

12:45 PM League Age Group Record Claire Jones, Pembroke Harriers, 12.4s, 2003

Letter	100m	Perf.	Letter	Perf.
1A M	Leah PARRY	Pembroke 13.0 16 G2 *	1B TT	Sara OTUNG Cardiff 13.1 12 G3 *
2A W	Chloe JONES	Wrexham 13.1 14 G3 *	2B MM	Eleanor ROWLAND Pembroke 13.3 10 G3
3A T	Sam COGAN	Cardiff 13.2 12 G3 *	3B WW	Nia BREEZE Wrexham 13.4 8 G3
4A D	Laura CLARKE	Deeside 13.5 10 G3	4B SS	Ema THOMAS Swansea 14.3 6
5A R	Laura PENHALLURICK	Cardiff 13.5 8 G3	5B RR	Hazel TAYLOR Carmarthen 14.6 4
6A B	Ellie HOLTON	Brecon 13.6 6 G3	6B BB	Kirsty POWELL Brecon 14.9 3
7A G	Natasha LEWIS	Cwmbran 14.2 4	7B GG	Kelly STREET Cwmbran 16.1 2
8A S	Catherine WILLIAMS	Swansea 14.5 2		

3:35 PM League Age Group Record Hannah Jones, Carmarthen Harriers, 25.5s, 2005

Letter	200m	Perf.	Letter	Perf.
1A W	Chloe JONES	Wrexham 26.4 16 G2 *	1B TT	Jamie-Lee BOWEN Cardiff 26.7 12 G2 *
2A T	Gwen WILLIAMS	Cardiff 26.8 14 G2 *	2B MM	Jordan REYNOLDS Pembroke 27.5 10 G3
3A G	Lora JAMES	Cwmbran 28.3 12 G4	3B WW	Nia BREEZE Wrexham 27.8 8 G3
4A R	Laura PENHALLURICK	Carmarthen 28.9 10 G4	4B SS	Atlanta WILLIAMS Swansea 30.2 6
5A M	Helena MADAN	Pembroke 29.1 8 G4	5B GG	Kate JERAMIAH Cwmbran 31.2 4
6A D	Rebecca DAVIES	Deeside 29.4 6	6B BB	Kirsty POWELL Brecon 32.7 3
7A S	Laura THOMAS	Swansea 29.7 4		
8A B	Ffion PRICE	Brecon 30.5 2		

2:05 PM League Age Group Record Non Stanford, Swansea Harriers, 2 min 19.4s,

Letter	800m	Perf.	Letter	Perf.
1A GG	Natasha COCKRAM	Cwmbran 2:32.3 16 G3	1B G	Lora JAMES Cwmbran 2:34.0 12 G3
2A T	Carys DEELEY	Cardiff 2:35.6 14 G4	2B TT	Aimee HENDRICKSON Cardiff 2:42.4 10 G4
3A D	Sian MESSHAM	Deeside 2:41.9 12 G4	3B RR	Nia DAVIES Carmarthen 2:54.6 8
4A B	Rhianwedd PRICE	Brecon 2:42.6 10 G4	4B MM	Heather LEWIS Pembroke 3:07.5 6
5A R	Rhiannon PLANT	Carmarthen 2:45.4 8		
6A M	Meghan GOOD	Pembroke 2:45.7 6		
7A S	Robyn LINGUARD	Swansea 2:50.3 4		

4:20 PM League Age Group Record Melanie Davies, Swansea Harriers, 4 min 55.1s, 2003

Letter	1500m	Perf.	Letter	Perf.
1A S	Cerys MORGAN	Swansea 5:01.6 16 G3 *	1B SS	Elysia PEARSON Swansea 5:15.3 12 G4
2A T	Ceri-Ann SANTOS	Cardiff 5:20.4 14 G4	2B TT	Bethan DAW Cardiff 5:52.3 10
3A B	Ffion PRICE	Brecon 5:23.9 12 G4		
4A R	Catrin LEWIS	Carmarthen 5:54.1 10		

2:40 PM League Age Group Record Heather Jones, Carmarthen Harriers, 11.1s,

Letter	75m Hurdles	Perf.	Letter	Perf.
1A S	Catrin STONE	Swansea 11.2 16 G1	1B MM	Jordan REYNOLDS Pembroke 12.3 12 G2
2A W	Megan ROGERS	Wrexham 12.1 14 G2	2B WW	Laura-Kate EDWARDS Wrexham 12.9 10 G3
3A M	Leah PARRY	Pembroke 12.3 12 G2	3B SS	Gemma SEAMAN Swansea 13.2 8 G4
4A T	Sara OTUNG	Cardiff 12.4 10 G2	4B RR	Rhiannon PLANT Carmarthen 14.6 6
5A R	Nia DAVIES	Carmarthen 13.2 8 G4	5B TT	Bethan DAW Cardiff 16.0 4
6A D	Rachel TROTTER	Deeside 13.9 6	6B BB	Ffion PRICE Brecon 16.7 3
7A B	Rhianwedd PRICE	Brecon 17.1 4		

12:00 PM League Age Group Record Jenny Wade, Barry & Vale, 1m 58cm, 2003

Letter	High Jump	Perf.	Letter	Perf.
1A R	Rhiannon PLANT	Carmarthen 1.45 16 G3 *	1B WW	Chloe JONES Wrexham 1.35 12 G4 *
2A W	Megan ROGERS	Wrexham 1.45 14 G3 *	2B M	Olivia JONES Pembroke 1.35 10 G4 *
3A T	Gwen WILLIAMS	Cardiff 1.40 12 G4 *	3B RR	Jodie JONES Carmarthen 1.30 8 *
4A MM	Helena MADAN	Pembroke 1.35 10 G4 *	4B S	Robyn LINGUARD Swansea 1.30 6 *
5A SS	Atlanta WILLIAMS	Swansea 1.35 8 G4 *	5B TT	Aimee HENDRICKSON Cardiff 1.30 4 *
6A B	Ellie HOLTON	Brecon 1.35 6 G4 *		
7A D	Rachel TROTTER	Deeside 1.30 4 *		
8A G	Natasha COCKRAM	Cwmbran 1.20 2 *		

11:30 AM League Age Group Record Emma Gould, Brecon AC, 3m 11cm, 2005

Letter	Pole Vault	Perf.	Letter	Perf.
1A S	Naomi JAMES	Swansea 3.00 16 G1 *		
2A DD	Lucy ROULSTON	Deeside 2.60 14 G1 *		
3A T	Lucy HOPKINS	Cardiff 2.40 12 G1 *		

2:15 PM League Age Group Record Danielle Carpenter, Cardiff AAC, 5m 17cm,

Letter	Long Jump	Perf.	Letter	Perf.
1A S	Catrin STONE	Swansea 4.82 16 G3 *	1B SS	Catherine WILLIAMS Swansea 4.62 12 G3 *
2A R	Ffion REES	Carmarthen 4.64 14 G3 *	2B MM	Eleanor ROWLAND Pembroke 4.51 10 G4 *
3A M	Jess HARRIES	Pembroke 4.60 12 G3 *	3B G	Natasha LEWIS Cwmbran 4.20 8 *
4A D	Rachel TROTTER	Deeside 4.30 10 G4 *	4B DD	Rebecca DAVIES Deeside 4.16 6 *
5A GG	Jessica BEVAN	Cwmbran 4.29 8 *	5B WW	Nia BREEZE Wrexham 3.92 4 *
6A B	Ellie HOLTON	Brecon 4.09 6 *	6B RR	Nia DAVIES Carmarthen 3.68 3 *
7A W	Laura-Kate EDWARDS	Wrexham 4.06 4 *	7B BB	Kirsty POWELL Brecon 3.43 2 *
8A T	Sam COGAN	Cardiff 3.91 2 *	8B TT	Gwen WILLIAMS Cardiff 3.04 1 *

12:00 PM League Age Group Record Toni Wells, Swansea Harriers, 10m 99cm, 2007

Letter	Shot Putt (3.25kg)	Perf.	Letter	Perf.
1A S	Nina PRELLS	Swansea 8.87 16 G3 *	1B RR	Jessica NORTHCOTT Carmarthen 7.61 12 G4 *
2A R	Sadie FLINT	Carmarthen 8.44 14 G4 *	2B MM	Hayley FERRIER Pembroke 6.44 10 G4 *
3A M	Lucy GRIFFITHS	Pembroke 8.31 12 G4 *	3B SS	Gemma SEAMAN Swansea 5.94 8 G4 *
4A G	Rachel BEVAN	Cwmbran 7.33 10 G4 *	4B T	Sam COGAN Cardiff 3.63 6 G4 *
5A D	Laura CLARKE	Deeside 6.91 8 G4 *		
6A TT	Sara OTUNG	Cardiff 6.72 6 G4 *		
7A B	Hannah BUCK	Brecon 5.56 4 G4 *		
8A W	Laura-Kate EDWARDS	Wrexham 5.01 2 G4 *		

2:15 PM League Age Group Record Toni Wells, Swansea Harriers, 32m 15cm, 2007

Letter	Discus (1.0kg)	Perf.	Letter	Perf.
1A S	Nina PRELLS	Swansea 23.20 16 G4 *	1B RR	Sadie FLINT Carmarthen 15.04 12 *
2A R	Carys JONES	Carmarthen 21.79 14 G4 *	2B MM	Hayley FERRIER Pembroke 13.66 10 *
3A M	Lucy GRIFFITHS	Pembroke 17.69 12 *	3B SS	Bethan JONES Swansea 13.46 8 *
4A BB	Hannah BUCK	Brecon 12.47 10 *	4B B	Rhianwedd PRICE Brecon 9.74 6 *

4:30 PM League Age Group Record Danielle Hamer, Carmarthen Harriers, 35m 24cm, 2005

Letter	Javelin (600g)	Perf.	Letter	Perf.
1A R	Carys JONES	Carmarthen 25.97 16 G3 *	1B RR	Jessica NORTHCOTT Carmarthen 23.38 12 G4 *
2A G	Rachel BEVAN	Cwmbran 24.11 14 G3 *	2B GG	Lora JAMES Cwmbran 16.03 10 *
3A W	Megan ROGERS	Wrexham 17.94 12 *	3B SS	Atlanta WILLIAMS Swansea 8.70 8 *
4A S	Bethan JONES	Swansea 13.81 10 *		
5A B	Hannah BUCK	Brecon 8.07 8 *		
6A D	Sian MESSHAM	Deeside 7.87 6 *		
7A TT	Ceri-Ann SANTOS	Cardiff 6.49 4 *		

11:00 AM League Age Group Record Toni Wells, Swansea Harriers, 39m 91cm, 2006

Letter	Hammer (3kg)	Perf.	Letter	Perf.
1A S	Nina PRELLS	Swansea 24.16 16 G3 *	1B RR	Jessica NORTHCOTT Carmarthen 10.20 12 *
2A R	Carys JONES	Carmarthen 17.23 14 *		

5:30 PM League Age Group Record Carmarthen Harriers, 50.6s, 2005

Letter	4 x 100m Relay	Perf.
1A T	Cardiff	Gwen WILLIAMS Aimee HENDRICKSON Sam COGAN Jamie-Lee BOWEN 16 52.7
2A W	Wrexham	Laura-Kate EDWARDS Chloe JONES Megan ROGERS Nia BREEZE 14 53.3
3A M	Pembroke	Hayley FERRIER Eleanor ROWLAND Jordan REYNOLDS Leah PARRY 12 53.4
4A S	Swansea	Gemma SEAMAN Emma THOMAS Atlanta WILLIAMS Catrin STONE 10 55.9
5A R	Carmarthen	Rhiannon PLANT Laura PENHALLURICK Ffion REES Hazel TAYLOR 8 56.0
6A G	Cwmbran	Rachel BEVAN Lora JAMES Natasha COCKRAM Natasha LEWIS 6 56.2
7A D	Deeside	Rebecca DAVIES Laura CLARKE Sian JONES Lucy ROULSTON 4 57.4
8A B	Brecon	Ellie HOLTON Ffion PRICE Rhianwedd PRICE Kirsty POWELL 2 60.0

Position	Clubs	Points
1	Swansea	224
2	Carmarthen	217
3	Pembroke	178
4	Cardiff	175
5	Wrexham	132
6	Cwmbran	108
7	Brecon	87
8	Deeside	86

The points above are for U15 Girls only