

# Competition Results

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Team                   | Colour | Score | OR | P8 | 4x1 | 4x2 | 2LR | 4LR | 6LR | S  | SB | SLJ | STJ | VJ |
|---------|------------------------|--------|-------|----|----|-----|-----|-----|-----|-----|----|----|-----|-----|----|
| 1       | Powys                  | green  | 577   | 60 | 70 | 70  | 40  | 38  | 38  | 47  | 28 | 58 | 48  | 54  | 26 |
| 2       | Cardiff & Vale of Glam | maroon | 550   | 40 | 60 | 30  | 70  | 56  | 46  | 26  | 46 | 28 | 48  | 48  | 52 |
| 3       | Afan Nedd Tawe         | white  | 507   | 70 | 50 | 40  | 50  | 28  | 46  | 46  | 48 | 31 | 26  | 40  | 32 |
| 4       | Dyfed                  | blue   | 493   | 20 | 40 | 50  | 60  | 48  | 42  | 46  | 44 | 35 | 54  | 24  | 30 |
| 5       | North West Wales       | red    | 418   | 50 | 30 | 60  | 30  | 26  | 10  | 31  | 36 | 37 | 26  | 42  | 40 |
| 6       | North East Wales       | orange | 335   | 30 | 20 | 20  | 20  | 32  | 38  | 24  | 26 | 39 | 26  | 20  | 40 |

# Team Results

# Afan Nedd Tawe (white)

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Team                   | Colour | Score | OR | P8 | 4x1 | 4x2 | 2LR | 4LR | 6LR | S  | SB | SLJ | STJ | VJ |
|---------|------------------------|--------|-------|----|----|-----|-----|-----|-----|-----|----|----|-----|-----|----|
| 1       | Powys                  | green  | 577   | 60 | 70 | 70  | 40  | 38  | 38  | 47  | 28 | 58 | 48  | 54  | 26 |
| 2       | Cardiff & Vale of Glam | maroon | 550   | 40 | 60 | 30  | 70  | 56  | 46  | 26  | 46 | 28 | 48  | 48  | 52 |
| 3       | Afan Nedd Tawe         | white  | 507   | 70 | 50 | 40  | 50  | 28  | 46  | 46  | 48 | 31 | 26  | 40  | 32 |
| 4       | Dyfed                  | blue   | 493   | 20 | 40 | 50  | 60  | 48  | 42  | 46  | 44 | 35 | 54  | 24  | 30 |
| 5       | North West Wales       | red    | 418   | 50 | 30 | 60  | 30  | 26  | 10  | 31  | 36 | 37 | 26  | 42  | 40 |
| 6       | North East Wales       | orange | 335   | 30 | 20 | 20  | 20  | 32  | 38  | 24  | 26 | 39 | 26  | 20  | 40 |

| Comp No | Name                    | Event | Perf1  | Perf2 | Perf3 | Perf4 | Best   | Ranking | Points |
|---------|-------------------------|-------|--------|-------|-------|-------|--------|---------|--------|
| 1       | Hannah Davies           | STJ   | 6.00   | 6.00  | 6.02  | 5.86  | 6.02   | 4       | 24     |
| 2       | Holli Evans             | 4LR   | 58.3   | 58.6  |       |       | 58.6   | 1       | 30     |
| 2       | Holli Evans             | SLJ   | 1.88   | 2.00  | 2.00  | 2.00  | 2.00   | 8       | 16     |
| 3       | Bronwen Maine           | VJ    | 47     | 45    | 48    | 47    | 48     | 7       | 18     |
| 4       | Grace Thomas            | S     | 6.93   | 7.25  | 6.74  | 7.36  | 7.36   | 7       | 18     |
| 5       | Chloe Hopkins           | 4LR   | 1:04.2 | 0.0   |       |       | 1:04.2 | 8       | 16     |
| 5       | Chloe Hopkins           | SB    | 63     |       |       |       | 63     | 7       | 18     |
| 6       | Lowri Bater             | 2LR   | 28.3   | 0.0   |       |       | 28.3   | 11      | 10     |
| 6       | Lowri Bater             | VJ    | 41     | 46    | 3     | 43    | 46     | 9       | 14     |
| 7       | Bronwen Stratton-Thomas | 6LR   | 1:35.8 |       |       |       | 1:35.8 | 1       | 30     |
| 9       | Ellie D'Auria           | SLJ   | 1.82   | 1.84  | 1.80  | 1.84  | 1.84   | 11      | 10     |
| 10      | Marriane Hopkins        | S     | 9.73   | 10.52 | 9.39  | 9.64  | 10.52  | 1       | 30     |
| 11      | Bethany Moule           | 2LR   | 27.6   | 0.0   |       |       | 27.6   | 7       | 18     |
| 11      | Bethany Moule           | SB    | 62     |       |       |       | 62     | 8=      | 13     |
| 12      | Alana Rees              | 6LR   | 1:39.6 |       |       |       | 1:39.6 | 8       | 16     |
| 12      | Alana Rees              | STJ   | 5.78   | 5.55  | 0.00  | 0.00  | 5.78   | 8       | 16     |

# Team Results

# Cardiff & Vale of Glam (maroon)

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Team                   | Colour | Score | OR | P8 | 4x1 | 4x2 | 2LR | 4LR | 6LR | S  | SB | SLJ | STJ | VJ |
|---------|------------------------|--------|-------|----|----|-----|-----|-----|-----|-----|----|----|-----|-----|----|
| 1       | Powys                  | green  | 577   | 60 | 70 | 70  | 40  | 38  | 38  | 47  | 28 | 58 | 48  | 54  | 26 |
| 2       | Cardiff & Vale of Glam | maroon | 550   | 40 | 60 | 30  | 70  | 56  | 46  | 26  | 46 | 28 | 48  | 48  | 52 |
| 3       | Afan Nedd Tawe         | white  | 507   | 70 | 50 | 40  | 50  | 28  | 46  | 46  | 48 | 31 | 26  | 40  | 32 |
| 4       | Dyfed                  | blue   | 493   | 20 | 40 | 50  | 60  | 48  | 42  | 46  | 44 | 35 | 54  | 24  | 30 |
| 5       | North West Wales       | red    | 418   | 50 | 30 | 60  | 30  | 26  | 10  | 31  | 36 | 37 | 26  | 42  | 40 |
| 6       | North East Wales       | orange | 335   | 30 | 20 | 20  | 20  | 32  | 38  | 24  | 26 | 39 | 26  | 20  | 40 |

| Comp No | Name           | Event | Perf1  | Perf2 | Perf3 | Perf4 | Best   | Ranking | Points |
|---------|----------------|-------|--------|-------|-------|-------|--------|---------|--------|
| 13      | Lana Culliford | 2LR   | 26.6   | 26.3  |       |       | 26.3   | 1       | 30     |
| 13      | Lana Culliford | SLJ   | 2.04   | 1.94  | 2.08  | 2.06  | 2.08   | 6       | 20     |
| 14      | Jordon Meek    | 2LR   | 26.5   | 26.4  |       |       | 26.4   | 3       | 26     |
| 14      | Jordon Meek    | STJ   | 6.34   | 6.54  | 6.29  | 6.42  | 6.54   | 1       | 30     |
| 15      | Bruno Calvalho | 4LR   | 1:03.7 | 0.0   |       |       | 1:03.7 | 7       | 18     |
| 15      | Bruno Calvalho | SB    | 60     |       |       |       | 60     | 12      | 8      |
| 16      | Meriel Clode   | 4LR   | 59.4   | 59.7  |       |       | 59.7   | 2       | 28     |
| 18      | Seren Davies   | 6LR   | 1:37.4 |       |       |       | 1:37.4 | 3       | 26     |
| 18      | Seren Davies   | VJ    | 47     | 47    | 50    | 47    | 50     | 5       | 22     |
| 19      | Maddie Emery   | STJ   | 5.64   | 5.62  | 5.89  | 5.77  | 5.89   | 7       | 18     |
| 20      | Tirion Evans   | VJ    | 54     | 58    | 58    | 57    | 58     | 1       | 30     |
| 21      | Ffion McNamee  | SB    | 64     |       |       |       | 64     | 6       | 20     |
| 22      | Jessie O'Brian | S     | 6.87   | 7.82  | 8.30  | 8.10  | 8.30   | 4       | 24     |
| 23      | Sasha Edwards  | S     | 7.13   | 7.46  | 6.70  | 7.31  | 7.46   | 5       | 22     |
| 24      | Megan Hodgson  | SLJ   | 2.12   | 2.20  | 2.16  | 2.20  | 2.20   | 2       | 28     |

# Team Results

# Dyfed (blue)

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Team                   | Colour | Score | OR | P8 | 4x1 | 4x2 | 2LR | 4LR | 6LR | S  | SB | SLJ | STJ | VJ |
|---------|------------------------|--------|-------|----|----|-----|-----|-----|-----|-----|----|----|-----|-----|----|
| 1       | Powys                  | green  | 577   | 60 | 70 | 70  | 40  | 38  | 38  | 47  | 28 | 58 | 48  | 54  | 26 |
| 2       | Cardiff & Vale of Glam | maroon | 550   | 40 | 60 | 30  | 70  | 56  | 46  | 26  | 46 | 28 | 48  | 48  | 52 |
| 3       | Afan Nedd Tawe         | white  | 507   | 70 | 50 | 40  | 50  | 28  | 46  | 46  | 48 | 31 | 26  | 40  | 32 |
| 4       | Dyfed                  | blue   | 493   | 20 | 40 | 50  | 60  | 48  | 42  | 46  | 44 | 35 | 54  | 24  | 30 |
| 5       | North West Wales       | red    | 418   | 50 | 30 | 60  | 30  | 26  | 10  | 31  | 36 | 37 | 26  | 42  | 40 |
| 6       | North East Wales       | orange | 335   | 30 | 20 | 20  | 20  | 32  | 38  | 24  | 26 | 39 | 26  | 20  | 40 |

| Comp No | Name           | Event | Perf1  | Perf2  | Perf3 | Perf4 | Best   | Ranking | Points |
|---------|----------------|-------|--------|--------|-------|-------|--------|---------|--------|
| 25      | Alicia Samuel  | 2LR   | 26.4   | 26.4   |       |       | 26.4   | 2       | 28     |
| 25      | Alicia Samuel  | SLJ   | 2.24   | 2.26   | 2.26  | 2.18  | 2.26   | 1       | 30     |
| 26      | Meghan Owens   | 2LR   | 27.2   | 28.7   |       |       | 28.7   | 6       | 20     |
| 26      | Meghan Owens   | S     | 5.53   | 5.79   | 7.00  | 6.61  | 7.00   | 8       | 16     |
| 27      | Ellen Morris   | 4LR   | 1:01.9 | 1:01.8 |       |       | 1:01.8 | 6       | 20     |
| 27      | Ellen Morris   | STJ   | 5.63   | 5.64   | 5.75  | 5.52  | 5.75   | 9       | 14     |
| 28      | Lydia Morgan   | 4LR   | 1:01.2 | 1:01.7 |       |       | 1:01.7 | 5       | 22     |
| 28      | Lydia Morgan   | STJ   | 5.04   | 5.22   | 5.03  | 5.00  | 5.22   | 11      | 10     |
| 29      | Nam Morgan     | 6LR   | 1:38.2 |        |       |       | 1:38.2 | 4       | 24     |
| 29      | Nam Morgan     | SB    | 62     |        |       |       | 62     | 8=      | 13     |
| 30      | Cerys Davies   | 6LR   | 1:38.5 |        |       |       | 1:38.5 | 5       | 22     |
| 31      | Danielle Jones | S     | 9.61   | 9.59   | 9.45  | 9.51  | 9.61   | 2       | 28     |
| 32      | Celyn Lazenby  | SLJ   | 2.06   | 2.10   | 2.08  | 2.14  | 2.14   | 4       | 24     |
| 33      | Celyn Williams | SB    | 67     |        |       |       | 67     | 5       | 22     |
| 34      | Josie Siwak    | VJ    | 47     | 48     | 44    | 48    | 48     | 6       | 20     |
| 35      | Katie Jones    | VJ    | 43     | 42     | 41    | 45    | 45     | 11      | 10     |

# Team Results

# North East Wales (orange)

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Team                   | Colour | Score | OR | P8 | 4x1 | 4x2 | 2LR | 4LR | 6LR | S  | SB | SLJ | STJ | VJ |
|---------|------------------------|--------|-------|----|----|-----|-----|-----|-----|-----|----|----|-----|-----|----|
| 1       | Powys                  | green  | 577   | 60 | 70 | 70  | 40  | 38  | 38  | 47  | 28 | 58 | 48  | 54  | 26 |
| 2       | Cardiff & Vale of Glam | maroon | 550   | 40 | 60 | 30  | 70  | 56  | 46  | 26  | 46 | 28 | 48  | 48  | 52 |
| 3       | Afan Nedd Tawe         | white  | 507   | 70 | 50 | 40  | 50  | 28  | 46  | 46  | 48 | 31 | 26  | 40  | 32 |
| 4       | Dyfed                  | blue   | 493   | 20 | 40 | 50  | 60  | 48  | 42  | 46  | 44 | 35 | 54  | 24  | 30 |
| 5       | North West Wales       | red    | 418   | 50 | 30 | 60  | 30  | 26  | 10  | 31  | 36 | 37 | 26  | 42  | 40 |
| 6       | North East Wales       | orange | 335   | 30 | 20 | 20  | 20  | 32  | 38  | 24  | 26 | 39 | 26  | 20  | 40 |

| Comp No | Name                | Event | Perf1  | Perf2  | Perf3 | Perf4 | Best   | Ranking | Points |
|---------|---------------------|-------|--------|--------|-------|-------|--------|---------|--------|
| 49      | Laura Wilson        | 4LR   | 1:05.7 | 0.0    |       |       | 1:05.7 | 10      | 12     |
| 49      | Laura Wilson        | SLJ   | 1.98   | 2.02   | 2.08  | 2.06  | 2.08   | 7       | 18     |
| 50      | Molly James         | S     | 0.00   | 5.78   | 5.20  | 6.44  | 6.44   | 9       | 14     |
| 51      | Natalia Gawlikowska | VJ    | 51     | 50     | 50    | 45    | 51     | 4       | 24     |
| 52      | Nia Hunt            | SB    | 62     |        |       |       | 62     | 8=      | 13     |
| 53      | Sorrel Walsh        | 6LR   | 1:46.0 |        |       |       | 1:46.0 | 11      | 10     |
| 53      | Sorrel Walsh        | S     | 0.00   | 4.86   | 5.48  | 4.23  | 5.48   | 10      | 12     |
| 54      | Teegan Hewitt       | 4LR   | 59.6   | 1:00.2 |       |       | 1:00.2 | 3       | 26     |
| 54      | Teegan Hewitt       | STJ   | 5.52   | 5.34   | 5.23  | 5.35  | 5.52   | 10      | 12     |
| 55      | Leanne Bithell      | 2LR   | 29.4   | 0.0    |       |       | 29.4   | 12      | 8      |
| 55      | Leanne Bithell      | SLJ   | 1.62   | 1.66   | 1.64  | 1.60  | 1.66   | 12      | 8      |
| 56      | Lucy Roberts        | STJ   | 0.00   | 4.47   | 4.64  | 4.73  | 4.73   | 12      | 8      |
| 57      | Abbie Wooding       | 2LR   | 27.2   | 26.9   |       |       | 26.9   | 4       | 24     |
| 57      | Abbie Wooding       | VJ    | 47     | 46     | 48    | 45    | 48     | 8       | 16     |
| 58      | Keri Ann Paris      | 6LR   | 1:39.7 |        |       |       | 1:39.7 | 9       | 14     |
| 58      | Keri Ann Paris      | SB    | 71     |        |       |       | 71     | 3       | 26     |

# Team Results

# North West Wales (red)

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Team                   | Colour | Score | OR | P8 | 4x1 | 4x2 | 2LR | 4LR | 6LR | S  | SB | SLJ | STJ | VJ |
|---------|------------------------|--------|-------|----|----|-----|-----|-----|-----|-----|----|----|-----|-----|----|
| 1       | Powys                  | green  | 577   | 60 | 70 | 70  | 40  | 38  | 38  | 47  | 28 | 58 | 48  | 54  | 26 |
| 2       | Cardiff & Vale of Glam | maroon | 550   | 40 | 60 | 30  | 70  | 56  | 46  | 26  | 46 | 28 | 48  | 48  | 52 |
| 3       | Afan Nedd Tawe         | white  | 507   | 70 | 50 | 40  | 50  | 28  | 46  | 46  | 48 | 31 | 26  | 40  | 32 |
| 4       | Dyfed                  | blue   | 493   | 20 | 40 | 50  | 60  | 48  | 42  | 46  | 44 | 35 | 54  | 24  | 30 |
| 5       | North West Wales       | red    | 418   | 50 | 30 | 60  | 30  | 26  | 10  | 31  | 36 | 37 | 26  | 42  | 40 |
| 6       | North East Wales       | orange | 335   | 30 | 20 | 20  | 20  | 32  | 38  | 24  | 26 | 39 | 26  | 20  | 40 |

| Comp No | Name             | Event | Perf1  | Perf2 | Perf3 | Perf4 | Best   | Ranking | Points |
|---------|------------------|-------|--------|-------|-------|-------|--------|---------|--------|
| 61      | Elliw Rowlands   | 2LR   | 28.2   | 0.0   |       |       | 28.2   | 10      | 12     |
| 61      | Elliw Rowlands   | SLJ   | 1.92   | 1.92  | 1.86  | 1.92  | 1.92   | 9       | 14     |
| 62      | Gwenlli Gruffydd | STJ   | 5.93   | 5.79  | 5.68  | 5.76  | 5.93   | 6       | 20     |
| 64      | Sophie Ellis     | S     | 7.77   | 8.64  | 7.44  | 7.91  | 8.64   | 3       | 26     |
| 65      | Lucy Laurence    | 6LR   | 1:41.2 |       |       |       | 1:41.2 | 10      | 12     |
| 65      | Lucy Laurence    | S     | 4.95   | 5.00  | 4.91  | 4.65  | 5.00   | 11      | 10     |
| 66      | Louise Martin    | 6LR   | 1:38.6 |       |       |       | 1:38.6 | 6=      | 19     |
| 66      | Louise Martin    | SLJ   | 1.80   | 1.88  | 1.80  | 1.66  | 1.88   | 10      | 12     |
| 67      | Erin Maloney     | VJ    | 44     | 44    | 45    | 45    | 45     | 10      | 12     |
| 68      | Beca Nia         | 4LR   | 1:05.8 | 0.0   |       |       | 1:05.8 | 11      | 10     |
| 69      | Annya Williams   | 2LR   | 27.8   | 0.0   |       |       | 27.8   | 9       | 14     |
| 69      | Annya Williams   | SB    | 62     |       |       |       | 62     | 8=      | 13     |
| 70      | Cerys Twigg      | STJ   | 5.84   | 5.90  | 6.01  | 5.57  | 6.01   | 5       | 22     |
| 71      | Sasha Cowley     | VJ    | 50     | 54    | 51    | 54    | 54     | 2       | 28     |
| 72      | Sara Rodrigues   | SB    | 69     |       |       |       | 69     | 4       | 24     |

# Team Results

# Powys (green)

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Team                   | Colour | Score | OR | P8 | 4x1 | 4x2 | 2LR | 4LR | 6LR | S  | SB | SLJ | STJ | VJ |
|---------|------------------------|--------|-------|----|----|-----|-----|-----|-----|-----|----|----|-----|-----|----|
| 1       | Powys                  | green  | 577   | 60 | 70 | 70  | 40  | 38  | 38  | 47  | 28 | 58 | 48  | 54  | 26 |
| 2       | Cardiff & Vale of Glam | maroon | 550   | 40 | 60 | 30  | 70  | 56  | 46  | 26  | 46 | 28 | 48  | 48  | 52 |
| 3       | Afan Nedd Tawe         | white  | 507   | 70 | 50 | 40  | 50  | 28  | 46  | 46  | 48 | 31 | 26  | 40  | 32 |
| 4       | Dyfed                  | blue   | 493   | 20 | 40 | 50  | 60  | 48  | 42  | 46  | 44 | 35 | 54  | 24  | 30 |
| 5       | North West Wales       | red    | 418   | 50 | 30 | 60  | 30  | 26  | 10  | 31  | 36 | 37 | 26  | 42  | 40 |
| 6       | North East Wales       | orange | 335   | 30 | 20 | 20  | 20  | 32  | 38  | 24  | 26 | 39 | 26  | 20  | 40 |

| Comp No | Name           | Event | Perf1  | Perf2  | Perf3 | Perf4 | Best   | Ranking | Points |
|---------|----------------|-------|--------|--------|-------|-------|--------|---------|--------|
| 73      | Helen Evans    | 2LR   | 27.7   | 0.0    |       |       | 27.7   | 8       | 16     |
| 74      | Grug Evans     | 2LR   | 27.3   | 28.1   |       |       | 28.1   | 5       | 22     |
| 74      | Grug Evans     | S     | 0.00   | 4.31   | 0.00  | 4.54  | 4.54   | 12      | 8      |
| 75      | Ffion Lewis    | 4LR   | 58.4   | 1:00.3 |       |       | 1:00.3 | 4       | 24     |
| 75      | Ffion Lewis    | SB    | 79     |        |       |       | 79     | 1=      | 29     |
| 76      | Bethany Lloyd  | 4LR   | 1:04.3 | 0.0    |       |       | 1:04.3 | 9       | 14     |
| 76      | Bethany Lloyd  | VJ    | 0      | 0      | 0     | 0     | 0      |         |        |
| 77      | Savannah Evans | 6LR   | 1:36.3 |        |       |       | 1:36.3 | 2       | 28     |
| 77      | Savannah Evans | SLJ   | 2.12   | 2.18   | 2.12  | 2.14  | 2.18   | 3       | 26     |
| 78      | Rhian Farmer   | 6LR   | 1:38.6 |        |       |       | 1:38.6 | 6=      | 19     |
| 79      | Lucy Hinkley   | SLJ   | 2.00   | 2.00   | 2.04  | 2.10  | 2.10   | 5       | 22     |
| 80      | Bethan Davies  | STJ   | 6.18   | 6.13   | 6.03  | 6.21  | 6.21   | 3       | 26     |
| 81      | Zoe Kuipers    | STJ   | 0.00   | 6.15   | 6.26  | 6.14  | 6.26   | 2       | 28     |
| 82      | Ashlyn Brown   | VJ    | 48     | 53     | 53    | 37    | 53     | 3       | 26     |
| 83      | Amy Owen       | S     | 7.36   | 7.40   | 6.99  | 6.67  | 7.40   | 6       | 20     |
| 84      | Kate Pugh      | SB    | 79     |        |       |       | 79     | 1=      | 29     |

# Results Sheet

# Obstacle Relay

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Code | Team                   | Colour | Heat   | Final | Performance | Points |
|---------|------|------------------------|--------|--------|-------|-------------|--------|
| 1       | 01   | Afan Nedd Tawe         | white  | 1:26.7 | 0.0   | 1:26.7      | 70.0   |
| 2       | 07   | Powys                  | green  | 1:28.4 | 0.0   | 1:28.4      | 60.0   |
| 3       | 06   | North West Wales       | red    | 1:29.1 | 0.0   | 1:29.1      | 50.0   |
| 4       | 02   | Cardiff & Vale of Glam | maroon | 1:30.2 | 0.0   | 1:30.2      | 40.0   |
| 5       | 05   | North East Wales       | orange | 1:35.3 | 0.0   | 1:35.3      | 30.0   |
| 6       | 03   | Dyfed                  | blue   | 1:35.5 | 0.0   | 1:35.5      | 20.0   |



# Results Sheet

# 2 Lap Race

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Team                   | Colour | Points |
|---------|------------------------|--------|--------|
| 1       | Cardiff & Vale of Glam | maroon | 56     |
| 2       | Dyfed                  | blue   | 48     |
| 3       | Powys                  | green  | 38     |
| 4       | North East Wales       | orange | 32     |
| 5       | Afan Nedd Tawe         | white  | 28     |
| 6       | North West Wales       | red    | 26     |

| Ranking | Team                   | Colour | BibNo | Name           | Best | Points |
|---------|------------------------|--------|-------|----------------|------|--------|
| 1       | Cardiff & Vale of Glam | maroon | 13    | Lana Culliford | 26.3 | 30     |
| 2       | Dyfed                  | blue   | 25    | Alicia Samuel  | 26.4 | 28     |
| 3       | Cardiff & Vale of Glam | maroon | 14    | Jordon Meek    | 26.4 | 26     |
| 4       | North East Wales       | orange | 57    | Abbie Wooding  | 26.9 | 24     |
| 5       | Powys                  | green  | 74    | Grug Evans     | 28.1 | 22     |
| 6       | Dyfed                  | blue   | 26    | Meghan Owens   | 28.7 | 20     |
| 7       | Afan Nedd Tawe         | white  | 11    | Bethany Moule  | 27.6 | 18     |
| 8       | Powys                  | green  | 73    | Helen Evans    | 27.7 | 16     |
| 9       | North West Wales       | red    | 69    | Annya Williams | 27.8 | 14     |
| 10      | North West Wales       | red    | 61    | Elliw Rowlands | 28.2 | 12     |
| 11      | Afan Nedd Tawe         | white  | 6     | Lowri Bater    | 28.3 | 10     |
| 12      | North East Wales       | orange | 55    | Leanne Bithell | 29.4 | 8      |

# Results Sheet

# 4 Lap Race

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Team                   | Colour | Points |
|---------|------------------------|--------|--------|
| 1=      | Afan Nedd Tawe         | white  | 46     |
| 1=      | Cardiff & Vale of Glam | maroon | 46     |
| 3       | Dyfed                  | blue   | 42     |
| 4=      | North East Wales       | orange | 38     |
| 4=      | Powys                  | green  | 38     |
| 6       | North West Wales       | red    | 10     |

| Ranking | Team                   | Colour | BibNo | Name           | Best   | Points |
|---------|------------------------|--------|-------|----------------|--------|--------|
| 1       | Afan Nedd Tawe         | white  | 2     | Holli Evans    | 58.6   | 30     |
| 2       | Cardiff & Vale of Glam | maroon | 16    | Meriel Clode   | 59.7   | 28     |
| 3       | North East Wales       | orange | 54    | Teegan Hewitt  | 1:00.2 | 26     |
| 4       | Powys                  | green  | 75    | Ffion Lewis    | 1:00.3 | 24     |
| 5       | Dyfed                  | blue   | 28    | Lydia Morgan   | 1:01.7 | 22     |
| 6       | Dyfed                  | blue   | 27    | Ellen Morris   | 1:01.8 | 20     |
| 7       | Cardiff & Vale of Glam | maroon | 15    | Bruno Calvalho | 1:03.7 | 18     |
| 8       | Afan Nedd Tawe         | white  | 5     | Chloe Hopkins  | 1:04.2 | 16     |
| 9       | Powys                  | green  | 76    | Bethany Lloyd  | 1:04.3 | 14     |
| 10      | North East Wales       | orange | 49    | Laura Wilson   | 1:05.7 | 12     |
| 11      | North West Wales       | red    | 68    | Beca Nia       | 1:05.8 | 10     |

# Results Sheet

# 6 Lap Time Trial

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Team                   | Colour | Points |
|---------|------------------------|--------|--------|
| 1       | Powys                  | green  | 47     |
| 2=      | Afan Nedd Tawe         | white  | 46     |
| 2=      | Dyfed                  | blue   | 46     |
| 4       | North West Wales       | red    | 31     |
| 5       | Cardiff & Vale of Glam | maroon | 26     |
| 6       | North East Wales       | orange | 24     |

| Ranking | Team                   | Colour | BibNo | Name                    | Best   | Points |
|---------|------------------------|--------|-------|-------------------------|--------|--------|
| 1       | Afan Nedd Tawe         | white  | 7     | Bronwen Stratton-Thomas | 1:35.8 | 30     |
| 2       | Powys                  | green  | 77    | Savannah Evans          | 1:36.3 | 28     |
| 3       | Cardiff & Vale of Glam | maroon | 18    | Seren Davies            | 1:37.4 | 26     |
| 4       | Dyfed                  | blue   | 29    | Nam Morgan              | 1:38.2 | 24     |
| 5       | Dyfed                  | blue   | 30    | Cerys Davies            | 1:38.5 | 22     |
| 6=      | North West Wales       | red    | 66    | Louise Martin           | 1:38.6 | 19     |
| 6=      | Powys                  | green  | 78    | Rhian Farmer            | 1:38.6 | 19     |
| 8       | Afan Nedd Tawe         | white  | 12    | Alana Rees              | 1:39.6 | 16     |
| 9       | North East Wales       | orange | 58    | Keri Ann Paris          | 1:39.7 | 14     |
| 10      | North West Wales       | red    | 65    | Lucy Laurence           | 1:41.2 | 12     |
| 11      | North East Wales       | orange | 53    | Sorrel Walsh            | 1:46.0 | 10     |

# Results Sheet

# 8 Lap Paarlauf

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Code | Team                   | Colour | Heat   | Final | Performance | Points |
|---------|------|------------------------|--------|--------|-------|-------------|--------|
| 1       | 07   | Powys                  | green  | 1:57.3 | 0.0   | 1:57.3      | 70.0   |
| 2       | 02   | Cardiff & Vale of Glam | maroon | 1:58.7 | 0.0   | 1:58.7      | 60.0   |
| 3       | 01   | Afan Nedd Tawe         | white  | 2:01.1 | 0.0   | 2:01.1      | 50.0   |
| 4       | 03   | Dyfed                  | blue   | 2:03.4 | 0.0   | 2:03.4      | 40.0   |
| 5       | 06   | North West Wales       | red    | 2:06.3 | 0.0   | 2:06.3      | 30.0   |
| 6       | 05   | North East Wales       | orange | 2:07.3 | 0.0   | 2:07.3      | 20.0   |

# Results Sheet

# 4 x 1 Lap Relay

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Code | Team                   | Colour | Heat | Final | Performance | Points |
|---------|------|------------------------|--------|------|-------|-------------|--------|
| 1       | 07   | Powys                  | green  | 53.4 | 0.0   | 53.4        | 70.0   |
| 2       | 06   | North West Wales       | red    | 53.5 | 0.0   | 53.5        | 60.0   |
| 3       | 03   | Dyfed                  | blue   | 53.9 | 0.0   | 53.9        | 50.0   |
| 4       | 01   | Afan Nedd Tawe         | white  | 54.2 | 0.0   | 54.2        | 40.0   |
| 5       | 02   | Cardiff & Vale of Glam | maroon | 55.2 | 0.0   | 55.2        | 30.0   |
| 6       | 05   | North East Wales       | orange | 57.4 | 0.0   | 57.4        | 20.0   |

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Code | Team                   | Colour | Heat   | Final | Performance | Points |
|---------|------|------------------------|--------|--------|-------|-------------|--------|
| 1       | 02   | Cardiff & Vale of Glam | maroon | 1:48.9 | 0.0   | 1:48.9      | 70.0   |
| 2       | 03   | Dyfed                  | blue   | 1:49.3 | 0.0   | 1:49.3      | 60.0   |
| 3       | 01   | Afan Nedd Tawe         | white  | 1:50.1 | 0.0   | 1:50.1      | 50.0   |
| 4       | 07   | Powys                  | green  | 1:51.2 | 0.0   | 1:51.2      | 40.0   |
| 5       | 06   | North West Wales       | red    | 1:52.8 | 0.0   | 1:52.8      | 30.0   |
| 6       | 05   | North East Wales       | orange | 1:56.2 | 0.0   | 1:56.2      | 20.0   |

# Results Sheet

# Shot

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Team                   | Colour | Points |
|---------|------------------------|--------|--------|
| 1       | Afan Nedd Tawe         | white  | 48     |
| 2       | Cardiff & Vale of Glam | maroon | 46     |
| 3       | Dyfed                  | blue   | 44     |
| 4       | North West Wales       | red    | 36     |
| 5       | Powys                  | green  | 28     |
| 6       | North East Wales       | orange | 26     |

| Ranking | Team                   | Colour | BibNo | Name             | Best  | Points |
|---------|------------------------|--------|-------|------------------|-------|--------|
| 1       | Afan Nedd Tawe         | white  | 10    | Marriane Hopkins | 10.52 | 30     |
| 2       | Dyfed                  | blue   | 31    | Danielle Jones   | 9.61  | 28     |
| 3       | North West Wales       | red    | 64    | Sophie Ellis     | 8.64  | 26     |
| 4       | Cardiff & Vale of Glam | maroon | 22    | Jessie O'Brian   | 8.30  | 24     |
| 5       | Cardiff & Vale of Glam | maroon | 23    | Sasha Edwards    | 7.46  | 22     |
| 6       | Powys                  | green  | 83    | Amy Owen         | 7.40  | 20     |
| 7       | Afan Nedd Tawe         | white  | 4     | Grace Thomas     | 7.36  | 18     |
| 8       | Dyfed                  | blue   | 26    | Meghan Owens     | 7.00  | 16     |
| 9       | North East Wales       | orange | 50    | Molly James      | 6.44  | 14     |
| 10      | North East Wales       | orange | 53    | Sorrel Walsh     | 5.48  | 12     |
| 11      | North West Wales       | red    | 65    | Lucy Laurence    | 5.00  | 10     |
| 12      | Powys                  | green  | 74    | Grug Evans       | 4.54  | 8      |

# Results Sheet

# Speed Bounce

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Team                   | Colour | Points |
|---------|------------------------|--------|--------|
| 1       | Powys                  | green  | 58     |
| 2       | North East Wales       | orange | 39     |
| 3       | North West Wales       | red    | 37     |
| 4       | Dyfed                  | blue   | 35     |
| 5       | Afan Nedd Tawe         | white  | 31     |
| 6       | Cardiff & Vale of Glam | maroon | 28     |

| Ranking | Team                   | Colour | BibNo | Name           | Total | Points |
|---------|------------------------|--------|-------|----------------|-------|--------|
| 1=      | Powys                  | green  | 75    | Ffion Lewis    | 79    | 29     |
| 1=      | Powys                  | green  | 84    | Kate Pugh      | 79    | 29     |
| 3       | North East Wales       | orange | 58    | Keri Ann Paris | 71    | 26     |
| 4       | North West Wales       | red    | 72    | Sara Rodrigues | 69    | 24     |
| 5       | Dyfed                  | blue   | 33    | Celyn Williams | 67    | 22     |
| 6       | Cardiff & Vale of Glam | maroon | 21    | Ffion McNamee  | 64    | 20     |
| 7       | Afan Nedd Tawe         | white  | 5     | Chloe Hopkins  | 63    | 18     |
| 8=      | Afan Nedd Tawe         | white  | 11    | Bethany Moule  | 62    | 13     |
| 8=      | Dyfed                  | blue   | 29    | Nam Morgan     | 62    | 13     |
| 8=      | North East Wales       | orange | 52    | Nia Hunt       | 62    | 13     |
| 8=      | North West Wales       | red    | 69    | Annya Williams | 62    | 13     |
| 12      | Cardiff & Vale of Glam | maroon | 15    | Bruno Calvalho | 60    | 8      |



# Results Sheet

# Standing Long Jump

**Competition:**  
Sportshall Welsh Final Under 13 Girls

**Venue:**  
Cwmbran Stadium Sports Centre

**Date**  
9 Mar 2014

| Ranking | Team                   | Colour | Points |
|---------|------------------------|--------|--------|
| 1       | Dyfed                  | blue   | 54     |
| 2=      | Cardiff & Vale of Glam | maroon | 48     |
| 2=      | Powys                  | green  | 48     |
| 4=      | Afan Nedd Tawe         | white  | 26     |
| 4=      | North East Wales       | orange | 26     |
| 4=      | North West Wales       | red    | 26     |

| Ranking | Team                   | Colour | BibNo | Name           | Best | Points |
|---------|------------------------|--------|-------|----------------|------|--------|
| 1       | Dyfed                  | blue   | 25    | Alicia Samuel  | 2.26 | 30     |
| 2       | Cardiff & Vale of Glam | maroon | 24    | Megan Hodgson  | 2.20 | 28     |
| 3       | Powys                  | green  | 77    | Savannah Evans | 2.18 | 26     |
| 4       | Dyfed                  | blue   | 32    | Celyn Lazenby  | 2.14 | 24     |
| 5       | Powys                  | green  | 79    | Lucy Hinkley   | 2.10 | 22     |
| 6       | Cardiff & Vale of Glam | maroon | 13    | Lana Culliford | 2.08 | 20     |
| 7       | North East Wales       | orange | 49    | Laura Wilson   | 2.08 | 18     |
| 8       | Afan Nedd Tawe         | white  | 2     | Holli Evans    | 2.00 | 16     |
| 9       | North West Wales       | red    | 61    | Elliw Rowlands | 1.92 | 14     |
| 10      | North West Wales       | red    | 66    | Louise Martin  | 1.88 | 12     |
| 11      | Afan Nedd Tawe         | white  | 9     | Ellie D'Auria  | 1.84 | 10     |
| 12      | North East Wales       | orange | 55    | Leanne Bithell | 1.66 | 8      |

# Results Sheet

# Standing Triple Jump

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Team                   | Colour | Points |
|---------|------------------------|--------|--------|
| 1       | Powys                  | green  | 54     |
| 2       | Cardiff & Vale of Glam | maroon | 48     |
| 3       | North West Wales       | red    | 42     |
| 4       | Afan Nedd Tawe         | white  | 40     |
| 5       | Dyfed                  | blue   | 24     |
| 6       | North East Wales       | orange | 20     |

| Ranking | Team                   | Colour | BibNo | Name             | Best | Points |
|---------|------------------------|--------|-------|------------------|------|--------|
| 1       | Cardiff & Vale of Glam | maroon | 14    | Jordon Meek      | 6.54 | 30     |
| 2       | Powys                  | green  | 81    | Zoe Kuipers      | 6.26 | 28     |
| 3       | Powys                  | green  | 80    | Bethan Davies    | 6.21 | 26     |
| 4       | Afan Nedd Tawe         | white  | 1     | Hannah Davies    | 6.02 | 24     |
| 5       | North West Wales       | red    | 70    | Cerys Twigg      | 6.01 | 22     |
| 6       | North West Wales       | red    | 62    | Gwenlli Gruffydd | 5.93 | 20     |
| 7       | Cardiff & Vale of Glam | maroon | 19    | Maddie Emery     | 5.89 | 18     |
| 8       | Afan Nedd Tawe         | white  | 12    | Alana Rees       | 5.78 | 16     |
| 9       | Dyfed                  | blue   | 27    | Ellen Morris     | 5.75 | 14     |
| 10      | North East Wales       | orange | 54    | Teegan Hewitt    | 5.52 | 12     |
| 11      | Dyfed                  | blue   | 28    | Lydia Morgan     | 5.22 | 10     |
| 12      | North East Wales       | orange | 56    | Lucy Roberts     | 4.73 | 8      |

# Results Sheet

# Vertical Jump

## Competition:

Sportshall Welsh Final Under 13 Girls

## Venue:

Cwmbran Stadium Sports Centre

## Date

9 Mar 2014

| Ranking | Team                   | Colour | Points |
|---------|------------------------|--------|--------|
| 1       | Cardiff & Vale of Glam | maroon | 52     |
| 2=      | North East Wales       | orange | 40     |
| 2=      | North West Wales       | red    | 40     |
| 4       | Afan Nedd Tawe         | white  | 32     |
| 5       | Dyfed                  | blue   | 30     |
| 6       | Powys                  | green  | 26     |

| Ranking | Team                   | Colour | BibNo | Name                | Best | Points |
|---------|------------------------|--------|-------|---------------------|------|--------|
| 1       | Cardiff & Vale of Glam | maroon | 20    | Tirion Evans        | 58   | 30     |
| 2       | North West Wales       | red    | 71    | Sasha Cowley        | 54   | 28     |
| 3       | Powys                  | green  | 82    | Ashlyn Brown        | 53   | 26     |
| 4       | North East Wales       | orange | 51    | Natalia Gawlikowska | 51   | 24     |
| 5       | Cardiff & Vale of Glam | maroon | 18    | Seren Davies        | 50   | 22     |
| 6       | Dyfed                  | blue   | 34    | Josie Siwak         | 48   | 20     |
| 7       | Afan Nedd Tawe         | white  | 3     | Bronwen Maine       | 48   | 18     |
| 8       | North East Wales       | orange | 57    | Abbie Wooding       | 48   | 16     |
| 9       | Afan Nedd Tawe         | white  | 6     | Lowri Bater         | 46   | 14     |
| 10      | North West Wales       | red    | 67    | Erin Maloney        | 45   | 12     |
| 11      | Dyfed                  | blue   | 35    | Katie Jones         | 45   | 10     |
|         | Powys                  | green  | 76    | Bethany Lloyd       | 0    | 0      |