

AGE GROUP
TEAM MANAGER

SENIOR MEN

East WALES REGION

Joyce Tomala

EVENT & TIME		No	NAME	Date of Birth	WA Registration Number
100m	12:50	1	Christian Malcom		
		2	Carl McEwan	yes	
200m	15:30	1	Nathan Felvus	yes	
		2	Carl McEwan	yes	
400m	16:50	1	Nathan Felvus	yes	
		2	Carl McEwan	yes	
800m	14:50	1	Lee Richards		
		2	Chris Gowell		
1500m	16:05	1	Ieuan Thomas		
		2			
3000m	13:25	1	Ieuan Thomas		
		2			
110m Hdl	13:40	1	Derek Osborne	yes	
		2			
400m Hdl	12:15	1	Derek Osborne	yes	
		2			
2.0km s/c	17:15	1	Gavin Hanrahan	yes	
		2			
1k Walk	12:00	1			
		2			
4x100m	17:45	2			
Leg 2		2			
Leg 3		2			
Leg 4		2			
4x400m	18:10	1			
Leg 2		1			
Leg 3		1			
Leg 4		1			
High Jump	12.30	1	Owen Chesher	yes	
		2	James Schofield	no	
Pole Vault	14.15	1	Derek Osborne	yes	
		2	Keith Powell	yes	
Long Jump	14.00	1	Navid Childs		
		2	Michael Payne	yes	
Triple Jump	15.30	1	Navid Childs		
		2			
Shot	13.00	1	Ryan Spencer-Jones		
		2	Robert Eales	yes	vest
Discus	14.45	1	Ryan Spencer-Jones		
		2	Richie Wells	yes	
Hammer	11.45	1	Garry Halpin		
		2	Richie Wells	yes	
Javelin	17.30	1			
		2			

AGE GROUP

UNDER 20 MEN

East WALES REGION

TEAM MANAGER

Ruth Hinwood

EVENT		No	NAME	Date of Birth	WA Registration Number
100m	12:55	1	Lamar Freckleton		
		2	Connor Harte		
200m	15:35	1	Lamar Freckleton		
		2	Lewis Hinwood		
400m	16:55	1	Ashley Jones	yes	vest
		2			
800m	14:55	1	David Banwell-Clode	yes	
		2	Marcus Price		
1500m	16:05	1	Chris Carpanini	yes	
		2	Emrys Penny	no	
3000m	13:25	1	Chris Carpanini	yes	
		2			
110m Hdl	13:45	1			
		2			
400m Hdl	12:20	1			
		2			
2.0km s/c	17:15	1	David Banwell-Clode	yes	
		2	Emrys Penny	no	
1k walk	12:00	1			
		2			
4x100m	17:45	2	Squad		
Leg 2		2	lamar, lewis, tom, Oliver Edwards		
Leg 3		2			
Leg 4		2			
4x400m	18:10	1	squad		
Leg 2		1	freddie,ashley,larma,alex wotman		
Leg 3		1			
Leg 4		1			
High Jump	15.30	1	Tom Morgan		
		2	Robbie Wells	no	
Pole Vault	14.15	1			
		2			
Long Jump	13.00	1	Tom Morgan		
		2	Robbie Wells	yes	
Triple Jump	17.00	1	Connor Harte		
		2			
Shot	13.45	1	Josh Bussell	yes	
		2	Lewis Jones	yes	
Discus	16.00	1	Josh Bussell	yes	
		2	Tom Aviss		
Hammer	12.30	1	Josh Bussell	yes	
		2	Lewis Jones	yes	
Javelin	17.30	1	Tom Morgan		
		2	Jason Copsey	yes	

AGE GROUP

UNDER 17 MEN

East WALES REGION

TEAM MANAGER

Matt Elias

EVENT		No	NAME	Date of Birth	WA Registration Number
100m	13:00	1	William Davies		
		2	Conal Davis	yes	vest
200m	15:40	1	William Davies		
		2	Conal Davis	yes	
400m	17:00	1	Adam Jones		
		2			
800m	15:00	1	Kieron Stephens		
		2	Curtis Goodger		
1500m	16:15	1	Elliot Hardee		
		2	Dan Chesworth	yes	
3000m	13:50	1	James Hanrahan		
		2	Tyrone Fowler	yes	vest
100m Hdl	14:05	1	Tyron Blake	yes	
		2	Luke Bowen		
400m Hdl	12:25	1	Tyron Blake	no	
		2	Ben McEwan	yes	
1.5km s/c	17:35	1	Evan Wynne	yes	vest
		2			
1k walk	12:00	1			
		2			
4x100m	17:50	2	squad		
Leg 2		2	will, conal, tom norton		
Leg 3		2			
Leg 4		2			
High Jump	15.30	1	Tyron Blake	yes	
		2	Luke Bowen	yes	
Pole Vault	14.15	1	Stephen Scarfi		
		2			
Long Jump	14.00	1	Jack Rogers	yes	
		2	James Perry		
Triple Jump	14.30	1	Jack Rogers	yes	
		2		yes	vest
Shot	16.45	1	Michael Chesher		
		2	Robson Blake		
Discus	17.30	1	Stephen Scarfi		
		2	Adam Jones		
Hammer	12.30	1	Michael Chesher		
		2			
Javelin	16.15	1	Tom Norton	yes	
		2	Michael Chesher		

AGE GROUP

UNDER 15 BOYS

East WALES REGION

TEAM MANAGER

Deb Hill-Howells

EVENT		No	NAME	Date of Birth	WA Registration Number
100m	13:05	1	Ryan Morgan	yes	vest
		2	Ryan Leonard		
200m	15:45	1	Oliver Hudson		
		2	Marcus Bayone-Martinez	yes	vest
400m	17:05	1	Oliver Hudson		
		2	Jack Fear	no	
800m	15:10	1	Jack Fear	yes	
		2	Ben Jones	no	
1500m	16:15	1	Ben Jones	yes	
		2	Owain Davies	yes	
80m Hdl	14:30	1	James Sharem		
		2	Kyle Arnold		
1k walk	12:00	1			
		2			
4x100m	18:05	2	ryan morgan		
Leg 2		2			
Leg 3		2	oliver hudson		
Leg 4		2	Ryan Leonard		
High Jump	14.15	1	Ben Dunster		
		2	C Roberts		
Pole Vault	16.00	1	Steven Russell	yes	vest
		2			
Long Jump	12.15	1	Oliver Hudson		
		2	Ryan Morgan	yes	vest
Triple Jump		1			
		2			
Shot	12.30	1	Hedwyn Louden		
		2		yes	
Discus	16.45	1	Hedwyn Louden		
		2	Owen Lord		
Hammer	11.45	1			
		2			
Javelin	15.00	1	Steven Russell	yes	
		2	Ryan Morgan	yes	

AGE GROUP

SENIOR WOMEN

East WALES REGION

TEAM MANAGER

Joyce Tomala

EVENT		No	NAME	Date of Birth	WA Registration Number
100m	13:10	1	Rhainnon yates		
		2	Claire Williams	yes	
200m	15:50	1			
		2	Claire Williams	yes	
400m	17:10	1			
		2			
800m	15:15	1	Leigh Barker		
		2	Bethan Strange	yes	
1500m	16:25	1	Georgie Parnell		
		2	Natasha Cockram	yes	
3000m	14:15	1	Satu Haikal	yes	
		2			
100m Hdl	14:10	1	Antonia Yorkshire ??		
		2	Abbey Gutteridge ??		
400m Hdl	12:30	1	Antonia Yorkshire ??		
		2	Abbey Gutteridge ??		
1.5km s/c	17:35	1			
		2			
1k walk	12:00	1			
		2			
4x100m	17:55	2	squa , claire, antonis,		
Leg 2		2	emma plow		
Leg 3		2	rhiannon yates		
Leg 4		2			
4x400m	18:10	1	squad		
Leg 2		1	leigh,bethan		
Leg 3		1			
Leg 4		1			
High Jump	16.30	1	Lara Richards		
		2	Lauren O'Riley		
Pole Vault	12.30	1			
		2			
Long Jump	12.15	1	Rhainnon yates		
		2	Victoria Webb ??		
Triple Jump	16.15	1	Amy Bradley	yes	
		2			
Shot	15.45	1	Toni Wells	yes	
		2	Julie Driscoll		
Discus	16.45	1	Toni Wells	yes	
		2	Sian Jordan	yes	
Hammer	13.15	1	Toni Wells	yes	
		2	Lisa Boswell	yes	
Javelin	14.00	1	Rachel Bevan	yes	
		2	Lisa Boswell	yes	

AGE GROUP

UNDER 17 WOMEN

East WALES REGION

TEAM MANAGER

Matt Elias

EVENT		No	NAME	Date of Birth	WA Registration Number
100m	13:15	1	Hannah Griffiths	no	
		2			
200m	15:55	1	Hannah Griffiths	yes	
		2			
300m	16:45	1	Hannah Griffiths	yes	
		2			
800m	15:20	1	Ffion Price	yes	
		2			
1500m	16:25	1	Ffion Price	yes	
		2	Harriet Davies		
3000m	14:15	1	Rhianwedd Price		
		2			
80m Hdl	14:35	1			
		2			
300m Hdl	12:40	1	Jasmin West		
		2			
1.5km s/c	17:25	1	Rhianwedd Price	yes	
		2			
1k walk	12:00	1			
		2			
4x100m	17:55	2			
Leg 2		2			
Leg 3		2			
Leg 4		2			
4x400m	18:10	1			
Leg 2		1			
Leg 3		1			
Leg 4		1			
High Jump	16.30	1	Olivia Perry		
		2	Melissa Arthur	yes	
Pole Vault	12.30	1			
		2			
Long Jump	13.00	1	Zoe Bradley	yes	vest
		2	Natasha Lewis		
Triple Jump	16.15	1			
		2			
Shot	14.15	1	Jasmin Seale	yes	
		2	Rachel Ralf		
Discus	16.00	1	Jasmin Seale	yes	
		2	Chloe Powell		
Hammer	13.15	1	Jasmin Seale	yes	
		2			
Javelin	15.45	1			
		2	Melissa Arthur	yes	

AGE GROUP

UNDER 15 GIRLS

East WALES REGION

TEAM MANAGER

Deb Hill-Howells

EVENT		No	NAME	Date of Birth	WA Registration Number
100m	13:20	1	Katie-Jane Priest	yes	vest
		2	Melissa Roberts	yes	vest
200m	16:00	1	Katie-Jane Priest	yes	
		2	Emma Hennessey	yes	
800m	15:25	1	Emma Jordan		
		2	Elinia Basini-Gazzi	yes	vest
1500m	16:35	1	Malika Rezougui	yes	
		2	Francesca Hyde	yes	
75m Hdl	14:45	1			
		2	Emma Hennessey	yes	
1k walk	12:00	1			
		2			
4x100m	18:05	2	squad		
	(2)	2	katie, mellissa,emma h, bethan		
	(3)	2			
	(4)	2			
High Jump	13.30	1	Bethan Hill-Howells		
		2	Chloe Tame		
Pole Vault	16.00	1			
		2			
Long Jump	14.30	1	Bethan Hill-Howells		
		2	Amy Chorley		
Triple Jump		1			
		2			
Shot	12.00	1			
		2	Lauren White		
Discus	14.45	1	Emma Norton	yes	vest small
		2	Lauren White		
Javelin	13.30	1	Emma Norton	yes	
		2	Sophie Jacke		