

# Competition Results

## Competition:

ASHA-Welsh Final Under 13 Girls

## 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       | Dyfed                       | red    | 683   | 70 | 60 | 70  | 60  | 56  | 50  | 44  | 59 | 62 | 38 | 32  | 34  | 48 |
| 2       | Afan Nedd Tawe              | sky    | 635   | 80 | 70 | 80  | 70  | 22  | 18  | 54  | 48 | 40 | 43 | 52  | 30  | 28 |
| 3       | Powys                       | maroon | 613   | 30 | 80 | 30  | 80  | 60  | 54  | 52  | 33 | 32 | 10 | 52  | 54  | 46 |
| 4       | Cardiff & Vale of Glamorgan | green  | 542   | 50 | 20 | 40  | 50  | 37  | 40  | 34  | 55 | 48 | 46 | 36  | 42  | 44 |
| 5       | North West Wales            | orange | 534   | 60 | 50 | 60  | 40  | 28  | 33  | 46  | 34 | 38 | 49 | 30  | 24  | 42 |
| 6       | North East Wales            | purple | 368   | 40 | 30 | 50  | 20  | 33  | 6   | 12  | 6  | 20 | 33 | 34  | 42  | 42 |
| 7       | South East Wales            | grey   | 276   | 20 | 40 | 20  | 10  | 10  | 28  | 20  | 22 | 26 | 14 | 18  | 32  | 16 |
| 8       | Glamorgan Valleys           | yellow | 203   | 0  | 10 | 0   | 30  | 26  | 43  | 10  | 9  | 4  | 37 | 18  | 12  | 4  |

# Team Results

# Afan Nedd Tawe (sky)

## Competition:

ASHA-Welsh Final Under 13 Girls

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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       | Dyfed                       | red    | 683   | 70 | 60 | 70  | 60  | 56  | 50  | 44  | 59 | 62 | 38 | 32  | 34  | 48 |
| 2       | Afan Nedd Tawe              | sky    | 635   | 80 | 70 | 80  | 70  | 22  | 18  | 54  | 48 | 40 | 43 | 52  | 30  | 28 |
| 3       | Powys                       | maroon | 613   | 30 | 80 | 30  | 80  | 60  | 54  | 52  | 33 | 32 | 10 | 52  | 54  | 46 |
| 4       | Cardiff & Vale of Glamorgan | green  | 542   | 50 | 20 | 40  | 50  | 37  | 40  | 34  | 55 | 48 | 46 | 36  | 42  | 44 |
| 5       | North West Wales            | orange | 534   | 60 | 50 | 60  | 40  | 28  | 33  | 46  | 34 | 38 | 49 | 30  | 24  | 42 |
| 6       | North East Wales            | purple | 368   | 40 | 30 | 50  | 20  | 33  | 6   | 12  | 6  | 20 | 33 | 34  | 42  | 42 |
| 7       | South East Wales            | grey   | 276   | 20 | 40 | 20  | 10  | 10  | 28  | 20  | 22 | 26 | 14 | 18  | 32  | 16 |
| 8       | Glamorgan Valleys           | yellow | 203   | 0  | 10 | 0   | 30  | 26  | 43  | 10  | 9  | 4  | 37 | 18  | 12  | 4  |

| Comp No | Name             | Event | Perf1  | Perf2 | Perf3 | Perf4 | Best   | Ranking | Points |
|---------|------------------|-------|--------|-------|-------|-------|--------|---------|--------|
| 1       | Katie Wells      | S     | 6.70   | 5.82  | 6.49  | 6.53  | 6.70   | 9       | 16     |
| 2       | Hannah Brier     | SLJ   | 2.04   | 2.20  | 2.27  | 2.22  | 2.27   | 1       | 32     |
| 3       | Mia Evans        | 2LR   | 28.6   | 0.0   |       |       | 28.6   | 13      | 8      |
| 3       | Mia Evans        | STJ   | 4.69   | 4.90  | 4.97  | 0.00  | 4.97   | 12      | 10     |
| 4       | Ffion Wake       | S     | 6.89   | 0.00  | 7.94  | 8.10  | 8.10   | 5       | 24     |
| 5       | Ellie Coates     | 6LR   | 1:35.0 |       |       |       | 1:35.0 | 4       | 26     |
| 5       | Ellie Coates     | SLJ   | 2.05   | 1.98  | 1.97  | 2.03  | 2.05   | 7       | 20     |
| 6       | Katie Parfitt    | 6LR   | 1:34.7 |       |       |       | 1:34.7 | 3       | 28     |
| 6       | Katie Parfitt    | STJ   | 5.24   | 5.18  | 5.30  | 0.00  | 5.30   | 7       | 20     |
| 7       | Jessica Merrick  | HJ    | 1.25   |       |       |       | 1.25   | 4       | 26     |
| 8       | Brooke Lear      | 4LR   | 1:05.5 | 0.0   |       |       | 1:05.5 | 14      | 6      |
| 8       | Brooke Lear      | VJ    | 38     | 41    | 43    | 42    | 43     | 7       | 20     |
| 9       | Jamie O'Driscoll | SB    | 64     |       |       |       | 64     | 10      | 14     |
| 10      | Georgia Williams | 4LR   | 1:03.6 | 0.0   |       |       | 1:03.6 | 11      | 12     |
| 10      | Georgia Williams | VJ    | 28     | 31    | 31    | 26    | 31     | 13      | 8      |
| 11      | Gaia Davies      | SB    | 70     |       |       |       | 70     | 2=      | 29     |
| 98      | Katy Phillips    | 2LR   | 28.3   | 0.0   |       |       | 28.3   | 10      | 14     |
| 98      | Katy Phillips    | HJ    | 1.25   |       |       |       | 1.25   | 6       | 22     |

# Team Results

# Cardiff & Vale of Glamorgan (green)

## Competition:

ASHA-Welsh Final Under 13 Girls

## 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       | Dyfed                       | red    | 683   | 70 | 60 | 70  | 60  | 56  | 50  | 44  | 59 | 62 | 38 | 32  | 34  | 48 |
| 2       | Afan Nedd Tawe              | sky    | 635   | 80 | 70 | 80  | 70  | 22  | 18  | 54  | 48 | 40 | 43 | 52  | 30  | 28 |
| 3       | Powys                       | maroon | 613   | 30 | 80 | 30  | 80  | 60  | 54  | 52  | 33 | 32 | 10 | 52  | 54  | 46 |
| 4       | Cardiff & Vale of Glamorgan | green  | 542   | 50 | 20 | 40  | 50  | 37  | 40  | 34  | 55 | 48 | 46 | 36  | 42  | 44 |
| 5       | North West Wales            | orange | 534   | 60 | 50 | 60  | 40  | 28  | 33  | 46  | 34 | 38 | 49 | 30  | 24  | 42 |
| 6       | North East Wales            | purple | 368   | 40 | 30 | 50  | 20  | 33  | 6   | 12  | 6  | 20 | 33 | 34  | 42  | 42 |
| 7       | South East Wales            | grey   | 276   | 20 | 40 | 20  | 10  | 10  | 28  | 20  | 22 | 26 | 14 | 18  | 32  | 16 |
| 8       | Glamorgan Valleys           | yellow | 203   | 0  | 10 | 0   | 30  | 26  | 43  | 10  | 9  | 4  | 37 | 18  | 12  | 4  |

| Comp No | Name                 | Event | Perf1  | Perf2  | Perf3 | Perf4 | Best   | Ranking | Points |
|---------|----------------------|-------|--------|--------|-------|-------|--------|---------|--------|
| 12      | Molly Brown          | 2LR   | 28.1   | 0.0    |       |       | 28.1   | 7       | 20     |
| 12      | Molly Brown          | SB    | 66     |        |       |       | 66     | 6=      | 21     |
| 13      | Rosie Thompson       | 2LR   | 28.2   | 0.0    |       |       | 28.2   | 8=      | 17     |
| 13      | Rosie Thompson       | SB    | 68     |        |       |       | 68     | 4=      | 25     |
| 14      | Lucy Cuddihee        | 4LR   | 1:00.1 | 1:00.0 |       |       | 1:00.0 | 2       | 30     |
| 14      | Lucy Cuddihee        | STJ   | 5.62   | 5.50   | 5.50  | 0.00  | 5.62   | 3       | 28     |
| 15      | Ela Emyr             | 4LR   | 1:03.9 | 0.0    |       |       | 1:03.9 | 12      | 10     |
| 15      | Ela Emyr             | VJ    | 35     | 32     | 38    | 39    | 39     | 11      | 12     |
| 16      | Seren Marsh          | 6LR   | 1:45.0 |        |       |       | 1:45.0 | 9       | 16     |
| 16      | Seren Marsh          | SLJ   | 1.68   | 1.75   | 1.74  | 1.72  | 1.75   | 14      | 6      |
| 17      | Maya Bell            | 6LR   | 1:42.3 |        |       |       | 1:42.3 | 8       | 18     |
| 17      | Maya Bell            | SLJ   | 2.05   | 2.09   | 2.13  | 2.15  | 2.15   | 2       | 30     |
| 18      | Tamara Pitt          | HJ    | 1.25   |        |       |       | 1.25   | 5       | 24     |
| 19      | Lottie Coakley       | HJ    | 1.30   |        |       |       | 1.30   | 1=      | 31     |
| 20      | Rachel Chilcott      | STJ   | 4.95   | 4.97   | 4.96  | 0.00  | 4.97   | 10      | 14     |
| 21      | Georgia Brown        | VJ    | 0      | 46     | 47    | 47    | 47     | 1       | 32     |
| 22      | Emily Viggers        | S     | 8.32   | 7.69   | 7.69  | 7.04  | 8.32   | 4       | 26     |
| 23      | Brooke Langton-Cryer | S     | 7.35   | 6.70   | 7.17  | 7.21  | 7.35   | 6       | 22     |

# Team Results

# Dyfed (red)

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ASHA-Welsh Final Under 13 Girls

## 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       | Dyfed                       | red    | 683   | 70 | 60 | 70  | 60  | 56  | 50  | 44  | 59 | 62 | 38 | 32  | 34  | 48 |
| 2       | Afan Nedd Tawe              | sky    | 635   | 80 | 70 | 80  | 70  | 22  | 18  | 54  | 48 | 40 | 43 | 52  | 30  | 28 |
| 3       | Powys                       | maroon | 613   | 30 | 80 | 30  | 80  | 60  | 54  | 52  | 33 | 32 | 10 | 52  | 54  | 46 |
| 4       | Cardiff & Vale of Glamorgan | green  | 542   | 50 | 20 | 40  | 50  | 37  | 40  | 34  | 55 | 48 | 46 | 36  | 42  | 44 |
| 5       | North West Wales            | orange | 534   | 60 | 50 | 60  | 40  | 28  | 33  | 46  | 34 | 38 | 49 | 30  | 24  | 42 |
| 6       | North East Wales            | purple | 368   | 40 | 30 | 50  | 20  | 33  | 6   | 12  | 6  | 20 | 33 | 34  | 42  | 42 |
| 7       | South East Wales            | grey   | 276   | 20 | 40 | 20  | 10  | 10  | 28  | 20  | 22 | 26 | 14 | 18  | 32  | 16 |
| 8       | Glamorgan Valleys           | yellow | 203   | 0  | 10 | 0   | 30  | 26  | 43  | 10  | 9  | 4  | 37 | 18  | 12  | 4  |

| Comp No | Name              | Event | Perf1  | Perf2  | Perf3 | Perf4 | Best   | Ranking | Points |
|---------|-------------------|-------|--------|--------|-------|-------|--------|---------|--------|
| 25      | Tennessee Randall | 2LR   | 27.4   | 27.7   |       |       | 27.7   | 2       | 30     |
| 25      | Tennessee Randall | HJ    | 1.30   |        |       |       | 1.30   | 1=      | 31     |
| 26      | Lauren Davey      | 4LR   | 1:01.6 | 1:01.1 |       |       | 1:01.1 | 5       | 24     |
| 26      | Lauren Davey      | STJ   | 5.55   | 5.48   | 5.92  | 0.00  | 5.92   | 2       | 30     |
| 27      | Carly Jones       | 4LR   | 1:00.6 | 1:00.9 |       |       | 1:00.9 | 4       | 26     |
| 27      | Carly Jones       | VJ    | 46     | 44     | 43    | 42    | 46     | 2       | 30     |
| 28      | Gwenno Evans      | 6LR   | 1:35.3 |        |       |       | 1:35.3 | 5       | 24     |
| 28      | Gwenno Evans      | SLJ   | 1.80   | 1.75   | 1.93  | 1.96  | 1.96   | 12      | 10     |
| 29      | Nia Jones         | VJ    | 43     | 40     | 0     | 38    | 43     | 8       | 18     |
| 30      | Rachel Evans      | SLJ   | 2.08   | 2.01   | 2.05  | 2.08  | 2.08   | 6       | 22     |
| 31      | Amy Humble        | S     | 8.28   | 8.82   | 8.83  | 9.09  | 9.09   | 2       | 30     |
| 32      | Bethan Lewis      | S     | 9.00   | 9.59   | 9.02  | 8.94  | 9.59   | 1       | 32     |
| 33      | Delun Alcock      | 2LR   | 27.4   | 28.0   |       |       | 28.0   | 4       | 26     |
| 33      | Delun Alcock      | SB    | 66     |        |       |       | 66     | 6=      | 21     |
| 34      | Hannah Doel       | SB    | 65     |        |       |       | 65     | 8=      | 17     |
| 35      | Rebecca Hartson   | HJ    | 1.30   |        |       |       | 1.30   | 3       | 28     |
| 36      | Ffion Jenkins     | 6LR   | 1:39.6 |        |       |       | 1:39.6 | 7       | 20     |
| 36      | Ffion Jenkins     | STJ   | 4.36   | 4.39   | 4.34  | 0.00  | 4.39   | 15      | 4      |

# Team Results

# Glamorgan Valleys (yellow)

## Competition:

ASHA-Welsh Final Under 13 Girls

## 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       | Dyfed                       | red    | 683   | 70 | 60 | 70  | 60  | 56  | 50  | 44  | 59 | 62 | 38 | 32  | 34  | 48 |
| 2       | Afan Nedd Tawe              | sky    | 635   | 80 | 70 | 80  | 70  | 22  | 18  | 54  | 48 | 40 | 43 | 52  | 30  | 28 |
| 3       | Powys                       | maroon | 613   | 30 | 80 | 30  | 80  | 60  | 54  | 52  | 33 | 32 | 10 | 52  | 54  | 46 |
| 4       | Cardiff & Vale of Glamorgan | green  | 542   | 50 | 20 | 40  | 50  | 37  | 40  | 34  | 55 | 48 | 46 | 36  | 42  | 44 |
| 5       | North West Wales            | orange | 534   | 60 | 50 | 60  | 40  | 28  | 33  | 46  | 34 | 38 | 49 | 30  | 24  | 42 |
| 6       | North East Wales            | purple | 368   | 40 | 30 | 50  | 20  | 33  | 6   | 12  | 6  | 20 | 33 | 34  | 42  | 42 |
| 7       | South East Wales            | grey   | 276   | 20 | 40 | 20  | 10  | 10  | 28  | 20  | 22 | 26 | 14 | 18  | 32  | 16 |
| 8       | Glamorgan Valleys           | yellow | 203   | 0  | 10 | 0   | 30  | 26  | 43  | 10  | 9  | 4  | 37 | 18  | 12  | 4  |

| Comp No | Name                | Event | Perf1  | Perf2  | Perf3 | Perf4 | Best   | Ranking | Points |
|---------|---------------------|-------|--------|--------|-------|-------|--------|---------|--------|
| 37      | Zoe Nash            | 4LR   | 1:01.7 | 1:00.4 |       |       | 1:00.4 | 3       | 28     |
| 37      | Zoe Nash            | SB    | 68     |        |       |       | 68     | 4=      | 25     |
| 38      | Sian Smith          | STJ   | 4.97   | 3.95   | 4.94  | 0.00  | 4.97   | 11      | 12     |
| 39      | Bethan Johnson      | 2LR   | 29.5   | 0.0    |       |       | 29.5   | 16      | 2      |
| 39      | Bethan Johnson      | S     | 4.86   | 5.22   | 4.72  | 4.75  | 5.22   | 15      | 4      |
| 40      | Natasha Powell      | 6LR   | 1:53.2 |        |       |       | 1:53.2 | 15      | 4      |
| 40      | Natasha Powell      | VJ    | 24     | 21     | 25    | 25    | 25     | 15      | 4      |
| 41      | Ceri Jones          | 6LR   | 1:52.0 |        |       |       | 1:52.0 | 14      | 6      |
| 41      | Ceri Jones          | SLJ   | 1.53   | 1.56   | 1.57  | 1.52  | 1.57   | 16      | 2      |
| 42      | Sashini Jayasinghe  | HJ    | 1.10   |        |       |       | 1.10   | 12=     | 9      |
| 43      | Ellie Eddy Williams | 4LR   | 1:03.2 | 0.0    |       |       | 1:03.2 | 9=      | 15     |
| 43      | Ellie Eddy Williams | SLJ   | 1.95   | 1.99   | 2.00  | 2.01  | 2.01   | 9       | 16     |
| 44      | Sally Gambun        | 2LR   | 27.5   | 30.3   |       |       | 30.3   | 5       | 24     |
| 44      | Sally Gambun        | SB    | 62     |        |       |       | 62     | 11      | 12     |

# Team Results

# North East Wales (purple)

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

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## Date

6 Mar 2011

| Ranking | Team                        | Colour | Score | OR | P8 | 4x1 | 4x2 | 2LR | 4LR | 6LR | HJ | S  | SB | SLJ | STJ | VJ |
|---------|-----------------------------|--------|-------|----|----|-----|-----|-----|-----|-----|----|----|----|-----|-----|----|
| 1       | Dyfed                       | red    | 683   | 70 | 60 | 70  | 60  | 56  | 50  | 44  | 59 | 62 | 38 | 32  | 34  | 48 |
| 2       | Afan Nedd Tawe              | sky    | 635   | 80 | 70 | 80  | 70  | 22  | 18  | 54  | 48 | 40 | 43 | 52  | 30  | 28 |
| 3       | Powys                       | maroon | 613   | 30 | 80 | 30  | 80  | 60  | 54  | 52  | 33 | 32 | 10 | 52  | 54  | 46 |
| 4       | Cardiff & Vale of Glamorgan | green  | 542   | 50 | 20 | 40  | 50  | 37  | 40  | 34  | 55 | 48 | 46 | 36  | 42  | 44 |
| 5       | North West Wales            | orange | 534   | 60 | 50 | 60  | 40  | 28  | 33  | 46  | 34 | 38 | 49 | 30  | 24  | 42 |
| 6       | North East Wales            | purple | 368   | 40 | 30 | 50  | 20  | 33  | 6   | 12  | 6  | 20 | 33 | 34  | 42  | 42 |
| 7       | South East Wales            | grey   | 276   | 20 | 40 | 20  | 10  | 10  | 28  | 20  | 22 | 26 | 14 | 18  | 32  | 16 |
| 8       | Glamorgan Valleys           | yellow | 203   | 0  | 10 | 0   | 30  | 26  | 43  | 10  | 9  | 4  | 37 | 18  | 12  | 4  |

| Comp No | Name            | Event | Perf1  | Perf2 | Perf3 | Perf4 | Best   | Ranking | Points |
|---------|-----------------|-------|--------|-------|-------|-------|--------|---------|--------|
| 49      | Nia Burke       | STJ   | 4.72   | 5.10  | 5.04  | 0.00  | 5.10   | 9       | 16     |
| 50      | Emily Goldup    | 6LR   | 2:01.7 |       |       |       | 2:01.7 | 16      | 2      |
| 51      | Natasha Morgan  | 6LR   | 1:51.1 |       |       |       | 1:51.1 | 12      | 10     |
| 51      | Natasha Morgan  | VJ    | 41     | 40    | 40    | 38    | 41     | 9       | 16     |
| 52      | Caitlin Pointon | 4LR   | 1:09.9 | 0.0   |       |       | 1:09.9 | 16      | 2      |
| 52      | Caitlin Pointon | SB    | 54     |       |       |       | 54     | 15      | 4      |
| 53      | Tia Williams    | S     | 6.02   | 6.23  | 6.63  | 6.42  | 6.63   | 10      | 14     |
| 54      | Rachel Swash    | STJ   | 5.34   | 5.52  | 5.54  | 0.00  | 5.54   | 4       | 26     |
| 55      | Beth Jones      | 2LR   | 28.4   | 0.0   |       |       | 28.4   | 11=     | 11     |
| 55      | Beth Jones      | SLJ   | 2.06   | 2.09  | 2.10  | 2.09  | 2.10   | 4       | 26     |
| 56      | Lucy Bassett    | 4LR   | 1:06.7 | 0.0   |       |       | 1:06.7 | 15      | 4      |
| 56      | Lucy Bassett    | HJ    | 1.00   |       |       |       | 1.00   | 14      | 6      |
| 57      | Sophie Rowlands | VJ    | 46     | 44    | 41    | 42    | 46     | 4       | 26     |
| 58      | Ellie Burke     | SB    | 70     |       |       |       | 70     | 2=      | 29     |
| 59      | Jo Berry        | S     | 5.72   | 5.95  | 5.87  | 4.96  | 5.95   | 14      | 6      |
| 60      | Sarah Atkinson  | 2LR   | 28.0   | 30.4  |       |       | 30.4   | 6       | 22     |
| 60      | Sarah Atkinson  | SLJ   | 1.72   | 1.86  | 1.89  | 1.85  | 1.89   | 13      | 8      |

# Team Results

# North West Wales (orange)

## Competition:

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## Venue:

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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       | Dyfed                       | red    | 683   | 70 | 60 | 70  | 60  | 56  | 50  | 44  | 59 | 62 | 38 | 32  | 34  | 48 |
| 2       | Afan Nedd Tawe              | sky    | 635   | 80 | 70 | 80  | 70  | 22  | 18  | 54  | 48 | 40 | 43 | 52  | 30  | 28 |
| 3       | Powys                       | maroon | 613   | 30 | 80 | 30  | 80  | 60  | 54  | 52  | 33 | 32 | 10 | 52  | 54  | 46 |
| 4       | Cardiff & Vale of Glamorgan | green  | 542   | 50 | 20 | 40  | 50  | 37  | 40  | 34  | 55 | 48 | 46 | 36  | 42  | 44 |
| 5       | North West Wales            | orange | 534   | 60 | 50 | 60  | 40  | 28  | 33  | 46  | 34 | 38 | 49 | 30  | 24  | 42 |
| 6       | North East Wales            | purple | 368   | 40 | 30 | 50  | 20  | 33  | 6   | 12  | 6  | 20 | 33 | 34  | 42  | 42 |
| 7       | South East Wales            | grey   | 276   | 20 | 40 | 20  | 10  | 10  | 28  | 20  | 22 | 26 | 14 | 18  | 32  | 16 |
| 8       | Glamorgan Valleys           | yellow | 203   | 0  | 10 | 0   | 30  | 26  | 43  | 10  | 9  | 4  | 37 | 18  | 12  | 4  |

| Comp No | Name            | Event | Perf1  | Perf2 | Perf3 | Perf4 | Best   | Ranking | Points |
|---------|-----------------|-------|--------|-------|-------|-------|--------|---------|--------|
| 61      | Gwenan Williams | S     | 8.34   | 8.13  | 8.40  | 8.24  | 8.40   | 3       | 28     |
| 62      | Katie Kieth     | SB    | 71     |       |       |       | 71     | 1       | 32     |
| 63      | Cerys Davies    | 4LR   | 1:03.2 | 0.0   |       |       | 1:03.2 | 9=      | 15     |
| 63      | Cerys Davies    | STJ   | 0.00   | 4.25  | 4.40  | 0.00  | 4.40   | 14      | 6      |
| 64      | Mollie Davies   | 6LR   | 1:32.6 |       |       |       | 1:32.6 | 1       | 32     |
| 64      | Mollie Davies   | STJ   | 5.25   | 5.06  | 5.08  | 0.00  | 5.25   | 8       | 18     |
| 65      | Elin Hughes     | 6LR   | 1:45.5 |       |       |       | 1:45.5 | 10      | 14     |
| 65      | Elin Hughes     | S     | 6.01   | 6.21  | 6.06  | 6.32  | 6.32   | 12      | 10     |
| 66      | Sophie Barton   | SB    | 65     |       |       |       | 65     | 8=      | 17     |
| 67      | Laura Ellis     | VJ    | 46     | 43    | 44    | 39    | 46     | 3       | 28     |
| 68      | Lucy Jones      | 4LR   | 1:03.0 | 0.0   |       |       | 1:03.0 | 8       | 18     |
| 68      | Lucy Jones      | HJ    | 1.20   |       |       |       | 1.20   | 8       | 18     |
| 69      | Ffion Lewis     | 2LR   | 28.2   | 0.0   |       |       | 28.2   | 8=      | 17     |
| 69      | Ffion Lewis     | SLJ   | 1.94   | 1.95  | 1.98  | 1.94  | 1.98   | 11      | 12     |
| 70      | Lauren Williams | 2LR   | 28.4   | 0.0   |       |       | 28.4   | 11=     | 11     |
| 70      | Lauren Williams | SLJ   | 1.95   | 2.00  | 1.96  | 2.03  | 2.03   | 8       | 18     |
| 71      | Llio Williams   | HJ    | 1.15   |       |       |       | 1.15   | 9       | 16     |
| 72      | Hannah Hughes   | VJ    | 0      | 38    | 41    | 37    | 41     | 10      | 14     |

# Team Results

# Powys (maroon)

## Competition:

ASHA-Welsh Final Under 13 Girls

## 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       | Dyfed                       | red    | 683   | 70 | 60 | 70  | 60  | 56  | 50  | 44  | 59 | 62 | 38 | 32  | 34  | 48 |
| 2       | Afan Nedd Tawe              | sky    | 635   | 80 | 70 | 80  | 70  | 22  | 18  | 54  | 48 | 40 | 43 | 52  | 30  | 28 |
| 3       | Powys                       | maroon | 613   | 30 | 80 | 30  | 80  | 60  | 54  | 52  | 33 | 32 | 10 | 52  | 54  | 46 |
| 4       | Cardiff & Vale of Glamorgan | green  | 542   | 50 | 20 | 40  | 50  | 37  | 40  | 34  | 55 | 48 | 46 | 36  | 42  | 44 |
| 5       | North West Wales            | orange | 534   | 60 | 50 | 60  | 40  | 28  | 33  | 46  | 34 | 38 | 49 | 30  | 24  | 42 |
| 6       | North East Wales            | purple | 368   | 40 | 30 | 50  | 20  | 33  | 6   | 12  | 6  | 20 | 33 | 34  | 42  | 42 |
| 7       | South East Wales            | grey   | 276   | 20 | 40 | 20  | 10  | 10  | 28  | 20  | 22 | 26 | 14 | 18  | 32  | 16 |
| 8       | Glamorgan Valleys           | yellow | 203   | 0  | 10 | 0   | 30  | 26  | 43  | 10  | 9  | 4  | 37 | 18  | 12  | 4  |

| Comp No | Name            | Event | Perf1  | Perf2  | Perf3 | Perf4 | Best   | Ranking | Points |
|---------|-----------------|-------|--------|--------|-------|-------|--------|---------|--------|
| 73      | Vicky Gittins   | 2LR   | 25.9   | 27.1   |       |       | 27.1   | 1       | 32     |
| 73      | Vicky Gittins   | STJ   | 6.26   | 6.08   | 6.36  | 0.00  | 6.36   | 1       | 32     |
| 74      | Katie Jones     | 2LR   | 27.5   | 27.8   |       |       | 27.8   | 3       | 28     |
| 74      | Katie Jones     | VJ    | 43     | 43     | 42    | 43    | 43     | 6       | 22     |
| 75      | Megan Randell   | 4LR   | 59.3   | 59.4   |       |       | 59.4   | 1       | 32     |
| 75      | Megan Randell   | VJ    | 42     | 44     | 45    | 43    | 45     | 5       | 24     |
| 76      | Luzy Goodwin    | 4LR   | 1:02.4 | 1:03.1 |       |       | 1:03.1 | 6       | 22     |
| 76      | Luzy Goodwin    | HJ    | 1.20   |        |       |       | 1.20   | 7       | 20     |
| 77      | Sarah Williams  | 6LR   | 1:33.1 |        |       |       | 1:33.1 | 2       | 30     |
| 77      | Sarah Williams  | SLJ   | 2.10   | 2.09   | 2.10  | 2.05  | 2.10   | 3       | 28     |
| 78      | Rachel Smout    | 6LR   | 1:36.6 |        |       |       | 1:36.6 | 6       | 22     |
| 78      | Rachel Smout    | HJ    | 1.15   |        |       |       | 1.15   | 10=     | 13     |
| 79      | Megan Pugh      | SLJ   | 2.08   | 2.07   | 2.08  | 2.08  | 2.08   | 5       | 24     |
| 80      | Isabella Morgan | STJ   | 5.10   | 5.40   | 5.25  | 0.00  | 5.40   | 6       | 22     |
| 81      | Ella Harris     | S     | 6.37   | 0.00   | 5.69  | 6.13  | 6.37   | 11      | 12     |
| 82      | Ebony Jones     | S     | 7.03   | 7.03   | 7.35  | 6.66  | 7.35   | 7       | 20     |
| 83      | Margo Martin    | SB    | 61     |        |       |       | 61     | 12      | 10     |
| 84      | Elin Evans      | SB    | 0      |        |       |       | 0      |         |        |



# Team Results

# South East Wales (grey)

## Competition:

ASHA-Welsh Final Under 13 Girls

## 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       | Dyfed                       | red    | 683   | 70 | 60 | 70  | 60  | 56  | 50  | 44  | 59 | 62 | 38 | 32  | 34  | 48 |
| 2       | Afan Nedd Tawe              | sky    | 635   | 80 | 70 | 80  | 70  | 22  | 18  | 54  | 48 | 40 | 43 | 52  | 30  | 28 |
| 3       | Powys                       | maroon | 613   | 30 | 80 | 30  | 80  | 60  | 54  | 52  | 33 | 32 | 10 | 52  | 54  | 46 |
| 4       | Cardiff & Vale of Glamorgan | green  | 542   | 50 | 20 | 40  | 50  | 37  | 40  | 34  | 55 | 48 | 46 | 36  | 42  | 44 |
| 5       | North West Wales            | orange | 534   | 60 | 50 | 60  | 40  | 28  | 33  | 46  | 34 | 38 | 49 | 30  | 24  | 42 |
| 6       | North East Wales            | purple | 368   | 40 | 30 | 50  | 20  | 33  | 6   | 12  | 6  | 20 | 33 | 34  | 42  | 42 |
| 7       | South East Wales            | grey   | 276   | 20 | 40 | 20  | 10  | 10  | 28  | 20  | 22 | 26 | 14 | 18  | 32  | 16 |
| 8       | Glamorgan Valleys           | yellow | 203   | 0  | 10 | 0   | 30  | 26  | 43  | 10  | 9  | 4  | 37 | 18  | 12  | 4  |

| Comp No | Name                | Event | Perf1  | Perf2 | Perf3 | Perf4 | Best   | Ranking | Points |
|---------|---------------------|-------|--------|-------|-------|-------|--------|---------|--------|
| 85      | Megan Badham        | SLJ   | 1.92   | 1.98  | 2.01  | 2.00  | 2.01   | 10      | 14     |
| 86      | Emma Ford           | 6LR   | 1:51.3 |       |       |       | 1:51.3 | 13      | 8      |
| 86      | Emma Ford           | SB    | 60     |       |       |       | 60     | 13      | 8      |
| 87      | Morgan Woodward     | 2LR   | 28.8   | 0.0   |       |       | 28.8   | 14      | 6      |
| 87      | Morgan Woodward     | HJ    | 1.15   |       |       |       | 1.15   | 10=     | 13     |
| 88      | Anna Morgan         | STJ   | 4.38   | 4.52  | 4.41  | 0.00  | 4.52   | 13      | 8      |
| 89      | Eleri Williams      | 4LR   | 1:04.2 | 0.0   |       |       | 1:04.2 | 13      | 8      |
| 89      | Eleri Williams      | VJ    | 29     | 31    | 31    | 31    | 31     | 12      | 10     |
| 90      | Jess Ashton         | S     | 7.23   | 6.75  | 7.06  | 7.17  | 7.23   | 8       | 18     |
| 91      | Clara Zorab         | 2LR   | 29.4   | 0.0   |       |       | 29.4   | 15      | 4      |
| 91      | Clara Zorab         | HJ    | 1.10   |       |       |       | 1.10   | 12=     | 9      |
| 92      | Charlotte Tregaskes | 4LR   | 1:02.8 | 0.0   |       |       | 1:02.8 | 7       | 20     |
| 92      | Charlotte Tregaskes | STJ   | 5.40   | 5.38  | 5.45  | 0.00  | 5.45   | 5       | 24     |
| 93      | Charlotte Hathaway  | SB    | 56     |       |       |       | 56     | 14      | 6      |
| 94      | Victoria Woodford   | S     | 5.86   | 5.35  | 5.34  | 6.00  | 6.00   | 13      | 8      |
| 95      | Katie Way           | VJ    | 27     | 27    | 0     | 25    | 27     | 14      | 6      |
| 96      | Rebecca Melling     | 6LR   | 1:46.1 |       |       |       | 1:46.1 | 11      | 12     |
| 96      | Rebecca Melling     | SLJ   | 1.60   | 1.67  | 1.67  | 1.65  | 1.67   | 15      | 4      |

# Results Sheet

# Obstacle Relay

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

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

| Ranking | Code | Team                        | Colour | Heat   | Final | Performance | Points |
|---------|------|-----------------------------|--------|--------|-------|-------------|--------|
| 1       | 01   | Afan Nedd Tawe              | sky    | 1:27.9 | 0.0   | 1:27.9      | 80.0   |
| 2       | 03   | Dyfed                       | red    | 1:29.5 | 0.0   | 1:29.5      | 70.0   |
| 3       | 06   | North West Wales            | orange | 1:31.6 | 0.0   | 1:31.6      | 60.0   |
| 4       | 02   | Cardiff & Vale of Glamorgan | green  | 1:32.4 | 0.0   | 1:32.4      | 50.0   |
| 5       | 05   | North East Wales            | purple | 1:33.8 | 0.0   | 1:33.8      | 40.0   |
| 6       | 07   | Powys                       | maroon | 1:35.6 | 0.0   | 1:35.6      | 30.0   |
| 7       | 08   | South East Wales            | grey   | 1:37.2 | 0.0   | 1:37.2      | 20.0   |

# Results Sheet

# 2 Lap Race

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

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

| Ranking | Team                        | Colour | Points |
|---------|-----------------------------|--------|--------|
| 1       | Powys                       | maroon | 60     |
| 2       | Dyfed                       | red    | 56     |
| 3       | Cardiff & Vale of Glamorgan | green  | 37     |
| 4       | North East Wales            | purple | 33     |
| 5       | North West Wales            | orange | 28     |
| 6       | Glamorgan Valleys           | yellow | 26     |
| 7       | Afan Nedd Tawe              | sky    | 22     |
| 8       | South East Wales            | grey   | 10     |

| Ranking | Team                        | Colour | BibNo | Name              | Best | Points |
|---------|-----------------------------|--------|-------|-------------------|------|--------|
| 1       | Powys                       | maroon | 73    | Vicky Gittins     | 27.1 | 32     |
| 2       | Dyfed                       | red    | 25    | Tennessee Randall | 27.7 | 30     |
| 3       | Powys                       | maroon | 74    | Katie Jones       | 27.8 | 28     |
| 4       | Dyfed                       | red    | 33    | Delun Alcock      | 28.0 | 26     |
| 5       | Glamorgan Valleys           | yellow | 44    | Sally Gambun      | 30.3 | 24     |
| 6       | North East Wales            | purple | 60    | Sarah Atkinson    | 30.4 | 22     |
| 7       | Cardiff & Vale of Glamorgan | green  | 12    | Molly Brown       | 28.1 | 20     |
| 8=      | Cardiff & Vale of Glamorgan | green  | 13    | Rosie Thompson    | 28.2 | 17     |
| 8=      | North West Wales            | orange | 69    | Ffion Lewis       | 28.2 | 17     |
| 10      | Afan Nedd Tawe              | sky    | 98    | Katy Phillips     | 28.3 | 14     |
| 11=     | North East Wales            | purple | 55    | Beth Jones        | 28.4 | 11     |
| 11=     | North West Wales            | orange | 70    | Lauren Williams   | 28.4 | 11     |
| 13      | Afan Nedd Tawe              | sky    | 3     | Mia Evans         | 28.6 | 8      |
| 14      | South East Wales            | grey   | 87    | Morgan Woodward   | 28.8 | 6      |
| 15      | South East Wales            | grey   | 91    | Clara Zorab       | 29.4 | 4      |
| 16      | Glamorgan Valleys           | yellow | 39    | Bethan Johnson    | 29.5 | 2      |

# Results Sheet

# 4 Lap Race

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

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

| Ranking | Team                        | Colour | Points |
|---------|-----------------------------|--------|--------|
| 1       | Powys                       | maroon | 54     |
| 2       | Dyfed                       | red    | 50     |
| 3       | Glamorgan Valleys           | yellow | 43     |
| 4       | Cardiff & Vale of Glamorgan | green  | 40     |
| 5       | North West Wales            | orange | 33     |
| 6       | South East Wales            | grey   | 28     |
| 7       | Afan Nedd Tawe              | sky    | 18     |
| 8       | North East Wales            | purple | 6      |

| Ranking | Team                        | Colour | BibNo | Name                | Best   | Points |
|---------|-----------------------------|--------|-------|---------------------|--------|--------|
| 1       | Powys                       | maroon | 75    | Megan Randell       | 59.4   | 32     |
| 2       | Cardiff & Vale of Glamorgan | green  | 14    | Lucy Cuddihee       | 1:00.0 | 30     |
| 3       | Glamorgan Valleys           | yellow | 37    | Zoe Nash            | 1:00.4 | 28     |
| 4       | Dyfed                       | red    | 27    | Carly Jones         | 1:00.9 | 26     |
| 5       | Dyfed                       | red    | 26    | Lauren Davey        | 1:01.1 | 24     |
| 6       | Powys                       | maroon | 76    | Luzy Goodwin        | 1:03.1 | 22     |
| 7       | South East Wales            | grey   | 92    | Charlotte Tregaskes | 1:02.8 | 20     |
| 8       | North West Wales            | orange | 68    | Lucy Jones          | 1:03.0 | 18     |
| 9=      | Glamorgan Valleys           | yellow | 43    | Ellie Eddy Williams | 1:03.2 | 15     |
| 9=      | North West Wales            | orange | 63    | Cerys Davies        | 1:03.2 | 15     |
| 11      | Afan Nedd Tawe              | sky    | 10    | Georgia Williams    | 1:03.6 | 12     |
| 12      | Cardiff & Vale of Glamorgan | green  | 15    | Ela Emyr            | 1:03.9 | 10     |
| 13      | South East Wales            | grey   | 89    | Eleri Williams      | 1:04.2 | 8      |
| 14      | Afan Nedd Tawe              | sky    | 8     | Brooke Lear         | 1:05.5 | 6      |
| 15      | North East Wales            | purple | 56    | Lucy Bassett        | 1:06.7 | 4      |
| 16      | North East Wales            | purple | 52    | Caitlin Pointon     | 1:09.9 | 2      |

# Results Sheet

# 6 Lap Time Trial

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

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

| Ranking | Team                        | Colour | Points |
|---------|-----------------------------|--------|--------|
| 1       | Afan Nedd Tawe              | sky    | 54     |
| 2       | Powys                       | maroon | 52     |
| 3       | North West Wales            | orange | 46     |
| 4       | Dyfed                       | red    | 44     |
| 5       | Cardiff & Vale of Glamorgan | green  | 34     |
| 6       | South East Wales            | grey   | 20     |
| 7       | North East Wales            | purple | 12     |
| 8       | Glamorgan Valleys           | yellow | 10     |

| Ranking | Team                        | Colour | BibNo | Name            | Best   | Points |
|---------|-----------------------------|--------|-------|-----------------|--------|--------|
| 1       | North West Wales            | orange | 64    | Mollie Davies   | 1:32.6 | 32     |
| 2       | Powys                       | maroon | 77    | Sarah Williams  | 1:33.1 | 30     |
| 3       | Afan Nedd Tawe              | sky    | 6     | Katie Parfitt   | 1:34.7 | 28     |
| 4       | Afan Nedd Tawe              | sky    | 5     | Ellie Coates    | 1:35.0 | 26     |
| 5       | Dyfed                       | red    | 28    | Gwenno Evans    | 1:35.3 | 24     |
| 6       | Powys                       | maroon | 78    | Rachel Smout    | 1:36.6 | 22     |
| 7       | Dyfed                       | red    | 36    | Ffion Jenkins   | 1:39.6 | 20     |
| 8       | Cardiff & Vale of Glamorgan | green  | 17    | Maya Bell       | 1:42.3 | 18     |
| 9       | Cardiff & Vale of Glamorgan | green  | 16    | Seren Marsh     | 1:45.0 | 16     |
| 10      | North West Wales            | orange | 65    | Elin Hughes     | 1:45.5 | 14     |
| 11      | South East Wales            | grey   | 96    | Rebecca Melling | 1:46.1 | 12     |
| 12      | North East Wales            | purple | 51    | Natasha Morgan  | 1:51.1 | 10     |
| 13      | South East Wales            | grey   | 86    | Emma Ford       | 1:51.3 | 8      |
| 14      | Glamorgan Valleys           | yellow | 41    | Ceri Jones      | 1:52.0 | 6      |
| 15      | Glamorgan Valleys           | yellow | 40    | Natasha Powell  | 1:53.2 | 4      |
| 16      | North East Wales            | purple | 50    | Emily Goldup    | 2:01.7 | 2      |

# Results Sheet

# 8 Lap Paarlauf

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

6 Mar 2011

| Ranking | Code | Team                        | Colour | Heat   | Final | Performance | Points |
|---------|------|-----------------------------|--------|--------|-------|-------------|--------|
| 1       | 07   | Powys                       | maroon | 1:53.4 | 0.0   | 1:53.4      | 80.0   |
| 2       | 01   | Afan Nedd Tawe              | sky    | 1:56.1 | 0.0   | 1:56.1      | 70.0   |
| 3       | 03   | Dyfed                       | red    | 1:58.9 | 0.0   | 1:58.9      | 60.0   |
| 4       | 06   | North West Wales            | orange | 2:00.9 | 0.0   | 2:00.9      | 50.0   |
| 5       | 08   | South East Wales            | grey   | 2:04.7 | 0.0   | 2:04.7      | 40.0   |
| 6       | 05   | North East Wales            | purple | 2:11.5 | 0.0   | 2:11.5      | 30.0   |
| 7       | 02   | Cardiff & Vale of Glamorgan | green  | 2:12.4 | 0.0   | 2:12.4      | 20.0   |
| 8       | 04   | Glamorgan Valleys           | yellow | 2:17.1 | 0.0   | 2:17.1      | 10.0   |

# Results Sheet

# 4 x 1 Lap Relay

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

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

| Ranking | Code | Team                        | Colour | Heat   | Final | Performance | Points |
|---------|------|-----------------------------|--------|--------|-------|-------------|--------|
| 1       | 01   | Afan Nedd Tawe              | sky    | 51.7   | 0.0   | 51.7        | 80.0   |
| 2       | 03   | Dyfed                       | red    | 55.0   | 0.0   | 55.0        | 70.0   |
| 3       | 06   | North West Wales            | orange | 55.5   | 0.0   | 55.5        | 60.0   |
| 4       | 05   | North East Wales            | purple | 56.6   | 0.0   | 56.6        | 50.0   |
| 5       | 02   | Cardiff & Vale of Glamorgan | green  | 57.6   | 0.0   | 57.6        | 40.0   |
| 6       | 07   | Powys                       | maroon | 58.2   | 0.0   | 58.2        | 30.0   |
| 7       | 08   | South East Wales            | grey   | 1:03.9 | 0.0   | 1:03.9      | 20.0   |

# Results Sheet

# 4 x 2 Lap Relay

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

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

| Ranking | Code | Team                        | Colour | Heat   | Final | Performance | Points |
|---------|------|-----------------------------|--------|--------|-------|-------------|--------|
| 1       | 07   | Powys                       | maroon | 1:50.0 | 0.0   | 1:50.0      | 80.0   |
| 2       | 01   | Afan Nedd Tawe              | sky    | 1:51.9 | 0.0   | 1:51.9      | 70.0   |
| 3       | 03   | Dyfed                       | red    | 1:52.5 | 0.0   | 1:52.5      | 60.0   |
| 4       | 02   | Cardiff & Vale of Glamorgan | green  | 1:54.7 | 0.0   | 1:54.7      | 50.0   |
| 5       | 06   | North West Wales            | orange | 1:55.4 | 0.0   | 1:55.4      | 40.0   |
| 6       | 04   | Glamorgan Valleys           | yellow | 1:57.7 | 0.0   | 1:57.7      | 30.0   |
| 7       | 05   | North East Wales            | purple | 1:58.2 | 0.0   | 1:58.2      | 20.0   |
| 8       | 08   | South East Wales            | grey   | 1:58.7 | 0.0   | 1:58.7      | 10.0   |



# Results Sheet

# High Jump

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

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

| Ranking | Team                        | Colour | Points |
|---------|-----------------------------|--------|--------|
| 1       | Dyfed                       | red    | 59     |
| 2       | Cardiff & Vale of Glamorgan | green  | 55     |
| 3       | Afan Nedd Tawe              | sky    | 48     |
| 4       | North West Wales            | orange | 34     |
| 5       | Powys                       | maroon | 33     |
| 6       | South East Wales            | grey   | 22     |
| 7       | Glamorgan Valleys           | yellow | 9      |
| 8       | North East Wales            | purple | 6      |

| Ranking | Team                        | Colour | BibNo | Name               | Best | Points |
|---------|-----------------------------|--------|-------|--------------------|------|--------|
| 1=      | Cardiff & Vale of Glamorgan | green  | 19    | Lottie Coakley     | 1.30 | 31     |
| 1=      | Dyfed                       | red    | 25    | Tennessee Randall  | 1.30 | 31     |
| 3       | Dyfed                       | red    | 35    | Rebecca Hartson    | 1.30 | 28     |
| 4       | Afan Nedd Tawe              | sky    | 7     | Jessica Merrick    | 1.25 | 26     |
| 5       | Cardiff & Vale of Glamorgan | green  | 18    | Tamara Pitt        | 1.25 | 24     |
| 6       | Afan Nedd Tawe              | sky    | 98    | Katy Phillips      | 1.25 | 22     |
| 7       | Powys                       | maroon | 76    | Luzy Goodwin       | 1.20 | 20     |
| 8       | North West Wales            | orange | 68    | Lucy Jones         | 1.20 | 18     |
| 9       | North West Wales            | orange | 71    | Llio Williams      | 1.15 | 16     |
| 10=     | Powys                       | maroon | 78    | Rachel Smout       | 1.15 | 13     |
| 10=     | South East Wales            | grey   | 87    | Morgan Woodward    | 1.15 | 13     |
| 12=     | Glamorgan Valleys           | yellow | 42    | Sashini Jayasinghe | 1.10 | 9      |
| 12=     | South East Wales            | grey   | 91    | Clara Zorab        | 1.10 | 9      |
| 14      | North East Wales            | purple | 56    | Lucy Bassett       | 1.00 | 6      |

# Results Sheet

# Shot

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

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

| Ranking | Team                        | Colour | Points |
|---------|-----------------------------|--------|--------|
| 1       | Dyfed                       | red    | 62     |
| 2       | Cardiff & Vale of Glamorgan | green  | 48     |
| 3       | Afan Nedd Tawe              | sky    | 40     |
| 4       | North West Wales            | orange | 38     |
| 5       | Powys                       | maroon | 32     |
| 6       | South East Wales            | grey   | 26     |
| 7       | North East Wales            | purple | 20     |
| 8       | Glamorgan Valleys           | yellow | 4      |

| Ranking | Team                        | Colour | BibNo | Name                 | Best | Points |
|---------|-----------------------------|--------|-------|----------------------|------|--------|
| 1       | Dyfed                       | red    | 32    | Bethan Lewis         | 9.59 | 32     |
| 2       | Dyfed                       | red    | 31    | Amy Humble           | 9.09 | 30     |
| 3       | North West Wales            | orange | 61    | Gwenan Williams      | 8.40 | 28     |
| 4       | Cardiff & Vale of Glamorgan | green  | 22    | Emily Viggers        | 8.32 | 26     |
| 5       | Afan Nedd Tawe              | sky    | 4     | Ffion Wake           | 8.10 | 24     |
| 6       | Cardiff & Vale of Glamorgan | green  | 23    | Brooke Langton-Cryer | 7.35 | 22     |
| 7       | Powys                       | maroon | 82    | Ebony Jones          | 7.35 | 20     |
| 8       | South East Wales            | grey   | 90    | Jess Ashton          | 7.23 | 18     |
| 9       | Afan Nedd Tawe              | sky    | 1     | Katie Wells          | 6.70 | 16     |
| 10      | North East Wales            | purple | 53    | Tia Williams         | 6.63 | 14     |
| 11      | Powys                       | maroon | 81    | Ella Harris          | 6.37 | 12     |
| 12      | North West Wales            | orange | 65    | Elin Hughes          | 6.32 | 10     |
| 13      | South East Wales            | grey   | 94    | Victoria Woodford    | 6.00 | 8      |
| 14      | North East Wales            | purple | 59    | Jo Berry             | 5.95 | 6      |
| 15      | Glamorgan Valleys           | yellow | 39    | Bethan Johnson       | 5.22 | 4      |

# Results Sheet

# Speed Bounce

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

6 Mar 2011

| Ranking | Team                        | Colour | Points |
|---------|-----------------------------|--------|--------|
| 1       | North West Wales            | orange | 49     |
| 2       | Cardiff & Vale of Glamorgan | green  | 46     |
| 3       | Afan Nedd Tawe              | sky    | 43     |
| 4       | Dyfed                       | red    | 38     |
| 5       | Glamorgan Valleys           | yellow | 37     |
| 6       | North East Wales            | purple | 33     |
| 7       | South East Wales            | grey   | 14     |
| 8       | Powys                       | maroon | 10     |

| Ranking | Team                        | Colour | BibNo | Name               | Total | Points |
|---------|-----------------------------|--------|-------|--------------------|-------|--------|
| 1       | North West Wales            | orange | 62    | Katie Kieth        | 71    | 32     |
| 2=      | Afan Nedd Tawe              | sky    | 11    | Gaia Davies        | 70    | 29     |
| 2=      | North East Wales            | purple | 58    | Ellie Burke        | 70    | 29     |
| 4=      | Cardiff & Vale of Glamorgan | green  | 13    | Rosie Thompson     | 68    | 25     |
| 4=      | Glamorgan Valleys           | yellow | 37    | Zoe Nash           | 68    | 25     |
| 6=      | Cardiff & Vale of Glamorgan | green  | 12    | Molly Brown        | 66    | 21     |
| 6=      | Dyfed                       | red    | 33    | Delun Alcock       | 66    | 21     |
| 8=      | Dyfed                       | red    | 34    | Hannah Doel        | 65    | 17     |
| 8=      | North West Wales            | orange | 66    | Sophie Barton      | 65    | 17     |
| 10      | Afan Nedd Tawe              | sky    | 9     | Jamie O'Driscoll   | 64    | 14     |
| 11      | Glamorgan Valleys           | yellow | 44    | Sally Gambun       | 62    | 12     |
| 12      | Powys                       | maroon | 83    | Margo Martin       | 61    | 10     |
| 13      | South East Wales            | grey   | 86    | Emma Ford          | 60    | 8      |
| 14      | South East Wales            | grey   | 93    | Charlotte Hathaway | 56    | 6      |
| 15      | North East Wales            | purple | 52    | Caitlin Pointon    | 54    | 4      |
|         | Powys                       | maroon | 84    | Elin Evans         | 0     | 0      |

# Results Sheet

# Standing Long Jump

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

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

| Ranking | Team                        | Colour | Points |
|---------|-----------------------------|--------|--------|
| 1=      | Afan Nedd Tawe              | sky    | 52     |
| 1=      | Powys                       | maroon | 52     |
| 3       | Cardiff & Vale of Glamorgan | green  | 36     |
| 4       | North East Wales            | purple | 34     |
| 5       | Dyfed                       | red    | 32     |
| 6       | North West Wales            | orange | 30     |
| 7=      | Glamorgan Valleys           | yellow | 18     |
| 7=      | South East Wales            | grey   | 18     |

| Ranking | Team                        | Colour | BibNo | Name                | Best | Points |
|---------|-----------------------------|--------|-------|---------------------|------|--------|
| 1       | Afan Nedd Tawe              | sky    | 2     | Hannah Brier        | 2.27 | 32     |
| 2       | Cardiff & Vale of Glamorgan | green  | 17    | Maya Bell           | 2.15 | 30     |
| 3       | Powys                       | maroon | 77    | Sarah Williams      | 2.10 | 28     |
| 4       | North East Wales            | purple | 55    | Beth Jones          | 2.10 | 26     |
| 5       | Powys                       | maroon | 79    | Megan Pugh          | 2.08 | 24     |
| 6       | Dyfed                       | red    | 30    | Rachel Evans        | 2.08 | 22     |
| 7       | Afan Nedd Tawe              | sky    | 5     | Ellie Coates        | 2.05 | 20     |
| 8       | North West Wales            | orange | 70    | Lauren Williams     | 2.03 | 18     |
| 9       | Glamorgan Valleys           | yellow | 43    | Ellie Eddy Williams | 2.01 | 16     |
| 10      | South East Wales            | grey   | 85    | Megan Badham        | 2.01 | 14     |
| 11      | North West Wales            | orange | 69    | Ffion Lewis         | 1.98 | 12     |
| 12      | Dyfed                       | red    | 28    | Gwenno Evans        | 1.96 | 10     |
| 13      | North East Wales            | purple | 60    | Sarah Atkinson      | 1.89 | 8      |
| 14      | Cardiff & Vale of Glamorgan | green  | 16    | Seren Marsh         | 1.75 | 6      |
| 15      | South East Wales            | grey   | 96    | Rebecca Melling     | 1.67 | 4      |
| 16      | Glamorgan Valleys           | yellow | 41    | Ceri Jones          | 1.57 | 2      |

# Results Sheet

# Standing Triple Jump

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

6 Mar 2011

| Ranking | Team                        | Colour | Points |
|---------|-----------------------------|--------|--------|
| 1       | Powys                       | maroon | 54     |
| 2=      | Cardiff & Vale of Glamorgan | green  | 42     |
| 2=      | North East Wales            | purple | 42     |
| 4       | Dyfed                       | red    | 34     |
| 5       | South East Wales            | grey   | 32     |
| 6       | Afan Nedd Tawe              | sky    | 30     |
| 7       | North West Wales            | orange | 24     |
| 8       | Glamorgan Valleys           | yellow | 12     |

| Ranking | Team                        | Colour | BibNo | Name                | Best | Points |
|---------|-----------------------------|--------|-------|---------------------|------|--------|
| 1       | Powys                       | maroon | 73    | Vicky Gittins       | 6.36 | 32     |
| 2       | Dyfed                       | red    | 26    | Lauren Davey        | 5.92 | 30     |
| 3       | Cardiff & Vale of Glamorgan | green  | 14    | Lucy Cuddihee       | 5.62 | 28     |
| 4       | North East Wales            | purple | 54    | Rachel Swash        | 5.54 | 26     |
| 5       | South East Wales            | grey   | 92    | Charlotte Tregaskes | 5.45 | 24     |
| 6       | Powys                       | maroon | 80    | Isabella Morgan     | 5.40 | 22     |
| 7       | Afan Nedd Tawe              | sky    | 6     | Katie Parfitt       | 5.30 | 20     |
| 8       | North West Wales            | orange | 64    | Mollie Davies       | 5.25 | 18     |
| 9       | North East Wales            | purple | 49    | Nia Burke           | 5.10 | 16     |
| 10      | Cardiff & Vale of Glamorgan | green  | 20    | Rachel Chilcott     | 4.97 | 14     |
| 11      | Glamorgan Valleys           | yellow | 38    | Sian Smith          | 4.97 | 12     |
| 12      | Afan Nedd Tawe              | sky    | 3     | Mia Evans           | 4.97 | 10     |
| 13      | South East Wales            | grey   | 88    | Anna Morgan         | 4.52 | 8      |
| 14      | North West Wales            | orange | 63    | Cerys Davies        | 4.40 | 6      |
| 15      | Dyfed                       | red    | 36    | Ffion Jenkins       | 4.39 | 4      |

# Results Sheet

# Vertical Jump

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

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
6 Mar 2011

| Ranking | Team                        | Colour | Points |
|---------|-----------------------------|--------|--------|
| 1       | Dyfed                       | red    | 48     |
| 2       | Powys                       | maroon | 46     |
| 3       | Cardiff & Vale of Glamorgan | green  | 44     |
| 4=      | North East Wales            | purple | 42     |
| 4=      | North West Wales            | orange | 42     |
| 6       | Afan Nedd Tawe              | sky    | 28     |
| 7       | South East Wales            | grey   | 16     |
| 8       | Glamorgan Valleys           | yellow | 4      |

| Ranking | Team                        | Colour | BibNo | Name             | Best | Points |
|---------|-----------------------------|--------|-------|------------------|------|--------|
| 1       | Cardiff & Vale of Glamorgan | green  | 21    | Georgia Brown    | 47   | 32     |
| 2       | Dyfed                       | red    | 27    | Carly Jones      | 46   | 30     |
| 3       | North West Wales            | orange | 67    | Laura Ellis      | 46   | 28     |
| 4       | North East Wales            | purple | 57    | Sophie Rowlands  | 46   | 26     |
| 5       | Powys                       | maroon | 75    | Megan Randell    | 45   | 24     |
| 6       | Powys                       | maroon | 74    | Katie Jones      | 43   | 22     |
| 7       | Afan Nedd Tawe              | sky    | 8     | Brooke Lear      | 43   | 20     |
| 8       | Dyfed                       | red    | 29    | Nia Jones        | 43   | 18     |
| 9       | North East Wales            | purple | 51    | Natasha Morgan   | 41   | 16     |
| 10      | North West Wales            | orange | 72    | Hannah Hughes    | 41   | 14     |
| 11      | Cardiff & Vale of Glamorgan | green  | 15    | Ela Emyr         | 39   | 12     |
| 12      | South East Wales            | grey   | 89    | Eleri Williams   | 31   | 10     |
| 13      | Afan Nedd Tawe              | sky    | 10    | Georgia Williams | 31   | 8      |
| 14      | South East Wales            | grey   | 95    | Katie Way        | 27   | 6      |
| 15      | Glamorgan Valleys           | yellow | 40    | Natasha Powell   | 25   | 4      |