

Aviva Sportshall UK Championships

Welsh Final

Cwmbran Stadium Sports Centre

Sunday 1 March 2009

Afan Nedd Tawe

Cardiff & Vale of Glamorgan

Dyfed

Glamorgan Valleys

North East Wales

North West Wales

Powys

South East Wales

purple

red

green

maroon

orange

grey

royal

violet



2009 Regional Finals

uk:athletics 


AVIVA

Competition Results

Competition:
ASHA-Welsh Final Under 13 Boys

Venue:
Cwmbran Stadium Sports Centre

Date
1 Mar 2009

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Powys	royal	636	50	70	70	70	45	58	50	21	28	48	50	38	38
2	North West Wales	grey	586	60	30	60	60	29	40	46	30	42	43	44	56	46
3	Cardiff & Vale of Glamorgan	red	507	70	40	40	30	32	34	16	50	40	53	44	36	22
4	Dyfed	green	487	30	60	30	50	48	30	34	21	50	18	44	18	54
5	Afan Nedd Tawe	purple	432	40	0	50	40	34	32	42	46	34	26	16	34	38
6	South East Wales	violet	386	20	50	20	20	36	34	32	30	14	40	22	46	22
7	North East Wales	orange	22	0	0	0	0	10	0	0	0	12	0	0	0	0

Team Results

Afan Nedd Tawe (purple)

Competition:
ASHA-Welsh Final Under 13 Boys

Venue:
Cwmbran Stadium Sports Centre

Date
1 Mar 2009

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Powys	royal	636	50	70	70	70	45	58	50	21	28	48	50	38	38
2	North West Wales	grey	586	60	30	60	60	29	40	46	30	42	43	44	56	46
3	Cardiff & Vale of Glamorgan	red	507	70	40	40	30	32	34	16	50	40	53	44	36	22
4	Dyfed	green	487	30	60	30	50	48	30	34	21	50	18	44	18	54
5	Afan Nedd Tawe	purple	432	40	0	50	40	34	32	42	46	34	26	16	34	38
6	South East Wales	violet	386	20	50	20	20	36	34	32	30	14	40	22	46	22
7	North East Wales	orange	22	0	0	0	0	10	0	0	0	12	0	0	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Chay Smith	4LR	1:00.9	0.0			1:00.9	11	10
1	Chay Smith	VJ	44	39	34	41	44	9	14
2	Finley Davies	6LR	1:27.8				1:27.8	1	30
2	Finley Davies	STJ	5.43	5.46	5.46	5.23	5.46	10	12
3	Callum Harvey	2LR	26.1	0.0			26.1	9	14
3	Callum Harvey	STJ	6.00	5.57	5.90	5.82	6.00	5	22
4	Alex Pavlou	VJ	52	53	48	51	53	4	24
5	Jack Staw	SB	60				60	10	12
6	Osion Griffiths	4LR	57.3	57.9			57.9	5	22
6	Osion Griffiths	HJ	1.30				1.30	7	18
7	Michael Wilson	SB	65				65	9	14
8	Keiran Ingram	S	5.53	6.20	5.76	6.32	6.32	11	10
9	Jack Baynon	S	9.92	9.36	9.47	9.45	9.92	4	24
10	Calvin Wellington	2LR	25.5	26.1			26.1	6	20
10	Calvin Wellington	HJ	1.40				1.40	2	28
11	Brad Thomas	6LR	1:41.4				1:41.4	10	12
11	Brad Thomas	SLJ	1.70	1.94	2.02	1.99	2.02	8	16

Team Results

Cardiff & Vale of Glamorgan (red)

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Powys	royal	636	50	70	70	70	45	58	50	21	28	48	50	38	38
2	North West Wales	grey	586	60	30	60	60	29	40	46	30	42	43	44	56	46
3	Cardiff & Vale of Glamorgan	red	507	70	40	40	30	32	34	16	50	40	53	44	36	22
4	Dyfed	green	487	30	60	30	50	48	30	34	21	50	18	44	18	54
5	Afan Nedd Tawe	purple	432	40	0	50	40	34	32	42	46	34	26	16	34	38
6	South East Wales	violet	386	20	50	20	20	36	34	32	30	14	40	22	46	22
7	North East Wales	orange	22	0	0	0	0	10	0	0	0	12	0	0	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Alex Lane	4LR	56.3	56.7			56.7	3	26
13	Alex Lane	S	8.62	9.29	8.73	8.91	9.29	5	22
14	Che Pomphrey	4LR	1:03.5	0.0			1:03.5	12	8
14	Che Pomphrey	VJ	47	50	50	50	50	5	22
16	Felix Iacono	6LR	1:36.2				1:36.2	8	16
16	Felix Iacono	HJ	1.40				1.40	3	26
17	Morgan Jones	HJ	1.35				1.35	4	24
18	Corey Whittle	S	7.14	6.52	7.97	7.29	7.97	7	18
19	James Farnham	STJ	5.94	5.61	5.74	5.93	5.94	6	20
20	Rhys Elms	SB	83				83	1	30
21	George Griffiths	SLJ	2.32	2.27	0.00	2.26	2.32	1	30
22	Daniel Matthews	SLJ	1.89	1.87	1.99	2.02	2.02	9	14
23	Jack Harris	2LR	27.1	0.0			27.1	12	8
23	Jack Harris	SB	71				71	4=	23
24	George Hooper	2LR	24.8	25.2			25.2	4	24
24	George Hooper	STJ	5.66	5.58	5.90	5.70	5.90	8	16

Team Results

Dyfed (green)

Competition:
ASHA-Welsh Final Under 13 Boys

Venue:
Cwmbran Stadium Sports Centre

Date
1 Mar 2009

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Powys	royal	636	50	70	70	70	45	58	50	21	28	48	50	38	38
2	North West Wales	grey	586	60	30	60	60	29	40	46	30	42	43	44	56	46
3	Cardiff & Vale of Glamorgan	red	507	70	40	40	30	32	34	16	50	40	53	44	36	22
4	Dyfed	green	487	30	60	30	50	48	30	34	21	50	18	44	18	54
5	Afan Nedd Tawe	purple	432	40	0	50	40	34	32	42	46	34	26	16	34	38
6	South East Wales	violet	386	20	50	20	20	36	34	32	30	14	40	22	46	22
7	North East Wales	orange	22	0	0	0	0	10	0	0	0	12	0	0	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Liam Hargrave	2LR	25.2	25.8			25.8	5	22
25	Liam Hargrave	VJ	57	58	56	58	58	2	28
26	Charlie Randall	4LR	56.8	0.0			56.8	7	18
26	Charlie Randall	S	12.11	10.82	11.84	10.96	12.11	1	30
27	Jack Morgan	SLJ	2.22	2.18	2.19	2.18	2.22	3	26
28	Josh Watson	4LR	1:00.2	0.0			1:00.2	10	12
28	Josh Watson	STJ	5.37	5.44	5.11	5.20	5.44	11	10
29	Steffan Crump	SLJ	1.70	1.80	2.04	1.94	2.04	7	18
30	Guto Morgans	STJ	5.28	5.11	5.24	5.24	5.28	12	8
31	Samuel Jones	SB	58				58	11	10
32	Luke Morris	2LR	25.1	24.9			24.9	3	26
32	Luke Morris	VJ	54	44	49	49	54	3	26
33	Dafydd Adams	HJ	1.30				1.30	5=	21
34	Owain Meldrum	6LR	1:34.1				1:34.1	6	20
34	Owain Meldrum	S	7.35	8.10	7.16	7.61	8.10	6	20
35	Ben Williams	6LR	1:38.3				1:38.3	9	14
35	Ben Williams	SB	53				53	12	8

Team Results

North East Wales (orange)

Competition:
ASHA-Welsh Final Under 13 Boys

Venue:
Cwmbran Stadium Sports Centre

Date
1 Mar 2009

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Powys	royal	636	50	70	70	70	45	58	50	21	28	48	50	38	38
2	North West Wales	grey	586	60	30	60	60	29	40	46	30	42	43	44	56	46
3	Cardiff & Vale of Glamorgan	red	507	70	40	40	30	32	34	16	50	40	53	44	36	22
4	Dyfed	green	487	30	60	30	50	48	30	34	21	50	18	44	18	54
5	Afan Nedd Tawe	purple	432	40	0	50	40	34	32	42	46	34	26	16	34	38
6	South East Wales	violet	386	20	50	20	20	36	34	32	30	14	40	22	46	22
7	North East Wales	orange	22	0	0	0	0	10	0	0	0	12	0	0	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
49	Bradley Thomas	2LR	26.8	0.0			26.8	11	10
49	Bradley Thomas	S	7.07	6.13	6.81	6.14	7.07	10	12

Team Results

North West Wales (grey)

Competition:
ASHA-Welsh Final Under 13 Boys

Venue:
Cwmbran Stadium Sports Centre

Date
1 Mar 2009

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Powys	royal	636	50	70	70	70	45	58	50	21	28	48	50	38	38
2	North West Wales	grey	586	60	30	60	60	29	40	46	30	42	43	44	56	46
3	Cardiff & Vale of Glamorgan	red	507	70	40	40	30	32	34	16	50	40	53	44	36	22
4	Dyfed	green	487	30	60	30	50	48	30	34	21	50	18	44	18	54
5	Afan Nedd Tawe	purple	432	40	0	50	40	34	32	42	46	34	26	16	34	38
6	South East Wales	violet	386	20	50	20	20	36	34	32	30	14	40	22	46	22
7	North East Wales	orange	22	0	0	0	0	10	0	0	0	12	0	0	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Connor Lavery	STJ	7.63	7.95	7.78	7.95	7.95	1	30
62	Rheon Jones	2LR	25.9	0.0			25.9	7=	17
62	Rheon Jones	VJ	56	55	52	59	59	1	30
63	Jordan Parker	4LR	58.0	0.0			58.0	8	16
63	Jordan Parker	SLJ	2.13	2.02	1.99	1.90	2.13	6	20
64	Nick Jarrett	STJ	6.24	6.47	6.49	6.47	6.49	3	26
65	Tim Cox	S	9.77	9.68	10.08	9.82	10.08	3	26
66	Osian Davies	SB	77				77	3	26
67	Andrew Jones	6LR	1:31.6				1:31.6	2	28
67	Andrew Jones	HJ	1.05				1.05	8	16
68	Shane Pell	6LR	1:35.7				1:35.7	7	18
68	Shane Pell	VJ	44	41	45	43	45	8	16
69	Liam Owen	2LR	26.3	0.0			26.3	10	12
69	Liam Owen	S	7.71	0.00	7.91	7.54	7.91	8	16
70	Jamie Griffiths	4LR	56.8	57.5			57.5	4	24
70	Jamie Griffiths	SB	67				67	7=	17
71	Jordan Jones	HJ	1.05				1.05	9	14
72	Ioan Jones	SLJ	2.08	2.20	2.19	2.19	2.20	4	24

Team Results

Powys (royal)

Competition:
ASHA-Welsh Final Under 13 Boys

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Date
1 Mar 2009

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Powys	royal	636	50	70	70	70	45	58	50	21	28	48	50	38	38
2	North West Wales	grey	586	60	30	60	60	29	40	46	30	42	43	44	56	46
3	Cardiff & Vale of Glamorgan	red	507	70	40	40	30	32	34	16	50	40	53	44	36	22
4	Dyfed	green	487	30	60	30	50	48	30	34	21	50	18	44	18	54
5	Afan Nedd Tawe	purple	432	40	0	50	40	34	32	42	46	34	26	16	34	38
6	South East Wales	violet	386	20	50	20	20	36	34	32	30	14	40	22	46	22
7	North East Wales	orange	22	0	0	0	0	10	0	0	0	12	0	0	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
73	Sean Squibb	2LR	24.6	24.8			24.8	2	28
73	Sean Squibb	S	10.27	10.50	10.32	9.75	10.50	2	28
74	Morgan Wetherhall	2LR	25.9	0.0			25.9	7=	17
74	Morgan Wetherhall	STJ	5.66	5.45	4.86	5.36	5.66	9	14
75	Rhys Evans	4LR	54.1	54.0			54.0	1	30
75	Rhys Evans	VJ	48	49	45	48	49	7	18
76	Sam Prince	4LR	55.1	54.9			54.9	2	28
76	Sam Prince	SB	69				69	6	20
77	Matthew Chaplin	6LR	1:33.4				1:33.4	3	26
77	Matthew Chaplin	VJ	47	48	48	50	50	6	20
78	Will Gittins	6LR	1:33.5				1:33.5	4	24
78	Will Gittins	SLJ	2.13	2.12	2.14	2.14	2.14	5	22
79	Tom Astbury	SLJ	2.22	2.20	2.25	2.25	2.25	2	28
80	Jack Smith	STJ	6.27	6.39	6.06	6.31	6.39	4	24
81	Tom Williams	HJ	1.30				1.30	5=	21
82	Sam Thorpe	SB	79				79	2	28

Team Results

South East Wales (violet)

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	Powys	royal	636	50	70	70	70	45	58	50	21	28	48	50	38	38
2	North West Wales	grey	586	60	30	60	60	29	40	46	30	42	43	44	56	46
3	Cardiff & Vale of Glamorgan	red	507	70	40	40	30	32	34	16	50	40	53	44	36	22
4	Dyfed	green	487	30	60	30	50	48	30	34	21	50	18	44	18	54
5	Afan Nedd Tawe	purple	432	40	0	50	40	34	32	42	46	34	26	16	34	38
6	South East Wales	violet	386	20	50	20	20	36	34	32	30	14	40	22	46	22
7	North East Wales	orange	22	0	0	0	0	10	0	0	0	12	0	0	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
85	Taylor Dimmick	STJ	6.54	6.52	6.43	6.21	6.54	2	28
86	Cameron Evans	4LR	58.7	0.0			58.7	9	14
86	Cameron Evans	HJ	1.40				1.40	1	30
87	Joshua Evans	STJ	5.59	5.86	5.92	5.79	5.92	7	18
88	Lewes Jenkins	SB	67				67	7=	17
90	Alan Palazon	2LR	27.9	0.0			27.9	13	6
90	Alan Palazon	SLJ	1.62	1.61	1.61	1.55	1.62	11	10
92	Jordan Rathbone	4LR	57.3	58.7			58.7	6	20
92	Jordan Rathbone	SLJ	1.75	1.72	1.75	1.72	1.75	10	12
93	Brogan Southway	6LR	1:34.0				1:34.0	5	22
93	Brogan Southway	VJ	36	36	37	37	37	11	10
94	Macauley Trinder	2LR	24.4	24.2			24.2	1	30
94	Macauley Trinder	S	7.69	0.00	7.53	7.06	7.69	9	14
95	Corey Watkins	6LR	1:54.2				1:54.2	11	10
95	Corey Watkins	VJ	37	30	36	39	39	10	12
96	Ben Williams	SB	71				71	4=	23

Results Sheet

Obstacle Relay

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Code	Team	Colour
1	02	Cardiff & Vale of Glamorgan	red
2	06	North West Wales	grey
3	07	Powys	royal
4	01	Afan Nedd Tawe	purple
5	03	Dyfed	green
6	08	South East Wales	violet

Heat	Final	Performance	Points
1:21.9	0.0	1:21.9	70.0
1:25.4	0.0	1:25.4	60.0
1:25.9	0.0	1:25.9	50.0
1:27.4	0.0	1:27.4	40.0
1:28.4	0.0	1:28.4	30.0
1:32.5	0.0	1:32.5	20.0

Results Sheet

2 Lap Race

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	Points
1	Dyfed	green	48
2	Powys	royal	45
3	South East Wales	violet	36
4	Afan Nedd Tawe	purple	34
5	Cardiff & Vale of Glamorgan	red	32
6	North West Wales	grey	29
7	North East Wales	orange	10

Ranking	Team	Colour	BibNo	Name	Best	Points
1	South East Wales	violet	94	Macauley Trinder	24.2	30
2	Powys	royal	73	Sean Squibb	24.8	28
3	Dyfed	green	32	Luke Morris	24.9	26
4	Cardiff & Vale of Glamorgan	red	24	George Hooper	25.2	24
5	Dyfed	green	25	Liam Hargrave	25.8	22
6	Afan Nedd Tawe	purple	10	Calvin Wellington	26.1	20
7=	North West Wales	grey	62	Rheon Jones	25.9	17
7=	Powys	royal	74	Morgan Wetherhall	25.9	17
9	Afan Nedd Tawe	purple	3	Callum Harvey	26.1	14
10	North West Wales	grey	69	Liam Owen	26.3	12
11	North East Wales	orange	49	Bradley Thomas	26.8	10
12	Cardiff & Vale of Glamorgan	red	23	Jack Harris	27.1	8
13	South East Wales	violet	90	Alan Palazon	27.9	6

Results Sheet

4 Lap Race

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	Points
	North East Wales	orange	0
1	Powys	royal	58
2	North West Wales	grey	40
3=	Cardiff & Vale of Glamorgan	red	34
3=	South East Wales	violet	34
5	Afan Nedd Tawe	purple	32
6	Dyfed	green	30

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	royal	75	Rhys Evans	54.0	30
2	Powys	royal	76	Sam Prince	54.9	28
3	Cardiff & Vale of Glamorgan	red	13	Alex Lane	56.7	26
4	North West Wales	grey	70	Jamie Griffiths	57.5	24
5	Afan Nedd Tawe	purple	6	Osion Griffiths	57.9	22
6	South East Wales	violet	92	Jordan Rathbone	58.7	20
7	Dyfed	green	26	Charlie Randall	56.8	18
8	North West Wales	grey	63	Jordan Parker	58.0	16
9	South East Wales	violet	86	Cameron Evans	58.7	14
10	Dyfed	green	28	Josh Watson	1:00.2	12
11	Afan Nedd Tawe	purple	1	Chay Smith	1:00.9	10
12	Cardiff & Vale of Glamorgan	red	14	Che Pomphrey	1:03.5	8

Results Sheet

6 Lap Time Trial

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	Points
	North East Wales	orange	0
1	Powys	royal	50
2	North West Wales	grey	46
3	Afan Nedd Tawe	purple	42
4	Dyfed	green	34
5	South East Wales	violet	32
6	Cardiff & Vale of Glamorgan	red	16

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	purple	2	Finley Davies	1:27.8	30
2	North West Wales	grey	67	Andrew Jones	1:31.6	28
3	Powys	royal	77	Matthew Chaplin	1:33.4	26
4	Powys	royal	78	Will Gittins	1:33.5	24
5	South East Wales	violet	93	Brogan Southway	1:34.0	22
6	Dyfed	green	34	Owain Meldrum	1:34.1	20
7	North West Wales	grey	68	Shane Pell	1:35.7	18
8	Cardiff & Vale of Glamorgan	red	16	Felix Iacono	1:36.2	16
9	Dyfed	green	35	Ben Williams	1:38.3	14
10	Afan Nedd Tawe	purple	11	Brad Thomas	1:41.4	12
11	South East Wales	violet	95	Corey Watkins	1:54.2	10

Results Sheet

8 Lap Paarlauf

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Code	Team	Colour
1	07	Powys	royal
2	03	Dyfed	green
3	08	South East Wales	violet
4	02	Cardiff & Vale of Glamorgan	red
5	06	North West Wales	grey

Heat	Final	Performance	Points
1:54.6	0.0	1:54.6	70.0
1:56.1	0.0	1:56.1	60.0
1:56.9	0.0	1:56.9	50.0
1:57.5	0.0	1:57.5	40.0
1:59.5	0.0	1:59.5	30.0

Results Sheet

4 x 1 Lap Relay

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Code	Team	Colour
1	07	Powys	royal
2	06	North West Wales	grey
3	01	Afan Nedd Tawe	purple
4	02	Cardiff & Vale of Glamorgan	red
5	03	Dyfed	green
6	08	South East Wales	violet

Heat	Final	Performance	Points
51.9	0.0	51.9	70.0
52.1	0.0	52.1	60.0
54.4	0.0	54.4	50.0
54.6	0.0	54.6	40.0
54.9	0.0	54.9	30.0
56.1	0.0	56.1	20.0

Results Sheet

4 x 2 Lap Relay

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Code	Team	Colour
1	07	Powys	royal
2	06	North West Wales	grey
3	03	Dyfed	green
4	01	Afan Nedd Tawe	purple
5	02	Cardiff & Vale of Glamorgan	red
6	08	South East Wales	violet

Heat	Final	Performance	Points
1:43.2	0.0	1:43.2	70.0
1:44.1	0.0	1:44.1	60.0
1:44.2	0.0	1:44.2	50.0
1:44.5	0.0	1:44.5	40.0
1:46.9	0.0	1:46.9	30.0
1:56.9	0.0	1:56.9	20.0

Results Sheet

High Jump

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	Points
	North East Wales	orange	0
1	Cardiff & Vale of Glamorgan	red	50
2	Afan Nedd Tawe	purple	46
3=	North West Wales	grey	30
3=	South East Wales	violet	30
5=	Dyfed	green	21
5=	Powys	royal	21

Ranking	Team	Colour	BibNo	Name	Best	Points
1	South East Wales	violet	86	Cameron Evans	1.40	30
2	Afan Nedd Tawe	purple	10	Calvin Wellington	1.40	28
3	Cardiff & Vale of Glamorgan	red	16	Felix Iacono	1.40	26
4	Cardiff & Vale of Glamorgan	red	17	Morgan Jones	1.35	24
5=	Dyfed	green	33	Dafydd Adams	1.30	21
5=	Powys	royal	81	Tom Williams	1.30	21
7	Afan Nedd Tawe	purple	6	Osion Griffiths	1.30	18
8	North West Wales	grey	67	Andrew Jones	1.05	16
9	North West Wales	grey	71	Jordan Jones	1.05	14

Results Sheet

Shot

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	Points
1	Dyfed	green	50
2	North West Wales	grey	42
3	Cardiff & Vale of Glamorgan	red	40
4	Afan Nedd Tawe	purple	34
5	Powys	royal	28
6	South East Wales	violet	14
7	North East Wales	orange	12

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	green	26	Charlie Randall	12.11	30
2	Powys	royal	73	Sean Squibb	10.50	28
3	North West Wales	grey	65	Tim Cox	10.08	26
4	Afan Nedd Tawe	purple	9	Jack Baynon	9.92	24
5	Cardiff & Vale of Glamorgan	red	13	Alex Lane	9.29	22
6	Dyfed	green	34	Owain Meldrum	8.10	20
7	Cardiff & Vale of Glamorgan	red	18	Corey Whittle	7.97	18
8	North West Wales	grey	69	Liam Owen	7.91	16
9	South East Wales	violet	94	Macauley Trinder	7.69	14
10	North East Wales	orange	49	Bradley Thomas	7.07	12
11	Afan Nedd Tawe	purple	8	Keiran Ingram	6.32	10

Results Sheet

Speed Bounce

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	Points
	North East Wales	orange	0
1	Cardiff & Vale of Glamorgan	red	53
2	Powys	royal	48
3	North West Wales	grey	43
4	South East Wales	violet	40
5	Afan Nedd Tawe	purple	26
6	Dyfed	green	18

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Cardiff & Vale of Glamorgan	red	20	Rhys Elms	83	30
2	Powys	royal	82	Sam Thorpe	79	28
3	North West Wales	grey	66	Osian Davies	77	26
4=	Cardiff & Vale of Glamorgan	red	23	Jack Harris	71	23
4=	South East Wales	violet	96	Ben Williams	71	23
6	Powys	royal	76	Sam Prince	69	20
7=	North West Wales	grey	70	Jamie Griffiths	67	17
7=	South East Wales	violet	88	Lewes Jenkins	67	17
9	Afan Nedd Tawe	purple	7	Michael Wilson	65	14
10	Afan Nedd Tawe	purple	5	Jack Staw	60	12
11	Dyfed	green	31	Samuel Jones	58	10
12	Dyfed	green	35	Ben Williams	53	8

Results Sheet

Standing Long Jump

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	Points
	North East Wales	orange	0
1	Powys	royal	50
2=	Cardiff & Vale of Glamorgan	red	44
2=	Dyfed	green	44
2=	North West Wales	grey	44
5	South East Wales	violet	22
6	Afan Nedd Tawe	purple	16

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & Vale of Glamorgan	red	21	George Griffiths	2.32	30
2	Powys	royal	79	Tom Astbury	2.25	28
3	Dyfed	green	27	Jack Morgan	2.22	26
4	North West Wales	grey	72	Ioan Jones	2.20	24
5	Powys	royal	78	Will Gittins	2.14	22
6	North West Wales	grey	63	Jordan Parker	2.13	20
7	Dyfed	green	29	Steffan Crump	2.04	18
8	Afan Nedd Tawe	purple	11	Brad Thomas	2.02	16
9	Cardiff & Vale of Glamorgan	red	22	Daniel Matthews	2.02	14
10	South East Wales	violet	92	Jordan Rathbone	1.75	12
11	South East Wales	violet	90	Alan Palazon	1.62	10

Results Sheet

Standing Triple Jump

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	Points
	North East Wales	orange	0
1	North West Wales	grey	56
2	South East Wales	violet	46
3	Powys	royal	38
4	Cardiff & Vale of Glamorgan	red	36
5	Afan Nedd Tawe	purple	34
6	Dyfed	green	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North West Wales	grey	61	Connor Lavery	7.95	30
2	South East Wales	violet	85	Taylor Dimmick	6.54	28
3	North West Wales	grey	64	Nick Jarrett	6.49	26
4	Powys	royal	80	Jack Smith	6.39	24
5	Afan Nedd Tawe	purple	3	Callum Harvey	6.00	22
6	Cardiff & Vale of Glamorgan	red	19	James Farnham	5.94	20
7	South East Wales	violet	87	Joshua Evans	5.92	18
8	Cardiff & Vale of Glamorgan	red	24	George Hooper	5.90	16
9	Powys	royal	74	Morgan Wetherhall	5.66	14
10	Afan Nedd Tawe	purple	2	Finley Davies	5.46	12
11	Dyfed	green	28	Josh Watson	5.44	10
12	Dyfed	green	30	Guto Morgans	5.28	8

Results Sheet

Vertical Jump

Competition:

ASHA-Welsh Final Under 13 Boys

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	Points
	North East Wales	orange	0
1	Dyfed	green	54
2	North West Wales	grey	46
3=	Afan Nedd Tawe	purple	38
3=	Powys	royal	38
5=	Cardiff & Vale of Glamorgan	red	22
5=	South East Wales	violet	22

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North West Wales	grey	62	Rheon Jones	59	30
2	Dyfed	green	25	Liam Hargrave	58	28
3	Dyfed	green	32	Luke Morris	54	26
4	Afan Nedd Tawe	purple	4	Alex Pavlou	53	24
5	Cardiff & Vale of Glamorgan	red	14	Che Pomphrey	50	22
6	Powys	royal	77	Matthew Chaplin	50	20
7	Powys	royal	75	Rhys Evans	49	18
8	North West Wales	grey	68	Shane Pell	45	16
9	Afan Nedd Tawe	purple	1	Chay Smith	44	14
10	South East Wales	violet	95	Corey Watkins	39	12
11	South East Wales	violet	93	Brogan Southway	37	10