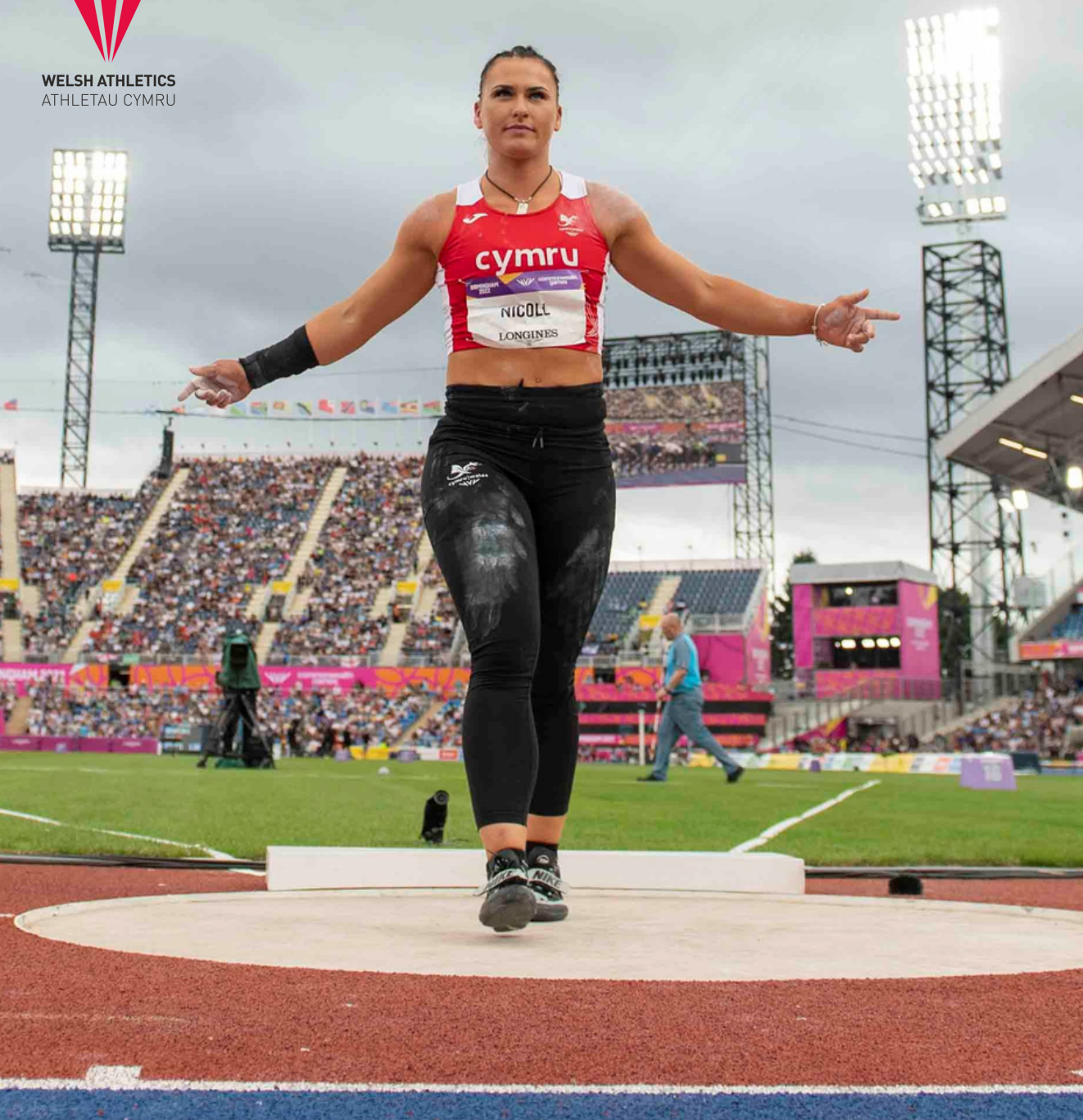




WELSH ATHLETICS  
ATHLETAU CYMRU



# WELSH SENIOR & U15 TRACK & FIELD CHAMPIONSHIPS

Saturday 24th & Sunday 25th June 2023  
Cardiff International Sports Campus



# SPORTS INJURY

# REHABILITATION

# SUPPORTS &

# BRACING



Shop Now



Supplying Medically Approved Products Since 1972!

**ORTHOTIX**<sup>®</sup>  
SUPPORTING YOUR WELLBEING

Official Suppliers To:



# CHAIR'S WELCOME

A warm welcome to you all to the 2023 Welsh Athletics Senior Track and Field Championships.

Once again, this weekend appears to be a high-quality event with several participants vying for the opportunity to perform at the highest level. I am sure that they will greatly appreciate our support and enthusiasm for their efforts during the two days.

My grateful thanks to the staff team, officials, coaches, administrators and the numerous volunteers who have contributed to the organisation and the delivery of this event.

Finally, my thanks to the athletes for supporting these championships. and I wish them the best of luck in the hope that all personal targets will be met.

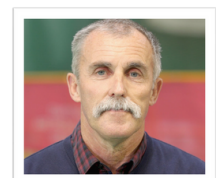
D. Stephen Perks  
Chair of Welsh Athletics.

Croeso cynnes I chi gyd i Bencapwriaethau Athletau Cymru 2023.

Unwaith eto rydym yn edrych ymlaen am ddeuddydd neulltiol o berfformiadau, gyda sawl cystadleuydd yn cystadlu am y cyfle i berfformio ar y lefel uchaf. Rwy'n siwr y byddant yn gwerthfawrogi ein cefnogaeth a'n brwdfrydedd am eu hymdrechion dros y ddau ddiwrnod.

Hoffwn estyn diolch i'r tîm o staff, swyddogion, hyfforddwyr, gweinyddwyr a'r llu o wirfoddolwyr sydd wedi cyfrannu i'r sefydliad ac sydd felly wedi gwneud y campwriaethau yma yn bosibl. Yn olaf rhaid diolch i'r athletwyr am gefnogi'r campwriaethau, ac rwy'n dymuno pob llwyddiant iddynt gan obeithio y bydd eu targedau personol yn cael eu gwireddu.

*D. Stephen Perks*  
*Cadeirydd Athletau Cymru*





# COMPETITOR INFORMATION

- Competition to be held under UKA Rules
- Athletes must register and collect their bib numbers no later than 90 minutes before the timetabled event start time.
- Athletes competing across both days should retain their bib number and should report to registration on both days.
- Warm ups must take place on the external 3G pitch,
- 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 centre of the stand (ground floor level) at least 60 minutes before the event start time. Senior athletes should retrieve their implements from the Equipment Room after the conclusion of the competition.
- Athletes eligible for presentations will be asked to remain in the presentation area after the conclusion of their event. Parents and spectators will not be permitted onto the track to take photographs.
- Medals will only be awarded to athletes in 'A' finals (only applicable for sprints).
- Senior athletes will have 3+3 trials in all horizontal jumps and throws; U15 athletes will have three trials only.
- Any protests will be dealt with by the relevant discipline referee and Meeting Manager. The referee's decision will be final.
- Offensive language/behaviour directed towards staff, officials and volunteers will not be tolerated under any circumstances and may result in individuals being asked to leave the competition.
- Please refer to the pre-event information circulated to athletes for full competitor information.





WELSH ATHLETICS  
ATHLETAU CYMRU

# COACH EDUCATION CALENDAR & RESOURCES

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



Course Calendar & Dates



SCAN ME



BRITISH  
ATHLETICS



Sign-up to the  
We Coach Wales Newsletter



Coaching Resources



For more information email  
zoe.brown@welshathletics.org

# DONATE BLOOD AND SAVE A LIFE TODAY



GIVING  
RUNS IN  
YOUR  
BLOOD

GET SET.  
GIVE BLOOD.



FIND YOUR NEAREST DONATION  
SESSION AND SIGN UP AT

[www.wbs.wales/WelshAthletics](http://www.wbs.wales/WelshAthletics)

# TIMETABLE

## AMSERLEN

Saturday 24th June

### Track Events

T01-1 10:45 Senior Men & Women 10K Walk Final  
T02-1 12:00 Senior Men 400m Heats  
T03-1 12:15 Senior Women 400m Heats  
T04-1 12:30 Senior Men 100m Heats  
T05-1 13:05 Senior Men 1500m Heats  
T06-1 13:20 Senior Women 1500m Heats  
T07-1 13:35 U15 Boys 1500m Final  
T08-1 13:45 U15 Girls 1500m Final  
T09-1 13:55 U15 Boys 300m Heats/Final  
T10-1 14:00 U15 Girls 300m Heats  
T04-2 14:10 Senior Men 100m Semi Finals  
T11-1 14:20 Senior Women 100m Heats  
T12-1 14:35 U15 Girls 100m Heats  
T13-1 14:45 U15 Boys 100m Heats  
T14-1 14:52 Ambulant/Para Male 100m Final  
T15-1 14:57 Ambulant/Para Female 100m Final  
T03-2 15:10 Senior Women 400m Final  
T04-2 15:15 Senior Men 400m Final  
T16-1 15:25 U15 Girls 3000m Final  
T17-1 15:40 U15 Boys 3000m Final  
T05-2 15:55 Senior Men 1500m Final  
T06-2 16:05 Senior Women 1500m Final  
T10-2 16:15 U15 Girls 300m Final  
T11-2 16:25 Senior Women 100m Final  
T12-2 16:30 U15 Girls 100m Final  
T13-2 16:35 U15 Boys 100m Final  
T04-3 16:40 Senior Men 100m Final

### Field Events

F01 11:00 U15 Boys Triple Jump  
F02 11:00 U15 Girls Triple Jump  
F03 11:00 U15 Girls Pole Vault  
F04 11:30 Senior Women Hammer  
F05 11:30 Senior Men Hammer  
F06 11:45 Senior Men Javelin  
F07 11:45 Para Male Javelin  
F08 11:45 U15 Boys Javelin  
F09-1 12:15 Senior Women Long Jump Pool B  
F10-1 12:15 Para Female Long Jump Pool B  
F11-1 12:15 Senior Men Long Jump Pool B  
F12-1 12:15 Para Male Long Jump Pool B  
F13 13:15 Senior Women Pole Vault  
F14 13:15 U15 Boys High Jump  
F15 13:40 U15 Girls Shot Put  
F16 13:55 Senior Women Discus  
F17 13:55 Para Female Discus  
F09-2 14:15 Senior Women Long Jump Pool A  
F10-2 14:15 Para Female Long Jump Pool A  
F11-1 14:15 Senior Men Long Jump Pool A  
F12-2 14:15 Para Male Long Jump Pool A  
F18 15:35 Senior Men High Jump  
F19 15:55 Senior Women Shot Put  
F20 15:55 Para Female Shot Put  
F21 15:55 U15 Girls Discus





# CYFLEOEDD YSGOLION SCHOOL OPPORTUNITIES

## THE DAILY MILE

THE DAILY MILE IS A TRANSFORMATIVE INITIATIVE WHERE CHILDREN RUN, JOG, WHEEL OR WALK FOR FIFTEEN MINUTES EVERY DAY. INCLUSIVITY AND ACCESSIBILITY HAS ALWAYS BEEN AT THE HEART OF THE DAILY MILE

## QUADKIDS

UK WIDE FORMAT WHICH HAS BEEN ADOPTED BY MANY CLUBS, PRIMARY & SECONDARY SCHOOLS WITHIN THEIR COMPETITIONS AND SPORTS DAYS. IT ALLOWS PUPILS TO PARTICIPATE TOGETHER AS A TEAM AND COMPETE ACROSS FOUR EVENTS, SCORING POINTS BASED ON THEIR PERFORMANCES.

## SPORTSHALL

AN EXCITING INDOOR PROGRAMME OF ADAPTED ATHLETICS ACTIVITIES FOR PRIMARY & SECONDARY AGED PUPILS. SPORTSHALL PROVIDES FUN WAYS TO BUILD CORE SKILLS AND IS RENOWNED FOR ITS EXHILARATING TEAM COMPETITIONS.

*VISIT OUR FIND A  
CLUB PAGE TO FIND  
A CLUB TODAY!*





WELSH ATHLETICS  
ATHLETAU CYMRU

# VOLUNTEER AT OUR NATIONAL T&F CHAMPIONSHIPS

**SCAN QR CODE TO REGISTER**

Welsh Athletics Outdoor Track &  
Field events Summer 2023



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

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

For more info email [volunteering@welshathletics.org](mailto:volunteering@welshathletics.org)

**T01-1 Senior Men & Women 10k Walk - Straight Final 10:45****WN REC: Steve BARRY, Cardiff AAC, 41:13.62, 1982/Heather LEWIS, Pembrokeshire Harriers, 45:09.19, 2022**

Bib	First Name	Last Name	Team Code
639	Heather	LEWIS	Pembrokeshire Harriers
637	Bethan	DAVIES	Cardiff Athletics
636	Cameron	CORBISHLEY-NW	Medway and Maidstone AC
638	Abigail	JENNINGS-NW	Aldershot F&D
640	Gracie	GRIFFITHS	Pembrokeshire Harriers

**F01 U15B Triple Jump 11:00****Welsh Age Best REC: Darren YEO, Swansea Harriers, 13.55, 1989****CBP: No Record Set**

Bib	First Name	Last Name	Team Code
174	Cobie	PHILLIPS	Cardiff Archers

**F02 U15G Triple Jump 11:00****Welsh Age Best: Olivia SCHRIMSHAW, Deeside AC, 11.49, 27.08.2022****CBP: No Record Set**

Bib	First Name	Last Name	Team Code
520	Freya	MCCARTHY	Llanelli AAC
131	Olivia	SCHRIMSHAW	Deeside AAC
523	Megan	WOOD	Deeside AAC
198	Tabitha	VENTRESS-BRETT	Swansea Harriers
446	Daisy	CLARKE	Deeside AAC
521	Myah	PEARSON	Deeside AAC

**F03 U15 Girls Pole Vault 11:00****Welsh Age Best: Ellie-Mae WAINWRIGHT, Newport Harriers, 3.21, 2019****CBP: No Record Set**

Bib	First Name	Last Name	Team Code
492	Imogen	ALEXANDER	Cardiff Archers
497	Alice	PROSSER	Swansea Harriers
494	Ruby	CAMPION	Swansea Harriers
195	Lyra	ROBERTS	Llanelli AAC

**F04 Senior Women Hammer 11:30****AC REC: Jennifer DAHIGREN, Argentina, 69.14, 2012****WN REC: [p] Amber SIMPSON, Wrexham AC, 68.13, 2023****CBP: Carys PARRY, Rhondda AC, 66.30, 2008**

Bib	First Name	Last Name	Team Code
614	Alice	GREGORY	Brecon Athletic Club
546	Catrina	DAVIES	Neath Harriers
485	Rebekah	PRATT	Swansea Harriers
621	Mali	LOADER	Neath Harriers
619	Abby	BARNFIELD	Yate & District AC
620	Amelia	FETTIS	Newport Harriers
611	Zoe	DAKIN	Swansea Harriers
612	Hannah	GELLATLY	City Of Plymouth AC
618	Cerys	THOMAS	Swansea Harriers
617	Ffion	PALMER	Cardiff Athletics
598	Amber	SIMPSON	Wrexham AAC



**F05 Senior Men Hammer 11:30****AC REC: Markus ESSER, Germany, 74.49, 2002****WN REC: Osian JONES, Liverpool Harriers, 73.89, 2019****CBP: Osian JONES, Liverpool Harriers, 71.25, 2021**

Bib	First Name	Last Name	Team Code
613	David	GLENDOWER	Pembrokeshire Harriers
622	Sammy	THOMAS	Neath Harriers
562	Adam	PHILLIPS	Cardiff Athletics
615	Ben	HAWKES-NW	Blackheath & Bromley HAC
616	Osian	JONES	Liverpool Harriers & AC

**F06 Senior Men Javelin 11:45****AC REC: Steve BACKLEY, England, 88.46, 1990****WN REC: Nigel BEVAN, Belgrave Harriers, 81.70, 1992****CBP: Lee DORAN, City of Sheffield, 77.99, 2012**

Bib	First Name	Last Name	Team Code
513	Morgan	KEEN WILLIAMS	Newport Harriers
549	Ryan	FOULKES	Cardiff Athletics
632	Gary	PIAZZON	Cardiff Athletics
627	Richard	DANGERFIELD	Cardiff Athletics
629	Tom	HEWSON	Andover AC
630	Greg	MILLAR-NW	Birchfield Harriers

**F07 Ambulant/Para Javelin Male 11:45**

Bib	First Name	Last Name	Team Code
547	Jason	ELWORTHY F38	Barry & Vale Harriers
567	Michael	JENKINS-F38	Pembrokeshire Harriers
631	Daniel	PEMBROKE-NW T/F31	Windsor SE&H AC

**F08 U15 Boys Javelin 11:45****Welsh Age Best REC: Lewie JONES, Swansea Harriers, 56.98, 2021****CBP: Garth LOUGHRAN, Carmarthen Harriers, 50.37, 2003**

Bib	First Name	Last Name	Team Code
574	Gabriel	EVANS	Rhondda AAC
450	Tommy	PALMER	Cardiff Archers
172	David	LENGHEL	Pontyclun AC
583	William	RICHARDS-BALDWIN	Gloucester AC
375	Aidan	ANGILLETTA	Deeside AAC

**T02-1 Senior Men 400m - Heats 12:00****AC REC: Phil BROWN, England, 45.29, 1986****WN REC: Iwan THOMAS, Newham, 44.36, 1997****CBP: Iwan THOMAS, Newham & Essex Beagles, 45.45, 1998**

Bib	First Name	Last Name	Team Code
37	Daniel	MCKERLICH-T20	Cardiff Athletics
144	Joseph	BRIER	Swansea Harriers
200	Kyle	ALEXANDER-NW	Giffnock North AC
207	Ben	HAWKES-NW	Leamington Cycling AC
645	Nikita	RODCHENKOV-NW	Ukraine
209	Steffan Dylan	JONES	Swansea Harriers
208	Harry	HILLMAN	Cardiff Athletics
213	Liam	MCGIVERN	Wrexham AAC
211	Jacob	LAMBOLL-NW	Cardiff Met
210	Jonathan	KNOX-NW	Coventry Godiva Harriers
214	Reece	MIDDLETON	Coventry Godiva Harriers

**Senior Men 400m continued**

212	Mitchell	LAWRENCE-NW	Swansea Harriers
221	Rhys	BENNETT	Leamington Cycling AC
224	Harrison	GARCIA	Swansea Harriers
161	Kane	SMART	Colwyn Bay AC
203	Gareth	DAVIES	Newport Harriers
201	John	BRIDGE	Cardiff Athletics
225	Iwan	WILSON	Llanelli AAC
162	Harrison	WHEELER	Llanelli AAC
227	Harry	BRADLEY	Newport Harriers
204	Oliver	EDWARDS	Wrexham AAC
160	Dafydd	ROBERTS	Aberdare Valley AAC
164	Gethin	GRIFFITH	Menai Track & Field
223	Ben	FARRELL	Cardiff Athletics
70	Aharon	GRAHAM-MULVANEY	Cardiff Athletics
229	Sean	HOPKINS	Cardiff Archers
427	Jon-Henry	ROBBIE	Cardiff Archers
157	Tudur	WILLIAMS	Menai Track & Field
217	Richard	SCOTT	South West Veterans AC
226	Aedan	WILTSHIRE	Newport Harriers
141	Dylan	ANDREWS	Bridgend Athletics

**T03-1 Senior Women 400m - Heats****12:15****AC REC: Michelle SCUTT, Wales, 50.63, 1982****WN REC: Michelle SCUTT, Sale Harriers, 50.63, 1982****CBP: Michelle SCUTT, Sale Harriers, 53.08, 1984**

Bib	First Name	Last Name	Team Code
202	Hannah	BRIER	Swansea Harriers
205	Sian	HARRY	Belgrave Harriers
155	Ffion Mair	ROBERTS	Menai Track & Field
216	Bronwen	REED	Trafford Athletic Club
139	Esther	ADIKPE-NW	Cardiff Athletics
147	Millicent	FAKANDE	Swansea Harriers
215	Georgia	MORRISON-NW	Aberdeen AAC
222	Emily	BOWART-NW	Tonbridge AC
140	Olivia	ALLBUT-NW	Jersey Spartan AC
142	Emma	BARCLAY-NW	Aberdeen AAC
220	Cerys	VICO	Swansea Harriers
163	Ella	WINTLE	Pembrokeshire Harriers
219	Sian	VICO	Swansea Harriers
206	Olivia	HARWOOD	Cardiff Met
228	Chloe	FARMER	Cardiff Archers
218	Kyra	SETHNA-MCINTOSH-NW	Croydon Harriers
230	Menna	PUGSLEY	Shrewsbury AC
159	Non Elen	REDVERS JONES	Menai Track & Field

**F09-1 Senior Women Long Jump - Pool 'B'****12:15****AC REC: Jade JOHNSON, England, 6.69, 2002****WN REC: Rebecca CHAPMAN, Cardiff AAC, 6.54, 2017****CBP: Rebecca CHAPMAN, Cardiff AAC, 6.34w, 14.06.2018**

Bib	First Name	Last Name	Team Code
432	Kath	MORGAN	Llanelli AAC
436	Libby	DAVIDSON	Yate & District AC
503	Sophie	PIKE-NW	Bournemouth AC
515	Ellie	MILES	Cardiff Archers
442	Nia	POWELL	Cardiff Archers
385	Amy	KENNEDY-NW	Glasgow Jaguars T&F

**Senior Women Long Jump Pool 'B' continued**

12	Gabby	DICKINSON	Cardiff Athletics
21	Selina	HENDERSON-NW	Shaftesbury Barnet Harriers

**F10-1 Ambulant/Para Female Long Jump - Pool 'B' 12:15**

Bib	First Name	Last Name	Team Code
58	Katie	WHITTAKER-T/F37	DSW Para Athletics

**F11-1 Senior Men Long Jump - Pool 'B' 12:15****AC REC: Ralph BOSTON, USA, 8.18, 1965****WN REC: Lynn DAVIES, Roath Harriers, Cardiff, 8.23, 1968****CBP: Steve INGRAM, Swansea Harriers, 7.91w, 1994**

Bib	First Name	Last Name	Team Code
54	Jai	TSIM	Pontypridd Roadents AC
15	Tommy	EVANS	Cardiff Archers
165	Sebastian	MITCHELL-FOFANA	Cardiff Archers
517	Abdul	AFOLABI	Cardiff Archers
70	Aharon	GRAHAM-MULVANEY	Cardiff Athletics
229	Sean	HOPKINS	Cardiff Archers
513	Morgan	KEEN WILLIAMS	Newport Harriers
501	Joseph	HAYWOOD	Bournemouth AC

**F12 Ambulant/Para Male Long Jump 12:15**

Bib	First Name	Last Name	Team Code
78	Tomi	ROBERTS-JONES-T/F37	DSW Para Athletics
64	William	BISHOP-T/F35	DSW Para Athletics
67	Corey	BROWN-T/F64	DSW Para Athletics
500	Barney	CORRALL-NW T37	Charnwood A C
35	Joel	MATTACKS-NW T/F20	Cardiff Met

**T04-1 Senior Men 100m 12:30****AC REC: Craig PICKERING, England, 10.24, 2009****WN REC: Christian MALCOLM, Cardiff AAC, 10.11, 2001****CBP: Sam GORDON, Cardiff AC, 10.08 W, 14.07.2019**

Bib	First Name	Last Name	Team Code
81	Jose	ALZATE-GONZALEZ	Cardiff Athletics
1	Alex	AZU	Cardiff Athletics
3	Dan	BEADSLEY	Swansea Harriers
83	Joseph	BERRY	Newport Harriers
66	Callum	BRASSINGTON-MEEHAN-NW	Worcester AC
5	Daniel	BROOKS-NW	Yate & District AC
6	Joshua	BROWN	Cardiff Athletics
7	Blake Tiger-Lee	BROWN-NW	Cardiff Met
8	Ashton	BURNETT	Newport Harriers
84	Rocco	CASTELLANOS-NW	Colwyn Bay AC
10	Jake	COVER-NW	Team Bath Athletic Club
11	Theo	DANQUAH-NW	Sale Harriers Manchester
13	Josh	DUKE-NW	Guernsey AC
68	Jacob	EDGHILL	Colwyn Bay AC
14	Ayomide	ELUYERA	Cardiff Athletics
16	Tom	EVANS	Newport Harriers
15	Tommy	EVANS	Cardiff Archers
18	Samuel	GORDON	Cardiff Athletics
70	Aharon	GRAHAM-MULVANEY	Cardiff Athletics
20	Scott	GUNNING-NW	Coventry Godiva Harriers
72	William	HAWKER	Rhymney Valley AC
22	Callum	HOLDER-NW	Sutton & District AC



**Senior Men 100m continued**

73	Morgan	HUBBARDE	Cardiff Athletics
23	Sam	IGE-NW	Belgrave Harriers
26	Cameron	JONES	Menai Track & Field
25	Elliot	JONES-NW	Liverpool Pembroke & Sefton H AC
27	Makoye	KAMPENGELE	Cardiff Athletics
28	Daniel	KNUCKLE	Swansea Harriers
29	Daniel	KOLOSOV-NW	Brighton & Hove AC
646	Stanislav	KOVALENKO-NW	Ukraine
30	Ryan	LANE	Cardiff Athletics
32	Dafydd	LEWIS	Llanelli AAC
33	Cai	LEWIS JONES	Menai Track & Field
91	Salem	MBIMU-KIAMBI	Cardiff Athletics
36	Ben	MCGUIRE-NW	VP-Glasgow AC
38	Garin	MEREDITH	Aberdare Valley AAC
75	Dylan	MORGAN	Swansea Harriers
40	Jacob	NORCLIFFE-NW	Brighton & Hove AC
41	Henry	NWOKE-NW	Liverpool Harriers & AC
42	Eli	ONYEWU	Swansea Harriers
76	Jac	PATTERSON	Cardiff Archers
93	Charlie	PENNEY	Pembrokeshire Harriers
94	Luca	PHILLIPS	Cardiff Archers
44	Youssef	RABHI-NW	Swansea Harriers
45	Jordan	ROACH	Cardiff Athletics
427	Jon-Henry	ROBBIE	Cardiff Archers
48	Rhys	ROMO	Cardiff Athletics
50	Simeon	SANTIMA	Cardiff Athletics
95	Lewis	STEPHENS	Cardiff Athletics
54	Jai	TSIM	Pontypridd Roadents AC
96	Aron	TUGWELL	Cardiff Archers
79	Marek	WARZOCHA-NW	Swansea Harriers
56	Finlay	WAUGH-NW	Giffnock North AC
80	Callum	WEBB	Cardiff Archers
57	Tom	WHITE-NW	Cardiff University
59	Karl	WILLIAMS	Swansea Harriers
60	Evan	WILLIAMS	Wrexham AAC
62	Dajon	WRIGHT	Harrow AC
63	Jason	WU-NW	Giffnock North AC
644	Thomas	YOUNG-T38	Loughborough Students AC

**T05-1 Senior Men 1500m - Heats****13:05****AC REC: Rob HARRISON, England, 3:35.74, 1986****WN REC: Jake HEYWARD, Cardiff Athletics, 3:31.08, 06.08.2022****CBP: Mal EDWARDS, Andover, 3:40.81, 1986**

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
319	Ethan	ACKROYD	Liverpool Harriers & AC
232	Tom	BAIRD	Pontypridd Roadents AC
320	Callum	CAMPION	Cardiff Athletics
321	Reece	CLARKE-NW	Team Bath Athletic Club
322	Luca	CORTELLESE	Swansea Harriers
336	Tristan Tena	CUMBERLAND	Brecon Athletic Club
241	Harry	DAVIES	Newport Harriers
242	Vaughan	EDWARDS	Les Croupiers RC
338	Henry	EVANS	Newport Harriers
324	Phil	HAMBLETON	Les Croupiers RC
341	Ben	HUGHES	Cardiff Athletics
349	Miguel	JENKINS	Menai Track & Field

249 James MEIKLEJOHN-NW Cardiff University

**Senior Men 1500m continued**

250	Ben	MILES	Cardiff Athletics
251	Owain	MORRIS	Les Croupiers RC
328	Alex	PENNINGTON-NW	Cardiff University
282	Dominik	PLESIEWICZ	Rhymney Valley AC
344	Jacob	REYNOLDS	Cardiff Athletics
329	Elliot	RICHARDS	Les Croupiers RC
345	Alex	RIDOUT	Cardiff Athletics
330	Lloyd	SHEPPARD BROWN	Cardiff Athletics
331	Anthony	SMETS-NW	Cardiff Athletics
332	James	SMITH	Menai Track & Field
351	Harry	TURNER	Cardiff Athletics
260	Janoš	VRANEK	Aberystwyth AC
261	Iestyn	WILLIAMS	Carmarthen Harriers
262	David	WILLIAMS	Les Croupiers RC
263	Oliver	WILLIAMS	Les Croupiers RC
334	Adam	WILSON-NW	Yate & District AC
335	Bryn	WOODALL	Colwyn Bay AC

**F13 Senior Women Pole Vault**

**13:15**

**AC REC: Holly BRADSHAW, England, 4.60, 15.08.2021**

**WN REC: Sally PEAKE, Birchfield Harriers, 4.40, 2014**

**CBP: Sally PEAKE, Birchfield Harriers, 4.32, 11.06.2016**

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
485	Rebekah	PRATT	Swansea Harriers
489	Bethan	NORVILL-NW	Kingston And Poly
482	Ella	MITCHELL	Cardiff Athletics
488	Amy	BEYNON	Swansea Harriers
486	Aimie	TAYLOR-NW	Notts AC
458	Maddi	HAMER	Cardiff Archers
466	Samantha	MAY-NW	RAF Athletics
401	Ellie-Mae	WAINWRIGHT	Newport Harriers
470	Maddy	MUDD-NW	Newham & Essex Beagles AC
461	Fiona	HOCKEY	Wigan & District H & AC
484	Nyree	PERRY	Bristol and West AC
455	Sara	BARBOUR-NW	Kilmarnock H&AC
487	Gemma	TUTTON-NW	Lewes AC
464	Hannah	LAWLER-NW	Glasgow University AC
465	Esther	LEONG-NW	Bristol and West AC
454	Megan	BAILEY-NW	Harrow AC
471	Nemiah	MUNIR-NW	Wycombe Phoenix Harriers & AC
457	Sophie	DOWSON-NW	Blackheath & Bromley HAC
468	Felicia	MILORO-NW	Sutton in Ashfield Harriers & AC
475	Jessica	ROBINSON-NW	Windsor SE&H AC
477	Jade	SPENCER-SMITH-NW	Harrow AC
463	Jade	IVE-NW	Sutton & District AC
453	Imogen	AYRIS-NW	New Zealand
456	Holly	BRADSHAW-NW	Blackburn Harriers & AC

**F14 U15 Boys High Jump 13:15****Welsh Age Best: Miles KELLER-JENKINS, Swansea Harriers, 1.97, 2012****CBP: Miles KELLER-JENKINS, Swansea Harriers, 1.87, 2012**

Bib	First Name	Last Name	Team Code
172	David	LENGHEL	Pontyclun AC
451	James	PUGH	Cardiff Archers
196	Alex	STAMP	Cardiff Athletics
450	Tommy	PALMER	Cardiff Archers
174	Cobie	PHILLIPS	Cardiff Archers
101	Isaias	BALDE	Cardiff Archers
135	Jack	VAUGHAN	Cardiff Archers
375	Aidan	ANGILLETTA	Deeside AAC

**T06-1 Senior Women 1500m - Heats 13:20****AC REC: Zola BUDD, England, 4:04.39, 1984****WN REC: Hayley TULLETT, Swansea Harriers, 3:59.95, 2003****CBP: Melissa COURTNEY, Shaftesbury, 4:17.61, 2014**

Bib	First Name	Last Name	Team Code
346	Beca Haf	BOWN	Menai Track & Field
276	Anya	BRADY	Newport Harriers
236	Aimee	CALLOW	Cardiff Athletics
240	Ewelina	CIESIELSKA	Parc Bryn Bach Running Club
337	Mai	DAVIES	Swansea Harriers
347	Rebecca	DERRICK	Cardiff Athletics
323	Maddie	ELLIOTT	Blackburn Harriers & AC
348	Millie	GOLD	Cardiff Athletics
339	Gwenno	GOODE	Cardiff Athletics
269	Ceri	GRIFFITHS	Newport Harriers
340	Bethan	HARDMAN	Bridgend Athletics
244	Sophia	HARRISON-NW	Swansea Harriers
271	Jessica	HYLAND	Carmarthen Harriers
342	Caitlin	JONES	Aberdare Valley AAC
325	Rachel	LAMMIN	Les Croupiers RC
343	Moli	LYONS	Cardiff Athletics
326	Laurie	MARLOW	Reading AC
327	Jennifer	NESBITT	Pontypridd Roadents AC
252	Katie	O'HARE	Pontypridd Roadents AC
350	Cara	SCOTT	Menai Track & Field
274	Imogen	TANNER-NW	City Of Salisbury AC & RC
156	Olivia	TSIM	Pontypridd Roadents AC
352	Emily	WALKER	Newport Harriers
333	Felicity	WILLIAMSON-SARLL	Cardiff Athletics

**T07-1 U15 Boys 1500m - Straight Final 13:35****Welsh Age Best REC: Matthew WILLIS, Wrexham AAC, 4:07.49, 2014****CBP: Jacob REYNOLDS, Cardiff AAC, 4:10.50, 2018**

Bib	First Name	Last Name	Team Code
353	Toby	ANTHONY	Carmarthen Harriers
355	Osian	DAVIES	Neath Harriers
185	Joe	EDWARDS	Brecon Athletic Club
294	Dylan	EVANS	Newport Harriers
295	Tom	GARROD	Newport Harriers
356	John	GIBBY	Newport Harriers
357	Sam	GRIFFITHS	Carmarthen Harriers
359	Aaron	NATHAN	Cardiff Archers
312	Oscar	POWELL	Cardiff Athletics



**U15 Boys 1500m continued**

313	James	PRITCHARD	Deeside AAC
315	Lucas	SALVAGE	Newport Harriers

**F15 U15 Girls Shot Put****13:40****Welsh Age Best: Sarah OMOREGIE, Cardiff AAC, 12.67, 2014****CBP: Jasmine HALE, Neath Harriers, 11.04, 14.07.2019**

Bib	First Name	Last Name	Team Code
573	Evie	COOPER	Neath Harriers
445	Grace	CADDY	Cardiff Athletics
589	Kourtney	WILLIAMS	Cardiff Athletics
110	Sophie	FORGRAVE	Wrexham AAC
580	Amelia	MITCHELL	Neath Harriers
520	Freya	MCCARTHY	Llanelli AAC
588	Nia	WAKLEY	Swansea Harriers
577	Ava	HUGHES-ROLLS	Cardiff Athletics
518	Anwen Grace	BAILEY	Cardiff Athletics
188	Scarlett	HODGES	Cardiff Athletics
585	Ava	SMITH	Rhondda AAC
581	Grace	MORRIS	Blaenau Gwent Athletics
579	Evie	LEWIS	Team Kennet Triathlon & AC
372	Eva	CARVER	Swansea Harriers
578	Annabelle	JONES	Wrexham AAC
123	Lauren	OSHISANYA	Swansea Harriers
136	Hollie	WEAVER	Rhondda AAC
582	Tegwen	PATERSON	Rhymney Valley AC
194	Tiana	ODUGBESAN	Cardiff Archers
587	Chloe	THOMAS	Carmarthen Harriers
576	Grace	HAWKER	Cardiff Archers

**T08-1 U15 Girls 1500m - Straight Final****13:45****Welsh Age Best REC: Samia JONES, Menai T&F, 4:33.15, 2018****CBP: Samia JONES, Menai T&F, 4:34.29, 2018**

Bib	First Name	Last Name	Team Code
354	Lola	BATES	Cwmbran Harriers
285	Bryony	BOYCE	Cardiff Athletics
290	Imogen	DAVIES	Cardiff Athletics
297	Nansi	GRIFFITHS	Carmarthen Harriers
298	Libby	HALE	Swansea Harriers
299	Rebeca	HARRIES	Cardiff Athletics
301	Lily-May	HENDY	Blaenau Gwent Athletics
358	Madison	HUGHES	Maldwyn Harriers
304	Isabelle	LEWIS	Aberdare Valley AAC
307	Olivia	MORGAN	Cardiff Archers
311	Millie	PIERCE	Swansea Harriers
360	Heather	WATSON	Deeside AAC
361	Amelia	WILLIAMS	Carmarthen Harriers
362	Eleanor	WRIGHT-NICHOLAS	Rhymney Valley AC

**T09-1 U15 Boys 300m****13:55****Welsh Age Best REC: Zico JONES, Shaftesbury H, 35.29, 2021****CBP: George THOMAS, Brecon AC, 36.45, 2014**

Bib	First Name	Last Name	Team Code
191	Toby	LEMON	Deeside AAC
190	Dylan	JONES	Deeside AAC
196	Alex	STAMP	Cardiff Athletics
187	Matthew	HINES	Swansea Harriers

**U15 Boys 300m continued**

199	Max	WAKEFORD	Neath Harriers
125	Daniel	PENN	Newport Harriers
189	Henry	JONES	Cwmbran Harriers
179	Frasier	THOMAS	Newport Harriers
185	Joe	EDWARDS	Brecon Athletic Club

**F16 Senior Women Discus****13:55****AC REC: Beatrice FAUMUINA, New Zealand, 62.09, 2002****WN REC: Venissa HEAD, Cardiff AAC, 64.68, 1983****CBP: Philippa ROLES, Swansea Harriers, 61.41, 2008**

Bib	First Name	Last Name	Team Code
606	Tarian	PHILLIPS	Aberdare Valley AAC
607	Dolly	EVANS	Carmarthen Harriers
593	Lily	GREGSON	Cardiff Athletics
605	Lucy	HARRIS	Swansea Harriers
598	Amber	SIMPSON	Wrexham AAC
590	Elise	BUE-NW	Gloucester AC
604	Storm	EVANS	Carmarthen Harriers
603	Olivia	AUSTIN-NW	Southampton AC
557	Sophie	MERRITT-NW	City of Sheffield and Dearne AC
569	Meghan	PORTERFIELD-NW	Glasgow Jaguars T&F
558	Adele	NICOLL	Birchfield Harriers
543	Samantha	CALLAWAY-NW	Newham & Essex Beagles AC
591	Shadine	DUQUEMIN-NW	Shaftesbury Barnet Harriers
595	Kirsty	LAW	Sale Harriers Manchester

**F17 Ambulant/Para Female Discus****13:55**

Bib	First Name	Last Name	Team Code
89	Mia	LLOYD-T-F63	Carmarthen Harriers
559	Oluwafunmilola	ODUWAIYE-T/F44	DSW Para Athletics
570	Sara	JONES-F40	Carmarthen Harriers

**T10-1 U15 Girls 300m - Heats****14:00****Welsh Age Best REC: Hannah BRIER, Swansea Harriers, 39.7 (HT), 2012****CBP: Macey MORRIS, Newport Harriers, 40.60, 2017**

Bib	First Name	Last Name	Team Code
184	Megan	CHANTRELL	Aberdare Valley AAC
180	Holly	VITTLE	Cardiff Athletics
107	Darcy	COSLETT	Llanelli AAC
177	Ava	STRATFORD-DAVIES	Newport Harriers
198	Tabitha	VENTRESS-BRETT	Swansea Harriers
194	Tiana	ODUGBESAN	Cardiff Archers
98	Layla	AITCHISON	Neath Harriers
175	Sophie	STEELE	Newport Harriers
171	Evie	HARVEY	Rhondda AAC
188	Scarlett	HODGES	Cardiff Athletics
183	Sarina	BAHMANI	Newport Harriers
195	Lyra	ROBERTS	Llanelli AAC
193	Ruby	MILLS	Swansea Harriers
113	Grayce	HARVEY	Rhondda AAC
192	Erin	MATTHEWS	Cardiff Archers
186	Ruby	HEARNE	Cwmbran Harriers
197	Poppy	TURTON	Newport Harriers

**T04-2 Senior Men 100m - Semi finals 14:10**

Athletes qualified from T04-1

**F09-2 Senior Women Long Jump - Pool 'A' 14:15****AC REC: Jade JOHNSON, England, 6.69, 2002****WN REC: Rebecca CHAPMAN, Cardiff AAC, 6.54, 2017****CBP: Rebecca CHAPMAN, Cardiff AAC, 6.34w, 14.06.2018**

Bib	First Name	Last Name	Team Code
502	Grace	MORGAN	Cardiff Archers
444	Megan	TAYLOR	Cardiff Archers
511	Amy	HUGHES	Cardiff Archers
382	Lauren	EVANS	Cardiff Athletics
380	Katie	CHAPMAN-NW	Cardiff Athletics
381	Lauryn	DAVEY	Swansea Harriers
514	Jessica	LEE	Carmarthen Harriers
499	Rebecca	CHAPMAN	Cardiff Athletics
505	Emily	THOMAS	Cardiff Archers
510	Lucy	FELLOWS-NW	Windsor SE&H AC
151	Sarah	MCCARTHY-NW	Cardiff Athletics

**F10-2 Ambulant/Para Female Long Jump - Pool 'A' 14:15**

Bib	First Name	Last Name	Team Code
498	Olivia	BREEN-T/F38	City Of Portsmouth AC

**F11-2 Senior Men Long Jump - Pool 'B' 14:15****AC REC: Ralph BOSTON, USA, 8.18, 1965****WN REC: Lynn DAVIES, Roath Harriers, Cardiff, 8.23, 1968****CBP: Steve INGRAM, Swansea Harriers, 7.91w, 1994**

Bib	First Name	Last Name	Team Code
508	Adetokunbo	AKANBI-MORTIMER	Rhymney Valley AC
516	Daniel	PERRY-NW	Cardiff Met
507	Ollie	WHEELER	Pembrokeshire Harriers
460	Ben	HILLMAN	Cardiff Athletics
94	Luca	PHILLIPS	Cardiff Archers
506	Enrico	VENA	Cardiff Athletics
68	Jacob	EDGHILL	Colwyn Bay AC
391	Rob	WOOLGAR-NW	Bournemouth AC
509	Ryan	EDWARDS	Maldwyn Harriers
166	Benjamin	PARKER	Aberdare Valley AAC
512	Samuel Garry	KANE-NW	Falkirk Victoria Harriers
504	Zak	SKINNER-NW	Loughborough Students AC
472	Reuben	NAIRNE-NW	Giffnock North AC

**T11-1 Senior Women 100m - Heats 14:20****AC REC: Heather OAKES, England, 11.27, 1984****WN REC: Hannah BRIER, Swansea Harriers, 11.33, 24.06.2022****CBP=: Michelle PROBERT, Sale Harriers, 11.3w (HT), 1980/Sallyanne SHORT, Torfaen AC, 11.36w (ET), 1989**

Bib	First Name	Last Name	Team Code
34	Hannah	LONGDEN	Cardiff Athletics
61	Charlotte	WINGFIELD-NW	Cardiff Athletics
2	Ellie-Mae	BANDY-NW	Herts Phoenix AC
85	Nell	DESIR	Cardiff Archers
4	Jenna	BLUNDELL-NW	Bristol and West AC
19	Samantha	GRIFFITHS-NW	Birchfield Harriers
55	Issie	TUSTIN	Cardiff Athletics
17	Lois	GARLAND	Glasgow Jaguars T&F

**Senior Women 100m Continued**

52	Emma	SUHONEN-NW	Charnwood A C
21	Selina	HENDERSON-NW	Shaftesbury Barnet Harriers
9	Kelly	CONSTABLE-NW	Cardiff Archers
87	Olivia	GILLESPIE	Newport Harriers
49	Rebecca	ROOTS-NW	Torbay AAC
90	Jessica	MANTLE	Cardiff Athletics
53	Kirsty	TREGLOWN-NW	Yate & District AC
51	Louisa	STONEY	Cardiff University
46	Alice	RODGERS-NW	Ballymena & Antrim AC
88	Menna	GRANT	Cardiff Archers
39	Grace	MORGAN	Cardiff Archers
65	Tiwaah	BOATENG	Newport Harriers
74	Teleri Siôn Lewis	JONES	Menai Track & Field
71	Christina	GRIFFITH	Newport Harriers
92	Elana	MURRAY	Cardiff Athletics
77	Sophia	REID-THOMAS	Carmarthen Harriers
86	Alyssa	FITZGERALD	Newport Harriers
12	Gabby	DICKINSON	Cardiff Athletics
82	Erin	BELBIN	Cardiff Athletics
24	Rhiannon	JENKINS	Parc Bryn Bach Running Club
31	Haley	LAWTON	3M Gorseinon Road Runners

**T12-1 U15 Girls 100m - Heats****14:35****Welsh Age Best: Nell DESIR, Cardiff Archers, 11.77, 13.08.2022****CBP: Nell DESIR, Cardiff Archers, 11.74w, 12.06.2022**

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
105	Mya	CALLENDER	Newport Harriers
97	Aliyah	AFOLABI	Cardiff Archers
131	Olivia	SCHRIMSHAW	Deeside AAC
119	Macey	JONES	West Cheshire Athletic Club
122	Beatrice	MORGAN	Carmarthen Harriers
126	Ava-Lexi	PLACIDE	Cardiff Athletics
102	Aaliyah	BEAVAN	Newport Harriers
115	Katie	HIGGINSON	Cardiff Athletics
99	Mercedes	ANDERSON	Cardiff Athletics
130	Chloe-Grace	SANTIMA	Cardiff Athletics
134	Darcey	TOWNSEND	Blaenau Gwent Athletics
133	Hollie	TAYLOR	Cardiff Archers
118	Anest	JONES	Carmarthen Harriers
100	Elaora	ANGEON	Cwmbran Harriers
104	Poppy	BEVAN	Newport Harriers
109	Riley	FITZGERALD	Newport Harriers
113	Grayce	HARVEY	Rhondda AAC
123	Lauren	OSHISANYA	Swansea Harriers
127	Amber	RAYNER	Cardiff Athletics
98	Layla	AITCHISON	Neath Harriers
107	Darcy	COSLETT	Llanelli AAC
136	Hollie	WEAVER	Rhondda AAC
137	Alicia	WEBB	Pontyclun AC
110	Sophie	FORGRAVE	Wrexham AAC
124	Branwen	PARKER	Rhondda AAC



**T13-1 U15 Boys 100m - Heats 14:45****Welsh Age Best REC: Andrew WATKINS, Pontypridd AC, 10.99, 2002****CBP=: Malcolm JAMES, Cardiff AAC, 11.0w (HT), 1977: Ian STRANGE, Newbridge HS, 11.0w (HT), 1977: Joseph BERRY, Newport Harriers, 11.11 (ET), 2021**

Bib	First Name	Last Name	Team Code
114	Seth	HEWARD	Newport Harriers
108	Max	EVANS	Maldwyn Harriers
129	Finnley	ROYNON	Cwmbran Harriers
120	Reagan	MCCARTHY	Cardiff Athletics
112	Ruairi	HARRIS	Swansea Harriers
128	Noah	ROBERTS	Bridgend Athletics
135	Jack	VAUGHAN	Cardiff Archers
111	Tom	HALLIDAY	Barry & Vale Harriers
132	Akash	SHETTY	Newport Harriers
106	Kai	CHARLES	Barry & Vale Harriers
117	Richie	JENKINS	Barry & Vale Harriers
125	Daniel	PENN	Newport Harriers
116	Sebastian	HUMPHREYS	Newport Harriers
103	Oliver	BEVAN	Llanelli AAC
101	Isaias	BALDE	Cardiff Archers
121	Aiden	MCCMAHON	Cardiff Archers

**T14-1 Ambulant/Para Male 100m - Straight Final 14:52**

Bib	First Name	Last Name	Team Code
64	William	BISHOP-T/F35	DSW Para Athletics
67	Corey	BROWN-T/F64	DSW Para Athletics
69	Ashton	FISH-T/F37	DSW Para Athletics
35	Joel	MATTACKS-NW T/F20	Cardiff Met
37	Daniel	MCKERLICH-T20	Cardiff Athletics
78	Tomi	ROBERTS-JONES-T/F37	DSW Para Athletics

**T15-1 Ambulant/Para Female 100m - Straight Final 14:57**

Bib	First Name	Last Name	Team Code
89	Mia	LLOYD-T-F63	Carmarthen Harriers
43	Amirah	PECKHAM-T/F37	DSW Para Athletics
47	Julie	ROGERS-T-F37	DSW Para Athletics
58	Katie	WHITTAKER-T/F37	DSW Para Athletics

**T03-2 Senior Women 400m - Final 15:10**

Athletes ualified from T03-1

**T02-2 Senior Men 400m - Final 15:15**

Athletes qualified from T02-1

**T16-1 U15G 3000m - Straight Final 15:25****Welsh Age Best REC: Louise SILVA, Melbourne, 10:00.60, 1979****CBP: Millie GOLD, Cardiff AAC, 10:17.46, 12.06.2022**

Bib	First Name	Last Name	Team Code
285	Bryony	BOYCE	Cardiff Athletics
363	Elffin	BRYANT	Cardiff Athletics
290	Imogen	DAVIES	Cardiff Athletics
299	Rebeca	HARRIES	Cardiff Athletics
366	Chloe	HARTLEY-GREEN	Swansea Harriers
358	Madison	HUGHES	Maldwyn Harriers
367	Sioned	JOHN	Cardiff Athletics
311	Millie	PIERCE	Swansea Harriers
361	Amelia	WILLIAMS	Carmarthen Harriers

**F18 Senior Men High Jump 15:35****AC REC: Robbie GRABARZ, England, 2.28, 2010****WN REC: Robert MITCHELL, Shaftesbury, 2.25, 2001****CBP: Robert MITCHELL, Sale H, 2.20, 2006**

Bib	First Name	Last Name	Team Code
441	Daniel	PARKER	Cardiff Athletics
165	Sebastian	MITCHELL-FOFANA	Cardiff Archers
428	Owen	CHESHER	Maldwyn Harriers
440	Leon	GREGSON	Cardiff Athletics
431	Amit	KUMAR-NW	Shettleston Harriers
439	Osian	ROBERTS	Cardiff Archers
437	Sam	DAVIES	Swansea Harriers
434	Owen	SOUTHERN-NW	Cardiff Athletics
430	Jonathon	HEATH-NW	City of Sheffield and Dearne AC
435	Luke	BALL-NW	Yate & District AC

**T17-1 U15B 3000m - Straight Final 15:40****Welsh Age Best REC: Matthew WILLIS, Wrexham AAC, 8:57.25, 2014****CBP: Matthew WILLIS, Wrexham AAC, 8:57.25, 2014**

Bib	First Name	Last Name	Team Code
292	Lewis	DAVIES	Deeside AAC
364	Evan	DAVIES	Aberdare Valley AAC
365	Osian	EMMERSON	Cardiff Archers
356	John	GIBBY	Newport Harriers
368	Rhydian	LLOYD-FRANCIS	Cardiff Athletics
305	Elis	MARTIN	Deeside AAC
369	Osian	MORGAN	Swansea Harriers
370	Alfie	SHILAND	Colwyn Bay AC
316	Garyn	TOUGH	Aberdare Valley AAC

**F19 Senior Women Shot Put 15:55****AC REC: Zhu XINMEI, China, 19.69, 1991****WN REC: Venissa HEAD, Cardiff AAC, 18.93, 1984****CBP: Venissa HEAD, Cardiff AAC, 18.03, 1983**

Bib	First Name	Last Name	Team Code
554	Gwen	LEWIS	Cardiff Met
381	Lauryn	DAVEY	Swansea Harriers
569	Meghan	PORTERFIELD-NW	Glasgow Jaguars T&F
548	Sabrina	FORTUNE	Deeside AAC
385	Amy	KENNEDY-NW	Glasgow Jaguars T&F
543	Samantha	CALLAWAY-NW	Newham & Essex Beagles AC
557	Sophie	MERRITT-NW	City of Sheffield and Dearne AC
558	Adele	NICOLL	Birchfield Harriers
546	Catrina	DAVIES	Neath Harriers
436	Libby	DAVIDSON	Yate & District AC
438	Seren	GRIFFITHS	Cardiff Archers

**F20 Ambulant/Para Female Shot 15:55**

Bib	First Name	Last Name	Team Code
559	Oluwafunmilola	ODUWAIYE-T/F44	DSW Para Athletics
570	Sara	JONES-F40	Carmarthen Harriers
47	Julie	ROGERS-T-F37	DSW Para Athletics

---

**F21 U15G Discus 15:55**

**Welsh Age Best: Philippa ROLES, Swansea Harriers, 44.12, 1992**

**CBP: Philippa ROLES, Swansea Harriers, 40.66, 1992**

---

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
587	Chloe	THOMAS	Carmarthen Harriers
447	Annabel	DURRANT	Bridgend Athletics
582	Tegwen	PATERSON	Rhymney Valley AC
609	Soffia	HAENEY	Neath Harriers
580	Amelia	MITCHELL	Neath Harriers
581	Grace	MORRIS	Blaenau Gwent Athletics
198	Tabitha	VENTRESS-BRETT	Swansea Harriers
610	Ava	JOHN	Cardiff Athletics
578	Annabelle	JONES	Wrexham AAC
608	Summer	EVANS	Carmarthen Harriers
577	Ava	HUGHES-ROLLS	Cardiff Athletics
579	Evie	LEWIS	Team Kennet Triathlon & AC
576	Grace	HAWKER	Cardiff Archers

---

**T05-2 Senior Men 1500m - Final 15:55**

Athletes qualified from T05-1

---

**T06-2 Senior Women 1500m - Final 16:05**

Athletes qualified from T06-1

---

**T10-2 U15 Girls 300m - Final 16:15**

Athletes qualified from Heats T10-1

---

**T11-2 Senior Women 100m - Final 16:25**

Athletes qualified from Heats T11-1

---

**T12-2 U15 Girls 100m - Final 16:30**

Athletes qualified from Heats T12-1

---

**T13-2 U15 Boys 100m - Final 16:35**

Athletes qualified from Heats T13-1

---

**T04-3 Senior Men 100m - Final 16:40**

Athletes qualified from T04-2

 **starting**  
**blocs**  
cychwyn

POWERED BY



WELSH ATHLETICS  
ATHLETAU CYMRU

the fun introduction to athletics  
for children aged 4 - 9



fun



jump

Find your nearest Starting Blocs session at...

[www.startingblocs.co.uk](http://www.startingblocs.co.uk)

#FunJumpThrow

throw



# PhysiQue®

— BE CONFIDENT —

TRAIN AND COMPETE IN CONFIDENCE WITH THE RIGHT TOOLS TO HELP ENHANCE YOUR PERFORMANCE AND RECOVERY.



TAPING & STRAPPING



ORTHOTICS & FOOTCARE



MASSAGE



SUPPORTS & BRACES



REHABILITATION & EXERCISE



...AND MUCH MORE!

## PREPARE | PERFORM | RECOVER



**PhysiQue**  
— BE CONFIDENT —

**WELSH ATHLETICS**  
ATHLETAU CYMRU

PREFERRED PHYSIOTHERAPY  
PRODUCT SUPPLIER

Scan the QR code to get 10% OFF non promotional items.

Or Visit [PhysiQue.co.uk](https://www.physique.co.uk) and enter the discount code WA10 at the checkout.



[sales@physique.co.uk](mailto:sales@physique.co.uk)

02392 471346

# OFFICIALS

## SWYDDOGION

Saturday 24th June

Competition Director - Sue Maughan  
Meeting Manager - Lynette Harries  
Technical Manager - Chris Price  
Clerk of Course - Scott Carpenter  
Clerk of Course - Steven Grant  
Clerk of Course - Jason Wyatt

Start Coordinator - Steve Ouseley  
Starter - John Elward  
Starter - Keith Matthews  
Chief Starter's Asst. - Rob Hooper  
Starter's Asst. - Sue Hooper  
Starter's Asst. - John Pickles

Track Referee - Alan Currie  
Track Steward - Carmel Johnson  
Track Judge - Brenda Currie  
Track Judge - Carol Strange  
Track Judge - Ted Johnson  
Track Judge - Ayo Afolabi  
Track Judge - Rory Mckerlich  
Track Judge - Mari Higginson  
Track Judge - Andrew Clough  
Track Judge / COC - Jason Wyatt  
Track Judge - Mair Morgan

Race Walk Judge - Martin Bell  
Race Walk Judge - Rory Mckerlich  
Race Walk Judge - Bob Dobson  
Race Walk Judge - Olive Dobson  
Race Walk Judge - Andrew Clough  
Race Walk Judge - Eleanor Clough  
Race Walk Judge - Mark Wall  
Race Walk Judge - Glyn Jones  
Race Walk Judge - Kieron Butler

Chief Timekeeper - Geoff Wickens  
Timekeeper - Celfyn Williams  
Timekeeper - Crispin Backshell  
Timekeeper - Mike Strange  
Timekeeper - Andy Kerr  
Timekeeper - Ian Cooper  
Timekeeper - Jayne Evans  
Timekeeper - Ian Humphreys  
Timekeeper - Ann Thatcher

Chief Photofinish - Phil James  
Photofinish Judge - Sam Williams  
Photofinish Judge - Daniel Mason  
Photofinish Judge - John Farrington  
Photofinish Judge - Eleanor Ward

Field Referee - Jack Lambert  
Field Referee - Dave Jessett  
Field Judge - Gareth Elliott  
Field Judge - Becky Gibbs  
Field Judge - Amy Price  
Field Judge - Sue Alvey  
Field Judge - Gareth Harries  
Field Judge - Paj Valley  
Field Judge - David Jones  
Field Judge - Ian Willoughby  
Field Judge - Julie Dew  
Field Judge - Ian Mulvaney  
Field Judge - Neil Gregory  
Field Judge - Kate Nash  
Field Judge - Susan Jackson  
Field Judge - Peter Gregson  
Field Judge - Chris Lawrence  
Field Judge - Rhian Loudon  
Field Judge - Debashish Biswas  
Field Judge - Emma Cavern  
Field Judge - Jacky Brett  
Field Judge - Neil Edwards  
Field Judge - Dave Edwards  
Field Judge - Debbie Bull  
Field Judge - Kai Green  
Field Judge - Charlie Northey  
Field Judge - Victoria Codling

Call Room Manager - Ian Atkins  
Call Room - Susan Pickles  
Call Room - Gwynn Elward  
Call Room - Eleanor Clough

Announcer - Ian Griffiths  
Announcer - James Thie  
Registration - Joyce Tomala  
Registration - Kay Chapman  
Seeding - Eban Geal  
Seeding - Nathan Jones

# VOLUNTEERS

## GWIRFODDOLWYR

### Saturday 24th June

Welcome Desk - Anna Duffy

Welcome Desk - Melissa Duffy

Welcome Desk - Rebecca Hughes

Welcome Desk / Presentations - Jeff Rees

Presentations - Aravinda Samaranayaka

Track Steward - Fraser Higginson

### Sunday 25th June

Welcome Desk - Julie Price

Welcome Desk / Registration - Anthony Johansen

Welcome Desk / Presentations - Jeff Rees

Registration / Presentations - Nic Clarke

Track Steward - Fraser Higginson

# TIMETABLE

## AMSERLEN

Sunday 25th June

### Track Events

T18-1	11:45	U15 Boys & U15 Girls 1K Walk Final
T19-1	12:00	Senior Women 400m Hurdles Heats
T20-1	12:20	Senior Men 400m Hurdles Final
T21-1	12:40	U15 Boys 800m Heats
T22-1	12:50	U15 Girls 800m Heats
T23-1	13:10	Senior Women 100m Hurdles Heats
T24-1	13:20	Senior Women 800m Heats
T25-1	13:30	Senior Men 800m Heats
T26-1	13:50	U15 Boys 200m Heats
T27-1	13:56	U15 Girls 200m Heats
T28-1	14:05	Senior Women 200m Heats
T29-1	14:17	Senior Men 200m Heats
T30-1	14:50	Senior 110m Hurdles Final
T31-1	15:00	U15 Boys 80m Hurdles Final
T32-1	15:10	U15 Girls 75m Hurdles Final
T23-2	15:20	Senior Women 100m Hurdles Final
T33-1	15:30	Senior Men 3000m S/C Final
T34-1	15:45	Senior Women 3000m S/C Final
T21-2	16:00	U15 Boys 800m Final
T22-2	16:05	U15 Girls 800m Final
T24-3	16:10	Senior Women 800m Final
T25-2	16:25	Senior Men 800m Final
T18-2	16:35	Senior Women 400m Hurdles Final
T26-2	16:40	U15 Boys 200m Final
T27-2	16:45	U15 Girls 200m Final
T28-2	16:50	Senior Women 200m Final
T29-2-1	16:55	Senior Men 200m B-Final
T29-2-2	17:00	Senior Men 200m A-Final

### Field Events

F22	11:00	Para Male & Female Seated Shot
F23	11:00	U15 Girls Hammer
F24	11:00	U15 Boys Hammer
F25	11:00	U15 Boys Long Jump
F26	11:00	U15 Boys Pole Vault
F27	12:15	U15 Girls High Jump
F28	12:15	Senior Men Triple Jump
F29	12:20	U15 Boys Shot Put
F30	12:30	Senior Men Discus
F31	12:30	Para Male Discus
F32	13:00	Senior Women Javelin
F33	13:00	Para Female Javelin
F34	13:00	U15 Girls Javelin
F35	13:15	Senior Men Pole Vault
F36	14:20	U15 Boys Discus
F37	14:30	Senior Women High Jump
F38	15:00	Senior Women Triple Jump
F39	15:00	Senior Men Shot Put
F40	15:00	Para Male Shot Put
F41	15:20	U15 Girls Long Jump
F42	15:50	Para Male & Female Seated Discus



**Sunday 25th June**

<b>F22</b>	<b>Seated Shot</b>		<b>11:00</b>
<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
561	Paddy	PEPPER-NW F57	British Wheelchair AAA
572	Ellie	BOWEN-F56	DSW Para Athletics
571	Jac	SHEEHAN-F34	DSW Para Athletics
553	Kieran	JONES-T/F34	DSW Para Athletics

<b>F24</b>	<b>U15 Girls Hammer</b>		<b>11:00</b>
<b>Welsh Age Best: Jade WILLIAMS, Wrexham AC, 54.00, 2015</b>			
<b>CBP:- CBP: Amber RIMMINGTON, Deeside AAC, 47.05, 2013, CBP: Jade WILLIAMS, Wrexham AAC, 47.53, 2015</b>			

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
588	Nia	WAKLEY	Swansea Harriers
110	Sophie	FORGRAVE	Wrexham AAC'
518	Anwen Grace	BAILEY	Cardiff Athletics
585	Ava	SMITH	Rhondda AAC
623	Lowri	GIBBON	Neath Harriers
624	Charlee	WILLIAMS	Wrexham AAC'
580	Amelia	MITCHELL	Neath Harriers
609	Soffia	HAENEY	Neath Harriers
573	Evie	COOPER	Neath Harriers

<b>F25</b>	<b>U15 Boys Hammer</b>		<b>11:00</b>
<b>Welsh Age Best REC: Thomas WILLIAMS, Wrexham AC, 61.50, 2022</b>			
<b>CBP: Thomas WILLIAMS, Wrexham AC, 55.67, 2022</b>			

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
574	Gabriel	EVANS	Rhondda AAC
583	William	RICHARDS-BALDWIN	Gloucester AC

<b>F25</b>	<b>U15 Boys Long Jump</b>		<b>11:00</b>
<b>Welsh Age Best REC: Ian STRANGE, Newbridge High School, 6.63, 1977</b>			
<b>CBP: Ian STRANGE, Newbridge HS, 6.52, 1977</b>			

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
106	Kai	CHARLES	Barry & Vale Harriers
196	Alex	STAMP	Cardiff Athletics
306	Zac	MIDDLETON	Neath Harriers
318	Tommaso	D'AVOSSA	Menai Track & Field
172	David	LENGHEL	Pontyclun AC
174	Cobie	PHILLIPS	Cardiff Archers
451	James	PUGH	Cardiff Archers
101	Isaias	BALDE	Cardiff Archers
375	Aidan	ANGILLETTA	Deeside AAC
129	Finnley	ROYNON	Cwmbran Harriers

<b>F26</b>	<b>U15 Boys Pole Vault</b>		<b>11:00</b>
<b>Welsh Age Best: Neil WINTER, Shaftesbury, 4.40, 1988</b>			
<b>CBP: William TROTT, Swansea Harriers, 3.70, 2019</b>			

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
174	Cobie	PHILLIPS	Cardiff Archers
496	Alfie	PHILPOTT	Swansea Harriers
493	Jeston	ALLAN	Swansea Harriers
495	Tyler	DAVIES	Swansea Harriers

**T18-1 U15G 1K Walk - Straight Final 11:45****Welsh Age Best REC: Megan STRATTON-THOMAS, Swansea Harriers, 4:51.72, 2014**

Bib	First Name	Last Name	Team Code
184	Megan	CHANTRELL	Aberdare Valley AAC
588	Nia	WAKLEY	Swansea Harriers

**T19-1 Senior Women 400m Hurdles - Heats 12:00****AC REC: Kim BATTEN, USA, 54.69, 1992****WN REC: Alyson LAYZELL, Cheltenham, 56.43, 1996****CBP: Caryl GRANVILLE, Swansea Harriers, 58.49, 2013**

Bib	First Name	Last Name	Team Code
140	Olivia	ALLBUT-NW	Jersey Spartan AC
392	Bethan	BURLEY	Southampton AC
394	Donna	JONES	Swansea Harriers
395	Stefani	KAREKLA-NW	Swansea Harriers
396	Nicole	KENDALL-NW	Thames Valley Harriers
386	Sophie	LISK	Cardiff Archers
398	Caryl	MOORE	Swansea Harriers
218	Kyra	SETHNA-MCINTOSH-NW	Croydon Harriers
401	Ellie-Mae	WAINWRIGHT	Newport Harriers
387	Sarah	WINSTONE	Neath Harriers
402	Lucy	WINTLE	Pembrokeshire Harriers

**F27 U15 Girls High Jump 11:00****Welsh Age Best: Lea HAGGETT, Herne Hill Harriers, 1.81, 1986****CBP: Julia CHARLTON, Carmarthen Harriers, 1.75, 1980**

Bib	First Name	Last Name	Team Code
449	Gwenllian	JAMES	Cardiff Athletics
372	Eva	CARVER	Swansea Harriers
445	Grace	CADDY	Cardiff Athletics
171	Evie	HARVEY	Rhondda AAC
448	Florence	DURRANT	Bridgend Athletics
173	Naomi	PARRY	Cardiff Archers
194	Tiana	ODUGBESAN	Cardiff Archers
447	Annabel	DURRANT	Bridgend Athletics
446	Daisy	CLARKE	Deeside AAC
452	Mari	WILSON	Llanelli AAC

**F28 Senior Men Triple Jump 12:15****AC REC: Bela BAKOSI, Hungary, 16.88, 1980****WN REC: Steven SHALDERS, Cardiff AAC, 16.71, 2005****CBP: Steven SHALDERS, Cardiff AAC, 16.26w, 2001**

Bib	First Name	Last Name	Team Code
54	Jai	TSIM	Pontypridd Roadents AC
516	Daniel	PERRY-NW	Cardiff Met
539	Lorenz	AUDI-NW	Cardiff Athletics
508	Adetokunbo	AKANBI-MORTIMER	Rhymney Valley AC
541	Joseph	PHILLIPS	Cardiff Athletics
517	Abdul	AFOLABI	Cardiff Archers
530	Ryan	PRICE	Swansea Harriers
94	Luca	PHILLIPS	Cardiff Archers
536	Jedani	WRIGHT-NW	Bristol and West AC
525	Emmanuel	DODOO-NW	Blackheath & Bromley HAC
533	Toby	SAUTER-NW	Yeovil Olympiads AC
528	Nahbi	ODEH-NW	Leicester Coritanian AC
524	Shawn	AMPOFO-NW	Blackheath & Bromley HAC

**Senior Men Triple Jump continued**

529	Tosin	OKE-NW	Woodford G&EL
535	David	SHIELDS	Welsh Masters Athletics Limited

**T20-1 Senior Men 400m Hurdles - Straight Final 12:20****AC REC: Rhys WILLIAMS, Wales, 49.38, 2009****WN REC: David GREENE, Swansea Harriers, 47.84, 2012****CBP: Rhys WILLIAMS, Cardiff AAC, 49.38, 2009**

Bib	First Name	Last Name	Team Code
641	Alastair	CHALMERS-NW	Guernsey AC
208	Harry	HILLMAN	Cardiff Athletics
389	Jack Edward	HOUGHTON-NW	Swansea Harriers
397	Ben	MCINTYRE	Swindon Harriers
160	Dafydd	ROBERTS	Aberdare Valley AAC
393	Owain	CLARKE	Swansea Harriers
399	Joseph	BERESFORD	Swansea Harriers
400	Iago	PARISH	Cardiff Athletics

**F29 U15 Boys Shot Put 12:20****Welsh Age Best REC: Mathew EVANS, Carmarthen Harriers, 17.36, 2003****CBP: Thomas HANSON, Cardiff AAC, 15.62, 2015**

Bib	First Name	Last Name	Team Code
287	George	CLEMENCE	Colwyn Bay AC
583	William	RICHARDS-BALDWIN	Gloucester AC
584	Lachlan	ROBBIE	Cardiff Archers
450	Tommy	PALMER	Cardiff Archers
574	Gabriel	EVANS	Rhondda AAC
378	Ieuan	TAYLOR	Cardiff Archers

**F30 Senior Men Discus 12:30****AC REC: Brett MORSE, Wales, 66.84, 2013****WN REC: Brett MORSE, Birchfield Harriers, 66.84, 2013****CBP: Brett MORSE, Birchfield Harriers, 66.84, 2013**

Bib	First Name	Last Name	Team Code
566	Sebastian	ANSTEAD	Cardiff Archers
552	Dafydd	HERDMAN	Cardiff Athletics
556	Jacob	MATTHEWS-NW	Halesowen ACC
551	Patrick	HARRIS	Menai Track & Field
564	Gareth	WINTER	Gloucester AC
544	Dillon	CLAYDON-NW	Blackheath & Bromley HAC
594	James	HEDGER	Birchfield Harriers
601	Harrison	WALSH-F44	DSW Para Athletics
562	Adam	PHILLIPS	Cardiff Athletics
600	James	TOMLINSON	Pembrokeshire Harriers
592	Daniel	GREAVES-NW	United Kingdom
597	Nicholas	PERCY-NW	Shaftesbury Barnet Harriers
596	Brett	MORSE	Cardiff Athletics

**F31 Ambulant/Para Male Discus 12:30**

Bib	First Name	Last Name	Team Code
575	Joshua	GRIST-F40	DSW Para Athletics
586	Joseph	SYMONS-F37	DSW Para Athletics
547	Jason	ELWORTHY F38	Barry & Vale Harriers
550	Charlie	GOODWIN-F38	Cardiff Athletics
599	Zachary	TANDY-F44	DSW Para Athletics

**T21-1 U15 Boys 800m - Heats****12:40****Welsh Age Best REC: Nikita NEARY, Carmarthen Harriers, 1:58.65, 2012****CBP: Tyler PRITCHARD, Cwmbran Harriers, 2:02.04, 2012**

Bib	First Name	Last Name	Team Code
199	Max	WAKEFORD	Neath Harriers
315	Lucas	SALVAGE	Newport Harriers
316	Garyn	TOUGH	Aberdare Valley AAC
294	Dylan	EVANS	Newport Harriers
296	Tom	GILBERT	Newport Harriers
295	Tom	GARROD	Newport Harriers
287	George	CLEMENCE	Colwyn Bay AC
305	Elis	MARTIN	Deeside AAC
313	James	PRITCHARD	Deeside AAC
318	Tommaso	D'AVOSSA	Menai Track & Field
191	Toby	LEMON	Deeside AAC
196	Alex	STAMP	Cardiff Athletics
286	Jonathan Noah	BRADSHAW	Newport Harriers
289	Jake	CROCK	Cardiff Athletics
317	George	TURNER	Cardiff Athletics
306	Zac	MIDDLETON	Neath Harriers
292	Lewis	DAVIES	Deeside AAC
312	Oscar	POWELL	Cardiff Athletics
172	David	LENGHEL	Pontyclun AC
314	Finley	REES	Cardiff Athletics

**T22-1 U15 Girls 800m - Heats****12:50****Welsh Age Best: Amanda PRITCHARD, Cardiff AAC, 2:10.66, 1994****CBP: Lauren BELL, Pembrokeshire Harriers, 2:14.40, 2009**

Bib	First Name	Last Name	Team Code
288	Lois	CODLING	Newport Harriers
298	Libby	HALE	Swansea Harriers
307	Olivia	MORGAN	Cardiff Archers
285	Bryony	BOYCE	Cardiff Athletics
299	Rebeca	HARRIES	Cardiff Athletics
290	Imogen	DAVIES	Cardiff Athletics
311	Millie	PIERCE	Swansea Harriers
293	Rhiannon	DERRICK	Cardiff Athletics
291	Isobel	DAVIES	Cardiff Athletics
309	Eva	PARRY	Rhymney Valley AC
297	Nansi	GRIFFITHS	Carmarthen Harriers
197	Poppy	TURTON	Newport Harriers
195	Lyra	ROBERTS	Llanelli AAC
175	Sophie	STEELE	Newport Harriers
284	Macy	BLUE	Carmarthen Harriers
169	Allie	ADAMS	Rhondda AAC
283	Mia	AMEREIN	Bridgend Athletics
178	Megan	SWANSON	Aberdare Valley AAC
186	Ruby	HEARNE	Cwmbran Harriers
300	Pippa	HARRIS	Brecon Athletic Club
301	Lily-May	HENDY	Blaenau Gwent Athletics
308	Olivia	MORGAN	Maldwyn Harriers
310	Megan	PEWTNER	Rhymney Valley AC
303	Hannah	JONES	Swansea Harriers
304	Isabelle	LEWIS	Aberdare Valley AAC
193	Ruby	MILLS	Swansea Harriers
302	Seren	HOPKINS	Cardiff Athletics



**F32 Senior Women Javelin 13:00****AC REC: Shelly HOLROYD, England, 54.41, 2005****WN REC: Tesni WARD, City of Sheffield, 52.78, 2011****CBP: Lianne CLARKE, Cardiff AAC, 52.26, 2011**

Bib	First Name	Last Name	Team Code
628	Isobel	DAWSON	Llanelli AAC
455	Sara	BARBOUR-NW	Kilmarnock H&AC
385	Amy	KENNEDY-NW	Glasgow Jaguars T&F
635	Lleucu	LLOYD	Pembrokeshire Harriers
633	Chloe	JONES	Swansea Harriers
381	Lauryn	DAVEY	Swansea Harriers
626	Phoebe	BROWN	Swansea Harriers
634	Jasmine	LARSEN-NW	Southampton AC

**F33 Ambulant/Para Javelin Male 13:00**

Bib	First Name	Last Name	Team Code
625	Hollie	ARNOLD-F20	Blackheath & Bromley HAC

**F34 U15 Girls Javelin 13:00****Welsh Age Best: Bethany MOULE, Neath Harriers, 48.84, 2016****CBP: Bethan REES, Cannock & Stafford AC, 43.12, 2014**

Bib	First Name	Last Name	Team Code
170	Evan-Rae	HANNIFORD	Cardiff Archers
175	Sophie	STEELE	Newport Harriers
518	Anwen Grace	BAILEY	Cardiff Athletics
497	Alice	PROSSER	Swansea Harriers
581	Grace	MORRIS	Blaenau Gwent Athletics
110	Sophie	FORGRAVE	Wrexham AAC'
181	Teagan	WERNER	Newport Harriers
623	Lowri	GIBBON	Neath Harriers
136	Hollie	WEAVER	Rhondda AAC
577	Ava	HUGHES-ROLLS	Cardiff Athletics
582	Tegwen	PATERSON	Rhymney Valley AC
177	Ava	STRATFORD-DAVIES	Newport Harriers
578	Annabelle	JONES	Wrexham AAC'
608	Summer	EVANS	Carmarthen Harriers
371	Eleri	BROWN	Neath Harriers

**T23-1 Senior Women 100m Hurdles - Heats 13:10****AC REC: Kay MORLEY, Wales, 13.02, 1990****WN REC: Kay MORLEY, Cardiff AAC, 12.91, 1990****CBP: Kay MORLEY, Cardiff AAC, 13.24, 1989**

Bib	First Name	Last Name	Team Code
4	Jenna	BLUNDELL-NW	Bristol and West AC
382	Lauren	EVANS	Cardiff Athletics
379	Erin	CAMPBELL-NW	Giffnock North AC
383	Georgia	SILCOX	Yeovil Olympiads AC
39	Grace	MORGAN	Cardiff Archers
386	Sophie	LISK	Cardiff Archers
380	Katie	CHAPMAN-NW	Cardiff Athletics
384	Kia	SLADE-NW	Bournemouth AC
71	Christina	GRIFFITH	Newport Harriers
381	Lauryn	DAVEY	Swansea Harriers
385	Amy	KENNEDY-NW	Glasgow Jaguars T&F
12	Gabby	DICKINSON	Cardiff Athletics
387	Sarah	WINSTONE	Neath Harriers

**F35 Senior Men Pole Vault 13:15****AC REC: Grigory YEGOROV, Kazakhstan, 5.80, 1992****WN REC: Neil WINTER, Shaftesbury, 5.60, 1995****CBP: Neil WINTER, Shaftesbury, 5.25, 1996**

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
165	Sebastian	MITCHELL-FOFANA	Cardiff Archers
490	Louis	SHUALL	Swansea Harriers
480	William	GRANT	Deeside AAC
491	Charlie	SHUALL	Swansea Harriers
476	Iwan	SLADE	Swansea Harriers
474	Glyn	PRICE	Swansea Harriers
70	Aharon	GRAHAM-MULVANEY	Cardiff Athletics
460	Ben	HILLMAN	Cardiff Athletics
481	Mark	HERBERT-RUIZ-NW	Giffnock North AC
483	Harry	NEWTON	Swansea Harriers
462	Ieuan	HOSGOOD	Swansea Harriers
459	Jack	HARRIS-NW	Newham & Essex Beagles AC
467	Mark	MELLOR	Cardiff Athletics
479	Jake	WATSON-NW	Birchfield Harriers
478	Thomas	WALLEY	Wrexham AAC
473	Jack	PHIPPS-NW	Birchfield Harriers
472	Reuben	NAIRNE-NW	Giffnock North AC
469	Rubem	MIRANDA-NW	Ealing Southall & Middlesex AC

**T24-1 Senior Women 800m - Heats 13:20****AC REC: Christiane WILDSCHKEK, Austria, 2:00.21, 1979****WN REC: Kirsty MCDERMOTT, Bristol & West AC, 1:57.42, 1985****CBP: Kirsty MCDERMOTT, Bristol AC, 2:02.3 (HT), 1985**

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
156	Olivia	TSIM	Pontypridd Roadents AC
245	Rhiannon	HAWKER	Cardiff Athletics
280	Anna-Rose	MERCHANT	Cardiff Athletics
236	Aimee	CALLOW	Cardiff Athletics
256	Katy	ROY	Bristol and West AC
269	Ceri	GRIFFITHS	Newport Harriers
276	Anya	BRADY	Newport Harriers
271	Jessica	HYLAND	Carmarthen Harriers
267	Ella	DAVIES	Swansea Harriers
268	Beth	DYALL-NW	Wolverhampton & Bilston
233	Caitlin	BATTERSBY	Cardiff Met
281	Lilly Grace	OAKENFULL	Newport Harriers
274	Imogen	TANNER-NW	City Of Salisbury AC & RC
253	Anabel	POZNIAK-NW	Radley Athletic Club
244	Sophia	HARRISON-NW	Swansea Harriers
252	Katie	O'HARE	Pontypridd Roadents AC
240	Ewelina	CIESIELSKA	Parc Bryn Bach Running Club
247	Karen	HUGGINS	Llanelli AAC

**T25-1 Senior Men 800m - Heats****13:30****AC REC: William TANUI, Kenya, 1:44.65, 1990****WN REC: Gareth WARBURTON, Cardiff AAC, 1:44.98, 2012****CBP: Phil NORGATE, Epsom, 1:47.8 [HT], 1983**

Bib	First Name	Last Name	Team Code
255	Ben	REYNOLDS	Cardiff Athletics
261	Iestyn	WILLIAMS	Carmarthen Harriers
254	Benjamin	REYNOLDS	Cardiff Athletics
235	Christian	BYRON	Birchfield Harriers
238	Oliver	CARVELL-NW	Telford AC
246	Owen	HIBBERT	Bristol and West AC
257	Will	STOCKLEY	Belgrave Harriers
250	Ben	MILES	Cardiff Athletics
272	Joseff	MORGAN	Menai Track & Field
248	Kane	LEE-NW	Yate & District AC
259	Samuel	TEMPEST-NW	Wirral AC
237	Tyler	CARTLIDGE	Deeside AAC
260	Janoš	VRANEK	Aberystwyth AC
239	Theo	CHESHIRE	Woking AC
264	Craig	WILLIAMS	Newport Harriers
265	Chris	WILLIAMS	Newport Harriers
232	Tom	BAIRD	Pontypridd Roadents AC
231	Dan	AUSTIN	Cardiff Archers
262	David	WILLIAMS	Les Croupiers RC
273	Leo	STARK	Newport Harriers
241	Harry	DAVIES	Newport Harriers
234	Marcus	BAYONA-MARTINEZ	Builth and District RC
263	Oliver	WILLIAMS	Les Croupiers RC
243	Luke	GAWTHORN	Newport Harriers
249	James	MEIKLEJOHN-NW	Cardiff University
279	Thomas	LOYNES	Neath Harriers
278	Henry	DAWES	Newport Harriers
251	Owain	MORRIS	Les Croupiers RC
225	Iwan	WILSON	Llanelli AAC
275	Rhodri	AMOS	Cardiff Athletics
266	Max	DAVIES	Cardiff Athletics
277	Tomos	DAVIES	Cardiff Athletics
643	Benjamin	PRICE	Cardiff Athletics
270	Leroy	GRIFFITHS	Rhondda AAC
242	Vaughan	EDWARDS	Les Croupiers RC
282	Dominik	PLESIEWICZ	Rhymney Valley AC

**T26-1 U15 Boys 200m - Heats****13:50****Welsh Age Best REC: Andrew WATKINS, Pontypridd AC, 22.13, 2002****CBP: Joseph BERRY, Newport Harriers, 22.45, 14.08.2021**

Bib	First Name	Last Name	Team Code
108	Max	EVANS	Maldwyn Harriers
103	Oliver	BEVAN	Llanelli AAC
112	Ruairi	HARRIS	Swansea Harriers
120	Reagan	MCCARTHY	Cardiff Athletics
111	Tom	HALLIDAY	Barry & Vale Harriers
121	Aiden	MCPMAHON	Cardiff Archers
132	Akash	SHETTY	Newport Harriers
179	Frasier	THOMAS	Newport Harriers
116	Sebastian	HUMPHREYS	Newport Harriers
174	Cobie	PHILLIPS	Cardiff Archers
172	David	LENGHEL	Pontyclun AC

**T27-1 U15 Girls 200m - Heats****13:56****Welsh Age Best: Hannah BRIER, Swansea Harriers, 24.54, 2012****CBP: Nell DESIR, Cardiff Archers, 24.30w, 11.06.2022**

Bib	First Name	Last Name	Team Code
97	Aliyah	AFOLABI	Cardiff Archers
122	Beatrice	MORGAN	Carmarthen Harriers
99	Mercedes	ANDERSON	Cardiff Athletics
102	Aaliyah	BEAVAN	Newport Harriers
130	Chloe-Grace	SANTIMA	Cardiff Athletics
180	Holly	VITTLE	Cardiff Athletics
115	Katie	HIGGINSON	Cardiff Athletics
118	Anest	JONES	Carmarthen Harriers
133	Hollie	TAYLOR	Cardiff Archers
107	Darcy	COSLETT	Llanelli AAC
177	Ava	STRATFORD-DAVIES	Newport Harriers
181	Teagan	WERNER	Newport Harriers
119	Macey	JONES	West Cheshire Athletic Club
170	Evan-Rae	HANNIFORD	Cardiff Archers
175	Sophie	STEELE	Newport Harriers
104	Poppy	BEVAN	Newport Harriers
173	Naomi	PARRY	Cardiff Archers
100	Elaora	ANGEON	Cwmbran Harriers
178	Megan	SWANSON	Aberdare Valley AAC
136	Hollie	WEAVER	Rhondda AAC
171	Evie	HARVEY	Rhondda AAC
182	Poppy	YOUNG	Blaenau Gwent Athletics
169	Allie	ADAMS	Rhondda AAC
176	Ocean	STEVENSON	Llanelli AAC
124	Branwen	PARKER	Rhondda AAC

**T28-1 Senior Women 200m - Heats****14:05****AC REC: Sonia LANNAMAN, England, 22.58, 1980****WN REC: Michelle SCUTT, Sale Harriers, 22.80, 1982****CBP: Sallyanne SHORT, Torfaen AC, 23.3w (HT), 1988 : Catherine MURPHY, Shaftesbury, 23.35 W (ET), 2001**

Bib	First Name	Last Name	Team Code
156	Olivia	TSIM	Pontypridd Roadents AC
151	Sarah	MCCARTHY-NW	Cardiff Athletics
34	Hannah	LONGDEN	Cardiff Athletics
2	Ellie-Mae	BANDY-NW	Herts Phoenix AC
61	Charlotte	WINGFIELD-NW	Cardiff Athletics
17	Lois	GARLAND	Glasgow Jaguars T&F
85	Nell	DESIR	Cardiff Archers
514	Jessica	LEE	Carmarthen Harriers
139	Esther	ADIKPE-NW	Cardiff Athletics
155	Ffion Mair	ROBERTS	Menai Track & Field
55	Issie	TUSTIN	Cardiff Athletics
140	Olivia	ALLBUT-NW	Jersey Spartan AC
19	Samantha	GRIFFITHS-NW	Birchfield Harriers
51	Louisa	STONEY	Cardiff University
87	Olivia	GILLESPIE	Newport Harriers
147	Millicent	FAKANDE	Swansea Harriers
142	Emma	BARCLAY-NW	Aberdeen AAC
168	Anais	SHEPPERD	Cardiff Athletics
49	Rebecca	ROOTS-NW	Torbay AAC
74	Teleri Siôn Lewis	JONES	Menai Track & Field



146	Sacha	DIDCOTE	Colwyn Bay AC
163	Ella	WINTLE	Pembrokeshire Harriers
<b>Senior Women 200m continued</b>			
65	Tiwaah	BOATENG	Newport Harriers
92	Elana	MURRAY	Cardiff Athletics
159	Non Elen	REDVERS JONES	Menai Track & Field
149	Samantha	GAMBLE	Cardiff Athletics
167	Grace	RICHARDSON	Cardiff Athletics
86	Alyssa	FITZGERALD	Newport Harriers
158	Emily	DENT	Cardiff Archers
31	Haley	LAWTON	3M Gorseinon Road Runners
24	Rhiannon	JENKINS	Parc Bryn Bach Running Club

---

**T29-1 Senior Men 200m - Heats 14:17**

**AC REC: Todd BENNETT, England, 20.36, 1984**

**WN REC: Christian MALCOLM, Cardiff AAC, 20.08, 2001**

**CBP: Doug TURNER, Cardiff AAC, 20.54, 2001**

---

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
54	Jai	TSIM	Pontypridd Roadents AC
18	Samuel	GORDON	Cardiff Athletics
144	Joseph	BRIER	Swansea Harriers
56	Finlay	WAUGH-NW	Giffnock North AC
152	Arron	OWEN	Cardiff Athletics
154	Zachary	PRICE	Liverpool Harriers & AC
23	Sam	IGE-NW	Belgrave Harriers
7	Blake Tiger-Lee	BROWN-NW	Cardiff Met
148	Murray	FOTHERINGHAM-NW	Giffnock North AC
42	Eli	ONYEWU	Swansea Harriers
76	Jac	PATTERSON	Cardiff Archers
647	Danylo	DANYLENKO-NW	Ukraine
143	Oliver	BIDDLE-NW	Trafford Athletic Club
5	Daniel	BROOKS-NW	Yate & District AC
83	Joseph	BERRY	Newport Harriers
80	Callum	WEBB	Cardiff Archers
150	Joshua	HAWKINS-NW	Brighton & Hove AC
645	Nikita	RODCHENKOV-NW	Ukraine
96	Aron	TUGWELL	Cardiff Archers
57	Tom	WHITE-NW	Cardiff University
20	Scott	GUNNING-NW	Coventry Godiva Harriers
13	Josh	DUKE-NW	Guernsey AC
75	Dylan	MORGAN	Swansea Harriers
11	Theo	DANQUAH-NW	Sale Harriers Manchester
33	Cai	LEWIS JONES	Menai Track & Field
26	Cameron	JONES	Menai Track & Field
95	Lewis	STEPHENS	Cardiff Athletics
36	Ben	MCGUIRE-NW	VP-Glasgow AC
1	Alex	AZU	Cardiff Athletics
79	Marek	WARZOCHA-NW	Swansea Harriers
427	Jon-Henry	ROBBIE	Cardiff Archers
161	Kane	SMART	Colwyn Bay AC
73	Morgan	HUBBARDE	Cardiff Athletics
153	Steven	PERRIE-CLYDE-NW	Pitreavie AAC
32	Dafydd	LEWIS	Llanelli AAC
70	Aharon	GRAHAM-MULVANEY	Cardiff Athletics
162	Harrison	WHEELER	Llanelli AAC
29	Daniel	KOLOSOV-NW	Brighton & Hove AC
40	Jacob	NORCLIFFE-NW	Brighton & Hove AC
63	Jason	WU-NW	Giffnock North AC
164	Gethin	GRIFFITH	Menai Track & Field
145	Hamza	DAVIES	Newport Harriers

**Senior Men 200m Continued**

28	Daniel	KNUCKLE	Swansea Harriers
8	Ashton	BURNETT	Newport Harriers
60	Evan	WILLIAMS	Wrexham AAC
44	Youssef	RABHI-NW	Swansea Harriers
81	Jose	ALZATE-GONZALEZ	Cardiff Athletics
14	Ayomide	ELUYERA	Cardiff Athletics
93	Charlie	PENNEY	Pembrokeshire Harriers
165	Sebastian	MITCHELL-FOFANA	Cardiff Archers
160	Dafydd	ROBERTS	Aberdare Valley AAC
30	Ryan	LANE	Cardiff Athletics
45	Jordan	ROACH	Cardiff Athletics
141	Dylan	ANDREWS	Bridgend Athletics
157	Tudur	WILLIAMS	Menai Track & Field

**F36 U15 Boys Discus 14:20****Welsh Age Best REC: James TOMLINSON, Pembrokeshire Harriers, 50.50, 2014****CBP: Jay MORSE, Cardiff AAC, 45.02, 2015**

Bib	First Name	Last Name	Team Code
451	James	PUGH	Cardiff Archers
378	Ieuan	TAYLOR	Cardiff Archers
375	Aidan	ANGILLETTA	Deeside AAC
574	Gabriel	EVANS	Rhondda AAC
584	Lachlan	ROBBIE	Cardiff Archers
583	William	RICHARDS-BALDWIN	Gloucester AC

**F37 Senior Women High Jump 14:30****AC REC: Andrea MATAY, Hungary, 1.93, 1980****WN REC: Julie CRANE, Sale, 1.89, 2004****CBP: Julie CRANE, Sale Harriers, 1.82, 2005**

Bib	First Name	Last Name	Team Code
432	Kath	MORGAN	Llanelli AAC
436	Libby	DAVIDSON	Yate & District AC
39	Grace	MORGAN	Cardiff Archers
438	Seren	GRIFFITHS	Cardiff Archers
442	Nia	POWELL	Cardiff Archers
443	Matilda	QUICK	Swansea Harriers
444	Megan	TAYLOR	Cardiff Archers
429	Shannon	CRAIG-NW	Harrow AC
382	Lauren	EVANS	Cardiff Athletics
433	Pippa	ROGAN-NW	Thames Valley Harriers

**T30-1 Senior Men 110m Hurdles - Straight Final 14:50****AC REC: Colin JACKSON, Wales, 13.10, 1990****WN REC: Colin JACKSON, Brecon AC, 12.91, 1993****CBP: Colin JACKSON, Brecon AC, 13.45, 1992**

Bib	First Name	Last Name	Team Code
165	Sebastian	MITCHELL-FOFANA	Cardiff Archers
390	Thomas	WILCOCK	Northampton AC
22	Callum	HOLDER-NW	Sutton & District AC
391	Rob	WOOLGAR-NW	Bournemouth AC
10	Jake	COVER-NW	Team Bath Athletic Club
388	Tobias	CLAYDEN	City Of Plymouth AC
389	Jack Edward	HOUGHTON-NW	Swansea Harriers

**T31-1 U15 Boys 80m Hurdles - Straight Final 15:00****Welsh Age Best REC: Harry HILLMAN, Cardiff AAC, 11.02, 2013****CBP: Harry HILLMAN, Cardiff AAC, 11.27, 2013**

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
375	Aidan	ANGILLETTA	Deeside AAC
174	Cobie	PHILLIPS	Cardiff Archers
101	Isaias	BALDE	Cardiff Archers
376	Callum	HEDGES	Swansea Harriers
377	Adam	LINDSAY	Newport Harriers
378	Ieuan	TAYLOR	Cardiff Archers
172	David	LENGHEL	Pontyclun AC

**F38 Senior Women Triple Jump 15:00****AC REC: Nadia WILLIAMS, England, 13.53, 2009****WN REC: Hannah FRANKSON, Woodford Green, 12.95, 2013****CBP: Sara BARRY, Cardiff AAC, 12.62w, 2010**

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
438	Seren	GRIFFITHS	Cardiff Archers
540	Bethan	HOLLEY	Swansea Harriers
394	Donna	JONES	Swansea Harriers
538	Francesca	MORGAN	Cardiff Athletics
537	Anna	MCKINTY-NW	Orangethorne AC
534	Belinda	SERGEANT-NW	Bedford & County AC
531	Beca	ROBERTS	Cardiff Archers
526	Mary	ELCOCK-NW	Woodford G&EL
527	Shanara	HIBBERT-NW	Woodford G&EL

**F39 Senior Men Shot 15:00****AC REC: Geoff CAPES, England, 21.68, 1980****WN REC: Shaun PICKERING, Haringey, 20.45, 1997****CBP: Shaun PICKERING, Haringey, 19.15, 1997**

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
542	Ben	BOWEN	Pembrokeshire Harriers
566	Sebastian	ANSTEAD	Cardiff Archers
552	Dafydd	HERDMAN	Cardiff Athletics
555	Peter	MAITLAND	Swansea Harriers
551	Patrick	HARRIS	Menai Track & Field
544	Dillon	CLAYDON-NW	Blackheath & Bromley HAC
556	Jacob	MATTHEWS-NW	Halesowen ACC
568	Dafydd	PAWLETT	Yate & District AC
562	Adam	PHILLIPS	Cardiff Athletics
563	Patrick	SWAN	Cornwall AC
564	Gareth	WINTER	Gloucester AC
565	Youcef	ZATAT-NW	Woodford G&EL
549	Ryan	FOULKES	Cardiff Athletics

**F40 Ambulant/Para Male Shot Put 15:00**

<b>Bib</b>	<b>First Name</b>	<b>Last Name</b>	<b>Team Code</b>
567	Michael	JENKINS-F38	Pembrokeshire Harriers
545	Aled	DAVIES-F42	Cardiff Athletics
575	Joshua	GRIST-F40	DSW Para Athletics
586	Joseph	SYMONS-F37	DSW Para Athletics
547	Jason	ELWORTHY F38	Barry & Vale Harriers
550	Charlie	GOODWIN-F38	Cardiff Athletics

**T32-1 U15 Girls 75m Hurdles - Final 15:10****Welsh Age Best: Heather JONES, Carmarthen Harriers, 10.86, 2001****CBP: Heather JONES, Carmarthen Harriers, 10.86, 2001**

Bib	First Name	Last Name	Team Code
127	Amber	RAYNER	Cardiff Athletics
194	Tiana	ODUGBESAN	Cardiff Archers
372	Eva	CARVER	Swansea Harriers
126	Ava-Lexi	PLACIDE	Cardiff Athletics
371	Eleri	BROWN	Neath Harriers
374	Celeste	REDMOND	Yate & District AC
183	Sarina	BAHMANI	Newport Harriers
373	Evie	INGLESON	Newport Harriers
113	Grayce	HARVEY	Rhondda AAC

**T23-2 Senior Women 100m Hurdles - Final 15:20**

Athletes qualified from Heats T23-1

**F41 U15 Girls Long Jump 15:20****Welsh Age Best: Lea HAGGETT, Herne Hill Harriers, 1.81, 1986****CBP: Emily WRIGHT, Yate & District AC, 5.43, 2012**

Bib	First Name	Last Name	Team Code
176	Ocean	STEVENSON	Llanelli AAC
448	Florence	DURRANT	Bridgend Athletics
445	Grace	CADDY	Cardiff Athletics
518	Anwen Grace	BAILEY	Cardiff Athletics
136	Hollie	WEAVER	Rhondda AAC
109	Riley	FITZGERALD	Newport Harriers
446	Daisy	CLARKE	Deeside AAC
523	Megan	WOOD	Deeside AAC
300	Pippa	HARRIS	Brecon Athletic Club
519	Lowri	HARRINGTON	Blaenau Gwent Athletics
113	Grayce	HARVEY	Rhondda AAC
452	Mari	WILSON	Llanelli AAC
100	Elaora	ANGEON	Cwmbran Harriers
302	Seren	HOPKINS	Cardiff Athletics
521	Myah	PEARSON	Deeside AAC
173	Naomi	PARRY	Cardiff Archers
520	Freya	MCCARTHY	Llanelli AAC
170	Evan-Rae	HANNIFORD	Cardiff Archers
127	Amber	RAYNER	Cardiff Athletics
171	Evie	HARVEY	Rhondda AAC
372	Eva	CARVER	Swansea Harriers
522	Martha	TRIVETT	Bridgend Athletics
194	Tiana	ODUGBESAN	Cardiff Archers
119	Macey	JONES	West Cheshire Athletic Club
122	Beatrice	MORGAN	Carmarthen Harriers
131	Olivia	SCHRIMSHAW	Deeside AAC

**T33-1 Senior Men 3k S/C - Straight Final 15:30****AC REC: Tony STAYNINGS, England, 8:31.0 (HT), 1977****WN REC: Roger HACKNEY, Aldershot, 8:18.91, 1988****CBP: Roger HACKNEY, Aldershot, 8:32.16, 1989**

Bib	First Name	Last Name	Team Code
418	Alex	STEWART-NW	Bristol and West AC
405	Thomas	CHASTON	Belgrave Harriers
413	Declan	NEARY-NW	City of York AC
412	Lewis	MILLS-NW	Blackheath & Bromley HAC



**Senior Men 3k S/C continued**

414	Chris	PERRY-NW	Vale Royal AC
407	Scott	GREEVES-NW	City Of Norwich AC
410	Kristian	IMROTH-NW	Shaftesbury Barnet Harriers
409	Alex	HOWARD-NW	Tonbridge AC
411	Adam	KIRK-SMITH-NW	Woodford G&EL
642	George	PHILLIPS-NW	Doncaster AC
404	Michael	CAMERON-NW	Thames Valley Harriers
406	Terence	FAWDEN-NW	Highgate Harriers
424	Billy	COOGAN-NW	Kilkenny City Harriers
420	Archie	WALTON-NW	Hercules Wimbledon AC
423	Luke	BIRDSEYE-NW	Windsor SE&H AC
415	Brychan	PRICE DAVIES	Brecon Athletic Club

**T34-1 Senior Women 3k S/C - Straight Final 15:30****AC REC: Elizabeth HALL, England, 10:16.5 [HT], 2005****WN REC: Kate SEARY, Cardiff Athletics, 9:55.96, 25.03.2022****CBP: Clare MARTIN, Newport Harriers, 10:39.80, 2005**

Bib	First Name	Last Name	Team Code
403	Kirstie	BOOTH	Taunton AC
416	Jessica	SCHERIFF-NW	Belgrave Harriers
419	Poppy	TANK-NW	City Of Plymouth AC
426	Hattie	REYNOLDS-NW	City Of Norwich AC
422	Amelia	WILLS-NW	Bracknell AC
408	Lauren	HALL-NW	Aldershot F&D
421	Ellen	WEIR-NW	Thames Hare & Hounds
417	Morgan	SQUIBB-NW	Blackheath & Bromley HAC
425	Claragh	KEANE-NW	Unattached

**F42 Seated Discus 15:50**

Bib	First Name	Last Name	Team Code
553	Kieran	JONES-T/F34	DSW Para Athletics
561	Paddy	PEPPER-NW F57	British Wheelchair AAA
571	Jac	SHEEHAN-F34	DSW Para Athletics
572	Ellie	BOWEN-F56	DSW Para Athletics

**T21-2 U15 Boys 800m - Final 16:00**

Athletes qualified from Heats T21-1

**T22-1 U15 Girls 800m - Heats 16:05**

Athletes qualified from Heats T22-1

**T24-2 Senior Women 800m - Final 16:10**

Athletes qualified from Heats T24-1

**T25-2 Senior Men 800m - Final 16:15**

Athletes qualified from Heats T25-1

**T19-2 Senior Women 400m Hurdles - Final 16:25**

Athletes qualified from Heats T19-1

---

**T26-2 U15 Boys 200m - Heats 16:40**

---

Athletes qualified from Heats T26-1

---

**T27-2 U15 Girls 200m - Heats 16:35**

---

Athletes qualified from Heats 27-1

---

**T28-2 Senior Women 200m - Final 16:50**

---

Athletes qualified from heats T28-1

---

**T29-2-1 Senior Men 200m - B Final 16:55**

---

Fastest 9 to 16 athletes from heats T29-1 qualified for 'B' Final

---

**T29-2-2 Senior Men 200m - A Final 16:55**

---

Heat winners plus 1 fastest from heats T29-1 qualified for 'A' Final



# ADDYSG ATHRAWON TEACHERS EDUCATION

## PRIMARY TEACHER EDUCATION WORKSHOP

THE PRIMARY WORKSHOP IS BASED ON THE NEW TEACHING PRIMARY SCHOOLS ATHLETICS RESOURCE (WHICH EVERY CANDIDATE WILL RECEIVE FREE AS PART OF THE WORKSHOP) AND DEMONSTRATES TEACHING PROGRESSION ACROSS PRIMARY SCHOOL AGE GROUPS IN BOTH GENERIC AND ATHLETICS SPECIFIC RUNNING, JUMPING AND THROWING ACTIVITIES.

## SECONDARY TEACHER EDUCATION WORKSHOP

THE SECONDARY ONLINE WORKSHOP IS BASED ON THE NEW TEACHING ATHLETICS RUN JUMPTHROW RESOURCE (WHICH EVERY CANDIDATE WILL RECEIVE FREE AS PART OF THE ONLINE WORKSHOP) AND DEMONSTRATES TEACHING PROGRESSION ACROSS SECONDARY AGE GROUPS IN BOTH GENERIC AND ATHLETICS SPECIFIC RUNNING, JUMPING AND THROWING ACTIVITIES.

"THIS COURSE PROVIDES A PERFECT SUPPORT MECHANISM FOR TEACHERS, IT PROVIDES PRACTICAL IDEAS FOR DELIVERING ATHLETICS TO CLASSES OF ALL AGES AND ABILITIES."

**JO WARNER, CHAIR OF WELSH SCHOOLS ATHLETICS ASSOCIATION**

## BE ACTIVE TEACHERS FORUM

WE NEED CURRENT TEACHERS TO HELP US UNDERSTAND HOW PARTICIPATION IN ATHLETICS AND CROSS COUNTRY CAN BE INCREASED IN A SCHOOL ENVIRONMENT FROM A COMPETITIVE AND NON-COMPETITIVE POINT OF VIEW. IF YOU'RE INTERESTED IN OFFERING YOUR VIEWS, CONTACT ANDREW JENKINS.

For more information email  
[andrew.jenkins@welshathletics.org](mailto:andrew.jenkins@welshathletics.org)



# SOLEMATE

**NEW INDEPENDENT SPECIALIST  
RUNNING STORE**

FIND US AT:

2 MORLAIS BUILDINGS, PONTMORLAIS  
MERTHYR TYDFIL, CF47 8UL.

**HOKA**

**RONHILL**

**BROOKS**

**GARMIN**

**SALOMON POLAR**

**ALTRA**



**SHOKZ**

**runderwear**  
your hidden advantage

**TRUE MOTION**

**SCOTT**

**MIZUNO**

**tailwind**  
ALL YOU NEED. REALLY.

**NEW BALANCE**

AND SO MUCH MORE!



SOLEMATERUNNINGUK



SOLEMATERUNNING

[WWW.SOLE-MATE.UK](http://WWW.SOLE-MATE.UK)



# OFFICIALS

## SWYDDOGION

Sunday 25th June

Competition Director - Sue Maughan  
Meeting Manager - Lynette Harries  
Technical Manager - Chris Price  
Clerk of Course - Scott Carpenter  
Clerk of Course - Jason Wyatt

Start Coordinator - Steve Ouseley  
Starter - John Elward  
Starter - Keith Matthews  
Chief Starter's Asst. - Rob Hooper  
Starter's Asst. - Sue Hooper  
Starter's Asst. - John Pickles

Track Referee - Alan Currie  
Track Steward - Carmel Johnson  
Track Judge - Brenda Currie  
Track Judge - Carol Strange  
Track Judge - Ted Johnson  
Track Judge - Ayo Afolabi  
Track Judge - Rory McKerlich  
Track Judge - Mari Higginson  
Track Judge / COC - Jason Wyatt  
Track Judge - Mark Boswell  
Track Judge - June Warren-Jones

Race Walk Judge - Martin Bell  
Race Walk Judge - Rory McKerlich

Chief Timekeeper - Geoff Wickens  
Timekeeper - Celfyn Williams  
Timekeeper - Crispin Backshell  
Timekeeper - Mike Strange  
Timekeeper - Andy Kerr  
Timekeeper - Ian Cooper  
Timekeeper - Jayne Evans  
Timekeeper - Ian Humphreys  
Timekeeper - Ann Thatcher  
Timekeeper - Chris Boswell

Chief Photofinish - Phil James  
Photofinish Judge - Sam Williams  
Photofinish Judge - Daniel Mason  
Photofinish Judge - John Farrington  
Photofinish Judge - Eleanor Ward

Field Referee - Jack Lambert  
Field Referee - Dave Jessett  
Field Judge - Gareth Elliott  
Field Judge - Becky Gibbs  
Field Judge - Amy Price  
Field Judge - Sue Alvey  
Field Judge - Gareth Harries  
Field Judge - Paj Valley  
Field Judge - David Jones  
Field Judge - Ian Willoughby  
Field Judge - Julie Dew  
Field Judge - Ian Mulvaney  
Field Judge - Neil Gregory  
Field Judge - Kate Nash  
Field Judge - Susan Jackson  
Field Judge - Peter Gregson  
Field Judge - Debashish Biswas  
Field Judge - Emma Cavern  
Field Judge - Jacky Brett  
Field Judge - Neil Edwards  
Field Judge - Dave Edwards  
Field Judge - Victoria Codling

Call Room Manager - Ian Atkins  
Call Room - Susan Pickles  
Call Room - Gwynn Elward

Announcer - Ian Griffiths  
Announcer - James Thie  
Registration - Kay Chapman  
Seeding - Eban Geal  
Seeding - Nathan Jones



Appointments Available **Monday To Friday 9am to 5pm. Call Or Scan To Book.**

# LOWER LIMB INJURY PREVENTION & RECOVERY SPECIALISTS



Experts in the treatment of Foot & Ankle Pain, Plantar Fasciitis, Metatarsalgia, Morton's Neuroma, Achilles Tendinopathy, and Repetitive Calf Strains.

## Specialising In:

**Management Of Lower Limb Injury**

**Gait Analysis**

**Orthotic Therapy**

**ACE FEET IN MOTION**  
Unit 2, Sanatorium Road, Canton,  
Cardiff, CF11 8DG

Official Suppliers To:

