

12:35 PM

League Record Emily Mitchell Carmarthen Harriers 13.2s 2003 / Welsh Record - Jane Bradbeer Swansea Harriers 12.6s 1981

| Letter | 100m | Club | Perf. | Pts | Grade | Letter | Club | Perf. | Pts | Grade | | |
|--------|------|------------------|--------------|------|-------|--------|------|-------|--------------|--------------|------|----|
| 1A | F | Catrin Cosier | Barry & Vale | 14.2 | 16 | G4 | 1B | FF | Carys Knpman | Barry & Vale | 14.7 | 12 |
| 2A | T | Rebecca Foley | Cardiff | 14.6 | 14 | | 2B | TT | Amy Lane | Cardiff | 15.4 | 10 |
| 3A | UU | Megan Tasker | Rhondda | 15.4 | 12 | | 3B | U | Paige Moss | Rhondda | 17.7 | 8 |
| 4A | B | Lauren Oloughlin | Brecon | 15.6 | 10 | | | | | | | |
| 5A | G | Keely Flower | Cwmbran | 17.0 | 8 | | | | | | | |

3:45 PM

League Age Group Record Emily Mitchell Carmarthen Harriers 27.5s 2003 / Welsh Record - Jane Bradbeer Cardiff AAC 25.7s 1981

| Letter | 200m | Club | Perf. | Pts | Grade | Letter | Club | Perf. | Pts | Grade | | |
|--------|------|----------------|--------------|------|-------|--------|------|-------|----------------|---------|------|----|
| 1A | F | Catrin Cosier | Barry & Vale | 29.6 | 16 | G4 | 1B | TT | Ailisha Ernest | Cardiff | 31.6 | 12 |
| 2A | T | Laura Trigg | Cardiff | 30.9 | 14 | | | | | | | |
| 3A | B | Emily Brookes | Brecon | 34.2 | 12 | | | | | | | |
| 4A | G | Shannon Gwilym | Cwmbran | 35.6 | 10 | | | | | | | |

1:45 PM

League Age Group Record Jade Williams Swansea Harriers 2 min 27.2s 2005 / Welsh Record - Lisa Lanini Wrexham AC 2.16.0s 2000

| Letter | 800m | Club | Perf. | Pts | Grade | Letter | Club | Perf. | Pts | Grade | | |
|--------|------|------------------|--------------|--------|-------|--------|------|-------|-------------------|--------------|--------|----|
| 1A | FF | Kate Coker | Barry & Vale | 2:54.0 | 16 | | 1B | B | Emily Brookes | Brecon | 3:10.0 | 12 |
| 2A | U | Megan Tasker | Rhondda | 2:55.2 | 14 | | 2B | TT | Francesca Falcini | Cardiff | 3:12.3 | 10 |
| 3A | T | Megan Williams | Cardiff | 3:08.6 | 12 | | 3B | F | Karisha Dee | Barry & Vale | 3:13.7 | 8 |
| 4A | BB | Lauren Oloughlin | Brecon | 3:09.4 | 10 | | | | | | | |

4:00 PM

League Age Group Record Non Stanford Swansea Harriers 5 min 00.5s / Welsh Record - Hywellis Thomas-Howells Neath Harriers 4.49.93s 2007

| Letter | 1500m | Club | Perf. | Pts | Grade | Letter | Club | Perf. | Pts | Grade | | |
|--------|-------|----------------|--------------|--------|-------|--------|------|-------|-------------|---------|--------|----|
| 1A | F | Rachel Cosier | Barry & Vale | 5:48.8 | 16 | | 1B | T | Laura Trigg | Cardiff | 6:19.7 | 12 |
| 2A | B | Jill Buck | Brecon | 5:54.4 | 14 | | | | | | | |
| 3A | TT | Ailisha Ernest | Cardiff | 6:13.1 | 12 | | | | | | | |

3:00 PM

League Age Group Record Eleanor Rowland / Stacey Collins / Rachel Davies / Laura Kate Edwards Pembroke H / Neath H / Bridgend AC / Wrexham AC

| Letter | 70m Hurdles | Club | Perf. | Pts | Grade | Letter | Club | Perf. | Pts | Grade | | |
|--------|-------------|---------------|---------|------|-------|--|------|-------|----------------|---------|------|----|
| 1A | T | Rebecca Foley | Cardiff | 13.0 | 16 | G4 <input checked="" type="checkbox"/> | 1B | TT | Olivia Gibbons | Cardiff | 14.4 | 12 |

12:00 PM

League Age Group Record Hannah Thomas Wrexham AC 1m 50cm 2005 / Welsh Record - Julia Charlton Carmarthen Harriers 1m 68cm 1978

| Letter | High Jump | Club | Perf. | Pts | Grade | Letter | Club | Perf. | Pts | Grade | | |
|--------|-----------|--------------------|---------|------|-------|--------|------|-------|------------|---------|------|----|
| 1A | N | Bethan Hil-Howells | Newport | 1.25 | 16 | | 1B | TT | Kate Seary | Cardiff | 1.10 | 12 |
| 2A | T | Olivia Gibbons | Cardiff | 1.15 | 14 | | | | | | | |

= Athletics Weekly Std Achieved

3:00 PM League Age Group Record Hannah Thomas Wrexham AC 4m 59cm 2005 / Welsh Record - Lisa Armstrong Torfaen AC 4m 88cm 1986

| Letter | Long Jump | Club | Perf. | Pts | Grade | Letter | Club | Perf. | Pts | Grade | |
|--------|-----------|---------------------|--------------|------|-------|--------|------|--------------|--------------|-------|----|
| 1A | T | Laura Trigg | Cardiff | 3.76 | 16 | 1B | TT | Katie Munroe | Cardiff | 3.28 | 12 |
| 2A | N | Bethan Hill-Howells | Newport | 3.41 | 14 | 2B | FF | Carys Knpman | Barry & Vale | 3.18 | 10 |
| 3A | F | Rachel Cosier | Barry & Vale | 3.39 | 12 | 3B | U | Paige Moss | Rhondda | 2.05 | 8 |
| 4A | UU | Megan Tasker | Rhondda | 3.22 | 10 | | | | | | |

12:45 PM League Age Group Record Nicola Stevenson Bridgend AC 10m 37cm / Welsh Record - Nicola Stevenonson Bridgend AC 10m 83cm 2001

| Letter | Shot Putt (2.72kg) | Club | Perf. | Pts | Grade | Letter | Club | Perf. | Pts | Grade | |
|--------|--------------------|-------------------|---------|------|-------|--------|------|----------------|---------|-------|----|
| 1A | B | Jill Buck | Brecon | 5.72 | 16 | 1B | T | Megan Williams | Cardiff | 3.55 | 12 |
| 2A | G | Emma Norton | Cwmbran | 4.53 | 14 | | | | | | |
| 3A | TT | Francesca Falcini | Cardiff | 3.55 | 12 | | | | | | |

2:15 PM League Age Group Record Toni Wells Swansea Harriers 27m 75cm 2005 / Welsh Record - Toni Wells Swansea Harriers 29m 85cm 2005

| Letter | Discus (0.75kg) | Club | Perf. | Pts | Grade | Letter | Club | Perf. | Pts | Grade | |
|--------|-----------------|---------------|---------|-------|-------|--------|------|----------|---------|-------|----|
| 1A | T | Rebecca Foley | Cardiff | 11.74 | 16 | 1B | TT | Amy Lane | Cardiff | 7.00 | 12 |
| 2A | G | Emma Norton | Cwmbran | 11.49 | 14 | | | | | | |
| 3A | U | Paige Moss | Rhondda | 6.32 | 12 | | | | | | |

4:15 PM League Age Group Record Robyn Purchase Wrexham AC 30m 73cm 2005 / Welsh Record - Mary Wilson Carmarthen Harriers 31m 63cm 2004

| Letter | Javelin (400g) | Club | Perf. | Pts | Grade | Letter | Club | Perf. | Pts | Grade | |
|--------|----------------|---------------|---------|-------|-------|--------|------|-----------|--------|-------|----|
| 1A | G | Emma Norton | Cwmbran | 14.42 | 16 | 1B | B | Jill Buck | Brecon | 6.69 | 12 |
| 2A | BB | Emily Brookes | Brecon | 7.65 | 14 | | | | | | |

5:15 PM League Age Group Record Carmarthen Harriers 55.6s 2006 / Welsh Record - No Record set for age groups

| Letter | 4 x 100m Relay | Perf. | Pts |
|--------|----------------|---|---------|
| 1A | T Cardiff | Eilisha Elliott Allison Singleton Ellie Rapson Anna Leigh Lewis | 63.1 16 |

| Position | Clubs | Points |
|---|--------------|--------|
| 1 | Cardiff | 246 |
| 2 | Barry & Vale | 106 |
| 3 | Brecon | 100 |
| 4 | Rhondda | 64 |
| 5 | Cwmbran | 62 |
| 6 | Newport | 30 |
| 7 | | |
| 8 | | |
| The points above are for U13 Girls only | | |

= Athletics Weekly Std Achieved