



SPORTSHALL

Aviva Sportshall UK Championships Regional Finals 2010

Welsh Final

Cwmbran Stadium Sports Centre

Sunday 14 March 2010

Afan Nedd Tawe

Cardiff & Vale of Glamorgan

Dyfed

Glamorgan Valleys

North East Wales

North West Wales

Powys

South East Wales

yellow

purple

sky

green

orange

red

white

violet

Competition Results

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North West Wales	red	674	80	80	80	80	37	45	34	20	44	38	42	48	46
2	Powys	white	636	60	60	60	70	60	38	50	0	42	62	48	32	54
3	North East Wales	orange	587	50	70	40	50	33	43	47	46	38	42	36	52	40
4	Dyfed	sky	545	30	40	70	40	39	42	49	42	44	35	26	42	46
5	Cardiff & Vale of Glamorgan	purple	544	40	50	30	60	40	52	50	52	22	42	50	36	20
6	Afan Nedd Tawe	yellow	505	70	30	50	30	34	32	22	56	52	33	28	32	36
7	Glamorgan Valleys	green	47	0	0	0	0	17	0	0	0	0	0	30	0	0

Team Results

Afan Nedd Tawe (yellow)

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North West Wales	red	674	80	80	80	80	37	45	34	20	44	38	42	48	46
2	Powys	white	636	60	60	60	70	60	38	50	0	42	62	48	32	54
3	North East Wales	orange	587	50	70	40	50	33	43	47	46	38	42	36	52	40
4	Dyfed	sky	545	30	40	70	40	39	42	49	42	44	35	26	42	46
5	Cardiff & Vale of Glamorgan	purple	544	40	50	30	60	40	52	50	52	22	42	50	36	20
6	Afan Nedd Tawe	yellow	505	70	30	50	30	34	32	22	56	52	33	28	32	36
7	Glamorgan Valleys	green	47	0	0	0	0	17	0	0	0	0	0	30	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Michael Wilson	2LR	25.1	25.1			25.1	4	26
1	Michael Wilson	SB	68				68	6=	21
2	Jared Walters	4LR	56.6	56.6			56.6	6	22
2	Jared Walters	STJ	5.98	5.82	5.81	0.00	5.98	8	18
3	Miles Keller-Jenkins	HJ	1.55				1.55	1	32
4	Keiran Ingram	HJ	1.40				1.40	5	24
5	Gareth Goss	SLJ	1.96	2.03	1.94	1.99	2.03	7	20
6	Keiron Hodgson	4LR	1:01.6	0.0			1:01.6	12	10
6	Keiron Hodgson	VJ	48	49	46	0	49	5	24
7	Harry Austin	SLJ	1.81	1.91	1.92	1.86	1.92	13	8
8	Rhodri Williams	6LR	1:44.0				1:44.0	12	10
8	Rhodri Williams	VJ	33	34	28	0	34	11	12
9	Corey Dalton	6LR	1:43.3				1:43.3	11	12
9	Corey Dalton	STJ	5.75	5.54	5.63	5.51	5.75	10	14
10	Brandon Davies	2LR	28.3	0.0			28.3	13	8
10	Brandon Davies	SB	58				58	11	12
11	Jack Beynon	S	11.90	11.96	0.00	10.91	11.96	1	32
12	Sam Jones	S	8.60	7.99	8.12	8.22	8.60	7	20

Team Results

Cardiff & Vale of Glamorgan (purple)

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North West Wales	red	674	80	80	80	80	37	45	34	20	44	38	42	48	46
2	Powys	white	636	60	60	60	70	60	38	50	0	42	62	48	32	54
3	North East Wales	orange	587	50	70	40	50	33	43	47	46	38	42	36	52	40
4	Dyfed	sky	545	30	40	70	40	39	42	49	42	44	35	26	42	46
5	Cardiff & Vale of Glamorgan	purple	544	40	50	30	60	40	52	50	52	22	42	50	36	20
6	Afan Nedd Tawe	yellow	505	70	30	50	30	34	32	22	56	52	33	28	32	36
7	Glamorgan Valleys	green	47	0	0	0	0	17	0	0	0	0	0	30	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	George Griffiths	2LR	24.6	25.1			25.1	2	30
13	George Griffiths	HJ	1.50				1.50	2	30
13	George Griffiths	SLJ	2.62	2.57	2.48	2.50	2.62		
14	Tom Trotman	4LR	53.5	54.1			54.1	1	32
14	Tom Trotman	HJ	1.35				1.35	6	22
15	Harry Thomas	4LR	57.2	0.0			57.2	7	20
15	Harry Thomas	SLJ	2.02	1.97	2.02	2.03	2.03	6	22
16	John Cove	6LR	1:31.6				1:31.6	4=	25
16	John Cove	SB	65				65	9	16
17	Orhan Khanbayov	6LR	1:31.6				1:31.6	4=	25
17	Orhan Khanbayov	SLJ	2.13	2.14	2.27	2.15	2.27	3	28
18	Gavin Robbins	2LR	27.2	0.0			27.2	12	10
18	Gavin Robbins	STJ	6.02	6.20	5.98	5.88	6.20	7	20
19	Tom Critchley	SB	71				71	4	26
20	Tyrell Suleman	VJ	44	48	47	0	48	7	20
21	Miles Pearson	S	8.53	8.53	8.76	0.00	8.76	6	22
22	Matthew Isles	STJ	5.83	5.77	5.46	0.00	5.83	9	16

Team Results

Dyfed (sky)

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North West Wales	red	674	80	80	80	80	37	45	34	20	44	38	42	48	46
2	Powys	white	636	60	60	60	70	60	38	50	0	42	62	48	32	54
3	North East Wales	orange	587	50	70	40	50	33	43	47	46	38	42	36	52	40
4	Dyfed	sky	545	30	40	70	40	39	42	49	42	44	35	26	42	46
5	Cardiff & Vale of Glamorgan	purple	544	40	50	30	60	40	52	50	52	22	42	50	36	20
6	Afan Nedd Tawe	yellow	505	70	30	50	30	34	32	22	56	52	33	28	32	36
7	Glamorgan Valleys	green	47	0	0	0	0	17	0	0	0	0	0	30	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Sam Thompson	SLJ	1.96	1.93	1.95	1.93	1.96	11	12
26	Nicholas Johnson	6LR	1:35.4				1:35.4	8	18
26	Nicholas Johnson	SB	68				68	6=	21
27	Samuel Jones	STJ	4.47	5.05	4.98	5.64	5.64	11	12
28	Shaun Pearce	SLJ	1.91	1.97	1.90	1.96	1.97	10	14
29	Joseph Chiffi	4LR	55.5	54.7			54.7	2	30
29	Joseph Chiffi	SB	61				61	10	14
30	Nikita Neary	6LR	1:26.0				1:26.0	1=	31
30	Nikita Neary	S	8.10	9.59	8.99	8.89	9.59	4	26
31	Shaun Rees	S	0.00	8.56	0.00	7.92	8.56	8	18
32	Daniel Thomas	4LR	1:00.6	0.0			1:00.6	11	12
32	Daniel Thomas	VJ	43	32	45	0	45	9	16
33	Edward Spencer	STJ	5.25	6.29	6.43	6.39	6.43	2	30
34	Dafydd Adams	HJ	1.40				1.40	4	26
35	Jemas Bryan	2LR	26.0	0.0			26.0	8=	17
35	Jemas Bryan	HJ	1.30				1.30	9	16
36	Steffan Jones	2LR	25.6	25.7			25.7	6	22
36	Steffan Jones	VJ	51	53	57	0	57	2	30

Team Results

Glamorgan Valleys (green)

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North West Wales	red	674	80	80	80	80	37	45	34	20	44	38	42	48	46
2	Powys	white	636	60	60	60	70	60	38	50	0	42	62	48	32	54
3	North East Wales	orange	587	50	70	40	50	33	43	47	46	38	42	36	52	40
4	Dyfed	sky	545	30	40	70	40	39	42	49	42	44	35	26	42	46
5	Cardiff & Vale of Glamorgan	purple	544	40	50	30	60	40	52	50	52	22	42	50	36	20
6	Afan Nedd Tawe	yellow	505	70	30	50	30	34	32	22	56	52	33	28	32	36
7	Glamorgan Valleys	green	47	0	0	0	0	17	0	0	0	0	0	30	0	0

Comp No Name

Event

Perf1

Perf2

Perf3

Perf4

Best

Ranking

Points

37 Rhys Roberts

2LR

26.0

0.0

26.0

8=

17

37 Rhys Roberts

SLJ

2.17

2.17

2.23

2.27

2.27

2

30

Team Results

North East Wales (orange)

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North West Wales	red	674	80	80	80	80	37	45	34	20	44	38	42	48	46
2	Powys	white	636	60	60	60	70	60	38	50	0	42	62	48	32	54
3	North East Wales	orange	587	50	70	40	50	33	43	47	46	38	42	36	52	40
4	Dyfed	sky	545	30	40	70	40	39	42	49	42	44	35	26	42	46
5	Cardiff & Vale of Glamorgan	purple	544	40	50	30	60	40	52	50	52	22	42	50	36	20
6	Afan Nedd Tawe	yellow	505	70	30	50	30	34	32	22	56	52	33	28	32	36
7	Glamorgan Valleys	green	47	0	0	0	0	17	0	0	0	0	0	30	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
49	Cobey Cooper	2LR	25.6	26.6			26.6	7	20
49	Cobey Cooper	SB	69				69	5	24
50	Shaun Murray	4LR	57.8	0.0			57.8	8=	17
50	Shaun Murray	HJ	1.45				1.45	3	28
51	Scott Campbell	HJ	1.30				1.30	8	18
52	Lewis Tucker	S	7.92	8.12	7.67	7.72	8.12	10	14
53	George Godwin	S	8.99	8.90	7.77	8.13	8.99	5	24
54	Daniel Jessop	6LR	1:35.9				1:35.9	9	16
54	Daniel Jessop	SLJ	2.09	2.16	2.09	2.06	2.16	4	26
55	Mitchell Thomas	SB	67				67	8	18
56	Henry Badhams	SLJ	1.94	1.92	1.94	0.00	1.94	12	10
57	Olly Martin	4LR	55.0	55.4			55.4	4	26
57	Olly Martin	STJ	5.72	0.00	6.02	6.34	6.34	5	24
58	Liam Anderton	6LR	1:26.0				1:26.0	1=	31
58	Liam Anderton	VJ	48	47	47	0	48	6	22
59	Sean Parry	2LR	26.9	0.0			26.9	10=	13
59	Sean Parry	STJ	5.67	6.00	6.43	0.00	6.43	3	28
60	Billy Bates	VJ	47	48	42	0	48	8	18

Team Results

North West Wales (red)

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North West Wales	red	674	80	80	80	80	37	45	34	20	44	38	42	48	46
2	Powys	white	636	60	60	60	70	60	38	50	0	42	62	48	32	54
3	North East Wales	orange	587	50	70	40	50	33	43	47	46	38	42	36	52	40
4	Dyfed	sky	545	30	40	70	40	39	42	49	42	44	35	26	42	46
5	Cardiff & Vale of Glamorgan	purple	544	40	50	30	60	40	52	50	52	22	42	50	36	20
6	Afan Nedd Tawe	yellow	505	70	30	50	30	34	32	22	56	52	33	28	32	36
7	Glamorgan Valleys	green	47	0	0	0	0	17	0	0	0	0	0	30	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Connor Flinn	S	0.00	0.00	8.16	8.18	8.18	9	16
62	Iwan Parry	2LR	26.9	0.0			26.9	10=	13
62	Iwan Parry	HJ	1.30				1.30	7	20
63	Nathan Robertson	4LR	55.4	55.0			55.0	3	28
63	Nathan Robertson	SLJ	2.10	1.93	1.86	1.89	2.10	5	24
64	Nick Clarke	VJ	55	53	57	0	57	1	32
65	Gary Owen	4LR	57.8	0.0			57.8	8=	17
65	Gary Owen	SLJ	2.01	2.01	1.94	0.00	2.01	8	18
66	Luke McGiven	6LR	1:39.1				1:39.1	10	14
66	Luke McGiven	SB	73				73	3	28
67	Robin Morris	HJ	0.00				0.00		
68	Joseph Southall	2LR	25.0	25.4			25.4	5	24
68	Joseph Southall	STJ	0.00	6.11	6.09	6.37	6.37	4	26
69	Nathan Palmer	S	0.00	10.49	0.00	10.31	10.49	3	28
70	Aeron Morgan	6LR	1:33.1				1:33.1	7	20
70	Aeron Morgan	SB	53				53	12	10
71	Rheon Jones	STJ	0.00	5.89	6.21	6.12	6.21	6	22
72	Jack Thomas	VJ	41	34	38	0	41	10	14

Team Results

Powys (white)

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North West Wales	red	674	80	80	80	80	37	45	34	20	44	38	42	48	46
2	Powys	white	636	60	60	60	70	60	38	50	0	42	62	48	32	54
3	North East Wales	orange	587	50	70	40	50	33	43	47	46	38	42	36	52	40
4	Dyfed	sky	545	30	40	70	40	39	42	49	42	44	35	26	42	46
5	Cardiff & Vale of Glamorgan	purple	544	40	50	30	60	40	52	50	52	22	42	50	36	20
6	Afan Nedd Tawe	yellow	505	70	30	50	30	34	32	22	56	52	33	28	32	36
7	Glamorgan Valleys	green	47	0	0	0	0	17	0	0	0	0	0	30	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
73	Marcus Martinez	2LR	24.7	24.3			24.3	1	32
73	Marcus Martinez	SLJ	1.81	1.94	1.91	1.98	1.98	9	16
74	Sam Jones	2LR	24.7	25.1			25.1	3	28
74	Sam Jones	SLJ	2.36	2.35	2.31	2.36	2.36	1	32
75	Nyasha Mwamuka	4LR	55.9	56.0			56.0	5	24
75	Nyasha Mwamuka	SB	80				80	1	32
76	Dion Kohler	4LR	57.9	0.0			57.9	10	14
76	Dion Kohler	VJ	48	45	51	0	51	4	26
77	Louis Stephens	6LR	1:32.0				1:32.0	6	22
78	Nathan Johnstone	6LR	1:27.8				1:27.8	3	28
79	Geraint Breeze	VJ	52	44	51	0	52	3	28
80	Tal Davies	STJ	0.00	6.38	6.67	6.66	6.67	1	32
82	William Morris	S	0.00	11.10	11.36	10.17	11.36	2	30
83	Dylan King	S	7.27	6.92	7.32	0.00	7.32	11	12
84	Aled Davies	SB	77				77	2	30

Results Sheet

Obstacle Relay

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	North West Wales	red	1:25.4	0.0	1:25.4	80.0
2	01	Afan Nedd Tawe	yellow	1:27.1	0.0	1:27.1	70.0
3	07	Powys	white	1:28.9	0.0	1:28.9	60.0
4	05	North East Wales	orange	1:31.2	0.0	1:31.2	50.0
5	02	Cardiff & Vale of Glamorgan	purple	1:32.0	0.0	1:32.0	40.0
6	03	Dyfed	sky	1:32.5	0.0	1:32.5	30.0

Results Sheet

2 Lap Race

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
1	Powys	white	60
2	Cardiff & Vale of Glamorgan	purple	40
3	Dyfed	sky	39
4	North West Wales	red	37
5	Afan Nedd Tawe	yellow	34
6	North East Wales	orange	33
7	Glamorgan Valleys	green	17

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	white	73	Marcus Martinez	24.3	32
2	Cardiff & Vale of Glamorgan	purple	13	George Griffiths	25.1	30
3	Powys	white	74	Sam Jones	25.1	28
4	Afan Nedd Tawe	yellow	1	Michael Wilson	25.1	26
5	North West Wales	red	68	Joseph Southall	25.4	24
6	Dyfed	sky	36	Steffan Jones	25.7	22
7	North East Wales	orange	49	Cobey Cooper	26.6	20
8=	Dyfed	sky	35	Jemas Bryan	26.0	17
8=	Glamorgan Valleys	green	37	Rhys Roberts	26.0	17
10=	North East Wales	orange	59	Sean Parry	26.9	13
10=	North West Wales	red	62	Iwan Parry	26.9	13
12	Cardiff & Vale of Glamorgan	purple	18	Gavin Robbins	27.2	10
13	Afan Nedd Tawe	yellow	10	Brandon Davies	28.3	8

Results Sheet

4 Lap Race

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
	Glamorgan Valleys	green	0
1	Cardiff & Vale of Glamorgan	purple	52
2	North West Wales	red	45
3	North East Wales	orange	43
4	Dyfed	sky	42
5	Powys	white	38
6	Afan Nedd Tawe	yellow	32

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & Vale of Glamorgan	purple	14	Tom Trotman	54.1	32
2	Dyfed	sky	29	Joseph Chiffi	54.7	30
3	North West Wales	red	63	Nathan Robertson	55.0	28
4	North East Wales	orange	57	Olly Martin	55.4	26
5	Powys	white	75	Nyasha Mwamuka	56.0	24
6	Afan Nedd Tawe	yellow	2	Jared Walters	56.6	22
7	Cardiff & Vale of Glamorgan	purple	15	Harry Thomas	57.2	20
8=	North East Wales	orange	50	Shaun Murray	57.8	17
8=	North West Wales	red	65	Gary Owen	57.8	17
10	Powys	white	76	Dion Kohler	57.9	14
11	Dyfed	sky	32	Daniel Thomas	1:00.6	12
12	Afan Nedd Tawe	yellow	6	Keiron Hodgson	1:01.6	10

Results Sheet

6 Lap Time Trial

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
	Glamorgan Valleys	green	0
1=	Cardiff & Vale of Glamorgan	purple	50
1=	Powys	white	50
3	Dyfed	sky	49
4	North East Wales	orange	47
5	North West Wales	red	34
6	Afan Nedd Tawe	yellow	22

Ranking	Team	Colour	BibNo	Name	Best	Points
1=	Dyfed	sky	30	Nikita Neary	1:26.0	31
1=	North East Wales	orange	58	Liam Anderton	1:26.0	31
3	Powys	white	78	Nathan Johnstone	1:27.8	28
4=	Cardiff & Vale of Glamorgan	purple	16	John Cove	1:31.6	25
4=	Cardiff & Vale of Glamorgan	purple	17	Orhan Khanbayov	1:31.6	25
6	Powys	white	77	Louis Stephens	1:32.0	22
7	North West Wales	red	70	Aeron Morgan	1:33.1	20
8	Dyfed	sky	26	Nicholas Johnson	1:35.4	18
9	North East Wales	orange	54	Daniel Jessop	1:35.9	16
10	North West Wales	red	66	Luke McGiven	1:39.1	14
11	Afan Nedd Tawe	yellow	9	Corey Dalton	1:43.3	12
12	Afan Nedd Tawe	yellow	8	Rhodri Williams	1:44.0	10

Results Sheet

8 Lap Paarlauf

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	North West Wales	red	1:49.6	0.0	1:49.6	80.0
2	05	North East Wales	orange	1:49.7	0.0	1:49.7	70.0
3	07	Powys	white	1:52.0	0.0	1:52.0	60.0
4	02	Cardiff & Vale of Glamorgan	purple	1:53.3	0.0	1:53.3	50.0
5	03	Dyfed	sky	1:54.5	0.0	1:54.5	40.0
6	01	Afan Nedd Tawe	yellow	1:56.0	0.0	1:56.0	30.0

Results Sheet

4 x 1 Lap Relay

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	North West Wales	red	50.1	0.0	50.1	80.0
2	03	Dyfed	sky	51.8	0.0	51.8	70.0
3	07	Powys	white	51.9	0.0	51.9	60.0
4	01	Afan Nedd Tawe	yellow	53.2	0.0	53.2	50.0
5	05	North East Wales	orange	54.0	0.0	54.0	40.0
6	02	Cardiff & Vale of Glamorgan	purple	54.8	0.0	54.8	30.0

Results Sheet

4 x 2 Lap Relay

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	North West Wales	red	1:40.9	0.0	1:40.9	80.0
2	07	Powys	white	1:41.6	0.0	1:41.6	70.0
3	02	Cardiff & Vale of Glamorgan	purple	1:43.9	0.0	1:43.9	60.0
4	05	North East Wales	orange	1:44.6	0.0	1:44.6	50.0
5	03	Dyfed	sky	1:46.3	0.0	1:46.3	40.0
6	01	Afan Nedd Tawe	yellow	1:54.6	0.0	1:54.6	30.0

Results Sheet

High Jump

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
	Glamorgan Valleys	green	0
	Powys	white	0
1	Afan Nedd Tawe	yellow	56
2	Cardiff & Vale of Glamorgan	purple	52
3	North East Wales	orange	46
4	Dyfed	sky	42
5	North West Wales	red	20

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	yellow	3	Miles Keller-Jenkins	1.55	32
2	Cardiff & Vale of Glamorgan	purple	13	George Griffiths	1.50	30
3	North East Wales	orange	50	Shaun Murray	1.45	28
4	Dyfed	sky	34	Dafydd Adams	1.40	26
5	Afan Nedd Tawe	yellow	4	Keiran Ingram	1.40	24
6	Cardiff & Vale of Glamorgan	purple	14	Tom Trotman	1.35	22
7	North West Wales	red	62	Iwan Parry	1.30	20
8	North East Wales	orange	51	Scott Campbell	1.30	18
9	Dyfed	sky	35	Jemas Bryan	1.30	16
	North West Wales	red	67	Robin Morris	0.00	0

Results Sheet

Shot

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
	Glamorgan Valleys	green	0
1	Afan Nedd Tawe	yellow	52
2=	Dyfed	sky	44
2=	North West Wales	red	44
4	Powys	white	42
5	North East Wales	orange	38
6	Cardiff & Vale of Glamorgan	purple	22

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	yellow	11	Jack Beynon	11.96	32
2	Powys	white	82	William Morris	11.36	30
3	North West Wales	red	69	Nathan Palmer	10.49	28
4	Dyfed	sky	30	Nikita Neary	9.59	26
5	North East Wales	orange	53	George Godwin	8.99	24
6	Cardiff & Vale of Glamorgan	purple	21	Miles Pearson	8.76	22
7	Afan Nedd Tawe	yellow	12	Sam Jones	8.60	20
8	Dyfed	sky	31	Shaun Rees	8.56	18
9	North West Wales	red	61	Connor Flinn	8.18	16
10	North East Wales	orange	52	Lewis Tucker	8.12	14
11	Powys	white	83	Dylan King	7.32	12

Results Sheet

Speed Bounce

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
1	Glamorgan Valleys	green	0
2=	Powys	white	62
2=	Cardiff & Vale of Glamorgan	purple	42
4	North East Wales	orange	42
5	North West Wales	red	38
6	Dyfed	sky	35
	Afan Nedd Tawe	yellow	33

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Powys	white	75	Nyasha Mwamuka	80	32
2	Powys	white	84	Aled Davies	77	30
3	North West Wales	red	66	Luke McGiven	73	28
4	Cardiff & Vale of Glamorgan	purple	19	Tom Critchley	71	26
5	North East Wales	orange	49	Cobey Cooper	69	24
6=	Afan Nedd Tawe	yellow	1	Michael Wilson	68	21
6=	Dyfed	sky	26	Nicholas Johnson	68	21
8	North East Wales	orange	55	Mitchell Thomas	67	18
9	Cardiff & Vale of Glamorgan	purple	16	John Cove	65	16
10	Dyfed	sky	29	Joseph Chiffi	61	14
11	Afan Nedd Tawe	yellow	10	Brandon Davies	58	12
12	North West Wales	red	70	Aeron Morgan	53	10

Results Sheet

Standing Long Jump

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
1	Cardiff & Vale of Glamorgan	purple	50
2	Powys	white	48
3	North West Wales	red	42
4	North East Wales	orange	36
5	Glamorgan Valleys	green	30
6	Afan Nedd Tawe	yellow	28
7	Dyfed	sky	26

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	white	74	Sam Jones	2.36	32
2	Glamorgan Valleys	green	37	Rhys Roberts	2.27	30
3	Cardiff & Vale of Glamorgan	purple	17	Orhan Khanbayov	2.27	28
4	North East Wales	orange	54	Daniel Jessop	2.16	26
5	North West Wales	red	63	Nathan Robertson	2.10	24
6	Cardiff & Vale of Glamorgan	purple	15	Harry Thomas	2.03	22
7	Afan Nedd Tawe	yellow	5	Gareth Goss	2.03	20
8	North West Wales	red	65	Gary Owen	2.01	18
9	Powys	white	73	Marcus Martinez	1.98	16
10	Dyfed	sky	28	Shaun Pearce	1.97	14
11	Dyfed	sky	25	Sam Thompson	1.96	12
12	North East Wales	orange	56	Henry Badhams	1.94	10
13	Afan Nedd Tawe	yellow	7	Harry Austin	1.92	8
	Cardiff & Vale of Glamorgan	purple	13	George Griffiths	2.62	0

Results Sheet

Standing Triple Jump

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
1	Glamorgan Valleys	green	0
2	North East Wales	orange	52
3	North West Wales	red	48
3	Dyfed	sky	42
4	Cardiff & Vale of Glamorgan	purple	36
5=	Afan Nedd Tawe	yellow	32
5=	Powys	white	32

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	white	80	Tal Davies	6.67	32
2	Dyfed	sky	33	Edward Spencer	6.43	30
3	North East Wales	orange	59	Sean Parry	6.43	28
4	North West Wales	red	68	Joseph Southall	6.37	26
5	North East Wales	orange	57	Olly Martin	6.34	24
6	North West Wales	red	71	Rheon Jones	6.21	22
7	Cardiff & Vale of Glamorgan	purple	18	Gavin Robbins	6.20	20
8	Afan Nedd Tawe	yellow	2	Jared Walters	5.98	18
9	Cardiff & Vale of Glamorgan	purple	22	Matthew Isles	5.83	16
10	Afan Nedd Tawe	yellow	9	Corey Dalton	5.75	14
11	Dyfed	sky	27	Samuel Jones	5.64	12

Results Sheet

Vertical Jump

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
1	Glamorgan Valleys	green	0
2=	Powys	white	54
2=	Dyfed	sky	46
4	North West Wales	red	46
5	North East Wales	orange	40
6	Afan Nedd Tawe	yellow	36
6	Cardiff & Vale of Glamorgan	purple	20

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North West Wales	red	64	Nick Clarke	57	32
2	Dyfed	sky	36	Steffan Jones	57	30
3	Powys	white	79	Geraint Breeze	52	28
4	Powys	white	76	Dion Kohler	51	26
5	Afan Nedd Tawe	yellow	6	Keiron Hodgson	49	24
6	North East Wales	orange	58	Liam Anderton	48	22
7	Cardiff & Vale of Glamorgan	purple	20	Tyrell Suleman	48	20
8	North East Wales	orange	60	Billy Bates	48	18
9	Dyfed	sky	32	Daniel Thomas	45	16
10	North West Wales	red	72	Jack Thomas	41	14
11	Afan Nedd Tawe	yellow	8	Rhodri Williams	34	12