

# Competition Results

## Competition:

ASHA-Welsh Final Under 13 Boys

## Venue:

Cwmbran Stadium Sports Centre

## Date

6 Mar 2011

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Cardiff & Vale of Glamorgan	green	740	60	80	60	80	62	50	58	62	44	48	60	30	46
2	Powys	maroon	726	80	50	70	70	54	52	32	40	56	62	44	62	54
3	North West Wales	orange	601	50	70	40	50	38	40	48	41	36	38	48	48	54
4	Dyfed	red	518	70	0	80	60	36	28	44	0	32	40	36	46	46
5	Afan Nedd Tawe	sky	510	40	60	50	40	18	44	36	54	44	26	28	44	26
6	Glamorgan Valleys	yellow	124	0	40	0	0	40	0	0	0	18	0	26	0	0
7	North East Wales	purple	115	0	0	0	0	12	16	24	19	0	28	0	0	16

# Team Results

# Afan Nedd Tawe (sky)

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Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Cardiff & Vale of Glamorgan	green	740	60	80	60	80	62	50	58	62	44	48	60	30	46
2	Powys	maroon	726	80	50	70	70	54	52	32	40	56	62	44	62	54
3	North West Wales	orange	601	50	70	40	50	38	40	48	41	36	38	48	48	54
4	Dyfed	red	518	70	0	80	60	36	28	44	0	32	40	36	46	46
5	Afan Nedd Tawe	sky	510	40	60	50	40	18	44	36	54	44	26	28	44	26
6	Glamorgan Valleys	yellow	124	0	40	0	0	40	0	0	0	18	0	26	0	0
7	North East Wales	purple	115	0	0	0	0	12	16	24	19	0	28	0	0	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	David Fligelstone	SLJ	1.72	1.72	1.82	1.78	1.82	9	16
2	Ben Turner	HJ	1.30				1.30	3	28
3	Zac Lewis	STJ	0.00	5.56	6.00	0.00	6.00	5	24
4	Callum Kramatov-Jones	SB	54				54	10	14
5	Joseph Brier	4LR	58.9	0.0			58.9	7	20
5	Joseph Brier	STJ	5.42	5.76	5.55	5.28	5.76	7	20
6	Nicholas Porter	6LR	1:37.5				1:37.5	7	20
6	Nicholas Porter	SLJ	1.60	1.49	1.58	1.54	1.60	11	12
7	Corey Dalton	S	6.81	6.13	6.57	6.62	6.81	9	16
8	Matthew Porter	2LR	28.5	0.0			28.5	12	10
8	Matthew Porter	VJ	36	33	35	37	37	11	12
9	Rhodri Williams	6LR	1:38.1				1:38.1	9	16
9	Rhodri Williams	SB	49				49	11	12
10	Sam Jones	S	10.50	10.33	0.00	9.43	10.50	3	28
11	Rhys Harris	4LR	58.6	59.6			59.6	5	24
11	Rhys Harris	HJ	1.30				1.30	4	26
12	Hedd Williams	2LR	29.0	0.0			29.0	13	8
12	Hedd Williams	VJ	39	41	42	39	42	10	14

# Team Results

# Cardiff & Vale of Glamorgan (green)

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1	Cardiff & Vale of Glamorgan	green	740	60	80	60	80	62	50	58	62	44	48	60	30	46
2	Powys	maroon	726	80	50	70	70	54	52	32	40	56	62	44	62	54
3	North West Wales	orange	601	50	70	40	50	38	40	48	41	36	38	48	48	54
4	Dyfed	red	518	70	0	80	60	36	28	44	0	32	40	36	46	46
5	Afan Nedd Tawe	sky	510	40	60	50	40	18	44	36	54	44	26	28	44	26
6	Glamorgan Valleys	yellow	124	0	40	0	0	40	0	0	0	18	0	26	0	0
7	North East Wales	purple	115	0	0	0	0	12	16	24	19	0	28	0	0	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Tom Trotman	2LR	24.2	24.7			24.7	1	32
13	Tom Trotman	HJ	1.55				1.55	1	32
14	Ryan James	2LR	25.1	25.0			25.0	2	30
14	Ryan James	SLJ	2.30	2.34	2.23	2.27	2.34	1	32
15	Kristian Jones	4LR	54.9	53.8			53.8	1	32
15	Kristian Jones	SB	66				66	4	26
16	Daniel Rhydderch	4LR	59.5	0.0			59.5	8	18
16	Daniel Rhydderch	STJ	4.92	5.13	4.96	4.87	5.13	10	14
17	Rian Thomas	6LR	1:29.2				1:29.2	2	30
17	Rian Thomas	SLJ	2.17	2.16	2.10	2.11	2.17	3	28
18	Ellis Rosser	6LR	1:30.5				1:30.5	3	28
18	Ellis Rosser	VJ	46	46	44	0	46	7	20
19	Bradley Bromfield	HJ	1.40				1.40	2	30
20	Daniel Oddy	S	6.52	6.85	6.81	7.16	7.16	7	20
21	Nathan Robson	S	8.51	8.41	9.16	8.02	9.16	5	24
22	Ben Tanner	STJ	5.30	5.04	5.15	5.25	5.30	9	16
23	Matthew Leaman	SB	63				63	6	22
24	Harrison Stevens	VJ	48	48	49	48	49	4	26

# Team Results

# Dyfed (red)

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ASHA-Welsh Final Under 13 Boys

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1	Cardiff & Vale of Glamorgan	green	740	60	80	60	80	62	50	58	62	44	48	60	30	46
2	Powys	maroon	726	80	50	70	70	54	52	32	40	56	62	44	62	54
3	North West Wales	orange	601	50	70	40	50	38	40	48	41	36	38	48	48	54
4	Dyfed	red	518	70	0	80	60	36	28	44	0	32	40	36	46	46
5	Afan Nedd Tawe	sky	510	40	60	50	40	18	44	36	54	44	26	28	44	26
6	Glamorgan Valleys	yellow	124	0	40	0	0	40	0	0	0	18	0	26	0	0
7	North East Wales	purple	115	0	0	0	0	12	16	24	19	0	28	0	0	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Tim Williams	VJ	47	51	51	51	51	3	28
26	Matthew Button	2LR	27.1	0.0			27.1	9	16
26	Matthew Button	STJ	5.20	0.00	5.43	5.47	5.47	8	18
27	Harry Randall	2LR	26.7	0.0			26.7	7	20
27	Harry Randall	SB	65				65	5	24
28	Ashraf Liles	6LR	1:27.5				1:27.5	1	32
28	Ashraf Liles	SB	59				59	9	16
29	Owain Williams	4LR	56.0	57.3			57.3	3	28
29	Owain Williams	VJ	45	35	37	32	45	8	18
30	Steffan Griffiths	SLJ	1.84	1.84	1.96	2.05	2.05	6	22
31	Jordan Richards	6LR	1:39.8				1:39.8	11	12
31	Jordan Richards	SLJ	1.57	1.64	1.60	1.66	1.66	10	14
32	Aled Rees	STJ	5.75	6.05	6.06	5.85	6.06	3	28
33	Jake Evans	S	11.05	11.97	11.57	11.78	11.97	1	32

# Team Results

# Glamorgan Valleys (yellow)

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Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Cardiff & Vale of Glamorgan	green	740	60	80	60	80	62	50	58	62	44	48	60	30	46
2	Powys	maroon	726	80	50	70	70	54	52	32	40	56	62	44	62	54
3	North West Wales	orange	601	50	70	40	50	38	40	48	41	36	38	48	48	54
4	Dyfed	red	518	70	0	80	60	36	28	44	0	32	40	36	46	46
5	Afan Nedd Tawe	sky	510	40	60	50	40	18	44	36	54	44	26	28	44	26
6	Glamorgan Valleys	yellow	124	0	40	0	0	40	0	0	0	18	0	26	0	0
7	North East Wales	purple	115	0	0	0	0	12	16	24	19	0	28	0	0	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
37	Rhys Roberts	2LR	26.4	26.7			26.7	6	22
37	Rhys Roberts	SLJ	2.10	2.00	2.06	2.04	2.10	4	26
38	Dylan Parry	2LR	26.8	0.0			26.8	8	18
38	Dylan Parry	S	6.92	6.17	6.39	5.94	6.92	8	18

# Team Results

# North East Wales (purple)

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ASHA-Welsh Final Under 13 Boys

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## Date

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Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Cardiff & Vale of Glamorgan	green	740	60	80	60	80	62	50	58	62	44	48	60	30	46
2	Powys	maroon	726	80	50	70	70	54	52	32	40	56	62	44	62	54
3	North West Wales	orange	601	50	70	40	50	38	40	48	41	36	38	48	48	54
4	Dyfed	red	518	70	0	80	60	36	28	44	0	32	40	36	46	46
5	Afan Nedd Tawe	sky	510	40	60	50	40	18	44	36	54	44	26	28	44	26
6	Glamorgan Valleys	yellow	124	0	40	0	0	40	0	0	0	18	0	26	0	0
7	North East Wales	purple	115	0	0	0	0	12	16	24	19	0	28	0	0	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
55	Jack Pearson	2LR	28.4	0.0			28.4	11	12
55	Jack Pearson	SB	68				68	3	28
56	Jordan Fraser	6LR	1:34.5				1:34.5	5	24
56	Jordan Fraser	HJ	1.10				1.10	7=	19
57	Mitchell Thomas	4LR	1:00.7	0.0			1:00.7	9	16
57	Mitchell Thomas	VJ	42	43	41	42	43	9	16

# Team Results

# North West Wales (orange)

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ASHA-Welsh Final Under 13 Boys

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Cwmbran Stadium Sports Centre

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Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Cardiff & Vale of Glamorgan	green	740	60	80	60	80	62	50	58	62	44	48	60	30	46
2	Powys	maroon	726	80	50	70	70	54	52	32	40	56	62	44	62	54
3	North West Wales	orange	601	50	70	40	50	38	40	48	41	36	38	48	48	54
4	Dyfed	red	518	70	0	80	60	36	28	44	0	32	40	36	46	46
5	Afan Nedd Tawe	sky	510	40	60	50	40	18	44	36	54	44	26	28	44	26
6	Glamorgan Valleys	yellow	124	0	40	0	0	40	0	0	0	18	0	26	0	0
7	North East Wales	purple	115	0	0	0	0	12	16	24	19	0	28	0	0	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Nathan Danials	2LR	25.8	26.2			26.2	5	24
61	Nathan Danials	VJ	51	51	48	52	52	2	30
62	Gethin Owen	2LR	28.1	0.0			28.1	10	14
62	Gethin Owen	SB	60				60	7=	19
63	Keenon Lathom	6LR	1:34.6				1:34.6	6	22
63	Keenon Lathom	SLJ	2.06	2.20	2.10	0.00	2.20	2	30
64	Cameron Owen	4LR	1:00.9	0.0			1:00.9	10	14
64	Cameron Owen	STJ	5.84	0.00	0.00	5.55	5.84	6	22
65	Rees Sheridan	4LR	58.2	59.4			59.4	4	26
65	Rees Sheridan	SLJ	1.72	1.74	1.83	1.72	1.83	8	18
66	Osion Davies	6LR	1:33.6				1:33.6	4	26
66	Osion Davies	HJ	1.10				1.10	7=	19
67	Cole Whittle	VJ	48	46	47	47	48	5	24
68	Gethin Hughes	STJ	5.80	6.03	5.94	5.70	6.03	4	26
69	Ryan Jones	S	8.05	8.19	8.23	7.59	8.23	6	22
70	Jake Hughes	S	6.41	5.95	6.21	6.41	6.41	10	14
71	Ben Brown	SB	60				60	7=	19
72	Kieron Blackwell	HJ	1.20				1.20	6	22

# Team Results

# Powys (maroon)

## Competition:

ASHA-Welsh Final Under 13 Boys

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Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Cardiff & Vale of Glamorgan	green	740	60	80	60	80	62	50	58	62	44	48	60	30	46
2	Powys	maroon	726	80	50	70	70	54	52	32	40	56	62	44	62	54
3	North West Wales	orange	601	50	70	40	50	38	40	48	41	36	38	48	48	54
4	Dyfed	red	518	70	0	80	60	36	28	44	0	32	40	36	46	46
5	Afan Nedd Tawe	sky	510	40	60	50	40	18	44	36	54	44	26	28	44	26
6	Glamorgan Valleys	yellow	124	0	40	0	0	40	0	0	0	18	0	26	0	0
7	North East Wales	purple	115	0	0	0	0	12	16	24	19	0	28	0	0	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
73	Nyasha Mwamuka	2LR	25.2	25.4			25.4	3	28
73	Nyasha Mwamuka	SB	70				70	1	32
74	Tom Pugh	2LR	26.1	25.6			25.6	4	26
74	Tom Pugh	S	0.00	9.49	9.61	10.05	10.05	4	26
75	Steven Roberts	4LR	57.0	55.7			55.7	2	30
75	Steven Roberts	HJ	1.25				1.25	5	24
76	Morgan Skyrme	4LR	58.1	59.7			59.7	6	22
76	Morgan Skyrme	SB	69				69	2	30
77	Joe Baker	6LR	1:37.8				1:37.8	8	18
77	Joe Baker	STJ	6.48	6.54	6.62	6.42	6.62	1	32
78	Scott Dunster	6LR	1:39.7				1:39.7	10	14
78	Scott Dunster	HJ	1.10				1.10	9	16
79	Gryffydd Martin	SLJ	1.91	0.00	1.90	2.00	2.00	7	20
80	Lee Richards	SLJ	1.96	2.06	2.03	1.97	2.06	5	24
81	Will Bartholomew	STJ	6.16	6.38	6.06	5.96	6.38	2	30
82	Josh Jones	S	9.77	10.58	10.83	11.04	11.04	2	30
83	Owen Wilcox	VJ	48	46	46	47	48	6	22
84	James Robinson	VJ	53	56	51	50	56	1	32



# Results Sheet

# Obstacle Relay

## Competition:

ASHA-Welsh Final Under 13 Boys

## Venue:

Cwmbran Stadium Sports Centre

## Date

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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	07	Powys	maroon	1:28.3	0.0	1:28.3	80.0
2	03	Dyfed	red	1:28.4	0.0	1:28.4	70.0
3	02	Cardiff & Vale of Glamorgan	green	1:29.7	0.0	1:29.7	60.0
4	06	North West Wales	orange	1:29.8	0.0	1:29.8	50.0
5	01	Afan Nedd Tawe	sky	1:37.2	0.0	1:37.2	40.0

# Results Sheet

# 2 Lap Race

**Competition:**  
ASHA-Welsh Final Under 13 Boys

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

Ranking	Team	Colour	Points
1	Cardiff & Vale of Glamorgan	green	62
2	Powys	maroon	54
3	Glamorgan Valleys	yellow	40
4	North West Wales	orange	38
5	Dyfed	red	36
6	Afan Nedd Tawe	sky	18
7	North East Wales	purple	12

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & Vale of Glamorgan	green	13	Tom Trotman	24.7	32
2	Cardiff & Vale of Glamorgan	green	14	Ryan James	25.0	30
3	Powys	maroon	73	Nyasha Mwamuka	25.4	28
4	Powys	maroon	74	Tom Pugh	25.6	26
5	North West Wales	orange	61	Nathan Danials	26.2	24
6	Glamorgan Valleys	yellow	37	Rhys Roberts	26.7	22
7	Dyfed	red	27	Harry Randall	26.7	20
8	Glamorgan Valleys	yellow	38	Dylan Parry	26.8	18
9	Dyfed	red	26	Matthew Button	27.1	16
10	North West Wales	orange	62	Gethin Owen	28.1	14
11	North East Wales	purple	55	Jack Pearson	28.4	12
12	Afan Nedd Tawe	sky	8	Matthew Porter	28.5	10
13	Afan Nedd Tawe	sky	12	Hedd Williams	29.0	8

# Results Sheet

# 4 Lap Race

**Competition:**  
ASHA-Welsh Final Under 13 Boys

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
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Ranking	Team	Colour	Points
	Glamorgan Valleys	yellow	0
1	Powys	maroon	52
2	Cardiff & Vale of Glamorgan	green	50
3	Afan Nedd Tawe	sky	44
4	North West Wales	orange	40
5	Dyfed	red	28
6	North East Wales	purple	16

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & Vale of Glamorgan	green	15	Kristian Jones	53.8	32
2	Powys	maroon	75	Steven Roberts	55.7	30
3	Dyfed	red	29	Owain Williams	57.3	28
4	North West Wales	orange	65	Rees Sheridan	59.4	26
5	Afan Nedd Tawe	sky	11	Rhys Harris	59.6	24
6	Powys	maroon	76	Morgan Skyrme	59.7	22
7	Afan Nedd Tawe	sky	5	Joseph Brier	58.9	20
8	Cardiff & Vale of Glamorgan	green	16	Daniel Rhydderch	59.5	18
9	North East Wales	purple	57	Mitchell Thomas	1:00.7	16
10	North West Wales	orange	64	Cameron Owen	1:00.9	14

# Results Sheet

# 6 Lap Time Trial

**Competition:**  
ASHA-Welsh Final Under 13 Boys

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**Date**  
6 Mar 2011

Ranking	Team	Colour	Points
	Glamorgan Valleys	yellow	0
1	Cardiff & Vale of Glamorgan	green	58
2	North West Wales	orange	48
3	Dyfed	red	44
4	Afan Nedd Tawe	sky	36
5	Powys	maroon	32
6	North East Wales	purple	24

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	red	28	Ashraf Liles	1:27.5	32
2	Cardiff & Vale of Glamorgan	green	17	Rian Thomas	1:29.2	30
3	Cardiff & Vale of Glamorgan	green	18	Ellis Rosser	1:30.5	28
4	North West Wales	orange	66	Osion Davies	1:33.6	26
5	North East Wales	purple	56	Jordan Fraser	1:34.5	24
6	North West Wales	orange	63	Keenon Lathom	1:34.6	22
7	Afan Nedd Tawe	sky	6	Nicholas Porter	1:37.5	20
8	Powys	maroon	77	Joe Baker	1:37.8	18
9	Afan Nedd Tawe	sky	9	Rhodri Williams	1:38.1	16
10	Powys	maroon	78	Scott Dunster	1:39.7	14
11	Dyfed	red	31	Jordan Richards	1:39.8	12

# Results Sheet

# 8 Lap Paarlauf

**Competition:**  
ASHA-Welsh Final Under 13 Boys

**Venue:**  
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**Date**  
6 Mar 2011

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Cardiff & Vale of Glamorgan	green	1:54.9	0.0	1:54.9	80.0
2	06	North West Wales	orange	1:57.0	0.0	1:57.0	70.0
3	01	Afan Nedd Tawe	sky	1:57.3	0.0	1:57.3	60.0
4	07	Powys	maroon	2:00.2	0.0	2:00.2	50.0
5	04	Glamorgan Valleys	yellow	2:02.9	0.0	2:02.9	40.0

# Results Sheet

# 4 x 1 Lap Relay

**Competition:**  
ASHA-Welsh Final Under 13 Boys

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**Date**  
6 Mar 2011

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Dyfed	red	53.1	0.0	53.1	80.0
2	07	Powys	maroon	53.2	0.0	53.2	70.0
3	02	Cardiff & Vale of Glamorgan	green	53.6	0.0	53.6	60.0
4	01	Afan Nedd Tawe	sky	54.2	0.0	54.2	50.0
5	06	North West Wales	orange	55.2	0.0	55.2	40.0

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

ASHA-Welsh Final Under 13 Boys

## Venue:

Cwmbran Stadium Sports Centre

## Date

6 Mar 2011

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Cardiff & Vale of Glamorgan	green	1:43.5	0.0	1:43.5	80.0
2	07	Powys	maroon	1:44.0	0.0	1:44.0	70.0
3	03	Dyfed	red	1:46.2	0.0	1:46.2	60.0
4	06	North West Wales	orange	1:48.4	0.0	1:48.4	50.0
5	01	Afan Nedd Tawe	sky	1:49.1	0.0	1:49.1	40.0

# Results Sheet

# High Jump

**Competition:**  
ASHA-Welsh Final Under 13 Boys

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

Ranking	Team	Colour	Points
	Dyfed	red	0
	Glamorgan Valleys	yellow	0
1	Cardiff & Vale of Glamorgan	green	62
2	Afan Nedd Tawe	sky	54
3	North West Wales	orange	41
4	Powys	maroon	40
5	North East Wales	purple	19

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & Vale of Glamorgan	green	13	Tom Trotman	1.55	32
2	Cardiff & Vale of Glamorgan	green	19	Bradley Bromfield	1.40	30
3	Afan Nedd Tawe	sky	2	Ben Turner	1.30	28
4	Afan Nedd Tawe	sky	11	Rhys Harris	1.30	26
5	Powys	maroon	75	Steven Roberts	1.25	24
6	North West Wales	orange	72	Kieron Blackwell	1.20	22
7=	North East Wales	purple	56	Jordan Fraser	1.10	19
7=	North West Wales	orange	66	Osion Davies	1.10	19
9	Powys	maroon	78	Scott Dunster	1.10	16



# Results Sheet

# Shot

**Competition:**  
ASHA-Welsh Final Under 13 Boys

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

Ranking	Team	Colour	Points
	North East Wales	purple	0
1	Powys	maroon	56
2=	Afan Nedd Tawe	sky	44
2=	Cardiff & Vale of Glamorgan	green	44
4	North West Wales	orange	36
5	Dyfed	red	32
6	Glamorgan Valleys	yellow	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	red	33	Jake Evans	11.97	32
2	Powys	maroon	82	Josh Jones	11.04	30
3	Afan Nedd Tawe	sky	10	Sam Jones	10.50	28
4	Powys	maroon	74	Tom Pugh	10.05	26
5	Cardiff & Vale of Glamorgan	green	21	Nathan Robson	9.16	24
6	North West Wales	orange	69	Ryan Jones	8.23	22
7	Cardiff & Vale of Glamorgan	green	20	Daniel Oddy	7.16	20
8	Glamorgan Valleys	yellow	38	Dylan Parry	6.92	18
9	Afan Nedd Tawe	sky	7	Corey Dalton	6.81	16
10	North West Wales	orange	70	Jake Hughes	6.41	14

# Results Sheet

# Speed Bounce

**Competition:**  
ASHA-Welsh Final Under 13 Boys

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

Ranking	Team	Colour	Points
	Glamorgan Valleys	yellow	0
1	Powys	maroon	62
2	Cardiff & Vale of Glamorgan	green	48
3	Dyfed	red	40
4	North West Wales	orange	38
5	North East Wales	purple	28
6	Afan Nedd Tawe	sky	26

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Powys	maroon	73	Nyasha Mwamuka	70	32
2	Powys	maroon	76	Morgan Skyrme	69	30
3	North East Wales	purple	55	Jack Pearson	68	28
4	Cardiff & Vale of Glamorgan	green	15	Kristian Jones	66	26
5	Dyfed	red	27	Harry Randall	65	24
6	Cardiff & Vale of Glamorgan	green	23	Matthew Leaman	63	22
7=	North West Wales	orange	62	Gethin Owen	60	19
7=	North West Wales	orange	71	Ben Brown	60	19
9	Dyfed	red	28	Ashraf Liles	59	16
10	Afan Nedd Tawe	sky	4	Callum Kramatov-Jones	54	14
11	Afan Nedd Tawe	sky	9	Rhodri Williams	49	12

# Results Sheet

# Standing Long Jump

**Competition:**  
ASHA-Welsh Final Under 13 Boys

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

Ranking	Team	Colour	Points
	North East Wales	purple	0
1	Cardiff & Vale of Glamorgan	green	60
2	North West Wales	orange	48
3	Powys	maroon	44
4	Dyfed	red	36
5	Afan Nedd Tawe	sky	28
6	Glamorgan Valleys	yellow	26

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & Vale of Glamorgan	green	14	Ryan James	2.34	32
2	North West Wales	orange	63	Keenon Lathom	2.20	30
3	Cardiff & Vale of Glamorgan	green	17	Rian Thomas	2.17	28
4	Glamorgan Valleys	yellow	37	Rhys Roberts	2.10	26
5	Powys	maroon	80	Lee Richards	2.06	24
6	Dyfed	red	30	Steffan Griffiths	2.05	22
7	Powys	maroon	79	Gryffydd Martin	2.00	20
8	North West Wales	orange	65	Rees Sheridan	1.83	18
9	Afan Nedd Tawe	sky	1	David Fligelstone	1.82	16
10	Dyfed	red	31	Jordan Richards	1.66	14
11	Afan Nedd Tawe	sky	6	Nicholas Porter	1.60	12

# Results Sheet

# Standing Triple Jump

**Competition:**  
ASHA-Welsh Final Under 13 Boys

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

Ranking	Team	Colour	Points
	Glamorgan Valleys	yellow	0
	North East Wales	purple	0
1	Powys	maroon	62
2	North West Wales	orange	48
3	Dyfed	red	46
4	Afan Nedd Tawe	sky	44
5	Cardiff & Vale of Glamorgan	green	30

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	maroon	77	Joe Baker	6.62	32
2	Powys	maroon	81	Will Bartholomew	6.38	30
3	Dyfed	red	32	Aled Rees	6.06	28
4	North West Wales	orange	68	Gethin Hughes	6.03	26
5	Afan Nedd Tawe	sky	3	Zac Lewis	6.00	24
6	North West Wales	orange	64	Cameron Owen	5.84	22
7	Afan Nedd Tawe	sky	5	Joseph Brier	5.76	20
8	Dyfed	red	26	Matthew Button	5.47	18
9	Cardiff & Vale of Glamorgan	green	22	Ben Tanner	5.30	16
10	Cardiff & Vale of Glamorgan	green	16	Daniel Rhydderch	5.13	14

# Results Sheet

# Vertical Jump

**Competition:**  
ASHA-Welsh Final Under 13 Boys

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

Ranking	Team	Colour	Points
	Glamorgan Valleys	yellow	0
1=	North West Wales	orange	54
1=	Powys	maroon	54
3=	Cardiff & Vale of Glamorgan	green	46
3=	Dyfed	red	46
5	Afan Nedd Tawe	sky	26
6	North East Wales	purple	16

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	maroon	84	James Robinson	56	32
2	North West Wales	orange	61	Nathan Danials	52	30
3	Dyfed	red	25	Tim Williams	51	28
4	Cardiff & Vale of Glamorgan	green	24	Harrison Stevens	49	26
5	North West Wales	orange	67	Cole Whittle	48	24
6	Powys	maroon	83	Owen Wilcox	48	22
7	Cardiff & Vale of Glamorgan	green	18	Ellis Rosser	46	20
8	Dyfed	red	29	Owain Williams	45	18
9	North East Wales	purple	57	Mitchell Thomas	43	16
10	Afan Nedd Tawe	sky	12	Hedd Williams	42	14
11	Afan Nedd Tawe	sky	8	Matthew Porter	37	12