

Saturday 10 March, 2007

University of Wales Institute, Cardiff

Welsh Final

Afan Nedd Tawe

sky

Cardiff & Vale of Glamorgan

green

Dyfed

orange

North East Wales

red

North West Wales

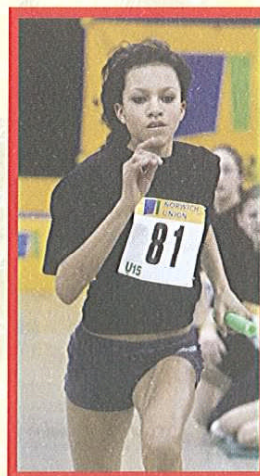
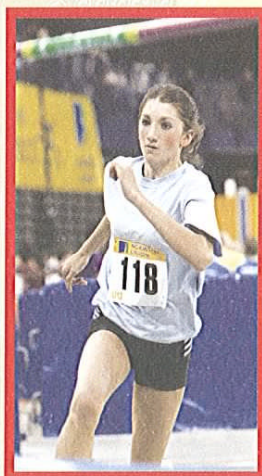
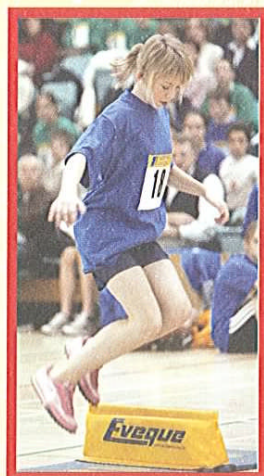
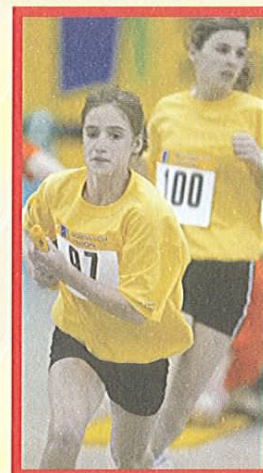
royal

Powys

light grey

South East Wales

black



Competition Results

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North East Wales	red	606	60	30	60	70	50	43	45	40	22	48	54	36	48
2	Powys	light grey	521	70	40	70	20	26	43	33	29	30	58	38	48	16
3	North West Wales	royal	502	40	70	40	40	35	33	41	30	36	31	36	50	20
4	Cardiff & Vale of Glamorgan	green	491	10	60	50	60	41	24	41	52	32	21	30	26	44
5	Dyfed	orange	462	30	50	30	50	34	22	40	39	36	25	26	32	48
6	South East Wales	black	343	50	20	10	10	23	45	20	0	32	43	16	30	44
7	Afan Nedd Tawe	sky	319	20	10	20	30	29	28	18	30	50	12	38	16	18

Team Results

Afan Nedd Tawe (sky)

Competition:

NUS-Welsh Final Under 13 Boys

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North West Wales	royal	641	60	70	70	60	52	36	51	34	34	46	34	46	48
2	Cardiff & Vale of Glamorgan	green	627	50	40	60	40	42	50	38	48	58	49	54	50	48
3	Powys	light grey	545	40	55	50	50	25	48	53	30	34	44	34	38	44
4	Dyfed	orange	435	30	20	20	70	56	31	18	14	34	14	52	34	42
5	South East Wales	black	395	70	30	40	10	30	26	18	0	44	37	26	36	28
6	North East Wales	red	295	20	10	30	30	23	27	18	41	14	24	26	24	8
7	Afan Nedd Tawe	sky	258	0	55	0	20	10	20	42	43	16	24	12	0	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Ryan Jones	SB	69				69	6	20
2	Jonathon Smith	4LR	59.8	0.0			59.8	14	4
2	Jonathon Smith	VJ	34	33	30	29	34	11	10
3	Matthew Hughes	4LR	51.5	0.0			51.5	8	16
3	Matthew Hughes	HJ	1.25				1.25	7=	17
4	Matthew Kieft	2LR	29.3	0.0			29.3	14	4
4	Matthew Kieft	VJ	20	21	21	20	21	13	6
5	Darren Beynon	SLJ	1.54	1.67	1.60	1.54	1.67	14	4
6	Sean White	6LR	1:22.9				1:22.9	8	16
6	Sean White	SLJ	1.88	1.88	1.76	1.94	1.94	12	8
7	Ben Jenkins	6LR	1:20.8				1:20.8	3	26
7	Ben Jenkins	HJ	1.39				1.39	3	26
8	William Clarke	2LR	27.0	0.0			27.0	13	6
8	William Clarke	S	8.47	0.00	7.93	7.82	8.47	8	16
9	William Spencer	SB	56				56	14	4
10	Samuel Taylor	S	0.00	0.00	0.00	0.00	0.00		

Team Results

Cardiff & Vale of Glamorgan (green)

Competition:

NUS-Welsh Final Under 13 Boys

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North West Wales	royal	641	60	70	70	60	52	36	51	34	34	46	34	46	48
2	Cardiff & Vale of Glamorgan	green	627	50	40	60	40	42	50	38	48	58	49	54	50	48
3	Powys	light grey	545	40	55	50	50	25	48	53	30	34	44	34	38	44
4	Dyfed	orange	435	30	20	20	70	56	31	18	14	34	14	52	34	42
5	South East Wales	black	395	70	30	40	10	30	26	18	0	44	37	26	36	28
6	North East Wales	red	295	20	10	30	30	23	27	18	41	14	24	26	24	8
7	Afan Nedd Tawe	sky	258	0	55	0	20	10	20	42	43	16	24	12	0	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Dan Prole	2LR	22.8	23.3			23.3	5	22
13	Dan Prole	SLJ	0.00	2.25	2.25	2.34	2.34	3	26
14	Matthew Whitely	2LR	23.2	0.0			23.2	6	20
14	Matthew Whitely	SLJ	2.43	2.38	2.36	2.41	2.43	2	28
15	Sean Kent	4LR	48.9	49.9			49.9	3	26
15	Sean Kent	HJ	1.48				1.48	2	28
16	Dillon Morgan	4LR	50.0	51.0			51.0	4	24
16	Dillon Morgan	S	10.43	10.14	9.75	10.54	10.54	1	30
17	Elliot Meers	6LR	1:21.4				1:21.4	6=	19
17	Elliot Meers	SB	71				71	3	26
18	Josh Thomas	6LR	1:21.4				1:21.4	6=	19
18	Josh Thomas	VJ	53	50	51	51	53	3	26
19	Liam Dascombe	HJ	1.30				1.30	6	20
20	Tom Murphy	VJ	50	44	46	50	50	5	22
21	Jacob Morgan	STJ	6.17	6.15	5.90	6.45	6.45	3	26
22	Fraser Robinson	STJ	5.76	6.25	6.22	6.23	6.25	4	24
23	Jack Philips	S	9.91	9.98	9.35	8.93	9.98	2	28
24	Joshua Bowland	SB	70				70	4=	23

Team Results

Dyfed (orange)

Competition:

NUS-Welsh Final Under 13 Boys

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North West Wales	royal	641	60	70	70	60	52	36	51	34	34	46	34	46	48
2	Cardiff & Vale of Glamorgan	green	627	50	40	60	40	42	50	38	48	58	49	54	50	48
3	Powys	light grey	545	40	55	50	50	25	48	53	30	34	44	34	38	44
4	Dyfed	orange	435	30	20	20	70	56	31	18	14	34	14	52	34	42
5	South East Wales	black	395	70	30	40	10	30	26	18	0	44	37	26	36	28
6	North East Wales	red	295	20	10	30	30	23	27	18	41	14	24	26	24	8
7	Afan Nedd Tawe	sky	258	0	55	0	20	10	20	42	43	16	24	12	0	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Evan Jenkins	2LR	21.9	21.3			21.3	1	30
25	Evan Jenkins	SLJ	2.53	2.44	2.39	2.48	2.53	1	30
26	Gianluca Argano	VJ	41	43	43	42	43	7	18
27	Thomas Walters	SLJ	2.15	2.12	2.18	2.18	2.18	5	22
28	Ribhu Choudhuri	VJ	48	51	52	52	52	4	24
30	Jake Randall	2LR	22.5	22.4			22.4	3	26
30	Jake Randall	S	9.89	9.56	9.23	0.00	9.89	4	24
31	Liam Lloyd	4LR	53.9	0.0			53.9	11	10
31	Liam Lloyd	HJ	1.25				1.25	9	14
32	Ronan Llyr	6LR	1:23.9				1:23.9	9	14
32	Ronan Llyr	SB	59				59	13	6
33	Daniel Howells	STJ	6.04	5.79	6.19	6.02	6.19	5	22
34	Lloyd Heckler	6LR	1:30.8				1:30.8	14	4
34	Lloyd Heckler	SB	61				61	12	8
35	Jac Edwards	S	7.01	6.91	6.94	6.90	7.01	11	10
36	Nathaniel Wilson	4LR	50.6	0.0			50.6	5=	21
36	Nathaniel Wilson	STJ	0.00	5.21	5.26	0.00	5.26	10	12

Team Results

North East Wales (red)

Competition:

NUS-Welsh Final Under 13 Boys

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North West Wales	royal	641	60	70	70	60	52	36	51	34	34	46	34	46	48
2	Cardiff & Vale of Glamorgan	green	627	50	40	60	40	42	50	38	48	58	49	54	50	48
3	Powys	light grey	545	40	55	50	50	25	48	53	30	34	44	34	38	44
4	Dyfed	orange	435	30	20	20	70	56	31	18	14	34	14	52	34	42
5	South East Wales	black	395	70	30	40	10	30	26	18	0	44	37	26	36	28
6	North East Wales	red	295	20	10	30	30	23	27	18	41	14	24	26	24	8
7	Afan Nedd Tawe	sky	258	0	55	0	20	10	20	42	43	16	24	12	0	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
37	Keiran Cooper	2LR	23.4	0.0			23.4	7=	15
37	Keiran Cooper	HJ	1.25				1.25	7=	17
38	Jamie Pritchard	2LR	24.8	0.0			24.8	12	8
38	Jamie Pritchard	SLJ	2.03	1.98	2.00	1.88	2.03	10	12
39	Joe Wynne	6LR	1:27.1				1:27.1	11	10
39	Joe Wynne	HJ	1.33				1.33	4	24
40	George Jones	6LR	1:28.4				1:28.4	12	8
40	George Jones	SB	64				64	11	10
41	Simon Bentley	4LR	50.6	0.0			50.6	5=	21
41	Simon Bentley	SLJ	1.96	1.94	2.04	1.97	2.04	9	14
42	Callum Ridgeway	VJ	28	29	29	29	29	12	8
43	Will Scott	4LR	56.1	0.0			56.1	13	6
43	Will Scott	SB	66				66	8=	14
44	George Price	S	5.02	4.95	4.74	5.40	5.40	13	6
45	George Ford	S	5.75	5.53	6.13	6.79	6.79	12	8
46	Oliver Bradley-Hughes	STJ	0.00	0.00	5.36	5.36	5.36	9	14
47	Arwel Roberts	STJ	4.98	0.00	0.00	0.00	4.98	11	10

Team Results

North West Wales (royal)

Competition:

NUS-Welsh Final Under 13 Boys

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North West Wales	royal	641	60	70	70	60	52	36	51	34	34	46	34	46	48
2	Cardiff & Vale of Glamorgan	green	627	50	40	60	40	42	50	38	48	58	49	54	50	48
3	Powys	light grey	545	40	55	50	50	25	48	53	30	34	44	34	38	44
4	Dyfed	orange	435	30	20	20	70	56	31	18	14	34	14	52	34	42
5	South East Wales	black	395	70	30	40	10	30	26	18	0	44	37	26	36	28
6	North East Wales	red	295	20	10	30	30	23	27	18	41	14	24	26	24	8
7	Afan Nedd Tawe	sky	258	0	55	0	20	10	20	42	43	16	24	12	0	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
49	Morgan Vaughan	4LR	49.0	48.7			48.7	2	28
49	Morgan Vaughan	VJ	50	57	54	56	57	2	28
50	Ben McPartland	6LR	1:17.8				1:17.8	2	28
50	Ben McPartland	STJ	5.85	5.95	0.00	0.00	5.95	8	16
51	Hywel Hart	SLJ	2.25	2.25	2.24	2.23	2.25	4	24
52	James Ross	STJ	6.88	7.12	6.51	6.65	7.12	1	30
53	Mathew Williams	2LR	23.3	23.2			23.2	4	24
53	Mathew Williams	SB	67				67	7	18
54	Karine Norman	S	0.00	8.81	9.75	8.48	9.75	5	22
55	Leon Knewell	2LR	21.8	21.8			21.8	2	28
55	Leon Knewell	S	8.13	8.14	7.55	7.30	8.14	10	12
56	Liam Ashwst	HJ	1.30				1.30	5	22
57	Oliver Ekberg	6LR	1:21.0				1:21.0	4=	23
57	Oliver Ekberg	SLJ	1.96	1.96	1.91	1.88	1.96	11	10
58	Luke Williams	VJ	45	46	48	48	48	6	20
59	Alex Griffiths	HJ	1.20				1.20	10	12
60	Rhys Barnett	4LR	54.3	0.0			54.3	12	8
60	Rhys Barnett	SB	73				73	2	28

Team Results

Powys (light grey)

Competition:

NUS-Welsh Final Under 13 Boys

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North West Wales	royal	641	60	70	70	60	52	36	51	34	34	46	34	46	48
2	Cardiff & Vale of Glamorgan	green	627	50	40	60	40	42	50	38	48	58	49	54	50	48
3	Powys	light grey	545	40	55	50	50	25	48	53	30	34	44	34	38	44
4	Dyfed	orange	435	30	20	20	70	56	31	18	14	34	14	52	34	42
5	South East Wales	black	395	70	30	40	10	30	26	18	0	44	37	26	36	28
6	North East Wales	red	295	20	10	30	30	23	27	18	41	14	24	26	24	8
7	Afan Nedd Tawe	sky	258	0	55	0	20	10	20	42	43	16	24	12	0	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Josh Evans	2LR	23.4	0.0			23.4	7=	15
61	Josh Evans	HJ	0.00				0.00		
62	Josh Francis	2LR	23.5	0.0			23.5	11	10
62	Josh Francis	HJ	1.51				1.51	1	30
63	Samswel Davies	4LR	48.6	47.3			47.3	1	30
63	Samswel Davies	VJ	54	58	56	52	58	1	30
64	Callum Steven	4LR	51.3	0.0			51.3	7	18
64	Callum Steven	VJ	38	38	37	38	38	9	14
65	Hywel Bennett	6LR	1:15.4				1:15.4	1	30
65	Hywel Bennett	SLJ	2.06	2.10	2.11	2.15	2.15	7	18
66	Jules Tunncliffe	6LR	1:21.0				1:21.0	4=	23
66	Jules Tunncliffe	SB	66				66	8=	14
67	Jack Biggs	SLJ	2.04	1.90	1.97	2.04	2.04	8	16
68	Tomos Evans	STJ	5.90	5.83	6.09	0.00	6.09	7	18
69	Ed Layland	STJ	6.16	6.11	6.03	6.11	6.16	6	20
70	Zac Skyrem	S	7.95	0.00	0.00	8.34	8.34	9	14
71	Robson Blake	S	8.90	8.76	8.43	8.56	8.90	6	20
72	Scott Bound	SB	78				78	1	30

Team Results

South East Wales (black)

Competition:

NUS-Welsh Final Under 13 Boys

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Score	OR	P8	4x1	4x2	2LR	4LR	6LR	HJ	S	SB	SLJ	STJ	VJ
1	North West Wales	royal	641	60	70	70	60	52	36	51	34	34	46	34	46	48
2	Cardiff & Vale of Glamorgan	green	627	50	40	60	40	42	50	38	48	58	49	54	50	48
3	Powys	light grey	545	40	55	50	50	25	48	53	30	34	44	34	38	44
4	Dyfed	orange	435	30	20	20	70	56	31	18	14	34	14	52	34	42
5	South East Wales	black	395	70	30	40	10	30	26	18	0	44	37	26	36	28
6	North East Wales	red	295	20	10	30	30	23	27	18	41	14	24	26	24	8
7	Afan Nedd Tawe	sky	258	0	55	0	20	10	20	42	43	16	24	12	0	16

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
73	William Davies	2LR	23.4	0.0			23.4	7=	15
73	William Davies	VJ	30	34	33	33	34	10	12
74	Jake Farmer	6LR	1:25.7				1:25.7	10	12
74	Jake Farmer	SB	66				66	8=	14
75	Sam Brown	4LR	52.2	0.0			52.2	9	14
75	Sam Brown	SLJ	2.08	2.18	2.05	2.15	2.18	6	20
76	Jack Rickard	STJ	6.45	0.00	6.53	6.52	6.53	2	28
77	Jack Griffiths	2LR	23.4	0.0			23.4	7=	15
77	Jack Griffiths	VJ	39	42	41	41	42	8	16
78	Josh Madden	S	9.90	9.00	9.16	9.65	9.90	3	26
79	Daniel Mock	S	8.46	8.69	8.49	8.52	8.69	7	18
80	Ieuan James	6LR	1:28.6				1:28.6	13	6
80	Ieuan James	SB	70				70	4=	23
81	Jacob Davies	4LR	52.8	0.0			52.8	10	12
81	Jacob Davies	SLJ	1.76	1.77	1.76	1.77	1.77	13	6
82	Gareth Davies	STJ	4.93	0.00	4.68	4.90	4.93	12	8

Results Sheet

Obstacle Relay

Competition:
NUS-Welsh Final Under 13 Girls

Venue:
University of Wales Institute, Cardiff

Date
10 Mar 2007

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	Powys	light grey	1:23.0	0.0	1:23.0	70.0
2	04	North East Wales	red	1:24.0	0.0	1:24.0	60.0
3	07	South East Wales	black	1:24.1	0.0	1:24.1	50.0
4	05	North West Wales	royal	1:24.5	0.0	1:24.5	40.0
5	03	Dyfed	orange	1:25.2	0.0	1:25.2	30.0
6	01	Afan Nedd Tawe	sky	1:26.3	0.0	1:26.3	20.0
7	02	Cardiff & Vale of Glamorgan	green	1:29.2	0.0	1:29.2	10.0

Results Sheet

2 Lap Race

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Points
1	North East Wales	red	50
2	Cardiff & Vale of Glamorgan	green	41
3	North West Wales	royal	35
4	Dyfed	orange	34
5	Afan Nedd Tawe	sky	29
6	Powys	light grey	26
7	South East Wales	black	23

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & Vale of Glamorgan	green	14	Jamie-Lee Bowen	23.0	30
2	North West Wales	royal	49	Anna Davies	23.2	28
3	North East Wales	red	37	Nadia Starkey	23.5	26
4	North East Wales	red	38	Stacey Hart	23.8	24
5	Afan Nedd Tawe	sky	3	Emily Dacey	24.7	22
6=	Dyfed	orange	27	Llinos Emanuel	24.3	19
6=	South East Wales	black	73	Sarah Monk	24.3	19
8=	Dyfed	orange	36	Kayleigh McMahon	24.4	15
8=	Powys	light grey	61	Hannah Nash	24.4	15
10=	Cardiff & Vale of Glamorgan	green	16	Abigail Coombs	24.8	11
10=	Powys	light grey	62	Sophie Rees	24.8	11
12=	Afan Nedd Tawe	sky	9	Atlanta Williams	25.3	7
12=	North West Wales	royal	60	Elin Jones	25.3	7
14	South East Wales	black	74	Ainsey Smith	25.4	4

Results Sheet

4 Lap Race

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Points
1	South East Wales	black	45
2=	North East Wales	red	43
2=	Powys	light grey	43
4	North West Wales	royal	33
5	Afan Nedd Tawe	sky	28
6	Cardiff & Vale of Glamorgan	green	24
7	Dyfed	orange	22

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North East Wales	red	39	Gemma Williams	51.4	30
2	South East Wales	black	76	Ella Burgin	51.9	28
3	Powys	light grey	67	Lucy Freeman	52.1	26
4	North West Wales	royal	51	Nia Grimlley	52.5	24
5	Afan Nedd Tawe	sky	11	Emily Morris	53.1	22
6	Cardiff & Vale of Glamorgan	green	13	Lauren McCarthy	52.9	20
7=	Powys	light grey	64	Kate Williams	53.2	17
7=	South East Wales	black	79	Shannon Dimmick	53.2	17
9=	Dyfed	orange	29	Emily Thomas	53.5	13
9=	North East Wales	red	40	Kathryn Roberts	53.5	13
11=	Dyfed	orange	30	Sara Davies	53.9	9
11=	North West Wales	royal	56	Chantelle Bonser	53.9	9
13	Afan Nedd Tawe	sky	10	Mal James	54.2	6
14	Cardiff & Vale of Glamorgan	green	17	Rebekah Woods	55.3	4

Results Sheet

6 Lap Time Trial

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Points
1	North East Wales	red	45
2=	Cardiff & Vale of Glamorgan	green	41
2=	North West Wales	royal	41
4	Dyfed	orange	40
5	Powys	light grey	33
6	South East Wales	black	20
7	Afan Nedd Tawe	sky	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1=	North West Wales	royal	50	Nadine Thompson	1:20.7	29
1=	Powys	light grey	65	Catrin Thomas	1:20.7	29
3=	Cardiff & Vale of Glamorgan	green	19	Lucy Harvey	1:22.6	25
3=	North East Wales	red	42	Sian Messun	1:22.6	25
5	Dyfed	orange	35	Amy Roberts	1:22.9	22
6	North East Wales	red	41	Jess Bailey	1:23.8	20
7	Dyfed	orange	28	Rhiannon Plant	1:24.3	18
8	Cardiff & Vale of Glamorgan	green	18	Katie Howson	1:24.6	16
9	South East Wales	black	75	Lucy Morgan	1:24.7	14
10	North West Wales	royal	52	Sarah Livett	1:25.1	12
11	Afan Nedd Tawe	sky	1	Joelle Drummond	1:25.8	10
12	Afan Nedd Tawe	sky	6	Amy Smith	1:28.9	8
13	South East Wales	black	80	Sarah Pontin	1:29.2	6
14	Powys	light grey	63	Sophie Boyce	1:29.9	4

Results Sheet

8 Lap Paarlauf

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	North West Wales	royal	1:41.8	0.0	1:41.8	70.0
2	02	Cardiff & Vale of Glamorgan	green	1:42.5	0.0	1:42.5	60.0
3	03	Dyfed	orange	1:43.1	0.0	1:43.1	50.0
4	06	Powys	light grey	1:43.4	0.0	1:43.4	40.0
5	04	North East Wales	red	1:43.8	0.0	1:43.8	30.0
6	07	South East Wales	black	1:44.3	0.0	1:44.3	20.0
7	01	Afan Nedd Tawe	sky	1:46.8	0.0	1:46.8	10.0

Results Sheet

4 x 1 Lap Relay

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	Powys	light grey	48.1	0.0	48.1	70.0
2	04	North East Wales	red	48.3	0.0	48.3	60.0
3	02	Cardiff & Vale of Glamorgan	green	49.3	0.0	49.3	50.0
4	05	North West Wales	royal	49.8	0.0	49.8	40.0
5	03	Dyfed	orange	50.0	0.0	50.0	30.0
6	01	Afan Nedd Tawe	sky	51.0	0.0	51.0	20.0
7	07	South East Wales	black	52.6	0.0	52.6	10.0

Results Sheet

4 x 2 Lap Relay

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	North East Wales	red	1:35.0	1:35.4	1:35.4	70.0
2	02	Cardiff & Vale of Glamorgan	green	1:37.6	1:37.5	1:37.5	60.0
3	03	Dyfed	orange	1:38.5	1:37.6	1:37.6	50.0
4	05	North West Wales	royal	1:36.7	1:37.9	1:37.9	40.0
5	01	Afan Nedd Tawe	sky	1:37.9	0.0	1:37.9	30.0
6	06	Powys	light grey	1:38.5	0.0	1:38.5	20.0
7	07	South East Wales	black	1:41.0	0.0	1:41.0	10.0

Results Sheet

High Jump

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Points
	South East Wales	black	0
1	Cardiff & Vale of Glamorgan	green	52
2	North East Wales	red	40
3	Dyfed	orange	39
4=	Afan Nedd Tawe	sky	30
4=	North West Wales	royal	30
6	Powys	light grey	29

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	sky	11	Emily Morris	1.39	30
2	Cardiff & Vale of Glamorgan	green	19	Lucy Harvey	1.39	28
3	Dyfed	orange	29	Emily Thomas	1.36	26
4	Cardiff & Vale of Glamorgan	green	20	Liz Simpson	1.33	24
5	North East Wales	red	44	Rachel Trotter	1.33	22
6	North West Wales	royal	51	Nia Grimlley	1.33	20
7	North East Wales	red	41	Jess Bailey	1.25	18
8	Powys	light grey	61	Hannah Nash	1.25	16
9=	Dyfed	orange	30	Sara Davies	1.20	13
9=	Powys	light grey	62	Sophie Rees	1.20	13
11	North West Wales	royal	54	Charlotte Lewis	1.10	10

Results Sheet

Shot

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Points
1	Afan Nedd Tawe	sky	50
2=	Dyfed	orange	36
2=	North West Wales	royal	36
4=	Cardiff & Vale of Glamorgan	green	32
4=	South East Wales	black	32
6	Powys	light grey	30
7	North East Wales	red	22

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	orange	25	Emma Davies	8.60	30
2	North West Wales	royal	53	Cara Hope	8.19	28
3	Afan Nedd Tawe	sky	7	Nina Piells	8.00	26
4	Afan Nedd Tawe	sky	8	Kathryn Philips	7.86	24
5	South East Wales	black	74	Ainsey Smith	7.60	22
6	Cardiff & Vale of Glamorgan	green	15	Kath Thomas	7.54	20
7	North East Wales	red	48	Hayley Nuttall	7.47	18
8	Powys	light grey	68	Sian Jones	7.39	16
9	Powys	light grey	69	Zoe Asterley	7.10	14
10	Cardiff & Vale of Glamorgan	green	24	Jessica Chapman	7.01	12
11	South East Wales	black	82	Chloe Turton	6.95	10
12	North West Wales	royal	57	Sophie Collier	6.81	8
13	Dyfed	orange	26	Catrin Rees	6.06	6
14	North East Wales	red	47	Natalie Williams	5.95	4

Results Sheet

Speed Bounce

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Points
1	Powys	light grey	58
2	North East Wales	red	48
3	South East Wales	black	43
4	North West Wales	royal	31
5	Dyfed	orange	25
6	Cardiff & Vale of Glamorgan	green	21
7	Afan Nedd Tawe	sky	12

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Powys	light grey	71	Sophie Davies	82	30
2	Powys	light grey	72	Lauren Evans	78	28
3	North East Wales	red	42	Sian Messun	74	26
4	South East Wales	black	75	Lucy Morgan	72	24
5	North East Wales	red	39	Gemma Williams	71	22
6=	North West Wales	royal	59	Rebecca Pitman	69	19
6=	South East Wales	black	80	Sarah Pontin	69	19
8=	Cardiff & Vale of Glamorgan	green	16	Abigail Coombs	66	15
8=	Dyfed	orange	35	Amy Roberts	66	15
10	North West Wales	royal	56	Chantelle Bonser	65	12
11	Dyfed	orange	36	Kayleigh McMahon	64	10
12	Afan Nedd Tawe	sky	10	Mal James	63	8
13	Cardiff & Vale of Glamorgan	green	13	Lauren McCarthy	59	6
14	Afan Nedd Tawe	sky	6	Amy Smith	58	4

Results Sheet

Standing Long Jump

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Points
1	North East Wales	red	54
2=	Afan Nedd Tawe	sky	38
2=	Powys	light grey	38
4	North West Wales	royal	36
5	Cardiff & Vale of Glamorgan	green	30
6	Dyfed	orange	26
7	South East Wales	black	16

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North West Wales	royal	49	Anna Davies	2.28	30
2	North East Wales	red	45	Lucy Rowleston	2.21	28
3	North East Wales	red	46	Georgia Bates	2.21	26
4	Powys	light grey	67	Lucy Freeman	2.20	24
5	Afan Nedd Tawe	sky	2	Nicola Jones	2.13	22
6	Cardiff & Vale of Glamorgan	green	17	Rebekah Woods	2.09	20
7	Dyfed	orange	31	Amelia Roberts	2.05	18
8	Afan Nedd Tawe	sky	3	Emily Dacey	2.04	16
9	Powys	light grey	66	Alekko Batocoy	2.03	14
10	South East Wales	black	79	Shannon Dimmick	1.98	12
11	Cardiff & Vale of Glamorgan	green	18	Katie Howson	1.97	10
12	Dyfed	orange	33	Imogen Thomas	1.97	8
13	North West Wales	royal	60	Elin Jones	1.75	6
14	South East Wales	black	83	Laura Jones	1.62	4

Results Sheet

Standing Triple Jump

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Points
1	North West Wales	royal	50
2	Powys	light grey	48
3	North East Wales	red	36
4	Dyfed	orange	32
5	South East Wales	black	30
6	Cardiff & Vale of Glamorgan	green	26
7	Afan Nedd Tawe	sky	16

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	light grey	63	Sophie Boyce	6.08	30
2	North East Wales	red	43	Katy Griffiths	6.01	28
3	North West Wales	royal	58	Olivier Collier	5.94	26
4	North West Wales	royal	50	Nadine Thompson	5.94	24
5	Dyfed	orange	27	Llinos Emanuel	5.89	22
6	Cardiff & Vale of Glamorgan	green	23	Chloe Davies	5.85	20
7	Powys	light grey	64	Kate Williams	5.85	18
8	South East Wales	black	78	Sade Eze	5.79	16
9	South East Wales	black	84	Cora Probert	5.54	14
10	Afan Nedd Tawe	sky	9	Atlanta Williams	5.52	12
11	Dyfed	orange	28	Rhiannon Plant	5.40	10
12	North East Wales	red	40	Kathryn Roberts	5.29	8
13	Cardiff & Vale of Glamorgan	green	22	Megan Thomas	5.25	6
14	Afan Nedd Tawe	sky	1	Joelle Drummond	4.85	4

Results Sheet

Vertical Jump

Competition:

NUS-Welsh Final Under 13 Girls

Venue:

University of Wales Institute, Cardiff

Date

10 Mar 2007

Ranking	Team	Colour	Points
1=	Dyfed	orange	48
1=	North East Wales	red	48
3=	Cardiff & Vale of Glamorgan	green	44
3=	South East Wales	black	44
5	North West Wales	royal	20
6	Afan Nedd Tawe	sky	18
7	Powys	light grey	16

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North East Wales	red	37	Nadia Starkey	51	30
2	Cardiff & Vale of Glamorgan	green	21	Jodie Orza	51	28
3	Dyfed	orange	34	Jessica Sze	51	26
4	South East Wales	black	73	Sarah Monk	51	24
5	Dyfed	orange	32	Nia James	50	22
6	South East Wales	black	76	Ella Burgin	49	20
7	North East Wales	red	38	Stacey Hart	49	18
8	Cardiff & Vale of Glamorgan	green	14	Jamie-Lee Bowen	48	16
9	North West Wales	royal	55	Ffion Wood	47	14
10	Powys	light grey	70	Lorna Thomas	46	12
11	Afan Nedd Tawe	sky	4	Jessica Geere	42	10
12	Afan Nedd Tawe	sky	5	Grace Harwood	40	8
13	North West Wales	royal	52	Sarah Livett	39	6
14	Powys	light grey	65	Catrin Thomas	38	4