

Cardiff Met Uni

GRAND PRIX SERIES

FIXTURE 2

RESULTS

Sunday-10-January-2016

Cardiff Met Grand Prix Series

GP2

Sunday 10th January 2016

Male Track Results

T11-Men 60m Open Final

AC Record - Jason GARDENER, England, 6.52, 2002

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

Heat 1				Heat 2						
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf
1	174	Ronnie WELLS (SENM)	Taunton AC-(SWE)	6.81		1	107	Joseph KINSEY (SENM)	Cardiff Met Uni-(GP2)	7.23
2	103	James GRIFFITHS (SENM)	Cardiff AAC-(GP2)	6.93		2	44	Daniel BROOKS (U20M)	Yate & District AC-(GP2)	7.23
3	86	Liam DUIFF (SENM)	Cardiff AC-(GP2)	7.11		3	182	Daniel SNELLING (U20M)	Newport Harriers-(GP2)	7.31
4	153	William KENNEDY (U20M)	Team Bath AC-(SWE)	7.11		4	157	Kyle ARNOLD (U20M)	SGS College - BAoS-(SWE)	7.35
5	158	Declan WALTERS (U20M)	SGS College - BAoS-(SWE)	7.19		5	129	Tyler WILLIAMS (SENM)	Newport Harriers-(GP2)	7.36
6	140	Kyle THOMAS (SENM)	Bridgend AC-(GP2)	7.24		6	142	Ashley JONES (SENM)	Unattached-(GP2)	7.49
7	176	Joey WELLS (U20M)	Unattached-(SWE)	7.26		DNS	65	Paddy COLHOUN (SENM)	Cardiff University-(GP2)	
DNS	130	Sam PETERS (SENM)	Erme Valley Harriers-(GP2)			DNS	134	Aidan COREE (SENM)	University of Bath-(GP2)	

T03-Men 60m South West Championships

Final				SOUTH WEST ENGLAND				U20M				
Pos	Bib	Athlete	Club	Perf					Pos	Bib	Athlete	Perf
1	153	William KENNEDY (U20M)	Team Bath AC-(SWE)	7.15					1	153	William KENNEDY (U20M)	7.15
2	158	Declan WALTERS (U20M)	SGS College - BAoS-(SWE)	7.17					2	158	Declan WALTERS (U20M)	7.17
3	176	Joey WELLS (U20M)	Unattached-(SWE)	7.22					3	176	Joey WELLS (U20M)	7.22
4	87	Jake MAIR (U20M)	University of Exeter-(GP2)	7.45								
5	183	Ben TULLOCH (U20M)	Bristol & West AC-(SWE)	7.48								
6	50	Kelvin BULLOCK (U20M)	SGS College - BAoS-(GP2)	7.64								
7	170	Brook ADNITT (U20M)	Tavistock AC-(SWE)	7.70								
8	179	Mark ELLERY (SENM)	Bristol & West Athletic Club-(SWE)	8.40								

SOUTH WEST ENGLAND

SENIOR MEN

SOUTH WEST ENGLAND

U20M

1	179	Mark ELLERY (SENM)	Bristol & West Athletic Club-(SWE)	8.40								
2												
3												

T04-Men 60m Open

Heat 1				Heat 2				Heat 3				Heat 4				Heat 5				Heat 6									
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	174	Ronnie WELLS (SENM)	Taunton AC-(SWE)	6.78	1	Q	1	107	Joseph KINSEY (SENM)	Cardiff Met Uni-(GP2)	7.24	9	q																
2	103	James GRIFFITHS (SENM)	Cardiff AAC-(GP2)	6.94	2	Q	2	44	Daniel BROOKS (U20M)	Yate & District AC-(GP2)	7.25	10	q																
3	86	Liam DUIFF (SENM)	Cardiff AC-(GP2)	7.17	5	Q	3	182	Daniel SNELLING (U20M)	Newport Harriers-(GP2)	7.30	11	q																
4	140	Kyle THOMAS (SENM)	Bridgend AC-(GP2)	7.20	6	Q	4	129	Tyler WILLIAMS (SENM)	Newport Harriers-(GP2)	7.34	13	q																
5	65	Paddy COLHOUN (SENM)	Cardiff University-(GP2)	7.35	14	q	5	144	Daniel DELL (SENM)	Cardiff AAC-(GP2)	7.44	18																	
6	134	Aidan COREE (SENM)	University of Bath-(GP2)	7.37	15	q	6	133	Matthew BILLINGTON (U20M)	Southampton Solent University-(GP2)	7.53	22																	
7	147	Andrew FAULKNER (SENM)	City of sheffield-(GP2)	7.38	17		7	151	Jake PARMENTER (SENM)	North Devon AC-(GP2)	7.67	25																	
DQ	58	Kristian JONES (U20M)	Cardiff AAC-(GP2)				DNS	176	Joey WELLS (U20M)	Unattached-(SWE)																			

T15-Men 200m Open

AC Record - Doug TURNER, Wales, 20.92, 2002

Welsh Record - Christian MALCOLM, Cardiff AAC, 20.54, 2000

Heat 1				Heat 2				Heat 3				Heat 4				Heat 5				Heat 6				Heat 7				Heat 8				Heat 9			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	
1	58	Kristian JONES (U20M)	Cardiff AAC-(GP2)	21.90	1	97	Ben PARIS (U20M)	Cardiff Archers-(GP2)	22.71	1	182	Daniel SNELLING (U20M)	Newport Harriers-(GP2)	22.97	1	147	Andrew FAULKNER (SENM)	City of sheffield-(GP2)	23.27	1	55	Iestyn RAVEN (U20M)	Bridgend AC-(GP2)	25.57	1	170	Brook ADNITT (U20M)	Tavistock AC-(SWE)	24.55	1	151	Jake PARMENTER (SENM)	North Devon AC-(GP2)	24.20	
2	133	Matthew BILLINGTON (U20M)	Southampton Solent University-(GP2)	23.51	2	149	Danny BURROWES (U20M)	Thames Valley Harriers/ Swansea University-(GP2)	24.49	2	142	Ashley JONES (SENM)	Unattached-(GP2)	23.61	2	183	Ben TULLOCH (U20M)	Bristol & West AC-(SWE)	24.28	2	150	Davis MAINA (SENM)	Swansea Uni-(GP2)	25.65	2	50	Kelvin BULLOCK (U20M)	SGS College - BAoS-(GP2)	23.65	2	66	Jordan COCHRANE (U20M)	Exeter University-(GP2)	24.46	
3	143	Alex PAINTING (U20M)	Exeter University-(GP2)	27.09	DNS	129	Tyler WILLIAMS (SENM)	Newport Harriers-(GP2)		3	146	Ben MILES (SENM)	University of Gloucestershire-(GP2)	26.49	3	139	Matthew CATTERALL (U20M)	Brecon AC-(GP2)	24.69	3	137	Charles GRIFFITHS (SENM)	Carmarthen Harries-(GP2)	29.55	3	176	Joey WELLS (U20M)	Unattached-(SWE)	27.09	3	182	Daniel SNELLING (U20M)	Newport Harriers-(GP2)	22.97	
1	140	Kyle THOMAS (SENM)	Bridgend AC-(GP2)	23.59																															
2	162	Elliot SCOTT (U20M)	Taunton AC-(SWE)	24.12																															
3	179	Mark ELLERY (SENM)	Bristol & West Athletic Club-(SWE)	27.04																															

Cardiff Met Grand Prix Series

GP2

Sunday 10th January 2016

Male Track Results

T19-Men 400m South West Championships

AC Record - Matthew ELIAS, Wales, 47.39, 2002

Welsh Record - Jamie BAULCH, Cardiff AAC, 45.39, 1997

		Heat 1					Heat 2		
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	173	Dale WILLIS (SENM)	royal navy-(SWE)	49.99	1	162	Elliot SCOTT (U20M)	Taunton AC-(SWE)	50.79
2	165	Dominic TAYLOR (U20M)	Taunton AC-(SWE)	53.01	2	172	Kane LEE (SENM)	Southampton Solent Univeristy-(SWE)	51.75
3	177	Shaun STENHOUSE (U20M)	Cardiff Met Uni-(SWE)	54.53	3	161	Eddie HALL (U20M)	Team Bath AC-(SWE)	60.69

SOUTH WEST ENGLAND

SENIOR MEN

SOUTH WEST ENGLAND

U20M

1	173	Dale WILLIS (SENM)	royal navy-(SWE)	49.99	1	162	Elliot SCOTT (U20M)	Taunton AC-(SWE)	50.79
2	172	Kane LEE (SENM)	Southampton Solent Univeristy-(SWE)	51.75	2	165	Dominic TAYLOR (U20M)	Taunton AC-(SWE)	53.01
3					3	177	Shaun STENHOUSE (U20M)	Cardiff Met Uni-(SWE)	54.53

T20-Men 400m Open

AC Record -

Welsh Record -

		Heat 1					Heat 2		
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	130	Sam PETERS (SENM)	Erme Valley Harriers-(GP2)	50.23	1	76	Marcus - BAYONA-MARTINEZ (SENM)	Cardiff University-(GP2)	52.30
2	64	Matthew BARTLETT (SENM)	University of Gloucestershire-(GP2)	55.95	2	110	Alex PRICE (U20M)	Rhondda AC-(GP2)	55.18
3	150	Davis MAINA (SENM)	Swansea Uni-(GP2)	57.72	DNS	181	Hakeem AL-HADDI (U20M)	Newport Harriers-(GP2)	

		Heat 3					Heat 4		
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	114	Ashraf LILES (U20M)	Carmarthen Harriers-(GP2)	53.06	1	122	Ashley GORTON (U20M)	horsham blue star harriers-(GP2)	53.28
2	118	Jonny MONK (SENM)	University of Bristol-(GP2)	53.09	2	111	Bert ROWETT (SENM)	Banbury-(GP2)	53.97
3	98	Reuben WILMSHURST (U20M)	Bristol & West AC-(GP2)	55.64	3	131	Neil TUNSTALL (SENM)	Cornwall AC-(GP2)	59.95
4	141	Dwayne GRIFFITHS (U20M)	Carmarthen Harries-(GP2)	59.82					

T07-Men 800m Open

AC Record - Joe THOMAS, Cardiff AAC, 1:47.82, 2012

Welsh Record - Joe THOMAS, Cardiff AAC, 1:46.33, 2012

		Heat 1					Heat 2		
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	54	Alex COOMBER (U20M)	Cardiff AAC-(GP2)	01:51.09	1	95	Dean SMITH (SENM)	City of Plymouth Athletics Club-(GP2)	01:59.91
2	75	Carl HILL (SENM)	Cardiff AAC-(GP2)	01:51.83	2	79	Peter WATKEYS (SENM)	Basingstoke and Mid Hants AC-(GP2)	02:04.63
3	96	Dave RAGAN (SENM)	Basingstoke and Mid Hants AC-(GP2)	01:55.91	DNF	85	Luke MCWILTON (U20M)	University of Exeter-(GP2)	
4	172	Kane LEE (SENM)	Southampton Solent Univeristy-(SWE)	01:56.73	DNF	84	Patrick BAATZ (SENM)	Cardiff University-(GP2)	
5	67	Owen HA(SWE)LL (SENM)	Cardiff AAC/Cardiff University-(GP2)	01:57.67	DNF	124	Andrew ANDREW (U20M)	Gloucester-(GP2)	
6	77	Nicholas JONES (U20M)	Cardiff AAC / UWU-(GP2)	02:00.26	DNS	165	Dominic TAYLOR (U20M)	Taunton AC-(SWE)	

		Heat 3					Heat 4		
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	84	Patrick BAATZ (SENM)	Cardiff University-(GP2)	01:59.90	1	64	Matthew BARTLETT (SENM)	University of Gloucestershire-(GP2)	2:17.05
2	124	Andrew ANDREW (U20M)	Gloucester-(GP2)	02:09.45	2	60	Paul EVANS (SENM)	Brecon AC-(GP2)	2:17.47
3	125	Ivan USENKO (SENM)	Bristol & West AC-(GP2)	02:10.08	3	65	Paddy COLHOUN (SENM)	Cardiff University-(GP2)	2:18.02
4	178	Euan KERNAHAN (U20M)	North Devon Athletics Club-(SWE)	02:21.65	4	58	Kristian JONES (U20M)	Cardiff AAC-(GP2)	2:22.70
5	49	James KAY (U20M)	SGS College - BAoS-(GP2)	02:23.29					

T13-Men & South West 1500m Open & South West Championships

AC Record - Stephen DAVIES, Wales, 3:41.25, 2009

Welsh Record - James THIE, Cardiff AAC, 3:38.69, 2004

		Heat 1					Heat 2		
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	166	Mike WILSMORE (SENM)	Bristol & West AC-(SWE)	03:48.86	1	47	Will DAVIDSON (SENM)	Bristol and West AC / Bristol Uni-(GP2)	04:31.91
2	117	Aaron PHELPS (SENM)	Stroud & District AC-(GP2)	03:55.46	2	169	Craig BRIDGES (SENM)	Team Bath AC-(SWE)	04:34.20
3	101	Niall HOLT (SENM)	Southampton AC/Cardiff Met-(GP2)	03:55.56	3	141	Dwayne GRIFFITHS (U20M)	Carmarthen Harries-(GP2)	04:37.48
4	163	Archie WALTON (U20M)	Taunton AC-(SWE)	04:02.99	4	33	Brian DIAS (SENM)	Cardiff AAC-(GP2)	05:01.29
5	81	Freek VANARKELE (SENM)	Gloucester AC/Cardiff Uni-(GP2)	04:08.68					
6	167	Oliver BERRY (SENM)	Taunton AC-(SWE)	04:14.82					
7	105	Hugh SADLER (U20M)	Bristol & West AC-(GP2)	04:17.43					
8	159	Adam WILSON (U20M)	Yate & District Ac-(SWE)	04:19.92					

SOUTH WEST ENGLAND

SENIOR MEN

SOUTH WEST ENGLAND

U20M

1	166	Mike WILSMORE (SENM)	Bristol & West AC-(SWE)	03:48.86	1	163	Archie WALTON (U20M)	Taunton AC-(SWE)	04:02.99
2	167	Oliver BERRY (SENM)	Taunton AC-(SWE)	04:14.82	2	159	Adam WILSON (U20M)	Yate & District Ac-(SWE)	04:19.92
3	169	Craig BRIDGES (SENM)	Team Bath AC-(SWE)	04:34.20	3				

T01-Men 60m Hurdles Open (106.7cm)

AC Record - Colin JACKSON, Wales, 7.60, 2002

Welsh Record - Colin JACKSON, Brecon AC, 7.30, 1994

		Final		
Pos	Bib	Athlete	Club	Perf
1	148	Justin TARRANT (SENM)	Cardiff Met Uni-(GP2)	8.98
DNS	131	Neil TUNSTALL (SENM)	Cornwall AC-(GP2)	

T23-MALE 3000m invitation

AC Record - Rob WHALLEY England 7:53.63 NIAC, Cardiff 2000

Welsh Record - U20M: Tony BLACKWELL Wolverhampton 8:13.4 Cosford 1977/SENM: Ian HAMER

		Heat 1		
Pos	Bib	Athlete	Club	Perf
1	184	Andrew WRIGHT (SENM)	Cardiff University-(GP2)	08:20.11
2	80	Michael WARD (SENM)	Cardiff AAC / Bradley University-(GP2)	08:22.34
3	185	Chris CARPANINI (SENM)	Swansea Harriers-(GP2)	08:27.25
4	186	Matt EDWARDS (SENM)	Cardiff AAC/Cardiff Met-(GP2)	08:38.20
5	120	Adam DAVIES (SENM)	Unattached-(GP2)	08:46.39
6	187	Luke EVANS (SENM)	Bristol & West AC-(GP2)	09:04.01
7	188	Paul BRADSHAW (SENM)	Blackburn Harriers-(GP2)	09:10.45
8	312	Rose-Anne GALLIGAN (SENM)	Gloucester AC-(GP2)	09:20.95
9	313	Lucy MARLAND (SENM)	Cardiff AAC/Cardiff Met Uni-(GP2)	10:10.62

Cardiff Met Grand Prix Series

GP2

Sunday 10th January 2016

Male Field Results

F11-Men High Jump Open & integrated South West Championships

AC Record

AC Record - Brendan REILLY, Ireland, Samson ONI, Robbie GRABARZ, (Englnd) 2.25, 2000/2008/2011

Welsh Record - Robert MITCHELL, Sale, 2.24, 2009

Pos	Bib	Athlete	Club	Perf	
1	68	Chris BAKER (SENM)	Sale Harriers Manchester-(GP2)	2.26	
2	78	Barry PENDER (SENM)	Ireland-(GP2)	2.26	
3	46	Ryan BONIFAS (SENM)	Basingstoke and Mid Hants AC-(GP2)	2.05	
4	154	Tom GALE (U20M)	Team Bath AC-(SWE)	2.05	1=U20M
5	82	Hans VONLIERES (SENM)	Cardiff Metropolitan University-(GP2)	1.95	
6	71	Joseph PEARSE (SENM)	Cardiff Met/Blackburn Harriers-(GP2)	1.90	
7	180	Jamie ANDERSON (U20M)	Exeter Harriers-(SWE)	1.85	2=U20M
8	43	Adam BROOKS (U20M)	Yate & District AC-(GP2)	1.80	
9	143	Alex PAINTING (U20M)	Exeter University-(GP2)	1.80	
10	155	Johan WARENSJO (U20M)	Swindon-(SWE)	1.80	3=U20M
11	94	Thomas TROTMAN (U20M)	Cardiff AAC-(GP2)	1.75	
12	138	Ioan JENKINS (U20M)	Neath Harriers-(GP2)	1.70	
	91	Jack HUXLEY (SENM)	Exeter University AC-(GP2)	nmr	

F01-Men Pole Vault Open & integrated SW & Masters Championships

AC Record - Max EAVES, England, 5.51, NIAC, Cardiff, 2014

Welsh Record - Paul WALKER, Sale Harriers Manchester, 5.45, NIAC, Cardiff, 2014

Pos	Bib	Athlete	Club	Perf
1	37	Jasper HAWKINS (U20M)	Cardiff AAC-(GP2)	3.63
2	62	Ieuan HOSGOOD (U20M)	Swansea Harriers-(GP2)	3.43

F07-Men Pole Vault Open & integrated SW & Masters Championships

AC Record - Max EAVES, England, 5.51, NIAC, Cardiff, 2014

Welsh Record - Paul WALKER, Sale Harriers Manchester, 5.45, NIAC, Cardiff, 2014

Pos	Bib	Athlete	Club	Perf	MASTERS
1	42	Andy SUTCLIFFE (SENM)	Sale Harriers Manchester-(GP2)	5.31	
2	36	Joel LEONBENITEZ (U20M)	Notts AC-(GP2)	5.21	
3	106	Nikko HUNT (U20M)	Woodford Green-(GP2)	4.61	
4	89	Euan BRYDEN (SENM)	WSE&H-(GP2)	4.41	
5	93	Ryan GRIMWADE (U20M)	Cardiff AAC-(GP2)	4.31	
6	115	Elliot HADDON (SENM)	Swansea Harriers-(GP2)	4.21	
7	88	Fynley CAUDERY (U20M)	Cornwall Ac-(GP2)	4.11	
8	39	Joshua HOLLISEY-MCLEAN (U20M)	Swansea Harriers-(GP2)	3.65	
9	11	Derek OSBORNE (MM50)	Brecon AC-(WMA) MM50	2.60	1(MM50)
	38	Rhodri DAVIES (U20M)	Cardiff AAC-(GP2)	nmr	
	28	Glyn PRICE (MM50)	Swansea Harriers-(WMA) MM50	nmr	2(MM50)
	121	Edward THOMPSON (U20M)	Cardiff AAC-(GP2)	nmr	

Cardiff Met Grand Prix Series

GP2

Sunday 10th January 2016

Male Field Results

F09-Male 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
1	83	Nick CLEMENTS (SENM)	Yeovil Olympiads-(GP2)	6.86
2	108	Simeon CLARENCE (SENM)	Cardiff Metropolitan-(GP2)	6.76
3	171	James GROOCOCK (SENM)	Southampton-(SWE)	6.68
4	123	Gage FRANCIS (SENM)	Cardiff Met Uni-(GP2)	6.61
5	127	Navid CHILDS (SENM)	Thames Valley Harriers-(GP2)	6.58
6	134	Aidan COREE (SENM)	University of Bath-(GP2)	6.52
7	100	Kellen JONES (U20M)	Newport Harriers-(GP2)	6.26
8	151	Jake PARMENTER (SENM)	North Devon AC-(GP2)	6.04
9	136	Rhys ROBERTS (U20M)	Bridgend AC-(GP2)	5.88
10	148	Justin TARRANT (SENM)	Cardiff Met Uni-(GP2)	5.88
11	132	Morgan JONES (SENM)	Cardiff Met Uni-(GP2)	5.66
12	138	Ioan JENKINS (U20M)	Neath Harriers-(GP2)	5.63
13	180	Jamie ANDERSON (U20M)	Exeter Harriers-(SWE)	5.51
14	99	Mattias KUSTER (SENM)	Cardiff Met University-(GP2)	5.49
15	51	Tariq THOMAS (U20M)	SGS College - BAoS-(GP2)	5.25
16	126	Will MCMILLEN (U20M)	SGS College - BAoS-(GP2)	5.13
17	128	Jordan HARRRY (U20M)	University of Bath-(GP2)	NMR

F13-Men Triple Jump Open

AC Record - Julian GOLLEY, England, 16.05, 2001

Welsh Record - Steven SHALDERS, Cardiff AAC, 16.39, 2006

Pos	Bib	Athlete	Club	Perf
1	127	Navid CHILDS (SENM)	Thames Valley Harriers-(GP2)	14.00
2	123	Gage FRANCIS (SENM)	Cardiff Met Uni-(GP2)	13.46
3	57	Osaze AGHEDO (U20M)	Swansea Harriers-(GP2)	13.43
4	104	Toby PENTREATH (U20M)	Team Bath AC-(GP2)	13.17
5	128	Jordan HARRRY (U20M)	University of Bath-(GP2)	12.61
6	74	Ashley BUCKMAN (U20M)	Team Solent-(GP2)	12.60
7	132	Morgan JONES (SENM)	Cardiff Met Uni-(GP2)	11.67

F05-Men Shot Put Open & integrated South West Championships

AC Record - Garrett JOHNSON, USA, 19.00, 2007

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

Pos	Bib	Athlete	Club	Perf	
1	59	Patrick SWAN (U20M)	Cornwall AC-(GP2)	13.73	
2	152	Matthew TRICKEY (U20M)	Yeovil Olympiads-(SWE)	11.90	1-U20M
3	32	Daniel CORK (U20M)	Newport Harriers-(GP2)	11.75	
4	148	Justin TARRANT (SENM)	Cardiff Met Uni-(GP2)	10.98	
5	48	Jj DALY (U20M)	SGS College - BAoS-(GP2)	9.54	

Cardiff Met Grand Prix Series

GP2

Sunday 10th January 2016

Female Track Results

T12-Women 60m Open Final

AC Record - Joice MADUAKA, England, 7.28, 2002

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

Heat 1				Heat 2						
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf
1	276	Rebecca CHAPMAN (SENW)	Cardiff Met Uni-(GP2)	7.69		1	300	Francesca ALLEN (SENW)	North Somerset/Cardiff Met-(SWE)	8.25
2	220	Emily WRIGHT (U20W)	Bristol & West AC-(GP2)	7.84		2	286	Abby MILES (U20W)	Swindon Harriers-(SWE)	8.26
3	269	Megan ROGERS (SENW)	Cardiff Met University-(GP2)	7.87		3	306	Jade KINSEY (U20W)	Tavistock AC-(SWE)	8.35
4	280	Yvette WESTWOOD (U20W)	Yate & District AC-(SWE)	7.92		4	297	Hannah JACKSON (SENW)	Bristol & West AC-(SWE)	8.36
5	266	Katie-Jane PRIEST (SENW)	Newport Harriers-(GP2)	7.94		5	228	Michelle THOMAS (SENW)	Birchfield Harriers-(GP2)	8.38
6	291	Abi DAVIES (SENW)	Southampton AC-(SWE)	7.99		6	262	Elisha THOMAS (U20W)	Bridgend AC-(GP2)	8.41
7	299	Sarah SMITH (U20W)	North Somerset AC-(SWE)	8.05		7	290	Samantha BARRETT (U20W)	Filton College-(SWE)	8.42
8	287	Annie LEWIS (U20W)	Yate & District AC-(SWE)	8.10		8	271	Rebecca COURTENAY (SENW)	Bristol and West Athletics Club-(GP2)	8.44

T05-Women 60m South West Championships

Heat 1				Heat 2							
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	
1	291	Abi DAVIES (SENW)	Southampton AC-(SWE)	7.94	4	Q	1	306	Jade KINSEY (U20W)	Tavistock AC-(SWE)	8.28
2	280	Yvette WESTWOOD (U20W)	Yate & District AC-(SWE)	7.96	6	Q	2	290	Samantha BARRETT (U20W)	Filton College-(SWE)	8.30
3	299	Sarah SMITH (U20W)	North Somerset AC-(SWE)	8.00	7	Q	3	308	Alice HANNAN (U20W)	Millfield School-(SWE)	8.39
4	287	Annie LEWIS (U20W)	Yate & District AC-(SWE)	8.04	8	Q	4	295	Janet DICKINSON (SENW)	Bournemouth AC-(SWE)	8.88
5	286	Abby MILES (U20W)	Swindon Harriers-(SWE)	8.29	11	q	5	305	Henrietta ANSTEY (SENW)	Bristol & West AC-(SWE)	9.54
6	300	Francesca ALLEN (SENW)	North Somerset/Cardiff Met-(SWE)	8.30							
	296	Madeleine FOWLER (U20W)	University of Exeter-(SWE)	8.88							

SOUTH WEST ENGLAND

Pos	Bib	Athlete	Club	Perf
1	291	Abi DAVIES (SENW)	Southampton AC-(SWE)	7.94
2	300	Francesca ALLEN (SENW)	North Somerset/Cardiff Met-(SWE)	8.30
3	295	Janet DICKINSON (SENW)	Bournemouth AC-(SWE)	8.88

SENIOR WOMEN

SOUTH WEST ENGLAND

Pos	Bib	Athlete	Club	Perf
1	280	Yvette WESTWOOD (U20W)	Yate & District AC-(SWE)	7.96
2	299	Sarah SMITH (U20W)	North Somerset AC-(SWE)	8.00
3	287	Annie LEWIS (U20W)	Yate & District AC-(SWE)	8.04

T06-Women 60m Open

Heat 1				Heat 2								
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	
1	276	Rebecca CHAPMAN (SENW)	Cardiff Met Uni-(GP2)	7.77	1	Q	1	262	Elisha THOMAS (U20W)	Bridgend AC-(GP2)	8.23	9
2	220	Emily WRIGHT (U20W)	Bristol & West AC-(GP2)	7.77	2	Q	2	271	Rebecca COURTENAY (SENW)	Bristol and West Athletics Club-(GP2)	8.34	16
3	266	Katie-Jane PRIEST (SENW)	Newport Harriers-(GP2)	7.96	5	Q	3	264	Katy TOWNSEND (SENW)	Cheltenham Harriers-(GP2)	8.44	19
3	297	Hannah JACKSON (SENW)	Bristol & West AC-(SWE)	8.31	14	q	4	267	Rebecca SILK (SENW)	University of Exeter-(GP2)	8.49	20
5	228	Michelle THOMAS (SENW)	Birchfield Harriers-(GP2)	8.32	15	q	5	241	Kelly MCMAHON (SENW)	Exeter University-(GP2)	8.56	22
6	248	Daphne SCHRAGER (U20W)	Team Bath-(GP2)	10.69	31		6	268	Ellie-Mae STOKES (U20W)	University of Gloucestershire-(GP2)	8.83	24
7							7	278	Precious MALAZARTE-SMITH (U20W)	University of Plymouth Athletics Club-(GP2)	8.99	28
							8	254	Holly MEIJONES (U20W)	Exeter University Athletics Club-(GP2)	9.28	29

Heat 3				Heat 4								
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q	
1	269	Megan ROGERS (SENW)	Cardiff Met University-(GP2)	7.93	3	Q	1	291	Abi DAVIES (SENW)	Southampton AC-(SWE)	7.94	4
2	56	Eve GEORGE (U20M)	Cardiff AAC-(GP2)	8.38	17		2	280	Yvette WESTWOOD (U20W)	Yate & District AC-(SWE)	7.96	6
3	255	Jordan MEEK (U20W)	Bridgend AC-(GP2)	8.52	21		3	299	Sarah SMITH (U20W)	North Somerset AC-(SWE)	8.00	7
4	274	Georgia CARRINGTON (SENW)	University of Plymouth Athletics Club-(GP2)	8.68	23		4	287	Annie LEWIS (U20W)	Yate & District AC-(SWE)	8.04	8
5	234	Tinuke OKEGBILE (U20W)	Southampton Solent University-(GP2)	8.95	26		5	286	Abby MILES (U20W)	Swindon Harriers-(SWE)	8.29	11
6	273	Laura COLLINS (SENW)	Plymouth University-(GP2)	8.98	27		6	300	Francesca ALLEN (SENW)	North Somerset/Cardiff Met-(SWE)	8.30	13
								296	Madeleine FOWLER (U20W)	University of Exeter-(SWE)	8.88	#N/A

T16-Women 200m Open

AC Record - Amy SPENCER, England, 23.74, 2009

Welsh Record - Catherine MURPHY, Shaftesbury, 23.35, 2002

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	250	Eve WILLIAMS (U20W)	Cwmbran Harriers-(GP2)	25.60	1	226	Natasha BRIGGS (U20W)	Cardiff AAC-(GP2)	27.94
2	273	Laura COLLINS (SENW)	Plymouth University-(GP2)	30.86	2	258	Dorcas FAKILE (U20W)	Bournemouth University-(GP2)	28.60
3	305	Henrietta ANSTEY (SENW)	Bristol & West AC-(SWE)	32.23	3	260	Becky TURNER (SENW)	University of Gloucestershire-(GP2)	31.60

Heat 3				Heat 4					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	269	Megan ROGERS (SENW)	Cardiff Met University-(GP2)	25.06	1	271	Rebecca COURTENAY (SENW)	Bristol and West Athletics Club-(GP2)	28.25
2	231	Jessica HILL (U20W)	Cardiff AAC-(GP2)	27.67	2	256	Kezia GEORGE (SENW)	University of Gloucestershire-(GP2)	29.81
3	278	Precious MALAZARTE-SMITH (U20W)	University of Plymouth Athletics Club-(GP2)	30.87	DNS	303	Georgia SILCOX (U20W)	Yeovil Olympics-(SWE)	

Heat 5				Heat 6					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	266	Katie-Jane PRIEST (SENW)	Newport Harriers-(GP2)	25.79	1	229	Armani WILLIAMS (U20W)	Newport Harriers-(GP2)	26.64
2	244	Olivia DYER (SENW)	Exeter University-(GP2)	26.76	2	253	Lana CULLIFORD (U20W)	Cardiff AAC-(GP2)	26.65
3	267	Rebecca SILK (SENW)	University of Exeter-(GP2)	28.51	DNS	262	Elisha THOMAS (U20W)	Bridgend AC-(GP2)	

T21-Women 400m South West Championships

AC Record - Catherine MURPHY, Wales, 52.54, 2002

Welsh Record - Catherine MURPHY, Shaftesbury, 51.74, 2003

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	293	Charlotte CAYTON-SMITH (U20W)	Cornwall AC-(SWE)	57.95	1	289	Loren BLEAKEN (SENW)	Birchfield Harriers-(SWE)	56.56
2	308	Alice HANNAN (U20W)	Millfield School-(SWE)	63.62	2	307	Laura PULESTON (U20W)	Erme Valley Harriers-(SWE)	63.47
3	301	Emma COLWILL (SENW)	Neath Harriers-(SWE)	69.28	3	306	Jade KINSEY (U20W)	Tavistock AC-(SWE)	65.62

SOUTH WEST ENGLAND				SOUTH WEST ENGLAND					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	289	Loren BLEAKEN (SENW)	Birchfield Harriers-(SWE)	56.56	1	307	Laura PULESTON (U20W)	Erme Valley Harriers-(SWE)	63.47
2	301	Emma COLWILL (SENW)	Neath Harriers-(SWE)	69.28	2	308	Alice HANNAN (U20W)	Millfield School-(SWE)	63.62
3					3	306	Jade KINSEY (U20W)	Tavistock AC-(SWE)	65.62

T22-Women 400m Open

AC Record -

Welsh Record -

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	292	Nicole KENDALL(NOTSW) (SENW)	Exeter University AC-(GP2)	55.95					
2	232	Lauren WILLIAMS (U20W)	Swansea Harriers-(GP2)	58.29					
3	281	Laura MCARTHUR (SENW)	Cornwall AC-(GP2)	61.40					
4	238	Ellie STEPHENSONWILDING (U20W)	Cardiff AAC-(GP2)	71.48					

Cardiff Met Grand Prix Series

GP2

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Female Track Results

T08-Women 800m Open

AC Record - Jemma SIMPSON, England, 2:03.66, 2008

Welsh Record - Hayley PARRY, Swansea Harriers, 2:01.52, 1998

			Heat 1	
Pos	Bib	Athlete	Club	Perf
1	235	Charlotte - CAYTON-SMITH (U20W)	Cornwall AC-(GP2)	2:12.65
2	218	Gemma ROUS (SENW)	Highgate Harriers-(GP2)	2:16.17
3	219	Isobel - PARRY-JONES (U20W)	Cwmbran Harriers-(GP2)	2:16.77
4	252	Emily GRIFFIN (U20W)	Cardiff AAC-(GP2)	2:23.97
5	247	Lilly HAWKINS (U20W)	Plymouth University-(GP2)	2:24.19
6	309	Sophie SANDFORD (U20W)	Mendip Athletic Club-(SWE)	2:44.76

T14-Women & South West 1500m Open & South West Championships

AC Record - Gemma TURTLE, England, 4:14.06, 2010

Welsh Record - Hayley TULLETT, Swansea Harriers, 4:05.63, 2004

			Heat 1	
Pos	Bib	Athlete	Club	Perf
1	246	Claire TARPLEE (SENW)	Solihull and small heath-(GP2)	4:16.50
2	294	Ellie LEATHER (U20W)	Yate & District AC-(SWE)	4:54.31
3	242	Rebecca PIERCE (SENW)	Team Bath AC-(GP2)	4:55.06
4	288	Ella BRIMBLE (U20W)	Yate & District AC-(SWE)	5:25.72
5	304	Louise JEFFRIES (SENW)	Team Bath AC-(SWE)	5:43.51
6	302	Cecelia BRADLEY (U20W)	UPAC-(SWE)	5:53.29

SOUTH WEST ENGLAND

1	304	Louise JEFFRIES (SENW)	Team Bath AC-(SWE)	05:43.51
2				
3				

SENIOR WOMEN

SOUTH WEST ENGLAND

			U20W	
1	294	Ellie LEATHER (U20W)	Yate & District AC-(SWE)	04:54.31
2	288	Ella BRIMBLE (U20W)	Yate & District AC-(SWE)	05:25.72
3	302	Cecelia BRADLEY (U20W)	UPAC-(SWE)	05:53.29

T02-Women 60m Hurdles Open (84.0cm)

AC Record - Diane ALLAHGRREN, England, 8.01, 2002

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

			Final	
Pos	Bib	Athlete	Club	Perf
1	297	Hannah JACKSON (SENW)	Bristol & West AC-(SWE)	9.23
2	303	Georgia SILCOX (U20W)	Yeovil Olympiads-(SWE)	9.27
DNS	277	Rebecca GRAY (U20W)	Cornwall AC-(GP2)	

Cardiff Met Grand Prix Series

GP2

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Female Field Results

F12-Women High Jump Open & integrated South West Championships

AC Record - Susan JONES, England, 1.90, 2002

Welsh Record - Julie CRANE, Sale Harriers, 1.90, 2005

Pos	Bib	Athlete	Club	Perf
1	282	Evie GROGAN (SENW)	University of Winchester-(GP2)	1.65
2	263	Sarah OMOREGIE (U20W)	Cardiff AAC-(GP2)	1.60
3	259	Alex HANCOCK (U20W)	Exeter University-(GP2)	1.50
4=	230	Aimee-Leigh CLOWES (U20W)	Tavistock AC-(GP2)	1.50
4=	265	Nathalie GODDEN (SENW)	Cardiff AAC-(GP2)	1.50

F02-Women Pole Vault Open & integrated SW & Masters Championships

AC Record - Henrietta PAXTON, England, 4.31, 2010

Welsh Record - Sally PAEKE, Birchfield Harriers, 4.42, 2012

Pos	Bib	Athlete	Club	Perf
1	243	Sarah MCKEEVER (SENW)	Cardiff University-(GP2)	3.73
2	315	Jessica ABRAHAM (SENW)	Cardiff AAC-(GP2)	3.63
3	227	Amber TRY (U20W)	WSE & H/University of Bath-(GP2)	3.53
4	239	Ffion LLEWELLYN (U20W)	Bridgend AC-(GP2)	3.23
5	314	Claudia LAVENDER (SENW)	Team Batch AC-(SWE)	3.23
6	221	Megan HODGSON (U20W)	Cardiff AAC-(GP2)	3.00

F08-Women Pole Vault Open

AC Record - Henrietta PAXTON, England, 4.31, 2010

Welsh Record - Sally PAEKE, Birchfield Harriers, 4.42, 2012

Pos	Bib	Athlete	Club	Perf
1	279	Courtney MAGUIRE (SENW)	Edinburgh AC-(GP2)	3.80
2	245	Molly CAUDERY (U20W)	Cornwall AC-(GP2)	3.65
3	233	Lyndsey MAUND (SENW)	Swansea Harriers-(GP2)	3.65

F03-Women Long Jump Open

AC Record - Gillian COOKE, Scotland, 6.43, 2008

Welsh Record - Ruth HOWELL, Birchfield Harriers, 6.51, 1974

Pos	Bib	Athlete	Club	Perf	MASTERS
1	276	Rebecca CHAPMAN (SENW)	Cardiff Met Uni-(GP2)	5.87	
2	236	Imelda MORRISSON (SENW)	Swansea Harriers-(GP2)	5.84	
3	270	Sian SWANSON (SENW)	Swansea Harriers-(GP2)	5.47	
4	303	Georgia SILCOX (U20W)	Yeovil Olympiads-(SWE)	5.37	1(U20W)
5	215	Mary MARTIN (U20W)	Enfield and Haringey-(GP2)	5.21	
6	265	Nathalie GODDEN (SENW)	Cardiff AAC-(GP2)	4.87	
7	261	Tessa YOUNG (SENW)	University of Gloucestershire-(GP2)	4.60	
8	274	Georgia CARRINGTON (SENW)	University of Plymouth Athletics Club-(GP2)	4.57	
9	284	Joanne SMERDON (SENW)	SGS College - BAoS-(SWE)	4.49	1(senw)
10	278	Precious MALAZARTE-SMITH (U20W)	University of Plymouth Athletics Club-(GP2)	4.12	
11	225	Uche EMEKA (U20W)	SGS College - BAoS-(GP2)	3.60	

Cardiff Met Grand Prix Series

GP2

Sunday 10th January 2016

Female Field Results

F14-Women Triple Jump Open

AC Record - Yamile ALDAMA, Cuba, 14.11, 2003

Welsh Record - Sara BARRY, Cardiff AAC, 12.47, 2009

Pos	Bib	Athlete	Club	Perf
1	270	Sian SWANSON (SENW)	Swansea Harriers-(GP2)	11.61
2	251	Macey JONES (U20W)	Cwmbran Harriers-(GP2)	11.00
3	249	Lauren EVANS (U20W)	Cardiff AAC-(GP2)	10.78
4	268	Ellie-Mae STOKES (U20W)	University of Gloucestershire-(GP2)	10.18
5	237	Brooke - LANGTON-CRYER (U20W)	Cardiff AAC-(GP2)	10.14
6	264	Katy TOWNSEND (SENW)	Cheltenham Harriers-(GP2)	9.87

F06-Women Shot Put Open & integrated South West Championships

AC Record - Venissa HEAD, Wales, 19.06, 1984

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

Pos	Bib	Athlete	Club	Perf	
1	263	Sarah OMOREGIE (U20W)	Cardiff AAC-(GP2)	12.29	
2	283	Rownita MARSTON (U20W)	SGS College - BAoS-(GP2)	11.98	
3	284	Joanne SMERDON (SENW)	SGS College - BAoS-(SWE)	8.16	1-SEN
4	240	Maria THOMPSON (SENW)	Cardiff Met Uni-(GP2)	7.31	

Cardiff Met Grand Prix Series

GP2

Sunday 10th January 2016

Masters Track Results

T17-Masters Men 200m Masters Championships

AC Record - No Records

Welsh Record - No Records

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	4	Paul GUEST (NON WM) (MM50)	Yeovil Olympiads-(WMA) MM50	25.70	1	6	Paul EVANS (MM40)	Brecon AC-(WMA) MM40	27.74
2	3	Neil TUNSTALL (NON WM) (MM50)	Cornwall AC-(WMA) MM50	26.24	2	8	Charlie NORTHEY (MM45)	Brecon AC-(WMA) MM45	29.41
3	2	Stuart PEARCE (MM35)	Penarth & Dinas-(WMA) MM35	27.48	3	5	Jason ELWORTHY (MM40)	Barry & Vale Harriers-(WMA) MM40	55.12
4	1	Simon GILL (MM35)	Liswerry Runners-(WMA) MM35	27.86	DNS	7	Chris MILLARD (MM45)	North Somerset/ Cardiff Met Uni-(WMA) MM45	
Heat 3				Heat 4					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	9	Robin WOOD (MM50)	Swansea Harriers-(WMA) MM50	28.23	1	14	Mal COWTON (MM55)	Yate & District AC-(WMA) MM55	28.35
2	11	Derek OSBORNE (MM50)	Brecon AC-(WMA) MM50	28.52	2	15	Peter MOUNTAIN (NON WM) (MM55)	Bristol & West AC-(WMA) MM55	29.35
DNS	10	Tim BARRETT (MM50)	Pembrokeshire Harriers-(WMA) MM50		3	12	Mark KALLENBERG (MM55)	Carmarthen Harriers-(WMA) MM55	32.12
Heat 5				Heat 6					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	19	Ian BROADHURST (MM60)	Wrexham AAC-(WMA) MM60	26.52	4	13	Garry JONES (MM55)	Cardiff AAC-(WMA) MM55	33.31
2	17	Glyn SUTTON (MM70)	Newport Harriers-(WMA) MM70	28.10					
3	18	Brian WILLIAMSON (MM65)	Rhondda AC-(WMA) MM65	31.54					
4	16	Mel JAMES (MM70)	Port Talbot Harriers-(WMA) MM70	33.61					

T18-Masters Women 200m Masters Championships

AC Record - No Records

Welsh Record - No Records

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	200	Ania CIOLEK (MW35)	Brecon AC-WMA MW35	28.71	1	206	Amanda WALE (MW45)	Wrexham AAC-WMA MW45	29.85
2	201	Janet DICKINSON (NON WM) (MW45)	Bournemouth AC-WMA MW45	29.23	2	204	Juliet SIDNEY (MW45)	Lli(SWE)rry Runners-WMA MW45	30.17
3	202	Mel GARLAND (MW50)	Worcester AC-WMA MW50	32.91	3	205	Clare DAVIES (MW45)	Brecon AC-WMA MW45	35.69
4	203	Angela SONN (MW55)	Forest of Dean-WMA MW55	35.23	DNS	207	Cathy PEARCE (MW45)	Penarth & Dinas AC-WMA MW45	
Heat 3				Heat 4					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	23	Len TEW (MM80)	Port Talbot Harriers-(WMA) MM80	39.28					
2	31	Mal FARNHAM (MM80)	Les Croupiers-(WMA) MM80	41.59					
3	40	John HUBERTDANIELS (SEN)	Swansea Harriers-(GP2)	49.61					
DNS	208	Dot FRASER (MW75)	Lincoln Wellington-WMA MW75						

T09-Masters Men 800m Masters Championships

AC Record - No Records

Welsh Record - No Records

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	22	Richard WHITE (NON WM) (MM55)	Worcester AC-(WMA) MM55	2:14.06					
2	21	Brett DAVIS (MM50)	Newport Harriers-(WMA) MM50	2:18.26					
3	1	Simon GILL (MM35)	Liswerry Runners-(WMA) MM35	2:18.65					
4	20	Adrian LEWIS (MM40)	Aberdare VAAC-(WMA) MM40	2:20.77					
5	175	David BEDWELL (SEN)	Bristol & West AC-(SWE)	2:22.15					
6	8	Charlie NORTHEY (MM45)	Brecon AC-(WMA) MM45	2:22.51					
7	15	Peter MOUNTAIN (NON WM) (MM55)	Bristol & West AC-(WMA) MM55	2:23.37					
8	14	Mal COWTON (MM55)	Yate & District AC-(WMA) MM55	2:32.81					
9	12	Mark KALLENBERG (MM55)	Carmarthen Harriers-(WMA) MM55	2:40.72					
10	23	Len TEW (MM80)	Port Talbot Harriers-(WMA) MM80	3:35.39					
DNS	31	Mal FARNHAM (MM80)	Les Croupiers-(WMA) MM80						

T10-Masters Women 800m Masters Championships

AC Record - No Records

Welsh Record - No Records

Heat 1				
Pos	Bib	Athlete	Club	Perf
1	210	Rachel MATTHEWS (MW40)	Cardiff AAC-WMA MW40	2:35.46
2	209	Claire BRUCE (MW35)	Les Croupiers-WMA MW35	2:49.77
3	211	Emma BREARLEY (MW40)	Newport Harriers-WMA MW40	3:05.82
4	212	Pat GALLAGHER (MW70)	Westbury Harriers-WMA MW70	3:19.70

Cardiff Met Grand Prix Series

GP2

Sunday 10th January 2016

Masters Field Results

F01-Men Pole Vault Open & integrated SW & Masters Championships

AC Record - Max EAVES, England, 5.51, NIAC, Cardiff, 2014

Welsh Record - Paul WALKER, Sale Harriers Manchester, 5.45, NIAC, Cardiff, 2014

Pos	Bib	Athlete	Club	Perf	
1	11	Derek OSBORNE (MM50)	Brecon AC-(WMA) MM50	2.60	1(MM50)
2	29	Alan JEFFERIES (MM50)	Rhymney Valley AC-(WMA) MM50	2.55	2(MM50)
3	30	John HOWE (MM70)	Rhondda AC-(WMA) MM70	2.40	1(MM70)

F10-Male Long Jump Masters Championships

AC Record - Gable GARENAMOTSE, Botswana, 8.01, 2002

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

Pos	Bib	Athlete	Club	Perf	
1	11	Derek OSBORNE (MM50)	Brecon AC-(WMA) MM50	4.75	1(MM50)
2	9	Robin WOOD (MM50)	Swansea Harriers-(WMA) MM50	4.48	2(MM50)
3	24	Dave SHIELDS (MM55)	Unattached-(WMA) MM55	4.34	1(MM55)
4	350	Keith POWELL (MM50)	Newport Harriers-(WMA)	4.21	3(MM50)
5	18	Brian WILLIAMSON (MM65)	Rhondda AC-(WMA) MM65	4.14	1(MM65)
6	26	Allan CHEERS (MM70)	Basingstoke & Mid Hants AC-(WMA)	3.75	1(MM70)
7	6	Paul EVANS (MM40)	Brecon AC-(WMA) MM40	3.62	1(MM40)
8	13	Garry JONES (MM55)	Cardiff AAC-(WMA) MM55	3.38	2(MM55)
9	27	John EVANS (MM80)	Rugby & Northampton AC-(WMA) N	3.21	1(MM80)
10	25	Phil REES (MM70)	Cardiff AAC-(WMA) MM70	2.62	2(MM70)
11	5	Jason ELWORTHY (MM40)	Barry & Vale Harriers-(WMA) MM40	2.16	2(MM40)

F04-Women Long Jump Open Masters Championships

AC Record - Gillian COOKE, Scotland, 6.43, 2008

Welsh Record - Ruth HOWELL, Birchfield Harriers, 6.51, 1974

Pos	Bib	Athlete	Club	Perf	
1	201	Janet DICKINSON (NON WM) (MW4)	Bournemouth AC-WMA MW45	4.65	1(MW45)
2	200	Ania CIOLEK (MW35)	Brecon AC-WMA MW35	4.28	1(MW35)
3	202	Mel GARLAND (MW50)	Worcester AC-WMA MW50	4.26	1(MW50)
4	213	Claire ST JON COLEMAN (MW55)	Chelmsford-WMA MW55	3.58	1(MW55)
5	205	Clare DAVIES (MW45)	Brecon AC-WMA MW45	3.50	2(MW45)
6	214	Iris HOLDER (MW70)	Worcester AC-WMA MW70	3.12	1(MW70)

F15-Men Triple Jump Open Masters Championships

AC Record - Yamile ALDAMA, Cuba, 14.11, 2003

Welsh Record - Sara BARRY, Cardiff AAC, 12.47, 2009

Pos	Bib	Athlete	Club	Perf	
1	11	Derek OSBORNE (MM50)	Brecon AC-(WMA) MM50	9.71	1(MM50)
2	9	Robin WOOD (MM50)	Swansea Harriers-(WMA) MM50	9.41	2(MM50)
3	24	Dave SHIELDS (MM55)	Unattached-(WMA) MM55	9.11	1(MM55)
4	8	Charlie NORTHEY (MM45)	Brecon AC-(WMA) MM45	8.86	1(MM45)
5	26	Allan CHEERS (MM70)	Basingstoke & Mid Hants AC-(WMA)	8.42	1(MM70)
6	27	John EVANS (MM80)	Rugby & Northampton AC-(WMA) N	7.07	1(MM80)
7	25	Phil REES (MM70)	Cardiff AAC-(WMA) MM70	6.00	2(MM70)
8	5	Jason ELWORTHY (MM40)	Barry & Vale Harriers-(WMA) MM40	3.90	1(MM40)

Cardiff Met Grand Prix Series

GP2

Sunday 10th January 2016

Masters Field Results

F15-Women Triple Jump Open Masters Championships

AC Record - Yamilé ALDAMA, Cuba, 14.11, 2003

Welsh Record - Sara BARRY, Cardiff AAC, 12.47, 2009

Pos	Bib	Athlete	Club	Perf	
1	200	Ania CIOLEK (MW35)	Brecon AC-WMA MW35	9.75	2(MW35)
2	206	Amanda WALE (MW45)	Wrexham AAC-WMA MW45	9.57	3(MW45)
3	202	Mel GARLAND (MW50)	Worcester AC-WMA MW50	8.65	2(MW50)
4	201	Janet DICKINSON (NON WM) (MW4)	Bournemouth AC-WMA MW45	8.47	4(MW45)
5	213	Claire ST JON COLEMAN (MW55)	Chelmsford-WMA MW55	8.13	2(MW55)
6	205	Clare DAVIES (MW45)	Brecon AC-WMA MW45	7.65	5(MW45)
7	214	Iris HOLDER (MW70)	Worcester AC-WMA MW70	6.39	2(MW70)

F04-Women Long Jump Open Masters Championships

AC Record - Gillian COOKE, Scotland, 6.43, 2008

Welsh Record - Ruth HOWELL, Birchfield Harriers, 6.51, 1974

Pos	Bib	Athlete	Club	Perf	
1	201	Janet DICKINSON (NON WM) (MW4)	Bournemouth AC-WMA MW45	4.65	6(MW45)
2	200	Ania CIOLEK (MW35)	Brecon AC-WMA MW35	4.28	3(MW35)
3	202	Mel GARLAND (MW50)	Worcester AC-WMA MW50	4.26	3(MW50)
4	213	Claire ST JON COLEMAN (MW55)	Chelmsford-WMA MW55	3.58	3(MW55)
5	205	Clare DAVIES (MW45)	Brecon AC-WMA MW45	3.50	7(MW45)
6	214	Iris HOLDER (MW70)	Worcester AC-WMA MW70	3.12	3(MW70)