

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 15 Girls

Venue:
Cwmbran Stadium Sports Centre

Date
9 Mar 2008

Ranking	Team	Score	Individual	P8	4x2
1	Powys	634	504	60	70
2	North West Wales	549	429	80	40
3	North East Wales	508	428	30	50
4	Cardiff & Vale of Glamorgan	484	374	50	60
5	Dyfed	481	391	10	80
6	South East Wales	439	389	20	30
7	Afan Nedd Tawe	410	320	70	20
8	Glamorgan Valleys	282	232	40	10

Athlete Results

Competition:

NUS-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	S	SB	SLJ	VJ
1	135	Ffion Rees	Dyfed	142		50		44	48	
2	148	Rebecca Davies	North East Wales	136	50			38		48
3	162	Lucy Freeman	Powys	134		46		50	38	
4	164	Sophie Rees	Powys	128		43		44		41
5	163	Sian Swanson	Powys	126	48		28		50	
6=	156	Nia Ginnelly	North West Wales	120		48		38		34
6=	161	Sophie Roberts	North West Wales	120	45			29	46	
8	172	Harriet Husband	South East Wales	119	31			38		50
9	166	Hannah Nash	Powys	116	40			48		28
10	121	Naomi James	Afan Nedd Tawe	109	19		44			46
11	127	Katie Davies	Cardiff & Vale of Glamo	103	34		36		33	
12=	138	Jodan Reynolds	Dyfed	101	22		38			41
12=	149	Lucy Roulston	North East Wales	101	15			44	42	
14=	150	Rachel Trotter	North East Wales	100		14	42		44	
14=	170	Rachel Bevan	South East Wales	100	26		34		40	
16	160	Jade Ellis	North West Wales	99		32	26			41
17	171	Rhiannon Thomas	South East Wales	92		34	46		12	
18=	128	Lucy Harvey	Cardiff & Vale of Glamo	91		22		33	36	
18=	129	Ana Vujanic	Cardiff & Vale of Glamo	91		28	30		33	
18=	153	Siobhan Roddy	North East Wales	91		24		26		41
21	157	Nadine Thompson	North West Wales	90		39		33		18
22	130	Jamie-Lee Baven	Cardiff & Vale of Glamo	89	45			10		34
23	147	Alysha Jones	Glamorgan Valleys	83	37			16		30
24	123	Nina Prells	Afan Nedd Tawe	79	10		50		19	
25=	122	Jemima Osborn	Afan Nedd Tawe	78		43		21		14
25=	169	Nicola Gale	South East Wales	78	28		16			34
27	134	Laura Penhallarick	Dyfed	76		36	32		8	
28	155	Jodi Jones	North West Wales	75	31		18		26	
29=	159	Alexia Masgrove	North West Wales	74	42		8		24	
29=	167	Sirona Birch	Powys	74		26	40			8
31	136	Rhiannon Plant	Dyfed	72		30		21		21
32	139	Leah Parry	Dyfed	71	37			24	10	
33	140	Sadie Flint	Dyfed	64	6		48			10
34	131	Lauren Burley	Cardiff & Vale of Glamo	62	15		22			25
35	152	Charlotte Winne	North East Wales	60		14	24		22	
36	132	Gwen Williams	Cardiff & Vale of Glamo	59		39		6		14
37	151	Katie Griffiths	North East Wales	57	24		12			21
38	174	Leanne Reddish	South East Wales	56		19		8	29	
39	125	Mali James	Afan Nedd Tawe	54		19		29		6
40	146	Bethan Price	Glamorgan Valleys	53		14	10		29	
41	142	Chloe Pope	Glamorgan Valleys	51	12		20		19	
42	120	Kimberley Davies	Afan Nedd Tawe	47	19		14		14	
43	144	Ashleigh Rees	Glamorgan Valleys	45		8		12		25
44	124	Elysia Pearson	Afan Nedd Tawe	44		10		18	16	
45	141	Josie Loye	Glamorgan Valleys	36	8			14		14
46=	133	Sam Cogan	Cardiff & Vale of Glamo	0						
46=	137	Jodie Jones	Dyfed	0						
46=	143	Carys Evans	Glamorgan Valleys	0						
46=	145	Abigail Casswell	Glamorgan Valleys	0						

Team Results

Afan Nedd Tawe (red)

Competition:

NUS-Welsh Final Under 15 Girls

Venue:

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Date

9 Mar 2008

Ranking	Team	Score	Individual	P8	4x2
1	Powys	634	504	60	70
2	North West Wales	549	429	80	40
3	North East Wales	508	428	30	50
4	Cardiff & Vale of Glamorgan	484	374	50	60
5	Dyfed	481	391	10	80
6	South East Wales	439	389	20	30
7	Afan Nedd Tawe	410	320	70	20
8	Glamorgan Valleys	282	232	40	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
120	Kimberley Davies	2LR	27.8				27.8	16=	19
120	Kimberley Davies	S	6.15	6.13	6.31		6.31	19	14
120	Kimberley Davies	SLJ	1.86	1.90	1.86		1.90	19	14
121	Naomi James	2LR	27.8				27.8	16=	19
121	Naomi James	S	8.14	7.46	7.98		8.14	4	44
121	Naomi James	VJ	52	56	50		56	3	46
122	Jemima Osborn	4LR	56.9				56.9	4=	43
122	Jemima Osborn	SB	63				63	15=	21
122	Jemima Osborn	VJ	43	45	46		46	18=	14
123	Nina Prells	2LR	28.4				28.4	21	10
123	Nina Prells	S	10.09	9.93	9.99		10.09	1	50
123	Nina Prells	SLJ	1.95	1.88	1.89		1.95	16=	19
124	Elysia Pearson	4LR	1:01.0				1:01.0	21	10
124	Elysia Pearson	SB	62				62	17	18
124	Elysia Pearson	SLJ	1.88	1.92	1.89		1.92	18	16
125	Mali James	4LR	1:00.7				1:00.7	16=	19
125	Mali James	SB	68				68	11=	29
125	Mali James	VJ	40	39	40		40	23	6

Team Results

Cardiff & Vale of Glamorgan (orange)

Competition:

NUS-Welsh Final Under 15 Girls

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Cwmbran Stadium Sports Centre

Date

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Ranking	Team	Score	Individual	P8	4x2
1	Powys	634	504	60	70
2	North West Wales	549	429	80	40
3	North East Wales	508	428	30	50
4	Cardiff & Vale of Glamorgan	484	374	50	60
5	Dyfed	481	391	10	80
6	South East Wales	439	389	20	30
7	Afan Nedd Tawe	410	320	70	20
8	Glamorgan Valleys	282	232	40	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
127	Katie Davies	2LR	26.8				26.8	9	34
127	Katie Davies	S	6.87	6.43	7.44		7.44	8	36
127	Katie Davies	SLJ	2.08	2.06	2.08		2.08	9=	33
128	Lucy Harvey	4LR	1:00.4				1:00.4	15	22
128	Lucy Harvey	SB	71				71	9=	33
128	Lucy Harvey	SLJ	2.12	2.08	2.11		2.12	8	36
129	Ana Vujanic	4LR	59.3				59.3	12	28
129	Ana Vujanic	S	7.11	7.08	6.72		7.11	11	30
129	Ana Vujanic	SLJ	2.06	2.08	1.94		2.08	9=	33
130	Jamie-Lee Baven	2LR	26.1				26.1	3=	45
130	Jamie-Lee Baven	SB	58				58	21	10
130	Jamie-Lee Baven	VJ	50	52	47		52	8=	34
131	Lauren Burley	2LR	28.0				28.0	18=	15
131	Lauren Burley	S	6.54	6.75	6.73		6.75	15	22
131	Lauren Burley	VJ	46	47	49		49	13=	25
132	Gwen Williams	4LR	57.0				57.0	6=	39
132	Gwen Williams	SB	55				55	23	6
132	Gwen Williams	VJ	45	46	45		46	18=	14

Team Results

Dyfed (purple)

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NUS-Welsh Final Under 15 Girls

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1	Powys	634	504	60	70
2	North West Wales	549	429	80	40
3	North East Wales	508	428	30	50
4	Cardiff & Vale of Glamorgan	484	374	50	60
5	Dyfed	481	391	10	80
6	South East Wales	439	389	20	30
7	Afan Nedd Tawe	410	320	70	20
8	Glamorgan Valleys	282	232	40	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
134	Laura Penhallarick	4LR	57.9				57.9	8	36
134	Laura Penhallarick	S	7.29	6.93	6.90		7.29	10	32
134	Laura Penhallarick	SLJ	1.72	1.68	1.72		1.72	22	8
135	Ffion Rees	4LR	56.3				56.3	1	50
135	Ffion Rees	SB	75				75	3=	44
135	Ffion Rees	SLJ	2.32	2.29	2.30		2.32	2	48
136	Rhiannon Plant	4LR	59.1				59.1	11	30
136	Rhiannon Plant	SB	63				63	15=	21
136	Rhiannon Plant	VJ	46	48	48		48	15=	21
138	Jodan Reynolds	2LR	27.7				27.7	15	22
138	Jodan Reynolds	S	7.64	7.55	7.46		7.64	7	38
138	Jodan Reynolds	VJ	54	55	55		55	4=	41
139	Leah Parry	2LR	26.6				26.6	7=	37
139	Leah Parry	SB	64				64	14	24
139	Leah Parry	SLJ	1.83	1.80	1.79		1.83	21	10
140	Sadie Flint	2LR	30.6				30.6	23	6
140	Sadie Flint	S	9.63	9.10	9.69		9.69	2	48
140	Sadie Flint	VJ	42	43	45		45	21	10

Team Results

Glamorgan Valleys (blue)

Competition:

NUS-Welsh Final Under 15 Girls

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Cwmbran Stadium Sports Centre

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9 Mar 2008

Ranking	Team	Score	Individual	P8	4x2
1	Powys	634	504	60	70
2	North West Wales	549	429	80	40
3	North East Wales	508	428	30	50
4	Cardiff & Vale of Glamorgan	484	374	50	60
5	Dyfed	481	391	10	80
6	South East Wales	439	389	20	30
7	Afan Nedd Tawe	410	320	70	20
8	Glamorgan Valleys	282	232	40	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
141	Josie Loye	2LR	28.6				28.6	22	8
141	Josie Loye	SB	60				60	19	14
141	Josie Loye	VJ	46	46	46		46	18=	14
142	Chloe Pope	2LR	28.3				28.3	20	12
142	Chloe Pope	S	6.59	6.69	5.87		6.69	16	20
142	Chloe Pope	SLJ	1.87	1.86	1.95		1.95	16=	19
143	Carys Evans	SB	64				64		
143	Carys Evans	SLJ	1.71	1.67	1.73		1.73		
144	Ashleigh Rees	4LR	1:04.2				1:04.2	22	8
144	Ashleigh Rees	SB	59				59	20	12
144	Ashleigh Rees	VJ	49	40	38		49	13=	25
145	Abigail Casswell	S	0.00	5.75	0.00		5.75		
145	Abigail Casswell	SLJ	1.37	1.42	1.50		1.50		
146	Bethan Price	4LR	1:00.9				1:00.9	18=	14
146	Bethan Price	S	0.00	0.00	5.61		5.61	21	10
146	Bethan Price	SLJ	1.89	1.98	2.05		2.05	11=	29
147	Alysha Jones	2LR	26.6				26.6	7=	37
147	Alysha Jones	SB	61				61	18	16
147	Alysha Jones	VJ	49	51	51		51	11	30

Team Results

North East Wales (green)

Competition:

NUS-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

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9 Mar 2008

Ranking	Team	Score	Individual	P8	4x2
1	Powys	634	504	60	70
2	North West Wales	549	429	80	40
3	North East Wales	508	428	30	50
4	Cardiff & Vale of Glamorgan	484	374	50	60
5	Dyfed	481	391	10	80
6	South East Wales	439	389	20	30
7	Afan Nedd Tawe	410	320	70	20
8	Glamorgan Valleys	282	232	40	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
148	Rebecca Davies	2LR	25.6				25.6	1	50
148	Rebecca Davies	SB	73				73	6=	38
148	Rebecca Davies	VJ	57	56	56		57	2	48
149	Lucy Roulston	2LR	28.0				28.0	18=	15
149	Lucy Roulston	SB	75				75	3=	44
149	Lucy Roulston	SLJ	2.16	2.13	2.20		2.20	5	42
150	Rachel Trotter	4LR	1:00.9				1:00.9	18=	14
150	Rachel Trotter	S	7.97	6.72	7.40		7.97	5	42
150	Rachel Trotter	SLJ	2.24	2.23	2.26		2.26	4	44
151	Katie Griffiths	2LR	27.3				27.3	14	24
151	Katie Griffiths	S	5.11	5.19	5.73		5.73	20	12
151	Katie Griffiths	VJ	47	48	47		48	15=	21
152	Charlotte Winne	4LR	1:00.9				1:00.9	18=	14
152	Charlotte Winne	S	6.73	6.83	6.72		6.83	14	24
152	Charlotte Winne	SLJ	1.91	1.95	1.96		1.96	15	22
153	Siobhan Roddy	4LR	1:00.2				1:00.2	14	24
153	Siobhan Roddy	SB	65				65	13	26
153	Siobhan Roddy	VJ	55	54	55		55	4=	41
154	Emma Griffiths	S	6.26	0.00	0.00		6.26		
159	Eleanor Douggie	SB	63				63		

Team Results

North West Wales (grey)

Competition:

NUS-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Score	Individual	P8	4x2
1	Powys	634	504	60	70
2	North West Wales	549	429	80	40
3	North East Wales	508	428	30	50
4	Cardiff & Vale of Glamorgan	484	374	50	60
5	Dyfed	481	391	10	80
6	South East Wales	439	389	20	30
7	Afan Nedd Tawe	410	320	70	20
8	Glamorgan Valleys	282	232	40	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
155	Jodi Jones	2LR	26.9				26.9	10=	31
155	Jodi Jones	S	0.00	5.75	6.65		6.65	17	18
155	Jodi Jones	SLJ	1.92	1.99	1.90		1.99	13	26
156	Nia Ginnelly	4LR	56.6				56.6	2	48
156	Nia Ginnelly	SB	73				73	6=	38
156	Nia Ginnelly	VJ	51	52	49		52	8=	34
157	Nadine Thompson	4LR	57.0				57.0	6=	39
157	Nadine Thompson	SB	71				71	9=	33
157	Nadine Thompson	VJ	46	45	47		47	17	18
158	Laura Rowlands	S	4.46	4.22	4.47		4.47		
159	Alexia Masgrove	2LR	26.2				26.2	5	42
159	Alexia Masgrove	S	0.00	0.00	4.90		4.90	22	8
159	Alexia Masgrove	SLJ	1.98	1.98	1.97		1.98	14	24
160	Jade Ellis	4LR	58.9				58.9	10	32
160	Jade Ellis	S	6.97	6.23	6.59		6.97	13	26
160	Jade Ellis	VJ	55	55	53		55	4=	41
161	Sophie Roberts	2LR	26.1				26.1	3=	45
161	Sophie Roberts	SB	68				68	11=	29
161	Sophie Roberts	SLJ	2.16	2.17	2.29		2.29	3	46

Team Results

Powys (navy)

Competition:

NUS-Welsh Final Under 15 Girls

Venue:

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Date

9 Mar 2008

Ranking	Team	Score	Individual	P8	4x2
1	Powys	634	504	60	70
2	North West Wales	549	429	80	40
3	North East Wales	508	428	30	50
4	Cardiff & Vale of Glamorgan	484	374	50	60
5	Dyfed	481	391	10	80
6	South East Wales	439	389	20	30
7	Afan Nedd Tawe	410	320	70	20
8	Glamorgan Valleys	282	232	40	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
162	Lucy Freeman	4LR	56.8				56.8	3	46
162	Lucy Freeman	SB	79				79	1	50
162	Lucy Freeman	SLJ	2.17	2.13	2.13		2.17	7	38
163	Sian Swanson	2LR	25.9				25.9	2	48
163	Sian Swanson	S	6.47	7.04	6.74		7.04	12	28
163	Sian Swanson	SLJ	0.00	2.34	2.36		2.36	1	50
164	Sophie Rees	4LR	56.9				56.9	4=	43
164	Sophie Rees	SB	75				75	3=	44
164	Sophie Rees	VJ	53	53	55		55	4=	41
166	Hannah Nash	2LR	26.5				26.5	6	40
166	Hannah Nash	SB	76				76	2	48
166	Hannah Nash	VJ	46	49	50		50	12	28
167	Sirona Birch	4LR	59.9				59.9	13	26
167	Sirona Birch	S	7.70	7.22	7.42		7.70	6	40
167	Sirona Birch	VJ	43	44	44		44	22	8

Team Results

South East Wales (white)

Competition:

NUS-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

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Ranking	Team	Score	Individual	P8	4x2
1	Powys	634	504	60	70
2	North West Wales	549	429	80	40
3	North East Wales	508	428	30	50
4	Cardiff & Vale of Glamorgan	484	374	50	60
5	Dyfed	481	391	10	80
6	South East Wales	439	389	20	30
7	Afan Nedd Tawe	410	320	70	20
8	Glamorgan Valleys	282	232	40	10

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
169	Nicola Gale	2LR	27.0				27.0	12	28
169	Nicola Gale	S	5.91	6.37	6.55		6.55	18	16
169	Nicola Gale	VJ	52	51	49		52	8=	34
170	Rachel Bevan	2LR	27.1				27.1	13	26
170	Rachel Bevan	S	7.43	7.02	6.58		7.43	9	34
170	Rachel Bevan	SLJ	2.16	2.15	2.18		2.18	6	40
171	Rhiannon Thomas	4LR	58.5				58.5	9	34
171	Rhiannon Thomas	S	8.18	7.29	7.93		8.18	3	46
171	Rhiannon Thomas	SLJ	1.86	1.83	1.87		1.87	20	12
172	Harriet Husband	2LR	26.9				26.9	10=	31
172	Harriet Husband	SB	73				73	6=	38
172	Harriet Husband	VJ	58	54	54		58	1	50
173	Sophie Miller	SB	63				63		
173	Sophie Miller	VJ	56	55	55		56		
174	Leanne Reddish	4LR	1:00.7				1:00.7	16=	19
174	Leanne Reddish	SB	57				57	22	8
174	Leanne Reddish	SLJ	2.05	1.91	2.05		2.05	11=	29

Results Sheet

2 Lap Race

Competition:
NUS-Welsh Final Under 15 Girls

Venue:
Cwmbran Stadium Sports Centre

Date
9 Mar 2008

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North East Wales	green	148	Rebecca Davies	25.6	50
2	Powys	navy	163	Sian Swanson	25.9	48
3=	Cardiff & Vale of Glamorgan	orange	130	Jamie-Lee Baven	26.1	45
3=	North West Wales	grey	161	Sophie Roberts	26.1	45
5	North West Wales	grey	159	Alexia Masgrove	26.2	42
6	Powys	navy	166	Hannah Nash	26.5	40
7=	Dyfed	purple	139	Leah Parry	26.6	37
7=	Glamorgan Valleys	blue	147	Alysha Jones	26.6	37
9	Cardiff & Vale of Glamorgan	orange	127	Katie Davies	26.8	34
10=	North West Wales	grey	155	Jodi Jones	26.9	31
10=	South East Wales	white	172	Harriet Husband	26.9	31
12	South East Wales	white	169	Nicola Gale	27.0	28
13	South East Wales	white	170	Rachel Bevan	27.1	26
14	North East Wales	green	151	Katie Griffiths	27.3	24
15	Dyfed	purple	138	Jodan Reynolds	27.7	22
16=	Afan Nedd Tawe	red	120	Kimberley Davies	27.8	19
16=	Afan Nedd Tawe	red	121	Naomi James	27.8	19
18=	Cardiff & Vale of Glamorgan	orange	131	Lauren Burley	28.0	15
18=	North East Wales	green	149	Lucy Roulston	28.0	15
20	Glamorgan Valleys	blue	142	Chloe Pope	28.3	12
21	Afan Nedd Tawe	red	123	Nina Prells	28.4	10
22	Glamorgan Valleys	blue	141	Josie Loye	28.6	8
23	Dyfed	purple	140	Sadie Flint	30.6	6

Results Sheet

4 Lap Race

Competition:
NUS-Welsh Final Under 15 Girls

Venue:
Cwmbran Stadium Sports Centre

Date
9 Mar 2008

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	purple	135	Ffion Rees	56.3	50
2	North West Wales	grey	156	Nia Ginnelly	56.6	48
3	Powys	navy	162	Lucy Freeman	56.8	46
4=	Afan Nedd Tawe	red	122	Jemima Osborn	56.9	43
4=	Powys	navy	164	Sophie Rees	56.9	43
6=	Cardiff & Vale of Glamorgan	orange	132	Gwen Williams	57.0	39
6=	North West Wales	grey	157	Nadine Thompson	57.0	39
8	Dyfed	purple	134	Laura Penhallarick	57.9	36
9	South East Wales	white	171	Rhiannon Thomas	58.5	34
10	North West Wales	grey	160	Jade Ellis	58.9	32
11	Dyfed	purple	136	Rhiannon Plant	59.1	30
12	Cardiff & Vale of Glamorgan	orange	129	Ana Vujanic	59.3	28
13	Powys	navy	167	Sirona Birch	59.9	26
14	North East Wales	green	153	Siobhan Roddy	1:00.2	24
15	Cardiff & Vale of Glamorgan	orange	128	Lucy Harvey	1:00.4	22
16=	Afan Nedd Tawe	red	125	Mali James	1:00.7	19
16=	South East Wales	white	174	Leanne Reddish	1:00.7	19
18=	Glamorgan Valleys	blue	146	Bethan Price	1:00.9	14
18=	North East Wales	green	150	Rachel Trotter	1:00.9	14
18=	North East Wales	green	152	Charlotte Winne	1:00.9	14
21	Afan Nedd Tawe	red	124	Elysia Pearson	1:01.0	10
22	Glamorgan Valleys	blue	144	Ashleigh Rees	1:04.2	8

Results Sheet

8 Lap Paarlauf

Competition:

NUS-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	North West Wales	grey	1:51.6	0.0	1:51.6	80.0
2	01	Afan Nedd Tawe	red	1:54.2	0.0	1:54.2	70.0
3	07	Powys	navy	1:57.2	0.0	1:57.2	60.0
4	02	Cardiff & Vale of Glamorgan	orange	1:57.5	0.0	1:57.5	50.0
5	04	Glamorgan Valleys	blue	1:58.5	0.0	1:58.5	40.0
6	05	North East Wales	green	1:58.8	0.0	1:58.8	30.0
7	08	South East Wales	white	1:59.2	0.0	1:59.2	20.0
8	03	Dyfed	purple	2:00.3	0.0	2:00.3	10.0

Results Sheet

4 x 2 Lap Relay

Competition:

NUS-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Dyfed	purple	1:45.2	0.0	1:45.2	80.0
2	07	Powys	navy	1:45.9	0.0	1:45.9	70.0
3	02	Cardiff & Vale of Glamorgan	orange	1:47.5	0.0	1:47.5	60.0
4	05	North East Wales	green	1:47.9	0.0	1:47.9	50.0
5	06	North West Wales	grey	1:48.4	0.0	1:48.4	40.0
6	08	South East Wales	white	1:48.8	0.0	1:48.8	30.0
7	01	Afan Nedd Tawe	red	1:49.6	0.0	1:49.6	20.0
8	04	Glamorgan Valleys	blue	1:58.7	0.0	1:58.7	10.0

Results Sheet

Shot

Competition:
NUS-Welsh Final Under 15 Girls

Venue:
Cwmbran Stadium Sports Centre

Date
9 Mar 2008

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	red	123	Nina Prells	10.09	50
2	Dyfed	purple	140	Sadie Flint	9.69	48
3	South East Wales	white	171	Rhiannon Thomas	8.18	46
4	Afan Nedd Tawe	red	121	Naomi James	8.14	44
5	North East Wales	green	150	Rachel Trotter	7.97	42
6	Powys	navy	167	Sirona Birch	7.70	40
7	Dyfed	purple	138	Jodan Reynolds	7.64	38
8	Cardiff & Vale of Glamorgan	orange	127	Katie Davies	7.44	36
9	South East Wales	white	170	Rachel Bevan	7.43	34
10	Dyfed	purple	134	Laura Penhallarick	7.29	32
11	Cardiff & Vale of Glamorgan	orange	129	Ana Vujanic	7.11	30
12	Powys	navy	163	Sian Swanson	7.04	28
13	North West Wales	grey	160	Jade Ellis	6.97	26
14	North East Wales	green	152	Charlotte Winne	6.83	24
15	Cardiff & Vale of Glamorgan	orange	131	Lauren Burley	6.75	22
16	Glamorgan Valleys	blue	142	Chloe Pope	6.69	20
17	North West Wales	grey	155	Jodi Jones	6.65	18
18	South East Wales	white	169	Nicola Gale	6.55	16
19	Afan Nedd Tawe	red	120	Kimberley Davies	6.31	14
20	North East Wales	green	151	Katie Griffiths	5.73	12
21	Glamorgan Valleys	blue	146	Bethan Price	5.61	10
22	North West Wales	grey	159	Alexia Masgrove	4.90	8
	Glamorgan Valleys	blue	145	Abigail Casswell	5.75	0
	North East Wales	green	154	Emma Griffiths	6.26	0
	North West Wales	grey	158	Laura Rowlands	4.47	0

Results Sheet

Speed Bounce

Competition:

NUS-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Powys	navy	162	Lucy Freeman	79	50
2	Powys	navy	166	Hannah Nash	76	48
3=	Dyfed	purple	135	Ffion Rees	75	44
3=	North East Wales	green	149	Lucy Roulston	75	44
3=	Powys	navy	164	Sophie Rees	75	44
6=	North East Wales	green	148	Rebecca Davies	73	38
6=	North West Wales	grey	156	Nia Ginnelly	73	38
6=	South East Wales	white	172	Harriet Husband	73	38
9=	Cardiff & Vale of Glamorgan	orange	128	Lucy Harvey	71	33
9=	North West Wales	grey	157	Nadine Thompson	71	33
11=	Afan Nedd Tawe	red	125	Mali James	68	29
11=	North West Wales	grey	161	Sophie Roberts	68	29
13	North East Wales	green	153	Siobhan Roddy	65	26
14	Dyfed	purple	139	Leah Parry	64	24
15=	Afan Nedd Tawe	red	122	Jemima Osborn	63	21
15=	Dyfed	purple	136	Rhiannon Plant	63	21
17	Afan Nedd Tawe	red	124	Elysia Pearson	62	18
18	Glamorgan Valleys	blue	147	Alysha Jones	61	16
19	Glamorgan Valleys	blue	141	Josie Loye	60	14
20	Glamorgan Valleys	blue	144	Ashleigh Rees	59	12
21	Cardiff & Vale of Glamorgan	orange	130	Jamie-Lee Baven	58	10
22	South East Wales	white	174	Leanne Reddish	57	8
23	Cardiff & Vale of Glamorgan	orange	132	Gwen Williams	55	6
	Glamorgan Valleys	blue	143	Carys Evans	64	0
	North East Wales	green	159	Eleanor Duggie	63	0
	South East Wales	white	173	Sophie Miller	63	0

Results Sheet

Standing Long Jump

Competition:

NUS-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

9 Mar 2008

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	navy	163	Sian Swanson	2.36	50
2	Dyfed	purple	135	Ffion Rees	2.32	48
3	North West Wales	grey	161	Sophie Roberts	2.29	46
4	North East Wales	green	150	Rachel Trotter	2.26	44
5	North East Wales	green	149	Lucy Roulston	2.20	42
6	South East Wales	white	170	Rachel Bevan	2.18	40
7	Powys	navy	162	Lucy Freeman	2.17	38
8	Cardiff & Vale of Glamorgan	orange	128	Lucy Harvey	2.12	36
9=	Cardiff & Vale of Glamorgan	orange	127	Katie Davies	2.08	33
9=	Cardiff & Vale of Glamorgan	orange	129	Ana Vujanic	2.08	33
11=	Glamorgan Valleys	blue	146	Bethan Price	2.05	29
11=	South East Wales	white	174	Leanne Reddish	2.05	29
13	North West Wales	grey	155	Jodi Jones	1.99	26
14	North West Wales	grey	159	Alexia Masgrove	1.98	24
15	North East Wales	green	152	Charlotte Winne	1.96	22
16=	Afan Nedd Tawe	red	123	Nina Prells	1.95	19
16=	Glamorgan Valleys	blue	142	Chloe Pope	1.95	19
18	Afan Nedd Tawe	red	124	Elysia Pearson	1.92	16
19	Afan Nedd Tawe	red	120	Kimberley Davies	1.90	14
20	South East Wales	white	171	Rhiannon Thomas	1.87	12
21	Dyfed	purple	139	Leah Parry	1.83	10
22	Dyfed	purple	134	Laura Penhallarick	1.72	8
	Glamorgan Valleys	blue	143	Carys Evans	1.73	0
	Glamorgan Valleys	blue	145	Abigail Casswell	1.50	0

Results Sheet

Vertical Jump

Competition:
NUS-Welsh Final Under 15 Girls

Venue:
Cwmbran Stadium Sports Centre

Date
9 Mar 2008

Ranking	Team	Colour	BibNo	Name	Best	Points
1	South East Wales	white	172	Harriet Husband	58	50
2	North East Wales	green	148	Rebecca Davies	57	48
3	Afan Nedd Tawe	red	121	Naomi James	56	46
4=	Dyfed	purple	138	Jodan Reynolds	55	41
4=	North East Wales	green	153	Siobhan Roddy	55	41
4=	North West Wales	grey	160	Jade Ellis	55	41
4=	Powys	navy	164	Sophie Rees	55	41
8=	Cardiff & Vale of Glamorgan	orange	130	Jamie-Lee Baven	52	34
8=	North West Wales	grey	156	Nia Ginnelly	52	34
8=	South East Wales	white	169	Nicola Gale	52	34
11	Glamorgan Valleys	blue	147	Alysha Jones	51	30
12	Powys	navy	166	Hannah Nash	50	28
13=	Cardiff & Vale of Glamorgan	orange	131	Lauren Burley	49	25
13=	Glamorgan Valleys	blue	144	Ashleigh Rees	49	25
15=	Dyfed	purple	136	Rhiannon Plant	48	21
15=	North East Wales	green	151	Katie Griffiths	48	21
17	North West Wales	grey	157	Nadine Thompson	47	18
18=	Afan Nedd Tawe	red	122	Jemima Osborn	46	14
18=	Cardiff & Vale of Glamorgan	orange	132	Gwen Williams	46	14
18=	Glamorgan Valleys	blue	141	Josie Loye	46	14
21	Dyfed	purple	140	Sadie Flint	45	10
22	Powys	navy	167	Sirona Birch	44	8
23	Afan Nedd Tawe	red	125	Mali James	40	6
	South East Wales	white	173	Sophie Miller	56	0