

67th Pencampwriaethau Cenedlaethol Trac a Maes – Canlyniadau Dros Dro**Dydd Sadwrn, 5 Gorffennaf 2014- Stadiwm Chwaraeon Rhyngwladol Caerdydd.****Bechgyn Hŷn**

Cystadleuaeth	Rheff	Enw	Ysgol	Rhanbarth	Perf	CBP Newydd	Pwyntiau	Oed
100:		Peter Maitland ws -3.1	cbp - 10.5	1992				
1	100	Michael Wilson	Olchfa	Afan NT	11.16		8	SB
2	200	Anax Da Silva	Cardiff & Vale College	Cardiff & the Vale	11.18		7	SB
3	201	Tom Williams	Stanwell	Cardiff & the Vale	11.31			SB
4	307	Shaun Pearce	Coleg Sir Gar	Dyfed	11.42		6	SB
5	203	Iori Moore	Cowbridge	Cardiff & the Vale	11.54			SB
6	316	Mathew Davies	Bro Dinefwr	Dyfed	11.90			SB
7	505	Cory Lower	Lewis School	Glam Valleys	11.98		5	SB
8	312	Daniel Salmon	Preseli	Dyfed	11.98			SB
9	600	Steven Buston	Coleg Cambria Deeside	NE Wales	12.21		4	
200:		Michael Prentice ws -1.8	cbp - 21.85	2011				
1	200	Anax Da Silva	Cardiff & Vale College	Cardiff & the Vale	22.49		8	SB
2	201	Tom Williams	Stanwell	Cardiff & the Vale	22.90			SB
3	203	Iori Moore	Cowbridge	Cardiff & the Vale	22.91			SB
4	312	Daniel Salmon	Preseli	Dyfed	23.53		7	SB
5	101	Nathan Phillips	Olchfa	Afan NT	24.12		6	SB
6	600	Steven Buston	Coleg Cambria Deeside	NE Wales	24.53		5	SB
400:		Mark Ponting	cbp - 48.82	1995				
Ht 1		Marcus Bayona-Martinez	Builth	Powys	50.98	Q		SB
1	701	Marcus Bayona-Martinez	Builth	Powys	50.98	Q		SB
2	606	Reece Middleton	Alun	NE Wales	51.65	q		SB
3	801	Seb Blanch	Bassaleg	SE Wales	53.77	q		SB
4	204	Ryan Cooper	Llanishen	Cardiff & the Vale	54.57	q		SB
5	303	Noah Callaghan	Llandoverly College	Dyfed	55.96			SB
Ht 2		Rhys Granville	Strade	Dyfed	51.88	Q		SB
1	301	Rhys Granville	Strade	Dyfed	51.88	Q		SB
2	700	Matthew Jones	Llanfyllin	Powys	52.82	q		SB
3	505	Cory Lower	Lewis School	Glam Valleys	53.12	q		SB
4	802	Joel Fowler	St Joseph's, Newport	SE Wales	53.82	q		SB
Fin		Seb Blanch	Bassaleg	SE Wales	48.82	cbp	8	SB
1	801	Seb Blanch	Bassaleg	SE Wales	48.82	cbp	8	SB
2	701	Marcus Bayona-Martinez	Builth	Powys	50.15		7	SB
3	700	Matthew Jones	Llanfyllin	Powys	50.56			SB
4	606	Reece Middleton	Alun	NE Wales	51.13		6	SB
5	301	Rhys Granville	Strade	Dyfed	51.58		5	SB
6	204	Ryan Cooper	Llanishen	Cardiff & the Vale	52.85		4	SB
7	505	Cory Lower	Lewis School	Glam Valleys	52.97		3	SB
8	802	Joel Fowler	St Joseph's, Newport	SE Wales	53.66		2	SB
800:		Elliot Slade	cbp - 1:51.66	2012				
1	105	Jonathon Tobin	Olchfa	Afan NT	1:56.95		8	SB
2	206	Jack Gooch	Radyr	Cardiff & the Vale	1:57.20		7	SB
3	803	Charles Walker	St Alban's	SE Wales	1:58.17		6	SB
4	205	Jacob Preece	St Teilo's	Cardiff & the Vale	1:58.73			SB
5	207	Nick Jones	Cardiff High	Cardiff & the Vale	1:58.96			SB
6	306	Zak Lewis	Coleg Sir Gar	Dyfed	2:00.46		5	SB
7	208	Dafydd George	Bro Morgannwg	Cardiff & the Vale	2:01.60			SB
dnf	400	Tom Harding	Rydal	Eryri				SB
1500:		Matthew Jones	cbp - 3:54.50	2000				
1	105	Jonathon Tobin	Olchfa	Afan NT	3:59.17		8	SB
2	209	John Cove	Cardiff High	Cardiff & the	3:59.22		7	SB

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3	401	Iolo Hughes	Syr Thomas Jones	Vale	4:06.55		6	SB
4	311	Callum Beare	Coleg Sir Gar	Eryri	4:18.08		5	SB
5	211	Lewis Brunt	Plasmawr	Cardiff & the Vale	4:19.97			SB
6	702	Ben Dunster	Gwernyfed	Powys	4:20.36		4	SB
7	212	Elliot Richards	Stanwell	Cardiff & the Vale	4:22.19			SB
dns	315	Kyran Roberts	Queen Elizabeth	Dyfed				SB
dns	106	Aran James	Gower College	Afan NT				SB
dns	501	Ryan Jones	Tonypandy	Glam Valleys				
3000:		Andres Jones	cbp - 8:34.37	1996				
1	209	John Cove	Cardiff High	Cardiff & the Vale	8:49.37		8	SB
2	308	Christian Lovatt	Dyffryn Aman	Dyfed	8:58.72		7	SB
3	804	Mark Jones	Caerleon	SE Wales	9:02.72		6	SB
4	104	Patrick Jones	Olchfa	Afan NT	10:52.07		5	SB
5	212	Elliot Richards	Stanwell	Cardiff & the Vale	11:18.57			SB
dns	211	Lewis Brunt	Plasmawr	Cardiff & the Vale				SB
dns	105	Jonathon Tobin	Olchfa	Afan NT				SB
dns	309	Liam Bradley	Pembrokeshire College	Dyfed				SB
dns	213	Nasir Musa	Cardiff & Vale College	Cardiff & the Vale				
110H:		ws -2.1						
1	100	Michael Wilson	Olchfa	2013				
2	805	Kyle Arnold	Caldicot	Afan NT	15.06		8	SB
3	300	Aled Price	Maes Gwendraeth	SE Wales	15.14		7	SB
dns	220	Ieuan Orton	Bro Morgannwg	Dyfed	15.30		6	SB
dns	215	Luke Williams	Glantaf	Cardiff & the Vale				SB
400H:		Mark Rowlands	cbp - 53.0	1996				
1	204	Ryan Cooper	Llanishen	Cardiff & the Vale	57.31		8	SB
2	101	Nathan Phillips	Olchfa	Afan NT	59.40		7	SB
3	216	Luke Harry	Cardiff & Vale College	Cardiff & the Vale	62.43			SB
2000Sc:		Marcus Thomas	cbp - 5:59.0	1981				
1	218	Ieuan Jones	Stanwell	Cardiff & the Vale	7:26.23		8	SB
2	104	Patrick Jones	Olchfa	Afan NT	7:41.52		7	SB
HJ:		Chuka Enih Snell	cbp - 2.10	2001				
1	220	Ieuan Orton	Bro Morgannwg	Cardiff & the Vale	1.85		8	SB
2	314	Thomas Wyburn	Pembrokeshire College	Vale	1.80		7	SB
3	108	Keiran Ingram	Gower College	Dyfed	1.70		6	SB
4	806	Samuel Hughes	Bassaleg	Afan NT	1.65		5	SB
5	221	Levi Marcello Marciano	Cardiff & Vale College	SE Wales	1.65			SB
6	500	Thomas Kerr	Rhydywaun	Cardiff & the Vale	1.50		4	SB
PV:		David Guest	cbp - 4.65	2009				
1	110	Joshua Hollisey-Mclean	Gwyr	Afan NT	3.70		8	SB
LJ:		John Elias	cbp - 7.34	1967				
1	300	Aled Price	Maes Gwendraeth	Dyfed	6.97/1.6		8	SB
2	223	Gage Francis	St. Teilo's	Cardiff & the Vale	6.54/3.1		7	SB
3	806	Samuel Hughes	Bassaleg	SE Wales	6.45/1.3		6	SB
4	805	Kyle Arnold	Caldicot	SE Wales	6.37/1.6			SB
5	202	Matthew Collins	Barry	Cardiff & the Vale	6.16/1.4			SB
6	504	Thomas Rees	Cwm Rhymni	Glam Valleys	6.15/2.2		5	SB
7	402	Tom Casey	Dyffryn Conwy	Eryri	6.07/2.0		4	SB
TJ:		David Wood	cbp - 14.90	1979				
1	223	Gage Francis	St. Teilo's	Cardiff & the	13.03/1.		8	SB

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				Vale	7			
					12.49/2.			
2	806	Samuel Hughes	Bassaleg	SE Wales	1		7	SB
					11.98/1.			
3	402	Tom Casey	Dyffryn Conwy	Eryri	2		6	SB
					10.87/2.			
4	502	Ioan Chigey	Cwm Rhymni	Glam Valleys	0		5	SB
SP:								
		Matthew Evans	cbp – 15.75	2006				
1	404	Connor Laverty	David Hughes	Eryri	13.73		8	SB
2	302	Kallum-Lee Evans	Bro Dinefwr	Dyfed	11.08		7	SB
3	602	Ryan Tyrone Jones	Coleg Cambria Deeside	NE Wales	10.40		6	SB
				Cardiff & the				
4	224	Arman Azaden	Cardiff High	Vale	9.33		5	SB
				Cardiff & the				
5	229	Kamran Jokarzadeh	Glantaf	Vale	9.32			SB
6	313	Gethin Thomas	Sir Thomas Picton	Dyfed	8.16			SB
DT:								
		Brett Morse	cbp – 56.52	2007				
1	404	Connor Laverty	David Hughes	Eryri	40.38		8	SB
2	302	Kallum-Lee Evans	Bro Dinefwr	Dyfed	38.73		7	SB
			Coleg Cambria					
3	603	Matthew Williams	Wrexham	NE Wales	38.38		6	SB
				Cardiff & the				
4	229	Kamran Jokarzadeh	Glantaf	Vale	25.63		5	SB
				Cardiff & the				
5	226	James Thomas	Cardiff High	Vale	25.08			SB
6	313	Gethin Thomas	Sir Thomas Picton	Dyfed	20.02			SB
				Cardiff & the				
7	224	Arman Azaden	Cardiff High	Vale	19.77			SB
HT:								
		Ritchie Wells	cbp - 56.43	2008				
1	507	Jac Palmer	Cwm Rhymni	Glam Valleys	63.35	CBP	8	SB
2	403	Shaun Livett	David Hughes	Eryri	45.13		7	SB
3	313	Gethin Thomas	Sir Thomas Picton	Dyfed	36.18		6	SB
			Coleg Cambria					
4	603	Matthew Williams	Wrexham	NE Wales	32.97		5	SB
				Cardiff & the				
5	224	Arman Azaden	Cardiff High	Vale	28.05		4	SB
6	302	Kallum-Lee Evans	Bro Dinefwr	Dyfed	23.13			SB
JT:								
		Jonathan Clarke	cbp - 67.34	1986				
1	300	Aled Price	Maes Gwendraeth	Dyfed	47.55		8	SB
				Cardiff & the				
2	227	Dan Shortland	Cardiff High	Vale	41.26		7	SB
3	604	Ryan Ffoukes	Coleg Cambria Deeside	NE Wales	40.24		6	SB
4	108	Keiran Ingram	Gower College	Afan NT	37.27		5	SB
				Cardiff & the				
5	202	Matthew Collins	Barry	Vale	29.27			SB
4x100:								
		Gwent	cbp - 42.5	1991				
1	2	Cardiff & the Vale			42.76		8	
2	8	South East Wales			45.67		7	
3	3	Dyfed			46.15		6	
4	2	Cardiff & the Vale B			47.61			
disq	6	North East Wales						
		2Km Walk						
		Cameron Smith	cbp - 8:22.8	2001				
				Cardiff & the				
1	219	Merlyn Adams-Jenkins	Cardiff High	Vale	13:12.35		8	SB
2	310	Ryan Jones	Coleg Sir Gar	Dyfed	14:34.50		7	SB
Bechgyn Canol								
Cystadleuaeth	Rhif	Enw	Ysgol	Rhanbarth	Perf	CBP Newydd	Pwyntiau	Oed
100:								
		Andrew Watkins	cbp - 10.90	2004				
Fin:		ws - 1.9						
1	230	Kristian Jones	Cowbridge	Cardiff & the Vale	11.32		8	MB
2	607	Sion Roberts	Morgan Llwyd	NE Wales	11.41		7	MB
3	114	Callum Davies	Gwyr	Afan NT	11.57		6	MB
4	809	Ellis Wharton	Croesyceiliog	SE Wales	11.58		5	MB
5	405	Alex Burgess	David Hughes	Eryri	11.68		4	MB
6	808	Tom Reynolds	Monmouth Comp	SE Wales	11.77			MB
7	728	Joe Baker	Welshpool	Powys	11.94		3	MB
8	326	Oliver Butterworth	Emlyn	Dyfed	11.94		2	MB

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9	509	Rhys Young	Pencoed	Glam Valleys	12.24		1	
200:								
		Andrew Watkins	cbp – 21.73	2004				
Ht 1		ws -0.2						
1	230	Kristian Jones	Cowbridge	Cardiff & the Vale	22.97	Q		MB
2	115	Rhodri Williams	Ystalyfera	Afan NT	23.92	q		MB
3	510	Thomas Seldom	Brynteg	Glam Valleys	24.06	q		MB
4	320	Tim Williams	Queen Elizabeth	Dyfed	24.22	q		MB
Dns	810	Tyler Williams	St Joseph's, Newport	SE Wales				MB
Ht 2		ws -2.5						
1	808	Tom Reynolds	Monmouth Comp	SE Wales	23.85	Q		MB
2	809	Ellis Wharton	Croesyceiliog	SE Wales	24.07	q		MB
3	405	Alex Burgess	David Hughes	Eryri	24.23	q		MB
4	622	Declen Astbury	Brynhyfryd	NE Wales	24.32	q		MB
5	705	Matthew Bebb	Caereinion	Powys	25.33		1	MB
Fin:		ws - not recorded					###	
1	230	Kristian Jones	Cowbridge	Cardiff & the Vale	22.30		8	MB
2	809	Ellis Wharton	Croesyceiliog	SE Wales	23.26		7	MB
3	405	Alex Burgess	David Hughes	Eryri	23.28		6	MB
4	808	Tom Reynolds	Monmouth Comp	SE Wales	23.36			MB
5	115	Rhodri Williams	Ystalyfera	Afan NT	23.89		5	MB
6	622	Declen Astbury	Brynhyfryd	NE Wales	24.03		4	MB
dns	510	Thomas Seldom	Brynteg	Glam Valleys				MB
dns	320	Tim Williams	Queen Elizabeth	Dyfed				MB
400:								
		Bruce Tasker	cbp - 48.82	2004				
1	811	Thomas Arnold	Blackwood	SE Wales	50.29		8	MB
2	812	Josh Ford	Gwynllyw	SE Wales	50.82			MB
3	118	Joseph Brier	Ystalyfera	Afan NT	52.22		7	MB
4	406	Cai Holdsworth	Syr Hugh Owen	Eryri	52.91		6	MB
5	608	James Norbury	Alun	NE Wales	53.08		5	MB
6	728	Joe Baker	Welshpool	Powys	53.42		4	MB
7	325	Nikita Neary	Dyffryn Taf	Dyfed	54.21		3	MB
8	250	Adam Smith	Radyr	Cardiff & the Vale	56.04		2	MB
800:								
		Jason Murphy	cbp - 1:56.5	1990				
1	232	Hassan Abdi	Fitzalan	Cardiff & the Vale	1:59.92		8	MB
2	813	Lewis Daniels	Abersychan	SE Wales	2:00.60		7	MB
3	323	Mathew Williams	Milford	Dyfed	2:00.75		6	MB
4	119	Dylan Lambropoulos	Pontarddulais	Afan NT	2:05.03		5	MB
5	407	Cai Linton-Davies	Friars	Eryri	2:06.69		4	MB
6	609	Harry Annull	St Joesph's, Wrexham	NE Wales	2:06.86		3	MB
7	512	Tom Rowlands	Brynteg	Glam Valleys	2:09.49		2	MB
dns	706	Dafydd Edwards	Brecon	Powys				MB
1500:								
		John Cove	cbp - 4:03.52	2013				
1	233	Jake Heyward	Llanishen	Cardiff & the Vale	4:02.79	CBP	8	MB
2	323	Mathew Williams	Milford	Dyfed	4:11.79		7	MB
3	513	Owen Thomas	Cwm Rhymni	Glam Valleys	4:15.70		6	MB
4	814	Alex Williams	Abertillery	SE Wales	4:30.13		5	MB
5	707	Gabriel Kay	Gwernyfed	Powys	4:38.53		4	MB
6	610	Laurence Henry	Alun	NE Wales	4:54.88		3	MB
dns	120	Aran Rees	Gwyr	Afan NT				MB
dns	408	Kyle Owen	Llangefni	Eryri				MB
3000:								
		Colin Jones	cbp - 8:48.7	1990				
1	611	Christian Smith	Darland	NE Wales	9:14.55		8	MB
2	120	Aran Rees	Gwyr	Afan NT	9:20.70		7	MB
3	814	Alex Williams	Abertillery	SE Wales	9:45.78		6	MB
4	708	Jack Stephens	Christ College	Powys	10:09.33		5	MB
5	328	Dwayne Griffiths	Dyffryn Aman	Dyfed	10:17.97		4	MB
6	234	Daniel Graves	Bishop of Llandaff	Cardiff & the Vale	10:18.07		3	MB
7	514	Alex Price	Garth Olwg	Glam Valleys	10:33.54		2	MB
100H:		ws -2.1						
		David Guest	Cbp – 13.19	2007				
1	235	Harry Hillman	St. Teilo's	Cardiff & the Vale	13.96		8	MB
2	122	Rhys Harris	Birchgrove	Afan NT	14.06		7	MB
3	815	James McCarthy	Caerleon	SE Wales	15.42		6	MB
4	497	Lewis Mullender	Dyffryn Conwy	Eryri	15.46		5	MB
5	612	Liam Webster	St David's	NE Wales	17.36		4	MB
dns	508	Tiago Duathe	Cyfarthfa	Glam Valleys				MB
400H:								
		Mark Rowlands	cbp - 54.42	1994				

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1	231	Ryan James	Radyr	Cardiff & the Vale	56.59	8	MB
2	321	Ashraf Liles	Dyffryn Aman	Dyfed	61.54	7	MB
3	515	Rhys Roberts	Llangynwyd	Glam Valleys	63.61	6	MB
4	123	Rhys Williams	Morriston	Afan NT	65.28	5	MB
5	613	Sam Hall	Alun	NE Wales	67.61	4	MB
1500 Sc:							
		Marcus Thomas	cbp - 4:21.8	1979			
1	121	Oliver Moyse	Gwyr	Afan NT	4:43.90	8	MB
2	321	Ashraf Liles	Dyffryn Aman	Dyfed	4:44.35	7	MB
3	236	Joe MacPherson	Whitchurch	Cardiff & the Vale	5:15.66	6	MB
HJ:							
		Chuka Enih Snell	cbp - 2.06	2000			
1	125	Miles Keller-Jenkins	Ffynone	Afan NT	1.95	8	MB
2	532	Regan Wilton	Afon Taf	Glam Valleys	1.90	7	MB
3	322	Aled Rees	Dyffryn Aman	Dyfed	1.80	6	MB
4	239	Tom Trotman	Cowbridge	Cardiff & the Vale	1.80	5	MB
5	238	Charlie Pegrum	Bro Morgannwg	Cardiff & the Vale	1.80		MB
6	124	Scott Harris	Bishop Vaughan	Afan NT	1.80		MB
7	330	Jordan Davies	Pembroke	Dyfed	1.75		MB
8	818	Tumise Ogunmikua	St Joseph's, Newport	SE Wales	1.70	4	MB
	617	Jack McClean	Darland	NE Wales	nh		
PV:							
		Neil Winter	cbp - 4.80	1990			
1	242	Ryan Grimwade	Whitchurch	Cardiff & the Vale	3.70	8	MB
2	240	Rhodri Davies	Bro Morgannwg	Cardiff & the Vale	3.60		MB
3	241	Jasper Hawkins	Bro Morgannwg	Cardiff & the Vale	2.80		MB
4	819	Alex Jenkins	Cwmcam	SE Wales	2.60	7	MB
LJ:							
		Andrew Wooding	cbp - 6.69	1995			
1	122	Rhys Harris	Birchgrove	Afan NT	6.45/1.6	8	MB
2	126	Osaze Aghedo	Bishop Vaughan	Afan NT	6.31/2.8		MB
3	235	Harry Hillman	St. Teilo's	Cardiff & the Vale	6.30/3.7	7	MB
4	330	Jordan Davies	Pembroke	Dyfed	5.95/4.6	6	MB
5	816	Tom Spokes	Croesyceiliog	SE Wales	5.64/2.2	5	MB
6	515	Rhys Roberts	Llangynwyd	Glam Valleys	5.14/2.8	4	MB
7	618	Alex Harrison	Morgan Llwyd	NE Wales	5.34/4.3	3	MB
TJ:							
		Steven Shalders	cbp - 15.06	1998			
1	126	Osaze Aghedo	Bishop Vaughan	Afan NT	13.71/1.6	8	MB
2	620	Tom Walley	Clywedog	NE Wales	13.25/2.6	7	MB
3	239	Tom Trotman	Cowbridge	Cardiff & the Vale	12.57/1.6	6	MB
4	412	Cai Parry	Dyffryn Nantlle	Eryri	12.38/1.8	5	MB
5	517	Levi Pegler	Cwm Rhymni	Glam Valleys	11.72/0.9	4	MB
6	331	Samuel Rajesh	St Michaels	Dyfed	11.26/0.5	3	MB
7	817	Jake Sweeney	Newbridge	SE Wales	11.17/2.3	2	MB
SP:							
		Mark Hewer	cbp - 16.63	1980			
1	410	Nathan Thomason	John Bright	Eryri	15.11	8	MB
2	127	Rhys Davies	Bishopston	Afan NT	12.49	7	MB
3	326	Oliver Butterworth	Emlyn	Dyfed	11.69	6	MB
4	713	Tom Birch	Christ College	Powys	11.57	5	MB
5	823	Corey Howells	Caerleon	SE Wales	11.46	4	MB
6	518	Morgan Collins	Afon Taf	Glam Valleys	11.29	3	MB
7	245	Luin Auguste	St. Cyre's	Cardiff & the Vale	10.43	2	MB
8	614	Elliot Duff	Alun	NE Wales	10.32	1	MB
DT:							
		Matthew Field	cbp - 51.12	2011			
1	318	Sam Bleach	Emlyn	Dyfed	37.47	8	MB
2	127	Rhys Davies	Bishopston	Afan NT	35.67	7	MB
3	715	Jacob Williams	Christ College	Powys	35.04	6	MB
4	519	Llywelyn Hughes	Cwm Rhymni	Glam Valleys	33.17	5	MB
5	246	Liam Barnard	Llanishen	Cardiff & the Vale	24.71	4	MB
6	614	Elliot Duff	Alun	NE Wales	20.57	3	MB
HT:							
		Jac Palmer	cbp - 59.69	2012			
1	410	Nathan Thomason	John Bright	Eryri	62.03	8	MB
2	521	Owen Murphy	Cwm Rhymni	Glam Valleys	42.38	7	MB
3	715	Jacob Williams	Christ College	Powys	41.07	6	MB
4	242	Ryan Grimwade	Whitchurch	Cardiff & the Vale	32.94	5	MB
5	333	Llyr Green	Dyffryn Aman	Dyfed	25.45	4	MB
6	821	Bradley Rooker	Cwmcam	SE Wales	23.04	3	MB
7	128	Brandon Heale	Morriston	Afan NT	21.43	2	MB
JT:							

CBP

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1		Linton Baddeley	cbp - 59.12	1989				
2	248	Richard Dangerfield	Llantwit Major	Cardiff & the Vale	55.09		8	MB
3	324	Nathan James	Coedcae	Dyfed	49.75		7	MB
4	318	Sam Bleach	Emlyn	Dyfed	49.27			MB
5	615	Mitchell Thomas	St Richard Gwyn, Flint	NE Wales	43.45		6	MB
6	714	Josh Baldwin	Llanidloes	Powys	39.15		5	MB
	520	Luke Bevan	Brynteg	Glam Valleys	38.42		4	MB
4x100:								
		Dyfed	cbp - 44.2	1989				
1	2	Cardiff & the Vale			43.99	CBP	8	
2	8	South East Wales			45.23		7	
3	1	Afan Nedd Tawe			45.65		6	
4	6	North East Wales			46.28		5	
5	3	Dyfed			46.45		4	
6	4	Eryri			47.34		3	
7	7	Powys			47.57		2	
8	5	Glamorgan Valleys			48.72		1	
2Km								
		Walk:						
		Antonio Cirillo	cbp - 9:07.85	2007				
1	237	Abdi Osman	Willows	Cardiff & the Vale	11:44.22		8	MB
2	332	Aled Phillips	Dyffryn Aman	Dyfed	13:27.94		7	MB
3	709	Alex Jones	Llanfyllin	Powys	14:12.21		6	MB

67th Pencampwriaethau Cenedlaethol Trac a Maes – Canlyniadau Dros Dro**Dydd Sadwrn, 5 Gorffennaf 2014- Stadiwm Chwaraeon Rhyngwladol Caerdydd.****Bechgyn Iau**

Cystadleuaeth 100:	Rhif	Enw ws	Ysgol	Rhanbarth	Perf	CBP Newydd	Pwyntiau	Oed
1	251	Andrew Watkins	cbp - 11.09	2002				
2	825	Ben Paris	Bishop of Llandaff	Cardiff & the Vale	11.54		8	JB
3	130	Oakley Mighten	Rougemont	SE Wales	11.87		7	JB
4	338	Ben Cambriani	Bishopston	Afan NT	11.87		6	JB
5	524	Aaron John	Sir Thomas Picton	Dyfed	11.99		5	JB
6	416	Dylan Parry	Brynteg	Glam Valleys	12.18		4	JB
7	623	Finlay Roberts	Syr Hugh Owen	Eryri	12.36		3	JB
8	716	Joe Edwards	Morgan Llwyd	NE Wales	12.44		2	JB
		Jove Roberts	Welshpool	Powys	DNS		1	JB
200:		ws not recorded						
		Andrew Watkins	cbp - 22.13	2002				
1	132	Llyr Gealy	Gwyr	Afan NT	23.81		8	JB
2	717	George Thomas	Builth	Powys	24.24		7	JB
3	338	Aaron John	Sir Thomas Picton	Dyfed	24.38		6	JB
4	826	Ewan Rosser	Abersychan	SE Wales	24.48		5	JB
5	525	Jordan Hargraves	Blaengwawr	Glam Valleys	24.80		4	JB
6	254	Oliver Edwards	Bishop of Llandaff	Cardiff & the Vale	24.96		3	JB
7	623	Joe Edwards	Morgan Llwyd	NE Wales	25.66		2	JB
dns	417	Iwan Davies	Friars	Eryri				JB
300:								
		Matthew Petty	cbp - 37.45	1997				
1	717	George Thomas	Builth	Powys	37.11	CBP	8	JB
2	253	Jac Gould	Bro Morgannwg	Cardiff & the Vale	37.76		7	JB
3	134	Jordan Draisey	Bishop Vaughan	Afan NT	37.97		6	JB
4	827	Rhodrigues Mbongompasi	St Joseph's, Newport	SE Wales	39.07		5	JB
5	526	Elis Pryse	Pontypridd High	Glam Valleys	39.24		4	JB
6	335	Luke Dyer	Sir Thomas Picton	Dyfed	39.41		3	JB
7	499	Dion Roberts	Syr Hugh Owen	Eryri	41.03		2	JB
800:								
		Jamie Fenaroli	cbp - 2:01.52	2003				
1	255	James Vincent	Whitchurch	Cardiff & the Vale	2:05.16		8	JB
2	418	Iolo James	Creuddyn	Eryri	2:05.52		7	JB
3	527	Owen Lock	Lewis Boys	Glam Valleys	2:07.34		6	JB
4	828	James Green	Oakdale	SE Wales	2:12.96		5	JB
5	336	Osian Edwards	Maes Gwendraeth	Dyfed	2:13.40		4	JB
6	135	Sam Martin	Pontarddulais	Afan NT	2:16.65		3	JB
7	718	Luke Davies	Llandrindod	Powys	2:16.74		2	JB
1500:								
		Dewi Griffiths	cbp - 4:14.72	2005				
1	256	Tom Nesham	Whitchurch	Cardiff & the Vale	4:20.94		8	JB
2	419	Oliver Barbaresi	Syr Thomas Jones	Eryri	4:21.49		7	JB
3	627	Michael Parry	Prestatyn	NE Wales	4:23.37		6	JB
4	136	Elliott Lawrence	St. Josephs	Afan NT	4:24.93		5	JB
5	719	Joseph Crutchley	Llanidloes	Powys	4:28.34		4	JB
6	337	Thomas Jones	Bro Myrddin	Dyfed	4:31.86		3	JB
7	528	Duncan Bowler	Treorchy	Glam Valleys	4:47.92		2	JB
8	829	Iwan Reed	Oakdale	SE Wales	4:52.03		1	JB
80H:		ws -2.1						
		Wyn Harries	cbp - 11.4	1978				
1	342	Shaun Zygadlo	Sir Thomas Picton	Dyfed	11.66		8	JB
2	137	Michael Thompson	Bishopston	Afan NT	11.75		7	JB
3	251	Ben Paris	Bishop of Llandaff	Cardiff & the Vale	12.02		6	JB
4	523	Tomas Rees	Cwm Rhymini	Glam Valleys	12.21		5	JB
5	720	Sam Davies	Caereinion	Powys	12.68		4	JB
6	830	Thomas Britt	Blackwood	SE Wales	12.99		3	JB
7	627	Michael Parry	Prestatyn	NE Wales	13.25		2	JB
dns	415	Owain ap Myrddin	David Hughes	Eryri				JB
HJ:								
		Miles Keller-Jenkins	cbp - 1.92	2012				
1	255	James Vincent	Whitchurch	Cardiff & the Vale	1.77		8	JB
2	630	Matthew Sturgess	Glan Clwyd	NE Wales	1.65		7	JB
3	425	Deio Hughes	Creuddyn	Eryri	1.55		6	JB
4=	339	Luke Jenkins	Emlyn	Dyfed	1.55		4.5	JB
4=	531	Matthew Bradbury	Cwm Rhymini	Glam Valleys	1.55		4.5	JB
6	138	Owain Davies	Gwyr	Afan NT	1.50		3	JB
7	835	Morgan Daley	Chepstow	SE Wales	1.50		2	JB
PV:								
		Steven Francis	cbp - 3.40	1993				
1	140	Ieuan Hosgood	Bishopston	Afan NT	2.85		8	JB
2	139	Scott Morgan	Olchfa	Afan NT	2.55			JB

67th Pencampwriaethau Cenedlaethol Trac a Maes – Canlyniadau Dros Dro**Dydd Sadwrn, 5 Gorffennaf 2014- Stadiwm Chwaraeon Rhyngwladol Caerdydd.**

3	260	Johan Hoogendoorn	Glantaf	Cardiff & the Vale	2.55	7	JB
4=	261	Chineau Ebereonwu	Corpus Christi	Cardiff & the Vale	2.05		JB
4=	259	Sam Taylor	Cardiff High	Cardiff & the Vale	2.05		JB
6	258	Rhys James	Bro Morgannwg	Cardiff & the Vale	2.05		JB
	262	Oliver Howard	Bro Ederm	Cardiff & the Vale	NH		JB
	257	Tomos Jac	Bro Morgannwg	Cardiff & the Vale	NH		JB
LJ:							
		Furnham & Strange	cbp - 6.19	1977			
1	833	Kellen Jones	St Joseph's, Newport	SE Wales	5.91/2.3	8	JB
2	424	Ioan Rheinallt	Dyffryn Ogwen	Eryri	5.68/3.4	7	JB
3	263	Joseff Williams	Bro Morgannwg	Cardiff & the Vale	5.62/1.4	6	JB
4	722	Fred Hayward	Gwernyfed	Powys	5.54/1.2	5	JB
5	141	Cameron Griffiths	Birchgrove	Afan NT	5.42/1.0	4	JB
6	340	Jed Gravelle	Llandovery College	Dyfed	5.16/1.0	3	JB
7	530	Morgan Pace	Cwm Rhymini	Glam Valleys	5.16/1.0	2	JB
8	630	Matthew Sturgess	Glan Clwyd	NE Wales	4.9/1.3	1	JB
TJ:							
		Osaze Aghedo	cbp - 13.37	2013			
1	834	Finley Hazel	Newbridge	SE Wales	11.22/0.8	8	JB
2	530	Morgan Pace	Cwm Rhymini	Glam Valleys	11.02/0.2	7	JB
3	253	Jac Gould	Bro Morgannwg	Cardiff & the Vale	10.94/2.0	6	JB
4	343	Dylan Morgan	Aberaeron	Dyfed	10.93/0.7	5	JB
5	142	Iwan Beggs	Bryn Tawe	Afan NT	10.19/2.3	4	JB
6	723	Glyn Hobbs	Brecon	Powys	10.05/1.9	3	JB
SP:							
		Kevin Jones	cbp - 15.57	1970			
1	143	Thomas Hanson	Dyffryn	Afan NT	13.23	8	JB
2	628	Nicholas Young	Ruthin	NE Wales	12.84	7	JB
3	345	Ben Evans	Tasker Milward	Dyfed	12.02	6	JB
4	421	Leon James	Eirias	Eryri	11.14	5	JB
5	724	Wilf Williams	Gwernyfed	Powys	10.87	4	JB
6	264	Llewelyn Brown	Llantwit Major	Cardiff & the Vale	10.55	3	JB
7	529	Ieuan Thomas	Brynteg	Glam Valleys	9.88	2	JB
DT:							
		Liam Walsh	cbp - 44.06	1996			
1	346	James Tomlinson	Pembroke	Dyfed	41.91	8	JB
2	265	Jay Morse	Stanwell	Cardiff & the Vale	31.80	7	JB
3	144	Scott Hill	Bishopston	Afan NT	31.61	6	JB
4	524	Dylan Parry	Brynteg	Glam Valleys	31.19	5	JB
5	836	George Price	Newbridge	SE Wales	29.20	4	JB
6	726	Morgan Price	Builth	Powys	27.16	3	JB
7	629	Jack Laughton	Flint High	NE Wales	26.62	2	JB
8	422	Niall White	Dyffryn Nantlle	Eryri	23.46	1	JB
HT:							
		Rhys Hodnett	cbp - 55.26	2006			
1	266	Kieran Grimwade	Whitchurch	Cardiff & the Vale	48.93	8	JB
2	144	Scott Hill	Bishopston	Afan NT	36.78	7	JB
3	346	James Tomlinson	Pembroke	Dyfed	30.30	6	JB
4	727	Kurt Jones	Brecon	Powys	27.00	5	JB
JT:							
		Garth Loughran	cbp - 55.44	2003			
1	266	Kieran Grimwade	Whitchurch	Cardiff & the Vale	41.51	8	JB
2	420	Harry Godfrey	John Bright	Eryri	38.61	7	JB
3	837	Cameron Herbert	Cwmcam	SE Wales	37.34	6	JB
4	725	Llyr Griffiths	Caereinion	Powys	33.97	5	JB
5	523	Tomas Rees	Cwm Rhymini	Glam Valleys	32.92	4	JB
6	625	Tom Evans	Maelor Penley	NE Wales	31.70	3	JB
7	347	Jacob Lay	Tasker Milward	Dyfed	30.59	2	JB
8	145	Liam Scott	Gwyr	Afan NT	28.27	1	JB
4x100:							
		Cardiff & the Vale	cbp - 45.42	2003			
1	1	Afan Nedd Tawe			45.89	8	
2	2	Cardiff & the Vale			45.98	7	
3	3	Dyfed			46.64	6	
4	7	Powys			48.32	5	
5	4	Eryri			48.82	4	
6	5	Glamorgan Valleys			49.15	3	
7	6	North East Wales			59.60	2	
8	8	South East Wales			DQ	1	
1Km							
		Walk:					
		Antonio Cirillo	cbp - 4:20.05	2005			
1	249	Daniel Mckerlich	Radyr	Cardiff & the Vale	5:11.21	8	MB
2	341	Owain Nicholas	Bro Gwaun	Dyfed	5:32.80	7	JB

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3	146	Matthew Phipps	Ystalyfera	Afan NT	5:39.48	6	JB	
4	269	Iestyn Fenn	Bro Morgannwg	Cardiff & the Vale	6:14.36		JB	
Merched Hŷn								
Cystadleuaeth 100:								
	Rhif	Enw	Ysgol	Rhanbarth	Perf	CBP Newydd	Pwyntiau	Oed
		ws -0.3						
		Lisa Armstrong	cbp – 12.0	1991				
		Rachel Johncock	cbp - 12.00	2011				
1	650	Shannon Malone	Alun	NE Wales	12.26		8	SG
2	351	Rachel Donnison	Penglais	Dyfed	12.98		7	SG
3	358	Amy Leahy	Bro Gwaun	Dyfed	13.25			SG
4	431	Chloe Roberts	Eirias	Eryri	13.41		6	SG
5	550	Emma Johnson	Brynteg	Glamorgan Valleys	14.40		5	SG
dns	430	Elin Jones	David Hughes	Eryri				SG
dns	152	Tayla Howe	St. Joseph's, PT	Afan Nedd Tawe				SG
200:								
		no ws						
		Rachel Johncock	cbp - 24.32	2011				
1	650	Shannon Malone	Alun	NE Wales	24.83		8	SG
2	351	Rachel Donnison	Penglais	Dyfed	25.92		7	SG
3	358	Amy Leahy	Bro Gwaun	Dyfed	27.09		6	SG
4	20	Olivia Evans	Whitchurch	Cardiff & the Vale	27.66		5	SG
5	431	Chloe Roberts	Eirias	Eryri	28.00		4	SG
dns	551	Isabel Hughes	Brynteg	Glamorgan Valleys				SG
dns	153	Lucy Fligelstone	Gower College	Afan Nedd Tawe				SG
dns	430	Elin Jones	David Hughes	Eryri				SG
400:								
		Sarah Roberts	cbp – 56.49	1996				
1	357	Danni Franklin	Coleg Sir Gar	Dyfed	63.06		8	SG
2	152	Tayla Howe	St. Joseph's, PT	Afan Nedd Tawe	64.13		7	SG
dns	551	Isabel Hughes	Brynteg	Glamorgan Valleys				SG
800:								
		Ffion Price	cbp – 2:13.99	2011				
1	432	Abigail Backshall	Dyffryn Conwy	Eryri	2:15.43		8	SG
2	21	Kate Seary	Whitchurch	Cardiff & the Vale	2:16.31		7	SG
3	155	Lara Philippart	Olchfa	Afan Nedd Tawe	2:26.87		6	SG
4	360	Kari O'Neill	Bro Dinefwr	Dyfed	2:34.72		5	SG
5	850	Madeline Baker	Newport High	SE Wales	2:39.14		4	SG
dns	750	Larissa Davies	Builth	Powys				SG
dns	552	Olivia Norris	Porthcawl	Glamorgan Valleys				SG
1500:								
		Elinor Kirk	cbp – 4:42.59	2007				
1	155	Lara Philippart	Olchfa	Afan Nedd Tawe	4:54.33		8	SG
2	360	Kari O'Neill	Bro Dinefwr	Dyfed	5:25.14		7	SG
dns	553	Jessica Hegarty	Brynteg	Glamorgan Valleys				SG
dns	851	Olivia Hale	Haberdashers' Monmouth	SE Wales				SG
3000:								
		Natasha Cockram	cbp – 10:06.55	2011				
1	554	Rebecca Evans	Y Pant	Glamorgan Valleys	10:18.24		8	SG
2	682	Abbie Cheetham	Prestatyn	NE Wales	12:34.59		7	SG
3	359	Fay Walsh	Penglais	Dyfed	13:41.86		6	SG
1500 Sc:								
		Rhianwedd Price	cbp - 5:07.26	2012				
1	23	Erin Hayes	Llantwit Major	Cardiff & the Vale	5.42.73		8	SG
dns	850	Madeline Baker	Newport High	SE Wales				SG
dns	352	Rhian Homer	Bro Gwaun	Dyfed				SG
100H:								
		ws -2.1						
		Norma Evans	cbp – 14.4	1978				
1	28	Alice Nottingham	Stanwell	Cardiff and Vale	18.09		8	SG
400H:								
		Alyson Evans	cbp – 61.2	1985				
1	852	Emma Hennessy	St Joseph's, Newport	SE Wales	68.65		8	SG
2	28	Alice Nottingham	Stanwell	Cardiff and Vale	74.86		7	SG
HJ:								
		Rebecca Jones	cbp – 1.76	2000				
1	354	Erin Walters	Bro Myrddin	Dyfed	1.50		8	SG
2	651	Georgia Bates	Prestatyn High	NE Wales	1.45		7	SG
3	156	Caitlin Atkins	Gower College	Afan Nedd Tawe	1.40		6	SG
PV:								
		Elinor Lewis	cbp - 3.74	2009				
1	156	Caitlin Atkins	Gower College	Afan Nedd Tawe	2.50		8	SG
2	157	Bethan Radford	Olchfa	Afan Nedd Tawe	2.05		7	SG
LJ:								
		Lisa Armstrong	cbp – 5.80	1993				
1	651	Georgia Bates	Prestatyn High	NE Wales	5.36/2.4		8	SG
2	354	Erin Walters	Bro Myrddin	Dyfed	5.29/2.2		7	SG

67th Pencampwriaethau Cenedlaethol Trac a Maes – Canlyniadau Dros Dro**Dydd Sadwrn, 5 Gorffennaf 2014- Stadiwm Chwaraeon Rhyngwladol Caerdydd.**

3	751	Hanna Owen	Llanidloes	Powys	5.21/1.3	6	SG
4	20	Olivia Evans	Whitchurch	Cardiff & the Vale	5.10/2.0	5	SG
5	555	Rachel Lewis	Maestag	Glamorgan Valleys	4.74/0.5	4	SG
TJ:							
		Sally Peake	cbp – 11.28	2003			
1	751	Hanna Owen	Llanidloes	Powys	10.69/1.4	8	SG
2	151	Catrin Jones	Gower College	Afan Nedd Tawe	10.56/1.9	7	SG
3	653	Rhian Williams	Coleg Cambria Deeside	NE Wales	10.33/2.7	6	SG
4	355	Brittany Lewis	Dyffryn Aman	Dyfed	9.34/2.3	5	SG
5	156	Caitlin Atkins	Gower College	Afan Nedd Tawe	8.61/2.6	4	SG
6	25	Tillie Carter	Bryn Hafren	Cardiff & the Vale	8.42/3.4	3	SG
SP:							
		Jane Berry	cbp – 13.90	1988			
1	350	Awen Rosser	Coleg Sir Gar	Dyfed	12.33	8	SG
2	160	Stephanie Nicholas	Gower College	Afan Nedd Tawe	10.69	7	SG
3	655	Sabrina Fortune	Coleg Cambria Deeside	NE Wales	10.66	6	SG
4	556	Zoe Dakin	Brynteg	Glamorgan Valleys	9.60	5	SG
5	356	Bronwen Lewis	Bro Myrddin	Dyfed	8.77		SG
6	433	Beth Mather	Rydal	Eryri	6.95	4	SG
DT:							
		Philippa Roles	cbp – 50.48	1997			
1	350	Awen Rosser	Coleg Sir Gar	Dyfed	44.42	8	SG
2	655	Sabrina Fortune	Coleg Cambria Deeside	NE Wales	37.35	7	SG
3	556	Zoe Dakin	Brynteg	Glamorgan Valleys	32.65	6	SG
4	160	Stephanie Nicholas	Gower College	Afan Nedd Tawe	30.45	5	SG
5	356	Bronwen Lewis	Bro Myrddin	Dyfed	21.90		SG
6	433	Beth Mather	Rydal	Eryri	18.99	4	SG
HT:							
		Toni Wells	cbp – 50.03	2001			
1	556	Zoe Dakin	Brynteg	Glamorgan Valleys	50.07	8	SG
2	161	Carys Smith	Gower College	Afan Nedd Tawe	44.38	7	SG
3	699	Mannon Edwards	Coleg Cambria Wrexham	NE Wales	41.25	6	SG
4	350	Awen Rosser	Coleg Sir Gar	Dyfed	31.11	5	SG
JT:							
		Hilary Davies	cbp – 43.50	1994			
1	558	Tasia Stephens	Treorchy	Glamorgan Valleys	38.76	8	SG
2	557	Nicole Davenport	Porthcawl	Glamorgan Valleys	34.22		SG
3	356	Bronwen Lewis	Bro Myrddin	Dyfed	22.58	7	SG
4	433	Beth Mather	Rydal	Eryri	21.21	6	SG
4x100:							
		Gwent	cbp – 49.7	1991			
1	3	Dyfed			51.93	8	
2	2	Cardiff & the Vale			55.62	7	
3	5	Glamorgan Valleys			55.78	6	
4	1	Afan Nedd Tawe			55.81	5	
disq	6	North East Wales					
2Km							
		Heather Lewis	cbp – 9:37.71	2011			
1	359	Fay Walsh	Penglais	Dyfed	16:49.77	8	SG

67th Pencampwriaethau Cenedlaethol Trac a Maes – Canlyniadau Dros Dro**Dydd Sadwrn, 5 Gorffennaf 2014- Stadiwm Chwaraeon Rhyngwladol Caerdydd.****Merched Canol**

Cystadleuaeth 100:	Rhif	Enw ws -0.8	Ysgol	Rhanbarth	Perf	CBP Newydd	Pwyntiau	Oed
1	162	Hannah Brier	cbp – 11.95	2013			8	MG
2	752	Hannah Brier	Ystalyfera	Afan Nedd Tawe	12.09		7	MG
3	656	Amelia Reynolds	Christ College	Powys	12.46		6	MG
4	270	Chloe Hughes	Flint High	NE Wales	12.88		5	MG
5	854	Rebecca Kennett	Glantaf	Cardiff & the Vale	13.03		4	MG
6	377	Sarah Gibbs	Chepstow	SE Wales	13.28		3	MG
7	435	Megan Rowe	Penglais	Dyfed	13.47		2	MG
8	560	Sophie Jones	Dyffryn Nantlle	Eryri	13.49		1	MG
dns	856	Eve George	Bedwas	Glamorgan Valleys	13.82			MG
200:		Eve Williams	Cwmcarn	SE Wales				
		no ws						
1	162	Hannah Brier	cbp – 24.47	2013			8	MG
2	856	Hannah Brier	Ystalyfera	Afan Nedd Tawe	24.50		7	MG
3	752	Eve Williams	Cwmcarn	SE Wales	24.76		6	MG
4	271	Amelia Reynolds	Christ College	Powys	24.95		5	MG
5	657	Bethan Register	Whitchurch	Cardiff & the Vale	26.84		4	MG
6	435	Neve Evans	Rhosnesni	NE Wales	27.40		3	MG
7	370	Sophie Jones	Dyffryn Nantlle	Eryri	27.70		2	MG
8	561	Phoebe Bellerby	Sir Thomas Picton	Dyfed	28.12		1	MG
300:		Megan Llewellyn	Lewis Girls	Glamorgan Valleys	28.86			
		Faye Harding	cbp - 39.75	2002			8	MG
1	856	Eve Williams	Cwmcarn	SE Wales	39.37	CBP	7	MG
2	562	Zoe Nash	Archbishop McGrath	Glamorgan Valleys	41.22		6	MG
3	658	Siriol Jones	Glan Clwyd	NE Wales	43.54		5	MG
4	24	Ysabelle Williams	Westbourne	Cardiff & the Vale	43.91		4	MG
5	166	Eira James	Bishopston	Afan Nedd Tawe	45.03		3	MG
6	372	Ffion Jenkins	St. Michael's	Dyfed	46.68		2	MG
7	436	Elin Jones	Creuddyn	Eryri	48.39			
800:								
1	437	Kirsty McDermott	cbp – 2:14.0	1977			8	MG
2	857	Cari Hughes	Syr Thomas Jones	Eryri	2:17.87		7	MG
3	363	Isobel Parry-Jones	King Henry VIII	SE Wales	2:21.47		6	MG
4	754	Ffion Quan	Bro Pedr	Dyfed	2:24.86		5	MG
5	575	Megan Randell	Welshpool	Powys	2:29.70		4	MG
6	658	Georgia Cole	Archbishop McGrath	Glamorgan Valleys	2:34.89		3	MG
7	167	Siriol Jones	Glan Clwyd	NE Wales	2:36.23		2	MG
dns	22	Eleri Hulme	Bishopston	Afan Nedd Tawe	2:54.99			MG
1500:		Rosie-May Thompson	Whitchurch	Cardiff & the Vale				
		Non Stanford	cbp – 4:30.62	2004			8	MG
1	365	Caitlin Page	Bro Pedr	Dyfed	5:01.22		7	MG
2	272	Emma Lighthart	Radyr	Cardiff & the Vale	5:01.40		6	MG
3	438	Molly Davies	David Hughes	Eryri	5:03.43		5	MG
4	659	Lily David	Alun	NE Wales	5:08.26		4	MG
5	168	Awen Lewis	Ystalyfera	Afan Nedd Tawe	5:13.63		3	MG
6	565	Phoebe Marsden	Cwm Rhymni	Glamorgan Valleys	5:36.35		2	MG
7	858	Nicole Pollock	Caerleon	SE Wales	5:58.22			
3000:								
1	755	Natasha Cockram	cbp – 10.12.55	1992			8	MG
2	369	Issy Morris	Christ College	Powys	10:10.62	CBP	7	MG
3	566	Jessica Bradley	Tasker Milward	Dyfed	10:32.18		6	MG
4	273	Bethan Evans	Y Pant	Glamorgan Valleys	10:44.12		5	MG
5	169	Gwenno Waddington	Glantaf	Cardiff & the Vale	11:45.60		4	MG
6	660	Bethan Harris	Bishopston	Afan Nedd Tawe	12:05.59		3	MG
dnf	756	Penny Bateman	Prestatyn	NE Wales	14:06.96			MG
80H:		Heidi Davies	Llandrindod	Powys				
		ws -3.1						
1	757	Heather Jones	cbp – 11.34	2003			8	MG
2	170	Abigail Bowers	Welshpool	Powys	12.16		7	MG
3	859	Mia Evans	Ystalyfera	Afan Nedd Tawe	12.28		6	MG
4	758	Jodie Beynon	Ebbw Fawr	SE Wales	12.36			MG
5	274	Lauren Williams	Llanidloes	Powys	12.54		5	MG
6	434	Sian Morris	Llanishen	Cardiff & the Vale	12.82		4	MG
7	661	Sophie Richards	Brynrefail	Eryri	14.03		3	MG
8	374	Anna Woodward	Hawarden	NE Wales	14.17		2	MG
dns	563	Lucia Reynolds	Emlyn	Dyfed	14.98			MG
300H:		Emily Howells	Cwm Rhymni	Glamorgan Valleys				
		Lucy Fligelstone	cbp – 43.40	2013				

67th Pencampwriaethau Cenedlaethol Trac a Maes – Canlyniadau Dros Dro**Dydd Sadwrn, 5 Gorffennaf 2014- Stadiwm Chwaraeon Rhyngwladol Caerdydd.**

1	757	Abigail	Bowers	Powys	43.45		8	MG
2	758	Lauren	Williams	Powys	46.69			MG
3	373	Carly	Jones	Dyfed	50.31		7	MG
4	275	Lucy Cuddihee	Llanishen	Cardiff & the Vale	52.45		6	MG
5	171	Gwen Crabb	Morrison	Afan Nedd Tawe	54.54		5	MG
6	564	Ceri Jones	Brynteg	Glamorgan Valleys	57.90		4	MG
1500								
		Steeplechase						
		Erin Hayes	cbp – 5:25.79	2013				
1	276	Emily Griffin	Cardiff High	Cardiff & the Vale	5.21.96	CBP	8	MG
2	593	Angel Powell	Cardinal Newman	Glamorgan Valleys	5.53.13		7	MG
3	759	Megan Tucker	Crickhowell	Powys	6.02.72		6	MG
4	393	Amber Howell	Dyffryn Aman	Dyfed	6.12.54		5	MG
HJ:								
		Sarah Nicholls	cbp – 1.72	1980				
1	277	Niamh Galton	Cowbridge	Cardiff & the Vale	1.60		8	MG
2=	368	Lauryn Davey	Dyffryn Aman	Dyfed	1.50		6.5	MG
2=	859	Jodie Beynon	Ebbw Fawr	SE Wales	1.50		6.5	MG
4	754	Megan Randell	Welshpool	Powys	1.45		5	MG
5	571	Ellie Jones	Cwm Rhymni	Glamorgan Valleys	1.40		4	MG
6	664	Lauren Owen	Ruabon	NE Wales	1.35		3	MG
7	164	Kate Phillips	Bryn Tawe	Afan Nedd Tawe	1.30		2	MG
8	498	Mair Bown	Bodern	Eryri	1.25		1	JG
PV:								
		Elinor Lewis	cbp – 3.50	2007 & 2008				
		Rebecca Davies		2008				
		Christina Hughes		2008				
1	367	Carys Jones	Bro Dinefwr	Dyfed	3.31		8	MG
2	666	Ellie Collins	St Joseph's, Wrexham	NE Wales	2.35		7	MG
3	274	Sian Morris	Llanishen	Cardiff & the Vale	2.35		6	MG
LJ:								
		Aimee Cutler	cbp – 5.77	1998				
1	656	Chloe Hughes	Flint High	NE Wales	5.72/3.2		8	MG
2	860	Millie Fakande	Brynmaur	SE Wales	5.18/1.9		7	MG
3	667	Sarah Atkinson	Mold	NE Wales	4.94/1.3			MG
4	278	Catherine Liguz	Radryr	Cardiff & the Vale	4.80/0.7		6	MG
5	172	Chloe Clarke	Birchgrove	Afan Nedd Tawe	4.55/1.0		5	MG
6	376	Abigail Buxton	Sir Thomas Picton	Dyfed	4.34/1.8		4	MG
7	572	Harriet Nicholas	Cwm Rhymni	Glamorgan Valleys	4.31/2.2		3	MG
TJ:								
		Sally Peake	cbp – 11.41	2002				
1	762	Sarah Williams	Welshpool	Powys	10.54/1.2		8	MG
2	164	Kate Phillips	Bryn Tawe	Afan Nedd Tawe	9.79/0.5		7	MG
3	375	Delyn Allcock	Dyffryn Aman	Dyfed	9.76/2.3		6	MG
4	434	Sophie Richards	Brynrefail	Eryri	9.64/3.3		5	MG
5	665	Ellin Williams	Darland	NE Wales	9.19/1.8		4	MG
6	861	Jaycee Penny	Newbridge	SE Wales	9.16/-0.8		3	MG
7	279	Ffion Thomas	Bro Morgannwg	Cardiff & the Vale	8.77/-0.2		2	MG
SP:								
		New implement	New cbp					
1	174	Emily Cockrill	Olchfa	Afan Nedd Tawe	12.80	CBP	8	MG
2	662	Katie Whitley	Maelor Penley	NE Wales	12.80	CBP	7	MG
3	366	Bethan Lewis	Bro Myrddin	Dyfed	11.38		6	MG
4	567	Chloe Ann Jones	Cwm Rhymni	Glamorgan Valleys	10.85		5	MG
5	864	Megan Parfitt	Oakdale	SE Wales	10.08		4	MG
6	440	Gwenan Williams	Llangefni	Eryri	9.85		3	MG
7	280	Amber Roberts	St Richard Gwyn	Cardiff & the Vale	8.89		2	MG
8	763	Cerys Davies	Llanfyllin	Powys	7.35		1	MG
DT:								
		Philippa Roles	cbp – 43.80	1994				
1	663	Amber Rimmington	Flint High	NE Wales	38.24		8	MG
2	662	Katie Whitley	Maelor Penley	NE Wales	32.59			MG
3	862	Hannah Morgan	Gwynllyw	SE Wales	31.68		7	MG
4	568	Sofia Ali	Aberdare Girls	Glamorgan Valleys	30.00		6	MG
5	366	Bethan Lewis	Bro Myrddin	Dyfed	28.35		5	MG
6	194	Emily Giblin	Gowerton	Afan Nedd Tawe	19.57		4	MG
7	764	Sara Jones	Welshpool	Powys	17.92		3	MG
HT:								
		New implement	New cbp					
1	663	Amber Rimmington	Flint High	NE Wales	52.77	CBP	8	MG
2	576	Emily Pearce	Treorchy	Glamorgan Valleys	52.50		7	MG
3	862	Hannah Morgan	Gwynllyw	SE Wales	45.41		6	MG
4	175	Hannah Powell	Llangatwg	Afan Nedd Tawe	43.63		5	MG
5	364	Anita Madan	Sir Thomas Picton	Dyfed	32.97		4	MG
6	564	Ceri Jones	Brynteg	Glamorgan Valleys	30.22		3	MG

67th Pencampwriaethau Cenedlaethol Trac a Maes – Canlyniadau Dros Dro**Dydd Sadwrn, 5 Gorffennaf 2014- Stadiwm Chwaraeon Rhyngwladol Caerdydd.**

7	280	Amber Roberts	St Richard Gwyn	Cardiff & the Vale	26.07		2	MG
8	444	Hollie Profit	Eirias	Eryri	23.24		1	MG
JT:								
		New implement	New cbp					
1	174	Emily Cockrill	Olchfa	Afan Nedd Tawe	34.88	CBP	8	MG
2	371	Amy Humble	St John Lloyd	Dyfed	30.24		7	MG
3	669	Tia Williams	Flint High	NE Wales	28.63		6	MG
4	764	Sara Jones	Welshpool	Powys	27.30		5	MG
5	569	Carys Sheard	Brynteg	Glamorgan Valleys	21.99		4	MG
6	282	Sian Smith	Cowbridge	Cardiff & the Vale	21.63		3	MG
7	863	Savannah Beaumont	Caerleon	SE Wales	13.68		2	MG
4x100:								
		South East Wales	cbp – 49.7	1989				
1	7	Powys			50.90		8	
2	8	South East Wales			51.06		7	
3	2	Cardiff & the Vale			52.12		6	
4	1	Afan Nedd Tawe			52.37		5	
5	3	Dyfed			52.42		4	
6	6	North East Wales			53.71		3	
7	4	Eryri			55.45		2	
disq	5	Glamorgan Valleys						
2Km								
		Walk:						
		Heather Lewis	cbp – 9:56.18	2009				
1	760	Hannah Pryce	Welshpool	Powys	14:12.21		8	MG
2	176	Eleri Slade	Ystalyfera	Afan Nedd Tawe	14:43.31		7	MG
Merched lau								
Cystadleuaeth 100:								
	Rhif	Enw	Ysgol	Rhanbarth	Perf	CBP Newydd	Pwyntiau	Oed
		ws -0.4						
		Hannah Brier	cbp – 12.23/0.8	2011				
1	382	Lydia Thomas	Sir Thomas Picton	Dyfed	13.26		8	JG
2	446	Moli Jones	Creuddyn	Eryri	13.26		7	JG
3	294	Catrin Lord	Plasmawr	Cardiff & the Vale	13.27		6	JG
4	583	Elisha Thomas	Brynteg	Glamorgan Valleys	13.55		5	JG
5	765	Megan Davies	Welshpool	Powys	13.58		4	JG
6	865	Rebecca Chick	Rougemont	SE Wales	13.63		3	JG
7	177	Georgia Gibson	Ystalyfera	Afan Nedd Tawe	14.06		2	JG
8	683	Lauren Evans	Hawarden	NE Wales	14.44		1	JG
200:								
		no ws						
		Hannah Brier	cbp – 25.05/2.0	2011				
1	446	Moli Jones	Creuddyn	Eryri	26.86		8	JG
2	866	Armani Williams	St Joseph's, Newport	SE Wales	26.95		7	JG
3	177	Georgia Gibson	Ystalyfera	Afan Nedd Tawe	27.09		6	JG
4	284	Lana Culliford	Glantaf	Cardiff & the Vale	27.34		5	JG
5	578	Hannah Longden	Llangynwyd	Glamorgan Valleys	27.50		4	JG
6	383	Olivia Haines	Llandovery College	Dyfed	27.66		3	JG
7	766	Bethan Davies	Caereinion	Powys	28.56		2	JG
8	671	Anna Williams	Hawarden	NE Wales	28.77		1	JG
300:								
		Rebeca Hartson	cbp - 41.92	2013				
1	867	Gabby Fakande	Brynmawr	SE Wales	40.96	CBP	8	JG
2	580	Hannah Pachuta	Bryntirion	Glamorgan Valleys	41.65		7	JG
3	765	Megan Davies	Welshpool	Powys	43.09		6	JG
4	384	Jessie-Lee May	Coedcae	Dyfed	43.42		5	JG
5	285	Jessica Wadey	Cowbridge	Cardiff & the Vale	43.78		4	JG
6	181	Sophie Davies	Olchfa	Afan Nedd Tawe	44.48		3	JG
7	670	Megan Hunter	Rhosnesni	NE Wales	44.60		2	JG
8	447	Cadi Roberts	Moelwyn	Eryri	45.26		1	JG
800:								
		Julie Garrett	cbp - 2:14.0	1987				
1	582	Isobel Dodd	Brynteg	Glamorgan Valleys	2:19.61		8	JG
2	385	Abbie Williams	Pembroke	Dyfed	2:23.84		7	JG
3	672	Paige Williams	Prestatyn	NE Wales	2:23.88		6	JG
4	286	Caitlin Exton	Whitchurch	Cardiff & the Vale	2:27.58		5	JG
5	448	Cassia Pike	Eifionnydd	Eryri	2:39.59		4	JG
6	767	Elin Davies	Builth	Powys	2:44.96		3	JG
7	868	Katie Kearsey	Monmouth Comp	SE Wales	2:49.48		2	JG
dns	182	Cadi Poulton	Gwyr	Afan Nedd Tawe				JG
1500:								
		Non Stanford	cbp - 4:35.61	2003				
1	869	Lauren Stockley	King Henry VIII	SE Wales	4:51.17		8	JG
2	381	Lucy Davies	Dyffryn Taf	Dyfed	4:52.92		7	JG
3	579	Holli Jehu	Cyfarthfa	Glamorgan Valleys	4:55.68		6	JG
4	768	Abbie Fisher	Crickhowell	Powys	4:55.97		5	JG

67th Pencampwriaethau Cenedlaethol Trac a Maes – Canlyniadau Dros Dro**Dydd Sadwrn, 5 Gorffennaf 2014- Stadiwm Chwaraeon Rhyngwladol Caerdydd.**

5	673	Holly Robert	Glan Clwyd	NE Wales	5:00.61	4	JG
6	183	Olivia Michael	Cwmtawe	Afan Nedd Tawe	5:11.57	3	JG
7	287	Kiara Frizelle	Cathedral School	Cardiff & the Vale	5:16.30	2	JG
8	449	Sophie Wilson	Eirias	Eryri	5:31.07	1	JG
75H:							
		ws -3.1					
		Jane Buttress	cbp - 11.2	1978			
1	288	Lauren Evans	Cardiff High	Cardiff & the Vale	11.46	8	JG
2	382	Lydia Thomas	Sir Thomas Picton	Dyfed	11.58	7	JG
3	179	Hannah Davies	St. Joseph's, PT	Afan Nedd Tawe	12.12	6	JG
4	865	Rebecca Chick	Rougemont	SE Wales	12.52	5	JG
5	445	Sara Gwyn	Syr Hugh Owen	Eryri	13.19	4	JG
6	670	Megan Hunter	Rhosnesni	NE Wales	13.52	3	JG
7	769	Zoe Kuipers	Welshpool	Powys	13.59	2	JG
8	577	Olivia Howells	Cwm Rhymni	Glamorgan Valleys	13.68	1	JG
HJ:							
		Julia Charlton	cbp - 1.70	1978&80			
1	27	Sarah Omoregie	Bishop of Llandaff	Cardiff & the Vale	1.50	8	JG
2	588	Hollie Williams	Ferndale	Glamorgan Valleys	1.50	7	JG
3	766	Bethan Davies	Caereinion	Powys	1.45	6	JG
4	388	Charlotte Phillips	Dyffryn Taf	Dyfed	1.45	5	JG
5	452	Megan Roberts	Eirias	Eryri	1.40	4	JG
6	677	Rika Evans	Alun	NE Wales	1.30	3	JG
7	872	Elinor Wilkins-Jones	Gwynllyw	South East Wales	1.25	2	no AG
8	179	Hannah Davies	St. Joseph's, PT	Afan Nedd Tawe	1.20	1	JG
PV:							
		Carys Jones	cbp - 3.05	2012 & 2013			
1	590	Ffion Llewellyn	Bryntirion	Glamorgan Valleys	2.95	8	JG
2	291	Tirion Evans	Cowbridge	Cardiff & the Vale	2.55	7	JG
3	290	Megan Hodgson	Cowbridge	Cardiff & the Vale	2.55		JG
4	292	Lois Hillman	St Teilo's	Cardiff & the Vale	2.45		JG
5	188	Caitlin Ward	Bishop Gore	Afan Nedd Tawe	2.05	6	JG
LJ:							
		Danielle Selley	cbp - 5.43	1998			
1	294	Catrin Lord	Plasmawr	Cardiff & the Vale	5.22/1.3	8	JG
2	867	Gabby Fakande	Brynmawr	SE Wales	5.11/1.3	7	JG
3	386	Alicia Samuel	Dyffryn Aman	Dyfed	4.87/1.4	6	JG
4	189	Tybie Newby-Chugg	Bishopston	Afan Nedd Tawe	4.86/1.1	5	JG
5	678	Kiara Pugh	Clywedog	NE Wales	4.63/1.5	4	JG
6	451	Eve Butler	Eirias	Eryri	4.58/2.1	3	JG
7	769	Zoe Kuipers	Welshpool	Powys	4.04/0.6	2	JG
8	578	Hannah Longden	Llangynwyd	Glamorgan Valleys	3.54/2.6	1	JG
SP:							
		New implement	New cbp				
1	27	Sarah Omoregie	Bishop of Llandaff	Cardiff & the Vale	11.32	8	JG
2	190	Sarah Watkins	Glan Afan	Afan Nedd Tawe	10.45	7	JG
3	389	Amy Rothero	Sir Thomas Picton	Dyfed	9.93	6	JG
4	873	Caitlin Arnold	Caldicot	South East Wales	9.54	5	JG
5	450	Alanna Parry	Syr Thomas Jones	Eryri	9.54	4	JG
6	770	Casey Jones	Welshpool	Powys	7.88	3	JG
7	586	Stephanie Keirle	Cymer Rhondda	Glamorgan Valleys	7.84	2	JG
8	674	Jess Woolley	Alun	NE Wales	7.53	1	JG
DT:							
		Sandra Lee	cbp - 38.44	1978			
1	592	Bethan Gammon	Bryncelynnog	Glamorgan Valleys	26.76	8	JG
2	191	Rachel Jones	Pontarddulais	Afan Nedd Tawe	25.95	7	JG
3	450	Alanna Parry	Syr Thomas Jones	Eryri	23.54	6	JG
4	770	Casey Jones	Welshpool	Powys	20.92	5	JG
5	296	Jessica Screen	Whitchurch	Cardiff & the Vale	20.44	4	JG
6	387	Danielle Jones	Queen Elizabeth	Dyfed	20.36	3	JG
7	698	Jenna Leon	Dinas Bran	NE Wales	17.86	2	JG
	873	Caitlin Arnold	Caldicot	South East Wales	NT		JG
HT:							
		Amber Rimington	cbp - 52.11	2013			
1	591	Ffion Palmer	Cwm Rhymni	Glamorgan Valleys	40.78	8	JG
2	190	Sarah Watkins	Glan Afan	Afan Nedd Tawe	40.12	7	JG
3	676	Bethan Morris	Dinas Bran	NE Wales	20.34	6	JG
4	767	Elin Davies	Builth	Powys	18.98	5	JG
5	389	Amy Rothero	Sir Thomas Picton	Dyfed	18.08	4	JG
	297	Elen Evans	Plasmawr	Cardiff & the Vale	nt		
JT:							
		New implement	New cbp				
1	192	Rhian Evans	Gwyr	Afan Nedd Tawe	29.57	8	JG
2	448	Cassia Pike	Eifionnydd	Eryri	27.70	7	JG
3	380	Victoria Hodgson	Tasker Milward	Dyfed	26.08	6	JG

67th Pencampwriaethau Cenedlaethol Trac a Maes – Canlyniadau Dros Dro**Dydd Sadwrn, 5 Gorffennaf 2014- Stadiwm Chwaraeon Rhyngwladol Caerdydd.**

4	874	Olivia Brewin	Caldicot	South East Wales	22.97	5	JG
5	771	Alice Gregory	Caereinion	Powys	22.70	4	JG
6	298	Thea Willis	Bishop of Llandaff	Cardiff & the Vale	19.68	3	JG
7	587	Molly Smith	Cyfarthfa	Glamorgan Valleys	16.15	2	JG
8	681	Lovella Bagnall	Rhosnesni	NE Wales	13.17	1	JG

4x100:

		Gwent	cbp – 50.07	1996			
1	8	South East Wales		50.98		8	
2	2	Cardiff & the Vale		51.20		7	
3	3	Dyfed		51.99		6	
4	5	Glamorgan Valleys		52.98		5	
5	1	Afan Nedd Tawe		53.79		4	
6	4	Eryri		53.82		3	
7	6	North East Wales		54.34		2	
8	7	Powys		54.62		1	

1Km

1Km		Walk:						
		Danni Andrews	cbp – 5:16.40	2007				
1	195	Megan Stratton-Thomas	Olchfa	Afan Nedd Tawe	5:03.74	CBP	8	JG
2	193	Amy Phipps	Ystalyfera	Afan Nedd Tawe	5:07.47			JG
3	871	Bella Seymour	Haberdashers	South East Wales	5:25.72		7	JG
4	289	Hannah Jones	Llantwit Major	Cardiff & the Vale	5:32.34		6	JG
5	379	Amelia Davey	Dyffryn Aman	Dyfed	5:38.61		5	JG
6	577	Olivia Howells	Cwm Rhymni	Glamorgan Valleys	5:53.81		4	JG