

LEVEL	UPPER	Track Events Start in Lane
REGION	MIDLAND	
DIVISION	Premier SW	
MATCH	3	
P/FINISH	YES	1

Date Sunday, June 30 2019

Venue @ Cardiff

Host Club Cardiff AAC

Bib	Team Name	Abbrev.	Officials	Track1	Track2	Relays	Field	Total
1	Cardiff AAC	Card	48.0	151.0	141.0	51.0	232.0	623.0
2	Cardiff Archers AC	C Arch	48.0	127.0	24.0	26.0	196.0	421.0
3	Swansea Harriers AC	Swan	56.0	235.0	30.0	39.0	225.0	585.0
4	Team Avon ©	Avon	56.0	264.0	107.0	55.0	263.0	745.0
5	Team DC ©	Team DC	56.0	150.0	75.0	29.0	240.0	550.0
6	West Wales ©	W Wales	32.0	142.0	38.0	26.0	132.0	370.0
-								
-								

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Team Avon ©	745.0	6.0	1573.00	12.00	2318.0	18.0	1
2	Cardiff AAC	623.0	5.0	976.00	7.00	1599.0	12.0	3
3	Swansea Harriers AC	585.0	4.0	1117.50	9.00	1702.5	13.0	2
4	Team DC ©	550.0	3.0	1104.00	8.00	1654.0	11.0	4
5	Cardiff Archers AC	421.0	2.0	780.50	4.00	1201.5	6.0	5
6	West Wales ©	370.0	1.0	440.00	2.00	810.0	3.0	6

TOTAL EVENTS	76
NO COMPETITORS/EVENT CANCELLED/NMR	-
EVENT SCORED	76
REMAINING	-

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
100m U20 Men A

Posn	No.	Athlete	Club	Perf	Wind
					-2.0
					AAA
1	6	LLOYD HUGHES Owain	W Wales	11.22	
2	4	CORY Isaac	Avon	11.62	
3	3	CIABURRI Cameron	Swan	11.91	
4	2	WOODING Sam	C Arch	12.05	
5	1	ROBINSON-BOOTH Iwan	Card	12.08	
6	5	PERRY Christopher	Team DC	12.33	
7					
8					

100m U20 Men B

Posn	No.	Athlete	Club	Perf	Wind
					-2.2
					AAA
1	66	ONYEWU Eli	W Wales	11.53	
2	44	BELCHAMBER Aaron	Avon	11.93	
3	11	SANTIMA Simeon	Card	11.97	
4	33	AWAL Naim	Swan	12.29	
5					
6					
7					
8					

200m U20 Men A

Posn	No.	Athlete	Club	Perf	Wind
					-3.1
					AAA
1	6	LLOYD HUGHES Owain	W Wales	22.33	3
2	4	CORY Isaac	Avon	23.36	
3	2	WOODING Sam	C Arch	24.17	
4	5	JENKIN Hayden	Team DC	24.34	
5	1	ROBINSON-BOOTH Iwan	Card	25.15	
6	3	AWAL Naim	Swan	25.82	
7					
8					

200m U20 Men B

Posn	No.	Athlete	Club	Perf	Wind
					-1.0
					AAA
1	66	ONYEWU Eli	W Wales	23.55	
2	44	BELCHAMBER Aaron	Avon	24.10	
3	55	PERRY Christopher	Team DC	24.65	
4	11	REGISTER Matthew X	Card	25.47	
5	22	MAULLIN-DAVIES Jacob	C Arch	25.86	
6	33	JONES Joe	Swan	26.34	
7					
8					

400m U20 Men A

Posn	No.	Athlete	Club	Perf	Wind
					AAA
1	3	JONES Steffan Dylan	Swan	49.51	2
2	1	JAMES Morgan Glyndwr	Card	50.12	3
3	4	MITCHELL Nathanael	Avon	51.76	
4	5	JENKIN Hayden	Team DC	52.20	
5	6	HARTNOLL Samuel	W Wales	55.53	
6					
7					
8					

400m U20 Men B

Posn	No.	Athlete	Club	Perf	Wind
					AAA
1	11	JOLLY Aaron	Card	51.13	3
2	44	HOWORTH John	Avon	52.89	
3	33	WILLIAMS Dewi	Swan	59.95	
4					
5					
6					
7					
8					

800m U20 Men A

Posn	No.	Athlete	Club	Perf	Wind
					AAA
1	2	PENROSE James	C Arch	02:00.16	
2	44	HAYWARD Greg	Avon	02:00.94	
3	5	MCLELLAN Bradley X	Team DC	02:02.50	
4	3	JONES Steffan Dylan	Swan	02:04.45	
5	11	RYAN Larry	Card	02:04.49	
6					
7					
8					

800m U20 Men B

Posn	No.	Athlete	Club	Perf	Wind
					AAA
1	4	COLE Ellery	Avon	02:02.40	
2	33	HENDERSON Thomas	Swan	02:06.70	
3	1	GOLD James	Card	02:07.08	
4					
5					
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
1500m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	4	HOWORTH John	Avon	04:01.22	3
2	6	LEWIS Sebastian	W Wales	04:09.45	
3	11	RYAN Larry	Card	04:12.77	
4	33	HENDERSON Thomas	Swan	04:34.35	
5	5	HOPPER Luke	Team DC	04:42.71	
6					
7					
8					

1500m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	1	EDWARDS Iestyn	Card	04:16.89	
2	44	KERFOOT Steve X	Avon	04:18.06	
3	3	POWELL Martin	Swan	04:50.11	
4					
5					
6					
7					
8					

3000m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	4	HASAN Abdifataah	Avon	08:51.31	3
2	1	JAMES Morgan	Card	08:59.66	
3	3	POWELL Martin	Swan	10:04.93	
4	6	CAMPION Callum	W Wales	10:12.27	
5	5	HOPPER Luke	Team DC	11:14.53	
6					
7					
8					

3000m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	11	EDWARDS Owain	Card	09:22.86	
2	44	WRIGHT James	Avon	09:37.89	
3					
4					
5					
6					
7					
8					

110m Hurdles U20 Men A

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	4	EVANS Jonathan	Avon	18.62		-2.5
2						
3						
4						
5						
6						
7						
8						

110m Hurdles U20 Men B

Posn	No.	Athlete	Club	Perf	AAA	Wind
1						
2						
3						
4						
5						
6						
7						
8						

400m Hurdles U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	4	MEREDITH Harry	Avon	57.57	
2	6	LLOYD Wiliam	W Wales	60.67	
3	5	PERRY Christopher	Team DC	62.36	
4	2	MAULLIN-DAVIES Jacob	C Arch	62.43	
5	3	DUN George X	Swan	72.64	
6					
7					
8					

400m Hurdles U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	44	COLE Ellery	Avon	58.02	
2					
3					
4					
5					
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
2000m s/c U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	5	STEVENS Bradley	Team DC	06:32.18	3
2	1	JACKSON Alex	Card	06:46.99	
3					
4					
5					
6					
7					
8					

2000m s/c U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	55	HOPPER Luke	Team DC	07:52.14	
2					
3					
4					
5					
6					
7					
8					

Long Jump U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	4	OLECH Marcin	Avon	6.57 1.5	3
2	6	WHEELER Ollie	W Wales	6.47 1.2	3
3	3	HOSGOOD Ieuan	Swan	5.92 1.7	
4	2	MAULLIN-DAVIES Samuel	C Arch	5.28 2.5	
5	1	HENSON Benjamin X	Card	5.16 1.5	
6	5	ROGERS Ben	Team DC	4.84 1.5	
7					
8					

Long Jump U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	66	HARTNOLL Samuel	W Wales	5.78 1.6	
2					
3					
4					
5					
6					
7					
8					

High Jump U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	3	BEGGS Iwan	Swan	1.80	
2=	1	MOHSIN Adam	Card	1.80	
2=	4	HOWORTH Rory	Avon	1.80	
4	6	LLOYD Wiliam	W Wales	1.70	
5	5	STEVENS Bradley	Team DC	1.65	

High Jump U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA

Triple Jump U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	1	ATKINSON Tom	Card	13.55 4.1	2
2	4	OLECH Marcin	Avon	12.71 2.5	
3	6	WHEELER Ollie	W Wales	12.15 1.0	
4	3	BEGGS Iwan	Swan	11.80 3.6	
5	2	MAULLIN-DAVIES Samuel	C Arch	10.78 1.9	
6	5	ROGERS Ben	Team DC	9.15 1.7	
7					
8					

Triple Jump U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	11	MOHSIN Adam	Card	11.69 2.9	
2					
3					
4					
5					
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
Pole Vault U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	3	HOSGOOD Ieuan	Swan	4.25	
2	2	MELLOR Mark	C Arch	3.95	

Pole Vault U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	33	FENWICK Sam	Swan	X	

Shot U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	5	TYLER Josh	Team DC	13.92	1
2	4	HOWORTH Rory	Avon	11.72	
3	3	DUN George X	Swan	11.06	
4	1	BARKLEY Rhys	Card	8.20	
5	2	MAULLIN-DAVIES Jacob	C Arch	6.08	
6	6	SALMON Andrew	W Wales	5.34	
7					
8					

Shot U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	11	JAMES Morgan Glyndwr	Card	7.46	
2	22	MAULLIN-DAVIES Samuel	C Arch	X	
3					
4					
5					
6					
7					
8					

Discus U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	5	TYLER Josh	Team DC	34.19	
2	4	EVANS Jonathan	Avon	24.58	
3	2	MAULLIN-DAVIES Samuel	C Arch	23.46	
4	1	BARKLEY Rhys	Card	21.90	
5	3	THOMAS Harley X	Swan	19.56	
6	6	SALMON Andrew	W Wales	13.71	
7					
8					

Discus U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1					
2					
3					
4					
5					
6					
7					
8					

Hammer U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	5	TYLER Josh	Team DC	44.03	
2	6	SALMON Andrew	W Wales	17.78	
3					
4					
5					
6					
7					
8					

Hammer U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	55	ROGERS Ben	Team DC	26.89	
2					
3					
4					
5					
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
Javelin U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	1	TAYLOR Cameron	Card	46.63	
2	3	RIGBY Ethan	Swan	43.29	
3	2	MAULLIN-DAVIES Jacob	C Arch	42.22	
4	5	STEVENS Bradley	Team DC	37.42	
5	6	SALMON Andrew	W Wales	18.84	
6	4	HOWORTH Rory	Avon	x	
7					
8					

Javelin U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	11	BARKLEY Rhys	Card	42.58	
2					
3					
4					
5					
6					
7					
8					

4 x 100m U20 Men A

Posn	No.	Club	Runners	Perf
1	6	W Wales	THOMPSON Tyree X JAMES Harrison WHEELER Ollie LLOYD HUGHES Owain	44.73
2	1	Card	THORNE Louis X JOLLY Aaron SANTIMA Simeon ROBINSON-BOOTH Iwan	45.10
3	4	Avon	BELCHAMBER Aaron WRIGHT Jedani X ELLIOTT Max X CORY Isaac	45.33
4	2	C Arch	MAULLIN-DAVIES Jacob WOODING Sam WALL Zak X NOTT Josh X	45.53
5	5	Team DC	HOPPER Luke PERRY Christopher JENKIN Hayden ROGERS Ben	48.90
6				
7				
8				

4 x 400m U20 Men A

Posn	No.	Club	Runners	Perf
1	4	Avon	MITCHELL Nathanael MEREDITH Harry HOWORTH Rory HOWORTH John	03:28.91
2	1	Card	GOLD James ROBINSON-BOOTH Iwan JAMES Morgan Glyndwr JOLLY Aaron	03:42.30
3	6	W Wales	CAMPION Callum HARTNOLL Samuel LLOYD Wiliam LLOYD HUGHES Owain	03:45.13
4	3	Swan	BEGGS Iwan WILLIAMS Dewi JONES Steffan Dylan AWAL Naim	03:50.32
5				
6				
7				
8				

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
100m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
				Wind	-2.7
1	3	FAKANDE Gabrielle	Swan	12.65	
2	5	SMITH Hannah	Team DC	13.16	
3	4	BREEZE Mia	Avon	13.38	
4	2	MORGAN Grace	C Arch	13.47	
5	1	GASKIN Lily	Card	13.65	
6	6	MOULE Bethany	W Wales	14.15	
7					
8					

100m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
				Wind	-3.1
1	33	WILLIAMS Armani	Swan	13.11	
2	11	WENHAM Seren	Card	13.82	
3	44	OUSBY Becci	Avon	14.24	
4	66	PHILLIPS Medi	W Wales	14.41	
5					
6					
7					
8					

200m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
				Wind	-3.1
1	3	FAKANDE Gabrielle	Swan	25.53	3
2	4	BLUNDELL Jenna	Avon	25.54	3
3	2	MAPPS Caitlyn X	C Arch	26.44	
4	6	ROBERTS Niamh	W Wales	27.50	
5	11	CULLIFORD Lana	Card	27.94	
6					
7					
8					

200m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
				Wind	-3.1
1	33	DAVIES Isabel	Swan	27.38	
2	1	KENAJ Elena elpida X	Card	28.51	
3	66	PHILLIPS Medi	W Wales	30.50	
4					
5					
6					
7					
8					

400m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
				Wind	-3.1
1	3	HILL Amelia	Swan	58.51	2
2	2	RILEY Nia	C Arch	60.23	
3	55	SMITH Hannah	Team DC	61.74	
4	4	IBBOTSON India X	Avon	62.96	
5	1	GASKIN Lily	Card	63.00	
6					
7					
8					

400m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
				Wind	-3.1
1	33	ALLEN Hollie-May	Swan	64.31	
2	5	BYTHEWAY Joely	Team DC	64.56	
3					
4					
5					
6					
7					
8					

800m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
				Wind	-3.1
1	4	HOWARD Kate X	Avon	02:22.37	
2	3	STRATTON-THOMAS Bronwer	Swan	02:25.21	
3	5	BURT Erin	Team DC	02:29.08	
4	6	EVANS Alice	W Wales	02:34.32	
5	1	SATTERLY Rhianna	Card	02:36.96	
6					
7					
8					

800m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
				Wind	-3.1
1	33	THOMAS Beth	Swan	02:41.96	
2	11	CHAPMAN Caitlin	Card	03:08.56	
3	55	CRUTCHLEY Zoe	Team DC	03:19.67	
4					
5					
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
1500m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	5	BURT Erin	Team DC	05:02.91	
2	6	EVANS Alice	W Wales	05:08.17	
3	1	JONES Rhian	Card	05:17.91	
4	3	THOMAS Beth	Swan	05:31.29	
5					
6					
7					
8					

1500m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	55	CRUTCHLEY Zoe	Team DC	06:39.52	
2					
3					
4					
5					
6					
7					
8					

3000m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	1	WRIGHT Laura	Card	10:47.42	
2					
3					
4					
5					
6					
7					
8					

3000m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	11	MEYRICK Bethan X	Card	11:35.07	
2					
3					
4					
5					
6					
7					
8					

100m Hurdles U20 Women A

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	4	BLUNDELL Jenna	Avon	14.34	1	-1.6
2	1	BREEDEN Isabel	Card	15.42		
3	5	MATHER Molly	Team DC	18.02		
4	2	MORGAN Grace	C Arch	DNF		
5						
6						
7						
8						

100m Hurdles U20 Women B

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	55	BYTHEWAY Joely	Team DC	18.70		-1.6
2						
3						
4						
5						
6						
7						
8						

400m Hurdles U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	6	ROBERTS Niamh	W Wales	66.07	3
2	5	MATHER Molly	Team DC	67.54	
3	4	HARVEY Daisy X	Avon	74.23	
4					
5					
6					
7					
8					

400m Hurdles U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	55	RILEY Lowena	Team DC	68.81	
2					
3					
4					
5					
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
1500m s/c U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	1	JONES Rhian	Card	05:55.04	
2					
3					
4					
5					
6					
7					
8					

TD10 1500m s/c U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1					
2					
3					
4					
5					
6					
7					
8					

Long Jump U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	4	ELLISON Robyn	Avon	5.31 +1.0	3
2	2	BROUGHTON Lowri X	C Arch	4.92 +2.7	
3	6	ROBERTS Niamh	W Wales	4.67 +1.6	
4	5	MATHER Molly	Team DC	4.26 +3.0	
5	3	YOUNG Abby X	Swan	3.41 +3.2	
6					
7					
8					

Long Jump U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1					
2					
3					
4					
5					
6					
7					
8					

High Jump U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	1	STEER Emily	Card	1.55	
2	5	BYTHEWAY Joely	Team DC	1.45	
3	4	OUSBY Becci	Avon	1.40	
4	2	MILES Ellie X	C Arch	1.35	
5	3	THOMAS Shannon	Swan	1.25	

High Jump U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	11	BREEDEN Isabel	Card	1.45	

Triple Jump U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	3	JONES Macey	Swan	11.09 2.3	3
2	5	RILEY Lowena	Team DC	9.94 4.7	
3					
4					
5					
6					
7					
8					

Triple Jump U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	33	CAMPION Charlotte	Swan	10.64 4.3	3
2					
3					
4					
5					
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
Pole Vault U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	1	GRIFFITHS Megan	Card	3.20	
2	2	DAVIES Olivia X	C Arch	2.15	

Pole Vault U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	11	HILLMAN Lois	Card	2.90	

Shot U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	3	LEWIS Gwennan	Swan	10.48	3
2	2	GREENMAN Molly	C Arch	10.04	3
3	5	FILEMAN Lois	Team DC	8.62	
4	4	LOUGHLIN Anna	Avon	8.27	
5	6	MOULE Bethany	W Wales	7.67	
6	1	BREEDEN Isabel	Card	6.90	
7					
8					

Shot U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	33	SPACEY Lara	Swan	7.06	
2	66	BACAKOVA Karolinka	W Wales	6.22	
3					
4					
5					
6					
7					
8					

Discus U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	5	FILEMAN Lois	Team DC	32.06	
2	1	ROWLANDS Anais	Card	26.45	
3	2	GREENMAN Molly	C Arch	24.35	
4	3	LEWIS Gwennan	Swan	22.01	
5	44	HOLT Gabriella	Avon	21.35	
6					
7					
8					

Discus U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	4	DALE Jodie	Avon	19.96	
2					
3					
4					
5					
6					
7					
8					

Hammer U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	1	PALMER Ffion	Card	53.69	1
2	4	LOUGHLIN Anna	Avon	50.22	1
3	3	SPACEY Lara	Swan	39.94	
4	5	FILEMAN Lois	Team DC	38.64	
5	6	BACAKOVA Karolinka	W Wales	30.08	
6					
7					
8					

Hammer U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	44	HOLT Gabriella	Avon	42.06	3
2	55	CRUTCHLEY Zoe	Team DC	31.42	
3	66	BACAKOVA Tereza	W Wales	27.59	
4	11	CHAPMAN Caitlin	Card	21.17	
5					
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
Javelin U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	4	DALE Jodie	Avon	33.17	
2	5	RILEY Lowena	Team DC	31.75	
3	2	MORGAN Grace	C Arch	23.66	
4	3	THOMAS Shannon	Swan	15.90	
5	1	SATTERLY Rhianna	Card	15.83	
6					
7					
8					

Javelin U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	33	SPACEY Lara	Swan	9.65	
2					
3					
4					
5					
6					
7					
8					

4 x 100m U20 Women A

Posn	No.	Club	Runners	Perf
1	3	Swan	HILL Amelia DAVIES Isabel MORRIS Macey X FAKANDE Gabrielle	49.55
2	4	Avon	BREEZE Mia BLUNDELL Jenna OUSBY Becci LONGDEN Charlotte X	50.08
3	2	C Arch	DAVIES Jodi X ISAAC Ellie Rose X MORGAN Grace MAPPS Caitlyn X	50.53
4	1	Card	WENHAM Seren CULLIFORD Lana GASKIN Lily GRAHAM-MULVANEY Sadie X	50.70
5	6	W Wales	PHILLIPS Medi LOWETH Ellie X EVANS Alice ROBERTS Niamh	53.73
6	5	Team DC	SMITH Hannah GELLATLY Hannah X HUGHES Lucy X HENRY-BROCK Ella X	54.56
7				
8				

4 x 400m U20 Women A

Posn	No.	Club	Runners	Perf
1	2	C Arch	JACKSON Ella X CALLOW Aimee X EVANS Alaw X RILEY Nia	04:14.26
2	5	Team DC	MATHER Molly RILEY Lowena BYTHEWAY Joely SMITH Hannah	04:15.91
3	3	Swan	STRATTON-THOMAS Bronwen WILLIS Ashleigh X COLLINS Emily X HILL Amelia	04:29.64
4	1	Card	SATTERLY Rhianna JONES Lili X THOMAS Isabel X GASKIN Lily	04:30.79
5				
6				
7				
8				

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
100m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
				Wind -3.1	
1	C	PAYNE Thomas	Swan	11.61	4
2	D	GAME Benjamin	Avon	11.79	4
3	F	THOMPSON Tyree	W Wales	11.89	
4	E	MINARDS Tom	Team DC	11.90	
5	A	THORNE Louis	Card	11.91	
6	B	NOTT Josh	C Arch	11.98	
7					
8					

100m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
				Wind -1.5	
1	DD	WILSON Edward	Avon	11.73	4
2	CC	PETHERBRIDGE Sam	Swan	11.82	
3	BB	WALL Zak	C Arch	11.84	
4	EE	CURTIS Henry	Team DC	12.28	
5	AA	ZHANG Victor	Card	12.67	
6					
7					
8					

200m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
				Wind -4.8	
1	C	PAYNE Thomas	Swan	23.36	3
2	D	MAGGS Josh	Avon	23.82	4
3	A	THORNE Louis	Card	24.03	4
4	E	MINARDS Tom	Team DC	24.12	
5	F	THOMPSON Tyree	W Wales	24.13	
6					
7					
8					

200m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
				Wind -1.7	
1	DD	ELLIOTT Max	Avon	23.58	4
2	CC	PETHERBRIDGE Sam	Swan	24.27	
3	EE	CURTIS Henry	Team DC	25.18	
4	FF	HUMPHREYS Iori	W Wales	28.34	
5					
6					
7					
8					

400m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	F	REYNOLDS Joseph	W Wales	51.89	2
2	C	HOLLAND Charlie	Swan	52.62	3
3	D	DAVIES Justin	Avon	53.87	4
4	E	NEWMAN Daniel	Team DC	56.18	
5	A	ELUYERA Ayomide	Card	60.51	
6					
7					
8					

400m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	FF	MEREDITH Garin	W Wales	54.89	
2					
3					
4					
5					
6					
7					
8					

800m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	A	REYNOLDS Benjamin	Card	01:58.41	1
2	F	JONES Dafydd	W Wales	02:01.55	3
3	D	HARPER Oliver	Avon	02:03.67	3
4	C	HOLLAND Charlie	Swan	02:04.72	4
5	B	ERNEST Noah	C Arch	02:08.92	
6	E	NEWMAN Daniel	Team DC	02:12.52	
7					
8					

800m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	FF	HINES Finlay	W Wales	02:05.90	4
2	EE	WOODMASON Oliver	Team DC	02:13.38	
3	CC	HILL Miles	Swan	02:17.71	
4	AA	RALPHS Cian	Card	02:25.25	
5	DD	HARDING-HILL Beck	Avon	DSQ	
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
1500m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	A	REYNOLDS Jacob	Card	04:07.78	2
2	D	DAVIES Justin	Avon	04:12.12	2
3	B	HARDMAN Rhys	C Arch	04:18.09	3
4	E	WOODMASON Oliver	Team DC	04:24.47	4
5	F	HUMPHREYS Iori	W Wales	04:31.57	
6	C	NICHOLAS Rhys	Swan	05:05.81	
7					
8					

1500m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	DD	THOMAS Rufus	Avon	04:24.60	4
2	AA	MEGAG Salman	Card	04:36.03	
3	EE	MCLELLAN Bradley	Team DC	04:38.46	
4					
5					
6					
7					
8					

3000m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	D	PARSONS Alexander	Avon	08:52.89	1
2	A	SHEPPARD Lloyd	Card	09:04.18	2
3	F	HINES Finlay	W Wales	09:09.76	3
4	B	RAY Ben	C Arch	09:59.69	
5	E	SCANTLEBURY James	Team DC	11:47.63	
6					
7					
8					

3000m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	BB	RILEY Huw	C Arch	10:09.21	
2	FF	HARRIES Cian	W Wales	10:32.30	
3	AA	BRIDGES Lloyd	Card	11:07.02	
4	DD	JONES Ceredig	Avon	12:29.84	
5					
6					
7					
8					

100m Hurdles U17 Men A

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	F	THOMPSON Tyree	W Wales	14.13	3	-1.3
2	D	COVER Jake	Avon	14.61	4	
3	E	CURTIS Henry	Team DC	14.71	4	
4	B	WALL Zak	C Arch	14.90	4	
5	C	CLARKE Owain	Swan	15.31	4	
6	A	LEWIS Elliot	Card	15.75		
7						
8						

100m Hurdles U17 Men B

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	EE	CLAYDEN Tobias	Team DC	15.20	4	-3.3
2	DD	SCAMMELL William	Avon	15.26	4	
3	CC	WILLIS Evan	Swan	16.22		
4						
5						
6						
7						
8						

400m Hurdles U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	C	CLARKE Owain	Swan	59.56	4
2	D	HILLIER Liam	Avon	62.76	
3	A	ELUYERA Ayomide	Card	67.51	
4					
5					
6					
7					
8					

400m Hurdles U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	CC	WILLIS Evan	Swan	66.53	
2	DD	WALL Lewis	Avon	79.68	
3					
4					
5					
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
1500m s/c U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	D	KERFOOT Steve	Avon	04:54.70	4
2	A	VOWLES Harry	Card	05:15.74	
3					
4					
5					
6					
7					
8					

1500m s/c U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	AA	SIMMONDS Rhys	Card	05:49.56	
2	DD	WALL Lewis	Avon	06:55.73	
3					
4					
5					
6					
7					
8					

Long Jump U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	DD	CARTER Kiran	Avon	6.19 3.3	2
2	EE	CLAYDEN Tobias	Team DC	6.11 0.6	3
3	AA	VINCENT Ben	Card	6.03 0.7	3
4	C	PETHERBRIDGE Sam	Swan	5.83 1.2	4
5	B	MAULLIN-DAVIES Ellis	C Arch	3.21 0.4	
6					
7					
8					

Long Jump U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	E	POOLE Sam	Team DC	5.76 2.1	4
2	A	RAWLINS GRUNDY Philip	Card	5.45 2.9	
3	D	GAME Benjamin	Avon	5.42 0.2	
4	CC	PRICE Ryan	Swan	4.89 2.3	
5					
6					
7					
8					

High Jump U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	BRERETON Samuel	Team DC	2.10	1
2=	BB	CARLISLE Gibril	C Arch	1.80	3
2=	DD	ADEOSUN Peter	Avon	1.80	3
4	A	LEWIS Elliot	Card	1.75	
5	CC	PRICE Ryan	Swan	1.55	
6	F	HUMPHREYS Iori	W Wales	X	

High Jump U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	B	WATKINS Oliver	C Arch	1.80	3
2	D	CARTER Kiran	Avon	1.80	3
3	EE	MONCUR Craig	Team DC	1.70	
4	AA	MACE Jacob	Card	1.55	
5	C	BOWLING Addam	Swan	X	

Triple Jump U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	POOLE Sam	Team DC	12.52 2.9	3
2	D	WRIGHT Jedani	Avon	12.19 1.2	3
3	C	PRICE Ryan	Swan	11.04 1.4	
4	A	NEWTON Henry	Card	9.80 0.8	
5					
6					
7					
8					

Triple Jump U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	DD	GAME Benjamin	Avon	11.16 0.5	
2	CC	DUN George	Swan	9.50 1.4	
3					
4					
5					
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
Pole Vault U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	HILLIER Liam	Avon	3.65	
2	B	HOOGENDOORN Efan	C Arch	3.50	
3	A	HENSON Benjamin	Card	X	

Pole Vault U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	DD	WALL Lewis	Avon	2.45	
2	BB	MAULLIN-DAVIES Ellis	C Arch	X	

Shot U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	FOSTER Ben	Team DC	14.04	1
2	F	PHILLIPS Dylan	W Wales	13.53	1
3	C	DUN Oscar	Swan	12.44	3
4	D	SCAMMELL William	Avon	11.93	3
5	B	WALL Zak	C Arch	11.60	4
6	A	VOWLES Harry	Card	7.73	
7					
8					

Shot U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	CC	THOMAS Harley	Swan	11.50	4
2	DD	VINER James	Avon	10.48	
3	FF	BATTEN Morgan	W Wales	9.83	
4	EE	SMITH Leon	Team DC	9.45	
5					
6					
7					
8					

Discus U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	F	DAVIES Harry	W Wales	48.60	1
2	E	MONCUR Craig	Team DC	40.46	2
3	C	WILTON Joshua	Swan	39.82	2
4	D	CONIBEAR Toby	Avon	32.76	4
5	AA	HENSON Benjamin	Card	29.66	4
6	B	HOOGENDOORN Efan	C Arch	9.49	
7					
8					

Discus U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	CC	DUN Oscar	Swan	34.30	3
2	EE	FOSTER Ben	Team DC	34.17	3
3	DD	VINER James	Avon	29.73	4
4	A	JONES EVAN	Card	28.89	4
5	FF	COLELLA Kyle	W Wales	21.83	
6					
7					
8					

Hammer U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	CONIBEAR Toby	Avon	61.26	1
2	C	WILTON Joshua	Swan	27.85	
3	A	JONES EVAN	Card	24.10	
4	F	PHILLIPS Dylan	W Wales	15.46	
5					
6					
7					
8					

Hammer U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	DD	MERRETT Owen	Avon	51.97	2
2	CC	TOBIN Fiachra	Swan	20.93	
3	FF	COLELLA Kyle	W Wales	12.58	
4					
5					
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
Javelin U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	DIBBLE Jacob	Avon	51.12	1
2	E	MONCUR Craig	Team DC	46.94	3
3	F	BATTEN Morgan	W Wales	45.23	3
4	C	WILTON Joshua	Swan	41.00	4
5	A	JONES EVAN	Card	26.35	
6	B	HOOGENDOORN Efan	C Arch	16.35	
7					
8					

Javelin U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	FF	LEWIS Harley	W Wales	39.51	4
2	DD	MERRETT Owen	Avon	39.27	4
3	EE	SMITH Leon	Team DC	37.25	
4	CC	THOMAS Harley	Swan	30.50	
5	BB	MAULLIN-DAVIES Ellis	C Arch	15.77	
6					
7					
8					

4 x 100m U17 Men A

Posn	No.	Club	Runners	Perf
1	C	Swan	PETHERBRIDGE Sam HOLLAND Charlie CLARKE Owain PAYNE Thomas	45.17
2	A	Card	JONES Ellis VINCENT Ben ZHANG Victor AZU KENNEDY Alex	45.45
3	D	Avon	WILSON Edward ADEOSUN Peter GAME Benjamin MAGGS Josh	46.74
4	E	Team DC	CLAYDEN Tobias CURTIS Henry MINARDS Tom POOLE Sam	47.46
5				
6				
7				
8				

4 x 400m U17 Men A

Posn	No.	Club	Runners	Perf
1	D	Avon	SCAMMELL William HARDING-HILL Beck HARPER Oliver OCZKO Filip	03:39.97
2	F	W Wales	HUMPHREYS Iori PHILLIPS Dylan JONES Dafydd HINES Finlay	03:43.15
3	A	Card	SHEPPARD Lloyd REGISTER Matthew REYNOLDS Jacob REYNOLDS Benjamin	03:46.09
4	C	Swan	CLARKE Owain PRICE Ryan PAYNE Thomas HOLLAND Charlie	03:47.55
5	E	Team DC	O NEWMAN Daniel SCANTLEBURY James MCLELLAN Bradley	03:49.88
6				
7				
8				

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
100m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
				Wind	-3.2
1	B	MAPPS Caitlyn	C Arch	12.84	4
2	A	GRAHAM-MULVANEY Sadie	Card	13.20	
3	C	MUGABE Danai	Swan	13.46	
4	F	LOWETH Ellie	W Wales	13.53	
5	D	CARD Phoebe	Avon	13.56	
6					
7					
8					

100m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
				Wind	-0.1
1	BB	DAVIES Jodi	C Arch	13.37	
2	AA	KENAJ Elena elpida	Card	13.62	
3	DD	PURSE Eva	Avon	13.86	
4	CC	BENGERFIELD Tayla-kate	Swan	15.13	
5					
6					
7					
8					

200m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
				Wind	-4.6
1	C	MORRIS Macey	Swan	26.29	3
2	D	LONGDEN Charlotte	Avon	26.88	4
3	A	GRAHAM-MULVANEY Sadie	Card	28.10	
4	F	JENKINS Flavia	W Wales	28.16	
5	B	ISAAC Ellie Rose	C Arch	28.40	
6	E	JAMES Tayla	Team DC	28.53	
7					
8					

200m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
				Wind	-1.6
1	DD	BENNETT-CORDY Alexia	Avon	26.65	4
2	BB	DAVIES Jodi	C Arch	27.39	
3	FF	LOWETH Ellie	W Wales	27.41	
4	CC	MUGABE Danai	Swan	28.03	
5	AA	SUGARMAN Olivia	Card	28.07	
6					
7					
8					

300m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	D	HOWARD Kate	Avon	42.59	3
2	B	EVANS Alaw	C Arch	43.13	4
3	C	JONES Niamh	Swan	43.83	4
4	A	LEA Alana	Card	44.29	4
5	E	JAMES Tayla	Team DC	44.59	
6					
7					
8					

300m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	DD	MOORE Sophie	Avon	45.45	
2	CC	MELROSE Iona	Swan	45.57	
3	EE	GROVES Catherine	Team DC	45.85	
4	BB	JACKSON Ella	C Arch	47.62	
5					
6					
7					
8					

800m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	B	CALLOW Aimee	C Arch	02:20.80	3
2	DD	JONES Dalis	Avon	02:25.90	4
3	CC	JONES Niamh	Swan	02:30.80	
4	E	KEDZIOR-MACDONOUGH Elys	Team DC	02:39.20	
5	F	MOON Tanwen	W Wales	02:42.10	
6	A	JAMES Elen	Card	02:45.40	
7					
8					

800m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	D	IBBOTSON India	Avon	02:31.00	
2	C	BASS Darcie	Swan	02:37.10	
3	BB	LENNON Anya	C Arch	02:40.90	
4					
5					
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
1500m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	A	LYONS Moli	Card	04:49.44	3
2	D	SINCLAIR Danni	Avon	05:00.14	4
3	B	HILL Alanah	C Arch	05:06.78	
4	EE	MCDOWELL Tilly	Team DC	05:11.63	
5					
6					
7					
8					

1500m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	DD	SPINNEY Tilley	Avon	05:14.51	
2	E	KEDZIOR-MACDONOUGH Elys	Team DC	05:16.89	
3	AA	JONES Lili	Card	05:24.26	
4					
5					
6					
7					
8					

3000m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	D	HAMILTON-JAMES Rosie	Avon	10:28.44	3
2	C	WILLIS Ashleigh	Swan	10:41.56	3
3	A	GODDARD Mia	Card	11:28.15	
4	E	GROVES Catherine	Team DC	12:28.85	
5	F	MORGAN Cathryn	W Wales	13:00.41	
6					
7					
8					

3000m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	AA	FRIEDLI Megan	Card	11:47.21	
2					
3					
4					
5					
6					
7					
8					

80m Hurdles U17 Women A

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	D	BENNETT-CORDY Alexia	Avon	12.17	3	-2.1
2	E	CHAPMAN Katie	Team DC	12.20	3	
3	A	DICKINSON Gabby	Card	12.36	3	
4	B	ISAAC Ellie Rose	C Arch	12.37	3	
5	C	COLLINS Emily	Swan	15.33		
6						
7						
8						

80m Hurdles U17 Women B

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	BB	DINEEN Elina	C Arch	13.22		-1.0
2	DD	LONGDEN Charlotte	Avon	13.22		
3	CC	MURPHY Elin	Swan	13.61		
4						
5						
6						
7						
8						

300m Hurdles U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	C	MORRIS Macey	Swan	44.37	1
2	D	BENNETT-CORDY Alexia	Avon	45.77	2
3	B	EVANS Alaw	C Arch	47.08	3
4	A	MAURICE Saffron	Card	52.96	
5					
6					
7					
8					

300m Hurdles U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	DD	BATES Mia	Avon	47.46	4
2	CC	COLLINS Emily	Swan	57.90	
3					
4					
5					
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
1500m s/c U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	D	MAYLOR Enya	Avon	05:23.76	3
2	E	MCDOWELL Tilly	Team DC	05:29.92	3
3	AA	JONES Lili	Card	06:02.93	4
4					
5					
6					
7					
8					

1500m s/c U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	DD	WHITAKER Emily	Avon	05:38.11	4
2	A	GOLD Bethany	Card	06:28.64	
3					
4					
5					
6					
7					
8					

Long Jump U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	CHAPMAN Katie	Team DC	5.50 0.9	1
2	A	DICKINSON Gabby	Card	5.35 1.8	2
3	B	MILES Ellie	C Arch	5.17 4.1	3
4	D	LONGDEN Charlotte	Avon	4.88 3.2	4
5	F	JENKINS Flavia	W Wales	4.86 0.0	4
6	CC	BENGERFIELD Tayla-kate	Swan	3.57 1.1	
7					
8					

Long Jump U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	BB	DINEEN Elina	C Arch	5.01 2.4	4
2	FF	LOWETH Ellie	W Wales	4.27 1.6	
3	DD	WHITAKER Emily	Avon	3.80 4.3	
4	C	PHILLIPS Chantelle	Swan	2.74 2.2	
5					
6					
7					
8					

High Jump U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	F	CHURCH Lili	W Wales	1.60	
2	D	BARKLEY Fiona	Avon	1.60	
3	B	DOMICAN Rosie	C Arch	1.55	
4=	A	THOMAS Isabel	Card	1.45	
4=	EE	HENRY-BROCK Ella	Team DC	1.45	
6	C	COLLINS Emily	Swan	1.35	

High Jump U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	BB	PASLEY Josie	C Arch	1.45	
2	DD	PURSE Eva	Avon	1.40	
3	E	HUGHES Lucy	Team DC	1.35	
4	CC	MURPHY Elin	Swan	1.35	

Triple Jump U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	A	GRAHAM-MULVANEY Sadie	Card	9.84 2.1	4
2	B	BROUGHTON Lowri	C Arch	9.82 1.4	4
3	C	DAVIES Phoebe	Swan	9.13 2.2	
4	D	PURSE Eva	Avon	8.90 0.1	
5					
6					
7					
8					

Triple Jump U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	AA	THOMAS Isabel	Card	9.76 3.7	4
2	BB	MORGAN Abbie	C Arch	8.27 3.1	
3					
4					
5					
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
Pole Vault U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	A	THOMAS Isabel	Card	3.50	
2=	B	HAMER Maddi	C Arch	2.75	
2=	E	HUGHES Lucy	Team DC	2.75	
4	D	LEWIS Hannah	Avon	2.75	

Pole Vault U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	BB	BROUGHTON Lowri	C Arch	2.75	

Shot U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	CHAPMAN Katie	Team DC	11.72	2
2	D	HAMILTON Sophie	Avon	11.22	3
3	B	BEDDALL Ellie	C Arch	11.04	3
4	F	JENKINS Flavia	W Wales	9.38	4
5	A	DICKINSON Gabby	Card	8.31	
6	C	DICKINSON Carys	Swan	7.64	
7					
8					

Shot U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	EE	HENRY-BROCK Ella	Team DC	9.77	4
2	DD	OSBORNE HENDRICKS Thema	Avon	9.68	4
3	BB	JACKSON Ella	C Arch	8.88	
4					
5					
6					
7					
8					

Discus U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	A	CRONIN Bree	Card	34.41	2
2	C	COOPER Holly	Swan	31.16	3
3	D	HAMILTON Sophie	Avon	30.32	3
4	BB	JACKSON Ella	C Arch	26.32	4
5	EE	BENNEY Rebecca	Team DC	24.95	4
6					
7					
8					

Discus U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	AA	GREGSON Lily	Card	27.39	4
2	B	BEDDALL Ellie	C Arch	25.67	4
3	E	YOKI Millicent	Team DC	22.78	
4	CC	DICKINSON Carys	Swan	18.61	
5					
6					
7					
8					

Hammer U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	C	GRIMWADE Cassey	Swan	50.71	2
2	E	GELLATLY Hannah	Team DC	46.35	2
3	D	OSBORNE HENDRICKS Thema	Avon	40.84	3
4	A	GREGSON Lily	Card	31.16	4
5	B	BEDDALL Ellie	C Arch	21.31	
6					
7					
8					

Hammer U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	CC	COOPER Holly	Swan	31.04	4
2	BB	MORGAN Abbie	C Arch	18.64	
3					
4					
5					
6					
7					
8					

UPPER MIDLAND Premier SW @ Cardiff
30-06-19
Javelin U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	HAMILTON Sophie	Avon	41.68	1
2	E	YOKI Millicent	Team DC	34.30	3
3	A	GREGSON Lily	Card	27.49	
4	B	PASLEY Josie	C Arch	20.42	
5	C	COOPER Holly	Swan	X	
6					
7					
8					

Javelin U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	EE	RILEY Kerensa	Team DC	32.31	4
2	DD	LEWIS Hannah	Avon	21.87	
3	BB	ISAAC Ellie Rose	C Arch	16.22	
4	AA	LYONS Moli	Card	12.89	
5					
6					
7					
8					

4 x 100m U17 Women A

Posn	No.	Club	Runners	Perf
1	D	Avon	MOORE Sophie WILLIAMS Abigail BENNETT-CORDY Alexia CARD Phoebe	52.00
2	A	Card	KENAJ Elena elpida LEA Alana SUGARMAN Olivia DICKINSON Gabby	52.19
3	B	C Arch	DINEEN Elina BROUGHTON Lowri MILES Ellie HAMER Maddi	54.24
4	C	Swan	BENGERFIELD Tayla-kate YOUNG Abby MURPHY Elin MUGABE Danai	55.86
5				
6				
7				
8				

4 x 300m U17 Women A

Posn	No.	Club	Runners	Perf
1	D	Avon	BATES Mia JONES Dalis MOORE Sophie IBBOTSON India	02:59.13
2	A	Card	LEA Alana MAURICE Saffron JAMES Elen LYONS Moli	03:02.13
3	E	Team DC	JAMES Tayla BENNEY Rebecca GROVES Catherine CHAPMAN Katie	03:08.96
4	C	Swan	JONES Niamh MELROSE Iona DICKINSON Carys MUGABE Danai	DSQ
5				
6				
7				
8				

UPPER MIDLAND Premier SW @ Cardiff

30-06-19

Cardiff AAC

1	61	JONES Ellis X	100m
	62	AZU KENNEDY Alex X	100m
	63	ZHANG Victor X	100m
	-	-	-
	-	-	-
	-	-	-

 Perf **W/S**

 12.21 -1.5
 12.03 -1.5

Cardiff AAC

1	83	LEGGETT Caitlin	
		LEGGETT Grace	
	85	JAMES Elen X	
	-	-	
	-	-	
	-	-	

Pole Vault	3.05
Pole Vault	
Pole Vault	2.00
-	-
-	-
-	-

 Perf **W/S**

 3.05
 2.00

Cardiff Archers AC

2	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

 Perf **W/S**

4.62 1.6

Cardiff Archers AC

2	73	MORGAN Isabel X	
	-	-	
	73	MORGAN Isabel X	
	73	MORGAN Isabel X	
	-	-	

Long Jump

 Sprint Hurdles
 200m

 Perf **W/S**

 4.62 1.6
 13.31 -1.0
 30.39 -1.6

Swansea Harriers AC

3	77	TOBIN Fiachra X	Shot
	77	TOBIN Fiachra X	Discus
	79	HARRY Carwyn X	Triple Jump
	78	JONES Joe	100m
	79	HARRY Carwyn X	400mH
	79	HARRY Carwyn X	100m

 Perf **W/S**

 18.87
 8.92 1.0
 12.53 -2.2
 81.40
 13.63 -1.5

Swansea Harriers AC

3	-	-	
	80	MILZA Georgia	
	82	BERRELL Ffion	
	81	DAVIES Isabel	
		DICKINSON Carys X	
	81	DAVIES Isabel	

-	
Triple Jump	9.05 3.3
Hammer	X
100m	13.25 -3.1
300m	
200m	

 Perf **W/S**

 9.05 3.3
 X
 13.25 -3.1

Team Avon ©

4	68	VINER James X	Hammer
	71	BRADY Ruben X	Shot
	71	BRADY Ruben X	Discus
	86	OCZKO Filip X	200m
	-	-	-
	-	-	-

 Perf **W/S**

 X
 9.90
 18.48
 24.98 -1.7

Team Avon ©

4	65	WILLIAMS Abigail X	
	67	BRADY Moni X	
	67	BRADY Moni X	
	-	-	
	-	-	
	-	-	

100m	14.09 -0.1
Shot	9.46
Hammer	30.68
-	-
-	-
-	-

 Perf **W/S**

 14.09 -0.1
 9.46
 30.68

Team DC ©

5	-	-	-
	-	-	-
	-	-	-
	64	PERRY Christopher	200m
	-	-	-
	-	-	-

 Perf **W/S**

9.78

Team DC ©

5		YOKI Millicent X	
		RILEY Kerensa X	
		GELLATLY Hannah X	
	72	BYTHEWAY Joely	
	-	-	
	-	-	

Shot	9.78
Shot	9.87
Discus	19.16
400m Hurdles	68.79
-	-
-	-

 Perf **W/S**

 9.78
 9.87
 19.16
 68.79

West Wales ©

6		COLELLA Kyle X	Javelin
	74	LEWIS Dafydd	100m
	75	JAMES Harrison	100m
	75	JAMES Harrison	200m
	76	HARTNOLL Samuel	200m
	87	CAMPION Callum	200m

 Perf **W/S**

 22.80
 12.09 -2.2
 12.42 -2.2
 25.46 -2.2
 25.04 -2.2
 26.67 -2.2

West Wales ©

6	-	-	
	-	-	
	-	-	
	-	-	
	-	-	
	-	-	

-	
-	
-	
-	
-	
-	

 Perf **W/S**

 Perf **W/S**

 Perf **W/S**

 Perf **W/S**