**Cardiff Met GP1 - Christmas Classic**

National Indoor Athletics Centre

Cardiff, GBR 13.12.15

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| **60m h3** | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** |  | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 8.17 | i | [Francesca Allen](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=65362) | **PB** | U20 | W | 19 | 28.08.96 | [Paul Walker](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=21379) | North Somerset/Cardiff Met Uni | 8.17 | 8.17 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=23694015) |  |  |  |  |  |  |  |  |  |  |
| 2 | 8.36 | i | [Ellys Connor](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=699352) | **PB** | U20 | W | 16 | 13.02.99 |  | Blaenau Gwent | 8.36 | 8.36 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=23694016) |  |  |  |  |  |  |  |  |  |  |
| 3 | 8.39 | i | [Jade Kinsey](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=128626) |  | U20 | W |  |  | [Alistair Kinsey](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=527146) | Tavistock/Cornwall Schs | 8.32 | 8.31 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=23694017) |  |  |  |  |  |  |  |  |  |  |
| 4 | 8.40 | i | [Lexus Ndiwe](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=554631) | **PB** | U20 | W | 18 | 19.07.97 |  | Orion/UW Aberystwyth | 8.40 | 8.40 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=23694018) |  |  |  |  |  |  |  |  |  |  |
| 5 | 8.43 | i | [Rebecca Courtenay](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=21229) |  | SEN | W | 27 | 05.12.88 | [Michael Strange](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=92857) | Bristol & West/Cheltenham | 8.35 | 8.06 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=23694019) |  |  |  |  |  |  |  |  |  |  |
| **6** | **8.47** | **i** | [**Amalia Westerlund**](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=769957) | **PB** | **U20** | **W** | **19** | **26.01.96** |  | **Bristol Uni/Norway** | **8.47** | **8.47** | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=23694020) |  |  |  |  |  |  |  |  |  |  |
| 7 | 9.07 | i | [Lucy Kevern](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=403545) | **PB** | U17 | W | 16 | 22.10.99 |  | City of Plymouth | 9.07 | 9.07 |  |  |  |  |  |  |  |  |  |  |  |

T15-Men & Women 60m Santa Sprints Male Santa World Record - Joe THORNTON, Bristol Uni, 7.27, 2014 Female Santa World Record - Rebecca CHAPMAN UWIC, 8.09, 2012

Final Pos Bib Athlete Club Perf 1 Alex ATKINS (SENM) tbc 7.38 2 Omar ALAMI (SENM) University of Bristol 7.76 3 Will SAGE (SENM) Aberystwyth University 8.05 **4 Amalia WESTERLUND (SENW) University of Bristol 8.67** 5 Scott HUDSPITH (SENM) Aberystwyth University 8.99 6 Matt ATKIN (SENM) University of Bristol 9.35 7 Ceri JONES (SENW) tbc 9.43 8 Gary JONES (SENM) tbc 10.16

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| **300m h4** | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** |  | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 43.70 | i | [Emma Piatek](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=72511) | **SB** | U20 | W | 18 | 08.03.97 |  | Bristol & West/Bristol Uni | 43.70 | 41.63 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=23693992) |  |  |  |  |  |  |  |  |  |  |
| **2** | **44.20** | **i** | [**Amalia Westerlund**](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=769957) | **PB** | **U20** | **W** | **19** | **26.01.96** |  | **Bristol Uni/Norway** | **44.20** | **44.20** | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=23693993) |  |  |  |  |  |  |  |  |  |  |
| 3 | 44.69 | i | [Laura McArthur](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=763406) | **PB** | SEN | W |  |  |  | Cornwall | 44.69 | 44.69 |  |  |  |  |  |  |  |  |  |  |  |

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| **HJ SW** | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** |  | **Name** |  | **AG** |  | **Age** | **DOB** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1.63 | i | [Kate Lysons](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=46091) | **SB** | SEN | W | 24 | 10.05.91 | [Sharon Heveran](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=19868) | Cardiff/Cardiff Met Uni | 1.63 | 1.75 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=23694166) |  |  |  |  |  |  |  |  |  |  |
| 2 | 1.57 | i | [Aimee-Leigh Clowes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=416443) |  | U20 | W | 16 | 22.08.99 |  | Tavistock | 1.62 | 1.62 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=23694167) |  |  |  |  |  |  |  |  |  |  |
| **3** | **1.54** | **i** | [**Amalia Westerlund**](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=769957) | **PB** | **U20** | **W** | **19** | **26.01.96** |  | **Bristol Uni/Norway** | **1.54** | **1.54** | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=23694168) |  |  |  |  |  |  |  |  |  |  |