



WELSH ATHLETICS
ATHLETAU CYMRU



WELSH SENIOR & U15 INDOOR TRACK & FIELD CHAMPIONSHIPS

Saturday 27th & Sunday 28th January 2024
National Indoor Athletics Centre

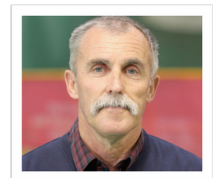
CHAIR'S WELCOME

With the onset of the new year the indoor season bursts into life and this weekend is no exception. Welcome to this years' Welsh Athletics' Indoor Championships for Seniors and the Under 15's. These Championships represent a great opportunity for the Seniors to embark on a path that could end up with them representing Great Britain at the World Indoor Championships at Glasgow in March. Whilst for the Under 15 age group these championships allow these young athletes to see Senior athletes in action and to see how well their winter training is developing them as athletes. Enjoy the events.

Ar ddechrau'r flwyddyn newydd mae'r tymor dan do yn dechrau byrlymu, ac nid yw'r penwythnos hwn yn eithriad. Croeso i Bencampwriaethau Dan Do Athletau Cymru ar gyfer oedolion a'r rhai o dan 15. Mae'r Pencampwriaethau hyn yn gyfle gwych i'r cystadleuwyr i gychwyn ar lwybr a allai olygu eu bod yn cynrychioli Prydain Fawr ym Mhencampwriaethau Dan Do y Byd yn Glasgow ym mis Mawrth. Tra ar gyfer y grŵp dan 15 oed, mae'r pencampwriaethau yn galluogi'r athletwyr ifanc i weld athletwyr hŷn ar waith, ac i weld pa mor dda y mae eu hyfforddiant gaeaf yn eu datblygu fel athletwyr. Mwynhewch y cystadleuthau.

D.Stephen Perks

Cadeirydd Athletau Cymru



COMPETITOR INFORMATION

- Competition to be held under UKA Rules.
- Athletes must register and collect their bib numbers no later than 90 minutes before the timetabled event start time.
- Athletes competing across both days should retain their bib number and should report to registration on both days.
- Warm ups must take place either on the outdoor track or on the warm up straight.
- All athletes must proceed through Call Room - a detailed Call Room schedule will be displayed around the venue.
- Competition clothing must conform to UKA Rules - athletes must wear the vest of their first claim affiliated club, county, district, regional or national vest.
- Athlete footwear must be compliant as per World Athletics rules - Officials reserve the right to confiscate shoes that are deemed non-compliant.
- Personal starting blocks are not permitted for use during competition.
- Maximum spike length of 6mm (9mm for High Jump).
- Personal throwing implements must be submitted to the Technical Manager at least 60 minutes before the event start time.
- Athletes eligible for presentations will be asked to remain in the presentation area after the conclusion of their event. Parents and spectators will not be permitted onto the track to take photographs.
- Medals will only be awarded to athletes in 'A' finals (only applicable for sprints).
- Senior athletes will have 3+3 trials in all horizontal jumps and throws; U15 athletes will have three trials only.
- Any protests will be dealt with by the relevant discipline referee and Meeting Manager. The referee's decision will be final.
- Offensive language/behaviour directed towards staff, officials and volunteers will not be tolerated under any circumstances and may result in individuals being asked to leave the competition.
- Please refer to the pre-event information circulated to athletes for full competitor information.

COMPETITOR INFORMATION

THE EVENT

The Welsh Indoor Senior & U15 Championships will take place at NIAC on Saturday 27th January and Sunday 28th January.

STADIUM ADDRESS

National Indoor Athletics Centre
Cyncoed Road
Cardiff
CF23 6XD

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', but only Welsh athlete's, are eligible to score in the Welsh Championships.

CAR PARKING

Event car parking is available in Pay & Display car parks across the site, 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 buy a ticket at the welcome desk & coaches are required to pre register.

TIMETABLE AMSERLEN

Saturday 27th January

Track Events

T01-1 11:00 Senior Women 1500m Heats
T02-1 11:22 Senior Men 1500m Heats
T03-1 11:45 U15 Girls 60m Heats
T04-1 11:57 Senior Women 60m Heats
T05-1 12:18 Senior Men 60m Heats
T06-1 12:45 U15 Boys 60m Heats
T07-1 12:55 Senior Women 400m Heats
T08-1 13:25 Senior Men 400m Heats
T09-1 14:00 Senior Women 60m Hurdles Heats
T10-1 14:16 U15 Girls 60m Hurdles Heats
T03-2 14:30 U15 Girls 60m Semi Final
T04-2 14:36 Senior Women 60m Semi Final
T05-5 14:45 Senior Men 60m Semi Final
T11-1 15:15 Senior Men 60m Hurdles Final
T09-2 15:25 Senior Women 60m Hurdles Final
T10-2 15:35 U15 Girls 60m Hurdles Final
T12-1 15:45 U15 Boys 60m Hurdles Final
T13-1 15:55 U15 Boys 1500m Time Trial
T14-1 16:10 U15 Girls 1500m Final
T03-3 16:18 U15 Girls 60m Final
T06-2 16:21 U15 Boys 60m Final
T07-2 16:25 Senior Women 400m Final
T08-2 16:34 Senior Men 400m Final
T01-2 16:50 Senior Women 1500m Final
T02-2 16:57 Senior Men 1500m Final
T15-1 17:05 Ambulant (Para) M/F 60m Final
T04-3 17:10 Senior Women 60m Final
T05-3 17:15 Senior Men 60m Final

Field Events

F01 11:00 Seated Shot
F02 11:15 U15 Girls Long Jump
F03 11:30 U15 Boys Long Jump
F04 11:30 U15 Boys Pole Vault
F05 13:00 Senior Men Triple Jump
F06 13:00 Senior Women Shot Put
F07 13:00 Ambulant (Para) Female Shot Put
F08 14:00 Senior Men Pole Vault
F09 15:00 Senior Men Shot Put
F10 15:00 Ambulant (Para) Male Shot Put
F11 15:30 Senior Women Triple Jump
F12 15:45 U15 Boys Triple Jump
F13 15:45 U15 Girls Triple Jump



TIMETABLE

AMSERLEN

Sunday 28th January

Track Events

T16-1	10:45	Senior Men 200m Heats
T17-1	11:15	Senior Women 200m Heats
T18-1	11:42	U15 Girls 200m Heats
T19-1	12:03	U15 Boys 800m Heats
T20-1	12:18	Senior Men 800m Heats
T21-1	12:58	Senior Women 800m Heats
T23-1	13:13	U15 Girls 800m Heats
T24-1	13:23	U15 Boys 300m Heats
T25-1	13:29	U15 Girls 300m Heats
T26-1	14:25	U15 Boys 3000m Final
T27-1	14:37	U15 Girls 3000m Final
T28-1	14:49	U15 Boys 200m Heats
T18-2	14:58	U15 Girls 200m Semi Final
T16-2	15:10	Senior Men 200m Semi Final
T17-2	15:22	Senior Women 200m Semi Final
T07-3	15:35	Senior Women 400m Final
T08-3	15:38	Senior Men 400m Final
T24-2	15:45	U15 Boys 300m Final
T25-2	15:50	U15 Girls 300m Final
T28-2	15:55	U15 Boys 200m Final
T18-2	16:00	U15 Girls 200m Final
T19-2	16:05	U15 Boys 800m Final
T23-2	16:10	U15 Girls 800m Final
T20-2	16:15	Senior Men 800m Final
T21-2	16:20	Senior Women 800m Final
T17-3	16:25	Senior Women 200m Final
T16-3	16:30	Senior Men 200m Final

Field Events

F14-1	11:00	Senior Women Long Jump Pool A
F14-2	11:00	Senior Women Long Jump Pool B
F15	11:30	U15 Girls Pole Vault
F16	12:00	Senior Men High Jump
F17	12:00	U15 Girls High Jump
F18-1	12:30	Senior Men Long Jump Pool A
F19	13:00	U15 Boys Shot Put
F20	13:35	Ambulant (Para) Male Long Jump
F18-2	13:45	Senior Men Long Jump Pool B
F21	14:00	Senior Women Pole Vault
F22	14:30	Senior Women High Jump
F23	14:30	U15 Boys High Jump
F24	15:15	U15 Girls Shot Put





WELSH ATHLETICS
ATHLETAU CYMRU

COACH EDUCATION CALENDAR & RESOURCES

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



Course Calendar & Dates



SCAN ME



BRITISH
ATHLETICS



Sign-up to the
We Coach Wales Newsletter



SCAN ME



Coaching Resources



For more information contact
education@welshathletics.org



WELSH ATHLETICS
ATHLETAU CYMRU

VOLUNTEER OPPORTUNITIES



VOLUNTEER AT OUR NATIONAL CHAMPIONSHIPS

We have various different volunteer roles you can help with welcome desk, registration, medal ceremonies, results, seeding and many more...

You'll get close to the action, some of the viewpoints in the stadium!

For more info email volunteering@welshathletics.org

OFFICIALS

SWYDDOGION

Saturday 27th January

Competition Director - Sue Maughan

Meeting Manager - Lynette Harries

Technical Manager - Chris Berry

Clerk of Course - Debbie Bull

Clerk of Course - Denise Von Reretz

Start Coordinator - Rob Hooper

Starter - Bryan Murray

Starter - Keith Weetman

Chief Starter's Asst. - Sue Hooper

Starter's Asst. - Ian Atkins

Starter's Asst. - Nigel Grist

Track Referee - John Tanner

Track Judge - Rory Mckerlich

Track Judge - Jeff Mapps

Track Judge - Ayo Afolabi

Track Judge - Mark Boswell

Track Judge - Carol Strange

Track Judge - Ted Johnson

Track Judge - Jason Wyatt

Track Judge - Noel McKakly

Track Steward - Carmel Johnson

Chief Timekeeper - Ann Thatcher

Timekeeper - Geoff Williams

Timekeeper - Crispin Backshell

Timekeeper - Mike Strange

Timekeeper - Chris Boswell

Timekeeper - Jeff Rees

Timekeeper - Celfyn Williams

Timekeeper - Andy Kerr

Chief Photofinish - Adie Pottinger

Photofinish Judge - Sam Williams

Photofinish Judge - Dave Watson

Photofinish Judge - John Farrington

Field Referee - Amy Price

Field Referee - Peter Gregson

Field Judge - Gareth Elliott

Field Judge - Sue Alvey

Field Judge - Gareth Harries

Field Judge - Chris Price

Field Judge - Julie Dew

Field Judge - Joanna Pratt

Field Judge - Richard Cotham

Field Judge - Susan Jackson

Field Judge - Melissa Duffy

Field Judge - Ffion Hancock

Field Judge - Mark Lewis

Field Judge - Becky Bell

Field Judge - Jack Lambert

Field Judge - Debbie Lambert

Field Judge - Ros Alterman

Field Judge - Nic Higman

Field Judge - Sally Higman

Field Judge - Dave Jesset

Field Judge - Paul D'Arcy

Field Judge - Derek Redfern

Field Judge - Andrew Clough

Field Judge - Corina Jones

Field Judge - Gareth Jones

Field Judge - Kate Nash

Field Judge - Tracey Weetman

Call Room Manager - John Pickles

Call Room - Susan Pickles

Call Room - Lorraine Murray

Call Room - Eleanor Clough

Seeding - Eban Geal

Seeding - Nathan Jones

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Timekeeper - Celfyn Williams

Timekeeper - Aaron Bruce

Timekeeper - Ann Thatcher

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Photofinish Judge - Dave Watson

Photofinish Judge - John Farrington

Field Referee - Amy Price

Field Referee - Peter Gregson

Field Judge - Gareth Elliott

Field Judge - Jaz Barraclough

Field Judge - Sue Alvey

Field Judge - Gareth Harries

Field Judge - Jayne Goode

Field Judge - Chris Price

Field Judge - Steph Maclennan

Field Judge - Julie Dew

Field Judge - Joanna Pratt

Field Judge - Roger Lee

Field Judge - Richard Cotham

Field Judge - Susan Jackson

Field Judge - Melissa Duffy

Field Judge - Ffion Hancock

Field Judge - Mark Lewis

Field Judge - Becky Bell

Field Judge - Jack Lambert

Field Judge - Debbie Lambert

Field Judge - Ros Alterman

Field Judge - Nic Higman

Field Judge - Sally Higman

Field Judge - Dave Jesset

Field Judge - Paul D'Arcy

Field Judge - Scott Carpenter

Field Judge - Derek Redfern

Field Judge - Andrew Clough

Field Judge - Corina Jones

Field Judge - Gareth Jones

Field Judge - Kate Nash

Field Judge - Tracey Weetman

Call Room Manager - John Pickles

Call Room - Susan Pickles

Call Room - Lorraine Murray

Call Room - Eleanor Clough

Seeding - Eban Geal

Seeding - Nathan Jones

VOLUNTEERS & STAFF

GWIRFODDOLWYR

Saturday 27th January

Event Lead - Alex Donald
Event Production Manager -
Euan Coney
Event Technical Co-ordinator -
Darran Williams
Registration - Jacqueline Brace
Registration - Paul Morris
Registration - Caitlin Reed
Registration - Joyce Tomala
Welcome Desk - Liz Taylor
Welcome Desk - Rhian Cooke
Welcome Desk -
Rebecca Hughes
Welcome Desk -
Menna Langford
Presentations - Amy Edwards
Presentations - Tola Rotibi
Communications Lead -
Lowri Jacob
Communications - Joe Clark
Retail - Eleanor Cartlidge
Retail - Jess Hardy
Officials Co-ordinator -
Zoe Holloway
Announcer - Ian Griffiths

Field Results - Glyn Anthony
Field Results - Avinash Madhav
Field Results - Mark Rodda
Field Results - Claire Dugdale

Sunday 28th January

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Event Production Manager -
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Event Technical Co-ordinator -
Darran Williams
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Registration - Rhian Cooke
Registration - Menna Langford
Welcome Desk - Liz Taylor
Welcome Desk - Joseph Idah
Welcome Desk - Caitlin Reed
Welcome Desk - Gabriel Yates
Presentations - Amy Edwards
Presentations - Tola Rotibi
Presentations - Tomos Roberts
Communications Lead -
Lowri Jacob
Communications - Sam Alex
Retail - Eleanor Cartlidge
Retail - Mandy De la Nougerede
Officials Manager - Zoe
Holloway
Announcer - Ian Griffiths

Field Results - Glyn Anthony
Field Results - Rebecca Hughes
Field Results - Avinash Madhav
Field Results - Mark Rodda
Field Results - Claire Dugdale

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WELSH ATHLETICS
ATHLETAU CYMRU

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jump

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WELSH ATHLETICS
ATHLETAU CYMRU

VOLUNTEER OPPORTUNITIES



You don't need to compete to get close to the race action

We have various volunteer roles you can help with registration, marshalling, media, medal ceremonies, and many more...

For more info email volunteering@welshathletics.org

**START LISTS
& RESULTS
RHESTRAU CYCHWYN
A'R CANLYNIADAU**



Event Id	Event	Event Name
F01	LJ	U15 Girls Long Jump

Bib	First Name	Last Name	Team Name
166	Megan	O'Connell	Aberdare Valley AAC
174	Gwenllian	Jones	Swansea Harriers
178	Olivia	Chinaka	Newport Harriers
227	Cadee May	Williams	Aberdare Valley AAC
494	Olivia	Kenna	Swansea Harriers
565	Alicia	Webb	Pontyclun Athletics Club
464	Lauren	Oshisanya	Swansea Harriers
369	T abitha	Ventress-Brett	Swansea Harriers
373	Lily	Parsons	Cardiff Athletics
218	Grace	Adam	Cwmbran Harriers
566	Freya	McCarthy	Llanelli AAC
463	Mandida	Rushesha	Swansea Harriers
175	Taylor	Shelmerdine	Swansea Harriers
176	Darcy	Letm an-Higgins	Cardiff Archers
159	Harriet	Young	Neath Harriers
170	Am ber	Rayner	Cardiff Athletics
181	Belle	T hom as	Swansea Harriers
491	Elen Megan	Black m ore	Cardiff Archers
162	Mia	Johnson	West Cheshire Athletic Club
165	T iana	Odugbesan	Cardiff Archers

Event Id	Event	Event Name
F02	LJ	U15 Boys Long Jump

Bib	First Name	Last Name	Team Name
154	Kaleem	Islam	Cardiff Athletics
563	Lucan	Van Leeuwen	Llanelli AAC
150	Donal	Halloran	Rhymney Valley AC
152	Joshua	T hom as	Cardiff Archers
147	David	Lenghel	Pontyclun Athletics Club
145	Harrison	Coburn	Cwmbran Harriers
153	Gil	Fook	Deeside Amateur Athletic Club
229	Macsen	Martins Hughes	Cardiff Archers
140	Cobie	Phillips	Cardiff Archers
458	Aidan	Angilletta	Deeside Amateur Athletic Club
148	Lucca	T ardivel	Deeside Amateur Athletic Club

Event Id	Event	Event Name
F03	PV	U15 Boys Pole Vault

Entered

4

Bib	First Name	Last Name	Team Name
359	Dek lan	Roberts	Llanelli AAC
524	Lucas	Farmer	Cardiff Archers
458	Aidan	Angilletta	Deeside Amateur Athletic Club
525	Alf ie	Philpott	Swansea Harriers

Event Id	Event	Event Name	# Entered	
F04	TJ	Senior Men Triple Jump		20
Bib	First Name	Last Name	Team Name	
579	Lorenz	Audi	Cardiff Athletics	
567	Benaiah	Hoong	Oxford University Athletic Club	
575	Darren	Thomas	Exeter Harriers	
24	Aaron	Smith	Exeter Harriers	
576	Joseph	Phillips	Cardiff Athletics	
573	Zavier	Achiampong	Highgate Harriers	
574	Jordan	Iwhiwhu	Yate & District AC	
581	Adrian	Sum	City of Sheffield and Dearne AC	
23	Salem	Mbimu-Kiam	Cardiff Athletics	
580	Ben	Butcher	Cardiff University Athletics Club	
544	Abdul	Afolabi	Cardiff Archers	
539	Jonty	Butler	Cardiff University Athletics Club	
531	Louis	Whyte	Edinburgh Athletic Club	
570	Jedani	Wright	Cardiff Metropolitan University Athletics	
16	Luca	Phillips	Club Cardiff Archers	
569	Joel	Townley	Gloucester AC	
577	Nahbi	Odeh	Leicester Coritanian AC	
571	Shawn	Ampong	Blackheath & Bromley Harriers AC	
578	Toby	Dronfield	Blackheath & Bromley Harriers AC	
572	Henry	Clarkson	Edinburgh Athletic Club	

Event Id	Event	Event Name	# Entered	
F05	SP	Senior Women Shot Put		12
Bib	First Name	Last Name	Team Name	
603	Erin	Williams	Cardiff Archers	
447	Ariyanna	McGee	Basildon AC	
602	Chloe	Edwards	City Of Plymouth AC	
451	Samantha	Stubbs	Tonbridge AC	
606	Gwen	Lewis	Swansea Harriers	
127	Lauryn	Davey	Swansea Harriers	
608	Sabrina	Fortune	Deeside Amateur Athletic Club	
604	Serena	Vincent	City Of Portsmouth AC	
513	Rebekah	Pratt	Swansea Harriers	
611	Catrina	Davies	Neath Harriers	
97	Grace	Povey	South Devon AC	
445	Isobelle	Beer	North Devon AC	

Event Id	Event	Event Name	# Entered	
F06	SP	Ambulant [Para] Female Shot		4
Bib	First Name	Last Name	Team Name	
610	Lydia	Church - F12	Peterborough & Nene Valley AC	
151	Fletcher	Roberts-T/F37	Brighton Phoenix	
609	Sara	Jones-F40	Carmarthen Harriers	
605	Julie	Rogers	DSW Para Athletics	

Event Id	Event	Event Name	# Entered	
F07	PV	Senior Men Pole Vault		16
Bib	First Name	Last Name	Team Name	
52	Toks	Ak anbi-Mortim er	Rhymney Valley AC	
505	Jonathan	Mellor	Cardiff Archers	
506	Louis	Shuall	Swansea Harriers	
503	Glyn	Price	Swansea Harriers	
496	Iwan	Slade	Swansea Harriers	
507	Charlie	Shuall	Swansea Harriers	
508	Will	Grant	Deeside Amateur Athletic Club	
19	Aharon	Graham	Cardiff Athletics	
500	Liam	Mulvaney Hillier	Yate & District AC	
504	Harry	Newton	Swansea Harriers	
502	Cesar	Alvarez	Cardiff Archers	
497	Otis	Schorr-Kon	Cardiff University Athletics Club	
501	Kurt	Gilbert	Cardiff Metropolitan University Athletics	
499	Teuan	Hosgood	Club Swansea Harriers	
498	Mark	Mellor	Cardiff Athletics	
509	Thomas	Walley	Wrexham Amateur Athletic Club	

Event Id	Event	Event Name	# Entered	
F08	TJ	Senior Women Triple Jump		11
Bib	First Name	Last Name	Team Name	
560	Luisa	Von Schnitzler	Swansea Harriers	
583	Francesca	Morgan	Cardiff Athletics	
90	Morgan	Sadie Graham-	Cardiff Athletics	
587	Sadie Graham-	Mulvaney	Cardiff Archers	
582	Mulvaney	Beca Roberts	Cardiff University Athletics Club	
586	Beca Roberts	Lauren Hill	Cardiff Athletics	
584	Lauren Hill	Anna Mckinty	Yeovil Olympiads AC	
91	Anna Mckinty	Lottie Garratt	Deeside Amateur Athletic Club	
558	Lottie Garratt	Olivia	Gloucester AC	
517	Olivia	Schrimshaw	Deeside Amateur Athletic Club	
585	Schrimshaw	Pauline	Forest of Dean AC	
	Pauline	RaissaNgouop		
	RaissaNgouop	ou		
	Imogen	Whiteley		

Event Id	Event	Event Name	# Entered	
F09	Shot	Senior Men Shot Put (7.26kg)		9
Bib	First Name	Last Name	Team Name	
595	Ben	Bowen	Pembrokeshire Harriers	
35	Samson	Chinaka	Newport Harriers	
592	Sebastian	Anstead	Cardiff Archers	
598	Dafydd	Herdman	Cardiff Athletics	
596	Albert	Graham	Leeds City Athletic Club	
590	Dafydd	Pawlett	Yate & District AC	
601	Jacob	Matthews	Halesowen Athletics & Cycling Club	
591	Patrick	Swan	Cornwall Athletic Club	
477	Nicholas	Meyer		

Event Id	Event	Event Name	# Entered
F10	SP	Ambulant [Para] Male Shot	4

Bib	First Name	Last Name	Team Name
41	Jason	Elworthy-F38	Barry & Vale Harriers
599	Michael	Jenkins-F38	Pembrokeshire Harriers
589	Joshua	Grist-F40	DSW Para Athletics
597	Adam	Harcombe-F37	Rhondda AAC

Event Id	Event	Event Name	# Entered
F11	SP	Seated Shot	4

Bib	First Name	Last Name	Team Name
593	Paddy	Pepper-F57	British Wheelchair Athletics Association
594	Jac	Sheehan-F34	DSW Para Athletics
600	Kieran	Jones-F34	DSW Para Athletics
607	Ellie	Bowen-F56	DSW Para Athletics

Event Id	Event	Event Name	# Entered
F12	TJ	U15B Triple Jump	4

Bib	First Name	Last Name	Team Name
140	Cobie	Phillips	Cardiff Archers
458	Aidan	Angilletta	Deeside Amateur Athletic Club
229	Macsen	Martins Hughes	Cardiff Archers
568	David	Shields	Welsh Masters Athletics Limited

Event Id	Event	Event Name	# Entered
F13	TJ	U15G Triple Jump	6

Bib	First Name	Last Name	Team Name
494	Olivia	Kenna	Swansea Harriers
163	Lilly Jayne	Mitchell	Swansea Harriers
492	Kate	Boulton	Cornwall Athletic Club
369	T abitha	Ventress-Brett	Swansea Harriers
588	Mae	Grant	West Cheshire Athletic Club
566	Freya	McCarthy	Llanelli AAC

Event Id	Event	Event Name	# Entered
F14	LJ	Senior Women Long Jump	37
Bib	First Name	Last Name	Team Name
135	Victoria Ovie		Swansea Harriers
517	Imogen Whiteley		Deeside Amateur Athletic Club
560	LuisaVon Schnitzler		Swansea Harriers
551	Oluwatomi Ajinomoh		Oxford University Athletic Club
562	Jo Willoughby		Gloucester AC
548	Naomi Parry		Cardiff Archers
553	Rebecca Chapman		Cardiff Athletics
561	Isobel Burfitt		Cheltenham and County Harriers
445	Isobelle Beer		North Devon AC
559	Sophie Pike		Bournemouth AC
549	ElodiePartington -Nash		Cornwall Athletic Club
88	Esther Adikpe		Cardiff Athletics
486	Nia Powell		Cardiff Archers
479	Matilda Quick		Swansea Harriers
136	Beatrice Morgan		Carmarthen Harriers
456	Ellie-Rose Isaac		Cardiff Archers
129	Stephanie Brooks		Yate & District AC
206	Amy Kennedy		Glasgow Jaguars Track and Field Club
128	Gabby Dickinson		Cardiff Athletics
552	Katy Beadle		Windsor Slough Eton & Hounslow AC
448	Grace Morgan		Cardiff Archers
555	Selina Henderson		Falkirk Victoria Harriers
556	Amy Hughes		Cardiff Archers
557	Caitlyn Mapps		Cardiff Archers
105	Ella Bowell		Bristol and West AC
547	Amelia Watling		City Of Salisbury AC & RC
484	Cerys Lee		Taunton AC
489	Megan Taylor		Cardiff Archers
455	Lauren Evans		Cardiff Athletics
550	Delleah Belgrave		Swindon Harriers
127	Lauryn Davey		Swansea Harriers
546	Jessica Lee		Carmarthen Harriers
91	Olivia Schrimshaw		Deeside Amateur Athletic Club
558	Pauline RaissaNgouopou		Gloucester AC
554	Mary Elcock		Woodford Green Athletics Club with Essex Ladies
545	Emily Thomas		Cardiff Archers
100	Sarah Mccarthy		Cardiff Athletics

Event Id	Event	Event Name	# Entered	
F15	HJ	Senior Men High Jump		16
Bib	First Name	Last Name	Team Name	
52	Toks	Ak anbi-Mortim	Rhymney Valley AC	
477	Nicholas	er Meyer		
476	Cameron	T ouron	Cheltenham and County Harriers	
187	Owen	Chesher	Maldwyn Harriers	
473	Osian	Roberts	Cardiff Archers	
474	Evan	Cole	Swansea Harriers	
475	Daniel	W illiams	Swansea Harriers	
471	Leon	Gregson	Cardiff Athletics	
32	Leon	Biaggi	Exeter Harriers	
472	Fin	T hurm an	Newquay & Par AC	
60	Iolo	Grant	Cardiff Archers	
470	Sam	Davies	Swansea Harriers	
467	Charlie	Husbands	Birchfield Harriers	
466	Adam	Jones	Southampton Athletic Club	
469	Luke	Ball	Yate & District AC	
468	Adam	Brook s	Yate & District AC	

Event Id	Event	Event Name	# Entered	
F16	HJ	U15G High Jump		10
Bib	First Name	Last Name	Team Name	
227	Cadee May	W illiams	Aberdare Valley AAC	
217	Megan	Bunston	Cardiff Athletics	
176	Darcy	Letm an-	Cardiff Archers	
373	Lily	Higgins	Cardiff Athletics	
495	Ella	Parsons	Cardiff Athletics	
494	Olivia	Mckay	Swansea Harriers	
463	Mandida	Kenna	Swansea Harriers	
491	Elen Megan	Rushesha	Cardiff Archers	
493	Grace	Black m ore	Cardiff Athletics	
492	Kate	Caddy Boulton	Cornwall Athletic Club	

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Event Id	Event	Event Name	# Entered	
F17	PV	Senior Women Pole Vault		15
Bib	First Name	Last Name	Team Name	
517	Im ogen	W hiteley	Deeside Amateur Athletic Club	
513	Rebek ah	Pratt	Swansea Harriers	
511	Ava	Lane	Cardiff Archers	
521	Megan	Morris	Swansea Harriers	
515	Lyra	Roberts	Llanelli AAC	
516	Sophie	Hornung	Cardiff Metropolitan University Athletics	
112	Ella	Mitchell	Club Cardiff Athletics	
514	Aim ie	Taylor	Cardiff Metropolitan University Athletics	
522	Maddi	Hamer	Club Cardiff Archers	
518	Isla	Crameri	Tamworth AC	
510	Carys M	Jones	Swansea Harriers	
512	Sophie	Dowson	Blackheath & Bromley Harriers AC	
520	Nem iah	Munir	Thames Valley Harriers	
519	Jade	Spencer-Smith	Harrow AC	
523	Jade	Ive	Sutton & District AC	

Event Id	Event	Event Name	# Entered	
F18	SP	U15B Shot		8
Bib	First Name	Last Name	Team Name	
458	Aidan	Angilletta	Deeside Amateur Athletic Club	
148	Lucca	T ardivel	Deeside Amateur Athletic Club	
612	Lachlan	Robbie	Cardiff Archers	
213	Django	Sum m erill	Aberdare Valley AAC	
614	Jacob	Davies	Swansea Harriers	
613	Jonas	Evans	Rhondda AAC	
615	Ioan	Jones	Swansea Harriers	
153	Gil	Fook	Deeside Amateur Athletic Club	

Event Id	Event	Event Name	# Entered	
F19	HJ	Senior Women High Jump		15
Bib	First Name	Last Name	Team Name	
488	Lauren	Wall	Worcester AC	
136	Beatrice	Morgan	Carmarthen Harriers	
478	Freya	Ridge	Tonbridge AC	
445	Isabelle	Beer	North Devon AC	
486	Nia	Powell	Cardiff Archers	
479	Matilda	Quick	Swansea Harriers	
481	Ruby	Donaldson	Yate & District AC	
484	Cerys	Lee	Taunton AC	
489	Megan	Taylor	Cardiff Archers	
487	Lily	Bailey	Bristol and West AC	
482	Jazmin	Cooke	Bournemouth AC	
483	Evelyne	Fonteyne	Shaftesbury Barnet Harriers	
480	Lili	Church	Carmarthen Harriers	
455	Lauren	Evans	Cardiff Athletics	
485	Pippa	Rogan	Thames Valley Harriers	

Event Id	Event	Event Name	# Entered	
F20	HJ	U15B High Jump		6
Bib	First Name	Last Name	Team Name	
363	Oscar	Hayles	Cardiff Athletics	
436	Ioan	Vale	Aberdare Valley AAC	
490	Idris	Cartwright	Cardiff Athletics	
140	Cobie	Phillips	Cardiff Archers	
153	Gil	Fook	Deeside Amateur Athletic Club	
458	Aidan	Angilletta	Deeside Amateur Athletic Club	

Event Id	Event	Event Name	# Entered	
F21	PV	U15G Pole Vault		7
Bib	First Name	Last Name	Team Name	
530	Ruby	Brannigan	Swansea Harriers	
495	Ella	Mckay	Cardiff Athletics	
528	Luisa	Rabaiotti	Swansea Harriers	
527	Georgie	Davies	Swansea Harriers	
529	Im ogen	Alexander	Cardiff Archers	
526	Freya	Birt	Swansea Harriers	
226	Hannah	Sullivan	Swansea Harriers	

Event Id	Event	Event Name	# Entered	
F22	SP	U15G Shot		15
Bib	First Name	Last Name	Team Name	
166	Megan	O'Connell	Aberdare Valley AAC	
616	Ffion	W illiams	Rhymney Valley AC	
178	Olivia	Chinaka	Newport Harriers	
620	Sara	Bradshaw	Newport Harriers	
618	Poppy	Jones	Rhondda AAC	
182	Sophie	Davies	Cardiff Athletics	
373	Lily	Parsons	Cardiff Athletics	
619	Libby	Fook	Deeside Amateur Athletic Club	
492	Kate	Boulton	Cornwall Athletic Club	
179	Ava	Sm ith	Rhondda AAC	
235	Lyra	W oollam-	North Devon AC	
617	Heidi	Dalling Priest	Blaenau Gwent Athletics	
566	Freya	McCarthy	Llanelli AAC	
464	Lauren	Oshisanya	Swansea Harriers	
165	T iana	Odugbesan	Cardiff Archers	

Event Id	Event	Event Name	# Entered	
F23	LJ	Ambulant [Para] Male Long Jump		4
Bib	First Name	Last Name	Team Name	
151	Fletcher	Roberts-T/F37	Brighton Phoenix	
20	Will	Bis hop-T 35/F35	Cardiff Metropolitan University Athletics	
6	Tomi	Roberts-Jones-T/F37	Club Newport Harriers	
542	Luke	Sinnott-T/F61	Bournemouth AC	

Event Id	Event	Event Name	# Entered
F24	LJ	Senior Men Long Jump	27
Bib	First Name	Last Name	Team Name
532	Lam	Asa	Cardiff Athletics
43	Rod	W yatt	Spirit of Monmouth
538	Tommy	Evans	Cardiff Archers
27	Alexander	Stathak is	Newport Harriers
184	Ian	Allen	Yeovil Olympiads AC
536	David	Hawk ins	Gloucester AC
35	Samson	Chinaka	Newport Harriers
474	Evan	Cole	Swansea Harriers
84	Morgan	Keen Williams	Newport Harriers
544	Abdul	Afolabi	Cardiff Archers
533	Daniel	Perry	Bournemouth AC
191	Christian	Pugsley	Exeter Harriers
60	Iolo	Grant	Cardiff Archers
539	Jonty	Butler	Cardiff University Athletics Club
82	Arran	T opham	Cardiff University Athletics Club
193	Toby	W right	Taunton AC
45	Jacob	Edghill	Cardiff Metropolitan University Athletics Club
52	Toks	Ak anbi-Mortim	Rhymney Valley AC
537	Ryan	er Edwards	Cardiff Metropolitan University Athletics Club
65	Benj am	Park er	Aberdare Valley AAC
531	in Louis	W hyte	Edinburgh Athletic Club
535	Sam uel	Kane	Glasgow Jaguars Track and Field Club
543	T osin	Oke	Woodford Green Athletics Club with Essex Ladies
16	Luca	Phillips	Cardiff Archers
540	Ogo	Anochirionye	Thames Valley Harriers
541	T revor	Alexanderson	Birchfield Harriers
534	Sam uel	Khogali	Woodford Green Athletics Club with Essex Ladies

Event Id	Event	Event Name	# Entered	
T01	1500	Senior Women 1500m		31
Bib	First Name	Last Name	Team Name	
355	Ava	O'Brien		
412	Scarlett	Livingstone	Exeter Harriers	
345	Emily	Lowery	Belgrave Harriers	
346	Libby	Hale	Swansea Harriers	
416	Victoria	Hiscock	Reading AC	
409	Keira	Brady-Jones	Wirral AC	
420	Jessica	Varley	Peterborough & Nene Valley AC	
398	Hannah	Taunton	Taunton AC	
402	Erin	Burt	Cardiff University Athletics Club	
419	Shen	Wigfield-Turner	Hallamshire Harriers Sheffield	
400	Emily	Parker	Poole AC	
403	Laurie	Marlow	Reading AC	
353	Charlotte	Buckle	Thames Valley Harriers	
414	Kirstie	Booth	Taunton AC	
408	Paige	Quinn	Torbay AAC	
406	Ceri	Griffiths	Newport Harriers	
397	Annie	Testar	Stroud & District AC	
405	Jessica	Hyland	Carmarthen Harriers	
413	Cara	Scott	Menai Track & Field	
348	Rebecca	Harries	Cardiff Athletics	
349	Madison	Hughes	Maldwyn Harriers	
401	Niamh	McDonald	Les Croupiers RC	
350	Olivia	Morgan	Cardiff Archers	
418	Ella	Davies	Swansea Harriers	
399	Danni	Sinclair	Cardiff Metropolitan University Athletics	
407	Ava	Davies	Club Swansea Harriers	
410	Imogen	Davies	Cardiff Athletics	
417	Lucy	Harrison	Southampton Athletic Club	
411	Kate	Bain	Guernsey AC	
415	Ewelina	Ciesielska	Parc Bryn Bach Running Club	
404	Ella	Leonard		

Event Id	Event	Event Name	# Entered	
T02	1500	Senior Men 1500m		35
Bib	First Name	Last Name	Team Name	
392	Daniel	Davey		
304	Jack	Gumm	Brighton Phoenix	
309	Oliver	Carvell	Telford AC	
395	David	Clark	Wycombe Phoenix Harriers & AC	
383	Matthew	Brunnock	Western Tempo	
393	Freddie	Cooper	Yate & District AC	
311	Rory	Forbes	Optima Racing Team	
337	Josh	Smith	Pontypridd Roadents AC	
388	Janoš	Vranek	Aberystwyth AC	
382	Henry	Evans	Newport Harriers	
378	Cameron	Boyek	Morpeth Harriers & AC	
381	Tom	Baird	Pontypridd Roadents AC	
320	David	Williams	Cardiff Athletics	
322	Oliver	Williams	Les Croupiers RC	
384	Harry	Harvey	Winchester & District AC	
390	Adam	Lane	Cardiff Metropolitan University Athletics	
387	Adam	Wilson	Club Yate & District AC	
301	Owain	Morris	Les Croupiers RC	
385	Finley	Bruce	Carmarthen Harriers	
380	Daniel	Ullah	Birchfield Harriers	
391	Edward	Foster	Les Croupiers RC	
327	Thomas	Loynes	Neath Harriers	
299	Lewis	Munro	Islwyn Running Club	
389	Joshua	Sanders	Cardiff Athletics	
394	Reece	Clarke	Cardiff Metropolitan University Athletics	
321	Robert	McHarg	Club Datchet Dashers	
334	Alfie	Osborne	Cardiff Athletics	
336	Tom	Gilbert	Newport Harriers	
326	Daniel	Tang	Cardiff Athletics	
386	Peter	Wright	Oxford City AC	
313	Harry	Osborne	Cardiff Athletics	
319	Adrian	Lewis	Aberdare Valley AAC	
302	Andrew	Moore		
379	Ifan	Lloyd	Swansea Harriers	
396	Steven	Gardner	North Wales Road Runners	

Event Id	Event	Event Name	# Entered
T03	400	Senior Women 400m	38
Bib	First Name	Last Name	Team Name
269	Evie	Aitchison	Neath Harriers
209	Ffion Mair	Roberts	Menai Track & Field
285	Hannah	Brier	Swansea Harriers
287	Jill	Cherry	Victoria Park City of Glasgow AC
286	Sian	Harry	Belgrave Harriers
294	Emma	Holmes	West Cheshire Athletic Club
280	Katie	Robbins	Yate & District AC
95	Eleanor	McIntosh	Bristol and West AC
270	Ella	Fryer	St Mary's Richmond AC
290	Imogen	Pughe	West Cheshire Athletic Club
291	Emily	Bowart	Tonbridge AC
279	Katie	Mackintosh	Team Bath Athletic Club
293	Anna-Rose	Merchant	Cardiff Athletics
274	Chloe	Farmer	Cardiff Archers
210	Hanna	Ulvede	Cardiff Metropolitan University Athletics
268	Bethan	Burley	Club Southampton Athletic Club
282	Darcy	Coslett	Llanelli AAC
207	Lydia	Morris	Manx Harriers
93	Khiaama	Kofi	Bristol and West AC
277	Ella	Barker	Exeter University Athletic Club
278	Teresa	Iannetelli	Swindon Harriers
208	Non Elen	Redvers Jones	Cardiff Metropolitan University Athletics
272	Mia	Bates	Club Team Bath Athletic Club
283	Julia	Johnson	Oxford University Athletic Club
271	Millie	Webb	Cardiff Athletics
289	Ellis	Woolley	Cheltenham and County Harriers
109	Izzy	Turner	North Somerset AC
296	Abi	Jarvis	Aberdare Valley AAC
281	Megan	Rowe	Sale Harriers Manchester
292	Caitlin	Battersby	Cardiff Metropolitan University Athletics
288	Grace	Cardwell	Club Oxford University Athletic Club
203	Ruby	Mills	Swansea Harriers
276	Ffion	Mulford	Rhondda AAC
295	Emma	Harris	Taunton AC
273	Amelia	Honor	Bristol and West AC
284	Jessica	Davies	Aberdare Valley AAC
275	Lenka	Koubkova	University of Worcester
200	Fiona	Steele	Law & District AAC

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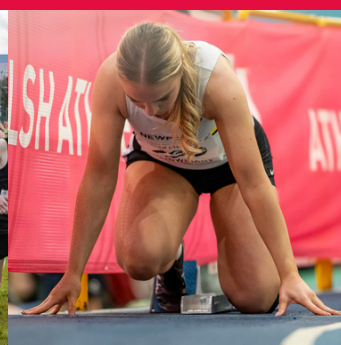


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Event Id	Event	Event Name	# Entered	
T04	400	Senior Men 400m		42
Bib	First Name	Last Name	Team Name	
18	Omanchi	Agbaji		
197	Callum	Charlson		
249	Kieran	Eland	Tonbridge AC	
256	Harry	Hillman	Cardiff Athletics	
251	Ben	Wells	Yate & District AC	
247	Liam	McGivern	Wrexham Amateur Athletic Club	
240	Zico	Jones	Be Fit Today Track Academy	
261	Jacob	Lamboll	Cardiff Metropolitan University Athletics	
260	Max	Leslie	Club Glasgow Jaguars Track and Field Club	
259	Kacper	Matysiak	Birchfield Harriers	
198	Gethin	Griffith	Menai Track & Field	
34	Kit	Oliver-Stevens	Exeter Harriers	
238	Rory	Summers	City Of Plymouth AC	
250	Joe	Wheeler	Tavistock AC	
241	Edward	Enser	Bracknell AC	
255	Scott	Gunning	Basingstoke & Mid Hants AC	
192	Nicolas	Maczugowski	City Of Plymouth AC	
252	Will	Parkinson	Cardiff University Athletics Club	
243	Harry	Bradley	Newport Harriers	
38	John	Bridge-T47	Cardiff Athletics	
263	Daniel	Woodburn	Belgrave Harriers	
239	Iwan	Wilson	Llanelli AAC	
258	Ethan	Hood	Cardiff Metropolitan University Athletics	
248	Osian	Parry	Club Cardiff Archers	
245	Jack	Farrell	Cardiff Athletics	
188	Harrison	Wheeler	Llanelli AAC	
237	Oliver	Edwards	Wrexham Amateur Athletic Club	
244	Benjamin	Price	Cardiff Athletics	
266	Bradley	White	Basingstoke & Mid Hants AC	
8	Rhys	Lloyd-Roberts	Pembrokeshire Harriers	
51	Noah	Dyson	Team Bath Athletic Club	
253	Jared	Nicholls	Liverpool Pembroke & Sefton H AC	
195	Joseph	Beresford	Swansea Harriers	
246	Max	Lancett	Cheltenham and County Harriers	
196	Dylan	Andrews	Bridgend Athletics	
73	Wilbert	Purser-Mountford	Exeter Harriers	
242	Freddie	Coombe	Cheltenham and County Harriers	
257	Finley	Keane	Cardiff Archers	
267	Adrian	Haines	Brighton Phoenix	
265	Richard	White	Worcester AC	
262	Sean	Price	Les Croupiers RC	
264	Brett	Davis	Newport Harriers	

Event Id	Event	Event Name	# Entered	
T05	60H	Senior Men 60m Hurdles		6
Bib	First Name	Last Name	Team Name	
440	David	King	City Of Plymouth AC	
42	Callum	Holder	Sutton & District AC	
444	Rico	Cottell	Blackheath & Bromley Harriers AC	
442	Charlie	Staddon	Team Bath Athletic Club	
443	Tobias	Clayden	Cardiff Metropolitan University Athletics	
441	Joe	Thompson	Club Dacorum Athletics Club	

Event Id	Event	Event Name	# Entered	
T06	60H	Senior Women 60m Hurdles		22
Bib	First Name	Last Name	Team Name	
112	Ella	Mitchell	Cardiff Athletics	
445	Isabelle	Beer	North Devon AC	
134	Sarah	Winstone	Neath Harriers	
453	Jewel	Bennett	Oxford University Athletic Club	
446	Marli	Jessop	Harrow AC	
115	Jenna	Blundell	Yate & District AC	
457	Anastasia	Davies	Blackheath & Bromley Harriers AC	
450	Georgia	Silcox	Yeovil Olympiads AC	
455	Lauren	Evans	Cardiff Athletics	
448	Grace	Morgan	Cardiff Archers	
454	Erin	Campbell	Giffnock North AC	
86	Dani	Hales	Telford AC	
123	Sophie	Lisk	Cardiff Archers	
452	Yasmin	Uwakwe	Enfield and Haringey AC	
449	Amy	Pye	Cannock & Stafford AC	
127	Lauryn	Davey	Swansea Harriers	
447	Ariyanna	McGee	Basildon AC	
451	Samantha	Stubbs	Tonbridge AC	
129	Stephanie	Brooks	Yate & District AC	
206	Amy	Kennedy	Glasgow Jaguars Track and Field Club	
122	Christina	Griffith	Newport Harriers	
456	Ellie-Rose	Isaac	Cardiff Archers	

Event Id	Event	Event Name	# Entered
T07	60H	U15 Girls 60m Hurdles	17
Bib	First Name	Last Name	Team Name
156	Im ogen	Vecchi	Cardiff Athletics
175	Taylor	Shelmerdine	Swansea Harriers
168	Carys	Pritchard	Swansea Harriers
159	Harriet	Young	Neath Harriers
373	Lily	Parsons	Cardiff Athletics
223	Lucie	Ruttley	Cardiff Archers
170	Am ber	Rayner	Cardiff Athletics
218	Grace	Adam	Cwmbran Harriers
369	T abitha	Ventress-Brett	Swansea Harriers
463	Mandida	Rushesha	Swansea Harriers
236	Ruby	Hearne	Cwmbran Harriers
464	Lauren	Oshisanya	Swansea Harriers
465	Evie	Ingleson	Newport Harriers
227	Cadee May	Williams	Aberdare Valley AAC
167	Ava-Lexi	Placide	Cardiff Athletics
165	T iana	Odugbesan	Cardiff Archers
462	Eva	Anwyl	Sale Harriers Manchester

Event Id	Event	Event Name	# Entered
T08	1500	U15 Girls 1500m	11
Bib	First Name	Last Name	Team Name
429	Eleanor	W right-	Rhymney Valley AC
431	Bryony	Nicholas Boyce	Cardiff Athletics
367	Tamsin	Seguin	Menai Track & Field
220	Hannah	Jones	Swansea Harriers
433	Elinor	Roberts	Cardiff Athletics
432	Leah	Rhodes	Newport Harriers
434	Holly	Worth	Menai Track & Field
233	Isobel	Davies	Cardiff Athletics
370	Poppy	Turton	Newport Harriers
430	Lola	Bates	Cwmbran Harriers
375	Seren	Hardman	Bridgend Athletics

Event Id	Event	Event Name	# Entered	
T09	60	U15 Girls 60m		29
Bib	First Name	Last Name	Team Name	
157	Siwan	W illavoy s	Cardiff Athletics	
158	Poppy	Young	Blaenau Gwent Athletics	
166	Megan	O'Connell	Aberdare Valley AAC	
171	Cari	Roberts	Colwyn Bay AC	
173	Enya	Rooney	Bridgend Athletics	
175	Taylor	Shelmerdine	Swansea Harriers	
177	Maja	Chelminiak	Bridgend Athletics	
178	Olivia	Chinaka	Newport Harriers	
155	Aliyah	Afolabi	Cardiff Archers	
162	Mia	Johnson	West Cheshire Athletic Club	
167	Ava-Lexi	Placide	Cardiff Athletics	
165	T iana	Odugbesan	Cardiff Archers	
180	Hollie	Taylor	Cardiff Archers	
183	Ava	T hom pson	Neath Harriers	
174	Gwenllian	Jones	Swansea Harriers	
161	Evan-Rae	Hanniford	Cardiff Archers	
168	Carys	Pritchard	Swansea Harriers	
176	Darcy	Letm an-	Cardiff Archers	
159	Harriet	Higgins Young	Neath Harriers	
156	Im ogen	Vecchi	Cardiff Athletics	
182	Sophie	Davies	Cardiff Athletics	
170	Am ber	Rayner	Cardiff Athletics	
172	Ffion	Ball	Cardiff Athletics	
163	Lilly Jayne	Mitchell	Swansea Harriers	
181	Belle	T hom as	Swansea Harriers	
164	Lavinia-Rose	Mountford	Barry & Vale Harriers	
160	Am elia	Garvey	Barry & Vale Harriers	
169	Isla	Garvey	Barry & Vale Harriers	
179	Ava	Sm ith	Rhondda AAC	

Event Id	Event	Event Name	# Entered	
T10	60	U15 Boys 60m		16
Bib	First Name	Last Name	Team Name	
149	Seth	Heward	Newport Harriers	
154	Kaleem	Islam	Cardiff Athletics	
145	Harrison	Coburn	Cwmbran Harriers	
148	Lucca	T ardivel	Deeside Amateur Athletic Club	
139	Reagan	McCarthy	Cardiff Athletics	
143	Sebastian	Hum phreys	Newport Harriers	
152	Joshua	T hom as	Cardiff Archers	
138	Jacob	Maund	Bridgend Athletics	
150	Donal	Halloran	Rhymney Valley AC	
140	Cobie	Phillips	Cardiff Archers	
153	Gil	Fook	Deeside Amateur Athletic Club	
142	Luke	Sim pson	Pembrokeshire Harriers	
146	Sam uel	Riddle	Cardiff Archers	
144	Leon	Rees	Neath Harriers	
141	Gethin	Hughes	Cardiff Athletics	
147	David	Lenghel	Pontyclun Athletics Club	

Event Id	Event	Event Name	# Entered	
T11	60	Senior Women 60m		52
Bib	First Name	Last Name	Team Name	
112	Ella	Mitchell	Cardiff Athletics	
114	Charlotte	W ingfield	Cardiff Athletics	
94	Hannah	Longden	Cardiff Athletics	
108	Nell	Desir	Cardiff Archers	
98	Sarah	Malone	Glasgow Jaguars Track and Field Club	
100	Sarah	Mccarthy	Cardiff Athletics	
115	Jenna	Blundell	Yate & District AC	
125	Freya	Cowan	Glasgow Jaguars Track and Field Club	
113	Issie	T ustin	Cardiff Athletics	
101	Zoe	Nash	Newport Harriers	
133	Jessica	Mantle	Cardiff Athletics	
130	Lois	Garland	Glasgow Jaguars Track and Field Club	
126	T if f any	Cox	Abingdon Athletics Club	
88	Esther	Adik pe	Cardiff Athletics	
129	Stephanie	Brook s	Yate & District AC	
91	Olivia	Schrimshaw	Deeside Amateur Athletic Club	
86	Dani	Hales	Telford AC	
105	Ella	Bowell	Bristol and West AC	
99	Menna	Grant	Cardiff Archers	
111	Kirsty	T reglown	Yate & District AC	
93	Khiaaam a	Kofi	Bristol and West AC	
110	Chloe	Burrows	Bournemouth AC	
137	Kinga	Kudzia	Cardiff Metropolitan University Athletics	
107	Rosey	Sm ythe	Club Belgrave Harriers	
119	Eli	Jones	Menai Track & Field	
136	Beatrice	Morgan	Carmarthen Harriers	
128	Gabby	Dic k inson	Cardiff Athletics	
104	T iwaah	Boateng	Newport Harriers	
123	Sophie	Lisk	Cardiff Archers	
127	Laurnyn	Davey	Swansea Harriers	
90	Sadie	Graham	Cardiff Athletics	
132	Elana	Mulvaney Murray	Cardiff Athletics	
87	Michelle	T hom as	Birchfield Harriers	
103	Rebecca	Roots	Cardiff Athletics	
89	Sarah	Gibbs	Newport Harriers	
102	Matilda	Robinson	Bracknell AC	
106	Phoebe	Card	Cardiff Metropolitan University Athletics	
117	Olivia	Gillespie	Club Newport Harriers	
96	Hannah	Lownsbrough	Bromsgrove and Redditch	
122	Christina	Griffith	Newport Harriers	
135	Victoria	Ovie	Swansea Harriers	
131	Cerys	Radcliffe	Newport Harriers	
95	Eleanor	McIntosh	Bristol and West AC	
109	Izzy	Turner	North Somerset AC	
116	Jemima	W oods	Team Bath Athletic Club	
120	Poppy	Offside	Newport Harriers	
134	Sarah	W instone	Neath Harriers	
121	Naom i	Holt	North Somerset AC	
124	Ava	Stratford-Davies	Newport Harriers	
118	Alys	Godfrey	Rhymney Valley AC	
92	Juliet	Sidney	Newport Harriers	
97	Grace	Povey	South Devon AC	

Event Id	Event	Event Name	# Entered	
T12	60	Senior Men 60m		81
Bib	First Name	Last Name	Team Name	
30	Joseph Franklin		Llanelli AAC	
80	OwainLloyd Hughes		Neath Harriers	
43	Rod Wyatt		Spirit of Monmouth	
2	Jack Lawrence		Birchfield Harriers	
4	Luke Thomas		Pembrokeshire Harriers	
47	Dewi Hammond		Cardiff Athletics	
49	Dan Beadsley		Swansea Harriers	
13	Henry Nwoke		Liverpool Harriers & AC	
66	Daniel Brooks		Yate & District AC	
63	Sam Ige		Belgrave Harriers	
59	Darian Moore		Bromsgrove and Redditch	
68	Blake Tiger-LeeBrown		Cardiff Metropolitan University Athletics	
61	Zachary Price		Club Liverpool Harriers & AC	
58	Patrick Pearce		Birchfield Harriers	
29	Alex Azu		Cardiff Athletics	
25	Rory Voss		Pitreavie AAC	
33	Eli Onyewu		Swansea Harriers	
37	Edward Wilson		Bristol and West AC	
69	CaiLewis Jones		Menai Track & Field	
50	Tom White		Kingston AC and Poly Harriers	
9	Lewis Stephens		Cardiff Athletics	
60	Iolo Grant		Cardiff Archers	
40	Josh Duke		Guernsey AC	
67	Eniola Adedotun		Swansea Harriers	
72	Kelvin NtiTannor		Swansea Harriers	
74	James Burrage		Team Bath Athletic Club	
85	Joshua Maggs		Bristol and West AC	
16	Luca Phillips		Cardiff Archers	
55	Ethan Muirhead		Worthing & District Harriers	
46	Karl Williams		Swansea Harriers	
7	Euan Cunningham		Glasgow Jaguars Track and Field Club	
17	Callum Brassington-Meehan Theodore		Cardiff Metropolitan University Athletics	
83	Reeve		Club Yate & District AC	
42	Callum Holder		Sutton & District AC	
64	Jake Cover		Team Bath Athletic Club	
3	Luca Logue-Fonseca		Cardiff Athletics	
39	Evan Williams		Wrexham Amateur Athletic Club	
77	Ciaran McGuire		Belgrave Harriers	
12	Jon-Henry Robbie		Cardiff Archers	
36	Dajon Wright		Harrow AC	
19	Aharon Graham-Mulvaney Youssef		Cardiff Athletics	
79	Rabhi		Swansea Harriers	
26	Cameron Eley		Newport Harriers	
53	Ethan Craven		Worthing & District Harriers	
76	Sam Brudney		Yate & District AC	
81	Joel Mattacks		Team Bath Athletic Club	
15	Ryan Brady			
23	Salem Mbimu-Kiambi Benjamin		Cardiff Athletics	
65	Parker		Aberdare Valley AAC	
75	Ashton Burnett		Newport Harriers	
14	Finnley Roynon		Cwmbran Harriers	

22	Connell	Mccarthy Oliver-	Cardiff Metropolitan University Athletics
34	Kit	Stevens	Club Exeter Harriers
54	Marek	W arzocha	Swansea Harriers
78	Ewan	Jones	Menai Track & Field
62	Dafydd	Lewis Alzate-	Llanelli AAC
56	Jose	Gonzalez Chinaka	Cardiff Athletics
35	Samson	Edghill	Newport Harriers
45	Jacob	T opham	Cardiff Metropolitan University Athletics
82	Arran	Serning	Club Cardiff University Athletics Club
5	Leon	Hum phreys	Bristol and West AC
21	Joshua	Mtetem ela	Cardiff Athletics
28	Jay	Van Beneden	Newport Harriers
71	Nicholas	Ak anbi-Mortim	Team Bath Athletic Club
52	Toks	er Malcolm	Rhymney Valley AC
10	Oscar	Santim a	Cardiff Athletics
70	Sim eon	Biaggi	Cardiff Athletics
32	Leon	Keen Williams	Exeter Harriers
84	Morgan	Lloyd-Roberts	Newport Harriers
8	Rhys	Fields	Pembrokeshire Harriers
44	Alex	Dyson	Bristol and West AC
51	Noah	Shetty	Team Bath Athletic Club
31	Ak ash	Roach	Newport Harriers
1	Jordan	Stathak is	Cardiff Athletics
27	Alexander	Newton	Newport Harriers
11	Michael	Agbaji	
18	Omanchi	Milward	
48	Evan	Moles	
57	Reece	Sm ith Purser-	Swansea Harriers
24	Aaron	Mountford	Maldwyn Harriers
73	W ilbert		Exeter Harriers
			Exeter Harriers

Event Id	Event	Event Name	# Entered	
T13	60	Ambulant [Para] M&F 60m		5
Bib	First Name	Last Name	Team Name	
41	Jason	Elworthy-F38	Barry & Vale Harriers	
151	Fletcher	Roberts-T/F37	Brighton Phoenix	
38	John	Bridge-T47	Cardiff Athletics	
6	Tomi	Roberts-Jones-T/F37	Newport Harriers	
20	Will	Bis hop-T 35/F35	Cardiff Metropolitan University Athletics Club	

Event Id	Event	Event Name	# Entered	
T14	1500	U15 Boys 1500m		15
Bib	First Name	Last Name	Team Name	
365	Noah	Bradshaw	Newport Harriers	
423	Joseph	Newton	Swansea Harriers	
364	Finlay	Burns	Cardiff Athletics	
356	Macsen	Watts	Blaenau Gwent Athletics	
357	Elliot	Rowe	Deeside Amateur Athletic Club	
425	Lucas	Howard-Machado	Cardiff Archers	
424	Jude	Jenkins	Neath Harriers	
426	John	Gibby	Newport Harriers	
422	George	Turner	Cardiff Athletics	
427	Jake	Crock	Cardiff Athletics	
358	Joseph	Roberts	Newport Harriers	
428	Luke	Woodhouse	Neath Harriers	
421	Evan	Rowe	Aberdare Valley AAC	
360	Finley	Rees	Cardiff Athletics	
363	Oscar	Hayles	Cardiff Athletics	

Event Id	Event	Event Name	# Entered	
T15	60H	U15 Boys 60m Hurdles		8
Bib	First Name	Last Name	Team Name	
461	Ted	Watson	Newport Harriers	
150	Donal	Halloran	Rhymney Valley AC	
459	Jacob	Mccormack	Bracknell AC	
460	Ieuan	Taylor	Cardiff Archers	
147	David	Lenghel	Pontyclun Athletics Club	
140	Cobie	Phillips	Cardiff Archers	
146	Samuel	Riddle	Cardiff Archers	
458	Aidan	Angilletta	Deeside Amateur Athletic Club	

Event Id	Event	Event Name	# Entered	
T16	300	U15 Boys 300m		6
Bib	First Name	Last Name	Team Name	
212	Jack	Jones	Swansea Harriers	
228	William	Mackie	Aberdare Valley AAC	
229	Macsen	Martins Hughes	Cardiff Archers	
215	Ben	Janes	Swindon Harriers	
213	Django	Sumner	Aberdare Valley AAC	
147	David	Lenghel	Pontyclun Athletics Club	

Event Id	Event	Event Name	# Entered	
T17	300	U15 Girls 300m		15
Bib	First Name	Last Name	Team Name	
216	Ela	Edwards	Menai Track & Field	
162	Mia	Johnson	West Cheshire Athletic Club	
233	Isobel	Davies	Cardiff Athletics	
231	Megan	Chantrell	Aberdare Valley AAC	
235	Lyra	W oollam-Dalling	North Devon AC	
175	Taylor	Shelmerdine	Swansea Harriers	
220	Hannah	Jones	Swansea Harriers	
161	Evan-Rae	Hanniford	Cardiff Archers	
158	Poppy	Young	Blaenau Gwent Athletics	
225	Nia	Fraser	Bridgend Athletics	
236	Ruby	Hearne	Cwmbran Harriers	
234	Lois	Worlock	Aberdare Valley AAC	
160	Am elia	Garvey	Barry & Vale Harriers	
169	Isla	Garvey	Barry & Vale Harriers	
230	Aim ee	Besley	Swansea Harriers	

Event Id	Event	Event Name	# Entered	
T18	800	U15 Boys 800m		11
Bib	First Name	Last Name	Team Name	
364	Finlay	Burns	Cardiff Athletics	
228	W illiam	Mack ie	Aberdare Valley AAC	
356	Macsen	W atts	Blaenau Gwent Athletics	
365	Noah	Bradshaw	Newport Harriers	
357	Elliot	Rowe	Deeside Amateur Athletic Club	
360	Finley	Rees	Cardiff Athletics	
358	Joseph	Roberts	Newport Harriers	
361	Rory	Osborne	Team Bath Athletic Club	
359	Dek lan	Roberts	Llanelli AAC	
362	Ernest	Maley	Newport Harriers	
363	Oscar	Hayles	Cardiff Athletics	

Event Id	Event	Event Name	# Entered	
T19	800	U15 Girls 800m		18
Bib	First Name	Last Name	Team Name	
377	Lois	Codling	Newport Harriers	
233	Isobel	Davies	Cardiff Athletics	
367	Tamsin	Seguin	Menai Track & Field	
235	Lyra	Woolam-	North Devon AC	
371	Bella	Dalling Thie	Bridgend Athletics	
373	Lily	Parsons	Cardiff Athletics	
220	Hannah	Jones	Swansea Harriers	
370	Poppy	Turton	Newport Harriers	
368	Betty	Ahmed	Cardiff Athletics	
376	Emilia	Davies	Cardiff Athletics	
160	Amelia	Garvey	Barry & Vale Harriers	
374	Esme	Lynock	Carmarthen Harriers	
369	Tabitha	Ventress-Brett	Swansea Harriers	
366	Charlotte	Ascough	Bromsgrove and Redditch	
375	Seren	Hardman	Bridgend Athletics	
230	Aimee	Besley	Swansea Harriers	
226	Hannah	Sullivan	Swansea Harriers	
372	Mia	Rabaiotti	Swansea Harriers	

Event Id	Event	Event Name	# Entered	
T20	800	Senior Men 800m		51
Bib	First Name	Last Name	Team Name	
302	Andrew	Moore		
333	Alf ie	Tasker	Newport Harriers	
329	Jude	Wait	North Somerset AC	
307	Justin	Davies	Team Bath Athletic Club	
304	Jack	Gumm	Brighton Phoenix	
309	Oliver	Carvell	Telford AC	
340	Harry	Ware	Basingstoke & Mid Hants AC	
297	Basil	Rock	Thames Valley Harriers	
312	Jack	Organ	Brecon Athletic Club	
308	Theo	Cheshire	Woking AC	
339	Sam uel	Tempest	Wirral AC	
310	Dan	Austin	Cardiff Archers	
311	Rory	Forbes	Optima Racing Team	
298	Daniel	Newman	City Of Plymouth AC	
303	Connor	Hood	Pontypridd Roadents AC	
314	Gregor	Norster	City Of Plymouth AC	
320	David	W illiams	Cardiff Athletics	
337	Josh	Sm ith	Pontypridd Roadents AC	
341	Matthew	W aterfield	Morpeth Harriers & AC	
300	Alex	Moseley	Doncaster Athletic Club	
244	Benj am in	Price	Cardiff Athletics	
322	Oliver	W illiams	Les Croupiers RC	
239	Iwan	W ilson	Llanelli AAC	
343	Isaac	Scott	Swindon Harriers	
327	T hom as	Loynes	Neath Harriers	
326	Daniel	Tang	Cardiff Athletics	
338	Erm iyas	Tegstu	Cardiff Athletics	
344	W illiam	Nicolle	Taunton AC	
301	Owain	Morris	Les Croupiers RC	
305	Luke	Gawthorn	Newport Harriers	
331	Rhodri	Amos	Cardiff Athletics	
317	Peter	W atkeys	Basingstoke & Mid Hants AC	
306	Joel	Frost	Cheltenham and County Harriers	
334	Alf ie	Osborne	Cardiff Athletics	
332	T om os	Davies	Cardiff Athletics	
335	Joseph	Sandiford	North Somerset AC	
325	Caleb	Gifford-Groves	Tavistock AC	
267	Adrian	Haines	Brighton Phoenix	
336	Tom	Gilbert	Newport Harriers	
323	Elliot	Jeston	North Somerset AC	
315	Jacob	Forsbrook	North Somerset AC	
321	Robert	McHarg	Datchet Dashers	
318	Dan	Schofield	Western Tempo	
299	Lewis	Munro	Islwyn Running Club	
313	Harry	Osborne	Cardiff Athletics	
316	Jonathan	W illiams	Llanelli AAC	
324	James	Robertson	North Somerset AC	
342	Josh	Webb	Caerphilly Runners	
328	Kyle	Burf ord	North Somerset AC	
319	Adrian	Lewis	Aberdare Valley AAC	
330	Stephen	Davies	Aberdare Valley AAC	

Event Id	Event	Event Name	# Entered	
T21	800	Senior Women 800m		15

Bib	First Name	Last Name	Team Name
270	Ella	Fryer	St Mary's Richmond AC
345	Emily	Lowery	Belgrave Harriers
353	Charlotte	Buckle	Thames Valley Harriers
346	Libby	Hale	Swansea Harriers
293	Anna-Rose	Merchant	Cardiff Athletics
354	Alice	Murray-Gourlay	Taunton AC
348	Rebecca	Harries	Cardiff Athletics
273	Amelia	Honor	Bristol and West AC
350	Olivia	Morgan	Cardiff Archers
347	Gemma	Tolpudd	Wells City Harriers
292	Caitlin	Battersby	Cardiff Metropolitan University Athletics
349	Madison	Hughes	Club Maldwyn Harriers
352	Sofia	Skidmore	Team Bath Athletic Club
355	Ava	O'Brien	
351	Anastasia	Eggleston-Stoker	Carmarthen Harriers

Event Id	Event	Event Name	# Entered	
T22	200	U15 Boys 200m		12

Bib	First Name	Last Name	Team Name
139	Reagan	McCarthy	Cardiff Athletics
148	Lucca	Tardivel	Deeside Amateur Athletic Club
214	Oliver	Shearer	Cardiff Athletics
143	Sebastian	Humphreys	Newport Harriers
152	Joshua	Thomas	Cardiff Archers
215	Ben	Janes	Swindon Harriers
141	Gethin	Hughes	Cardiff Athletics
138	Jacob	Maund	Bridgend Athletics
153	Gil	Fook	Deeside Amateur Athletic Club
213	Django	Sumner	Aberdare Valley AAC
147	David	Lenghel	Pontyclun Athletics Club
212	Jack	Jones	Swansea Harriers



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Event Id	Event	Event Name	# Entered	
T23	200	U15 Girls 200m		27
Bib	First Name	Last Name	Team Name	
157	Siwan	Willavoys	Cardiff Athletics	
166	Megan	O'Connell	Aberdare Valley AAC	
171	Cari	Roberts	Colwyn Bay AC	
173	Enya	Rooney	Bridgend Athletics	
177	Maja	Chelminiak	Bridgend Athletics	
216	Ela	Edwards	Menai Track & Field	
217	Megan	Bunston	Cardiff Athletics	
224	Anya Rose	Goodwin	Cardiff Athletics	
219	T atenda	Kasvosve	Newport Harriers	
155	Aliyah	Afolabi	Cardiff Archers	
220	Hannah	Jones	Swansea Harriers	
165	T iana	Odugbesan	Cardiff Archers	
183	Ava	T hom pson	Neath Harriers	
175	Taylor	Shelmerdine	Swansea Harriers	
180	Hollie	Taylor	Cardiff Archers	
225	Nia	Fraser	Bridgend Athletics	
223	Lucie	Ruttley	Cardiff Archers	
158	Poppy	Young	Blaenau Gwent Athletics	
176	Darcy	Letm an-	Cardiff Archers	
218	Grace	Higgins Adam	Cwmbran Harriers	
164	Lavinia-Rose	Mountford	Barry & Vale Harriers	
182	Sophie	Davies	Cardiff Athletics	
169	Isla	Garvey	Barry & Vale Harriers	
222	Ffion	Mitton	Cardiff Athletics	
178	Olivia	Chinaka	Newport Harriers	
227	Cadee May	Williams	Aberdare Valley AAC	
226	Hannah	Sullivan	Swansea Harriers	

Event Id	Event	Event Name	# Entered
T24	200	Senior Men 200m	38
Bib	First Name	Last Name	Team Name
30	Joseph	Frank lin	Llanelli AAC
185	Nicholas	Pryce	Royal Sutton Coldfield Athletics Club
61	Zachary	Price	Liverpool Harriers & AC
25	Rory	Voss	Pitreavie AAC
50	Tom	W hite	Kingston AC and Poly Harriers
7	Euan	Cunningham	Glasgow Jaguars Track and Field Club
9	Lewis	Stephens	Cardiff Athletics
189	W illiam	Hawker	Swansea Harriers
69	Cai	Lewis Jones	Menai Track & Field
188	Harrison	W heeler Oliver-	Llanelli AAC
34	Kit	Stevens	Exeter Harriers
54	Marek	W arzocho	Swansea Harriers
186	Tom	Brook es	Halesowen Athletics & Cycling Club
192	Nicolas	Maczugowski	City Of Plymouth AC
53	Ethan	Craven	Worthing & District Harriers
198	Gethin	Griffith	Menai Track & Field
19	Aharon	Graham	Cardiff Athletics
15	Ryan	Mulvaney Brady	
194	Matthew	Brown	Jersey Spartan AC
32	Leon	Biaggi	Exeter Harriers
193	Toby	W right Alzate-	Taunton AC
56	Jose	Gonzalez Chinaka	Cardiff Athletics
35	Samson	Burnett	Newport Harriers
75	Ashton	Rabhi	Newport Harriers
79	Youssef	Beresford Lloyd-	Swansea Harriers
195	Joseph	Roberts	Swansea Harriers
8	Rhys	Hum phreys	Pembrokeshire Harriers
21	Joshua	Pugsley	Cardiff Athletics
191	Christian	Mtetem ela	Exeter Harriers
28	Jay	Shetty	Newport Harriers
31	Ak ash	Charlson	Newport Harriers
197	Callum	Andrews	
196	Dylan	Chesher	Bridgend Athletics
187	Owen	Allen	Maldwyn Harriers
184	Ian	Stathak is	Yeovil Olympiads AC
27	Alexander	Agbaji	Newport Harriers
18	Omanchi	Hudson	
190	Oliver		Swindon Harriers

Event Id	Event	Event Name	# Entered
T25	200	Senior Women 200m	36
Bib	First Name	Last Name	Team Name
100	Sarah	Mccarthy	Cardiff Athletics
130	Lois	Garland	Glasgow Jaguars Track and Field Club Menai
209	Ffion Mair	Roberts	Track & Field
88	Esther	Adik pe	Cardiff Athletics
113	Issie	Tustin	Cardiff Athletics
101	Zoe	Nash	Newport Harriers
129	Stephanie	Brook s	Yate & District AC
133	Jessica	Mantle	Cardiff Athletics
126	Tiff any	Cox	Abingdon Athletics Club
117	Olivia	Gillespie	Newport Harriers
110	Chloe	Burrows	Bournemouth AC
207	Lydia	Morris	Manx Harriers
206	Amy	Kennedy	Glasgow Jaguars Track and Field Club
95	Eleanor	McIntosh	Bristol and West AC
131	Cerys	Radcliffe	Newport Harriers
201	Anais	Shepperd	Cardiff Athletics
103	Rebecca	Roots	Cardiff Athletics
210	Hanna	Ulvede	Cardiff Metropolitan University Athletics
119	Eli	Jones	Club Menai Track & Field
205	Olivia	Harwood	Cardiff Metropolitan University Athletics
104	Tiwaah	Boateng	Club Newport Harriers
87	Michelle	Thomas	Birchfield Harriers
211	Charlotte	Williams	Epsom & Ewell Harriers
132	Elana	Murray	Cardiff Athletics
102	Matilda	Robinson	Bracknell AC
208	Non Elen	Redvers Jones	Cardiff Metropolitan University Athletics
202	Grace	Richardson	Club Cardiff Athletics
120	Poppy	Offside	Newport Harriers
116	Jemima	Woods	Team Bath Athletic Club
124	Ava	Stratford-Davies	Newport Harriers
203	Ruby	Mills	Swansea Harriers
97	Grace	Povey	South Devon AC
200	Fiona	Steele	Law & District AAC
199	Elaora	Angeon	Cwmbran Harriers
92	Juliet	Sidney	Newport Harriers
204	Chloe	Eames	Exeter University Athletic Club

Event Id	Event	Event Name	# Entered	
T26	3000	U15 Boys 3000m		5
Bib	First Name	Last Name	Team Name	
435	Osian	Morgan	Swansea Harriers	
436	Ioan	Vale	Aberdare Valley AAC	
426	John	Gibby	Newport Harriers	
213	Django	Sum m erill	Aberdare Valley AAC	
428	Luke	W oodhouse	Neath Harriers	

Event Id	Event	Event Name	# Entered	
T27	3000	U15G 3000m		6
Bib	First Name	Last Name	Team Name	
433	Elinor	Roberts	Cardiff Athletics	
431	Bryony	Boyce	Cardiff Athletics	
439	Maisie	Foster	Taf Running & Orienteering Team	
438	Lyla	Jonsson	Swansea Harriers	
434	Holly	Worth	Menai Track & Field	
220	Hannah	Jones	Swansea Harriers	

Event Id	Event	Event Name	# Entered	
T28	1KW	U15B & U15G 1K Walk		2
Bib	First Name	Last Name	Team Name	
23	Megan	Chantrell	Aberdare Valley AAC	
1	Idris	Cartwright	Cardiff Athletics	
49				
0				