



60m Women

Entries(As of 7th Dec) V3

Hannah	Brier	Swansea Harriers	U20W	7.30
Rebecca	Roots	Torbay AC	U20W	7.99
Angela	Sonn	Forest of Dean AC	SENW	9.40
Olivia	Walker	Cannock and Stafford	SENW	8.20
Megan	Webber	Exeter College	U20W	8.16
Zoe	Nash	Cardiff Met AC	SENW	7.78
Harriet	Nicholas	Cardiff Met AC	SENW	8.50
Gina	Sunderland	Cardiff Met AC	SENW	8.20
Amy	Bowen	Cardiff Met AC	SENW	7.80
Clare	Scally	Aberystwyth University	SENW	9.00
Georgia	Pickles	Sale Harriers Manchester	SENW	8.25
Samantha	Raettig	University of Bristol AC	SENW	10.00
Sophie	Matthews	Brecon AC	U20W	8.12
Katy	Townsend	Cheltenham Harriers	SENW	8.09
Sarah	Long	UWE Glenside Bristol	U20W	8.15
India	Jenkins	Cwmbran Harriers	U20W	8.00
Holly	Kinsey	Tavistock AC	U20W	8.38
Claire	Williams	Aberystwyth University	SENW	8.00
Melanie	Garland	Worcester AC	SENW	9.18
Harriet	Vaughan	Bury Athletic Club	U20W	8.40
Amy	Haslam	Sale Harriers Manchester	U20W	8.78
Elyse	Leech	Torbay AC	U20W	8.00
Katie	Priest	Swansea Harriers	SENW	7.70
Yvette	Westwood	Yate Athletics Club	U20W	7.65
Jasmine	Barraclough	Newport Harriers	U20W	8.10
Samantha	Griffiths	Cheltenham and County Harriers	SENW	7.75
Emmanuella	Kone	Cardiff AC	U20W	8.00
Kirsty	Taylor	DSW Para Academy	U20W	9.00
Emma	Wiltshire	Rugby & Northampton AC	SENW	7.90
Sarah	Gibbs	Newport Harriers/Birmingham	U20W	8.10
Katrina	Hart	Birchfield Harriers	SENW	9.30
Jessica	Lawrence	UWE	U20W	9.00
Jordan	Meek	Swansea Harriers	U20W	8.52
Nia	Grundy	Cardiff AAC	U20W	7.80
Abi	Davies	Team Bath	SENW	8.00
Isabel	Marshall	University of Bristol	U20W	10.00
Jenna	Blundell	Team Bath	U20W	7.95
Debbie	Shamir	University of Bristol	U20W	9.00
Milla-alexia	Gojkovic	bristol	U20W	9.00
Becky	Herbert	Cardiff Archers	U20W	9.05
Lily	Gaskin	Cardiff AAC	U20W	8.00
Skylar	Evans	Bridgend	U20W	8.20



60m Hurdles Women

Olivia	Walker	Cannock and Stafford	SENW	8.80
Megan	Hodgson	Cardiff AAC	U20W	9.65
Molly	Hanson	Swansea Harriers	U20W	10.70
Lauren	Evans	Cardiff AAC	U20W	8.90
Sophie	Hay	Cardiff University	SENW	8.80

300m Women

Rebecca	Roots	Torbay AC	U20W	41.91
Angela	Sonn	Forest of Dean AC	SENW	52.00
Megan	Webber	Exeter College	U20W	42.99
Tamzin	Gribble	City of Plymouth AC	SENW	48.00
Molly	Mather	City of Plymouth AC	U20W	42.00
Caitlyn	Mapps	Cardiff Archers	U20W	42.00
Sarah	Long	UWE Glenside Bristol	U20W	42.00
India	Jenkins	Cwmbran Harriers	U20W	42.00
Holly	Bankes	Stroud AC	U20W	42.00
Molly	Hanson	Swansea Harriers	U20W	45.00
Jade	Kinsey	Tavistock AC	U20W	41.00
Holly	Kinsey	Tavistock AC	U20W	43.24
Elyse	Leech	Torbay AC	U20W	42.86
Joanna	Salmon	Pembrokeshire Harriers	U20W	38.80
Amalia	Westerlund	University of Bristol	SENW	43.00
Emily	Weaver	Swansea University	U20W	46.10
Viktoria	Voskressenskaia	Arla IF, Sweden	SENW	43.50
Imola	Asztalos	Cheltenham Harriers	SENW	46.00
Natalie	Jones	Bristol & West AC	SENW	45.00
Siobhan	Benson	Deeside Athletics	U20W	41.73
Teresa	Iannetelli	Swindon Harriers	U20W	42.80
Nancy	Dineen	Bristol & West AC	U20W	44.00
Lily	Gaskin	Cardiff AAC	U20W	42.00



600m Women



Evie	Cook	Cardiff Met AC	SENW	1.47.0
Seren	Allin	Cardiff Met AC	SENW	1.42.0
Molly	Mather	City of Plymouth AC	U20W	1.40.0
Rebecca	Pierce	Team Bath	SENW	1.45.0
Eleanor	Daglish	University of Bristol AC	SENW	2.00.0
Holly	Bankes	Stroud AC	U20W	1.40.0
Jade	Kinsey	Tavistock AC	U20W	1.40.0
Katie	Allen	Birchfield Harriers	SENW	1.40.0
Emma	Stentz	Cheltenham Harriers	U20W	1.40.0
Annie	Lewis	Yate Athletics Club	U20W	1.36.0
Leah	Bitchell	Cardiff AAC	SENW	1.40.0
Hayley	Harvey	City of Plymouth AC	SENW	1.36.0
Leah	Everson	University of Bristol	SENW	1.45.0
Penny	Oliver	Exeter University	SENW	1.40.0
Eloise	Milbourn	Swansea University	SENW	1.45.0

3000m Women

Rebecca	Pierce	Team Bath	SENW	10.30.0
Katie	Allen	Birchfield Harriers	SENW	9.35.0
Chloe	Dooley	Cardiff University	U20W	10.30.0
Stephanie	Hewitt	Imperial College London	SENW	10.30.0
Louise	Jeffries	Team Bath	SENW	12.09.0
Lilly May	Hawkins	Southampton AC	SENW	10.10.0
Charlotte	Green	Bristol & West AC	SENW	9.10.0
Sarah	Everitt	Bristol & West AC	SENW	10.57.0
Aimee	Ferguson	Aberdare VAAC	SENW	12.00.0
Grace	Copeland	Wimborne AC	U20W	9.50.0
Heddwen	Daniel	Cardiff Amateur Athletics Club	SENW	11.00.0
Rachel	Giancola	Cardiff University	SENW	13.00.00
Mel	Newbury	Bristol & West AC	SENW	10:00.0

1000m walk Women

Eleanor	Daglish	University of Bristol AC	SENW	0:00.0
Molly	Mckerlich	Cardiff AAC	U15W	6.20.0

3000m walk Women

Heather	Lewis	Pembrokeshire Harriers	SENW	13.00.0
Megan	Stratton-Thomas	Swansea Harriers	U20W	15.30.0
Bethan	Davies	Cardiff AAC	SENW	12.35.0



High Jump Women



Hannah	Tapley	Cardiff Met AC	SENW	1.70
Cerys	Lee	Taunton	U20W	1.50
Geena	Whiteman	Aberystwyth University	SENW	1.30
Nataliya	Makukha	University of Exeter	U20W	1.60
Melanie	Garland	Worcester AC	SENW	1.40
Thea	Jenkins	Pembrokeshire Harriers	U20W	1.60
Nurul	Falena	Aberystwyth University	SENW	1.70
Sophie	Pope	Cwmbran Harriers	U20W	1.60
Mollie	Newton-O'Brien	Cardiff Met AC	U20W	1.68

Long Jump Women

Harriet	Nicholas	Cardiff Met AC	SENW	5.00
Cerys	Lee	Taunton	U20W	5.00
Clare	Scally	Aberystwyth University	SENW	4.00
Georgia	Pickles	Sale Harriers Manchester	SENW	5.30
Caitlyn	Mapps	Cardiff Archers	U20W	5.52
Samantha	Raettig	University of Bristol AC	SENW	4.00
Sophie	Matthews	Brecon AC	U20W	4.93
Victoria	Davison	Aberystwyth University	SENW	4.00
Katy	Townsend	Cheltenham Harriers	SENW	5.46
Nataliya	Makukha	University of Exeter	U20W	4.50
Claire	Williams	Aberystwyth University	SENW	4.00
Lilly May	Ivin	Cardiff AAC	U20W	5.24
Andrea	Jesudason	Bristol & West AC	SENW	5.40
Alisha	Webb	University of Gloucestershire	SENW	5.00
Sophie	Ashurst	Sale Harriers Manchester	U20W	4.96

Pole Vault Women

Fiona	Hockey	Cardiff Met AC	SENW	3.90
Georgia	Pickles	Sale Harriers Manchester	SENW	3.70
Megan	Hodgson	Cardiff AAC	U20W	3.51
Maddi	Hamer	Cardiff Archers	U15W	2.60
Carys	Jones	Carmarthen Harriers	SENW	3.50
Harriet	Vaughan	Bury Athletic Club	U20W	3.40
Amy	Haslam	Sale Harriers Manchester	U20W	3.10
Silvia	Amabilino	University of Bristol	SENW	3.60
Ffion	Llewwlyn	Bridgend AC	U20W	3.40
Lois	Hillman	Cardiff AAC	U20W	3.40
Sophie	Ashurst	Sale Harriers Manchester	U20W	3.56



Shot Women

Cerys	Lee	Taunton	U20W	9.50
Clare	Scally	Aberystwyth University	SENW	7.00
Victoria	Davison	Aberystwyth University	SENW	7.00
Geena	Whiteman	Aberystwyth University	SENW	6.50
Harriet	Vaughan	Bury Athletic Club	U20W	5.00
Holly	Bradshaw	Blackburn Harriers	SENW	12.00
Gwennan	Lewis	Newport Harriers	U20W	11.00
Sarah	Omoregie	Cardiff AAC	U20W	14.12

Combined Events Women

Sara	Geary	Cardiff Met AC	SENW
Ellie	Jackson	Sale Harriers Manchester	U20W
Felicity	Bee	Birchfield Harriers/ Cardiff University	SENW
Sophie	Bronze	Gateshead harriers	SENW
Holly	Jones	Exeter University	SENW
Taiya	Jones	Cardiff Archers	U20W



60m Men



Thomas	Goodwin	Cardiff Met AC	U20M	7.50
Steven	Berrisford	Exeter University	SENM	7.55
Jerry	Kevern	City of Plymouth AC	SENM	8.10
Leon	Greenwood	Cardiff Met AC	SENM	7.00
Sean	Penalver	Cardiff Met AC	SENM	7.60
Kieran	Shah	Cardiff Met AC	SENM	7.00
Tyler	Williams	Cardiff Met AC	SENM	6.90
Gage	Atwell	Cardiff Met AC	SENM	7.22
Dan	Beadsley	Cardiff Met AC	SENM	6.80
Simon	Hammann	Bristol and West AC	SENM	7.30
Matthew	Bark Churchill	Lavington Athletics	U20M	7.60
Alex	Evelegh	UWE	SENM	7.30
Adrian	Sum	Sheffield & Dearne	SENM	7.60
Alex	Clothier	Lavington Athletics	U20M	7.50
James	Warhurst	University of Bristol AC	U20M	7.50
Ollie	Wheeler	Pembrokeshire Harriers	U20M	8.00
Adam	Grey	Cwmbran Harriers	U20M	7.80
Rory	Howorth	Team Bath	U20M	8.07
Ashley	Jones	Cardiff University	SENM	7.40
Lewis	Evans	Unattached	SENM	7.50
Kichelle	Comrie Carson	University of Bristol AC	U20M	8.00
Jonathan	White	UWE	SENM	7.60
Tom	Evans	Newport Harriers	SENM	7.18
Rhys	Roberts	Bridgend AC	SENM	7.80
Keith	Powell	Newport Harriers	SENM	8.50
Kieran	Short	MADJA	U20M	6.50
Sam	Crowter	Exeter Harriers	SENM	8.40
Callum	Short	MADJA	U20M	6.50
Louis	Streeter	Lavington Athletics	U20M	8.09
David	Migliorati	Swansea University	SENM	7.80
George	Presland	University of Bristol AC	U13B	7.60
Brook	Adnitt	City of Plymouth AC	SENM	7.70
Delano	Stewart	Team Bath	U20M	7.30
Ollie	Hayward	Team Bath	U20M	7.50
Euco	Lima	UWE	SENM	7.50
William	Kennedy	Bristol & West AC	SENM	6.98
Callum	Rea	Swansea University	SENM	7.00
Mark	Ellery	Bristol & West AC	SENM	9.20
Harrison	Smith	Isle of Wight/ Plymouth University	SENM	7.30



Christmas Classic



Arron	Miller	Plymouth AC	SENM	7.80
Owain	Lloyd-Hughes	Neath Harriers	U20M	7.25
Max	Heavens	Swansea University	SENM	7.08
Steffan	Jones	Swansea Harriers	U20M	7.50
Chris	Stone	Woodford Green Essex	SENM	6.78
Max	Lambert	Swansea Harriers	U20M	10.00
Ross	Palin	Plymouth AC	U20M	8.05
Ian	Long	Team Bath	SENM	8.60
Jamie	Samual	UWE	SENM	7.50
Tom	Seabury	Swansea University	SENM	7.53
Benjamin	Tulloch	Bristol & West AC	U20M	7.35
Ciaran	Barnes	City of Lisburn	SENM	7.60
Jacob	Wilkinson	Lavington Athletics	U20M	7.50
Mikkel	Bassue	Bristol & West AC	U20M	6.90
George	Tagoe	Swansea University	SENM	7.53
Philip	Grundy	Cardiff AAC	U20M	7.80
Danny	Burrowes	Thames Valley Harriers/ Swansea University	SENM	7.53
James	Griffiths	Cardiff	SENM	6.93
Scott	Rhys	Swansea University	SENM	7.53
Kyle	Thomas	Bridgend Athletics Club	SENM	7.25
Liam	Montgomery	Cardiff Archers	U20M	7.25
Nathan	Scott	Rhondda	U20M	7.10
Tom	Atkinson	Cardiff AAC	U20M	7.30
Simeon	Wynne	Bristol and West AC	U20M	7.30
Dan	Farrow	Plymouth AC	SENM	8.10
George	Shurley	Taunton AC	U20M	7.50
Tomos	Slade	Swansea Harriers	U20M	7.30
Yahya	Touray	Cardiff Met AC	SENM	7.50

60m Hurdles Men

Michael	Wilson	Cardiff Met AC	SENM	8.53
Neil	Tunstall	Cornwall AC	SENM	8.80
Chai	Chai	Swansea University	SENM	10.00
Matt	Davies	Aberystwyth University Harriers	SENM	9.50
Chinua	Ebereonwu	Cardiff Archers	U20M	8.70
Tomos	Slade	Swansea Harriers	U20M	8.38



300m Men

Thomas	Goodwin	Cardiff Met AC	U20M	40.00
Harry	Fisher	Cardiff Met AC	SENM	35.00
Steven	Berrisford	Exeter University	SENM	39.00
Liam	Hollows	Erme Valley	SENM	42.00
Jason	Amarty	Cardiff Met AC	SENM	36.00
Elliot	Scott	Cardiff Met AC	SENM	37.00
Jake	Allman	Cardiff Met AC	SENM	36.00
Alex	Evelegh	UWE	SENM	37.00
James	Warhurst	University of Bristol AC	U20M	37.50
Neil	Tunstall	Cornwall AC	SENM	40.50
Dominic	Day	Bristol AAC	SENM	36.70
Adam	Grey	Cwmbran Harriers	U20M	38.00
Hayden	Fey	Torbay AC	U20M	39.00
Kichelle	Comrie Carson	University of Bristol AC	U20M	45.00
Jonathan	White	UWE	SENM	45.00
Tom	Evans	Newport Harriers	SENM	37.47
Callum	Short	MADJA	U20M	37.00
David	Migliorati	Swansea University	SENM	41.00
George	Presland	University of Bristol AC	U13B	38.50
Jake	Norbury	Aberystwyth University Harriers	SENM	49.00
Brook	Adnitt	City of Plymouth AC	SENM	38.50
Martyn	Morant	South West Vets	SENM	37.00
Scott	Gunning	Swindon Harriers/ Coventry University	SENM	37.00
Ethan	Kirby	Newton Abbot AC	U20M	39.00
Martin	Flock	Bristol & West AC	SENM	38.00
Hannibal	Knowles	University of Bristol AC	SENM	36.00
Marcus	Bayona-Martinez	Swansea Harriers	SENM	37.00
Jonathan	Rendell	Dacorum and Tring	SENM	36.50
Joe	Saffer	Bristol & West AC	U20M	39.00
Daniel	Gubbay	University of Bristol AC	SENM	37.50
Tomos	Davey	Newport Harriers	U20M	39.00
Daniel	Cartwright	Tamworth	U20M	36.00
Iwan	James	Cardiff AAC	U20M	36.50
Tommy	Evans	rhondda	U20M	45.00
Alexander	Atkins	University of Bristol	SENM	36.50
Jai brij	Tandon	Newport Harriers	U20M	40.00
Ben	McIntyre	Swindon Harriers	U20M	36.00
Ben	Topley	University of Bristol	SENM	38.00
Matthew	Smith	Swindon	U20M	39.50
George	Shurley	Taunton AC	U20M	40.00



600m Men

Christmas Classic



Harry	Fisher	Cardiff Met AC	SENM	1.20.0
Liam	Hollows	Erme Valley	SENM	1.30.0
Huw	Holleyman	Cardiff Met AC	SENM	1.35.0
Matthew	Williams	Cardiff Met AC	SENM	1.19.0
Kieran	Eland	Cardiff Met AC	SENM	1.19.0
Llyr	Ab Einion	Aberystwyth University Harriers	U20M	1.33.0
Steven	Morris	Cardiff AAC	SENM	1.22.0
Dominic	Day	Bristol AAC	SENM	1.24.0
Samual	Blake	Cardiff AAC	SENM	1.23.0
Hayden	Fey	Torbay AC	U20M	1.24.0
Jake	Norbury	Aberystwyth University Harriers	SENM	1.50.0
Martyn	Morant	South West Vets	SENM	1.35.0
Scott	Gunning	Swindon Harriers/ Coventry University	SENM	1.27.00
Nathan	Brown	Erme Valley	U20M	1.22.0
Seth	Kelly	Cardiff AAC	U20M	1.22.0
Steven	Bromhead	Plymouth AC	SENM	1.30.0
Martin	Flock	Bristol & West AC	SENM	1.28.0
Joshua	Moody	Bristol & West AC	SENM	1.20.0
Edward	Gronbech	Radley AC/ Aberystwyth Uni	U20M	1.27.0
George	Biggs	University of Birmingham	SENM	1.26.0
Trystan	Leech	Carmarthen Harriers	U20M	1.30.0
Owain	Edwards	Cardiff AAC	U20M	1.24.0
Dean	Smith	City of Plymouth AC	SENM	1.22.0
Paul	Flynn	Swansea Harriers	SENM	1.36.0
Iestyn	Williams	Carmarthen Harriers	U20M	1.30.0
Benjamin	Reynolds	Cardiff AAC	U20M	1.24.0
Nicolas	Jones	Cardiff AAC/ UWE	SENM	1.30.0
Steffan	Jones	Swansea Harriers	U20M	1.22.0
John	Bridge	Cardiff AAC	U20M	1.26.0
Alex	Coomber	Cardiff AAC	SENM	1.17.0
Matthew	Hogg	North Somerset AC	U20M	1.30.0
Matthew	Humphreys	Rhondda AC	U20M	1.30.0
Iwan	Smith	Cardiff AAC	U20M	1.33.0
Dean	Smith	UWE	SENM	1.27.66
Rhys	Granville	Swansea University	SENM	1.23.0
Finley	Mclear	Exeter Harriers	U20M	1.20.0
Sean	Price	Rhondda	SENM	1.35.0
Daniel	Van Helden	University of Bristol Athletics and Cross Country Club	SENM	1.35.0
Ben	McIntyre	Swindon Harriers	U20M	1.29.0
Ben	Topley	University of Bristol	SENM	1.21.1
Matthew	Smith	Swindon	U20M	1.26.0

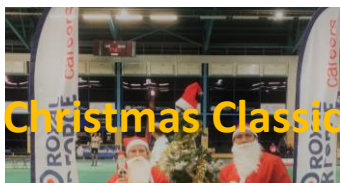


3000m Men

Jack	Hope	Cardiff Met AC	SENM	8.45.0
Piers	Copeland	Cardiff Met AC	SENM	8.10.0
Jordan	Wood	Cardiff Met AC	SENM	8.30.0
Brandon	Clack	Cardiff Met AC	SENM	10.30.0
Joel	Redman	Cardiff Met AC	SENM	8.45.0
Charlie	Joslin Allen	Cardiff Met AC	SENM	8.15.0
Ben	Tull	Cardiff Met AC	SENM	8.55.0
Gareth	Griffiths	Cardiff Met AC	SENM	8.25.0
Llyr	Ab Einion	Aberystwyth University Harriers	U20M	10.00.0
Steven	Morris	Cardiff AAC	SENM	8.35.0
Samual	Blake	Cardiff AAC	SENM	8.25.0
Caerwyn	Phillips	Cardiff AAC	U20M	11.09.0
Alex	Morgan	St Mary's Richmond	SENM	9.29.0
Jed	Skilton	Poole AC	U20M	8.39.0
Jack	Gooch	Swansea Harriers	SENM	8.15.0
Donovan	Williams-Hale	Bridgend AC	U20M	9.20.0
Mike	Wilsmore	Bristol & West AC	SENM	8.10.0
Dan	Galpin	University of Bath	SENM	8.59.0
Phil	Norman	Woodford Green Essex	SENM	8.10.0
Jake	Smith	Cardiff Met	U20M	8.35.0
Alex	Darbost	Sailsbury AC	U20M	9.00.0
Joseph	Kelliher	Wimborne AC	U20M	9.00.0
Share	James	Poole Runners	SENM	8.50.0
Michael	Bliss	Yeovil Olympiads Athletic Club	U20M	9.19.0
Oliver	Smith	Southampton AC/ Southampton University	SENM	9.15.0
Jack	Williams	City of Plymouth AC	SENM	9.15.0
Michael	Robbins	Newbury AC	SENM	9.30.0
Craig	Willisms	Cardiff AAC	SENM	8.55.0
Ellis	Garamszegi	Cardiff University	SENM	8.35.0
James	Heneghan	Cardiff University	U20M	8.30.0
Gabrielius	Stuokus	Les Croupiers	SENM	10.00.0
Michael H	Davies	Les Croupiers	SENM	13.30.0
Chris	Williams	Cardiff AAC	SENM	8.59.0
Jamie	Crawford	Aberystwyth University Harriers	SENM	12:00.0
Tc	Chulu	South West Road Runners	U20M	9.00.0
Jethro	McGraw	Amber Valley & Erewash/ Birmingham University	SENM	8.25.0



Christmas Classic



Lewis	Lloyd	Herne Hill Harriers	SENM	8.15.0
Jonathan	Hopkins	Swansea Harriers	SENM	8.00.0
Oli	Lum	Bracknell AC	SENM	8.45.0
Jonathan	Tobin	Swansea Harriers	SENM	8.10.0
David	Bedwell	Bristol & West AC	SENM	10.30.0
Ben	Smith	Aberdare VAAC	U20M	10.20.0
Craig	Bridges	Team Bath	SENM	10.00.0
Lewis	Sternkopf	Swansea University	U20M	8.50.0
Neil	Kennedy	Bristol & West AC	SENM	9.25.0
Luke	Philips	Aberystwyth University Harriers	SENM	11.00.0
Alex	Price	Swansea Harriers	SENM	8.50.0
Jack	Millar	Bristol & West AC	SENM	8.30.0
Jamie	Webb	Liverpool Harriers	SENM	8.10.0
Peter	Woodward	Forest of Dean Athletics Club	SENM	10.00.0

3000m walk Men

Caerwyn	Phillips	Cardiff AAC	U20M	13.00.0
Daniel	Mckerlich	Cardiff AAC	U20M	15.40.0
Cameron	Corbishley	Medway & Maidstone AC/ Leeds Trinity	U13B	11.19.0

High Jump Men

Harry	Carter	Barry & Vale Harriers	U20M	1.91
Daniel	Lines	Aberystwyth University Harriers	U20M	1.50
Alex	Clothier	Lavington Athletics	U20M	1.63
Kieran	Short	MADJA	U20M	1.85
David	Thomas	Yate and District AC	U20M	1.80
Curtis	Wood	Cambridge and Coleridge	SENM	2.00
Nikos	Tzougkarakis	University of Exeter	U20M	1.93
Jamie	Anderson	Bristol & West AC	U20M	2.00
Kyle	Hartnell	Exeter Harriers	U20M	1.88
Johan	Warensjo	Swansea Harriers	SENM	1.90
Chinua	Ebereonwu	Cardiff Archers	U20M	1.85



Long Jump Men



Jerry	Kevern	City of Plymouth AC	SENM	4.60
Gage	Atwell	Cardiff Met AC	SENM	6.83
Daniel	Lines	Aberystwyth University Harriers	U20M	4.00
Simon	Hammann	Bristol and West AC	SENM	6.70
Matthew	Bark Churchill	Lavington Athletics	U20M	5.20
Adrian	Sum	Sheffield & Dearne	SENM	6.00
Ollie	Wheeler	Pembrokeshire Harriers	U20M	6.21
Rory	Howorth	Team Bath	U20M	6.09
Ashley	Jones	Cardiff University	SENM	6.00
Rhys	Roberts	Bridgend AC	SENM	6.07
Keith	Powell	Newport Harriers	SENM	4.60
Louis	Streeter	Lavington Athletics	U20M	4.00
Samual	Gooding	Exeter Harriers	U20M	6.20
Simeon	Clarence	Cardiff AAC	SENM	7.06
Daniel	Van Helden	University of Bristol Athletics and Cross Country Club	SENM	5.00
George	Shurley	Taunton AC	U20M	6.00
Tomos	Slade	Swansea Harriers	U20M	6.47

Pole Vault Men

Zach	Harrop	Cardiff Met AC	SENM	4.50
Glyn	Price	Swansea Harriers	SENM	4.10
Gavin	Berry	Aldershot, Farnham and District AC	SENM	3.60
Shane	Martin	Ballymena & Antrim	U20M	4.50
Cameron	Walker-Sheperd	Birchfield Harriers	SENM	5.30
Nathan	Gardner	Cardiff University	SENM	4.80
Jack	Home-Smith	Swindon Harriers	U20M	3.31
Martin	Davies	Newport Harriers	SENM	3.00

Shot Men

Daniel	Lines	Aberystwyth University Harriers	U20M	6.5
Travis	McMichael	Cardiff Met AC	SENM	9
Lewis	Evans	Unattached	SENM	10.64
Ian	Williams	Newport Harriers	SENM	9
Dafydd	Herdman	Swansea University	U20M	10
Daniel	Cork	Newport/ Royal Vetenary College	SENM	13
Jay	Morse	Cardiff AAC	U20M	13.5



Combined Events Men

Justin L	Tarrant	Cardiff Met AC	SENM
Harri	Wheeler Sexton	Cardiff AAC	U20M
Tom	Beckett	Exeter University	SENM
Curtis	Matthews	Cardiff AAC	SENM
Harri	Wheeler-Sexton	Cardiff AAC	U20M
Victor	Zhang		U20M
Ollie	Thorner	Millfield	U20M