

 **NORWICH UNION**

**sports:hall** 

# NORWICH UNION sports:hall Under 15 Girls All Rounder

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

### Team Results

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

### Track Results

2 Lap Race  
4 Lap Race  
8 Lap Paarlauf  
4 x 2 Lap Relay

### Field Results

Shot  
Speed Bounce  
Standing Long 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 15 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Score	Individual	P8	4x2
1	Dyfed	603	493	50	60
2	North East Wales	571	471	30	70
3	Powys	552	462	40	50
4	Eryri	551	451	60	40
5	Cardiff & Vale	515	445	70	0
6	Afan Nedd Tawe	161	161	0	0

# Athlete Results

**Competition:**  
NUS-Welsh Final Under 15 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	S	SB	SLJ	VJ
1	87	Catherine Goldsmith	Dyfed	141	42		50			49
2	101	Christin a Hughes	North East Wales	139	49			48		42
3	80	Cheryl Powell	Cardiff & Vale	135	49		36		50	
4	110	Charlie Morris	Powys	128	44			44		40
5	94	Lisa Campell	Eryri	126		42	40			44
6	98	Zoe Jones	Eryri	123		45		48		30
7	102	Alex Elliott	North East Wales	122		48		29	45	
8=	92	Donna Jones	Dyfed	121		32		48		41
8=	109	Emily Judson	Powys	121		36		40		45
10	88	Beth Millar	Dyfed	120	33		46			41
11	81	Imi Lewis	Cardiff & Vale	116		50	34			32
12	111	Sian Carrick	Powys	115	40		26			49
13	91	Amy Rowlands	Dyfed	111	33		44			34
14	103	Stephanie Owens	North East Wales	107		22	48			37
15	105	Sian Jones	North East Wales	103		24	42			37
16	97	Lucy Beesley	Eryri	102	46			34		22
17	95	Amy Hankinson	Eryri	100		28		40		32
18=	82	Maddi Edgeworth	Cardiff & Vale	98	23			29		46
18=	89	Sophie Pick	Dyfed	98		45		25		28
18=	113	H Cannon	Powys	98		40	32			26
21	83	Sara Thomas	Cardiff & Vale	96	26			22		48
22	90	Sioned Powells	Dyfed	95		38		20		37
23=	99	Rhiannan Morgan	Eryri	94	38		24			32
23=	104	Ruth Denholm	North East Wales	94	28		38			28
25	96	Kathryn Hughes	Eryri	93	33		28			32
26	106	Faye Guest	North East Wales	91	33			32		26
27	84	Ceri Sayes	Cardiff & Vale	89		34		18		37
28	112	S Kendal	Powys	84		20		40		24
29	73	Laura Trotter	Afan Nedd Tawe	82		26		36		20
30	74	Nia Lewis	Afan Nedd Tawe	79		30		25		24
31	108	Jessica Kennedy	Powys	75	23		30			22
32=	93	Lydia Jones	Dyfed	0						
32=	107	Fay Spencer	North East Wales	0						

# Team Results

# Afan Nedd Tawe (orange)

## Competition:

NUS-Welsh Final Under 15 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Team	Score	Individual	P8	4x2
1	Dyfed	603	493	50	60
2	North East Wales	571	471	30	70
3	Powys	552	462	40	50
4	Eryri	551	451	60	40
5	Cardiff & Vale	515	445	70	0
6	Afan Nedd Tawe	161	161	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
73	Laura Trotter	4LR	54.2				54.2	13	26
73	Laura Trotter	SB	72				72	8	36
73	Laura Trotter	VJ	34	38	33		38	16	20
74	Nia Lewis	4LR	53.9				53.9	11	30
74	Nia Lewis	SB	67				67	13=	25
74	Nia Lewis	VJ	42	42	45		45	14	24

# Team Results

# Cardiff & Vale (navy)

**Competition:**  
NUS-Welsh Final Under 15 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Score	Individual	P8	4x2
1	Dyfed	603	493	50	60
2	North East Wales	571	471	30	70
3	Powys	552	462	40	50
4	Eryri	551	451	60	40
5	Cardiff & Vale	515	445	70	0
6	Afan Nedd Tawe	161	161	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
80	Cheryl Powell	2LR	23.6				23.6	1=	49
80	Cheryl Powell	S	7.05	6.66	7.05		7.05	8	36
80	Cheryl Powell	SLJ	2.42	2.40	2.48		2.48	1	50
81	Imi Lewis	4LR	51.6				51.6	1	50
81	Imi Lewis	S	6.31	6.77	6.88		6.88	9	34
81	Imi Lewis	SLJ	2.00	2.02	1.98		2.02	9=	32
82	Maddi Edgeworth	2LR	25.2				25.2	14=	23
82	Maddi Edgeworth	SB	68				68	11=	29
82	Maddi Edgeworth	VJ	62	56	60		62	3	46
83	Sara Thomas	2LR	25.1				25.1	13	26
83	Sara Thomas	SB	64				64	15	22
83	Sara Thomas	SLJ	2.30	2.22	2.26		2.30	2	48
84	Ceri Sayes	4LR	53.7				53.7	9	34
84	Ceri Sayes	SB	60				60	17	18
84	Ceri Sayes	VJ	50	53	52		53	7=	37

# Team Results

# Dyfed (red)

## Competition:

NUS-Welsh Final Under 15 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Team	Score	Individual	P8	4x2
1	Dyfed	603	493	50	60
2	North East Wales	571	471	30	70
3	Powys	552	462	40	50
4	Eryri	551	451	60	40
5	Cardiff & Vale	515	445	70	0
6	Afan Nedd Tawe	161	161	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
87	Catherine Goldsmith	2LR	24.2				24.2	5	42
87	Catherine Goldsmith	S	10.62	10.71	10.31		10.71	1	50
87	Catherine Goldsmith	VJ	58	63	63		63	1=	49
88	Beth Millar	2LR	24.6				24.6	8=	33
88	Beth Millar	S	8.28	8.49	8.38		8.49	3	46
88	Beth Millar	SLJ	2.06	1.94	2.06		2.06	5=	41
89	Sophie Pick	4LR	52.5				52.5	3=	45
89	Sophie Pick	SB	67				67	13=	25
89	Sophie Pick	SLJ	1.88	1.94	1.98		1.98	12	28
90	Sioned Powells	4LR	53.2				53.2	7	38
90	Sioned Powells	SB	63				63	16	20
90	Sioned Powells	VJ	48	50	53		53	7=	37
91	Amy Rowlands	2LR	24.6				24.6	8=	33
91	Amy Rowlands	S	8.00	7.20	7.28		8.00	4	44
91	Amy Rowlands	VJ	46	51	52		52	9	34
92	Donna Jones	4LR	53.8				53.8	10	32
92	Donna Jones	SB	78				78	1=	48
92	Donna Jones	SLJ	2.04	2.06	2.04		2.06	5=	41

# Team Results

# Eryri (green)

**Competition:**  
NUS-Welsh Final Under 15 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Score	Individual	P8	4x2
1	Dyfed	603	493	50	60
2	North East Wales	571	471	30	70
3	Powys	552	462	40	50
4	Eryri	551	451	60	40
5	Cardiff & Vale	515	445	70	0
6	Afan Nedd Tawe	161	161	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
94	Lisa Campell	4LR	52.6				52.6	5	42
94	Lisa Campell	S	7.32	7.18	7.06		7.32	6	40
94	Lisa Campell	VJ	53	56	60		60	4	44
95	Amy Hankinson	4LR	54.0				54.0	12	28
95	Amy Hankinson	SB	73				73	5=	40
95	Amy Hankinson	SLJ	2.02	2.02	2.00		2.02	9=	32
96	Kathryn Hughes	2LR	24.6				24.6	8=	33
96	Kathryn Hughes	S	6.50	6.32	5.73		6.50	12	28
96	Kathryn Hughes	SLJ	1.98	2.02	1.94		2.02	9=	32
97	Lucy Beesley	2LR	23.9				23.9	3	46
97	Lucy Beesley	SB	71				71	9	34
97	Lucy Beesley	SLJ	1.72	1.68	1.70		1.72	15	22
98	Zoe Jones	4LR	52.5				52.5	3=	45
98	Zoe Jones	SB	78				78	1=	48
98	Zoe Jones	VJ	43	49	49		49	11	30
99	Rhiannan Morgan	2LR	24.5				24.5	7	38
99	Rhiannan Morgan	S	0.00	4.85	5.98		5.98	14	24
99	Rhiannan Morgan	VJ	48	50	49		50	10	32

# Team Results

# North East Wales (royal)

## Competition:

NUS-Welsh Final Under 15 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Team	Score	Individual	P8	4x2
1	Dyfed	603	493	50	60
2	North East Wales	571	471	30	70
3	Powys	552	462	40	50
4	Eryri	551	451	60	40
5	Cardiff & Vale	515	445	70	0
6	Afan Nedd Tawe	161	161	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
101	Christin a Hughes	2LR	23.6				23.6	1=	49
101	Christin a Hughes	SB	78				78	1=	48
101	Christin a Hughes	VJ	57	56	59		59	5	42
102	Alex Elliott	4LR	52.2				52.2	2	48
102	Alex Elliott	SB	68				68	11=	29
102	Alex Elliott	SLJ	2.10	2.20	2.24		2.24	3=	45
103	Stephanie Owens	4LR	55.2				55.2	15	22
103	Stephanie Owens	S	9.32	10.55	10.46		10.55	2	48
103	Stephanie Owens	SLJ	1.98	2.04	1.98		2.04	7=	37
104	Ruth Denholm	2LR	24.8				24.8	12	28
104	Ruth Denholm	S	6.56	7.12	6.80		7.12	7	38
104	Ruth Denholm	VJ	48	48	47		48	12	28
105	Sian Jones	4LR	54.7				54.7	14	24
105	Sian Jones	S	7.70	7.64	7.62		7.70	5	42
105	Sian Jones	SLJ	1.96	2.00	2.04		2.04	7=	37
106	Faye Guest	2LR	24.6				24.6	8=	33
106	Faye Guest	SB	70				70	10	32
106	Faye Guest	VJ	47	44	40		47	13	26



# Team Results

# Powys (sky)

**Competition:**  
NUS-Welsh Final Under 15 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Score	Individual	P8	4x2
1	Dyfed	603	493	50	60
2	North East Wales	571	471	30	70
3	Powys	552	462	40	50
4	Eryri	551	451	60	40
5	Cardiff & Vale	515	445	70	0
6	Afan Nedd Tawe	161	161	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
108	Jessica Kennedy	2LR	25.2				25.2	14=	23
108	Jessica Kennedy	S	0.00	6.40	6.66		6.66	11	30
108	Jessica Kennedy	VJ	40	44	43		44	15	22
109	Emily Judson	4LR	53.3				53.3	8	36
109	Emily Judson	SB	73				73	5=	40
109	Emily Judson	SLJ	2.10	2.24	2.12		2.24	3=	45
110	Charlie Morris	2LR	24.1				24.1	4	44
110	Charlie Morris	SB	74				74	4	44
110	Charlie Morris	VJ	46	55	56		56	6	40
111	Sian Carrick	2LR	24.3				24.3	6	40
111	Sian Carrick	S	6.21	6.30	5.90		6.30	13	26
111	Sian Carrick	VJ	56	59	63		63	1=	49
112	S Kendal	4LR	55.5				55.5	16	20
112	S Kendal	SB	73				73	5=	40
112	S Kendal	SLJ	1.84	1.84	1.88		1.88	14	24
113	H Cannon	4LR	52.7				52.7	6	40
113	H Cannon	S	6.56	6.69	6.78		6.78	10	32
113	H Cannon	SLJ	1.90	1.92	1.88		1.92	13	26

# Results Sheet

# 2 Lap Race

**Competition:**  
NUS-Welsh Final Under 15 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Colour	BibNo	Name	Best	Points
1=	Cardiff & Vale	navy	80	Cheryl Powell	23.6	49
1=	North East Wales	royal	101	Christin a Hughes	23.6	49
3	Eryri	green	97	Lucy Beesley	23.9	46
4	Powys	sky	110	Charlie Morris	24.1	44
5	Dyfed	red	87	Catherine Goldsmith	24.2	42
6	Powys	sky	111	Sian Carrick	24.3	40
7	Eryri	green	99	Rhiannan Morgan	24.5	38
8=	Dyfed	red	88	Beth Millar	24.6	33
8=	Dyfed	red	91	Amy Rowlands	24.6	33
8=	Eryri	green	96	Kathryn Hughes	24.6	33
8=	North East Wales	royal	106	Faye Guest	24.6	33
12	North East Wales	royal	104	Ruth Denholm	24.8	28
13	Cardiff & Vale	navy	83	Sara Thomas	25.1	26
14=	Cardiff & Vale	navy	82	Maddi Edgeworth	25.2	23
14=	Powys	sky	108	Jessica Kennedy	25.2	23

# Results Sheet

# 4 Lap Race

## Competition:

NUS-Welsh Final Under 15 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & Vale	navy	81	Imi Lewis	51.6	50
2	North East Wales	royal	102	Alex Elliott	52.2	48
3=	Dyfed	red	89	Sophie Pick	52.5	45
3=	Eryri	green	98	Zoe Jones	52.5	45
5	Eryri	green	94	Lisa Campell	52.6	42
6	Powys	sky	113	H Cannon	52.7	40
7	Dyfed	red	90	Sioned Powells	53.2	38
8	Powys	sky	109	Emily Judson	53.3	36
9	Cardiff & Vale	navy	84	Ceri Sayes	53.7	34
10	Dyfed	red	92	Donna Jones	53.8	32
11	Afan Nedd Tawe	orange	74	Nia Lewis	53.9	30
12	Eryri	green	95	Amy Hankinson	54.0	28
13	Afan Nedd Tawe	orange	73	Laura Trotter	54.2	26
14	North East Wales	royal	105	Sian Jones	54.7	24
15	North East Wales	royal	103	Stephanie Owens	55.2	22
16	Powys	sky	112	S Kendal	55.5	20

# Event Official Results Sheet

# 8 Lap Paarlauf

**Competition:**  
NUS-Welsh Final Under 15 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Cardiff & Vale	navy	1:39.8	0.0	1:39.8	70
2	04	Eryri	green	1:43.8	0.0	1:43.8	60
3	03	Dyfed	red	1:44.2	0.0	1:44.2	50
4	06	Powys	sky	1:44.3	0.0	1:44.3	40
5	05	North East Wales	royal	1:52.4	0.0	1:52.4	30

# Event Official Results Sheet

# 4 x 2 Lap Relay

## Competition:

NUS-Welsh Final Under 15 Girls

## Venue:

Deeside College

## Date

4 Mar 2006

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	North East Wales	royal	1:36.2	0.0	1:36.2	70
2	03	Dyfed	red	1:36.2	0.0	1:36.2	60
3	06	Powys	sky	1:39.0	0.0	1:39.0	50
4	04	Eryri	green	1:39.8	0.0	1:39.8	40

# Results Sheet

# Shot

**Competition:**  
NUS-Welsh Final Under 15 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	red	87	Catherine Goldsmith	10.71	50
2	North East Wales	royal	103	Stephanie Owens	10.55	48
3	Dyfed	red	88	Beth Millar	8.49	46
4	Dyfed	red	91	Amy Rowlands	8.00	44
5	North East Wales	royal	105	Sian Jones	7.70	42
6	Eryri	green	94	Lisa Campell	7.32	40
7	North East Wales	royal	104	Ruth Denholm	7.12	38
8	Cardiff & Vale	navy	80	Cheryl Powell	7.05	36
9	Cardiff & Vale	navy	81	Imi Lewis	6.88	34
10	Powys	sky	113	H Cannon	6.78	32
11	Powys	sky	108	Jessica Kennedy	6.66	30
12	Eryri	green	96	Kathryn Hughes	6.50	28
13	Powys	sky	111	Sian Carrick	6.30	26
14	Eryri	green	99	Rhiannan Morgan	5.98	24

# Results Sheet

# Speed Bounce

**Competition:**  
NUS-Welsh Final Under 15 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Colour	BibNo	Name	Total	Points
1=	Dyfed	red	92	Donna Jones	78	48
1=	Eryri	green	98	Zoe Jones	78	48
1=	North East Wales	royal	101	Christin a Hughes	78	48
4	Powys	sky	110	Charlie Morris	74	44
5=	Eryri	green	95	Amy Hankinson	73	40
5=	Powys	sky	109	Emily Judson	73	40
5=	Powys	sky	112	S Kendal	73	40
8	Afan Nedd Tawe	orange	73	Laura Trotter	72	36
9	Eryri	green	97	Lucy Beesley	71	34
10	North East Wales	royal	106	Faye Guest	70	32
11=	Cardiff & Vale	navy	82	Maddi Edgeworth	68	29
11=	North East Wales	royal	102	Alex Elliott	68	29
13=	Afan Nedd Tawe	orange	74	Nia Lewis	67	25
13=	Dyfed	red	89	Sophie Pick	67	25
15	Cardiff & Vale	navy	83	Sara Thomas	64	22
16	Dyfed	red	90	Sioned Powells	63	20
17	Cardiff & Vale	navy	84	Ceri Sayes	60	18

# Results Sheet

# Standing Long Jump

**Competition:**  
NUS-Welsh Final Under 15 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & Vale	navy	80	Cheryl Powell	2.48	50
2	Cardiff & Vale	navy	83	Sara Thomas	2.30	48
3=	North East Wales	royal	102	Alex Elliott	2.24	45
3=	Powys	sky	109	Emily Judson	2.24	45
5=	Dyfed	red	88	Beth Millar	2.06	41
5=	Dyfed	red	92	Donna Jones	2.06	41
7=	North East Wales	royal	103	Stephanie Owens	2.04	37
7=	North East Wales	royal	105	Sian Jones	2.04	37
9=	Cardiff & Vale	navy	81	Imi Lewis	2.02	32
9=	Eryri	green	95	Amy Hankinson	2.02	32
9=	Eryri	green	96	Kathryn Hughes	2.02	32
12	Dyfed	red	89	Sophie Pick	1.98	28
13	Powys	sky	113	H Cannon	1.92	26
14	Powys	sky	112	S Kendal	1.88	24
15	Eryri	green	97	Lucy Beesley	1.72	22



# Results Sheet

# Vertical Jump

**Competition:**  
NUS-Welsh Final Under 15 Girls

**Venue:**  
Deeside College

**Date**  
4 Mar 2006

Ranking	Team	Colour	BibNo	Name	Best	Points
1=	Dyfed	red	87	Catherine Goldsmith	63	49
1=	Powys	sky	111	Sian Carrick	63	49
3	Cardiff & Vale	navy	82	Maddi Edgeworth	62	46
4	Eryri	green	94	Lisa Campell	60	44
5	North East Wales	royal	101	Christin a Hughes	59	42
6	Powys	sky	110	Charlie Morris	56	40
7=	Cardiff & Vale	navy	84	Ceri Sayes	53	37
7=	Dyfed	red	90	Sioned Powells	53	37
9	Dyfed	red	91	Amy Rowlands	52	34
10	Eryri	green	99	Rhiannan Morgan	50	32
11	Eryri	green	98	Zoe Jones	49	30
12	North East Wales	royal	104	Ruth Denholm	48	28
13	North East Wales	royal	106	Faye Guest	47	26
14	Afan Nedd Tawe	orange	74	Nia Lewis	45	24
15	Powys	sky	108	Jessica Kennedy	44	22
16	Afan Nedd Tawe	orange	73	Laura Trotter	38	20