

T01: U16B 100m Hurdles Cup Ht1 @ 1:00 PM				T01: U16B 100m Hurdles Plate Ht2 @ 1:05 PM			
CBP: Nathan PALMER/Alec PORTER, Whitchurch, Cardiff & the Vale/Chepstow South East Wales, 11.0 (HT), 1997/2000				CBP: Immanuel FEYI-WABOSO, Corpus Christ, Cardiff & Vale, 11.14, 2017			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	4	Tim DAVIES	Syr Thomas Jones	1	44	Nico JONES	Ysgol Botwnnog
2	5	Thomas YOUNG	YGCR- Y Gwyndy	2	55	Heulyn WEBB PRICE	YGCR- Gellihaf
3	6	Leon CROWN	Hawarden High School	3	66		Connah's Quay
4	7	Theo HODGKISS	Welshpool	4	77	Ben EVANS	Llanidloes
5	8	Oliver SPURR	Bassaleg	5	88	Enzo SPACKMAN	Croesyceiliog
6	1	Efan WILLIAMS	Gwyr	6	11	Isaac JONES	Dwr Y Felin
7	2	Charlie WELSH	Whitchurch High School	7	22	Efnysien OLDRIDGE	Ysgol Glantaf
8	3	Aaron CAMPBELL	Ysgol Dyffryn Aman	8	33	Will CORBY	Haverfordwest High

T02: U16G 80m Hurdles Cup Ht1 @ 1:15 PM				T02: U16G 80m Hurdles Plate Ht2 @ 1:20 PM			
CBP: Lydia THOMAS, Sir Thomas Picton, Dyfed, 11.23, 2014				CBP: Stacey COLLINS, Dwr-y-Felin, Afan Nedd Tawe, 11.70, 2009			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	5	Mali WINDSOR	YGCR- Y Gwyndy	1	55	Willow JAMES	YGCR- Gellihaf
2	6	Mabli WHITE	Brynhyfryd	2	66		Castle Alun
3	7	Lacey EVANS	Welshpool	3	77	Caitlin TURNER	Llanidloes
4	8	Jaehlah-Jo SCAWTHORN	Gwent Is Coed	4	88	Matilda HOTSON	Bassaleg
5	1	Grace CHESWEKA	Olchfa	5	11	Summer RASTATTER	Gwyr
6	2	Cerys ROWLANDS	Ysgol Glantaf	6	22	Issy EVANS	Llanishen High School
7	3	Seren BOWEN	Bro Myrddin	7	33	Menna FIELDER HOBBS	Bro Dinefawr
8	4	Cati JONES	Ysgol Botwnnog	8	44	Maddison EDLINGTON	Ysgol John Bright

T03: U14B 80m Hurdles Cup Ht1 @ 1:30 PM				T03: U14B 80m Hurdles Plate Ht2 @ 1:35 PM			
CBP: Immanuel FEYI-WABOSO, Corpus Christi High School, Cardiff & Vale, 11.35, 2016				CBP: Aidan ANGILLETTA, Connah's Quay High North East Wales, 11.34, 2023			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	6	Freddie WILLIAMS	Brynhyfryd	1	66	Sam MAKIN	Hawarden High School
2	7	Oscar ATKINSON	Welshpool	2	77	Huw DERWAS	Caereinion
3	8	Zaine MACHEKA	Croesyceiliog	3	88	Riley-Jay BOWEN	Cwmbran High School
4	1	Milo JACKSON	Gwyr	4	11	Levi WOODBRIDGE	Cwm Brombil
5	2	Jude LANE	Cardiff High School	5	22	Will WHITE	Ysgol Glantaf
6	3	Tomi MALONEY	Ysgol Dyffryn Aman	6	33	Cai WILLIAMS	Strade
7	4	Seb FOLEY	Ysgol Botwnnog	7	44	Steffan DAVIES	Ysgol Brynrefail
8	5	Celt HARRIES-O'BRIEN	Garth Olwg	8	55	Evan WILLIAMS	YGCR- Gellihaf

T04: U14G 75m Hurdles Cup Ht1 @ 1:45 PM				T04: U14G 75m Hurdles Plate Ht2 @ 1:50 PM			
CBP: Elina DINEEN, Ysgol Glantaf, Cardiff & Vale, 11.02, 2017				CBP: Sophie LISK, Cardiff High, Cardiff & the Vale, 10.93, 2019			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	7	Harriet BOWLES	Welshpool	1	77	Ella CALVIN-THOMAS	Llanidloes
2	8	Jasmine LOGAN	Caerleon	2	88	Poppy CLATWORTHY	Bassaleg
3	1	Elin POWELL	Gwyr	3	11	Lottie SAUNDERS	Olchfa
4	2	Catrin TOMOS	Ysgol Gyfun Bro Eder	4	22	Celyn JONES	Ysgol Glantaf
5	3	Nia EVANS	Ysgol Dyffryn Aman	5	33	Jessica HOWELLS	Queen Elizabeth HS
6	4	Esmee NEAR	Aberconwy	6	44	Catrin WILLIAMS	Ysgol Tryfan
7	5	Cadi SAGE	YGCR- Y Gwyndy	7	55	Grace URQUART	YGCR- Gellihaf
8	6		Maelor Penley	8	66	Nona WHITE	Brynhyfryd

T05: U14G 1500m Cup & Plate @ 2:00 PM				T06: U14B 1500m Cup & Plate @ 2:20 PM			
CUP CBP: Samia JONES, Ysgol Syr Hugh Owen, Eryri, 4:50.65, 2017				CUP CBP: Charlie HARRIS, YG Cwm Rhymni, Gellihaf, Glamorgan Valleys, 4:34.22, 2019			
PLATE CBP: Nia CLATWORTHY, Porthcawl, Glamorgan Valleys, 4:58.65, 2016				PLATE CBP: Oliver COBBOLD, Bishopston, Afan Nedd Tawe, 4:36.73, 2025			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	1	Megan BENDLE	Gwyr	1	1	Elliott FORD	Gwyr
2	2	Glesni POMEROY	Ysgol Gyfun Bro Eder	2	2	George BAILEY	Cardiff High School
3	3	Elsie DAVIES	Ysgol Dyffryn Aman	3	3	Teifi PURCHASE	Ysgol Dyffryn Aman
4	4	Erin HUGHES	Aberconwy	4	4	Zac GRANT	Ysgol Botwnnog
5	5	Isabel EVANS	YGCR- Y Gwyndy	5	5	Rowan CARSON	Garth Olwg
6	6	Amelia CHAPPELL	Maelor Penley	6	6	Ethan MILLER	Brynhyfryd
7	7	Sophie SEDDON	Welshpool	7	7	Seb LOXAM	Welshpool
8	8	Marlie YOUNG	Caerleon	8	8	Gryf ROBINS	Croesyceiliog
9	11	Jessie PAUL	Olchfa	9	11	Matthew DYER	Cwm Brombil
10	22	Beu DAVIES	Ysgol Glantaf	10	22	Zac MUNN	Ysgol Glantaf
11	33	Willow HARRIS	Queen Elizabeth HS	11	33	Thomas FOWLER	Strade
12	44	Fiona HORNE	Ysgol Tryfan	12	44	Niclas ROBERTS	Ysgol Brynrefail
13	55	Freya GODDARD	YGCR- Gellihaf	13	55	Joseph DRAKE	YGCR- Gellihaf
14	66	Martha WILLIAMS	Brynhyfryd	14	66	Oliver HEMMINGS	Hawarden High School
15	77	Monique BRANDON-HIGGS	Llanidloes	15	77	Charlie MARRIOT	Caereinion
16	88	Ella STONE	Bassaleg	16	88	Caian WEBLEY	Cwmbran High School

T07: U16G 1500m Cup & Plate @ 2:20 PM				T08: U16B 1500m Cup & Plate @ 2:40 PM			
CUP CBP: Sioned JOHN, Glantaf, Cardiff & Vale, 4:48.47, 2024				CUP CBP: Louis SPENCER, Stanwell, Cardiff & Vale, 4:19.99, 2017			
CBP: Millie PIERCE, Olchfa, Afan Nedd Tawe, 4:47.83, 2024				CBP: Ben REYNOLDS, Y Gwyndy, Glamorgan Valleys, 4:14.34, 2017			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	3	Manon PHILLIPS	Bro Myrddin	1	3	Iestyn JONES	Ysgol Dyffryn Aman
2	4	Nan JONES	Ysgol Botwnnog	2	4	Harri TURNBULL	Syr Thomas Jones
3	5	Ariana SULLIVAN	YGCR- Y Gwyndy	3	5	Noah HARRIS	YGCR- Y Gwyndy
4	6	Polly HEXT	Brynhyfryd	4	6	Zack ECCLES	Hawarden High School
5	7	Bella ROBERTS	Welshpool	5	7	Jude WHITE	Welshpool
6	8	Cerys FROST	Gwent Is Coed	6	8	Jacob HEATON	Bassaleg
7	1	Zoe THOMPSON	Olchfa	7	1	Isaac MCADIE	Gwyr
8	2	Lyla PRICHARD	Ysgol Glantaf	8	2	Rhodri MILLER	Whitchurch High School
9	33	Paige JONES	Bro Dinefawr	9	33	Harry NEWTON	Haverfordwest High
10	44	Aneia DULLER	Ysgol John Bright	10	44	Noa WILLIAMS	Ysgol Botwnnog
11	55	Nansi SHIDE	YGCR- Gellihaf	11	55	Iolo ANTHONY	YGCR- Gellihaf
12	66		Castle Alun	12	66	Alex DONE	Connah's Quay
13	77	Lily CALVIN-THOMAS	Llanidloes	13	77	Caden DAVIES	Llanidloes
14	88	Leah RHODES	Bassaleg	14	88	Leo PEARCE	Croesyceiliog
15	11	Gwennan GRUFFYDD	Gwyr	15	11	Arthur HEADLY	Dwr Y Felin
16	22	Emily DANDO	Llanishen High School	16	22	Osian PHILLIPS	Ysgol Glantaf

T09: U14G 200m Cup Ht1 @ 2:40 PM				T09: U14G 200m Plate Ht2 @ 2:45 PM			
CBP: Hannah BRIER, Ystalyfera, Afan Nedd Tawe, 25.54, 2011				CBP: Macey MORRIS, Caldicot School, South East Wales, 26.17, 2016			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	4	Sienna HUGHES	Aberconwy	1	44	Mari HUGHES	Ysgol Tryfan
2	5	Lara DOWNEY	YGCR- Y Gwyndy	2	55	Brooke HARTSHORNE	YGCR- Gellihaf
3	6	Esther THEUNISSEN	Maelor Penley	3	66	Catrin WYNNE	Brynhyfryd
4	7	Rosie PRITCHARD	Welshpool	4	77	Evie CARTWRIGHT	Llanidloes
5	8	Lola OBOYLE	Caerleon	5	88	Darcey BUTLER	Bassaleg
6	1	Adah BEUSE EVANS	Gwyr	6	11	Lily SHUBIN	Olchfa
7	2	Seren VAUGHAN-EVANS	Ysgol Gyfun Bro Edern	7	22	Cadi EMMERSON	Ysgol Glantaf
8	3	Afa HAF LEWIS	Ysgol Dyffryn Aman	8	33	Millie LEWIS	Queen Elizabeth HS

T10: U14B 200m Cup Ht1 @ 2:50 PM				T10: U14B 200m Plate Ht2 @ 2:55 PM			
CBP: Max EVANS, Llanidloes, Powys, 23.73, 2022				CBP: Joseph WAYTE, Monmouth, South East Wales, 24.20, 2017			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	5	Aled WIDGERY	Garth Olwg	1	55	Ronnie GARDNER	YGCR- Gellihaf
2	6	Jac EMLYN	Brynhyfryd	2	66	Patryk WYTRWAL	Hawarden High School
3	7	Sean JOSEPH	Welshpool	3	77	Stanley BATES	Caereinion
4	8	Lachlan JENKINS	Croesyceiliog	4	88	Loki WINGATE	Cwmbran High School
5	1	Ioan JONES	Gwyr	5	11	Cai TUTTON DENNER	Cwm Bromptil
6	2	Dylan COX	Cardiff High School	6	22	Aled BROWN	Ysgol Glantaf
7	3	Cai CANTON	Ysgol Dyffryn Aman	7	33	Emlyn TYLER	Strade
8	4	Jack STOREY	Ysgol Botwnnog	8	44	Owain WILLIAMS	Ysgol Brynrefail

T11: U16G 200m Cup Ht1 @ 3:00 PM				T11: U16G 200m Plate Ht2 @ 3:05 PM			
CBP: Caitlyn MAPPS, Islwyn High School, South East Wales, 24.95, 2018				CBP: Carys HIGGS, Risca, South East Wales, 25.71, 2022			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	6	Mia JOHNSON	Brynhyfryd	1	66		Castle Alun
2	7	Lwsi JAMES STAFFORD	Welshpool	2	77	Carys DAVIES-WILLIAMS	Llanidloes
3	8	Macie GABBIDON	Gwent Is Coed	3	88	Emilia LINDSEY SEAL	Bassaleg
4	1	Tochi EMENOGU	Olchfa	4	11	Bethan MALPAS	Gwyr
5	2	Amara-Chukwu HERBERT	Ysgol Glantaf	5	22	Amelie EDWARDS	Llanishen High School
6	3	Cristyn BENDLE	Bro Myrddin	6	33	Hannah LEVERATT	Bro Dinefawr
7	4	Mia NEL JONES	Ysgol Botwnnog	7	44	Sienna PRITCHARD	Ysgol John Bright
8	5	Jessie MORGAN	YGCR- Y Gwyndy	8	55	Amelia MATTHEWS	YGCR- Gellihaf

T12: U16B 200m Cup Ht1 @ 3:10 PM				T12: U16B 200m Plate Ht2 @ 3:15 PM			
CBP: Tom BRADBURY, Croesyceiliog, South East Wales, 22.5 (HT), 2004				CBP: Max EVANS, Llanidloes, Powys, 21.87, 2024			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	7	Logan WOODSFORD	Welshpool	1	77	Flynn LEWIS	Llanidloes
2	8	Theo PHILLIPS	Bassaleg	2	88	Leo TOMASULO	Croesyceiliog
3	1	Noa RICHARDS	Gwyr	3	11	Goodness ADUN	Dwr Y Felin
4	2	George WELSH	Whitchurch High School	4	22	Charlie PARSONS	Ysgol Glantaf
5	3	Jensen CHENNARD	Ysgol Dyffryn Aman	5	33	Rowan NICKERSON	Haverfordwest High
6	4	Zane WILLIAMS	Syr Thomas Jones	6	44	Ianto PATTINSON	Ysgol Botwnnog
7	5	Cadel PARRY	YGCR- Y Gwyndy	7	55	Cobi JONES	YGCR- Gellihaf
8	6	Leon LIVERSAGE	Hawarden High School	8	66	Marcus SZUSZKIEWICZ	Connah's Quay

T13: U16G 300m Cup Ht1 @ 3:25 PM				T13: U16G 300m Plate Ht2 @ 3:30 PM			
CBP: Holly HUMPHREYS, YG Gwyr, Afan Nedd Tawe, 43.14, 2023				CBP: Isabel DAVIES, Bassaleg, South East Wales, 41.86, 2016			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	8	Lily PHEASANT	Gwent Is Coed	1	88	Penny PRICE	Bassaleg
2	1	Grace CHESWEKA	Olchfa	2	11	Georgie-Bo DAVIES	Gwyr
3	2	Elinor ROBERTS	Ysgol Glantaf	3	22	Ella JONES	Llanishen High School
4	3	Beca ELFYN	Bro Myrddin	4	33	Leah CATHERSIDES	Bro Dinefawr
5	4	Carmela ZARATE	Ysgol Botwnnog	5	44	Julia LAMENT	Ysgol John Bright
6	5	Hefina LEWIS	YGCR- Y Gwyndy	6	55	Ellie BEAUMONT	YGCR- Gellihaf
7	6	Beatrice ROBERTS	Brynhafryd	7	66		Castle Alun
8	7	Imogen MORRIS	Welshpool	8	77	Freya LAMP	Llanidloes

T14: U16B 300m Cup Ht1 @ 3:35 PM				T14: U16B 300m Plate Ht2 @ 12:00 AM			
CBP: Iwan GLYNN, Ysgol Bro Myrddin, Dyfed, 36.37, 2017/Gethin GRIFFITH, Ysgol Botwnnog, Eryri, 36.37, 2023				CBP: Luke BROWN, Afon Taf, Glamorgan Valleys, 36.58, 2013			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	1	Bo CUTHBERTSON	Gwyr	1	11	Louie MITCHELL	Dwr Y Felin
2	2	Toby EVANS	Whitchurch High School	2	22	Harry DAVIS	Ysgol Glantaf
3	3	Jensen THOMAS	Ysgol Dyffryn Aman	3	33	Seth JOWITT	Haverfordwest High
4	4	Harvey POWNALL	Syr Thomas Jones	4	44	Mabon JONES	Ysgol Botwnnog
5	5	Cameron GEORGE	YGCR- Y Gwyndy	5	55	Oliver SZEKELY	YGCR- Gellihaf
6	6	Ollie MALUSZYNSKI	Hawarden High School	6	66	Lazlo GYURICSA	Connah's Quay
7	7	Eli PRYCE	Welshpool	7	77	Lewis JONES	Llanidloes
8	8	Quinn GOFFEN	Bassaleg	8	88	Finley REES	Croesyceiliog

T15: U14G 100m Cup Ht1 @ 3:45 PM				T15: U14G 100m Plate Ht2 @ 3:50 PM			
CBP: Sian JONES, Ystalyfera, Afan Nedd Tawe, 12.7 (HT), 2004				CBP: Tiwaah BOATENG, Caerleon Comprehensive, South East Wales, 12.79, 2019			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	2	Olivia THOMAS	Ysgol Gyfun Bro Eder	1	22	Mai PRITCHARD	Ysgol Glantaf
2	3	Arwen CAMANAN	Ysgol Dyffryn Aman	2	33	Ayla JONES	Queen Elizabeth HS
3	4	Heidi BRIGG	Aberconwy	3	44	Macey HUGHES	Ysgol Tryfan
4	5	Jessica JONES	YGCR- Y Gwyndy	4	55	Erin PARRY	YGCR- Gellihaf
5	6	Favour OSILAJA	Maelor Penley	5	66	Hanna HUGHES	Brynhyfryd
6	7	Megan PARR	Welshpool	6	77	Arwen JONES	Llanidloes
7	8	Elsie BERROW	Caerleon	7	88	Alice ILLES	Bassaleg
8	1	Mari CHOWDHURY	Gwyr	8	11	Violet COFFEY	Olchfa

T16: U14B 100m Cup Ht1 @ 3:55 PM				T16: U14B 100m Plate Ht2 @ 4:00 PM			
CBP: Kristian PHILLIPS, Ystalyfera, Afan Nedd Tawe, 11.6 (HT), 2004				CBP: Dylan FAYE, Bishopston, Afan Nedd Tawe, 11.72, 2025			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	3	Harvey SWEENEY	Ysgol Dyffryn Aman	1	33	Rhydian JONES	Strade
2	4	Dafydd THOMAS	Ysgol Botwnnog	2	44	Alffi HARRIS	Ysgol Brynrefail
3	5	Gwion WIDGERY	Garth Olwg	3	55	Gerorge RIDGWAY	YGCR- Gellihaf
4	6	Liam PURVIS	Brynhyfryd	4	66	Harry DAN	Hawarden High School
5	7	Fernando JESTIN	Welshpool	5	77	Jacob GRIFFITHS	Caereinion
6	8	Khush SHERMA-LIMBU	Croesyceiliog	6	88	Oakley PARRY	Cwmbran High School
7	1	Trystan HARRIES	Gwyr	7	11	Austen HUGHES	Cwm Brombil
8	2	Monty GRZONKA	Cardiff High School	8	22	Osian FITZGERALD	Ysgol Glantaf

T17: U16G 100m Cup Ht1 @ 4:05 PM				T17: U16G 100m Plate Ht2 @ 4:10 PM			
CBP: Danielle SELLEY, Pembroke, Dyfed, 12.1 (HT), 1999				CBP: Macey JONES, Alun School, North East Wales, 12.46, 2024			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	4	Lwsi JONES	Ysgol Botwnnog	1	44	Maddison TWEEN	Ysgol John Bright
2	5	Betsan BRADBURY	YGCR- Y Gwyndy	2	55	Freya PIZEY	YGCR- Gellihaf
3	6	Erin EVANS	Brynhyfryd	3	66		Castle Alun
4	7	Evie LANGFORD	Welshpool	4	77	Bethan EVANS	Llanidloes
5	8	Lyila TIMMINS	Gwent Is Coed	5	88	Ava MILES	Bassaleg
6	1	Katriel UDOH	Olchfa	6	11	Angharad TRICK	Gwyr
7	2	Amy FORD	Ysgol Glantaf	7	22	Abbi BEADLE	Llanishen High School
8	3	Lois REES	Bro Myrddin	8	33	Ffion JONES	Bro Dinefawr

T18: U16B 100m Cup Ht1 @ 4:15 PM				T18: U16B 100m Plate Ht2 @ 12:00 AM			
CBP: Jeremiah AZU, Llanishen Hlgh, Cardiff & Vale, 11.08, 2016				CBP: Callum DAVIES, YG Gwyr, Afan Nedd Tawe, 11.10, 2014			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	5	Oli MILES	YGCR- Y Gwyndy	1	55	Frankie MOSES	YGCR- Gellihaf
2	6	Adam PRICE	Hawarden High School	2	66	Ranuja SILVA	Connah's Quay
3	7	Borys JEDRZEJEWSKI	Welshpool	3	77	Tyler DUNNETT	Llanidloes
4	8	Z'Chari HARRIS	Bassaleg	4	88	Finley CLARK	Croesyceiliog
5	1	Zac WILLIAMS	Gwyr	5	11	Brett SMITH	Dwr Y Felin
6	2	Ellis WILLIAMS	Whitchurch High School	6	22	Samuel STEPHENS	Ysgol Glantaf
7	3	Lucas CARPENTER	Ysgol Dyffryn Aman	7	33	Alfie EKKES	Haverfordwest High
8	4	Harley WILKINSON	Syr Thomas Jones	8	44	Noah THORNICROFT	Ysgol Botwnnog

T19: U14G 800m Cup Ht1 @ 4:25 PM				T19: U14G 800m Plate Ht2 @ 12:00 AM			
CBP: Caroline MUNDAY, Chepstow, Gwent, 2:24.6 (HT), 1994				CBP: Lora ROBERTS, Porthcawl, Glamorgan Valleys, 2:22.7 (HT), 2008			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	6	Megan MORRIS	Maelor Penley	1	66	Nena HILDITCH ROBERTS	Brynhyfryd
2	7	Isla LANGFORD	Welshpool	2	77	Heledd ROWLANDS	Llanidloes
3	8	Amelie GRIFFITHS	Caerleon	3	88	Sophia WEBER	Bassaleg
4	1	Leila FINNEY	Gwyr	4	11	Tabby PURTON	Olchfa
5	2	Mari HUGHES	Ysgol Gyfun Bro Eder	5	22	Mari GEORGE	Ysgol Glantaf
6	3	Freya CLEVERLY	Ysgol Dyffryn Aman	6	33	Teaghan WILLIAMS	Queen Elizabeth HS
7	4	Ella NIERODA-EDWARDS	Aberconwy	7	44	Megan FRETWELL	Ysgol Tryfan
8	5	Rosie GABRIELE	YGCR- Y Gwyndy	8	55	Kasey JONES	YGCR- Gellihaf

T20: U14B 800m Cup Ht1 @ 4:35 PM				T20: U14B 800m Plate Ht2 @ 4:40 PM			
CBP: Jake HEYWARD, Llanishen, Cardiff & the Vale, 2:09.06, 2012				CBP: Charlie HOLLAND, Bishopston, Afan Nedd Tawe, 2:05.78, 2017			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	7	Teddy LANGFORD	Welshpool	1	77	Sam HAMMER	Caereinion
2	8	Olly GRIFFIN	Croesyceiliog	2	88	Lucian ORMOND	Cwmbran High School
3	1	Tomi JONES	Gwyr	3	11	Spencer PUGH	Cwm Brombil
4	2	Toby AHMED	Cardiff High School	4	22	Farley PRICHARD	Ysgol Glantaf
5	3	Tai JONES	Ysgol Dyffryn Aman	5	33	Rowan LEE	Strade
6	4	George COWLEY	Ysgol Botwnnog	6	44	Rhys JONES	Ysgol Brynrefail
7	5	Eli ALAN	Garth Olwg	7	55	Lloyd JAMES	YGCR- Gellihaf
8	6	Henry WILLIAMS	Brynhyfryd	8	66	Paddy BATES	Hawarden High School

T21: U16G 800m Cup Ht1 @ 4:40 PM				T21: U16G 800m Plate Ht2 @ 4:45 PM			
CBP: Melanie DAVIES, YG Gwyr, Afan Nedd Tawe, 2:17.3 (HT), 2003				CBP: Nia RILEY, Radyr Comprehensive, Cardiff & Vale, 2:22.33, 2017			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	8	Alayah-Marie STOCK	Gwent Is Coed	1	88	Ruby SIMS	Bassaleg
2	1	Rosie JONES	Olchfa	2	11	Eliza PARRY	Gwyr
3	2	Catrin THOMAS	Ysgol Glantaf	3	22	Isabelle ALLEN	Llanishen High School
4	3	Mabli KING	Bro Myrddin	4	33	Lowri MORGAN	Bro Dinefawr
5	4	Lucy GRANT	Ysgol Botwnnog	5	44	Esme WILLIAMS	Ysgol John Bright
6	5	Ellie MAY HOLMES	YGCR- Y Gwyndy	6	55	Emilia HARRISON	YGCR- Gellihaf
7	6	Ffion EMANUEL	Brynhyfryd	7	66		Castle Alun
8	7	Leyla WILLIAMS	Welshpool	8	77	Ella WILLIAMS	Llanidloes

T22: U16B 800m Cup Ht1 @ 4:50 PM				T22: U16B 800m Plate Ht2 @ 4:55 PM			
CBP: Neil WYNNE, Alun, Mold, North East Wales, 2:01.4 (HT), 1997				CBP: Oliver PATTERSON, Olchfa School, Afan Nedd Tawe, 2:02.37, 2023			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	1	William PINCOTT-DAVIES	Gwyr	1	11	Jac APLIN	Dwr Y Felin
2	2	Kinan AL SHAMAA	Whitchurch High School	2	22	Daniel HOLLINS	Ysgol Glantaf
3	3	Oliver TENCH	Ysgol Dyffryn Aman	3	33	Rhys THOMAS	Haverfordwest High
4	4		Syr Thomas Jones	4	44	Luke THOMAS	Ysgol Botwnnog
5	5	Seth GRIFFITHS	YGCR- Y Gwyndy	5	55	Joseph GILL	YGCR- Gellihaf
6	6	Harry ATHERTON	Hawarden High School	6	66	Elliot ROWE	Connah's Quay
7	7	Charlie LEWIS	Welshpool	7	77	Gethin GRIFFITHS	Llanidloes
8	8	Ryan CAIN	Bassaleg	8	88	Morgan GIBBS	Croesyceiliog

T23: U14G 4 x 100 Relay Cup Ht1 @ 5:00 PM				T23: U14G 4 x 100 Relay Plate Ht2 @ 12:00 AM			
CBP: Olchfa, Afan Nedd Tawe, 52.52, 2017				CBP: Cardiff High, Cardiff & the Vale, 53.28, 2019			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	2		Ysgol Gyfun Bro Eder	1	22		Ysgol Glantaf
2	3		Ysgol Dyffryn Aman	2	33		Queen Elizabeth HS
3	4		Aberconwy	3	44		Ysgol Tryfan
4	5		YGCR- Y Gwyndy	4	55		YGCR- Gellihaf
5	6		Maelor Penley	5	66		Brynhyfryd
6	7		Welshpool	6	77		Llanidloes
7	8		Caerleon	7	88		Bassaleg
8	1		Gwyr	8	11		Olchfa

T24: U16G 4 x 100 Relay Cup Ht1 @ 5:05 PM				T24: U16G 4 x 100 Relay Plate Ht2 @ 12:00 AM			
CBP: Islwyn High School, South East Wales, 51.79, 2018				CBP: Cardiff High, Cardiff & the Vale, 52.83, 2022			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	3		Bro Myrddin	1	33		Bro Dinefawr
2	4		Ysgol Botwnnog	2	44		Ysgol John Bright
3	5		YGCR- Y Gwyndy	3	55		YGCR- Gellihaf
4	6		Brynhyfryd	4	66		Castle Alun
5	7		Welshpool	5	77		Llanidloes
6	8		Gwent Is Coed	6	88		Bassaleg
7	1		Olchfa	7	11		Gwyr
8	2		Ysgol Glantaf	8	22		Llanishen High School

T25: U16B 4 x 100 Relay Cup Ht1 @ 5:10 PM				T25: U16B 4 x 100 Relay Plate Ht2 @ 5:15 PM			
CBP: Radyr, Cardiff & the Vale, 45.22, 2013				CBP: YG Gwyr, Afan Nedd Tawe, 45.38, 2014			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	4		Syr Thomas Jones	1	44		Ysgol Botwnnog
2	5		YGCR- Y Gwyndy	2	55		YGCR- Gellihaf
3	6		Hawarden High School	3	66		Connah's Quay
4	7		Welshpool	4	77		Llanidloes
5	8		Bassaleg	5	88		Croesyceiliog
6	1		Gwyr	6	11		Dwr Y Felin
7	2		Whitchurch High School	7	22		Ysgol Glantaf
8	3		Ysgol Dyffryn Aman	8	33		Haverfordwest High

T26: U14B 4 x 100 Relay Cup Ht1 @ 5:15 PM				T26: U14B 4 x 100 Relay Plate Ht2 @ 5:20 PM			
CBP: Barry, Cardiff & the Vale, 48.8 (HT), 2003				CBP: Llanishen, Cardiff & Vale, 49.68, 2024			
Lane	Bib	Athlete	School	Lane	Bib	Athlete	School
1	5		Garth Olwg	1	55		YGCR- Gellihaf
2	6		Brynhyfryd	2	66		Hawarden High School
3	7		Welshpool	3	77		Caereinion
4	8		Croesyceiliog	4	88		Cwmbran High School
5	1		Gwyr	5	11		Cwm Brombil
6	2		Cardiff High School	6	22		Ysgol Glantaf
7	3		Ysgol Dyffryn Aman	7	33		Strade
8	4		Ysgol Botwnnog	8	44		Ysgol Brynrefail