

Cwpan NASUWT CYMRU CUP – The Charlie Hughes Track & Field Trophy, Brecon, Wednesday, July 11th 2007**U16 Boys**

1	Cwm Rhymini	Glamorgan V	80
2	Whitchurch	Cardiff & Vale	71.5
3=	Darland	NE Wales	69
3=	Preseli	Dyfed	69
5	Brynmawr	SE Wales	60
6	Llanidloes	Powys	50.5
7	Olchfa	Afan NT	41
8	Brynrefail	Eryri	39

100:

1	2	Tomas Coleman	Preseli	11.2	BP
2	5	Nicholas Hogg	Cwm Rhymini	11.8	
3	1	Tom Govern	Darland	11.9	
4	3	Alex Bull	Brynmawr	12.0	
5	7	Abul Miah	Whitchurch	12.1	
6	6	David Johnson	Llanidloes	12.1	
7	4	Luke Fleming	Brynrefail	12.3	
8	8	James Craven	Olchfa	12.7	

200:

1	2	Joseph Morris	Preseli	24.4	
2	5	Luke Morgan	Cwm Rhymini	24.6	
3	8	Toby Davies	Olchfa	24.8	
4	7	Paul Myers	Whitchurch	25.0	
5	1	Matthew Shields	Darland	25.1	
6	6	Adam Price	Llanidloes	25.3	
7	3	Rhys Morgan	Brynmawr	25.7	
8	4	Rhys McQuire Jones	Brynrefail	25.8	

300:

1	7	Eliot Jones	Whitchurch	37.7	
2	2	Thomas Powell	Preseli	38.4	
3	6	Edward Raprager	Llanidloes	38.7	
4	5	Josh Ramsey	Cwm Rhymini	39.1	
5	1	Louis Roberts	Darland	39.8	
6	3	Grant Carney	Brynmawr	40.0	
7	8	Christian Williams	Olchfa	41.1	
8	4	Aled Hughes	Brynrefail	41.5	

800:

1	3	Aron Williams	Brynmawr	2:13.1	
2	7	Nathan Lewis	Whitchurch	2:15.3	
3	1	Andy Moss	Darland	2:17.3	
4	4	Ezra Warren	Brynrefail	2:17.6	
5	6	Dale Hughes	Llanidloes	2:19.3	
6	5	James Churchill	Cwm Rhymini	2:21.0	
7	8	Sam Rose-Miles	Olchfa	2:24.1	
8	2	Osian Wyn	Preseli	2:36.3	

1500:

1	4	Llion Jones	Brynrefail	4:33.6	
2	1	Rob Jones	Darland	4:38.7	
3	7	Abdi Yuseff	Whitchurch	4:39.9	
4	8	Jonathon Davies	Olchfa	4:46.3	
5	5	Owain Chick	Cwm Rhymini	4:48.1	
6	2	Jack Jones	Preseli	4:48.5	
7	3	Stefan Thomas	Brynmawr	4:53.1	
8	6	Daniel Williams	Llanidloes	5:04.1	

80H:

1	1	Lloyd Hart	Darland	12.2	
2	5	Rhydian Wilson	Cwm Rhymini	12.2	
3	6	Matthew Toms	Llanidloes	12.4	
4	3	Sam Perkins	Brynmawr	12.6	
5	2	Lloyd Thomas	Preseli	13.0	
6	8	Ben Jones	Olchfa	13.1	
7	7	Scott Curtis	Whitchurch	13.2	

HJ:

1	1	Lloyd Hart	Darland	1.65	
2	4	Tomos Owen	Brynrefail	1.65	
3	8	Ben Jones	Olchfa	1.65	
4	2	Shane King	Preseli	1.60	
5	5	Nicholas Horne	Cwm Rhymini	1.55	
6	3	Conor Price	Brynmawr	1.50	
7=	6	Gareth Pugh	Llanidloes	1.50	
7=	7	Andrew Jenkins	Whitchurch	1.50	

LJ:

1	2	Tomas Coleman	Preseli	5.91	
2	7	Alex Cooke	Whitchurch	5.79	
3	3	Tom Parry	Brynmawr	5.17	
4	5	Josh Ramsey	Cwm Rhymini	5.17	
5	1	Dan MacDonald	Darland	5.09	
6	8	Daniel Alfei	Olchfa	4.85	
7	6	Adam Price	Llanidloes	4.64	
8	4	Gethin Maxwell	Brynrefail	4.53	

TJ:

1	7	Elliot Jones	Whitchurch	12.14	
2	5	Sion Jones	Cwm Rhymini	12.04	
3	1	Jack Morgan	Darland	12.03	
4	8	Jamie Fletcher	Olchfa	11.76	
5	3	Rhys Morgan	Brynmawr	11.39	
6	2	Robert Llewellyn	Preseli	11.09	
7	6	Ben Williams	Llanidloes	10.50	
8	4	Llion Jones	Brynrefail	10.36	

SP:

1	5	Rhydian Wilson	Cwm Rhymini	12.99	
2	6	Alex Bacigalupo	Llanidloes	11.82	
3	3	Tom Baugh	Brynmawr	10.90	
4	4	Dafydd Ngaia	Brynrefail	10.44	
5	1	Brad Roberts	Darland	9.91	
6	7	Jamie Deabreu	Whitchurch	9.84	
7	2	Owain John	Preseli	9.82	
8	8	Jake Marks	Olchfa	9.44	

DT:

1	5	Gethin Evans	Cwm Rhymini	31.60	
2	6	James Luty	Llanidloes	31.25	
3	3	Chris Bufton	Brynmawr	29.23	
4	4	Rhys McQuire Jones	Brynrefail	27.01	
5	7	Kyle Deek	Whitchurch	26.27	
6	2	Lloyd Thomas	Preseli	25.93	
7	8	Alex Kazemi	Olchfa	24.68	
8	1	David Lloyd	Darland	22.02	

JT:

1	7	Josh Gibbs	Whitchurch	37.04	
2	3	Greg Thomas	Brynmawr	36.27	
3	5	Brandon Thorpe	Cwm Rhymini	35.97	
4	2	Nathan Lloyd	Preseli	33.07	
5	6	Ben Hale	Llanidloes	32.73	
6	1	Tom Govern	Darland	31.62	
7	8	Herrod Everest	Olchfa	30.61	
8	4	Aled Rhys Hughes	Brynrefail	30.50	

Rel:

1	2	Preseli	Dyfed	46.3	
2	5	Cwm Rhymini	Glamorgan V	47.0	
3	1	Darland	NE Wales	47.2	
4	7	Whitchurch	Cardiff & Vale	47.3	
5	6	Llanidloes	Powys	48.2	
6	8	Olchfa	Afan NT	48.5	
7	3	Brynmawr	SE Wales	48.6	
8	4	Brynrefail	Eryri	49.3	

Cwpan NASUWT CYMRU CUP – The Charlie Hughes Track & Field Trophy, Brecon, Wednesday, July 11th 2007**Under 14 Boys**

1	Bro Morgannwg	Cardiff & Vale	86.5
2=	Cwm Rhymni	Glamorgan	76
2=	Croesyceiliog	SE Wales	76
4	Eirias	Eryri	57
5	Maelor Penley	NE Wales	55
6	Gwyr	Afan NT	47
7	Bro Myrddin	Dyfed	46.5
8	Maesydderwen	Powys	36

100:

1	3	Kyle Lin	Croesyceiliog	12.2
2	2	Daniel Howells	Bro Myrddin	12.6
3	1	Jordan Cartwright	Maelor Penley	12.7
4	6	Jethro Byatt	Maesydderwen	12.7
5	7	Tom Perry	Bro Morgannwg	12.8
6	4	Nathan Roberts	Eirias	13.6
7	5	David Thomas	Cwm Rhymni	13.7
8	8	Ryan Williams	Gwyr	13.7

200:

1	7	Ben Harding	Bro Morgannwg	23.9	BP
2	5	Rhys Williams	Cwm Rhymni	24.4	
3	3	Adam Hulme	Croesyceiliog	24.9	
4	6	Saminel Davies	Maesydderwen	25.5	
5	4	Thomas Hindley	Eirias	26.1	
6	1	Simon Bentley	Maelor Penley	26.5	
7	2	Gareth Owens	Bro Myrddin	27.6	
8	8	Cerii Morgans	Gwyr	28.1	

300:

1	7	Lloyd Martin	Bro Morgannwg	41.7
2	1	Adam Williams	Maelor Penley	42.0
3	6	Joshua Evans	Maesydderwen	43.5
4	4	Stephen Jackson	Eirias	43.6
5	8	Sion Rosser	Gwyr	43.8
6	2	Daniel Thomas	Bro Myrddin	44.3
7	5	Luke Buckley	Cwm Rhymni	44.7
8	3	Jack Thomas	Croesyceiliog	45.5

800:

1	8	Rhys Thomas	Gwyr	2:28.3
2	2	Gethin Howells	Bro Myrddin	2:30.0
3	3	Danny Jones	Croesyceiliog	2:30.7
4	7	Einan Scott	Bro Morgannwg	2:32.9
5	4	Michael Hodgson	Eirias	2:33.7
6	5	Alex Knott	Cwm Rhymni	2:35.2
7	1	James Roberts	Maelor Penley	2:36.2
8	6	Dominic Jones	Maesydderwen	2:47.2

1500:

1	5	Morgan Roberts	Cwm Rhymni	4:59.1
2	1	Callum Gwatkin	Maelor Penley	5:07.7
3	7	Tiernan Scott	Bro Morgannwg	5:08.3
4	4	Thomas Earley	Eirias	5:10.2
5	2	Ronan Llyr	Bro Myrddin	5:12.9
6	3	Nathan Ellis	Croesyceiliog	5:22.7
7	8	Ashley Curtis	Gwyr	5:26.1
8	6	Tom Collins	Maesydderwen	5:39.2

75H:

1	5	Geraint Edwards	Cwm Rhymni	12.4
2	4	Dion Jones	Eirias	12.5
3	3	Scott Cole	Croesyceiliog	12.5
4	7	Sam Norman	Bro Morgannwg	12.8
5	8	Matthew Hughes	Gwyr	13.4
6	6	Jonathon Hapgood	Maesydderwen	13.6
7	2	Lewis Davies	Bro Myrddin	14.8
8	1	Sam Rogers	Maelor Penley	15.6

HJ:

1	3	Adam Hulme	Croesyceiliog	1.40
2=	2	Sean Bergiers	Bro Myrddin	1.40
2=	7	Jason Butcher	Bro Morgannwg	1.40
4	1	Simon Bentley	Maelor Penley	1.35
5	8	Ryan Williams	Gwyr	1.35
6	5	Rhys Thomas	Cwm Rhymni	1.35
7	4	Dion Jones	Eirias	1.30
6	6	Nathan Cornelius	Maesydderwen	NH

LJ:

1	3	Kyle Lin	Croesyceiliog	5.42
2	5	Rhys Williams	Cwm Rhymni	5.24
3	4	Nathan Roberts	Eirias	5.17
4	7	Sam Norman	Bro Morgannwg	4.97
5	1	Jordan Cartwright	Maelor Penley	4.78
6	2	Daniel Howells	Bro Myrddin	4.70
7	6	Jethro Byatt	Maesydderwen	4.44
8	8	Rhys Thomas	Gwyr	4.38

TJ:

1	5	Luke Kemp	Cwm Rhymni	9.99
2	8	Mathew Hughes	Gwyr	9.73
3	7	Zac Deere	Bro Morgannwg	9.65
4	4	Thomas Hindley	Eirias	9.50
5	1	Mark Matthews	Maelor Penley	9.33
6	6	Joshua Evans	Maesydderwen	9.01
7	2	Steffan Davies	Bro Myrddin	8.47
8	3	Alex Davies	Croesyceiliog	7.40

SP:

1	7	Ben Harding	Bro Morgannwg	13.04
2	4	Zak Trevor	Eirias	10.51
3	5	Jordan Madden	Cwm Rhymni	10.50
4	3	John Stark	Croesyceiliog	10.37
5	1	Matthew Ecclestone	Maelor Penley	9.87
6	2	Gareth Owens	Bro Myrddin	9.42
7	8	Alex Probin-Jones	Gwyr	9.00
8	6	Samiwel Davies	Maesydderwen	8.71

DT:

1	8	Sean Roberts	Gwyr	30.44
2	7	Tom Perry	Bro Morgannwg	27.04
3	5	Richard N-Welsby	Cwm Rhymni	22.74
4	1	Robert Evans	Maelor Penley	22.00
5	3	David Rossiter	Croesyceiliog	21.40
6	4	Shaun Waddington	Eirias	20.39
7	6	Jon Hapgood	Maesydderwen	18.61
2	2	Gethin Howells	Bro Myrddin	NT

JT:

1	3	David Rossiter	Croesyceiliog	39.46
2	5	Luke Buckley	Cwm Rhymni	38.50
3	7	Richard Pilcher	Bro Morgannwg	35.39
4	4	Martin Ludenbach	Eirias	34.11
5	1	Ben Williams	Maelor Penley	31.73
6	6	Marcus Davies	Maesydderwen	30.02
7	2	Daniel Thomas	Bro Myrddin	28.82
8	8	Matthew Thomas	Gwyr	28.49

Rel:

1	7	Bro Morgannwg	Cardiff & Vale	50.1
2	3	Croesyceiliog	SE Wales	51.2
3	5	Cwm Rhymni	Glamorgan V	52.2
4	2	Bro Myrddin	Dyfed	52.5
5	6	Maesydderwen	Powys	52.6
6	1	Maelor Penley	NE Wales	52.7
7	8	Gwyr	Afan NT	53.4
8	4	Eirias	Eryri	54.5

Cwpan NASUWT CYMRU CUP – The Charlie Hughes Track & Field Trophy, Brecon, Wednesday, July 11th 2007**Under 16 Girls**

1	Bro Morgannwg	Cardiff & Vale	63
2	Cwm Rhymni	Glamorgan V	58.5
3	Mold Alun	NE Wales	57
4	Gwyr	Afan NT	56.5
5	Chepstow	SE Wales	48
6	Syr Thomas Jones	Eryri	44
7	Llanidloes	Powys	43
8	Aberteifi	Dyfed	34
100:			
1	5 Rohanne Strange	Cwm Rhymni	13.8
2	6 Amy Bavistock	Llanidloes	13.8
3	4 Tania White	Syr Thomas Jones	13.8
4	3 Natalie Talbot	Chepstow	13.8
5	7 Eleri Phillips Griffiths	Bro Morgannwg	13.8
6	1 Sophie Morgan	Mold Alun	13.9
7	2 Catrin Parry-Jones	Aberteifi	14.2
8	8 Ellie Crowley	Gwyr	14.2
200:			
1	7 Sioned Young	Bro Morgannwg	28.4
2	5 Asha Dennehy	Cwm Rhymni	28.4
3	6 Rhian Townsend	Llanidloes	28.5
4	4 Sian Hood	Syr Thomas Jones	28.8
5	2 Abbie Slater	Aberteifi	28.9
6	3 Ellie Thomas	Chepstow	29.3
7	8 Rhian Poulton	Gwyr	30.2
	1 Alex Elliot	Mold Alun	DNS
800:			
1	1 Zoe Rosier	Mold Alun	2:35.1
2	7 Sara Meredith	Bro Morgannwg	2:39.2
3	8 Beth Cosgrove	Gwyr	2:39.8
4	2 Elin Jones	Aberteifi	2:40.3
5	5 Nia Challinor	Cwm Rhymni	2:42.6
6	6 Hannah Cannon	Llanidloes	2:54.8
7	4 Chloe Taylor	Syr Thomas Jones	3:14.6
	3 Lauren O'Reilly	Chepstow	DNS
1500:			
1	5 Ffion Jones	Cwm Rhymni	5:18.0
2	2 Catrin Jones	Aberteifi	5:25.2
3	4 Anna Bracegirdle	Syr Thomas Jones	5:37.2
4	8 Abi East	Gwyr	5:38.7
5	6 Steph Thomas	Llanidloes	6:16.2
6	1 Ellie Cooil	Mold Alun	6:20.5
7	3 Brittany Pearce	Chepstow	6:27.5
8	7 Bethan Heslop	Bro Morgannwg	6:39.5
75H:			
1	8 Catrin Stone	Gwyr	11.4 BP
2	1 Christina Hughes	Mold Alun	11.5
3	7 Elinor Lewis	Bro Morgannwg	11.8
4	5 Nicole Fry	Cwm Rhymni	12.3
5	2 Nia Davies	Aberteifi	13.3
6	3 Pippa Maidment	Chepstow	13.8
7	4 Gemma Walmsley	Syr Thomas Jones	13.3
8	6 Georgie Stafford	Llanidloes	14.0

HJ:

1	7 Leah Grisdale	Bro Morgannwg	1.50
2	1 Alex Elliot	Mold Alun	1.45
3=	5 Lowri Edwards	Cwm Rhymni	1.40
3=	8 Beth Cosgrove	Gwyr	1.40
5	2 Catrin Parry Jones	Aberteifi	1.35
6	3 Pippa Maidment	Chepstow	1.35
7	6 Stephanie Thomas	Llanidloes	1.35
8	4 Lisa Griffiths	Syr Thomas Jones	1.30

LJ:

1	8 Catrin Stone	Gwyr	5.07
2	3 Lauren O'Reilly	Chepstow	5.01
3	1 Christina Hughes	Mold Alun	4.64
4	7 Elinor Lewis	Bro Morgannwg	4.33
5	6 Amy Bavistock	Llanidloes	3.83
6	5 Bethan Williams	Cwm Rhymni	3.8
7	4 Clare Pritchard	Syr Thomas Jones	3.79
8	2 Elin Jones	Aberteifi	3.76

SP:

1	8 Ellie Crowley	Gwyr	8.82
2	7 Sioned Young	Bro Morgannwg	8.36
3	3 Rachel Wood	Chepstow	8.06
4	6 Sian Jones	Llanidloes	6.71
5	1 Zoe Rosier	Mold Alun	6.57
6	4 Leeanne Somers	Syr Thomas Jones	6.53
7	2 Mena Jones	Aberteifi	5.86
	5 Beth Addicott	Cwm Rhymni	NT

DT:

1	4 Heather Grierson	Syr Thomas Jones	22.43
2	6 Ffion Evans	Llanidloes	21.89
3	5 April Voisey	Cwm Rhymni	21.45
4	3 Jessica Russell	Chepstow	20.38
5	8 Rhian Poulton	Gwyr	17.88
6	7 Stevie Martin	Bro Morgannwg	16.76
7	1 Emma Hughes	Mold Alun	16.15
8	2 Carys Davies	Aberteifi	14.88

JT:

1	3 Amanda Price	Chepstow	27.75
2	1 Sophie Morgan	Mold Alun	24.86
3	5 Megan Jenkins	Cwm Rhymni	22.87
4	7 Martha Holeyman	Bro Morgannwg	21.93
5	4 Chloe Taylor	Syr Thomas Jones	21.45
6	2 Cerys Laugharne	Aberteifi	20.98
7	6 Abi Ingram	Llanidloes	16.85
8	8 Elinor Stephens	Gwyr	14.93

Rel:

1	1 Mold Alun	NE Wales	54.0
2	7 Bro Morgannwg	Cardiff & Vale	54.1
3	3 Chepstow	SE Wales	54.3
4	8 Gwyr	Afan NT	54.5
5	5 Cwm Rhymni	Glamorgan V	54.7
6	4 Syr Thomas Jones	Eryri	55.5
7	6 Llanidloes	Powys	55.9
8	2 Aberteifi	Dyfed	56.7

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1	Bro Morgannwg	Cardiff & Vale	66.5
2	Olchfa	Afan NT	64.5
3	Tasker Milward	Dyfed	59
4	Cwm Rhymni	Glamorgan V	56
5	Llangefni	Eryri	47
6	Hawarden	NE Wales	43
7	Caereinion	Powys	38
8	Croesyceiliog	SE Wales	34

100:

1	4	Anna Davies	Llangefni	13.3
2	2	Jess Harries	Tasker Milward	13.7
3	7	Maisie Matthews	Bro Morgannwg	13.9
4	8	Emma Thomas	Olchfa	13.9
5	5	Sammy Jo Morgan	Cwm Rhymni	14.1
6	6	Francesca DiCostanzio	Caereinion	14.2
7	3	Alex Morgan	Croesyceiliog	14.7
8	1	Bethan Jacks	Hawarden	15.3

200:

1	6	Catrin Thomas	Caereinion	26.8 BP
2	5	Megan O'Sullivan	Cwm Rhymni	27.6
3	7	Shanelle Edwards	Bro Morgannwg	27.7
4	3	Nicole Davies	Croesyceiliog	27.9
5	8	Laura Thomas	Olchfa	28.0
6	1	Danielle Oates	Hawarden	29.1
7	4	Jodie Jones	Llangefni	30.1
8	2	Lowri Norkett	Tasker Milward	30.3

800:

1	8	Robyn Lingard	Olchfa	2:40.9
2	1	Amy Clarke	Hawarden	2:42.9
3	2	Megan Good	Tasker Milward	2:44.2
4	6	Nia Jones	Caereinion	2:47.6
5	5	Ffian Jones	Cwm Rhymni	2:48.2
6	7	Bethan Butler	Bro Morgannwg	2:48.6
7	3	Crystal Evans	Croesyceiliog	2:58.8
8	4	Charlotte Lewis	Llangefni	2:59.1

1500:

1	2	Megan Withers	Tasker Milward	5:12.6
2	8	Katie Reynolds	Olchfa	5:18.5
3	1	Jenny Lampkin	Hawarden	5:31.4
4	5	Bianca Dix	Cwm Rhymni	5:36.4
5	4	Nia Ginelly	Llangefni	5:42.3
6	7	Danielle Edgerton	Bro Morgannwg	5:43.8
7	3	Hope Thomas	Croesyceiliog	6:01.5
8	6	Sammy Tudor	Caereinion	6:02.1

70H:

1	2	Olivia Jones	Tasker Milward	11.9
2	7	Mollie Williams	Bro Morgannwg	11.9
3	8	Emily Morris	Olchfa	11.9
4	3	Ellis Davies	Croesyceiliog	12.0
5	1	Abi Williams	Hawarden	12.2
6	5	Kathryn Harvey	Cwm Rhymni	12.5
7	6	Siony Rudd	Caereinion	13.0
8	4	Olivia Collier	Llangefni	13.2

HJ:

1	2	Olivia Jones	Tasker Milward	1.40
2=	7	Lia Thomas	Bro Morgannwg	1.40
2=	8	Emily Morris	Olchfa	1.40
4	5	Hannah Lennon	Cwm Rhymni	1.35
5	4	Nia Ginelly	Llangefni	1.30
6	1	Casey Elliot	Hawarden	1.30
7	3	Angharad Rogers	Croesyceiliog	1.25
8	6	Francesca DiCostanzio	Caereinion	1.20

LJ:

1	7	Shanelle Edwards	Bro Morgannwg	4.54
2	4	Anna Davies	Llangefni	4.53
3	2	Jessica Harries	Tasker Milward	4.49
4	8	Gemma Seaman	Olchfa	4.24
5	5	Charlotte Addicot	Cwm Rhymni	4.21
6	1	Amy Clarke	Hawarden	4.09
7	3	Ellis Davies	Croesyceiliog	3.90
8	6	Catrin Thomas	Caereinion	3.51

SP:

1	1	Gemma Jackson	Hawarden	8.48
2	5	Megan O'Sullivan	Cwm Rhymni	7.62
3	4	Rebecca Jones	Llangefni	7.05
4	8	Amy Howarth	Olchfa	7.00
5	6	Mary-Kate Barlow	Caereinion	6.87
6	2	Lowri Norkett	Tasker Milward	6.82
7	3	Emily Morgan	Croesyceiliog	6.20
8	7	Ffion Ellis	Bro Morgannwg	5.41

DT:

1	7	Lisa Williams	Bro Morgannwg	20.62
2	5	Alys Jones	Cwm Rhymni	19.88
3	6	Bethan Rogers	Caereinion	19.82
4	8	Natalie Beer	Olchfa	19.55
5	3	Rhianwen Head	Croesyceiliog	18.46
6	4	Leah Griffiths	Llangefni	16.78
7	2	Kianah John	Tasker Milward	14.33
	1	Ashleigh Neale	Hawarden	NT

JT:

1	7	Rebecca Jones	Bro Morgannwg	24.84
2	3	Jessica Edwards	Croesyceiliog	24.19
3	5	Rhianydd Williams	Cwm Rhymni	22.36
4	4	Rachel Roberts	Llangefni	20.25
5	1	Eleanor Badhams	Hawarden	20.08
6	8	Olivia McCarthy	Olchfa	19.38
7	6	Megan Varley	Caereinion	19.14
8	2	Claire Fitzpatrick Smith	Tasker Milward	16.18

Rel

1	8	Olchfa	Afan NT	55.0
2	7	Bro Morgannwg	Cardiff & Vale	55.0
3	2	Tasker Milward	Dyfed	55.4
4	4	Llangefni	Eryri	55.7
5	5	Cwm Rhymni	Glamorgan V	56.0
6	1	Hawarden	NE Wales	57.4
7	6	Caereinion	Powys	57.6
8	2	Croesyceiliog	SE Wales	58.1

Plat NASUWT CYMRU PLATE – The Charlie Hughes Track & Field Trophy, Brecon, Wednesday, July 11th, 2007**U16 Boys**

1	Porthcawl	Glamorgan V	82
2	Croesyceiliog	SE Wales	76
3	Bishop of Llandaff	Cardiff & Vale	75
4	Sir Thomas Picton	Dyfed	60
5	Syr Huw Owen	Eryri	58
6	Argoed	NE Wales	55
7	Welshpool	Powys	37
8	Gwyr	Afan NT	34

100:

1	5		11.4
2	7	Tom Prydie	11.7
3	7	Ioan Mortimer	11.7
4	3	Jack Hughes	11.8
5	4	Jonathan Jones	11.8
6	1	Andrew Howells	11.8
7	2	Steven Joyce	11.8
8	6	Jamie Breese	12.0
8	8	Oliver Redfern	12.6

200:

1	3		23.5
2	3	Tom Knight	24.1
3	4	Ben Bolton	24.1
4	7	Jack Tugwell	24.6
5	5	Sam Hodgson	25.2
6	2	Liam Lynch	25.3
7	1	Daniel Jones	25.4
8	6	Jack Worthy	26.3
8	8	Josh Simmons	

300:

1	2		37.1
2	2	Ricky Watts	38.0
3	5	Gerwyn Morgan	39.4
4	8	Jamie Price	40.2
5	3	Alex Wilcox	40.4
6	7	Nick Gibbs	40.7
7	4	Iolo Evans	42.3
8	6	Maciek Anzelak	43.1
8	1	Jamie Hill	

800:

1	7		2:14.1
2	7	Adam Meades	2:17.5
3	3	Liam Hanson	2:18.4
4	2	Adam Phillips	2:18.7
4	4	Huw Jones	

5	5		2:20.8
6	5	Hywel Roberts	2:26.7
7	8	Rhys Williams	2:28.8
8	1	Ryan Gillott	2:29.3
8	6	Josh Evans	

1500:

1	5		4:39.3
2	5	Liam Jones	4:41.4
3	4	Nathan Craig	4:41.5
4	6	Craig Pearce	4:42.7
5	7	Jonathan Meades	4:48.5
6	1	James Towey	4:51.3
7	2	Matthew Richards	4:56.6
8	8	Geraint Morgan	5:20.0
8	3	Jack Thomas	

80H:

1	7		12.1
2	7	Bradley Stubbs	12.2
3	2	Josh Furnage	12.3
4	4	Osian Jones	12.3
5	1	Lee Hughes	12.5
6	3	Luke Jones	12.6
7	8	Dewi Williams	12.8
8	6	Jake Best	13.8
8	5	Geraint Thomas	

HJ:

1	5		1.65
2	5	Jesse Walmsley	1.65
3	6	Matthew Ellis	1.60
4	3	Luke Jones	1.60
5	7	Jonathan Meades	1.55
6	2	Ricky Watts	1.50
7	4	Dylan Roberts	1.45
7	8	Rhys Williams	
8	1	Jon Savory	NH

LJ:

1	5		5.83
2	5	Geraint Thomas	5.54
3	7	Jack Tugwell	5.54
4	4	Arwel Williams	5.30
5	6	Maciek Anzelak	5.25
6	1	Andrew Howells	5.22
6	8	Oliver Redfern	

Plat NASUWT CYMRU PLATE – The Charlie Hughes Track & Field Trophy, Brecon, Wednesday, July 11th, 2007

7	8			5.16	8	4			28.07
	2					4	Gruffudd Arfon	Syr Hugh Owen	
8	2	Josh Furmage	Sir Thomas Picton		Rel:				
	3			4.91	1	3	Croesyceiliog	SE Wales	
	3	Liam Hanson	Croesyceiliog			3			46.7
TJ:					2	5	Porthcawl	Glamorgan V	
1	5			12.09		5			47.5
	5	Tom Prydie	Porthcawl		3	7	Bishop of Llandaff	Cardiff & Vale	47.8
2	1			11.87		7			
	1	James Towey	Argoed		4	2	Sir Thomas Picton	Dyfed	
3	2			11.25		2			48.0
	2	Tim Warner	Sir Thomas Picton		5	4	Syr Huw Owen	Eryri	48.6
4	3			11.22		4			
	3	Tom Knight	Croesyceiliog		6	1	Argoed	NE Wales	48.7
5	8			11.20		1			
	8	Jamie Price	Gwyr		7	8	Gwyr	Afan NT	
6	7			10.78		8			49.0
	7	Nick Gibbs	Bishop of Llandaff		8	6	Welshpool	Powys	50.1
7	6			10.47		6			
	6	Jamie Breese	Welshpool						
8	4			9.39					
	4	Llyr Davies	Syr Hugh Owen						
SP:									
1	1			11.76					
	1	Mark Padgett	Argoed						
2	3			11.56					
	3	David Randall	Croesyceiliog						
3	4			11.50					
	4	Iolo Evans	Syr Hugh Owen						
4	6			11.16					
	6	Sam Ward	Welshpool						
5	5			10.64					
	5	Sam Jones	Porthcawl						
6	2			10.50					
	2	Sam Parry	Sir Thomas Picton						
7	8			10.06					
	8	Gareth Davies	Gwyr						
8	7			8.87					
	7	George Coxhall	Bishop of Llandaff						
DT:									
1	1			34.07					
	1	James Fortune	Argoed						
2	3			32.67					
	3	Nicky Spanswick	Croesyceiliog						
3	7			31.82					
	7	Morgan Buckler	Bishop of Llandaff						
4	2			24.32					
	2	Matthew Fulton	Sir Thomas Picton						
5	4			23.20					
	4	Aaron Fenn-Jones	Syr Hugh Owen						
6	5			23.02					
	5	Liam Jones	Porthcawl						
	6			NT					
	6	Tom Davies	Welshpool						
	8			NT					
	8	Chris Bevan	Gwyr						
JT:									
1	3			40.58					
	3	Nathan Treadgold	Croesyceiliog						
2	7			39.88					
	7	Jordan Helyer	Bishop of Llandaff						
3	5			39.55					
	5	Gerwyn Morgan	Porthcawl						
4	8			37.72					
	8	Steffan Ellis Jones	Gwyr						
5	1			36.62					
	1	John Clarke-Edwards	Argoed						
6	2			33.03					
	2	Ben John	Sir Thomas Picton						
7	6			30.72					
	6	Daniel Brown	Welshpool						

Plat NASUWT CYMRU PLATE – The Charlie Hughes Track & Field Trophy, Brecon, Wednesday, July 11th, 2007**Under 14 Boys**

1	Cardiff High	Cardiff & Vale	83
2	Rhydywaun	Glamorgan V	73.5
3	Chepstow	SE Wales	66.5
4	Syr Thomas Jones	Eryri	58
5	Mold Alun	NE Wales	57
6	Olchfa	Afan NT	54
7	Coedcae	Dyfed	52
8	Brecon	Powys	37
100:			
1	4		13.2
2	3	Aled Jones	Syr Thomas Jones
3	3	Alistair Morgan	Chepstow
4	5	Ethan Williams	Rhydywaun
5	7	Aaron Carrington	Cardiff High
6	2	Justice Williams	Coedcae
7	6	Steven Freeman	Brecon
8	8	Chris Restall	Olchfa
1	1	Curtis Jones	Mold Alun
200:			
1	4		25.8
2	1	Tom Jones	Syr Thomas Jones
3	1	Connor Leckenby	Mold Alun
4	3	Greg Moyle	Chepstow
5	5	John Marczak	Rhydywaun
6	7	Sean Kent	Cardiff High
7	2	Anthony James	Coedcae
8	6	Joe Bulbeck	Brecon
1	8	John Preddy	Olchfa
300:			
1	6		40.7
2	1	Adam Jones	Brecon
3	1	Adam Campbell	Mold Alun
4	4	Jonathan Hughes	Syr Thomas Jones
5	7	Jacob Morgan	Cardiff High
6	5	Morgan Owen	Rhydywaun
7	2	Ruben Rai	Coedcae
8	3	Jack Rogers	Chepstow
1	8	Brandon Davies	Olchfa
800:			
1	3		2:23.4
2	3	Connor Bashford	Chepstow
3	4	Daniel Hughes	Syr Thomas Jones
4	7	Tom Bevan	Cardiff High
5	8	Andrew Warrington	Olchfa
6	1	Oliver Marshall	Mold Alun

6	1		
7	5	Ross Davies	Rhydywaun
8	2	Jordan Williams	Coedcae
1	6	Cai Spencer	Brecon
1500:			
1	7	Aled Pottinger	Cardiff High
2	2	Liam Lloyd	Coedcae
3	8	Ben Jenkins	Olchfa
4	5	Jarrad Richards	Rhydywaun
5	1	Luke Hall	Mold Alun
6	3	James Thomas	Chepstow
7	4	Joshua Edwards	Syr Thomas Jones
8	6	Elis Annett	Brecon
75H:			
1	5	Matthew Nicholas	Rhydywaun
2	8	Will Batcup	Olchfa
3	7	Sam Lane	Cardiff High
4	3	Gareth Marles	Chepstow
5	1	Gareth Thomas	Mold Alun
6	4	Liam Owen	Syr Thomas Jones
7	6	Richie Elliot	Brecon
8	2	Cameron John	Coedcae

Plat NASUWT CYMRU PLATE – The Charlie Hughes Track & Field Trophy, Brecon, Wednesday, July 11th, 2007**HJ:**

1	77	Sean Kent	Cardiff High	1.50
2=	55	Matthew Nicholas	Rhydywaun	1.45
2=	33	Alex Bailey	Chepstow	1.45
4	88	Ben Jenkins	Olchfa	1.45
5	22	Robert Lewis	Coedcae	1.40
6	44	Tom Jones	Syr Thomas Jones	1.35
7	11	Adam Campbell	Mold Alun	1.25
8	66	Jake Crockett	Brecon	1.25

LJ:

1	88	John Preddy	Olchfa	4.67
2	77	Richard Seymour	Cardiff High	4.62
3	33	Greg Moyle	Chepstow	4.56
4	22	Jordan Williams	Coedcae	4.50
5	11	Conner Leckenby	Mold Alun	4.44
6	55	Jarrad Richards	Rhydywaun	4.31
7	66	Joe Bulbeck	Brecon	4.25
8	44	Jonathan Hughes	Syr Thomas Jones	4.04

TJ:

1	11	Jack Roberts	Mold Alun	10.09
2	33	Jack Rogers	Chepstow	9.39
3	55	John Marczak	Rhydywaun	9.27
4	44	Daniel Hughes	Syr Thomas Jones	9.13
5	77	Sam Lane	Cardiff High	9.09
6	88	Adam Packer	Olchfa	8.92
7	66	Tom Lowe	Brecon	8.43
8	22	Jordan Rolfe	Coedcae	8.36

SP:

1	55	Ieuan Hames	Rhydywaun	11.11
2	77	Luke Harris	Cardiff High	10.84
3	22	Jonathan Ryan	Coedcae	10.72
4	66	Josh Hughes	Brecon	10.19
5	11	Joe Williams	Mold Alun	9.08
6	88	Andrew Warrington	Olchfa	8.72
7	44	Daniel Morris Hughes	Syr Thomas Jones	8.71
8	33	Alistair Morgan	Chepstow	8.53

DT:

1	55	Iwan Dacey	Rhydywaun	26.84
2	66	Adam Jones	Brecon	24.97
3	77	Elliot Regan	Cardiff High	23.26
4	22	Anthony James	Coedcae	21.74
5	33	Ryan Davies	Chepstow	21.22
6	11	Lee Van-Der-Koots	Mold Alun	19.55
7	88	Jordan Sifford	Olchfa	19.52
8	44	James Owen	Syr Thomas Jones	14.78

JT

3	22	Scott Phillips	Coedcae	39.06
4	88	Will Batcup	Olchfa	31.80
5	77	Jacob Morgan	Cardiff High	28.40
6	44	Mark Rooth	Syr Thomas Jones	25.60
7	11	John Reid	Mold Alun	24.11
8	33	George Olding	Chepstow	23.67
7	55	Thomas Boswell	Rhydywaun	21.43
8	66	Harry Lowles	Brecon	18.68

Rel:

1	77	Cardiff High	Cardiff & Vale	52.2
2	33	Chepstow	SE Wales	52.2
3	55	Rhydywaun	Glamorgan V	52.5
4	44	Syr Thomas Jones	Eryri	52.7
5	11	Mold Alun	NE Wales	53.1
6	88	Olchfa	Afan NT	54.9
7	66	Brecon	Powys	56.6
8	22	Coedcae	Dyfed	disq

Plat NASUWT CYMRU PLATE – The Charlie Hughes Track & Field Trophy, Brecon, Wednesday, July 11th, 2007**Under 16 Girls**

1	David Hughes	Eryri	66
2	Caereinion	Powys	58
3	Bro Myrddin	Dyfed	55.5
4	Croesyceiliog	SE Wales	52
5	Glantaf	Cardiff & Vale	50
	Cymer	Glamorgan V	47
6	Rhondda		
7	Maes Garmon	NE Wales	42
8	Dwr-y-Felin	Afan NT	35.5

100:

1	44	Lucy Beesley	David Hughes	12.8
2	11	Laura Clarke	Maes Garmon	13.3
3	66	Nerys Lewis	Caereinion	13.4
4	33	Rachel Bevan	Croesyceiliog	13.5
5	55	Rhian Israel	Cymer	13.6
6	77	Ellen Gettings	Glantaf	13.6
7	22	Nia Jones	Bro Myrddin	13.6
8	88	Bethan May	Dwr-y-Felin	14.7

200:

1	77	Gwenllian Williams	Glantaf	26.8
2	44	Kathryn Hughes	David Hughes	27.2
3	22	Shona Humphreys	Bro Myrddin	28.5
4	33	Esme Thomas-Pace	Croesyceiliog	29.4
5	11	Faye Guest	Maes Garmon	30.0
6	66	Catrin Davies	Caereinion	30.4
7	55	Bethan Israel	Cymer	30.4
8	88	Lucy Spear	Dwr-y-Felin	32.2

800:

1	66	Katie Griffiths	Caereinion	2:42.8
2	44	Jade Ellis	David Hughes	2:48.4
3	11	Sophie Jones	Maes Garmon	2:49.9
4	33	Rebekah Hadley	Croesyceiliog	3:05.8
5	77	Kirsty McClean	Glantaf	3:05.9
6	22	Lisa Davies	Bro Myrddin	3:12.8
7	55	Stacey Fuge	Cymer Rhondda	3:18.2
8	88	Amy Inglis	Dwr-y-Felin	3:18.8

1500:

1	33	Natasha Cockram	Croesyceiliog	5:06.8
2	66	Robin Morris Jones	Caereinion	5:44.5
3	44	Alexia Musgrave	David Hughes	5:53.6
4	11	Nia Jones	Maes Garmon	6:00.5
5	77	Autumn Brown	Glantaf	6:20.5
6	55	Demi Boundford	Cymer Rhondda	6:33.0
7	88	Zoe Heslop	Dwr-y-Felin	6:35.5
	22	Angharad Roberts	Bro Myrddin	DNS

75H:

1	55	Rachel Davies	Cymer Rhondda	12.2
2	22	Ffion Rees	Bro Myrddin	12.6
3	66	Kate Ellis	Caereinion	12.8
4	77	Carys Jones	Glantaf	13.2
5	44	Heledd Roberts	David Hughes	13.7
6	11	Lauren Williams	Maes Garmon	14.5
7	88	Rosie Fletcher	Dwr-y-Felin	16.0
8	33	Charlie Baker	Croesyceiliog	18.3

HJ:

1	77	Gwenllian Williams	Glantaf	1.45
2=	22	Ffion Rees	Bro Myrddin	1.35
2=	88	Holly Fernquest	Dwr-y-Felin	1.35
4	66	Carys Evans	Caereinion	1.35
5	33	Natasha Cockram	Croesyceiliog	1.35
6	44	Lucy Beesley	David Hughes	1.25
7	11	Nia Jones	Maes Garmon	1.20
8	55	Bethan Israel	Cymer	1.15

LJ:

1	55	Rachel Davies	Cymer Rhondda	4.68
2	33	Rachel Bevan	Croesyceiliog	4.60
3	44	Kathryn Hughes	David Hughes	4.50
4	22	Shona Humphreys	Bro Myrddin	4.44
5	66	Nerys Lewis	Caereinion	4.30
6	11	Faye Guest	Maes Garmon	3.98
7	77	Carys Jones	Glantaf	3.79
8	88	Lucy Spear	Dwr-y-Felin	3.79

SP:

1	22	Lleucu Phillips	Bro Myrddin	8.59
2	44	Ling Chang	David Hughes	8.21
3	66	Catherine Bennett	Caereinion	8.15
4	33	Mollie Davies	Croesyceiliog	7.72
5	88	Siobhan Jones	Dwr-y-Felin	7.50
6	11	Lowri Jones	Maes Garmon	7.07
7	77	Millie Walsh	Glantaf	6.66
8	55	Stacey Fuge	Cymer Rhondda	4.17

DT:

1	88	Nicole Evans	Dwr-y-Felin	24.95
2	44	Cara Hope	David Hughes	22.38
3	55	Rhian Israel	Cymer Rhondda	20.66
4	22	Heledd James	Bro Myrddin	19.04
5	77	Sara Barker	Glantaf	17.06
6	33	Elizabeth Callard	Croesyceiliog	15.72
7	66	Kate Ellis	Caereinion	14.48
8	11	Nicole Halliwell	Maes Garmon	14.45

JT:

1	22	Florence Edwards	Bro Myrddin	25.44
2	88	Rosie Fletcher	Dwr-y-Felin	22.96
3	11	Danielle Evans	Maes Garmon	20.74
4	55	Ffion Evans	Cymer Rhondda	19.48
5	77	Jenni Thomas	Glantaf	18.60
6	66	Katie Griffiths	Caereinion	17.28
7	33	Charlie Baker	Croesyceiliog	16.88
8	44	Elin William	David Hughes	14.59

Rel:

1	44	David Hughes	Eryri	54.1
2	66	Caereinion	Powys	54.8
3	33	Croesyceiliog	SE Wales	54.8
4	55	Cymer Rhondda	Glamorgan V	55.5
5	77	Glantaf	Cardiff & Vale	55.6
6	22	Bro Myrddin	Dyfed	55.8
7	11	Maes Garmon	NE Wales	56.8
8	88	Dwr-y-Felin	Afan NT	58.8

Plat NASUWT CYMRU PLATE – The Charlie Hughes Track & Field Trophy, Brecon, Wednesday, July 11th, 2007**Under 14 Girls**

1	Radyr	Cardiff & Vale	68
2	Queen Elizabeth	Dyfed	66
3	Dwr-y-Felin	Afan NT	62
4	Syr Huw Owen	Eryri	48
5	Mold Alun	NE Wales	47
6	Caldicot	SE Wales	42
7	Llanhari	Glamorgan V	39
8	Llandrindod	Powys	33

100:

1	77	Anna Raven	Radyr	13.6
2	88	Hannah Powell	Dwr-y-Felin	13.7
3	22	Megan Morris	Queen Elizabeth	13.7
4	11	Gemma Williams	Mold Alun	13.9
5	44	Natalie Davies	Syr Hugh Owen	14.3
6	55	Nia Thomas	Llanhari	14.5
7	66	Lisa Mills	Llandrindod	14.5
8	33	Carly Bryant	Caldicot	15.2

200:

1	33	Stephanie Kinsey	Caldicot	27.2
2	22	Holly Welch	Queen Elizabeth	28.2
3	77	Lauren Cleaver	Radyr	28.3
4	44	Sara Lois Williams	Syr Hugh Owen	29.5
5	88	Christopher	Dwr-y-Felin	29.7
6	55	Isabelle Jones	Llanhari	30.1
7	66	Charlotte Morgan	Llandrindod	30.2
8	11	Amy Cansdale	Mold Alun	32.4

800:

1	11	Sian Messum	Mold Alun	2:37.4
2	66	Rhianwedd Price	Llandrindod	2:41.4
3	22	Carys Mansfield	Queen Elizabeth	2:43.5
4	77	Thea Lawson	Radyr	2:48.8
5	88	Sophie Parry	Dwr-y-Felin	2:55.1
6	44	Billie Jones	Syr Hugh Owen	3:00.2
7	33	Aisha Hobbs	Caldicot	3:09.0
8	55	Sara Lougher	Llanhari	3:29.9

1500:

1	55	Ffion Lewis	Llanhari	5:14.5
2	66	Ffion Price	Llandrindod	5:15.9
3	77	Lucy Harvey	Radyr	5:18.0
4	22	Amy Roberts	Queen Elizabeth	5:21.1
5	88	Tammy Bowler	Dwr-y-Felin	6:01.1
6	44	Beth Rogers	Syr Hugh Owen	6:24.9
7	33	Jennifer Carmichael	Caldicot	6:28.3
8	11	Beth Gough	Mold Alun	6:57.4

70H:

1	88	Stacey Collins	Dwr-y-Felin	11.8
2	44	Elin Owen	Syr Hugh Owen	12.2
3	77	Natalie Capel	Radyr	12.3
4	22	Alyce Phillips	Queen Elizabeth	12.5
5	33	Latasha Allen	Caldicot	12.7
6	55	Lucy Hopkins	Llanhari	13.0
7	11	Rachel Trotter	Mold Alun	13.5
8	66	Nicola Curijlic	Llandrindod	14.4

HJ:

1	77	Lucy Harvey	Radyr	1.40
2	11	Rachel Trotter	Mold Alun	1.35
3	44	Elin Owen	Syr Hugh Owen	1.35
4	33	Rebecca Pay Savage	Caldicot	1.30
5	66	Charlotte Morgan	Llandrindod	1.30
6	88	Sophie Harry	Dwr-y-Felin	1.30
7	22	Alyce Phillips	Queen Elizabeth	1.20
55		Cerys Knighton	Llanhari	NH

LJ:

1	88	Stacey Collins	Dwr-y-Felin	4.24
2	77	Natalie Capel	Radyr	4.15
3	11	Gemma Williams	Mold Alun	3.89
4	22	Megan Morris	Queen Elizabeth	3.88
5	33	Stephanie Kinsey	Caldicot	3.73
6	66	Ffion Price	Llandrindod	3.62
7	55	Bryony Wood	Llanhari	3.59
8	44	Beth Rogers	Syr Hugh Owen	3.50

SP:

1	22	Emma Davies	Queen Elizabeth	9.32
2	55	Hayley Davies	Llanhari	8.36
3	11	Jasmin Whittle	Mold Alun	8.16
4	88	Ellen Jefford	Dwr-y-Felin	7.76
5	44	Chloe Oulton	Syr Hugh Owen	7.63
6	33	Lydia Baldwin	Caldicot	7.51
7	66	Nicola Curijlic	Llandrindod	6.84
8	77	Molly Atkins	Radyr	6.66

DT:

1	77	Nia Hodnett	Radyr	22.13
2	44	Natalie Davies	Syr Hugh Owen	18.69
3	22	Kirsty Hicks	Queen Elizabeth	17.40
4	33	Katie May	Caldicot	16.42
5	88	Jessica Hill	Dwr-y-Felin	15.63
6	55	Heidi Watts	Llanhari	12.21
7	11	Rebecca Dwerryhouse	Mold Alun	11.39
8	66	Rhianwedd Price	Llandrindod	10.15

JT:

1	22	Carys Mansfield	Queen Elizabeth	25.90
2	33	Melissa Arthur	Caldicot	21.61
3	88	Jordan Ebbitt	Dwr-y-Felin	21.06
4	55	Lucy Hopkins	Llanhari	19.84
5	44	Lea Roberts	Syr Hugh Owen	17.14
6	11	Elizabeth Stacey	Mold Alun	16.97
7	66	Emily Hartles	Llandrindod	15.50
8	77	Rebecca Bowen	Radyr	11.34

Rel

1	77	Radyr	Cardiff & Vale	55.1
2	88	Dwr-y-Felin	Afan NT	55.1
3	22	Queen Elizabeth	Dyfed	56.8
4	11	Mold Alun	NE Wales	57.5
5	44	Syr Huw Owen	Eryri	57.6
6	55	Llanhari	Glamorgan V	58.9
7	66	Llandrindod	Powys	59.7
8	33	Caldicot	SE Wales	disq