

LEVEL	UPPER
REGION	MIDLAND
DIVISION	Promotion Match SW
MATCH	4
P/FINISH	YES

Date 23/07/2017

Venue @ Newport

Host Club Upper Age Group League

Bib	Team Name	Abbrev.	Officials	Track1	Track2	Relays	Field	Total
1	Cardiff Archers	Card Arc	55.0	111.0	28.0	27.0	174.5	395.5
2	Cheltenham & County Harriers	Chelt	30.0	156.0	69.0	34.0	251.0	540.0
3	South & East Wales ©	S&E Wales	55.0	107.0	47.0	23.0	134.0	366.0
4	Swansea Harriers	Swans	55.0	273.0	56.0	62.0	300.5	746.5
5	Team Gwent ©	Gwent	55.0	180.0	27.0	18.0	90.0	370.0
6	West Wales ©	W Wales	55.0	145.0	100.0	35.0	233.0	568.0
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Posn	Team Name	Points	League	B/fwd L	B/fwd M	Total L	Total M	Standings
1	Swansea Harriers	746.5	6.0			6.0	746.5	1
2	West Wales ©	568.0	5.0			5.0	568.0	2
3	Cheltenham & County Harriers	540.0	4.0			4.0	540.0	3
4	Cardiff Archers	395.5	3.0			3.0	395.5	4
5	Team Gwent ©	370.0	2.0			2.0	370.0	5
6	South & East Wales ©	366.0	1.0			1.0	366.0	6
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TOTAL EVENTS	76
NO COMPETITORS/EVENT CANCELLED/NMR	-
EVENT SCORED	74
REMAINING	<u>2</u>

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
100m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
			Wind	+1.6	
1	6	HOPKINS Ceirion	W Wales	11.10	3
2	5	GORDON-EVANS Zakaryah	Gwent	11.23	
3	4	CROSBY Joseph	Swans	12.00	
4	1	PARIS Dewi X	Card Arc	12.36	
5	2	PHILLIPS Beck	Chelt	12.38	
6					
7					
8					

100m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
			Wind	+2.3	
1	44	JAMES Tristan X	Swans	11.72	
2	66	GANCLERZ Patryk	W Wales	12.01	
3	55	BERTRAM Finlay X	Gwent	12.31	
4	22	GRIFFITHS Alex	Chelt	13.50	
5					
6					
7					
8					

200m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-2.3	
1	5	GORDON-EVANS Zakaryah	Gwent	23.00	
2	6	GANCLERZ Patryk	W Wales	23.97	
3	2	PICKERING Jacob	Chelt	23.97	
4	4	CROSBY Joseph	Swans	24.86	
5	1	PARIS Dewi X	Card Arc	25.59	
6					
7					
8					

200m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-2.3	
1	44	PETHERBRIDGE BEN X	Swans	24.94	
2	55	BERTRAM Finlay X	Gwent	26.02	
3					
4					
5					
6					
7					
8					

400m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-2.3	
1	5	SNELLING Daniel	Gwent	50.64	3
2	6	JOHN Aaron	W Wales	52.68	
3	2	CARPENTER Daniel	Chelt	55.42	
4	4	TOBIN Mark	Swans	58.71	
5	1	AUSTIN Daniel X	Card Arc	61.54	
6	3	WILLIAMS Samuelle	S&E Wales	DNF	
7					
8					

T09 400m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-2.3	
1	55	RICHARDS Connor X	Gwent	53.66	
2	33	RICHARDS Daniel X	S&E Wales	57.68	
3	66	LEECH Trystan X	W Wales	59.02	
4	44	LAWRENCE-SULLIVAN Joshua	Swans	61.84	
5	22	LINDFIELD Alex	Chelt	61.99	
6					
7					
8					

800m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-2.3	
1	4	LAWRENCE Elliot	Swans	02:03.63	
2	3	WILLIAMS Samuelle	S&E Wales	02:04.24	
3	1	PENROSE James X	Card Arc	02:06.28	
4	2	WILLIAMS Ben	Chelt	02:16.39	
5	6	LEECH Trystan X	W Wales	02:22.76	
6					
7					
8					

800m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-2.3	
1	11	NAZARETH Dylan X	Card Arc	02:07.75	
2	44	TOBIN Mark	Swans	02:17.09	
3	22	LINDFIELD Alex	Chelt	02:17.18	
4					
5					
6					
7					
8					

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
1500m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	4	SMITH Dominic	Swans	04:22.50	
2	6	LEWIS Sebastian X	W Wales	04:27.04	
3	2	KEARNS Luke X	Chelt	04:34.71	
4	1	LODGE Etienne X	Card Arc	04:56.66	
5	3	TINSLEY Kian X	S&E Wales	04:57.21	
6					
7					
8					

1500m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	22	LINDFIELD Alex	Chelt	04:42.68	
2					
3					
4					
5					
6					
7					
8					

3000m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	4	SMITH Dominic	Swans	09:34.83	
2	2	WILLIAMS Ben	Chelt	09:42.83	
3	3	TINSLEY Kian X	S&E Wales	11:36.22	
4					
5					
6					
7					
8					

3000m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	22	PICKERING Jacob	Chelt	09:57.56	
2					
3					
4					
5					
6					
7					
8					

110m Hurdles U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	4	HARRIS Rhys	Swans	15.43	
2	2	WORMAN Jamie	Chelt	16.28	
3					
4					
5					
6					
7					
8					

110m Hurdles U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	22	CARPENTER Daniel	Chelt	18.01	
2					
3					
4					
5					
6					
7					
8					

400m Hurdles U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	4	HARRIS Rhys	Swans	58.21	
2	3	CARTER Harry	S&E Wales	64.56	
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 Promotion Match SW MATCH 4 @ Newport
23/07/2017
2000m s/c U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	5	ADEBIYI Remilekun X	Gwent	06:34.86	
2	22	PICKERING Jacob	Chelt	07:48.55	
3	6	RICHARDS Josh X	W Wales	09:38.44	
4					
5					
6					
7					
8					

2000m s/c U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	2	WILLIAMS Ben	Chelt	07:57.16	
2					
3					
4					
5					
6					
7					
8					

Long Jump U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	6	HOPKINS Ceirion	W Wales	6.42	3
2	4	AGHEDO Osaze	Swans	6.26	
3	2	WORMAN Jamie	Chelt	5.68	
4	3	ROBERTS Rhys	S&E Wales	5.66	
5					
6					
7					
8					

Long Jump U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	66	OSUJI Aaron	W Wales	5.37	
2					
3					
4					
5					
6					
7					
8					

High Jump U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	3	CARTER Harry	S&E Wales	1.88	
2	4	JENKINS Ioan	Swans	1.84	
3	22	KEARNS Conor	Chelt	1.65	
4	6	LEECH Trystan X	W Wales	1.55	

High Jump U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	33	ROBERTS Rhys	S&E Wales	1.60	
2	2	CARPENTER Daniel	Chelt	1.50	

Triple Jump U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	KEARNS Conor	Chelt	12.35	
2	4	AGHEDO Osaze	Swans	12.31	
3	6	OSUJI Aaron	W Wales	9.98	
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 Promotion Match SW MATCH 4 @ Newport
23/07/2017
Pole Vault U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	4	HOSGOOD Ieuan X	Swans	3.85	
2	22	KEARNS Conor	Chelt	3.70	
3	5	JONES Kellen	Gwent	3.55	
4	1	KING Edward X	Card Arc	2.50	

Pole Vault U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA

Shot U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	PHILLIPS Beck	Chelt	13.54	2
2	5	JONES Kellen	Gwent	10.00	
3	6	GANCLERZ Patryk	W Wales	8.49	
4	4	WARD ALEX	Swans	5.51	
5					
6					
7					
8					

Shot U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	22	GRIFFITHS Alex	Chelt	10.41	
2					
3					
4					
5					
6					
7					
8					

Discus U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	PHILLIPS Beck	Chelt	32.01	
2	5	JONES Kellen	Gwent	26.86	
3	4	WARD ALEX	Swans	11.41	
4	6	MORGAN Archi X	W Wales	1.93	
5					
6					
7					
8					

Discus U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	22	CARPENTER Daniel	Chelt	31.31	
2					
3					
4					
5					
6					
7					
8					

Hammer U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	22	GRIFFITHS Alex	Chelt	49.58	
2	66	GANCLERZ Patryk	W Wales	19.42	
3	4	WARD Alex	Swans	6.34	
4					
5					
6					
7					
8					

Hammer U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	2	PHILLIPS Beck	Chelt	28.65	
2	6	OSUJI Aaron	W Wales	11.13	
3					
4					
5					
6					
7					
8					

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
Javelin U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	4	JAMES Nathan	Swans	55.46	2
2	5	JONES Kellen	Gwent	36.08	
3	2	WORMAN Jamie	Chelt	33.50	
4	1	GOODE Ethan X	Card Arc	32.50	
5	6	GANCLERZ Patryk	W Wales	21.79	
6					
7					
8					

Javelin U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	22	CARPENTER Daniel	Chelt	28.52	
2					
3					
4					
5					
6					
7					
8					

4 x 100m U20 Men A

Posn	No.	Club	Runners	Perf
1	4	Swans	CROSBY Joseph JONES STEFFAN DYLAN X HARRIS Rhys AGHEDO Osaze	45.42
2	6	W Wales	JOHN Aaron OSUJI Aaron SALMON Andrew X HOPKINS Ceirion	46.72
3	3	S&E Wales	ROBERTS Rhys CARTER Harry RICHARDS Daniel X BERRY CONNOR X	47.60
4	1	Card Arc	PENROSE James X THOMPSON Christopher X KING Edward X MELLOR Mark X	51.62
5				
6				
7				
8				

4 x 400m U20 Men A

Posn	No.	Club	Runners	Perf
1	2	Chelt	KEARNS Conor PICKERING Jacob WORMAN Jamie LINDFIELD Alex	03:39.88
2	6	W Wales	LEECH Trystan X THOMAS Ben X REES Tomos X WALLACE Joshua X	03:51.27
3	3	S&E Wales	COOMBES Devin X CARTER Harry PRICE-DAVIES Brychan X WILLIAMS Samuelle	03:52.32
4	4	Swans	HARRIS Rhys HOSGOOD Ieuan X WOODNUTT Benjamin X CROSBY Joseph	04:11.68
5				
6				
7				
8				

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
100m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	D	ONYEWU Eli	Swans	11.25	2
2	A	CABANGO Theo	Card Arc	11.57	4
3	E	BURGESS Sam	Gwent	11.69	4
4	C	BERRY CONNOR	S&E Wales	11.79	4
5	F	WHITING Ben	W Wales	12.02	
6	B	CARTER charlie	Chelt	12.04	
7					
8					

Wind

100m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	DD	CIABURRI Cameron	Swans	11.63	4
2	BB	SMITHSON Callan	Chelt	11.66	4
3	EE	SHAFIQUE Adnan	Gwent	12.22	
4	AA	DOWELL Scott	Card Arc	12.44	
5	FF	PRITCHARD Joe	W Wales	12.53	
6					
7					
8					

Wind

-1.2

200m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	A	EBEREONWU Chinua	Card Arc	22.81	2
2	D	SLADE Tomos	Swans	23.32	3
3	C	BERRY CONNOR	S&E Wales	24.00	4
4	E	BURGESS Sam	Gwent	24.90	
5	F	WHITING Ben	W Wales	25.04	
6	B	CARTER charlie	Chelt	25.14	
7					
8					

Wind

-1.9

200m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	DD	CIABURRI Cameron	Swans	23.55	4
2	EE	SHAFIQUE Adnan	Gwent	24.96	
3	BB	SMITHSON Callan	Chelt	25.02	
4	AA	DOWELL Scott	Card Arc	25.05	
5	FF	HARTNOLL Samuel	W Wales	25.77	
6					
7					
8					

Wind

-2.0

400m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	D	JONES STEFFAN DYLAN	Swans	52.86	3
2	B	WORMAN Robert	Chelt	53.79	4
3	A	LACEY-HUGHES Lukas	Card Arc	54.65	
4	F	SALMON Andrew	W Wales	56.23	
5	C	HUMPHREYS MATT	S&E Wales	57.63	
6	E	STARK Toby	Gwent	59.19	
7					
8					

Wind

400m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	DD	PETHERBRIDGE BEN	Swans	54.39	4
2	AA	GOODE Ethan	Card Arc	54.93	
3	FF	REES Tomos	W Wales	57.35	
4	CC	TINSLEY Kian	S&E Wales	59.82	
5	EE	BREESE Daniel	Gwent	61.94	
6	BB	DWERRYHOUSE Matthew	Chelt	63.36	
7					
8					

Wind

800m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	E	RICHARDS Connor	Gwent	02:01.64	
2	C	HUMPHREYS MATT	S&E Wales	02:11.53	
3	D	HARRIES NATHANIEL	Swans	02:13.66	
4	F	THOMPSON Gareth	W Wales	02:14.24	
5	B	POWELL Oliver	Chelt	02:20.76	
6	A	LACEY-HUGHES Lukas	Card Arc	DQ	
7					
8					

Wind

800m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	AA	GOODE Ethan	Card Arc	02:04.01	
2	EE	GAWTHORN Luke	Gwent	02:06.92	
3	CC	COOMBES Devin	S&E Wales	02:13.50	
4	BB	FRENCH Tom	Chelt	02:21.04	
5	DD	POWELL Martin	Swans	02:24.99	
6	FF	CAMPION Callum	W Wales	02:26.04	
7					
8					

Wind

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
1500m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	F	THOMAS Ben	W Wales	04:16.40	
2	E	ADEBIYI Remilekun	Gwent	04:16.89	
3	A	PENROSE James	Card Arc	04:18.71	
4	C	COOMBES Devin	S&E Wales	04:30.23	
5	B	POWELL Oliver	Chelt	04:37.94	
6	D	HARRIES NATHANIEL	Swans	04:39.92	
7					
8					

1500m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	EE	RICHARDS Finley	Gwent	04:22.42	
2	FF	REES Tomos	W Wales	04:23.69	
3	AA	AUSTIN Daniel	Card Arc	04:30.31	
4	CC	PRICE-DAVIES Evan	S&E Wales	04:39.99	
5	BB	DWERRYHOUSE Matthew	Chelt	04:41.49	
6	DD	POWELL Martin	Swans	04:46.87	
7					
8					

3000m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	FF	LEWIS Sebastian	W Wales	09:41.76	
2	D	JONES Nathan	Swans	09:49.20	
3	C	PRICE-DAVIES Brychan	S&E Wales	10:04.21	
4	B	DWERRYHOUSE Matthew	Chelt	10:14.11	
5					
6					
7					
8					

3000m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	F	WALLACE Joshua	W Wales	10:02.82	
2	BB	KEARNS Luke	Chelt	10:31.92	
3					
4					
5					
6					
7					
8					

100m Hurdles U17 Men A

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	D	SLADE Tomos	Swans	13.53	1	-0.1
2	A	EBEREONWU Chinua	Card Arc	13.61	1	
3	F	LLOYD Wiliam	W Wales	15.38	4	
4						
5						
6						
7						
8						

100m Hurdles U17 Men B

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	DD	JENKINS Stephen	Swans	16.28		-0.1
2						
3						
4						
5						
6						
7						
8						

400m Hurdles U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	F	LLOYD Wiliam	W Wales	61.10	
2	a	MAULLIN-DAVIES Jacob	Card Arc	62.30	
3	d	JENKINS Stephen	Swans	62.84	
4	e	DAVIES Ben	Gwent	64.85	
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 Promotion Match SW MATCH 4 @ Newport
23/07/2017
1500m s/c U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	F	THOMAS Ben	W Wales	04:59.76	
2	B	POWELL Oliver	Chelt	05:07.62	
3	A	NAZARETH Dylan	Card Arc	05:16.62	
4					
5					
6					
7					
8					

1500m s/c U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	FF	MORGAN Archi	W Wales	05:08.23	
2	BB	KEARNS Luke	Chelt	05:15.47	
3					
4					
5					
6					
7					
8					

Long Jump U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	SLADE Tomos	Swans	6.30	2
2	F	WHEELER Ollie	W Wales	5.98	3
3	B	WORMAN Robert	Chelt	5.96	3
4	A	CABANGO Theo	Card Arc	5.33	
5	E	BERTRAM Finlay	Gwent	5.15	
6					
7					
8					

Long Jump U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	DD	WILLIAMS Nicholas	Swans	5.47	
2	AA	PARIS Dewi	Card Arc	4.92	
3	BB	PICKEN Christopher	Chelt	4.00	
4					
5					
6					
7					
8					

High Jump U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	BEGGS Iwan	Swans	1.75	4
2	A	EBEREONWU Chinua	Card Arc	1.70	4
3	F	LLOYD Wiliam	W Wales	1.65	
4	C	PRICE-DAVIES Brychan	S&E Wales	1.60	
5	E	BREESE Daniel	Gwent	1.60	

High Jump U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	DD	JENKINS STEPHEN	Swans	1.70	4
2	AA	KING Edward	Card Arc	1.65	
3	FF	HARTNOLL Samuel	W Wales	1.50	

Triple Jump U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	WILLIAMS Nicholas	Swans	12.31	3
2	F	WHEELER Ollie	W Wales	12.28	3
3	A	MAULLIN-DAVIES Samuel	Card Arc	10.95	
4	E	DAVIES Ben	Gwent	9.61	
5	CC	PRICE-DAVIES Evan	S&E Wales	8.83	
6					
7					
8					

Triple Jump U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	DD	BOND Thomas	Swans	10.89	
2	AA	KING Edward	Card Arc	9.62	
3	FF	RICHARDS Josh	W Wales	9.42	
4					
5					
6					
7					
8					

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
Pole Vault U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	B	WORMAN Robert	Chelt	4.00	
2	A	MELLOR Mark	Card Arc	4.00	
3	D	WOODNUTT Benjamin	Swans	3.40	4

Pole Vault U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	AA	THOMPSON Christopher	Card Arc	3.25	4
2	DD	FENWICK Sam	Swans	3.10	4

Shot U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	HADLEY Morgan	Gwent	11.18	4
2	C	DAVIES Kyle	S&E Wales	10.96	4
3	D	JAMES Tristan	Swans	10.41	
4	F	HUGHES William	W Wales	10.13	
5	B	WADE Benjamin	Chelt	9.21	
6	A	MAULLIN-DAVIES Jacob	Card Arc	8.99	
7					
8					

Shot U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	CC	RICHARDS Daniel	S&E Wales	10.95	4
2	AA	MAULLIN-DAVIES Samuel	Card Arc	8.52	
3	FF	THOMPSON Gareth	W Wales	6.70	
4	DD	POWELL Maximus	Swans	X	
5					
6					
7					
8					

Discus U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	B	WADE Benjamin	Chelt	40.90	1
2	A	MAULLIN-DAVIES Samuel	Card Arc	31.86	4
3	D	MOYSE Joseff	Swans	29.49	4
4	E	HADLEY Morgan	Gwent	28.48	4
5	FF	HUGHES William	W Wales	26.86	
6	C	RICHARDS Daniel	S&E Wales	25.84	
7					
8					

Discus U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	F	PHILLIPS Jamie	W Wales	26.41	
2	DD	BOND Thomas	Swans	25.66	
3	AA	MELLOR Mark	Card Arc	16.01	
4					
5					
6					
7					
8					

Hammer U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	C	DAVIES Kyle	S&E Wales	42.17	3
2	A	THOMPSON Christopher	Card Arc	34.00	4
3	B	WADE Benjamin	Chelt	23.97	
4	F	SALMON Andrew	W Wales	22.21	
5	D	MOYSE Joseff	Swans	19.24	
6					
7					
8					

Hammer U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	DD	BOND Thomas	Swans	17.91	
2					
3					
4					
5					
6					
7					
8					

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
Javelin U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	A	MAULLIN-DAVIES Jacob	Card Arc	49.89	2
2	F	MORRIS Carwyn	W Wales	48.11	2
3	D	GAUNTLETT Henry	Swans	45.49	3
4	B	PICKEN Christopher	Chelt	33.00	
5	C	DAVIES Kyle	S&E Wales	29.60	
6	E	RICHARDS Finley	Gwent	23.10	
7					
8					

Javelin U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	FF	HUGHES William	W Wales	41.30	4
2	AA	THOMPSON Christopher	Card Arc	40.78	4
3	DD	MOYSE Joseff	Swans	37.35	
4	CC	PRICE-DAVIES Evan	S&E Wales	23.77	
5	EE	GAWTHORN Luke	Gwent	12.03	
6					
7					
8					

4 x 100m U17 Men A

Posn	No.	Club	Runners	Perf
1	A	Card Arc	EBEREONWU Chinua PARIS Dewi DOWELL Scott CABANGO Theo	46.18
2	F	W Wales	HARTNOLL Samuel WHITING Ben PRITCHARD Joe WHEELER Ollie	47.73
3	E	Gwent	BERTRAM Finlay BURGESS Sam STARK Toby SHAFIQUE Adnan	48.68
4	D	Swans	JAMES Tristan PETHERBRIDGE BEN WOODNUTT Benjamin OPOKO Stephen	48.72
5	B	Chelt	CARTER charlie SMITHSON Callan WORMAN Robert FRENCH Tom	DNF
6				
7				
8				

4 x 400m U17 Men A

Posn	No.	Club	Runners	Perf
1	d	Swans	BEGGS Iwan JONES STEFFAN DYLAN PETHERBRIDGE BEN JENKINS Stephen	03:48.14
2	a	Card Arc	NAZARETH Dylan PENROSE James LACEY-HUGHES Lukas GOODE Ethan	03:53.41
3	e	Gwent	DAVIES Ben GAWTHORN Luke RICHARDS Finley STARK Toby	03:57.97
4	f	W Wales	SALMON Andrew MORGAN Archi THOMPSON Gareth HUGHES William	04:10.38
5	b	Chelt	POWELL Oliver DWERRYHOUSE Matthew CARTER charlie KEARNS Luke	04:33.80
6				
7				
8				

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
100m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	3	MATTHEWS Sophie	S&E Wales	12.82	
2	4	EVANS Mia	Swans	12.97	
3	2	IKPEME Florence X	Chelt	13.04	
4	5	BROWN Holly	Gwent	14.07	
5	6	BUXTON Abigail	W Wales	14.84	
6					
7					
8					

Wind

100m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	44	EVANS Holli X	Swans	13.08	
2	33	RANSOME Willow X	S&E Wales	13.46	
3	55	SELWAY Megan X	Gwent	13.87	
4	66	EVANS Amy L X	W Wales	14.30	
5					
6					
7					
8					

Wind

-0.4

200m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	4	EVANS Mia	Swans	26.50	
2	3	MATTHEWS Sophie	S&E Wales	26.69	
3	2	IKPEME Florence X	Chelt	26.75	
4	55	SELWAY Megan X	Gwent	29.22	
5					
6					
7					
8					

Wind

-1.2

200m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	44	EVANS Holli X	Swans	26.84	
2	5	BROWN Holly	Gwent	29.72	
3	33	MORGAN Abigail X	S&E Wales	32.24	
4					
5					
6					
7					
8					

Wind

-1.2

400m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	44	ALLEN Hollie-May X	Swans	64.14	
2	2	GRIFFIN Lucy X	Chelt	65.69	
3	5	BROWN Anna X	Gwent	66.90	
4					
5					
6					
7					
8					

Wind

400m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	4	JENKINS Ffion	Swans	64.41	
2					
3					
4					
5					
6					
7					
8					

Wind

-1.2

800m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	2	D'ARCY RICE Mollie	Chelt	02:27.78	
2	6	OMNET Lucy	W Wales	02:30.33	
3	4	ALLEN Hollie-May X	Swans	02:37.41	
4	55	WAINWRIGHT Bethan X	Gwent	02:44.31	
5					
6					
7					
8					

Wind

800m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	5	ROBERTS Anwen	Gwent	02:46.49	
2					
3					
4					
5					
6					
7					
8					

Wind

-1.2

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
1500m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	6	DAVIES Lucy	W Wales	04:51.51	
2	4	DAVIES Sophie X	Swans	05:26.15	
3					
4					
5					
6					
7					
8					

1500m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	66	OMNET Lucy	W Wales	05:02.34	
2					
3					
4					
5					
6					
7					
8					

3000m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1					
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
1	4	EVANS Mia	Swans	14.91	3
2					
3					
4					
5					
6					
7					
8					

Wind -0.1

100m Hurdles U20 Women B

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

Wind

400m Hurdles U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	4	JENKINS Ffion	Swans	73.38	
2	3	HIGGINSON Katrin	S&E Wales	78.90	
3					
4					
5					
6					
7					
8					

400m Hurdles U20 Women B

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

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
1500m s/c U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	6	DAVIES Lucy	W Wales	05:20.36	
2	3	HIGGINSON Katrin	S&E Wales	05:56.57	
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	SIVAK Josie X	Swans	5.03	
2	66	DAVEY Lauryn	W Wales	5.03	
3	2	D'ARCY RICE Mollie	Chelt	4.41	
4	5	BROWN Holly	Gwent	4.06	
5					
6					
7					
8					

Long Jump U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	6	NEWTON Maddie	W Wales	4.83	
2					
3					
4					
5					
6					
7					
8					

High Jump U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	D'ARCY RICE Mollie	Chelt	1.60	3
2	66	DAVEY Lauryn	W Wales	1.55	
3	3	LLEWELLYN Ffion	S&E Wales	1.45	
4	4	HUTCHINSON Sophie	Swans	1.40	

High Jump U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	6	BUXTON Abigail	W Wales	1.50	

Triple Jump U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	4	HUTCHINSON Sophie	Swans	9.68	
2					
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 Promotion Match SW MATCH 4 @ Newport
23/07/2017
Pole Vault U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	3	LLEWELLYN Ffion	S&E Wales	3.25	

Pole Vault U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA

Shot U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	BIRD Melissa	Chelt	9.58	3
2	6	WATKINS Sarah	W Wales	8.21	
3	4	JONES Rachel	Swans	7.73	
4	3	DAVIES Caitlin X	S&E Wales	6.39	
5	1	SANI Jennifer	Card Arc	6.20	
6					
7					
8					

Shot U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA

Discus U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	BIRD Melissa	Chelt	32.63	
2	1	SANI Jennifer	Card Arc	26.97	
3	44	STRATTON-THOMAS Megan	Swans	17.73	
4	6	NEWTON Maddie	W Wales	17.61	
5	3	JAMES Holly X	S&E Wales	13.76	
6					
7					
8					

Discus U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	4	JONES Rachel	Swans	X	
2					
3					
4					
5					
6					
7					
8					

Hammer U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	6	WATKINS Sarah	W Wales	36.79	
2	2	BIRD Melissa	Chelt	27.56	
3	4	JONES Rachel	Swans	18.04	
4	1	SANI Jennifer	Card Arc	15.34	
5					
6					
7					
8					

Hammer U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	44	STRATTON-THOMAS Megan	Swans	12.74	
2					
3					
4					
5					
6					
7					
8					

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
Javelin U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	4	JONES Rachel	Swans	32.02	
2	6	EVANS Amy	W Wales	28.47	
3	1	SANI Jennifer	Card Arc	27.92	
4	2	D'ARCY RICE Mollie	Chelt	25.22	
5	3	JAMES Holly X	S&E Wales	15.49	
6	5	SELWAY Megan X	Gwent	12.05	
7					
8					

Javelin U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	44	JONES Danielle	Swans	23.79	
2					
3					
4					
5					
6					
7					
8					

4 x 100m U20 Women A

Posn	No.	Club	Runners	Perf
1	4	Swans	EVANS Amber X EVANS Holli X JONES Rachel EVANS Mia	53.14
2	2	Chelt	HENRY Morgan X IKPEME Florence X BIRD Melissa D'ARCY RICE Mollie	56.17
3	5	Gwent	BARRACLOUGH Jasmine X KIRBY Caitlin X SELWAY Megan X BROWN Holly	56.91
4	6	W Wales	BUXTON Abigail EVANS Amy NEWTON Maddie DAVEY Lauryn	DQ
5				
6				
7				
8				

4 x 400m U20 Women A

Posn	No.	Club	Runners	Perf
1	6	W Wales	OMNET Lucy EDWARDS Eva X MARTIN Eliza X DAVIES Lucy	04:29.70
2	4	Swans	DAVIES Sophie X MARTIN Rebecca X JENKINS Ffion ALLEN Hollie-May X	04:35.38
3	3	S&E Wales	HIGGINSON Katrin JENKINS Hannah X NELSON-ROBSON Bethan X JENKINS Sarah	04:50.79
4				
5				
6				
7				
8				

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
100m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-1.1	
1	E	WILLIAMS Armani	Gwent	12.73	3
2	F	WILLIAMS Celyn	W Wales	13.09	4
3	D	HIER Caitlin	Swans	13.27	
4	B	KILBRIDE Isabella	Chelt	13.66	
5	C	JENKINS India	S&E Wales	13.96	
6					
7					
8					

100m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-1.9	
1	BB	ADAMS Freya	Chelt	13.17	
2	EE	BARRACLOUGH Jasmine	Gwent	13.20	
3	DD	D'AURIA Ellie	Swans	14.27	
4	FF	LAWRENCE Gracie	W Wales	14.44	
5					
6					
7					
8					

200m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-1.0	
1	E	WILLIAMS Armani	Gwent	26.14	3
2	A	MORGAN Grace	Card Arc	27.19	
3	D	HIER Caitlin	Swans	27.60	
4	B	ADAMS Freya	Chelt	27.87	
5	C	JENKINS India	S&E Wales	29.04	
6	F	DAVIES Catrina	W Wales	36.23	
7					
8					

200m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-0.7	
1	FF	WILLIAMS Celyn	W Wales	27.03	
2	EE	HILL Amelia	Gwent	27.71	
3	DD	MEEK Jordan	Swans	28.40	
4	BB	PATEL Kavita	Chelt	29.64	
5					
6					
7					
8					

300m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-1.1	
1	E	HILL Amelia	Gwent	43.04	4
2	C	RANSOME Willow	S&E Wales	44.88	
3	D	EVANS Amber	Swans	44.91	
4	A	MORGAN Ffion	Card Arc	45.55	
5	F	MARTIN Eliza	W Wales	47.92	
6	B	ROWLAND-EVANS Eire	Chelt	48.11	
7					
8					

300m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-1.9	
1	EE	PAUL Asia	Gwent	45.18	
2	DD	GARCIA Roseanne	Swans	46.16	
3	BB	BEVAN Francesca	Chelt	47.42	
4	AA	RAYMENT Seren	Card Arc	48.11	
5					
6					
7					
8					

800m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-1.1	
1	C	JONES Cerys	S&E Wales	02:28.65	
2	A	MORGAN Ffion	Card Arc	02:31.23	
3	F	MARTIN Eliza	W Wales	02:35.87	
4	E	BROWN Anna	Gwent	02:38.63	
5	D	THOMAS Beth	Swans	02:40.11	
6	B	BEVAN Francesca	Chelt	02:43.07	
7					
8					

800m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-1.9	
1	DD	MARTIN Rebecca	Swans	02:44.78	
2	EE	JONES Caitlin	Gwent	02:55.49	
3	FF	DAINTON Mollie	W Wales	02:55.61	
4	CC	MORGAN Abigail	S&E Wales	03:11.47	
5					
6					
7					
8					

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
1500m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	C	JENKINS Hannah	S&E Wales	05:06.71	
2	A	RAYMENT Seren	Card Arc	05:07.27	
3	D	MARTIN Rebecca	Swans	05:16.36	
4	F	EDWARDS Eva	W Wales	05:21.04	
5	E	JONES Caitlin	Gwent	05:55.14	
6					
7					
8					

1500m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	CC	JENKINS Sarah	S&E Wales	05:41.31	
2	DD	THOMAS Beth	Swans	05:48.62	
3	FF	DAINTON Mollie	W Wales	06:02.62	
4					
5					
6					
7					
8					

3000m U17 Women A

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

3000m U17 Women B

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

80m Hurdles U17 Women A

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	A	MORGAN Grace	Card Arc	11.70	1	
2	D	SIVAK Josie	Swans	12.48	3	
3	BB	SHAH-THORNLEY Remi	Chelt	12.53	4	
4	F	ROBERTS Niamh	W Wales	13.37		
5	E	KIRBY Caitlin	Gwent	16.24		
6						
7						
8						

80m Hurdles U17 Women B

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	B	HENRY Morgan	Chelt	13.22		
2						
3						
4						
5						
6						
7						
8						

300m Hurdles U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	F	ROBERTS Niamh	W Wales	48.83	4
2	B	LOFTUS Stephanie	Chelt	51.14	
3	D	HUMPHREYS Rosa	Swans	51.62	
4					
5					
6					
7					
8					

300m Hurdles U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	dd	STRATTON-THOMAS Bronwen	Swans	51.62	
2	ff	EVANS Amy L	W Wales	52.53	
3	bb	WILLIAMS Emma	Chelt	56.48	
4					
5					
6					
7					
8					

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
1500m s/c U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	D	STRATTON-THOMAS Bronwen	Swans	05:32.92	
2	F	PAGE Grace	W Wales	06:26.32	
3					
4					
5					
6					
7					
8					

1500m s/c U17 Women B

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

Long Jump U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	AA	JONES Taiya	Card Arc	4.79	4
2	D	WYATT Seren	Swans	4.75	4
3	C	POPE Sophie	S&E Wales	4.75	4
4	E	LINNELL Megan	Gwent	4.70	
5	F	ROBERTS Niamh	W Wales	4.48	
6	B	JENKINS Emily	Chelt	4.40	
7					
8					

Long Jump U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	A	MORGAN Grace	Card Arc	4.63	
2	DD	THOMAS Grace	Swans	4.31	
3	EE	PROSSER Ffion	Gwent	3.89	
4	BB	ROWLAND-EVANS Eire	Chelt	3.71	
5	CC	JAMES Holly	S&E Wales	2.77	
6					
7					
8					

High Jump U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	F	JENKINS Thea	W Wales	1.55	3
2	B	JENKINS Emily	Chelt	1.55	3
	C	POPE Sophie	S&E Wales	1.50	
4	A	JONES Taiya	Card Arc	1.45	
5	E	LINNELL Megan	Gwent	1.40	
6	D	HANNAFORD Lydia	Swans	1.40	

High Jump U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	BB	GRIFFIN Lucy	Chelt	1.50	
2=	AA	RAYMENT Seren	Card Arc	1.25	
2=	DD	THOMAS Grace	Swans	1.25	

Triple Jump U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	CAMPION Charlotte	Swans	9.96	4
2	B	WILLIAMS Emma	Chelt	9.35	
3	A	MORGAN Ffion	Card Arc	8.62	
4	F	EDWARDS Eva	W Wales	7.37	
5					
6					
7					
8					

Triple Jump U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	BB	ROWLAND-EVANS Eire	Chelt	9.04	
2	DD	CLARK Alannah	Swans	8.36	
3					
4					
5					
6					
7					
8					

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
Pole Vault U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	WARD Caitlin	Swans	2.55	
2	B	WILLIAMS Emma	Chelt	2.45	

Pole Vault U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
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Shot U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	EVANS Rhian	Swans	10.97	3
2	A	GREENMAN Molly	Card Arc	10.68	3
3	F	JONES Danielle	W Wales	10.44	3
4	C	SMITH Molly	S&E Wales	9.41	4
5	B	GRIFFIN Lucy	Chelt	8.70	
6	EE	JONES Caitlin	Gwent	3.57	
7					
8					

Shot U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	DD	SIVAK Josie	Swans	9.31	4
2	BB	GARFIELD Lauren	Chelt	7.61	
3	CC	NELSON-ROBSON Bethan	S&E Wales	6.88	
4	FF	DAVIES Catrina	W Wales	5.99	
5					
6					
7					
8					

Discus U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	F	JONES Danielle	W Wales	33.26	2
2	D	EVANS Rhian	Swans	32.83	2
3	A	GREENMAN Molly	Card Arc	25.79	4
4	B	GARFIELD Lauren	Chelt	22.89	
5	C	SMITH Molly	S&E Wales	20.09	
6					
7					
8					

Discus U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	CC	NELSON-ROBSON Bethan	S&E Wales	17.95	
2	FF	EVANS Amy L	W Wales	10.44	
3					
4					
5					
6					
7					
8					

Hammer U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	SPACEY Lara	Swans	45.80	2
2	B	GARFIELD Lauren	Chelt	30.66	4
3	C	DAVIES Caitlin	S&E Wales	25.02	
4	F	DAVIES Catrina	W Wales	19.91	
5					
6					
7					
8					

Hammer U17 Women B

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

UPPER MIDLAND Promotion Match SW MATCH 4 @ Newport
23/07/2017
Javelin U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	EVANS Rhian	Swans	33.02	4
2	EE	PROSSER Ffion	Gwent	31.77	4
3	C	SMITH Molly	S&E Wales	30.97	4
4	F	JENKINS Nieve	W Wales	28.16	
5	A	GREENMAN Molly	Card Arc	24.32	
6	B	LOFTUS Stephanie	Chelt	21.63	
7					
8					

Javelin U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	AA	JONES Taiya	Card Arc	23.87	
2	FF	JONES Danielle	W Wales	21.99	
3	BB	KILBRIDE Isabella	Chelt	18.10	
4	CC	DAVIES Caitlin	S&E Wales	12.19	
5					
6					
7					
8					

4 x 100m U17 Women A

Posn	No.	Club	Runners	Perf
1	D	Swans	SIVAK Josie WYATT Seren D'AURIA Ellie HIER Caitlin	53.28
2	B	Chelt	ROWLAND-EVANS Eire SHAH-THORNLEY Remi KILBRIDE Isabella PATEL Kavita	54.33
3	A	Card Arc	MORGAN Ffion MORGAN Grace RAYMENT Seren JONES Taiya	55.05
4	C	S&E Wales	JONES Cerys JENKINS India MORGAN Abigail POPE Sophie	56.79
5	F	W Wales	LAWRENCE Gracie ROBERTS Niamh EVANS Amy L WILLIAMS Celyn	DQ
6			0 0	
7			0 0	
8			0 0	

4 x 300m U17 Women A

Posn	No.	Club	Runners	Perf
1	d	Swans	MEEK Jordan GARCIA Roseanne THOMAS Beth HUMPHREYS Rosa	03:13.46
2	b	Chelt	BEVAN Francesca WILLIAMS Emma GRIFFIN Lucy LOFTUS Stephanie	03:17.84
3			0 0	
4			0 0	
5			0 0	
6			0 0	
7			0 0	
8			0 0	

