

Masters Meeting No 1 Cardiff International Sports Stadium
May 1st 2013

100m	Ladies	Guests			
	1 Ellie	Jones	Cwmbran	14.7sec	U20
	2 Lucy	McMahon	Cardiff	14.9sec	U20
	3 Natasha	Powell	Neath	15.0sec	U15
	4 Anne	Wendt	Penarth	16.6sec	S
	5 Michelle	Hoey	Penarth	17.0sec	S

100m	Ladies	Race 1			
	1 Kate	Lerwill	Newport	15.7sec	W35
	2 Sarah	Thompson	Les Croupiers	16.5sec	W35
	3 Jane	Blethyn	Penarth & Dinas	16.9sec	W50
	4 Lisa	Cleary	Penarth & Dinas	17.3sec	W35
	5 Anne	Follan	Rhondda	19.9sec	W35

Race 2

1 Eirian	Arwyn	Les Croupiers	18.4sec	W50
2 Dorothy	Fraser	Lincoln	19.0sec	W50
3 Sarah	James	Rhondda	25.3sec	W35
4 Helen	Cole	Rhondda	25.7sec	W50

100m	Men	Guest			
	1 Carl	McEwan	Newport Harriers	11.7sec	S
	2 James	Maddock	Newport Harriers	12.2sec	S
	3 Ben	McEwan	Newport Harriers	12.6sec	S
	4 Emrys	Penny	Swansea	13.1sec	S
	5 Joe	Bushall	Cadiff	13.3sec	S

100m	Men	Race 1			
	1 James	Morgan	Newport Harriers	12.9sec	M35
	2 Paul	Evans	Brecon	13.5sec	M35
	3 Glyn	Price	Swansea	13.7sec	M35

	4 Paul	Thomas	Newport Harriers	13.8sec	M35
100m	Men	Race 2			
	1 Malcolm	Cowton	Yate & District	13.2sec	M50
	2 Keith	Powell	Newport Harriers	13.5sec	M50
	3 Duncan	Steward	Rhondda	14.4sec	M50
	4 Royston	Whitehouse	Neath	14.5sec	M50
	5 David	Crane	Neath	15.9sec	M50
		Race 3			
	1 Lawrence	Worth	Pembroke	14.2sec	M50
	2 Carl	Allen	CSAA	14.4sec	M50
	3 Peter	Crane	Neath	15.0sec	M50
	4 Ormond	Williams	Sarn Helen	15.1sec	M50
	5 Jeff	Davies	Newport Harriers	18.8sec	M50
100m	Men	Race 4			
	1 Glyn	Sutton	Newport Harriers	13.7sec	M60
	2 Mel	James	Les Croupiers	16.1sec	M60
	3 Gordon	Orme	Carmarthen	17.2sec	M60
	4 John	Davies	Port Talbot	17.7sec	M60
	5 John	Gardiner	Pembroke	19.6sec	M60
		Race 5			
	1 John	Watkins	Newport Harriers	14.7sec	M60
	2 Alan	Perkins	Port Talbot	16.2sec	M60
	3 Mike	Davies	Les Croupiers	17.8sec	M60
	4 Phil	Rees	Cardiff	18.8sec	M60
	5 Mal	Farnham	Les Croupiers	23.6sec	M60
400m	Ladies	All			

1	Isabella	Hughes	Bridgend	62.5sec	U20
2	Jenny	Phillips	Llanelli	70.8sec	W35
3	Sarah	Thompson	Les Croupiers	80.0sec	W35
4	Eirian	Arwyn	Les Croupiers	98.6sec	W50
5					

Men Race 1

1	Carl	McEwan	Newport	52.5sec	S
2	Ben	McEwan	Newport	54.2sec	S
3	Tony	Davies	Porthcawl	54.9sec	S
4	Anthony	Powell	Neath	57.6sec	S
5	Joe	Bushell	Cardiff	60.0sec	S

Race 2

1	Stuart	Pearce	Newport	58.8sec	M35
2	Paul	Bevan	Cardiff	59.3sec	M50
3	Gavin	Belcher	Newport	59.5sec	M35
4	Darryn	McAtee	Newport	61.9sec	S
5	Royston	Whitehouse	Neath	62.9sec	M50
6	David	Proffitt	Newport	72.1sec	M50
7	Ormond	Williams	Sarn Helen	80.4sec	M50

Race 3

1	Glyn	Sutton	Newport	64.0sec	M60
2	John	Watkins	Newport	66.1sec	M60
3	Elio	Lapore	Les Croupiers	72.4sec	M50
4	Alan	Perkins	Port Talbot	78.0sec	M60
5	Duncan	Steward	Rhondda	78.0sec	M50
6	John	Davies	Port Talbot	86.5sec	M60

Race 4

1	Mike	Davies	Les Croupiesr	87.2sec	M60
2	Phil	Rees	Cardiff	103.8sec	M60

800M	Ladies	All			
	1	Isabella	Hughes	Bridgend	2.36.4sec U20
	2	Victoria	Belcher	Newport	2.36.8sec S
	3	Satu	Haikala	Brecon	2.39.9sec W35
	4	Rachel	Matthews	Cardiff	2.42.4sec W35
	5	Jenny	Phillips	Llanelli	2.43.sec W35
	6	Angela	Jones	Cwmbran	2.47.0sec W35
	7	Jane	Blethan	Pembroke	3.06.6sec W50
	8	Victoria	Grinnall	Newport	3.10.5sec S
	9	Anne	Follan	Rhondda	3.27.1sec W35
	10	Rebecca	Hambrook	Porthcawl	3.35.8sec W50
	11	Eirian	Arwyn	Les Croupiers	3.51.9sec W50
	12	Tracey	Newman	Les Croupiers	4.10.3sec W35

800M	Men	Race 1			
	1	Alex	Price	Rhondda	2.11.0sec U17
	2	Paul	Thomas	Newport	2.23.3sec S
	3	Steve	Wadley	Newport	2.24.4sec M50
	4	Paul	Bevan	Cardiff	2.25.0sec M50
	5	Lawrence	Worth	Pembroke	2.31.4sec M50
	6	Brian	Dias	Cardiff	2.33.4sec S
	7	Darryn	McAtee	Newport	2.33.8sec S
	8	David	Hughes	Bridgend	2.47.0sec S
	9	Ormond	Williams	Sarn Helen	3.17.8sec M50

	Men	Race 2			
	1	Gareth	Knight	Newport	2.34.6sec S
	2	Martin	Pinnell	Les Croupiers	2.35.3sec M50
	3	John	Watkins	Newport	2.44.5sec M60
	4	Dave	Proffitt	Newport	2.46.5sec M50
	5	Gordan	Ormond	Carmarthen	2.52.1sec M60
	6	Gary	Jones	Port Talbot	2.54.6sec M50
	7	Huw	Williams	Bridgend	2.55.4sec S
	8	John	Gardiner	Pembroke	3.19.3sec M60
	9	John	Davies	Port Talbot	3.23.1sec M60
	10	Ian	Swanson	Port Talbot	3.45.0sec M60

3000m Mixed Race 1

1	Claire	Beatty	Les Croupiers	11.12.5sec	W35
2	Angela	Jones	Cwmbran	11.46.0sec	W35
3	Lisa	Cleary	Penarth & Dinas	12.00.9sec	W35
4	Joanne	Tucker	Les Croupiers	12.17.0sec	W35
5	Alan	Perkins	Port Talbot	12.38.2sec	M60
6	Helen Marie	Davies	Swansea	12.49.7sec	W35
7	Pheobe	Marsden	Newport	13.32.8sec	U17
8	Penny	Kenneddy	Swansea	13.35.1sec	S
9	Fran	Machin	Les Croupiers	14.23.3sec	W35
10	Anne	Follan	Rhondda	15.04.0sec	W35
11	Ian	Swanson	Port Talbot		M60
12	Tracey	Newman	Les Croupiers	15.54.2	W35

Race 2

1	Edward	Donavon	Les Croupiers	9.19.3sec	S
2	Emyrs	Penny	Swansea	9.20.4sec	S
3	Jacob	Zennadr	Newport	10.06.2sec	S
4	Jeremy	Davies	Neath	10.19.3sec	M35
5	Peter	Crane	Neath	10.24.9sec	M50
6	Brian	Dias	Cardiff	10.34.2sec	S
7	Elio	Lapore	Les Croupiers	11.01.7sec	M50
8	David	Crane	Neath	11.05.9sec	M50
9	David	Hughes	Bridgend	11.22.7sec	S
10	Lawrence	Worth	Pembroke	11.25.8sec	M50
11	David	Proffitt	Newport	11.37.8sec	M50
12	David	Williams	Les Croupiers	11.44.4sec	M50
13	Mike	Anthony	Liswerry	11.46.1sec	M50
14	Gordan	Orme	Carmarthen	11.47.0sec	M60
15	Donavon	Williams-Hale	Bridgend	12.22.5sec	S
16	John	Gardiner	Pembroke	12.26.2sec	M60
17	Steve	Hill	Pembroke	12.42.0sec	S
18	Garry	Jones	Port Talbot	12.46.5sec	M50
19	Clarke	Joselyn	Newport	13.25.2sec	M35
20	Huw	Williams	Bridgend	14.58.1sec	S

Pole Vault Mixed

1 Glyn	Price	Swansea	M35
2 Martin	Davies	Newport	M50
3 Derek	Osborne	Brecon	M35
4 Keith	Powell	Newport	M50
4 Glyn	Sutton	Newport	M60
6 Rubi	Juan	Bristol & West	S

Long Jump Ladies

1 Sarah	Thompson	Les Croupiers	3.93m	W35
2 Jenny	Phillips	Llanelli	3.70m	W35
3 Natasha	Powell	Neath	3.54m	U15
4 Ann	Wendt	Penarth & Dinas	2.89m	S
5 Kate	Lerwill	Newport	2.84m	W35
6 Lisa	Cleary	Penarth & Dinas	2.59m	W35
7 Michelle	Hoey	Penarth & Dinas	2.55m	S
8 Eirian	Arwyn	Les Croupiers	2.15m	W50
9 Sarah	James	Rhondda	1.57m	W35
10 Helen	Cole	Rhondda	154m	W50

Long Jump Men

1 Thomas	Morgan	Newport	6.45m	U23
2 Derek	Osborne	Brecon	4.89m	M35
3 Glyn	Price	Swansea	4.60m	M35
4 James	Morgan	Newport	4.56m	M35
5 Gavin	Blecher	Newport	4.53m	M35
6 George	Rees	Forest of Dean	4.51m	U15
7 Seve	Wadley	Newport	4.23m	M50
8 Keith	Powell	Newport	4.15m	M50
9 Martin	Pinnell	Les Croupiers	4.14m	M50
10 Duncan	Steward	Rhondda	4.11m	M50
11 Anthony	Powell	Neath	3.69m	M35
12 James	Morgan	Newport	3.66m	M35
12 Mike	Mullins	Rhondda	3.66m	M35
14 John	Watkins	Newport	3.55m	M60
15 Paul	Evans	Brecon	3.46m	M35
16 Elio	Lapore	Les Croupiers	3.36m	M50
17 Phil	Rees	Cardiff	2.61m	M60

Shot Ladies 35

1 Cath	Alford	Rhondda	8.62m	W35
2 Leanne	Taylor	Rhondda	8.28m	W35
3 Karen	Llewellyn	Pembroke	8.19m	W35
4 Julie	Driscoll	Brecon	6.83m	W35
5 Sarah	James	Rhondda	4.73m	W35
6 Lisa	Cleary	Penarth & Dinas	4.38m	W35

Ladies 50

1 Renate	Prells	Swansea	7.15m	W50
2 Mel	Garland	Rhondda	6.94m	W50
3 Helen	Cole	Rhondda	5.43m	W50

Guests

1 Carys	Parry	Rhondda	9.55m	S
2 Ellie	Jones	Cwmbran	6.43m	U20
3 Anne	Wendt	Penarth & Dinas	5.89m	S
4 Tracey	Llewellyn	Pembroke	5.77m	S
5 Michelle	Hoey	Penarth & Dinas	5.02m	S

Shot

Men 35

1 Rob	Eales	Newport Harriers	10.07m	
2 Hewel	Port	Rhondda	8.92m	
3 Glyn	Price	Swansea	8.83m	
4 Clarke	Joslyn	Newport Harriers	8.68m	
5 Darren	Andrews	Rhondda	8.26m	
6 Derek	Osborne	Brecon	8.01m	
7 Paul	Evans	Brecon	6.20m	
8 Jason	Elsworthy	Barry & Vale	5.62m	

Men 50

1 Glyn	Price	Rhondda	10.74m	
2 Jeff	Davies	Newport Harriers	10.30m	
3 Duncan	Steward	Rhondda	8.92m	
4 Steve	Hill	Penarth & Dinas	7.12m	G
5 Martin	Pinnell	Les Croupiers	6.59m	
6 Darran	McAtee	Newport Harriers	5.60m	G

M60

1 John	McFall	Brecon	8.03m
2 Mal	Farnham	Les Croupiers	7.50m
3 John	Watkins	Newport	7.26m
4 Phil	Rees	Cardiff	7.22m
5 Mike	Davies	Les Croupiers	6.66m
6 David	Jones	Swansea	6.63m
7 Alan	Perkins	Port Talbot	6.43m
8 John	Davies	Port Talbot	6.19m

Hammer W35

1 Leanne	Taylor	Rhondda	35.48m
2 Cath	Alford	Rhondda	31.99m
3 Karen	Llewellyn	Pembroke	26.26m
4 Julie	Driscoll	Brecon	25.95m
5 Sarah	James	Rhondda	16.59m
6 Lisa	Cleary	Penarth & Dinas	14.53m

W50

1 Renate	Prells	Swansea	25.39m
2 Dorothy	Fraser	Lincoln Wellington	22.17m
3 Helen	Cole	Rhondda	16.61m
4 Jane	Blethyn	Penarth & Dinas	6.70m

Guests

1 Toni	Wells	Swansea	47.67m	U23
2 Zoe	Dakin	Bridgend	44.64m	U20
3 Emily	Pearce	Rhondda	43.42m	U15
4 Tracey	Llewellyn	Pembroke	20.93m	S
5 Ceri	Jones	Bridgend	18.82m	U15
6 Michelle	Hoey	Penarth & Dinas	14.08m	S
7 Anne	Wendt	Penarth & Dinas	11.42m	S

Men 35

1 Darren	Andrews	Rhondda	30.39m
2 Hewell	Port	Rhondda	27.74m
3 Rob	Eales	Newport	26.21m
4 Derek	Osborne	Brecon	25.47m
5 Glyn	Price	Swansea	18.46m
6 Paul	Evans	Brecon	9.04m

7 Jason	Elsworthy	Barry & Vale	7.20m
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Men 50

1 Glyn	Pugh	Rhondda	36.78m
2 Duncan	Steward	Rhondda	22.25m
3 Jeff	Davies	Newport	19.82m

M60

1 John	Davies	Port Talbot	22.88m
2 Alan	Perkins	Port Talbot	21.90m
3 David	Jones	Swansea	18.33m
4 Phil	Rees	Cardiff	13.85m
5 John	Watkins	Newport	11.52m
6 John	McFall	Brecon	10.96m

Guests

1 Ritchie	Wells	Swansea	56.76m	S
2 Matthew	Lasis	Cardiff Uni	47.58m	S
3 Bradley	Cole	Cardiff	43.31m	U23
4 Mike	Mullins	Rhondda	18.46m	S

