



WELSH ATHLETICS
ATHLETAU CYMRU



UWIC GP SERIES
FIXTURE 1

SATURDAY 12TH DECEMBER 2009

N.I.A.C. - U.W.I.C CYNCOED CARDIFF

Event 3000m Men race 1

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	202	Ieuan THOMAS	UWIC	U23	8:23.09	PB
2	201	Tom MARSHALL	Cardiff AAC	U23	8:25.61	PB
3	229	James THIE	Cardiff AAC	SEN	8:28.77	
4	210	Nathaniel LANE	Cardiff AAC	SEN	8:29.15	
5	204	Andy FRIEND	Cardiff AAC	SEN	8:47.10	PB
6	214	Tom BOWERMAN	Swansea Uni	SEN	9:09.21	
7	206	Mike KERSHAW	UWIC	U23	9:15.95	
8	221	Tom WOODHOUSE	Salisbury	U23	9:24.49	
9	203	Chris PROTHERO	Cwmbran Harriers	U23	DNF	

Event 3000m Women race 1

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	207	Michael WILSMORE	Tamar Trotters	SEN	8:44.22	
2	108	Gemma TURTLE	Gloucester AC	SEN	9:12.67	
3	107	Chloe ANDERSON	UWIC	U20	9:52.25	PB
4	101	Laura DUNN	Edinburgh AC	U23	9:53.30	PB
5	226	Jeremy HOGAN	Bristol & West AC		10:01.53	PB
6	105	Anna RUST	Exeter Harriers	U17	10:32.05	PB
7	106	Charlotte ARTER	UWIC	U20	10:43.28	
8	211	Sam WAINWRIGHT	Uni of Plymouth	U23	10:43.68	

Event 60m Hurdles Men race 1

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	410	Richard REEKS	Crawley AC	SEN	8.14	PB
2	409	Kevin SEMPERS	Trafford AC	SEN	8.36	
3	407	Joe LANCASTER	Sale Harriers	U23	8.98	
4	212	Sam KAPLEN	Uni of Plymouth	U23	9.09	
5	215	David KING	Plymouth AC	U17	9.95	
6	411	Alex MCGREGOR	Exeter Harriers	U23	DNF	

Event 60m Hurdles Men race 2

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	402	Ben RENDALL	Yeovil AC	U23	9.27	PB
2	218	Christian TENDI	Uni of Plymouth	U23	9.38	
3	412	Mark ANDREWS	Exeter University	U23	10.51	
4	401	Stuart RICHARDS	Yeovil AC	SEN	11.96	PB
5	404	Ben GIBB	Yeovil AC	U23	DNF	

Event 60m Hurdles Women race 1

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	408	Karla DREW	Exeter University	U23	8.86	PB
2	117	Caryl GRANVILLE	Camarthen Harriers	U23	9.02	
3	413	Serita SHONE	Bath University	U23	9.53	
4	406	Kate LYSONS	UWIC	U23	9.67	PB
5	405	Kate SEALY	UWIC	U23	10.14	
6	403	Sara GEARY	Yeovil AC	U23	11.12	

Event 600m Women race 1

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	117	Caryl GRANVILLE	Camarthen Harriers	U23	01:34.4	PB
2	122	Emma PETERS	UWIC	SEN	01:34.5	PB
3	123	Jade WILLIAMS	Amman Valley	U20	01:35.3	PB
4	111	Emma HAYLEY	Exeter University	SEN	01:42.9	
5	104	Holly FIELD	Cardiff AAC	U15	02:08.2	

Event 600m Men race 1

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	257	Joel CLUTTERBUCK	Stroud	U17	1:24.44	PB
2	247	Dan BRAY	Woodford	SEN	1:24.76	
3	213	Sam PETERS	Uni of Plymouth	U23	1:25.13	
4	272	Alex FIELDS	Bristol & West AC	SEN	1:25.69	
5	276	Lewis BANNER	Swansea Harriers	U20	1:26.28	
6	260	Craig SPROD	Aberdare VAAC	U20	1:27.62	
7	223	David WILLIAMS	Aberdare VAAC	SEN	1:28.46	
8	278	Henry TUFFNEL	Radley AC	U20	1:31.85	

Event 600m Men race 2

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	255	Martin FLOOKE	Bristol & West AC	SEN	1:25.81	
2	243	Tom GRAHAM	Basinstoke	SEN	1:26.25	PB
3	267	Paul DAVIES	Cardiff AAC	SEN	1:27.97	
4	244	Peter WATKEYS	Basinstoke	SEN	1:29.92	
5	251	Caspar WANDERS	Exeter Uni	U20	1:33.01	
6	240	James PUCCELL-LACEY	Radley AC	U15	1:33.02	
7	256	Craig RUSSELL	Newport Harriers	SEN	1:34.69	
8	236	Paul MIDDLETON	Exeter Uni	U20	1:35.34	

Event 60m Women race 1

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	131	Katherine ENDECOTT	Plymouth AC	SEN	7.7*	
2	129	Rhannon YATES	UWIC	U20	7.9*	
3	137	Shaleena GRAHAM	Cardiff AAC	U20	8.7*	
4	112	Shannon CREW	Stroud AC	U15	9.1*	
5	133	Jenny APPLEWHITE	UWE	U23	9.1*	
6	140	Sophia ALI	Aberdare VAAC	U13	10.0*	

Event 60m Women race 2

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	109	Elisabeth BERGER	University of Plymouth	SEN	8.76	
2	102	Brenna PRICE	Aberdare VAAC	U15	8.91	
3	110	Natasha MEAD	Exeter Harriers	U17	9.20	
4	103	Jessica LAMBERT	Aberdare VAAC	U15	9.31	

Event 60m Women race 3

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	115	Samantha MORGAN	Aberdare VAAC	U17	8.39	
2	136	Atlanta WILLIAMS	Swansea Harriers	U17	8.69	
3	113	Lauren CLAPP	Exeter Harriers	U17	9.17	
4	138	Lorraine GRAHAM-MULVANEY	Cardiff AAC	M35	9.89	

Event 60m Men race 1

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	275	Fabian COLLYMORE	Barbados	SEN	7.01	
2	265	Chris HILL	Derby AC	SEN	7.05	
3	263	Gareth HOPKINS	Cardiff AAC	U20	7.09	
4	261	Jamie BROCK	Yate & District	U23	7.19	
5	264	Jono HORNBLow	Derby AC	SEN	7.27	
6	224	Paul BENNETT	Carmarthan Harriers	U20	7.28	
7	274	Levi REID	Trinidad & Tobago	SEN	7.68	

Event 60m Men race 2

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	230	Matthew DAVIES	Exeter Uni	U23	7.24	
2	289	Santino DUMMETT	Telford	SEN	7.26	
3	291	Jamie SEXTON	Barry & Vale Harriers	U20	7.28	
4	219	George ROBINSON	Exeter Harriers	U20	7.33	
5	284	Andrew LORD	Cheltenham Harriers	U20	7.42	
6	246	Phil WARWICKER	UWIC	U20	7.44	
7	268	James WILTSHIRE	Cardiff AAC	U20	7.52	

Event 60m Men race 3

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	285	Jamie PRICE	Swansea Harriers	U20	7.27	PB
2	277	Ian BRAY	UWIC	U23	7.38	PB
3	290	Lloyd BOWEN	Cardiff AAC	U20	7.38	PB
4	238	Mike NEVILL	Swansea Uni	U20	7.43	PB
5	259	Jamie MORRIS	Bridgend AC	U17	7.43	PB
6	273	Adam RICKETTS	UWE	U23	7.55	
7	209	Tom MORGAN	Newport Harriers	U20	7.70	

Event 60m Men race 4

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	216	Vincent ADIAMAH	Uni of Plymouth	U23	7.26	PB
2	237	Samuel AXFORD	Swansea Uni	U23	7.54	PB
3	241	Luke LITCHFIELD	Aberdare VAAC	SEN	7.71	
4	215	David KING	Plymouth AC	U17	7.78	
5	239	Michael OMAKOBIA	Swansea Uni	SEN	7.78	
6	225	Adam JONES	Brecon AC	U17	7.94	
7	220	Josh TUNSTALL	Exeter Harriers	U20	8.10	

Event 60m Men race 5

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	292	Sam CONWAY	Cardiff AAC		7.41	
2	212	Sam KAPLEN	Uni of Plymouth	U23	7.71	PB
3	218	Christian TENDI	Uni of Plymouth	U23	7.78	PB
4	217	James SURMON	Uni of Plymouth	U20	7.92	PB
5	279	Conal DAVIS	Cwmbran Harriers	U17	8.01	PB
6	254	Daniel NORTON	Cwmbran Harriers	U23 (T37)	8.33	
7	270	Keith POWELL	Newport Harriers	M45	8.43	

Event 60m Men race 6

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	275	Fabian COLLYMORE	Barbados	SEN	7.07	
2	297	Leon YANDLE	Swansea Harriers	SEN	7.48	
3	288	Kacy GARROWAY	Stroud	U17	7.76	
4	262	Paul WILKINSON	Plymouth AC	U17	7.78	
5	296	Andrew SCULL	Cheltenham Harriers	U17	8.03	
6	294	Mark WILLIAMS	Llanelli AC	SEN	8.30	
7	233	Jack COPAS	Exeter Uni	U23	8.58	
8	266	Ashley HELLYER	Swansea Harriers	U20 (T35)	10.70	

Event Medley Relay (1600,1200,800,400) Men race 1

Pos	Bib	Athlete	Club	Split	Perf	Comments
1	2.1	Team Wiltshire	1200m Leg		03:08.76	
	2.2	Team Wiltshire	400m Leg	00:49.89	03:58.65	
	2.3	Team Wiltshire	800m Leg	01:55.31	05:53.96	
	2.4	Team Wiltshire	1600m Leg	04:20.49	10:14.45	
2	1.1	Team Thie UWIC	1200m Leg		03:07.51	
	1.2	Team Thie UWIC	400m Leg	00:53.75	04:01.26	
	1.3	Team Thie UWIC	800m Leg	02:05.81	06:07.07	
	1.4	Team Thie UWIC	1600m Leg	04:22.40	10:29.47	
3	4.1	Team Exeter Uni	1200m Leg		03:18.37	
	4.2	Team Exeter Uni	400m Leg	00:51.81	04:10.18	
	4.3	Team Exeter Uni	800m Leg	02:05.20	06:15.38	
	4.4	Team Exeter Uni	1600m Leg	04:20.98	10:36.36	
4	3.1	Team Thie All Stars	1200m Leg		03:14.69	
	3.2	Team Thie All Stars	400m Leg	00:56.08	04:10.77	
	3.3	Team Thie All Stars	800m Leg	02:04.61	06:15.38	
	3.4	Team Thie All Stars	1600m Leg	04:24.94	10:40.32	

Event 300m Women race 1

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	143	Samantha COGAN	Cardiff AAC	U20	41.71	
2	123	Jade WILLIAMS	Amman Valley	U20	42.66	
3	149	Emily BAKER	Cheltenham Harriers	U20		

Event 300m Women race 2

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	131	Katherine ENDECOTT	Plymouth AC	SEN	42.25	
2	119	Helena CORBEN	Exeter University	U20	44.01	
3	111	Emma HAYLEY	Exeter University	SEN	45.40	

Event	300m	Women	race 3
Pos	Bib	Athlete	Club Age Group Perf Comments
1	136	Atlanta WILLIAMS	Swansea Harriers U17 44.44
2	114	Ffion KELLY	Cheltenham Harriers U17 45.02
3	139	Jade WILLIAMS	UWIC U23 46.61
Event	300m	Women	race 4
Pos	Bib	Athlete	Club Age Group Perf Comments
1	147	Lauren OSWALD	Cheltenham Harriers U17 47.83
2	110	Natasha MEAD	Exeter Harriers U17 50.37
3	103	Jessica LAMBERT	Aberdare VAAC U15 51.38
Event	300m	Women	race 5
Pos	Bib	Athlete	Club Age Group Perf Comments
1	146	Ayesha GARDINER	Cheltenham Harriers U17 47.21
2	133	Jenny APPLEWHITE	UWE U23 50.71
Event	300m	Men	race 1
Pos	Bib	Athlete	Club Age Group Perf Comments
1	238	Mike NEVILL	Swansea Uni U20 37.40
2	301	Owen JONES	Carmarthan Harriers SEN 37.56
3	148	Daniel DELL	SGRAC U23 38.43
Event	300m	Men	race 2
Pos	Bib	Athlete	Club Age Group Perf Comments
1	263	Gareth HOPKINS	Cardiff AAC U20 35.38
2	268	James WILTSHIRE	Cardiff AAC U20 36.62
3	224	Paul BENNETT	Carmarthan Harriers U20 37.86
Event	300m	Men	race 3
Pos	Bib	Athlete	Club Age Group Perf Comments
1	277	Ian BRAY	UWIC U23 35.83
2	150	Ainsley CAMPBELL	Blackheath and Bromley U20 37.07
3	282	Jake BRENNAN	Cardiff AAC U20 37.33
4	225	Adam JONES	Brecon AC U17 39.18

Event 300m Men race 4

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	272	Alex FIELDS	Bristol & West AC	SEN	37.44	
2	235	James MEADOWS	Exeter Uni	U23	38.11	
3	223	David WILLIAMS	Aberdare VAAC	SEN	40.27	

Event 300m Men race 5

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	273	Adam RICKETTS	UWE	U23	38.40	
2	288	Kacy GARROWAY	Stroud	U17	38.62	
3	242	James TAYLOR	Stroud	U17	40.30	

Event 300m Men race 6

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	299	Luke MORGAN	Cardiff AAC	U20	38.29	
2	279	Conal DAVIS	Cwmbran Harriers	U17	41.13	
3	248	James SCARFI	Cwmbran Harriers	U15	44.75	

Event 300m Men race 7

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	231	Matt SLATER	Exeter Uni	U23	39.00	
2	262	Paul WILKINSON	Plymouth AC	U17	39.61	
3	232	Eliot OSHER	Exeter Uni	U20	39.86	
4	254	Daniel NORTON	Cwmbran Harriers	U23 (T37)	45.30	

Event 300m Men race 8

Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	285	Jamie PRICE	Swansea Harriers	U20	37.56	
2	296	Andrew SCULL	Cheltenham Harriers	U17	39.41	
3	278	Henry TUFFNEL	Radley AC	U20	39.48	
4	298	Alex AYLETT	Swansea Harriers	U23	40.18	

Event	800m	Women			race 1	
Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	151	Katherine TURNER	Team Bath		2:27.5	*
2	120	Adele POTTS	Exeter Harriers	U23	2:31.7	*
3	408	Karla DREW	Exeter University	U23	2:39.7	*
4	403	Sara GEARY	Yeovil AC	U23	2:52.5	*
5	406	Kate LYSONS	UWIC	U23	2:53.9	*
6	413	Serita SHONE	Bath University	U23	2:58.95	
7	405	Kate SEALY	UWIC	U23	3:06.04	

*manual timing

Event	1000m	Men			race 1	
Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	214	Tom BOWERMAN	Swansea Uni	SEN	2:37.73	
2	250	Stephen MORRIS	Aberdare VAAC	SEN	2:38.11	
3	411	Alex MCGREGOR	Exeter Harriers	U23	2:59.07	
4	404	Ben GIBB	Yeovil AC	U23	3:03.82	
5	412	Mark ANDREWS	Exeter University	U23	3:18.68	
6	283	Russell WRIGHT	Exeter University		3:19.31	
7	401	Stuart RICHARDS	Yeovil AC	SEN	3:57.59	
8	402	Ben RENDALL	Yeovil AC	U23	DNS	

Event	LONG JUMP		Men			
Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	274	Levi REID	Trinidad & Tobago	SEN	6.52	
2	259	Jamie MORRIS	Bridgend AC	U17	6.27	PB
3	227	Steven JEFFREYS	Brecon AC	U23	6.11	
4	269	Kueni IGBAGIRI	Carmarthan Harriers	U20	6.04	
5	246	Phil WARWICKER	UWIC	U20	6.03	
6	224	Paul BENNETT	Carmarthan Harriers	U20	5.99	
7	209	Tom MORGAN	Newport Harriers	U20	5.78	
8	220	Josh TUNSTALL	Exeter Harriers	U20	5.70	
9	215	David KING	Plymouth AC	U17	5.50	
10	225	Adam JONES	Brecon AC	U17	4.16	

Event	LONG JUMP		Women			
Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	129	Rhannon YATES	UWIC	U20	5.33	
2	134	Emma LYONS	Sale Harriers	SEN	5.18	
3	115	Samantha MORGAN	Aberdare VAAC	U17	4.52	
4	102	Brenna PRICE	Aberdare VAAC	U15	4.46	PB
5	132	Lucy TAYLOR	Bridgend AC	U17	4.35	
6	105	Anna RUST	Exeter Harriers	U17	4.29	
7	109	Elisabeth BERGER	University of Plymouth	SEN	4.12	PB
8	113	Lauren CLAPP	Exeter Harriers	U17	4.00	
9	103	Jessica LAMBERT	Aberdare VAAC	U15	3.53	

Event	POLE VAULT		Men			
Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	245	Emyr JONES - U20	Carmarthan Harriers	U20	4.13	PB
2	208	Lewis NEWTON - U20	Cardiff AAC	U20	4.03	
3	234	Stephen GUEST - U17	Bridgend AC	U17	4.03	PB
4	252	Gareth WILTSHIRE - SEN	UWIC	SEN	3.33	PB
5	249	Stephen SCARFI - U17	Cwmbran Harriers	U17	2.83	PB
6	258	John HOWE - M60	Rhondda AC	M60	2.53	
7	280	Dylan PRICE - U13	Stanwell HSc	U13	1.73	PB

Event	POLE VAULT		Women			
Pos	Bib	Athlete	Club	Age Group	Perf	Comments
1	128	Lindsay MAUND - SEN	Swansea Harriers	SEN	3.53	
2	125	Christina HUGHES - U20	Deeside AAC	U20	3.43	
3	126	Naomi JAMES - U20	Swansea Harriers	U20	3.43	
4	135	Rachel THOMAS - U23	UWIC	U23	3.03	PB
5	121	Faye PITTMAN - SEN		SEN	2.63	PB
6	127	Enfys JONES - U17	Camarthen Harriers	U17	2.13	

Event		SHOT			Men		
Pos	Bib	Athlete	Club	Age Group	Perf	Comments	
1	286	Ryan SPENCER-JONES	Birchfield Harriers	SEN	16.51		
2	287	Brett MORSE	Birchfield Harriers	U23	15.71		
3	295	James PRESTON	Bristol & West AC	U20	14.91	PB	
4	205	Matthew FIELD	Cardiff AAC	U17	13.08		
5	242	James TAYLOR	Stroud	U17	10.72		
6	271	Jon RICHARDS	UWIC	U23	7.64	PB	

Event		SHOT			Women		
Pos	Bib	Athlete	Club	Age Group	Perf	Comments	
1	116	Sarah BENSON	UWIC	U23	12.48		
2	130	Deborah ASHLEY	UWIC	U23	10.09		
3	118	Katie WATSON	Exeter University	U23	6.23	PB	
4	140	Sophia ALI	Aberdare VAAC	U13	5.77		
5	104	Holly FIELD	Cardiff AAC	U15	5.55		

Event		HIGH JUMP			Men		
Pos	Bib	Athlete	Club	Age Group	Perf	Comments	
1	293	Ashley BARKER -	Cheltenham Harriers		1.90	PB	
2	234	Stephen GUEST - U17	Bridgend AC	U17	1.85		
3	209	Tom MORGAN - U20	Newport Harriers	U20	1.85	=PB	
4	222	Nirin BAHI - U17	Exeter Harriers	U17	1.70		

Event		HIGH JUMP			Women		
Pos	Bib	Athlete	Club	Age Group	Perf	Comments	
1	144	Ffion BODILLY - U17	Cardiff AAC	U17	1.65		
2	141	Emma GULLIVER - SEN	Cardiff AAC	SEN	1.60		
3	142	Lucy HODGINS - SEN	Vale of Aylesbury	SEN	1.55		
4	145	Klaudia MALCZEWSKA - U23	Cardiff University	U23	1.45		
5	102	Brenna PRICE - U15	Aberdare VAAC	U15	1.40	PB	