

Welsh Athletics U15 League PLATE Final							
1	11	Pontyclun AC		5	55	Neath Harriers	
2	22	Aberdare VAAC		6	66	Hereford & County AC	
3	33	Llanelli AC		7	77	Bridgend & Barry & Vale	
4	44	Blaenau Gwent AC		8	88	Cwmbran & Rhondda	
<b>T01: U15B 80m Hurdles : A RACE [12:00 PM]</b>				<b>T01: U15B 80m Hurdles : B RACE [12:04 PM]</b>			
Lane	Bib	Athlete	Club	Lane	Bib	Athlete	Club
1	5		Neath Harriers	1	55		Neath Harriers
2	3	Sam FOSTER	Llanelli AC	2	33		Llanelli AC
3	2	Aiden JONES	Aberdare VAAC	3	22	Morgan DICKSON	Aberdare VAAC
4	4		Blaenau Gwent AC	4	44		Blaenau Gwent AC
5	1		Pontyclun AC	5	11		Pontyclun AC
6	7		Bridgend & Barry & Vale	6	77		Bridgend & Barry & Vale
7	6		Hereford & County AC	7	66		Hereford & County AC
8	8		Cwmbran & Rhondda	8	88		Cwmbran & Rhondda

This is now one race 'B' String will be moved into empty lanes

<b>T02: U15B 1500m : A RACE [12:10 PM]</b>			
Lane	Bib	Athlete	Club
1	1	Alex JAMES	Pontyclun AC
2	8	Leroy GRIFFITHS (RHO)	Cwmbran & Rhondda
3	4	Bradley DICKERSON	Blaenau Gwent AC
4	2	Rhys BLOW	Aberdare VAAC
5	6		Hereford & County AC
6	5	Finlay CATLING	Neath Harriers
7	3		Llanelli AC
8	7		Bridgend & Barry & Vale
9	11		Pontyclun AC
10	88		Cwmbran & Rhondda
11	44		Blaenau Gwent AC
12	22	Morgan DICKSON	Aberdare VAAC
13	66		Hereford & County AC
14	55		Neath Harriers
15	33		Llanelli AC
16	77		Bridgend & Barry & Vale

#### LEG NUMBERS REQUIRED

to help photofinish do not alter leg numbers issue with each entry  
also notify of any additions not in start list

<b>T03: U15G 75m Hurdles : A RACE [12:25 PM]</b>			
Lane	Bib	Athlete	Club
1	2	Sophie HARRIS	Aberdare VAAC
2	7	Kelise HAPPI (B&V)	Bridgend & Barry & Vale
3	1	Paige EVANS	Pontyclun AC
4	6	Leah ELLIS	Hereford & County AC
5	3	Hannah FORKUOH	Llanelli AC
6	8		Cwmbran & Rhondda
7	5	Courtney BROWN	Neath Harriers
8	4		Blaenau Gwent AC

<b>T03: U15G 75m Hurdles : B RACE [12:29 PM]</b>			
Lane	Bib	Athlete	Club
1	22	Taryn WARD	Aberdare VAAC
2	77		Bridgend & Barry & Vale
3	11		Pontyclun AC
4	66		Hereford & County AC
5	33		Llanelli AC
6	88		Cwmbran & Rhondda
7	55	Bethany MARTIN	Neath Harriers
8	44		Blaenau Gwent AC

This is now one race 'B' String will be moved into empty lanes

<b>T04: U13B 75m Hurdles : A RACE [12:35 PM]</b>			
Lane	Bib	Athlete	Club
1	3		Llanelli AC
2	1		Pontyclun AC
3	2	Dylan SMITH	Aberdare VAAC
4	8		Cwmbran & Rhondda
5	5		Neath Harriers
6	4	Jayden DAVIES	Blaenau Gwent AC
7	7		Bridgend & Barry & Vale
8	6	Owain RIDGWAY	Hereford & County AC

<b>T04: U13B 75m Hurdles : B RACE [12:39 PM]</b>			
Lane	Bib	Athlete	Club
1	33		Llanelli AC
2	11		Pontyclun AC
3	22		Aberdare VAAC
4	88		Cwmbran & Rhondda
5	55		Neath Harriers
6	44		Blaenau Gwent AC
7	77		Bridgend & Barry & Vale
8	66		Hereford & County AC

This is now one race 'B' String will be moved into empty lanes

<b>T05: U15G 1500m : A RACE [12:40 PM]</b>			
Lane	Bib	Athlete	Club
1	1	Paige EVANS	Pontyclun AC
2	8		Cwmbran & Rhondda
3	4	Lowri PROSSER	Blaenau Gwent AC
4	2	Kiera GRIFFITHS	Aberdare VAAC
5	6		Hereford & County AC
6	5	Roxy OWEN	Neath Harriers
7	3		Llanelli AC
8	7		Bridgend & Barry & Vale
9	11		Pontyclun AC
10	88		Cwmbran & Rhondda
11	44		Blaenau Gwent AC
12	22	Macey HOLLAND	Aberdare VAAC
13	66		Hereford & County AC
14	55		Neath Harriers
15	33		Llanelli AC
16	77		Bridgend & Barry & Vale

**LEG NUMBERS REQUIRED**

to help photofinish do not alter leg numbers issue with each entry also notify of any additions not in start list

<b>T06: U13G 70m Hurdles : A RACE [12:50 PM]</b>			
Lane	Bib	Athlete	Club
1	4	Ellie MAI TETLEY	Blaenau Gwent AC
2	5	Evie AITCHISON	Neath Harriers
3	6	Tessa MORGAN	Hereford & County AC
4	7	Ruby HADFIELD (B&V)	Bridgend & Barry & Vale
5	8	Callie JONES (CWM)	Cwmbran & Rhondda
6	1	Isobel MACINTYRE	Pontyclun AC
7	2		Aberdare VAAC
8	3	Emily TUCKER	Llanelli AC

<b>T06: U13G 70m Hurdles : B RACE [12:54 PM]</b>			
Lane	Bib	Athlete	Club
1	44	Georgie WILLIAMS	Blaenau Gwent AC
2	55		Neath Harriers
3	66		Hereford & County AC
4	77	Ffion HOWE (BGD)	Bridgend & Barry & Vale
5	88		Cwmbran & Rhondda
6	11		Pontyclun AC
7	22		Aberdare VAAC
8	33	Megan FOSTER	Llanelli AC

<b>T07: U13B 1500m : A &amp; B RACE [12:55 PM]</b>			
Lane	Bib	Athlete	Club
1	8		Cwmbran & Rhondda
2	4	Zane DICKERSON	Blaenau Gwent AC
3	7		Bridgend & Barry & Vale
4	3		Llanelli AC
5	2	Finley ENOCH	Aberdare VAAC
6	6		Hereford & County AC
7	1	Elis PADFIELD	Pontyclun AC
8	5	Ashton PARRY	Neath Harriers
9	88		Cwmbran & Rhondda
10	44		Blaenau Gwent AC
11	77		Bridgend & Barry & Vale
12	33		Llanelli AC
13	22	Dylan SMITH	Aberdare VAAC
14	66		Hereford & County AC
15	11		Pontyclun AC
16	55		Neath Harriers

<b>T08: U13G 1500m : A &amp; B RACE [1:03 PM]</b>			
Lane	Bib	Athlete	Club
1	6		Hereford & County AC
2	2	Evelyn CARTLIDGE	Aberdare VAAC
3	8	Grace GRIFFITHS (RHO)	Cwmbran & Rhondda
4	5	Mari STEPHENS	Neath Harriers
5	7	Ariannah THOMAS (BGD)	Bridgend & Barry & Vale
6	3		Llanelli AC
7	4	Ellie MORRIS	Blaenau Gwent AC
8	1	Isobel MACINTYRE	Pontyclun AC
9	66		Hereford & County AC
10	22		Aberdare VAAC
11	88		Cwmbran & Rhondda
12	55		Neath Harriers
13	77		Bridgend & Barry & Vale
14	33		Llanelli AC
15	44		Blaenau Gwent AC
16	11		Pontyclun AC

**LEG NUMBERS REQUIRED**

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<b>T09: U15B 100m : A RACE [1:15 PM]</b>			
Lane	Bib	Athlete	Club
1	5	Sam JONES	Neath Harriers
2	3		Llanelli AC
3	2	Ellis CAREY	Aberdare VAAC
4	4		Blaenau Gwent AC
5	1		Pontyclun AC
6	7		Bridgend & Barry & Vale
7	6	Jamie STEARMAN	Hereford & County AC
8	8	Noah BENNETT (CWM)	Cwmbran & Rhondda

<b>T09: U15B 100m : B RACE [1:19 PM]</b>			
Lane	Bib	Athlete	Club
1	55	Brandon TANG	Neath Harriers
2	33		Llanelli AC
3	22	Garin WILLIAMS	Aberdare VAAC
4	44		Blaenau Gwent AC
5	11		Pontyclun AC
6	77		Bridgend & Barry & Vale
7	66	Zach LAND	Hereford & County AC
8	88	Evan MIINTO (CWM)	Cwmbran & Rhondda

**This is now one race 'B' String will be moved into empty lanes**

<b>T10: U15G 100m : A RACE [1:25 PM]</b>			
Lane	Bib	Athlete	Club
1	1	Mia WILLIAMS	Pontyclun AC
2	8	Charlotte JONES (CWM)	Cwmbran & Rhondda
3	4	Lowri PROSSER	Blaenau Gwent AC
4	2	Chloe WARD	Aberdare VAAC
5	6	Eva TYLER	Hereford & County AC
6	5	Megan HANCOCK	Neath Harriers
7	3	Kahlen JONES	Llanelli AC
8	7	Kelise HAPPI (B&V)	Bridgend & Barry & Vale

<b>T10: U15G 100m : B RACE [1:29 PM]</b>			
Lane	Bib	Athlete	Club
1	11		Pontyclun AC
2	88	Jasmine HAYDEN (CWM)	Cwmbran & Rhondda
3	44		Blaenau Gwent AC
4	22	Lilia SIMONOV	Aberdare VAAC
5	66	Sophie TOOTELL	Hereford & County AC
6	55	Courtney BROWN	Neath Harriers
7	33	Hannah FORKUH	Llanelli AC
8	77	Eloise GOFFIN (B&V)	Bridgend & Barry & Vale

<b>T11: U13B 100m : A RACE [1:35 PM]</b>			
Lane	Bib	Athlete	Club
1	2	Benjamin PARKER	Aberdare VAAC
2	7	Louis COOPER (BGD)	Bridgend & Barry & Vale
3	1	Kian WILSON	Pontyclun AC
4	6	Jon-Henry ROBBIE	Hereford & County AC
5	3	Rhodri ROBERTS	Llanelli AC
6	8	Daniel GREY (CWM)	Cwmbran & Rhondda
7	5	Reiph ONYEWU	Neath Harriers
8	4	Samuel JOHNSON	Blaenau Gwent AC

<b>T11: U13B 100m : B RACE [1:39 PM]</b>			
Lane	Bib	Athlete	Club
1	22	Lewis REED	Aberdare VAAC
2	77	Samuel JONES (B&V)	Bridgend & Barry & Vale
3	11		Pontyclun AC
4	66	Phoenix CLARKE	Hereford & County AC
5	33	Elis PENFOLD	Llanelli AC
6	88		Cwmbran & Rhondda
7	55	Cameron PASK	Neath Harriers
8	44	Caian STEADMAN	Blaenau Gwent AC

<b>T12: U13G 100m : A RACE [1:45 PM]</b>			
Lane	Bib	Athlete	Club
1	3	Cari ADAMS	Llanelli AC
2	1	Grace CLASH	Pontyclun AC
3	2	Evelyn CARTLIDGE	Aberdare VAAC
4	8	Bethan EJIOFOR (RHO)	Cwmbran & Rhondda
5	5	Rebeca CROCKER	Neath Harriers
6	4	Libby CUNVIN	Blaenau Gwent AC
7	7	Jessica MANTLE (B&V)	Bridgend & Barry & Vale
8	6	Caitlin FATHERS	Hereford & County AC

<b>T12: U13G 100m : B RACE [1:49 PM]</b>			
Lane	Bib	Athlete	Club
1	33	Ffion CHALLIS	Llanelli AC
2	11	Imogen CUTTER	Pontyclun AC
3	22	Caitlin CARTLIDGE	Aberdare VAAC
4	88	Grace GRIFFITHS (RHO)	Cwmbran & Rhondda
5	55	Chloe OWEN	Neath Harriers
6	44	Lexi DAVIES	Blaenau Gwent AC
7	77	Ffion HOWE (BGD)	Bridgend & Barry & Vale
8	66	Lily RONE	Hereford & County AC

<b>T13: U11G 75m : A RACE [1:55 PM]</b>			
Lane	Bib	Athlete	Club
1	7	Poppy EVANS (BGD)	Bridgend & Barry & Vale
2	6	Esme BENJAMIN	Hereford & County AC
3	5	Eleri BROWN	Neath Harriers
4	1	Evie LAWTON	Pontyclun AC
5	4	Tia WHITCOMBE	Blaenau Gwent AC
6	3	Darcy COSLETT	Llanelli AC
7	8	Aaliyah HAGERTY (RHO)	Cwmbran & Rhondda
8	2	Megan CHANTRELL	Aberdare VAAC

<b>T13: U11G 75m : B RACE [1:59 PM]</b>			
Lane	Bib	Athlete	Club
1	77	Kourtney WILLIAMS (B&V)	Bridgend & Barry & Vale
2	66		Hereford & County AC
3	55	Lowri GIBBON	Neath Harriers
4	11	Libby EMANUEL	Pontyclun AC
5	44	Manon JONES	Blaenau Gwent AC
6	33	Magi SUE DAWNEY	Llanelli AC
7	88	Ruby HEARNE (CWM)	Cwmbran & Rhondda
8	22	Mali DICKSON	Aberdare VAAC

<b>T14: U11B 75m : A RACE [2:05 PM]</b>			
Lane	Bib	Athlete	Club
1	4	Jacob SWAIN	Blaenau Gwent AC
2	5	Tom ROBBINS	Neath Harriers
3	6	Fred TYLER	Hereford & County AC
4	7	Noah ROBERTS (BGD)	Bridgend & Barry & Vale
5	8	Finley ROYNON (CMM)	Cwmbran & Rhondda
6	1	Aaron NATHAN	Pontyclun AC
7	2	William ESE-OKORARE	Aberdare VAAC
8	3	Tariyan WHEELER	Llanelli AC

<b>T14: U11B 75m : B RACE [2:09 PM]</b>			
Lane	Bib	Athlete	Club
1	44	Elis-Rhys NICKLIN	Blaenau Gwent AC
2	55	Osian DAVIES	Neath Harriers
3	66		Hereford & County AC
4	77	Max BHATIA (B&V)	Bridgend & Barry & Vale
5	88	William FREEBURY (CWM)	Cwmbran & Rhondda
6	11	Joel HOLDHAM	Pontyclun AC
7	22	Evan THOMAS	Aberdare VAAC
8	33	Sean MOULD	Llanelli AC

WELSH ATHLETICS 2019 U15 LEAGUE-PLATE FINAL.xlsm LANE DRAW

<b>T15: U15G 800m : A RACE [2:15 PM]</b>			
Lane	Bib	Athlete	Club
1	8		Cwmbran & Rhondda
2	4	Bethan KEY	Blaenau Gwent AC
3	7		Bridgend & Barry & Vale
4	3	Amy TUCKER	Llanelli AC
5	2	Abi JARVIS	Aberdare VAAC
6	6	Elizabeth WILLIAMS	Hereford & County AC
7	1	Tara NATHAN	Pontyclun AC
8	5	Maddison HINES	Neath Harriers

<b>T15: U15G 800m : B RACE [2:19 PM]</b>			
Lane	Bib	Athlete	Club
1	88		Cwmbran & Rhondda
2	44	Mia THOMAS	Blaenau Gwent AC
3	77		Bridgend & Barry & Vale
4	33		Llanelli AC
5	22	Nia REDDY	Aberdare VAAC
6	66	Evie SWINDALE	Hereford & County AC
7	11		Pontyclun AC
8	55	Courtney BROWN	Neath Harriers

<b>T16: U15B 800m : A RACE [2:25 PM]</b>			
Lane	Bib	Athlete	Club
1	6	Matthew BRUNNOCK	Hereford & County AC
2	2	Tomas GARDINER	Aberdare VAAC
3	8	Lewis JACOBS (RHO)	Cwmbran & Rhondda
4	5	Rhys SANDBROOK	Neath Harriers
5	7		Bridgend & Barry & Vale
6	3	Iwan WILSON	Llanelli AC
7	4	Alex BENNETT	Blaenau Gwent AC
8	1		Pontyclun AC

<b>T16: U15B 800m : B RACE [2:29 PM]</b>			
Lane	Bib	Athlete	Club
1	66		Hereford & County AC
2	22	Aiden JONES	Aberdare VAAC
3	88	Matthew MORGAN (CWM)	Cwmbran & Rhondda
4	55	Charlie TODD	Neath Harriers
5	77		Bridgend & Barry & Vale
6	33	James THOMAS	Llanelli AC
7	44		Blaenau Gwent AC
8	11		Pontyclun AC

<b>T17: U13G 800m : A RACE [2:35 PM]</b>			
Lane	Bib	Athlete	Club
1	5	Katie SELICK	Neath Harriers
2	3	Emily TUCKER	Llanelli AC
3	2	Arwen MORGAN	Aberdare VAAC
4	4	Ellie MAI TETLEY	Blaenau Gwent AC
5	1	Georgie WILSON	Pontyclun AC
6	7	Ffion HOWE (BGD)	Bridgend & Barry & Vale
7	6	Esther WILLIAMS	Hereford & County AC
8	8	Callie JONES (CWM)	Cwmbran & Rhondda

<b>T17: U13G 800m : B RACE [2:39 PM]</b>			
Lane	Bib	Athlete	Club
1	55	Rebeca CROCKER	Neath Harriers
2	33	Amelie CAMPION	Llanelli AC
3	22		Aberdare VAAC
4	44	Tia WYER SAMUEL	Blaenau Gwent AC
5	11		Pontyclun AC
6	77	Daisy EVANS (BGD)	Bridgend & Barry & Vale
7	66		Hereford & County AC
8	88	Crystal JACOBS (RHO)	Cwmbran & Rhondda

<b>T18: U13B 800m : A RACE [2:45 PM]</b>			
Lane	Bib	Athlete	Club
1	1	Kian WILSON	Pontyclun AC
2	8		Cwmbran & Rhondda
3	4	Caian STEADMAN	Blaenau Gwent AC
4	2	Lewis REED	Aberdare VAAC
5	6	Benjamin HAWKYARD	Hereford & County AC
6	5	Jake HARRIS	Neath Harriers
7	3	Elis PENFOLD	Llanelli AC
8	7	Rhys KINGDON (B&V)	Bridgend & Barry & Vale

<b>T18: U13B 800m : B RACE [2:49 PM]</b>			
Lane	Bib	Athlete	Club
1	11	Rhys DAVID	Pontyclun AC
2	88		Cwmbran & Rhondda
3	44	Samuel JOHNSON	Blaenau Gwent AC
4	22	Luke GRIFFITHS	Aberdare VAAC
5	66	Owain RIDGWAY	Hereford & County AC
6	55		Neath Harriers
7	33		Llanelli AC
8	77	Samuel JONES (B&V)	Bridgend & Barry & Vale

<b>T19: U11G 800m : A RACE [2:55 PM]</b>			
Lane	Bib	Athlete	Club
1	2	Lolah SCACCIA	Aberdare VAAC
2	7	Caitlin BAZLEY (B&V)	Bridgend & Barry & Vale
3	1	Sophie THOMAS	Pontyclun AC
4	6	Mia WHITNALL	Hereford & County AC
5	3	Mari WILSON	Llanelli AC
6	8	Allie ADAMS (RHO)	Cwmbran & Rhondda
7	5	Sara STEPHENS	Neath Harriers
8	4	Lily MAY HENDY	Blaenau Gwent AC

<b>T19: U11G 800m : B RACE [2:59 PM]</b>			
Lane	Bib	Athlete	Club
1	22	Charlotte FURBER	Aberdare VAAC
2	77	Poppy EVANS (BGD)	Bridgend & Barry & Vale
3	11	Efa DAVID	Pontyclun AC
4	66		Hereford & County AC
5	33	Lily JONES	Llanelli AC
6	88	Hollie WEAVER (RHO)	Cwmbran & Rhondda
7	55	Evie ROWLANDS	Neath Harriers
8	44	Libby BENNETT	Blaenau Gwent AC

<b>T20: U11B 800m : A RACE [3:05 PM]</b>			
Lane	Bib	Athlete	Club
1	3	Ryan REES	Llanelli AC
2	1	Aaron NATHAN	Pontyclun AC
3	2	William ESE-OKORARE	Aberdare VAAC
4	8	Harry WILLIAMS (RHO)	Cwmbran & Rhondda
5	5	Osian DAVIES	Neath Harriers
6	4	Ethan HUGHES	Blaenau Gwent AC
7	7		Bridgend & Barry & Vale
8	6	Matthew MANNION	Hereford & County AC

<b>T20: U11B 800m : B RACE [3:09 PM]</b>			
Lane	Bib	Athlete	Club
1	33	Sean MOULD	Llanelli AC
2	11	David LENGHEL	Pontyclun AC
3	22	Garryn TOUGH	Aberdare VAAC
4	88	Theo HARRIS (CWM)	Cwmbran & Rhondda
5	55	Euan JENKINS	Neath Harriers
6	44	Lewis DULLEA	Blaenau Gwent AC
7	77		Bridgend & Barry & Vale
8	66	Thomas HAWKYARD	Hereford & County AC

<b>T21: U15B 300m : A RACE [3:15 PM]</b>			
Lane	Bib	Athlete	Club
1	7		Bridgend & Barry & Vale
2	6	Matthew BRUNNOCK	Hereford & County AC
3	5	Rhys SANDBROOK	Neath Harriers
4	1		Pontyclun AC
5	4		Blaenau Gwent AC
6	3	Harrison WHELER	Llanelli AC
7	8	Matthew MORGAN (CWM)	Cwmbran & Rhondda
8	2	Rhys BLOW	Aberdare VAAC

<b>T21: U15B 300m : B RACE [3:19 PM]</b>			
Lane	Bib	Athlete	Club
1	77		Bridgend & Barry & Vale
2	66		Hereford & County AC
3	55	Scott SANDBROOK	Neath Harriers
4	11		Pontyclun AC
5	44		Blaenau Gwent AC
6	33		Llanelli AC
7	88	Leroy GRIFFITHS (RHO)	Cwmbran & Rhondda
8	22	Jack LAKE	Aberdare VAAC

**This is now one race 'B' String will be moved into empty lanes**

<b>T22: U15G 300m : A RACE [3:25 PM]</b>			
Lane	Bib	Athlete	Club
1	4	Caitlin MADDEN	Blaenau Gwent AC
2	5	Ffion BROWN	Neath Harriers
3	6	Elizabeth WILLIAMS	Hereford & County AC
4	7	Kelise HAPPI (B&V)	Bridgend & Barry & Vale
5	8		Cwmbran & Rhondda
6	1	Tara NATHAN	Pontyclun AC
7	2	Kiera GRIFFITHS	Aberdare VAAC
8	3	Bethan ADAMS	Llanelli AC

<b>T22: U15G 300m : B RACE [3:29 PM]</b>			
Lane	Bib	Athlete	Club
1	44		Blaenau Gwent AC
2	55	Maddison HINES	Neath Harriers
3	66		Hereford & County AC
4	77	Jessica EDWARDS (B&V)	Bridgend & Barry & Vale
5	88		Cwmbran & Rhondda
6	11		Pontyclun AC
7	22	Lilia SIMONOV	Aberdare VAAC
8	33	Eli-Jay JONES	Llanelli AC

<b>T23: U11G 150m : A RACE [3:35 PM]</b>			
Lane	Bib	Athlete	Club
1	8	Aaliyah HAGERTY (RHO)	Cwmbran & Rhondda
2	4	Heidi ROBINSON	Blaenau Gwent AC
3	7	Caitlin BAZLEY (B&V)	Bridgend & Barry & Vale
4	3	Darcy COSLETT	Llanelli AC
5	2	Megan CHANTRELL	Aberdare VAAC
6	6	Esme BENJAMIN	Hereford & County AC
7	1	Evie LAWTON	Pontyclun AC
8	5	Eleri BROWN	Neath Harriers

<b>T23: U11G 150m : B RACE [3:39 PM]</b>			
Lane	Bib	Athlete	Club
1	88	Ruby HEARNE (CWM)	Cwmbran & Rhondda
2	44	Tiana ODUGBESAN	Blaenau Gwent AC
3	77	Kourtney WILLIAMS (B&V)	Bridgend & Barry & Vale
4	33	Baylee JONES	Llanelli AC
5	22	Lolah SCACCIA	Aberdare VAAC
6	66	Mia WHITNALL	Hereford & County AC
7	11	Libby EMANUEL	Pontyclun AC
8	55	Soffia HAENEY	Neath Harriers

<b>T24: U11B 150m : A RACE [3:45 PM]</b>			
Lane	Bib	Athlete	Club
1	6	Matthew MANNION	Hereford & County AC
2	2	Cian TOUGH	Aberdare VAAC
3	8	Finley ROYNON (CWM)	Cwmbran & Rhondda
4	5	Tom ROBBINS	Neath Harriers
5	7	Noah ROBERTS (BGD)	Bridgend & Barry & Vale
6	3	Tariyan WHEELER	Llanelli AC
7	4	Jacob SWAIN	Blaenau Gwent AC
8	1	David LENGHEL	Pontyclun AC

<b>T24: U11B 150m : B RACE [3:49 PM]</b>			
Lane	Bib	Athlete	Club
1	66		Hereford & County AC
2	22	Elis RYDER	Aberdare VAAC
3	88	William FREEBURY (CWM)	Cwmbran & Rhondda
4	55	Adam SHAH	Neath Harriers
5	77		Bridgend & Barry & Vale
6	33	Steffan PENFOLD	Llanelli AC
7	44	Elis-Rhys NICKLIN	Blaenau Gwent AC
8	11	Joel HOLDHAM	Pontyclun AC

<b>T25: U15B 200m : A RACE [3:55 PM]</b>			
Lane	Bib	Athlete	Club
1	5	Brandon TANG	Neath Harriers
2	3	Harrison WHELER	Llanelli AC
3	2	Harley MORGAN	Aberdare VAAC
4	4	James PRIEST	Blaenau Gwent AC
5	1		Pontyclun AC
6	7		Bridgend & Barry & Vale
7	6	Jamie STEARMAN	Hereford & County AC
8	8	Noah BENNETT (CWM)	Cwmbran & Rhondda

<b>T25: U15B 200m : B RACE [3:59 PM]</b>			
Lane	Bib	Athlete	Club
1	55	Sam JONES	Neath Harriers
2	33	Iwan WILSON	Llanelli AC
3	22	Garin WILLIAMS	Aberdare VAAC
4	44	Alex BENNETT	Blaenau Gwent AC
5	11		Pontyclun AC
6	77		Bridgend & Barry & Vale
7	66		Hereford & County AC
8	88	Lewis JACOBS (RHO)	Cwmbran & Rhondda

<b>T26: U13G 200m : A RACE [4:05 PM]</b>			
Lane	Bib	Athlete	Club
1	1	Nia POWELL	Pontyclun AC
2	8	Crystal JACOBS (RHO)	Cwmbran & Rhondda
3	4	Libby CUNVIN	Blaenau Gwent AC
4	2	Caitlin CARTLIDGE	Aberdare VAAC
5	6	Esther WILLIAMS	Hereford & County AC
6	5	Evie AITCHISON	Neath Harriers
7	3	Cari ADAMS	Llanelli AC
8	7	Jessica MANTLE (B&V)	Bridgend & Barry & Vale

<b>T26: U13G 200m : B RACE [4:09 PM]</b>			
Lane	Bib	Athlete	Club
1	11	Grace CLASH	Pontyclun AC
2	88	Bethan EJIORFOR (RHO)	Cwmbran & Rhondda
3	44	Eliie MORRIS	Blaenau Gwent AC
4	22		Aberdare VAAC
5	66	Lily RONE	Hereford & County AC
6	55	Rebeca CROCKER	Neath Harriers
7	33	Ffion CHALLIS	Llanelli AC
8	77	Ruby HADFIELD (B&V)	Bridgend & Barry & Vale

<b>T27: U15G 200m : A RACE [4:15 PM]</b>			
Lane	Bib	Athlete	Club
1	2	Abi JARVIS	Aberdare VAAC
2	7	Jessica EDWARDS (B&V)	Bridgend & Barry & Vale
3	1	Paige EVANS	Pontyclun AC
4	6	Eva TYLER	Hereford & County AC
5	3	Kahlen JONES	Llanelli AC
6	8	Charlotte JONES (CWM)	Cwmbran & Rhondda
7	5	Ffion BROWN	Neath Harriers
8	4	Bethan KEY	Blaenau Gwent AC

<b>T27: U15G 200m : B RACE [4:19 PM]</b>			
Lane	Bib	Athlete	Club
1	22	Nia NEAL	Aberdare VAAC
2	77	Eloise GOFFIN (B&V)	Bridgend & Barry & Vale
3	11		Pontyclun AC
4	66	Sophie TOOTELL	Hereford & County AC
5	33	Eli-Jay JONES	Llanelli AC
6	88	Jasmine HAYDEN (CWM)	Cwmbran & Rhondda
7	55	Megan HANCOCK	Neath Harriers
8	44		Blaenau Gwent AC

<b>T28: U13B 200m : A RACE [4:25 PM]</b>			
Lane	Bib	Athlete	Club
1	3	Rhodri ROBERTS	Llanelli AC
2	1	Kian WILSON	Pontyclun AC
3	2	Benjamin PARKER	Aberdare VAAC
4	8	Daniel GREY (CWM)	Cwmbran & Rhondda
5	5	Cameron PASK	Neath Harriers
6	4	Rhys DULLEA	Blaenau Gwent AC
7	7	Rhys KINGDON (B&V)	Bridgend & Barry & Vale
8	6	Jon-Henry ROBBIE	Hereford & County AC

<b>T28: U13B 200m : B RACE [4:29 PM]</b>			
Lane	Bib	Athlete	Club
1	33	Joseph FRANKLIN	Llanelli AC
2	11	Elis PADFIELD	Pontyclun AC
3	22	Ethan RAWLE	Aberdare VAAC
4	88		Cwmbran & Rhondda
5	55	Rory COOK	Neath Harriers
6	44	Jayden DAVIES	Blaenau Gwent AC
7	77		Bridgend & Barry & Vale
8	66	Benjamin HAWKYARD	Hereford & County AC

<b>T29: U13G 1000m walk : A &amp; B RACE [4:35 PM]</b>			
Lane	Bib	Athlete	Club
1	7	Ariannah THOMAS (BGD)	Bridgend & Barry & Vale
2	6		Hereford & County AC
3	5		Neath Harriers
4	1		Pontyclun AC
5	4	Seren JAMES	Blaenau Gwent AC
6	3	Louisa CLIFFE	Llanelli AC
7	8		Cwmbran & Rhondda
8	2	Larrisa JONES	Aberdare VAAC
9	77		Bridgend & Barry & Vale
10	66		Hereford & County AC
11	55		Neath Harriers
12	11		Pontyclun AC
13	44		Blaenau Gwent AC
14	33		Llanelli AC
15	88		Cwmbran & Rhondda
16	22		Aberdare VAAC

**LEG NUMBERS REQUIRED**

<b>T30: U15G 1000m walk : A &amp; B RACE [4:45 PM]</b>			
Lane	Bib	Athlete	Club
1	4		Blaenau Gwent AC
2	5	Sarah WINSTONE	Neath Harriers
3	6		Hereford & County AC
4	7	Gemma PRICE (BGD)	Bridgend & Barry & Vale
5	8		Cwmbran & Rhondda
6	1		Pontyclun AC
7	2	Chloe WARD	Aberdare VAAC
8	3	Hannah CARPENTER	Llanelli AC
9	44		Blaenau Gwent AC
10	55		Neath Harriers
11	66		Hereford & County AC
12	77		Bridgend & Barry & Vale
13	88		Cwmbran & Rhondda
14	11		Pontyclun AC
15	22	Tarian PHILLIPS	Aberdare VAAC
16	33		Llanelli AC

**LEG NUMBERS REQUIRED**

<b>T31: U13B 1000m walk : A &amp; B RACE [4:55 PM]</b>			
Lane	Bib	Athlete	Club
1	8		Cwmbran & Rhondda
2	4		Blaenau Gwent AC
3	7	Fraser HIGGINSON (BGD)	Bridgend & Barry & Vale
4	3		Llanelli AC
5	2	Tyler HISCOX	Aberdare VAAC
6	6		Hereford & County AC
7	1		Pontyclun AC
8	5		Neath Harriers
9	88		Cwmbran & Rhondda
10	44		Blaenau Gwent AC
11	77		Bridgend & Barry & Vale
12	33		Llanelli AC
13	22	Ethan RAWLE	Aberdare VAAC
14	66		Hereford & County AC
15	11		Pontyclun AC
16	55		Neath Harriers

**LEG NUMBERS REQUIRED**

<b>T31: U13B 1000m walk : A &amp; B RACE [5:05 PM]</b>			
Lane	Bib	Athlete	Club
1	6		Hereford & County AC
2	2	Jack LAKE	Aberdare VAAC
3	8		Cwmbran & Rhondda
4	5	Scott SANDBROOK	Neath Harriers
5	7		Bridgend & Barry & Vale
6	3		Llanelli AC
7	4		Blaenau Gwent AC
8	1	James LORD	Pontyclun AC
9	66		Hereford & County AC
10	22	Harry JONES	Aberdare VAAC
11	88		Cwmbran & Rhondda
12	55		Neath Harriers
13	77		Bridgend & Barry & Vale
14	33		Llanelli AC
15	44		Blaenau Gwent AC
16	11		Pontyclun AC

**LEG NUMBERS REQUIRED**

**ALL WALKS RACES ARE SEPARATE EVENTS NOT TO BE COMBINED**

<b>T33: U11B 4 x 100 relay : A RACE [5:15 PM]</b>			
Lane	Bib	Club	Relay Squads
1	5	Neath Harriers	Euan JENKINS, Osian DAVIES, Adam SHAH, Tom ROBBINS
2	3	Llanelli AC	Tariyan WHEELER, Steffan PENFOLD, Regan JONES, Ryan REES
3	2	Aberdare VAAC	Evan DAVIES, Garryn TOUGH, Cian TOUGH, Elis RYDER
4	4	Blaenau Gwent AC	Lewis Dullea, Elis-Rhys NICKLIN, Ethan HUGHES, Jacob Swain
5	1	Pontyclun AC	Aaron NATHAN, Joel HOLDHAM, David LENGHEL, Jonas EVANS
6	7	Bridgend & Barry & Vale	, , ,
7	6	Hereford & County AC	, , ,
8	8	Cwmbran & Rhondda	William FREEBURY (CWM), Oscar DAVIES (RHO), Harry WILLAMS (RHO), Finley ROYNON (CMB)

<b>T34: U13B 4 x 100 relay : A RACE [5:20 PM]</b>			
Lane	Bib	Club	Relay Squads
1	1	Pontyclun AC	Elis PADFIELD, Elis PADFIELD, Rhys DAVID, Kian WILSON
2	8	Cwmbran & Rhondda	, , ,
3	4	Blaenau Gwent AC	Caian STEADMAN, Caian STEADMAN, Zane DICKERSON, Samuel JOHNSON
4	2	Aberdare VAAC	Lewis REED, Lewis REED, Ethan RAWLE, Benjamin PARKER
5	6	Hereford & County AC	Benjamin HAWKYARD, Benjamin HAWKYARD, Alfie SWINDALE, Jon-Henry ROBBIE
6	5	Neath Harriers	Rory COOK, Rory COOK, Tathan PHILLIPS, Reiph ONYEWU
7	3	Llanelli AC	Elis PENFOLD, Elis PENFOLD, James THOMAS, Rhodri ROBERTS
8	7	Bridgend & Barry & Vale	Louis COOPER (BGD), Louis COOPER (BGD), Fraser HIGGINSON (BGD), Rhys KINGDON (B&V)

<b>T35: U15B 4 x 100 relay : A RACE [5:25 PM]</b>			
Lane	Bib	Club	Relay Squads
1	2	Aberdare VAAC	Tomas GARDINER, Harley MORGAN, Garin WILLIAMS, Aiden JONES
2	7	Bridgend & Barry & Vale	, , ,
3	1	Pontyclun AC	, , ,
4	6	Hereford & County AC	, , ,
5	3	Llanelli AC	, , ,
6	8	Cwmbran & Rhondda	Evan MINTO (CWM), Matthew MORGAN (CWM), Lewis JACOBS (RHO), Noah BENNETT (CWM)
7	5	Neath Harriers	Rhys SANDBROOK, Sam JONES, Scott SANDBROOK, Brandon TANG
8	4	Blaenau Gwent AC	Aneirin JENKINS BELOHORSKA, Alex BENNETT, Bradley DICKERSON, James PRIEST

<b>T36: U11G 4 x 100 relay : A RACE [5:30 PM]</b>			
Lane	Bib	Club	Relay Squads
1	3	Llanelli AC	Magi SUE DAWNEY, Baylee JONES, Lily JONES, Darcy COSLETT
2	1	Pontyclun AC	Evie LAWTON, Ava JOHN, Libby EMANUEL, Sophie THOMAS
3	2	Aberdare VAAC	Megan CHANTRELL, Lolah SCACCIA, Charlotte FURBER, Sapphire WAKE
4	8	Cwmbran & Rhondda	Ruby HEARNE (CWM), Allie ADAMS (RHO), Hollie WEAVER (RHO), Aaliyah HAGERTY (RHO)
5	5	Neath Harriers	Lowri GIBBON, Soffia HAENEY, Evie COOPER, Eleri BROWN
6	4	Blaenau Gwent AC	Tia WHITCOMBE, Heidi ROBINSON, Libby BENNETT, Manon JONES
7	7	Bridgend & Barry & Vale	, , ,
8	6	Hereford & County AC	, , ,

<b>T37: U13G 4 x 100 relay : A RACE [5:35 PM]</b>			
Lane	Bib	Club	Relay Squads
1	7	Bridgend & Barry & Vale	Daisy EVANS (BGD), Ffion HOWE (BGD), Katie BLOWER (BGD), Jessica MANTLE (B&V)
2	6	Hereford & County AC	Esther WILLIAMS, Tessa MORGAN, Chihiro LOVEJOY, Caitlin FATHERS
3	5	Neath Harriers	Katie SELICK, Rebeca CROCKER, Mari STEPHENS, Evie AITCHISON
4	1	Pontyclun AC	Grace CLASH, Isobel MACINTYRE, Imogen CUTTER, Nia POWELL
5	4	Blaenau Gwent AC	Ellie MAI TETLEY, Lexi DAVIES, Tia WYER SAMUEL, Eliie MORRIS
6	3	Llanelli AC	Amelie CAMPION, Ffion CHALLIS, Emily TUCKER, Cari ADAMS
7	8	Cwmbran & Rhondda	, , ,
8	2	Aberdare VAAC	Evelyn CARTLIDGE, Arwen MORGAN, Larrisa JONES, Caitlin CARTLIDGE

<b>T38: U15G 4 x 100 relay : A RACE [5:40 PM]</b>			
Lane	Bib	Club	Relay Squads
1	4	Blaenau Gwent AC	Lowri PROSSER, Bethan KEY, Mia THOMAS, Caitlin MADDEN
2	5	Neath Harriers	Sarah WINSTONE, Ffion BROWN, Courtney BROWN, Megan HANCOCK
3	6	Hereford & County AC	Elizabeth WILLIAMS, Sophie TOOTELL, Jessica MORGAN, Eva TYLER
4	7	Bridgend & Barry & Vale	Gemma PRICE (BGD), Kelise HAPPI (B&V), Eloise GOFFIN (B&V), Jessica EDWARDS (B&V)
5	8	Cwmbran & Rhondda	, , ,
6	1	Pontyclun AC	, , ,
7	2	Aberdare VAAC	Lilia SIMONOV, Abi JARVIS, Kiera GRIFFITHS, Chloe WARD
8	3	Llanelli AC	Hannah FORKUOH, Eli-Jay JONES, Bethan ADAMS, Kahlen JONES