

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 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Score	Individual	P8	4x2
1	North West Wales	644	514	60	70
2	Powys	584	474	70	40
3	Dyfed	547	447	40	60
4	Cardiff & Vale of Glamorgan	506	426	30	50
5	Afan Nedd Tawe	406	346	50	10
6	South East Wales	374	344	0	30
7	North East Wales	331	291	20	20

Athlete Results

Competition:

ASHA-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	S	SB	SLJ	VJ
1	133	Anna Davies	North West Wales	144	48		46		50	
2=	132	Nia Ginnelly	North West Wales	135		44		47		44
2=	142	Lucy Freeman	Powys	135		46		50		39
4	148	Harriet Husband	South East Wales	134	50		40			44
5=	113	Rhiannon Plant	Dyfed	130		34	48		48	
5=	136	Nadine Thomson	North West Wales	130		48		47		35
7	104	Sophie McLain	Cardiff & Vale of Glamo	117		42		35	40	
8	141	Hannah Nash	Powys	116	39			42		35
9	107	Zoe Feyi Warbosa	Cardiff & Vale of Glamo	114		30	36			48
10	140	Daisy Smith	Powys	113	39			44		30
11	114	Llinos Emmanuel	Dyfed	111	42			32	37	
12=	115	Bethan Phillips	Dyfed	110	44		22			44
12=	144	Catrin Thomas	Powys	110		50	16		44	
14	134	Sophie Lewis	North West Wales	105	46		20			39
15	106	Rebekah Woods	Cardiff & Vale of Glamo	101	30			29	42	
16	99	Nina Prells	Afan Nedd Tawe	97	17		50			30
17	111	Amelia Roberts	Dyfed	96	34			16	46	
18	138	Paige Musgrove	North West Wales	95		27		38	30	
19	105	Valencia Germain	Cardiff & Vale of Glamo	94	26		18			50
20=	97	Grace Harwood	Afan Nedd Tawe	92	36		30			26
20=	112	Alyce Phillips	Dyfed	92		38	34			20
20=	135	Cara Hope	North West Wales	92	32		44		16	
23	130	Jemima Mainwaring	North East Wales	88		32	38		18	
24	108	Anna Morris	Cardiff & Vale of Glamo	85		24		40	21	
25	101	Elysia Pearson	Afan Nedd Tawe	81		36		11	34	
26	143	Sophie Rees	Powys	79		27	28		24	
27	129	Natalie Bell	North East Wales	78	14		42			22
28	100	Nicola Jones	Afan Nedd Tawe	76	12		32		32	
29	102	Jemima Osborn	Afan Nedd Tawe	75		40		11		24
30	98	Aoife Morris	Afan Nedd Tawe	74		19		18	37	
31=	146	Tasha Ball	South East Wales	71		12		29		30
31=	147	Erin Davies	South East Wales	71		22		35	14	
33=	128	Lucy Byrne	North East Wales	69		16		25	28	
33=	139	Laura Brady	Powys	69	24		24		21	
35	149	Rebecca Pearce	South East Wales	68	28			14	26	
36	109	Chelsea Taylor	Cardiff & Vale of Glamo	64	22		26			16
37	125	Bethany Spencer	North East Wales	56	17			25		14
38	127	Kelly Connah	North East Wales	53	20			21	12	
39	126	Kirsty Lucas	North East Wales	51		19	14			18
40	116	Jodie Jones	Dyfed	47		14		21		12
41=	110	Jamie Lee Bowen	Cardiff & Vale of Glamo	0						
41=	117	Rachel Davies	Dyfed	0						
41=	137	Charlotte Williams	North West Wales	0						

Team Results

Afan Nedd Tawe (purple)

Competition:

ASHA-Welsh Final Under 15 Girls

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Date

1 Mar 2009

Ranking	Team	Score	Individual	P8	4x2
1	North West Wales	644	514	60	70
2	Powys	584	474	70	40
3	Dyfed	547	447	40	60
4	Cardiff & Vale of Glamorgan	506	426	30	50
5	Afan Nedd Tawe	406	346	50	10
6	South East Wales	374	344	0	30
7	North East Wales	331	291	20	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
97	Grace Harwood	2LR	26.6				26.6	8	36
97	Grace Harwood	S	0.00	6.38	6.68		6.68	11	30
97	Grace Harwood	VJ	47	48	46		48	13	26
98	Aoife Morris	4LR	1:00.1				1:00.1	16=	19
98	Aoife Morris	SB	63				63	17	18
98	Aoife Morris	SLJ	2.04	2.07	2.12		2.12	7=	37
99	Nina Prells	2LR	28.6				28.6	17=	17
99	Nina Prells	S	9.94	9.80	10.05		10.05	1	50
99	Nina Prells	VJ	49	49	48		49	10=	30
100	Nicola Jones	2LR	29.1				29.1	20	12
100	Nicola Jones	S	6.49	6.75	6.27		6.75	10	32
100	Nicola Jones	SLJ	2.06	2.10	2.08		2.10	10	32
101	Elysia Pearson	4LR	58.0				58.0	8	36
101	Elysia Pearson	SB	60				60	20=	11
101	Elysia Pearson	SLJ	1.89	1.94	2.11		2.11	9	34
102	Jemima Osborn	4LR	57.2				57.2	6	40
102	Jemima Osborn	SB	60				60	20=	11
102	Jemima Osborn	VJ	47	41	45		47	14	24

Team Results

Cardiff & Vale of Glamorgan (red)

Competition:

ASHA-Welsh Final Under 15 Girls

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Cwmbran Stadium Sports Centre

Date

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1	North West Wales	644	514	60	70
2	Powys	584	474	70	40
3	Dyfed	547	447	40	60
4	Cardiff & Vale of Glamorgan	506	426	30	50
5	Afan Nedd Tawe	406	346	50	10
6	South East Wales	374	344	0	30
7	North East Wales	331	291	20	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
104	Sophie McLain	4LR	57.0				57.0	5	42
104	Sophie McLain	SB	69				69	8=	35
104	Sophie McLain	SLJ	2.06	2.13	2.03		2.13	6	40
105	Valencia Germain	2LR	27.2				27.2	13	26
105	Valencia Germain	S	0.00	4.91	5.19		5.19	17	18
105	Valencia Germain	VJ	59	55	55		59	1	50
106	Rebekah Woods	2LR	27.0				27.0	11	30
106	Rebekah Woods	SB	66				66	11=	29
106	Rebekah Woods	SLJ	2.00	2.16	1.97		2.16	5	42
107	Zoe Feyi Warbosa	4LR	58.5				58.5	11	30
107	Zoe Feyi Warbosa	S	6.62	6.51	7.02		7.02	8	36
107	Zoe Feyi Warbosa	VJ	56	51	55		56	2	48
108	Anna Morris	4LR	59.8				59.8	14	24
108	Anna Morris	SB	73				73	6	40
108	Anna Morris	SLJ	1.97	1.92	2.00		2.00	15=	21
109	Chelsea Taylor	2LR	27.6				27.6	15	22
109	Chelsea Taylor	S	6.52	6.43	6.17		6.52	13	26
109	Chelsea Taylor	VJ	40	42	41		42	18	16
110	Jamie Lee Bowen	VJ	49	49	47		49		

Team Results

Dyfed (green)

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1	North West Wales	644	514	60	70
2	Powys	584	474	70	40
3	Dyfed	547	447	40	60
4	Cardiff & Vale of Glamorgan	506	426	30	50
5	Afan Nedd Tawe	406	346	50	10
6	South East Wales	374	344	0	30
7	North East Wales	331	291	20	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
111	Amelia Roberts	2LR	26.7				26.7	9	34
111	Amelia Roberts	SB	62				62	18	16
111	Amelia Roberts	SLJ	2.10	2.26	2.26		2.26	3	46
112	Alyce Phillips	4LR	57.4				57.4	7	38
112	Alyce Phillips	S	6.38	5.82	6.95		6.95	9	34
112	Alyce Phillips	VJ	40	41	44		44	16	20
113	Rhiannon Plant	4LR	58.1				58.1	9	34
113	Rhiannon Plant	S	8.32	7.79	7.78		8.32	2	48
113	Rhiannon Plant	SLJ	2.14	2.27	2.20		2.27	2	48
114	Llinos Emmanuel	2LR	26.4				26.4	5	42
114	Llinos Emmanuel	SB	68				68	10	32
114	Llinos Emmanuel	SLJ	2.01	2.12	2.04		2.12	7=	37
115	Bethan Phillips	2LR	26.2				26.2	4	44
115	Bethan Phillips	S	5.06	5.79	5.50		5.79	15	22
115	Bethan Phillips	VJ	55	52	50		55	3=	44
116	Jodie Jones	4LR	1:02.8				1:02.8	19	14
116	Jodie Jones	SB	64				64	15=	21
116	Jodie Jones	VJ	35	36	38		38	20	12

Team Results

North East Wales (orange)

Competition:

ASHA-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Score	Individual	P8	4x2
1	North West Wales	644	514	60	70
2	Powys	584	474	70	40
3	Dyfed	547	447	40	60
4	Cardiff & Vale of Glamorgan	506	426	30	50
5	Afan Nedd Tawe	406	346	50	10
6	South East Wales	374	344	0	30
7	North East Wales	331	291	20	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
125	Bethany Spencer	2LR	28.6				28.6	17=	17
125	Bethany Spencer	SB	65				65	13=	25
125	Bethany Spencer	VJ	40	39	40		40	19	14
126	Kirsty Lucas	4LR	1:00.1				1:00.1	16=	19
126	Kirsty Lucas	S	3.99	0.00	0.00		3.99	19	14
126	Kirsty Lucas	VJ	42	41	43		43	17	18
127	Kelly Connah	2LR	28.0				28.0	16	20
127	Kelly Connah	SB	64				64	15=	21
127	Kelly Connah	SLJ	1.75	1.75	1.80		1.80	20	12
128	Lucy Byrne	4LR	1:01.2				1:01.2	18	16
128	Lucy Byrne	SB	65				65	13=	25
128	Lucy Byrne	SLJ	2.03	2.04	2.04		2.04	12	28
129	Natalie Bell	2LR	28.8				28.8	19	14
129	Natalie Bell	S	6.20	7.35	7.67		7.67	5	42
129	Natalie Bell	VJ	44	43	46		46	15	22
130	Jemima Mainwaring	4LR	58.3				58.3	10	32
130	Jemima Mainwaring	S	7.15	6.91	6.98		7.15	7	38
130	Jemima Mainwaring	SLJ	1.58	1.98	1.93		1.98	17	18

Team Results

North West Wales (grey)

Competition:

ASHA-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Score	Individual	P8	4x2
1	North West Wales	644	514	60	70
2	Powys	584	474	70	40
3	Dyfed	547	447	40	60
4	Cardiff & Vale of Glamorgan	506	426	30	50
5	Afan Nedd Tawe	406	346	50	10
6	South East Wales	374	344	0	30
7	North East Wales	331	291	20	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
132	Nia Ginnelly	4LR	56.2				56.2	4	44
132	Nia Ginnelly	SB	78				78	2=	47
132	Nia Ginnelly	VJ	55	52	53		55	3=	44
133	Anna Davies	2LR	25.6				25.6	2	48
133	Anna Davies	S	8.03	7.93	7.97		8.03	3	46
133	Anna Davies	SLJ	2.36	2.41	2.42		2.42	1	50
134	Sophie Lewis	2LR	25.8				25.8	3	46
134	Sophie Lewis	S	5.55	0.00	5.40		5.55	16	20
134	Sophie Lewis	VJ	53	53	54		54	6=	39
135	Cara Hope	2LR	26.8				26.8	10	32
135	Cara Hope	S	7.93	7.72	7.67		7.93	4	44
135	Cara Hope	SLJ	1.90	1.87	1.93		1.93	18	16
136	Nadine Thomson	4LR	55.9				55.9	2	48
136	Nadine Thomson	SB	78				78	2=	47
136	Nadine Thomson	VJ	49	50	50		50	8=	35
137	Charlotte Williams	S	0.00	4.55	5.05		5.05		
137	Charlotte Williams	SLJ	2.00	2.11	2.00		2.11		
138	Paige Musgrove	4LR	59.4				59.4	12=	27
138	Paige Musgrove	SB	72				72	7	38
138	Paige Musgrove	SLJ	2.03	2.06	2.04		2.06	11	30

Team Results

Powys (royal)

Competition:

ASHA-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Score	Individual	P8	4x2
1	North West Wales	644	514	60	70
2	Powys	584	474	70	40
3	Dyfed	547	447	40	60
4	Cardiff & Vale of Glamorgan	506	426	30	50
5	Afan Nedd Tawe	406	346	50	10
6	South East Wales	374	344	0	30
7	North East Wales	331	291	20	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
139	Laura Brady	2LR	27.4				27.4	14	24
139	Laura Brady	S	6.00	5.55	6.24		6.24	14	24
139	Laura Brady	SLJ	1.98	2.00	1.96		2.00	15=	21
140	Daisy Smith	2LR	26.5				26.5	6=	39
140	Daisy Smith	SB	76				76	4	44
140	Daisy Smith	VJ	47	49	49		49	10=	30
141	Hannah Nash	2LR	26.5				26.5	6=	39
141	Hannah Nash	SB	75				75	5	42
141	Hannah Nash	VJ	47	50	48		50	8=	35
142	Lucy Freeman	4LR	56.1				56.1	3	46
142	Lucy Freeman	SB	83				83	1	50
142	Lucy Freeman	VJ	54	51	54		54	6=	39
143	Sophie Rees	4LR	59.4				59.4	12=	27
143	Sophie Rees	S	6.61	5.56	6.41		6.61	12	28
143	Sophie Rees	SLJ	1.95	2.01	1.99		2.01	14	24
144	Catrin Thomas	4LR	53.6				53.6	1	50
144	Catrin Thomas	S	0.00	4.14	4.94		4.94	18	16
144	Catrin Thomas	SLJ	2.14	2.12	2.18		2.18	4	44

Team Results

South East Wales (violet)

Competition:

ASHA-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Score	Individual	P8	4x2
1	North West Wales	644	514	60	70
2	Powys	584	474	70	40
3	Dyfed	547	447	40	60
4	Cardiff & Vale of Glamorgan	506	426	30	50
5	Afan Nedd Tawe	406	346	50	10
6	South East Wales	374	344	0	30
7	North East Wales	331	291	20	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
146	Tasha Ball	4LR	1:06.1				1:06.1	20	12
146	Tasha Ball	SB	66				66	11=	29
146	Tasha Ball	VJ	49	44	0		49	10=	30
147	Erin Davies	4LR	59.9				59.9	15	22
147	Erin Davies	SB	69				69	8=	35
147	Erin Davies	SLJ	1.77	1.81	1.76		1.81	19	14
148	Harriet Husband	2LR	25.4				25.4	1	50
148	Harriet Husband	S	6.95	6.54	7.48		7.48	6	40
148	Harriet Husband	VJ	52	50	55		55	3=	44
149	Rebecca Pearce	2LR	27.1				27.1	12	28
149	Rebecca Pearce	SB	61				61	19	14
149	Rebecca Pearce	SLJ	2.00	2.02	1.98		2.02	13	26

Results Sheet

2 Lap Race

Competition:

ASHA-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	BibNo	Name	Best	Points
1	South East Wales	violet	148	Harriet Husband	25.4	50
2	North West Wales	grey	133	Anna Davies	25.6	48
3	North West Wales	grey	134	Sophie Lewis	25.8	46
4	Dyfed	green	115	Bethan Phillips	26.2	44
5	Dyfed	green	114	Llinos Emmanuel	26.4	42
6=	Powys	royal	140	Daisy Smith	26.5	39
6=	Powys	royal	141	Hannah Nash	26.5	39
8	Afan Nedd Tawe	purple	97	Grace Harwood	26.6	36
9	Dyfed	green	111	Amelia Roberts	26.7	34
10	North West Wales	grey	135	Cara Hope	26.8	32
11	Cardiff & Vale of Glamorgan	red	106	Rebekah Woods	27.0	30
12	South East Wales	violet	149	Rebecca Pearce	27.1	28
13	Cardiff & Vale of Glamorgan	red	105	Valencia Germain	27.2	26
14	Powys	royal	139	Laura Brady	27.4	24
15	Cardiff & Vale of Glamorgan	red	109	Chelsea Taylor	27.6	22
16	North East Wales	orange	127	Kelly Connah	28.0	20
17=	Afan Nedd Tawe	purple	99	Nina Prells	28.6	17
17=	North East Wales	orange	125	Bethany Spencer	28.6	17
19	North East Wales	orange	129	Natalie Bell	28.8	14
20	Afan Nedd Tawe	purple	100	Nicola Jones	29.1	12

Results Sheet

4 Lap Race

Competition:

ASHA-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	royal	144	Catrin Thomas	53.6	50
2	North West Wales	grey	136	Nadine Thomson	55.9	48
3	Powys	royal	142	Lucy Freeman	56.1	46
4	North West Wales	grey	132	Nia Ginnelly	56.2	44
5	Cardiff & Vale of Glamorgan	red	104	Sophie McLain	57.0	42
6	Afan Nedd Tawe	purple	102	Jemima Osborn	57.2	40
7	Dyfed	green	112	Alyce Phillips	57.4	38
8	Afan Nedd Tawe	purple	101	Elysia Pearson	58.0	36
9	Dyfed	green	113	Rhiannon Plant	58.1	34
10	North East Wales	orange	130	Jemima Mainwaring	58.3	32
11	Cardiff & Vale of Glamorgan	red	107	Zoe Feyi Warbosa	58.5	30
12=	North West Wales	grey	138	Paige Musgrove	59.4	27
12=	Powys	royal	143	Sophie Rees	59.4	27
14	Cardiff & Vale of Glamorgan	red	108	Anna Morris	59.8	24
15	South East Wales	violet	147	Erin Davies	59.9	22
16=	Afan Nedd Tawe	purple	98	Aoife Morris	1:00.1	19
16=	North East Wales	orange	126	Kirsty Lucas	1:00.1	19
18	North East Wales	orange	128	Lucy Byrne	1:01.2	16
19	Dyfed	green	116	Jodie Jones	1:02.8	14
20	South East Wales	violet	146	Tasha Ball	1:06.1	12

Results Sheet

8 Lap Paarlauf

Competition:

ASHA-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	07	Powys	royal	1:47.8	0.0	1:47.8	70.0
2	06	North West Wales	grey	1:49.5	0.0	1:49.5	60.0
3	01	Afan Nedd Tawe	purple	1:52.1	0.0	1:52.1	50.0
4	03	Dyfed	green	1:52.6	0.0	1:52.6	40.0
5	02	Cardiff & Vale of Glamorgan	red	1:55.8	0.0	1:55.8	30.0
6	05	North East Wales	orange	2:03.3	0.0	2:03.3	20.0

Results Sheet

4 x 2 Lap Relay

Competition:

ASHA-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	North West Wales	grey	1:44.8	0.0	1:44.8	70.0
2	03	Dyfed	green	1:47.1	0.0	1:47.1	60.0
3	02	Cardiff & Vale of Glamorgan	red	1:47.2	0.0	1:47.2	50.0
4	07	Powys	royal	1:47.8	0.0	1:47.8	40.0
5	08	South East Wales	violet	1:49.7	0.0	1:49.7	30.0
6	05	North East Wales	orange	1:52.0	0.0	1:52.0	20.0
7	01	Afan Nedd Tawe	purple	1:52.7	0.0	1:52.7	10.0

Results Sheet

Shot

Competition:

ASHA-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	purple	99	Nina Prells	10.05	50
2	Dyfed	green	113	Rhiannon Plant	8.32	48
3	North West Wales	grey	133	Anna Davies	8.03	46
4	North West Wales	grey	135	Cara Hope	7.93	44
5	North East Wales	orange	129	Natalie Bell	7.67	42
6	South East Wales	violet	148	Harriet Husband	7.48	40
7	North East Wales	orange	130	Jemima Mainwaring	7.15	38
8	Cardiff & Vale of Glamorgan	red	107	Zoe Feyi Warbosa	7.02	36
9	Dyfed	green	112	Alyce Phillips	6.95	34
10	Afan Nedd Tawe	purple	100	Nicola Jones	6.75	32
11	Afan Nedd Tawe	purple	97	Grace Harwood	6.68	30
12	Powys	royal	143	Sophie Rees	6.61	28
13	Cardiff & Vale of Glamorgan	red	109	Chelsea Taylor	6.52	26
14	Powys	royal	139	Laura Brady	6.24	24
15	Dyfed	green	115	Bethan Phillips	5.79	22
16	North West Wales	grey	134	Sophie Lewis	5.55	20
17	Cardiff & Vale of Glamorgan	red	105	Valencia Germain	5.19	18
18	Powys	royal	144	Catrin Thomas	4.94	16
19	North East Wales	orange	126	Kirsty Lucas	3.99	14
	North West Wales	grey	137	Charlotte Williams	5.05	0

Results Sheet

Speed Bounce

Competition:

ASHA-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Powys	royal	142	Lucy Freeman	83	50
2=	North West Wales	grey	132	Nia Ginnelly	78	47
2=	North West Wales	grey	136	Nadine Thomson	78	47
4	Powys	royal	140	Daisy Smith	76	44
5	Powys	royal	141	Hannah Nash	75	42
6	Cardiff & Vale of Glamorgan	red	108	Anna Morris	73	40
7	North West Wales	grey	138	Paige Musgrove	72	38
8=	Cardiff & Vale of Glamorgan	red	104	Sophie McLain	69	35
8=	South East Wales	violet	147	Erin Davies	69	35
10	Dyfed	green	114	Llinos Emmanuel	68	32
11=	Cardiff & Vale of Glamorgan	red	106	Rebekah Woods	66	29
11=	South East Wales	violet	146	Tasha Ball	66	29
13=	North East Wales	orange	125	Bethany Spencer	65	25
13=	North East Wales	orange	128	Lucy Byrne	65	25
15=	Dyfed	green	116	Jodie Jones	64	21
15=	North East Wales	orange	127	Kelly Connah	64	21
17	Afan Nedd Tawe	purple	98	Aoife Morris	63	18
18	Dyfed	green	111	Amelia Roberts	62	16
19	South East Wales	violet	149	Rebecca Pearce	61	14
20=	Afan Nedd Tawe	purple	101	Elysia Pearson	60	11
20=	Afan Nedd Tawe	purple	102	Jemima Osborn	60	11

Results Sheet

Standing Long Jump

Competition:

ASHA-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North West Wales	grey	133	Anna Davies	2.42	50
2	Dyfed	green	113	Rhiannon Plant	2.27	48
3	Dyfed	green	111	Amelia Roberts	2.26	46
4	Powys	royal	144	Catrin Thomas	2.18	44
5	Cardiff & Vale of Glamorgan	red	106	Rebekah Woods	2.16	42
6	Cardiff & Vale of Glamorgan	red	104	Sophie McLain	2.13	40
7=	Afan Nedd Tawe	purple	98	Aoife Morris	2.12	37
7=	Dyfed	green	114	Llinos Emmanuel	2.12	37
9	Afan Nedd Tawe	purple	101	Elysia Pearson	2.11	34
10	Afan Nedd Tawe	purple	100	Nicola Jones	2.10	32
11	North West Wales	grey	138	Paige Musgrove	2.06	30
12	North East Wales	orange	128	Lucy Byrne	2.04	28
13	South East Wales	violet	149	Rebecca Pearce	2.02	26
14	Powys	royal	143	Sophie Rees	2.01	24
15=	Cardiff & Vale of Glamorgan	red	108	Anna Morris	2.00	21
15=	Powys	royal	139	Laura Brady	2.00	21
17	North East Wales	orange	130	Jemima Mainwaring	1.98	18
18	North West Wales	grey	135	Cara Hope	1.93	16
19	South East Wales	violet	147	Erin Davies	1.81	14
20	North East Wales	orange	127	Kelly Connah	1.80	12
	North West Wales	grey	137	Charlotte Williams	2.11	0

Results Sheet

Vertical Jump

Competition:

ASHA-Welsh Final Under 15 Girls

Venue:

Cwmbran Stadium Sports Centre

Date

1 Mar 2009

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & Vale of Glamorgan	red	105	Valencia Germain	59	50
2	Cardiff & Vale of Glamorgan	red	107	Zoe Feyi Warbosa	56	48
3=	Dyfed	green	115	Bethan Phillips	55	44
3=	North West Wales	grey	132	Nia Ginnelly	55	44
3=	South East Wales	violet	148	Harriet Husband	55	44
6=	North West Wales	grey	134	Sophie Lewis	54	39
6=	Powys	royal	142	Lucy Freeman	54	39
8=	North West Wales	grey	136	Nadine Thomson	50	35
8=	Powys	royal	141	Hannah Nash	50	35
10=	Afan Nedd Tawe	purple	99	Nina Prells	49	30
10=	Powys	royal	140	Daisy Smith	49	30
10=	South East Wales	violet	146	Tasha Ball	49	30
13	Afan Nedd Tawe	purple	97	Grace Harwood	48	26
14	Afan Nedd Tawe	purple	102	Jemima Osborn	47	24
15	North East Wales	orange	129	Natalie Bell	46	22
16	Dyfed	green	112	Alyce Phillips	44	20
17	North East Wales	orange	126	Kirsty Lucas	43	18
18	Cardiff & Vale of Glamorgan	red	109	Chelsea Taylor	42	16
19	North East Wales	orange	125	Bethany Spencer	40	14
20	Dyfed	green	116	Jodie Jones	38	12
	Cardiff & Vale of Glamorgan	red	110	Jamie Lee Bowen	49	0