

Cardiff Met Uni

GRAND PRIX SERIES

FIXTURE 1

RESULTS

Sunday-13-December-2015



**CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 13TH DECEMBER 2015**

T17-Men 60m - Open FINAL

AC Record - Jason GARDENER, England, 6.52, 2002

Welsh Record - Colin JACKSON, Cardiff AAC, 6.49, 1994

Pos	Bib	Athlete	Club	Final Perf
1	85	Kristian JONES (U20M)	Cardiff AAC	6.96
2	140	Gareth HOPKINS (SENM)	Cardiff Met Uni	7.06
3	29	Daniel TRUEEMAN (SENM)	Stroud AC/Cardiff Met	7.08
4	17	Karl MCCLEAN (SENM)	City of Lisburn/Cardiff Met Uni	7.13
5	40	Kyle THOMAS (SENM)	Bridgend AC	7.21
6	144	Mark PRENTICE (SENM)	Cardiff AAC/Cardiff Met	7.21
7	158	Matt ATKINS (SENM)	University of Bristol	7.25
8	106	Callum HUNTER (SENM)	City of Liverpool	7.34

T12-Men 60m - Open

				Heat 1								Heat 2					
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	85	Kristian JONES (U20M)	Cardiff AAC	7.00	1	q	1	40	Kyle THOMAS (SENM)	Bridgend AC	7.23	7	q				
2	29	Daniel TRUEEMAN (SENM)	Stroud AC/Cardiff Met	7.02	2	q	2	92	Tyler WILLIAMS (U20M)	Newport Harriers	7.30	9					
3	17	Karl MCCLEAN (SENM)	City of Lisburn/Cardiff Met Uni	7.11	3	q	3	91	Alexander ATKINS (U20M)	University of Bristol	7.31	11					
4	140	Gareth HOPKINS (SENM)	Cardiff Met Uni	7.13	4	q	4	77	Joey TOYE (U20M)	Unattached	7.34	12					
5	106	Callum HUNTER (SENM)	City of Liverpool	7.17	5	q	5	39	Gareth TENNISON (SENM)	Cardiff AAC	7.36	13					
6	144	Mark PRENTICE (SENM)	Cardiff AAC/Cardiff Met	7.19	6	q	6	60	Dale WILLIS (SENM)	Corby/Royal Navy	7.42	15					
DNS	48	Sam PETERS (SENM)	Erme Valley Harriers				7	55	Navid CHILDS (SENM)	Thames Valley Harriers	7.77	27					
							DNS	50	Glenn ETHERINGTON (SENM)	Yeovil Olympiads							
				Heat 3								Heat 4					
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	158	Matt ATKINS (SENM)	University of Bristol	7.27	8	q	1	152	Rhun EDWARDS (U20M)	Carmarthen Harriers	7.62	22					
2	54	Ashley JONES (SENM)	Unattached	7.31	10		2	97	Brook ADNITT (U20M)	Tavistock AC	7.66	24					
3	43	Matthew BARTLETT (SENM)	University of Gloucestershire	7.54	16		3	47	Morgan JONES (SENM)	Cardiff Met Uni	7.73	25					
4	37	Euco LIMA (SENM)	University of Bristol	7.54	17		4	22	Luke SIMPSON (SENM)	Gloucester AC/Gloucester Uni	7.75	26					
5	16	Edward LANTZOS (SENM)	Newport Harriers	7.59	18		5	119	Ben LYSZKOWSKI (U20M)	University of Bristol	7.80	29					
6	75	Daniel SALMON (U20M)	Cardiff Met Uni/Pembrokeshire Harriers	7.62	19		6	100	Ross PALIN (U20M)	City of Plymouth AC	8.05	33					
7	51	Omar OMAR (SENM)	University of Bristol	7.62	20		DNS	99	Jamie VERRAN (U20M)	Cardiff AAC							
				Heat 5								Heat 6					
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	95	Aaron JOHN (U20M)	Pembrokeshire Harriers	7.62	21		1	110	Daniel SNELLING (U20M)	Newport Harriers	7.37	14					
2	131	Liam SANDFORD (SENM)	University of Gloucestershire	7.79	28		2	116	Tomos GRIFFIN (U20M)	Brecon AC	7.65	23					
3	98	Rhys ROBERTS (U20M)	Bridgend AC	7.85	30		3	155	Hakeem AL-HADDI (U20M)	Newport Harriers	7.99	32					
4	153	Davis MAINA (SENM)	Swansea Uni	7.94	31		4	159	Sam WILLIAMS (U20M)	Aberdare VAAC	8.29	35					
5	71	Sam CROWTER (U20M)	Exeter Harriers	8.12	34		5	59	Paul EVANS (SENM)	Brecon AC	8.61	37					
6	52	Jerry KEVERN (SENM)	City of Plymouth AC	8.38	36		6	21	Bob CROWTER (SENM)	southwest vets	8.73	38					
DNS	49	Nathan HUGHES (SENM)	Cardiff Met Uni				7	151	Alex DAMON (U20M)	Lavington Athletics	8.97	39					
DNS	53	Ben MILES (SENM)	University of Gloucestershire				8	44	Charlie GOODWIN (SENM)	Lavington Athletics	10.03	40					

T15-Men & Women 60m Santa Sprints

Male Santa World Record - Joe THORNTON, Bristol Uni, 7.27, 2014

Female Santa World Record - Rebecca CHAPMAN UWIC, 8.09, 2012

Pos	Bib	Athlete	Club	Final Perf
1	7	Alex ATKINS (SENM)	tbc	7.38
2	2	Omar ALAMI (SENM)	University of Bristol	7.76
3	4	Will SAGE (SENM)	Aberystwyth University	8.05
4	6	Amalia WESTERLUND (SENM)	University of Bristol	8.67
5	3	Scott HUDSPITH (SENM)	Aberystwyth University	8.99
6	8	Matt ATKIN (SENM)	University of Bristol	9.35
7	1	Ceri JONES (SENM)	tbc	9.43
8	5	Gary JONES (SENM)	tbc	10.16

**CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 13TH DECEMBER 2015**

T09-Men 300m - Open

AC Record - Matt ELIAS, Wales, 34.03, 2003

Welsh Record - Matt ELIAS, Cardiff AAC, 33.40, 2006

Pos	Bib	Athlete	Club	Heat 1 Perf	Pos	Bib	Athlete	Club	Heat 2 Perf
1	20	Paul BENNETT (SENM)	Cardiff AAC/Cardiff Met	35.26	1	60	Dale WILLIS (SENM)	Corby/Royal Navy	36.23
2	133	Stuart PEARCE (SENM)	Newport Harriers	43.94	2	45	Malcolm COWTON (SENM)	Yate & District AC	44.42
3	128	Tom REEVES (U20M)	Aberystwyth University	44.15	DNF	53	Ben MILES (SENM)	University of Gloucestershire	
Pos	Bib	Athlete	Club	Heat 3 Perf	Pos	Bib	Athlete	Club	Heat 4 Perf
1	29	Daniel TRUEMAN (SENM)	Stroud AC/Cardiff Met	35.74	1	121	Ross, ALLEN (SENM)	Rugby & Northampton	37.57
2	154	Matt DAVIES (SENM)	Aberystwyth University	40.55	2	95	Aaron JOHN (U20M)	Pembrokeshire Harriers	37.74
3	100	Ross PALIN (U20M)	City of Plymouth AC	43.55	3	120	Daniel NEWLAND (SENM)	City of Plymouth AC	41.78
Pos	Bib	Athlete	Club	Heat 5 Perf	Pos	Bib	Athlete	Club	Heat 6 Perf
1	48	Sam PETERS (SENM)	Erme Valley Harriers	36.34	1	33	Marcus BAYONA-MARTINEZ (SENM)	Cardiff University	38.39
2	153	Davis MAINA (SENM)	Swansea Uni	41.20	2	96	Reuben WILMSHURST (U20M)	Bristol & West AC	41.47
3	25	Matt GRANT (SENM)	University of Bristol	43.76	3	148	Glyn WISE (SENM)	Cardiff University	41.70
Pos	Bib	Athlete	Club	Heat 7 Perf	Pos	Bib	Athlete	Club	Heat 8 Perf
1	93	Andrew BOWERS (U20M)	Gloucester AC	38.64	1	132	Daniel SNELLING (U20M)	Newport Harriers	37.97
2	134	Joel FOWLER (U20M)	Newport Harriers	40.24	2	152	Rhun EDWARDS (U20M)	Carmarthen Harriers	39.23
DNF	99	Jamie VERRAN (U20M)	Cardiff AAC		3	129	Iestyn JONES (U20M)	Cardiff AAC	39.34
Pos	Bib	Athlete	Club	Heat 9 Perf	Pos	Bib	Athlete	Club	Heat 10 Perf
1	54	Ashley JONES (SENM)	Unattached	37.10	1	43	Matthew BARTLETT (SENM)	University of Gloucestershire	38.56
2	84	Shaun STENHOUSE (U20M)	Cardiff Met Uni	38.18	2	142	Iwan JAMES (U20M)	Cardiff AAC	38.98
3	59	Paul EVANS (SENM)	Brecon AC	45.57	3	155	Hakeem AL-HADDI (U20M)	Newport Harriers	40.72
Pos	Bib	Athlete	Club	Heat 11 Perf	Pos	Bib	Athlete	Club	Heat 12 Perf
1	130	Carl MCEWAN (SENM)	Newport Harriers	38.41					
2	97	Brook ADNITT (U20M)	Tavistock AC	39.74					
3	111	Joseph DAVIES (U20M)	Newport Harriers	42.16					

T13-Men 600m - Open

AC Record - Joe THOMAS, Cardiff AAC, 1:18.06, 2012

Pos	Bib	Athlete	Club	Heat 1 Perf	Pos	Bib	Athlete	Club	Heat 2 Perf
1	41	Alex COOMBER (SENM)	Cardiff AAC	01:19.34	1	34	Ben TOPLEY (SENM)	University of Bristol	01:23.54
2	109	Carl HILL (SENM)	Cardiff AAC	01:19.97	2	145	Chris HEPWORTH (SENM)	Ealing, Southall and Middlesex A	01:26.84
3	12	Charlie WALKER (SENM)	Cardiff AAC	01:22.10	3	86	Anthony DONALDSON (U20M)	University of Bristol	01:27.16
4	139	Kane LEE (SENM)	Yate & District AC	01:22.93	4	143	Alex PRICE (U20M)	Rhondda AC	01:27.42
5	80	Dominic TAYLOR (U20M)	Taunton AC	01:23.89	DNF	60	Dale WILLIS (SENM)	Corby/Royal Navy	
Pos	Bib	Athlete	Club	Heat 3 Perf	Pos	Bib	Athlete	Club	Heat 4 Perf
1	93	Andrew BOWERS (U20M)	Gloucester AC	01:26.59	1	107	Nathan BROWN (U20M)	Erme Valley Harriers	01:27.04
2	108	Peter WATKEYS (SENM)	Basingstoke and Mid Hants AC	01:27.30	2	135	Tyrone FOWLER (SENM)	Newport Harriers	01:34.35
3	18	Richard WHITE (SENM)	Worcester AC	01:31.19	3	114	James WALSH (U20M)	Bristol & West AC	01:41.26
4	96	Reuben WILMSHURST (U20M)	Bristol & West AC	01:32.41	4	299	Brian DIAS (SENM)	Cardiff AAC	01:43.73
5	56	Ivan USENKO (SENM)	Bristol & West AC	01:33.09	5	45	Malcolm COWTON (SENM)	Yate & District AC	01:47.57
6	150	Brett DAVIS (SENM)	Newport Harriers	01:37.64	DNF	57	S SMITH (SENM)	Preston Harriers	

**CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 13TH DECEMBER 2015**

T03-Men 3000m - Open (Graded)

AC Record - Rob WHALLEY, England, 7.53.63, 2000

Welsh Record - Ian HAMER, Swansea Harriers, 7.51.49, 1992

				Heat 1						Heat 2	
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	36	Kieran WOOD (SENM)	Cambridge and Coleridge/Cardiff Met	08:09.02		1	13	Vanarkle FREEK (SENM)	Gloucester AC/Cardiff Uni	08:56.15	
2	105	William PAULSON (SENM)	Stroud AC	08:18.81		2	123	Finley MCLEAR (U20M)	Exeter Harriers	08:58.60	
3	28	Mike WILSMORE (SENM)	Bristol & West AC	08:26.74		3	118	Stephen MORRIS (SENM)	Cardiff AAC	08:59.29	
4	30	Dan NASH (SENM)	Cardiff University	08:30.33		4	126	Scott HUDSPITH (SENM)	Aberystwyth University	09:08.14	
5	138	Niall HOLT (U20M)	Southampton AC/Cardiff Met	08:34.33		5	124	Paul BRADSHAW (SENM)	Blackburn Harriers	09:12.01	
6	70	Piers COPELAND (U20M)	Wimborne Ac	08:37.39		6	227	Kate HULLS (SENW)	Bristol & West AC	09:20.71	
7	113	William BATTERSHILL (U20M)	Erne Valley Harriers	08:38.87		7	31	Christopher WILLIAMS (SENM)	Plymouth University	09:22.71	
8	83	Gareth GRIFFITHS (U20M)	Cardiff Met Uni	08:42.55		8	27	James MILLER (SENM)	Cheltenham Harriers	09:24.63	
9	81	Adam DAVIES (SENM)	Newport Harriers	08:44.96		9	236	Louise WEBB (SENW)	Southampton AC	09:28.36	
10	15	Muktaar FARHAN (SENM)	Cardiff AAC	08:46.29		10	64	Adam WILSON (U20M)	Yate & District AC	09:32.75	
DNF	137	Aaron AARONPHELPS (SENM)	Stroud AC			11	189	Julia COOKE (SENW)	Birchfield Harriers	09:36.73	
DNS	26	Oliver BERRY (SENM)	Taunton AC			DNF	57	S SMITH (SENM)	Preston Harriers		

				Heat 3	
Pos	Bib	Athlete	Club	Perf	
1	246	Charlotte GREEN (SENW)	Bristol & West AC	09:36.42	
2	56	Ivan USENKO (SENM)	Bristol & West AC	09:48.70	
3	32	Michael ROBBINS (SENM)	Newbury AC	09:50.29	
4	35	Craig BRIDGES (SENM)	Team Bath AC	09:51.58	
5	136	Jason KIELY (SENM)	Nike cardiff	09:59.60	
6	228	Zoe WASSELL (U20W)	Stroud & District AC	10:13.55	
7	38	David BEDWELL (SENM)	Bristol & West AC	10:31.30	
8	245	Rebecca PIERCE (SENW)	Team Bath	10:38.80	
9	82	Tszsum FUNG (U20M)	University of Bristol	11:45.36	
DNS	208	Gemma WILKS (U20W)	University of Gloucestershire		

T01-U13-U15-U17 1k Walk

AC Record -

Welsh Record -

				Final	
Pos	Bib	Athlete	Club	Perf	
1	68	Daniel MCKERLICH (U20M)	Cardiff AAC	04:49.84	
2	63	Owain NICHOLAS (U20M)	Pembrokeshire Harriers	04:49.84	
3	61	Jack CHILDS (U15B)	Medway & Maidstone	05:09.02	
4	62	Andrew SALMON (U20M)	Pembrokeshire Harriers	05:49.47	
5	229	Maddie DRAYCOTT (U15G)	Swansea Harriers	06:19.18	
6	58	Jason ELWORTHY (SENM)	Barry & Vale Harriers	11:02.99	

T02-U20-SEN 3k Walk

				Final	
Pos	Bib	Athlete	Club	Perf	
1	117	Cameron CORBISHLEY (U20M)	Medway & Maidstone	11:47.12	
2	90	Guy THOMAS (U20M)	Tonbridge Athletics Club	12:26.69	
3	225	Bethan DAVIES (SENW)	Cardiff AAC	12:46.77	
4	204	Heather LEWIS (SENW)	Pembrokeshire Harriers	13:25.05	
5	253	Megan STRATTON-THOMAS (U20W)	Swansea Harriers	16:59.86	
DNS	79	Tim SNOOK (U20M)	Aldershot, Farnham and District AC		
DNS	78	Chris SNOOK (U20M)	Aldershot, Farnham and District AC		
DNS	241	Tatyana GABELLONE (SENW)	SSD Centro Ester Napoli ARL		

T05-Men 60m Hdl- Open (Sen-106.7cm)/(U20-99.1cm)

AC Record - Sen Colin JACKSON, Wales, 7.60, 2002

Welsh Record - Sen Colin JACKSON, Brecon AC, 7.30, 1994/U20 Colin JACKSON, Cardiff AAC, 7.78, 1985

				Final						Heat 2	
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	154	Matt DAVIES (SENM)	Aberystwyth University	11.07							

T06-Men 60m Hdl CE (Sen-106.7cm)/(U20-99.1cm)

AC Record - Sen Colin JACKSON, Wales, 7.60, 2002

Welsh Record - Sen Colin JACKSON, Brecon AC, 7.30, 1994/U20 Colin JACKSON, Cardiff AAC, 7.78, 1985

				Final						Heat 2	
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	156	Aled PRICE (SENM)	Camarthen Harriers/University of Birmingham	8.57	844						
2	157	Matthew CURTIS (SENM)	Wimborne Ac	9.04	738						

T18-Men 60m - Combined Events

AC Record - Jason GARDENER, England, 6.52, 2002

Welsh Record - Colin JACKSON, Cardiff AAC, 6.49, 1994

				Final						Heat 2	
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	156	Aled PRICE (SENM)	Camarthen Harriers/University of Birmingham	7.31	776						
2	157	Matthew CURTIS (SENM)	Wimborne Ac	7.62	675						

**CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 13TH DECEMBER 2015**

Pos	Bib	Athlete	Club	Heat 3 Perf	Pos	Bib	Athlete	Club	Heat 4 Perf
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T18-Men 60m - Combined Events

AC Record - Jason GARDENER, England, 6.52, 2002

Welsh Record - Colin JACKSON, Cardiff AAC, 6.49, 1994

Pos	Bib	Athlete	Club	Final Perf
1	156	Aled PRICE (SENM)	Camarthen Harriers/University of Birmingl	7.31
2	157	Matthew CURTIS (SENM)	Wimborne Ac	7.62

CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 13TH DECEMBER 2015

F10-Men High Jump - Open

AC Record - Brendan REILLY / Samson ONI, Ireland/England, 2.25, 2000/2008

Welsh Record - Robert MITCHELL , Sale Harriers Manchester, 2.24, 2009

Pos	Bib	Athlete	Club	Perf
1	89	Tom GALE (U20M)	Team Bath AC	2.05
2	65	Curtis WOOD (U20M)	Cambridge and Coleridge	1.96
3	88	Thomas WYBURN (U20M)	Pembrokeshire Harriers	1.87
4	147	Hans VONLIERES (SENM)	Cardiff Met Uni	1.87
5	87	Ioan JENKINS (U20M)	Neath Harriers	1.66
6	46	Paul EVANS (SENM)	Brecon AC	1.16

F12-Men High Jump CE

AC Record - Brendan REILLY / Samson ONI, Ireland/England, 2.25, 2000/2008

Welsh Record - Robert MITCHELL , Sale Harriers Manchester, 2.24, 2009

Pos	Bib	Athlete	Club	Perf
1	156	Aled PRICE (SENM)	Camarthen Harriers/University of Birmingham	1.84
2	157	Matthew CURTIS (SENM)	Wimborne Ac	1.72

F04-Men Pole Vault

AC Record - Paul WILLIAMSON/Nick BUCKFIELD, England, 5.50, 2000/2002

Welsh Record - Scott SIMPSON , Birchfield Harriers, 5.42, 2007

Pos	Bib	Athlete	Club	Perf
1	103	Fynley CAUDERY (U20M)	Cornwall AC	4.21
2	10	Callum COURT (SENM)	Cardiff University	4.01
3	125	Elliot HADDON (SENM)	Swansea Harriers	4.01
4	72	Rhodri DAVIES (U20M)	Cardiff AAC	3.91
5	67	Edward THOMPSON (U20M)	Cardiff AAC	3.91
6	11	Glyn PRICE (SENM)	Swansea Harriers	3.81
7	69	Jasper HAWKINS (U20M)	Cardiff AAC	3.41

F01-Men Long Jump - Open

AC Record - Gable GARENAMOTSE, Botswana, 8.01, 2002

Welsh Record - Lynn DAVIES , Roath H, Cardiff, 7.97, 1966

Pos	Bib	Athlete	Club	Perf	Pts
1	115	Sandor-Norbert LENARD (SENM)	Swansea Harriers	6.89	
2	9	Simeon CLARENCE (SENM)	Cardiff Met Uni	6.87	
3	122	Sam ADAMS (U20M)	Cardiff University	6.79	
4	55	Navid CHILDS (SENM)	Thames Valley Harriers	6.63	
5	74	Gage FRANCIS (U20M)	Cardiff Met Uni	6.52	
6	42	Imre BORSI (SENM)	Swansea Harriers	6.14	
7	47	Morgan JONES (SENM)	Cardiff Met Uni	5.96	
8	98	Rhys ROBERTS (U20M)	Bridgend Ac	5.65	
9	49	Nathan HUGHES (SENM)	Cardiff Met Uni	5.40	
10	46	Paul EVANS (SENM)	Brecon AC	3.74	
11	151	Alex DAMON (U20M)	Lavington Athletics	3.41	
12	58	Jason ELWORTHY (SENM)	Barry & Vale Harriers	2.14	

CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 13TH DECEMBER 2015

F02-Men Shot (Sen-7.26kg)/(U20-6.00kg) CE

AC Record - Garrett JOHNSON, USA, 19.00, 2007

Welsh Record - Saun PICKERING , Haringey AC, 19.10, 1996

Pos	Bib	Athlete	Club	Perf
1	156	Aled PRICE (SENM)	Camarthen Harriers/University of Birmingham	11.72
2	157	Matthew CURTIS (SENM)	Wimborne Ac	10.06

F06-Men Shot - Open (Sen-7.26kg)/(U20-6.00kg)

AC Record - Garrett JOHNSON, USA, 19.00, 2007

Welsh Record - Saun PICKERING , Haringey AC, 19.10, 1996

Pos	BIB	Athlete	Club	Perf
1	104	Daniel CORK (U20M)	Newport Harriers	12.30
2	141	Tomas RHODES (SENM)	University exeter	9.87
3	76	Charlie SHIPTON (U20M)	Tavistock AC	8.25
4	44	Charlie GOODWIN (SENM)	Lavington Athletics	7.80
5	58	Jason ELWORTHY (SENM)	Barry & Vale Harriers	6.70
6	59	Paul EVANS (SENM)	Brecon AC	6.23

**CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 13TH DECEMBER 2015**

Results copy

[HOME PAGE](#)

T16-Women 60m - Open FINAL

AC Record - Joice MADUAKA, England, 7.28, 2002

Welsh Record - Carman SMART, Cardiff AAC, 7.34, 1990

Pos	Bib	Athlete	Club	Final Perf
1	202	Rebecca CHAPMAN (SENW)	Cardiff Met Uni	7.70
2	196	Zoe NASH (U20W)	Bridgend AC	7.79
3	191	Melissa ROBERTS (U20W)	Cardiff AAC	7.84
4	198	Amy ODUNAIYA (SENW)	Cardiff Met Uni	7.94
5	185	Katie-Jane PRIEST (SENW)	Newport Harriers	8.00
6	238	Natasha WOODS (SENW)	Bridgend AC	8.06
7	243	Imelda MORRISSON (SENW)	Swansea Harriers	8.18
8	216	Sian SWANSON (SENW)	Swansea Harriers	8.19

T11-Women 60m - Open

				Heat 1				Heat 2				
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	
1	202	Rebecca CHAPMAN (SENW)	Cardiff Met Uni	7.69	1	q	1	198	Amy ODUNAIYA (SENW)	Cardiff Met Uni	7.91	4
2	191	Melissa ROBERTS (U20W)	Cardiff AAC	7.71	2	q	2	238	Natasha WOODS (SENW)	Bridgend AC	8.04	7
3	196	Zoe NASH (U20W)	Bridgend AC	7.79	3	q	3	195	Sarah GIBBS (U20W)	Newport Harriers	8.21	10
4	185	Katie-Jane PRIEST (SENW)	Newport Harriers	7.96	5	q	4	169	Elisha THOMAS (U20W)	Bridgend AC	8.24	11
5	216	Sian SWANSON (SENW)	Swansea Harriers	8.00	6	q	5	205	Katy TOWNSEND (SENW)	Cardiff Met Uni	8.36	14
6	243	Imelda MORRISSON (SENW)	Swansea Harriers	8.16	8	q	6	217	Samantha BARRETT (U20W)	Bristol & West AC	8.38	15
7	192	Michelle THOMAS (SENW)	Birchfield Harriers	8.34	12		7	201	Kiah ROSENSTEIN (SENW)	Plymouth AC	8.56	23
							DNS	230	Lana CULLIFORD (U20W)	Cardiff AAC		

				Heat 3				Heat 4			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	211	Francesca ALLEN (U20W)	North Somerset/ Cardiffmet	8.17	9	1	210	Amy BUSBY (U20W)	Cardiff Met Uni	8.47	19
2	220	Ellys CONNOR (U20W)	Blaenau Gwent AC	8.36	13	2	213	Lucy LUCY (U20W)	Plymouth AC	8.65	24
3	207	Jade KINSEY (U20W)	Tavistock AC	8.39	16	3	214	Ellie-Mae STOKES (U20W)	University of Gloucestershire	8.71	26
4	235	Lexus NDIWE (U20W)	Aberystwyth University	8.40	17	4	180	Natasha MEAD (SENW)	Exeter Harriers	8.99	27
5	242	Rebecca COURTENAY (SENW)	Bristol & West AC	8.43	18	5	247	Tamzin GRIBBLE (SENW)	City of Plymouth AC	9.04	28
6	223	Amalia WESTERLUND (U20W)	University of Bristol	8.47	20	6	248	Juliet SIDNEY (SENW)	Newport Harriers	9.06	29
7	215	Lucy KEVERN (U20W)	City of Plymouth AC	9.07	30	7	206	Melanie GARLAND (SENW)	Worcester AC	9.58	32

				Heat 5				Heat 6			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	193	Rebecca SILK (SENW)	Exeter University	8.48	21						
2	200	Seren WENHAM (U20W)	Cardiff AAC	8.51	22						
3	218	Rosa ROSA (U20W)	Plymouth AC	8.69	25						
4	186	Katherine MCGARRY (SENW)	University of Bristol	9.46	31						

T10-Women 300m - Open

AC Record - Emma PULLEN, England, 40.01, 2010

Welsh Record - Catherine MURPHY, Shaftesbury, 37.3, 2004

				Heat 1				Heat 2			
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	179	Amelia REYNOLDS (U20W)	Filton College	41.44		1	207	Jade KINSEY (U20W)	Tavistock AC	44.40	
2	218	Rosa ROSA (U20W)	Plymouth AC	45.00		2	247	Tamzin GRIBBLE (SENW)	City of Plymouth AC	48.20	
3	239	Becky TURNER (SENW)	University of Gloucestershire	50.94		3	248	Juliet SIDNEY (SENW)	Newport Harriers	48.62	
				Heat 3				Heat 4			
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	176	Nicole KENDALL (U20W)	Exeter University	40.28		1	234	Emma PIATEK (U20W)	Bristol University	43.70	
2	182	Jessica HILL (U20W)	Cardiff AAC	42.62		2	223	Amalia WESTERLUND (U20W)	University of Bristol	44.20	
3	240	Laura COLLINS (SENW)	Plymouth university	51.54		3	170	Laura MCARTHUR (SENW)	Cornwall AC	44.69	
				Heat 5				Heat 6			
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	244	Lillian GODDARD (U20W)	Torbay AC	42.34		1	210	Amy BUSBY (U20W)	Cardiff Met Uni	43.77	
2	187	Jaycee PENNY (U20W)	Blaenau Gwent AC	43.90		2	213	Lucy LUCY (U20W)	Plymouth AC	45.18	
3	237	Bethan SKUSE (SENW)	Cheltenham/Cardiff Met	45.96		3	194	Flora BEVERLEY (SENW)	Bristol University	49.05	

T14-Women 600m - Open

AC Record - Loren BLEAKEN , Team Bath, 1:32.08, 2012

Welsh Record - Kirsty McDERMOTT, Bristol, 1.30.16, 1985

				Final				Heat 2			
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf	
1	246	Charlotte GREEN (SENW)	Bristol & West AC	01:35.35							
2	232	Hayley HARVEY (SENW)	City of Plymouth AC	01:36.65							
3	224	Hannah WRIGLEY (SENW)	Team Bath	01:40.51							
4	244	Lillian GODDARD (U20W)	Torbay AC	01:41.45							
5	245	Rebecca PIERCE (SENW)	Team Bath	01:44.16							
6	233	Alexa PARKER (SENW)	University of Bristol	01:47.27							
DNS	222	Ellen BARBER (U20W)	Yeovil								Heat 4

**CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 13TH DECEMBER 2015**

Results copy

[HOME PAGE](#)

T07-Women 60m Hdl - Open

AC Record - Diane ALLAHGRREN, England, 8.01, 2002

Welsh Record - Kay MORLEY-BROWN , Cardiff AAC, 8.16, 1992

Pos	Bib	Athlete	Club	Final		Pos	Bib	Athlete	Club	Heat 2	
				Perf						Perf	
1	219	Rebecca GRAY (U20W)	Cornwall AC	9.39							
2	222	Ellen BARBER (U20W)	Yeovil	9.88							

T08-Women 60m Hurdles - CE

AC Record - Diane ALLAHGRREN, England, 8.01, 2002

Welsh Record - Kay MORLEY-BROWN , Cardiff AAC, 8.16, 1992

Pos	Bib	Athlete	Club	Final		Pos	Bib	Athlete	Club	Heat 2	
				Perf						Perf	
1	251	Sara GEARY (SENW)	Cardiff Met Uni	9.21	867						
2	250	Jenna BIERTON (U20W)	Plymouth AC	9.76	758						
3	252	Claire TAYLOR (U20W)	Cardiff AAC	9.77	756						
4	249	Jessica ROBINS (U20W)	University of Gloucestershire	11.16	511						

CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 13TH DECEMBER 2015

F11-Women High Jump - Open

AC Record -

Welsh Record -

Pos	Bib	Athlete	Club	Perf
1	23	Kate LYSONS (SENM)	Cardiff AAC	1.63
2	101	Aimee-Leigh CLOWES (U20M)	Tavistock AC	1.57
3	223	Amalia WESTERLUND (U20W)	University of Bristol	1.54

F05-Women Pole Vault

AC Record - Henrietta PAXTON, Birchfield Harriers, 4.31, 2010

Welsh Record - Rhian CLARKE , Essex Ladies, 4.20, 2001

Pos	Bib	Athlete	Club	Perf
1	226	Molly CAUDERY (U20W)	Cornwall AC	3.91
2	177	Lyndsey MAUND (SENW)	Swansea Harriers	3.71
3	203	Sarah MCKEEVER (SENW)	Sale Harriers/Cardiff Uni	3.51
4	300	Jessica ABRAHAM (SENW)	Cardiff AAC	3.51
5	219	Rebecca GRAY (U20W)	Cornwall AC	3.41
6	181	Carys JONES (U20W)	Carmarthen Harriers	3.31
7	173	Eleanor THOMPSON (U20W)	Cardiff University	3.11
8	183	Ffion LLEWELLYN (U20W)	Bridgend AC	3.11
9	231	Lauren O'REILLY (SENW)	Swansea Harriers	3.01
10	297	Victoria HARDING (SENW)	W.S.E.H	3.01

F08-Women Long Jump

Pos	Bib	Athlete	Club	Perf
1	243	Imelda MORRISSON (SENW)	Swansea Harriers	5.83
2	216	Sian SWANSON (SENW)	Swansea Harriers	5.47
3	222	Ellen BARBER (U20W)	Yeovil	5.37
4	197	Macey JONES (U20W)	Cwmbran Harriers	5.34
5	178	Catrin LORD (U20W)	Cardiff AAC	5.25
6	217	Samantha BARRETT (U20W)	Bristol & West AC	5.23
7	171	Katie YEOMANS (U20W)	Newquay & Par/Bath Uni	5.12
8	205	Katy TOWNSEND (SENW)	Cardiff Met Uni	5.10
9	211	Francesca ALLEN (U20W)	North Somerset/ Cardiffmet	4.91
10	214	Ellie-Mae STOKES (U20W)	University of Gloucestershire	4.74
11	206	Melanie GARLAND (SENW)	Worcester AC	4.26
12	220	Ellys CONNOR (U20W)	Blaenau Gwent AC	4.24
13	215	Lucy KEVERN (U20W)	City of Plymouth AC	4.00

F09-Women Long Jump Women CE

AC Record - Gillian COOKE, Scotland, 6.43, 2008

Welsh Record - Ruth HOWELL , Birchfield, 6.51, 1974

Pos	Bib	Athlete	Club	Perf
1	251	Sara GEARY (SENW)	Cardiff Met Uni	5.72
2	252	Claire TAYLOR (U20W)	Cardiff AAC	5.21
3	249	Jessica ROBINS (U20W)	University of Gloucestershire	4.89
4	250	Jenna BIERTON (U20W)	Plymouth AC	4.52

CARDIFF MET GRAND PRIX 1
CHRISTMAS CLASSIC
SUNDAY 13TH DECEMBER 2015

F07-Women Shot - Open (4.00kg)

AC Record - Venissa HEAD, Wales, 19.06, 1984

Welsh Record - Venissa HEAD , Cardiff AAC, 19.06, 1984

Pos	Bib	Athlete	Club	Perf
1	221	Sarah ALSAYED (SENW)	Cardiff University	7.58
2	190	Maria THOMPSON (SENW)	Cardiff Met Uni	7.44

F03-Women Shot (4.00kg) Combined Events

AC Record - Venissa HEAD, Wales, 19.06, 1984

Welsh Record - Venissa HEAD , Cardiff AAC, 19.06, 1984

Pos	Bib	Athlete	Club	Perf
1	251	Sara GEARY (SENW)	Cardiff Met Uni	10.18
2	252	Claire TAYLOR (U20W)	Cardiff AAC	8.65
3	249	Jessica ROBINS (U20W)	University of Gloucestershire	7.65
4	250	Jenna BIERTON (U20W)	Plymouth AC	7.27

Cardiff Metropolitan Uni

Grand Prix Series 2015-2016

GP1 - Male Combined Events

National Indoor Athletics Centre

Cyncoed, Cardiff, Sunday 13th December 2015

Male Combined Events			60m HDL			(7.26kg)	(6.00kg)	SP	Pts	HIGH JUMP		HJ	Total	60m		60m
No.	Name	Club	secs	Pts	Rank	(m.cm)	Pts	Rank	after 2	(m.cm)	Pts	Rank	after 3	secs	Pts	Rank
156	Aled PRICE (SENM)	Camarthen Harriers/University of Birmingl	8.57	844	1	11.72	589	1	1433	1.84	661	1	2094	7.31	776	1
157	Matthew CURTIS (SENM)	Wimborne Ac	9.04	738	2	10.06	489	2	1227	1.72	560	2	1787	7.62	675	2

Cardiff Metropolitan Uni

Grand Prix Series 2015-2016

GP1 - Male Combined Events

National Indoor Athletics Centre

Cyncoed, Cardiff, Sunday 13th December 2015

Total Points
2870
2462

Cardiff Metropolitan Uni

Grand Prix Series 2015-2016

GP1 - Female Combined Events

National Indoor Athletics Centre

Cyncoed, Cardiff, Sunday 13th December 2015

Female Combined Events			60m HDL			SHOT (4.00kg)			Pts	LONG JUMP			Total	Total
No.	Name	Club	secs	Pts	Rank	(m.cm)	Pts	Rank	after 2	(m.cm)	Pts	Rank	after 3	Points
251	Sara GEARY (SEW)	Cardiff Met Uni	9.21	867	1	10.18	541	1	1408	5.72	765	1	2173	1
252	Claire TAYLOR (U20W)	Cardiff AAC	9.77	756	3	8.65	441	2	1197	5.21	617	2	1814	2
250	Jenna BIERTON (U20W)	Plymouth AC	9.76	758	2	7.27	352	4	1110	4.52	433	4	1543	3
249	Jessica ROBINS (U20W)	University of Gloucestershire	11.16	511	4	7.65	377	3	888	4.89	530	3	1418	4