

Welsh Athletics Junior Open
2nd December

U13 Boys

200m	Adam Dingley	29.78s	NCR
------	--------------	--------	------------

Cardiff Met GP 1 Christmas Classic
16th December

U20 Men

600m	Liam Hallows	1.33.94	
------	--------------	---------	--

Welsh Athletics Junior Open
6th January

U13 Boys

60m Hurdles	Adam Dingley	11.11s	NCR
60m	Adam Dingley	8.90s	NCR
Long Jump	Adam Dingley	4.10m	NCR

U17 Women

60m Hurdles	Estelle Hodges	9.67s	NCR
60m	Estelle Hodges	8.59s	
	Olivia Travers	9.03s	
800m	Olivia Travers	2.32.81	