

1:15 PM Record Sam Griffiths, Hereford, 10.7, 2004

Letter	U11 Girls 75m	Club	Perf.	pts	Letter	Club	Perf.	pts	
1A	C Jodie Beynon	Cwmbran	11.3	12	1B	CC Isobel Jones	Cwmbran	12.3	6
2A	N Gabrielle Hudson	Newport	12.3	10	2B	AA Jessica Olsen	Aberdare	12.7	5
3A	A Sophia Alli	Aberdare	12.6	8	3B	NN Danielle Morgan	Newport	13.0	4
4A	H Katie Harman	Hereford	12.8	6	4B	HH Bethany Proctor	Hereford	13.5	3

2:15 PM Record Christie Williams, Aberdare, 22.2, 2003

Letter	U11 Girls 150m	Club	Perf.	pts	Letter	Club	Perf.	pts	
1A	C Jodie Beynon	Cwmbran	22.3	12	1B	CC Emily Finnister	Cwmbran	23.9	6
2A	N Gabrielle Hudson	Newport	23.5	10	2B	NN Danielle Morgan	Newport	24.7	5
3A	A Sophia Alli	Aberdare	25.6	8	3B	AA Jessica Olsen	Aberdare	26.4	4
4A	H Bethany Proctor	Hereford	28.0	6	4B	HH Rian Smith	Hereford	27.7	3

3:30 PM Record Emily Frow, Aberdare, 2:43.9, 2005

Letter	U11 Girls 800m	Club	Perf.	pts	Letter	Club	Perf.	pts	
1A	C Megan James	Cwmbran	2:55.8	12	1B	NN Emma Lighthart	Newport	3:17.4	6
2A	N Amelia Reynolds	Newport	3:02.5	10	2B	CC Isobel Jones	Cwmbran	3:31.7	5
3A	H Thea Beresford	Hereford	3:06.1	8					
4A	A Keira Williams	Aberdare	3:11.6	6					

3:15 PM Record Sam Griffiths, Hereford, 2004, 3.81

Letter	U11 Girls Long Jump	Club	Perf.	pts	Letter	Club	Perf.	pts	
1A	C Jodie Beynon	Cwmbran	3.58	12	1B	CC Emily Finnister	Cwmbran	3.11	6
2A	N Gabrielle Hudson	Newport	2.77	10	2B	H Thea Beresford	Hereford	2.54	5
3A	HH Rian Smith	Hereford	2.64	8	3B	AA Jessica Olsen	Aberdare	2.27	4
4A	A Keira Williams	Aberdare	2.30	6	4B	NN Danielle Morgan	Newport	2.17	3
5A	R Mollie Simms	Rhondda	2.20	4					

1:45 PM Record Candice Finlay, Rhondda, 2003, 6.68

Letter	U11 Girls 2kg Shot	Club	Perf.	pts	Letter	Club	Perf.	pts	
1A	H Jessica Williams	Hereford	5.59	12	1B	NN Caitlin Scarfi	Newport	4.45	6
2A	N Amelia Reynolds	Newport	5.45	10	2B	HH Thea Beresford	Hereford	4.37	5
3A	A Sophia Alli	Aberdare	5.22	8					
4A	R Mollie Simms	Rhondda	4.96	6					

12:30 PM Record Sophie Arthur, Newport, 2007, 14.47

Letter	U11 Girls 300g Javelin	Club	Perf.	pts	Letter	Club	Perf.	pts	
1A	H Jessica Williams	Hereford	11.13	12	1B	NN Amelia Reynolds	Newport	8.85	6
2A	N Danielle Morgan	Newport	10.73	10	2B	CC Isobel Jones	Cwmbran	7.60	5
3A	R Mollie Simms	Rhondda	10.45	8	3B	HH Bethany Proctor	Hereford	5.38	4
4A	C Amy Price	Cwmbran	9.34	6					

4:30 PM Record Cwmbran, 2007, 65.7

Letter	U11 Girls 4 x 100 relay	Perf.	pts	
1A	C Cwmbran	Emily Finnister, Megan James, Isobel Jones, Jodie Beynon	64.1	12
2A	N Newport	Gabrielle Hudson, Amelia Reynolds, Danielle Morgan, Emma Lighthart	67.2	10
3A	H Hereford	Katie Harman, Bethany Proctor, Rian Smith, Thea Beresford	70.5	8

1:20 PM		Record		Cynfelen Nancarrow, Brecon, 2004, 10.6							
Letter	U11 Boys 75m	Club	Perf.	pts	Letter	Club	Perf.	pts			
1A	N	Tristan Cuer	Newport	11.7	12	1B	NN	Freddie Boweell	Newport	11.8	6
2A	H	George Hudson	Hereford	12.7	10	2B	AA	Owain Zalar	Aberdare	12.2	5
3A	V	Lewis Thomas	Rhymney V	12.9	8	3B	HH	Sabastian Fry	Hereford	13.2	4
4A	A	Jack Lewis	Aberdare	12.9	6	4B	VV	Owen Murphy	Rhymney V	13.8	3

2:20 PM		Record		Harry Ravenhill, Hereford, 2005, 21.6							
Letter	U11 Boys 150m	Club	Perf.	pts	Letter	Club	Perf.	pts			
1A	N	Tristan Cuer	Newport	23.7	12	1B	NN	Freddie Boweell	Newport	24.5	6
2A	HH	Simon Chapman	Hereford	24.8	10						
3A	A	Jamie Hargreaves	Aberdare	25.1	8						
4A	V	Lewis Thomas	Rhymney V	28.4	6						

3:30 PM		Record		Tom Organ, Newport, 1998, 2:30.5							
Letter	U11 Boys 800m	Club	Perf.	pts	Letter	Club	Perf.	pts			
1A	N	Carwyn Penny	Newport	2:43.6	12	1B	A	Alex Price	Aberdare	3:11.3	6
2A	AA	Jamie Hargreaves	Aberdare	2:48.2	10						
3A	H	Mathew Jones	Hereford	2:59.3	8						

3:15 PM		Record		Cynfelen Nancarrow, Brecon, 2004, 4.00							
Letter	U11 Boys Long Jump	Club	Perf.	pts	Letter	Club	Perf.	pts			
1A	H	Mathew Jones	Hereford	3.20	12	1B	HH	Sabastian Fry	Hereford	2.63	6
2A	NN	Freddie Boweell	Newport	3.07	10	2B	N	Tristan Cuer	Newport	2.61	5
3A	A	Jamie Hargreaves	Aberdare	2.68	8	3B	AA	Jack Lewis	Aberdare	2.23	4
4A	V	Lewis Thomas	Rhymney V	2.54	6						

1:45 PM		Record		Aaron Finlay, Rhondda, 2003, 7.11							
Letter	U11 Boys 2.72kg Shot	Club	Perf.	pts	Letter	Club	Perf.	pts			
1A	H	Harry Jones	Hereford	4.55	12	1B	HH	Mathew Jones	Hereford	4.49	6
2A	N	Carwyn Penny	Newport	4.02	10	2B	NN	Ryan Martin	Newport	2.93	5
3A	V	Owen Murphy	Rhymney V	3.09	8						

12:30 PM		Record		Jacob Knox, Hereford, 2006, 22.13							
Letter	U11 Boys 300g Javelin	Club	Perf.	pts	Letter	Club	Perf.	pts			
1A	HH	Sabastian Fry	Hereford	16.38	12	1B	N	Carwyn Penny	Newport	12.82	6
2A	A	Jamie Hargreaves	Aberdare	13.69	10	2B	H	Harry Jones	Hereford	8.80	5
3A	NN	Ryan Martin	Newport	13.60	8						
4A	V	Owen Murphy	Rhymney V	11.35	6						

4:35 PM		Record		Aberdare, 2007, 64.4							
Letter	U11 Boys 4 x 100 relay	Club	Perf.	pts	Letter	Club	Perf.	pts			
1A	N	Newport	Carwyn Penny, Ryan Martin, Freddie Boweell, Tristan Cuer	66.5	12						
2A	H	Hereford	Simon Chapman, Sabastian Fry, Mathew Jones, Harry Jones	69.4	10						

3:00 PM Record Rebecca Williams, Newport, 2001, 13.1

Letter	U13 Girls 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Holly Jones	Aberdare	13.9	12	G2 <input checked="" type="checkbox"/>	1B	AA	Brenna Price	Aberdare	14.7	6	G4
2A	C	Emily Brown	Cwmbran	14.6	10	G4	2B	CC	Megan Daley	Cwmbran	15.7	5	
3A	R	Megan Tasker	Rhondda	15.0	8	G4	3B	RR	Paige Moss	Rhondda	16.8	4	
4A	N	Chloe Palmer	Newport	15.4	6								

1:30 PM Record Joanne Hodge, Newport, 1997, 27.3

Letter	U13 Girls 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	C	Emily Brown	Cwmbran	31.3	12	G4	1B	AA	Jessica Lambert	Aberdare			
2A	N	Chloe Palmer	Newport	32.4	10								
3A	A	Holly Jones	Aberdare	35.4	8								
4A	H	Iona Prosser	Hereford	36.7	6								

3:40 PM Record Zoe Llewellyn, Newport, 2001, 2:32.1

Letter	U13 Girls 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	R	Megan Tasker	Rhondda	2:55.0	12		1B	A	Holly Field	Aberdare	3:08.2	6	
2A	AA	Jessica Lambert	Aberdare	3:03.7	10								
3A	C	Samantha Walker	Cwmbran	3:13.2	8								
4A	V	No Athlete Declared	Rhymney V	3:17.1	6								

2:30 PM Record Rachel Byrne, Aberdare, 2000, 5:00.9

Letter	U13 Girls 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	CC	Chelsie Harris	Cwmbran	5:54.2	12		1B	C	Olivia Turley	Cwmbran	6:03.5	6	
2A	AA	Rhian Tay	Aberdare	6:21.3	10		2B	A	Melissa Edmunds	Aberdare	6:34.0	5	
3A	H	Iona Prosser	Hereford	6:32.4	8								

12:30 PM Record Cate Povey, Torfaen, 1999, 11.8

Letter	U13 Girls 70m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	A	Tasia Stevens	Aberdare	16.0	12							

3:30 PM Record Joanne Hodge, Newport, 1997, 1.41

Letter	U13 Girls High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	A	Megan Bunney	Aberdare	1.06	12							

12:30 PM Record Aimee Cutler, Torfaen, 2005, 4.80

Letter	U13 Girls Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	R	Megan Tasker	Rhondda	3.25	12		1B	N	Chloe Palmer	Newport	3.00	6	
2A	C	Sannon Gwylim	Cwmbran	3.22	10		2B	RR	Paige Moss	Rhondda	1.91	5	
3A	NN	Elan Odonovan	Newport	3.15	8								
4A	AA	Lauren Diamond	Aberdare	2.68	6								
5A	H	Iona Prosser	Hereford	2.12	4								

1:45 PM		Record	Louise Finlay, Rhondda, 1996, 10.27										
Letter	U13 Girls 2.72kg Shot		Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H	Katherine Evans	Hereford	6.11	12	G4							
2A	A	Holly Field	Aberdare	4.61	10								

2:30 PM		Record	Emma Crooke, Hereford, 2007, 26.98										
Letter	U13 Girls 0.75kg Discus		Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	AA	Holly Field	Aberdare	12.28	12								
2A	H	Katherine Evans	Hereford	9.75	10								
3A	R	Paige Moss	Rhondda	7.80	8								

1:15 PM		Record	Emma Crooke, Hereford, 2007, 27.90										
Letter	U13 Girls 400g Javelin		Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	N	Jade Guy	Newport	16.15	12	G4		1B	CC	Megan Daley	Cwmbran	10.06	6
2A	AA	Tasia Stevens	Aberdare	11.83	10			2B	A	Rhian Tay	Aberdare	4.40	5
3A	C	Chelsie Harris	Cwmbran	11.47	8								

4:40 PM		Record	Aberdare, 2007, 61.3										
Letter	U13 Girls 4 x 100 relay		Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	A	Aberdare	Brenna Price, Holly Jones, Lowri Davies, Megan Bunney	62.5	12								

3:05 PM Record Lewis Hinwood, Cwmbran, 2005, 12.9

Letter	U13 Boys 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	Oliver Hudson	Newport	13.6	12	G3	1B	AA	Harry Evans	Aberdare	14.5	6	G4
2A	A	Brandon Sherwood	Aberdare	14.1	10	G4	2B	NN	Ryan Morgan	Newport	15.3	5	
3A	V	Nathan Alexander	Rhymney V	14.9	8		3B	HH	George Jones	Hereford	15.6	4	
4A	C	Ethan Lynch	Cwmbran	15.0	6		4B	CC	Louis Brooks	Cwmbran	15.6	3	
5A	H	Jonathon Grech	Hereford	15.0	4								

1:35 PM Record Ben Hale, Newport, 1999, 26.9

Letter	U13 Boys 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	Oliver Hudson	Newport	29.3	12	G4	1B	NN	Kyle Arnold	Newport	31.6	6	
2A	A	Harry Evans	Aberdare	30.0	10	G4	2B	HH	George Jones	Hereford	32.3	5	
3A	C	Ethan Lynch	Cwmbran	31.0	8		3B	CC	Jez Carmock	Cwmbran	33.0	4	
4A	H	Jonathon Grech	Hereford	31.7	6								

3:40 PM Record Nick Johnson, Newport, 2003, 2:24.3

Letter	U13 Boys 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	Rhys Norris	Newport	2:31.4	12	G3	1B	NN	Nathan Scarfi	Newport	2:45.5	6	
2A	AA	Nyall Reynolds	Aberdare	2:47.9	10								

2:30 PM Record Matthew Williams, Aberdare, 2001, 4:55.0

Letter	U13 Boys 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	C	James Scarfi	Cwmbran	5:34.8	12								
2A	H	Caleb Horncastle	Hereford	6:46.0	10								
3A	A	Alex Lawrence	Aberdare	6:52.4	8								

12:35 PM Record Shaun Bartz, Aberdare, 2005, 12.3

Letter	U13 Boys 75m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	V	Nathan Alexander	Rhymney V	16.1	12		1B	A	Brandon Sherwood	Aberdare	20.8	6	
2A	AA	Sam Woodford	Aberdare	17.9	10								

3:30 PM Record Richardo Childs, Brecon, 1997, 1.55

Letter	U13 Boys High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Sam Woodford	Aberdare	1.21	12	G4							
2A	N	Ryan Morgan	Newport	1.09	10								

2:30 PM Record Leigh Collwell, Newport, 2002, 4.94

Letter	U13 Boys Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	A	Brandon Sherwood	Aberdare	4.17	12	G3	NN	Kyle Arnold	Newport	3.52	6	
2A	N	Oliver Hudson	Newport	4.10	10	G3	V	Rhys Watkins	Rhymney V	3.22	5	
3A	H	Jonathon Grech	Hereford	3.85	8	G4	HH	George Jones	Hereford	3.15	4	
4A	VV	Nathan Alexander	Rhymney V	3.23	6		AA	Nyall Reynolds	Aberdare	3.14	3	

4:00 PM Record		Greg Finlay, Rhondda, 1998, 10.62										
Letter	U13 Boys 3.25kg Shot	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H	Thomas Fellows	Hereford	6.74	12	G4	HH	Michael Williams	Hereford	4.94	6	
2A	N	Steven Russell	Newport	5.35	10							
3A	A	Sam Williams	Aberdare	3.39	8							

3:15 PM Record		Matthew Field, Aberdare, 2007, 31.10										
Letter	U13 Boys 1kg Discus	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	V	Rhys Watkins	Rhymney V	16.17	12	G4	HH	Michael Williams	Hereford	13.79	6	
2A	H	Thomas Fellows	Hereford	15.55	10	G4						

1:15 PM Record		Tom Norton, Cwmbran, 2007, 44.80										
Letter	U13 Boys 400g Javelin	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H	Thomas Fellows	Hereford	24.19	12	G3	HH	Michael Williams	Hereford	16.45	6	
2A	N	Steven Russell	Newport	24.12	10	G3						
3A	C	Louis Brooks	Cwmbran	18.58	8	G4						

4:45 PM Record		Cwmbran, 2007, 60.7												
Letter	U13 Boys 4 x 100 relay									Perf.	pts	Gr	AW	
1A	N	Newport	Ryan Morgan, Kyle Arnold, Rhys Norris, Oliver Hudson								61.1	12		
2A	A	Aberdare	Brandon Sherwood, Harry Evans, Sam Woodford, Nyall Reynolds								62.5	10		
3A	H	Hereford	Caleb Horncastle, Thomas Fellows, George Jones, Jonathon grech								65.5	8		

3:10 PM Record Rebecca Williams, Newport, 2003, 12.4

Letter	U15 Girls 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	N	Bethan Wakefield	Newport	13.1	12	G2 <input checked="" type="checkbox"/>	1B	VV Vikki Cook	Rhymney V	13.9	6	G4
2A	A	Jessica MacDonald	Aberdare	13.6	10	G4	2B	AA Lowri John	Aberdare	15.1	5	
3A	V	Lamarah Thomas	Rhymney V	14.5	8		3B	CC Nicola Vaughan	Cwmbran	20.6	4	
4A	H	Sarah Jones	Hereford	14.8	6							
5A	R	Jodie Chapman	Rhondda	14.9	4							
6A	C	Kelley Griffiths	Cwmbran	15.0	2							

1:40 PM Record Rebecca Williams, Newport, 2003, 26.4

Letter	U15 Girls 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	N	Bethan Wakefield	Newport	27.3	12	G3 <input checked="" type="checkbox"/>	1B	VV Vikki Cook	Rhymney V	28.4	6	G4
2A	A	Jessica MacDonald	Aberdare	28.4	10	G4	2B	NN Melissa Arthur	Newport	29.3	5	
3A	C	Kelley Griffiths	Cwmbran	30.4	8		3B	CC Laura Sydney	Cwmbran	30.9	4	
4A	V	Lamarah Thomas	Rhymney V	30.4	6		4B	AA Lowri John	Aberdare	31.9	3	
5A	H	Charlotte Prosser	Hereford	32.5	4							

4:10 PM Record Hannah Clarke, Cwmbran, 2006, 43.0

Letter	U15 Girls 300m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	N	Lauren Archer	Newport	45.0	12	G3 <input checked="" type="checkbox"/>	1B	H Grace Hughes	Hereford	49.4	6	
2A	HH	Clara Evans	Hereford	46.6	10	G4						

3:50 PM Record Sarah Mead, Torfaen, 1994, 2:20.4

Letter	U15 Girls 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H	Grace Hughes	Hereford	2:27.8	12	G3 <input checked="" type="checkbox"/>	1B	HH Jade williams	Hereford	2:42.7	6	

2:40 PM Record Natasha Cockram, Cwmbran, 2007, 5.00.6

Letter	U15 Girls 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H	Clara Evans	Hereford	5:10.9	12	G3	1B	HH Bethan Mills	Hereford	5:44.9	6	
2A	N	Delwen Loudon	Newport	5:48.4	10							

12:40 PM Record Elizabeth Nasrat, Newport, 2000, 12.1

Letter	U15 Girls 75m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H	Charlotte Prosser	Hereford	15.0	12							

1:15 PM Record Hannah Jones, Torfaen, 1996, 1.60

Letter	U15 Girls High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H	Sarah Jones	Hereford	1.27	12		1B	HH Bethan Mills		1.09	6	

12:30 PM Record Aimee Cutler, Torfaen, 2006, 5.36

Letter	U15 Girls Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H Sarah Jones	Hereford	4.34	12	G4		1B RR	Chloe Price	Rhondda	2.63	6	
2A	N Bethan Wakefield	Newport	4.09	10								
3A	V Toni Lloyd	Rhymney V	3.70	8								
4A	R Chelsie Simms	Rhondda	2.90	6								

4:00 PM Record Louise Finlay, Rhondda, 1998, 11.00

Letter	U15 Girls 3.25kg Shot	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H Emma Crooke	Hereford	9.00	12	G2	<input checked="" type="checkbox"/>	1B VV	Toni Lloyd	Rhymney V	6.25	6	
2A	N Melissa Arthur	Newport	7.40	10	G4		2B R	Jodie Chapman	Rhondda	5.58	5	
3A	V Vikki Cook	Rhymney V	7.35	8	G4		3B HH	Hannah Barnes	Hereford	5.41	4	
4A	RR Chelsie Simms	Rhondda	6.36	6			4B NN	Chloe Powell	Newport	4.89	3	
5A	C Danielle Preece	Cwmbran	5.90	4								

2:30 PM Record Louise Finlay, Rhondda, 1998, 29.04

Letter	U15 Girls 1kg Discus	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H Emma Crooke	Hereford	18.24	12	G4		1B HH	Hannah Barnes	Hereford	15.49	6	G4
2A	C Danielle Preece	Cwmbran	16.04	10	G4		2B RR	Chelsie Simms	Rhondda	13.32	5	
3A	R Chloe Price	Rhondda	15.97	8	G4							
4A	V Toni Lloyd	Rhymney V	15.75	6	G4							
5A	N Chloe Powell	Newport	13.69	4								

1:45 PM Record Christie Williams, Aberdare, 2007, 31.17

Letter	U15 Girls 600g Javelin	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H Emma Crooke	Hereford	26.99	12	G2	<input checked="" type="checkbox"/>	1B HH	Jade Williams	Hereford	14.09	6	
2A	N Melissa Arthur	Newport	24.66	10	G2		2B NN	Chloe Powell	Newport	11.71	5	
3A	C Nicola Vaughan	Cwmbran	7.34	8								

4:50 PM Record Newport, 2007, 51.4

Letter	U15 Girls 4 x 100 relay	Perf.	pts	
1A	H Hereford	Jade williams, Grace Hughes, Emma Crooke, Sarah Jones	57.5	12
2A	N Newport	Melissa Arthur, Lauren Archer, Delwen Loudon, Bethan Wakefield	58.5	10

3:15 PM Record Tom Bradbury, Cwmbran, 2004, 11.3

Letter	U15 Boys 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	James Morgan	Newport	12.0	12	G2	<input checked="" type="checkbox"/>	1B	CC	Tyron Blake	Cwmbran	13.6	6
2A	C	Williams Davies	Cwmbran	12.9	10	G4		2B	HH	Tom Mallon	Hereford	14.6	5
3A	H	Perry Fry	Hereford	14.4	8								

1:45 PM Record Tom Bradbury, Cwmbran, 2004, 23.3

Letter	U15 Boys 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	James Morgan	Newport	24.9	12	G3	<input checked="" type="checkbox"/>	1B	NN	Taylor Jones	Newport	28.8	6
2A	C	Williams Davies	Cwmbran	25.5	10	G3							
3A	H	Tom Mallon	Hereford	30.7	8								

4:18 PM Record Ashley Jones, Newport, 2007, 56.7

Letter	U15 Boys 400m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	Michael Payne	Newport	58.4	12	G4							
2A	C	Williams Davies	Cwmbran	60.2	10	G4							

3:50 PM Record Nick Johnson, Newport, 2005, 2:08.5

Letter	U15 Boys 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	C	Matthew Antoniazzi	Cwmbran	2:12.5	12	G3							
2A	A	Lewis Edwards	Aberdare	2:26.6	10								

2:40 PM Record Matthew Williams, Aberdare, 2003, 4:29.9

Letter	U15 Boys 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	CC	Tom Matthews	Cwmbran	4:49.7	12	G4		1B	C	Stephen Scarfi	Cwmbran	5:02.0	6
2A	N	Curtis Goodger	Newport	4:57.3	10	G4		2B	AA	Joseph Roberts	Aberdare	5:22.3	5
3A	A	Tomos Adler	Aberdare	5:21.1	8								

12:45 PM Record Mark Hicks, Cwmbran, 2001, 11.8

Letter	U15 Boys 80m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	C	Tyron Blake	Cwmbran	13.3	12	G3							
2A	H	Perry Fry	Hereford	17.2	10								

1:15 PM Record Kevin Kelly, Cwmbran, 2007, 1.70

Letter	U15 Boys High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	C	Jordan Barry	Cwmbran	1.40	12								
2A	A	Tomos Adler	Aberdare	1.27	10								

2:30 PM		Record		Stephen Jones, Torfaen, 1997, 6.10									
Letter	U15 Boys Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	Michael Payne	Newport	5.12	12	G3	1B	NN	Taylor Jones	Newport	3.75	6	
2A	H	Mathew Bennett	Hereford	3.60	10								

12:30 PM		Record		Greg Finlay, Rhondda, 2000, 14.42									
Letter	U15 Boys 4kg Shot	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Matthew Field	Aberdare	10.68	12	G3							
2A	C	Jordan Barry	Cwmbran	6.37	10								
3A	H	Mathew Bennett	Hereford	5.17	8								
4A	N	Matt Arnold	Newport	4.95	6								

4:00 PM		Record		Greg Finlay, Rhondda, 2000, 40.16									
Letter	U15 Boys 1.25kg Discus	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Matthew Field	Aberdare	31.49	12	G2	<input checked="" type="checkbox"/>						
2A	H	Mathew Bennet	Hereford	12.62	10								
3A	N	Matt Arnold	Newport	11.84	8								

1:45 PM		Record		Chris Wannell, Cwmbran, 2003, 48.05									
Letter	U15 Boys 600g Javelin	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	C	Tyron Blake	Cwmbran	25.80	12								
2A	A	Matthew Field	Aberdare	24.44	10								

4:55 PM		Record		Cwmbran, 2007, 51.9									
Letter	U15 Boys 4 x 100 relay	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
		No, Team, Declared,											

3:20 PM Record		Kelly Birkin, Cwmbran, 2002, 12.3												
Letter	U17 Women 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW		
1A	C	Claire Williams	Cwmbran	12.8	12	G2	<input checked="" type="checkbox"/>	1B	CC	Amy Bradley	Cwmbran	13.3	6	G4
2A	A	Kirsty Marshall	Aberdare	12.9	10	G3	<input checked="" type="checkbox"/>	2B	AA	Kimberley Yates	Aberdare	13.9	5	
3A	N	Shaleena Graham	Newport	13.4	8	G4								

1:50 PM Record		Kelly Birkin, Cwmbran, 2002, 25.5										
Letter	U17 Women 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
No Athlete Declared												

4:15 PM Record		Charlotte Reeks, Torfaen, 1994, 41.8										
Letter	U17 Women 300m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H	Naomi Prosser	Hereford	47.0	12							

4:00 PM Record		Georgina Parnell, Newport, 1997, 2:19.3										
Letter	U17 Women 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
No Athlete Declared												

2:50 PM Record		Ceri Wensley, Newport, 1995, 5:03.8										
Letter	U17 Women 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H	Naomi Prosser	Hereford	5:24.7	12							

12:50 PM Record		Jocelyn Davies, Hereford, 2003, 12.6										
Letter	U17 Women 80m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
No Athlete Declared												

2:30 PM Record		C Watton, Hereford, 1994, 1.65										
Letter	U17 Women High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW

1:15 PM Record		Lara Richards, Newport, 1999, 5.52											
Letter	U17 Women Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	C	Amy Bradley	Cwmbran	4.82	12	G3	<input checked="" type="checkbox"/>	1B	A	Kimberley Yates	Aberdare	4.08	8
2A	AA	Kirsty Marshall	Aberdare	4.47	10	G4							
3A	N	Shaleena Graham	Newport	4.21	8								
4A	H	Naomi Prosser	Hereford	2.96	6								

4:00 PM Record		Laurie Harris, Aberdare, 2005, 9.78 NEW AGE GROUP RECORD											
Letter	U17 Women Triple Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	C	Amy Bradley	Cwmbran	10.04	12	G3	<input checked="" type="checkbox"/>						

12:30 PM Record		Louise Finlay, Rhondda, 2000, 11.48											
Letter	U17 Women 4kg Shot	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	R	Zoe Walters	Rhondda	8.85	12	G2							
2A	N	Shaleena Graham	Newport	6.10	10								

3:15 PM Record		Louise Finlay, Rhondda, 2000, 31.98											
Letter	U17 Women 1kg Discus	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	Sian Jordan	Newport	24.75	12	G3		1B	NN	Noami Wadely Williams	Newport	16.99	8
2A	R	Zoe Walters	Rhondda	22.76	10	G3							

1:45 PM Record		Cerys Nightingale, Newport, 2006, 23.87 NEW AGE GROUP RECORD											
Letter	U17 Women 600g Javelin	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	Naomi Williams Wadely	Newport	28.40	12	G3							
2A	R	Zoe Walters	Rhondda	18.19	10								

5:00 PM Record		Cwmbran, 2007, 54.8											
Letter	U17 Women 4 x 100 relay	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
		No, Team, Declared,											

3:23 PM Record Jamie Mayers, Cwmbran, 2006, 11.0

Letter	U17 Men 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	N	Manan Saleemi	Newport	12.0	12	G4						
2A	C	Craig Godsall	Cwmbran	12.6	10							
3A	H	Darren Hodges	Hereford	14.7	8							

1:55 PM Record Tom Bradbury, Cwmbran, 2005, 22.4

Letter	U17 Men 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	NN	Kyle Mullins	Newport	23.5	12	G2 <input checked="" type="checkbox"/>	1B N	Oliver Edwards	Newport	24.2	8	G4
2A	C	Craig Godsall	Cwmbran	25.1	10							
3A	H	Darren Hodges	Hereford	31.0	8							

4:21 PM Record Kyle Mullins, Newport, 2007, 52.9 **NEW AGE GROUP RECORD**

Letter	U17 Men 400m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	N	Kyle Mullins	Newport	51.8	12	G2 <input checked="" type="checkbox"/>	1B NN	No Athlete Declared	Newport	55.5	8	G4
2A	A	Daniel Hiscox	Aberdare	60.4	10							

4:00 PM Record Craig Maybank, Aberdare, 2004, 2:04.1

Letter	U17 Men 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	A	Daniel Hiscox	Aberdare	2:06.6	12							
2A	N	Emrys Penny	Newport	2:27.2	10							

2:50 PM Record Matthew Wreford, Newport, 2005, 4:21.1

Letter	U17 Men 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	C	George Philpotts	Cwmbran	4:47.5	12	G4						
2A	N	Emrys Penny	Newport	4:50.6	10	G4						

12:55 PM Record Mark Hicks, Cwmbran, 2003, 14.1

Letter	U17 Men 100m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	N	Manan Saleemi	Newport	19.3	12							

2:30 PM Record D.Francis / Josh Higgins, Hereford / Cwmbran, 1994 / 2007,

Letter	U17 Men High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	N	Ashley Jones	Newport	1.71	12	G3	1B NN	Tomas Morgan	1.65	8	G4	
2A	A	Matthew Walford	Aberdare	1.55	10							

1:15 PM Record Tom Kivell, Newport, 2006, 6.49

Letter	U17 Men Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	N	Tomas Morgan	Newport	5.64	12	G3	1B NN	Matthew Saunders	Newport	5.48	8	G4
2A	A	Matthew Walford	Aberdare	4.89	10							
3A	H	John Barnes	Hereford	4.62	8							
4A	R	Luke Moss	Rhondda	3.99	6							

4:00 PM Record Tom Kivell, Newport, 2006, 12.41

Letter	U17 Men Triple Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	A	Matthew Walford	Aberdare	10.17	12							

3:15 PM Record Ryan Spencer-Jones, Brecon, 2003, 14.06

Letter	U17 Men 5kg Shot	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	C	Josh Bussell	Cwmbran	11.26	12	G3						
2A	N	Kevin Trigg	Newport	10.39	10	G4						
3A	R	Luke Moss	Rhondda	6.02	8							

1:45 PM Record James Bryan, Torfaen, 1996, 41.78

Letter	U17 Men 1.5kg Discus	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	C	Josh Bussell	Cwmbran	30.01	12	G3						
2A	H	John Barnes	Hereford	19.20	10							
3A	R	Luke Moss	Rhondda	14.84	8							

3:30 PM Record Kevin Trigg, Newport, 2007, 43.76

NEW AGE GROUP RECORD

Letter	U17 Men 700g Javelin	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	N	Tomas Morgan	Newport	46.51	12	G2 <input checked="" type="checkbox"/>	1B NN	Kevin Trigg	Newport	44.58	8	G2
2A	H	John Barnes	Hereford	27.27	10							

5:05 PM Record Newport, 2007, 49.5

Letter	U17 Men 4 x 100 relay	Perf.
	No, Team, Declared,	

3:26 PM		Record		Kelly Birkin, Cwmbran, 2003, 12									
Letter	U20 Women 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	H	Sarah weaver	Hereford	12.7	12	G2	<input checked="" type="checkbox"/>						
2A	C	Becky Street	Cwmbran	14.1	10								

2:00 PM		Record		Rozelle Cavacuiti, Newport, 2003, 24.6									
Letter	U20 Women 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	H	Sarah Weaver	Hereford	28.3	12								

4:24 PM		Record		Bethany Cann, Newport, 2007, 61.2									
Letter	U20 Women 400m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
		No Athlete Declared											

4:00 PM		Record		Joanna Summerfield, Brecon, 2005, 2:33.7									
Letter	U20 Women 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	H	Sophie Day	Hereford	3:17.1	12								

2:55 PM		Record		Jenna Roberts, Cwmbran, 2007, 5.07.1									
Letter	U20 Women 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Tirion Pryce	Aberdare	6:02.5	12								

1:00 PM		Record		Jocelyn Davies, Hereford, 2003, 12.4									
Letter	U20 Women 100m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
		No Athlete Declared											

2:30 PM		Record		Rozelle Cavacuiti, Newport, 2003, 1.30									
Letter	U20 Women High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	

1:15 PM		Record	Amy Prothero, Newport, 2003, 5.04									
Letter	U20 Women Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	C	Becky Street	Cwmbran	3.87	12							

4:00 PM		Record	Anna Robertson, Hereford, 2006, 9.16									
Letter	U20 Women Triple Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW

12:30 PM		Record	Louise Ali, Aberdare, 2005, 11.05									
Letter	U20 Women 4kg Shot	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H	Anna Robertson	Hereford	8.37	12		1B	HH	Sphia Day	Hereford	6.32	

3:15 PM		Record	Louise Ali, Aberdare, 2005, 31.63									
Letter	U20 Women 1kg Discus	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	HH	Sophia Day	Hereford	19.36	12		1B	H	Anna Robertson	Hereford	16.91	

3:30 PM		Record	Anna Robertson, Hereford, 2006, 19.32									
Letter	U20 Women 600g Javelin	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
1A	H	Anna Robertson	Hereford	13.58	12							

5:10 PM		Record	, ,									
Letter	U20 Women 4 x 100 relay	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW
		No, Team, Declared,										

3:26 PM		Record		Marc Ritchie, Aberdare, 2004, 10.9									
Letter	U20 Men 100m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
	No Athlete Declared												
2:05 PM		Record		Marc Ritchie, Aberdare, 2005, 22.5									
Letter	U20 Men 200m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Daniel Bodman	Aberdare	25.3	12								
2A	H	Edward Fletcher	Hereford	25.5	10								
4:27 PM		Record		Ashley Bayliss, Cwmbran, 2003, 51.0									
Letter	U20 Men 400m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	H	Edward Fletcher	Hereford	54.4	12								
2A	A	Hywel jones	Aberdare	59.1	10								
4:00 PM		Record		Kurt Edwards, Aberdare, 2006, 2.05.4									
Letter	U20 Men 800m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Craig Sprod	Aberdare	2:05.9	12								
2:55 PM		Record		David Shroll, Newport, 2003, 4.36.9 NEW AGE GROUP RECORD									
Letter	U20 Men 1500m	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Daniel Bodman	Aberdare	4:34.7	12								
1:05 PM		Record		David Williams, Aberdare, 2005, 20.5 NEW AGE GROUP RECORD									
Letter	U20 Men 110m hdl	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Daniel Bodman	Aberdare	16.4	12								
2:30 PM		Record		Daniel Williams, Aberdare, 2006, 1.76									
Letter	U20 Men High Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Daniel Williams	Aberdare	1.65	12								
2A	H	Edward Fletcher	Hereford	1.35	10								

1:15 PM		Record		Marc Ritchie, Aberdare, 2004, 6.49									
Letter	U20 Men Long Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	Tom Kivell	Newport	6.08	12	G3							
2A	A	Daniel Williams	Aberdare	5.27	10								

4:00 PM		Record		Daniel Williams, Aberdare, 2006, 11.60									
Letter	U20 Men Triple Jump	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Daniel Williams	Aberdare	10.98	12								

3:15 PM		Record		Scott Williams, Aberdare, 2007, 12.50									
Letter	U20 Men 6kg Shot	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	R	Anthony Halling	Rhondda	12.31	12	G3	<input checked="" type="checkbox"/>						
2A	H	Josh day	Hereford	11.86	10	G3	<input checked="" type="checkbox"/>						

1:45 PM		Record		Alex Leach, Newport, 2005, 40.60									
Letter	U20 Men 1.75kg Discus	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	N	Jacob Matthews	Newport	39.03	12	G2	<input checked="" type="checkbox"/>						
2A	R	Anthony Halling	Rhondda	34.42	10								
3A	H	Josh day	Hereford	28.50	8								

3:30 PM		Record		Oliver Wright, Hereford, 2007, 44.18 NEW AGE GROUP RECORD									
Letter	U20 Men 800g Javelin	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Joshua Williams	Aberdare	44.53	12	G3							
2A	R	Anthony Halling	Rhondda	35.99	10								
3A	H	Josh day	Hereford	32.61	8								

5:15 PM		Record		,,									
Letter	U20 Men 4 x 100 relay	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
1A	A	Aberdare	Craig Sprod, Carl Hill, Hywel Jones, Daniel Williams	50.3	12								

5:20 PM		Record		Newport, 2007, 69.9									
Letter	Medley 5 x 100 relay	Club	Perf.	pts	Gr	AW	Letter	Club	Perf.	pts	Gr	AW	
			Event Cancelled, , , ,										