

12:45 PM League Age Group Record Claire Jones Pembroke Harriers 12.4s 2003 / Welsh Record - Helin Miles Bridgend AC 12.0s 1981

Letter	100m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	F Toyah Newman	Barry & Vale	13.8	16		1B	TT Allison Singleton	Cardiff	13.5	12 G4
2A	Z Limarah Thomas	Rhymney Valley	14.3	14		2B	BB Charlotte Brookes	Brecon	14.7	10
3A	T Eilisha Elliott	Cardiff	14.9	12		3B	ZZ Bethan Mansfield	Rhymney Valley	14.9	8
4A	G Kelly Griffiths	Cwmbran	15.0	10		4B	GG Olivia Perry	Cwmbran	16.1	6
5A	U Jodie Chapman	Rhondda	15.0	8						
6A	B Genevieve Matthews	Brecon	16.2	6						

3:35 PM League Age Group Record Hannah Jones Carmarthen Harriers 25.5s 2005 / Welsh Record - Jane Bradbeer Cardiff AAC 24.9s 1983

Letter	200m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	TT Anna Leigh Lewis	Cardiff	28.7	16		1B	T Ellie Rapson	Cardiff	30.3	12
2A	N Melissa Arther	Newport	29.7	14		2B	G Kelly Griffiths	Cwmbran	31.3	10
3A	GG Olivia Perry	Cwmbran	30.5	12		3B	B Charlotte Brookes	Brecon	31.6	8
4A	Z Limarah Thomas	Rhymney Valley	30.8	10						

2:05 PM League Age Group Record Non Stanford Swansea Harriers 2 min 19.4s / Welsh Record - Amanda Pritchard Cardiff AAC 2 min 10.66s 1994

Letter	800m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	T Kara Davies	Cardiff	24:00.0	16		1B	TT Elinor Mahoney	Cardiff	24:00.0	8
2A	TT Elinor Mahoney	Cardiff	3:03.3	14						

4:15 PM League Age Group Record Melanie Davies Swansea Harriers 4 min 55.1s 2003 / Welsh Record - Non Stanford Swansea Harriers 4 min 32.24

Letter	1500m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	N Delwen Loudon	Newport	6:04.4	16		1B	T Chloe Phillips	Cardiff	7:00.5	12
2A	TT Rebecca Findlay	Cardiff	6:09.2	14						
3A	F Hannah Jones	Barry & Vale	6:30.7	12						

2:45 PM League Age Group Record Heather Jones Carmarthen Harriers 11.1s / Welsh Record - Heather Jones Carmarthen Harriers 10.86s 2001

Letter	75m Hurdles	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	T Megan Thomas	Cardiff	12.6	16	G4	1B	TT Eilisha Elliott	Cardiff	15.2	12
2A	BB Gwenllian Reeves	Brecon	16.3	14		2B	B Hannah Buck	Brecon	16.8	10

12:00 PM League Age Group Record Jenny Wade Barry & Vale 1m 58cm 2003 / Welsh Record - Lea Hagggett Herne Hill 1m 81cm 1986

Letter	High Jump	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	T Ffion Boddily	Cardiff	1.40	16						
2A	G Olivia Perry	Cwmbran	1.35	14						

Venue /

12:00 PM League Age Group Record Emma Gould Brecon AC 3m 11cm 2005 / Welsh Record - Emma Gould Brecon AC 3m 11cm 2005

Letter	Pole Vault	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
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2:15 PM League Age Group Record Danielle Carpenter Cardiff AAC 5m 17cm / Welsh Record - Ceri Jenkins Cleddau 5m 57cm 1972

Letter	Long Jump	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	F Toyah Newman	Barry & Vale	4.43	16		1B TT	Allison Singleton	Cardiff	3.69	12
2A	T Eilisha Elliott	Cardiff	3.78	14		2B U	Jodie Chapman	Rhondda	3.35	10
3A	Z Bethan Mansfield	Rhymney Valley	3.58	12		3B B	Genevieve Matthews	Brecon	3.29	8
4A	UU Chelsie Simms	Rhondda	3.52	10						
5A	BB Gwenllian Reeves	Brecon	3.46	8						
6A	N Chloe Powell	Newport	2.91	6						

12:00 PM League Age Group Record Toni Wells Swansea Harriers 10m 99cm 2007 / Welsh Record - Emily Steele Shrewsbury AC 13m 22cm 1989

Letter	Shot Putt (3.25kg)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	B Lily Snape	Brecon	7.90	16		1B BB	Hannah Buck	Brecon	5.40	12
2A	N Melissa Arther	Newport	7.18	14		2B U	Jodie Chapman	Rhondda	5.07	10
3A	UU Chelsie Simms	Rhondda	6.42	12		3B NN	Chloe Powell	Newport	5.05	8
4A	T Chloe Phillips	Cardiff	4.92	10						
5A	G Jessica Bevan	Cwmbran	4.91	8						

2:15 PM League Age Group Record Toni Wells Swansea Harriers 32m 15cm 2007 / Welsh Record - Philipa Roles Swansea Harriers 44m 12cm 1992

Letter	Discus (1.0kg)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	B Lily Snape	Brecon	16.57	16		1B BB	Hannah Buck	Brecon	10.31	12
2A	U Chelsie Simms	Rhondda	14.94	14						
3A	G Jessica Bevan	Cwmbran	14.84	12						

11:00 AM League Age Group Record Toni Wells Swansea Harriers 39m 91cm 2006 / Welsh Record - Charlotte Murray Swansea Harriers 41m 90cm 20

Letter	Hammer (3kg)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	T Nia Hodnett	Cardiff	28.79	16	G3 <input checked="" type="checkbox"/>	1B TT	Chloe Phillips	Cardiff	13.47	12

4:15 PM League Age Group Record Danielle Hamer Carmarthen Harriers 35m 24cm 2005 / Welsh Record - Danielle Hamer Carmarthen Harriers 38m

Letter	Javelin (600g)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	N Melissa Arther	Newport	25.11	16	G4 <input checked="" type="checkbox"/>	1B NN	Chloe Powell	Newport	12.29	12
2A	F Toyah Newman	Barry & Vale	22.01	14	G4	2B T	Ellie Rapson	Cardiff	5.57	10
3A	G Bethan Shaw	Cwmbran	14.24	12						
4A	TT Anna Leigh Lewis	Cardiff	9.17	10						

Venue /

5:25 PM League Age Group Record Carmarthen Harriers 50.6s 2005 / 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	56.6	16
2A	B	Brecon	Charlotte Brookes	Genevieve Matthews	Hannah Buck	Lily Snape	65.5	14

Position	Clubs	Points
1	Cardiff	246
2	Brecon	134
3	Newport	86
4	Cwmbran	84
5	Rhondda	64
6	Barry & Vale	58
7	Rhymney Valley	44
8		
<b>The points above are for U15 Girls only</b>		