



Georgina Parnell	Newp	F	3	800	2:24.90	753	4	800	2:27.20	721								1474	
Ellie Beynon Y	K&S	F	1	400H	82.2	476	2	400H	82.9	462	3	LJ	3.82	529				1467	
Mary Watkins	FoDean	F	1	SP	8.64	488	2	SP	8.51	481	3	SP	8.33	470	4	SP	8.45	477	1446
Marc Flannery	Here	M	1	SP	9.4	493	2	DT	26.54	460	3	SP	9.07	473	4	SP	8.96	467	1433
Betsy Cooper Y	Hales	F	1	SP	8.43	476	2	SP	8.32	469	3	SP	7.93	446	4	SP	8.31	469	1414
Jamie Tranter	D&S	M	2	LJ	5.98	707	3	LJ	5.98	707								1414	
Dwain Bromfield	D&S	M	2	100	11.7	691	3	100	11.6	717								1408	
Spencer Smith	Newp	M	1	1500	4:13.30	705	3	800	2:02.80	703								1408	
Mark Boswell	Newp	M	1	HT	30.42	432	2	HT	32	456	3	HT	32.8	468	4	HT	33.53	479	1403
Ioan Eric Holman x	Here	M	1	200	23.6	720	2	200	24	673								1393	
Gary Worrall	D&S	M	1	800	2:15.20	447	2	1500	4:44.70	409	3	800	2:11.10	525				1381	
Tom Beynon	K&S	M	1	200	26.1	449	2	100	12.4	520	4	100	13	393				1362	
Matthew West	Tipton	M	1	SP	8.36	431	2	SP	8.39	433	3	DT	27.69	481				1345	
Ruth Wells	Here	F	1	SP	7.08	395	2	SP	7.51	420	3	SP	8.33	470	4	SP	7.95	447	1337
Adrian James	K&S	M	1	HJ	1.5	442	2	400H	69	399	3	HJ	1.5	442	4	200	26.4	421	1305
Isabel James	K&S	F	2	1500	5:30.50	588	4	200	28.5	717								1305	
Rebecca Hartshorne	Tipton	F	1	SP	6.91	384	2	LJ	3.36	434	3	LJ	3.57	477				1295	
Amelia Hartshorn y	Hales	F	1	1500	5:16.00	672	3	5k/3k	11:59.70	585								1257	
Ben Voyce	K&S	M	1	400	52	764	2	JT	37.11	490								1254	
Justin Gray y	Newp	M	1	HJ	1.7	619	3	HJ	1.7	619								1238	
Robert Meredith	Tipton	M	2	5k/3k	9:27.40	605	3	5k/3k	9:21.50	632								1237	
Freddie Pugh x	Here	M	1	100	12.2	566	2	100	11.8	665								1231	
Caris Morgan	Newp	F	1	JT	36.23	628	2	JT	34.6	599								1227	
Morgan Keen Williams Y	Newp	M	1	LJ	6.29	771	3	JT	34.43	452								1223	
Katie Wood x	D&S	F	1	200	30.3	599	2	100	14.6	606								1205	
Tom Holden	Tipton	M	1	SC	7:12.40	529	3	800	2:05.10	651								1180	
Hayley Smith Y	K&S	F	1	HT	28.14	422	2	HT	25.41	378	3	SP	6.18	341	4	HT	25.44	379	1179
Joshua Jones y	Newp	M	3	800	2:07.10	608	4	200	25	561								1169	
Cate Davies Y	Newp	F	1	HT	35.41	538	4	HT	39.64	606								1144	
Ceirion Lomax X	Tipton	M	1	JT	31.36	410	2	SP	7.07	355	3	SP	7.43	377				1142	
Selina-Jayne Topham	K&S	F	2	5k/3k	12:40.80	489	3	5k/3k	14:15.10	302	4	5k/3k	24:00.00	351				1142	
Aldair Sanchez Cabrera	Hales	M	1	200	24.7	593	2	100	12.3	543								1136	
James Robinson	Hales	M	1	PV	3.8	649	3	SP	9.15	478								1127	
Sara Henderson	Hales	F	1	SC	9:53.40	369	2	LJ	4.91	757								1126	
Amelia Fettis Y	Newp	F	1	SP	9.31	529	3	HT	38.69	591								1120	
Nicholas Hayes x	D&S	M	2	200	25.2	539	3	100	12.3	543								1082	
Paul Bradley	Hales	M	2	800	2:14.50	460	3	800	2:07.70	595								1055	
Hannah Barnes	Here	F	2	HT	22.79	337	3	HT	25.12	374	4	HT	22.18	327				1038	
David Morris	K&S	M	2	SP	9.37	491	4	SP	10.03	530								1021	
Tom Acha	Tipton	M	1	800	2:14.50	460	3	5k/3k	9:56.80	482								942	
Mateusz Sliwinski	Hales	M	2	SC	11:14.20	515	4	SC	11:48.10	419								934	
Samantha Adams	Newp	F	3	DT	21.45	356	4	SP	9.67	550								906	
Tiwaah Boateng x	Newp	F	2	100	12.7	893												893	
Katrina Simpson	Hales	F	2	400	60.1	867												867	
Daniel Cork	Newp	M	3	SP	15.7	865												865	
Martin Davies	Newp	M	1	PV	2.52	309	3	PV	2.3	251	4	PV	2.5	303				863	
Hannah Telling y	K&S	F	2	HT	30.67	462	3	HT	26.74	400								862	
Jason Leach	Newp	M	1	DT	25.99	450	2	SP	8.04	412								862	





