

Cardiff Met Uni

GRAND PRIX SERIES

FIXTURE 1

RESULTS

Sunday-04-February-2018



**Cardiff Met Grand Prix 3
Non Thomas Open
Sunday 4th February 2018**



T07-Men 60m - Open

AC Record - Jason GARDENER, England, 6.52, 2002

Welsh Record - Colin JACKSON, Cardiff AAC, 6.49, 1994

Grand Prix Best - Harry AIKINES-ARYEETAY, Sutton & District, 6.66, 2017

Pos	Bib	Athlete	Club	Final Perf
1	885	James LELLIOTT-SENM	Bournemouth AC (GP3)	6.83
2	662	Scott BAJERE-SENM	Bristol & West AC (GP3)	6.85
3	666	Elliott POWELL-SENM	Leicester Coritainas (GP3)	6.87
4	337	Kane DENSLEY -SENM	Cardiff Met (GP3)	6.90
5	277	Arron OWEN -SENM	Cardiff Met (GP3)	6.90
6	693	Lemarl FRECKLETON-SENM	Swansea Harriers (GP3)	6.92
7	687	William KENNEDY-SENM	Bristol & West AC (GP3)	6.96
8	856	Ceirion HOPKINS -U20M	Neath Harriers (GP3)	7.04

Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

T04-Men 60m - Open

9 heats

AC Record - Jason GARDENER, England, 6.52, 2002

Welsh Record - Colin JACKSON, Cardiff AAC, 6.49, 1994

Grand Prix Best - Harry AIKINES-ARYEETAY, Sutton & District, 6.66, 2017

Heat 1				Heat 2							
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	872	Michael SHONIBARE-U20M	Victoria Park (GP3)	7.21	16	1	253	Josh GILLESPIE-U20M	Millfield (GP3)	7.19	15
2	385	Thomas CASSON-U20M	Poole AC (SWE)	7.24	19	2	881	Zakariya SHAIKH-SENM	UWE (GP3)	7.51	43
3	737	Daniel BANKS-SENM	Worcester AC (GP3)	7.27	21	3	669	Delano STEWART-U20M	Team Bath AC (GP3)	7.61	48
4	381	Scott GUNNING-SENM	Swindon Harriers (SWE)	7.28	23	4	824	Chris LLOYD-SENM	Run4All Neath (GP3)	7.62	49
5	379	Rory CAWKWELL-U20M	Gloucester AC (SWE)	7.31	24	5	366	Jonathan EVANS-U20M	Team Bath AC (SWE)	7.66	51
6	792	Alex EVELEGH-SENM	UWE (GP3)	7.31	24	6	325	Sean P PENALVER -SENM	Cardiff Met (GP3)	7.71	55
7	497	Talal ALALAMI-SENM	Belgrave Harriers (GP3)	7.33	27	7	490	Luke SIMPSON-SENM	Bristol & West AC (GP3)	7.89	58
8	1096	Victor ZHANG	Cardiff AAC (GP3)	7.98	59	8	489	Mark ELLERY-SENM	Bristol & West AC (GP3)	8.29	62

Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

Heat 3				Heat 4							
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	793	Samuel RUTHERFORD-U20M	Newport Harriers (GP3)	7.27	21	1	856	Ceirion HOPKINS -U20M	Neath Harriers (GP3)	7.03	7
2	679	Ben TULLOCH-U20M	Bristol & West AC (GP3)	7.44	32	2	384	Matthew ALVAREZ-U20M	Taunton AC (SWE)	7.03	9
3	361	Euco LIMA-SENM	UWE (SWE)	7.45	33	3	871	Callum REA-SENM	Lavington Athletics (GP3)	7.09	11
4	372	Trey REID-U20M	Bristol & West AC (SWE)	7.45	33	4	298	Tyler WILLIAMS -SENM	Cardiff Met (GP3)	7.11	13
5	233	Muhamed-Mustaph ANIMASHAWUN-U20M	Millfield (GP3)	7.47	36	5	242	Ahmed HAMED-U20M	Millfield (GP3)	7.26	20
6	697	Tai Jan DEIRICH-U20M	SGS College (GP3)	7.48	38	6	826	Kyle ARNOLD-SENM	Newport Harriers (GP3)	7.34	28
7	316	Justin TARRANT -SENM	Cardiff AAC (GP3)	7.49	39	DQ	621	Kenny HOWARD-SENM	Unattached (GP3)	R 162.6	

Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

Heat 5				Heat 6							
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	391	Jack IRISH-U20M	Taunton AC (SWE)	7.36	29	1	886	Alfie ROWETT-SENM	Cardiff University (GP3)	7.11	12
2	696	Ruben FINDLAY-U20M	Bristol & West AC (GP3)	7.49	39	2	684	Oladele BAMISAYE-SENM	Swansea Harriers (GP3)	7.18	14
3	889	Tim MCKEE-U20M	Taunton AC (GP3)	7.57	44	3	1097	Scott BARRETT-SENM	Cardiff Met (GP3)	7.22	17
4	843	Harri WHEELER-SEXTON-U20M	Cardiff AAC (GP3)	7.58	45	4	725	Chai CHAI-SENM	Swansea University (GP3)	7.45	33
5	389	William SCAMELL-U20M	Team Bath AC (SWE)	7.59	46	5	665	Jacob WILKINSON-U20M	Lavington Athletics (GP3)	7.70	54
6	386	Joseph KEANE-U20M	Team Bath AC (SWE)	7.59	47	DQ	299	Troy REID -SENM	Cardiff Met (GP3)	R 162.6	
7	392	Sam STEPHENSON-U20M	City of Salisbury (SWE)	7.62	50						

Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

Heat 7				Heat 8							
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	666	Elliott POWELL-SENM	Leicester Coritainas (GP3)	6.97	3	1	694	Lewis EVANS-SENM	Unattached (GP3)	7.38	30
2	387	Benjamin DAVIDSON-U20M	Taunton AC (SWE)	7.31	24	2	260	Marcus SYCHTA-U20M	Millfield (GP3)	7.38	30
3	681	Callan SMITHSON-U20M	Cheltenham Harriers (GP3)	7.49	39	3	373	Tim PIKE-U20M	Bristol & West AC (SWE)	7.47	36
4	390	Joshua DYER-U20M	City of Salisbury (SWE)	7.69	53	4	237	Cliff SCHWABAUER-U20M	Millfield (GP3)	7.50	42
5	849	Ben MILES-SENM	Cheltenham Harriers (GP3)	7.81	57	5	252	Jami SCHLEUTER-U17M	Millfield (GP3)	7.66	51
6	378	Fernando SILVA-U20M	City of Salisbury (SWE)	8.02	60	6	358	Jacob NORCLIFFE-U20M	City of Salisbury (SWE)	7.71	55
7	664	Luke HICKS-SENM	Unattached (GP3)	8.14	61	7	374	Shaun BISHOP-SENM	Wimborne AC (SWE)	8.29	62
8	382	Darren THOMAS-SENM	Exeter Harriers (SWE)	8.36	64						

Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

Heat 9				Heat 10							
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	662	Scott BAJERE-SENM	Bristol & West AC (GP3)	6.93	1	1					
2	885	James LELLIOTT-SENM	Bournemouth AC (GP3)	6.94	2	2					
3	337	Kane DENSLEY -SENM	Cardiff Met (GP3)	6.99	4	3					
4	693	Lemarl FRECKLETON-SENM	Swansea Harriers (GP3)	7.00	5	4					
5	277	Arron OWEN -SENM	Cardiff Met (GP3)	7.00	6	5					
6	687	William KENNEDY-SENM	Bristol & West AC (GP3)	7.03	8	6					
7	879	Robinson OKUMU-U20M	Dorchester (GP3)	7.06	10	7					
8	341	Kieran SHAH -SENM	Cardiff Met (GP3)	7.23	18	8					

**Cardiff Met Grand Prix 3
Non Thomas Open
Sunday 4th February 2018**

T16-Men 200m - Open (inc SWE Sen & U20)

AC Record - Doug TURNER Wales 20.92 NIAC, Cardiff 2002

Welsh Record - Christian MALCOLM Cardiff AAC 20.54 Ghent, Belgium 2000

Grand Prix Best - Tim Abeyie, Woodford Green Essex Ladies, 21.72, 2008

				Heat 1					Heat 2
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	391	Jack IRISH-U20M	Taunton AC (SWE)	23.56	1	242	Ahmed HAMED-U20M	Millfield (GP3)	23.98
2	330	Jake ALLMAN -SENM	Cardiff Met (GP3)	23.74	2	881	Zakariya SHAIKH-SENM	UWE (GP3)	25.01
3	233	Muhamed-Mustaph ANIMASHAWUN-U20M	Millfield (GP3)	24.70	3	223	Neil TUNSTALL-MM55	Cornwall AC (WMA)	26.63
Photo				Heat 3	Photo				Heat 4
<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Perf	<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Perf
1	387	Benjamin DAVIDSON-U20M	Taunton AC (SWE)	24.46	1	872	Michael SHONIBARE-U20M	Victoria Park (GP3)	22.56
2	824	Chris LLOYD-SENM	Run4All Neath (GP3)	24.72	2	886	Alfie ROWETT-SENM	Cardiff University (GP3)	22.73
3	361	Euco LIMA-SENM	UWE (SWE)	24.94	3	385	Thomas CASSON-U20M	Poole AC (SWE)	24.76
DNF	392	Sam STEPHENSON-U20M	City of Salisbury (SWE)		DQ	384	Matthew ALVAREZ-U20M	Taunton AC (SWE)	
Photo				Heat 5	Photo				Heat 6
<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Perf	<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Perf
1	685	Jamie VERRAN-SENM	Cardiff AAC (GP3)	24.36	1	341	Kieran SHAH -SENM	Cardiff Met (GP3)	23.18
2	347	Richard HOLT-SENM	City of Salisbury (SWE)	24.43	2	792	Alex EVELEGH-SENM	UWE (GP3)	23.19
3	358	Jacob NORCLIFFE-U20M	City of Salisbury (SWE)	24.76	3	381	Scott GUNNING-SENM	Swindon Harriers (SWE)	23.73
4	386	Joseph KEANE-U20M	Team Bath AC (SWE)	25.09	4	379	Rory CAWKWELL-U20M	Gloucester AC (SWE)	23.90
Photo				Heat 7	Photo				Heat 8
<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Perf	<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Perf
1	686	Ethan KIRBY-U20M	Newton Abbot AC (GP3)	25.51	1	887	Kane LEE-SENM	Yate & District AC (GP3)	23.85
2	849	Ben MILES-SENM	Cheltenham Harriers (GP3)	25.51	2	688	Michael GARDINER-SENM	Cheltenham Harriers (GP3)	24.40
3	376	Paul GUEST-SENM	Yeovil Olympiads (SWE)	26.24	3	682	Philip GRUNDY-U20M	Cardiff AAC (GP3)	25.25
4	374	Shaun BISHOP-SENM	Wimborne AC (SWE)	27.81	4	836	John BRIDGE-U20M	Cardiff AAC (GP3)	25.80
Photo				Heat 9	Photo				Heat 10
<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Perf	<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Perf
1	1099	Ben PARIS-U20M	Cardiff Archers (GP3)	22.25	1	390	Joshua DYER-U20M	City of Salisbury (SWE)	24.43
2	879	Robinson OKUMU-U20M	Dorchester (GP3)	22.70	2	378	Fernando SILVA-U20M	City of Salisbury (SWE)	26.36
3	298	Tyler WILLIAMS -SENM	Cardiff Met (GP3)	22.76	3	489	Mark ELLERY-SENM	Bristol & West AC (GP3)	27.24
4	856	Ceirion HOPKINS -U20M	Neath Harriers (GP3)	23.17	Photo				
Photo				Heat 11	<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Heat 12
<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Perf	<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Perf
South West Senior Men Medallists					South West U20 Men Medallists				
1	381	Scott GUNNING-SENM	Swindon Harriers (SWE)	23.73	1	391	Jack IRISH-U20M	Taunton AC (SWE)	23.56
2	347	Richard HOLT-SENM	City of Salisbury (SWE)	24.43	2	379	Rory CAWKWELL-U20M	Gloucester AC (SWE)	23.90
3	361	Euco LIMA-SENM	UWE (SWE)	24.94	3	390	Joshua DYER-U20M	City of Salisbury (SWE)	24.43

T18-Men 400m - Open

AC Record - Matt ELIAS Wales 47.39 NIAC, Cardiff 2002

Welsh Record - Jamie BAULCH Cardiff AAC 45.39 NIA, Birmingham 1997

Grand Prix Best - Joe Thomas, Cardiff/Cardiff Met Uni, 48.46, 2009

				Heat 1					Heat 2
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	248	Matthew COLEMAN-U20M	Millfield (GP3)	50.92	1	730	Jack HOCKING-SENM	Worcester AC (GP3)	49.27
2	237	Cliff SCHWABAUER-U20M	Millfield (GP3)	50.97	2	231	Ollie THORNER-U20M	Millfield (GP3)	50.75
3	887	Kane LEE-SENM	Yate & District AC (GP3)	50.99	3	260	Marcus SYCHTA-U20M	Millfield (GP3)	52.61
Photo				Heat 3	Photo				Heat 4
<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Perf	<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Perf
1	1098	Rhodri WILLIAMS-SENM	Swansea Harriers (GP3)	53.22	1	532	Harvey REYNOLDS-U20M	Cardiff AAC (GP3)	51.48
2	836	John BRIDGE-U20M	Cardiff AAC (GP3)	53.49	2	347	Richard HOLT-SENM	City of Salisbury (SWE)	54.97
DQ	359	Martyn MORANT-SENM	South West Vets (SWE)		3	243	James ELIIS-U20M	Millfield (GP3)	55.77
Photo				Heat 5	Photo				Heat 6
<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Perf	<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Perf
1	343	Richard STRACHAN-SENM	Victoria Park (GP3)	49.04	1	495	Elliot DOUGHTY-U20M	Swindon Harriers (GP3)	54.21
2	623	Ben Topley TOPLEY-SENM	Birchfield Harriers (GP3)	50.81	2	450	Fraser GORVETT-U20M	Edinburgh AC (GP3)	58.03
3	683	Rhys GRANVILLE-SENM	Swansea University (GP3)	51.05	3	605	Peter WILCOCK-SENM	UWE (GP3)	59.32
Photo					Photo				
<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>					<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				

**Cardiff Met Grand Prix 3
Non Thomas Open
Sunday 4th February 2018**

T09-Men 800m - Open (inc SWE Sen & U20)

AC Record - Joe THOMAS Wales 1:47.82 Cardiff 2012
Welsh Record - Joe THOMAS Cardiff AAC 1:46.33 Stockholm, Sweden 2012
Grand Prix Best - James Nasrat, Newport Harriers, 1:49.80, 2006

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	375	Hayden FEY-U20M	Torbay AC (SWE)	2:05.17	1	365	Will STOCKLEY-U20M	Team Bath AC (SWE)	1:57.53
2	348	Ellery COLE-U20M	Team Bath AC (SWE)	2:05.91	2	351	Jed SKILTON-U20M	Poole AC (SWE)	1:57.76
3	360	Jack DUTTON-U20M	North Devon AC (SWE)	2:06.63	3	690	Owen LOCKE-U20M	Newport Harriers (GP3)	1:58.99
4	370	Ethan PIERCE-U20M	Swindon harriers (SWE)	2:07.11	4	369	Adam WILSON-SENM	Yate & District AC (SWE)	2:03.54
5	353	Jevgeni JUDIN-SENM	Exeter Harriers (SWE)	2:10.65	5	352	Themis BOWER-U20M	Team Bath AC (SWE)	2:04.95
6	395	Evan PRICE-DAVIES-U20M	Brecon AC (GP3)	2:12.44	6	579	Matthew COLE-SENM	Yeovil Olympiads (GP3)	2:06.85

Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

Heat 3				Heat 4					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	676	David WILLIAMS-SENM	Les Croupiers (GP3)	1:59.55	1	380	Finley MCLEAR-U20M	Exeter Harriers (SWE)	1:54.61
2	551	Andrew DEAN-YOUNG-SENM	Bristol & West AC (GP3)	2:02.06	2	544	Adrian LLOYD-DAVIES-U20M	Bridgnorth AC (GP3)	1:54.90
3	364	Guy PERKINS-SENM	Poole AC (SWE)	2:02.43	3	659	Dave RAGAN-SENM	Basingstoke & Mid Hants (GP3)	1:54.94
4	357	Joseph KELLIHER-U20M	Wimborne AC (SWE)	2:02.59	4	645	Oliver CARVELL-U20M	Bridgnorth AC (GP3)	1:56.15
5	660	Reece SHARMAN-NEWELL-U20M	Basingstoke & Mid Hants (GP3)	2:03.65	5	349	Nathan BROWN-U20M	Erme Valley Harriers (SWE)	1:58.41
6	450	Fraser GORVETT-U20M	Edinburgh AC (GP3)	2:05.04					

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Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

Heat 5				Heat 6					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	342	Michael PARRY-SENM	Cardiff Met (GP3)	2:09.13					
2	393	Liam HALLOWS-U20M	Erme Valley Harriers (SWE)	2:11.05					
3	668	Iwan SMITH-U20M	Cardiff AAC (GP3)	2:11.20					
4	383	Henry DIX-U20M	City of Salisbury (SWE)	2:17.59					
5	699	Adam STEVENS-SENM	University of Gloucestershire (GP3)	2:18.06					

Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

South West Senior Men Medallists				South West U20 Men Medallists					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	364	Guy PERKINS-SENM	Poole AC (SWE)	2:02.43	1	380	Finley MCLEAR-U20M	Exeter Harriers (SWE)	1:54.61
2	369	Adam WILSON-SENM	Yate & District AC (SWE)	2:03.54	2	365	Will STOCKLEY-U20M	Team Bath AC (SWE)	1:57.53
3	353	Jevgeni JUDIN-SENM	Exeter Harriers (SWE)	2:10.65	3	351	Jed SKILTON-U20M	Poole AC (SWE)	1:57.76

T14-Men 1500m - Open

AC Record - Stephen DAVIES Wales 3:41.25 2009
Welsh Record - James THIE Cardiff AAC 3:38.69 NIA, Birmingham 2004
Grand Prix Best - Stephen Davies, Belgrave, 3:42.39, 2012

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	670	Matthew SEDDON-SENM	Bracknell AC (GP3)	3:53.37	1	649	Adrian HAINES-SENM	Crawley (GP3)	4:22.21
2	363	Callum JONES-SENM	Cornwall AC (SWE)	3:53.81	2	535	Tc CHULU-U20M	South West RR (GP3)	4:22.40
3	280	Matthew WILLIAMS-SENM	Cardiff Met (GP3)	3:54.46	3	474	Billy COCHRANE-U20M	Bristol & West AC (GP3)	4:25.20
4	655	Allan STEWART-SENM	Chiltern Harriers (GP3)	3:56.86	4	674	Luke GAWTHORN-U20M	Newport Harriers (GP3)	4:26.57
5	371	John HOWORTH-U20M	Team Bath AC (SWE)	3:57.06	5	484	Anthony ROPER-SENM	Bristol & West AC (GP3)	4:45.42
6	727	Joshua MOODY-SENM	Bristol & West AC (GP3)	3:57.09	6	691	Craig BRIDGES-SENM	Team Bath AC (GP3)	4:53.08
7	368	Tom SYCKELMOORE-SENM	Basingstoke & Mid Hants (SWE)	3:58.21	7	383	Henry DIX-U20M	City of Salisbury (SWE)	5:01.40
8	591	Dan GALPIN-SENM	University of Bath (GP3)	4:06.98	DQ	334	Ben TULL-SENM	Cardiff Met (GP3)	

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Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

T12-Men & Women 1000m Invite

AC Record - No Record Set
Welsh Record - No Record Set
Grand Prix Best - Tom Penfold, Birchfield H, 2:30.87, 2008/Gemma Turtle, Shaftesbury Barnet, 2:50.83, 2008

Heat 1				
Pos	Bib	Athlete	Club	Perf
1	344	Tom MARSHALL-SENM	Cardiff AAC (GP3)	2:21.25
2	891	Stephen MORRIS-SENM	Cardiff AAC (GP3)	2:32.97
3	1087	Charlotte TAYLOR-GREEN-SENM	Bristol & West AC (GP3)	2:44.78

Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

T11-Men 3000m - Open & Welsh Championships

AC Record - Rob WHALLEY, England, 7:53.63, 2000/Kate REED, England, 9:18.95, 2004
Welsh Record - Ian HAMER, Swansea Harriers, 7:51.49, 1992/Hayley TULLETT, Swansea Harriers, 8:45.36, 2001
Grand Prix Best - SENM Stephen DAVIES, Belgrave, 8:03.65, 2011/SENM Kate MALBY, Bristol & West AC, 9:03.60, 2016

UK U20 Record

Heat 1				
Pos	Bib	Athlete	Club	Perf
1	1001	Jake HEYWARD-U20M	Cardiff AAC (GP3)	8:00.93
2	1004	Guy SMITH-SENM	Swansea Harriers (GP3)	8:18.45
3	1005	Jack GOOCH-SENM	Swansea Harriers (GP3)	8:36.08
4	1003	Paul TOBIN-SENM	Swansea Harriers (GP3)	8:38.92
5	895	Conor SMITH-U20M	Swansea University (GP3)	8:41.62
6	893	James VINCENT-U20M	Cardiff AAC (GP3)	8:50.32
7	488	Remi ADEBIYI-SENM	Newport Harriers (GP3)	9:05.98
8	1002	Morgan JAMES-U20M	Cardiff AAC (GP3)	9:07.50
9	898	Mark FOWLES-SENM	Cardiff AAC (GP3)	10:27.05

Photo Supplied by Welsh Timing Team #GP3NonThomasOpen

T01-SENM 60m Hdl- SENM/U20M Open

AC Record - SENM Andrew POZZI England 7.56 2017/U20M Colin JACKSON Brecon AC 7.30 1994
Welsh Record - SENM Colin JACKSON, Brecon AC, 7.30, 1994/U20M David OMOREGIE Cardiff AAC 7.78 2014
Grand Prix Best - SENM David Omoregie, Cairdiff, 7.66, 2017/U20M David OMOREGIE, Cardiff AAC, 7.70, 2014

Senior Men Race				U20 Men Race					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	784	Chinua EBEREONWU-U20M	Cardiff Archers (GP3)	8.29	1	784	Chinua EBEREONWU-U20M	Cardiff Archers (GP3)	8.29
2	826	Kyle ARNOLD-SENM	Newport Harriers (GP3)	8.60	2	843	Harri WHEELER-SEXTON-U20M	Cardiff AAC (GP3)	8.75
3	843	Harri WHEELER-SEXTON-U20M	Cardiff AAC (GP3)	8.75	3	890	Thomas BRITT-U20M	Cardiff AAC (GP3)	9.32
4	890	Thomas BRITT-U20M	Cardiff AAC (GP3)	9.32	4	889	Tim MCKEE-U20M	Taunton AC (GP3)	9.34

Pos South West Senior Men Medallists

1 No Athletes

Pos South West U20 Men Medallists

1 No Athletes

Cardiff Met Grand Prix 3
Non Thomas Open
Sunday 4th February 2018



F09-Men High Jump - Men

AC Record - Chris BAKER England 2.27 NIAC, Cardiff 2016

Welsh Record - Robert MITCHELL , Sale Harriers Manchester, 2.24, 2009

Grand Prix Best - Chris Baker, Sale Harriers Manchester/Loughborough Students, 2.26, 2016

Pos	Bib	Athlete	Club	Perf
1	871	Callum REA-SENM	Lavington Athletics (GP3)	1.80
2	784	Chinua EBEREONWU-U20M	Cardiff Archers (GP3)	1.80
3	377	Rory HOWORTH-U20M	Team Bath AC (SWE)	1.75
4	316	Justin TARRANT -SENM	Cardiff Met (GP3)	1.75
5	252	Jami SCHLEUTER-U17M	Millfield (GP3)	1.65
6	890	Thomas BRITT-U20M	Cardiff AAC (GP3)	1.55
7	889	Tim MCKEE-U20M	Taunton AC (GP3)	1.55

F01-Men Pole Vault - Open

AC Record - Luke CUTTS England 5.70 NIAC, Cardiff 2016

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

Grand Prix Best - Nikandros Stylianou, Enfield & Haringey/Cyprus, 5.57, 2017

Pos	Bib	Athlete	Club	Perf
1	470	Nathan GARDNER-SENM	Cardiff University (GP3)	4.60
2	305	Zach HARROP -SENM	Cardiff Met (GP3)	4.40
3	231	Ollie THORNER-U20M	Millfield (GP3)	4.20
4	724	Gareth WILTSHIRE-SENM	Cardiff AAC (GP3)	3.90
5	667	Keith POWELL-SENM	Newport Harriers (GP3)	2.60
6	485	Glyn PRICE-SENM	Swansea Harriers (GP3)	nmr

F02-Men Long Jump - Men Open (inc SWE Sen & U20)

AC Record - Gable GARENAMOTSE, Botswana, 8.01, 2002

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

Grand Prix Best - James Grocock, Southampton/Blackheath & Bromley, 7.77, 2012

Pos	Bib	Athlete	Club	Perf
1	885	James LELLIOTT-SENM	Bournemouth AC (GP3)	7.28
2	377	Rory HOWORTH-U20M	Team Bath AC (SWE)	6.41
3	362	Simon HAMMANN-SENM	Bristol & West AC (SWE)	6.25
4	252	Jami SCHLEUTER-U17M	Millfield (GP3)	6.06
5	316	Justin TARRANT -SENM	Cardiff Met (GP3)	6.04
6	347	Richard HOLT-SENM	City of Salisbury (SWE)	5.92
7	689	Ben HILLMAN-U20M	Cardiff AAC (GP3)	5.85
8	890	Thomas BRITT-U20M	Cardiff AAC (GP3)	5.84
9	355	Ian ALLEN-SENM	Yeovil Olympiads (SWE)	5.80
10	389	William SCAMELL-U20M	Team Bath AC (SWE)	5.71
11	376	Paul GUEST-SENM	Yeovil Olympiads (SWE)	5.40
12	382	Darren THOMAS-SENM	Exeter Harriers (SWE)	5.23
13	445	Stephen BUTTLER-SENM	Shrewsbury AC (GP3)	5.04

Pos South West Senior Men Medallists

1	362	Simon HAMMANN-SENM	Bristol & West AC (SWE)	6.25
2	347	Richard HOLT-SENM	City of Salisbury (SWE)	5.92
3	355	Ian ALLEN-SENM	Yeovil Olympiads (SWE)	5.80

Cardiff Met Grand Prix 3
Non Thomas Open
Sunday 4th February 2018



Pos South West U20 Men Medallists				
1	377	Rory HOWORTH-U20M	Team Bath AC (SWE)	6.41
2	389	William SCAMELL-U20M	Team Bath AC (SWE)	5.71
3				

F13-Men Triple Jump Men Open (inc SWE Sen & U20)
 AC Record - Julian GOLLEY England 16.05 NIAC, Cardiff 2001
 Welsh Record - Steven SHALDERS Cardiff AAC 16.39 2006
 Grand Prix Best - Gary White, Cardiff/Cardiff Met Uni, 15.59, 2008

Pos	Bib	Athlete	Club	Perf
1	340	Gage FRANCIS-SENM	Cardiff Met (GP3)	13.57
2	339	Jeff ANGILA -SENM	Cardiff Met (GP3)	12.23
3	356	Oliver KEITLEY-U20M	Gloucester AC (SWE)	11.97
4	692	Kristo ELLIS-U20M	Cardiff AAC (GP3)	11.86
5	382	Darren THOMAS-SENM	Exeter Harriers (SWE)	10.94
6	869	Harry SHEPHERD-U20M	Shaftesbury school (GP3)	9.79

Pos South West Senior Men Medallists				
1	382	Darren THOMAS-SENM	Exeter Harriers (SWE)	10.94
2				
3				

Pos South West U20 Men Medallists				
1	356	Oliver KEITLEY-U20M	Gloucester AC (SWE)	11.97
2				
3				

F03-Men Shot - Open (SENM-7.26kg)/(U20M-6.00kg)
 AC Record - Garrett JOHNSON USA 19.00 NIAC, Cardiff 2007
 Welsh Record - SENM Saun PICKERING , Haringey AC, 19.10, 1996/Brett MORSE Cardiff AAC 15.56 NIAC, Car
 Grand Prix Best - SENM Garrett Johnson, Shaftesbury Barnet/USA, 19.00, 2007/U20M Brett Morse, Cardiff A

Pos	Bib	Athlete	Club	Perf
1	869	Harry SHEPHERD-U20M	Shaftesbury school (GP3)	9.16
2	820	Tom BECKETT-SENM	University of Exeter (GP3)	9.01
3	671	Paul EVANS-SENM	Brecon AC (GP3)	6.45

Cardiff Met Grand Prix 3
Non Thomas Open
Sunday 4th February 2018

T08-Women 60m - Open

AC Record - Joice MADUAKA, England, 7.28, 2002
Welsh Record - Carman SMART, Cardiff AAC, 7.34, 1990
Grand Prix Best - Bernice WILSON, Birchfield Harriers, 7.40, 2010

Pos	Bib	Athlete	Club	Perf	Final
1	936	Marcia SEY-U20W	Millfield (GP3)	7.67	
2	949	Amy BOWEN-SENW	Cardiff Met (GP3)	7.73	
3	958	Tia JACKSON-U20W	Bristol & West AC (SWE)	7.76	
4	985	Lucy ELCOCK-U20W	Bridgnorth AC (GP3)	7.78	
5	976	Jade SIMSON-SENW	City of Plymouth AC (SWE)	7.87	
6	1089	Cara CLARKE-U20W	Worcester AC (GP3)	8.00	
DQ	1027	Emmanuella KONE-U20W	Cardiff AAC (GP3)	R 162.6	

[Photo](#) *Supplied by Welsh Timing Team #GP3NonThomasOpen*

T05-Women 60m - Open

AC Record - Joice MADUAKA, England, 7.28, 2002
Welsh Record - Carman SMART, Cardiff AAC, 7.34, 1990
Grand Prix Best - Bernice WILSON, Birchfield Harriers, 7.40, 2010

Heat 1					Heat 2						
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	1008	Kirsty MCBARNET-SENW	UWE (GP3)	8.15	18	1	933	Sophia TAGLIA-U20W	Millfield (GP3)	8.63	28
2	930	Ashleigh BAILEY-U20W	Millfield (GP3)	8.26	21	2	1070	Jessica LAWRENCE-U20W	UWE (GP3)	8.77	29
3	979	Hannah JACKSON-SENW	Bristol & West AC (SWE)	8.47	25	3	1022	Katrina HART-SENW	Birchfield Harriers (GP3)	9.50	32
4	993	Sarah BRETT-U20W	Salisbury (GP3)	8.52	26	4	972	Henrietta ANSTEY-SENW	Bristol & West AC (SWE)	9.51	33
5	954	Sophie KAMLISH-SENW	Bristol & West AC (SWE)	8.53	27	5	939	Julie ROGERS-SENW	Cardiff Met (GP3)	10.17	34
6	937	Emily WHITEHOUSE-U20W	Millfield (GP3)	8.96	30	6	926	Daphne SCHRAGER-U20W	Millfield (GP3)	10.59	35
7	938	Lauren SMYTH-U20W	Millfield (GP3)	9.28	31						

[Photo](#) *Supplied by Welsh Timing Team #GP3NonThomasOpen*

Heat 3					Heat 4						
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	976	Jade SIMSON-SENW	City of Plymouth AC (SWE)	7.89	7 q	1	985	Lucy ELCOCK-U20W	Bridgnorth AC (GP3)	7.83	6 q
2	968	Rebecca ROOTS-U20W	Torbay AC (SWE)	7.98	9	2	961	Ellie WHEELER - SMITH-U20W	Gloucester AC (SWE)	8.05	15
3	1088	Michelle MAMUDA-U20W	Unattached (GP3)	7.98	11	3	989	Sophie MATTHEWS-U20W	Brecon AC (GP3)	8.16	19
4	1039	Sophie LAMBERT-SENW	Gloucester AC (GP3)	7.99	12	4	1009	Sophie TEMPLE-U20W	Gloucester AC (GP3)	8.19	20
5	960	Olivia WILDING-SENW	Bristol & West AC (SWE)	8.03	14	5	991	Sarah GIBBS-SENW	Newport Harriers (GP3)	8.29	22
6	1011	Armani WILLIAMS-U20W	Swansea Harriers (GP3)	8.06	16	6	975	Liberty PULLEN-SENW	Bristol & West AC (SWE)	8.37	23
7	956	Elyse LEECH-U20W	Torbay AC (SWE)	8.10	17	7	1023	Sadie GRAHAM-MULVANEY-U20W	Cardiff AAC (GP3)	8.43	24

[Photo](#) *Supplied by Welsh Timing Team #GP3NonThomasOpen*

Heat 5					Heat 6						
Pos	Bib	Athlete	Club	Perf	q	Pos	Bib	Athlete	Club	Perf	q
1	936	Marcia SEY-U20W	Millfield (GP3)	7.69	1 q						
2	949	Amy BOWEN-SENW	Cardiff Met (GP3)	7.74	2 q						
3	958	Tia JACKSON-U20W	Bristol & West AC (SWE)	7.78	3 q						
4	1085	Charlotte MCLENNAGHAN-SENW	Notts AC/Bath Uni (GP3)	7.80	4 q						
5	1027	Emmanuella KONE-U20W	Cardiff AAC (GP3)	7.82	5 q						
6	1089	Cara CLARKE-U20W	Worcester AC (GP3)	7.91	8 q						
7	1078	Abi DAVIES-SENW	Team Bath AC (GP3)	7.98	9						
8	1030	Julia COOK-SENW	Swansea University (GP3)	8.01							

[Photo](#) *Supplied by Welsh Timing Team #GP3NonThomasOpen*

T17-Women 200m - Open (inc SWE Sen & U20)

AC Record - Amy SPENCER England 23.74 2002
Welsh Record - Catherine MURPHY Shaftesbury 23.35 2001
Grand Prix Best - Katherine Endacott, City of Plymouth, 24.78, 2011

Heat 1					Heat 2				
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	956	Elyse LEECH-U20W	Torbay AC (SWE)	26.55	1	985	Lucy ELCOCK-U20W	Bridgnorth AC (GP3)	25.78
2	1009	Sophie TEMPLE-U20W	Gloucester AC (GP3)	27.12	2	1088	Michelle MAMUDA-U20W	Unattached (GP3)	26.29
3	1008	Kirsty MCBARNET-SENW	UWE (GP3)	27.87	3	962	Georgia SILCOX-SENW	Yeovil Olympiads AC (SWE)	26.39
					4	1031	Amalia WESTERLUND-SENW	University of Bristol (GP3)	27.28

[Photo](#) *Supplied by Welsh Timing Team #GP3NonThomasOpen*

Heat 3					Heat 4				
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	960	Olivia WILDING-SENW	Bristol & West AC (SWE)	26.17	1	980	Natalie JONES-SENW	Bristol & West AC (SWE)	27.37
2	961	Ellie WHEELER - SMITH-U20W	Gloucester AC (SWE)	26.42	2	991	Sarah GIBBS-SENW	Newport Harriers (GP3)	27.55
3	1075	Nia GRUNDY-U20W	Cardiff AAC (GP3)	27.17	3	982	Olivia WILLMORE-U20W	Dorchester AC (SWE)	27.64

[Photo](#) *Supplied by Welsh Timing Team #GP3NonThomasOpen*

Heat 5					Heat 6				
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	1047	Gabrielle FAKANDE-U20W	Cwmbran Harriers (GP3)	25.88	1	978	Teresa IANNATELLI-U20W	Swindon Harriers (SWE)	26.86
2	986	Caitlyn MAPPS-U20W	Cardiff Archers (GP3)	26.04	2	968	Rebecca ROOTS-U20W	Torbay AC (SWE)	26.89
					3	933	Sophia TAGLIA-U20W	Millfield (GP3)	29.60

[Photo](#) *Supplied by Welsh Timing Team #GP3NonThomasOpen*

Heat 7					Heat 8				
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	1044	Miranda HARDACRE-SENW	Exeter Harriers (GP3)	26.37	1	1000	Donna JONES-SENW	Swansea Harriers (GP3)	26.74
2	1010	Lily GASKIN-U20W	Cardiff AAC (GP3)	27.27	2	975	Liberty PULLEN-SENW	Bristol & West AC (SWE)	27.54
3	938	Lauren SMYTH-U20W	Millfield (GP3)	32.48	3	909	Janet DICKINSON-MWSO	Bournemouth AC (WMA)	29.46
					4	972	Henrietta ANSTEY-SENW	Bristol & West AC (SWE)	32.08

[Photo](#) *Supplied by Welsh Timing Team #GP3*

South West Senior Men Medallists					South West U20 Men Medallists				
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	960	Olivia WILDING-SENW	Bristol & West AC (SWE)	26.17	1	961	Ellie WHEELER - SMITH-U20W	Gloucester AC (SWE)	26.42
2	962	Georgia SILCOX-SENW	Yeovil Olympiads AC (SWE)	26.39	2	956	Elyse LEECH-U20W	Torbay AC (SWE)	26.55
3	980	Natalie JONES-SENW	Bristol & West AC (SWE)	27.37	3	978	Teresa IANNATELLI-U20W	Swindon Harriers (SWE)	26.86

**Cardiff Met Grand Prix 3
Non Thomas Open
Sunday 4th February 2018**

T19-Women 400m - Open

AC Record - Catherine MURPHY Wales 52.54 2002
Welsh Record - Seren BUNDY-DAVIES Trafford AC 51.60 2016
Grand Prix Best - Nicole Kendall, Kingston & Poly/Exeter Uni, 55.95, 2016

				Heat 1						Heat 2					
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf					
1	968	Rebecca ROOTS-U20W	Torbay AC (SWE)	60.93		1	980	Natalie JONES-SENV	Bristol & West AC (SWE)	60.96					
2	982	Olivia WILLMORE-U20W	Dorchester AC (SWE)	61.35		2	993	Sarah BRET-T-U20W	Salisbury (GP3)	64.46					
3	1058	Lauren BUTLER-U20W	Birchfield Harriers (GP3)	61.52		DNS	1010	Lily GASKIN-U20W	Cardiff AAC (GP3)						
Photo				<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Photo				<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>			
				Heat 3						Heat 4					
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf					
1	1013	Harriet EMERY-U20W	Yate & District AC (GP3)	61.84		1	1072	Ashleigh NELSON-SENV	City of stoke (GP3)	53.71					
2	1032	Olivia WORTH-U20W	Birchfield Harriers (GP3)	64.79		2	931	Bobbie DAVIES-U20W	Millfield (GP3)	58.69					
3	945	Evie COOK-SENV	Cardiff Met (GP3)	67.56		3	1059	Annie LEWIS-U20W	Yate & District AC (GP3)	62.98					
Photo				<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Photo				<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>			
				Heat 5						Heat 6					
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf					
1	1000	Donna JONES-SENV	Swansea Harriers (GP3)	59.32		1	995	Anya TURNER-SENV	Exeter Harriers (GP3)	60.09					
2	1033	Verity O'SHEA-U20W	Birchfield Harriers (GP3)	59.66		2	927	Robyn WATKINS -U20W	Millfield (GP3)	60.41					
3	934	Grace VANS AGNEW-U20W	Millfield (GP3)	60.33		3	1041	Grace COTTRELL-SENV	Yeovil Olympiads AC (GP3)	63.35					
Photo				<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Photo				<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>			
				Heat 7						Heat 8					
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf					
1	1007	Rebecca PIERCE-SENV	Team Bath AC (GP3)	0.00											
2	967	India IBBOTSON-U20W	Team Bath AC (SWE)	0.00											
3	973	Sophie HILL-U20W	Swindon Harriers (SWE)	0.00											
Photo				<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>											

T10-Women 800m - Open (inc SWE Sen & U20)

AC Record - Jemma SIMPSON England 2:03.66 2008
Welsh Record - Hayley PARRY Swansea Harriers 2:01.52 1998
Grand Prix Best - Celia Taylor, Coventry Godiva, 2:05.24, 2011

				Heat 1						Heat 2					
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf					
1	1074	Chloe PETTITT-U20W	Birchfield Harriers (GP3)	2:25.04		1	970	Anna BURT-U20W	Team Bath AC (SWE)	2:09.78					
2	1063	Ella MORGAN-U20W	Aberdare VAAC (GP3)	2:26.23		2	1054	Rochelle HARRISON-SENV	Lincoln Wellington (GP3)	2:13.39					
3	945	Evie COOK-SENV	Cardiff Met (GP3)	2:31.04		3	1082	Naomi REID-U20W	Cardiff AAC (GP3)	2:14.12					
4	1029	Tessa MORGAN-U20W	Newport Harriers (GP3)	2:32.15		4	1080	Nia RILEY-U20W	Cardiff Archers (GP3)	2:17.50					
5	974	Sophie CAPEL-U20W	Swindon Harriers (SWE)	2:35.35		5	1057	Nia CLATWORTHY-U20W	Cardiff AAC (GP3)	2:18.48					
6	1042	Shireen BALOUCHE-U20W	Newport Harriers (GP3)	2:49.00		6	1045	Emma STENTZ HANSEN-U20W	Cheltenham & County Harriers (GP3)	2:19.14					
7	1056	Caitlin JONES-U20W	Newport Harriers (GP3)	2:50.61		7	981	Natalie BRETHERTON-SENV	Bristol University (SWE)	2:20.74					
Photo				<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>				Photo				<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>			
South West Senior Women Medallists						South West U20 Women Medallists									
1	981	Natalie BRETHERTON-SENV	Bristol University (SWE)	2:20.74		1	970	Anna BURT-U20W	Team Bath AC (SWE)	2:09.78					
2						2	974	Sophie CAPEL-U20W	Swindon Harriers (SWE)	2:35.35					
3						3									

T15-Women 1500m - Open

AC Record - Gemma TURTLE England 4:14.06 2010
Welsh Record - Hayley TULLETT Swansea Harriers 4:05.63 Stockholm, Sweden 2004
Grand Prix Best - Sarah McDonald, Birchfield Harriers, 4:12.73, 2017

				Heat 1						Heat 2					
Pos	Bib	Athlete	Club	Perf		Pos	Bib	Athlete	Club	Perf					
1	1069	Hannah ENGLAND-SENV	Oxford City AC (GP3)	4:17.72											
2	1060	Julia COOKE-SENV	Birchfield Harriers (GP3)	4:26.12											
3	1083	Mel NEWBERY-SENV	Bristol & West AC (GP3)	4:40.49											
4	977	Fiona MARKS-SENV	Bristol & West AC (SWE)	4:44.95											
5	1016	Vicky JACKSON-SENV	Swansea Harriers (GP3)	4:46.69											
6	1007	Rebecca PIERCE-SENV	Team Bath AC (GP3)	4:51.11											
7	1065	Sarah EVERITT-SENV	Bristol & West AC (GP3)	5:04.17											
8	1052	Georgina WESTWOOD-SENV	University of Exeter (GP3)	5:04.38											
9	1073	Heddwen DANIEL-SENV	Cardiff AAC (GP3)	5:06.67											
10	959	Louise WEBB-U20W	City of Salisbury (SWE)	5:30.36											
11	1086	Lowri THOMAS-U20W	Newport Harriers (GP3)	5:30.48											
12	1050	Louise JEFFRIES-SENV	Team Bath AC (GP3)	5:46.72											
DQ	1046	Madeleine JOHNSON-U20W	Dorchester AC (GP3)	R 163.3											
Photo				<i>Supplied by Welsh Timing Team #GP3NonThomasOpen</i>											

T02-Women 3000m - Open & Welsh Championships

AC Record - Rob WHALLEY, England, 7.53.63, 2000/Kate REED, England, 9.18.95, 2004
Welsh Record - Ian HAMER, Swansea Harriers, 7.51.49, 1992/Hayley TULLETT, Swansea Harriers, 8.45.36, 2001
Grand Prix Best - SENM Stephen DAVIES, Belgrave, 8:03.65, 2011/SENV Kate MALBY, Bristol & West AC, 9:03.60, 2016

				Heat 1	
Pos	Bib	Athlete	Club	Perf	
1	1092	Kiara FRIZELLE-U20W	Cardiff AAC (GP3)	9:52.19	
2	1090	Emily BROWN-SENV	Cardiff AAC (GP3)	10:31.85	

Cardiff Met Grand Prix 3
Non Thomas Open
Sunday 4th February 2018



T03-Women 60m Hdl - Open (inc SWE Sen & U20)

AC Record - Diane ALLAHGRREN, England, 8.01, 2002

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

Grand Prix Best - Caryl GRANVILLE, Swansea Harriers, 8.59, 2012

Senior Women Race				Heat 1	U20 Women Race				Heat 2
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	962	Georgia SILCOX-SEW	Yeovil Olympiads AC (SWE)	8.56	no athletes				
2	953	Lauren EVANS-U20W	Cardiff AAC (GP3)	8.99					
3	984	Josie SIVAK-U20W	Swansea University (GP3)	9.29					
4	979	Hannah JACKSON-SEW	Bristol & West AC (SWE)	9.35					

[Photo](#) Supplied by Welsh Timing Team #GP3NonThomasOpen

South West Senior Women Medallists				South West U20 Women Medallists			
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete
1	962	Georgia SILCOX-SEW	Yeovil Olympiads AC (SWE)	8.56	1		
2	979	Hannah JACKSON-SEW	Bristol & West AC (SWE)	9.35	2		

Cardiff Met Grand Prix 3
Non Thomas Open
Sunday 4th February 2018



F10-Women High Jump - Women

AC Record - Susan JONES England 1.90 2002

Welsh Record - Julie CRANE, Sale, 1.90, 2004/2005

Grand Prix Best - Julie Crane, Sale Harriers Manchester, 1.86, 2007

Pos	Bib	Athlete	Club	Perf
1	942	Hannah TAPLEY-SENW	Cardiff Met (GP3)	1.70
2	1037	Emily STEER-U20W	Cardiff AAC (GP3)	1.55
3	1066	Sophie POPE-U20W	Cwmbran Harriers (GP3)	1.55
4	1067	Charlotte MARTIN-U20W	Bristol & West AC (GP3)	1.50

F08-Women Pole Vault - Open

AC Record - Henrietta PAXTON England 4.31 2010

Welsh Record - Sally PEAKE Birchfield Harriers 4.42 2012

Grand Prix Best - Zoe Brown, Shaftesbury Barnet/Ireland, 4.20, 2013

Pos	Bib	Athlete	Club	Perf
1	935	Victoria BARLOW-U20W	Millfield (GP3)	3.70
2	941	Fiona HOCKEY-SENW	Cardiff Met (GP3)	3.70
3	1068	Ffion LLEWELLYN-U20W	Bridgend AC (GP3)	3.15
4	1077	Lois HILLMAN-U20W	Cardiff AAC (GP3)	3.15
5	1017	Jessica DUNROD-SENW	Cardiff University (GP3)	2.55
6	971	Madeline HARTNOLL-U20W	Bristol & West AC (SWE)	2.40
7	983	Georgia PICKLES-SENW	Sale Harriers Manchester (GP3)	NMR

F05-Women Long Jump - Women Open (inc SWE Sen & U20)

AC Record - Gillian COOKE, Scotland, 6.43, 2008

Welsh Record - Ruth HOWELL, Birchfield, 6.51, 1974

Grand Prix Best - Amy Woodman, Birchfield H, 6.08, 2014

Pos	Bib	Athlete	Club	Perf
1	962	Georgia SILCOX-SENW	Yeovil Olympiads AC (SWE)	5.61
2	986	Caitlyn MAPPS-U20W	Cardiff Archers (GP3)	5.47
3	976	Jade SIMSON-SENW	City of Plymouth AC (SWE)	5.40
4	944	Sara GEARY-SENW	Cardiff Met (GP3)	5.40
5	930	Ashleigh BAILEY-U20W	Millfield (GP3)	5.40
6	999	Macey JONES-U20W	Cwmbran Harriers (GP3)	5.40
7	958	Tia JACKSON-U20W	Bristol & West AC (SWE)	5.34
8	983	Georgia PICKLES-SENW	Sale Harriers Manchester (GP3)	5.23
9	1053	Alisha WEBB-SENW	University of Gloucestershire (GP3)	5.17
10	988	Lily IVIN-U20W	Cardiff AAC (GP3)	5.02
11	1025	Catrin LORD-U20W	Cardiff AAC (GP3)	4.97
12	955	Robyn ELLISON-U20W	Team Bath AC (SWE)	4.92
13	940	Harriet NICHOLAS-SENW	Cardiff Met (GP3)	4.74
14	1026	Isobel GRAY-SENW	Winchester & District AC (GP3)	4.70
15	984	Josie SIVAK-U20W	Swansea University (GP3)	4.68
16	909	Janet DICKINSON-MW50	Bournemouth AC (WMA)	4.67
17	989	Sophie MATTHEWS-U20W	Brecon AC (GP3)	4.63
18	937	Emily WHITEHOUSE-U20W	Millfield (GP3)	4.15
19	1040	Rachel NOBLE-U20W	Salisbury ARC (GP3)	4.12
20	932	Laura WOODWARD-U20W	Millfield (GP3)	3.88
21	959	Louise WEBB-U20W	City of Salisbury (SWE)	3.65

Cardiff Met Grand Prix 3
Non Thomas Open
Sunday 4th February 2018



Cardiff Met
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Pos South West Senior Men Medallists				
1	962	Georgia SILCOX-SENW	Yeovil Olympiads AC (SWE)	5.61
2	976	Jade SIMSON-SENW	City of Plymouth AC (SWE)	5.40
3				
Pos South West U20 Men Medallists				
1	958	Tia JACKSON-U20W	Bristol & West AC (SWE)	5.34
2	955	Robyn ELLISON-U20W	Team Bath AC (SWE)	4.92
3				

F14-Women Triple Jump Women Open (inc SWE sen & U20)

AC Record - Yamile ALDAMA Cuba 14.11 NIAC, Cardiff 2003

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

Grand Prix Best - Angela Barrett, Thames Valley/London Uni, 12.63, 2013

Pos	Bib	Athlete	Club	Perf
1	1014	Sian SWANSON-SENW	Swansea Harriers (GP3)	11.25
2	999	Macey JONES-U20W	Cwmbran Harriers (GP3)	11.21
3	1055	Charlotte CAMPION-U20W	Swansea Harriers (GP3)	10.40
4	928	Dikesto KARAS-U20W	Millfield (GP3)	10.36
5	955	Robyn ELLISON-U20W	Team Bath AC (SWE)	10.31
6	929	Khumo KARAS-U20W	Millfield (GP3)	10.23
7	1012	Eliza DURNA-U20W	Cardiff AAC (GP3)	10.17
8	965	Lucy DURHAM-U20W	Yate & District AC (SWE)	9.73

Pos South West Senior Men Medallists				
1				
2				
3				
Pos South West U20 Men Medallists				
1	955	Robyn ELLISON-U20W	Team Bath AC (SWE)	10.31
2	965	Lucy DURHAM-U20W	Yate & District AC (SWE)	9.73
3				

F07-Women Shot - Open (4.00kg) - Women

AC Record - Venissa HEAD Wales 19.06 (4.00kg) 1984

Welsh Record - SENW Venissa HEAD Wales 19.06 (4.00kg) 1984/U20W Adele NICOLL Birchfield Harriers 14.8

Grand Prix Best - Dayana Octavien, Sale Harriers Manchester/Bath Uni/Haiti, 14.54, 2007

Pos	Bib	Athlete	Club	Perf
1	951	Adele NICHOLL-SENW	Cardiff Met (GP3)	14.49
2	1081	Sarah OMOREGIE-U20W	Cardiff AAC (GP3)	13.62
3	946	Jordana BADLEY COSTELLO-SENW	Cardiff Met (GP3)	12.20
4	995	Anya TURNER-SENW	Exeter Harriers (GP3)	10.27
5	1076	Gwennan LEWIS-U20W	Newport Harriers (GP3)	9.59
6	1052	Georgina WESTWOOD-SENW	University of Exeter (GP3)	9.43
7	984	Josie SIVAK-U20W	Swansea University (GP3)	8.81
8	937	Emily WHITEHOUSE-U20W	Millfield (GP3)	7.38

Cardiff Met Grand Prix 3
Non Thomas Open
Sunday 4th February 2018

T06-Men & Women 60m Masters

AC Record - No Records
Welsh Record - No Records
Grand Prix Best -

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	139	Chris MILLARD-MM50	North Somerset AC (WMA)	7.62 1-MM50	1	158	Richard BLACKWELL-MM55	Gloucester AC (WMA)	8.35 1-MM55
2	136	Stuart PEARCE-MM40	Newport Harriers (WMA)	7.66 1-MM40	2	162	Ian BROADHURST-MM60	Wrexham AC (WMA)	8.43 1-MM60
3	71	Ian ALLEN-MM50	Yeovil Olympiads (WMA)	7.91 2-MM50	3	73	Keith POWELL-MM50	Newport Harriers (WMA)	8.55 4-MM50
4	108	Alec WILLIAMS -MM50	Pembrokeshire Harriers (WMA)	8.33 3-MM50	4	177	Kieran MCDONNELL-MM60	Les Croupiers (WMA)	8.68 2-MM60
5	137	Paul EVANS-MM40	Brecon AC (WMA)	8.65 2-MM40	5	187	Rod DAVIES-MM60	Swansea Harriers (WMA)	8.90 3-MM60
6	11	Ian WILLIAMSON-MM40	Newport Harriers (WMA)	9.07 3-MM40	6	181	Ian WILLOUGHBY-MM60	Gloucester AC (WMA)	8.96 4-MM60
7	21	Philip EADES-MM50	Unattached (WMA)	9.07 5-MM50	Photo Supplied by Welsh Timing Team #GP3NonThomasOpen				
Photo Supplied by Welsh Timing Team #GP3NonThomasOpen									
Heat 3				Heat 4					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	190	Glyn SUTTON-MM70	Newport Harriers (WMA)	8.34 1-MM70	1	902	Iris HOLDER-MW75	Worcester AC (WMA)	11.23 1-MW75
2	222	Neil MASON-MM70	South West Vets (SWE)	9.02 2-MM70	2	128	John GARDENER-MM75	Pembrokeshire Harriers (WMA)	11.30 1-MM75
3	39	Brian WILLIAMSON-MM65	Rhondda AC (WMA)	9.35 1-MM65	3	56	Mal FARNHAM-MM75	Les Croupiers (WMA)	12.19 2-MM75
4	205	John STEEL-MM70	Cheltenham Harriers (WMA)	10.07 3-MM70	4	16	Jason ELWORTHY-MM45	Barry & Vale Harriers (WMA)	13.42 1-MM45
5	188	Mel JAMES-MM70	Les Croupiers (WMA)	10.27 4-MM70	5	901	Daphney MARLER-MW70	Swansea Harriers (WMA)	14.52 1-MW70
6	196	Neil NUTTALL-MM70	Unattached (WMA)	12.01 5-MM70	6	208	Hubert DANIELS-MM85	Swansea Harriers (WMA)	15.90 1-MM85
7	53	Philip REES-MM75	Rhondda AC (WMA)	12.31 3-MM75	Photo Supplied by Welsh Timing Team #GP3NonThomasOpen				
Photo Supplied by Welsh Timing Team #GP3NonThomasOpen									
Heat 5				Heat 6					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	908	Juliet SIDNEY-MW50	Newport Harriers (WMA)	8.77 1-MW50	Did not take place				
2	906	Joanne WILLOUGHBY-MW50	Gloucester AC (WMA)	8.79 2-MW50	Did not take place				
3	909	Janet DICKINSON-MW50	Bournemouth AC (WMA)	8.81 3-MW50	Did not take place				
4	904	Vicky FEAR-MW35	Liswerry Runners (WMA)	9.06 1-MW35	Did not take place				
5	911	Mel GARLAND-MW55	Worcester AC (WMA)	9.06 1-MW55	Did not take place				
6	907	Sharon KIRBY-MW50	Parc Bryn Bach (WMA)	9.31 4-MW50	Did not take place				
7	910	Angela SONN-MW55	Forest of Dean AC (WMA)	9.33 2-MW55	Did not take place				
8	905	Amanda WALE-MW45	Wrexham AC (WMA)	9.35 1-MW45	Did not take place				
Photo Supplied by Welsh Timing Team #GP3NonThomasOpen									

T20-Men & Women 400m Masters

AC Record - No Records
Welsh Record - No Records
Grand Prix Best -

Did not take place									
				1	96	Scott BROWNE-MM40	Les Croupiers (WMA)	58.57	1-MM40
				2	215	Steven JULIER-MM45	Aberdare VAAC (WMA)	63.59	2-MM45
				3	917	Claire BRUCE-MW40	Les Croupiers (WMA)	64.33	1-MW40
Heat 3				Heat 4					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	228	Richard WHITE-MM55	Worcester AC (WMA)	58.71 1-MM55	Did not take place				
2	223	Neil TUNSTALL-MM55	Cornwall AC (WMA)	59.19 2-MM55	Did not take place				
3	108	Alec WILLIAMS -MM50	Pembrokeshire Harriers (WMA)	63.62 1-MM50	Did not take place				
4	117	Stephen WILLIAMS-MM55	Parc Bryn Bach (WMA)	71.07 3-MM55	Did not take place				
Photo Supplied by Welsh Timing Team #GP3NonThomasOpen									
Heat 5				Heat 6					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	162	Ian BROADHURST-MM60	Wrexham AC (WMA)	62.54 1-MM60	Did not take place				
2	38	David GILL-MM60	Warrington AC (WMA)	65.92 3-MM60	Did not take place				
3	128	John GARDENER-MM75	Pembrokeshire Harriers (WMA)	91.60 1-MM75	Did not take place				
Photo Supplied by Welsh Timing Team #GP3NonThomasOpen									
Heat 7				Heat 8					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	121	Peter MOUNTAIN-MM60	Bristol & West AC (WMA)	65.43 2-MM60	1	909	Janet DICKINSON-MW50	Bournemouth AC (WMA)	67.96 1-MW50
2	913	Victoria WATKINS-MW35	Worcester AC (WMA)	69.58 1-MW35	2	915	Tracey BOSWORTH-MW50	SWVAC (WMA)	72.77 2-MW50
3	914	Suzanna HARDING-MW40	Gloucester AC (WMA)	69.86 2-MW40	3	907	Sharon KIRBY-MW50	Parc Bryn Bach (WMA)	74.30 3-MW50
4	205	John STEEL-MM70	Cheltenham Harriers (WMA)	81.63 1-MM70	4	910	Angela SONN-MW55	Forest of Dean AC (WMA)	76.61 1-MW55
Photo Supplied by Welsh Timing Team #GP3NonThomasOpen									

T13-Men & Women 1500m Masters

AC Record - No Records
Welsh Record - No Records
Grand Prix Best -

Heat 1				Heat 2					
Pos	Bib	Athlete	Club	Perf	Pos	Bib	Athlete	Club	Perf
1	103	Matthew GURMIN-MM45	Swansea Harriers (WMA)	4:28.26 1-MM45	1	120	David BEDWELL-MM60	Bristol & West AC (WMA)	4:59.66 1-MM60
2	87	Doug NICHOLLS-MM35	Les Croupiers (WMA)	4:31.16 1-MM35	2	916	Linos JONES-MW35	Amman Valley (WMA)	5:02.19 1-MW35
3	96	Scott BROWNE-MM40	Les Croupiers (WMA)	4:31.96 1-MM40	3	121	Peter MOUNTAIN-MM60	Bristol & West AC (WMA)	5:02.21 2-MM60
4	97	Adrian LEWIS-MM45	Aberdare VAAC (WMA)	4:53.50 2-MM45	4	123	Derek JACKSON-MM65	Worcester AC (WMA)	5:06.22 1-MM65
5	108	Alec WILLIAMS -MM50	Pembrokeshire Harriers (WMA)	5:01.28 1-MM50	5	38	David GILL-MM60	Warrington AC (WMA)	5:10.28 3-MM60
6	106	Paul FLYNN-MM50	Swansea Harriers (WMA)	5:03.48 2-MM50	6	122	Huw ROBERTS-MM60	Bridgend AC (WMA)	5:37.99 4-MM60
7	117	Stephen WILLIAMS-MM55	Parc Bryn Bach (WMA)	5:35.06 1-MM55	7	918	Keri JONES-MW45	Parc Bryn Bach (WMA)	5:49.30 1-MW45
8	109	Mark ROBERTS-MM55	Brecon AC (WMA)	5:40.05 2-MM55	8	128	John GARDENER-MM75	Pembrokeshire Harriers (WMA)	6:27.90 1-MM75
9	112	Clive OSMOND-MM55	Les Croupiers (WMA)	5:51.51 3-MM55	9	134	Barrie ROBERTS-MM75	Bournville Harriers (WMA)	6:37.26 2-MM75
					DNF	919	Angela JONES-MW50	Usk RC (WMA)	
Photo Supplied by Welsh Timing Team #GP3NonThomasOpen					Photo Supplied by Welsh Timing Team #GP3NonThomasOpen				

Cardiff Met Grand Prix 3
Non Thomas Open
Sunday 4th February 2018



F11-Men High Jump - Master Men

AC Record - No Records

Welsh Record - No Records

Pos	Bib	Athlete	Club	Perf
1	71	Ian ALLEN-MM50	Yeovil Olympiads (WMA)	1.67 1-MM50
2	21	Philip EADES-MM50	Unattached (WMA)	1.35 2-MM50
3	73	Keith POWELL-MM50	Newport Harriers (WMA)	1.30 3-MM50
4	39	Brian WILLIAMSON-MM65	Rhondda AC (WMA)	1.15 1-MM65
5	28	Chris BERRY-MM60	Basingstoke & Mid Hants (WMA)	1.05 1-MM60

F12-Women High Jump - Master Women

AC Record - No Records

Welsh Record - No Records

Grand Prix Best -

Pos	Bib	Athlete	Club	Perf
1	911	Mel GARLAND-MW55	Worcester AC (WMA)	1.40 1-MW55
2	909	Janet DICKINSON-MW50	Bournemouth AC (WMA)	1.35 1-MW50

F04-Men Shot - Master Men

AC Record - No Records

Welsh Record - No Records

Grand Prix Best -

Pos	Bib	Athlete	Club	Perf
1	24	Stephen WHYTE-MM50	TVH (WMA)	11.81 1-MM50
2	25	Glyn PUGH-MM55	Rhondda AC (WMA)	9.98 1-MM55
3	11	Ian WILLIAMSON-MM40	Newport Harriers (WMA)	9.27 1-MM40
4	28	Chris BERRY-MM60	Basingstoke & Mid Hants (WMA)	8.74 1-MM60
5	21	Philip EADES-MM50	Unattached (WMA)	8.66 2-MM50
6	39	Brian WILLIAMSON-MM65	Rhondda AC (WMA)	7.00 1-MM65
7	56	Mal FARNHAM-MM75	Les Croupiers (WMA)	6.96 1-MM75
8	53	Philip REES-MM75	Rhondda AC (WMA)	6.55 2-MM75
9	16	Jason ELWORTHY-MM45	Barry & Vale Harriers (WMA)	5.44 1-MM45

F06-Women Shot - Master Women

AC Record - No Records

Welsh Record - No Records

Grand Prix Best -

Pos	Bib	Athlete	Club	Perf
1	923	Cath ALFORD-MW45	Rhondda AC (WMA)	8.86 1-MW45
2	911	Mel GARLAND-MW55	Worcester AC (WMA)	8.36 1-MW55
3	905	Amanda WALE-MW45	Wrexham AC (WMA)	7.94 2-MW45
4	924	Karen LLEWELLIN-MW50	Pembtokeshire Harriers (WMA)	7.77 1-MW50
5	922	Tracey THOMAS-MW35	Pembtokeshire Harriers (WMA)	6.79 1-MW35
6	925	Helen COLE-MW75	Rhondda AC (WMA)	5.09 1-MW75