

Sunday 9 March , 2008
Cwmbran Stadium Sports Centre
Welsh Final

Afan Nedd Tawe

red

Cardiff & Vale of Glamorgan

orange

Dyfed

purple

Glamorgan Valleys

blue

North East Wales

green

North West Wales

grey

Powys

navy

South East Wales

white

Competition Results

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Cardiff & Vale of Glamorgan	orange	648	70	60	60	70	46	48	42	50	50	54	32	32	34
2	North East Wales	green	616	80	70	80	40	40	32	56	50	34	46	32	30	26
3	Afan Nedd Tawe	red	577	55	40	70	80	46	32	26	56	32	18	32	58	32
4	Powys	navy	570	30	80	0	60	26	58	60	14	36	54	36	54	62
5	Dyfed	purple	456	40	20	40	50	52	10	24	44	44	14	50	22	46
6	North West Wales	grey	432	20	50	50	30	16	32	40	20	18	34	36	46	40
7	South East Wales	white	391	55	30	30	20	40	46	18	26	48	20	14	24	20
8	Glamorgan Valleys	blue	122	0	0	20	0	6	14	4	0	8	32	38	0	0

Team Results

Afan Nedd Tawe (red)

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Cardiff & Vale of Glamorgan	orange	648	70	60	60	70	46	48	42	50	50	54	32	32	34
2	North East Wales	green	616	80	70	80	40	40	32	56	50	34	46	32	30	26
3	Afan Nedd Tawe	red	577	55	40	70	80	46	32	26	56	32	18	32	58	32
4	Powys	navy	570	30	80	0	60	26	58	60	14	36	54	36	54	62
5	Dyfed	purple	456	40	20	40	50	52	10	24	44	44	14	50	22	46
6	North West Wales	grey	432	20	50	50	30	16	32	40	20	18	34	36	46	40
7	South East Wales	white	391	55	30	30	20	40	46	18	26	48	20	14	24	20
8	Glamorgan Valleys	blue	122	0	0	20	0	6	14	4	0	8	32	38	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Katherine Morris	SB	66				66	12	10
2	Grace Cortwright-Harwood	2LR	26.9	26.8			26.8	4	26
2	Grace Cortwright-Harwood	S	5.66	6.43	5.91	6.27	6.43	12	10
3	Catrin Roberts	2LR	26.3	27.4			27.4	7	20
3	Catrin Roberts	STJ	5.89	5.72	6.05	6.25	6.25	2	30
4	Kate Harwood	S	7.46	7.68	7.00	6.42	7.68	6	22
5	Elin Davies	4LR	59.5	1:00.4			1:00.4	6	22
5	Elin Davies	VJ	48	48	50	46	50	8	18
6	Naomi Osborn	6LR	1:40.5				1:40.5	10	14
6	Naomi Osborn	SLJ	1.69	1.73	1.67	1.72	1.73	15	4
7	Rachel Higgs	4LR	1:02.0	0.0			1:02.0	12	10
7	Rachel Higgs	HJ	1.30				1.30	2	30
8	Rhiannon Thomas	HJ	1.30				1.30	4	26
9	Milly Gatley	STJ	6.02	5.91	5.91	5.60	6.02	3	28
10	Alex Thomas	6LR	1:41.2				1:41.2	11	12
10	Alex Thomas	SB	64				64	13	8
11	Nicola Jones	SLJ	2.12	2.10	2.10	2.14	2.14	3	28
12	Abigail McEvoy	VJ	45	45	47	44	47	10	14

Team Results

Cardiff & Vale of Glamorgan (orange)

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Cardiff & Vale of Glamorgan	orange	648	70	60	60	70	46	48	42	50	50	54	32	32	34
2	North East Wales	green	616	80	70	80	40	40	32	56	50	34	46	32	30	26
3	Afan Nedd Tawe	red	577	55	40	70	80	46	32	26	56	32	18	32	58	32
4	Powys	navy	570	30	80	0	60	26	58	60	14	36	54	36	54	62
5	Dyfed	purple	456	40	20	40	50	52	10	24	44	44	14	50	22	46
6	North West Wales	grey	432	20	50	50	30	16	32	40	20	18	34	36	46	40
7	South East Wales	white	391	55	30	30	20	40	46	18	26	48	20	14	24	20
8	Glamorgan Valleys	blue	122	0	0	20	0	6	14	4	0	8	32	38	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Alison Singleton	2LR	25.8	26.3			26.3	2	30
13	Alison Singleton	SLJ	2.20	2.24	2.22	2.28	2.28	1	32
14	Abigail Coombes	2LR	27.3	0.0			27.3	9	16
14	Abigail Coombes	S	7.32	0.00	7.35	7.08	7.35	7	20
15	Lucy Tarrant	4LR	58.7	58.9			58.9	3	28
15	Lucy Tarrant	STJ	4.81	5.07	4.97	4.85	5.07	13	8
16	Anna Morris	6LR	1:37.3				1:37.3	6=	21
16	Anna Morris	SB	72				72	4=	23
17	Jessica Oliver	STJ	5.15	5.47	5.87	5.90	5.90	5	24
18	Beth Lindsey	S	7.27	7.69	8.39	8.12	8.39	2	30
19	Romy Killick	SB	76				76	1=	31
20	Bryony Harper	4LR	58.9	1:00.5			1:00.5	7	20
20	Bryony Harper	HJ	1.25				1.25	6	22
21	Elinor Barker	6LR	1:37.3				1:37.3	6=	21
21	Elinor Barker	VJ	15	35	35	35	35	13	8
22	Valencia Germain	VJ	56	53	52	55	56	4	26
23	Zoe Feyi-Warbosa	HJ	1.30				1.30	3	28

Team Results

Dyfed (purple)

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Cardiff & Vale of Glamorgan	orange	648	70	60	60	70	46	48	42	50	50	54	32	32	34
2	North East Wales	green	616	80	70	80	40	40	32	56	50	34	46	32	30	26
3	Afan Nedd Tawe	red	577	55	40	70	80	46	32	26	56	32	18	32	58	32
4	Powys	navy	570	30	80	0	60	26	58	60	14	36	54	36	54	62
5	Dyfed	purple	456	40	20	40	50	52	10	24	44	44	14	50	22	46
6	North West Wales	grey	432	20	50	50	30	16	32	40	20	18	34	36	46	40
7	South East Wales	white	391	55	30	30	20	40	46	18	26	48	20	14	24	20
8	Glamorgan Valleys	blue	122	0	0	20	0	6	14	4	0	8	32	38	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Rachel Davies	S	6.50	7.24	7.00	6.88	7.24	8	18
26	Keira Williams	6LR	1:46.6				1:46.6	14	6
26	Keira Williams	HJ	1.25				1.25	5	24
27	Emma Ruiz	SLJ	2.05	0.00	2.05	2.03	2.05	7	20
28	Amelia Roberts	SLJ	2.11	2.19	2.26	2.24	2.26	2	30
29	Tamara Court	4LR	1:09.7	0.0			1:09.7	15	4
29	Tamara Court	VJ	55	54	54	55	55	5	24
30	Kari O'Neill	6LR	1:38.3				1:38.3	8	18
30	Kari O'Neill	SB	58				58	16	2
31	Ayla Hamilton	2LR	26.4	26.4			26.4	3	28
31	Ayla Hamilton	SB	68				68	11	12
32	Lowri Heckler	STJ	4.48	4.69	4.40	4.77	4.77	14	6
33	Awen Rosser	S	7.35	8.14	7.54	7.43	8.14	4	26
34	Nerys Lewis	4LR	1:04.9	0.0			1:04.9	14	6
34	Nerys Lewis	STJ	5.00	5.34	5.52	5.48	5.52	9	16
35	Bethan Phillips	HJ	1.20				1.20	7	20
36	Catrin Rees	2LR	27.0	26.9			26.9	5	24
36	Catrin Rees	VJ	48	50	46	53	53	6	22

Team Results

Glamorgan Valleys (blue)

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Cardiff & Vale of Glamorgan	orange	648	70	60	60	70	46	48	42	50	50	54	32	32	34
2	North East Wales	green	616	80	70	80	40	40	32	56	50	34	46	32	30	26
3	Afan Nedd Tawe	red	577	55	40	70	80	46	32	26	56	32	18	32	58	32
4	Powys	navy	570	30	80	0	60	26	58	60	14	36	54	36	54	62
5	Dyfed	purple	456	40	20	40	50	52	10	24	44	44	14	50	22	46
6	North West Wales	grey	432	20	50	50	30	16	32	40	20	18	34	36	46	40
7	South East Wales	white	391	55	30	30	20	40	46	18	26	48	20	14	24	20
8	Glamorgan Valleys	blue	122	0	0	20	0	6	14	4	0	8	32	38	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
37	Melissa Wootton	2LR	28.4	0.0			28.4	15=	3
37	Melissa Wootton	SLJ	2.06	2.00	1.98	1.97	2.06	6	22
38	Shannon Short	4LR	1:01.6	0.0			1:01.6	11	12
38	Shannon Short	SLJ	1.88	1.93	1.99	2.04	2.04	9	16
39	Joanne Stephens	4LR	1:10.5	0.0			1:10.5	16	2
39	Joanne Stephens	S	0.00	5.50	6.23	0.00	6.23	13	8
40	Hannah Sansbury	6LR	1:54.2				1:54.2	15	4
40	Hannah Sansbury	SB	61				61	15	4
41	Catlin Tomlins	2LR	28.4	0.0			28.4	15=	3
41	Catlin Tomlins	SB	73				73	3	28

Team Results

North East Wales (green)

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Cardiff & Vale of Glamorgan	orange	648	70	60	60	70	46	48	42	50	50	54	32	32	34
2	North East Wales	green	616	80	70	80	40	40	32	56	50	34	46	32	30	26
3	Afan Nedd Tawe	red	577	55	40	70	80	46	32	26	56	32	18	32	58	32
4	Powys	navy	570	30	80	0	60	26	58	60	14	36	54	36	54	62
5	Dyfed	purple	456	40	20	40	50	52	10	24	44	44	14	50	22	46
6	North West Wales	grey	432	20	50	50	30	16	32	40	20	18	34	36	46	40
7	South East Wales	white	391	55	30	30	20	40	46	18	26	48	20	14	24	20
8	Glamorgan Valleys	blue	122	0	0	20	0	6	14	4	0	8	32	38	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
49	Amy Crocombe	2LR	28.1	0.0			28.1	13	8
49	Amy Crocombe	S	4.79	5.32	5.33	5.90	5.90	14	6
50	Rhian Williams	4LR	1:00.3	1:01.8			1:01.8	8	18
50	Rhian Williams	STJ	5.57	5.77	5.78	5.68	5.78	8	18
51	Jenny Lampkin	6LR	1:30.5				1:30.5	2	30
51	Jenny Lampkin	SB	72				72	4=	23
52	Katherine Roberts	6LR	1:34.2				1:34.2	4	26
52	Katherine Roberts	VJ	41	38	42	39	42	12	10
53	Eleanor Badhams	HJ	1.40				1.40	1	32
54	Lucy Byrne	4LR	1:01.4	0.0			1:01.4	10	14
54	Lucy Byrne	SLJ	2.00	2.02	2.01	2.00	2.02	10	14
55	Siobhan Farr	SB	72				72	4=	23
56	Caitlin Williams	HJ	1.20				1.20	8	18
57	Hayley Nuttall	S	7.77	8.03	7.82	8.22	8.22	3	28
58	Abi Williams	2LR	26.2	26.2			26.2	1	32
58	Abi Williams	SLJ	2.05	2.03	0.00	2.04	2.05	8	18
59	Beth Hurlin	STJ	4.96	5.09	5.21	4.96	5.21	11	12
60	Victoria Thomas	VJ	47	42	44	47	47	9	16

Team Results

North West Wales (grey)

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Cardiff & Vale of Glamorgan	orange	648	70	60	60	70	46	48	42	50	50	54	32	32	34
2	North East Wales	green	616	80	70	80	40	40	32	56	50	34	46	32	30	26
3	Afan Nedd Tawe	red	577	55	40	70	80	46	32	26	56	32	18	32	58	32
4	Powys	navy	570	30	80	0	60	26	58	60	14	36	54	36	54	62
5	Dyfed	purple	456	40	20	40	50	52	10	24	44	44	14	50	22	46
6	North West Wales	grey	432	20	50	50	30	16	32	40	20	18	34	36	46	40
7	South East Wales	white	391	55	30	30	20	40	46	18	26	48	20	14	24	20
8	Glamorgan Valleys	blue	122	0	0	20	0	6	14	4	0	8	32	38	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Alaw Luis Jones	4LR	1:03.7	0.0			1:03.7	13	8
61	Alaw Luis Jones	HJ	1.15				1.15	11	12
62	Katie Louise Ross	HJ	1.00				1.00	13	8
63	Kim Jones	VJ	53	55	56	55	56	3	28
64	Elin Rees Williams	VJ	42	43	42	41	43	11	12
65	Mared Baker	4LR	59.1	1:00.1			1:00.1	5	24
65	Mared Baker	STJ	5.90	6.01	5.96	5.95	6.01	4	26
66	Elin Rowlands	SLJ	2.08	2.08	1.98	2.10	2.10	4	26
67	Naomi Jones	STJ	5.50	5.51	5.36	5.80	5.80	7	20
68	Daniella Parker	6LR	1:37.2				1:37.2	5	24
68	Daniella Parker	SB	71				71	8	18
69	Chloe Hunt	2LR	28.0	0.0			28.0	12	10
69	Chloe Hunt	SB	70				70	9	16
70	Catrin Francis	S	6.84	7.02	7.08	0.00	7.08	10	14
71	Charlotte Hunt	2LR	28.2	0.0			28.2	14	6
71	Charlotte Hunt	SLJ	1.91	1.92	2.01	1.90	2.01	12	10
72	Paige Musgrove	6LR	1:39.3				1:39.3	9	16
72	Paige Musgrove	S	0.00	5.22	5.35	0.00	5.35	15	4

Team Results

Powys (navy)

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Cardiff & Vale of Glamorgan	orange	648	70	60	60	70	46	48	42	50	50	54	32	32	34
2	North East Wales	green	616	80	70	80	40	40	32	56	50	34	46	32	30	26
3	Afan Nedd Tawe	red	577	55	40	70	80	46	32	26	56	32	18	32	58	32
4	Powys	navy	570	30	80	0	60	26	58	60	14	36	54	36	54	62
5	Dyfed	purple	456	40	20	40	50	52	10	24	44	44	14	50	22	46
6	North West Wales	grey	432	20	50	50	30	16	32	40	20	18	34	36	46	40
7	South East Wales	white	391	55	30	30	20	40	46	18	26	48	20	14	24	20
8	Glamorgan Valleys	blue	122	0	0	20	0	6	14	4	0	8	32	38	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
73	Abbie Price	2LR	27.4	0.0			27.4	10	14
73	Abbie Price	VJ	59	59	56	56	59	1	32
74	Laura Brady	2LR	27.9	0.0			27.9	11	12
74	Laura Brady	HJ	1.15				1.15	10	14
75	Alice Mills	4LR	57.7	58.1			58.1	1	32
75	Alice Mills	STJ	6.21	6.10	6.13	6.28	6.28	1	32
76	Lauren Jones	4LR	58.1	59.9			59.9	4	26
76	Lauren Jones	SB	72				72	4=	23
77	Catrin Thomas	6LR	1:28.2				1:28.2	1	32
77	Catrin Thomas	VJ	56	57	57	54	57	2	30
78	Harriet Davies	6LR	1:31.9				1:31.9	3	28
79	Shannon Davies	SLJ	1.98	0.00	2.04	2.09	2.09	5	24
80	Zoe Rees	SLJ	1.93	1.90	1.71	2.02	2.02	11	12
81	Sioned Davies	STJ	5.72	5.55	5.66	5.90	5.90	6	22
82	Bethan Rogers	S	7.89	7.30	7.77	6.35	7.89	5	24
83	Jordan Mecke	S	6.75	5.90	0.00	5.14	6.75	11	12
84	Lucy Thomson	SB	76				76	1=	31

Team Results

South East Wales (white)

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Cardiff & Vale of Glamorgan	orange	648	70	60	60	70	46	48	42	50	50	54	32	32	34
2	North East Wales	green	616	80	70	80	40	40	32	56	50	34	46	32	30	26
3	Afan Nedd Tawe	red	577	55	40	70	80	46	32	26	56	32	18	32	58	32
4	Powys	navy	570	30	80	0	60	26	58	60	14	36	54	36	54	62
5	Dyfed	purple	456	40	20	40	50	52	10	24	44	44	14	50	22	46
6	North West Wales	grey	432	20	50	50	30	16	32	40	20	18	34	36	46	40
7	South East Wales	white	391	55	30	30	20	40	46	18	26	48	20	14	24	20
8	Glamorgan Valleys	blue	122	0	0	20	0	6	14	4	0	8	32	38	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
85	Martha McCornick	6LR	1:42.2				1:42.2	12	10
85	Martha McCornick	HJ	1.20				1.20	9	16
86	Ester Gibson	STJ	5.40	4.74	5.37	0.00	5.40	10	14
87	Samantha Bufton	VJ	43	48	49	51	51	7	20
88	Stephanie Coburn	STJ	5.12	4.70	4.63	4.90	5.12	12	10
89	Olanike Olowo-Fela	2LR	26.9	27.0			27.0	6	22
90	Sophie Mason	4LR	58.8	58.8			58.8	2	30
90	Sophie Mason	SB	69				69	10	14
91	Gabrielle Bligh	4LR	1:00.6	0.0			1:00.6	9	16
91	Gabrielle Bligh	SLJ	0.00	1.78	1.80	1.86	1.86	13	8
92	Shawney Rowland	6LR	1:42.4				1:42.4	13	8
92	Shawney Rowland	S	7.19	6.63	0.00	0.00	7.19	9	16
93	Danielle Jordan	SLJ	1.68	1.77	1.75	1.78	1.78	14	6
94	Aimee Clark	S	9.58	9.47	9.63	9.68	9.68	1	32
95	Sophie Shaw	SB	62				62	14	6
96	Rebecca Pearce	2LR	26.7	28.0			28.0	8	18
96	Rebecca Pearce	HJ	1.10				1.10	12	10

Results Sheet

Obstacle Relay

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	North East Wales	green	1:29.0	0.0	1:29.0	80.0
2	02	Cardiff & Vale of Glamorgan	orange	1:29.3	0.0	1:29.3	70.0
3=	01	Afan Nedd Tawe	red	1:29.4	0.0	1:29.4	55.0
3=	08	South East Wales	white	1:29.4	0.0	1:29.4	55.0
5	03	Dyfed	purple	1:31.1	0.0	1:31.1	40.0
6	07	Powys	navy	1:31.2	0.0	1:31.2	30.0
7	06	North West Wales	grey	1:32.4	0.0	1:32.4	20.0

Results Sheet

2 Lap Race

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	Points
1	Dyfed	purple	52
2=	Afan Nedd Tawe	red	46
2=	Cardiff & Vale of Glamorgan	orange	46
4=	North East Wales	green	40
4=	South East Wales	white	40
6	Powys	navy	26
7	North West Wales	grey	16
8	Glamorgan Valleys	blue	6

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North East Wales	green	58	Abi Williams	26.2	32
2	Cardiff & Vale of Glamorgan	orange	13	Alison Singleton	26.3	30
3	Dyfed	purple	31	Ayla Hamilton	26.4	28
4	Afan Nedd Tawe	red	2	Grace Cortwright-Harwood	26.8	26
5	Dyfed	purple	36	Catrin Rees	26.9	24
6	South East Wales	white	89	Olanike Olowo-Fela	27.0	22
7	Afan Nedd Tawe	red	3	Catrin Roberts	27.4	20
8	South East Wales	white	96	Rebecca Pearce	28.0	18
9	Cardiff & Vale of Glamorgan	orange	14	Abigail Coombes	27.3	16
10	Powys	navy	73	Abbie Price	27.4	14
11	Powys	navy	74	Laura Brady	27.9	12
12	North West Wales	grey	69	Chloe Hunt	28.0	10
13	North East Wales	green	49	Amy Crocombe	28.1	8
14	North West Wales	grey	71	Charlotte Hunt	28.2	6
15=	Glamorgan Valleys	blue	37	Melissa Wootton	28.4	3
15=	Glamorgan Valleys	blue	41	Catlin Tomlins	28.4	3

Results Sheet

4 Lap Race

Competition:
NUS-Welsh Final Under 13 Girls

Venue:
Cwmbran Stadium Sports Centre

Date
9 Mar 2008

Ranking	Team	Colour	Points
1	Powys	navy	58
2	Cardiff & Vale of Glamorgan	orange	48
3	South East Wales	white	46
4=	Afan Nedd Tawe	red	32
4=	North East Wales	green	32
4=	North West Wales	grey	32
7	Glamorgan Valleys	blue	14
8	Dyfed	purple	10

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	navy	75	Alice Mills	58.1	32
2	South East Wales	white	90	Sophie Mason	58.8	30
3	Cardiff & Vale of Glamorgan	orange	15	Lucy Tarrant	58.9	28
4	Powys	navy	76	Lauren Jones	59.9	26
5	North West Wales	grey	65	Mared Baker	1:00.1	24
6	Afan Nedd Tawe	red	5	Elin Davies	1:00.4	22
7	Cardiff & Vale of Glamorgan	orange	20	Bryony Harper	1:00.5	20
8	North East Wales	green	50	Rhian Williams	1:01.8	18
9	South East Wales	white	91	Gabrielle Bligh	1:00.6	16
10	North East Wales	green	54	Lucy Byrne	1:01.4	14
11	Glamorgan Valleys	blue	38	Shannon Short	1:01.6	12
12	Afan Nedd Tawe	red	7	Rachel Higgs	1:02.0	10
13	North West Wales	grey	61	Alaw Luis Jones	1:03.7	8
14	Dyfed	purple	34	Nerys Lewis	1:04.9	6
15	Dyfed	purple	29	Tamara Court	1:09.7	4
16	Glamorgan Valleys	blue	39	Joanne Stephens	1:10.5	2

Results Sheet

6 Lap Time Trial

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	Points
1	Powys	navy	60
2	North East Wales	green	56
3	Cardiff & Vale of Glamorgan	orange	42
4	North West Wales	grey	40
5	Afan Nedd Tawe	red	26
6	Dyfed	purple	24
7	South East Wales	white	18
8	Glamorgan Valleys	blue	4

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	navy	77	Catrin Thomas	1:28.2	32
2	North East Wales	green	51	Jenny Lampkin	1:30.5	30
3	Powys	navy	78	Harriet Davies	1:31.9	28
4	North East Wales	green	52	Katherine Roberts	1:34.2	26
5	North West Wales	grey	68	Daniella Parker	1:37.2	24
6=	Cardiff & Vale of Glamorgan	orange	16	Anna Morris	1:37.3	21
6=	Cardiff & Vale of Glamorgan	orange	21	Elinor Barker	1:37.3	21
8	Dyfed	purple	30	Kari O'Neill	1:38.3	18
9	North West Wales	grey	72	Paige Musgrove	1:39.3	16
10	Afan Nedd Tawe	red	6	Naomi Osborn	1:40.5	14
11	Afan Nedd Tawe	red	10	Alex Thomas	1:41.2	12
12	South East Wales	white	85	Martha McCornick	1:42.2	10
13	South East Wales	white	92	Shawney Rowland	1:42.4	8
14	Dyfed	purple	26	Keira Williams	1:46.6	6
15	Glamorgan Valleys	blue	40	Hannah Sansbury	1:54.2	4

Results Sheet

8 Lap Paarlauf

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	07	Powys	navy	1:51.0	0.0	1:51.0	80.0
2	05	North East Wales	green	1:56.6	0.0	1:56.6	70.0
3	02	Cardiff & Vale of Glamorgan	orange	1:59.1	0.0	1:59.1	60.0
4	06	North West Wales	grey	2:00.7	0.0	2:00.7	50.0
5	01	Afan Nedd Tawe	red	2:01.1	0.0	2:01.1	40.0
6	08	South East Wales	white	2:01.5	0.0	2:01.5	30.0
7	03	Dyfed	purple	2:08.6	0.0	2:08.6	20.0

Results Sheet

4 x 1 Lap Relay

Competition:
NUS-Welsh Final Under 13 Girls

Venue:
Cwmbran Stadium Sports Centre

Date
9 Mar 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	North East Wales	green	55.4	0.0	55.4	80.0
2	01	Afan Nedd Tawe	red	55.7	0.0	55.7	70.0
3	02	Cardiff & Vale of Glamorgan	orange	55.9	0.0	55.9	60.0
4	06	North West Wales	grey	56.1	0.0	56.1	50.0
5	03	Dyfed	purple	56.3	0.0	56.3	40.0
6	08	South East Wales	white	57.0	0.0	57.0	30.0
7	04	Glamorgan Valleys	blue	57.1	0.0	57.1	20.0

Results Sheet

4 x 2 Lap Relay

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Afan Nedd Tawe	red	1:47.9	0.0	1:47.9	80.0
2	02	Cardiff & Vale of Glamorgan	orange	1:48.1	0.0	1:48.1	70.0
3	07	Powys	navy	1:48.6	0.0	1:48.6	60.0
4	03	Dyfed	purple	1:49.9	0.0	1:49.9	50.0
5	05	North East Wales	green	1:51.2	0.0	1:51.2	40.0
6	06	North West Wales	grey	1:51.6	0.0	1:51.6	30.0
7	08	South East Wales	white	1:54.2	0.0	1:54.2	20.0

Results Sheet

High Jump

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	Points
	Glamorgan Valleys	blue	0
1	Afan Nedd Tawe	red	56
2=	Cardiff & Vale of Glamorgan	orange	50
2=	North East Wales	green	50
4	Dyfed	purple	44
5	South East Wales	white	26
6	North West Wales	grey	20
7	Powys	navy	14

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North East Wales	green	53	Eleanor Badhams	1.40	32
2	Afan Nedd Tawe	red	7	Rachel Higgs	1.30	30
3	Cardiff & Vale of Glamorgan	orange	23	Zoe Feyi-Warbosa	1.30	28
4	Afan Nedd Tawe	red	8	Rhiannon Thomas	1.30	26
5	Dyfed	purple	26	Keira Williams	1.25	24
6	Cardiff & Vale of Glamorgan	orange	20	Bryony Harper	1.25	22
7	Dyfed	purple	35	Bethan Phillips	1.20	20
8	North East Wales	green	56	Caitlin Williams	1.20	18
9	South East Wales	white	85	Martha McCornick	1.20	16
10	Powys	navy	74	Laura Brady	1.15	14
11	North West Wales	grey	61	Alaw Luis Jones	1.15	12
12	South East Wales	white	96	Rebecca Pearce	1.10	10
13	North West Wales	grey	62	Katie Louise Ross	1.00	8

Results Sheet

Shot

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	Points
1	Cardiff & Vale of Glamorgan	orange	50
2	South East Wales	white	48
3	Dyfed	purple	44
4	Powys	navy	36
5	North East Wales	green	34
6	Afan Nedd Tawe	red	32
7	North West Wales	grey	18
8	Glamorgan Valleys	blue	8

Ranking	Team	Colour	BibNo	Name	Best	Points
1	South East Wales	white	94	Aimee Clark	9.68	32
2	Cardiff & Vale of Glamorgan	orange	18	Beth Lindsey	8.39	30
3	North East Wales	green	57	Hayley Nuttall	8.22	28
4	Dyfed	purple	33	Awen Rosser	8.14	26
5	Powys	navy	82	Bethan Rogers	7.89	24
6	Afan Nedd Tawe	red	4	Kate Harwood	7.68	22
7	Cardiff & Vale of Glamorgan	orange	14	Abigail Coombes	7.35	20
8	Dyfed	purple	25	Rachel Davies	7.24	18
9	South East Wales	white	92	Shawney Rowland	7.19	16
10	North West Wales	grey	70	Catrin Francis	7.08	14
11	Powys	navy	83	Jordan Mecke	6.75	12
12	Afan Nedd Tawe	red	2	Grace Cortwright-Harwood	6.43	10
13	Glamorgan Valleys	blue	39	Joanne Stephens	6.23	8
14	North East Wales	green	49	Amy Crocombe	5.90	6
15	North West Wales	grey	72	Paige Musgrove	5.35	4

Results Sheet

Speed Bounce

Competition:
NUS-Welsh Final Under 13 Girls

Venue:
Cwmbran Stadium Sports Centre

Date
9 Mar 2008

Ranking	Team	Colour	Points
1=	Cardiff & Vale of Glamorgan	orange	54
1=	Powys	navy	54
3	North East Wales	green	46
4	North West Wales	grey	34
5	Glamorgan Valleys	blue	32
6	South East Wales	white	20
7	Afan Nedd Tawe	red	18
8	Dyfed	purple	14

Ranking	Team	Colour	BibNo	Name	Total	Points
1=	Cardiff & Vale of Glamorgan	orange	19	Romy Killick	76	31
1=	Powys	navy	84	Lucy Thomson	76	31
3	Glamorgan Valleys	blue	41	Catlin Tomlins	73	28
4=	Cardiff & Vale of Glamorgan	orange	16	Anna Morris	72	23
4=	North East Wales	green	51	Jenny Lampkin	72	23
4=	North East Wales	green	55	Siobhan Farr	72	23
4=	Powys	navy	76	Lauren Jones	72	23
8	North West Wales	grey	68	Daniella Parker	71	18
9	North West Wales	grey	69	Chloe Hunt	70	16
10	South East Wales	white	90	Sophie Mason	69	14
11	Dyfed	purple	31	Ayla Hamilton	68	12
12	Afan Nedd Tawe	red	1	Katherine Morris	66	10
13	Afan Nedd Tawe	red	10	Alex Thomas	64	8
14	South East Wales	white	95	Sophie Shaw	62	6
15	Glamorgan Valleys	blue	40	Hannah Sansbury	61	4
16	Dyfed	purple	30	Kari O'Neill	58	2

Results Sheet

Standing Long Jump

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	Points
1	Dyfed	purple	50
2	Glamorgan Valleys	blue	38
3=	North West Wales	grey	36
3=	Powys	navy	36
5=	Afan Nedd Tawe	red	32
5=	Cardiff & Vale of Glamorgan	orange	32
5=	North East Wales	green	32
8	South East Wales	white	14

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & Vale of Glamorgan	orange	13	Alison Singleton	2.28	32
2	Dyfed	purple	28	Amelia Roberts	2.26	30
3	Afan Nedd Tawe	red	11	Nicola Jones	2.14	28
4	North West Wales	grey	66	Elin Rowlands	2.10	26
5	Powys	navy	79	Shannon Davies	2.09	24
6	Glamorgan Valleys	blue	37	Melissa Wootton	2.06	22
7	Dyfed	purple	27	Emma Ruiz	2.05	20
8	North East Wales	green	58	Abi Williams	2.05	18
9	Glamorgan Valleys	blue	38	Shannon Short	2.04	16
10	North East Wales	green	54	Lucy Byrne	2.02	14
11	Powys	navy	80	Zoe Rees	2.02	12
12	North West Wales	grey	71	Charlotte Hunt	2.01	10
13	South East Wales	white	91	Gabrielle Bligh	1.86	8
14	South East Wales	white	93	Danielle Jordan	1.78	6
15	Afan Nedd Tawe	red	6	Naomi Osborn	1.73	4

Results Sheet

Standing Triple Jump

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	Points
	Glamorgan Valleys	blue	0
1	Afan Nedd Tawe	red	58
2	Powys	navy	54
3	North West Wales	grey	46
4	Cardiff & Vale of Glamorgan	orange	32
5	North East Wales	green	30
6	South East Wales	white	24
7	Dyfed	purple	22

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	navy	75	Alice Mills	6.28	32
2	Afan Nedd Tawe	red	3	Catrin Roberts	6.25	30
3	Afan Nedd Tawe	red	9	Milly Gatley	6.02	28
4	North West Wales	grey	65	Mared Baker	6.01	26
5	Cardiff & Vale of Glamorgan	orange	17	Jessica Oliver	5.90	24
6	Powys	navy	81	Sioned Davies	5.90	22
7	North West Wales	grey	67	Naomi Jones	5.80	20
8	North East Wales	green	50	Rhian Williams	5.78	18
9	Dyfed	purple	34	Nerys Lewis	5.52	16
10	South East Wales	white	86	Ester Gibson	5.40	14
11	North East Wales	green	59	Beth Hurlin	5.21	12
12	South East Wales	white	88	Stephanie Coburn	5.12	10
13	Cardiff & Vale of Glamorgan	orange	15	Lucy Tarrant	5.07	8
14	Dyfed	purple	32	Lowri Heckler	4.77	6

Results Sheet

Vertical Jump

Competition:
NUS-Welsh Final Under 13 Girls

Venue:
Cwmbran Stadium Sports Centre

Date
9 Mar 2008

Ranking	Team	Colour	Points
	Glamorgan Valleys	blue	0
1	Powys	navy	62
2	Dyfed	purple	46
3	North West Wales	grey	40
4	Cardiff & Vale of Glamorgan	orange	34
5	Afan Nedd Tawe	red	32
6	North East Wales	green	26
7	South East Wales	white	20

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	navy	73	Abbie Price	59	32
2	Powys	navy	77	Catrin Thomas	57	30
3	North West Wales	grey	63	Kim Jones	56	28
4	Cardiff & Vale of Glamorgan	orange	22	Valencia Germain	56	26
5	Dyfed	purple	29	Tamara Court	55	24
6	Dyfed	purple	36	Catrin Rees	53	22
7	South East Wales	white	87	Samantha Bufton	51	20
8	Afan Nedd Tawe	red	5	Elin Davies	50	18
9	North East Wales	green	60	Victoria Thomas	47	16
10	Afan Nedd Tawe	red	12	Abigail McEvoy	47	14
11	North West Wales	grey	64	Elin Rees Williams	43	12
12	North East Wales	green	52	Katherine Roberts	42	10
13	Cardiff & Vale of Glamorgan	orange	21	Elinor Barker	35	8