



**WELSH SCHOOLS NATIONAL
TRACK & FIELD CHAMPIONSHIPS
PENCAMPWRIAETHAU CENEDLAETHOL TRAC A MAES**

Saturday 1 July 2023

Dydd Sadwrn 1 Gorffennaf

Cardiff International Sports Campus

MEMBERSHIP OF THE WELSH SCHOOLS ATHLETICS ASSOCIATION

WSAA President: Mr Gwilym Williams MBE, Pentyrch

Senior Vice President: Hedydd Davies, Caerfyrddin

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D Stephen Perks, Caerfyrddin

Terry Lewis, Menai Bridge

Wynford Leyshon, Loughor

Wyn Thomas, Llandyfriog

Sarah Moore, Cardiff

Chairman: Jo Warner, Glamorgan Valleys

Vice Chairman: Steve Jones, Afan Nedd Tawe

Immediate Past Chairman: Gerald Davies, Glamorgan Valleys

International Secretary: Zane Maynard, Afan Nedd Tawe

CHAIRMAN'S MESSAGE

NEGES Y CADEIRYDD

On behalf of the Officers of the Welsh Schools Athletics Association it gives me great pleasure to welcome you all to the Annual National Track and Field Championships.

You as athletes have worked hard to gain selection for this event, representing your school and your school district. This event will hopefully be the springboard for some of you to go on and represent Wales in the SIAB International in Scotland in July and the U20 International in August this year.

I would like to thank all the teachers, parents, family members and coaches for supporting the athletes so far in their athletics careers.

I would also like to thank all those involved in the organisation of today's event and the district rounds that have enabled selection to take place. This includes District Secretary's, Official's, Teachers and Volunteers.

I would also like to thank Welsh Athletics for their continued support for organising WSAA events.

I hope you all enjoy the day and achieve your potential.

Good luck to all involved.

Jo Warner
Welsh Schools Athletics Association
Chair

Charity Gift Aid Declaration – multiple donation

Boost your donation by 25p of Gift Aid for every £1 you donate

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid your donation you must tick the box below:

I want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past 4 years to:

Name of Charity WELSH SCHOOLS ATHLETICS ASSOCIATION

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

My Details

Title _____ First name or initial(s) _____

Surname _____

Full Home address _____

Postcode _____ Date _____

Please notify the charity if you:

- want to cancel this declaration
- change your name or home address
- no longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Welsh Schools Athletics Association
Track & Field Championships
1st July 2023



Event Id	Name	R1Time
T01	U20M-SB 400m Hurdles	11:00
T02	U17M-MB 400m Hurdles	11:10
T03	U20W-SG 400m Hurdles	11:20
T04	U17W-MG 300m Hurdles	11:30
T05	U15G-JG 1500m	11:40
T06	U15B-JB 1500m	11:47
T07	U17W-MG 1500m	11:55
T08	U17M-MB 1500m	12:02
T09	U20W-SG 1500m	12:10
T10	U20M-SB 1500m	12:17
T11	U17W-MG 200m	12:25
T11A	U20W-SG 200m	12:30
T12	U17M-MB 200m	12:35
T13	U20M-SB 200m	12:40
T14	U15G-JG 200m	12:45
T15	U15B-JB 200m	12:50
T16	U17M-MB 3000m	12:55
T17	U20M-SB 3000m	13:10
T18	U17W-MG 3000m	13:10
T18A	U20W-SG 3000m	13:10
T19	U15B-JB 1000m Walk	13:25
T19A	U15G-JG 1000m Walk	13:25
T20	U17W-MG 3000m Walk	13:35
T20A	U20W-SG-3000m Walk	13:35
T20B	U17M-MB 3000m Walk	13:35
T20C	U20M-SB 3000m Walk	13:35
T21	U15B-JB 300m	13:50
T22	U15G-JG 300m	13:55
T23	U17W-MG 300m	14:00
T24	U17W MG 1500m S/C	14:15
T24A	U20W-SG 1500m S/C	14:15
T25	U17M-MB 1500m S/C	14:25
T26	U20M-SB 2000m S/C	14:35
T27	U20W-SG 400m	14:50
T28	U17M-MB 400m	14:55
T29	U20M-SB 400m	15:00
T30	U20W-SG 100m	15:10
T31	U17W-MG 100m	15:15
T32	U17M-MB 100m	15:20
T33	U20M-SB 100m	15:25
T34	U15G-JG 100m	15:30
T35	U15B-JB 100m	15:35
T36	U15G-JG 800m	15:45
T37	U15B-JB 800m	15:50
T38	U20W-SG 800m	15:55
T39	U20M-SB 110m Hurdles	16:00
T40	U20M-SB 800m	16:10
T41	U17M-MB 100m Hurdles	16:15
T42	U20W-SG 100m Hurdles	16:20
T43	U17W-MG 800m	16:30
T44	U15B-JB 80m Hurdles	16:35
T45	U17W-MG 80m Hurdles	16:40
T46	U17M-MB 800m	16:45
T47	U15G-JG 75m Hurdles	16:50
T48	U20M-SB 4 x 100	17:00
T49	U17M-MB 4 x 100	17:05
T50	U20W-SG 4 x 100	17:10
T51	U15B-JB 4 x 100	17:15
T52	U17W-MG 4 x 100	17:20
T53	U15G-JG 4 x 100	17:25

Event Id	Name	R1Time
F01	U17W-MG High Jump	11:00
F02	U15B-JB Long Jump	11:00
F03	U20M-SB Pole Vault	11:00
F04	U17M-MB Pole Vault	11:00
F05	U20W-SG Pole Vault	11:00
F06	U17W-MG Pole Vault	11:00
F07	U17M-MB Triple Jump	11:00
F08	U20M-SB Triple Jump	11:00
F09	U15B-JB Shot (4.00kg)	11:00
F10	U17M-MB Discus (1.50kg)	11:00
F11	U17W-MG Discus (1.00kg)	11:00
F14	U15B-JB Javelin (600g)	11:00
F15	U15G-JG Shot (3.00kg)	12:00
F16	U20M-SB Long Jump	12:00
F17	U20M-SB Javelin (800g)	12:00
F18	U20W-SG Javelin (600g)	12:00
F12	U20M-SB Hammer (6.00kg)	12:20
F13	U20W-SG Hammer (4.00kg)	12:20
F19	U17M-MB High Jump	12:30
F20	U20W-SG Shot (4.00kg)	13:00
F21	U20M-SB Shot (6.00kg)	13:00
F22	U15G-JG Long Jump	13:00
F23	U17M-MB Hammer (5.00kg)	13:20
F24	U17W-MG Hammer (3.00kg)	13:20
F25	U17W-MG Triple Jump	13:30
F25A	U20W-SG Triple Jump	13:30
F28	U15B-JB High Jump	13:50
F29	U17M-MB Javelin (700g)	14:00
F30	U17W-MG Long Jump	14:00
F31	U17M-MB Shot (5.00kg)	14:10
F26	U15B-JB Discus (1.25kg)	14:57
F27	U15G-JG Discus (1.00kg)	14:57
F32	U20W-SG Long Jump	15:00
F33	U20M-SB High Jump	15:15
F34	U20W-SG High Jump	15:15
F35	U17W-MG Javelin (500g)	15:00
F36	U15B-JB Pole Vault	15:00
F37	U15G-JG Pole Vault	15:00
F38	U17W-MG Shot (3.00kg)	15:00
F39	U15B-JB Triple Jump	15:30
F40	U15G-JG Triple Jump	15:30
F43	U15G-JG Javelin	16:00
F44	U17M-MB Long Jump	16:00
F45	U15G-JG High Jump	16:15
F41	U15B-JB Hammer (4.00kg)	16:15
F42	U15G-JG Hammer (3.00kg)	16:15
F46	U20M-SB Discus (1.75kg)	17:10
F47	U20W-SG Discus (1.00kg)	17:10

updated Tuesday 27th June
inside throwing cage now not in use
ALL hammer and discus now in the outside area

Start Lists and Results

Scan QR code



14:47 27/06/2023

Correct as of 28/06/22 - please see the timetables displayed around the venue for the most up-to-date version



NOTES FOR COMPETITORS

- This competition is run under UK Athletics rules and the following Welsh Schools Athletics Association rules:
 - Junior and Middle competitors cannot take part in more than **TWO individual** events. Senior competitors may compete in up to **THREE individual** events
 - Junior athletes cannot compete in both 800m and 1500m races.
 - Each competitor may compete only in his/her age group.
 - Guest competitors are not allowed. No competitor is allowed extra trials, using different weighted implements, at any time during the championships.
- The age groups for the championships are as follow:
 - Senior: over 17 years & under 20 years (years 12, 13 & 14)
 - Middle: over 15 years & under 17 years (years 10 & 11)
 - Junior: over 13 years & under 15 years (years 8 & 9)

All age groups are 'as of' midnight 31st August/1st September 2023.

[There is no competition for pupils in the first year in secondary school Year 7]

- The points scoring system for the championships is as follows:

1st: 8 pts; 2nd: 7 pts; 3rd: 6 pts; 4th: 5 pts; 5th: 4 pts; 6th: 3 pts; 7th: 2 pts; 8th: 1 pt.
- Championship medals are awarded to the first three competitors in each event. In the team competitions, a trophy is awarded to the district gaining most points in each age group. There is also a trophy – the President's Cup - for the district which gains the most points over the six competition sections.
- In adverse weather conditions, **only athletes wearing spikes will be allowed to compete in hurdles, pole vault, high jump and javelin events.** The meeting manager, in conjunction with the track and field referees, will make this decision as appropriate.
- ADDITIONAL ENTRY STANDARDS that are Power of 10 ratified:**

EVENTS	MIDDLE BOYS	MIDDLE GIRLS	SENIOR BOYS	SENIOR GIRLS
100m	11.4	12.8	11.8	13.4
200m	23.5	26.4	23.5	28.0
300m	X	43.0	X	X
400m	53.0	X	54.0	65.0
800m	2:02.0	2:20.0	2:10.0	2:40.0
1500m	4:15.0	5:00.0	4:40.0	5:30.
3000m	9:30.0	11:00.0	11:00.0	12:15.0
1500m S/C	4:47.0	6:00.0	X	7:00.0
2000m S/C	X	X	7:00.0	X
Sprint Hdl	14.5	12.5	17.0	17.0
300m Hdl	X	49.0	X	X
400m Hdl	62.0	X	66.0	75.0
High Jump	1.80	1.55	1.70	1.40
Pole Vault	2.20	2.20	2.20	2.20
Long Jump	6.00	5.00	5.70	4.50
Triple Jump	12.50	10.00	11.50	9.20
Shot	12.50	9.50	11.50	8.00
Discus	35.00	30.00	29.00	25.00
Hammer	45.00	32.00	29.00	25.00
Javelin	45.00	31.50	40.00	25.00

TRACK EVENTS.

- The lane draw for straight finals will be made by The Open Track Results platform. ALL races will be seeded based on factual timings or personal bests of pre declared athletes
- There are no heats + finals but instead, "Time trials" will be run where there were are than 8 competitors for events run in lanes. Athletes will be seeded according to their times on Power of 10 or PB's.
- Athletes who pull out of a event without adequate reason will be excluded from all their subsequent events.**
- In the senior age-group relay events, subject to the availability of unused lanes, districts will be allowed to enter additional, non scoring relay teams, which shall NOT be eligible for team medals nor team points. All the members of non scoring relay teams must be senior age group and from a single district. All relay teams shall be submitted using the Opentrack platform. Teams are limited to one relay team in each age-group per school district.
- Cardiff International Stadium is a synthetic track and the maximum spike allowed is 6mm on the track. 9mm may be used for the High Jump.

6. Race Walks are considered as Development Events and more than one athlete may be entered. Districts can enter up to 3 boys / 3 girls. You will need to be confident that any athletes entered are technically proficient (specialist Race Walk judges are used at the Championships), this year's Middle/Senior events will be over 3km.

FIELD EVENTS.

1. **ALL DISTRICTS** are obligated to provide 3 volunteers to work with the graded officials on the following events.

Javelin	=	Afan Nedd Tawe
High Jump	=	Cardiff & The Vale of Glamorgan
Pole Vault	=	Dyfed
Long Jump	=	Eryri
Triple Jump	=	Glamorgan Valleys
Shot Put	=	North East Wales
Discus	=	Powys
Hammer	=	South East Wales

- In all Junior Events (Girls and Boys) - competitors are allowed three trials.
- In all Senior and Middle Events (Girls and Boys) - all competitors are allowed three trials. Athletes placed in the first four (4) positions after three rounds of competition should be allowed to take three additional trials. If, at the end of three rounds, there is a tie for the fourth place, then all those competitors tying should be included in the last three rounds.
- Order of competition is drawn using the Open Track results platform. Based on times supplied by team managers, Results will be input live via a tablet and event Wi-Fi for live results as field card 1, field card 2 will be a paper copy, a 2nd printed card will be issued for horizontal jumps to record wind readings
- Athletes who have entered a track event, which may clash with their field event, are required to report to the field event judges before competing in the track event. Athletes who leave the event to compete in a track event may re-join the competition at the round it has reached on their return.
- There will be no limit to the length of the run-up in the Triple Jump, however athletes must be safe and competent in reaching the pit off a 7m board. No 5m board will be made available.
- There will be no call room for this event. ALL athletes are to report directly to their event site for warm up / warm up trials.
- ALL Hammer and discus competitions will be held in the OUTSIDE THROWS AREA.
- Junior Boys and Girls Hammer will be designated development events. School Districts can enter up to 2 boys/ 2 girls – there is no minimum standard.
- 9mm spikes may be used for the High Jump. 6mm is the maximum allowed for all other events.
- For health and safety reasons, poles will not be supplied to athletes in the Pole Vault Competitions. Please ensure that all competitors in this event bring their own pole. Please note there is a minimum opening height of 1.80m for all Pole Vault competitors. This will be a development event where Districts can enter up to 3 boys / 3 girls per age group, Districts are asked to use discretion in selection, please do not enter anyone unlikely to achieve the opening height.

EQUIPMENT SPECIFICATION

EVENT	SENIOR BOYS	MIDDLE BOYS	JUNIOR BOYS
Shot Put	6.00kg	5.00kg	4.00kg
Discus	1.75kg	1.50kg	1.25kg
Hammer	6.00kg	5.00kg	4.00kg
Javelin	800g	700g	600g
	SENIOR GIRLS	MIDDLE GIRLS	JUNIOR GIRLS
Shot Put	4.00kg	3.00kg	3.00kg
Discus	1.00kg	1.00kg	1.00kg
Hammer	4.00kg	3.00kg	3.00kg
Javelin	600g	500g	500g

Competitors in field events are reminded that any personal implements have to be submitted to the Field Referee for weighing **NO LESS THAN 60 MINUTES BEFORE** the competition start.

Please note: **The use of any personal electronic equipment inside the stadium is forbidden.**

We wish you every success, and hope that your performances meet or exceed your expectations, but above all **ENJOY YOURSELVES.**

INTERNATIONAL SELECTION POLICY

Schools International Athletics Board (SIAB) – Track & Field International
Grangemouth, Scotland
Saturday 15th July 2023

OVERVIEW:

The overall objective of the Welsh Athletics and Welsh Schools International Competitions Programme is to support athletes to experience high level competition and aspire to perform at their best against athletes across the UK and abroad. As part of that strategy, Welsh Athletics is committed to providing domestic and international competition opportunities to developing and aspirational Welsh athletes.

ATHLETE ELIGIBILITY:

To be considered for a Welsh Schools Team athletes must be in school/college education in Wales.

AGE GROUPS / TEAM SIZE:

Welsh School's Athletics Association will select two athletes in each gender in the following disciplines:

Track: 100m, 200m, 300m, 400m, 800m, 1500m, 3000m, 80m Hurdles, 100m Hurdles, 300m, 400m Hurdles, Steeplechase & Race Walk.

Field: Shot, Discus, Hammer, Javelin, Long Jump, Triple Jump, High Jump & Pole Vault.

In addition, both male and female 4 x 100m and 4 x 300m & 4 x 400m relay teams will be selected.

SELECTION DATE:

The selection Panel will meet on Sunday 2nd July after the Welsh Schools Track & Field Championships on Saturday 1st July 2023.

The International Selection Panel will comprise of:

- WSAA International secretary
- WSAA Chair
- 1 representative from each of the eight school districts (Team Manager)
- 1 Welsh Athletics representative

Selection Basis: Selections for the Welsh Schools Athletics Association team at SIAB will be based on the following criteria:

- The winner of each individual event discipline in the Middle age group (school years 10 and 11) at the Welsh Schools Athletics Association Championships on Saturday 2nd July will gain automatic selection.
- The remaining team spaces will be selected on performances achieved between 1st April 2023 to 2nd July 2023. These performances must be ratified on the power of 10 rankings website. Priority for selection will be given to pupils in school years 10 and 11. Pupils in school year 9 may be considered at the discretion of the panel.

ATHLETE NOTIFICATION:

Selected athletes will be informed by e-mail no later than Monday 3rd July.

One non-traveling reserve will be contacted for each gender and for each event.

Appeals Process: There shall be no right of appeal to the selection of the WSAA team made by the Panel.

DE-SELECTION PROCESS:

De-selection of an athlete may occur following:

1. Failure to achieve the standard fitness testing protocols
2. Failure to adhere to the Welsh Athletics and Welsh School's Athletics Association athlete code of conduct If any athlete sustains an injury following acceptance of their position on the team, they are required to inform Bethan Davies – Welsh Athletics Performance logistics (bethan.davies@welshathletics.org) at the earliest opportunity.

CLEAN SPORT: Random drug testing may take place at the Championships. District Secretaries are responsible for informing their athletes of this fact. UK Anti-Doping will also have a stand at this year's event as part of their education programme. Literature and advice will be available for athletes, parents and coaches.

The following information will apply; 'All entrants shall be deemed to have made him/herself familiar with and agreed to be bound

by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entry, whether or not the entrant is a citizen of, or resident in, the UK'.

Further information relating to the UKAD (United Kingdom Anti-Doping) Clean Sport Programme can be found here;
www.ukad.org.uk/athletes

EQUALITY STATEMENT:

Welsh Athletics and the Welsh Schools' Athletics Association are committed to offering equal opportunities to all athletes in Wales. Any Welsh athlete who goes to school in Wales is eligible to be selected and will be considered as part of the selection process, providing they have achieved all that is laid out within this selection policy. Welsh Athletics will not discriminate in the selection of any athlete based on any protected characteristic.

AMENDMENT:

Welsh Athletics and the Welsh Schools Athletics Association reserve the right to amend this Selection Policy at its sole discretion and will make any amended version publicly available (including the date on which the amendment was made) at
www.welshathletics.org

CONTACTS:

Team administrator & logistics: Bethan Davies - bethan.davies@welshathletics.org

Team selection & composition: Zoe Brown - zoe.brown@welshathletics.org

Lead Team Manager: Zane Maynard - zaneiswales@hotmail.com

F01 U17W-MG High Jump 11:00**WSAA-CBP Sarah NICHOLLS, 1.72, St Clare'S, Mid Glamorgan, 1980****Welsh Age Best: Lea HAGGETT, Herne Hill Harriers, 1.81, 1986**

Bib	First Name	Last Name	School	School Code	District Code
149	Matilda	Quick	Morrison Comprehensive	MORCO	ANT
223	Megan	Taylor	Cardiff High School	CDFHG	CVG
310	Luned	Davies	Bro Myrddin	BROMY	DYF
449	Romilly	Wayne	Ysgol Gyfun Llangefni	YGLGF	ERY
514	Lili	Evans	YG Cwm Rhymini - Y Gwyndy	GWYND	GLA
602	Zoja	Bariga	St Josephs RC Wrexham	STJOW	NEW
704	Isla	Boyd	Llanfyllin High School	LLANF	POW
849	Charlie	Williams	Cwmbran High School	CWMHS	SEW

F02 U15B-JB Long Jump 11:00**WSAA-CBP Ian STRANGE/John FURNHAM, 6.19, Newbridge, Gwent/Bishop Vaughan Afan Nedd Tawe 1977****Welsh Age Best REC: Ian STRANGE, Newbridge High School, 6.63, 1977**

Bib	First Name	Last Name	School	School Code	District Code
134	Jeremy	Young	Olchfa School	OLCHF	ANT
284	Kaleem	Islam	Stanwell School	STANW	CVG
339	Josh	Peel	Ysgol Y Strade	YSTRD	DYF
445	Elliot	Shears	Ysgol Friars	FRIAR	ERY
520	Tom	Gilbert	St Martins Comp	STMAR	GLA
636	Luca	Tardivel	Brynhyfryd school	BRYNH	NEW
714	Alfie	Godsall	Caereinion School	CAERE	POW
821	Finley	Roynon	St Albans	STALB	SEW

F03 U20M-SB Pole Vault 11:00**WSAA-CBP David GUEST, 4.65, Bryntirion, Glamorgan Valleys, 2009****WN REC: Neil WINTER, Shaftesbury, 5.50, 1992**

Bib	First Name	Last Name	School	School Code	District Code
128	Harry	Newton	Gower College	GOWCO	ANT
801	Aharon	Graham-Mulvaney	Haberdashers Monmouth School	HABER	SEW

F04 U17M-MB Pole Vault 11:00**WSAA-CBP Neil WINTER, 4.80, Monmouth, Gwent, 1990****Welsh Age Best: Neil WINTER, Shaftesbury, 5.20, 1990**

Bib	First Name	Last Name	School	School Code	District Code
115	Charlie	Shuall	Bishopston Comprehensive	BISHO	ANT
143	Louis	Shuall	Bishopston Comprehensive	BISHO	ANT
282	Sean	Hopkins	Radyr Comprehensive	RADYR	CVG
293	Jonathon	Mellor	Cardiff High School	CDFHG	CVG
300	Cai	Allan	Bro Pedr	BROPD	DYF

F05 U20W-SG Pole Vault 11:00**WSAA-CBP Elinor LEWIS, 3.74, Bro Morgannwg, Cardiff & The Vale, 2009****Welsh Age Best: Elinor LEWIS, Cardiff AAC, 3.74, 2009**

Bib	First Name	Last Name	School	School Code	District Code
108	Amy	Beynon	Bishopston Comprehensive	BISHO	ANT
157	Rebekah	Pratt	Gower College	GOWCO	ANT
206	Ella	Mitchell	Cardiff & Vale College	CAVC	CVG
642	Imogen	Whitley	Coleg Cambria	COLCA	NEW
835	Ellie Mae	Wainwright	Bassaleg School	BASSA	SEW

F06 U17W-MG Pole Vault 11:00**WSAA-CBP Isabel THOMAS, 3.55, Cardiff High, Cardiff & The Vale, 2019****Welsh Age Best: Rebecca DAVIES, Deeside AAC, 3.65, 2009**

Bib	First Name	Last Name	School	School Code	District Code
164	Seren	Anderson-James	Ysgol Gyfun Gwyr	YGGWR	ANT
228	Ava	Lane	Cardiff High School	CDFHG	CVG
850	Darcey	Simmons	Gwynllyw	GWYNL	SEW

F07 U17M-MB Triple Jump 11:00**WSAA-CBP Steven SHALDERS, 15.06, Cynffig, Glamorgan Valleys, 1998****Welsh Age Best REC: Steven SHALDERS, Cardiff AAC, 15.14, 1998**

Bib	First Name	Last Name	School	School Code	District Code
124	Finn	McIntyre	Bishopston Comprehensive	BISHO	ANT
226	Luca	Phillips	Cowbridge	COWBG	CVG
256	Abdullah	Afolabi	St. Illtyd's	STILL	CVG
266	Joseph	Phillips	Cowbridge	COWBG	CVG
288	Salem	Kiambi	Whitchurch	WHITC	CVG
303	Guto	Bishop	Bro Myrddin	BROMY	DYF
450	Carwyn	Williams	Tryfan	TRYFA	ERY
558	Sebastian	Williams	Gartholwg	GARTH	GLA
607	Harry	Cartwright	Connah's Quay High	CONNQ	NEW
744	Evan	Roberts	Llanfyllin High School	LLANF	POW
816	Jacob	Willey	St Julians	STJUL	SEW

F08 U20M-SB Triple Jump 11:00**WSAA-CBP David WOOD, 14.90, Tregaron, Dyfed, 1979****WN REC: Steven SHALDERS, Cardiff AAC, 15.99, 2000**

Bib	First Name	Last Name	School	School Code	District Code
271	Diego	Fasano	Whitchurch	WHITC	CVG

F09 U15B-JB Shot (4.00kg) 11:00**WSAA-CBP Thomas HANSON, 15.75, Dyffryn, Afan Nedd Tawe., 2015****Welsh Age Best REC: Mathew EVANS, Carmarthen Harriers, 17.36, 2003**

Bib	First Name	Last Name	School	School Code	District Code
146	Macsén	Holland	Ysgol Gyfun Gwyr	YGGWR	ANT
283	Dylan	Hughes	Whitchurch	WHITC	CVG
352	David	Thomas	Ysgol Dyffryn Aman	YDYFA	DYF
402	George	Clemence	Ysgol Bryn Elian	YBRYE	ERY
531	Harrison	Jhas Hun Flowers	St Martins Comp	STMAR	GLA
636	Luca	Tardivel	Brynhafryd school	BRYNH	NEW
740	Marcelis	Richardson	Crickhowell	CRICK	POW
832	Jacob	Cook	St Albans	STALB	SEW

F10 U17M-MB Discus (1.50kg) 11:00**WSAA-CBP James TOMLINSON, 58.05, Pembroke, Dyfed, 2016****Welsh Age Best REC: James TOMLINSON, Pembrokeshire Harriers, 56.15, 2015**

Bib	First Name	Last Name	School	School Code	District Code
154	Noah	Williams	Bishopston Comprehensive	BISHO	ANT
296	Jac	Morris	Whitchurch	WHITC	CVG
358	Cade	Wicks	Ysgol Harri Tudur	YHART	DYF
416	Joshua	Humphreys	Syr Hugh Owen School	HUGOW	ERY
533	Eurion Gwyn	John	Gartholwg	GARTH	GLA
613	William	Ellis	St Josephs RC Wrexham	STJOW	NEW
724	Cai	Van Lil	Newtown High School	NEWTO	POW
818	Zak	Alexander	Monmouth Comp	MONCO	SEW

F11 U17W-MG Discus (1.00kg) 11:00**WSAA-CBP Philippa ROLES, 43.80, Dwr-Y-Felin, West Glamorgan, 1994****Welsh Age Best: Philippa ROLES, Swansea Harriers, 48.88, 1994**

Bib	First Name	Last Name	School	School Code	District Code
117	Efa	Williams	Ysgol Gyfun Gwyr	YGGWR	ANT
227	Amy	Davis	Bishop of Llandaff	BSHLL	CVG
328	Ffion	Mabey	Queen Elizabeth High School	QEHS	DYF
436	Cari	Pritchard	Ysgol Syr Thomas Jones	YSRTJ	ERY
559	Seren	Wren-Howells	YG Cwm Rhymini - Gelli Haf	GHAF	GLA
606	Megan	Brown	Hawarden High School	HAWAR	NEW
711	Seren	Evans	Llanidloes	LANID	POW
851	Danielle	Akinsiku	Rougemont School	ROUGE	SEW

F14 U15B-JB Javelin (600g) 11:00**WSAA-CBP Garth LOUGHRAN, 55.44, Dyffryn Taf, Dyfed, 2003****Welsh Age Best REC: Lewie JONES, Swansea Harriers, 56.98, 2021**

Bib	First Name	Last Name	School	School Code	District Code
113	Bo	Carlson	Bishopston Comprehensive	BISHO	ANT
363	Joe	Wood	Penglais	PENGL	DYF
420	Aled	Jones	Ysgol Y Moelwyn	YMOEL	ERY
539	Riley	Mates	Pontypridd High	PNTYH	GLA
605	Gethin	Brown	Hawarden High School	HAWAR	NEW
638	Connor	Tweed	Coleg Cambria	COLCA	NEW
712	George	Ferrington	Newtown High School	NEWTO	POW
831	Matthew	Thomas	Caldicot	CALDI	SEW

T01 U20M-SB 400m Hurdles 11:00**WSAA-CBP Mark ROWLANDS, 53.0 (HT), Bishop Vaughan, Afan Nedd Tawe, 1996****WN REC: David GREENE, Swansea Harriers, 51.14, 2005**

Bib	First Name	Last Name	School	School Code	District Code
100	Joseph	Beresford	Olchfa School	OLCHF	ANT
287	Finley	Keane	St. David's College	STDAV	CVG
299	Iago	Parish	St. David's College	STDAV	CVG
801	Aharon	Graham-Mulvaney	Haberdashers Monmouth School	HABER	SEW

T02 U17M-MB 400m Hurdles 11:10**WSAA-CBP Mark ROWLANDS, 54.42, Bishop Vaughan, West Glamorgan, 1994****Welsh Age Best REC: Mark ROWLANDS, Swansea Harriers, 53.30, 1994**

Bib	First Name	Last Name	School	School Code	District Code
129	Harry	Collins	Bishop Gore	BISGO	ANT
207	Osian	Parry	Radyr Comprehensive	RADYR	CVG
334	Thomas	O Toole	Haverfordwest High School	HAVWH	DYF
441	Jake	Rowlands	Syr Hugh Owen School	HUGOW	ERY
813	Harry	Bradley	Bassaleg School	BASSA	SEW

T03 U20W-SG 400m Hurdles 11:20**WSAA-CBP Alyson EVANS, 61.2 (HT), Cardigan, Dyfed, 1985****Welsh Age Best: Lauren WILLIAMS, Swansea Harriers, 58.09, 2018 Welsh Age Best: Ophelia PYE, Marlborough, 58.09, 07.07.2022**

Bib	First Name	Last Name	School	School Code	District Code
163	Sarah	Winstone	Neath PT College	NPTC	ANT
204	Sophie	Lisk	Cardiff High School	CDFHG	CVG
208	Philippa	Allen	Cowbridge	COWBG	CVG
415	Megan	Hughes	Ysgol Bryn Elian	YBRYE	ERY
835	Ellie Mae	Wainwright	Bassaleg School	BASSA	SEW

T04 U17W-MG 300m Hurdles 11:30**WSAA-CBP Lucy FLIGELSTONE, 43.40, Bishopston, Afan Nedd Tawe, 2013****Welsh Age Best: Lauren WILLIAMS, Maldwyn Harriers, 42.52, 2015**

Bib	First Name	Last Name	School	School Code	District Code
123	Evie	Aitchison	Birchgrove Comp	BRCHS	ANT
214	Amy	Parsons	Whitchurch	WHITC	CVG
323	Sophie	Llewellyn	Haverfordwest High School	HAVWH	DYF
506	Kacey	Carter	Ysgol Llanhari	LLANH	GLA
627	Lily	Noble	Flint High	FLINT	NEW
846	Millie	Williams	Bassaleg School	BASSA	SEW

T05 U15G-JG 1500m 11:40**WSAA-CBP Non STANFORD, 4:35.61, St. Joseph'S, Afan Nedd Tawe, 2003****Welsh Age Best REC: Samia JONES, Menai T&F, 4:33.15, 2018**

Bib	First Name	Last Name	School	School Code	District Code
140	Libby	Hale	Bishopston Comprehensive	BISHO	ANT
237	Bryony	Boyce	Cathedral School	CATHD	CVG
359	Amelia	Williams	Bro Teifi	BROTE	DYF
438	Angharad	Rhys	Berwyn	BERW	ERY
507	Eleanor	Wright-Nicholas	YG Cwm Rhymini - Y Gwyndy	GWYND	GLA
640	Heather	Watson	Hawarden High School	HAWAR	NEW
721	Madison	Hughes	Llanidloes	LANID	POW
857	Alice	Meredith	Haberdashers Monmouth School	HABER	SEW

T06 U15B-JB 1500m 11:47**WSAA-CBP Jacob REYNOLDS, 4:13.94, Cwm Rhymini , Glamorgan Valleys, 2018****Welsh Age Best REC: Matthew WILLIS, Wrexham AAC, 4:07.49, 2014**

Bib	First Name	Last Name	School	School Code	District Code
135	Jonathan	Bates	Bryn Tawe	BRYTW	ANT
297	Aaron	Nathan	Cowbridge	COWBG	CVG
314	Sam	Griffiths	Bro Myrddin	BROMY	DYF
442	Alfie	Schiland	Aberconwy school	ABCWY	ERY
555	Garyn	Tough	Aberdare Community School	ABDCS	GLA
626	Elis	Martin	Glan Clwyd	GLACL	NEW
707	Joe	Edwards	Crickhowell	CRICK	POW
825	Dylan	Evans	St Josephs RC Newport	STJNP	SEW

T07 U17W-MG 1500m 11:55**WSAA-CBP Non STANFORD, 4:30.62, St. Joseph'S, Afan Nedd Tawe, 2004****Welsh Age Best REC: Non STANFORD, Swansea Harriers, 4:23.55, 2004**

Bib	First Name	Last Name	School	School Code	District Code
110	Ava	Davies	Olfha School	OLCHF	ANT
220	Mabli	Phillips	Ysgol Glantaf	GLANT	CVG
361	Megan	Williams	Queen Elizabeth High School	QEHS	DYF
403	Ciara	Cust	Ysgol Bryn Elian	YBRYE	ERY
504	Kara	Bennett	Gartholwg	GARTH	GLA
611	Abigail	Doherty	Flint High	FLINT	NEW
843	Amelia	Watkins	Islwyn High School	ISLHS	SEW

F15 U15G-JG Shot (3.00kg) 12:00

WSAA-CBP Sarah OMOREGIE, 11.32, Bishop Of Llandaff, Cardiff & The Vale, 2014

Welsh Age Best: Sarah OMOREGIE, Cardiff AAC, 12.67, 2014

Bib	First Name	Last Name	School	School Code	District Code
122	Evie	Cooper	Ystalyfera	YSTFR	ANT
243	Susan	Madamidola	St. Illtyd's	STILL	CVG
351	Chloe	Thomas	Maes Y Gwendraeth	YGWEN	DYF
404	Maria	Domagala	Syr Hugh Owen School	HUGOW	ERY
512	Bethan	Deeks	Porthcawl School	PRTSC	GLA
638	Connor	Tweed	Coleg Cambria	COLCA	NEW
743	Bronwen	Roberts	Gwernyfed	GWRNF	POW
862	Grace	Hawker	Islwyn High School	ISLHS	SEW

F16 U20M-SB Long Jump 12:00

WSAA-CBP John ELIAS, 7.34, Maesteg, Glamorgan, 1967

WN REC: Colin JACKSON, Cardiff AAC, 7.56, 1985

Bib	First Name	Last Name	School	School Code	District Code
102	Evan	Cole	Gower College	GOWCO	ANT
271	Diego	Fasano	Whitchurch	WHITC	CVG
350	Jamie	Tester	Llandoverly College	LLDVC	DYF
405	Jacob	Edghill	Aberconwy school	ABCWY	ERY
801	Aharon	Graham-Mulvaney	Haberdashers Monmouth School	HABER	SEW
804	Morgan	Keen Williams	St Josephs RC Newport	STJNP	SEW

F17 U20M-SB Javelin (800g) 12:00

WSAA-CBP Jonathan CLARKE, 67.34, Neath College, West Glamorgan, 1986

WN REC: Tom HEWSON, Andover AC, 70.80, 13.07.2019

Bib	First Name	Last Name	School	School Code	District Code
166	Tesfaye	Shugi	Bishop Vaughan School	BVAUG	ANT
273	George	Snaith	Llantwit Major School	LLTWT	CVG
344	Ifan	Rishko	Aberaeron School	ABERA	DYF
425	Luca	Jones	Ysgol Bryn Elian	YBRYE	ERY
716	James	Hayward	Christ College	CHRCO	POW
804	Morgan	Keen Williams	St Josephs RC Newport	STJNP	SEW
902	Tal	Williams	YG Bro Morgannwg	YBROM	CVG

F18 U20W-SG Javelin (600g) 12:00

WSAA-CBP Hilary DAVIES, 43.50, Afon Taf, Mid Glamorgan, 1994

Welsh Age Best: Bethany MOULE, Neath Harriers, 51.27, 2020

Bib	First Name	Last Name	School	School Code	District Code
145	Lucy	Harris	Gowerton	GOWTN	ANT
324	Lleucu	Lloyd	Ysgol Y Preseli	PRESE	DYF
357	Cordelia	Walker	Aberaeron School	ABERA	DYF

T08 U17M-MB 1500m 12:02

WSAA-CBP Ben REYNOLDS, 4:01.29, Y Gwyndy, Glamorgan Valleys, 2019

Welsh Age Best REC: Ben REYNOLDS, Cardiff AAC, 3:50.19, 2019

Bib	First Name	Last Name	School	School Code	District Code
109	Ashton	Parry	Cwmtawe	CWMTW	ANT
278	Cian	Harold	Bishop of Llandaff	BSHLL	CVG
315	William	Harries	Haverfordwest High School	HAVWH	DYF
444	Ben	Sergeant	Ysgol David Hughes	DHUGH	ERY
540	Daniel	May	Brynteg	BRYNT	GLA
641	Jacob	Welsh	Mold Alun	MOLDA	NEW
713	Ben	Gethin	Llanidloes	LANID	POW
810	Iestyn	Read	Bassaleg School	BASSA	SEW

T09 U20W-SG 1500m 12:10

WSAA-CBP Elinor KIRK, 4:42.59, Gwyr, Afan Nedd Tawe, 2007

Welsh Age Best REC: Cari HUGHES, Menai T&F, 4:17.51, 2018

Bib	First Name	Last Name	School	School Code	District Code
534	Caitlin	Jones	Cyfarthfa	CYFTH	GLA
715	Maddie	Griffiths	Welshpool High School	WPOOL	POW

T10 U20M-SB 1500m 12:17

WSAA-CBP Matthew JONES, 3:54.50, Llanfyllin, Powys, 2000

WN REC: Jake HEYWARD, Cardiff AAC, 3:36.90, 2018

Bib	First Name	Last Name	School	School Code	District Code
230	Steffan	Rayment	Ysgol Glantaf	GLANT	CVG
253	Alex	Ridout	Whitchurch	WHITC	CVG
429	Tudur	Lloyd	Ysgol David Hughes	DHUGH	ERY
523	Leroy	Griffiths	Tonyrefail Community School	TONRF	GLA
705	Aled	Breeze	Welshpool High School	WPOOL	POW
722	Tristan	Tena Cumberland	Ysgol Calon Cymru	CALCY	POW

F12 U20M-SB Hammer (6.00kg) 12:20

WSAA-CBP Jac PALMER, 63.35, Cwn Rhymini, Glamorgan Valleys, 2014

WN REC: Jac PALMER, Cardiff AAC, 70.88, 18.04.2015

Bib	First Name	Last Name	School	School Code	District Code
162	Sammy	Thomas	Neath PT College	NPTC	ANT
261	Max	Bignell	Whitchurch	WHITC	CVG
277	James	Sprudd	Whitchurch	WHITC	CVG
549	Caleb	Richardson	St John Baptist	STJOB	GLA
716	James	Hayward	Christ College	CHRCO	POW

F13 U20W-SG Hammer (4.00kg) 12:20

WSAA-CBP Amber RIMMINGTON, 50.27, Flint High, North East Wales, 2016

Welsh Age Best: Amber SIMPSON, Deeside AAC, 56.95, 2018

Bib	First Name	Last Name	School	School Code	District Code
157	Rebekah	Pratt	Gower College	GOWCO	ANT
503	Abby	Barnfield	Tonyrefail Community School	TONRF	GLA
838	Amelia	Fettis	Gwent Is Coed	GWCOE	SEW

T11 U17W-MG 200m 12:25

WSAA-CBP Hannah BRIER, 24.47, Ystalefera, Afan Nedd Tawe, 2013

Welsh Age Best: Michelle PROBERT, Sale Harriers, 23.60, 1976

Bib	First Name	Last Name	School	School Code	District Code
144	Louisa	Ball	Llangatwg School	LGTWG	ANT
215	Jessica	Mantle	YG Bro Morgannwg	YBROM	CVG
360	Elli-May	Williams	Maes Y Gwendraeth	YGWEN	DYF
430	Sofie	Millen	Dyffryn Nantlle	DYFNT	ERY
546	Cerys	Radcliffe	Lewis School Pengam	LEWPG	GLA
603	Olivia	Breaton	St Josephs RC Wrexham	STJOW	NEW
736	Kiera	Owen	Ysgol Calon Cymru	CALCY	POW
839	Olivia	Gillespie	Rougemont School	ROUGE	SEW

T11A U20W-SG 200m 12:30

WSAA-CBP Rachel JOHNCOCK, 24.32, Dyffryn Conwy, Eryri, 2011

Welsh Age Best: Hannah BRIER, Swansea Harriers, 23.59, 2015

Bib	First Name	Last Name	School	School Code	District Code
200	Isabella	Wigley	Cardiff High School	CDFHG	CVG
201	Jemima	Robinson	Stanwell School	STANW	CVG
202	Millie	Webb	Llantwit Major School	LLTWT	CVG
343	Sophia	Reid-Thomas	Bro Myrddin	BROMY	DYF
421	Ellie	Jones	Ysgol David Hughes	DHUGH	ERY
833	Tiwaah	Boateng	Caerleon Comprehensive	CAERL	SEW

F19 U17M-MB High Jump 12:30

WSAA-CBP Chuka ENIH-SNELL, 2.06, Bishop Vaughan, Afan Nedd Tawe, 2000

Welsh Age Best: Chuka ENIH-SNELL, Swansea Harriers, 2.15, 2000

Bib	First Name	Last Name	School	School Code	District Code
116	Connor	Moriarty	Bishop Vaughan School	BVAUG	ANT
275	Leon	Gregson	Ysgol Glantaf	GLANT	CVG
355	Tal	Thomas	Bro Myrddin	BROMY	DYF
452	Huw	Williams	Tryfan	TRYFA	ERY
550	Owen	Roberts	Cardinal Newman	CNEW	GLA
639	Thomas-Gregory	Watkiss	Christ the Word Rhyl	CTWRH	NEW
700	Jayden	Allkins	Maesydderwen Comp School	MAESC	POW
817	Jasper	Jones	Caldicot	CALDI	SEW

T12 U17M-MB 200m 12:35

WSAA-CBP Andrew WATKINS, 21.73, Coedylan, Glamorgan Valleys, 2004

Welsh Age Best REC: Tim BENJAMIN, Cardiff AAC, 21.19, 1998

Bib	First Name	Last Name	School	School Code	District Code
133	Jenson	Morris	Bishopston Comprehensive	BISHO	ANT
257	Jose	Alzate-Gonzales	Fitzalan High	FITZ	CVG
301	Cellan	Allcock	Ysgol Dyffryn Aman	YDYFA	DYF
410	Gethin	Griffith	Botwnnog School	BOTW	ERY
502	Lewis	Barnes	Brynteg	BRYNT	GLA
610	Connor	Dean	Glan Clwyd	GLACL	NEW
734	Alex	Orehawa	Newtown High School	NEWTO	POW
806	Joseph	Berry	Caerleon Comprehensive	CAERL	SEW
807	Aron	Tugwell	St Julians	STJUL	SEW

T13 U20M-SB 200m 12:40

WSAA-CBP Kristian JONES, 21.82, Cowbridge, Cardiff & The Vale, 2016

WN REC: Christian MALCOLM, Cardiff AAC, 20.29, 1998

Bib	First Name	Last Name	School	School Code	District Code
103	Marek	Warzocha	Gower College	GOWCO	ANT
104	Harrison	Wheeler	Gower College	GOWCO	ANT
280	William	Hawker	Cardiff & Vale College	CAVC	CVG
298	Sam	Neale	Whitchurch	WHITC	CVG
446	Kane	Smart	Ysgol Emrys Ap Iwan	YGEAI	ERY

T14 U15G-JG 200m 12:45**WSAA-CBP Neil DESIR, 24.91, Radyr, Cardiff & The Vale, 2022****Welsh Age Best: Hannah BRIER, Swansea Harriers, 24.54, 2012**

Bib	First Name	Last Name	School	School Code	District Code
114	Carys	Pritchard	Bryn Tawe	BRYTW	ANT
234	Aliyah	Afolabi	St. Illtyd's	STILL	CVG
332	Beatrice	Morgan	Bro Dinefwr	BRODN	DYF
513	Libby	Emanuel	Y Pant School	YPANT	GLA
612	Layla	Drury	Brynhafod school	BRYNH	NEW
739	Ruby	Price	Welshpool High School	WPOOL	POW
854	Aaliyah	Bevan	Gwent Is Coed	GWCOE	SEW

T15 U15B-JB 200m 12:50**WSAA-CBP Andrew WATKINS, 22.13, Coedylan, Glamorgan Valleys, 2002****Welsh Age Best REC: Andrew WATKINS, Pontypridd AC, 22.13, 2002**

Bib	First Name	Last Name	School	School Code	District Code
130	Henry	Payne	Bishopston Comprehensive	BISHO	ANT
292	Regan	McCarthy	Whitmore High School	WHITH	CVG
318	Jac	Johnson	Bro Myrddin	BROMY	DYF
411	Noa	Griffith	Botwnnog School	BOTW	ERY
538	Max Alfie	Marshall	YG Cwm Rhymini - Y Gwyndy	GWYND	GLA
620	Dylan	Jones	Connah's Quay High	CONNQ	NEW
710	Max	Evans	Llanidloes	LANID	POW
822	Riley	Hughes-Williams	Brynmawr	BRYNM	SEW

T16 U17M-MB 3000m 12:55**WSAA-CBP Osian PERRIN, 8:47.99, St Gerrard's, Eryri, 2019****Welsh Age Best REC: Osian PERRIN, Menai T&F, 8:23.64, 2019**

Bib	First Name	Last Name	School	School Code	District Code
125	Gavin	Alexander	Ysgol Gyfun Gwyr	YGGWR	ANT
254	Joshua	Saunders	Whitchurch	WHITC	CVG
304	Ifan	Bowen	Bro Myrddin	BROMY	DYF
305	Finley	Bruce	Ysgol Y Preseli	PRESE	DYF
419	Miguel	Jenkins	Ysgol Friars	FRIAR	ERY
608	Cian	Cummings	Rhyl High School	RHYLH	NEW
703	Matthew	Benson	Llanfyllin High School	LLANF	POW
811	Oscar	Nash	Rougemont School	ROUGE	SEW

T17 U20M-SB 3000m 12:55**WSAA-CBP Andres JONES, 8:34.37, Aberaeron, Dyfed, 1996****WN REC: Jake HEYWARD, Cardiff AAC, 7:55.17, 2018**

Bib	First Name	Last Name	School	School Code	District Code
285	Oliver	Jones			CVG
409	Dion	Griffith	GLLM - Coleg Menai	COLME	ERY
528	Ben	Hughes	Coleg y Cymoedd	COLYC	GLA
730	Callum	Morgan	Welshpool High School	WPOOL	POW
802	Henry	Evans	Haberdashers Monmouth School	HABER	SEW

F20 U20W-SG Shot (4.00kg) 13:00**WSAA-CBP Jayne BERRY, 13.90, Brecon, Powys, 1988****Welsh Age Best: Adele NICOLL, Birchfield Harriers, 15.55, 2015**

Bib	First Name	Last Name	School	School Code	District Code
145	Lucy	Harris	Gowerton	GOWTN	ANT
157	Rebekah	Pratt	Gower College	GOWCO	ANT
837	Libby	Davidson	Bassaleg School	BASSA	SEW
209	Megan	Hastings	YG Bro Morgannwg	YBROM	CVG

F21 U20M-SB Shot (6.00kg) 13:00

WSAA-CBP Dafydd PAWLETT, 16.15, Pembroke College, Dyfed, 2022

WN REC: Nicholas YOUNG, Deeside AAC, 17.22, 2018

Bib	First Name	Last Name	School	School Code	District Code
162	Sammy	Thomas	Neath PT College	NPTC	ANT
259	Seb	Anstead	Cardiff High School	CDFHG	CVG
337	Daf	Pawlett	Pembrokeshire College	PEMCO	DYF
428	Titus	Jones	St Davids College	STDCO	ERY
903	Ethan	Witchell	Ysgol Glantaf	GLANT	CVG

F22 U15G-JG Long Jump 13:00

WSAA-CBP Megan TAYLOR, 5.59, Cardiff High, Cardiff & The Vale, 2022

Welsh Age Best: Megan TAYLOR, Cardiff Archers, 5.65, 2022

Bib	First Name	Last Name	School	School Code	District Code
126	Harriet	Young	Dwr y Felin	DWRYF	ANT
235	Holly	Vittle	Radyr Comprehensive	RADYR	CVG
332	Beatrice	Morgan	Bro Dinefwr	BRODN	DYF
413	Lilly	Hardy	Ysgol Glan Y Môr	GYMOR	ERY
556	Martha	Trivett	Bryntirion	BRYTR	GLA
632	Olivia	Scrimshaw	Brynhafod school	BRYNH	NEW
718	Teleri	Roberts	Caereinion School	CAERE	POW
859	Emilia	Bell	Caldicot	CALDI	SEW

T18 U17W-MG 3000m 13:10

WSAA-CBP Issy MORRIS, 10:10.62, Christ College, Powys, 2014

Welsh Age Best REC: Non STANFORD, Swansea Harriers, 9:22.84, 2004

Bib	First Name	Last Name	School	School Code	District Code
107	Amy	Thomas	Ysgol Gyfun Gwyr	YGGWR	ANT
221	Millie	Gold	St. Illtyd's	STILL	CVG
400	Beca	Bown	Bodedern	BODED	ERY
522	Katy	Griffiths	Bryntirion	BRYTR	GLA
618	Josie	Hurst	Mold Alun	MOLDA	NEW
729	Mackenzie	McCourt	Welshpool High School	WPOOL	POW
844	Emily	Walker	Chepstow	CHEPS	SEW

T18A U20W-SG 3000m 13:10

WSAA-CBP Natasha COCKRAM, 10:06.55, Croesyceiliog, South East Wales, 2011

Welsh Age Best REC: Non STANFORD, Swansea Harriers, 9:22.84, 2004

Bib	First Name	Last Name	School	School Code	District Code
147	Mai	Davies	Ysgol Gyfun Gwyr	YGGWR	ANT
205	Poppy	Tucker	YG Bro Morgannwg	YBROM	CVG
212	Gabriella	Pascoe	Cardiff & Vale College	CAVC	CVG

F23 U17M-MB Hammer (5.00kg) 13:20

WSAA-CBP Nathan THOMASON, 62.03, John Bright, Eryri, 2014

Welsh Age Best REC: Jac PALMER, Cardiff AAC, 63.85, 2012

Bib	First Name	Last Name	School	School Code	District Code
111	Ben	Fenwick	Bishop Gore	BISGO	ANT
263	Vinney	Cleak	Whitchurch	WHITC	CVG
286	Rhydian	Jones	YG Bro Morgannwg	YBROM	CVG
291	Sonny	McCabe	Whitchurch	WHITC	CVG
347	Lewis	Rossiter	Greenhill	GRNHL	DYF

F24 U17W-MG Hammer (3.00kg) 13:20

WSAA-CBP Nathan THOMASON, 62.03, John Bright, Eryri, 2014

Welsh Age Best REC: Jac PALMER, Cardiff AAC, 63.85, 2012

Bib	First Name	Last Name	School	School Code	District Code
117	Efa	Williams	Ysgol Gyfun Gwyr	YGGWR	ANT
214	Amy	Parsons	Whitchurch	WHITC	CVG
336	Nele	Owen	Bryngwyn	BRYNG	DYF
606	Megan	Brown	Hawarden High School	HAWAR	NEW
621	Jess	Jones	Hawarden High School	HAWAR	NEW

T19 1KW U15B-JB 1000m Walk 13:25

WSAA-CBP Antonio CIRILLO, 4:20.05, Bishop Vaughan, Afan Nedd Tawe, 2005

Welsh Age Best REC: Antonio CIRILLO, Swansea Harriers, 4:20.05, 2005

Bib	First Name	Last Name	School	School Code	District Code
265	Lloyd	Davies	Cardiff High School	CDFHG	CVG
289	Gethin	Lewis	Ysgol Glantaf	GLANT	CVG
294	Stanley	Mitchell	Cardiff High School	CDFHG	CVG

T19A 1KW U15G-JG 1000m Walk 13:25

WSAA-CBP Megan STRATTON-THOMAS, 5:03.74, Olchfa, Afan Nedd Tawe, 2014

Welsh Age Best REC: Megan STRATTON-THOMAS, Swansea Harriers, 4:51.72, 2014

Bib	First Name	Last Name	School	School Code	District Code
153	Nia	Wakley	Gowerton	GOWTN	ANT
249	Florence	Davies	Llanishen High	LLANI	CVG
250	Rosalind	Waters	Ysgol Glantaf	GLANT	CVG
508	Megan	Chantrell	Bishop Hedley	BISHH	GLA

F25 U17W-MG Triple Jump 13:30

WSAA-CBP Sally PEAKE, 11.41, Hawarden, North East Wales, 2002

Welsh Age Best: Jayne LUDLOW, Cardiff AAC, 12.14, 1994

Bib	First Name	Last Name	School	School Code	District Code
112	Bethan	Holley	Ysgol Gyfun Gwyr	YGGWR	ANT
213	Menna	Grant	Ysgol Glantaf	GLANT	CVG
319	Carys	Kenniford	Ysgol Harri Tudur	YHART	DYF
427	Sara	Jones	Ysgol Gyfun Llangeferni	YGLGF	ERY
521	Sophia	Goulding	Gartholwg	GARTH	GLA
622	Lucy	Jones	Rhiwabon	RHIWB	NEW
709	Manon	Ellis-Jones	Caereinion School	CAERE	POW
848	Elin	Jones	Chepstow	CHEPS	SEW

F25A U20W-SG Triple Jump 13:30

WSAA-CBP Macey JONES, 11.85, Usk College, South East Wales, 2017

Welsh Age Best: Sally PEAKE, Liverpool Harriers, 12.24, 2005

Bib	First Name	Last Name	School	School Code	District Code
211	Francesca	Morgan	Ysgol Glantaf	GLANT	CVG

T20 3KW U17W-MG 3000m Walk 13:35

WSAA-CBP Gracie GRIFFITHS, 14:47.37, Haverfordwest HS, Dyfed, 2022

Welsh Age Best REC: Grace GRIFFITHS, Pembrokeshire Harriers, 14:30.20, 2022

Bib	First Name	Last Name	School	School Code	District Code
No Entries					

T20A U20W-SG-3000m Walk 13:35

Bib	First Name	Last Name	School	School Code	District Code
No Entries					

T20B U17M-MB 3000m Walk 13:35

WSAA-CBP Owain NICHOLAS, 18:12.30, Bro Gwaun, Dyfed, 2017

Welsh Age Best REC: Nathan KAVANAGH, Roath WC, 13:05.7 (HT), 1984

Bib	First Name	Last Name	School	School Code	District Code
276	Harri	Halsall	YG Bro Morgannwg	YBROM	CVG
290	Joshua	Lewis	YG Bro Morgannwg	YBROM	CVG
526	Fraiser	Higginson	Llangynwyd	LLANG	GLA

T20C U20M-SB 3000m Walk 13:35

Bib	First Name	Last Name	School	School Code	District Code
No Entries					

F28 U15B-JB High Jump 13:50

WSAA-CBP Miles KELLER-JENKINS, 1.92, Flynone, Afan Nedd Tawe, 2012

Welsh Age Best: Miles KELLER-JENKINS, Swansea Harriers, 1.97, 2012

Bib	First Name	Last Name	School	School Code	District Code
155	Oliver	Sampson	Ysgol Gyfun Gwyr	YGGWR	ANT
295	Harry	Morris	Cardiff High School	CDFHG	CVG
311	Charlie	Eatly	Ysgol Y Strade	YSTRD	DYF
447	Osian	Twigg	Ysgol Gyfun Llangefni	YGLGF	ERY
519	Rory	Gardiner	YG Cwm Rhymini - Gelli Haf	GHAF	GLA
601	Aiden	Angilletta	Connah's Quay High	CONNQ	NEW
720	Luca	Hughes	Llanfyllin High School	LLANF	POW
829	Luca	Griffiths	St Albans	STALB	SEW

T21 U15B-JB 300m 13:50

WSAA-CBP Will LOVEJOY, 36.36, Monmouth Comp, South East Wales, 2018

Welsh Age Best REC: Zico JONES, Shaftesbury H, 35.29, 2021

Bib	First Name	Last Name	School	School Code	District Code
169	Toby	Jones	Bishopston Comprehensive	BISHO	ANT
264	Trystan	Coates	YG Bro Morgannwg	YBROM	CVG
302	James	Bentley	Ysgol Dyffryn Aman	YDYFA	DYF
411	Noa	Griffith	Botwnnog School	BOTW	ERY
537	William	Mackie	Cyfarthfa	CYFTH	GLA
624	Toby	Lemon	Hawarden High School	HAWAR	NEW
719	Eifion	Holder	Ysgol Calon Cymru	CALCY	POW
823	Harry	Hopkins	Rougemont School	ROUGE	SEW

T22 U15G-JG 300m 13:55

WSAA-CBP Gabby FAKANDE, 40.93, Brynmawr, South East Wales, 2015

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

Bib	First Name	Last Name	School	School Code	District Code
140	Libby	Hale	Bishopston Comprehensive	BISHO	ANT
235	Holly	Vittle	Radyr Comprehensive	RADYR	CVG
307	Darcy	Coslett	Bryngwyn	BRYNG	DYF
413	Lilly	Hardy	Ysgol Glan Y Môr	GYMOR	ERY
508	Megan	Chantrell	Bishop Hedley	BISHH	GLA
634	Ocea	Williams	Rhiwabon	RHIWB	NEW
725	Alice	Joyce	Welshpool High School	WPOOL	POW
855	Ava	Stratford-Davies	Bassaleg School	BASSA	SEW

T23 U17W-MG 300m 14:00**WSAA-CBP Eve WILLIAMS, 39.37, Cwmcarn, South East Wales, 2014****Welsh Age Best REC: Amelia REYNOLDS, Cardiff AAC, 38.78, 2015**

Bib	First Name	Last Name	School	School Code	District Code
142	Lottie	Robinson	Bishopston Comprehensive	BISHO	ANT
217	Chloe	Farmer	Llanishen High	LLANI	CVG
218	Anais	Shepperd	Radyr Comprehensive	RADYR	CVG
348	Tirion	Sedgewick	Penweddig	PENDD	DYF
439	Cara	Roberts	Creuddyn	CREUD	ERY
554	Nerys	Stocks	Aberdare Community School	ABDCS	GLA
622	Lucy	Jones	Rhiwabon	RHIWB	NEW
723	Carrie	Jones	Ysgol Bro Hyddgen	BROHY	POW
841	Chloe	Biggs	Bassaleg School	BASSA	SEW

F29 U17M-MB Javelin (700g) 14:00**WSAA-CBP Linton BADDELEY, 59.12, Cardiff High, South Glamorgan, 1989****Welsh Age Best REC: Tom HEWSON, Andover AC, 74.06, 05.08.2017**

Bib	First Name	Last Name	School	School Code	District Code
139	Lewie	Jones	Olfha School	OLCHF	ANT
275	Leon	Gregson	Ysgol Glantaf	GLANT	CVG
313	Dylan	Griffiths	Ysgol Dyffryn Aman	YDYFA	DYF
414	Jake	Hince	Tryfan	TRYFA	ERY
533	Eurion Gwyn	John	Gartholwg	GARTH	GLA
604	Isaac	Bromwich	Mold Alun	MOLDA	NEW
724	Cai	Van Lil	Newtown High School	NEWTO	POW
819	George	Bishop	St Josephs RC Newport	STJNP	SEW

F30 U17W-MG Long Jump 14:00**WSAA-CBP Aimee CUTLER, 5.77, Fairwater, South East Wales, 1998****Welsh Age Best: Jessica LEE, Carmarthen Harriers, 6.06, 2022**

Bib	First Name	Last Name	School	School Code	District Code
131	Hope	Parry	Bishopston Comprehensive	BISHO	ANT
223	Megan	Taylor	Cardiff High School	CDFHG	CVG
326	Indi	Lynch	Ysgol Penrhyn Dewi	PNDEW	DYF
427	Sara	Jones	Ysgol Gyfun Llangefni	YGLGF	ERY
546	Cerys	Radcliffe	Lewis School Pengam	LEWPG	GLA
637	L	Thomas	Hawarden High School	HAWAR	NEW
704	Isla	Boyd	Llanfyllin High School	LLANF	POW
847	Catrin	Williams	Blackwood	BLKWD	SEW

F31 U17M-MB Shot (5.00kg) 14:10**WSAA-CBP Mark HEWER, 16.63, St Cenydd'S, Mid Glamorgan, 1980****Welsh Age Best REC: Dafydd PAWLETT, Pembrokeshire H, 17.76, 2021**

Bib	First Name	Last Name	School	School Code	District Code
139	Lewie	Jones	Olfha School	OLCHF	ANT
152	Nathaniel	Osborne	Morrison Comprehensive	MORCO	ANT
256	Abdullah	Afolabi	St. Illtyd's	STILL	CVG
288	Salem	Kiambi	Whitchurch	WHITC	CVG
338	Joe	Payne	Queen Elizabeth High School	QEHS	DYF
431	Dion	Morgan	Ysgol David Hughes	DHUGH	ERY
515	Ben	Evans	Y Pant School	YPANT	GLA
604	Isaac	Bromwich	Mold Alun	MOLDA	NEW
745	Ozzie	Roberts	Newtown High School	NEWTO	POW
820	Cerrig	Smith	Newbridge School	NEWBS	SEW

T24 U17W_MG 1500m S/C 14:15

WSAA-CBP Lucy DAVIES, 5:05.47, Dyffryn Taf, Dyfed, 2016

Welsh Age Best REC: Lucy DAVIES, Pembrokeshire Harriers, 4:58.99, 2016

Bib	First Name	Last Name	School	School Code	District Code
151	Natalie	Coughlan	Pontarddulais Comp	PTDDL	ANT
222	Rebecca	Derrick	Ysgol Glantaf	GLANT	CVG
329	Frances	Mackie	Ysgol Glan Y Môr	GYMOR	DYF
443	Cara	Scott	Botwnnog School	BOTW	ERY
717	Ruby	Herdman	Brecon High	BRECH	POW

T24A U20W-SG 1500m S/C 14:15

WSAA-CBP Rhianwedd PRICE, 5:07.26, Llandrindod, Powys, 2012

Welsh Record: None set at this distance

Bib	First Name	Last Name	School	School Code	District Code
335	Ffion	Ouseley	Ysgol Y Preseli	PRESE	DYF
630	Neisha	Roberts	Brynhafryd school	BRYNH	NEW

T25 U17M-MB 1500m S/C 14:25

WSAA-CBP Marcus THOMAS, 4:21.8 (HT), Bishop Of Llandaff, South Glamorgan, 1979

Welsh Age Best REC: Tristan CUMBERLAND, Brecon AC, 4:25.04, 2022

Bib	First Name	Last Name	School	School Code	District Code
165	Steffan	Higgins	Bryn Tawe	BRYTW	ANT
279	Harry	Turner	Corpus Christi	CORCH	CVG
353	Iwan	Thomas	Ysgol Glan Y Môr	GYMOR	DYF
518	Iwan	Froley	Porthcawl School	PRTSC	GLA
702	Toby	Bennett	Crickhowell	CRICK	POW
732	Joe	Murphy	Christ College	CHRCO	POW

T26 U20M-SB 2000m S/C 14:35

WSAA-CBP Marcus THOMAS, 5:59.0 (HT), Bishop Of Llandaff, South Glamorgan, 1981

WN REC: Micky MORRIS, Cwmbran Harriers, 5:34.8 (HT), 1975

Bib	First Name	Last Name	School	School Code	District Code
231	Ben	Raymond	Cardiff & Vale College	CAVC	CVG
260	Jack	Aviles	Whitchurch	WHITC	CVG
321	Rhys	Lewellyn	Pembrokeshire College	PEMCO	DYF
722	Tristan	Tena Cumberland	Ysgol Calon Cymru	CALCY	POW

T27 U20W-SG 400m 14:50

WSAA-CBP Sarah ROBERTS, 56.49, Monmouth Girls, Gwent, 1996

Welsh Age Best: Sian MORRIS, Port Talbot Harriers, 52.80, 1983

Bib	First Name	Last Name	School	School Code	District Code
202	Millie	Webb	Llantwit Major School	LLTWT	CVG
203	Bethan	Hardman	Cowbridge	COWBG	CVG
426	Non	Jones	Ysgol David Hughes	DHUGH	ERY
530	Abi	Jarvis	St John Baptist	STJOB	GLA

T28 U17M-MB 400m 14:55**WSAA-CBP Bruce TASKER, 48.82, Greenhill, Dyfed, 2004****Welsh Age Best REC: Bruce TASKER, Carmarthen Harriers, 47.85, 2004**

Bib	First Name	Last Name	School	School Code	District Code
161	Sam	Morgan	Morrison Comprehensive	MORCO	ANT
270	Jack	Farrell	Whitchurch	WHITC	CVG
325	Rhys	Lloyds Roberts	Ysgol Penrhyn Dewi	PNDEW	DYF
410	Gethin	Griffith	Botwnnog School	BOTW	ERY
544	Benjamin	Parker	Aberdare Community School	ABDCS	GLA
614	Callum	Fox	Rhyl High School	RHYLH	NEW
742	Jon	Robbie	Kings Inter High	KINTH	POW
808	Jayden	Davies	Brynmawr	BRYNM	SEW

F26 U15B-JB Discus (1.25kg) 14:57**WSAA-CBP Jay MORSE, 45.75, Stanwell, Cardiff & The Vale, 2015****Welsh Age Best REC: James TOMLINSON, Pembrokeshire Harriers, 50.50, 2014**

Bib	First Name	Last Name	School	School Code	District Code
268	Deacon	Evans	Llanishen High	LLANI	CVG
352	David	Thomas	Ysgol Dyffryn Aman	YDYFA	DYF
433	Dewi	Owen	Ysgol David Hughes	DHUGH	ERY
516	Gabriel	Evans	Ysgol Gyfun Rhydywaun	YGRDW	GLA
605	Gethin	Brown	Hawarden High School	HAWAR	NEW
719	Eifion	Holder	Ysgol Calon Cymru	CALCY	POW
830	Joe	Rasado-Pugsley	Caerleon Comprehensive	CAERL	SEW
171	Zac	Mizen	Cwm Brombil	CWMBR	ANT

F27 U15G-JG Discus (1.00kg) 14:57**WSAA-CBP Sandra LEE, 38.44, Friars, Gwynedd, 1978****Welsh Age Best: Philippa ROLES, Swansea Harriers, 44.12, 1992**

Bib	First Name	Last Name	School	School Code	District Code
159	Rosa	Janetta	Gowerton	GOWTN	ANT
244	Daisy	Lewis	Cowbridge	COWBG	CVG
336	Nele	Owen	Bryngwyn	BRYNG	DYF
417	Erin	Jacobs	Tryfan	TRYFA	ERY
532	Ava	John	Gartholwg	GARTH	GLA
619	Annabelle	Jones	Maelor School	MAELO	NEW
701	Betsan	Behnan	Ysgol Bro Hyddgen	BROHY	POW
862	Grace	Hawker	Islwyn High School	ISLHS	SEW

F32 U20W-SG Long Jump 15:00**WSAA-CBP Lisa ARMSTRONG, 5.80, Pontypool College, Gwent, 1993****Welsh Age Best: Lisa ARMSTRONG, Torfaen AC, 6.25, 1992**

Bib	First Name	Last Name	School	School Code	District Code
200	Isabella	Wigley	Cardiff High School	CDFHG	CVG
209	Megan	Hastings	YG Bro Morgannwg	YBROM	CVG
642	Imogen	Whitley	Coleg Cambria	COLCA	NEW

T29 U20M-SB 400m 15:00**WSAA-CBP Joe BRIER, 48.61, Ystalyfera, Afan Nedd Tawe, 2016****WN REC: Tim BENJAMIN, Cardiff AAC, 46.10, 2001**

Bib	First Name	Last Name	School	School Code	District Code
104	Harrison	Wheeler	Gower College	GOWCO	ANT
127	Harrison	Garcia	Ysgol Gyfun Gwyr	YGGWR	ANT
269	Ben	Farrell	Whitchurch	WHITC	CVG
446	Kane	Smart	Ysgol Emrys Ap Iwan	YGEAI	ERY

T30 U20W-SG 100m 15:10

WSAA-CBP Lisa ARMSTRONG, 12.0 (HT), St.Albans, Gwent, 1991/Rachel JOHNCOCK, 12.00 (ET), Dyffryn Conwy, Eryri, 2011

Welsh Age Best: Hannah BRIER, Swansea Harriers, 11.39, 2015

Bib	First Name	Last Name	School	School Code	District Code
163	Sarah	Winstone	Neath PT College	NPTC	ANT
200	Isabella	Wigley	Cardiff High School	CDFHG	CVG
201	Jemima	Robinson	Stanwell School	STANW	CVG
202	Millie	Webb	Llantwit Major School	LLTWT	CVG
320	Jess	Lee	Dyffryn Taf	DYFFT	DYF
343	Sophia	Reid-Thomas	Bro Myrddin	BROMY	DYF
421	Ellie	Jones	Ysgol David Hughes	DHUGH	ERY
833	Tiwaah	Boateng	Caerleon Comprehensive	CAERL	SEW

T31 U17W-MG 100m 15:15

WSAA-CBP Hannah BRIER, 11.95, Ystalefera, Afan Nedd Tawe, 2013

Welsh Age Best: Hannah BRIER, Swansea Harriers, 11.57, 2014

Bib	First Name	Last Name	School	School Code	District Code
119	Elsie	Taylor	Ystalyfera	YSTFR	ANT
215	Jessica	Mantle	YG Bro Morgannwg	YBROM	CVG
216	Nell	Desir	Radyr Comprehensive	RADYR	CVG
331	Ella	Moir	Milford Haven	MILHV	DYF
360	Elli-May	Williams	Maes Y Gwendraeth	YGWEN	DYF
430	Sofie	Millen	Dyffryn Nantlle	DYFNT	ERY
543	Elana	Murray	Y Pant School	YPANT	GLA
625	Amelia	Malone	Mold Alun	MOLDA	NEW
736	Kiera	Owen	Ysgol Calon Cymru	CALCY	POW
839	Olivia	Gillespie	Rougemont School	ROUGE	SEW
840	Jocelyn	Higgs	Risca Community Comp	RISCA	SEW

F33 U20M-SB High Jump 15:15

WSAA-CBP Chuka ENIH-SNELL, 2.10, Bishop Vaughan, Afan Nedd Tawe, 2001

WN REC: John HILL, Solihull, 2.24, 1985

Bib	First Name	Last Name	School	School Code	District Code
102	Evan	Cole	Gower College	GOWCO	ANT
105	Samuel	Davies	Neath PT College	NPTC	ANT
346	Osian	Roberts	Bro Pedr	BROPD	DYF
805	Justin	Gray	Bassaleg School	BASSA	SEW

F34 U20W-SG High Jump 15:15

WSAA-CBP Rebecca JONES, 1.76, Yale College, North East Wales, 2000

Welsh Age Best: Rebecca JONES, Wrexham AAC, 1.88, 2002

Bib	First Name	Last Name	School	School Code	District Code
206	Ella	Mitchell	Cardiff & Vale College	CAVC	CVG
209	Megan	Hastings	YG Bro Morgannwg	YBROM	CVG
836	Emily	Fry	Bassaleg School	BASSA	SEW
837	Libby	Davidson	Bassaleg School	BASSA	SEW

F35 U17W-MG Javelin (500g) 15:00**WSAA-CBP Bethany MOULE, 48.69, Dwr-Y-Felin, Afan Nedd Tawe, 2018****Welsh Age Best: Bethany MOULE, Neath Harriers, 52.91, 2018**

Bib	First Name	Last Name	School	School Code	District Code
123	Evie	Aitchison	Birchgrove Comp	BRCHS	ANT
225	Hannah	Charitos	Ysgol Glantaf	GLANT	CVG
308	Connie	Crook	Bro Myrddin	BROMY	DYF
448	Emily	Walker	Ysgol Friars	FRIAR	ERY
557	Darcie	Trow	Ysgol Gyfun Rhydywaun	YGRDW	GLA
606	Megan	Brown	Hawarden High School	HAWAR	NEW
708	Olivia	Ellis	Brecon High	BRECH	POW
852	Carys	Higgs	Risca Community Comp	RISCA	SEW

F36 U15B-JB Pole Vault 15:00**WSAA-CBP Mark MELLOR, 4.10, Cardiff High, Cardiff & The Vale, 2019****Welsh Age Best: Neil WINTER, Shaftesbury, 4.40, 1988**

Bib	First Name	Last Name	School	School Code	District Code
137	Kellan	Heuberger	Olchfa School	OLCHF	ANT
170	Tyler	Davies	Bishopston Comprehensive	BISHO	ANT
210	Harri	Paul	Cardiff High School	CDFHG	CVG
232	Charlie	Richards	Cardiff High School	CDFHG	CVG
265	Lloyd	Davies	Cardiff High School	CDFHG	CVG
340	Kodi	Penn-O'Hare	St John Lloyd	STJOL	DYF

F37 U15G-JG Pole Vault 15:00**WSAA-CBP Megan HODGSON, 3.15, Cowbridge, Cardiff & The Vale, 2015****Welsh Age Best: Ellie-Mae WAINWRIGHT, Newport Harriers, 3.21, 2019**

Bib	First Name	Last Name	School	School Code	District Code
106	Alice	Prosser	Bishopston Comprehensive	BISHO	ANT
167	Ruby	Campion	Olchfa School	OLCHF	ANT
240	Maia	Griffiths	Ysgol Glantaf	GLANT	CVG
345	Lyra	Roberts	St John Lloyd	STJOL	DYF

F38 U17W-MG Shot (3.00kg) 15:00**WSAA-CBP Sarah OMOREGIE, 14.23, Bishop Of Llandaff, Cardiff & The Vale, 2016****Welsh Age Best: Adele NICOLL, Birchfield Harriers, 16.00, 2013**

Bib	First Name	Last Name	School	School Code	District Code
149	Matilda	Quick	Morrison Comprehensive	MORCO	ANT
224	Erin	Williams	Whitchurch	WHITC	CVG
241	Imogen	Alexander	Cardiff High School	CDFHG	CVG
328	Ffion	Mabey	Queen Elizabeth High School	QEHS	DYF
406	Cadi	Edwards	Bodedern	BODED	ERY
551	Chloe	Roblin	Brynteg	BRYNT	GLA
621	Jess	Jones	Hawarden High School	HAWAR	NEW
723	Carrie	Jones	Ysgol Bro Hyddgen	BROHY	POW

T32 U17M-MB 100m 15:20**WSAA-CBP Andrew WATKINS, 10.90, Coedylan, Glamorgan Valleys, 2004****Welsh Age Best REC: Joseph BERRY, Newport Harriers, 10.70, 2022**

Bib	First Name	Last Name	School	School Code	District Code
120	Evan	Godwin	Ysgol Gyfun Gwyr	YGGWR	ANT
257	Jose	Alzate-Gonzales	Fitzalan High	FITZ	CVG
301	Cellan	Allcock	Ysgol Dyffryn Aman	YDYFA	DYF
330	Mason	Meaney	Ysgol Harri Tudur	YHART	DYF
401	Rocco	Castellnos	Aberconwy school	ABCWY	ERY
553	Lewis	Stephens	Brynteg	BRYNT	GLA
635	Jack	Steven	Rhiwabon	RHIWB	NEW
726	Tom	Kirkham	Welshpool High School	WPOOL	POW
806	Joseph	Berry	Caerleon Comprehensive	CAERL	SEW

T33 U20M-SB 100m 15:25**WSAA-CBP Peter MAITLAND, 10.5 (HT), Qe Cambria, Dyfed, 1992****WN REC: Christian MALCOLM, Cardiff AAC, 10.12, 1998**

Bib	First Name	Last Name	School	School Code	District Code
103	Marek	Warzocha	Gower College	GOWCO	ANT
280	William	Hawker	Cardiff & Vale College	CAVC	CVG
298	Sam	Neale	Whitchurch	WHITC	CVG
350	Jamie	Tester	Llandovery College	LLDVC	DYF
422	Ewan	Jones	Ysgol David Hughes	DHUGH	ERY
800	Callum	Webb	Nash College	NASH	SEW
101	Alfie	James	Neath PT College	NPTC	ANT

T34 U15G-JG 100m 15:30**WSAA-CBP Neil DESIR, 12.06, Radyr, Cardiff & The Vale, 2022****Welsh Age Best: Nell DESIR, Cardiff Archers, 11.77, 2022**

Bib	First Name	Last Name	School	School Code	District Code
148	Martha	Caldwell	Olchfa School	OLCHF	ANT
234	Aliyah	Afolabi	St. Illtyd's	STILL	CVG
332	Beatrice	Morgan	Bro Dinefwr	BRODN	DYF
524	Aaliyah	Hagerty	Ysgol Cwm Rhondda	YCWMR	GLA
623	Macy	Jones	Mold Alun	MOLDA	NEW
741	Dulcie	Roach	Llanfyllin High School	LLANF	POW
853	Hollie	Taylor	The John Frost School	JFRST	SEW

F39 U15B-JB Triple Jump 15:30**WSAA-CBP Osaze AGHEDO, 13.37, Bishop Vaughan, Afan Nedd Tawe, 2013****Welsh Age Best REC: Darren YEO, Swansea Harriers, 13.55, 1989**

Bib	First Name	Last Name	School	School Code	District Code
130	Henry	Payne	Bishopston Comprehensive	BISHO	ANT
232	Charlie	Richards	Cardiff High School	CDFHG	CVG
356	Ollie	Thompson	Haverfordwest High School	HAVWH	DYF
536	Max	Lundrigan	YG Cwm Rhymni - Y Gwyndy	GWYND	GLA
633	Miller	Smith	Prestatyn High School	PSTAT	NEW
733	Domonic	Ochom	Crickhowell	CRICK	POW
828	Mason	Hayson	Gwent Is Coed	GWCOE	SEW

F40 U15G-JG Triple Jump 15:30

WSAA-CBP Lowri BROUGHTON, 10.31, Glantaf, Cardiff & The Vale, 2018

Welsh Age Best: Olivia SCHRIMSHAW, Deeside AC, 11.49, 2022

Bib	First Name	Last Name	School	School Code	District Code
132	Imogen	Mcadie	Ysgol Gyfun Gwyr	YGGWR	ANT
239	Milla	Crew	Cardiff High School	CDFHG	CVG
341	Chloe	Phillips	Haverfordwest High School	HAVWH	DYF
242	Holly	Bauer	Cardiff High School	CDFHG	CVG
424	Isla	Jones	Ysgol David Hughes	DHUGH	ERY
510	Eleri Jo	Davies			GLA
632	Olivia	Scrimshaw	Brynhfryd school	BRYNH	NEW
727	Florence	Kupiers	Welshpool High School	WPOOL	POW
860	Victoria	Rossiter	Haberdashers Monmouth School	HABER	SEW

T35 U15B-JB 100m 15:35

WSAA-CBP Andrew WATKINS, 11.09, Coedylan, Glamorgan Valleys, 2002

Welsh Age Best REC: Andrew WATKINS, Pontypridd AC, 10.99, 2002

Bib	First Name	Last Name	School	School Code	District Code
160	Ruairi	Harris	Bishopston Comprehensive	BISHO	ANT
284	Kaleem	Islam	Stanwell School	STANW	CVG
354	Steffan	Thomas	Maes Y Gwendraeth	YGWEN	DYF
434	Leo	Papirnyk	Ysgol Ardudwy	ARDUD	ERY
535	Noah	Llewellyn-Roberts	Bryntirion	BRYTR	GLA
636	Luca	Tardivel	Brynhfryd school	BRYNH	NEW
710	Max	Evans	Llanidloes	LANID	POW
821	Finley	Roynon	St Albans	STALB	SEW

T36 U15G-JG 800m 15:45

WSAA-CBP Julie GARRETT, 2:14.0 (HT), Rumney, South Glamorgan, 1987

Welsh Age Best: Amanda PRITCHARD, Cardiff AAC, 2:10.66, 1994

Bib	First Name	Last Name	School	School Code	District Code
236	Olivia	Morgan	Cathedral School	CATHD	CVG
342	Rose	Price	Caer Elen	CAEEL	DYF
435	Gwen	Perkins	Dyffryn Nantlle	DYFNT	ERY
509	Isobel	Davies	Bryntirion	BRYTR	GLA
629	A	Roberts	Elfed	ELFED	NEW
731	Olivia	Morgan	Llanidloes	LANID	POW
150	Millie	Pierce	Olchfa School	OLCHF	ANT
856	Sophie	Steele	Chepstow	CHEPS	SEW

T37 U15B-JB 800m 15:50

WSAA-CBP Jamie FENAROLI, 2:01.52, Llangatwg, Afan Nedd Tawe, 2003

Welsh Age Best REC: Nikita NEARY, Carmarthen Harriers, 1:58.65, 2012

Bib	First Name	Last Name	School	School Code	District Code
172	Zac	Middleton	Cwm Brombil	CWMBR	ANT
262	Finlay	Burns	Cardiff High School	CDFHG	CVG
349	Finlay	Seycell	Penweddig	PENDD	DYF
402	George	Clemence	Ysgol Bryn Elian	YBRYE	ERY
520	Tom	Gilbert	St Martins Comp	STMAR	GLA
609	Lewis	Davies	Ysgol Maes Garmon	YMGAR	NEW
706	Fin	Dixon	Llanfyllin High School	LLANF	POW
824	Lucas	Savage	St Julians	STJUL	SEW

T38 U20W-SG 800m 15:55

WSAA-CBP Naomi REID, 2:13.68, Y Pant, Glamorgan Valleys, 2018

Welsh Age Best: Kirsty MCDERMOTT, Brecon AC, 2:04.01, 1981

Bib	First Name	Last Name	School	School Code	District Code
118	Ella	Davies	Ysgol Gyfun Gwyr	YGGWR	ANT
312	Amy	Greatrick	Queen Elizabeth High School	QEHS	DYF
412	Ella	Grundy	Dyffryn Conwy	DYFFC	ERY

T39 U20M-SB 110m Hurdles 16:00

WSAA-CBP David OMOREGIE, 13.91, Bishop Of Llandaff, Cardiff & The Vale, 2013

WN REC: David OMOREGIE, Cardiff AAC, 13.17, 2014

Bib	First Name	Last Name	School	School Code	District Code
102	Evan	Cole	Gower College	GOWCO	ANT
299	Iago	Parish	St. David's College	STDAV	CVG

F43 U15G-JG Javelin (500g) 16:00

WSAA-CBP Bethany MOULE, 38.94, Dwr-Y-Felin, Afan Nedd Tawe, 2016

Welsh Age Best: Bethany MOULE, Neath Harriers, 48.84, 2016

Bib	First Name	Last Name	School	School Code	District Code
138	Layla	Aitchison	Birchgrove Comp	BRCHS	ANT
245	Megan	Walker	Ysgol Glantaf	GLANT	CVG
333	Eleri	Morgan	Bro Dinefwr	BRODN	DYF
407	Hannah	Fitzsimmons-Thoss	Brynrefail School	BRYNR	ERY
529	Ava	Hughes-Rolls	St John Baptist	STJOB	GLA
619	Annabelle	Jones	Maelor School	MAELO	NEW
701	Betsan	Behnan	Ysgol Bro Hyddgen	BROHY	POW
855	Ava	Stratford-Davies	Bassaleg School	BASSA	SEW

F44 U17M-MB Long Jump 16:00

WSAA-CBP Daniel MURATHODZIC, 6.72, St. Illtyds, Cardiff & The Vale, 2018

Welsh Age Best REC: Marcus BROWNING, Chester, 7.11, 1986

Bib	First Name	Last Name	School	School Code	District Code
156	Oliver	Philpott	Olfha School	OLCHF	ANT
226	Luca	Phillips	Cowbridge	COWBG	CVG
282	Sean	Hopkins	Radyr Comprehensive	RADYR	CVG
309	Aled	Davies	Ysgol Dyffryn Aman	YDYFA	DYF
418	Huw	Jenkins	Ysgol John Bright	YSGJB	ERY
544	Benjamin	Parker	Aberdare Community School	ABDCS	GLA
616	Alex	Hughes	Connah's Quay High	CONNQ	NEW
737	Harlan	Perry	Gwernyfed	GWRNF	POW
815	Alexander	Stathakis	Gwent Is Coed	GWCOE	SEW

T40 U20M-SB 800m 16:10

WSAA-CBP Elliott SLADE, 1:51.66, Bishop Of Llandaff, Cardiff & The Vale, 2012

WN REC: Matthew HARDING, Colwyn Bay AC, 1:47.92, 2017

Bib	First Name	Last Name	School	School Code	District Code
269	Ben	Farrell	Whitchurch	WHITC	CVG
432	Harry	Morgan	Ysgol David Hughes	DHUGH	ERY
545	Ben	Price	Coleg y Cymoedd	COLYC	GLA
802	Henry	Evans	Haberdashers Monmouth School	HABER	SEW
803	Leo	Stark	Bassaleg School	BASSA	SEW

T41 U17M-MB 100m Hurdles 16:15**WSAA-CBP David GUEST, 13.19, Bryntirion, Glamorgan Valleys, 2007****Welsh Age Best REC: David GUEST, Bridgend AC, 12.94, 2007**

Bib	First Name	Last Name	School	School Code	District Code
158	Reuben	De Vall	Gowerton	GOWTN	ANT
207	Osian	Parry	Radyr Comprehensive	RADYR	CVG
309	Aled	Davies	Ysgol Dyffryn Aman	YDYFA	DYF
452	Huw	Williams	Tryfan	TRYFA	ERY
500	Clint	Alleyne	Cardinal Newman	CNEW	GLA
517	Gabriel	Evans	Porth Community School	PRTCS	GLA
812	Cameron	Eley	Bassaleg School	BASSA	SEW

F45 U15G-JG High Jump 16:15**WSAA-CBP Julia CHARLTON, 1.70, Tasker Milward, Dyfed, 1979 & 1980****Welsh Age Best: Lea HAGGETT, Herne Hill Harriers, 1.81, 1986**

Bib	First Name	Last Name	School	School Code	District Code
121	Eve	Evans	Bishop Gore	BISGO	ANT
238	Elen	Blackmore	Ysgol Glantaf	GLANT	CVG
362	Mari	Wilson	Ysgol Y Strade	YSTRD	DYF
423	Hannah	Jones	Tryfan	TRYFA	ERY
505	Grace	Caddy	YG Cwm Rhymini - Y Gwyndy	GWYND	GLA
615	Annest	Griffiths	Brynhafod school	BRYNH	NEW
738	Alex	Powell	Crickhowell	CRICK	POW
861	Sophie	Flynn	Monmouth Comp	MONCO	SEW

F41 U15B-JB Hammer (4.00kg) 16:15**WSAA-CBP Rhys HODNETT, 55.26, Cathedral School, Cardiff & The Vale, 2006****Welsh Age Best REC: Thomas WILLIAMS, Wrexham AC, 61.50, 2022**

Bib	First Name	Last Name	School	School Code	District Code
146	Macsen	Holland	Ysgol Gyfun Gwyr	YGGWR	ANT
255	Sebastien	Jones	Whitmore High School	WHITH	CVG
274	Zach	Gregg	YG Bro Morgannwg	YBROM	CVG
322	Rhys	Lewis	Haverfordwest High School	HAVWH	DYF
600	Dylan	Andrews	Hawarden High School	HAWAR	NEW
605	Gethin	Brown	Hawarden High School	HAWAR	NEW
901	Charlie	Williams	YG Bro Morgannwg	YBROM	CVG

F42 U15G-JG Hammer (3.00kg) 16:15**WSAA-CBP Amber RIMMINGTON, 52.11, Flint, North East Wales, 2013****Welsh Age Best: Jade WILLIAMS, Wrexham AC, 54.00, 2015**

Bib	First Name	Last Name	School	School Code	District Code
122	Evie	Cooper	Ystalyfera	YSTFR	ANT
246	Autumn	Nation	Whitmore High School	WHITH	CVG
247	Alexa	Fisher	Ysgol Glantaf	GLANT	CVG
248	Aleisha	Wilkins	Bro Edern	BROED	CVG
512	Bethan	Deeks	Porthcawl School	PRTSC	GLA
863	Grace	Morris	Brynmawr	BRYNM	SEW

T42 U20W-SG 100m Hurdles 16:20**WSAA-CBP Norma EVANS, 14.4 (HT), Yale College, Clwyd, 1978****Welsh Age Best: Bethan EDWARDS, Cardiff AAC, 13.57, 1992**

Bib	First Name	Last Name	School	School Code	District Code
163	Sarah	Winstone	Neath PT College	NPTC	ANT
204	Sophie	Lisk	Cardiff High School	CDFHG	CVG
206	Ella	Mitchell	Cardiff & Vale College	CAVC	CVG

T43 U17W-MG 800m 16:30**WSAA-CBP Izzy PARRY-JONES, 2:11.69, King Henry Viii, South East Wales, 2015****Welsh Age Best: Amanda PRITCHARD, Cardiff AAC, 2:07.32, 1996**

Bib	First Name	Last Name	School	School Code	District Code
141	Lily	Williams	Dwr y Felin	DWRYF	ANT
219	Hollie	Lewis	Cowbridge	COWBG	CVG
317	Holly	John	Haverfordwest High School	HAVWH	DYF
408	Cadi	French	Ysgol Eifionydd	EIFIO	ERY
541	Anna-Rose	Merchant	Porthcawl School	PRTSC	GLA
611	Abigail	Doherty	Flint High	FLINT	NEW
717	Ruby	Herdman	Brecon High	BRECH	POW
842	Anya	Brady	Caldicot	CALDI	SEW

T44 U15B-JB 80m Hurdles 16:35**WSAA-CBP Wyn HARRIES, 11.4 (HT), Llandeilo, Dyfed, 1978****Welsh Age Best REC: Harry HILLMAN, Cardiff AAC, 11.02, 2013**

Bib	First Name	Last Name	School	School Code	District Code
136	Joseph	Crocker	Bryn Tawe	BRYTW	ANT
281	Javan	Herbert	Ysgol Glantaf	GLANT	CVG
354	Steffan	Thomas	Maes Y Gwendraeth	YGWEN	DYF
440	Morgan	Roberts	Ysgol Ardudwy	ARDUD	ERY
548	Finley	Reynolds	YG Cwm Rhymni - Y Gwyndy	GWYND	GLA
601	Aiden	Angilletta	Connah's Quay High	CONNQ	NEW
735	Dewi	Owen	Llanidloes	LANID	POW
826	Adam	Linsay	Caerleon Comprehensive	CAERL	SEW

T45 U17W-MG 80m Hurdles 16:40**WSAA-CBP Heather JONES, 11.34, Tregib, Dyfed, 2003****Welsh Age Best: Grace MORGAN, Newport Harriers, 11.22, 2018**

Bib	First Name	Last Name	School	School Code	District Code
112	Bethan	Holley	Ysgol Gyfun Gwyr	YGGWR	ANT
213	Menna	Grant	Ysgol Glantaf	GLANT	CVG
316	Tegan	Hilton	Haverfordwest High School	HAVWH	DYF
437	Carol	Reney	Ysgol John Bright	YSGJB	ERY
506	Kacey	Carter	Ysgol Llanhari	LLANH	GLA
627	Lily	Noble	Flint High	FLINT	NEW
728	Ebon	Lewis	Ysgol Bro Hyddgen	BROHY	POW
845	Scarlett	Cargill	Caerleon Comprehensive	CAERL	SEW

T46 U17M-MB 800m 16:45**WSAA-CBP Jason MURPHY, 1:56.5 (HT), Amman Valley, Dyfed, 1990****Welsh Age Best REC: Neil HORSFIELD, Newport Harriers, 1:51.6 [HT], 1983**

Bib	First Name	Last Name	School	School Code	District Code
168	Thomas	Loynes	Llangatwg School	LGTWG	ANT
258	Rhodri	Amos	Ysgol Glantaf	GLANT	CVG
278	Cian	Harold	Bishop of Llandaff	BSHLL	CVG
327	Jake	Lynock	Bro Dinefwr	BRODN	DYF
444	Ben	Sergeant	Ysgol David Hughes	DHUGH	ERY
511	Tomos	Davies	Bryntirion	BRYTR	GLA
643	Tom	Malloy	Mold Alun	MOLDA	NEW
744	Evan	Roberts	Llanfyllin High School	LLANF	POW
809	Harry	Dawes	Haberdashers Monmouth School	HABER	SEW

T47 U15G-JG 75m Hurdles 16:50

WSAA-CBP Jane BUTTRESS, 11.2 (HT), Chepstow, Gwent, 1978

Welsh Age Best: Heather JONES, Carmarthen Harriers, 10.86, 2001

Bib	First Name	Last Name	School	School Code	District Code
126	Harriet	Young	Dwr y Felin	DWRYF	ANT
233	Ava	Placide	St. Illtyd's	STILL	CVG
362	Mari	Wilson	Ysgol Y Strade	YSTRD	DYF
451	Darcey	Williams	Ysgol Gyfun Llangejni	YGLGF	ERY
525	Grayce Leigh	Harvey	Ysgol Cwm Rhondda	YCWMR	GLA
632	Olivia	Scrimshaw	Brynhafod school	BRYNH	NEW
738	Alex	Powell	Crickhowell	CRICK	POW
858	Tiana	Obugesan	Blackwood	BLKWD	SEW

F46 U20M-SB Discus (1.75kg) 17:10

WSAA-CBP Brett MORSE, 56.52, St Cyres, Cardiff & The Vale, 2007

Welsh Age Best REC: James TOMLINSON, Pembrokeshire Harriers, 61.64, 2019

Bib	First Name	Last Name	School	School Code	District Code
162	Sammy	Thomas	Neath PT College	NPTC	ANT
259	Seb	Anstead	Cardiff High School	CDFHG	CVG
261	Max	Bignell	Whitchurch	WHITC	CVG
306	Iestyn	Cook	Llandovery College	LLDVC	DYF
716	James	Hayward	Christ College	CHRCO	POW
804	Morgan	Keen Williams	St Josephs RC Newport	STJNP	SEW

F47 U20W-SG Discus (1.00kg) 17:10

WSAA-CBP Philippa ROLES, 50.48, Neath College, Afan Nedd Tawe, 1997

Welsh Age Best: Philippa ROLES, Swansea Harriers, 51.60, 1997

Bib	First Name	Last Name	School	School Code	District Code
145	Lucy	Harris	Gowerton	GOWTN	ANT
357	Cordelia	Walker	Aberaeron School	ABERA	DYF

T48 4x100 U20M-SB 4 x 100 17:00

WSAA-CBP 42.5 (HT) Gwent 1991

T49 4x100 U17M-MB 4 x 100 17:05

WSAA-CBP 43.14 Cardiff & The Vale 2015

T50 4x100 U20W-SG 4 x 100 17:10

WSAA-CBP 49.7 (HT) Gwent 1991

T51 4x100 U15B-JB 4 x 100 17:15

WSAA-CBP 45.42 Cardiff & The Vale 2003

T52 4x100 U17W-MG 4 x 100 17:20

WSAA-CBP 48.62 South East Wales 1999

T53 4x100 U15G-JG 4 x 100 17:25

WSAA-CBP 49.30 South East Wales 2015

OFFICIALS

SWYDDOGION

Meeting Manager - Martin Bell
Technical Manager - Roger Lee
Clerk of Course - Gareth Harries

Start Coordinator - Rob Hooper
Starter - Keith Matthews
Starter - David Pairs
Chief Starter's Asst. - Sue Hooper
Starter's Asst. - Steve Ouseley
Starter's Asst. - Ian Atkins

Track Referee - Carol Strange
Track Steward - Carmel Johnson
Track Judge - Alan Currie
Track Judge - Brenda Currie
Track Judge - Mari Higginson
Track Judge - Ayo Afolabi
Track Judge - Ted Johnson

Timekeeper - Andy Kerr
Timekeeper - Jeff Rees
Timekeeper - Mike Strange
Timekeeper - Ian Humphreys
Timekeeper - Celfyn Williams
Timekeeper - Martin Bates
Timekeeper - Geoff Williams
Timekeeper - Amanda Toogood

Field Judge - Becky Gibbs
Field Judge - Amy Price
Field Judge - Gareth Elliott
Field Judge - Chris Berry
Field Judge - Debbie Bull
Field Judge - Sue Maughan
Field Judge - Peter Gregson
Field Judge - Rhian Loudon
Field Judge - James Barraclough
Field Judge - Kai Green
Field Judge - Gayle Farrell
Field Judge - Chris Price
Field Judge - David Gilbert
Field Judge - Dave Edwards
Field Judge - Elizabeth Bromwich
Field Judge - Charlie Northey

Photofinish Judge - Sam Williams
Photofinish Judge - Daniel Mason
Photofinish Judge - Eleanor Ward

Race Walk Judge - Martin Bell
Race Walk Judge - Olive Dobson
Race Walk Judge - Bob Dobson

Announcer - Sharon Leech

We are extremely grateful to volunteers & teachers from the eight School Districts for their help in staging this meeting.