

1:10 PM League Age Group Record Calvin McLaggan, Barry & Vale , 10.9s, 2003

	Letter	100m		Perf.		Letter	Perf.
1A	T	Chris Howe	Cardiff	11.2	16	G2	
2A	F	Rhys Knapman	Barry & Vale	11.3	14	G3	
3A	G	Jamie Mayers	Cwmbran	11.5	12	G3	
4A	B	Stephen Jeffreys	Brecon	12.5	10		

3:20 PM League Age Group Record Calvin McLaggan, Barry & Vale , 22.2s, 2003

	Letter	200m		Perf.		Letter	Perf.
1A	F	Rhys Knapman	Barry & Vale	22.9	16	G3	
2A	G	Jamie Mayers	Cwmbran	23.0	14	G3	

5:15 PM League Age Group Record Bruce Tasker, Carmarthen Harriers, 49.0s, 2003

	Letter	400m		Perf.		Letter	Perf.
1A	G	Dan Lester	Cwmbran	53.1	16		
2A	B	Chris Prothero	Brecon	55.5	14		

2:45 PM League Age Group Record Stephen Richards, Swansea Harriers, 1 min 58.2s, 2003

	Letter	800m		Perf.		Letter	Perf.
1A	B	Chris Prothero	Brecon	2:02.7	16		
2A	T	Ali Solhjoo	Cardiff	2:04.9	14		

4:50 PM League Age Group Record Luke Northall, Wrexham AC, 4 min 08.6s, 2003

	Letter	1500m		Perf.		Letter	Perf.
1A			No Declarations				

1:25 PM League Age Group Record Gareth Jones, Swansea Harriers, 6 min 40.4s, 2003

	Letter	2000m s/chase		Perf.		Letter	Perf.
1A			No Declarations				

1:35 PM *League Age Group Record* *Kris Jones, Newport Harriers, 15.8s, 2003*

	Letter	110m Hurdles	Perf.	Letter	Perf.
1A			No Declarations		

12:00 PM *League Age Group Record* *Rhodri Scanlon, Carmarthen Harriers, 59.0s, 2003*

	Letter	400m Hurdles	Perf.	Letter	Perf.
1A			No Declarations		

3:00 PM *League Age Group Record* *Gareth Haines, Carmarthen Harriers, 1m 98cm,*

	Letter	High Jump	Perf.	Letter	Perf.
1A	T	Lewis Long	Cardiff 1.70 16 G4 *		

11:30 AM *League Age Group Record* *Paul Walker, Cardiff AAC, 4m 20cm, 2003*

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

12:45 PM *League Age Group Record* *Ricardo Childs, Brecon AC, 7m 09cm, 2003*

	Letter	Long Jump	Perf.	Letter	Perf.
1A	B	Stephen Jeffreys	Brecon 5.60 16 G4 *	1B BB	Johnathon Worgan Brecon 5.17 G4 *

4:30 PM *League Age Group Record* *Matthew Jacobs, Carmarthen Harriers, 13m 51cm, 2003*

	Letter	Triple Jump	Perf.	Letter	Perf.
1A	B	Johnathon Worgan	Brecon 11.58 16 G1 *	1B BB	Stephen Jeffreys Brecon 11.12 G1 *

3:00 PM League Age Group Record Matthew Evans, Carmarthen Harriers, 14m 32cm, 2006**NEW AGE GROUP RECORD**

	Letter	Shot Putt (6kg)		Perf.		Letter		Perf.	
1A	T	Brett Morse	Cardiff	14.68	16 G1 *	1B	TT	Chris Hayes	Cardiff 6.87 G4 *
2A	U	Anthony Halling	Rhondda	10.60	14 G4 *				
3A	B	Johnathon Worgan	Brecon	8.99	12 G4 *				
4A	N	Mark Boswell	Newport	8.46	10 G4 *				

5:15 PM League Age Group Record Brett Morse, Cardiff AAC, 48m 46cm, 2006**NEW AGE GROUP RECORD**

	Letter	Discus (1.75kg)		Perf.		Letter		Perf.	
1A	T	Brett Morse	Cardiff	54.92	16 G1 *	1B	TT	Peter Morgan	Cardiff 36.53 G2 *
2A	U	Anthony Halling	Rhondda	32.07	14 G4 *				

11:00 AM League Age Group Record Matthew Richards, Swansea Harriers, 53m 31cm, 2005

	Letter	Hammer (6kg)		Perf.		Letter		Perf.	
1A	T	Peter Morgan	Cardiff	47.98	16 G1 *	1B	TT	Brett Morse	Cardiff 41.80 G2 *
2A	N	Mark Boswell	Newport	30.30	14 G4 *				

1:30 PM League Age Group Record Stephen Winter, Brecon AC, 58m 43cm, 2006

	Letter	Javelin (800g)		Perf.		Letter		Perf.	
1A	B	Stephen Winter	Brecon	52.88	16 G2 *				
2A	T	Peter Morgan	Cardiff	39.24	14 G4 *				
3A	U	Anthony Halling	Rhondda	34.40	12 G4 *				

5:55 PM League Age Group Record Cardiff AAC, 46.3s, 2000

	Letter	4 x 100m Relay		Perf.		Perf.
	T	Cardiff	Chris Howe, Chris Hayes, Brett Morse, Mike Dwight	16		49.0

Position	Clubs	Points
1	Cardiff	108
2	Brecon	100
3	Cwmbran	42
4	Rhondda	40
5	Barry & Vale	30
6	Newport	24
7	Rhymney Valley	
8		
The points above are for U20 Men. Only the "A" String performances score		