

North Wales Regional Championships 12th January 2019									
861408	Alison McLellan	2019	V35	W	60	8.79	Connah'	North Wales Regional Championships	2019-01-12
42436	Dave Stokes	2019	V55	M	LJ	3.69	Connah'	North Wales Regional Championships	2019-01-12
43859	Amanda Cook	2019	V40	W	LJ	4.51	Connah'	North Wales Regional Championships	2019-01-12
861408	Alison McLellan	2019	V35	W	LJ	4.56	Connah'	North Wales Regional Championships	2019-01-12
42436	Dave Stokes	2019	V55	M	PV	2.10	Connah'	North Wales Regional Championships	2019-01-12
26018	Amanda Broadhurst	2019	V45	W	SP4K	8.10	Connah'	North Wales Regional Championships	2019-01-12
42436	Dave Stokes	2019	V55	M	SP6K	8.77	Connah'	North Wales Regional Championships	2019-01-12
928718	Martin Tucker	2019	V50	M	SP6K	10.45	Connah'	North Wales Regional Championships	2019-01-12
26018	Amanda Broadhurst	2019	V45	W	TJ	8.84	Connah'	North Wales Regional Championships	2019-01-12
42436	Dave Stokes	2019	V55	M	TJ	7.18	Connah'	North Wales Regional Championships	2019-01-12
43859	Amanda Cook	2019	V40	W	TJ	9.20	Connah'	North Wales Regional Championships	2019-01-12