

12:35 PM League Age Group Record Emily Mitchell, Carmarthen Harriers, 13.2s, 2003

	Letter	100m		Perf.		Letter		Perf.
1A	T	Lauren McCarthy	Cardiff	13.7 16 G2 *	1B	TT	Lauren A McCarthy	Cardiff 13.8 8 G2 *
2A	F	Ellie Carter	Barry & Vale	13.8 14 G2	2B	B	Kirsty Powell	Brecon 14.8 7 G2
3A	BB	Jessica Hughes	Brecon	14.7 12 G4				

3:45 PM League Age Group Record Emily Mitchell, Carmarthen Harriers, 27.5s, 2003**NEW AGE GROUP RECORD**

	Letter	200m		Perf.		Letter		Perf.
1A	TT	Gwen Williams	Cardiff	27.1 16 G1 *	1B	T	Jamie Lee Bowen	Cardiff 28.3 8 G2 *
2A	G	Lora James	Cwmbran	29.2 14 G3				
3A	B	Jessica Hughes	Brecon	31.0 12 G4				

1:45 PM League Age Group Record Jade Williams, Swansea Harriers, 2 min 27.2s, 2005

	Letter	800m		Perf.		Letter		Perf.
1A	G	Lora James	Cwmbran	2:33.4 16 G2 *	1B	TT	Ellice Harding	Cardiff 2:42.9 8 G4
2A	T	Storm Morham	Cardiff	2:36.5 14 G2	2B	FF	Jade Deverell	Barry & Vale 3:06.7 7
3A	F	Toyah Newman	Barry & Vale	2:52.9 12				

4:00 PM League Age Group Record Non Stanford, Swansea Harriers, 5 min 00.5s,

	Letter	1500m		Perf.		Letter		Perf.
1A	TT	Bethan Daw	Cardiff	5:15.9 16 G2 *	1B	T	Lucy Harvey	Cardiff 5:16.0 8 G2 *

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

	Letter	75m Hurdles		Perf.		Letter		Perf.
1A	F	Ellie Carter	Barry & Vale	14.4 16				
2A	T	Bethan Daw	Cardiff	15.7 14				

12:00 PM League Age Group Record Hannah Thomas, Wrexham AC, 1m 50cm, 2005

	Letter	High Jump		Perf.		Letter		Perf.
1A	TT	Gwen Williams	Cardiff	1.40 16 G1 *	1B	T	Lucy Harvey	Cardiff 1.30 8 G3
2A	B	Ellie Holton	Brecon	1.40 14 G1 *				
3A	U	Alex Thompson	Rhondda	1.20 12 G4				

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

Letter	Pole Vault	Perf.	Letter	Perf.
1A	1	No Declarations		

3:00 PM League Age Group Record Hannah Thomas, Wrexham AC, 4m 59cm, 2005

Letter	Long Jump	Perf.	Letter	Perf.
1A	G Rachel Bevan	Cwmbran 4.47 16 G1 *	1B T Lucy Harvey	Cardiff 4.01 8 G3
2A	B Ellie Holton	Brecon 4.31 14 G2 *	2B BB Kirsty Powell	Brecon 3.80 7 G4
3A	TT Lauren A McCarthy	Cardiff 4.28 12 G2 *		
4A	F Toyah Newman	Barry & Vale 4.10 10 G2		
5A	U Alex Thompson	Rhondda 3.27 8		

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

Letter	Shot Putt (2.72kg)	Perf.	Letter	Perf.
1A	U Lauren Shepard	Rhondda 7.86 16 G2 *	1B TT Nia Hodnett	Cardiff 5.26 8
2A	T Storm Morham	Cardiff 5.50 14		

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

Letter	Discus (0.75kg)	Perf.	Letter	Perf.
1A	TT Nia Hodnett	Cardiff 15.86 16 G4	1B T Lauren McCarthy	Cardiff 13.07 8 G4

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

Letter	Javelin (400g)	Perf.	Letter	Perf.
1A	G Rachel Bevan	Cwmbran 18.06 16 G3	1B FF Ellie Carter	Barry & Vale 14.45 8 G4
2A	F Toyah Newman	Barry & Vale 15.82 14 G4		
3A	TT Nia Hodnett	Cardiff 13.07 12 G4		

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

Letter	Hammer (3kg)	Perf.	Letter	Perf.
1A	U Alex Thompson	Rhondda 22.07 16 G2	1B UU Lauren Shepard	Rhondda 18.39 8 G3

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

Letter	4 x 100m Relay			Perf.
T	Cardiff	Lauren A McCarthy, Lauren McCarthy, Bethan Daw, Gwen Williams	16	56.2
B	Brecon	Ellie Holton, Kirsty Powell, Jessica Hughes, No Athlete Declared	14	61.5
F	Barry & Vale	Ellie Carter, Hannah Jones, Jade Deverell, Toyah Newman	12	62.0

Position	Clubs	Points
1	Cardiff	210
2	Barry & Vale	81
3	Brecon	66
4	Cwmbran	62
5	Rhondda	60
6	Newport	
7		
8		

The points above are for U15 Girls only