

**1:00 PM League Age Group Record Susan Bagnall, Deeside AC, 12.3s, 2003**

	Letter		100m		Perf.		Letter		Perf.
1A	T	Zara George	Cardiff	12.4	16	G2			
2A	N	Jess Robinson	Newport	13.4	14				

**3:30 PM League Age Group Record Melanie Stephenson, Cardiff AAC, 24.7s, 2005**

	Letter		200m		Perf.		Letter		Perf.
1A	G	Lauren Lewis	Cwmbran	27.8	16				

**5:10 PM League Age Group Record Rebecca Cozens, Cardiff AAC, 59.5s,**

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

**2:35 PM League Age Group Record Kate Wiltshire, Cardiff AAC, 2 min 17.2s, 2006**

	Letter		800m		Perf.		Letter		Perf.
1A	B	Lily Matthews	Brecon	2:42.9	16				

**4:40 PM League Age Group Record Helen Williams, Wrexham AC, 4 min 57.0s,**

	Letter		1500m		Perf.		Letter		Perf.
1A	T	No Athlete Declared	Cardiff	5:41.3	16				

**2:00 PM League Age Group Record Heather Jones, Carmarthen Harriers, 14.0s, 2005**

	Letter		100m Hurdles		Perf.		Letter		Perf.
1A					No Declarations				

**12:20 PM League Age Group Record Anwen Rees, Carmarthen Harriers, 64.0s, 2003**

	Letter	400m Hurdles		Perf.		Letter	Perf.
1A	T	Laura Seary	Cardiff	77.9 16			

**1:00 PM League Age Group Record Ceri Stokoe, Swansea Harriers, 1m 80cm,**

	Letter	High Jump		Perf.		Letter	Perf.
1A				No Declarati			

**11:30 AM League Age Group Record Lindsey Maund, Swansea Harriers, 3m 30cm, 2005**

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

**12:00 PM League Age Group Record Lara Richards, Newport Harriers, 5m 58cm,**

	Letter	Long Jump		Perf.		Letter	Perf.
1A				No Declarati			

**4:30 PM League Age Group Record Victoria Lloyd, Pembroke Harriers, 11m 04cm, 2005**

	Letter	Triple Jump		Perf.		Letter	Perf.
1A	B	Lily Matthews	Brecon	6.39 16 G1 *			

**2:15 PM League Age Group Record Sally Hinds, Swansea Harriers, 13m 24cm, 2005**

	Letter	Shot Putt (4kg)		Perf.		Letter	Perf.
1A	T	Bea Morris	Cardiff	8.11 16 G4 *			
2A	N	Jess Robinson	Newport	7.31 14 G4 *			

**3:45 PM League Age Group Record Faye Calvert, Deeside AC, 38m 11cm, 2006**

	Letter	Discus (1.0kg)		Perf.	Letter	Perf.
1A	N	Jess Robinson	Newport	18.05 16 G4 *		
2A	B	Lily Matthews	Brecon	13.79 14 G4 *		

**11:00 AM League Age Group Record Nicola Stevenson, Bridgend AC, 45m 76cm, 2006**

	Letter	Hammer (4kg)		Perf.	Letter	Perf.
1A	T	Bea Morris	Cardiff	22.57 16 G4 *		

**12:00 PM League Age Group Record Leanne Clarke, Neath Harriers, 46m 79cm, 2005**

	Letter	Javelin (600g)		Perf.	Letter	Perf.
1A	T	Bea Morris	Cardiff	13.31 16 G4 *		

**5:50 PM League Age Group Record Deeside, 51.8s, 2003**

	Letter	4 x 100m Relay		Perf.
		No Declarations	#N/A	

Position	Clubs	Points
1	Cardiff	96
2	Brecon	46
3	Newport	44
4	Cwmbran	16
5	Barry & Vale	
6		
7		
8		

*The points above are for U20 Women. Only "A" String performances score*