

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	Javan HERBERT	Glantaf
2	3	Harvey THOMAS	Haverfordwest	2	33	Dylan CADWALLADER	Dyffryn Aman
3	4	Hari RIGBY	Friars	3	44	Leon FRANCIS	Brynrefail
4	5	Rorey GARDNER	YG Cwm Rhymini - Gellihaf	4	55	Carter CUTTS	Ysgol Rhydywaun
5	6	Femi OLAGUNJU	St. Joseph's	5	66	Lucas GREEN	Castell Alun
6	7	Dean VOREINAKIS	Newtown	6	77	Harry JONES	Llanidloes
7	8	HARRY MANSFIELD	Caerleon	7	88	-	St. Julian's
8	1	Sean STREVENS	Bishopston	8	11	Rhys CHIVERS	YG 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	Carys MAYERS	Glantaf	3	22	Amber RAYNER	Radyr
4	8	BELLA JOHNSEY	Gwent Is Coed	4	88	Sophie BAILEY	Monmouth Girls
5	4	HANNA JONES	Tryfan	5	44	Non DAFYDD	Duffryn Conwy
6	3	Beatrice MORGAN	Bro Dinefwr	6	33	Tia POWELL	Dyffryn Aman
7	1	Eva CARVER	YG Gwyr	7	11	Tabby VENTRESS-BRETT	Olchfa
8	5	Rebecca ELMS	YG Cwm Rhymini - Gwyndy	8	55	Lily MAY HUTCHINGS	YG 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	Tom YOUNG	YG Cwm Rhymini - Gwyndy	1	55	Alife HOWELLS	Brynteg
2	4	Timothy DAVIES	Syr Thomas Jones	2	44	GARAN BENTHAM	Arduwy
3	3	Aaron CAMPBELL	Dyffryn Aman	3	33	David AKPOKODJE	Penglais
4	7	Conor JONES	Llanidloes	4	77	Konrad SZNAJDER	Newtown
5	2	Charlie WELSH	Whitchurch	5	22	Theo TURNER	Llanishen
6	1	Harrison CORTAZZI	YG Gwyr	6	11	Elis HOPKINS-DAVIES	Bryn Tawe
7	6	Thomas RYAN	Morgan Llywd	7	66	-	TBC
8	8	Alex HUIISH	Brynmawr	8	88	Matthius TSVARA	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	SEREN BOWEN	Bro Myrddin	1	33	Tabitha CURTIS	Bro Preseli
2	1	Freya BIRT	Olchfa	2	11	Millie JAYHAM	Bishopston
3	8	Clara DAVIES	Caerleon	3	88	Millie COX	Islwyn
4	2	Cerys ROWLANDS	Glantaf	4	22	Lucie RUTTLEY	Cardiff High
5	7	Lacey EVANS	Welshpool	5	77	Caitlin TURNER	Llanidloes
6	5	Saffir SHAWLEY	YG Cwm Rhymini - Gwyndy	6	55	Skye MORGANS	YG Cwm Rhymini - Gellihaf
7	4	ABBAY DRAKE	Tryfan	7	44	MARED JONES	Botwnnog
8	6	Erin DUNN	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	Ioan MORRIS	Morgan Llywd
2	8	Poppy SMITH	Caerleon	2	2	Gethin RICHARDSON	Whitchurch
3	6	Bethan ROBERTS	Castell Alun	3	5	Alfie DENT	YG Cwm Rhymini - Gwyndy
4	3	MANON PHILLIPS	Bro Myrddin	4	1	Isaac MCADIE	YG Gwyr
5	5	Ariana SULLIVAN	YG Cwm Rhymini - Gwyndy	5	8	Brody WATKINS	Brynmawr
6	1	Mia RABAIOTTI	Olchfa	6	4	Hari TURNBULL	Syr Thomas Jones
7	2	Elinor ROBERTS	Glantaf	7	7	Gethin GRIFFTHS	Llanidloes
8	7		Welshpool	8	3	Cian KNIGHT	Dyffryn Aman
9	44	LUCY GRANT	Botwnnog	9	66	-	TBC
10	88	Grace ANDREWS	Islwyn	10	22	Evan JENKINS	Llanishen
11	66	Daisy JONES	Alun School	11	55	Lewis DURSTON	Brynteg
12	33	Efa KERR	Bro Preseli	12	11	Jacob GARLAND	Bryn Tawe
13	55	Nansi SHIDE	YG Cwm Rhymini - Gellihaf	13	88	Monty HALL	Rougemont
14	11	Lyla JOHNSON	Bishopston	14	44	GUTO ANWYL	Ardudwy
15	22	Amelie POWELL	Cardiff High	15	77	Logan GRANT	Newtown
16	77	Lily CALVIN-THOMAS	Llanidloes	16	33	Cory STANDING	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	NIA LIAN	Gwent Is Coed	1	1	Jed PAINTER	Bishopston
2	5	Elearnor WRIGHT NICHOLAS	YG Cwm Rhymini - Gwyndy	2	7	Corbin VOWELS	Newtown
3	7	Maddie HUGHES	Llanidloes	3	8	TOM ISAAC	Caerleon
4	4	CARI WILLIAMS	Tryfan	4	6	Toby WYNNE	St. Joseph's
5	1	Lola CANNON	YG Gwyr	5	3	George HUGMAN	Haverfordwest
6	6	Eve CLARKE	St. Joseph's	6	2	Daniel REES	Cardiff High
7	3	Mari PRITCHARD	Bro Dinefwr	7	5	Gethin LEHAJ	YG Cwm Rhymini - Gellihaf
8	2	Sioned JOHN	Glantaf	8	4	Carwyn PYE	Friars
9	88	Seren WALL	Monmouth Girls	9	11	Deri JONES	YG Gwyr
10	55	Megan PEWTNER	YG Cwm Rhymini - Gellihaf	10	77	Rae LEWIS	Llanidloes
11	77	Lexi-Mai BURROWS	Welshpool	11	88	-	St. Julian's
12	44	Lleucu NEWTON	Duffryn Conwy	12	66	Joe VIVIAN	Castell Alun
13	11	Millie PIERCE	Olchfa	13	33	Iolo HERBERT	Dyffryn Aman
14	66	Jess HODGSON	Alun School	14	22	Owen JONES	Glantaf
15	33	Leela FINDLAY	Dyffryn Aman	15	55	Evan ROWE	Ysgol Rhydywaun
16	22	Olivia LING	Radyr	16	44	Deri HOCKLEY	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	Amara-Chukwu HERBERT	Glantaf	1	22	Lola WADMORE	Cardiff High
2	3	ALYS LEWIS	Bro Myrddin	2	33	Blythe WELSFORD	Bro Preseli
3	4	MEDI MELLOR	Tryfan	3	44	MIA NEL JONES	Botwnnog
4	5	Lila GEORGE	YG Cwm Rhymini - Gwyndy	4	55	Lexi LYNCH	YG Cwm Rhymini - Gellihaf
5	6	Esmee POVEY	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	Lara PATTERSON	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	Llywelyn TURNER	Llanidloes	1	77	Charlie HARDMAN	Newtown
2	6	Kyran BYOTT	Morgan Llywd	2	66	-	TBC
3	2	George WELSH	Whitchurch	3	22	Gethin HUGHES	Llanishen
4	8	Thomas GRUBB	Brynawr	4	88	Rhys ANTHONY	Rougemont
5	4	Zane WILLIAMS	Syr Thomas Jones	5	44	ELLIS FAULKES	Ardudwy
6	3	Jensen LEWIS-CHENARD	Dyffryn Aman	6	33	Kemsi IGBOEKWU	Penglais
7	1	Zac WILLIAMS	YG Gwyr	7	11	Brandon JERMIN	Bryn Tawe
8	5	Cadel PARRY	YG Cwm Rhymini - Gwyndy	8	55	Jacob DANIELS	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	YG Cwm Rhymini - Gwyndy	1	55	Emily VOYLE	YG Cwm Rhymini - Gellihaf
2	4	HAWYS OWEN	Tryfan	2	44	Mared JONES	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	Elen BLACKMORE	Glantaf	5	22	Cerys FARMAHAN	Radyr
6	1	Gwenllian JONES	YG Gwyr	6	11	Martha CALDWELL	Olchfa
7	6	Amy APPIAH-KUBI	St. Joseph's	7	66	Layla DRURY	Alun School
8	8	DAITON O'NEILL	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	Ollie THOMPSON	Haverfordwest	1	33	Harri JONES	Dyffryn Aman
2	1	Henry PAYNE	Bishopston	2	11	Zac RICHARDS	YG Gwyr
3	8	RHYS DYER	Caerleon	3	88	-	St. Julian's
4	2	Evan REEVES	Cardiff High	4	22	Hari MORRIS	Glantaf
5	7	Haydn JONES	Newtown	5	77	Max EVANS	Llanidloes
6	5	Charlie CURTIS-TOVEY	YG Cwm Rhymini - Gellihaf	6	55	Tristan HAMER	Ysgol Rhydywaun
7	4	Tomos RIGBY	Friars	7	44	Caio JONES	Brynrefail
8	6	Sion ODIA	St. Joseph's	8	66	Lasitha EKINYAKE	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	Lowri BRASS	Istwyn
3	6	Molly KAUFMAN	Castell Alun	3	66	Lili MCKENZIE	Alun School
4	3	BECA ELFYN	Bro Myrddin	4	33	Katy JENNINGS	Bro Preseli
5	5	Hefina LEWIS	YG Cwm Rhymini - Gwyndy	5	55	Hollie CHURCH	YG Cwm Rhymini - Gellihaf
6	1	Grace CHESWEKA	Olchfa	6	11	Taylor SHELMDINE	Bishopston
7	2	Elin MATTHEWS	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	Owen FELLOWES	Morgan Llywd	1	66	-	TBC
2	2	Jack EVANS	Whitchurch	2	22	Owen RAPPS	Llanishen
3	5	Cameron GEORGE	YG Cwm Rhymini - Gwyndy	3	55	Toby WILLIAMS	Brynteg
4	1	Cynan KING	YG Gwyr	4	11	Archie LEWIS	Bryn Tawe
5	8	Jayden PRICE	Brynmawr	5	88	Dan BEALE	Rougemont
6	4	Jayden ROBERTS	Syr Thomas Jones	6	44	KAYDEN SMEDLEY	Ardudwy
7	7	Flynn LEWIS	Llanidloes	7	77	Elijah MORGAN	Newtown
8	3	Kian MORRIS	Dyffryn Aman	8	33	Cian MORGAN	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	AALIYAH BEAVAN	Gwent Is Coed	1	88	Victoria ROSSITER	Monmouth Girls
2	5	Caitlyn SALMONI	YG Cwm Rhymini - Gwyndy	2	55	Ava HUGHES	YG Cwm Rhymini - Gellihaf
3	7	Eva JONES	Llanidloes	3	77	Alice JOYCE	Welshpool
4	4	NEST OWEN	Tryfan	4	44	Beca GRIFFITHS	Duffryn Conwy
5	1	Holly HUMPHREYS	YG 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	Bella TYSON	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	YG Gwyr
2	7	Oscar DAVIES	Newtown	2	77	Wil EVANS	Llanidloes
3	8	DANIEL PENN	Caerleon	3	88	-	St. Julian's
4	6	Harri PRINCE	St. Joseph's	4	66	Oliver KEENAN	Castell Alun
5	3	Dafydd WILLIAMS	Haverfordwest	5	33	James BENTLEY	Dyffryn Aman
6	2	Harry FRY	Cardiff High	6	22	Maccsen MARTINS-HUGHES	Glantaf
7	5	Jack MARTIN	YG Cwm Rhymini - Gellihaf	7	55	Mason MORGAN	Ysgol Rhydywaun
8	4	Tom D'AVOSSA	Friars	8	44	Guto WILLIAMS	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	Amber WILLIAMS	Glantaf	1	22	Anna POPE	Cardiff High
2	3	CRISTYN BENDLE	Bro Myrddin	2	33	Ela DAVIES	Bro Preseli
3	4	KAYLA OWEN - LEWIS	Tryfan	3	44	EVA WRIGHT	Botwnnog
4	5	Maia PHILLIPS	YG Cwm Rhymini - Gwyndy	4	55	Ruby RICHARDS	YG Cwm Rhymini - Gellihaf
5	6	Isabelle HUGHES-FAWKES-JONES	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	Myah NEWALL	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	Cian HUTCHINSON	Llanidloes	1	77	Harry DO	Newtown
2	6	Max JONES	Morgan Llywd	2	66	-	TBC
3	2	Riley WILLIAMS	Whitchurch	3	22	Adam YACOUMI	Llanishen
4	8	Jake LEONARD	Brynmaur	4	88	Kingston ATKINS	Rougemont
5	4	Lucian MYRES	Syr Thomas Jones	5	44	DANIEL ROBERTS	Ardudwy
6	3	Ollie REES	Dyffryn Aman	6	33	Kaidon MOORE	Penglais
7	1	Matthew BALL	YG Gwyr	7	11	Theo HARRINGTON	Bryn Tawe
8	5	Olly MILES	YG Cwm Rhymini - Gwyndy	8	55	Jacob BARNES	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	YG Cwm Rhymini - Gwyndy	1	55	Seren REES	YG Cwm Rhymini - Gellihaf
2	4	ESTHER PARRY	Tryfan	2	44	Cari ROBERTS	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	Elan HALL	Glantaf	5	22	Katie HIGGINSON	Radyr
6	1	Eva EVANS	YG Gwyr	6	11	Adaeze EMENOGU	Olchfa
7	6	Jess ODIA	St. Joseph's	7	66	Macey JONES	Alun School
8	8	ARMANI HESTER-DEMILLE	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	Mohammed SAMIR AL TAANI	Haverfordwest	1	33	Oliver JAMES	Dyffryn Aman
2	1	Ruari HARRIS	Bishopston	2	11	Liam HUGHES	YG Gwyr
3	8	OTIS MIGHTEN	Caerleon	3	88	-	St. Julian's
4	2	Jack VAUGHAN	Cardiff High	4	22	Joseff MAITLAND	Glantaf
5	7	Kieron WATSON	Newtown	5	77	Lucas EBMEIER	Llanidloes
6	5	Callum ANTONAZZI	YG Cwm Rhymini - Gellihaf	6	55	Ellis CAMBOURNE	Ysgol Rhydywaun
7	4	Will TAYLOR	Friars	7	44	Max ROBERTS	Brynrefail
8	6	Josh RIMMER	St. Joseph's	8	66	Dan DRUMMOND	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	Poppy HOWELLS	Istwyn
3	6	Evie MORTELL	Castell Alun	3	66	Fleur RANGLES	Alun School
4	3	MIRIAM WILLIAMS	Bro Myrddin	4	33	Mabli KING	Bro Preseli
5	5	Ellie-May HOLMES	YG Cwm Rhymini - Gwyndy	5	55	Emilia HARRISON	YG Cwm Rhymini - Gellihaf
6	1	Rosie JONES	Olchfa	6	11	Darcy GIBBON	Bishopston
7	2	Catrin THOMAS	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	Osian EVANS	Morgan Llywd	1	66	-	TBC
2	2	Toby EVANS	Whitchurch	2	22	Kevin FENG	Llanishen
3	5	Bradley BUTTS	YG Cwm Rhymini - Gwyndy	3	55	Will MORDECAI	Brynteg
4	1	Harri WELLS	YG Gwyr	4	11	Koby ROGERS	Bryn Tawe
5	8	Tristan DALEY	Brynmawr	5	88	Elis SUMMERS	Rougemont
6	4	Harvey POWNALL	Syr Thomas Jones	6	44	OLIVER GREEN	Ardudwy
7	7	Damien DAVIES	Llanidloes	7	77	James PENGELLY-LEACH	Newtown
8	3	Ollie TENCH	Dyffryn Aman	8	33	Tybias SINCLAIR	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	OLIVIA BAKER	Gwent Is Coed	1	88	Sienna MCKENNA	Monmouth Girls
2	5	Esther NICHOLLS	YG Cwm Rhymini - Gwyndy	2	55	Eva PARRY	YG Cwm Rhymini - Gellihaf
3	7	Olivia MORGAN	Llanidloes	3	77	Libby LOXAM	Welshpool
4	4	EFA DWYFOR- CLARK	Tryfan	4	44	Nel ROBERTS	Duffryn Conwy
5	1	Hannah JONES	YG 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	Elffin BRYANT	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	YG Gwyr
2	7	Vincent EVANS	Newtown	2	77	Aron PECK	Llanidloes
3	8	MAX WATKINS	Caerleon	3	88	-	St. Julian's
4	6	Kacper BURY	St. Joseph's	4	66	Louis PARSONAGE	Castell Alun
5	3	Niall SMITH	Haverfordwest	5	33	Zac NOTTINGHAM	Dyffryn Aman
6	2	Finlay BURNS	Cardiff High	6	22	Thomas PRICKETT	Glantaf
7	5	Caden PARHAM	YG Cwm Rhymini - Gellihaf	7	55	Isaac RICHARDSON	Ysgol Rhydywaun
8	4	Elliot SHEARS	Friars	8	44	Ioan OWEN	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	YG Cwm Rhymni - Gwyndy		1	55	YG Cwm Rhymni - 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	YG Cwm Rhymni - Gwyndy		4	55	YG Cwm Rhymni - 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	YG 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	YG Gwyr	
8	5	YG Cwm Rhymni - 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	YG 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	YG Cwm Rhymni - Gwyndy		6	55	Brynteg	
7	4	Syr Thomas Jones		7	44	Ardudwy	
8	6	Morgan Llywd		8	66	TBC	