

# 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 Girls

## 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	North West Wales	grey	585	60	70	70	40	36	32	42	38	30	57	36	42	32
2	Afan Nedd Tawe	purple	538	30	40	60	70	40	40	50	54	30	22	26	38	38
3	Powys	royal	506	70	60	30	10	22	30	46	26	32	42	50	50	38
4	Cardiff & Vale of Glamorgan	red	489	40	10	20	50	46	48	32	46	32	32	48	48	37
5	Dyfed	green	484	50	50	10	60	32	54	32	22	56	24	32	28	34
6	South East Wales	violet	394	20	30	50	20	26	24	26	42	38	30	36	22	30
7	North East Wales	orange	210	0	20	40	30	36	0	0	0	16	27	6	6	29

# Team Results

# Afan Nedd Tawe (purple)

## Competition:

ASHA-Welsh Final Under 13 Girls

## 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	North West Wales	grey	585	60	70	70	40	36	32	42	38	30	57	36	42	32
2	Afan Nedd Tawe	purple	538	30	40	60	70	40	40	50	54	30	22	26	38	38
3	Powys	royal	506	70	60	30	10	22	30	46	26	32	42	50	50	38
4	Cardiff & Vale of Glamorgan	red	489	40	10	20	50	46	48	32	46	32	32	48	48	37
5	Dyfed	green	484	50	50	10	60	32	54	32	22	56	24	32	28	34
6	South East Wales	violet	394	20	30	50	20	26	24	26	42	38	30	36	22	30
7	North East Wales	orange	210	0	20	40	30	36	0	0	0	16	27	6	6	29

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Elin Davies	2LR	27.2	26.9			26.9	3	26
1	Elin Davies	SLJ	1.89	1.89	1.84	1.94	1.94	10	12
2	Lucy Fliggelstone	2LR	27.7	0.0			27.7	9	14
2	Lucy Fliggelstone	SLJ	1.93	1.88	1.98	1.97	1.98	9	14
3	Pheobe Perkins	4LR	58.5	59.6			59.6	3	26
3	Pheobe Perkins	VJ	47	45	49	43	49	6	20
4	Naiomi Osborn	6LR	1:34.1				1:34.1	3	26
4	Naiomi Osborn	STJ	5.05	5.23	5.44	5.20	5.44	5	22
5	Olivia Gwynn	6LR	1:34.8				1:34.8	4	24
5	Olivia Gwynn	SB	63				63	10	12
6	Lauran Roper	S	7.69	7.27	7.81	7.50	7.81	5	22
7	Elane Tucker	SB	58				58	11	10
8	Jade Meredith	VJ	49	45	42	47	49	7	18
9	Shannon Richards	HJ	1.33				1.33	2	28
10	Catlin Atkins	S	5.34	5.39	4.72	4.99	5.39	12	8
11	Catrin Jones	HJ	1.33				1.33	3	26
12	Bethan Radford	4LR	1:01.7	0.0			1:01.7	9	14
12	Bethan Radford	STJ	4.80	4.67	5.07	5.31	5.31	8	16
200	Melissa Gooding	STJ	5.17	5.18	5.33	5.32	5.33		

# Team Results

# Cardiff & Vale of Glamorgan (red)

## Competition:

ASHA-Welsh Final Under 13 Girls

## 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	North West Wales	grey	585	60	70	70	40	36	32	42	38	30	57	36	42	32
2	Afan Nedd Tawe	purple	538	30	40	60	70	40	40	50	54	30	22	26	38	38
3	Powys	royal	506	70	60	30	10	22	30	46	26	32	42	50	50	38
4	Cardiff & Vale of Glamorgan	red	489	40	10	20	50	46	48	32	46	32	32	48	48	37
5	Dyfed	green	484	50	50	10	60	32	54	32	22	56	24	32	28	34
6	South East Wales	violet	394	20	30	50	20	26	24	26	42	38	30	36	22	30
7	North East Wales	orange	210	0	20	40	30	36	0	0	0	16	27	6	6	29

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Osa Eghosa	2LR	26.8	27.2			27.2	4	24
13	Osa Eghosa	VJ	47	45	46	47	47	9=	13
14	Briony Harper	2LR	27.5	27.5			27.5	5	22
14	Briony Harper	SLJ	2.19	2.21	2.26	2.21	2.26	1	30
15	Rebecca Foley	4LR	1:00.1	1:00.8			1:00.8	6	20
15	Rebecca Foley	SB	68				68	9	14
16	Georgia Morgan	4LR	57.3	58.3			58.3	2	28
16	Georgia Morgan	STJ	5.76	5.62	5.70	5.86	5.86	2	28
17	Sam Barker	6LR	1:43.9				1:43.9	11	10
17	Sam Barker	SLJ	2.04	2.01	1.96	1.99	2.04	7	18
18	Laura Trigg	6LR	1:36.2				1:36.2	5	22
18	Laura Trigg	HJ	1.25				1.25	5	22
19	Kate Seary	HJ	1.30				1.30	4	24
20	Sarah Lewis	STJ	5.26	5.10	5.35	5.09	5.35	6	20
21	Aniela Pawar	SB	69				69	6=	18
22	Olivia Stickland	S	0.00	6.83	6.63	0.00	6.83	10	12
23	Abigail Peters	S	6.80	7.66	0.00	6.83	7.66	6	20
24	Elizabeth Whitehouse	VJ	48	50	50	44	50	4	24

# Team Results

# Dyfed (green)

## Competition:

ASHA-Welsh Final Under 13 Girls

## 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	North West Wales	grey	585	60	70	70	40	36	32	42	38	30	57	36	42	32
2	Afan Nedd Tawe	purple	538	30	40	60	70	40	40	50	54	30	22	26	38	38
3	Powys	royal	506	70	60	30	10	22	30	46	26	32	42	50	50	38
4	Cardiff & Vale of Glamorgan	red	489	40	10	20	50	46	48	32	46	32	32	48	48	37
5	Dyfed	green	484	50	50	10	60	32	54	32	22	56	24	32	28	34
6	South East Wales	violet	394	20	30	50	20	26	24	26	42	38	30	36	22	30
7	North East Wales	orange	210	0	20	40	30	36	0	0	0	16	27	6	6	29

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Kayleigh Jones	S	8.42	8.49	8.99	7.56	8.99	3	26
26	Megan Hamilton	2LR	32.4	0.0			32.4	14	4
26	Megan Hamilton	SLJ	1.79	1.73	1.82	1.83	1.83	12	8
27	Ayla Hamilton	2LR	26.1	26.3			26.3	2	28
27	Ayla Hamilton	SLJ	1.95	2.02	2.06	2.12	2.12	4	24
28	Lottie Williams	6LR	1:43.3				1:43.3	10	12
28	Lottie Williams	HJ	1.15				1.15	9	14
29	Leah Wilson-Randell	6LR	1:36.9				1:36.9	6	20
29	Leah Wilson-Randell	SB	52				52	13	6
30	Sioned Jones	4LR	58.2	1:00.4			1:00.4	4	24
30	Sioned Jones	HJ	1.00				1.00	12	8
31	Jemma Isaac	STJ	4.96	5.05	5.00	5.13	5.13	11	10
32	Evangeline Davies	4LR	58.8	57.9			57.9	1	30
32	Evangeline Davies	SB	69				69	6=	18
33	Megan Shurmer	STJ	5.20	5.33	5.20	4.99	5.33	7	18
34	Awen Rosser	S	9.38	9.82	9.17	10.39	10.39	1	30
35	Keira Williams	VJ	56	53	55	54	56	2	28
36	Ffion Walters	VJ	39	36	39	34	39	13	6

# Team Results

# North East Wales (orange)

## Competition:

ASHA-Welsh Final Under 13 Girls

## 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	North West Wales	grey	585	60	70	70	40	36	32	42	38	30	57	36	42	32
2	Afan Nedd Tawe	purple	538	30	40	60	70	40	40	50	54	30	22	26	38	38
3	Powys	royal	506	70	60	30	10	22	30	46	26	32	42	50	50	38
4	Cardiff & Vale of Glamorgan	red	489	40	10	20	50	46	48	32	46	32	32	48	48	37
5	Dyfed	green	484	50	50	10	60	32	54	32	22	56	24	32	28	34
6	South East Wales	violet	394	20	30	50	20	26	24	26	42	38	30	36	22	30
7	North East Wales	orange	210	0	20	40	30	36	0	0	0	16	27	6	6	29

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
49	Charlotte Williams	2LR	28.9	0.0			28.9	13	6
49	Charlotte Williams	SB	74				74	2=	27
50	Sophie Davies	S	6.82	7.13	6.58	7.22	7.22	8	16
51	Gabrielle Maloney	2LR	26.3	25.8			25.8	1	30
51	Gabrielle Maloney	SLJ	1.74	1.71	1.74	1.79	1.79	13	6
52	Chloe Bacon	STJ	4.86	4.85	4.91	4.90	4.91	13	6
53	Chelsea Amos	VJ	46	45	47	47	47	9=	13
54	Lauren Doyle	VJ	48	44	48	46	48	8	16

## Team Results

## North West Wales (grey)

### Competition:

ASHA-Welsh Final Under 13 Girls

### 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	North West Wales	grey	585	60	70	70	40	36	32	42	38	30	57	36	42	32
2	Afan Nedd Tawe	purple	538	30	40	60	70	40	40	50	54	30	22	26	38	38
3	Powys	royal	506	70	60	30	10	22	30	46	26	32	42	50	50	38
4	Cardiff & Vale of Glamorgan	red	489	40	10	20	50	46	48	32	46	32	32	48	48	37
5	Dyfed	green	484	50	50	10	60	32	54	32	22	56	24	32	28	34
6	South East Wales	violet	394	20	30	50	20	26	24	26	42	38	30	36	22	30
7	North East Wales	orange	210	0	20	40	30	36	0	0	0	16	27	6	6	29

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Elinor Pritchard	4LR	1:02.4	0.0			1:02.4	11	10
61	Elinor Pritchard	SLJ	2.12	1.42	2.09	2.07	2.12	3	26
62	Elin Williams	SB	74				74	2=	27
63	Jenny Cox	STJ	5.76	5.62	5.91	5.72	5.91	1	30
64	Swyn Thomas	2LR	27.2	27.8			27.8	6	20
64	Swyn Thomas	VJ	46	45	0	0	46	11	10
65	Manon Jones	S	7.84	8.34	7.93	8.47	8.47	4	24
66	Katie Ross	4LR	1:00.5	1:00.6			1:00.6	5	22
66	Katie Ross	STJ	5.16	5.14	4.82	5.22	5.22	10	12
67	Aerin Vaughn	HJ	1.20				1.20	7	18
68	Mared Baker	SB	75				75	1	30
69	Georgia Williams	VJ	47	45	49	49	49	5	22
70	Chloe Hunt	2LR	27.6	0.0			27.6	8	16
70	Chloe Hunt	SLJ	1.89	1.88	1.88	1.94	1.94	11	10
71	Ashleigh Jones	6LR	1:42.1				1:42.1	9	14
71	Ashleigh Jones	S	0.00	4.91	0.00	5.06	5.06	13	6
72	Danielle Parker	6LR	1:33.9				1:33.9	2	28
72	Danielle Parker	HJ	1.20				1.20	6	20

# Team Results

# Powys (royal)

## Competition:

ASHA-Welsh Final Under 13 Girls

## 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	North West Wales	grey	585	60	70	70	40	36	32	42	38	30	57	36	42	32
2	Afan Nedd Tawe	purple	538	30	40	60	70	40	40	50	54	30	22	26	38	38
3	Powys	royal	506	70	60	30	10	22	30	46	26	32	42	50	50	38
4	Cardiff & Vale of Glamorgan	red	489	40	10	20	50	46	48	32	46	32	32	48	48	37
5	Dyfed	green	484	50	50	10	60	32	54	32	22	56	24	32	28	34
6	South East Wales	violet	394	20	30	50	20	26	24	26	42	38	30	36	22	30
7	North East Wales	orange	210	0	20	40	30	36	0	0	0	16	27	6	6	29

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
73	Sian Lewis	2LR	28.2	0.0			28.2	10	12
73	Sian Lewis	STJ	5.64	5.62	5.59	5.37	5.64	4	24
74	Megan Rowlands	2LR	28.4	0.0			28.4	11	10
74	Megan Rowlands	S	6.40	7.14	6.70	6.70	7.14	9	14
75	Ffion Barnett	4LR	1:01.4	1:01.2			1:01.2	7	18
75	Ffion Barnett	HJ	1.05				1.05	11	10
76	Thalia Godwin	4LR	1:02.2	0.0			1:02.2	10	12
76	Thalia Godwin	VJ	43	41	46	41	46	12	8
77	Sara Rudd	6LR	1:32.9				1:32.9	1	30
77	Sara Rudd	HJ	1.15				1.15	8	16
78	Sophie Hill	6LR	1:39.6				1:39.6	8	16
78	Sophie Hill	SB	69				69	6=	18
79	Courtney Brown	SLJ	2.11	2.14	2.12	2.11	2.14	2	28
80	Shelikka Style	SLJ	1.84	1.72	1.89	2.08	2.08	5	22
81	Meg Evans	STJ	5.65	5.60	5.80	5.48	5.80	3	26
82	Hanah Roden	S	0.00	6.32	6.28	7.44	7.44	7	18
83	Ffion Rees	VJ	59	58	60	61	61	1	30
84	Lauren Morris	SB	72				72	4	24



# Team Results

# South East Wales (violet)

## Competition:

ASHA-Welsh Final Under 13 Girls

## 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	North West Wales	grey	585	60	70	70	40	36	32	42	38	30	57	36	42	32
2	Afan Nedd Tawe	purple	538	30	40	60	70	40	40	50	54	30	22	26	38	38
3	Powys	royal	506	70	60	30	10	22	30	46	26	32	42	50	50	38
4	Cardiff & Vale of Glamorgan	red	489	40	10	20	50	46	48	32	46	32	32	48	48	37
5	Dyfed	green	484	50	50	10	60	32	54	32	22	56	24	32	28	34
6	South East Wales	violet	394	20	30	50	20	26	24	26	42	38	30	36	22	30
7	North East Wales	orange	210	0	20	40	30	36	0	0	0	16	27	6	6	29

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
85	Emily Brown	2LR	28.6	0.0			28.6	12	8
85	Emily Brown	VJ	34	33	34	35	35	14	4
86	Aimee Clark	S	9.86	10.22	7.53	0.00	10.22	2	28
87	Leah Durham	6LR	1:37.9				1:37.9	7	18
87	Leah Durham	VJ	50	54	52	51	54	3	26
88	Georgina Fry	6LR	1:46.8				1:46.8	12	8
88	Georgina Fry	STJ	5.28	5.05	5.20	5.21	5.28	9	14
89	Samantha Gwilliam	2LR	27.4	28.1			28.1	7	18
89	Samantha Gwilliam	SLJ	1.97	2.07	2.01	1.94	2.07	6	20
90	Bethan Hill-Dowells	HJ	1.36				1.36	1	30
91	Zoe Hopkins	SB	57				57	12	8
92	Laura Hughes	4LR	1:01.5	0.0			1:01.5	8	16
92	Laura Hughes	S	5.94	6.14	6.77	6.31	6.77	11	10
93	Megan Jolliffe	HJ	1.15				1.15	10	12
94	Mollie Jones	STJ	5.08	5.06	5.11	5.06	5.11	12	8
95	Katie Parry	4LR	1:02.7	0.0			1:02.7	12	8
95	Katie Parry	SB	70				70	5	22
96	Laura Ryan	SLJ	1.92	1.91	1.89	1.99	1.99	8	16

# Results Sheet

# Obstacle Relay

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

1 Mar 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	07	Powys	royal	1:29.3	0.0	1:29.3	70.0
2	06	North West Wales	grey	1:29.8	0.0	1:29.8	60.0
3	03	Dyfed	green	1:30.4	0.0	1:30.4	50.0
4	02	Cardiff & Vale of Glamorgan	red	1:32.1	0.0	1:32.1	40.0
5	01	Afan Nedd Tawe	purple	1:33.9	0.0	1:33.9	30.0
6	08	South East Wales	violet	1:36.1	0.0	1:36.1	20.0

# Results Sheet

# 2 Lap Race

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

1 Mar 2009

Ranking	Team	Colour	Points
1	Cardiff & Vale of Glamorgan	red	46
2	Afan Nedd Tawe	purple	40
3=	North East Wales	orange	36
3=	North West Wales	grey	36
5	Dyfed	green	32
6	South East Wales	violet	26
7	Powys	royal	22

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North East Wales	orange	51	Gabrielle Maloney	25.8	30
2	Dyfed	green	27	Ayla Hamilton	26.3	28
3	Afan Nedd Tawe	purple	1	Elin Davies	26.9	26
4	Cardiff & Vale of Glamorgan	red	13	Osa Eghosa	27.2	24
5	Cardiff & Vale of Glamorgan	red	14	Briony Harper	27.5	22
6	North West Wales	grey	64	Swyn Thomas	27.8	20
7	South East Wales	violet	89	Samantha Gwilliam	28.1	18
8	North West Wales	grey	70	Chloe Hunt	27.6	16
9	Afan Nedd Tawe	purple	2	Lucy Fliggelstone	27.7	14
10	Powys	royal	73	Sian Lewis	28.2	12
11	Powys	royal	74	Megan Rowlands	28.4	10
12	South East Wales	violet	85	Emily Brown	28.6	8
13	North East Wales	orange	49	Charlotte Williams	28.9	6
14	Dyfed	green	26	Megan Hamilton	32.4	4

# Results Sheet

# 4 Lap Race

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

1 Mar 2009

Ranking	Team	Colour	Points
	North East Wales	orange	0
1	Dyfed	green	54
2	Cardiff & Vale of Glamorgan	red	48
3	Afan Nedd Tawe	purple	40
4	North West Wales	grey	32
5	Powys	royal	30
6	South East Wales	violet	24

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	green	32	Evangeline Davies	57.9	30
2	Cardiff & Vale of Glamorgan	red	16	Georgia Morgan	58.3	28
3	Afan Nedd Tawe	purple	3	Pheobe Perkins	59.6	26
4	Dyfed	green	30	Sioned Jones	1:00.4	24
5	North West Wales	grey	66	Katie Ross	1:00.6	22
6	Cardiff & Vale of Glamorgan	red	15	Rebecca Foley	1:00.8	20
7	Powys	royal	75	Ffion Barnett	1:01.2	18
8	South East Wales	violet	92	Laura Hughes	1:01.5	16
9	Afan Nedd Tawe	purple	12	Bethan Radford	1:01.7	14
10	Powys	royal	76	Thalia Godwin	1:02.2	12
11	North West Wales	grey	61	Elinor Pritchard	1:02.4	10
12	South East Wales	violet	95	Katie Parry	1:02.7	8

# Results Sheet

# 6 Lap Time Trial

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

1 Mar 2009

Ranking	Team	Colour	Points
	North East Wales	orange	0
1	Afan Nedd Tawe	purple	50
2	Powys	royal	46
3	North West Wales	grey	42
4=	Cardiff & Vale of Glamorgan	red	32
4=	Dyfed	green	32
6	South East Wales	violet	26

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	royal	77	Sara Rudd	1:32.9	30
2	North West Wales	grey	72	Danielle Parker	1:33.9	28
3	Afan Nedd Tawe	purple	4	Naiomi Osborn	1:34.1	26
4	Afan Nedd Tawe	purple	5	Olivia Gwynn	1:34.8	24
5	Cardiff & Vale of Glamorgan	red	18	Laura Trigg	1:36.2	22
6	Dyfed	green	29	Leah Wilson-Randell	1:36.9	20
7	South East Wales	violet	87	Leah Durham	1:37.9	18
8	Powys	royal	78	Sophie Hill	1:39.6	16
9	North West Wales	grey	71	Ashleigh Jones	1:42.1	14
10	Dyfed	green	28	Lottie Williams	1:43.3	12
11	Cardiff & Vale of Glamorgan	red	17	Sam Barker	1:43.9	10
12	South East Wales	violet	88	Georgina Fry	1:46.8	8

# Results Sheet

# 8 Lap Paarlauf

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

1 Mar 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	North West Wales	grey	1:55.6	0.0	1:55.6	70.0
2	07	Powys	royal	1:56.1	0.0	1:56.1	60.0
3	03	Dyfed	green	1:56.3	0.0	1:56.3	50.0
4	01	Afan Nedd Tawe	purple	1:59.2	0.0	1:59.2	40.0
5	08	South East Wales	violet	2:01.6	0.0	2:01.6	30.0
6	05	North East Wales	orange	2:02.9	0.0	2:02.9	20.0
7	02	Cardiff & Vale of Glamorgan	red	2:06.0	0.0	2:06.0	10.0

# Results Sheet

# 4 x 1 Lap Relay

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

1 Mar 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	North West Wales	grey	54.4	0.0	54.4	70.0
2	01	Afan Nedd Tawe	purple	54.9	0.0	54.9	60.0
3	08	South East Wales	violet	55.2	0.0	55.2	50.0
4	05	North East Wales	orange	55.5	0.0	55.5	40.0
5	07	Powys	royal	55.7	0.0	55.7	30.0
6	02	Cardiff & Vale of Glamorgan	red	56.2	0.0	56.2	20.0
7	03	Dyfed	green	56.6	0.0	56.6	10.0

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

1 Mar 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Afan Nedd Tawe	purple	1:48.8	0.0	1:48.8	70.0
2	03	Dyfed	green	1:49.4	0.0	1:49.4	60.0
3	02	Cardiff & Vale of Glamorgan	red	1:49.8	0.0	1:49.8	50.0
4	06	North West Wales	grey	1:50.7	0.0	1:50.7	40.0
5	05	North East Wales	orange	1:53.6	0.0	1:53.6	30.0
6	08	South East Wales	violet	1:54.1	0.0	1:54.1	20.0
7	07	Powys	royal	1:54.3	0.0	1:54.3	10.0



# Results Sheet

# High Jump

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

1 Mar 2009

Ranking	Team	Colour	Points
	North East Wales	orange	0
1	Afan Nedd Tawe	purple	54
2	Cardiff & Vale of Glamorgan	red	46
3	South East Wales	violet	42
4	North West Wales	grey	38
5	Powys	royal	26
6	Dyfed	green	22

Ranking	Team	Colour	BibNo	Name	Best	Points
1	South East Wales	violet	90	Bethan Hill-Dowells	1.36	30
2	Afan Nedd Tawe	purple	9	Shannon Richards	1.33	28
3	Afan Nedd Tawe	purple	11	Catrin Jones	1.33	26
4	Cardiff & Vale of Glamorgan	red	19	Kate Seary	1.30	24
5	Cardiff & Vale of Glamorgan	red	18	Laura Trigg	1.25	22
6	North West Wales	grey	72	Danielle Parker	1.20	20
7	North West Wales	grey	67	Aerin Vaughn	1.20	18
8	Powys	royal	77	Sara Rudd	1.15	16
9	Dyfed	green	28	Lottie Williams	1.15	14
10	South East Wales	violet	93	Megan Jolliffe	1.15	12
11	Powys	royal	75	Ffion Barnett	1.05	10
12	Dyfed	green	30	Sioned Jones	1.00	8

# Results Sheet

# Shot

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

1 Mar 2009

Ranking	Team	Colour	Points
1	Dyfed	green	56
2	South East Wales	violet	38
3=	Cardiff & Vale of Glamorgan	red	32
3=	Powys	royal	32
5=	Afan Nedd Tawe	purple	30
5=	North West Wales	grey	30
7	North East Wales	orange	16

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	green	34	Awen Rosser	10.39	30
2	South East Wales	violet	86	Aimee Clark	10.22	28
3	Dyfed	green	25	Kayleigh Jones	8.99	26
4	North West Wales	grey	65	Manon Jones	8.47	24
5	Afan Nedd Tawe	purple	6	Lauran Roper	7.81	22
6	Cardiff & Vale of Glamorgan	red	23	Abigail Peters	7.66	20
7	Powys	royal	82	Hanah Roden	7.44	18
8	North East Wales	orange	50	Sophie Davies	7.22	16
9	Powys	royal	74	Megan Rowlands	7.14	14
10	Cardiff & Vale of Glamorgan	red	22	Olivia Stickland	6.83	12
11	South East Wales	violet	92	Laura Hughes	6.77	10
12	Afan Nedd Tawe	purple	10	Catlin Atkins	5.39	8
13	North West Wales	grey	71	Ashleigh Jones	5.06	6

# Results Sheet

# Speed Bounce

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

1 Mar 2009

Ranking	Team	Colour	Points
1	North West Wales	grey	57
2	Powys	royal	42
3	Cardiff & Vale of Glamorgan	red	32
4	South East Wales	violet	30
5	North East Wales	orange	27
6	Dyfed	green	24
7	Afan Nedd Tawe	purple	22

Ranking	Team	Colour	BibNo	Name	Total	Points
1	North West Wales	grey	68	Mared Baker	75	30
2=	North East Wales	orange	49	Charlotte Williams	74	27
2=	North West Wales	grey	62	Elin Williams	74	27
4	Powys	royal	84	Lauren Morris	72	24
5	South East Wales	violet	95	Katie Parry	70	22
6=	Cardiff & Vale of Glamorgan	red	21	Aniela Pawar	69	18
6=	Dyfed	green	32	Evangeline Davies	69	18
6=	Powys	royal	78	Sophie Hill	69	18
9	Cardiff & Vale of Glamorgan	red	15	Rebecca Foley	68	14
10	Afan Nedd Tawe	purple	5	Olivia Gwynn	63	12
11	Afan Nedd Tawe	purple	7	Elane Tucker	58	10
12	South East Wales	violet	91	Zoe Hopkins	57	8
13	Dyfed	green	29	Leah Wilson-Randell	52	6

# Results Sheet

# Standing Long Jump

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

1 Mar 2009

Ranking	Team	Colour	Points
1	Powys	royal	50
2	Cardiff & Vale of Glamorgan	red	48
3=	North West Wales	grey	36
3=	South East Wales	violet	36
5	Dyfed	green	32
6	Afan Nedd Tawe	purple	26
7	North East Wales	orange	6

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & Vale of Glamorgan	red	14	Briony Harper	2.26	30
2	Powys	royal	79	Courtney Brown	2.14	28
3	North West Wales	grey	61	Elinor Pritchard	2.12	26
4	Dyfed	green	27	Ayla Hamilton	2.12	24
5	Powys	royal	80	Shelikka Style	2.08	22
6	South East Wales	violet	89	Samantha Gwilliam	2.07	20
7	Cardiff & Vale of Glamorgan	red	17	Sam Barker	2.04	18
8	South East Wales	violet	96	Laura Ryan	1.99	16
9	Afan Nedd Tawe	purple	2	Lucy Fliggelstone	1.98	14
10	Afan Nedd Tawe	purple	1	Elin Davies	1.94	12
11	North West Wales	grey	70	Chloe Hunt	1.94	10
12	Dyfed	green	26	Megan Hamilton	1.83	8
13	North East Wales	orange	51	Gabrielle Maloney	1.79	6

# Results Sheet

# Standing Triple Jump

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

1 Mar 2009

Ranking	Team	Colour	Points
1	Powys	royal	50
2	Cardiff & Vale of Glamorgan	red	48
3	North West Wales	grey	42
4	Afan Nedd Tawe	purple	38
5	Dyfed	green	28
6	South East Wales	violet	22
7	North East Wales	orange	6

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North West Wales	grey	63	Jenny Cox	5.91	30
2	Cardiff & Vale of Glamorgan	red	16	Georgia Morgan	5.86	28
3	Powys	royal	81	Meg Evans	5.80	26
4	Powys	royal	73	Sian Lewis	5.64	24
5	Afan Nedd Tawe	purple	4	Naiomi Osborn	5.44	22
6	Cardiff & Vale of Glamorgan	red	20	Sarah Lewis	5.35	20
7	Dyfed	green	33	Megan Shurmer	5.33	18
8	Afan Nedd Tawe	purple	12	Bethan Radford	5.31	16
9	South East Wales	violet	88	Georgina Fry	5.28	14
10	North West Wales	grey	66	Katie Ross	5.22	12
11	Dyfed	green	31	Jemma Isaac	5.13	10
12	South East Wales	violet	94	Mollie Jones	5.11	8
13	North East Wales	orange	52	Chloe Bacon	4.91	6
	Afan Nedd Tawe	purple	200	Melissa Gooding	5.33	0

# Results Sheet

# Vertical Jump

## Competition:

ASHA-Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

1 Mar 2009

Ranking	Team	Colour	Points
1=	Afan Nedd Tawe	purple	38
1=	Powys	royal	38
3	Cardiff & Vale of Glamorgan	red	37
4	Dyfed	green	34
5	North West Wales	grey	32
6	South East Wales	violet	30
7	North East Wales	orange	29

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	royal	83	Ffion Rees	61	30
2	Dyfed	green	35	Keira Williams	56	28
3	South East Wales	violet	87	Leah Durham	54	26
4	Cardiff & Vale of Glamorgan	red	24	Elizabeth Whitehouse	50	24
5	North West Wales	grey	69	Georgia Williams	49	22
6	Afan Nedd Tawe	purple	3	Pheobe Perkins	49	20
7	Afan Nedd Tawe	purple	8	Jade Meredith	49	18
8	North East Wales	orange	54	Lauren Doyle	48	16
9=	Cardiff & Vale of Glamorgan	red	13	Osa Eghosa	47	13
9=	North East Wales	orange	53	Chelsea Amos	47	13
11	North West Wales	grey	64	Swyn Thomas	46	10
12	Powys	royal	76	Thalia Godwin	46	8
13	Dyfed	green	36	Ffion Walters	39	6
14	South East Wales	violet	85	Emily Brown	35	4