

12:35 PM League Record

Emily Mitchell / Laura Davies/Laura Davies Carmarthen Harriers / Llanelli AC 13.2 2003 / 2008 / Welsh Record - Jane

Bib	100m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW	
1A	D Beth Sargent	Deeside	13.36	16	G2	☑	1B	RR Kimberley Abodunrin	Carmarthen	13.82	8	G3	☑
2A	W Amy Roberts	Wrexham	13.98	14	G3	☑	2B	DD Emma Salmon	Deeside	13.84	7	G3	☑
3A	R Ffion Walters	Carmarthen	14.00	12	G3	☑	3B	NN Katie Jane Priest	Newport	14.36	6	G4	
4A	G Francesca Parkin	Cwmbran	14.46	10			4B	WW Melys Edwards	Wrexham	14.54	5		
5A	S Emily Gazzi	Swansea	14.47	8			5B	SS Jade Meredith	Swansea	14.55	4		
6A	I Emma Johnson	Bridgend	15.08	6			6B	GG Emily Brown	Cwmbran	14.91	3		
7A	T Laura Trigg	Cardiff	15.12	4			7B	II Shauna Quirke	Bridgend	15.55	2		
8A	N Katie Hunt	Newport	15.27	2			8B	TT Shannon Owens	Cardiff	16.79	1		

3:45 PM Emily Mitchell /Katrin Roberts Carmarthen Harriers / Neath Harriers 27.5 2003 / 2008 / Welsh Record - Jane Bradbeer Cardiff AAC 25.7 1981

Bib	200m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW	
1A	D Beth Sargent	Deeside	27.9	16	G2	☑	1B	RR Kimberley Abodunrin	Carmarthen	29.1	8	G3	☑
2A	S Elin Davies	Swansea	28.6	14	G3	☑	2B	DD Emma Salmon	Deeside	29.2	7	G4	☑
3A	W Amy Roberts	Wrexham	29.9	12	G4		3B	NN Katie Jane Priest	Newport	30.4	6		
4A	R Erin Walters	Carmarthen	30.8	10			4B	GG Emily Brown	Cwmbran	32.5	5		
5A	T Laura Trigg	Cardiff	31.7	8			5B	TT Olivia Gibbons	Cardiff	33.5	4		
6A	N Katie Hunt	Newport	32.3	6			6B	SS Bethan Radford	Swansea	34.3	3		
7A	G Francesca Parkin	Cwmbran	32.4	4			7B	II Katie Roberts	Bridgend	37.3	2		
8A	I Shauna Quirke	Bridgend	32.7	2									

1:45 PM League Record

Jade Williams Swansea Harriers 2.27.2 2005 / Welsh Record - Lisa Lanini Wrexham AC 2.16.0 2000

Bib	800m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW	
1A	S Naiomi Osborn	Swansea	2:40.63	16	G4		1B	SS Lucy Hammett	Swansea	2:47.23	8		
2A	I Jaszmine Briganti	Bridgend	2:44.96	14			2B	II Katie Roberts	Bridgend	3:05.75	7		
3A	G Malika Rezougui	Cwmbran	2:52.23	12			3B	GG Samantha Walker	Cwmbran	3:11.67	6		
4A	D Georgia Bates	Deeside	2:55.88	10			4B	TT Charlotte Halliday	Cardiff	3:24.71	5		
5A	N Cheyenne Sinclair	Newport	2:58.57	8									
6A	W Louise Orritt	Wrexham	3:11.67	6									
7A	R Charlotte Drakeley	Carmarthen	3:13.01	4									
8A	T Kate Seary	Cardiff	3:20.22	2									

4:00 PM League Record

Non Stanford Swansea Harriers 5.00.5 / Welsh Record - Hywellis Thomas-Howells Neath Harriers 4.49.93 2000

Bib	1500m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW	
1A	S Siwan Thomas-Howells	Swansea	5:10.26	16	G3	☑	1B	SS Iona Evans	Swansea	5:49.58	8		
2A	D Kathryn Roberts	Deeside	5:31.96	14			2B	GG Francesca Hyde	Cwmbran	5:51.65	7		
3A	I Jessica Heggarty	Bridgend	5:35.76	12			3B	RR Lowri Heckler	Carmarthen	6:16.86	6		
4A	R Kari O'Neill	Carmarthen	5:43.54	10			4B	TT Morgan Cutlan	Cardiff	6:43.38	5		
5A	G Chelsie Harris	Cwmbran	5:47.85	8									
6A	T Bethan Trigg	Cardiff	6:40.75	6									

3:00 PM League Record

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

Bib	70m Hurdles	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW	
1A	S Katherine Morris	Swansea	11.91	16	G2	☑	1B	SS Elin Davies	Swansea	12.32	8	G3	☑
2A	W Manon Edwards	Wrexham	12.73	14	G4	☑	2B	DD Georgia Bates	Deeside	13.20	7	G4	
3A	R Bella Mossman	Carmarthen	12.95	12	G4	☑	3B	WW Melys Edwards	Wrexham	13.48	6		
4A	T Olivia Gibbons	Cardiff	13.85	10			4B	TT Kate Seary	Cardiff	18.02	5		
5A	I Emma Johnson	Bridgend	14.38	8									
6A	D Rhian Williams	Deeside	14.57	6									

12:00 PM League Record

Hannah Thomas Wrexham AC 1.50 2005 / Welsh Record - Julia Charlton Carmarthen Harriers 1.68 1978

Bib	High Jump	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	D Georgia Bates	Deeside	1.30	16	G4		1B	S Elise Davies	Swansea	1.30	8	G4
2A	SS Katherine Morris	Swansea	1.30	14	G4		2B	DD Rhian Williams	Deeside	1.25	7	G4
3A	TT Olivia Gibbons	Cardiff	1.20	12			3B	T Kate Seary	Cardiff	1.20	6	
4A	R Kayleigh Jones	Carmarthen	1.10	10			4B	RR Kari O'Neill	Carmarthen	1.00	5	

3:00 PM League Record

Hannah Thomas Wrexham AC 4.59 2005 / Welsh Record - Lisa Armstrong Torfaen AC 4.88 1986

Bib	Long Jump	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	D Beth Sargent	Deeside	4.23	16	G3	<input checked="" type="checkbox"/>	1B	SS Miriam Williams	Swansea	3.83	8	
2A	S Emily Gazzi	Swansea	4.04	14	G4		2B	DD Kathryn Roberts	Deeside	3.80	7	
3A	W Amy Roberts	Wrexham	3.85	12			3B	R Bella Mossman	Carmarthen	3.67	6	
4A	RR Carys Davies	Carmarthen	3.73	10			4B	N Katie Hunt	Newport	3.43	5	
5A	NN Katie Jane Priest	Newport	3.69	8			5B	II Nicole Davenport	Bridgend	3.15	4	
6A	T Laura Trigg	Cardiff	3.69	6			6B	TT Shannon Owens	Cardiff	2.91	3	
7A	G Emily Brown	Cwmbran	3.49	4			7B	GG Samantha Walker	Cwmbran	2.76	2	
8A	I Emma Johnson	Bridgend	3.23	2								

12:45 PM League Record

Nicola Stevenson Bridgend AC 10.37 / Welsh Record - Nicola Stevensonson Bridgend AC 10.83 2001

Bib	Shot Putt (2.72kg)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	T Emily Slowman	Cardiff	9.00	16	G2	<input checked="" type="checkbox"/>	1B	RR Kayleigh Jones	Carmarthen	8.43	8	G2 <input checked="" type="checkbox"/>
2A	R Awen Rosser	Carmarthen	8.98	14	G2	<input checked="" type="checkbox"/>	2B	S Stephanie Howell	Swansea	6.88	7	G4
3A	SS Elise Davies	Swansea	7.48	12	G3		3B	II Nicole Davenport	Bridgend	6.84	6	G4
4A	W Manon Edwards	Wrexham	7.41	10	G3		4B	TT Bethan Trigg	Cardiff	4.09	5	
5A	I Zoe Dakin	Bridgend	7.39	8	G3		5B	WW Melys Edwards	Wrexham	3.04	4	
6A	D Bryony Burton	Deeside	5.29	6								
7A	G Emma Norton	Cwmbran	4.75	4								
8A	N Sophie Arthur	Newport	3.43	2								

2:15 PM League Record

Toni Wells Swansea Harriers 27.75 2005 / Welsh Record - Toni Wells Swansea Harriers 29.85 2005

Bib	Discus (0.75kg)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	R Awen Rosser	Carmarthen	20.98	16	G3	<input checked="" type="checkbox"/>	1B	II Nicole Davenport	Bridgend	13.15	8	
2A	S Stephanie Howell	Swansea	19.72	14	G3		2B	SS Bethan Radford	Swansea	11.56	7	
3A	I Zoe Dakin	Bridgend	18.96	12	G4		3B	GG Francesca Hyde	Cwmbran	11.11	6	
4A	T Emily slowman	Cardiff	16.82	10	G4							
5A	G Emma Norton	Cwmbran	14.13	8								
6A	D Bryony Burton	Deeside	11.54	6								

4:15 PM League Record

Robyn Purchase Wrexham AC 30.73 2005 / Welsh Record - Mary Wilson Carmarthen Harriers 31.63 2004

Bib	Javelin (400g)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	W Manon Edwards	Wrexham	20.43	16	G4	<input checked="" type="checkbox"/>	1B	II Shauna Quirke	Bridgend	16.56	8	
2A	G Emma Norton	Cwmbran	18.41	14	G4		2B	S Amber Brenton	Swansea	11.78	7	
3A	I Zoe Dakin	Bridgend	17.62	12	G4		3B	R Lowri Heckler	Carmarthen	9.31	6	
4A	N Sophie Arthur	Newport	16.41	10			4B	GG Samantha Walker	Cwmbran	7.16	5	
5A	RR Ffion Walters	Carmarthen	12.05	8			5B	TT Morgan Cutlan	Cardiff	6.80	4	
6A	SS Jade Meredith	Swansea	11.90	6								
7A	T Emily Slowman	Cardiff	9.92	4								
8A	D Emma Salmon	Deeside	7.80	2								

5:15 PM League Record

Carmarthen Harriers 55.6 2006 / Welsh Record - No Record set for age groups

Bib	4 x 100m Relay		Perf.	Pts
1A	D Deeside	Georgia Bates Emma Salmon Rhian Williams Beth Sargent	56.4	16
2A	S Swansea	Jade Meredith Elin Davies Katherine Morris Emily Gazzi	57.2	14
3A	W Wrexham	Louise Orritt Manon Edwards Melys Edwards Amy Roberts	59.2	12
4A	R Carmarthen	Bella Mossman Erin Walters Ffion Walters Kimberley Abodunrin	59.2	10
5A	I Bridgend	Katie Roberts Shauna Quirke Nicole Davenport Emma Johnson	65.1	8
6A	G Cwmbran	Malika Rezougui Samantha Walker Francesca Hyde Chelsie Harris	68.0	6
7A	T Cardiff	Laura Trigg Amy Lane Kate Seary Olivia Gibbons	68.5	4

Pos	Clubs	Points
1	Swansea	212
2	Carmarthen	163
3	Deeside	159
4	Bridgend	121
5	Cardiff	120
6	Wrexham	111
7	Cwmbran	104
8	Newport	53

The points above are for U13 Girls only

12:45 PM League Record

Claire Jones Pembroke Harriers 12.4 2003 / Welsh Record - Helin Miles Bridgend AC 12.0 1981

Bib	100m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	T Jamie Lee Bowen	Cardiff	12.74	16	G2	☑	1B	SS Emily Dacey	Swansea	13.82	8	
2A	W Chloe Jones	Wrexham	13.11	14	G3	☑	2B	RR Amelia Roberts	Carmarthen	13.99	7	
3A	D Abbie Williams	Deeside	13.48	12	G4		3B	TT Nikita Owens	Cardiff	14.39	6	
4A	I Rachel O'Connor	Bridgend	13.48	10	G4		4B	WW Helen Blowers	Wrexham	14.41	5	
5A	R Bethan Phillips	Carmarthen	13.52	8			5B	DD Amy Crocombe	Deeside	14.58	4	
6A	S Nia Palla	Swansea	13.59	6			6B	II Lowri Major	Bridgend	15.03	3	
7A	N Lauren Archer	Newport	13.88	4			7B	NN Chloe Powell	Newport	15.85	2	
8A	G Kelly Griffiths	Cwmbran	14.86	2			8B	GG Bethan Shaw	Cwmbran	16.30	1	

3:35 PM League Record

Hannah Jones Carmarthen Harriers 25.5 2005 / Welsh Record - Jane Bradbeer Cardiff AAC 24.9 1983

Bib	200m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	W Chloe Jones	Wrexham	26.47	16	G2	☑	1B	TT Lauren A McCarthy	Cardiff	27.67	8	G4
2A	T Jamie Lee Bowen	Cardiff	26.97	14	G3	☑	2B	RR Bethan Phillips	Carmarthen	28.06	7	
3A	D Abbie Williams	Deeside	28.12	12			3B	SS Emily Dacey	Swansea	28.51	6	
4A	R Rhiannon Plant	Carmarthen	28.55	10			4B	II Lucy Taylor	Bridgend	29.33	5	
5A	N Lauren Archer	Newport	28.61	8			5B	DD Amy Crocombe	Deeside	30.47	4	
6A	S Nia Palla	Swansea	28.63	6			6B	GG Olivia Perry	Cwmbran	30.49	3	
7A	I Bethan Hocking	Bridgend	29.57	4			7B	WW Helen Blowers	Wrexham	30.50	2	
8A	G Kelly Griffiths	Cwmbran	30.90	2								

2:05 PM League Record

Non Stanford Swansea Harriers 2.19.4 / Welsh Record - Amanda Pritchard Cardiff AAC 2.10.66 1994

Bib	800m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	I Lora Roberts	Bridgend	2:25.75	16	G3	☑	1B	DD Shannon Chutlan	Deeside	2:46.15	8	
2A	S Jemima Osbourne	Swansea	2:28.03	14	G4		2B	RR Hanna Campbell	Carmarthen	2:49.24	7	
3A	D Sian Messham	Deeside	2:34.74	12			3B	T Lucy Daly	Cardiff	3:00.20	6	
4A	R Alyce Phillips	Carmarthen	2:48.42	10			4B	SS Rebecca Hall	Swansea	3:00.67	5	
5A	TT Anna Leigh Lewis	Cardiff	2:48.43	8			5B	II Bethan Hocking	Bridgend	3:01.85	4	
6A	N Delwen Loudon	Newport	2:56.21	6								
7A	G Sally Morgan	Cwmbran	2:57.60	4								
8A	W Charlotte Beckett	Wrexham	3:04.28	2								

4:15 PM League Record

Melanie Davies Swansea Harriers 4.55.1 2003 / Welsh Record - Non Stanford Swansea Harriers 4.32.2

Bib	1500m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	S Hywelis Thomas Howells	Swansea	5:16.6	16			1B	D Jenny Lampkin	Deeside	5:57.6	8	
2A	G Ellie Leek	Cwmbran	5:22.8	14			2B	T Chloe Phillips	Cardiff	6:48.2	7	
3A	DD Caris Edwards	Deeside	5:40.5	12								
4A	TT Laura Woods	Cardiff	6:17.7	10								
5A	R Jodie Jones	Carmarthen	6:18.2	8								

2:45 PM League Record

Heather Jones Carmarthen Harriers 11.1 / Welsh Record - Heather Jones Carmarthen Harriers 10.86

Bib	75m Hurdles	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	D Abbie Williams	Deeside	12.03	16	G3	☑	1B	SS Kimberley Davies	Swansea	12.28	8	G3 ☑
2A	S Gemma Seaman	Swansea	12.59	14	G4	☑	2B	DD Eleanor Baddhams	Deeside	12.80	7	G4
3A	T Megan Thomas	Cardiff	12.97	12	G4		3B	RR Alyce Phillips	Carmarthen	12.89	6	G4
4A	W Lydia David	Wrexham	13.14	10			4B	TT Eilisha Elliott	Cardiff	15.10	5	
5A	R Rhiannon Plant	Carmarthen	13.52	8								
6A	I Amy Tidball	Bridgend	13.65	6								

12:00 PM League Record

Hannah Thomas / Stacey Collins Wrexham AC Neath Harriers 1.60 2003 / 2008 / Welsh Record - Lea Hi

Bib	High Jump	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	R Rhiannon Plant	Carmarthen	1.55	16	G3	☑	1B	SS Kimberley Davies	Swansea	1.45	8	G4
2A	S Emily Morris	Swansea	1.50	14	G3	☑	2B	RR Alyce Phillips	Carmarthen	1.40	7	
3A	I Alysha Jones	Bridgend	1.45	12	G4		3B	DD Rachel Trotter	Deeside	1.35	6	
4A	D Eleanor Baddhams	Deeside	1.45	10	G4		4B	GG Ellie Leek	Cwmbran	1.30	5	
5A	G Olivia Perry	Cwmbran	1.40	8			5B	II Lora Roberts	Bridgend	1.20	4	
6A	W Lydia David	Wrexham	1.40	6			6B	WW Lauren Jones	Wrexham	1.10	3	
7A	T Anna Leigh Lewis	Cardiff	1.30	4								

12:00 PM League Record

Rhiannydd Llewellyn Bridgend AC 3.15 2008 / Welsh Record - Rhiannydd Llewellyn Bridgend AC 3.11

Bib	Pole Vault	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	D Lucy Roulston	Deeside	2.86	16	G2	☑	1B	TT Lucy Daly	Cardiff	2.16	8	G3
2A	T Lucy Hopkins	Cardiff	2.36	14	G2							
3A	R Enfys Jones	Carmarthen	1.86	12								

2:15 PM League Record

Danielle Carpenter Cardiff AAC 5.17 / Welsh Record - Ceri Jenkins Cleddau 5.57 1972

Bib	Long Jump	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	W Chloe Jones	Wrexham	4.83	16	G3	☑	1B	SS Emily Morris	Swansea	4.32	8	
2A	I Lucy Taylor	Bridgend	4.66	14	G3	☑	2B	DD Lucy Roulston	Deeside	4.16	7	
3A	S Gemma Seaman	Swansea	4.57	12	G4		3B	RR Sophie Lane	Carmarthen	4.15	6	
4A	D Rachel Trotter	Deeside	4.49	10	G4							
5A	TT Lauren A McCarthy	Cardiff	4.26	8								
6A	R Amelia Roberts	Carmarthen	4.17	6								
7A	G Bethan Shaw	Cwmbran	3.31	4								

12:00 PM League Record

Toni Wells Swansea Harriers 10.99 2007 / Welsh Record - Emily Steele Shrewsbury AC 13.22 1989

Bib	Shot Putt (3.25kg)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW	
1A	S Nina Prells	Swansea	9.99	16	G2	☑	1B	SS Neven Koreshi	Swansea	9.65	8	G2	☑
2A	R Elliw James	Carmarthen	9.16	14	G3	☑	2B	DD Hayley Nuttall	Deeside	7.68	7	G4	
3A	D Rachel Trotter	Deeside	8.67	12	G3		3B	RR Catrin Rees	Carmarthen	5.25	6		
4A	I Trudy Williams	Bridgend	8.25	10	G4		4B	NN Chloe Powell	Newport	4.59	5		
5A	N Melissa Arther	Newport	7.25	8			5B	W Helen Blowers	Wrexham	3.93	4		
6A	G Jessica Bevan	Cwmbran	5.06	6			6B	II Rebecca Johnson	Bridgend	3.74	3		
7A	T Chloe Phillips	Cardiff	4.36	4									
8A	WW Charlotte Beckett	Wrexham	4.28	2									

2:15 PM League Record

Toni Wells Swansea Harriers 32.15 2007 / Welsh Record - Philpa Roles Swansea Harriers 44.12 1992

Bib	Discus (1.0kg)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	S Nina Prells	Swansea	29.79	16	G2	☑	1B	SS Gabby Cirillo	Swansea	17.00	8	
2A	I Trudy Williams	Bridgend	24.95	14	G3	☑	2B	DD Amy Crocombe	Deeside	14.72	7	
3A	D Hayley Nuttall	Deeside	22.77	12	G3		3B	W Jenny Coppel	Wrexham	14.06	6	
4A	R Elliw James	Carmarthen	22.33	10	G3		4B	NN Chloe Powell	Newport	13.85	5	
5A	N Melissa Arther	Newport	18.86	8			5B	RR Enfys Jones	Carmarthen	12.80	4	
6A	WW Lauren Jones	Wrexham	18.41	6			6B	II Rebecca Johnson	Bridgend	12.60	3	
7A	TT Megan Thomas	Cardiff	15.23	4			7B	T Lucy Daly	Cardiff	11.32	2	
8A	G Jessica Bevan	Cwmbran	10.28	2								

11:00 AM League Record

Toni Wells Swansea Harriers 39.91 2006 / Welsh Record - Charlotte Murray Swansea Harriers 41.90 ;

Bib	Hammer (3kg)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	I Trudy Williams	Bridgend	33.41	16	G4	☑	1B	SS Gabby Cirillo	Swansea	22.21	8	
2A	S Neven Koreshi	Swansea	32.14	14	G4	☑	2B	T Chloe Phillips	Cardiff	16.19	7	
3A	W Jenny Coppel	Wrexham	23.08	12								
4A	TT Nikita Owens	Cardiff	20.91	10								

4:15 PM League Record

Danielle Hamer Carmarthen Harriers 35.24 2005 / Welsh Record - Danielle Hamer Carmarthen Harriers 38.15 2005

Bib	Javelin (600g)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	I Amy Tidball	Bridgend	26.23	16	G3	☑	1B	NN Megan Coe	Newport	22.40	8	G4
2A	N Melissa Arther	Newport	22.82	14	G4		2B	WW Lydia David	Wrexham	19.53	7	
3A	S Nina Prells	Swansea	22.81	12	G4		3B	D Hayley Nuttall	Deeside	19.43	6	
4A	DD Eleanor Baddhams	Deeside	21.83	10	G4		4B	SS Emily Morris	Swansea	16.16	5	
5A	W Jenny Coppel	Wrexham	20.89	8	G4		5B	GG Jessica Bevan	Cwmbran	10.70	4	
6A	T Megan Thomas	Cardiff	16.76	6			6B	TT Laura Woods	Cardiff	9.59	3	
7A	G Bethan Shaw	Cwmbran	14.39	4			7B	II Rebecca Johnson	Bridgend	8.11	2	
8A	R Jodie Jones	Carmarthen	12.50	2			8B	RR Catrin Rees	Carmarthen	7.93	1	

5:25 PM League Record

Carmarthen Harriers 50.6 2005 / Welsh Record - No Record set for age groups

Bib	4 x 100m Relay	Perf.	Pts
1A	S Swansea Emily Morris Emily Dacey Gemma Seaman Nia Palla	54.2	16
2A	T Cardiff Nikita Owens Jamie Lee Bowen Lauren A Mccarthy Megan Thomas	54.8	14
3A	I Bridgend Bethan Hocking Rachel O'Connor Amy Tidball Alysha Jones	55.5	12
4A	R Carmarthen Leah Beynon Amelia Roberts Rhiannon Plant Alyce Phillips	57.6	10
5A	W Wrexham Helen Blowers Charlotte Beckett Lydia David Chloe Jones	57.7	8
6A	D Deeside Lucy Roulston Rachel Trotter Amy Crocombe Abbie Williams		

Position	Clubs	Points
1	Swansea	228
2	Deeside	198
3	Cardiff	176
4	Carmarthen	165
5	Bridgend	154
6	Wrexham	127
7	Newport	68
8	Cwmbran	59

The points above are for U15 Girls only

12:55 PM League Record

Danielle Barker Neath Harriers 12.2 2003 / Welsh Record - Sallyanne Short Torfaen AC 11.88 1984

New Welsh Junior League Record

Bib	100m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW	
1A	W	Hannah Thomas	Wrexham	11.97	16	G2	☑	1B	GG	Jessica Hinwood	Cwmbran	13.19	8
2A	T	Mica Moore	Cardiff	12.05	14	G2	☑	2B	WW	Nia Breeze	Wrexham	13.30	7
3A	G	Claire Williams	Cwmbran	12.38	12	G2	☑	3B	TT	Danielle Mill	Cardiff	13.58	6
4A	S	Catrin Stone	Swansea	13.17	10			4B	RR		Carmarthen	14.36	5
5A	D	Rebecca Davies	Deeside	13.30	8								
6A	N	Shaleena Graham	Newport	13.48	6								
7A	R	Laura Penhallurick	Carmarthen	13.50	4								

3:25 PM League Record

Lisa-Marie Edwards Wrexham AC 25.7 2003 / Welsh Record - Michelle Probert Sale Harriers 23.6 1976

New Welsh Junior League Record

Bib	200m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW	
1A	W	Hannah Thomas	Wrexham	24.89	16	G2	☑	1B	TT	Sam Cogan	Cardiff	26.57	8 G4 ☑
2A	T	Mica Moore	Cardiff	25.38	14	G2	☑	2B	GG	Jessica Hinwood	Cwmbran	27.24	7
3A	G	Claire Williams	Cwmbran	26.04	12	G3	☑	3B	WW	Nia Breeze	Wrexham	28.63	6
4A	D	Rebecca Davies	Deeside	27.93	10			4B	DD	Zoe Rosier	Deeside	29.09	5
5A	R	Carys Jones	Carmarthen	29.62	8								

4:45 PM League Record

Megan Rogers Wrexham AC 39.9 2008 / Welsh Record - Faye Harding Wrexham AC 39.46 2001

Bib	300m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW	
1A	T	Lauren Regan	Cardiff	43.2	16		☑	1B	RR	Ffion Rees	Carmarthen	44.8	8 ☑
2A	D	Alice Fraser	Deeside	43.6	14		☑	2B	TT	Aimee Hendrickson	Cardiff	45.4	7
3A	W	Alice Littler	Wrexham	44.8	12		☑						
4A	R	Laura Penhallurick	Carmarthen	45.3	10								
5A	G	Lora James	Cwmbran	46.1	8								
6A	S	Rhiannon Anderson	Swansea	46.8	6								
7A	N	Antonia Yorkshire	Newport	48.1	4								

2:30 PM League Record

Rebecca Nutall Deeside AC 1.18.4 2003 / Welsh Record - Amanda Pritchard Cardiff AAC 2.07.32 1996

Bib	800m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW	
1A	T	Lauren Regan	Cardiff	2:25.34	16	G4		1B	TT	Lauren Brobin	Cardiff	2:31.54	8
2A	S	Carys Morgan	Swansea	2:26.40	14			2B	DD	Zoe Rosier	Deeside	2:35.57	7
3A	D	Abbey Oliver	Deeside	2:28.43	12			3B	SS	Rhiannon Anderson	Swansea	2:37.84	6
4A	R	Catrin Lewis	Carmarthen	2:29.51	10								
5A	W	Alice Littler	Wrexham	2:44.69	8								

4:25 PM League Record

Kayleigh Brown Carmarthen Harriers 4.45.0 2006 / Welsh Record - Non Stanford Swansea Harriers 4.23.55 2004

Bib	1500m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW	
1A	R	Aneura Phillips	Carmarthen	5:05.0	16			1B	TT	Lauren Brobin	Cardiff	5:15.8	8
2A	D	Abbey Oliver	Deeside	5:07.4	14			2B	RR	Catrin Lewis	Carmarthen	5:22.9	7
3A	T	Ceri Ann Santos	Cardiff	5:15.1	12			3B	SS	Katryna Ley	Swansea	5:26.1	6
4A	S	Cerys Morgan	Swansea	5:20.0	10								

2:20 PM League Record

Heather Jones Carmarthen Harriers 11.3 2003 / Welsh Record - Heather Jones Carmarthen Harriers 11.27 2003

Bib	80m Hurdles	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	S	Catrin Stone	Swansea	11.88	16	G2	1B	T	Abbey Gutteridge	Cardiff	15.91	8
2A	W	Megan Rogers	Wrexham	12.03	14	G3						
3A	I	Rachel Davies	Bridgend	12.31	12	G4						
4A	TT	Elinor Lewis	Cardiff	13.20	10							
5A	N	Antonia Yorkshire	Newport	13.27	8							
6A	R	Sophie Pick	Carmarthen	13.52	6							
7A	G	Harriett Leek	Cwmbran	15.91	4							

12:30 PM League Record

Sarah Dacey Swansea Harriers 45.0 2007 / Welsh Record - Caryl Granville Carmarthen Harriers 42.65 2006

Bib	300m Hurdles	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	N	Antonia Yorkshire	Newport	50.89	16							
2A	R	Sophie Pick	Carmarthen	51.91	14							
3A	T	Abbey Gutteridge	Cardiff	53.06	12							
4A	G	Harriett Leek	Cwmbran	56.79	10							

1:00 PM League Record

Elin Evans Carmarthen Harriers 1.62 / Welsh Record - Lea Haggett Herne Hill 1.81 1986

Bib	High Jump	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	W	Megan Rogers	Wrexham	1.50	16		1B	RR	Laura Penhallurick	Carmarthen	1.30	8
2A	R	Sophie Pick	Carmarthen	1.45	14							
3A	T	Danielle Mill	Cardiff	1.25	12							

12:00 PM League Record

Elinor Lewis Cardiff AAC 3.25 2007 / 2008 / Welsh Record - Christina Hughes Deeside AAC 3.60 2008

New Welsh Junior League Record

Bib	Pole Vault	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	D	Christina Hughes	Deeside	3.46	16	G2						
2A	T	Elinor Lewis	Cardiff	3.26	14	G3						
3A	S	Naomi James	Swansea	3.26	12	G3						

12:00 PM League Record

Sarah Dacey Swansea Harriers 5.59 2007 / Welsh Record - Lisa Armstrong Torfaen AC 6.01 1990

Bib	Long Jump	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW
1A	R	Ffion Rees	Carmarthen	5.12	16	G3	1B	WW	Laura-Katie Edwards	Wrexham	4.28	8
2A	W	Hannah Thomas	Wrexham	4.97	14	G3	2B	SS	Rachel Rees	Swansea	4.26	7
3A	D	Alice Fraser	Deeside	4.78	12	G4	3B	TT	Sam Cogan	Cardiff	3.65	6
4A	I	Rachel Davies	Bridgend	4.70	10	G4						
5A	S	Catrin Stone	Swansea	4.59	8							
6A	N	Shaleena Graham	Newport	4.53	6							
7A	T	Mica Moore	Cardiff	4.13	4							

4:30 PM League Record

Amy Bradley Cwmbran Harriers 10.93 2008 / Welsh Record - Jayne Ludlow Cardiff 12.14 1994

Bib	Triple Jump	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW		
1A	R	Ffion Rees	Carmarthen	9.91	16	G4	<input checked="" type="checkbox"/>	1B	T	Abbey Gutteridge	Cardiff	8.50	8	G1
2A	W	Phillipa Roberts	Wrexham	9.40	14		<input checked="" type="checkbox"/>	2B	WW	Alice Littler	Wrexham	8.39	7	G1
3A	TT	Aimee Hendrickson	Cardiff	8.75	12									

2:15 PM League Record

Sally Hinds Swansea Harriers 11.47 2002 / Welsh Record - Philpa Roles Swansea Harriers 13.65 1994

Bib	Shot Putt (4kg)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW	
1A	S	Toni Wells	Swansea	9.98	16	G3	<input checked="" type="checkbox"/>	1B	RR	Catrin Lewis	Carmarthen	6.49	8
2A	D	Jenna Sherratt	Deeside	9.39	14	G3	<input checked="" type="checkbox"/>	2B	SS	Sarah Evans	Swansea	6.44	7
3A	T	Ayla Phillips	Cardiff	8.94	12	G3		3B	NN	Sian Jordan	Newport	6.36	6
4A	W	Lindsey Cheers	Wrexham	8.42	10	G4		4B	DD	Zoe Rosier	Deeside	5.76	5
5A	R	Sam Quinnell	Carmarthen	8.40	8	G4		5B	WW	Laura-Katie Edwards	Wrexham	4.87	4
6A	N	Naomi Wadley Williams	Newport	7.06	6			6B	TT	Ceri Ann Santos	Cardiff	4.02	3
7A	G	Rachel Bevan	Cwmbran	6.26	4								
8A	I	Joanne Morgan	Bridgend	5.60	2								

3:45 PM League Record

Ella Newington Swansea Harriers 34.41 2003 / Welsh Record - Philpa Roles Swansea Harriers 48.88 1994

Bib	Discus (1.0kg)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW		
1A	S	Toni Wells	Swansea	32.92	16	G2	<input checked="" type="checkbox"/>	1B	WW	Phillipa Roberts	Wrexham	16.41	8	G1
2A	N	Sian Jordan	Newport	26.85	14	G3		2B	RR	Sam Quinnell	Carmarthen	15.88	7	G1
3A	W	Lindsey Cheers	Wrexham	26.28	12	G3		3B	G	Rachel Bevan	Cwmbran	11.11	6	G2
4A	D	Jenna Sherratt	Deeside	22.48	10	G4		4B	SS	Rachel Rees	Swansea	10.63	5	G2
5A	I	Joanne Morgan	Bridgend	21.02	8			5B	TT	Ceri Ann Santos	Cardiff	9.33	4	G3
6A	GG	Harriett Leek	Cwmbran	18.55	6									
7A	R	Carys Jones	Carmarthen	18.33	4									
8A	T	Ayla Phillips	Cardiff	15.65	2									

11:00 AM League Record

Charlotte Murray Swansea Harriers 44.44 2006 / Welsh Record - Stephanie Owens West Cheshire 48.69 2007

Bib	Hammer (4kg)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW	
1A	S	Toni Wells	Swansea	37.98	16	G3	<input checked="" type="checkbox"/>	1B	TT	Elinor Lewis	Cardiff	12.86	8
2A	T	Ayla Phillips	Cardiff	37.62	14	G3	<input checked="" type="checkbox"/>						
3A	R	Sam Quinnell	Carmarthen	22.80	12								

12:00 PM League Record

Lianne Clarke Neath Harriers 44.40 2003 / Welsh Record - Lianne Clarke Neath Harriers 45.55 2003

Bib	Javelin (600g)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Pts	Gr	AW	
1A	I	Christie Williams	Bridgend	31.61	16	G3	<input checked="" type="checkbox"/>	1B	W	Lindsey Cheers	Wrexham	20.64	8
2A	N	Naomi Wadley Williams	Newport	26.69	14	G4		2B	GG	Lora James	Cwmbran	14.58	7
3A	G	Rachel Bevan	Cwmbran	26.19	12	G4		3B	TT	Lauren Brobin	Cardiff	12.57	6
4A	T	Ayla Phillips	Cardiff	22.52	10								
5A	WW	Megan Rogers	Wrexham	21.41	8								
6A	S	Sarah Evans	Swansea	16.45	6								

Brecon 24th August

5:35 PM League Record

Swansea Harriers 50.4 2007 / Welsh Record - No Record set for age groups

	Bib	4 x 100m Relay				Perf.	Pts	
1A	W	Wrexham	Nia Breeze	Megan Rogers	Laura-Katie Edwards	Hannah Thomas	51.5	16
2A	R	Carmarthen	Ffion Rees	Sophie Pick	Carys Jones	Laura Penhallurick	53.4	14
3A	G	Cwmbran	Harriett Leek	Lora James	Jessica Hinwood	Claire Williams	54.5	12
4A	T	Cardiff	Sam Cogan	Mica Moore	Lauren Regan	Aimee Hendrickson	54.5	10
5A	R	Carmarthen	Ffion Rees	Sophie Pick	Carys Jones	Laura Penhallurick	54.7	8
6A	D	Deeside	Zoe Rosier	Alice Fraser	Abbey Oliver	Rebecca Davies	55.2	6

Position	Clubs	Points
1	Cardiff	264
2	Wrexham	204
3	Carmarthen	195
4	Swansea	161
5	Deeside	133
6	Cwmbran	108
7	Newport	80
8	Bridgend	48

The points above are for U17 Women only

1:00 PM League Record

Susan Bagnall Deeside AC 12.3 2003 / Welsh Record - Helin Miles Cardiff AAC 11.62 1985

Bib	100m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Gr	AW
1A	T	Hanna Williams	Cardiff	12.86	16	G3	<input checked="" type="checkbox"/>				
2A	G	Emma Reynolds	Cwmbran	12.98	14	G3	<input checked="" type="checkbox"/>				
3A	S	Katie Thomas	Swansea	13.32	12						
4A	R	Rebecca Gatehouse	Carmarthen	13.47	10						

3:30 PM League Record

Melanie Stephenson Cardiff AAC 24.7 2005 / Welsh Record - Michelle Probert Sale Harriers 23.6 1976

Bib	200m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Gr	AW
1A	R	Caryl Granville	Carmarthen	25.57	16	G2	<input checked="" type="checkbox"/>				
2A	S	Sarah Dacey	Swansea	26.54	14	G3	<input checked="" type="checkbox"/>				
3A	G	Emma Reynolds	Cwmbran	27.52	12						
4A	T	Rebecca Garrett	Cardiff	27.54	10						

5:00 PM League Record

Gail Lippett Wrexham AC 59.0 2007 / Welsh Record - Sian Morris Port Talbot 52.8 1983

Bib	400m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Gr	AW
1A	T	Rebecca Garrett	Cardiff	64.0	16						
2A	R	Alaw Beynon-Thomas	Carmarthen	64.1	14						
3A	S	Rebecca King	Swansea	68.6	12						

2:35 PM League Record

Kate Wiltshire Cardiff AAC 2.17.2 2006 / Welsh Record - Kirsty McDermott Brecon 2.04.1 1981

Bib	800m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Gr	AW
1A	R	Alaw Beynon-Thomas	Carmarthen	2:30.74	16	G3					
2A	S	Rebecca King	Swansea	2:38.24	14						
3A	T	Hollie Ryder	Cardiff	2:55.28	12						

4:30 PM League Record

Helen Williams Wrexham AC 4.57.0 / Welsh Record - Non Stanford Swansea Harriers 4.23.55 2004

Bib	1500m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Gr	AW
1A	D	Rebecca Nuttall	Deeside	4:59.5	16	<input checked="" type="checkbox"/>					
2A	R	Alaw Beynon-Thomas	Carmarthen	5:18.1	14						

2:00 PM League Record

Heather Jones Carmarthen Harriers 14.0 2005 / Welsh Record - Bethan Edwards Cardiff AAC 13.57 1992

Bib	100m Hurdles	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Gr	AW		
1A	R	Caryl Granville	Carmarthen	14.71	16	G2	<input checked="" type="checkbox"/>	1B	RR	Rebecca Gatehouse	Carmarthen	16.34	<input checked="" type="checkbox"/>
2A	S	Sarah Dacey	Swansea	15.00	14	G2	<input checked="" type="checkbox"/>						

12:20 PM League Record

Anwen Rees Carmarthen Harriers 64.0 2003 / Welsh Record - Alyson Evans Cardiff AAC 58.37 1985

Bib	400m Hurdles	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Gr	AW
1A	R	Megan Thomas	Carmarthen	72.80	16						

1:00 PM League Record

Ceri Stokoe Swansea Harriers 1.80 / Welsh Record - Rebecca Jones Wrexham AC 1.88 2002

Bib	High Jump	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Gr	AW
1A	R	Catherine Goldsmith	Carmarthen	1.58	16	G3	<input checked="" type="checkbox"/>				
2A	D	Emma Garstang	Deeside	1.50	14	G4					
3A	T	Imogen Lewis	Cardiff	1.45	12	G4					
4A	S	Katie Thomas	Swansea	1.40	10	G4					

12:00 PM League Record

Lindsey Maund Swansea Harriers 3.30 2005 / Welsh Record - Rhian Clarke Essex Ladies 3.70 1996

Bib	Pole Vault	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Gr	AW
No Athletes Declared											

12:00 PM League Record

Lara Richards Newport Harriers 5.58 / Welsh Record - Lisa Armstrong Torfaen AC 6.25 1992

Bib	Long Jump	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Gr	AW
1A	S	Sarah Dacey	Swansea	5.40	16	G1	<input checked="" type="checkbox"/>				
2A	D	Emma Garstang	Deeside	4.70	14	G4					
3A	R	Caryl Granville	Carmarthen	4.57	12	G4					
4A	T	Hanna Williams	Cardiff	4.38	10	G4					

4:30 PM League Record

Victoria Lloyd Pembroke Harriers 11.04 2005 / Welsh Record - Sally Peake Liverpool 12.24 2005

Bib	Triple Jump	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Gr	AW
1A	T	Hanna Williams	Cardiff	9.37	16	G4					
2A	R	Alaw Beynon-Thomas	Carmarthen	7.43	14	G4					

2:15 PM League Record

Sally Hinds Swansea Harriers 13.24 2005 / Welsh Record - Sally Hinds Swansea Harriers 14.72 2005

Bib	Shot Putt (4kg)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Gr	AW
1A	R	Catherine Goldsmith	Carmarthen	9.74	16	G2					
2A	S	Sian Lowe	Swansea	8.31	14	G4					
3A	T	Natalie Stone	Cardiff	7.09	12	G4					
4A	D	Rebecca Nuttall	Deeside	3.95	10	G4					

3:45 PM League Record

Faye Calvert Deeside AC 38.11 2006 / Welsh Record - Philpa Roles Swansea Harriers 51.60 1997

Bib	Discus (1.0kg)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Gr	AW
1A	S	Sian Lowe	Swansea	25.77	16	G3					
2A	R	Caryl Granville	Carmarthen	19.96	14	G4					
3A	T	Natalie Stone	Cardiff	14.77	12	G4					

11:00 AM League Record

Nicola Stevenson Bridgend AC 45.76 2006 / Welsh Record - Laura Douglas Sale Harriers 55.22 2002

Bib	Hammer (4kg)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Gr	AW
1A	S	Sian Lowe	Swansea	29.30	16	G4					
2A	T	Natalie Stone	Cardiff	20.96	14	G4					

12:00 PM League Record

Lianne Clarke Neath Harriers 46.79 2005 / Welsh Record - Lianne Clarke Cardiff AAC 50.95 2004

Bib	Javelin (600g)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	Gr	AW
1A	S	Claire Williams	Swansea	38.14	16	G1					<input checked="" type="checkbox"/>
2A	T	Natalie Stone	Cardiff	28.97	14	G4					
3A	R	Catherine Goldsmith	Carmarthen	28.22	12	G4					

Bib	4 x 100m Relay	Perf.	Pts
1A T	Cardiff Hollie Ryder Rebecca Garrett Hanna Williams Natalie Stone	56.2	16

Position	Clubs	Points
1	Carmarthen	186
2	Swansea	154
3	Cardiff	144
4	Deeside	54
5	Cwmbran	26
6		
7		
8		

The points above are for U20 Women. Only "A" String performances score