

Cardiff Met Grand Prix Series

GP3

Saturday 23rd January 2016

Male Track Results

T09-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	31	Ronnie WELLS (SENM)	Taunton AC-(GP3)	6.78		1	30	William KENNEDY (U20M)	Team Bath AC-(GP3)	7.05
2	102	Seriashe CHILDS (SENM)	WSE&H-(GP3)	6.95		2	110	Jason AMARTEY (SENM)	Cardiff Met Uni-(GP3)	7.06
3	141	Gareth HOPKINS (SENM)	Cardiff AAC-(GP3)	6.97		3	148	Glenn ETHERINGTON (SENM)	Yeovil Olympiads-(GP3)	7.06
4	34	Sam IGE (SENM)	Belgrave Harriers-(GP3)	6.99		4	52	Mark PRENTICE (SENM)	Cardiff Met Uni-(GP3)	7.10
5	71	Shad-Marc AARON (SENM)	Birchfield Harriers-(GP3)	7.00		5	81	Jamie BROCK (SENM)	Yate & District AC-(SWE)	7.11
6	124	Jake DAWKINS (SENM)	Cardiff AAC-(GP3)	7.03		6	49	Liam DUFF (SENM)	Cardiff AAC-(GP3)	7.15
7	88	Karl MCCLEAN (SENM)	Cardiff Met Uni-(SWE)	7.08		7	42	Isaac KITCHEN-SMITH (SENM)	Oxford University-(GP3)	7.24
8	62	Gavin COLLEY (SENM)	East London-(GP3)	7.10		8	125	Lewis CLARKE (SENM)	Cardiff Met Uni-(GP3)	7.39

T04-Men 60m Open

Heat 1				Heat 2								
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf		
1	31	Ronnie WELLS (SENM)	Taunton AC-(GP3)	6.85	1	Q	1	71	Shad-Marc AARON (SENM)	Birchfield Harriers-(GP3)	7.04	6
2	102	Seriashe CHILDS (SENM)	WSE&H-(GP3)	6.90	2	Q	2	88	Karl MCCLEAN (SENM)	Cardiff Met Uni-(SWE)	7.06	7
3	101	Marvin BHEKA (SENM)	Cardiff Met Uni-(GP3)	6.98	46		3	110	Jason AMARTEY (SENM)	Cardiff Met Uni-(GP3)	7.14	9
4	141	Gareth HOPKINS (SENM)	Cardiff AAC-(GP3)	6.99	3	Q	4	30	William KENNEDY (U20M)	Team Bath AC-(GP3)	7.16	11
5	34	Sam IGE (SENM)	Belgrave Harriers-(GP3)	7.00	4	Q	5	49	Liam DUFF (SENM)	Cardiff AAC-(GP3)	7.17	12
6	124	Jake DAWKINS (SENM)	Cardiff AAC-(GP3)	7.01	5	Q	6	42	Isaac KITCHEN-SMITH (SENM)	Oxford University-(GP3)	7.20	13
7	62	Gavin COLLEY (SENM)	East London-(GP3)	7.11	8	Q	7	125	Lewis CLARKE (SENM)	Cardiff Met Uni-(GP3)	7.22	14
DNS	56	Krtistian JONES (U20M)	Cardiff AAC-(GP3)				8	52	Mark PRENTICE (SENM)	Cardiff Met Uni-(GP3)	7.24	15

Heat 3				Heat 4								
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf		
1	81	Jamie BROCK (SENM)	Yate & District AC-(SWE)	7.14	10	q	1	65	Sam RUTHERFORD (U20M)	Newport Harriers-(GP3)	7.46	21
2	148	Glenn ETHERINGTON (SENM)	Yeovil Olympiads-(GP3)	7.24	16	q	2	121	Callum GILBERT (U20M)	University of Gloucestershire-(GP3)	7.59	26
3	32	Joey WELLS (U20M)	Taunton AC-(GP3)	7.29	17		3	59	Justin LEUNG (SENM)	Oxford University-(GP3)	7.62	27
4	75	Daniel DELL (SENM)	Cardiff AAC-(GP3)	7.30	18		4	150	Ryan ONWU (SENM)	Aberystwyth University-(GP3)	7.64	28
5	120	Ashley JONES (SENM)	Cardiff University-(GP3)	7.41	19		5	44	Omar ALAMI (SENM)	University of Bristol-(GP3)	7.68	30
6	74	Carl BRITTO (SENM)	Oxford University Athletics Club-(GP3)	7.56	25		6	58	Nav CHILDS (SENM)	Thames Valley Harriers-(GP3)	7.71	33
7	67	Jack PAGET (U20M)	Oxford University AC-(GP3)	7.65	29		7	94	Brook ADNITT (U20M)	Tavistock AC-(SWE)	7.79	35
8	113	Edward LANTZOS (SENM)	Newport Harriers-(GP3)	7.70	32		DNS	46	Adam SCOTT (SENM)	Sale Harriers Manchester-(GP3)		

Heat 5				Heat 6								
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf		
1	154	Ben BENTULLOCH (U20M)	Bristol & West AC-(SWE)	7.42	20		1	131	Steven BERRISFORD (SENM)	Exeter Uni-(SWE)	7.55	24
2	69	Christopher MARSHALL (SENM)	City of Norwich AC-(GP3)	7.48	22		2	151	Bert ROWETT (SENM)	Banbury-(GP3)	7.77	34
3	132	Kaspars KAZEMAKS (SENM)	Woking AC-(GP3)	7.51	23		3	83	James DUNSBY (SENM)	Yeovil Olympiads-(SWE)	7.90	38
4	96	Luke SIMPSON (SENM)	University of Gloucestershire-(GP3)	7.69	31		4	66	Ben MILES (SENM)	University of Gloucestershire-(GP3)	7.91	39
5	63	Morgan JONES (SENM)	Cardiff Met Uni-(GP3)	7.83	36		5	55	Hakeem AL-HADDI (U20M)	Newport Harriers-(GP3)	8.20	42
6	127	Liam SANDFORD (SENM)	University of Gloucestershire-(GP3)	7.85	37		6	82	Mark ELLERY (SENM)	Bristol & West AC-(SWE)	8.28	43
7	76	Rhys ROBERTS (U20M)	Bridgend AC-(GP3)	7.95	40		7	64	Griffiths OWEN (SENM)	Carmarthen Harriers-(GP3)	8.55	44
8	123	Ryan HEALY (SENM)	University of Gloucestershire-(GP3)	8.03	41		8	104	Thomas BANKS (U20M)	University of Exeter-(GP3)	8.62	45

T15-Men 200m Open & South West Championships

AC Record - Doug TURNER, Wales, 20.92, 2002

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

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	153	Daniel DANIELTRUEMAN (SENM)	Stroud/Cardiff Met-(SWE)	22.52	1	75	Daniel DELL (SENM)	Cardiff AAC-(GP3)	22.66
2	59	Justin LEUNG (SENM)	Oxford University-(GP3)	24.90	2	121	Callum GILBERT (U20M)	University of Gloucestershire-(GP3)	24.12
3	73	Liam KELLAND (U20M)	City of Plymouth AC-(GP3)	25.13	3	111	Jordan COCHRANE (U20M)	Exeter Uni-(GP3)	24.81
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1					1	129	Dan BEADSLEY (U20M)	Cardiff Met Uni-(SWE)	22.82
2					2	55	Hakeem AL-HADDI (U20M)	Newport Harriers-(GP3)	25.79
3					3	149	Max BEECHING (U20M)	Exeter University-(GP3)	26.09

Heat 5				Heat 6					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	62	Gavin COLLEY (SENM)	East London-(GP3)	23.00	1	71	Shad-Marc AARON (SENM)	Birchfield Harriers-(GP3)	23.23
2	94	Brook ADNITT (U20M)	Tavistock AC-(SWE)	25.06	2	69	Christopher MARSHALL (SENM)	City of Norwich AC-(GP3)	23.70
3	66	Ben MILES (SENM)	University of Gloucestershire-(GP3)	26.01	DNS	127	Liam SANDFORD (SENM)	University of Gloucestershire-(GP3)	

Heat 7				Heat 8					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	16	Ben PARIS (U20M)	Cardiff Archers-(GP3)	22.65	1	86	Dale WILLIS (SENM)	Royal Navy-(SWE)	23.12
2	120	Ashley JONES (SENM)	Cardiff University-(GP3)	23.60	2	118	Daniel FISHER (SENM)	Swansea Uni-(GP3)	23.70
3	45	Alex MCCANN (SENM)	University of Bristol-(GP3)	28.68	3	70	Matt GRANT (SENM)	Bristol University-(GP3)	28.15

Heat 9				Heat 10					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	88	Karl MCCLEAN (SENM)	Cardiff Met Uni-(SWE)	22.94	1	89	Owen STYLER (SENM)	Yeovil Olympiads-(SWE)	23.09
2	108	Daniel PAPURA (SENM)	Swansea Uni-(GP3)	24.17	2	58	Nav CHILDS (SENM)	Thames Valley Harriers-(GP3)	24.70
3	82	Mark ELLERY (SENM)	Bristol & West AC-(SWE)	27.20	3	64	Griffiths OWEN (SENM)	Carmarthen Harriers-(GP3)	29.33

Heat 11				Heat 12					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	14	Marcus BAYONA-MARTINEZ (SENM)	Brecon AC-(GP3)	23.63					
2	95	Thomas CASSON (U20M)	Poole Ac-(SWE)	23.82					

SOUTH WEST ENGLAND

SENIOR MEN				
1	153	Daniel DANIELTRUEMAN (SENM)	Stroud/Cardiff Met-(SWE)	22.52
2	88	Karl MCCLEAN (SENM)	Cardiff Met Uni-(SWE)	22.94
3	89	Owen STYLER (SENM)	Yeovil Olympiads-(SWE)	23.09

SOUTH WEST ENGLAND

U20M				
1	129	Dan BEADSLEY (U20M)	Cardiff Met Uni-(SWE)	22.82
2	95	Thomas CASSON (U20M)	Poole Ac-(SWE)	23.82
3	94	Brook ADNITT (U20M)	Tavistock AC-(SWE)	25.06

Cardiff Met Grand Prix Series

GP3

Saturday 23rd January 2016

Male Track Results

T17-Men 400m Open

AC Record -

Welsh Record -

				Heat 1						Heat 2				
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	86	Dale WILLIS (SENM)	Royal Navy-(SWE)	50.05	1	151	Bert ROWETT (SENM)	Banbury-(GP3)	53.00					
2	139	Carl MCEWAN (SENM)	Newport Harriers-(GP3)	52.73	2	109	Alex PRICE (U20M)	Rhondda AC-(GP3)	54.61					
3	73	Liam KELLAND (U20M)	City of Plymouth AC-(GP3)	56.32	DNS	93	Keith TURNER (SENM)	University of East London-(SWE)						
				Heat 3						Heat 4				
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	23	Alex COOMBER (SENM)	Cardiff AAC-(GP3)	50.60	1	130	Dominic TAYLOR (U20M)	Taunton AC-(SWE)	52.73					
2	61	Rowan NICHOLLS (SENM)	Oxford University AC-(GP3)	58.22	2	137	Iwan JAMES (U20M)	Cardiff AAC-(GP3)	55.71					
DNS	55	Hakeem AL-HADDI (U20M)	Newport Harriers-(GP3)		3	149	Max BEECHING (U20M)	Exeter University-(GP3)	58.62					
				Heat 5						Heat 6				
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	132	Kaspars KAZEMAKS (SENM)	Woking AC-(GP3)	51.48	1	51	Louis GARDNER (SENM)	Oxford University-(GP3)	53.03					
2	13	Joe MACCONNELL (U20M)	Oxford University-(GP3)	54.28	2	24	Edward REES (U20M)	Oxford University-(GP3)	54.77					
3	126	Justin TARRANT (SENM)	Cardiff Met Uni-(GP3)	54.29	3	95	Thomas CASSON (U20M)	Poole Ac-(SWE)	56.98					
				Heat 7						Heat 8				
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	117	Scott REES (U20M)	Swansea Uni-(GP3)	53.58	1	106	Ronan LLYR (SENM)	University of Oxford-(GP3)	55.55					
2	12	Adam MCCARTHY (SENM)	Unattached-(GP3)	55.46	2	144	Thomas REEVES (SENM)	Aberystwyth University-(GP3)	65.55					
DNS	122	Kevin PYE (SENM)	Charnwood AC-(GP3)		DNS	119	Miles WEATHERSEED (U20M)	Oxford University-(GP3)						
				Heat 9						Heat 10				
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	350	Yousef RENA (SENM)	Bristol University (GP3)	52.94										
2	70	Matt GRANT (SENM)	Bristol University-(GP3)	63.97										
DQ	9	William DAVID (SENM)	Oxford University-(GP3)											

T07-Men 800m Open & South West Championships

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	Pos	Bib	Athlete	Club	Perf
1	40	Jonny MONK (SENM)	University of Bristol-(GP3)	1:54.16	1	39	Hugh BAKER (SENM)	Oxford University-(GP3)	1:58.84					
2	142	Paul BRADSHAW (SENM)	Blackburn Harriers-(GP3)	1:54.20	2	78	Nathan BROWN (U20M)	Erme Valley Harriers-(SWE)	2:00.26					
3	80	Piers COPELAND (U20M)	Wimborne AC-(SWE)	1:54.50	3	85	Jaymee DOMONEY (U20M)	City Of Salisbury ARC-(SWE)	2:00.52					
4	41	Ben TOPLEY (SENM)	University of Bristol-(GP3)	1:55.95	4	28	Matthew O'LEARY (SENM)	Neath Harriers-(GP3)	2:01.97					
5	15	Owen HASWELL (SENM)	Cardiff AAC-(GP3)	1:56.32	5	5	Peter CURRINGTON (SENM)	Rugby & Northampton AC-(GP3)	2:06.13					
DNF	130	Dominic TAYLOR (U20M)	Taunton AC-(SWE)		6	29	Dwayne GRIFFITHS (U20M)	Carmarthen Harriers-(GP3)	2:07.02					
				Heat 3						Heat 4				
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	109	Alex PRICE (U20M)	Rhondda AC-(GP3)	2:02.56										
2	90	Patrick BAATZ (SENM)	Cardiff University-(SWE)	2:04.98										
3	57	Aitor ALVAREZ-FERNANDEZ (SENM)	Oxford University-(GP3)	2:09.44										
4	146	Ieuan JONES (SENM)	Cardiff AAC/University of Bristol-(GP3)	2:18.46										
5	107	Matt ROWE (U20M)	University of Gloucestershire-(GP3)	2:19.68										
6	122	Kevin PYE (SENM)	Charnwood AC-(GP3)	2:22.17										
7	17	Stefan MANBY (U20M)	Cardiff Archers-(GP3)	2:24.76										
SOUTH WEST ENGLAND				SENIOR MEN			SOUTH WEST ENGLAND			U20M				
1	90	Patrick BAATZ (SENM)	Cardiff University-(SWE)	2:04.98	1	80	Piers COPELAND (U20M)	Wimborne AC-(SWE)	1:54.50					
2					2	78	Nathan BROWN (U20M)	Erme Valley Harriers-(SWE)	2:00.26					
3					3	85	Jaymee DOMONEY (U20M)	City Of Salisbury ARC-(SWE)	2:00.52					

T11-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	Pos	Bib	Athlete	Club	Perf
1	97	Daniel STUDLEY (SENM)	Bristol & West AC-(GP3)	3:47.91	1	98	Richard DE-CAMPS (SENM)	Cheltenham Harriers-(GP3)	3:59.41					
2	134	John BIRD (SENM)	Please select a club from the list-(GP3)	3:48.68	2	36	Archie WALTON (U20M)	Taunton AC-(GP3)	4:00.60					
3	112	Tom MARSHALL (SENM)	Cardiff AAC-(GP3)	3:48.71	3	145	Adam DAVIES (SENM)	Unattached-(GP3)	4:01.21					
4	50	Andrew WRIGHT (SENM)	Cardiff University-(GP3)	3:49.49	4	105	Stephen MORRIS (SENM)	Cardiff AAC-(GP3)	4:01.48					
5	136	Niall HOLT (SENM)	Southampton AC/ C MET-(GP3)	3:51.90	5	8	Michael COSTANTE (SENM)	Notts AC-(GP3)	4:02.84					
6	54	Sam MITCHELL (SENM)	Notts AC-(GP3)	3:53.22	6	115	Dominic SPEIGHT (SENM)	Hillingdon AC/ Southampton Uni-(GP3)	4:07.22					
7	26	Matthew EDWARDS (SENM)	Cardiff Met Uni-(GP3)	3:53.26	7	6	Kane LEE (SENM)	Southampton Solent Univeristy-(GP3)	4:09.51					
8	20	Callum JONES (SENM)	Cornwall AC-(GP3)	3:55.31	8	270	Louise WEBB (SENM)	Southampton AC-(GP3)	4:21.64					
9	119	Miles WEATHERSEED (U20M)	Oxford University-(GP3)	4:01.40	9	19	Will DAVIDSON (SENM)	Bristol & West AC-(GP3)	4:27.94					
10	103	Aaron PHELPS (SENM)	Cardiff Met Uni-(GP3)	4:10.14										
				Heat 3						Heat 4				
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	48	Jonathan RYAN (SENM)	Aberystwyth University-(GP3)	4:30.00										
2	22	Iestyn WILLIAMS (U20M)	Carmarthen Harriers-(GP3)	4:32.49										
3	61	Rowan NICHOLLS (SENM)	Oxford University AC-(GP3)	4:33.69										
4	18	Thomas BINNIE (SENM)	Oxford University-(GP3)	4:40.49										
5	99	David BEDWELL (SENM)	Bristol & West AC-(GP3)	4:51.73										
6	275	Dani CHATTENTON (SENM)	Oxford University-(GP3)	4:52.91	F									
7	100	Adam STEVENS (U20M)	University of Gloucestershire-(GP3)	4:56.14										
8	133	Brian DIAS (SENM)	Cardiff AAC-(GP3)	4:57.17										
9	294	Felicity ELLIOTT (SENM)	Swansea Uni-(GP3)	5:16.15	F									
DQ	57	Aitor ALVAREZ-FERNANDEZ (SENM)	Oxford University-(GP3)											

T01-Men 60m Hurdles Open (106.7cm) & SWE Champs

AC Record - Colin JACKSON, Wales, 7.60, 2002

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

				Heat 1						Heat 2				
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	43	Kyle ARNOLD (SENM)	Newport Harriers-(GP3)	8.47										

Cardiff Met Grand Prix Series

GP3

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Male Track Results

2	148	Glenn ETHERINGTON (SENM)	Yeovil Olympiads-(GP3)	8.92
3	132	Kaspars KAZEMAKS (SENM)	Woking AC-(GP3)	8.95

Cardiff Met Grand Prix Series

GP3

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Male Field Results

F05-Men High Jump Open

AC Record - Chris BAKER/Barry PENDER, England/Ireland, 2.26, 2016

Welsh Record - Robert MITCHELL, Sale, 2.24, 2009

Pos	Bib	Athlete	Club	Perf
1	37	Chris BAKER (SENM)	Sale Harriers Manchester-(GP3)	2.24
2	38	Barry PENDER (SENM)	Ireland-(GP3)	2.10
3	11	Matthew ASHLEY (SENM)	Notts AC-(GP3)	2.05
4	10	Jonathon BAILEY (SENM)	Cardiff AAC-(GP3)	2.00
5	21	Tom GALE (U20M)	Team Bath AC-(GP3)	2.00
6	33	Hans VONLIERES (SENM)	Cardiff Met Uni-(GP3)	1.95
7	27	Joseph PEARSE (SENM)	Cardiff Met Uni-(GP3)	1.95
8	91	Jamie ANDERSON (U20M)	Exeter Harriers-(SWE)	1.85
9	25	Matthew GILBERT (SENM)	Plymouth Athletic Club-(GP3)	1.85
10	128	Harry HILLMAN (U20M)	Cardiff AAC-(GP3)	1.65

F01-Male Long Jump Open & South West Champs

AC Record - Gable GARENAMOTSE, Botswana, 8.01, 2002

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

Pos	Bib	Athlete	Club	Perf	South West
1	79	Nick CLEMENTS (SENM)	Yeovil Olympiads-(SWE)	6.87	1(SENM) (SWE)
2	92	Toby PENTREATH (U20M)	Team Bath AC-(SWE)	6.36	1(U20M) (SWE)
3	53	Kellen JONES (U20M)	Newport Harriers-(GP3)	6.30	(GP3)
4	68	Andrew WHEELER (SENM)	The University of Oxford-(GP3)	6.11	(GP3)
5	76	Rhys ROBERTS (U20M)	Bridgend AC-(GP3)	5.79	(GP3)
6	35	Simeon CLARENCE (SENM)	Cardiff Met Uni-(GP3)	5.20	(GP3)
7	150	Ryan ONWU (SENM)	Aberystwyth University-(GP3)	5.18	(GP3)

F07-Men Triple Jump & South West Champs

AC Record - Julian GOLLEY, England, 16.05, 2001

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

Pos	Bib	Athlete	Club	Perf	South West
1	74	Carl BRITTO (SENM)	Oxford University Athletics Club-(GP3)	14.13	(GP3)
2	348	Gage FRANCIS (SENM)	Cardiff AAC-(GP3)	13.58	(GP3)
3	68	Andrew WHEELER (SENM)	The University of Oxford-(GP3)	12.90	(GP3)
4	140	James KING (SENM)	Cardiff Metropolitan University-(GP3)	12.80	(GP3)
5	92	Toby PENTREATH (U20M)	Team Bath AC-(SWE)	12.80	1(U20M) (SWE)
6	84	Aaron BISHOP (SENM)	Swindon Harriers-(SWE)	12.60	1(SENM) (SWE)
7	60	Julien GITTENS (SENM)	Leeds City AC-(GP3)	11.76	(GP3)
8	63	Morgan JONES (SENM)	Cardiff Met Uni-(GP3)	11.54	(GP3)

Cardiff Met Grand Prix Series

GP3

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Male Field Results

F02-Men Shot Put Open & Masters

AC Record - Garrett JOHNSON, USA, 19.00, 2007

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

Pos	Bib	Athlete	Club	Perf
1	47	Charlie SHIPTON (U20M)	Tavistock AC-(GP3)	7.21
2	67	Jack PAGET (U20M)	Oxford University AC-(GP3)	11.74
3	126	Justin TARRANT (SENM)	Cardiff Met Uni-(GP3)	11.48
4	128	Harry HILLMAN (U20M)	Cardiff AAC-(GP3)	10.40

Cardiff Met Grand Prix Series

GP3

Saturday 23rd January 2016

Female Track Results

T10-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				1			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	222	Kimbelly BAPTISTE (SENW)	Team Bath-(GP3)	7.59		1	201	Mary MARTIN (U20W)	Enfield & Harigey-(GP3)	7.95	
2	234	Mica MOORE (SENW)	Cardiff AAC-(GP3)	7.70		2	214	Katie HANNAWIN (SENW)	Unattached-(GP3)	8.02	7.28
3	232	Zoe NASH (U20W)	Tavistock AC-(GP3)	7.79		3	206	Abi DAVIES (SENW)	Southampton AC-(GP3)	8.02	7.35
4	276	Emma WILTSHIRE (SENW)	Rugby & Northampton AC-(GP3)	7.82		4	223	Amy ODUNAIYA (SENW)	Crawley AC-(GP3)	8.05	
5	271	Hannah WILLIAMS (SENW)	Bristol & West AC-(GP3)	7.85		5	241	Sian SWANSON (SENW)	Swansea Harriers-(GP3)	8.11	
6	228	Katie-Jane PRIEST (SENW)	oxford university athletics club-(GP3)	7.86		6	245	Kelly CONSTABLE (SENW)	Gloucester AC-(GP3)	8.13	
7	244	Antonia EVANS (SENW)	University of East London-(GP3)	7.88		7	263	Elyse LEECH (U20W)	Torbay AC-(SWE)	8.17	
DNS	280	Marilyn NWAUWULOR (SENW)	Harrow AC-(GP3)			8	293	Natasha WOODS (SENW)	Bridgend AC-(GP3)	8.25	

T03-Women 60m Open

Heat 1				Heat 2				1			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	280	Marilyn NWAUWULOR (SENW)	Harrow AC-(GP3)	7.47	2 Q	1	276	Emma WILTSHIRE (SENW)	Rugby & Northampton AC-(GP3)	7.84	4 Q
2	222	Kimbelly BAPTISTE (SENW)	Team Bath-(GP3)	7.66	3 Q	2	244	Antonia EVANS (SENW)	University of East London-(GP3)	7.86	7 Q
3	234	Mica MOORE (SENW)	Cardiff AAC-(GP3)	7.71	1 Q	3	223	Amy ODUNAIYA (SENW)	Crawley AC-(GP3)	8.01	11 q
4	271	Hannah WILLIAMS (SENW)	Bristol & West AC-(GP3)	7.84	5 Q	4	214	Katie HANNAWIN (SENW)	Unattached-(GP3)	8.03	12 q
5	232	Zoe NASH (U20W)	Tavistock AC-(GP3)	7.85	6 Q	5	241	Sian SWANSON (SENW)	Swansea Harriers-(GP3)	8.07	13 q
6	228	Katie-Jane PRIEST (SENW)	oxford university athletics club-(GP3)	7.88	8 Q	6	286	Catrin LORD (U20W)	Cardiff AAC-(GP3)	8.25	18
7	206	Abi DAVIES (SENW)	Southampton AC-(GP3)	7.98	9 q	7	248	Emma PIATEK (U20W)	Bristol UWE-(GP3)	8.41	26

Heat 3				Heat 4				3			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	201	Mary MARTIN (U20W)	Enfield & Harigey-(GP3)	7.99	10 q	1	242	Sarah GIBBS (U20W)	Newport Harriers-(GP3)	8.22	17
2	245	Kelly CONSTABLE (SENW)	Gloucester AC-(GP3)	8.08	14 q	2	265	Rebecca COURTENAY (SENW)	Bristol & West AC-(SWE)	8.31	22
3	263	Elyse LEECH (U20W)	Torbay AC-(SWE)	8.18	15 q	3	238	Amy BUSBY (U20W)	Cardiff Metropolitan University-(GP3)	8.34	24
4	293	Natasha WOODS (SENW)	Bridgend AC-(GP3)	8.19	16 q	4	259	Jade KINSEY (U20W)	Tavistock AC-(SWE)	8.37	25
5	247	Renee MOORE (U20W)	Cardiff AAC-(GP3)	8.29	19	5	226	Kelly MCMAHON (SENW)	University of Birmingham-(GP3)	8.50	28
6	284	Hannah JACKSON (SENW)	Bristol & West AC-(SWE)	8.29	20	6	239	Sam RAWLINSON (SENW)	Oxford University Athletics Club-(SWE)	8.59	29
7	236	Elisha THOMAS (U20W)	Bridgend AC-(GP3)	8.30	21						
8	264	Abby MILES (U20W)	Swindon Harriers-(SWE)	8.33	23						

Heat 5				Heat 6				5			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	258	Holly KINSEY (U20W)	Tavistock AC-(SWE)	8.43	27						
2	291	Jordan MEEK (U20W)	Bridgend AC-(GP3)	8.63	30						
3	279	Ellie-Mae STOKES (U20W)	University of Gloucestershire-(GP3)	8.74	31						
4	243	Abigail GOODRICK-LATHAM (U20W)	Swansea Harriers-(GP3)	9.08	32						
5	257	Katherine MCGARRY (SENW)	University of Bristol-(SWE)	9.35	33						
6	260	Henrietta ANSTEY (SENW)	Bristol & West AC-(SWE)	9.56	34						

T16-Women 200m Open & South West Championships

AC Record - Amy SPENCER, England, 23.74, 2009

Welsh Record - Catherine MURPHY, Shaftesbury, 23.35, 2002

Heat 1				Heat 2				1			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	212	Nardhia KIDD-WALKER (SENW)	Birchfield Harriers-(GP3)	26.29		1	223	Amy ODUNAIYA (SENW)	Crawley AC-(GP3)	26.09	
2	246	Molly HANSON (U20W)	Worcester Athletics Club-(GP3)	28.31		2	207	Natasha BRIGGS (U20W)	Cardiff AAC-(GP3)	27.85	
3	278	Jasmine DUNN (U20W)	Cwmbran Harriers-(GP3)	29.19		3	265	Rebecca COURTENAY (SENW)	Bristol & West AC-(SWE)	28.11	

Heat 3				Heat 4				3			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	232	Zoe NASH (U20W)	Tavistock AC-(GP3)	25.77		1	228	Katie-Jane PRIEST (SENW)	oxford university athletics club-(GP3)	25.63	
2	238	Amy BUSBY (U20W)	Cardiff Metropolitan University-(GP3)	27.79		2	261	Francesca ALLEN (SENW)	North Somerset/Cardiff Met-(SWE)	27.52	
3	229	Kezia GEORGE (SENW)	Newport Harriers-(GP3)	29.67		3	282	Jessica SHEFF (U20W)	Bristol & West AC-(SWE)	29.50	

Heat 5				Heat 6				5			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	245	Kelly CONSTABLE (SENW)	Gloucester AC-(GP3)	26.76		1	263	Elyse LEECH (U20W)	Torbay AC-(SWE)	26.76	
2	258	Holly KINSEY (U20W)	Tavistock AC-(SWE)	28.20		2	247	Renee MOORE (U20W)	Cardiff AAC-(GP3)	27.02	
3	294	Felicity ELLIOTT (SENW)	Swansea Uni-(GP3)	30.18		3	260	Henrietta ANSTEY (SENW)	Bristol & West AC-(SWE)	32.10	

Heat 7				Heat 8				7			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	218	Gabrielle FAKANDE (U20W)	Cwmbran harriers-(GP3)	26.06		1	242	Sarah GIBBS (U20W)	Newport Harriers-(GP3)	27.28	
2	292	Becky TURNER (SENW)	University of Gloucestershire-(GP3)	31.27		2	285	Sarah SMITH (U20W)	North Somerset AC-(SWE)	28.02	
DNS	262	Lillian GODDARD (U20W)	Torbay AC-(SWE)			3	243	Abigail GOODRICK-LATHAM (U20W)	Swansea Harriers-(GP3)	29.94	

Heat 9				Heat 10				9			
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	244	Antonia EVANS (SENW)	University of East London-(GP3)	26.53							
2	259	Jade KINSEY (U20W)	Tavistock AC-(SWE)	27.95							

SOUTH WEST ENGLAND

SENIOR WOMEN				
1	261	Francesca ALLEN (SENW)	North Somerset/Cardiff Met-(SWE)	27.52
2	265	Rebecca COURTENAY (SENW)	Bristol & West AC-(SWE)	28.11
3	260	Henrietta ANSTEY (SENW)	Bristol & West AC-(SWE)	32.10

SOUTH WEST ENGLAND

U20W				
1	263	Elyse LEECH (U20W)	Torbay AC-(SWE)	26.76
2	259	Jade KINSEY (U20W)	Tavistock AC-(SWE)	27.95
3	285	Sarah SMITH (U20W)	North Somerset AC-(SWE)	28.02

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GP3

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Female Track Results

T18-Women 400m Open

AC Record -

Welsh Record -

				Heat 1					Heat 2	1
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	
1	230	Loren BLEAKEN (SENW)	University of Gloucestershire-(GP3)	56.93	1	267	Gabrielle COVENEY (SENW)	Ealing, Southall and Middlesex AC-(GP3)	57.88	
2	219	Michelle MULLEN (SENW)	Cwmbran Harriers-(GP3)	63.56	2	262	Lillian GODDARD (U20W)	Torbay AC-(SWE)	60.31	
3	211	Alex PHILLIPS (U20W)	Poole AC-(GP3)	63.78	3	231	Sophie SPENCER (U20W)	Birchfield Harriers-(GP3)	65.40	
DNS	294	Felicity ELLIOTT (SENW)	Swansea Uni-(GP3)		4	224	Emily HOOBKAMER (U20W)	Cardiff Metropolitan University-(GP3)	65.65	
				Heat 3					Heat 4	3
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	
1	248	Emma PIATEK (U20W)	Bristol UWE-(GP3)	61.27	1	240	Charlotte CAYTON-SMITH (U20W)	Cornwall-(GP3)	56.90	
2	203	Laura LAURAMCARTHUR (SENW)	Cornwall AC-(GP3)	61.82	2	213	Emma COLWILL (SENW)	Run4All Neath-(GP3)	66.72	
3	235	Majidah HARB (SENW)	Please select a club from the list-(GP3)	66.27	3	290	Jessica ROBINS (SENW)	University Of Gloucestershire-(GP3)	67.58	
4	246	Molly HANSON (U20W)	Worcester Athletics Club-(GP3)	66.80	4	251	Gladys NGETICH (SENW)	Oxford University Athletics Club-(SWE)	68.53	

T08-Women 800m Open & South West Championships

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

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

				Heat 1					Heat 2	1
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	
1	215	Julia COOKE (SENW)	Birchfield Harriers-(GP3)	2:08.09						
2	240	Charlotte CAYTON-SMITH (U20W)	Cornwall-(GP3)	2:08.39						
3	227	Hannah WRIGLEY (SENW)	Exeter University-(GP3)	2:21.89						
4	221	Sarah WILSON (U20W)	Newport Harriers-(GP3)	2:21.89						
5	253	Ellie LEATHER (U20W)	Yate & District AC-(SWE)	2:26.59						
DNS	251	Gladys NGETICH (SENW)	Oxford University Athletics Club-(SWE)							

SOUTH WEST ENGLAND

1
2
3

SENIOR MEN

SOUTH WEST ENGLAND

1 253 Ellie LEATHER (U20W)
2
3

Yate & District AC-(SWE) 02:26.59

U20M

T02-Women 60m Hurdles Open (84.0cm) & SWE Champs

AC Record - Diane ALLAHGRREN, England, 8.01, 2002

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

				Heat 1					Heat 2	1
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	
1	284	Hannah JACKSON (SENW)	Bristol & West AC-(SWE)	9.18						
2	288	Claire SEAR (SENW)	University of Oxford-(GP3)	9.39						
3	289	Rachael BAYLIS (U20W)	Worcester-(GP3)	9.78						
4	277	Lily EDMONDS (SENW)	City of Plymouth AC-(GP3)	9.90						
5	283	Emma ROBERTS (SENW)	University of Oxford-(SWE)	10.06						
6	290	Jessica ROBINS (SENW)	University Of Gloucestershire-(GP3)	11.25						

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Female Field Results

F06-Women High Jump Open & Masters Champs

AC Record - Susan JONES, England, 1.90, 2002

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

Pos	Bib	Athlete	Club	Perf
1	272	Emma LOWRY (SENW)	Cardiff Met Uni-(GP3)	1.73
2	287	Kate DAVIES (SENW)	Oxford University-(GP3)	1.50
3	250	Sarah OMOREGIE (U20W)	Cardiff AAC-(GP3)	1.50
4	281	Nathalie GODDEN (SENW)	Cardiff AAC-(GP3)	1.45
5	289	Rachael BAYLIS (U20W)	Worcester-(GP3)	1.40
6	296	Jan TIMBERLAKE (MW45)	Worcester AC-(WMA)	1.35
7	252	Imogen DOWNING (U20W)	Oxford University Athletics Club-(SWE)	1.30

F03-Women Long Jump Open & South West Champs

AC Record - Gillian COOKE, Scotland, 6.43, 2008

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

Pos	Bib	Athlete	Club	Perf	South West
1	349	Imelda MORRISON (SENW)	Swansea Harriers (GP3)	5.65	(GP3)
2	280	Marilyn NWAUWULOR (SENW)	Harrow AC-(GP3)	5.57	(GP3)
3	201	Mary MARTIN (U20W)	Enfield & Harigey-(GP3)	5.33	(GP3)
4	286	Catrin LORD (U20W)	Cardiff AAC-(GP3)	5.19	(GP3)
5	250	Sarah OMOREGIE (U20W)	Cardiff AAC-(GP3)	5.15	(GP3)
6	217	Millicent FAKANDE (U20W)	Leicester Coritnian-(GP3)	5.13	(GP3)
7	249	Macey JONES (U20W)	Cwmbran Harriers-(GP3)	5.08	(GP3)
8	288	Claire SEAR (SENW)	University of Oxford-(GP3)	5.00	(GP3)
9	264	Abby MILES (U20W)	Swindon Harriers-(SWE)	4.97	1(U20W) (SWE)
10	287	Kate DAVIES (SENW)	Oxford University-(GP3)	4.91	(GP3)
11	274	Alisha WEBB (U20W)	University of Gloucestershire-(GP3)	4.66	(GP3)
12	261	Francesca ALLEN (SENW)	North Somerset/Cardiff Met-(SWE)	4.63	3(SENW) (SWE)
13	281	Nathalie GODDEN (SENW)	Cardiff AAC-(GP3)	4.55	(GP3)
14	290	Jessica ROBINS (SENW)	University Of Gloucestershire-(GP3)	4.50	(GP3)
15	268	Tessa YOUNG (SENW)	University of Gloucestershire-(GP3)	4.48	(GP3)
16	239	Sam RAWLINSON (SENW)	Oxford University Athletics Club-(SWE)	4.40	2(SENW) (SWE)
17	266	Lydia ROGERS (SENW)	Swindon Harriers-(SWE)	4.30	1(SENW) (SWE)

F08-Women Triple Jump & South West Champs

AC Record - Yamile ALDAMA, Cuba, 14.11, 2003

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

Pos	Bib	Athlete	Club	Perf	South West
1	241	Sian SWANSON (SENW)	Swansea Harriers-(GP3)	11.22	(GP3)
2	256	Samantha BARRETT (U20W)	Bristol & West AC-(SWE)	10.80	1(U20W) (SWE)
3	255	Belinda SERGENT (U20W)	University of Bath-(SWE)	10.24	2(U20W) (SWE)
4	254	Melanie BOYCE (SENW)	University of Oxford-(SWE)	10.17	1(SENW) (SWE)
5	288	Claire SEAR (SENW)	University of Oxford-(GP3)	10.14	(GP3)
6	279	Ellie-Mae STOKES (U20W)	University of Gloucestershire-(GP3)	10.07	(GP3)
7	269	Brooke LANGTON-CRYER (U20W)	Cardiff AAC-(GP3)	9.89	(GP3)
8	266	Lydia ROGERS (SENW)	Swindon Harriers-(SWE)	9.42	2(SENW) (SWE)

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Female Field Results

F04-Women Shot Put Open & Masters

AC Record - Venissa HEAD, Wales, 19.06, 1984

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

Pos	Bib	Athlete	Club	Perf
	273	Lucy GRIFFITHS (SENW)	Cardiff Met Uni-(GP3)	12.94
	289	Rachael BAYLIS (U20W)	Worcester-(GP3)	9.39
	287	Kate DAVIES (SENW)	Oxford University-(GP3)	9.34

Cardiff Met Grand Prix Series

GP3

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Masters Track Results

T05-Men 60m Masters Championships

AC Record - Jason GARDENER, England, 6.52, 2002

Welsh Record - No Records

				Heat 1							Heat 2			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	160	Chris MILLARD (MM45)	North Somerset AC-(WMA)	7.60										
2	159	Bary HUGHES (MM40)	South West Vets-(WMA)	8.10										
3	156	Stuart PEARCE (MM35)	Newport Harriers-(WMA)	8.21										
4	158	Paul EVANS (MM40)	Brecon AC-(WMA)	8.33										
5	155	Simon GILL (MM35)	Lliswerry Runners-(WMA)	8.53										
6	161	Charlie NORTHEY (MM45)	Brecon AC-(WMA)	9.17										
7	157	Jason ELWORTHY (MM40)	Barry & Vale Harriers-(WMA)	13.36										
				Heat 3							Heat 4			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	173	Christopher MONK (MM60)	Leicester Coritanian AC-(WMA)	8.37	1	177	Glyn SUTTON (MM70)	Newport Harriers-(WMA)	8.18					
2	162	Robin WOOD (MM50)	Swansea Harriers-(WMA)	8.40	2	178	Mel JAMES (MM70)	Port Talbot Harriers-(WMA)	10.13					
3	169	Keith POWELL (MM55)	Newport Harriers-(WMA)	8.57	3	175	John GARDENER (MM70)	Pembrokeshire Harriers-(WMA)	10.98					
4	166	Iain MOODY (MM50)	Telford AC-(WMA)	8.73	4	179	Mal FARNHAM (MM75)	Les Croupiers-(WMA)	11.64					
5	174	Brian WILLIAMSON (MM65)	Rhondda AC-(WMA)	8.96	5	176	Phil REES (MM70)	Cardiff AAC-(WMA)	12.77					
6	164	Royston WHITEHOUSE (MM50)	Neath Harriers-(WMA)	9.01	6	1	John HUBERT-DANIELS (MM80)	Swansea Harriers-(GP3)	14.00					
7	168	Garry JONES (MM55)	Cardiff AAC-(WMA)	9.79	DNS	180	Len TEW (MM80)	Port Talbot Harriers-(WMA)						
8	172	Jon CLARKE (MM55)	Wrexham AAC-(WMA)	9.91										

T06-Women 60m Masters Championships

AC Record - Joice MADUAKA, England, 7.28, 2002

Welsh Record - No Records

				Heat 1							Heat 2			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	298	Juliet SIDNEY (MW45)	Lliswerry Runners-(WMA)	8.83										
2	300	Susan FRISBY (MW55)	Leicester Coritanian AC-(WMA)	8.92										
3	299	Mel GARLAND (MW50)	Worcester AC-(WMA)	9.46										
4	296	Jan TIMBERLAKE (MW45)	Worcester AC-(WMA)	9.52										
5	301	Angela SONN (MW55)	Forest of Dean-(WMA)	9.86										
6	302	Iris HOLDER (MW70)	Worcester AC-(WMA)	11.01										
DNS	303	Dorothy FRASER (MW75)	Lincoln Wellington-(WMA)											
DNS	297	Clare DAVIES (MW45)	Brecon AC-(WMA)											

T19-Masters Men 400m Masters Championships

AC Record - No Records

Welsh Record - No Records

				Heat 1							Heat 2			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	155	Simon GILL (MM35)	Lliswerry Runners-(WMA)	62.52	1	182	Brett DAVIS (MM50)	Newport Harriers-(WMA)	59.92					
2	161	Charlie NORTHEY (MM45)	Brecon AC-(WMA)	62.98	2	164	Royston WHITEHOUSE (MM50)	Neath Harriers-(WMA)	64.34					
DNS	156	Stuart PEARCE (MM35)	Newport Harriers-(WMA)		3	158	Paul EVANS (MM40)	Brecon AC-(WMA)	65.28					
DNS	181	Neil DAVIES (MM45)	Wrexham AAC-(WMA)		DNS	162	Robin WOOD (MM50)	Swansea Harriers-(WMA)						
				Heat 3							Heat 4			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	171	Richard WHITE (MM55)	Worcester AC-(WMA)	56.68	1	185	Paul BEVAN (MM40)	Cardiff AAC-(WMA)	62.07					
2	167	Robert GREW (MM50)	Exeter Harriers-(WMA)	57.92	2	184	Mal COWTON (MM55)	Yate & District AC-(WMA)	62.17					
3	166	Iain MOODY (MM50)	Telford AC-(WMA)	64.67	3	168	Garry JONES (MM55)	Cardiff AAC-(WMA)	79.91					
4	175	John GARDENER (MM70)	Pembrokeshire Harriers-(WMA)	89.17	DNF	172	Jon CLARKE (MM55)	Wrexham AAC-(WMA)						
				Heat 5							Heat 6			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf

T20-Masters Women 400m Masters Championships

AC Record - No Records

Welsh Record - No Records

				Heat 1							Heat 2			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	305	Rachel MATTHEWS (MW40)	Cardiff AAC-(WMA)	68.70										
2	306	Jane HORDER (MW55)	Cheltenham Harriers-(WMA)	69.43										
3	298	Juliet SIDNEY (MW45)	Lliswerry Runners-(WMA)	69.50										
4	304	Helen-Marie DAVIES (MW40)	Swansea Harriers-(WMA)	78.78										

T13-Masters Men 1500m Masters Championships

AC Record - No Records

Welsh Record - No Records

				Heat 1							Heat 2			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	188	Scott WEST (MM40)	Neath Harriers-(WMA)	4:21.47										
2	187	Robert JOHN (MM40)	Fairwater Runners-(WMA)	4:39.61										
3	164	Royston WHITEHOUSE (MM50)	Neath Harriers-(WMA)	4:47.36										
4	189	Bernie JONES (MM55)	Wrexham AAC-(WMA)	4:49.45										
5	190	Richard MARKS (MM65)	Sarn Helen-(WMA)	5:14.39										
6	191	Barrie ROBERTS (MM70)	Bournville Harriers-(WMA)	6:28.95										
7	175	John GARDENER (MM70)	Pembrokeshire Harriers-(WMA)	7:06.68										
DNS	186	Bleddyn JONES (MM35)	Lliswerry Runners-(WMA)											
DNS	183	Simon ANDERSON (MM50)	City of Plymouth AC-(WMA)											

Cardiff Met Grand Prix Series

GP3

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Masters Track Results

T14-Masters Women 1500m 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	305	Rachel MATTHEWS (MW40)	Cardiff AAC-(WMA)	5:24.27					
2	310	Angela JONES (MW45)	Fairwater Runners-(WMA)	5:26.35					
3	308	Clare BRUCE (MW35)	Les Croupiers-(WMA)	5:27.11					
4	304	Helen-Marie DAVIES (MW40)	Swansea Harriers-(WMA)	5:37.52					
5	311	Nancy HITCHMOUTH (MW65)	Midland Masters-(WMA)	5:57.89					
6	309	Emma BREARLEY (MW60)	Newport Harriers-(WMA)	6:22.20					
DNS	312	Pat GALLAGHER (MW70)	Westbury Harriers-(WMA)						
DNS	307	Jane HOWE (MW35)	Trafford AC-(WMA)						

Cardiff Met Grand Prix Series

GP3

Saturday 23rd January 2016

Masters Field Results

F02-Men Shot Put Open & Masters

AC Record - Garrett JOHNSON, USA, 19.00, 2007

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

Pos	Bib	Athlete	Club	Perf	
1	198	Phil OLSEN (MM60)	Unattached-(WMA)	9.90	1(MM60)
2	183	Simon ANDERSON (MM50)	City of Plymouth AC-(WMA)	9.76	1(MM50)
3	193	James ELTON (MM35)	Rhondda AC-(WMA)	9.76	1(MM35)
4	196	Glyn PUGH (MM55)	Rhondda AC-(WMA)	9.69	2(MM55)
5	197	Duncan STEWARD (MM55)	Clevedon AC-(WMA)	9.44	1(MM55)
6	162	Robin WOOD (MM50)	Swansea Harriers-(WMA)	7.80	1(MM50)
7	179	Mal FARNHAM (MM75)	Les Croupiers-(WMA)	7.52	2(MM75)
8	199	Brian WEBB (MM75)	Rhondda AC-(WMA)	7.25	1(MM75)
9	176	Phil REES (MM70)	Cardiff AAC-(WMA)	6.90	1(MM70)
10	158	Paul EVANS (MM40)	Brecon AC-(WMA)	6.51	2(MM40)
11	157	Jason ELWORTHY (MM40)	Barry & Vale Harriers-(WMA)	5.60	1(MM40)

F04-Women Shot Put Open & Masters

AC Record - Venissa HEAD, Wales, 19.06, 1984

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

Pos	Bib	Athlete	Club	Perf	
1	300	Susan FRISBY (MW55)	Leicester Coritanian AC-(WMA)	8.85	1(MW55)
2	314	Karen LLEWELLIN (MW50)	Pembrokeshire Harriers-(WMA)	8.76	1(MW50)
3	313	Cath ALFORD (MW40)	Rhondda AC-(WMA)	8.74	1(MW40)
4	299	Mel GARLAND (MW50)	Worcester AC-(WMA)	7.80	2(MW50)
5	296	Jan TIMBERLAKE (MW45)	Worcester AC-(WMA)	6.51	1(MW45)

F06-Women High Jump Open & Masters Champs

AC Record - Susan JONES, England, 1.90, 2002

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

Pos	Bib	Athlete	Club	Perf	
1	300	Susan FRISBY (MW55)	Leicester Coritanian AC-(WMA)	1.40	1(MW55)
2	161	Charlie NORTHEY (MM45)	Brecon AC-(WMA)	1.35	1(MM45)
3	299	Mel GARLAND (MW50)	Worcester AC-(WMA)	1.30	1(MW50)
4	158	Paul EVANS (MM40)	Brecon AC-(WMA)	1.20	1(MM40)
5	192	Ian SWANSON (MM65)	Port Talbot Harriers-(WMA)	1.05	1(MM65)
6	176	Phil REES (MM70)	Cardiff AAC-(WMA)	0.90	1(MM70)