



WELSH ATHLETICS
ATHLETAU CYMRU



WELSH U13, U17 & U20 INDOOR TRACK & FIELD CHAMPIONSHIPS

Saturday 3rd & Sunday 4th February 2024
National Indoor Athletics Centre

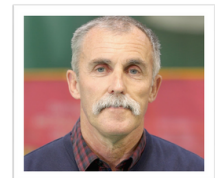
CHAIR'S WELCOME

Welcome to the Welsh Athletics Junior Championships of 2024. Last week at the Senior championships there was an array of first-rate performances, and this weekend bodes well for similar exciting events. For many this weekend will show quite clearly where they are at with their winter training and will act as a springboard for the spring and summer season. Perform well and achieve.

Croeso i Bencampwriaethau Athletau Ieuencid 2024. Yr wythnos ddiwethaf yn y Pencampwriaethau Hy^n Athletau Cymru cafwyd perfformiadau o'r radd flaenaf, ac mae'r penwythnos yma yn argoeli'n dda am gystadleuthau yr un mor gyffrous. Bydd y penwythnos yn dangos yn glir l'r cystadleuwyr sut mae ymarfer y gaeaf wedi talu ffordd, ac fe fydd yn arwydd da am yr hyn sydd i ddod yn nhymor y gwanwyn a'r haf. Perfformiwch yn dda ac fe fyddwch yn llwyddo.

D.Stephen Perks

Cadeirydd Athletau Cymru



COMPETITOR INFORMATION

- Competition to be held under UKA Rules.
- Athletes must register and collect their bib numbers no later than 90 minutes before the timetabled event start time.
- Athletes competing across both days should retain their bib number and should report to registration on both days.
- Warm ups must take place either on the outdoor track or on the warm up straight.
- All athletes must proceed through Call Room - a detailed Call Room schedule will be displayed around the venue.
- Competition clothing must conform to UKA Rules - athletes must wear the vest of their first claim affiliated club, county, district, regional or national vest.
- Athlete footwear must be compliant as per World Athletics rules - Officials reserve the right to confiscate shoes that are deemed non-compliant.
- Personal starting blocks are not permitted for use during competition.
- Maximum spike length of 6mm (9mm for High Jump).
- Personal throwing implements must be submitted to the Technical Manager at least 60 minutes before the event start time.
- Athletes eligible for presentations will be asked to remain in the presentation area after the conclusion of their event. Parents and spectators will not be permitted onto the track to take photographs.
- Medals will only be awarded to athletes in 'A' finals (only applicable for sprints).
- Any protests will be dealt with by the relevant discipline referee and Meeting Manager. The referee's decision will be final.
- Offensive language/behaviour directed towards staff, officials and volunteers will not be tolerated under any circumstances and may result in individuals being asked to leave the competition.
- Please refer to the pre-event information circulated to athletes for full competitor information.

COMPETITOR INFORMATION

THE EVENT

The Welsh U13, U17 & U20 Indoor Championships will take place at NIAC on Saturday 3rd February and Sunday 4th February.

STADIUM ADDRESS

National Indoor Athletics Centre

Cyncoed Road

Cardiff

CF23 6XD

Please see venue schematic for details of the parking locations

ELIGIBILITY TO COMPETE

Please note that to compete at these Championships you must be registered as a member with your Home Country Association.

This is usually done through your club. Welsh Athletics will check the registration of all athletes entered to compete at the Championships. Please contact an official at your club (usually the Club Secretary) if you are unsure as to the status of your registration.

A non-Welsh Athlete can compete as an 'open entrant', but only Welsh athlete's, are eligible to score in the Welsh Championships.

CAR PARKING

Event car parking is available in Pay & Display car parks across the site, but limited space is available at the facility.

We recommend the use of public transport where possible to get to the venue.

SPECTATORS & COACHES

This event requires spectators to buy a ticket at the welcome desk & coaches are required to pre register.

TIMETABLE

AMSERLEN

Saturday 3rd February

Track Events

Event Number	Register By	Call Room	Event Time	Event	Round	Age Group
T01-1	09:30	10:40	11:00	400m	Heats	U20M
T02-1	09:45	10:55	11:15	400m	Heats	U20W
T03-1	09:57	11:07	11:27	400m	Heats	U17M
T04-1	10:08	11:18	11:38	300m	Heats	U17W
T05-1	10:30	11:40	12:00	60m Hurdles	Heats	U20W
T06-1	10:40	11:50	12:10	1500m	Heats	U17M
T07-1	10:57	12:07	12:27	60m	Heats	U13G
T08-1	11:12	12:22	12:42	60m	Heats	U17W
T09-1	11:24	12:34	12:54	60m	Heats	U20W
T10-1	11:36	12:46	13:06	60m	Heats	U20M
T01-2	11:55	13:05	13:25	400m	Semi Final	U20M
T02-2		13:11	13:31	400m	Semi Final	U20W
T03-2		13:17	13:37	400m	Final	U17M
T04-2		13:30	13:50	300m	Semi Final	U17W
T11-1	12:40	13:50	14:10	60m	Heats	U13B
T12-1	12:46	13:56	14:16	60m	Heats	U17M
T07-2		14:05	14:25	60m	Semi Final	U13G
T08-2		14:17	14:37	60m	Semi Final	U17W
T09-2		14:23	14:43	60m	Semi Final	U20W
T10-2		14:29	14:49	60m	Semi Final	U20M

TIMETABLE

AMSERLEN

Saturday 3rd February

Track Events

Event Number	Register By	Call Room	Event Time	Event	Round	Age Group
T13-1	13:25	14:35	14:55	[Para] 60m	Final	AMB
T14-1	13:35	14:45	15:05	1500m	Final	U20W
T15-1	13:42	14:52	15:12	1500m	Final	U17W
T16-1	13:50	15:00	15:20	1500m	Final	U13B
T17-1	13:57	15:07	15:27	1500m	Final	U13G
T18-1	14:05	15:15	15:35	1500m	Final	U20M
T06-2	14:12	15:22	15:42	1500m	Final	U17M
T19-1		15:30	15:50	60m Hurdles	Final	U20M
T20-1		15:40	16:00	60m Hurdles	Final	U17M
T05-2	14:40	15:50	16:10	60m Hurdles	Final	U20W
T21-1	14:50	16:00	16:20	60m Hurdles	Final	U17W
T22-1	15:00	16:10	16:30	60m Hurdles	Final	U13B
T23-1		16:20	16:40	60m Hurdles	Final	U13G
T01-3		16:25	16:45	400m	Final	U20M
T02-3		16:28	16:48	400m	Final	U20W
T04-3		16:35	16:55	300m	Final	U17W
T11-2		16:39	16:59	60m	Final	U13B
T12-2		16:42	17:02	60m	Final	U17M
T07-3		16:45	17:05	60m	Final	U13G
T08-3		16:48	17:08	60m	Final	U17W
T09-3		16:51	17:11	60m	Final	U20W
T10-3		16:54	17:14	60m	Final	U20M

TIMETABLE

AMSERLEN

Saturday 3rd February

Field Events

Event Number	Register By	Call Room	Field Time	Event	Round	Age Groups
F01	10:15	10:58	11:45	Shot Put	Final	U13G
F02	10:30	10:35	12:00	Pole Vault	Final	U17M
F03	10:30	10:35	12:00	Pole Vault	Final	U20M
F04	10:45	11:28	12:15	Long Jump	Final	U13B
F05	11:15	12:02	12:45	Triple Jump	Final	U20M
F06	11:15	12:02	12:45	Triple Jump	Final	U17M
F07	12:30	12:35	14:00	Pole Vault	Final	U17W
F08	12:30	12:35	14:00	Pole Vault	Final	U20W
F11	12:45	13:28	14:45	Shot Put	Final	U20M
F12	12:45	13:38	14:45	Shot Put	Final	U17M
F09	13:15	13:52	14:15	Triple Jump	Final	U20W
F10	13:15	14:20	14:15	Triple Jump	Final	U17W
F13	14:15	15:12	15:45	Amb [Para] Long Jump	Final	U20M/U20W
F14	14:15	15:16	15:45	Amb [Para] Long Jump	Final	U17M/U17W

TIMETABLE

AMSERLEN

Sunday 4th February

Track Events

Event Number	Register	Call Room	Event Time	Event	Round	Age Group
T24-1	09:30	10:40	11:00	800m	Heats	U17W
T25-1	09:45	10:55	11:15	800m	Heats	U17M
T26-1	09:55	11:05	11:25	800m	Heats	U20W
T27-1	10:05	11:15	11:35	800m	Heats	U20M
T28-1	10:25	11:35	11:55	200m	Heats	U13G
T29-1	10:49	11:59	12:19	200m	Heats	U13B
T30-1	11:01	12:11	12:31	200m	Heats	U17W
T31-1	11:25	12:35	12:55	200m	Heats	U17M
T32-1	11:43	12:53	13:13	200m	Heats	U20W
T33-1	11:58	13:08	13:28	200m	Heats	U20M
T34-1	12:20	13:30	13:50	3000m	Final	U17M & U17W
T35-1	12:35	13:45	14:05	800m	Time Trials	U13G
T36-1	12:50	14:00	14:20	800m	Time Trials	U13B
T28-2	13:10	14:20	14:40	200m	Semi Final	U13G
T29-2	13:22	14:32	14:52	200m	Semi Final	U13B
T30-2	13:28	14:38	14:58	200m	Semi Final	U17W

TIMETABLE

AMSERLEN

Sunday 4th February

Track Events

Event Number	Register	Call Room	Event Time	Event	Round	Age Group
T30-2	13:28	14:38	14:58	200m	Semi Final	U17W
T31-2	13:40	14:50	15:10	200m	Semi Final	U17M
T32-2	13:49	14:59	15:19	200m	Semi Final	U20W
T33-2	13:55	15:05	15:25	200m	Semi Final	U20M
T37-1	14:15	15:25	15:45	1K Walk	Final	U13 & U15
T24-2	14:25	15:35	15:55	800m	Final	U17W
T25-2	14:30	15:40	16:00	800m	Final	U17M
T26-2	14:35	15:45	16:05	800m	Final	U20W
T27-2	14:40	15:50	16:10	800m	Final	U20M
T28-3	14:45	15:55	16:15	200m	Final	U13G
T29-3	14:48	15:58	16:18	200m	Final	U13B
T30-3	14:51	16:01	16:21	200m	Final	U17W
T31-3	14:54	16:04	16:24	200m	Final	U17M
T32-3	14:57	16:07	16:27	200m	Final	U20W
T33-3	15:00	16:10	16:30	200m	Final	U20M

TIMETABLE

AMSERLEN

Sunday 4th February

Field Events

Event Number	Register	Call Room	Field Time	Event	Round	Age Groups
F15	09:15	at Event	10:45	Seated Shot	Final	AMB
F16	09:30	09:56	11:00	High Jump	Final	U17W
F17	09:30	09:56	11:00	High Jump	Final	U20W
F18	09:30	10:25	11:00	Long Jump	Final	U20M
F19	10:40	11:24	12:10	Shot Put	Final	U17W
F20	11:00	11:41	12:30	Long Jump	Final	U17M
F21	11:30	11:43	13:00	High Jump	Final	U13G
F22	11:30	11:43	13:00	High Jump	Final	U13B
F23	11:30	12:03	13:00	Long Jump	Final	U17W
F24	12:10	13:00	13:40	Shot Put	Final	U20W
F25	12:10	13:00	13:40	Amb [para] U17M Shot	Final	AMB
F26	12:30	13:07	14:00	Long Jump	Final	U20W
F27	13:25	13:54	14:55	High Jump	Final	U20M
F28	13:30	13:59	14:55	High Jump	Final	U17M
F29	13:25	14:19	15:00	Shot Put	Final	U13B
F30	14:10	14:41	15:40	Long Jump	Final	U13G



WELSH ATHLETICS
ATHLETAU CYMRU

COACH EDUCATION CALENDAR & RESOURCES

To find out more about our coach education courses, and access our coach resources, click on the QR code below.



[Course Calendar & Dates](#)



BRITISH
ATHLETICS



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[Coaching Resources](#)



For more information contact
education@welshathletics.org



WELSH ATHLETICS
ATHLETAU CYMRU

VOLUNTEER OPPORTUNITIES



VOLUNTEER AT OUR NATIONAL CHAMPIONSHIPS

We have various different volunteer roles you can help with welcome desk, registration, medal ceremonies, results, seeding and many more...

You'll get close to the action, some of the viewpoints in the stadium!

For more info email volunteering@welshathletics.org

OFFICIALS

SWYDDOGION

Saturday 3rd February

Competition Director - Nick Higman

Meeting Manager - Martin Bell

Technical Manager - Dave Jessett

Clerk of Course - Scott Carpenter

Clerk of Course - Andrew Clough

Start Coordinator - Keith Weetman

Starter - Rob Hooper

Starter - Brian Murray

Chief Starter's Asst. - Sue Hooper

Starter's Asst. - Ian Atkins

Starter's Asst. - Dave Paris

Track Referee - Linda Turner

Track Judge - Rory Mckerlich

Track Judge - Ayo Afolabi

Track Judge - Carol Strange

Track Judge - Ted Johnson

Track Judge - Jason Wyatt

Track Steward - Carmel Johnson

Chief Timekeeper - Geoff Wickens

Timekeeper - Bronwen Parry

Timekeeper - Jayne Evans

Timekeeper - Mike Strange

Timekeeper - Andy Kerr

Timekeeper - Jeff Rees

Timekeeper - Celfyn Williams

Chief Photofinish - Sam Williams

Photofinish Judge - Ann Thatcher

Field Referee - Sue Alvey

Field Referee - Debbie Bull

Field Judge - Sally Higman

Field Judge - Amy Price

Field Judge - Kate Nash

Field Judge - Rhian Loudon

Field Judge - Peter Gregson

Field Judge - Becky Bell

Field Judge - Gareth Harries

Field Judge - Gayle Farrell

Field Judge - Sue Maughan

Field Judge - Julie Dew

Field Judge - Lynette Harris

Field Judge - Chris Price

Field Judge - Melissa Duffy

Field Judge - Anna Duffy

Field Judge - Kay Reynolds

Field Judge - Christine Mckenzie

Field Judge - Joanna Pratt

Field Judge - Chris Perry

Field Judge - Tracey Weetman

Field Judge - Avinash Madhav

Call Room Manager - Keith Matthews

Call Room - Nigel Grist

Call Room - Lorraine Murray

Call Room - Eleanor Clough

Seeding - Eban Geal

Seeding - Nathan Jones

OFFICIALS

SWYDDOGION

Sunday 3rd February

Competition Director - Nick Higman

Meeting Manager - Martin Bell

Technical Manager - Dave Jessett

Clerk of Course - Steve Grant

Clerk of Course - Gareth Harries

Start Coordinator - Keith Weetman

Starter - Rob Hooper

Starter - Brian Murray

Chief Starter's Asst. - Sue Hooper

Starter's Asst. - Ian Atkins

Starter's Asst. - Dave Paris

Track Referee - Jason Wyatt

Track Judge - Rory Mckerlich

Track Judge - Ayo Afolabi

Track Judge - Carol Strange

Track Judge - Ted Johnson

Track Judge - Steve Grant

Track Judge - Denise Von Roretz

Track Steward - Carmel Johnson

Chief Timekeeper - Geoff Wickens

Timekeeper - Mike Strange

Timekeeper - Chris Boswell

Timekeeper - Jeff Rees

Timekeeper - Celfyn Williams

Timekeeper - Martin Bates

Timekeeper - Ian Cooper

Chief Photofinish - Sam Williams

Photofinish Judge - Ann Thatcher

Photofinish Judge - Dave Watson

Race Walk - Martin Bell

Race Walk - Kieron Butler

Race Walk - Andrew Clough

Race Walk - Eleanor Clough

Race Walk - Bethan Davies

Race Walk - Rory Mckerlich

Field Referee - Sue Alvey

Field Referee - Debbie Bull

Field Judge - Sally Higman

Field Judge - Amy Price

Field Judge - Kate Nash

Field Judge - Roger Lee

Field Judge - Peter Gregson

Field Judge - Becky Bell

Field Judge - Gareth Harries

Field Judge - Jack Lambert

Field Judge - Anna Duffy

Field Judge - Julie Dew

Field Judge - Chris Price

Field Judge - Melissa Duffy

Field Judge - Anna Duffy

Field Judge - Kay Reynolds

Field Judge - Joanna Pratt

Field Judge - Chris Perry

Field Judge - Tracey Weetman

Field Judge - Rebecca Hughes

Call Room Manager - Keith Matthews

Call Room - Nigel Grist

Call Room - Lorraine Murray

Call Room - Eleanor Clough

Seeding - Eban Geal

Seeding - Nathan Jones

VOLUNTEERS & STAFF

GWIRFODDOLWYR

Saturday 3rd February **Sunday 4th February**

Event Lead - Alex Donald
Event Production Manager -
Euan Coney
Event Technical Co-ordinator -
Darran Williams
Registration - Jacqueline Brace
Registration - Paul Morris
Registration - Kate Morris
Registration - Dawne Meynell
Western
Welcome Desk - Liz Taylor
Welcome Desk - Joe Clark
Welcome Desk - Sam Alex
Presentations - Andrew Jenkins
Presentations - Tola Rotibi
Presentations - Rob Champion
Communications Lead -
Lowri Jacob
Retail - Eleanor Cartlidge
Retail - Jozie Postles
Officials Co-ordinator -
Zoe Holloway
Announcer - Ian Griffiths
Photographer - Kevin Ely
Photographer - Rhys Jones
Field Results - Caitlin Reed
Field Results - Menna Langford

Event Lead - Alex Donald
Event Production Manager -
Euan Coney
Event Technical Co-ordinator -
Darran Williams
Registration - Jacqueline Brace
Registration - Dawne Meynell
Western
Registration - Paul Morris
Registration - Stephen Hardacre
Welcome Desk - Rob Champion
Welcome Desk - Sam Alex
Welcome Desk - Joe Clark
Presentations - Andrew Jenkins
Presentations - Tola Rotibi
Presentations - Tomos Roberts
Communications Lead -
Lowri Jacob
Communications - Sam Alex
Retail - Jozie Postles
Retail - Jess Hardy
Officials Manager - Zoe
Holloway
Announcer - Ian Griffiths
Announcer - James Thie
Photographer - Kevin Ely
Photographer - Rhys Jones
Field Results - Caitlin Reed
Field Results - Menna Langford
Field Results - Mark Rodda

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WELSH ATHLETICS
ATHLETAU CYMRU

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fun



jump

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throw



WELSH ATHLETICS
ATHLETAU CYMRU

VOLUNTEER OPPORTUNITIES



You don't need to compete to get close to the race action

We have various volunteer roles you can help with registration, marshalling, media, medal ceremonies, and many more...

For more info email volunteering@welshathletics.org

START LISTS
& RESULTS
RHESTRAU CYCHWYN
A'R CANLYNIADAU



Event Id	Event	Event Name	Start Time	Day
T01	400	U20M 400m	11:00	1
Bib	First Name	Last Name	Age Group	Team Name
46	Ben	Sinclair	U20	Manx Harriers
177	Nicolas	Maczugowski	U20	City Of Plymouth AC
232	Harry	Bradley	U20	Newport Harriers
245	Iwan	Wilson	U20	Llanelli AAC
179	Osian	Parry	U20	Cardiff Archers
247	Sam	Yates	U20	Nuneaton Harriers
249	Freddie	Coombe	U17	Cheltenham and County Harriers
172	Joseph	Beresford	U20	Swansea Harriers
25	Rhys	Lloyd-Roberts	U20	Pembrokeshire Harriers
233	T ygan	Davies	U20	Carmarthen Harriers
47	Kane	Smart	U20	Colwyn Bay AC
8	Noah	Dyson	U20	Team Bath Athletic Club
239	Gerard	Mcgrady	U20	Blackheath & Bromley Harriers AC
237	Max	Lancett	U20	Cheltenham and County Harriers
174	Daniel	Fletcher	U20	Cwmbran Harriers
244	Daniel	Tang	U20	Cardiff Athletics
235	Joe	Girling	U20	Neath Harriers
236	Finley	Keane	U20	Cardiff Archers

Event Id	Event	Event Name	Start Time	Day
T02	400	U20W 400m	11:15	1
Bib	First Name	Last Name	Age Group	Team Name
255	Ellis	Woolley	U17	Cheltenham and County Harriers
178	Ellie	Morris	U20	Blaenau Gwent Athletics
231	Evie	Aitchison	U20	Neath Harriers
28	Eleanor	McIntosh	U20	Bristol and West AC
242	Imogen	Pughe	U20	West Cheshire Athletic Club
49	Olivia	Sparks	U20	Millfield School
234	Emily	Fawkes	U20	Glasgow School of Sport
238	Melissa	McCusker	U20	Millfield School
57	Millie	Webb	U20	Cardiff Athletics
241	Josie	Perrin	U20	Kingston AC and Poly Harriers
240	Lilly Grace	Oakenfull	U20	Newport Harriers
246	Zoe	Wilson	U20	Glasgow School of Sport
243	Seren	Redfern	U20	Sale Harriers Manchester
175	Megan	Hughes	U20	Menai Track & Field

Event Id	Event	Event Name	Start Time	Day
T03	400	U17M 400m	11:27	1
Bib	First Name	Last Name	Age Group	Team Name
73	Connor	Dean	U17	Colwyn Bay AC
248	James	Bentley	U17	Carmarthen Harriers
80	Gethin	Griffith	U17	Menai Track & Field
450	Rory	Taylor-Young	U17	Glasgow School of Sport
251	Jack	Farrell	U17	Cardiff Athletics
68	Alexander	Clark	U17	Giffnock North AC
185	Rylan	Carrroll	U17	Neath Harriers
250	Dylan	Evans	U17	Newport Harriers
195	Jake Alexander	Rowlands	U17	Menai Track & Field
253	Isaac	Keeler Robson	U17	Forest of Dean AC
191	Daniel	Penn	U17	Newport Harriers
192	Ethan	Rawle	U17	Aberdare Valley AAC
252	Matthew	Hines	U17	Swansea Harriers
99	Jay	Mtetemela	U17	Newport Harriers
254	Huw	Williams	U17	Menai Track & Field

Event Id	Event	Event Name	Start Time	Day
T04	300	U17W 300m	11:38	1
Bib	First Name	Last Name	Age Group	Team Name
199	Timea	Toth-Tarsoly	U17	Cardiff Athletics
229	Anna	Watts	U17	Cardiff Athletics
226	Menna	Pugsley	U17	Shrewsbury AC
187	Chloe	Farmer	U17	Cardiff Archers
69	Darcy	Coslett	U17	Llanelli AAC
65	Aaliyah	Beavan	U17	Newport Harriers
228	Holly	Vittle	U17	Cardiff Athletics
92	Maddie	Kingston	U17	Abingdon Athletics Club
223	Cara	Llwyd Roberts	U17	Colwyn Bay AC
227	Sophie	Steele	U17	Newport Harriers
222	Chloe	Biggs	U17	Newport Harriers
224	Ruby	Mills	U17	Swansea Harriers
60	Layla	Aitchison	U17	Neath Harriers
110	Ava	Stratford-Davies	U17	Newport Harriers
81	Grayce	Harvey	U17	Rhondda AAC
118	Nia	Fraser	U15	Bridgend Athletics
230	Betty	Ahmed	U15	Cardiff Athletics
66	Poppy	Bevan	U17	Newport Harriers
225	Olivia	Morgan	U17	Cardiff Archers

Event Id	Event	Event Name	Start Time	Day
T05	60H	U20W 60m Hurdles	12:00	1
Bib	First Name	Last Name	Age Group	Team Name
32	Ella	Mitchell	U20	Cardiff Athletics
3	Louisa	Ball	U20	Neath Harriers
358	Natalie	Coughlan	U20	Swansea Harriers
24	Sophie	Lisk	U20	Cardiff Archers
362	Mayalee	Osola	U20	Millfield School
96	Charlotte	Ming	U17	Millfield School
361	Lilly	Noble	U20	Deeside Amateur Athletic Club
363	Elin	Roberts	U20	Guildford & Godalming AC
356	Lauren	Carr	U20	South Devon AC
360	Isobel	Gunn	U20	Deeside Amateur Athletic Club
446	Kizzi	Reed	U20	Millfield School
54	Tanya	Vakil	U20	Cardiff Metropolitan University Athletics Club
355	Abi	Belward	U20	Winchester & District AC
243	Seren	Redfern	U20	Sale Harriers Manchester

Event Id	Event	Event Name	Start Time	Day
T06	1500	U17M 1500m	12:10	1
Bib	First Name	Last Name	Age Group	Team Name
332	Luke	Owen	U17	Carmarthen Harriers
336	Yori	Sheldon	U17	Carmarthen Harriers
283	Thomas	Loynes	U17	Neath Harriers
289	Ashton	Parry	U17	Neath Harriers
335	Joshua	Sanders	U17	Cardiff Athletics
331	Miguel	Jenkins	U17	Menai Track & Field
287	Alfie	Osborne	U17	Cardiff Athletics
338	Garyn	Tough	U17	Aberdare Valley AAC
329	William	Harries	U17	Pembrokeshire Harriers
274	Tomos	Davies	U17	Cardiff Athletics
285	Tomos	Morgan	U17	Menai Track & Field
276	Tom	Gilbert	U17	Newport Harriers
288	Harry	Osborne	U17	Cardiff Athletics
340	Harry	Turner	U17	Cardiff Athletics
333	Dominik	Plesiewicz	U17	Aberdare Valley AAC
296	Cian	Tough	U17	Aberdare Valley AAC

Event Id	Event	Event Name	Start Time	Day
T07	60	U13G 60m	12:27	1
Bib	First Name	Last Name	Age Group	Team Name
127	Mali	Beynon	U13	Bridgend Athletics
139	Celyn	Frewen	U13	Bridgend Athletics
143	Rachael	Harries-Jones	U13	Blaenau Gwent Athletics
145	Lily Ann	Hodge	U13	Newport Harriers
147	Sabine-Louise	Hosking	U13	Newport Harriers
148	Monet	Hutchinson	U13	Newport Harriers
149	Gwen	Johansen	U13	Llanelli AAC
449	Anya	Walters	U13	Carmarthen Harriers
156	Harper	Myatt	U13	Pontyclun Athletics Club
157	Janae	Nugent	U13	Cardiff Athletics
129	Anwen	Brown	U13	Llanelli AAC
141	Alissia	Gulwell	U13	Barry & Vale Harriers
158	Nafisah	Oluwa	U13	Cardiff Archers
138	Tabitha	Fomba	U13	Cwmbran Harriers
126	Beatrix	Bennett	U13	Team Bath Athletic Club
171	Leela	Wilson	U13	Bridgend Athletics
166	Alice	Sykes-Hand	U13	Deeside Amateur Athletic Club
142	Florence	Hall	U13	Cardiff Athletics
131	Madison	Coote	U13	Cardiff Athletics
165	Poppy	Staniforth	U13	Barry & Vale Harriers
125	Lucia	Bartlett	U13	Deeside Amateur Athletic Club
162	Sophie	Piddington	U13	Newport Harriers
122	Olivia	Thomas	U14	Cardiff Archers
123	Caitlyn	Anthony	U13	Swansea Harriers
132	Sarai	Cox	U13	Swansea Harriers
169	Abbie	Williams	U13	Cardiff Athletics
150	Isabelle	Kelland	U13	Rhondda AAC
140	Gwennan	Gruffydd	U13	Swansea Harriers
128	Poppy	Brannigan	U13	Swansea Harriers
135	Sophie	Davis	U13	Swansea Harriers
155	Sofia	Morgan	U13	Swansea Harriers
159	Isabella	Papura	U13	Bridgend Athletics
130	Lola	Cooksey	U13	Bridgend Athletics
144	Isabelle	Harris	U13	Neath Harriers

Event Id	Event	Event Name	Start Time	Day
T08	60	U17W 60m	12:42	1
Bib	First Name	Last Name	Age Group	Team Name
72	Magi	Dawney	U17	Llanelli AAC
78	Lowri	Gibbon	U17	Neath Harriers
79	Meleri	Godfrey	U17	Rhymney Valley AC
83	Amelia	Hayes	U17	Cardiff Archers
117	Olivia	Chinaka	U15	Newport Harriers
115	Aliyah	Afolabi	U15	Cardiff Archers
74	Nell	Desir	U17	Cardiff Archers
65	Aaliyah	Beavan	U17	Newport Harriers
88	Macey	Jones	U17	West Cheshire Athletic Club
101	Elana	Murray	U17	Cardiff Athletics
120	Tiana	Odugbesan	U15	Cardiff Archers
69	Darcy	Coslett	U17	Llanelli AAC
108	Chloe-Grace	Santima	U17	Cardiff Athletics
67	Eleri	Brown	U17	Neath Harriers
84	Katie	Higginson	U17	Cardiff Athletics
91	Esther	Kazeem	U17	Newport Harriers
121	Hollie	Taylor	U15	Cardiff Archers
113	Mari	Wilson	U17	Llanelli AAC
89	Anest	Jones	U17	Carmarthen Harriers
63	Mercedes	Anderson	U17	Cardiff Athletics
110	Ava	Stratford-Davies	U17	Newport Harriers
102	Kiera	Owen	U17	Brecon Athletic Club
92	Maddie	Kingston	U17	Abingdon Athletics Club
111	Cherish	Watson	U17	Newport Harriers
103	Naomi	Parry	U17	Cardiff Archers
118	Nia	Fraser	U15	Bridgend Athletics
66	Poppy	Bevan	U17	Newport Harriers
81	Grayce	Harvey	U17	Rhondda AAC
112	Hollie	Weaver	U17	Rhondda AAC
76	Riley	Fitzgerald	U17	Newport Harriers
82	Evie	Harvey	U17	Rhondda AAC
60	Layla	Aitchison	U17	Neath Harriers

Event Id	Event	Event Name	Start Time	Day
T09	60	U20W 60m	12:54	1
Bib	First Name	Last Name	Age Group	Team Name
32	Ella	Mitchell	U20	Cardiff Athletics
27	Salem	Mbimu-Kiambi	U20	Cardiff Athletics
18	Annabelle	Honey	U20	Millfield School
41	Tiana	Rizzo	U20	Millfield School
26	Jessica	Mantle	U20	Cardiff Athletics
20	Tamara	Jackson	U20	Millfield School
21	Eli	Jones	U20	Menai Track & Field
23	Jessica	Lee	U20	Carmarthen Harriers
5	T iwaah	Boateng	U20	Newport Harriers
24	Sophie	Lisk	U20	Cardiff Archers
22	Kinga	Kudzia	U20	Cardiff Metropolitan University Athletics Club
57	Millie	Webb	U20	Cardiff Athletics
38	Cristina	Poulsen	U20	Wycombe Phoenix Harriers & AC
448	Eliza	Olinma	U20	Millfield School
12	Olivia	Gillespie	U20	Newport Harriers
37	Erin	Partridge	U20	Glasgow School of Sport
40	Sophia	Reid-Thomas	U20	Carmarthen Harriers
31	Sofie	Millen	U20	Menai Track & Field
49	Olivia	Sparks	U20	Millfield School
35	Victoria	Ovie	U20	Swansea Harriers
39	Cerys	Radcliffe	U20	Newport Harriers
54	T anya	Vakil	U20	Cardiff Metropolitan University Athletics Club
10	Alyssa	Fitzgerald	U20	Newport Harriers
28	Eleanor	McIntosh	U20	Bristol and West AC
34	Poppy	Offside	U20	Newport Harriers
61	Zoe	Allen	U17	Millfield School
90	Ariwoola	Kasunmu	U17	Millfield School
96	Charlotte	Ming	U17	Millfield School
48	Georgia	Smele	U20	Bridgend Athletics
52	Isabelle	Thomas	U20	Menai Track & Field
71	Watita	Dankaro	U17	Millfield School
13	Alys	Godfrey	U20	Rhymney Valley AC
3	Louisa	Ball	U20	Neath Harriers
7	Hannah	Carr	U20	South Devon AC

Event Id	Event	Event Name	Start Time	Day
T10	60	U20M 60m	13:06	1
Bib	First Name	Last Name	Age Group	Team Name
51	Harsh	Thakur	U20	Cardiff Metropolitan University Athletics Club
11	Joseph	Franklin	U20	Llanelli AAC
53	Aron	Tugwell	U20	Cardiff Archers
16	William	Hawker	U20	Swansea Harriers
50	Lewis	Stephens	U20	Cardiff Athletics
46	Ben	Sinclair	U20	Manx Harriers
17	Joshua	Hickson	U20	Gateshead Harriers & AC
30	Gregory	Menkiti	U20	Slough Junior AC
42	Jon-Henry	Robbie	U20	Cardiff Archers
15	Aharon	Graham-Mulvaney	U20	Cardiff Athletics
47	Kane	Smart	U20	Colwyn Bay AC
1	Toks	Akanbi-Mortimer	U20	Rhymney Valley AC
9	Cameron	Eley	U20	Newport Harriers
33	Jenson	Morris	U20	Swansea Harriers
36	Benjamin	Parker	U20	Aberdare Valley AAC
29	Connell	Mccarthy	U20	Cardiff Metropolitan University Athletics Club
56	Marek	Warzocha	U20	Swansea Harriers
14	Cian	Gordon-Clark	U20	Menai Track & Field
6	Dylan	Byram	U20	Menai Track & Field
45	Leon	Serning	U20	Bristol and West AC
19	Joshua	Humphreys	U20	Cardiff Athletics
55	Nicholas	Van Beneden	U20	Team Bath Athletic Club
25	Rhys	Lloyd-Roberts	U20	Pembrokeshire Harriers
8	Noah	Dyson	U20	Team Bath Athletic Club
44	Michael	Sanderson	U20	Cornwall Athletic Club
2	Harvey	Bacchetta	U20	Cardiff Athletics
58	Toby	Wright	U20	Taunton AC

Event Id	Event	Event Name	Start Time	Day
T11	60	U13B 60m	14:10	1
Bib	First Name	Last Name	Age Group	Team Name
163	Santino	Proctor	U13	Cardiff Athletics
151	Jack	Kelland	U13	Rhondda AAC
124	Jacob	Barnes	U13	Cardiff Athletics
164	Jack	Roberts	U13	Cardiff Athletics
137	Evan	Enoch	U13	Carmarthen Harriers
153	Hugo	Livingstone	U13	Colwyn Bay AC
146	Dylan	Holmes	U13	Cardiff Archers
167	Xavier	Wilby-Davies	U13	Cardiff Archers
168	Harri	Williams	U13	Bridgend Athletics
152	Ryan	Kingdom	U13	Cardiff Archers
133	Hedd	Cullinane	U13	Rhymney Valley AC
170	Efan	Williams	U13	Swansea Harriers
136	Maximus	Edwards	U13	Carmarthen Harriers
161	Toby	Parry	U13	Cardiff Archers
160	Conor	Parnell	U13	Blaenau Gwent Athletics
154	Joseph	Mcdowell	U13	Bridgend Athletics

Event Id	Event	Event Name	Start Time	Day
T12	60	U17M 60m	14:16	1
Bib	First Name	Last Name	Age Group	Team Name
104	Joshua	Peel	U17	Llanelli AAC
105	Luca	Phillips	U17	Cardiff Archers
75	Max	Evans	U17	Maldwyn Harriers
68	Alexander	Clark	U17	Giffnock North AC
70	Thomas	Croft	U17	Reading AC
64	Lewis	Barnes	U17	Cardiff Athletics
62	Jose	Alzate-Gonzalez	U17	Cardiff Athletics
73	Connor	Dean	U17	Colwyn Bay AC
80	Gethin	Griffith	U17	Menai Track & Field
99	Jay	Mtetemela	U17	Newport Harriers
114	Jeremy	Young	U17	Swansea Harriers
59	Dan	Abbott	U17	Newport Harriers
95	Oscar	Malcolm	U17	Cardiff Athletics
94	Joshua	Livesey-Hambridge	U17	Rhymney Valley AC
116	Finnley	Austin	U15	Neath Harriers
77	Ben	Foskett	U17	Bridgend Athletics
85	Hari	Holt	U17	Menai Track & Field
106	Joshua	Puddick	U17	Barry & Vale Harriers
109	Alexander	Stathakis	U17	Newport Harriers
119	Sebastian	Humphreys	U15	Newport Harriers
87	Morgan	Jones	U17	Menai Track & Field
98	Harry	Morris	U17	Swansea Harriers
107	Zac	Roach	U17	Cardiff Athletics
97	Sebastian	Mitchell-Fofana	U17	Cardiff Archers
93	Adam	Lindsay	U17	Newport Harriers
86	Guto	Ifans	U17	Cardiff Archers

Event Id	Event	Event Name	Start Time	Day
T13	60	Ambulant [Para] ALL Ages 60m	14:55	1
Bib	First Name	Last Name	Age Group	Team Name
100	Logan	Murray T/F20	U17	Cornwall Athletic Club
43	Tomi	Roberts-Jones	U20	DSW Para Athletics
4	Will	Bishop	U20	Cardiff Metropolitan University Athletics Club

Event Id	Event	Event Name	Start Time	Day
T14	1500	U20W 1500m	15:05	1
Bib	First Name	Last Name	Age Group	Team Name
256	Olivia	Clarke	U20	Corstorphine AAC
322	Ceri	Griffiths	U20	Newport Harriers
286	Alice	Mourao	U17	Corstorphine AAC
326	Charlotte	Macphie	U20	Corstorphine AAC
262	Mali	Macduff	U20	Bridgend Athletics

We Need You!



WELSH ATHLETICS
ATHLETAU CYMRU

There's a Officiating Role
for Everyone!

SCAN the QR code to watch our
become an Official video...



Contact us to get involved
officials@welshathletics.org

WELSH ATHLETICS YOUNG ATHLETICS AMBASSADORS



WELSH ATHLETICS
ATHLETAU CYMRU

WE ARE LOOKING FOR ENTHUSIASTIC YOUNG PEOPLE TO BE A PART OF WELSH ATHLETICS' YOUNG ATHLETICS AMBASSADOR PROGRAMME!

BE INVOLVED WITH DECISION MAKING, INITIATIVE DEVELOPMENT, SHARE YOUR VOICE AND BE PART OF A NEW AND EXCITING GROUP!

ANYONE FROM ANY ASPECT OF WELSH ATHLETICS IS ENCOURAGED TO JOIN THE YAA. WE WANT TO HAVE SECTOR-LEADING REPRESENTATION AND DIVERSITY ACROSS THE YAA.

Upcoming Sign-Up & Meet Events



Senior & U15 Indoor
Championships
27 & 28 January
NIAC, Cardiff



Junior Indoor
Championships
3 & 4 February
NIAC, Cardiff

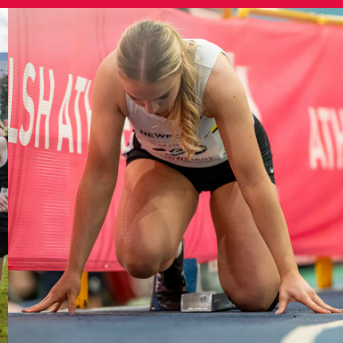


Welsh Schools Cross Country
Championships
28 February
Penlan Arena, Brecon

Find out
more



SCAN ME



Event Id	Event	Event Name	Start Time	Day
T15	1500	U17W 1500m	15:12	1
Bib	First Name	Last Name	Age Group	Team Name
278	Libby	Hale	U17	Swansea Harriers
342	Amelia	Williams	U17	Carmarthen Harriers
337	Gemma	Tolputt	U17	Wells City Harriers
279	Rebeca	Harries	U17	Cardiff Athletics
292	Millie	Pierce	U17	Swansea Harriers
282	Madison	Hughes	U17	Maldwyn Harriers
225	Olivia	Morgan	U17	Cardiff Archers
271	Anya	Brady	U17	Newport Harriers
327	Ava	Davies	U17	Swansea Harriers
328	Imogen	Davies	U17	Cardiff Athletics
330	Chloe	Hartley-Green	U17	Swansea Harriers
341	Emily	Walker	U17	Newport Harriers
334	Clara	Rhodes	U17	Newport Harriers
284	Imogen	Mcadie	U17	Swansea Harriers

Event Id	Event	Event Name	Start Time	Day
T16	1500	U13B 1500m	15:20	1
Bib	First Name	Last Name	Age Group	Team Name
34	Oliver	Cobbold	U13	Swansea Harriers
3	Osian	Phillips	U13	Cardiff Athletics
31	Jack	Woodhouse	U13	Neath Harriers
5	Zac	Munn	U13	Cardiff Athletics
31				
9				
31				

Event Id	Event	Event Name	Start Time	Day
T17	1500	U13G 1500m	15:27	1
Bib	First Name	Last Name	Age Group	Team Name
345	Ruby	Harris	U13	Carmarthen Harriers
346	Isabella	Peter	U13	Newport Harriers
314	Manon Fflur	Phillips	U13	Taf Running & Orienteering Team
203	Megan	Adams	U13	Newport Harriers
309	Eva	Martin	U13	Cardiff Athletics
162	Sophie	Piddington	U13	Newport Harriers
318	Paige-lily	Williams	U13	Carmarthen Harriers
140	Gwennan	Gruffydd	U13	Swansea Harriers
344	Emily	Evans-Williams	U13	Carmarthen Harriers
300	Mali Mai	Beynon	U13	Taf Running & Orienteering Team

Event Id	Event	Event Name	Start Time	Day
T18	1500	U20M 1500m	15:35	1
Bib	First Name	Last Name	Age Group	Team Name
260	Rory	Forbes	U20	Millfield School
321	Archie	Coates	U20	Southampton Athletic Club
323	Cian	Harold	U20	Cardiff Athletics
320	Finley	Bruce	U20	Carmarthen Harriers
325	Jake	Lynock	U20	Carmarthen Harriers
339	Dexter	T ownsend	U17	Millfield School

Event Id	Event	Event Name	Start Time	Day
T19	60H	U20M 60m Hurdles	15:50	1
Bib	First Name	Last Name	Age Group	Team Name
1	Toks	Akanbi-	U20	Rhymney Valley AC
235	Joe	Mortimer Girling	U20	Neath Harriers
359	Iolo	Grant	U20	Cardiff Archers
58	Toby	Wright	U20	Taunton AC
9	Cameron	Eley	U20	Newport Harriers
357	Evan	Cole	U20	Swansea Harriers

Event Id	Event	Event Name	Start Time	Day
T20	60H	U17M 60m Hurdles	16:00	1
Bib	First Name	Last Name	Age Group	Team Name
252	Matthew	Hines	U17	Swansea Harriers
364	Isaias	Balde	U17	Cardiff Archers
85	Hari	Holt	U17	Menai Track & Field
368	Callum	Hedges	U17	Swansea Harriers
93	Adam	Lindsay	U17	Newport Harriers
105	Luca	Phillips	U17	Cardiff Archers
70	Thomas	Croft	U17	Reading AC
202	Dav id	Lenghel	U15	Pontyclun Athletics Club
198	Harvey	Thomas	U17	Pembrokeshire Harriers
87	Morgan	Jones	U17	Menai Track & Field

Event Id	Event	Event Name	Start Time	Day
T21	60H	U17W 60m Hurdles	16:20	1
Bib	First Name	Last Name	Age Group	Team Name
366	Rosie	Chick	U17	Cardiff Athletics
81	Grayce	Har v ey	U17	Rhondda AAC
224	Ruby	Mills	U17	Swansea Harriers
367	Menna	Grant	U17	Cardiff Archers
370	Megan	T aylor	U17	Cardiff Archers
369	Matilda	Quick	U17	Swansea Harriers
365	Scarlett	Cargill	U17	Newport Harriers
67	Eleri	Brown	U17	Neath Harriers

Event Id	Event	Event Name	Start Time	Day
T22	60H	U13B 60m Hurdles	16:30	1
Bib	First Name	Last Name	Age Group	Team Name
371	Yusuf Osman	Barry	U13	Pembrokeshire Harriers
153	Hugo	Livingstone	U13	Colwyn Bay AC
137	Evan	Enoch	U13	Carmarthen Harriers
152	Ryan	Kingdom	U13	Cardiff Archers
167	Xav ier	Wilby-Davies	U13	Cardiff Archers

Event Id	Event	Event Name	Start Time	Day
T23	60H	U13G 60m Hurdles	16:40	1
Bib	First Name	Last Name	Age Group	Team Name
372	Olivia	Coote	U13	Cardiff Athletics
131	Madison	Coote	U13	Cardiff Athletics
162	Sophie	Piddington	U13	Newport Harriers
169	Abbie	Williams	U13	Cardiff Athletics
135	Sophie	Davis	U13	Swansea Harriers
128	Poppy	Brannigan	U13	Swansea Harriers
318	Paige-lily	Williams	U13	Carmarthen Harriers
125	Lucia	Bartlett	U13	Deeside Amateur Athletic Club
123	Caitlyn	Anthony	U13	Swansea Harriers
166	Alice	Sykes-Hand	U13	Deeside Amateur Athletic Club
144	Isabelle	Harris	U13	Neath Harriers
147	Sabine-Louise	Hosking	U13	Newport Harriers
155	Sofia	Morgan	U13	Swansea Harriers
141	Aliissia	Gulwell	U13	Barry & Vale Harriers
138	Tabitha	Fomba	U13	Cwmbran Harriers

Event Id	Event	Event Name	Start Time	Day
F01	SP	U13G Shot	11:45	1
Bib	First Name	Last Name	Age Group	Team Name
147	Sabine-Louise	Hosking	U13	Newport Harriers
141	Aliissia	Gulwell	U13	Barry & Vale Harriers
145	Lily Ann	Hodge	U13	Newport Harriers
143	Rachael	Harries-Jones	U13	Blaenau Gwent Athletics
123	Caitlyn	Anthony	U13	Swansea Harriers
128	Poppy	Brannigan	U13	Swansea Harriers
206	Bethan Paige-	Davies	U13	Cardiff Athletics
318	lily	Williams	U13	Carmarthen Harriers
130	Lola	Cooksey	U13	Bridgend Athletics
158	Nafisah	Oluwa	U13	Cardiff Archers
443	Sophie	Webb	U13	Pontyclun Athletics Club

Event Id	Event	Event Name	Start Time	Day
F02	PV	U17M Pole Vault	12:00	1
Bib	First Name	Last Name	Age Group	Team Name
395	Oliver	Philpot	U17	Swansea Harriers
393	Jonathan	t Mellor	U17	Cardiff Archers

Event Id	Event	Event Name	Start Time	Day
F03	PV	U20M Pole Vault	12:00	1
Bib	First Name	Last Name	Age Group	Team Name
374	Leon	Gregson	U20	Cardiff Athletics
58	Toby	Wright	U20	Taunton AC
386	Louis	Shuall	U20	Swansea Harriers
387	Charlie	Shuall	U20	Swansea Harriers
381	Will	Grant	U20	Deeside Amateur Athletic Club
15	Aharon	Graham-Mulvaney	U20	Cardiff Athletics
382	Harry	Newton	U20	Swansea Harriers

Event Id	Event	Event Name	Start Time	Day
F04	LJ	U13B Long Jump	12:15	1
Bib	First Name	Last Name	Age Group	Team Name
152	Ryan	Kingdom	U13	Cardiff Archers
371	Yusuf Osman	Barry	U13	Pembrokeshire Harriers
160	Conor	Parnell	U13	Blaenau Gwent Athletics
161	Toby	Parry	U13	Cardiff Archers
136	Maximus	Edwards	U13	Carmarthen Harriers
170	Efan	Williams	U13	Swansea Harriers
146	Dylan	Holmes	U13	Cardiff Archers
167	Xavier	Wilby-Davies	U13	Cardiff Archers
153	Hugo	Livingstone	U13	Colwyn Bay AC
124	Jacob	Barnes	U13	Cardiff Athletics
221	Gwion	Williams	U13	Menai Track & Field

Event Id	Event	Event Name	Start Time	Day
F05	TJ	U20M Triple Jump	12:45	1
Bib	First Name	Last Name	Age Group	Team Name
415	Lorenz	Audi	U20	Cardiff
414	Abdul	Afolabi	U20	Athletics
27	Salem	Mbimu-Kiambi	U20	Cardiff Archers Cardiff Athletics

Event Id	Event	Event Name	Start Time	Day
F06	TJ	U17M Triple Jump	12:45	1
Bib	First Name	Last Name	Age Group	Team Name
97	Sebastian	Mitchell-Fofana	U17	Cardiff Archers
407	Cobie	Phillips	U15	Cardiff Archers
195	Jake Alexander	Rowlands	U17	Menai Track & Field
423	Joseph	Phillips	U17	Cardiff Athletics
105	Luca	Phillips	U17	Cardiff Archers
422	Evan	Lewis	U17	Swansea Harriers

Event Id	Event	Event Name	Start Time	Day
F07	PV	U17W Pole Vault	14:00	1
Bib	First Name	Last Name	Age Group	Team Name
396	Alice	Prosser	U17	Swansea Harriers
390	Seren	Anderson-James	U17	Swansea Harriers
391	Ruby	Campion	U17	Swansea Harriers
394	Pollyanna	Morris	U17	Cardiff Archers
392	Ava	Lane	U17	Cardiff Archers
293	Lyra	Roberts	U17	Llanelli AAC

Event Id	Event	Event Name	Start Time	Day
F08	PV	U20W Pole Vault	14:00	1
Bib	First Name	Last Name	Age Group	Team Name
389	Imogen	Whiteley	U20	Deeside Amateur Athletic Club
385	Rebekah	Pratt	U20	Swansea Harriers
380	Amy	Beynon	U20	Swansea Harriers
383	Bethan	Norvill	U20	Newquay & Par AC
32	Ella	Mitchell	U20	Cardiff Athletics
388	Aimie	Taylor	U20	Stevenage & North Herts AC
384	Nyree	Perry	U20	Bristol and West AC

Event Id	Event	Event Name	Start Time	Day
F09	TJ	U20W Triple Jump	14:15	1
Bib	First Name	Last Name	Age Group	Team Name
418	Catrin	Squire	U20	Swansea Harriers
416	Bethan	Holley	U20	Swansea Harriers
360	Isobel	Gunn	U20	Deeside Amateur Athletic Club
417	Francesca	Morgan	U20	Cardiff Athletics
398	Louise	Hirst	U20	Peterborough & Nene Valley AC
90	Ariwoola	Kasunmu	U17	Millfield School
389	Imogen	Whiteley	U20	Deeside Amateur Athletic Club

Event Id	Event	Event Name	Start Time	Day
F10	TJ	U17W Triple Jump	14:15	1
Bib	First Name	Last Name	Age Group	Team Name
284	Imogen	Mcadie	U17	Swansea Harriers
403	Myah	Pearson	U17	Deeside Amateur Athletic Club
421	Elin	Jones	U17	Newport Harriers
424	Megan	Wood	U17	Deeside Amateur Athletic Club
406	Freya	McCarthy	U15	Llanelli AAC
419	Sophia	Goulding	U17	Cardiff Athletics
420	Lucy	Jones	U17	Wrexham Amateur Athletic Club

Event Id	Event	Event Name	Start Time	Day
F11	SP	U20M Shot	14:45	1
Bib	First Name	Last Name	Age Group	Team Name
426	Ben	Evans	U20	Rhondda AAC
425	Sebastian	Anstead	U20	Cardiff Archers
1	Toks	Akanbi-Mortimer	U20	Rhymney Valley AC
414	Abdul	Afolabi	U20	Cardiff Archers
428	Daniel Jacob	Roberts	U20	Rhondda AAC

Event Id	Event	Event Name	Start Time	Day
F12	SP	U17M Shot	14:45	1
Bib	First Name	Last Name	Age Group	Team Name
97	Sebastian	Mitchell-Fofana	U17	Cardiff Archers
441	Lachlan	Robbie	U15	Cardiff Archers
198	Harvey	Thomas	U17	Pembrokeshire Harriers
433	Owen	Garrett	U17	Yate & District AC
94	Joshua	Livesey-Hambridge	U17	Rhymney Valley AC
432	Gabriel	Evans	U17	Rhondda AAC

Event Id	Event	Event Name	Start Time	Day
F13	LJ	Amb [para] U20M/U20W Long Jump	15:45	1
Bib	First Name	Last Name	Age Group	Team Name
4	Will	Bishop	U20	Cardiff Metropolitan University Athletics
43	Tomi	Roberts-Jones	U20	Club DSW Para Athletics

Event Id	Event	Event Name	Start Time	Day
F14	LJ	Amb [para] U17M/U17W Long Jump	15:45	1
Bib	First Name	Last Name	Age Group	Team Name
100	Logan	Murray T/F20	U17	Cornwall Athletic Club DSW Para Athletics
409	Joseph	Symons F37	U15	

Event Id	Event	Event Name	Start Time	Day
T24	800	U17W 800m	11:00	2
Bib	First Name	Last Name	Age Group	Team Name
278	Libby	Hale	U17	Swansea Harriers
271	Anya	Brady	U17	Newport Harriers
279	Rebeca	Harries	U17	Cardiff Athletics
225	Olivia	Morgan	U17	Cardiff Archers
299	Isobel	Davies	U15	Cardiff Athletics
292	Millie	Pierce	U17	Swansea Harriers
282	Madison	Hughes	U17	Maldwyn Harriers
281	Lucy	Hillary	U17	Western Tempo
222	Chloe	Biggs	U17	Newport Harriers
290	Eva	Parry	U17	Rhymney Valley AC
227	Sophie	Steele	U17	Newport Harriers
293	Lyra	Roberts	U17	Llanelli AAC
229	Anna	Watts	U17	Cardiff Athletics
230	Betty	Ahmed	U15	Cardiff Athletics
197	Megan	Swanson	U17	Aberdare Valley AAC
273	Ev elyn	Cartlidge	U17	Aberdare Valley AAC
275	Anastasia	Eggleston-Stoker	U17	Carmarthen Harriers
291	Megan	Pewtner	U17	Rhymney Valley AC
113	Mari	Wilson	U17	Llanelli AAC
284	Imogen	Mcadie	U17	Swansea Harriers

Event Id	Event	Event Name	Start Time	Day
T25	800	U17M 800m	11:15	2
Bib	First Name	Last Name	Age Group	Team Name
283	Thomas	Loynes	U17	Neath Harriers
270	Rhodri	Amos	U17	Cardiff Athletics
298	Sion	Williams	U17	Menai Track & Field
274	Tomos	Davies	U17	Cardiff Athletics
287	Alfie	Osborne	U17	Cardiff Athletics
289	Ashton	Parry	U17	Neath Harriers
295	Macsen	Toogood	U17	Carmarthen Harriers
276	Tom	Gilbert	U17	Newport Harriers
288	Harry	Osborne	U17	Cardiff Athletics
285	Tomos	Morgan	U17	Menai Track & Field
294	Jack	Stewart	U17	Cardiff Athletics
198	Harvey	Thomas	U17	Pembrokeshire Harriers
296	Cian	Tough	U17	Aberdare Valley AAC

Event Id	Event	Event Name	Start Time	Day
T26	800	U20W 800m	11:25	2
Bib	First Name	Last Name	Age Group	Team Name
256	Olivia	Clarke	U20	Corstorphine AAC
263	Anna-Rose	Merchant	U20	Cardiff Athletics
240	Lilly Grace	Oakenfull	U20	Newport Harriers
269	Lara	Turner	U20	Kettering Town Harriers
286	Alice	Mourao	U17	Corstorphine AAC
241	Josie	Perrin	U20	Kingston AC and Poly Harriers
259	Lois	Finan	U20	Gloucester AC
262	Mali	Macduff	U20	Bridgend Athletics
280	Blue	Heath-Smith	U17	Cheltenham and County Harriers
264	Maisie	Patterson	U20	Cardiff Athletics

Event Id	Event	Event Name	Start Time	Day
T27	800	U20M 800m	11:35	2
Bib	First Name	Last Name	Age Group	Team Name
247	Sam	Yates	U20	Nuneaton Harriers
260	Rory	Forbes	U20	Millfield School
268	Louis	Starr	U20	Rugby & Northampton AC
46	Ben	Sinclair	U20	Manx Harriers
257	Tristan Tena	Cumberland	U20	Brecon Athletic Club
265	Benjamin	Price	U20	Cardiff Athletics
261	Will	Lloyd	U20	Wigan & District H & AC
245	Iwan	Wilson	U20	Llanelli AAC
297	Tom	Webb	U17	Wells City Harriers
244	Daniel	Tang	U20	Cardiff Athletics
232	Harry	Bradley	U20	Newport Harriers
239	Gerard	Mcgrady	U20	Blackheath & Bromley Harriers AC
258	Matthew	Davis	U20	Millfield School
272	Zac	Brannon	U17	North Shields Polytechnic Club
266	Alex	Ridout	U20	Cardiff Athletics
267	James	Robertson	U20	North Somerset AC
277	Jasper	Griven	U17	Millfield School

Event Id	Event	Event Name	Start Time	Day
T28	200	U13G 200m	11:55	2
Bib	First Name	Last Name	Age Group	Team Name
148	Monet	Hutchinson	U13	Newport Harriers
149	Gwen	Johansen	U13	Llanelli AAC
207	Megan	Evans	U13	Carmarthen Harriers
208	Cerys	Fitzpatrick	U13	Carmarthen Harriers
211	Freya	Lee	U13	Bridgend Athletics
217	Amelia	Moses	U13	Aberdare Valley AAC
219	Ella	Stone	U13	Newport Harriers
171	Leela	Wilson	U13	Bridgend Athletics
162	Sophie	Piddington	U13	Newport Harriers
138	Tabitha	Fomba	U13	Cwmbran Harriers
125	Lucia	Bartlett	U13	Deeside Amateur Athletic Club
122	Olivia	Thomas	U14	Cardiff Archers
157	Janae	Nugent	U13	Cardiff Athletics
169	Abbie	Williams	U13	Cardiff Athletics
147	Sabine-Louise	Hosking	U13	Newport Harriers
145	Lily Ann	Hodge	U13	Newport Harriers
166	Alice	Sykes-Hand	U13	Deeside Amateur Athletic Club
206	Bethan	Davies	U13	Cardiff Athletics
203	Megan	Adams	U13	Newport Harriers
210	Lola	Jones	U13	Cwmbran Harriers
218	Madeline	Nunn	U13	Cardiff Archers
142	Florence	Hall	U13	Cardiff Athletics
135	Sophie	Davis	U13	Swansea Harriers
123	Caitlyn	Anthony	U13	Swansea Harriers
155	Sofia	Morgan	U13	Swansea Harriers
204	Lacey	Clissold	U13	Aberdare Valley AAC
216	Meadow	Morris	U13	Aberdare Valley AAC
144	Isabelle	Harris	U13	Neath Harriers
212	Alana	Lockett	U13	Pontyclun Athletics Club
130	Lola	Cooksey	U13	Bridgend Athletics
129	Anwen	Brown	U13	Llanelli AAC
159	Isabella	Papura	U13	Bridgend Athletics
165	Poppy	Staniforth	U13	Barry & Vale Harriers
127	Mali	Beynon	U13	Bridgend Athletics
141	Alissia	Gulwell	U13	Barry & Vale Harriers
209	Poppy	Griffin-Gray	U13	Aberdare Valley AAC
213	Matilda	Magor	U13	Cwmbran Harriers

Event Id	Event	Event Name	Start Time	Day
T29	200	U13B 200m	12:19	2
Bib	First Name	Last Name	Age Group	Team Name
152	Ryan	Kingdom	U13	Cardiff Archers
163	Santino	Proctor	U13	Cardiff Athletics
164	Jack	Roberts	U13	Cardiff Athletics
214	Isaac	Mcadie	U13	Swansea Harriers
124	Jacob	Barnes	U13	Cardiff Athletics
146	Dylan	Holmes	U13	Cardiff Archers
215	Llewellyn	Morgan	U13	Cardiff Archers
205	Bo	Cuthbertson	U13	Swansea Harriers
221	Gwion	Williams	U13	Menai Track & Field
220	Elis	Summers	U13	Newport Harriers
167	Xavier	Wilby-Davies	U13	Cardiff Archers
168	Harri	Williams	U13	Bridgend Athletics
154	Joseph	Mcdowell	U13	Bridgend Athletics
137	Evan	Enoch	U13	Carmarthen Harriers
160	Conor	Parnell	U13	Blaenau Gwent Athletics

Event Id	Event	Event Name	Start Time	Day
T30	200	U17W 200m	12:31	2
Bib	First Name	Last Name	Age Group	Team Name
72	Magi	Dawney	U17	Llanelli AAC
65	Aaliyah	Beavan	U17	Newport Harriers
196	Anais	Shepperd	U17	Cardiff Athletics
101	Elana	Murray	U17	Cardiff Athletics
187	Chloe	Farmer	U17	Cardiff Archers
69	Darcy	Coslett	U17	Llanelli AAC
84	Katie	Higginson	U17	Cardiff Athletics
63	Mercedes	Anderson	U17	Cardiff Athletics
200	Ellimay	Williams	U17	Carmarthen Harriers
92	Maddie	Kingston	U17	Abingdon Athletics Club
120	Tiana	Odugbesan	U15	Cardiff Archers
108	Chloe-Grace	Santima	U17	Cardiff Athletics
111	Cherish	Watson	U17	Newport Harriers
199	Timea	Toth-Tarsoly	U17	Cardiff Athletics
67	Eleri	Brown	U17	Neath Harriers
89	Anest	Jones	U17	Carmarthen Harriers
189	Cari	Jones	U17	Maldwyn Harriers
194	Nia	Rodgers	U17	Taunton AC
110	Ava	Stratford-Davies	U17	Newport Harriers
121	Hollie	Taylor	U15	Cardiff Archers
188	Eva	Ifill	U17	Cardiff Athletics
66	Poppy	Bevan	U17	Newport Harriers
118	Nia	Fraser	U15	Bridgend Athletics
81	Grayce	Harvey	U17	Rhondda AAC
82	Evie	Harvey	U17	Rhondda AAC
186	Rosie	Evans	U17	Brecon Athletic Club
201	Evie	Woods	U17	Cardiff Athletics
83	Amelia	Hayes	U17	Cardiff Archers
197	Megan	Swanson	U17	Aberdare Valley AAC
112	Hollie	Weaver	U17	Rhondda AAC
117	Olivia	Chinaka	U15	Newport Harriers
193	Connie	Reeks	U17	Newport Harriers

Event Id	Event	Event Name	Start Time	Day
T31	200	U17M 200m	12:55	2
Bib	First Name	Last Name	Age Group	Team Name
73	Connor	Dean	U17	Colwyn Bay AC
104	Joshua	Peel	U17	Llanelli AAC
75	Max	Evans	U17	Maldwyn Harriers
80	Gethin	Griffith	U17	Menai Track & Field
70	Thomas	Croft	U17	Reading AC
64	Lewis	Barnes	U17	Cardiff Athletics
62	Jose	Alzate-Gonzalez	U17	Cardiff Athletics
68	Alexander	Clark	U17	Giffnock North AC
99	Jay	Mtetemela	U17	Newport Harriers
97	Sebastian	Mitchell-Fofana	U17	Cardiff Archers
185	Rylan	Carroll	U17	Neath Harriers
195	Jake Alexander	Rowlands	U17	Menai Track & Field
59	Dan	Abbott	U17	Newport Harriers
85	Hari	Holt	U17	Menai Track & Field
116	Finnley	Austin	U15	Neath Harriers
198	Harvey	Thomas	U17	Pembrokeshire Harriers
94	Joshua	Livesey-Hambridge	U17	Rhymney Valley AC
109	Alexander	Stathakis	U17	Newport Harriers
192	Ethan	Rawle	U17	Aberdare Valley AAC
119	Sebastian	Humphreys	U15	Newport Harriers
191	Daniel	Penn	U17	Newport Harriers
86	Guto	Ifans	U17	Cardiff Archers
184	Leon	Agu	U17	Havering AC
190	Sibusiso	Mhlanga	U17	Neath Harriers
202	David	Lenghel	U15	Pontyclun Athletics Club

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Event Id	Event	Event Name	Start Time	Day
T32	200	U20W 200m	13:13	2
Bib	First Name	Last Name	Age Group	Team Name
32	Ella	Mitchell	U20	Cardiff Athletics
178	Ellie	Morris	U20	Blaenau Gwent Athletics
26	Jessica	Mantle	U20	Cardiff Athletics
12	Olivia	Gillespie	U20	Newport Harriers
39	Cerys	Radcliffe	U20	Newport Harriers
21	Eli	Jones	U20	Menai Track & Field
24	Sophie	Lisk	U20	Cardiff Archers
5	T iwaah	Boateng	U20	Newport Harriers
38	Cristina	Poulsen	U20	Wycombe Phoenix Harriers & AC
37	Erin	Partridge	U20	Glasgow School of Sport
180	Grace	Richardson	U20	Cardiff Athletics
176	Carys	Leyshon	U20	Millfield School
34	Poppy	Offside	U20	Newport Harriers
182	Emma	Shepherd	U20	Cardiff Athletics
48	Georgia	Smele	U20	Bridgend Athletics
61	Zoe	Allen	U17	Millfield School
175	Megan	Hughes	U20	Menai Track & Field
52	Isabelle	Thomas	U20	Menai Track & Field
3	Louisa	Ball	U20	Neath Harriers

Event Id	Event	Event Name	Start Time	Day
T33	200	U20M 200m	13:28	2
Bib	First Name	Last Name	Age Group	Team Name
51	Harsh	Thakur	U20	Cardiff Metropolitan University Athletics
11	Joseph	Franklin	U20	Club Llanelli AAC
50	Lewis	Stephens	U20	Cardiff Athletics
17	Joshua	Hickson	U20	Gateshead Harriers & AC
181	Mackenzie	Ritson	U20	Yate & District AC
16	William	Hawker	U20	Swansea Harriers
56	Marek	Warzocha	U20	Swansea Harriers
177	Nicolas	Maczugowski	U20	City Of Plymouth AC
15	Aharon	Graham-Mulvaney	U20	Cardiff Athletics
179	Osian	Parry	U20	Cardiff Archers
30	Gregory	Menkiti	U20	Slough Junior AC
47	Kane	Smart	U20	Colwyn Bay AC
9	Cameron	Eley	U20	Newport Harriers
6	Dylan	Byram	U20	Menai Track & Field
172	Joseph	Beresford	U20	Swansea Harriers
183	Aedan	Wiltshire	U20	Newport Harriers
25	Rhys	Lloyd-Roberts	U20	Pembrokeshire Harriers
19	Joshua	Humphreys	U20	Cardiff Athletics
44	Michael	Sanderson	U20	Cornwall Athletic Club
174	Daniel	Fletcher	U20	Cwmbran Harriers
14	Cian	Gordon-Clark	U20	Menai Track & Field
173	Cade	Davies	U20	Aberdare Valley AAC

Event Id	Event	Event Name	Start Time	Day
T34	3000	U17M & U17W 3000m	13:50	2

Bib	First Name	Last Name	Age Group	Team Name
350	Osian	Davies	U17	Neath Harriers
349	Will	Chalk	U17	Newport Harriers
353	Jack	Sullivan	U17	Swansea Harriers
348	Tom	Bridger	U17	Carmarthen Harriers
354	Lily	Williams	U17	Neath Harriers
335	Joshua	Sanders	U17	Cardiff Athletics
331	Miguel	Jenkins	U17	Menai Track & Field
351	Elis	Martin	U17	Deeside Amateur Athletic Club
338	Garyn	Tough	U17	Aberdare Valley AAC
352	Alfie	Shiland	U17	Colwyn Bay AC
347	Josh	Barnett	U17	Carmarthen Harriers
342	Amelia	Williams	U17	Carmarthen Harriers

Event Id	Event	Event Name	Start Time	Day
T35	800	U13G 800m Timetrials	14:05	2

Bib	First Name	Last Name	Age Group	Team Name
219	Ella	Stone	U13	Newport Harriers
316	Summer	Ramshaw	U13	Blaenau Gwent Athletics
314	Manon Fflur	Phillips	U13	Taf Running & Orienteering Team
317	Bethan	Roberts	U13	Wrexham Amateur Athletic Club
203	Megan	Adams	U13	Newport Harriers
308	Mabli	King	U13	Taf Running & Orienteering Team
318	Paige-lily	Williams	U13	Carmarthen Harriers
309	Eva	Martin	U13	Cardiff Athletics
150	Isabelle	Kelland	U13	Rhondda AAC
209	Poppy	Griffin-Gray	U13	Aberdare Valley AAC
128	Poppy	Brannigan	U13	Swansea Harriers
145	Lily Ann	Hodge	U13	Newport Harriers
218	Madeline	Nunn	U13	Cardiff Archers
307	Rosie	Jones	U13	Swansea Harriers
301	Isla	Carson	U13	Bridgend Athletics
149	Gwen	Johansen	U13	Llanelli AAC
143	Rachael	Harries-Jones	U13	Blaenau Gwent Athletics
310	Menna	Morgan	U13	Blaenau Gwent Athletics
204	Lacey	Clissold	U13	Aberdare Valley AAC
300	Mali Mai	Beynon	U13	Taf Running & Orienteering Team

Event Id	Event	Event Name	Start Time	Day
T36	800	U13B 800m Timetrials	14:20	2

Bib	First Name	Last Name	Age Group	Team Name
303	Tomos Cai	Davies	U13	Carmarthen Harriers
302	Isaac	Davies	U13	Cardiff Archers
311	Zac	Munn	U13	Cardiff Athletics
315	Osian	Phillips	U13	Cardiff Athletics
319	Jack	Woodhouse	U13	Neath Harriers
304	Eli	Gilbert	U13	Newport Harriers
306	Spencer	Jones	U13	Wrexham Amateur Athletic Club
205	Bo	Cuthbertson	U13	Swansea Harriers
215	Llewellyn	Morgan	U13	Cardiff Archers
220	Elis	Summers	U13	Newport Harriers
214	Isaac	Mcadie	U13	Swansea Harriers
313	Henry	North	U13	Newport Harriers
160	Conor	Parnell	U13	Blaenau Gwent Athletics
312	Riley	Nealon	U13	Cardiff Athletics
305	Tomi	Jones	U13	Swansea Harriers
151	Jack	Kelland	U13	Rhondda AAC

Event Id	Event	Event Name	Start Time	Day
T37	1KW	U13 & U15 1K Walk	15:45	2
Bib	First Name	Last Name	Age Group	Team Name
444	Idris	Cartwright	U15	Cardiff Athletics
445	Megan	Chantrell	U15	Aberdare Valley AAC
217	Amelia	Moses	U13	Aberdare Valley AAC
413	Nia	Vale	U13	Aberdare Valley AAC
141	Alissia	Gulwell	U13	Barry & Vale Harriers
Event Id	Event	Event Name	Start Time	Day
F15	SP	Seated Shot	10:45	2
Bib	First Name	Last Name	Age Group	Team Name
430	Ellie	Bowen-F56	U17	DSW Para Athletics
447	Paddy	Pepper-F57	SEN	British Wheelchair Athletics Association
437	Jac	Sheehan-F34	U17	DSW Para Athletics
Event Id	Event	Event Name	Start Time	Day
F16	HJ	U17W High Jump	11:00	2
Bib	First Name	Last Name	Age Group	Team Name
82	Evie	Harvey	U17	Rhondda AAC
201	Evie	Woods	U17	Cardiff Athletics
378	Annabel	Durrant	U17	Bridgend Athletics
379	Florence	Durrant	U17	Bridgend Athletics
189	Cari	Jones	U17	Maldwyn Harriers
113	Mari	Wilson	U17	Llanelli AAC
369	Matilda	Quick	U17	Swansea Harriers
370	Megan	Taylor	U17	Cardiff Archers
Event Id	Event	Event Name	Start Time	Day
F17	HJ	U20W High Jump	11:00	2
Bib	First Name	Last Name	Age Group	Team Name
377	Lauren	Wall	U20	Worcester AC
446	Kizzi	Reed	U20	Millfield School
355	Abi	Belward	U20	Winchester & District AC
243	Seren	Redfern	U20	Sale Harriers Manchester
375	Nia	Powell	U20	Cardiff Archers
Event Id	Event	Event Name	Start Time	Day
F18	LJ	U20M Long Jump	11:00	2
Bib	First Name	Last Name	Age Group	Team Name
400	Lam	Asa	U17	Cardiff Athletics
357	Evan	Cole	U20	Swansea Harriers
15	Aharon	Graham-Mulvaney	U20	Cardiff Athletics
1	Toks	Akanbi-Mortimer	U20	Rhymney Valley AC
36	Benjamin	Parker	U20	Aberdare Valley AAC

Event Id	Event	Event Name	Start Time	Day
F19	SP	U17W Shot	12:10	2
Bib	First Name	Last Name	Age Group	Team Name
189	Cari	Jones	U17	Maldwyn Harriers
435	Grace	Hawker	U17	Cardiff Archers
438	Rebecca	Smith	U17	Deeside Amateur Athletic Club
431	Evie	Cooper	U17	Neath Harriers
369	Matilda	Quick	U17	Swansea Harriers
117	Olivia	Chinaka	U15	Newport Harriers
186	Rosie	Evans	U17	Brecon Athletic Club
401	Eva	Carver	U17	Swansea Harriers
439	Violet	Snelgrove	U17	Swansea Harriers
112	Hollie	Weaver	U17	Rhondda AAC
78	Lowri	Gibbon	U17	Neath Harriers
440	Efa	Williams	U17	Swansea Harriers
436	Tegwen	Paterson	U17	Rhymney Valley AC
406	Freya	McCarthy	U15	Llanelli AAC

Event Id	Event	Event Name	Start Time	Day
F20	LJ	U17M Long Jump	12:30	2
Bib	First Name	Last Name	Age Group	Team Name
98	Harry	Morris	U17	Swansea Harriers
202	Dav id	Lenghel	U15	Pontyclun Athletics Club
407	Cobie	Phillips	U15	Cardiff Archers
364	Isaias	Balde	U17	Cardiff Archers
114	Jeremy	Young	U17	Swansea Harriers
276	Tom	Gilbert	U17	Newport Harriers
104	Joshua	Peel	U17	Llanelli AAC
109	Alexander	Stathakis	U17	Newport Harriers
405	Jack	Vaughan	U17	Cardiff Archers
198	Harvey	Thomas	U17	Pembrokeshire Harriers
97	Sebastian	Mitchell-Fofana	U17	Cardiff Archers
105	Luca	Phillips	U17	Cardiff Archers

Event Id	Event	Event Name	Start Time	Day
F21	HJ	U13G High Jump	13:00	2
Bib	First Name	Last Name	Age Group	Team Name
147	Sabine-Louise	Hosking	U13	Newport Harriers
318	Paige-lily	Williams	U13	Carmarthen Harriers
307	Rosie	Jones	U13	Swansea Harriers
140	Gwennan	Gruffydd	U13	Swansea Harriers
206	Bethan	Davies	U13	Cardiff Athletics
123	Caitlyn	Anthony	U13	Swansea Harriers
128	Poppy	Brannigan	U13	Swansea Harriers
138	Tabitha	Fomba	U13	Cwmbran Harriers
162	Sophie	Piddington	U13	Newport Harriers
166	Alice	Sykes-Hand	U13	Deeside Amateur Athletic Club

Event Id	Event	Event Name	Start Time	Day
F22	HJ	U13B High Jump	13:00	2
Bib	First Name	Last Name	Age Group	Team Name
304	Eli	Gilbert	U13	Newport Harriers
153	Hugo	Livingstone	U13	Colwyn Bay AC
167	Xavier	Wilby-Davies	U13	Cardiff Archers

Event Id	Event	Event Name	Start Time	Day
F23	LJ	U17W Long Jump	13:00	2
Bib	First Name	Last Name	Age Group	Team Name
408	Lauren	Staniforth	U15	Barry & Vale Harriers
117	Olivia	Chinaka	U15	Newport Harriers
284	Imogen	Mcadie	U17	Swansea Harriers
112	Hollie	Weaver	U17	Rhondda AAC
186	Rosie	Evans	U17	Brecon Athletic Club
403	Myah	Pearson	U17	Deeside Amateur Athletic Club
81	Grayce	Harvey	U17	Rhondda AAC
76	Riley	Fitzgerald	U17	Newport Harriers
406	Freya	McCarthy	U15	Llanelli AAC
401	Eva	Carver	U17	Swansea Harriers
82	Evie	Harvey	U17	Rhondda AAC
103	Naomi	Parry	U17	Cardiff Archers
120	Tiana	Odugbesan	U15	Cardiff Archers
194	Nia	Rodgers	U17	Taunton AC
404	Sophie	Taylor	U17	Swansea Harriers
369	Matilda	Quick	U17	Swansea Harriers
370	Megan	Taylor	U17	Cardiff Archers

Event Id	Event	Event Name	Start Time	Day
F24	SP	U20W Shot	13:40	2
Bib	First Name	Last Name	Age Group	Team Name
48	Georgia	Smele	U20	Bridgend Athletics
429	Erin	Williams	U20	Cardiff Archers
355	Abi	Belward	U20	Winchester & District AC
61	Zoe	Allen	U17	Millfield School
385	Rebekah	Pratt	U20	Swansea Harriers
427	Ffion	Mabey	U20	Pembrokeshire Harriers
243	Seren	Redfern	U20	Sale Harriers Manchester
176	Carys	Leyshon	U20	Millfield School

Event Id	Event	Event Name	Start Time	Day
F25	SP	Amb [para] U17M/U17W Shot	13:40	2
Bib	First Name	Last Name	Age Group	Team Name
43	Joshua	Grist-F40	U17	DSW Para Athletics
4	Logan	Murray T/F20	U17	Cornwall Athletic Club
10				
0				

Event Id	Event	Event Name	Start Time	Day
F26	LJ	U20W Long Jump	14:00	2
Bib	First Name	Last Name	Age Group	Team Name
35	Victoria	Ovie	U20	Swansea Harriers
389	Imogen	Whiteley	U20	Deeside Amateur Athletic Club
10	Alyssa	Fitzgerald	U20	Newport Harriers
176	Carys	Leyshon	U20	Millfield School
402	Lily	Jones	U17	Millfield School
355	Abi	Belward	U20	Winchester & District AC
398	Louise	Hirst	U20	Peterborough & Nene Valley AC
399	Elle	Mowbray	U20	Poole AC
363	Elin	Roberts	U20	Guildford & Godalming AC
375	Nia	Powell	U20	Cardiff Archers
362	Mayalee	Osola	U20	Millfield School
397	Leshawn	Clifford	U20	Birchfield Harriers
23	Jessica	Lee	U20	Carmarthen Harriers

Event Id	Event	Event Name	Start Time	Day
F27	HJ	U20M High Jump	14:55	2
Bib	First Name	Last Name	Age Group	Team Name
1	Toks	Akanbi-	U20	Rhymney Valley AC
357	Evan	Mortimer Cole	U20	Swansea Harriers
376	Osian	Roberts	U20	Cardiff Archers
374	Leon	Gregson	U20	Cardiff Athletics
373	Sam	Davies	U20	Swansea Harriers

Event Id	Event	Event Name	Start Time	Day
F28	HJ	U17M High Jump	14:55	2
Bib	First Name	Last Name	Age Group	Team Name
364	Isaias	Balde	U17	Cardiff Archers
195	Jake Alexander	Rowlands	U17	Menai Track & Field
97	Sebastian	Mitchell-Fofana	U17	Cardiff Archers
254	Huw	Williams	U17	Menai Track & Field

Event Id	Event	Event Name	Start Time	Day
F29	SP	U13B Shot	15:00	2
Bib	First Name	Last Name	Age Group	Team Name
163	Santino	Proctor	U13	Cardiff Athletics
153	Hugo	Livingstone	U13	Colwyn Bay AC
215	Llewellyn	Morgan	U13	Cardiff Archers
442	Dhruv	Mummigatti	U13	Swansea Harriers
146	Dylan	Holmes	U13	Cardiff Archers
304	Eli	Gilbert	U13	Newport Harriers
167	Xavier	Wilby-Davies	U13	Cardiff Archers

Event Id	Event	Event Name	Start Time	Day
F30	LJ	U13G Long Jump	15:40	2
Bib	First Name	Last Name	Age Group	Team Name
130	Lola	Cooksey	U13	Bridgend Athletics
208	Cerys	Fitzpatrick	U13	Carmarthen Harriers
217	Amelia	Moses	U13	Aberdare Valley AAC
219	Ella	Stone	U13	Newport Harriers
413	Nia	Vale	U13	Aberdare Valley AAC
143	Rachael	Harries-Jones	U13	Blaenau Gwent Athletics
141	Alissia	Gulwell	U13	Barry & Vale Harriers
216	Meadow	Morris	U13	Aberdare Valley AAC
123	Caitlyn	Anthony	U13	Swansea Harriers
307	Rosie	Jones	U13	Swansea Harriers
410	Charlotte	Baker	U13	Cardiff Athletics
129	Anwen	Brown	U13	Llanelli AAC
165	Poppy	Staniforth	U13	Barry & Vale Harriers
135	Sophie	Davis	U13	Swansea Harriers
140	Gwennan	Gruffydd	U13	Swansea Harriers
210	Lola	Jones	U13	Cwmbran Harriers
346	Isabella	Peter	U13	Newport Harriers
147	Sabine-Louise	Hosking	U13	Newport Harriers
122	Olivia	Thomas	U14	Cardiff Archers
318	Paige-lily	Williams	U13	Carmarthen Harriers
138	Tabitha	Fomba	U13	Cwmbran Harriers
212	Alana	Lockett	U13	Pontyclun Athletics Club
317	Bethan	Roberts	U13	Wrexham Amateur Athletic Club
144	Isabelle	Harris	U13	Neath Harriers
145	Lily Ann	Hodge	U13	Newport Harriers
128	Poppy	Brannigan	U13	Swansea Harriers
411	Charlotte	Bromiley	U13	Cardiff Archers
131	Madison	Coote	U13	Cardiff Athletics
372	Olivia	Coote	U13	Cardiff Athletics
412	Gwen	Trivett	U13	Bridgend Athletics
169	Abbie	Williams	U13	Cardiff Athletics
162	Sophie	Piddington	U13	Newport Harriers
125	Lucia	Bartlett	U13	Deeside Amateur Athletic Club
166	Alice	Sykes-Hand	U13	Deeside Amateur Athletic Club



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