



WELSH ATHLETICS
ATHLETAU CYMRU

WELSH OUTDOOR U13, U17 & U20 CHAMPIONSHIPS



Saturday 12th & Sunday 13th August 2023
Newport Stadium, Newport

COMPETITOR INFORMATION

THE EVENT

The Welsh U13, U17, U20 Championships will take place at Newport Stadium on Saturday 12th August and Sunday 13th August.

STADIUM ADDRESS

Newport International Sports Village,
Stadium Way,
Newport
NP19 4PT

Please see venue schematic for details of the parking locations

ELIGIBILITY TO COMPETE

Please note that to compete at these Championships you must be registered as a member with your Home Country Association.

This is usually done through your club. Welsh Athletics will check the registration of all athletes entered to compete at the Championships. Please contact an official at your club (usually the Club Secretary) if you are unsure as to the status of your registration.

A non-Welsh Athlete can compete as an 'open entrant' in the U20 Competitions only, but only athlete's eligible to compete for Wales, are eligible to score in the Welsh Championships.

CAR PARKING

Event car parking is available free of charge, but limited space is available at the facility.

We recommend the use of public transport where possible to get to the venue.

SPECTATORS & COACHES

This event requires spectators to have a ticket in order to enter the venue.

This may be done via a pre-paid ticket or card payment on the day; however, a pre-paid ticket is preferred. Adults are £5 and children are free.

Coaches will have free entry to the event via ticket, proof of coaching licence must be shown.

The following link can be used to access tickets.

Spectator: [Welsh Outdoor U13-U17-U20 Championships 2023 Tickets, Sat 12 Aug 2023 at 11:00](#)
| [Eventbrite](#)

COMPETITOR INFORMATION

ARRIVAL PROCEDURE

Gates will open at 9:00am on both event days. Entrance to the venue is through the main entrance to the stadium.

On entry to the venue, spectators and coaches will need to provide electronic proof of their ticket purchase. Athletes should proceed directly to registration which is situated in the centre of the grandstand on the ground floor.

The first event will commence at 11:00 on both days.

REGISTRATION & REPORTING

Registration will open at 9:00 on both event days – athletes should report no later than 90 mins before the timetabled event start time. It is the individual responsibility of athletes to report and collect their numbers.

Registration will be based in the foyer, exiting the main stand to the track area.

We ask that parents and coaches avoid queuing for registration with their athletes.

Bibs must be worn on the front and back for all events (apart from the jumping events, where only one needs to be worn). Bibs must be worn as issued and must not be tampered with in any way.

Athletes competing on both days must retain their bib numbers - no new numbers will be issued during the weekend, but you will be required to report to registration on Sunday, no later than 90 minutes before your event.

Athletes competing on Sunday must return to registration and re-register for their second day events no less than 90 minutes before their first event of the day, any athlete that fails to re-register on Sunday will then not be allowed to compete.

CALL ROOM & START LISTS

A call room will be in operation for ALL events over the weekend. Call room will be located at the end of the main home straight finish line in the red marquees.

It is the responsibility of the athlete to ensure they report to Call Room at the correct time. Start lists including call room times per event along with live results will be viewable online here: wales.opentrack.run/en-gb/x/2023/GBR/wa-jun-ch/event/

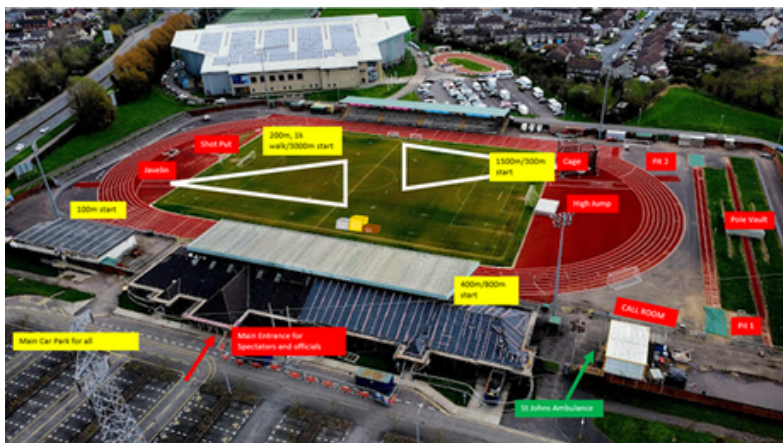
COMPETITOR INFORMATION

THE VENUE

Warm-up

The outer lanes of the track may be used for strides in one direction. Athletes will have sufficient warm-up attempts on-site for field events.

A site plan follows.



CLOTHING & BELONGINGS

Competition clothing will be checked for conformity to UKA competition rules (see below). As this event is a National Championships, athletes MUST wear the vest as per rule T5 S1:

“In individual English County, English Area, Scottish District, Welsh Regional and National Championships (but excluding Road Running), athletes must wear the vest of their first-claim affiliated Club, their County Area, District, Regional or National vest, or any other Representative vest approved by UKA”

EQUIPMENT

SHOES

Athletes should study the latest regulations regarding shoes and ensure that their footwear complies. Competition shoes must confirm to World Athletics Rule 5 C2.1.

You can find the World Athletics rules [here](#).

A document containing instructions on the critical measurement points for shoes is available [here](#).

The Referee reserves the right to, and it is a condition of participation that competitors agree that they may take possession of any shoes considered not to conform to this new rule for checking. Athletes found to have worn shoes that infringe this rule may be disqualified at the discretion of the Referee. A list of World Athletics approved shoes can be viewed [here](#). The absence of shoes from this list does not necessarily mean they are non-compliant.

COMPETITOR INFORMATION

SPIKE LENGTH

6mm across both track and field events, with the exception of High Jump where 9mm are used.

PERSONAL IMPLEMENTS

Personal implements will be weighed at the equipment store, no later than 60 minutes prior to your event start time.

STARTING BLOCKS Personal starting blocks are NOT PERMITTED. A number of stadium blocks will be available for warmups and the event arena.

SEEDING, LANE DRAWS & TRIALS

Seeding and lane draws will be conducted according to the principle laid down in UKA Technical Rule 20 and will be based on Personal Bests declared online at the time of entering. Lane draws will take place once athletes have registered for their event.

Qualifications and heat numbers will change based on registered athletes for each event. If there are insufficient numbers in heats for Semi Finals to be run, finals will be run at heat or Semi Final time. Athletes will be notified in the call room.

All U13 athletes will have 3 trials in all field events. All U17 / Under 20 athletes will have 3 + 3 trials in events with more than 8 athletes and 6 straight trials in any event with 8 or less athletes, except for in the High Jump & Pole Vault where they will have 8 trials.

PRESENTATIONS

Presentations will take place as soon as possible after the event. Please note, spectators will not be permitted access to the track/competition area during presentation ceremonies and should remain in the stand to take photographs.

PROTESTS

There will be no jury of appeal. Individual discipline referees will consider any relevant information available if a dispute is raised, to inform their decision.

Presentations will be made to the top three athletes in the Welsh Championships. In the U20 competition, if a non-Welsh Athlete finishes in a podium position, they will be awarded the corresponding medal.

COMPETITOR INFORMATION

CLEAN ATHLETICS

For all athletes (and parents/guardians where the athlete is a minor), by entering these Championships, you are agreeing to abide by the following rule/statement:

'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'.

To check the status of registered medicines, please visit www.globaldro.com. For information on the Clean Athletics programme, testing procedures and for a copy of the full UKA Anti-Doping rules, please visit www.uka.org.uk/cleanathletics. For general Clean Athletics queries, please contact enquiries@cleanathletics.org.

COMPETITION ORGANISATION

The event is organised by Welsh Athletics.

The following Officials are responsible for each particular aspect of competition:

Competition Director – Nick Higman
Meeting Manager – Lynette Harries
Technical Manager – Jack Lambert
Event Manager – Darran Williams

I would like to take this opportunity to wish you the best of luck in your endeavours this weekend.

Yours sincerely,

Alex Donald
Head of Competition
Welsh Athletics

TIMETABLE AMSERLEN

Saturday 4 February

Track Events

EVENT NUMBER	REGISTRATION CLOSES	CALL ROOM		START TIME	EVENT AND AGE GROUPS	ROUND
		IN	OUT			
T01-1	09:30	10:40	10:55	11:00	U17 Women 300m Hurdles	Straight Final
T02-1	09:50	11:00	11:15	11:20	U20 Women 400m Hurdles	Straight Final
T03-1	10:10	11:20	11:35	11:40	U20 Men & U17 Men 400m Hurdles	Straight Final
T04-1	10:30	11:40	11:55	12:00	U17 Men 400m	Heats
T05-1	10:40	11:50	12:05	12:10	U20 Men 400m	Heats
T06-1	10:55	12:05	12:20	12:25	U13 Girls 100m	Heats
T07-1	11:07	12:17	12:32	12:37	U17 Men 100m	Heats
T08-1	11:19	12:29	12:44	12:49	U13 Boys 100m	Heats
T09-1	11:25	12:35	12:50	12:55	U17 Women 100m	Heats
T10-1	11:34	12:44	12:59	13:04	U20 Men 100m	Heats
T11-1	11:40	12:50	13:05	13:10	U20 Women 100m	Straight Final
T12-1	11:55	13:05	13:20	13:25	U17 Men 1500m S/C	Straight Final
T13-1	12:15	13:25	13:40	13:45	U17 Women 1500m S/C	Straight Final
T06-2		13:40	13:55	14:00	U13 Girls 100m	Semi Final
T07-2		13:50	14:05	14:10	U17 Men 100m	Semi Final
T14-1	13:00	14:10	14:25	14:30	U17 Women 1500m	Straight Final
T15-1	13:10	14:20	14:35	14:40	U13 Girls 1500m	Straight Final
T16-1	13:20	14:30	14:45	14:50	U13 Boys 1500m	Straight Final
T17-1	13:30	14:40	14:55	15:00	U20 Men 1500m	Straight Final
T18-1	13:40	14:50	15:05	15:10	U20 Women 1500m	Straight Final
T19-1	13:50	15:00	15:15	15:20	U17 Men 1500m	Straight Final
T20-1	14:00	15:10	15:25	15:30	U20 Men 2000m S/C	Straight Final
T21-1	14:15	15:25	15:40	15:45	U20 Women 400m	Straight Final
T04-2		15:30	15:45	15:50	U17 Men 400m	Final
T05-2		15:35	15:50	15:55	U20 Men 400m	Final
T22-1		15:45	16:00	16:05	U20 Women 2000m S/C	Final
T06-3		16:00	16:15	16:20	U13 Girls 100m	Final
T07-3		16:05	16:20	16:25	U13 Boys 100m	Final
T08-2		16:10	16:25	16:30	U17 Women 100m	Final
T09-2		16:15	16:30	16:35	U17 Men 100m	Final
T10-2		16:20	16:35	16:40	U20 Men 100m	Final

TIMETABLE AMSERLEN

Saturday 4 February

Field Events

EVENT NUMBER	REGISTRATION CLOSES	CALL ROOM		AT EVENT WARM UP	START TIME	EVENT AND AGE GROUPS
		IN	OUT			
F01	09:30	10:25	10:40	10:45	11:00	U13 Boys Shot Put
F02	09:30	10:26	10:41	10:46	11:00	U17 Men Hammer
F03	09:30	10:26	10:41	10:46	11:00	U20 Men Hammer
F04	10:15	10:57	11:12	11:17	11:45	U17 Men Long Jump
F05	10:15	10:57	11:12	11:17	11:45	U20 Men Long Jump
F06	10:45	11:43	11:58	12:03	12:15	U13 Girls Discus
F07	12:00	12:06	12:21	12:26	12:30	Seated Shot
F08	11:45	12:27	12:42	12:47	13:15	U20 Men Discus
F09	11:45	12:27	12:42	12:47	13:15	U17 Men Discus
F10	12:15	12:56	13:11	13:16	13:30	U13 Girls Javelin
F11	12:15	12:49	13:04	13:09	13:45	U20 Men High Jump
F12	12:30	12:49	13:04	13:09	13:45	U17 Men High Jump
F13	11:00	13:14	13:29	13:34	14:00	U13 Boys Long Jump
F14	14:05	14:25	14:40	14:45	15:15	U17 Men Shot Put
F15	14:05	14:25	14:40	14:45	15:15	U20 Men Shot Put
F16	13:45	14:25	14:40	14:45	15:15	Ambulant/Para Shot
F17	13:45	14:54	15:09	15:14	15:30	U17 Women Javelin
F18	13:45	14:54	15:09	15:14	15:30	U20 Women Javelin
F19	14:00	15:00	15:15	15:20	15:35	U20 Women Triple Jump
F20	14:00	15:00	15:15	15:20	15:35	U17 Women Triple Jump
F21	14:05	15:51	16:06	16:11	16:15	Seated Discus

Qualifications through rounds

2 heats = first 3 and 2 fastest = 3Q & 2q = 8 to Final

3 Heats = First 2 and 2 fastest = 2Q & 2q = 8 to Final

4 Heats = First 3 & 4 fastest to 2 Semi Finals

2 Semi Finals = first 3 & 2 fastest to Final

Insufficient numbers to hold heats
and final will be run at heat time

Sacn QR code for start lists and results





WELSH ATHLETICS
ATHLETAU CYMRU

NOVEMBER 25 2023



Annual

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WELSH ATHLETICS
ATHLETAU CYMRU

the fun introduction to athletics
for children aged 4 - 12



fun



jump

throw

TIMETABLE

AMSERLEN

Sunday 5 February

Track Events

EVENT NUMBER	REGISTRATION CLOSES	CALL ROOM		START TIME	EVENT AND AGE GROUPS	ROUND
		IN	OUT			
T23-1	09:30	10:40	10:55	11:00	U17 Women 800m	Heats
T24-1	09:40	10:50	11:05	11:10	U17 Men 800m	Heats
T25-1	09:55	11:05	11:20	11:25	U17 Women 300m	Heats
T26-1	10:05	11:15	11:30	11:35	U13 Girls 200m	Heats
T27-1	10:17	11:27	11:42	11:47	U17 Men 200m	Heats
T28-1	10:35	11:45	12:00	12:05	U17 & U20 Men 3000m	Straight Final
T29-1	10:47	11:57	12:12	12:17	U17W, U20W 3000m	Straight Final
T30-1	11:00	12:10	12:25	12:30	U17 Men 100m Hurdles	Straight Final
T31-1	11:10	12:20	12:35	12:40	U20 Women 100m Hurdles	Straight Final
T32-1	11:20	12:30	12:45	12:50	U17 Women 80m Hurdles	Heats
T33-1	11:33	12:43	12:58	13:03	U13 Boys 75m Hurdles	straight final
T34-1	11:43	12:53	13:08	13:13	U13 Girls 70m Hurdles	Heats
T35-1	11:55	13:05	13:20	13:25	U20 Women 800m	straight final
T36-1	12:00	13:10	13:25	13:30	U13 Boys 800m	Time Trial
T37-1	12:15	13:25	13:40	13:45	U13 Girls 800m	Time Trial
T38-1	12:30	13:40	13:55	14:00	U20 Men 800m	Straight Final
T39-1	12:40	13:50	14:05	14:10	100m Ambulant - Para	Straight Final
T40-1	12:45	13:55	14:10	14:15	W-Chair 100m Classification	Straight Final
T26-2		14:05	14:20	14:25	U13 Girls 200m	Semi Final
T27-2		14:11	14:26	14:31	U17 Men 200m	Semi Final
T41-1	13:07	14:17	14:32	14:37	U13 Boys 200m	Heats
T42-1	13:13	14:23	14:38	14:43	U17 Women 200m	Heats
T43-1	13:22	14:32	14:47	14:52	U20 Men 200m	Heats
T44-1	13:31	14:41	14:56	15:01	U20 Women 200m	Straight Final
T45-1		14:50	15:05	15:10	U13B & U13G 1K Walk	Straight Final
T46-1	15:10	16:20	16:30	15:10	U17 & U20 3K Walk	Straight Final
T25-2		15:10	15:25	15:30	U17 Women 300m	Final
T23-2		15:15	15:30	15:35	U17 Women 800m	Final
T24-2		15:20	15:35	15:40	U17 Men 800m	Final
T32-2		15:25	15:40	15:45	U17 Women 80m Hurdles	Final
T34-2		15:35	15:50	15:55	U13 Girls 70m Hurdles	Final
T41-2		15:45	16:00	16:05	U13 Boys 200m	Final
T42-2		15:50	16:05	16:10	U17 Women 200m	Final
T43-2		15:55	16:10	16:15	U20 Men 200m	Final
T26-3		16:00	16:15	16:20	U13 Girls 200m	Final
T27-3		16:05	16:20	16:25	U17 Men 200m	Final

TIMETABLE

AMSERLEN

Sunday 5 February

Field Events

EVENT NUMBER	REGISTRATION CLOSES	CALL ROOM		AT EVENT WARM UP	START TIME	EVENT AND AGE GROUPS
		IN	OUT			
F22	09:30	10:31	10:46	10:51	11:00	U13 Boys Javelin
F23	09:30	10:20	10:35	10:40	11:00	U17 Women Hammer
F24	09:30	10:20	10:35	10:40	11:00	U20 Women Hammer
F25	09:30	10:18	10:33	10:38	11:00	U20 Men Triple Jump
F26	09:30	10:18	10:33	10:38	11:00	U17 Men Triple Jump
F27	10:10	10:58	11:13	11:18	11:40	U17 Women High Jump
F28	10:10	10:58	11:13	11:18	11:40	U20 Women High Jump
F30	10:50	11:53	12:08	12:13	12:20	U20 Women Long Jump
F29	10:45	11:38	11:53	11:58	12:15	U13 Girls Shot Put
F31	11:00	10:58	11:13	11:18	12:30	U20 Women Pole Vault
F32	11:00	10:58	11:13	11:18	12:30	U17 Women Pole Vault
F33	11:00	10:58	11:13	11:18	12:30	U17 Men Pole Vault
F34	11:00	10:58	11:13	11:18	12:30	U20M Pole Vault
F35	11:20	12:16	12:31	12:36	12:50	Ambulant/Para Discus
F36	11:20	12:16	12:31	12:36	12:50	U20 Women Discus
F37	11:20	12:16	12:31	12:36	12:50	U17 Women Discus
F38	11:50	12:28	12:43	12:48	13:20	U17 Women Long Jump
F39	12:30	13:10	13:25	13:30	14:00	U13 Girls High Jump
F40	12:30	13:10	13:25	13:30	14:00	U13 Boys High Jump
F41	13:05	13:53	14:08	14:13	14:35	U17 Men Javelin
F42	13:05	13:53	14:08	14:13	14:35	U20 Men Javelin
F43	13:40	14:24	14:39	14:44	15:10	U20 Women Shot Put
F44	13:40	14:24	14:39	14:44	15:10	U17 Women Shot Put
F45	13:55	14:25	14:40	14:45	15:25	U13 Girls Long Jump
F46	14:00	14:58	15:13	15:18	15:30	U13 Boys Discus

Qualifications through rounds

2 heats = first 3 and 2 fastest = 3Q & 2q = 8 to Final

3 Heats = First 2 and 2 fastest = 2Q & 2q = 8 to Final

4 Heats = First 3 & 4 fastest to 2 Semi Finals

2 Semi Finals = first 3 & 2 fastest to Final

Insufficient numbers to hold heats
and final will be run at heat time

Sacn QR code for start lists and results





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



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Coaching Resources



For more information email
zoe.brown@welshathletics.org

Saturday 12th August

T01-1 U17 Women 300m Hurdles Straight Final 11:00

Welsh Age Best: Lauren WILLIAMS, Maldwyn Harriers, 42.52, 2015

CBP: Caryl GRANVILLE, Carmarthen Harriers, 43.7 (HT), 2005

Bib	Athlete	Club	Team Code
168	Menna PUGSLEY	Shrewsbury AC	SHRSB
327	Evie AITCHISON	Neath Harriers	NEATH
27	Nerys TULLETT	Woking AC	WOK
170	Georgia SMELE	Bridgend Athletics	BRIDE

F01 U13 Boys Shot Put 11:00

Welsh Age Best REC: Salem KIAMBI, Cardiff Athletics, 12.92, 2019

CBP: Lucca TARDIVEL, Deeside AC, 10.68, 2022

Bib	Athlete	Club	Team Code
57	Rhys GIBBON	Neath Harriers	NEATH
383	Eoin GREEN	Aberdare Valley AAC	ABERV
428	Evan HUGHES	Colwyn Bay AC	COLW
249	Joshua DAVIES	Cardiff Archers	ARCHA
425	Louie EVANS	Maldwyn Harriers	MALDW
427	Ioan JONES	Swansea Harriers	SWAN
81	Jorge DECRUZ	Newport Harriers	NEWPH
424	Buddy EVANS	Carmarthen Harriers	CARMA
426	Tomasi James FIDOW	Wrexham AAC	WREX

F02 U17 Men Hammer 11:00

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

CBP: Jac PALMER, Cardiff AAC, 58.37, 2012

Bib	Athlete	Club	Team Code
454	Thomas WILLIAMS	Wrexham AAC	WREX
450	Cormac WILTSHIRE	Newport Harriers	NEWPH
437	Gethin BROWN	Deeside AAC	DEESA
451	Ben FENWICK	Swansea Harriers	SWAN

F03 U20 Men Hammer 11:00

WN REC: Jac PALMER, Cardiff AAC, 70.88, 2015

CBP: Jac PALMER, Cardiff AAC, 67.25, 2015

Bib	Athlete	Club	Team Code
453	Sammy THOMAS	Neath Harriers	NEATH
457	James HAYWARD	Rhondda AAC	RHONA
452	Caleb RICHARDSON	Aberdare Valley AAC	ABERV

T02-1 U20 Women 400m Hurdles Straight Final 11:20

WN REC: Lauren WILLIAMS, Swansea Harriers, 58.09, 2018

WN REC: Ophelia PYE, Marlborough, 58.09, 2022

CBP: Faye HARDING, Sale Harriers, 59.98, 2004

Bib	Athlete	Club	Team Code
339	Megan HUGHES	Colwyn Bay AC	COLW
66	Sarah WINSTONE	Neath Harriers	NEATH

T03-1 U20 Men & U17 Men 400m Hurdles Straight Final 11:40

U20-WN REC: David GREENE, Swansea Harriers, 51.14, 2005

U20-CBP: Rhys WILLIAMS, Cardiff AAC, 52.54, 2003

U17-Welsh Age Best REC: Mark ROWLANDS, Swansea Harriers, 53.30, 1994

U17-CBP: Rhys WILLIAMS, Cardiff AAC, 52.54, 2003

Bib	Athlete	Club	Team Code
184	Reuben DE VALL - U17M	Swansea Harriers	SWAN
137	Osian PARRY - U17M	Cardiff Archers	ARCHA
181	Harry BRADLEY - U17M	Newport Harriers	NEWPH
144	Dafydd ROBERTS - U20M	Aberdare Valley AAC	ABERV

338	Joseph BERESFORD - U20M	Swansea Harriers	SWAN
337	Daniel RICKETTS - U20M	Brecon Athletic Club	BRECA
335	Huw WILLIAMS - U17M	Menai Track & Field	MENA

F04 U17 Men Long Jump 11:45

Welsh Age Best REC: Luca PHILLIPS, Cardiff Archers, 7.15, 2023 [P]

CBP: Tom HALLETT, Cleddau, 6.77, 1989

Bib	Athlete	Club	Team Code
236	Tom GILBERT	Newport Harriers	NEWPH
117	Sebastian MITCHELL-FOFANA	Cardiff Archers	ARCHA
62	Nathan PHILLIPS	Newport Harriers	NEWPH
127	Sean HOPKINS	Cardiff Archers	ARCHA
137	Osian PARRY	Cardiff Archers	ARCHA
20	Huw JENKINS	Colwyn Bay AC	COLW
70	Ben PARKER	Aberdare Valley AAC	ABERV
16	Luca PHILLIPS	Cardiff Archers	ARCHA

F05 U20 Men Long Jump 11:45

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

CBP: Richardo CHILDS, Brecon AC, 7.28w, 2003

Bib	Athlete	Club	Team Code
471	Tomi ROBERTS-JONES - F/T37	DSW Para Athletics	DSWPA
361	Dylan PHILLIPS - NW	Peterborough & Nene Valley AC	PNVAC
101	Evan COLE	Swansea Harriers	SWAN
126	Morgan KEEN WILLIAMS	Newport Harriers	NEWPH
122	Aharon GRAHAM-MULVANEY	Cardiff Athletics	CARD
76	Jacob EDGHILL	Colwyn Bay AC	COLW

T04-1 U17 Men 400m Heats 12:00

Welsh Age Best REC: Bruce TASKER, Carmarthen Harriers, 47.85, 2004

CBP: Mark PONTING, Torfaen AC, 48.82, 1993

Bib	Athlete	Club	Team Code
184	Reuben DE VALL	Swansea Harriers	SWAN
48	Gethin GRIFFITH	Menai Track & Field	MENA
121	Callum FOX-BYRNE	Colwyn Bay AC	COLW
152	Jon-Henry ROBBIE	Cardiff Archers	ARCHA
46	Rhys LLOYD-ROBERTS	Pembrokeshire Harriers	PEMB
176	Tygan DAVIES	Carmarthen Harriers	CARMA
181	Harry BRADLEY	Newport Harriers	NEWPH
179	Jack FARRELL	Cardiff Athletics	CARD
180	Steffan HIGGINS	Swansea Harriers	SWAN
119	Daniel FLETCHER	Cwmbran Harriers	CWMB
134	Jake Alexander ROWLANDS	Menai Track & Field	MENA
54	Ethan RAWLE	Aberdare Valley AAC	ABERV
185	William MACKIE	Aberdare Valley AAC	ABERV
175	Thomas COLEMAN	Newport Harriers	NEWPH

T05-1 U20 Men 400m Heats 12:10

WN REC: Tim BENJAMIN, Cardiff AAC, 46.10, 2001

CBP: Bruce TASKER, Carmarthen Harriers, 48.14, 2006

Bib	Athlete	Club	Team Code
124	Rhys BENNETT	Leamington Athletic Club	LEAM
159	Kane SMART	Colwyn Bay AC	COLW
183	Iwan WILSON	Llanelli AAC	LLAN
131	Harrison WHEELER	Llanelli AAC	LLAN
144	Dafydd ROBERTS	Aberdare Valley AAC	ABERV
177	Ben FARRELL	Cardiff Athletics	CARD
122	Aharon GRAHAM-MULVANEY	Cardiff Athletics	CARD
178	Benjamin PRICE	Cardiff Athletics	CARD
40	Luke THOMAS	Pembrokeshire Harriers	PEMB
160	Aedan WILTSHIRE	Newport Harriers	NEWPH

F06 U13 Girls Discus**12:15**

Welsh Age Best: Adele NICOLL, Oswestry Olympians, 31.68, 2009

CBP: Natalie OWEN, Menai T&F, 28.34, 2016

Bib	Athlete	Club	Team Code
278	Elinor ROBERTS	Cardiff Athletics	CARD
107	Megan PYKE	Swansea Harriers	SWAN
363	Ella MCKAY	Cardiff Athletics	CARD
422	Ffion WILLIAMS	Rhymney Valley AC	RHYM
252	Martha BOWN	Menai Track & Field	MENA
319	Lucie RUTTLEY	Cardiff Archers	ARCHA

T06-1 U13 Girls 100m**Heats****12:25**

Welsh Age Best: Nell DESIR, Cardiff Archers, 12.34, 2020

CBP: Aliyah AFOLABI, Cardiff Archers, 12.43w, 13.08.2022

Bib	Athlete	Club	Team Code
83	Taylor SHELMEKDINE	Swansea Harriers	SWAN
15	Charlotte EVANS	Bridgend Athletics	BRIDE
18	Siwan WILLAVOYS	Cardiff Athletics	CARD
33	Monet HUTCHINSON	Newport Harriers	NEWPH
24	Mia JOHNSON	West Cheshire AC	WCHE
11	Eva ANWYL	Sale Harriers Manchester	SALEH
36	Abbie WILLIAMS	Bridgend Athletics	BRIDE
13	Anna POPE	Cardiff Archers	ARCHA
73	Ava THOMPSON	Neath Harriers	NEATH
7	Aisha SANO	Cardiff Archers	ARCHA
35	Sophia DAVIES	Pontyclun Athletics Club	PONT
67	Sophie DAVIES	Cardiff Athletics	CARD
109	Any Rose GOODWIN	Cardiff Athletics	CARD
23	Rutendo CHASWEKA	Swansea Harriers	SWAN
89	Nia FRASER	Bridgend Athletics	BRIDE
97	Sophie PIDDINGTON	Newport Harriers	NEWPH
28	Poppy HOWELLS	Rhymney Valley AC	RHYM
79	Imogen VECCHI	Cardiff Athletics	CARD
86	Bethany STADDON	Bracknell AC	BRACK
2	Erin ROYNON	Cwmbran Harriers	CWMB
8	Leela WILSON	Bridgend Athletics	BRIDE
98	Katriel UDOH	Swansea Harriers	SWAN
34	Betsan BRADBURY	Cardiff Archers	ARCHA
53	Gwenno EVANS	Bridgend Athletics	BRIDE
107	Megan PYKE	Swansea Harriers	SWAN
94	Madison COOTE	Cardiff Athletics	CARD
45	Nafisah OLUWA	Cardiff Archers	ARCHA
116	Freya BIRT	Swansea Harriers	SWAN
105	Tabitha FOMBA	Cwmbran Harriers	CWMB

F07 Seated Shot**12:30**

Bib	Athlete	Club	Team Code
413	Ellie BOWEN - F56	DSW Para Athletics	DSWPA
412	Jac SHEEHAN - F34	DSW Para Athletics	DSWPA

T07-1 U17 Men 100m**Heats****12:55**

Welsh Age Best REC: Joseph BERRY, Newport H, 10.70, 2022

CBP: Tim BENJAMIN, Cardiff AAC, 10.87, 1998

Bib	Athlete	Club	Team Code
50	Joshua LIVESEY-HAMBRIDGE	Rhymney Valley AC	RHYM
10	Joseph BERRY	Newport Harriers	NEWPH
68	Aron TUGWELL	Cardiff Archers	ARCHA
70	Ben PARKER	Aberdare Valley AAC	ABERV
103	Evan GODWIN	Swansea Harriers	SWAN
48	Gethin GRIFFITH	Menai Track & Field	MENA
63	Charlie RFNISON - NW	Brighton & Hove AC	RRIHC

U17M 100m continued

49	Rocco CASTELLANOS	Colwyn Bay AC	COLW
47	Jose ALZATE-GONZALEZ	Cardiff Athletics	CARD
58	Cameron ELEY	Newport Harriers	NEWPH
55	Evan MORRIS	Swansea Harriers	SWAN
88	Max EVANS	Maldwyn Harriers	MALDW
69	Lewis BARNES	Cardiff Athletics	CARD
16	Luca PHILLIPS	Cardiff Archers	ARCHA
65	Sion JONES	Ealing Southall & Middlesex AC	ESM
111	Joshua HUMPHREYS	Cardiff Athletics	CARD
20	Huw JENKINS	Colwyn Bay AC	COLW
46	Rhys LLOYD-ROBERTS	Pembrokeshire Harriers	PEMB
17	Lloyd HARRY	Cardiff Archers	ARCHA
62	Nathan PHILLIPS	Newport Harriers	NEWPH
102	Noah JACKSON	Cardiff Archers	ARCHA
25	Joseph FRANKLIN	Llanelli AAC	LLAN
19	Zac ROACH	Cardiff Athletics	CARD
100	Joe GIRLING	Neath Harriers	NEATH
54	Ethan RAWLE	Aberdare Valley AAC	ABERV

T08-1 U13 Boys 100m Heats 12:49

Welsh Age Best REC: Reagan MCCARTHY, Cardiff Athletics, 12.04, 2022

CBP: Reagan MCCARTHY, Cardiff Athletics, 12.04, 2022

Bib	Athlete	Club	Team Code
43	Jacob MAUND	Bridgend Athletics	BRIDE
57	Rhys GIBBON	Neath Harriers	NEATH
115	Z'Chari HARRIS	Newport Harriers	NEWPH
92	Joseph MCDOWELL	Bridgend Athletics	BRIDE
38	Connor EVANS	Neath Harriers	NEATH
14	Jacob BARNES	Cardiff Athletics	CARD
85	Samuel RIDDLE	Cardiff Archers	ARCHA
1	Luke SIMPSON	Pembrokeshire Harriers	PEMB
81	Jorge DECRUZ	Newport Harriers	NEWPH
6	Tom DAVIES	Swansea Harriers	SWAN
78	Joshua THOMAS	Bro Edern	BROED
96	Dylan HOLMES	Cardiff Archers	ARCHA
9	Zachary DE VALL	Swansea Harriers	SWAN
93	Oliver PHILLIPS	Llanelli AAC	LLAN

T09-1 U17 Women 100m Heats 12:55

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

CBP: Nell DESIR, Cardiff Archers, 11.77, 13.08.2022

Bib	Athlete	Club	Team Code
95	Ruby SCOURFIELD	Bridgend Athletics	BRIDE
29	Nell DESIR	Cardiff Archers	ARCHA
61	Jessica MANTLE	Cardiff Athletics	CARD
56	Olivia GILLESPIE	Newport Harriers	NEWPH
21	Aliyah AFOLABI	Cardiff Archers	ARCHA
42	Megan TAYLOR	Cardiff Archers	ARCHA
110	Cerys RADCLIFFE	Newport Harriers	NEWPH
27	Nerys TULLETT	Woking AC	WOK
90	Ellimay WILLIAMS	Carmarthen Harriers	CARMA
75	Elana MURRAY	Cardiff Athletics	CARD
104	Esther KAZEEM	Newport Harriers	NEWPH
82	Alyssa FITZGERALD	Newport Harriers	NEWPH
91	Cari JONES	Maldwyn Harriers	MALDW
59	Erin CRAINE	Newport Harriers	NEWPH
112	Poppy OFFSIDE	Newport Harriers	NEWPH
5	Sofie MILLEN	Menai Track & Field	MENA
72	Timea TOTH-TARSOLY	Cardiff Athletics	CARD
80	Cherish WATSON	Newport Harriers	NEWPH

U17W 100m Continued

52	Amelia HAYES	Cardiff Archers	ARCHA
64	Riley FITZGERALD	Newport Harriers	NEWPH
74	Amelie CAMPION	Llanelli AAC	LLAN
77	Louisa BALL	Neath Harriers	NEATH
470	Mia JONES	Bridgend Athletics	BRIDE
473	Eden ROBINSON	North Devon	NORDV

T10-1 U20 Men 100m Heats 13:04

WN REC: Christian MALCOLM, Cardiff AAC, 10.12, 1998

CBP: Jamie HENTHORN, Carmarthen Harriers, 10.54, 1996

Bib	Athlete	Club	Team Code
26	Callum WEBB	Cardiff Archers	ARCHA
84	William HAWKER	Rhymney Valley AC	RHYM
113	Morgan HUBBARDE	Cardiff Athletics	CARD
37	Jac PATTERSON	Cardiff Archers	ARCHA
106	Marek WARZOCZA	Swansea Harriers	SWAN
87	Jacob WINTER - NW	Dudley & Stourbridge Harriers	DSH
71	Liam TOPP	Pembrokeshire Harriers	PEMB
99	Ewan JONES	Menai Track & Field	MENA
40	Luke THOMAS	Pembrokeshire Harriers	PEMB
41	Lewis HOWELLS	Rhymney Valley AC	RHYM
101	Evan COLE	Swansea Harriers	SWAN
76	Jacob EDGHILL	Colwyn Bay AC	COLW
4	Dylan BYRAM	Colwyn Bay AC	COLW
22	Ravel EDWARDS	Newport Harriers	NEWPH
469	Alfie JAMES	Neath Harriers	NEATH

T11-1 U20 Women 100m Straight Final 13:10

Welsh Age Best: Hannah BRIER, Swansea Harriers, 11.39, 2015/2016

CBP: Helen MILES, Cardiff AAC, 11.66, 1985

Bib	Athlete	Club	Team Code
39	Kya Asiya PLACIDE	Cardiff Athletics	CARD
44	Eli JONES	Menai Track & Field	MENA
12	Isabella WIGLEY	Cardiff Archers	ARCHA
30	Tiwaah BOATENG	Newport Harriers	NEWPH
66	Sarah WINSTONE	Neath Harriers	NEATH

F08 U20 Men Discus 13:15

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

CBP: Brett MORSE, Cardiff AAC, 53.39, 2007

Bib	Athlete	Club	Team Code
416	Sebastian ANSTEAD	Cardiff Archers	ARCHA
141	Finley KEANE	Cardiff Archers	ARCHA
396	Aneurin PATERSON	Rhymney Valley AC	RHYM
126	Morgan KEEN WILLIAMS	Newport Harriers	NEWPH
446	Billy BUXTON - NW	Cheltenham and County Harriers	CHECH
414	Oscar DUN	Swansea Harriers	SWAN
432	Bill STEEL - NW	Southport Waterloo AC	SPWAT

F09 U17 Men Discus 13:15

Welsh Age Best REC: James TOMLINSON, Pembrokeshire Harriers, 59.13, 2016

CBP: James TOMLINSON, Pembrokeshire Harriers, 52.49, 2016

Bib	Athlete	Club	Team Code
437	Gethin BROWN	Deeside AAC	DEESA
439	Jack O'KEEFE	Cardiff Athletics	CARD
421	Lachlan ROBBIE	Cardiff Archers	ARCHA
408	Ben EVANS	Rhondda AAC	RHONA
410	Lewie JONES	Swansea Harriers	SWAN
402	Owen GARRETT	Yate & District AC	YATED
448	Eurion JOHN	Cardiff Athletics	CARD

T12-1 U17 Men 1500m S/C Straight Final 13:25

Welsh Age Best REC: Steve EVANS, Abertillery, 4:11.2 (HT), 1974

CBP: Steve EVANS, Abertillery, 4:22.9 [HT], 1974

Bib	Athlete	Club	Team Code
343	Alfie SARGEANT	Barry & Vale Harriers	BARR
315	Iwan THOMAS	Carmarthen Harriers	CARMA
288	Finley BRUCE	Carmarthen Harriers	CARMA
259	Harry TURNER	Cardiff Athletics	CARD
341	Joe MURPHY	Brecon Athletic Club	BRECA
345	Daniel MAY	Cardiff Athletics	CARD
292	Ben SERGEANT	Menai Track & Field	MENA
340	Toby BENNETT	Brecon Athletic Club	BRECA
306	William HARRIES	Pembrokeshire Harriers	PEMB

F10 U13 Girls Javelin 13:30

Welsh Age Best: Bethan REES, Cannock & Staffs, 37.38, 2012

CBP: Bethany MOULE, Neath Harriers, 33.15, 2014

Bib	Athlete	Club	Team Code
431	Poppy JONES	Rhondda AAC	RHONA
363	Ella MCKAY	Cardiff Athletics	CARD
157	Lily PARSONS	Cardiff Athletics	CARD
462	Megan LIDSTER	Shrewsbury AC	SHRSB
319	Lucie RUTTLEY	Cardiff Archers	ARCHA
105	Tabitha FOMBA	Cwmbran Harriers	CWMB
215	Paige-Lily WILLIAMS	Carmarthen Harriers	CARMA

T13-1 U17 Women 1500m S/C Straight Final 13:45

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

CBP: Ellen MARY KEARNEY, Wirral AC, 5:09.96, 2019

Bib	Athlete	Club	Team Code
342	Ruby HERDMAN	Brecon Athletic Club	BRECA
193	Cara SCOTT	Menai Track & Field	MENA
344	Mackenzie MCCOURT	Maldwyn Harriers	MALDW
347	Rebecca DERRICK	Cardiff Athletics	CARD
346	Neve JONES	Cardiff Athletics	CARD

F11 U20 Men High Jump 13:45

WN REC: John HILL, Solihull, 2.24, 1985

CBP: John HILL, Solihull, 2.08, 1984

Bib	Athlete	Club	Team Code
364	Justin GRAY	Newport Harriers	NEWPH
356	John BENNETT	Brecon Athletic Club	BRECA
101	Evan COLE	Swansea Harriers	SWAN
361	Dylan PHILLIPS - NW	Peterborough & Nene Valley AC	PNVAC
365	Osian ROBERTS	Cardiff Archers	ARCHA
358	Sam DAVIES	Swansea Harriers	SWAN

F12 U17 Men High Jump 13:45

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

CBP: Chuka ENIH-SNELL, Swansea Harriers, 2.11, 2000

Bib	Athlete	Club	Team Code
134	Jake Alexander ROWLANDS	Menai Track & Field	MENA
117	Sebastian MITCHELL-FOFANA	Cardiff Archers	ARCHA
359	Abdul AFOLABI	Cardiff Archers	ARCHA
335	Huw WILLIAMS	Menai Track & Field	MENA
16	Luca PHILLIPS	Cardiff Archers	ARCHA
357	Jayden ALLKINS	Neath Harriers	NEATH

F13 U13 Boys Long Jump**14:00**

Welsh Age Best REC: Clive WOOLMER, Milford Haven School, 5.31, 1982

CBP: Paul FARMAHAN, Cleddau, 5.11, 1989

Bib	Athlete	Club	Team Code
57	Rhys GIBBON	Neath Harriers	NEATH
93	Oliver PHILLIPS	Llanelli AAC	LLAN
360	Idris CARTWRIGHT	Cardiff Athletics	CARD
383	Eoin GREEN	Aberdare Valley AAC	ABERV
204	Eli GILBERT	Newport Harriers	NEWPH
6	Tom DAVIES	Swansea Harriers	SWAN
96	Dylan HOLMES	Cardiff Archers	ARCHA
245	Morgan REES	Aberdare Valley AAC	ABERV
268	Jude JENKINS	Neath Harriers	NEATH
384	Jayden JONES	Rhymney Valley AC	RHYM
85	Samuel RIDDLE	Cardiff Archers	ARCHA
154	Gwion WILLIAMS	Menai Track & Field	MENA
38	Connor EVANS	Neath Harriers	NEATH

T06-2 U13 Girls 100m**Semi Final/Final****12:25**

Athletes qualified from T06-1

If insufficient numbers for 4 heats in T06-1 this will become the Final

T07-2 U17 Men 100m**Semi Final/Final****12:55**

Athletes qualified from T07-1

If insufficient numbers for 4 heats in T07-1 this will become the Final

T14 U17 Women 1500m**Straight Final****14:30**

Welsh Age Best REC: Non STANFORD, Swansea Harriers, 4:23.55, 2004

CBP: Non STANFORD, Swansea Harriers, 4:33.21, 2004

Bib	Athlete	Club	Team Code
270	Bryony BOYCE	Cardiff Athletics	CARD
255	Evelyn CARTLIDGE	Aberdare Valley AAC	ABERV
222	Libby HALE	Swansea Harriers	SWAN
196	Beca Haf BOWN	Menai Track & Field	MENA
295	Amelia WILLIAMS	Carmarthen Harriers	CARMA
243	Rebeca HARRIES	Cardiff Athletics	CARD
291	Mabli PHILLIPS	Cardiff Athletics	CARD
256	Abigail DOHERTY	Deeside AAC	DEESA
241	Imogen DAVIES	Cardiff Athletics	CARD
194	Anya BRADY	Newport Harriers	NEWPH
287	Holly HUMPHREYS	Swansea Harriers	SWAN
231	Eifin BRYANT	Cardiff Athletics	CARD
298	Emily WALKER	Newport Harriers	NEWPH
285	Nia THOMAS	Neath Harriers	NEATH
299	Anna WILLIAMS	Swansea Harriers	SWAN
284	Imogen JONES	Rhymney Valley AC	RHYM
261	Grace GRIFFITHS	Rhondda AAC	RHONA

T15-1 U13 Girls 1500m**Straight Final****14:40**

Welsh Age Best REC: Libby HALE, Swansea Harriers, 4:44.35, 2021

CBP: Libby HALE, Swansea Harriers, 4:44.35, 31.07.2021

Bib	Athlete	Club	Team Code
278	Elinor ROBERTS	Cardiff Athletics	CARD
252	Martha BOWN	Menai Track & Field	MENA
274	Tamsin SEGUIN	Menai Track & Field	MENA
198	Manon Fflur PHILLIPS	Taf Running & Orienteering Team	TROTS
257	Katie DOHERTY	Deeside AAC	DEESA
213	Holly WORTH	Menai Track & Field	MENA
237	Esyllt OWEN	Menai Track & Field	MENA
265	Meean ADAMS	Newport Harriers	NEWPH

U13G 1500m continued

297	Maisie FOSTER	Taf Running & Orienteering Team	TROTS
290	Tabitha CURTIS	Pembrokeshire Harriers	PEMB
289	Mabli KING	Taf Running & Orienteering Team	TROTS
190	Seren HARDMAN	Bridgend Athletics	BRIDE
242	Eva MARTIN	Cardiff Athletics	CARD
215	Paige-Lily WILLIAMS	Carmarthen Harriers	CARMA
142	Lois WORLOCK	Aberdare Valley AAC	ABERV
191	Soren HILL	Cardiff Athletics	CARD
258	Lucy GRIFFITHS	Rhondda AAC	RHONA

T16-1 U13 Boys 1500m Straight Final 14:50

Welsh Age Best REC: David POWELL, Wolverhampton, 4:31.3 [HT], 1977

CBP: Luke DAVIES, Brecon AC, 4:40.18, 2013

Bib	Athlete	Club	Team Code
204	Eli GILBERT	Newport Harriers	NEWPH
280	Lucas HOWARD-MACHADO	Cardiff Archers	ARCHA
227	Macsen WATTS	Blaenau Gwent Athletics	BLAE
266	Luke WOODHOUSE	Neath Harriers	NEATH
268	Jude JENKINS	Neath Harriers	NEATH
187	Isaac DAVIES	Cardiff Archers	ARCHA
260	Jack HARRIES	Cardiff Athletics	CARD
221	Osian PHILLIPS	Cardiff Athletics	CARD
224	Elliot ROWE	Deeside AAC	DEESA
209	Oscar HAYLES	Cardiff Athletics	CARD
282	Drystan KING	Taf Running & Orienteering Team	TROTS
93	Oliver PHILLIPS	Llanelli AAC	LLAN

T17-1 U20 Men 1500m Straight Final 15:00

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

CBP: Tony BLACKWELL, Wolverhampton, 3:52.7(HT), 1977

Bib	Athlete	Club	Team Code
283	Adam BARBER	Harborough AC	HARB
286	Tristan Tena CUMBERLAND	Brecon Athletic Club	BRECA
275	Tudur HARPER LLOYD	Menai Track & Field	MENA
205	Leo STARK	Newport Harriers	NEWPH
267	Aled BREEZE	Maldwyn Harriers	MALDW
189	Harri MORGAN	Menai Track & Field	MENA
219	Leroy GRIFFITHS	Rhondda AAC	RHONA

T18-1 U20 Women 1500m Straight Final 15:10

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

CBP: Georgina OUTTEN, Birchfield Harriers, 4:32.04, 2014

Bib	Athlete	Club	Team Code
248	Jessica HYLAND - NW	Carmarthen Harriers	CARMA
238	Bethan HARDMAN	Bridgend Athletics	BRIDE
281	Maddison GRIFFITHS	Maldwyn Harriers	MALDW

F14 U17 Men Shot Put 15:15

Welsh Age Best REC: Dafydd PAWLETT, Pembrokeshire H, 17.76, 2021

CBP: Mark HEWER, Cardiff AAC, 16.93, 1979

Bib	Athlete	Club	Team Code
409	Nathaniel OSBORNE	Swansea Harriers	SWAN
359	Abdul AFOLABI	Cardiff Archers	ARCHA
408	Ben EVANS	Rhondda AAC	RHONA
392	Salem MBIMU-KIAMBI	Cardiff Athletics	CARD
402	Owen GARRETT	Yate & District AC	YATED
421	Lachlan ROBBIE	Cardiff Archers	ARCHA
410	Lewie JONES	Swansea Harriers	SWAN
411	Daniel Jacob ROBERTS	Rhondda AAC	RHONA

F15 U20 Men Shot Put 15:15

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

CBP: Nicholas YOUNG, Sale Harriers, Manchester, 16.64, 2018

Bib	Athlete	Club	Team Code
126	Morgan KEEN WILLIAMS	Newport Harriers	NEWPH
423	James PRIEST	Blaenau Gwent Athletics	BLAE
416	Sebastian ANSTEAD	Cardiff Archers	ARCHA
396	Aneurin PATERSON	Rhymney Valley AC	RHYM
414	Oscar DUN	Swansea Harriers	SWAN
432	Bill STEEL - NW	Southport Waterloo AC	SPWAT
407	Dafydd PAWLETT	Yate & District AC	YATED

F16 Ambulant/Para Shot 15:15

Bib	Athlete	Club	Team Code
403	Sara JONES - F40	Carmarthen Harriers	CARMA
419	Joshua GRIST - F40	DSW Para Athletics	DSWPA
420	Joseph SYMONS - F37	DSW Para Athletics	DSWPA
3	Didi OKOH - F/T42 NW-CC	Chelmsford AC	CHELM

T19-1 U17 Men 1500m Straight Final 15:20

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

CBP: Tony BLACKWELL, Wolverhampton, 3:52.7(HT), 1977

Bib	Athlete	Club	Team Code
212	Iwan FROLEY	Cardiff Athletics	CARD
296	Cai LEWIS	Northern AC (IoM)	IOMN
294	Ashton PARRY	Neath Harriers	NEATH
214	Cian HAROLD	Cardiff Athletics	CARD
279	Jake LYNOCK	Carmarthen Harriers	CARMA
288	Finley BRUCE	Carmarthen Harriers	CARMA
292	Ben SERGEANT	Menai Track & Field	MENA
293	Joshua SANDERS	Cardiff Athletics	CARD
262	Thomas LOYNES	Neath Harriers	NEATH
277	Dylan EVANS	Newport Harriers	NEWPH
269	Alfie OSBORNE	Cardiff Athletics	CARD
271	Tomos MORGAN	Menai Track & Field	MENA
236	Tom GILBERT	Newport Harriers	NEWPH
240	Harry OSBORNE	Cardiff Athletics	CARD
235	Tomos HORN	Cardiff Athletics	CARD
244	Rhydian LLOYD-FRANCIS	Cardiff Athletics	CARD
234	Samuel BOYCE	Cardiff Athletics	CARD
276	Dominik PLESIEWICZ	Aberdare Valley AAC	ABERV

T20-1 U20 Men 2000m S/C Straight Final 15:30

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

CBP: Andrew RODGERS, Leeds, 5:45.1 [HT], 1983

Bib	Athlete	Club	Team Code
226	Alexander WILSON - NW	Yate & District AC	YATED
350	Rhys LLEWELLYN	Pembrokeshire Harriers	PEMB

F17 U17 Women Javelin 12:55

Welsh Age Best: Bethany MOULE, Neath Harriers, 52.91, 2018

CBP: Bethany MOULE, Neath Harriers, 45.90, 2018

Bib	Athlete	Club	Team Code
366	Olivia BRUNT	Rhymney Valley AC	RHYM
441	Efa WILLIAMS	Swansea Harriers	SWAN
465	Ava STRATFORD-DAVIES	Newport Harriers	NEWPH
438	Summer EVANS	Carmarthen Harriers	CARMA
327	Evie AITCHISON	Neath Harriers	NEATH
440	Megan Cerys BROWN	Deeside AAC	DEESA
324	Carys LEYSHON	Crawley AC	CRAW
473	Eden ROBINSON	North Devon	NORDV

F18 U20 Women Javelin 12:55

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

CBP: Lianne CLARKE, Neath Harriers, 47.95, 2004

Bib	Athlete	Club	Team Code
460	Jasmine LARSEN - NW	Southampton Athletic Club	SOTON

F19 U20 Women Triple Jump 15:35

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

CBP: Sally PEAKE, Liverpool Harriers, 12.02, 2005

Bib	Athlete	Club	Team Code
332	Isobel GUNN	Deeside AAC	DEESA
395	Francesca MORGAN	Cardiff Athletics	CARD

F20 U17 Women Triple Jump 15:35

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

CBP: Jayne LUDLOW, Cardiff AAC, 12.11, 1995

Bib	Athlete	Club	Team Code
329	Menna GRANT	Cardiff Archers	ARCHA
394	Freya MCCARTHY	Llanelli AAC	LLAN
169	Lucy JONES	Wrexham AAC	WREX

T21-1 U20 Women 400m Straight Final 15:45

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

CBP: Amanda PRITCHARD, Cardiff AAC, 55.80, 1996

Bib	Athlete	Club	Team Code
173	Ella GRUNDY	Colwyn Bay AC	COLW
156	Ella WINTLE	Pembrokeshire Harriers	PEMB
140	Non Elen REDVERS JONES	Menai Track & Field	MENA
182	Abi JARVIS	Aberdare Valley AAC	ABERV
174	Jessica DAVIES	Aberdare Valley AAC	ABERV

T04-2 U17 Men 400m Final 15:45

Welsh Age Best REC: Bruce TASKER, Carmarthen Harriers, 47.85, 2004

CBP: Mark PONTING, Torfaen AC, 48.82, 1993

T05-2 U20 Men 400m Final 15:50

WN REC: Tim BENJAMIN, Cardiff AAC, 46.10, 2001

CBP: Bruce TASKER, Carmarthen Harriers, 48.14, 2006

T22-1 U20 Women 2000m S/C Straight Final 16:05

WN REC: Rhianwedd PRICE, Brecon AC, 6:57.08, 2012

CBP: Rhianwedd PRICE, Brecon AC, 6:57.08, 2012

Bib	Athlete	Club	Team Code
348	Neisha ROBERTS	Deeside AAC	DEESA
349	Ffion OUSELEY	Pembrokeshire Harriers	PEMB
311	Nia REDDY	Aberdare Valley AAC	ABERV

F21	Seated Discus		16:15
Bib	Athlete		Team Code
412	Jac SHEEHAN - F34	DSW Para Athletics	DSWPA
413	Ellie BOWEN - F56	DSW Para Athletics	DSWPA
T06-3	U13 Girls 100m	Final	16:20
Welsh Age Best: Nell DESIR, Cardiff Archers, 12.34, 2020			
CBP: Aliyah AFOLABI, Cardiff Archers, 12.43w, 13.08.2022			
T08-2	U13 Boys 100m	Final	16:25
Welsh Age Best REC: Reagan MCCARTHY, Cardiff Athletics, 12.04, 2022			
CBP: Reagan MCCARTHY, Cardiff Athletics, 12.04, 2022			
T09-2	U17 Women 100m	Final	16:30
Welsh Age Best: Hannah BRIER, Swansea Harriers, 11.57, 2014			
CBP: Nell DESIR, Cardiff Archers, 11.77, 13.08.2022			
T07-3	U17 Men 100m	Final	16:35
Welsh Age Best REC: Joseph BERRY, Newport H, 10.70, 2022			
CBP: Tim BENJAMIN, Cardiff AAC, 10.87, 1998			
T10-2	U20 Men 100m	Final	16:40
WN REC: Christian MALCOLM, Cardiff AAC, 10.12, 1998			
CBP: Jamie HENTHORN, Carmarthen Harriers, 10.54, 1996			

Sunday 13th August

F22 U13 Boys Javelin

11:00

Welsh Age Best REC: Tom NORTON, Cwmbrian Harriers, 44.80, 2007

Welsh Age Best REC: Tom HEWSON, Andover AC, 74.06, 2017

Bib	Athlete	Club	Team Code
57	Rhys GIBBON	Neath Harriers	NEATH
434	Charlie-Arthur EDWARDS	Rhondda AAC	RHONA
115	Z'Chari HARRIS	Newport Harriers	NEWPH
435	Samuel CORBETT	Brecon Athletic Club	BRECA
268	Jude JENKINS	Neath Harriers	NEATH

F23 U17 Women Hammer

11:00

Welsh Age Best: Jade WILLIAMS, Wrexham AAC, 59.09, 2016

CBP: Jade WILLIAMS, Wrexham AAC, 53.85, 2016

Bib	Athlete	Club	Team Code
441	Efa WILLIAMS	Swansea Harriers	SWAN
433	Nele OWEN	Swansea Harriers	SWAN
440	Megan Cerys BROWN	Deeside AAC	DEESA
449	Charlee WILLIAMS	Wrexham AAC	WREX
455	Amelia MITCHELL	Neath Harriers	NEATH
418	Evie COOPER	Neath Harriers	NEATH

F24 U20 Women Hammer

11:00

WN REC: Amber SIMPSON, Deeside AAC, 56.95, 2018

CBP: Amber SIMPSON, Deeside AAC, 54.54, 2018

Bib	Athlete	Club	Team Code
378	Rebekah PRATT	Swansea Harriers	SWAN
458	Mali LOADER	Neath Harriers	NEATH
459	Abby BARNFIELD	Yate & District AC	YATED
456	Amelia FETTIS	Newport Harriers	NEWPH

F25 U20 Men Triple Jump

11:00

WN REC: Steven SHALDERS, Cardiff AAC, 15.99, 2000

CBP: Steven SHALDERS, Cardiff AAC, 15.47, 1999

Bib	Athlete	Club	Team Code
396	Aneurin PATERSON	Rhymney Valley AC	RHYM
356	John BENNETT	Brecon Athletic Club	BRECA
397	Ignatius ABEBRESE - NW	Herne Hill Harriers	HHH

F26 U17 Men Triple Jump

11:00

Welsh Age Best REC: Steven SHALDERS, Cardiff AAC, 15.14, 1998

CBP: Steven SHALDERS, Cardiff AAC, 14.33, 1998

Bib	Athlete	Club	Team Code
134	Jake Alexander ROWLANDS	Menai Track & Field	MENA
393	Joseph PHILLIPS	Cardiff Athletics	CARD
336	Aled DAVIES	Swansea Harriers	SWAN
399	Sebastian WILLIAMS	Aberdare Valley AAC	ABERV
359	Abdul AFOLABI	Cardiff Archers	ARCHA
16	Luca PHILLIPS	Cardiff Archers	ARCHA
392	Salem MBIMU-KIAMBANI	Cardiff Athletics	CARD
398	Evan LEWIS	Swansea Harriers	SWAN

T23-1 U17 Women 800m Heats 11:00

Welsh Age Best: Amanda PRITCHARD, Cardiff AAC, 2:07.32, 1996

CBP: Naomi REID, Cardiff AAC, 2:11.18, 2016

Bib	Athlete	Club	Team Code
270	Bryony BOYCE	Cardiff Athletics	CARD
222	Libby HALE	Swansea Harriers	SWAN
220	Anna-Rose MERCHANT	Cardiff Athletics	CARD
243	Rebeca HARRIES	Cardiff Athletics	CARD
194	Anya BRADY	Newport Harriers	NEWPH
201	Olivia MORGAN	Cardiff Archers	ARCHA
263	Ruby DAVIES	Derby Athletic Club	DERBY
193	Cara SCOTT	Menai Track & Field	MENA
196	Beca Haf BOWN	Menai Track & Field	MENA
256	Abigail DOHERTY	Deeside AAC	DEESA
239	Chloe BIGGS	Newport Harriers	NEWPH
264	Millie PIERCE	Swansea Harriers	SWAN
217	Lilly Grace OAKENFULL	Newport Harriers	NEWPH
241	Imogen DAVIES	Cardiff Athletics	CARD
231	Eifflin BRYANT	Cardiff Athletics	CARD
166	Josie PERRIN	Kingston AC And Poly Harriers	KACPH
229	Carys KENNIFORD	Pembrokeshire Harriers	PEMB
211	Megan THOMAS	Carmarthen Harriers	CARMA
188	Emmy TAYLOR - CC	Deeside AAC	DEESA
255	Evelyn CARTLIDGE	Aberdare Valley AAC	ABERV
199	Natalie COUGHLAN	Swansea Harriers	SWAN
261	Grace GRIFFITHS	Rhondda AAC	RHONA

T24-1 U17 Men 800m Heats 11:10

Welsh Age Best REC: Neil HORSFIELD, Newport Harriers, 1:51.6 [HT], 1983

CBP: Elliot SLADE, Cardiff AAC, 1:53.43, 2011

Bib	Athlete	Club	Team Code
212	Iwan FROLEY	Cardiff Athletics	CARD
262	Thomas LOYNES	Neath Harriers	NEATH
214	Cian HAROLD	Cardiff Athletics	CARD
223	Lucas SALVAGE	Newport Harriers	NEWPH
233	Luke FOWLER	Pembrokeshire Harriers	PEMB
259	Harry TURNER	Cardiff Athletics	CARD
253	Tomos DAVIES	Cardiff Athletics	CARD
269	Alfie OSBORNE	Cardiff Athletics	CARD
236	Tom GILBERT	Newport Harriers	NEWPH
232	Rhodri AMOS	Cardiff Athletics	CARD
181	Harry BRADLEY	Newport Harriers	NEWPH
251	Aaron WARBURTON	Oswestry Olympians	OSWES
225	Jack STEWART	Cardiff Athletics	CARD
271	Tomos MORGAN	Menai Track & Field	MENA
235	Tomos HORN	Cardiff Athletics	CARD
240	Harry OSBORNE	Cardiff Athletics	CARD
244	Rhydian LLOYD-FRANCIS	Cardiff Athletics	CARD
234	Samuel BOYCE	Cardiff Athletics	CARD
175	Thomas COLEMAN	Newport Harriers	NEWPH

T25-1 U17 Women 300m Heats 11:25

Welsh Age Best REC: Amelia REYNOLDS, Cardiff AAC, 38.78, 2015

CBP: Eve WILLIAMS, Cwmbran Harriers, 39.45, 2014

Bib	Athlete	Club	Team Code
172	Chloe FARMER	Cardiff Archers	ARCHA
164	Darcy COSLETT	Llanelli AAC	LLAN
167	Lois CODLING	Newport Harriers	NEWPH
168	Menna PUGSLEY	Shrewsbury AC	SHRSB
165	Seren REDFERN	Sale Harriers Manchester	SALEH
170	Georgia SMELE	Bridgend Athletics	BRIDE

U17W 300m continued

82	Alyssa FITZGERALD	Newport Harriers	NEWPH
169	Lucy JONES	Wrexham AAC	WREX
146	Jocelyn HIGGS	Newport Harriers	NEWPH
166	Josie PERRIN	Kingston AC And Poly Harriers	KACPH
171	Teagan WERNER	Newport Harriers	NEWPH

T26-1 U13 Girls 200m**Heats****11:35**

Welsh Age Best: Aliyah AFOLABI, Cardiff Archers, 25.66, 2022

CBP: Sallyanne SHORT, Torfaen AC, 24.4w (HT), 1984, Jane BRADBEER, Cardiff AAC, 24.4w (HT), 1984, Lisa ARMSTRONG, Torfaen AC, 24.53 (ET), 1989

Bib	Athlete	Club	Team Code
18	Siwan WILLAVOYS	Cardiff Athletics	CARD
28	Poppy HOWELLS	Rhymney Valley AC	RHYM
33	Monet HUTCHINSON	Newport Harriers	NEWPH
143	Evie HOWARD	Swansea Harriers	SWAN
150	Betty AHMED	Cardiff Athletics	CARD
151	Lacey CLISSOLD	Aberdare Valley AAC	ABERV
7	Aisha SANO	Cardiff Archers	ARCHA
472	Mia JONES	Menai Track & Field	MENA
73	Ava THOMPSON	Neath Harriers	NEATH
83	Taylor SHELMEIRDINE	Swansea Harriers	SWAN
97	Sophie PIDDINGTON	Newport Harriers	NEWPH
24	Mia JOHNSON	West Cheshire AC	WCHES
35	Sophia DAVIES	Pontyclun Athletics Club	PONT
157	Lily PARSONS	Cardiff Athletics	CARD
86	Bethany STADDON	Bracknell AC	BRACK
109	Anya Rose GOODWIN	Cardiff Athletics	CARD
163	Tiah SELICK	Llanelli AAC	LLAN
89	Nia FRASER	Bridgend Athletics	BRIDE
53	Gwenno EVANS	Bridgend Athletics	BRIDE
129	Lucia BARTLETT	Deeside AAC	DEESA
142	Lois WORLOCK	Aberdare Valley AAC	ABERV
133	Olivia COOTE	Cardiff Athletics	CARD
8	Leela WILSON	Bridgend Athletics	BRIDE
107	Megan PYKE	Swansea Harriers	SWAN
118	Isla GARVEY	Barry & Vale Harriers	BARR
130	Lola JONES	Cwmbran Harriers	CWMB
147	Lavinia-Rose MOUNTFORD	Barry & Vale Harriers	BARR
149	Isabelle HARRIS	Neath Harriers	NEATH
128	Meadow MORRIS	Aberdare Valley AAC	ABERV
105	Tabitha FOMBA	Cwmbran Harriers	CWMB

F27 U17 Women High Jump**11:40**

Welsh Age Best: Lea HAGGETT, Herne Hill Harriers, 1.81, 1986

CBP: Sarah NICHOLLS, Bridgend AC, 1.70, 1981, Teresa ANDREWS, Preseli Harriers, 1.70, 1992

Bib	Athlete	Club	Team Code
211	Megan THOMAS	Carmarthen Harriers	CARMA
366	Olivia BRUNT	Rhymney Valley AC	RHYM
91	Carí JONES	Maldwyn Harriers	MALDW
120	Charlie WILLIAMS	Newport Harriers	NEWPH
355	Mari WILSON	Llanelli AAC	LLAN
165	Seren REDFERN	Sale Harriers Manchester	SALEH
352	Nia POWELL	Cardiff Archers	ARCHA
328	Matilda QUICK	Swansea Harriers	SWAN
42	Megan TAYLOR	Cardiff Archers	ARCHA

F28 U20 Women High Jump**11:40**

WN REC: Rebecca JONES, Wrexham AAC, 1.88, 2002

CBP: Rebecca JONES, Wrexham AAC, 1.77, 2000

Bib	Athlete	Club	Team Code
351	Emily FRY	Cardiff Archers	ARCHA
354	Megan HASTINGS	Cardiff Athletics	CARD

T27-1 U17 Men 200m**Heats****11:47**

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

CBP:- Andrew WATKINS, Cwmbrian Harriers, 21.8 (HT), 2003, Tim BENJAMIN, Cardiff AAC, 21.96 W (ET), 1997

Bib	Athlete	Club	Team Code
50	Joshua LIVESEY-HAMBRIDGE	Rhymney Valley AC	RHYM
10	Joseph BERRY	Newport Harriers	NEWPH
68	Aron TUGWELL	Cardiff Archers	ARCHA
88	Max EVANS	Maldwyn Harriers	MALDW
70	Ben PARKER	Aberdare Valley AAC	ABERV
48	Gethin GRIFFITH	Menai Track & Field	MENA
69	Lewis BARNES	Cardiff Athletics	CARD
137	Osian PARRY	Cardiff Archers	ARCHA
121	Callum FOX-BYRNE	Colwyn Bay AC	COLW
58	Cameron ELEY	Newport Harriers	NEWPH
152	Jon-Henry ROBBIE	Cardiff Archers	ARCHA
49	Rocco CASTELLANOS	Colwyn Bay AC	COLW
47	Jose ALZATE-GONZALEZ	Cardiff Athletics	CARD
46	Rhys LLOYD-ROBERTS	Pembrokeshire Harriers	PEMB
111	Joshua HUMPHREYS	Cardiff Athletics	CARD
117	Sebastian MITCHELL-FOFANA	Cardiff Archers	ARCHA
102	Noah JACKSON	Cardiff Archers	ARCHA
127	Sean HOPKINS	Cardiff Archers	ARCHA
153	Evan WILLOCK	Llanelli AAC	LLAN
62	Nathan PHILLIPS	Newport Harriers	NEWPH
16	Luca PHILLIPS	Cardiff Archers	ARCHA
25	Joseph FRANKLIN	Llanelli AAC	LLAN
139	Tom KIRKHAM	Maldwyn Harriers	MALDW
119	Daniel FLETCHER	Cwmbrian Harriers	CWMB
134	Jake Alexander ROWLANDS	Menai Track & Field	MENA
100	Joe GIRLING	Neath Harriers	NEATH
19	Zac ROACH	Cardiff Athletics	CARD
54	Ethan RAWLE	Aberdare Valley AAC	ABERV

T28-1 U17 Men & U20 Men 3000m**Straight Final****12:05**

U20-WN REC: Jake HEYWARD, Cardiff AAC, 7:55.17, 2018

U20M-CBP: Colin CLARKSON, Swansea Harriers, 8:16.7 (HT), 1979

U17M-Welsh Age Best REC: Osian PERRIN, Menai T&F, 8:23.64, 2019

U17M-CBP: Colin CLARKSON, Swansea Harriers, 8:31.8 (HT), 1977

Bib	Athlete	Club	Team Code
300	Dafydd JONES	Swansea Harriers	SWAN
308	Rhys PLADDY - U17M	Cardiff Athletics	CARD
307	Vaughn HUGHES - U17M	Newport Harriers	NEWPH
313	Josh BARNETT - U17M	Carmarthen Harriers	CARMA
234	Samuel BOYCE - U17M	Cardiff Athletics	CARD
315	Iwan THOMAS - U17M	Carmarthen Harriers	CARMA
286	Tristan Tena CUMBERLAND - U20M	Brecon Athletic Club	BRECA
288	Finley BRUCE - U17M	Carmarthen Harriers	CARMA
305	Finlay CULLEN - U17M	Maldwyn Harriers	MALDW
293	Joshua SANDERS - U17M	Cardiff Athletics	CARD
214	Cian HAROLD - U17M	Cardiff Athletics	CARD
279	Jake LYNOCK - U17M	Carmarthen Harriers	CARMA
292	Ben SERGEANT - U17M	Menai Track & Field	MENA
310	Garyn TOUGH - U17M	Aberdare Valley AAC	ABERV
314	Morgan WATTS - U20M	Parc Bryn Bach Running Club	PBBR

U17 & U20 Men 3000m continued

306	William HARRIES - U17M	Pembrokeshire Harriers	PEMB
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F29 U13 Girls Shot Put 12:15

Welsh Age Best: Adele NICOLL, Oswestry Olympians, 11.81, 2009

CBP: Nicola STEVENSON, Bridgend AC, 10.29, 2001

Bib	Athlete	Club	Team Code
430	Nia VALE	Aberdare Valley AAC	ABERV
7	Aisha SANO	Cardiff Archers	ARCHA
215	Paige-Lily WILLIAMS	Carmarthen Harriers	CARMA
45	Nafisah OLUWA	Cardiff Archers	ARCHA
252	Martha BOWN	Menai Track & Field	MENA
422	Ffion WILLIAMS	Rhymney Valley AC	RHYM
79	Imogen VECCHI	Cardiff Athletics	CARD
197	Ese OMOYIBO	Neath Harriers	NEATH
431	Poppy JONES	Rhondda AAC	RHONA
429	Heidi PRIEST	Blaenau Gwent Athletics	BLAE

T29-1 U17W, U20W 3000m Straight Final 12:17

WN REC: Non STANFORD, Swansea Harriers, 9:22.84, 2004

CBP: Carol HAYWARD, Newport Harriers, 9:47.77, 1989

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

CBP: Ffion PRICE, Brecon AC, 9:56.26, 2010

Bib	Athlete	Club	Team Code
222	Libby HALE - U17W	Swansea Harriers	SWAN
196	Beca Haf BOWN - U17W	Menai Track & Field	MENA
301	Sioned JOHN - U17W	Cardiff Athletics	CARD
309	Elin GRIFFITHS - U20W	Newport Harriers	NEWPH
295	Amelia WILLIAMS - U17W	Carmarthen Harriers	CARMA
270	Bryony BOYCE - U17W	Cardiff Athletics	CARD
248	Jessica HYLAND - NW-U20W	Carmarthen Harriers	CARMA
304	Ava DAVIES - U17W	Swansea Harriers	SWAN
317	Ruby MILLS - U17W	Swansea Harriers	SWAN
302	Frances MACKIE - U17W	Carmarthen Harriers	CARMA
303	Katy GRIFFITHS - U17W	Bridgend Athletics	BRIDE
311	Nia REDDY - U20W	Aberdare Valley AAC	ABERV
298	Emily WALKER - U17W	Newport Harriers	NEWPH
285	Nia THOMAS - U17W	Neath Harriers	NEATH
312	Lily WILLIAMS - U17W	Neath Harriers	NEATH
316	Chloe PIGGOTT - U20W	Aberdare Valley AAC	ABERV

F30 U20 Women Long Jump 12:20

WN REC: Lisa ARMSTRONG, Torfaen AC, 6.25, 1992

CBP: Lisa ARMSTRONG, Torfaen AC, 6.19w, 1992

Bib	Athlete	Club	Team Code
12	Isabella WIGLEY	Cardiff Archers	ARCHA
390	Amy HUGHES	Cardiff Archers	ARCHA
387	Leshawn CLIFFORD - NW	Birchfield Harriers	BIRCH
385	Jessica LEE	Carmarthen Harriers	CARMA

F31 U20 Women Pole Vault 12:30

WN REC: Elinor LEWIS, Cardiff AAC, 3.74, 2009

CBP: Jessica ABRAHAM, Cardiff AAC, 3.60, 2008

Bib	Athlete	Club	Team Code
378	Rebekah PRATT	Swansea Harriers	SWAN
333	Ella MITCHELL	Cardiff Athletics	CARD
380	Nyree PERRY	Bristol and West AC	BRIW

F32 U17 Women Pole Vault 12:30

Welsh Age Best: Rebecca DAVIES, Deeside AAC, 3.65, 2009

CBP: Christina HUGHES, Deeside AAC, 3.50, 2008

Bib	Athlete	Club	Team Code
381	Darcey SIMMONS	Cardiff Archers	ARCHA
367	Alice PROSSER	Swansea Harriers	SWAN
377	Seren ANDERSON-JAMES	Swansea Harriers	SWAN
382	Ava LANE	Cardiff Archers	ARCHA
379	Lyra ROBERTS	Llanelli AAC	LLAN
376	Abigail EDWARDS	Shaftesbury Barnet Harriers	SBH

F33 U17 Men Pole Vault 12:30

Welsh Age Best: Neil WINTER, Shaftesbury, 5.20, 1990

CBP: Neil WINTER, Monmouth Sch, 4.50, 1990

Bib	Athlete	Club	Team Code
373	Lucas FARMER	Cardiff Archers	ARCHA
368	Cai ALLAN	Swansea Harriers	SWAN
369	Jonathan MELLOR	Cardiff Archers	ARCHA
371	Oliver PHILPOTT	Swansea Harriers	SWAN
374	Louis SHUALL	Swansea Harriers	SWAN
372	Charlie SHUALL	Swansea Harriers	SWAN

F34 U20M Pole Vault 12:30

WN REC: Neil WINTER, Shaftesbury, 5.50, 1992

CBP: Andrew PENK, Cardiff AAC, 4.71, 1997

Bib	Athlete	Club	Team Code
375	Joseff LEWIS	Swansea Harriers	SWAN
122	Aharon GRAHAM-MULVANEY	Cardiff Athletics	CARD
370	Harry NEWTON	Swansea Harriers	SWAN

T30-1 U17 Men 100m Hurdles Straight Final 12:30

Welsh Age Best REC: David GUEST, Bridgend AC, 12.94, 2007

CBP: Berian DAVIES, Swansea Harriers, 13.34w, 1989

Bib	Athlete	Club	Team Code
58	Cameron ELEY	Newport Harriers	NEWPH
16	Luca PHILLIPS	Cardiff Archers	ARCHA
137	Osian PARRY	Cardiff Archers	ARCHA
336	Aled DAVIES	Swansea Harriers	SWAN
335	Huw WILLIAMS	Menai Track & Field	MENA

T31-1 U20 Women 100m Hurdles Straight Final 12:40

WN REC: Bethan EDWARDS, Cardiff AAC, 13.57, 1992

CBP: Bethan EDWARDS, Cardiff AAC, 13.8w (HT), 1992, CBP: Bethan EDWARDS, Cardiff AAC, 14.46 (ET), 1990

Bib	Athlete	Club	Team Code
334	Christina GRIFFITH	Newport Harriers	NEWPH
332	Isobel GUNN	Deeside AAC	DEESA
66	Sarah WINSTONE	Neath Harriers	NEATH
333	Ella MITCHELL	Cardiff Athletics	CARD

T32-1 U17 Women 80m Hurdles Heats 12:50

Welsh Age Best: Grace MORGAN, Newport Harriers, 11.22, 2018

CBP: Grace MORGAN, Cardiff Archers, 11.22, 24.06.2018

Bib	Athlete	Club	Team Code
329	Menna GRANT	Cardiff Archers	ARCHA
330	Elin ROBERTS	Guildford & Godalming AC	GG
328	Matilda QUICK	Swansea Harriers	SWAN
42	Megan TAYLOR	Cardiff Archers	ARCHA
331	Scarlett CARGILL	Newport Harriers	NEWPH
324	Carys LEYSHON	Crawley AC	CRAW

U17W 80m Hurdles continued

326	Rosie CHICK	Cardiff Athletics	CARD
77	Louisa BALL	Neath Harriers	NEATH
325	Tegan HILTON	Pembrokeshire Harriers	PEMB
199	Natalie COUGHLAN	Swansea Harriers	SWAN

F35 Ambulant/Para Discus 12:50

Bib	Athlete	Club	Team Code
419	Joshua GRIST - F40	DSW Para Athletics	DSWPA
420	Joseph SYMONS - F37	DSW Para Athletics	DSWPA
442	Charlie GOODWIN - F38	Cardiff Athletics	CARD
403	Sara JONES - F40	Carmarthen Harriers	CARMA

F36 U20 Women Discus 12:50

WN REC: Philippa ROLES, Swansea Harriers, 51.60, 1997

CBP: Philippa ROLES, Swansea Harriers, 46.62, 1996

Bib	Athlete	Club	Team Code
404	Lucy HARRIS	Swansea Harriers	SWAN
445	Amber JEACOCK WEST - NW	Radley Athletic Club	RAD
443	Storm EVANS	Carmarthen Harriers	CARMA

F37 U17 Women Discus 12:50

Welsh Age Best: Philippa ROLES, Swansea Harriers, 48.88, 1994

CBP: Sandra LEE, Friars School, 45.04, 1979

Bib	Athlete	Club	Team Code
447	Amelia GRIFFITHS - CC	Cardiff Archers	ARCHA
433	Nele OWEN	Swansea Harriers	SWAN
441	Efa WILLIAMS	Swansea Harriers	SWAN
438	Summer EVANS	Carmarthen Harriers	CARMA
415	Grace HAWKER	Cardiff Archers	ARCHA
444	Dolly EVANS	Carmarthen Harriers	CARMA
400	Ffion MABEY	Pembrokeshire Harriers	PEMB
440	Megan Cerys BROWN	Deeside AAC	DEESA
474	Gracie WILLIAMS	Carmarthen Harriers	CARMA

T33-1 U13 Boys 75m Hurdles Straight Final 13:03

Welsh Age Best REC: Harry HILLMAN, Cardiff AAC, 11.90, 2011

CBP: Harry HILLMAN, Cardiff AAC, 11.90, 2011

Bib	Athlete	Club	Team Code
57	Rhys GIBBON	Neath Harriers	NEATH
323	Jacob MCCORMACK - NW	Bracknell AC	BRACK
6	Tom DAVIES	Swansea Harriers	SWAN
78	Joshua THOMAS	Bro Ederne	BROED
322	Jack GRIFFITHS	Swansea Harriers	SWAN

T34-1 U13 Girls 70m Hurdles Heats 13:13

Welsh Age Best: Carys POOLE, Swansea Harriers, 11.13, 2016

CBP: Hannah DAVIES, Swansea Harriers, 19:12.00, 2013

Bib	Athlete	Club	Team Code
318	Amelia MOSES	Aberdare Valley AAC	ABERV
11	Eva ANWYL	Sale Harriers Manchester	SALEH
79	Imogen VECCHI	Cardiff Athletics	CARD
23	Rutendo CHASWEKA	Swansea Harriers	SWAN
320	Menna FIELDER-HOBBS	Carmarthen Harriers	CARMA
94	Madison COOTE	Cardiff Athletics	CARD
133	Olivia COOTE	Cardiff Athletics	CARD
36	Abbie WILLIAMS	Bridgend Athletics	BRIDE
116	Freya BIRT	Swansea Harriers	SWAN
86	Bethany STADDON	Bracknell AC	BRACK
149	Isabelle HARRIS	Neath Harriers	NEATH

U13G 70m Hurdles continued

250	Eva DAVIES	Carmarthen Harriers	CARMA
319	Lucie RUTTLEY	Cardiff Archers	ARCHA
321	Elizabeth NSOZZI	Swansea Harriers	SWAN

F38 U17 Women Long Jump**13:20**

Welsh Age Best: Jessica LEE, Carmarthen Harriers, 6.06, 2022

CBP: Jessica LEE, Carmarthen H, 5.82, 14.08.2022

Bib	Athlete	Club	Team Code
60	Elizabeth DODDS - NW-CC	Shrewsbury AC	SHRSB
72	Timea TOTH-TARSOLY	Cardiff Athletics	CARD
389	Iola MITCHELL - CC	Swansea Harriers	SWAN
211	Megan THOMAS	Carmarthen Harriers	CARMA
255	Evelyn CARTLIDGE	Aberdare Valley AAC	ABERV
391	Imogen MCADIE	Swansea Harriers	SWAN
199	Natalie COUGHLAN	Swansea Harriers	SWAN
64	Riley FITZGERALD	Newport Harriers	NEWPH
169	Lucy JONES	Wrexham AAC	WREX
324	Carys LEYSHON	Crawley AC	CRAW
165	Seren REDFERN	Sale Harriers Manchester	SALEH
148	Tiana ODUGBESAN	Cardiff Archers	ARCHA
328	Matilda QUICK	Swansea Harriers	SWAN
329	Menna GRANT	Cardiff Archers	ARCHA
388	Sophie TAYLOR	Swansea Harriers	SWAN
330	Elin ROBERTS	Guildford & Godalming AC	GG
110	Cerys RADCLIFFE	Newport Harriers	NEWPH
386	Beatrice MORGAN	Carmarthen Harriers	CARMA
352	Nia POWELL	Cardiff Archers	ARCHA
42	Megan TAYLOR	Cardiff Archers	ARCHA
473	Eden ROBINSON	North Devon	NORDV

T35-1 U20 Women 800m**Straight Final****13:25**

WN REC: Kirsty MCDERMOTT, Brecon AC, 2:04.01, 1981

CBP: Amanda PRITCHARD, Cardiff AAC, .00, 1997

Bib	Athlete	Club	Team Code
173	Ella GRUNDY	Colwyn Bay AC	COLW
230	Ceri GRIFFITHS	Newport Harriers	NEWPH
248	Jessica HYLAND - NW	Carmarthen Harriers	CARMA
238	Bethan HARDMAN	Bridgend Athletics	BRIDE

T36-1 U13 Boys 800m**Time Trials****13:30**

Welsh Age Best REC: Nikita NEARY, Carmarthen Harriers, 2:11.91, 2010

CBP: Roman HODGSON, Deeside, 2:12.65, 2017

Bib	Athlete	Club	Team Code
227	Macsen WATTS	Blaenau Gwent Athletics	BLAE
247	Tomos Cai DAVIES	Carmarthen Harriers	CARMA
207	Tobias EVANS	Cardiff Athletics	CARD
187	Isaac DAVIES	Cardiff Archers	ARCHA
268	Jude JENKINS	Neath Harriers	NEATH
221	Osian PHILLIPS	Cardiff Athletics	CARD
203	Deklan ROBERTS	Llanelli AAC	LLAN
266	Luke WOODHOUSE	Neath Harriers	NEATH
202	Gethin THOMAS	Carmarthen Harriers	CARMA
216	Oliver HALE	Swansea Harriers	SWAN
260	Jack HARRIES	Cardiff Athletics	CARD
154	Gwion WILLIAMS	Menai Track & Field	MENA
186	Isaac MCADIE	Swansea Harriers	SWAN
224	Elliot ROWE	Deeside AAC	DEESA
138	Bo CUTHBERTSON	Swansea Harriers	SWAN
123	Ellis BENNETT	Swansea Harriers	SWAN

U13B 800m continued

208	Joseph NEWTON	Swansea Harriers	SWAN
204	Eli GILBERT	Newport Harriers	NEWPH
245	Morgan REES	Aberdare Valley AAC	ABERV
209	Oscar HAYLES	Cardiff Athletics	CARD
249	Joshua DAVIES	Cardiff Archers	ARCHA
272	Jonathan RUBANBAKENE	Cardiff Athletics	CARD

T37-1 U13 Girls 800m Time Trials 13:45

Welsh Age Best: Lisa LANINI, Wrexham AAC, 2:16.1 (HT), 2000

CBP: Rosa YATES, Bridgend AC, 2:19.97, 2010

Bib	Athlete	Club	Team Code
150	Betty AHMED	Cardiff Athletics	CARD
274	Tamsin SEGUIN	Menai Track & Field	MENA
157	Lily PARSONS	Cardiff Athletics	CARD
257	Katie DOHERTY	Deeside AAC	DEESA
254	Emilia DAVIES	Cardiff Athletics	CARD
195	Lucy ARNOLD	Bridgend Athletics	BRIDE
250	Eva DAVIES	Carmarthen Harriers	CARMA
228	Amelia GARVEY	Barry & Vale Harriers	BARR
237	Esyllt OWEN	Menai Track & Field	MENA
190	Seren HARDMAN	Bridgend Athletics	BRIDE
252	Martha BOWN	Menai Track & Field	MENA
213	Holly WORTH	Menai Track & Field	MENA
200	Bethan ROBERTS	Wrexham AAC	WREX
198	Manon Fflur PHILLIPS	Taf Running & Orienteering Team	TROTS
28	Poppy HOWELLS	Rhymney Valley AC	RHYM
163	Tiah SELICK	Llanelli AAC	LLAN
191	Soren HILL	Cardiff Athletics	CARD
242	Eva MARTIN	Cardiff Athletics	CARD
246	Aimee BESLEY	Swansea Harriers	SWAN
265	Megan ADAMS	Newport Harriers	NEWPH
192	Poppy OSBORNE	Cardiff Athletics	CARD
142	Lois WORLOCK	Aberdare Valley AAC	ABERV
215	Paige-Lily WILLIAMS	Carmarthen Harriers	CARMA
105	Tabitha FOMBA	Cwmbran Harriers	CWMB
34	Betsan BRADBURY	Cardiff Archers	ARCHA
197	Ese OMOYIBO	Neath Harriers	NEATH
258	Lucy GRIFFITHS	Rhondda AAC	RHONA

F39 U13 Girls High Jump 14:00

Welsh Age Best: Julia CHARLTON, Carmarthen Harriers, 1.68, 1978

CBP: Sarah OMOREGIE, Pembrokeshire Harriers, 1.52, 2012

Bib	Athlete	Club	Team Code
321	Elizabeth NSOZZI	Swansea Harriers	SWAN
118	Isla GARVEY	Barry & Vale Harriers	BARR
116	Freya BIRT	Swansea Harriers	SWAN
129	Lucia BARTLETT	Deeside AAC	DEESA
197	Ese OMOYIBO	Neath Harriers	NEATH
105	Tabitha FOMBA	Cwmbran Harriers	CWMB
363	Ella MCKAY	Cardiff Athletics	CARD
28	Poppy HOWELLS	Rhymney Valley AC	RHYM
353	Rosie BALD	Brecon Athletic Club	BRECA
157	Lily PARSONS	Cardiff Athletics	CARD
98	Katriel UDOH	Swansea Harriers	SWAN

F40 U13 Boys High Jump 14:00

Welsh Age Best: Jamie DALTON, Preseli Harriers, 1.67, 1992

CBP: Aled REES, Carmarthen Harriers, 1.57, 2011

Bib	Athlete	Club	Team Code
209	Oscar HAYLES	Cardiff Athletics	CARD
362	Ioan VALE	Aberdare Valley AAC	ABERV
245	Morgan REES	Aberdare Valley AAC	ABERV
360	Idris CARTWRIGHT	Cardiff Athletics	CARD

T38-1 U20 Men 800m Straight Final 14:00

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

CBP: Tony DYKE, Swansea Harriers, 1:52.0 [HT], 1973

Bib	Athlete	Club	Team Code
206	Joseff MORGAN	Menai Track & Field	MENA
210	Jack ORGAN	Brecon Athletic Club	BRECA
218	Louis STARR - NW	Rugby & Northampton AC	RUNOR
205	Leo STARK	Newport Harriers	NEWPH
178	Benjamin PRICE	Cardiff Athletics	CARD
189	Harri MORGAN	Menai Track & Field	MENA
226	Alexander WILSON - NW	Yate & District AC	YATED
177	Ben FARRELL	Cardiff Athletics	CARD
183	Iwan WILSON	Llanelli AAC	LLAN
267	Aled BREEZE	Maldwyn Harriers	MALDW
273	Alex RIDOUT	Cardiff Athletics	CARD
219	Leroy GRIFFITHS	Rhondda AAC	RHONA

T39-1 100m Ambulant - Para Straight Final 14:10

Bib	Athlete	Club	Team Code
114	Corey BROWN - F/T64	DSW Para Athletics	DSWPA
471	Tomi ROBERTS-JONES - F/T37	DSW Para Athletics	DSWPA
3	Didi OKOH - F/T42 NW-CC	Chelmsford AC	CHELM
60	Elizabeth DODDS - NW-CC	Shrewsbury AC	SHRSB
108	Amirah PECKHAM - F/T37	DSW Para Athletics	DSWPA
32	Fletcher ROBERTS - NW-CC	Brighton Phoenix	BRIPH

T40-1 W-Chair 100m Classification Straight Final 14:15

Bib	Athlete	Club	Team Code
51	Owain TERRELL - CC	Newport Harriers	NEWPH
31	Toby RICHARDSON - NW-CC	Yate & District AC	YATED

T26-2 U13 Girls 200m Semi Final/Final 14:25

Welsh Age Best: Aliyah AFOLABI, Cardiff Archers, 25.66, 2022

CBP:- Sallyanne SHORT, Torfaen AC, 24.4w (HT), 1984, Jane BRADBEER, Cardiff AAC, 24.4w (HT), 1984, Lisa ARMSTRONG, Torfaen AC, 24.53 (ET), 1989

T27-2 U17 Men 200m Semi Final/Final 14:31

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

CBP:- Andrew WATKINS, Cwmbran Harriers, 21.8 (HT), 2003, Tim BENJAMIN, Cardiff AAC, 21.96 W (ET), 1997

F41 U17 Men Javelin 14:35

Welsh Age Best REC: Tom HEWSON, Andover AC, 74.06, 2017

CBP: Tom HEWSON, Andover AC, 65.18, 2017

Bib	Athlete	Club	Team Code
50	Joshua LIVESEY-HAMBRIDGE	Rhymney Valley AC	RHYM
402	Owen GARRETT	Yate & District AC	YATED
421	Lachlan ROBBIE	Cardiff Archers	ARCHA
439	Jack O'KEEFE	Cardiff Athletics	CARD
448	Eurion JOHN	Cardiff Athletics	CARD
461	Cai VAN LILL	Maldwyn Harriers	MALDW
410	Lewie JONES	Swansea Harriers	SWAN

F42 U20 Men Javelin**14:35**

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

CBP: Tom HEWSON, Andover AC, 66.01, 2019

Bib	Athlete	Club	Team Code
396	Aneurin PATERSON	Rhymney Valley AC	RHYM
126	Morgan KEEN WILLIAMS	Newport Harriers	NEWPH
464	Morgan BATTEN	Carmarthen Harriers	CARMA
463	Theo SPURRELL - NW	Yate & District AC	YATED

T41-1 U13 Boys 200m**Heats****14:37**

Welsh Age Best REC: Arthur POWELL, Maldwyn Harriers, 24.94, 2017

CBP: Arthur POWELL, Maldwyn Harriers, 24.94, 2017

Bib	Athlete	Club	Team Code
43	Jacob MAUND	Bridgend Athletics	BRIDE
38	Connor EVANS	Neath Harriers	NEATH
14	Jacob BARNES	Cardiff Athletics	CARD
78	Joshua THOMAS	Bro Edern	BROED
92	Joseph MCDOWELL	Bridgend Athletics	BRIDE
81	Jorge DECRUZ	Newport Harriers	NEWPH
96	Dylan HOLMES	Cardiff Archers	ARCHA
85	Samuel RIDDLE	Cardiff Archers	ARCHA
138	Bo CUTHBERTSON	Swansea Harriers	SWAN
154	Gwion WILLIAMS	Menai Track & Field	MENA
123	Ellis BENNETT	Swansea Harriers	SWAN
145	Drew SMITH	Swansea Harriers	SWAN

T42-1 U17 Women 200m**Heats****14:43**

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

CBP:- Sallyanne SHORT, Torfaen AC, 24.4w (HT), 1984, Jane BRADBEER, Cardiff AAC, 24.4w (HT), 1984, Lisa ARMSTRONG, Torfaen AC, 24.53 (ET), 1989

Bib	Athlete	Club	Team Code
29	Nell DESIR	Cardiff Archers	ARCHA
21	Aliyah AFOLABI	Cardiff Archers	ARCHA
56	Olivia GILLESPIE	Newport Harriers	NEWPH
61	Jessica MANTLE	Cardiff Athletics	CARD
110	Cerys RADCLIFFE	Newport Harriers	NEWPH
90	Ellimay WILLIAMS	Carmarthen Harriers	CARMA
132	Anais SHEPPERD	Cardiff Athletics	CARD
162	Emma SHEPHERD	Cardiff Athletics	CARD
75	Elana MURRAY	Cardiff Athletics	CARD
146	Jocelyn HIGGS	Newport Harriers	NEWPH
104	Esther KAZEEM	Newport Harriers	NEWPH
125	Grace RICHARDSON	Cardiff Athletics	CARD
112	Poppy OFFSIDE	Newport Harriers	NEWPH
148	Tiana ODUGBESAN	Cardiff Archers	ARCHA
91	Cari JONES	Maldwyn Harriers	MALDW
72	Timea TOTH-TARSOLY	Cardiff Athletics	CARD
5	Sofie MILLEN	Menai Track & Field	MENA
80	Cherish WATSON	Newport Harriers	NEWPH
161	Anest JONES	Carmarthen Harriers	CARMA
59	Erin CRAINE	Newport Harriers	NEWPH
120	Charlie WILLIAMS	Newport Harriers	NEWPH
52	Amelia HAYES	Cardiff Archers	ARCHA
77	Louisa BALL	Neath Harriers	NEATH
135	Cari ADAMS	Swansea Harriers	SWAN
74	Amelie CAMPION	Llanelli AAC	LLAN
60	Elizabeth DODDS - NW-CC	Shrewsbury AC	SHRSB

T43-1 U20 Men 200m Heats 14:52

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

CBP: Jamie HENTHORN, Carmarthen Harriers, 21.46, 1996

Bib	Athlete	Club	Team Code
37	Jac PATTERSON	Cardiff Archers	ARCHA
26	Callum WEBB	Cardiff Archers	ARCHA
84	William HAWKER	Rhymney Valley AC	RHYM
106	Marek WARZOCZA	Swansea Harriers	SWAN
155	Harrison GARCIA	Swansea Harriers	SWAN
159	Kane SMART	Colwyn Bay AC	COLW
87	Jacob WINTER - NW	Dudley & Stourbridge Harriers	DSH
124	Rhys BENNETT	Leamington Athletic Club	LEAM
122	Aharon GRAHAM-MULVANEY	Cardiff Athletics	CARD
131	Harrison WHEELER	Llanelli AAC	LLAN
113	Morgan HUBBARDE	Cardiff Athletics	CARD
160	Aedan WILTSHIRE	Newport Harriers	NEWPH
99	Ewan JONES	Menai Track & Field	MENA
126	Morgan KEEN WILLIAMS	Newport Harriers	NEWPH
41	Lewis HOWELLS	Rhymney Valley AC	RHYM
22	Ravel EDWARDS	Newport Harriers	NEWPH
144	Dafydd ROBERTS	Aberdare Valley AAC	ABERV
40	Luke THOMAS	Pembrokeshire Harriers	PEMB
4	Dylan BYRAM	Colwyn Bay AC	COLW
141	Finley KEANE	Cardiff Archers	ARCHA

T44-1 U20 Women 200m Straight Final 15:01

WN REC: Hannah BRIER, Swansea Harriers, 23.59, 2015

CBP:- Sallyanne SHORT, Torfaen AC, 24.2 (HT), 1986, Hannah THOMAS, Wrexham AAC, 24.50 (ET), 2011

Bib	Athlete	Club	Team Code
44	Eli JONES	Menai Track & Field	MENA
156	Ella WINTLE	Pembrokeshire Harriers	PEMB
12	Isabella WIGLEY	Cardiff Archers	ARCHA
136	Millie WEBB	Cardiff Athletics	CARD
140	Non Elen REDVERS JONES	Menai Track & Field	MENA
66	Sarah WINSTONE	Neath Harriers	NEATH

T45-1 U13B & U13G 1K Walk Straight Final 15:10

U13B: Welsh Age Best REC: None Set

U13G Welsh Age Best REC: Molly DAINTON, Llanelli AAC, 5:44.40, 2013

Bib	Athlete	Club	Team Code
318	Amelia MOSES - U13G	Aberdare Valley AAC	ABERV
362	Ioan VALE - U13B	Aberdare Valley AAC	ABERV
430	Nia VALE - U13G	Aberdare Valley AAC	ABERV
466	Dylan WAKLEY - U13B	Swansea Harriers	SWAN
360	Idris CARTWRIGHT - U13B	Cardiff Athletics	CARD

T46-1 U17 & U20 3K Walk Straight Final 15:10

U17M: Welsh Age Best REC: Nathan KAVANAGH, Roath WC, 13:05.7 (HT), 1984

U17W: Welsh Age Best REC: Grace GRIFFITHS, Pembrokeshire Harriers, 14:30.20, 16.07.2022

Bib	Athlete	Club	Team Code
467	Fraser HIGGINSON - U17M	Bridgend Athletics	BRIDE
468	Megan CHANTRELL - U17W	Aberdare Valley AAC	ABERV

F43 U20 Women Shot Put 15:10

WN REC: Adele NICOLL, Birchfield Harriers, 15.55, 2015

CBP: Sally HINDS, Swansea Harriers, 14.21, 2005

Bib	Athlete	Club	Team Code
405	Tegan STODDART - NW	Telford AC	TELFA
378	Rebekah PRATT	Swansea Harriers	SWAN
404	Lucy HARRIS	Swansea Harriers	SWAN
354	Megan HASTINGS	Cardiff Athletics	CARD
406	Adam HARCUMBE - CC	Rhondda AAC	RHONA

F44 U17 Women Shot Put**15:10**

Welsh Age Best: Adele NICOLL, Birchfield Harriers, 16.00, 2013

CBP: Sarah OMOREGIE, Cardiff AAC, 13.95, 2016

Bib	Athlete	Club	Team Code
91	Cari JONES	Maldwyn Harriers	MALDW
400	Ffion MABEY	Pembrokeshire Harriers	PEMB
401	Rebecca SMITH	Deeside AAC	DEESA
418	Evie COOPER	Neath Harriers	NEATH
328	Matilda QUICK	Swansea Harriers	SWAN
417	Ffion DAVIES-BISHOP - CC	Taf Running & Orienteering Team	TROTS
394	Freya MCCARTHY	Llanelli AAC	LLAN
415	Grace HAWKER	Cardiff Archers	ARCHA

F45 U13 Girls Long Jump**15:25**

Welsh Age Best: Olivia SCHRIMSHAW, Deeside AAC, 5.18, 2021

CBP: Sarah LANE, Torfaen AC, 4.82, 1993, Almee CUTLER, Torfaen AC, 4.82, 1994, Olivia SCRIMSHAW, Deeside AAC, 4.82, 2021

Bib	Athlete	Club	Team Code
143	Evie HOWARD	Swansea Harriers	SWAN
318	Amelia MOSES	Aberdare Valley AAC	ABERV
34	Betsan BRADBURY	Cardiff Archers	ARCHA
151	Lacey CLISSOLD	Aberdare Valley AAC	ABERV
128	Meadow MORRIS	Aberdare Valley AAC	ABERV
45	Nafisah OLUWA	Cardiff Archers	ARCHA
7	Aisha SANO	Cardiff Archers	ARCHA
133	Olivia COOTE	Cardiff Athletics	CARD
35	Sophia DAVIES	Pontyclun Athletics Club	PONT
130	Lola JONES	Cwmbran Harriers	CWMB
149	Isabelle HARRIS	Neath Harriers	NEATH
105	Tabitha FOMBA	Cwmbran Harriers	CWMB
94	Madison COOTE	Cardiff Athletics	CARD
98	Katriel UDOH	Swansea Harriers	SWAN
116	Freya BIRT	Swansea Harriers	SWAN
353	Rosie BALD	Brecon Athletic Club	BRECA
36	Abbie WILLIAMS	Bridgend Athletics	BRIDE
200	Bethan ROBERTS	Wrexham AAC	WREX
107	Megan PYKE	Swansea Harriers	SWAN
97	Sophie PIDDINGTON	Newport Harriers	NEWPH
250	Eva DAVIES	Carmarthen Harriers	CARMA
79	Imogen VECCHI	Cardiff Athletics	CARD
163	Tiah SELICK	Llanelli AAC	LLAN
157	Lily PARSONS	Cardiff Athletics	CARD
213	Holly WORTH	Menai Track & Field	MENA
129	Lucia BARTLETT	Deeside AAC	DEESA
83	Taylor SHELMEKDINE	Swansea Harriers	SWAN
24	Mia JOHNSON	West Cheshire AC	WCHES
23	Rutendo CHASWEKA	Swansea Harriers	SWAN

T25-2 U17 Women 300m**Final****11:25**

Welsh Age Best REC: Amelia REYNOLDS, Cardiff AAC, 38.78, 2015

CBP: Eve WILLIAMS, Cwmbran Harriers, 39.45, 2014

F46 U13 Boys Discus**15:30**

Welsh Age Best REC: Chris HUGHES, Swansea Harriers, 38.92, 1991

Cliff SCHWABAUER, Menai T&F, 29.19, 2012

Bib	Athlete	Club	Team Code
57	Rhys GIBBON	Neath Harriers	NEATH
428	Evan HUGHES	Colwyn Bay AC	COLW
434	Charlie-Arthur EDWARDS	Rhondda AAC	RHONA
426	Tomasi James FIDOW	Wrexham AAC	WREX
436	Roman JACKSON	Swansea Harriers	SWAN
435	Samuel CORBETT	Brecon Athletic Club	BRECA

U13B Discus continued

424 Buddy EVANS Carmarthen Harriers CARMA

T23-2 U17 Women 800m Final 15:35

Welsh Age Best REC: Amanda PRITCHARD, Cardiff AAC, 2:07.32, 1996

CBP: Naomi REID, Cardiff AAC, 2:11.18, 2016

T24-2 U17 Men 800m Final 15:40

Welsh Age Best REC: Neil HORSFIELD, Newport Harriers, 1:51.6 [HT], 1983

CBP: Elliot SLADE, Cardiff AAC, 1:53.43, 2011

T32-2 U17 Women 80m Hurdles Final 15:50

Welsh Age Best: Grace MORGAN, Newport Harriers, 11.22, 2018

CBP: Grace MORGAN, Cardiff Archers, 11.22, 24.06.2018

T34-2 U13 Girls 70m Hurdles Final 16:00

Welsh Age Best: Carys POOLE, Swansea Harriers, 11.13, 2016

CBP: Hannah DAVIES, Swansea Harriers, 19:12.00, 2013

T41-2 U13 Boys 200m Final 16:10

Welsh Age Best REC: Arthur POWELL, Maldwyn Harriers, 24.94, 2017

CBP: Arthur POWELL, Maldwyn Harriers, 24.94, 2017

T42-2 U17 Women 200m Final 16:15

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

CBP: Sallyanne SHORT, Torfaen AC, 24.4w (HT), 1984, Jane BRADBEER, Cardiff AAC, 24.4w (HT), 1984, Lisa ARMSTRONG, Torfaen AC, 24.53 (ET), 1989

T43-2 U20 Men 200m Final 16:20

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

CBP: Jamie HENTHORN, Carmarthen Harriers, 21.46, 1996

T26-3 U13 Girls 200m Final 16:25

Welsh Age Best: Aliyah AFOLABI, Cardiff Archers, 25.66, 2022

CBP: Sallyanne SHORT, Torfaen AC, 24.4w (HT), 1984, Jane BRADBEER, Cardiff AAC, 24.4w (HT), 1984, Lisa ARMSTRONG, Torfaen AC, 24.53 (ET), 1989

T27-3 U17 Men 200m Final 16:30

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

CBP: Andrew WATKINS, Cwmbran Harriers, 21.8 (HT), 2003, Tim BENJAMIN, Cardiff AAC, 21.96 W (ET), 1997

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Starter Asst	Paul Winstone
Starter Asst	Hilary Goodger
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Chief Time Keeper	Chris Boswell
Time Keepers	Geoff Williams
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Time Keepers	Jeff Rees
Time Keepers	Geoff Wickens
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Time Keepers	Mike Strange
Time Keepers	Jayne Evans
Time Keepers	Steve Leach

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Photo Finish	Ann Thatcher
Photo Finish	Lynne Brier
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Track Referee	Mark Boswell
Track Steward	Carmel Johnson
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Track Judges	Richie Jenkins
Track Judges	Alan Currie
Track Judges	Brenda Currie
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Track Judges	Ayo Afolabi
Track Judges	Ted Johnson
Track Judges	Mari Higginson
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Track Judges	Carol Strange

OFFICIALS

SWYDDOGION

Discipline	Name
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Field Referee	Gareth Harries
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