

Welsh Athletics InternationalCardiff
24 Jul 19

100 200 400 800 1500 Mile 3000 100HW 110HU20M 400H 400HW 1500SC HJ PV LJ
TJ SP6K SP4K DT1.75K DT1K HT7.26K HT6K HT4K JT800 JT600

Has your performance not been assigned to your profile yet? Just click the **envelope**  beside your performance below to notify us and get it on your profile.

100 SM 1

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	10.82	-1.2 Tobi Ogunkanmi	U20 M		Peter Griffiths	Watford/Windsor Slough Eton & Hounslow	10.52	10.52	
2	10.85	-1.2 Alwayne Campbell	U20 M		Andy Paul	Birchfield H	10.53	10.53	
3	10.85	-1.2 Fraser Angus	U20 M		Ryan Mcallister	Giffnock North/Strathclyde Uni	10.39	10.39	
4	11.00	-1.2 Zachary Price	U20 M		Barry Edwards	Menai	10.86	10.82	
5	11.38	-1.2 Lucas Rive	U20 M		Dale Garland	Guernsey	11.19	11.19	
6	11.51	-1.2 Eli Onyewu	U20 M		Peter Walton	Neath	10.9	10.9	

100 SM 2

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	10.93	-1.2 Valerio Duah	U20 M		Santino Dummett	Telford AC	10.59	10.59	
2	11.14	-1.2 Thomas Payne	U17 M		Colin Davies	Swansea	10.92	10.92	
2	11.14	-1.2 Zakariya Khalid	U20 M			Unattached			
4	11.30	-1.2 Mohamed Al Ali	U20 M			Unattached			
5	11.31	-1.2 Louis Thorne	PB U17 M		Kevin Williams	Cardiff	10.96	10.96	
6	11.36	-1.2 Karl Williams	SEN M		Judith Gooding	Swansea/Swansea Uni	11.10	11.10	
7	11.44	-1.2 Zak Wall	U17 M			Cardiff Archers	11.22	11.22	
8	11.62	-1.2 Shay Hardman	U17 M		Barry Edwards	Menai	11.19	11.19	

100 SW 1

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	12.16	-0.7 Leonie Ashmeade	U20 W		Lewis Samuel	Wakefield/Sheffield & Dearne	11.71	11.71	
2	12.18	-0.7 Alyson Bell	U17 W			Giffnock North	11.90	11.90	
3	12.30	-0.7 Lauren Roy	U20 W		Adam McMullen	City of Lisburn/Ireland	12.03	11.87	
3	12.30	-0.7 Issie Tustin	U20 W		Neil Wheeler	Cardiff	12.06	12.06	
5	12.61	-0.7 Abigail Galpin	U20 W		Tom Druce	Guernsey	12.30	12.30	
7	12.72	-0.7 Emmanuella Kone	U17 W		Helen Patricia James	Cardiff	12.27	12.27	

100 SW 2

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	12.69	-1.2 Michelle Owusu	U20 W			Wolverhampton & Bilston	12.17	12.17	
2	12.79	-1.2 Jennifer Townley	SB U20 W		Philip Jones	Colwyn Bay	12.79	12.50	
3	12.97	-1.2 Jade Hutchison	U20 W		Francis Smith	Pitreavie	12.29	12.07	
4	13.15	-1.2 Sadie Graham-Mulvaney	U17 W		Helen Patricia James	Cardiff/Gloucestershire Schs	12.79	12.79	
5	13.28	-1.2 Ellie Loweth	U17 W			Cardiff	12.8	12.8	
6	13.28	-1.2 Charlie Peters	U20 W			Cannock & Stafford	12.62	12.62	
7	13.37	-1.2 Vicky Mann	U23 W		Tom Druce	Guernsey/Loughborough Students	12.97	12.70	
8	13.75	-1.2 Jasmine Norman	U20 W		Tom Druce	Guernsey	12.92	12.49	

200 U20M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	21.40	-0.3 Owain Lloyd Hughes	U20 M	1	Kevin Williams	Neath	21.32	21.32	
2	21.83	-0.3 James Hanson	U20 M	2	Jake Awe	Woking/Oaklands Col	21.39	21.39	
3	22.18	-0.3 Jody Smith	U20 M	2	James Wright	Charnwood	21.36	21.36	
4	22.63	-0.3 Louis Thorne	PB U17 M	-1	Kevin Williams	Cardiff	22.31	22.31	
5	23.11	-0.3 Cameron Jones	U20 M	1	Barry Edwards	Menai	22.4	22.4	
6	23.41	-0.3 Joshua Duke	U17 M	-1		Guernsey	22.87	22.87	

200 U20W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	24.68	-0.3 Kiah Dubarry-Gay	U20 W	1	Clarence Callender	Victoria Park & Tower Hamlets	23.94	23.90	
2	25.21	-0.3 Gabrielle Fakande	U20 W	2	Kevin Williams	Swansea	24.94	24.94	
3	25.33	-0.3 Katie Dinwoodie	U17 W	-1	Louise Jamieson	Shetland	24.64	24.64	
4	25.97	-0.3 Lauren Butler	U20 W	3	Brian Holyfield	Birchfield H/Birmingham Uni	25.41	25.41	
6	26.42	-0.3 Moli Jones	U20 W	2	Philip Jones	Colwyn Bay	26.3	25.36	
7	27.15	-0.3 Amelia Lees	U20 W	1	Tom Druce	Guernsey	27.07	25.98	

400 SM 1

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	48.7	William Doyle	U20 M		Roy Buchanan	Pitreavie	48.10	48.10	
2	48.9	Ben Hawkes	U20 M		Linda Mcgreavy	Leamington	47.76	47.76	
3	49.1	Steffan Dylan Jones	U20 M		Darrell Maynard	Swansea	48.43	48.43	

4	49.2	Lynden Olowe	U20	M	Gary MacDonald Gray	Southampton	48.84	48.31	
5	49.3	Leon Heath Stubbs	U20	M	Peter Warden	Preston	48.67	48.67	
6	51.8	Morgan Glyndwr James	U20	M	Mark Gold	Cardiff	50.12	50.12	
400 SM 2									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	48.91	Alex Cooper	U17	M	Grant Barker	Notts	48.36	48.36	
2	49.16	Hakan Dalbal	U20	M	Richard Mair	Longwood	48.98	48.89	
3	49.64	Kieran Eland	PB U23	M	James Thie	Tonbridge/Cardiff Met Uni	49.64	49.64	
4	52.71	Aidan Brady	U20	M	Henry Gray	Livingston	49.11	49.11	
400 U20W									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	55.40	Nayanna Dubarry-Gay	U20	W	1 Clarence Callender	Victoria Park & Tower Hamlets	55.03	55.03	
2	56.65	Emma Alderson	U20	W	3 Stephen Carroll	Liverpool H/Loughborough Students	55.56	54.54	
3	57.21	Esther Adikpe	U20	W	3 Brian Darby	Coventry/Cardiff Uni/Cardiff	56.52	55.8	
4	57.81	Ffion Mair Roberts	U20	W	3	Colwyn Bay/Cardiff Met Uni	56.66	56.66	
5	58.56	Amelia Hill	U20	W	2 Jeffrey Harwood	Swansea	58.51	58.51	
6	59.91	Lana Culliford	U20	W	2 Helen Patricia James	Cardiff	58.09	57.07	
7	60.09	Lily Gaskin	U20	W	1 Liz Davies	Cardiff/Glamorgan Valleys Schs	60.04	60.04	
8	61.52	Georgia Morrison	U20	W	1 Kenny Morrison	Aberdeen	57.62	57.62	
800 SM									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1:51.23	Oliver Carvell	U20	M	Stuart Hamilton	Telford AC	1:48.91	1:48.91	
2	1:51.26	Alex Coomber	SEN	M	Arwyn Davies	Cardiff/Glamorgan Uni	1:51.23	1:48.44	
3	1:51.63	David Locke	PB U20	M	James Thie	Cardiff	1:51.63	1:51.63	
4	1:51.90	Yusuf Bizimana	U20	M	Jeffery Nkrumah	Victoria Park & Tower Hamlets	1:49.69	1:49.69	
5	1:52.08	Kane Elliott	PB U20	M	William Sharp	Falkirk	1:52.08	1:52.08	
6	1:54.83	Chris Bain	PB U17	M	Alan Rowe	Guernsey	1:54.83	1:54.83	
7	1:55.05	Paul Tobin	SEN	M	Kevin Tobin	Swansea/Sheffield Uni	1:54.62	1:54.06	
8	1:56.87	Sebastian Lewis	PB U20	M	Stephen Jones	Neath	1:56.87	1:56.87	
9	2:06.69	Callum Campion	U20	M		Llanelli	2:04.21	2:04.21	
800 U20W									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2:06.96	Isla Calvert	U17	W	-1	Livingston	2:05.09	2:05.09	
2	2:10.31	Rebecca Bullock	SB U20	W	2 Ian Byett	Basingstoke & Mid Hants	2:10.31	2:08.07	
3	2:11.98	Annie Testar	U20	W	1 Christopher Brown	Stroud	2:07.34	2:07.34	
4	2:12.58	Sophia Malpass	PB U20	W	1	Telford AC	2:12.58	2:12.58	
5	2:15.12	Moli Lyons	PB U17	W	-2 Arwyn Davies	Cardiff	2:13.51	2:13.51	
6	2:20.53	Kate Bain	U15	W	-3 Alun Williams	Guernsey	2:18.32	2:18.32	
7	2:20.73	Nia Riley	U20	W	1 Phillip Wanwicker	Cardiff Archers	2:15.29	2:14.32	
8	2:23.06	Bronwen Stratton-Thomas	PB U20	W	1	Swansea	2:23.06	2:23.06	
1500 SM									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	3:51.35	Tom Eames	U20	M	John Clements	Brighton & Hove	3:49.68	3:49.68	
2	3:54.58	Benjamin Reynolds	PB U17	M	Arwyn Davies	Cardiff	3:51.30	3:51.30	
3	4:02.18	Jamie Burns	U20	M	John MacKay	Glasgow City/Shettleston	3:55.62	3:55.62	
4	4:05.56	Henry Johnson	U17	M	Lynn Cooper	Houghton Harriers	3:57.73	3:57.73	
5	4:06.27	Nathan Jones	PB U20	M	Kevin Tobin	Swansea	4:06.27	4:06.27	
6	4:07.61	Harry Wells	U20	M	Paul de-Camps	Gloucester/Cardiff Uni	3:59.04	3:57.53	
7	4:11.48	Nathan Jones	PB U20	M	Kevin Tobin	Swansea	4:06.27	4:06.27	
8	4:28.04	Dafyd Jay	SB U20	M	Kevin Tobin	Swansea	4:28.04	4:16.9	
1500 U20W									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4:25.95	Sarah Calvert	PB U20	W	2	Livingston	4:25.95	4:25.95	
2	4:31.46	Georgia Hayes	U20	W	2	Reading AC	4:30.27	4:30.27	
3	4:34.07	Grace Carson	U20	W	3 Bill Foster	Mid Ulster/Loughborough Students	4:33.26	4:33.26	
4	4:41.02	Madeleine Johnson	U20	W	1 Bob Smith	Wimborne	4:37.53	4:34.26	
5	4:43.54	Georgina Campbell	U17	W	-1 Paul Hawkins	Stratford-upon-Avon/Rugby & Northampton	4:42.53	4:42.53	
6	4:44.68	Naomi Reid	U20	W	3 James Thie	Cardiff	4:38.39	4:31.87	
7	4:47.88	Holly Roberts	PB U20	W	2 Philip Oliver	Colwyn Bay	4:47.88	4:47.88	
8	4:57.96	Ashleigh Willis	SB U17	W	-1 Kevin Tobin	Swansea	4:57.96	4:52.08	
Mile SM									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4:12.85	James Heneghan	PB U23	M	James Thie	Southampton/Cardiff Uni	4:12.85	4:12.85	
2	4:17.66	Alex Crossland	SEN	M	Ben Noad	Highgate	4:16.72	4:16.72	
3	4:20.99	Stephen Morris T20/F20	PB SEN	M	James Thie	Cardiff/DSW Para Academy	4:20.99	4:20.99	
3000 SM									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	8:29.02	Cameron Wright	PB U20	M	Robert Hawkins	Kilbarchan	8:29.02	8:29.02	
2	8:38.84	Henry McLuckie	U20	M	Geoff Watkin	Shaftesbury Barnet	8:17.92	8:17.92	
3	8:40.20	Morgan James	PB U20	M	Liz Davies	Cardiff	8:40.20	8:40.20	
4	8:42.44	Milan Campion	PB U20	M	John Davis	Notts	8:42.44	8:42.44	
5	8:46.42	Samuel Roberts	PB U20	M	John Wood	Sheffield & Dearne/Nottinghamshire Schs	8:46.42	8:46.42	

6	8:46.89	Larry Ryan	PB	U20	M		Cardiff	8:43.20	8:43.20	
7	8:53.51	Dominic Smith		U23	M	Kevin Tobin	Swansea	8:43.96	8:42.4	
8	8:54.12	Lloyd Sheppard		U17	M	Bleddyn Jones	Cardiff	8:45.24	8:45.24	
9	9:01.88	Tony McCambridge		U20	M		St. Malachy's	8:41.84	8:41.84	
10	9:05.47	Joseph Buckley		U20	M	Phillip Hicken	Warrington AC	8:39.47	8:39.47	
11	9:31.16	Billy Graham		U17	M	Steve Mitchell	Cardiff Archers	9:30.8	9:30.8	

3000 SW

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	9:37.94	Grace Brock	U20	W		Cornwall AC	9:34.31	9:24.81		
2	10:01.12	Naomi Lang	U20	W		Aberdeen/Edinburgh Uni	9:38.53	9:34.03		
3	10:22.85	Eden O'Dea	U17	W		Wrexham	10:17.2	10:17.2		
4	10:41.96	Ffion Higginson	PB	U20	W	Stephen Jones	Bridgend/Swansea	10:41.96	10:41.96	
5	10:50.21	Summer Woodhead	U15	W	Alun Williams	Guernsey	10:43.89	10:43.89		
6	10:55.05	Elizabeth Clarkson	PB	U20	W	Julia Bailey	Newcastle (Staffs)	10:55.05	10:55.05	
7	10:59.42	Vicky Jackson	SEN	W	Bryan Clinton	Cardiff	10:24.41	10:24.41		

100HW U20W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	14.08	-0.4 Samantha Harris	U20	W	1 Neal Edwards	City of Plymouth	13.91	13.91		
2	14.24	-0.4 Mallory Cluley	U20	W	1 Lorna Boothe	Blackheath & Bromley	13.92	13.92		
3	14.30	-0.4 Abigail Pawlett	PB	U17	W	-1 Joe Frost	Stockport T&F	14.30	14.30	
4	14.58	-0.4 Bethany McAndrew		U20	W	3	Pitreavie/Edinburgh Uni/Edinburgh AC	14.36	14.36	
5	15.34	-0.4 Isabel Breeden	U20	W	2	Cardiff	14.81	14.81		
6	16.06	-0.4 Grace Morgan	U20	W	1 Matthew Wood	Cardiff Archers	14.93	14.93		
7	16.61	-0.4 Rhianon Dowinton	U17	W	-1 Nick Marley	Guernsey	16.34	15.52		

110HU20M U20M

Pos		Perf	Name	AG	Year	Coach	Club	SB	PB	
1	14.01	-0.4	Owaab Barrow	PB U20	M	2	Unattached/Qatar	14.01	14.01	
2	14.32	-0.4	Tomos Slade	U20	M	2 Tony Morris	Swansea	13.99	13.99	
3	14.65	-0.4	Tom Wilcock	U20	M	1 Mark Lambeth	Northampton	14.38	14.38	
4	14.69	-0.4	Oliver Cresswell	U20	M	2 James Wright	Stratford-upon-Avon/Rugby & Northampton	14.16	14.09	
5	14.71	-0.4	Kanya Mtshweni	U20	M	3 George Ogilvie	Winchester	14.44	14.42	
6	14.99	-0.4	Scott Connal	U20	M	3 Iain McEwan	Edinburgh AC/Caledonian U	14.16	14.16	
7	15.10	-0.4	Ewan Bradley	U20	M	1 Geoff Ward	West Cheshire	14.87	14.87	

400H U20M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	54.67	Alex O'Callaghan-Brown	U20	M	2 John Blackie	Blackheath & Bromley	53.30	53.30	
2	54.94	Rory Keen	U20	M	3 Tony Hadley	Sale Harriers Manchester/Birmingham Uni	53.57	53.57	
3	55.92	Oisin McCorry	U20	M	3	Annalee, IRL/Ireland	55.86	55.86	
4	56.40	William Thorley	U20	M	1 Paul Gripton	Bromsgrove & Redditch	55.90	55.90	
5	57.94	Aaron Jolly	U20	M	1 Mark Gold	Cardiff	57.10	57.10	

400HW U20W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	59.61	Orla Brennan	U20	W	1 Neil Dodson	Windsor Slough Eton & Hounslow	59.40	59.40	
2	62.23	Steph Driscoll	U20	W	1 Stephen Carroll	Liverpool H/Kendal	60.46	60.46	
3	68.33	Niamh Roberts	U20	W	1 Chris Franklin	Llanelli	66.07	66.07	

1500SC SM

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	4:07.42	Doug Musson	PB SEN	M	Luke Gunn	Notts/Nottingham Trent Uni	4:07.42	4:07.42	
2	4:11.94	Ieuan Thomas	PB SEN	M	James Thie	Cardiff	4:11.94	4:11.94	
3	4:49.83	Dan Kimber	PB U20	M		Kidderminster & Stourport	4:49.83	4:49.83	
4	4:53.43	Matthew Evans	PB V35	M		Aberdare Valley/Welsh Masters	4:53.43	4:53.43	

HJ U20M

Pos Perf		Name	AG	Year	Coach	Club	SB	PB		
1	2.01	Leon Martin-Evans	SB U20	M	2	Daventry	2.01	2.03		
2	1.96	Ryan Woods	U20	M	2	Pitreavie	2.01	2.01		
3	1.96	Adam Berwick	U20	M	2	Julie Feeney	Amber Valley & Erewash/Notts	2.07	2.07	
4	1.91	Samuel Featherstone	U20	M	1	Carol Jackson	Marshall Milton Keynes	1.94	1.94	
5	1.86	Iwan Beggs	U20	M	2	Swansea	1.95	1.95		
6	1.81	Lucas Rive	U20	M	2	Dale Garland	Guernsey	1.90	1.90	
7	1.81	Adam Mohsin	U20	M	1	Sharon Heveran	Cardiff	1.85	1.85	
8	1.76	Elliot Lewis	U17	M	-1	Stephen Leslie Bailey	Cardiff	1.83	1.83	

HJ SW

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1.71	Hannah Moat	U20	W	David Walker	Scunthorpe/Notts	1.78	1.78	
2	1.71	Anna McCauley	U20	W	Maureen McCauley	City of Lisburn/Ireland	1.75	1.75	
3	1.66	Hannah Tapley	U23	W	Sharon Heveran	Cardiff/Cardiff Met Uni	1.75	1.75	
3	1.66	Lauren Evans	U20	W	Matthew Wood	Cardiff/Cardiff Uni	1.70	1.71	
6	1.66	Emily Race	U20	W	Peter Anthony Fendley	Worksop/Sheffield & Dearne	1.78	1.81	
7	1.66	Kara Oniuri	U20	W		Shaftesbury Barnet/Millfield Sch	1.69	1.70	
3	1.61	Lili Church	U17	W	Paul Harrison	Carmarthen	1.69	1.69	

PV SM

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	5.02	Ethan Walsh	U23	M	Scott Simpson	Shaftesbury Barnet/Loughborough Students	5.30	5.30		
2	4.72	Frankie Johnson	U20	M	Simon Eastwood	Bedford & County	5.15	5.15		
3	4.62	Jake Watson	U20	M	Peter Hill	Telford AC	4.70	4.70		
4	4.52	Reuben Nairne	U17	M		Glasgow City/Giffnock North	4.70	4.70		
5	4.52	Christopher Lamb	U20	M	John Mitchell	Wigan & District/Liverpool H	4.71	4.71		
6	4.27	Ieuan Hosgood	PB	U20	M	Islwyn Rees	Swansea	4.30	4.30	
7	4.27	Mark Mellor	U20	M	Edward Thompson	Cardiff Archers	4.33	4.33		
-	NH	Andrew McFarlane	U20	M	Andrew McFarlane	Glasgow City	4.76	4.76		

PV SW

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	3.92	Sophie Ashurst	U17	W	Andy Ashurst	Sale Harriers Manchester	3.93	3.93	
2	3.92	Felicia Miloro	U20	W	Henrietta Paxton	Sutton-in-Ashfield/Loughborough Students/Notts	4.05	4.05	
3	3.72	Carys Jones	U23	W	Edward Thompson	Swansea/UWE	3.73	3.73	
4	3.52	Natasha Purchas	U20	W	Richard Pilling	Crawley	3.73	3.90	
5	3.27	Megan Griffiths	U20	W	Gareth Lease	Cardiff	3.55	3.70	
6	3.27	Erin Fisher	U20	W	James Alexander	City of Lisburn	3.35	3.35	

LJ SM

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	7.23	0.0 Alessandro Schenini	U20	M	David Watson	Giffnock North/Strathclyde Uni	7.59	7.59	
2	7.10	0.0 Jack Summers	U20	M	Paul Bearman	Stratford-upon-Avon/Rugby & Northampton	7.30	7.30	
3	6.97	0.0 Archie Yeo	U17	M	Martin Bishell	Scunthorpe	7.45	7.45	
4	6.94	0.0 Ceirion Hopkins	U23	M		Neath/Swansea Uni/Swansea	7.21	7.21	
5	6.74	0.5 Ben Sutton	U20	M	Paul Patten	Blackheath & Bromley	6.98	6.98	
6	6.38	0.0 Ollie Wheeler	U20	M		Pembrokeshire	6.47	6.47	

LJ SW

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	5.91	0.0 Eloise Harvey	U20	W	Trevor Bent	Dartford H	6.10	6.10	
2	5.84	0.0 Cleo Martin-Evans	U17	W		Daventry	6.06	6.07	
3	5.78	0.0 Abigail Pawlett	U17	W	Joe Frost	Stockport T&F	6.06	6.06	
4	5.60	0.7 Emily Thomas	U20	W	Phillip Warwicker	Cardiff Archers/Swansea	5.88	5.88	
5	5.24	0.5 Jodi Beynon	U23	W	Phillip Warwicker	Swansea/Cardiff Met Uni	5.50	5.50	
6	5.08	0.5 Abigail Galpin	U20	W	Tom Druce	Guernsey	5.34	5.34	
7	4.56	1.0 Charlotte Campion	PB U20	W	Steve Ingram	Swansea	4.56	4.56	

TJ U20M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	15.28	1.6 Daniel Falode	U17	M	-1 Guy Spencer	Cambridge H	15.49	15.49		
2	15.00	w 2.6 Bera Ajala	PB	U20	M	1 John Scott	Edinburgh AC	15.00	15.00	
3	14.46	1.2 Joel Townley	U20	M	2 Joanne Willoughby	Gloucester	14.80	14.93		
4	13.22	1.5 Rhys Jones	U20	M	1 Denise Harris	Wrexham	13.28	13.28		

TJ U20W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	12.41	0.9 Jazz Sears	U20	W	1 Craig Andrew	Shaftesbury Barnet	12.76	12.76		
2	11.97	0.6 Lucy Robinson	U17	W	-2 Joe Frost	Stockport T&F	12.10	12.10		
3	11.14	0.3 Jasmine Lovell	U20	W	2 Daniel Parton	Birchfield H	11.90	11.90		
4	11.10	1.6 Lauren Callaghan	U20	W	1	Finn Valley/Ireland	11.37	11.37		
5	11.07	w 3.4 Charlotte Campion	SB	U20	W	1 Steve Ingram	Swansea	11.07	11.24	
6	10.96	0.0 Neve McGuire	U20	W	1	Glasgow Sch of Sport	11.46	11.46		
7	10.88	w 2.8 Bethan Evans	U20	W	2 Arnie Wray	Telford AC	11.16	11.16		
8	10.78	w 3.3 Macey Jones	U20	W	3 Phillip Warwicker	Swansea/Cardiff Met Uni	11.37	11.90		
9	10.08	1.3 Sofia Mella	U17	W	-1 Nick Marley	Guernsey	10.48	10.48		

SP6K U20M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	16.66	Daniel James Thomas	U20	M	3 Judy Oakes	Eastbourne/Brighton Uni	18.14	18.14	
2	14.56	Josh Tyler	U20	M	1 Graham Moncur	Exeter	14.96	14.96	
3	14.21	David Todd	U20	M	3 Paul Wilson	City of York	14.76	14.76	
4	14.08	Patrick Harris	U20	M	2	Menai	14.39	14.39	
5	11.97	Jack Turner	U20	M	2 Kevin Skinner	Exeter/Somerset Schs	12.58	12.58	
6	10.12	Kyle Davies	U20	M	1	Brecon	11.51	11.51	

SP4K SW

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	16.08	Adele Nicoll	SEN	W	Ryan Spencer-Jones	Birchfield H/Cardiff Met Uni	16.34	16.34		
2	13.19	Samantha Callaway	PB	U20	W	David Callaway	Southampton	13.19	13.19	
3	13.14	Rhea Southcott		U20	W	Antonio Minichiello	Leeds City	13.64	13.64	
4	12.33	Nichole Birmingham	U20	W	Jan Aarre	Birchfield H/Aston Uni	12.79	12.79		
5	11.09	Gwennan Lewis	U20	W	Ryan Spencer-Jones	Swansea	11.16	11.16		
6	10.23	Chloe Butterworth	U20	W	Lucy Griffiths	Pembrokeshire	10.90	10.90		

DT1.75K U20M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	48.28	Joshua Douglas	U20	M	1 William Bushnell	Southampton	52.45	52.45	

2	43.43	Ruaridh Lang	U20 M	2	Paul Reed	Morpeth/Gateshead	46.76	46.76	
3	42.94	Aran Thomas	PB U20 M	1	Mike Corden	Wakefield	42.94	42.94	
4	41.26	Ben Wade	U20 M	2	Carolyn Franks	Cheltenham	44.42	44.42	
5	31.94	Thomas Brierley	U20 M	3		Guernsey	35.70	36.31	

DT1K SW

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	43.26	Heather Cabbage	U20 W		Andrew Neal	City of Portsmouth	48.60	48.60	
2	41.15	Alice Baxendale	U20 W		Alison Grey	Victoria Park City of Glasgow	41.57	41.57	
3	40.70	Bree Cronin	U17 W			Cardiff	41.79	41.79	
4	40.26	Caitlin Emerson	U20 W		Zane Duquemin	Sale Harriers Manchester	41.69	41.69	
5	34.44	Zara Acton	U20 W		Zane Duquemin	Burton	36.18	36.18	
6	30.35	Holly Pemberton	U17 W		Ian Robinson	Wrexham	33.69	33.69	

HT7.26K SM

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	71.77	Osian Jones	PB SEN M			Liverpool H/Liverpool John Moores Uni	73.85	73.85	

HT6K U20M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	63.48	Shaun Kerry	U20 M	1	Dave Smith	Kingston upon Hull	65.70	65.70	
2	60.67	Sam Mace	U20 M	2	Paul Dickenson	Walton/Thames Valley	64.17	64.17	
3	55.45	Jack Lambert	U20 M	1	Steve Pearson	Kidderminster & Stourport	58.11	58.11	

HT4K SW

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	57.52	Tara Simpson-Sullivan	U20 W		Robert Halliwell	Wigan & District	59.71	59.71	
2	56.89	Kirsty Costello	PB U17 W		Chris Bennett	Kilbarchan	56.89	56.89	
3	53.33	Ffion Palmer	U20 W		Adrian Palmer	Cardiff/Cardiff Uni	55.13	55.13	
4	53.08	Molly Walsh	U20 W		Paul Head	Blackheath & Bromley/Kent Uni	53.22	54.49	
5	50.20	Cerys Thomas	U20 W			City of Portsmouth	53.40	53.40	
6	44.95	Sia Banbury	U20 W		Martin Cassidy	Guernsey	44.97	44.97	
7	38.81	Karolinka Bacakova	U20 W			Neath	44.03	44.03	

JT800 SM

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	67.84	Tom Hewson	U20 M		Mark Bradford	Andover	70.80	70.80	
2	65.74	Max Law	U20 M		Sam Harrison	Havering	68.57	68.57	
3	57.52	Cameron Darkin-Price	PB U20 M			Charnwood	57.52	57.52	
4	57.50	Richard Dangerfield	U23 M		David Turner	Cardiff/Loughborough Students	60.85	63.58	
5	55.88	Luke Robinson	U17 M		Paul Wilson	City of York	57.28	57.28	
6	53.61	Joshua Thomas	PB U20 M		Ralph Siggery	Carmarthen	53.61	53.61	
7	51.44	Andrew McFarlane	U20 M		Andrew McFarlane	Glasgow City	58.62	58.62	

JT600 U20W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	40.60	Zoe Kidney	U20 W	2		Pendle/Leeds City	42.13	42.59	
2	39.70	Phoebe Brown	PB U20 W	2	John Davies	Blaenau Gwent	39.70	39.70	
3	39.60	Shannon Dawes	U20 W	2	Mark Bradford	Banbury/Rugby & Northampton	40.69	40.69	
4	37.70	Eloise Locke	U20 W	2	Mark Chapman	Blackheath & Bromley	40.47	42.07	
5	36.02	Holly Pemberton	U17 W	-1	Ian Robinson	Wrexham	38.97	38.97	

