

T01 SENM 2000m s/c FINAL**7:00 PM**

All Comers Record: No Record Set

Welsh Record: Roger HACKNEY, Aldershot, 5:23.60, 10.06.1982

CBP: No CBP Set

2017 Champion: Event Did Not Take Place

Straight Final

Athlete	Athlete
263 Brian DIAS Cardiff AAC	225 Olly SHEPPARD * Emersons Green Running Club
260 Brychan PRICE-DAVIES Brecon AC	

POS	ATHLETE	PERF
1		
2		

T02 SENM 200m HEATS**7:15 PM**

All Comers Record: Todd BENNETT, England, 20.36, 1984

Welsh Record: Christian MALCOLM, Cardiff AAC, 20.08, 2001

CBP: Doug TURNER, Cardiff AAC, 20.54, 2001

2017 Champion: Thomas WILLIAMS, Barry & Vale Harriers, 20.97

Athletes qualify to next round T45-Final (Q= 3 & q= 4):Qualifications could change on the day depending To "A" Final T46

Athlete	Athlete
1 Fraser ANGUS * Giffnock North AAC	19 Liam MONTGOMERY Cardiff Archers
2 Jeremiah AZU Cardiff AAC	118 Iori MOORE Cardiff AAC
3 Dan BEADSLEY * Swansea Harriers	119 Abdou NJIE * Kingston AC And Poly Harriers
113 Robert BENNETT * Ireland	20 Arron OWEN Cardiff AAC
8 Hamza DAVIES Rhondda AAC	21 Ben PARIS Swansea Harriers
114 Tom EVANS Newport Harriers	24 Zachary PRICE Menai T&F
115 Lemarl FRECKLETON Swansea Harriers	25 Nathan SCOTT Rhondda AAC
116 Luke HARRY Cardiff AAC	410 Chris STONE Woodford Green Essex Ladies
12 Jordan HOWE (T35) DSW Para Academy	27 Richard TREMBLEN Swansea Harriers
117 Kristian JONES Cardiff AAC	29 Harri WHEELER SEXTON Cardiff AAC
15 Makoye KAMPENGELE Cardiff AAC	120 Rhodri WILLIAMS Swansea Harriers
16 Jeremiah KENNEDY Cardiff AAC	30 Thomas WILLIAMS Barry & Vale Harriers
18 Owain LLOYD HUGHES Neath Harriers	31 Tyler WILLIAMS Swansea Harriers

HEAT 1	ATHLETE	PERF
1Q		
HEAT 2	ATHLETE	PERF
1Q		
HEAT 3	ATHLETE	PERF
1Q		
HEAT 4	ATHLETE	PERF
1Q		
Fastest 'q' athletes		PERF
1q		
2q		
3q		
4q		

To "B" Final T45

Fastest 'q' athletes		PERF
5q		
6q		
7q		
8q		
9q		
10q		
11q		
12q		

if only 24 athletes register then qualification changes to 2Q & 2q from 3 heats to the 'A' Final T46**The 'B' Final T45 will not take place**

T03 SENW 200m HEATS**7:35 PM**

All Comers Record: Sonia LANNAMAN, England, 22.58, 1980

Welsh Record: Michelle SCUTT, Sale Harriers, 22.80, 1982

CBP: Sallyanne SHORT, Torfaen AC, (HT) 23.3w , 1988/Catherine MURPHY, Shaftesbury, (ET) 23.35w, 2001

2017 Champion: Hannah THOMAS, Cardiff AAC, 24.67

Athletes qualify to next round T44-Final (Q= 2 & q= 2):Qualifications could change on the day depending on entries

Athlete	Athlete	HEAT 1	ATHLETE	PERF
121 Sara DAVIES Swansea Harriers	44 Hannah LESBIREL * Guernsey AC	1Q		
35 Lucy EVANS Sale Harriers Manchester	125 Hannah LONGDEN Cardiff AAC	2Q		
36 Skylar EVANS Bridgend AC	126 Caitlyn MAPPS Cardiff Archers	HEAT 2	ATHLETE	PERF
122 Synne FRYDENLUND * Harrow AC	46 Sophie MATTHEWS Brecon AC	1Q		
37 Samantha GRIFFITHS * Cheltenham and County H	50 Zoe NASH Newport Harriers	2Q		
38 Nia GRUNDY Cardiff AAC	51 Amy ODUNAIIYA Wrexham AAC	HEAT 3	ATHLETE	PERF
123 India JENKINS Cwmbran Harriers	57 Bethan WAKEFIELD Bristol & West AC	1Q		
124 Ffion Louise JONES Cardiff AAC	59 Charlotte WINGFIELD * Cardiff AAC	2Q		
43 Kirsty LAW Barry & Vale Harriers		Fastest 'q' athletes		PERF
		1q		
		2q		

*If only 16 athletes register qualification changes to 3Q & 2q from 2 heats not 3 as planned***T04 SENM 800m HEATS****7:50 PM**

All Comers Record: William TANUI, Kenya, 1:44.65, 1990

Welsh Record: Gareth Warburton, Cardiff AAC, 1:44.98, 2012

CBP: Phil NORGATE, Epsom, 1:47.8 (HT), 1983

2017 Champion: Alex COOMBER, Cardiff AAC, 1:50.75

Athletes qualify to next round T34-Final (Q= 3 & q= 2):Qualifications could change on the day depending on entries

Athlete	Athlete	HEAT 1	ATHLETE	PERF
170 Samuel BLAKE * Cardiff AAC	177 James PENROSE Cardiff Archers	1Q		
171 Andrew DEAN-YOUNG Bristol & West AC	178 Alex PRICE Swansea Harriers	2Q		
172 Caspar DONNISON * Southampton Athletic Club	179 Elliot SLADE Cardiff AAC	3Q		
173 Luke JONES * Tamworth AC	180 James VINCENT Cardiff AAC	HEAT 2	ATHLETE	PERF
174 Owen LOCKE Newport Harriers	181 Iestyn WILLIAMS Carmarthen Harriers	1Q		
218 Tom MARSHALL Cardiff AAC	182 Matthew WILLIAMS Pembrokeshire Harriers	2Q		
175 Stephen MORRIS (T20) Cardiff AAC	183 Andrew WRIGHT * Willowfield Temperance H.	3Q		
176 Michael PARRY Colwyn Bay AC		Fastest 'q' athletes		PERF
		1q		
		2q		

T05 SENW 800m HEATS**8:00 PM**

All Comers Record: Christiane WILDSCHEK, Austria, 2:00.21, 1979

Welsh Record: Kirsty MCDERMOTT, Bristol & West AC, 1:57.42, 1985

CBP: Kirsty MCDERMOTT, Bristol AC, (HT) 2:02.3, 1985

2017 Champion: Rachel MCCLAY, Bracknell AC, 2:11.29

Athletes qualify to next round T35-Final (Q= 3 & q= 2):Qualifications could change on the day depending on entries

Athlete	Athlete	HEAT 1	ATHLETE	PERF
184 Seren ALLIN Cardiff AAC	192 Mali HOWELL Cardiff AAC	1Q		
185 Leah BITCHELL Cardiff AAC	193 Laura MADDOX Swansea Harriers	2Q		
186 Shelley BRACE City of Stoke	194 Rachel MCCLAY Bracknell AC	HEAT 2	ATHLETE	PERF
187 Nia CLATWORTHY Cardiff AAC	195 Isobel PARRY-JONES Swansea Harriers	1Q		
188 Georgia COLE Cardiff AAC	196 Verity REES St Albans AC	2Q		
189 Evie COOK City of Sheffield and Dearne AC	197 Nia RILEY Cardiff Archers	HEAT 3	ATHLETE	PERF
152 Jeri-Lynne GRABHAM Neath Harriers	162 Rachael SCOTT Wigan & District AC	1Q		
190 Sinead GRAY Newport Harriers	198 Kate SEARY Cardiff AAC	2Q		
191 Lizzie HARRIS Cardiff AAC	404 Jade WILLIAMS Amman Valley	Fastest 'q' athletes		PERF
		1q		
		2q		

*If only 16 athletes register qualification changes to 3Q & 2q from 2 heats not 3 as planned***T06 SENW 3000m FINAL****8:10 PM**

All Comers Record: Paula FUDGE, England, 8:52.88, 1982

Welsh Record: Hayley TULLETT, Swansea Harriers, 8:45.39, 2000

CBP: Susan TOOBY, Cardiff AAC, 9:07.80, 1988

2017 Champion: No Competitors

Straight Final

Athlete	Athlete	POS	ATHLETE	PERF
254 Alaw BEYNON-THOMAS Swansea Harriers	255 Emily KEARNEY Wirral AC	1		
239 Cari HUGHES Swansea Harriers	244 Beth KIDGER Brighton Phoenix	2		
		3		

T07 SENW 400m HEATS**8:25 PM**

All Comers Record: Michelle SCUTT, Wales, 50.63, 1982

Welsh Record: Michelle SCUTT, Sale Harriers, 50.63, 1982

CBP: Emma PULLEN, Cardiff AAC, 52.92, 2013

2017 Champion: Rachel DONNISON, Cardiff AAC, 55.87

Athletes qualify to next round T32-Final (Q= 2 & q= 2):Qualifications could change on the day depending on entries

Athlete	Athlete	HEAT 1	ATHLETE	PERF
142 Seren BUNDY-DAVIES Trafford Athletic Club	154 Amelia HILL Blaenau Gwent AC	1Q		
143 Jill CHERRY * Victoria Park AAC	123 India JENKINS Cwmbran Harriers	2Q		
144 Lana CULLIFORD Cardiff AAC	159 Anna RENKEN * Loughborough Students AC	HEAT 2	ATHLETE	PERF
147 Rachel DONNISON Cardiff AAC	160 Ffion Mair ROBERTS Colwyn Bay AC	1Q		
148 Alaw EVANS Cardiff Archers	161 Megan ROWE University of Leicester Running & AC	2Q		
149 Gabrielle FAKANDE Swansea Harriers	162 Rachael SCOTT Wigan & District AC	HEAT 3	ATHLETE	PERF
150 Lily GASKIN Cardiff AAC	165 Laura TURLEY West Cheshire Athletic Club	1Q		
151 Vicky GITTINS Birchfield Harriers	168 Lauren WILLIAMS Swansea Harriers	2Q		
152 Jeri-Lynne GRABHAM Neath Harriers		Fastest 'q' athletes	PERF	
		1q		
		2q		

*If only 16 athletes register qualification changes to 3Q & 2q from 2 heats not 3 as planned***T08 SENM 400m HEATS****8:40 PM**

All Comers Record: Phil BROWN, England, 45.29, 1986

Welsh Record: Iwan THOMAS, Newham, 44.36, 1997

CBP: Iwan THOMAS, Newham & Essex B, 45.45, 1998

2017 Champion: Owen SMITH, Cardiff AAC, 47.41

Athletes qualify to next round T33-Final (Q= 3 & q= 2):Qualifications could change on the day depending on entries

Athlete	Athlete	HEAT 1	ATHLETE	PERF
127 Marcus BAYONA-MARTINEZ Swansea Harriers	133 Steffan Dylan JONES Swansea Harriers	1Q		
128 Paul BENNETT Cardiff AAC	118 Iori MOORE Cardiff AAC	2Q		
400 Joseph BRIER Swansea Harriers	136 Daniel MORRIS Cardiff AAC	3Q		
129 Gareth DAVIES Loughborough Students AC	138 Owen SMITH Cardiff AAC	HEAT 2	ATHLETE	PERF
130 Nick EKELUND-ARENANDER * Denmark	139 Daniel SNELLING Swansea Harriers	1Q		
131 Rhys GRANVILLE Swansea Harriers	140 Jamie VERRAN Cardiff AAC	2Q		
		3Q		
		Fastest 'q' athletes	PERF	
		1q		
		2q		

