

# Competition Results

## Competition:

Welsh Final 2019 Under 13 Girls

## Venue:

Cwmbran Sports Centre

## Date

10 Mar 2019

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Powys	Red & White	661	70	70	70	60	41	51	54	52	49	54	56	34
2	Dyfed	Navy	564	40	50	60	70	50	36	48	46	34	46	40	44
3	North West Wales	Red	529	55	60	40	50	26	42	46	52	54	42	30	32
4	Afan Nedd Tawe	White	475	55	40	30	30	53	43	26	30	38	40	48	42
5	Cardiff & the Vale	Maroon	409	0	30	50	40	40	38	36	18	35	28	36	58

# Team Results

# Afan Nedd Tawe (white)

## Competition:

Welsh Final 2019 Under 13 Girls

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Cwmbran Sports Centre

## Date

10 Mar 2019

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Powys	Red & White	661	70	70	70	60	41	51	54	52	49	54	56	34
2	Dyfed	Navy	564	40	50	60	70	50	36	48	46	34	46	40	44
3	North West Wales	Red	529	55	60	40	50	26	42	46	52	54	42	30	32
4	Afan Nedd Tawe	White	475	55	40	30	30	53	43	26	30	38	40	48	42
5	Cardiff & the Vale	Maroon	409	0	30	50	40	40	38	36	18	35	28	36	58

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
115	Megan Gwyther	2LR	26.6	26.1			26.1	2	28
115	Megan Gwyther	SB	75				75	3	26
116	Katelyn Thomas	2LR	27.0	26.4			26.4	3=	25
116	Katelyn Thomas	SLJ	1.92	2.12	2.06	2.14	2.14	3	26
117	Ruby Jones	VJ	52	43	49	43	52	3	26
118	Katie Lake	STJ	6.10	6.08	5.98	0.00	6.10	2	28
119	Rebekah Pratt	S	6.73	6.84	6.54	6.44	6.84	9	14
120	Olivia Mackey	4LR	58.4	56.4			56.4	1=	29
120	Olivia Mackey	VJ	44	42	43	39	44	8	16
121	Rhiannon Reed	6LR	1:48.4				1:48.4	10	12
122	Evie Aithson	4LR	1:02.3	0.0			1:02.3	9	14
122	Evie Aithson	S	6.35	6.65	6.48	6.90	6.90	8	16
124	Bethan Holley	STJ	5.50	5.38	5.44	5.40	5.50	6	20
125	Krysti Sleep	SB	57				57	10	12
126	Liane Do Rouys	6LR	1:46.1				1:46.1	9	14
126	Liane Do Rouys	SLJ	1.90	1.78	1.88	1.84	1.90	9	14

# Team Results

# Cardiff & the Vale (maroon)

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10 Mar 2019

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1	Powys	Red & White	661	70	70	70	60	41	51	54	52	49	54	56	34
2	Dyfed	Navy	564	40	50	60	70	50	36	48	46	34	46	40	44
3	North West Wales	Red	529	55	60	40	50	26	42	46	52	54	42	30	32
4	Afan Nedd Tawe	White	475	55	40	30	30	53	43	26	30	38	40	48	42
5	Cardiff & the Vale	Maroon	409	0	30	50	40	40	38	36	18	35	28	36	58

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
128	Sienna Wilkinson	2LR	27.3	0.0			27.3	7	18
128	Sienna Wilkinson	STJ	4.98	5.14	5.64	5.46	5.64	5	22
129	Seren Lockwood	2LR	26.7	26.6			26.6	5	22
129	Seren Lockwood	VJ	53	54	55	54	55	2	28
130	Francesca Morgan	4LR	57.0	57.0			57.0	3	26
130	Francesca Morgan	VJ	55	55	54	55	55	1	30
131	Katie Gill	4LR	1:03.6	0.0			1:03.6	10	12
131	Katie Gill	S	6.72	6.90	6.10	6.50	6.90	7	18
132	Tara Nathan	6LR	1:40.1				1:40.1	8	16
132	Tara Nathan	SLJ	1.76	1.70	1.78	1.88	1.88	10	12
133	Iona Roderick	6LR	1:37.9				1:37.9	6	20
133	Iona Roderick	STJ	4.86	5.04	5.42	5.02	5.42	9	14
134	Sophie Davies	SLJ	1.92	1.92	1.98	1.88	1.98	8	16
136	Ffion Elson	SB	70				70	5=	21
137	Kiara Cachia	SB	61				61	9	14

# Team Results

# Dyfed (navy)

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## Date

10 Mar 2019

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Powys	Red & White	661	70	70	70	60	41	51	54	52	49	54	56	34
2	Dyfed	Navy	564	40	50	60	70	50	36	48	46	34	46	40	44
3	North West Wales	Red	529	55	60	40	50	26	42	46	52	54	42	30	32
4	Afan Nedd Tawe	White	475	55	40	30	30	53	43	26	30	38	40	48	42
5	Cardiff & the Vale	Maroon	409	0	30	50	40	40	38	36	18	35	28	36	58

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
139	Hannah Forkuoh	2LR	27.2	0.0			27.2	6	20
139	Hannah Forkuoh	SB	67				67	8	16
140	Sophia Reid-Thomas	2LR	26.1	25.9			25.9	1	30
141	Chloe Simmonite	4LR	59.9	0.0			59.9	6	20
141	Chloe Simmonite	SLJ	1.96	1.98	1.94	1.88	1.98	7	18
142	Alice Bird	4LR	1:01.8	0.0			1:01.8	8	16
142	Alice Bird	STJ	5.30	5.42	5.32	5.38	5.42	8	16
143	Lucy Wintle	6LR	1:30.5				1:30.5	3	26
143	Lucy Wintle	SB	68				68	7	18
144	Jessica Lee	6LR	1:35.9				1:35.9	5	22
144	Jessica Lee	SLJ	2.12	2.16	2.10	2.12	2.16	2	28
145	Elen Williams	S	8.00	7.84	8.30	8.39	8.39	3	26
146	Emily Roberts	VJ	43	49	45	48	49	4	24
147	Elen Davies	S	6.56	7.49	0.00	7.44	7.49	6	20
148	Anwen Raybould	STJ	5.38	5.68	5.58	5.60	5.68	4	24
149	Amira Abdelkodel	VJ	42	46	44	43	46	6	20

# Team Results

# North West Wales (red)

## Competition:

Welsh Final 2019 Under 13 Girls

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Cwmbran Sports Centre

## Date

10 Mar 2019

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Powys	Red & White	661	70	70	70	60	41	51	54	52	49	54	56	34
2	Dyfed	Navy	564	40	50	60	70	50	36	48	46	34	46	40	44
3	North West Wales	Red	529	55	60	40	50	26	42	46	52	54	42	30	32
4	Afan Nedd Tawe	White	475	55	40	30	30	53	43	26	30	38	40	48	42
5	Cardiff & the Vale	Maroon	409	0	30	50	40	40	38	36	18	35	28	36	58

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
175	Charlene Harding	2LR	28.3	0.0			28.3	9	14
175	Charlene Harding	VJ	40	39	45	42	45	7	18
176	Becca Parry	SB	77				77	1	30
178	Isobel Thomas	4LR	59.2	58.9			58.9	4	24
178	Isobel Thomas	VJ	39	40	40	41	41	9	14
179	Ffion Davies	6LR	1:38.5				1:38.5	7	18
179	Ffion Davies	STJ	5.40	5.46	5.44	5.36	5.46	7	18
180	Isobel Shaw	6LR	1.4				1.4	2	28
180	Isobel Shaw	STJ	4.88	4.92	5.06	5.06	5.06	10	12
181	Ceris Hughes	S	8.73	8.55	8.31	8.60	8.73	2	28
182	Megan Roberts	SLJ	1.98	1.96	2.04	2.00	2.04	5	22
183	Ella Rowlands	4LR	1:01.6	0.0			1:01.6	7	18
184	Eli Jones	SLJ	1.96	1.88	1.88	2.04	2.04	6	20
185	Llio Mutembo	S	8.06	8.32	0.00	8.15	8.32	4	24
186	Sara Mai	2LR	28.4	0.0			28.4	10	12
186	Sara Mai	SB	71				71	4	24

# Team Results

# Powys (red & white)

## Competition:

Welsh Final 2019 Under 13 Girls

## Venue:

Cwmbran Sports Centre

## Date

10 Mar 2019

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Powys	Red & White	661	70	70	70	60	41	51	54	52	49	54	56	34
2	Dyfed	Navy	564	40	50	60	70	50	36	48	46	34	46	40	44
3	North West Wales	Red	529	55	60	40	50	26	42	46	52	54	42	30	32
4	Afan Nedd Tawe	White	475	55	40	30	30	53	43	26	30	38	40	48	42
5	Cardiff & the Vale	Maroon	409	0	30	50	40	40	38	36	18	35	28	36	58

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
187	Emily Gallier	2LR	26.4	26.4			26.4	3=	25
187	Emily Gallier	SB	70				70	5=	21
188	Taylor Hansen	2LR	27.6	0.0			27.6	8	16
189	Gwen Kuipers	4LR	56.7	56.4			56.4	1=	29
189	Gwen Kuipers	STJ	5.98	5.82	6.00	5.92	6.00	3	26
190	Efa Mair Thomas	4LR	58.4	1:00.0			1:00.0	5	22
190	Efa Mair Thomas	VJ	48	47	45	40	48	5	22
191	Maddie Griffiths	6LR	1:31.8				1:31.8	4	24
191	Maddie Griffiths	SB	76				76	2	28
192	Seren Kershaw	6LR	1.4				1.4	1	30
192	Seren Kershaw	VJ	36	37	35	41	41	10	12
193	Jasmine Bovington Wood	S	6.79	7.82	7.98	8.00	8.00	5	22
194	Zoe Baker	S	9.44	9.07	8.53	0.00	9.44	1	30
195	Ellie Cain	SLJ	2.14	2.14	2.08	2.18	2.18	1	30
196	Gwenllian Mason	STJ	6.22	6.44	6.14	6.44	6.44	1	30
197	Zara Collins	SLJ	2.12	2.00	2.06	2.06	2.12	4	24

# Results Sheet

# Obstacle Relay

## Competition:

Welsh Final 2019 Under 13 Girls

## Venue:

Cwmbran Sports Centre

## Date

10 Mar 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	07	Powys	Red & White	1:26.0	0.0	1:26.0	70.0
2=	01	Afan Nedd Tawe	White	1:26.3	0.0	1:26.3	55.0
2=	06	North West Wales	Red	1:26.3	0.0	1:26.3	55.0
4	03	Dyfed	Navy	1:27.4	0.0	1:27.4	40.0

# Results Sheet

# 4 x 1 Lap Relay

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Welsh Final 2019 Under 13 Girls

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Cwmbran Sports Centre

## Date

10 Mar 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	07	Powys	Red & White	54.3	0.0	54.3	70.0
2	06	North West Wales	Red	54.6	0.0	54.6	60.0
3	03	Dyfed	Navy	55.7	0.0	55.7	50.0
4	01	Afan Nedd Tawe	White	55.8	0.0	55.8	40.0
5	02	Cardiff & the Vale	Maroon	56.8	0.0	56.8	30.0



# Results Sheet

# 2 Lap Race

**Competition:**  
Welsh Final 2019 Under 13 Girls

**Venue:**  
Cwmbran Sports Centre

**Date**  
10 Mar 2019

Ranking	Team	Colour	Points
1	Afan Nedd Tawe	White	53
2	Dyfed	Navy	50
3	Powys	Red & White	41
4	Cardiff & the Vale	Maroon	40
5	North West Wales	Red	26

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	Navy	140	Sophia Reid-Thomas	25.9	30
2	Afan Nedd Tawe	White	115	Megan Gwyther	26.1	28
3=	Afan Nedd Tawe	White	116	Katelyn Thomas	26.4	25
3=	Powys	Red & White	187	Emily Gallier	26.4	25
5	Cardiff & the Vale	Maroon	129	Seren Lockwood	26.6	22
6	Dyfed	Navy	139	Hannah Forkuoh	27.2	20
7	Cardiff & the Vale	Maroon	128	Sienna Wilkinson	27.3	18
8	Powys	Red & White	188	Taylor Hansen	27.6	16
9	North West Wales	Red	175	Charlene Harding	28.3	14
10	North West Wales	Red	186	Sara Mai	28.4	12

# Results Sheet

# 4 Lap Race

**Competition:**  
Welsh Final 2019 Under 13 Girls

**Venue:**  
Cwmbran Sports Centre

**Date**  
10 Mar 2019

Ranking	Team	Colour	Points
1	Powys	Red & White	51
2	Afan Nedd Tawe	White	43
3	North West Wales	Red	42
4	Cardiff & the Vale	Maroon	38
5	Dyfed	Navy	36

Ranking	Team	Colour	BibNo	Name	Best	Points
1=	Afan Nedd Tawe	White	120	Olivia Mackey	56.4	29
1=	Powys	Red & White	189	Gwen Kuipers	56.4	29
3	Cardiff & the Vale	Maroon	130	Francesca Morgan	57.0	26
4	North West Wales	Red	178	Isobel Thomas	58.9	24
5	Powys	Red & White	190	Efa Mair Thomas	1:00.0	22
6	Dyfed	Navy	141	Chloe Simmonite	59.9	20
7	North West Wales	Red	183	Ella Rowlands	1:01.6	18
8	Dyfed	Navy	142	Alice Bird	1:01.8	16
9	Afan Nedd Tawe	White	122	Evie Aithson	1:02.3	14
10	Cardiff & the Vale	Maroon	131	Katie Gill	1:03.6	12

# Results Sheet

# 6 Lap Time Trial

## Competition:

Welsh Final 2019 Under 13 Girls

## Venue:

Cwmbran Sports Centre

## Date

10 Mar 2019

Ranking	Team	Colour	Points
1	Powys	Red & White	54
2	Dyfed	Navy	48
3	North West Wales	Red	46
4	Cardiff & the Vale	Maroon	36
5	Afan Nedd Tawe	White	26

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	Red & White	192	Seren Kershaw	1.4	30
2	North West Wales	Red	180	Isobel Shaw	1.4	28
3	Dyfed	Navy	143	Lucy Wintle	1:30.5	26
4	Powys	Red & White	191	Maddie Griffiths	1:31.8	24
5	Dyfed	Navy	144	Jessica Lee	1:35.9	22
6	Cardiff & the Vale	Maroon	133	Iona Roderick	1:37.9	20
7	North West Wales	Red	179	Ffion Davies	1:38.5	18
8	Cardiff & the Vale	Maroon	132	Tara Nathan	1:40.1	16
9	Afan Nedd Tawe	White	126	Liane Do Rouys	1:46.1	14
10	Afan Nedd Tawe	White	121	Rhiannon Reed	1:48.4	12

# Results Sheet

# 8 Lap Paarlauf

## Competition:

Welsh Final 2019 Under 13 Girls

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Cwmbran Sports Centre

## Date

10 Mar 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	07	Powys	Red & White	1:55.9	0.0	1:55.9	70.0
2	03	Dyfed	Navy	1:56.8	0.0	1:56.8	60.0
3	02	Cardiff & the Vale	Maroon	1:59.3	0.0	1:59.3	50.0
4	06	North West Wales	Red	2:01.2	0.0	2:01.2	40.0
5	01	Afan Nedd Tawe	White	2:11.5	0.0	2:11.5	30.0

# Results Sheet

# 4 x 2 Lap Relay

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Welsh Final 2019 Under 13 Girls

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## Date

10 Mar 2019

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Dyfed	Navy	1:47.5	0.0	1:47.5	70.0
2	07	Powys	Red & White	1:49.6	0.0	1:49.6	60.0
3	06	North West Wales	Red	1:49.7	0.0	1:49.7	50.0
4	02	Cardiff & the Vale	Maroon	1:51.1	0.0	1:51.1	40.0
5	01	Afan Nedd Tawe	White	1:54.7	0.0	1:54.7	30.0

# Results Sheet

# Shot

## Competition:

Welsh Final 2019 Under 13 Girls

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Ranking	Team	Colour	Points
1=	North West Wales	Red	52
1=	Powys	Red & White	52
3	Dyfed	Navy	46
4	Afan Nedd Tawe	White	30
5	Cardiff & the Vale	Maroon	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	Red & White	194	Zoe Baker	9.44	30
2	North West Wales	Red	181	Ceris Hughes	8.73	28
3	Dyfed	Navy	145	Elen Williams	8.39	26
4	North West Wales	Red	185	Llio Mutembo	8.32	24
5	Powys	Red & White	193	Jasmine Bovington Wood	8.00	22
6	Dyfed	Navy	147	Elen Davies	7.49	20
7	Cardiff & the Vale	Maroon	131	Katie Gill	6.90	18
8	Afan Nedd Tawe	White	122	Evie Aithson	6.90	16
9	Afan Nedd Tawe	White	119	Rebekah Pratt	6.84	14

# Results Sheet

# Speed Bounce

## Competition:

Welsh Final 2019 Under 13 Girls

## Venue:

Cwmbran Sports Centre

## Date

10 Mar 2019

Ranking	Team	Colour	Points
1	North West Wales	Red	54
2	Powys	Red & White	49
3	Afan Nedd Tawe	White	38
4	Cardiff & the Vale	Maroon	35
5	Dyfed	Navy	34

Ranking	Team	Colour	BibNo	Name	Total	Points
1	North West Wales	Red	176	Becca Parry	77	30
2	Powys	Red & White	191	Maddie Griffiths	76	28
3	Afan Nedd Tawe	White	115	Megan Gwyther	75	26
4	North West Wales	Red	186	Sara Mai	71	24
5=	Cardiff & the Vale	Maroon	136	Ffion Elson	70	21
5=	Powys	Red & White	187	Emily Gallier	70	21
7	Dyfed	Navy	143	Lucy Wintle	68	18
8	Dyfed	Navy	139	Hannah Forkuoh	67	16
9	Cardiff & the Vale	Maroon	137	Kiara Cachia	61	14
10	Afan Nedd Tawe	White	125	Krysti Sleep	57	12

# Results Sheet

# Standing Long Jump

## Competition:

Welsh Final 2019 Under 13 Girls

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Cwmbran Sports Centre

## Date

10 Mar 2019

Ranking	Team	Colour	Points
1	Powys	Red & White	54
2	Dyfed	Navy	46
3	North West Wales	Red	42
4	Afan Nedd Tawe	White	40
5	Cardiff & the Vale	Maroon	28

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	Red & White	195	Ellie Cain	2.18	30
2	Dyfed	Navy	144	Jessica Lee	2.16	28
3	Afan Nedd Tawe	White	116	Katelyn Thomas	2.14	26
4	Powys	Red & White	197	Zara Collins	2.12	24
5	North West Wales	Red	182	Megan Roberts	2.04	22
6	North West Wales	Red	184	Eli Jones	2.04	20
7	Dyfed	Navy	141	Chloe Simmonite	1.98	18
8	Cardiff & the Vale	Maroon	134	Sophie Davies	1.98	16
9	Afan Nedd Tawe	White	126	Liane Do Rouys	1.90	14
10	Cardiff & the Vale	Maroon	132	Tara Nathan	1.88	12



# Results Sheet

# Standing Triple Jump

## Competition:

Welsh Final 2019 Under 13 Girls

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Cwmbran Sports Centre

## Date

10 Mar 2019

Ranking	Team	Colour	Points
1	Powys	Red & White	56
2	Afan Nedd Tawe	White	48
3	Dyfed	Navy	40
4	Cardiff & the Vale	Maroon	36
5	North West Wales	Red	30

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	Red & White	196	Gwenllian Mason	6.44	30
2	Afan Nedd Tawe	White	118	Katie Lake	6.10	28
3	Powys	Red & White	189	Gwen Kuipers	6.00	26
4	Dyfed	Navy	148	Anwen Raybould	5.68	24
5	Cardiff & the Vale	Maroon	128	Sienna Wilkinson	5.64	22
6	Afan Nedd Tawe	White	124	Bethan Holley	5.50	20
7	North West Wales	Red	179	Ffion Davies	5.46	18
8	Dyfed	Navy	142	Alice Bird	5.42	16
9	Cardiff & the Vale	Maroon	133	Iona Roderick	5.42	14
10	North West Wales	Red	180	Isobel Shaw	5.06	12

# Results Sheet

# Vertical Jump

**Competition:**  
Welsh Final 2019 Under 13 Girls

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**Date**  
10 Mar 2019

Ranking	Team	Colour	Points
1	Cardiff & the Vale	Maroon	58
2	Dyfed	Navy	44
3	Afan Nedd Tawe	White	42
4	Powys	Red & White	34
5	North West Wales	Red	32

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & the Vale	Maroon	130	Francesca Morgan	55	30
2	Cardiff & the Vale	Maroon	129	Seren Lockwood	55	28
3	Afan Nedd Tawe	White	117	Ruby Jones	52	26
4	Dyfed	Navy	146	Emily Roberts	49	24
5	Powys	Red & White	190	Efa Mair Thomas	48	22
6	Dyfed	Navy	149	Amira Abdelkodel	46	20
7	North West Wales	Red	175	Charlene Harding	45	18
8	Afan Nedd Tawe	White	120	Olivia Mackey	44	16
9	North West Wales	Red	178	Isobel Thomas	41	14
10	Powys	Red & White	192	Seren Kershaw	41	12