

WELSH ATHLETICS
2026 NASUWT CUP AND PLATE FINAL RESULTS.xlsm
Field Draw



F01: U14B Long Jump Cup & Plate 1:00 PM				F02: U16B High Jump Cup & Plate 1:00 PM			
<i>CUP CBP: Jamie JONES, Barry, Cardiff & the Vale, 5.91, 2003</i>				<i>CUP CBP: James ANTHONY, Dwr-y-Felin, Afan Nedd Tawe, 1.92, 1997</i>			
<i>PLATE CBP: Ben VINCENT, Whitchurch High, Cardiff & Vale, 5.44, 2017</i>				<i>PLATE CBP: Regan WILTON, Afon Taf, Glamorgan Valleys, 1.79, 2014</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	6	Oscar BRANT	Brynhyfryd	1	7	Dom SHABANOV	Welshpool
2	7	Seb LOXAM	Welshpool	2	8	Ryan CAIN	Bassaleg
3	8	Khush SHERMA-LIMBU	Croesyceiliog	3	1	Rhydian RICE	Gwyr
4	1	Ioan JONES	Gwyr	4	2	Fin TODD	Whitchurch High School
5	2	Monty GRZONKA	Cardiff High School	5	3	Lucas CARPENTER	Ysgol Dyffryn Aman
6	3	Harvey SWEENEY	Ysgol Dyffryn Aman	6	4	Harley WILKINSON	Syr Thomas Jones
7	4	Jack STOREY	Ysgol Botwnnog	7	5	Morgan HANIGAN	YGCR- Y Gwyndy
8	5	Morgan NUTHALL	Garth Olwg	8	6	Daniel LEPSA	Hawarden High School
9	66	Harry DAN	Hawarden High School	9	77	Jake DONALDSON	Caereinion
10	77	Charlie WILLIAMS	Caereinion	10	88	Calwyn ROBINS	Cwmbran High School
11	88	Teddy THACKER	Cwmbran High School	11	11	Goodness ADUN	Cwm Brombil
12	11	Tyler LEVER	Cwm Brombil	12	22	Tristan MCDUFF	Ysgol Glantaf
13	22	Will WHITE	Ysgol Glantaf	13	33	Ethan COLE	Strade
14	33	Rhydian JONES	Strade	14	44	Ianto PATTINSON	Ysgol Brynrefail
15	44	Oliver MARTIN	Ysgol Brynrefail	15	55	Cobi JONES	YGCR- Gellihaf
16	55	George RIDGWAY	YGCR- Gellihaf	16	66	Bailey ALLMAN	Hawarden High School

F03: U16G Shot Put (3.00kg) Cup & Plate 1:00 PM				F04: U16B Discus (1.25kg) Cup & Plate 1:00 PM			
<i>CUP CBP: Violet SNELGROVE, YG Gwyr, Afan Nedd Tawe, 9.95, 2024</i>				<i>CUP CBP: Justin JONES, Bro Myrddin, Dyfed, 43.56, 1991</i>			
<i>PLATE CBP: Molly GREENMAN, Radyr Comprehensive, Cardiff & Vale, 10.62, 2017</i>				<i>PLATE CBP: Jay MORSE, Stanwell, Cardiff & the Vale, 45.27, 2015</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	8	Amara NWAIWU	Gwent Is Coed	1	1	Dylan DAVIES	Gwyr
2	1	Constance MAKARI	Olchfa	2	2	Enoch AKINLADE	Whitchurch High School
3	2	Tyrion MORRISON	Ysgol Glantaf	3	3	Milo WILSON	Ysgol Dyffryn Aman
4	3	Seren BOWEN	Bro Myrddin	4	4	Edwyn HUGHES	Syr Thomas Jones
5	4	Nan JONES	Ysgol Botwnnog	5	5	Olly NEWBOLD	YGCR- Y Gwyndy
6	5	Ettie LEWIS	YGCR- Y Gwyndy	6	6	Niall COLLINSON	Hawarden High School
7	6	Lois GARRATT-SMITH	Brynhyfryd	7	7	Theo HODGKISS	Welshpool
8	7	Ella-Rose JONES	Welshpool	8	8	Sam JONES	Bassaleg
9	88	Faith EVANS	Bassaleg	9	11	Onkhar JOHAL	Gwyr
10	11	Bethan MALPAS	Gwyr	10	22	Daniel STOKES	Llanishen High School
11	22	Amelie LANGMAN	Llanishen High School	11	33	Neo HAYWARD	Bro Dinefawr
12	33	Fflur JONES	Bro Dinefawr	12	44	Elis JONES	Ysgol John Bright
13	44	Isla WYNNE	Ysgol John Bright	13	55	Harley VIVIAN PRICE	YGCR- Gellihaf
14	55	Mali DUMMETT	YGCR- Gellihaf	14	66	Kai FIELDING	Castle Alun
15	66		Castle Alun	15	77	Ben EVANS	Llanidloes
16	77	Renee RAWSTHORNE	Llanidloes	16	88	Zak LEWIS	Bassaleg

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Field Draw



F05: U14G Javelin (400g) Cup & Plate 1:00 PM				F06: U16G Long Jump Cup & Plate 2:05 PM			
<i>CUP CBP: Stephanie RICHARDS, Cefn Hengoed, Afan Nedd Tawe, 35.09, 2005</i>				<i>CUP CBP: Nest OWEN, Tryfan, Eryri, 5.64, 2024</i>			
<i>PLATE CBP: Bethany MOULE, Dwr-yr-Felin, Afan Nedd Tawe, 40.69, 2015</i>				<i>PLATE CBP: Megan TAYLOR, Cardiff Hs, Cardiff & the Vale, 5.49, 2023</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	2	Brooke HEALAN	Ysgol Gyfun Bro Eder	1	3	Cristyn BENDLE	Bro Myrddin
2	3	Isla MORGAN	Ysgol Dyffryn Aman	2	4	Cati JONES	Ysgol Botwnnog
3	4	Alesha NEW	Aberconwy	3	5	Lila GEORGE	YGCR- Y Gwyndy
4	5	Carys LEWIS	YGCR- Y Gwyndy	4	6	Mia JOHNSON	Brynhyfryd
5	6	Ava MAINWARING	Maelor Penley	5	7	Ivy KUIPERS	Welshpool
6	7	Cadi ROOKE	Welshpool	6	8	Lyila TIMMINS	Gwent Is Coed
7	8	Oreofe FINNIH	Caerleon	7	1	Grace CHESWEKA	Olchfa
8	1	Mali CRONIN	Gwyr	8	2	Gwen WILLIAMS	Ysgol Glantaf
9	22	Cadi EMMERSON	Ysgol Glantaf	9	33	Ffion JONES	Queen Elizabeth HS
10	33	Eleri GARRETT JONES	Queen Elizabeth HS	10	44	Sophie VENZIA	Ysgol Tryfan
11	44	Megan FRETWELL	Ysgol Tryfan	11	55	Freya PIZEY	YGCR- Gellihaf
12	55	Mali DAY	YGCR- Gellihaf	12	66		Brynhyfryd
13	66	Mia KELL	Brynhyfryd	13	77	Bethan EVANS	Llanidloes
14	77	Scarlet DUKES	Llanidloes	14	88	Ava MILES	Bassaleg
15	88	Darcey BUTLER	Bassaleg	15	11	Michele DAVIES	Olchfa
16	11	Mila EVANS	Olchfa	16	22	Abbi BEADLE	Ysgol Glantaf

F07: U16 Boys Cup & Plate 2:05 PM				F08: U14G High Jump Cup & Plate 2:05 PM			
<i>CUP CBP: Owen JONES, Amman Valley, Dyfed, 13.25, 2003</i>				<i>CUP CBP: Rosie DOMICAN, Ysgol Glantaf, Cardiff & Vale, 1.55 2017</i>			
<i>PLATE CBP: Josh BALL, Afon Taf, Glamorgan Valleys, 12.45, 2013</i>				<i>PLATE CBP: Macey MORRIS, Caldicot School, South East Wales/Marnie MUSGRAVE, Olchfa, Afan Nedd Tawe, 1.55, 2016</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	4	Tim DAVIES	Syr Thomas Jones	1	5	Ella DAVIES	YGCR- Y Gwyndy
2	5	Isaac WATKINS	YGCR- Y Gwyndy	2	6	Esther THEUNISSEN	Maelor Penley
3	6	Leon CROWN	Hawarden High School	3	7	Isla LANGFORD	Welshpool
4	7	Eli PRYCE	Welshpool	4	8	Jada QUASHE	Caerleon
5	8	Oliver SPURR	Bassaleg	5	1	Seren BURLEY	Gwyr
6	1	Matthew BALL	Gwyr	6	2	Seren VAUGHAN-EVANS	Ysgol Gyfun Bro Eder
7	2	Munya MSIPA	Whitchurch High School	7	3	Molly TOUT	Ysgol Dyffryn Aman
8	3	Keelan LEWIS	Ysgol Dyffryn Aman	8	4	Lydia MARSHALL-JONES	Aberconwy
9	44	Nico JONES	Ysgol Botwnnog	9	55	Grace URQUART	YGCR- Gellihaf
10	55	Rhys JONES	YGCR- Gellihaf	10	66	Mollie DAVIESON	Connah's Quay
11	66	Dylan REID-GARRETT	Connah's Quay	11	77	Ella CALVIN-THOMAS	Llanidloes
12	77	Lewis JONES	Llanidloes	12	88	Bethany DAVIES	Croesyceiliog
13	88	Leo TOMASULO	Croesyceiliog	13	11	Lily SHUBIN	Dwr Y Felin
14	11	Leon REES	Dwr Y Felin	14	22	Annabelle MORRIS	Ysgol Glantaf
15	22	Osian JONES	Ysgol Glantaf	15	33	Millie LEWIS	Haverfordwest High
16	33	Evan HEWETT	Haverfordwest High	16	44	Kate EVANS	Ysgol Botwnnog

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F09: U14G Shot Put (2.72kg) Cup & Plate 2:05 PM				F10: U16G Discus (1.00kg) Cup & Plate 2:05 PM			
<i>CUP CBP: Adele NICOLL, Welshpool, Powys, 11.12, 2009</i>				<i>CUP CBP: Adele NICOLL, Welshpool, Powys, 43.87, 2012</i>			
<i>PLATE CBP: Nia WILLIAMS, Bro Dinefwr, Dyfed, 10.19, 2017</i>				<i>PLATE CBP: Stephanie NICHOLAS, YG Gwyr, Afan Nedd Tawe, 33.65, 2012</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	6	Alys CHALONER	Maelor Penley	1	7	Molly JONES	Welshpool
2	7	Lilly COOPER	Welshpool	2	8	Elin WILLIAMS	Gwent Is Coed
3	8	Aaliyah OLAWALE	Caerleon	3	1	Alice CALDWELL	Olchfa
4	1	Molly EVANS	Gwyr	4	2	Elin WILLIAMS	Ysgol Glantaf
5	2	Ella DONALD	Ysgol Gyfun Bro Eder	5	3	Caitlyn DAVIES	Bro Myrddin
6	3	Isla SLATER	Ysgol Dyffryn Aman	6	4	Mali JONES	Ysgol Botwnnog
7	4	Esmee NEAR	Aberconwy	7	5	Molly MAE DAVIES	YGCR- Y Gwyndy
8	5	Caerwyn GABRIEL	YGCR- Y Gwyndy	8	6	Malan EDWARDS	Brynhyfryd
9	66	Elsa JONES	Brynhyfryd	9	77	Caitlin TURNER	Llanidloes
10	77	Lina KYRYCHENKO	Llanidloes	10	88	Chloe HARDING	Bassaleg
11	88	Poppy CLATWORTHY	Bassaleg	11	11	Chloe DOWRICK	Olchfa
12	11	Edna UMWENI	Olchfa	12	22	Maja MACH	Ysgol Glantaf
13	22	Seren PITT	Ysgol Glantaf	13	33	Honor DWYER	Queen Elizabeth HS
14	33	Alice BOULDING	Queen Elizabeth HS	14	44	Nel JONES	Ysgol Tryfan
15	44	Mari HUGHES	Ysgol Tryfan	15	55	Olivia TUCKER	YGCR- Gellihaf
16	55	Gwenno ANTHONY	YGCR- Gellihaf	16	66		Brynhyfryd

F11: U14B Javelin (500g) Cup & Plate 2:05 PM				F12: U14G Long Jump Cup & Plate 3:10 PM			
<i>CUP CBP: James EVANS, Whitchurch, Cardiff & the Vale, 48.41, 2000</i>				<i>CUP CBP: Sophie NEWINGTON, Olchfa, Afan Nedd Tawe, 5.13, 1999</i>			
<i>PLATE CBP: Ben METCALF, YG Cwm Rhymni, Glamorgan Valleys, 40.17, 2012</i>				<i>PLATE CBP: Lily PARSONS, Cardiff High, Cardiff & Vale, 4.88, 2024</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	8	Marvelous ADEOYE	Croesyceiliog	1	1	Mari CHOWDHURY	Gwyr
2	1	Luke REES	Gwyr	2	2	Olivia THOMAS	Ysgol Gyfun Bro Eder
3	2	Jude LANE	Cardiff High School	3	3	Eluned JONES	Ysgol Dyffryn Aman
4	3	Leo DANTER	Ysgol Dyffryn Aman	4	4	Sienna HUGHES	Aberconwy
5	4	Gwion WILLIAMS	Ysgol Botwnnog	5	5	Cadi SAGE	YGCR- Y Gwyndy
6	5	Eli ALAN	Garth Olwg	6	6	Seren CHENOUK	Maelor Penley
7	6	Gethin BRADY	Brynhyfryd	7	7	Megan PARR	Welshpool
8	7	Ben BELLAMY	Welshpool	8	8	Ana GRANT-MAIOROV	Caerleon
9	88	Jayden HODGES	Cwmbran High School	9	11	Lottie SAUNDERS	Cwm Brombil
10	11	Reuben CARTER EDWARDS	Cwm Brombil	10	22	Celyn JONES	Ysgol Glantaf
11	22	Caian WALKER	Ysgol Glantaf	11	33	Ayla JONES	Strade
12	33	Dafi IFANS	Strade	12	44	Lili PAGE	Ysgol Brynrefail
13	44	Ifan GRIFFITHS	Ysgol Brynrefail	13	55	Brooke HARTSHORNE	YGCR- Gellihaf
14	55	Ronnie GARDNER	YGCR- Gellihaf	14	66	Catrin WYNNE	Hawarden High School
15	66	Oscar PHILLIPS	Hawarden High School	15	77	Evie CARTWRIGHT	Caereinion
16	77	Owain DAVIES	Caereinion	16	88	Alice ILLES	Cwmbran High School

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F13: U16G Triple Jump Cup & Plate 3:10 PM				F14: U16G High Jump Cup & Plate 3:10 PM			
<i>CUP CBP: Amara-Chukwu HERBERT, Glantaf, Cardiff & Vale, 10.47, 2025</i>				<i>CUP CBP: Lisa THOMPSON, John Bright, Gwynedd, 1.66, 1995</i>			
<i>PLATE CBP: Olivia STEWART, Bishopston, Afan Nedd Tawe, 10.00, 2023</i>				<i>PLATE CBP: Erin WALTERS, Bro Myrddin, Dyfed, 1.60, 2011</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	2	Amara-Chukwu HERBERT	Ysgol Glantaf	1	3	Lois REES	Bro Myrddin
2	3	Alys LEWIS	Bro Myrddin	2	4	Carmela ZARATE	Ysgol Botwnnog
3	4	Mia NEL JONES	Ysgol Botwnnog	3	5	Betsan BRADBURY	YGCR- Y Gwyndy
4	5	Mali WINDSOR	YGCR- Y Gwyndy	4	6	Alaina JONES	Brynhyfryd
5	6	Mabli WHITE	Brynhyfryd	5	7	Evie LANGFORD	Welshpool
6	7	Imogen MORRIS	Welshpool	6	8	Macie GABBIDON	Gwent Is Coed
7	8	Isla PHILLIPS	Gwent Is Coed	7	1	Katriel UDOH	Olchfa
8	1	Freya BIRT	Olchfa	8	2	Elin GRIFFITHS	Ysgol Glantaf
9	22	Amelie EDWARDS	Llanishen High School	9	33	Menna FIELDER HOBBS	Bro Dinefawr
10	33	Hannah LEVERATT	Bro Dinefawr	10	44	Maddison EDLINGTON	Ysgol John Bright
11	44	Julia LAMENT	Ysgol John Bright	11	55	Willoe JAMES	YGCR- Gellihaf
12	55	Lilly EALES	YGCR- Gellihaf	12	66		Castle Alun
13	66		Castle Alun	13	77	Freya LAMP	Llanidloes
14	77	Poppy JONES	Llanidloes	14	88	Matilda HOTSON	Bassaleg
15	88	Ella MANNING	Bassaleg	15	11	Summer RASTATTER	Gwyr
16	11	Gwennan GRUFFYDD	Gwyr	16	22	Lilly COTTEALL	Llanishen High School

F15: U14B Shot Put (3.00kg) Cup & Plate 3:10 PM				F16: U14G Discus (0.75kg) Cup & Plate 3:10 PM			
<i>CUP CBP: Kristian PHILLIPS, Ystalyfera, Afan Nedd Tawe, 13.29, 2004</i>				<i>CUP CBP: Adele NICOLL, Welshpool, Powys, 35.92, 2010</i>			
<i>PLATE CBP: Ethan WITCHELL, Ysgol Glantaf, Cardiff & the Vale, 13.65, 2019</i>				<i>PLATE CBP: Ella JACKSON, Radyr Comprehensive School, Cardiff & Vale, 26.41, 2017</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	4	Seb FOLEY	Ysgol Botwnnog	1	5	Poppy AMESBURY-UNDERY	YGCR- Y Gwyndy
2	5	Olly-J BARTLETT	Garth Olwg	2	6	Mair EVANS	Maelor Penley
3	6	Liam PURVIS	Brynhyfryd	3	7	Emily TORRY	Welshpool
4	7	Jax JONES	Welshpool	4	8	Amelie GRIFFITHS	Caerleon
5	8	Wonderful ADEOYE	Croesyceiliog	5	1	Adah BEUSE EVANS	Gwyr
6	1	Osian SMITH	Gwyr	6	2	Glesni POMEROY	Ysgol Gyfun Bro Eder
7	2	Tito YUSUF	Cardiff High School	7	3	Cerys DAVIES	Ysgol Dyffryn Aman
8	3	William ELLIOTT	Ysgol Dyffryn Aman	8	4	Megan LEWIS	Aberconwy
9	44	Iolo JONES	Ysgol Brynrefail	9	55	Gwennan WILLIAMS	YGCR- Gellihaf
10	55	Zane REILLY	YGCR- Gellihaf	10	66	Mali EVANS	Hawarden High School
11	66	Eric LEPSA	Hawarden High School	11	77	Monique BRANDON-HIGGS	Caereinion
12	77	Evan JONES	Caereinion	12	88	Thea HARDING	Cwmbran High School
13	88	Tommy BODMAN	Cwmbran High School	13	11	Maddie THOMAS	Cwm Brombil
14	11	Beau HERBERT	Cwm Brombil	14	22	Sophia FISHER	Ysgol Glantaf
15	22	Deiniol GUNNINGHAM	Ysgol Glantaf	15	33	Krystal MAKIN	Strade
16	33	Cai WILLIAMS	Strade	16	44	Macey HUGHES	Ysgol Brynrefail

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Field Draw



F17: U16B Javelin (600g) Cup & Plate 3:10 PM				F18: U16B Long Jump Cup & Plate 4:15 PM			
<i>CUP CBP: Chris THOMAS, West Mon, Gwent, 56.58, 1995</i>				<i>CUP CBP: Rhys WILLIAMS, YG Cwm Rhymni, Glamorgan Valleys, 6.22, 2009</i>			
<i>PLATE CBP: Lewie JONES, Olchfa, Afan Nedd Tawe, 48.30, 2022</i>				<i>PLATE CBP: Ben VINCENT, Whitchurch High School, Cardiff & the Vale, 5.99, 2019</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	6	Zack ECCLES	Hawarden High School	1	7	Charlie LEWIS	Welshpool
2	7	Logan WOODSFORD	Welshpool	2	8	Freddie LLOYD	Bassaleg
3	8	Joshua VONG	Bassaleg	3	1	Zac WILLIAMS	Gwyr
4	1	Cynan KING	Gwyr	4	2	George WELSH	Whitchurch High School
5	2	Carrig VENABLES	Whitchurch High School	5	3	Jensen CHENNARD	Ysgol Dyffryn Aman
6	3	Iori HUMPHRIES	Ysgol Dyffryn Aman	6	4	Zane WILLIAMS	Syr Thomas Jones
7	4	Mckenzie MARSDEN	Syr Thomas Jones	7	5	Cameron GEORGE	YGCR- Y Gwyndy
8	5	Oli MILES	YGCR- Y Gwyndy	8	6	Jacob WORTHINGTON	Hawarden High School
9	66	Jacob CROSSLEY	Connah's Quay	9	77	Caden DAVIES	Llanidloes
10	77	Noah OLDFIELD	Llanidloes	10	88	Finley REES	Croesyceiliog
11	88	Logan MEACHAM	Croesyceiliog	11	11	Arthur HEADLY	Dwr Y Felin
12	11	Isaac JONES	Dwr Y Felin	12	22	Charlie PARSONS	Ysgol Glantaf
13	22	Sidney LADELL	Ysgol Glantaf	13	33	James SANDERS	Haverfordwest High
14	33	Carwyn LLEWHELLIN	Haverfordwest High	14	44	Noah THORNICROFT	Ysgol Botwnnog
15	44	Giuseppe BACIGALUPO	Ysgol Botwnnog	15	55	Frankie MOSES	YGCR- Gellihaf
16	55	James MILFORD	YGCR- Gellihaf	16	66	Ranuja SILVA	Connah's Quay

F19: U14B High Jump Cup & Plate 4:15 PM				F20: U16B Shot Put (4.00kg) Cup & Plate 4:15 PM			
<i>CUP CBP: Tom TROTMAN, Cowbridge, Cardiff & the Vale, 1.70, 2011</i>				<i>CUP CBP: Josh LEWIS, YG Cwm Rhymni, Glamorgan Valleys, 14.17, 2014</i>			
<i>PLATE CBP: Iolo GRANT, Ysgol Glantaf, Cardiff & the Vale, 1.60, 2019</i>				<i>PLATE CBP: Matthew WILLIAMS, Maelor, North East Wales, 13.54, 2011</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	8	Olly GRIFFIN	Croesyceiliog	1	1	Dominic THOMAS	Gwyr
2	1	Milo JACKSON	Gwyr	2	2	James MCCORMACK	Whitchurch High School
3	2	Dylan COX	Cardiff High School	3	3	Tyler MORGAN	Ysgol Dyffryn Aman
4	3	Scott EDWARDS	Ysgol Dyffryn Aman	4	4	Deion FARRAR	Syr Thomas Jones
5	4	George COWLEY	Ysgol Botwnnog	5	5	Cadel PARRY	YGCR- Y Gwyndy
6	5	Harvey MARTIN	Garth Olwg	6	6	Sam WILLIAMS	Hawarden High School
7	6	Freddie WILLIAMS	Brynhyfryd	7	7	Borys JEDRZEJEWSKI	Welshpool
8	7	Mason KAYE	Welshpool	8	8	Ollie BOND	Bassaleg
9	88	Riley-Jay BOWEN	Cwmbran High School	9	11	Josh DAVIES	Cwm Brombil
10	11	Mason JONES	Cwm Brombil	10	22	Osian CODD	Ysgol Glantaf
11	22	Farley PRICHARD	Ysgol Glantaf	11	33	Will CORBY	Strade
12	33	Emlyn TYLER	Strade	12	44	Felix BOYD	Ysgol Brynrefail
13	44	Alffi HARRIS	Ysgol Brynrefail	13	55	Osian CARTER	YGCR- Gellihaf
14	55	Lloyd JAMES	YGCR- Gellihaf	14	66	Marcus SZUSZKIEWICZ	Hawarden High School
15	66	Patryk WYTRWAL	Hawarden High School	15	77	Logan AVERY	Caereinion
16	77	Stanley BATES	Caereinion	16	88	Finley CLARK	Cwmbran High School

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F21: U14B Discus (1.00kg) Cup & Plate 4:15 PM				F22: U16G Javelin (500g) Cup & Plate 4:15 PM			
<i>CUP CBP: Issac LECKI, Castell Alun High School , North East Wales, 35.25, 2016</i>				<i>CUP CBP: Rhian EVANS, YG Gweyr, Afan Nedd Tawe, 36.62, 2015</i>			
<i>PLATE CBP: Brynmor CLEMENTS, YG Gwyr, Afan Nedd Tawe, 37.25, 2014</i>				<i>PLATE CBP: Daisy LLOYD EVANS, Llanfyllin, Powys, 38.16, 2017/Holly PEMBERTON, Darland, North East Wales, 38.16, 2018</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	2	Osian DAVIES	Cardiff High School	1	3	Lotti PEMBERTON	Bro Myrddin
2	3	Cai CANTON	Ysgol Dyffryn Aman	2	4	Non WILLIAMS	Ysgol Botwnnog
3	4	Dafydd THOMAS	Ysgol Botwnnog	3	5	Hefina LEWIS	YGCR- Y Gwyndy
4	5	Riley DOWNES	Garth Olwg	4	6	Anesu MABWE	Brynhyfryd
5	6	Macsen EDWARDS	Brynhyfryd	5	7	Bella ROBERTS	Welshpool
6	7	Sean JOSEPH	Welshpool	6	8	Alayah-Marie STOCK	Gwent Is Coed
7	8	Troy MALAJ	Croesyceiliog	7	1	Tochi EMENOGU	Olchfa
8	1	Thomas MORGAN	Gwyr	8	2	Ella BROWN	Ysgol Glantaf
9	22	Jacob SUTTON	Ysgol Glantaf	9	33	Sara HARRIES	Strade
10	33	Ethan THOMAS	Strade	10	44	Sienna PRITCHARD	Ysgol Brynrefail
11	44	Owi LLOYD	Ysgol Brynrefail	11	55	Tori DAVIES	YGCR- Gellihaf
12	55	Max STEPHENS	YGCR- Gellihaf	12	66		Hawarden High School
13	66	Harrison WALKER	Hawarden High School	13	77	Sydney PUGH	Caereinion
14	77	Jacob GRIFFITHS	Caereinion	14	88	Ela PASCOE	Cwmbran High School
15	88	Tyler BANKS	Cwmbran High School	15	11	Betsi WILLIAMS	Cwm Brombil
16	11	Alfie GROVES	Cwm Brombil	16	22	Amy REDDY	Ysgol Glantaf