

# Competition Results

## Competition:

SRF-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

3 Mar 2013

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Afan Nedd Tawe	red	614	80	60	50	60	39	18	57	60	52	42	30	38	28
2	Cardiff & Vale of Glamorgan	blue	602	70	70	70	40	30	26	59	16	54	25	54	50	38
3	Dyfed	yellow	593	60	50	80	70	56	40	32	48	16	11	60	24	46
4	Powys	grey	590	50	80	60	20	29	38	42	40	30	59	38	58	46
5	North West Wales	sky	556	30	40	40	80	56	54	28	34	40	42	34	40	38
6	North East Wales	purple	326	20	30	30	30	17	28	0	18	46	29	22	24	32
7	South East Wales	orange	286	40	20	20	10	26	24	18	12	22	42	14	24	14
8	Glamorgan Valleys	green	233	0	0	0	50	19	38	24	24	0	20	18	12	28

# Team Results

# Afan Nedd Tawe (red)

## Competition:

SRF-Welsh Final Under 13 Girls

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Cwmbran Stadium Sports Centre

## Date

3 Mar 2013

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Afan Nedd Tawe	red	614	80	60	50	60	39	18	57	60	52	42	30	38	28
2	Cardiff & Vale of Glamorgan	blue	602	70	70	70	40	30	26	59	16	54	25	54	50	38
3	Dyfed	yellow	593	60	50	80	70	56	40	32	48	16	11	60	24	46
4	Powys	grey	590	50	80	60	20	29	38	42	40	30	59	38	58	46
5	North West Wales	sky	556	30	40	40	80	56	54	28	34	40	42	34	40	38
6	North East Wales	purple	326	20	30	30	30	17	28	0	18	46	29	22	24	32
7	South East Wales	orange	286	40	20	20	10	26	24	18	12	22	42	14	24	14
8	Glamorgan Valleys	green	233	0	0	0	50	19	38	24	24	0	20	18	12	28

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Maddie Newton	SB	74				74	3=	27
2	Hannah Davies	HJ	1.35				1.35	3	28
3	Holly Hurford	2LR	27.5	28.1			28.1	6	22
3	Holly Hurford	VJ	33	35	32	0	35	14	6
4	Sophie Davies	6LR	1:34.0				1:34.0	3=	27
4	Sophie Davies	VJ	43	42	39	44	44	6	22
5	Olivia Michael	6LR	1:32.9				1:32.9	2	30
5	Olivia Michael	STJ	5.50	5.30	5.44	0.00	5.50	10	14
6	Emily Coles	HJ	1.45				1.45	1	32
7	Felicity Church	2LR	27.7	0.0			27.7	8=	17
7	Felicity Church	STJ	5.70	5.74	5.66	5.62	5.74	5	24
8	Sarah Watkins	S	9.52	0.00	9.67	10.15	10.15	1	32
9	Esther James	SLJ	1.92	2.00	1.98	1.88	2.00	6	22
10	Bethan Howells	SB	67				67	9=	15
11	Marriane Hopkins	4LR	1:12.6	0.0			1:12.6	14	6
11	Marriane Hopkins	S	7.36	7.01	7.46	7.45	7.46	7	20
12	Rhiannon Phillips	4LR	1:06.2	0.0			1:06.2	11	12
12	Rhiannon Phillips	SLJ	1.65	1.67	1.66	1.76	1.76	13	8

# Team Results

# Cardiff & Vale of Glamorgan (blue)

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Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Afan Nedd Tawe	red	614	80	60	50	60	39	18	57	60	52	42	30	38	28
2	Cardiff & Vale of Glamorgan	blue	602	70	70	70	40	30	26	59	16	54	25	54	50	38
3	Dyfed	yellow	593	60	50	80	70	56	40	32	48	16	11	60	24	46
4	Powys	grey	590	50	80	60	20	29	38	42	40	30	59	38	58	46
5	North West Wales	sky	556	30	40	40	80	56	54	28	34	40	42	34	40	38
6	North East Wales	purple	326	20	30	30	30	17	28	0	18	46	29	22	24	32
7	South East Wales	orange	286	40	20	20	10	26	24	18	12	22	42	14	24	14
8	Glamorgan Valleys	green	233	0	0	0	50	19	38	24	24	0	20	18	12	28

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Olivia Martin	SLJ	1.94	1.99	1.90	2.00	2.00	5	24
14	Tia Meddick	2LR	27.2	26.9			26.9	3	28
14	Tia Meddick	S	9.12	8.03	8.02	9.36	9.36	2	30
15	Jordan Meek	4LR	59.6	1:00.3			1:00.3	4	26
15	Jordan Meek	STJ	5.60	5.70	5.72	5.70	5.72	6	22
16	Megan Hodgson	SB	65				65	12	10
17	Jessica Wadey	6LR	1:30.0				1:30.0	1	32
17	Jessica Wadey	SLJ	1.80	1.96	1.98	2.12	2.12	2	30
18	Amber Harding	6LR	1:34.0				1:34.0	3=	27
18	Amber Harding	SB	67				67	9=	15
20	Lydia Gill	2LR	29.6	0.0			29.6	16	2
20	Lydia Gill	HJ	1.10				1.10	9	16
21	Cath Davies	VJ	43	40	42	40	43	8	18
22	Tirion Evans	STJ	5.82	5.82	5.36	5.58	5.82	3	28
23	Issy Jenks	VJ	41	43	43	42	43	7	20
24	Halle Meddick	S	8.02	6.96	6.84	7.28	8.02	5	24

# Team Results

# Dyfed (yellow)

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SRF-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

3 Mar 2013

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Afan Nedd Tawe	red	614	80	60	50	60	39	18	57	60	52	42	30	38	28
2	Cardiff & Vale of Glamorgan	blue	602	70	70	70	40	30	26	59	16	54	25	54	50	38
3	Dyfed	yellow	593	60	50	80	70	56	40	32	48	16	11	60	24	46
4	Powys	grey	590	50	80	60	20	29	38	42	40	30	59	38	58	46
5	North West Wales	sky	556	30	40	40	80	56	54	28	34	40	42	34	40	38
6	North East Wales	purple	326	20	30	30	30	17	28	0	18	46	29	22	24	32
7	South East Wales	orange	286	40	20	20	10	26	24	18	12	22	42	14	24	14
8	Glamorgan Valleys	green	233	0	0	0	50	19	38	24	24	0	20	18	12	28

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Niamh Rees	2LR	27.1	27.4			27.4	5	24
25	Niamh Rees	STJ	5.66	5.52	5.52	5.66	5.66	8	18
26	Alicia Samuel	2LR	26.4	26.7			26.7	1	32
26	Alicia Samuel	SB	62				62	15	4
27	Olivia Williams	4LR	1:00.5	1:00.8			1:00.8	5	24
27	Olivia Williams	VJ	40	41	42	38	42	10	14
28	Katya Makuta	4LR	1:03.6	0.0			1:03.6	9	16
28	Katya Makuta	VJ	59	57	59	56	59	1	32
29	Sophie Hutchinson	6LR	1:35.7				1:35.7	8	18
29	Sophie Hutchinson	SB	64				64	13=	7
30	Charlotte Phillips	6LR	1:38.0				1:38.0	10	14
30	Charlotte Phillips	HJ	1.30				1.30	6	22
31	Celyn Lazenby	SLJ	2.08	2.07	2.00	0.00	2.08	3	28
33	Jessica Thomas	S	7.06	7.39	6.44	6.58	7.39	9	16
34	Ebony Danter	STJ	5.06	5.20	5.30	5.14	5.30	14	6
35	Ceri Evans	HJ	1.35				1.35	4	26
36	Caitlin Lewis	SLJ	2.08	2.21	2.08	2.20	2.21	1	32

# Team Results

# Glamorgan Valleys (green)

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SRF-Welsh Final Under 13 Girls

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Cwmbran Stadium Sports Centre

## Date

3 Mar 2013

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Afan Nedd Tawe	red	614	80	60	50	60	39	18	57	60	52	42	30	38	28
2	Cardiff & Vale of Glamorgan	blue	602	70	70	70	40	30	26	59	16	54	25	54	50	38
3	Dyfed	yellow	593	60	50	80	70	56	40	32	48	16	11	60	24	46
4	Powys	grey	590	50	80	60	20	29	38	42	40	30	59	38	58	46
5	North West Wales	sky	556	30	40	40	80	56	54	28	34	40	42	34	40	38
6	North East Wales	purple	326	20	30	30	30	17	28	0	18	46	29	22	24	32
7	South East Wales	orange	286	40	20	20	10	26	24	18	12	22	42	14	24	14
8	Glamorgan Valleys	green	233	0	0	0	50	19	38	24	24	0	20	18	12	28

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
37	Emily Thomas	2LR	28.0	0.0			28.0	10=	13
37	Emily Thomas	SB	69				69	7	20
38	Mali Evans-lugg	4LR	1:01.7	0.0			1:01.7	7	20
38	Mali Evans-lugg	SB	65				65		
38	Mali Evans-lugg	SLJ	1.80	1.84	1.82	1.94	1.94	8	18
39	Olivia Howells	6LR	1:35.0				1:35.0	5	24
39	Olivia Howells	HJ	1.30				1.30	5	24
39	Olivia Howells	STJ	5.64	5.36	5.62	5.44	5.64		
40	Molly Carter	2LR	28.5	0.0			28.5	14	6
40	Molly Carter	S	7.62	7.53	7.32	7.44	7.62		
40	Molly Carter	VJ	50	50	50	50	50	3	28
41	Megan Bowen	4LR	1:02.0	0.0			1:02.0	8	18
41	Megan Bowen	STJ	5.50	5.28	5.26	5.20	5.50	11	12

# Team Results

# North East Wales (purple)

## Competition:

SRF-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

3 Mar 2013

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Afan Nedd Tawe	red	614	80	60	50	60	39	18	57	60	52	42	30	38	28
2	Cardiff & Vale of Glamorgan	blue	602	70	70	70	40	30	26	59	16	54	25	54	50	38
3	Dyfed	yellow	593	60	50	80	70	56	40	32	48	16	11	60	24	46
4	Powys	grey	590	50	80	60	20	29	38	42	40	30	59	38	58	46
5	North West Wales	sky	556	30	40	40	80	56	54	28	34	40	42	34	40	38
6	North East Wales	purple	326	20	30	30	30	17	28	0	18	46	29	22	24	32
7	South East Wales	orange	286	40	20	20	10	26	24	18	12	22	42	14	24	14
8	Glamorgan Valleys	green	233	0	0	0	50	19	38	24	24	0	20	18	12	28

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
49	Jessica Morecombe	SB	72				72	6	22
50	Amber Lloyd	SLJ	1.66	1.62	1.54	1.66	1.66	14	6
51	Lois Lee	6LR	0.0				0.0		
51	Lois Lee	SLJ	1.72	1.91	1.87	1.83	1.91	9	16
52	Hannah Davies	VJ	36	35	33	32	36	13	8
53	Abigail Wooding	4LR	59.3	59.1			59.1	3	28
53	Abigail Wooding	VJ	44	42	45	44	45	5	24
54	Danielle Parkins	6LR	0.0				0.0		
54	Danielle Parkins	HJ	1.20				1.20	8	18
55	Cira Williams	SB	64				64	13=	7
56	Natalie Grey	S	7.42	7.14	7.29	6.23	7.42	8	18
57	Laura Wilson	2LR	28.0	0.0			28.0	10=	13
57	Laura Wilson	STJ	5.55	5.38	5.26	5.50	5.55	9	16
58	Jeorgia Williams	2LR	29.2	0.0			29.2	15	4
58	Jeorgia Williams	STJ	4.95	5.42	5.28	4.88	5.42	13	8
59	Hattie Bullock	S	7.82	7.56	8.26	0.00	8.26	3	28

# Team Results

# North West Wales (sky)

## Competition:

SRF-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

3 Mar 2013

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Afan Nedd Tawe	red	614	80	60	50	60	39	18	57	60	52	42	30	38	28
2	Cardiff & Vale of Glamorgan	blue	602	70	70	70	40	30	26	59	16	54	25	54	50	38
3	Dyfed	yellow	593	60	50	80	70	56	40	32	48	16	11	60	24	46
4	Powys	grey	590	50	80	60	20	29	38	42	40	30	59	38	58	46
5	North West Wales	sky	556	30	40	40	80	56	54	28	34	40	42	34	40	38
6	North East Wales	purple	326	20	30	30	30	17	28	0	18	46	29	22	24	32
7	South East Wales	orange	286	40	20	20	10	26	24	18	12	22	42	14	24	14
8	Glamorgan Valleys	green	233	0	0	0	50	19	38	24	24	0	20	18	12	28

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Cassia Pike	2LR	27.1	26.8			26.8	2	30
61	Cassia Pike	S	0.00	7.33	6.85	7.05	7.33	10	14
62	Amy Williams	2LR	27.0	27.4			27.4	4	26
62	Amy Williams	SLJ	1.84	1.84	1.86	1.84	1.86	10	14
63	Morgan Jones	4LR	58.2	58.2			58.2	1	32
63	Morgan Jones	HJ	1.05				1.05	10	14
64	Abbey Owens	4LR	1:00.3	1:01.1			1:01.1	6	22
64	Abbey Owens	SLJ	1.86	1.91	1.95	1.86	1.95	7	20
65	Emily Ridges	6LR	1:40.7				1:40.7	11	12
65	Emily Ridges	HJ	1.20				1.20	7	20
66	Gwenno Hughes	6LR	1:36.9				1:36.9	9	16
66	Gwenno Hughes	S	7.53	7.45	7.45	8.17	8.17	4	26
67	Morgan Thomas	VJ	47	47	50	49	50	4	26
68	Cari Davies	SB	68				68	8	18
69	Gwenlli Griffith	STJ	5.48	5.20	5.42	5.06	5.48	12	10
70	Emily Joyce	STJ	5.48	5.46	5.52	5.88	5.88	2	30
71	Naomi Haywood	VJ	39	38	39	38	39	11	12
72	Caitlin Vancorler	SB	73				73	5	24

# Team Results

# Powys (grey)

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SRF-Welsh Final Under 13 Girls

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Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Afan Nedd Tawe	red	614	80	60	50	60	39	18	57	60	52	42	30	38	28
2	Cardiff & Vale of Glamorgan	blue	602	70	70	70	40	30	26	59	16	54	25	54	50	38
3	Dyfed	yellow	593	60	50	80	70	56	40	32	48	16	11	60	24	46
4	Powys	grey	590	50	80	60	20	29	38	42	40	30	59	38	58	46
5	North West Wales	sky	556	30	40	40	80	56	54	28	34	40	42	34	40	38
6	North East Wales	purple	326	20	30	30	30	17	28	0	18	46	29	22	24	32
7	South East Wales	orange	286	40	20	20	10	26	24	18	12	22	42	14	24	14
8	Glamorgan Valleys	green	233	0	0	0	50	19	38	24	24	0	20	18	12	28

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
73	Zoe Kuipers	2LR	27.6	0.0			27.6	7	20
73	Zoe Kuipers	STJ	5.70	5.88	5.82	5.60	5.88	1	32
74	Amber Owen	2LR	28.4	0.0			28.4	12=	9
74	Amber Owen	VJ	52	55	54	55	55	2	30
75	Manon Lewis	4LR	59.4	58.7			58.7	2	30
75	Manon Lewis	SB	74				74	3=	27
76	Ellie Willetts	4LR	1:10.4	0.0			1:10.4	13	8
76	Ellie Willetts	HJ	1.00				1.00	12	10
77	Megan Davies	6LR	1:35.1				1:35.1	6	22
77	Megan Davies	HJ	1.45				1.45	2	30
78	Savannah Evans	6LR	1:35.5				1:35.5	7	20
78	Savannah Evans	SLJ	1.84	1.82	1.84	1.84	1.84	11	12
79	Jordan Lewis	SLJ	2.06	1.98	1.99	1.94	2.06	4	26
80	Jess Harley	STJ	5.76	5.66	5.70	5.76	5.76	4	26
81	Ffion Dahm	VJ	39	39	43	39	43	9	16
82	Sarah Meredith	S	7.31	6.73	7.64	7.42	7.64	6	22
83	Casey Jones	S	5.77	6.21	5.81	6.32	6.32	13	8
84	Zara Baker	SB	77				77	1	32



# Team Results

# South East Wales (orange)

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Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Afan Nedd Tawe	red	614	80	60	50	60	39	18	57	60	52	42	30	38	28
2	Cardiff & Vale of Glamorgan	blue	602	70	70	70	40	30	26	59	16	54	25	54	50	38
3	Dyfed	yellow	593	60	50	80	70	56	40	32	48	16	11	60	24	46
4	Powys	grey	590	50	80	60	20	29	38	42	40	30	59	38	58	46
5	North West Wales	sky	556	30	40	40	80	56	54	28	34	40	42	34	40	38
6	North East Wales	purple	326	20	30	30	30	17	28	0	18	46	29	22	24	32
7	South East Wales	orange	286	40	20	20	10	26	24	18	12	22	42	14	24	14
8	Glamorgan Valleys	green	233	0	0	0	50	19	38	24	24	0	20	18	12	28

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
85	Emily Powell	SLJ	1.58	1.54	1.48	1.50	1.58	15	4
86	Ellie Dougherty	STJ	5.14	5.20	5.24	5.26	5.26	15	4
87	Libby Dugmore	4LR	1:10.1	0.0			1:10.1	12	10
87	Libby Dugmore	VJ	32	34	33	33	34	15	4
88	Isabelle Haynes	4LR	1:05.7	0.0			1:05.7	10	14
88	Isabelle Haynes	S	6.42	6.87	6.62	6.94	6.94	12	10
89	Macie Dawkins	2LR	27.7	0.0			27.7	8=	17
89	Macie Dawkins	S	0.00	6.77	7.05	6.88	7.05	11	12
90	Bethan Self	HJ	1.05				1.05	11	12
91	Sophie Solari	2LR	28.4	0.0			28.4	12=	9
91	Sophie Solari	SLJ	1.74	1.79	1.84	0.00	1.84	12	10
92	Levi Diamond	6LR	1:53.0				1:53.0	13	8
92	Levi Diamond	STJ	0.00	5.72	4.50	4.76	5.72	7	20
93	Lowri Llewellyn	6LR	1:46.5				1:46.5	12	10
93	Lowri Llewellyn	VJ	37	38	37	35	38	12	10
94	Alice Mee Bishop	SB	75				75	2	30
95	Taryn Passmore	SB	66				66	11	12

# Results Sheet

# Obstacle Relay

**Competition:**  
SRF-Welsh Final Under 13 Girls

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
3 Mar 2013

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Afan Nedd Tawe	red	1:27.0	0.0	1:27.0	80.0
2	02	Cardiff & Vale of Glamorgan	blue	1:29.9	0.0	1:29.9	70.0
3	03	Dyfed	yellow	1:30.2	0.0	1:30.2	60.0
4	07	Powys	grey	1:33.6	0.0	1:33.6	50.0
5	08	South East Wales	orange	1:36.4	0.0	1:36.4	40.0
6	06	North West Wales	sky	1:38.3	0.0	1:38.3	30.0
7	05	North East Wales	purple	1:39.4	0.0	1:39.4	20.0

# Results Sheet

# 2 Lap Race

**Competition:**  
SRF-Welsh Final Under 13 Girls

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
3 Mar 2013

Ranking	Team	Colour	Points
1=	Dyfed	yellow	56
1=	North West Wales	sky	56
3	Afan Nedd Tawe	red	39
4	Cardiff & Vale of Glamorgan	blue	30
5	Powys	grey	29
6	South East Wales	orange	26
7	Glamorgan Valleys	green	19
8	North East Wales	purple	17

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	yellow	26	Alicia Samuel	26.7	32
2	North West Wales	sky	61	Cassia Pike	26.8	30
3	Cardiff & Vale of Glamorgan	blue	14	Tia Meddick	26.9	28
4	North West Wales	sky	62	Amy Williams	27.4	26
5	Dyfed	yellow	25	Niamh Rees	27.4	24
6	Afan Nedd Tawe	red	3	Holly Hurford	28.1	22
7	Powys	grey	73	Zoe Kuipers	27.6	20
8=	Afan Nedd Tawe	red	7	Felicity Church	27.7	17
8=	South East Wales	orange	89	Macie Dawkins	27.7	17
10=	Glamorgan Valleys	green	37	Emily Thomas	28.0	13
10=	North East Wales	purple	57	Laura Wilson	28.0	13
12=	Powys	grey	74	Amber Owen	28.4	9
12=	South East Wales	orange	91	Sophie Solari	28.4	9
14	Glamorgan Valleys	green	40	Molly Carter	28.5	6
15	North East Wales	purple	58	Jeorgia Williams	29.2	4
16	Cardiff & Vale of Glamorgan	blue	20	Lydia Gill	29.6	2

# Results Sheet

# 4 Lap Race

**Competition:**  
SRF-Welsh Final Under 13 Girls

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
3 Mar 2013

Ranking	Team	Colour	Points
1	North West Wales	sky	54
2	Dyfed	yellow	40
3=	Glamorgan Valleys	green	38
3=	Powys	grey	38
5	North East Wales	purple	28
6	Cardiff & Vale of Glamorgan	blue	26
7	South East Wales	orange	24
8	Afan Nedd Tawe	red	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North West Wales	sky	63	Morgan Jones	58.2	32
2	Powys	grey	75	Manon Lewis	58.7	30
3	North East Wales	purple	53	Abigail Wooding	59.1	28
4	Cardiff & Vale of Glamorgan	blue	15	Jordan Meek	1:00.3	26
5	Dyfed	yellow	27	Olivia Williams	1:00.8	24
6	North West Wales	sky	64	Abbey Owens	1:01.1	22
7	Glamorgan Valleys	green	38	Mali Evans-lugg	1:01.7	20
8	Glamorgan Valleys	green	41	Megan Bowen	1:02.0	18
9	Dyfed	yellow	28	Katya Makuta	1:03.6	16
10	South East Wales	orange	88	Isabelle Haynes	1:05.7	14
11	Afan Nedd Tawe	red	12	Rhiannon Phillips	1:06.2	12
12	South East Wales	orange	87	Libby Dugmore	1:10.1	10
13	Powys	grey	76	Ellie Willetts	1:10.4	8
14	Afan Nedd Tawe	red	11	Marriane Hopkins	1:12.6	6

# Results Sheet

# 6 Lap Time Trial

**Competition:**  
SRF-Welsh Final Under 13 Girls

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
3 Mar 2013

Ranking	Team	Colour	Points
	North East Wales	purple	0
1	Cardiff & Vale of Glamorgan	blue	59
2	Afan Nedd Tawe	red	57
3	Powys	grey	42
4	Dyfed	yellow	32
5	North West Wales	sky	28
6	Glamorgan Valleys	green	24
7	South East Wales	orange	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & Vale of Glamorgan	blue	17	Jessica Wadey	1:30.0	32
2	Afan Nedd Tawe	red	5	Olivia Michael	1:32.9	30
3=	Afan Nedd Tawe	red	4	Sophie Davies	1:34.0	27
3=	Cardiff & Vale of Glamorgan	blue	18	Amber Harding	1:34.0	27
5	Glamorgan Valleys	green	39	Olivia Howells	1:35.0	24
6	Powys	grey	77	Megan Davies	1:35.1	22
7	Powys	grey	78	Savannah Evans	1:35.5	20
8	Dyfed	yellow	29	Sophie Hutchinson	1:35.7	18
9	North West Wales	sky	66	Gwenno Hughes	1:36.9	16
10	Dyfed	yellow	30	Charlotte Phillips	1:38.0	14
11	North West Wales	sky	65	Emily Ridges	1:40.7	12
12	South East Wales	orange	93	Lowri Llewellyn	1:46.5	10
13	South East Wales	orange	92	Levi Diamond	1:53.0	8
	North East Wales	purple	51	Lois Lee	0.0	0
	North East Wales	purple	54	Danielle Parkins	0.0	0

# Results Sheet

# 8 Lap Paarlauf

**Competition:**  
SRF-Welsh Final Under 13 Girls

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
3 Mar 2013

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	07	Powys	grey	1:53.4	0.0	1:53.4	80.0
2	02	Cardiff & Vale of Glamorgan	blue	1:55.8	0.0	1:55.8	70.0
3	01	Afan Nedd Tawe	red	1:55.9	0.0	1:55.9	60.0
4	03	Dyfed	yellow	2:02.0	0.0	2:02.0	50.0
5	06	North West Wales	sky	2:04.0	0.0	2:04.0	40.0
6	05	North East Wales	purple	2:06.4	0.0	2:06.4	30.0
7	08	South East Wales	orange	2:13.5	0.0	2:13.5	20.0

# Results Sheet

# 4 x 1 Lap Relay

**Competition:**  
SRF-Welsh Final Under 13 Girls

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
3 Mar 2013

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Dyfed	yellow	56.3	0.0	56.3	80.0
2	02	Cardiff & Vale of Glamorgan	blue	56.4	0.0	56.4	70.0
3	07	Powys	grey	56.8	0.0	56.8	60.0
4	01	Afan Nedd Tawe	red	56.9	0.0	56.9	50.0
5	06	North West Wales	sky	57.3	0.0	57.3	40.0
6	05	North East Wales	purple	59.8	0.0	59.8	30.0
7	08	South East Wales	orange	1:04.6	0.0	1:04.6	20.0

# Results Sheet

# 4 x 2 Lap Relay

**Competition:**  
SRF-Welsh Final Under 13 Girls

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
3 Mar 2013

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	North West Wales	sky	1:49.7	0.0	1:49.7	80.0
2	03	Dyfed	yellow	1:50.1	0.0	1:50.1	70.0
3	01	Afan Nedd Tawe	red	1:50.4	0.0	1:50.4	60.0
4	04	Glamorgan Valleys	green	1:52.1	0.0	1:52.1	50.0
5	02	Cardiff & Vale of Glamorgan	blue	1:55.2	0.0	1:55.2	40.0
6	05	North East Wales	purple	1:58.5	0.0	1:58.5	30.0
7	07	Powys	grey	2:01.5	0.0	2:01.5	20.0
8	08	South East Wales	orange	2:08.4	0.0	2:08.4	10.0



# Results Sheet

# High Jump

**Competition:**  
SRF-Welsh Final Under 13 Girls

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
3 Mar 2013

Ranking	Team	Colour	Points
1	Afan Nedd Tawe	red	60
2	Dyfed	yellow	48
3	Powys	grey	40
4	North West Wales	sky	34
5	Glamorgan Valleys	green	24
6	North East Wales	purple	18
7	Cardiff & Vale of Glamorgan	blue	16
8	South East Wales	orange	12

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	red	6	Emily Coles	1.45	32
2	Powys	grey	77	Megan Davies	1.45	30
3	Afan Nedd Tawe	red	2	Hannah Davies	1.35	28
4	Dyfed	yellow	35	Ceri Evans	1.35	26
5	Glamorgan Valleys	green	39	Olivia Howells	1.30	24
6	Dyfed	yellow	30	Charlotte Phillips	1.30	22
7	North West Wales	sky	65	Emily Ridges	1.20	20
8	North East Wales	purple	54	Danielle Parkins	1.20	18
9	Cardiff & Vale of Glamorgan	blue	20	Lydia Gill	1.10	16
10	North West Wales	sky	63	Morgan Jones	1.05	14
11	South East Wales	orange	90	Bethan Self	1.05	12
12	Powys	grey	76	Ellie Willetts	1.00	10

# Results Sheet

# Shot

**Competition:**  
SRF-Welsh Final Under 13 Girls

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
3 Mar 2013

Ranking	Team	Colour	Points
	Glamorgan Valleys	green	0
1	Cardiff & Vale of Glamorgan	blue	54
2	Afan Nedd Tawe	red	52
3	North East Wales	purple	46
4	North West Wales	sky	40
5	Powys	grey	30
6	South East Wales	orange	22
7	Dyfed	yellow	16

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	red	8	Sarah Watkins	10.15	32
2	Cardiff & Vale of Glamorgan	blue	14	Tia Meddick	9.36	30
3	North East Wales	purple	59	Hattie Bullock	8.26	28
4	North West Wales	sky	66	Gwenno Hughes	8.17	26
5	Cardiff & Vale of Glamorgan	blue	24	Halle Meddick	8.02	24
6	Powys	grey	82	Sarah Meredith	7.64	22
7	Afan Nedd Tawe	red	11	Marriane Hopkins	7.46	20
8	North East Wales	purple	56	Natalie Grey	7.42	18
9	Dyfed	yellow	33	Jessica Thomas	7.39	16
10	North West Wales	sky	61	Cassia Pike	7.33	14
11	South East Wales	orange	89	Macie Dawkins	7.05	12
12	South East Wales	orange	88	Isabelle Haynes	6.94	10
13	Powys	grey	83	Casey Jones	6.32	8
	Glamorgan Valleys	green	40	Molly Carter	7.62	0

# Results Sheet

# Speed Bounce

**Competition:**  
SRF-Welsh Final Under 13 Girls

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
3 Mar 2013

Ranking	Team	Colour	Points
1	Powys	grey	59
2=	Afan Nedd Tawe	red	42
2=	North West Wales	sky	42
2=	South East Wales	orange	42
5	North East Wales	purple	29
6	Cardiff & Vale of Glamorgan	blue	25
7	Glamorgan Valleys	green	20
8	Dyfed	yellow	11

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Powys	grey	84	Zara Baker	77	32
2	South East Wales	orange	94	Alice Mee Bishop	75	30
3=	Afan Nedd Tawe	red	1	Maddie Newton	74	27
3=	Powys	grey	75	Manon Lewis	74	27
5	North West Wales	sky	72	Caitlin Vancorler	73	24
6	North East Wales	purple	49	Jessica Morecombe	72	22
7	Glamorgan Valleys	green	37	Emily Thomas	69	20
8	North West Wales	sky	68	Cari Davies	68	18
9=	Afan Nedd Tawe	red	10	Bethan Howells	67	15
9=	Cardiff & Vale of Glamorgan	blue	18	Amber Harding	67	15
11	South East Wales	orange	95	Taryn Passmore	66	12
12	Cardiff & Vale of Glamorgan	blue	16	Megan Hodgson	65	10
13=	Dyfed	yellow	29	Sophie Hutchinson	64	7
13=	North East Wales	purple	55	Cira Williams	64	7
15	Dyfed	yellow	26	Alicia Samuel	62	4
	Glamorgan Valleys	green	38	Mali Evans-lugg	65	0

# Results Sheet

# Standing Long Jump

## Competition:

SRF-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

3 Mar 2013

Ranking	Team	Colour	Points
1	Dyfed	yellow	60
2	Cardiff & Vale of Glamorgan	blue	54
3	Powys	grey	38
4	North West Wales	sky	34
5	Afan Nedd Tawe	red	30
6	North East Wales	purple	22
7	Glamorgan Valleys	green	18
8	South East Wales	orange	14

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	yellow	36	Caitlin Lewis	2.21	32
2	Cardiff & Vale of Glamorgan	blue	17	Jessica Wadey	2.12	30
3	Dyfed	yellow	31	Celyn Lazenby	2.08	28
4	Powys	grey	79	Jordan Lewis	2.06	26
5	Cardiff & Vale of Glamorgan	blue	13	Olivia Martin	2.00	24
6	Afan Nedd Tawe	red	9	Esther James	2.00	22
7	North West Wales	sky	64	Abbey Owens	1.95	20
8	Glamorgan Valleys	green	38	Mali Evans-lugg	1.94	18
9	North East Wales	purple	51	Lois Lee	1.91	16
10	North West Wales	sky	62	Amy Williams	1.86	14
11	Powys	grey	78	Savannah Evans	1.84	12
12	South East Wales	orange	91	Sophie Solari	1.84	10
13	Afan Nedd Tawe	red	12	Rhiannon Phillips	1.76	8
14	North East Wales	purple	50	Amber Lloyd	1.66	6
15	South East Wales	orange	85	Emily Powell	1.58	4

# Results Sheet

# Standing Triple Jump

**Competition:**  
SRF-Welsh Final Under 13 Girls

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
3 Mar 2013

Ranking	Team	Colour	Points
1	Powys	grey	58
2	Cardiff & Vale of Glamorgan	blue	50
3	North West Wales	sky	40
4	Afan Nedd Tawe	red	38
5=	Dyfed	yellow	24
5=	North East Wales	purple	24
5=	South East Wales	orange	24
8	Glamorgan Valleys	green	12

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	grey	73	Zoe Kuipers	5.88	32
2	North West Wales	sky	70	Emily Joyce	5.88	30
3	Cardiff & Vale of Glamorgan	blue	22	Tirion Evans	5.82	28
4	Powys	grey	80	Jess Harley	5.76	26
5	Afan Nedd Tawe	red	7	Felicity Church	5.74	24
6	Cardiff & Vale of Glamorgan	blue	15	Jordan Meek	5.72	22
7	South East Wales	orange	92	Levi Diamond	5.72	20
8	Dyfed	yellow	25	Niamh Rees	5.66	18
9	North East Wales	purple	57	Laura Wilson	5.55	16
10	Afan Nedd Tawe	red	5	Olivia Michael	5.50	14
11	Glamorgan Valleys	green	41	Megan Bowen	5.50	12
12	North West Wales	sky	69	Gwenlli Griffith	5.48	10
13	North East Wales	purple	58	Jeorgia Williams	5.42	8
14	Dyfed	yellow	34	Ebony Danter	5.30	6
15	South East Wales	orange	86	Ellie Dougherty	5.26	4
	Glamorgan Valleys	green	39	Olivia Howells	5.64	0

# Results Sheet

# Vertical Jump

**Competition:**  
SRF-Welsh Final Under 13 Girls

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
3 Mar 2013

Ranking	Team	Colour	Points
1=	Dyfed	yellow	46
1=	Powys	grey	46
3=	Cardiff & Vale of Glamorgan	blue	38
3=	North West Wales	sky	38
5	North East Wales	purple	32
6=	Afan Nedd Tawe	red	28
6=	Glamorgan Valleys	green	28
8	South East Wales	orange	14

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	yellow	28	Katya Makuta	59	32
2	Powys	grey	74	Amber Owen	55	30
3	Glamorgan Valleys	green	40	Molly Carter	50	28
4	North West Wales	sky	67	Morgan Thomas	50	26
5	North East Wales	purple	53	Abigail Wooding	45	24
6	Afan Nedd Tawe	red	4	Sophie Davies	44	22
7	Cardiff & Vale of Glamorgan	blue	23	Issy Jenks	43	20
8	Cardiff & Vale of Glamorgan	blue	21	Cath Davies	43	18
9	Powys	grey	81	Ffion Dahm	43	16
10	Dyfed	yellow	27	Olivia Williams	42	14
11	North West Wales	sky	71	Naomi Haywood	39	12
12	South East Wales	orange	93	Lowri Llewellyn	38	10
13	North East Wales	purple	52	Hannah Davies	36	8
14	Afan Nedd Tawe	red	3	Holly Hurford	35	6
15	South East Wales	orange	87	Libby Dugmore	34	4