

12:50 PM League Age Group Record Jonathan Simonsen, Neath Harriers, 11.4s, 2003

Letter	100m	Perf.	Letter	Perf.
1A W	Tom CUSWORTH	Wrexham 11.5 16 G1 *	1B RR	Jake RANDALL Carmarthen 12.4 12 G3
2A G	Lewis HINWOOD	Cwmbran 11.8 14 G1 *	2B WW	Gareth BENNETT Wrexham 12.4 10 G3
3A T	James WILTSHIRE	Cardiff 12.0 12 G2 *	3B TT	Royston BISHOP Cardiff 12.7 8 G3
4A R	Leon FLETCHER	Carmarthen 12.0 10 G2 *	4B BB	Dewi JENKINS Brecon 13.2 6
5A D	Mark POGLETTKE	Deeside 12.4 8 G3	5B SS	Tusungai MUGABE Swansea 13.3 4
6A M	Nathan MOUNTER	Pembroke 12.4 6 G3	6B DD	Adam CAMPBELL Deeside 13.5 3
7A B	Rhys BURGESS	Brecon 12.4 4 G3	7B GG	William DAVIES Cwmbran 13.7 2
8A S	Andrew CLAYPOLE	Swansea 12.5 2 G2		

3:40 PM League Age Group Record Jonathan Simonsen, Neath Harriers, 23.4s, 2003

NEW AGE GROUP RECORD

Letter	200m	Perf.	Letter	Perf.
1A W	Tom CUSWORTH	Wrexham 23.1 16 G1 *	1B WW	Gareth BENNETT Wrexham 25.2 12 G3 *
2A G	Lewis HINWOOD	Cwmbran 24.0 14 G1 *	2B BB	Rhys BURGESS Brecon 25.6 10 G3
3A T	Mike HOWE	Cardiff 24.4 12 G2 *	3B TT	Joshua JONES Cardiff 25.6 8 G3
4A R	Jake RANDALL	Carmarthen 24.4 10 G2 *	4B SS	Ben McNIFF Swansea 26.0 6 G4
5A S	Andrew CLAYPOLE	Swansea 25.3 8 G3 *	5B DD	Mark POGLETTKE Deeside 27.1 4
6A D	Adam CAMPBELL	Deeside 25.3 6 G3 *	6B GG	William DAVIES Cwmbran 27.5 3
7A B	Adam JONES	Brecon 25.4 4 G3	7B RR	Sam CARDEN Carmarthen 28.6 2

4:55 PM League Age Group Record Gerwyn Morgan, Bridgend AC, 37.9s, 2007

Letter	300m	Perf.	Letter	Perf.
1A G	Lewis HINWOOD	Cwmbran 38.8 16 *	1B TT	Sam MORGAN Cardiff 41.2 12 G3
2A R	Andrew DRAKELEY	Carmarthen 39.2 14 *	2B GG	Freddie NASARYIAN Cwmbran 42.0 10 G4
3A B	Adam JONES	Brecon 40.9 12	3B BB	Dewi JENKINS Brecon 43.2 8
4A W	James RICH	Wrexham 41.5 10	4B WW	David HEASON Wrexham 43.2 6
5A T	Jake BRENNAN	Cardiff 42.0 8	5B RR	Tomas DRAKELEY Carmarthen 45.4 4
6A S	Tusungai MUGABE	Swansea 43.5 6	6B SS	Chris CLAYPOLE Swansea 45.7 3

2:10 PM League Age Group Record Chris Gowell, Torfaen AC, 2 min 06.0s.

Letter	800m	Perf.	Letter	Perf.
1A R	Andrew DRAKELEY	Carmarthen 2:13.9 16 G3	1B RR	Chris MARKS Carmarthen 2:36.5 12
2A G	Freddie NASARYIAN	Cwmbran 2:19.1 14 G4	2B SS	Chris CLAYPOLE Swansea 2:37.8 10
3A S	Matthew THOMAS	Swansea 2:20.1 12 G4	3B GG	Marcus PRICE Cwmbran 2:40.1 8
4A T	Gareth JONES	Cardiff 2:31.8 10	4B TT	Ben JONES Cardiff 2:44.9 6
5A W	Ben WILLIAMS	Wrexham 2:39.4 8		

4:30 PM League Age Group Record Dewi Griffiths, Carmarthen Harriers, 4 min 23.5s, 2005

Letter	1500m	Perf.	Letter	Perf.
1A G	James HANRAHAN	Cwmbran 4:44.1 16 G4	1B MM	Alex MATCHETT Pembroke 4:48.9 12 G4
2A R	Luke PARKER	Carmarthen 4:46.7 14 G4	2B GG	George PHILLPOTT Cwmbran 4:56.0 10 G4
3A M	Mathew RICHARDS	Pembroke 4:47.9 12 G4	3B RR	Davy LEWIS Carmarthen 5:15.3 8
4A S	Sean WHITE	Swansea 4:59.8 10	4B T	Jo WHITMARSH-KNIGHT Cardiff 5:38.4 6
5A W	Joe CLYNNE	Wrexham 5:10.2 8		
6A TT	Darren JONES	Cardiff 5:13.7 6		

2:15 PM League Age Group Record David Guest, Bridgend AC, 11.9s, 2006

Letter	80m Hurdles	Perf.	Letter	Perf.
1A G	Daniel SHARREM	Cwmbran 12.2 16 G2 *	1B RR	Sam CARDEN Carmarthen 13.6 12 G4
2A S	Panashe RUSHESA	Swansea 12.2 14 G2 *	2B SS	Craig EVANS Swansea 13.6 10 G4
3A T	Braddley STUBBS	Cardiff 12.8 12 G3 *	3B TT	Jake BRENNAN Cardiff 18.7 8
4A W	David HEASON	Wrexham 13.3 10 G3		
5A R	Glen ELSDON	Carmarthen 13.4 8 G3		
6A M	Mathew RICHARDS	Pembroke 13.7 6 G4		

2:00 PM League Age Group Record James Anthony, Neath Harriers, 1m 87cm,

Letter	High Jump	Perf.	Letter	Perf.
1A M	Adam DAVIES	Pembroke 1.75 16 G1 *	1B MM	Christian THOMAS Pembroke 1.51 12 G4
2A G	Kevin KELLY	Cwmbran 1.70 14 G1 *	2B RR	Chris BUXTON Carmarthen 1.45 10 G4
3A R	Glen ELSDON	Carmarthen 1.52 12 G4	3B DD	Adam CAMPBELL Deeside 1.40 8
4A S	Craig EVANS	Swansea 1.50 10 G4	4B WW	Simon BENTLEY Wrexham 1.30 6
5A W	Dan HODGSON	Wrexham 1.45 8 G4	5B T	Gareth JONES Cardiff 1.20 4
6A D	Mark POGLETTKE	Deeside 1.45 6 G4		
7A TT	Jo WHITMARSH-KNIGHT	Cardiff 1.25 4		

11:30 AM League Age Group Record James Anthony, Neath Harriers, 3m 20cm,

NEW AGE GROUP RECORD

Letter	Pole Vault	Perf.	Letter	Perf.
1A T	Lewis NEWTON	Cardiff 3.70 16 G1 *		
2A W	Dan HODGSON	Wrexham 3.20 14 G1 *		
3A R	Emyr JONES	Carmarthen 3.00 12 G1 *		

1:30 PM League Age Group Record Kueni Igbagiri, Carmarthen Harriers, 5m 95cm, 2005

Letter	Long Jump	Perf.	Letter	Perf.
1A	W Tom CUSWORTH	Wrexham 5.35 16 G3	1B	BB Rhys BURGESS Brecon 4.63 12
2A	G Kevin KELLY	Cwmbran 5.22 14 G3	2B	TT Royston BISHOP Cardiff 4.57 10
3A	RR Glen ELSDON	Carmarthen 5.10 12 G4	3B	R Daniel HOWELLS Carmarthen 4.43 8
4A	T Joshua JONES	Cardiff 5.04 10 G4	4B	GG James HANRAHAN Cwmbran 4.39 6
5A	S Panashe RUSHESA	Swansea 4.91 8 G4	5B	WW Gareth BENNETT Wrexham 4.09 4
6A	B Richard MARSH	Brecon 4.73 6	6B	SS Tusungai MUGABE Swansea 3.96 3
7A	M Christian THOMAS	Pembroke 4.59 4		

3:45 PM League Age Group Record Matthew Evans, Carmarthen Harriers, 15m 77cm, 2003

Letter	Shot Putt (4kg)	Perf.	Letter	Perf.
1A	RR Jon GARDINER	Carmarthen 13.47 16 G1 *	1B	R Rheon JAMES Carmarthen 13.29 12 G1 *
2A	G Josh BUSSELL	Cwmbran 10.37 14 G3	2B	MM Matthew FULTON Pembroke 9.01 10
3A	S Alex THOMAS	Swansea 9.85 12 G4	3B	T Ryan LEONARD Cardiff 8.35 8
4A	W Gryffudd JONES	Wrexham 9.84 10 G4	4B	SS William CLARKE Swansea 7.79 6
5A	M Jonathan STOWELL	Pembroke 9.67 8 G4	5B	WW Ben WILLIAMS Wrexham 6.00 4
6A	B Richard MARSH	Brecon 9.38 6	6B	GG Marcus PRICE Cwmbran 5.09 3
7A	TT James WILTSHIRE	Cardiff 8.98 4		
8A	D James STOKES	Deeside 8.70 2		

12:45 PM League Age Group Record David Price, Deeside AC, 42m 52cm,

Letter	Discus (1.25kg)	Perf.	Letter	Perf.
1A	R Rheon JAMES	Carmarthen 40.91 16 G1 *	1B	RR Jon GARDINER Carmarthen 27.96 12 G4
2A	G Josh BUSSELL	Cwmbran 28.83 14 G3	2B	SS William CLARKE Swansea 19.34 10
3A	M Jonathan STOWELL	Pembroke 28.52 12 G3	3B	BB Dewi JENKINS Brecon 16.14 8
4A	S Alex THOMAS	Swansea 25.68 10 G4	4B	MM Gareth MORGAN Pembroke 14.38 6
5A	B Adam JONES	Brecon 24.64 8 G4		
6A	T Ryan LEONARD	Cardiff 24.26 6 G4		
7A	D James STOKES	Deeside 17.92 4		
8A	W Gryffudd JONES	Wrexham 8.94 2		

11:00 AM League Age Group Record Matthew Evans, Carmarthen Harriers, 52m 14cm, 2003

Letter	Hammer (4kg)	Perf.	Letter	Perf.
1A	S Ross MURRAY	Swansea 32.40 16 G2	1B	MM Gareth MORGAN Pembroke 14.15 12
2A	D James STOKES	Deeside 30.15 14 G3		
3A	RR Jon GARDINER	Carmarthen 29.64 12 G3		
4A	G Josh BUSSELL	Cwmbran 26.61 10 G4		
5A	W Gryffudd JONES	Wrexham 21.33 8		
6A	M Jonathan STOWELL	Pembroke 20.42 6		

3:00 PM League Age Group Record Garth Loughran, Carmarthen Harriers, 51m 86cm,

Letter	Javelin (600g)	Perf.	Letter	Perf.
1A	RR Jon LLEWELLYN	Carmarthen 38.30 16 G1	1B	R Rheon JAMES Carmarthen 38.13 12 G1
2A	B Dewi JENKINS	Brecon 32.18 14 G2	2B	TT Jake BRENNAN Cardiff 22.06 10
3A	T Ryan LEONARD	Cardiff 27.66 12 G4	3B	MM Matthew FULTON Pembroke 21.54 8
4A	M Nathan MOUNTER	Pembroke 26.02 10 G4	4B	S Sam CROCKER Swansea 15.96 6
5A	GG Freddie NASARYIAN	Cwmbran 23.36 8	5B	WW James RICH Wrexham 13.32 4
6A	W Ben WILLIAMS	Wrexham 23.02 6		
7A	SS Ashley WILLIAMS	Swansea 21.89 4		

5:35 PM League Age Group Record Cardiff AAC, 47.8s, 2003

Letter	4 x 100m Relay	Perf.
1A	T Cardiff	James WILTSHIRE, Royston BISHOP, Joshua JONES, Mike HOWE 16 49.5
2A	R Carmarthen	Glen ELSDON, Andrew DRAKELEY, Leon FLETCHER, Jake RANDALL 14 50.0
3A	W Wrexham	David HEASON, Gareth BENNETT, Dan HODGSON, Tom CUSWORTH 12 50.2
4A	S Swansea	Ben McNIFF, Matthew THOMAS, Panashe RUSHESA, Andrew CLAYPOLE 10 51.3
5A	B Brecon	Richard MARSH, Dewi JENKINS, Rhys BURGESS, Adam JONES 8 51.7
6A	G Cwmbran	William DAVIES, Freddie NASARYIAN, James HANRAHAN, Lewis HINWOOD 6 52.5

Position	Clubs	Points
1	Carmarthen	286
2	Cwmbran	212
3	Cardiff	208
4	Wrexham	190
5	Swansea	180
6	Pembroke	140
7	Brecon	106
8	Deeside	55

The points above are for U15 Boys only