

Cardiff Met Grand Prix Series**GP3****Sunday 5th February 2017****Male Track Results**

Heat 9				Heat 10								
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf			
1	213	Steven BERRISFORD (SENM)	Kingston & Poly (GP3)	25.25	1	218	Trey REID (U20M)	SGS College (BAoS) (GP3)	24.35			
2	229	Jack KIRK (SENM)	University of Gloucestershire (GP3)	25.57	2	118	Kenil WILKS (U20M)	Bristol & West AC (SWE)	26.11			
3	110	Glenn BALFOUR (U20M)	Bournemouth AC (SWE)	26.91	3	100	Mark ELLERY (SENM)	Bristol & West AC (SWE)	26.79			
Photo	<i>Supplied by Welsh Timing Team</i>							4	115	Sam CROWTER (SENM)	Exeter Harriers (SWE)	27.47

SOUTH WEST ENGLAND

Pos	Bib	Athlete	Club	Perf
1	91	Scott GUNNING (SENM)	Coventry University (SWE)	24.61
2	100	Mark ELLERY (SENM)	Bristol & West AC (SWE)	26.79
3				

SOUTH WEST ENGLAND

Pos	Bib	Athlete	Club	Perf
1	93	Mikkel BASSUE (U20M)	SGS College (BAoS) (SWE)	23.09
2	118	Kenil WILKS (U20M)	Bristol & West AC (SWE)	26.11
3	113	Jack PREISTLEY (U20M)	North Somerset AC (SWE)	26.85

T18-Men 400m Open

AC Record -

Welsh Record -

Heat 1				Heat 2							
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf		
1	119	Craig WALLDUCK (SENM)	Bristol & West AC (SWE)	51.90	1	93	Mikkel BASSUE (U20M)	SGS College (BAoS) (SWE)	52.14		
2	194	Ashley JONES (SENM)	Cardiff University (GP3)	52.09	2	181	Carl MCEWAN (SENM)	Newport Harriers (GP3)	52.65		
3	166	Jonathan RENDELL (SENM)	Dacorum and tring (GP3)	52.17	3	186	Joel FOWLER (SENM)	Newport Harriers (GP3)	54.92		
Photo	<i>Supplied by Welsh Timing Team</i>							Photo	<i>Supplied by Welsh Timing Team</i>		
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf		
1		no heat			1	78	Ollie THORNER (U20M)	Millfield School (GP3)	52.43		
2					2	76	Cliff SCHWABAURER (U20M)	Millfield School (GP3)	52.54		
3					3	75	Chris SMITH (U20M)	Millfield School (GP3)	53.15		
4					4	212	Hallam WEBB (U20M)	Camberley AC (GP3)	61.65		

Heat 5

Pos	Bib	Athlete	Club	Perf
1	117	Hayden FEY (U20M)	Torbay AAC (SWE)	54.92
2	211	Aaron BELCHAMBER (U20M)	Bristol & West AC (GP3)	55.89
3	180	John BRIDGE (U20M)	Cardiff AAC (GP3)	56.23
4	151	Oliwer KUZNIK (U20M)	SGS College (BAoS) (GP3)	56.60

[Photo](#) *Supplied by Welsh Timing Team***Heat 7**

Pos	Bib	Athlete	Club	Perf
1	269	Anthony DONALDSON (SENM)	University of Bristol AC (GP3)	2:04.09
2	92	Elliott CHARD (U20M)	Yate & District AC (SWE)	2:04.54
3	101	Michael BISS (U20M)	Yeovil Olympiads (SWE)	2:06.82
4	209	Remi ADEBIYI (U20M)	Newport Harriers (GP3)	2:10.26
5	135	Chris WILLIAMS (SENM)	Islwyn RC (GP3)	2:10.42
6	83	Sam DAVIES (U20M)	Wimborne Athletic (SWE)	2:13.94

T09-Men 800m Open & South West England

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	95	Piers COPELAND (U20M)	Wimborne AC (SWE)	1:51.58	1	269	Anthony DONALDSON (SENM)	University of Bristol AC (GP3)	2:04.09
2	97	Nathan BROWN (U20M)	Erme Valley Harriers (SWE)	1:56.77	2	92	Elliott CHARD (U20M)	Yate & District AC (SWE)	2:04.54
3	109	Joshua MOODY (SENM)	Bristol & West AC (SWE)	1:57.35	3	101	Michael BISS (U20M)	Yeovil Olympiads (SWE)	2:06.82
4	199	Robert HOWORTH (U20M)	Team Bath AC (GP3)	1:58.88	4	209	Remi ADEBIYI (U20M)	Newport Harriers (GP3)	2:10.26
5	119	Craig WALLDUCK (SENM)	Bristol & West AC (SWE)	2:00.96	5	135	Chris WILLIAMS (SENM)	Islwyn RC (GP3)	2:10.42
6	134	Craig WILLIAMS (SENM)	Newport Harriers (GP3)	2:04.99	6	83	Sam DAVIES (U20M)	Wimborne Athletic (SWE)	2:13.94

[Photo](#) *Supplied by Welsh Timing Team***Heat 3**

Pos	Bib	Athlete	Club	Perf
1	168	Joseph KELLIHER (U20M)	Wimborne AC (GP3)	2:06.02
2	162	Felix LUM (U20M)	Marshall Milton Keynes AC (GP3)	2:09.69
3	185	Tyrone FOWLER (SENM)	Newport Harriers (GP3)	2:16.54
DNS	111	Joe MCGRATH (SENM)	Basildon AC (SWE)	
DNS	110	Glenn BALFOUR (U20M)	Bournemouth AC (SWE)	
DNS	183	Oliver WILLIAMS (SENM)	Les Croupiers Running Club (GP3)	

[Photo](#) *Supplied by Welsh Timing Team***South West England Medallists****Senior Men**

1	109	Joshua MOODY (SENM)	Bristol & West AC (SWE)	1:57.35
2	119	Craig WALLDUCK (SENM)	Bristol & West AC (SWE)	2:00.96
3				

Pos	Bib	Athlete	Club	Perf
1	196	Stephen MATHERS (SENM)	Cardiff AAC (GP3)	2:11.46
2	270	Stefan MANBY (U20M)	Cardiff Archers (GP3)	2:18.92
3	212	Hallam WEBB (U20M)	Camberley AC (GP3)	2:20.65
4	131	Kevin PYE (SENM)	Charnwood AC (GP3)	2:27.08
DNS	202	Adam STEVENS (SENM)	University of Gloucestershire (GP3)	

[Photo](#) *Supplied by Welsh Timing Team***South West England Medallists****Under 20 Men**

1	95	Piers COPELAND (U20M)	Wimborne AC (SWE)	1:51.58
2	97	Nathan BROWN (U20M)	Erme Valley Harriers (SWE)	1:56.77
3	92	Elliott CHARD (U20M)	Yate & District AC (SWE)	2:04.54

T14-Men 1500m Open

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	159	Kyran ROBERTS (SENM)	Carmarthen Harriers/Loughborough Uni (G)	3:51.50	1	193	Stephen MORRIS (SENM)	Cardiff AAC (GP3)	4:01.17			
2	88	Benedict WESTHENRY (SENM)	Bristol & West AC (SWE)	3:53.22	2	198	John HOWORTH (U20M)	Team Bath AC (GP3)	4:12.48			
3	120	Mike WILSMORE (SENM)	Bristol & West AC (GP3)	3:54.34	3	187	Adam WILSON (SENM)	Yate & District AC (GP3)	4:13.19			
4	89	Callum JONES (SENM)	University of Bristol/Cornwall AC (SWE)	4:02.50	4	190	Alex PRICE (SENM)	Rhondda AC (GP3)	4:20.16			
5	274	Marios APOSROUIDES (SENM)	Cyprus (GP3)	4:03.60	5	146	Isaac THURGOOD (U20M)	Newport Harriers (GP3)	4:20.60			
6	173	Tom JENKINS (U20M)	Newport Harriers (GP3)	4:07.46	6	121	Robert STEWART (SENM)	Bristol & West AC (GP3)	4:21.86			
7	176	Dan WILDE (U20M)	Taunton AC (GP3)	4:10.61	7	210	Ivan UNSKENKO (SENM)	Bristol & West AC (GP3)	4:23.70			
Photo	<i>Supplied by Welsh Timing Team</i>							8	117	Hayden FEY (U20M)	Torbay AAC (SWE)	4:29.06
							9	192	Paul LACEY (SENM)	Unaffiliated (GP3)	4:42.39	
							10	267	David BEDWELL (MM60)	Bristol & West AC (GP3)	4:50.27	
							11	494	Brian DIAS (SENM)	Cardiff AAC (GP3)	4:56.36	
							DNS	142	Iestyn EDWARDS (U20M)	Cardiff AAC (GP3)		

T11-Men 1 Mile Invitation

AC Record - Tom MARSHALL Wales 4:03.96 NIAC, Cardiff, 2013

New AC Rec

Welsh Record - Chris GOWELL, Swansea Harriers, 3:57.29, Boston, USA, 2014

Heat 1				1500m splits/manual timing	
Pos	Bib	Athlete	Club	Perf	Perf
1	148	Ieuan THOMAS (SENM)	Cardiff AAC (GP3)	3:59.31	3:43.3
2	125	Steve MITCHELL (SENM)	Bristol & West AC (GP3)	4:13.85	3:53.4
3	272	Chris CARPANINI (SENM)	Swansea Harriers (GP3)	4:22.08	4:05.3
4	183	Oliver WILLIAMS (SENM)	Les Croupiers Running Club (GP3)	4:22.46	
5	271	Nick WOOD (SENM)	Dartford (GP3)	4:42.77	
DNF	266	Tom MARSHALL (SENM)	Cardiff AAC (GP3)		
DNS	273	Adam DAVIES (SENM)	Cardiff AAC (GP3)		

[Photo](#) *Supplied by Welsh Timing Team*

Cardiff Met Grand Prix Series**GP3****Sunday 5th February 2017****Male Track Results****T01-Men 60m Hurdles Open & 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	228	Glen ELSDON (SENM)	Carmarthen Harriers (GP3)	8.22										
2	127	Kyle ARNOLD (SENM)	Newport Harriers (GP3)	8.38										
3	252	Justin TARRANT (SENM)	Cardiff Met (GP3)	8.71										
4	234	Kaspars KAZEMAKS (SENM)	Woking AC (GP3)	8.89										
5	139	Neil TUNSTALL (SENM)	Cornwall AC (GP3)	8.99										

[Photo](#) Supplied by Welsh Timing Team

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F07-Men High Jump Open & Masters Champs

Male Field Results

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	263	Joe PEARSE (SENM)	Cardiff Met (GP3)	2.08
2	249	Eliott PEREZ (SENM)	Cardiff Met (GP3)	2.00
3	156	Jamie ANDERSON (U20M)	Bristol & West AC (GP3)	2.00
4=	144	Gustav HIBBETT (SENM)	Oxford University AC (GP3)	1.85
4=	163	Joseph MILES (U20M)	Wimborne AC (GP3)	1.85
5	78	Ollie THORNER (U20M)	Millfield School (GP3)	1.85

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

AC Record - Luke CUTTS, England, 5.70, NIAC, Cardiff, 2016

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

Pos	Bib	Athlete	Club	Perf	South West
1	275	Nikiandros STILIANO (SENM)	Cypres (GP3)	5.57	Cypres NR (GP3)
2	238	Daniel GARDNER (SENM)	Stevenage & North Hert AC (GP3)	5.12	(GP3)
3	123	Joel Leon BENITEZ (U20M)	Notts AC/Millfield School (GP3)	5.02	(GP3)
4	240	Euan BRYDEN (SENM)	Windsor Slough Eton & H (GP3)	4.92	(GP3)
5	174	Nathan GARDNER (U20M)	Cardiff Uni/Stevenage & North Herts (GP3)	4.52	(GP3)
6	255	Zack HARROP (SENM)	Cardiff Met (GP3)	4.37	(GP3)
7=	78	Ollie THORNER (U20M)	Millfield School (GP3)	3.72	(GP3)
7=	252	Justin TARRANT (SENM)	Cardiff Met (GP3)	3.72	(GP3)

F02-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	99	Oliver CLARK (SENM)	Newquay and Par (SWE)	7.14	1(SENM) (SWE)
2	98	Gamuchirai DUMBUTSHENA (U20M)	Swindon Harriers (SWE)	6.82	1(U20M) (SWE)
3	215	Ceirion HOPKINS (U20M)	Neath Harriers (GP3)	6.69	(GP3)
4	102	Simon HAMMANN (SENM)	Bristol & West AC (SWE)	6.47	2(SENM) (SWE)
5	224	Kellen JONES (U20M)	Newport Harriers (GP3)	6.41	(GP3)
6	257	Jeff ANGILA (SENM)	Cardiff Met (GP3)	6.25	(GP3)
7	236	Harri WHEELER SEXTON (U20M)	Cardiff AAC (GP3)	6.23	(GP3)
8	155	Andrew WHEELER (SENM)	Oxford University AC (GP3)	6.20	(GP3)
9	106	Jacob TAYLOR (SENM)	Oxford University AC (SWE)	6.17	3(SENM) (SWE)
10	197	Tony MILLS (SENM)	FDSW (GP3)	6.04	(GP3)
11	114	Ian ALLEN (SENM)	Yeovil Olympiads (SWE)	5.99	4(SENM) (SWE)
12	105	James COBB (SENM)	Oxford University AC (SWE)	5.90	5(SENM) (SWE)
13	170	Rhys ROBERTS (U20M)	Bridgend AC (GP3)	5.88	(GP3)
14	231	Rory HOWORTH (U20M)	Team Bath AC (GP3)	5.77	(GP3)
15	237	Cameron PAMMENT (U20M)	Cardiff AAC (GP3)	5.71	(GP3)
16	152	William MCMILLEN (U20M)	SGS College (BAoS)/Bristol & West AC (GP3)	5.71	(GP3)
17	112	Paul GUEST (SENM)	Yeovil Olympiads (SWE)	5.43	6(SENM) (SWE)
18	258	Lewis CLARKE (SENM)	Cardiff Met (GP3)	5.10	(GP3)
19	154	Tariq THOMAS (U20M)	SGS College (BAoS)/Bristol & West AC (GP3)	5.06	(GP3)
20	164	Tom PHILLIPS (SENM)	Swansea Harriers (GP3)	4.95	(GP3)

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F09-Men Triple Jump & South West Champs

Male Field Results

AC Record - Julian GOLLEY, England, 16.05, 2001

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

Pos	Bib	Athlete	Club	Perf		
1	223	Carl BRITTO (SENM)	Oxford University AC (GP3)	13.69		(GP3)
2	257	Jeff ANGILA (SENM)	Cardiff Met (GP3)	13.51		(GP3)
3	250	Gage FRANCIS (SENM)	Cardiff Met (GP3)	13.48		(GP3)
4	103	Lewis GUEST (SENM)	Yeovil Olympiads (SWE)	13.37	1(SENM)	(SWE)
5	107	Jake PARMENTER (SENM)	North Devon AC (SWE)	13.36	2(SENM)	(SWE)
6	141	Philip NASH (SENM)	Oxford (GP3)	11.79		(GP3)

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GP3

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Female Track Results

T19-Women 400m Open

AC Record -

Welsh Record -

			Heat 1				Heat 2		
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	326	Bobbie DAVIES (U20W)	Millfield School (GP3)	59.94	1	464	Lily GASKIN (U20W)	Cardiff AAC (GP3)	64.56
2	468	Sofia VELLA (U20W)	Cardiff AAC (GP3)	61.07	2	371	Jess ALEXANDER (U20W)	Swindon Harriers (SWE)	65.60
3	398	Victoria BELCHER (SENW)	Newport Harriers (GP3)	61.15	3	459	Anne DOYLE (SENW)	North Devon AC (GP3)	69.81
4	378	Harriet EMERY (U20W)	Yate and District AC (GP3)	62.20	4	451	Maria COOK (U20W)	Yate and District AC (GP3)	74.15
Photo Supplied by Welsh Timing Team				Heat 3	Photo Supplied by Welsh Timing Team				
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	365	Lucy STENNETT (U20W)	Taunton AC (SWE)	60.00					
2	450	Laura COOK (U20W)	Yate and District AC (GP3)	74.12					
DNS	402	Jasmine HOUGHTON (U20W)	SGS College (BAoS)/Yate & District AC (GP3)						
Photo Supplied by Welsh Timing Team									

T10-Women & SWE Junior 800m Open & South West England

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

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

			Heat 1				Heat 2		
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	486	Charlotte TAYLOR-GREEN (SENW)	Bristol & West AC (GP3)	2:07.40	1	333	Jenny MILBURN (U20W)	Tavistock AC (SWE)	2:20.76
2	415	Isobel PARRY-JONES (SENW)	Cwmbran Harriers (GP3)	2:10.35	2	420	Ffion MORGAN (U20W)	Cardiff Archers (GP3)	2:26.12
3	355	Hannah WRIGLEY (SENW)	Team Bath AC (SWE)	2:16.93	3	446	Rhian JONES (U20W)	Cardiff AAC (GP3)	2:33.91
4	359	Sarah WILSON (U20W)	Team Bath AC (SWE)	2:20.16	4	431	Ffion GREGGON-LEWIS (U20W)	Cardiff AAC (GP3)	2:47.38
DNS	393	Laura O'CONNOR (SENW)	Harrow/ Brunel AC (GP3)		5	429	Ellie POWELL (U20W)	Cardiff AAC (GP3)	2:47.87
Photo Supplied by Welsh Timing Team				Heat 3	Photo Supplied by Welsh Timing Team				
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	349	Eleanor WEBSTER (U15G)	Team Bath AC (SWE)	2:23.76	1	357	Lily SOAMES BATES (U15G)	Torbay AC (SWE)	2:33.47
2	338	Poppy CLARK (U15G)	Yate and District AC (SWE)	2:24.09	2	386	Sophie MOORE (U15G)	Avon Valleys (SWE)	2:38.93
3	87	Oliver WOODMASON (U15B)	Tavistock AC (SWE)	2:26.01	3	344	Nynka RUCKER (U13G)	Team Bath AC (SWE)	2:39.32
4	341	Harriet TUSON (U15G)	Yeovil Olympiads (SWE)	2:29.36	4	94	Xavier BLY (U13B)	Torbay AAC (SWE)	2:41.83
Photo Supplied by Welsh Timing Team					5	343	Josie RUCKER (U13G)	Team Bath AC (SWE)	2:46.60

South West England Medallists

1	355	Hannah WRIGLEY (SENW)	Team Bath AC (SWE)	2:16.93
2				
3				

Senior Women

South West England Medallists

1	333	Jenny MILBURN (U20W)	Tavistock AC (SWE)	2:20.76
2	359	Sarah WILSON (U20W)	Team Bath AC (SWE)	2:20.16
3				

Under 20 Women

South West England Medallists

1	94	Xavier BLY (U13B)	Torbay AAC (SWE)	2:41.83
2				
3				

Under 13 Boys

South West England Medallists

1	344	Nynka RUCKER (U13G)	Team Bath AC (SWE)	2:39.32
2	343	Josie RUCKER (U13G)	Team Bath AC (SWE)	2:46.60
3				

Under 13 Girls

South West England Medallists

1	87	Oliver WOODMASON (U15B)	Tavistock AC (SWE)	2:26.01
2				
3				

Under 15 Boys

South West England Medallists

1	349	Eleanor WEBSTER (U15G)	Team Bath AC (SWE)	2:23.76
2	338	Poppy CLARK (U15G)	Yate and District AC (SWE)	2:24.09
3	341	Harriet TUSON (U15G)	Yeovil Olympiads (SWE)	2:29.36

Under 15 Girls

T15-Women & SWE Junior 1500m Open

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

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

			Heat 1				Heat 2		
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	416			4:19.95	1	96	Alexander BLY (U15B)	Torbay AAC (SWE)	4:55.86
2	389	Dani CHATTENTON (SENW)	Oxford University AC (GP3)	4:34.70	2	340	India IBBOTSON (U15G)	Team Bath AC (SWE)	5:24.40
3	489	Rebecca PIERCE (SENW)	Team Bath AC (GP3)	4:55.48	3	339	Ruth DAY (U15G)	North Somerset AC (SWE)	5:27.76
4	414	Catrin PHILLIPS (U20W)	Newport Harriers (GP3)	5:00.41	4	126	Matthew LISSENBURG (U13B)	Wimborne AC (SWE)	5:31.76
5	447	Sarah EVERITT (SENW)	Bristol & West AC (GP3)	5:02.98	5	342	Abby RUCKER (U13G)	Team Bath AC (SWE)	5:42.25
6	409	Ellie ROBINSON (U20W)	Newport Harriers (GP3)	5:03.44					
7	411	Clare JOLLIFFE (SENW)	Bristol & West AC (GP3)	5:13.51					
8	488	Bethan WAINWRIGHT (U17W)	Newport Harriers (GP3)	5:15.81					
9	442	Mollie SAMUEL (U20W)	Newport Harriers (GP3)	5:22.85					
10	360	Flora BEVERLEY (SENW)	University of Bristol (SWE)	5:46.84					
DNF	485	Charlotte GAUGHAN (SENW)	Cardiff AAC (GP3)						
DNS	484	Claire TAPLEE (SENW)	New balance (GP3)						
DNS	394	Verity OKANDEN (SENW)	Swansea Harriers (GP3)						
Photo Supplied by Welsh Timing Team									

South West England Medallists

1	126	Matthew LISSENBURG (U13B)	Wimborne AC (SWE)	5:31.76
2				
3				

Under 13 Boys

South West England Medallists

1	342	Abby RUCKER (U13G)	Team Bath AC (SWE)	5:42.25
2				
3				

Under 13 Girls

South West England Medallists

1	96	Alexander BLY (U15B)	Torbay AAC (SWE)	4:55.86
2				
3				

Under 15 Boys

South West England Medallists

1	340	India IBBOTSON (U15G)	Team Bath AC (SWE)	5:24.40
2	339	Ruth DAY (U15G)	North Somerset AC (SWE)	5:27.76
3				

Under 15 Girls

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Female Track Results

T02-Women 60m Hurdles Open & SWE Champs

AC Record - Diane ALLAHGRREN, England, 8.01, 2002

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

				Heat 1					Heat 2
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	455	Yasmin MILLER (SENW)	Derby AC (GP3)	8.29					
2	395	Sophie HAY (SENW)	Cardiff University (GP3)	9.01					
3	375	Georgia SILCOX (U20W)	Yeovil Olympiads (SWE)	9.12					
4	421	Lora ROBERTS (SENW)	Cardiff AAC (GP3)	9.47					
5	476	Bradley WOOLEY (SENM)	FDSW (GP3)	9.80					
6	366	Emily JOSEPH (U20W)	Torbay AC (SWE)	10.05					
7	368	Madeline HARTNOLL (U20W)	Bristol & West AC (SWE)	10.62					
8	454	Gabriella SALMON (SENW)	University of West of England (GP3)	11.97					

[Photo](#) Supplied by Welsh Timing Team

South West England Medallists

			Senior Women
1	355	Hannah WRIGLEY (SENW)	Team Bath AC (SWE) 2:16.93
2			
3			

South West England Medallists

			Under 20 Women
1	375	Georgia SILCOX (U20W)	Yeovil Olympiads (SWE) 9.12
2	366	Emily JOSEPH (U20W)	Torbay AC (SWE) 10.05
3	368	Madeline HARTNOLL (U20W)	Bristol & West AC (SWE) 10.62

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F08-Women High Jump Open & Masters Champs

Female Field Results

AC Record - Susan JONES, England, 1.90, 2002

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

Pos	Bib	Athlete	Club	Perf
1	328	Anna BROPHY (U20W)	Millfield School (GP3)	1.65
2	427	Lauren EVANS (U20W)	Cardiff AAC (GP3)	1.60
3	364	Ellie CARROW (U20W)	Taunton AC (SWE)	1.55
4=	469	Eliza DURNALL (U20W)	Cardiff AAC (GP3)	1.50
4=	327	Lauren BELL (U20W)	Millfield School (GP3)	1.50
6	443	Shani EVANS (U20W)	Cardiff AAC (GP3)	1.50
7	467	Kate DAVIES (SENW)	Oxford University AC (GP3)	1.50
8	462	Sophie POPE (U20W)	Cwmbran Harriers (GP3)	1.50
9	404	Elizabeth WILLIAMS (U20W)	SGS College (BAoS) (GP3)	1.40
10	466	Lily IVIN (U20W)	Cardiff Archers (GP3)	1.40
11	391	Imogen DOWNING (U20W)	Oxford University AC (GP3)	1.40
12	461	Holly PICKERSGILL (U20W)	Cardiff archers (GP3)	1.40
13	465	Mollie SHEPPARD (U20W)	Newport Harriers (GP3)	1.25

F06-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	South West
1	417	Georgia PICKLES (SENW)	Sale Harriers Manchester (GP3)	3.78	(GP3)
2	399	Jessica SWANNACK (U20W)	Preston Harriers (GP3)	3.70	(GP3)
3	475	Fiona HOCKEY (SENW)	Cardiff Met AC (GP3)	3.62	(GP3)
4	472	Jade BREWSTER (SENW)	Cardiff Met AC (GP3)	3.62	(GP3)
5	407	Esther LEONG (U20W)	North Somerset AC (GP3)	3.52	(GP3)
6	322	Tamsin CAMPBELL (U20W)	Millfield School (GP3)	3.42	(GP3)
7	438	Lois HILLMAN (U20W)	Cardiff AAC (GP3)	3.42	(GP3)
8	390	Megan HODGSON (U20W)	Cardiff AAC (GP3)	3.42	(GP3)
9	388	Ffion LLEWELLYN (U20W)	Bridgend AC (GP3)	3.32	(GP3)
10	382	Harriet VAUGHAN (U20W)	Bury Athletic Club (GP3)	3.17	(GP3)
11	383	Lucie WOLFENDEN (U20W)	Sale Harriers Manchester (GP3)	2.57	(GP3)
12	487	Ceri JONES (U20W)	Cardiff AAC (GP3)	2.42	(GP3)
13	380	Lucy CONIBEAR (U20W)	Yate and District AC (GP3)	2.42	(GP3)

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F04-Women Long Jump Open & South West Champs

Female Field Results

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	456	Catrin LORD (U20W)	Cardiff AAC (GP3)	5.49	(GP3)
2	356	Tia JACKSON (U20W)	Bristol & West AC (SWE)	5.32	1(U20W) (SWE)
3	375	Georgia SILCOX (U20W)	Yeovil Olympiads (SWE)	5.32	2(U20W) (SWE)
4	330	Marcia SEY (U20W)	Millfield School (GP3)	5.29	(GP3)
5	481	Katy TOWNSEND (SENW)	Cardiff Met AC (SWE)	5.27	1(SENW) (SWE)
6	362	Abby MILES (U20W)	Swindon Harriers (SWE)	5.26	3(U20W) (SWE)
7	216	Jenna BLUNDELL (U20M)	TeamBath AC (GP3)	5.25	(GP3)
8	424	Alisha WEBB (SENW)	University of Gloucestershire (GP3)	5.17	(GP3)
9	369	Andrea JESUDASON (SENW)	Bristol & West AC (SWE)	5.16	2(SENW) (SWE)
10	325	Caitlin EDGAR (U20W)	Millfield School (GP3)	5.16	4(U20W) (GP3)
11	433	Grace MORGAN (U20W)	Cardiff Archers (GP3)	5.02	5(U20W) (GP3)
12	466	Lily IVIN (U20W)	Cardiff Archers (GP3)	4.99	6(U20W) (GP3)
13	467	Kate DAVIES (SENW)	Oxford University AC (GP3)	4.90	3(SENW) (GP3)
14	373	Andrea GILBERT (U20W)	Taunton AC (SWE)	4.89	7(U20W) (SWE)
15	426	Ellie-Mae STOKES (U20W)	University of Gloucestershire (GP3)	4.87	8(U20W) (GP3)
16	406	Jessica ROBINS (SENW)	University of Gloucestershire (GP3)	4.83	4(SENW) (GP3)
17	374	Sophie MATTHEWS (U20W)	Brecon AC (SWE)	4.81	9(U20W) (SWE)
18	462	Sophie POPE (U20W)	Cwmbran Harriers (GP3)	4.74	10(U20W) (GP3)
19	370	Cerys LEE (U20W)	Taunton AC (SWE)	4.71	11(U20W) (SWE)
20	468	Sofia VELLA (U20W)	Cardiff AAC (GP3)	4.59	12(U20W) (GP3)
21	437	Elinor KENWARD (U20W)	Newport Harriers (GP3)	4.35	13(U20W) (GP3)
22	454	Gabriella SALMON (SENW)	University of West of England (GP3)	4.32	5(SENW) (GP3)
23	419	Veedooshee WOOCHIT (SENW)	University of West of England (GP3)	4.06	(GP3)
24	430	Samantha RAETTIG (SENW)	University of Bristol (GP3)	3.97	(GP3)
25	410	Sophie MAIL (SENW)	University of West of England (GP3)	3.70	(GP3)
26	367	Natasha MEAD (SENW)	Exeter harriers (SWE)	3.63	(SWE)

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F10-Women Triple Jump & South West Champs Female Field Results

AC Record - Yamile ALDAMA, Cuba, 14.11, 2003

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

Pos	Bib	Athlete	Club	Perf	
1	408	Victoria MOULD (SENW)	Southampton/Loughborough Students (GP3)	11.90	(GP3)
2	483	Sian SWANSON (SENW)	Cardiff Met AC (GP3)	11.32	(GP3)
3	469	Eliza DURNALL (U20W)	Cardiff AAC (GP3)	10.81	(GP3)
4	350	Belinda SERGENT (SENW)	University of Bath (SWE)	10.76	1(SENW) (SWE)
5	369	Andrea JESUDASON (SENW)	Bristol & West AC (SWE)	10.73	2(SENW) (SWE)
6	405	Macey JONES (U20W)	Cwmbran Harriers (GP3)	10.68	(GP3)
7	412	Rhian WILLIAMS (SENW)	Deeside AAC (GP3)	10.57	(GP3)
8	351	Samantha BARRETT (U20W)	SGS College (BAoS)/Bristol & West AC (SWE)	10.44	1(U20W) (SWE)
9	364	Ellie CARROW (U20W)	Taunton AC (SWE)	10.43	2(U20W) (SWE)
10	336	Hannah WINTON (SENW)	Wimborne AC (SWE)	10.05	3(SENW) (SWE)
11	379	Caitlyn HOOPER (U20W)	Wimborne AC (GP3)	9.91	(GP3)
12	374	Sophie MATTHEWS (U20W)	Brecon AC (SWE)	9.67	3(U20W) (SWE)
13	479	Katie PHILLIPS (SENW)	Cardiff Met AC (GP3)	9.65	(GP3)
14	373	Andrea GILBERT (U20W)	Taunton AC (SWE)	9.50	4(U20W) (SWE)

F05-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	352	Rownita MARSTON (U20W)	SGS College (BAoS)/Bristol & West AC (SWE)	11.97
2	467	Kate DAVIES (SENW)	Oxford University AC (GP3)	9.78
3	491	Chrystalla SAVVIDE (SENW)	Cypres (GP3)	9.62
4	370	Cerys LEE (U20W)	Taunton AC (SWE)	8.67
5	381	Hannah O'CONNOR (SENW)	Newport Harriers (GP3)	6.69

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Masters Track Results

T05-Women 60m Masters

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
1	311	Juliet SIDNEY (MW45)	Newport Harriers (WMA)	8.85	1	300	Caroline POWELL (MW60)	Bristol & West AC (WMA)	9.18
2	312	Vicky FEAR (MW35)	(WMA)	9.22	2	320	Patricia OAKES (MW70)	Ashford AC (WMA)	11.70
3	321	Melanie GARLAND (MW50)	Worcester AC (WMA)	9.27	3	303	Dorothy FRASER (MW75)	Lincoln Wellington (WMA)	13.51
4	318	Amanda WALE (MW45)	Wrexham AAC (WMA)	9.31	4	302	Daphne MARLER (MW70)	Swansea Harriers (WMA)	14.09
5	313	Angela SONN (MW55)	Forest of Dean AC (WMA)	9.42	DNS	304	Iris HOLDER (MW75)	Worcester AC (WMA)	
DNS	319	Jan TIMBERLAKE (MW50)	Worcester AC (WMA)		DNS	301	Jane HORDER (MW60)	Cheltenham Harriers (WMA)	

[Photo](#) *Supplied by Welsh Timing Team*

[Photo](#) *Supplied by Welsh Timing Team*

T06-Men 60m Masters

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
1	4	James DUNSBY (MM35)	Yate & District AC (WMA)	7.91	1	60	Keith POWELL (MM55)	Newport Harriers (WMA)	8.54
2	3	James MORGAN (MM45)	Newport Harriers (WMA)	8.07	2	42	Alec WILLIAMS (MM50)	Pembrokeshire Harriers (WMA)	8.59
3	1	Stuart PEARCE (MM35)	Newport Harriers (WMA)	8.10	3	6	Mike POLLOCK (MM55)	Newport Harriers (WMA)	9.76
4	70	Richard WINTLE (MM45)	Pembrokeshire Harriers (WMA)	8.11	4	34	Garry JONES (MM55)	Cardiff AAC (WMA)	9.78
5	2	Paul EDWARDS (MM40)	Cardiff AAC (WMA)	8.55	DNS	44	Mark KALLENBERG (MM55)	Cardigan (WMA)	
6	69	Paul EVANS (MM40)	Brecon AC (WMA)	8.56	DNS	35	Iain MOODY (MM55)	Telford AC (WMA)	
DNS	68	Neil DAVIES (MM45)	Wrexham AAC (WMA)		DNS	7	Paul GUEST (MM55)	Yeovil Olympiads (WMA)	
DNS	12	Jake MORGAN (MM45)	Carmarthen Harriers (WMA)						
DNS	61	Daniel UPTON (MM40)	Trafford AC (WMA)						

[Photo](#) *Supplied by Welsh Timing Team*

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				Heat 3					Heat 4
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	36	Ian BROADHURST (MM60)	Wrexham AAC (WMA)	8.47	1	9	Brian WILLIAMSON (MM65)	Rhondda AC (WMA)	9.30
2	32	Ian WILLOUGHBY (MM60)	Gloucester AC (WMA)	8.65	2	5	Mel JAMES (MM70)	Port Talbot AC (WMA)	10.35
3	33	Kieran MCDONNELL (MM60)	Les Croupiers (WMA)	8.79	3	43	John GARDENER (MM75)	Pembrokeshire Harriers (WMA)	10.92
4	8	Rod DAVIES (MM60)	Swansea Harriers (WMA)	8.92	4	66	Phil REES (MM75)	Cardiff AAC (WMA)	11.78
5	59	Neil WATKINS (MM60)	Rhondda AC (WMA)	10.18	5	63	Mal FARNHAM (MM75)	Les Croupiers (WMA)	11.94
DNS	65	Jon CLARKE (MM60)	Wrexham AAC (WMA)		6	10	Hubert DANIELS (MM85)	Swansea Harriers (WMA)	14.82
DNS	64	John WATKINS (MM60)	Newport Harriers (WMA)		DNS	31	Glyn SUTTON (MM70)	Newport Harriers (WMA)	
					DNS	11	Patrick WEBBER (MM65)	Cardiff AAC (WMA)	

[Photo](#) *Supplied by Welsh Timing Team*

T20-Masters Men 400m Masters

AC Record - No Records

Welsh Record - No Records

				Heat 1					Heat 2
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	17	Peter WATKEYS (MM35)	Basingstoke & Mid Hants AC (WMA)	55.48	Heat cancelled				
2	12	Jake MORGAN (MM45)	Carmarthen Harriers (WMA)	57.02					Heat 3
3	39	Scott BROWNE (MM40)	Les Croupiers (WMA)	57.27	Pos	Bib	Athlete	Club	Perf
4	40	Adrian LEWIS (MM45)	Aberdare VAAC (WMA)	63.46	Heat cancelled				
									Heat 4
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	41	Brett DAVIS (MM50)	Newport Harriers (WMA)	59.27					
2	42	Alec WILLIAMS (MM50)	Pembrokeshire Harriers (WMA)	64.74					Heat 5
3	37	Laurence WORTH (MM50)	Pembrokeshire Harriers (WMA)	67.59	Pos	Bib	Athlete	Club	Perf
4	34	Garry JONES (MM55)	Cardiff AAC (WMA)	79.30					
									Heat 6
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
Heat cancelled					1	36	Ian BROADHURST (MM60)	Wrexham AAC (WMA)	61.34
2					2	32	Ian WILLOUGHBY (MM60)	Gloucester AC (WMA)	66.98
3									
									Heat 7
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	15	Ray LEWIS (MM65)	City of Portsmouth (WMA)	80.52					
2	14	Barrie ROBERTS (MM70)	Bournville Harriers (WMA)	84.93					
3	43	John GARDENER (MM75)	Pembrokeshire Harriers (WMA)	88.58					

[Photo](#) *Supplied by Welsh Timing Team*

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T21-Masters Women 400m Masters

AC Record - No Records

Welsh Record - No Records

				Heat 1					Heat 2
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	311	Juliet SIDNEY (MW45)	Newport Harriers (WMA)	67.87					
2	306	Victoria WATKINS (MW35)	Worcester AC (WMA)	68.45					
3	312	Vicky FEAR (MW35)	(WMA)	74.52					
4	313	Angela SONN (MW55)	Forest of Dean AC (WMA)	82.04					

[Photo](#) *Supplied by Welsh Timing Team*

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Masters Track Results

T12-Masters Men 1500m Masters

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	19	Paul CLARKE (MM35)	Carmarthen Harriers (WMA)	4:25.49	1	28	David OXLAND (MM65)	Notts AC (WMA)	5:05.47					
2	22	Matthew GURMAN (MM40)	Swansea Harriers (WMA)	4:27.50	2	25	Peter MOUNTAIN (MM55)	Bristol & West AC (WMA)	5:08.07					
3	39	Scott BROWNE (MM40)	Les Croupiers (WMA)	4:28.20	3	26	Huw ROBERTS (MM60)	Bridgend AC (WMA)	5:39.26					
4	21	Gareth KNIGHT (MM35)	Newport Harriers (WMA)	4:30.27	4	24	Clive OSMOND (MM55)	Les Croupiers (WMA)	5:46.26					
5	30	Roy WHITEHOUSE (MM50)	Neath Harriers (WMA)	4:43.54	5	20	Gerard LISSENBURG (MM60)	Hamworthy harriers (WMA)	5:49.24					
6	40	Adrian LEWIS (MM45)	Aberdare VAAC (WMA)	4:43.83	6	43	John GARDENER (MM75)	Pembrokeshire Harriers (WMA)	6:19.60					
7	29	Paul FLYNN (MM45)	Swansea Harriers (WMA)	4:47.08	DNS	67	Mal COWTON (MM55)	Yate & District AC (WMA)						
8	23	Stuart WADLOW (MM40)	Les Croupiers (WMA)	4:52.51	DNS	44	Mark KALLENBERG (MM55)	Cardigan (WMA)						
9	41	Brett DAVIS (MM50)	Newport Harriers (WMA)	4:59.64	DNS	38	Paul ROSS-DAVIES (MM65)	Blackheath & Bromley Harriers (WMA)						
10	42	Alec WILLIAMS (MM50)	Pembrokeshire Harriers (WMA)	5:04.91	DNS	27	Michael CRANWELL (MM65)	Les Croupiers (WMA)						
11	37	Laurence WORTH (MM50)	Pembrokeshire Harriers (WMA)	5:23.05										
DNS	70	Richard WINTLE (MM45)	Pembrokeshire Harriers (WMA)											
		Photo	<i>Supplied by Welsh Timing Team</i>											

T13-Masters Women 1500m Masters

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	307	Claire BRUCE (MW35)	Les Croupiers (WMA)	5:26.75										
2	310	Keri-Lyn JONES (MW45)	Liswerry Runners (WMA)	5:48.78										
3	315	Joan HOWE (MW60)	Trafford AC (WMA)	5:54.40										
4	308	Nancy HITCHMOUGH (MW65)	Dudley & Stourbridge (WMA)	5:57.40										
DNF	314	Patricia GALLAGHER (MW70)	Yate and District AC (WMA)											
DNS	309	Emma BREAREY (MW40)	Newport Harriers (WMA)											
		Photo	<i>Supplied by Welsh Timing Team</i>											

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F07-Men High Jump Open & Masters Champs

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	57	Ian ALLEN (MM50)	Yeovil Olympiads (WMA)	1.65	1(MM50)
2	60	Keith POWELL (MM55)	Newport Harriers (WMA)	1.30	1(MM55)
3	58	John HOWE (MM75)	Rhondda AC (WMA)	1.10	1(MM75)

F08-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	321	Melanie GARLAND (MW50)	Worcester AC (WMA)	1.35	1(MW50)
2	320	Patricia OAKES (MW70)	Ashford AC (WMA)	1.03	1(MW70)

F03-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	45	Peter MAITLAND (MM40)	Swansea Harriers (WMA)	13.36	1(MM40)
2	51	Stephen WHYTE (MM50)	Thames Valley Harriers (WMA)	13.03	1(MM50)
3	55	Andy TURNER (MM50)	Bournemouth AC (WMA)	11.17	2(MM50)
4	48	Stephen DOBSON (MM55)	Burnmouth AC (WMA)	10.83	1(MM55)
5	50	Andrew SHEERIN (MM45)	South West Vets AC (WMA)	10.79	1(MM45)
6	52	Glyn PUGH (MM55)	Rhondda AC (WMA)	10.13	2(MM55)
7	56	Michael DREW (MM55)	Rhondda AC (WMA)	8.61	3(MM55)
8	58	John HOWE (MM75)	Rhondda AC (WMA)	8.37	1(MM75)
9	49	Ian WILLIMASON (MM40)	Newport Harriers (WMA)	8.25	2(MM40)
10	63	Mal FARNHAM (MM75)	Les Croupiers (WMA)	7.49	2(MM75)
11	66	Phil REES (MM75)	Cardiff AAC (WMA)	7.06	3(MM75)
12	70	Richard WINTLE (MM45)	Pembrokeshire Harriers (WMA)	6.51	2(MM45)
13	69	Paul EVANS (MM40)	Brecon AC (WMA)	5.82	3(MM40)

F05-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	317	Karen LLEWELLIN (MW50)	Pembrokeshire Harriers (WMA)	9.16	1(MW50)
2	316	Cath ALFORD (MW40)	Rhondda AC (WMA)	8.50	1(MW40)
3	321	Melanie GARLAND (MW50)	Worcester AC (WMA)	7.58	2(MW50)
4	381	Hannah O'CONNOR (SENW)	Newport Harriers (GP3)	6.69	1(SENW)
5	320	Patricia OAKES (MW70)	Ashford AC (WMA)	6.33	1(MW70)