

LEVEL	UPPER	Track Events Start in Lane
REGION	MIDLAND	
DIVISION	South West A	
MATCH	3	
P/FINISH	YES	1

Date Sunday, July 25 2021

Venue RON JONES TRACK ABERDARE

Host Club South Wales ©

Bib	Team Name	Abbrev.	Officials	Track1	Track2	Relays	Field	Total
1	Cardiff Athletics	Card		146.0	35.0	28.0	116.0	325.0
2	Cardiff Archers AC	C Arch		67.0	20.0	11.0	106.0	204.0
3	South Wales ©	S Wales		91.0	47.0	4.0	113.0	255.0
4	Swansea Harriers AC	Swan		124.0	34.0	27.0	160.0	345.0
5	West Wales ©	W Wales		168.0	38.0	37.0	110.0	353.0
-								
-								
-								

Posn	Team Name	Points	League	Men *	Women *	Total M	Total L	Standings
1	West Wales ©	353.0	5.0	191.00	162.00	353.0	5.0	1
2	Swansea Harriers AC	345.0	4.0	221.00	124.00	345.0	4.0	2
3	Cardiff Athletics	325.0	3.0	89.00	236.00	325.0	3.0	3
4	South Wales ©	255.0	2.0	109.00	146.00	255.0	2.0	4
5	Cardiff Archers AC	204.0	1.0	35.00	169.00	204.0	1.0	5
	* exclude officials points							

TOTAL EVENTS	76
NO COMPETITORS/EVENT CANCELLED/NMR	6
EVENT SCORED	70
REMAINING	-

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021
100m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	5	Llien MORGAN (U20)	W Wales	11.25	
2	1	Louis THORNE (U20)	Card	11.26	
3	3	Nathan SCOTT (U20)	S Wales	11.31	
4	4	Dylan MORGAN (U17)	Swan	11.45	
5					
6					
7					
8					

Wind -1.9

100m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	11	Ayomide ELUYERA (U20)	Card	11.98	
2					
3					
4					
5					
6					
7					
8					

Wind -1.9

200m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	1	Aaron JOLLY (U20)	Card	22.25	2
2	3	Nathan SCOTT (U20)	S Wales	22.55	3
3	55	Dafydd WATERS (U20)	W Wales	23.33	
4	4	Oscar GOODWIN-THOMAS (U	Swan	25.82	
5					
6					
7					
8					

Wind -1.2

200m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	5	Garin MEREDITH (U20)	W Wales	23.50	
2					
3					
4					
5					
6					
7					
8					

Wind -1.2

400m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	1	Aaron JOLLY (U20)	Card	50.16	3
2	4	Charlie HOLLAND (U20)	Swan	52.02	
3	5	Liam TOPP (U17)	W Wales	55.29	
4					
5					
6					
7					
8					

400m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	11	Lloyd JONES (U20)	Card	55.68	
2	44	Miles HILL (U20)	Swan	59.39	
3					
4					
5					
6					
7					
8					

Wind -1.2

800m U20 Men A

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

800m U20 Men B

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

Wind -1.2

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021
1500m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	5	James GRIFFITHS (U20)	W Wales	04:14.84	
2	3	Devin COOMBES (U20)	S Wales	04:21.95	
3	1	Huw RILEY (U20)	Card	04:32.67	
4					
5					
6					
7					
8					

1500m U20 Men B

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

3000m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	1	Lloyd SHEPPARD (U20)	Card	08:39.76	
2	5	Liam EDWARDS (U20)	W Wales	09:22.83	
3					
4					
5					
6					
7					
8					

3000m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	11	Ben DEMELLWEEK (U20)	Card	09:51.50	
2					
3					
4					
5					
6					
7					
8					

110m Hurdles U20 Men A

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	4	Evan WILLIS (U20)	Swan	16.95		+0.5
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	98	No Competitors Declared			
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 South West A RON JONES TRACK ABERDARE
25/07/2021
2000m s/c U20 Men A

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

Long Jump U20 Men B

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

High Jump U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	4	Addam BOWLING (U20)	Swan	1.75	

High Jump U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA

Triple Jump U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	98	No Competitors Declared			
2					
3					
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 South West A RON JONES TRACK ABERDARE
25/07/2021
Pole Vault U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	Efan HOOGENDOORN (U20)	C Arch	3.65	
2	4	Noah OSBORNE (U20)	Swan	3.50	
3	5	Connor HANDFORD (U20)	W Wales	2.60	

Pole Vault U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	22	Ellis MAULLIN-DAVIES (U20)	C Arch	3.35	

Shot U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	4	Oscar DUN (U20)	Swan	12.37	3
2					
3					
4					
5					
6					
7					
8					

Shot U20 Men B

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

Discus U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	Jake KNIGHT (U20)	C Arch	39.98	3
2	44	Oscar DUN (U20)	Swan	38.77	3
3					
4					
5					
6					
7					
8					

Discus U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	4	Joshua WILTON (U20)	Swan	38.62	3
2					
3					
4					
5					
6					
7					
8					

Hammer U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	98	No Competitors Declared			
2					
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 South West A RON JONES TRACK ABERDARE
25/07/2021
Javelin U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	4	Joshua WILTON (U20)	Swan	44.25	
2					
3					
4					
5					
6					
7					
8					

Javelin U20 Men B

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

4 x 100m U20 Men A

Posn	No.	Runners	Club	Perf
1	5	Khalifa AL MUFLEHI (U17), Harrison WHEELER (U17), Osian ROBERTS (U17), Dafydd WATERS (U20)	W Wales	45.31
2	4	Charlie HOLLAND (U20), Evan WILLIS (U20), Dylan MORGAN (U17), Evan COLE (U17)	Swan	45.62
3				
4				
5				
6				
7				
8				

4 x 400m U20 Men A

Posn	No.	Runners	Club	Perf
1	4	Matthew LEWIS (U17), William TROTT (U17), Benjamin SULLIVAN (U17), Miles HILL (U20)	Swan	03:56.08
2				
3				
4				
5				
6				
7				
8				

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021

100m U20 Women A					100m U20 Women B						
Posn	No.	Athlete	Club	Perf	Wind	Posn	No.	Athlete	Club	Perf	Wind
					+0.2						+0.2
					AAA						AAA
1	2	Caitlyn MAPPS (U20)	C Arch	12.52	3	1	22	Grace MORGAN (U20)	C Arch	13.02	
2	1	Sadie GRAHAM-MULVANEY (L Card		13.13		2	11	Kirsty LAW (U20)	Card	13.36	
3	3	Niamh O'BRIEN (U20)	S Wales	14.15		3					
4	5	Leia VOBE (U17)	W Wales	14.23		4					
5						5					
6						6					
7						7					
8						8					

200m U20 Women A					200m U20 Women B						
Posn	No.	Athlete	Club	Perf	Wind	Posn	No.	Athlete	Club	Perf	Wind
					-2.3						-2.3
					AAA						AAA
1	55	Ella WINTLE (U17)	W Wales	26.46		1	5	Ellie LOWETH (U20)	W Wales	27.34	
2	1	Kirsty LAW (U20)	Card	27.61		2	11	Sadie GRAHAM-MULVANEY (L Card		28.02	
3	4	Stefani KAREKLA (U20)	Swan	28.61		3	33	Chloe PIGGOTT (U20)	S Wales	33.03	
4	3	Niamh O'BRIEN (U20)	S Wales	29.93		4					
5						5					
6						6					
7						7					
8						8					

400m U20 Women A					400m U20 Women B						
Posn	No.	Athlete	Club	Perf	Wind	Posn	No.	Athlete	Club	Perf	Wind
					AAA						AAA
1	3	Hannahlise BOLT (U20)	S Wales	61.24		1	33	Catrin RYDER (U20)	S Wales	68.29	
2	5	Ellie LOWETH (U20)	W Wales	63.86		2					
3	1	Elen JAMES (U20)	Card	66.19		3					
4						4					
5						5					
6						6					
7						7					
8						8					

800m U20 Women A					800m U20 Women B						
Posn	No.	Athlete	Club	Perf	Wind	Posn	No.	Athlete	Club	Perf	Wind
					AAA						AAA
1	1	Aimee CALLOW (U20)	Card	02:17.06		1	33	Catrin RYDER (U20)	S Wales	02:41.02	
2	3	Caitlyn ROBERTS (U20)	S Wales	02:33.32		2	55	Amy TUCKER (U17)	W Wales	02:49.43	
3	5	Danielle WILLIAMS (U20)	W Wales	02:41.58		3					
4	2	Grace LANE (U17)	C Arch	02:45.33		4					
5						5					
6						6					
7						7					
8						8					

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021
1500m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	1	Nia CLATWORTHY (U20)	Card	04:39.39	
2	3	Caitlyn ROBERTS (U20)	S Wales	05:10.77	
3					
4					
5					
6					
7					
8					

1500m U20 Women B

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

3000m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	5	Eva EDWARDS (U20)	W Wales	10:15.20	
2	2	Rose PRENDERGAST (U17)	C Arch	13:14.71	
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	1	Gabby DICKINSON (U20)	Card	15.58	
2					
3					
4					
5					
6					
7					
8					

100m Hurdles U20 Women B

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

400m Hurdles U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	44	Stefani KAREKLA (U20)	Swan	74.90	
2					
3					
4					
5					
6					
7					
8					

400m Hurdles U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	4	Gabrielle GARCIA (U20)	Swan	77.78	
2					
3					
4					
5					
6					
7					
8					

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021
1500m s/c U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	1	Lili JONES (U20)	Card	05:54.17	
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	5	Jessica LEE (U17)	W Wales	5.55 0.0	2
2	2	Grace MORGAN (U20)	C Arch	5.17 0.0	
3	11	Lily GASKIN (U20)	Card	3.84 0.0	
4					
5					
6					
7					
8					

Long Jump U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	1	Elen JAMES (U20)	Card	3.09 +0.8	
2					
3					
4					
5					
6					
7					
8					

High Jump U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	1	Gabby DICKINSON (U20)	Card	1.65	

High Jump U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	11	Lily GREGSON (U20)	Card	1.40	

Triple Jump U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	Lowri BROUGHTON (U20)	C Arch	10.27 0.4	
2	1	Sadie GRAHAM-MULVANEY (U20)	Card	10.01 1.7	
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 South West A RON JONES TRACK ABERDARE
25/07/2021
Pole Vault U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	1	Isabel THOMAS (U20)	Card	3.65	
2	2	Maddi HAMER (U20)	C Arch	3.20	

Pole Vault U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA

Shot U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	Grace MORGAN (U20)	C Arch	9.57	3
2	11	Lily GREGSON (U20)	Card	8.36	
3	3	Hannahlise BOLT (U20)	S Wales	7.75	
4	4	Emily COLLINS (U20)	Swan	7.05	
5					
6					
7					
8					

Shot U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	44	Lara SPACEY (U20)	Swan	7.03	
2	1	Elen JAMES (U20)	Card	5.66	
3					
4					
5					
6					
7					
8					

Discus U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	1	Lily GREGSON (U20)	Card	23.90	
2					
3					
4					
5					
6					
7					
8					

Discus U20 Women B

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

Hammer U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	4	Cassey GRIMWADE (U20)	Swan	44.34	3
2	5	Emma HAMES (U20)	W Wales	26.29	
3	1	Caitlin CHAPMAN (U20)	Card	18.46	
4					
5					
6					
7					
8					

Hammer U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	44	Lara SPACEY (U20)	Swan	36.59	
2					
3					
4					
5					
6					
7					
8					

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021
Javelin U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	1	Lily GREGSON (U20)	Card	27.21	
2					
3					
4					
5					
6					
7					
8					

Javelin U20 Women B

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

4 x 100m U20 Women A

Posn	No.	Runners	Club	Perf
1	5	Ellie LOWETH (U20), Sophia REID-THOMAS (U17), Kahlen JONES (U17), Jessica LEE (U17)	W Wales	51.09
2	1	Gabby DICKINSON (U20), Kirsty LAW (U20), Lily GASKIN (U20), Emily PENNY (U20)	Card	52.34
3	4	Gabrielle GARCIA (U20), Megan GWYTHYR (U17), Stefani KAREKLA (U20), Sarah LYONS (U17)	Swan	52.73
4				
5				
6				
7				
8				

4 x 400m U20 Women A

Posn	No.	Runners	Club	Perf
1	1	Moli LYONS (U20), Aimee CALLOW (U20), Elen JAMES (U20), Lili JONES (U20)	Card	04:28.03
2				
3				
4				
5				
6				
7				
8				

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021
100m U17 Men A

Posn	No.	Athlete	Club	Perf	Wind
					-1.9
					AAA
1	D	Joshua KENNY (U17)	Swan	12.10	
2	C	Jack O'BRIEN (U17)	S Wales	12.35	
3	B	Finley KEANE (U17)	C Arch	12.42	
4	E	Oni JACKSON (U17)	W Wales	13.12	
5					
6					
7					
8					

100m U17 Men B

Posn	No.	Athlete	Club	Perf	Wind
					-0.9
					AAA
1	EE	Harrison GARCIA (U17)	W Wales	12.06	
2	DD	Evan COLE (U17)	Swan	12.39	
3					
4					
5					
6					
7					
8					

200m U17 Men A

Posn	No.	Athlete	Club	Perf	Wind
					-1.6
					AAA
1	e	Harrison WHEELER (U17)	W Wales	23.41	4
2	A	Aharon GRAHAM-MULVANEY	Card	24.58	
3	C	Jack O'BRIEN (U17)	S Wales	25.15	
4					
5					
6					
7					
8					

200m U17 Men B

Posn	No.	Athlete	Club	Perf	Wind
					-1.3
					AAA
1	EE	Christian GARCIA (U17)	W Wales	25.36	
2	CC	Dylan GRONOW (U17)	S Wales	26.59	
3	DD	Jacob DOWLING (U17)	Swan	29.48	
4					
5					
6					
7					
8					

400m U17 Men A

Posn	No.	Athlete	Club	Perf	Wind
					AAA
1	E	Harrison WHEELER (U17)	W Wales	54.49	4
2	C	Aidan JONES (U17)	S Wales	58.43	
3	D	Joshua PRITCHARD (U17)	Swan	60.46	
4					
5					
6					
7					
8					

400m U17 Men B

Posn	No.	Athlete	Club	Perf	Wind
					AAA
1	EE	Harrison GARCIA (U17)	W Wales	54.73	
2					
3					
4					
5					
6					
7					
8					

800m U17 Men A

Posn	No.	Athlete	Club	Perf	Wind
					AAA
1	A	Ben HUGHES (U17)	Card	02:02.72	3
2	E	Iwan WILSON (U17)	W Wales	02:13.18	
3	DD	Tesfaye SHUGI (U17)	Swan	02:13.99	
4	B	Christopher JONES (U17)	C Arch	02:24.96	
5	C	Aidan JONES (U17)	S Wales	02:29.41	
6					
7					
8					

800m U17 Men B

Posn	No.	Athlete	Club	Perf	Wind
					AAA
1	D	Joshua PRITCHARD (U17)	Swan	02:20.54	
2	AA	Stanley JONES (U17)	Card	02:38.41	
3					
4					
5					
6					
7					
8					

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021
1500m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	E	Thomas JONES (U17)	W Wales	04:28.04	
2	DD	Benjamin SULLIVAN (U17)	Swan	04:31.03	
3	C	Dafydd PRATCHETT (U17)	S Wales	04:56.95	
4					
5					
6					
7					
8					

1500m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	D	Matthew LEWIS (U17)	Swan	04:37.07	
2	CC	Joshua MORGAN (U17)	S Wales	05:14.92	
3					
4					
5					
6					
7					
8					

3000m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	D	Tom ATTWOOD (U17)	Swan	09:35.50	
2	C	Leroy GRIFFITHS (U17)	S Wales	11:29.35	
3					
4					
5					
6					
7					
8					

3000m U17 Men B

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

100m Hurdles U17 Men A

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	E	Osian ROBERTS (U17)	W Wales	15.19	4	-0.9
2	DD	Samuel DAVIES (U17)	Swan	15.85		
3						
4						
5						
6						
7						
8						

100m Hurdles U17 Men B

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	D	Evan COLE (U17)	Swan	16.69		-0.9
2						
3						
4						
5						
6						
7						
8						

400m Hurdles U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	D	Joseph BERESFORD (U17)	Swan	63.08	
2	E	Christian GARCIA (U17)	W Wales	64.10	
3					
4					
5					
6					
7					
8					

400m Hurdles U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	EE	Luke THOMAS (U17)	W Wales	67.12	
2					
3					
4					
5					
6					
7					
8					

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021
1500m s/c U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	D	Aled TUMELTY (U17)	Swan	04:46.81	
2					
3					
4					
5					
6					
7					
8					

1500m s/c U17 Men B

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

Long Jump U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Iolo GRIFFITHS (U17)	W Wales	5.54 +0.0	
2	C	Dylan GRONOW (U17)	S Wales	4.23 +0.0	
3	D	Dylan MORGAN (U17)	Swan	X	
4					
5					
6					
7					
8					

Long Jump U17 Men B

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

High Jump U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Osian ROBERTS (U17)	W Wales	1.91	
2	D	Samuel DAVIES (U17)	Swan	1.75	

High Jump U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	DD	Joseph BERESFORD (U17)	Swan	1.60	

Triple Jump U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Iolo GRIFFITHS (U17)	W Wales	11.91 +0.6	4
2	D	Dylan MORGAN (U17)	Swan	11.83 +0.8	4
3					
4					
5					
6					
7					
8					

Triple Jump U17 Men B

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

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021
Pole Vault U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	William TROTT (U17)	Swan	4.35	
2	A	Aharon GRAHAM-MULVANEY	Card	3.35	

Pole Vault U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	DD	Harry NEWTON (U17)	Swan	3.65	

Shot U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Dafydd PAWLETT (U17)	W Wales	17.25	1
2	D	Macsen HOLLAND (U17)	Swan	12.90	2
3	C	James HAYWARD (U17)	S Wales	9.96	
4	B	Finley KEANE (U17)	C Arch	7.82	
5	A	Stanley JONES (U17)	Card	6.32	
6					
7					
8					

Shot U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	EE	Michael JENKINS (U17)	W Wales	13.32	2
2	CC	Zakk PUGH (U17)	S Wales	6.32	
3					
4					
5					
6					
7					
8					

Discus U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Michael JENKINS (U17)	W Wales	46.25	1
2	CC	James HAYWARD (U17)	S Wales	28.11	4
3	A	Stanley JONES (U17)	Card	12.49	
4					
5					
6					
7					
8					

Discus U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	C	Caleb RICHARDSON (U17)	S Wales	25.46	
2					
3					
4					
5					
6					
7					
8					

Hammer U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	C	Caleb RICHARDSON (U17)	S Wales	47.64	3
2	E	Sammy THOMAS (U17)	W Wales	40.73	4
3	D	Macsen HOLLAND (U17)	Swan	26.21	
4					
5					
6					
7					
8					

Hammer U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	CC	James HAYWARD (U17)	S Wales	43.29	4
2	DD	Nathan JONES (U17)	Swan	16.50	
3					
4					
5					
6					
7					
8					

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021
Javelin U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Sion OKEEFFE (U17)	W Wales	48.85	2
2	CC	Caleb RICHARDSON (U17)	S Wales	34.81	4
3	D	Macsen HOLLAND (U17)	Swan	33.50	4
4	A	Aharon GRAHAM-MULVANEY	Card	27.72	
5					
6					
7					
8					

Javelin U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	C	Jack O'BRIEN (U17)	S Wales	29.34	
2					
3					
4					
5					
6					
7					
8					

4 x 100m U17 Men A

Posn	No.	Runners	Club	Perf
1	D	Oscar GOODWIN-THOMAS (U17), Joseph BERESFORD (U17), Jacob DOWLING (U17), Samuel DAVIES	Swan	49.97
2				
3				
4				
5				
6				
7				
8				

4 x 400m U17 Men A

Posn	No.	Runners	Club	Perf
1	E	Harrison GARCIA (U17), Christian GARCIA (U17), Luke THOMAS (U17), Harrison WHEELER (U17)	W Wales	03:53.65
2				
3				
4				
5				
6				
7				
8				

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021
100m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-2.4	
1	A	Kya PLACIDE (U17)	Card	12.85	4
2	E	Sophia REID-THOMAS (U17)	W Wales	13.33	
3	D	Chloe SIMMONITE (U17)	Swan	13.52	
4	B	Lauren GUNNEY (U17)	C Arch	13.90	
5	C	EMILY DOOGUE (U17)	S Wales	14.49	
6					
7					
8					

100m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-0.9	
1	AA	Francesca MORGAN (U17)	Card	13.66	
2	BB	Sophie DAVIES (U17)	C Arch	13.91	
3	EE	Hannah CARPENTER (U17)	W Wales	14.42	
4					
5					
6					
7					
8					

200m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-1.0	
1	E	Jessica LEE (U17)	W Wales	25.46	1
2	A	Jemima ROBINSON (U17)	Card	26.22	3
3	B	Isabella WIGLEY (U17)	C Arch	26.29	3
4	D	Chloe SIMMONITE (U17)	Swan	27.75	
5					
6					
7					
8					

200m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
			Wind	-1.6	
1	EE	Kahlen JONES (U17)	W Wales	29.14	
2	BB	Sophie DAVIES (U17)	C Arch	29.33	
3	CC	Abi JARVIS (U17)	S Wales	30.55	
4					
5					
6					
7					
8					

300m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	A	Lily REES-THOMAS (U17)	Card	42.70	3
2	E	Ffion OUSELEY (U17)	W Wales	47.48	
3	C	Ffion LIGHTFOOT (U17)	S Wales	50.12	
4					
5					
6					
7					
8					

300m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	AA	Millie WEBB (U17)	Card	43.06	4
2	EE	Eli-jay JONES (U17)	W Wales	49.25	
3					
4					
5					
6					
7					
8					

800m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	A	Yasmin HADID (U17)	Card	02:25.56	4
2	D	Ella DAVIES (U17)	Swan	02:26.76	
3	BB	Emily DENT (U17)	C Arch	02:32.92	
4	E	Emma FERNS (U17)	W Wales	02:45.26	
5	C	Jessica DAVIES (U17)	S Wales	02:55.19	
6					
7					
8					

800m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	AA	Freya HUGHES-ROLLS (U17)	Card	02:30.27	
2	B	Erin lucie WILLIAMS (U17)	C Arch	02:34.49	
3	DD	Bethan ADAMS (U17)	Swan	02:43.03	
4	EE	Gabrielle LAU (U17)	W Wales	03:02.28	
5					
6					
7					
8					

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021
1500m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	C	Caitlin JONES (U17)	S Wales	05:09.20	
2	D	Daisy ANDERSON (U17)	Swan	06:27.51	
3					
4					
5					
6					
7					
8					

1500m U17 Women B

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

3000m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	B	Sophie KNOYLE (U17)	C Arch	10:30.82	
2	C	Caitlin JONES (U17)	S Wales	11:37.83	
3					
4					
5					
6					
7					
8					

3000m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	BB	Katrin POWELL (U17)	C Arch	12:15.77	
2					
3					
4					
5					
6					
7					
8					

80m Hurdles U17 Women A

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	BB	Sophie LISK (U17)	C Arch	11.93	2	+0.5
2	D	Megan GWYTHYR (U17)	Swan	12.06	2	
3	A	Kya PLACIDE (U17)	Card	12.82	4	
4	C	Sophie HARRIS (U17)	S Wales	16.06		
5						
6						
7						
8						

80m Hurdles U17 Women B

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	B	Isabella WIGLEY (U17)	C Arch	12.42	3	+0.5
2	DD	Freya MORGAN (U17)	Swan	13.06	4	
3						
4						
5						
6						
7						
8						

300m Hurdles U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	E	Lucy WINTLE (U17)	W Wales	45.74	2
2					
3					
4					
5					
6					
7					
8					

300m Hurdles U17 Women B

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

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021
1500m s/c U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	E	Ffion OUSELEY (U17)	W Wales	05:56.88	
2	C	Nia REDDY (U17)	S Wales	06:13.50	
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	D	Sarah LYONS (U17)	Swan	5.04 +0.9	4
2	B	Isabella WIGLEY (U17)	C Arch	5.03 0.0	4
3	E	Lucy WINTLE (U17)	W Wales	4.78 +1.1	4
4	C	EMILY DOOGUE (U17)	S Wales	3.73 +0.6	
5					
6					
7					
8					

Long Jump U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	BB	Sophie DAVIES (U17)	C Arch	4.58 +1.4	
2	EE	Leia VOBE (U17)	W Wales	4.07 0.0	
3	CC	Abi JARVIS (U17)	S Wales	3.65 0.0	
4					
5					
6					
7					
8					

High Jump U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	B	Emily FRY (U17)	C Arch	1.50	
2	C	Sophie HARRIS (U17)	S Wales	1.45	

High Jump U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	BB	Lauren GUNNEY (U17)	C Arch	1.45	

Triple Jump U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	A	Francesca MORGAN (U17)	Card	10.09 0.0	4
2	C	Sophie HARRIS (U17)	S Wales	9.04 +2.4	
3					
4					
5					
6					
7					
8					

Triple Jump U17 Women B

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

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021
Pole Vault U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	Millie CARTER (U17)	Swan	3.05	

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	B	Sophie LISK (U17)	C Arch	9.54	4
2	A	Mia WILLIAMS (U17)	Card	9.21	4
3	C	Janelle TAYLOR (U17)	S Wales	9.20	4
4	E	Jessica RAYMOND (U17)	W Wales	8.01	
5					
6					
7					
8					

Shot U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	BB	Lauren GUNNEY (U17)	C Arch	9.20	4
2	CC	Tarian PHILLIPS (U17)	S Wales	5.97	
3					
4					
5					
6					
7					
8					

Discus U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	Lucy HARRIS (U17)	Swan	28.32	3
2	C	Janelle TAYLOR (U17)	S Wales	19.23	
3	E	Jessica RAYMOND (U17)	W Wales	18.44	
4	AA	Mia WILLIAMS (U17)	Card	17.10	
5					
6					
7					
8					

Discus U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	A	Ella LYONS (U17)	Card	17.09	
2	CC	Tarian PHILLIPS (U17)	S Wales	17.09	
3					
4					
5					
6					
7					
8					

Hammer U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Mali LOADER (U17)	W Wales	35.88	4
2	D	Rebekah PRATT (U17)	Swan	34.91	4
3	C	Abby BARNFIELD (U17)	S Wales	34.78	4
4					
5					
6					
7					
8					

Hammer U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	CC	Janelle TAYLOR (U17)	S Wales	29.30	4
2					
3					
4					
5					
6					
7					
8					

UPPER MIDLAND South West A RON JONES TRACK ABERDARE
25/07/2021
Javelin U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	Chloe JONES (U17)	Swan	42.11	1
2	B	Rebecca HOLLEY (U17)	C Arch	34.64	3
3	E	Jessica RAYMOND (U17)	W Wales	23.08	
4	A	Ella LYONS (U17)	Card	17.75	
5	C	Jessica DAVIES (U17)	S Wales	14.37	
6					
7					
8					

Javelin U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	BB	Sophie LISK (U17)	C Arch	26.35	
2	DD	Lucy HARRIS (U17)	Swan	22.76	
3	CC	Nia REDDY (U17)	S Wales	13.60	
4					
5					
6					
7					
8					

4 x 100m U17 Women A

Posn	No.	Runners	Club	Perf
1	A	Millie WEBB (U17), Louisa mair PENNY (U17), Jemima ROBINSON (U17), Kya PLACIDE (U17)	Card	51.63
2	B	Isabella WIGLEY (U17), Lauren GUNNEY (U17), Sophie DAVIES (U17), Emily DENT (U17)	C Arch	51.79
3	E	Leia VOBE (U17), Amy TUCKER (U17), Eli-jay JONES (U17), Gabrielle LAU (U17)	W Wales	56.53
4				
5				
6				
7				
8				

4 x 300m U17 Women A

Posn	No.	Runners	Club	Perf
1	E	Lucy WINTLE (U17), Amy TUCKER (U17), Ffion OUSELEY (U17), Ella WINTLE (U17)	W Wales	03:03.65
2	A	Louisa mair PENNY (U17), Freya HUGHES-ROLLS (U17), Millie WEBB (U17), Yasmin HADID (U17)	Card	03:09.80
3	B	Sophie KNOYLE (U17), Rose PRENDERGAST (U17), Erin lucie WILLIAMS (U17), Grace LANE (U17)	C Arch	03:11.76
4	C	Caitlin JONES (U17), Ffion LIGHTFOOT (U17), Nia REDDY (U17), Abi JARVIS (U17)	S Wales	03:20.05
5				
6				
7				
8				

UPPER MIDLAND South West A RON JONES TRACK ABERDARE

<u>BIB</u>	<u>athlete</u>	club	event	agegroup	Performance	Wind
100	Ayomide ELUYERA	Cardiff AAC	200m	U20 Men	24.44	-1.2
96	Jemima ROBINSON	Cardiff AAC	300m	U17 Women	41.82	
	William TROTT	Swansea Harriers AC	Javelin	U17 Men		
80	Emily COLLINS	Swansea Harriers AC	Hammer	U20 Women	28.28m	
72	Lucy WINTLE	West Wales ©	200m	U17 Women	26.55	-1.0
92	Martin PEACOCK	Cardiff AAC	800m	U17 Men	02:22.77	
97	Emily PENNY	Cardiff AAC	100m	U20 Women	13.64	+0.2
	Dafydd KING	Swansea Harriers AC	Pole Vault	U17 Men	3.20m	
81	Emilia EVANS	Swansea Harriers AC	Hammer	U17 Women		
71	Ewan WILLIAMS	West Wales ©	100m	U17 Men	13.72	-0.9
73	Gabrielle LAU	West Wales ©	100m	U17 Women	14.62	-0.9
93	Ben HUGHES	Cardiff AAC	800m	U17 Men		
98	Louisa mair PENNY	Cardiff AAC	200m	U17 Women	30.70	-1.6
82	Jacob DOWLING	Swansea Harriers AC	100m	U17 Men	13.86	-0.9
70	Khalifa AL MUFLEHI	West Wales ©	200m	U17 Men	25.18	-1.2
75	Carys PRICE	West Wales ©	100m	U17 Women	13.79	-0.9
98	Louisa mair PENNY	Cardiff AAC	100m	U17 Women	14.73	-0.9
71	Ewan WILLIAMS	West Wales ©	200m	U17 Men	29.48	-1.6
95	Lily GASKIN	Cardiff AAC	100m	U20 Women		
	Liam TOPP	West Wales ©	200m	U17 Men	DNF	
95	Lily GASKIN	Cardiff AAC	200m	U20 Women		