



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 Girls

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	Afan Nedd Tawe	yellow	670	80	70	80	30	58	40	58	44	62	48	54	18	28
2	Powys	white	570	50	80	40	50	30	38	48	32	24	52	42	54	30
3	Cardiff & Vale of Glamorgan	purple	537	10	50	70	70	36	52	24	25	46	34	62	32	26
4	North West Wales	red	534	60	30	50	40	32	22	42	38	30	54	18	56	62
5	Dyfed	sky	528	40	60	60	60	36	35	20	46	54	25	18	28	46
6	North East Wales	orange	481	30	40	30	80	58	18	28	45	22	28	24	50	28
7	Glamorgan Valleys	green	227	70	0	0	0	10	33	22	0	0	0	30	22	40
8	South East Wales	violet	225	20	20	20	20	12	34	18	0	28	11	22	10	10

Team Results

Afan Nedd Tawe (yellow)

Competition:

ASHA-Welsh Final Under 13 Girls

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	Afan Nedd Tawe	yellow	670	80	70	80	30	58	40	58	44	62	48	54	18	28
2	Powys	white	570	50	80	40	50	30	38	48	32	24	52	42	54	30
3	Cardiff & Vale of Glamorgan	purple	537	10	50	70	70	36	52	24	25	46	34	62	32	26
4	North West Wales	red	534	60	30	50	40	32	22	42	38	30	54	18	56	62
5	Dyfed	sky	528	40	60	60	60	36	35	20	46	54	25	18	28	46
6	North East Wales	orange	481	30	40	30	80	58	18	28	45	22	28	24	50	28
7	Glamorgan Valleys	green	227	70	0	0	0	10	33	22	0	0	0	30	22	40
8	South East Wales	violet	225	20	20	20	20	12	34	18	0	28	11	22	10	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Hannah Brier	2LR	25.8	25.4			25.4	1	32
1	Hannah Brier	SLJ	2.12	2.08	2.07	2.09	2.12	4	26
2	Ffion Wake	2LR	25.7	26.0			26.0	4	26
2	Ffion Wake	SLJ	1.99	2.07	2.07	2.21	2.21	3	28
3	Bethan Radford	4LR	1:02.8	0.0			1:02.8	11	12
3	Bethan Radford	SB	71				71	2=	28
4	Caitlin Atkins	6LR	1:35.6				1:35.6	4	26
4	Caitlin Atkins	STJ	5.51	0.00	5.54	5.62	5.62	12	10
5	Ria Evans	VJ	43	42	46	45	46	7	20
6	Jessica Merrick	SB	68				68	7	20
7	Lucy Fligelstone	HJ	1.35				1.35	2	30
8	Olivia Gwynn	6LR	1:32.0				1:32.0	1	32
8	Olivia Gwynn	VJ	38	0	35	37	38	13	8
9	Ellie Coates	4LR	59.6	59.3			59.3	3	28
9	Ellie Coates	STJ	5.44	5.21	5.23	5.16	5.44	13	8
10	Katie Parfitt	HJ	1.10				1.10	10	14
11	Emily Cockrill	S	9.22	9.16	9.16	0.00	9.22	2	30
12	Stephanie Nicholas	S	8.94	9.26	7.96	8.40	9.26	1	32

Team Results

Cardiff & Vale of Glamorgan (purple)

Competition:

ASHA-Welsh Final Under 13 Girls

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	Afan Nedd Tawe	yellow	670	80	70	80	30	58	40	58	44	62	48	54	18	28
2	Powys	white	570	50	80	40	50	30	38	48	32	24	52	42	54	30
3	Cardiff & Vale of Glamorgan	purple	537	10	50	70	70	36	52	24	25	46	34	62	32	26
4	North West Wales	red	534	60	30	50	40	32	22	42	38	30	54	18	56	62
5	Dyfed	sky	528	40	60	60	60	36	35	20	46	54	25	18	28	46
6	North East Wales	orange	481	30	40	30	80	58	18	28	45	22	28	24	50	28
7	Glamorgan Valleys	green	227	70	0	0	0	10	33	22	0	0	0	30	22	40
8	South East Wales	violet	225	20	20	20	20	12	34	18	0	28	11	22	10	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Georgia Bradshaw	SB	66				66	8	18
14	Molleasha Quinn	S	7.25	7.24	7.00	0.00	7.25	6	22
15	Annabel Curle	STJ	5.41	5.36	5.68	5.72	5.72	10	14
16	Izzy Eddy-Williams	4LR	59.0	0.0			59.0	6	22
16	Izzy Eddy-Williams	SLJ	2.07	2.14	2.19	2.27	2.27	1	32
17	Lucy Cudihee	STJ	5.47	5.32	5.66	5.77	5.77	8	18
18	Emily Hamlet	2LR	26.4	26.8			26.8	6	22
18	Emily Hamlet	VJ	50	50	50	51	51	4	26
19	Angharad Cole	6LR	1:36.1				1:36.1	5	24
19	Angharad Cole	SB	65				65	9	16
20	Claire Taylor	4LR	58.5	58.3			58.3	2	30
20	Claire Taylor	SLJ	2.02	2.12	2.15	2.25	2.25	2	30
21	Georgia Looker	S	7.45	6.94	7.10	6.36	7.45	5	24
22	Olivia Evans	2LR	27.7	0.0			27.7	10	14
22	Olivia Evans	HJ	1.25				1.25	4=	25

Team Results

Dyfed (sky)

Competition:

ASHA-Welsh Final Under 13 Girls

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	Afan Nedd Tawe	yellow	670	80	70	80	30	58	40	58	44	62	48	54	18	28
2	Powys	white	570	50	80	40	50	30	38	48	32	24	52	42	54	30
3	Cardiff & Vale of Glamorgan	purple	537	10	50	70	70	36	52	24	25	46	34	62	32	26
4	North West Wales	red	534	60	30	50	40	32	22	42	38	30	54	18	56	62
5	Dyfed	sky	528	40	60	60	60	36	35	20	46	54	25	18	28	46
6	North East Wales	orange	481	30	40	30	80	58	18	28	45	22	28	24	50	28
7	Glamorgan Valleys	green	227	70	0	0	0	10	33	22	0	0	0	30	22	40
8	South East Wales	violet	225	20	20	20	20	12	34	18	0	28	11	22	10	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Miriam Williams	2LR	27.5	0.0			27.5	9	16
25	Miriam Williams	HJ	1.30				1.30	3	28
26	Felicity Gardner	SB	64				64	10	14
27	Caitlin Roberts	STJ	5.22	0.00	5.76	0.00	5.76	9	16
28	Amy Humble	S	0.00	6.92	7.80	7.83	7.83	4	26
29	Ellie Dainton	6LR	1:37.3				1:37.3	7	20
29	Ellie Dainton	SLJ	1.61	1.69	1.66	1.71	1.71	13	8
30	Medi Stone	VJ	50	51	49	49	51	5	24
31	Shannon de Smet	4LR	1:03.0	0.0			1:03.0	12=	9
31	Shannon de Smet	SB	63				63	11=	11
32	Ffion Walters	2LR	26.7	0.0			26.7	7	20
32	Ffion Walters	SLJ	1.64	1.63	1.59	1.74	1.74	12	10
33	Erin Walters	VJ	48	42	49	40	49	6	22
34	Bronwen Lewis	S	9.03	9.09	9.07	8.80	9.09	3	28
35	Angharad de Smet	4LR	58.6	59.6			59.6	4	26
35	Angharad de Smet	STJ	5.45	5.62	5.70	5.70	5.70	11	12
36	Rebecca Lewis	HJ	1.20				1.20	8	18

Team Results

Glamorgan Valleys (green)

Competition:

ASHA-Welsh Final Under 13 Girls

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	Afan Nedd Tawe	yellow	670	80	70	80	30	58	40	58	44	62	48	54	18	28
2	Powys	white	570	50	80	40	50	30	38	48	32	24	52	42	54	30
3	Cardiff & Vale of Glamorgan	purple	537	10	50	70	70	36	52	24	25	46	34	62	32	26
4	North West Wales	red	534	60	30	50	40	32	22	42	38	30	54	18	56	62
5	Dyfed	sky	528	40	60	60	60	36	35	20	46	54	25	18	28	46
6	North East Wales	orange	481	30	40	30	80	58	18	28	45	22	28	24	50	28
7	Glamorgan Valleys	green	227	70	0	0	0	10	33	22	0	0	0	30	22	40
8	South East Wales	violet	225	20	20	20	20	12	34	18	0	28	11	22	10	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
37	Zoe Nash	2LR	30.0	0.0			30.0	14	6
37	Zoe Nash	SLJ	1.73	1.80	1.81	1.86	1.86	9	16
38	Allie Young	2LR	30.3	0.0			30.3	15	4
38	Allie Young	VJ	51	49	50	51	51	3	28
39	Shona Davies	4LR	59.4	1:01.1			1:01.1	5	24
39	Shona Davies	STJ	5.87	0.00	4.83	4.66	5.87	6	22
40	Bethan Eales	4LR	1:03.0	0.0			1:03.0	12=	9
40	Bethan Eales	SLJ	1.68	1.85	1.82	1.79	1.85	10	14
41	Katie Roberts	6LR	1:36.6				1:36.6	6	22
41	Katie Roberts	VJ	40	40	40	41	41	11	12

Team Results

North East Wales (orange)

Competition:

ASHA-Welsh Final Under 13 Girls

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	Afan Nedd Tawe	yellow	670	80	70	80	30	58	40	58	44	62	48	54	18	28
2	Powys	white	570	50	80	40	50	30	38	48	32	24	52	42	54	30
3	Cardiff & Vale of Glamorgan	purple	537	10	50	70	70	36	52	24	25	46	34	62	32	26
4	North West Wales	red	534	60	30	50	40	32	22	42	38	30	54	18	56	62
5	Dyfed	sky	528	40	60	60	60	36	35	20	46	54	25	18	28	46
6	North East Wales	orange	481	30	40	30	80	58	18	28	45	22	28	24	50	28
7	Glamorgan Valleys	green	227	70	0	0	0	10	33	22	0	0	0	30	22	40
8	South East Wales	violet	225	20	20	20	20	12	34	18	0	28	11	22	10	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
49	Laura Turley	2LR	26.0	25.8			25.8	2	30
49	Laura Turley	STJ	5.73	5.70	0.00	5.78	5.78	7	20
50	Chloe Hughes	2LR	26.0	25.9			25.9	3	28
50	Chloe Hughes	STJ	6.00	5.82	5.64	6.17	6.17	2	30
51	Shannon Cole	6LR	1:47.9				1:47.9	11	12
51	Shannon Cole	S	6.36	6.46	6.57	6.56	6.57	11	12
52	Millie Williams	4LR	1:06.0	0.0			1:06.0	15	4
52	Millie Williams	VJ	34	39	36	38	39	12	10
53	Molly Greorgious	SB	71				71	2=	28
54	Jasmine Thomas	6LR	1:43.4				1:43.4	9	16
54	Jasmine Thomas	HJ	1.25				1.25	4=	25
55	Rowan Antrobus	4LR	1:02.3	0.0			1:02.3	10	14
55	Rowan Antrobus	HJ	1.25				1.25	7	20
56	Gemma Roberts	VJ	46	40	40	43	46	8	18
57	Rosie Williams	S	5.69	0.00	5.74	6.04	6.04	12	10
58	Emma Roberts	SLJ	2.01	2.07	2.03	2.04	2.07	5	24

Team Results

North West Wales (red)

Competition:

ASHA-Welsh Final Under 13 Girls

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	Afan Nedd Tawe	yellow	670	80	70	80	30	58	40	58	44	62	48	54	18	28
2	Powys	white	570	50	80	40	50	30	38	48	32	24	52	42	54	30
3	Cardiff & Vale of Glamorgan	purple	537	10	50	70	70	36	52	24	25	46	34	62	32	26
4	North West Wales	red	534	60	30	50	40	32	22	42	38	30	54	18	56	62
5	Dyfed	sky	528	40	60	60	60	36	35	20	46	54	25	18	28	46
6	North East Wales	orange	481	30	40	30	80	58	18	28	45	22	28	24	50	28
7	Glamorgan Valleys	green	227	70	0	0	0	10	33	22	0	0	0	30	22	40
8	South East Wales	violet	225	20	20	20	20	12	34	18	0	28	11	22	10	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Marissa Griffiths	6LR	1:44.2				1:44.2	10	14
61	Marissa Griffiths	S	6.79	6.59	5.81	0.00	6.79	10	14
62	Megan Ekgerg	2LR	29.1	0.0			29.1	13	8
62	Megan Ekgerg	HJ	1.10				1.10	9	16
63	Jenny Cox	STJ	0.00	5.38	6.58	6.47	6.58	1	32
64	Kim Rowlands	VJ	47	47	52	49	52	2	30
65	Cara Hughes	2LR	26.4	26.7			26.7	5	24
65	Cara Hughes	STJ	5.70	5.84	5.88	5.94	5.94	5	24
66	Ashleigh Davis	S	0.00	6.49	6.61	6.81	6.81	9	16
67	Mollie Davies	6LR	1:35.5				1:35.5	3	28
67	Mollie Davies	SB	69				69	6	22
68	Georgia Williams	VJ	53	48	51	51	53	1	32
69	Chelsea Vancouver	4LR	1:00.3	0.0			1:00.3	9	16
69	Chelsea Vancouver	SB	73				73	1	32
70	Shannon Hughes	HJ	1.25				1.25	6	22
71	Lia Evans	4LR	1:04.2	0.0			1:04.2	14	6
71	Lia Evans	SLJ	1.62	1.68	1.77	1.85	1.85	11	12
72	Hamys Evan	SLJ	1.49	1.46	1.57	1.57	1.57	14	6

Team Results

Powys (white)

Competition:

ASHA-Welsh Final Under 13 Girls

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	Afan Nedd Tawe	yellow	670	80	70	80	30	58	40	58	44	62	48	54	18	28
2	Powys	white	570	50	80	40	50	30	38	48	32	24	52	42	54	30
3	Cardiff & Vale of Glamorgan	purple	537	10	50	70	70	36	52	24	25	46	34	62	32	26
4	North West Wales	red	534	60	30	50	40	32	22	42	38	30	54	18	56	62
5	Dyfed	sky	528	40	60	60	60	36	35	20	46	54	25	18	28	46
6	North East Wales	orange	481	30	40	30	80	58	18	28	45	22	28	24	50	28
7	Glamorgan Valleys	green	227	70	0	0	0	10	33	22	0	0	0	30	22	40
8	South East Wales	violet	225	20	20	20	20	12	34	18	0	28	11	22	10	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
73	Larissa Davies	2LR	28.1	0.0			28.1	11	12
73	Larissa Davies	S	0.00	5.53	5.03	5.53	5.53	14	6
74	Mo Alder	2LR	26.8	0.0			26.8	8	18
74	Mo Alder	HJ	0.00				0.00		
75	Lauren Fenn	4LR	59.8	0.0			59.8	7	20
75	Lauren Fenn	VJ	41	45	42	45	45	9	16
76	Vicky Gittins	4LR	1:00.1	0.0			1:00.1	8	18
76	Vicky Gittins	STJ	5.97	5.89	6.04	5.99	6.04	3	28
77	Rosie Unwin	6LR	1:38.2				1:38.2	8	18
77	Rosie Unwin	HJ	1.35				1.35	1	32
78	Sarah Williams	6LR	1:34.4				1:34.4	2	30
78	Sarah Williams	SLJ	1.94	1.95	1.85	2.05	2.05	7	20
79	Lauren Dixon	STJ	5.66	5.78	5.98	5.88	5.98	4	26
80	Emily Whittington	SLJ	2.07	2.04	2.03	1.98	2.07	6	22
81	Georgina Walsh	VJ	41	40	43	39	43	10	14
82	Danielle Pratten	SB	71				71	2=	28
83	Molly Petrie	SB	70				70	5	24
84	Zoe Fuller	S	0.00	6.84	0.00	5.84	6.84	8	18

Team Results

South East Wales (violet)

Competition:

ASHA-Welsh Final Under 13 Girls

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	Afan Nedd Tawe	yellow	670	80	70	80	30	58	40	58	44	62	48	54	18	28
2	Powys	white	570	50	80	40	50	30	38	48	32	24	52	42	54	30
3	Cardiff & Vale of Glamorgan	purple	537	10	50	70	70	36	52	24	25	46	34	62	32	26
4	North West Wales	red	534	60	30	50	40	32	22	42	38	30	54	18	56	62
5	Dyfed	sky	528	40	60	60	60	36	35	20	46	54	25	18	28	46
6	North East Wales	orange	481	30	40	30	80	58	18	28	45	22	28	24	50	28
7	Glamorgan Valleys	green	227	70	0	0	0	10	33	22	0	0	0	30	22	40
8	South East Wales	violet	225	20	20	20	20	12	34	18	0	28	11	22	10	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
87	Melissa Roberts	4LR	57.8	57.1			57.1	1	32
87	Melissa Roberts	HJ	0.00				0.00		
88	Hannah Davies	2LR	30.4	0.0			30.4	16	2
88	Hannah Davies	VJ	37	36	35	35	37	15	4
89	Rebecca Hollow	S	7.09	0.00	0.00	0.00	7.09	7	20
90	Chloe Mai-Bligh	S	5.40	5.03	5.75	5.50	5.75	13	8
91	Tirion Budd	6LR	2:02.0				2:02.0	13	8
91	Tirion Budd	SLJ	1.86	1.85	1.93	1.95	1.95	8	18
92	Rebecca Freeman	4LR	1:06.5	0.0			1:06.5	16	2
92	Rebecca Freeman	STJ	4.55	4.72	4.68	4.81	4.81	15	4
93	Isabelle Young	SB	63				63	11=	11
94	Katie Sims	SB	64				64		
94	Katie Sims	SLJ	1.34	1.41	1.44	1.37	1.44	15	4
95	Sarah Kirkham	6LR	1:50.2				1:50.2	12	10
95	Sarah Kirkham	VJ	30	35	38	36	38	14	6
96	Marie Zorab	2LR	28.8	0.0			28.8	12	10
96	Marie Zorab	STJ	4.90	4.99	4.89	4.95	4.99	14	6

Results Sheet

Obstacle Relay

Competition:

ASHA-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Afan Nedd Tawe	yellow	1:27.6	0.0	1:27.6	80.0
2	04	Glamorgan Valleys	green	1:30.3	0.0	1:30.3	70.0
3	06	North West Wales	red	1:30.4	0.0	1:30.4	60.0
4	07	Powys	white	1:31.0	0.0	1:31.0	50.0
5	03	Dyfed	sky	1:33.9	0.0	1:33.9	40.0
6	05	North East Wales	orange	1:40.1	0.0	1:40.1	30.0
7	08	South East Wales	violet	1:43.1	0.0	1:43.1	20.0
8	02	Cardiff & Vale of Glamorgan	purple	1:46.6	0.0	1:46.6	10.0

Results Sheet

2 Lap Race

Competition:

ASHA-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
1=	Afan Nedd Tawe	yellow	58
1=	North East Wales	orange	58
3=	Cardiff & Vale of Glamorgan	purple	36
3=	Dyfed	sky	36
5	North West Wales	red	32
6	Powys	white	30
7	South East Wales	violet	12
8	Glamorgan Valleys	green	10

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	yellow	1	Hannah Brier	25.4	32
2	North East Wales	orange	49	Laura Turley	25.8	30
3	North East Wales	orange	50	Chloe Hughes	25.9	28
4	Afan Nedd Tawe	yellow	2	Ffion Wake	26.0	26
5	North West Wales	red	65	Cara Hughes	26.7	24
6	Cardiff & Vale of Glamorgan	purple	18	Emily Hamlet	26.8	22
7	Dyfed	sky	32	Ffion Walters	26.7	20
8	Powys	white	74	Mo Alder	26.8	18
9	Dyfed	sky	25	Miriam Williams	27.5	16
10	Cardiff & Vale of Glamorgan	purple	22	Olivia Evans	27.7	14
11	Powys	white	73	Larissa Davies	28.1	12
12	South East Wales	violet	96	Marie Zorab	28.8	10
13	North West Wales	red	62	Megan Ekgerg	29.1	8
14	Glamorgan Valleys	green	37	Zoe Nash	30.0	6
15	Glamorgan Valleys	green	38	Allie Young	30.3	4
16	South East Wales	violet	88	Hannah Davies	30.4	2

Results Sheet

4 Lap Race

Competition:

ASHA-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
1	Cardiff & Vale of Glamorgan	purple	52
2	Afan Nedd Tawe	yellow	40
3	Powys	white	38
4	Dyfed	sky	35
5	South East Wales	violet	34
6	Glamorgan Valleys	green	33
7	North West Wales	red	22
8	North East Wales	orange	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1	South East Wales	violet	87	Melissa Roberts	57.1	32
2	Cardiff & Vale of Glamorgan	purple	20	Claire Taylor	58.3	30
3	Afan Nedd Tawe	yellow	9	Ellie Coates	59.3	28
4	Dyfed	sky	35	Angharad de Smet	59.6	26
5	Glamorgan Valleys	green	39	Shona Davies	1:01.1	24
6	Cardiff & Vale of Glamorgan	purple	16	Izzy Eddy-Williams	59.0	22
7	Powys	white	75	Lauren Fenn	59.8	20
8	Powys	white	76	Vicky Gittins	1:00.1	18
9	North West Wales	red	69	Chelsea Vancouver	1:00.3	16
10	North East Wales	orange	55	Rowan Antrobus	1:02.3	14
11	Afan Nedd Tawe	yellow	3	Bethan Radford	1:02.8	12
12=	Dyfed	sky	31	Shannon de Smet	1:03.0	9
12=	Glamorgan Valleys	green	40	Bethan Eales	1:03.0	9
14	North West Wales	red	71	Lia Evans	1:04.2	6
15	North East Wales	orange	52	Millie Williams	1:06.0	4
16	South East Wales	violet	92	Rebecca Freeman	1:06.5	2

Results Sheet

6 Lap Time Trial

Competition:

ASHA-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
1	Afan Nedd Tawe	yellow	58
2	Powys	white	48
3	North West Wales	red	42
4	North East Wales	orange	28
5	Cardiff & Vale of Glamorgan	purple	24
6	Glamorgan Valleys	green	22
7	Dyfed	sky	20
8	South East Wales	violet	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	yellow	8	Olivia Gwynn	1:32.0	32
2	Powys	white	78	Sarah Williams	1:34.4	30
3	North West Wales	red	67	Mollie Davies	1:35.5	28
4	Afan Nedd Tawe	yellow	4	Caitlin Atkins	1:35.6	26
5	Cardiff & Vale of Glamorgan	purple	19	Angharad Cole	1:36.1	24
6	Glamorgan Valleys	green	41	Katie Roberts	1:36.6	22
7	Dyfed	sky	29	Ellie Dainton	1:37.3	20
8	Powys	white	77	Rosie Unwin	1:38.2	18
9	North East Wales	orange	54	Jasmine Thomas	1:43.4	16
10	North West Wales	red	61	Marissa Griffiths	1:44.2	14
11	North East Wales	orange	51	Shannon Cole	1:47.9	12
12	South East Wales	violet	95	Sarah Kirkham	1:50.2	10
13	South East Wales	violet	91	Tirion Budd	2:02.0	8

Results Sheet

8 Lap Paarlauf

Competition:

ASHA-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	07	Powys	white	1:54.5	0.0	1:54.5	80.0
2	01	Afan Nedd Tawe	yellow	1:55.3	0.0	1:55.3	70.0
3	03	Dyfed	sky	1:58.1	0.0	1:58.1	60.0
4	02	Cardiff & Vale of Glamorgan	purple	1:59.5	0.0	1:59.5	50.0
5	05	North East Wales	orange	2:02.4	0.0	2:02.4	40.0
6	06	North West Wales	red	2:03.1	0.0	2:03.1	30.0
7	08	South East Wales	violet	2:10.5	0.0	2:10.5	20.0

Results Sheet

4 x 1 Lap Relay

Competition:

ASHA-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Afan Nedd Tawe	yellow	54.5	0.0	54.5	80.0
2	02	Cardiff & Vale of Glamorgan	purple	55.0	0.0	55.0	70.0
3	03	Dyfed	sky	55.0	0.0	55.0	60.0
4	06	North West Wales	red	55.0	0.0	55.0	50.0
5	07	Powys	white	55.9	0.0	55.9	40.0
6	05	North East Wales	orange	56.7	0.0	56.7	30.0
7	08	South East Wales	violet	1:02.0	0.0	1:02.0	20.0

Results Sheet

4 x 2 Lap Relay

Competition:

ASHA-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	North East Wales	orange	1:47.5	0.0	1:47.5	80.0
2	02	Cardiff & Vale of Glamorgan	purple	1:48.2	0.0	1:48.2	70.0
3	03	Dyfed	sky	1:48.3	0.0	1:48.3	60.0
4	07	Powys	white	1:49.7	0.0	1:49.7	50.0
5	06	North West Wales	red	1:50.4	0.0	1:50.4	40.0
6	01	Afan Nedd Tawe	yellow	1:52.4	0.0	1:52.4	30.0
7	08	South East Wales	violet	1:55.1	0.0	1:55.1	20.0

Results Sheet

High Jump

Competition:

ASHA-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
	Glamorgan Valleys	green	0
	South East Wales	violet	0
1	Dyfed	sky	46
2	North East Wales	orange	45
3	Afan Nedd Tawe	yellow	44
4	North West Wales	red	38
5	Powys	white	32
6	Cardiff & Vale of Glamorgan	purple	25

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	white	77	Rosie Unwin	1.35	32
2	Afan Nedd Tawe	yellow	7	Lucy Fligelstone	1.35	30
3	Dyfed	sky	25	Miriam Williams	1.30	28
4=	Cardiff & Vale of Glamorgan	purple	22	Olivia Evans	1.25	25
4=	North East Wales	orange	54	Jasmine Thomas	1.25	25
6	North West Wales	red	70	Shannon Hughes	1.25	22
7	North East Wales	orange	55	Rowan Antrobus	1.25	20
8	Dyfed	sky	36	Rebecca Lewis	1.20	18
9	North West Wales	red	62	Megan Ekgerg	1.10	16
10	Afan Nedd Tawe	yellow	10	Katie Parfitt	1.10	14
	Powys	white	74	Mo Alder	0.00	0
	South East Wales	violet	87	Melissa Roberts	0.00	0

Results Sheet

Shot

Competition:

ASHA-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
	Glamorgan Valleys	green	0
1	Afan Nedd Tawe	yellow	62
2	Dyfed	sky	54
3	Cardiff & Vale of Glamorgan	purple	46
4	North West Wales	red	30
5	South East Wales	violet	28
6	Powys	white	24
7	North East Wales	orange	22

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	yellow	12	Stephanie Nicholas	9.26	32
2	Afan Nedd Tawe	yellow	11	Emily Cockrill	9.22	30
3	Dyfed	sky	34	Bronwen Lewis	9.09	28
4	Dyfed	sky	28	Amy Humble	7.83	26
5	Cardiff & Vale of Glamorgan	purple	21	Georgia Looker	7.45	24
6	Cardiff & Vale of Glamorgan	purple	14	Molleasha Quinn	7.25	22
7	South East Wales	violet	89	Rebecca Hollow	7.09	20
8	Powys	white	84	Zoe Fuller	6.84	18
9	North West Wales	red	66	Ashleigh Davis	6.81	16
10	North West Wales	red	61	Marissa Griffiths	6.79	14
11	North East Wales	orange	51	Shannon Cole	6.57	12
12	North East Wales	orange	57	Rosie Williams	6.04	10
13	South East Wales	violet	90	Chloe Mai-Bligh	5.75	8
14	Powys	white	73	Larissa Davies	5.53	6

Results Sheet

Speed Bounce

Competition:

ASHA-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
	Glamorgan Valleys	green	0
1	North West Wales	red	54
2	Powys	white	52
3	Afan Nedd Tawe	yellow	48
4	Cardiff & Vale of Glamorgan	purple	34
5	North East Wales	orange	28
6	Dyfed	sky	25
7	South East Wales	violet	11

Ranking	Team	Colour	BibNo	Name	Total	Points
1	North West Wales	red	69	Chelsea Vancouver	73	32
2=	Afan Nedd Tawe	yellow	3	Bethan Radford	71	28
2=	North East Wales	orange	53	Molly Georgious	71	28
2=	Powys	white	82	Danielle Pratten	71	28
5	Powys	white	83	Molly Petrie	70	24
6	North West Wales	red	67	Mollie Davies	69	22
7	Afan Nedd Tawe	yellow	6	Jessica Merrick	68	20
8	Cardiff & Vale of Glamorgan	purple	13	Georgia Bradshaw	66	18
9	Cardiff & Vale of Glamorgan	purple	19	Angharad Cole	65	16
10	Dyfed	sky	26	Felicity Gardner	64	14
11=	Dyfed	sky	31	Shannon de Smet	63	11
11=	South East Wales	violet	93	Isabelle Young	63	11
	South East Wales	violet	94	Katie Sims	64	0

Results Sheet

Standing Long Jump

Competition:

ASHA-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
1	Cardiff & Vale of Glamorgan	purple	62
2	Afan Nedd Tawe	yellow	54
3	Powys	white	42
4	Glamorgan Valleys	green	30
5	North East Wales	orange	24
6	South East Wales	violet	22
7=	Dyfed	sky	18
7=	North West Wales	red	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & Vale of Glamorgan	purple	16	Izzy Eddy-Williams	2.27	32
2	Cardiff & Vale of Glamorgan	purple	20	Claire Taylor	2.25	30
3	Afan Nedd Tawe	yellow	2	Ffion Wake	2.21	28
4	Afan Nedd Tawe	yellow	1	Hannah Brier	2.12	26
5	North East Wales	orange	58	Emma Roberts	2.07	24
6	Powys	white	80	Emily Whittington	2.07	22
7	Powys	white	78	Sarah Williams	2.05	20
8	South East Wales	violet	91	Tirion Budd	1.95	18
9	Glamorgan Valleys	green	37	Zoe Nash	1.86	16
10	Glamorgan Valleys	green	40	Bethan Eales	1.85	14
11	North West Wales	red	71	Lia Evans	1.85	12
12	Dyfed	sky	32	Ffion Walters	1.74	10
13	Dyfed	sky	29	Ellie Dainton	1.71	8
14	North West Wales	red	72	Hamys Evan	1.57	6
15	South East Wales	violet	94	Katie Sims	1.44	4

Results Sheet

Standing Triple Jump

Competition:

ASHA-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
1	North West Wales	red	56
2	Powys	white	54
3	North East Wales	orange	50
4	Cardiff & Vale of Glamorgan	purple	32
5	Dyfed	sky	28
6	Glamorgan Valleys	green	22
7	Afan Nedd Tawe	yellow	18
8	South East Wales	violet	10

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North West Wales	red	63	Jenny Cox	6.58	32
2	North East Wales	orange	50	Chloe Hughes	6.17	30
3	Powys	white	76	Vicky Gittins	6.04	28
4	Powys	white	79	Lauren Dixon	5.98	26
5	North West Wales	red	65	Cara Hughes	5.94	24
6	Glamorgan Valleys	green	39	Shona Davies	5.87	22
7	North East Wales	orange	49	Laura Turley	5.78	20
8	Cardiff & Vale of Glamorgan	purple	17	Lucy Cudihee	5.77	18
9	Dyfed	sky	27	Caitlin Roberts	5.76	16
10	Cardiff & Vale of Glamorgan	purple	15	Annabel Curle	5.72	14
11	Dyfed	sky	35	Angharad de Smet	5.70	12
12	Afan Nedd Tawe	yellow	4	Caitlin Atkins	5.62	10
13	Afan Nedd Tawe	yellow	9	Ellie Coates	5.44	8
14	South East Wales	violet	96	Marie Zorab	4.99	6
15	South East Wales	violet	92	Rebecca Freeman	4.81	4

Results Sheet

Vertical Jump

Competition:

ASHA-Welsh Final Under 13 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

14 Mar 2010

Ranking	Team	Colour	Points
1	North West Wales	red	62
2	Dyfed	sky	46
3	Glamorgan Valleys	green	40
4	Powys	white	30
5=	Afan Nedd Tawe	yellow	28
5=	North East Wales	orange	28
7	Cardiff & Vale of Glamorgan	purple	26
8	South East Wales	violet	10

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North West Wales	red	68	Georgia Williams	53	32
2	North West Wales	red	64	Kim Rowlands	52	30
3	Glamorgan Valleys	green	38	Allie Young	51	28
4	Cardiff & Vale of Glamorgan	purple	18	Emily Hamlet	51	26
5	Dyfed	sky	30	Medi Stone	51	24
6	Dyfed	sky	33	Erin Walters	49	22
7	Afan Nedd Tawe	yellow	5	Ria Evans	46	20
8	North East Wales	orange	56	Gemma Roberts	46	18
9	Powys	white	75	Lauren Fenn	45	16
10	Powys	white	81	Georgina Walsh	43	14
11	Glamorgan Valleys	green	41	Katie Roberts	41	12
12	North East Wales	orange	52	Millie Williams	39	10
13	Afan Nedd Tawe	yellow	8	Olivia Gwynn	38	8
14	South East Wales	violet	95	Sarah Kirkham	38	6
15	South East Wales	violet	88	Hannah Davies	37	4