

LEVEL	UPPER	Track Events Start in Lane
REGION	MIDLAND	
DIVISION	SW Midland Promotion	
MATCH	4	
P/FINISH	YES	1

Date Sunday, July 29 2018

Venue @ Swansea

Host Club UAG Midland

Bib	Team Name	Abbrev.	Officials	Track1	Track2	Relays	Field	Total
1	Cardiff Archers	Card Arc	55.0	162.0	65.0	40.0	217.0	539.0
2	Cheltenham & County Harriers	Chelt	55.0	155.0	48.0	27.0	196.0	481.0
3	South East Wales ©	S&E Wales	55.0	79.0	49.0		116.0	299.0
4	Swansea Harriers AC	Swans	55.0	170.0	45.0	52.0	231.0	553.0
5	Team Gwent ©	Gwent	55.0	163.0	54.0	47.0	167.0	486.0
6	West Wales ©	W Wales	55.0	219.0	67.0	53.0	237.0	631.0
-								
-								

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	West Wales ©	631.0	6.0			631.0	6.0	1
2	Swansea Harriers AC	553.0	5.0			553.0	5.0	2
3	Cardiff Archers	539.0	4.0			539.0	4.0	3
4	Team Gwent ©	486.0	3.0			486.0	3.0	4
5	Cheltenham & County Harriers	481.0	2.0			481.0	2.0	5
6	South East Wales ©	299.0	1.0			299.0	1.0	6

TOTAL EVENTS	76
NO COMPETITORS/EVENT CANCELLED/NMR	2
EVENT SCORED	74
REMAINING	-

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**100m U20 Men A**

Posn	No.	Athlete	Club	Perf	Wind
					-3.3
					AAA
1	6	HOPKINS Ceirion	W Wales	11.22	
2	4	ONYEWU Eli	Swans	11.31	
3	5	RUTHERFORD Samuel	Gwent	11.62	
4	2	SMITHSON Callan X	Chelt	11.82	
5	11	MAULLIN-DAVIES Samuel	Card Arc	12.47	
6					
7					
8					

**100m U20 Men B**

Posn	No.	Athlete	Club	Perf	Wind
					AAA
1	44	PARRY Dylan	Swans	11.57	
2	66	OSUJI Aaron	W Wales	12.40	
3	1	MAULLIN-DAVIES Jacob	Card Arc	12.62	
4					
5					
6					
7					
8					

**200m U20 Men A**

Posn	No.	Athlete	Club	Perf	Wind
					-2.9
					AAA
1	4	ONYEWU Eli	Swans	22.93	
2	2	WORMAN Robert	Chelt	23.46	
3	5	RUTHERFORD Samuel	Gwent	23.64	
4	66	LEWIS Dafydd X	W Wales	24.15	
5					
6					
7					
8					

**200m U20 Men B**

Posn	No.	Athlete	Club	Perf	Wind
					-2.9
					AAA
1	44	JONES Steffan Dylan X	Swans	23.02	
2	22	SMITHSON Callan X	Chelt	23.76	
3	6	OSUJI Aaron	W Wales	25.16	
4					
5					
6					
7					
8					

**400m U20 Men A**

Posn	No.	Athlete	Club	Perf	Wind
					AAA
1	4	JONES Steffan Dylan X	Swans	51.00	3
2	1	LACEY-HUGHES Lukas	Card Arc	52.81	
3	6	GANCLERZ Patryk	W Wales	54.36	
4	3	CLAYTON Samuel X	S&E Wales	56.64	
5					
6					
7					
8					

**400m U20 Men B**

Posn	No.	Athlete	Club	Perf	Wind
					AAA
1	11	AUSTIN Daniel	Card Arc	57.80	
2	66	CAMPION Callum X	W Wales	58.51	
3					
4					
5					
6					
7					
8					

**800m U20 Men A**

Posn	No.	Athlete	Club	Perf	Wind
					AAA
1	33	PRICE-DAVIES Brychan	S&E Wales	02:02.23	
2	5	MOUNTFORD Jackson	Gwent	02:02.67	
3	1	LACEY-HUGHES Lukas	Card Arc	02:07.33	
4	6	LEECH Trystan	W Wales	02:14.01	
5					
6					
7					
8					

**800m U20 Men B**

Posn	No.	Athlete	Club	Perf	Wind
					AAA
1	11	NAZARETH Dylan	Card Arc	02:08.51	
2	3	PRICE-DAVIES Evan	S&E Wales	02:10.23	
3	2	DWERRYHOUSE Matthew	Chelt	02:19.18	
4					
5					
6					
7					
8					

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**1500m U20 Men A**

Posn	No.	Athlete	Club	Perf	AAA
1	6	THOMAS Ben	W Wales	04:05.00	
2	4	LAWRENCE Elliot	Swans	04:09.66	
3	5	MOUNTFORD Jackson	Gwent	04:12.76	
4	3	PRICE-DAVIES Brychan	S&E Wales	04:22.85	
5	1	AUSTIN Daniel	Card Arc	04:25.45	
6	2	DWERRYHOUSE Matthew	Chelt	04:30.53	
7					
8					

**1500m U20 Men B**

Posn	No.	Athlete	Club	Perf	AAA
1	55	DENTON Oscar X	Gwent	04:59.09	
2					
3					
4					
5					
6					
7					
8					

**3000m U20 Men A**

Posn	No.	Athlete	Club	Perf	AAA
1	4	SMITH Dominic	Swans	09:16.59	
2	1	NAZARETH Dylan	Card Arc	09:37.35	
3	2	DWERRYHOUSE Matthew	Chelt	09:39.79	
4					
5					
6					
7					
8					

**3000m U20 Men B**

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

**110m Hurdles U20 Men A**

Posn	No.	Athlete	Club	Perf	AAA
1	4	SLADE Tomos	Swans	15.09	3
2					
3					
4					
5					
6					
7					
8					

**110m Hurdles U20 Men B**

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

**400m Hurdles U20 Men A**

Posn	No.	Athlete	Club	Perf	AAA
1	1	MAULLIN-DAVIES Jacob	Card Arc	68.37	
2					
3					
4					
5					
6					
7					
8					

**400m Hurdles U20 Men B**

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

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**2000m s/c U20 Men A**

Posn	No.	Athlete	Club	Perf	AAA
1	6	THOMAS Ben	W Wales	07:12.79	
2					
3					
4					
5					
6					
7					
8					

**2000m s/c U20 Men B**

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

**Long Jump U20 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	4	SLADE Tomos	Swans	6.26	
2	6	WHEELER Ollie	W Wales	6.18	
3	2	WORMAN Robert	Chelt	6.02	
4	1	MAULLIN-DAVIES Samuel	Card Arc	4.84	
5					
6					
7					
8					

**Long Jump U20 Men B**

Posn	Bib	Athlete	Club	Perf	AAA
1	44	WILLIAMS Nicholas	Swans	5.71	
2					
3					
4					
5					
6					
7					
8					

**High Jump U20 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	22	WORMAN Robert	Chelt	1.84	
2	6	NICHOLAS Caleb	W Wales	x	

**High Jump U20 Men B**

Posn	Bib	Athlete	Club	Perf	AAA
1	2	WORMAN Jamie	Chelt	1.60	

**Triple Jump U20 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	4	WILLIAMS Nicholas	Swans	11.99	
2	1	MAULLIN-DAVIES Samuel	Card Arc	10.96	
3	2	WORMAN Jamie	Chelt	10.63	
4					
5					
6					
7					
8					

**Triple Jump U20 Men B**

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

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**Pole Vault U20 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	4	HOSGOOD Ieuan	Swans	4.01	

**Pole Vault U20 Men B**

Posn	Bib	Athlete	Club	Perf	AAA
1	44	WOODNUTT Benjamin	Swans	3.65	

**Shot U20 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	22	WORMAN Jamie	Chelt	11.12	
2	6	NICHOLAS Caleb	W Wales	9.33	
3	3	WILLIAMS James X	S&E Wales	8.34	
4	1	MAULLIN-DAVIES Jacob	Card Arc	7.48	
5					
6					
7					
8					

**Shot U20 Men B**

Posn	Bib	Athlete	Club	Perf	AAA
1	2	WADE Benjamin	Chelt	10.49	
2					
3					
4					
5					
6					
7					
8					

**Discus U20 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	2	WADE Benjamin	Chelt	40.87	2
2	1	MAULLIN-DAVIES Samuel	Card Arc	28.97	
3	6	GANCLERZ Patryk	W Wales	19.17	
4	4	HOSGOOD Ieuan	Swans	11.42	
5					
6					
7					
8					

**Discus U20 Men B**

Posn	Bib	Athlete	Club	Perf	AAA
1	22	WORMAN Jamie	Chelt	24.20	
2					
3					
4					
5					
6					
7					
8					

**Hammer U20 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	2	WADE Benjamin	Chelt	24.03	
2	6	GANCLERZ Patryk	W Wales	17.36	
3					
4					
5					
6					
7					
8					

**Hammer U20 Men B**

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

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**Javelin U20 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	1	MAULLIN-DAVIES Jacob	Card Arc	41.56	
2	6	NICHOLAS Caleb	W Wales	36.64	
3	2	WORMAN Jamie	Chelt	33.00	
4	4	THOMAS Harley X	Swans	28.81	
5	3	PRICE-DAVIES Evan	S&E Wales	23.44	
6					
7					
8					

**Javelin U20 Men B**

Posn	Bib	Athlete	Club	Perf	AAA
1	66	GANCLERZ Patryk	W Wales	20.56	
2					
3					
4					
5					
6					
7					
8					

**4 x 100m U20 Men A**

Posn	No.	Club	Runners	Perf
1	4	Swans	OPOKU ASAMOAH Stephen SLADE Tomos PARRY Dylan ONYEWU Eli	43.91
2	6	W Wales	OSUJI Aaron LLOYD Wiliam X GILES Gruffydd X HOPKINS Ceirion	45.81
3	1	Card Arc	MAULLIN-DAVIES Samuel NOTT Josh X MURATHODZIC Daniel X THOMPSON Chris	46.04
4	5	Gwent	SEVILLE Jake X MATTEY Ben X BERTRAM Finlay X RUTHERFORD Samuel	48.92
5				
6				
7				
8				

**4 x 400m U20 Men A**

Posn	No.	Club	Runners	Perf
1	5	Gwent	DAVIES Ben X LOCKE David X MOUNTFORD Jackson RUTHERFORD Samuel	03:39.94
2	1	Card Arc	LACEY-HUGHES Lukas NAZARETH Dylan MAULLIN-DAVIES Jacob AUSTIN Daniel	03:43.81
3	6	W Wales	GANCLERZ Patryk CAMPION Callum X PHILLIPS Dylan X LEECH Trystan	03:45.83
4	4	Swans	WOODNUTT Benjamin HOSGOOD Ieuan JONES Steffan Dylan X SLADE Tomos	03:53.94
5				
6				
7				
8				

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**100m U20 Women A**

Posn	No.	Athlete	Club	Perf	AAA
			Wind	3.8	
1	6	SAMUEL Alicia	W Wales	12.46	3
2	4	FAKANDE Gabrielle	Swans	12.62	
3	2	ADAMS Freya	Chelt	13.04	
4	1	THOMAS Emily	Card Arc	13.14	
5					
6					
7					
8					

**100m U20 Women B**

Posn	No.	Athlete	Club	Perf	AAA
			Wind		
1	22	IKPEME Florence X	Chelt	13.08	
2	44	WILLIAMS Armani	Swans	13.36	
3	66	PHILLIPS Medi X	W Wales	14.48	
4	11	DAVIES Olivia X	Card Arc	15.01	
5					
6					
7					
8					

**200m U20 Women A**

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-3.2	
1	4	FAKANDE Gabrielle	Swans	25.59	3
2	2	TESTAR Annie X	Chelt	26.79	
3	5	HILL Amelia	Gwent	27.32	
4	6	GRABHAM Jeri-Lynne	W Wales	29.93	
5	1	HAMER Maddi X	Card Arc	30.34	
6					
7					
8					

**200m U20 Women B**

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-3.2	
1	22	ADAMS Freya	Chelt	27.88	
2	44	MUGABE Danai X	Swans	29.26	
3	66	PHILLIPS Imogen X	W Wales	30.57	
4					
5					
6					
7					
8					

**400m U20 Women A**

Posn	No.	Athlete	Club	Perf	AAA
1	2	TESTAR Annie X	Chelt	57.10	1
2	4	WILLIAMS Armani	Swans	60.49	
3	5	HILL Amelia	Gwent	61.19	
4	6	GRABHAM Jeri-Lynne	W Wales	66.46	
5					
6					
7					
8					

**400m U20 Women B**

Posn	No.	Athlete	Club	Perf	AAA
1	66	MARTIN Eliza	W Wales	68.26	
2	44	BEVAN Eve X	Swans	68.79	
3	55	WAINWRIGHT Bethan	Gwent	73.65	
4					
5					
6					
7					
8					

**800m U20 Women A**

Posn	No.	Athlete	Club	Perf	AAA
1	4	STRATTON-THOMAS Bronwer	Swans	02:27.19	
2	6	OMNET Lucy	W Wales	02:30.91	
3	5	PARKER Eleanor X	Gwent	02:35.55	
4	2	QUEKETT Emma X	Chelt	02:37.82	
5					
6					
7					
8					

**800m U20 Women B**

Posn	No.	Athlete	Club	Perf	AAA
1	66	MARTIN Eliza	W Wales	02:41.04	
2					
3					
4					
5					
6					
7					
8					

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**1500m U20 Women A**

Posn	No.	Athlete	Club	Perf	AAA
1	4	GWYTHYR Caitlin X	Swans	04:55.16	
2	6	OMNET Lucy	W Wales	05:15.71	
3	2	HORROCKS Katerina	Chelt	05:27.56	
4					
5					
6					
7					
8					

**1500m U20 Women B**

Posn	No.	Athlete	Club	Perf	AAA
1	66	JONES Carys	W Wales	05:36.13	
2					
3					
4					
5					
6					
7					
8					

**3000m U20 Women A**

Posn	No.	Athlete	Club	Perf	AAA
1	6	PHILLIPS Rhiannon	W Wales	12:53.37	
2					
3					
4					
5					
6					
7					
8					

**3000m U20 Women B**

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

**100m Hurdles U20 Women A**

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	98		No Compet			
2						
3						
4						
5						
6						
7						
8						

**100m Hurdles U20 Women B**

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

**400m Hurdles U20 Women A**

Posn	No.	Athlete	Club	Perf	AAA
1	5	SCARFI Lisa	Gwent	73.89	
2	3	HIGGINSON Katrin	S&E Wales	75.43	
3					
4					
5					
6					
7					
8					

**400m Hurdles U20 Women B**

Posn	No.	Athlete	Club	Perf	AAA
1	55	WAINWRIGHT Bethan	Gwent	78.98	
2					
3					
4					
5					
6					
7					
8					



**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**1500m s/c U20 Women A**

Posn	No.	Athlete	Club	Perf	AAA
1	3	HIGGINSON Katrin	S&E Wales	05:35.80	
2	2	HORROCKS Katerina	Chelt	06:08.22	
3	6	PAGE Grace	W Wales	06:49.36	
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	1	THOMAS Emily	Card Arc	5.58	2
2	6	DAVEY Lauryn	W Wales	5.49	2
3	5	LINNELL Megan X	Gwent	4.28	
4	4	MILZA Georgia	Swans	4.11	
5					
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	5	JENKINS Amy X	Gwent	1.60	
2	6	DAVEY Lauryn	W Wales	1.50	
3	4	QUICK Mollie	Swans	1.45	

**High Jump U20 Women B**

Posn	Bib	Athlete	Club	Perf	AAA
1	44	SIVAK Josie	Swans	1.40	

**Triple Jump U20 Women A**

Posn	Bib	Athlete	Club	Perf	AAA
1	1	THOMAS Emily	Card Arc	10.82	3
2	4	MILZA Georgia	Swans	9.34	
3					
4					
5					
6					
7					
8					

**Triple Jump U20 Women B**

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

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**Pole Vault U20 Women A**

Posn	Bib	Athlete	Club	Perf	AAA
1	98		No Compete		

**Pole Vault U20 Women B**

Posn	Bib	Athlete	Club	Perf	AAA

**Shot U20 Women A**

Posn	Bib	Athlete	Club	Perf	AAA
1	1	ARNOLD Caitlin	Card Arc	10.31	3
2	5	LEWIS Gwennan	Gwent	9.76	3
3	44	SIVAK Josie	Swans	9.26	
4	3	DAVIES Caitlin	S&E Wales	6.62	
5	66	DAVIES Catrina	W Wales	5.41	
6	2	WHALLEY Grace	Chelt	5.40	
7					
8					

**Shot U20 Women B**

Posn	Bib	Athlete	Club	Perf	AAA
1	4	JONES Rachel	Swans	7.99	
2	55	SCARFI Lisa	Gwent	6.88	
3	11	SANI Jennifer	Card Arc	6.69	
4	6	PHILLIPS Rhiannon	W Wales	4.72	
5					
6					
7					
8					

**Discus U20 Women A**

Posn	Bib	Athlete	Club	Perf	AAA
1	11	ARNOLD Caitlin	Card Arc	31.64	
2	6	JONES Danielle	W Wales	30.36	
3	4	JONES Rachel	Swans	26.56	
4	55	LEWIS Gwennan	Gwent	20.21	
5	2	WHALLEY Grace	Chelt	16.70	
6	3	DAVIES Caitlin	S&E Wales	16.10	
7					
8					

**Discus U20 Women B**

Posn	Bib	Athlete	Club	Perf	AAA
1	1	SANI Jennifer	Card Arc	24.35	
2	5	BROWN Phoebe	Gwent	19.02	
3					
4					
5					
6					
7					
8					

**Hammer U20 Women A**

Posn	Bib	Athlete	Club	Perf	AAA
1	3	PEARCE Emily	S&E Wales	41.20	3
2	5	LEWIS Gwennan	Gwent	25.30	
3	4	JONES Rachel	Swans	20.63	
4	1	SANI Jennifer	Card Arc	15.37	
5	2	WHALLEY Grace	Chelt	15.08	
6	6	DAVIES Catrina	W Wales	x	
7					
8					

**Hammer U20 Women B**

Posn	Bib	Athlete	Club	Perf	AAA
1	33	DAVIES Caitlin	S&E Wales	22.05	
2					
3					
4					
5					
6					
7					
8					

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**Javelin U20 Women A**

Posn	Bib	Athlete	Club	Perf	AAA
1	6	MOULE Bethany X	W Wales	43.13	1
2	5	BROWN Phoebe	Gwent	37.53	3
3	4	JONES Rachel	Swans	32.59	
4	1	SANI Jennifer	Card Arc	29.33	
5	2	WHALLEY Grace	Chelt	13.81	
6	3	DAVIES Caitlin	S&E Wales	12.24	
7					
8					

**Javelin U20 Women B**

Posn	Bib	Athlete	Club	Perf	AAA
1	55	MORGAN Caris	Gwent	32.25	
2					
3					
4					
5					
6					
7					
8					

**4 x 100m U20 Women A**

Posn	No.	Club	Runners	Perf
1	1	Card Arc	EVANS Alaw X MORGAN Grace X THOMAS Emily MAPPS Caitlyn X	49.34
2	4	Swans	DAVIES Isabel X WILLIAMS Armani MUGABE Danai X FAKANDE Gabrielle	49.37
3	6	W Wales	PHILLIPS Medi X ROBERTS Niamh X DAVEY Lauryn SAMUEL Alicia	50.97
4	2	Chelt	SPENCER Emily X IKPEME Florence X KILBRIDE Isabella X ADAMS Freya	51.95
5	5	Gwent	JONES Caitlin X PARKER Eleanor X SCARFI Lisa HILL Amelia	58.62
6				
7				
8				

**4 x 400m U20 Women A**

Posn	No.	Club	Runners	Perf
1	5	Gwent	SCARFI Lisa HILL Amelia WAINWRIGHT Bethan CLARK Isabel X	04:26.85
2	4	Swans	STRATTON-THOMAS Bronwen X QUICK Mollie WILLIS Ashleigh X GWYTHYR Caitli	04:34.79
3	2	Chelt	HORROCKS Katerina QUEKETT Emma X VEAL Gemma X PALMER Georgia X	04:39.33
4	6	W Wales	OMNET Lucy MARTIN Eliza PAGE Grace GRABHAM Jeri-Lynne	04:42.25
5				
6				
7				
8				

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**100m U17 Men A**

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-2.1	
1	f	LLOYD HUGHES Owain	W Wales	11.31	3
2	c	SCOTT Nathan	S&E Wales	11.58	4
3	a	NOTT Josh	Card Arc	11.66	4
4	b	PRITCHARD Tom	Chelt	11.69	4
5	d	CIABURRI Cameron	Swans	11.84	
6	e	PENNY Evan	Gwent	12.88	
7					
8					

**100m U17 Men B**

Posn	No.	Athlete	Club	Perf	AAA
			Wind	3.3	
1	dd	PAYNE Thomas	Swans	11.50	3
2	aa	MURATHODZIC Daniel	Card Arc	11.61	4
3	ee	BERTRAM Finlay	Gwent	12.54	
4	bb	COX Matthew	Chelt	12.61	
5	ff	LEWIS Dafydd	W Wales	12.67	
6	cc	WHITE Jake	S&E Wales	12.95	
7					
8					

**200m U17 Men A**

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-3.3	
1	f	LLOYD HUGHES Owain	W Wales	22.57	1
2	d	PAYNE Thomas	Swans	22.86	2
3	c	SCOTT Nathan	S&E Wales	23.20	3
4	a	NOTT Josh	Card Arc	23.60	4
5	b	PRITCHARD Tom	Chelt	23.77	4
6	e	MATTEY Ben	Gwent	24.93	
7					
8					

**200m U17 Men B**

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-2.7	
1	ff	GLYNN Iwan	W Wales	23.66	4
2	aa	BUONO Francesco	Card Arc	25.19	
3	ee	BERTRAM Finlay	Gwent	25.24	
4	bb	COX Matthew	Chelt	25.91	
5	cc	WHITE Jake	S&E Wales	25.92	
6					
7					
8					

**400m U17 Men A**

Posn	No.	Athlete	Club	Perf	AAA
1	f	REYNOLDS Joseph	W Wales	51.42	2
2	e	MATTEY Ben	Gwent	52.69	3
3	a	BUONO Francesco	Card Arc	53.83	4
4	d	MAKONI Matthew	Swans	54.54	
5	c	HUMPHREYS MATT	S&E Wales	55.27	
6	b	PALMER George	Chelt	58.95	
7					
8					

**400m U17 Men B**

Posn	No.	Athlete	Club	Perf	AAA
1	ee	DAVIES Ben	Gwent	55.81	
2	ff	SALMON Andrew	W Wales	56.20	
3	dd	WILLIAMS Dewi	Swans	59.26	
4	bb	SULLIVAN Ben	Chelt	68.17	
5					
6					
7					
8					

**800m U17 Men A**

Posn	No.	Athlete	Club	Perf	AAA
1	f	LEWIS Sebastian	W Wales	02:00.52	
2	c	HUMPHREYS MATT	S&E Wales	02:08.64	
3	e	OWEN Michael	Gwent	02:12.15	
4	a	BUONO Francesco	Card Arc	02:18.65	
5	b	DOHERTY Oliver	Chelt	02:28.87	
6	d	NICHOLAS Rhys	Swans	02:31.51	
7					
8					

**800m U17 Men B**

Posn	No.	Athlete	Club	Perf	AAA
1	ff	PHILLIPS Dylan	W Wales	02:10.45	
2	ee	DENTON Oscar	Gwent	02:23.86	
3					
4					
5					
6					
7					
8					

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**1500m U17 Men A**

Posn	No.	Athlete	Club	Perf	AAA
1	ee	LOCKE David	Gwent	04:19.91	
2	A	GRAHAM Billy	Card Arc	04:34.74	
3	F	CALLARD Thomas	W Wales	04:36.54	
4	C	CLAYTON Samuel	S&E Wales	04:39.81	
5	D	NICHOLAS Rhys	Swans	05:03.99	
6					
7					
8					

**1500m U17 Men B**

Posn	No.	Athlete	Club	Perf	AAA
1	E	SEVILLE Jake	Gwent	04:26.30	
2	AA	THOMAS Callum	Card Arc	04:40.65	
3					
4					
5					
6					
7					
8					

**3000m U17 Men A**

Posn	No.	Athlete	Club	Perf	AAA
1	c	REARDON Joseph	S&E Wales	09:21.12	
2	E	PRICE Joel	Gwent	09:44.08	
3	A	THOMAS Callum	Card Arc	10:11.55	
4	BB	JONES Scott	Chelt	10:29.79	
5					
6					
7					
8					

**3000m U17 Men B**

Posn	No.	Athlete	Club	Perf	AAA
1	B	DOHERTY Oliver	Chelt	11:00.41	
2					
3					
4					
5					
6					
7					
8					

**100m Hurdles U17 Men A**

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	a	MURATHODZIC Daniel	Card Arc	13.95	2	-2.8
2	f	THOMPSON Tyree	W Wales	14.95	4	
3	e	REES Iwan	Gwent	15.38	4	
4	c	PARSONS Harvey	S&E Wales	dq		
5						
6						
7						
8						

**100m Hurdles U17 Men B**

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	ee	PENNY Evan	Gwent	16.34		-2.8
2	ff	HOMFRAY Rhys	W Wales	16.82		
3						
4						
5						
6						
7						
8						

**400m Hurdles U17 Men A**

Posn	No.	Athlete	Club	Perf	AAA
1	F	LLOYD Wiliam	W Wales	58.30	
2	e	DAVIES Ben	Gwent	62.66	
3	c	CLAYTON Samuel	S&E Wales	63.74	
4	d	JENKINS Rhidian	Swans	82.19	
5					
6					
7					
8					

**400m Hurdles U17 Men B**

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

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**1500m s/c U17 Men A**

Posn	No.	Athlete	Club	Perf	AAA
1	f	MORGAN Archi	W Wales	04:53.16	
2	AA	GRAHAM Billy	Card Arc	04:53.81	
3					
4					
5					
6					
7					
8					

**1500m s/c U17 Men B**

Posn	No.	Athlete	Club	Perf	AAA
1	A	THOMAS Callum	Card Arc	05:55.02	
2					
3					
4					
5					
6					
7					
8					

**Long Jump U17 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	A	MURATHODZIC Daniel	Card Arc	6.41	1
2	D	PAYNE Thomas	Swans	6.01	3
3	B	SMITHSON Callan	Chelt	5.38	
4	EE	BERTRAM Finlay	Gwent	5.15	
5	C	WHITE Jake	S&E Wales	4.98	
6	FF	BURTON Elliot	W Wales	4.93	
7					
8					

**Long Jump U17 Men B**

Posn	Bib	Athlete	Club	Perf	AAA
1	E	POWELL George	Gwent	4.73	
2	AA	NOTT Josh	Card Arc	4.68	
3	F	DAVIES Scott	W Wales	4.68	
4	BB	SOLTAU Dominic	Chelt	4.48	
5					
6					
7					
8					

**High Jump U17 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	F	LLOYD Wiliam	W Wales	1.78	3
2	EE	REES Iwan	Gwent	1.65	
3	A	KING Edward	Card Arc	1.65	
4	C	PARSONS Harvey	S&E Wales	1.55	
5	D	SLADE Iwan	Swans	1.55	

**High Jump U17 Men B**

Posn	Bib	Athlete	Club	Perf	AAA
1	E	WATKINS Oliver	Gwent	1.60	

**Triple Jump U17 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	A	THOMPSON Christopher	Card Arc	12.32	3
2	BB	PALMER George	Chelt	11.21	
3	EE	DAVIES Ben	Gwent	11.06	
4	FF	GILES Gruffydd	W Wales	10.52	
5	D	JENKINS Rhidian	Swans	9.84	
6					
7					
8					

**Triple Jump U17 Men B**

Posn	Bib	Athlete	Club	Perf	AAA
1	E	POWELL George	Gwent	10.92	
2	F	BURTON Elliot	W Wales	9.43	
3	B	SOLTAU Dominic	Chelt	8.97	
4					
5					
6					
7					
8					

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**Pole Vault U17 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	D	FENWICK Sam	Swans	4.01	
2	A	THOMPSON Christopher	Card Arc	3.50	
3	B	SULLIVAN Ben	Chelt	2.90	

**Pole Vault U17 Men B**

Posn	Bib	Athlete	Club	Perf	AAA
1	AA	KING Edward	Card Arc	2.00	

**Shot U17 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	E	BEVAN Dylan	Gwent	12.22	3
2	F	PHILLIPS Dylan	W Wales	12.15	3
3	C	DAVIES Kyle	S&E Wales	11.93	3
4	D	THOMAS Harley	Swans	10.05	
5	B	WALKER Andrew	Chelt	9.19	
6	A	MILLS Robbie	Card Arc	7.87	
7					
8					

**Shot U17 Men B**

Posn	Bib	Athlete	Club	Perf	AAA
1	FF	DAVIES Scott	W Wales	10.07	
2	CC	JONES Steffan	S&E Wales	9.06	
3	EE	MATTEY Ben	Gwent	8.30	
4					
5					
6					
7					
8					

**Discus U17 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	F	DAVIES Harry	W Wales	40.54	2
2	B	WALKER Andrew	Chelt	34.34	3
3	D	WILTON Joshua	Swans	31.03	4
4	CC	JONES Steffan	S&E Wales	24.51	
5	EE	OWEN Michael	Gwent	11.43	
6	AA	KING Edward	Card Arc	10.48	
7					
8					

**Discus U17 Men B**

Posn	Bib	Athlete	Club	Perf	AAA
1	C	WILLIAMS James	S&E Wales	20.79	
2	FF	ELLIOTT Thomas	W Wales	19.66	
3	DD	THOMAS Harley	Swans	18.36	
4	E	POWELL George	Gwent	x	
5					
6					
7					
8					

**Hammer U17 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	C	DAVIES Kyle	S&E Wales	40.76	3
2	F	ELLIOTT Thomas	W Wales	25.05	
3	D	WILTON Joshua	Swans	24.67	
4	B	WALKER Andrew	Chelt	24.08	
5					
6					
7					
8					

**Hammer U17 Men B**

Posn	Bib	Athlete	Club	Perf	AAA
1	CC	WILLIAMS James	S&E Wales	32.23	4
2	FF	SALMON Andrew	W Wales	19.60	
3					
4					
5					
6					
7					
8					

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**Javelin U17 Men A**

Posn	Bib	Athlete	Club	Perf	AAA
1	B	PALMER George	Chelt	43.72	4
2	A	THOMPSON Christopher	Card Arc	42.92	4
3	DD	RIGBY Ethan	Swans	41.87	4
4	C	DAVIES Kyle	S&E Wales	30.79	
5	E	WATKINS Oliver	Gwent	27.97	
6	F	GILES Gruffydd	W Wales	21.96	
7					
8					

**Javelin U17 Men B**

Posn	Bib	Athlete	Club	Perf	AAA
1	D	WILTON Joshua	Swans	39.96	4
2	AA	MILLS Robbie	Card Arc	30.98	
3	CC	JONES Steffan	S&E Wales	16.12	
4					
5					
6					
7					
8					

**4 x 100m U17 Men A**

Posn	No.	Club	Runners	Perf
1	D	Swans	WILLIAMS Dewi JONES Steffan Dylan CIABURRI Cameron PAYNE Thomas	47.05
2	b	Chelt	SMITHSON Callan PRITCHARD Tom COX Matthew SOLTAU Dominic	47.15
3	f	W Wales	DAVIES Scott THOMPSON Tyree LEWIS Dafydd REYNOLDS Joseph	47.27
4				
5				
6				
7				
8				

**4 x 400m U17 Men A**

Posn	No.	Club	Runners	Perf
1	f	W Wales	SALMON Andrew LLOYD Wiliam REYNOLDS Joseph GLYNN Iwan	03:36.73
2	e	Gwent	POWELL George SEVILLE Jake OWEN Michael DENTON Oscar	03:59.72
3	a	Card Arc	BUONO Francesco GRAHAM Billy THOMAS Callum KING Edward	04:08.67
4	d	Swans	WILLIAMS Dewi NICHOLAS Rhys SYKES Henry FENWICK Sam	04:41.89
5				
6				
7				
8				



**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**100m U17 Women A**

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-5.3	
1	a	MAPPS Caitlyn	Card Arc	12.68	3
2	e	BOATENG Ama	Gwent	13.68	
3	f	DAVIES Ffion	W Wales	13.75	
4	b	KILBRIDE Isabella	Chelt	13.77	
5	d	MUGABE Danai	Swans	13.95	
6	c	JENKINS PARTON Skye	S&E Wales	14.50	
7					
8					

**100m U17 Women B**

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-1.9	
1	aa	MORGAN Grace	Card Arc	12.96	4
2	ff	CHADWICK Cerys	W Wales	14.05	
3	bb	SPENCER Emily	Chelt	14.29	
4	dd	EVANS Tiana	Swans	14.69	
5	ee	JONES Seren	Gwent	17.04	
6					
7					
8					

**200m U17 Women A**

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-1.9	
1	a	MAPPS Caitlyn	Card Arc	25.39	1
2	b	PITMAN Grace	Chelt	26.34	3
3	d	DAVIES Isabel	Swans	26.62	4
4	e	SELWAY Megan	Gwent	29.00	
5	f	PHILLIPS Medi	W Wales	29.16	
6	c	JENKINS PARTON Skye	S&E Wales	29.30	
7					
8					

**200m U17 Women B**

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-1.5	
1	bb	IKPEME Florence	Chelt	26.33	3
2	aa	MORGAN Grace	Card Arc	26.82	4
3	ee	BOATENG Ama	Gwent	28.26	
4	dd	JONES Niamh	Swans	28.31	
5	ff	CHADWICK Cerys	W Wales	28.74	
6					
7					
8					

**300m U17 Women A**

Posn	No.	Athlete	Club	Perf	AAA
1	b	HANSEN Emma	Chelt	41.79	2
2	a	EVANS Alaw	Card Arc	42.90	3
3	f	DAVIES Ffion	W Wales	43.17	4
4	d	JONES Niamh	Swans	43.62	4
5	c	MORGAN Abigail	S&E Wales	51.58	
6	e	JONES Seren	Gwent	53.72	
7					
8					

**300m U17 Women B**

Posn	No.	Athlete	Club	Perf	AAA
1	bb	KAYLEY Bathsheba	Chelt	43.80	4
2	dd	GWYTHYR Caitlin	Swans	45.22	
3	aa	LENNON Anya	Card Arc	46.22	
4	ff	PHILLIPS Imogen	W Wales	47.43	
5					
6					
7					
8					

**800m U17 Women A**

Posn	No.	Athlete	Club	Perf	AAA
1	b	HANSEN Emma	Chelt	02:25.36	
2	e	CLARK Isabel	Gwent	02:30.35	
3	d	MARTIN Rebecca	Swans	02:31.89	
4	a	LENNON Anya	Card Arc	02:33.51	
5	c	MORGAN Abigail	S&E Wales	03:08.78	
6					
7					
8					

**800m U17 Women B**

Posn	No.	Athlete	Club	Perf	AAA
1	bb	PALMER Georgia	Chelt	02:28.47	
2	ee	GRAY Sinead	Gwent	02:34.66	
3	dd	THOMAS Beth	Swans	02:39.03	
4					
5					
6					
7					
8					

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**1500m U17 Women A**

Posn	No.	Athlete	Club	Perf	AAA
1	a	RAYMENT Seren	Card Arc	04:59.51	
2	B	PALMER Georgia	Chelt	05:02.16	
3	E	JONES Caitlin	Gwent	05:56.92	
4	C	POWELL Glesni	S&E Wales	06:00.96	
5					
6					
7					
8					

**1500m U17 Women B**

Posn	No.	Athlete	Club	Perf	AAA
1	BB	QUEKETT Emma	Chelt	05:32.40	
2					
3					
4					
5					
6					
7					
8					

**3000m U17 Women A**

Posn	No.	Athlete	Club	Perf	AAA
1	d	WILLIS Ashleigh	Swans	11:01.15	
2	E	ROBINSON Ellie	Gwent	11:41.37	
3	A	BIDWELL Hannah	Card Arc	11:59.83	
4	F	MORGAN Cathryn	W Wales	12:37.99	
5					
6					
7					
8					

**3000m U17 Women B**

Posn	No.	Athlete	Club	Perf	AAA
1	DD	BASS Darcie	Swans	11:38.17	
2	EE	JONES Caitlin	Gwent	13:21.77	
3					
4					
5					
6					
7					
8					

**80m Hurdles U17 Women A**

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	a	MAPPS Caitlyn	Card Arc	12.36	3	-4.9
2	f	ROBERTS Niamh	W Wales	12.62	4	
3	b	SHAH-THORNLEY Remi	Chelt	12.89	4	
4	e	DAVIES Emilie	Gwent	12.91	4	
5						
6						
7						
8						

**80m Hurdles U17 Women B**

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	bb	VEAL Gemma	Chelt	13.58		-4.9
2	ff	GOSS Molly	W Wales	13.70		
3	ee	CORDEN Alice	Gwent	13.80		
4	aa	MORLEY Scarlett	Card Arc	16.47		
5						
6						
7						
8						

**300m Hurdles U17 Women A**

Posn	No.	Athlete	Club	Perf	AAA
1	f	ROBERTS Niamh	W Wales	47.34	3
2	a	EVANS Alaw	Card Arc	47.88	4
3	c	WARD Tiegan	S&E Wales	50.60	
4	e	SPACEY Eloise	Gwent	51.66	
5	d	STRATTON-THOMAS Bronwer	Swans	54.30	
6					
7					
8					

**300m Hurdles U17 Women B**

Posn	No.	Athlete	Club	Perf	AAA
1	ff	JENKINS Flavia	W Wales	48.39	4
2					
3					
4					
5					
6					
7					
8					

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**1500m s/c U17 Women A**

Posn	No.	Athlete	Club	Perf	AAA
1	c	HIGGINSON Ffion	S&E Wales	05:19.02	
2	A	RAYMENT Seren	Card Arc	06:06.62	
3					
4					
5					
6					
7					
8					

**1500m s/c U17 Women B**

Posn	No.	Athlete	Club	Perf	AAA
1	CC	WARD Tiegan	S&E Wales	05:43.82	
2					
3					
4					
5					
6					
7					
8					

**Long Jump U17 Women A**

Posn	Bib	Athlete	Club	Perf	AAA
1	E	DAVIES Emilie	Gwent	4.90	4
2	F	JENKINS Flavia	W Wales	4.74	
3	C	POPE Sophie	S&E Wales	4.58	
4	B	VEAL Gemma	Chelt	4.50	
5	A	DAVEY Lili	Card Arc	4.45	
6	DD	EVANS Tiana	Swans	4.08	
7					
8					

**Long Jump U17 Women B**

Posn	Bib	Athlete	Club	Perf	AAA
1	FF	THOMAS Elinor	W Wales	4.36	
2	EE	SPACEY Eloise	Gwent	4.31	
3	CC	WARD Tiegan	S&E Wales	4.25	
4	AA	DAVIES Olivia	Card Arc	3.67	
5	BB	AKIAT Olivia	Chelt	3.61	
6	D	PHILLIPS Chantelle	Swans	2.80	
7					
8					

**High Jump U17 Women A**

Posn	Bib	Athlete	Club	Perf	AAA
1	C	POPE Sophie	S&E Wales	1.55	3
2	F	CHURCH Lili	W Wales	1.50	4
3	E	DAVIES Emilie	Gwent	1.45	
4	B	VEAL Gemma	Chelt	1.45	
5	A	DAVIES Olivia	Card Arc	1.40	
6	D	THOMAS Shannon	Swans	1.35	

**High Jump U17 Women B**

Posn	Bib	Athlete	Club	Perf	AAA
1	EE	CLARK Isabel	Gwent	1.45	
2	FF	JENKINS Flavia	W Wales	1.40	
3	AA	RAYMENT Seren	Card Arc	1.25	
4	BB	SPENCER Emily	Chelt	1.25	

**Triple Jump U17 Women A**

Posn	Bib	Athlete	Club	Perf	AAA
1	F	ROBERTS Beca	W Wales	10.73	2
2	D	CAMPION Charlotte	Swans	10.33	3
3	AA	DAVEY Lili	Card Arc	9.67	4
4	E	CORDEN Alice	Gwent	9.56	4
5					
6					
7					
8					

**Triple Jump U17 Women B**

Posn	Bib	Athlete	Club	Perf	AAA
1	A	BOYLE Caitlin	Card Arc	9.62	4
2	EE	SPACEY Eloise	Gwent	9.24	
3	DD	DAVIES Phoebe	Swans	8.66	
4					
5					
6					
7					
8					

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**Pole Vault U17 Women A**

Posn	Bib	Athlete	Club	Perf	AAA
1	A	HAMER Maddi	Card Arc	3.00	
2	D	LAWRENCE Evie	Swans	2.60	

**Pole Vault U17 Women B**

Posn	Bib	Athlete	Club	Perf	AAA
1	DD	THOMAS Shannon	Swans	1.70	

**Shot U17 Women A**

Posn	Bib	Athlete	Club	Perf	AAA
1	F	FOX Chloe Rose	W Wales	11.67	2
2	B	CARPENTER Lily	Chelt	10.34	3
3	A	BEDDALL Ellie	Card Arc	10.09	4
4	E	CORDEN Alice	Gwent	8.30	
5	D	HOPKINS Sally	Swans	8.13	
6					
7					
8					

**Shot U17 Women B**

Posn	Bib	Athlete	Club	Perf	AAA
1	BB	KIEY-THOMAS Isabel	Chelt	9.18	4
2					
3					
4					
5					
6					
7					
8					

**Discus U17 Women A**

Posn	Bib	Athlete	Club	Perf	AAA
1	A	BEDDALL Ellie	Card Arc	27.74	4
2	F	MOULE Bethany	W Wales	22.12	
3	B	CARPENTER Lily	Chelt	16.84	
4	D	HOPKINS Sally	Swans	16.06	
5					
6					
7					
8					

**Discus U17 Women B**

Posn	Bib	Athlete	Club	Perf	AAA
1	FF	POWELL Grace	W Wales	20.19	
2	DD	PHILLIPS Chantelle	Swans	7.03	
3	BB	KILBRIDE Isabella	Chelt	x	
4					
5					
6					
7					
8					

**Hammer U17 Women A**

Posn	Bib	Athlete	Club	Perf	AAA
1	F	BACAKOVA Karolinka	W Wales	41.14	3
2	D	THOMAS Shannon	Swans	28.19	
3	A	BEDDALL Ellie	Card Arc	25.46	
4	B	BERRY Neve	Chelt	24.67	
5					
6					
7					
8					

**Hammer U17 Women B**

Posn	Bib	Athlete	Club	Perf	AAA
1	FF	HAMES Emma	W Wales	32.21	4
2	DD	HOPKINS Sally	Swans	17.48	
3	BB	CARPENTER Lily	Chelt	14.35	
4					
5					
6					
7					
8					

**UPPER MIDLAND SW Midland Promotion MATCH 4 @ Swansea**
**29/07/2018**
**Javelin U17 Women A**

Posn	Bib	Athlete	Club	Perf	AAA
1	F	CHURCH Lili	W Wales	30.65	4
2	E	PROSSER Ffion	Gwent	29.76	4
3	B	KIEY-THOMAS Isabel	Chelt	28.48	4
4	A	MORGAN Grace	Card Arc	27.11	
5	D	EVANS Tiana	Swans	20.57	
6	C	POWELL Glesni	S&E Wales	9.37	
7					
8					

**Javelin U17 Women B**

Posn	Bib	Athlete	Club	Perf	AAA
1	FF	POWELL Grace	W Wales	24.49	
2	BB	CARPENTER Lily	Chelt	18.56	
3	DD	STRATTON-THOMAS Bronwer	Swans	14.84	
4	AA	HAMER Maddi	Card Arc	10.54	
5					
6					
7					
8					

**4 x 100m U17 Women A**

Posn	No.	Club	Runners	Perf
1	e	Gwent	GRAY Sinead SELWAY Megan DAVIES Emilie BOATENG Ama	54.23
2	f	W Wales	GOSS Molly CHURCH Lili PHILLIPS Imogen DAVIES Ffion	56.13
3	a	Card Arc	HAMER Maddi DAVEY Lili DAVIES Olivia BEDDALL Ellie	57.15
4	d	Swans	EVANS Tiana THOMAS Shannon PHILLIPS Chantelle JONES Niamh	62.34
5				
6				
7				
8				

**4 x 300m U17 Women A**

Posn	No.	Club	Runners	Perf
1	b	Chelt	KAYLEY Bathsheba HANSEN Emma PITMAN Grace TESTAR Annie	02:51.69
2	f	W Wales	PHILLIPS Imogen DAVIES Ffion ROBERTS Niamh JENKINS Flavia	03:06.44
3	a	Card Arc	RAYMENT Seren LENNON Anya JONES Megan BIDWELL Hannah	03:10.03
4	d	Swans	MARTIN Rebecca THOMAS Beth BEVAN Eve JONES Niamh	03:12.72
5	e	Gwent	GRAY Sinead PARKER Eleanor JONES Seren JONES Caitlin	03:39.04
6				
7				
8				