

Competition Results

Competition:

Welsh Sportshall Final 2016 Under 15 Girls

Venue:

Cwmbran Sports Centre

Date

13 Mar 2016

Ranking	Team	Score	Individual	P8	4x2
1	Powys	619	509	70	40
2	North West Wales	590	470	60	60
3	North East Wales	535	455	50	30
4	Dyfed	492	422	0	70
5	Afan Nedd Tawe	480	430	0	50
6	Cardiff and the Vale	423	363	40	20

Athlete Results

Competition:

Welsh Sportshall Final 2016 Under 15 Girls

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Ranking	BibNo	Athlete	Team	Score	2LR	4LR	S	SB	SLJ	VJ
1	162	Savannah Evans	Powys	137		48		47	42	
2	164	Ellen Jones	Powys	132		38	48		46	
3	85	Hannah Davies	Afan Nedd Tawe	131	45		36		50	
4	148	Eilar Knight	North East Wales	127	45			32		50
5	156	Cerys Teigy	North West Wales	126		34		50		42
6	131	Alicia Samuel	Dyfed	125	50			27	48	
7	163	Bethan Davies	Powys	124		36	50			38
8	153	Becca Nia	North West Wales	119	34			41	44	
9	132	Niamh Roberts	Dyfed	117	48			30	39	
10=	145	Ellie Williams	North East Wales	116		50		41		25
10=	155	Erin Maloney	North West Wales	116		44	38		34	
10=	159	Helen Evans	Powys	116	42		32			42
13	150	Anna Williams	North East Wales	114		40		44	30	
14	161	Zoe Kuipers	Powys	110	24			47	39	
15	152	Elliw Rowlands	North West Wales	109	40			37		32
16	86	Grace Thomas	Afan Nedd Tawe	108		28	34			46
17	133	Mared Thomas	Dyfed	105	32			37		36
18	93	Nia Riley	Cardiff and the Vale	101		46		21		34
19	157	Medi Montanage	North West Wales	100		42	40		18	
20	149	Lucie White	North East Wales	98	27		42			29
21=	88	Ellie D'Auria	Afan Nedd Tawe	96	30			34	32	
21=	94	Elen Jones	Cardiff and the Vale	96	36			24	36	
21=	154	Elan Jones	North West Wales	96	18		30			48
21=	160	Ashlyn Brown	Powys	96	27			27		42
25	90	Lara Spacey	Afan Nedd Tawe	95		20	46			29
26	97	Nia Grundy	Cardiff and the Vale	89	38		26			25
27	147	Cerys Davies	North East Wales	88	20		44		24	
28	146	Ella Oldfield	North East Wales	82		32	22		28	
29	96	Caitlin Hockley	Cardiff and the Vale	77		30		21	26	
30	134	Lydia Morgan	Dyfed	75		25	28		22	
31	95	Macy Morgan	Cardiff and the Vale	68		22	24			22
32	136	Georgia Coverdale	Dyfed	63		25	18			20
33	92	Scarlett Morley	Cardiff and the Vale	62	22		20		20	
34=	135	Danielle Jones	Dyfed	0						
34=	158	Shamon Jones	North West Wales	0						

Team Results

Afan Nedd Tawe (white)

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Welsh Sportshall Final 2016 Under 15 Girls

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1	Powys	619	509	70	40
2	North West Wales	590	470	60	60
3	North East Wales	535	455	50	30
4	Dyfed	492	422	0	70
5	Afan Nedd Tawe	480	430	0	50
6	Cardiff and the Vale	423	363	40	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
85	Hannah Davies	2LR	26.4				26.4	3=	45
85	Hannah Davies	S	6.80	7.04	7.40		7.40	8	36
85	Hannah Davies	SLJ	2.28	2.23	2.24		2.28	1	50
86	Grace Thomas	4LR	1:00.2				1:00.2	12	28
86	Grace Thomas	S	6.15	7.23	7.19		7.23	9	34
86	Grace Thomas	VJ	55	44	55		55	3	46
88	Ellie D'Auria	2LR	27.8				27.8	11	30
88	Ellie D'Auria	SB	73				73	9	34
88	Ellie D'Auria	SLJ	2.01	2.05	2.05		2.05	10	32
90	Lara Spacey	4LR	1:04.3				1:04.3	16	20
90	Lara Spacey	S	8.05	8.05	7.79		8.05	3	46
90	Lara Spacey	VJ	41	42	44		44	11=	29

Team Results

Cardiff and the Vale (maroon)

Competition:

Welsh Sportshall Final 2016 Under 15 Girls

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Cwmbran Sports Centre

Date

13 Mar 2016

Ranking	Team	Score	Individual	P8	4x2
1	Powys	619	509	70	40
2	North West Wales	590	470	60	60
3	North East Wales	535	455	50	30
4	Dyfed	492	422	0	70
5	Afan Nedd Tawe	480	430	0	50
6	Cardiff and the Vale	423	363	40	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
92	Scarlett Morley	2LR	28.9				28.9	15	22
92	Scarlett Morley	S	5.32	5.55	5.70		5.70	16	20
92	Scarlett Morley	SLJ	1.79	1.73	1.76		1.79	16	20
93	Nia Riley	4LR	57.8				57.8	3	46
93	Nia Riley	SB	62				62	15=	21
93	Nia Riley	VJ	49	44	47		49	9	34
94	Elen Jones	2LR	27.5				27.5	8	36
94	Elen Jones	SB	66				66	14	24
94	Elen Jones	SLJ	2.07	1.99	2.05		2.07	8	36
95	Macy Morgan	4LR	1:01.6				1:01.6	15	22
95	Macy Morgan	S	0.00	6.22	6.49		6.49	14	24
95	Macy Morgan	VJ	35	38	36		38	15	22
96	Caitlin Hockley	4LR	1:00.1				1:00.1	11	30
96	Caitlin Hockley	SB	62				62	15=	21
96	Caitlin Hockley	SLJ	1.79	1.91	1.96		1.96	13	26
97	Nia Grundy	2LR	27.4				27.4	7	38
97	Nia Grundy	S	0.00	6.34	6.58		6.58	13	26
97	Nia Grundy	VJ	38	39	41		41	13=	25

Team Results

Dyfed (navy)

Competition:

Welsh Sportshall Final 2016 Under 15 Girls

Venue:

Cwmbran Sports Centre

Date

13 Mar 2016

Ranking	Team	Score	Individual	P8	4x2
1	Powys	619	509	70	40
2	North West Wales	590	470	60	60
3	North East Wales	535	455	50	30
4	Dyfed	492	422	0	70
5	Afan Nedd Tawe	480	430	0	50
6	Cardiff and the Vale	423	363	40	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
131	Alicia Samuel	2LR	26.1				26.1	1	50
131	Alicia Samuel	SB	70				70	12=	27
131	Alicia Samuel	SLJ	2.25	2.26	2.21		2.26	2	48
132	Niamh Roberts	2LR	26.3				26.3	2	48
132	Niamh Roberts	SB	71				71	11	30
132	Niamh Roberts	SLJ	2.07	2.13	2.07		2.13	6=	39
133	Mared Thomas	2LR	27.7				27.7	10	32
133	Mared Thomas	SB	74				74	7=	37
133	Mared Thomas	VJ	51	51	51		51	8	36
134	Lydia Morgan	4LR	1:01.2				1:01.2	13=	25
134	Lydia Morgan	S	6.14	6.60	6.57		6.60	12	28
134	Lydia Morgan	SLJ	1.81	1.85	1.83		1.85	15	22
135	Danielle Jones	4LR	0.0				0.0		
136	Georgia Coverdale	4LR	1:01.2				1:01.2	13=	25
136	Georgia Coverdale	S	0.00	5.15	0.00		5.15	17	18
136	Georgia Coverdale	VJ	31	33	36		36	16	20

Team Results

North East Wales (blue)

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Cwmbran Sports Centre

Date

13 Mar 2016

Ranking	Team	Score	Individual	P8	4x2
1	Powys	619	509	70	40
2	North West Wales	590	470	60	60
3	North East Wales	535	455	50	30
4	Dyfed	492	422	0	70
5	Afan Nedd Tawe	480	430	0	50
6	Cardiff and the Vale	423	363	40	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
145	Ellie Williams	4LR	57.3				57.3	1	50
145	Ellie Williams	SB	76				76	5=	41
145	Ellie Williams	VJ	39	38	41		41	13=	25
146	Ella Oldfield	4LR	59.8				59.8	10	32
146	Ella Oldfield	S	5.71	6.39	6.10		6.39	15	22
146	Ella Oldfield	SLJ	2.03	2.02	1.94		2.03	12	28
147	Cerys Davies	2LR	29.2				29.2	16	20
147	Cerys Davies	S	0.00	6.42	8.01		8.01	4	44
147	Cerys Davies	SLJ	1.83	1.92	1.89		1.92	14	24
148	Eilar Knight	2LR	26.4				26.4	3=	45
148	Eilar Knight	SB	72				72	10	32
148	Eilar Knight	VJ	58	63	64		64	1	50
149	Lucie White	2LR	28.0				28.0	12=	27
149	Lucie White	S	7.95	7.96	7.70		7.96	5	42
149	Lucie White	VJ	40	44	43		44	11=	29
150	Anna Williams	4LR	58.3				58.3	6	40
150	Anna Williams	SB	78				78	4	44
150	Anna Williams	SLJ	2.02	2.04	2.03		2.04	11	30

Team Results

North West Wales (red)

Competition:

Welsh Sportshall Final 2016 Under 15 Girls

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Cwmbran Sports Centre

Date

13 Mar 2016

Ranking	Team	Score	Individual	P8	4x2
1	Powys	619	509	70	40
2	North West Wales	590	470	60	60
3	North East Wales	535	455	50	30
4	Dyfed	492	422	0	70
5	Afan Nedd Tawe	480	430	0	50
6	Cardiff and the Vale	423	363	40	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
152	Elliw Rowlands	2LR	27.3				27.3	6	40
152	Elliw Rowlands	SB	74				74	7=	37
152	Elliw Rowlands	VJ	48	46	45		48	10	32
153	Becca Nia	2LR	27.6				27.6	9	34
153	Becca Nia	SB	76				76	5=	41
153	Becca Nia	SLJ	2.11	2.15	2.21		2.21	4	44
154	Elan Jones	2LR	29.5				29.5	17	18
154	Elan Jones	S	7.02	0.00	6.84		7.02	11	30
154	Elan Jones	VJ	59	61	61		61	2	48
155	Erin Maloney	4LR	57.9				57.9	4	44
155	Erin Maloney	S	7.68	6.65	6.15		7.68	7	38
155	Erin Maloney	SLJ	2.06	2.02	2.00		2.06	9	34
156	Cerys Teigy	4LR	59.4				59.4	9	34
156	Cerys Teigy	SB	80				80	1	50
156	Cerys Teigy	VJ	51	50	53		53	4=	42
157	Medi Montanage	4LR	58.0				58.0	5	42
157	Medi Montanage	S	7.15	7.80	7.43		7.80	6	40
157	Medi Montanage	SLJ	1.78	1.71	1.75		1.78	17	18

Team Results

Powys (bottle green)

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1	Powys	619	509	70	40
2	North West Wales	590	470	60	60
3	North East Wales	535	455	50	30
4	Dyfed	492	422	0	70
5	Afan Nedd Tawe	480	430	0	50
6	Cardiff and the Vale	423	363	40	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
159	Helen Evans	2LR	27.1				27.1	5	42
159	Helen Evans	S	7.19	6.20	7.00		7.19	10	32
159	Helen Evans	VJ	52	53	53		53	4=	42
160	Ashlyn Brown	2LR	28.0				28.0	12=	27
160	Ashlyn Brown	SB	70				70	12=	27
160	Ashlyn Brown	VJ	51	52	53		53	4=	42
161	Zoe Kuipers	2LR	28.5				28.5	14	24
161	Zoe Kuipers	SB	79				79	2=	47
161	Zoe Kuipers	SLJ	2.11	2.10	2.13		2.13	6=	39
162	Savannah Evans	4LR	57.7				57.7	2	48
162	Savannah Evans	SB	79				79	2=	47
162	Savannah Evans	SLJ	1.98	2.20	2.16		2.20	5	42
163	Bethan Davies	4LR	59.0				59.0	8	36
163	Bethan Davies	S	7.41	8.36	8.65		8.65	1	50
163	Bethan Davies	VJ	51	46	52		52	7	38
164	Ellen Jones	4LR	58.8				58.8	7	38
164	Ellen Jones	S	8.39	8.07	7.74		8.39	2	48
164	Ellen Jones	SLJ	2.10	2.25	2.21		2.25	3	46

Results Sheet

2 Lap Race

Competition:

Welsh Sportshall Final 2016 Under 15 Girls

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Cwmbran Sports Centre

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13 Mar 2016

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	Navy	131	Alicia Samuel	26.1	50
2	Dyfed	Navy	132	Niamh Roberts	26.3	48
3=	Afan Nedd Tawe	White	85	Hannah Davies	26.4	45
3=	North East Wales	Blue	148	Eilar Knight	26.4	45
5	Powys	Bottle Green	159	Helen Evans	27.1	42
6	North West Wales	Red	152	Elliw Rowlands	27.3	40
7	Cardiff and the Vale	Maroon	97	Nia Grundy	27.4	38
8	Cardiff and the Vale	Maroon	94	Elen Jones	27.5	36
9	North West Wales	Red	153	Becca Nia	27.6	34
10	Dyfed	Navy	133	Mared Thomas	27.7	32
11	Afan Nedd Tawe	White	88	Ellie D'Auria	27.8	30
12=	North East Wales	Blue	149	Lucie White	28.0	27
12=	Powys	Bottle Green	160	Ashlyn Brown	28.0	27
14	Powys	Bottle Green	161	Zoe Kuipers	28.5	24
15	Cardiff and the Vale	Maroon	92	Scarlett Morley	28.9	22
16	North East Wales	Blue	147	Cerys Davies	29.2	20
17	North West Wales	Red	154	Elan Jones	29.5	18

Results Sheet

4 Lap Race

Competition:

Welsh Sportshall Final 2016 Under 15 Girls

Venue:

Cwmbran Sports Centre

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13 Mar 2016

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North East Wales	Blue	145	Ellie Williams	57.3	50
2	Powys	Bottle Green	162	Savannah Evans	57.7	48
3	Cardiff and the Vale	Maroon	93	Nia Riley	57.8	46
4	North West Wales	Red	155	Erin Maloney	57.9	44
5	North West Wales	Red	157	Medi Montanage	58.0	42
6	North East Wales	Blue	150	Anna Williams	58.3	40
7	Powys	Bottle Green	164	Ellen Jones	58.8	38
8	Powys	Bottle Green	163	Bethan Davies	59.0	36
9	North West Wales	Red	156	Cerys Teigy	59.4	34
10	North East Wales	Blue	146	Ella Oldfield	59.8	32
11	Cardiff and the Vale	Maroon	96	Caitlin Hockley	1:00.1	30
12	Afan Nedd Tawe	White	86	Grace Thomas	1:00.2	28
13=	Dyfed	Navy	134	Lydia Morgan	1:01.2	25
13=	Dyfed	Navy	136	Georgia Coverdale	1:01.2	25
15	Cardiff and the Vale	Maroon	95	Macy Morgan	1:01.6	22
16	Afan Nedd Tawe	White	90	Lara Spacey	1:04.3	20
	Dyfed	Navy	135	Danielle Jones	0.0	0

Results Sheet

8 Lap Paarlauf

Competition:

Welsh Sportshall Final 2016 Under 15 Girls

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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	07	Powys	Bottle Green	1:55.2	0.0	1:55.2	70.0
2	06	North West Wales	Red	1:55.5	0.0	1:55.5	60.0
3	05	North East Wales	Blue	1:56.2	0.0	1:56.2	50.0
4	02	Cardiff and the Vale	Maroon	1:56.7	0.0	1:56.7	40.0

Results Sheet

4 x 2 Lap Relay

Competition:

Welsh Sportshall Final 2016 Under 15 Girls

Venue:

Cwmbran Sports Centre

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13 Mar 2016

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Dyfed	Navy	1:47.7	0.0	1:47.7	70.0
2	06	North West Wales	Red	1:48.2	0.0	1:48.2	60.0
3	01	Afan Nedd Tawe	White	1:48.7	0.0	1:48.7	50.0
4	07	Powys	Bottle Green	1:49.0	0.0	1:49.0	40.0
5	05	North East Wales	Blue	1:51.5	0.0	1:51.5	30.0
6	02	Cardiff and the Vale	Maroon	1:52.4	0.0	1:52.4	20.0

Results Sheet

Shot

Competition:

Welsh Sportshall Final 2016 Under 15 Girls

Venue:

Cwmbran Sports Centre

Date

13 Mar 2016

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	Bottle Green	163	Bethan Davies	8.65	50
2	Powys	Bottle Green	164	Ellen Jones	8.39	48
3	Afan Nedd Tawe	White	90	Lara Spacey	8.05	46
4	North East Wales	Blue	147	Cerys Davies	8.01	44
5	North East Wales	Blue	149	Lucie White	7.96	42
6	North West Wales	Red	157	Medi Montanage	7.80	40
7	North West Wales	Red	155	Erin Maloney	7.68	38
8	Afan Nedd Tawe	White	85	Hannah Davies	7.40	36
9	Afan Nedd Tawe	White	86	Grace Thomas	7.23	34
10	Powys	Bottle Green	159	Helen Evans	7.19	32
11	North West Wales	Red	154	Elan Jones	7.02	30
12	Dyfed	Navy	134	Lydia Morgan	6.60	28
13	Cardiff and the Vale	Maroon	97	Nia Grundy	6.58	26
14	Cardiff and the Vale	Maroon	95	Macy Morgan	6.49	24
15	North East Wales	Blue	146	Ella Oldfield	6.39	22
16	Cardiff and the Vale	Maroon	92	Scarlett Morley	5.70	20
17	Dyfed	Navy	136	Georgia Coverdale	5.15	18

Results Sheet

Speed Bounce

Competition:

Welsh Sportshall Final 2016 Under 15 Girls

Venue:

Cwmbran Sports Centre

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13 Mar 2016

Ranking	Team	Colour	BibNo	Name	Total	Points
1	North West Wales	Red	156	Cerys Teigy	80	50
2=	Powys	Bottle Green	161	Zoe Kuipers	79	47
2=	Powys	Bottle Green	162	Savannah Evans	79	47
4	North East Wales	Blue	150	Anna Williams	78	44
5=	North East Wales	Blue	145	Ellie Williams	76	41
5=	North West Wales	Red	153	Becca Nia	76	41
7=	Dyfed	Navy	133	Mared Thomas	74	37
7=	North West Wales	Red	152	Elliw Rowlands	74	37
9	Afan Nedd Tawe	White	88	Ellie D'Auria	73	34
10	North East Wales	Blue	148	Eilar Knight	72	32
11	Dyfed	Navy	132	Niamh Roberts	71	30
12=	Dyfed	Navy	131	Alicia Samuel	70	27
12=	Powys	Bottle Green	160	Ashlyn Brown	70	27
14	Cardiff and the Vale	Maroon	94	Elen Jones	66	24
15=	Cardiff and the Vale	Maroon	93	Nia Riley	62	21
15=	Cardiff and the Vale	Maroon	96	Caitlin Hockley	62	21

Results Sheet

Standing Long Jump

Competition:

Welsh Sportshall Final 2016 Under 15 Girls

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13 Mar 2016

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	White	85	Hannah Davies	2.28	50
2	Dyfed	Navy	131	Alicia Samuel	2.26	48
3	Powys	Bottle Green	164	Ellen Jones	2.25	46
4	North West Wales	Red	153	Becca Nia	2.21	44
5	Powys	Bottle Green	162	Savannah Evans	2.20	42
6=	Dyfed	Navy	132	Niamh Roberts	2.13	39
6=	Powys	Bottle Green	161	Zoe Kuipers	2.13	39
8	Cardiff and the Vale	Maroon	94	Elen Jones	2.07	36
9	North West Wales	Red	155	Erin Maloney	2.06	34
10	Afan Nedd Tawe	White	88	Ellie D'Auria	2.05	32
11	North East Wales	Blue	150	Anna Williams	2.04	30
12	North East Wales	Blue	146	Ella Oldfield	2.03	28
13	Cardiff and the Vale	Maroon	96	Caitlin Hockley	1.96	26
14	North East Wales	Blue	147	Cerys Davies	1.92	24
15	Dyfed	Navy	134	Lydia Morgan	1.85	22
16	Cardiff and the Vale	Maroon	92	Scarlett Morley	1.79	20
17	North West Wales	Red	157	Medi Montanage	1.78	18

Results Sheet

Vertical Jump

Competition:

Welsh Sportshall Final 2016 Under 15 Girls

Venue:

Cwmbran Sports Centre

Date

13 Mar 2016

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North East Wales	Blue	148	Eilar Knight	64	50
2	North West Wales	Red	154	Elan Jones	61	48
3	Afan Nedd Tawe	White	86	Grace Thomas	55	46
4=	North West Wales	Red	156	Cerys Teigy	53	42
4=	Powys	Bottle Green	159	Helen Evans	53	42
4=	Powys	Bottle Green	160	Ashlyn Brown	53	42
7	Powys	Bottle Green	163	Bethan Davies	52	38
8	Dyfed	Navy	133	Mared Thomas	51	36
9	Cardiff and the Vale	Maroon	93	Nia Riley	49	34
10	North West Wales	Red	152	Elliw Rowlands	48	32
11=	Afan Nedd Tawe	White	90	Lara Spacey	44	29
11=	North East Wales	Blue	149	Lucie White	44	29
13=	Cardiff and the Vale	Maroon	97	Nia Grundy	41	25
13=	North East Wales	Blue	145	Ellie Williams	41	25
15	Cardiff and the Vale	Maroon	95	Macy Morgan	38	22
16	Dyfed	Navy	136	Georgia Coverdale	36	20