

## **WJL/Louise Arthur League: Fourth & Final Fixture heads to Neath**

Written by Nathan Jones  
Saturday, 13 July 2019 07:45

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**WELSH JUNIOR LEAGUE / LOUISE ARTHUR LEAGUE U11 - U13 - U15 ROUND 4 - NEATH  
27.07.19**

**Haverfordwest, Carmarthen and Swansea have already provided great competition in May and June for under 11, under 13 and under 15 youngsters in this year's WJL/Louise Arthur League, and next up in the fourth and final round will be a journey to the home of Neath Harriers. Fixture four takes place on SATURDAY 27TH JULY between 11:00am and 6:00pm at the Cwrt Herbert Athletics Track/Sports Centre SA10 7BE.**

This year's Cup and Plate Finals will take place again at Swansea University Athletics Track over the weekend of August 24th and 25th. After the four league matches upcoming, the top four teams will go into the cup final whilst the plate final will be occupied by those in the fifth to eighth positions.

The following clubs will be taking part throughout the 2019 Louise Arthur League season in the West Division and the numbers that clubs will wear across all four rounds are:

**Carmarthen Harriers: 1 - 100**

**Barry & Vale Harriers: 101 - 170**

**Pontyclun AC: 171 - 200 & 751 - 770**

**Brecon AC: 201 - 290**

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**Neath Harriers: 291 - 360**

**Pembrokeshire Harriers: 361 - 460**

**Bridgend AC: 461 - 540**

**Llanelli AC: 541 - 590**

**Swansea Harriers: 591 - 750**

Meanwhile on the same day, the following clubs will be participating in the East Division at Cardiff Metropolitan University (also July 27th): Aberdare VAAC, Blaenau Gwent AC, Cardiff Archers, Cardiff AAC, Cwmbran Harriers, Hereford & County, Newport Harriers, Rhondda AAC and Rhymney Valley AC.

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**Final Round – East & West Division Track & Field – Under 11, 13 & 15**



**SATURDAY 27TH JULY – DYDD SADWRN 27AIN GORFFENN**

**Welsh Junior Louise Arthur  
League West Division: SAT 27  
JULY**

**CWRT HERBERT ATHLETICS  
TRACK, NEATH (11:00-17:45)**

**Welsh Junior Louise Arthur  
League East Division: SAT 27  
JULY**

**CARDIFF MET UNIVERSITY  
ATHLETICS TRACK (11:00-17:45)**

## THE EVENTS AVAILABLE FOR ALL AGE GROUPS

In the Louise Arthur League this year, each club can enter up to four athletes in an event in every age group (relays at the end of each programme)

**Under 11 / O Dan 11 (Years 4 & 5): 75m, 150m, 800m, Long Jump, Shot Put, Javelin**

**Under 13 / O Dan 13 (Years 6 & 7): 100m, 200m, 800m, 1500m, 1000m Walk, 70m/75m Hurdles, High Jump, Long Jump, Shot Put, Discus, Javelin**

**Under 15 / O Dan 15 (Years 8 & 9): 100m, 200m, 300m, 800m, 1500m, 1000m Walk, 75m/80m Hurdles, High Jump, Pole Vault, Hammer, Long Jump, Shot Put, Discus, Javelin**

Under 13 and Under 15 athletes can enter in up to any 3 events and the relay (800m or 1500m in one competition day)

Under 11 athletes can enter in up to 3 events and the relay (only 2 track events, 1 field or 2 field events, 1 track)

## **CARMARTHEN HARRIERS TEAM MANAGERS**

The competition fee is £3 and to be paid to your team manager on the day. Team Managers have already long started taking names and all athletes should confirm availability as soon as possible and no later than Friday 19th July. Remember that there's only four permitted per event and there's a number of disciplines that are expected to be filled quickly.

### **TEAM MANAGERS:**

**BOYS: Kathryn Jones - 07971 480430 or  
LALboys.carmarthenharriers@hotmail.com**  
**GIRLS: Keighley John - 07890 289047 or  
LALgirls.carmarthenharriers@hotmail.com**

## **CARMARTHEN HARRIERS**

All Carmarthen Harriers athletes must wear a Carmarthen Harriers vest (and is the case with all clubs) Vests can be purchased at £20 each at the track on club nights.

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Harriers kit can be purchased directly from Sports Team Wear, our new kit company.

Staying in touch / communication: Communication for Louise Arthur League is done via a WhatsApp group and e-mail, so please make sure that you have access to the App. If you have not received an invitation to join the U11/13 Harriers WhatsApp group, then please text Jake Morgan who will then invite you to join the group.

A number of parents volunteered at Haverfordwest, Swansea and the home match in Carmarthen and did a great job. At Neath, we need volunteers to help with looking after athletes and assisting on the long jump field duty.

Please let Officials Secretary Alison [alisonginger27@icloud.com](mailto:alisonginger27@icloud.com) know what you can do to help.

## **VENUE ADDRESS & POSTCODE**

*Cwrt Herbert Athletics Track/Sports Centre*

*Neath Abbey Road,*

*Neath,*

*SA10 7BE*

## **UPDATE WELSH JUNIOR LEAGUE / LOUISE ARTHUR**

## **LEAGUE NEW TIMETABLE & 600M CHANGE**

**The Neath & Cardiff matches will be using the timetables that were used in the last round and last summer in 2018. A reminder that the 600m and 1200m are no longer included in the programme (all age groups run 800m with 1500m for U13 & U15)**

**\*\* PLEASE MAKE SURE THAT YOU CAREFULLY CHECK THE UPDATED TIMETABLE TO AVOID CLASHES AND MAKE A NOTE OF YOUR NEW EVENT TIMES BEFORE THE NEXT LEAGUE MATCH! \*\***

FULL GUIDE & CONFIRMATION: TO LEAGUE FIXTURES 3 & 4 EVENT TIME, DISCIPLINE & WHAT AGE GROUP...

### **Under 11 Girls / Merched O Dan 11:**

**75 metres:** T13 at 13:04 (report by 12:49)

**150 metres:** T23 at 14:56 (report by 14:41)

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**800 metres:** T19 at 14:20 (report by 14:05)

**Long Jump:** F05 at 11:00 (report by 10:45)

**Shot Put:** F19 at 14:00 (report by 13:45)

**Javelin:** F27 at 16:00 (report by 15:45)

**4 x 100m Relay:** T36 at 16:55 (team members to report by 16:55)

### **Under 11 Boys / Bechgyn O Dan 11:**

**75 metres:** T14 at 13:24 (report by 13:09)

**150 metres:** T24 at 15:16 (report by 15:01)

**800 metres:** T20 at 14:28 (report by 14:13)

**Long Jump:** F04 at 11:00 (report by 10:45)

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**Shot Put:** F28 at 16:10 (report by 15:55)

**Javelin:** F18 at 13:45 (report by 13:30)

**4 x 100m Relay:** T33 at 16:46 (team members to report by 16:31)

### **Under 13 Girls / Merched O Dan 13:**

**100 metres:** T12 at 12:44 (report by 12:29)

**200 metres:** T26 at 15:48 (report by 15:33)

**800 metres:** T17 at 14:04 (report by 13:49)

**1500 metres:** T08 at 11:52 (report by 11:37)

**70 metres Hurdles:** T06 at 11:36 (report by 11:21)

**1000 metres Walk:** T29-T32 at 16:36 (report by 16:21)



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**Long Jump:** F15 at 13:00 (report by 12:45)

**High Jump:** F10 at 12:00 (report by 11:45)

**Discus:** F29 at 16:15 (report by 16:00)

**Shot Put:** F22 at 15:00 (report by 14:45)

**Javelin:** T03 at 11:00 (report by 10:45)

**4 x 100m Relay:** T37 at 17:18 (team members to report by 17:03)

### **Under 13 Boys / Bechgyn O Dan 13:**

**100 metres:** T11 at 12:28 (report by 12:13)

**200 metres:** T28 at 16:24 (report by 16:07)

**800 metres:** T18 at 14:12 (report by 13:57)

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**1500 metres:** T07 at 11:44 (report by 11:29)

**75 metres Hurdles:** T04 at 11:20 (report by 11:05)

**1000 metres Walk:** T29-T32 at 16:36 (report by 16:21)

**Long Jump:** F23 at 15:00 (report by 14:45)

**High Jump:** F20 at 14:20 (report by 14:05)

**Discus:** F09 at 11:45 (report by 11:30)

**Shot Put:** F13 at 13:00 (report by 12:45)

**Javelin:** F30 at 17:00 (report by 16:45)

**4 x 100m Relay:** T34 at 16:54 (team members to report by 16:37)

## **Under 15 Girls / Merched O Dan 15:**

**100 metres:** T10 at 12:12 (report by 11:57)

**200 metres:** T27 at 16:08 (report by 15:53)

**300 metres:** T22 at 14:48 (report by 14:33)

**800 metres:** T15 at 13:44 (report by 13:29)

**1500 metres:** T05 at 11:28 (report by 11:13)

**75 metres Hurdles:** T03 at 11:12 (report by 10:57)

**1000 metres Walk:** T29-T32 at 16:36 (report by 16:21)

**Long Jump:** F24 at 15:00 (report by 14:45)

**High Jump:** F14 at 13:00 (report by 12:45)

**Pole Vault:** F08 at 11:30 (report by 11:15)

**Discus:** F21 at 14:25 (report by 14:10)

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**Shot Put:** F11 at 12:00 (report by 11:45)

**Javelin:** F12 at 12:45 (report by 12:30)

**Hammer:** F02 at 11:00 (report by 10:45)

**4 x 100m Relay:** T38 at 17:26 (team members to report by 17:11)

### **Under 15 Boys / Bechgyn O Dan 15:**

**100 metres:** T09 at 12:00 (report by 11:45)

**200 metres:** T25 at 15:36 (report by 15:21)

**300 metres:** T21 at 14:40 (report by 14:25)

**800 metres:** T16 at 13:56 (report by 13:41)

**1500 metres:** T02 at 11:04 (report by 10:49)

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**80 metres Hurdles:** T01 at 11:00 (report by 10:45)

**1000 metres Walk:** T29-T32 at 16:36 (report by 16:21)

**Long Jump:** F16 at 13:00 (report by 12:45)

**High Jump:** F26 at 15:30 (report by 15:15)

**Pole Vault:** F07 at 11:30 (report by 11:15)

**Discus:** F17 at 13:35 (report by 13:20)

**Shot Put:** F06 at 11:20 (report by 11:05)

**Javelin:** F25 at 15:15 (report by 15:00)

**Hammer:** F01 at 11:00 (report by 10:45)

**4 x 100m Relay:** T35 at 17:02 (team members to report by 16:47)

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## Welsh Junior League Timetable 2019 matches 3 & 4

Event Number	Minimum Report	Start Time	Event	Age Group	Event Number	Minimum Report	Start Time	Event	Age Group
T01	10:45	11:00	80m Hurdles	U15B	F01	10:45	11:00	(4.00kg) Hammer	U15B
T02	10:49	11:04	1500m	U15B	F02	10:45	11:00	(3.00kg) Hammer	U15G
T03	10:57	11:12	75m Hurdles	U15G	F03	10:45	11:00	(400g) Javelin	U13G
T04	11:05	11:20	75m Hurdles	U13B	F04	10:45	11:00	Long Jump	U11B
T05	11:13	11:28	1500m	U15G	F05	10:45	11:00	Long Jump	U11G
T06	11:21	11:36	70m Hurdles	U13G	F06	11:05	11:20	(4.00kg) Shot	U15B
T07	11:29	11:44	1500m	U13B	F07	11:15	11:30	Pole Vault	U15B
T08	11:37	11:52	1500m	U13G	F08	11:15	11:30	Pole Vault	U15G
T09	11:45	12:00	100m	U15B	F09	11:30	11:45	(1.00kg) Discus	U13B
T10	11:57	12:12	100m	U15G	F10	11:45	12:00	High Jump	U13G
T11	12:13	12:28	100m	U13B	F11	11:45	12:00	(3.00kg) Shot	U15G
T12	12:29	12:44	100m	U13G	F12	12:30	12:45	(500g) Javelin	U15G
T13	12:49	13:04	75m	U11G	F13	12:45	13:00	(3.25kg) Shot	U13B
T14	13:09	13:24	75m	U11B	F14	12:45	13:00	High Jump	U15G
T15	13:29	13:44	800m	U15G	F15	12:55	13:10	Long Jump	U13G
T16	13:41	13:56	800m	U15B	F16	12:55	13:10	Long Jump	U15B
T17	13:49	14:04	800m	U13G	F17	13:20	13:35	(1.25kg) Discus	U15B
T18	13:57	14:12	800m	U13B	F18	13:30	13:45	(300g) Javelin	U11B
T19	14:05	14:20	800m	U11G	F19	13:45	14:00	(2.00kg) Shot	U11G
T20	14:13	14:28	800m	U11B	F20	14:05	14:20	High Jump	U13B
T21	14:25	14:40	300m	U15B	F21	14:10	14:25	(1.00kg) Discus	U15G
T22	14:33	14:48	300m	U15G	F22	14:45	15:00	(2.72kg) Shot	U13G
T23	14:41	14:56	150m	U11G	F23	14:45	15:00	Long Jump	U13B
T24	15:01	15:16	150m	U11B	F24	14:45	15:00	Long Jump	U15G
T25	15:21	15:36	200m	U15B	F25	15:00	15:15	(600g) Javelin	U15B
T26	15:33	15:48	200m	U13G	F26	15:15	15:30	High Jump	U15B
T27	15:53	16:08	200m	U15G	F27	15:45	16:00	(300g) Javelin	U11G
T28	16:09	16:24	200m	U13B	F28	15:55	16:10	(2.72kg) Shot	U11B
T29	16:21	16:36	1000m walk	U13G	F29	16:00	16:15	(0.75kg) Discus	U13G
T30	16:21	16:36	1000m walk	U15G	F30	16:45	17:00	(400g) Javelin	U13B
T31	16:21	16:36	1000m walk	U13B					
T32	16:21	16:36	1000m walk	U15B					
T33	16:31	16:46	4 x 100 relay	U11B					
T34	16:39	16:54	4 x 100 relay	U13B					
T35	16:47	17:02	4 x 100 relay	U15B					
T36	16:55	17:10	4 x 100 relay	U11G					
T37	17:03	17:18	4 x 100 relay	U13G					
T38	17:11	17:26	4 x 100 relay	U15G					