



WELSH ATHLETICS  
ATHLETAU CYMRU

# WELSH ATHLETICS U20 INTERNATIONAL



Saturday 26th August 2023  
Cardiff International Sports Campus



WELSH ATHLETICS  
ATHLETAU CYMRU

NOVEMBER 25 2023



*Annual*

**A W A R D S  
2 0 2 3**

BOOK YOUR PLACE TODAY!  
HEAD OVER TO THE WELSH  
ATHLETICS WEBSITE TO  
SECURE YOUR TICKET!

# TIMETABLE AMSERLEN

## Saturday 26th August

### Track Events

T01	12:00	Male 400m Hurdles
T02	12:15	Female 400m Hurdles
T03	12:35	Female 1500m
T04	12:42	Male 1500m
T05	12:55	Female 400m
T06	13:00	Male 400m
T07	13:10	Male 100m
T08	13:15	Female 100m
T09	13:20	Male Ambulant 100m
T10	13:25	Female Ambulant 100m
T12	13:35	Female 800m
T13	13:40	Male 800m
T15	14:00	Female 100m Hurdles
T14	14:15	Male/Female 5000m Walk
T16	14:45	Male 110m Hurdles
T17	15:00	Female 200m
T18	15:05	Male 200m
T19	15:10	Female 3000m
T20	15:25	Male 3000m
T21	15:45	Universal 4x100
T22	15:50	Male 2000m S/C
T23	16:05	Female 4x100
T24	16:10	Female 2000m S/C
T25	16:25	Male 4x100
T26	16:35	Mixed 4x400

### Field Events

F01	12:00	Female Hammer
F02	12:00	Female High Jump
F03	12:00	Male Long Jump
F04	12:00	Ambulant Male Long Jump
F05	12:30	Male Shot Put
F06	12:30	Male Ambulant Shot Put
F07	13:00	Male Hammer
F08	13:30	Female Pole Vault
F09	14:00	Female Triple Jump
F10	14:10	Female Discus
F11	14:10	Female Ambulant Discus
F12	14:25	Male High Jump
F13	14:30	Female Shot
F14	14:30	Female Ambulant Shot
F15	15:00	Female Jong Jump
F16	15:00	Female Ambulant Long Jump
F17	15:00	Male Pole Vault
F18	15:10	Male Triple Jump
F19	15:30	Male Discus
F20	15:30	Male Ambulant Discus
F21	15:45	Male Javelin
F22	15:45	Female Javelin

starting  
**blocs**  
cychwyn

POWERED BY



WELSH ATHLETICS  
ATHLETAU CYMRU

the fun introduction to athletics  
for children aged 4 - 12



fun



jump



throw





# OFFICIALS

## SWYDDOGION

Meeting Manager - Martin Bell  
Technical Manager - Chris Berry  
Clerk of Course - Chris Pruski

Call Room Manager - Keith Matthews  
Call Room - Nigel Grist  
Call Room - Lorraine Murray

Start Coordinator - Rob Hooper  
Starter - Ian Atkins  
Starter - Bryan Murray  
Chief Starter's Asst. - Sue Hooper  
Starter's Asst. - Steve Ouseley  
Starter's Asst. - Keith Weetman

Track Referee - Carol Strange  
Track Judge - Steven Grant  
Track Judge - John Tanner  
Track Judge - Rory Mckerlich  
Track Judge - Richie Jenkins  
Track Judge - Mark Boswell  
Track Judge - Peter Davenport  
Track Judge - Rod Davies  
Track Steward - Kirsty Crane

Chief Photo Finish - Sam Williams  
Photo Finish Judge - Adie Pottinger  
Photo Finish Judge - Eleanor Ward

Announcer - James Thie  
Announcer - Ian Griffiths  
Results - Nathan Jones

Chief Timekeeper - Ann Thatcher  
Time Keeper - Mike Strange  
Time Keeper - Andy Kerr  
Time Keeper - Geoff Wickens  
Time Keeper - Jayne Evans  
Time Keeper - Delyth Williams  
Time Keeper - Steve Leach  
Time Keeper - Chris Boswell  
Time Keeper - Martin Bates  
Time Keeper - Jeff Rees  
Time Keeper - Geoff Williams

Field Referee - Ros Alterman  
Field Referee - Carina Jones  
Field Judge - Amy Price  
Field Judge - Brian Hadley  
Field Judge - Cath McGrath  
Field Judge - Neil Gregory  
Field Judge - Gareth Elliott  
Field Judge - Tracey Weetman  
Field Judge - Kate Nash  
Field Judge - Debbie Bull  
Field Judge - Andrew Clough  
Field Judge - Eleanor Clough  
Field Judge - Sue Alvey  
Field Judge - Sue Maughan  
Field Judge - Tony Curry  
Field Judge - David Jones  
Field Judge - Ian Willoughby  
Field Judge - Dave Jessett  
Field Judge - Lynette Harries  
Field Judge - Jasmine Barraclough  
Field Judge - Emma Craven  
Field Judge - Jeffrey Hanson

# OFFICIALS

## SWYDDOGION

Race Walk Judge - Martin Bell  
Race Walk Judge - Rory Mckerlich  
Race Walk Judge - Kieron Butler  
Race Walk Judge - Bethan Davies  
Race Walk Judge - Olive Dobson  
Race Walk Judge - Bob Dobson  
Race Walk Judge - Andrew Clough

### **Volunteers / Gwirfoddolwyr**

Registration Desk - Rebecca Hughes  
Welcome Desk - Tola Rotibi



WELSH ATHLETICS  
ATHLETAU CYMRU

# COACH EDUCATION CALENDAR & RESOURCES

To find out more about our coach education courses, and access our coach resources, click on the QR code below.



Course Calendar & Dates



SCAN ME



BRITISH  
ATHLETICS



Sign-up to the  
We Coach Wales Newsletter



Coaching Resources



For more information email  
zoe.brown@welshathletics.org



# STARTLISTS

## RHESTRY CYCHWYNNOL

**Event Id**                      **Event Name**                      **Start Time**  
**F01**                              **Female Hammer**                      **12:00**

**Louisa JAMES** England South 57.68 2013 : WN REC: Amber SIMPSON, Deeside AAC, 56.95, 2018

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
1	Gracie	Jenvey	U20	England	SOTON	48.67	48.67	ENG
2	Dawn	Russell	U20	Scotland	KILBA	47.88	47.88	SCO
3	Amelia	Fettis	U20	Wales	NEWPH	51.83	51.83	WAL
6	Adrienne	Gallen	U20	Northern Ireland	LIFFS	56.09	56.09	NIR
7	Phoebe	Milburn	U17	England U18	TAVSK	54.07	54.07	ENG18
25	Abby	Barnfield	U20	Yate & District AC	GUEST	29.68	29.68	YATED

**Event Id**                      **Event Name**                      **Start Time**  
**F02**                              **Female High Jump**                      **12:00**

**Emily BORTHWICK** England North 1.76, 2016 : WN REC: Rebecca JONES, Wrexham AAC, 1.88, 2002

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
1	Callie	Rae Coates	U20	England	CSHEF	1.78	1.78	ENG
2	Zoe	Loughrey	U17	Scotland	VPCOG	1.67	1.67	SCO
3	Jessica	Lee	U20	Wales	CARMA	1.67	1.67	WAL
4	Megan	Taylor	U17	Welsh Schools Association	CARD	1.67	1.67	WSAA
5	Tegan	Thompson	U17	Islands	MANXH	1.55	1.55	ISLE
7	Matilda	Secker	U17	England U18	TONB	1.74	1.74	ENG18
20	Lily	Bailey	U20	Bristol & West AC	GUEST	1.69	1.69	BRIW

**Event Id**                      **Event Name**                      **Start Time**  
**F03**                              **Male Long Jump**                      **12:00**

**Scott HALL** England North 7.38 2013 : WN REC: Colin JACKSON, Cardiff AAC, 7.56, 1985

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
1	Sam	Danson	U20	England	TRAFF	7.16	7.16	ENG
2	Louis	Whyte	U17	Scotland	MRFT	7.04	7.04	SCO
3	Luca	Phillips	U17	Wales	ARCHA	7.15	7.15	WAL
4	Jacob	Edgehill	U20	Welsh Schools Association	COLW	6.64	6.64	WSAA
5	Sebastien	Sgouraditis	U20	Islands	MANXH	6.67	6.52	ISLE

**Event Id**                      **Event Name**                      **Start Time**  
**F04**                              **Ambulant Male Long Jump**                      **12:00**

**No Meeting Record Set :**

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
3	Tomi	Roberts-Jones	U20	Wales	DSWPA	4.62	4.62	WAL
4	William	Bishop	U20	Welsh Schools Association	DEESA	4.44	4.44	WSAA

**Event Id**                      **Event Name**                      **Start Time**  
**F05**                              **Male Shot Put**                      **12:30**

**Dafydd PAWLETT**, Wales, 17.12, 2022 : WN REC: Nicholas YOUNG, Deeside AAC, 17.22, 2018

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
1	Isaac	Delaney	U20	England	PREST	18.16	18.16	ENG
2	Logan	Mitchell	U20	Scotland	KILMH	14.25	14.25	SCO
3	Michael	Jenkins	U20	Wales	PEMB	15.23	15.23	WAL
7	Alastair	Brown	U20	England U18	CHELM	15.74	15.74	ENG18









# STARTLISTS

## RHESTRY CYCHWYNNOL

### Event Id Event Name Start Time

**F21 Male Javelin (800g) 15:45**

Tom HEWSON, Wales, 67.84, 2019 : WN REC: Tom HEWSON, Andover AC, 70.80, 2019

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
1	Ben	Jones	U20	England	TAUNT	66.39	66.39	ENG
2	Scott	Hopper	U20	Scotland	KILBA	55.06	55.06	SCO
3	Morgan	Batten	U20	Wales	CARMA	52.67	52.67	WAL
7	Bobby	Williams	U17	England U18	HAVE	63.50	63.50	ENG18

### Event Id Event Name Start Time

**F22 Female Javelin (600g) 15:45**

Bethan REES, Wales, 46.79, 2018 : WN REC: Bethany MOULE, Neath Harriers, 51.27, 2020

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
1	Rachael	Wall	U20	England	BRIHC	45.85	45.85	ENG
2	Dawn	Russell	U20	Scotland	KILBA	48.77	48.77	SCO
3	Chloe	Jones	U20	Wales	SWAN	41.83	41.83	WAL
4	Lleucu	Lloyd	U20	Welsh Schools Association	PEMB	41.25	41.25	WSAA
5	Naomi	Holdsworth	U20	Islands	CPORT	31.24	31.24	ISLE
7	Hannah	Lewington	U20	England U18	WSEH	42.79	42.79	ENG18
28	Bekah	Walton	SEN	Blackheath & Bromley HAC	GUEST	59.76	59.76	BB

### Event Id Event Name Start Time

**T01 Male 400m Hurdles 12:00**

Samuel PLUMB, England South, 53.22, 2013 : WN REC: David GREENE, Swansea Harriers, 51.14, 2005

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
1	Hayden	Christian	U20	England	GG	52.8	52.8	ENG
2	Ben	Heron	U20	Scotland	NAYR	53.34	53.34	SCO
6	Fintan	Dewhirst	U20	Northern Ireland	TIRCH	51.49	51.49	NIR
7	Nicolas	Maczugowski	U17	England U18	CPLYM	54.42	54.42	ENG18
24	Joseph	Beresford	U20	Swansea Harriers	GUEST	57.69	57.69	SWAN

### Event Id Event Name Start Time

**T02 Female 400m Hurdles 12:15**

Jessica TURNER, England North, 58.74, 2013 : Welsh Age Best: Lauren WILLIAMS, Swansea Harriers, 58.09, 2018, Ophelia PYE, Marlborough, 58.09 2022 CBP: Faye HARDING, Sale Harriers, 59.98, 2004

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
1	Hermione	Mason	U20	England	SALEH	60.68	60.68	ENG
2	Anastasia	Cotorobi	U17	Scotland	PITRE	65.56	65.56	SCO
5	Aimee	Christian	U20	Islands	MANXH	69.1	69.1	ISLE
6	Veronica	O'Neill	U20	Northern Ireland	COD	62.55	62.55	NIR
7	Zoe	Smith	U17	England U18	NWRKA	63.69	63.69	ENG18
15	Ellie-Mae	Wainwright	U20	Newport Harriers	GUEST	65.94	65.94	NEWPH

### Event Id Event Name Start Time

**T03 Female 1500m 12:35**

Sarah CALVERT, Scotland, 4:25.95, 2019 : WN REC: Cari HUGHES, Menai T&F, 4:17.51, 2018

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
1	Iris	Courtney	U20	England	WELCH	4:33.62	4:33.62	ENG
2	Hannah	Ryding	U20	Scotland	GIFFN	4:26.76	4:26.76	SCO
6	Lucy	Foster	U20	Northern Ireland	WILLH	4:26.65	4:26.65	NIR
7	Katie	Pye	U17	England U18	AFD	4:26.07	4:26.07	ENG18

### Event Id Event Name Start Time

**T04 Male 1500m 12:42**

Tom EAMES, England South, 3:51.35, 2019 : WN REC: Jake HEYWARD, Cardiff AAC, 3:36.90, 2018

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
1	Alexander	Riley	U20	England	BRIHC	3:46.69	3:46.69	ENG
2	Andrew	Thomson	U20	Scotland	FIFE	3:49.63	3:49.63	SCO
3	Tudur	Harper Lloyd	U20	Wales	MENAI	4:00.01	4:00.01	WAL
4	Tristan	Cumberland	U20	Welsh Schools Association	BRECA	4:00.05	4:00.05	WSAA
5	Cal	Lewis	U17	Islands	IOMN	04:12.0	04:12.0	ISLE
16	Joshua	Smith	U20	Pontypridd Roadents AC	GUEST	3:57.25	3:58.63	PONTY

# STARTLISTS

## RHESTRI CYCHWYNNOL

### Event Id T05 Event Name Female 400m Start Time 12:55

Loren BLEAKEN England Midlands 54.66 2013 : WN REC: Sian MORRIS, Port Talbot Harriers, 52.80, 1983

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
1	Emma	Holmes	U20	England	WCHES	55.58	55.58	ENG
2	Abbi	Macleod	U20	Scotland	FALKV	55.93	55.93	SCO
3	Anna	Babis	U20	Wales	WSEH	57.13	57.4	WAL
5	Lucy	Ormsby	U17	Islands	IOMN	60.23	60.23	ISLE
6	Hannah	Murray	U20	Northern Ireland	FINNV	56	56	NIR
7	Kara	Dacosta	U17	England U18	BBRNH	54.59	54.59	ENG18

### Event Id T06 Event Name Male 400m Start Time 13:00

Lee THOMPSON England North 47.32 : WN REC: Tim BENJAMIN, Cardiff AAC, 46.10, 2001

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
1	Thomas	Hockley	U20	England	HARR	48.17	48.17	ENG
2	Omar	Bajo	U17	Scotland	EDIN	48.64	48.64	SCO
3	Harrison	Gracia	U20	Wales	SWAN	50.57	50.57	WAL
4	Kane	Smart	U20	Welsh Schools Association	COLW	50.51	50.6	WSAA
5	Ben	Sinclair	U20	Islands	MANXH	49.51	49.74	ISLE
7	Demari	Gumbs	U20	England U18	WSEH	48.17	48.17	ENG18
14	Daniel	Mckerlich	SEN	Cardiff Athletics	GUEST	68.83	68.83	CARD

### Event Id T07 Event Name Male 100m Start Time 13:10

Timi ESAN England South, 10.56, 2022 : WN REC: Christian MALCOLM, Cardiff AAC, 10.12, 1998

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
1	Ezekiel	Low	U20	England	VPTH	10.43	10.43	ENG
2	Rory	Voss	U20	Scotland	PITRE	10.75	10.75	SCO
3	Morgan	Hubbarde	U20	Wales	CARD	11.02	11.03	WAL
4	William	Hawker	U20	Welsh Schools Association	RHYM	10.89	10.99	WSAA
5	Jamie	Oldham	U20	Islands	JERSP	10.65	10.65	ISLE
7	Dylan	Williams	U17	England U18	BFTA	10.6	10.6	ENG18
35	Rory	Brogan	U17	Edinburgh AC	GUEST	10.97	10.97	EDIN
36	Euan	Cunningham	U20	Falkirk Victoria Harriers	GUEST	10.89	10.89	FALKV

### Event Id T08 Event Name Female 100m Start Time 13:15

Hannah BRIER Wales 11.93 2014 : WN REC: Hannah BRIER, Swansea Harriers, 11.39, 2015

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
1	Gwendoline	Datey	U20	England	WGEL	11.86	11.86	ENG
2	Sophie	Thomas	U17	Scotland	DTFC	12.10	12.32	SCO
3	Teleri	Jones	U20	Wales	MENAI	12.45	12.70	WAL
3	Isabella	Wigley	U20	Wales	ARCHA	12.63	12.63	WAL
5	Carla	Teece	U20	Islands	IOMN	12.80	12.80	ISLE
7	Lily	Murphy	U20	England U18	ECHE	11.81	11.81	ENG18
34	Marvellous	Igbinidu	U20	Inverness Harriers AAC	GUEST	12.47	12.47	INVNH
38	Sophie	Wallwork	U20	Dundee Hawkhill Harriers	GUEST	12.44	12.44	DUNDH

### Event Id T09 Event Name Male & Female Ambulant 100m Start Time 13:20

Cameron TORES, T47, Scotland, 12.03 : Freya HOWGATE, T37, 17.06, 2022 :

Bib	First Name	Last Name	Age Group	Team Name	Team 2 Id	PB	SB	Team Code
1	Leon	Serning	U20	England	CFILT	11.89	11.89	ENG
3	Tom	Roberts-Jones	U20	Wales	DSWPA	13.27	13.27	WAL
4	William	Bishop	U20	Welsh Schools Association	DEESA	14.46	14.46	WSAA
7	Elizabeth	Dodds	U17	England U18	SHRSB	14.80	14.80	ENG18









*FOR EVERYONE, FOR YOU...*

**We Need You!**



WELSH ATHLETICS  
ATHI FTAU CYMRU

**There's a Volunteering Role  
for Everyone!**



[volunteering@welshathletics.org](mailto:volunteering@welshathletics.org)

Scan the QR code for volunteer opportunities at our national events.

