

**NORWICH UNION**

**sports:hall**

# NORWICH UNION sports:hall Under 13 Girls Team Challenge

## Welsh Final Deeside College, Flintshire Saturday 4 March 2006

### Team Results

Afan Nedd Tawe  
Cardiff & Vale  
Dyfed  
Eryri  
North East Wales  
Powys

### Track Results

Obstacle Relay  
2 Lap Race  
4 Lap Race  
6 Lap Time Trial  
8 Lap Paarlauf  
4 x 1 Lap Relay  
4 x 2 Lap Relay

### Field Results

High Jump  
Shot  
Speed Bounce  
Standing Long Jump  
Standing Triple Jump  
Vertical Jump



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**For more information go to [www.sportshall.org](http://www.sportshall.org)**

# Competition Results

## Competition:

NUS-Welsh Final Under 13 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North East Wales	royal	633	70	60	40	70	49	40	52	54	28	56	48	26	40
2	Powys	sky	595	60	40	70	60	43	48	38	24	44	50	26	48	44
3	Eryri	green	575	50	50	60	50	45	30	54	30	40	38	52	50	26
4	Dyfed	red	544	40	70	50	20	37	48	24	47	58	30	38	36	46
5	Afan Nedd Tawe	orange	309	0	30	30	40	0	42	28	29	18	28	26	14	24
6	Cardiff & Vale	navy	290	0	20	0	30	36	12	24	36	22	18	20	24	48

# Team Results

# Afan Nedd Tawe (orange)

## Competition:

NUS-Welsh Final Under 13 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North East Wales	royal	633	70	60	40	70	49	40	52	54	28	56	48	26	40
2	Powys	sky	595	60	40	70	60	43	48	38	24	44	50	26	48	44
3	Eryri	green	575	50	50	60	50	45	30	54	30	40	38	52	50	26
4	Dyfed	red	544	40	70	50	20	37	48	24	47	58	30	38	36	46
5	Afan Nedd Tawe	orange	309	0	30	30	40	0	42	28	29	18	28	26	14	24
6	Cardiff & Vale	navy	290	0	20	0	30	36	12	24	36	22	18	20	24	48

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Cerys Morgan	4LR	51.9	52.9			52.9	4	24
1	Cerys Morgan	SLJ	1.68	1.66	1.66	1.74	1.74	9	14
2	Naomi James	4LR	53.2	0.0			53.2	7	18
2	Naomi James	S	6.46	7.11	7.23	7.20	7.23	7	18
3	Marley James	SLJ	1.70	1.62	1.55	1.62	1.70	10	12
4	Atlanta Williams	SB	62				62	6=	18
5	Rhiannan Thomas	VJ	38	46	44	45	46	8	16
6	Elysia Pearson	6LR	1:32.4				1:32.4	10	12
6	Elysia Pearson	VJ	34	40	38	38	40	12	8
7	Joelle Drummond	6LR	1:31.5				1:31.5	8	16
7	Joelle Drummond	STJ	3.96	4.16	4.30	4.10	4.30	9	14
8	Kimberley Davies	HJ	1.20				1.20	7=	17
9	Naomi Turner	HJ	1.05				1.05	10	12
9	Naomi Turner	SB	56				56	11	10

# Team Results

# Cardiff & Vale (navy)

## Competition:

NUS-Welsh Final Under 13 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North East Wales	royal	633	70	60	40	70	49	40	52	54	28	56	48	26	40
2	Powys	sky	595	60	40	70	60	43	48	38	24	44	50	26	48	44
3	Eryri	green	575	50	50	60	50	45	30	54	30	40	38	52	50	26
4	Dyfed	red	544	40	70	50	20	37	48	24	47	58	30	38	36	46
5	Afan Nedd Tawe	orange	309	0	30	30	40	0	42	28	29	18	28	26	14	24
6	Cardiff & Vale	navy	290	0	20	0	30	36	12	24	36	22	18	20	24	48

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Stephanie Emezie	2LR	24.2	24.6			24.6	4	24
13	Stephanie Emezie	VJ	59	57	61	61	61	2	28
14	Katie Davies	4LR	55.2	0.0			55.2	10	12
14	Katie Davies	STJ	5.62	0.00	5.74	5.84	5.84	4	24
15	Eloise Laity	6LR	1:27.1				1:27.1	4	24
15	Eloise Laity	VJ	47	40	46	46	47	6	20
16	Caitlin O'Connor	2LR	26.2	0.0			26.2	10	12
16	Caitlin O'Connor	S	7.70	7.71	6.51	6.34	7.71	5	22
17	Rachel Board	HJ	1.25				1.25	5	22
18	Gabbi Burns	HJ	1.15				1.15	9	14
19	Stacey Summers	SB	62				62	6=	18
20	Stephanie Lucas	SLJ	1.76	1.80	1.80	1.84	1.84	6	20

# Team Results

# Dyfed (red)

## Competition:

NUS-Welsh Final Under 13 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North East Wales	royal	633	70	60	40	70	49	40	52	54	28	56	48	26	40
2	Powys	sky	595	60	40	70	60	43	48	38	24	44	50	26	48	44
3	Eryri	green	575	50	50	60	50	45	30	54	30	40	38	52	50	26
4	Dyfed	red	544	40	70	50	20	37	48	24	47	58	30	38	36	46
5	Afan Nedd Tawe	orange	309	0	30	30	40	0	42	28	29	18	28	26	14	24
6	Cardiff & Vale	navy	290	0	20	0	30	36	12	24	36	22	18	20	24	48

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Laura Elias	2LR	25.5	0.0			25.5	8=	15
25	Laura Elias	SLJ	1.74	1.72	1.20	1.74	1.74	8	16
26	Laura Penhallurick	4LR	52.1	53.5			53.5	5	22
26	Laura Penhallurick	VJ	49	37	33	45	49	5	22
27	Rhiannan Plant	6LR	1:33.3				1:33.3	11	10
27	Rhiannan Plant	SLJ	1.84	1.82	1.78	1.70	1.84	5	22
28	Jodie Jones	6LR	1:31.9				1:31.9	9	14
28	Jodie Jones	SB	59				59	10	12
29	Llinos Emanuel	2LR	24.8	25.1			25.1	5	22
29	Llinos Emanuel	SB	62				62	6=	18
30	Ffion Rhys	4LR	52.2	52.4			52.4	3	26
30	Ffion Rhys	HJ	1.36				1.36	1	30
31	Zoey McCall	S	7.68	8.23	7.85	7.58	8.23	2	28
32	Emma While	S	0.00	8.33	7.99	8.49	8.49	1	30
33	Helen While	VJ	55	49	41	45	55	4	24
34	Emily Thomas	HJ	1.20				1.20	7=	17
35	Jessica Northcott	STJ	4.47	0.00	4.34	4.52	4.52	8	16
36	Alyce Phillips	STJ	4.62	4.44	4.82	4.62	4.82	6	20

# Team Results

# Eryri (green)

## Competition:

NUS-Welsh Final Under 13 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North East Wales	royal	633	70	60	40	70	49	40	52	54	28	56	48	26	40
2	Powys	sky	595	60	40	70	60	43	48	38	24	44	50	26	48	44
3	Eryri	green	575	50	50	60	50	45	30	54	30	40	38	52	50	26
4	Dyfed	red	544	40	70	50	20	37	48	24	47	58	30	38	36	46
5	Afan Nedd Tawe	orange	309	0	30	30	40	0	42	28	29	18	28	26	14	24
6	Cardiff & Vale	navy	290	0	20	0	30	36	12	24	36	22	18	20	24	48

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
37	Anna Davies	2LR	24.2	24.5			24.5	3	26
37	Anna Davies	SLJ	2.05	2.02	2.00	2.10	2.10	2	28
38	Sophie Roberts	2LR	25.2	0.0			25.2	6=	19
38	Sophie Roberts	SLJ	1.80	1.86	1.80	1.80	1.86	4	24
39	Jessica Jones	VJ	44	42	45	45	45	9	14
40	Sian Hood	4LR	54.3	0.0			54.3	8	16
40	Sian Hood	VJ	38	35	42	45	45	10	12
41	Holly Aspirall	4LR	54.4	0.0			54.4	9	14
41	Holly Aspirall	HJ	1.05				1.05	11	10
42	Jade Ellis	6LR	1:26.9				1:26.9	3	26
42	Jade Ellis	SB	61				61	9	14
43	Nadine Thomas	6LR	1:24.7				1:24.7	2	28
43	Nadine Thomas	SB	68				68	4	24
44	Lois Jones	HJ	1.20				1.20	6	20
45	Mia Morgan	STJ	5.48	5.74	5.99	5.77	5.99	2	28
46	Olivia Collier	STJ	5.58	5.30	0.00	5.75	5.75	5	22
47	Kim Rowlands	S	7.02	6.26	6.32	6.34	7.02	9	14
48	Becca Brown	S	7.96	7.89	0.00	6.08	7.96	3	26

# Team Results

# North East Wales (royal)

## Competition:

NUS-Welsh Final Under 13 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North East Wales	royal	633	70	60	40	70	49	40	52	54	28	56	48	26	40
2	Powys	sky	595	60	40	70	60	43	48	38	24	44	50	26	48	44
3	Eryri	green	575	50	50	60	50	45	30	54	30	40	38	52	50	26
4	Dyfed	red	544	40	70	50	20	37	48	24	47	58	30	38	36	46
5	Afan Nedd Tawe	orange	309	0	30	30	40	0	42	28	29	18	28	26	14	24
6	Cardiff & Vale	navy	290	0	20	0	30	36	12	24	36	22	18	20	24	48

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
49	Jess Vaughan	4LR	50.8	51.0			51.0	1	30
49	Jess Vaughan	VJ	58	55	61	63	63	1	30
50	Rachel Trotter	4LR	55.6	0.0			55.6	11	10
50	Rachel Trotter	SLJ	2.02	2.16	2.08	1.60	2.16	1	30
51	Laura Clarke	2LR	24.1	24.3			24.3	1	30
51	Laura Clarke	S	7.01	6.87	7.04	6.62	7.04	8	16
52	Alice Fraser	6LR	1:27.5				1:27.5	5	22
52	Alice Fraser	HJ	1.33				1.33	2	28
53	Gift Pongpitat	SB	73				73	1	30
55	Hollie Kendrick	SLJ	1.80	1.70	1.80	1.84	1.84	7	18
56	Davina Parry	STJ	5.88	5.88	0.00	5.80	5.88	3	26
57	Nadia Starkey	2LR	25.2	0.0			25.2	6=	19
57	Nadia Starkey	VJ	42	43	40	42	43	11	10
58	Abbie Oliver	6LR	1:23.5				1:23.5	1	30
58	Abbie Oliver	SB	70				70	3	26
59	Danielle Baines	S	6.13	6.34	6.88	0.00	6.88	10	12
60	Rebecca Davies	HJ	1.30				1.30	3	26

# Team Results

# Powys (sky)

## Competition:

NUS-Welsh Final Under 13 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North East Wales	royal	633	70	60	40	70	49	40	52	54	28	56	48	26	40
2	Powys	sky	595	60	40	70	60	43	48	38	24	44	50	26	48	44
3	Eryri	green	575	50	50	60	50	45	30	54	30	40	38	52	50	26
4	Dyfed	red	544	40	70	50	20	37	48	24	47	58	30	38	36	46
5	Afan Nedd Tawe	orange	309	0	30	30	40	0	42	28	29	18	28	26	14	24
6	Cardiff & Vale	navy	290	0	20	0	30	36	12	24	36	22	18	20	24	48

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Sian Swanson	2LR	24.5	24.5			24.5	2	28
61	Sian Swanson	HJ	1.25				1.25	4	24
62	Ffion Price	2LR	25.5	0.0			25.5	8=	15
62	Ffion Price	SB	67				67	5	22
63	Phoebe Richards	4LR	51.4	51.4			51.4	2	28
63	Phoebe Richards	SLJ	2.04	2.08	2.02	2.08	2.08	3	26
64	Stephanie Hughson	4LR	52.8	53.9			53.9	6	20
64	Stephanie Hughson	S	6.87	7.16	7.10	7.35	7.35	6	20
65	Rhian Price	6LR	1:29.6				1:29.6	6	20
65	Rhian Price	STJ	0.00	4.80	4.50	4.72	4.80	7	18
66	Georgina Stafford	6LR	1:30.9				1:30.9	7	18
66	Georgina Stafford	VJ	53	51	56	56	56	3	26
68	Sian Jones	STJ	6.18	6.32	6.20	6.04	6.32	1	30
70	Catherine Bennett	S	7.92	7.40	6.74	0.00	7.92	4	24
71	Jessie Powell	VJ	46	45	47	45	47	7	18
72	Lucy Freeman	SB	72				72	2	28



# Event Official Results Sheet

# Obstacle Relay

## Competition:

NUS-Welsh Final Under 13 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	North East Wales	royal	1:23.2	0.0	1:23.2	70
2	06	Powys	sky	1:23.8	0.0	1:23.8	60
3	04	Eryri	green	1:28.4	0.0	1:28.4	50
4	03	Dyfed	red	1:29.1	0.0	1:29.1	40

# Results Sheet

# 2 Lap Race

**Competition:**  
NUS-Welsh Final Under 13 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Colour	Points
	Afan Nedd Tawe	orange	0
1	North East Wales	royal	49
2	Eryri	green	45
3	Powys	sky	43
4	Dyfed	red	37
5	Cardiff & Vale	navy	36

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North East Wales	royal	51	Laura Clarke	24.3	30
2	Powys	sky	61	Sian Swanson	24.5	28
3	Eryri	green	37	Anna Davies	24.5	26
4	Cardiff & Vale	navy	13	Stephanie Emezie	24.6	24
5	Dyfed	red	29	Llinos Emanuel	25.1	22
6=	Eryri	green	38	Sophie Roberts	25.2	19
6=	North East Wales	royal	57	Nadia Starkey	25.2	19
8=	Dyfed	red	25	Laura Elias	25.5	15
8=	Powys	sky	62	Ffion Price	25.5	15
10	Cardiff & Vale	navy	16	Caitlin O'Connor	26.2	12

# Results Sheet

# 4 Lap Race

**Competition:**  
NUS-Welsh Final Under 13 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Colour	Points
1=	Dyfed	red	48
1=	Powys	sky	48
3	Afan Nedd Tawe	orange	42
4	North East Wales	royal	40
5	Eryri	green	30
6	Cardiff & Vale	navy	12

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North East Wales	royal	49	Jess Vaughan	51.0	30
2	Powys	sky	63	Phoebe Richards	51.4	28
3	Dyfed	red	30	Ffion Rhys	52.4	26
4	Afan Nedd Tawe	orange	1	Cerys Morgan	52.9	24
5	Dyfed	red	26	Laura Penhallurick	53.5	22
6	Powys	sky	64	Stephanie Hughson	53.9	20
7	Afan Nedd Tawe	orange	2	Naomi James	53.2	18
8	Eryri	green	40	Sian Hood	54.3	16
9	Eryri	green	41	Holly Aspirall	54.4	14
10	Cardiff & Vale	navy	14	Katie Davies	55.2	12
11	North East Wales	royal	50	Rachel Trotter	55.6	10

# Results Sheet

# 6 Lap Time Trial

## Competition:

NUS-Welsh Final Under 13 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Team	Colour	Points
1	Eryri	green	54
2	North East Wales	royal	52
3	Powys	sky	38
4	Afan Nedd Tawe	orange	28
5=	Cardiff & Vale	navy	24
5=	Dyfed	red	24

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North East Wales	royal	58	Abbie Oliver	1:23.5	30
2	Eryri	green	43	Nadine Thomas	1:24.7	28
3	Eryri	green	42	Jade Ellis	1:26.9	26
4	Cardiff & Vale	navy	15	Eloise Laity	1:27.1	24
5	North East Wales	royal	52	Alice Fraser	1:27.5	22
6	Powys	sky	65	Rhian Price	1:29.6	20
7	Powys	sky	66	Georgina Stafford	1:30.9	18
8	Afan Nedd Tawe	orange	7	Joelle Drummond	1:31.5	16
9	Dyfed	red	28	Jodie Jones	1:31.9	14
10	Afan Nedd Tawe	orange	6	Elysia Pearson	1:32.4	12
11	Dyfed	red	27	Rhiannan Plant	1:33.3	10

# Event Official Results Sheet

# 8 Lap Paarlauf

## Competition:

NUS-Welsh Final Under 13 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Dyfed	red	1:43.1	0.0	1:43.1	70
2	05	North East Wales	royal	1:44.4	0.0	1:44.4	60
3	04	Eryri	green	1:46.2	0.0	1:46.2	50
4	06	Powys	sky	1:48.4	0.0	1:48.4	40
5	01	Afan Nedd Tawe	orange	1:51.6	0.0	1:51.6	30
6	02	Cardiff & Vale	navy	2:05.0	0.0	2:05.0	20

# Event Official Results Sheet

# 4 x 1 Lap Relay

## Competition:

NUS-Welsh Final Under 13 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	Powys	sky	51.0	0.0	51.0	70
2	04	Eryri	green	51.6	0.0	51.6	60
3	03	Dyfed	red	51.7	0.0	51.7	50
4	05	North East Wales	royal	52.2	0.0	52.2	40
5	01	Afan Nedd Tawe	orange	52.8	0.0	52.8	30

# Event Official Results Sheet

# 4 x 2 Lap Relay

## Competition:

NUS-Welsh Final Under 13 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	North East Wales	royal	1:38.7	0.0	1:38.7	70
2	06	Powys	sky	1:39.4	0.0	1:39.4	60
3	04	Eryri	green	1:40.7	0.0	1:40.7	50
4	01	Afan Nedd Tawe	orange	1:41.2	0.0	1:41.2	40
5	02	Cardiff & Vale	navy	1:42.4	0.0	1:42.4	30
6	03	Dyfed	red	1:42.9	0.0	1:42.9	20

# Results Sheet

# High Jump

**Competition:**  
NUS-Welsh Final Under 13 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Colour	Points
1	North East Wales	royal	54
2	Dyfed	red	47
3	Cardiff & Vale	navy	36
4	Eryri	green	30
5	Afan Nedd Tawe	orange	29
6	Powys	sky	24

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	red	30	Ffion Rhys	1.36	30
2	North East Wales	royal	52	Alice Fraser	1.33	28
3	North East Wales	royal	60	Rebecca Davies	1.30	26
4	Powys	sky	61	Sian Swanson	1.25	24
5	Cardiff & Vale	navy	17	Rachel Board	1.25	22
6	Eryri	green	44	Lois Jones	1.20	20
7=	Afan Nedd Tawe	orange	8	Kimberley Davies	1.20	17
7=	Dyfed	red	34	Emily Thomas	1.20	17
9	Cardiff & Vale	navy	18	Gabbi Burns	1.15	14
10	Afan Nedd Tawe	orange	9	Naomi Turner	1.05	12
11	Eryri	green	41	Holly Aspirall	1.05	10



# Results Sheet

# Shot

**Competition:**  
NUS-Welsh Final Under 13 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Colour	Points
1	Dyfed	red	58
2	Powys	sky	44
3	Eryri	green	40
4	North East Wales	royal	28
5	Cardiff & Vale	navy	22
6	Afan Nedd Tawe	orange	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	red	32	Emma While	8.49	30
2	Dyfed	red	31	Zoey McCall	8.23	28
3	Eryri	green	48	Becca Brown	7.96	26
4	Powys	sky	70	Catherine Bennett	7.92	24
5	Cardiff & Vale	navy	16	Caitlin O'Connor	7.71	22
6	Powys	sky	64	Stephanie Hughson	7.35	20
7	Afan Nedd Tawe	orange	2	Naomi James	7.23	18
8	North East Wales	royal	51	Laura Clarke	7.04	16
9	Eryri	green	47	Kim Rowlands	7.02	14
10	North East Wales	royal	59	Danielle Baines	6.88	12

# Results Sheet

# Speed Bounce

**Competition:**  
NUS-Welsh Final Under 13 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Colour	Points
1	North East Wales	royal	56
2	Powys	sky	50
3	Eryri	green	38
4	Dyfed	red	30
5	Afan Nedd Tawe	orange	28
6	Cardiff & Vale	navy	18

Ranking	Team	Colour	BibNo	Name	Total	Points
1	North East Wales	royal	53	Gift Pongpitat	73	30
2	Powys	sky	72	Lucy Freeman	72	28
3	North East Wales	royal	58	Abbie Oliver	70	26
4	Eryri	green	43	Nadine Thomas	68	24
5	Powys	sky	62	Ffion Price	67	22
6=	Afan Nedd Tawe	orange	4	Atlanta Williams	62	18
6=	Cardiff & Vale	navy	19	Stacey Summers	62	18
6=	Dyfed	red	29	Linos Emanuel	62	18
9	Eryri	green	42	Jade Ellis	61	14
10	Dyfed	red	28	Jodie Jones	59	12
11	Afan Nedd Tawe	orange	9	Naomi Turner	56	10

# Results Sheet

# Standing Long Jump

**Competition:**  
NUS-Welsh Final Under 13 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Colour	Points
1	Eryri	green	52
2	North East Wales	royal	48
3	Dyfed	red	38
4=	Afan Nedd Tawe	orange	26
4=	Powys	sky	26
6	Cardiff & Vale	navy	20

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North East Wales	royal	50	Rachel Trotter	2.16	30
2	Eryri	green	37	Anna Davies	2.10	28
3	Powys	sky	63	Phoebe Richards	2.08	26
4	Eryri	green	38	Sophie Roberts	1.86	24
5	Dyfed	red	27	Rhiannan Plant	1.84	22
6	Cardiff & Vale	navy	20	Stephanie Lucas	1.84	20
7	North East Wales	royal	55	Hollie Kendrick	1.84	18
8	Dyfed	red	25	Laura Elias	1.74	16
9	Afan Nedd Tawe	orange	1	Cerys Morgan	1.74	14
10	Afan Nedd Tawe	orange	3	Marley James	1.70	12

# Results Sheet

# Standing Triple Jump

## Competition:

NUS-Welsh Final Under 13 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Team	Colour	Points
1	Eryri	green	50
2	Powys	sky	48
3	Dyfed	red	36
4	North East Wales	royal	26
5	Cardiff & Vale	navy	24
6	Afan Nedd Tawe	orange	14

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	sky	68	Sian Jones	6.32	30
2	Eryri	green	45	Mia Morgan	5.99	28
3	North East Wales	royal	56	Davina Parry	5.88	26
4	Cardiff & Vale	navy	14	Katie Davies	5.84	24
5	Eryri	green	46	Olivia Collier	5.75	22
6	Dyfed	red	36	Alyce Phillips	4.82	20
7	Powys	sky	65	Rhian Price	4.80	18
8	Dyfed	red	35	Jessica Northcott	4.52	16
9	Afan Nedd Tawe	orange	7	Joelle Drummond	4.30	14

# Results Sheet

# Vertical Jump

**Competition:**  
NUS-Welsh Final Under 13 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Colour	Points
1	Cardiff & Vale	navy	48
2	Dyfed	red	46
3	Powys	sky	44
4	North East Wales	royal	40
5	Eryri	green	26
6	Afan Nedd Tawe	orange	24

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North East Wales	royal	49	Jess Vaughan	63	30
2	Cardiff & Vale	navy	13	Stephanie Emezie	61	28
3	Powys	sky	66	Georgina Stafford	56	26
4	Dyfed	red	33	Helen White	55	24
5	Dyfed	red	26	Laura Penhallurick	49	22
6	Cardiff & Vale	navy	15	Eloise Laity	47	20
7	Powys	sky	71	Jessie Powell	47	18
8	Afan Nedd Tawe	orange	5	Rhiannan Thomas	46	16
9	Eryri	green	39	Jessica Jones	45	14
10	Eryri	green	40	Sian Hood	45	12
11	North East Wales	royal	57	Nadia Starkey	43	10
12	Afan Nedd Tawe	orange	6	Elysia Pearson	40	8