

1:15 PM		Record		Sam Griffiths, Hereford, 2004, 10.7								
Letter	U11 Girls 75m	Club	Perf.	pts	Letter	Club	Perf.	pts	Letter	Club	Perf.	pts
1A	A	Brenna Price	Aberdare	11.7	8	1B	CC	Emily Finster	Cwmbran	12.0	8	
2A	C	Jodie Beynon	Cwmbran	11.7	7	2B	NN	Amy Donovan	Newport	13.3	7	
3A	H	Steph Harris	Hereford	13.5	6	3B	HH	Jess Williams	Hereford	13.8	6	
4A	N	Gabrielle Hudson	Newport	13.5	5	4B	AA	Georgia Timms	Aberdare	13.8	5	

2:15 PM		Record		Christie Williams, Aberdare, 2003, 22.2								
Letter	U11 Girls 150m	Club	Perf.	pts	Letter	Club	Perf.	pts	Letter	Club	Perf.	pts
1A	C	Jodie Beynon	Cwmbran	23.3	8	1B	CC	Emily Finster	Cwmbran	24.4	8	
2A	A	Brenna Price	Aberdare	23.9	7	2B	NN	Amy Donovan	Newport	27.2	7	
3A	H	Steph Harris	Hereford	27.7	6	3B	HH	Anna Nicholson- Little	Hereford	27.7	6	
4A	N	Gabrielle Hudson	Newport	28.1	5	4B	AA	Georgia Timms	Aberdare	28.4	5	

3:30 PM		Record		Emily Frow, Aberdare, 2005, 2:43.9								
Letter	U11 Girls 800m	Club	Perf.	pts	Letter	Club	Perf.	pts	Letter	Club	Perf.	pts
1A	C	OliviaTurley	Cwmbran	2:57.0	8	1B	CC	Megan James	Cwmbran	3:01.1	8	
2A	N	Emma Hennesey	Newport	3:00.4	7	2B	NN	Robyn Screen	Newport	3:17.7	7	
3A	HH	Imogen wilding	Hereford	3:04.8	6							
4A	V	Rhian Robins	Rhymney Valley	3:22.4	5							

3:15 PM		Record		Sam Griffiths, Hereford, 2004, 3.81								
Letter	U11 Girls Long Jump	Club	Perf.	pts	Letter	Club	Perf.	pts	Letter	Club	Perf.	pts
1A	A	Brenna Price	Aberdare	3.54	8	1B	AA	Lowri Davies	Aberdare	2.85	8	
2A	CC	Emily Finster	Cwmbran	3.13	7	2B	NN	Danielle Morgan	Newport	2.50	7	
3A	N	Elen O'Donovan	Newport	2.76	6	3B	H	Steph Harris	Hereford	2.48	6	
4A	HH	Anna Nicholson- Little	Hereford	2.54	5	4B	C	OliviaTurley	Cwmbran	2.29	5	
5A	R	Mollie Simms	Rhondda	2.34	4							

1:45 PM		Record		Candice Finlay, Rhondda, 2003, 6.68								
Letter	U11 Girls 2kg Shot	Club	Perf.	pts	Letter	Club	Perf.	pts	Letter	Club	Perf.	pts
1A	R	Mollie Simms	Rhondda	5.14	8	1B	CC	OliviaTurley	Cwmbran	4.62	8	
2A	C	Emma Norton	Cwmbran	4.74	7	2B	NN	Emma Hennesey	Newport	4.16	7	
3A	N	Elen O'Donovan	Newport	4.60	6	3B	HH	Anna Nicholson- Little	Hereford	3.70	6	
4A	H	Jess Williams	Hereford	4.41	5							

12:30 PM		Record		Sophie Arthur, Newport, 2007, 14.47								
Letter	U11 Girls 300g Javelin	Club	Perf.	pts	Letter	Club	Perf.	pts	Letter	Club	Perf.	pts
1A	N	Sophie Arthur	Newport	13.19	8	1B	HH	Jess Williams	Hereford	9.68	8	
2A	C	Emma Norton	Cwmbran	11.55	7	2B	NN	Danielle Morgan	Newport	8.37	7	
3A	H	Tory Griffiths	Hereford	10.74	6							
4A	R	Mollie Simms	Rhondda	9.51	5							

4:30 PM		Record		Cynfelen Nancarrow, Brecon, 2004, 10.6								
Letter	U11 Girls 4 x 100 relay	Club	Perf.	pts	Letter	Club	Perf.	pts	Letter	Club	Perf.	pts
1A	C	Cwmbran	Thea Jeffries, Jodie Beynon, OliviaTurley, Emily Finster								65.7	8
2A	N	Newport	Gabrielle Hudson, Amy Donovan, Elen O'Donovan, Emma Hennesey								67.9	7
3A	H	Hereford	Anna Nicholson- Little, Imogen wilding, Jess Williams, Tory Griffiths								68.9	6

1:20 PM		Record		Harry Ravenhill, Hereford, 2005, 21.6								
Letter	U11 Boys 75m	Club	Perf.	pts	Letter	Club	Perf.	pts	Letter	Club	Perf.	pts
1A	A	Harry Evans	Aberdare	11.6	8	1B	NN	Ricky Raybould	Newport	12.0	8	
2A	H	George Jones	Hereford	11.7	7	2B	HH	Jonathan Grech	Hereford	12.2	7	
3A	C	Ethan Lynch	Cwmbran	12.0	6	3B	AA	Jamie Hargreaves	Aberdare	12.7	6	
4A	V	Cory Lower	Rhymney Valley	12.0	5	4B	VV	Owen Murphy	Rhymney Valley	14.1	5	
5A	R	Owen Kinsey	Rhondda	12.1	4							
6A	N	Kyle Arnold	Newport	12.2	3							

2:20 PM		Record		Tom Organ, Newport, 1998, 2:30.5								
Letter	U11 Boys 150m	Club	Perf.	pts	Letter	Club	Perf.	pts	Letter	Club	Perf.	pts
1A	A	Harry Evans	Aberdare	23.8	8	1B	NN	Kyle Arnold	Newport	24.7	8	
2A	H	George Jones	Hereford	24.7	7	2B	HH	Jonathan Grech	Hereford	25.0	7	
3A	N	Ryan Morgan	Newport	25.0	6	3B	AA	Jamie Hargreaves	Aberdare	25.6	6	
4A	V	Cory Lower	Rhymney Valley	25.8	5	4B	VV	Owen Murphy	Rhymney Valley	28.6	5	
5A	R	Owen Kinsey	Rhondda	26.0	4							

3:30 PM		Record		Tom Organ, Newport, 1998, 2:30.5								
Letter	U11 Boys 800m	Club	Perf.	pts	Letter	Club	Perf.	pts	Letter	Club	Perf.	pts
1A	N	Nathan Scarfi	Newport	2:56.6	8							
2A	H	Mathew Jones	Hereford	3:12.4	7							

3:15 PM Record		Cynfelen Nancarrow, Brecon, 2004, 4.00											
Letter	U11 Boys Long Jump	Club	Perf.	pts	Letter	Club	Perf.	pts					
1A	NN	Kyle Arnold	Newport	3.57	8	1B	HH	George Jones	Hereford	3.14	8		
2A	A	Harry Evans	Aberdare	3.23	7	2B	N	Ryan Morgan	Newport	3.14	7		
3A	R	Owen Kinsey	Rhondda	3.22	6	3B	AA	Jamie Hargreaves	Aberdare	3.05	6		
4A	H	Jonathan Grech	Hereford	3.22	5								
5A	V	Owen Murphy	Rhymney Valley	2.20	4								
1:45 PM Record		Aaron Finlay, Rhondda, 2003, 7.11											
Letter	U11 Boys 2.72kg Shot	Club	Perf.	pts	Letter	Club	Perf.	pts					
1A	N	Ricky Raybould	Newport	5.57	8	1B	HH	Mathew jones	Hereford	4.64	8		
2A	A	Sam Williams	Aberdare	5.05	7	2B	NN	Nathan Scarfi	Newport	3.01	7		
3A	H	Harry Jones	Hereford	4.94	6								
12:30 PM Record		Jacob Knox, Hereford, 2006, 22.13											
Letter	U11 Boys 300g Javelin	Club	Perf.	pts	Letter	Club	Perf.	pts					
1A	N	Nathan Scarfi	Newport	12.32	8	1B	HH	Mathew jones	Hereford	7.74	8		
2A	V	Owen Murphy	Rhymney Valley	12.05	7								
3A	H	Harry Jones	Hereford	9.49	6								
4A	A	Sam Williams	Aberdare	7.36	5								
4:35 PM													
Letter	U11 Boys 4 x 100 relay								Perf.	pts			
1A	A	Aberdare	Ben Edwards, Sam Williams, Harry Evans, Jamie Hargreaves					64.4	8				
2A	N	Newport	Ryan Morgan, Ricky Raybould, Kyle Arnold, Nathan Scarfi					64.8	7				
3A	H	Hereford	George Jones, Mathew Jones, Jonathan Grech, Harry Jones					69.0	6				
3:00 PM Record		Rebecca Williams, Newport, 2001, 13.1											
Letter	U13 Girls 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	Aimee Clark	Newport	15.0	8	G4	1B	V	Limarah Thomas	Rhymney Valley	15.2	8	G4
2A	VV	Eleanor Morgan	Rhymney Valley	15.1	7	G4	2B	A	Holly Jones	Aberdare	15.3	7	
3A	AA	Taylor Williams	Aberdare	15.2	6	G4	3B	NN	Chloe Powell	Newport	16.5	6	
4A	C	Emily Brown	Cwmbran	15.3	5								
5A	H	Amber Strachan	Hereford	16.9	4								
1:30 PM Record		Joanne Hodge, Newport, 1997, 27.3											
Letter	U13 Girls 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	VV	Eleanor Morgan	Rhymney Valley	30.9	8	G4	1B	V	Limarah Thomas	Rhymney Valley	31.1	8	G4
2A	AA	Kate Mathias	Aberdare	32.0	7		2B	CC	Malika Rezougui	Cwmbran	33.0	7	
3A	N	Bethan Hill-Howells	Newport	32.2	6		3B	A	Lowri Bevan	Aberdare	33.2	6	
4A	C	Emily Brown	Cwmbran	32.5	5								
5A	H	Amber Strachan	Hereford	33.8	4								
3:40 PM Record		Zoe Llewellyn, Newport, 2001, 2:32.1											
Letter	U13 Girls 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	CC	Malika Rezougui	Cwmbran	2:53.2	8		1B	C	Francesca Hyde	Cwmbran	2:57.8	8	
2A	A	Lowri Bevan	Aberdare	2:59.3	7								
2:30 PM Record		Rachel Byrne, Aberdare, 2000, 5:00.9											
Letter	U13 Girls 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
H		Jade Williams	Hereford	5:36.5	8	G4							
12:30 PM Record		Cate Povey, Torfaen, 1999, 11.8											
Letter	U13 Girls 70m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
No Athlete Declared													
3:30 PM Record		Joanne Hodge, Newport, 1997, 1.41											
Letter	U13 Girls High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	Bethan Hill-Howells	Newport	1.27	8	G3							
2A	C	Jessica Bevan	Cwmbran										
12:30 PM Record		Aimee Cutler, Torfaen, 2005, 4.80											
Letter	U13 Girls Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	Bethan Hill-Howells	Newport	3.76	8	G4	1B	A	Holly Jones	Aberdare	3.17	8	
2A	CC	Emily Brown	Cwmbran	3.58	7	G4	2B	C	Bethan Shaw	Cwmbran	2.91	7	
3A	H	Amber Strachan	Hereford	3.32	6		3B	NN	Chloe Powell	Newport	2.44	6	
4A	AA	Taylor Williams	Aberdare	3.29	5								
5A	R	Chelsie Sims	Rhondda	3.12	4								

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

Letter	U13 Girls 2.72kg Shot	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H Emma Crooke	Hereford	8.96	8	G1	☑	1B NN Melissa Arthur	Newport	6.63	8	G3	
2A	N Aimee Clark	Newport	8.14	7	G2	☑	2B HH Jade Williams	Hereford	5.38	7		
3A	R Chelsie Sims	Rhondda	6.26	6	G4		3B C Jessica Bevan	Cwmbrian	4.77	6		
4A	CC Danielle Preece	Cwmbrian	5.57	5								

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

Letter	U13 Girls 0.75kg Discus	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H Emma Crooke	Hereford	26.79	8	G1	☑						
2A	N Melissa Arthur	Newport	16.35	7	G4							
3A	C Danielle Preece	Cwmbrian	14.88	6	G4							
4A	R Chelsie Sims	Rhondda	7.06	5								

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

Letter	U13 Girls 400g Javelin	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H Emma Crooke	Hereford	27.90	8	G1	☑	1B HH Jade Williams	Hereford	14.08	8	G4	
2A	N Melissa Arthur	Newport	23.42	7	G2	☑	2B NN Chloe Powell	Newport	11.58	7		
3A	C Bethan Shaw	Cwmbrian	12.65	6			3B CC Jessica Bevan	Cwmbrian	7.99	6		

4:40 PM

Letter	U13 Girls 4 x 100 relay	Perf.	pts	Gr	AW
1A	A Aberdare Lowri Bevan, Taylor Williams, Kate Mathias, Holly Jones	61.3	8		
2A	N Newport Chloe Powell, Melissa Arthur, Bethan Hill-Howells, Aimee Clark	62.9	7		
3A	C Cwmbrian Emily Brown, Francesca Hyde, Malika Rezougui, Magan Daley	66.7	6		

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

Letter	U13 Boys 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	A Brandon Sherwood	Aberdare	15.1	8			1B VV Jacob Davies	Rhymney Valley	16.8	8		
2A	N Oliver Hudson	Newport	15.7	7								
3A	V Rhys Watkins	Rhymney Valley	16.4	6								
4A	H Keiran Brann	Hereford	16.7	5								

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

Letter	U13 Boys 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	C Stephen Scarfi	Cwmbrian	29.6	8	G4							
2A	A Joseph Roberts	Aberdare	31.5	7								
3A	N Oliver Hudson	Newport	32.6	6								

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

Letter	U13 Boys 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	C Stephen Scarfi	Cwmbrian	2:34.6	8	G4		1B AA Jake Edwards	Aberdare	2:54.9	8		
2A	A Joseph Roberts	Aberdare	2:47.5	7			2B CC Joseph Godsall	Cwmbrian	3:29.1	7		

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

Letter	U13 Boys 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	A Tom Adler	Aberdare	5:44.8	8			1B AA Lewis Edwards	Aberdare	5:48.8	8		

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

Letter	U13 Boys 75m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	A Brandon Sherwood	Aberdare	18.2	8								

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

Letter	U13 Boys High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
No Athlete Declared												

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

Letter	U13 Boys Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	C Dave Mulroy	Cwmbrian	4.08	8	G4		1B CC Joseph Godsall	Cwmbrian	3.27	8		
2A	N Oliver Hudson	Newport	3.46	7			2B A Tom Adler	Aberdare	3.02	7		
3A	V Rhys Watkins	Rhymney Valley	3.45	6			3B HH Keiran Brann	Hereford	2.88	6		
4A	H Mathew Bennett	Hereford	3.41	5			4B VV Jacob Davies	Rhymney Valley	2.74	5		
5A	AA Joseph Roberts	Aberdare	3.33	4								

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

Letter	U13 Boys 3.25kg Shot	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
	A Matthew Field	Aberdare	10.09	8	G1	☑	1B R Gethin Parry	Rhondda	7.39	8	G3	
2A	RR Owain Curnell	Rhondda	8.72	7	G2	☑	2B HH Thomas fellows	Hereford	4.96	7		
3A	C Dave Mulroy	Cwmbrian	5.42	6			3B CC Joseph Godsall	Cwmbrian	4.59	6		
4A	H Mathew Bennett	Hereford	5.34	5								

3:15 PM Record		Greg Finlay, Rhondda, 1998, 28.84				NEW AGE GROUP RECORD							
Letter	U13 Boys 1kg Discus	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Matthew Field	Aberdare	31.10	8	G1	<input checked="" type="checkbox"/>	1B	VV	Jacob Davies	Rhymney Valley	12.92	8
2A	C	Tom Norton	Cwmbran	22.61	7	G2	<input checked="" type="checkbox"/>	2B	H	Mathew Bennett	Hereford	11.68	7
3A	R	Gethin Parry	Rhondda	18.50	6	G3							
4A	HH	Thomas fellows	Hereford	14.14	5	G4							
5A	V	Rhys Watkins	Rhymney Valley	13.80	4								

1:15 PM Record		Tom Norton, Cwmbran, 2007, 38.22				NEW AGE GROUP RECORD							
Letter	U13 Boys 400g Javelin	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	C	Tom Norton	Cwmbran	44.80	8	G1	<input checked="" type="checkbox"/>						
2A	R	Owain Curnell	Rhondda	27.28	7	G3							
3A	A	Matthew Field	Aberdare	19.66	6	G4							
4A	H	Thomas fellows	Hereford	15.31	5								

4:45 PM		Dave Mulroy, Joseph Godsall, Stephen Scarfi, Josh Kent				
Letter	U13 Boys 4 x 100 relay	Club	Perf.	pts	Gr	AW
C	Cwmbran		60.7	8		

3:10 PM Record		Rebecca Williams, Newport, 2003, 12.4				NEW AGE GROUP RECORD								
Letter	U15 Girls 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
1A	N	Mica Moore	Newport	13.2	8	G2	<input checked="" type="checkbox"/>	1B	NN	Shaleena Graham	Newport	13.6	8	G4
2A	A	Jessica MacDonald	Aberdare	14.3	7			2B	HH	Olivia Wilding	Hereford	15.2	7	
3A	H	Sarah Jones	Hereford	14.7	6			3B	C	Kelly Griffiths	Cwmbran	15.9	6	
4A	CC	Kelly Street	Cwmbran	15.8	5									

1:40 PM Record		Rebecca Williams, Newport, 2003, 26.4				NEW AGE GROUP RECORD							
Letter	U15 Girls 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	Mica Moore	Newport	27.4	8	G3	<input checked="" type="checkbox"/>	1B	NN	Rebecca Scott	Newport	29.1	8
2A	A	Kirsty Marshall	Aberdare	29.0	7			2B	CC	Kelly Street	Cwmbran	33.3	7
3A	C	Kelly Griffiths	Cwmbran	33.0	6								

4:10 PM Record		Hannah Clarke, Cwmbran, 2006, 43.0				NEW AGE GROUP RECORD							
Letter	U15 Girls 300m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	C	Lora James	Cwmbran	45.1	8	G4	<input checked="" type="checkbox"/>						
2A	N	Stephanie Kinsey	Newport	45.1	7	G4	<input checked="" type="checkbox"/>						
3A	A	Christie Williams	Aberdare	45.7	6	G4	<input checked="" type="checkbox"/>						
4A	H	Ella Taylor	Hereford	48.2	5								

3:50 PM Record		Sarah Mead, Torfaen, 1994, 2:20.4				NEW AGE GROUP RECORD							
Letter	U15 Girls 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	V	Becky Wall	Rhymney Valley	2:55.1	8								
2A	N	Delwen Loudon	Newport	2:58.4	7								

2:40 PM Record		Nia Dainton, Cwmbran, 2003, 5:05.1				NEW AGE GROUP RECORD							
Letter	U15 Girls 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	C	Natasha Cockram	Cwmbran	5:00.6	8	G2	<input checked="" type="checkbox"/>						

12:40 PM Record		Elizabeth Nasrat, Newport, 2000, 12.1				NEW AGE GROUP RECORD								
Letter	U15 Girls 75m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
1A	H	Ella Taylor	Hereford	12.8	8	G3		1B	HH	Olivia Wilding	Hereford	13.2	8	G4

1:15 PM Record		Hannah Jones, Torfaen, 1996, 1.60				NEW AGE GROUP RECORD								
Letter	U15 Girls High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
1A	H	Ella Taylor	Hereford	1.50	8	G2	<input checked="" type="checkbox"/>	1B	HH	Olivia Wilding	Hereford	1.40	8	G4
2A	A	Christie Williams	Aberdare	1.35	7									
3A	R	Alex Thompson	Rhondda	1.25	6									

12:30 PM Record		Aimee Cutler, Torfaen, 2006, 5.36				NEW AGE GROUP RECORD								
Letter	U15 Girls Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
1A	C	Rachel Bevan	Cwmbran	4.87	8	G2	<input checked="" type="checkbox"/>	1B	AA	Jessica MacDonald	Aberdare	4.36	8	G4
2A	N	Victoria Webb	Newport	4.73	7	G2	<input checked="" type="checkbox"/>	2B	CC	Natasha Lewis	Cwmbran	4.18	7	G4
3A	A	Kirsty Marshall	Aberdare	4.48	6	G3								
4A	H	Sarah Jones	Hereford	4.21	5	G4								

4:00 PM Record		Louise Finlay, Rhondda, 1998, 11.00				NEW AGE GROUP RECORD							
Letter	U15 Girls 3.25kg Shot	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	C	Rachel Bevan	Cwmbran	7.32	8	G4							
2A	H	Hannah Barnes	Hereford	5.10	7								
3A	N	Lauren Archer	Newport	4.60	6								

2:30 PM Record		Louise Finlay, Rhondda, 1998, 29.04										
Letter	U15 Girls 1kg Discus	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	N	April Voisey	Newport	21.03	8	G3						
2A	R	Alex Thompson	Rhondda	16.73	7	G4						
3A	V	Becky Wall	Rhymney Valley	14.10	6							
4A	H	Hannah Barnes	Hereford	12.80	5							
1:45 PM Record		Christie Williams, Aberdare, 2007, 31.09					NEW AGE GROUP RECORD					
Letter	U15 Girls 600g Javelin	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	A	Christie Williams	Aberdare	31.17	8	G1 <input checked="" type="checkbox"/>	1B	NN	Shaleena Graham	Newport	10.24	8
2A	C	Rachel Bevan	Cwmbran	22.82	7	G3	2B	H	Hannah Barnes	Hereford	5.84	7
3A	HH	Sarah Jones	Hereford	15.56	6							
4A	N	Stephanie Kinsey	Newport	11.66	5							
4:50 PM												
Letter	U15 Girls 4 x 100 relay									Perf.	pts	
1A	N	Newport	Shaleena Graham, Rebecca Scott, Stephanie Kinsey, Mica Moore								51.4	8
2A	A	Aberdare	Jessica MacDonald, Kirsty Marshall, Christie Williams, -								54.3	7
3A	C	Cwmbran	Lora James, Rachel Bevan, Kelly Griffiths, Kelly Street								59.3	6
3:15 PM Record		Tom Bradbury, Cwmbran, 2004, 11.3										
Letter	U15 Boys 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	N	Oliver Edwards	Newport	12.2	8	G3 <input checked="" type="checkbox"/>	1B	CC	William Davies	Cwmbran	13.6	8
2A	C	Lewis Hinwood	Cwmbran	12.4	7	G3						
3A	A	Matthew Jones	Aberdare	13.9	6							
1:45 PM Record		Tom Bradbury, Cwmbran, 2004, 23.3										
Letter	U15 Boys 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	N	James Morgan	Newport	25.7	8	G4	1B	NN	Michael Payne	Newport	27.3	8
2A	C	William Davies	Cwmbran	27.1	7							
3A	A	Matthew Jones	Aberdare	27.7	6							
4A	H	Joe Maddy	Hereford	33.8	5							
4:18 PM Record		Ashley Jones, Newport, 2007, 56.7										
Letter	U15 Boys 400m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	C	Lewis Hinwood	Cwmbran	58.2	8	G4	1B	CC	Kevin Kelley	Cwmbran	60.3	8 G4
3:50 PM Record		Nick Johnson, Newport, 2005, 2:08.5										
Letter	U15 Boys 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
No Athlete Declared												
2:40 PM Record		Matthew Williams, Aberdare, 2003, 4:29.9										
Letter	U15 Boys 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	CC	Freddie Naseriyan	Cwmbran	4:51.2	8	G4	1B	C	George Philpotts	Cwmbran	4:51.7	8 G4
2A	N	Emrys Penny	Newport	5:10.0	7							
12:45 PM Record		Mark Hicks, Cwmbran, 2001, 11.8										
Letter	U15 Boys 80m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
No Athlete Declared												
1:15 PM Record		Kevin Kelly, Cwmbran, 2007, 1.70										
Letter	U15 Boys High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
2:30 PM Record		Stephen Jones, Torfaen, 1997, 6.10										
Letter	U15 Boys Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	N	James Morgan	Newport	5.14	8	G3	1B	NN	Michael Payne	Newport	4.98	8 G4
12:30 PM Record		Greg Finlay, Rhondda, 2000, 14.42										
Letter	U15 Boys 4kg Shot	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	NN	Tom Morgan	Newport	11.17	8	G3 <input checked="" type="checkbox"/>	1B	N	Emrys Penny	Newport	5.57	8
2A	C	Josh Bussell	Cwmbran	10.59	7	G3						
3A	H	Joe Maddy	Hereford	4.65	6							
4:00 PM Record		Greg Finlay, Rhondda, 2000, 40.16										
Letter	U15 Boys 1.25kg Discus	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	C	Josh Bussell	Cwmbran	29.49	8	G3						
2A	N	Emrys Penny	Newport	14.43	7							

1:45 PM Record		Chris Wannell, Cwmbran, 2003, 48.05												
Letter	U15 Boys 600g Javelin	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
1A	N	Tom Morgan	Newport	44.57	8	G1	☑							
2A	C	Lewis Hinwood	Cwmbran	31.02	7	G4								
4:55 PM														
Letter	U15 Boys 4 x 100 relay									Perf.	pts	Gr	AW	
1A	C	Cwmbran	Lewis Hinwood, William Davies, Freddie Naseriyan, Kevin Kelley							51.9	8			
2A	N	Newport	James Morgan, Michael Payne, Emrys Penny, Oliver Edwards							53.2	7			
3:20 PM Record		Kelly Birkin, Cwmbran, 2002, 12.3												
Letter	U17 Women 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
1A	H	Sarah Weaver	Hereford	13.1	8	G3	1B	CC	Rebecca Street	Cwmbran	14.5	8		
2A	C	Jessica Hinwood	Cwmbran	13.5	7	G4								
1:50 PM Record		Kelly Birkin, Cwmbran, 2002, 25.5												
Letter	U17 Women 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
1A	H	Sarah Weaver	Hereford	26.7	8	G3	☑	1B	CC	Jessica Hinwood	Cwmbran	27.5	8	G4
2A	C	Hannah Clarke	Cwmbran	27.5	7	G4								
4:15 PM Record		Charlotte Reeks, Torfaen, 1994, 41.8												
Letter	U17 Women 300m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
1A	C	Kathryn Davies	Cwmbran	46.8	8									
2A	H	Vannesa Brann	Hereford	49.7	7									
4:00 PM Record		Georgina Parnell, Newport, 1997, 2:19.3												
Letter	U17 Women 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
1A	C	Hannah Clarke	Cwmbran	2:51.5	8									
2:50 PM Record		Ceri Wensley, Newport, 1995, 5:03.8												
Letter	U17 Women 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
No Athlete Declared														
12:50 PM Record		Jocelyn Davies, Hereford, 2003, 12.6												
Letter	U17 Women 80m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
No Athlete Declared														
2:30 PM Record		C Watton, Hereford, 1994, 1.65												
Letter	U17 Women High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
No Athlete Declared														
			1.10	8										
1:15 PM Record		Lara Richards, Newport, 1999, 5.52												
Letter	U17 Women Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
1A	C	Rebecca Street	Cwmbran	4.42	8	G4								
2A	H	Sarah Weaver	Hereford	4.08	7									
4:00 PM Record		Laurie Harris, Aberdare, 2005, 9.78												
Letter	U17 Women Triple Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
No Athlete Declared														
			8.89	8										
12:30 PM Record		Louise Finlay, Rhondda, 2000, 11.48												
Letter	U17 Women 4kg Shot	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
1A	H	Sophia Day	Hereford	6.18	8									
3:15 PM Record		Louise Finlay, Rhondda, 2000, 31.98												
Letter	U17 Women 1kg Discus	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
1A	N	Sian Jordan	Newport	24.07	8	G3	1B	NN	Jessica Russell	Newport	22.19	8	G4	
2A	H	Sophia Day	Hereford	16.74	7									
1:45 PM Record		Cerys Nightingale, Newport, 2006, 23.87												
Letter	U17 Women 600g Javelin	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
1A	H	Vannesa Brann	Hereford	9.94	8									
5:00 PM														
Letter	U17 Women 4 x 100 relay									Perf.	pts	Gr	AW	
C	Cwmbran	Jessica Hinwood, Rebecca Street, Hannah Clarke, Kathryn Davies							54.8	8				
3:23 PM Record		Jamie Mayers, Cwmbran, 2006, 11.0												
Letter	U17 Men 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
1A	N	Joe Smith	Newport	12.6	8		1B	CC	Craig Godsall	Cwmbran	13.0	8		
2A	H	Dave Watson	Hereford	12.7	7									
3A	C	Michael Grout	Cwmbran	12.8	6									

1:55 PM Record		Tom Bradbury, Cwmbran, 2005, 22.4													
Letter	U17 Men 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW			
1A	NN	Kyle Mullins	Newport	24.4	8	G4	1B	N	Joe Smith	Newport	24.5	8	G4		
2A	H	Dave Watson	Hereford	25.2	7		2B	C	Michael Grout	Cwmbran	25.8	7			
3A	CC	Craig Godsall	Cwmbran	25.5	6										
4:21 PM Record		Simon Bullock, Hereford, 1997, 54.1 NEW AGE GROUP RECORD													
Letter	U17 Men 400m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW			
1A	N	Kyle Mullins	Newport	52.9	8	G2	1B	C	Lewis Shaw	Cwmbran	69.3	8			
2A	CC	Craig Godsall	Cwmbran	58.3	7										
4:00 PM Record		Craig Maybank, Aberdare, 2004, 2:04.1													
Letter	U17 Men 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW			
1A	AA	Craig Sprod	Aberdare	2:12.3	8		1B	A	Hywel Jones	Aberdare	2:18.4	8			
2A	H	John Barnes	Hereford	2:29.6	7										
2:50 PM Record		Matthew Wreford, Newport, 2005, 4:21.1													
Letter	U17 Men 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW			
1A	A	Dafydd Jones	Aberdare	4:38.7	8	G4									
12:55 PM Record		Mark Hicks, Cwmbran, 2003, 14.1													
Letter	U17 Men 100m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW			
No Athlete Declared															
2:30 PM Record		D.Francis / Josh Higgins, Hereford / Cwmbran, 1994 / 20													
Letter	U17 Men High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW			
1A	C	Craig Offord	Cwmbran	1.55	8										
1:15 PM Record		Tom Kivell, Newport, 2006, 6.49													
Letter	U17 Men Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW			
1A	C	Craig Offord	Cwmbran	5.64	8	G3									
2A	A	Joshua Williams	Aberdare	5.25	7	G4									
3A	N	Josh Cook	Newport	4.75	6										
4A	H	Dave Watson	Hereford	4.51	5										
4:00 PM Record		Tom Kivell, Newport, 2006, 12.41													
Letter	U17 Men Triple Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW			
	CC	Craig Offord	Cwmbran	11.76	8	G3	1B	C	Michael Grout	Cwmbran	11.39	8	G4		
2A	N	Josh Cook	Newport	10.13	7										
3:15 PM Record		Ryan Spencer-Jones, Brecon, 2003, 14.06													
Letter	U17 Men 5kg Shot	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW			
1A	NN	Kevin Trigg	Newport	11.39	8	G3	1B	N	Lewis Lynch	Newport	10.71	8	G4		
2A	H	John Barnes	Hereford	6.65	7										
1:45 PM Record		James Bryan, Torfaen, 1996, 41.78													
Letter	U17 Men 1.5kg Discus	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW			
1A	N	Lewis Lynch	Newport	23.87	8	G4									
2A	H	John Barnes	Hereford	17.15	7										
3:30 PM Record		Kevin Trigg, Newport, 2007, 43.76													
Letter	U17 Men 700g Javelin	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW			
1A	A	Joshua Williams	Aberdare	42.42	8	G3	1B	NN	Stephen Mort	Newport	34.69	8	G4		
2A	N	Kevin Trigg	Newport	41.97	7	G3									
5:05 PM															
Letter	U17 Men 4 x 100 relay										Perf.	pts	Gr	AW	
1A	N	Newport	Joe Smith, Kyle Mullins, Josh Cook, Kevin Trigg									49.5	8		
2A	C	Cwmbran	Craig Godsall, Daniel Norton, Michael Grout, Alex Wotman									51.2	7		
3A	A	Aberdare	Hywel Jones, Dafydd Jones, Joshua Williams, Craig Sprod									51.5	6		
3:26 PM Record		Kelly Birkin, Cwmbran, 2003, 12													
Letter	U20 Women 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW			
No Athlete Declared															
2:00 PM Record		Rozelle Cavacuiti, Newport, 2003, 24.6													
Letter	U20 Women 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW			
No Athlete Declared															
4:24 PM Record		Bethany Cann, Newport, 2007, 61.2													
Letter	U20 Women 400m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW			
No Athlete Declared															

4:00 PM	Record	Joanna Summerfield, Brecon, 2005, 2:33.7										
Letter	U20 Women 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
	No Athlete Declared											
2:55 PM	Record	Jenna Roberts, Cwmbran, 2007, 5.07.1										
Letter	U20 Women 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
	No Athlete Declared											
1:00 PM	Record	Jocelyn Davies, Hereford, 2003, 12.4										
Letter	U20 Women 100m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
	No Athlete Declared											
2:30 PM	Record	Rozelle Cavacuiti, Newport, 2003, 1.30										
Letter	U20 Women High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
	No Athlete Declared											
1:15 PM	Record	Amy Prothero, Newport, 2003, 5.04										
Letter	U20 Women Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
	No Athlete Declared											
4:00 PM	Record	Anna Robertson, Hereford, 2006, 9.16										
Letter	U20 Women Triple Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
	No Athlete Declared											
12:30 PM	Record	Louise Ali, Aberdare, 2005, 11.05										
Letter	U20 Women 4kg Shot	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
	No Athlete Declared											
3:15 PM	Record	Louise Ali, Aberdare, 2005, 31.63										
Letter	U20 Women 1kg Discus	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
	No Athlete Declared											
3:30 PM	Record	Anna Robertson, Hereford, 2006, 19.32										
Letter	U20 Women 600g Javelin	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
	No Athlete Declared											
5:10 PM												
Letter	U20 Women 4 x 100 relay									Perf.		
	No, Team, Declared,											
3:26 PM	Record	Marc Ritchie, Aberdare, 2004, 10.9										
Letter	U20 Men 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	V	Nigel Jones	Rhymney Valley	12.5	8							
2:05 PM	Record	Marc Ritchie, Aberdare, 2005, 22.5										
Letter	U20 Men 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	A	Steve Morris	Aberdare	26.4	8							
2A	H	Alan kan	Hereford	26.4	7							
4:27 PM	Record	Ashley Bayliss, Cwmbran, 2003, 51.0										
Letter	U20 Men 400m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H	Alan kan	Hereford	59.6	8							
2A	A	Carwyn Adler	Aberdare	60.2	7							
4:00 PM	Record	Kurt Edwards, Aberdare, 2006, 2.05.4										
Letter	U20 Men 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
AA		Steve Morris	Aberdare	2:12.3	8	1B	A	Carwyn Adler	Aberdare	2:19.4		
2:55 PM	Record	David Shroll, Newport, 2003, 4.36.9										
Letter	U20 Men 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
	No Athlete Declared											
1:05 PM	Record	David Williams, Aberdare, 2005, 20.5										
Letter	U20 Men 110m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
	No Athlete Declared											
2:30 PM	Record	Daniel Williams, Aberdare, 2006, 1.76										
Letter	U20 Men High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
	No Athlete Declared											
1:15 PM	Record	Marc Ritchie, Aberdare, 2004, 6.49										
Letter	U20 Men Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
A		Carwyn Adler	Aberdare	4.63	8							

4:00 PM		Record		Daniel Williams, Aberdare, 2006, 11.60									
Letter	U20 Men Triple Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
H	Alan kan	Hereford	9.69	8									
3:15 PM		Record		Josh Day, Hereford, 2007, 12.08 NEW AGE GROUP RECORD									
Letter	U20 Men 6kg Shot	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Scott Williams	Aberdare	12.50	8	G3	<input checked="" type="checkbox"/>						
2A	R	Anthony Halling	Rhondda	12.34	7	G3	<input checked="" type="checkbox"/>						
1:45 PM		Record		Alex Leach, Newport, 2005, 40.60									
Letter	U20 Men 1.75kg Discus	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Scott Williams	Aberdare	36.31	8	G3	<input checked="" type="checkbox"/>						
2A	R	Anthony Halling	Rhondda	35.08	7	G3	<input checked="" type="checkbox"/>						
3:30 PM		Record		Oliver Wright, Hereford, 2007, 44.18									
Letter	U20 Men 800g Javelin	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
	A	Scott Williams	Aberdare	30.89	8								
2A	R	Anthony Halling	Rhondda	30.30	7								
5:15 PM		Record		U20 Men 4 x 100 relay									
		No, Team, Declared,											
5:20 PM		Record		UMedley 5 x 100 relay									
Letter	UMedley 5 x 100 relay	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	Newport	Joe Smith, Kyle Mullins, Tom Morgan, Aimee Clarke, Emma Hennessy	69.9	8								
2A	A	Aberdare	- , - , - , -	73.0	7								
3A	H	Hereford	Alan kan, Sarah Weaver, Sarah Jones, Mathew Bennett, George Jones	79.0	6								