

12:35 PM League Age Group Record			Emily Mitchell, Carmarthen Harriers, 13.2s, 2003											
Letter	100m		Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW	
1A	T	Cyndi KITENGE	Cardiff	13.3	16	G1	☑	1B	DD	Gemma WILLIAMS	Deeside	14.0	12	G3
2A	S	Nia PALLA	Swansea	13.5	14	G2	☑	2B	SS	Emily DACEY	Swansea	14.4	10	G3
3A	W	Kelly ROGERS	Wrexham	13.9	12	G3	☑	3B	RR	Amy NEL	Carmarthen	14.9	8	G4
4A	R	Catrin REES	Carmarthen	13.9	10	G3	☑	4B	GG	Olivia PARRY	Cwmbran	15.0	6	G4
5A	D	Beth SERGENT	Deeside	13.9	8	G3	☑	5B	BB	Bryony FENLON	Brecon	15.5	4	
6A	G	Rebecca SWEENEY	Cwmbran	15.8	6			6B	WW	Hannah BROWNING	Wrexham	15.8	3	
7A	B	Emily BROOKES	Brecon	15.9	4									
8A	M	Isabel FORSTER	Pembroke	17.4	2									

3:45 PM League Age Group Record			Emily Mitchell, Carmarthen Harriers, 27.5s, 2003							NEW AGE GROUP RECORD					
Letter	200m		Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW		
1A	M	Lauren BELL	Pembroke	27.2	16	G1	☑	1B	RR	Shannon CHAMBERS	Carmarthen	29.2	12	G3	☑
2A	T	Cyndi KITENGE	Cardiff	27.8	14	G1	☑	2B	DD	Eleanor BEDDAMS	Deeside	29.3	10	G3	☑
3A	D	Beth SERGENT	Deeside	28.2	12	G2	☑	3B	SS	Elin DAVIES	Swansea	30.2	8	G4	
4A	W	Kelly ROGERS	Wrexham	28.4	10	G2	☑	4B	MM	Alex RIDGE	Pembroke	30.9	6	G4	
5A	S	Grace HARWOOD	Swansea	28.9	8	G2	☑	5B	TT	Amy LANE	Cardiff	32.1	4		
6A	R	Aimee McANDREW	Carmarthen	30.6	6	G4		6B	WW	Ellys FELSBURG	Wrexham	32.3	3		
7A	B	Charlotte BROOKES	Brecon	31.6	4			7B	BB	Helene SOWERBY	Brecon	37.8	2		

1:45 PM League Age Group Record			Jade Williams, Swansea Harriers, 2 min 27.2s, 2005											
Letter	800m		Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW	
1A	M	Lauren BELL	Pembroke	2:28.1	16	G1	☑	1B	DD	Shannon CHILTON	Deeside	2:48.8	12	G4
2A	D	Abie WILLIAMS	Deeside	2:47.3	14	G3		2B	RR	Aimee McANDREW	Carmarthen	2:54.7	10	G4
3A	R	Alyce PHILLIPS	Carmarthen	2:53.0	12	G4		3B	SS	Katherine MORRIS	Swansea	2:58.1	8	
4A	W	Ellys FELSBURG	Wrexham	2:54.8	10	G4		4B	BB	Hannah POWELL	Brecon	3:03.5	6	
5A	S	Elin DAVIES	Swansea	2:56.8	8	G4		5B	WW	Helen BLOWER	Wrexham	3:14.2	4	
6A	B	Abi WYATT	Brecon	3:00.3	6									
7A	G	Jessica BEVAN	Cwmbran	3:11.4	4									
8A	T	Chloe PHILLIPS	Cardiff	3:15.2	2									

4:00 PM League Age Group Record			Non Stanford, Swansea Harriers, 5 min 00.5s,											
Letter	1500m		Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW	
1A	M	Megan WITHERS	Pembroke	5:14.3	16	G2	☑	1B	MM	Josie LEWIS	Pembroke	5:39.4	12	G3
2A	DD	Kathryn ROBERTS	Deeside	5:21.9	14	G2	☑	2B	D	Jenny LAMPKIN	Deeside	5:47.8	10	G4
3A	S	Jordan SMART	Swansea	5:23.2	12	G2	☑	3B	RR	Kari O'NEILL	Carmarthen	5:54.8	8	G4
4A	R	Amy ROBERTS	Carmarthen	5:29.5	10	G3	☑							
5A	G	Ellie LEEK	Cwmbran	6:12.8	8									
6A	B	Jill BUCK	Brecon	6:14.3	6									

3:00 PM League Age Group Record			Stacey Collins, Neath Harriers, 11.9s, 2006												
Letter	70m Hurdles		Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW		
1A	S	Nia PALLA	Swansea	12.0	16	G1	☑	1B	SS	Katherine MORRIS	Swansea	12.3	12	G2	☑
2A	D	Abie WILLIAMS	Deeside	12.3	14	G2	☑	2B	RR	Bethan PHILLIPS	Carmarthen	12.3	10	G2	☑
3A	R	Alyce PHILLIPS	Carmarthen	12.8	12	G2	☑	3B	DD	Gemma WILLIAMS	Deeside	12.7	8	G2	☑
4A	M	Josie LEWIS	Pembroke	14.0	10	G4		4B	TT	Chloe SLATER	Cardiff	13.4	6	G3	
5A	T	Rebecca FOLEY	Cardiff	14.2	8	G4		5B	BB	Beth GAMES	Brecon	19.4	4		
6A	G	Rebecca SWEENEY	Cwmbran	15.2	6										
7A	B	Bobbie HARRIS	Brecon	16.0	4										
8A	W	Hannah BROWNING	Wrexham	17.8	2										

12:00 PM League Age Group Record			Hannah Thomas, Wrexham AC, 1m 50cm, 2005											
Letter	High Jump		Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW	
1A	S	Emily MORRIS	Swansea	1.45	16	G1	☑	1B	SS	Catrin JONES	Swansea	1.25	12	G4
2A	R	Alyce PHILLIPS	Carmarthen	1.30	14	G3		2B	RR	Bethan PHILLIPS	Carmarthen	1.20	10	G4
3A	G	Ellie LEEK	Cwmbran	1.30	12	G3		3B	GG	Jessica BEVAN	Cwmbran	1.15	8	
4A	T	Cyndi KITENGE	Cardiff	1.25	10	G4		4B	TT	Amy LANE	Cardiff	1.15	6	
5A	D	Jenny LAMPKIN	Deeside	1.20	8	G4		5B	DD	Rhian WILLIAMS	Deeside	1.10	4	
6A	B	Genevieve MATTHEWS	Brecon	1.10	6			6B	BB	Bobbie HARRIS	Brecon	1.05	3	
7A	W	Hannah BROWNING	Wrexham	1.10	4									

3:00 PM League Age Group Record			Hannah Thomas, Wrexham AC, 4m 59cm, 2005											
Letter	Long Jump		Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW	
1A	S	Emily DACEY	Swansea	4.46	16	G2	☑	1B	SS	Emily MORRIS	Swansea	4.08	12	G3
2A	D	Gemma WILLIAMS	Deeside	4.26	14	G3	☑	2B	DD	Beth SERGENT	Deeside	3.98	10	G3
3A	W	Kelly ROGERS	Wrexham	3.95	12	G3		3B	RR	Aimee McANDREW	Carmarthen	3.05	8	
4A	M	Alex RIDGE	Pembroke	3.88	10	G4		4B	WW	Helen BLOWER	Wrexham	2.92	6	
5A	R	Amelia ROBERTS	Carmarthen	3.77	8	G4		5B	B	Charlotte BROOKES	Brecon	2.85	4	
6A	G	Olivia PARRY	Cwmbran	3.43	6			6B	MM	Isabel FORSTER	Pembroke	2.79	3	
7A	T	Chloe PHILLIPS	Cardiff	3.23	4			7B	TT	Chloe SLATER	Cardiff	2.44	2	
8A	BB	Abi WYATT	Brecon	3.01	2									

12:45 PM League Age Group Record Nicola Stevenson, Bridgend AC, 10m 37cm,

Letter	Shot Putt (2.72kg)	Perf.	Pts	Gr	AW	Letter	Perf.	Pts	Gr	AW	
1A	R Elliw JAMES	Carmarthen	8.92	16	G1	1B	SS Gabby CIRILLO	Swansea	5.97	12	G4
2A	S Stephanie HOWELL	Swansea	6.37	14	G4	2B	RR Amy ROBERTS	Carmarthen	5.96	10	G4
3A	D Eleanor BEDDAMS	Deeside	6.33	12	G4	3B	WW Elyls FELSBURG	Wrexham	3.40	8	
4A	T Chloe PHILLIPS	Cardiff	4.71	10		4B	DD Jenny LAMPKIN	Deeside	3.08	6	
5A	G Jessica BEVAN	Cwmbran	4.61	8							
6A	W Helen BLOWER	Wrexham	3.81	6							

2:15 PM League Age Group Record Toni Wells, Swansea Harriers, 27m 75cm, 2005

Letter	Discus (0.75kg)	Perf.	Pts	Gr	AW	Letter	Perf.	Pts	Gr	AW	
1A	S Gabby CIRILLO	Swansea	18.25	16	G3	1B	SS Stephanie HOWELL	Swansea	17.37	12	G4
2A	BB Genevieve MATTHEWS	Brecon	12.96	14		2B	B Jill BUCK	Brecon	7.78	10	
3A	T Rebecca FOLEY	Cardiff	10.77	12							
4A	RR Charlotte DRAKELEY	Carmarthen	7.10	10							

4:30 PM League Age Group Record Robyn Purchase, Wrexham AC, 30m 73cm, 2005

Letter	Javelin (400g)	Perf.	Pts	Gr	AW	Letter	Perf.	Pts	Gr	AW	
1A	R Elliw JAMES	Carmarthen	23.43	16	G2	1B	RR Ellise HAMER	Carmarthen	21.85	12	G2
2A	D Eleanor BEDDAMS	Deeside	17.12	14	G4	2B	S Grace HARWOOD	Swansea	13.65	10	
3A	SS Emily MORRIS	Swansea	14.37	12		3B	B Emily BROOKES	Brecon	6.48	8	
4A	TT Amy LANE	Cardiff	8.03	10		4B	DD Kathryn ROBERTS	Deeside	6.07	6	
5A	BB Jill BUCK	Brecon	7.17	8		5B	T Rebecca FOLEY	Cardiff	5.88	4	

5:20 PM League Age Group Record Carmarthen Harriers, 55.6s, 2006

Letter	4 x 100m Relay	Perf.		
1A	S Swansea	Grace HARWOOD Emily MORRIS Elin DAVIES Emily DACEY	16	56.5
2A	D Deeside	Gemma WILLIAMS Beth SERGENT Eleanor BEDDAMS Abie WILLIAMS	14	56.7
3A	R Carmarthen	Alyce PHILLIPS Amy ROBERTS Bethan PHILLIPS Catrin REES	12	58.0
4A	T Cardiff	Cyndi KITENGE Chloe SLATER Rebecca FOLEY Chloe PHILLIPS	10	60.8
5A	W Wrexham	Elyls FELSBURG Kelly ROGERS Helen BLOWER Hannah BROWNING	8	62.7
6A	M Pembroke	Megan WITHERS Isabel FORSTER Alex RIDGE Lauren BELL	6	63.3
7A	G Cwmbran	Olivia PARRY Jessica BEVAN Rebecca SWEENEY Ellie LEEK	4	63.4
8A	B Brecon	Charlotte BROOKES Bryony FENLON Hannah POWELL Abi WYATT	2	65.0

Position	Clubs	Points
1	Swansea	244
2	Carmarthen	202
3	Deeside	190
4	Cardiff	102
5	Brecon	97
6	Wrexham	88
7	Pembroke	81
8	Cwmbran	68

The points above are for U13 Girls only