

T01 MALE 400m Hurdles

Welsh Record: SENM David GREENE, Swansea Harriers , 47.84, 2012/U20M David GREENE, Swansea Harriers
CBP : Gareth WILTSHIRE, South, 52.27, 2010

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	5	Iwan JAMES (U20)	South/Cardiff AAC	58.55	8.0
2	7	David EVANS	West/Pembrokeshire Harriers	67.13	7.0
3	3	Rhodri DAVIES	North/Colwyn Bay AC	68.30	6.0
4	4	Chike AWENDOI	North/	69.22	5.0
5	1	Derek OSBORNE	East/Brecon AC	74.24	4.0
6	2	Darryn MCATEE	East/Newport Harriers	83.22	3.0

[Photo](#)

Supplied by Welsh Timing Team

T02 U17M 400m Hurdles

Welsh Record: Mark ROWLANDS, Swansea Harriers, 53.30, 1994
CBP : Josh SANSOM, West, 57.22, 2010

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	3	Guto TEGID	North/Menai T&F	58.31	8.0
2	7	Wil LLOYD	West/Pembrokeshire Harriers	58.37	7.0
3	8	Stephen JENKINS	West/Swansea Harriers	61.65	6.0
4	1	Evan PRICE-DAVIES	East/Brecon AC	65.92	5.0
5	5	James GOLD	South/Cardiff AAC	68.92	4.0
6	6	Ryan LANE	South/Rhondda AC	73.68	3.0

[Photo](#)

Supplied by Welsh Timing Team

T03 FEMALE 400m Hurdles

Welsh Record: SENW Alyson LAYZELL, Cheltenham, 56.43, 1996/U20W Alyson EVANS, Cardiff AAC, 58.37
CBP : Caryl GRANVILLE, West, 58.88, 2013

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	7	Donna JONES	West/Swansea Harriers	65.28	8.0
2	1	Emily BROWN	East/Cardiff AAC	66.77	7.0
3	6	Rhian JONES (U20)	South/Barry & Vale Harriers	73.37	6.0

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Supplied by Welsh Timing Team

T04 U17W 300m Hurdles

Welsh Record: Caryl GRANVILLE, Carmarthen Harriers, 42.65, 2006
CBP : Caryl GRANVILLE, West, 44.60, 2006

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	7	Niamh ROBERTS	West/Llanelli AC	49.65	8.0
2	5	Lily GASKIN	South/Cardiff AAC	51.24	7.0
3	8	Bronwen STRATTON-THOMAS	West/Swansea Harriers	53.43	6.0
4	1	Bethan WAINWRIGHT	East/Newport Harriers	54.21	5.0
5	3	Anna WILLIAMS	North/Deeside AAC	56.88	4.0
6	4	Jess BIRCH	North/Deeside AAC	58.49	3.0

[Photo](#)

Supplied by Welsh Timing Team

T05 MALE 3000m

Welsh Record: SENM Ian HAMER, Edinburgh, 7:46.40, 1990/U20M Andrew RODGERS, Leeds, 8:12.60, 19
CBP : Dewi GRIFFITHS, West, 8:33.42, 2012

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	6	Oliver WILLIAMS	South/Les Croupiers	8:58.63	8.0
2	5	Matthew EVANS	South/Aberdare VAAC	9:55.03	7.0
3	1	Gareth KNIGHT	East/Newport Harriers	10:11.17	6.0
4	7	Michael BENNS	West/Run4All Neath	10:21.89	5.0
5	8	Matthew DAVIES	West/Run4All Neath	10:34.38	4.0

T05A U17M 3000m

Welsh Record: Colin CLARKSON, Swansea Harriers, 8:25.20, 1977
CBP : Liam LLOYD, West, 8:56.27, 2010

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	88	Nathan JONES	West/Swansea Harriers	9:36.34	8.0
2	66	Devin COOMBES	South/Bridgend AC	9:42.15	7.0
3	33	Tomos LAND	North/Colwyn Bay AC	9:58.36	6.0
4	55	Iestyn EDWARDS	South/Cardiff AAC	10:21.16	5.0
5	22	Joel PRICE	East/Blaenau Gwent AC	10:33.12	4.0
6	77	Thomas CALLARD	West/Neath Harriers	10:37.20	3.0

T06 MALE 100m

Welsh Record: SENM Christian MALCOLM, Cardiff AAC, 10.11, 2001/U20M Christian MALCOLM, Cardiff /
CBP : Marc RITCHIE, South, 10.68, 2006

Pos	Bib	Athletes	Region	Heat 1	ws -0.3
				Perf.	Pts
1	2	Tom EVANS	East/Newport Harriers	11.05	8.0
2	1	Seriashe CHILDS	East/WSEH	11.24	7.0
3	6	Ben PARIS (U20)	South/Cardiff Archers	11.35	6.0
4	5	Kyle THOMAS	South/Bridgend AC	11.40	5.0
5	8	Aaron OSUJI	West/Neath Harriers	11.99	4.0
6	3	Nathan JONES	North/Colwyn Bay AC	12.02	3.0
7	7	Patryk GLANCERZ	West/Llanelli AC	12.12	2.0
8	4	Gethin OWEN	North/Menai T&F	12.51	1.0

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T07 U17M 100m

Welsh Record: Tim BENJAMIN/Andrew WATKINS, Cardiff AAC/Cwmbran Harriers, 10.71, 16.08.1998/03.
CBP : Lloyd REFELL, South, 11.08, 2004

Pos	Bib	Athletes	Region	Heat 1	ws 0.0
				Perf.	Pts
1	7	Owain Lloyd HUGHES	West/Neath Harriers	11.11	8.0
2	3	Zachary PRICE	North/Menai T&F	11.26	7.0
3	4	Dylan SAVAGE	North/Deeside AAC	11.70	6.0
4	5	Alexander HALLIDAY	South/Cardiff AAC	11.85	5.0
5	8	Tristan JAMES	West/Swansea Harriers	11.92	4.0
6	6	Simeon SANTIMA	South/Cardiff AAC	11.95	3.0
7	1	Adam GREY	East/Cwmbran Harriers	12.35	2.0
8	2	Finlay BERTRAM	East/Newport Harriers	12.42	1.0

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T08 U15B 100m

Welsh Record: Andrew WATKINS, Pontypridd AC, 10.99, 2002

CBP : Andrew WATKINS, South, 11.14, 2002

Pos	Bib	Athletes	Region	Heat 1	ws -0.2
				Perf.	Pts
1	5	Josh KNOTT	South/Cardiff Archers	11.74	8.0
2	6	Zak WALL	South/Cardiff Archers	11.91	7.0
3	8	Thomas PAYNE	West/Swansea Harriers	12.06	6.0
4	2	Euan DYKES	East/Brecon AC	12.30	5.0
5	7	Sam PETHERBRIDGE	West/Swansea Harriers	12.32	4.0
6	3	Cai Lewis JONES	North/Menai T&F	12.57	3.0
7	4	Sion Ynyr ROBERTS	North/Menai T&F	12.63	2.0
8	1	George POWELL	East/Rhymney Valley AC	12.67	1.0

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T09 FEMALE 100m

Welsh Record: SENW Sallyanne SHORT/Elaine O'NEILL/Hannah BRIER, Torfaen AC/Woodford Green/Swa

CBP : Ellie MARDLE, South, 12.19, 2004

Pos	Bib	Athletes	Region	Heat 1	ws 0.0
				Perf.	Pts
1	5	Zoe NASH (U20)	South/Newport Harriers	12.36	8.0
2	3	Laura TURLEY	North/West Cheshire	12.56	7.0
3	8	Mia EVANS	West/Swansea Harriers	12.65	6.0
4	4	Megan DAVIES (U20)	North/Maldwyn Harriers	12.74	5.0
5	7	Olivia HAINES (U20)	West/Carmarthen Harriers	13.33	4.0
6	1	Juliet SIDNEY	East/Newport Harriers	14.06	3.0
7	2	Louise KIRBY	East/Parc Bryn Bach	15.05	2.0

[Photo](#) Supplied by Welsh Timing Team

T10 U17W 100m

Welsh Record: Hannah BRIER, Swansea Harriers, 11.57, 2014

CBP : Lisa MARIE EDWARDS, North, 12.10, 2004

Pos	Bib	Athletes	Region	Heat 1	ws 0.0
				Perf.	Pts
1	3	Jennifer TOWNLEY	North/Colwyn Bay AC	12.61	8.0
2	8	Alicia SAMUEL	West/Carmarthen Harriers	12.78	7.0
3	4	Leanne BITHELL	North/Deeside AAC	13.09	6.0
4	7	Holli EVANS	West/Swansea Harriers	13.18	5.0
5	1	Willow RANSOME	East/Brecon AC	13.26	4.0
6	2	Megan LINNELL	East/Newport Harriers	13.30	3.0
7	5	Nia GRUNDY	South/Cardiff AAC	13.39	2.0
8	6	Skye JENKINS PARTON	South/Bridgend AC	14.10	1.0

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T11 U15G 100m

Welsh Record: Helen MILES, Bridgend AC, 12.0 (HT), 1981/Hannah BRIER, Swansea Harriers, 12.04 (ET), :

CBP : Rachel CONWAY, East, 12.45, 2002

Pos	Bib	Athletes	Region	Heat 1	ws +0.3
				Perf.	Pts
1	5	Emmanuella KONE	South/Cardiff AAC	12.74	8.0
2	6	Ffion Louise JONES	South/Cardiff AAC	12.80	7.0
3	3	Chloe GRIFFITH	North/Menai T&F	13.06	6.0
4	1	Sadie GRAHAM- MULVANEY	East/Cardiff AAC	13.34	5.0
5	7	Lauren THOMAS	West/Neath Harriers	13.36	4.0
6	8	Ellie TROMANS	West/Carmarthen Harriers	13.43	3.0
7	4	Eirian OWEN ANNING	North/Wrexham AAC	14.21	2.0
8	2	Paige BALLINGTON	East/Brecon AC	14.46	1.0

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T12 U15B 3000m

Welsh Record: Matthew WILLIS, Wrexham AAC, 8:57.25, 2014

CBP : Oliver BARBARESI, North, 9:37.99, 2014

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	3	Daniel STONES	North/Menai T&F	10:03.67	8.0
2	5	James GRIFFITHS	South/Neath Harriers	10:09.67	7.0
3	7	Dafydd JONES	West/Carmarthen Harriers	10:13.00	6.0
4	8	Iori HUMPHREYS	West/Pembrokeshire Harriers	10:25.40	5.0
5	4	Mathew ANTHONY	North/Deeside AAC	10:41.37	4.0
6	1	Joshua JONES	East/Newport Harriers	10:55.87	3.0

[Photo](#)

Supplied by Welsh Timing Team

T13 MALE 110m Hurdles

Welsh Record: SENM Colin JACKSON, Brecon AC, 12.91, 1993/U20M Colin JACKSON, Cardiff AAC, 13.44,

CBP : Nathan PALMER, South, 14.24, 2002

Pos	Bib	Athletes	Region	Heat 1	ws +0.2
				Perf.	Pts
1	7	Aled PRICE	West/Carmarthen Harriers	15.99	8.0
2	3	Neil EDWARDS	North/Wrexham AAC	21.24	7.0
3	1	Derek OSBORNE	East/Brecon AC	21.60	6.0

[Photo](#)

Supplied by Welsh Timing Team

T14 U17M 100m Hurdles

Welsh Record: David GUEST, Bridgend AC, 12.94, 2007

CBP : Daniel BLAIN, West, 13.49, 2011

Pos	Bib	Athletes	Region	Heat 1	ws -0.1
				Perf.	Pts
1	5	Chinua EBERONWU	South/Cardiff Archers	13.47	8.0
2	7	Haydn DAVIES	West/Carmarthen Harriers	14.30	7.0
3	8	Tyler COOK	West/Swansea Harriers	14.52	6.0
4	3	Guto TEGID	North/Menai T&F	15.07	5.0
5	6	Cameron PAMMENT	South/Cardiff AAC	15.84	4.0

[Photo](#)

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T15 FEMALE 3000m

Welsh Record: SENW Hayley TULLETT, Swansea Harriers, 8:45.39, 2000/U20W Non STANFORD, Swansea

CBP : Caryl JONES, West, 9:56.09, 2009

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	1	Lauren COOPER	East/Parc Bryn Bach	10:37.13	8.0
2	7	Rachel EVANS	West/Run4All Neath	12:13.55	7.0
3	8	Cara-Leanne FARLEY (U20)	West/Run4All Neath	13:03.49	6.0
4	2	Hayley JACKSON	East/Parc Bryn Bach	13:40.66	5.0
5	3	Briony HIBBERT	North/Deeside AAC	14:18.99	4.0

T15A U17W 3000m

Welsh Record: Non STANFORD, Swansea Harriers, 9:22.84, 2004

CBP : Abigail FISCHER, East, 10:56.41, 2014

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	77	Beth THOMAS	West/Swansea Harriers	12:10.96	8.0
2	88	Rhiannon PHILLIPS	West/Neath Harriers	12:39.66	7.0
3	22	Caitlin JONES	East/Newport	13:31.03	6.0
4	11	Shireen BALOUCH	East/Newport Harriers	13:37.98	5.0

T15B U15G 3000m

Welsh Record: Louise SILVA, Melbourne, 10:00.60, 1979

CBP : Mia ROBERTS, North, 10:16.17, 2016

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	333	Rheagan EDWARDS	West U17M/Deeside AAC	10:58.73	8.0
2	444	Imogen OWEN	West U17M/Deeside AAC	11:32.91	7.0
3	555	Bethany GOLD	West U17M/Cardiff AAC	11:57.98	6.0
4	111	Antonia DAWES	North U15B/Newport Harriers	12:11.35	5.0

T16 FEMALE 100m Hurdles

Welsh Record: SENW Kay MORLEY, Cardiff AAC, 12.91, 1990/U20W Bethan EDWARDS, Cardiff AAC, 13.57, 1992

CBP : Caryl GRANVILLE, West, 14.61, 2016

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	8	Caryl GRANVILLE	West/Swansea Harriers	13.48	8.0
2	7	Mia EVANS	West/Swansea Harriers	14.90	7.0
3	3	Becky JONES-MORRIS	North/Menai T&F	17.71	6.0

[Photo](#)

Supplied by Welsh Timing Team

T17 MALE 800m

Welsh Record: SENM Gareth WARBURTON, Cardiff AAC, 1:44.98, 2012/U20M Paul WILLIAMS, Barry & Vale H, 1:48.20,

CBP : Elliot SLADE, South, 1:51.42, 2012

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	5	Steve MORRIS	South/Cardiff AAC	1:57.44	8.0
2	6	Ieuan JONES (U20)	South/Cardiff AAC	2:04.11	7.0
3	2	Craig HUDSON	East/Newport Harriers	2:05.79	6.0
4	1	Stephen MATHERS	East/Cardiff AAC	2:07.34	5.0
5	3	Tom EVANS	North/Wrexham AAC	2:09.47	4.0
6	4	Oliver EDWARDS	North/Wrexham AAC	2:13.50	3.0
7	7	Nathan PETRIE	West/Run4All Neath	2:14.46	2.0

[Photo](#)

Supplied by Welsh Timing Team

T18 U15B 80m Hurdles

Welsh Record: Harry HILLMAN, Cardiff AAC, 11.02, 2013

CBP : Rhys WILLIAMS, South, 11.03, 2008

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	5	Joe ALEXANDER	South/Cardiff AAC	11.90	8.0
2	7	Sam PETHERBRIDGE	West/Swansea Harriers	12.36	7.0
3	8	Harvey JAMES	West/Swansea Harriers	12.60	6.0
4	6	Zak WALL	South/Cardiff AAC	12.88	5.0
5	2	Iwan REES	East/Rhymney Valley AC	13.05	4.0
6	1	Evan PENNY	East/Blaenau Gwent AC	13.14	3.0
7	3	Finley SAVAGE	North/Deeside AAC	15.39	2.0
8	4	Ellis JONES	North/Menai T&F	17.52	1.0

[Photo](#)

Supplied by Welsh Timing Team

T19 U17W 80m Hurdles

Welsh Record: Heather JONES, Carmarthen Harriers, 11.27, 2003

CBP : Heather JONES, West, 11.33, 2003

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	2	Emilie DAVIES	East/Bleanau Gwent AC	12.44	8.0
2	7	Niamh ROBERTS	West/Llanelli AC	12.78	7.0
3	3	Jess BIRCH	North/Deeside AAC	16.28	6.0
4	1	Caitlin KIRBY	East/Rhymney Valley AC	16.37	5.0

[Photo](#)

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T20 U17M 800m

Welsh Record: Neil HORSFIELD, Newport Harriers , 1:51.6, 1983

CBP : Hassan ABDI, South, 1:55.99, 2014

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	6	Larry RYAN	South/Cardiff AAC	2:01.22	8.0
2	5	Morgan GWYNDAR JAMES	South/Cardiff AAC	2:01.30	7.0
3	1	Connor RICHARDS	East/Newport Harriers	2:02.30	6.0
4	3	Harri JONES	North/Colwyn Bay AC	2:02.95	5.0
5	7	Sebastian LEWIS	West/Neath Harriers	2:03.69	4.0
6	4	Cai Morgan ROBERTS	North/Menai T&F	2:03.83	3.0
7	2	Luke GAWTHORN	East/Newport Harriers	2:09.73	2.0
8	8	Gareth THOMPSON	West/Carmarthen Harriers	2:10.85	1.0

[Photo](#)

Supplied by Welsh Timing Team

T21 U15G 75m Hurdles

Welsh Record: Heather JONES, Carmarthen Harriers, 10.86, 2001

CBP : Heather JONES, West, 11.03, 2001

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	8	Carys POOLE	West/Swansea Harriers	12.00	8.0
2	5	Eve PEARSON	South/Cardiff AAC	12.40	7.0
3	7	Flavia JENKINS	West/Pembrokeshire Harriers	12.50	6.0
4	4	Maddie JACKSON	North/Deeside AAC	12.60	5.0
5	3	Amelia HUCKS	North/Menai T&F	12.70	4.0
6	6	Josie PASLEY	South/Cardiff Archers	12.90	3.0
7	1	Antonia DAWES	East/Newport Harriers	13.1	2.0
8	2	Izzie BRYANT	East/Newport Harriers	15.1	1.0

manual timing

T22 U15B 800m

Welsh Record: Nikita NEARY, Carmarthen Harriers, 1:58.65, 2012

CBP : Rhys GRANVILLE, West, 2:02.78, 2010

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	7	Charlie HOLLAND	West/Swansea Harriers	2:09.03	8.0
2	5	Iwan SMITH	South/Cardiff AAC	2:12.54	7.0
3	1	Samuel CLAYTON	East/Blaenau Gwent AC	2:12.65	6.0
4	8	Finley HINES	West/Neath Harriers	2:12.66	5.0
5	3	Cameron LAWRENCE	North/Menai T&F	2:19.95	4.0
6	6	Lloyd JONES	South/Cardiff AAC	2:21.13	3.0
7	2	Ross MAYO	East/Rhymney Valley AC	2:38.15	2.0

[Photo](#)

Supplied by Welsh Timing Team

T23 FEMALE 800m

Welsh Record: SENW Kirsty MCDERMOTT, Bristol & West AC, 1:57.42, 1985/U20W Kirsty MCDERMOTT, Brecon AC, 2:00.00
CBP : Lisa THOMPSON, North, 2:16.00, 2000

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	5	Georgia COLE (U20)	South/Cardiff AAC	2:19.76	8.0
2	8	Cerys MORGAN	West/Llanelli AC	2:20.13	7.0
3	7	Abigayle GOODRICK-LATHAM	West/Swansea Harriers	2:29.67	6.0
4	2	Leigh BARKER	East/Brecon AC	2:36.86	5.0
5	3	Jemima BENSON	North/Deeside AAC	2:43.97	4.0
6	1	Hayley JACKSON	East/Parc Bryn Bach	3:18.93	3.0

[Photo](#)

Supplied by Welsh Timing Team

T24 U17W 800m

Welsh Record: Amanda PRITCHARD, Cardiff AAC, 2:07.32, 1996
CBP : Ffion PRICE, East, 2:15.48, 2010

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	8	Mollie JONES	West/Swansea Harriers	2:22.14	8.0
2	6	Carys BILL	South/Cardiff AAC	2:23.76	7.0
3	2	Catrin PHILLIPS	East/Newport Harriers	2:23.86	6.0
4	3	Holly ROBERTS	North/Colwyn Bay AC	2:24.72	5.0
5	5	Ffion MORGAN	South/Cardiff Archers	2:29.18	4.0
6	1	Cerys JONES	East/Cwmbran Harriers	2:32.02	3.0
7	7	Rebecca MARTIN	West/Swansea Harriers	2:32.68	2.0
8	4	Swyn EDWARDS	North/Menai T&F	2:40.14	1.0

[Photo](#)

Supplied by Welsh Timing Team

T25 U15G 800m

Welsh Record: Amanda PRITCHARD, Cardiff AAC, 2:10.66, 1994
CBP : Melanie DAVIES, West, 2:17.97, 2003

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	4	Hannah SMITH	North/Deeside AAC	2:29.21	8.0
2	6	Mia GODDARD	South/Cardiff AAC	2:30.27	7.0
3	1	Martyna PIOTROWSKA	East/Cwmbran Harriers	2:30.33	6.0
4	5	Anya LENNON	South/Cardiff Archers	2:35.59	5.0
5	8	Gabrielle GARCIA	West/Swansea Harriers	2:41.91	4.0
6	2	Ellie PARKER	East/Newport Harriers	2:52.62	3.0
DNF	7	Darcie BASS	West/Swansea Harriers		

[Photo](#)

Supplied by Welsh Timing Team

T26 FEMALE 200m

Welsh Record: SENW Michelle SCUTT, Sale Harriers, 22.80, 1982/U20W Michelle PROBERT, Sale Harriers, 23.60, 1976
CBP : Rozelle CAVACIUTI, East, 25.10, 2003

Pos	Bib	Athletes	Region	Heat 1	ws +0.1
				Perf.	Pts
1	3	Laura TURLEY	North/West Cheshire	25.45	8.0
2	5	Zoe NASH (U20)	South/Newport Harriers	25.52	7.0
3	4	Megan DAVIES (U20)	North/Maldwyn Harriers	26.05	6.0
4	8	Danni FRANKLIN	West/Llanelli AC	27.57	5.0
5	1	Juliet SIDNEY	East/Newport Harriers	29.69	4.0
6	2	Louise KIRBY	East/Parc Bryn Bach	32.12	3.0
7	7	Tegan FOLEY	West/Pembrokeshire Harriers	46.60	2.0

[Photo](#)

Supplied by Welsh Timing Team

T27 U17W 200m

Welsh Record: Michelle PROBERT, Sale Harriers, 23.60, 1976

CBP : Lisa MARIE EDWARDS, North, 24.67, 2004

Pos	Bib	Athletes	Region	Heat 1	ws +0.1
				Perf.	Pts
1	3	Jennifer TOWNLEY	North/Colwyn Bay AC	25.73	8.0
2	7	Holli EVANS	West/Swansea Harriers	26.86	7.0
3	1	Megan LINNELL	East/Newport Harriers	27.31	6.0
4	4	Leanne BITHELL	North/Deeside AAC	27.75	5.0
5	5	Nia GRUNDY	South/Cardiff AAC	27.86	4.0
6	8	Medi PHILLIPS	West/Neath Harriers	28.60	3.0
7	6	Skye JENKINS PARTON	South/Bridgend AC	29.22	2.0

[Photo](#)

Supplied by Welsh Timing Team

T28 U15G 200m

Welsh Record: Hannah BRIER, Swansea Harriers, 24.54, 2012

CBP : Rachel CONWAY, East, 25.67, 2002

Pos	Bib	Athletes	Region	Heat 1	ws +2.1
				Perf.	Pts
1	6	Ffion Louise JONES	South/Cardiff AAC	25.93	8.0
2	3	Chloe GRIFFITH	North/Menai T&F	26.38	7.0
3	7	Lauren THOMAS	West/Neath Harriers	27.19	6.0
4	5	Emmanuella KONE	South/Cardiff AAC	27.28	5.0
5	1	Sadie GRAHAM- MULVANEY	East/Cardiff AAC	27.74	4.0
6	4	Amelia HUCKS	North/Menai T&F	27.82	3.0
7	8	Siwan JONES-EVANS	West/Carmarthen Harriers	27.82	2.0
8	2	Paige BALLINGTON	East/Brecon AC	29.97	1.0

[Photo](#)

Supplied by Welsh Timing Team

T29 MALE 200m

Welsh Record: SENM Christian MALCOLM, Cardiff AAC, 20.08, 2001/U20M Christian MALCOLM, Cardiff AAC, 20.29, 19

CBP : Anax DASILVA, South, 22.06, 2012

CBP

Pos	Bib	Athletes	Region	Heat 1	ws +0.1
				Perf.	Pts
1	6	Tom WILLIAMS	South/Barry & Vale Harriers	21.33	8.0
2	1	Tom EVANS	East/Newport Harriers	22.28	7.0
3	3	Reece MIDDLETON	North/Deeside AAC	22.66	6.0
4	5	Ben PARIS (U20)	South/Cardiff Archers	22.77	5.0
5	2	Marcus BAYONA-MARTINEZ	East/Brecon AC	23.18	4.0
6	8	Chris LLOYD	West/Run4All Neath	23.94	3.0
7	7	Patryk GLANCERZ	West/Llanelli AC	24.11	2.0
8	4	Nathan JONES	North/Colwyn Bay AC	24.24	1.0

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T30 U17M 200m

Welsh Record: Tim BENJAMIN, Cardiff AAC, 21.19, 1998

CBP : Bruce TASKER, West, 21.91, 2004

Pos	Bib	Athletes	Region	Heat 1	ws +0.2
				Perf.	Pts
1	7	Owain Lloyd HUGHES	West/Neath Harriers	22.28	8.0
2	3	Zachary PRICE	North/Menai T&F	22.65	7.0
3	5	Steffan JONES	South/Swansea Harriers	23.49	6.0
4	4	Dylan SAVAGE	North/Deeside AAC	23.55	5.0
5	8	Stephen JENKINS	West/Swansea Harriers	23.99	4.0
6	1	Adam GREY	East/Cwmbran Harriers	24.37	3.0
7	6	Dewi PARIS	South/Cardiff Archers	25.37	2.0
8	2	Finlay BERTRAM	East/Newport Harriers	25.70	1.0

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Supplied by Welsh Timing Team

T31 U15B 200m

Welsh Record: Andrew WATKINS, Pontypridd AC, 22.13, 2002

CBP : Andrew WATKINS, South, 22.43, 2002

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	5	Josh KNOTT	South/Cardiff Archers	23.60	8.0
2	8	Joseph REYNOLDS	West/Pembrokeshire Harriers	23.73	7.0
3	2	Benjamin MATTEY	East/Rhymney Valley AC	23.80	6.0
4	1	Euan DYKES	East/Brecon AC	24.49	5.0
5	3	Cai Lewis JONES	North/Menai T&F	24.75	4.0
6	7	Sam PETHERBRIDGE	West/Swansea Harriers	25.09	3.0
7	4	Joshua ROBERTS	North/Colwyn Bay AC	25.37	2.0
8	6	Phil GRUNDY	South/Cardiff AAC	26.40	1.0

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Supplied by Welsh Timing Team

T32 MALE 1500m

Welsh Record: SENM Neil HORSFIELD, Newport Harriers, 3:35.08, 1990/U20M Neil HORSFIELD, Newport Harriers, 3:44

CBP : Dewi GRIFFITHS, West, 3:58.36, 2012

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	5	James VINCENT (U20)	South/Cardiff AAC	4:17.01	8.0
2	1	Chris PROTHERO	East/Blaenau Gwent AC	4:18.82	7.0
3	2	Owen LOCKE (U20)	East/Newport Harriers	4:25.34	6.0
4	7	Chris LEWIS	West/Run4All Neath	4:57.03	5.0
5	4	Oliver EDWARDS	North/Wrexham AAC	5:08.31	4.0
6	6	Brian DIAS	South/Cardiff AAC	5:15.18	3.0
7	8	Ioan EVANS	West/Run4All Neath	5:30.07	2.0

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Supplied by Welsh Timing Team

T33 U17M 1500m

Welsh Record: Colin CLARKSON, Swansea Harriers, 3:51.5y, 1977

CBP : Guy SMITH, West, 4:11.82, 2006

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	3	Cai Morgan ROBERTS	North/Menai T&F	4:18.61	8.0
2	7	Tomos REES	West/Carmarthen Harriers	4:19.78	7.0
3	8	Sebastian LEWIS	West/Neath Harriers	4:22.35	6.0
4	5	Morgan GWYNDAR JAMES	South/Cardiff AAC	4:33.19	5.0
5	1	Jake SEVILLE	East/Newport Harriers	4:35.65	4.0
6	2	David LOCKE	East/Newport Harriers	4:36.51	3.0
7	4	Tomos LAND	North/Colwyn Bay AC	4:52.52	2.0
8	6	Callum RUSSELL	South/Cardiff AAC	5:09.95	1.0

T33A U15B 1500m

Welsh Record: Matthew WILLIS, Wrexham AAC, 4:07.49, 2014

CBP : Matthew WILLIAMS, South, 4:20.27, 2003

CBP

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	88	Rhys JAMES	West/Neath Harriers	4:18.73	8.0
2	33	Mike SPILL	North/Menai T&F	4:22.95	7.0
3	44	Cai La-Trobe ROBERTS	North/Menai T&F	4:35.56	6.0
4	11	Michael OWEN	East/Newport Harriers	4:40.69	5.0
5	55	Andrew PENROSE	South/Cardiff Archers	4:48.44	4.0
6	77	Cian HARRIES	West/Pembrokeshire Harriers	5:00.63	3.0
7	66	Ben HUGHES	South/Cardiff AAC	5:10.88	2.0
8	22	Edward JACKSON	East/Cwmbran Harriers	5:12.12	1.0

T34 FEMALE 1500m

Welsh Record: SENW Hayley TULLETT, Swansea Harriers, 3:59.95, 2003/U20W Georgina OUTTEN, Birchfield Harriers, 4

CBP : Ann MARIE HUTCHISON, West, 4:37.80, 2000

CBP

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	5	Rebecca BURNS	South/Edinburgh AC	4:28.80	8.0
2	3	Martha OWEN (U20)	North/Deeside AAC	5:04.82	7.0
3	8	Lucy OMNET (U20)	West/Pembrokeshire Harriers	5:16.46	6.0
4	7	Abigayle GOODRICK-LATHAM	West/Swansea Harriers	5:18.22	5.0
5	2	Aimee FERGUSON	East/Brecon AC	5:36.29	4.0
6	1	Madeline BAKER	East/Newport Harriers	6:05.85	3.0

T34A U17W 1500m

Welsh Record: Non STANFORD, Swansea Harriers, 4:23.55, 2004

CBP : Kayleigh BROWN, West, 4:46.59, 2006

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	44	Ffion Madi REES-JONES (U15)	North/Menai T&F	5:17.04	8.0
2	77	Alice EVANS	West/Pembrokeshire Harriers	5:17.88	7.0
3	33	Bethan DOWSETT	North/Deeside AAC	5:20.88	6.0
4	11	Ellie ROBINSON	East/Newport Harriers	5:24.18	5.0
5	88	Eliza MARTIN	West/Pembrokeshire Harriers	5:25.96	4.0
6	22	Bethan NELSON	East/Brecon	6:00.35	3.0
7	55	Caitlin CHAPMAN	South/Cardiff AAC	6:07.21	2.0

T35 U15G 1500m

Welsh Record: Cari HUGHES, Menai T&F, 4:33.33, 2013

CBP : Jade WILLIAMS, West, 4:53.30, 2006

CBP

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	3	Samia JONES	North/Menai T&F	4:49.03	8.0
2	7	Ashleigh WILLIS	West/Swansea Harriers	4:59.88	7.0
3	5	Molli LYONS	South/Barry & Vale Harriers	5:09.78	6.0
4	4	Eden O'DEA	North/Wrexham AAC	5:18.19	5.0
5	6	Lili JONES	South/Cardiff AAC	5:20.98	4.0
6	2	Rosie PERKINS	East/Rhymney Valley AC	5:35.81	3.0
7	8	Eden DAVIES	West/Neath Harriers	5:44.95	2.0

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Supplied by Welsh Timing Team

T36 U15G 300m

Welsh Record: Hannah BRIER, Swansea Harriers, 39.7, 2012

CBP : Sacha DIDCOTE, North, 41.34, 2016

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	8	Ellie TROMANS	West/Carmarthen Harriers	42.96	8.0
2	5	Alana LEA	South/Cardiff AAC	44.00	7.0
3	7	Fion DAVIES	West/Pembrokeshire Harriers	44.10	6.0
4	2	Antonia DAWES	East/Newport Harriers	44.65	5.0
5	6	Rosie DOMICAN	South/Cardiff Archers	45.06	4.0
6	4	Eirian OWEN ANNING	North/Wrexham AAC	48.45	3.0
DNF	3	Alys DION REES JONES	North/Menai T&F		
DQ	1	Kaja PIOTROWSKA	East/Cwmbran Harriers		

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T37 U17W 300m

Welsh Record: Eve WILLIAMS, Cwmbran Harriers, 38.97, 2014

CBP : Samantha COGAN, South, 40.57, 2009

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	1	Asia PAUL	East/Blaenau Gwent AC	44.36	8.0
2	7	Ellie LOWETH	West/Carmarthen Harriers	44.55	7.0
3	2	Willow RANSOME	East/Brecon AC	44.80	6.0
4	8	Medi PHILLIPS	West/Neath Harriers	45.19	5.0
5	6	Ffion MORGAN	South/Cardiff Archers	46.23	4.0
6	3	Anna WILLIAMS	North/Deeside AAC	47.67	3.0
DQ	5	Lily GASKIN	South/Cardiff AAC		

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T38 U15B 300m

Welsh Record: Sion ROBERTS, Wrexham AAC, 36.4 (HT), 2012

CBP : George THOMAS, East, 36.52, 2014

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	8	Joseph REYNOLDS	West/Pembrokeshire Harriers	37.65	8.0
2	1	Benjamin MATTEY	East/Rhymney Valley AC	37.96	7.0
3	7	Charlie HOLLAND	West/Swansea Harriers	38.74	6.0
4	5	Evan JONES	South/Bridgend AC	39.16	5.0
5	4	Oliver OWEN	North/Deeside AAC	40.13	4.0
6	3	Finley SAVAGE	North/Deeside AAC	40.44	3.0
7	6	Dylan ANDREWS	South/Bridgend AC	40.81	2.0
8	2	Samuel CLAYTON	East/Blaenau Gwent AC	43.29	1.0

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T39 MALE 400m

Welsh Record: SENM Iwan THOMAS, Newham, 44.36, 1997/U20M Tim BENJAMIN, Cardiff AAC, 46.10, 2001

CBP : Matthew ELIAS, South, 48.20, 2000

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	4	Reece MIDDLETON	North/Deeside AAC	49.24	8.0
2	3	Liam MCGIVEN	North/Wrexham AAC	49.96	7.0
3	5	Iestyn JONES (U20)	South/Cardiff AAC	52.07	6.0
4	7	Aaron JOHN (U20)	West/Pembrokeshire Harriers	52.43	5.0
5	6	Steve MORRIS	South/Cardiff AAC	52.70	4.0
6	1	Ashley JONES	East/Cardiff Met	53.44	3.0
7	2	Scott PRITCHARD (U20)	East/Brecon AC	54.25	2.0
8	8	Dwayne GRIFFITHS	West/Carmarthen Harriers	54.69	1.0

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T40 U17M 400m

Welsh Record: Bruce TASKER, Carmarthen Harriers , 47.85, 2004

CBP : Paul BENNETT, West, 50.14, 2009

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	1	Finley RICHARDS	East/Newport Harriers	52.18	8.0
2	5	Steffan JONES	South/Swansea Harriers	52.62	7.0
3	3	Guto TEGID	North/Menai T&F	53.99	6.0
4	8	Ben PETHERBRIDGE	West/Swansea Harriers	54.13	5.0
5	7	Andrew SALMON	West/Pembrokeshire Harriers	55.59	4.0
6	4	Morgan ASHWORTH	North/Colwyn Bay AC	56.34	3.0
7	6	Ryan LANE	South/Rhondda AC	56.50	2.0
8	2	Toby STARK	East/Newport Harriers	58.53	1.0

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Supplied by Welsh Timing Team

T41 FEMALE 400m

Welsh Record: SENW Michelle SCUTT, Sale Harriers, 50.63, 1982/U20W Sian MORRIS, Port Talbot Harriers, 52.80, 198:
CBP : Megan ROGERS, North, 55.92, 2011

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	3	Ffion Mair ROBERTS (U20)	North/Colwyn Bay AC	59.27	8.0
2	4	Siobhan BENSON (U20)	North/Deeside AAC	59.89	7.0
3	8	Cerys MORGAN	West/Llanelli AC	60.24	6.0
4	7	Donna JONES	West/Swansea Harriers	61.23	5.0
5	1	Victoria BELCHER	East/Newport Harriers	61.93	4.0
6	2	Juliet SIDNEY	East/Newport Harriers	70.19	3.0

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Supplied by Welsh Timing Team

T42 MALE 2000m s/chase

Welsh Record: SENM - Not Recognised/U20M Micky MORRIS, Cwmbran Harriers , 5:34.80, 1975
CBP : Phil COOK, South, 5:58.69, 2001

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	7	David EVANS	West/Pembrokeshire Harriers	7:06.13	8.0
2	6	Matthew EVANS	South/Abeerdare VAAC	7:08.66	7.0
3	5	Jake BROOKE-SMITH (U20)	South/Pontypridd Roadents	7:20.33	6.0
4	8	Paul FLYNN	West/Swansea Harriers	7:55.77	5.0
5	1	Charles NORTHEY	East/Brecon AC	8:00.21	4.0

[Photo](#)

Supplied by Welsh Timing Team

T43 U17M 1500m s/chase

Welsh Record: Steve EVANS, Abertillery, 4:11.20, 1974
CBP : David JONES, West, 4:38.50, 2000

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	5	Owain EDWARDS	South/Cardiff AAC	4:44.11	8.0
2	8	Sebastian LEWIS	West/Neath Harriers	5:01.43	7.0
3	6	James GOLD	South/Cardiff AAC	5:11.62	6.0
4	1	Evan PRICE-DAVIES	East/Brecon AC	5:21.39	5.0
5	3	Tomos LAND	North/Colwyn Bay AC	5:27.74	4.0

[Photo](#)

Supplied by Welsh Timing Team

T44 U15B 1000m walk

Welsh Record: Antonio CIRILLO, Swansea Harriers, 4:20.05, 02.07.2005
CBP : Antonio CIRILLO, West, 4:30.11, 2005

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	114	Henry WHITE	West/Pembrokeshire Harriers	5:55.01	8.0
2	112	Fraser KING	South/Cardiff Archers	6:32.46	7.0
3	111	Oliver OWEN	North/Deeside AAC	6:37.26	6.0
4	110	Ellis JONES	North/Menai T&F	7:30.41	5.0

T44A U15G 1000m walk

Welsh Record: Megan STRATTON-THOMAS, Swansea Harriers, 4:51.72, 16.02.2014

CBP : Megan STRATTON-THOMAS, West, 5:04.22, 2014

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	106	Kasia COOK	West/Pembrokeshire Harriers	6:11.80	8.0
2	107	Cerys TEAGUE	West/Neath Harriers	6:21.99	7.0
3	103	Georgia PARKINSON	North/Menai T&F	6:26.16	6.0
4	104	Molly MCKERLICH	South/Cardiff AAC	6:35.40	5.0
5	102	Anya WILLIAMS	North/Menai T&F	6:39.87	4.0
6	105	Georgina EDWARDS	South/Cardiff AAC	6:58.01	3.0

T44B U17W 1000m walk

Welsh Record: No Welsh Records at this age group

CBP : Jordan PRICE, East, 4:39.80, 2015

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	120	Jeri-Lynne GRABHAM	South/Neath Harriers	5:25.28	8.0
2	116	Emily ROWE	East/Blaenau Gwent AC	6:09.87	7.0
3	118	Holly ROBERTS	North/Colwyn Bay AC	7:30.56	6.0
4	117	Seren JONES	East/Newport Harriers	7:43.84	5.0

T44C U17M 1000m walk

Welsh Record: No Welsh Records at this age group

CBP : Heather LEWIS, West, 4:34.17, 2010

T45 FEMALE 1500m s/chase

Welsh Record: No Welsh Records at this age group

CBP : Rhianwedd PRICE, East, 5:05.10, 2011

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	1	Emily BROWN	East/Cardiff AAC	5:22.45	8.0
2	2	Lauren COOPER	East/Parc Bryn Bach	5:39.54	7.0
3	5	Rhian JONES (U20)	South/Barry & Vale Harriers	5:43.23	6.0
4	6	Katrin HIGGINSON	South/Bridgend AC	5:53.89	5.0
5	7	Grace PAGE (U17)	West/Carmarthen Harriers	6:30.34	4.0

T45A U17W 1500m s/chase

Welsh Record: Lucy DAVIES, Pembrokeshire Harriers, 4:58.99, 2016

CBP : Rhianwedd PRICE, East, 5:35.05, 2010

Pos	Bib	Athletes	Region	Heat 1	Pts
				Perf.	
1	77	Bronwen STRATTON-THOMAS	West/Neath Harriers	5:38.88	8.0
2	55	Carys BILL	South/Cardiff AAC	5:58.37	7.0
3	11	Bethan WAINWRIGHT	East/Blaenau Gwent AC	6:11.98	6.0
4	88	Rhiannon PHILLIPS	West/Swansea Harriers	7:28.99	5.0

T46 MALE & U17M 4x100m

Welsh Record: SENM Wales, 38.73, 1998/U17M Not Recognised

CBP : West WALES, 44.06, 2013

CBP

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	5		South	43.02	8.0
2	1		East	43.96	7.0
3	3		North	45.86	6.0
4	7		West	46.35	5.0

T46A U17M 4x100m

Welsh Record: No Welsh Records at this age group

CBP : South WALES, 43.92, 2016

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	6		South	46.35	8.0
2	8		West	47.13	7.0
3	4		North	47.14	6.0
4	2		East	48.83	5.0

T47 FEMALE & U17W 4x100m

Welsh Record: SENW Wales, 44.51, 2014

CBP : North WALES, 49.62, 2011

CBP

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	7		West	49.53	8.0
2	3		North	50.32	7.0
3	1		East	57.62	6.0
4					5.0

T47A U17W 4x100m

Welsh Record: No Welsh Records at this age group

CBP : North WALES, 50.00, 2011

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	8		West	52.06	8.0
2	4		North	52.30	7.0
3	6		South	52.39	6.0
4	2		East	62.19	5.0

T48 U15G & U15B 4x100m

Welsh Record: No Welsh Records at this age group

CBP : West WALES, 47.54, 2016

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	5		South	52.00	8.0
2	3		North	52.08	7.0
3	1		East	53.09	6.0
4	7		West	53.14	5.0

T48A U15B 4x100m

Welsh Record: No Welsh Records at this age group
CBP : West WALES, 46.34, 2014

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	6		South	47.14	8.0
2	8		West	47.75	7.0
3	2		East	48.27	6.0
4	4		North	48.89	5.0

T49 MALE & FEMALE 4x400m

Welsh Record: SENM Wales, 3:00.41, 2002/SENW Wales, 3:35.60, 1982
CBP : East WALES, 3:31.62, 2012

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	3		North	3:33.53	8.0
2	1		East	3:39.03	7.0
3	5		South	3:42.21	6.0
4	7		West	3:44.11	5.0

T49A FEMALE 4x400m

Welsh Record: SENW Wales, 3:35.60, 1982

CBP : West WALES, 4:03.91, 2010

CBP

Pos	Bib	Athletes	Region	Heat 1	
				Perf.	Pts
1	4		North	3:33.53	8.0
2	8		West	3:39.03	7.0
3	2		East	3:42.21	6.0
4	6		South	3:44.11	5.0