

Results of the 1970 National Track & Field Championships – Held at Eirias Park, Colwyn Bay on July 11th – 6 lane track**Senior Boys**

	Num	Name	School	County	Perf	CBP	Pts
100m							
		Final					
1	5	Clive Rees	Llanelli GS	Carmarthenshire	10.8	cbp	6
2	8	Adrian Thomas	Cynffig CS	Glamorgan	10.8	cbp	5
3	3	Kedric Thomson	Friars	Caernarvonshire	10.8	cbp	4
4	2	Stephen Thornton	Maesydderwen CS	Brecon & Radnor	11.3		3
5	7	M Jones	Mold HS	Flintshire	nt		2
6	6	E Powell	Duffryn Conwy	Denbighshire	nt		1
200m							
		Final					
1	5	Clive Rees	Llanelli GS	Carmarthenshire	22.4	cbp	6
2	8	Adrian Thomas	Cynffig CS	Glamorgan	22.7		5
3	12	Derek Miles	Fishguard S	Pembrokeshire	22.9		4
4	11	S Davies	Newtown HS	Montgomeryshire	24.6		3
5	6	F Roberts	Denbigh HS	Denbighshire	24.7		2
Standards							
400m		Final					
1	12	Michael Lewis	Haverfordwest GS	Pembrokeshire	50.0		6
2	7	Stuart Jones	Holywell HS	Flintshire	51.0		5
3	8	T Andrews	Sandfields CS	Glamorgan	52.0		4
4	5	S Taylor	Llandeilo	Carmarthenshire	53.2		3
5	3	G Edwards	John Bright GS	Caernarvonshire	55.7		2
6	11	P Parkes		Montgomeryshire	56.0		1
Standards							
800m		5, 8, 12	listed				
1	8	Richard Yarrow	Whitchurch GS	Glamorgan	1:56.3	cbp	6
2	6	I Darlington		Denbighshire	2:01.3		5
3	12	Terry Allen	Milford GS	Pembrokeshire	2:04.0		4
4	10	N Brace	Chepstow CS	Monmouthshire	2:05.2		3
5	2	JO Herriots	Christ College	Brecon & Radnor	2:08.5		2
6	11	D Lewis		Montgomeryshire	nt		1
Standards							
1500m		8, 6, 12					
1	8	Brian Donovan	Cathays HS	Glamorgan	4:11.4	cbp	6
2	7	D Eglinton	Rhyl HS	Flintshire	4:18.0		5
3	10	P Reston	Croesyceiliog GS	Monmouthshire	4:25.5		4
4	2	Gareth Prothero	Brecon GS	Brecon & Radnor	4:28.5		3
5	3	RJ Williams	Sir Hugh Owen	Caernarvonshire	4:34.4		2
6	5	D Thomas	Colehill SM	Carmarthenshire	nt		1
Standards							
5000m		8,7					
1	7	Martin Russell	Deeside HS	Flintshire	16:13.4	cbp	6
2	6	HD Edwards	Grove Park GS	Denbighshire	16:16.8		5
3	8	Edwin Price	Bishop Gore GS	Glamorgan	16:32.0		4
4	2	Gareth Prothero	Brecon GS	Brecon & Radnor	17:05.2		3
5	3	RJ Arnold	HMS Conway	Caernarvonshire	17:12.6		2
6	5	K Williams	St Clears SM	Carmarthenshire	nt		1
Standards							
2000m Sc		7, 6, 8					
1	7	Ian Armstrong	Rhyl HS	Flintshire	6:23.4		6
2	5	N Thomas	Llandeilo	Carmarthenshire	6:43.5		5
3	8	V Sheehy	Cathays HS	Glamorgan	7:02.6		4
4	12	M Williams		Pembrokeshire	7:12.1		3
5	2	B Musk	Maesydderwen CS	Brecon & Radnor	7:17.9		2
6	6	D Roberts		Denbighshire	7:21.2		1
Standards							
110m H		7					
		Final					
1	6	Leslie Prince	Grove Park GS	Denbighshire	15.1		6
2	8	Michael Fell	Barry GS	Glamorgan	15.1		5
3	12	Roger Rees	Preseli	Pembrokeshire	15.5		4
4	5	G Powell		Carmarthenshire	nt		3

Results of the 1970 National Track & Field Championships – Held at Eirias Park, Colwyn Bay on July 11th – 6 lane track

5	4	LB Williams	Ardwyn GS	Cardiganshire	nt			2
6	2	H Davies	Maesydderwen CS	Brecon & Radnor	nt			1
Standards		6, 8, 12, 5, 4, 2						
400m H		Final						
1	4	D George Clues	Ardwyn GS	Cardiganshire		58.2		6
2	7	David Appleton	Rhyl HS	Flintshire		60.4		5
3	2	C Davies	Brynmawr CS	Brecon & Radnor		61.2		4
4	6	G Jones	Colwyn HS	Denbighshire		62.4		3
5	8	Roy Thurston	Dynevot GS	Glamorgan	nt			2
6	10	P Saunders	West Mon GS	Monmouthshire	nt			1
Standards		4, 7						
4x100m		Final						
1	8	Glamorgan				43.6	cbp	6
2	5	Carmarthenshire				45.0		5
3	10	Monmouthshire				45.1		4
4	12	Pembrokeshire				45.3		3
5	2	Brecon & Radnor				45.4		2
6	6	Denbighshire				47.8		1
Standards		8, 5, 10, 12, 2						
High Jump								
1	4	Brynmor Williams	Cardigan	Cardiganshire		1.85		6
2	6	Richard Davies	Rydal S	Denbighshire		1.78		5
3	12	R Rees	Preseli	Pembrokeshire		1.75		4
4	8	A Rose	Pentre GS	Glamorgan		1.73		3
5	5	G Jones	Amman Valley GS	Carmarthenshire		1.70		2
6	2	Stephen Thornton	Maesydderwen CS	Brecon & Radnor		1.70		1
Standards		5, 4, 8, 6, 2, 12						
Pole Vault								
1	6	N Hughes	Denbigh Tech Coll	Denbighshire		3.20		6
2	5	G Williams	Whitland GS	Carmarthenshire	no height listed			5
3	4	I Jones	Ardwyn GS	Cardiganshire	no height listed			4
4	12	G Baker	Haverfordwest GS	Pembrokeshire	no height listed			3
5	7	N Dyson	Prestatyn HS	Flintshire	no height listed			2
6	2	Ed Thompson		Brecon & Radnor	no height listed			1
Standards		6						
Long Jump								
1	3	Kedric Thomson	Friars	Caernarvonshire		6.60		6
2	2	Stephen Thornton	Maesydderwen CS	Brecon & Radnor		6.42		5
3	8	John Rein	Atlantic College	Glamorgan	no distance listed			4
4	5	G Jones		Carmarthenshire	no distance listed			3
5	10	C Maidment	Newbridge GS	Monmouthshire	no distance listed			2
6	11	R Hughes		Montgomeryshire	no distance listed			1
Standards		3, 2, 8						
Triple Jump								
1	8	John Rein	Atlantic College	Glamorgan		13.32		6
2	3	D Pugh	Botwnog	Caernarvonshire		12.76		5
3	5	I Lloyd		Carmarthenshire		12.53		4
4	2	R Davies	Builth Wells CS	Brecon & Radnor		12.29		3
5	10	C Kelly	Newport HS	Monmouthshire		12.27		2
6	6	D Cavalier	Dyffryn Conwy	Denbighshire		11.78		1
Standards		8						
Shot		12lbs						
1	10	Graham Price	West Mon GS	Monmouthshire		14.63		6
2	8	Laurie Daniels	Bishop Gore GS	Glamorgan		13.42		5
3	6	DG Ratcliffe	Grove Park GS	Denbighshire		12.87		4
4	5	G Jones	Amman Valley GS	Carmarthenshire		12.46		3
5	7	John Roberts	Holywell HS	Flintshire		11.88		2
6	2	J Davies	Llandrindod GS	Brecon & Radnor		11.83		1
Standards		10, 8, 6, 5						
Discus		1.5 kg						
1	10	Graham Price	West Mon GS	Monmouthshire		42.68		6
2	5	R Thomas	Llandeilo	Carmarthenshire		42.18		5

Results of the 1970 National Track & Field Championships – Held at Eirias Park, Colwyn Bay on July 11th – 6 lane track

3	3	D Scott	Aberconway	Caernarvonshire	41.20	4
4	9	G Grunwald	Ardudwy	Merionethshire	35.86	3
5	8	Laurie Daniels	Bishop Gore GS	Glamorgan	35.78	2
6	6	K Newman		Denbighshire	33.52	1
Standards Hammer		10, 5, 3 12lbs				
1	6	Martin Lewis	Brynhyfryd	Denbighshire	42.16	6
2	5	C Griffiths	Llandeilo	Carmarthenshire	34.42	5
3	10	M Childs	Bedwellty GS	Monmouthshire	34.38	4
4	2	MG Jones	Brecon GS	Brecon & Radnor	29.06	3
Standards Javelin		Only 4 athletes listed 800g				
1	7	John Roberts	Holywell HS	Flintshire	51.26	6
2	10	J Maguire	Blackwood CS	Monmouthshire	44.64	5
3	5	R Squibbs	Llandovery College	Carmarthenshire	44.07	4
4	6	E Davies	Emrys ap Iwan	Denbighshire	42.29	3
5	4	S Davies	Cardigan	Cardiganshire	40.98	2
6	2	HC Rich	Christ College	Brecon & Radnor	34.24	1
Standards		7				

Middle Boys

	Num	Name	School	County	Perf	CBP	Pts
100m		Final					
1	6	N Husbands	Grove Park GS	Denbighshire	11.3		6
2	7	Derek Bibby	Holywell HS	Flintshire	11.3		5
3	2	Jon Walters	Maesydderwen CS	Brecon & Radnor	11.4		4
4	5	R Thomas		Carmarthenshire	11.4		3
5	4	S Entwistle	Cardigan	Cardiganshire	nt		2
200m		Final					
1	8	Stephen Ware	Neath GS	Glamorgan	22.6		6
2	10	Steve Bailey	Croesyceiliog GS	Monmouthshire	23.2		5
3	2	Jon Walters	Maesydderwen CS	Brecon & Radnor	23.5		4
4	7	Derek Bibby	Holywell HS	Flintshire	23.8		3
5	5	DN Herbert		Carmarthenshire	24.2		2
6	12	RL Evans	Haverfordwest GS	Pembrokeshire	24.4		1
Standards 400m		8, 10, 2, 7, 5 Final					
1	10	Malcolm Gibson	Duffryn HS	Monmouthshire	51.4	cbp	6
2	7	B Warner		Flintshire	53.2		5
3	6	J Wright	Grove Park GS	Denbighshire	55.1		4
4	5	P Warlow		Carmarthenshire	57.6		3
5	8	B Jones	Dynevorgs	Glamorgan	57.7		2
6	2	Jon Walters	Maesydderwen CS	Brecon & Radnor	58.6		1
Standards 800m		10, 7, 6					
1	8	Michael Buckland	Cathays HS	Glamorgan	2:02.2		6
2	10	RI Peters	Croesyceiliog GS	Monmouthshire	2:05.1		5
3	2	RN Thorogood	Christ College	Brecon & Radnor	2:06.2		4
4	5	R Fern	Ystrad Tywi	Carmarthenshire	2:06.5		3
5	4	D Pugh	Ardwyn GS	Cardiganshire	nt		2
6	6	MJ Hearle		Denbighshire	nt		1
Standards 1500m		8, 10, 2, 5					
1	8	Gareth Morgan	Lewis School	Glamorgan	4:18.4	cbp	6
2	6	Peter Roebuck		Denbighshire	4:26.7		5
3	7	E Prior	Elfed HS	Flintshire	4:28.5		4
4	2	P Williams	Brecon SM	Brecon & Radnor	4:29.9		3
5	10	Richard Peters	Croesyceiliog GS	Monmouthshire	nt		2
6	5	M Protheroe	St Clear's SM	Carmarthenshire	nt		1
Standards		8, 6, 7, 2	[4:35.0]				

Results of the 1970 National Track & Field Championships – Held at Eirias Park, Colwyn Bay on July 11th – 6 lane track

1000m Sc								
1	8	WD (Billy) Snowdon	Cantonian HS	Glamorgan	2:52.8	New event - bp	6	
2	7	Peter Baker	Elfed HS	Flintshire	3:02.2		5	
3	6	A Blaszkiewicz	Grove Park GS	Denbighshire	3:02.3		4	
4	2	R Games	Brecon GS	Brecon & Radnor	2:12.1		3	
5	5	D Hickman	Llanelli GS	Carmarthenshire	3:24.7		2	
6	4	K Thomas	Ardwyn GS	Cardiganshire	nt		1	
Standards		No standard listed						
100m H								
Final								
1	8	P Kerrigan	Mostyn HS	Glamorgan	14.4	cbp	6	
2	3	JD (Jon) Owen	Friars	Caernarvonshire	14.4		5	
3	5	I Griffiths		Carmarthenshire	14.8		4	
4	6	A Moxon	Rydal	Denbighshire	nt		3	
5	7	W Evans		Flintshire	nt		2	
6	4	H Davies		Cardiganshire	nt		1	
Standards		8, 3, 5, 6						
400m H								
Final								
1	8	R Mogford	Neath GS	Glamorgan	60.3		6	
2	5	W Williams		Carmarthenshire	60.6		5	
3	3	JD (Jon) Owen	Friars	Caernarvonshire	63.5		4	
4	12	B Davies		Pembrokeshire	64.1		3	
5	10	B Watkins	Croesyceiliog GS	Monmouthshire	68.3		2	
6	7	A Williams		Flintshire	69.8		1	
Standards		8, 5, 3						
4x100m								
Final								
1	8	Glamorgan			45.5	cbp	6	
2	5	Carmarthenshire			46.0		5	
3	6	Denbighshire			46.0		4	
4	2	Brecon & Radnor			46.1		3	
5	7	Flintshire			46.3		2	
6	4	Cardiganshire			47.1		1	
Standards		8, 5, 6, 2, 7						
High Jump								
Final								
1	2	Roger Owen	Maesydderwen CS	Brecon & Radnor	1.78	cbp	6	
2	6	A Moxon	Rydal	Denbighshire	1.73		5	
3	8	Andrew Shufflebotham	Neath GS	Glamorgan	1.73		4	
4	3	P Smith		Caernarvonshire	1.70		3	
5	12	H Davies	Preseli	Pembrokeshire	1.60		2	
6	7	W Evans	Elfed HS	Flintshire	1.60		1	
Standards		2, 6, 8, 3, 12, 7						
Pole Vault								
Final								
1	5	Shane Swale	Whitland GS	Carmarthenshire	10'4"/3.15		6	
2	8	S Grey	Mostyn HS	Glamorgan	10'0"/3.05		5	
3	6	H Jones		Denbighshire	9'6"/2.90		4	
4	12	D John		Pembrokeshire	9'0"/2.74		3	
5	10	W Lloyd	Croesyceiliog GS	Monmouthshire	8'6"2.59		2	
6	7	R Gray		Flintshire	8'6"2.59		1	
Standards		5, 8, 6						
Long Jump								
Final								
1	10	David Rees	St Kingsmark	Monmouthshire	6.36		6	
2	8	Steve Herman	Caerffili GS	Glamorgan	6.24		5	
3	7	W Evans	Elfed HS	Flintshire	6.05		4	
4	6	H Ellis	Colwyn High	Denbighshire	5.98		3	
5	11	Andrew Jenkins	Newtown High	Montgomeryshire	5.94		2	
6	12	A Howells	Fishguard	Pembrokeshire	5.93		1	
Standards		10, 8, 7, 6, 11, 12, 5						
Triple Jump								
Final								
1	10	David Rees	St Kingsmark	Monmouthshire	12.96		6	
2	11	Andrew Jenkins	Newtown HS	Montgomeryshire	11.80		5	
3	4	S Entwistle	Cardigan	Cardiganshire	11.73		4	
4	5	R Hughes	Ystrad Tywi	Carmarthenshire	11.61		3	
5	6	CD Williams	Grove Park GS	Denbighshire	11.44		2	

Results of the 1970 National Track & Field Championships – Held at Eirias Park, Colwyn Bay on July 11th – 6 lane track

6	2	P Keddle		Brecon & Radnor	11.25		1
Standards		10					
Shot		10 lbs					
1	3	Joe (JEM) Hughes	Friars	Caernarvonshire	14.38		6
2	6	R McPherson	Colwyn HS	Denbighshire	13.14		5
3	12	M Griffiths	Milford Central	Pembrokeshire	12.90		4
4	8	Patrick Whelan	Cantonian HS	Glamorgan	12.49		3
5	5	T Langdon		Carmarthenshire	12.07		2
6	7	B Williams		Flintshire	11.85		1
Standards		3, 12, 6					
Discus		1 kg					
1	3	Joe (JEM) Hughes	Friars	Caernarvonshire	50.06	cbp	6
2	8	Nick Lia	Ty Celyn HS	Glamorgan	49.78		5
3	6	B Jones	Bryn Alyn	Denbighshire	48.42		4
4	12	M Griffiths	Milford Central	Pembrokeshire	44.00		3
5	1	M Parnell	TS Indefatigble	Anglesey	42.82		2
6	4	E Evans		Cardiganshire	39.12		1
Standards		6, 1, 12, 8, 3					
Hammer		10 lb new event					
1	6	DA Jones	Denbigh HS	Denbighshire	38.08	New event - bp	6
2	5	P James	Whitland GS	Carmarthenshire	35.46		5
3	7	G Jones	Mold HS	Flintshire	31.60		4
4	3	Joe (JEM) Hughes	Friars	Caernarvonshire	31.34		3
5	10	G Williams	Croesyceiliog GS	Monmouthshire	30.44		2
6	8	A Parry-Jones	Caerffili GS	Glamorgan	27.38		1
Standards		6, 5, 7, 3					
Javelin							
1	8	Nick Lia	Ty Celyn HS	Glamorgan	48.84		6
2	5	J Rees	Amman Valley GS	Carmarthenshire	46.12		5
3	6	B Jones	Bryn Alyn	Denbighshire	42.80		4
4	1	W Parry	Holyhead HS	Anglesey	41.90		3
5	2	IA Morris	Brecon GS	Brecon & Radnor	39.80		2
6	12	G Ingram		Pembrokeshire	39.39		1
		8, 5					

Junior Boys

	Num	Name	School	County	Perf	CBP	Pts
100m		Final					
1	3	IH Roberts	Sir Hugh Owen GS	Caernarvonshire	11.7	cbp	6
2	12	A Edwards	Narbeth	Pembrokeshire	11.7	cbp	5
3	5	Steve Kohut	Coleshill SM	Carmarthenshire	11.8		4
4	8	D Bowden	Dynevor GS	Glamorgan	11.8		3
5	6	P Mathias	Grove Park GS	Denbighshire	nt		2
6	10	R Taylor	Newport HS	Monmouthshire	nt		1
200m		Final					
1	5	Steve Kohut	Coleshill SM	Carmarthenshire	24.3	cbp	6
2	3	IH Roberts	Sir Hugh Owen GS	Caernarvonshire	24.3	cbp	5
3	8	D Bowden	Dynevor GS	Glamorgan	24.3	cbp	4
4	12	A Edwards	Narbeth	Pembrokeshire	24.5		3
5	10	P Salathiel	Newbridge GS	Monmouthshire	24.9		2
6	11	J Powell	Newtown HS	Montgomeryshire	25.6		1
Standards		5, 3, 8, 12, 10					
400m		Final					
1	8	D Lovitt	Penarth GS	Glamorgan	57.4		6
2	1	DA Jones	Menai Bridge	Anglesey	57.4		5
3	10	A Juhike		Monmouthshire	57.4		4
4	4	G Davies		Cardiganshire	57.6		3
5	12	D Banner		Pembrokeshire	57.8		2
6	2	RA Jones	Brecon GS	Brecon & Radnor	59.6		1
Standards		8, 1, 10, 4, 12					
800m							
1	8	A (Tony) Dyke	Bishop Gore	Glamorgan	2:08.0	cbp	6
2	5	Steve Rolfe	Llanelli GS	Carmarthenshire	2:10.6		5

Results of the 1970 National Track & Field Championships – Held at Eirias Park, Colwyn Bay on July 11th – 6 lane track

3	7	P Wright	Elfed HS	Flintshire	2:10.6		4
4	12	D Raymond	Milford GS	Pembrokeshire	2:16.2		3
5	10	R Onions		Monmouthshire	nt		2
6	4	G Davies	Cardigan	Cardiganshire	nt		1
Standards		8, 5, 7					
80m H		Final					
1	2	A Robinson	Llandrindod Wells GS	Brecon & Radnor	12.1	New event - bp	6
2	6	E Roberts	Grove Park GS	Denbighshire	12.4		5
3	8	M Howells	Neath GS	Glamorgan	12.5		4
4	10	I Harwood	Bassaleg CS	Monmouthshire	nt		3
5	5	M Davies	Llandeilo SS	Carmarthenshire	nt		2
6	3	G Jones	Glan y Mor	Caernarvonshire	nt		1
Standards		No standard listed for	80 metres				
4x100m		Final					
1	8	Glamorgan			47.3	cbp	6
2	12	Pembrokeshire			47.9		5
3	10	Monmouthshire			48.2		4
4	5	Carmarthenshire			49.0		3
5	6	Denbighshire			48.6		2
6	7	Flintshire			50.1		1
Standards		8, 12, 10					
High Jump							
1	8	Alf Marengi	Bishop Hannon HS	Glamorgan	1.58		6
2	4	G Williams	Cardigan	Cardiganshire	1.55		5
3	7	T Green	Elfed HS	Flintshire	1.55		4
4	12	H Thomas	Narbeth	Pembrokeshire	1.52		3
5	5	M Davies	Llandeilo SS	Carmarthenshire	no height listed		2
6	2	C Harper	Llandrindod SM	Brecon & Radnor	no height listed		1
Standards		12, 5, 7, 8, 4					
Pole Vault							
1	5	P Johnson	Whitland GS	Carmarthenshire	2.70		6
2	12	K Johnson		Pembrokeshire	2.48		5
3	2	DT Isaac	Brecon GS	Brecon & Radnor	2.48		4
4	8	R Field	Caerffili GS	Glamorgan	2.48		3
5	6	C Hughes	Rhiwabon	Denbighshire	2.28		2
6=	7	W Blythin	Prestatyn HS	Flintshire	2.17		0.5
6=	10	S Carter	Croesyceiliog S	Monmouthshire	2.17		0.5
Standards		5					
Long Jump							
1	5	Steve Kohut	Coleshill SM	Carmarthenshire	6.08	cbp	6
2	3	R Williams?	Eifionydd	Caernarvonshire	5.75		5
3	8	W Simmonds?	Porth GS	Glamorgan	5.75		4
4	6	R Mathias?	Grove Park GS	Denbighshire	5.46		3
5	12	P Jenkins?	Haverfordwest GS	Pembrokeshire	5.32		2
6	7	M Hopkins?	Holywell HS	Flintshire	5.20		1
		Names not provided for	positions 2 to 6	These are names in the	programme		
Standards		5, 3, 8, 6, 12					
Triple Jump							
1	12	P Jenkins	Haverfordwest GS	Pembrokeshire	11.41		6
2	6	D Jones		Denbighshire	11.34		5
3	11	P Hanratty	Newtown HS	Montgomeryshire	11.20		4
4	3	R Williams	Eifionydd	Caernarvonshire	10.98		3
5	9	R Bright	Ardudwy	Merionethshire	10.81		2
6	10	R Chang		Monmouthshire	10.77		1
Standards		X [11.50]	Standard not	achieved			
Shot		4kg					
1	7	Kevin Jones	Maes Garmon	Flintshire	15.57	cbp	6
2	5	WMJ Jones	Queen Elizabeth GS	Carmarthenshire	12.32		5
3	6	Michael Llewellyn-Eaton	Emrys ap Iwan	Denbighshire	11.84		4
4	10	I Bruce	Croesyceiliog S	Monmouthshire	11.47		3
5	8	Andrew Stimpson	Afon Taf	Glamorgan	11.19		2
6	2	D Thomas	Brecon SM	Brecon & Radnor	10.62		1
Standards		7, 5, 6, 10, 8					

Results of the 1970 National Track & Field Championships – Held at Eirias Park, Colwyn Bay on July 11th – 6 lane track

Discus	1 kg					
1	8	B Oatley	Maesteg CS	Glamorgan	41.04	6
2	12	J Davies	Milford GS	Pembrokeshire	39.86	5
3	5	WMJ Jones	Queen Elizabeth GS	Carmarthenshire	39.30	4
4	7	Kevin Jones	Maes Garmon	Flintshire	39.12	3
5	10	I Bruce	Croesyceiliog S	Monmouthshire	36.08	2
6	6	M Romanik	Grove Park GS	Denbighshire	34.36	1
Standards	8, 12, 5, 7, 10					
Hammer	4kg					
1	5	WMJ Jones	Queen Elizabeth GS	Carmarthenshire	35.80	New event - bp 6
2	6	S Parry	Grove Park GS	Denbighshire	29.68	5
3	8	P Fielding	Bridgend GS	Glamorgan	27.40	4
4	2	J Davies	Knighton SM	Brecon & Radnor	26.86	3
5	3	E Cox		Caernarvonshire	24.94	2
Standards	Only 5 athletes listed					
Javelin	600g					
1	7	Kevin Jones	Maes Garmon	Flintshire	43.74	6
2	11	R Hanratty	Newtown HS	Montgomeryshire	43.32	5
3	10	C Morris	Coed Eva SS	Monmouthshire	43.10	4
4	6	H Pilling	Emrys ap Iwan	Denbighshire	38.51	3
5	12	R Phillips	Coronation SS	Pembrokeshire	37.82	2
6	5	N James	Ammanford SM	Carmarthenshire	34.50	1
Standards	7, 11, 10					
Senior Girls						
	Num	Name	School	County	Perf	CBP Pts
100m	Final					
1	8	Averil Jones	Ferndale GS	Glamorgan	12.7	6
2	12	Jean Bagley	Milford	Pembrokeshire	12.8	5
3	5	Isabella Bossowska	Llandoverly HS	Carmarthenshire	12.8	4
4	10	Susan Mary Morris	Tredeggar CS	Monmouthshire	13.0	3
5	11	Cynthia Morris		Montgomeryshire	nt	2
6	7	Susan Jones		Flintshire	nt	1
200m	Final					
1	8	Averil Jones	Ferndale GS	Glamorgan	26.2	6
2	5	Isabella Bossowska	Llandoverly HS	Carmarthenshire	27.0	5
3	12	Jean Bagley	Milford GS	Pembrokeshire	27.1	4
4	11	Cynthia Morris		Montgomeryshire	27.8	3
5	3	Yvonne Breaks	John Bright GS	Caernarvonshire	27.8	2
6	6	E Grodzicki	Dyffryn Conwy	Denbighshire	28.8	1
Standards	8, 5, 12, 11, 3					
800m						
1	5	Dorothy Stevenson	Ysgol Gruffud Jones	Carmarthenshire	2:33.1	6
2	6	J Barnes	Grove Park GS	Denbighshire	2:35.4	5
3	12	Dale Rostron		Pembrokeshire	2:41.2	4
4	3	Julie Cooke	Glan y mor	Caernarvonshire	2:42.0	3
5	7	Hilary Anderson		Flintshire	nt	2
6	2	J Davies	Brecon GS	Brecon & Radnor	nt	1
Standards	5, 6					
100m H	Final					
1	5	Mary Moxley		Carmarthenshire	15.9	6
2	7	Kathleen Hough	Flintshire CoT	Flintshire	16.6	5
3	6	Elizabeth Ward	Grove Park GS	Denbighshire	17.0	4
4	8	D Duggan	Ynysawdre CS	Glamorgan	nt	3
5	12	I Clarke	Milford GS	Pembrokeshire	nt	2
6	10	RA Williams	Croesyceiliog GS	Monmouthshire	nt	1
Standards	5					
4x100m	Final					
1	8	Glamorgan			52.7	6
2	3	Caernarvonshire			54.0	5
3	7	Flintshire			54.1	4
4	6	Denbighshire			54.5	3

Results of the 1970 National Track & Field Championships – Held at Eirias Park, Colwyn Bay on July 11th – 6 lane track

5	10	Monmouthshire			54.6		2
6	12	Pembrokeshire			55.2		1
Standards		Standard not achieved by	any county				
High Jump							
1	8	Elizabeth Kay	Atlantic College	Glamorgan	1.50		6
2	10	Janice Davies	Ebbw Vale GS	Monmouthshire	1.50		5
3	7	Kathleen Hough	Flintshire CoT	Flintshire	1.40		4
4	12	S James		Pembrokeshire	1.35		3
		Only 4 athletes	listed				
Standards		8, 10, 7					
Long Jump							
1	8	Elizabeth Kay	Atlantic College	Glamorgan	5.15		6
2	7	Kathleen Hough	Flintshire CoT	Flintshire	5.10		5
3	11	Cynthia Morris		Montgomeryshire	4.90		4
4	10	EJ Andrews	St Julian's HS	Monmouthshire	4.75		3
5	2	E Powell	Brecon GS	Brecon & Radnor	4.74		2
6	12	J Lawrence	Tenby	Pembrokeshire	4.65		1
Standards		10, 7, 11, 2, 3, 8, 12					
Shot		4 kg					
1	10	Janet Beese	St Julian's HS	Monmouthshire	11.47		6
2	12	Frances Pincock	Milford GS	Pembrokeshire	10.49		5
3	8	J Goddard	Ferndale	Glamorgan	8.82		4
4	3	C Hemmings	Bangor Girls	Caernarvonshire	8.46		3
5	5	Y Rees	Gwendraeth GS	Carmarthenshire	8.43		2
6	6	G Evans	Denbigh HS	Denbighshire	8.42		1
Standards		10, 12, 8					
Discus		1 kg					
1	10	Janet Beese	St Julian's HS	Monmouthshire	34.38	cbp	6
2	12	Frances Pincock	Milford GS	Pembrokeshire	27.04		5
3	6	Brenda Davies	Grove Park GS	Denbighshire	26.56		4
4	3	C Hemmings	Bangor GS	Caernarvonshire	25.32		3
5	1	C Mason		Anglesey	24.10		2
6	8	L Harding	Penarth GS	Glamorgan	23.90		1
Standards		10					
Javelin		600g					
1	10	Jane Wady	Pontllanfraith GTS	Monmouthshire	30.71		6
2	8	Sandra Martin	Neath GS	Glamorgan	29.32		5
3	12	Jean Bagley	Milford GS	Pembrokeshire	28.89		4
4	3	Pam Grant	Duffryn Ogwen	Caernarvonshire	27.82		3
5	1	M Roberts	Holyhead	Anglesey	23.63		2
6	2	P Weeks	Brynawr	Brecon & Radnor	22.71		1
Standards		10, 8, 12, 3					

Middle Girls

	Num	Name	School	County	Perf	CBP	Pts
100m							
Final							
1	10	Marva Connikie	Duffryn HS	Monmouthshire	12.7		6
2	8	Valerie Davies	Ynysawdre CS	Glamorgan	12.8		5
3	7	Jacqueline Hodgkinson	Prestatyn HS	Flintshire	13.0		4
4	4	C Weston	Ardwyn GS	Cardiganshire	13.2		3
5	12	S Williams	Fishguard	Pembrokeshire	nt		2
6	2	G Jones	Llandrindod GS	Brecon & Radnor	nt		1
200m							
Final							
1	10	Marva Connikie	Duffryn HS	Monmouthshire	26.9		6
2	5	Susan Hopkins	Queen Elizabeth GS	Carmarthenshire	27.6		5
3	7	Jacqueline Hodgkinson	Prestatyn HS	Flintshire	27.6		4
4	12	M Rees	Fishguard	Pembrokeshire	27.7		3
5	8	Glynis Llewellyn	Barry GS	Glamorgan	27.7		2
6	9	Sioned Hughes	Tywyn	Merionethshire	28.2		1
Standards		10, 5, 7, 12, 8, 9, 6					

Results of the 1970 National Track & Field Championships – Held at Eirias Park, Colwyn Bay on July 11th – 6 lane track

800m							
1	8	Katrina Blackwell	Glanafan CS	Glamorgan	2:23.3	cbp	6
2	5	Nicola Page	Ysgol Gruffudd Jones	Carmarthenshire	2:32.5		5
3	9	J Ballard	Ardudwy	Merionethshire	2:36.1		4
4	11	Susan Evans		Montgomeryshire	2:37.9		3
5	4	Evelyn Gallagher	Dinas	Cardiganshire	nt		2
6	12	F MacNamara	Taskers	Pembrokeshire	nt		1
Standards							
80m H							
Final							
1	8	Gaynor Blackwell	Glanafan CS	Glamorgan	11.6	cbp	6
2	3	Jacqueline Anderson	Aberconway	Caernarvonshire	12.1		5
3	2	Angela Morgan	Brecon GS	Brecon & Radnor	12.5		4
4	6	C Lacey	Colwyn HS	Denbighshire	nt		3
5	7	Jennifer Edwards	Elfed HS	Flintshire	nt		2
6	10	H Jones	Coed Eva	Monmouthshire	nt		1
Standards							
4x100m							
Final							
1	7	Flintshire			51.9		6
2	8	Glamorgan			52.2		5
3	10	Monmouthshire			53.0		4
4	6	Denbighshire			53.1		3
5	12	Pembrokeshire			53.8		2
6	4	Cardiganshire			54.4		1
Standards							
High Jump							
1	10	Sarah Bull	Croesyceiliog GS	Monmouthshire	4'10"/1.47		6
2	12	R White	Tenby	Pembrokeshire	4'10"/1.47		5
3	7	Delyth Hughes	Holywell HS	Flintshire	4'10"/1.47		4
4	5	Sheridan Bergiers	Ystrad Tewi	Carmarthenshire	4'8"/1.42		3
5	6	S Stewart		Denbighshire	4'7"/1.40		2
6=	8	C O'Brien	Caer Castell HS	Glamorgan	no height listed		0.33
6=	9	Beryl Jones	Y Gader	Merionethshire	no height listed		0.33
6=		Ann Senior	Newtown	Montgomeryshire	no height listed		0.33
Standards							
Long Jump							
1	5	Susan Hopkins	Queen Elizabeth GS	Carmarthenshire	5.09		6
2	6	G Jones	Emrys ap Iwan	Denbighshire	4.96		5
3	12	S Williams	Fishguard	Pembrokeshire	4.90		4
4	8	A Smith	Glynderw HS	Glamorgan	4.84		3
5	7	Enid Sherratt	Blessed Richard Gwyn	Flintshire	4.80		2
6	3	Lynn Aldcroft		Caernarvonshire	4.80		1
Standards							
Shot							
4 kg							
1	7	Wendy Bartlett	Prestatyn HS	Flintshire	9.15		6
2	5	Gail Edwards	Burry Port SM	Carmarthenshire	9.11		5
3	10	Ann Meredith	Cwmcarn SS	Monmouthshire	8.54		4
4	8	A Johns	Bishop Vaughan	Glamorgan	8.48		3
5	12	M Raymond	Taskers	Pembrokeshire	8.28		2
6	11	G Evans		Montgomeryshire	7.52		1
Standards							
Discus							
1 kg							
1	2	Delyth Prothero	Brecon GS	Brecon & Radnor	30.02	cbp	6
2	9	Sylvia King	Y Moelwyn	Merionethshire	29.44		5
3	10	JS Pope	Wern SS	Monmouthshire	27.92		4
4	12	Rhian James	Taskers	Pembrokeshire	27.66		3
5	7	C Parker		Flintshire	27.36		2
6	6	E Davies	Colwyn HS	Denbighshire	27.30		1
Standards							
Javelin							
600g							
1	8	Margaret Rainbow	Mynyddbach CS	Glamorgan	34.11	cbp	6
2	2	A Morgan	Brecon SM	Brecon & Radnor	27.09		5
3	10	Judith Cross	Ebbw Vale GS	Monmouthshire	27.00		4

Results of the 1970 National Track & Field Championships – Held at Eirias Park, Colwyn Bay on July 11th – 6 lane track

4	12	L Jones		Pembrokeshire	24.56	3
5	3	Gillian Evans	Bangor GS	Caernarvonshire	24.09	2
6	6	P Malley		Denbighshire	22.39	1
Standards	8, 2, 10					

Junior Girls

	Num	Name	School	County	Perf	CBP	Pts
100m		Final					
1	7	Sheila Richardson	Elfed HS	Flintshire	12.8		6
2	10	Wendy Hillier	Cwmcarn S	Monmouthshire	13.2		5
3	3	LM Williams	Sir Hugh Owen	Caernarvonshire	13.2		4
4	6	B Roberts	Grove Park GS	Denbighshire	13.4		3
5	12	JA Clarke	Milford GS	Pembrokeshire	nt		2
6	5	Uju Ebo	Ystrad Tywi	Carmarthenshire	nt		1
150m		Final					
1	7	Sheila Richardson	Elfed HS	Flintshire	19.6	cbp	6
2	8	Trudy Hallaran	Upper Rhondda CS	Glamorgan	19.6	cbp	5
3	6	Deidre Birch	Colwyn HS	Denbighshire	19.7		4
4	10	E d' Subin	Duffryn HS	Monmouthshire	19.9		3
5	3	LM Williams	Sir Hugh Owen	Caernarvonshire	20.0		2
6	2	C Mainwaring	Brecon GS	Brecon & Radnor	20.2		1
Standards	7, 8, 6, 10, 3						
800m							
1	8	Anne Morris	Cynffig CS	Glamorgan	2:30.9	New event - bp	6
2	10	Susan J Nurden	Duffryn HS	Monmouthshire	2:35.8		5
3	2	S Layton	Llandrindod GS	Brecon & Radnor	2:35.8		4
4	11	R Edwards		Montgomeryshire	2:39.4		3
5	3	H Kloss	Glan y mor	Caernarvonshire	nt		2
6	6	J Lloyd	St David's, Wrexham	Denbighshire	nt		1
Standards	8, 12, 2, 11, 3, 6, 12						
75m H		Final					
1	7	B Antrobus	Elfed HS	Flintshire	12.3	cbp	6
2	6	Deidre Birch	Colwyn HS	Denbighshire	12.4		5
3	12	A Law	Tenby	Pembrokeshire	12.5		4
4	2	C Lewis	Llandrindod SM	Brecon & Radnor	nt		3
5	1	V Barcroft	Amlwch	Anglesey	nt		2
Standards	Only 5 athletes	listed					
4x100m		Final					
1	8	Glamorgan			51.9	cbp	6
2	7	Flintshire			52.5		5
3	6	Denbighshire			53.4		4
4	10	Monmouthshire			53.8		3
5	5	Carmarthenshire			53.8		2
6	3	Caernarvonshire			55.4		1
Standards	8, 7, 6, 10, 5						
High Jump							
1	10	Jacqueline Dilloway	Croesyceiliog S	Monmouthshire	4'10.5"/1.48		6
2	6	J Broome	Emrys ap Iwan	Denbighshire	4'7.5"/1.41		5
3	7	C Andrews	B Richard Gwyn	Flintshire	4'7.5"/1.41		4
4	8	R Perry		Glamorgan	4'6.5"/1.38		3
5	5	J Hague		Carmarthenshire	4'6.5"/1.38		2
6	3	T Webb	Aberconway	Caernarvonshire	4'6.5"/1.38		1
Standards	10, 6, 7, 8, 5, 3, 2						
Long Jump							
1	5	Rhiannon Williams	Gwendraeth GS	Carmarthenshire	4.88		6
2	8	Ann Bevan	Upper Rhondda CS	Glamorgan	4.85		5
3	7	C Williams		Flintshire	4.74		4
4	10	G Rees	Bassaleg	Monmouthshire	4.45		3
5	9	O Jones	Ardudwy	Merionethshire	4.44		2
6	2	G Dubbins		Brecon & Radnor	4.41		1

Results of the 1970 National Track & Field Championships – Held at Eirias Park, Colwyn Bay on July 11th – 6 lane track

Standards	5, 8, 7					
Shot	7 lb					
1	5	Lyn Langdon	Ysgol Gruffydd Jones	Carmarthenshire	9.64	cbp 6
2	8	Ann Rice	Cathays HS	Glamorgan	8.90	5
3	7	G Wardle		Flintshire	8.65	4
4	6	G Fowles		Denbighshire	8.12	3
5	12	G Richards		Pembrokeshire	8.11	2
6	10	M Williams		Monmouthshire	8.00	1
Standards	5, 8, 7, 6, 12					
Discus	1kg					
1	8	Ann Rice	Cathays HS	Glamorgan	26.82	6
2	6	D Marshall		Denbighshire	26.28	5
3	5	Lyn Langdon	Ysgol Gruffydd Jones	Carmarthenshire	25.54	4
4	7	E Hughes		Flintshire	23.78	3
5	1	A Owen	Llangefni	Anglesey	22.58	2
6	11	J Davies		Montgomeryshire	22.36	1
Standards	8, 6, 5					
Javelin	600g					
1	8	Susan James	Afon Taf HS	Glamorgan	32.94	cbp 6
2	11	A Evans		Montgomeryshire	22.70	5
3	12	S Phillips	Preseli	Pembrokeshire	22.30	4
4	5	S Piper		Carmarthenshire	22.28	3
5	6	G Fowles		Denbighshire	21.65	2
6	7	C Wardle	Rhyl HS	Flintshire	21.45	1
Standards	8					

Recipients of major trophies

Guto Nyth Bran Cup	Awarded to the boy or girl achieving the best individual performance	Clive Rees (Llanelli GS)
Welsh Academics Cup	Awarded to the boy achieving an outstanding performance	Leslie Prince (Grove Park, GS)
Major CR Tucker Cup	Awarded to the girl achieving an outstanding performance	Susan James (Afon Taf HS)

Overall Points

	Total	SB	MB	JB	SG	MG	JG
1 Glamorgan	415.33	89	95	70	53	50.33	58
2 Carmarthenshire	303	75	67	66	29	32	34
3 Denbighshire	268	64	79	36	20	23	46
4 Flintshire	256.5	51	52	35.5	25	42	51
5 Monmouthshire	244.5	43	44	38.5	40	45	34
6 Pembrokeshire	216	43	25	53	42	35	18
7 Caernarvonshire	146	43	41	16	7	24	15
8 Brecon & Radnor	146	27	39	26	25	14	15
9 Montgomeryshire	62.33	11	9	12	13	6.33	11
10 Cardiganshire	61	28	12	13	0	8	0
11 Merionethshire	29.33	9	0	2	0	16.33	2
12 Anglesey	22	0	7	7	4	0	4

If anyone can help with missing Christian names or missing schools or if there are any daft mistakes in these individual results, please contact Pete Morris via pmorris46@aol.com.