

Competition Results

Competition:
ASHA-Welsh Final Under 15 Girls

Venue:
Cwmbran Stadium Sports Centre

Date
6 Mar 2011

Ranking	Team	Score	Individual	P8	4x2
1	Dyfed	616	466	70	80
2	Cardiff & Vale of Glamorgan	547	457	40	50
3	Powys	543	423	80	40
4=	North East Wales	492	402	20	70
4=	North West Wales	492	402	60	30
6	South East Wales	406	346	0	60
7	Afan Nedd Tawe	404	334	50	20
8	Glamorgan Valleys	269	229	30	10

Athlete Results

Competition:
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Ranking	BibNo	Athlete	Team	Score	2LR	4LR	S	SB	SLJ	VJ
1	108	Claire Taylor	Cardiff & Vale of Glamo	137	42		46		49	
2	115	Laura Davies	Dyfed	136	50			40	46	
3	116	Ayla Hamilton	Dyfed	135	44		42		49	
4	143	Adele Nicoll	Powys	132	40		50		42	
5	129	Rhian Williams	North East Wales	124	48		38			38
6	132	Kathryn Roberts	North East Wales	120		40		48	32	
7	117	Meg Johns	Dyfed	116	34		44			38
8	109	Izzy Eddy-Williams	Cardiff & Vale of Glamo	114		30		40	44	
9	154	Melissa Roberts	South East Wales	112		50		31		31
10	137	Chelsea VanCorter	North West Wales	111	31			48	32	
11	148	Rosie Unwin	Powys	109		44		15		50
12	136	Cara Hughes	North West Wales	105	31		36			38
13	110	Rhiannon Rudling-Smith	Cardiff & Vale of Glamo	104		22	34			48
14	101	Cartin Roberts	Afan Nedd Tawe	103		48		9		46
15=	111	Caitlin Allin	Cardiff & Vale of Glamo	102	36			40		26
15=	130	Megan Brooke-Jones	North East Wales	102	46			19	37	
17	139	Courtney Stewart	North West Wales	98		42	18			38
18	144	Alex Cawthra	Powys	97		46		25	26	
19	155	Katie-Jane Priest	South East Wales	91	38			25	28	
20	112	Sarah Lewis	Cardiff & Vale of Glamo	89	20			25		44
21	141	Elin Williams	North West Wales	88	28			48	12	
22=	103	Bethan Radford	Afan Nedd Tawe	87	24			40		23
22=	140	Aerin Vaughn	North West Wales	87		16		34	37	
24	146	Nan Thomas	Powys	85	22		40			23
25	119	Evangeline Davies	Dyfed	79		28		31		20
26=	113	Laura Trigg	Cardiff & Vale of Glamo	78		32	14		32	
26=	147	Ella Jones	Powys	78		26	12		40	
28	105	Zoe Parfitt	Afan Nedd Tawe	76	12		26			38
29	138	Awel Evans	North West Wales	75		14	30			31
30	151	Rhiannon Brereton	South East Wales	72		20	24			28
31	150	Amber Ellie-Martin	South East Wales	71	16			40	15	
32	104	Cerys McCool	Afan Nedd Tawe	68	14		32		22	
33	123	Zoe Emma Dakin	Glamorgan Valleys	64	4		48			12
34	118	Leah Randell	Dyfed	59		38		6	15	
35	122	Robbie-Leigh Lock	Glamorgan Valleys	58	10		28		20	
36	133	Kathryn Roberts	North East Wales	56		36	16		4	
37	152	Lily Harris	South East Wales	55	26		22		7	
38=	106	Naomi Osborn	Afan Nedd Tawe	54		34	10		10	
38=	127	Alice Nottingham	Glamorgan Valleys	54		18		12	24	
40=	125	Nadine Keeble	Glamorgan Valleys	53		12		25		16
40=	145	Jazmin Herdman	Powys	53	18			19		16
42	102	Rebekah Stock	Afan Nedd Tawe	46		24		15	7	
43	124	Ailish Smith	Glamorgan Valleys	40		10	20			10
44	126	Emma Khammaneechan	Glamorgan Valleys	35	8			9	18	
45	131	Ellie Rimmer	North East Wales	30	6		8			16
46=	120	Megan Hamilton	Dyfed	0						
46=	135	Amy Roberts	North East Wales	0						

Team Results

Afan Nedd Tawe (sky)

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1	Dyfed	616	466	70	80
2	Cardiff & Vale of Glamorgan	547	457	40	50
3	Powys	543	423	80	40
4=	North East Wales	492	402	20	70
4=	North West Wales	492	402	60	30
6	South East Wales	406	346	0	60
7	Afan Nedd Tawe	404	334	50	20
8	Glamorgan Valleys	269	229	30	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
101	Cartin Roberts	4LR	57.2				57.2	2	48
101	Cartin Roberts	SB	65				65	21=	9
101	Cartin Roberts	VJ	49	48	46		49	3	46
102	Rebekah Stock	4LR	1:01.2				1:01.2	14	24
102	Rebekah Stock	SB	67				67	18=	15
102	Rebekah Stock	SLJ	1.72	1.69	1.56		1.72	22=	7
103	Bethan Radford	2LR	27.8				27.8	14	24
103	Bethan Radford	SB	75				75	4=	40
103	Bethan Radford	VJ	0	40	42		42	14=	23
104	Cerys McCool	2LR	29.2				29.2	19	14
104	Cerys McCool	S	6.68	6.83	6.01		6.83	10	32
104	Cerys McCool	SLJ	1.90	1.88	1.94		1.94	15	22
105	Zoe Parfitt	2LR	29.5				29.5	20	12
105	Zoe Parfitt	S	6.52	6.23	6.09		6.52	13	26
105	Zoe Parfitt	VJ	46	47	46		47	5=	38
106	Naomi Osborn	4LR	59.5				59.5	9	34
106	Naomi Osborn	S	4.69	4.96	4.71		4.96	21	10
106	Naomi Osborn	SLJ	1.70	1.64	1.73		1.73	21	10

Team Results

Cardiff & Vale of Glamorgan (green)

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1	Dyfed	616	466	70	80
2	Cardiff & Vale of Glamorgan	547	457	40	50
3	Powys	543	423	80	40
4=	North East Wales	492	402	20	70
4=	North West Wales	492	402	60	30
6	South East Wales	406	346	0	60
7	Afan Nedd Tawe	404	334	50	20
8	Glamorgan Valleys	269	229	30	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
108	Claire Taylor	2LR	26.2				26.2	5	42
108	Claire Taylor	S	7.57	8.00	8.12		8.12	3	46
108	Claire Taylor	SLJ	2.16	2.25	2.18		2.25	1=	49
109	Izzy Eddy-Williams	4LR	1:00.0				1:00.0	11	30
109	Izzy Eddy-Williams	SB	75				75	4=	40
109	Izzy Eddy-Williams	SLJ	2.18	2.18	2.21		2.21	4	44
110	Rhiannon Rudling-Smith	4LR	1:01.4				1:01.4	15	22
110	Rhiannon Rudling-Smith	S	6.84	0.00	6.45		6.84	9	34
110	Rhiannon Rudling-Smith	VJ	49	47	50		50	2	48
111	Caitlin Allin	2LR	26.9				26.9	8	36
111	Caitlin Allin	SB	75				75	4=	40
111	Caitlin Allin	VJ	43	39	39		43	13	26
112	Sarah Lewis	2LR	28.4				28.4	16	20
112	Sarah Lewis	SB	71				71	12=	25
112	Sarah Lewis	VJ	43	45	48		48	4	44
113	Laura Trigg	4LR	59.6				59.6	10	32
113	Laura Trigg	S	5.20	4.44	5.12		5.20	19	14
113	Laura Trigg	SLJ	2.02	1.85	1.98		2.02	9=	32

Team Results

Dyfed (red)

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1	Dyfed	616	466	70	80
2	Cardiff & Vale of Glamorgan	547	457	40	50
3	Powys	543	423	80	40
4=	North East Wales	492	402	20	70
4=	North West Wales	492	402	60	30
6	South East Wales	406	346	0	60
7	Afan Nedd Tawe	404	334	50	20
8	Glamorgan Valleys	269	229	30	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
115	Laura Davies	2LR	25.6				25.6	1	50
115	Laura Davies	SB	75				75	4=	40
115	Laura Davies	SLJ	2.22	2.22	2.14		2.22	3	46
116	Ayla Hamilton	2LR	26.1				26.1	4	44
116	Ayla Hamilton	S	7.17	6.87	7.39		7.39	5	42
116	Ayla Hamilton	SLJ	2.14	2.09	2.25		2.25	1=	49
117	Meg Johns	2LR	27.0				27.0	9	34
117	Meg Johns	S	6.60	7.49	7.19		7.49	4	44
117	Meg Johns	VJ	47	47	46		47	5=	38
118	Leah Randell	4LR	59.1				59.1	7	38
118	Leah Randell	SB	62				62	23	6
118	Leah Randell	SLJ	1.74	1.77	1.58		1.77	18=	15
119	Evangeline Davies	4LR	1:00.5				1:00.5	12	28
119	Evangeline Davies	SB	73				73	10=	31
119	Evangeline Davies	VJ	39	40	38		40	16	20
120	Megan Hamilton	S	6.71	6.72	6.81		6.81		
120	Megan Hamilton	VJ	46	43	44		46		

Team Results

Glamorgan Valleys (yellow)

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1	Dyfed	616	466	70	80
2	Cardiff & Vale of Glamorgan	547	457	40	50
3	Powys	543	423	80	40
4=	North East Wales	492	402	20	70
4=	North West Wales	492	402	60	30
6	South East Wales	406	346	0	60
7	Afan Nedd Tawe	404	334	50	20
8	Glamorgan Valleys	269	229	30	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
122	Robbie-Leigh Lock	2LR	29.6				29.6	21	10
122	Robbie-Leigh Lock	S	6.52	6.71	6.31		6.71	12	28
122	Robbie-Leigh Lock	SLJ	1.86	1.86	1.73		1.86	16	20
123	Zoe Emma Dakin	2LR	34.2				34.2	24	4
123	Zoe Emma Dakin	S	9.11	8.50	8.93		9.11	2	48
123	Zoe Emma Dakin	VJ	35	32	34		35	20	12
124	Ailish Smith	4LR	1:13.2				1:13.2	21	10
124	Ailish Smith	S	5.42	5.62	5.85		5.85	16	20
124	Ailish Smith	VJ	33	32	31		33	21	10
125	Nadine Keeble	4LR	1:11.6				1:11.6	20	12
125	Nadine Keeble	SB	71				71	12=	25
125	Nadine Keeble	VJ	39	38	33		39	17=	16
126	Emma Khammaneechan	2LR	30.4				30.4	22	8
126	Emma Khammaneechan	SB	65				65	21=	9
126	Emma Khammaneechan	SLJ	0.00	1.73	1.78		1.78	17	18
127	Alice Nottingham	4LR	1:02.8				1:02.8	17	18
127	Alice Nottingham	SB	66				66	20	12
127	Alice Nottingham	SLJ	1.86	1.95	1.95		1.95	14	24

Team Results

North East Wales (purple)

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Ranking	Team	Score	Individual	P8	4x2
1	Dyfed	616	466	70	80
2	Cardiff & Vale of Glamorgan	547	457	40	50
3	Powys	543	423	80	40
4=	North East Wales	492	402	20	70
4=	North West Wales	492	402	60	30
6	South East Wales	406	346	0	60
7	Afan Nedd Tawe	404	334	50	20
8	Glamorgan Valleys	269	229	30	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
129	Rhian Williams	2LR	25.7				25.7	2	48
129	Rhian Williams	S	6.70	6.77	7.15		7.15	7	38
129	Rhian Williams	VJ	46	47	47		47	5=	38
130	Megan Brooke-Jones	2LR	25.9				25.9	3	46
130	Megan Brooke-Jones	SB	70				70	16=	19
130	Megan Brooke-Jones	SLJ	2.04	2.05	2.06		2.06	7=	37
131	Ellie Rimmer	2LR	32.7				32.7	23	6
131	Ellie Rimmer	S	0.00	0.00	4.43		4.43	22	8
131	Ellie Rimmer	VJ	39	38	37		39	17=	16
132	Kathryn Roberts	4LR	58.7				58.7	6	40
132	Kathryn Roberts	SB	76				76	1=	48
132	Kathryn Roberts	SLJ	2.02	1.93	1.94		2.02	9=	32
133	Kathryn Roberts	4LR	59.2				59.2	8	36
133	Kathryn Roberts	S	5.02	5.73	5.15		5.73	18	16
133	Kathryn Roberts	SLJ	1.36	1.44	1.52		1.52	24	4
135	Amy Roberts	SB	67				67		
135	Amy Roberts	VJ	36	38	38		38		

Team Results

North West Wales (orange)

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1	Dyfed	616	466	70	80
2	Cardiff & Vale of Glamorgan	547	457	40	50
3	Powys	543	423	80	40
4=	North East Wales	492	402	20	70
4=	North West Wales	492	402	60	30
6	South East Wales	406	346	0	60
7	Afan Nedd Tawe	404	334	50	20
8	Glamorgan Valleys	269	229	30	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
136	Cara Hughes	2LR	27.2				27.2	10=	31
136	Cara Hughes	S	6.27	7.08	6.32		7.08	8	36
136	Cara Hughes	VJ	47	44	45		47	5=	38
137	Chelsea VanCorter	2LR	27.2				27.2	10=	31
137	Chelsea VanCorter	SB	76				76	1=	48
137	Chelsea VanCorter	SLJ	2.00	1.94	2.02		2.02	9=	32
138	Awel Evans	4LR	1:04.4				1:04.4	19	14
138	Awel Evans	S	5.95	6.57	6.72		6.72	11	30
138	Awel Evans	VJ	44	42	46		46	10=	31
139	Courtney Stewart	4LR	58.4				58.4	5	42
139	Courtney Stewart	S	5.13	5.59	5.79		5.79	17	18
139	Courtney Stewart	VJ	47	47	47		47	5=	38
140	Aerin Vaughn	4LR	1:03.4				1:03.4	18	16
140	Aerin Vaughn	SB	74				74	9	34
140	Aerin Vaughn	SLJ	2.02	2.06	1.99		2.06	7=	37
141	Elin Williams	2LR	27.6				27.6	12	28
141	Elin Williams	SB	76				76	1=	48
141	Elin Williams	SLJ	1.76	1.75	1.76		1.76	20	12

Team Results

Powys (maroon)

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1	Dyfed	616	466	70	80
2	Cardiff & Vale of Glamorgan	547	457	40	50
3	Powys	543	423	80	40
4=	North East Wales	492	402	20	70
4=	North West Wales	492	402	60	30
6	South East Wales	406	346	0	60
7	Afan Nedd Tawe	404	334	50	20
8	Glamorgan Valleys	269	229	30	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
143	Adele Nicoll	2LR	26.4				26.4	6	40
143	Adele Nicoll	S	12.69	13.66	13.61		13.66	1	50
143	Adele Nicoll	SLJ	2.20	2.17	2.12		2.20	5	42
144	Alex Cawthra	4LR	57.8				57.8	3	46
144	Alex Cawthra	SB	71				71	12=	25
144	Alex Cawthra	SLJ	1.96	1.90	0.00		1.96	13	26
145	Jazmin Herdman	2LR	28.5				28.5	17	18
145	Jazmin Herdman	SB	70				70	16=	19
145	Jazmin Herdman	VJ	39	37	38		39	17=	16
146	Nan Thomas	2LR	27.9				27.9	15	22
146	Nan Thomas	S	7.09	0.00	7.36		7.36	6	40
146	Nan Thomas	VJ	42	39	40		42	14=	23
147	Ella Jones	4LR	1:00.7				1:00.7	13	26
147	Ella Jones	S	4.09	5.01	4.19		5.01	20	12
147	Ella Jones	SLJ	2.07	2.04	2.04		2.07	6	40
148	Rosie Unwin	4LR	58.2				58.2	4	44
148	Rosie Unwin	SB	67				67	18=	15
148	Rosie Unwin	VJ	51	51	51		51	1	50

Team Results

South East Wales (grey)

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Ranking	Team	Score	Individual	P8	4x2
1	Dyfed	616	466	70	80
2	Cardiff & Vale of Glamorgan	547	457	40	50
3	Powys	543	423	80	40
4=	North East Wales	492	402	20	70
4=	North West Wales	492	402	60	30
6	South East Wales	406	346	0	60
7	Afan Nedd Tawe	404	334	50	20
8	Glamorgan Valleys	269	229	30	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
150	Amber Ellie-Martin	2LR	29.0				29.0	18	16
150	Amber Ellie-Martin	SB	75				75	4=	40
150	Amber Ellie-Martin	SLJ	1.70	1.73	1.77		1.77	18=	15
151	Rhiannon Brereton	4LR	1:01.6				1:01.6	16	20
151	Rhiannon Brereton	S	5.91	5.80	6.42		6.42	14	24
151	Rhiannon Brereton	VJ	44	43	41		44	12	28
152	Lily Harris	2LR	27.7				27.7	13	26
152	Lily Harris	S	6.03	5.94	5.52		6.03	15	22
152	Lily Harris	SLJ	1.68	1.72	1.72		1.72	22=	7
154	Melissa Roberts	4LR	56.6				56.6	1	50
154	Melissa Roberts	SB	73				73	10=	31
154	Melissa Roberts	VJ	46	45	44		46	10=	31
155	Katie-Jane Priest	2LR	26.8				26.8	7	38
155	Katie-Jane Priest	SB	71				71	12=	25
155	Katie-Jane Priest	SLJ	1.78	1.92	1.97		1.97	12	28

Results Sheet

2 Lap Race

Competition:
ASHA-Welsh Final Under 15 Girls

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Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	red	115	Laura Davies	25.6	50
2	North East Wales	purple	129	Rhian Williams	25.7	48
3	North East Wales	purple	130	Megan Brooke-Jones	25.9	46
4	Dyfed	red	116	Ayla Hamilton	26.1	44
5	Cardiff & Vale of Glamorgan	green	108	Claire Taylor	26.2	42
6	Powys	maroon	143	Adele Nicoll	26.4	40
7	South East Wales	grey	155	Katie-Jane Priest	26.8	38
8	Cardiff & Vale of Glamorgan	green	111	Caitlin Allin	26.9	36
9	Dyfed	red	117	Meg Johns	27.0	34
10=	North West Wales	orange	136	Cara Hughes	27.2	31
10=	North West Wales	orange	137	Chelsea VanCorter	27.2	31
12	North West Wales	orange	141	Elin Williams	27.6	28
13	South East Wales	grey	152	Lily Harris	27.7	26
14	Afan Nedd Tawe	sky	103	Bethan Radford	27.8	24
15	Powys	maroon	146	Nan Thomas	27.9	22
16	Cardiff & Vale of Glamorgan	green	112	Sarah Lewis	28.4	20
17	Powys	maroon	145	Jazmin Herdman	28.5	18
18	South East Wales	grey	150	Amber Ellie-Martin	29.0	16
19	Afan Nedd Tawe	sky	104	Cerys McCool	29.2	14
20	Afan Nedd Tawe	sky	105	Zoe Parfitt	29.5	12
21	Glamorgan Valleys	yellow	122	Robbie-Leigh Lock	29.6	10
22	Glamorgan Valleys	yellow	126	Emma Khammaneechan	30.4	8
23	North East Wales	purple	131	Ellie Rimmer	32.7	6
24	Glamorgan Valleys	yellow	123	Zoe Emma Dakin	34.2	4

Results Sheet

4 Lap Race

Competition:
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Ranking	Team	Colour	BibNo	Name	Best	Points
1	South East Wales	grey	154	Melissa Roberts	56.6	50
2	Afan Nedd Tawe	sky	101	Cartin Roberts	57.2	48
3	Powys	maroon	144	Alex Cawthra	57.8	46
4	Powys	maroon	148	Rosie Unwin	58.2	44
5	North West Wales	orange	139	Courtney Stewart	58.4	42
6	North East Wales	purple	132	Kathryn Roberts	58.7	40
7	Dyfed	red	118	Leah Randell	59.1	38
8	North East Wales	purple	133	Kathryn Roberts	59.2	36
9	Afan Nedd Tawe	sky	106	Naomi Osborn	59.5	34
10	Cardiff & Vale of Glamorgan	green	113	Laura Trigg	59.6	32
11	Cardiff & Vale of Glamorgan	green	109	Izzy Eddy-Williams	1:00.0	30
12	Dyfed	red	119	Evangeline Davies	1:00.5	28
13	Powys	maroon	147	Ella Jones	1:00.7	26
14	Afan Nedd Tawe	sky	102	Rebekah Stock	1:01.2	24
15	Cardiff & Vale of Glamorgan	green	110	Rhiannon Rudling-Smith	1:01.4	22
16	South East Wales	grey	151	Rhiannon Brereton	1:01.6	20
17	Glamorgan Valleys	yellow	127	Alice Nottingham	1:02.8	18
18	North West Wales	orange	140	Aerin Vaughn	1:03.4	16
19	North West Wales	orange	138	Awel Evans	1:04.4	14
20	Glamorgan Valleys	yellow	125	Nadine Keeble	1:11.6	12
21	Glamorgan Valleys	yellow	124	Ailish Smith	1:13.2	10

Results Sheet

8 Lap Paarlauf

Competition:
ASHA-Welsh Final Under 15 Girls

Venue:
Cwmbran Stadium Sports Centre

Date
6 Mar 2011

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	07	Powys	maroon	1:53.2	0.0	1:53.2	80.0
2	03	Dyfed	red	1:55.3	0.0	1:55.3	70.0
3	06	North West Wales	orange	1:59.1	0.0	1:59.1	60.0
4	01	Afan Nedd Tawe	sky	1:59.1	0.0	1:59.1	50.0
5	02	Cardiff & Vale of Glamorgan	green	2:00.1	0.0	2:00.1	40.0
6	04	Glamorgan Valleys	yellow	2:13.3	0.0	2:13.3	30.0
7	05	North East Wales	purple	2:22.5	0.0	2:22.5	20.0

Results Sheet

4 x 2 Lap Relay

Competition:
ASHA-Welsh Final Under 15 Girls

Venue:
Cwmbran Stadium Sports Centre

Date
6 Mar 2011

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Dyfed	red	1:44.6	0.0	1:44.6	80.0
2	05	North East Wales	purple	1:45.5	0.0	1:45.5	70.0
3	08	South East Wales	grey	1:46.0	0.0	1:46.0	60.0
4	02	Cardiff & Vale of Glamorgan	green	1:48.6	0.0	1:48.6	50.0
5	07	Powys	maroon	1:49.2	0.0	1:49.2	40.0
6	06	North West Wales	orange	1:49.7	0.0	1:49.7	30.0
7	01	Afan Nedd Tawe	sky	1:52.0	0.0	1:52.0	20.0
8	04	Glamorgan Valleys	yellow	2:05.5	0.0	2:05.5	10.0

Results Sheet

Shot

Competition:

ASHA-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

6 Mar 2011

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	maroon	143	Adele Nicoll	13.66	50
2	Glamorgan Valleys	yellow	123	Zoe Emma Dakin	9.11	48
3	Cardiff & Vale of Glamorgan	green	108	Claire Taylor	8.12	46
4	Dyfed	red	117	Meg Johns	7.49	44
5	Dyfed	red	116	Ayla Hamilton	7.39	42
6	Powys	maroon	146	Nan Thomas	7.36	40
7	North East Wales	purple	129	Rhian Williams	7.15	38
8	North West Wales	orange	136	Cara Hughes	7.08	36
9	Cardiff & Vale of Glamorgan	green	110	Rhiannon Rudling-Smith	6.84	34
10	Afan Nedd Tawe	sky	104	Cerys McCool	6.83	32
11	North West Wales	orange	138	Awel Evans	6.72	30
12	Glamorgan Valleys	yellow	122	Robbie-Leigh Lock	6.71	28
13	Afan Nedd Tawe	sky	105	Zoe Parfitt	6.52	26
14	South East Wales	grey	151	Rhiannon Brereton	6.42	24
15	South East Wales	grey	152	Lily Harris	6.03	22
16	Glamorgan Valleys	yellow	124	Ailish Smith	5.85	20
17	North West Wales	orange	139	Courtney Stewart	5.79	18
18	North East Wales	purple	133	Kathryn Roberts	5.73	16
19	Cardiff & Vale of Glamorgan	green	113	Laura Trigg	5.20	14
20	Powys	maroon	147	Ella Jones	5.01	12
21	Afan Nedd Tawe	sky	106	Naomi Osborn	4.96	10
22	North East Wales	purple	131	Ellie Rimmer	4.43	8
	Dyfed	red	120	Megan Hamilton	6.81	0

Results Sheet

Speed Bounce

Competition:
ASHA-Welsh Final Under 15 Girls

Venue:
Cwmbran Stadium Sports Centre

Date
6 Mar 2011

Ranking	Team	Colour	BibNo	Name	Total	Points
1=	North East Wales	purple	132	Kathryn Roberts	76	48
1=	North West Wales	orange	137	Chelsea VanCorter	76	48
1=	North West Wales	orange	141	Elin Williams	76	48
4=	Afan Nedd Tawe	sky	103	Bethan Radford	75	40
4=	Cardiff & Vale of Glamorgan	green	109	Izzy Eddy-Williams	75	40
4=	Cardiff & Vale of Glamorgan	green	111	Caitlin Allin	75	40
4=	Dyfed	red	115	Laura Davies	75	40
4=	South East Wales	grey	150	Amber Ellie-Martin	75	40
9	North West Wales	orange	140	Aerin Vaughn	74	34
10=	Dyfed	red	119	Evangeline Davies	73	31
10=	South East Wales	grey	154	Melissa Roberts	73	31
12=	Cardiff & Vale of Glamorgan	green	112	Sarah Lewis	71	25
12=	Glamorgan Valleys	yellow	125	Nadine Keeble	71	25
12=	Powys	maroon	144	Alex Cawthra	71	25
12=	South East Wales	grey	155	Katie-Jane Priest	71	25
16=	North East Wales	purple	130	Megan Brooke-Jones	70	19
16=	Powys	maroon	145	Jazmin Herdman	70	19
18=	Afan Nedd Tawe	sky	102	Rebekah Stock	67	15
18=	Powys	maroon	148	Rosie Unwin	67	15
20	Glamorgan Valleys	yellow	127	Alice Nottingham	66	12
21=	Afan Nedd Tawe	sky	101	Cartin Roberts	65	9
21=	Glamorgan Valleys	yellow	126	Emma Khammaneechan	65	9
23	Dyfed	red	118	Leah Randell	62	6
	North East Wales	purple	135	Amy Roberts	67	0

Results Sheet

Standing Long Jump

Competition:
ASHA-Welsh Final Under 15 Girls

Venue:
Cwmbran Stadium Sports Centre

Date
6 Mar 2011

Ranking	Team	Colour	BibNo	Name	Best	Points
1=	Cardiff & Vale of Glamorgan	green	108	Claire Taylor	2.25	49
1=	Dyfed	red	116	Ayla Hamilton	2.25	49
3	Dyfed	red	115	Laura Davies	2.22	46
4	Cardiff & Vale of Glamorgan	green	109	Izzy Eddy-Williams	2.21	44
5	Powys	maroon	143	Adele Nicoll	2.20	42
6	Powys	maroon	147	Ella Jones	2.07	40
7=	North East Wales	purple	130	Megan Brooke-Jones	2.06	37
7=	North West Wales	orange	140	Aerin Vaughn	2.06	37
9=	Cardiff & Vale of Glamorgan	green	113	Laura Trigg	2.02	32
9=	North East Wales	purple	132	Kathryn Roberts	2.02	32
9=	North West Wales	orange	137	Chelsea VanCorter	2.02	32
12	South East Wales	grey	155	Katie-Jane Priest	1.97	28
13	Powys	maroon	144	Alex Cawthra	1.96	26
14	Glamorgan Valleys	yellow	127	Alice Nottingham	1.95	24
15	Afan Nedd Tawe	sky	104	Cerys McCool	1.94	22
16	Glamorgan Valleys	yellow	122	Robbie-Leigh Lock	1.86	20
17	Glamorgan Valleys	yellow	126	Emma Khammaneechan	1.78	18
18=	Dyfed	red	118	Leah Randell	1.77	15
18=	South East Wales	grey	150	Amber Ellie-Martin	1.77	15
20	North West Wales	orange	141	Elin Williams	1.76	12
21	Afan Nedd Tawe	sky	106	Naomi Osborn	1.73	10
22=	Afan Nedd Tawe	sky	102	Rebekah Stock	1.72	7
22=	South East Wales	grey	152	Lily Harris	1.72	7
24	North East Wales	purple	133	Kathryn Roberts	1.52	4

Results Sheet

Vertical Jump

Competition:

ASHA-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

6 Mar 2011

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	maroon	148	Rosie Unwin	51	50
2	Cardiff & Vale of Glamorgan	green	110	Rhiannon Rudling-Smith	50	48
3	Afan Nedd Tawe	sky	101	Cartin Roberts	49	46
4	Cardiff & Vale of Glamorgan	green	112	Sarah Lewis	48	44
5=	Afan Nedd Tawe	sky	105	Zoe Parfitt	47	38
5=	Dyfed	red	117	Meg Johns	47	38
5=	North East Wales	purple	129	Rhian Williams	47	38
5=	North West Wales	orange	136	Cara Hughes	47	38
5=	North West Wales	orange	139	Courtney Stewart	47	38
10=	North West Wales	orange	138	Awel Evans	46	31
10=	South East Wales	grey	154	Melissa Roberts	46	31
12	South East Wales	grey	151	Rhiannon Brereton	44	28
13	Cardiff & Vale of Glamorgan	green	111	Caitlin Allin	43	26
14=	Afan Nedd Tawe	sky	103	Bethan Radford	42	23
14=	Powys	maroon	146	Nan Thomas	42	23
16	Dyfed	red	119	Evangeline Davies	40	20
17=	Glamorgan Valleys	yellow	125	Nadine Keeble	39	16
17=	North East Wales	purple	131	Ellie Rimmer	39	16
17=	Powys	maroon	145	Jazmin Herdman	39	16
20	Glamorgan Valleys	yellow	123	Zoe Emma Dakin	35	12
21	Glamorgan Valleys	yellow	124	Ailish Smith	33	10
	Dyfed	red	120	Megan Hamilton	46	0
	North East Wales	purple	135	Amy Roberts	38	0