

T10 - 100m - FINAL U13G (E) 11:35

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	13	Katie-Jane PRIEST	Newport Harriers	14.21	-0.3	
2	1	Jodie BEYNON	Cwmbran Harriers	15.06		
3	15	Melissa ROBERTS	Newport Harriers	15.18		
4	4	Gabrielle HUDSON	Newport Harriers	15.95		
5	10	Danielle MORGAN	Newport Harriers	16.46		

T37 - 200m - FINAL U13G (E) 14:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	13	Katie-Jane PRIEST	Newport Harriers	29.4	-2.5	
2	122	Emma HENNESSY	Newport Harriers	30.25		
3	123	Megan JAMES	Cwmbran Harriers	30.45		
4	1	Jodie BEYNON	Cwmbran Harriers	30.67		
5	15	Melissa ROBERTS	Newport Harriers	31.71		
6	18	Morgan-Anna WOODWARD	Newport Harriers	34.06		
7	9	Jamilia MASAWI-MORGAN	Cwmbran Harriers	34.39		

T25 - 1500m - FINAL U13G (S), U13G (E) 12:55

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	220	Chelsie HARRIS	Cwmbran Harriers	5:26.62		
2	123	Megan JAMES	Cwmbran Harriers	5:33.31		
3	222	Olivia TURLEY	Cwmbran Harriers	5:33.40		
4	223	Samantha WALKER	Cwmbran Harriers	6:29.66		

F15 - Long Jump - East Wales Under 13 Girls 11:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	1	Jodie BEYNON	Cwmbran Harriers	3.96		
2	122	Emma HENNESSY	Newport Harriers	3.88		
3	4	Gabrielle HUDSON	Newport Harriers	3.45		
4	223	Samantha WALKER	Cwmbran Harriers	3.34		
5	10	Danielle MORGAN	Newport Harriers	3.24		

F69 - Shot - East Wales Under 13 Girls - (2.72kg) 16:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	303	Emma NORTON	Cwmbran Harriers	5.59		

F33 - Discus - East Wales Under 13 Girls - (0.75kg) 12:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	303	Emma NORTON	Cwmbran Harriers	15.50		

F64 - Javelin - East Wales Under 13 Girls - (400g) 15:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	303	Emma NORTON	Cwmbran Harriers	20.00		
2	10	Danielle MORGAN	Newport Harriers	13.08		
3	354	Amy PRICE	Cwmbran Harriers	12.56		

T13 - 100m - FINAL U15G (E), JW (E), SW (E)						11:50
Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	47	Francesca PARKIN	Cwmbran Harriers	14.33	+0.0	

T40 - 200m - FINAL U15G (E), U17W (E), U15B (E)						14:50
Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	131	Hannah GRIFFITHS	Newport Harriers	27.46	-2.4	
2	47	Francesca PARKIN	Cwmbran Harriers	30.4		
3	50	Limarah THOMAS	Rhymney Valley	31.43		

T26 - 300m - FINAL U15G (S), U15G (E)						13:05
Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	131	Hannah GRIFFITHS	Newport Harriers	42.93	-1.5	
2	227	Catrin GRIFFITHS	Cardiff AC	46.59		

T28 - 1500m - FINAL U15G (S), U15G (E)						13:15
Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	231	Francesca MORRIS	Cardiff AC	5:21.74		
2	156	Malika REZOUGI	Cwmbran Harriers	5:28.23		
3	229	Francesca HYDE	Cwmbran Harriers	5:29.74		

F10 - High Jump - East Wales Under 15 Girls						11:50
Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	273	Olivia PERRY	Cwmbran Harriers	1.50		
2	272	Bethan HILL-HOWELLS	Newport Harriers	1.45		

F16 - Long Jump - East Wales Under 15 Girls						11:50
Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	272	Bethan HILL-HOWELLS	Newport Harriers	4.52		
2	295	Zoe BRADLEY	Cwmbran Harriers	3.84		

F70 - Shot - East Wales Under 15 Girls - (3.25kg)						16:00
Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	129	Melissa ARTHUR	Newport Harriers	8.30		
2	309	Chloe POWELL	Newport Harriers	6.61		
3	272	Bethan HILL-HOWELLS	Newport Harriers	5.30		

F34 - Discus - East Wales Under 15 Girls - (1.0kg)						12:45
Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	129	Melissa ARTHUR	Newport Harriers	19.28		
2	309	Chloe POWELL	Newport Harriers	16.45		

F65 - Javelin - East Wales Under 15 Girls - (600g)						15:45
Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	129	Melissa ARTHUR	Newport Harriers	29.81		

T12 - 100m - FINAL U17W (S), JW (S)

11:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	65	Shaleena GRAHAM	Cardiff AC	13.29	+0.0	
2	67	Stephanie KINSEY	Newport Harriers	13.57	0.0	
3	64	Bethan DAVIES	Cwmbran Harriers	14.31	0.0	

T40 - 200m - FINAL U15G (E), U17W (E), U15B (E)

14:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	65	Shaleena GRAHAM	Cardiff AC	28.55		
2	67	Stephanie KINSEY	Newport Harriers	28.94		

T27 - 300m - FINAL U17W (S), U17W (E)

13:10

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	162	Lora JAMES	Cwmbran Harriers	43.77		
2	159	Lauren ARCHER	Newport Harriers	46.19		
3	209	Victoria COOK	Rhymney Valley	47.05		

T31 - 1500m - FINAL U17W (S), U17W (E), SW (S)

13:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	242	Natasha COCKRAM	Cwmbran Harriers	4:54.16		

T54 - 80m hdl - FINAL U15B (S), U15B (E), U17W (S), U1 16:10

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	204	Antonia YORKSHIRE	Newport Harriers	13.38	-2.0	

T21 - 300m hdl - FINAL U17W (S), U17W (E)

12:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	204	Antonia YORKSHIRE	Newport Harriers	50.54	-0.9	

F49 - Long Jump - East Wales Under 17 Women

14:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	298	Natasha LEWIS	Cwmbran Harriers	4.90		
2	297	Amy BRADLEY	Cwmbran Harriers	4.89		
3	299	Victoria WEBB	Cwmbran Harriers	4.56		

F78 - Triple Jump - East Wales Under 17 Women

16:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	297	Amy BRADLEY	Cwmbran Harriers	10.25		

F71 - Shot - East Wales Under 17 Women - (4.0kg)

16:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	318	Jasmine SEALE	Cwmbran Harriers	9.33		
2	357	Rachel BEVAN	Cwmbran Harriers	6.13		

F35 - Discus - East Wales Under 17 Women - (1.0kg) 12:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	347	Toni WELLS	Swansea Harriers	27.81		
2	318	Jasmine SEALE	Cwmbran Harriers	26.59		
3	346	Lily SNAPE	Brecon AC	24.89		

F6 - Hammer - East Wales Under 17 Women - (4.0kg) 11:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	347	Toni WELLS	Swansea Harriers	46.98		
2	346	Lily SNAPE	Brecon AC	23.54		

F66 - Javelin - East Wales Under 17 Women - (600g) 15:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	357	Rachel BEVAN	Cwmbran Harriers	29.32		

T13 - 100m - FINAL U15G (E), JW (E), SW (E)

11:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	91	Rhiannon YATES	Newport Harriers	12.99	-0.8	
2	88	Sarah POLE	Neath Harriers	13.00		
3	89	Emma REYNOLDS	Cwmbran Harriers	13.39		

T45 - 200m - FINAL JW (S), JW (E)

15:15

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	88	Sarah POLE	Neath Harriers	26.79	-1.5	

T61 - 400m - FINAL JW (S), JW (E), MW (S), SW (E)

16:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	141	Hannah CLARKE	Cardiff AC	66.48	-2.3	

T53 - 100m hdl - FINAL U17M (E), JW (E), SW (S)

16:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	206	Lauren O'REILLY	Newport Harriers	15.62	-2.7	

F17 - Shot - East Wales Junior Women - (4.0kg)

12:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	206	Lauren O'REILLY	Newport Harriers	7.97		

F1 - Hammer - East Wales Junior Women - (4.0kg)

10:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	349	Kirstie MILNE	Newport Harriers	31.15		

T11 - 100m - FINAL U15G (S), U17W (E), MW (E), SW (S), 11:40

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	115	Lorraine GRAHAM-MULVANEY	Cardiff AC	15.96	-0.8	
2	103	Emma PLOW	Newport Harriers	13.51		
3	100	Lindsay BADMAN	Newport Harriers	13.98		

T46 - 200m - FINAL SW (S), SW (E)

15:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	103	Emma PLOW	Newport Harriers	27.19		
2	151	Danielle PRICE	Cardiff AC	27.46		
3	100	Lindsay BADMAN	Newport Harriers	29.26		

T61 - 400m - FINAL JW (S), JW (E), MW (S), SW (E)

16:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	180	Bryony TURNBULL	Swansea Harriers	57.83	-2.3	
2	149	Rhianne JONES	Cardiff AC	58.41	-2.3	

F2 - Hammer - East Wales Senior Women - (4.0kg)

10:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	351	Lisa BOSWELL	Newport Harriers	33.40		

T2 - 3000m - FINAL U15B (S), U17M (S), U17M (E), MW (10:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	262	Satu HAIKALA	Brecon AC	50.24		

T23 - 100m - FINAL U13B (E)

12:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	35	James SCARFI	Cwmbran Harriers	14.05	-1.6	
2	24	Jack DUNN	Cwmcarn High School	14.3		
3	33	Ryan MORGAN	Newport Harriers	14.47		
4	29	Owen HUGHES	Cwmcarn High School	15.23		
5	20	Scott ANDREWS	Brecon AC	16.19		
6	34	Thomas PARRY	Cwmcarn High School	50.24		

T5 - 100m - heat 1 U13B (E)

11:10

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	35	James SCARFI	Cwmbran Harriers	13.93	0.0	Q
1	21	Mitchel BOSWELL	Newport Harriers	14.04		Q
2	29	Owen HUGHES	Cwmcarn High School	14.90		q
3	26	Harry EVANS	Cwmcarn High School	15.34		q
4	20	Scott ANDREWS	Brecon AC	15.86		q

T6 - 100m - heat 2 U13B (E)

11:15

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	33	Ryan MORGAN	Newport Harriers	14.27	-1.5	Q
1	24	Jack DUNN	Cwmcarn High School	14.29		Q
2	34	Thomas PARRY	Cwmcarn High School	16.48		q
3	356	Daniel THOMAS	Cwmcarn High School	16.85		
4	307	Matthew JAMES	Cwmcarn High School	17.13		

T64 - 200m - FINAL U13B (E)

17:05

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	35	James SCARFI	Cwmbran Harriers	29.02	-2.7	
2	33	Ryan MORGAN	Newport Harriers	30.07		
3	24	Jack DUNN	Cwmcarn High School	30.47		
4	30	Gabriel JOHNSON	Newport Harriers	32.16		
5	125	Aled GRIFFITHS	Cardiff AC	34.28		
6	20	Scott ANDREWS	Brecon AC	34.55		
7	192	Ross BURNS	Newport Harriers	34.90		

T55 - 75m hdl - FINAL U13B (S), U13B (E)

16:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	29	Owen HUGHES	Cwmcarn High School	14.96	-2.6	
2	190	Kyle ARNOLD	Newport Harriers	14.96		
3	192	Ross BURNS	Newport Harriers	16.44		
4	194	Joshua GADD	Cwmcarn High School	16.51		
5	193	James CROOK	Cwmcarn High School	19.26		

F56 - High Jump - East Wales Under 13 Boys

14:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	190	Kyle ARNOLD	Newport Harriers	1.31		
2	271	Stevan RUSSELL	Newport Harriers	1.30		
3	192	Ross BURNS	Newport Harriers	1.10		

F62 - Long Jump - East Wales Under 13 Boys

15:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	30	Gabriel JOHNSON	Newport Harriers	3.99		
2	26	Harry EVANS	Cwmcarn High School	3.76		
3	29	Owen HUGHES	Cwmcarn High School	3.64		
4	128	Christopher POWELL	Brecon AC	3.57		
5	271	Stevan RUSSELL	Newport Harriers	3.43		
6	307	Matthew JAMES	Cwmcarn High School	3.30		
7	193	James CROOK	Cwmcarn High School	3.26		

F46 - Shot - East Wales Under 13 Boys - (3.25kg)

14:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	304	Mark ANDREWS	Brecon AC	5.64		
2	306	Jordan BRYANT	Newport Harriers	5.55		
3	307	Matthew JAMES	Cwmcarn High School	4.89		
4	305	Jamie BRYANT	Newport Harriers	4.42		
5	308	Owen MURPHY	Cwmbran Harriers	3.93		

F53 - Discus - East Wales Under 13 Boys - (1.0kg)

14:10

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	306	Jordan BRYANT	Newport Harriers	18.72		
2	305	Jamie BRYANT	Newport Harriers	11.02		
3	308	Owen MURPHY	Cwmbran Harriers	9.92		
4	304	Mark ANDREWS	Brecon AC	9.61		

F40 - Javelin - East Wales Under 13 Boys - (400g)

13:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	271	Stevan RUSSELL	Newport Harriers	28.91		
2	33	Ryan MORGAN	Newport Harriers	22.83		
3	356	Daniel THOMAS	Cwmcarn High School	19.48		
4	26	Harry EVANS	Cwmcarn High School	18.57		
5	304	Mark ANDREWS	Brecon AC	14.03		
6	193	James CROOK	Cwmcarn High School	13.94		
7	306	Jordan BRYANT	Newport Harriers	13.88		

T15 - 100m - FINAL U15B (E), MM (E), MM (S)

12:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	53	Andrew CHAN	Cwmbran Harriers	12.81	-0.3	
2	59	Trafford SQUIRE	Cwmbran Harriers	12.89		
3	54	Oliver HUDSON	Newport Harriers	13.45		
4	60	Cameron STILL	Cwmcarn High School	14.45		

T41 - 200m - FINAL U15B (S), U15B (E)

14:55

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	53	Andrew CHAN	Cwmbran Harriers	26.99	1.6	
2	59	Trafford SQUIRE	Cwmbran Harriers	27.07		

T58 - 400m - FINAL U15B (S), U15B (E)

16:35

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	165	Rhodri BOGGUST	Brecon AC	60.46	4.2	
2	167	Curtis GOODGER	Newport Harriers	61.10		
3	170	Taylor JONES	Newport Harriers	64.49		

T29 - 1500m - FINAL U13B (S), U15B (S)

13:25

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	169	Ben JONES	Cwmbran Harriers	4:46.64		
2	167	Curtis GOODGER	Newport Harriers	4:47.30		
3	238	Rhys NORRIS	Newport Harriers	4:58.31		
4	240	Dan STILL	Cwmcarn High School	5:10.20		
5	241	Charlie WALKER	Cwmbran Harriers	5:14.35		
6	166	Jack FEAR	Newport Harriers	5:26.31		

T54 - 80m hdl - FINAL U15B (S), U15B (E), U17W (S), U1 16:10

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	200	Tyron BLAKE	Cwmbran Harriers	12.34	1.4	
2	201	Joshua SELWAY	Cardiff AC	13.43	1.4	

F57 - High Jump - East Wales Under 15 Boys 14:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	200	Tyron BLAKE	Cwmbran Harriers	1.60		

F63 - Long Jump - East Wales Under 15 Boys 15:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	54	Oliver HUDSON	Newport Harriers	4.84		
2	165	Rhodri BOGGUST	Brecon AC	4.83		
3	134	Taylor DIMMICK	Cwmcarn High School	4.73		
4	170	Taylor JONES	Newport Harriers	4.68		
5	60	Cameron STILL	Cwmcarn High School	3.89		

F47 - Shot - East Wales Under 15 Boys - (4.0kg) 14:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	200	Tyron BLAKE	Cwmbran Harriers	8.52		
2	317	Tomos WILLIAMS	Newport Harriers	7.86		
3	311	Michael CHESHER	Brecon AC	7.55		
4	343	Matt ARNOLD	Newport Harriers	5.61		

F54 - Discus - East Wales Under 15 Boys - (1.25kg) 14:10

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	337	Tom NORTON	Cwmbran Harriers	28.71		
2	317	Tomos WILLIAMS	Newport Harriers	21.11		
3	336	Jordan JARRETT	Cwmcarn High School	16.30		
4	343	Matt ARNOLD	Newport Harriers	16.04		

F7 - Hammer - East Wales Under 15 Boys - (4.0kg) 11:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	311	Michael CHESHER	Brecon AC	22.19		
2	343	Matt ARNOLD	Newport Harriers	18.28		

F41 - Javelin - East Wales Under 15 Boys - (600g) 13:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	337	Tom NORTON	Cwmbran Harriers	39.79		
2	368	Jordan PEAKE	Cwmbran Harriers	35.04		
3	165	Rhodri BOGGUST	Brecon AC	32.42		
4	239	Stephen SCARFI	Cwmbran Harriers	30.05		
5	336	Jordan JARRETT	Cwmcarn High School	22.79		
6	311	Michael CHESHER	Brecon AC	18.49		

T16 - 100m - FINAL U17M (E)

12:05

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	75	Oliver EDWARDS	Newport Harriers	11.76	-2.0	
2	76	Lewis HINWOOD	Cwmbran Harriers	12.09		
3	74	Conal DAVIS	Cwmbran Harriers	12.55		
4	73	Gareth I DAVIES	Cwmbran Harriers	12.59		
5	82	Declan O'BRIEN	Newport Harriers	12.72		
6	84	James SALE	Cwmbran Harriers	50.24		
7	80	Ben McEWAN	Newport Harriers	13.19		

T44 - 200m - FINAL U17M (E)

15:10

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	75	Oliver EDWARDS	Newport Harriers	24.09	-2.7	
2	76	Lewis HINWOOD	Cwmbran Harriers	24.44		
3	73	Gareth I DAVIES	Cwmbran Harriers	25.1		
4	74	Conal DAVIS	Cwmbran Harriers	25.51		
5	82	Declan O'BRIEN	Newport Harriers	DNF		

T60 - 400m - FINAL 17M (E), JM (E)

16:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	176	Keiron STEPHENS	Cwmbran Harriers	53.94	-2.0	
2	174	Freddie NASERIYAN	Cwmbran Harriers	55.03		
3	80	Ben McEWAN	Newport Harriers	57.5		

T32 - 1500m - FINAL U17M (S), JM (S)

13:55

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	249	James HANRAHAN	Cwmbran Harriers	4:28.00		
2	254	Marcus PRICE	Cwmbran Harriers	4:34.06		
3	176	Keiron STEPHENS	Cwmbran Harriers	5:37.41		

T50 - 1.5K S/C - FINAL U17M (S), U17M (E)

15:40

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	212	Emrys PENNY	Newport Harriers	4:50.03		
2	266	David BANWELL-CLODE	Cwmbran Harriers	4:54.91		

T53 - 100m hdl - FINAL U17M (E), JW (E), SW (S)

16:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	205	Daniel SHARREM	Cardiff AC	14.42	-2.7	

T19 - 400m hdl - FINAL U17M (S), U17M (E), JW (S), SW (S) 12:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	174	Freddie NASERIYAN	Cwmbran Harriers	64.79	0.0	

F57A - High Jump - East Wales Under 17 Men 14:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	276	Ashley JONES	Newport Harriers	1.65		

F36 - Long Jump - East Wales Under 17 Men 12:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	276	Ashley JONES	Newport Harriers	5.73		

F79 - Triple Jump - East Wales Under 17 Men 16:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	276	Ashley JONES	Newport Harriers	12.17		

F48 - Shot - East Wales Under 17 Men - (5.0kg) 14:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	320	Josh BUSSELL	Cwmbran Harriers	12.96		
2	348	Lewis JONES	Newport Harriers	11.13		

F55 - Discus - East Wales Under 17 Men - (1.5kg) 14:10

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	320	Josh BUSSELL	Cwmbran Harriers	35.92		
2	339	Thomas AVISS	Newport Harriers	31.41		
3	173	Adam JONES	Brecon AC	29.55		
4	348	Lewis JONES	Newport Harriers	18.41		

F8 - Hammer - East Wales Under 17 Men - (5.0kg) 11:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	320	Josh BUSSELL	Cwmbran Harriers	29.37		
2	173	Adam JONES	Brecon AC	26.95		
3	348	Lewis JONES	Newport Harriers	25.95		

T17 - 100m - FINAL JM (S), JM (E)

12:10

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	96	Thomas KNIGHT	Cardiff AC	11.68	-2.4	
2	92	Nathan FELVUS	Cardiff AC	11.93	-2.4	
3	98	David J NORTON	Cwmbran Harriers	12.64	-2.4	
4	93	Michael GROUT	Cwmbran Harriers	12.92	-2.4	
5	97	Daniel P NORTON	Cwmbran Harriers	13.61	-2.4	

T48 - 200m - FINAL JM (E)

15:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	96	Thomas KNIGHT	Cardiff AC	22.72	-3.5	
2	146	Jamie GUTTERIDGE	Cardiff AC	24.33	-3.5	
3	98	David J NORTON	Cwmbran Harriers	24.63	-3.5	
4	93	Michael GROUT	Cwmbran Harriers	25.99	-3.5	
5	97	Daniel P NORTON	Cwmbran Harriers	28.51	-3.5	

T60 - 400m - FINAL 17M (E), JM (E)

16:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	92	Nathan FELVUS	Cardiff AC	50.47	-2.0	

T33 - 1500m - FINAL 17M (E), JM (E), SM (E), MM (E)

14:05

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	256	Johnathan MORGAN	Newport Harriers	04:13.35		

T20 - 400m hdl - FINAL SM (S), SM (E), JM(E)

12:25

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	146	Jamie GUTTERIDGE	Cardiff AC	57.97	-1.1	

F58 - High Jump - East Wales Junior Men

14:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	278	Robby WELLS	Swansea Harriers	1.65		

F37 - Long Jump - East Wales Junior Men

12:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	300	Thomas KIVELL	Cardiff AC	6.58		
2	278	Robby WELLS	Swansea Harriers	6.24		

F81 - Triple Jump - East Wales Junior Men

16:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	300	Thomas KIVELL	Cardiff AC	13.05		
2	93	Michael GROUT	Cwmbran Harriers	11.88		

F73 - Discus - East Wales Junior Men - (1.75kg) 16:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	326	Jacob MATTHEWS	Cardiff AC	45.51		
2	342	Oisn O'HARA	Gwent College	20.14		

F43 - Javelin - East Wales Junior Men - (800g) 13:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	363	Sean NUGENT	Unattached	45.04		
2	342	Oisn O'HARA	Gwent College	24.68		

T18 - 100m - FINAL SM (S), SM (E)

12:15

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	109	Carl McEWAN	Newport Harriers	11.62	-1.3	

T62 - 400m - FINAL SM (S), SM (E)

16:55

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	109	Carl McEWAN	Newport Harriers	50.92	-2.5	
2	183	Lee RICHARDS	Newport Harriers	53.53	-2.5	
3	182	Stuart PEARCE	Newport Harriers	60.85	-2.5	
4	181	David J GOODGER	Newport Harriers	DNF	-2.5	

T33 - 1500m - FINAL 17M (E), JM (E), SM (E), MM (E)

14:05

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	182	Stuart PEARCE	Newport Harriers	04:38.93		

T20 - 400m hdl - FINAL SM (S), SM (E), JM(E)

12:25

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	181	David J GOODGER	Newport Harriers	57.56	-1.1	
2	214	Craig RUSSELL	Newport Harriers	72.56	-1.1	

F60 - High Jump - East Wales Senior Men

14:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	279	Owen CHESHER	Brecon AC	1.95		

F38 - Long Jump - East Wales Senior Men

12:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	301	Stephen JEFFREYS	Brecon AC	6.12		

F21 - Shot - East Wales Senior Men - (7.26kg)

12:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	331	Ryan SPENCER-JONES	Birchfield Harriers	15.92		
2	353	Mark BOSWELL	Newport Harriers	7.95		

F75 - Discus - East Wales Senior Men - (2.0kg)

16:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	331	Ryan SPENCER-JONES	Birchfield Harriers	42.52		
2	363	Sean NUGENT	Unattached	25.83		

F4 - Hammer - East Wales Senior Men - (7.26kg) 10:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	678	Ritchie WELLS	Swansea Harriers	51.06		
2	353	Mark BOSWELL	Newport Harriers	32.05		

F44 - Javelin - East Wales Senior Men - (800g) 13:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	363	Sean NUGENT	Unattached	45.04		

T15 - 100m - FINAL U15B (E), MM (E), MM (S) 12:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	119	Keith POWELL	Newport Harriers	13.07	-0.2	

T63 - 400m - FINAL MM (S), MM (E) 17:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	187	Darryn McATEE	Newport Harriers	50.24	-2.2	

T33 - 1500m - FINAL 17M (E), JM (E), SM (E), MM (E) 14:05

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	187	Darryn McATEE	Newport Harriers	4:54.80		

T2 - 3000m - FINAL U15B (S), U17M (S), U17M (E), MW (10:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	265	David J PROFFITT	Newport Harriers	11:29.91		

F32 - Pole Vault - East Wales Master Men 12:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	119	Keith POWELL	Newport Harriers	2.65		

F22 - Shot - East Wales Master Men - (7.26kg) 12:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	334	Robert EALES	Newport Harriers	11.49		

F77 - Discus - East Wales Master Men - (2.0kg) 16:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	119	Keith POWELL	Newport Harriers			

F4A - Hammer - East Wales Master Men - (7.26kg) 10:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	334	Robert EALES	Newport Harriers			