

Saturday 25th July

Aberdare (Cwmbran host)

Welsh U15 League

East Division

Match 4

38 NEW & 1 EQUAL EAST DIVISION RECORDS

4 - NEW U11 RECORDS - TRACK

4 - NEW U11 RECORDS - FIELD

6 - NEW U13 RECORDS - TRACK

6 - NEW U13 RECORDS FIELD

1 U13 EQ RECORD - FIELD

8 - NEW U15 RECORDS TRACK

10 - NEW U15 RECORDS FIELD

12:00 PM Race 1

Record 10.5, Amelia Reynolds, Newport, 2009

Pos	Bib	T2 - 75m U11G	Club	Perf.
1	407	Caitlin Scarfi	Newport Harriers	11.81
2	244	Jery McNamara	Cwmbran Harriers	12.19
3	402	Katie Shine	Newport Harriers	12.26
4	132	Holli Jehu	Aberdare VAAC	12.47
5	511	Michaela Williams	Rhondda AC	12.57
6	136	Sophie Lewis	Aberdare VAAC	12.71
7	310	Ella Morgan	Hereford AC	13.76

12:00 PM Race 2

Record 10.5, Amelia Reynolds, Newport, 2009

Pos	Bib	T2A - 75m U11G	Club	Perf.
1	166	Emily Moran	Aberdare VAAC	11.96
2	408	Francis Manship	Newport Harriers	12.27
3	403	Emily James	Newport Harriers	12.33
4	133	Aimee Yates	Aberdare VAAC	12.68
5	308	Cara Bennett	Hereford AC	13.10
6	700	Jessica Jones	Cardiff AAC	13.36
7	159	Molly-Anne Clibbett	Chepstow Harriers	14.02

3:00 PM Race 1

Record 21.6, Amelia Reynolds, Newport, 2009

Pos	Bib	T20 - 150m U11G	Club	Perf.
1	407	Caitlin Scarfi	Newport Harriers	23.43
2	244	Jery McNamara	Cwmbran Harriers	24.10
3	132	Holli Jehu	Aberdare VAAC	25.91
4	136	Sophie Lewis	Aberdare VAAC	26.38
5	700	Jessica Jones	Cardiff AAC	27.80

3:00 PM Race 2

Record 21.6, Amelia Reynolds, Newport, 2009

Pos	Bib	T20A - 150m U11G	Club	Perf.
1	166	Emily Moran	Aberdare VAAC	23.46
2	402	Katie Shine	Newport Harriers	23.84
3	249	Millie Fakande	Cwmbran Harriers	24.77
4	408	Francis Manship	Newport Harriers	24.98
5	403	Emily James	Newport Harriers	25.05
6	309	Rhian Smith	Hereford AC	25.86

1:10 PM Race 1

Record 2.50.9, Emma Lighthart, Newport, 2009

Pos	Bib	T10 - 800m U11G	Club	Perf.
1	510	Emily Pearce	Rhondda AC	3:02.05
2	132	Holli Jehu	Aberdare VAAC	3:04.60
3	412	Amy Little	Newport Harriers	3:05.82
4	404	Aimee Wallace	Newport Harriers	3:14.22
5	312	Ellie White	Hereford AC	3:14.23
6	411	Alana Hardee	Newport Harriers	3:26.29

4:20 PM

Record 64.3, Team, Newport, 2009

Pos	Bib	T30 - 4 x 100 relay U11G	Club	Perf.
1	494	U11 Scoring Team	Newport Harriers	66.01
2	194	U11 Scoring Team	Aberdare VAAC	68.48
3	394	U11 Scoring Team	Hereford AC	71.26

12:05 PM Race 1

Record 11.2, Tyrone Tucker-Dixon, Newport, 2009

New East Division League Record

Pos	Bib	T3 - 75m U11B	Club	Perf.
1	423	Daniel Snelling	Newport Harriers	10.47
2	791	Deio Hughes	Cardiff AAC	11.50
3	513	Ethan Bridge	Rhondda AC	11.71
4	305	Harry Hutton	Hereford AC	11.83
5	131	James Price	Aberdare VAAC	12.28
6	518	James Wood	Rhondda AC	12.68
7	307	Ethan Rich	Hereford AC	13.37

12:05 PM Race 2

Record 11.3, Tyrone Tucker-Dixon, Newport, 2009

Pos	Bib	T3A - 75m U11B	Club	Perf.
1	416	Alex Cisuelo	Newport Harriers	11.37
2	515	Dewi Coombes	Rhondda AC	11.94
3	301	Joe Harmen	Hereford AC	12.15
4	306	Will Hebron	Hereford AC	12.58
5	514	Lewis Challenger	Rhondda AC	13.00
6	512	Adam Jones	Rhondda AC	15.40

3:05 PM Race 1

Record 23.1, Tyrone Tucker-Dixon, Newport, 2009

Pos	Bib	T21 - 150m U11B	Club	Perf.
1	416	Alex Cisuelo	Newport Harriers	22.71
2	305	Harry Hutton	Hereford AC	22.92
3	513	Ethan Bridge	Rhondda AC	23.47
4	131	James Price	Aberdare VAAC	24.45
5	306	Will Hebron	Hereford AC	25.32
6	518	James Wood	Rhondda AC	25.46
7	514	Lewis Challenger	Rhondda AC	26.17

3:05 PM Race 2

Record 23.8, Tyrone Tucker-Dixon, Newport, 2009

New East Division League Record

Pos	Bib	T21A - 150m U11B	Club	Perf.
1	423	Daniel Snelling	Newport Harriers	20.28
2	301	Joe Harmen	Hereford AC	23.57
3	515	Dewi Coombes	Rhondda AC	23.64
4	161	Ewan James	Aberdare VAAC	24.73
5	522	Adam Jones	Rhondda AC	26.16
6	307	Ethan Rich	Hereford AC	27.03
7	521	Tommy Evans	Rhondda AC	31.42

1:20 PM Race 1

Record 2.43.9, Carwyn Penny, Newport, 2009

New East Division League Record

Pos	Bib	T11 - 800m U11B	Club	Perf.
1	420	Carwyn Penny	Newport Harriers	2:40.64
2	303	George Hudson	Hereford AC	2:46.33
3	161	Ewan James	Aberdare VAAC	3:03.76
4	519	Keenan Napper	Rhondda AC	3:05.26
5	421	Jack Haines	Newport Harriers	3:05.66
6	300	James Gladwin	Hereford AC	3:09.04
7	302	Bradley Meadows	Hereford AC	3:14.72

4:35 PM

Record 68.7, , Hereford, 2009

New East Division League Record

Pos	Bib	T33 - 4 x 100 relay U11B	Club	Perf.
1	494	U11 Scoring Team	Newport Harriers	61.68
2	394	U11 Scoring Team	Hereford AC	64.93

3:40 PM

Record 3.57, Amelia Reynolds, Newport, 2009

Pos	Bib	F27 - Long Jump U11G	Club	Perf.
1	166	Emily Moran	Aberdare VAAC	3.25
2	309	Rhian Smith	Hereford AC	3.09
3	404	Aimee Wallace	Newport Harriers	3.06
4	136	Sophie Lewis	Aberdare VAAC	3.04
5	312	Ellie White	Hereford AC	2.92
6	133	Aimee Yates	Aberdare VAAC	2.89
7	308	Cara Bennett	Hereford AC	2.88
8	310	Ella Morgan	Hereford AC	2.79
9	403	Emily James	Newport Harriers	2.52
10	408	Francis Manship	Newport Harriers	2.50
11	165	Olivia Evans	Aberdare VAAC	2.28
12	411	Alana Hardee	Newport Harriers	2.17
13	159	Molly-Anne Clibbett	Chepstow Harriers	2.13
14	700	Jessica Jones	Cardiff AAC	2.04

1:10 PM

Record 5.39, Caitlin Scarfi, Newport, 2009

Pos	Bib	F15 - (2.0kg) Shot U11G	Club	Perf.
1	249	Millie Fakande	Cwmbran Harriers	6.20
2	510	Emily Pearce	Rhondda AC	5.76
3	407	Caitlin Scarfi	Newport Harriers	5.54
4	308	Cara Bennett	Hereford AC	4.49
5	402	Katie Shine	Newport Harriers	4.49
6	312	Ellie White	Hereford AC	3.90

(1.75KG SHOT THROWN NOT 2.0KG)

2:50 PM

Record 12.74, Millie Fakande, Cwmbran, 2009

New East Division League Record

Pos	Bib	F22 - (300g) Javelin U11G	Club	Perf.
1	249	Millie Fakande	Cwmbran Harriers	13.27
2	309	Rhian Smith	Hereford AC	13.16
3	310	Ella Morgan	Hereford AC	10.50
4	404	Aimee Wallace	Newport Harriers	9.80
5	510	Emily Pearce	Rhondda AC	9.27
6	159	Molly-Anne Clibbett	Chepstow Harriers	6.97

12:20 PM

Record 3.84, Carwyn Penny, Newport, 2009

New East Division League Record

Pos	Bib	F9 - Long Jump U11B	Club	Perf.
1	420	Carwyn Penny	Newport Harriers	3.99
2	423	Daniel Snelling	Newport Harriers	3.76
3	303	George Hudson	Hereford AC	3.67
4	791	Deio Hughes	Cardiff AAC	3.61
5	519	Keenan Napper	Rhondda AC	3.33
6	301	Joe Harmen	Hereford AC	3.25
7	305	Harry Hutton	Hereford AC	3.23
8	161	Ewan James	Aberdare VAAC	3.19
9	421	Jack Haines	Newport Harriers	2.94
10	131	James Price	Aberdare VAAC	2.90
11	307	Ethan Rich	Hereford AC	2.67

2:00 PM

Record 5.66, Deio Hughes, Cardiff, 2009

New East Division League Record

Pos	Bib	F19 - (2.72kg) Shot U11B	Club	Perf.
1	791	Deio Hughes	Cardiff AAC	5.71
2	300	James Gladwin	Hereford AC	5.28
3	513	Ethan Bridge	Rhondda AC	4.83
4	303	George Hudson	Hereford AC	4.61
5	421	Jack Haines	Newport Harriers	4.26

3:40 PM

Record 22.08, Pasqual Barsaq, Hereford, 2009

New East Division League Record

Pos	Bib	F28 - (300g) Javelin U11B	Club	Perf.
1	420	Carwyn Penny	Newport Harriers	25.06
2	416	Alex Cisuelo	Newport Harriers	12.80
3	300	James Gladwin	Hereford AC	12.10
4	306	Will Hebron	Hereford AC	11.82
5	302	Bradley Meadows	Hereford AC	7.12

12:15 PM Race 1

Record 13.6, Katie-Jane Priest, Newport, 2009

Pos	Bib	T4 - 100m U13G	Club	Perf.	WS	AW	Grade
1	138	Brenna Price	Aberdare VAAC	14.01	+2.1	*	G3
2	246	Jodie Beynon	Cwmbran Harriers	14.14		*	G3
3	708	Chrystal Phillppou	Cardiff AAC	14.64		*	G4
4	315	Laura Morris	Hereford AC	14.87			
5	139	Kaysha Hughes	Aberdare VAAC	15.08			
6	717	Rhian Ellis	Cardiff AAC	15.19			
7	142	Sophia Ali	Aberdare VAAC	15.75			
8	247	Elin Adams	Cwmbran Harriers	16.18			

12:15 PM Race 2

Record 13.6, Katie-Jane Priest, Newport, 2009

Pos	Bib	T4A - 100m U13G	Club	Perf.	WS	AW	Grade
1	439	Katie-Jane Priest	Newport Harriers	13.77	+0.7	*	G2
2	141	Jesscia Lambert	Aberdare VAAC	15.05			
3	226	Isobel Jones	Cwmbran Harriers	16.21			
4	704	Alice Broadley	Cardiff AAC	16.68			

12:15 PM Race 3

Record 13.6, Katie-Jane Priest, Newport, 2009

Pos	Bib	T4B - 100m U13G	Club	Perf.	WS	AW	Grade
1	164	Tasia Stephens	Aberdare VAAC	14.96	-0.1		
2	710	Hanna Burnell	Cardiff AAC	15.22			
3	229	Scarlet McPhillips	Cwmbran Harriers	15.35			
4	144	Bethan Hughes	Aberdare VAAC	15.96			
5	707	Charlotte Halliday	Cardiff AAC	16.14			

3:30 PM Race 1

Record 29.1, Katie-Jane Priest, Newport, 2009

New East Division League Record

Pos	Bib	T25 - 200m U13G	Club	Perf.	WS	AW	Grade
1	439	Katie-Jane Priest	Newport Harriers	28.99		*	G2
2	246	Jodie Beynon	Cwmbran Harriers	29.27		*	G3
3	228	Megan James	Cwmbran Harriers	29.89		*	G4
4	441	Emma Hennessy	Newport Harriers	30.35		*	G4
5	708	Chrystal Phillppou	Cardiff AAC	31.44		*	
6	315	Laura Morris	Hereford AC	33.52			
7	140	Holly Field	Aberdare VAAC	33.69			

3:30 PM Race 2

Record 29.1, Katie-Jane Priest, Newport, 2009

Pos	Bib	T25A - 200m U13G	Club	Perf.	WS	AW	Grade
1	440	Katy Hunt	Newport Harriers	30.38		*	G4
2	139	Kaysha Hughes	Aberdare VAAC	31.69			
3	710	Hanna Burnell	Cardiff AAC	32.26			
4	242	Olivia Turley	Cwmbran Harriers	32.58			
5	143	Megan Bunney	Aberdare VAAC	32.95			
6	707	Charlotte Halliday	Cardiff AAC	34.36			
7	226	Isobel Jones	Cwmbran Harriers	34.71			

1:40 PM Race 1

Record 2.39.8, Chelsie Harris, Cwmbran, 2009

New East Division League Record

Pos	Bib	T13 - 800m U13G	Club	Perf.	WS	AW	Grade
1	441	Emma Hennessy	Newport Harriers	2:34.73		*	G2
2	229	Scarlet McPhillips	Cwmbran Harriers	2:35.91		*	G3
3	242	Olivia Turley	Cwmbran Harriers	2:40.27		*	G4
4	440	Katy Hunt	Newport Harriers	2:43.25		*	G4
5	445	Cheyenne Sinclair	Newport Harriers	2:44.16		*	G4
6	711	Kate seary	Cardiff AAC	2:53.30			
7	143	Megan Bunney	Aberdare VAAC	2:54.87			
8	144	Bethan Hughes	Aberdare VAAC	3:00.59			
9	443	Bronwyn Satterly	Newport Harriers	3:04.38			
10	705	Carrigon Gristock	Cardiff AAC	3:04.93			
11	715	Morgan Cutlan	Cardiff AAC	3:07.69			
12	152	Beth Rymer	Chepstow Harriers	3:07.90			
13	713	Matilda Matthews	Cardiff AAC	3:12.87			
14	313	Iona prosser	Hereford AC	3:15.43			

4:10 PM

Record 5.34.46, Chelsie Harris, Cwmbran, 2009

New East Division League Record

Pos	Bib	T29 - 1500m U13G	Club	Perf.	WS	AW	Grade
1	721	Sophie Tipping	Cardiff AAC	5:32.50		*	G4
2	227	Chelsie Harris	Cwmbran Harriers	5:33.38		*	G4
3	714	Megan Tatnell	Cardiff AAC	5:51.66			
4	228	Megan James	Cwmbran Harriers	5:58.25			
5	704	Alice Broadley	Cardiff AAC	6:03.83			
6	317	Charlotte Jones	Hereford AC	6:36.83			
7	706	Carys Dawe	Cardiff AAC	6:36.11			

2:40 PM Race 1

Record 12.9, Bethan Trigg, Cardiff, 2009

Pos	Bib	T19 - 70m Hurdles U13G	Club	Perf.	WS	AW	Grade
1	246	Jodie Beynon	Cwmbran Harriers	13.18	-0.4	*	G4
2	441	Emma Hennessy	Newport Harriers	13.42		*	G4
3	141	Jesscia Lambert	Aberdare VAAC	15.13			
4	712	Mako Chiganze	Cardiff AAC	15.88			
5	717	Rhian Ellis	Cardiff AAC	16.10			
6	708	Chrystal Phillppou	Cardiff AAC	16.18			

4:25 PM

Record 59.6, Team, Newport, 2009

New East Division League Record

Pos	Bib	T31 - 4 x 100 relay U13G	Club	Perf.	WS	AW	Grade
1	496	U13 Scoring Team	Newport Harriers	58.81			
2	196	U13 Scoring Team	Aberdare VAAC	60.37			
3	794	U13 Scoring Team	Cardiff AAC	62.18			
4	296	U13 Scoring Team	Cwmbran Harriers	62.71			
5	396	U13 Scoring Team	Hereford AC	65.08			

4:25 PM

Pos	Bib	T31A - 4 x 100 Guest Relay U13G	Club	Perf.	WS	AW	Grade
1	197	U13 Non Scoring Guest Team	Aberdare VAAC	61.24			
2	795	U13 Non Scoring Guest Team	Cardiff AAC	64.55			

12:20 PM Race 1

Record 13.7, James Scarfi, Newport, 2009

Pos	Bib	T5 - 100m U13B	Club	Perf.	WS	AW	Grade
1	134	Harry Evans	Aberdare VAAC	14.10	+0.0	*	
2	455	Gabriel Johnson	Newport Harriers	14.82			
3	319	Sebastain Fry	Hereford AC	15.61			
4	764	Tom Johnson	Cardiff AAC	15.81			
5	162	Alex Price	Aberdare VAAC	16.83			

12:20 PM Race 2

Record 13.7, James Scarfi, Newport, 2009

New East Division League Record

Pos	Bib	T5A - 100m U13B	Club	Perf.	WS	AW	Grade
1	757	Connor Kidner	Cardiff AAC	13.55	-0.8	*	G3
2	168	Owen Zalar	Aberdare VAAC	15.48			
3	320	Johnathon Grech	Hereford AC	15.51			
4	324	Simon Chapman	Hereford AC	15.85			
5	135	Sam Williams	Aberdare VAAC	16.69			

3:20 PM Race 1

Record 28.7, James Scarfi, Cwmbran, 2009

Pos	Bib	T24 - 200m U13B	Club	Perf.	WS	AW	Grade
1	757	Connor Kidner	Cardiff AAC	27.1		*	G2
2	231	James Scarfi	Cwmbran Harriers	28.1		*	G3
3	251	Aaron Powell	Cwmbran Harriers	29.8			
4	455	Gabriel Johnson	Newport Harriers	30.5			
5	320	Johnathon Grech	Hereford AC	31.7			
6	168	Owen Zalar	Aberdare VAAC	32.1			

1:50 PM Race 1

Record 2.33.4, Liam Bradley, Cardiff, 2009

Pos	Bib	T14 - 800m U13B	Club	Perf.	WS	AW	Grade
1	234	Alex McDowell	Cwmbran Harriers	2:34.3		*	G4
2	456	John Williams	Newport Harriers	2:37.1		*	
3	767	Joe Macphearson	Cardiff AAC	2:38.2			
4	463	Nathan Scarfi	Newport Harriers	2:40.6			
5	459	Jamie Hughes	Newport Harriers	2:53.4			
6	162	Alex Price	Aberdare VAAC	2:59.6			

4:00 PM

Record 4.57.7, Rhys Norris, Newport, 2009

Pos	Bib	T28 - 1500m U13B	Club	Perf.	WS	AW	Grade
1	462	Rhys Norris	Newport Harriers	5:02.72		*	G3
2	169	Owain Spraklin-Jones	Aberdare VAAC	5:40.45			
3	760	Kieran Harris	Cardiff AAC	DQ			

11:45 AM Race 1

Record 9.14.5, Iona Prosser, Hereford, 2009

New East Division League Record

Pos	Bib	T1A - 1000m walk U13G	Club	Perf.	WS	AW	Grade
1	313	Iona Prosser	Hereford AC	7:49.10			

2:10 PM Race 1

Record 13.9, Kyle Arnold, Newport, 2009

New East Division League Record

Pos	Bib	T16 - 75m Hurdles U13B	Club	Perf.	WS	AW	Grade
1	231	James Scarfi	Cwmbran Harriers	13.07	+1.0	*	G2
2	460	Kyle Arnold	Newport Harriers	13.21		*	G2
3	776	Floyd Haughton	Cardiff AAC	13.40		*	G2
4	322	George Jones	Hereford AC	15.88		*	
5	758	Aled Griffiths	Cardiff AAC	16.61			
6	768	Luke Harry	Cardiff AAC	16.74			
7	321	Mathew Jones	Hereford AC	17.34			

4:40 PM

Record 58.8, Team, Newport, 2009

Pos	Bib	T34 - 4 x 100 relay U13B	Club	Perf.	WS	AW	Grade
1	794	U13 Scoring Team	Cardiff AAC	60.01			
2	496	U13 Scoring Team	Newport Harriers	60.27			
3	196	U13 Scoring Team	Aberdare VAAC	63.55			
4	396	U13 Scoring Team	Hereford AC	63.89			

3:30 PM **Record** 1.32, Lucy Maton, Cardiff, 2009

Pos	Bib	F26 - High Jump U13G	Club	Perf.	AW	Grade
1	138	Brenna Price	Aberdare VAAC	1.28	*	G3
2	711	Kate seary	Cardiff AAC	1.25	*	G4
3	716	Nia Boddily	Cardiff AAC	1.10		
4	443	Bronwyn Satterly	Newport Harriers	1.00		

1:10 PM **Record** 3.86, Brenna Price, Aberdare, 2009

New East Division League Record

Pos	Bib	F14 - Long Jump U13G	Club	Perf.	AW	Grade
1	138	Brenna Price	Aberdare VAAC	4.21	*	G2
2	439	Katie-Jane Priest	Newport Harriers	4.10	*	G3
3	141	Jesscia Lambert	Aberdare VAAC	3.77		G4
4	315	Laura Morris	Hereford AC	3.55		
5	716	Nia Boddily	Cardiff AAC	3.30		
6	139	Kaysha Hughes	Aberdare VAAC	3.18		
7	318	Anna little	Hereford AC	3.18		
8	152	Beth Rymer	Chepstow Harriers	3.06		
9	167	Shayla Howells	Aberdare VAAC	2.84		
10	721	Sophie Tipping	Cardiff AAC	2.81		
11	143	Megan Bunney	Aberdare VAAC	2.79		
12	317	Charlotte Jones	Hereford AC	2.42		
13	712	Mako Chiganze	Cardiff AAC	2.39		

11:30 AM

Record

7.16, Jess Williams, Hereford, 2009

New East Division League Record

Pos	Bib	F6 - (2.72kg) Shot U13G	Club	Perf.	AW	Grade
1	316	Jess Williams	Hereford AC	7.57	*	G2
2	225	Emma Norton	Cwmbran Harriers	6.20	*	G4
3	706	Carys Dawe	Cardiff AAC	6.04	*	G4
4	440	Katy Hunt	Newport Harriers	5.92		
5	140	Holly Field	Aberdare VAAC	5.91		
6	712	Mako Chiganze	Cardiff AAC	5.46		
7	227	Chelsie Harris	Cwmbran Harriers	5.15		
8	248	Amy Price	Cwmbran Harriers	5.15		
9	705	Carrigon Gristock	Cardiff AAC	4.15		
10	318	Anna little	Hereford AC	3.33		
11	247	Elin Adams	Cwmbran Harriers	3.33		
12	317	Charlotte Jones	Hereford AC	3.24		

1:20 PM

Record

17.39, Jess Williams, Hereford, 2009

New East Division League Record

Pos	Bib	F16 - (0.75kg) Discus U13G	Club	Perf.	AW	Grade
1	316	Jess Williams	Hereford AC	19.10	*	G3
2	225	Emma Norton	Cwmbran Harriers	18.00	*	G3
3	140	Holly Field	Aberdare VAAC	17.91	*	G3
4	142	Sophia Ali	Aberdare VAAC	16.86	*	G4
5	711	Kate seary	Cardiff AAC	14.14	*	G4
6	710	Hanna Burnell	Cardiff AAC	14.03	*	
7	706	Carys Dawe	Cardiff AAC	13.41	*	
8	248	Amy Price	Cwmbran Harriers	10.86		
9	313	Iona prosser	Hereford AC	9.26		
10	714	Megan Tatnell	Cardiff AAC	4.63		

2:00 PM

Record

21.42, Emma Norton, Cwmbran, 2009

New East Division League Record

Pos	Bib	F17 - (400g) Javelin U13G	Club	Perf.	AW	Grade
1	164	Tasia Stephens	Aberdare VAAC	26.19	*	G1
2	225	Emma Norton	Cwmbran Harriers	20.42	*	G3
3	227	Chelsie Harris	Cwmbran Harriers	17.17	*	G4
4	248	Amy Price	Cwmbran Harriers	14.44	*	G4
5	716	Nia Boddily	Cardiff AAC	12.39		
6	316	Jess Williams	Hereford AC	12.02		
7	705	Carrigon Gristock	Cardiff AAC	11.67		
8	713	Matilda Matthews	Cardiff AAC	8.61		
9	318	Anna little	Hereford AC	7.90		
10	242	Olivia Turley	Cwmbran Harriers	7.75		

12:50 PM

Record

1.35, Kyle Arnold, Newport, 2009

Equal Record

Pos	Bib	F12 - High Jump U13B	Club	Perf.	AW	Grade
1	460	Kyle Arnold	Newport Harriers	1.35	*	G3
2	461	Steven Russell	Newport Harriers	1.30	*	G4
3	768	Luke Harry	Cardiff AAC	1.15		
4	321	Mathew Jones	Hereford AC	1.15		
5	764	Tom Johnson	Cardiff AAC	1.15		
6	456	John Williams	Newport Harriers	1.10		

2:00 PM

Record

4.29, Mitchell Boswell, Newport, 2009

New East Division League Record

Pos	Bib	F18 - Long Jump U13B	Club	Perf.	AW	Grade
1	757	Connor Kidner	Cardiff AAC	4.42	*	G3
2	776	Floyd Haughton	Cardiff AAC	4.29	*	G4
3	455	Gabriel Johnson	Newport Harriers	4.16	*	G4
4	775	Frazer Haughton	Cardiff AAC	3.96		
5	462	Rhys Norris	Newport Harriers	3.89		
6	320	Johnathon Grech	Hereford AC	3.86		
7	134	Harry Evans	Aberdare VAAC	3.85		
8	322	George Jones	Hereford AC	3.83		
9	251	Aaron Powell	Cwmbran Harriers	3.62		
10	321	Mathew Jones	Hereford AC	3.60		
11	761	Tomas Ellis	Cardiff AAC	3.57		
12	319	Sebastain Fry	Hereford AC	3.16		
13	324	Simon Chapman	Hereford AC	2.78		

2:50 PM

Record

7.02, Lloyd James, Aberdare, 2009

Pos	Bib	F24 - (3.25kg) Shot U13B	Club	Perf.	AW	Grade
1	323	Harry Jones	Hereford AC	6.10		
2	768	Luke Harry	Cardiff AAC	5.80		
3	457	Jordan Bryant	Newport Harriers	5.73		
4	135	Sam Williams	Aberdare VAAC	5.50		
5	458	Jamie Bryant	Newport Harriers	5.11		
6	251	Aaron Powell	Cwmbrian Harriers	5.04		
7	233	Rhys Jones	Cwmbrian Harriers	4.05		
8	758	Aled Griffiths	Cardiff AAC	3.29		

2:10 PM

Record

16.46, Heddwyn Louden, Newport, 2009

New East Division League Record

Pos	Bib	F20 - (1.0kg) Discus U13B	Club	Perf.	AW	Grade
1	458	Jamie Bryant	Newport Harriers	19.14	*	G4
2	461	Steven Russell	Newport Harriers	18.28	*	G4
3	457	Jordan Bryant	Newport Harriers	17.12	*	G4
4	323	Harry Jones	Hereford AC	13.10		
5	232	Owen Murphy	Cwmbrian Harriers	11.31		
6	233	Rhys Jones	Cwmbrian Harriers	10.24		
7	764	Tom Johnson	Cardiff AAC	7.72		
8	760	Kieran Harris	Cardiff AAC	7.17		

11:30 AM

Record

27.21, Ryan Morgan, Newport, 2009

Pos	Bib	F4 - (400g) Javelin U13B	Club	Perf.	AW	Grade
1	461	Steven Russell	Newport Harriers	26.90	*	G3
2	460	Kyle Arnold	Newport Harriers	20.13	*	
3	767	Joe Macphearson	Cardiff AAC	16.51		
4	232	Owen Murphy	Cwmbrian Harriers	16.42		
5	323	Harry Jones	Hereford AC	13.99		
6	324	Simon Chapman	Hereford AC	12.48		
7	761	Tomas Ellis	Cardiff AAC	11.92		
8	233	Rhys Jones	Cwmbrian Harriers	11.29		
9	234	Alex McDowell	Cwmbrian Harriers	10.81		

12:25 PM Race 1

Record 13.0, Bethan Wakefield/Cindy Kitenge, Newport/Cardiff, 2009

Pos	Bib	T6 - 100m U15G	Club	Perf.	WS	AW	Grade
1	163	Samantha Morgan	Aberdare VAAC	13.49	+1.0	*	G4
2	738	Amy Packham-smith	Cardiff AAC	14.10			
3	137	Sian Jones	Aberdare VAAC	14.48			
4	333	Conie Stovell	Hereford AC	14.80			
5	732	Leonora Foley	Cardiff AAC	14.80			
6	237	Olivia Perry	Cwmbran Harriers	14.85			

12:25 PM Race 2

Record 13.0, Bethan Wakefield/Cindy Kitenge, Newport/Cardiff, 2009

Pos	Bib	T6A - 100m U15G	Club	Perf.	WS	AW	Grade
1	728	Ffion Boddily	Cardiff AAC	13.78	-1.0		
2	235	Emily Brown	Cwmbran Harriers	14.81			
3	149	Naomi Richardson	Aberdare VAAC	15.32			
4	150	Katie Hall	Aberdare VAAC	15.44			
5	335	Holly brotherton	Hereford AC	15.54			
6	330	Charlene Watkins	Hereford AC	15.63			
7	730	Karla Nasey	Cardiff AAC	15.80			

3:15 PM Race 1

Record 26.4, Hannah Griffiths, Newport, 2009

Pos	Bib	T23 - 200m U15G	Club	Perf.	WS	AW	Grade
1	482	Hannah Griffiths	Newport Harriers	26.86	-1.0	*	G3
2	738	Amy Packham-smith	Cardiff AAC	29.31			
3	336	Emma Cole	Hereford AC	29.35			
4	725	Aleish Ernest	Cardiff AAC	31.01			
5	333	Conie Stovell	Hereford AC	31.99			

3:15 PM Race 2

Record 26.4, Hannah Griffiths, Newport, 2009

Pos	Bib	T23A - 200m U15G	Club	Perf.	WS	AW	Grade
1	331	Megan Risdale	Hereford AC	27.72	-0.7	*	G4
2	734	Maisie Matthews	Cardiff AAC	27.88		*	G4
3	137	Sian Jones	Aberdare VAAC	30.40			
4	235	Emily Brown	Cwmbran Harriers	30.63			
5	516	Megan Tasker	Rhondda AC	30.76			

12:50 PM Race 1

Record 42.5, Hannah Griffiths, Newport, 2009

Pos	Bib	T9 - 300m U15G	Club	Perf.	WS	AW	Grade
1	482	Hannah Griffiths	Newport Harriers	42.92		*	G2
2	331	Megan Risdale	Hereford AC	44.55		*	G4
3	157	Isabelle Godfrey	Chepstow Harriers	46.08		*	
4	726	Catrin Griffiths	Cardiff AAC	46.46		*	
5	732	Leonora Foley	Cardiff AAC	47.16			
6	332	Tasha Webster	Hereford AC	49.43			
7	236	Francesca Hyde	Cwmbran Harriers	51.25			

2:20 PM Race 1

Record 2.31.9, Isobelle Godfrey, Chepstow, 2009

New East Division League Record

Pos	Bib	T17 - 800m U15G	Club	Perf.	WS	AW	Grade
1	157	Isabelle Godfrey	Chepstow Harriers	2:28.90		*	G2
2	726	Catrin Griffiths	Cardiff AAC	2:37.77			
3	327	Jade willaims	Hereford AC	2:39.98			
4	516	Megan Tasker	Rhondda AC	2:40.96			
5	149	Naomi Richardson	Aberdare VAAC	2:44.57			
6	733	Lucy Daley	Cardiff AAC	2:44.70			
7	336	Emma Cole	Hereford AC	2:46.82			
8	332	Tasha Webster	Hereford AC	2:50.13			

3:50 PM

Record 5.34.76, Ellie Leek, Cwmbran, 2009

New East Division League Record

Pos	Bib	T27 - 1500m U15G	Club	Perf.	WS	AW	Grade
1	245	Ellie Leek	Cwmbran Harriers	5:18.84		*	
2	236	Francesca Hyde	Cwmbran Harriers	5:30.72			

11:45 AM Race 1

Record , No Record Set, ,

New East Division League Record

Pos	Bib	T1C - 1000m walk U15G	Club	Perf.	WS	AW	Grade
1	334	Olivia Mills	Hereford AC	7:58.7			

2:00 PM Race 1

Record 12.6, Rebecca Foley, Cardiff, 2009

Pos	Bib	T15 - 75m Hurdles U15G	Club	Perf.	WS	AW	Grade
1	742	Megan Clarke	Cardiff AAC	13.11	-0.2	*	G4
2	732	Leonora Foley	Cardiff AAC	13.23		*	G4
3	727	Chloe Phillips	Cardiff AAC	13.89		*	
4	330	Charlene Watkins	Hereford AC	15.62			
5	325	Jenny Grech	Hereford AC	16.23			

4:30 PM

Record 53.2, Team, Cardiff, 2009

Pos	Bib	T32 - 4 x 100 relay U15G	Club	Perf.	WS	AW	Grade
1	796	U15 Scoring Team	Cardiff AAC	56.61			
2	398	U15 Scoring Team	Hereford AC	57.37			
3	198	U15 Scoring Team	Aberdare VAAC	58.09			
4	498	U15 Scoring Team	Newport Harriers	58.11			
5	298	U15 Scoring Team	Cwmbran Harriers	59.50			

4:30 PM

Record , , ,

Pos	Bib	T32A - 4 x 100 Guest Relay U15G	Club	Perf.	WS	AW	Grade
1	797	U15 Non Scoring Team	Cardiff AAC	58.17			
2	399	U15 Non Scoring Team	Hereford AC	58.95			

12:30 PM Race 1

Record 12.1, Tom Norton, Cwmbran, 2009

Pos	Bib	T7 - 100m U15B	Club	Perf.	WS	AW	Grade
1	153	Cobi Robinson	Chepstow Harriers	12.52	-0.8	*	
2	252	Andrew Chan	Cwmbran Harriers	12.79			
3	146	Ellis Evans	Aberdare VAAC	13.02			
4	341	Anthony watkins	Hereford AC	14.22			
5	342	Jake Harman	Hereford AC	14.68			
6	787	Joe Jones	Cardiff AAC	15.50			

12:30 PM Race 2

Record 12.1, Tom Norton, Cwmbran, 2009

Pos	Bib	T7A - 100m U15B	Club	Perf.	WS	AW	Grade
1	238	Tom Norton	Cwmbran Harriers	12.53	-0.9	*	
2	250	James Perry	Cwmbran Harriers	12.86			
3	338	Perry Fry	Hereford AC	13.24			
4	781	Lewys Jones	Cardiff AAC	13.48			
5	520	Geriant Edwards	Rhondda AC	13.51			
6	147	Rodri Davies	Aberdare VAAC	15.34			

3:10 PM Race 1

Record 26.5, Joe McLean, Cardiff, 2009

New East Division League Record

Pos	Bib	T22 - 200m U15B	Club	Perf.	WS	AW	Grade
1	238	Tom Norton	Cwmbran Harriers	24.96	-1.5	*	G4
2	153	Cobi Robinson	Chepstow Harriers	25.28		*	G4
3	146	Ellis Evans	Aberdare VAAC	26.37			
4	338	Perry Fry	Hereford AC	26.53			
5	785	Matt Holmes	Cardiff AAC	27.65			

3:10 PM Race 2

Record 26.5, Joe McLean, Cardiff, 2009

Pos	Bib	T22A - 200m U15B	Club	Perf.	WS	AW	Grade
1	252	Andrew Chan	Cwmbran Harriers	25.89	+0.4	*	
2	751	George Ivins	Cardiff AAC	27.18			
3	239	Stephen Scarfi	Cwmbran Harriers	27.40			
4	341	Anthony watkins	Hereford AC	28.11			
5	472	Taylor Jones	Newport Harriers	28.82			
6	155	Johnathan Rees	Chepstow Harriers	29.92			

12:40 PM Race 1

Record 59.5, Curtis Goodger, Newport, 2009

New East Division League Record

Pos	Bib	T8 - 400m U15B	Club	Perf.	WS	AW	Grade
1	243	Matthew Antoniazzi	Cwmbran Harriers	55.97	+1.3	*	G3
2	784	Iwan Hughes	Cardiff AAC	61.36			
3	160	Arran Campbell	Chepstow Harriers	64.57			
4	240	Ben Jones	Cwmbran Harriers	64.59			

2:30 PM Race 1

Record 2.23.6, Stephen Scarfi, Cwmbran, 2009

Pos	Bib	T18 - 800m U15B	Club	Perf.	AW	Grade
1	341	Anthony watkins	Hereford AC	2:30.23		
2	154	Rhys Penny	Chepstow Harriers	2:32.39		
3	755	Felix Iacono	Cardiff AAC	2:35.54		
4	147	Rodri Davies	Aberdare VAAC	2:47.58		

3:40 PM

Record 5.04.5, Tomos Adler, Aberdare, 2009

New East Division League Record

Pos	Bib	T26 - 1500m U15B	Club	Perf.	AW	Grade
1	481	Curtis Goodger	Newport Harriers	4:44.56	*	G4
2	240	Ben Jones	Cwmbran Harriers	4:50.18	*	
3	489	Jack Fear	Newport Harriers	5:04.90		
4	343	Will Maul	Hereford AC	5:14.68		

1:30 PM Race 1

Record 12.52, Tyron Blake, Cwmbran, 2009

New East Division League Record

Pos	Bib	T12 - 80m Hurdles U15B	Club	Perf.	WS	AW	Grade
1	786	Ben Pearse	Cardiff AAC	12.24	+0.2	*	G2
2	779	Josh Selway	Cardiff AAC	13.37		*	G4
3	751	George Ivins	Cardiff AAC	14.28			
4	342	Jake Harman	Hereford AC	14.45			
5	784	Iwan Hughes	Cardiff AAC	14.80			
6	474	Megan Coe	Newport Harriers	16.54			
7	337	Mathew Bennett	Hereford AC	17.61			

4:45 PM

Record 54.53, Team, Cardiff, 2009

New East Division League Record

Pos	Bib	T35 - 4 x 100 relay U15B	Club	Perf.	WS	AW	Grade
1	298	U15 Scoring Team	Cwmbran Harriers	52.58			
2	796	U15 Scoring Team	Cardiff AAC	55.14			
3	398	U15 Scoring Team	Hereford AC	55.59			
4	96	U15 Scoring Team	Chepstow Harriers	56.47			
5	498	U15 Scoring Team	Newport Harriers	56.85			

2:10 PM

Record 1.58, Ffion Boddily, Cardiff, 2009

New East Division League Record

Pos	Bib	F21 - High Jump U15G	Club	Perf.	WS	AW	Grade
1	728	Ffion Boddily	Cardiff AAC	1.60		*	G1
2	479	Bethan Hill-Howells	Newport Harriers	1.50		*	G2
3	734	Maisie Matthews	Cardiff AAC	1.45		*	G3
4	742	Megan Clarke	Cardiff AAC	1.45		*	G3
5	245	Ellie Leek	Cwmbran Harriers	1.40		*	G4
6	237	Olivia Perry	Cwmbran Harriers	1.35			
7	328	Lydia Prosser	Hereford AC	1.20			
8	736	Sally Nicholas	Cardiff AAC	1.20			

11:30 AM

Record 2.50, Lucy Daley, Cardiff, 2009

New East Division League Record

Pos	Bib	F8 - Pole Vault U15G	Club	Perf.	WS	AW	Grade
1	736	Sally Nicholas	Cardiff AAC	2.60		*	G2
2	733	Lucy Daley	Cardiff AAC	2.45		*	G3
3	328	Lydia Prosser	Hereford AC	2.10		*	G4

11:30 AM

Record 4.84, Bethan Wakefield, Neport, 2009

Pos	Bib	F5 - Long Jump U15G	Club	Perf.	WS	AW	Grade
1	728	Ffion Boddily	Cardiff AAC	4.75		*	G2
2	163	Samantha Morgan	Aberdare VAAC	4.68		*	G3
3	479	Bethan Hill-Howells	Newport Harriers	4.53		*	G4
4	742	Megan Clarke	Cardiff AAC	4.17			
5	333	Conie Stovell	Hereford AC	3.98			
6	335	Holly brotherton	Hereford AC	3.97			
7	157	Isabelle Godfrey	Chepstow Harriers	3.97			
8	235	Emily Brown	Cwmbran Harriers	3.94			
9	332	Tasha Webster	Hereford AC	3.87			
10	245	Ellie Leek	Cwmbran Harriers	3.86			
11	734	Maisie Matthews	Cardiff AAC	3.80			
12	137	Sian Jones	Aberdare VAAC	3.67			
13	149	Naomi Richardson	Aberdare VAAC	3.53			
14	150	Katie Hall	Aberdare VAAC	3.22			

3:40 PM

Record 8.57, Melissa Arthur, Newport, 2009

New East Division League Record

Pos	Bib	F29 - (3.25kg) Shot U15G	Club	Perf.	WS	AW	Grade
1	326	Emma Crooke	Hereford AC	10.00		*	G1
2	477	Melissa Arthur	Newport Harriers	8.60		*	G3
3	163	Samantha Morgan	Aberdare VAAC	7.61		*	
4	474	Megan Coe	Newport Harriers	6.83			
5	329	Catherine Evans	Hereford AC	6.67			
6	336	Emma Cole	Hereford AC	6.55			
7	237	Olivia Perry	Cwmbran Harriers	6.39			
8	488	Chloe Powell	Newport Harriers	6.06			
9	334	Olivia Mills	Hereford AC	6.00			
10	335	Holly brotherton	Hereford AC	5.92			
11	150	Katie Hall	Aberdare VAAC	5.71			
12	726	Catrin Griffiths	Cardiff AAC	5.53			
13	733	Lucy Daley	Cardiff AAC	5.26			
14	736	Sally Nicholas	Cardiff AAC	5.25			
15	732	Leonora Foley	Cardiff AAC	4.46			
16	730	Karla Nasey	Cardiff AAC	4.06			
17	325	Jenny Grech	Hereford AC	3.48			

3:00 PM

Record 32.49, Emma Crooke, Hereford, 2009

Pos	Bib	F25 - (1.0kg) Discus U15G	Club	Perf.	WS	AW	Grade
1	326	Emma Crooke	Hereford AC	30.17		*	G1
2	477	Melissa Arthur	Newport Harriers	25.58		*	G2
3	488	Chloe Powell	Newport Harriers	16.84			
4	334	Olivia Mills	Hereford AC	16.13			
5	330	Charlene Watkins	Hereford AC	15.93			
6	329	Catherine Evans	Hereford AC	13.22			
7	737	Samantha Crutcher	Cardiff AAC	12.00			
8	727	Chloe Phillips	Cardiff AAC	9.51			

11:00 AM

Record 38.33, Emma Crooke, Hereford, 2009

New East Division League Record

Pos	Bib	F2 - (3.00kg) Hammer U15G	Club	Perf.	WS	AW	Grade
1	326	Emma Crooke	Hereford AC	41.80		*	G1
2	329	Catherine Evans	Hereford AC	20.29			
3	727	Chloe Phillips	Cardiff AAC	16.20			

12:20 PM

Record 31.73, Emma Crooke, Hereford, 2009

New East Division League Record

Pos	Bib	F11 - (600g) Javelin U15G	Club	Perf.	WS	AW	Grade
1	477	Melissa Arthur	Newport Harriers	34.03		*	G1
2	474	Megan Coe	Newport Harriers	28.39		*	G2
3	327	Jade willaims	Hereford AC	16.65			
4	236	Francesca Hyde	Cwmbran Harriers	8.43			

11:30 AM

Record 1.66, Tyron Blake, Cwmbran, 2009

Pos	Bib	F3 - High Jump U15B	Club	Perf.	WS	AW	Grade
1	755	Felix Iacono	Cardiff AAC	1.43			

11:30 AM

Record 0, No Record Set, , 2009

New East Division League Record

Pos	Bib	F7 - Pole Vault U15B	Club	Perf.	WS	AW	Grade
1	239	Stephen Scarfi	Cwmbran Harriers	2.45			

2:50 PM

Record 5.45, James Perry, Cwmbran, 2009

Pos	Bib	F23 - Long Jump U15B	Club	Perf.	WS	AW	Grade
1	250	James Perry	Cwmbran Harriers	5.17		*	G4
2	520	Geriant Edwards	Rhondda AC	4.72			
3	153	Cobi Robinson	Chepstow Harriers	4.68			
4	158	Luke Hussey	Chepstow Harriers	4.59			
5	785	Matt Holmes	Cardiff AAC	4.55			
6	338	Perry Fry	Hereford AC	4.49			
7	781	Lewys Jones	Cardiff AAC	4.44			
8	784	Iwan Hughes	Cardiff AAC	4.39			
9	343	Will Maul	Hereford AC	4.33			
10	779	Josh Selway	Cardiff AAC	4.24			
11	475	Joel Fowler	Newport Harriers	3.97			
12	342	Jake Harman	Hereford AC	3.95			
13	337	Mathew Bennett	Hereford AC	3.29			

12:20 PM

Record 12.96, Matthew Field, Aberdare, 2009

New East Division League Record

Pos	Bib	F10 - (4.00kg) Shot U15B	Club	Perf.	WS	AW	Grade
1	145	Matthew Field	Aberdare VAAC	14.14		*	G1
2	339	Thomas Fellows	Hereford AC	9.84		*	
3	340	Charlie Craig	Hereford AC	8.24			
4	160	Arran Campbell	Chepstow Harriers	8.19			
5	780	Deon Garrison	Cardiff AAC	6.65			
6	486	Matt Arnold	Newport Harriers	6.12			
7	755	Felix Iacono	Cardiff AAC	5.87			

3:50 PM

Record 39.08, Matthew Field, Aberdare, 2009

New East Division League Record

Pos	Bib	F30 - (1.25kg) Discus U15B	Club	Perf.	WS	AW	Grade
1	145	Matthew Field	Aberdare VAAC	39.40		*	G1
2	340	Charlie Craig	Hereford AC	25.90		*	
3	339	Thomas Fellows	Hereford AC	22.82			
4	160	Arran Campbell	Chepstow Harriers	21.10			
5	486	Matt Arnold	Newport Harriers	16.87			
6	780	Deon Garrison	Cardiff AAC	16.58			
7	155	Johnathan Rees	Chepstow Harriers	15.94			
8	781	Lewys Jones	Cardiff AAC	15.73			
9	751	George Ivins	Cardiff AAC	15.06			
10	158	Luke Hussey	Chepstow Harriers	13.83			
11	337	Mathew Bennett	Hereford AC	12.76			

11:00 AM

Record 20.95, Thomas Fellows, Hereford, 2009

New East Division League Record

Pos	Bib	F1 - (4.00kg) Hammer U15B	Club	Perf.	WS	AW	Grade
1	145	Matthew Field	Aberdare VAAC	34.03		*	G3
2	339	Thomas Fellows	Hereford AC	28.35		*	G4
3	340	Charlie Craig	Hereford AC	22.34			
4	486	Matt Arnold	Newport Harriers	18.13			

1:10 PM

Record 43.84, Tom Norton, Cwmbran, 2009

New East Division League Record

Pos	Bib	F13 - (600g) Javelin U15B	Club	Perf.	WS	AW	Grade
1	238	Tom Norton	Cwmbran Harriers	44.64		*	G1
2	239	Stephen Scarfi	Cwmbran Harriers	33.76		*	G4
3	785	Matt Holmes	Cardiff AAC	28.82			
4	780	Deon Garrison	Cardiff AAC	24.85			
5	489	Jack Fear	Newport Harriers	20.94			
6	158	Luke Hussey	Chepstow Harriers	20.70			
7	475	Joel Fowler	Newport Harriers	19.85			