
	F	1 Alaw	Beynon-Thomas	Strade	2.32.5
	F	2 Rhiannon	Roberts	Strade	2.45.4
	F	3 Chereen	Williams	Taskers	2.48.4

	F	4 Nia	Williams	STP	2.57.9
MB 800m	Record	Mark Britton	1.58.0		1978
	F	1 Matt	Gregory	Australia	2.10.7
	F	2 Chris	Evans	Penweddig	2.10.9
	F	3 Anthony	Owens	Maridunun	2.12.9
	F	4 Michael	Davies	Coedcae	2.13.1
	F	5 Jordan	Fuge	St John Lloyd	2.16.7
	F	6 Tom	Kalpatrick	Pembroke	2.17.6
	F	7 Gareth	Peters	Glan Y Mor	2.21.0
	F	8 John	Gan	STP	2.21.3
	F	9 Steffan	Evans	Amman Valley	2.24.8
SG 800m	Record	Anwen Owen	2.21.8		1998
	F	1 Sara	Beynon-Thomas	Strade	2.38.9
	F	2 Caryl	Davies	Tregaron	3.05.5
SB 800m	Record	Neil Lewis	1.57.9		1994
	F	1 Wynee	Evans	Cambria	2.00.1
	F	2 David	Cole	Dyffryn Teifi	2.02.8
	F	3 Lee	Ladd	Cardigan	2.05.8
	F	4 Geraint	Ouldon	STP	2.07.6
	F	5 Phillip	Pocock	Emlyn	2.08.3
JB2 400m	Record	Wayne Williams	58.6		1989
	F	1 Chris	McCafferty	Tregib	61.5
	F	2 Daniel	Gilbert	Cambria	62.7
	F	3 Thomas	Bowen	St John Lloyd	65.7
	F	4 Max	Wilkinson	Emlyn	66.1
	F	5 Daniel	Evans	Tregaron	68.5
JB3 400m	Record	Lewis Richards	55		1990
	H1	1 Andy	Lee	Australia	55.8
	H1	2 Callum	Mason	Bryngwyn	56.7
	H1	3 Tom	Northcott	Cambria	57.5
	H1	4 Dafydd	Nicholas	Tregib	70.9
	H2	1 Iwan	George	Tregaron	57.3
	H2	2 Abderamon	Hockin	Pembroke	58.5
	H2	3 Steffen	Lenpke-Elms	Preseli	62.9
MB 400m	Record	Bruce Tasker	50.5		2004
	H1	1 Matt	Gregory	Australia	57
	H1	2 Luke	Owen	Strade	57
	H1	3 Jason	Phillips	Australia	58.2
	H1	4 Mark	Bunford	Llandovery College	60.7
	H2	1 David	Thomas	Tregaron	54.9
	H2	2 Craig	George	Pembroke	55
	H2	3 James	Isles	STP	55.4
SG 400m	Record	Angela Pennington	58.8		1977
	F	1 Caryl	John	Strade	64.1
	F	2 Caryl	Davies	Tregaron	72.8
	F	3 Emma	Summons	STP	74.7
SB 400m	Record	Huw Bannister	49.7		1997

	F	1 Bruce	Tasker	Greenhill	50.1
	F	2 Alec	Jenkins	Coleg Sir Gar	52.2
	F	3 Matthew	Thomas	Maridunum	55.7
MG 300m	Record	Sian Bradshaw		40.9	1992
	F	1 Hannah	Pick	Gwendraeth	43.2
	F	2 Katie	Parks	Lampeter	43.7
	F	3 Megan	Thomas	Bro Myrddin	46.7
	F	4 Tania	Jones	Llandyssul	50.8
JG1 100m	Record	Anna McGovern		12.8	1994
				w/s	-1.58
	F	1 Hayley	Ferrier	Pembroke	13.9
	F	2 Laura	Penhallurick	Cambria	14
	F	3 Ffion	Rees	Amman Valley	14.6
	F	4 Nia	Jones	Bro Myrddin	14.6
	F	5 Sophie	Rees	STP	14.7
	F	6 Elin	Hopkins	Strade	14.7
	F	7 Helen	Hughes	Dyffryn Teifi	14.7
	F	8 Angharad	Davies	Strade	14.8
JB1 100m	Record	Derwyn Owen		12.6	1987
				w/s	-2.53
	F	1 Josh	Rowlands	Strade	13.7
	F	2 Eva	Jenkins	St Michaels	13.7
	F	3 Leon	Fletcher	Amman Valley	13.7
	F	4 Lewis	Evans	Tregaron	13.8
	F	5 Andrew	Davies	Emlyn	13.9
	F	6 Nathan	Mounter	Pembroke	14.1
	F	7 Thomas	Cuff	Taskers	14.2
	F	8 Thomas	Brooks	Glan Y Mor	14.3
JG2 100m	Record	Emily Mitchell		12.6	2004
				w/s	-1.06
	F	1 Holly	Roderick	Maridunun	13.5
	F	2 Sophie	Morgan	Bro Myrddin	14.1
	F	3 Elin	Hughes	Strade	14.1
	F	4 Sian	Davies	Milford	14.1
	F	5 Kaiya	Mallaburn	Coedcae	14.2
	F	6 Charlotte	Thomas	Tre Gib	14.3
	F	7 Emma Jayne	Walters	Yasker	14.5
	F	8 Aisha	Aroussi	Lampeter	14.7
JB3 100m				w/s	-1.61
	F	1 Mitchell	Cooper	Australia	12.2
	F	2 Josh	Smart	Milford	12.3
	F	3 Kueni	Ibagin	St Michaels	12.3
	F	4 Sam	Petitt	STP	12.4
	F	5 Rhys	Gingell	Coedcae	12.4
	F	6 Dorian	Coleman	Tregaron	12.5
	F	7 Mark	Lloyd	Coedcae	12.6
	F	8 Andy	Lee	Australia	17.3
MG 100m				w/s	0.22
	F	1 Hannah	Thomas	Lampeter	12.9
	F	2 Rhiannon	Edwards	Tasker	13.1

	F	3 Rebecca	Gatehouse	Aberaeron	13.4
	F	4 Bethan	Lewis	Tregaron	13.7
	F	5 Frankie	Goddard	Dewi Sant	14
	F	6 Cathy	Jackson	Preseli	14.1
MB 100m	F			w/s	-0.24
	F	1 Cristian	Davies	Amman Valley	11.9
	F	2 Luke	Dow	Pembroke	11.9
	F	3 Patrick	Viol	Taskers	12
	F	4 Paul	Conway	Emlyn	12.2
	F	5 Shafayat	Sohail	St Michael	12.5
	F	6 Yanni	Garivaldis	Australia	12.7
JG2 1500m	F	1 Angharad	Davies	Llandovery College	5.05.9
	F	2 Fay	Boulger	STP	5.23.4
	F	3 Elinor	Thoroughgood	Penglais	5.23.9
	F	4 Aneura	Phillips	Preseli	5.26.2
	F	5 Sioned	Howells	Strade	5.39.8
	F	6 Rebecca	Ansel	Penreddig	5.43.6
	F	7 Angharad	Roberts	Bro Myrddin	5.49.9
	F	8 Elin	Jones	Aberteifi	5.55.7
	F	9 Felicity	White	Pant	6.16.5
	F	10 Emily		Glan Y Mor	6.18.6
JG3 1500m	F	1 Katie	Walker	Milford	5.53.2
	F	2 Sally	Smithson	Taskers	6.00.4
	F	3 Alex	Pierce	Dyffryn Taf	6.10.0
	F	4 Amy	Herbert	Coedcae	6.26.5
JB1 200m	F	1 Andrew	Drakeley	Penreddig	27.4
	F	2 Leon	Fletcher	Amman Valley	28.2
	F	3 Josh	Rowlands	Strade	28.4
	F	4 Liam	Lynch	STP	29
	F	5 Jodan	Martin	ST Michaels	29
JG1 200m	F	1 Laura	Penhallerick	Cambria	28.7
	F	2 Hannah	Clements	Pembroke	30.1
	F	3 Ffion	Rees	Amman Valley	30.1
	F	4 Abby	Slater	Cardigan	31.3
	F	5 Kerra	Steadman	Coedea	32.1
	F	6 Sioned	Rees	Tregaron	32.2
JG2 200m	F	1 Holly	Roderick	Maridunum	27.5
	F	2 Sian	Davies	Milford	29.2
	F	3 Sioned	Howells	Strade	29.6
	F	4 Sophie	Morgan	Bro Myrddin	29.8
	F	5 Aneira	Phillips	Preseli	29.9
	F	6 Charlotte	Thomas	Tregaron	29.9
JG3	F	1 Hannah	Jones	Strade	26.2
	F	2 Hayley	Rees	Tregaron	28.1
	F	3 Jessica	Griffiths	STP	28.6
	F	4 Jenny	Rimmer	Tasker	29.2
	F	5 Meredid	Hughes	Pant	29.4
	F	6 Tara	Evans	Greenhill	29.7

MG 200m	F	1 Hannah	Thomas	Lampeter	26.2
	F	2 Llinos	Cassidy	St Michael	27.2
	F	3 Allaw	Beynon-Thomas	Strade	28
	F	4 Frankie	Goddard	Dewi Sant	29.3
	F	5 Ffion	John	Strade	30.3
MB 200m	F	1 Christian	Davies	Amman Valley	23.9
	F	2 Luke	Dow	Pembroke	24
	F	3 Daniel	Jones	Strade	24.1
	F	4 Gareth	Walters	Pant	24.7
	F	5 Jack	Townsend	Cardigan	24.9
	F	6 Yanni	Garivaldis	Australia	25.4
JB2 1500m	F	1 Joshua	Harries	Penweddig	4.47.6
	F	2 Llewellyn	Lloyd	Aberaeron	5.03.6
	F	3 Thomas	Glover	STP	5.07.6
	F	4 Josh	Davies	Tregaron	5.11.3
	F	5 Sean	Newman	Bryngwyn	5.11.5
	F	6 Jack	Jones	Preseli	5.14.5
	F	7 Nathan	Toft	Glan Y Mor	5.26.2
	F	8 Lewis	Thomas	Bro Myrddin	5.29.4
	F	9 Rhys	Smith	Gwendraeth	5.32.4
JB3 1500m	F	1 Dewi	Griffiths	Tregib	4.16.5
	F	2 Geraint	Mansfield	Cambria	4.31.2
	F	3 Adam	Bitchell	Penweddig	4.32.8
	F	4 Rhys	Evans	Tregib	5.04.2
	F	5 Donato	Quinn	Milford	5.09.3
MG 1500m	F	1 Rachel	Marfleet	Aberaeron	4.56.8
	F	2 Carys	Howells	Strade	5.35.2
	F	3 Sarah	Coombes	Amman Valley	5.40.3
	F	4 Sam	Thomas	St Davids	5.47.2
	F	5 Charlotte	Gaddem	STP	6.07.5
MB 1500m	F	1 Daniel	Thomas	Bryngwyn	4.24.4
	F	2 Matthew	Brown	Greenhill	4.28.8
	F	3 Richard	Stephenson	Cambria	4.35.1
	F	4 Ben	Fernando	Emlyn	4.47.8
	F	5 Rhydian	Evans	Dyffryn Teifi	4.51.4
	F	6 Gareth	Peter	Glan Y Mor	4.57.9
	F	7 Rori	Blake	Tasker	5.09.0
SG 1500m	F	1 Becky	Nicholas	STP	6.17.6
SB 1500m	F	1 David	Cole	Dyffryn Teifi	4.20.4
		2 Jack	Davie	Aberaeron	4.20.7
		3 Phillip	Pocock	Emlyn	4.43.9
JB3 400m	F	1 Andrew	Lee	Australia	56.1
	F	2 Iwan	George	Tregaron	57.9
	F	3 Tom	Northcott	Cambria	58.4
	F	4 Ab	Hockin	Pembroke	58.9
	F	5 Steffan	Lemkeelms	Preseli	63.1
MB 400m	F	1 David	Thomas	Tregaron	53.5

	F	2 Craig	George	Pembroke	53.6
	F	3 Matt	Gregory	Australia	55.2
	F	4 Luke	Owen	Strade	56.8
	F	5 Jason	Phillips	Australia	57.5
	F	6 James	Isles	STP	59.6
SB Relay 100m	F	1 Brianne			48.2
		2 Ceredigion			48.6
SG Relay 100m	F	1 Pembroke			59.8
MB Relay 100m	F	1 Pembroke			47.8
		2 Llanelli			49.7
		3 Ceredigion			49.8
MG Relay 100m	F	1 Brianne			55
		2 Llanelli			56.1
		3 Pembroke			56.7
JB3 Relay 100m	F	1 Pembroke			50.2
		2 Llanelli			51.5
		3 Ceredigion			52.2
JG3 Relay 100m	F	1 Pembroke			55
		2 Llanelli			56
JG2 Relay 100m	F	1 Brianne			55.8
		2 Llanelli			56.5
		3 Ceredigion			56.5
		4 Pembroke			58.3
		5 Pembroke			58.4
JB2 Relay 100m	F	1 Cerdigion			50.9
		2 Pembroke			52.8
		3 Llanelli			52.9
JG1 Relay 100m	F	1 Brianne			58.2
		2 Pembroke			58.9
		3 Pembroke			59.9
		4 Ceredigion			60.6
		5 Llanelli			61.6
JB1 Relay 100m	F	1 Llanelli			55.7
		2 Pembroke			56.3
		3 Ceredigion			57.4
Shot	1	Grant Rogers	Llandoverly coll		10.24m
SB	2	Steffan Davies	Llandoverly coll		10.16m
	3	Robert Llewellyn	Pembroke coll		10.09m
Javelin	1	Josh Turnbull	Emlyn		48.57m
SB	2	David Davies	STP		42.10m
	3	Grant Rogers	Llandoverly		41.36m
Discus	1	Robert Llewellyn	Pembroke coll		29.35m
SB	2	Josh Turnbull	Emlyn		28.44m

<u>Hammer</u> <u>SB</u>	no competitors				
<u>High Jump</u> <u>SB</u>	no competitors				
<u>Long Jump</u> <u>SB</u>	1	Harry	Mostyn	Llandovery coll	6.38m
	2	Owain	Butterworth	Strade	5.75m
	3	Grant	Rogers	Llandovery coll	5.73m
	4	Robert	Mackerell	Emlyn	5.72m
<u>Triple Jump</u> <u>SB</u>	1	Harry	Mostyn	Llandovery coll	13.17m
	2	David	Davies	STP	11.89m
	3	Grant	Rodger	Llandovery coll	11.46m
<u>Pole Vault</u> <u>SB</u>	1	Patrick	Hammon	STP	2.60m
<u>Shot</u> <u>SG</u>	1	Hayley	Morris	Cardigan	9.57m
<u>Javelin</u> <u>SG</u>	1	Kylie	Clarke	QE Cambria	37.25m
	2	Zoe	Poulson	Dyffryn Teifi	28.76m
<u>Discus</u> <u>SG</u>	1	Claire	Williams	Bro Myrddin	31.03m
	2	Heidi	Deely	Emlyn	22.88m
<u>Hammer</u> <u>SG</u>	1	Claire	Williams	Bro Myrddin	34.09m REC
<u>High Jump</u> <u>SG</u>	1	Vicky	Lloyd	STP	1.58m REC
	2	Bethan	Thomas	Lampeter	1.51m
	3	Jemma	Conway	Emlyn	1.45m
	4	Lucy	Huddleston	Dewi Sant	1.40m
		Hannah	Swann	STP	no ht
<u>Long Jump</u> <u>SG</u>	1	Vicky	Lloyd	STP	5.61m REC
	2	Katy	Davies	Dewi Sant	4.53m
	3	Heledd	Stephens	Tregib	4.40m
<u>Triple Jump</u> <u>SG</u>	1	Vicky	Lloyd	STP	11.34m REC
	2	Jemma	Conway	Emlyn	9.37m
<u>Pole Vault</u>	1	Hannah	Swann	STP	1.60m
<u>Shot</u> <u>MB</u>	1	Matthew	Evans	Gwendraeth	15.70m REC
	2	Stewart	Edwards	QE Maridunum	12.19m
	3	Michael	John	Tregib	12.05m
	4	Luke	Dedman	Greenhill	11.56m
	5	Gareth	Flynn	Penweddig	10.73m
	6	Dale	Watts	Coedcae	10.20m
<u>Javelin</u> <u>MB</u>	1	Michael	John	Tregib	50.40m
	2	Rhodri	Taylor	Penweddig	37.00m
	3	Daniel	Davies	Coedcae	35.89m

4	Phillip	Alvey	Pembroke	33.59m
5	Aled	Roberts	Penweddig	32.02m
6	Yanni	Garivaldis	Australia	29.00m

<u>Discus</u>	1	Matthew	Evans	Gwendraeth	48.78m REC
<u>MB</u>	2	Owain	Williams	Bro Myrddin	35.75m
	3	Chad	Monk	Pembroke	33.94m
	4	Daniel	Davies	Coedce	31.50m
	5	Chris	Evans	Penweddig	25.39m
	6	Simon	Davies	Glanymor	25.29m
	7	Tyler	Baldwin	Emlyn	24.50m
	8	Matthew	Rees	Strade	21.81m

<u>Hammer</u>	1	Matthew	Evans	Gwendraeth	48.40m
<u>MB</u>	2	Chad	Monk	Pembroke	37.85m

<u>High Jump</u>	1	Daniel	Davies	Tregib	1.77m
<u>MB</u>	2	Mat	Hagan	Australia	1.77m
	3	James	Jones	Emlyn	1.71m
	4	Jason	Phillips	Australia	1.68m
	5	Mark	Keeler	Penweddig	1.68m
	6	Tim	Morgan	?	1.60m

<u>Long Jump</u>	1	Daniel	Davies	Tregib	5.93m
<u>MB</u>	2	Andrew	McDonald	Milford	5.92m
	3	David	Thomas	Tregaron	5.67m
	4	Kristian	Davies	Amman Valley	5.55m
	5	Yanni	Garivaldis	Australia	5.52m
	6	Paul	Hodge	Greenhill	5.32m
	7	Geraint	Lewis	Tregib	5.15m
	8	Edward	Partridge	STP	5.09m
	9	James	Harrison	Emlyn	5.06m
	10	Jake	Nelson	Cardigan	5.04m
	11	Mark	Keeler	Penweddig	4.97m

<u>Triple Jump</u>	1	Jamie	Davies	Amman Valley	12.56m
<u>MB</u>	2	Daniel	Davies	Tregib	12.33m
	3	Andrew	Davies	Pembroke	11.69m
	4	Luke	Jenkins	Maes yr Yrfa	11.25m
	5	Thomas	Griffiths	Coedcae	11.00m
	6	Lee	Mikon	Strade	10.72m
	7	Daniel	Jones	Strade	10.70m
	8	Bradley	Selleck	Coedcae	10.69m
	9	Edward	Partridge	STP	10.65m
	10	Dan	Malloy	Cardigan	9.97m

<u>Pole Vault</u>	1	William	Bowen	Taskers	2.70m
<u>MB</u>	2	Ashton	Thomas	Milford	2.10m

<u>Shot</u>	1	Caryl	Lloyd	Bro Myrddin	8.86m
<u>MG</u>	2	Cherie	Pitcherschofield	Milford	8.12m
	3	Natalie	Last	Aberaeron	7.80m
	4	Sarah	Johns	Emlyn	7.75m
	5	Natasha	Francis	Strade	6.93m

<u>Javelin</u>	1	Victoria	Buxton	QE Maridunum	36.72m
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<u>MG</u>	2	Sarah Thomas	Llandoverly	24.04m
	3	Catherine Morley	Preseli	23.33m
	4	Rachel Mansfield	Taskers	22.88m
	5	Kayleigh Brown	Tregib	20.99m
	6	Lauren Hughes	Strade	18.68m
	7	Natalie Last	Aberaeron	14.81m
	<u>Discus</u> <u>MG</u>	1	Caroline Lloyd	Bro Myrddin
2		Charlotte Hunter	Strade	24.37m
3		Sophie Echeverria	Milford	20.37m
4		Caroline Hall	STP	18.32m
5		Natalie Last	Aberaeron	17.27m
6		Elan Jones	Penweddig	16.56m
7		Micha McGill	Glanymor	16.39m
<u>Hammer</u> <u>MG</u>	1	Victoria Owens	Bro Myrddin	24.67m
	2	Caryl Lloyd	Bro Myrddin	21.27m
	3	Kathryn Hunter	Pembroke	15.31m
<u>High Jump</u> <u>MG</u>	1	Katie Parkes	Lampeter	1.45m
	2	Hannah Pick	Gwendraeth	1.45m
	3	Sophie Heath	Dyffryn Taf	1.40m
	4	Jessica Bolton	St John Lloyd	1.40m
	5	Catherine Kwan	Coedcae	1.35m
	6	Amanda Evans	Taskers	1.35m
	7	Sarah Buel	Glanymor	1.35m
<u>Long Jump</u> <u>MG</u>	1	Mari Fenton	Penweddig	4.97m
	2	Rebecca Gatehouse	Aberaeron	4.57m
	3	Hannah Thomas	Lampeter	4.56m
	4	Cathy Jackson	Preseli	4.36m
	5	Catherine Kwan	Coedcae	4.27m
	6	Sara Williams	Llandoverly coll	4.15m
	7	Tamsin Bowen	Coedcae	4.12m
	8	Kirsty Knight	Pantycelyn	4.07m
	9	Sara Bell	Glanymor	3.93m
	10	Jenna Francis	Tregib	3.65m
<u>Triple Jump</u> <u>MG</u>	1	Caryl Granville	Strade	10.93m REC
	2	Rhiannon Edwards	Taskers	10.27m
	3	Mari Fenton	Penweddig	10.17m
	4	Kay Reynolds	Milford	8.94m
	5	Carys Davies	Lampeter	8.92m
	6	Frankie Goddard	Dewi Sant	8.48m
	7	Eleri Williams	Amman Valley	8.43m
<u>Pole Vault</u> <u>MG</u>	1	Kay Reynolds	Milford	2.30m
	2	Caroline Hall	STP	2.10m
<u>Shot</u> <u>J 3 Boys</u>	1	Rhys Gingell	Coedcae	12.25m
	2	Trystan Davies	Bro Myrddin	11.91m
	3	Owen Davies	Dyffryn Taf	11.87m
	4	Jason Lewis	Glanymor	10.56m
	5	Kyle Jones	Bro Gwaun	10.46m
	6	Damian Morgan	STP	10.04m

<u>Javelin</u> <u>J 3 Boys</u>	1	Josh	Madden	QE Cambria	51.82m
	2	Dorian	Coleman	Tregaron	35.37m
	3	Yanic	Parker	Greenhill	34.87m
	4	Matthew	Dewhurst	Pembroke	34.04m
	5	Matthew	Duffy	Glanymor	33.86m
	6	Liam	Hutchinson	QE Maridunum	33.79m
	7	Damian	Morgan	STP	32.95m
	8	Ivan	Hutchinson	Emlyn	32.75m
<u>Discus</u> <u>J 3 Boys</u>	1	Dorian	Coleman	Tregaron	29.55m
	2	Trystan	Davies	Bro Myrddin	28.55m
	3	Owen	Davies	Dyffryn Taf	28.83m
	4	Craig	Thomas	Coedcae	26.45m
	5	Kyle	Jones	Fishguard	26.21m
	6	Jarrad	Lewis	Glanymor	26.02m
	7	Robin	Neilson Good	Emlyn	25.04m
<u>Hammer</u> <u>J 3 Boys</u>	1	Adam	Matthew	Amman Valley	17.29m
<u>High Jump</u> <u>J 3 Boys</u>	1	Josh	Madden	QE Cambria	1.76m
	2	Jordan	Dunne	Coedcae	1.55m
	3	Carl	Rees	STP	1.55m
	4	Alex	Ward	Glanymor	1.45m
	5=	Jamie	Morgan	Penglais	1.45m
5=	Jack	Teitge	Emlyn	1.45m	
<u>Long Jump</u> <u>J 3 Boys</u>	1	Kueni	Igbagiri	St Michaels	6.02m REC
	2	Iwan	George	Tregaron	5.27m
	3	Josh	Smart	Milford	5.22m
	4	Dafydd	Walters	QE Cambria	4.91m
	5	Rhys	Gingell	Coedcae	4.90m
	6	Sam	Wilmot	Emlyn	4.88m
	7	Tom	Harland	Greenhill	4.49m
<u>Triple Jump</u> <u>J 3 Boys</u>		Mitchell	Cooper	Australia	12.05m
	1	Dafydd	Nicholas	Tregib	11.37m
	2	Tomos	Hywel	Penweddig	10.75m
	3	Gruffydd	Perks	Bro Myrddin	10.56m
4	Joel	Tetse	?	10.52m	
<u>Pole Vault</u> <u>J 3 Boys</u>	1	Adam	Cawley	Pembroke	1.85m
<u>Shot</u> <u>J 3 Girls</u>	1	Catherine	Goldsmith	QE Cambria	9.39m
	2	Elin	Huxtable	Penweddig	8.57m
	3	Alys	Silcox	Pembroke	8.54m
	4	Teleri	Donnelly	Penglais	8.36m
	5	Sophie	Mangaro	Strade	8.33m
	6	Esther	Jones	Maes yr Yrfa	7.96m
	7	Jenny	Rimmer	Taskers	7.21m
	8	Kim	Bricker	Greenhill	7.16m
	9	Alex	Griffiths	Dyffryn Taf	6.60m
	10	Sarah	Howard	QE Cambria	6.32m
<u>Javelin</u>	1	Danielle	Hamer	St Michaels	34.40m REC

<u>J 3 Girls</u>	2	Lydia Jones	QE Cambria	30.60m
	3	Catherine Goldsmith	QE Cambria	25.74m
	4	Jenny Rimmer	Taskers	23.26m
	5	Elin Huxtable	Penweddig	18.50m
	6	Lucy Jeffery	St Michaels	17.70m
	7	Alys Silcox	Pembroke	17.46m
	8	Angharad Evans	Aberteifi	14.67m
	9	Angharad Jones	STP	12.14m

<u>Discus</u> <u>J 3 Girls</u>	1	Esther Jones	Maes yr Yrfa	24.99m
	2	Sophie Mangano	Strade	21.95m
	3	Melissa Tobias	Cardigan	18.85m
	4	Beth Millar	Taskers	16.98m
	5	Cath Hancock	Milford	16.60m
	6	Rhian Dixon	Strade	16.28m
	7	Hannah Edwards	Tregaron	15.46m
	8	Jessica Blake	Amman Valley	15.31m
	9	Angharad Jones	STP	15.08m

<u>High Jump</u> <u>J 3 Girls</u>	1	Donna Jones	Coedcae	1.40m
	2	Bethan Miller	Taskers	1.40m
	3	Amy Rowland	Pembroke	1.40m
	4	Catherine Goldsmith	QE Cambria	1.40m
	5	Jordan Wright	STP	1.35m
	6	Lydia Jones	QE Cambria	1.35m
	7	Ffion Aston	Strade	1.30m
	8	Anwen Bentley	Dyffryn Taf	1.30m
	9	Sarah Griffiths	Cardigan	1.30m

<u>Long Jump</u> <u>J 3 Girls</u>	1	Donna Jones	Coedcae	4.83m
	2	Eleanor Williams	Dewi Sant	4.57m
	3	Chantelle Johnson	Greenhill	4.40m
	4	Rebecca Davis	Tregaron	4.31m
	5	Heledd Brown	Emlyn	4.18m
	6	Eleri Jones	Taskers	4.13m
	7	Nia Herbert	Coedcae	4.07m
	8	Emily Rees	Dyffryn Taf	3.95m
	9	Cassie Forden	Strade	3.69m

<u>Shot</u> <u>J 2 Boys</u>	1	Shaun Warren	Pembroke	9.97m
	2	Tom Edwards	Maes yr Yrfa	9.72m
	3	Rhys Webb	Bryngwyn	9.62m
	4	Dan Cwsnold	Greenhill	9.26m
	5	Jordan Rice	QE Maridunum	8.50m
	6	Daniel Owens	Milford	8.26m
	7	Damien Bradbury	Dyffryn Taf	8.13m
	8	Ryan Taylor	Lampeter	7.50m

<u>Javelin</u> <u>J 2 Boys</u>	1	George Gleeson	QE Cambria	32.25m
	2	Antoine Woodman	Emlyn	31.94m
	3	Rhys Webb	Bryngwyn	30.96m
	4	Morgan Scale	Taskers	30.26m
	5	Lenny Best	Milford	29.36m
	6	Lyn Jones	Lampeter	28.10m
	7	Aaron Morgan	Tregib	24.85m

	8	Alex	Totterdell	Gwendraeth	20.13m
<u>Discus</u>	1	Sean	Warren	Pembroke	24.56m
<u>J 2 Boys</u>	2	Llyr	Griffiths	Cardigan	21.35m
	3	Tom	Edwards	Maes yr Yrfa	21.10m
	4	Lee	Matthews	Dewi Sant	18.41m
	5	Gareth	Rees	Penweddig	17.67m
<u>Hammer</u>	1	James	Kaijaks	Pembroke	22.51m
<u>J 2 Boys</u>					
<u>High Jump</u>	1	Antoine	Woodman	Emlyn	1.50m
<u>J 2 Boys</u>	2	Llyr	Davies	Bro Myrddin	1.45m
	3	Gareth	Keen	QE Maridunum	1.45m
	4	Jordan	Hill	Pembroke	1.45m
	5	Scott	Candler	Dewi Sant	1.40m
	6	Patrick	Robinson	Penweddig	1.30m
	7	Liam	Hodge	Cardigan	1.30m
	8	Robin	Mills	Coedcae	1.25m
<u>Long Jump</u>	1	Tom	Coleman	Preseli	5.06m
<u>J 2 Boys</u>	2	Robin	Mills	Coedcae	4.69m
	3	Paul	O'Toole	QE Maridunum	4.61m
	4	Dylan	Morgan	Penglais	4.59m
	5	Gavin	Thomas	Bro Myrddin	4.59m
	6	Christian	Isaacs	Dyffryn Taf	4.44m
	7	Gareth	Caldona	Cardigan	4.20m
	8	Peter	Challis	St John Lloyd	4.16m
	9	Liam	Jones	Lampeter	4.04m
<u>Pole Vault</u>	1	Jamie	Stubbs	Milford	2.20m
<u>J 2 Boys</u>	2	Xien	Witt	Tregib	2.10m
	3	Ben	John	STP	1.90m
<u>Shot</u>	1	Jade	Pierce	Dyffryn Taf	8.49m
<u>J 2 Girls</u>	2	Lleucu	Phillips	Bro Myrddin	7.95m
	3	Kaiya	Mallaburn	Coedcae	7.89m
	4	Jade	Evans	Strade	7.83m
	5	Josie	Evans	Tregaron	7.65m
	6	Sophie	Wilkins	Taskers	7.58m
	7	Nikita	Mason	Bryngwyn	7.09m
	8	Angharad	Francis	Tregib	7.03m
	9	Jessica	Huddleston	Dewi Sant	6.85m
	10	Amy	Hubbard	Emlyn	6.27m
<u>Javelin</u>	1	Mary	Wilson	Dyffryn Taf	30.10m
<u>J 2 Girls</u>	2	Jemma	Rayner	Emlyn	19.84m
	3	Megan	Hicklang	Pembroke	19.80m
	4	Elin	Jones	Cardigan	17.25m
	5	Alex	Llewellyn	Lampeter	16.89m
	6	Jacqueline	Morgan	QE Cambria	16.77m
	7	Sophie	Wilkins	Taskers	15.76m
	8	Sarah	Morgan	Glanymor	14.33m
	9	Sara	Davies	QE Cambria	14.26m
	10	Lauren	Holt	Amman Valley	13.54m
	11	Verity	Owens	St John Lloyd	13.08m

	12	Sophie	Thomas	Greenhill	12.95m
<u>Discus</u>	1	Jade	Pierce	Dyffryn Taf	23.50m
<u>J 2 Girls</u>	2	Mary	Wilson	Dyffryn Taf	20.21m
	3	Josie	Biddulph	Tregaron	17.57m
	4	Chelsea	Phillips	Glanymor	16.98m
	5	Heled	James	Bro Myrddin	16.40m
	6	Kaiya	Mallaburn	Coedcae	16.30m
	7	Bobby	Wilson	Lampeter	15.76m
	8	Chrissy	Rees	Dewi Sant	15.42m
	9	Sian	Morris	Emlyn	12.37m

<u>High Jump</u>	1	Leonie	Evans	Greenhill	1.39m
<u>J 2 Girls</u>	2	Rhiannon	Thomas	Dyffryn Taf	1.30m
	3	Aneura	Phillips	Preseli	1.30m
	4	Sophie	Pick	Gwendraeth	1.25m
	5	Bethan	Devonald	Milford	1.25m
	6=	Harriet	Bergnonski	Penweddig	1.25m
	6=	Verity	Owens	St John Lloyd	1.25m
	8	Fay	Bolger	STP	1.20m

<u>Long Jump</u>	1	Leonie	Evans	Greenhill	4.39m
<u>J 2 Girls</u>	2	Caitlyn	Phillips	Strade	4.27m
	3	Danielle	Hanson	Amman Valley	4.20m
	4	Sophie	Pick	Gwendraeth	4.20m
	5	Melanie	Thomas	Lampeter	4.16m
	6	Shona	Humphreys	Bro Myrddin	4.14m
	7	Jessica	Huddleston	Dewi Sant	3.90m

<u>High Jump</u>	1	Glen	Eldson	Bro Myrddin	1.51m
<u>LJ Boys</u>	2	Adam	Layzell	Dyffryn Taf	1.40m
	3	Thomas	Brooks	Glanymor	1.40m
	4	Ryan	Millar	Taskers	1.35m
	5=	Dylan	Evans	Lampeter	1.35m
	5=	Sion	Davies	Bro Myrddin	1.35m
	7	Shane	Walsh	Milford	1.30m
	8	Rhys	Davies	Cardigan	1.25m
	9	Aran	Warren	Glanymor	1.25m
	10	Steffan	Freeman	Penglais	1.10m

<u>Long Jump</u>	1	Glen	Eldson	Bro Myrddin	4.76m
<u>LJ Boys</u>	2	Will	Curtis	STP	4.28m
	3	Evan	Jenkins	St Michaels	4.17m
	4	Ben	McNiff	St Michaels	4.14m
	5	Gwion	Evans	Lampeter	4.13m
	6	Steffan	Whitten	St John Lloyd	4.11m
	7	Dominic	Coleman	Pembroke	4.10m
	8	Joe	Morris	Preseli	4.10m
	9	Ifan	Hywel	Penweddig	3.98m
	10	Nathan	Chapman	Amman Valley	3.97m

<u>Shot</u>	1	Rheon	James	Bro Myrddin	10.29m
<u>LJ Boys</u>	2	Samson	Lee	Coedcae	9.89m
	3	Andrew	Davies	Emlyn	9.36m
	4	Alex	Aldwick	Dewi Sant	8.88m
	5	Christophe	Parker	Coedcae	8.50m

6	Andrew	Drakerey	Penweddig	8.49m
7	Johnathan	Gardener	Bro Myrddin	8.49m
8	Llewellyn	James	Bro Myrddin	7.70m
9	Nathan	Bowen	Cardigan	7.68m
10	Jason	Small	Pembroke	7.39m
11	Josh	Evans	Glanymor	7.07m

Javelin
LJ Boys

1	Rheon	James	Bro Myrddin	37.19m
2	Rhodri	Williams	Amman Valley	27.68m
3	Owain	Evans	Greenhill	25.54m
4	Gwilym	Pageley	Emlyn	24.62m
5	Dean	Coleman	Tregaron	23.28m
6	Geraint	Peters	Glanymor	22.38m
7	Luke	Treharne	St John Lloyd	22.12m
8	Rhys	Morris	Lampeter	15.82m

Pole Vault
LJ Boys

1	Emyr	Jones	Tregib	1.60m
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High Jump
LJ Girls

1	Ffion	Rees	Bro Myrddin	1.35m
2	Helen	While	Tregib	1.30m
3	Samantha	Thomas	Coedcae	1.25m
4	Catrin	Jones	Cardigan	1.25m
5	Alisha	Byenon	Strade	1.25m
6	Stephie	Campbell	Taskers	1.25m
7	Rhiannydd	Sion	Dyffryn Teifi	1.20m
8	Ceri	Jenkins	STP	1.15m
9=	Samantha	Lyons	Strade	1.05m
9=	Cerys	Davies	Pantycelyn	1.05m

Long Jump
LJ Girls

1	Ffion	Rees	Bro Myrddin	4.44m
2	Helen	While	Tregib	4.28m
3	Danielle	Price	Penweddig	4.19m
4	Laura	Penhallurick	QE Cambria	4.03m
5	Kara	Steadman	Coedcae	3.92m
6	Sophie	Rees	STP	3.79m
7	Kimberley	Ingram	Lampeter	3.78m
8	Hannah	Clement	Pembroke	3.76m
9	Abi	Slater	Cardigan	3.56m
10	Sophia	Coschignano	St John Lloyd	3.53m

Shot
LJ Girls

1	Zoe	McCall	Gwendraeth	8.17m
2	Abi	Slater	Cardigan	7.57m
3	Sadie	Flint	Glanymor	7.10m
4	Jade	Davies	Pembroke	7.04m
5	Jessica	Northcott	QE Cambria	6.69m
6	Emma	While	Tregib	6.66m
7	Gemma	Guerreiro	Greenhill	6.63m
8	Helen	Hughes	Dyffryn Teifi	6.57m
9	Zoe	Edwards	St John Lloyd	6.00m
10	Laura	Thomas	Emlyn	5.47m
11	Tara	Sherriff	Coedcae	5.45m

SB 400 Hurdles	F		1 Josh	Turnbull	Emlyn	64.4
SB 110 Hurdles	F		1 Steven	Boyles	Maes yr yrf	16.8
SB 3000m		Record	David Jones	8.47.2	2001	
	F		1 Gavin	Williams	Sir Gar	9.55.2
			2 Tom	White	Dewi Sant	9.55.5
SB 100m		Record	Jamie Henri	10.6	1994	
	F				w/s	-0.69
			1 Steffan	Davies	Llandoverly	12
			2 Robert	Mackrell	Emlyn	12.2
			3 Sam	Stalbow	Milford	12.3
			4 Owen	Thomas	CCTA	12.7
SB 2000 sc		Record	David Jones	6.16.9	2001	
	F		1 Lee	Ladd	Cardigan	6.09.3
SB 200m		Record	Stephen P	22.1	1975	
	F				w/s	-2.11
	F		1 Bruce	Tasker	Greenhill	22.4
	F		2 Sam	Stalbot	Milford	24.2
	F		3 Robert	Mackerell	Emlyn	24.4
	F		4 Owain	Butterworth	Stradey	28.5
SB 800m		Record	Neil Lewis	1.57.9	1994	
	F		1 Wynee	Evans	Cambria	2.00.1
	F		2 David	Cole	Dyffryn Tei	2.02.8
	F		3 Lee	Ladd	Cardigan	2.05.8
	F		4 Geraint	Ouldon	STP	2.07.6
	F		5 Phillip	Pocock	Emlyn	2.08.3
SB 400m		Record	Huw Banni	49.7	1997	
	F		1 Bruce	Tasker	Greenhill	50.1
	F		2 Alec	Jenkins	Coleg Sir C	52.2
	F		3 Matthew	Thomas	Maridunum	55.7
SB 1500m	F		1 David	Cole	Dyffryn Tei	4.20.4
			2 Jack	Davie	Aberaeron	4.20.7
			3 Phillip	Pocock	Emlyn	4.43.9

SG 100 Hurdles	F		1 Heather Jones Tregib	14.3
	F		2 Bethan Thomas Ceredigion	20.6
SG 3000m	F		1 Caryl Jones Bro Myrddi	10.47.3
SG 100m		Record	Gail Evans	12.3 1997
				w/s -0.41
	F		1 Heather Jones CCTA	12.7
	F		2 Bethan Thomas Lampeter	13.9
	F		3 Heledd Stephens Tregib	14.4
				w/s -0.69
SG 200m		Record	Gail Evans	25.7 1997
				w/s -4.97
	F		1 Heather Jones CCTA	26.4
	F		2 Caryl John Stradey	27.9
	F		3 Emma Simions STP	31.2
SG 800m		Record	Anwen Ow	2.21.8 1998
	F		1 Sara Beynon-ThStrade	2.38.9
	F		2 Caryl Davies Tregaron	3.05.5
SG 400m		Record	Angela Per	58.8 1977
	F		1 Caryl John Strade	64.1
	F		2 Caryl Davies Tregaron	72.8
	F		3 Emma Summons STP	74.7
SG 1500m	F		1 Becky Nicholas STP	6.17.6

MB 400Hurdles	F	1 Daniel	Davies	Tregib	65.3	
	F	2 Jamie	Steadman	Coedcae	68.6	
	F	3 Callum	McKrell	Emlyn	70.3	
MB 100 Hurdles		Record	Berian Dav	13.7	1989	
				w/s	0.1	
	F	1 Daniel	Evans	Amman Va	14.5	
	F	2 Tom	Burnell	Cardigan	15.6	
	F	3 Paul	Hodge	Greenhill	18.4	
	F	4 Jamie	Steadman	Coedcae	18.5	
MB 3000m	F	1 Tom	Kilpatrick	Pembroke	10.06.1	
	F	2 Irfon	Thomas	Lampeter	10.08.1	
	F	3 Graham	Price	Taskers	11.05.4	
MB 100m		Record	Stephen R	11	1988 w/s 0-.66	
	H1	1 Christian	Davies	Amman Va	11.9	
	H1	2 Luke	Dow	Pembroke	12	
	H1	3 Chris	Shehan	St Michael	12.1	
	H1	4 Llyr	Williams	Stradey	13.1	
		H2	1 Patrick	Viol	Taskers	12
		H2	2 Yanni	Garivaldis	Australia	12.2
		H2	3 Paul	Conway	Emlyn	12.5
		H2	4 Shafayat	Sohail	St Michael	12.7
		H2	5 Dayle	Watts	Coedcae	12.8
	MB 1500 SC		Record	Peter Warc	4.33.3	1976
		F	1 James	Barton	STP	5.19.7
		F	2 Rory	Blake	Tasker	5.40.7
F		3 Matt	Hagen	Guest	5.57.1	
MB 200m		Record	Stephen R	22.2	1988	
	H1	1 Daniel	Jones	Stradey	24.3	
	H1	2 Luke	Dow	Pembroke	24.6	
	H1	3 Gareth	Walters	Pant Celyn	25.2	
	H1	4 Rhys	Lewis	Pennedig	26.5	
		H2	1 Christian	Davies	Amman Va	24.4
		H2	2 Yanni	Grivaldis	Australia	25
		H2	3 Jack	Townsend	Cardigan	25.5
		H2	4 Harry	Smyth	Emlyn	26
	MB 800m		Record	Mark Britto	1.58.0	1978
		F	1 Matt	Gregory	Australia	2.10.7
		F	2 Chris	Evans	Penweddig	2.10.9
F		3 Anthony	Owens	Maridunun	2.12.9	
F		4 Michael	Davies	Coedcae	2.13.1	
F		5 Jordan	Fuge	St John Ll	2.16.7	
F		6 Tom	Kalpatrick	Pembroke	2.17.6	
F		7 Gareth	Peters	Glan Y Mor	2.21.0	
F		8 John	Gan	STP	2.21.3	
F	9 Steffan	Evans	Amman Va	2.24.8		
MB 400m		Record	Bruce Task	50.5	2004	

	H1	1 Matt	Gregory	Australia	57
	H1	2 Luke	Owen	Strade	57
	H1	3 Jason	Phillips	Australia	58.2
	H1	4 Mark	Bunford	Llandovery	60.7
	H2	1 David	Thomas	Tregaron	54.9
	H2	2 Craig	George	Pembroke	55
	H2	3 James	Isles	STP	55.4
MB 100m	F			w/s	-0.24
	F	1 Cristian	Davies	Amman Va	11.9
	F	2 Luke	Dow	Pembroke	11.9
	F	3 Patrick	Viol	Taskers	12
	F	4 Paul	Conway	Emlyn	12.2
	F	5 Shafayat	Sohail	St Michael	12.5
	F	6 Yanni	Garivaldis	Australia	12.7
MB 200m	F	1 Christian	Davies	Amman Va	23.9
	F	2 Luke	Dow	Pembroke	24
	F	3 Daniel	Jones	Strade	24.1
	F	4 Gareth	Walters	Pant	24.7
	F	5 Jack	Townsend	Cardigan	24.9
	F	6 Yanni	Garivaldis	Australia	25.4
MB 1500m	F	1 Daniel	Thomas	Bryngwyn	4.24.4
	F	2 Matthew	Brown	Greenhill	4.28.8
	F	3 Richard	Stephenson	Cambria	4.35.1
	F	4 Ben	Fernando	Emlyn	4.47.8
	F	5 Rhydian	Evans	Dyffryn Tei	4.51.4
	F	6 Gareth	Peter	Glan Y Mor	4.57.9
	F	7 Rori	Blake	Tasker	5.09.0
MB 400m	F	1 David	Thomas	Tregaron	53.5
	F	2 Craig	George	Pembroke	53.6
	F	3 Matt	Gregory	Australia	55.2
	F	4 Luke	Owen	Strade	56.8
	F	5 Jason	Phillips	Australia	57.5
	F	6 James	Isles	STP	59.6

MG 300 Hurdles

F	1 Caryll	Granville	Strade	44.6
F	2 Llinos	Cassidy	St Michael	46.6
F	3 Megan	Thomas	Bro Myrddi	47.7
F	4 Amanda	Evans	Raskers	54
F	5 Tania	Jones	Llandysul	61.1

MG 80H

	Record	Heather Jo	11.4	2003	
				w/s	-1.1
F	1 Caryll	Granville	Stradey	12.4	
F	2 Rebecca	Gatehouse	Aberaeron	12.6	
F	3 Megan	Thomas	Bro Myrddi	13.4	
F	4 Amanda	Evans	Tasker	13.5	
F	5 Samantha	Lewis	Pant Y Cel	15.4	
F	6 Catrin	Davies	Dyffryn Taf	16.2	

MG 3000m

F	1 Kaleigh	Brown	Tregib	10.41.6
	2 Kimberley	Richard	St Davids	13.30.0

MG 100m

	Record	Diane Thor	12	1976	
H1				w/s	0.79
H1	1 Hannah	Thomas	Lampeter	12.9	
H1	2 Cathy	Johnson	Preseli	14.1	
H1	3 Frankie	Goddard	St Davids	14.1	
H1	4 Rebecca	Goulding	Pant Celyn	14.2	
H1	5 Tamsin	Bowen	Coedcae	14.3	
				w/s	-0.33
H2	1 Rhiannon	Edwards	Tasker	13.3	
H2	2 Rebecca	Gatehouse	Aberaeron	13.5	
H2	3 Bethan	Lewis	Tregaron	13.6	
H2	4 Jenna	Francis	Tregib	13.8	
H2	5 Sarah	Morris-Joni	Cambria	13.9	

MG 200m

	Record	Michelle Jo	25.7	1994	
H1	1 Hannah	Thomas	Llanbed	26.4	
H1	2 Ffion	John	Stradey	29.4	
H1	3 Frankie	Goddard	St Davids	29.5	
H1	4 Sarah	Lunn	Pembroke	30.1	
H2	1 Llinos	Cassidy	St Michael	27.8	
H2	2 Allaw	Benyon-Th	Stradey	28.2	
H2	3 Bethan	Lewis	Tregaron	29.7	

MG 800m

	Record	Caroline M	2.21.0	1975	
F	1 Alaw	Beynon-Th	Strade	2.32.5	
F	2 Rhiannon	Roberts	Strade	2.45.4	
F	3 Chereen	Williams	Taskers	2.48.4	
F	4 Nia	Williams	STP	2.57.9	

MG 300m

	Record	Sian Brads	40.9	1992	
F	1 Hannah	Pick	Gwendraet	43.2	
F	2 Katie	Parks	Lampeter	43.7	
F	3 Megan	Thomas	Bro Myrddi	46.7	
F	4 Tania	Jones	Llandyssul	50.8	

MG 100m				w/s	0.22
	F	1 Hannah	Thomas	Lampeter	12.9
	F	2 Rhiannon	Edwards	Tasker	13.1
	F	3 Rebecca	Gatehouse	Aberaeron	13.4
	F	4 Bethan	Lewis	Tregaron	13.7
	F	5 Frankie	Goddard	Dewi Sant	14
	F	6 Cathy	Jackson	Preseli	14.1
MG 200m	F	1 Hannah	Thomas	Lampeter	26.2
	F	2 Llinos	Cassidy	St Michael	27.2
	F	3 Allaw	Beynon-Th	Strade	28
	F	4 Frankie	Goddard	Dewi Sant	29.3
	F	5 Ffion	John	Strade	30.3
MG 1500m	F	1 Rachel	Marfleet	Aberaeron	4.56.8
	F	2 Carys	Howells	Strade	5.35.2
	F	3 Sarah	Coombes	Amman Va	5.40.3
	F	4 Sam	Thomas	St Davids	5.47.2
	F	5 Charlotte	Gaddem	STP	6.07.5

JB3 80 Hurdles		Record	Graham Tr	11.6	1992	
					w/s	-0.5
	F		1 Dafydd Walters		Cambria	12.3
	F		2 Luke Rees		Coedcae	12.7
	F		3 Chris Hanson		Greenhill	13.3
	F		4 Carwyn Jones		Bro Myrddi	14.3
	F		5 Mark Lloyd		Coedcae	14.3
JB3 100m		Record	Jamie Heni	10.9	1993	
					w/s	-1.04
	H1		1 Mitchell Cooper		Australia	12.1
	H1		2 Kueni Igbagri		St Michael's	12.2
	H1		3 Sam Pettet		STP	12.5
	H1		4 Mark Lloyd		Coedcae	12.7
	H1		5 Ab Hawkins		Pembroke	13.3
					w/s	-0.62
	H2`		1 Josh Smart		Milford	12.2
	H2`		2 Andy Lee		Australia	12.5
	H2`		3 Rhys Gingall		Coedcae	12.5
	H2`		4 Dorian Coleman		Tregaron	12.7
	H2`		5 Scott Roderick		Tregib	13
JB3 200m		Record	Richard Bu	24.1	1988	
	F		1 Tom Bullint		Milford	25.4
	F		2 Sam Petter		STP	25.4
	F		3 Josh Madden		Cambria	25.9
	F		4 Tom Morgan		Cardigan	26.1
	F		5 Matthew May		Cambria	26.4
JB3 800m		Record	Mark Britto	2.05.1	1978	
	F		1 Chris Heesom		Greenhill	2.08.3
	F		2 Tom Northcott		Cambria	2.09.3
	F		3 Lee Rees		Tregib	2.18.8
JB3 400m		Record	Lewis Rich	55	1990	
	H1		1 Andy Lee		Australia	55.8
	H1		2 Callum Mason		Bryngwyn	56.7
	H1		3 Tom Northcott		Cambria	57.5
	H1		4 Dafydd Nicholas		Tregib	70.9
	H2		1 Iwan George		Tregaron	57.3
	H2		2 Abderamor Hockin		Pembroke	58.5
	H2		3 Steffen Lenpke-ElnPreseli			62.9
JB3 100m	F		1 Mitchell Cooper		Australia	12.2
	F		2 Josh Smart		Milford	12.3
	F		3 Kueni Ibagin		St Michael's	12.3
	F		4 Sam Petitt		STP	12.4
	F		5 Rhys Gimgell		Coedcae	12.4
	F		6 Dorian Coleman		Tregaron	12.5
	F		7 Mark Lloyd		Coedcae	12.6
	F		8 Andy Lee		Australia	17.3
JB3 1500m	F		1 Dewi Griffiths		Tregib	4.16.5
	F		2 Geraint Mansfield		Cambria	4.31.2
	F		3 Adam Bitchell		Penweddig	4.32.8

	F	4 Rhys	Evans	Tregib	5.04.2
	F	5 Donato	Quinn	Milford	5.09.3
JB3 400m	F	1 Andrew	Lee	Australia	56.1
	F	2 Iwan	George	Tregaron	57.9
	F	3 Tom	Northcott	Cambria	58.4
	F	4 Ab	Hockin	Pembroke	58.9
	F	5 Steffan	Lemkeelms	Preseli	63.1

JG3 75 Hurdles	Record	Heather Jo	11.1	2001	
				w/s	-1.3
H1		1 Amy	Rowland	Milford	12.4
H1		2 Charlotte	Johnson	Greenhill	14.9
H1		3 Lucy	Cobain	Emlyn	15.5
H1		4 Heini	Evans	Stradey	16.3
				w/s	-1.5
H2		1 Catherine	Goldsmith	Cambria	12.6
H2		2 Nesta	Thomas	Bro Myrddi	12.9
H2		3 Beth	Miller	Tasker	12.9
H2		4 Donna	Jones	Coedcae	13.2
H2		5 Natalie	Eddey	Glan Y Mor	17.1

JG3 75 Hurdles	Record	Heather Jo	11.1	2001	
				w/s	-1.86
F		1 Amy	Rowland	Milford	12.4
F		2 Catherine	Goldsmith	Cambria	12.5
F		3 Nesta	Thomas	Bro Myrddi	12.9
F		4 Donna	Jones	Coedcae	13.4
F		5 Beth	Miller	Taskers	14.2
F		6 Chantelle	Johnson	Greenhill	14.6
F		7 Lucy	Cobain	Emlyn	15.7
F		8 Heini	Evans	Stradey	16.3

JG3 100m	Record	Danielle Se	12.3	1998	
				w/s -.96	
F		1 Hannah	Jones	Stradey	12.8
F		2 Betsan	Morgan	Tregaron	13.6
F		3 Amy	Rowland	Milford	13.9
F		4 Elinor	Williams	Dewi Sant	13.9
F		5 Eleri	Jones	Taskers	13.9
F		6 Mererid	Hughes	Pant	14

JG3 200m	Record	Heather Jo	26.1	2001	
H1		1 Jessica	Griffiths	STP	29.2
H1		2 Tara	Evans	Greenhill	30.4
H1		3 Nia	Herbert	Coedcae	30.8
H1		4 Jodie	Warlow	Dyffryn Taf	31.8
H2		1 Hannah	Jones	Stradey	26.7
H2		2 Jenny	Rimmer	Tasker	28.4
H2		3 Hayley	Rees	Tregaron	28.5
H2		4 Mererid	Hughes	Pant Celyn	29.5
H2		5 Sarah	Griffiths	Cardigan	30.2

JG3 800m	Record	Lucy Thom	2.18.1	1999	
F		1 Hayley	Rees	Tregaron	2.37.7
F		2 Bethan	Jones	Strade	2.39.5
F		3 Eleri	Jones	Tasker	2.39.7
F		4 Natalie	Davies	Coedcae	2.39.8
F		5 Kay	Guest	Dewi Sant	2.48.8
F		6 Rhian	Price-Davie	Pontycelyn	2.51.7
F		7 Sarah	Hall	Emlyn	2.59.8

JG3 1500m	F	1 Katie	Walker	Milford	5.53.2
F		2 Sally	Smithson	Taskers	6.00.4

	F	3 Alex	Pierce	Dyffryn Taf	6.10.0
	F	4 Amy	Herbert	Coedcae	6.26.5
JG3	F	1 Hannah	Jones	Strade	26.2
	F	2 Hayley	Rees	Tregaron	28.1
	F	3 Jessica	Griffiths	STP	28.6
	F	4 Jenny	Rimmer	Tasker	29.2
	F	5 Meredid	Hughes	Pant	29.4
	F	6 Tara	Evans	Greenhill	29.7

JB2 80 Hurdles	Record	Berian Dav	12.4	1986	
				w/s	-1.3
F		1 Rhys Webb	Bryngwyn		12.7
F		2 Antoine Woodman	Emlyn		13.2
F		3 Tom Coleman	Preseli		13.6
F		4 Robin Mills	Coedcae		15.3
F		5 Daniel Reese	Tasker		15.7
F		6 Aled Tucker	Cardigan		15.8
F		7 Adam Hann	Bro Myrddi		15.8
F		8 Mike Thomas	Tregaron		15.9

JB2 100m	Record	Derwyn Ov	11.6	1988	
				w/s	-0.56
F		1 Tom Coleman	Preseli		12.4
F		2 Daniel Rosser	Tregib		12.7
F		3 James Green	Emlyn		12.9
F		4 Chris Morris	Amman Va		12.9
F		5 Tom Ellis-Williar	Maes Yr Yr		13.2
F		6 Gerwyn Slingop	Penglas		13.6
F		7 Geraint James	Aberteifi		13.6

JB2 200m	Record	Derwyn Ov	24.2	1988	
F		1 James Green	Emlyn		26.4
F		2 Chris McCafferty	Tregib		26.6
F		3 Daniel Rosser	Tregib		27.4
F		4 Damien Bradbury	Dyffryn Taf		27.6
F		5 Kennedy Tsang	Fishguard		28.2
F		6 Simon Hooper	Pembroke		28.3

JB2 800m	Record	David Row	2.17.5	1988	
F		1 Gerwyn Springer	Penglais	2.24.0	
F		2 Lewis Ankers	Lampeter	2.29.6	

JB2 400m	Record	Wayne Will	58.6	1989	
F		1 Chris McCafferty	Tregib		61.5
F		2 Daniel Gilbert	Cambria		62.7
F		3 Thomas Bowen	St John Llc		65.7
F		4 Max Wilkinson	Emlyn		66.1
F		5 Daniel Evans	Tregaron		68.5

JB2 1500m	F	1 Joshua Harries	Penweddig	4.47.6	
F		2 Llewellyn Lloyd	Aberaeron	5.03.6	
F		3 Thomas Glover	STP	5.07.6	
F		4 Josh Davies	Tregaron	5.11.3	
F		5 Sean Newman	Bryngwyn	5.11.5	
F		6 Jack Jones	Preseli	5.14.5	
F		7 Nathan Toft	Glan Y Mor	5.26.2	
F		8 Lewis Thomas	Bro Myrddi	5.29.4	
F		9 Rhys Smith	Gwendraet	5.32.4	

JG2 75 Hurdles	H1	Record	Heather Jones	11.8	2000	
					w/s	-1.1
	H1		1 Sophie	Pick	Gwendraet	13.6
	H1		2 Leah	Hargreave	Lampeter	15.1
	H1		3 Kelsey	Williams	Coedcae	15.5
	H1		4 Katie	Evans	Tasker	16.2
					w/s	-1.1
	H2		1 Katherine	Phillips	Stradey	13.6
	H2		2 Leoni	Evans	Greenhill	13.9
	H2		3 Katie	Robinson	Amman Va	14.3
	H2		4 Megan	Rogers	Dyffryn Taf	15.7
	H2		5 Jessica	Huddlestor	Dewi Sant	15.9

JG2 75 Hurdles	H1	Record	Heather Jones	11.8	2000	
					w/s	-0.64
	F		1 Sophie	Pick	Gwendraet	13.2
	F		2 Caitrin	Phillips	Stradey	13.3
	F		3 Katie	Robinson	Amman Va	13.9
	F		4 Leoni	Evans	Greenhill	13.9
	F		5 Jessica	Huddlestor	Dewi Sant	14.5
	F		6 Leah	Hargreave	Lampeter	14.9
	F		7 Kelsey	Williams	Coedcae	15
	F		8 Megan	Rogers	Dyffryn Tei	15.8

JG2 100m		Record	Emily Mitchell	12.6	2004	
					w/s	-0.28
	H1		1 Holly	Roderick	Cambria	13.4
	H1		2 Elin	Hughes	Stradey	14.1
	H1		3 Emma Jayne	Walters	Tasker	14.2
	H1		4 Aisha	Aroussi	Lampeter	14.1
					w/s	-0.22
	H2		1 Sharne	Davies	Milford	14
	H2		2 Sophie	Morgan	Bro Myrddi	14.1
	H2		3 Charlotte	Thomas	Tregib	14.2
	H2		4 Kaiya	Mallaburm	Coedcae	14.2
	H2		5 Elin	Thomas	Dyffryn Tei	14.5

JG2 200m		Record	Hannah Jones	26.3	2004	
	H1		1 Charlotte	Thomas	Tregib	29.6
	H1		2 Eneuria	Phillips	Preseli	29.8
	H1		3 Aishya	Aroussi	Lampeter	30.3
	H1		4 Emma Jayne	Walters	Tasker	30.3
	H1		5 Emma	Jones	Stradey	30.9
	H1		6 Lexine	Williams	St John Llc	32.8
	H2		1 Holly	Roderick	Maridunum	27.7
	H2		2 Sian	Davies	Milford	29.5
	H2		3 Sioned	Howells	Stradey	29.8
	H2		4 Sophie	Morgan	Bro Myrddi	30
	H2		5 Elin	Thomas	Dyffryn Tei	31.5
	H2		6 Sioned	Davies	Tregaron	31.5

JG2 800m		Record	Marie Jones	2.25.7	1987	
	F		1 Carys	Leiftley	Emlyn	2.44.6
	F		2 Sophie	Thomas	Greenhill	2.46.7
	F		3 Sioned	Davies	Tregaron	2.47.6

F	4 Lowri	Thomas	Amman Va	2.47.7
F	5 Zoe	Russel	STP	2.48.1
F	6 Sion	Trace	Amman Va	2.49.8
F	7 Gemma	Green	Pant	2.50.8
F	8 Elin	Hughes	Strade	2.51.3
F	9 Eve	Jonston	Lampeter	2.57.5
F	10 Olivia	Osborne	Taskers	2.57.8

JG2 100m	Record	Emily Mitchell	12.6	2004	
				w/s	-1.06
F	1 Holly	Roderick	Maridunun		13.5
F	2 Sophie	Morgan	Bro Myrddi		14.1
F	3 Elin	Hughes	Strade		14.1
F	4 Sian	Davies	Milford		14.1
F	5 Kaiya	Mallaburn	Coedcae		14.2
F	6 Charlotte	Thomas	Tre Gib		14.3
F	7 Emma Jayne	Walters	Yasker		14.5
F	8 Aisha	Aroussi	Lampeter		14.7

JG2 1500m	F	1 Angharad	Davies	Llandoverly	5.05.9
	F	2 Fay	Boulger	STP	5.23.4
	F	3 Elinor	Thoroughg	Penglais	5.23.9
	F	4 Aneura	Phillips	Preseli	5.26.2
	F	5 Sioned	Howells	Strade	5.39.8
	F	6 Rebecca	Ansel	Penreddig	5.43.6
	F	7 Angharad	Roberts	Bro Myrddi	5.49.9
	F	8 Elin	Jones	Aberteifi	5.55.7
	F	9 Felicity	White	Pant	6.16.5
	F	10 Emily		Glan Y Moir	6.18.6

JG2 200m	F	1 Holly	Roderick	Maridunum	27.5
	F	2 Sian	Davies	Milford	29.2
	F	3 Sioned	Howells	Strade	29.6
	F	4 Sophie	Morgan	Bro Myrddi	29.8
	F	5 Aneira	Phillips	Preseli	29.9
	F	6 Charlotte	Thomas	Tregaron	29.9

JB1 75H	Record	Nico Algier	12.3	1994	
				w/s	-0.1
H1		1 Leon	Fletcher	Amman Va	13.5
H1		2 Gareth	Thomas	STP	13.6
H1		3 Alex	Rother	Coedcae	15.5
H1		4 Ian	Holman	Tregrib	16.8
				w/s	-0.1
H2		1 Thomas	Brookes	Glan Y Mor	13.8
H2		2 Andrew	Davies	Emlyn	13.8
H2		3 Lloyd	Williams	St Michael	14.9
H2		4 Joseph	Keff	Taskers	15
H2		5 Rhys	Lewis	Ysgol BroC	15.6

JB1 75H	Record	Nico Algier	12.3	1994	
				w/s	-1.43
F		1 Gareth	Thomas	STP	13.4
F		2 Leon	Fletcher	Amman Va	13.4
F		3 Thomas	Brookes	Glan Y Mor	13.6
F		4 Andrew	Davies	Emlyn	13.7
F		5 Joseph	Keff	Taskers	15.9
		6			20.8

JB1 100m	Record	Derwyn Ov	12.6	1987 w/s 0-.43	
H1		1 Leon	Fletcher	Amman Va	13.8
H1		2 Thomas	Brookes	Glan Y Mor	13.8
H1		3 Nathan	Mounter	Pembroke	13.9
H1		4 Adam	Lazell	Dyffryn Taf	14.2
H1		5 Ifan	Howell	Penneddoc	14.3
H1		6 Alex	Aderwick	St Davids	14.5
H2		1 Evan	Jenkins	St Michael's	13.5
H2		2 Lewis	Evans	Tregaron	13.6
H2		3 Josh	Rowlands	Stradey	13.6
H2		4 Andrew	Davies	Emlyn	13.7
H2		5 Thomas	Cuffe	Taskers	13.9

JB1 200m	Record	Jamie Dalt	27.3	1992	
H1		1 Jordan	Martin	St Michael	29.4
H1		2 Liam	Lynch	STP	29.6
H1		3 Adam	Lazell	Dyffryn Taf	29.9
H1		4 Lewis	Evans	Tregaron	30
H2		1 Andrew	Drakely	Penneddig	27.6
H2		2 Josh	Rowlands	Stradey	28.6
H2		3 Leon	Fletcher	Amman Va	28.8
H2		4 Thomas	Brookes	Glan Y Mor	29.1
H2		5 Nathan	Mounter	Pembroke	30.6

JB1 800m	Record	Jason Mur	2.19.7	1986	
F		1 Luke	Parker	Cardigan	2.29.4
F		2 Jordan	Martin	St Michael's	2.37.6
F		3 Luke	Hioirns	Bryngwyn	2.38.5
F		4 Matthew	Richards	STP	2.41.6
F		5 Oliver	Davies	Dewi Sant	2.42.1
F		6 Kristian	Jenkins	Strade	2.43.7
F		7 Ben	Lake	Lampeter	2.47.1

F	8	Liam	Price	Dyffryn Taf	2.47.9
F	9	Gareth	Evans	Tregib	2.49.3
F	10	Harry	Stad	Aberaeron	2.51.1

JB1 100m	Record	Derwyn Ov	12.6	1987	
				w/s	-2.53
F	1	Josh	Rowlands	Strade	13.7
F	2	Eva	Jenkins	St Michael	13.7
F	3	Leon	Fletcher	Amman Va	13.7
F	4	Lewis	Evans	Tregaron	13.8
F	5	Andrew	Davies	Emlyn	13.9
F	6	Nathan	Mounter	Pembroke	14.1
F	7	Thomas	Cuff	Taskers	14.2
F	8	Thomas	Brooks	Glan Y Mor	14.3

JB1 200m	F	1	Andrew	Drakeley	Penreddig	27.4
	F	2	Leon	Fletcher	Amman Va	28.2
	F	3	Josh	Rowlands	Strade	28.4
	F	4	Liam	Lynch	STP	29
	F	5	Jodan	Martin	ST Michael	29

JG1 70 Hurdles	Record	Danielle Se	11.8	1996	
				w/s	-0.4
H1	1	Carol Steadman	Coedcae		13.5
H1	2	Ffion Rees	Amman Va		13.8
H1	3	Megan Williams	Milford		14.1
H1	4	Ursula Cooke	Dyffryn Tei		14.4
				w/s	-0.3
H2	1	Ffion Rees	Bro Myrddir		12.8
H2	2	Leah Parry	Taskers		13.1
H2	3	Nia Richards	Amman Va		13.5
H2	4	Autumn Gayle	Lampeter		13.6
H2	5	Samantha Thomas	Coedcae		14.2

JG1 70 Hurdles	Record	Danielle Se	11.6	1996	
				w/s	-1.15
F	1	Ffion Rees	Bro Myrddi		12.7
F	2	Leah Parry	Tasker		12.9
F	3	Ffion Rees	Amman Va		13.2
F	4	Carol Steadman	Coedcae		13.3
F	5	Megan Williams	Milford		13.5
F	6	Autumn Gayle	Lampeter		13.7
F	7	Nia Richards	Amman Va		14

JG1 100m	Record	Anna McGr	12.8	1994	
				w/s	-2.39
H1	1	Ffion Rees	Amman Va		14.6
H1	2	Sophie Rees	STP		14.6
H1	3	Angharad Davies	Stradey		14.8
H1	4	Danielle Price	Penweddig		15.4
				w/s	-0.66
H2	1	Laura Pemhalluric	Cambria		13.9
H2	2	Hayley Ferrier	Pembroke		13.9
H2	3	Elin Hopkins	Stradey		14.5
H2	4	Nia Jones	Bro Myrddi		15.1

JG1 200m	Record	Mannon Ri	27.9	1979	
H1	1	Hannah Clements	Pembroke		30.3
H1	2	Ffion Rees	Amman Va		30.7
H1	3	Sioned Rees	Tregaron		32.2
H1	4	Alicia Beynon	Stradey		33.9
H2	1	Laura Penhalleric	Cambria		29.3
H2	2	Abi Slater	Cardigan		31.3
H2	3	Carol Steadman	Coedcae		32.7
H2	4	Jade Garner	Amman Va		32.9

JG1 800m	Record	Marie Jones	2.23.0	1986	
F	1	Ffion Rees	Bro Myrddi	2.39.2	
F	2	Nia Davies	Abertiefi	2.39.2	
F	3	Freya Rhys-Jones	St Michael	2.41.3	
F	4	Nia Thomas	Dyffryn Taf	2.47.2	
F	5	Jenny Brock	Taskers	2.48.2	
F	6	Portia Rhys-Jones	St Michael	2.49.1	
F	7	Amy Kander	STP	2.53.8	
F	8	Cary Ann Scudermor	Llandovery	2.54.0	

JG1 100m	Record	Anna McGr	12.8	1994	
				w/s	-1.58
F		1 Hayley	Ferrier	Pembroke	13.9
F		2 Laura	Penhalluric	Cambria	14
F		3 Ffion	Rees	Amman Va	14.6
F		4 Nia	Jones	Bro Myrddi	14.6
F		5 Sophie	Rees	STP	14.7
F		6 Elin	Hopkins	Strade	14.7
F		7 Helen	Hughes	Dyffryn Tei	14.7
F		8 Angharad	Davies	Strade	14.8
JG1 200m	F	1 Laura	Penhalluric	Cambria	28.7
F		2 Hannah	Clements	Pembroke	30.1
F		3 Ffion	Rees	Amman Va	30.1
F		4 Abby	Slater	Cardigan	31.3
F		5 Kerra	Steadman	Coedea	32.1
F		6 Sioned	Rees	Tregaron	32.2