

WELSH ATHLETICS
SENIOR INDOOR OPEN
TRACK & FIELD CHAMPIONSHIPS



WELSH ATHLETICS
ATHLETAU CYMRU

NATIONAL INDOOR ATHLETICS CENTRE

UWIC-CYNCOED CAMPUS

CARDIFF

SATURDAY 23RD JANUARY 2010

T19 - SM - 60m - FINAL

14:10

All Comers Jason Gardener - England - 6.52 2002

PEN Welsh Record Colin Jackson - Cardiff AAC - 6.49 1994

CBP Doug Turner - Cardiff AAC - 6.76 2001

2009 Champion Ricardo Childs - Brecon AC - 6.88

Qualifiers from T15 semi finals

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|---------------------------|-------------------|------|----------|
| 1 | 24 | Liam DUFF (SM) (W) | Cardiff AAC | 6.90 | |
| 2 | 36 | Wyn ROBERTS (SM) (W) | Swansea Harriers | 6.93 | PB |
| 3 | 26 | Chris HILL (SM) * | Derby AC | 6.97 | PB |
| 4 | 35 | Lloyd RICE (SM) * | Bristol & West AC | 6.97 | |
| 5 | 27 | Gareth HOPKINS (U20M) (W) | Cardiff AAC | 7.06 | PB |
| 6 | 28 | Christopher HOWE (SM) (W) | Cardiff AAC | 7.10 | |
| 7 | 23 | Richard DERRICK (SM) (W) | Exeter Harriers | 7.27 | |
| 8 | 16 | Milton BAKER (U23M) (W) | Cardiff AAC | DNS | |

T15 - 60m Semi Final1

13:20

Qualifiers from event - T15

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|--------------------------|---------------------|------|----------|
| 1 | 26 | Chris HILL (SM) * | Derby AC | 6.95 | Q PB |
| 2 | 35 | Lloyd RICE (SM) * | Bristol & West AC | 7.00 | Q |
| 3 | 16 | Milton BAKER (U23M) (W) | Cardiff AAC | 7.21 | Q |
| 4 | 23 | Richard DERRICK (SM) (W) | Exeter Harriers | 7.29 | Q |
| 5 | 39 | Wayne TAYLOR (U23M) * | Thames Valley H | 7.35 | PB |
| 6 | 40 | Aaron TEALL (SM) * | Cardiff AAC | 7.39 | |
| 7 | 17 | Paul BAKER (SM) (W) | Cardiff AAC | 7.48 | |
| 8 | 15 | Chris BAILLIE (SM) * | Birchfield Harriers | DNS | |

T15- Semi Final2

13:25

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|---------------------------|---------------------|------|----------|
| 1 | 24 | Liam DUFF (SM) (W) | Cardiff AAC | 6.91 | Q |
| 2 | 36 | Wyn ROBERTS (SM) (W) | Swansea Harriers | 6.95 | Q PB |
| 3 | 27 | Gareth HOPKINS (U20M) (W) | Cardiff AAC | 7.02 | Q PB |
| 4 | 28 | Christopher HOWE (SM) (W) | Cardiff AAC | 7.09 | Q |
| 5 | 34 | Lloyd REFFELL (U23M) (W) | Cardiff AAC | 7.21 | |
| 6 | 22 | Sam CONWAY (U20M) (W) | Cardiff AAC | 7.25 | PB |
| 7 | 19 | Paul BENNETT (U20M) (W) | Carmarthen Harriers | 7.29 | |
| 8 | 21 | Oliver COLE (SM) (W) | Cardiff AAC | 7.43 | PB |

T8 - 60m Heat 1 of 4

12:05

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|----------------------------|------------------|------|----------|
| 1 | 24 | Liam DUFF (SM) (W) | Cardiff AAC | 6.91 | Q |
| 2 | 36 | Wyn ROBERTS (SM) (W) | Swansea Harriers | 6.93 | Q PB |
| 3 | 27 | Gareth HOPKINS (U20M) (W) | Cardiff AAC | 7.02 | Q PB |
| 4 | 22 | Sam CONWAY (U20M) (W) | Cardiff AAC | 7.28 | q PB |
| 5 | 39 | Wayne TAYLOR (U23M) * | Thames Valley H | 7.38 | q PB |
| 6 | 41 | Phillip WARWICKER (U20M) * | UWIC | 7.47 | |
| 7 | 32 | Michael OMAKOBIA (SM) (W) | Swansea Harriers | 7.64 | |

Qualification:- First 4 from each Semi Final to FINAL - T19

T8 - Heat 2 of 4

12:10

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|--------------------------|---------------------|------|----------|
| 1 | 26 | Chris HILL (SM) * | Derby AC | 7.04 | Q |
| 2 | 37 | Ben SIMONS (SM) (W) | UWIC | 7.05 | Q |
| 3 | 34 | Lloyd REFFELL (U23M) (W) | Cardiff AAC | 7.22 | Q |
| 4 | 19 | Paul BENNETT (U20M) (W) | Carmarthen Harriers | 7.25 | q PB |
| 5 | 21 | Oliver COLE (SM) (W) | Cardiff AAC | 7.42 | q PB |
| 6 | 14 | Sam AXFORD (U23M) * | Swansea Harriers | 7.46 | PB |

T8 - Heat 3 of 4

12:15

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|----------------------------|---------------------------|------|----------|
| 1 | 28 | Christopher HOWE (SM) (W) | Cardiff AAC | 7.15 | Q |
| 2 | 15 | Chris BAILLIE (SM) * | Birchfield Harriers | 7.18 | Q |
| 3 | 16 | Milton BAKER (U23M) (W) | Cardiff AAC | 7.26 | Q |
| 4 | 25 | Santino DUMMETT (U23M) (W) | Telford AC | 7.53 | |
| 5 | 31 | Ioannis MEKRAS (SM) * | Newham & Essex Beagles AC | 7.64 | |
| 6 | 137 | Selwyn CUSH (SM) | Cardiff AAC | 8.01 | |

T8 - Heat 4 of 4

12:20

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|---------------------------|-------------------|------|----------|
| 1 | 35 | Lloyd RICE (SM) * | Bristol & West AC | 7.06 | Q |
| 2 | 23 | Richard DERRICK (SM) (W) | Exeter Harriers | 7.25 | Q |
| 3 | 40 | Aaron TEALL (SM) * | Cardiff AAC | 7.31 | Q PB |
| 4 | 17 | Paul BAKER (SM) (W) | Cardiff AAC | 7.42 | q |
| 5 | 44 | Leon YANDLE (SM) (W) | Swansea Harriers | 7.43 | |
| 6 | 18 | Gareth BENNETT (U20M) (W) | Wrexham AC | 7.62 | PB |
| 7 | 30 | Bruno LAASNA (MM) * | Bristol & West AC | 8.75 | |

Qualification:- First 3 plus 4 fastest to SEMI FINAL - T15

T34 - SM - 200m A&B FINALS 17:20**All Comers** Doug Turner - Wales - 20.92 2002**Welsh Record** Christian Malcolm - Cardiff AAC - 20.54 2000**CBP** Dominic Papura - Cardiff AAC - 22.2 2002**New CBP****2009 Champion** Tom Cusworth - Wrexham AC - 22.88

Qualifiers from T29 Heats

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|---------------------------|-------------|-------|----------|
| 1 | 27 | Gareth HOPKINS (U20M) (W) | Cardiff AAC | 22.16 | |
| 2 | 57 | David GUEST (U20M) (W) | Bridgend AC | 22.36 | |
| 3 | 74 | Patrick PHELAN (SM) * | Ireland | 22.65 | |
| 4 | 34 | Lloyd REFFELL (U23M) (W) | Cardiff AAC | DNS | |

T34 - SM - B FINAL 17:20

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|----------------------------|----------------------|-------|----------|
| 1 | 76 | James WILTSHIRE (U20M) (W) | Cardiff AAC | 23.01 | PB |
| 2 | 69 | Peter EDMUNDS (U23M) * | Highgate Harriers AC | 23.66 | |
| 3 | 22 | Sam CONWAY (U20M) (W) | Cardiff AAC | DNS | |
| 4 | 28 | Christopher HOWE (SM) (W) | Cardiff AAC | DNF | |

T29 - Heat 1 of 5 16:05

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|--------------------------|----------------------|-------|----------|
| 1 | 34 | Lloyd REFFELL (U23M) (W) | Cardiff AAC | 22.75 | |
| 2 | 22 | Sam CONWAY (U20M) (W) | Cardiff AAC | 23.44 | |
| 3 | 69 | Peter EDMUNDS (U23M) * | Highgate Harriers AC | 23.56 | |
| 4 | 67 | Simon ANNAN (SM) * | Swansea University | 25.03 | |

T29 - Heat 2 of 5 16:10

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|---------------------------|------------------|-------|----------|
| 1 | 74 | Patrick PHELAN (SM) * | Ireland | 22.64 | |
| 2 | 18 | Gareth BENNETT (U20M) (W) | Wrexham AC | 23.69 | |
| 3 | 32 | Michael OMAKOBIA (SM) (W) | Swansea Harriers | 24.47 | |

T29 - Heat 3 of 5 16:15

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|----------------------------|------------------|-------|----------|
| 1 | 27 | Gareth HOPKINS (U20M) (W) | Cardiff AAC | 23.34 | |
| 2 | 76 | James WILTSHIRE (U20M) (W) | Cardiff AAC | 23.42 | PB |
| 3 | 44 | Leon YANDLE (SM) (W) | Swansea Harriers | 24.12 | |

T29 - Heat 4 of 5 16:20

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|--------------------------|-------------------------|-------|----------|
| 1 | 57 | David GUEST (U20M) (W) | Bridgend AC | 22.61 | |
| 2 | 73 | Callam MCCABE (U20M) (W) | UWIC | 23.87 | |
| 3 | 68 | Owen CHURTON (U23M) (W) | Cambridge University AC | 25.59 | |
| 4 | 30 | Bruno LAASNA (MM) * | Bristol & West AC | 29.10 | PB |

T29 - Heat 5 of 5 16:25

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|------------------------------|------------------|-------|----------|
| 1 | 28 | Christopher HOWE (SM) (W) | Cardiff AAC | 22.99 | |
| 2 | 14 | Sam AXFORD (U23M) * | Swansea Harriers | 24.90 | PB |
| 3 | 72 | Amrish HARI-NARAYANAN (SM) * | Exter University | 26.95 | PB |
| 4 | 71 | Brendan FISHER (SM) * | Team Southampton | DNS | |

Qualification:- 8 fastest to A+B FINALS - T34

T34 - SM - 400m A&B FINALS 16:55**All Comers** Matthew Elias - Wales - 47.39 2002**Welsh Record** Jamie Baulch - Cardiff AAC - 45.39 1997**CBP** Gareth Warburton - Cardiff AAC - 48.39 2005**2009 Champion** Gareth Warburton - Cardiff AAC - 48.74

Qualifiers from T21 heats

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|------------------------|-----------------|-------|----------|
| 1 | 85 | Iain BRAY (U23M) * | UWIC | 49.69 | |
| 2 | 92 | Simon MERRILL (SM) * | Bath University | 50.55 | |
| 3 | 87 | Matthew ELIAS (SM) (W) | Cardiff AAC | DNF | |
| 4 | 90 | Nick HOGAN (SM) * | Ireland | DQ | |

T34 - SM - B FINAL 17:00

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|------------------------------|--------------------------|-------|----------|
| 1 | 96 | Rhys SMITH (SM) (W) | Unattached | 49.26 | |
| 2 | 84 | Adebowale ADEMUYEWO (SM) (W) | Sale Harriers Manchester | 50.03 | |
| 3 | 94 | Shem NELSON (SM) * | Birchfield Harriers | 50.72 | |
| 4 | 19 | Paul BENNETT (U20M) (W) | Carmarthen Harriers | 57.74 | |

T21 - Heat 1 of 5 14:35

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-------------------------|---------------|-------|----------|
| 1 | 85 | Iain BRAY (U23M) * | UWIC | 49.01 | q |
| 2 | 90 | Nick HOGAN (SM) * | Ireland | 49.22 | q |
| 3 | 97 | David WILLIAMS (SM) (W) | Aberdare VAAC | 56.79 | |

T21 - Heat 2 of 5 14:40

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|--------------------------|--------------------|-------|----------|
| 1 | 96 | Rhys SMITH (SM) (W) | Unattached | 50.12 | q |
| 2 | 86 | Andrew DEAN-YOUNG (SM) * | Bristol & West AC | 52.44 | |
| 3 | 67 | Simon ANNAN (SM) * | Swansea University | 55.32 | |

T21 - Heat 3 of 5 14:45

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-------------------------|-----------------|-------|----------|
| 1 | 87 | Matthew ELIAS (SM) (W) | Cardiff AAC | 48.81 | q |
| 2 | 92 | Simon MERRILL (SM) * | Bath University | 50.07 | q |
| 3 | 75 | Abdi SALEBAN (U20M) (W) | Cardiff AAC | 59.34 | |

T21 - Heat 4 of 5 14:50

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|------------------------------|--------------------------|-------|----------|
| 1 | 84 | Adebowale ADEMUYEWO (SM) (W) | Sale Harriers Manchester | 50.99 | q |
| 2 | 88 | Cynan EVANS (U20M) (W) | Wrexham AC | 52.76 | |
| 3 | 95 | Gawain ROGERS (U23M) (W) | Wrexham AC | 56.81 | |

T21 - Heat 5 of 5 14:55

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-------------------------|---------------------|-------|----------|
| 1 | 94 | Shem NELSON (SM) * | Birchfield Harriers | 51.79 | q |
| 2 | 19 | Paul BENNETT (U20M) (W) | Carmarthen Harriers | 51.97 | |
| 3 | 30 | Bruno LAASNA (MM) * | Bristol & West AC | 64.75 | PB |

Qualification:- 8 fastest to A+B FINALS T32

T22 - SM - 800m - FINAL 15:10

All Comers Richard Hill - England - 1.49.10 2009

Welsh Record James Watkins - Cardiff AAC - 1.47.23 2006

CBP Stephen Davies - Newport Harriers - 1.49.50 2006

2009 Champion Gareth Wiltshire - Cardiff AAC - 1.54.3

Qualifiers from event - T9

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|--------------------------|----------------------------|---------|----------|
| 1 | 190 | Tom MARLEY (U23M) (W) | Bristol & West AC | 1:53.27 | |
| 2 | 181 | Nico CONSTANTI (U23M) * | Gloucester AC | 1:54.61 | |
| 3 | 182 | Andrew DE-CAMPS (SM) (W) | Gloucester AC | 1:55.10 | |
| 4 | 184 | Martin FLOOK (SM) * | Bristol & West AC | 1:55.30 | |
| 5 | 191 | Dave RAGAN (SM) * | Basingstoke & Mid Hants AC | 1:57.02 | |

T9 - 800m Heat 1 of 3 12:30

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-------------------------|----------------------------|---------|----------|
| 1 | 181 | Nico CONSTANTI (U23M) * | Gloucester AC | 1:57.71 | Q |
| 2 | 191 | Dave RAGAN (SM) * | Basingstoke & Mid Hants AC | 1:57.99 | q |
| 3 | 187 | Chris LAMB (SM) * | Rugby & Northampton AC | 1:59.99 | |
| 4 | 93 | Gareth MORRIS (SM) (W) | Ashford AC | 1:59.15 | PB |

T9 - Heat 2 of 3 12:35

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|---------------------------|----------------------------|---------|----------|
| 1 | 193 | Gareth WARBURTON (SM) (W) | Cardiff AAC | 1:51.15 | Q |
| 2 | 190 | Tom MARLEY (U23M) (W) | Bristol & West AC | 1:58.64 | q |
| 3 | 179 | James ANSELL (SM) * | Newquay & Par AC | 1:59.65 | |
| 4 | 194 | Peter WATKEYS (SM) (W) | Basingstoke & Mid Hants AC | 2:05.35 | |

T9 - Heat 3 of 3 12:40

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|--------------------------|-------------------|---------|----------|
| 1 | 182 | Andrew DE-CAMPS (SM) (W) | Gloucester AC | 1:57.07 | Q |
| 2 | 184 | Martin FLOOK (SM) * | Bristol & West AC | 1:57.54 | q |
| 3 | 192 | Daniel STRANG (SM) * | Exter University | 2:05.68 | |
| 4 | 297 | Brian DIAS (SM) (W) | Cardiff AAC | 2:34.22 | |

Qualification:- First 1 plus 3 fastest to FINAL of 6 - T22

T30 - SM - 1500m - FINAL

16:40

All Comers Stephen Davies - Wales - 3.41.25 2009

Welsh Record James Thie - Cardiff AAC - 3.38.69 2004

CBP Stephen Davies - Belgrave Harriers - 3.41.25 2009

2009 Champion Stephen Davies - Belgrave Harriers - 3.41.24

Qualifiers from T16 heats

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|----------------------------|-----------------------------|---------|----------|
| 1 | 213 | Nick SAMUELS (SM) * | Sale Harriers Manchester | 3:48.25 | |
| 2 | 206 | Stephen DAVIES (SM) (W) | Belgrave Harriers | 3:48.37 | |
| 3 | 210 | Thomas MARSHALL (U23M) (W) | Cardiff AAC | 3:49.32 | PB |
| 4 | 215 | Ieuan THOMAS (U23M) (W) | Cwmbran Harriers | 3:49.80 | PB |
| 5 | 145 | Ben GREEN (SM) * | Warrington AC | 3:49.93 | |
| 6 | 205 | Richard CORCORAN (SM) * | Ireland | 3:58.80 | |
| 7 | 186 | Conor HEALY (SM) * | Ireland | 4:00.59 | |
| 8 | 207 | Andrew FRIEND (SM) * | Cardiff AAC | 4:04.93 | |
| 9 | 212 | Chris PROTHERO (U23M) (W) | Cwmbran Harriers | 4:05.49 | |
| 10 | 204 | Tom BOWERMAN (U23M) * | Aldershot Farnham & Dist AC | 4:08.57 | |
| 11 | 294 | Chris MOSS (SM) * | Cardiff AAC | DNF | |
| 12 | 209 | Michael KERSHAW (U23M) (W) | UWIC | DNF | |

Qualification:- First 2 plus 4 fastest to FINAL

T1 - SM - 60m Hdl - FINAL

10:30

All Comers Colin Jackson - Wales - 7.60 2002

Welsh Record Colin Jackson - Brecon AC - 7.30 1994

CBP Paul Grey - Cardiff AAC - 8.04 2001

2009 Champion Stephen Boyles - Swansea Harriers - 8.56

Straight FINAL

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|------------------------|-------------------------|------|----------|
| 1 | 15 | Chris BAILLIE (SM) * | Birchfield Harriers | 7.82 | |
| 2 | 56 | Lawrence CLARKE (SM) * | Windsor Slough Eton & H | 7.88 | |
| 3 | 299 | Matt HUDSON (U23M) * | Leeds City | 8.08 | |
| 4 | 55 | Steven BOYLES (SM) (W) | Swansea Harriers | 8.74 | |

F6 - SM - HIGH JUMP - FINAL

14:15

All Comers Brendan Reilly / Samson ONI - Ireland/England - 2.25 2000 / 2008

PEN Welsh Record Robert Mitchell - Sale Harriers - 2.24 2009

CBP Rob Mitchell - Sale Harriers - 2.24 2009

2009 Champion Rob Mitchell - Sale Harriers - 2.24

FINAL

| Pos | Bib | Athlete | Club | Perf | |
|-----|-----|----------------------------|--------------------------|------|----|
| 1 | 227 | Robert MITCHELL (SM) (W) | Sale Harriers Manchester | 2.07 | |
| 2 | 229 | Jamie THOMAS (SM) (W) | Birchfield Harriers | 2.04 | |
| 3 | 222 | Adam DAVIES (U20M) (W) | Pembroke Harriers | 1.95 | PB |
| 4 | 228 | James SCHOFIELD (SM) (W) | Brecon AC | 1.95 | PB |
| 5 | 221 | Owen CHESHER (SM) (W) | Brecon AC | 1.95 | |
| 6 | 224 | Stephen GUEST (U17M) (W) | Bridgend AC | 1.89 | PB |
| 7 | 225 | Matt LEDGER (SM) (W) | Cardiff AAC | 1.86 | |
| 8 | 39 | Wayne TAYLOR (U23M) * | Thames Valley H | 1.81 | |
| 9 | 223 | Adam GALLIE (SM) * | Derby AC | 1.81 | |
| 10 | 226 | Lewis LONG (U23M) (W) | Cardiff AAC | 1.81 | |
| 11 | 230 | Daniel WILLIAMS (U23M) (W) | Aberdare VAAC | 1.76 | |

F1 - SM - POLE VAULT - FINAL

10:30

All Comers Paul Williamson/Nick Buckfield - England - 5.50 2000/2002

Welsh Record Scott Simpson - Birchfield Harriers - 5.42 2007

CBP Scott Simpson - Birchfield Harriers - 5.35 2007

2009 Champion Paul Walker - Sale Harriers - 5.01

FINAL

| Pos | Bib | Athlete | Club | Perf | |
|-----|-----|---------------------------|-----------------------------|------|--|
| 1 | 256 | Joe IVE (SM) * | Belgrave Harriers | 5.11 | |
| 2 | 259 | Andrew MARSH (U23M) * | City of Stoke AC | 5.11 | |
| 3 | 266 | Paul WALKER (SM) (W) | Loughborough Students AC | 5.01 | |
| 4 | 265 | Scott SIMPSON (SM) (W) | Birchfield Harriers | 5.01 | |
| 5 | 251 | Nick CRUCHLEY (U23M) * | Halesowen A & CC | 4.91 | |
| 6 | 262 | Christian NORTH (SM) * | Woodford Green & Essex L | 4.91 | |
| 7 | 255 | Richard HURREN (SM) * | Newham & Essex Beagles AC | 4.81 | |
| 8 | 253 | Matthew DEVEREUX (U20M) * | Newham & Essex Beagles AC | 4.81 | |
| 9 | 252 | Martin DENSLEY (SM) * | Ealing Southall & Middlesex | 4.81 | |
| 10 | 267 | Robert WARENSJO (U23M) * | Swindon Harriers | 4.66 | |
| 11 | 261 | Lewis NEWTON (U17M) (W) | Cardiff AAC | 4.36 | |
| 12 | 264 | Michael READ (U23M) * | UWIC | 4.36 | |
| 13 | 260 | Jon MURRAY (SM) * | Cardiff AAC | 4.21 | |

F2 - SM - LONG JUMP - FINAL 11:30

All Comers Gable Garenamotse - Botswana - 8.01 2002

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

CBP Richardo Childs - Brecon AC - 7.41 2009

2009 Champion Ricardo Childs - Brecon AC - 7.41

FINAL 3 + 3 (one valid trial in the first 3 to continue for a further 3 trials)

| Pos | Bib | Athlete | Club | Perf | |
|-----|-----|-----------------------------|---------------------------|------|----|
| 1 | 301 | Andre FERNANDEZ (SM) * | Newham & Essex Beagles AC | 7.16 | PB |
| 2 | 277 | Gary WHITE (SM) * | Cardiff AAC | 6.88 | |
| 3 | 273 | Matthew HULYER (SM) (W) | Thames Valley H | 6.79 | |
| 4 | 276 | Thomas KIVELL (U23M) (W) | Cardiff AAC | 6.43 | |
| 5 | 274 | Alex JACKSON (SM) (W) | Swansea Harriers | 6.33 | |
| 6 | 39 | Wayne TAYLOR (U23M) * | Thames Valley H | 6.27 | |
| 7 | 225 | Matt LEDGER (SM) (W) | Cardiff AAC | 6.22 | |
| 8 | 275 | Stephen JEFFREYS (U23M) (W) | Brecon AC | 6.13 | |
| 9 | 71 | Brendan FISHER (SM) * | Team Southampton | 5.66 | |
| 10 | 19 | Paul BENNETT (U20M) (W) | Carmarthen Harriers | 5.62 | |

F10 - SM - TRIPLE JUMP - FINAL 16:00

All Comers Julian Golley - England - 16.05 2001

Welsh Record Steven Shalders - Cardiff AAC - 16.39 2006

CBP Navid Childs - Thames Valley H - 14.56 2009

2009 Champion Navid Childs - Thames Valley Harriers - 14.56

FINAL 3 + 3 (one valid trial in the first 3 to continue for a further 3 trials)

| Pos | Bib | Athlete | Club | Perf | |
|-----|-----|----------------------------|-----------------------|-------|----|
| 1 | 41 | Phillip WARWICKER (U20M) * | UWIC | 14.87 | PB |
| 2 | 284 | Darren MARCH (U20M) * | Medway & Maidstone AC | 14.39 | |
| 3 | 283 | Denis FINNEGAN (U23M) * | UCC AC (IRE) | 14.16 | |
| 4 | 286 | Adam WILLIAMS (U23M) (W) | UWIC | 13.82 | |
| 5 | 282 | Niall COUNIHAN (SM) * | Ireland | 13.71 | |
| 6 | 285 | Ross MCKENZIE (U20M) (W) | Cardiff AAC | 12.69 | PB |

F4 - SM - SHOT (7.26kg) - FINAL 12:45

All Comers Scott Rider/Kieran Kelly - England - 18.54 2008/2009

Welsh Record Shaun Pickering - Haringey AC - 19.10 1996

CBP Lee Newman - Belgrave Harriers - 16.96 2001

2009 Champion Ryan Spencer-Jones - Swansea Harriers - 15.56

FINAL 3 + 3 (one valid trial in the first 3 to continue for a further 3 trials)

| Pos | Bib | Athlete | Club | Perf | |
|-----|-----|-----------------------------|---------------------|-------|----|
| 1 | 292 | Ryan SPENCER-JONES (SM) (W) | Birchfield Harriers | 17.32 | PB |
| 2 | 291 | Ben ROBERTS (SM) (W) | Birchfield Harriers | 15.85 | PB |
| 3 | 290 | Brett MORSE (U20M) (W) | Birchfield Harriers | 15.28 | |
| 4 | 293 | Andy TURNER (MM) (W) | Bournemouth AC | 12.47 | |
| 5 | 289 | Robert EALES (SM) * | Newport Harriers | 11.73 | |

T18 - SW - 60m - FINAL

14:05

All Comers Joice Maduaka - England - 7.28 2002

PEN Welsh Record Carman Smart - Cardiff AAC - 7.34 1990

CBP Michele Smith Rachel King - Cardiff AAC/Belgrave Harriers - 7.2/7.62 1'

2009 Champion Mica Moore - Cardiff AAC - 7.75

Qualifiers from T7 heats

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-------------------------------|------------------|------|----------|
| 1 | 8 | Kylie RUSSELL (U23W) * | Team Bath AC | 7.65 | PB |
| 2 | 5 | Hannah PENDLEBURY (U20W) (W) | Deeside AAC | 7.82 | |
| 3 | 10 | Hannah THOMAS (U20W) (W) | Wrexham AC | 7.83 | |
| 4 | 4 | Mica MOORE (U20W) (W) | Cardiff AAC | 7.90 | |
| 5 | 12 | Rebecca WILLIAMS (U23W) (W) | Newport Harriers | 8.01 | |
| 6 | 6 | Sarah POLE (U23W) (W) | Cardiff AAC | 8.14 | |
| 7 | 7 | Lara RICHARDS (SW) (W) | Spain | 8.20 | PB |
| 8 | 300 | Anna ALEXANDER-HOLMES (U17) * | Team Bath AC | 8.36 | |

T7 - 60m Heat 1 of 2

11:55

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-------------------------------|------------------|------|----------|
| 1 | 8 | Kylie RUSSELL (U23W) * | Team Bath AC | 7.76 | Q |
| 2 | 4 | Mica MOORE (U20W) (W) | Cardiff AAC | 7.98 | Q |
| 3 | 12 | Rebecca WILLIAMS (U23W) (W) | Newport Harriers | 8.02 | Q |
| 4 | 6 | Sarah POLE (U23W) (W) | Cardiff AAC | 8.16 | q |
| 5 | 300 | Anna ALEXANDER-HOLMES (U17) * | Team Bath AC | 8.35 | q |

T7 - Heat 2 of 2

12:00

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-------------------------------|-------------|------|----------|
| 1 | 5 | Hannah PENDLEBURY (U20W) (W) | Deeside AAC | 7.92 | Q |
| 2 | 10 | Hannah THOMAS (U20W) (W) | Wrexham AC | 7.92 | Q |
| 3 | 7 | Lara RICHARDS (SW) (W) | Spain | 8.13 | Q PB |
| 4 | 1 | Lolita BYFIELD-MOORE (MW) (W) | Cardiff AAC | 8.59 | |
| 5 | 9 | Anoma SOORIYAARCHICHI (SW) * | Cardiff AAC | DNF | |

Qualification:- First 3 plus 2 fastest to FINAL - T18

T33 - SW - 200m - FINAL 17:10

All Comers Amy Spencer - England - 23.74 2002

Welsh Record Catherine Murphy - Shaftesbury - 23.35 2001

CBP Rozelle Cavaciuti - Newport Harriers - 24.85 2007

2009 Champion Hannah Thomas - Wrexham AC - 25.49

Qualifiers from T28 Heats

T33- A FINAL 17:15

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-------------------------------|------------------|-------|----------|
| 1 | 12 | Rebecca WILLIAMS (U23W) (W) | Newport Harriers | 25.23 | |
| 2 | 65 | Melanie STEPHENSON (U23W) (W) | Cardiff AAC | 25.26 | |
| 3 | 10 | Hannah THOMAS (U20W) (W) | Wrexham AC | 25.91 | |
| 4 | 59 | Samantha COGAN (U20W) (W) | Cardiff AAC | 26.37 | |

T28 - 200m Heat 1 of 3 15:45

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-------------------------------|-------------|-------|----------|
| 1 | 65 | Melanie STEPHENSON (U23W) (W) | Cardiff AAC | 25.58 | Q |
| 2 | 6 | Sarah POLE (U23W) (W) | Cardiff AAC | 26.78 | |
| 3 | 1 | Lolita BYFIELD-MOORE (MW) (W) | Cardiff AAC | 27.62 | |

T28 - Heat 2 of 3 15:50

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-----------------------------|------------------|-------|----------|
| 1 | 12 | Rebecca WILLIAMS (U23W) (W) | Newport Harriers | 25.61 | Q |
| 2 | 59 | Samantha COGAN (U20W) (W) | Cardiff AAC | 26.42 | q |
| 3 | 61 | Danielle MILL (U20W) (W) | Cardiff AAC | 27.54 | PB |
| 4 | 60 | Bethan EVANS (SW) (W) | North Devon AC | 27.88 | |

T28 - Heat 3 of 3 15:55

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-------------------------------|-------------|-------|----------|
| 1 | 10 | Hannah THOMAS (U20W) (W) | Wrexham AC | 26.15 | Q |
| 2 | 66 | Gwenllian WILLIAMS (U20W) (W) | Cardiff AAC | 27.45 | |
| 3 | 63 | Lauren REGAN (U20W) (W) | Cardiff AAC | 28.13 | |

Qualification:- 3 heat winners + 1 fastest - T33 FINAL

T31 - SW - 400m - FINAL

16:50

All Comers Catherine Murphy - Wales - 52.54 2002

Welsh Record Catherine Murphy - Shaftesbury - 51.74 2003

CBP Leri Davies - Swansea Harriers - 55.91 2005

2009 Champion Bryony Turnbull - Swansea Harriers - 57.81

Qualifiers from T20 heats

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|---------------------------|-----------------------|-------|----------|
| 1 | 79 | Laura MADDOX (SW) * | Team Bath AC | 55.77 | |
| 2 | 298 | Emma PULLEN (SW) * | Shrewsbury AC | 56.44 | |
| 3 | 80 | Joanna PATTERSON (U23W) * | Ballymena & Antrim AC | 56.79 | |
| 4 | 81 | Emma PETERS (SW) * | Cardiff AAC | 57.25 | |

T20 - 400m Heat 1 of 2

14:20

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|----------------------------|-----------------------|-------|----------|
| 1 | 298 | Emma PULLEN (SW) * | Shrewsbury AC | 55.97 | Q |
| 2 | 80 | Joanna PATTERSON (U23W) * | Ballymena & Antrim AC | 56.27 | q |
| 3 | 81 | Emma PETERS (SW) * | Cardiff AAC | 57.21 | q |
| 4 | 82 | Bryony TURNBULL (U23W) (W) | Swansea Harriers | 57.23 | |

T20 - Heat 2 of 2

14:25

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|----------------------------|---------------------|-------|----------|
| 1 | 79 | Laura MADDOX (SW) * | Team Bath AC | 56.13 | Q |
| 2 | 78 | Caryl GRANVILLE (U23W) (W) | Carmarthen Harriers | 57.28 | |
| 3 | 52 | Megan ROGERS (U20W) (W) | Wrexham AC | 60.61 | |
| 4 | 77 | Caroline BYNG (SW) (W) | Swansea Harriers | 63.30 | |

T12 - SW - 800m - FINAL 13:05

All Comers Jemma Simpson - England - 2.03.66 2008

Welsh Record Hayley Parry - Swansea Harriers - 2.01.52 1998

CBP Emma Davies - Belgrave Harriers - 2.06.59 2002

2009 Champion Charlotte Gaughan - City of York - 2.20.8

Straight FINAL

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|------------------------------|-----------------|---------|----------|
| 1 | 177 | Fiona KEHOE (SW) * | Ireland | 2:10.90 | PB |
| 2 | 178 | Jade WILLIAMS (SW) (W) | Amman Valley | 2:13.11 | |
| 3 | 175 | Charlotte GAUGHAN (U23W) (W) | City of York AC | 2:13.75 | PB |
| 4 | 113 | Danyaal MOHAMED | Bridgend AC | 2:29.05 | |

T17 - SW - 1500m - FINAL 13:55

All Comers Sophie Morris - England - 4.15.74 2005

New All Comers Record

Welsh Record Hayley Tullett - Swansea Harriers - 4.05.63 2004

CBP Natalie Lewis - Cardiff AAC - 4.19.50 2004

2009 Champion Rebecca Nuttall - Deeside AAC - 4.39.9

Straight FINAL

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|---------------------------|---------------|---------|----------|
| 1 | 201 | Gemma TURTLE (SW) * | Gloucester AC | 4:14.06 | PB |
| 2 | 197 | Rose-Anne GALLIGAN (SW) * | Gloucester AC | 4:16.28 | |
| 3 | 196 | Charlotte ARTER (U20W) * | Eden Runners | 4:52.94 | |

T2 - SW - 60m Hdl - FINAL 10:40

All Comers Diane Allahgrren - England - 8.01 2002

Welsh Record Kay Morley Brown - Cardiff AAC - 8.16 1992

CBP Rachel King - Cardiff AAC - 8.31 2005

2009 Champion Lucy Lougher - Cardiff AAC - 8.99

Straight FINAL

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|----------------------------|---------------------|-------|----------|
| 1 | 49 | Heather JONES (SW) (W) | Carmarthen Harriers | 8.95 | |
| 2 | 51 | Lauren O'REILLY (U20W) (W) | Newport Harriers | 9.13 | |
| 3 | 46 | Sarah DACEY (U20W) (W) | Swansea Harriers | 9.24 | PB |
| 4 | 54 | Serita SHONE (U23W) * | Bath University | 9.40 | |
| 5 | 52 | Megan ROGERS (U20W) (W) | Wrexham AC | 9.48 | PB |
| 6 | 50 | Kate LYSONS (U20W) * | UWIC | 9.68 | |
| 7 | 45 | Katy BYRD (SW) * | Lee Vale AC (Ire) | 9.82 | |
| 8 | 47 | Louise FEENEY (U23W) * | Amber Valley AC | 10.25 | |
| 9 | 53 | Katy SEALY (U23W) * | UWIC | 10.30 | |

F9 - SW - HIGH JUMP - FINAL

15:45

All Comers Susan Jones - England - 1,90 2002

PEN Welsh Record Julie Crane - Sale Harriers - 1.90 2005

CBP Julie Crane - Sale Harriers - 1.86 2004

2009 Champion Sian Swanson - Maldwyn Harriers - 1.6

FINAL

| Pos | Bib | Athlete | Club | Perf | |
|-----|-----|--------------------------|----------------------|------|-----|
| 1 | 219 | Ceri STOKOE (SW) (W) | Swansea Harriers | 1.75 | |
| 2 | 220 | Sian SWANSON (U20W) (W) | Maldwyn Harriers | 1.67 | |
| 3 | 216 | Ffion BODILLY (U17W) (W) | Cardiff AAC | 1.67 | =PB |
| 4 | 53 | Katy SEALY (U23W) * | UWIC | 1.61 | |
| 5 | 54 | Serita SHONE (U23W) * | Bath University | 1.61 | |
| 6 | 50 | Kate LYSONS (U20W) * | UWIC | 1.56 | |
| 7 | 217 | Lucy HODGINS (U23W) * | Vale of Aylesbury AC | 1.56 | |
| 8 | 218 | Imogen MILES (SW) (W) | Cardiff AAC | 1.51 | |

F8 - SW - POLE VAULT - FINAL

15:00

All Comers Emma Lyons - England - 4.27 2009

NEW AC RECORD

Welsh Record Rhian Clarke - Essex Ladies - 4.20 2001

CBP Sonia Lawrence - Cardiff AAC - 4.00 2002

NEW CBP

2009 Champion Jessica Abraham - Cardiff AAC - 3.61

FINAL

| Pos | Bib | Athlete | Club | Perf | |
|-----|-----|-----------------------------|--------------------------|------|----|
| 1 | 244 | Henrietta PAXTON (SW) * | Birchfield Harriers | 4.31 | PB |
| 2 | 247 | Bryony RAINE (SW) (W) | Cardiff AAC | 4.11 | PB |
| 3 | 249 | Maria SEAGER (U23W) * | Woodford Green & Essex L | 4.01 | |
| 4 | 248 | Sally SCOTT (U23W) * | Trafford AC | 3.88 | |
| 5 | 250 | Sophie UPTON (U23W) * | Windsor Slough Eton & H | 3.88 | PB |
| 6 | 231 | Jessica ABRAHAM (U23W) (W) | Cardiff AAC | 3.75 | PB |
| 7 | 242 | Anna MASSEY (SW) * | Sale Harriers Manchester | 3.75 | |
| 8 | 234 | Abi HAYWOOD (U20W) * | Sale Harriers Manchester | 3.75 | |
| 9 | 240 | Emma LYONS (SW) * | Sale Harriers Manchester | 3.75 | |
| 10 | 238 | Elinor LEWIS (U20W) (W) | Cardiff AAC | 3.45 | |
| 11 | 233 | Rebecca DAVIES (U20W) (W) | Deeside AAC | 3.45 | |
| 12= | 236 | Naomi JAMES (U20W) (W) | Swansea Harriers | 3.25 | |
| 12= | 237 | Claire KENNEDY (SW) * | Edinburgh AC | 3.25 | |
| 12= | 235 | Christina HUGHES (U20W) (W) | Deeside AAC | 3.25 | |
| 15 | 246 | Faye PITTMAN (SW) * | Unattached | 3.05 | PB |

F5 - SW - LONG JUMP - FINAL 13:00

All Comers Gillian Cooke - Scotland - 6.43 2008

Welsh Record Ruth Howell - Birchfield - 6.51 1974

CBP Ruth Martin-Jones - Birchfield Harriers - 5.95 1970

2009 Champion Ffion Rees - Carmarthen Harriers - 5.31

FINAL 3 + 3 (one valid trial in the first 3 to continue for a further 3 trials)

| Pos | Bib | Athlete | Club | Perf |
|-----|-----|--------------------------|---------------------|------|
| 1 | 271 | Amy WOODMAN (SW) * | Birchfield Harriers | 6.25 |
| 2 | 7 | Lara RICHARDS (SW) (W) | Spain | 5.76 |
| 3 | 218 | Imogen MILES (SW) (W) | Cardiff AAC | 5.60 |
| 4 | 54 | Serita SHONE (U23W) * | Bath University | 5.51 |
| 5 | 46 | Sarah DACEY (U20W) (W) | Swansea Harriers | 5.28 |
| 6 | 269 | Ffion REES (U20W) (W) | Carmarthen Harriers | 5.05 |
| 7 | 268 | Victoria LLOYD (SW) (W) | Carmarthen Harriers | 5.00 |
| 8 | 270 | Victoria WEBB (U20W) (W) | Cwmbran Harriers | 4.51 |

F7 - SW - TRIPLE JUMP - FINAL 14:30

All Comers Yamile Aldama - Cuba - 14.11 2003

Welsh Record Sara Barry - Cardiff AAC - 12.47 2009

CBP Sara Barry - Cardiff AAC - 12.53 2009

2009 Champion Sara Barry - Cardiff AAC - 12.53

FINAL 3 + 3 (one valid trial in the first 3 to continue for a further 3 trials)

| Pos | Bib | Athlete | Club | Perf |
|-----|-----|-----------------------------|---------------------|----------|
| 1 | 268 | Victoria LLOYD (SW) (W) | Carmarthen Harriers | 11.01 |
| 2 | 280 | Megan O'SULLIVAN (U17W) (W) | Cardiff AAC | 10.92 PB |
| 3 | 279 | Donna JONES (SW) (W) | Swansea Harriers | 10.43 |
| 4 | 278 | Amy BRADLEY (U20W) (W) | Cwmbran Harriers | 10.25 |

F3 - SW - SHOT (4.00kg) - FINAL 12:00

All Comers Venissa Head - Wales - 19.06 1984

Welsh Record Venissa Head - Cardiff AAC - 19.06 1984

CBP Venissa Head - Cardiff AAC - 19.06 1984

2009 Champion Tesni Ward - City of Sheffield - 12.41

FINAL 3 + 3 (one valid trial in the first 3 to continue for a further 3 trials)

| Pos | Bib | Athlete | Club | Perf |
|-----|-----|-----------------------|----------------------------|-------|
| 1 | 288 | Tesni WARD (U20W) (W) | City of Sheffield | 13.35 |
| 2 | 287 | Sarah BENSON (U23W) * | Bingley Harriers & AC/UWIC | 11.64 |

T23 - U13G - 800m - FINAL**15:15****Welsh Record** Lora Roberts - Bridgend AC - 2.24.99 2007PEN **CBP** Lora Roberts - Bridgend AC - 2.24.99 2007**New CBP****2009 Champion** Olivia Gwynn - Swansea Harriers - 2.35.85**Qualifiers from event - T3**

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-----------------------|---------------------|---------|----------|
| 1 | 257 | MeganTATENHAL | Cardiff AAC | 2:40.93 | |
| 2 | 106 | Courtley LOCK | Bridgend AC | 2:41.97 | PB |
| 3 | 103 | Gwenno EVANS | Carmarthen Harriers | 2:44.29 | |
| 4 | 98 | Elishka COUPAR | Cardiff AAC | 2:46.63 | |
| 5 | 109 | Alice RUSSELL-STRETCH | Pembroke Harriers | 2:47.52 | |
| 6 | 101 | Bethan EVANS | Pontyclun AC | 2:50.52 | |

T3 800m Heat 1 of 2**10:55****Qualifiers from event - T15****New CBP**

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-----------------------|---------------------|---------|----------|
| 1 | 101 | Bethan EVANS | Pontyclun AC | 2:46.89 | Q PB |
| 2 | 109 | Alice RUSSELL-STRETCH | Pembroke Harriers | 2:47.50 | Q |
| 3 | 98 | Elishka COUPAR | Cardiff AAC | 2:49.46 | q |
| 4 | 108 | Bethan REGISTER | Cardiff AAC | 2:52.13 | |
| 5 | 99 | Fern DAVIES | Colwyn Bay | 2:52.87 | |
| 6 | 110 | Lucy SHARIFF | Cardiff AAC | 3:05.47 | |
| 7 | 104 | Sioned FFION | Carmarthen Harriers | DNF | |

T3 - 800m Heat 2 of 2**New CBP**

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|---------------|---------------------|---------|----------|
| 1 | 106 | Courtley LOCK | Bridgend AC | 2:44.26 | Q |
| 2 | 257 | MeganTATENHAL | Cardiff AAC | 2:45.48 | Q |
| 3 | 103 | Gwenno EVANS | Carmarthen Harriers | 2:48.51 | q |
| 4 | 100 | Rhian ELLIS | Cardiff AAC | 2:58.68 | =PB |
| 5 | 107 | Tara PALMER | Cwmbran Harriers | 2:59.87 | |
| 6 | 102 | Catrin EVANS | Swansea Harriers | 3:03.20 | |
| 7 | 105 | Hannah GREY | Cwmbran Harriers | 3:29.07 | |

Qualification:- First 2 plus 2 fastest to FINAL of 6 - T23

T24 - U13B - 800m - FINAL**15:20****Welsh Record** Scott Edwards - Derby AC - 2.22.04 2007**CBP** Scott Edwards - Derby AC - 2.22.04 2007**2009 Champion** Connor Troy - Swansea Harriers - 2.25.97***Qualifiers from event - T4***

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|------------------|---------------------|---------|----------|
| 1 | 115 | Nikita NEARY | Carmarthen Harriers | 2:23.77 | PB |
| 2 | 118 | Alex PRICE | Aberdare VAAC | 2:32.25 | PB |
| 3 | 120 | Jordan RICHARDS | Carmarthen Harriers | 2:32.34 | |
| 4 | 114 | Danny MORGAN | Rhymney Valley AC | 2:42.91 | |
| 5 | 111 | Tom CLARKE | Cardiff AAC | 2:43.97 | |
| 6 | 119 | William REYNOLDS | Swansea Harriers | 2:51.01 | |

T4 - 800m Heat 1 of 2**11:10*****Qualifiers from event - T15***

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|--------------|---------------------|---------|----------|
| 1 | 115 | Nikita NEARY | Carmarthen Harriers | 2:44.49 | Q |
| 2 | 118 | Alex PRICE | Aberdare VAAC | 2:44.90 | Q PB |
| 3 | 111 | Tom CLARKE | Cardiff AAC | 2:50.43 | q |
| 4 | 121 | Osian THOMAS | Carmarthen Harriers | 2:51.65 | |
| 5 | 296 | Jac DAVIES | Cardiff AAC | 2:58.49 | |

T4 - Heat 2 of 2**11:15**

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|------------------|---------------------|---------|----------|
| 1 | 120 | Jordan RICHARDS | Carmarthen Harriers | 2:36.93 | Q |
| 2 | 114 | Danny MORGAN | Rhymney Valley AC | 2:40.39 | Q |
| 3 | 119 | William REYNOLDS | Swansea Harriers | 2:42.30 | q |
| 4 | 116 | Alex OLDER | Cardiff AAC | 3:04.12 | |

Qualification:- First 2 plus 2 fastest to FINAL of 6 - T24

T25 - U15G - 800m - FINAL**15:25****Welsh Record** Lauren Bell - Pembroke Harriers - 2.15.32 2009**CBP** Jade Williams - Amman Valley - 2.20.08 2007**2009 Champion** Lauren Bell - Pembroke Harriers - 2.20.57**Qualifiers from event - T5**

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-------------------|------------------|---------|----------|
| 1 | 122 | Abigail BACKSHALL | Colwyn Bay | 2:28.93 | |
| 2 | 132 | Megan OSBORNE | Bridgend AC | 2:29.37 | |
| 3 | 125 | Elin DAVIES | Swansea Harriers | 2:33.02 | |
| 4 | 136 | Lucy TARRANT | Bridgend AC | 2:35.76 | |
| 5 | 127 | Iona EVANS | Swansea Harriers | 2:36.66 | |
| 6 | 131 | Naomi OSBORN | Swansea Harriers | 2:40.29 | |

T5 - 800m Heat 1 of 3**11:20****Qualifiers from event - T15**

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|------------------|-------------------|---------|----------|
| 1 | 132 | Megan OSBORNE | Bridgend AC | 2:39.10 | Q |
| 2 | 128 | Lucy FLIGELSTONE | Swansea Harriers | 2:43.13 | |
| 3 | 129 | Lucy HAMMETT | Swansea Harriers | 2:44.48 | |
| 4 | 130 | Rhian HOMER | Pembroke Harriers | 2:50.07 | |
| 5 | 126 | Bethan ELLIS | Cardiff AAC | 2:54.47 | |

T5 - Heat 2 of 3**11:25**

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|---------------------|-----------------------|---------|----------|
| 1 | 122 | Abigail BACKSHALL | Colwyn Bay | 2:32.01 | Q |
| 2 | 125 | Elin DAVIES | Swansea Harriers | 2:35.46 | q |
| 3 | 136 | Lucy TARRANT | Bridgend AC | 2:36.74 | q |
| 4 | 123 | Eliana BASINI-GAZZI | Cwmbran Harriers | 2:46.22 | |
| 5 | 124 | Tillie CARTER | Barry & Vale Harriers | 2:56.96 | |

T5 - Heat 3 of 3**11:30****New Welsh Record**

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|----------------|-------------------|---------|----------|
| 1 | 127 | Iona EVANS | Swansea Harriers | 2:36.79 | Q |
| 2 | 131 | Naomi OSBORN | Swansea Harriers | 2:37.26 | q |
| 3 | 134 | Kate SEARY | Cardiff AAC | 2:40.91 | PB |
| 4 | 133 | Charlotte REES | Pembroke Harriers | 2:42.88 | |

Qualification:- First 1 plus 3 fastest to FINAL of 6 - T25

T26 - U15B - 800m - FINAL**15:30****Welsh Record** Daniel Chesworth - Newport Harriers - 2.04.54 2008**CBP** Elliott Hardee - Newport Harriers - 2.07.95 2008**2009 Champion** Matthew Antoniazzi - Cwmbran Harriers - 2.12.26**Qualifiers from event - T6**

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|----------------------|---------------------|---------|----------|
| 1 | 142 | Rhys GRANVILLE | Carmarthen Harriers | 2:14.11 | |
| 2 | 254 | Jacob PREECE | Cardiff AAC | 2:15.77 | |
| 3 | 140 | Finley DAVIES | Swansea Harriers | 2:16.64 | |
| 4 | 141 | Jack FEAR | Newport Harriers | 2:20.68 | PB |
| 5 | 149 | Sebastian WAINWRIGHT | Cwmbran Harriers | 2:26.01 | PB |

T6 - Heat 1 of 2**11:40****Qualifiers from event - T15**

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|----------------------|---------------------|---------|----------|
| 1 | 254 | Jacob PREECE | Cardiff AAC | 2:19.56 | Q |
| 2 | 142 | Rhys GRANVILLE | Carmarthen Harriers | 2:22.13 | Q |
| 3 | 141 | Jack FEAR | Newport Harriers | 2:22.98 | q PB |
| 4 | 149 | Sebastian WAINWRIGHT | Cwmbran Harriers | 2:23.40 | q PB |
| 5 | 146 | Rhydian JONES | Swansea Harriers | 2:46.87 | |

T6 - Heat 2 of 2**11:45****New Welsh Record****New CBP**

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|----------------|------------------|---------|----------|
| 1 | 140 | Finley DAVIES | Swansea Harriers | 2:24.35 | Q |
| 2 | 139 | John COVE | Cardiff AAC | 2:24.55 | Q |
| 3 | 143 | Ashley HOPKINS | Swansea Harriers | 2:26.18 | PB |
| 4 | 147 | Ciaran LEWIS | Cardiff AAC | 2:33.97 | PB |

T14 - U17W - 800m - FINAL**13:10****Welsh Record** Jade Williams - Amman Valley - 2.11.68 2009**CBP** Benytta Doman - Cwmbran Harriers - 2.16.74 2008**2009 Champion** Jade Williams - Amman Valley - 2.17.83***Straight FINAL (Combined with U20W)***

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|----------------|-------------------|---------|----------|
| 1 | 150 | Lauren BELL | Pembroke Harriers | 2:14.11 | |
| 2 | 154 | Lora ROBERTS | Bridgend AC | 2:20.70 | |
| 3 | 151 | Jemima OSBORN | Swansea Harriers | 2:24.00 | |
| 4 | 153 | Katie REYNOLDS | Swansea Harriers | 2:29.52 | PB |

T27 - U17M - 800m - FINAL**15:35****Welsh Record** Adam Davies - Gloucester AC - 1.58.17 2000**CBP** Nicholas Johnson - Newport Harriers - 2.01.55 2007**New CBP****2009 Champion** Daniel Chesworth - Newport Harriers - 2.09.34***Qualifiers from event - T10***

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|------------------|------------------|---------|----------|
| 1 | 160 | Alex COOMBER | Cardiff AAC | 2:01.49 | |
| 2 | 169 | Keiron STEPHENS | Cwmbran Harriers | 2:01.81 | PB |
| 3 | 159 | Daniel CHESWORTH | Newport Harriers | 2:02.72 | |
| 4 | 162 | Scott EDWARDS | Derby AC | 2:05.46 | |
| 5 | 156 | Tom BEVAN | Cardiff AAC | 2:06.71 | PB |
| 6 | 163 | Carwyn EVANS | Swansea Harriers | 2:11.10 | |

T10 - 800m Heat 1 of 3**12:45*****Qualifiers from event - T15***

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|------------------|-----------------------|---------|----------|
| 1 | 162 | Scott EDWARDS | Derby AC | 2:09.29 | Q |
| 2 | 159 | Daniel CHESWORTH | Newport Harriers | 2:10.18 | Q |
| 3 | 156 | Tom BEVAN | Cardiff AAC | 2:10.52 | q |
| 4 | 163 | Carwyn EVANS | Swansea Harriers | 2:10.86 | q |
| 5 | 161 | Matthew EDWARDS | Barry & Vale Harriers | 2:14.40 | PB |
| 6 | 166 | Stephen SCARFI | Cwmbran Harriers | 2:19.16 | |

T10 - Heat 2 of 3**12:50**

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-----------------|---------------------|---------|----------|
| 1 | 169 | Keiron STEPHENS | Cwmbran Harriers | 2:09.22 | Q |
| 2 | 160 | Alex COOMBER | Cardiff AAC | 2:09.55 | Q |
| 3 | 164 | Adam JONES | Brecon AC | 2:10.99 | |
| 4 | 165 | Ronan LLYR | Carmarthen Harriers | 2:12.81 | |
| 5 | 168 | Morgan SMITH | Pembroke Harriers | 2:12.89 | |

Qualification:- First 1 plus 3 fastest to FINAL of 6 - T27

T13 - U20W - 800m - FINAL**13:10****Welsh Record** Kirsty McDermott - Brecon AC - 2.02.88 1981**CBP** Katie Parkes - Carmarthen Harriers - 2.15.23 2007**2009 Champion** No Athletes - -***Straight FINAL (Combined with U17W)***

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|----------------------------|---------------------|---------|----------|
| 1 | 171 | Angharad DAVIES (U20W) (W) | Carmarthen Harriers | 2:24.17 | |
| 2 | 63 | Lauren REGAN (U20W) (W) | Cardiff AAC | 2:26.68 | |

T11 - U20M - 800m - FINAL**13:00****Welsh Record** Joe Thomas - Cardiff AAC - 1.51.94 2007**CBP** Joe Thomas - Cardiff AAC - 1.51.94 2007**2009 Champion** Declan Evans - Cardiff AAC - 2.01.51***Straight FINAL***

| Pos | Bib | Athlete | Club | Perf | Comments |
|-----|-----|-------------------------------|---------------------|---------|----------|
| 1 | 174 | Craig SPROD (U20M) (W) | Aberdare VAAC | 2:04.46 | |
| 2 | 173 | Matthew RICHARDS (U20M) (W) | Pembroke Harriers | 2:05.94 | |
| 3 | 172 | Michael KALLENBERG (U20M) (W) | Carmarthen Harriers | DNF | |

Welsh Athletics - Height Card

| Meeting | | Welsh Senior Indoor Open Championships | | | | Venue | NIAC, UWIC - Cyncoed | | | | Time | 10:30 AM | Date | Saturday 23 January 2010 | | | | | | | | |
|---------|--------|--|-----------------------------|----------|--------------|--------------------------------|----------------------|------|------|---|------|----------|-------|--------------------------|-------|-------------|----|------------------|----------------|--------------|----------|------|
| Event | | F1 / SM - POLE VAULT FINAL | | | | All Comers Record | | | | Paul Williamson/Nick Buckfield England 5.50 2000/2002 | | | | | | | | | | | | |
| F1 | | | | | | Welsh Indoor Record | | | | Scott Simpson Birchfield Harriers 5.42 2007 | | | | | | | | | | | | |
| | | | | | | Championship Best Performance | | | | Scott Simpson Birchfield Harriers 5.35 2007 | | | | | | | | | | | | |
| | | 2009 Welsh Champion | | | | Paul Walker Sale Harriers 5.01 | | | | | | | | | | | | | | | | |
| Order | Number | NAME | CLUB | UPRIGHTS | Start Height | 3.85 | 4.05 | 4.21 | 4.36 | 4.51 | 4.66 | 4.81 | 4.91 | 5.01 | 5.11 | Best of All | PB | Trials at Height | Total Failures | Total Trials | Position | |
| | | | | | | 5.21 | 5.31 | 0.00 | 0.00 | 0.00 | 0.00 | | | | | | | | | | | |
| | | | | | | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | | | | | | | Mtrs |
| 1 | 224 | Stephen GUEST (U17M) (W) | Bridgend AC | | 3.85 | xxx | | | | | | | | | | 4.03 | | | | | | |
| 2 | 258 | Emyr JONES (U20M) (W) | Carmarthen Harriers | | 3.85 | xxx | | | | | | | | | | 4.13 | | | | | | |
| 3 | 260 | Jon MURRAY (SM) * | Cardiff AAC | | 4.05 | | o | o | xxx | | | | | | 4.21 | 4.30 | | | | 13 | | |
| 4 | 261 | Lewis NEWTON (U17M) (W) | Cardiff AAC | | 4.05 | | o | o | o | xxx | | | | | 4.361 | 4.40 | | | | 11 | | |
| 5 | 264 | Michael READ (U23M) * | UWIC | | 4.21 | | | xxo | xxo | xxx | | | | | 4.36 | 4.75 | | | | 12 | | |
| 6 | 263 | Glyn PRICE (MM) (W) | Swansea Harriers | | 4.05 | | xxx | | | | | | | | | 4.80 | | | | | | |
| 7 | 267 | Robert WARENSJO (U23M) * | Swindon Harriers | | 4.51 | | | | xxo | xxo | xxx | | | | 4.66 | 4.82 | | | | 10 | | |
| 8 | 252 | Martin DENSLEY (SM) * | Ealing Southall & Middlesex | | 4.51 | | | | o | xxo | xxo | xxx | | | 4.81 | 4.90 | | | | 9 | | |
| 9 | 257 | MeganTATENHAL | Cardiff AAC | | DNS | | | | | | | | | | | 4.90 | | | | | | |
| 10 | 253 | Matthew DEVEREUX (U20M) * | Newham & Essex Beagles AC | | 4.36 | | | o | xo | xo | xxo | xxx | | | 4.812 | 4.95 | | | | 8 | | |
| 11 | 251 | Nick CRUCHLEY (U23M) * | Halesowen A & CC | | 4.51 | | | | o | o | xo | o | xxx | | 4.911 | 5.00 | | | | 5 | | |
| 12 | 255 | Richard HURREN (SM) * | Newham & Essex Beagles AC | | 4.66 | | | | | xo | o | pass | xxx | | 4.813 | 5.18 | | | | 7 | | |
| 13 | 259 | Andrew MARSH (U23M) * | City of Stoke AC | | 4.91 | xxx | | | | | | xo | pass | xo | 5.11 | 5.20 | | | | 2 | | |
| 14 | 262 | Christian NORTH (SM) * | Woodford Green & Essex L | | 4.66 | | | | | xo | pass | xo | x w/d | | 4.91 | 5.30 | | | | 6 | | |
| 15 | 254 | Jacob PREECE | Cardiff AAC | | DNS | | | | | | | | | | | 5.35 | | | | | | |
| 16 | 256 | Joe IVE (SM) * | Belgrave Harriers | | 5.11 | pass | xxx | | | | | | | xo | 5.111 | 5.40 | | | | 1 | | |

| FULL RESULTS | | | | | | | | | | JUDGES' SIGNATURES | | | | | | | | | |
|--------------|------|---------------------------|---------------------------|------|-----|------|--------------------------|-----------------------------|------|---------------------|--|--|--|--|--|--|--|--|--|
| No. | NAME | CLUB | PERF | | No. | NAME | CLUB | PERF | | | | | | | | | | | |
| 1 | 256 | Joe IVE (SM) * | Belgrave Harriers | 5.11 | 9 | 252 | Martin DENSLEY (SM) * | Ealing Southall & Middlesex | 4.81 | | | | | | | | | | |
| 2 | 259 | Andrew MARSH (U23M) * | City of Stoke AC | 5.11 | 10 | 252 | Robert WARENSJO (U23M) * | Swindon Harriers | 4.66 | | | | | | | | | | |
| 3 | 266 | Paul WALKER (SM) (W) | Loughborough Students AC | 5.01 | 11 | 261 | Lewis NEWTON (U17M) (W) | Cardiff AAC | 4.36 | | | | | | | | | | |
| 4 | 265 | Scott SIMPSON (SM) (W) | Birchfield Harriers | 5.01 | 12 | 264 | Michael READ (U23M) * | UWIC | 4.36 | | | | | | | | | | |
| 5 | 251 | Nick CRUCHLEY (U23M) * | Halesowen A & CC | 4.91 | 13 | 260 | Jon MURRAY (SM) * | Cardiff AAC | 4.21 | | | | | | | | | | |
| 6 | 262 | Christian NORTH (SM) * | Woodford Green & Essex L | 4.91 | 14 | | | | | REFEREE'S SIGNATURE | | | | | | | | | |
| 7 | 255 | Richard HURREN (SM) * | Newham & Essex Beagles AC | 4.81 | 15 | | | | | | | | | | | | | | |
| 8 | 253 | Matthew DEVEREUX (U20M) * | Newham & Essex Beagles AC | 4.81 | 16 | | | | | | | | | | | | | | |

Welsh Athletics - Height Card

| Meeting | | Welsh Senior Indoor Open Championships | | | | Venue | NIAC, UWIC - Cyncoed | | | | | Time | 10:30 AM | Date | Saturday 23 January 2010 | | | | | | | |
|---------------------|--------|--|--------------------------|----------|--------------------------------|-------------------------------|----------------------|------|---|------|------|------|----------|------|--------------------------|--------------------|----|------------------|----------------|--------------|----------|------|
| Event | | F1 / SM - POLE VAULT FINAL | | | | All Comers Record | | | Paul Williamson/Nick Buckfield England 5.50 2000/2002 | | | | | | | | | | | | | |
| F1 | | | | | | Welsh Indoor Record | | | Scott Simpson Birchfield Harriers 5.42 2007 | | | | | | | | | | | | | |
| | | | | | | Championship Best Performance | | | Scott Simpson Birchfield Harriers 5.35 2007 | | | | | | | | | | | | | |
| | | 2009 Welsh Champion | | | Paul Walker Sale Harriers 5.01 | | | | | | | | | | | | | | | | | |
| Order | Number | NAME | CLUB | UPRIGHTS | Start Height | 3.85 | 4.05 | 4.21 | 4.36 | 4.51 | 4.66 | 4.81 | 4.91 | 5.01 | 5.11 | Best of All | PB | Trials at Height | Total Failures | Total Trials | Position | |
| | | | | | | 5.21 | 5.31 | | | | | | | | | | | | | | | |
| | | | | | | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | | | | | | | Mtrs |
| 17 | 266 | Paul WALKER (SM) (W) | Loughborough Students AC | | 5.01 | | | | | | | | | xo | xxx | 5.01 | | 5.40 | | | 3 | |
| 18 | 265 | Scott SIMPSON (SM) (W) | Birchfield Harriers | | 4.81 | xxx | | | | | | xxo | pass | xo | pass | 5.01 | | 5.42 | | | 4 | |
| 19 | | | | | | | | | | | | | | | | | | | | | | |
| 20 | | | | | | | | | | | | | | | | | | | | | | |
| 21 | | | | | | | | | | | | | | | | | | | | | | |
| 22 | | | | | | | | | | | | | | | | | | | | | | |
| 23 | | | | | | | | | | | | | | | | | | | | | | |
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| 29 | | | | | | | | | | | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | | | | | | | | | | | |
| 31 | | | | | | | | | | | | | | | | | | | | | | |
| 32 | | | | | | | | | | | | | | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | | JUDGES' SIGNATURES | | | | | | |
| No. | NAME | CLUB | PERF | No. | NAME | CLUB | PERF | | | | | | | | | | | | | | | |
| 17 | | | 25 | | | | | | | | | | | | | | | | | | | |
| 18 | | | 26 | | | | | | | | | | | | | | | | | | | |
| 19 | | | 27 | | | | | | | | | | | | | | | | | | | |
| 20 | | | 28 | | | | | | | | | | | | | | | | | | | |
| 21 | | | 29 | | | | | | | | | | | | | | | | | | | |
| 22 | | | 30 | | | | | | | | | | | | | | | | | | | |
| 23 | | | 31 | | | | | | | | | | | | | | | | | | | |
| 24 | | | 32 | | | | | | | | | | | | | | | | | | | |
| REFEREE'S SIGNATURE | | | | | | | | | | | | | | | | | | | | | | |

Welsh Athletics : Distance Card

| Meeting | | Welsh Senior Open Championships | | Venue | NIAC. Cardiff, Cyncoed | | Time | 11:30 AM | | Date | | Saturday 23 January 2010 | | |
|---------------------|-----|---------------------------------|---------------------------|---------------------------|------------------------|-------------------------------|---------------------------------|---------------------|---|--------------------|-----------|--------------------------|-------------------|-------------------|
| Event | | | | F2 / SM - LONG JUMP FINAL | | All Comers Record | | | Gable Garenamotse, Botswana, 8.01, 2002 | | | | | |
| F2 | | | | | | Welsh Indoor Record | | | Lynn Davies, Roath H, Cardiff, 7.97, 1966 | | | | | |
| | | | | | | Championship Best Performance | | | Richardo Childs, Brecon AC, 7.41, 2009 | | | | | |
| | | | | 2009 Welsh Champion | | | Ricardo Childs, Brecon AC, 7.41 | | | | | | | |
| Order | BIB | Name | Club | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Pos aft 3 | 4th Trial | 5th Trial | 6th Trial | Best of 6 Trials | PB | Final Position |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | |
| 1 | 19 | Paul BENNETT (U20M) (W) | Carmarthen Harriers | 5.62 | 5.55 | | 5.62 | 10 | | | | 5.62 | 6.24 | 10 |
| 2 | 20 | Richardo CHILDS (SM) (W) | Brecon AC | | | | | | | | | | 7.64 | |
| 3 | 29 | Kueni IGBAGIRI (U20M) (W) | Carmarthen Harriers | | | | | | | | | | 6.85 | |
| 4 | 39 | Wayne TAYLOR (U23M) * | Thames Valley H | 6.19 | 6.15 | 5.92 | 6.19 | 7 | 6.20 | 6.22 | 6.27 | 6.27 | 6.43 | 6 |
| 5 | 71 | Brendan FISHER (SM) * | Team Southampton | 5.66 | NJ | RETIRED | 5.66 | 9 | | | | 5.66 | 6.67 | 9 |
| 6 | 225 | Matt LEDGER (SM) (W) | Cardiff AAC | 6.10 | 6.22 | NJ | 6.22 | 6 | 5.98 | 6.03 | 6.08 | 6.22 | 6.74 | 7 |
| 7 | 272 | Navid CHILDS (SM) (W) | Thames Valley H | | | | | | | | | | 6.90 | |
| 8 | 273 | Matthew HULYER (SM) (W) | Thames Valley H | 6.54 | 6.77 | 5.47 | 6.77 | 2 | NJ | 6.79 | NJ | 6.79 | 7.26 | 3 |
| 9 | 274 | Alex JACKSON (SM) (W) | Swansea Harriers | 6.08 | 6.23 | 6.25 | 6.25 | 5 | 6.33 | NJ | NJ | 6.33 | 6.95 | 5 |
| 10 | 275 | Stephen JEFFREYS (U23M) (W) | Brecon AC | 6.11 | 6.08 | 5.77 | 6.11 | 8 | 6.13 | 5.83 | 6.10 | 6.13 | 6.31 | 8 |
| 11 | 276 | Thomas KIVELL (U23M) (W) | Cardiff AAC | NJ | 6.43 | NJ | 6.43 | 3 | NJ | NJ | NJ | 6.43 | 7.00 | 4 |
| 12 | 277 | Gary WHITE (SM) * | Cardiff AAC | NJ | NJ | 6.33 | 6.33 | 4 | 6.34 | NJ | 6.88 | 6.88 | 7.01 | 2 |
| 13 | 301 | Andre FERNANDEZ (SM) * | Newham & Essex Beagles AC | 6.87 | 7.05 | 7.11 | 7.11 | 1 | 6.85 | 7.16 | 7.03 | 7.16 | 7.61 | 1 |
| 14 | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | REFEREE SIGNATURE | |
| POS | BIB | NAME | CLUB | Distance | POS | BIB | NAME | CLUB | Distance | | | | | |
| 1 | 301 | Andre FERNANDEZ (SM) * | Newham & Essex Beagles AC | 7.16 | 9 | 71 | Brendan FISHER (SM) * | Team Southampton | 5.66 | | | | | |
| 2 | 277 | Gary WHITE (SM) * | Cardiff AAC | 6.88 | 10 | 19 | Paul BENNETT (U20M) (W) | Carmarthen Harriers | 5.62 | JUDGES' SIGNATURES | | | | |
| 3 | 273 | Matthew HULYER (SM) (W) | Thames Valley H | 6.79 | 11 | | | | | | | | | |
| 4 | 276 | Thomas KIVELL (U23M) (W) | Cardiff AAC | 6.43 | 12 | | | | | | | | | |
| 5 | 274 | Alex JACKSON (SM) (W) | Swansea Harriers | 6.33 | 13 | | | | | | | | | |
| 6 | 39 | Wayne TAYLOR (U23M) * | Thames Valley H | 6.27 | 14 | | | | | | | | | |
| 7 | 225 | Matt LEDGER (SM) (W) | Cardiff AAC | 6.22 | 15 | | | | | | | | | |
| 8 | 275 | Stephen JEFFREYS (U23M) (W) | Brecon AC | 6.13 | 16 | | | | | | | | | |

Welsh Athletics : Distance Card

| Meeting | | Welsh Senior Open Championships | | | Venue | NIAC. Cardiff, Cyncoed | | Time | 12:00 PM | | Date | Saturday 23 January 2010 | | |
|---------------------|-----|---------------------------------|----------------------------|-----------|-------------------------------|--------------------------------------|-----------|--|-----------|--------------------|-----------|--------------------------|-------|-------------------|
| Event | | F3 / SW - SHOT (4.00kg) FINAL | | | All Comers Record | | | Venissa Head, Wales, 19.06, 1984 | | | | | | |
| F3 | | | | | Welsh Indoor Record | | | Venissa Head, Cardiff AAC, 19.06, 1984 | | | | | | |
| | | | | | Championship Best Performance | | | Venissa Head, Cardiff AAC, 19.06, 1984 | | | | | | |
| | | | 2009 Welsh Champion | | | Tesni Ward, City of Sheffield, 12.41 | | | | | | | | |
| Order | BIB | Name | Club | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Pos aft 3 | 4th Trial | 5th Trial | 6th Trial | Best of 6 Trials | PB | Final Position |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | |
| 1 | 48 | Catherine GOLDSMITH (U20W) (W) | Carmarthen Harriers | | | | | | | | | | 10.89 | |
| 2 | 287 | Sarah BENSON (U23W) * | Bingley Harriers & AC/UWIC | 10.65 | 11.64 | 11.54 | 11.64 | 2 | 11.52 | NT | 11.16 | 11.64 | 12.71 | 2 |
| 3 | 288 | Tesni WARD (U20W) (W) | City of Sheffield | 11.92 | 13.03 | 13.03 | 13.03 | 1 | 13.26 | 13.16 | 13.35 | 13.35 | 13.65 | 1 |
| 4 | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | |
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| 11 | | | | | | | | | | | | | | |
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| 14 | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | REFEREE SIGNATURE | | |
| POS | BIB | NAME | CLUB | Distance | POS | BIB | NAME | CLUB | Distance | | | | | |
| 1 | 288 | Tesni WARD (U20W) (W) | City of Sheffield | 13.35 | 9 | | | | | | | | | |
| 2 | 287 | Sarah BENSON (U23W) * | Bingley Harriers & AC/UWIC | 11.64 | 10 | | | | | JUDGES' SIGNATURES | | | | |
| 3 | | | | | 11 | | | | | | | | | |
| 4 | | | | | 12 | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | |

Welsh Athletics : Distance Card

| Meeting | | Welsh Senior Open Championships | | Venue | NIAC. Cardiff, Cyncoed | | Time | 12:45 PM | | Date | Saturday 23 January 2010 | | | |
|---------------------|-----|---------------------------------|---------------------|-------------------------------|---|-----------|---|----------|-----------|--------------------|--------------------------|-------------------|-------|----------------|
| Event | | F4 / SM - SHOT (7.26kg) FINAL | | All Comers Record | | | Scott Rider/Kieran Kelly, England, 18.54, 2008/2009 | | | | | | | |
| F4 | | | | Welsh Indoor Record | | | Shaun Pickering, Haringey AC, 19.10, 1996 | | | | | | | |
| | | | | Championship Best Performance | | | Lee Newman, Belgrave Harriers, 16.96, 2001 | | | | NEW CBP | | | |
| | | 2009 Welsh Champion | | | Ryan Spencer-Jones, Swansea Harriers, 15.56 | | | | | | | | | |
| Order | BIB | Name | Club | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Pos | 4th Trial | 5th Trial | 6th Trial | Best of 6 | PB | Final Position |
| | | | | Metres | Metres | Metres | Metres | aft 3 | Metres | Metres | Metres | Trials | | |
| 1 | 289 | Robert EALES (SM) * | Newport Harriers | 10.84 | 11.58 | NT | 11.58 | 5 | 11.73 | NT | 11.54 | 11.73 | 11.90 | 5 |
| 2 | 290 | Brett MORSE (U20M) (W) | Birchfield Harriers | 13.50 | 14.13 | 15.02 | 15.02 | 2 | 15.28 | 15.16 | 15.26 | 15.28 | 15.92 | 3 |
| 3 | 291 | Ben ROBERTS (SM) (W) | Birchfield Harriers | NT | 14.61 | NT | 14.61 | 3 | 15.25 | NT | 15.85 | 15.85 | 15.32 | 2 |
| 4 | 292 | Ryan SPENCER-JONES (SM) (W) | Birchfield Harriers | 16.52 | NT | 17.32 | 17.32 | 1 | NT | 17.19 | NT | 17.32 | 16.79 | 1 |
| 5 | 293 | Andy TURNER (MM) (W) | Bournemouth AC | 12.25 | 12.47 | 12.27 | 12.47 | 4 | NT | 12.18 | NT | 12.47 | 15.33 | 4 |
| 6 | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | |
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| 12 | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | REFEREE SIGNATURE | | |
| POS | BIB | NAME | CLUB | Distance | POS | BIB | NAME | CLUB | Distance | JUDGES' SIGNATURES | | | | |
| 1 | 292 | Ryan SPENCER-JONES (SM) (W) | Birchfield Harriers | 17.32 | 9 | | | | | | | | | |
| 2 | 291 | Ben ROBERTS (SM) (W) | Birchfield Harriers | 15.85 | 10 | | | | | | | | | |
| 3 | 290 | Brett MORSE (U20M) (W) | Birchfield Harriers | 15.28 | 11 | | | | | | | | | |
| 4 | 293 | Andy TURNER (MM) (W) | Bournemouth AC | 12.47 | 12 | | | | | | | | | |
| 5 | 289 | Robert EALES (SM) * | Newport Harriers | 11.73 | 13 | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | |

Welsh Athletics : Distance Card

| Meeting | | Welsh Senior Open Championships | | Venue | NIAC. Cardiff, Cyncoed | | Time | 1:00 PM | | Date | Saturday 23 January 2010 | | | |
|-------------------------------|-----|---------------------------------|---------------------------------------|--|------------------------|-----------|-------------------------------------|--------------|-----------|--------------------|--------------------------|---------------------|-------------------|-------------------|
| Event | | F5 / SW - LONG JUMP FINAL | | All Comers Record | | | Gillian Cooke, Scotland, 6.43, 2008 | | | | | | | |
| F5 | | | | Welsh Indoor Record | | | Ruth Howell, Birchfield, 6.51, 1974 | | | | | | | |
| Championship Best Performance | | | | Ruth Martin-Jones, Birchfield Harriers, 5.95, 1970 | | | | | | | | | | |
| 2009 Welsh Champion | | | Ffion Rees, Carmarthen Harriers, 5.31 | | | | | | | | | | | |
| Order | BIB | Name | Club | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Pos aft 3 | 4th Trial | 5th Trial | 6th Trial | Best of 6 Trials | PB | Final Position |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | |
| 1 | 7 | Lara RICHARDS (SW) (W) | Spain | 5.60 | NJ | 5.54 | 5.60 | 2 | 5.76 | NJ | 5.44 | 5.76 | 6.00 | 2 |
| 2 | 13 | Rhiannon YATES (U20W) (W) | Cardiff AAC / UWIC | | | | | | | | | | 5.74 | |
| 3 | 46 | Sarah DACEY (U20W) (W) | Swansea Harriers | 5.21 | NJ | 5.19 | 5.21 | 5 | 5.24 | 5.28 | 5.26 | 5.28 | 5.75 | 5 |
| 4 | 54 | Serita SHONE (U23W) * | Bath University | NJ | 5.46 | NJ | 5.46 | 4 | 5.51 | 5.12 | 5.45 | 5.51 | 5.91 | 4 |
| 5 | 62 | Imelda MORRISSON (SW) * | Swansea Harriers | | | | | | | | | | 5.76 | |
| 6 | 218 | Imogen MILES (SW) (W) | Cardiff AAC | 5.60 | 5.42 | 5.60 | 5.60 | 2 | 5.47 | NJ | 5.59 | 5.60 | 5.83 | 3 |
| 7 | 268 | Victoria LLOYD (SW) (W) | Carmarthen Harriers | 4.92 | NJ | 4.79 | 4.92 | 7 | 5.00 | NJ | | 5.00 | 5.60 | 7 |
| 8 | 269 | Ffion REES (U20W) (W) | Carmarthen Harriers | NJ | NJ | 4.97 | 4.97 | 6 | NJ | NJ | 5.05 | 5.05 | 5.44 | 6 |
| 9 | 270 | Victoria WEBB (U20W) (W) | Cwmbran Harriers | 4.33 | 4.31 | 4.31 | 4.33 | 8 | 4.48 | 4.17 | 4.51 | 4.51 | 5.05 | 8 |
| 10 | 271 | Amy WOODMAN (SW) * | Birchfield Harriers | 6.25 | 6.17 | 6.08 | 6.25 | 1 | 6.19 | 6.12 | nj | 6.25 | 6.40 | 1 |
| 11 | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | REFEREE SIGNATURE | |
| POS | BIB | NAME | CLUB | Distance | POS | BIB | NAME | CLUB | Distance | | | | | |
| 1 | 271 | Amy WOODMAN (SW) * | Birchfield Harriers | 6.25 | 9 | | | | | | | | | |
| 2 | 7 | Lara RICHARDS (SW) (W) | Spain | 5.76 | 10 | | | | | JUDGES' SIGNATURES | | | | |
| 3 | 218 | Imogen MILES (SW) (W) | Cardiff AAC | 5.60 | 11 | | | | | | | | | |
| 4 | 54 | Serita SHONE (U23W) * | Bath University | 5.51 | 12 | | | | | | | | | |
| 5 | 46 | Sarah DACEY (U20W) (W) | Swansea Harriers | 5.28 | 13 | | | | | | | | | |
| 6 | 269 | Ffion REES (U20W) (W) | Carmarthen Harriers | 5.05 | 14 | | | | | | | | | |
| 7 | 268 | Victoria LLOYD (SW) (W) | Carmarthen Harriers | 5.00 | 15 | | | | | | | | | |
| 8 | 270 | Victoria WEBB (U20W) (W) | Cwmbran Harriers | 4.51 | 16 | | | | | | | | | |

Welsh Athletics - Height Card

| Meeting | | Welsh Senior Indoor Open Championships | | | | Venue | NIAC, UWIC - Cyncoed | | | | Time | 2:15 PM | Date | Saturday 23 January 2010 | | | | | | |
|--------------|--------|--|--------------------------|--------------|------|---------------------------------|----------------------------|---------------|------|--|---------------------|---------|------|--------------------------|--------------------|----|------------------|----------------|--------------|----------|
| Event | | F6 / SM - HIGH JUMP FINAL | | | | All Comers Record | | | | Brendan Reilly / Samson ONI Ireland/England 2.25 2000 / 2008 | | | | | | | | | | |
| F6 | | | | | | Welsh Indoor Record | | | | Robert Mitchell Sale Harriers 2.24 2009 | | | | | | | | | | |
| | | | | | | Championship Best Performance | | | | Rob Mitchell Sale Harriers 2.24 2009 | | | | | | | | | | |
| | | 2009 Welsh Champion | | | | Rob Mitchell Sale Harriers 2.24 | | | | | | | | | | | | | | |
| Order | Number | NAME | CLUB | Start Height | 1.71 | 1.76 | 1.81 | 1.86 | 1.89 | 1.92 | 1.95 | 1.98 | 2.01 | 2.04 | Best of All | PB | Trials at Height | Total Failures | Total Trials | Position |
| | | | | | 2.07 | 2.12 | | | | | | | | | | | | | | |
| 1 | 39 | Wayne TAYLOR (U23M) * | Thames Valley H | 1.76 | | o | o | xxx | | | | | | | 1.81 | | 1.90 | | | 8 |
| 2 | 221 | Owen CHESHER (SM) (W) | Brecon AC | 1.71 | o | pass | xo | o | xpx | o | xxo | xxx | | | 1.95 | | 2.00 | | | 5 |
| 3 | 222 | Adam DAVIES (U20M) (W) | Pembroke Harriers | 1.76 | | o | xo | o | xo | xo | o | xxx | | | 1.95 | | 2.00 | | | 3 |
| 4 | 223 | Adam GALLIE (SM) * | Derby AC | 1.76 | | o | o | xxx | | | | | | | 1.81 | | 2.06 | | | 9 |
| 5 | 224 | Stephen GUEST (U17M) (W) | Bridgend AC | 1.76 | | o | o | o | xxo | xxx | | | | | 1.89 | PB | 1.88 | | | 6 |
| 6 | 225 | Matt LEDGER (SM) (W) | Cardiff AAC | 1.76 | | o | o | xxo | xxx | | | | | | 1.86 | | 2.00 | | | 7 |
| 7 | 226 | Lewis LONG (U23M) (W) | Cardiff AAC | 1.76 | | xo | o | xxx | | | | | | | 1.81 | | 1.90 | | | 10 |
| 8 | 227 | Robert MITCHELL (SM) (W) | Sale Harriers Manchester | 2.01 | o | xxx | | | | | | | xo | xxo | 2.07 | | 2.25 | | | 1 |
| 9 | 228 | James SCHOFIELD (SM) (W) | Brecon AC | 1.71 | o | o | o | xo | xo | o | xo | xxw | | | 1.95 | PB | 1.93 | | | 4 |
| 10 | 229 | Jamie THOMAS (SM) (W) | Birchfield Harriers | 1.95 | xxx | | | | | | o | pass | o | o | 2.04 | | 2.08 | | | 2 |
| 11 | 230 | Daniel WILLIAMS (U23M) (W) | Aberdare VAAC | 1.71 | o | xxo | xxx | | | | | | | | 1.76 | | 1.80 | | | 11 |
| 12 | | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | JUDGES' SIGNATURES | | | | | |
| No. | NAME | | | CLUB | PERF | No. | NAME | | | CLUB | PERF | | | | | | | | | |
| 1 | 227 | Robert MITCHELL (SM) (W) | Sale Harriers Manchester | 2.07 | 9 | 223 | Adam GALLIE (SM) * | Derby AC | 1.81 | | | | | | | | | | | |
| 2 | 229 | Jamie THOMAS (SM) (W) | Birchfield Harriers | 2.04 | 10 | 226 | Lewis LONG (U23M) (W) | Cardiff AAC | 1.81 | | | | | | | | | | | |
| 3 | 222 | Adam DAVIES (U20M) (W) | Pembroke Harriers | 1.95 | 11 | 230 | Daniel WILLIAMS (U23M) (W) | Aberdare VAAC | 1.76 | | | | | | | | | | | |
| 4 | 228 | James SCHOFIELD (SM) (W) | Brecon AC | 1.95 | 12 | | | | | | | | | | | | | | | |
| 5 | 221 | Owen CHESHER (SM) (W) | Brecon AC | 1.95 | 13 | | | | | | | | | | | | | | | |
| 6 | 224 | Stephen GUEST (U17M) (W) | Bridgend AC | 1.89 | 14 | | | | | | | | | | | | | | | |
| 7 | 225 | Matt LEDGER (SM) (W) | Cardiff AAC | 1.86 | 15 | | | | | | | | | | | | | | | |
| 8 | 39 | Wayne TAYLOR (U23M) * | Thames Valley H | 1.81 | 16 | | | | | | | | | | | | | | | |
| | | | | | | | | | | | REFEREE'S SIGNATURE | | | | | | | | | |

Welsh Athletics : Distance Card

| Meeting | | Welsh Senior Open Championships | | Venue | NIAC. Cardiff, Cyncoed | | Time | 2:30 PM | | Date | Saturday 23 January 2010 | | | |
|-------------------------------|-----|---------------------------------|--------------------------------|--------------------------------------|------------------------|-----------|--------------------------------------|--------------|-----------|--------------------|--------------------------|---------------------|-------|-------------------|
| Event | | F7 / SW - TRIPLE JUMP FINAL | | All Comers Record | | | Yamile Aldama, Cuba, 14.11, 2003 | | | | | | | |
| F7 | | | | Welsh Indoor Record | | | Sara Barry, Cardiff AAC, 12.47, 2009 | | | | | | | |
| Championship Best Performance | | | | Sara Barry, Cardiff AAC, 12.53, 2009 | | | | | | | | | | |
| 2009 Welsh Champion | | | Sara Barry, Cardiff AAC, 12.53 | | | | | | | | | | | |
| Order | BIB | Name | Club | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Pos aft 3 | 4th Trial | 5th Trial | 6th Trial | Best of 6 Trials | PB | Final Position |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | |
| 1 | 268 | Victoria LLOYD (SW) (W) | Carmarthen Harriers | 10.89 | 10.93 | 11.01 | 11.01 | 1 | 10.71 | 10.69 | NJ | 11.01 | 11.44 | 1 |
| 2 | 278 | Amy BRADLEY (U20W) (W) | Cwmbran Harriers | NJ | NJ | 10.25 | 10.25 | 4 | 10.12 | 10.20 | NJ | 10.25 | 11.06 | 4 |
| 3 | 279 | Donna JONES (SW) (W) | Swansea Harriers | 10.14 | 10.41 | 10.37 | 10.41 | 3 | 10.22 | 10.26 | 10.43 | 10.43 | 10.90 | 3 |
| 4 | 280 | Megan O'SULLIVAN (U17W) (W) | Cardiff AAC | NJ | 10.92 | 10.82 | 10.92 | 2 | 10.86 | 10.39 | 10.55 | 10.92 | 10.87 | 2 |
| 5 | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | REFEREE SIGNATURE | | |
| POS | BIB | NAME | CLUB | Distance | POS | BIB | NAME | CLUB | Distance | JUDGES' SIGNATURES | | | | |
| 1 | 268 | Victoria LLOYD (SW) (W) | Carmarthen Harriers | 11.01 | 9 | | | | | | | | | |
| 2 | 280 | Megan O'SULLIVAN (U17W) (W) | Cardiff AAC | 10.92 | 10 | | | | | | | | | |
| 3 | 279 | Donna JONES (SW) (W) | Swansea Harriers | 10.43 | 11 | | | | | | | | | |
| 4 | 278 | Amy BRADLEY (U20W) (W) | Cwmbran Harriers | 10.25 | 12 | | | | | | | | | |
| 5 | | | | | 13 | | | | | | | | | |
| 6 | | | | | 14 | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | |

Welsh Athletics - Height Card

| Meeting | | Welsh Senior Indoor Open Championships | | | | Venue | NIAC, UWIC - Cyncoed | | | | | | Time | 3:00 PM | Date | Saturday 23 January 2010 | | | | | | |
|---------|--------|--|--------------------------|----------|----------------------------------|-------------------------------|----------------------|------|--------------------------------------|------|------|------|------|---------|------|--------------------------|----|------------------|----------------|--------------|----------|------|
| Event | | F8 / SW - POLE VAULT FINAL | | | | All Comers Record | | | Emma Lyons England 4.27 2009 | | | | | | | | | | | | | |
| F8 | | | | | | Welsh Indoor Record | | | Rhian Clarke Essex Ladies 4.20 2001 | | | | | | | | | | | | | |
| | | | | | | Championship Best Performance | | | Sonia Lawrence Cardiff AAC 4.00 2002 | | | | | | | | | | | | | |
| | | 2009 Welsh Champion | | | Jessica Abraham Cardiff AAC 3.61 | | | | | | | | | | | | | | | | | |
| Order | Number | NAME | CLUB | UPRIGHTS | Start Height | 2.65 | 2.85 | 3.05 | 3.25 | 3.45 | 3.61 | 3.75 | 3.88 | 4.01 | 4.11 | Best of All | PB | Trials at Height | Total Failures | Total Trials | Position | |
| | | | | | | 4.16 | 4.21 | 4.26 | 4.31 | 4.36 | 4.41 | | | | | | | | | | | |
| | | | | | | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | | | | | | | Mtrs |
| 1 | 246 | Faye PITTMAN (SW) * | Unattached | | 2.65 | xo | o | xxo | xxx | | | | | | | 3.05 | PB | 3.72 | | | 15 | |
| 2 | 239 | Rhianydd LLEWELLYN (U17W) (W) | Bridgend AC | | 3.05 | | | xxx | | | | | | | | NHR | | 4.21 | | | | |
| 3 | 236 | Naomi JAMES (U20W) (W) | Swansea Harriers | | 3.25 | | | | o | xxx | | | | | | 3.25 | | 3.65 | | | 12 | |
| 4 | 237 | Claire KENNEDY (SW) * | Edinburgh AC | | 3.05 | | | | o | o | xxx | | | | | 3.25 | | 3.95 | | | 13 | |
| 5 | 235 | Christina HUGHES (U20W) (W) | Deeside AAC | | 3.25 | | | | o | xxx | | | | | | 3.25 | | 3.60 | | | 14 | |
| 6 | 245 | Sally PEAKE (SW) (W) | Liverpool Harriers & AC | | | | | | | | | | | | | | | 3.50 | | | | |
| 7 | 233 | Rebecca DAVIES (U20W) (W) | Deeside AAC | | 3.25 | | | | o | xo | xxx | | | | | 3.45 | | 3.53 | | | 11 | |
| 8 | 243 | Lyndsey MAUND (SW) (W) | Swansea Harriers | | | | | | | | | | | | | | | 3.74 | | | 16 | |
| 9 | 231 | Jessica ABRAHAM (U23W) (W) | Cardiff AAC | | 3.45 | | | | | o | o | o | xxx | | | 3.75 | PB | 3.35 | | | 6 | |
| 10 | 238 | Elinor LEWIS (U20W) (W) | Cardiff AAC | | 3.25 | | | | o | o | xxx | | | | | 3.45 | | 4.31 | | | 10 | |
| 11 | 250 | Sophie UPTON (U23W) * | Windsor Slough Eton & H | | 3.61 | | | | | o | o | xxo | xxx | | | 3.88 | PB | 4.15 | | | 5 | |
| 12 | 234 | Abi HAYWOOD (U20W) * | Sale Harriers Manchester | | 3.61 | | | | | | o | xxo | xxx | | | 3.75 | | 4.07 | | | 8 | |
| 13 | 247 | Bryony RAINE (SW) (W) | Cardiff AAC | | 3.61 | | | | | o | o | o | o | xo | | 4.11 | PB | 3.70 | | | 2 | |
| 14 | 249 | Maria SEAGER (U23W) * | Woodford Green & Essex L | | 3.61 | | | | | o | o | o | xo | xxx | | 4.01 | | 4.15 | | | 3 | |
| 15 | 242 | Anna MASSEY (SW) * | Sale Harriers Manchester | | 3.61 | | | | | | xxo | xo | xxx | | | 3.75 | | 3.60 | | | 7 | |
| 16 | 248 | Sally SCOTT (U23W) * | Trafford AC | | 3.75 | | | | | | | xo | o | xxx | | 3.88 | | 2.63 | | | 4 | |

FULL RESULTS

JUDGES' SIGNATURES

| No. | NAME | CLUB | PERF | No. | NAME | CLUB | PERF |
|-----|------|----------------------------|------|-----|------|-----------------------------|------|
| 1 | 244 | Henrietta PAXTON (SW) * | 4.31 | 9 | 240 | Emma LYONS (SW) * | 3.75 |
| 2 | 247 | Bryony RAINE (SW) (W) | 4.11 | 10 | 238 | Elinor LEWIS (U20W) (W) | 3.45 |
| 3 | 249 | Maria SEAGER (U23W) * | 4.01 | 11 | 233 | Rebecca DAVIES (U20W) (W) | 3.45 |
| 4 | 248 | Sally SCOTT (U23W) * | 3.88 | 12 | 236 | Naomi JAMES (U20W) (W) | 3.25 |
| 5 | 250 | Sophie UPTON (U23W) * | 3.88 | 13 | 237 | Claire KENNEDY (SW) * | 3.25 |
| 6 | 231 | Jessica ABRAHAM (U23W) (W) | 3.75 | 14 | 235 | Christina HUGHES (U20W) (W) | 3.25 |
| 7 | 242 | Anna MASSEY (SW) * | 3.75 | 15 | 246 | Faye PITTMAN (SW) * | 3.05 |
| 8 | 234 | Abi HAYWOOD (U20W) * | 3.75 | 16 | 243 | Lyndsey MAUND (SW) (W) | |

REFEREE'S SIGNATURE

Welsh Athletics - Height Card

| Meeting | | Welsh Senior Indoor Open Championships | | | | Venue | NIAC, UWIC - Cyncoed | | | | | Time | 3:00 PM | Date | Saturday 23 January 2010 | | | | | | |
|---------------------|--------|--|--------------------------|----------|----------------------------------|-------------------------------|----------------------|------|--------------------------------------|---------|------|------|---------|------|--------------------------|--------------------|------|------------------|----------------|--------------|----------|
| Event | | F8 / SW - POLE VAULT FINAL | | | | All Comers Record | | | Emma Lyons England 4.27 2009 | | | | | | | | | | | | |
| F8 | | | | | | Welsh Indoor Record | | | Rhian Clarke Essex Ladies 4.20 2001 | | | | | | | | | | | | |
| | | | | | | Championship Best Performance | | | Sonia Lawrence Cardiff AAC 4.00 2002 | | | | | | | | | | | | |
| | | 2009 Welsh Champion | | | Jessica Abraham Cardiff AAC 3.61 | | | | | | | | | | | | | | | | |
| Order | Number | NAME | CLUB | UPRIGHTS | Start Height | 2.65 | 2.85 | 3.05 | 3.25 | 3.45 | 3.61 | 3.75 | 3.88 | 4.01 | 4.11 | Best of All | PB | Trials at Height | Total Failures | Total Trials | Position |
| | | | | | | 4.16 | 4.21 | 4.26 | 4.31 | | | | | | | | | | | | |
| | | | | | | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | | | | | | |
| 17 | 241 | Kirsty MAGUIRE (SW) * | Edinburgh AC | | | | | | | | | | | | | | 4.05 | | | | |
| 18 | 244 | Henrietta PAXTON (SW) * | Birchfield Harriers | | 4.01 | pass | o | o | o | retired | | | | o | xxx | 4.31 | PB | 4.14 | | | 1 |
| 19 | 232 | Louise BUTTERWORTH (SW) * | Birchfield Harriers | | | | | | | | | | | | | | 4.05 | | | | |
| 20 | 240 | Emma LYONS (SW) * | Sale Harriers Manchester | | 3.45 | | | | | xo | xo | xxo | xxx | | | 3.75 | 3.80 | | | | 9 |
| 21 | | | | | | | | | | | | | | | | | | | | | |
| 22 | | | | | | | | | | | | | | | | | | | | | |
| 23 | | | | | | | | | | | | | | | | | | | | | |
| 24 | | | | | | | | | | | | | | | | | | | | | |
| 25 | | | | | | | | | | | | | | | | | | | | | |
| 26 | | | | | | | | | | | | | | | | | | | | | |
| 27 | | | | | | | | | | | | | | | | | | | | | |
| 28 | | | | | | | | | | | | | | | | | | | | | |
| 29 | | | | | | | | | | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | | | | | | | | | | |
| 31 | | | | | | | | | | | | | | | | | | | | | |
| 32 | | | | | | | | | | | | | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | | JUDGES' SIGNATURES | | | | | |
| | No. | NAME | CLUB | PERF | | No. | NAME | CLUB | PERF | | | | | | | | | | | | |
| 17 | | | | | 25 | | | | | | | | | | | | | | | | |
| 18 | | | | | 26 | | | | | | | | | | | | | | | | |
| 19 | | | | | 27 | | | | | | | | | | | | | | | | |
| 20 | | | | | 28 | | | | | | | | | | | | | | | | |
| 21 | | | | | 29 | | | | | | | | | | | | | | | | |
| 22 | | | | | 30 | | | | | | | | | | | | | | | | |
| 23 | | | | | 31 | | | | | | | | | | | | | | | | |
| 24 | | | | | 32 | | | | | | | | | | | | | | | | |
| REFEREE'S SIGNATURE | | | | | | | | | | | | | | | | | | | | | |

Welsh Athletics - Height Card

| Meeting | | Welsh Senior Indoor Open Championships | | | Venue | NIAC, UWIC - Cyncoed | | | | | Time | 3:45 PM | Date | Saturday 23 January 2010 | | | | | | |
|--------------|------------------------------|--|----------------------|--------------|-----------------------------------|----------------------|-----------------------------------|------|---------|-------------------------------------|------|---------|------|--------------------------|---------------------|-----|----------------------|----------------|--------------|----------|
| Event | | F9 / SW - HIGH JUMP FINAL | | | All Comers Record | | | | | Susan Jones England 1.90 2002 | | | | | | | | | | |
| F9 | | | | | Welsh Indoor Record | | | | | Julie Crane Sale Harriers 1.90 2005 | | | | | | | | | | |
| | | | | | Championship Best Performance | | | | | Julie Crane Sale Harriers 1.86 2004 | | | | | | | | | | |
| | | 2009 Welsh Champion | | | | | Sian Swanson Maldwyn Harriers 1.6 | | | | | | | | | | | | | |
| Order | Number | NAME | CLUB | Start Height | 1.41 | 1.46 | 1.51 | 1.56 | 1.61 | 1.64 | 1.67 | 1.70 | 1.75 | 1.79 | Best of All | PB | Trials at Ht Cleared | Total Failures | Total Trials | Position |
| | | | | | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | Mtrs | | | | | | |
| 1 | 50 | Kate LYSONS (U20W) * | UWIC | 1.41 | o | o | o | o | xxx | | | | | | 1.56 | | 1.66 | | | 6 |
| 2 | 53 | Katy SEALY (U23W) * | UWIC | 1.46 | | o | o | o | o | xxx | | | | | 1.61 | | 1.63 | | | 4 |
| 3 | 54 | Serita SHONE (U23W) * | Bath University | 1.51 | | | o | xo | xxo | xxx | | | | | 1.61 | | 1.62 | | | 5 |
| 4 | 216 | Ffion BODILLY (U17W) (W) | Cardiff AAC | 1.46 | | o | o | o | o | xo | xxo | xxx | | | 1.67 | =PB | 1.67 | | | 3 |
| 5 | 217 | Lucy HODGINS (U23W) * | Vale of Aylesbury AC | 1.56 | | | | o | retired | | | | | | 1.56 | | 1.70 | | | 7 |
| 6 | 218 | Imogen MILES (SW) (W) | Cardiff AAC | 1.41 | o | o | o | xxx | | | | | | | 1.51 | | 1.60 | | | 8 |
| 7 | 219 | Ceri STOKOE (SW) (W) | Swansea Harriers | 1.64 | | | | | | o | o | o | xxo | xxx | 1.75 | | 1.79 | | | 1 |
| 8 | 220 | Sian SWANSON (U20W) (W) | Maldwyn Harriers | 1.56 | | | | o | o | xxo | o | xxx | | | 1.67 | | 1.73 | | | 2 |
| 9 | 300 | Anna ALEXANDER-HOLMES (U17) * | Team Bath AC | 1.41 | o | o | xo | xxx | | | | | | | 1.51 | PB | | | | 9 |
| 10 | | | | | | | | | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | | | | JUDGES' SIGNATURES | | | | | |
| No. | NAME | CLUB | PERF | No. | NAME | CLUB | PERF | | | | | | | | | | | | | |
| 1 | 219 Ceri STOKOE (SW) (W) | Swansea Harriers | 1.75 | 9 | 300 Anna ALEXANDER-HOLMES (U17) * | Team Bath AC | 1.51 | | | | | | | | | | | | | |
| 2 | 220 Sian SWANSON (U20W) (W) | Maldwyn Harriers | 1.67 | 10 | | | | | | | | | | | | | | | | |
| 3 | 216 Ffion BODILLY (U17W) (W) | Cardiff AAC | 1.67 | 11 | | | | | | | | | | | | | | | | |
| 4 | 53 Katy SEALY (U23W) * | UWIC | 1.61 | 12 | | | | | | | | | | | | | | | | |
| 5 | 54 Serita SHONE (U23W) * | Bath University | 1.61 | 13 | | | | | | | | | | | | | | | | |
| 6 | 50 Kate LYSONS (U20W) * | UWIC | 1.56 | 14 | | | | | | | | | | | | | | | | |
| 7 | 217 Lucy HODGINS (U23W) * | Vale of Aylesbury AC | 1.56 | 15 | | | | | | | | | | | | | | | | |
| 8 | 218 Imogen MILES (SW) (W) | Cardiff AAC | 1.51 | 16 | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | REFEREE'S SIGNATURE | | | | | |

Welsh Athletics : Distance Card

| Meeting | | Welsh Senior Open Championships | | Venue | NIAC. Cardiff, Cyncoed | | Time | 4:00 PM | | Date | Saturday 23 January 2010 | | | |
|---------------------|-----|---------------------------------|-----------------------|-------------------------------|---|-----------|--|--------------|-----------|--------------------|--------------------------|---------------------|-------|-------------------|
| Event | | F10 / SM - TRIPLE JUMP FINAL | | All Comers Record | | | Julian Golley, England, 16.05, 2001 | | | | | | | |
| F10 | | | | Welsh Indoor Record | | | Steven Shalders, Cardiff AAC, 16.39, 2006 | | | | | | | |
| | | | | Championship Best Performance | | | Navid Childs, Thames Valley H, 14.56, 2009 | | | | | | | |
| | | 2009 Welsh Champion | | | Navid Childs, Thames Valley Harriers, 14.56 | | | | | | | | | |
| Order | BIB | Name | Club | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Pos aft 3 | 4th Trial | 5th Trial | 6th Trial | Best of 6 Trials | PB | Final Position |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | | | |
| 1 | 41 | Phillip WARWICKER (U20M) * | UWIC | 14.87 | 13.07 | 11.30 | 14.87 | 1 | 12.99 | 12.59 | NJ | 14.87 | 13.45 | 1 |
| 2 | 58 | Owen JONES (SM) (W) | Carmarthen Harriers | | | | | | | | | | 14.53 | |
| 3 | 272 | Navid CHILDS (SM) (W) | Thames Valley H | | | | | | | | | | 15.25 | |
| 4 | 276 | Thomas KIVELL (U23M) (W) | Cardiff AAC | | | | | | | | | | 14.16 | |
| 5 | 281 | Rory CONSTABLE (U20M) * | Team Southampton | | | | | | | | | | 14.32 | |
| 6 | 282 | Niall COUNIHAN (SM) * | Ireland | 13.71 | 11.94 | 13.66 | 13.71 | 5 | NJ | NJ | 13.57 | 13.71 | 14.30 | 5 |
| 7 | 283 | Denis FINNEGAN (U23M) * | UCC AC (IRE) | 13.57 | 11.94 | 13.72 | 13.72 | 3 | 13.84 | 13.86 | 14.16 | 14.16 | 14.67 | 3 |
| 8 | 284 | Darren MARCH (U20M) * | Medway & Maidstone AC | NJ | 14.32 | 14.39 | 14.39 | 2 | NJ | 13.65 | NJ | 14.39 | 14.87 | 2 |
| 9 | 285 | Ross MCKENZIE (U20M) (W) | Cardiff AAC | NJ | NJ | 12.69 | 12.69 | 6 | NJ | NJ | NJ | 12.69 | 12.59 | 6 |
| 10 | 286 | Adam WILLIAMS (U23M) (W) | UWIC | 13.72 | NJ | NJ | 13.72 | 3 | 13.73 | 13.65 | 13.82 | 13.82 | 14.05 | 4 |
| 11 | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | |
| FULL RESULTS | | | | | | | | | | | | REFEREE SIGNATURE | | |
| POS | BIB | NAME | CLUB | Distance | POS | BIB | NAME | CLUB | Distance | JUDGES' SIGNATURES | | | | |
| 1 | 41 | Phillip WARWICKER (U20M) * | UWIC | 14.87 | 9 | | | | | | | | | |
| 2 | 284 | Darren MARCH (U20M) * | Medway & Maidstone AC | 14.39 | 10 | | | | | | | | | |
| 3 | 283 | Denis FINNEGAN (U23M) * | UCC AC (IRE) | 14.16 | 11 | | | | | | | | | |
| 4 | 286 | Adam WILLIAMS (U23M) (W) | UWIC | 13.82 | 12 | | | | | | | | | |
| 5 | 282 | Niall COUNIHAN (SM) * | Ireland | 13.71 | 13 | | | | | | | | | |
| 6 | 285 | Ross MCKENZIE (U20M) (W) | Cardiff AAC | 12.69 | 14 | | | | | | | | | |
| 7 | | | | | 15 | | | | | | | | | |
| 8 | | | | | 16 | | | | | | | | | |

Medal Table and Event winners

| Age Group | Event | 1st place | 2nd place | 3rd Place | 2009 Champion | Club | Perf | club | Gold | Silver | Bronze | Total |
|---------------|---------------------|----------------------------|---------------------|-----------------------------|------------------------------|--------------------------|-------------------|-----------------------------|------|--------|--------|-------|
| DR INDOOR C | 60m | Cardiff AAC | Swansea Harriers | Derby AC | Liam DUFF (SM) (W) | Cardiff AAC | 6.90 | Cardiff AAC | 5 | 9 | 3 | 17 |
| | 200m | Cardiff AAC | Bridgend AC | Ireland | Gareth HOPKINS (U20M) (W) | Cardiff AAC | 22.16 | Carmarthen Harriers | 5 | 1 | 3 | 9 |
| | 400m | Sale Harriers Manchester | Carmarthen Harriers | | Adebowale ADEMUYEWO (SM) (W) | Sale Harriers Manchester | 50.03 | Swansea Harriers | 2 | 1 | 6 | 9 |
| | 800m | Bristol & West AC | Gloucester AC | Gloucester AC | Tom MARLEY (U23M) (W) | Bristol & West AC | 1:53.27 | Sale Harriers Manchester | 2 | | | 2 |
| | 1500m | Belgrave Harriers | Cardiff AAC | Cwmbran Harriers | Stephen DAVIES (SM) (W) | Belgrave Harriers | 3:48.37 | Birchfield Harriers | 1 | 3 | 1 | 5 |
| | 60m Hdl | Swansea Harriers | | | Steven BOYLES (SM) (W) | Swansea Harriers | 8.74 | Newport Harriers | 1 | 1 | 1 | 3 |
| | HIGH JUMP | Sale Harriers Manchester | Birchfield Harriers | Pembroke Harriers | Robert MITCHELL (SM) (W) | Sale Harriers Manchester | 2.07 | Pembroke Harriers | 1 | 1 | 1 | 3 |
| | POLE VAULT | Loughborough Students AC | Birchfield Harriers | Cardiff AAC | Paul WALKER (SM) (W) | Loughborough Students AC | 5.01 | Aberdare VAAC | 1 | 1 | | 2 |
| | LONG JUMP | Thames Valley H | Cardiff AAC | Swansea Harriers | Matthew HULYER (SM) (W) | Thames Valley H | 6.79 | Deeside AAC | 1 | | 1 | 2 |
| | TRIPLE JUMP | UWIC | Cardiff AAC | | Adam WILLIAMS (U23M) (W) | UWIC | 13.82 | Amman Valley | 1 | | | 1 |
| SHOT (7.26kg) | Birchfield Harriers | Birchfield Harriers | Birchfield Harriers | Ryan SPENCER-JONES (SM) (W) | Birchfield Harriers | 17.32 | Belgrave Harriers | 1 | | | 1 | |
| SW | 60m | Deeside AAC | Wrexham AC | Cardiff AAC | Hannah PENDLEBURY (U20W) (W) | Deeside AAC | 7.82 | Bristol & West AC | 1 | | | 1 |
| | 200m | Newport Harriers | Cardiff AAC | Wrexham AC | Rebecca WILLIAMS (U23W) (W) | Newport Harriers | 25.23 | City of Sheffield | 1 | | | 1 |
| | 400m | | | | | | | Colwyn Bay | 1 | | | 1 |
| | 800m | Amman Valley | City of York AC | | Jade WILLIAMS (SW) (W) | Amman Valley | 2:13.11 | Loughborough Students AC | 1 | | | 1 |
| | 1500m | | | | | | | Spain | 1 | | | 1 |
| | 60m Hdl | Carmarthen Harriers | Newport Harriers | Swansea Harriers | Heather JONES (SW) (W) | Carmarthen Harriers | 8.95 | Thames Valley H | 1 | | | 1 |
| | HIGH JUMP | Swansea Harriers | Maldwyn Harriers | Cardiff AAC | Ceri STOKOE (SW) (W) | Swansea Harriers | 1.75 | UWIC | 1 | | | 1 |
| | POLE VAULT | Cardiff AAC | Cardiff AAC | Deeside AAC | Bryony RAINE (SW) (W) | Cardiff AAC | 4.11 | Bridgend AC | | 4 | | 4 |
| | LONG JUMP | Spain | Cardiff AAC | Swansea Harriers | Lara RICHARDS (SW) (W) | Spain | 5.76 | Cwmbran Harriers | | 1 | 1 | 2 |
| | TRIPLE JUMP | Carmarthen Harriers | Cardiff AAC | Swansea Harriers | Victoria LLOYD (SW) (W) | Carmarthen Harriers | 11.01 | Gloucester AC | | 1 | 1 | 2 |
| SHOT (4.00kg) | City of Sheffield | Bingley Harriers & AC/UWIC | | Tesni WARD (U20W) (W) | City of Sheffield | 13.35 | Wrexham AC | | 1 | 1 | 2 | |
| U13B | 800m | Carmarthen Harriers | Aberdare VAAC | Carmarthen Harriers | Nikita NEARY | Carmarthen Harriers | 2:23.77 | Bingley Harriers & AC/UWIC | | 1 | | 1 |
| U13G | 800m | Cardiff AAC | Bridgend AC | Carmarthen Harriers | MeganTATENHAL | Cardiff AAC | 2:40.93 | City of York AC | | 1 | | 1 |
| U15B | 800m | Carmarthen Harriers | Cardiff AAC | Swansea Harriers | Rhys GRANVILLE | Carmarthen Harriers | 2:14.11 | Maldwyn Harriers | | 1 | | 1 |
| U15G | 800m | Colwyn Bay | Bridgend AC | Swansea Harriers | Abigail BACKSHALL | Colwyn Bay | 2:28.93 | Derby AC | | | 1 | 1 |
| U17M | 800m | Cardiff AAC | Cwmbran Harriers | Newport Harriers | Alex COOMBER | Cardiff AAC | 2:01.49 | Ireland | | | 1 | 1 |
| U17W | 800m | Pembroke Harriers | Bridgend AC | | Lauren BELL | Pembroke Harriers | 2:14.11 | Aldershot Farnham & Dist AC | | | | |
| U20M | 800m | Aberdare VAAC | Pembroke Harriers | Carmarthen Harriers | Craig SPROD (U20M) (W) | Aberdare VAAC | 2:04.46 | Amber Valley AC | | | | |
| U20W | 800m | Carmarthen Harriers | Cardiff AAC | | Angharad DAVIES (U20W) (W) | Carmarthen Harriers | 2:24.17 | Ashford AC | | | | |
| | | | | | | | | Ballymena & Antrim AC | | | | |