

1:05 PM League Age Group Record Lloyd Reffell, Cardiff AAC, 11.2s, 2005

	Letter	100m		Perf.		Letter		Perf.
1A	T	Tom White	Cardiff	11.6 16 G3	1B	TT	Kelvin Webber	Cardiff 11.9 8 G4
2A	F	Adam Jones	Barry & Vale	11.6 14 G3	2B	GG	Craig Godsall	Cwmbran 12.8 7
3A	G	David Norton	Cwmbran	11.9 12 G4				

3:15 PM League Age Group Record Calvin McLaggon, Barry & Vale, 22.7s, 2002

	Letter	200m		Perf.		Letter		Perf.
1A	T	Mathew Daniels	Cardiff	23.3 16 G2	1B	TT	Liam Schofield	Cardiff 24.8 8 G4
2A	F	Adam Jones	Barry & Vale	23.5 14 G2	2B	GG	Luke Williams	Cwmbran 25.5 7
3A	G	David Norton	Cwmbran	24.1 12 G4				

5:05 PM League Age Group Record Rhodri Scanlon, Carmarthen Harriers, 59.0s, 2003

	Letter	400m		Perf.		Letter		Perf.
1A	T	Jamie Gutteridge	Cardiff	53.3 16	1B	GG	Sam Seabourne	Cwmbran 56.2 8
2A	G	Gareth Lewis	Cwmbran	55.8 14				
3A	N	Jonathon Morris	Newport	57.3 12				

2:45 PM League Age Group Record Rob Lightfoot, Wrexham AC, 1 min 57.7s, 2003

	Letter	800m		Perf.		Letter		Perf.
1A	T	Luke Morgan	Cardiff	2:11.9 16	1B	TT	Tom Whitmarsh-Knight	Cardiff 2:12.7 8

4:45 PM League Age Group Record David Jones, Carmarthen Harriers, 4 min 07.0s,

	Letter	1500m		Perf.		Letter		Perf.
1A	G	Michael Kershaw	Cwmbran	4:25.3 16 G4	1B	GG	Lewis Shaw	Cwmbran 5:01.3 8
2A	T	Tom Hall	Cardiff	4:33.6 14 G4				
3A	N	Daniel McKenzie	Newport	4:40.0 12				

1:15 PM League Age Group Record Mitchell Aspland, Neath Harriers, 4 min 40.0s, 2003

	Letter	1500m s/chase		Perf.		Letter		Perf.
1A	T	Tom Whitmarsh-Knight	Cardiff	5:03.9 16				

1:55 PM League Age Group Record Daniel Evans, Carmarthen Harriers, 14.1s, 2005

	Letter	100m Hurdles		Perf.		Letter	Perf.
1A	T	Kurt Kift	Cardiff	16.8	16		

12:10 PM League Age Group Record Gareth Sutcliffe, Cardiff AAC, 58.1s, 2005

	Letter	400m Hurdles		Perf.		Letter	Perf.
1A	T	Jamie Gutteridge	Cardiff			1B TT	Nio Ath Declared
2A	G	Sam Seabourne	Cwmbran				Cardiff

3:00 PM League Age Group Record Sam Hood, Cardiff AAC, 2m 05cm,

	Letter	High Jump		Perf.		Letter	Perf.
1A	T	Kurt Kift	Cardiff	1.70	16 G3 *	1B TT	Dominic Tucker
2A	N	Jonathon Morris	Newport	1.55	14 *		Cardiff
							1.50 8 *

11:30 AM League Age Group Record Paul Walker, Cardiff AAC, 4m 25cm,

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

12:45 PM League Age Group Record Ricardo Childs, Brecon AC, 6m 88cm, 2001

	Letter	Long Jump		Perf.		Letter	Perf.
1A	T	Rob Green	Cardiff	5.02	16 *		
2A	G	Lewis Shaw	Cwmbran	4.63	14 *		

4:30 PM League Age Group Record Craig Phillips, Deeside AC, 13m 54cm, 2002

	Letter	Triple Jump		Perf.		Letter	Perf.
1A	F	Adam Jones	Barry & Vale	11.85	16 G1 *	1B TT	Luke Morgan
2A	T	Rob Green	Cardiff	11.37	14 G1 *		Cardiff
							11.12 8 G1 *

3:00 PM League Age Group Record Glenn Williams, Cardiff AAC, 14m 86cm,

	Letter	Shot Putt (5kg)		Perf.		Letter		Perf.
1A	N	Jacob Matthews	Newport	13.22 16 G2 *	1B	NN	Kevin Trigg	Newport 10.00 8 G4 *
2A	TT	Ashley Johnston	Cardiff	9.83 14 G4 *	2B	T	Kelvin Webber	Cardiff 8.31 7 *

5:15 PM League Age Group Record Glenn Williams, Cardiff AAC, 48m 38cm,

	Letter	Discus (1.5kg)		Perf.		Letter		Perf.
1A	N	Jacob Matthews	Newport	39.49 16 G2 *				
2A	TT	Ashley Johnston	Cardiff	29.98 14 G3 *				

11:00 AM League Age Group Record Glenn Williams, Cardiff AAC, 54m 80cm,

	Letter	Hammer (5kg)		Perf.		Letter		Perf.
1A	T	Rhys Hodnett	Cardiff	45.00 16 G1 *				
2A	N	Jacob Matthews	Newport	32.92 14 G3 *				

1:30 PM League Age Group Record Michael John, Carmarthen Harriers, 53m 13cm, 2006

	Letter	Javelin (700g)		Perf.		Letter		Perf.
1A	N	Kevin Trigg	Newport	40.47 16 G3 *	1B	NN	Jonathon Morris	Newport 30.06 8 *
2A	T	Kurt Kift	Cardiff	28.69 14 *				

5:45 PM League Age Group Record Cardiff AAC, 45.2s, 2002

	Letter	4 x 100m Relay				Perf.
	T	Cardiff	Tom White, Kelvin Webber, Matthew Daniels, Liam Schofield		16	47.1
	G	Cwmbran	Luke Williams, Craig Godsall, Gareth Lewis, David Norton		14	49.1

Position	Clubs	Points
1	Cardiff	261
2	Newport	116
3	Cwmbran	98
4	Barry & Vale	44
5	Brecon	
6		
7		
8		
The points above are for U17 Men only		