

1:05 PM League Age Group Record Lloyd Reffell Cardiff AAC 11.2s 2005 / Welsh Record - Tim Benjamin / Andrew Watkins Cardiff AAC / Cwmbran H 10.71s 199

Letter	100m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	N Manan Salemi	Newport	11.4	16	G3 <input checked="" type="checkbox"/>	1B	NN Oliver Edwards	Newport	11.4	12 G3 <input checked="" type="checkbox"/>
2A	FF Jamie Sexton	Barry & Vale	11.6	14	G3 <input checked="" type="checkbox"/>	2B	G Michael Grout	Cwmbran	12.6	10
3A	T Roystan Bishop	Cardiff	12.2	12		3B	F Thomas Phillips	Barry & Vale	12.7	8
4A	GG Craig Godsall	Cwmbran	12.5	10		4B	TT Kyle Garrison	Cardiff	13.2	6

3:15 PM League Age Group Record Calvin McLaggon Barry & Vale 22.7s 2002 / Welsh Record - Tim Benjamin Cardiff AAC 21.19s 1998

Letter	200m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	T James Cutlan	Cardiff	23.6	16	G4 <input checked="" type="checkbox"/>	1B	G Michael Grout	Cwmbran	25.9	12
2A	N Oliver Edwards	Newport	23.6	14	G4 <input checked="" type="checkbox"/>					
3A	F Thomas Phillips	Barry & Vale	23.7	12	G4 <input checked="" type="checkbox"/>					
4A	GG Craig Godsall	Cwmbran	25.1	10						

4:55 PM League Age Group Record Rhodri Scanlon Carmarthen Harriers 59.0s 2003 / Welsh Record - Bruce Tasker Carmarthen Harriers 47.85s 2004

Letter	400m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	T James Cutlan	Cardiff	56.2	16		1B	TT Jacob Brenan	Cardiff	57.0	12
2A	G Craig Godsall	Cwmbran	58.5	14		2B	GG Freddie Naseriyan	Cwmbran	59.4	10

2:50 PM League Age Group Record Rob Lightfoot Wrexham AC 1 min 57.7s 2003 / Welsh Record - Neil Horsefield Newport Harriers 1 min 51.6 1983

Letter	800m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	T Declan Evans	Cardiff	2:03.2	16	G4 <input checked="" type="checkbox"/>	1B	TT Gareth Evans	Cardiff	2:10.3	12
2A	G Freddie Naseriyan	Cwmbran	2:12.8	14		2B	GG Lewis Shaw	Cwmbran	2:13.5	10
3A	FF Fearghas Gough	Barry & Vale	2:29.8	12		3B	F Chris Riggott	Barry & Vale	2:46.2	8

4:35 PM League Age Group Record David Jones Carmarthen Harriers 4 min 07.0s / Welsh Record - Colin Clarkson Swansea Harriers 3 min 51.5s 1977

Letter	1500m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	T Abdi Youseff	Cardiff	4:41.4	16		1B	TT Darren Jones	Cardiff	4:55.7	12
2A	F Owen Haswell	Barry & Vale	4:42.0	14						

1:15 PM League Age Group Record Mitchell Aspland Neath Harriers 4 min 40.0s 2003 / Welsh Record - Steve Evans Abertillery AC 4 min 11.2s 1974

Letter	1500m s/chase	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
No Athletes Declared										

1:55 PM League Age Group Record Dafydd Walters Carmarthen Harriers 13.8s 2007 / Welsh Record - David Guest Bridgend AC 12.94s 2007

Letter	100m Hurdles	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	TT Ben Cleary	Cardiff	14.6	16	G3 <input checked="" type="checkbox"/>	1B	T Daniel Sharrem	Cardiff	15.0	12 G4

12:10 PM League Age Group Record Gareth Sutcliffe Cardiff AAC 58.1s 2005 / Welsh Record - Mark Rowlands Swansea Harriers 53.30s 1994

Letter	400m Hurdles	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
No Athletes Declared										

3:45 PM League Age Group Record Sam Hood Cardiff AAC 2m 05cm / Welsh Record - Chuka Enih-Snell Swansea Harriers 2m 15cm 2000

Letter	High Jump	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	T Dominic Tucker	Cardiff	1.75	16	G4 <input checked="" type="checkbox"/>					
2A	N Tom Morgan	Newport	1.65	14	<input checked="" type="checkbox"/>					
3A	F Thomas Phillips	Barry & Vale	1.60	12	<input checked="" type="checkbox"/>					

12:00 PM League Age Group Record Paul Walker Cardiff AAC 4m 25cm / Welsh Record - Neil Winter Shaftesbury 5m 20cm 1990

Letter	Pole Vault	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade

12:45 PM League Age Group Record Ricardo Childs Brecon AC 6m 88cm 2001 / Welsh Record - Marcus Browning Chester 7m 11cm 1986

Letter	Long Jump	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	N Tom Morgan	Newport	5.93	16	G4 <input checked="" type="checkbox"/>	1B	NN Matthew Saunders	Newport	5.48	12 <input checked="" type="checkbox"/>

4:30 PM League Age Group Record Craig Phillips Deeside AC 13m 54cm 2002 / Welsh Record - Steven Shalders Cardiff AAC 15m 14cm 1998

Letter	Triple Jump	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade

3:00 PM League Age Group Record Glenn Williams Cardiff AAC 14m 86cm / Welsh Record - Mark Hewer Cardiff AAC 16m 93cm 1979

Letter	Shot Putt (5kg)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	G Josh Bussell	Cwmbran	9.94	16	✓					
2A	T Kyle Garrison	Cardiff	5.85	14	✓					

5:00 PM League Age Group Record Glenn Williams Cardiff AAC 48m 38cm / Welsh Record - Gareth Bull Cardiff AAC 48m 93cm 2001

Letter	Discus (1.5kg)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	G Josh Bussell	Cwmbran	30.06	16	✓					

11:00 AM League Age Group Record Glenn Williams Cardiff AAC 54m 80cm / Welsh Record - Shaun Pickering Haringey 62m 12cm 1978  
**NEW AGE GROUP RECORD**

Letter	Hammer (5kg)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade	
1A	T Rhys Hodnett	Cardiff	55.58	16	G1	1B TT	Kyle Garrison	Cardiff	10.49	12	✓

1:30 PM League Age Group Record Josh Madden Carmarthen Harriers 53cm 23cm 2007 / Welsh Record - Colin MacKenzie East Kent 70m 30cm 1979

Letter	Javelin (700g)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	N Tom Morgan	Newport	42.46	16	G4					
2A	F Fearghas Gough	Barry & Vale	34.23	14	✓					
3A	G Freddie Naseriyan	Cwmbran	25.07	12	✓					
4A	T Jacob Brenan	Cardiff	20.20	10	✓					

5:40 PM League Age Group Record Cardiff AAC 45.2s 2002 / Welsh Record - No Record set for age groups

Letter	4 x 100m Relay	Club	Perf.	Pts
1A	F Barry & Vale	Thomas Phillips Fearghas Gough Jamie Sexton Chris Riggott	49.3	16
2A	T Cardiff	Roystan Bishop Abdi Youseff James Cutlan Jacob Brenan	50.7	14
3A	G Cwmbran	Lewis Shaw Craig Godsall Freddie Naseriyan Michael Grout	51.9	12

Position	Clubs	Points
1	Cardiff	228
2	Cwmbran	146
3	Barry & Vale	110
4	Newport	100
5		
6		
7		
8		
The points above are for U17 Men only		

Venue /