



WELSH ATHLETICS
ATHLETAU CYMRU

WELSH U13, U17 & U20 TRACK & FIELD CHAMPIONSHIPS



Saturday 13 & Sunday 14 August 2022
Newport Stadium

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CHAIR'S WELCOME

Welcome to the Welsh Junior Championships of 2022. Without any doubt, it is wonderful to see all the competing athletes back on the track and in the field after the enforced hiatus of the last two years.

These championships represent a unique opportunity post Commonwealth Games 2022 to see the future stars of our sport, some of whom may well represent Wales in Australia 2026.

Once again, a big thank you to all the people involved in ensuring that these championships are a success. Diolch yn fawr.

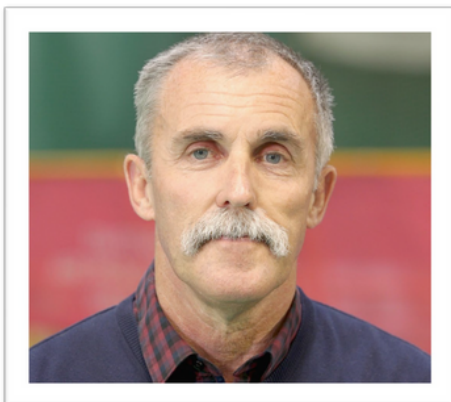
D. Stephen Perks
Chair of Welsh Athletics

Croeso i Bencampwriaethau Ieuencid Cymru 2022. Heb os nac oni bai, mae'n hyffryd gweld yr holl athletwyr sy'n cystadlu yn ôl ar y trac ac yn y maes ar ôl bwlch gorfodol y ddwy flynedd ddiwethaf.

Mae'r pencampwriaethau hyn yn cynrychioli cyfle unigryw ar ôl Gemau'r Gymanwlad 2022 i weld sêr y dyfodol yn ein camp. Mae'n ddigon posibl y bydd rhai ohonynt yn cynrychioli Cymru yn Awstralia 2026.

Unwaith eto, diolch yn fawr iawn i'r holl bobl hynny sy'n rhoi eu cefnogaeth a'u hamser i sicrhau bod y pencampwriaethau hyn yn llwyddiant. Diolch yn fawr.

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.
- All athletes must proceed through Call Room - a detailed Call Room schedule will be displayed around the venue.
- Competition clothing must confirm 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 & Javelin)
- Personal throwing implements must be submitted to the Technical Manager in the equipment room at least 60 minutes before the event start time.
- Athletes eligible for presentations will be asked to report to the presentation area after the conclusion of their event. Parents and spectators will not be permitted onto the track to take photographs.
- U17 & U20 athletes will have 3 trials plus an additional three for the top eight athletes in all horizontal jumps and throws; U13 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.

TIMETABLE

AMSERLEN

Saturday 13 August

Track Events

T01	11:15	U17 Women 1500m Heats
T02	11:40	U17 Women 300m Hurdles Heats
T03	12:00	U20 Women 400m Hurdles Final
T04	12:15	U20/U17 Men 400m Hurdles Final
T05	12:30	U13 Girls 100m Heats
T06	12:45	U13 Boys 100m Heats
T07	12:55	U17 Women 100m Heats
T08	13:10	U17 Men 100m Heats
T09	13:25	U20 Women 100m Heats
T10	13:35	U20 Men 100m Heats
T11	14:05	U17 Men 1500m S/C Final
T12	14:22	U20 Men 2000m S/C Final
T13	14:42	U17 Men 400m Heats
T14	14:52	U20 Women 400m Final
T15	14:57	U20 Men 400m Heats
T16	15:17	U20 Women 2000m S/C Final
T17	15:32	U17 Women 1500m S/C Final
T18	15:47	U13 Girls 1500m Final
T19	15:55	U13 Boys 1500m Final
T20	16:02	U17 Men 1500m Final
T21	16:10	U20 Men 1500m Final
T22	16:17	U20 Women 1500m Final
T01-2	16:25	U17 Women 1500m Final
T02-2	16:32	U17 Women 300m Hurdles Final
T05-2	16:47	U13 Girls 100m Final
T06-2	16:52	U13 Boys 100m Final
T07-2	16:57	U17 Women 100m Final
T08-2	17:02	U17 Men 100m Final
T09-2	17:07	U20 Women 100m Final
T10-2	17:12	U20 Men 100m Final

Field Events

F01	10:50	U13 Boys Shot Put
F02	11:00	U17 Men Hammer
F03	11:00	U20 Men Hammer
F04	11:45	U17 Men Long Jump
F05	11:45	U20 Men Long Jump
F06	12:15	U13 Girls Discus
F07	12:55	U17 Women Javelin
F08	12:55	U20 Women Javelin
F09	13:30	U20 Men High Jump
F10	13:30	U17 Men High Jump
F11	14:10	U13 Boys Long Jump
F12	14:30	U20 Men Discus
F13	14:30	U17 Men Discus
F14	15:35	U20 Women Triple Jump
F15	15:35	U17 Women Triple Jump
F16	15:45	U17 Men Shot Put
F17	15:45	U20 Men Shot Put
F18	16:30	U13 Girls Javelin



WELSH ATHLETICS
ATHLETAU CYMRU

ARE YOU A PARENT AND INTERESTED IN BECOMING A COACH, OR RUN LEADER?

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zoe.brown@welshathletics.org

SATURDAY 13TH

F01 U13 Boys Shot Put

10:50

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

CBP: Codey O'DONNELL, Menai T&F, 9.33, 2019

Bib	First Name	Last Name	Team Code	Team Name
363	Roman	JACKSON	SWAN	Swansea Harriers
402	Joseph	SYMONS	DSWPA	DSW Para Athletics
309	Ieuan	TAYLOR	ARCHA	Cardiff Archers
401	Jonas	EVANS	RHONA	Rhondda AAC
399	Caius	DAVIES	ABERV	Aberdare Valley AAC
113	Lucca	TARDIVEL	DEESA	Deeside AAC
400	Lachlan	ROBBIE	ARCHA	Cardiff Archers

F02 U17 Men Hammer

11:00

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

CBP: Jac PALMER, Cardiff AAC, 58.37, 2012

Bib	First Name	Last Name	Team Code	Team Name
422	Thomas	WILLIAMS	WREX	Wrexham AAC
384	Ben	EVANS	RHONA	Rhondda AAC
420	Ben	FENWICK	SWAN	Swansea Harriers
421	Sammy	THOMAS	NEATH	Neath Harriers

F03 U20 Men Hammer

11:00

WN REC: Jac PALMER, Cardiff AAC, 63.25, 2015

CBP: Jac PALMER, Cardiff AAC, 67.25, 2015

Bib	First Name	Last Name	Team Code	Team Name
418	James	HAYWARD	RHONA	Rhondda AAC
419	Caleb	RICHARDSON	ABERV	Aberdare Valley AAC

T01-1 U17 Women 1500m - Heats

11:15

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

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

QUALIFICATION TO FINAL: First 4 & 4 fastest = 12 to Final - This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
186	Anna-Rose	MERCHANT	CARD	Cardiff Athletics
191	Mali	MACDUFF	ARCHA	Cardiff Archers
250	Hollie	LEWIS	ARCHA	Cardiff Archers
260	Katy	GRIFFITHS	BRIDE	Bridgend AC
261	Madison	HUGHES	MALDW	Maldwyn Harriers
253	Jessica	HEWITT	SWAN	Swansea Harriers
210	Libby	HALE	SWAN	Swansea Harriers
254	Beca Haf	BOWN	MENA	Menai Track & Field
189	Bethan	HARDMAN	ARCHA	Cardiff Archers
192	Ceri	GRIFFITHS	NEWPH	Newport Harriers
255	Elen	RUCK	YATED	Yate & District AC
262	Anyia	BRADY	NEWPH	Newport Harriers
193	Cara	SCOTT	MENA	Menai Track & Field
209	Olivia	MORGAN	ARCHA	Cardiff Archers
252	Mai	DAVIES	SWAN	Swansea Harriers
151	Ellie	MORRIS	BLAE	Blaenau Gwent Athletics
208	Rebeca	HARRIES	CARD	Cardiff Athletics
251	Shauna	REED	CWMB	Cwmbran Harriers
195	Frances	MACKIE	CARMA	Carmarthen Harriers
188	Alice	DAVIES	ARCHA	Cardiff Archers

T02-1 U17 Women 300m Hurdles - Heats**11:40**

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

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

QUALIFICATION TO FINAL: First 3 & 2 fastest = 8 to Final. Insufficient number for heats and this will become a straight final

Bib	First Name	Last Name	Team Code	Team Name
33	Sophie	LISK	ARCHA	Cardiff Archers
155	Menna	PUGSLEY	SHRSB	Shrewsbury AC
321	Evie	AITCHISON	NEATH	Neath Harriers
322	Gabrielle	LAU	NEATH	Neath Harriers
153	Lilly	NOBLE	DEESA	Deeside AAC
122	Georgia	SMELE	BRIDE	Bridgend AC
320	Abi	JARVIS	ABERV	Aberdare Valley AAC
311	Ella	MITCHELL	CARD	Cardiff Athletics
323	Piper	LLOYD	MALDW	Maldwyn Harriers

F04 U17 Men Long Jump**11:45**

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

CBP: Tom HALLETT, Cleddau, 6.77, 1989

Bib	First Name	Last Name	Team Code	Team Name
136	Sean	HOPKINS	ARCHA	Cardiff Archers
59	Ewan	WILLIAMS	LLAN	Llanelli AAC
361	Ryan	PUGH	RHONA	Rhondda AAC
73	Finnley	ROYNON	CWMB	Cwmbran Harriers
57	Corey	BROWN	DSWPA	DSW Para Athletics
77	Lewis	BARNES	CARD	Cardiff Athletics
172	Harry	BRADLEY	NEWPH	Newport Harriers
317	Abdul	AFOLABI	ARCHA	Cardiff Archers
48	Cameron	ELEY	NEWPH	Newport Harriers
318	Evan	COLE	SWAN	Swansea Harriers
53	Huw	JENKINS	COLW	Colwyn Bay AC
319	Osian	PARRY	ARCHA	Cardiff Archers
76	Luca	PHILLIPS	ARCHA	Cardiff Archers
52	Iolo	GRANT	ARCHA	Cardiff Archers
61	Benjamin	PARKER	ABERV	Aberdare Valley AAC

F05 U20 Men Long Jump**11:45**

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

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

Bib	First Name	Last Name	Team Code	Team Name
12	Morgan	KEEN WILLIAMS	NEWPH	Newport Harriers
359	Adetokunbo	AKANBI-MORTIMER	RHYM	Rhymney Valley AC
23	Jacob	EDGHILL	COLW	Colwyn Bay AC
14	Harry	BARTON [NW]	WELCH	Wells City Harriers

T03-1 U20 Women 400m Hurdles - Straight Final**12:00**

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

CBP: Faye HARDING, Sale Harriers, 59.98, 2004

Bib	First Name	Last Name	Team Code	Team Name
324	Ophelia	PYE	MARLJ	Marlborough & District AC
161	Cariad	NORRIS	GG	Guildford & Godalming AC
326	Ellie-Mae	WAINWRIGHT	NEWPH	Newport Harriers
325	Grace	CARDWELL [NW]	YATED	Yate & District AC

SATURDAY 13TH

T04-1 U20 Men & U17 Men 400m Hurdles - Straight Final

12:15

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

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

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

U17 CBP: Gareth LEWIS, Torfaen AC, 55.57, 1995

Bib	First Name	Last Name	Team Code	Team Name
327	Owain	CLARKE [U20]	SWAN	Swansea Harriers
172	Harry	BRADLEY	NEWPH	Newport Harriers
138	Aharon	GRAHAM-MULVANEY	CARD	Cardiff Athletics
328	Joseph	BERESFORD [U20]	SWAN	Swansea Harriers
329	Daniel	RICKETTS	BRECA	Brecon Athletic Club
135	Finley	KEANE	ARCHA	Cardiff Archers

F06 U13 Girls Discus

12:15

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

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

Bib	First Name	Last Name	Team Code	Team Name
394	Annabelle	JONES	WREX	Wrexham AAC
91	Freya	MCCARTHY	LLAN	Llanelli AAC
395	Dylan	PALMER-SWEENEY	SWAN	Swansea Harriers
396	Ava	HUGHES-ROLLS	CARD	Cardiff Athletics
397	Summer	EVANS	CARMA	Carmarthen Harriers
87	Ava	JOHN	CARD	Cardiff Athletics
398	Grace	MORRIS	BLAE	Blaenau Gwent Athletics

T05-1 U13 Girls 100m - Heats

12:30

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

CBP: Hannah BRIER, Swansea Harriers, 12.71, 2010

QUALIFICATION TO FINAL: First 2 & 2 fastest = 8 to Final. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
82	Scarlett	HODGES	BRIDE	Bridgend AC
86	Poppy	YOUNG	BLAE	Blaenau Gwent Athletics
85	Ava-Lexi	PLACIDE	CARD	Cardiff Athletics
97	Sarina	BAHMANI	NEWPH	Newport Harriers
99	Imogen	VECCHI	BRIDE	Bridgend AC
84	Aliyah	AFOLABI	ARCHA	Cardiff Archers
88	Naomi	BROWN	SWAN	Swansea Harriers
89	Hollie	TAYLOR	NEWPH	Newport Harriers
94	Ava	THOMPSON	NEATH	Neath Harriers
96	Tiana	ODUGBESAN	ARCHA	Cardiff Archers
90	Bethany	STADDON	BRACK	Bracknell AC
92	Nia	FRASER	BRIDE	Bridgend AC
83	Grace	ADAM	CWMB	Cwmbran Harriers
91	Freya	MCCARTHY	LLAN	Llanelli AAC
80	Lauren	OSHSANYA	SWAN	Swansea Harriers
93	Sophia	EDWARDS	LLAN	Llanelli AAC
98	Harriet	YOUNG	NEATH	Neath Harriers
81	Ariana	BARNARD	PONT	Pontyclun Athletics Club
87	Ava	JOHN	CARD	Cardiff Athletics
95	Daisy	LAURIE	NEWPH	Newport Harriers

T06-1 U13 Boys 100m - Heats**12:45**

Welsh Age Best REC: King MUSA, Cardiff AC, 12.34, 2019

CBP: Arthur POWELL, Maldwyn Harriers, 12.42, 2017

QUALIFICATION TO FINAL: First 3 & 2 fastest = 8 to Final. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
103	Jack	HORSNELL	RHONA	Rhondda AAC
112	Soren	JAMES	ABERV	Aberdare Valley AAC
104	Reagan	MCCARTHY	CARD	Cardiff Athletics
113	Lucca	TARDIVEL	DEESA	Deeside AAC
111	Connor	EVANS	NEATH	Neath Harriers
107	Sebastian	HUMPHREYS	NEWPH	Newport Harriers
115	Leo	MADDEN	BARR	Barry & Vale Harriers
114	Tomos	JENKINS	COLW	Colwyn Bay AC
110	Zachary	THOMAS	NEATH	Neath Harriers
102	Jay	MOHSIN	CARD	Cardiff Athletics
105	Ellis	WILLIAMS	WCHES	West Cheshire Athletic Club
106	Luke	SIMPSON	PEMB	Pembrokeshire Harriers
109	Freddie	LLOYD	NEWPH	Newport Harriers
108	Theo	ROWLANDS	NEWPH	Newport Harriers
101	Tom	DAVIES	SWAN	Swansea Harriers

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

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

CBP: Rachel JOHNCOCK, Colwyn Bay AC, 11.88 W, 2009

QUALIFICATION TO FINAL: First 2 & 2 fastest = 8 to Final. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
70	Nell	DESIR	ARCHA	Cardiff Archers
33	Sophie	LISK	ARCHA	Cardiff Archers
44	Jessica	LEE	CARMA	Carmarthen Harriers
40	Tiwaah	BOATENG	NEWPH	Newport Harriers
69	Olivia	SCHRIMSHAW	DEESA	Deeside AAC
72	Beatrice	MORGAN	CARMA	Carmarthen Harriers
43	Eli	JONES	MENA	Menai Track & Field
68	Esther	KAZEEM	NEWPH	Newport Harriers
37	Olivia	GILLESPIE	NEWPH	Newport Harriers
47	Jessica	MANTLE	CARD	Cardiff Athletics
67	Menna	GRANT	ARCHA	Cardiff Archers
38	Cerys	RADCLIFFE	NEWPH	Newport Harriers
30	Isobel	GUNN	WREX	Wrexham AAC
41	Nia	POWELL	ARCHA	Cardiff Archers
46	Molly	TYPE	CARD	Cardiff Athletics
45	Ruby	SCOURFIELD	BRIDE	Bridgend AC
34	Seren	REDFERN	SALEH	Sale Harriers Manchester
35	Miriam	BROWN	SWAN	Swansea Harriers
39	Alyssa	FITZGERALD	NEWPH	Newport Harriers
31	Ffion	HOWE	BRIDE	Bridgend AC
71	Millie	WILLIAMS	NEWPH	Newport Harriers
42	Elin	NELSON	MENA	Menai Track & Field

SATURDAY 13TH

F07 U17 Women Javelin

12:55

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

CBP: Bethany MOULE, Neath Harriers, 45.90, 2018

Bib	First Name	Last Name	Team Code	Team Name
41	Nia	POWELL	ARCHA	Cardiff Archers
323	Piper	LLOYD	MALDW	Maldwyn Harriers
360	Addison	WERNER	ARCHA	Cardiff Archers
381	Megan Cerys	BROWN	DEESA	Deeside AAC
321	Evie	AITCHISON	NEATH	Neath Harriers
436	Eden	ROBINSON	NORDV	North Devon AC
429	Cordelia	WALKER	CARMA	Carmarthen Harriers
430	Lleucu	LLOYD	PEMB	Pembrokeshire Harriers

F08 U20 Women Javelin

12:55

WN REC: Bethany MOULE, Neath Harriers, 51.27, 2020

CBP: Lianne CLARKE, Neath Harriers, 47.95, 2004

Bib	First Name	Last Name	Team Code	Team Name
424	Mia	BREEZE	DEESA	Deeside AAC
423	Chloe	JONES	SWAN	Swansea Harriers
425	Rebecca	HOLLEY	ARCHA	Cardiff Archers

T08-1 U17 Men 100m - Heats

13:10

Welsh Age Best REC: Tim BENJAMIN, Cardiff AAC, 10.71, 1998

Welsh Age Best REC: Andrew WATKINS, Cwmbran Harriers, 10.71, 2003

CBP: Tim BENJAMIN, Cardiff AAC, 10.87, 1998

QUALIFICATION TO FINAL: First 2 & 2 fastest = 8 to Final. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
79	Jack	ORCHARD-HAGUE	NEWPH	Newport Harriers
62	Aron	TUGWELL	ARCHA	Cardiff Archers
54	Lewis	STEPHENS	CARD	Cardiff Athletics
61	Benjamin	PARKER	ABERV	Aberdare Valley AAC
52	Iolo	GRANT	ARCHA	Cardiff Archers
74	Gethin	GRIFFITH	MENA	Menai Track & Field
64	Marek	WARZOGA	SWAN	Swansea Harriers
58	Rocco	CASTELLANOS	COLW	Colwyn Bay AC
50	Jon-Henry	ROBBIE	ARCHA	Cardiff Archers
55	Jack	O'BRIEN	BRIDE	Bridgend AC
77	Lewis	BARNES	CARD	Cardiff Athletics
66	Lewis	HOWELLS	RHYM	Rhymney Valley AC
65	Brandon	SHATFORD	NEWPH	Newport Harriers
53	Huw	JENKINS	COLW	Colwyn Bay AC
75	Jose	ALZATE-GONZALEZ	CARD	Cardiff Athletics
49	Charlie	PENNEY	PEMB	Pembrokeshire Harriers
78	Carter	NORRIS	CARMA	Carmarthen Harriers
76	Luca	PHILLIPS	ARCHA	Cardiff Archers
63	Jenson	MORRIS	SWAN	Swansea Harriers
48	Cameron	ELEY	NEWPH	Newport Harriers
60	Cian	GORDON-CLARK	MENA	Menai Track & Field
56	Rhys	LLOYD-ROBERTS	PEMB	Pembrokeshire Harriers
73	Finnley	ROYNON	CWMB	Cwmbran Harriers
59	Ewan	WILLIAMS	LLAN	Llanelli AAC

T09-1 U20 Women 100m - Heats**13:25**

WN REC: Hannah BRIER, Swansea Harriers, 11.39, 2015

CBP: Helen MILES, Cardiff AAC, 11.66, 1985

QUALIFICATION TO FINAL: First 3 & 2 fastest = 8 to Final. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
36	Danielle	IYEKEPOLOR [NW]	WALT	Walton AC
3	Teleri Siôn Lewis	JONES	MENA	Menai Track & Field
6	Kya Asiya	PLACIDE	CARD	Cardiff Athletics
2	Arian	WILLIAMS	MENA	Menai Track & Field
4	Sadie	GRAHAM-MULVANEY	CARD	Cardiff Athletics
11	Isabella	WIGLEY	ARCHA	Cardiff Archers
9	Kirsty	LAW	CARD	Cardiff Athletics
10	Ellie	LOWETH	CARMA	Carmarthen Harriers
8	Christina	GRIFFITH	NEWPH	Newport Harriers
5	Megan	HANCOCK	NEATH	Neath Harriers
7	Sarah	WINSTONE	NEATH	Neath Harriers

F09 U20 Men High Jump**13:30**

WN REC: John HILL, Solihull, 2.24, 1985

CBP: John HILL, Solihull, 2.08, 1984

Bib	First Name	Last Name	Team Code	Team Name
349	Chun	LAU [NW]	MENA	Menai Track & Field
343	Justin	GRAY	NEWPH	Newport Harriers
342	Jacob	MACE	CARD	Cardiff Athletics
341	Samuel	DAVIES	SWAN	Swansea Harriers
340	Sebastian	CLATWORTHY	CHELM	Chelmsford AC

F10 U17 Men High Jump**13:30**

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

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

Bib	First Name	Last Name	Team Code	Team Name
346	Callum	VITTLE-PROSSER	NEWPH	Newport Harriers
317	Abdul	AFOLABI	ARCHA	Cardiff Archers
76	Luca	PHILLIPS	ARCHA	Cardiff Archers
131	Aneurin	PATERSON	RHYM	Rhymney Valley AC
48	Cameron	ELEY	NEWPH	Newport Harriers
347	Connor	MORIARTY	SWAN	Swansea Harriers
350	Leon	GREGSON	CARD	Cardiff Athletics
318	Evan	COLE	SWAN	Swansea Harriers
52	Iolo	GRANT	ARCHA	Cardiff Archers
348	Osian	ROBERTS	ARCHA	Cardiff Archers

T10-1 U20 Men 100m - Heats**13:35**

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

CBP: Jamie HENTHORN, Carmarthen Harriers, 10.54, 1996

QUALIFICATION TO FINAL: First 2 & 2 fastest = 8 to Final. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
18	Harvey	BACCHETTA	CARD	Cardiff Athletics
1	Callum	WEBB	ARCHA	Cardiff Archers
16	Dylan	MORGAN	SWAN	Swansea Harriers
17	Louis	THORNE [NW]	CARD	Cardiff Athletics
19	William	HAWKER	RHYM	Rhymney Valley AC
22	Zak	WALL	ARCHA	Cardiff Archers

SATURDAY 13TH

U20M continued

Bib	First Name	Last Name	Team Code	Team Name
21	Jac	PATTERSON	ARCHA	Cardiff Archers
14	Harry	BARTON [NW]	WELCH	Wells City Harriers
13	Ashley	WILLIAMS [NW]	NFJ	New Forest Junior AC
25	Cai	LEWIS JONES	MENA	Menai Track & Field
20	Morgan	HUBBARDE [NW]	CARD	Cardiff Athletics
26	Ashton	BURNETT	NEWPH	Newport Harriers
28	Samuel	ELFORD	NEWPH	Newport Harriers
15	Joshua	KENNY	SWAN	Swansea Harriers
12	Morgan	KEEN WILLIAMS	NEWPH	Newport Harriers
23	Jacob	EDGHILL	COLW	Colwyn Bay AC
51	Ioan	HOLMAN	HERCO	Hereford & County AC
27	Ravel	EDWARDS [NW]	NEWPH	Newport Harriers

T11-1 U17M 1500m S/C - Straight Final

14:05

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

CBP: Steve EVANS, Abertillery, 4:22.9 (HT), 1974

Bib	First Name	Last Name	Team Code	Team Name
333	Joshua	MORGAN	SWAN	Swansea Harriers

F11 U13 Boys Long Jump

14:10

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

CBP: Paul FARMAHAN, Cleddau, 5.11, 1989

Bib	First Name	Last Name	Team Code	Team Name
103	Jack	HORSNELL	RHONA	Rhondda AAC
227	Ioan	VALE	ABERV	Aberdare Valley AAC
363	Roman	JACKSON	SWAN	Swansea Harriers
228	Dexter	CLEMENT	RHONA	Rhondda AAC
109	Freddie	LLOYD	NEWPH	Newport Harriers
238	Jude	JENKINS	NEATH	Neath Harriers
101	Tom	DAVIES	SWAN	Swansea Harriers
102	Jay	MOHSIN	CARD	Cardiff Athletics
148	Ollie	MORIARTY	ABERV	Aberdare Valley AAC
310	James	PUGH	ARCHA	Cardiff Archers
114	Tomos	JENKINS	COLW	Colwyn Bay AC
115	Leo	MADDEN	BARR	Barry & Vale Harriers
112	Soren	JAMES	ABERV	Aberdare Valley AAC
105	Ellis	WILLIAMS	WCHES	West Cheshire Athletic Club
113	Lucca	TARDIVEL	DEESA	Deeside AAC

T12-1 U20M 2000m S/C - Straight Final

14:22

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

CBP: Andrew RODGERS, Leeds, 5:45.1 (HT), 1983

Bib	First Name	Last Name	Team Code	Team Name
336	Rhys	LLEWELLYN	PEMB	Pembrokeshire Harriers
274	Oliver	JAMES	BOURN	Bournemouth AC

F12 U20 Men Discus 14:30

WN REC: James TOMLINSON, Pembrokeshire Harriers, 61.64, 2019

CBP: Brett MORSE, Cardiff AAC, 53.39, 2007

Bib	First Name	Last Name	Team Code	Team Name
375	Alfie	WILLIAMS [NW]	WNORF	West Norfolk AC
378	Oscar	DUN	SWAN	Swansea Harriers
407	Jake	KNIGHT	ARCHA	Cardiff Archers
408	Zachary	TANDY	DSWPA	DSW Para Athletics
377	Michael	JENKINS	PEMB	Pembrokeshire Harriers

F13 U17 Men Discus 14:30

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

CBP: James TOMLINSON, Pembrokeshire Harriers, 52.49, 2016

Bib	First Name	Last Name	Team Code	Team Name
393	Joshua	GRIST	DSWPA	DSW Para Athletics
361	Ryan	PUGH	RHONA	Rhondda AAC
392	Jac	SHEEHAN	DSWPA	DSW Para Athletics
413	Samuel	JOHNSON	BLAE	Blaenau Gwent Athletics
131	Aneurin	PATERSON	RHYM	Rhymney Valley AC
384	Ben	EVANS	RHONA	Rhondda AAC
385	James	PRIEST	BLAE	Blaenau Gwent Athletics
412	Eurion	JOHN	CARD	Cardiff Athletics
387	Lewie	JONES	SWAN	Swansea Harriers

T13-1 U17 Men 400m - Heats 14:42

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

CBP: Mark PONTING, Torfaen AC, 48.82, 1993

QUALIFICATION TO FINAL: First 3 & 2 fastest = 8 to Final [Sunday]. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
136	Sean	HOPKINS	ARCHA	Cardiff Archers
74	Gethin	GRIFFITH	MENA	Menai Track & Field
174	Cian	TOUGH	ABERV	Aberdare Valley AAC
129	Kane	SMART	COLW	Colwyn Bay AC
130	Callum	FOX-BYRNE	COLW	Colwyn Bay AC
171	Henry	DAWES	NEWPH	Newport Harriers
170	Leo	STARK	NEWPH	Newport Harriers
172	Harry	BRADLEY	NEWPH	Newport Harriers
173	Dafydd	KING	SWAN	Swansea Harriers
56	Rhys	LLOYD-ROBERTS	PEMB	Pembrokeshire Harriers

T14-1 U20 Women 400m - Straight Final 14:52

WN REC: Sian MORRIS, Port Talbot Harriers, 52.80, 1983

CBP: Amanda PRITCHARD, Cardiff AAC, 55.80, 1996

Bib	First Name	Last Name	Team Code	Team Name
159	Non Elen	REDVERS JONES [NW]	MENA	Menai Track & Field
116	Olivia	HARWOOD [NW]	HERCO	Hereford & County AC
162	Tiffany	REES	SWAN	Swansea Harriers
160	Ella	DAVIES	SWAN	Swansea Harriers
161	Cariad	NORRIS	GG	Guildford & Godalming AC

SATURDAY 13TH

T15-1 U20 Men 400m - Heats

14:57

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

CBP: Bruce TASKER, Carmarthen Harriers, 48.14, 2006

QUALIFICATION TO FINAL: First 3 & 2 fastest = 8 to Final [Sunday]. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
166	Noah	ERNEST	ARCHA	Cardiff Archers
120	Rhys	BENNETT	LEAM	Leamington AC
169	Theo	COPESTAKE	NEWPH	Newport Harriers
119	Will	LOVEJOY	NEWPH	Newport Harriers
163	Harrison	WHEELER	LLAN	Llanelli AAC
167	Dafydd	ROBERTS	NEATH	Neath Harriers
168	Theo	CHESHIRE	WOK	Woking AC
164	Max	DAVIES	CARD	Cardiff Athletics
165	Cameron	COBURN	ARCHA	Cardiff Archers
51	Ioan	HOLMAN	HERCO	Hereford & County AC

T16-1 U20W 2000m S/C - Straight final

15:17

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

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

Bib	First Name	Last Name	Team Code	Team Name
335	Amy	TUCKER	LLAN	Llanelli AAC
334	Neisha	ROBERTS	DEESA	Deeside AAC

T17-1 U17W 1500m S/C - Straight Final

15:32

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

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

Bib	First Name	Last Name	Team Code	Team Name
330	Lucy	BICKERTON	YEOVO	Yeovil Olympiads AC
193	Cara	SCOTT	MENA	Menai Track & Field
332	Kara	BENNETT	CARD	Cardiff Athletics
331	Ffion	OUSELEY	PEMB	Pembrokeshire Harriers
281	Nia	REDDY	ABERV	Aberdare Valley AAC

F14 U20 Women Triple Jump

15:35

WN REC: Sally PEAKE, Liverpool Harriers, 12.24, 2005

CBP: Sally PEAKE, Liverpool Harriers, 12.02, 2005

Bib	First Name	Last Name	Team Code	Team Name
4	Sadie	GRAHAM-MULVANEY	CARD	Cardiff Athletics
365	Mimi	NIGHTINGALE [NW]	CPORT	City Of Portsmouth AC
364	Beca	ROBERTS	ARCHA	Cardiff Archers
435	Reese	ROBINSON	NORDV	North Devon AC
161	Cariad	NORRIS	GG	Guildford & Godalming AC

F15 U17 Women Triple Jump

15:35

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

CBP: Jayne LUDLOW, Cardiff AAC, 12.11, 1995

Bib	First Name	Last Name	Team Code	Team Name
67	Menna	GRANT	ARCHA	Cardiff Archers
30	Isobel	GUNN	WREX	Wrexham AAC
69	Olivia	SCHRIMSHAW	DEESA	Deeside AAC
369	Lucy	JONES	WREX	Wrexham AAC
312	Sophie	HARRIS	ARCHA	Cardiff Archers
330	Lucy	BICKERTON	YEOVO	Yeovil Olympiads AC

U17W Continued

Bib	First Name	Last Name	Team Code	Team Name
368	Liane	DO ROUYS	SWAN	Swansea Harriers

F16 U17 Men Shot Put**15:34**

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

CBP: Mark HEWER, Cardiff AAC, 16.93, 1979

Bib	First Name	Last Name	Team Code	Team Name
317	Abdul	AFOLABI	ARCHA	Cardiff Archers
131	Aneurin	PATERSON	RHYM	Rhymney Valley AC
388	Nathaniel	OSBORNE	SWAN	Swansea Harriers
386	Sebastian	ANSTEAD	ARCHA	Cardiff Archers
384	Ben	EVANS	RHONA	Rhondda AAC
387	Lewie	JONES	SWAN	Swansea Harriers
385	James	PRIEST	BLAE	Blaenau Gwent Athletics
393	Joshua	GRIST	DSWPA	DSW Para Athletics
361	Ryan	PUGH	RHONA	Rhondda AAC
392	Jac	SHEEHAN	DSWPA	DSW Para Athletics

F17 U20 Men Shot Put**15:34**

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

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

Bib	First Name	Last Name	Team Code	Team Name
377	Michael	JENKINS	PEMB	Pembrokeshire Harriers
378	Oscar	DUN	SWAN	Swansea Harriers
375	Alfie	WILLIAMS [NW]	WNORF	West Norfolk AC
376	Dafydd	PAWLETT	PEMB	Pembrokeshire Harriers
379	Zac	DAVIES [NW]	HARR	Harrow AC

T18-1 U13 Girls 1500m - Straight Final**15:47**

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

CBP: Libby HALE, Swansea Harriers, 4:44.35, 2021

Bib	First Name	Last Name	Team Code	Team Name
141	Isobel	DAVIES	CARD	Cardiff Athletics
221	Bryony	BOYCE	CARD	Cardiff Athletics
219	Georgie	DAVIES	SWAN	Swansea Harriers
265	Eleanor	WRIGHT-NICHOLAS	RHYM	Rhymney Valley AC
226	Esme	LYNOCK	CARMA	Carmarthen Harriers
220	Allie	ADAMS	RHONA	Rhondda AAC
266	Lola	BATES	CWMB	Cwmbran Harriers
264	Elinor	ROBERTS	CARD	Cardiff Athletics

T19-1 U13 Boys 1500m - Straight Final**15:55**

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

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

Bib	First Name	Last Name	Team Code	Team Name
110	Zachary	THOMAS	NEATH	Neath Harriers
234	Joseph	ROBERTS	NEWPH	Newport Harriers
238	Jude	JENKINS	NEATH	Neath Harriers
271	Macsen	WATTS	BLAE	Blaenau Gwent Athletics
270	Lucas	HOWARD MACHADO	ARCHA	Cardiff Archers
240	Tom	GARROD	NEWPH	Newport Harriers
237	Lewis	DAVIES	DEESA	Deeside AAC

SATURDAY 13TH

U13B continued

Bib	First Name	Last Name	Team Code	Team Name
268	Solomon	SILVERSTONE	PEMB	Pembrokeshire Harriers
269	John	GIBBY	NEWPH	Newport Harriers
267	Rhydian	LLOYD-FRANCIS	BRIDE	Bridgend AC
239	Luke	WOODHOUSE	NEATH	Neath Harriers
235	Toby	ANTHONY	CARMA	Carmarthen Harriers
236	Elliot	ROWE	DEESA	Deeside AAC
228	Dexter	CLEMENT	RHONA	Rhondda AAC

T20-1 U17 Men 1500m - Straight Final

16:02

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

CBP: Kevin GLASTONBURY, Cardiff AAC, 3:58.3 (HT), 1975

Bib	First Name	Last Name	Team Code	Team Name
258	Finlay	CULLEN	MALDW	Maldwyn Harriers
202	Tristan Tena	CUMBERLAND	BRECA	Brecon Athletic Club
171	Henry	DAWES	NEWPH	Newport Harriers
201	Jack	ORGAN	BRECA	Brecon Athletic Club
170	Leo	STARK	NEWPH	Newport Harriers
257	Harri	MORGAN	MENA	Menai Track & Field
263	Joshua	SANDERS	CARD	Cardiff Athletics
259	Kobe	BELTRAN	CARD	Cardiff Athletics
206	Cian	HAROLD	CARD	Cardiff Athletics
256	Steffan	DAVIES	CARMA	Carmarthen Harriers
215	Thomas	LOYNES	NEATH	Neath Harriers
203	Leroy	GRIFFITHS	RHONA	Rhondda AAC

T21-1 U20 Men 1500m - Straight Final

16:10

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

CBP: Tony BLACKWELL, Wolverhampton, 3:53.0 (HT), 1977

Bib	First Name	Last Name	Team Code	Team Name
181	George	THOMAS	NORDV	North Devon AC
184	Jack	DAVIES	DERBY	Derby Athletic Club
249	Lloyd	SHEPPARD BROWN	CARD	Cardiff Athletics
246	Matthew	BRUNNOCK [NW]	HERCO	Hereford & County AC
245	James	SMITH	MENA	Menai Track & Field
248	Oliver	HUMPHREYS	NEWPH	Newport Harriers
247	Evan	PRICE	NEWPH	Newport Harriers

T22-1 U20 Women 1500m - Straight Final

16:17

WN REC: Cari HUGHES, Menai T&F, 4:17.51, 2018

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

Bib	First Name	Last Name	Team Code	Team Name
241	Gwenno	GOODE	CARD	Cardiff Athletics
177	Aimee	CALLOW	CARD	Cardiff Athletics
243	Rhiannon	PATON	WESTH	Westbury Harriers
160	Ella	DAVIES	SWAN	Swansea Harriers
244	Evie	WILLIAMS-FORD	LLAN	Llanelli AAC
242	Kelcy	HOOPER [NW]	LLAN	Llanelli AAC

T01-2 U17 Women 1500m - Final 16:25

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

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

F18 U13 Girls Javelin 16:30

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

CBP: Bethany MOULE, Neath Harriers, 33.15, 2014

Bib	First Name	Last Name	Team Code	Team Name
394	Annabelle	JONES	WREX	Wrexham AAC
143	Rosie	GEMINE	SWAN	Swansea Harriers
395	Dylan	PALMER-SWEENEY	SWAN	Swansea Harriers
98	Harriet	YOUNG	NEATH	Neath Harriers
217	Sophie	FORGRAVE	WREX	Wrexham AAC
398	Grace	MORRIS	BLAE	Blaenau Gwent Athletics
96	Tiana	ODUGBESAN	ARCHA	Cardiff Archers
396	Ava	HUGHES-ROLLS	CARD	Cardiff Athletics
397	Summer	EVANS	CARMA	Carmarthen Harriers

T02-2 U17 Women 300m Hurdles - Final 16:32

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

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

T05-2 U13 Girls 100m - Final 16:47

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

CBP: Hannah BRIER, Swansea Harriers, 12.71, 2010

T06-2 U13 Boys 100m - Final 16:52

Welsh Age Best REC: King MUSA, Cardiff AC, 12.34, 2019

CBP: Arthur POWELL, Maldwyn Harriers, 12.42, 2017

T07-2 U17 Women 100m - Final 16:57

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

CBP: Rachel JOHNCOCK, Colwyn Bay AC, 11.88 W, 2009

T08-2 U17 Men 100m - Final 17:02

Welsh Age Best REC: Tim BENJAMIN, Cardiff AAC, 10.71, 1998

Welsh Age Best REC: Andrew WATKINS, Cwmbran Harriers, 10.71, 2003

CBP: Tim BENJAMIN, Cardiff AAC, 10.87, 1998

T09-2 U20 Women 100m - Final 17:07

WN REC: Hannah BRIER, Swansea Harriers, 11.39, 2015

CBP: Helen MILES, Cardiff AAC, 11.66, 1985

T10-1 U20 Men 100m - Heats 17:12

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

CBP: Jamie HENTHORN, Carmarthen Harriers, 10.54, 1996

OFFICIALS

SWYDDOGION

Saturday 13 August

Competition Director - Nick Higman
Meeting Manager - Lynette Harries
Technical Manager - Amy Price
Clerk of Course - Lee Hayward
Clerk of Course -

Start Coordinator - John Elward
Starter - Rob Hooper
Starter - Bryan Murray
Chief Starter's Asst. - Keith Matthews
Starter's Asst. - Ian Atkins
Starter's Asst. - Paul Winstone

Track Referee - Rory McKerlich
Track Judge - Richie Jenkins
Track Judge - Ted Johnson
Track Judge - Ayo Afolabi
Track Judge - Olive Dobson
Track Judge - Mair Morgan
Track Steward - Carmel Johnson

Chief Timekeeper - Steve Leach
Timekeeper - Andy Kerr
Timekeeper - Ann Thatcher
Timekeeper - Martin Bates
Timekeeper - Jayne Evans

Chief Photofinish - Sam Williams
Photofinish Judge - Daniel Mason
Photofinish Judge - Margaret Nelson
Photofinish Judge - Eleanor Ward
Photofinish Judge - Rebecca Ward

Field Referee - Chris Price
Field Referee - Becky Gibbs
Field Judge - Sally Higman
Field Judge - Gareth Elliott
Field Judge - Roger Lee
Field Judge - Paul D'Arcy
Field Judge - Mark Lewis
Field Judge - Maureen Watkins
Field Judge - Susane Jackson
Field Judge - Geraint Smele
Field Judge - Tony Curry
Field Judge - Dave Jones
Field Judge - John Farrington
Field Judge - Gareth Harries
Field Judge - Sue Maughan
Field Judge - Charlie Northey
Field Judge - James Hayward
Field Judge - Rhian Loudon
Field Judge - Debbie Bull

Call Room Manager - Sue Hooper
Call Room - Gwynneth Elward
Call Room - Lorraine Murray

Seeding/Results - Nathan Jones



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TIMETABLE

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Sunday 14 August

Track Events

T23 11:00 U17 Women 300m Heats
T24 11:15 U17 Men 100m Hurdles Final
T25 11:25 U17 Women 800m Heats
T26 11:35 U20 Women 100m Hurdles Final
T27 11:40 U17 Women 80m Hurdles Final
T28 11:50 U17 Men 800m Heats
T29 12:05 U13 Boys 75m Hurdles Final
T30 12:15 U13 Girls 70m Hurdles Final
T31 12:30 U20 Women 800m Final
T32 12:35 U13 Boys 800m Time Trials
T33 12:45 U13 Girls 800m Time Trials
T34 12:55 U20 Men 800m Final
T13-2 13:20 U17 Men 400m Final
T15-2 13:35 U20 Men 400m Final
T35 13:40 100m Ambulant Final
T30-2 13:50 U13 Girls 70m Hurdles Final
T36 14:05 U17 Men 200m Heats
T37 14:25 U13 Girls 200m Heats
T38 14:40 U17 Women 200m Heats
T39 14:50 U20 Women 200m Heats
T40 15:00 U20 Men 200m Heats
T41 15:20 U17 Men 3000m Final
T42 15:35 U20 Men 3000m Final
T43 15:50 U17/U20 Women 3000m Final
T23-2 16:05 U17 Women 300m Final
T44 16:10 U17/U20 3000m Walk Final
T45 16:35 U13/U15 1000m Walk Final
T46 16:45 U13 Boys 200m Final
T36-2 16:50 U17 Men 200m Final
T37-2 16:55 U13 Girls 200m Final
T38-2 17:00 U17 Women 200m Final
T39-2 17:05 U20 Women 200m Final
T40-2 17:10 U20 Men 200m Final
T25-2 17:15 U17 Women 800m Final
T28-2 17:20 U17 Men 800m Final

Field Events

F19 10:45 U13 Boys Javelin
F20 11:00 U17 Women Hammer
F21 11:00 U20 Women Hammer
F22 11:00 U20 Men Triple Jump
F23 11:00 U17 Men Triple Jump
F24 11:30 U17 Women High Jump
F25 11:30 U20 Women High Jump
F26 11:50 U13 Girls Shot Put
F27 12:50 U20 Women Discus
F28 12:50 U17 Women Discus
F29 13:00 U20 Women Long Jump
F30 13:50 U20 Women Pole Vault
F31 13:50 U17 Women Pole Vault
F32 13:50 U17 Men Pole Vault
F33 14:10 U17 Women Long Jump
F34 14:45 U13 Girls High Jump
F35 14:45 U13 Boys High Jump
F36 15:00 U17 Men Javelin
F36 15:00 U20 Men Javelin
F38 15:50 U20 Women Shot Put
F39 15:50 U17 Women Shot Put
F40 16:30 U13 Girls Long Jump
F41 16:50 U13 Boys Discus

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SUNDAY 14TH EVENTS

F19 U13 Boys Javelin

10:45

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

CBP: Henry GAUNTLETT, Cardiff AAC, 40.19, 2014

Bib	First Name	Last Name	Team Code	Team Name
103	Jack	HORSNELL	RHONA	Rhondda AAC
115	Leo	MADDEN	BARR	Barry & Vale Harriers
401	Jonas	EVANS	RHONA	Rhondda AAC
400	Lachlan	ROBBIE	ARCHA	Cardiff Archers
231	Oliver	HALE	SWAN	Swansea Harriers
237	Lewis	DAVIES	DEESA	Deeside AAC
432	Charlie	MANSHIP	DEESA	Deeside AAC
402	Joseph	SYMONS	DSWPA	DSW Para Athletics
363	Roman	JACKSON	SWAN	Swansea Harriers

F20 U17 Women Hammer

11:00

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

CBP: Jade WILLIAMS, Wrexham AAC, 53.85, 2016

Bib	First Name	Last Name	Team Code	Team Name
391	Evie	COOPER	NEATH	Neath Harriers
410	Mali	LOADER	NEATH	Neath Harriers
409	Abby	BARNFIELD	RHONA	Rhondda AAC
382	Caitlin	SEABORNE	RHYM	Rhymney Valley AC

F21 U20 Women Hammer

11:00

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

CBP: Amber SIMPSON, Deeside AAC, 54.54, 2018

Bib	First Name	Last Name	Team Code	Team Name
417	Evie	BOUCHER-WHITE [NW]	YATED	Yate & District AC
315	Emily	COLLINS	SWAN	Swansea Harriers
373	Amelia	FETTIS	NEWPH	Newport Harriers
406	Cate	DAVIES	NEWPH	Newport Harriers
371	Olivia	AUSTIN [NW]	NEB	Newham & Essex Beagles AC
415	Hannah	GELLATLY	CPLYM	City Of Plymouth AC
416	Jessica	BENNETT [NW]	SOTON	Southampton Athletic Club

F22 U20 Men Triple Jump

11:00

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

CBP: Steven SHALDERS, Cardiff AAC, 15.47, 1999

Bib	First Name	Last Name	Team Code	Team Name
367	Ryan	PRICE	SWAN	Swansea Harriers
366	Matthew	COLLINS [NW]	BRIHC	Brighton & Hove AC

F23 U17 Men Triple Jump

11:00

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

CBP: Steven SHALDERS, Cardiff AAC, 14.33, 1998

Bib	First Name	Last Name	Team Code	Team Name
136	Sean	HOPKINS	ARCHA	Cardiff Archers
317	Abdul	AFOLABI	ARCHA	Cardiff Archers
131	Aneurin	PATERSON	RHYM	Rhymney Valley AC
370	Oscar	WILLINGTON	PEMB	Pembrokeshire Harriers
48	Cameron	ELEY	NEWPH	Newport Harriers
319	Osian	PARRY	ARCHA	Cardiff Archers

SUNDAY 14TH EVENTS**T23-1 U17 Women 300m - Heats****11:00**

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

CBP: Eve WILLIAMS, Cwmbran Harriers, 39.45, 2014

QUALIFICATION TO FINAL: First 3 & 2 fastest = 8 to Final. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
39	Alyssa	FITZGERALD	NEWPH	Newport Harriers
152	Erin Beth	EVANS	ARCHA	Cardiff Archers
157	Chloe	FARMER	ARCHA	Cardiff Archers
158	Anais	SHEPPERD	CARD	Cardiff Athletics
154	Millie	WEBB	CARD	Cardiff Athletics
153	Lilly	NOBLE	DEESA	Deeside AAC
155	Menna	PUGSLEY	SHRSB	Shrewsbury AC
150	Ruby	DAVIES	DERBY	Derby Athletic Club
122	Georgia	SMELE	BRIDE	Bridgend AC
151	Ellie	MORRIS	BLAE	Blaenau Gwent Athletics
125	Katelyn	SHARP	PEMB	Pembrokeshire Harriers
156	Maisie	DAVIES	ARCHA	Cardiff Archers

T24-1 U17 Men 100m Hurdles - Straight Final**11:15**

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

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

Bib	First Name	Last Name	Team Code	Team Name
52	Iolo	GRANT	ARCHA	Cardiff Archers
318	Evan	COLE	SWAN	Swansea Harriers
48	Cameron	ELEY	NEWPH	Newport Harriers
319	Osian	PARRY	ARCHA	Cardiff Archers
317	Abdul	AFOLABI	ARCHA	Cardiff Archers

T25-1 U17 Women 800m - Heats**11:25**

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

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

QUALIFICATION TO FINAL: First 3 & 2 fastest = 8 to Final. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
186	Anna-Rose	MERCHANT	CARD	Cardiff Athletics
191	Mali	MACDUFF	ARCHA	Cardiff Archers
210	Libby	HALE	SWAN	Swansea Harriers
209	Olivia	MORGAN	ARCHA	Cardiff Archers
192	Ceri	GRIFFITHS	NEWPH	Newport Harriers
189	Bethan	HARDMAN	ARCHA	Cardiff Archers
185	Lilly	OAKENFULL	NEWPH	Newport Harriers
194	Maddison	GRIFFITHS	MALDW	Maldwyn Harriers
193	Cara	SCOTT	MENA	Menai Track & Field
150	Ruby	DAVIES	DERBY	Derby Athletic Club
151	Ellie	MORRIS	BLAE	Blaenau Gwent Athletics
208	Rebeca	HARRIES	CARD	Cardiff Athletics
211	Carys	KENNIFORD	PEMB	Pembrokeshire Harriers
195	Frances	MACKIE	CARMA	Carmarthen Harriers
190	Emily	DENT	ARCHA	Cardiff Archers
196	Crystal	JACOBS	RHONA	Rhondda AAC
188	Alice	DAVIES	ARCHA	Cardiff Archers
187	Lara	NICHOLAS	CARD	Cardiff Athletics

SUNDAY 14TH EVENTS

F24 U17 Women High Jump

11:30

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

CBP=: Sarah NICHOLLS, Bridgend AC, 1.70, 1981

CBP=: Teresa ANDREWS, Preseli Harriers, 1.70, 1992

Bib	First Name	Last Name	Team Code	Team Name
67	Menna	GRANT	ARCHA	Cardiff Archers
344	Lauren	WALL	WORC	Worcester AC
312	Sophie	HARRIS	ARCHA	Cardiff Archers
34	Seren	REDFERN	SALEH	Sale Harriers Manchester
345	Seren	GRIFFITHS	ARCHA	Cardiff Archers
352	Megan	TAYLOR	ARCHA	Cardiff Archers
41	Nia	POWELL	ARCHA	Cardiff Archers
351	Matilda	QUICK	SWAN	Swansea Harriers
33	Sophie	LISK	ARCHA	Cardiff Archers

F25 U20 Women High Jump

11:30

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

CBP: Rebecca JONES, Wrexham AAC, 1.77, 2000

Bib	First Name	Last Name	Team Code	Team Name
116	Olivia	HARWOOD [NW]	HERCO	Hereford & County AC
339	Cerys	ABOAGYE [NW]	CRO	Croydon Harriers
338	Emily	FRY	ARCHA	Cardiff Archers
337	Lili	CHURCH	CARMA	Carmarthen Harriers

T26-1 U20 Women 100m Hurdles - Straight Final

11:35

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

CBP=: Bethan EDWARDS, Cardiff AAC, 13.8w (HT), 1992

CBP=: Bethan EDWARDS, Cardiff AAC, 14.46 (ET), 1990

Bib	First Name	Last Name	Team Code	Team Name
316	Lily	PARRIS [NW]	CHELM	Chelmsford AC
8	Christina	GRIFFITH	NEWPH	Newport Harriers
314	Ellie-Rose	ISAAC	ARCHA	Cardiff Archers
6	Kya Asiya	PLACIDE	CARD	Cardiff Athletics
7	Sarah	WINSTONE	NEATH	Neath Harriers
315	Emily	COLLINS	SWAN	Swansea Harriers

T27-1 U17 Women 80m Hurdles - Straight Final

11:40

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

CBP: Grace MORGAN, Cardiff Archers, 11.22, 2018

Bib	First Name	Last Name	Team Code	Team Name
33	Sophie	LISK	ARCHA	Cardiff Archers
153	Lilly	NOBLE	DEESA	Deeside AAC
41	Nia	POWELL	ARCHA	Cardiff Archers
34	Seren	REDFERN	SALEH	Sale Harriers Manchester
30	Isobel	GUNN	WREX	Wrexham AAC
311	Ella	MITCHELL	CARD	Cardiff Athletics
313	Bethan	HOLLEY	SWAN	Swansea Harriers
312	Sophie	HARRIS	ARCHA	Cardiff Archers

SUNDAY 14TH EVENTS**T28-1 U17 Men 800m - Heats****11:50**

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

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

QUALIFICATION TO FINAL: First 3 & 2 fastest = 8 to Final. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
205	Aaron	WARBURTON	OSWES	Oswestry Olympians AC
213	Tomos	DAVIES	CARD	Cardiff Athletics
201	Jack	ORGAN	BRECA	Brecon Athletic Club
170	Leo	STARK	NEWPH	Newport Harriers
207	Henry	EVANS	NEWPH	Newport Harriers
171	Henry	DAWES	NEWPH	Newport Harriers
198	Iwan	WILSON	LLAN	Llanelli AAC
202	Tristan Tena	CUMBERLAND	BRECA	Brecon Athletic Club
206	Cian	HAROLD	CARD	Cardiff Athletics
199	Samuel	DALLAS	DEESA	Deeside AAC
212	Luke	FOWLER	PEMB	Pembrokeshire Harriers
214	Lucas	SALVAGE	NEWPH	Newport Harriers
215	Thomas	LOYNES	NEATH	Neath Harriers
200	Alex	RIDOUT	CARD	Cardiff Athletics
172	Harry	BRADLEY	NEWPH	Newport Harriers
203	Leroy	GRIFFITHS	RHONA	Rhondda AAC
204	Alfie	SARGEANT	BARR	Barry & Vale Harriers

F26 U13 Girls Shot Put**11:50**

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

CBP: Nicola STEVENSON, Bridgend AC, 10.29, 2001

Bib	First Name	Last Name	Team Code	Team Name
82	Scarlett	HODGES	BRIDE	Bridgend AC
394	Annabelle	JONES	WREX	Wrexham AAC
397	Summer	EVANS	CARMA	Carmarthen Harriers
395	Dylan	PALMER-SWEENEY	SWAN	Swansea Harriers
95	Daisy	LAURIE	NEWPH	Newport Harriers
91	Freya	MCCARTHY	LLAN	Llanelli AAC
80	Lauren	OSHISANYA	SWAN	Swansea Harriers
362	Lily	JONES	LLAN	Llanelli AAC
396	Ava	HUGHES-ROLLS	CARD	Cardiff Athletics
398	Grace	MORRIS	BLAE	Blaenau Gwent Athletics
96	Tiana	ODUGBESAN	ARCHA	Cardiff Archers

T29-1 U13 Boys 75m Hurdles - Straight Final**12:05**

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

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

Bib	First Name	Last Name	Team Code	Team Name
227	Ioan	VALE	ABERV	Aberdare Valley AAC
309	Ieuan	TAYLOR	ARCHA	Cardiff Archers
105	Ellis	WILLIAMS	WCHES	West Cheshire Athletic Club
310	James	PUGH	ARCHA	Cardiff Archers
148	Ollie	MORIARTY	ABERV	Aberdare Valley AAC

SUNDAY 14TH EVENTS

T30-1 U13 Girls 70m Hurdles - Heats

12:15

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

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

QUALIFICATION TO FINAL: First 3 & 2 fastest = 8 to Final. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
82	Scarlett	HODGES	BRIDE	Bridgend AC
85	Ava-Lexi	PLACIDE	CARD	Cardiff Athletics
306	Chloe	THOMAS	PEMB	Pembrokeshire Harriers
98	Harriet	YOUNG	NEATH	Neath Harriers
307	Soffia	ROBERTS	BROED	Ysgol Bro Edern
99	Imogen	VECCHI	BRIDE	Bridgend AC
83	Grace	ADAM	CWMB	Cwmbran Harriers
97	Sarina	BAHMANI	NEWPH	Newport Harriers
94	Ava	THOMPSON	NEATH	Neath Harriers
308	Amber	RAYNER	CARD	Cardiff Athletics
81	Ariana	BARNARD	PONT	Pontyclun Athletics Club
146	Ffion	WILLIAMS	NEWPH	Newport Harriers

T31-1 U20 Women 800m - Straight Final

12:30

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

CBP: Amanda PRITCHARD, Cardiff AAC, 2:08.28, 1997

Bib	First Name	Last Name	Team Code	Team Name
177	Aimee	CALLOW	CARD	Cardiff Athletics
176	Moli	LYONS	CARD	Cardiff Athletics
162	Tiffany	REES	SWAN	Swansea Harriers
160	Ella	DAVIES	SWAN	Swansea Harriers
175	Elen	JAMES	CARD	Cardiff Athletics

T32 U13 Boys 800m Time Trials

12:35

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

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

Fastest 3 athletes over two time trials will win medals

Bib	First Name	Last Name	Team Code	Team Name
227	Ioan	VALE	ABERV	Aberdare Valley AAC
240	Tom	GARROD	NEWPH	Newport Harriers
237	Lewis	DAVIES	DEESA	Deeside AAC
230	Daniel	BOARD	SWAN	Swansea Harriers
238	Jude	JENKINS	NEATH	Neath Harriers
148	Ollie	MORIARTY	ABERV	Aberdare Valley AAC
235	Toby	ANTHONY	CARMA	Carmarthen Harriers
233	George	TURNER	CARD	Cardiff Athletics
234	Joseph	ROBERTS	NEWPH	Newport Harriers
232	Jack	HARRIES	CARD	Cardiff Athletics
236	Elliot	ROWE	DEESA	Deeside AAC
103	Jack	HORSNELL	RHONA	Rhondda AAC
239	Luke	WOODHOUSE	NEATH	Neath Harriers
228	Dexter	CLEMENT	RHONA	Rhondda AAC
231	Oliver	HALE	SWAN	Swansea Harriers
229	Ellis	BENNETT	SWAN	Swansea Harriers
149	Jacob	HALL	BRIDE	Bridgend AC

SUNDAY 14TH EVENTS**T33 U13 Girls 800m Time Trials****12:45**

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

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

Fastest 3 athletes over two time trials will win medals

Bib	First Name	Last Name	Team Code	Team Name
86	Poppy	YOUNG	BLAE	Blaenau Gwent Athletics
224	Lucy	PAGE	RHONA	Rhondda AAC
142	Lois	CODLING	NEWPH	Newport Harriers
221	Bryony	BOYCE	CARD	Cardiff Athletics
141	Isobel	DAVIES	CARD	Cardiff Athletics
219	Georgie	DAVIES	SWAN	Swansea Harriers
222	Rose	PRICE	PEMB	Pembrokeshire Harriers
220	Allie	ADAMS	RHONA	Rhondda AAC
217	Sophie	FORGRAVE	WREX	Wrexham AAC
226	Esme	LYNOCK	CARMA	Carmarthen Harriers
216	Ruby	HEARNE	CWMB	Cwmbran Harriers
225	Bethan	KNIGHT	CWMB	Cwmbran Harriers
218	Poppy	HOWELLS	RHYM	Rhymney Valley AC
223	Lois	WORLOCK	ABERV	Aberdare Valley AAC

F27 U20 Women Discus**12:50**

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

CBP: Philippa ROLES, Swansea Harriers, 46.62, 1996

Bib	First Name	Last Name	Team Code	Team Name
406	Cate	DAVIES	NEWPH	Newport Harriers
339	Cerys	ABOAGYE [NW]	CRO	Croydon Harriers
404	Lily	GREGSON	CARD	Cardiff Athletics
403	Amber	JEACOCK WEST [NW]	RADLE	Radley Athletic Club
371	Olivia	AUSTIN [NW]	NEB	Newham & Essex Beagles AC
405	Ellie	LOVETT [NW]	CPORT	City Of Portsmouth AC

F28 U17 Women Discus**12:50**

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

CBP: Sandra LEE, Friars School, 45.04, 1979

Bib	First Name	Last Name	Team Code	Team Name
123	Bethany	JENKINS	BRIDE	Bridgend AC
409	Abby	BARNFIELD	RHONA	Rhondda AAC
122	Georgia	SMELE	BRIDE	Bridgend AC
410	Mali	LOADER	NEATH	Neath Harriers
411	Tarian	PHILLIPS	ABERV	Aberdare Valley AAC
390	Grace	HAWKER	RHYM	Rhymney Valley AC
382	Caitlin	SEABORNE	RHYM	Rhymney Valley AC
414	Dolly	EVANS	CARMA	Carmarthen Harriers
381	Megan Cerys	BROWN	DEESA	Deeside AAC
380	Storm	EVANS	CARMA	Carmarthen Harriers
389	Sara	JONES	DSWPA	DSW Para Athletics

SUNDAY 14TH EVENTS

T34-1 U20 Men 800m - Straight Final 12:55

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

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

Bib	First Name	Last Name	Team Code	Team Name
181	George	THOMAS	NORDV	North Devon AC
178	Joseff	MORGAN	MENA	Menai Track & Field
180	Tyler	CARTLIDGE [NW]	DEESA	Deeside AAC
179	Roman	HODGSON [NW]	WIRRL	Wirral AC
183	Jacob	REYNOLDS	CARD	Cardiff Athletics
184	Jack	DAVIES	DERBY	Derby Athletic Club
168	Theo	CHESHIRE	WOK	Woking AC
164	Max	DAVIES	CARD	Cardiff Athletics
182	Francesco	BUONO	ARCHA	Cardiff Archers
197	James	ROBERTSON [NW]	NSOME	North Somerset AC

F29 U20 Women Long Jump 13:00

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

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

Bib	First Name	Last Name	Team Code	Team Name
7	Sarah	WINSTONE	NEATH	Neath Harriers
161	Cariad	NORRIS	GG	Guildford & Godalming AC
8	Christina	GRIFFITH	NEWPH	Newport Harriers
11	Isabella	WIGLEY	ARCHA	Cardiff Archers
358	Amy	HUGHES	ARCHA	Cardiff Archers
357	Stephanie	JONES	SALEH	Sale Harriers Manchester

T13-2 U17 Men 400m - Final 13:20

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

CBP: Mark PONTING, Torfaen AC, 48.82, 1993

T15-2 U20 Men 400m - Final 13:35

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

CBP: Bruce TASKER, Carmarthen Harriers, 48.14, 2006

T35-1 100m Ambulant - Straight Final 13:45

Bib	First Name	Last Name	Team Code	Team Name
57	Corey	BROWN [T64]	DSWPA	DSW Para Athletics
29	Ndidikama	OKOH [NW] [T46]	CHELM	Chelmsford AC
24	William	BISHOP [T38]	DSWPA	DSW Para Athletics
32	Mia	LLOYD [T63]	CARMA	Carmarthen Harriers

T30-2 U13 Girls 70m Hurdles - Final 13:50

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

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

F30 U20 Women Pole Vault 13:50

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

CBP: Jessica ABRAHAM, Cardiff AAC, 3.60, 2008

Bib	First Name	Last Name	Team Code	Team Name
326	Ellie-Mae	WAINWRIGHT	NEWPH	Newport Harriers
355	Isabel	THOMAS	CARD	Cardiff Athletics

SUNDAY 14TH EVENTS

F31 U17 Women Pole Vault 13:50

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

CBP: Christina HUGHES, Deeside AAC, 3.50, 2008

Bib	First Name	Last Name	Team Code	Team Name
311	Ella	MITCHELL	CARD	Cardiff Athletics

F32 U17 Men Pole Vault 13:50

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

CBP: Neil WINTER, Monmouth Sch, 4.50, 1990

Bib	First Name	Last Name	Team Code	Team Name
173	Dafydd	KING	SWAN	Swansea Harriers
356	Harry	NEWTON	SWAN	Swansea Harriers
138	Aharon	GRAHAM-MULVANEY	CARD	Cardiff Athletics

T36-1 U17 Men 200m - Heats 14:05

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

CBP: Andrew WATKINS, Cwmbran Harriers, 21.8 (HT), 2003

CBP: Tim BENJAMIN, Cardiff AAC, 21.96 W (ET), 1997

QUALIFICATION TO FINAL: First 1 & 4 fastest = 8 to Final. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
136	Sean	HOPKINS	ARCHA	Cardiff Archers
131	Aneurin	PATERSON	RHYM	Rhymney Valley AC
62	Aron	TUGWELL	ARCHA	Cardiff Archers
61	Benjamin	PARKER	ABERV	Aberdare Valley AAC
129	Kane	SMART	COLW	Colwyn Bay AC
74	Gethin	GRIFFITH	MENA	Menai Track & Field
54	Lewis	STEPHENS	CARD	Cardiff Athletics
64	Marek	WARZOGA	SWAN	Swansea Harriers
138	Aharon	GRAHAM-MULVANEY	CARD	Cardiff Athletics
130	Callum	FOX-BYRNE	COLW	Colwyn Bay AC
58	Rocco	CASTELLANOS	COLW	Colwyn Bay AC
53	Huw	JENKINS	COLW	Colwyn Bay AC
77	Lewis	BARNES	CARD	Cardiff Athletics
55	Jack	O'BRIEN	BRIDE	Bridgend AC
50	Jon-Henry	ROBBIE	ARCHA	Cardiff Archers
75	Jose	ALZATE-GONZALEZ	CARD	Cardiff Athletics
66	Lewis	HOWELLS	RHYM	Rhymney Valley AC
78	Carter	NORRIS	CARMA	Carmarthen Harriers
135	Finley	KEANE	ARCHA	Cardiff Archers
133	Morgan	SAGE	NEWPH	Newport Harriers
56	Rhys	LLOYD-ROBERTS	PEMB	Pembrokeshire Harriers
60	Cian	GORDON-CLARK	MENA	Menai Track & Field
139	Sebastian	MITCHELL-FOFANA	CARD	Cardiff Athletics
137	Regan	DAVEY	NEATH	Neath Harriers
128	Harri	POSTLEWAITE	CARD	Cardiff Athletics
59	Ewan	WILLIAMS	LLAN	Llanelli AAC
134	Cade	DAVIES	ABERV	Aberdare Valley AAC
132	Max	ARNOLD	RHONA	Rhondda AAC

SUNDAY 14TH EVENTS

F33 U17 Women Long Jump

14:10

Welsh Age Best: Lisa ARMSTRONG, Torfaen AC, 6.01, 1990

CBP: Lisa ARMSTRONG, Torfaen AC, 5.77w, 1990

Bib	First Name	Last Name	Team Code	Team Name
123	Bethany	JENKINS	BRIDE	Bridgend AC
72	Beatrice	MORGAN	CARMA	Carmarthen Harriers
312	Sophie	HARRIS	ARCHA	Cardiff Archers
360	Addison	WERNER	ARCHA	Cardiff Archers
124	Nia	PARRY	NEWPH	Newport Harriers
345	Seren	GRIFFITHS	ARCHA	Cardiff Archers
67	Menna	GRANT	ARCHA	Cardiff Archers
313	Bethan	HOLLEY	SWAN	Swansea Harriers
38	Cerys	RADCLIFFE	NEWPH	Newport Harriers
41	Nia	POWELL	ARCHA	Cardiff Archers
352	Megan	TAYLOR	ARCHA	Cardiff Archers
44	Jessica	LEE	CARMA	Carmarthen Harriers

T37-1 U13 Girls 200m - Heats

14:25

Welsh Age Best: Jane BRADBEER, Cardiff AAC, 25.7 [HT], 1981

CBP: Olivia GILLESPIE, Newport Harriers, 26.34, 2019

QUALIFICATION TO FINAL: First 2 & 2 fastest = 8 to Final. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
82	Scarlett	HODGES	BRIDE	Bridgend AC
86	Poppy	YOUNG	BLAE	Blaenau Gwent Athletics
97	Sarina	BAHMANI	NEWPH	Newport Harriers
141	Isobel	DAVIES	CARD	Cardiff Athletics
143	Rosie	GEMINE	SWAN	Swansea Harriers
145	Seren	HOPKINS	CARD	Cardiff Athletics
146	Ffion	WILLIAMS	NEWPH	Newport Harriers
84	Aliyah	AFOLABI	ARCHA	Cardiff Archers
89	Hollie	TAYLOR	NEWPH	Newport Harriers
142	Lois	CODLING	NEWPH	Newport Harriers
94	Ava	THOMPSON	NEATH	Neath Harriers
88	Naomi	BROWN	SWAN	Swansea Harriers
144	Tabitha	VENTRESS-BRETT	SWAN	Swansea Harriers
92	Nia	FRASER	BRIDE	Bridgend AC
90	Bethany	STADDON	BRACK	Bracknell AC
140	Chloe	HALL	BRIDE	Bridgend AC
147	Chloe	CULL	BRIDE	Bridgend AC
95	Daisy	LAURIE	NEWPH	Newport Harriers
81	Ariana	BARNARD	PONT	Pontyclun Athletics Club

T38-1 U17 Women 200m - Heats

14:40

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

CBP: Sallyanne SHORT, Torfaen AC, 24.2 (HT), 1986

CBP: Hannah THOMAS, Wrexham AAC, 24.50 (ET), 2011

QUALIFICATION TO FINAL: First 3 & 2 fastest = 8 to Final. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
70	Nell	DESIR	ARCHA	Cardiff Archers
436	Eden	ROBINSON	NORDV	North Devon AC
37	Olivia	GILLESPIE	NEWPH	Newport Harriers
43	Eli	JONES	MENA	Menai Track & Field
38	Cerys	RADCLIFFE	NEWPH	Newport Harriers
40	Tiwaah	BOATENG	NEWPH	Newport Harriers

SUNDAY 14TH EVENTS

U17W continued

Bib	First Name	Last Name	Team Code	Team Name
126	Grace	RICHARDSON	CARD	Cardiff Athletics
124	Nia	PARRY	NEWPH	Newport Harriers
122	Georgia	SMELE	BRIDE	Bridgend AC
125	Katelyn	SHARP	PEMB	Pembrokeshire Harriers
127	Emma	SHEPHERD	CARD	Cardiff Athletics
35	Miriam	BROWN	SWAN	Swansea Harriers
45	Ruby	SCOURFIELD	BRIDE	Bridgend AC
123	Bethany	JENKINS	BRIDE	Bridgend AC
71	Millie	WILLIAMS	NEWPH	Newport Harriers
42	Elin	NELSON	MENA	Menai Track & Field

F34 U13 Girls High Jump

14:45

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

CBP: Sarah OMOREGIE, Pembrokeshire Harriers, 1.52, 2012

Bib	First Name	Last Name	Team Code	Team Name
82	Scarlett	HODGES	BRIDE	Bridgend AC
99	Imogen	VECCHI	BRIDE	Bridgend AC
140	Chloe	HALL	BRIDE	Bridgend AC
91	Freya	MCCARTHY	LLAN	Llanelli AAC
353	Ella	MCKAY	CARD	Cardiff Athletics
220	Allie	ADAMS	RHONA	Rhondda AAC
87	Ava	JOHN	CARD	Cardiff Athletics
218	Poppy	HOWELLS	RHYM	Rhymney Valley AC
81	Ariana	BARNARD	PONT	Pontyclun Athletics Club
308	Amber	RAYNER	CARD	Cardiff Athletics
96	Tiana	ODUGBESAN	ARCHA	Cardiff Archers

F35 U13 Boys High Jump

14:45

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

CBP: Aled REES, Carmarthen Harriers, 1.57, 2011

Bib	First Name	Last Name	Team Code	Team Name
309	Ieuan	TAYLOR	ARCHA	Cardiff Archers
354	Charlie	EATLY	LLAN	Llanelli AAC

T39-1 U20 Women 200m - Heats

14:50

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

CBP: Sallyanne SHORT, Torfaen AC, 24.2 (HT), 1986

CBP: Hannah THOMAS, Wrexham AAC, 24.50 (ET), 2011

QUALIFICATION TO FINAL: First 3 & 2 fastest = 8 to Final. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
36	Danielle	YEKEKPOLOR [NW]	WALT	Walton AC
2	Arian	WILLIAMS	MENA	Menai Track & Field
3	Teleri Siôn Lewis	JONES	MENA	Menai Track & Field
11	Isabella	WIGLEY	ARCHA	Cardiff Archers
9	Kirsty	LAW	CARD	Cardiff Athletics
117	Olivia	REID	NEWPH	Newport Harriers
10	Ellie	LOWETH	CARMA	Carmarthen Harriers
7	Sarah	WINSTONE	NEATH	Neath Harriers
118	Ellie	CHINN	NEWPH	Newport Harriers
116	Olivia	HARWOOD [NW]	HERCO	Hereford & County AC

SUNDAY 14TH EVENTS

T40-1 U20 Men 200m - Heats

15:00

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

CBP: Jamie HENTHORN, Carmarthen Harriers, 21.46, 1996

QUALIFICATION TO FINAL: First 3 & 2 fastest = 8 to Final. This may change on the day

Bib	First Name	Last Name	Team Code	Team Name
21	Jac	PATTERSON	ARCHA	Cardiff Archers
1	Callum	WEBB	ARCHA	Cardiff Archers
16	Dylan	MORGAN	SWAN	Swansea Harriers
17	Louis	THORNE [NW]	CARD	Cardiff Athletics
25	Cai	LEWIS JONES	MENA	Menai Track & Field
119	Will	LOVEJOY	NEWPH	Newport Harriers
120	Rhys	BENNETT	LEAM	Leamington AC
20	Morgan	HUBBARDE [NW]	CARD	Cardiff Athletics
51	Ioan	HOLMAN	HERCO	Hereford & County AC
28	Samuel	ELFORD	NEWPH	Newport Harriers
27	Ravel	EDWARDS [NW]	NEWPH	Newport Harriers
121	Ringnyu	BONGMBA [NW]	TBATH	Team Bath Athletic Club
18	Harvey	BACCHETTA	CARD	Cardiff Athletics

F36 U17 Men Javelin

15:00

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

CBP: Tom HEWSON, Andover AC, 65.18, 2017

Bib	First Name	Last Name	Team Code	Team Name
393	Joshua	GRIST	DSWPA	DSW Para Athletics
392	Jac	SHEEHAN	DSWPA	DSW Para Athletics
431	Max	BHATIA	BARR	Barry & Vale Harriers
384	Ben	EVANS	RHONA	Rhondda AAC
350	Leon	GREGSON	CARD	Cardiff Athletics
55	Jack	O'BRIEN	BRIDE	Bridgend AC
131	Aneurin	PATERSON	RHYM	Rhymney Valley AC
412	Eurion	JOHN	CARD	Cardiff Athletics
387	Lewie	JONES	SWAN	Swansea Harriers

F37 U20 Men Javelin

15:00

WN REC: Tom HEWSON, Andover AC, 70.80, 2019

CBP: Tom HEWSON, Andover AC, 66.01, 2019

Bib	First Name	Last Name	Team Code	Team Name
12	Morgan	KEEN WILLIAMS	NEWPH	Newport Harriers
427	George	SNAITH	SWAN	Swansea Harriers
426	Morgan	BATTEN	CARMA	Carmarthen Harriers
428	Charlie	EVANS [NW]	BANBH	Banbury Harriers AC

T41-1 U17M 3000m - Straight Final

15:20

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

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

Bib	First Name	Last Name	Team Code	Team Name
286	Aled	BREEZE	MALDW	Maldwyn Harriers
288	Finley	BRUCE	CARMA	Carmarthen Harriers
287	Steffan	BRIDGER	CARMA	Carmarthen Harriers
206	Cian	HAROLD	CARD	Cardiff Athletics
298	Harry	TURNER	CARD	Cardiff Athletics
301	Iwan	FROLEY	CARD	Cardiff Athletics
303	William	HARRIES	PEMB	Pembrokeshire Harriers

SUNDAY 14TH EVENTS

U17M Continued

Bib	First Name	Last Name	Team Code	Team Name
283	Morgan	WILLIS	SWAN	Swansea Harriers
200	Alex	RIDOUT	CARD	Cardiff Athletics
284	Joe	MURPHY	BRECA	Brecon Athletic Club
305	Rhys	PLADDY	CARD	Cardiff Athletics
300	Joshua	BARNETT	CARMA	Carmarthen Harriers
302	Vaughn	HUGHES	NEWPH	Newport Harriers
289	Charlie	HARRIS	SWAN	Swansea Harriers
285	Jake	LYNOCK	CARMA	Carmarthen Harriers
202	Tristan Tena	CUMBERLAND	BRECA	Brecon Athletic Club
258	Finlay	CULLEN	MALDW	Maldwyn Harriers
263	Joshua	SANDERS	CARD	Cardiff Athletics
297	Alfie	SHILAND	COLW	Colwyn Bay AC
304	Kerby	BELTRAN	CARD	Cardiff Athletics
296	Garyn	TOUGH	ABERV	Aberdare Valley AAC
299	Macsen	TOOGOOD	CARMA	Carmarthen Harriers

T42-1 U20M 3000m - Straight Final 15:35

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

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

Bib	First Name	Last Name	Team Code	Team Name
275	Morgan	WATTS	BLAE	Blaenau Gwent Athletics
277	Adam	BARBER	HARB	Harborough AC
249	Lloyd	SHEPPARD BROWN	CARD	Cardiff Athletics
274	Oliver	JAMES	BOURN	Bournemouth AC
276	Dion	GRIFFITH	MENA	Menai Track & Field
273	Huw	RILEY	CARD	Cardiff Athletics
247	Evan	PRICE	NEWPH	Newport Harriers

T43-1 U17W, & U20W 3000m - Straight Final 15:50

U20 WN REC: Non STANFORD, Swansea Harriers, 9:22.84, 2004

U20 CBP: Carol HAYWARD, Newport Harriers, 9:47.77, 1989

U17 Welsh Age Best REC: Non STANFORD, Swansea Harriers, 9:22.84, 2004

U17 CBP: Ffion PRICE, Brecon AC, 9:56.26, 2010

Bib	First Name	Last Name	Team Code	Team Name
188	Alice	DAVIES	ARCHA	Cardiff Archers
295	Ava	DAVIES	SWAN	Swansea Harriers
210	Libby	HALE	SWAN	Swansea Harriers
253	Jessica	HEWITT	SWAN	Swansea Harriers
280	Neve	JONES	CARD	Cardiff Athletics
243	Rhiannon	PATON [U20]	WESTH	Westbury Harriers
254	Beca Haf	BOWN	MENA	Menai Track & Field
189	Bethan	HARDMAN	ARCHA	Cardiff Archers
291	Mabli	PHILLIPS	CARD	Cardiff Athletics
272	Elin	GRIFFITHS	NEWPH	Newport Harriers
293	Mackenzie	MCCOURT	MALDW	Maldwyn Harriers
292	Imogen	DAVIES	CARD	Cardiff Athletics
252	Mai	DAVIES	SWAN	Swansea Harriers
290	Chloe	HARTLEY-GREEN	SWAN	Swansea Harriers
208	Rebeca	HARRIES	CARD	Cardiff Athletics
294	Ruby	HERDMAN	BRECA	Brecon Athletic Club

SUNDAY 14TH EVENTS

U17W & U20W Continued

Bib	First Name	Last Name	Team Code	Team Name
282	Caitlin	JONES	ABERV	Aberdare Valley AAC
278	Sophie	HARTLEY-GREEN	SWAN	Swansea Harriers
281	Nia	REDDY	ABERV	Aberdare Valley AAC
279	Carys	WOOD	CARMA	Carmarthen Harriers

F38 U20 Women Shot Put

15:50

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

CBP: Sally HINDS, Swansea Harriers, 14.21, 2005

Bib	First Name	Last Name	Team Code	Team Name
339	Cerys	ABOAGYE [NW]	CRO	Croydon Harriers
371	Olivia	AUSTIN [NW]	NEB	Newham & Essex Beagles AC
374	Tegan	STODDART [NW]	TELFA	Telford AC
372	Jasmine	HALE	SWAN	Swansea Harriers
373	Amelia	FETTIS	NEWPH	Newport Harriers

F39 U17 Women Shot Put

15:50

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

CBP: Sarah OMOREGIE, Cardiff AAC, 13.95, 2016

Bib	First Name	Last Name	Team Code	Team Name
390	Grace	HAWKER	RHYM	Rhymney Valley AC
345	Seren	GRIFFITHS	ARCHA	Cardiff Archers
391	Evie	COOPER	NEATH	Neath Harriers
352	Megan	TAYLOR	ARCHA	Cardiff Archers
380	Storm	EVANS	CARMA	Carmarthen Harriers
382	Caitlin	SEABORNE	RHYM	Rhymney Valley AC
351	Matilda	QUICK	SWAN	Swansea Harriers
389	Sara	JONES	DSWPA	DSW Para Athletics
312	Sophie	HARRIS	ARCHA	Cardiff Archers
383	Erin	WILLIAMS	ARCHA	Cardiff Archers
381	Megan Cerys	BROWN	DEESA	Deeside AAC

T44-1 U17 & U20 3K Walk - Straight Final

16:10

U20 Heather LEWIS, Pembrokeshire Harriers, 13:51.03, 2012

U17 Grace GRIFFITHS, Pembrokeshire Harriers, 14:49.27, 25.09.2021

Bib	First Name	Last Name	Team Code	Team Name
425	Rebecca	HOLLEY [U20]	ARCHA	Cardiff Archers
433	Abby	HUGHES [NW] [U20]	TAUNT	Taunton AC
434	Gemma	PRICE [U17]	BRIDE	Bridgend AC

F40 U13 Girls Long Jump

16:30

Welsh Age Best: Olivia SCHRIMSHAW, Deeside AAC, 4.99, 2021

CBP: Aimee CUTLER, Torfaen AC, 4.82, 1994/Olivia SCHRIMSHAW, Deeside AAC, 2021

Bib	First Name	Last Name	Team Code	Team Name
145	Seren	HOPKINS	CARD	Cardiff Athletics
306	Chloe	THOMAS	PEMB	Pembrokeshire Harriers
217	Sophie	FORGRAVE	WREX	Wrexham AAC
95	Daisy	LAURIE	NEWPH	Newport Harriers
99	Imogen	VECCHI	BRIDE	Bridgend AC
362	Lily	JONES	LLAN	Llanelli AAC
93	Sophia	EDWARDS	LLAN	Llanelli AAC
81	Ariana	BARNARD	PONT	Pontyclun Athletics Club

SUNDAY 14TH EVENTS*U13G Continued*

Bib	First Name	Last Name	Team Code	Team Name
90	Bethany	STADDON	BRACK	Bracknell AC
91	Freya	MCCARTHY	LLAN	Llanelli AAC
144	Tabitha	VENTRESS-BRETT	SWAN	Swansea Harriers
94	Ava	THOMPSON	NEATH	Neath Harriers
98	Harriet	YOUNG	NEATH	Neath Harriers
308	Amber	RAYNER	CARD	Cardiff Athletics
96	Tiana	ODUGBESAN	ARCHA	Cardiff Archers
84	Aliyah	AFOLABI	ARCHA	Cardiff Archers

T45-1 U13 & U15 1K Walk - Straight Final 16:35

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

Bib	First Name	Last Name	Team Code	Team Name
100	Megan	CHANTRELL [U13]	ABERV	Aberdare Valley AAC

T46-1 U13 Boys 200m - Straight final 16:45

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

CBP: Arthur POWELL, Maldwyn Harriers, 24.94, 2017

Bib	First Name	Last Name	Team Code	Team Name
103	Jack	HORSNELL	RHONA	Rhondda AAC
104	Reagan	MCCARTHY	CARD	Cardiff Athletics
113	Lucca	TARDIVEL	DEESA	Deeside AAC
148	Ollie	MORIARTY	ABERV	Aberdare Valley AAC
111	Connor	EVANS	NEATH	Neath Harriers
105	Ellis	WILLIAMS	WCHES	West Cheshire Athletic Club
108	Theo	ROWLANDS	NEWPH	Newport Harriers
149	Jacob	HALL	BRIDE	Bridgend AC

F41 U13B Discus 16:50

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

Cliff SCHWABAUER, Menai T&F, 29.19, 2012

Bib	First Name	Last Name	Team Code	Team Name
402	Joseph	SYMONS	DSWPA	DSW Para Athletics
105	Ellis	WILLIAMS	WCHES	West Cheshire Athletic Club
399	Caius	DAVIES	ABERV	Aberdare Valley AAC
401	Jonas	EVANS	RHONA	Rhondda AAC
310	James	PUGH	ARCHA	Cardiff Archers

T36-2 U17 Men 200m - Final 16:50

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

CBP: Andrew WATKINS, Cwmbran Harriers, 21.8 (HT), 2003

CBP: Tim BENJAMIN, Cardiff AAC, 21.96 W (ET), 1997

T37-2 U13 Girls 200m - Final 16:55

Welsh Age Best: Jane BRADBEER, Cardiff AAC, 25.7 (HT), 1981

CBP: Olivia GILLESPIE, Newport Harriers, 26.34, 2019

T38-2 U17 Women 200m - Final 17:00

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

CBP: Sallyanne SHORT, Torfaen AC, 24.2 (HT), 1986

CBP: Hannah THOMAS, Wrexham AAC, 24.50 (ET), 2011

SUNDAY 14TH EVENTS

T39-2 U20 Women 200m - Final **17:05**

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

CBP: Sallyanne SHORT, Torfaen AC, 24.2 (HT), 1986

CBP: Hannah THOMAS, Wrexham AAC, 24.50 (ET), 2011

T40-2 U20 Men 200m - Final **17:10**

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

CBP: Jamie HENTHORN, Carmarthen Harriers, 21.46, 1996

T25-2 U17 Women 800m - Final **17:15**

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

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

T28-2 U17 Men 800m - Final **17:20**

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

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

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Track Judge - Richie Jenkins
Track Judge - Carol Strange
Track Judge - Ted Johnson
Track Judge - Ayo Afolabi
Track Steward - Carmel Johnson

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Field Judge - Lee Hayward
Field Judge - Gareth Elliott
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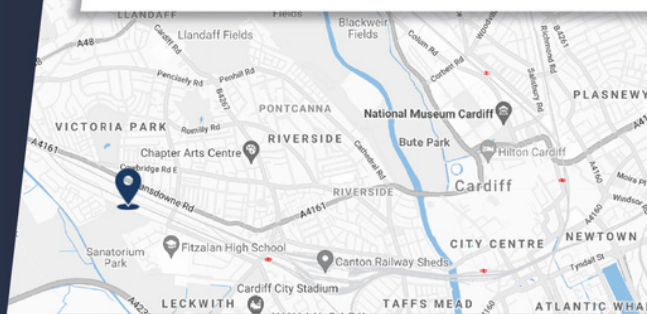
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