

12:40 PM League Record

Tomas Cusworth Wrexham AC 12.8 2005 / Welsh Record - Malcolm James Cardiff AAC 12.5 1975

New Welsh Junior League Record

New Welsh Record

Letter	100m	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	D Lloyd Robbins	Deeside	12.49	16	G1	☑	1B	RR Aled Price	Carmarthen	13.54	8	G4
2A	T James McLean	Cardiff	12.76	14	G2	☑	2B	TT Lewys Jones	Cardiff	13.77	7	G4
3A	R Lee Clarke	Carmarthen	13.19	12	G3	☑	3B	DD Luke Ward	Deeside	14.25	6	
4A	W Keiron Cooper	Wrexham	13.27	10	G3	☑	4B	NN Mitchell Boswell	Newport	14.30	5	
5A	S Alexander Pavlou	Swansea	13.41	8	G3	☑	5B	WW Jordan Williams	Wrexham	14.70	4	
6A	I Josh Evans	Bridgend	13.61	6	G4		6B	SS Chay Smith	Swansea	14.79	3	
7A	N Oliver Hudson	Newport	14.30	4								
8A	G Ethan Lynch	Cwmbran	14.95	2								

3:50 PM League Record

Thomas Cusworth Wrexham AC 25.8 2005 / Welsh Record - Malcolm James Cardiff AAC 25.6 1975

New Welsh Junior League Record

Letter	200m	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	D Lloyd Robbins	Deeside	25.62	16	G2	☑	1B	DD Alex Peters	Deeside	29.3*	8	
2A	S Alexander Pavlou	Swansea	26.37	14	G2	☑	2B	RR James Bryan	Carmarthen	29.7*	7	
3A	R Lee Clarke	Carmarthen	27.18	12	G3	☑	3B	SS Luke Ford	Swansea	30.0*	6	
4A	T James McLean	Cardiff	27.22	10	G3	☑	4B	WW Josh Lloyd	Wrexham	31.3*	5	
5A	I Josh Evans	Bridgend	27.92	8	G4	☑						
6A	W Keiron Cooper	Wrexham	28.23	6	G4							
7A	G James Scarfi	Cwmbran	29.36	4								

1:50 PM League Record

Daniel Benson Menai T&F 2.20.9 2003 / Welsh Record - Richard Baker Cardiff AAC 2.14.0 1983

Letter	800m	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	R Rhys Granville	Carmarthen	2:27.62	16	G3	☑	1B	RR James Bryan	Carmarthen	2:44.58	8	
2A	S Kieron White	Swansea	2:28.80	14	G4		2B	G James Scarfi	Cwmbran	2:46.71	7	
3A	GG Ben Miles	Cwmbran	2:34.52	12			3B	D Grant Leach	Deeside	2:49.21	6	
4A	N Jack Fear	Newport	2:37.47	10			4B	SS Daniel Hall	Swansea	2:59.49	5	
5A	DD Alex Peters	Deeside	2:42.60	8			5B	WW Gethin Morris	Wrexham	3:02.54	4	
6A	I Jak D'Argie	Bridgend	2:45.75	6			6B	TT Fraser Bonar	Cardiff	3:05.39	3	
7A	W Connar Rogers	Wrexham	2:46.52	4								
8A	T Ross Findlay	Cardiff	2:48.67	2								

4:10 PM League Record

Matthew Williams Aberdare VAAC 4.51.1 / Welsh Record - Dave Powell Wolverhampton 4.31.3 1977

Letter	1500m	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	R Kyran Roberts	Carmarthen	5:00.88	16	G3	☑	1B	RR Christian Lovatt	Carmarthen	5:08.88	8	G4
2A	S Finley Davies	Swansea	5:07.13	14	G4		2B	SS Luke Ford	Swansea	5:21.86	7	
3A	T Sam Peterken	Cardiff	5:26.54	12								
4A	D Jobe Urquahart	Deeside	5:42.83	10								

2:40 PM League Record

Thomas Griffiths Swansea Harriers 12.9 / Welsh Record - W James, J Marsden, R Webb Afon Taf Sc, Barry,

New Welsh Junior League Record

New Welsh Record

Letter	75m Hurdles	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	S Luke Jenkins	Swansea	12.18	16	G1	☑	1B	RR Simon Snape	Carmarthen	15.25	8	
2A	R Aled Price	Carmarthen	13.03	14	G2	☑	2B	SS Oliver Ford	Swansea	16.49	7	
3A	D Simon Crumpton	Deeside	14.41	12	G4	☑	3B	II Jak D'Argie	Bridgend	16.72	6	
4A	G Louis Brooks	Cwmbran	14.85	10	G4		4B	TT Fraser Bonar	Cardiff	19.21	5	
5A	N Kyle Arnold	Newport	15.34	8								
6A	I Josh Sage	Bridgend	15.71	6								
7A	T Ross Findlay	Cardiff	16.84	4								

2:15 PM League Record

David Guest / Charlie Randall Bridgend AC / Carmarthen Harriers 1.50 2003 / 2008 / Welsh Record - Jamie Dalton Preseli

Letter	High Jump	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	R Charlie Randall	Carmarthen	1.45	16	G3	☑	1B RR Simon Snape	Carmarthen	1.30	8	G4	
2A	G Louis Brooks	Cwmbran	1.40	14	G3		2B S Luke Jenkins	Swansea	1.20	7		
3A	W Ryan Jones	Wrexham	1.30	12	G4		3B TT Deon Garrison	Cardiff	1.15	6		
4A	SS Oliver Ford	Swansea	1.30	10	G4							
5A	N Kyle Arnold	Newport	1.25	8								
6A	D Simon Crumpton	Deeside	1.25	6								
7A	T Lewys Jones	Cardiff	1.20	4								
8A	I Josh Sage	Bridgend	1.10	2								

3:45 PM League Record

Lloyd Robbins Deeside AC 5.10 2008 / Welsh Record - Clive Woolmer 5.31 1982

Letter	Long Jump	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	D Lloyd Robbins	Deeside	5.09	16	G2	☑	1B TT James McLean	Cardiff	4.17	8	G4	
2A	W Keiron Cooper	Wrexham	4.97	14	G2	☑	2B DD Alex Peters	Deeside	4.15	7	G4	
3A	T Lewys Jones	Cardiff	4.63	12	G3	☑	3B WW Jordan Williams	Wrexham	3.90	6		
4A	S Luke Jenkins	Swansea	4.28	10	G4		4B SS Chay Smith	Swansea	3.84	5		
5A	NN Kyle Arnold	Newport	4.00	8			5B G Ethan Lynch	Cwmbran	3.73	4		
6A	RR Rhys Granville	Carmarthen	3.98	6			6B R Sion Howells	Carmarthen	3.65	3		
7A	GG Ben Miles	Cwmbran	3.77	4								

1:30 PM League Record

Matthew Evans Carmarthen Harriers 14.21 / Welsh Record - Mathew Evans Carmarthen Harriers 14.47 2001

Letter	Shot Putt (3.25kg)	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	R Charlie Randall	Carmarthen	11.67	16	G2	☑	1B SS Bobby Jones	Swansea	7.56	8	G4	
2A	S Samuel Martin	Swansea	9.26	14	G2	☑	2B W Ryan Jones	Wrexham	6.14	7		
3A	T Kieron Trotman	Cardiff	9.21	12	G2	☑	3B TT Deon Garrison	Cardiff	5.84	6		
4A	I Josh Sage	Bridgend	6.97	10			4B RR Tristan Ross	Carmarthen	5.11	5		
5A	WW Matthew Rich	Wrexham	6.23	8								
6A	N Rhys Norris	Newport	4.99	6								
7A	D Grant Leach	Deeside	4.88	4								

12:45 PM League Record

Mathew Evans Carmarthen Harriers 35.35 / Welsh Record - Chris Hughes Swansea Harriers 38.92 1991

Letter	Discus (1.0kg)	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	S Samuel Martin	Swansea	21.28	16	G4	☑	1B SS Bobby Jones	Swansea	16.29	8		
2A	T Kieron Trotman	Cardiff	19.03	14	G4		2B G Louis Brooks	Cwmbran	13.82	7		
3A	GG James Scarfi	Cwmbran	15.07	12			3B TT Deon Garrison	Cardiff	13.16	6		
4A	RR Tisrtan Lee Ross	Carmarthen	11.67	10			4B WW Jordan Williams	Wrexham	9.26	5		
5A	W Matthew Rich	Wrexham	10.90	8								

3:00 PM League Record

Rheon James Carmarthen Harriers 41.04 2005 / Welsh Record - Tom Norton Cwmbran Harriers 44.80 2007

Letter	Javelin (400g)	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	R Sion Howells	Carmarthen	26.03	16	G4		1B WW Matthew Rich	Wrexham	21.41	8		
2A	W Ryan Jones	Wrexham	25.83	14	G4		2B NN Jack Fear	Newport	20.85	7		
3A	T Kieron Trotman	Cardiff	25.19	12	G4		3B SS Oliver Ford	Swansea	19.29	6		
4A	N Ryan Morgan	Newport	24.25	10	G4		4B TT Ross Findlay	Cardiff	13.73	5		
5A	S Finley Davies	Swansea	20.10	8			5B DD Simon Crumpton	Deeside	8.96	4		
6A	I Jak D'Argie	Bridgend	18.62	6								
7A	D Jobe Urquahart	Deeside	16.00	4								
8A	GG Ben Miles	Cwmbran	12.04	2								

5:20 PM League Record

Swansea Harriers 55.2 2005 / Welsh Record - No Record set for age groups

New Age Group Record

Letter	4 x 100m Relay				Perf.	Pts		
1A	S	Swansea	Kieron White	Luke Jenkins	Finley Davies	Alexander Pavlou	54.1	16
2A	R	Carmarthen	Charlie Randall	Rhys Granville	Lee Clarke	Aled Price	54.1	14
3A	W	Wrexham	Matthew Rich	Connar Rogers	Ryan Jones	Keiron Cooper	57.5	12
4A	D	Deeside	Alex Peters	Luke Ward	Simon Crumpton	Lloyd Robbins	58.1	10
5A	T	Cardiff	Ross Findlay	James McLean	Deon Garrison	Lewys Jones	58.7	8
6A	G	Cwmbran	James Scarfi	Ben Miles	Louis Brooks	Ethan Lynch	60.7	6

Position	Clubs	Points
1	Carmarthen	203
2	Swansea	202
3	Cardiff	150
4	Deeside	133
5	Wrexham	127
6	Cwmbran	84
7	Newport	66
8	Bridgend	50

The points above are for U13 Boys only

12:50 PM League Record

Jonathan Simonsen Neath Harriers 11.4 2003 / Welsh Record - Andrew Watkins Pontypridd AC 10.99 2002

Letter	100m	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	W Daniel Williams	Wrexham	11.8*	16			1B	TT Jamaul Whyte	Cardiff	12.46	8	G4
2A	T Joe McClean	Cardiff	11.9*	14			2B	RR Daniel Howells	Carmarthen	12.46	7	G4
3A	R Jake Randall	Carmarthen	11.9*	12			3B	GG Connal Davies	Cwmbran	12.78	6	
4A	N James Morgan	Newport	11.9*	10			4B	SS David Skone	Swansea	13.13	5	
5A	I Jamie Morris	Bridgend	12.0*	8			5B	WW James Griffiths	Wrexham	13.18	4	
6A	S Keiron Martin	Swansea	12.4*	6			6B	NN Curtis Goodger	Newport	14.92	3	
7A	G William Davies	Cwmbran	12.5*	4								
8A	D Tom Bonney	Deeside	12.7*	2								

*manual timing

3:40 PM League Record

Jonathan Simonsen Neath Harriers 23.4 2003 / Welsh Record - Andrew Watkins Pontypridd AC 22.13 2002

Letter	200m	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	T Joe McClean	Cardiff	23.83	16	G2	☑	1B	RR Mathew Davies	Carmarthen	24.50	8	G3 ☑
2A	R Jake Randall	Carmarthen	24.14	14	G3	☑	2B	NN Michael Payne	Newport	24.90	7	G4 ☑
3A	I Jamie Morris	Bridgend	24.54	12	G3	☑	3B	II Lewis Jones	Bridgend	25.61	6	
4A	N James Morgan	Newport	24.77	10	G3	☑	4B	TT Osian Hughes	Cardiff	26.09	5	
5A	W Daniel Williams	Wrexham	24.78	8	G3	☑	5B	SS Josh Sansom	Swansea	26.35	4	
6A	S Keiron Martin	Swansea	25.28	6	G4	☑	6B	GG Connal Davies	Cwmbran	26.38	3	
7A	G William Davies	Cwmbran	26.00	4			7B	WW James Griffiths	Wrexham	27.20	2	

4:50 PM League Record

James Roberts Wrexham AC 57.4 2008 / Welsh Record - Malcolm James Cardiff AAC 50.3 1977

New Welsh Junior League Record

Letter	400m	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	N Michael Payne	Newport	55.8	16			1B	WW James Roberts	Wrexham	59.3	8	
2A	G Kieron Stephens	Cwmbran	57.3	14			2B	RR Chris Marks	Carmarthen	61.7	7	
3A	I Lewis Jones	Bridgend	57.6	12			3B	GG Ryan Adams	Cwmbran	64.6	6	
4A	R Sean Bergiers	Carmarthen	58.6	10			4B	SS Ryan Jones	Swansea	66.3	5	
5A	W David Blower	Wrexham	59.4	8			5B	TT Jack Harald	Cardiff	68.4	4	
6A	S Carwyn Evans	Swansea	62.1	6			6B	NN Taylor Jones	Newport	70.4	3	
7A	T Gareth Jones	Cardiff	63.2	4								

2:10 PM League Record

Chris Gowell Torfaen AC 2.06.0 / Welsh Record - Huw Davies Newport Harriers 2.00.6 1986

Letter	800m	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	GG Kieron Stephens	Cwmbran	2:14.7	16	G4		1B	G Matthew Antoniazzi	Cwmbran	2:15.5	8	G4
2A	S Sean White	Swansea	2:16.8	14			2B	WW James Roberts	Wrexham	2:20.2	7	
3A	W David Blower	Wrexham	2:17.5	12			3B	SS Carwyn Evans	Swansea	2:24.5	6	
4A	D Kyle Davies	Deeside	2:27.0	10			4B	TT Ewan Hughes	Cardiff	2:50.4	5	
5A	RR Daniel Howells	Carmarthen	2:27.0	8								
6A	T Gareth Jones	Cardiff	2:29.5	6								
7A	NN Curtis Goodger	Newport	2:32.5	4								
8A	I Jack Couch	Bridgend	2:39.8	2								

4:20 PM League Record

Dewi Griffiths Carmarthen Harriers 4.23.5 2005 / Welsh Record - Simon Lawson Cardiff AAC 4.07.75 2004

Letter	1500m	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	I Mathew Weeks	Bridgend	4:40.2	16	G4		1B	R Ronan Llyr	Carmarthen	4:55.5	8	
2A	G Marcus Price	Cwmbran	4:42.2	14	G4		2B	GG Stephen Scarfi	Cwmbran	4:59.3	7	
3A	RR Lloyd Heckler	Carmarthen	4:52.2	12								
4A	T Lloyd Bradley	Cardiff	4:54.2	10								

2:15 PM League Record

David Guest Bridgend AC 11.6 2006 / Welsh Record - Ben Cleary Cardiff AAC 11.16 2006

Letter	80m Hurdles	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	S Josh Sansom	Swansea	12.4	16	G3	☑	1B	R Aaron Willmott	Carmarthen	13.8	8	
2A	G Tyron Blake	Cwmbran	12.8	14	G4	☑	2B	SS William Spencer	Swansea	16.9	7	
3A	RR Liam Poole	Carmarthen	13.5	12			3B	GG Marcus Price	Cwmbran	18.8	6	
4A	T Jonathan Bailey	Cardiff	17.3	10								

2:15 PM League Record

James Anthony Neath Harriers 1.87 / Welsh Record - Chuka Enih-Snell Swansea Harriers 1.96 1998

Letter	High Jump	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	I Stephen Guest	Bridgend	1.80	16	G2	☑	1B	RR Mathew Davies	Carmarthen	1.55	8	G4
2A	D Tom Bonney	Deeside	1.60	14	G4		2B	TT Jack Harald	Cardiff	1.15	7	
3A	R Sean Bergiers	Carmarthen	1.60	12	G4							
4A	T Jamaul Whyte	Cardiff	1.55	10	G4							
5A	G Jordan Barry	Cwmbran	1.45	8								

12:00 PM League Record

Stephen Guest Bridgend AC 3.30 2008 / Welsh Record - Neil Winter Shaftesbury 4.40 1988

Letter	Pole Vault	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	I Stephen Guest	Bridgend	3.46	16	G2	☑						

1:30 PM League Record

Kueni Igbagiri Carmarthen Harriers 5.95 2005 / Welsh Record - Ian Strange Newport Harriers 6.63 1977

Letter	Long Jump	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	N Michael Payne	Newport	5.94	16	G2	☑	1B	I Jamie Morris	Bridgend	5.21	8	G4
2A	D Tom Bonney	Deeside	5.56	14	G3	☑	2B	T Joe McClean	Cardiff	5.01	7	
3A	II Lewis Jones	Bridgend	5.28	12	G4		3B	RR Daniel Howells	Carmarthen	4.46	6	
4A	TT Jonathan Bailey	Cardiff	5.21	10	G4		4B	WW James Griffiths	Wrexham	4.33	5	
5A	S Keiron Martin	Swansea	5.03	8			5B	NN Taylor Jones	Newport	4.15	4	
6A	R Sean Bergiers	Carmarthen	4.89	6			6B	GG Stephen Scarfi	Cwmbran	3.62	3	
7A	W Daniel Williams	Wrexham	4.82	4								
8A	G William Davies	Cwmbran	4.64	2								

3:45 PM League Record

Mathew Evans Carmarthen Harriers 15.77 2003 / Welsh Record - Mathew Evans Carmarthen Harriers 17.36 2003

Letter	Shot Putt (4kg)	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	R Chris Marks	Carmarthen	9.23	16			1B	RR Scott Jones	Carmarthen	9.05	8	
2A	G Tom Norton	Cwmbran	7.84	14								
3A	W James Roberts	Wrexham	6.50	12								
4A	SS Sean White	Swansea	6.30	10								
5A	N Matt Arnold	Newport	5.21	8								

12:45 PM League Record

David Price Deeside AC 42.52 / Welsh Record - Liam Walsh Deeside AAC 48.66 1996

Letter	Discus (1.25kg)	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	T Ryan Leonard	Cardiff	30.83	16	G3	☑	1B	R Aaron Willmott	Cardmarthen	22.23	8	
2A	G Tom Norton	Cwmbran	27.93	14	G4		2B	I Keiron Quirke	Bridgend	17.72	7	
3A	RR Scott Jones	Cardmarthen	24.39	12			3B	GG Marcus Price	Cwmbran	13.72	6	
4A	II Mathew Weeks	Bridgend	20.06	10								
5A	D Kyle Davies	Deeside	18.28	8								
6A	N Matt Arnold	Newport	14.87	6								
7A	W Rory Jones	Wrexham	9.95	4								
8A	S William Spencer	Swansea	9.23	2								

11:00 AM League Record

Mathew Evans Cardmarthen Harriers 52.14 2003 / Welsh Record - Rhys Hodnett Cardiff AAC 55.26 2006

Letter	Hammer (4kg)	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	I Scott Hewins	Bridgend	26.30	16			1B	R Aaron Willmott	Cardmarthen	16.91	8	
2A	RR Scott Jones	Cardmarthen	20.84	14								
3A	N Matt Arnold	Newport	15.02	12								

3:00 PM League Record

Garth Loughran Cardmarthen Harriers 51.86 / Welsh Record - Rhys Williams Swansea Harriers 58.58 1996

Letter	Javelin (600g)	Club	Perf.	Pts	Gr	AW	Letter	Club	Perf.	Pts	Gr	AW
1A	G Tom Norton	Cwmbran	43.60	16	G2	☑	1B	R James Stevenson	Cardmarthen	33.53	8	G3
2A	I Scott Hewins	Bridgend	38.12	14	G3		2B	II Keiron Quirke	Bridgend	25.73	7	G4
3A	RR Gethin Long	Cardmarthen	35.89	12	G4		3B	GG Tyron Blake	Cwmbran	23.50	6	
4A	D Kyle Davies	Deeside	33.61	10	G4		4B	TT Lloyd Bradley	Cardiff	20.49	5	
5A	T Ryan Leonard	Cardiff	32.41	8			5B	SS Ryan Jones	Swansea	18.80	4	
6A	S David Skone	Swansea	30.94	6								
7A	W Rory Jones	Wrexham	23.42	4								

5:30 PM League Record

Cardiff AAC 47.8 2003 / Welsh Record - No Record set for age groups

Letter	4 x 100m Relay	Perf.	Pts
1A	T Cardiff Osian Hughes Gareth Jones Jamaul Whyte Joe McClean	50.5	16
2A	I Bridgend Josh Williams Lewis Jones Stephen Guest Jamie Morris	51.4	14
3A	W Wrexham David Blower James Griffiths James Roberts No Athlete Declared	52.0	12
4A	G Cwmbran Kieron Stephens Connal Davies Tom Norton William Davies	52.2	10
5A	S Swansea Carwyn Evans David Skone Josh Sansom Keiron Martin	53.2	8
6A	R Cardmarthen Jake Randall Sean Bergiers Mathew Davies Daniel Howells	DQ	

Position	Clubs	Points
1	Cardmarthen	224
2	Cwmbran	181
3	Bridgend	176
4	Cardiff	161
5	Swansea	113
6	Wrexham	106
7	Newport	99
8	Deeside	58

The points above are for U15 Boys only

1:05 PM League Age Group Record Lloyd Reffell Cardiff AAC 11.2 2005 / Welsh Record - Tim Benjamin / Andrew Watkins Cardiff AAC / Cwmbran H 10.

New Welsh Junior League Record

Letter	100m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	R Tom Coleman	Carmarthen	11.14	16	G2 <input checked="" type="checkbox"/>	1B	RR Paul Bennett	Carmarthen	11.45	8 G3 <input checked="" type="checkbox"/>
2A	W Tom Cusworth	Wrexham	11.25	14	G3 <input checked="" type="checkbox"/>	2B	TT Michael Howe	Cardiff	11.85	7
3A	N Lemarl Freckleton	Newport	11.50	12	G3 <input checked="" type="checkbox"/>	3B	WW Gareth Bennett	Wrexham	12.13	6
4A	G Lewis Hinwood	Cwmbran	11.73	10	G4	4B	DD Mark Poglettke	Deeside	12.31	5
5A	T Jonathan Pengelly	Cardiff	11.73	8	G4					
6A	D Andy Howells	Deeside	12.31	6						
7A	S Alex Thomas	Swansea	12.56	4						

3:15 PM League Age Group Record Thomas Cusworth Wrexham AC 22.5 2008 / Welsh Record - Tim Benjamin Cardiff AAC 21.19 1998

Letter	200m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	W Tom Cusworth	Wrexham	22.51	16	G2 <input checked="" type="checkbox"/>	1B	TT Jonathan Pengelly	Cardiff	23.23	8 G3 <input checked="" type="checkbox"/>
2A	R Paul Bennett	Carmarthen	23.17	14	G3 <input checked="" type="checkbox"/>	2B	RR Tom Coleman	Carmarthen	23.79	7 G4 <input checked="" type="checkbox"/>
3A	N Lemarl Freckleton	Newport	23.55	12	G4 <input checked="" type="checkbox"/>	3B	WW Gareth Bennett	Wrexham	24.98	6
4A	T James Cutlan	Cardiff	23.84	10	G4 <input checked="" type="checkbox"/>	4B	DD Tom Boam	Deeside	25.30	5
5A	G Lewis Hinwood	Cwmbran	24.18	8						
6A	D Mark Poglettke	Deeside	25.16	6						
7A	S Alex Thomas	Swansea	25.72	4						

4:55 PM League Age Group Record Rhodri Scanlon Carmarthen Harriers 51.1 2003 / Welsh Record - Bruce Tasker Carmarthen Harriers 47.85 2004

Letter	400m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	T Sam Conway	Cardiff	51.8	16	G3 <input checked="" type="checkbox"/>	1B	RR Gerwyn Slinger	Carmarthen	52.5	8 G3 <input checked="" type="checkbox"/>
2A	R Antoine Woodman	Carmarthen	53.2	14	G4 <input checked="" type="checkbox"/>	2B	TT Jacob Brenan	Cardiff	54.9	7
3A	G Freddie Naseriyan	Cwmbran	57.0	12		3B	GG Lewis Shaw	Cwmbran	59.6	6
4A	W Tom Cszmadia	Wrexham	57.2	10		4B	SS	Swansea	60.9	5
5A	S Chris Kilner	Swansea	58.4	8						

2:50 PM League Age Group Record Rob Lightfoot Wrexham AC 1.57.7 2003 / Welsh Record - Neil Horsefield Newport Harriers 1.51.6 1983

Letter	800m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	T Declan Evans	Cardiff	1:59.09	16	G3 <input checked="" type="checkbox"/>	1B	TT Gareth Rees	Cardiff	2:11.67	8
2A	R Gerwyn Slinger	Carmarthen	2:02.11	14	G4 <input checked="" type="checkbox"/>	2B	GG Lewis Shaw	Cwmbran	2:16.22	7
3A	D Jamie Wright	Deeside	2:02.90	12	G4 <input checked="" type="checkbox"/>	3B	RR Andrew Drakeley	Carmarthen	2:16.89	6
4A	G Freddie Naseriyan	Cwmbran	2:13.14	10						

4:35 PM League Age Group Record David Jones Carmarthen Harriers 4.07.0 / Welsh Record - Colin Clarkson Swansea Harriers 3.51.5 1977

Letter	1500m	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	R Nicky Morrell	Carmarthen	4:19.3	16	G4 <input checked="" type="checkbox"/>	1B	RR Andrew Drakeley	Carmarthen	4:59.4	8
2A	D Jamie Wright	Deeside	4:26.8	14		2B	TT Darren Jones	Cardiff	5:03.0	7
3A	T Marcus James	Cardiff	4:45.4	12						

1:15 PM League Age Group Record

Mitchell Aspland Neath Harriers 4.40.0 2003 / Welsh Record - Steve Evans Abertillery AC 4.11.2 1974

Letter	1500m s/chase	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	G David Banwell-Clode	Cwmbran	5:06.52	16		1B	TT Ashley Blair	Cardiff	6:16.50	8
2A	S Matthew Thomas	Swansea	5:14.99	14						
3A	R Luke Parker	Carmarthen	5:20.40	12						
4A	T Darren Jones	Cardiff	5:36.22	10						

1:55 PM League Age Group Record

Dafydd Walters Carmarthen Harriers 13.8 2007 / Welsh Record - David Guest Bridgend AC 12.94 2007

Letter	100m Hurdles	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	T Ben Cleary	Cardiff	13.95	16	G3 <input checked="" type="checkbox"/>	1B	TT Daniel Sharrem	Cardiff	14.24	8 G3 <input checked="" type="checkbox"/>
2A	D Dan Burton	Deeside	16.36	14						
3A	W David Hoosan	Wrexham	17.85	12						
4A	S Jordan Brock	Swansea	18.28	10						
5A	R Jordan Rees	Carmarthen	19.45	8						

12:10 PM League Age Group Record

Gareth Sutcliffe Cardiff AAC 58.0 2005 / Welsh Record - Mark Rowlands Swansea Harriers 53.30 1994

Letter	400m Hurdles	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	R Antoine Woodman	Carmarthen	60.02	16	G4 <input checked="" type="checkbox"/>	1B	T Samuel Morgan	Cardiff	67.52	8
2A	S Chris Kilner	Swansea	64.28	14		2B	RR Jordan Rees	Carmarthen	69.22	7
3A	D Dan Burton	Deeside	65.00	12		3B	SS Jordan Brock	Swansea	69.84	6
4A	TT Jacob Brenan	Cardiff	65.48	10						

3:45 PM League Age Group Record

Sam Hood Cardiff AAC 2.05 / Welsh Record - Chuka Enih-Snell Swansea Harriers 2.15 2000

Letter	High Jump	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	N Ashley Jones	Newport	1.70	16	G4	1B	NN Tomos Morgan	Newport	1.70	8 G4
2A	RR Antoine Woodman	Carmarthen	1.60	14		2B	R Emyr Jones	Carmarthen	1.45	7
3A	T Gareth Rees	Cardiff	1.55	12		3B	TT Ashley Blair	Cardiff	1.30	6
4A	S Jordan Brock	Swansea	1.55	10						
5A	D Alex Day	Deeside	1.55	8						

12:00 PM League Age Group Record

Paul Walker Cardiff AAC 4.25 / Welsh Record - Neil Winter Shaftesbury 5.20 1990

Letter	Pole Vault	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	T Lewis Newton	Cardiff	3.86	16	G3 <input checked="" type="checkbox"/>					
2A	R Emyr Jones	Carmarthen	3.66	14	G4 <input checked="" type="checkbox"/>					

12:45 PM League Age Group Record

Ricardo Childs Brecon AC 6.88 2001 / Welsh Record - Marcus Browning Chester 7.11 1986

Letter	Long Jump	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	N Tomos Morgan	Newport	6.06	16	G3 <input checked="" type="checkbox"/>	1B	NN Ashley Jones	Newport	5.56	8 G4
2A	W Tom Cusworth	Wrexham	5.88	14	G3	2B	T Sam Conway	Cardiff	5.34	7
3A	R Dafydd Williams	Carmarthen	5.55	12	G4	3B	WW Gareth Bennett	Wrexham	5.20	6
4A	TT Jack Tugwell	Cardiff	5.48	10		4B	RR Andrew Drakeley	Carmarthen	4.50	5
5A	S James Ledger	Swansea	5.06	8						

4:30 PM League Age Group Record

Craig Phillips Deeside AC 13.54 2002 / Welsh Record - Steven Shalders Cardiff AAC 15.14 1998

Letter	Triple Jump	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	R Dafydd Williams	Carmarthen	12.46	16	G3	1B	RR Luke Parker	Carmarthen	10.51	8 G1
2A	TT James Cutlan	Cardiff	11.65	14		2B	T Gareth Rees	Cardiff	10.12	7 G1
3A	N Ashley Jones	Newport	10.28	12		3B	NN Tom Aviss	Newport	9.42	6 G1
4A	S Matthew Thomas	Swansea	7.36	10						

3:00 PM League Age Group Record

Tom Edwards Carmarthen Harriers 15.37 2008 / Welsh Record - Mark Hewer Cardiff AAC 16.93 1979

NEW AGE GROUP RECORD

Letter	Shot Putt (5kg)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	R Paul Bennett	Carmarthen	15.84	16	G2 <input checked="" type="checkbox"/>	1B	RR Rheon James	Carmarthen	14.66	8 G2 <input checked="" type="checkbox"/>
2A	G Lewis Hinwood	Cwmbran	10.94	14		2B	SS Edward Whitehead	Swansea	9.24	7
3A	N Lemarl Freckleton	Newport	10.21	12		3B	TT Rhys Newman	Cardiff	7.98	6
4A	S Alex Thomas	Swansea	10.00	10		4B	NN Tom Aviss	Newport	7.83	5
5A	T James Cutlan	Cardiff	9.98	8						
6A	D Mark Poglettke	Deeside	8.99	6						
7A	W Tom Cusworth	Wrexham	7.66	4						

5:00 PM League Age Group Record

Glenn Williams Cardiff AAC 48.38 / Welsh Record - Gareth Bull Cardiff AAC 48.93 2001

Letter	Discus (1.5kg)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	R Tomos Edwards	Carmarthen	44.59	16	G2 <input checked="" type="checkbox"/>	1B	RR Rheon James	Carmarthen	39.89	8 G3 <input checked="" type="checkbox"/>
2A	NN Tom Aviss	Newport	31.63	14	G4	2B	N Lewis Jones	Newport	24.82	7
3A	T Jimmy Rodd	Cardiff	26.53	12		3B	TT Rhys Newman	Cardiff	22.18	6
4A	S Edward Whitehead	Swansea	26.15	10		4B	SS Alex Thomas	Swansea	16.39	5
5A	G Josh Bussell	Cwmbran	26.08	8						

11:00 AM League Age Group Record

Rhys Hodnett Cardiff AAC 55.85 / Welsh Record - Shaun Pickering Haringey 62.12 1978

Letter	Hammer (5kg)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	R Tomos Edwards	Carmarthen	35.14	16	G4	1B	RR Jon Llewellyn	Carmarthen	21.78	8
2A	G Josh Bussell	Cwmbran	27.16	14		2B	SS James Caughlin	Swansea	18.21	7
3A	N Lewis Jones	Newport	26.67	12						
4A	S Edward Whitehead	Swansea	19.88	10						
5A	T Rhys Newman	Cardiff	19.23	8						

1:30 PM League Age Group Record

Jon Llewellyn Carmarthen Harriers 56.51 2008 / Welsh Record - Colin MacKenzie East Kent 70.30 1979

Letter	Javelin (700g)	Club	Perf.	Pts	Grade	Letter	Club	Perf.	Pts	Grade
1A	R Jon Llewellyn	Carmarthen	46.57	16	G3 <input checked="" type="checkbox"/>	1B RR Paul Bennett	Carmarthen	42.59	8	G4
2A	N Tomos Morgan	Newport	45.91	14	G3 <input checked="" type="checkbox"/>	2B NN Thomas Kendall	Newport	34.04	7	
3A	D Alex Day	Deeside	34.45	12		3B GG Lewis Shaw	Cwmbran	19.21	6	
4A	G Lewis Hinwood	Cwmbran	32.38	10		4B TT Marcus James	Cardiff	16.98	5	
5A	T Kyle Garrison	Cardiff	24.57	8		5B S James Caughlin	Swansea	5.33	4	
6A	SS Chris Kilner	Swansea	22.33	6						
7A	W James Rich	Wrexham	19.67	4						

5:40 PM League Age Group Record

Cardiff AAC 45.2 2002 / Welsh Record - No Record set for age groups

Letter	4 x 100m Relay	Perf.	Pts
1A	R Carmarthen Tomos Edwards Paul Bennett Tom Coleman Antoine Woodman	45.9	16
2A	T Cardiff Jimmy Rodd Michael Howe Jonathon Pengelly James Cutlan	46.2	14
3A	W Wrexham Daniel Hodgson David Hoosan Gareth Bennett No Athlete Declared	49.2	12
4A	D Deeside Tom Boam Dan Burton Andy Howells Mark Poglettke	49.3	10
5A	G Cwmbran Josh Bussell Lewis Shaw Alex Edwards Freddie Naseriyan	50.7	8
6A	S Swansea Edward Whitehead Chris Kilner Alex Thomas Matthew Thomas	52.1	6

Position	Clubs	Points
1	Carmarthen	342
2	Cardiff	298
3	Newport	161
4	Swansea	158
5	Cwmbran	129
6	Deeside	110
7	Wrexham	104
8		

The points above are for U17 Men only

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

Bib	100m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade	
1A	T	Chris Howe	Cardiff	11.18	16	G2	<input checked="" type="checkbox"/>	1B	GG	David Norton	Cwmbran	12.06
2A	G	Jamie Mayers	Cwmbran	11.60	14							
3A	W	Gawain Rogers	Wrexham	11.86	12							
4A	I	Lewis Major	Bridgend	11.89	10							
5A	N	Ashley Price	Newport	12.40	8							
6A	D	Tom Snowdon	Deeside	12.57	6							
7A	R	Dewi Griffiths	Carmarthen	13.32	4							

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

Bib	200m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade	
1A	W	Cynan Evans	Wrexham	23.0	16	G3	<input checked="" type="checkbox"/>	1B	D	Tom Snowdon	Deeside	25.8
2A	T	Chris Howe	Cardiff	23.1	14	G3	<input checked="" type="checkbox"/>	2B	GG	Dan Norton	Cwmbran	27.7
3A	G	Jamie Mayers	Cwmbran	23.7	12							
4A	R	Dafydd Walters	Carmarthen	23.9	10							
5A	I	Lewis Major	Bridgend	24.4	8							
6A	DD	Tom Tilston	Deeside	24.5	6							

5:05 PM League Age Group Record Bruce Tasker Carmarthen Harriers 50.4 2003 / Welsh Record - Tim Benjamin Cardiff AAC 46.1 2001

Bib	400m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade	
1A	T	Gareth Hopkins	Cardiff	50.6	16	G2	<input checked="" type="checkbox"/>					
2A	W	Cynan Evans	Wrexham	51.1	14	G2	<input checked="" type="checkbox"/>					
3A	G	Dan Lester	Cwmbran	54.4	12							
4A	R	Dafydd Walters	Carmarthen	55.1	10							
5A	S	Antonio Cirillo	Swansea	58.7	8							
6A	D	Tom Snowdon	Deeside	59.1	6							

2:55 PM League Age Group Record Stephen Richards Swansea Harriers 1.58.2 2003 / Welsh Record - Paul Williams Barry & Vale H 1.48.20 1986

Bib	800m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade	
1A	G	Chris Prothero	Cwmbran	1:59.76	16	G3	<input checked="" type="checkbox"/>	1B	GG	Dan Lester	Cwmbran	2:00.66
2A	R	Dewi Griffiths	Carmarthen	2:02.32	14							
3A	D	Phil Edge	Deeside	2:07.33	12							
4A	S	Antonio Cirillo	Swansea	2:09.90	10							

4:40 PM League Age Group Record Tom Marshall Brecon AC 4.05.6 2007 / Welsh Record - Neil Horsefield Newport Harriers 3.44.59 1984

Bib	1500m	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade	
1A	G	Mike Kershaw	Cwmbran	4:16.9	16			1B	GG	Gareth Lewis	Cwmbran	4:27.4
2A	R	Dewi Griffiths	Carmarthen	4:21.0	14							
3A	D	Phil Edge	Deeside	4:23.0	12							

1:25 PM League Age Group Record Gareth Jones Swansea Harriers 6.40.4 2003 / Welsh Record - Mickey Morris Cwmbran Harriers 5.34.8 1975

New Welsh Junior League Record

Bib	2000m s/chase	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade
1A	G	Ieuan Thomas	Cwmbran	6:02.6	16	G1	<input checked="" type="checkbox"/>				

1:35 PM League Age Group Record Dafydd Walters Carmarthen Harriers 14.9 2008 / Welsh Record - Colin Jackson Cardiff AAC 13.44 1986

Bib	110m Hurdles	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade
1A	R	Dafydd Walters	Carmarthen	15.8	16		<input checked="" type="checkbox"/>				
2A	D	Tom Tilston	Deeside	17.3	14						

12:00 PM League Age Group Record Luke Morgan Cardiff AAC 58.0 2008 / Welsh Record - David Greene Swansea Harriers 51.14 2005

Bib	400m Hurdles	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade
1A	R	Dafydd Walters	Carmarthen	58.40	16	G3	<input checked="" type="checkbox"/>				
2A	T	Jamie Gutteridge	Cardiff	59.09	14	G3	<input checked="" type="checkbox"/>				
3A	D	Tom Tilston	Deeside	59.93	12		<input checked="" type="checkbox"/>				
4A	G	Ieuan Thomas	Cwmbran	61.07	10						

3:45 PM League Age Group Record Gareth Haines Carmarthen Harriers 1.98 / Welsh Record - John Hill Solihull 2.24 1985

Bib	High Jump	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade
1A	D	Daniel Evans	Deeside	1.85	16	G3					
2A	W	Gawain Rogers	Wrexham	1.85	14	G3					
3A	S	Robby Wells	Swansea	1.80	12	G3					
4A	T	Lewis Long	Cardiff	1.80	10	G3					

12:00 PM League Age Group Record Paul Walker Cardiff AAC 4.20 2003 / Welsh Record - Neil Winter Shaftesbury 5.50 1992

Bib	Pole Vault	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade
1A	D	Liam Edwards	Deeside	3.56	16						

12:45 PM League Age Group Record Ricardo Childs Brecon AC 7.09 2003 / Welsh Record - Colin Jackson Cardiff AAC 7.56 1985

Bib	Long Jump	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade
1A	N Tom Kivell	Newport	6.46	16	G2	<input checked="" type="checkbox"/>					
2A	T Alex Obiako	Cardiff	6.10	14	G3						
3A	S Robert John	Swansea	5.62	12							

4:30 PM League Age Group Record Adam Williams Menai T&F 14.05 2007 / Welsh Record - Steven Shalders Cardiff AAC 15.99 2000

Bib	Triple Jump	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade
1A	T Alex Obiako	Cardiff	14.02	16	G1	<input checked="" type="checkbox"/>					
2A	N Tom Kivell	Newport	13.83	14	G1	<input checked="" type="checkbox"/>					
3A	S Robert John	Swansea	10.86	12							

3:00 PM League Age Group Record Brett Morse Cardiff AAC 16.34 2008 / Welsh Record - Brett Morse Cardiff AAC 17.05 2008

New Age Group Record

Bib	Shot Putt (6kg)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade
1A	T Brett Morse	Cardiff	16.69	16	G1	<input checked="" type="checkbox"/>	1B NN Mark Boswell	Newport	8.69		
2A	N Jacob Matthews	Newport	13.71	14	G2	<input checked="" type="checkbox"/>					
3A	D Daniel Evans	Deeside	10.71	12							
4A	R Michael John	Carmarthen	10.58	10							

5:00 PM League Age Group Record Brett Morse Cardiff AAC 58.37 2008 / Welsh Record - Brett Morse Cardiff AAC 58.37 2008

Bib	Discus (1.75kg)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade
1A	T Brett Morse	Cardiff	56.94	16	G1	<input checked="" type="checkbox"/>					
2A	N Jacob Matthews	Newport	43.16	14	G2	<input checked="" type="checkbox"/>					
3A	R Michael John	Carmarthen	27.21	12							

11:00 AM League Age Group Record Richie Wells Swansea Harriers 55.26 2007 / Welsh Record - Matthew Richards Swansea Harriers 58.44 2005

Bib	Hammer (6kg)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade
1A	T Brett Morse	Cardiff	44.82	16		<input checked="" type="checkbox"/>					
2A	S James Dabler	Swansea	39.04	14							
3A	N Mark Boswell	Newport	38.00	12							
4A	R Michael John	Carmarthen	21.09	10							

1:30 PM League Age Group Record Stephen Winter Brecon AC 58.43 2006 / Welsh Record - Jonathan Clarke Swansea Harriers 68.74 1986

	Bib	Javelin (800g)	Club	Perf.	Pts	Gr	AW	Bib	Club	Perf.	AW	Grade
1A	R	Michael John	Carmarthen	52.93	16	G2	☑					
2A	T	Brett Morse	Cardiff	42.45	14	G3						
3A	S	Robby Wells	Swansea	29.71	12							
4A	N	Mark Boswell	Newport	18.12	10							

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

	Bib	4 x 100m Relay					Perf.	Pts	Grade
1A	T	Cardiff	Jamie Gutteridge	Gareth Hopkins	Brett Morse	Chris Howe	45.3	16	
2A	G	Cwmbran	Jamie Mayers	Dan Lester	Brett Morse	Ieuan Thomas	46.9	14	
3A	D	Deeside	Tom Snowdon	Tom Tilston	Brett Morse	Daniel Evans	49.4	12	

Position	Clubs	Points
1	Cardiff	178
2	Carmarthen	132
3	Deeside	124
4	Cwmbran	110
5	Newport	88
6	Swansea	80
7	Wrexham	56
8	Bridgend	18

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