

1:15 PM Record**Sam Griffiths, Hereford, 2004, 10.7**

	Letter	U11 Girls 75m		Perf.		Letter		Perf.
1A	A	Brenna Price	Aberdare	11.9 8	1B	H	Imogen Wilding	Hereford 12.8 8
2A	N	Elan O'Donavan	Newport	12.0 7	2B	AA	Lowri Davies	Aberdare 12.8 7
3A	HH	Tory Griffiths	Hereford	12.4 6	3B	C	Amy Price	Cwmbran 13.3 6
4A	CC	Jodie Beynon	Cwmbran	12.5 5	4B	NN	Gabrielle Hudson	Newport 13.7 5

2:15 PM Record**Christie Williams, Aberdare, 2003, 22.2**

	Letter	U11 Girls 150m		Perf.		Letter		Perf.
1A	A	Brenna Price	Aberdare	24.1 8	1B	AA	Lowri Davies	Aberdare 25.6 8
2A	N	Elan O'Donavan	Newport	25.3 7	2B	HH	Imogen Wilding	Hereford 27.1 7
3A	H	Ellie Nutt	Hereford	26.3 6	3B	CC	Emma Norton	Cwmbran 28.1 6
4A	C	Amy Price	Cwmbran	27.6 5	4B	NN	Gabrielle Hudson	Newport 28.4 5

3:30 PM Record**Emily Frow, Aberdare, 2005, 2:43.9**

	Letter	U11 Girls 800m		Perf.		Letter		Perf.
1A	N	Emma Hennessy	Newport	3:17.1 8	1B	CC	Megan Rogers	Cwmbran 3:31.2 8
2A	C	Megan James	Cwmbran	3:26.2 7	2B	NN	Danielle Morgan	Newport 4:08.9 7
3A	H	Abbey Proctor	Hereford	3:26.6 6				

3:15 PM Record**Sam Griffiths, Hereford, 2004, 3.81**

	Letter	U11 Girls Long Jump		Perf.		Letter		Perf.
1A	CC	Thea Jeffries	Cwmbran	2.74 8	1B	AA	Georgia Timms	Aberdare 2.26 8
2A	A	Lowri Davies	Aberdare	2.47 7	2B	H	Imogen Wilding	Hereford 2.19 7
3A	HH	Abbey Proctor	Hereford	2.38 6	3B	C	Amy Price	Cwmbran 2.09 6
4A	N	Gabrielle Hudson	Newport	2.19 5	4B	NN	Emma Hennessy	Newport 1.99 5
5A	R	Mollie Sims	Rhondda	1.88 4				

1:45 PM Record**Candice Finlay, Rhondda, 2003, 6.68**

	Letter	U11 Girls 2kg Shot		Perf.		Letter		Perf.
1A	HH	Ellie Nutt	Hereford	5.39 8	1B	H	Jess Williams	Hereford 4.66 8
2A	C	Emma Norton	Cwmbran	4.61 7	2B	CC	Jodie Beynon	Cwmbran 3.95 7
3A	NN	Elan O'Donavan	Newport	4.03 6	3B	N	Danielle Morgan	Newport 3.10 6

12:30 PM Record**Emma Norton, Cwmbran, 2006, 11.02**

	Letter	U11 Girls 300g Javelin		Perf.		Letter		Perf.
1A	C	Emma Norton	Cwmbran	10.57 8	1B	H	Jess Williams	Hereford 8.73 8
2A	HH	Tory Griffiths	Hereford	10.23 7	2B	NN	Danielle Morgan	Newport 6.46 7
3A	R	Mollie Sims	Rhondda	10.04 6	3B	CC	J Timms	Cwmbran 5.53 6
4A	N	Emma Hennessy	Newport	7.29 5				

4:30 PM

	Letter	U11 Girls 4 x 100 relay		Perf.
1A	H	Hereford	- , - , -	69.1 8
2A	A	Aberdare	Sofia Ali, Georgia Timms, Lowri Davies, Brenna Price	69.7 7
3A	N	Newport	Gabrielle Hudson, Elan O'Donavan, Danielle Morgan, Emma Hennessy	70.9 6

1:20 PM Record**Cynfelen Nancarrow, Brecon, 2004, 10.6**

	Letter	U11 Boys 75m		Perf.		Letter		Perf.
1A	H	Jonathan Grech	Hereford	11.8 8	1B	HH	George Jones	Hereford 11.9 8
2A	N	Ricky Raybould	Newport	11.9 7	2B	NN	Ryan Morgan	Newport 12.1 7
3A	C	Ethan Lynch	Cwmbran	12.0 6				
4A	A	Sam Williams	Aberdare	13.3 5				

2:20 PM Record**Harry Ravenhill, Hereford, 2005, 21.6**

	Letter	U11 Boys 150m		Perf.		Letter		Perf.
1A	C	James Scarfi	Cwmbran	22.8 8	1B	CC	Ethan Lynch	Cwmbran 24.2 8
2A	H	George Jones	Hereford	23.8 7	2B	N	Ricky Raybould	Newport 24.9 7
3A	NN	Ryan Morgan	Newport	24.7 6				

3:30 PM Record**Tom Organ, Newport, 1998, 2:30.5**

	Letter	U11 Boys 800m		Perf.		Letter		Perf.
1A	C	James Scarfi	Cwmbran	2:50.7 8	1B	AA	Ben Edwards	Aberdare 3:03.5 8
2A	A	Jake Edwards	Aberdare	2:51.8 7	2B	NN	Craig Downs	Newport 3:45.2 7
3A	N	Stevan Russell	Newport	3:24.4 6				

3:15 PM Record**Cynfelen Nancarrow, Brecon, 2004, 4.00**

	Letter	U11 Boys Long Jump		Perf.		Letter		Perf.
1A	H	Jonathan Grech	Hereford	3.47 8	1B	HH	George Jones	Hereford 2.86 8
2A	N	Stevan Russell	Newport	3.35 7	2B	NN	Ricky Raybould	Newport 2.85 7
3A	C	James Scarfi	Cwmbran	3.19 6				
4A	A	Sam Williams	Aberdare	2.60 5				

1:45 PM Record**Aaron Finlay, Rhondda, 2003, 7.11**

	Letter	U11 Boys 2.72kg Shot		Perf.		Letter		Perf.
1A	NN	Tristan Cuer	Newport	3.58 8	1B	N	Craig Downs	Newport 1.78 8
2A	A	Sam Williams	Aberdare	2.75 7				

12:30 PM Record**Jacob Knox, Hereford, 2006, 22.13**

	Letter	U11 Boys 300g Javelin		Perf.		Letter		Perf.
1A	N	Stevan Russell	Newport	14.42 8	1B	NN	#VALUE!	Newport 7.52 8
2A	H	Jonathan Grech	Hereford	10.87 7				

4:35 PM

	Letter	U11 Boys 4 x 100 relay		Perf.
1A		No, Team, Declared,		

3:00 PM Record**Rebecca Williams, Newport, 2001, 13.1**

	Letter	U13 Girls 100m		Perf.		Letter		Perf.
1A	A	Clare Thompson	Aberdare	14.5 8 G3	1B	NN	Chloe Flaige-Smith	Newport 15.6 8
2A	N	Aimee Clarke	Newport	14.9 7 G4	2B	AA	Holly Jones	Aberdare 15.9 7
3A	C	Emily Brown	Cwmbran	15.4 6	3B	RR	Rachel Thomas	Rhondda 16.7 6
4A	H	Amber Strachan	Hereford	15.8 5	4B	CC	Jessica Bevan	Cwmbran 17.5 5
5A	R	Channon Cox	Rhondda	15.9 4				

1:30 PM Record**Joanne Hodge, Newport, 1997, 27.3**

	Letter	U13 Girls 200m		Perf.		Letter		Perf.
1A	N	Hannah Griffiths	Newport	29.6 8 G3	1B	NN	Melissa Arthur	Newport 31.1 8 G4
2A	A	Holly Jones	Aberdare	31.5 7	2B	CC	Laura Sydney	Cwmbran 31.7 7
3A	C	Emily Brown	Cwmbran	32.0 6	3B	AA	Lowri Bevan	Aberdare 32.4 6
4A	H	Amber Strachan	Hereford	32.3 5	4B	RR	Rachel Thomas	Rhondda 35.1 5
5A	R	Megan Tasker	Rhondda	32.5 4				

3:40 PM Record**Zoe Llewellyn, Newport, 2001, 2:32.1**

	Letter	U13 Girls 800m		Perf.		Letter		Perf.
1A	H	Jade Williams	Hereford	2:49.2 8 G4	1B	HH	Kate Parker	Hereford 3:01.0 8
2A	A	Lowri Bevan	Aberdare	2:57.4 7 G4	2B	R	Chelsie Sims	Rhondda 3:13.8 7
3A	RR	Megan Tasker	Rhondda	3:01.6 6				

2:30 PM Record**Rachel Byrne, Aberdare, 2000, 5:00.9**

	Letter	U13 Girls 1500m		Perf.		Letter		Perf.
1A	A	Hannah Mittleburgh	Aberdare	5:37.8 8 G3				

12:30 PM Record**Cate Povey, Torfaen, 1999, 11.8**

	Letter	U13 Girls 70m hdl		Perf.		Letter		Perf.
1A	N	Melissa Arthur	Newport	15.0 8				

3:30 PM Record**Joanne Hodge, Newport, 1997, 1.41**

	Letter	U13 Girls High Jump		Perf.		Letter		Perf.
1A	N	Bethan Hill-Howells	Newport	1.26 8 G4				
2A	A	Georgia Neal	Aberdare	1.00 7				

12:30 PM Record**Aimee Cutler, Torfaen, 2005, 4.80**

	Letter	U13 Girls Long Jump		Perf.		Letter		Perf.
1A	N	Bethan Hill-Howells	Newport	3.84 8 G4	1B	AA	Holly Jones	Aberdare 2.93 8
2A	A	Clare Thompson	Aberdare	3.03 7	2B	C	Jessica Bevan	Cwmbran 2.76 7
3A	CC	Laura Sydney	Cwmbran	3.01 6	3B	R	Channon Cox	Rhondda 2.69 6
4A	RR	Megan Tasker	Rhondda	3.01 5	4B	HH	Kate Parker	Hereford 2.40 5
5A	H	Amber Strachan	Hereford	2.98 4				

1:45 PM Record Louise Finlay, Rhondda, 1996, 10.27

	Letter	U13 Girls 2.72kg Shot		Perf.		Letter	Perf.
1A	H	Emma Crooke	Hereford	8.65	8	G2	*
2A	N	Aimee Clarke	Newport	6.60	7	G3	
3A	R	Chelsie Sims	Rhondda	5.65	6	G4	
4A	C	Jessica Bevan	Cwmbran	4.84	5		

2:30 PM Record Louise Finlay, Rhondda, 1996, 24.98

	Letter	U13 Girls 0.75kg Discus		Perf.		Letter	Perf.
1A	H	Emma Crooke	Hereford	24.81	8	G1	*
2A	R	Chelsie Sims	Rhondda	14.34	7		
3A	C	Danielle Lewis	Cwmbran	10.22	6		

1:15 PM Record Christie Williams, Aberdare, 2005, 26.70

	Letter	U13 Girls 400g Javelin		Perf.		Letter		Perf.
1A	H	Emma Crooke	Hereford	25.69	8	G2	* 1B HH Jade Williams	Hereford 12.94 8 G2
2A	N	Melissa Arthur	Newport	20.68	7	G3	* 2B R Channon Cox	Rhondda 7.03 7
3A	RR	Rachel Thomas	Rhondda	8.50	6	*		

4:40 PM

	Letter	U13 Girls 4 x 100 relay		Perf.		Perf.
1A	N	Newport	Hannah Griffiths, Melissa Arthur, Bethan Hill-Howells, Aimee Clarke	61.5	8	
2A	A	Aberdare	Lowri Bevan, Holly Jones, Oona Terille, Clare Thompson	61.8	7	
3A	H	Hereford	- , - , - , -	63.0	6	
4A	R	Rhondda	Chelsie Sims, Megan Tasker, Rachel Thomas, Channon Cox	66.1	5	

3:05 PM Record Lewis Hinwood, Cwmbran, 2005, 12.9

	Letter	U13 Boys 100m		Perf.		Letter		Perf.
1A	C	Tom Norton	Cwmbran	14.3	8	G4	1B CC Stephen Scarfi	Cwmbran 15.3 8
2A	R	Dylan Nash	Rhondda	16.1	7	2B NN Max Murray	Newport 16.7 7	
3A	N	Oliver Hudson	Newport	16.3	6			
4A	H	Kieran Brann	Hereford	16.8	5			
5A	V	Aled Evans	Rhymney Valley	17.3	4			

1:35 PM Record Ben Hale, Newport, 1999, 26.9

	Letter	U13 Boys 200m		Perf.		Letter		Perf.
1A	C	Tom Norton	Cwmbran	28.9	8	G3	1B CC Stephen Scarfi	Cwmbran 29.7 8 G4
2A	N	James Clark	Newport	31.7	7	2B NN Oliver Hudson	Newport 32.4 7	
3A	H	Kieran Brann	Hereford	35.4	6			

3:40 PM Record Nick Johnson, Newport, 2003, 2:24.3

	Letter	U13 Boys 800m		Perf.		Letter	Perf.
1A	C	Stephen Scarfi	Cwmbran	2:35.6	8	G3	
2A	N	Curtis Goodger	Newport	2:39.6	7	G4	
3A	A	Joseph Roberts	Aberdare	2:42.9	6	G4	

2:30 PM Record**Matthew Williams, Aberdare, 2001, 4:55.0**

	Letter	U13 Boys 1500m		Perf.	Letter	Perf.
1A	A	Tomos Adler	Aberdare	6:08.4	8	

12:35 PM Record**Shaun Bartz, Aberdare, 2005, 12.3**

	Letter	U13 Boys 75m hdl		Perf.	Letter	Perf.
1A		No Athletes Dec				

3:30 PM Record**Richardo Childs, Brecon, 1997, 1.55**

	Letter	U13 Boys High Jump		Perf.	Letter	Perf.
1A	N	Oliver Hudson	Newport	1.05	8	

2:30 PM Record**Leigh Collwell, Newport, 2002, 4.94**

	Letter	U13 Boys Long Jump		Perf.		Letter		Perf.		
1A	N	James Clark	Newport	3.78	8	G4	1B NN Max Murray	Newport	3.24	8
2A	A	Joseph Roberts	Aberdare	3.67	7		2B HH Kieran Brann	Hereford	3.21	7
3A	C	Davey Mulroy	Cwmbran	3.66	6					
4A	H	Mathew Bennett	Hereford	3.37	5					
5A	R	Dylan Nash	Rhondda	3.27	4					
6A	VV	Jacob Davies	Rhymney Valley	3.12	3					

4:30 PM Record**Greg Finlay, Rhondda, 1998, 10.62**

	Letter	U13 Boys 3.25kg Shot		Perf.		Letter		Perf.			
1A	AA	Connor Neal	Aberdare	8.64	8	G3 *	1B A Matthew Field	Aberdare	8.30	8	G3
2A	HH	Thomas Fellows	Hereford	4.64	7		2B H Mathew Bennett	Hereford	4.57	7	

3:15 PM Record**Greg Finlay, Rhondda, 1998, 28.84**

	Letter	U13 Boys 1kg Discus		Perf.		Letter		Perf.			
1A	A	Matthew Field	Aberdare	23.26	8	G1 *	1B HH Angus Flynn	Hereford	11.04	8	G2
2A	H	Mathew Bennett	Hereford	11.10	7						

1:15 PM Record**Kevin Trigg, Newport, 2004, 36.02**

	Letter	U13 Boys 400g Javelin		Perf.		Letter		Perf.		
1A	C	Tom Norton	Cwmbran	28.70	8	G3 *	1B A Matthew Field	Aberdare	14.33	8
2A	AA	Connor Neal	Aberdare	22.01	7	G4 *	2B H Thomas Fellows	Hereford	13.38	7
3A	N	Max Murray	Newport	17.20	6	*				
4A	HH	Angus Flynn	Hereford	16.68	5	*				
5A	R	Dylan Nash	Rhondda	14.54	4	*				

4:45 PM

<i>Letter</i>		<i>U13 Boys 4 x 100 relay</i>				<i>Perf.</i>
1A	C	Cwmbran		Tom Norton, Davey Mulroy, Stephen Scarfi, Josh Kent		58.9 8
2A	N	Newport		- , - , - , -		63.3 7
3A	H	Hereford		- , - , - , -		68.9 6

3:10 PM Record**Rebecca Williams, Newport, 2003, 12.4**

<i>Letter</i>		<i>U15 Girls 100m</i>		<i>Perf.</i>			<i>Letter</i>			<i>Perf.</i>
1A	N	Mica Moore	Newport	13.2 8 G3 *	1B	NN	Shaleena Graham	Newport	13.5 8 G3	
2A	A	Kirsty Marshall	Aberdare	13.7 7 G4	2B	AA	Jessica MacDonald	Aberdare	13.7 7 G4	
3A	H	Sarah Jones	Hereford	14.8 6	3B	HH	Olivia Wilding	Hereford	14.6 6	
4A	C	Katie Hunt	Cwmbran	15.3 5	4B	CC	Laura Basini	Cwmbran	15.2 5	

1:40 PM Record**Rebecca Williams, Newport, 2003, 26.4**

<i>Letter</i>		<i>U15 Girls 200m</i>		<i>Perf.</i>			<i>Letter</i>			<i>Perf.</i>
1A	NN	Stephanie Kinsey	Newport	27.2 8 G3 *	1B	N	Rebecca Scott	Newport	27.9 8 G4	
2A	A	Christie Williams	Aberdare	27.3 7 G3 *	2B	C	Stacey Fricker	Cwmbran	31.1 7	
3A	CC	Katie Hunt	Cwmbran	30.6 6	3B	AA	Megan Hamer	Aberdare	32.0 6	

4:10 PM Record**Hannah Clarke, Cwmbran, 2006, 43.0**

<i>Letter</i>		<i>U15 Girls 300m</i>		<i>Perf.</i>			<i>Letter</i>			<i>Perf.</i>
1A	N	Antonia Yorkshire	Newport	45.4 8 G3 *	1B	NN	Lauren Archer	Newport	48.7 8	
2A	C	Stacey Fricker	Cwmbran	46.4 7 G4						

3:50 PM Record**Sarah Mead, Torfaen, 1994, 2:20.4**

<i>Letter</i>		<i>U15 Girls 800m</i>		<i>Perf.</i>			<i>Letter</i>			<i>Perf.</i>
1A	A	Leah Lineham	Aberdare	2:49.9 8						
2A	N	Amy Jones	Newport	3:12.7 7						

2:40 PM Record**Nia Dainton, Cwmbran, 2003, 5:05.1**

<i>Letter</i>		<i>U15 Girls 1500m</i>		<i>Perf.</i>			<i>Letter</i>			<i>Perf.</i>
1A	N	Delwen Loudon	Newport	6:08.7 8						

12:40 PM Record**Elizabeth Nasrat, Newport, 2000, 12.1**

<i>Letter</i>		<i>U15 Girls 75m hdl</i>		<i>Perf.</i>			<i>Letter</i>			<i>Perf.</i>
1A	H	Ella Taylor	Hereford	12.9 8 G3	1B	HH	Olivia Wilding	Hereford	14.2 8	

1:15 PM Record**Hannah Jones, Torfaen, 1996, 1.60**

	Letter	U15 Girls High Jump		Perf.		Letter		Perf.
1A	H	Ella Taylor	Hereford	1.50	8	G3 *	1B HH Olivia Wilding	Hereford 1.25 8
2A	A	Leah Lineham	Aberdare	1.25	7			

12:30 PM Record**Aimee Cutler, Torfaen, 2006, 5.36**

	Letter	U15 Girls Long Jump		Perf.		Letter		Perf.
1A	A	Kirsty Marshall	Aberdare	4.50	8	G4	1B H Ella Taylor	Hereford 4.03 8
2A	C	Natasha Lewis	Cwmbran	4.13	7		2B AA Megan Hamer	Aberdare 3.81 7
3A	HH	Sarah Jones	Hereford	4.09	6			
4A	N	Antonia Yorkshire	Newport	3.48	5			

4:30 PM Record**Louise Finlay, Rhondda, 1998, 11.00**

	Letter	U15 Girls 3.25kg Shot		Perf.		Letter		Perf.
1A	A	Christie Williams	Aberdare	8.50	8	G4 *	1B NN Stephanie Kinsey	Newport 5.15 8
2A	R	Lauren Sheppard	Rhondda	7.65	7	G4		
3A	N	Cerys Hale	Newport	7.32	6			
4A	H	Hannah Barnes	Hereford	4.65	5			

2:30 PM Record**Louise Finlay, Rhondda, 1998, 29.04**

	Letter	U15 Girls 1kg Discus		Perf.		Letter		Perf.
1A	N	Cerys Hale	Newport	16.70	8			
2A	H	Hannah Barnes	Hereford	7.79	7			

1:45 PM Record**Amanda Price, Newport, 2006, 26.44****NEW AGE GROUP RECORD**

	Letter	U15 Girls 600g Javelin		Perf.		Letter		Perf.
1A	A	Christie Williams	Aberdare	29.45	8	G2 *	1B AA Leah Lineham	Aberdare 15.13 8 G2
2A	R	Lauren Sheppard	Rhondda	22.73	7	G4	2B NN Lauren Archer	Newport 10.48 7
3A	C	Rachel Bevan	Cwmbran	19.06	6	G4		
4A	HH	Sarah Jones	Hereford	16.46	5			
5A	N	Cerys Hale	Newport	12.16	4			

4:50 PM

	Letter	U15 Girls 4 x 100 relay		Perf.		Letter		Perf.
1A	N	Newport	Shaleena Graham, Rebecca Scott, Stephanie Kinsey, Mica Moore	53.2	8			
2A	A	Aberdare	Christie Williams, Jessica MacDonald, Megan Hamer, Kirsty Marshall	54.5	7			

3:15 PM Record**Tom Bradbury, Cwmbran, 2004, 11.3**

	Letter	U15 Boys 100m		Perf.		Letter		Perf.
1A	N	Oliver Edwards	Newport	12.7	8	G3	1B NN James Morgan	Newport 13.4 8
2A	C	Will Davies	Cwmbran	14.0	7			
3A	H	Ben Wright	Hereford	15.8	6			

1:45 PM Record**Tom Bradbury, Cwmbran, 2004, 23.3**

	Letter	U15 Boys 200m		Perf.		Letter		Perf.
1A	N	Oliver Edwards	Newport	24.9 8	G2 *	1B NN	James Morgan	Newport 26.3 8 G2
2A	C	Will Davies	Cwmbran	26.8 7		2B CC	James Hanrahan	Cwmbran 28.2 7
3A	H	Joe Maddy	Hereford	34.2 6				

4:18 PM Record**Ashley Green, Cwmbran, 2003, 56.9**

	Letter	U15 Boys 400m		Perf.		Letter		Perf.
1A	C	Freddie Naseriyan	Cwmbran	61.9 8		1B CC	Marcus Price	Cwmbran 65.0 8

3:50 PM Record**Nick Johnson, Newport, 2005, 2:08.5**

	Letter	U15 Boys 800m		Perf.		Letter		Perf.
1A	C	James Hanrahan	Cwmbran	2:22.4 8	G4			
2A	A	Declan Jenkins	Aberdare	2:26.5 7				
3A	H	Joe Maddy	Hereford	2:54.7 6				

2:40 PM Record**Matthew Williams, Aberdare, 2003, 4:29.9**

	Letter	U15 Boys 1500m		Perf.		Letter		Perf.
1A	N	Emrys Penny	Newport	5:07.5 8				

12:45 PM Record**Mark Hicks, Cwmbran, 2001, 11.8**

	Letter	U15 Boys 80m hdl		Perf.		Letter		Perf.
1A	N	Michael Payne	Newport	15.9 8				
2A	H	Ben Wright	Hereford	17.3 7				

1:15 PM Record**David McFall, Brecon, 1995, 1.65****NEW AGE GROUP RECORD**

	Letter	U15 Boys High Jump		Perf.		Letter		Perf.
1A	C	Kevin Kelley	Cwmbran	1.70 8	G1 *			

2:30 PM Record**Stephen Jones, Torfaen, 1997, 6.10**

	Letter	U15 Boys Long Jump		Perf.		Letter		Perf.
1A	C	Kevin Kelley	Cwmbran	5.01 8	G4	1B N	Michael Payne	Newport 4.61 8
2A	NN	James Morgan	Newport	4.61 7				
3A	H	Ben Wright	Hereford	4.00 6				

12:30 PM Record**Greg Finlay, Rhondda, 2000, 14.42**

	Letter	U15 Boys 4kg Shot		Perf.		Letter	Perf.
1A	N	Emrys Penny	Newport	4.96	8	*	
2A	H	Joe Maddy	Hereford	4.34	7	*	

4:00 PM Record**Greg Finlay, Rhondda, 2000, 40.16**

	Letter	U15 Boys 1.25kg Discus		Perf.		Letter	Perf.
1A	C	Josh Bussell	Cwmbran	31.22	8	G3 *	
2A	N	Emrys Penny	Newport	11.20	7		

1:45 PM Record**Chris Wannell, Cwmbran, 2003, 48.05**

	Letter	U15 Boys 600g Javelin		Perf.		Letter	Perf.
1A							

4:55 PM

	Letter	U15 Boys 4 x 100 relay				Perf.
1A	N	Newport	James Morgan, Michael Payne, Emrys Penny, Oliver Edwards			53.8 8
2A	C	Cwmbran	Will Davies, Marcus Price, James Hanrahan, Freddie Naseriyan			55.2 7

3:20 PM Record**Kelly Birkin, Cwmbran, 2002, 12.3**

	Letter	U17 Women 100m		Perf.		Letter		Perf.	
1A	H	Sarah Weaver	Hereford	12.6	8	G2 *	1B CC Emma Reynolds	Cwmbran	13.6 8 G2
2A	C	Claire Williams	Cwmbran	12.8	7	G2 *			

1:50 PM Record**Kelly Birkin, Cwmbran, 2002, 25.5**

	Letter	U17 Women 200m		Perf.		Letter		Perf.	
1A	H	Sarah Weaver	Hereford	26.0	8	G2 *	1B CC Emma Reynolds	Cwmbran	27.3 8 G2
2A	C	Benytta Doman	Cwmbran	27.3	7	G4			

4:15 PM Record**Charlotte Reeks, Torfaen, 1994, 41.8**

	Letter	U17 Women 300m		Perf.		Letter		Perf.	
1A	C	Benytta Doman	Cwmbran	43.7	8	G3 *	1B CC Steffi Wright	Cwmbran	47.8 8
2A	N	Rhiannon Yates	Newport	44.0	7	G3 *			

4:00 PM Record Georgina Parnell, Newport, 1997, 2:19.3

1A	Letter	U17 Women 800m No Athletes Dec		Perf.		Letter		Perf.
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2:50 PM Record Ceri Wensley, Newport, 1995, 5:03.8

1A	Letter	U17 Women 1500m No Athletes Dec		Perf.		Letter		Perf.
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12:50 PM Record Jocelyn Davies, Hereford, 2003, 12.6

1A	Letter	U17 Women 80m hdl No Athletes Dec		Perf.		Letter		Perf.
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2:30 PM Record C Watton, Hereford, 1994, 1.65

1A	Letter	U17 Women High Jump		Perf.		Letter		Perf.
	H	Vanessa Brann	Hereford	1.20	8			
2A	C	Bethan James	Cwmbran	1.20	7			

1:15 PM Record Lara Richards, Newport, 1999, 5.52

1A	Letter	U17 Women Long Jump		Perf.		Letter		Perf.
	N	Rhiannon Yates	Newport	5.26	8	G2 *		
2A	C	Bethan James	Cwmbran	4.32	7			
3A	H	Vanessa Brann	Hereford	3.99	6			

4:00 PM Record Laurie Harris, Aberdare, 2005, 9.78

1A	Letter	U17 Women Triple Jump		Perf.		Letter		Perf.
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12:30 PM Record Louise Finlay, Rhondda, 2000, 11.48

1A	Letter	U17 Women 4kg Shot		Perf.		Letter		Perf.
	N	Jessica Russell	Newport	6.48	8	* 1B NN	Sian Jordan	Newport
2A	H	Sophie Woodward	Hereford	6.42	7	*		
								Newport
								6.24 8

3:15 PM Record Louise Finlay, Rhondda, 2000, 31.98

	Letter	U17 Women 1kg Discus		Perf.		Letter		Perf.		
1A	H	Sophie Woodward	Hereford	23.63	8	G4	1B NN Jessica Russell	Newport	19.10	8
2A	N	Sian Jordan	Newport	21.68	7					

1:45 PM Record Cerys Nightingale, Newport, 2006, 23.87

	Letter	U17 Women 600g Javelin		Perf.		Letter		Perf.	
1A	H	Vanessa Brann	Hereford	16.92	8	1B HH Sophie Woodward	Hereford	13.91	8
2A	N	Jessica Russell	Newport	13.21	7				

5:00 PM

	Letter	U17 Women 4 x 100 relay		Perf.	
1A	C	Cwmbran	Claire Williams, Benytta Doman, Steffi Wright, Abbey Gutteridge	55.2	8

3:23 PM Record Jamie Mayers, Cwmbran, 2006, 11.0

	Letter	U17 Men 100m		Perf.		Letter		Perf.		
1A	C	David Norton	Cwmbran	11.9	8	G3	1B CC Craig Godsall	Cwmbran	13.3	8
2A	H	David Watson	Hereford	12.2	7	G4				

1:55 PM Record Tom Bradbury, Cwmbran, 2005, 22.4

	Letter	U17 Men 200m		Perf.		Letter		Perf.		
1A	C	David Norton	Cwmbran	24.4	8	G4	1B CC Craig Godsall	Cwmbran	26.1	8
2A	H	David Watson	Hereford	24.8	7	G4				

4:21 PM Record Simon Bullock, Hereford, 1997, 54.1

	Letter	U17 Men 400m		Perf.		Letter		Perf.		
1A	CC	Gareth Lewis	Cwmbran	55.2	8	G4	1B C Luke Williams	Cwmbran	57.9	8
2A	A	Daniel Hiscox	Aberdare	59.9	7					

4:00 PM Record Craig Maybank, Aberdare, 2004, 2:04.1

	Letter	U17 Men 800m		Perf.		Letter		Perf.		
1A	C	Jamie Bussell	Cwmbran	2:07.9	8	G4	1B AA Dafydd Jones	Aberdare	2:12.6	8
2A	A	Craig Sprool	Aberdare	2:10.1	7	G4	2B CC Lewis Shaw	Cwmbran	2:26.6	7

2:50 PM Record**Matthew Wreford, Newport, 2005, 4:21.1**

	Letter	U17 Men 1500m		Perf.		Letter		Perf.
1A	A	Daniel Hiscox	Aberdare	4:37.4 8	1B	AA	Daniel Bodman	Aberdare 4:41.8 8
2A	H	John Barnes	Hereford	5:12.9 7				

12:55 PM Record**Mark Hicks, Cwmbran, 2003, 14.1**

	Letter	U17 Men 100m hdl		Perf.		Letter		Perf.
1A		No Athletes Dec						

2:30 PM Record**D.Francis, Hereford, 1994, 1.82****EQUAL AGE GROUP RECORD**

	Letter	U17 Men High Jump		Perf.		Letter		Perf.
1A	C	Josh Higgins	Cwmbran	1.82 8 G2 *				
2A	A	Matthew Walford	Aberdare	1.65 7 G4				

1:15 PM Record**Tom Kivell, Newport, 2006, 6.49**

	Letter	U17 Men Long Jump		Perf.		Letter		Perf.
1A	C	Josh Higgins	Cwmbran	5.66 8 G4	1B	CC	Lewis Shaw	Cwmbran 4.66 8

4:00 PM Record**Tom Kivell, Newport, 2006, 12.41**

	Letter	U17 Men Triple Jump		Perf.		Letter		Perf.
1A	C	Josh Higgins	Cwmbran	12.28 8 G3				

3:15 PM Record**Ryan Spencer-Jones, Brecon, 2003, 14.06**

	Letter	U17 Men 5kg Shot		Perf.		Letter		Perf.
1A	N	Jacob Matthews	Newport	12.06 8 G4 *				
2A	A	Guy Ali	Aberdare	8.54 7				
3A	H	John Barnes	Hereford	6.09 6				

1:45 PM Record**James Bryan, Torfaen, 1996, 41.78**

	Letter	U17 Men 1.5kg Discus		Perf.		Letter		Perf.
1A	N	Jacob Matthews	Newport	35.57 8 G3 *				
2A	A	Guy Ali	Aberdare	17.58 7				
3A	H	John Barnes	Hereford	14.99 6				

3:30 PM Record Joshua Williams, Aberdare, 2006, 37.34**NEW AGE GROUP RECORD**

	Letter	U17 Men 700g Javelin		Perf.		Letter		Perf.		
1A	N	Kevin Trigg	Newport	41.01	8	G4	1B NN Jacob Matthews	Newport	30.93	8
2A	A	Joshua Williams	Aberdare	36.01	7					

5:05 PM

	Letter	U17 Men 4 x 100 relay		Perf.		Perf.
1A	C	Cwmbran	Gareth Lewis, Craig Godsall, Luke Williams, David Norton	50.0	8	
2A	A	Aberdare	Jordan Howells, Craig Spool, Ben Jones, Daniel Hiscox	52.7	7	

3:26 PM Record Kelly Birkin, Cwmbran, 2003, 12.0

	Letter	U20 Women 100m		Perf.		Letter	Perf.
1A	H	Leah Preston	Hereford	13.7	8	G1	

2:00 PM Record Rozelle Cavacuiti, Newport, 2003, 24.6

	Letter	U20 Women 200m		Perf.		Letter	Perf.
1A		No Athletes Dec					

4:24 PM Record Danielle Bale, Aberdare, 2004, 64.4

	Letter	U20 Women 400m		Perf.		Letter	Perf.
1A		No Athletes Dec					

4:00 PM Record Joanna Summerfield, Brecon, 2005, 2:33.7

	Letter	U20 Women 800m		Perf.		Letter	Perf.
1A		No Athletes Dec					

2:55 PM Record Kate O'Byrne, Crickhowell & Gilwern, 2003, 5:27.6**NEW AGE GROUP RECORD**

	Letter	U20 Women 1500m		Perf.		Letter	Perf.
1A	C	Jenna Roberts	Cwmbran	5:07.1	8		

1:00 PM Record Jocelyn Davies, Hereford, 2003, 12.4

Letter	U20 Women 100m hdl	Perf.	Letter	Perf.
1A	No Athletes Dec			

2:30 PM Record Rozelle Cavacuiti, Newport, 2003, 1.30

Letter	U20 Women High Jump	Perf.	Letter	Perf.
1A				

1:15 PM Record Amy Prothero, Newport, 2003, 5.04

Letter	U20 Women Long Jump	Perf.	Letter	Perf.
1A	HH Leah Preston Hereford	4.67 8	1B H Anna Robertson Hereford	3.82

4:00 PM Record Anna Robertson, Hereford, 2006, 9.16

Letter	U20 Women Triple Jump	Perf.	Letter	Perf.
1A				

12:30 PM Record Louise Ali, Aberdare, 2005, 11.05

Letter	U20 Women 4kg Shot	Perf.	Letter	Perf.
1A	N Jessica Robinson Newport	8.84 8 *		
2A	H Anna Robertson Hereford	7.98 7 *		

3:15 PM Record Louise Ali, Aberdare, 2005, 31.63

Letter	U20 Women 1kg Discus	Perf.	Letter	Perf.
1A	N Jessica Robinson Newport	21.27 8	1B N Newport	21.27
2A	H Leah Preston Hereford	16.32 7	2B H Hereford	16.32

3:30 PM Record Anna Robertson, Hereford, 2006, 19.32

Letter	U20 Women 600g Javelin	Perf.	Letter	Perf.
1A	H Anna Robertson Hereford	13.93 8		

5:10 PM

Letter U20 Women 4 x 100 relay Perf.
 1A No, Team, Declared,

3:26 PM Record Marc Ritchie, Aberdare, 2004, 10.9

	Letter	U20 Men 100m		Perf.		Letter	Perf.
1A	C	Jamie Mayers	Cwmbran	11.6	8	G3	
2A	H	Sam Hampton	Hereford	12.1	7		

2:05 PM Record Marc Ritchie, Aberdare, 2005, 22.5

	Letter	U20 Men 200m		Perf.		Letter	Perf.
1A	C	Jamie Mayers	Cwmbran	24.0	8		
2A	H	Sam Hampton	Hereford	24.1	7		

4:27 PM Record Ashley Bayliss, Cwmbran, 2003, 51.0

	Letter	U20 Men 400m		Perf.		Letter		Perf.
1A		No Athletes Dec				1B 145	Ali Sohljoo	Aberdare
								60.4 G2

4:00 PM Record Kurt Edwards, Aberdare, 2006, 2:05.4

NEW AGE GROUP RECORD

	Letter	U20 Men 800m		Perf.		Letter	Perf.
1A	C	Afan Humphries	Cwmbran	2:03.4	8		
2A	A	Steve Morris	Aberdare	2:14.6	7		

2:55 PM Record David Shroll, Newport, 2003, 4:36.9

NEW AGE GROUP RECORD

	Letter	U20 Men 1500m		Perf.		Letter	Perf.
1A	A	Kurt Edwards	Aberdare	4:33.7	8	1B 145	Ali Sohljoo
							Aberdare
							4:26.6

1:05 PM Record David Williams, Aberdare, 2005, 20.5

	Letter	U20 Men 110m hdl		Perf.		Letter	Perf.
1A		No Athletes Dec					

2:30 PM Record**Daniel Williams, Aberdare, 2006, 1.76**

	Letter	U20 Men High Jump		Perf.	Letter	Perf.
1A	A	Daniel Williams	Aberdare	1.60	8	

1:15 PM Record**Marc Ritchie, Aberdare, 2004, 6.49**

	Letter	U20 Men Long Jump		Perf.	Letter	Perf.
1A	N	Tom Kivell	Newport	5.68	8	
2A	H	Sam Hampton	Hereford	5.49	7	
3A	A	Daniel Williams	Aberdare	5.38	6	

4:00 PM Record**Daniel Williams, Aberdare, 2006, 11.60**

	Letter	U20 Men Triple Jump		Perf.	Letter	Perf.
1A	A	Daniel Williams	Aberdare	11.42	8	

3:15 PM Record**Alex Leach, Newport, 2004, 11.87**

	Letter	U20 Men 6kg Shot		Perf.	Letter	Perf.
1A	R	Anthony Halling	Rhondda	11.18	8	
2A	H	Oliver Wright	Hereford	11.02	7	

1:45 PM Record**Alex Leach, Newport, 2005, 40.60**

	Letter	U20 Men 1.75kg Discus		Perf.	Letter	Perf.
1A	R	Anthony Halling	Rhondda	31.12	8	

3:30 PM Record**Oliver Wright, Hereford, 2006, 43.74**

	Letter	U20 Men 800g Javelin		Perf.	Letter	Perf.
1A	H	Oliver Wright	Hereford	42.45	8	G3
2A	R	Anthony Halling	Rhondda	32.30	7	

5:15 PM

	Letter	U20 Men 4 x 100 relay			Letter	Perf.
1A		No, Team, Declared,				