

T01: U16 Boys 80m Hurdles Cup Ht1 @ 12:00 PM				T01: U16 Boys 80m Hurdles Plate Ht2 @ 12:03 PM			
<i>CBP: Nathan PALMER/Alec PORTER, Whitchurch, Cardiff & the Vale/Chepstow South East Wales, 11.0 (HT), 1997/2000</i>				<i>CBP: Immanuel FEYI-WABOSO, Corpus Christ, Cardiff & Vale, 11.14, 2017</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	2	Joe NAUGHTON	Cardiff High	1	22	-	Glantaf
2	3	-	Haverfordwest	2	33	Dylan CADWALLADER	Dyffryn Aman
3	4	Hari RIGBY	Friars	3	44	-	Brynrefail
4	5	Rorey GARDNER	Ysgol Gyfun Cwm Rhymini - Gellihaf	4	55	Carter CUTTS	Ysgol Rhydywaun
5	6	Femi OLAGUNJU	St. Joseph's	5	66	-	Castell Alun
6	7	Dean VOREINAKIS	Newtown	6	77	Harry JONES	Llanidloes
7	8	-	Caerleon	7	88	-	St. Julian's
8	1	Sean STREVENS	Bishopston	8	11	Rhys CHIVERS	Gwyr

T02: U16 Girls 75m Hurdles Cup Ht1 @ 12:15 PM				T02: U16 Girls 75m Hurdles Plate Ht2 @ 12:18 PM			
<i>CBP: Lydia THOMAS, Sir Thomas Picton, Dyfed, 11.23, 2014</i>				<i>CBP: Stacey COLLINS, Dwr-y-Felin, Afan Nedd Tawe, 11.70, 2009</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	7	Phoebe SHORT	Llanidloes	1	77	Caitlin OWEN	Welshpool
2	6	Crystal ANKU-MORNEY	St. Joseph's	2	66	Megan WOOD	Alun School
3	2	-	Glantaf	3	22	Amber RAYNER	Radyr
4	8	-	Gwent Is Coed	4	88	Sophie BAILEY	Monmouth Girls
5	4	HANNA JONES	Tryfan	5	44	-	Duffryn Conwy
6	3	Beatrice MORGAN	Bro Dinefwr	6	33	Tia POWELL	Dyffryn Aman
7	1	Eva CARVER	Gwyr	7	11	Tabby VENTRESS-BRETT	Olchfa
8	5	Rebecca ELMS	Ysgol Gyfun Cwm Rhymini - Gwyndy	8	55	Lily MAY HUTCHINGS	Ysgol Gyfun Cwm Rhymini - Gellihaf

T03: U14 Boys 75m Hurdles Cup Ht1 @ 12:30 PM				T03: U14 Boys 75m Hurdles Plate Ht2 @ 12:33 PM			
<i>CBP: Immanuel FEYI-WABOSO, Corpus Christi High School, Cardiff & Vale, 11.14, 2017</i>				<i>CBP: Aidan ANGILLETTA, Connah's Quay High North East Wales, 11.34, 2017</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	5	Conor JONES	Ysgol Gyfun Cwm Rhymini - Gwyndy	1	55	Konrad SZNAJDER	Brynteg
2	4	Thomas RYAN	Syr Thomas Jones	2	44	-	Arduwy
3	3	Tom YOUNG	Dyffryn Aman	3	33	Alife HOWELLS	Penglais
4	7	-	Llanidloes	4	77	-	Newtown
5	2	-	Whitchurch	5	22	GARAN BENTHAM	Llanishen
6	1	Aaron CAMPBELL	Gwyr	6	11	David AKPOKODJE	Bryn Tawe
7	6	-	Morgan Llywd	7	66	-	
8	8	-	Brynmawr	8	88	-	Rougemont

T04: U14 Girls 70m Hurdles Cup Ht1 @ 12:45 PM				T04: U14 Girls 70m Hurdles Plate Ht2 @ 12:48 PM			
<i>CBP: Elna DINEEN, Ysgol Glantaf, Cardiff & Vale, 11.02, 2017</i>				<i>CBP: Sophie LISK, Cardiff High, Cardiff & the Vale, 10.93, 2019</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	3	-	Bro Myrddin	1	33	-	Bro Preseli
2	1	Freya BIRT	Olchfa	2	11	Millie JAYHAM	Bishopston
3	8	Clara DAVIES	Caerleon	3	88	-	Islwyn
4	2	-	Glantaf	4	22	Lucie RUTTLEY	Cardiff High
5	7	Lacey EVANS	Welshpool	5	77	Caitlin TURNER	Llanidloes
6	5	Saffir SHAWLEY	Ysgol Gyfun Cwm Rhymini - Gwyndy	6	55	Skye MORGANS	Ysgol Gyfun Cwm Rhymini - Gellihaf
7	4	ABBEY DRAKE	Tryfan	7	44	MARED JONES	Botwnnog
8	6	-	Castell Alun	8	66	Izzy FRY	Alun School

T05: U14 Girls 1500m Cup & Plate @ 1:00 PM				T06: U14 Boys 1500m Cup & Plate @ 1:07 PM			
<i>CUP CBP: Samia JONES, Ysgol Syr Hugh Owen, Eryri, 4:50.65, 2017</i>				<i>CUP CBP: Charlie HARRIS, YG Cwm Rhymini, Gellihaf, Glamorgan Valleys, 4:34.22, 2019</i>			
<i>PLATE CBP: Nia CLATWORTHY, Porthcawl, Glamorgan Valleys, 4:58.65, 2016</i>				<i>PLATE CBP: Nikita NEARY, Dyffryn Taf, Dyfed, 4:37.35, 2011</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	4	ALYS PRITCHARD	Tryfan	1	6	-	Morgan Llywd
2	8	Poppy SMITH	Caerleon	2	2	-	Whitchurch
3	6	-	Castell Alun	3	5	Gethin GRIFFTHS	Ysgol Gyfun Cwm Rhymini - Gwyndy
4	3	-	Bro Myrddin	4	1	Cian KNIGHT	Gwyr
5	5	Ariana SULLIVAN	Ysgol Gyfun Cwm Rhymini - Gwyndy	5	8	-	Brynmawr
6	1	Mia RABAIOTTI	Olchfa	6	4	Ioan MORRIS	Syr Thomas Jones
7	2	-	Glantaf	7	7	-	Llanidloes
8	7	-	Welshpool	8	3	Alfie DENT	Dyffryn Aman
9	44	LUCY GRANT	Botwnnog	9	66	-	
10	88	-	Islwyn	10	22	GUTO ANWYL	Llanishen
11	66	Daisy JONES	Alun School	11	55	Logan GRANT	Brynteg
12	33	-	Bro Preseli	12	11	Cory STANDING	Bryn Tawe
13	55	Nansi SHIDE	Ysgol Gyfun Cwm Rhymini - Gellihaf	13	88	-	Rougemont
14	11	Lyla JOHNSON	Bishopston	14	44	-	Ardudwy
15	22	Amelie POWELL	Cardiff High	15	77	-	Newtown
16	77	Lily CALVIN-THOMAS	Llanidloes	16	33	Lewis DURSTON	Penglais

ISSUE LEG NUMBERS RELEVANT TO THE ATHLETES ABOVE

T07: U16 Girls 1500m Cup & Plate @ 1:20 PM				T08: U16 Boys 1500m Cup & Plate @ 1:27 PM			
<i>CUP CBP: Amy Thomas, YG Gwyr, Afan Nedd Tawe, 4:50.76, 2023</i>				<i>CUP CBP: Louis SPENCER, Stanwell, Cardiff & Vale, 4:19.99, 2017</i>			
<i>CBP: Samia JONES, Syr Hugh Owen, Eryri, 4:50.01, 2019</i>				<i>CBP: Ben REYNOLDS, Y Gwyndy, Glamorgan Valleys, 4:14.34, 2017</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	8	-	Gwent Is Coed	1	1	Jed PAINTER	Bishopston
2	5	Eleanor WRIGHT NICHOLAS	Ysgol Gyfun Cwm Rhymini - Gwyndy	2	7	Corbin VOWELS	Newtown
3	7	Maddie HUGHES	Llanidloes	3	8	-	Caerleon
4	4	CARI WILLIAMS	Tryfan	4	6	Toby WYNNE	St. Joseph's
5	1	Lola CANNON	Gwyr	5	3	-	Haverfordwest
6	6	Eve CLARKE	St. Joseph's	6	2	Daniel REES	Cardiff High
7	3	Mari PRITCHARD	Bro Dinefwr	7	5	Gethin LEHAJ	Ysgol Gyfun Cwm Rhymini - Gellihaf
8	2	-	Glantaf	8	4	Carwyn PYE	Friars
9	88	Seren WALL	Monmouth Girls	9	11	Deri JONES	Gwyr
10	55	Megan PEWTNER	Ysgol Gyfun Cwm Rhymini - Gellihaf	10	77	Rae LEWIS	Llanidloes
11	77	Lexi-Mai BURROWS	Welshpool	11	88	-	St. Julian's
12	44	-	Duffryn Conwy	12	66	-	Castell Alun
13	11	Millie PIERCE	Olchfa	13	33	Iolo HERBERT	Dyffryn Aman
14	66	Jess HODGSON	Alun School	14	22	-	Glantaf
15	33	Leela FINDLAY	Dyffryn Aman	15	55	Evan ROWE	Ysgol Rhydywaun
16	22	Olivia LING	Radyr	16	44	-	Brynrefail

ISSUE LEG NUMBERS RELEVANT TO THE ATHLETES ABOVE

T09: U14 Girls 200m Cup Ht1 @ 1:40 PM				T09: U14 Girls 200m Plate Ht2 @ 1:43 PM			
<i>CBP: Hannah BRIER, Ystalyfera, Afan Nedd Tawe, 25.54, 2011</i>				<i>CBP: Macey MORRIS, Caldicot School, South East Wales, 26.17, 2016</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	2	-	Glantaf	1	22	Lola WADMORE	Cardiff High
2	3	-	Bro Myrddin	2	33	-	Bro Preseli
3	4	MEDI MELLOR	Tryfan	3	44	MIA NEL JONES	Botwnnog
4	5	Lila GEORGE	Ysgol Gyfun Cwm Rhymini - Gwyndy	4	55	Lexi LYNCH	Ysgol Gyfun Cwm Rhymini - Gellihaf
5	6	-	Castell Alun	5	66	Erin MCGUIRE	Alun School
6	7	Evie LANGFORD	Welshpool	6	77	Freya LAMP	Llanidloes
7	8	Amelia COLLINS	Caerleon	7	88	-	Islwyn
8	1	Katriel UDOH	Olchfa	8	11	Grace BEARD	Bishopston

T10: U14 Boys 200m Cup Ht1 @ 1:46 PM				T10: U14 Boys 200m Plate Ht2 @ 1:49 PM			
<i>CBP: Max EVANS, Llanidloes, Powys, 23.73, 2022</i>				<i>CBP: Joseph WAYTE, Monmouth, South East Wales, 24.20, 2017</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	7	-	Llanidloes	1	77	-	Newtown
2	6	-	Morgan Llywd	2	66	-	
3	2	-	Whitchurch	3	22	ELLIS FAULKES	Llanishen
4	8	-	Brynmaur	4	88	-	Rougemont
5	4	Kyran BYOTT	Syr Thomas Jones	5	44	-	Ardudwy
6	3	Cadel PARRY	Dyffryn Aman	6	33	Jacob DANIELS	Penglais
7	1	Jensen LEWIS CHENARD	Gwyr	7	11	Kemsi IGBOEKWU	Bryn Tawe
8	5	Llywelyn TURNER	Ysgol Gyfun Cwm Rhymini - Gwyndy	8	55	Charlie HARDMAN	Brynteg

T11: U16 Girls 200m Cup Ht1 @ 1:52 PM				T11: U16 Girls 200m Plate Ht2 @ 1:55 PM			
<i>CBP: Caitlyn MAPPS, Islwyn High School, South East Wales, 24.95, 2018</i>				<i>CBP: Carys HIGGS, Risca, South East Wales, 25.71, 2022</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	5	Jessie THOMAS	Ysgol Gyfun Cwm Rhymini - Gwyndy	1	55	Emily VOYLE	Ysgol Gyfun Cwm Rhymini - Gellihaf
2	4	HAWYS OWEN	Tryfan	2	44	-	Duffryn Conwy
3	3	Poppy GOSS	Bro Dinefwr	3	33	Siwan THOMAS	Dyffryn Aman
4	7	Seren DUNNETT	Llanidloes	4	77	Ruby PRYCE	Welshpool
5	2	-	Glantaf	5	22	Cerys FARMAHAN	Radyr
6	1	Gwenllian JONES	Gwyr	6	11	Martha CALDWELL	Olchfa
7	6	Amy APPIAH-KUBI	St. Joseph's	7	66	Layla DRURY	Alun School
8	8	-	Gwent Is Coed	8	88	Verity AINSWORTH	Monmouth Girls

T12: U16 Boys 200m Cup Ht1 @ 1:58 PM				T12: U16 Boys 200m Plate Ht2 @ 2:01 PM			
<i>CBP: Tom BRADBURY, Croesyceiliog, South East Wales, 22.5 (HT), 2004</i>				<i>CBP: Josh NOTT, Corpus Christ, Cardiff & Vale, 23.26, 2017</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	3	-	Haverfordwest	1	33	Harri JONES	Dyffryn Aman
2	1	Henry PAYNE	Bishopston	2	11	Zac RICHARDS	Gwyr
3	8	-	Caerleon	3	88	-	St. Julian's
4	2	Evan REEVES	Cardiff High	4	22	-	Glantaf
5	7	Haydn JONES	Newtown	5	77	Max EVANS	Llanidloes
6	5	Charlie CURTIS-TOVEY	Ysgol Gyfun Cwm Rhymini - Gellihaf	6	55	Tristan HAMER	Ysgol Rhydywaun
7	4	Tomos RIGBY	Friars	7	44	-	Brynrefail
8	6	Sion ODIA	St. Joseph's	8	66	-	Castell Alun

T13: U14 Girls 300m Cup Ht1 @ 2:10 PM				T13: U14 Girls 300m Plate Ht2 @ 2:13 PM			
<i>CBP: Ella WINTLE, Ysgol y Preseli, Dyfed, 42.05, 2017</i>				<i>CBP: Beatrice MORGAN, Bro Dinefwr, Dyfed, 42.40, 2022</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	4	EFA PRICE	Tryfan	1	44	CARMELA ZARAET	Botwnnog
2	8	Libby JONES	Caerleon	2	88	-	Istwyn
3	6	-	Castell Alun	3	66	Lili MCKENZIE	Alun School
4	3	-	Bro Myrddin	4	33	-	Bro Preseli
5	5	Hefina LEWIS	Ysgol Gyfun Cwm Rhymini - Gwyndy	5	55	Hollie CHURCH	Ysgol Gyfun Cwm Rhymini - Gellihaf
6	1	Grace CHESWEKA	Olchfa	6	11	Taylor SHELMEARDINE	Bishopston
7	2	-	Glantaf	7	22	Lily PARSONS	Cardiff High
8	7	Imogen MORRIS	Welshpool	8	77	Bethan EVANS	Llanidloes

T14: U14 Boys 300m Cup Ht1 @ 2:16 PM				T14: U14 Boys 300m Plate Ht2 @ 12:00 AM			
<i>CBP: Ryan DAVIES, Dyffryn Taf, Dyfed, 37.03, 2013</i>				<i>CBP: Toby JONES, Bishopston, Afan Nedd Tawe, 39.36, 2022</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	6	-	Morgan Llywd	1	66	-	
2	2	-	Whitchurch	2	22	KAYDEN SMEDLEY	Llanishen
3	5	Flynn LEWIS	Ysgol Gyfun Cwm Rhymini - Gwyndy	3	55	Elijah MORGAN	Brynteg
4	1	Kian MORRIS	Gwyr	4	11	Cian MORGAN	Bryn Tawe
5	8	-	Brynmawr	5	88	-	Rougemont
6	4	Owen FELLOWES	Syr Thomas Jones	6	44	-	Ardudwy
7	7	-	Llanidloes	7	77	-	Newtown
8	3	Cameron GEORGE	Dyffryn Aman	8	33	Toby WILLIAMS	Penglais

T15: U16 Girls 300m Cup Ht1 @ 2:22 PM				T15: U16 Girls 300m Plate Ht2 @ 2:25 PM			
<i>CBP: Holly HUMPHREYS, YG Gwyr, Afan Nedd Tawe, 43.14, 2023</i>				<i>CBP: Isabel DAVIES, Bassaleg, South East Wales, 41.86, 2016</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	8	-	Gwent Is Coed	1	88	Victoria ROSSITER	Monmouth Girls
2	5	Caitlyn SALMONI	Ysgol Gyfun Cwm Rhymini - Gwyndy	2	55	Ava HUGHES	Ysgol Gyfun Cwm Rhymini - Gellihaf
3	7	Eva JONES	Llanidloes	3	77	Alice JOYCE	Welshpool
4	4	NEST OWEN	Tryfan	4	44	-	Duffryn Conwy
5	1	Holly HUMPHREYS	Gwyr	5	11	Isobel BRAMHALL	Olchfa
6	6	Hanna TENTEROBA	St. Joseph's	6	66	Poppy HEBDEN-JACKS	Alun School
7	3	Lily ALICE HUGHES	Bro Dinefwr	7	33	Elin THOMAS	Dyffryn Aman
8	2	-	Glantaf	8	22	Holly VITTLE	Radyr

T16: U16 Boys 300m Cup Ht1 @ 2:28 PM				T16: U16 Boys 300m Plate Ht2 @ 2:31 PM			
<i>CBP: Iwan GLYNN, Ysgol Bro Myrddin, Dyfed, 36.37, 2017/Gethin GRIFFITH, Ysgol Bro Myrddin, Dyfed, 36.37, 2017</i>				<i>CBP: Luke BROWN, Afon Taf, Glamorgan Valleys, 36.58, 2013</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	1	Toby JONES	Bishopston	1	11	Oliver SAMPSON	Gwyr
2	7	Oscar DAVIES	Newtown	2	77	Wil EVANS	Llanidloes
3	8	-	Caerleon	3	88	-	St. Julian's
4	6	Harri PRINCE	St. Joseph's	4	66	-	Castell Alun
5	3	-	Haverfordwest	5	33	James BENTLEY	Dyffryn Aman
6	2	Harry FRY	Cardiff High	6	22	-	Glantaf
7	5	Jack MARTIN	Ysgol Gyfun Cwm Rhymini - Gellihaf	7	55	Mason MORGAN	Ysgol Rhydywaun
8	4	Tom D'AVOSSA	Friars	8	44	-	Brynrefail

T17: U14 Girls 100m Cup Ht1 @ 2:40 PM				T17: U14 Girls 100m Plate Ht2 @ 2:43 PM			
<i>CBP: Sian JONES, Ystalyfera, Afan Nedd Tawe, 12.7 (HT), 2004</i>				<i>CBP: Tiwaah BOATENG, Caerleon Comprehensive, South East Wales, 12.7</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	2	-	Glantaf	1	22	Anna POPE	Cardiff High
2	3	-	Bro Myrddin	2	33	-	Bro Preseli
3	4	KAYLA OWEN - LEWIS	Tryfan	3	44	EVA WRIGHT	Botwnnog
4	5	Maia PHILLIPS	Ysgol Gyfun Cwm Rhymini - Gwyndy	4	55	Ruby RICHARDS	Ysgol Gyfun Cwm Rhymini - Gellihaf
5	6	-	Castell Alun	5	66	Maisie JOHNSON-HUGHES	Alun School
6	7	Rubie WYGOLD	Welshpool	6	77	Carys DAVIES-WILLIAMS	Llanidloes
7	8	Grace HEK-HUGHS	Caerleon	7	88	-	Istwyn
8	1	Tochi EMENOGU	Olchfa	8	11	Bella DAVIES	Bishopston

T18: U14 Boys 100m Cup Ht1 @ 2:46 PM				T18: U14 Boys 100m Plate Ht2 @ 12:00 AM			
<i>CBP: Kristian PHILLIPS, Ystalyfera, Afan Nedd Tawe, 11.6 (HT), 2004</i>				<i>CBP: Seb DABROWSKI, QEHS, Dyfed, 11.98, 2019</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	7	-	Llanidloes	1	77	-	Newtown
2	6	-	Morgan Llywd	2	66	-	
3	2	-	Whitchurch	3	22	DANIEL ROBERTS	Llanishen
4	8	-	Brynmaur	4	88	-	Rougemont
5	4	Max JONES	Syr Thomas Jones	5	44	-	Arduwy
6	3	Ollie MILES	Dyffryn Aman	6	33	Jacob BARNES	Penglais
7	1	Ollie REES	Gwyr	7	11	Kaidon MOORE	Bryn Tawe
8	5	Cian HUTCHINSON	Ysgol Gyfun Cwm Rhymini - Gwyndy	8	55	Harry DO	Brynteg

T19: U16 Girls 100m Cup Ht1 @ 2:52 PM				T19: U16 Girls 100m Plate Ht2 @ 12:00 AM			
<i>CBP: Danielle SELLEY, Pembroke, Dyfed, 12.1 (HT), 1999</i>				<i>CBP: Arian WILLIAMS, Syr Hugh Owen, Eryri, 12.65, 2019</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	5	Lexie MORRIS	Ysgol Gyfun Cwm Rhymini - Gwyndy	1	55	Seren REES	Ysgol Gyfun Cwm Rhymini - Gellihaf
2	4	ESTHER PARRY	Tryfan	2	44	-	Duffryn Conwy
3	3	Lexi GREGORY	Bro Dinefwr	3	33	Ella Marie JONES	Dyffryn Aman
4	7	Ffion DAVIES-WILLIAMS	Llanidloes	4	77	Lucy WARD	Welshpool
5	2	-	Glantaf	5	22	Katie HIGGINSON	Radyr
6	1	Eva EVANS	Gwyr	6	11	Adaeze EMENOGU	Olchfa
7	6	Jess ODIA	St. Joseph's	7	66	Macey JONES	Alun School
8	8	-	Gwent Is Coed	8	88	Mathilde HIRST	Monmouth Girls

T20: U16 Boys 100m Cup Ht1 @ 2:58 PM				T20: U16 Boys 100m Plate Ht2 @ 3:01 PM			
<i>CBP: Jeremiah AZU, Llanishen High, Cardiff & Vale, 11.08, 2016</i>				<i>CBP: Callum DAVIES, YG Gwyr, Afan Nedd Tawe, 11.10, 2014</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	3	-	Haverfordwest	1	33	Oliver JAMES	Dyffryn Aman
2	1	Ruari HARRIS	Bishopston	2	11	Liam HUGHES	Gwyr
3	8	-	Caerleon	3	88	-	St. Julian's
4	2	Jack VAUGHAN	Cardiff High	4	22	-	Glantaf
5	7	Kieron WATSON	Newtown	5	77	Lucas EBMEIER	Llanidloes
6	5	Callum ANTONAZZI	Ysgol Gyfun Cwm Rhymini - Gellihaf	6	55	Ellis CAMBOURNE	Ysgol Rhydywaun
7	4	Will TAYLOR	Friars	7	44	-	Brynrefail
8	6	Josh RIMMER	St. Joseph's	8	66	-	Castell Alun

T21: U14 Girls 800m Cup Ht1 @ 3:10 PM				T21: U14 Girls 800m Plate Ht2 @ 3:15 PM			
<i>CBP: Caroline MUNDAY, Chepstow, Gwent, 2:24.6 (HT), 1994</i>				<i>CBP: Lora ROBERTS, Porthcawl, Glamorgan Valleys, 2:22.7 (HT), 2008</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	4	AMBER CHAUHAN	Tryfan	1	44	NAN PRYS JONES	Botwnnog
2	8	Eva HILLIER	Caerleon	2	88	-	Istwyn
3	6	-	Castell Alun	3	66	Fleur RANGLES	Alun School
4	3	-	Bro Myrddin	4	33	-	Bro Preseli
5	5	Ellie-May HOLMES	Ysgol Gyfun Cwm Rhymini - Gwyndy	5	55	Emilia HARRISON	Ysgol Gyfun Cwm Rhymini - Gellihaf
6	1	Rosie JONES	Olchfa	6	11	Darcy GIBBON	Bishopston
7	2	-	Glantaf	7	22	Mari WILKINSON	Cardiff High
8	7	Leyla WILLIAMS	Welshpool	8	77	Rene THURSTON	Llanidloes

T22: U14 Boys 800m Cup Ht1 @ 3:20 PM				T22: U14 Boys 800m Plate Ht2 @ 3:25 PM			
<i>CBP: Jake HEYWARD, Llanishen, Cardiff & the Vale, 2:09.06, 2012</i>				<i>CBP: Charlie HOLLAND, Bishopston, Afan Nedd Tawe, 2:05.78, 2017</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	6	-	Morgan Llywd	1	66	-	
2	2	-	Whitchurch	2	22	OLIVER GREEN	Llanishen
3	5	Damien DAVIES	Ysgol Gyfun Cwm Rhymini - Gwyndy	3	55	James PENGELLY-LEACH	Brynteg
4	1	Ollie TENCH	Gwyr	4	11	Tybias SINCLAIR	Bryn Tawe
5	8	-	Brynmawr	5	88	-	Rougemont
6	4	Osian EVANS	Syr Thomas Jones	6	44	-	Ardudwy
7	7	-	Llanidloes	7	77	-	Newtown
8	3	Bradley BUTTS	Dyffryn Aman	8	33	Will MORDECAI	Penglais

T23: U16 Girls 800m Cup Ht1 @ 3:30 PM				T23: U16 Girls 800m Plate Ht2 @ 12:00 AM			
<i>CBP: Melanie DAVIES, YG Gwyr, Afan Nedd Tawe, 2:17.3 (HT), 2003</i>				<i>CBP: Nia RILEY, Radyr Comprehensive, Cardiff & Vale, 2:22.33, 2017</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	8	-	Gwent Is Coed	1	88	Sienna MCKENNA	Monmouth Girls
2	5	Esther NICHOLLS	Ysgol Gyfun Cwm Rhymini - Gwyndy	2	55	Eva PARRY	Ysgol Gyfun Cwm Rhymini - Gellihaf
3	7	Olivia MORGAN	Llanidloes	3	77	Libby LOXAM	Welshpool
4	4	EFA DWYFOR- CLARK	Tryfan	4	44	-	Duffryn Conwy
5	1	Hannah JONES	Gwyr	5	11	Susanna CUNNINGHAM	Olchfa
6	6	Keilah GERASMO	St. Joseph's	6	66	Ella ANDERSON	Alun School
7	3	Esme LYNOCK	Bro Dinefwr	7	33	Lily KNIGHT	Dyffryn Aman
8	2	-	Glantaf	8	22	Felicity WATHAN	Radyr

T24: U16 Boys 800m Cup Ht1 @ 3:40 PM				T24: U16 Boys 800m Plate Ht2 @ 12:00 AM			
<i>CBP: Neil WYNNE, Alun, Mold, North East Wales, 2:01.4 (HT), 1997</i>				<i>CBP: Oliver PATTERSON, Olchfa School, Afan Nedd Tawe, 2:02.37, 2023</i>			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	1	Harrison HOOK	Bishopston	1	11	Sam REES	Gwyr
2	7	Vincent EVANS	Newtown	2	77	Aron PECK	Llanidloes
3	8	-	Caerleon	3	88	-	St. Julian's
4	6	Kacper BURY	St. Joseph's	4	66	-	Castell Alun
5	3	-	Haverfordwest	5	33	Zac NOTTINGHAM	Dyffryn Aman
6	2	Finlay BURNS	Cardiff High	6	22	-	Glantaf
7	5	Caden PARHAM	Ysgol Gyfun Cwm Rhymini - Gellihaf	7	55	Isaac RICHARDSON	Ysgol Rhydywaun
8	4	Elliot SHEARS	Friars	8	44	-	Brynrefail

T25: U14 Girls 4 x 100 Relay Cup Ht1 @ 3:50 PM				T25: U14 Girls 4 x 100 Relay Plate Ht2 @ 3:55 PM			
<i>CBP: Ysgol Glantaf, Cardiff & the Vale, 52.83, 2017</i>				<i>CBP: Cardiff High, Cardiff & the Vale, 53.28, 2019</i>			
Lane	Bib		School	Lane	Bib		School
1	5		Ysgol Gyfun Cwm Rhymini - Gwyndy	1	55		Ysgol Gyfun Cwm Rhymini - Gellihaf
2	4		Tryfan	2	44		Botwnnog
3	3		Bro Myrddin	3	33		Bro Preseli
4	7		Welshpool	4	77		Llanidloes
5	2		Glantaf	5	22		Cardiff High
6	1		Olchfa	6	11		Bishopston
7	6		Castell Alun	7	66		Alun School
8	8		Caerleon	8	88		Islwyn

T26: U16 Girls 4 x 100 Relay Cup Ht1 @ 4:00 PM				T26: U16 Girls 4 x 100 Relay Plate Ht2 @ 4:05 PM			
<i>CBP: Islwyn High School, South East Wales, 51.79, 2018</i>				<i>CBP: Cardiff High, Cardiff & the Vale, 52.83, 2022</i>			
Lane	Bib		School	Lane	Bib		School
1	2		Glantaf	1	22		Radyr
2	3		Bro Dinefwr	2	33		Dyffryn Aman
3	4		Tryfan	3	44		Duffryn Conwy
4	5		Ysgol Gyfun Cwm Rhymini - Gwyndy	4	55		Ysgol Gyfun Cwm Rhymini - Gellihaf
5	6		St. Joseph's	5	66		Alun School
6	7		Llanidloes	6	77		Welshpool
7	8		Gwent Is Coed	7	88		Monmouth Girls
8	1		Gwyr	8	11		Olchfa

T27: U16 Boys 4 x 100 Relay Cup Ht1 @ 4:10 PM				T27: U16 Boys 4 x 100 Relay Plate Ht2 @ 4:15 PM			
<i>CBP: Radyr, Cardiff & the Vale, 45.22, 2013</i>				<i>CBP: YG Gwyr, Afan Nedd Tawe, 45.38, 2014</i>			
Lane	Bib		School	Lane	Bib		School
1	7		Newtown	1	77		Llanidloes
2	6		St. Joseph's	2	66		Castell Alun
3	2		Cardiff High	3	22		Glantaf
4	8		Caerleon	4	88		St. Julian's
5	4		Friars	5	44		Brynrefail
6	3		Haverfordwest	6	33		Dyffryn Aman
7	1		Bishopston	7	11		Gwyr
8	5		Ysgol Gyfun Cwm Rhymini - Gellihaf	8	55		Ysgol Rhydywaun

T28: U14 Boys 4 x 100 Relay Cup Ht1 @ 4:20 PM				T28: U14 Boys 4 x 100 Relay Plate Ht2 @ 4:25 PM			
<i>CBP: Barry, Cardiff & the Vale, 48.8 (HT), 2003</i>				<i>CBP: Bishop of Llandaff, Cardiff & the Vale, 50.13, 2013</i>			
Lane	Bib		School	Lane	Bib		School
1	3		Dyffryn Aman	1	33		Penglais
2	1		Gwyr	2	11		Bryn Tawe
3	8		Brynmawr	3	88		Rougemont
4	2		Whitchurch	4	22		Llanishen
5	7		Llanidloes	5	77		Newtown
6	5		Ysgol Gyfun Cwm Rhymini - Gwyndy	6	55		Brynteg
7	4		Syr Thomas Jones	7	44		Ardudwy
8	6		Morgan Llywd	8	66		