



SPORTSHALL

# Aviva Sportshall UK Championships Regional Finals 2010

Welsh Final

Cwmbran Stadium Sports Centre

Sunday 14 March 2010

Afan Nedd Tawe

Cardiff & Vale of Glamorgan

Dyfed

Glamorgan Valleys

North East Wales

North West Wales

Powys

South East Wales

yellow

purple

sky

green

orange

red

white

violet

# Competition Results

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Team	Score	Individual	P8	4x2
1	Powys	614	464	80	70
2	North East Wales	593	483	30	80
3	North West Wales	497	417	20	60
4	Cardiff & Vale of Glamorgan	490	400	40	50
5	Dyfed	435	395	0	40
6	Afan Nedd Tawe	434	344	70	20
7	South East Wales	414	324	60	30
8	Glamorgan Valleys	182	132	50	0

# Athlete Results

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	S	SB	SLJ	VJ
1	159	Eleanor Badhams	North East Wales	144	48		48		48	
2	165	Mared Baker	North West Wales	132		40		46		46
3	162	Georgia Bares	North East Wales	130		34	46		50	
4=	147	Elinor Jones	Dyfed	123	44		42			37
4=	176	Abbie Price	Powys	123	39			34		50
6	166	Sophie Lewis	North West Wales	122	50			41	31	
7	148	Ayla Hamilton	Dyfed	121	39			38	44	
8	172	Lauren Jones	Powys	120	44			50	26	
9	161	Kathryn Roberts	North East Wales	116		46		46	24	
10	174	Alice Mills	Powys	112		32	36		44	
11	173	Catrin Thomas	Powys	109		50		23	36	
12	137	Romy Killick	Cardiff & Vale of Glamo	107	33			34	40	
13	175	Roxanne Evans	Powys	106	18		40			48
14	143	Caitlin Allen	Cardiff & Vale of Glamo	100	33			26		41
15	138	Osa Eghosa	Cardiff & Vale of Glamo	97	22			34		41
16=	130	Catrin Roberts	Afan Nedd Tawe	96		43		16		37
16=	141	Bryony Harper	Cardiff & Vale of Glamo	96		28	24		44	
18=	134	Elise Davies	Afan Nedd Tawe	95	33		44		18	
18=	181	Amber Ellis-Martin	South East Wales	95	33			41	21	
20=	160	Amy Crocombe	North East Wales	93	26		38			29
20=	177	Harriet Davies	Powys	93		48	20			25
22	184	Katie-Jane Priest	South East Wales	90	44			29		17
23	163	Laura Turnball	North East Wales	84		30		10		44
24=	169	Paige Musgrove	North West Wales	83		26	26		31	
24=	179	Isabelle Godfrey	South East Wales	83		43		19	21	
26	150	Stacey Webber	Dyfed	81		38		29	14	
27	167	Elin Williams	North West Wales	80	13			46		21
28	139	Katie Wynne	Cardiff & Vale of Glamo	79		16	30			33
29	135	Nicola Jones	Afan Nedd Tawe	78	6		34		38	
30	131	Rhiannon Hails	Afan Nedd Tawe	75		36	18			21
31	133	Jade Meredith	Afan Nedd Tawe	72		20		23		29
32	168	Catrin Francis	North West Wales	71		14	32			25
33	145	Anwen Rosser	Dyfed	70	10		50			10
34	151	Robyn Wilkins	Glamorgan Valleys	68	22			13		33
35	152	Rachael Lewis	Glamorgan Valleys	64	22			8	34	
36=	146	Evangeline Davies	Dyfed	56		22	22			12
36=	183	Chloe Davies	South East Wales	56		12	28		16	
38	158	Rhian Williams	North East Wales	55	28			13		14
39	170	Aerin Vaughn	North West Wales	54	16		10		28	
40	180	Ellie Campbell	South East Wales	53		24	12			17
41=	132	Sarah Fligelstone	Afan Nedd Tawe	44	13			19	12	
41=	140	Miriam Bennett	Cardiff & Vale of Glamo	44		18	16		10	
43	182	Lily Harris	South East Wales	30	8		14			8
44=	142	Valencia Germain	Cardiff & Vale of Glamo	0						
44=	144	Amy Nell	Dyfed	0						
44=	149	Megan Hamilton	Dyfed	0						
44=	171	Awel Evans	North West Wales	0						

# Team Results

# Afan Nedd Tawe (yellow)

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Team	Score	Individual	P8	4x2
1	Powys	614	464	80	70
2	North East Wales	593	483	30	80
3	North West Wales	497	417	20	60
4	Cardiff & Vale of Glamorgan	490	400	40	50
5	Dyfed	435	395	0	40
6	Afan Nedd Tawe	434	344	70	20
7	South East Wales	414	324	60	30
8	Glamorgan Valleys	182	132	50	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
130	Catrin Roberts	4LR	56.7				56.7	4=	43
130	Catrin Roberts	SB	65				65	18	16
130	Catrin Roberts	VJ	45	46	50		50	7=	37
131	Rhiannon Hails	4LR	58.2				58.2	8	36
131	Rhiannon Hails	S	5.27	5.48	4.88		5.48	17	18
131	Rhiannon Hails	VJ	40	0	44		44	15=	21
132	Sarah Fligelstone	2LR	27.8				27.8	19=	13
132	Sarah Fligelstone	SB	67				67	16=	19
132	Sarah Fligelstone	SLJ	1.78	1.68	1.78		1.78	20	12
133	Jade Meredith	4LR	1:01.4				1:01.4	16	20
133	Jade Meredith	SB	68				68	14=	23
133	Jade Meredith	VJ	47	46	47		47	11=	29
134	Elise Davies	2LR	26.5				26.5	8=	33
134	Elise Davies	S	7.53	7.25	7.41		7.53	4	44
134	Elise Davies	SLJ	1.87	1.73	1.66		1.87	17	18
135	Nicola Jones	2LR	29.0				29.0	23	6
135	Nicola Jones	S	7.13	6.85	6.47		7.13	9	34
135	Nicola Jones	SLJ	2.13	2.04	2.11		2.13	7	38

# Team Results

# Cardiff & Vale of Glamorgan (purple)

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Team	Score	Individual	P8	4x2
1	Powys	614	464	80	70
2	North East Wales	593	483	30	80
3	North West Wales	497	417	20	60
4	Cardiff & Vale of Glamorgan	490	400	40	50
5	Dyfed	435	395	0	40
6	Afan Nedd Tawe	434	344	70	20
7	South East Wales	414	324	60	30
8	Glamorgan Valleys	182	132	50	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
137	Romy Killick	2LR	26.5				26.5	8=	33
137	Romy Killick	SB	72				72	8=	34
137	Romy Killick	SLJ	2.08	2.12	2.17		2.17	6	40
138	Osa Eghosa	2LR	27.0				27.0	14=	22
138	Osa Eghosa	SB	72				72	8=	34
138	Osa Eghosa	VJ	47	51	51		51	5=	41
139	Katie Wynne	4LR	1:03.0				1:03.0	18	16
139	Katie Wynne	S	6.79	6.48	5.85		6.79	11	30
139	Katie Wynne	VJ	48	46	47		48	9=	33
140	Miriam Bennett	4LR	1:02.2				1:02.2	17	18
140	Miriam Bennett	S	0.00	5.40	5.39		5.40	18	16
140	Miriam Bennett	SLJ	1.58	1.66	1.73		1.73	21	10
141	Bryony Harper	4LR	59.8				59.8	12	28
141	Bryony Harper	S	6.27	5.80	0.00		6.27	14	24
141	Bryony Harper	SLJ	2.24	2.16	2.24		2.24	3=	44
142	Valencia Germain	S	0.00	5.87	0.00		5.87		
142	Valencia Germain	VJ	56	56	55		56		
143	Caitlin Allen	2LR	26.5				26.5	8=	33
143	Caitlin Allen	SB	70				70	13	26
143	Caitlin Allen	VJ	44	48	51		51	5=	41

# Team Results

# Dyfed (sky)

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Team	Score	Individual	P8	4x2
1	Powys	614	464	80	70
2	North East Wales	593	483	30	80
3	North West Wales	497	417	20	60
4	Cardiff & Vale of Glamorgan	490	400	40	50
5	Dyfed	435	395	0	40
6	Afan Nedd Tawe	434	344	70	20
7	South East Wales	414	324	60	30
8	Glamorgan Valleys	182	132	50	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
145	Anwen Rosser	2LR	28.3				28.3	21	10
145	Anwen Rosser	S	11.24	11.71	10.11		11.71	1	50
145	Anwen Rosser	VJ	35	36	38		38	21	10
146	Evangeline Davies	4LR	1:01.0				1:01.0	15	22
146	Evangeline Davies	S	5.85	6.06	0.00		6.06	15	22
146	Evangeline Davies	VJ	39	38	38		39	20	12
147	Elinor Jones	2LR	26.0				26.0	3=	44
147	Elinor Jones	S	7.24	7.43	7.36		7.43	5	42
147	Elinor Jones	VJ	49	50	50		50	7=	37
148	Ayla Hamilton	2LR	26.1				26.1	6=	39
148	Ayla Hamilton	SB	73				73	7	38
148	Ayla Hamilton	SLJ	2.18	2.20	2.24		2.24	3=	44
150	Stacey Webber	4LR	57.9				57.9	7	38
150	Stacey Webber	SB	71				71	11=	29
150	Stacey Webber	SLJ	1.62	1.69	1.79		1.79	19	14

# Team Results

# Glamorgan Valleys (green)

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Team	Score	Individual	P8	4x2
1	Powys	614	464	80	70
2	North East Wales	593	483	30	80
3	North West Wales	497	417	20	60
4	Cardiff & Vale of Glamorgan	490	400	40	50
5	Dyfed	435	395	0	40
6	Afan Nedd Tawe	434	344	70	20
7	South East Wales	414	324	60	30
8	Glamorgan Valleys	182	132	50	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
151	Robyn Wilkins	2LR	27.0				27.0	14=	22
151	Robyn Wilkins	SB	64				64	19=	13
151	Robyn Wilkins	VJ	47	48	46		48	9=	33
152	Rachael Lewis	2LR	27.0				27.0	14=	22
152	Rachael Lewis	SB	55				55	22	8
152	Rachael Lewis	SLJ	1.98	2.09	2.08		2.09	9	34

# Team Results

# North East Wales (orange)

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Team	Score	Individual	P8	4x2
1	Powys	614	464	80	70
2	North East Wales	593	483	30	80
3	North West Wales	497	417	20	60
4	Cardiff & Vale of Glamorgan	490	400	40	50
5	Dyfed	435	395	0	40
6	Afan Nedd Tawe	434	344	70	20
7	South East Wales	414	324	60	30
8	Glamorgan Valleys	182	132	50	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
158	Rhian Williams	2LR	26.8				26.8	12	28
158	Rhian Williams	SB	64				64	19=	13
158	Rhian Williams	VJ	0	41	41		41	19	14
159	Eleanor Badhams	2LR	25.5				25.5	2	48
159	Eleanor Badhams	S	9.41	9.70	9.16		9.70	2	48
159	Eleanor Badhams	SLJ	2.26	2.28	2.26		2.28	2	48
160	Amy Crocombe	2LR	26.9				26.9	13	26
160	Amy Crocombe	S	7.27	7.24	6.86		7.27	7	38
160	Amy Crocombe	VJ	46	47	47		47	11=	29
161	Kathryn Roberts	4LR	56.6				56.6	3	46
161	Kathryn Roberts	SB	76				76	2=	46
161	Kathryn Roberts	SLJ	1.92	1.91	1.93		1.93	14	24
162	Georgia Bares	4LR	58.5				58.5	9	34
162	Georgia Bares	S	9.09	9.44	8.91		9.44	3	46
162	Georgia Bares	SLJ	2.41	2.35	2.34		2.41	1	50
163	Laura Turnbull	4LR	59.5				59.5	11	30
163	Laura Turnbull	SB	60				60	21	10
163	Laura Turnbull	VJ	53	51	0		53	4	44



# Team Results

# North West Wales (red)

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Team	Score	Individual	P8	4x2
1	Powys	614	464	80	70
2	North East Wales	593	483	30	80
3	North West Wales	497	417	20	60
4	Cardiff & Vale of Glamorgan	490	400	40	50
5	Dyfed	435	395	0	40
6	Afan Nedd Tawe	434	344	70	20
7	South East Wales	414	324	60	30
8	Glamorgan Valleys	182	132	50	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
165	Mared Baker	4LR	57.1				57.1	6	40
165	Mared Baker	SB	76				76	2=	46
165	Mared Baker	VJ	54	54	51		54	3	46
166	Sophie Lewis	2LR	25.4				25.4	1	50
166	Sophie Lewis	SB	74				74	5=	41
166	Sophie Lewis	SLJ	2.02	2.08	2.06		2.08	10=	31
167	Elin Williams	2LR	27.8				27.8	19=	13
167	Elin Williams	SB	76				76	2=	46
167	Elin Williams	VJ	43	43	44		44	15=	21
168	Catrin Francis	4LR	1:05.3				1:05.3	19	14
168	Catrin Francis	S	7.02	6.40	0.00		7.02	10	32
168	Catrin Francis	VJ	44	45	45		45	13=	25
169	Paige Musgrove	4LR	1:00.1				1:00.1	13	26
169	Paige Musgrove	S	6.52	6.16	6.07		6.52	13	26
169	Paige Musgrove	SLJ	2.08	2.02	2.03		2.08	10=	31
170	Aerin Vaughn	2LR	27.5				27.5	18	16
170	Aerin Vaughn	S	0.00	4.74	4.94		4.94	21	10
170	Aerin Vaughn	SLJ	2.00	1.94	1.98		2.00	12	28

# Team Results

# Powys (white)

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Team	Score	Individual	P8	4x2
1	Powys	614	464	80	70
2	North East Wales	593	483	30	80
3	North West Wales	497	417	20	60
4	Cardiff & Vale of Glamorgan	490	400	40	50
5	Dyfed	435	395	0	40
6	Afan Nedd Tawe	434	344	70	20
7	South East Wales	414	324	60	30
8	Glamorgan Valleys	182	132	50	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
172	Lauren Jones	2LR	26.0				26.0	3=	44
172	Lauren Jones	SB	82				82	1	50
172	Lauren Jones	SLJ	1.96	1.95	1.96		1.96	13	26
173	Catrin Thomas	4LR	53.7				53.7	1	50
173	Catrin Thomas	SB	68				68	14=	23
173	Catrin Thomas	SLJ	2.10	2.10	2.04		2.10	8	36
174	Alice Mills	4LR	59.3				59.3	10	32
174	Alice Mills	S	7.26	7.07	0.00		7.26	8	36
174	Alice Mills	SLJ	2.14	2.22	2.24		2.24	3=	44
175	Roxanne Evans	2LR	27.4				27.4	17	18
175	Roxanne Evans	S	6.96	7.37	7.39		7.39	6	40
175	Roxanne Evans	VJ	55	53	55		55	2	48
176	Abbie Price	2LR	26.1				26.1	6=	39
176	Abbie Price	SB	72				72	8=	34
176	Abbie Price	VJ	57	53	54		57	1	50
177	Harriet Davies	4LR	56.2				56.2	2	48
177	Harriet Davies	S	0.00	4.27	5.96		5.96	16	20
177	Harriet Davies	VJ	45	45	45		45	13=	25

# Team Results

# South East Wales (violet)

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Team	Score	Individual	P8	4x2
1	Powys	614	464	80	70
2	North East Wales	593	483	30	80
3	North West Wales	497	417	20	60
4	Cardiff & Vale of Glamorgan	490	400	40	50
5	Dyfed	435	395	0	40
6	Afan Nedd Tawe	434	344	70	20
7	South East Wales	414	324	60	30
8	Glamorgan Valleys	182	132	50	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
179	Isabelle Godfrey	4LR	56.7				56.7	4=	43
179	Isabelle Godfrey	SB	67				67	16=	19
179	Isabelle Godfrey	SLJ	1.84	1.88	1.74		1.88	15=	21
180	Ellie Campbell	4LR	1:00.2				1:00.2	14	24
180	Ellie Campbell	S	4.24	3.88	5.06		5.06	20	12
180	Ellie Campbell	VJ	0	40	43		43	17=	17
181	Amber Ellis-Martin	2LR	26.5				26.5	8=	33
181	Amber Ellis-Martin	SB	74				74	5=	41
181	Amber Ellis-Martin	SLJ	1.80	1.88	1.80		1.88	15=	21
182	Lily Harris	2LR	28.9				28.9	22	8
182	Lily Harris	S	4.46	5.33	4.95		5.33	19	14
182	Lily Harris	VJ	35	37	32		37	22	8
183	Chloe Davies	4LR	1:07.4				1:07.4	20	12
183	Chloe Davies	S	0.00	6.04	6.57		6.57	12	28
183	Chloe Davies	SLJ	1.72	1.74	1.84		1.84	18	16
184	Katie-Jane Priest	2LR	26.0				26.0	3=	44
184	Katie-Jane Priest	SB	71				71	11=	29
184	Katie-Jane Priest	VJ	43	42	41		43	17=	17

# Results Sheet

# 2 Lap Race

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North West Wales	red	166	Sophie Lewis	25.4	50
2	North East Wales	orange	159	Eleanor Badhams	25.5	48
3=	Dyfed	sky	147	Elinor Jones	26.0	44
3=	Powys	white	172	Lauren Jones	26.0	44
3=	South East Wales	violet	184	Katie-Jane Priest	26.0	44
6=	Dyfed	sky	148	Ayla Hamilton	26.1	39
6=	Powys	white	176	Abbie Price	26.1	39
8=	Afan Nedd Tawe	yellow	134	Elise Davies	26.5	33
8=	Cardiff & Vale of Glamorgan	purple	137	Romy Killick	26.5	33
8=	Cardiff & Vale of Glamorgan	purple	143	Caitlin Allen	26.5	33
8=	South East Wales	violet	181	Amber Ellis-Martin	26.5	33
12	North East Wales	orange	158	Rhian Williams	26.8	28
13	North East Wales	orange	160	Amy Crocombe	26.9	26
14=	Cardiff & Vale of Glamorgan	purple	138	Osa Eghosa	27.0	22
14=	Glamorgan Valleys	green	151	Robyn Wilkins	27.0	22
14=	Glamorgan Valleys	green	152	Rachael Lewis	27.0	22
17	Powys	white	175	Roxanne Evans	27.4	18
18	North West Wales	red	170	Aerin Vaughn	27.5	16
19=	Afan Nedd Tawe	yellow	132	Sarah Fligelstone	27.8	13
19=	North West Wales	red	167	Elin Williams	27.8	13
21	Dyfed	sky	145	Anwen Rosser	28.3	10
22	South East Wales	violet	182	Lily Harris	28.9	8
23	Afan Nedd Tawe	yellow	135	Nicola Jones	29.0	6

# Results Sheet

# 4 Lap Race

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	white	173	Catrin Thomas	53.7	50
2	Powys	white	177	Harriet Davies	56.2	48
3	North East Wales	orange	161	Kathryn Roberts	56.6	46
4=	Afan Nedd Tawe	yellow	130	Catrin Roberts	56.7	43
4=	South East Wales	violet	179	Isabelle Godfrey	56.7	43
6	North West Wales	red	165	Mared Baker	57.1	40
7	Dyfed	sky	150	Stacey Webber	57.9	38
8	Afan Nedd Tawe	yellow	131	Rhiannon Hails	58.2	36
9	North East Wales	orange	162	Georgia Bares	58.5	34
10	Powys	white	174	Alice Mills	59.3	32
11	North East Wales	orange	163	Laura Turnbull	59.5	30
12	Cardiff & Vale of Glamorgan	purple	141	Bryony Harper	59.8	28
13	North West Wales	red	169	Paige Musgrove	1:00.1	26
14	South East Wales	violet	180	Ellie Campbell	1:00.2	24
15	Dyfed	sky	146	Evangelina Davies	1:01.0	22
16	Afan Nedd Tawe	yellow	133	Jade Meredith	1:01.4	20
17	Cardiff & Vale of Glamorgan	purple	140	Miriam Bennett	1:02.2	18
18	Cardiff & Vale of Glamorgan	purple	139	Katie Wynne	1:03.0	16
19	North West Wales	red	168	Catrin Francis	1:05.3	14
20	South East Wales	violet	183	Chloe Davies	1:07.4	12

# Results Sheet

# 8 Lap Paarlauf

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	07	Powys	white	1:48.6	0.0	1:48.6	80.0
2	01	Afan Nedd Tawe	yellow	1:53.3	0.0	1:53.3	70.0
3	08	South East Wales	violet	1:56.9	0.0	1:56.9	60.0
4	04	Glamorgan Valleys	green	1:58.8	0.0	1:58.8	50.0
5	02	Cardiff & Vale of Glamorgan	purple	1:59.7	0.0	1:59.7	40.0
6	05	North East Wales	orange	2:00.9	0.0	2:00.9	30.0
7	06	North West Wales	red	2:02.7	0.0	2:02.7	20.0

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	North East Wales	orange	1:43.5	0.0	1:43.5	80.0
2	07	Powys	white	1:44.7	0.0	1:44.7	70.0
3	06	North West Wales	red	1:45.8	0.0	1:45.8	60.0
4	02	Cardiff & Vale of Glamorgan	purple	1:46.2	0.0	1:46.2	50.0
5	03	Dyfed	sky	1:46.8	0.0	1:46.8	40.0
6	08	South East Wales	violet	1:48.1	0.0	1:48.1	30.0
7	01	Afan Nedd Tawe	yellow	1:48.7	0.0	1:48.7	20.0

# Results Sheet

# Shot

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	sky	145	Anwen Rosser	11.71	50
2	North East Wales	orange	159	Eleanor Badhams	9.70	48
3	North East Wales	orange	162	Georgia Bares	9.44	46
4	Afan Nedd Tawe	yellow	134	Elise Davies	7.53	44
5	Dyfed	sky	147	Elinor Jones	7.43	42
6	Powys	white	175	Roxanne Evans	7.39	40
7	North East Wales	orange	160	Amy Crocombe	7.27	38
8	Powys	white	174	Alice Mills	7.26	36
9	Afan Nedd Tawe	yellow	135	Nicola Jones	7.13	34
10	North West Wales	red	168	Catrin Francis	7.02	32
11	Cardiff & Vale of Glamorgan	purple	139	Katie Wynne	6.79	30
12	South East Wales	violet	183	Chloe Davies	6.57	28
13	North West Wales	red	169	Paige Musgrove	6.52	26
14	Cardiff & Vale of Glamorgan	purple	141	Bryony Harper	6.27	24
15	Dyfed	sky	146	Evangelina Davies	6.06	22
16	Powys	white	177	Harriet Davies	5.96	20
17	Afan Nedd Tawe	yellow	131	Rhiannon Hails	5.48	18
18	Cardiff & Vale of Glamorgan	purple	140	Miriam Bennett	5.40	16
19	South East Wales	violet	182	Lily Harris	5.33	14
20	South East Wales	violet	180	Ellie Campbell	5.06	12
21	North West Wales	red	170	Aerin Vaughn	4.94	10
	Cardiff & Vale of Glamorgan	purple	142	Valencia Germain	5.87	0



# Results Sheet

# Speed Bounce

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Powys	white	172	Lauren Jones	82	50
2=	North East Wales	orange	161	Kathryn Roberts	76	46
2=	North West Wales	red	165	Mared Baker	76	46
2=	North West Wales	red	167	Elin Williams	76	46
5=	North West Wales	red	166	Sophie Lewis	74	41
5=	South East Wales	violet	181	Amber Ellis-Martin	74	41
7	Dyfed	sky	148	Ayla Hamilton	73	38
8=	Cardiff & Vale of Glamorgan	purple	137	Romy Killick	72	34
8=	Cardiff & Vale of Glamorgan	purple	138	Osa Eghosa	72	34
8=	Powys	white	176	Abbie Price	72	34
11=	Dyfed	sky	150	Stacey Webber	71	29
11=	South East Wales	violet	184	Katie-Jane Priest	71	29
13	Cardiff & Vale of Glamorgan	purple	143	Caitlin Allen	70	26
14=	Afan Nedd Tawe	yellow	133	Jade Meredith	68	23
14=	Powys	white	173	Catrin Thomas	68	23
16=	Afan Nedd Tawe	yellow	132	Sarah Fligelstone	67	19
16=	South East Wales	violet	179	Isabelle Godfrey	67	19
18	Afan Nedd Tawe	yellow	130	Catrin Roberts	65	16
19=	Glamorgan Valleys	green	151	Robyn Wilkins	64	13
19=	North East Wales	orange	158	Rhian Williams	64	13
21	North East Wales	orange	163	Laura Turnball	60	10
22	Glamorgan Valleys	green	152	Rachael Lewis	55	8

# Results Sheet

# Standing Long Jump

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North East Wales	orange	162	Georgia Bares	2.41	50
2	North East Wales	orange	159	Eleanor Badhams	2.28	48
3=	Cardiff & Vale of Glamorgan	purple	141	Bryony Harper	2.24	44
3=	Dyfed	sky	148	Ayla Hamilton	2.24	44
3=	Powys	white	174	Alice Mills	2.24	44
6	Cardiff & Vale of Glamorgan	purple	137	Romy Killick	2.17	40
7	Afan Nedd Tawe	yellow	135	Nicola Jones	2.13	38
8	Powys	white	173	Catrin Thomas	2.10	36
9	Glamorgan Valleys	green	152	Rachael Lewis	2.09	34
10=	North West Wales	red	166	Sophie Lewis	2.08	31
10=	North West Wales	red	169	Paige Musgrove	2.08	31
12	North West Wales	red	170	Aerin Vaughn	2.00	28
13	Powys	white	172	Lauren Jones	1.96	26
14	North East Wales	orange	161	Kathryn Roberts	1.93	24
15=	South East Wales	violet	179	Isabelle Godfrey	1.88	21
15=	South East Wales	violet	181	Amber Ellis-Martin	1.88	21
17	Afan Nedd Tawe	yellow	134	Elise Davies	1.87	18
18	South East Wales	violet	183	Chloe Davies	1.84	16
19	Dyfed	sky	150	Stacey Webber	1.79	14
20	Afan Nedd Tawe	yellow	132	Sarah Fligelstone	1.78	12
21	Cardiff & Vale of Glamorgan	purple	140	Miriam Bennett	1.73	10

# Results Sheet

# Vertical Jump

## Competition:

ASHA-Welsh Final Under 15 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

14 Mar 2010

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	white	176	Abbie Price	57	50
2	Powys	white	175	Roxanne Evans	55	48
3	North West Wales	red	165	Mared Baker	54	46
4	North East Wales	orange	163	Laura Turnbull	53	44
5=	Cardiff & Vale of Glamorgan	purple	138	Osa Eghosa	51	41
5=	Cardiff & Vale of Glamorgan	purple	143	Caitlin Allen	51	41
7=	Afan Nedd Tawe	yellow	130	Catrin Roberts	50	37
7=	Dyfed	sky	147	Elinor Jones	50	37
9=	Cardiff & Vale of Glamorgan	purple	139	Katie Wynne	48	33
9=	Glamorgan Valleys	green	151	Robyn Wilkins	48	33
11=	Afan Nedd Tawe	yellow	133	Jade Meredith	47	29
11=	North East Wales	orange	160	Amy Crocombe	47	29
13=	North West Wales	red	168	Catrin Francis	45	25
13=	Powys	white	177	Harriet Davies	45	25
15=	Afan Nedd Tawe	yellow	131	Rhiannon Hails	44	21
15=	North West Wales	red	167	Elin Williams	44	21
17=	South East Wales	violet	180	Ellie Campbell	43	17
17=	South East Wales	violet	184	Katie-Jane Priest	43	17
19	North East Wales	orange	158	Rhian Williams	41	14
20	Dyfed	sky	146	Evangelina Davies	39	12
21	Dyfed	sky	145	Anwen Rosser	38	10
22	South East Wales	violet	182	Lily Harris	37	8
	Cardiff & Vale of Glamorgan	purple	142	Valencia Germain	56	0