

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

| Letter | U11 Girls 75m | Perf. | Letter | Perf. | |
|--------|---------------------------|-----------------|--------|--------------------|-----------------|
| 1A | C Emily Finister | Cwmbran 11.6 8 | 1B | CC Jodie Beynon | Cwmbran 11.4 8 |
| 2A | A Holly Field | Aberdare 11.9 7 | 2B | AA Lowri Davies | Aberdare 11.9 7 |
| 3A | N Gabrielle Hudson | Newport 13.0 6 | 3B | HH Jess Williams | Hereford 13.1 6 |
| 4A | H Anna Nicholson - Little | Hereford 13.5 5 | 4B | NN Danielle Morgan | Newport 13.4 5 |

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

| Letter | U11 Girls 150m | Perf. | Letter | Perf. | |
|--------|---------------------------|-----------------|--------|----------------------|-----------------|
| 1A | C Emily Finister | Cwmbran 23.8 8 | 1B | CC Jodie Beynon | Cwmbran 22.8 8 |
| 2A | A Jessica Lambert | Aberdare 24.1 7 | 2B | AA Lowri Davies | Aberdare 24.7 7 |
| 3A | N Gabrielle Hudson | Newport 27.0 6 | 3B | NN Charlotte Jakeway | Newport 25.4 6 |
| 4A | H Anna Nicholson - Little | Hereford 27.3 5 | 4B | HH Keana Watson | Hereford 28.8 5 |

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

| Letter | U11 Girls 800m | Perf. | Letter | Perf. | |
|--------|------------------|-------------------|--------|------------------|-------------------|
| 1A | C Olivia Turley | Cwmbran 3:07.6 8 | 1B | CC Megan James | Cwmbran 3:12.8 8 |
| 2A | H Tori Griffiths | Hereford 3:08.0 7 | 2B | HH Abbey Proctor | Hereford 3:22.2 7 |
| 3A | N Robyn Screen | Newport 3:17.8 6 | | | |
| 4A | A Melisa Edmonds | Aberdare 3:23.1 5 | | | |

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

| Letter | U11 Girls Long Jump | Perf. | Letter | Perf. | |
|--------|---------------------|-----------------|--------|---------------------|-----------------|
| 1A | C Thea Jefferies | Cwmbran 3.18 8 | 1B | CC Emily Finister | Cwmbran 2.82 8 |
| 2A | AA Holly Field | Aberdare 3.00 7 | 2B | NN Gabrielle Hudson | Newport 2.25 7 |
| 3A | H Abbey Proctor | Hereford 2.66 6 | 3B | A Sofhi Ali | Aberdare 2.23 6 |
| 4A | N Elan O'Donovan | Newport 2.60 5 | 4B | HH Keana Watson | Hereford 2.20 5 |

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

| Letter | U11 Girls 2kg Shot | Perf. | Letter | Perf. | |
|--------|--------------------|-----------------|--------|------------------|-----------------|
| 1A | H Jess Williams | Hereford 5.17 8 | 1B | CC Olivia Turley | Cwmbran 4.58 8 |
| 2A | C Emma Norton | Cwmbran 5.07 7 | 2B | HH Abbey Proctor | Hereford 3.84 7 |
| 3A | A Holly Field | Aberdare 5.00 6 | 3B | N Sophie Arthur | Newport 3.77 6 |
| 4A | NN Elan O'Donovan | Newport 4.44 5 | | | |

12:30 PM **Record** Sophie Arthur, Newport, 2007, 14.47**NEW AGE GROUP RECORD**

| Letter | U11 Girls 300g Javelin | Perf. | Letter | Perf. | |
|--------|------------------------|------------------|--------|--------------------|------------------|
| 1A | N Sophie Arthur | Newport 16.06 8 | 1B | NN Danielle Morgan | Newport 11.08 8 |
| 2A | C Emma Norton | Cwmbran 13.33 7 | 2B | HH Jess Williams | Hereford 10.86 7 |
| 3A | H Tori Griffiths | Hereford 12.38 6 | 3B | CC Amy Price | Cwmbran 7.94 6 |
| 4A | A Melisa Edmonds | Aberdare 10.02 5 | 4B | AA Jessica Lambert | Aberdare 7.48 5 |

4:30 PM

| Letter | U11 Girls 4 x 100 relay | Perf. |
|--------|-------------------------|--|
| 1A | C Cwmbran | Jodie Beynon, Olivia Turley, Thea Jefferies, Emily Finister 65.5 8 |
| 2A | A Aberdare | Melisa Edmonds, Lowri Davies, Holly Field, Jessica Lambert 69.5 7 |
| 3A | H Hereford | Anna Nicholson - Little, Abbey Proctor, Jess Williams, Tori Griffiths 70.7 6 |
| 4A | N Newport | Robyn Screen, Danielle Morgan, Charlotte Jakeway, Gabrielle Hudson 71.4 5 |

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

| Letter | U11 Boys 75m | Perf. | Letter | Perf. |
|--------|------------------|-----------------|--------|-------------------------------------|
| 1A | A Ben Edwards | Aberdare 11.4 8 | 1B | HH George Jones Hereford 11.1 8 |
| 2A | C Ethan Lynch | Cwmbran 11.5 7 | 2B | NN Ricky Raybould Newport 11.5 7 |
| 3A | H Jonathan Grech | Hereford 11.5 6 | 3B | AA Jamie Hargreaves Aberdare 12.0 6 |
| 4A | N Ryan Morgan | Newport 11.6 5 | 4B | CC Aiden Law Cwmbran 12.0 5 |

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

| Letter | U11 Boys 150m | Perf. | Letter | Perf. |
|--------|------------------|-----------------------|--------|---------------------------------|
| 1A | A Harry Evans | Aberdare 22.1 8 | 1B | HH George Jones Hereford 22.5 8 |
| 2A | C Ethan Lynch | Cwmbran 23.3 7 | 2B | AA Ben Edwards Aberdare 22.5 7 |
| 3A | H Jonathan Grech | Hereford 23.8 6 | 3B | NN Ryan Morgan Newport 23.0 6 |
| 4A | N Ricky Raybould | Newport 24.1 5 | 4B | CC Aiden Law Cwmbran 24.1 5 |
| 5A | V Ben Cushing | Rhymney Valley 26.0 4 | | |

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

| Letter | U11 Boys 800m | Perf. | Letter | Perf. |
|--------|-----------------|-------------------|--------|-----------------------------------|
| 1A | NN Liam Bradley | Newport 2:45.0 8 | 1B | N Nathan Scarfi Newport 2:49.2 8 |
| 2A | A Jake Edwards | Aberdare 2:47.4 7 | 2B | HH Mathew Jones Hereford 3:21.5 7 |
| 3A | H Jack Muirhead | Hereford 2:49.2 6 | | |

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

| Letter | U11 Boys Long Jump | Perf. | Letter | Perf. |
|--------|--------------------|-----------------------|--------|--------------------------------------|
| 1A | A Harry Evans | Aberdare 3.16 8 | 1B | HH George Jones Hereford 2.93 8 |
| 2A | H Jonathan Grech | Hereford 3.04 7 | 2B | N Ryan Morgan Newport 2.69 7 |
| 3A | NN Stephen Russell | Newport 3.03 6 | 3B | AA Jamie Hargreaves Aberdare 2.31 6 |
| 4A | C Aiden Law | Cwmbran 2.66 5 | 4B | VV Ben Cushing Rhymney Valley 2.20 5 |
| 5A | V Owen Murphy | Rhymney Valley 2.21 4 | | |

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

| Letter | U11 Boys 2.72kg Shot | Perf. | Letter | Perf. |
|--------|----------------------|-----------------|--------|-----------------------------------|
| 1A | N Ricky Raybould | Newport 5.67 8 | 1B | NN Stephen Russell Newport 4.92 8 |
| 2A | HH Mathew Jones | Hereford 4.56 7 | 2B | H Harry Jones Hereford 4.12 7 |

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

| Letter | U11 Boys 300g Javelin | Perf. | Letter | Perf. |
|--------|-----------------------|------------------------|--------|----------------------------------|
| 1A | N Stephen Russell | Newport 19.73 8 | 1B | NN Nathan Scarfi Newport 12.50 8 |
| 2A | HH Jack Muirhead | Hereford 16.73 7 | 2B | H Harry Jones Hereford 10.25 7 |
| 3A | AA Jamie Hargreaves | Aberdare 12.97 6 | | |
| 4A | V Owen Murphy | Rhymney Valley 12.58 5 | | |

4:35 PM

| Letter | U11 Boys 4 x 100 relay | Perf. |
|--------|------------------------|---|
| 1A | A Aberdare | Harry Evans, Jamie Hargreaves, Ben Edwards, Jake Edwards 63.4 8 |
| 2A | N Newport | Ricky Raybould, Nathan Scarfi, Liam Bradley, Ryan Morgan 67.0 7 |
| 3A | H Hereford | George Jones, Jack Muirhead, Harry Jones, Jonathan Grech 69.5 6 |

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

| Letter | U13 Girls 100m | Perf. | Letter | Perf. | |
|--------|------------------|---------------------------------|--------|-------------------|--------------------------|
| 1A | N Aimee Clark | Newport 14.3 8 G3 | 1B | NN Latasha Allen | Newport 14.1 8 G3 |
| 2A | V Limarah Thomas | Rhymney Valley 14.3 7 G3 | 2B | CC Emily Brown | Cwmbran 14.7 7 G4 |
| 3A | A Holly Jones | Aberdare 14.7 6 G4 | 3B | HH Amber Strachan | Hereford 15.6 6 |
| 4A | H Megan Risdale | Hereford 14.8 5 G4 | 4B | R Chloe Price | Rhondda 16.6 5 |
| 5A | C Laura Sidney | Cwmbran 15.0 4 G4 | | | |

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

| Letter | U13 Girls 200m | Perf. | Letter | Perf. | |
|--------|------------------|---------------------------|--------|------------------------|--------------------------|
| 1A | N Melissa Arthur | Newport 29.9 8 G3 | 1B | CC Emily Brown | Cwmbran 31.3 8 G4 |
| 2A | H Megan Risdale | Hereford 30.0 7 G3 | 2B | NN Bethan Hill-Howells | Newport 32.0 7 |
| 3A | C Laura Sidney | Cwmbran 30.6 6 G4 | 3B | HH Amber Strachan | Hereford 32.0 6 |

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

| Letter | U13 Girls 800m | Perf. | Letter | Perf. | |
|--------|-------------------|------------------|--------|----------------|------------------|
| 1A | C Malika Rezougui | Cwmbran 3:04.3 8 | 1B | CC Megan Daley | Cwmbran 3:43.4 8 |

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

| Letter | U13 Girls 1500m | Perf. | Letter | Perf. |
|--------|-----------------|-----------------------------|--------|-------|
| 1A | H Jade Williams | Hereford 5:48.4 8 G4 | | |

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

| Letter | U13 Girls 70m hdl | Perf. | Letter | Perf. |
|--------|-------------------|----------------------------|--------|-------|
| 1A | N Latasha Allen | Newport 12.2 8 G2 * | | |

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

| Letter | U13 Girls High Jump | Perf. | Letter | Perf. |
|--------|-----------------------|--------------------------|--------|-------|
| 1A | N Bethan Hill-Howells | Newport 1.27 8 G3 | | |

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

| Letter | U13 Girls Long Jump | Perf. | Letter | Perf. | |
|--------|-----------------------|--------------------------|--------|-----------------|----------------|
| 1A | N Bethan Hill-Howells | Newport 3.69 8 G4 | 1B | NN Chloe Powell | Newport 2.56 8 |
| 2A | C Laura Sidney | Cwmbran 3.45 7 | | | |
| 3A | R Chelsie Sims | Rhondda 3.23 6 | | | |
| 4A | H Amber Strachan | Hereford 3.22 5 | | | |
| 5A | A Holly Jones | Aberdare 2.99 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 | 9.36 | 8 | G1 * 1B | HH Jade Williams | Hereford 5.34 | 8 |
| 2A | N | Aimee Clark | Newport | 7.96 | 7 | G2 2B | NN Kaidie Prytherch | Newport 4.07 | 7 |
| 3A | R | Chelsie Sims | Rhondda | 6.69 | 6 | G3 | | | |
| 4A | C | Danielle Preece | Cwmbran | 6.13 | 5 | G4 | | | |

2:30 PM **Record** Emma Crooke, Hereford, 2007, 26.98

| | Letter | U13 Girls 0.75kg Discus | | Perf. | | Letter | | Perf. | |
|----|--------|-------------------------|----------|-------|---|---------|---------------------|---------------|---|
| 1A | H | Emma Crooke | Hereford | 23.46 | 8 | G1 * 1B | NN Kaidie Prytherch | Newport 10.81 | 8 |
| 2A | RR | Chelsie Sims | Rhondda | 15.79 | 7 | G4 2B | HH Megan Risdale | Hereford 9.81 | 7 |
| 3A | N | Melissa Arthur | Newport | 15.37 | 6 | G4 3B | R Chloe Price | Rhondda 8.86 | 6 |
| 4A | C | Danielle Preece | Cwmbran | 13.23 | 5 | G4 | | | |

1:15 PM **Record** Christie Williams, Aberdare, 2005, 26.70**NEW AGE GROUP RECORD**

| | Letter | U13 Girls 400g Javelin | | Perf. | | Letter | | Perf. | |
|----|--------|------------------------|----------|-------|---|---------|------------------|----------------|---|
| 1A | H | Emma Crooke | Hereford | 27.87 | 8 | G1 * 1B | NN Chloe Powell | Newport 11.29 | 8 |
| 2A | N | Melissa Arthur | Newport | 22.51 | 7 | G2 * 2B | HH Jade Williams | Hereford 10.52 | 7 |
| 3A | C | Bethan Shaw | Cwmbran | 12.28 | 6 | 3B | CC Megan Daley | Cwmbran 6.01 | 6 |

4:40 PM

| | Letter | U13 Girls 4 x 100 relay | | Perf. | |
|----|--------|-------------------------|---|-------|---|
| 1A | N | Newport | Bethan Hill-Howells, Latasha Allen, Melissa Arthur, Aimee Clark | 60.4 | 8 |
| 2A | H | Hereford | Megan Risdale, Amber Strachan, Jade Williams, Emma Crooke | 62.0 | 7 |
| 3A | C | Cwmbran | Laura Sidney, Malika Rezougui, Megan Daley, Danielle Preece | 70.1 | 6 |

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

| | Letter | U13 Boys 100m | Perf. | | Letter | Perf. |
|----|--------|---------------|--------------------------|----|-----------------|----------------|
| 1A | C | Steven Scarfi | Cwmbran 14.5 8 G4 | 1B | CC Jordan Barry | Cwmbran 15.2 8 |
| 2A | V | Rhys Watkins | Rhymney Valley 15.6 7 | | | |
| 3A | H | Kieron Brann | Hereford 15.9 6 | | | |

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

| | Letter | U13 Boys 200m | Perf. | | Letter | Perf. |
|----|--------|---------------|--------------------------|----|-----------------|----------------|
| 1A | C | Josh Kent | Cwmbran 28.9 8 G3 | 1B | CC Jordan Barry | Cwmbran 31.0 8 |

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

| | Letter | U13 Boys 800m | Perf. | | Letter | Perf. |
|----|--------|---------------|----------------------------|----|-------------------|------------------|
| 1A | C | Steven Scarfi | Cwmbran 2:35.4 8 G4 | 1B | CC Joseph Godsall | Cwmbran 3:21.6 8 |

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

| | Letter | U13 Boys 1500m | Perf. | | Letter | Perf. |
|----|--------|---------------------|-------|--|--------|-------|
| 1A | | No Athlete Declared | | | | |

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

| | Letter | U13 Boys 75m hdl | Perf. | | Letter | Perf. |
|----|--------|---------------------|-------|--|--------|-------|
| 1A | | No Athlete Declared | | | | |

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

| | Letter | U13 Boys High Jump | Perf. | | Letter | Perf. |
|----|--------|--------------------|--------------------------|--|--------|-------|
| 1A | C | Jordan Barry | Cwmbran 1.40 8 G2 | | | |

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

| | Letter | U13 Boys Long Jump | Perf. | | Letter | Perf. |
|----|--------|--------------------|-----------------------|----|-------------------|-----------------|
| 1A | C | Steven Scarfi | Cwmbran 3.73 8 | 1B | CC Joseph Godsall | Cwmbran 3.20 8 |
| 2A | V | Rhys Watkins | Rhymney Valley 3.40 7 | 2B | HH Kieron Brann | Hereford 2.28 7 |
| 3A | H | Mathew Bennett | Hereford 3.18 6 | | | |

4:00 PM **Record** Greg Finlay, Rhondda, 1998, 10.62

| | Letter | U13 Boys 3.25kg Shot | | Perf. | | Letter | | Perf. | |
|----|--------|----------------------|----------|-------|---|---------|------------------|---------------|---|
| 1A | A | Matthew Field | Aberdare | 10.43 | 8 | G1 * 1B | H Mathew Bennett | Hereford 5.60 | 8 |
| 2A | CC | Josh Kent | Cwmbran | 6.33 | 7 | G4 2B | C Joseph Godsall | Cwmbran 4.97 | 7 |
| 3A | HH | Thomas Fellows | Hereford | 5.96 | 6 | G4 | | | |

3:15 PM **Record** Greg Finlay, Rhondda, 1998, 28.84**NEW AGE GROUP RECORD**

| | Letter | U13 Boys 1kg Discus | | Perf. | | Letter | | Perf. | |
|----|--------|---------------------|----------------|-------|---|---------|-------------------|---------------|---|
| 1A | A | Matthew Field | Aberdare | 31.17 | 8 | G1 * 1B | HH Thomas Fellows | Hereford 8.77 | 8 |
| 2A | C | Tom Norton | Cwmbran | 21.35 | 7 | G3 * | | | |
| 3A | H | Mathew Bennett | Hereford | 12.65 | 6 | | | | |
| 4A | V | Rhys Watkins | Rhymney Valley | 12.11 | 5 | | | | |

1:15 PM **Record** Tom Norton, Cwmbran, 2007, 38.22

| | Letter | U13 Boys 400g Javelin | | Perf. | | Letter | | Perf. | |
|----|--------|-----------------------|----------|-------|---|---------|-----------------|----------------|---|
| 1A | C | Tom Norton | Cwmbran | 37.16 | 8 | G1 * 1B | HH Kieron Brann | Hereford 11.23 | 8 |
| 2A | A | Matthew Field | Aberdare | 24.28 | 7 | G3 | | | |
| 3A | H | Thomas Fellows | Hereford | 18.39 | 6 | G4 | | | |

4:45 PM

| | Letter | U13 Boys 4 x 100 relay | | Perf. |
|----|--------|------------------------|---|--------|
| 1A | C | Cwmbran | Jordan Barry, Joseph Godsall, Steven Scarfi, Davey Mulroy | 63.7 8 |

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

| | Letter | U15 Girls 100m | | Perf. | | Letter | | Perf. | | | | |
|----|--------|-----------------|----------|-------|---|--------|-------|------------------|----------|------|---|----|
| 1A | N | Shaleena Graham | Newport | 12.8 | 8 | G1 * | 1B NN | Stephanie Kinsey | Newport | 13.2 | 8 | G2 |
| 2A | C | Rachel Bevan | Cwmbran | 13.6 | 7 | G4 | 2B H | Sarah Jones | Hereford | 14.8 | 7 | |
| 3A | HH | Bethan Risdale | Hereford | 14.2 | 6 | | 3B CC | Kate Jeremiah | Cwmbran | 14.9 | 6 | |

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

| | Letter | U15 Girls 200m | | Perf. | | Letter | | Perf. | | | | |
|----|--------|------------------|----------|-------|---|--------|-------|-----------------|---------|------|---|----|
| 1A | N | Stephanie Kinsey | Newport | 26.7 | 8 | G2 * | 1B NN | Shaleena Graham | Newport | 27.0 | 8 | G2 |
| 2A | H | Bethan Risdale | Hereford | 29.8 | 7 | | | | | | | |
| 3A | C | Kate Jeremiah | Cwmbran | 31.1 | 6 | | | | | | | |

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

| | Letter | U15 Girls 300m | | Perf. | | Letter | | Perf. | |
|----|--------|----------------|----------|-------|---|--------|--|-------|--|
| 1A | C | Lora James | Cwmbran | 46.2 | 8 | G4 | | | |
| 2A | H | Mary Mcleod | Hereford | 49.1 | 7 | | | | |

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

| | Letter | U15 Girls 800m | | Perf. | | Letter | | Perf. | |
|----|--------|---------------------|--|-------|--|--------|--|-------|--|
| 1A | | No Athlete Declared | | | | | | | |

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

| | Letter | U15 Girls 1500m | | Perf. | | Letter | | Perf. | |
|----|--------|---------------------|--|-------|--|--------|--|-------|--|
| 1A | | No Athlete Declared | | | | | | | |

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

| | Letter | U15 Girls 75m hdl | | Perf. | | Letter | | Perf. | |
|----|--------|---------------------|--|-------|--|--------|--|-------|--|
| 1A | | No Athlete Declared | | | | | | | |

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

| | Letter | U15 Girls High Jump | | Perf. | | Letter | Perf. |
|----|--------|---------------------|----------|-------|---|--------|-------|
| 1A | H | Sarah Jones | Hereford | 1.20 | 8 | | |

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

| | Letter | U15 Girls Long Jump | | Perf. | | Letter | Perf. |
|----|--------|---------------------|----------|-------|---|-----------|-------|
| 1A | C | Rachel Bevan | Cwmbran | 4.41 | 8 | G4 | |
| 2A | H | Sarah Jones | Hereford | 4.00 | 7 | | |
| 3A | R | Jodie Chapman | Rhondda | 2.52 | 6 | | |

4:00 PM **Record** Louise Finlay, Rhondda, 1998, 11.00

| | Letter | U15 Girls 3.25kg Shot | | Perf. | | Letter | | Perf. | | |
|----|--------|-----------------------|----------|-------|---|--------|------------------|----------|------|---|
| 1A | HH | Hannah Barnes | Hereford | 5.54 | 8 | 1B | H Bethan Risdale | Hereford | 4.99 | 8 |

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

| | Letter | U15 Girls 1kg Discus | | Perf. | | Letter | Perf. |
|----|--------|----------------------|----------|-------|---|--------|-------|
| 1A | H | Hannah Barnes | Hereford | 12.65 | 8 | | |
| 2A | R | Jodie Chapman | Rhondda | 9.27 | 7 | | |

1:45 PM **Record** Christie Williams, Aberdare, 2007, 31.09

| | Letter | U15 Girls 600g Javelin | | Perf. | | Letter | | Perf. | | |
|----|--------|------------------------|----------|-------|---|----------------|---------------------|---------|-------|---|
| 1A | C | Rachel Bevan | Cwmbran | 26.02 | 8 | G2 * 1B | NN Stephanie Kinsey | Newport | 12.74 | 8 |
| 2A | N | Rachel Griffiths | Newport | 24.79 | 7 | G2 | | | | |
| 3A | R | Jodie Chapman | Rhondda | 8.46 | 6 | | | | | |
| 4A | H | Hannah Barnes | Hereford | 8.10 | 5 | | | | | |

4:50 PM

| | Letter | U15 Girls 4 x 100 relay | | Perf. | |
|----|--------|-------------------------|---|-------|---|
| 1A | H | Hereford | Sarah Jones, Bethan Risdale, Hannah Barnes, Mary Mcleod | 64.7 | 8 |

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

| | Letter | U15 Boys 100m | | Perf. | | Letter | | Perf. | | | | |
|----|--------|-------------------|----------|-------|---|--------|-------|----------------|---------|------|---|----|
| 1A | NN | James Morgan | Newport | 12.2 | 8 | G3 * | 1B N | Jon Clements | Newport | 13.0 | 8 | G4 |
| 2A | C | Freddie Naseriyan | Cwmbran | 12.4 | 7 | G3 | 2B CC | William Davies | Cwmbran | 13.0 | 7 | G4 |
| 3A | A | Matthew Jones | Aberdare | 12.8 | 6 | G4 | | | | | | |
| 4A | H | Duncan Collins | Hereford | 14.2 | 5 | | | | | | | |

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

| | Letter | U15 Boys 200m | | Perf. | | Letter | | Perf. | | | |
|----|--------|----------------|----------|-------|---|--------|------|--------------|---------|------|---|
| 1A | NN | James Morgan | Newport | 24.9 | 8 | G3 * | 1B N | Jon Clements | Newport | 27.1 | 8 |
| 2A | C | William Davies | Cwmbran | 26.2 | 7 | G4 | | | | | |
| 3A | A | Matthew Jones | Aberdare | 26.2 | 6 | G4 | | | | | |

4:18 PM **Record** Ashley Jones, Newport, 2007, 56.7

| | Letter | U15 Boys 400m | | Perf. | | Letter | | Perf. | | | |
|----|--------|---------------|---------|-------|---|--------|-------|----------------|---------|------|---|
| 1A | C | Lewis Hinwood | Cwmbran | 58.0 | 8 | G4 | 1B CC | William Davies | Cwmbran | 63.6 | 8 |

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

| | Letter | U15 Boys 800m | | Perf. | | Letter | | Perf. |
|----|--------|---------------------|--|-------|--|--------|--|-------|
| 1A | | No Athlete Declared | | | | | | |

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

| | Letter | U15 Boys 1500m | | Perf. | | Letter | | Perf. | | | | |
|----|--------|-------------------|----------|--------|---|--------|-------|-------------------|----------|--------|---|----|
| 1A | CC | Freddie Naseriyan | Cwmbran | 4:51.5 | 8 | G4 | 1B C | George Phillpotts | Cwmbran | 4:54.3 | 8 | G4 |
| 2A | N | Emrys Penny | Newport | 5:07.0 | 7 | | 2B HH | Duncan Collins | Hereford | 5:42.9 | 7 | |
| 3A | H | Joe Maddy | Hereford | 5:36.8 | 6 | | | | | | | |

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

| | Letter | U15 Boys 80m hdl | | Perf. | | Letter | | Perf. |
|----|--------|---------------------|--|-------|--|--------|--|-------|
| 1A | | No Athlete Declared | | | | | | |

1:15 PM **Record** Kevin Kelly, Cwmbran, 2007, 1.70

| | Letter | U15 Boys High Jump | | Perf. | | Letter | | Perf. |
|----|--------|--------------------|----------|-------|---|--------|--|-------|
| 1A | H | William Prothero | Hereford | 1.41 | 8 | | | |
| 2A | N | Tom Aviss | Newport | 1.38 | 7 | | | |

2:30 PM **Record**

Stephen Jones, Torfaen, 1997, 6.10

| | Letter | U15 Boys Long Jump | | Perf. | | Letter | | Perf. | | | |
|----|--------|--------------------|----------|-------|---|--------|---|--------------|---------|------|---|
| 1A | NN | James Morgan | Newport | 4.55 | 8 | 1B | N | Jon Clements | Newport | 3.98 | 8 |
| 2A | H | Joe Maddy | Hereford | 2.72 | 7 | | | | | | |

12:30 PM **Record**

Greg Finlay, Rhondda, 2000, 14.42

| | Letter | U15 Boys 4kg Shot | | Perf. | | Letter | | Perf. | | | |
|----|--------|-------------------|----------|-------|---|--------|---|------------------|---------|------|---|
| 1A | C | Josh Bussell | Cwmbran | 10.43 | 8 | 1B | N | Richard Williams | Newport | 7.54 | 8 |
| 2A | NN | Tom Aviss | Newport | 8.28 | 7 | | | | | | |
| 3A | H | Joe Maddy | Hereford | 4.59 | 6 | | | | | | |

4:00 PM **Record**

Greg Finlay, Rhondda, 2000, 40.16

| | Letter | U15 Boys 1.25kg Discus | | Perf. | | Letter | | Perf. | | | | |
|----|--------|------------------------|----------|-------|---|--------|---|------------------|---------|-------|---|----|
| 1A | NN | Tom Aviss | Newport | 28.14 | 8 | 1B | N | Richard Williams | Newport | 21.45 | 8 | G4 |
| 2A | C | Josh Bussell | Cwmbran | 25.55 | 7 | | | | | | | |
| 3A | H | William Prothero | Hereford | 20.98 | 6 | | | | | | | |

1:45 PM **Record**

Chris Wannell, Cwmbran, 2003, 48.05

| | Letter | U15 Boys 600g Javelin | | Perf. | | Letter | | Perf. | | | |
|----|--------|-----------------------|----------|-------|---|--------|----|-------------------|---------|-------|---|
| 1A | H | William Prothero | Hereford | 39.42 | 8 | 1B | NN | Tom Kendall | Newport | 26.24 | 8 |
| 2A | C | Lewis Hinwood | Cwmbran | 33.04 | 7 | 2B | CC | Freddie Naseriyan | Cwmbran | 25.36 | 7 |
| 3A | N | Richard Williams | Newport | 27.09 | 6 | | | | | | |

4:55 PM

| | Letter | U15 Boys 4 x 100 relay | | Perf. | |
|----|--------|------------------------|--|-------|---|
| 1A | C | Cwmbran | Freddie Naseriyan, Josh Bussell, Lewis Hinwood, William Davies | 53.9 | 8 |
| 2A | N | Newport | Jon Clements, Tom Aviss, Emrys Penny, James Morgan | 54.1 | 7 |

3:20 PM **Record** Kelly Birkin, Cwmbran, 2002, 12.3**NEW AGE GROUP RECORD**

| | Letter | U17 Women 100m | | Perf. | | Letter | Perf. |
|----|--------|-----------------|----------|-------|---|--------|-------|
| 1A | H | Sarah Weaver | Hereford | 12.2 | 8 | G1 * | |
| 2A | C | Jessica Hinwood | Cwmbran | 12.6 | 7 | G2 * | |

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

| | Letter | U17 Women 200m | | Perf. | | Letter | Perf. |
|----|--------|-----------------|----------|-------|---|--------|-------|
| 1A | H | Sarah Weaver | Hereford | 26.3 | 8 | G2 * | |
| 2A | C | Jessica Hinwood | Cwmbran | 27.0 | 7 | G4 | |

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

| | Letter | U17 Women 300m | | Perf. | | Letter | Perf. |
|----|--------|-----------------|----------|-------|---|---------------------|-------------------|
| 1A | CC | Jessica Hinwood | Cwmbran | 45.6 | 8 | G4 | |
| 2A | H | Vannessa Brann | Hereford | 48.4 | 7 | | |
| | | | | | | 1B C Kathryn Davies | Cwmbran 45.9 8 G4 |

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

| | Letter | U17 Women 800m | | Perf. | | Letter | Perf. |
|----|--------|---------------------|--|-------|--|--------|-------|
| 1A | | No Athlete Declared | | | | | |

2:50 PM **Record** Ceri Wensley, Newport, 1995, 5:03.8

| | Letter | U17 Women 1500m | | Perf. | | Letter | Perf. |
|----|--------|-----------------|----------|--------|---|--------|-------|
| 1A | H | Vannessa Brann | Hereford | 5:29.1 | 8 | | |

12:50 PM **Record** Jocelyn Davies, Hereford, 2003, 12.6

| | Letter | U17 Women 80m hdl | | Perf. | | Letter | Perf. |
|----|--------|---------------------|--|-------|--|--------|-------|
| 1A | | No Athlete Declared | | | | | |

2:30 PM **Record** C Watton, Hereford, 1994, 1.65

| | Letter | U17 Women High Jump | | Perf. | | Letter | Perf. |
|----|--------|---------------------|----------|-------|---|--------|-------|
| 1A | H | Vannessa Brann | Hereford | 1.10 | 8 | | |

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

| | Letter | U17 Women Long Jump | | Perf. | | Letter | | Perf. |
|----|--------|---------------------|----------|--------|----|--------|------------|-----------------|
| 1A | H | Sarah Weaver | Hereford | 3.75 8 | 1B | HH | Sophia Day | Hereford 3.20 8 |

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

| | Letter | U17 Women Triple Jump | | Perf. | | Letter | | Perf. |
|--|--------|-----------------------|--|-------|--|--------|--|-------|
| | | | | | | | | |

12:30 PM **Record** Louise Finlay, Rhondda, 2000, 11.48

| | Letter | U17 Women 4kg Shot | | Perf. | | Letter | | Perf. |
|----|--------|--------------------|----------|--------|--|--------|--|-------|
| 1A | H | Sohie Day | Hereford | 6.58 8 | | | | |
| 2A | N | Sian Jordan | Newport | 6.11 7 | | | | |

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

| | Letter | U17 Women 1kg Discus | | Perf. | | Letter | | Perf. |
|----|--------|----------------------|----------|-------------------|----|--------|-------------|---------------------------|
| 1A | NN | Jessica Russell | Newport | 22.55 8 G3 | 1B | N | Sian Jordan | Newport 22.50 8 G3 |
| 2A | H | Sohie Day | Hereford | 17.40 7 | | | | |

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

| | Letter | U17 Women 600g Javelin | | Perf. | | Letter | | Perf. |
|----|--------|------------------------|---------|---------|--|--------|--|-------|
| 1A | N | Sian Jordan | Newport | 12.34 8 | | | | |

5:00 PM

| | Letter | U17 Women 4 x 100 relay | | Perf. |
|----|--------|-------------------------|---|--------|
| 1A | H | Hereford | Jon Barnes, Sophia Day, Vanessa Brann, Sarah Weaver | 56.1 8 |

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

| | Letter | U17 Men 100m | | Perf. | | Letter | | Perf. |
|----|--------|---------------|----------|------------------|----|--------|---------------|-----------------|
| 1A | N | Joe Smith | Newport | 11.7 8 G3 | 1B | CC | Dan Norton | Cwmbran 12.5 8 |
| 2A | C | Michael Grout | Cwmbran | 12.0 7 G4 | 2B | H | Darren Hodges | Hereford 14.0 7 |
| 3A | HH | Ryan Wooley | Hereford | 12.2 6 G4 | | | | |
| 4A | A | Craig Sprod | Aberdare | 12.4 5 | | | | |
| 5A | R | Kyle Hughes | Rhondda | 13.2 4 | | | | |

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

| | Letter | U17 Men 200m | | Perf. | | Letter | | Perf. |
|----|--------|---------------|----------|--------------------|----|--------|------------|----------------|
| 1A | N | Joe Smith | Newport | 23.9 8 G3 * | 1B | CC | Dan Norton | Cwmbran 30.2 8 |
| 2A | A | Daniel Bodman | Aberdare | 24.7 7 G4 | | | | |
| 3A | C | Craig Godsall | Cwmbran | 25.5 6 | | | | |
| 4A | R | Kyle Hughes | Rhondda | 27.4 5 | | | | |
| 5A | H | Darren Hodges | Hereford | 30.7 4 | | | | |

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

| | Letter | U17 Men 400m | | Perf. | | Letter | | Perf. |
|----|--------|---------------|----------|--------|----|--------|------------|----------------|
| 1A | A | Craig Sprod | Aberdare | 58.5 8 | 1B | CC | Lewis Shaw | Cwmbran 64.0 8 |
| 2A | C | Craig Godsall | Cwmbran | 59.9 7 | | | | |

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

| | Letter | U17 Men 800m | | Perf. | | Letter | | Perf. |
|----|--------|--------------|---------|----------|----|--------|------------|------------------|
| 1A | C | Alex Wotman | Cwmbran | 2:10.2 8 | 1B | CC | Ryan Parry | Cwmbran 2:14.5 8 |

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

| | Letter | U17 Men 1500m | | Perf. | | Letter | | Perf. |
|----|--------|---------------|----------|--------------------|----|--------|--------------|-----------------------------|
| 1A | C | Ryan Parry | Cwmbran | 4:27.0 8 G4 | 1B | A | Dafydd Jones | Aberdare 4:31.4 8 G4 |
| 2A | AA | Daniel Bodman | Aberdare | 4:29.3 7 G4 | 2B | CC | Lewis Shaw | Cwmbran 5:02.9 7 G4 |

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

| | Letter | U17 Men 100m hdl | | Perf. | | Letter | | Perf. |
|----|--------|---------------------|--|-------|--|--------|--|-------|
| 1A | | No Athlete Declared | | | | | | |

2:30 PM **Record** D.Francis / Josh Higgins, Hereford / Cwmbran, 1994 / 2007, 1.82

| | Letter | U17 Men High Jump | | Perf. | | Letter | | Perf. |
|----|--------|-------------------|----------|--------|----|--------|---------------|-----------------|
| 1A | A | Matthew Walford | Aberdare | 1.59 8 | 1B | AA | Josh Williams | Aberdare 1.56 8 |

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

| | Letter | U17 Men Long Jump | | Perf. | | Letter | | Perf. | | | |
|----|--------|-------------------|----------|-------|---|--------|----|-------------|----------|------|---|
| 1A | A | Matthew Walford | Aberdare | 4.69 | 8 | 1B | AA | Craig Sprod | Aberdare | 4.40 | 8 |
| 2A | C | Michael Grout | Cwmbran | 4.65 | 7 | | | | | | |
| 3A | N | Joshua Cook | Newport | 4.27 | 6 | | | | | | |
| 4A | R | Kyle Hughes | Rhondda | 3.71 | 5 | | | | | | |

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

| | Letter | U17 Men Triple Jump | | Perf. | | Letter | | Perf. | | | | |
|----|--------|---------------------|----------|-------|---|-----------|----|-------|-----------------|----------|------|---|
| 1A | C | Michael Grout | Cwmbran | 10.97 | 8 | G4 | 1B | A | Matthew Walford | Aberdare | 9.85 | 8 |
| 2A | AA | Daniel Bodman | Aberdare | 10.78 | 7 | | | | | | | |

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

| | Letter | U17 Men 5kg Shot | | Perf. | | Letter | | Perf. | | | |
|----|--------|------------------|----------|-------|---|--------|----|-----------------|----------|------|---|
| 1A | A | Daniel Bodman | Aberdare | 7.45 | 8 | 1B | AA | Matthew Walford | Aberdare | 6.84 | 8 |
| 2A | H | Jon Barnes | Hereford | 7.15 | 7 | | | | | | |

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

| | Letter | U17 Men 1.5kg Discus | | Perf. | | Letter | | Perf. |
|----|--------|----------------------|----------|-------|---|--------|--|-------|
| 1A | H | Jon Barnes | Hereford | 17.68 | 8 | | | |

3:30 PM **Record** Kevin Trigg, Newport, 2007, 43.76

| | Letter | U17 Men 700g Javelin | | Perf. | | Letter | | Perf. | | | | |
|----|--------|----------------------|----------|-------|---|-----------|----|-------|--------------|----------|-------|---|
| 1A | A | Josh Williams | Aberdare | 42.60 | 8 | G3 | 1B | AA | Dafydd Jones | Aberdare | 19.80 | 8 |
| 2A | H | Jon Barnes | Hereford | 25.43 | 7 | | | | | | | |

5:05 PM

| | Letter | U17 Men 4 x 100 relay | | Perf. | |
|----|--------|-----------------------|---|-------|---|
| 1A | A | Aberdare | 1), 2), 3), 4) | 50.4 | 8 |
| 2A | C | Cwmbran | Michael Grout, Alex Wotman, Craig Godsall, Lewis Shaw | 52.3 | 7 |

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

| | | | | | | | |
|----|-------------|------------------------------|---------|---------------|------|--------|-------|
| 1A | Letter C | U20 Women 100m Grace Bird | Cwmbran | Perf. 13.4 | 8 G1 | Letter | Perf. |
|----|-------------|------------------------------|---------|---------------|------|--------|-------|

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

| | | | | | | | |
|----|-------------|------------------------------|---------|---------------|---|--------|-------|
| 1A | Letter C | U20 Women 200m Grace Bird | Cwmbran | Perf. 28.3 | 8 | Letter | Perf. |
|----|-------------|------------------------------|---------|---------------|---|--------|-------|

4:24 PM **Record** Bethany Cann, Newport, 2007, 61.2

| | | | | | | | |
|----|--------|---------------------------------------|--|-------|--|--------|-------|
| 1A | Letter | U20 Women 400m No Athlete Declared | | Perf. | | Letter | Perf. |
|----|--------|---------------------------------------|--|-------|--|--------|-------|

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

| | | | | | | | |
|----|--------|---------------------------------------|--|-------|--|--------|-------|
| 1A | Letter | U20 Women 800m No Athlete Declared | | Perf. | | Letter | Perf. |
|----|--------|---------------------------------------|--|-------|--|--------|-------|

2:55 PM **Record** Jenna Roberts, Cwmbran, 2007, 5.07.1

| | | | | | | | |
|----|--------|--|--|-------|--|--------|-------|
| 1A | Letter | U20 Women 1500m No Athlete Declared | | Perf. | | Letter | Perf. |
|----|--------|--|--|-------|--|--------|-------|

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

| | | | | | | | |
|----|--------|---|--|-------|--|--------|-------|
| 1A | Letter | U20 Women 100m hdl No Athlete Declared | | Perf. | | Letter | Perf. |
|----|--------|---|--|-------|--|--------|-------|

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

| | | | | | | | |
|--|--------|---------------------|--|-------|--|--------|-------|
| | Letter | U20 Women High Jump | | Perf. | | Letter | Perf. |
|--|--------|---------------------|--|-------|--|--------|-------|

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

| | | | | | | | |
|----|-------------|---------------------------------------|----------|---------------|---|--------|-------|
| 1A | Letter H | U20 Women Long Jump Anna Robertson | Hereford | Perf. 3.76 | 8 | Letter | Perf. |
|----|-------------|---------------------------------------|----------|---------------|---|--------|-------|

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

| | | | | | | | |
|--|--------|-----------------------|--|-------|--|--------|-------|
| | Letter | U20 Women Triple Jump | | Perf. | | Letter | Perf. |
|--|--------|-----------------------|--|-------|--|--------|-------|

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

| | | | | | | | |
|----|-------------|--------------------------------------|----------|---------------|---|--------|-------|
| 1A | Letter H | U20 Women 4kg Shot Anna Robertson | Hereford | Perf. 8.08 | 8 | Letter | Perf. |
|----|-------------|--------------------------------------|----------|---------------|---|--------|-------|

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

| | | | | | | | |
|----|-------------|--|----------|----------------|---|--------|-------|
| 1A | Letter H | U20 Women 1kg Discus Anna Robertson | Hereford | Perf. 14.80 | 8 | Letter | Perf. |
|----|-------------|--|----------|----------------|---|--------|-------|

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

| | | | | | | | |
|--|--------|------------------------|--|-------|--|--------|-------|
| | Letter | U20 Women 600g Javelin | | Perf. | | Letter | Perf. |
|--|--------|------------------------|--|-------|--|--------|-------|

5:10 PM

| | | | | | | | |
|--|--------|-------------------------|--|--|--|--|-------|
| | Letter | U20 Women 4 x 100 relay | | | | | Perf. |
|--|--------|-------------------------|--|--|--|--|-------|

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

| | | | | | | | | |
|----|--------|--------------|----------|-------|---|--------|--|-------|
| | Letter | U20 Men 100m | | Perf. | | Letter | | Perf. |
| 1A | H | Sam Hampton | Hereford | 11.7 | 8 | | | |

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

| | | | | | | | | |
|----|--------|--------------|----------------|-------|---|--------|--|-------|
| | Letter | U20 Men 200m | | Perf. | | Letter | | Perf. |
| 1A | H | Sam Hampton | Hereford | 23.2 | 8 | G3 * | | |
| 2A | V | Nigel Jones | Rhymney Valley | 23.8 | 7 | | | |

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

| | | | | | | | | |
|----|--------|---------------------|--|-------|--|--------|--|-------|
| | Letter | U20 Men 400m | | Perf. | | Letter | | Perf. |
| 1A | | No Athlete Declared | | | | | | |

4:00 PM **Record** Kurt Edwards, Aberdare, 2006, 2.05.4

| | | | | | | | | |
|----|--------|---------------------|--|-------|--|--------|--|-------|
| | Letter | U20 Men 800m | | Perf. | | Letter | | Perf. |
| 1A | | No Athlete Declared | | | | | | |

2:55 PM **Record** Kurt Edwards, Aberdare, 2007, 4.33.7

| | | | | | | | | |
|----|--------|---------------------|--|-------|--|--------|--|-------|
| | Letter | U20 Men 1500m | | Perf. | | Letter | | Perf. |
| 1A | | No Athlete Declared | | | | | | |

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

| | | | | | | | | |
|----|--------|---------------------|--|-------|--|--------|--|-------|
| | Letter | U20 Men 110m hdl | | Perf. | | Letter | | Perf. |
| 1A | | No Athlete Declared | | | | | | |

2:30 PM **Record**

Daniel Williams, Aberdare, 2006, 1.76

| | Letter | U20 Men High Jump | | Perf. | | Letter | Perf. |
|----|--------|-------------------|--|-------|---|--------|-------|
| 1A | A | Aberdare | | 1.20 | 8 | | |

1:15 PM **Record**

Marc Ritchie, Aberdare, 2004, 6.49

| | Letter | U20 Men Long Jump | | Perf. | | Letter | Perf. |
|----|--------|-------------------|----------|-------|---|--------|-------|
| 1A | H | Sam Hampton | Hereford | 5.21 | 8 | | |
| 2A | A | Daniel Williams | Aberdare | 4.68 | 7 | | |

4:00 PM **Record**

Daniel Williams, Aberdare, 2006, 11.60

| | Letter | U20 Men Triple Jump | | Perf. | | Letter | Perf. |
|----|--------|---------------------|----------|-------|---|--------|-------|
| 1A | H | Oliver Wright | Hereford | 9.94 | 8 | | |

3:15 PM **Record**

Josh Day, Hereford, 2007, 12.08

| | Letter | U20 Men 6kg Shot | | Perf. | | Letter | Perf. |
|----|--------|------------------|----------|-------|---|--------------------|----------------|
| 1A | A | Scott Williams | Aberdare | 11.85 | 8 | G3 * 1B H Josh Day | Hereford 11.19 |
| 2A | R | Anthony Halling | Rhondda | 11.34 | 7 | | |
| 3A | HH | Oliver Wright | Hereford | 11.30 | 6 | | |

1:45 PM **Record**

Alex Leach, Newport, 2005, 40.60

| | Letter | U20 Men 1.75kg Discus | | Perf. | | Letter | Perf. |
|----|--------|-----------------------|----------|-------|---|--------|-------|
| 1A | A | Scott Williams | Aberdare | 37.80 | 8 | G3 * | |
| 2A | R | Anthony Halling | Rhondda | 36.56 | 7 | G3 * | |
| 3A | H | Josh Day | Hereford | 35.19 | 6 | G3 * | |

3:30 PM **Record**

Oliver Wright, Hereford, 2007, 44.18

NEW AGE GROUP RECORD

| | Letter | U20 Men 800g Javelin | | Perf. | | Letter | Perf. |
|----|--------|----------------------|----------|-------|---|--------------------|----------------|
| 1A | HH | Oliver Wright | Hereford | 45.77 | 8 | G3 * 1B H Josh Day | Hereford 18.78 |
| 2A | R | Anthony Halling | Rhondda | 34.75 | 7 | | |
| 3A | A | Scott Williams | Aberdare | 33.63 | 6 | | |

5:20 PM

| | Letter | Medley 5 x 100 relay | | Perf. |
|----|--------|----------------------|---|--------|
| 1A | C | Cwmbran | David Norton, Kathryn Davies, Lora James, Emily Brown, Ethan Lynch | 72.9 8 |
| 2A | H | Hereford | Sam Hampton, Sarah Weaver, Joe Maddy, Matthew Bennett, Tori Griffiths | 75.2 7 |
| 3A | N | Newport | 0, 0, 0, 0, Ryan Morgan | 75.7 6 |