

# Competition Results

**Competition:**

Welsh Final 2024 Under 13 Girls

**Venue:**

Cwmbran Sports Centre

**Date**

10 Mar 2024

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Cardiff & the Vale	Maroon	637	60	50	70	60	56	48	58	58	43	48	44	42
2	Powys	Red and White	574	50	40	60	50	44	48	38	42	58	50	42	52
3	Afan Nedd Tawe	White	567	70	70	0	70	34	48	38	48	49	38	58	44
4	Dyfed	Navy	434	40	60	0	40	50	24	50	36	0	48	40	46

# Team Results

# Afan Nedd Tawe (white)

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Welsh Final 2024 Under 13 Girls

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## Date

10 Mar 2024

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Cardiff & the Vale	Maroon	637	60	50	70	60	56	48	58	58	43	48	44	42
2	Powys	Red and White	574	50	40	60	50	44	48	38	42	58	50	42	52
3	Afan Nedd Tawe	White	567	70	70	0	70	34	48	38	48	49	38	58	44
4	Dyfed	Navy	434	40	60	0	40	50	24	50	36	0	48	40	46

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Freya Birt	STJ	6.67	0.00	6.43	0.00	6.67	2	28
2	Sophie Davis	4LR	1:04.0	0.0			1:04.0	7	18
2	Sophie Davis	SLJ	2.00	2.05	2.00	0.00	2.05	5	22
3	Gwennan Gruffydd	6LR	1:39.0				1:39.0	5	22
3	Gwennan Gruffydd	SLJ	1.91	2.03	1.97	0.00	2.03	8	16
4	Isabelle Harris	6LR	1:47.7				1:47.7	8	16
4	Isabelle Harris	VJ	39	42	44	0	44	8	16
5	Katriel Udoh	STJ	6.55	6.51	6.76	0.00	6.76	1	30
6	Rutendo Chasweka	VJ	50	52	52	0	52	2	28
7	Somtochi Emenogu	2LR	29.3	0.0			29.3	8	16
7	Somtochi Emenogu	S	6.91	7.00	7.12	7.28	7.28	5	22
8	Taylor Shelmerdine	4LR	55.9	57.1			57.1	1	30
8	Taylor Shelmerdine	S	7.86	6.01	6.99	0.00	7.86	3	26
9	Ffion Davies	SB	69				69	4=	23
10	Caitlyn Anthony	2LR	27.8	0.0			27.8	7	18
10	Caitlyn Anthony	SB	70				70	3	26

# Team Results

# Cardiff & the Vale (maroon)

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1	Cardiff & the Vale	Maroon	637	60	50	70	60	56	48	58	58	43	48	44	42
2	Powys	Red and White	574	50	40	60	50	44	48	38	42	58	50	42	52
3	Afan Nedd Tawe	White	567	70	70	0	70	34	48	38	48	49	38	58	44
4	Dyfed	Navy	434	40	60	0	40	50	24	50	36	0	48	40	46

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Amelie Edwards	2LR	26.3	26.7			26.7	3	26
13	Amelie Edwards	SB	66				66	6	20
14	Abbi Beadle	2LR	25.8	26.1			26.1	1	30
14	Abbi Beadle	SLJ	2.21	2.25	2.29	0.00	2.29	1	30
15	Lucie Ruttley	4LR	1:00.7	1:01.1			1:01.1	5	22
15	Lucie Ruttley	VJ	50	48	49	0	50	4	24
16	Amara Herbert	4LR	59.3	59.6			59.6	3	26
16	Amara Herbert	STJ	6.01	5.99	0.00	0.00	6.01	3	26
17	Betty Ahmed	6LR	1:33.0				1:33.0	1	30
17	Betty Ahmed	SLJ	2.01	2.00	2.03	0.00	2.03	7	18
18	Lily Parsons	6LR	1:34.9				1:34.9	2	28
18	Lily Parsons	S	8.65	6.90	8.68	8.68	8.68	1	30
19	Mali Grace	SB	69				69	4=	23
20	Carys Scholey	VJ	45	46	45	0	46	7	18
21	Martha Vaughan	STJ	5.65	5.51	5.47	0.00	5.65	7	18
22	Kerrae Savage	S	8.03	7.70	8.65	8.27	8.65	2	28

# Team Results

# Dyfed (navy)

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1	Cardiff & the Vale	Maroon	637	60	50	70	60	56	48	58	58	43	48	44	42
2	Powys	Red and White	574	50	40	60	50	44	48	38	42	58	50	42	52
3	Afan Nedd Tawe	White	567	70	70	0	70	34	48	38	48	49	38	58	44
4	Dyfed	Navy	434	40	60	0	40	50	24	50	36	0	48	40	46

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Ffion Jones	2LR	26.4	26.4			26.4	2	28
25	Ffion Jones	VJ	47	41	50	0	50	6	20
26	Pauline Devera	2LR	27.2	27.3			27.3	5	22
26	Pauline Devera	SLJ	2.05	2.09	2.15	0.00	2.15	2	28
27	Maria Amarillo	SLJ	2.01	2.03	2.03	0.00	2.03	6	20
28	Isla Couser	STJ	5.30	5.33	5.45	0.00	5.45	8	16
28	Isla Couser	VJ	52	49	51	0	52	3	26
29	Leyla Porter	4LR	1:00.2	1:00.7			1:00.7	4	24
29	Leyla Porter	S	6.02	7.12	0.00	6.01	7.12	6	20
31	Lucy Li	6LR	1:36.3				1:36.3	3	26
32	Jodi Hope	STJ	5.95	5.95	5.81	0.00	5.95	4	24
34	Beca Elfyn	6LR	1:37.8				1:37.8	4	24
34	Beca Elfyn	S	0.00	5.98	5.58	5.86	5.98	8	16

# Team Results

# Powys (red and white)

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10 Mar 2024

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Cardiff & the Vale	Maroon	637	60	50	70	60	56	48	58	58	43	48	44	42
2	Powys	Red and White	574	50	40	60	50	44	48	38	42	58	50	42	52
3	Afan Nedd Tawe	White	567	70	70	0	70	34	48	38	48	49	38	58	44
4	Dyfed	Navy	434	40	60	0	40	50	24	50	36	0	48	40	46

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
37	Carys Davies Williams	2LR	26.7	27.0			27.0	4	24
37	Carys Davies Williams	VJ	44	50	48	0	50	5	22
38	Imogen Morris	2LR	27.4	0.0			27.4	6	20
39	Bethan Evans	4LR	59.8	59.3			59.3	2	28
39	Bethan Evans	STJ	5.65	5.75	5.51	0.00	5.75	5=	21
40	Lacey Evans	4LR	1:01.3	0.0			1:01.3	6	20
40	Lacey Evans	S	6.56	6.81	6.78	6.69	6.81	7	18
41	Renee Thurston	6LR	1:39.8				1:39.8	6	20
41	Renee Thurston	SB	77				77	1	30
42	Leal Borsiewoz	6LR	1:43.9				1:43.9	7	18
42	Leal Borsiewoz	VJ	58	58	57	0	58	1	30
43	Libby Jones	SLJ	2.05	2.15	1.94	0.00	2.15	3	26
44	Madison Coote	SLJ	2.01	2.00	2.05	0.00	2.05	4	24
45	Brooke Evans	STJ	5.65	5.75	5.51	0.00	5.75	5=	21
46	Ella Rose Jones	S	0.00	7.42	0.00	0.00	7.42	4	24
47	Caitlyn Turner	SB	76				76	2	28

# Results Sheet

# Obstacle Relay

## Competition:

Welsh Final 2024 Under 13 Girls

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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Afan Nedd Tawe	White	0.0	1:26.2	1:26.2	70.0
2	02	Cardiff & the Vale	Maroon	0.0	1:27.2	1:27.2	60.0
3	04	Powys	Red and White	0.0	1:28.4	1:28.4	50.0
4	03	Dyfed	Navy	0.0	1:32.3	1:32.3	40.0

# Results Sheet

# 4 x 1 Lap Relay

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Welsh Final 2024 Under 13 Girls

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Cwmbran Sports Centre

**Date**

10 Mar 2024

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Afan Nedd Tawe	White	0.0	53.4	53.4	70.0
2	03	Dyfed	Navy	0.0	54.3	54.3	60.0
3	02	Cardiff & the Vale	Maroon	0.0	55.6	55.6	50.0
4	04	Powys	Red and White	0.0	56.9	56.9	40.0

# Results Sheet

# 2 Lap Race

**Competition:**  
Welsh Final 2024 Under 13 Girls

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Cwmbran Sports Centre

**Date**  
10 Mar 2024

Ranking	Team	Colour	Points
1	Cardiff & the Vale	Maroon	56
2	Dyfed	Navy	50
3	Powys	Red and White	44
4	Afan Nedd Tawe	White	34

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & the Vale	Maroon	14	Abbi Beadle	26.1	30
2	Dyfed	Navy	25	Ffion Jones	26.4	28
3	Cardiff & the Vale	Maroon	13	Amelie Edwards	26.7	26
4	Powys	Red and White	37	Carys Davies Williams	27.0	24
5	Dyfed	Navy	26	Pauline Devera	27.3	22
6	Powys	Red and White	38	Imogen Morris	27.4	20
7	Afan Nedd Tawe	White	10	Caitlyn Anthony	27.8	18
8	Afan Nedd Tawe	White	7	Somtochi Emenogu	29.3	16



# Results Sheet

# 4 Lap Race

**Competition:**  
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**Venue:**  
Cwmbran Sports Centre

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Ranking	Team	Colour	Points
1=	Afan Nedd Tawe	White	48
1=	Cardiff & the Vale	Maroon	48
1=	Powys	Red and White	48
4	Dyfed	Navy	24

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	White	8	Taylor Shelmerdine	57.1	30
2	Powys	Red and White	39	Bethan Evans	59.3	28
3	Cardiff & the Vale	Maroon	16	Amara Herbert	59.6	26
4	Dyfed	Navy	29	Leyla Porter	1:00.7	24
5	Cardiff & the Vale	Maroon	15	Lucie Ruttley	1:01.1	22
6	Powys	Red and White	40	Lacey Evans	1:01.3	20
7	Afan Nedd Tawe	White	2	Sophie Davis	1:04.0	18

# Results Sheet

# 6 Lap Time Trial

**Competition:**  
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**Date**  
10 Mar 2024

Ranking	Team	Colour	Points
1	Cardiff & the Vale	Maroon	58
2	Dyfed	Navy	50
3=	Afan Nedd Tawe	White	38
3=	Powys	Red and White	38

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & the Vale	Maroon	17	Betty Ahmed	1:33.0	30
2	Cardiff & the Vale	Maroon	18	Lily Parsons	1:34.9	28
3	Dyfed	Navy	31	Lucy Li	1:36.3	26
4	Dyfed	Navy	34	Beca Elfyn	1:37.8	24
5	Afan Nedd Tawe	White	3	Gwennan Gruffydd	1:39.0	22
6	Powys	Red and White	41	Renee Thurston	1:39.8	20
7	Powys	Red and White	42	Leal Borsiewoz	1:43.9	18
8	Afan Nedd Tawe	White	4	Isabelle Harris	1:47.7	16

# Results Sheet

# 8 Lap Paarlauf

**Competition:**

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10 Mar 2024

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	02	Cardiff & the Vale	Maroon	0.0	1:55.6	1:55.6	70.0
2	04	Powys	Red and White	0.0	2:04.9	2:04.9	60.0

# Results Sheet

# 4 x 2 Lap Relay

**Competition:**

Welsh Final 2024 Under 13 Girls

**Venue:**

Cwmbran Sports Centre

**Date**

10 Mar 2024

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Afan Nedd Tawe	White	0.0	1:47.2	1:47.2	70.0
2	02	Cardiff & the Vale	Maroon	0.0	1:48.5	1:48.5	60.0
3	04	Powys	Red and White	0.0	1:49.3	1:49.3	50.0
4	03	Dyfed	Navy	0.0	1:50.8	1:50.8	40.0

# Results Sheet

# Shot

**Competition:**  
Welsh Final 2024 Under 13 Girls

**Venue:**  
Cwmbran Sports Centre

**Date**  
10 Mar 2024

Ranking	Team	Colour	Points
1	Cardiff & the Vale	Maroon	58
2	Afan Nedd Tawe	White	48
3	Powys	Red and White	42
4	Dyfed	Navy	36

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & the Vale	Maroon	18	Lily Parsons	8.68	30
2	Cardiff & the Vale	Maroon	22	Kerrae Savage	8.65	28
3	Afan Nedd Tawe	White	8	Taylor Shelmerdine	7.86	26
4	Powys	Red and White	46	Ella Rose Jones	7.42	24
5	Afan Nedd Tawe	White	7	Somtochi Emenogu	7.28	22
6	Dyfed	Navy	29	Leyla Porter	7.12	20
7	Powys	Red and White	40	Lacey Evans	6.81	18
8	Dyfed	Navy	34	Beca Elfyn	5.98	16

# Results Sheet

# Speed Bounce

**Competition:**  
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**Venue:**  
Cwmbran Sports Centre

**Date**  
10 Mar 2024

Ranking	Team	Colour	Points
	Dyfed	Navy	0
1	Powys	Red and White	58
2	Afan Nedd Tawe	White	49
3	Cardiff & the Vale	Maroon	43

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Powys	Red and White	41	Renee Thurston	77	30
2	Powys	Red and White	47	Caitlyn Turner	76	28
3	Afan Nedd Tawe	White	10	Caitlyn Anthony	70	26
4=	Afan Nedd Tawe	White	9	Ffion Davies	69	23
4=	Cardiff & the Vale	Maroon	19	Mali Grace	69	23
6	Cardiff & the Vale	Maroon	13	Amelie Edwards	66	20

# Results Sheet

# Standing Long Jump

## Competition:

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Ranking	Team	Colour	Points
1	Powys	Red and White	50
2=	Cardiff & the Vale	Maroon	48
2=	Dyfed	Navy	48
4	Afan Nedd Tawe	White	38

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & the Vale	Maroon	14	Abbi Beadle	2.29	30
2	Dyfed	Navy	26	Pauline Devera	2.15	28
3	Powys	Red and White	43	Libby Jones	2.15	26
4	Powys	Red and White	44	Madison Cootie	2.05	24
5	Afan Nedd Tawe	White	2	Sophie Davis	2.05	22
6	Dyfed	Navy	27	Maria Amarillo	2.03	20
7	Cardiff & the Vale	Maroon	17	Betty Ahmed	2.03	18
8	Afan Nedd Tawe	White	3	Gwennan Gruffydd	2.03	16

# Results Sheet

# Standing Triple Jump

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Ranking	Team	Colour	Points
1	Afan Nedd Tawe	White	58
2	Cardiff & the Vale	Maroon	44
3	Powys	Red and White	42
4	Dyfed	Navy	40

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	White	5	Katriel Udoh	6.76	30
2	Afan Nedd Tawe	White	1	Freya Birt	6.67	28
3	Cardiff & the Vale	Maroon	16	Amara Herbert	6.01	26
4	Dyfed	Navy	32	Jodi Hope	5.95	24
5=	Powys	Red and White	39	Bethan Evans	5.75	21
5=	Powys	Red and White	45	Brooke Evans	5.75	21
7	Cardiff & the Vale	Maroon	21	Martha Vaughan	5.65	18
8	Dyfed	Navy	28	Isla Couser	5.45	16



# Results Sheet

# Vertical Jump

**Competition:**  
Welsh Final 2024 Under 13 Girls

**Venue:**  
Cwmbran Sports Centre

**Date**  
10 Mar 2024

Ranking	Team	Colour	Points
1	Powys	Red and White	52
2	Dyfed	Navy	46
3	Afan Nedd Tawe	White	44
4	Cardiff & the Vale	Maroon	42

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	Red and White	42	Leal Borsiewoz	58	30
2	Afan Nedd Tawe	White	6	Rutendo Chasweka	52	28
3	Dyfed	Navy	28	Isla Couser	52	26
4	Cardiff & the Vale	Maroon	15	Lucie Ruttley	50	24
5	Powys	Red and White	37	Carys Davies Williams	50	22
6	Dyfed	Navy	25	Ffion Jones	50	20
7	Cardiff & the Vale	Maroon	20	Carys Scholey	46	18
8	Afan Nedd Tawe	White	4	Isabelle Harris	44	16