

T09 U15G 100m HEATS**12:00 PM**

All Comers Record: Not recognised at this age group

Welsh Record: Helen MILES, Bridgend AC, 12.0 (HT), 1981/Hannah BRIER, Swansea Harriers, 12.04 (ET), 2012

CBP: Hannah BRIER, Swansea Harriers, 11.81w, 2012

2017 Champion: Macey MORRIS, Newport Harriers 25.63

Athletes qualify to next round T22-Final (Q= 2 & q= 2):Qualifications could change on the day depending on entries

Athlete	Athlete	HEAT 1	ATHLETE	PERF
87 Hannahlise BOLT Barry & Vale Harriers	100 Eleni JONES Bridgend AC	1Q		
88 Aimee CHILDS Bridgend AC	101 Ebony LEWIS Neath Harriers	2Q		
89 Cate DAVIES Newport Harriers	102 Holly MEDINA Cardiff AAC	HEAT 2	ATHLETE	PERF
90 Jodi DAVIES Bridgend AC	103 Ellie MILES Cardiff Archers	1Q		
91 Gabby DICKINSON Cardiff AAC	104 Isabel MORGAN Cardiff Archers	2Q		
92 Julia FEH Cardiff AAC	105 Mali MORSE Bridgend AC	HEAT 3	ATHLETE	PERF
93 Cordelia GOODGER Newport Harriers	106 Victoria OWEN Cardiff Archers	1Q		
94 Chloe GRIFFITH Menai T&F	107 Emily PENNY Bridgend AC	2Q		
95 Christina GRIFFITH Newport Harriers	108 Bethany RAPADO-RICHARDS Swansea Harriers	Fastest 'q' athletes	PERF	
96 Jasmine HALE Neath Harriers	109 Olivia REID Newport Harriers	1q		
97 Megan HANCOCK Neath Harriers	110 Sarah SUGARMAN Cardiff AAC	2q		
98 Ellie-Rose ISAAC Cardiff Archers	111 Georgia WILSON Swansea Harriers	3q		
99 Erika JARRETT Newport Harriers	112 Ella WINTLE Pembrokeshire Harriers			

T10 U15B 100m HEATS**12:15 PM**

All Comers Record: Not recognised at this age group

Welsh Record: Andrew WATKINS, Pontypridd AC, 10.99, 2002

CBP: Malcolm JAMES Ian STRANGE, Cardiff AAC/Newbridge Hsch, (HT) 11.0w , 26.06.1977/Andrew WATKINS, Pontypridd AC, (ET) 11.19, 2001

2017 Champion: Carter STAPLES, Swansea Harriers 11.41

Athletes qualify to next round T21-Final (Q= 2 & q= 2):Qualifications could change on the day depending on entries

Athlete	Athlete	HEAT 1	ATHLETE	PERF
68 Toks AKANBI-MORTIMER Rhymney Valley AC	78 Luca LOGUE-FONSECA Cardiff AAC	1Q		
69 Tomos BROAD Bridgend AC	79 Llien MORGAN Neath Harriers	2Q		
70 Noah DAVIES Rhondda AAC	80 Morgan OLPHERT Bridgend AC	HEAT 2	ATHLETE	PERF
71 Jacob DOWLING Swansea Harriers	81 Sam PETHERBRIDGE Swansea Harriers	1Q		
72 Joshua EVERITT Barry & Vale Harriers	82 Arthur POWELL Maldwyn Harriers	2Q		
73 Ben GERAGHTY Cardiff Archers	83 Mabon RHYS Bridgend AC	HEAT 3	ATHLETE	PERF
74 William HAWKER Rhymney Valley AC	84 Louis ROCHEFORT-SHUGAR Cardiff AAC	1Q		
75 Harvey JAMES Swansea Harriers	85 Joshua STEPHENS Bridgend AC	2Q		
76 Evan JONES Bridgend AC	86 Zak WALL Cardiff Archers	Fastest 'q' athletes	PERF	
77 Joseph KIMPTON Bridgend AC		1q		
		2q		

T11 SENW 100m HEATS**12:30 PM**

All Comers Record: Heather OAKES, England, 11.27, 1984

Welsh Record: Sallyanne SHORT/Elaine O'NEILL/Hannah BRIER, Torfaen AC/Woodford Green/Swansea Harriers, 11.39, 1992/2010/2015/2016

CBP: Michelle PROBERT, Sale Harriers, (HT) 11.3w , 1980/Sallyanne SHORT, Torfaen AC, (ET) 11.36w , 1989

2017 Champion: Mica MOORE, Birchfield Harriers, 11.69

Athletes qualify to next round "B" FINAL T23 & "A" FINAL T24 (Q= 3 & q= 4):Qualifications could change o To A Final T24

Athlete	Athlete
33 Olivia BREEN City Of Portsmouth AC	47 Roseanna MCGUCKIAN * Loughborough Students AC
34 Hannah BRIER Swansea Harriers	48 Sophie MONEY * Liverpool Harriers & AC
35 Lucy EVANS Sale Harriers Manchester	49 Mica MOORE Birchfield Harriers
36 Skylar EVANS Bridgend AC	50 Zoe NASH Newport Harriers
37 Samantha GRIFFITHS * Cheltenham and County H	51 Amy ODUNAIYA Wrexham AAC
38 Nia GRUNDY Cardiff AAC	52 Alicia SAMUEL Carmarthen Harriers
39 Catherine HARDY Cardiff AAC	53 Emma SUHONEN * Charnwood A C
40 Joan HEALY * Ireland	54 Kirsty TAYLOR (T44) DSW Para Academy
41 Parris JOHNSON * Blackheath and Bromley Harriers AC	55 Katy TOWNSEND * Cheltenham and County H
42 Emmanuella KONE Cardiff AAC	56 Issy TUSTIN Cardiff AAC
43 Kirsty LAW Barry & Vale Harriers	57 Bethan WAKEFIELD Bristol & West AC
44 Hannah LESBIREL * Guernsey AC	58 Olivia WALKER * Cannock & Stafford AC
45 Shannon MALONE Loughborough Students AC	59 Charlotte WINGFIELD * Cardiff AAC
46 Sophie MATTHEWS Brecon AC	

HEAT 1	ATHLETE	PERF
1Q		
HEAT 2	ATHLETE	PERF
1Q		
HEAT 3	ATHLETE	PERF
1Q		
HEAT 4	ATHLETE	PERF
1Q		
Fastest 'q' athletes		PERF
1q		
2q		
3q		
4q		

To B Final T23

Fastest 'q' athletes		PERF
5q		
6q		
7q		
8q		
9q		
10q		
11q		
12q		

Please Note: I we have only 24 athletes register for this event then the qualifications change to 2Q & 2q and the final is run at 'A' Final Time T24 the 'B' Final does not take place

T12 SENM 100m HEATS**12:50 PM**

All Comers Record: Craig PICKERING, England, 10.24, 2009

Welsh Record: Christian MALCOLM, Cardiff AAC, 10.11, 2001

CBP: Christian MALCOLM, Cardiff AAC, 10.28, 2005

2017 Champion: Sam GORDON, Cardiff AAC, 10.32

Athletes qualify to next round "B" FINAL T25 & "A" FINAL T27 (Q= 3 & q= 4):Qualifications could change o To A Final T24

Athlete	Athlete
1 Fraser ANGUS * Giffnock North AAC	17 James LEDGER (T12) DSW Para Academy
2 Jeremiah AZU Cardiff AAC	18 Owain LLOYD HUGHES Neath Harriers
3 Dan BEADSLEY * Swansea Harriers	19 Liam MONTGOMERY Cardiff Archers
4 Joshua BROWN Cardiff AAC	20 Arron OWEN Cardiff AAC
5 Seriashe CHILDS Windsor Slough Eton & Hounslow AC	21 Ben PARIS Swansea Harriers
6 Lewis CLARKE * Windsor Slough Eton & Hounslow AC	22 Chris PARRY Cardiff AAC
7 Callum DAVIES Swansea Harriers	23 Christopher PARRY Cardiff AAC
8 Hamza DAVIES Rhondda AAC	24 Zachary PRICE Menai T&F
9 Glen ELSDON Carmarthen Harriers	25 Nathan SCOTT Rhondda AAC
10 Samuel GORDON Cardiff AAC	410 Chris STONE Woodford Green Essex Ladies
11 James GRIFFITHS Cardiff AAC	26 Kyle THOMAS Bridgend AC
12 Jordan HOWE (T35) DSW Para Academy	27 Richard TREMBLEN Swansea Harriers
13 Morgan JONES (T47) DSW Para Academy	28 Ronnie WELLS * Bournemouth AC
14 Rhys JONES Rhondda AAC	29 Harri WHEELER SEXTON Cardiff AAC
15 Makoye KAMPENGELE Cardiff AAC	30 Thomas WILLIAMS Barry & Vale Harriers
16 Jeremiah KENNEDY Cardiff AAC	31 Tyler WILLIAMS Swansea Harriers
17 James LEDGER (T12) DSW Para Academy	

HEAT 1	ATHLETE	PERF
1Q		
HEAT 2	ATHLETE	PERF
1Q		
HEAT 3	ATHLETE	PERF
1Q		
HEAT 4	ATHLETE	PERF
1Q		
Fastest 'q' athletes	PERF	
1q		
2q		
3q		
4q		

To B Final T23

Fastest 'q' athletes	PERF
5q	
6q	
7q	
8q	
9q	
10q	
11q	
12q	

T13 U15G 300m HEATS**1:10 PM**

Welsh Age Group Best: Hannah BRIER, Swansea Harriers, 39.7 (HT), 2012

CBP: Macey MORRIS, Newport Harriers, 40.60, 2017

2017 Champion: Macey MORRIS, Newport Harriers, 40.60

Athletes qualify to next round T30-Final (Q= 3 & q= 2):Qualifications could change on the day depending on entries

Athlete	Athlete
87 Hannahlise BOLT Barry & Vale Harriers	156 Jersey JONES Bridgend AC
88 Aimee CHILDS Bridgend AC	157 Alana LEA Cardiff AAC
145 Antonia DAWES Newport Harriers	158 Ellie LOWETH Carmarthen Harriers
146 Rosie DOMICAN Cardiff Archers	163 Hannah SMITH Deeside AAC
94 Chloe GRIFFITH Menai T&F	164 Poppy STOWELL-EVANS Newport Harriers
153 Kiera GRIFFITHS Aberdare VAAC	166 Evie WATKINS Barry & Vale Harriers
155 Ella JACKSON Cardiff Archers	112 Ella WINTLE Pembrokeshire Harriers

HEAT 1	ATHLETE	PERF
1Q		
2Q		
3Q		
HEAT 2	ATHLETE	PERF
1Q		
2Q		
3Q		
Fastest 'q' athletes	PERF	
1q		
2q		

T14 U15B 300m HEATS**1:20 PM**

Welsh Age Group Best: Sion ROBERTS, Wrexham AAC, 36.40, 2012

CBP: George THOMAS, Brecon AC, 36.45, 2014

2017 Champion: Benjamin MATTEY, Rhymney Valley AC, 38.05

Athletes qualify to next round T31-Final (Q= 3 & q= 2):Qualifications could change on the day depending on entries

Athlete	Athlete	HEAT 1	ATHLETE	PERF
70 Noah DAVIES Rhondda AAC	135 Thomas MAGUIRE Deeside AAC	1Q		
72 Joshua EVERITT Barry & Vale Harriers	81 Sam PETHERBRIDGE Swansea Harriers	2Q		
73 Ben GERAGHTY Cardiff Archers	137 Finley SAVAGE Deeside AAC	3Q		
132 Charlie HOLLAND Swansea Harriers	141 Ben VINCENT Cardiff AAC	HEAT 2	ATHLETE	PERF
134 Will LOVEJOY Hereford & County AC		1Q		
		2Q		
		3Q		
		Fastest 'q' athletes	PERF	
		1q		
		2q		

T15 SENM 3K Walk FINAL**1:30 PM**

All Comers Record: Steve JOHNSON Cardiff AAC 11:45.77 1987

Welsh Record: Steve JOHNSON Cardiff AAC 11:45.77 1987

CBP: Steve JOHNSON (SENM), Cardiff AAC, 11:45.77, 1987

2017 Champion: Jordan PRICE, Brecon AC, 15:59.18

Straight Final

Athlete	Athlete	POS	ATHLETE	PERF
265 Paul GASTON Surrey Walking Club	267 Jordan PRICE Brecon AC	1		
266 Daniel MCKERLICH Cardiff AAC	268 Mark WILLIAMS Birchfield Harriers	2		
		3		

T16 SENM 400m Hurdles FINAL**1:50 PM**

All Comers Record: Rhys WILLIAMS, Wales, 49.38, 2009

Welsh Record: David GREENE, Swansea Harriers, 47.84, 2012

CBP: Rhys WILLIAMS, Cardiff AAC, 49.38, 2009

2017 Champion: Paul BENNETT, Cardiff AAC, 54.49

Straight Final

Athlete	Athlete	POS	ATHLETE	PERF
256 Ryan COOPER Cardiff AAC	259 Christopher MARSHALL * City Of Norwich AC	1		
257 Andrew DESMOND * Liverpool Harriers & AC	260 Brychan PRICE-DAVIES Brecon AC	2		
258 Jack LAWRIE * Woodford Green & Essex Ladies		3		

T17 U15B 1500m TIME TRIALS**1:55 PM**

Welsh Age Group Best: Matthew WILLIS, Wrexham AAC, 4:07.49, 2014

CBP: Sebastian LEWIS Neath Harriers 4:11.86 2016

2017 Champion: Benjamin REYNOLDS, Cardiff AAC, 4:26.70

Straight Final

Athlete	Athlete
199 Matthew ANTHONY Deeside AAC	214 Lloyd JONES Cardiff AAC
202 Adam BEER Llanelli AC	215 Oliver JONES Maldwyn Harriers
203 Cameron COBURN Cardiff Archers	216 Sebastian JULIER Aberdare VAAC
205 Bradley DICKERSON Blaenau Gwent AC	217 Rhys LLEWELLYN Pembrokeshire Harriers
206 Ben FARRELL Cardiff AAC	219 Frank MORGAN Carmarthen Harriers
207 Rhys HARDMAN Cardiff Archers	220 Andrew PENROSE Cardiff Archers
208 Roman HODGSON Colwyn Bay AC	221 Oliver PRICE Blaenau Gwent AC
209 Ben HUGHES Cardiff AAC	222 Ben RAY Cardiff Archers
210 Lewis JACOBS Rhondda AAC	389 Jacob REYNOLDS Cardiff AAC
211 Ceredig JONES Yate & District AC	228 Benjamin SULLIVAN Swansea Harriers
212 Dafydd JONES Carmarthen Harriers	230 Aled TUMELTY Swansea Harriers
213 Huw JONES Deeside AAC	

POS	ATHLETE	PERF
1		
2		
3		

T18 SENW 400m Hurdles FINAL**2:15 PM**

All Comers Record: Kim BATTEN, USA, 54.69, 1992

Welsh Record: Alyson LAYZELL, Cheltenham, 56.43, 1996

CBP: Caryl GRANVILLE, Swansea Harriers, 58.49, 2013

2017 Champion: Caryl GRANVILLE, Swansea Harriers, 58.79

Straight Final

Athlete	Athlete
144 Lana CULLIFORD Cardiff AAC	262 Sofia VELLA Cardiff AAC
261 Lily EDMONDS * City Of Plymouth AC	401 Ristananna TRACEY * Jamaica

POS	ATHLETE	PERF
1		
2		
3		

T19 U15G 1500m FINAL**2:20 PM**

Welsh Record: Cari HUGHES, Menai T&F, 4:33.33, 2013

CBP: Non STANFORD, Swansea Harriers, 4:35.60, 2003

2017 Champion: Nia CLATWORTHY Cardiff AAC 4:53.55

Straight Final

Athlete	Athlete
232 Erin ANDREWS Bridgend AC	242 Lili JONES Cardiff AAC
235 Gwenno GOODE Barry & Vale Harriers	243 Samia JONES Menai T&F
236 Elin GRIFFITHS Newport Harriers	245 Moli LYONS Cardiff AAC
237 Lily HART Newport Harriers	247 Freya ROBERTS Cardiff Archers
238 Alanah HILL Cardiff Archers	248 Daisy THOMPSON Carmarthen Harriers
241 Dalis JONES Westbury Harriers	

POS	ATHLETE	PERF
1		
2		
3		

T20 SENW 3K Walk FINAL**2:30 PM**

All Comers Record: Bethan DAVIES Wales 12:24.70 2016

Welsh Record: Bethan DAVIES Cardiff AAC 12:24.70

CBP: Bethan DAVIES Cardiff AAC 12:24.70

2017 Champion: Bethan DAVIES, Cardiff AAC, 12:26.45

Straight Final

Athlete	Athlete
269 Bethan DAVIES Cardiff AAC	271 Amy PHIPPS Neath Harriers
270 Heather LEWIS Pembrokeshire Harriers	272 Megan STRATTON-THOMAS Swansea Harriers

POS	ATHLETE	PERF
1		
2		
3		

T21 U15B 100m FINAL**2:50 PM**

Welsh Record: Andrew WATKINS, Pontypridd AC, 10.99, 2002

CBP: Malcolm JAMESIan STRANGE, Cardiff AAC/Newbridge Hsch, (HT) 11.0w , 26.06.1977/Andrew WATKINS, Pontypridd AC, (ET) 11.19, 2001

2017 Champion: Carter STAPLES, Swansea Harriers 11.41

Athletes qualified from event T10

Athlete	Athlete	POS	ATHLETE	PERF
1	5	1		
2	6	2		
3	7	3		
4	8			

T22 U15G 100m FINAL**2:55 PM**

Welsh Age Group Best: Helen MILES, Bridgend AC, 12.0 (HT), 1981/Hannah BRIER, Swansea Harriers, 12.04 (ET), 2012

CBP: Hannah BRIER, Swansea Harriers, 11.81w, 2012

2017 Champion: Macey MORRIS, Newport Harriers 25.63

Athletes qualified from event T22

Athlete	Athlete	POS	ATHLETE	PERF
1	5	1		
2	6	2		
3	7	3		
4	8			

T23 SENW 100m "B" Final**3:05 PM**

All Comers Record: Heather OAKES, England, 11.27, 1984

Welsh Record: Sallyanne SHORT/Elaine O'NEILL/Hannah BRIER, Torfaen AC/Woodford Green/Swansea Harriers, 11.39, 1992/2010/2015/2016

CBP: Michelle PROBERT, Sale Harriers, (HT) 11.3w , 1980/Sallyanne SHORT, Torfaen AC, (ET) 11.36w , 1989

2017 Champion: Mica MOORE, Birchfield Harriers, 11.69

Athletes qualified from event T23

Athlete	Athlete
1	5
2	6
3	7
4	8

T24 SENW 100m "A" Final**3:10 PM**

All Comers Record: Heather OAKES, England, 11.27, 1984

Welsh Record: Sallyanne SHORT/Elaine O'NEILL/Hannah BRIER, Torfaen AC/Woodford Green/Swansea Harriers, 11.39, 1992/2010/2015/2016

CBP: Michelle PROBERT, Sale Harriers, (HT) 11.3w , 1980/Sallyanne SHORT, Torfaen AC, (ET) 11.36w , 1989

2017 Champion: Mica MOORE, Birchfield Harriers, 11.69

Athletes qualified from event T24

Athlete	Athlete	POS	ATHLETE	PERF
1	5	1		
2	6	2		
3	7	3		
4	8			

T25 SENM 100m "B" Final**3:15 PM**

All Comers Record: Craig PICKERING, England, 10.24, 2009
 Welsh Record: Christian MALCOLM, Cardiff AAC, 10.11, 2001
 CBP: Christian MALCOLM, Cardiff AAC, 10.28, 2005
 2017 Champion: Callum DAVIES, Swansea Harriers, 10.80

Athletes qualified from event T25

Athlete	Athlete
1	5
2	6
3	7
4	8

T26 DSW 100m FINAL**3:20 PM**

All Comers Record: Not recognised at this age group
 Welsh Record: Andrew WATKINS, Pontypridd AC, 10.99, 2002
 CBP: Malcolm JAMESlan STRANGE, Cardiff AAC/Newbridge Hsch, (HT) 11.0w , 26.06.1977/Andrew WATKINS, Pontypridd AC, (ET) 11.19, 2001
 2017 Champion: James LEDGER DSW Para Academy (T12) 11.77

Athlete	Athlete
12 Jordan HOWE (T35) DSW Para Academy	
13 Morgan JONES (T47) DSW Para Academy	
17 James LEDGER (T12) DSW Para Academy	
54 Kirsty TAYLOR (T44) DSW Para Academy	

T27 SENM 100m "A" Final**3:25 PM**

All Comers Record: Craig PICKERING, England, 10.24, 2009
 Welsh Record: Christian MALCOLM, Cardiff AAC, 10.11, 2001
 CBP: Christian MALCOLM, Cardiff AAC, 10.28, 2005
 2017 Champion: Sam GORDON, Cardiff AAC, 10.32

Athletes qualified from event T27

Athlete	Athlete
1	5
2	6
3	7
4	8

POS	ATHLETE	PERF
1		
2		
3		

T28 SENM 1500m FINAL**3:30 PM**

All Comers Record: Rob HARRISON, England, 3:35.74, 1986
 Welsh Record: Neil HORSFIELD, Newport Harriers, 3:35.08, 1990
 CBP: Mal EDWARDS, Andover, 3:40.81, 1986
 2017 Champion: Rowan AXE, Cardiff AAC, 3:47.46

Straight Final

Athlete	Athlete
200 Dan AUSTIN Cardiff Archers	76 Jac SMITH Cardiff AAC
201 Oliver BARBARESI Menai T&F	77 Guy SMITH Swansea Harriers
204 John COVE Cardiff AAC	78 Abed TEWELDEBRHAN Newport Harriers
223 Benjamin REYNOLDS Cardiff AAC	413 Ieuan THOMAS Cardiff AAC
224 Matthew RICHARDS Swansea Harriers	231 Dan WILDE Taunton AC
225 Oilly SHEPPARD * Emersons Green Running Club	182 Matthew WILLIAMS Pembrokeshire Harriers

POS	ATHLETE	PERF
1		
2		
3		

T29 SENW 1500m FINAL**3:40 PM**

All Comers Record: Zola BUDD, England, 4:04.39, 1984

Welsh Record: Hayley TULLETT, Swansea Harriers, 3:59.95, 2003

CBP: Melissa COURTNEY, Shaftesbury, 4:17.61, 2014

2017 Champion: Cari HUGHES, Swansea Harriers, 4:25.56

Straight Final

Athlete	Athlete
187 Nia CLATWORTHY Cardiff AAC	76 Rachel MCCLAY Bracknell AC
233 Julia COOKE Birchfield Harriers	77 Isobel PARRY-JONES Swansea Harriers
234 Kiara FRIZELLE Cardiff AAC	78 Ffion PRICE Cardiff AAC
239 Cari HUGHES Swansea Harriers	198 Kate SEARY Cardiff AAC
240 Vicky JACKSON Cardiff AAC	404 Jade WILLIAMS Amman Valley
244 Beth KIDGER Brighton Phoenix	

POS	ATHLETE	PERF
1		
2		
3		

T30 U15G 300m FINAL**3:50 PM**

Welsh Age Group Best: Hannah BRIER, Swansea Harriers, 39.7 (HT), 2012

CBP: Macey MORRIS, Newport Harriers, 40.60, 2017

2017 Champion: Macey MORRIS, Newport Harriers, 40.60

Athletes qualified from event T13

Athlete	Athlete
1	5
2	6
3	7
4	8

POS	ATHLETE	PERF
1		
2		
3		

T31 U15B 300m FINAL**3:55 PM**

Welsh Age Group Best: Sion ROBERTS, Wrexham AAC, 36.40, 2012

CBP: George THOMAS, Brecon AC, 36.45, 2014

2017 Champion: Benjamin MATTEY Rhymney Valley AC 38.05

Athletes qualified from event T14

Athlete	Athlete
1	5
2	6
3	7
4	8

POS	ATHLETE	PERF
1		
2		
3		

T32 SENW 400m FINAL**4:00 PM**

All Comers Record: Michelle SCUTT, Wales, 50.63, 1982

Welsh Record: Michelle SCUTT, Sale Harriers, 50.63, 1982

CBP: Emma PULLEN, Cardiff AAC, 52.92, 2013

2017 Champion: Rachel DONNISON, Cardiff AAC, 55.87

Athletes qualified from event T07

Athlete	Athlete
1	5
2	6
3	7
4	8

POS	ATHLETE	PERF
1		
2		
3		

T33 SENM 400m FINAL**4:05 PM**

All Comers Record: Phil BROWN, England, 45.29, 1986

Welsh Record: Iwan THOMAS, Newham, 44.36, 1997

CBP: Iwan THOMAS, Newham & Essex Beagles, 45.45, 1998

2017 Champion: Owen SMITH, Cardiff AAC, 47.41

Athletes qualified from event T08

Athlete	Athlete
1	5
2	6
3	7
4	8

POS	ATHLETE	PERF
1		
2		
3		

T34 SENM 800m FINAL**4:10 PM**

All Comers Record: William TANUI, Kenya, 1:44.65, 1990

Welsh Record: Gareth WARBURTON, Cardiff AAC, 1:44.98, 2012

CBP: Phil NORGATE, Epsom, 1:47.8 (HT), 1983

2017 Champion: Alex COOMBER, Cardiff AAC, 1:50.75

Athletes qualified from event T04

Athlete	Athlete
1	5
2	6
3	7
4	8

POS	ATHLETE	PERF
1		
2		
3		

T35 SENW 800m FINAL**4:15 PM**

All Comers Record: Christiane WILDSCHEK, Austria, 2:00.21, 1979

Welsh Record: Kirsty MCDERMOTT, Bristol & West AC, 1:57.42, 1985

CBP: Kirsty MCDERMOTT, Bristol AC, (HT) 2:02.3, 1985

2017 Champion: Rachel MCCLAY, Bracknell AC, 2:11.29

Athletes qualified from event T05

Athlete	Athlete
1	5
2	6
3	7
4	8

POS	ATHLETE	PERF
1		
2		
3		

T36 SENW 2000m s/c FINAL**4:20 PM**

All Comers Record: Robin ELLERBROCK, USA, 6:57.36, 2006

Welsh Record: Jade WILLIAMS, Amman Valley, 6:38.76, 13.05.2017

CBP: Clare MARTIN, Newport Harriers, (HT) 10:39.8, 2005

2017 Champion: Event Did Not Take Place

Athletes qualified from event T36

Athlete	Athlete
264 Lauren COOPER Parc Bryn Bach Running Club	

POS	ATHLETE	PERF
1		

T37 U13B 4 x 100 Relay FINAL**4:35 PM**

Welsh Age Group Best: Cardiff Archers 'A' 51.54 2014

CBP: Cardiff Archers 'A' 51.54 2014

2017 Champion: Cardiff Archers 'A' 53.54

Time Trials

Athlete	Athlete
500 Cardiff AAC 'A' U13B	504 Rhymney Valley AC U13B
501 Cardiff AAC 'B' U13B	
502 Cardiff Archers 'A' U13B	
503 Cardiff Archers 'B' U13B	

POS	ATHLETE	PERF
1		
2		
3		

T38 U13G 4 x 100 Relay FINAL**4:45 PM**

Welsh Age Group Best: Cwmbran Harriers 53.37 2014

CBP: Cwmbran Harriers 53.37 2014

2017 Champion: Cardiff Archers 'A' 54.81

Time Trials

Athlete	Athlete
505 Cardiff AAC 'A' U13G	510 Carmarthen Harriers U13G
506 Cardiff AAC 'B' U13G	511 Newport Harriers U13G
507 Cardiff Archers 'A' U13G	512 Rhymney Valley AC 'A' U13G
508 Cardiff Archers 'B' U13G	513 Rhymney Valley AC 'B' U13G
509 Cardiff Archers 'C' U13G	

HEAT 1	ATHLETE	PERF
1Q		
2Q		
3Q		
HEAT 2	ATHLETE	PERF
1Q		
2Q		
3Q		
Fastest 'q' athletes		PERF
1q		
2q		

T39 U15B 4 x 100 Relay FINAL**4:50 PM**

Welsh Age Group Best: Cardiff Archers 'A' 46.44 2014

CBP: Cardiff Archers 'A' 46.44 2014

2017 Champion: Cardiff AAC 'A' 47.75

Time Trials

Athlete	Athlete
514 Cardiff AAC 'A' U15B	519 Newport Harriers U15B
515 Cardiff AAC 'B' U15B	520 Rhymney Valley AC 'A' U15B
516 Cardiff Archers 'A' U15B	521 Rhymney Valley AC 'B' U15B
517 Cardiff Archers 'B' U15B	522 Swansea Harriers U15B
518 Cwmbran Harriers U15B	

HEAT 1	ATHLETE	PERF
1Q		
2Q		
3Q		
HEAT 2	ATHLETE	PERF
1Q		
2Q		
3Q		
Fastest 'q' athletes		PERF
1q		
2q		

T40 U15G 4 x 100 Relay FINAL**4:55 PM**

Welsh Age Group Best: Cwmbran Harriers 'A' 48.99 2013

CBP: Cwmbran Harriers 'A' 48.99 2013

2017 Champion: Cardiff Archers 'A' 51.21

Time Trials

Athlete	Athlete
523 Cardiff AAC 'A' U15G	528 Cwmbran Harriers U15G
524 Cardiff AAC 'B' U15G	529 Newport Harriers 'A' U15G
525 Cardiff Archers 'A' U15G	530 Newport Harriers 'B' U15G
526 Cardiff Archers 'B' U15G	531 Rhymney Valley AC U15G
527 Cardiff Archers U15G	

HEAT 1	ATHLETE	PERF
1Q		
2Q		
3Q		
HEAT 2	ATHLETE	PERF
1Q		
2Q		
3Q		
Fastest 'q' athletes		PERF
1q		
2q		

T41 SENM 110m Hurdles FINAL**5:00 PM**

All Comers Record: Colin JACKSON, Wales, 13.10, 1990

Welsh Record: Colin JACKSON, Brecon AC, 12.91, 1993

CBP: Colin JACKSON, Brecon AC, 13.45, 23.05.1992

2017 Champion: Glen ELSDON, Carmarthen Harriers, 14.93

Straight Final

Athlete	Athlete
60 Chai CHAI Swansea Harriers	62 Rushane THOMAS * Herne Hill Harriers
9 Glen ELSDON Carmarthen Harriers	32 Michael WILSON Swansea Harriers
61 Harry HILLMAN Cardiff AAC	63 Reece YOUNG * Blackheath and Bromley Harriers AC

POS	ATHLETE	PERF
1		
2		
3		

T42 SENM 3000m FINAL**5:05 PM**

All Comers Record: David JAMES, Wales, 7:46.95, 1980

Welsh Record: Ian HAMER, Edinburgh, 7:46.40, 1990

CBP: Stephen DAVIES, Belgrave Harriers, 8:28.18, 2009

2017 Champion: Michael WARD SENM Cardiff AAC 9:03.32

Straight Final

Athlete	Athlete
249 Muktaar FARHAN Cardiff AAC	229 Abed TEWELDEBRHAN Newport Harriers
250 Marc HOBBS Swansea Harriers	252 Craig WILLIAMS Cardiff AAC
251 Larry RYAN Cardiff AAC	253 Remi ADEBIYI Newport Harriers

POS	ATHLETE	PERF
1		
2		
3		

T43 SENW 100m Hurdles FINAL**5:20 PM**

All Comers Record: Kay MORLEY, Wales, 13.02, 1990

Welsh Record: Kay MORLEY, Cardiff AAC, 12.91, 1990

CBP: Kay MORLEY, Cardiff AAC, 13.24, 1989

2017 Champion: Caryl GRANVILLE, Swansea Harriers, 13.91

Straight Final

Athlete	Athlete
64 Gemma BENNETT * Shaftesbury Barnet Harriers	67 Mia EVANS Swansea Harriers
65 Lauryn DAVEY Carmarthen Harriers	412 Heather PATON Birchfield Harriers
66 Lauren EVANS Cardiff AAC	58 Olivia WALKER * Cannock & Stafford AC

POS	ATHLETE	PERF
1		
2		
3		

T44 SENW 200m FINAL**5:25 PM**

All Comers Record: Sonia LANNAMAN, England, 22.58, 1980

Welsh Record: Michelle SCUTT, Sale Harriers, 22.80, 1982

CBP: Sallyanne SHORT, Torfaen AC, (HT) 23.3w, 1988/Catherine MURPHY, Shaftesbury, (ET) 23.35w, 2001

2017 Champion: Hannah THOMAS, Cardiff AAC, 24.67

Athletes qualified from event T03

Athlete	Athlete
1	5
2	6
3	7
4	8

POS	ATHLETE	PERF
1		
2		
3		

T45 SENM 200m "B" Final

5:30 PM

All Comers Record: Todd BENNETT, England, 20.36, 1984

Welsh Record: Christian MALCOLM, Cardiff AAC, 20.08, 2001

CBP: Doug TURNER, Cardiff AAC, 20.54, 2001

2017 Champion: Thomas WILLIAMS, Barry & Vale Harriers, 20.97

Athletes qualified from event T02

Athlete	Athlete
1	5
2	6
3	7
4	8

T46 SENM 200m "A" Final

5:35 PM

All Comers Record: Not recognised at this age group

Welsh Record: Andrew WATKINS, Pontypridd AC, 10.99, 2002

CBP: Christian MALCOLM, Cardiff AAC, 10.28, 2005

2017 Champion: Thomas WILLIAMS, Barry & Vale Harriers, 20.97

Athletes qualified from event T02

Athlete	Athlete
1	5
2	6
3	7
4	8

POS	ATHLETE	PERF
1		
2		
3		

F09 SENM High Jump FINAL

12:30 PM

All Comers Record: Robbie GRABARZ, England, 2.28, 2010

Welsh Record: Robert MITCHELL, Shaftesbury, 2.25, 2001

CBP: Robert MITCHELL, Sale Harriers, 2.20, 2006

2017 Champion: William EDWARDS, Carmarthen Harriers, 2.00

<i>Progressions</i>													BEST	POS
Athlete														
273 Jonathon BAILEY Cardiff AAC														
274 Chris BAKER * Sale Harriers Manchester														
275 Iwan BEGGS Swansea Harriers														
276 Owen CHESHER Brecon AC														
277 Chinua EBEREONWU Cardiff Archers														
278 William EDWARDS Cardiff Archers														
279 Ioan JENKINS Swansea Harriers														
280 Jack MOORE Yate & District AC														
281 Will SAGE Aberystwyth University Harriers														
283 David THOMAS Yate & District AC														
284 Daniel WILLIAMS Swansea Harriers														

F10 SENM Hammer (7.26kg) FINAL

1:15 PM

All Comers Record: Markus ESSER, Germany, 74.49, 2002

Welsh Record: Osian JONES, Liverpool Harriers, 70.00, 29.07.2017

CBP: Osian JONES, Osian Jones, 66.90, 2017

2017 Champion: Osian JONES, Liverpool Harriers & AC, 66.90

Athletes will have 3 trials with the top 8 having 3 extra

Athlete	TRIAL 1	TRIAL 2	TRIAL 3	TRIAL 4	TRIAL 5	TRIAL 6	BEST	POS
364 Osian JONES Liverpool Harriers & AC								
366 Craig MULLINS * Edinburgh AC								
368 Jacob WILLIAMS Brecon AC								

F11 U15B Hammer (4.00kg) FINAL

1:15 PM

All Comers Record: Not recognised at this age group

Welsh Record: Jade WILLIAMS, Wrexham AC, 54.00, 15.07.2015

CBP: Rhys HODNETT, Cardiff AAC, 53.70, 2006

2017 Champion: No Athletes

Athletes have 3 trials

Athlete	TRIAL 1	TRIAL 2	TRIAL 3	BEST	POS
387 Owen DAVIES Rhondda AAC					
336 Oscar DUN Swansea Harriers					
339 Michael JENKINS Pembrokeshire Harriers					
340 Evan JONES Cardiff AAC					
365 Jake KNIGHT Cardiff Archers					
367 Caleb RICHARDSON Rhondda AAC					
402 James HAYWARD Rhondda AAC					

F18 SENM Long Jump FINAL**3:00 PM**

All Comers Record: Ralph BOSTON, USA, 8.18, 1965

Welsh Record: Lynn DAVIES, Roath Harriers, Cardiff, 8.23, 1968

CBP: Steve INGRAM, Swansea Harriers, 7.91w, 1994

2017 Champion: Simeon CLARENCE, Cardiff AAC, 7.06

Athletes will have 3 trials with the top 8 having 3 extra

Athlete	TRIAL 1	TRIAL 2	TRIAL 3	TRIAL 4	TRIAL 5	TRIAL 6	BEST	POS
311 Kyle ARNOLD Newport Harriers								
312 Thomas BRITT Cardiff AAC								
313 Chris HALL Kingston AC And Poly Harriers								
314 David John MARTIN * Shettleston Harriers								
315 Thomas REES Newport Harriers								
316 Adrian SUM * City of Sheffield and Dearne AC								
317 Richard TFANG Birchfield Harriers								
298 Thomas WALLEY Wrexham AAC								
29 Harri WHEELER SEXTON Cardiff AAC								

F19 U15B Shot Put (4.00kg) FINAL**4:00 PM**

All Comers Record: Not recognised at this age group

Welsh Age Group Best: Mathew EVANS, Carmarthen Harriers, 17.36, 2003

CBP: Thomas HANSON, Cardiff AAC, 15.62, 16.08.2015

2017 Champion: Lloyd CLARKE, Cardiff AAC, 12.22

Athletes have 3 trials

Athlete	TRIAL 1	TRIAL 2	TRIAL 3	BEST	POS
68 Toks AKANBI-MORTIMER Rhymney Valley AC					
387 Owen DAVIES Rhondda AAC					
336 Oscar DUN Swansea Harriers					
75 Harvey JAMES Swansea Harriers					
339 Michael JENKINS Pembrokeshire Harriers					
340 Evan JONES Cardiff AAC					
341 Dafydd PAWLETT Pembrokeshire Harriers					
86 Zak WALL Cardiff Archers					
402 James HAYWARD Rhondda AAC					

