

1:10 PM League Age Group Record Calvin McLaggon Barry & Vale 10.9s 2003 / Welsh Record - Christian Malcolm Cardiff AAC 10.12s 1998

Letter	100m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	T Chris Howe	Cardiff	11.0	16	G1 <input checked="" type="checkbox"/>	1B	TT Gareth Hopkins	Cardiff	11.2 G2 <input checked="" type="checkbox"/>
2A	G David Norton	Cwmbran	11.7	14					

3:20 PM League Age Group Record Calvin McLaggon Barry & Vale 22.2s 2003 / Welsh Record - Christian Malcolm Cardiff AAC 20.29s 1998

Letter	200m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	TT Gareth Hopkins	Cardiff	22.7	16	G3 <input checked="" type="checkbox"/>	1B	T Chris Howe	Cardiff	22.8 G3 <input checked="" type="checkbox"/>
2A	F Adam Jones	Barry & Vale	22.8	14	G3 <input checked="" type="checkbox"/>				
3A	GG David Norton	Cwmbran	24.1	12					

5:05 PM League Age Group Record Bruce Tasker Carmarthen Harriers 49.0s 2003 / Welsh Record - Tim Benjamin Cardiff AAC 46.10s 2001

Letter	400m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	T Chris Howe	Cardiff	70.2	16		1B	TT Luke Morgan	Cardiff	70.3

2:55 PM League Age Group Record Stephen Richards Swansea Harriers 1 min 58.2s 2003 / Welsh Record - Paul Williams Barry & Vale H 1 min 48.20s 1986

Letter	800m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	G Chris Prothero	Cwmbran	2:02.0	16	<input checked="" type="checkbox"/>				
2A	T Tom Whitmarsh-Knight	Cardiff	2:08.7	14					

4:40 PM League Age Group Record Tom Marshall Brecon AC 4 min 05.6s 2007 / Welsh Record - Neil Horsefield Newport Harriers 3 min 44.59s 1984

Letter	1500m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	B Tom Marshall	Brecon	4:14.7	16					
2A	T Rowan Axe	Cardiff	4:15.7	14					

1:25 PM League Age Group Record Gareth Jones Swansea Harriers 6 min 40.4s 2003 / Welsh Record - Mickey Morris Cwmbran Harriers 5 min 34.8s 1975

Letter	2000m s/chase	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
No Athletes Declared									

1:35 PM League Age Group Record Kris Jones Newport Harriers 15.8s 2003 / Welsh Record - Colin Jackson Cardiff AAV 13.44s 1986

Letter	110m Hurdles	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
No Athletes Declared									

12:00 PM League Age Group Record Richard Chappell Cardiff AAC 58.5s 2007 / Welsh Record - David Greene Swansea Harriers 51.14s 2005

New Welsh Junior League Record

Letter	400m Hurdles	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	T	Luke Morgan	Cardiff	58.0	16	G3			<input checked="" type="checkbox"/>

3:45 PM League Age Group Record Gareth Haines Carmarthen Harriers 1m 98cm / Welsh Record - John Hill Solihull 2m 24cm 1985

Letter	High Jump	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	B	Stephen Jeffreys	Brecon	1.50	16				

12:00 PM League Age Group Record Paul Walker Cardiff AAC 4m 20cm 2003 / Welsh Record - Neil Winter Shaftesbury 5m 50cm 1992

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

12:45 PM League Age Group Record Ricardo Childs Brecon AC 7m 09cm 2003 / Welsh Record - Colin Jackson Cardiff AAC 7m 56cm 1985

Letter	Long Jump	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	N	Tom Kivell	Newport	6.41	16	G3			<input checked="" type="checkbox"/>
2A	B	Stephen Jeffreys	Brecon	5.93	14				
3A	TT	Jack Tugwell	Cardiff	5.73	12				
4A	G	Josh Kidd	Cwmbran	5.21	10				

4:30 PM League Age Group Record Matthew Jacobs Carmarthen Harriers 13m 51cm 2003 / Welsh Record - Steven Shalders Cardiff AAC 15m 99cm 2000

Letter	Triple Jump	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	N	Tom Kivell	Newport	13.39	16	G3			<input checked="" type="checkbox"/>
2A	F	Adam Jones	Barry & Vale	12.18	14				
3A	T	Robert Green	Cardiff	11.27	12				

Venue /

3:00 PM League Age Group Record Brett Morse Cardiff AAC 15m 32cm 2007 / Welsh Record - Mathew Evans Carmarthen Harriers 16m 26cm 2007
New Age Group Record **New Welsh Record**

Letter	Shot Putt (6kg)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	T Brett Morse	Cardiff	16.34	16	G1				
2A	N Jacob Matthews	Newport	13.31	14	G1				
3A	U Anthony Halling	Rhondda	10.53	12					

5:00 PM League Age Group Record Brett Morse Cardiff AAC 54m 92cm 2007 / Welsh Record - Brett Morse Cardiff AAC 55m 65cm 2007
New Age Group Record **New Welsh Record**

Letter	Discus (1.75kg)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	T Brett Morse	Cardiff	58.37	16	G1				

11:00 AM League Age Group Record Richie Wells Swansea Harriers 55m 26cm 2007 / Welsh Record - Matthew Richards Swansea Harriers 58m 44cm 2005

Letter	Hammer (6kg)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	U Anthony Halling	Rhondda	29.59	16					

1:30 PM League Age Group Record Stephen Winter Brecon AC 58m 43cm 2006 / Welsh Record - Jonathan Clarke Swansea Harriers 68m 74cm 1986

Letter	Javelin (800g)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	G Jason Copsey	Cwmbrian	51.18	16	G2				
2A	U Anthony Halling	Rhondda	34.30	14					

5:45 PM League Age Group Record Deeside 51.8s 2003 / Welsh Record - No Record set for age groups

Letter	4 x 100m Relay	Club	Perf.	Pts	Grade	Letter	Club	Perf.
1A	T Cardiff	Chris Howe	Gareth Hopkins	Matthew Daniels	Luke Morgan			47.2

Position	Clubs	Points
1	Cardiff	148
2	Cwmbrian	68
3	Brecon	46
4		
5	Rhondda	42
6	Barry & Vale	28
7		
8		
The points above are for U20 Women. Only "A" String performances score		