

1:00 PM League Age Group Record Susan Bagnall Deeside AC 12.3s 2003 / Welsh Record - Helin Miles Cardiff AAC 11.62s 1985

Letter	100m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade		
1A	T	Rebecca Garrett	Cardiff	12.8	16	<input checked="" type="checkbox"/>	1B	GG	Kathryn Davies	Cwmbran	13.3
2A	G	Emma Reynolds	Cwmbran	13.0	14	<input checked="" type="checkbox"/>	2B	TT	Hanna Williams	Cardiff	13.4

3:30 PM League Age Group Record Melanie Stephenson Cardiff AAC 24.7s 2005 / Welsh Record - Michelle Probert Sale Harriers 23.6s 1976

Letter	200m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade			
1A	T	Rebecca Garrett	Cardiff	25.9	16	G3 <input checked="" type="checkbox"/>	1B	TT	Hanna Lewis	Cardiff	26.8	<input checked="" type="checkbox"/>

5:00 PM League Age Group Record Rebecca Cozens Cardiff AAC 59.5s / Welsh Record - Sian Morris Port Talbot 52.80s 1983

Letter	400m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade		
1A	T	Laura Seary	Cardiff	66.1	16		1B	TT	Rebecca Garrett	Cardiff	71.6

2:35 PM League Age Group Record Kate Wiltshire Cardiff AAC 2 min 17.2s 2006 / Welsh Record - Kirsty McDermott Brecon 2 min 04.01s 1981

Letter	800m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	B	Leigh Barker	Brecon	2:27.6	16				

4:30 PM League Age Group Record Helen Williams Wrexham AC 4 min 57.0s / Welsh Record - Non Stanford Swansea Harriers 4 min 23.55s 2004

Letter	1500m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	T	Hollie Ryder	Cardiff	6:06.9	16				

2:00 PM League Age Group Record Heather Jones Carmarthen Harriers 14.0s 2005 / Welsh Record - Bethan Edwards Cardiff AAC 13.57s 1992

Letter	100m Hurdles	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
No Athletes Declared									

12:20 PM League Age Group Record Anwen Rees Carmarthen Harriers 64.0s 2003 / Welsh Record - Alyson Evans Cardiff AAC 58.37s 1985

Venue /

Letter	400m Hurdles	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	T	Laura Seary	Cardiff	74.1	16				

1:00 PM League Age Group Record Ceri Stokoe Swansea Harriers 1m 80cm / Welsh Record - Rebecca Jones Wrexham AC 1m 88cm 2002

Letter	High Jump	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	T	Imogen Lewis	Cardiff	1.55	16				

12:00 PM League Age Group Record Lindsey Maund Swansea Harriers 3m 30cm 2005 / Welsh Record - Rhian Clarke Essex Ladies 3m 70cm 1996

Letter	Pole Vault	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	T	Hanna Abraham	Cardiff		G1				

12:00 PM League Age Group Record Lara Richards Newport Harriers 5m 58cm / Welsh Record - Lisa Armstrong Torfaen AC 6m 25cm 1992

Letter	Long Jump	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	B	Leigh Barker	Brecon	3.97	16				

4:30 PM League Age Group Record Victoria Lloyd Pembroke Harriers 11m 04cm 2005 / Welsh Record - Sally Peake Liverpool 12m 24cm 2005

Letter	Triple Jump	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	T	Hanna Williams	Cardiff	9.59	16	G3			
2A	B	Leigh Barker	Brecon	8.81	14				

2:15 PM League Age Group Record Sally Hinds Swansea Harriers 13m 24cm 2005 / Welsh Record - Sally Hinds Swansea Harriers 14m 72cm 2005

Letter	Shot Putt (4kg)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
No Athletes Declared									

3:45 PM League Age Group Record Faye Calvert Deeside AC 38m 11cm 2006 / Welsh Record - Philpa Roles Swansea Harriers 51m 60cm 1997

Letter	Discus (1.0kg)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
No Athletes Declared									

11:00 AM League Age Group Record Nicola Stevenson Bridgend AC 45m 76cm 2006 / Welsh Record - Laura Douglas Sale Harriers 55m 22cm 2002

Letter	Hammer (4kg)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
No Athletes Declared									

12:00 PM League Age Group Record Lianne Clarke Neath Harriers 46m 79cm 2005 / Welsh Record - Lianne Clarke Cardiff AAC 50m 95cm 2004

Letter	Javelin (600g)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Grade
1A	T	Hanna Williams	Cardiff	15.16	16				

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.	Pts
1A	T	Cardiff	Hanna Lewis	Laura Seary	Rebecca Garrett	Hanna Williams		55.3	16

Position	Clubs	Points
1	Cardiff	160
2	Brecon	46
3	Cwmbran	14
4		
5		
6		
7		
8		
The points above are for U20 Women. Only "A" String performances score		