

# Competition Results

## Competition:

Welsh Final 2018 Under 13 Girls

## Venue:

Cwmbran Sports Centre

## Date

11 Mar 2018

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Powys	Red & White	594	50	60	70	30	46	54	46	40	46	40	56	56
2	North West Wales	Red	547	70	70	60	40	41	38	54	32	18	46	50	28
3	Dyfed	Navy	483	30	40	50	60	25	46	48	42	34	34	42	32
4	Cardiff & the Vale	Maroon	478	40	50	0	70	54	46	0	30	46	58	32	52
5	Afan Nedd Tawe	White	446	60	30	40	50	34	26	30	42	44	26	30	34
6	Glamorgan Valleys	Yellow	212	0	20	0	20	28	0	20	24	40	24	18	18

# Team Results

# Afan Nedd Tawe (white)

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Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Powys	Red & White	594	50	60	70	30	46	54	46	40	46	40	56	56
2	North West Wales	Red	547	70	70	60	40	41	38	54	32	18	46	50	28
3	Dyfed	Navy	483	30	40	50	60	25	46	48	42	34	34	42	32
4	Cardiff & the Vale	Maroon	478	40	50	0	70	54	46	0	30	46	58	32	52
5	Afan Nedd Tawe	White	446	60	30	40	50	34	26	30	42	44	26	30	34
6	Glamorgan Valleys	Yellow	212	0	20	0	20	28	0	20	24	40	24	18	18

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Chloe Jones	S	8.93	8.83	7.45	8.48	8.93	3	26
2	Hannah Shepard	6LR	1:41.5				1:41.5	8	16
2	Hannah Shepard	VJ	43	41	39	40	43	6	20
3	Jessica Wilcock	S	6.54	5.01	5.48	5.51	6.54	8	16
4	Katelyn Thomas	2LR	27.4	0.0			27.4	7	18
4	Katelyn Thomas	SB	68				68	7	18
5	Katie Lake	VJ	39	38	33	30	39	9	14
6	Lexi Allen	4LR	1:03.7	0.0			1:03.7	9	14
6	Lexi Allen	SLJ	1.77	1.75	1.74	0.00	1.77	9	14
7	Megan Gwyther	2LR	27.6	0.0			27.6	8	16
7	Megan Gwyther	SB	72				72	3	26
8	Melissa Davies	SLJ	1.64	1.67	1.75	0.00	1.75	10	12
9	Bethany Morgan	4LR	1:06.2	0.0			1:06.2	10	12
9	Bethany Morgan	STJ	4.31	4.82	4.98	5.18	5.18	9	14
10	Olivia Key	6LR	1:46.8				1:46.8	9	14
10	Olivia Key	STJ	5.16	5.28	5.19	5.18	5.28	8	16

# Team Results

# Cardiff & the Vale (maroon)

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1	Powys	Red & White	594	50	60	70	30	46	54	46	40	46	40	56	56
2	North West Wales	Red	547	70	70	60	40	41	38	54	32	18	46	50	28
3	Dyfed	Navy	483	30	40	50	60	25	46	48	42	34	34	42	32
4	Cardiff & the Vale	Maroon	478	40	50	0	70	54	46	0	30	46	58	32	52
5	Afan Nedd Tawe	White	446	60	30	40	50	34	26	30	42	44	26	30	34
6	Glamorgan Valleys	Yellow	212	0	20	0	20	28	0	20	24	40	24	18	18

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Ruby Jones	2LR	27.0	26.3			26.3	3	26
13	Ruby Jones	S	9.81	0.00	8.96	9.11	9.81	1	30
14	Francesca Morgan	4LR	59.9	1:00.0			1:00.0	4	24
14	Francesca Morgan	VJ	51	44	47	49	51	2	28
15	Lowri Owen	4LR	58.5	1:01.1			1:01.1	5	22
16	Sophie Lisk	2LR	26.4	26.0			26.0	2	28
16	Sophie Lisk	STJ	5.46	5.10	5.38	5.28	5.46	6	20
17	Millie Webb	SB	70				70	5	22
18	Gwen Evans	SLJ	2.10	2.06	2.15	0.00	2.15	1	30
19	Efa Rogers	VJ	48	43	49	47	49	4	24
20	Nia Beynon	SLJ	2.01	1.95	2.11	0.00	2.11	2	28
21	Michelle Matthews	STJ	5.02	4.98	5.00	5.17	5.17	10	12
22	Erin Jones	SB	71				71	4	24

# Team Results

# Dyfed (navy)

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1	Powys	Red & White	594	50	60	70	30	46	54	46	40	46	40	56	56
2	North West Wales	Red	547	70	70	60	40	41	38	54	32	18	46	50	28
3	Dyfed	Navy	483	30	40	50	60	25	46	48	42	34	34	42	32
4	Cardiff & the Vale	Maroon	478	40	50	0	70	54	46	0	30	46	58	32	52
5	Afan Nedd Tawe	White	446	60	30	40	50	34	26	30	42	44	26	30	34
6	Glamorgan Valleys	Yellow	212	0	20	0	20	28	0	20	24	40	24	18	18

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Jessica Lee	2LR	27.8	0.0			27.8	9	14
25	Jessica Lee	S	4.73	6.37	6.08	6.15	6.37	9	14
26	Chloe Simmonile	4LR	58.7	58.0			58.0	1	30
26	Chloe Simmonile	SLJ	2.00	1.99	1.99	0.00	2.00	4	24
27	Scarlette MacKenzie-Jones	4LR	1:03.6	0.0			1:03.6	8	16
27	Scarlette MacKenzie-Jones	VJ	47	44	41	47	47	5	22
28	Bethan Adams	6LR	1:39.6				1:39.6	5	22
28	Bethan Adams	VJ	21	20	21	22	22	11	10
29	Amy Tucker	6LR	1:37.1				1:37.1	3	26
29	Amy Tucker	SB	62				62	9	14
30	Thia Davies	2LR	28.4	0.0			28.4	10=	11
30	Thia Davies	SLJ	1.74	1.64	1.71	0.00	1.74	11	10
31	Amelia Dowber	STJ	5.63	5.55	0.00	5.91	5.91	4	24
32	Josephine Wilks	STJ	4.96	5.28	5.26	0.00	5.28	7	18
33	Amy Hughes	S	8.81	8.36	9.56	7.92	9.56	2	28
34	Hannah Forkvoh	SB	69				69	6	20

# Team Results

# Glamorgan Valleys (yellow)

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## Date

11 Mar 2018

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Powys	Red & White	594	50	60	70	30	46	54	46	40	46	40	56	56
2	North West Wales	Red	547	70	70	60	40	41	38	54	32	18	46	50	28
3	Dyfed	Navy	483	30	40	50	60	25	46	48	42	34	34	42	32
4	Cardiff & the Vale	Maroon	478	40	50	0	70	54	46	0	30	46	58	32	52
5	Afan Nedd Tawe	White	446	60	30	40	50	34	26	30	42	44	26	30	34
6	Glamorgan Valleys	Yellow	212	0	20	0	20	28	0	20	24	40	24	18	18

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
37	Molly Type	2LR	27.1	27.4			27.4	6	20
37	Molly Type	SB	61				61	10	12
38	Amy Phillips	VJ	40	38	41	42	42	7	18
39	Naomi Dorricott	SLJ	1.71	1.80	1.82	0.00	1.82	8	16
40	Haf Lloyd Jones	2LR	29.7	0.0			29.7	12	8
40	Haf Lloyd Jones	SLJ	1.49	1.59	1.64	0.00	1.64	12	8
41	Codey Thomas	6LR	1:41.2				1:41.2	6	20
41	Codey Thomas	SB	74				74	2	28
42	Tia Northey	STJ	4.65	4.69	4.64	4.69	4.69	11	10
43	Libby Michael	STJ	4.43	4.67	4.61	4.58	4.67	12	8
44	Shannon Miller	S	8.44	8.04	8.44	8.44	8.44	4	24

# Team Results

# North West Wales (red)

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Welsh Final 2018 Under 13 Girls

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Cwmbran Sports Centre

## Date

11 Mar 2018

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Powys	Red & White	594	50	60	70	30	46	54	46	40	46	40	56	56
2	North West Wales	Red	547	70	70	60	40	41	38	54	32	18	46	50	28
3	Dyfed	Navy	483	30	40	50	60	25	46	48	42	34	34	42	32
4	Cardiff & the Vale	Maroon	478	40	50	0	70	54	46	0	30	46	58	32	52
5	Afan Nedd Tawe	White	446	60	30	40	50	34	26	30	42	44	26	30	34
6	Glamorgan Valleys	Yellow	212	0	20	0	20	28	0	20	24	40	24	18	18

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
49	Teleri Jones	2LR	26.1	25.9			25.9	1	30
50	Aimee Thomas	2LR	28.4	0.0			28.4	10=	11
50	Aimee Thomas	S	4.80	5.35	5.52	4.72	5.52	10	12
51	Issy Thomas	4LR	1:02.4	0.0			1:02.4	7	18
51	Issy Thomas	VJ	39	37	38	36	39	8	16
52	Elain Lewis	4LR	1:00.4	1:05.3			1:05.3	6	20
53	Iona Lewis	6LR	1:33.1				1:33.1	1	30
53	Iona Lewis	STJ	5.93	5.98	5.76	6.05	6.05	2	28
54	Seren Griffiths	6LR	1:37.3				1:37.3	4	24
54	Seren Griffiths	VJ	31	30	32	31	32	10	12
55	Megan Roberts	SLJ	1.93	1.91	1.93	0.00	1.93	6	20
56	Abigail Evans	STJ	5.68	5.87	5.61	0.00	5.87	5	22
57	Becca Parry	SLJ	1.94	1.87	2.02	0.00	2.02	3	26
58	Sara Bestwick	SB	56				56	12	8
59	Caitlyn Forest	SB	59				59	11	10
60	Katie Williams	S	8.02	7.05	6.87	7.67	8.02	6	20
185	Ceris Hughes	S	7.18	6.93	7.42	0.00	7.42		

# Team Results

# Powys (red & white)

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Welsh Final 2018 Under 13 Girls

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Cwmbran Sports Centre

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Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Powys	Red & White	594	50	60	70	30	46	54	46	40	46	40	56	56
2	North West Wales	Red	547	70	70	60	40	41	38	54	32	18	46	50	28
3	Dyfed	Navy	483	30	40	50	60	25	46	48	42	34	34	42	32
4	Cardiff & the Vale	Maroon	478	40	50	0	70	54	46	0	30	46	58	32	52
5	Afan Nedd Tawe	White	446	60	30	40	50	34	26	30	42	44	26	30	34
6	Glamorgan Valleys	Yellow	212	0	20	0	20	28	0	20	24	40	24	18	18

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Emma Williams	2LR	26.9	26.7			26.7	4	24
62	Lwsi Roberts	2LR	27.3	27.1			27.1	5	22
63	Kelsie Webster	4LR	58.5	58.1			58.1	2	28
63	Kelsie Webster	S	6.89	8.06	7.64	7.35	8.06	5	22
64	Gwernyver Kuipers	4LR	58.5	58.9			58.9	3	26
64	Gwernyver Kuipers	STJ	5.68	5.78	6.02	5.90	6.02	3	26
65	Maddie Griffiths	6LR	1:36.0				1:36.0	2	28
65	Maddie Griffiths	SB	80				80	1	30
66	Katie Powell	6LR	1:41.3				1:41.3	7	18
66	Katie Powell	SLJ	1.87	1.87	1.93	0.00	1.93	7	18
67	Saran Hopkins	S	7.06	5.35	6.49	7.27	7.27	7	18
68	Natasha Amon-Kotei	VJ	44	49	47	50	50	3	26
69	Nikki Davies	SLJ	1.81	1.95	1.97	0.00	1.97	5	22
70	Lowri Prosser	SB	67				67	8	16
71	Ellie Phillips	VJ	50	51	50	52	52	1	30
72	Polly Holloway	STJ	6.12	6.31	6.33	6.42	6.42	1	30

# Results Sheet

# Obstacle Relay

## Competition:

Welsh Final 2018 Under 13 Girls

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Cwmbran Sports Centre

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11 Mar 2018

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	North West Wales	Red	1:26.3	0.0	1:26.3	70.0
2	01	Afan Nedd Tawe	White	1:27.9	0.0	1:27.9	60.0
3	06	Powys	Red & White	1:28.6	0.0	1:28.6	50.0
4	02	Cardiff & the Vale	Maroon	1:30.0	0.0	1:30.0	40.0
5	03	Dyfed	Navy	1:31.6	0.0	1:31.6	30.0

# Results Sheet

# 4 x 1 Lap Relay

## Competition:

Welsh Final 2018 Under 13 Girls

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Cwmbran Sports Centre

## Date

11 Mar 2018

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	North West Wales	Red	55.3	0.0	55.3	70.0
2	06	Powys	Red & White	55.6	0.0	55.6	60.0
3	02	Cardiff & the Vale	Maroon	56.0	0.0	56.0	50.0
4	03	Dyfed	Navy	57.2	0.0	57.2	40.0
5	01	Afan Nedd Tawe	White	57.4	0.0	57.4	30.0
6	04	Glamorgan Valleys	Yellow	58.6	0.0	58.6	20.0

# Results Sheet

# 2 Lap Race

**Competition:**  
Welsh Final 2018 Under 13 Girls

**Venue:**  
Cwmbran Sports Centre

**Date**  
11 Mar 2018

Ranking	Team	Colour	Points
1	Cardiff & the Vale	Maroon	54
2	Powys	Red & White	46
3	North West Wales	Red	41
4	Afan Nedd Tawe	White	34
5	Glamorgan Valleys	Yellow	28
6	Dyfed	Navy	25

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North West Wales	Red	49	Teleri Jones	25.9	30
2	Cardiff & the Vale	Maroon	16	Sophie Lisk	26.0	28
3	Cardiff & the Vale	Maroon	13	Ruby Jones	26.3	26
4	Powys	Red & White	61	Emma Williams	26.7	24
5	Powys	Red & White	62	Lwsi Roberts	27.1	22
6	Glamorgan Valleys	Yellow	37	Molly Type	27.4	20
7	Afan Nedd Tawe	White	4	Katelyn Thomas	27.4	18
8	Afan Nedd Tawe	White	7	Megan Gwyther	27.6	16
9	Dyfed	Navy	25	Jessica Lee	27.8	14
10=	Dyfed	Navy	30	Thia Davies	28.4	11
10=	North West Wales	Red	50	Aimee Thomas	28.4	11
12	Glamorgan Valleys	Yellow	40	Haf Lloyd Jones	29.7	8

# Results Sheet

# 4 Lap Race

**Competition:**  
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Ranking	Team	Colour	Points
	Glamorgan Valleys	Yellow	0
1	Powys	Red & White	54
2=	Cardiff & the Vale	Maroon	46
2=	Dyfed	Navy	46
4	North West Wales	Red	38
5	Afan Nedd Tawe	White	26

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	Navy	26	Chloe Simmonile	58.0	30
2	Powys	Red & White	63	Kelsie Webster	58.1	28
3	Powys	Red & White	64	Gwernyver Kuipers	58.9	26
4	Cardiff & the Vale	Maroon	14	Francesca Morgan	1:00.0	24
5	Cardiff & the Vale	Maroon	15	Lowri Owen	1:01.1	22
6	North West Wales	Red	52	Elain Lewis	1:05.3	20
7	North West Wales	Red	51	Issy Thomas	1:02.4	18
8	Dyfed	Navy	27	Scarlette MacKenzie-Jones	1:03.6	16
9	Afan Nedd Tawe	White	6	Lexi Allen	1:03.7	14
10	Afan Nedd Tawe	White	9	Bethany Morgan	1:06.2	12

# Results Sheet

# 6 Lap Time Trial

**Competition:**  
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Ranking	Team	Colour	Points
	Cardiff & the Vale	Maroon	0
1	North West Wales	Red	54
2	Dyfed	Navy	48
3	Powys	Red & White	46
4	Afan Nedd Tawe	White	30
5	Glamorgan Valleys	Yellow	20

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North West Wales	Red	53	Iona Lewis	1:33.1	30
2	Powys	Red & White	65	Maddie Griffiths	1:36.0	28
3	Dyfed	Navy	29	Amy Tucker	1:37.1	26
4	North West Wales	Red	54	Seren Griffiths	1:37.3	24
5	Dyfed	Navy	28	Bethan Adams	1:39.6	22
6	Glamorgan Valleys	Yellow	41	Codey Thomas	1:41.2	20
7	Powys	Red & White	66	Katie Powell	1:41.3	18
8	Afan Nedd Tawe	White	2	Hannah Shepard	1:41.5	16
9	Afan Nedd Tawe	White	10	Olivia Key	1:46.8	14

# Results Sheet

# 8 Lap Paarlauf

## Competition:

Welsh Final 2018 Under 13 Girls

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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	Powys	Red & White	1:55.0	0.0	1:55.0	70.0
2	05	North West Wales	Red	2:02.2	0.0	2:02.2	60.0
3	03	Dyfed	Navy	2:05.2	0.0	2:05.2	50.0
4	01	Afan Nedd Tawe	White	2:11.2	0.0	2:11.2	40.0

# Results Sheet

# 4 x 2 Lap Relay

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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Cardiff & the Vale	Maroon	1:48.7	0.0	1:48.7	70.0
2	03	Dyfed	Navy	1:49.5	0.0	1:49.5	60.0
3	01	Afan Nedd Tawe	White	1:52.6	0.0	1:52.6	50.0
4	05	North West Wales	Red	1:52.8	0.0	1:52.8	40.0
5	06	Powys	Red & White	1:53.1	0.0	1:53.1	30.0
6	04	Glamorgan Valleys	Yellow	1:57.6	0.0	1:57.6	20.0

# Results Sheet

# Shot

**Competition:**  
Welsh Final 2018 Under 13 Girls

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Ranking	Team	Colour	Points
1=	Afan Nedd Tawe	White	42
1=	Dyfed	Navy	42
3	Powys	Red & White	40
4	North West Wales	Red	32
5	Cardiff & the Vale	Maroon	30
6	Glamorgan Valleys	Yellow	24

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & the Vale	Maroon	13	Ruby Jones	9.81	30
2	Dyfed	Navy	33	Amy Hughes	9.56	28
3	Afan Nedd Tawe	White	1	Chloe Jones	8.93	26
4	Glamorgan Valleys	Yellow	44	Shannon Miller	8.44	24
5	Powys	Red & White	63	Kelsie Webster	8.06	22
6	North West Wales	Red	60	Katie Williams	8.02	20
7	Powys	Red & White	67	Saran Hopkins	7.27	18
8	Afan Nedd Tawe	White	3	Jessica Wilcock	6.54	16
9	Dyfed	Navy	25	Jessica Lee	6.37	14
10	North West Wales	Red	50	Aimee Thomas	5.52	12
	North West Wales	Red	185	Ceris Hughes	7.42	0

# Results Sheet

# Speed Bounce

**Competition:**  
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Ranking	Team	Colour	Points
1=	Cardiff & the Vale	Maroon	46
1=	Powys	Red & White	46
3	Afan Nedd Tawe	White	44
4	Glamorgan Valleys	Yellow	40
5	Dyfed	Navy	34
6	North West Wales	Red	18

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Powys	Red & White	65	Maddie Griffiths	80	30
2	Glamorgan Valleys	Yellow	41	Codey Thomas	74	28
3	Afan Nedd Tawe	White	7	Megan Gwyther	72	26
4	Cardiff & the Vale	Maroon	22	Erin Jones	71	24
5	Cardiff & the Vale	Maroon	17	Millie Webb	70	22
6	Dyfed	Navy	34	Hannah Forkvoh	69	20
7	Afan Nedd Tawe	White	4	Katelyn Thomas	68	18
8	Powys	Red & White	70	Lowri Prosser	67	16
9	Dyfed	Navy	29	Amy Tucker	62	14
10	Glamorgan Valleys	Yellow	37	Molly Type	61	12
11	North West Wales	Red	59	Caitlyn Forest	59	10
12	North West Wales	Red	58	Sara Bestwick	56	8

# Results Sheet

# Standing Long Jump

**Competition:**  
Welsh Final 2018 Under 13 Girls

**Venue:**  
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Ranking	Team	Colour	Points
1	Cardiff & the Vale	Maroon	58
2	North West Wales	Red	46
3	Powys	Red & White	40
4	Dyfed	Navy	34
5	Afan Nedd Tawe	White	26
6	Glamorgan Valleys	Yellow	24

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & the Vale	Maroon	18	Gwen Evans	2.15	30
2	Cardiff & the Vale	Maroon	20	Nia Beynon	2.11	28
3	North West Wales	Red	57	Becca Parry	2.02	26
4	Dyfed	Navy	26	Chloe Simmonile	2.00	24
5	Powys	Red & White	69	Nikki Davies	1.97	22
6	North West Wales	Red	55	Megan Roberts	1.93	20
7	Powys	Red & White	66	Katie Powell	1.93	18
8	Glamorgan Valleys	Yellow	39	Naomi Dorricott	1.82	16
9	Afan Nedd Tawe	White	6	Lexi Allen	1.77	14
10	Afan Nedd Tawe	White	8	Melissa Davies	1.75	12
11	Dyfed	Navy	30	Thia Davies	1.74	10
12	Glamorgan Valleys	Yellow	40	Haf Lloyd Jones	1.64	8

# Results Sheet

# Standing Triple Jump

## Competition:

Welsh Final 2018 Under 13 Girls

## Venue:

Cwmbran Sports Centre

## Date

11 Mar 2018

Ranking	Team	Colour	Points
1	Powys	Red & White	56
2	North West Wales	Red	50
3	Dyfed	Navy	42
4	Cardiff & the Vale	Maroon	32
5	Afan Nedd Tawe	White	30
6	Glamorgan Valleys	Yellow	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	Red & White	72	Polly Holloway	6.42	30
2	North West Wales	Red	53	Iona Lewis	6.05	28
3	Powys	Red & White	64	Gwernyver Kuipers	6.02	26
4	Dyfed	Navy	31	Amelia Dowber	5.91	24
5	North West Wales	Red	56	Abigail Evans	5.87	22
6	Cardiff & the Vale	Maroon	16	Sophie Lisk	5.46	20
7	Dyfed	Navy	32	Josephine Wilks	5.28	18
8	Afan Nedd Tawe	White	10	Olivia Key	5.28	16
9	Afan Nedd Tawe	White	9	Bethany Morgan	5.18	14
10	Cardiff & the Vale	Maroon	21	Michelle Matthews	5.17	12
11	Glamorgan Valleys	Yellow	42	Tia Northey	4.69	10
12	Glamorgan Valleys	Yellow	43	Libby Michael	4.67	8

# Results Sheet

# Vertical Jump

## Competition:

Welsh Final 2018 Under 13 Girls

## Venue:

Cwmbran Sports Centre

## Date

11 Mar 2018

Ranking	Team	Colour	Points
1	Powys	Red & White	56
2	Cardiff & the Vale	Maroon	52
3	Afan Nedd Tawe	White	34
4	Dyfed	Navy	32
5	North West Wales	Red	28
6	Glamorgan Valleys	Yellow	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	Red & White	71	Ellie Phillips	52	30
2	Cardiff & the Vale	Maroon	14	Francesca Morgan	51	28
3	Powys	Red & White	68	Natasha Amon-Kotei	50	26
4	Cardiff & the Vale	Maroon	19	Efa Rogers	49	24
5	Dyfed	Navy	27	Scarlette MacKenzie-Jones	47	22
6	Afan Nedd Tawe	White	2	Hannah Shepard	43	20
7	Glamorgan Valleys	Yellow	38	Amy Phillips	42	18
8	North West Wales	Red	51	Issy Thomas	39	16
9	Afan Nedd Tawe	White	5	Katie Lake	39	14
10	North West Wales	Red	54	Seren Griffiths	32	12
11	Dyfed	Navy	28	Bethan Adams	22	10